

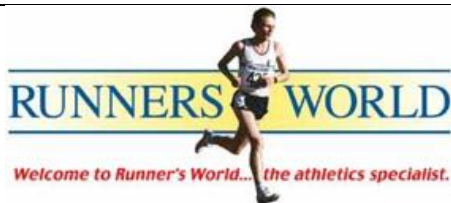


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The official organ of the Victorian Race Walking Club, Inc.

Editor: Stu Cooper stuwalks@yahoo.com.au



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** WALKER OF THE WEEK **



It was the veterans' turn to shine this week, as Masters state championships were held in Melbourne and elsewhere. Standout performers – and this week's WsOTW – were **Mark Blackwood** (VIC, left) and **Ignacio Jiminez Solis** (QLD, right).

Mark, a stalwart of the powerful Knox club, was untouchable in the AV Masters Championship walks, recording fast times in winning not only the M45+ titles over 1500m (**6:18.54**) and 3000m (**13:21.19**), but easily beating the entire field in each. Mark is in great form and will certainly be one to watch at the AMA Masters championships in Brisbane.

Ignacio has been Queensland's gun Masters walker for some time. On Saturday he recorded excellent performances in winning the Gold Coast Masters M55+ titles over 1500m (**7:01.38**, 87.87%) and 5000m (**24:02.98**, 89.01%). This latter effort has Iggy knocking on the door of the top echelon for his age group over 5000m.

Well done, Mark and Iggy. You're both standard bearers for older athletes everywhere.



(Photo of Mark Blackwood courtesy Therese Smith. Photo of Ignacio Jiminez Solis courtesy benfraserphotography.net)



CLUB NEWS and RESULTS

* WE NEED MORE JUDGES *



Interested in becoming a walks judge?
Willing to give it a try and see?

Sign up for the
WALK JUDGING SEMINAR
on Saturday 14 May
For beginners and upgrading judges
See application form below. (Also a
separate attachment with this issue)

* NEW CLUB RACING UNIFORM *

As of **Saturday 4 June**, it will be compulsory for **all** members to wear the new VRWC racing uniform, which has been available for the past 18 months. (Old uniforms and RWV tops are no longer acceptable.)

Members who do not comply after that date will receive **no points** and **no finish time**.

Don't leave it until the last minute – get yours ASAP!

VRWC Committee



RUN THE TAN 2022

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Race Walkers

Sunday 24 April

Don't miss out – register now at

<https://runthetan.net>



WALK JUDGING SEMINAR



Venue: VRWC Headquarters,
Middle Park Bowling Club
Canterbury Rd Middle Park

Date : Saturday 14th May 2022

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on **Saturday 14th May**. The Seminar will be held by Zoe Eastwood-Bryson.

It is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Tea and coffee will be provided.

AGENDA:

Saturday 14th May

9.00am	Registration
10.00am	Racewalk Rules
11.30 am	Break
11.45pm	Paperwork
12.45pm	Lunch
13.30pm	Video
14.30pm	Finish

No late or on the day applications

Please bring Stationery, pencils, pens, paper and current World Athletics handbook with you. (*Copies of Technical Rule 54 – Race Walking – will be available.*)

Sunday 15th May 2022

Australian 35km Walks Championships – Fawkner Park 7.00am (start)

Name: _____

Address: _____

Mobile: _____

Current Walks Grading (if applicable) _____

Attending:

Yes / No

Please return no later than 6th MAY 2022

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 Mobile 0413708085

Heather and Andrew get Gold in Muscat

by Andrew Jamieson & Heather Carr

At the World Athletics Racewalking Team Championships in Muscat, Oman, a Masters teams event was held for the first time, after longstanding negotiations between WAVA and World Masters Athletics. Originally there was to be a mixed relay (4x 2k relay with one male and one female in age groups) however this was cancelled by World Athletics, leaving a 10k teams race which included a mixed race for two. Despite very little warning of the event and COVID restrictions, 38 enthusiastic Masters Athletes made it to Muscat and all had a ball!

The course was a 2K loop with a pretty significant gradient in warm conditions which challenged even the elite open athletes, so times were relatively slow. The younger Aussie girls excelled, earning a silver medal and the open men would have medalled too if not for a 2 min time penalty for Declan Tingay (WA) who was battling for the bronze medal.

The Masters race was held at 7pm in the dark, which made it interesting for the judges, although the course was well lit and only one DQ was registered. Victorians **Heather Carr** (69.22) and **Andrew Jamieson** (61.53) were the only Australians and easily won the 70+ age group mixed teams race from an Iranian team. They also won their individual age groups. Heather, Andrew and his wife Lyn stayed on for a few days to see more of Oman which is a very orderly, peaceful and friendly modern country with lots to see and do.



Heather toils into the Muscat night. (Right) All done and dusted!



VICTORIA - METRO & REGIONAL



AV Masters Track & Field C'ships, Sat 19/Sun 20 March - Lakeside Stadium

After Victoria's youngest walking talent turned it on at the Little Athletics State championships the previous week, it was the turn of those at the 'other extreme' to strut their stuff at Lakeside last weekend. Saturday saw the Masters compete over **1500m**, with **Mark Blackwood** scorching around the 3.75 laps in **6:18.54**. **Scott Nelson** and **Kevin Cassidy** had an absorbing battle of their own for **7:16.87** and **7:21.26** respectively, while **Pramesh Prasad**, fresh from a PB run in the 5000m 40mins earlier, backed up impressively for **7:42.14**. Chasing Pramesh hard all the way was **Andrew Jamieson** who barely missed cracking 8mins in **8:01.62**.

The Women's section saw **Kylie Irshad** win comfortably in **8:19.62**, ahead of **Kerryn Walshe** who won a tough duel with **Carolyn Rosenbrock** for 2nd across the line, **8:28.36** to **8:29.43**.

Women 45+ 1500m Walk

1. Laura McLennan (DAC) 9:17.73

Women 50+ 1500m Walk

1. Kylie Irshad (GHY) 8:19.62

Men 45+ 1500m Walk

1. Mark Blackwood (KNA) 6:18.54
2. Pramesh Prasad (VMA) 7:42.14

Men 50+ 1500m Walk

2.	Tracy Colbert	(PTN)	9:19.69	1.	Scott Nelson	(WYN)	7:16.87
Women 55+ 1500m Walk				Men 55+ 1500m Walk			
1.	Dee Holohan	(SAN)	8:57.07	1.	Bernie Keirl	(DIV)	8:39.32
2.	Merilyn Thompson	(MPA)	10:07.20	2.	Julian Boland	(VMA)	9:19.23
3.	Kim Peak	(DAC)	10:30.32	Men 60+ 1500m Walk			
4.	Debbie Voogd	(RWD)	11:20.92	1.	Kevin Cassidy	(VMA)	7:21.26
Women 60+ 1500m Walk				2.	Simon Evans	(BOH)	8:13.11
1.	Kerryn Walshe	(KSB)	8:28.36	3.	Mark Cant	(VMA)	9:15.13
2.	Carolyn Rosenbrock	(ANW)	8:29.43	4.	Paul Moritz	(VMA)	9:41.91
3.	Donna-Marie Elms	(PTN)	8:56.62	-	Albin Hess	(VMA)	DQ
Women 65+ 1500m Walk				-	Christopher Worsnop	(OLX)	DQ
1.	Karyn O'Neill	(VMA)	10:35.27	Men 65+ 1500m Walk			
Women 70+ 1500m Walk				1.	Terry O'Neill	(VMA)	9:01.91
1.	Heather Carr	(GHY)	9:34.10	2.	Clyde Riddoch	(VMA)	10:10.09
Women 80+ 1500m Walk				-	Geza Benke	(OLM)	DQ
-	Beverly Hugo	(VMA)	DQ	Men 70+ 1500m Walk			
Women 85+ 1500m Walk				1.	Geoffrey Barrow	(MEN)	10:22.19
-	Pam Mews	(VMA)	DQ	-	Frank Prowse	(VMA)	DQ
				Men 75+ 1500m Walk			
				1.	Andrew Jamieson	(OSC)	8:01.62
				Men 80+ 1500m Walk			
				1.	Gunther Ilgoutz	(VMA)	10:44.81

Most of these walkers assembled again on Sunday for the **3000m** championships, in which **Kelly Ruddick** was (as she has been all season) totally in command. Kelly's **13:24.81**, about 5secs shy of her own World age record, almost drew level with **Mark Blackwood's** own excellent **13:21.19** in the Men's race. Mark and Kelly wasted little time in lapping their respective fields (Scott Nelson may have escaped but I'm not sure), while **Kevin Cassidy's 15:40.44** completed a convincing double for him in the 60+ section. **Kylie Irshad, Dee Holohan** and **Terry O'Neill** also led home their age group opposition twice. **Heather Carr** and **Andrew Jamieson** continue to be lighthouses of possibility for anyone mired in the perceived darkness of ageing (which is a quasi-poetic way of saying "If they can do it ...").

Women 45+ 3000m Walk				Men 45+ 3000m Walk			
1.	Kelly Ruddick	(BHA)	13:24.81	1.	Mark Blackwood	(KNA)	13:21.19
Women 50+ 3000m Walk				2.	Pramesh Prasad	(VMA)	15:41.96
1.	Kylie Irshad	(GHY)	17:32.88	Men 50+ 3000m Walk			
2.	Tracy Colbert	(PTN)	20:05.66	1.	Scott Nelson	(WYN)	15:09.54
Women 55+ 3000m Walk				2.	David Smyth	(COL)	17:43.17
1.	Dee Holohan	(SAN)	19:06.55	Men 55+ 3000m Walk			
2.	Merilyn Thompson	(MPA)	21:28.34	1.	Julian Boland	(VMA)	19:42.76
3.	Kim Peak	(DAC)	23:39.20	Men 60+ 3000m Walk			
Women 60+ 3000m Walk				1.	Kevin Cassidy	(VMA)	15:40.44
1.	Carolyn Rosenbrock	(ANW)	17:41.96	2.	Mark Cant	(VMA)	19:31.88
2.	Donna-Marie Elms	(PTN)	19:37.08	3.	Brian Anderson	(ESS)	20:13.25
Women 65+ 3000m Walk				4.	Paul Moritz	(VMA)	20:15.10
1.	Karyn O'Neill	(VMA)	21:37.03	5.	Stephen Murphy	(ESS)	22:42.75
Women 70+ 3000m Walk				-	Albin Hess	(VMA)	DQ
1.	Heather Carr	(GHY)	18:38.61	-	Christopher Worsnop	(OLX)	DQ
				Men 65+ 3000m Walk			
				1.	Terry O'Neill	(VMA)	18:34.02
				2.	Geza Benke	(OLM)	22:43.45
				Men 70+ 3000m Walk			
				1.	Geoffrey Barrow	(MEN)	21:41.36
				Men 75+ 3000m Walk			
				1.	Andrew Jamieson	(OSC)	18:20.96
				Men 80+ 3000m Walk			
				1.	Gunther Ilgoutz	(VMA)	23:20.46



AROUND THE COUNTRY

A.C.T. ACT Walkers races, 19 March – Woden Park Athletics track, Woden

Results courtesy of Val Chesterton

1	Scott Hyland	8:42
2	Michael Smith	9:43
3	Julia Grocott	12:00
4	Emma Grocott	13:17
5	Doug Barrett	13:15
6	Sue Archer	13:19
7	Bryan Thomas	15:09
8	Lorna England	15:38
9	Robert Kennelly	16:04
10	Geoff Barker	16:22
11	Doug Fitzgerald	16:59
12	Dale Moore	20:54

NEW SOUTH WALES Little Athletics NSW State c'ships, 20 March – Sydney Olympic Park

Frank Overton reports from NSW:

Today saw the staging of the NSW LA's state at Sydney Olympic Park. The fields were good and there were many good times.

It would certainly be good to see these young walkers progress through to Seniors, Nationals or International in the future. A great effort from all.

Girls U9 – 700m Walk

1	Keira Gill	Riverstone	3:39.54
2	Caitlin Allum	Manly Warringah	3:54.66
3	Felicity Rudd	Balmain	3:59.93
4	Lara Penney	Liverpool City	4:10.97
5	Isla Banks	Riverstone	4:15.88
6	Esther Ashley	Macquarie Hunter	4:22.22
7	Matilda Hay	Riverstone	4:25.85
8	Zahlia Ciftci	Quakers Hill	4:32.40
9	Harlow Olson	Quakers Hill	4:33.44
10	Chloe Farrugia	Girraween	4:37.22

Boys U9 – 700m Walk

1	Nate Appleyard	Winston Hills	3:22.27
2	Levi Martin	A.N.L	3:56.75
3	Kyahn Hyde	Manly Warringah	4:23.68
4	Hugh Giffin	Cherrybrook	4:36.81
5	Lachlan Shelly	Edgeworth	4:36.84
6	Edward Brennan	Manly Warringah	4:46.74
7	Riley Free	Hills District	4:53.25
8	Liam Reville	Northern Suburbs	5:05.40
9	Joshua McCredie	Ku-Ring-Gai	5:12.26
10	Beau Lynas	Ku-Ring-Gai	5:14.17

Girls U10 – 1100m Walk

1	Gemma Hunt	Manly Warringah	6:10.06
2	Isla Berry	Hills District	6:19.64
3	Ivy Murray	Riverstone	6:32.91
4	Audrey Russell	Raymond Terrace	6:37.18
5	Scarlett Newberry	Armidale	6:37.75
6	Seville Pace	Hills District	6:39.99
7	Lauren Myhre Fox	Hills District	6:53.85
8	Ruby Cygan	Gunnedah	6:56.57
9	Olivia Ferns	Hills District	7:01.90
10	Annalee Lemura	Balmain	7:04.19

Boys U10 – 1100m Walk

1	Ryan Volpato	Balmain	5:55.30
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2	Charlton Maxwell	Macquarie Hunter	6:00.43
3	Oliver Penn	Cherrybrook	6:03.27
4	Maxwell Penn	Cherrybrook	6:04.05
5	Jaxxon Woolsey	Lithgow	6:24.80
6	Liam Forsyth	Parramatta	6:40.37
7	Charlie Shiel	Ryde	6:47.45
8	George Beaton	Manly Warringah	6:47.74
9	Braxtyn Squires	Taree	7:01.31
10	Isaac Han	Manly Warringah	7:05.06

Girls U11 - 1100m Walk

1	Gemma Dixon	Cherrybrook	5:27.97
2	Erin Cassilles	Revesby Workers	5:36.65
3	Demi Maddison	Cardiff & District	5:51.62
4	Lily Brennan	Manly Warringah	6:01.62
5	Chloe Gasper	Balmain	6:03.79
6	Piper James	Balmain	6:06.37
7	Lilly Gasper	Balmain	6:08.67
8	Olivia Loring	Parramatta	6:12.93
9	Nikki Hearnden	Cardiff & District	6:15.87
10	Alexi Schoeman	Hills District	6:17.05

Boys U11 - 1100m Walk

1	Callum Martin	A.N.L	5:34.50
2	Mitchell McCarthy	Ryde	5:34.53
3	Jayden Calder	Riverstone	5:42.66
4	Tyler Cousins	Edgeworth	5:43.13
5	Michael Mathison	Port Hacking	5:51.07
6	Patrick Waddington	Winston Hills	5:57.23
7	Lucas Siemionow	Prestons Robins	5:59.53
8	Darcy Waring	Tallawong Park	6:18.00
9	Lachlan Harris	Ku-Ring-Gai	6:27.70
10	Michito Henderson	Wollongong City	6:36.77

Girls U12 - 1500m Walk

1	Sophie Polkinghorne	Nth Rocks Carlin	7:47.22
2	Emma Hoskins	Quakers Hill	7:53.65
3	Madeleine Felice	Illawong	8:13.26
4	Lilly Twigden	Liverpool City	8:41.80
5	Abby Hunt	Manly Warringah	8:44.77
6	Brianna Webster	Eschol Park	9:02.65
7	Isla Stewart	Ku-Ring-Gai	9:04.47
8	Indyana Campbell	Nepean	9:09.41
9	Daisha Gonzalez	Balmain	9:28.17
10	Lexie Beacroft	Quakers Hill	9:34.53

Boys U12 - 1500m Walk

1	Alexander Braendle	Northern Districts	7:53.71
2	Lukas Hall	Edgeworth	8:14.20
3	Logan Cowling	Cardiff & District	8:28.89
4	Rhys Chandler	Ryde	9:03.05
5	Adam Nasser	The Ponds	9:10.30
6	Miller Farrington	Wauchope	9:27.31
7	Max Davoren	South Eastern	10:48.64

Girls U13 - 1500m Walk

1	Matilda Webb	Winston Hills	7:09.55
2	Jessica Loring	Parramatta	7:11.81
3	Maisie Mitchell	Kurrajong Bilpin	7:12.33
4	Emma Hearnden	Cardiff & District	7:17.94
5	Stella Pinches	A.N.L	8:01.30
6	Imogen Cochrane	Northern Districts	8:15.10
7	Caetlin Ashby	Gosford	8:21.02
8	Imogen McKenzie	Tamworth	8:26.82
9	Madeleine Maxwell	Macquarie Hunter	8:51.49
10	Khloie Wolf	Campbelltown	9:07.08

Boys U13 - 1500m Walk

1	Aidan Kirk	Eschol Park	8:27.85
2	Jaxxon Horton	Liverpool City	8:29.89
3	Darcy Attwell	Dapto	8:40.74
4	Christopher Nilon	Nth Rocks Carlin	8:43.04
5	Charbel Khoury	Revesby Workers	9:11.71

6 Moses Wolfson	Ryde	10:18.61
Girls U14 - 1500m Walk		
1 Danelia Samuel	Winston Hills	7:45.03
2 Madeline Platt	A.N.L	8:08.97
3 Matilda Olson	Quakers Hill	8:22.89
4 Adelaide Baker	Woolgoolga	8:48.75
5 Arika English	Dapto	8:55.91
6 Claire Giffney	Kings Langley	9:02.21
7 Laura Corvalan Sotomayor	Girraween	9:35.32
8 Morgan Simon	Wollongong City	9:41.32
9 Charisse Bell	Glenbrook	9:49.31
10 Isabella Howle	Eschol Park	9:51.17
Boys U14 - 1500m Walk		
1 Dylan Allabush	Ku-Ring-Gai	7:12.17
2 Alex Sinnett	Kurrajong Bilpin	7:28.32
3 Jad Nasser	The Ponds	7:38.24
4 Sebastian Gonzalez	Balmain	7:39.73
5 Jethro Penn	Cherrybrook	8:27.93
6 Sanderson Keyser	Parramatta	8:34.24
7 Thomas Varga-Strike	Quakers Hill	8:36.76
8 Jackson Day	Cardiff & District	9:15.72
9 Parker Ivanovski	Lake Illawarra	11:04.14
Girls U15 - 1500m Walk		
1 Zoe Woods	Ku-Ring-Gai	6:33.16
2 Sienna Pitcher	Gosford	6:42.24
3 Ciara Cassilles	Revesby Workers	7:13.81
4 Brooke Newberry	Armidale	7:38.46
5 Samantha Torrens	Winston Hills	7:46.80
6 Jessey Bektas	Nepean	8:09.88
7 Lilah Norden	Kiama	8:13.31
8 Abbey Bektas	Nepean	8:18.00
9 Georgia Payne	Mingara Athletics	8:35.72
10 Jessica Berechree	Glenbrook	8:41.43
Boys U15 - 1500m Walk		
1 Isaac Beacroft	Quakers Hill	6:18.36
2 Myles Ashby	Gosford	7:04.04
3 Brodie Spamer	Cardiff & District	7:35.93
4 Callum Cousins	Edgeworth	8:09.77
5 Aidan Pospischil	Winston Hills	8:35.74
6 Sohun Chaudhri	Girraween	8:45.68
7 Hugo Matthews	Nth Rocks Carlin	9:20.18
8 Joshua O'Neill	Eschol Park	9:21.58
9 Thomas Grady	Glenbrook	9:27.07
Girls U17 - 1500m Walk		
1 Tara Laytham	Manly Warringah	7:02.79
2 Chelsea Roberts	Riverstone	7:10.40
3 Emma Thomas	Parramatta	7:12.92
4 Aiva Pinches	A.N.L	7:14.13
5 Isabella Farrell	Prestons Robins	7:35.03
6 Ella Munroe	Hills District	7:37.84
7 Alannah Hickson	Ku-Ring-Gai	8:12.96
8 Laelia Byatt	Girraween	8:13.80
9 Mackenzie Best	Dapto	8:13.82
10 Alejandra Blanco	Manly Warringah	8:26.12
Boys U17 - 1500m Walk		
1 Grady Platt	A.N.L	6:26.75
2 Liam Spamer	Cardiff & District	6:36.00
3 Thomas Shannon	Cherrybrook	6:42.22
4 Darcy Bell	Kurrajong Bilpin	6:50.01
5 Brendan Pospischil	Winston Hills	7:35.40
6 Liam Murphy	Glenbrook	8:30.91
7 Zachary Schmidt	Balmain	9:28.21

QUEENSLAND Gold Coast Masters T&F c'ships, 19 March - QSAC

W30 5000 Metre Race Walk

Name	Age Team	Finals	Age-Grading
1 Kirwin, Roslyn	W33 Qld Masters	42:37.36	46.42%

W45 5000 Metre Race Walk

1 Gannon, Brenda	W47 Qld Masters	29:23.23	72.78%
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W50 5000 Metre Race Walk

1 Dale, Joy	W50 Qld Masters	40:21.90	55.28%
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W55 5000 Metre Race Walk

1 Woodward, Erika	W55 Qld Masters	30:46.60	76.06%
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W75 5000 Metre Race Walk

1 McKinven, Noela	W79 Qld Masters	43:10.64	70.69%
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M55 5000 Metre Race Walk

1 Jimenez Solis, Ignacio	M56 Qld Masters	24:02.98	89.01%
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M80 5000 Metre Race Walk

1 Sela, Patrick	M82 Qld Masters	41:55.08	68.62%
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W30 1500 Metre Race Walk

1 Kirwin, Roslyn	W33 Qld Masters	11:24.73	49.22%
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W50 1500 Metre Race Walk

1 Craswell, Jodie	W54 Qld Masters	9:35.88	65.94%
2 Dale, Joy	W50 Qld Masters	9:36.38	65.88%

W55 1500 Metre Race Walk

1 Woodward, Erika	W55 Qld Masters	8:38.16	76.51%
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W75 1500 Metre Race Walk

1 McKinven, Noela	W79 Qld Masters	13:12.24	63.12%
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M55 1500 Metre Race Walk

1 Jimenez Solis, Ignacio	M56 Qld Masters	7:01.38	87.87%
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M80 1500 Metre Race Walk

1 Sela, Patrick	M82 Qld Masters	12:32.64	65.86%
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Patrick Sela



Joy Dale



Brenda Gannon and Erika Woodward



Peter Bennett

All photos courtesy Ben Fraser
<https://benfraserphotography.net>

TASMANIA Interclub: North Tas (16/3) & Athletics South (19/3) – two venues

David Moore reports:

The last of the season's T&F meets saw our Northern Walkers holding on to their good form in the lead up to next week's National Titles in Sydney, with **Sam Lindsay** chalking up another PB (this time over 3000m) in their mid-week Interclub event, while in the South the ever-consistent **Elizabeth Leitch** held sway over **Wayne Fletcher** in a 1500m race.

***** Northern Tas. Athletics Interclub, 16 March - St Leonards Northern Athletics Centre , Launceston***

Results 3000m Walk

1. Will Bottle Newstead AC 13:16.38
2. Samuel Lindsay Newstead AC 13:52.31 **PB**

***** Athletics South Interclub, 19 March - Domain Athletics Centre, Hobart***

Results 1500m Walk

1. Elizabeth Leitch ES 10:00.99
2. Wayne Fletcher NS 13:11.82



INTERNATIONAL NEWS

ENGLAND: Molly Barnett Open Track Walks (inc. England Athletics 10,000m Walk c'ship, 19 March - Coventry)

Mark Wall reports:

Full Electronic timing was used (so as to be valid for qualifying purposes). In Heather's case it was fortuitous as she needed to be inside 46 for 10,000m for Welsh qualifying. No England qualifiers as yet in the women's (47:15). Cameron Corbishley also outside the men's time (41:30.00) on the day. Guy Thomas spent 1 minute in the penalty Zone.

Mild day but marred by cold wind into the faces in the front straight .

10000m Race Walk · Men & Boys · Multiple · Final

- | | | | |
|------------------------------|--------|----------------------------|--------------------|
| 1. Cameron Corbishley (1997) | Senior | Medway and Maidstone AC | 42:49.97 |
| 2. Christopher Snook (2000) | U23 | Aldershot Farnham District | 44:21.49 |
| 3. Guy Thomas (1997) | Senior | Tonbridge AC (Wales) | 45:03.72 |
| 4. Tom Partington (1999) | Senior | Manx Harriers | 45:55.75 |
| 5. George Wilkinson (2002) | U23 | Enfield and Haringey A C | 46:26.71 |
| 6. Luc Legon (1997) | Senior | Bexley AC | 47:24.27 |
| 7. Christian Hopper (2004) | U20 | Cambridge Harriers | 49:37.36 PB |
| 8. David Annetts (1964) | M55 | North Herts RR | 50:35.27 SB |
| 9. Matthew Crane (2002) | U23 | Bexley AC | 51:20.61 |
| 10. Neil Wade (1990) | Senior | Manx Harriers | 56:46.95 PB |
| 11. Akash Nandwani (2002) | U23 | Hyde Park Harriers | DNF |
| 12. David Walsh (1961) | M60 | Redhill RR | DQ |

10000m Race Walk · Women & Girls · Multiple · Final

- | | | | |
|-----------------------------|--------|-------------------------------|--------------------|
| 1. Heather Lewis (1993) | Senior | Pembrokeshire H. (Wales) | 45:59.45 PB |
| 2. Bethan Davies (1990) | Senior | Cardiff Athletics (Wales) | 47:35.68 SB |
| 3. Kate Veale (1994) | Senior | West Waterford A.C. (Ireland) | 48:47.84 PB |
| 4. Abigail Jennings (2000) | U23 | Aldershot Farnham District | 51:28.28 PB |
| 5. Hannah Hopper (2003) | U20 | Cambridge Harriers | 53:14.06 |
| 6. Emily Ghose (1999) | Senior | Tonbridge AC | 56:45.38 PB |
| 7. Grazia Manzotti (1969) | W50 | Tonbridge AC | 56:51.40 PB |
| 8. Jacqueline Benson (2000) | U23 | Ashford AC | 57:34.09 PB |
| 9. Michelle Turner (1972) | W45 | Manx Harriers | 59:15.81 |
| Erika Kelly (1992) | Senior | Northern (Isle of Man)AC | DNF |
| Isabelle Bridge (2001) | U23 | Blackheath & Bromley Harriers | DNF |



10,000m action: Cameron Corbishley, Heather Lewis, Chris Snook, Kate Veale, Guy Thomas, Bethan Davies

(Photos: Mark Easton)

2000m Race Walk · Boys · U13 · Final

1 Timothy William Perry (2010) Northern (Isle of Man) AC 11:46.27

2000m Race Walk · Girls · U13 · Final

1 Aimee Lucy Thursfield (2010) Wolverhampton & Bilston 15:02.47
Megan Chantrell (2010) Aberdare Valley AAC DQ

5000m Race Walk · Men & Boys · Multiple · Final

1 Ellis Simmonds (2007)	U17	2 Dash	27:12.67
2 Steven Uttley (1957)	M60	Ilford AC	29:15.44
3 Jonathan James Ellerton (2006)	U18	Blackheath & Bromley Harriers	29:48.75 PB
4 Hardeep Minhas (1958)	M60	Leicester Walking Club	32:01.04
5 Colin Vesty (1965)	M55	Leicester Walking Club	35:17.78
Daniel McKerlich (2000)	U23	Cardiff Athletics	DQ

5000m Race Walk · Women & Girls · Multiple · Final

1 Mia Dunwell (2005)	U18	Northern (Isle of Man) AC	26:35.11
2 Gracie Griffiths (2006)	U18	Pembrokeshire Harriers	26:59.85
3 Abby Hughes (2005)	U18	Taunton AC	27:56.25
4 Katie Stringer (2005)	U18	Medway and Maidstone AC	27:56.25 PB
5 Shannon Thomas (2001)	U23	Swansea Harriers	28:15.59
6 Carolyn Derbyshire (1977)	W40	Nuneaton Harriers	29:23.43
7 Marie Jackson (1960)	W60	Manx Harriers	29:51.02
8 Noel Blatchford (1947)	W70	Abingdon AC	34:45.02 SB

FRANCE: French Masters Championships, 18-20 March - Metz

Emmanuel Tardi was in Metz this weekend for the French National Championship for Masters. Races were scheduled on 3 days (Friday, Saturday and Sunday).

Major achievements were :

- New French record for our super-master **Alexis Jordana** (he turned 85 one month ago) with **36'20"**. (Previous record 41'30")
- Another race under 15 minutes for **Anne-Catherine Quenehervé** (she beat the World best for this age group in 14'46", five weeks ago).
- Scratch best times are for **Vanessa Denisselle** (W35) in **14'42"** and for **Roland Landron** (M40) in **23'51"**

3000m W35 19.03

1 DENISSELLE Vanessa	F35F/84	Val-de-reuil Ac	14'42''07
2 LANOUE Severine	F35F/85	Avia Club Athletisme	15'50''07
3 BLANDIN Helene	F35F/85	Stade Sottevillais 76	16'10''86
4 VAROQUIER Elodie	F35F/83	Cs Bourgoin-jallieu	17'00''72
5 DETRES Sandrine	F35F/82	C Billy Montigny	18'51''40

3000m W40 19.03

1 BRASTEL Adeline	F40F/78	Efs Reims	16'21''33
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2	BRASTEL-JUNG Emilie	F40F/80	Ill Bruche A Lingolsheim	17'20''82
3	BRINGER Laurence	F40F/77	Athletisme Metz Metropole	17'31''99
4	DORE Sophie	F40F/77	Uai Nogent-sur-marne	18'11''37
5	AMBLARD Victoria	F40F/80	Val-de-reuil Ac	18'22''51
6	PEUGEOT Angelique	F40F/81	Val-de-reuil Ac	20'24''69
3000m W45 19.03				
1	BRUSSEAU Gwladys	F45F/74	Ec Orleans Cjf	15'16''63
2	DEMON Sonia	F45F/72	Efs Reims	15'18''84
3	NARGUET Sandrine	F45F/77	Sg La Wantzenau	15'59''54
4	RAES-MAURE Chloe	F45F/76	Neubourg Ac	16'36''32
5	MITEAU Nathalie	F45F/73	Savigny Athletisme 91	19'19''61
6	HERSENT Laurence	F45F/73	Bordeaux Athlé	20'59''03
7	GALTIER Marie-Christine	F45F/73	Ac Du Pays De Meaux	21'24''07
3000m W50 19.03				
1	BOBAN Valerie	F50F/68	Athle Vosges	15'42''11
2	PIEUX Ghislaine	F50F/71	Stade Lavallois	15'45''17
3	FLORENTIN Catherine	F50F/67	Athle Vosges	16'35''91
4	SINA Laurence	F50F/69	Pierre Benite Athlé	16'45''20
5	DIDELOT Marie-Odile	F50F/70	Us Pulversheim Athlé	18'36''71
6	BELKHITER Keltoum	F50F/67	Ac Montpellier	19'41''28
7	LECROQ Isabelle	F50F/68	Marne Et Gondoire Athletisme	20'33''89
3000m W55 19.03				
1	QUENEHERVE Anne-Catherine	F55F/66	Grand Angouleme Athletisme	14'59''05
2	CHRETIEN Nathalie	F55F/66	Es Thaon	17'31''92
3	JAEGER Emmanuelle	F50F/67	Ao Charenton	18'11''16
4	WORTHAM Christine	F55F/63	Marne Et Gondoire Athletisme	19'15''62
5	LEVEEL Valerie	F55F/65	Club Sportif Carentanais	22'04''61
-	PONGIN Catherine	F55F/63	Us Talence	DNF
3000m W60 18.03				
1	WEISS Fabienne	F60F/61	Le Chesnay-rocquencourt	22'53''14
2	LEVANNIER SACLEUX Marie-Helene	F60F/60	L'isle Adam Ac	24'10''88
3000m W65 18.03				
1	LEMONNIER Dominique	F65F/56	Marne Et Gondoire Athletisme	19'21''17
2	SIEGENFUHR Yvette	F65F/54	Es Thaon	20'00''91
3	MAGGIORE Yvonne	F65F/55	Martigues Sports Athle	21'13''00
4	MARMET Marie-Anne	F65F/56	Le Chesnay-rocquencourt	21'14''55
5	LE METAYER Dominique	F65F/53	Asa Maisons-alfort	21'14''70
3000m W70 18.03				
1	ANXIONNAT Claudine	F70F/51	Athle Vosges	21'30''82
2	LOYER Suzanne	F70F/47	Stade Clermontois	23'16''59
3000m W75 18.03				
1	SAUNEUF Lola	F75F/46	Marne Et Gondoire Athletisme	26'01''23
-	SIMEON Elisabeth	F75F/42	Paris Uc	DQ
5000m M35 20.03				
1	BEURIER Jocelyn	M35M/85	Us Vesinet	24'33''25
2	BOLLINGER Vincent	M35M/84	Dynamic Aulnay Club	27'07''16
-	HERIDA Nadir	M35M/82	Efs Reims	DQ
5000m M40 20.03				
1	LANDRON Roland	M40M/78	Ca Beglais	23'51''00
2	TURLET Albert	M40M/81	Avia Club Athletisme	29'16''09
5000m M45 20.03				
1	MILLE Olivier	M45M/72	Grac Renwez	24'17''03
2	DURAND-PICHARD David	M45M/72	Athletisme Metz Metropole	25'27''50
3	HASSEVELDE Sebastien	M45M/77	Touquet Athletic Club	27'17''31
4	STEFANELLY David	M45M/76	As Mantes	28'56''61
5	VIENOT Gabriel	M45M/76	Esr Colmar Ac	28'58''97
6	COCHET Sebastien	M45M/76	Asec La Pommeraye	36'26''11
5000m M50 20.03				
1	LATELLA Didier	M50M/68	Grenoble Uc	23'55''66
2	LANGLOIS Denis	M50M/68	Avia Club Athletisme	25'23''42
3	ERARD Christophe	M50M/70	Asm Bar-le-duc	26'17''99
4	ROBIN-BROSSE Patrick	M50M/69	Cs Bourgoin Jallieu	27'50''44
5	BROUILLARD Fabrice	M50M/71	Entente Poitiers Athle 86	28'05''84
6	VANDENBERGHE Renaud	M50M/70	Ac Du Pays De Meaux	32'56''30
5000m M55 20.03				
2	BONNEAU Philippe	M55M/65	Antony Athletisme	24'10''30
3	LE BONNIEC Philippe	M55M/66	Elan Girondais Athlé	25'10''90
5	HAUTIN Michel	M55M/63	Ac Chenove	25'50''78
6	FLORENTIN Thierry	M55M/65	Athle Vosges	25'53''12
10	MAURE Rene-Jean	M55M/65	Neubourg Ac	28'22''84

11	TIXIER Laurent	M55M/66	Csme Athletisme	30'58''99
	5000m M60 18.03			
1	HAUMESSER Marc	M60M/58	Ac Villeneuve D'asc	27'37''61
2	MARIE Frederic	M60M/61	As Mantes	29'31''45
3	PLACZEK Bruno	M60M/62	Acsam	29'59''20
4	SEFFARI Abdelaziz	M60M/58	Afa Feyzin-venissieux	30'15''72
-	MARVINGT Serge	M60M/58	Saint-brice Athletisme	DQ
	5000m M65 18.03			
1	BABOIN Michel	M65M/56	Saran Loiret Athletic Club	28'52''71
2	COLOMAR Patrick	M65M/53	Esvmac	30'24''36
3	CHRISMENT Gilles Pascal	M65M/54	Marne Et Gondoire Athletisme	31'55''79
4	BEGIN Jean-Pierre	M65M/53	Val-de-reuil Ac	34'17''11
	5000m M70 18.03			
1	SIEGENFUHR Daniel	M70M/50	Es Thaon	30'55''45
2	DELAYRE Bernard	M70M/47	Cc Taverny	35'37''90
	5000m M75 18.03			
1	RABATEL Fernand	M75M/46	Cs Bourgoin Jallieu	32'33''13
2	BELLEVEGUE Louis	M75M/46	Ea Car Rhodia	39'52''90
3	SCHOVING Jean	M75M/44	A.s.l. La Robertsau	42'23''12
-	COURTEJAIRE Pierre	M75M/42	Ua Versailles	DQ
	5000m M85 18.03			
1	JORDANA Alexis	M85M/37	Blagnac Sc	36'20''75



Denisselle, Landron, Quenehervé, Jordana

(Photos: Emmanuel Tardi)

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.

- 21/03/2022 - Lashmanova banned for two years starting 9.3.2021 and has accepted the DQ of her results b/we 18 Feb 2012 & 3 Jan 2014. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4329

Quoting Nicola Maggio:

“The Russian was also handed a ban from February 26, 2014, to February 25, 2016, after testing positive for a banned substance in a sample given on January 4, 2014. During this time there were reports she had flouted the ban and competed in Russia during that period too.

As a consequence, the AIU added that she will face two years of disqualification from March 9 of last year until March 2023 and that her results from February 18, 2012 to January 3, 2014 will be cancelled.”

So ... two 2-year bans, the second of which is effectively 1 year. It does make one wonder at what point they'd consider a life ban justified. Perhaps if she started shelling a neighbouring country ... ?

- 22/03/2022 - Qieyang Shenjie: her statements after the news of the disqualification of the results of Lashmanova. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4330 . Jared would agree wholeheartedly with her sentiments ... he was there and suffered the same thing.
- 21/03/2022 - Nomi (JPN): Daisuke Matsunaga and Serena Sonoda win the 46th edition of the All Japan Race Walking. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4328

- 20/03/2022 - Békéscsaba (HUN): Maté Helebrandt and Barbara Olah win the Hungarian 20km Championships.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4327

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 22, 2022 - Daisuke Matsunaga and Serena Sonoda won the 20 km Nomi March (Japan)
<http://omarchador.blogspot.com/2022/03/daisuke-matsunaga-e-serena-sonoda.html>
- Monday, March 21, 2022 – Portuguese Masters National - Indoor Track 2022: men's (results)
http://omarchador.blogspot.com/2022/03/nacional-de-veteranos-pista-coberta_21.html
- Monday, March 21, 2022 – Portuguese Masters National - Indoor Track 2022: women's (results)
<http://omarchador.blogspot.com/2022/03/nacional-de-veteranos-pista-coberta.html>
- Sunday, March 20, 2022 - João Vieira and Inês Henriques triumph in the 20 km march of the “Jorge Costa” Trophy.
<http://omarchador.blogspot.com/2022/03/joao-vieira-e-ines-henriques-triunfam.html>
- Saturday, March 19, 2022 - Madrid in the GOLD series of the World Race Walking Tour
<http://omarchador.blogspot.com/2022/03/madrid-na-serie-gold-da-world-race.html>
- Thursday, March 17, 2022 - BAMACI 2022 - Novo Mesto, Slovenia (results)
<http://omarchador.blogspot.com/2022/03/bamaci-2022-novo-mesto-eslovenia.html> Masters results from Slovenia.

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 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 1 May	AV Country 10km c’ship & VRWC Winter season opener - Ballarat
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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Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au