

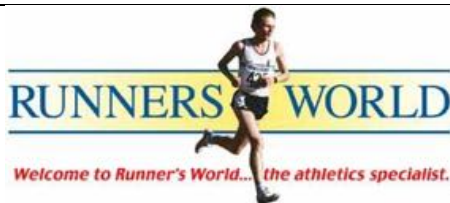


HEEL & TOE Online

Vol. 2022
Issue No. 10
Tuesday
8 March 2022

The official organ of the Victorian Race Walking Club, Inc.

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: **RUNNERS WORLD** 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **



Alanna, Allanah and Olivia ... what a team!

No contest! After weeks of weighing up bebies of strong candidates to pick winners of WOTW, this week's choice could not have been simpler.

In Middle Eastern desert heat, on a course designed more for Stage 19 of the Giro d'Italia than an international race walking event, **Olivia Sandery** (SA, 5th in 49:01), **Allanah Pitcher** (NSW, 7th in 49:51) and **Alanna Peart** (VIC, 13th in 50:47) got Australia's campaign off to a magnificent start with silver in the Women's U20 10km Teams title at Muscat, Oman, on Friday 4 March.

Olivia put herself into the mix early and was amongst the leaders until around 7km, when the fancied Chinese put the hammer down. Allanah, walking a strong second half, consolidated her top 10 position while Alanna, despite hydration problems late in the race, toughed it out to ensure the team silver. (See reports in *International News*.)

Congratulations, ladies! Wonderful results in your first green 'n' gold race.



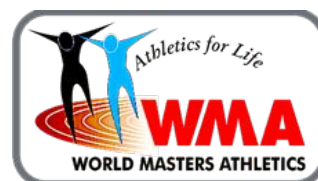
CLUB NEWS and RESULTS

HEATHER AND ANDREW STRIKE DESERT GOLD

As reported previously, the World Teams championship in Muscat would see, for the first time, collaboration with the sport's international governing body (World Athletics) and World Masters Athletics in a unique experiment: the parallel holding of a WA and WMA walking championship.



Invitations went out to Masters athletes worldwide and – not surprisingly given the time of year and lingering pandemic concerns – acceptances came mainly from nearby countries with warmer climates, so numbers were modest. Nevertheless, it was a start to what should, in the future, grow into a fruitful partnership as Masters walkers from farther afield come on board.



Australian and VRWC luminaries **Heather Carr** and **Andrew Jamieson**, never inclined to pass up any Masters trip overseas, seized this opportunity to race in an unknown environment and support their younger World Teams compatriots. Their competition consisted of a 10km road race, in which the first three in each gender and age group would receive medals, as would mixed pairings from each country. (The proposed 2 X 4km relay race that was to have preceded the 10km, an intriguing prospect when announced, was dropped.)

Heather and Andrew each won gold in the Individual 70-75y category – Heather in **1:09:26.0**, with Andrew in **1:01:53.0**. This brought Heather home as 4th female overall, with Andrew 10th male, while their combined time of **2:11:19.0** was fourth fastest of all the age groups ... further testament to the quality of these two fine athletes.

Well done, Heather and Andy. We hope you enjoyed your experience as pioneers in a new walking venture, and we look forward to hearing all about it on your return.



Heather and Andy with Emmanuel Tardi in Muscat

Individual finishes

Pl.	Age Gr	First Name	Last Name	Nation	Time
Female					
1	55-59	Kalliopi	Gavalaki	GRE	1:02:41
2	40-44	Marina	Crivello	CAN	1:03:08
3	60-64	Macarena	Uriol Batuecas	ESP	1:08:48
4	70-74	Heather	Carr	AUS	1:09:26
5	35-39	Renu	Saharawat	IND	1:10:59
6	55-59	Marzieh	Tangestani	IRI	1:13:37
7	50-54	Sedigheh	Dokoohaki	IRI	1:13:43
8	45-49	Marzieh	Shirazinezhad	IRI	1:16:05
9	55-59	Hajar	Yousefivarazgaei	IRI	1:18:18
10	60-64	Nooshin	Javdan	IRI	1:29:46
11	55-59	Heather	Yoell	CAN	1:36:16
12	70-74	Bibialieh	Davarzani	IRI	1:44:24
13	75-79	Petchay	Kandasamy	SGP	1:52:28
Male					
1	45-49	Dmitry	Babenko	CAN	0:52:21
2	55-59	Rodrigo	Moreno Munar	COL	0:56:00
3	35-39	Jay Prakash	Singh	IND	0:57:00
4	45-49	Meftah	Swaieh	FRA	0:57:02
5	40-44	Seyedkazem	Asadi	IRI	0:58:12
6	55-59	Jianping	Xu	CAN	0:58:16
7	45-49	Melvin	Martínez Mercado	PUR	0:58:51
8	50-54	Mohammad Reza	Banaei	IRI	1:00:52
9	45-49	Mihail	Larin	CAN	1:01:30

10	75-79	Andrew	Jamieson	AUS	1:01:53
11	45-49	Jose Manuel	Rodriguez Jimenez	ESP	1:02:09
12	55-59	Dimitrios	Kelepouris	GRE	1:02:41
13	55-59	Mohammadhassan	Zamani	IRI	1:05:29
14	35-39	Ehsan	Hadipour	IRI	1:07:27
15	60-64	Paul	DeMeester	USA	1:11:05
16	65-69	Ian	Torode	GBR	1:13:03
17	40-44	Alireza	Farzanpour	IRI	1:13:52
18	50-54	Subramaniam	R	SGP	1:14:15
19	60-64	Ahmad	Shamsiara	IRI	1:14:18
20	35-39	Bahram	Arezooy	IRI	1:18:19
21	55-59	Emmanuel	Tardi	FRA	1:27:07
22	45-49	Ali	Arbabi	IRI	1:29:46
23	65-69	Tanaball	Ramasamy	SGP	1:33:37
	65-69	Jeyakumar	Ramasamy Dharmalingam	SGP	DNF

Mixed Teams results

Pl.	Cat.	Time	First Name	Last Name	Gender	Nat	Age Gp
1	35+	1:03:08 0:52:21 1:55:29	Marina Dmitry	Crivello Babenko	female male	CAN CAN	40-44 45-49
2	35+	1:08:48 1:02:09 2:10:57	Macarena Jose Manuel	Uriol Batuecas Rodriguez Jimenez	female male	ESP ESP	60-64 45-49
3	35+	1:16:05 1:13:52 2:29:57	Marzieh Alireza	Shirazinezhad Farzanpour	female male	IRI IRI	45-49 40-44
4	35+	1:13:43 1:29:46 2:43:29	Sedigheh Ali	Dokoohaki Arbabi	female male	IRI IRI	50-54 45-49
1	50+	1:02:41 1:02:41 2:05:22	Kalliopi Dimitrios	Gavalaki Kelepouris	female male	GRE GRE	55-59 55-59
2	50+	1:13:37 1:05:29 2:19:06	Marzieh Mohammadhassan	Tangestani Zamani	female male	IRI IRI	55-59 55-59
3	50+	1:18:18 1:00:52 2:19:10	Hajar Mohammad Reza	Yousefivarazgaei Banaei	female male	IRI IRI	55-59 50-54
4	50+	1:36:16 0:58:16 2:34:32	Heather Jianping	Yoell Xu	female male	CAN CAN	55-59 55-59
5	50+	1:52:28 1:14:15 3:06:43	Petchay Subramaniam	Kandasamy R	female male	SGP SGP	75-79 50-54
1	60+	1:29:46 1:14:18 2:44:04	Nooshin Ahmad	Javdan Shamsiara	female male	IRI IRI	60-64 60-64
1	70+	1:09:26 1:01:53 2:11:19	Heather Andrew	Carr Jamieson	female male	AUS AUS	70-74 75-79



Supporting Mental Health



Race Walkers

Sunday 24 April

** Alanna Peart will be there. Will you?

***Attention all VRWC and Victorian race walkers!**

HAVE YOU REGISTERED YET FOR 'RUN THE TAN 2022?'

- *A unique showcase of Victoria's running and race walking excellence;**
- *A colourful and welcome mass participation athletic event;**
- *An important, much-needed fund-raiser for mental health charities.**

Visit <https://runthetan.net> for all event information and how to register.

(See also <http://www.vrwc.org.au/newsletters/heelandtoe-2022-num05.pdf> for our earlier detailed advert.)

Let's have our VRWC race uniforms seen in big numbers on Sunday 24 April. **Register now!**

VICTORIA - METRO & REGIONAL



** AVSL playoffs, Saturday 5 March – Lakeside Stadium

With club points on the line to decide the various AVSL division premierships, most walkers gave it their all in both the scheduled 2000m walks.

Race 1 saw **Heath Beveridge** rip straight to the lead with **Char Hay** in close attendance. A mere 8secs separated them at the finish, Heath clocking a fast **9:03.8** to Char's equally impressive **9:11.5**. Former NZ international **Scott Nelson, 10:07.0**, was the quickest of the Masters age walkers, while **Tayla Borg** and **Charlise McQueen** took advantage of the occasion and competition level to record the only PBs of the day.

Race 2 proved more dramatic, with five DQs and a DNF presenting as the joker in the pack when final club points were tallied. **Danny Hawksworth** and **Sarah Brennan** fought it out all the way, Danny crossing a bare 3secs ahead of the Ballarat Masters ace, **10:12.2** to **10:15.1**, with Bendigo's **Tiffany Bussem Jorgensen** making the most her chances for a strong 3rd in **11:13.3**.

Race 1 – 2000m (9.30am)

1	Heath Beveridge	(WES)	M20	9:03.8h	478	
2	Char Hay	(KNA)	F20	9:11.5h		
3	Scott Nelson	(WYN)	M50	10:07.0h	479	
4	Simon Evans	(BOH)	M60	11:01.2h		
5	Kylie Irshad	(GHY)	F50	11:04.2h	498	
6	Tayla Borg	(DIV)	F16	11:13.3h	447	PB 0:32
7	Timothy Erickson	(COB)	M65	11:50.3h	472	
8	Bernie Keirl	(DIV)	M55	11:51.0h	418	
9	Charlise McQueen	(EAG)	F14	12:17.5h	407	PB 0:01
10	Donna-Marie Elms	(PTN)	F60	12:19.3h	488	
11	Dee Holohan	(SAN)	F55	12:25.5h		
12	Claire Noonan	(EAG)	F18	12:42.8h	323	
13	Tracy Colbert	(PTN)	F50	12:45.7h	408	
14	Duncan Knox	(ESS)	M60	13:00.9h	388	
15	Emilie Garside	(YRA)	FOP	13:15.4h		

16	Merilyn Thompson	(MPA)	F55	13:20.7h	
17	Anthony Doran	(GHY)	M65	14:01.8h	370
18	Stephen Murphy	(ESS)	M60	14:04.5h	325
19	Gwen Steed	(GHY)	F65	14:09.4h	435
20	Brian Anderson	(ESS)	M60	14:21.6h	308
21	Geoffrey Barrow	(MEN)	M65	14:25.2h	348
22	Brenda Cashin	(WES)	F55	17:02.6h	209
23	Wendy Ennor	(EAG)	F60	17:55.1h	207
-	Peter Savage	(EAG)	M65	DNF	

Race 2 – 2000m (4.45pm)

1	Danny Hawksworth	(ESS)	M40	10:12.2h	432
2	Sarah Brennan	(BYC)	F45	10:15.1h	516
3	Tiffany Bussem Jorgensen	(BGO)	FOP	11:13.3h	414
4	Marlene Gourlay	(MEN)	F65	12:05.2h	526
5	Phillip Dunstone	(WES)	M50	12:50.4h	326
6	Sarah Papadopoulos	(DIV)	FOP	12:59.1h	285
7	Janice Hodgart	(WES)	F55	13:31.6h	398
8	Rozlyn Walker	(GHY)	F55	14:56.8h	299
-	Jo Moxon	(DIV)	F55	DNF	
-	Debbie Mckenzie	(DIV)	F50	DQ	
-	Mark Donahoo	(ESS)	M60	DQ	
-	Maryann Murray	(DIV)	F50	DQ	
-	Peter Luke	(WEN)	M60	DQ	
-	Rupert Van Dongen	(MEN)	M45	DQ	



AROUND THE COUNTRY

A.C.T. ACT Walkers, 5 March – Woden Park Aths track, Woden

Results courtesy of Val Chesterton:

3000m

1	Kodi Clarkson	13:19
2	Michael Smith	16:16
3	Lincoln Hawkins	20:00
4	Sue Archer	20:48
5	Bryan Thomas	22:58
6	Geoff Barker	25:16
7	Lorna England	25:45
8	Doug Fitzgerald	25:51

QUEENSLAND QLD Athletics T&F c'ships, 5/6 March - QSAC

Robyn Wales reports on the QLD championships, held during a worrying time in the flood-stressed state:

This is from Qld where, after rain, floods and more rain and floods the sun has appeared with the added blessing of high humidity which is not really conducive to fast times in long races!

On Saturday the junior athletes had their 3000m and 5000m races with the 10000m being on this morning.

We were looking forward to a showdown between **Owen Toyne** (ACT) and **Bailey Housden**. But it wasn't to be as Owen didn't start, leaving Bailey to charge off alone and lead the field home in a quick **13:42.65**. **Lyla Williams** was fastest girl with **15:31.86**. **Destinee Pickvance Yee** (coached by Katya Martin) won the U14 race with all 4 entrants finishing within 32 seconds of each other. **Milly Sharpe** from Gladstone won the U15 race in **16:55.02**. **Noah Tilton** won the U14 boys' race and **Kai Dale** the U15 race.

After winning the NSW Championship in pouring rain last week, **Sam McCure** was chasing another pb but the heat, humidity and lack of competition made it obvious that a quick time was not going to happen. Sam ended up being first across the line in **25:30.69**. **Seth Wasson** took out the U18 race in **26:07.03**.

The girls were determined to race well with the lead changing a number of time early on and the judges kept busy as is often the case with the U18 eventually being taken out by **Mia Bergh** in **30:40.05**.

Sunday morning saw the temperature soar to over 30 and the humidity with it, Several interstate athletes were on the starting line and a number of junior athletes had entered to get the 10000m experience under their belts. 19 athletes stood on the starting line on Thursday to condense the program into two days and one lapscorer was never going to have a good outcome. With Qld Athletics deciding last Thursday to condense the program into two days meaning officials were going to be sparse. Yes, our WC is always willing to help but we do need to know the need prior to the race.

That said, the race was won by **Tim Fraser** (ACT) in **45:36.98** with **Katie Hayward** first female in **47:35.43**. The U20 women's race was won by **Camryn Novinetz** in **53:58.96** from **Hannah Bolton** NSW. I cannot guarantee any of the times past the first couple are correct but given the circumstances and the week we've had in Qld we are grateful that the event took place.

U14 Girls 3000m

1.	Destinee Pickvance Yee	Canterbury	17:08.15
2.	Makenna Clarke	Redlands	17:19.53
3.	Ella Cosgrave	Border Striders	17:25.93
4.	Maya Barron	QRWC	17:40.85

U14 Boys 3000m

1.	Noah Tilton	QRWC	20:40.79
----	-------------	------	----------

U15 Girls 3000m

1.	Milly Sharpe	Gladstone	16:55.02
2.	Katie Brat	Ashgrove	17:40.96
3.	Caterina Davey	QRWC	18:30.94
	Skye Presland	QRWC	dq

U15 Boys 3000m

1.	Kai Dale	QRWC	17:21.18
----	----------	------	----------

U16 Girls 3000m

1.	Lyla Williams	QRun	15:31.86
2.	Rebecca Teahen	Toowong Harriers	16:31.98
3.	Brooke Newberry	Armidale NSW	17:12.89 21:38.46
4.	Taylah Morris	QRWC	dq
	Lily Goulding	QRWC	

U16 Boys 3000m

1.	Bailey Housden	QRWC	13:42.65
	Roel Wheelley	Redlands	dq

U17 Girls 5000m

1.	Ashanti Heap	GCA	30:40.05
2.	Piper Lawson	Redlands	31:20.55
3.	Lily Housden	QRWC	34:08.76
4.	Phoebe Chadwick	QRWC	34:57.01

U17 Boys 3000m

1.	Sam McCure	QRWC	25:30.69
2.	Alex Bradley	QRWC	28:08.95

U18 Girls 5000m

1.	Mia Bergh	GCV	28:04.22
2.	Anika Clarke	Redlands	30:56.38
3.	Torryn Fisher	Redlands	32:18.89
	Jayda Anderson	GCA	dq
	Summer Millard	GCA	dq

U18 Boys 5000m

1.	Seth Wasson	Caboolture	26:07.03
2.	Kai Norton	QA	28:08.95

U20 Women 10000m

1. Camrn Novinetz	Ipswich	53:58.96
2. Hannah Bolton	NSW	56:26.16

Open Women 10000m

1. Katie Hayward	GCA	47:35.43
2. Lyla Williams	QRun	60:44.37
(Brenda Gannon 1 lap short)	GCV	
3. Mia Bergh	QA	62:17.67
4. Summer Millard QA	QRWC	-
5. Jasmine Rose McRoberts	Redlands	1:12:57.07
6. Lily Housden	QRWC	1:14:31.36
Anika Clarke		DNF
Phoebe Chadwick		DNS

Open Men's 10000m

1. Tim Fraser	ACT	45:36.98
2. Dylan Richardson	NSW	45:38.76
3. Mitchell Baker	ACT	46:18.09
4. Jack McGinniskin	NSW	50:53.73
5. Ignacio Jiminez	QMA	51:11.72
6. Sam McCure	QRWC	51:11.72 (Incorrect time)
7. Bailey Housden	QRWC	53:58.96
8. Kai Norton	QA	1:01:25.19
Seth Wasson	Caboolture	dq



Happy coach and squad: Kai Dale, Sam McCure, Ella Cosgrave, Robyn, Mia Bergh, Lyla Williams, Taylah Morris, Noah Tilton
(Photo courtesy Robyn Wales)

SOUTH AUSTRALIA SA Interclub, 5 March – SAAS, Adelaide

Thanks to Kim Mottrom for these results. (The SA walking community would be abuzz following Olivia's performance in Muscat!)

Open 3000m	Club		
Nellie Langford	Southern AC	14:34.04	PB
Sebastian Richards	Southern AC	14:36.98	
Samantha Findlay	Southern AC	14:37.73	
Cooper Rech	Coastal Districts	15:47.07	PB
Rhiannon Lovegrove	Port Adelaide	16:21.09	
Daisy Braithwaite	Saints AC	16:43.75	
Matilda Gourlay	Southern AC	16:58.42	
Katie DeRuvo	Coastal Districts	17:15.06	
Mel Grantham	SA Masters	17:16.78	PB
Peter Crump	Saints AC	18:11.94	
Alex McEwan	Tea Tree Gully	22:44.49	PB

SOUTH AUSTRALIA SAMA Masters results, 27 February – SAAS, Adelaide

Graham Harrison reports:

This week was a scratch event meeting at the SA Athletics Stadium. Weather was fine and warm.

800M WALK		Result	Age Gp	AgeGrade%
KIM	MOTTROM	0:03:09	M35	79.37
PETER	CRUMP	0:04:29	M60	68.22
LIZ	DOWNS	0:05:19	W65	74.66
HELEN	SURIDGE	0:06:07	W70	68.2

800M CLUBWALK		Result	Age Gp	AgeGrade%
GIL	MCINTOSH	0:05:13	M70	65.26
STEVE	WASILEWSKI	0:05:46	M65	57.1
LIZ	NEUBAUER	0:06:12	W70	67.28
MALCOLM	TIGGEMAN	0:06:12	M65	53.69
ROGER	LOWE	0:06:50	M75	54.1
VALMAI	PADGET	0:06:53	W75	65.94
DAVID	ROBERTSON	0:07:21	M85	57.33
SANDRA	MCCUE	0:07:53	W75	55.93

5K WALK		Result	Age Gp	AgeGrade%
KIM	MOTTROM	0:22:14	M35	82.3
PETER	CRUMP	0:30:54	M60	70.76

5K CLUBWALK		Result	Age Gp	AgeGrade%
GIL	MCINTOSH	0:35:38	M70	68.08
BRIAN	WITTY	0:37:23	M70	64.89

3K WALK		Result	Age Gp	AgeGrade%
MELISSA	GRANTHAM	0:17:42	W35	68.11
HELEN	SURIDGE	0:23:49	W70	67.93

3K CLUBWALK		Result	Age Gp	Age Grade%
STEVE	WASILEWSKI	0:21:19	M65	65.2
STEPHEN	DOWNS	0:23:52	M65	57.03
MARGARET	MCINTOSH	0:25:20	W65	62.34
ELIZABETH	SLATTERY	0:25:34	W55	55
CATHIE	HORE	0:26:57	W70	60.03
DAVID	ROBERTSON	0:28:01	M85	64.22
EDNA	BATES	0:28:05	W65	56.23

TASMANIA Tas Masters T&F, 2 March – Domain Ath. Centre, Hobart

David Moore reports:

With no Walks on the Interclub programmes at either end of the state, **Wayne Fletcher** at mid-week Masters was the only Walker to get on the track for this week.

Results 3000m Walk

1. Wayne Fletcher NS 24:59



INTERNATIONAL NEWS

Muscat is done and dusted, and the Aussie team is back home. After a tumultuous two years of waiting for the borders to reopen - during which only our Olympians managed to wear the colours overseas – it all seemed to be over in a flash. Success, disappointment (some of it bitter), reflection, re-evaluation, lessons learned and resolve to focus on what's up next will be featuring in the minds of our walkers who, once again, made us proud on the international stage.

First, however, they've earned a rest. *Well done, team!*

WU20 10km	Olivia Sandery	5 th	49:01	** Team 2nd
	Allanah Pitcher	7 th	49:51	
	Alanna Peart	13 th	50:47	
MU20 10km	Fraser Saunder	15 th	47:38	Team 5th
	Marcus Wakim	21 st	49:21	
Women 20km	Clara Smith	DNF		
Men 20km	Declan Tingay	10 th	1:26.05	Team 4th
	Rhydian Cowley	11 th	1:26.09	
	Will Thompson	26 th	1:28.20	
	Kyle Swan	34 th	1:30.33	
	Tyler Jones	DQ		
Men 35km	Carl Gibbons	29 th	2:46.35	



JUNIOR RACE WALKERS FIND SILVER LINING UPON INTERNATIONAL DEBUT

by *Sascha Ryner and Lachlan Moorhouse*

(re-printed from *Athletics Australia* website – Friday 4 March)

Australia's future in racing walking is looking bright, with the Australian women's Under 20 team claiming silver at the **2022 World Athletics Race Walking Championships** in **Muscat, Oman** this afternoon.

The Australian contingent comprising of South Australian teen **Olivia Sandery** (Bob Cruise and Jared Tallent) and the Victorian duo of **Allanah Pitcher** (Frank Overton) and **Alanna Peart** (Jared Tallent) lined up amongst the world's best in their age group in the 10km race.

In the junior events for the World Athletics Race Walking Team Championships, athletes compete as individuals, with the placings of the country's first two athletes across the line added together to form the final team result. The nation with the lowest point score wins the Championships, and in the women's Under 20 10km it was China that clinched gold, with Spain following behind Australia to claim bronze.

Sandery, who went to Muscat with the world leading time produced the fastest time for the Australians in the women's event, crossing the line in 5th place in 49:01, with compatriot Pitcher cementing Australia's silver status with a top 8 finish and a 49:51 performance. 2021 Australian 10km race walking champion Peart narrowly missed out on a place in the top 10, clocking 50:47 to finish in 13th place.

Although amongst the favourites to win gold, the Australians were in for a competitive race, with all top 8 athletes finishing in under 50 minutes. In the lead from the gun, Sandery walked consistently in the lead pack and found herself within the top five at every split.

It wasn't until the fourth lap of the two-kilometre circuit, that the 19-year-old slipped out of medal contention, falling fifteen seconds behind eventual gold medal winner - China's **Jiang Yunyan**. The second of the Chinese duo, **Jiang Jinyan** placed second in 48:03, whilst Finnish athlete **Heta Veikkola** completed the individual podium in 48:11.

"It's so crazy. I knew we had a good chance but at the end of the day, it's the first international competition for all of us and we were just out here to have fun and do our best, so the medal is a great cherry on top," Pitcher said.

"To get to represent our country for the first time and do it here in Oman with two other girls in my race and in a team environment was so great. It makes it more fun to do it together, because generally it's a very individual sport. It's special to be able to share the moment, and it's cool being able to represent all the people back home that made it possible for us to be here," Peart said.

Sandery said it was an exciting experience being able to lead in the front throughout the race and to place well within the top eight upon her debut.

“I’m very excited. I was hoping to be near the front but to finish in the top five is very exciting,” Sandery said.

“Something I’ll take away is the experience of it all, as well as racing against girls from other countries. It was good to get my foot in the door and get the race done. It sets us up well for the rest of the year and next year as well. Hopefully there will be some more big races to come.”

Fraser Saunder (Daryl Biggin) and **Marcus Wakim** (Adam Garganis) led the charge for the Australian men in the Under 20 10km event, with the pairing placing 15th (47:38) and 21st respectively (49:21) in their international debut.

And now – for *World Athletics*’s own take on the race:

Jiang leads Chinese 1-2 in U20 women’s 10km in Muscat

(by *John Mulkeen* – reprinted from *World Athletics* website)



Womens U20 10km – Olivia Sandery and Valeriya Sholomitska lead early.

(Photo: *World Athletics*)

MUSCAT (Oman) Friday 4 Mar – A swift ninth kilometre proved decisive for **Jiang Yunyan** as she strode to victory in the U20 women’s 10km on Friday (4) at the **World Athletics Race Walking Team Championships Muscat 22**.

A few minutes before the race got under way, the competitors observed a ‘Moment for Ukraine’ with athletes from several nations holding up the Ukrainian flag, while World Athletics President Sebastian Coe laid down a bouquet of blue and gold flowers. **Valeriya Sholomitska**, the sole Ukrainian entrant in Muscat, shed a few tears but maintained her composure as she took to the start line.

With temperatures hovering around 21C, the race set off at a steady pace with the first kilometre covered in 5:07 as athletes tried to get a feel for the course. The two-kilometre loop, one of the more challenging circuits used at the World Race Walking Team Championships, has a 27-metre difference between the highest and lowest points.

Sholomitska took the lead in the second kilometre, which was covered in 4:50, then China’s **Jiang Jinyan**, the fastest U20 race walker in the world this year, took over in pole position, thanks to a 4:45 third kilometre.



Valeria ... racing for her homeland

(Photo: *World Athletics*)

That pace was maintained in the fourth kilometre as the lead pack of 12 was reduced to seven. At half way, reached in 24:10, Sholomitska fronted a lead pack of five that included **Jiang Jinyan**, **Jiang Yunyan**, Finland’s **Heta Veikkola** and Australia’s **Olivia Sandery**.

They remained together for another lap, then Jiang and Jiang put in a 4:39 kilometre which broke up the lead group. Veikkola coped best with the Chinese duo's pace while Sandery and Sholomitska trailed further back.

On the final lap, **Jiang Yunyan** ramped up the pace and broke away from her teammate, thanks to a 4:22 eighth kilometre. Veikkola edged into second place for a brief moment, but Jiang Jinyan came back in the closing stages to regain the runner-up spot. Jiang Yunyan was away and clear in the lead, though, and crossed the finish line in **47:48**. Jiang Jinyan took second place in 48:03 and Veikkola placed third in 48:11. Sholomitska came through to take fourth place in 48:53, eight seconds ahead of Sandery.

"I'm really thankful for the opportunity to compete at these championships," said Jiang, who is the third Chinese athlete in a row to win the U20 women's race at this event. "The weather is hot and the course was tough, but I'm pleased to finish the race with my teammates."



Women's U20 podium - Australia 2nd, China 1st, Spain 3rd

(Photo courtesy Ballarat RWC)

With three athletes in the top six, China won the team title. Australia took second place in the team standings, while Spain earned bronze.

Sholomitska may have finished outside the top three, but simply reaching the startline was a huge accomplishment for all involved.

"I'm very happy to make it to this championship," said the 17-year-old Ukrainian. "The situation in my home country at the moment is very difficult and many people have died. We just want peace."

Olena Borysyuk, the team coach for Ukraine, echoed Sholomitska's sentiments.

"Coming here is a moment of glory for our country," said Borysyuk, who travelled with Sholomitska via Antalya. "Ukrainians are nice and great people; we have good hearts. We are not bad people. All we want is peace. What's happening at the moment is not normal. My mother is from Russia, my father is from Ukraine. I just want peace, I don't want war. We're very thankful to make it to these championships."

Wang takes U20 men's 10km title in Muscat

(by **Paul Warburton** - reprinted from **World Athletics** website)

MUSCAT (Oman) Friday 4 Mar – In the end the U20 men's 10km at the **World Athletics Race Walking Team Championships Muscat 22** went to form – but not in the way expected.

A terrific walk from **Wang Hongren**, sporting immaculate style, saw the Chinese cross first, but barely 100 metres earlier he was seemingly battling for third at best.

A dramatic finale saw leader **Amit Khatri** striding to gold only to be pulled in to the penalty zone and watch his hopes and India's quest for a first individual gold dashed. Seconds later, world U20 champion **Heristone Wanyonyi** from Kenya suffered the same fate and let in Wang and compatriot **Zeng Yu**, the two fastest in the field on paper.

Wang hit the line and almost the deck in a mixture of exhaustion and triumph, but Zeng saw a blue flash over his shoulder that proved to be **Diego Giampaolo** of Italy.

In fact, in the final straight, the Italian wrongly assumed he had been called into the penalty zone, but he quickly recovered to overtake Zeng and dip at the line for a surprise second place.



Mens U20 10km: Fraser Saunderson (far left) was in the mix early. (Photo: World Athletics)

In an event that saw the early morning temperature rise to 27C, the race fascinatingly ebbed and flowed throughout. **Jaromir Moravek** shot away from the start with **Christiaan Bester** from South Africa, head tilted, in close order, with the rest strung out in a line across the road.

The first kilometre was timed at 4:25; but Bester was caught before the end of the first two-kilometre loop, reached by the Czech leader in 9:08 that reflected the uphill climb on the way back. Finland’s **Sajan Irincheev** started to give chase, but the rest were ominously biding their time even though Moravek got to halfway in 23:07.

However, a glance back revealed the remains of the leading pack were on him, and his race for a podium finish was all but over, even though he did gamely stay with the pack.

Mazium Demir from Turkey then took up the challenge and surged at 5.5km to put 30 metres between him and a loose group of three trying to hang on. That 4:25 kilometre was exactly the same as the opening burst from Moravek, and it told. Shouted on by Turkish coaches, Demir pumped his arms like a man on a mission, but the Chinese pair were moving quicker.

Almost as quickly as he had taken the lead, Demir lost it to Wang and Zeng. But Amit, silver medallist at last year’s World U20 Championships behind Wanyonyi, refused to be daunted and slowly latched on to the Chinese duo before first passing Zeng and then Wang over the final kilometre. Wanyonyi, too, was quickly gaining ground and passed Zeng to be in with a chance of bronze.

If they were unaware the cruel fate that awaited them, they quickly discovered that a 60-second penalty was the difference between everything and nothing.

Wang went on to cross the line first in 44:06. Teammate Yu held on to the runner-up spot until the final few seconds when Italy’s Giampaolo strode past to take second place in 44:14. Yu clocked the same time in third.

Wanyonyi, despite a one-minute penalty, finished in fourth place in a Kenyan U20 record of 45:18. Not realising he was on the final lap, he went on to complete another circuit after crossing the finish line.

Unsurprisingly, the finishing times were nothing like a lot of athletes’ personal bests, but these were tough conditions that tested everyone.

China were comfortably team winners, while Giampaolo’s late charge elevated Italy to silver with a consistent race from Spain allowing them on to the podium for third.

10km Under 20 Women				10km Under 20 Men			
1	Yunyan JIANG	CHN	47:48	1.	Hongren WANG	CHN	44:06
2	Jinyan JIANG	CHN	48:03	2.	Diego GIAMPAOLO	ITA	44:14
3	Heta VEIKKOLA	FIN	48:11	3.	Yu ZENG	CHN	44:14

4.	Valeriya SHOLOMITSKA	UKR	48:53	4.	Heristone Wanyonyi WAFULA	KEN	45:18
5.	Olivia SANDERY	AUS	49:01	5.	Mateo ROMERO	COL	45:20
6.	Meiduo GANGLA	CHN	49:40	6.	Pablo PASTOR	ESP	45:23
7.	Allanah PITCHER	AUS	49:51	7.	Oscar MARTINEZ RODRIGUEZ	ESP	45:25
8.	Eva RICO RUFAS	ESP	50:02	8.	Nicola LOMUSCIO	ITA	45:33
9.	Yasmina TOXANBAEVA	KZH	50:19	9.	Sajan IRINCHEEV	FIN	45:54
10.	Vittoria DI DATO	ITA	50:20	10.	Pablo RODRIGUEZ ROJAS	ESP	45:54
11.	Elvina CARRÉ	FRA	50:26	11.	Mazlum DEMIR	TUR	46:11
12.	Lucía REDONDO	ESP	50:41	12.	Pietro Pio NOTARISTEFANO	ITA	46:13
13.	Alanna PEART	AUS	50:47	13.	Adam ZAJÍČEK	CZE	46:56
14.	Mariana RINCÓN ROMERO	COL	51:05	14.	Andreas PAPASTERGIOU	GRE	47:22
15.	Olivia LUNDMAN	CAN	51:13	15.	Fraser SAUNDER	AUS	47:38
16.	Inês MENDES	POR	51:29	16.	Frederick WEIGEL	GER	47:47
17.	Griselda SERRET MENENDEZ	ESP	51:29	17.	Tomáš MENCEL	SVK	48:10
18.	Magdalena ŻELAZNA	POL	51:51	18.	Emanuel APAZA	PER	48:18
19.	Sofia FIORINI	ITA	52:08	19.	Jaime CCANTO	PER	48:34
20.	Lena SONNTAG	GER	52:28	20.	Julian Andres ALFONSO	COL	49:13
21.	Maria Jose MENDOZA	ECU	52:44	21.	Marcus WAKIM	AUS	49:21
22.	Reshma PATEL	IND	53:10	22.	Raivo LINIŇŠ	LAT	49:46
23.	Ana DELAHAIE	FRA	53:20	23.	Kamil PIECUCH	POL	50:03
24.	Şükran AYAZ	TUR	53:40	24.	Ignas DUMBLIAUSKAS	LTU	50:15
25.	Izabela KRZYŻANOWSKA	POL	53:41	25.	Michal DUDA	SVK	50:24
26.	Janise NELL	RSA	54:01	26.	Heron RODRIGUES MIRANDA	BRA	51:41
27.	Heather DURRANT	USA	54:03	27.	Nurzat KUNBOLATULY	KZH	52:00
28.	Gabrielly Cristina DOS SANTOS	BRA	54:21	28.	Hayrettin YILDIZ	TUR	52:28
29.	Lilian DUMES BITTENCOURT	BRA	54:33	29.	Christiaan BESTER	RSA	55:43
30.	Elif NUR ÖZBEY	TUR	55:48	30.	Khalid AL SIYABY	OMA	1:00:31
31.	Karin DEVALDOVÁ	SVK	56:34	31.	Hamed AL DUGHAISHI	OMA	1:06:55
32.	Sorana TUTU	ROU	56:42	32.	Mohammed L JABRI	OMA	1:20:41
33.	Ellen SEISTO	FIN	57:33	-	Jaromír MORÁVEK	DEN	DNF
34.	Angelica HARRIS	USA	57:37	-	Joao Victor SILVA	BRA	DQ
35.	Stanislava HAKULINOVÁ	SVK	57:45	-	.AMIT	IND	DQ
-	Giada TRAINA	ITA	DNF				

U20 10km Team placings

Women

1.	China	3
2.	Australia	12
3.	Spain	20
4.	Italy	29
5.	France	34
6.	Finland	36
7.	Poland	43
8.	Turkey	54
9.	Brazil	57
10.	USA	61
11.	Slovakia	66

Men

1.	China	4
2.	Italy	10
3.	Spain	13
4.	Colombia	25
5.	Australia	36
6.	Peru	37
7.	Turkey	39
8.	Slovakia	42
9.	Oman	61

Valeriya Sholomitska (UKR) 4th

“I really wanted to win this race to bring the world's attention to what is happening in my home country. I am devastated because of the war and the people who are dying. My family is in Ukraine, and it was very difficult to focus today. I am training in Antalya (Turkey). My next target is the World Athletics U20 Championships in Cali.

“I hope peace will return to Ukraine, so that I can go back home.”

- *World Athletics website*



Yamanishi retains 20km title for Japan in Muscat

(by *Paul Warburton* – reprinted from *World Athletics website*.)

MUSCAT (Oman) Saturday 5 March - Japan dominated the men's 20km event at the **World Athletics Race Walking Team Championships Muscat 22** yet again, only this time it was **Toshikazu Yamanishi** taking gold.

The world champion saw off teammate and defending World Race Walking Team Championships winner **Koki Ikeda** shortly before 11km with a decisive move up the hill on a testing course on Saturday (5), clocking **1:22:52**. The eventual silver medallist claimed gold in Taicang in 2018, but was second best in every sense this time, recording **1:23:29**.

Even so, the pair with impressive PBs well under 1:18:00 stamped their authority very early. Behind them, an impressive battle for third was a real race for more than half the distance.



Declan Tingay put all his cards on the table to burn off the chase group – sadly, to his cost. (Photo: Emmanuel Tardi)

A chasing group of six then fell apart at 14km, leaving Australian **Declan Tingay** and Kenya's **Samuel Gathimba** chasing bronze.

Tingay sensed Ikeda was struggling and upped his effort. Unfortunately for the man who was 17th at the Olympics and then scored a PB of 1:20:44 in February, he also caught the judges' attention. He was to serve a two-minute penalty less than 100m from the finish, but had already been passed by Gathimba, who claimed Kenya's first ever medal at these championships in 1:23:52.

The 34-year-old known as 'Speedy' was the epitome of athletics joy as he raised his arms to heaven and then beat them in excitement on the tarmac having sunk to his knees in gratitude. Kenya has long been a giant at distance running. Maybe, after this worthy bronze, they will see race walking as another route to success.

Behind the leading three, **Brian Pintado** claimed fourth for Ecuador, which was to prove crucial in the team event. By the final reckoning, his country had pipped Japan by just a single point, with China in third.

Spain's **Diego Garcia** finished fifth and Mexico's **Saul Mena** was sixth.

Earlier, **Alberto Amezcua** went to the front straight away, with teammate Garcia shadowing and five others notching a nippy first kilometre in 4:08. The leaders then concertinaed with a big pack coming back up the hill and reached 2km in 8:34. It emphasised the see-saw nature of flying down a hill, and having to climb back up it.

Australia's **Kyle Swan** decided if there was to be hare it might as well be him, and moved ahead to record 12:47 at 3km - comfortable, by the standards of most of the field. The Australian with a PB of 1:21:39 from February was quickly caught by Yamanishi as they hit 4km in 17:08.

The Japanese then forged a 20-metre gap, not least because the fifth kilometre was the fastest so far - 4:07. **Eider Arevalo** was the only athlete to give chase from a large group of 34 separated by a handful of seconds. But the Colombian 2017 world champion soon gave up the idea of walking between a rock and a hard place and re-joined the group almost as soon as he left it.

As he did, Ikeda decided he was up for chasing his compatriot and was only four seconds behind at 8km in 33:48.

The chasers were reduced to six that included Pintado, India's **Sandeep Kumar**, Tingay and Gathimba clearly having good races, but a 4:02 ninth kilometre saw the land of the rising sun headed for gold and silver even before halfway. That mark was clocked at 41:59, which to the Japanese was ambling, but still 27 seconds in front of the half dozen straining to get back in touch.

Yamanishi had a second go to get away approaching 11km, and opened a five-second lead over Ikeda. It was hardly a surprise considering that last 1000m was the first under four minutes in 3:57.

The six vying for bronze were 43 seconds in arrears at 12km, but that group was also coming apart at the seams.

Two kilometres later, Tingay and Garcia had inched ahead to leave Pintado, Gathimba and Kumar seemingly walking solo for the minor places. But the Spaniard couldn't hold on, and at 16km, Tingay had a clear view of a tiring Ikeda and set off to catch him followed by Gathimba, and clearly sensing his chance.



Yamanishi – total dominance

(Photo: Marcia dal Mondo)

By contrast, Yamanishi never looked as if he was working. His immaculate style never wavered for a stride, and when he threw away his cap at the bell, there was never a chance he would throw away his return to glory. Sorely disappointed by just a bronze on home soil at the Olympics, there was no-one going to take away his first place this time.

20km Open Women

1.	Zhenxia MA	CHN	1:30:22
2.	Jiayu YANG	CHN	1:31:54
3.	Kimberly GARCIA LEON	PER	1:32:27
4.	Alegna GONZÁLEZ	MEX	1:32:45
5.	Nanako FUJII	JAP	1:33:16
6.	Antigoni NTRISMPIOTI	GRE	1:34:54
7.	Liuqing YANG	CHN	1:34:59
8.	Saskia FEIGE	GER	1:35:24
9.	Valentina TRAPLETTI	ITA	1:36:44
10.	Li MA	CHN	1:37:19
11.	Kiriaki FILTISAKOU	GRE	1:38:53
12.	Lidia SANCHEZ-PUEBLA	ESP	1:39:42
13.	Christina PAPADOPOULOU	GRE	1:40:01
14.	.RAVINA	IND	1:40:02
15.	Brigita VIRBALYTĖ	LTU	1:40:15
16.	Antia CHAMOSA	ESP	1:41:24
17.	Clémence BERETTA	FRA	1:41:43
18.	Bethan DAVIES	GBR	1:42:25
19.	Emily Wamusyi NGII	KEN	1:42:39
20.	Kristina MOROZOVA	KZH	1:42:45
21.	Bhawna JAT	IND	1:43:08
22.	Emilia LEHMEYER	GER	1:43:18
23.	Paula Milena TORRES	ECU	1:43:46
24.	Gabriela DE SOUSA	BRA	1:44:18
25.	Olga FIASKA	GRE	1:44:54
26.	Munita PRAJAPATI	IND	1:45:03
27.	Eliška MARTÍNKOVÁ	CZE	1:45:26
28.	Monika VAICIUKEVIČIŪTĖ	LTU	1:45:44
29.	Eloise TERREC	FRA	1:45:49
30.	Mihaela ACATRINEI	ROU	1:46:11
31.	Hana BURZALOVÁ	SVK	1:46:51
32.	Rachelle DE ORBETA	CUB	1:46:54
33.	Souad AZZI	ALG	1:47:08
34.	Efstathia KOURKOUTSAKI	GRE	1:47:44
35.	Anna ZDZIEBŁO	POL	1:47:54
36.	Enni NURMI	FIN	1:49:06
37.	Robyn STEVENS	USA	1:49:14
38.	Regina RYKOVA	KZH	1:49:28
39.	Austėja KAVALIAUSKAITĖ	LTU	1:50:04
40.	Katie BURNETT	USA	1:56:02
41.	Marissa SWANPOEL	RSA	1:58:23
	Mary Luz ANDIA	PER	DNF
	Clara SMITH	AUS	DNF
	Sintayehu MASIRE	ETH	DNF
	Galina YAKUSHEVA	KZH	DNF
	Maria Diana LATARETU	ROU	DNF
	Yehualeye BELETEW	ETH	DQ
	Viviane LYRA	BRA	DQ
	Kader DOST	TUR	DQ

20km Open Men

1.	Toshikazu YAMANISHI	JAP	1:22:52
2.	Koki IKEDA	JAP	1:23:29
3.	Samuel Kireri GATHIMBA	KEN	1:23:52
4.	Brian Daniel PINTADO	ECU	1:24:35
5.	Diego GARCÍA CARRERA	ESP	1:24:41
6.	Saul MENA	MEX	1:25:14
7.	Wayne SNYMAN	RSA	1:25:33
8.	Noel CHAMA	MEX	1:25:52
9.	Jordy Rafael JIMÉNEZ ARR.	ECU	1:26:03
10.	Declan TINGAY	AUS	1:26:05
11.	Rhydian COWLEY	AUS	1:26:09
12.	David HURTADO	ECU	1:26:38
13.	Sandeep KUMAR	IND	1:26:45
14.	Yandong LI	CHN	1:26:53
15.	Wenchao NIU	CHN	1:27:01
16.	Hao XU	CHN	1:27:07
17.	Nils BREMBACH	GER	1:27:10
18.	Quentin REW	NZL	1:27:14
19.	Iván LÓPEZ	ESP	1:27:18
20.	Juan José SOTO	COL	1:27:19
21.	César Augusto RODRÍGUEZ	PER	1:27:35
22.	Francesco FORTUNATO	ITA	1:27:44
23.	Motofumi SUWA	JAP	1:27:51
24.	Andrea COSI	ITA	1:27:57
25.	Suraj PANWAR	IND	1:28:18
26.	Will THOMPSON	AUS	1:28:30
27.	Leo KÖPP	GER	1:28:36
28.	Zhaozhao WANG	CHN	1:28:37
29.	Benjamin THORNE	CAN	1:28:42
30.	Lihong CUI	CHN	1:29:41
31.	José Manuel PÉREZ	ESP	1:29:48
32.	Federico TONTODONATI	ITA	1:29:58
33.	Simon WACHIRA	KEN	1:30:17
34.	Kyle SWAN	AUS	1:30:33
35.	Mohamed RAGAB	EGY	1:30:56
36.	Gianluca PICCHIOTTINO	ITA	1:31:33
37.	Paul MCGRATH	ESP	1:32:12
38.	Şahin ŞENODUNCU	TUR	1:32:35
39.	Yohanis ALGAW	ECU	1:33:19
40.	Cameron CORBISHLEY	GBR	1:33:20
41.	Johannes FRENZL	GER	1:33:48
42.	Abdülselem IMUK	TUR	1:35:18
43.	Dominic Samson NDIGITI	KEN	1:35:42
44.	Rasulbek DILMURODOV	UZB	1:35:45
45.	Marius Iulian COCIORAN	ROU	1:36:44
46.	Lucas MAZZO	BRA	1:38:46
47.	Samuel ALLEN	USA	1:39:07
48.	Jordan CRAWFORD	USA	1:39:15
49.	Tumisang PULE	RSA	1:40:50
50.	Mustafa ÖZBEK	TUR	1:41:07
51.	Tyler WILSON	CAN	1:42:47
52.	Sizwe NDEBELE	RSA	1:44:07
53.	Jerome CAPRICE	MRI	1:48:07
54.	Aiman S. T. AL HASHEMI	OMA	2:16:58
55.	Mohammed AL BAIMANI	OMA	2:18:35
56.	Osama AL GHEILANI	OMA	2:25:03
	Davide FINOCCHIETTI	ITA	DNF
	Eider ARÉVALO	COL	DNF
	Alberto AMEZCUA	ESP	DNF
	Birara ALEM	ETH	DNF
	Tom BOSWORTH	GBR	DNF
	AJ GRUTTADAURO	USA	DNS
	Matheus CORREA	BRA	DQ
	Hisham AL JABRI	OMA	DQ
	Khalid AL HASHIMI	OMA	DQ
	Tyler JONES	AUS	DQ

Open 20km Team placings

Women			Men		
1.	China	10	1.	Ecuador	25
2.	Greece	30	2.	Japan	26
3.	India	61	3.	China	45
4.	Lithuania	82	4.	Australia	47
			5.	Spain	55
			6.	Italy	78
			7.	Kenya	79
			8.	Germany	85
			9.	South Africa	108
			10.	Turkey	130
			11.	Oman	165

***** NEXT ISSUE - PERSEUS'S AND GLENDA'S STIRRING WINS IN MUSCAT 35KMS**

UNITED KINGDOM: Sarnia WC championships Race 1, Sunday 6 March – Saumarez Park, Guernsey

Thanks to David Ainsworth for forwarding this report by Rob Elliott:

A cold morning greeted the walkers for the first Championship race of 2022 on the paths at Saumarez Park. Taking his usual spot at the head the field **Stuart Le Noury** crossed the line in **27.24**. Donna Allan took second place in 32.52. Third place went to Kevin Le Noury. Mick Le Sauvage got the better of Dave Dorey after trailing him for the first of four laps for fourth place.

In the handicap section of the race **Kevin Le Noury** and **Mick Le Sauvage** tied for first place with Donna Allan narrowly ahead of Dave Dorey.

1	Stuart Le Noury	M35	27.24
2	Donna Allan	W45	32.52
3	Kevin Le Noury	M60	36.08
4	Mick Le Sauvage	M80	40.08
5	Dave Dorey	M75	41.56

Handicap result: 1= Kevin Le Noury and Le Sauvage 41.08, 3 Allan 41.52, 4 Dorey 41.56, 5 Stuart Le Noury 42.24

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

The World Teams championships in Muscat, not surprisingly, dominate Marcia dal Mondo's postings this week. Nicola Maggio includes informative stage-by-stage commentary and some stirring photos in his reports:

- 06/03/2022 After Jeff, still Ecuador on the roof of the world and lives a dream.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4325
- 05/03/2022 - Muscat (OMA): Yamanishi and Ikeda gold and silver in 20km men. Head and shoulders above the rest.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4324
- 05/03/2022 - Muscat (OMA): second day - morning session. Percy Karlstrom's day in the sun ... and there was plenty of it. Perhaps Mental As Anything could have soundtracked that last lap! ("Percy is a Viking / He is very handy at the walks ...") 21yo Glenda Morejon shows more experienced walkers how it's done over 35km.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4323
- 04/03/2022 - Muscat (OMA): first day - U20 events in morning session. Aussie girls shine, a Ukrainian girl shines with a different light. Talent-laden China dominates the standings.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4321
- 04/03/2022 - Muscat (OMA): first day - 20 km. Women in afternoon session.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4322

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, March 7, 2022 - Two months to go until the Rio Maior International Race Walking Grand Prix <http://omarchador.blogspot.com/2022/03/faltam-dois-meses-para-o-grande-premio.html> - The famous International returns after a 2-year hiatus.
- Sunday, March 6, 2022 - The World Walking Teams Masters - Muscat 2022. <http://omarchador.blogspot.com/2022/03/os-mundiais-masters-de-selecoes-de.html>.
Short report on the principal Masters performances. Also a small but appreciated photo of the podium. (Not hard to spot our heroes.)

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat/Sun 12/13 Mar 2022 **LAVic State Track & Field c'ships U9-U16** – Lakeside Stadium
Sat/Sun 19/20 Mar 2022 **Victorian Masters Athletics T&F championships** – Lakeside Stadium
Sat 26 Mar/Sun 3 Apr **Australian Track & Field championships** – Olympic Park, Sydney
Fri/Mon 1/4 Apr 2022 **Australian Masters Athletics T&F championships** – Brisbane
Sat/Sun 23/24 Apr 2022 **Australian Little Athletics championships** – Melbourne
Sun 24 Apr 2022 **AV 'Run The Tan'** – Kings Domain, Melbourne
Sun 15 May 2022 **Oceania & Australian 35km Race walking championship** – Melbourne (TBC)

International Dates

Jun 26 – July 7, 2022 **World University Summer Games** – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022 **23rd World Masters T&F Championships** – Tampere, FIN
Jul 15 – 24, 2022 **18th World Athletics Championships** – Eugene OR, USA
Jul 22 – Aug 7, 2022 **XXII Commonwealth Games** – Birmingham, GBR
Aug 11 – 21, 2022 **European Athletics Championships** – Munich, GER
TBA, 2022 **19th World Athletics U20 T&F Championships** – Cali, COLOMBIA
TBA, 2023 **24th World Masters T&F Championships** – Gothenburg, SWE
Aug 2023 (TBC) **19th World Athletics Championships** – Budapest, HUN

(EDITOR'S NOTE: When submitting contributions taken from another publication – such as the one above – please remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are give appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.)

***DISCLAIMER:** The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au