

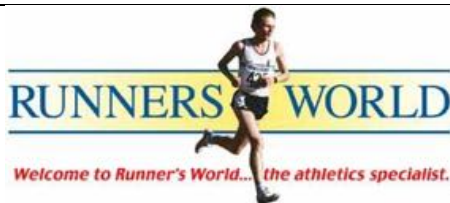


HEEL & TOE Online

Vol. 2022
Issue No. 11
Tuesday
15 March 2022

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

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** WALKER OF THE WEEK **



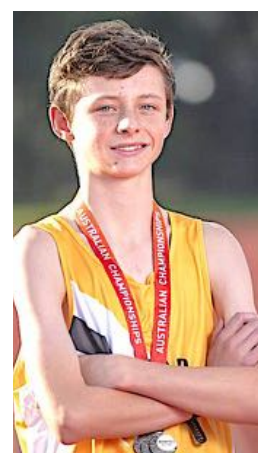
(Photo: Ece Ali)

With State Little Athletics championships being held across the country, it stands to reason that the main candidates for WOTW would come from this young cohort ... and there were plenty of great performances to sift through!

The award for this week – shared once again – goes to **Ela Uzun** (VIC, left) and **Sam Lindsay** (TAS), both of whom broke their state's LA record for their age group and distance. Ela sizzled around the Lakeside track to record 5:09.18, breaking Darcey Roberts's 4yo record for the U11 1100m.

Sam, for his part, set a provisional TLA record in the U14-15 1500m of 6:26.81 – a wonderful effort.

Congratulations, Ela and Sam! You are both worthy winners.



(Photo: The Examiner)



CLUB NEWS and RESULTS

** PETER VYSMA and ROSS REID ... the latest **

Peter has been making steady progress with his rehab. He is now on a strict program to build up strength, muscle tone and manipulative skills. He is doing both fine and gross motor resistance work, including lifting weights of 2km with his legs and similar strength tasks. These are 5-day per week sessions. Peter now manipulates the controls of his chair and has even managed to earn the (mild) displeasure of his nurse by charging all over the gym in it on his own before crashing it!

I am in frequent contact with Peter through Zoom conferences. He says again how much he appreciates all the wishes and messages he has received, and he is eager for any news from the walking scene. At our last Zoom, he and I enjoyed enlightening his brothers and sister about the rules and judging of walking. (And yes, 'that poor girl in Sydney' did come up!)

Unfortunately, things haven't been as positive for Ross. He's had some setbacks which have sent him back into hospital twice, and he is hopeful that his sports doctor can provide him with advice that will help him along his own rehab road. We wish Ross all the best and look forward to see him – and Peter – back at Middle Park as soon as they are able.



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VICTORIA - METRO & REGIONAL

As it is elsewhere in the country, February-March is an exciting time for our 'Little Athletes'. Having completed their regional titles a few weeks ago, LAVic held their State Championships last weekend, with the walkers getting proceedings underway on the track in fine style on Saturday morning.



LAVic State T&F championships, 12/13 March - Lakeside Stadium

A very healthy turnout of 191 walkers fronted the starter across the various divisions. Enthusiasm and competitiveness abounded. The techniques, as one would expect, showed a range of development, with much of it excellent ... many of these kids were born to race walk. Some may not even realise it!

While most of these young athletes may engage in other sports during the winter (and even if athletics is their sport of choice, walking may be but one of several disciplines they practise within it), it's our ongoing hope that more of them enjoy 'heel & toeing' enough to want to take pursue it further and take it to another level ... even into Montag/Cowley territory. (Jemima and Rhydian, and their peers, also started in Little A's.)

Turning to Saturday's results, the best performance of the day was undoubtedly that of **Ela Uzun**, who continued on her record-breaking way by ripping 21secs from Darcey Roberts's U11 1100m mark with a superb **5:09.18**. Predictably, PB performances were widespread, none more impressive than that of **Cody Wapshott**, who smashed his previous best for 1500m by over a minute for **8:42.37**, leaving nothing in the tank in the process. **Matilda Read, Damian Baldy, Beau McKinnon, Riley Coughlan, Lewis Aubrey** and **Addison Paulke** were other VRWC members to show big improvement on the day. (Unfortunately, I have no records of prior 1100m or 700m PB's, but I'm sure plenty were broken.)

Convincing wins were recorded by VRWC members **Scott Peart** (6:47.18), **Riley Coughlan** (6:19.79), **Maddison Nash** (7:12.47), **Damian Baldy** (7:23.60), **Ariana Pashituna** (7:13.28) and **Ela Uzun** (5:09.18). Well done, everybody!



U16 1500m: Zac, Maddison and Scott set the early pace. (Photo: Kerrie Peart.)

U9 Boys 700m Racewalk

1	Kiasi Fualau	4:18.09
2	Ethan White	4:18.10
3	Cooper Clark	4:29.31
4	Reece Trehwella	4:38.11
5	Shepley Porch	4:40.53
6	Rowe Darby	4:44.96
7	Connor Martin	4:45.55
8	Lachlan MacDonell	4:46.01
9	James Grylewicz	4:48.79
10	Jenson Whitehead	5:10.69
11	Casper Weijers	5:24.94
12	Jensen Nguyen	5:42.42
-	Max Godde	DQ

U9 Girls 700m Racewalk

1	Indigo Marshall-Moodie	3:58.76
2	Jaida Robertson	4:10.56
3	Georgia McKinnon	4:10.60
4	Willow Gudgeon	4:26.99
5	Erlyn Singh	4:29.38
6	Elliana Brannan	4:36.90
7	Haven Lennon	4:39.95
8	Misha Jenkins	4:40.12
9	Pia Lunardello	4:40.50
10	Zoe Bowkett	4:41.32
11	Harriet Barnes	4:42.77
12	Farrah Smith	4:44.87
13	Ella Harris	4:47.35

14	Eve Lambert	4:47.80
15	Pippa Read	4:53.64
16	Melody Attri	4:55.31
17	Zara Xavier	4:55.52
18	Lucy Edwards	5:01.83
19	Kalani Kaye	5:23.21
20	Ivy Burslem	5:42.45
-	Annika Downey	DQ
-	Betsy Hynes	DQ

U10 Boys 1100m Racewalk

1	Tate McQueen	5:50.64
2	Jackson Hartley	6:18.62
3	Harvey Atwill	6:23.64
4	Andrew Newbould	6:35.51
5	Riley Debono	7:02.42
6	Zack Paternoster	7:06.61
7	Cruze Marsh	7:07.53
8	Miller Clarke	7:54.46
9	Aden Norman-Hade	7:58.04
10	Manaia Bremner	7:58.56
-	Oscar Sarvas	DQ

U10 Girls 1100m Racewalk

1	Julia Baldy	6:13.28
2	Addison Frenken	6:14.69
3	Bethany Franzke	6:30.06
4	Holly Yorke	6:32.74
5	Helena Nash	6:38.60
6	Makenzie Davis	6:46.43
7	Ashley Bosnich	7:03.39
8	Eleanor Marsh	7:09.38
9	Lunah Ibrahim	7:10.66
10	Alayna Paulke	7:11.41
11	Laura Stone	7:26.69
12	Guramandeep Kaur	7:36.80
13	Madelyn Tucker	7:38.36
14	Jade Clencie	7:43.50
15	Elea Vagedes	7:44.55
16	Madeleine Overdyk	8:01.74
17	Gemma Bryant	8:03.19
18	Lilah Stevens	8:11.64
19	Ingrid Foster	9:09.00
20	Anna de Wit	9:17.63
-	Aylaa Arunan	DQ



Julia and Damian ... sister & brother act.

U11 Boys 1100m Racewalk

1	Angus Shuttleworth	5:35.81
2	Levi Robertson	5:41.27
3	Alexander Brown	5:48.59
4	Lewis McLennan	5:54.50
5	Elijah Marandu	6:31.20
6	Zane Bergles-Brown	6:36.05
7	Michael Friedli	6:38.04
8	Luke Fisher	6:45.99
9	Owen Marandu	6:56.95
10	Lachlan Hill	6:59.14
11	Sterling Winkler	7:06.51

U11 Girls 1100m Racewalk

1	Ela Uzun	5:09.18 (LAV rec)
2	Mya McClure	5:47.72
3	Havana Ali	5:55.10
4	Kelsey Loudon	6:27.96
5	Talise Botha	6:41.70
6	Isabelle Baker-Mayer	6:56.14
7	Isabel Knuckey	7:00.37
8	Elsie Robinson	7:02.10
9	Amelia Hill	7:03.89
10	April Wainwright	7:06.04
11	Indianna Borg	7:07.86

12	Jack Beasley	7:09.56
13	Tate Jardine	7:22.05
14	Jamie Gilmore	7:24.12
15	Oliver Semmens Erickson	7:42.56

12	Ruby Cardwell	7:08.16
13	Brianna Comer	7:08.64
14	Alexi Rudd	7:18.63
15	Lucia Pentland	7:18.85
16	Ella Waterhouse	7:26.29
17	Ruby Reidy	7:38.44
18	Ella Spooner	7:39.90
19	Indiana Roob	7:46.53
20	Lily Clarke	8:14.67
21	Madalyn Trezise	8:20.79
22	Sarina Hathaway	8:23.87
-	Teia Ramirez	DQ

U12 Boys 1500m Racewalk

1	Damian Baldy	7:23.60	PB 0:38
2	Jaime Hvalica	7:37.33	
3	Beau McKinnon	8:21.44	PB 0:46
4	Eddy Franzke	8:26.82	
5	Cody Wapshott	8:32.47	PB 1:09
6	Ronal Marasinghe	9:29.27	
7	Axel Purcell	9:58.09	
-	Logan Longmuir	DNF	

U12 Girls 1500m Racewalk

1	Matilda Simcox	8:20.03	
2	Hannah Matthews	8:27.61	
3	Matilda Read	8:31.77	PB 0:49
4	Eliza Paterson	8:32.43	
5	Charlise McQueen	8:46.12	PB 0:20
6	Lily Lambert	9:09.06	
7	Sienna Reid	9:20.57	
8	Matilda McBain	9:48.39	
9	Gemma Hocking	9:48.69	
10	Asha Morrow	9:49.00	
11	Tasneem Ibrahim	9:54.82	
12	Molly Stevens	9:56.00	
13	Zoe Nash	9:58.09	
14	Zoe Black	10:00.59	
15	Lily Taylor	10:07.78	
16	Holly Sullivan	10:45.49	
17	Lucy Hemming	11:42.45	



Putting it all out there: Daniel, Riley, Ariana, Riannah and Emily.

U13 Boys 1500m Racewalk

1	Max Davidson	7:32.68	
2	Daniel Pashutin	7:44.94	
3	Fraser Aubrey	7:46.33	PB 0:05
4	Lewis Aubrey	8:14.34	PB 0:32
5	Oscar Mielicki	8:18.74	
6	Benjamin Crowley	8:31.64	
7	Hamish McLennan	9:44.15	
8	Ridham Attri	9:59.84	
9	Marko Mandic	10:02.64	
10	Toby Smerdon	10:21.59	

Under 13 Girls 1500m Racewalk

1	Kaylah Finnin	7:27.31	
2	Sarah Holmes	7:27.36	
3	Alexis Sungkar	7:38.01	
4	Kate Wilson	8:22.00	
5	Charlotte MacDonell	8:57.54	
6	Jasmine Khew	9:02.61	
7	Addison Paulke	9:03.73	PB 0:26
8	Lucy Johns	9:51.79	
9	Emma Cooke	10:10.75	
10	Lula Parrott	10:29.30	
11	Julia Hipwell	10:30.16	
12	Virginia Roob	11:40.95	
-	Mietta Morgan	DQ	
-	Sophie Ahern	DQ	

U14 Boys 1500m Racewalk

No finishers

U15 Boys 1500m Racewalk

1	Riley Coughlan	6:19.79	PB 0:34
2	Lachlan Rumley	7:00.37	

U16 Boys 1500m Racewalk

1	Scott Peart	6:47.18	PB 0:09
2	Zachary Matters	7:13.30	PB 0:21
3	Shannon Delaney	7:31.68	
4	John Heinjus	8:29.86	
5	Aiden Smith	10:06.13	

U14 Girls 1500m Racewalk

1	Madeleine McGregor	7:51.18
2	Mackenzie Turner	8:05.17
3	Isabella Finlayson	8:39.54
4	Shae Culpin	9:20.25
5	Manraj Grewal	9:20.40
6	Alexandra Aubrey	9:54.47
7	Amelia Shell	9:56.72

U15 Girls 1500m Racewalk

1	Ariana Pashutina	7:13.28	PB 0:09
2	Brooklyn Towler	7:21.56	PB 0:06
3	Amelia Davidson	7:53.37	
4	Rosie Franzke	8:02.52	
5	Ella Cunningham	8:24.37	PB 0:09
6	Tahlia Langelaan	8:35.50	
7	Amelia Vernal	8:59.83	
8	Samantha Port	9:00.73	
9	Alannah Upson	9:05.29	

U16 Girls 1500m Racewalk

1	Maddison Nash	7:12.47	PB 0:08
2	Emily Smith	7:32.41	
3	Tia Sungkar	7:34.34	
4	Riannah Tatlock	7:40.64	PB 0:07
5	Chloe Ahern	8:00.97	
6	Tayla Borg	8:04.80	
7	Eva Reid	8:30.09	
8	Erin Taylor	9:31.34	
-	Arabella McColl	DQ	



Shiny happy people: Fran's Knox squad (above), and Daryl's Ballarat group (right)

(Photos courtesy Therese Smith and Kerrie Peart)



VIC. MASTERS NEWS

Coming up ... the **Victorian Masters Athletics T&F championships** on Saturday 19 and Sunday 20 March, at Lakeside Stadium. Schedule:

Saturday 19 March		Sunday 20 March	
10.00am Women 1500m Walk	10.20am Men 1500m Walk	9.00am Women 3000m Walk	9.40am Men 3000m Walk
40-44	45-49	40-44	45-49
45-49	50-54	45-49	50-54
50-54	55-59	50-54	55-59
55-59	60-64	55-59	60-64
60-64	65-69	60-64	65-69
65-69	70-74	65-69	70-74
70-74	75-79	70-74	75-79
75-79	80-84	75-79	80-84
80-84		85-89	
85-89			



AROUND THE COUNTRY

NEW SOUTH WALES Mingara Regional AC track competition, 8 March - Mingara

Frank Overton reports from NSW:

Tuesday night 8th March saw a wet and miserable night of competition at the Mingara Regional Athletics Club track competition. Due to the excessive bad weather and constant heavy rain all track events except the distance races were cancelled.

Due to the bad weather there were reduced numbers competing.

It was a special moment as we welcomed our Central Coast star **Allanah Pitcher** home after hers and the Australian Womens U20yrs Team success at the World Race Walking Teams Championship.

Central Coast clubs and regional officials, fellow athletes plus regional general members were pleased and congratulations were extended to Allanah.

Walk results:

A 3,000m and 1,000m walks were held and the following results were recorded.

Open 3,000m Walk:

1. Dylan Richardson	12:36
2. Jack McGinniskin	12:44
3. Hannah Mison	14:44
4. Sienna Pitcher	15:11
5. Myles Ashby	15:14

U16 yrs 1,000m Walk:

1. Georgia Payne	5:16
2. Caetlin Ashby	5:24

QUEENSLAND LAQ State T&F championships, 12/13 March - QSAC

Thanks to Robyn Wales for these results. Once again, the enthusiasm for race walking amongst the younger brigade across the states is encouraging. Now, how to keep them in it ...

Event 1 Girls U 11 1100 Metre Walk

1 Procter, Ella	Caloundra Lac	5:46.52
2 Renton, Zoe	Toowong Harriers	6:03.48
3 Kratzmann, Keilani	Redlands Lac	6:17.01
4 Bandidt, Mackenzie	Centenary Lac	6:33.56
5 Martin, Aila	Tweed Lac	6:55.57
6 Stewart, Sian	Caloundra Lac	7:09.35
7 Waterman, Kiara	Deception Bay Lac	7:24.85
8 Greaves, Jayde	Mudgeeraba Lac	7:25.29
9 Gibbs, Sienna	Gold Coast Lac	7:36.48
10 Jack, Shayla	Arana Lac	8:23.15
11 Harrison, Skye	Deception Bay Lac	8:38.10
-- McCoombes, Jada	West Bundaberg Lac	DQ
-- Habermann, Lakeisha	West Bundaberg Lac	DQ
-- Shields, Ebony	Ipswich Lac	DQ
-- Sheridan, Grace	Gracemere Lac	DQ

Event 2 Boys U 11 1100 Metre Walk

1 Moore, Lachlan	Redlands Lac	5:57.86
2 Robertson, Payten	Mt Gravatt Lac	6:04.53
3 Clark, Hudson	Caloundra Lac	6:31.81
4 Sibenaler, Hunter	Algester Lac	6:45.73
5 Berry, Thomas	Rosewood Lac	6:50.26
6 O'Brien, Patrick	Gold Coast Lac	7:38.96
7 Smith, Hayden	University	8:16.86
-- Morrison, Miles	Mudgeeraba Lac	DQ
-- Wepener, Adriaan	Maroochy Lac	DQ

Event 11 Girls U 10 1100 Metre Walk

1 Welch, Isabella	Springwood Lac	6:04.67
2 Hooper, Elspeth	Ashmore Lac	6:32.70
3 Vanner, Alexandra	Toowong Harriers	6:45.51
4 Dunleavy, Savannah	Deception Bay Lac	6:58.00
5 Pallentine, Ruby	Bribie District Lac	7:22.64
6 Gilchrist, Drew	Springwood Lac	7:28.07
7 Larsen, Emma	Springwood Lac	7:34.64
8 Vicary, Dakota	City North Lac	7:45.04
9 Don, Charlotte	Aspley Lac	7:46.88
10 Russell, Kaydence	Ipswich Lac	7:48.34
11 Hermus, Eliana	Noosa Lac	7:48.55
12 Sassen, Autumn	Mudgeeraba Lac	8:36.38
-- Lucas, Teegan	Redlands Lac	DQ
-- Stansfield, Indiana	Toowong Harriers	DQ
-- Farquhar, Brianna	Arana Lac	DQ

Event 12 Boys U 10 1100 Metre Walk

1 O'Neill, Leylan	Caloundra Lac	6:50.17
2 Buncuga, Luka	Balmoral Lac	7:48.17
3 Kennedy, Lucas	Mudgeeraba Lac	7:55.93
4 Millar, Sonny	Toowong Harriers	8:06.69
5 Hunter, Thomas	Mudgeeraba Lac	8:15.06
6 Shonhan, Jasper	Nth Rockhampton	8:53.17
-- Burrows, Grayson	Springwood Lac	DQ
-- Byrn, Lachlan	Wynnum Manly Lac	DQ
-- Cook, Cameron	Bargara Lac	DQ
-- Hodgson, Nicholas	Mt Gravatt Lac	DQ

Event 13 Girls U 9 700 Metre Walk

1 Kanages, Asha	Mt Gravatt Lac	4:18.24
2 Niehus, Indi	Caloundra Lac	4:18.96
3 Rich, Cedar	Arana Lac	4:26.11
4 Fisher, Tully	Redlands Lac	4:27.98
5 Kettlety, Erin	Ipswich Lac	4:45.53
6 Bozhoff, Piper	Ipswich Lac	4:45.65
7 Rohrig, Lola	Toowong Harriers	4:45.87
8 Chisholm, Amelia	Ormeau Lac	4:47.95
9 Farquhar, Asha	Arana Lac	5:05.22
10 Small, Alice	Bli Bli Lac	5:11.99
11 Buckby, Grace	Redlands Lac	5:17.52
12 Moore, Ebony	Tweed Lac	5:39.76
13 Pauly, Alyssa	Strathpine Lac	5:49.59
-- Thierjung, Cate	Tweed Lac	DQ
-- McGregor, Lucy	University	DQ

-- Holloway, Charlotte	Bribie District Lac	DQ
-- Rameshkumar, Akshi	Centenary Lac	DQ

Event 14 Boys U 9 700 Metre Walk

1 Simpson, Kingsley	Gold Coast Lac	4:37.97
2 O'Neill, Declan	Maroochy Lac	4:38.29
3 Talbot, Dominic	Toowoomba Lac	4:56.99
4 Moore, Dylan	Redlands Lac	5:00.04
5 Paterson, Koby	Runaway Bay Lac	5:35.07
6 Thomas, Isaac	Deception Bay Lac	5:58.88
-- Blake, Alexander	Deception Bay Lac	DQ
-- Raginekanth, Lavin	Centenary Lac	DQ
-- Ablang, Duke	Mudgeeraba Lac	DQ
-- Sheridan, Tomas	Gracemere Lac	DQ
-- Whittle, Cruz	Caloundra Lac	DQ
-- Durre, Max	Runaway Bay Lac	DQ

Event 43 Girls U 12 1500 Metre Walk

1 Cosgrave, Ella	Ashmore Lac	8:02.23
2 Fisher, Siaan	Redlands Lac	8:54.04
3 Anderson, Pippa	Redlands Lac	9:09.15
4 McLean, Lilly	Redlands Lac	10:07.12
5 Moore-Kirkland, Bethany	Warwick Lac	11:06.95
6 Lucas, Rihanna	Redlands Lac	11:08.48
-- McDonald, Madison	Maroochy Lac	DQ
-- McDonald, Mikaela	Arana Lac	DQ
-- McDonald, Makayla	Ormeau Lac	DQ
-- Chester, Ruby	Townsville Cent	DQ
-- Lavell, Michaela	Caboolture Lac	DQ
-- Rutten, Olivia	Deception Bay Lac	DQ

Event 44 Boys U 12 1500 Metre Walk

1 Cooke, Noah	Arana Lac	8:29.65
2 Miller, Brock	Strathpine Lac	9:12.14
3 Hoyling, Angus	Toowong Harriers	9:41.26
4 Melinz, Eli	University	10:39.63
5 Irvine, Koby	West Bundaberg Lac	10:50.99
6 Vagne, Aidan Max	Mt Gravatt Lac	11:02.84
-- Burrows, Hayden	Springwood Lac	DQ
-- Little, Austin	Bli Bli Lac	DQ
-- Svensson, Joshua	Strathpine Lac	DQ
-- Hermus, Linden	Noosa Lac	DQ

Event 45 Girls U 14 1500 Metre Walk

1 Sharpe, Milly	Gladstone Lac	7:53.78
2 Tudor, Anna	Noosa Lac	8:04.95
3 Presland, Skye	Redcliffe Lac	8:05.00
4 Bray, Katie	The Gap Lac	8:05.99
5 Wasson, Ava	Caboolture Lac	9:14.84
6 Jaekel, Tara	Mudgeeraba Lac	9:15.13

Event 46 Boys U 14 1500 Metre Walk

1 Dale, Kai	Ormeau Lac	7:41.55
2 Jendra, Tomas	Ipswich Lac	10:07.96
3 Lucas, Jaydon	Redlands Lac	10:08.03

Event 51 Girls U 13 1500 Metre Walk

1 Flahey, Natasha	Tweed Lac	7:34.63
2 Clarke, Makenna	Redlands Lac	7:44.64
3 Pickvance-Yee, Destinee	Springwood Lac	7:55.72
4 Barron, Maya	Mudgeeraba Lac	8:12.78
5 Stewart, Mia	Caloundra Lac	8:13.34
6 Baker, Amber	Redcliffe Lac	8:44.35
7 Gaviglio, Zara	Algester Lac	8:51.14
8 Kororiko, Awhena	Gayndah Lac	9:01.77
9 Sheehan, Emma	Toowong Harriers	9:43.20
10 White, Alison	Caloundra Lac	9:55.83
11 Armstrong, Taya	Nth Rockhampton	10:45.61
12 Cordwell, Shylah	Nambour Lac	11:18.06
-- Woodward, Madi	Strathpine Lac	DNF
-- Mehta, Hannah	Mudgeeraba Lac	DQ

Event 52 Boys U 13 1500 Metre Walk

1 Tilton, Noah	Tweed Lac	8:31.56
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2 Blair, Xavier	Bundaberg Lac	8:36.46
3 Bricknell-Hewitt, Korbyn	Mudgeeraba Lac	8:37.37
4 Athousis, Costa	Algester Lac	9:44.25
5 Kopittke, Joshua	Algester Lac	10:48.63
6 Jenner, Joshua	Warwick Lac	10:56.77
-- Alcott, Harrison	Caloundra Lac	DQ



U13 medallists: *Makenna Natasha, Destinee, Xavier, Noah and Korbyn* (Photos courtesy Robyn Wales)

Event 53 Girls U 15 1500 Metre Walk

1 Williams, Lyla	Tweed Lac	6:55.65
2 Teahen, Rebecca	Toowong Harriers	7:09.63
3 Goulding, Lily	Ipswich Lac	8:49.74
-- Bridge, Tahni	Springwood Lac	DNF
-- Lucas, Hayley	Redlands Lac	DQ

Event 54 Boys U 15 1500 Metre Walk

1 Lavell, Nicholas	Caboolture Lac	6:59.62
-- Housden, Bailey	Arana Lac	DQ

Event 55 Girls U 16 1500 Metre Walk

1 Heap, Ashanti	Gold Coast Lac	7:28.74
2 Lawson, Piper	Redlands Lac	7:49.43
3 Housden, Lily	Arana Lac	7:56.70
4 Lourigan, Daniella	Maryborough Lac	8:06.40
5 Chadwick, Phoebe	Bracken Ridge Lac	8:09.28

Event 56 Boys U 16 1500 Metre Walk

1 Bradley, Alex	Laidley Lac	7:00.06
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Event 57 Girls U 17 1500 Metre Walk

1 Clarke, Anika	Redlands Lac	7:16.17
2 Bergh, Mia	Ashmore Lac	7:36.09
3 Fisher, Torryn	Redlands Lac	8:04.75
4 Sentance, Charlotte	Arana Lac	8:23.75
5 Porter, Sophie	Aspley Lac	8:39.16
6 Brady, Korey	Aspley Lac	8:48.73
7 McNamara, Rachael	Rosewood Lac	9:06.70
8 Heath, Lauren	Algester Lac	9:23.59

Event 58 Boys U 17 1500 Metre Walk

1 Wasson, Seth	Caboolture Lac	6:45.55
2 Norton, Kai	Arana Lac	6:57.59

QUEENSLAND QMA Masters walks c'ships, 2 & 9 March - QSAC

Queensland Sport & Athletics Centre – QMA Masters walk championships Wednesday 2 March

W30 1500 Metre Race Walk

Name	Age Team	Finals	
1 Kirwin, Roslyn	W33 Qld Masters	10:50.92	51.77%

W50 1500 Metre Race Walk

1 Craswell, Jodie	W54 Qld Masters	9:14.13	68.53%
1 Woodward, Erika	W55 Qld Masters	8:13.29	80.37%

W75 1500 Metre Race Walk

1 McKinven, Noela	W79 Qld Masters	13:15.39	62.87%
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W55 2000 Metre Race Walk

1 Woodward, Erika	W55 Qld Masters	11:45.00	
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Queensland Sport & Athletics Centre – QMA Masters walk championships Wednesday 9 March

Event 12 W55 3000 Metre Race Walk

1 Woodward, Erika	W55 Qld Masters	17:38.81	14:58.09	77.39%
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SOUTH AUSTRALIA SA Interclub, 12 March – SAAS, Adelaide

Results courtesy of Kim Mottrom:

Open 5000m	Club		
Nellie Langford	Southern AC	25:43.91	
Cooper Rech	Coastal Districts	29:09.41	
Mel Grantham	SA Masters	29:50.28	PB
Emily Lynch	Saints AC	30:49.10	
Peter Crump	Saints AC	30:55.96	
Katie DeRuvo	Coastal Districts	DNF	

Open 1500m			
Kim Mottrom	SA Masters	06:27.97	
Sebastian Richards	Southern AC	06:53.04	
Matilda Gourlay	Southern AC	07:49.49	PB
Di Camilleri	Unattached	10:40.02	PB
Alex McEwan	Tea Tree Gully	10:43.05	
Ross Hill-Brown	Flinders	12:19.74	

SOUTH AUSTRALIA SAMA Masters State Championships, 12 March – SAAS, Adelaide

Graham Harrison reports:

This week was the first week of two for the SA Masters State Championships for walks, held at the SA Athletics Stadium. Results are shown in order of age group. Weather was fine and mild.

1500M WALK		Result	Age Gp	AgeGrade%	Order
LIZ DOWNS		0:10:29	W65	72.95	1st
MARIE MAXTED		0:09:46	W60	74.74	1st
MELISSA GRANTHAM		0:08:16	W35	73.04	1st
GEORGE WHITE		0:09:34	M75	76.56	1st
GIL MCINTOSH		0:09:57	M70	69.31	1st
JACK RUSSELL		0:08:54	M65	75.8	1st
PETER CRUMP		0:09:15	M60	67.57	1st
KIM MOTTRUM		0:06:02	M35	86.19	1st

1500M CLUBWALK		Result	Age Gp	AgeGrade%	Order
LIZ NEUBAUER		0:11:54	W70	67.51	1st

MARGARET	MCINTOSH	0:11:33	W65	68.16	1st
DAVID	ROBERTSON	0:13:23	M85	64.29	1st
ROGER	LOWE	0:12:58	M75	57.92	1st
STEVE	WASILEWSKI	0:10:24	M65	64.18	1st
STEPHEN	DOWNES	0:11:25	M65	57.26	2nd

3K WALK		Result	Age Gp	AgeGrade%	Order
HELEN	SURIDGE	0:23:18	W70	69.43	1st
MARIE	MAXTED	0:20:21	W60	71.15	1st
MELISSA	GRANTHAM	0:17:25	W35	69.22	1st
GEORGE	WHITE	0:19:54	M75	76.55	1st
BILL	STARR	0:25:07	M75	63	2nd
JACK	RUSSELL	0:19:00	M65	73.94	1st
PETER	CRUMP	0:18:00	M60	71.99	1st
KIM	MOTTROM	0:13:02	M35	82.84	1st

3K CLUBWALK		Result	Age Gp	AgeGrade%	Order
MARGARET	MCINTOSH	0:24:52	W65	63.51	1st
EDNA	BATES	0:28:22	W65	55.67	2nd
DAVID	ROBERTSON	0:27:55	M85	64.45	1st
BRIAN	WITTY	0:21:10	M70	67.85	1st
GIL	MCINTOSH	0:21:14	M70	67.63	2nd
DAVE	FALLON	0:22:29	M65	62.48	1st

TASMANIA TLA State championships 2022, 12/13 March – Penguin Athletics track, Penguin
(Also: Athletics South interclub, Tas Masters T&F)

David Moore reports:

Participation in Race Walking events at Little Athletics is looking very healthy as some 70 athletes from U/9 to U/15 age groups strived to do their best at the 2022 Tasmanian Little Athletics T&F Championships at Penguin on Tasmania's North West Coast.

Prominent in the Older age groups were many TRWC members who were regulars at last year's winter Road Walk season.

Well done in particular to;

Lani Broad, Hannah Kull and Kasia Taylor in their Under 14/15 1500m event.

Samul Lindsay and Oliver Morgan in their Under 14/15 1500m event.

Emily Kull and Lily Carr in their Under 12/13 1500m event.

We are looking forward to seeing some more Walkers from the TLA younger age groups joining us on the Road this winter.

Event 1 Girls 700 Metre Race Walk Under 9

Finals

1	Jones, Kailyn	Devonport	4:33.81
2	Gatenby, Ellie	Burnie	4:36.36
3	Direen, Isla	Huon Valley	4:45.49
4	Holloway, Chelsea	Burnie	4:45.85
5	Allen, Isobel	Devonport	4:47.09
6	Tucker, Eadie	South Launceston	4:54.27
7	Watson, Olive	Clarence	5:07.06
8	Humphrey, Maya	Burnie	5:08.01
--	Turley, Charlotte	Devonport	DQ
--	Gomer, Amy	Kingborough	DQ

Event 9 Boys 700 Metre Race Walk Under 9

Finals

1	Cooper, Hamish	Kingborough	4:20.19
2	Nowland, Jobe	Clarence	4:35.64
3	Diallo, Bente	South Launceston	4:35.98
4	Peden, Braxton	Devonport	4:43.36
5	Schulz, Beau	South Launceston	4:43.53
6	McDonald, Jonah	Devonport	5:16.79

Event 10 Girls 1100 Metre Race Walk Under 10

Finals

1	Holland, Rose	Devonport	6:58.22
2	Jarman, Charli	South Launceston	7:10.26
3	Woodward, Adele	Huon Valley	7:12.00
4	Rush, Hanya	South Launceston	7:25.49
5	Kelly, Veronica	Devonport	7:36.00
6	Eastley, Asha	Deloraine	7:37.65
7	McAvoy, Harriet	Hobart Districts	7:38.84
8	Day, Claudia	Kingborough	8:47.04
--	Rattray, Lauren	Devonport	DQ

Event 11 Boys 1100 Metre Race Walk Under 10

Finals

1	Thomas, Ryan	Clarence	7:05.15
2	Morse, Jacob	Kingborough	7:17.89
3	Broad, Dylan	South Launceston	9:08.24
--	Kew, Henry	Kingborough	DQ
--	Broad, Riley	South Launceston	DQ
--	Jones, Toby	Burnie	DQ

Event 12 Mixed 1100 Metre Race Walk Under 11

Finals

1	Gilmour, Mia	W Hobart Districts	6:23.33
2	Charles, Cacia L	W South Launceston	6:31.99
3	Watson, Amelia	W Clarence	6:34.13
4	Schulz, Halo	W South Launceston	7:19.10
5	Powell, Ella	W South Launceston	8:00.32
6	Carr, Lucas	M Kingborough	8:40.81
7	Stone, Beau	M South Launceston	10:10.84
--	Bodnar, Cameron	M Burnie	DQ
--	McAdie, Oliver	M Kingborough	DQ
--	Richards, Hannah	W East Derwent	DQ

Event 16 Girls 12-13 1500 Metre Race Walk Under 12/ Under 13

Finals

1	Kull, Emily	Kingborough	8:27.32
2	Carr, Lily	Kingborough	8:35.12
3	Parker, Eva	Devonport	8:45.00
4	Moles, Ashlynn	Circular Head	9:33.71
5	Petterwood, Macie	South Launceston	9:37.45
6	Page, Lucy	Kingborough	9:47.47
7	Holloway, Elysha	Burnie	9:48.31
8	Pritchard, Charlotte	Hobart Districts	9:50.02
9	McNab, Dayna	Burnie	11:04.44

Event 16 Boys 12-13 1500 Metre Race Walk Under 12/ Under 13

1	Case, Xavier	South Launceston	8:44.15
2	Woods, Toby	Huon Valley	10:00.11
3	Wass, Jacob David	Kingborough	10:01.70
4	Day, Maddox	Kingborough	12:11.26
--	Gorrie, Eli	Burnie	DQ

Event 21 Women 14-15 1500 Metre Race Walk Under 14/ Under 15

Finals

1	Broad, Lani	South Launceston	8:10.08
2	Kull, Hannah	Kingborough	8:24.98
3	Taylor, Kasia	Burnie	8:36.97
4	Fitzallen, Blaise	South Launceston	9:17.12
5	Frankcombe, Hannah	Burnie	10:21.44
6	Murfet, Ava	South Launceston	11:10.79
7	Farrell, Breeanna	Longford Districts	11:12.55
8	Luttrell, Robyn	Burnie	14:06.77

Event 21 Men 14-15 1500 Metre Race Walk Under 14/ Under 15

1	Lindsay, Samuel	South Launceston	6:26.81 (Prov. Record)
2	Morgan, Oliver	Hobart Districts	6:46.35

**** Athletics South Interclub, 12 March - Domain Athletics Centre, Hobart**

Result 3000m Walk

1. Elizabeth Leitch ES 20:14.97

**** Tas Masters T&F, 9 March - Domain Athletics Centre Hobart**

Results 5000m Walk

1. Wayne Fletcher NS 45:21

Oliver and Sam ... golden grins!

(Photo: Rosemary Coleman)



WESTERN AUSTRALIA Athletics West Interclub, 11 March – WAAS, Perth

Results courtesy of Terry Jones:

Men & Women 5000 Meters

John Ronan	Kingsway Athletic	23:14.53
Alexandra Griffin	UWA Athletics Club	DNF



INTERNATIONAL NEWS

THE 35KM ... PRETENDER, OR LEGITIMATE SUCCESSOR?

Muscat saw the first major meet at which the new **35km** distance – supplanting the time-honoured 50km (and therefore under not overly-generous scrutiny by ‘50’ fans) – was presented as the new international endurance distance. As the results show, demands on endurance certainly were in evidence, though how much of a role the course and conditions played can be debated. We’ll need to see more of them, in a range of environments and featuring the highest-calibre fields, before we can judge the 35km’s endurance credentials on their merits. While it may be a ‘compromise’ distance, aimed at placating the walking fraternity, TV networks and other stakeholders, the 35km deserves a chance to claim legitimacy in its own right.

Certainly, the 35 is no 50km, nor could it be. With the 50, it was always somewhere in the last 15km that bodies, minds and spirits either held out or finally collapsed. But does that make the 35km simply a 20km with delusions of grandeur – one with nothing different about it other than making you stay out there longer? Does it have anything of its own to bring to the endurance table?

There probably aren’t too many of us left who raced regularly over 20 miles (at 32.2km the closest imperial distance to the 35), but serious walkers knew it as an event you had to train for, and usually have a racing strategy for, if you wanted a decent result. The 20 miles made its own demands – especially on hilly, twisting courses, as any Lake Burley Griffin veteran would attest.

Two miles longer, the 35km will, likewise, exact a toll of its own upon the complacent and underprepared – whatever their natural speed. Today’s walkers are on a learning curve with it. Those who raced it in Muscat found it a tough day at school. **Glenda Morejon** and **Perseus Karlstrom** – with a 10-year age gap between them – provided master classes in how to put their opposition on the rack, and keep them there, by grinding down their resistance and wringing their tanks dry. This is 50km strategy. In which case, the 35km may prove a worthy successor after all.

Morejon makes triumphant 35km debut in Muscat

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

The Chinese dominance witnessed on the first day of the **World Athletics Race Walking Team Championships Muscat 22** didn't continue on Saturday (5) as **Glenda Morejon** produced a stunning performance over **35km**, winning on her debut at the distance.

Not only did the 21-year-old scoop the individual title, she also led Ecuador to team victory – their first ever win in a team event at these championships.

India's **Priyanka Goswami** set off at an incredible pace and passed through 10km in 47:26, two minutes and 25 seconds ahead of a 10-woman chase pack, fronted by world 50km silver medallist **Li Maocuo**.

But from then on, Goswami's lead reduced with each passing kilometre. At 12km it was less than two minutes, and by 15km Li trailed the Indian by just 36 seconds. Finally, after about 16.5km, the inevitable happened and Li passed Goswami. Little more than a kilometre later, most of the chase pack had reeled her in too.

The race was far from over, though.

Li started to build up a leading margin of her own and reached 20km in 1:37:00 – a time that would have been good enough for 10th place in the women's 20km on Friday. Morejon, having passed Poland's **Katarzyna Zdziebło**, was 26 seconds behind Li at this point but was starting to close.

One lap later, Li's lead was down to 17 seconds. And at 24km, after another two-kilometre circuit, Morejon had drawn level with the Chinese race walker.

Morejon slowly began to pull away, fully aware that there were still 10 more kilometres to go in what was the longest race she had ever contested.

By the time she reached 30km in 2:24:35, Morejon had a comfortable gap of 34 seconds over Li, and her lead – and her confidence – continued to grow. When the bell sounded for the final circuit, there was no catching Morejon, who crossed the line in 2:48:33, just six seconds shy of the South American record.

Li, the Asian record-holder for the discipline, held on to second place in 2:50:26, while Zdziebło took third in 2:51:48.

"We didn't have a lot of time to train for this event, in fact we've been training for the 35km for only three weeks," said Morejon, the 2017 world U18 champion who finished second in the U20 race at the 2018 edition of these championships.

"Together with my coach and federation president, we decided to enter the 35km here and honestly, it's crazy, I still cannot believe what has happened.

"In the early stages of the race, I wasn't feeling too well," added Morejon, whose first three five-kilometre segments were outside 24 minutes while her final four five-kilometre segments were all inside 24 minutes. "I think it was a little bit of nervousness because it was my first ever 35km race so I tried to stay calm and save up as much energy as possible for the finish. And then I start feeling better and better.

"I believe the most important thing is to believe in one's self," she added. "Anything can happen and everyone can win. The power of the mind is really incredible."

Morejon's Ecuadorian teammates **Paoloa Perez** (2:53:58), **Magaly Bonilla** (2:54:39) and **Karla Jaramillo** (2:56:14) finished fifth, sixth and seventh respectively, meaning Ecuador secured the team victory.

Laura Garcia-Caro finished just outside the podium places in fourth with 2:52:10, but she helped Spain finish second in the team standings, just ahead of China.



(Photo: *World Athletics*)

Karlstrom earns first global honours with 35km victory in Muscat

by **Paul Warburton** – reprinted from *World Athletics website*

MUSCAT (Oman), Saturday 5 March – **Perseus Karlstrom** took the liberty of donning his trademark mock Viking helmet a kilometre before the finish of the 35km at the World Athletics Race Walking Team Championships Muscat 22.

By then, the world bronze medallist from Sweden knew he had gold in the bag. It was perfect symmetry when he hoisted mother Siv Gustavsson – before today, the last Swedish athlete to win a title at these championships – in his arms seconds after his joyous win. She was also a winner in the women’s event as far back as 1981, having also won in 1977.



(Photo: *Elianay Pereira*)

Karlstrom has worn the fun headgear when victorious in the past, notably at the 2019 and 2021 editions of the European Race Walking Team Championships – but never this early.

Going uphill with just over three kilometres to go, Karlstrom moved through the gears as **Alvaro Martin’s** face tightened with the effort. The Spaniard and the Swede were last men standing in a field that got slowly whittled down to a sharp end of talent. Martin was second fastest in the field going into the race, and his fluid style contrasted with a tighter, punchier Karlstrom. But the victor with a 20km PB of 1:18:07, along with decent showings at 50km through the years, proved a perfect blend for the inaugural event. He finished in **2:36:14** – not that much slower than his PB of 2:31:54 set last December in Ireland in far easier conditions.

Martin crossed the line in 2:36:54 having settled for silver over the last kilometre, and was followed by fellow Spaniard **Miguel Angel Lopez** (2:37:27) – himself a multiple championships medallist, that includes the 2014 European and 2015 world titles over 20km. **Masatora Kawano** from Japan moved up two places from his 50km Olympic walk last August to claim fourth, and Germany’s **Karl Junghannis** came through for a fine fifth with **Evan Dunfee**, a few seconds behind, claiming sixth for Canada.

Earlier, the men were strung out along the road with world leader Lopez and Martin showing early. A 4:57 first kilometre was the equivalent of a morning stroll for the newspaper, even if it was already 24C with the sun yet to fully rise. **Miroslav Uradnik** was first to blink, and darted back and forth into the lead with a group of 13 chasing the Slovak just a few metres in arrears. They had sped up by 10km (46:03) with Germany, Spain, China well represented at the head.

But the hosts were already suffering with two of their five-man team disqualified as early as 3km. Oman has been generous hosts throughout the week, but will benefit from coaching to make progress on their fledgling effort.

Iced caps and scarves were being changed quicker than a fashion catwalk as race walkers constantly sought to deflect the rising heat. By 18km, the lead group had been joined ominously by Dunfee, world and Olympic bronze medallist at 50km, ominous that is for the rest of the field planning a medal chase. However, the 20km split of 1:31:18 suggested it was still relatively comfortable.

Finland’s **Alexi Ojala** was next to show, and nudged a seven-second lead by 23km over a group that had shed a couple as heat and pace moved up. Then, for the first time, Karlstrom took it on with Martin and **Lu Ning** in his slipstream. The Chinese quickly slipped back, leaving Sweden and Spain at the front, notching just over 2:14:00 at 30km with the race revving up for real. It was clear that, barring a major surprise, the first two medals were spoken for in the inaugural event, but Karlstrom’s win was a surprise to the man himself. As he admitted afterwards, he’s been struggling with injury and illness for the past two months.

“I certainly did not expect that,” said the 31-year-old after crossing the line first in 2:36:14. “I had a hamstring injury, and then I caught Covid and I was bad for three weeks. But I had a good couple of training sessions more recently, and one really good session 10 days ago.”

Gold here despite compromised training suggests Karlstrom has a serious chance of more medal success at either the World Championships in July in Oregon or the European Championships a month later – or both.

Martin finished second in 2:36:54, then turned around to see teammate Lopez had overtaken Kawano in the closing stages to take third place in 2:37:27. Martin and Lopez’s efforts underlined the strength in depth of the Spanish team as they took team gold, with China a distant second and Germany third. Italy were fourth.

35km Open Women

1.	Glenda MOREJON	ECU	2:48:33
2.	Maocuo LI	CHN	2:50:26
3.	Katarzyna ZDZIEBŁO	POL	2:51:48
4.	Laura GARCÍA-CARO	ESP	2:52:10
5.	Paola PÉREZ	ECU	2:53:58
6.	Magaly BONILLA	ECU	2:54:39
7.	Karla JARAMILLO	ECU	2:56:14
8.	Olga NIEDZIAŁEK	POL	2:57:50
9.	Johana ORDÓÑEZ	ECU	2:59:57
10.	Faying MA	CHN	3:01:26
11.	Raquel GONZÁLEZ	ESP	3:02:44
12.	Nicole COLOMBI	ITA	3:03:19
13.	Maria JUÁREZ	ESP	3:04:54
14.	Federica CURIAZZI	ITA	3:05:22
15.	Cristina MONTESINOS	ESP	3:07:50
16.	Evelyn INGA	PER	3:08:58
17.	Xueying BAI	CHN	3:10:19
18.	Lidia BARCELLA	ITA	3:11:07
19.	Tereza ĐURDIAKOVÁ	CZE	3:12:21
20.	.PRIYANKA	IND	3:13:19
21.	Quanming WU	CHN	3:14:00
22.	Sara VITIELLO	ITA	3:14:57

35km Open Men

1.	Perseus KARLSTROM	SWE	2:36:14
2.	Álvaro MARTÍN	ESP	2:36:54
3.	Miguel Ángel LÓPEZ	ESP	2:37:27
4.	Masatora KAWANO	JAP	2:37:36
5.	Ning LU	CHN	2:37:51
6.	Karl JUNGHANNß	GER	2:37:52
7.	Evan DUNFEE	CAN	2:38:08
8.	Caio BONFIM	BRA	2:38:20
9.	Yangben ZHAXI	CHN	2:38:53
10.	Kazuki TAKAHASHI	JAP	2:39:08
11.	Marc TUR	ESP	2:39:30
12.	Alexi OJALA	FIN	2:39:39
13.	Aurelien QUINION	FRA	2:40:19
14.	Matteo GIUPPONI	ITA	2:40:34
15.	Wang ZHENHAO	CHN	2:40:46
16.	Diego PINZON	COL	2:41:07
17.	Miroslav ÚRADNÍK	SVK	2:41:30
18.	Marius ŽIŪKAS	LTU	2:41:32
19.	Christopher LINKE	GER	2:42:01
20.	Manuel BERMÚDEZ	ESP	2:42:55
21.	Vít HLAVÁČ	CZE	2:43:14
22.	Xianghong HE	CHN	2:43:44

23.	Ilse GUERRERO	MEX	3:15:59	23.	Nathaniel SEILER	GER	2:44:05
24.	Mayara Luize VICENTAINER	BRA	3:19:18	24.	Jhonatan J. AMORES CARUA	ECU	2:44:08
25.	Vittoria GIORDANI	ITA	3:22:06	25.	Carl DOHMANN	GER	2:44:09
26.	Stephanie CASEY	USA	3:23:10	26.	Brendan BOYCE	IRL	2:44:25
27.	Elianay PEREIRA	BRA	3:35:59	27.	Eknath S. TURAMBEKAR	IND	2:45:17
28.	Guo NA	CHN	3:41:42	28.	Michele ANTONELLI	ITA	2:46:32
29.	Nair DA ROSA	BRA	3:47:11	29.	Carl GIBBONS	AUS	2:46:35
	Ana Veronica RODEAN	ROU	DNF	30.	Artur BRZOZOWSKI	POL	2:47:03
	Carmen ESCARIZ	ESP	DNF	31.	Yassir CABRERA	PAN	2:47:25
	Tiia KUIKKA	FIN	DNF	32.	Dominik ČERNÝ	SVK	2:47:38
	Inês HENRIQUES	POR	DNF	33.	Luis Henry CAMPOS	PER	2:47:50
	Erin TAYLOR TALCOTT	USA	DNF	34.	Jonathan HILBERT	GER	2:47:52
				35.	Jakub JELONEK	POL	2:47:55
				36.	Yingchao GAO	CHN	2:47:58
				37.	Álvaro LÓPEZ	ESP	2:49:31
				38.	Chandan SINGH	IND	2:51:40
				39.	Riccardo ORSONI	ITA	2:51:56
				40.	José Luis DOCTOR	MEX	2:56:02
				41.	Gonzalo A. BUSTAN JAPON	ECU	2:58:04
				42.	Narcis Stefan MIHĂILĂ	ROU	3:01:17
				43.	Hayato KATSUKI	JAP	3:03:01
				44.	Bricyn HEALEY	USA	3:03:30
				45.	Dan NEHNEVAJ	USA	3:06:37
				46.	Ram BABOO	IND	3:07:14
				47.	M.B. GONC. DOS SANTOS	BRA	3:11:22
				48.	Andrei GAFITA	ROU	3:12:41
				49.	Diego PEREIRA LIMA	BRA	3:14:02
				50.	Rudney DIAS NOGUEIRA	BRA	3:17:58
				51.	Michael Giuseppe MANNOZZI	USA	3:28:16
					Mert ATLI	TUR	DNF
					Andrés CHOCHO	ECU	DNF
					Stefano CHIESA	ITA	DNF
					Ruslans SMOLONSKIS	LAT	DNF
					Ricardo ORTIZ	MEX	DNF
					Rafał AUGUSTYN	POL	DNF
					Rui COELHO	POR	DNF
					Nick CHRISTIE	USA	DNF
					Ismail AL RAHBI	OMA	DQ
					Dominic KING	GBR	DQ
					Zakariya AL BAIMANI	OMA	DQ
					Al Sassan AL HINAI	OMA	DQ
					Abdul Hamid AL NADABI	OMA	DQ
					Osama AL ZAKWANI	OMA	DQ

**** 35KM TEAM STANDINGS**

WOMEN

1.	Ecuador	12
2.	Spain	28
3.	China	29
4.	Italy	44
5.	Brazil	80

MEN

1.	Spain	16
2.	China	29
3.	Germany	48
4.	Japan	57
5.	Italy	81
6.	Brazil	104
7.	India	111
8.	USA	140

UNITED KINGDOM: 2022 ERWL Fixture #3, 12 March – King George Playing Fields, Enfield

Thanks to Ron Wallwork for these results:

5 miles

1	George Wilkinson	Enfield H AC	Mu23	38.41	1	Maureen Noel	Belgrave H	W55	51.32
2	Dave Annetts	North Herts RR	M55	40.30	2	Noel Blatchford	Abingdon AC	W70	55.21
3	Stephen Crane	Surrey WC	M40	40.48	3	Fiona Bishop	Enfield H AC	W60	56.16
4	Dave Walsh	Enfield H AC	M60	47.51	4	Kathy Smith	Aldershot FD	W55	57.44
5	Graham Chapman	Headington RR	M65	50.07	5	Diana Braverman	Enfield H AC	W70	61.00
6	Jonathan Ellerton	Blackhth/Bromley	Mu17	50.15					
7	Colin Harle	Belgrave H	M60	50.22					
8	John Arthur	Ilford AC	M60	50.31					
9	Stuart Bennett ©	Ilford AC	M60	52.01					
10	John Borgars ©	Loughton AC	M75	53.31					
11	John Ralph	Enfield H AC	M65	55.11					
12	Andrew Tweed	unattached	M70	56.04					
13	Tom Casserley	Enfield H AC	M80	59.06					
14	David Hoben	Surrey WC	M65	60.42					
15	Mal Blackwood	Trent Park	M75	61.02					
16	Paul Firmage	Ryston R	M65	67.19					

4 miles

Shaeda Arthur	Ilford AC	W60	69.11
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3 miles

Melanie Peddle	Loughton AC	W50	28.28
Amalia DaSilva	Belgrave H	W55	34.57
Terry Braverman	Enfield H AC	M75	42.59

2 miles

Christopher Stone	Blackh/Bromley	Mu15	20.12
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Underway at Enfield (Photo: Barry Cook)

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:

- 14/03/2022 Eskilstuda (SWE): Karlstrom wins the Swedish Indoor Championships.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4326 From the parched road of Oman to the boards of home, with barely a breath in between – or so it seems. Percy is currently indomitable!

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.

- Tuesday, March 15, 2022 - Turkey has selected representatives for the Balkan Games.
<http://omarchador.blogspot.com/2022/03/turquia-apurou-os-representantes-para.html>
- Monday, March 14, 2022 - Raquel Pimentel and André Miranda win in the North Zone. Brazilian Lucas Mazzo is first in the goal. <http://omarchador.blogspot.com/2022/03/raquel-pimentel-e-andre-pereira-vencem.html>
- Sunday, March 13, 2022 - EMACNS Grosseto 2022 - 60 days to go
<http://omarchador.blogspot.com/2022/03/amacns-grosseto-2022-faltam-60-dias.html>
- Saturday, March 12, 2022 - Northern and Regional Walking Championships (road), this Sunday, in Alfena.
<http://omarchador.blogspot.com/2022/03/campeonatos-do-norte-e-regionais-de.html>
- Friday, March 11, 2022 - Irish Indoor Championships - 2022 (results)
<http://omarchador.blogspot.com/2022/03/campeonatos-de-pista-coberta-da-irlanda.html>



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 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

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