



# HEEL & TOE Online

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

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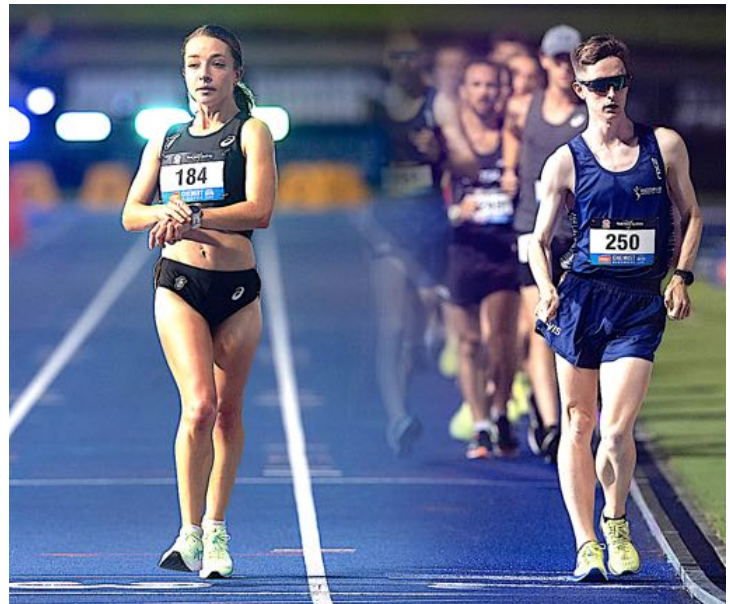
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## CLUB NEWS and RESULTS



Where they started ... Little Athletes *Jemima Montag* and *Kyle Swan* in their first season at Middle Park in 2008. (Photo: Stu Cooper)



Right: Where they are now. Olympians *Jemima* and *Kyle* each dominated their National 10,000m title races in Sydney. Both are now bound for Birmingham – and beyond. (Photo: Athletics Australia)

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**\*\* WALKER OF THE WEEK \*\***



It was yet another week in which top-quality walking performances abounded, with the focus being on Sydney (Australian T&F championships) and Brisbane (AMA T&F championships.) The talent on display ranged from up-and-coming juniors, through established elite internationals to inspirational veterans who, while at the other end of their athletic careers, are still showing us how to squeeze every drop from every opportunity.

It's to one of these invincibles that this week's WOTW is presented. **Andrew Jamieson** (VIC) has taken the award with three Gold medals in the M75 section (no surprises there) in Brisbane. What is noteworthy is that, at age 75, each of Andrew's times ranks him where he has been for the past two decades – at or around the top of the world masters lists:

- **1500m** – 8:08.77 (Age grading **94.46%**)
- **5000m** – 29:07.50 (Age grading **91.79%**)
- **10km road** – 1:00:26.0 (Age grading **91.04%**)

In addition, Andrew's finish placings across all age groups in Brisbane make impressive reading:

- 1500m (6<sup>th</sup> out of 13); 5000m (7<sup>th</sup> out of 13); 10km road (5<sup>th</sup> out of 12)

Congratulations, Andy! Yours is a glow for young and old to bask in ... and recharge with!

**Honourable mentions:**

- **Ignacio Jiminez Solis** (QLD) ... easily the fastest walker at the Masters titles, with times placing him around the 90% age groupings for M55.
- **Jemima Montag** (VIC) and **Olivia Sandery** (SA) ... both breakers of meet records in winning their respective 10,000m titles.
- **Kyle Swan** (VIC) ... took the lead from the gun in the Men's Open 10,000m title and nearly lapped the field on his way to a sub-40min win.
- **Owen Toyne** (ACT) ... backing up to take the U18 5000m title (still aged 14), following his U16 3000m win of last week.

\*\*\*\*\*



**AROUND THE COUNTRY**



**AUST. T&F CHAMPIONSHIPS, 26 MAR-3 APR – OLYMPIC PARK, SYDNEY**

Sydney continued to be hammered by driving rain and cold winds during the week, putting fast times out of the reach of many, though by no means all. One does not often see winter road season conditions in a summer track championship, and this might have been an eye-opener for spectators unfamiliar with the all-weather, all-year-round aspect of race walking.

The live streaming of competition days provided impressive coverage of not only all the walks but of the conditions in which they were raced. The walkers who contested the 10,000m and 5,000m championships on the Wednesday, Thursday and Friday all deserve commendation for their efforts and the showcase of our sport they provided.

**\*\* Wednesday 30 March – Session 8**

For sheer dominance, it's hard to go past the displays of both **Jemima Montag** and **Kyle Swan** in the Open 10,000m titles. (To those two could be added **Olivia Sandery**, who lapped a quality field in the U20 race to break the Meet record.)



Following is a detailed race summary from AA's *Lachlan Moorhouse* and *Sascha Ryner*, re-printed below from the *Athletics Australia* website:

Victorians **Jemima Montag** and **Kyle Swan** have all but booked their tickets to Birmingham after securing automatic nomination for the Commonwealth Games team at the 2022 Chemist Warehouse Australian Track and Field Championships this evening. Montag won the Australian women's 10,000m race walking title in a swift **43:02.97** – comfortably under the qualifying standard for Birmingham and is now set to defend her gold medal this August. She also became the first Australian track and field athlete to be nominated to Commonwealth Games Australia for the UK campaign.

The 24-year-old medical student was tactical in her approach, staying tucked up behind eventual silver and bronze medal winners **Katie Hayward** (QLD, **44:28.80**) and **Rebecca Henderson** (VIC, **44:40.09**), but with 13 laps to go, Montag made a gutsy move to push past the duo to make a bid for nomination.

Winning by daylight, Montag crossed the line in a meet record of 43:02.97, in front of Henderson and Hayward. Hayward too met the qualifying standard for Birmingham.

"It feels really good to tick off this business trip and get the win to go to Birmingham. I've now got a few months to really knuckle down and concentrate on training," Montag said.

"Four years ago, I had a special moment on the Gold Coast, and it was a turning point in my walking career in terms of self-belief and what I've dreamt could be possible, so it feels exciting that we are maybe one step closer to reliving that," Montag said.

Though Swan wasn't able to dip under the qualifying standard of 39:30.00 tonight, a previous qualifying time coupled with the 2022 Australian 10,000m Race Walk title will guarantee his spot on the Australian team. Swan, the favourite to win the title tonight, commanded the event, finishing in **39:55.17** and one minute and 21 seconds in front of second-place getter 19-year-old **Will Thompson** (41:17.05) and New Zealand's **Quentin Rew** (41:46.41).

"I'm really happy with that tonight. I got the auto qualifying time back in January and have cemented that in tonight," Swan said.

"It was windy out there, so not great conditions, but I'm happy with my form. It's going to be a really long season and I've got to make sure I'm healthy when I get to the start line in August."

**Olivia Sandery** won the Women's Under 20 10,000m race walk in **45:28.96** to set a new meet record to secure her place on the Australian Under 20 team heading to the Cali 2022 World Athletics Under 20 Championships. **Fraser Saunder** won the men's event in **47:15.49**.



Left: *Bec Henderson led until just before 5km when Jemima struck.*  
 Right: *Sapporo teammates together again – Katie, Jemima and Bec (Photos: Kerrie Peart)*

**Women's 10000m Race Walk Open**

1	Jemima Montag	98	VIC	43:02.97	<b>MR</b>
2	Katie Hayward	00	QLD	44:27.80	
3	Rebecca Henderson	01	VIC	44:40.09	
4	Clara Smith	98	QLD	46:30.89	
5	Kelly Ruddick	73	VIC	46:41.03	
6	Hannah Mison	01	NSW	49:49.41	
7	Hannah Parker	02	NSW	55:27.86	

**Women's 10000m Race Walk U20**

1	Olivia Sandery	03	SA	45:28.96	<b>MRJ</b>
2	Alanna Peart	03	VIC	48:37.45	J
3	Elizabeth McMillen	04	NSW	48:58.32	J
4	Camryn Novinetz	03	QLD	50:10.78	J
5	Emma Blanch	03	NSW	50:27.08	J
6	Char Hay	03	VIC	51:55.09	
7	Hannah Bolton	03	NSW	52:29.14	

8 Claire Samanna 91 VIC 1:00:42.91

8 Anika Clarke 03 QLD 55:36.59  
 9 Summer Millard 03 NSW 58:27.94  
 --- Milly Boughton 06 NSW DNF  
 --- Allannah Pitcher 03 NSW DNF

J – World junior qualifier



Left: Kyle Swan, Tim Fraser and Quentin Rew to the fore early before Kyle took charge. Right: Will, Kyle and Carl with their new bling (Photos: Athletics Australia, Kerrie Peart)

**Men's 10000m Race Walk Open**

1	Kyle Swan	99	VIC	39:55.17
2	Will Thompson	02	VIC	41:17.05
3	Quentin Rew	84	NZL	41:46.41 P60
4	Carl Gibbons	96	NSW	42:41.16
5	Tyler Jones	98	NSW	43:25.79
6	Tim Fraser	00	ACT	43:42.22
7	Dylan Richardson	00	NSW	43:53.22
8	Mitchell Baker	01	ACT	44:54.55
9	Jack McGinniskin	02	NSW	46:52.10
10	Benjamin Reid	01	WA	50:20.81
---	Tristan Camilleri	01	SA	DNF
---	Mathew Bruniges	01	SA	DNF

P60 – Penalty zone 60secs

**Men's 10000m Race Walk U20**

1	Fraser Saunder	04	VIC	47:15.49
2	Raven Pyda	04	NSW	52:54.56
3	Riley Whatman	03	NSW	54:44.65



U20 medallists: Alanna, Olivia and Elizabeth.



Raven, Fraser and Riley. (Photos: Kerrie Peart).

**\*\* Thursday 31 March – Session 10**

The girls got no help from the weather as **Milly Boughton** (NSW) set a cracking pace with a 1:38 first lap. She was soon joined, however, by **Alexandra Griffin** (WA) and **Jayda Anderson** (QLD), who led at 1km in 4:34. The lead pack stayed together until Griffin opened a gap at half-way and never relinquished it, going on to win convincingly in **24:03.15** to give her the U18 title ahead of **Zoe Woods** (NSW), who came within 15secs of a 3000m/5000m double with her **24:18.53**. **Nellie Langford** (SA) and the gutsy Anderson had a solid battle for the bronze, with the South Aussie just prevailing in **24:36.10**.

Boughton, despite half a minute in the 'sin bin', had enough time in hand to hold off **Maddison Nash** (VIC) to win the U17 title in **26:03.54** to Nash's **26:14.40**, while a 3:39 PB for bronze in **26:32.48** stamps **Aiva Pinches** (NSW) as one definitely to watch in the future.



**Women's 5000m Race Walk U18**

1	Alexandra Griffin	05	WA	24:03.15
2	Zoe Woods	07	NSW	24:18.53
3	Nellie Langford	05	SA	24:36.10
4	Jayda Anderson	05	QLD	24:40.80
5	Sienna Pitcher	07	NSW	24:56.73
6	Summer Millard	05	QLD	26:39.78
7	Ariana Pashutina	07	VIC	27:13.63
8	Ciara Cassilles	07	NSW	27:35.37
9	Tara Laytham	05	NSW	28:08.69
10	Chloe Lamb	07	NSW	28:46.44
11	Mia Bergh	05	QLD	28:46.87
12	Emma Thomas	05	NSW	29:02.34
13	Summer Sivaraj	07	NSW	29:06.46
14	Isabella Farrell	05	NSW	29:22.12
15	Torryn Fisher	05	QLD	29:53.83
16	Alannah Hickson	05	NSW	31:19.61
---	Isabelle Nilon	05	NSW	DNF

**Women's 5000m Race Walk U17**

1	Milly Boughton	06	NSW	26:03.54 P30
2	Maddison Nash	06	VIC	26:14.40
3	Aiva Pinches	06	NSW	26:32.48
4	Chelsea Roberts	06	NSW	26:54.14
5	Grace Beck	08	NSW	27:37.73
6	Emily Smith	06	VIC	28:11.85
7	Milly Sharpe	08	QLD	28:13.08
8	Ashanti Heap	06	QLD	28:42.79
9	Ella Munroe	06	NSW	29:03.83
10	Laelia Byatt	06	NSW	29:39.51
11	Piper Lawson	06	QLD	29:45.32
12	Lily Housden	06	QLD	30:17.40
13	Phoebe Chadwick	06	QLD	30:21.50
14	Lilah Norden	07	NSW	31:06.20
15	Julia Grocott	06	ACT	31:18.19
16	Chloe Krklinski	06	NSW	32:05.31

**\*\* Friday 1 April – Session 12**

The final walks of the meet saw the U17 and U18 5000m boys slogging through the worst of the conditions, all finishers producing meritorious efforts as the girls had the day before. **Marcus Wakim** (VIC) led from the start with a first lap of 1:35, being joined at 2km by **Owen Toyne** (ACT), **Will Bottle** (TAS), **John Ronan** (WA), **Kodi Clarkson** (ACT) and **Riley Coughlan** (VIC). Wakim and Toyne swapped the lead until 3km when the Victorian U20 international rep took control, pulling away for the U17 title win in **21:56.98**. Wakim was unfazed by the weather, recording consistent 1km splits of 4:24, 4:24, 4:26, 4:24 and 4:18. Toyne claimed his second title of the meet in the U18 section, finishing in a 1:01 PB time of **21:59.30**, while Coughlan's silver in **22:24.19** came on the back of a huge 1:26 PB! Bottle claimed a well-earned bronze in **22:58.96**.

Clarkson's **22:39.92** (an 18sec PB) and a **23:30.07** by **Sam McCure** (QLD, PB 0:10) secured them the minor U17 medals.

**Men's 5000m Race Walk U18**

1	Owen Toyne	07	ACT	21:59.30
2	Riley Coughlan	07	VIC	22:24.19
3	Will Bottle	05	TAS	22:58.96
4	John Ronan	07	WA	23:07.12 P30
5	Bailey Housden	07	QLD	23:32.22
6	Seth Wasson	05	QLD	24:56.81
7	Myles Ashby	07	NSW	25:42.15
8	Eden Morgan	05	VIC	26:04.18
9	Jack Robson	05	NSW	27:17.45
10	Brendan Pospischil	05	NSW	28:53.89
---	Oliver Morgan	07	TAS	DNF

**Men's 5000m Race Walk U17**

1	Marcus Wakim	06	VIC	21:56.98
2	Kodi Clarkson	08	ACT	22:39.92
3	Sam McCure	06	QLD	23:30.07
4	Grady Platt	06	NSW	23:50.46
5	Samuel Lindsay	08	TAS	24:14.11
6	Scott Peart	06	VIC	24:34.23
7	Dylan Allabush	08	NSW	25:54.29
8	Alex Bradley	06	QLD	26:27.12
9	Zachary Matters	06	VIC	27:14.90
---	Darcy Bell	06	NSW	DQ

**Australian Masters T&F Championships, 1-4 April – QSAC, Brisbane**

With so much quality action taking place at Sydney Olympic Park, the AMA T&F championships might have seemed to slip by without notice – to all except those involved! Rest assured that quality action took place at Qld Sport & Athletics Centre as well.

**Ignacio Jiminez** was the standard bearer across all age groups, showing impressive speed in all his three victories. **Andrew Jamieson, Kylie Irshad, Pramesh Prasad, Kevin Cassidy** and **Heather Carr** led the Victorian contingent with strong performances, and it was very pleasing to see Clyde Riddoch take to the track again after several months of health concerns. Well done to competitors of all states who made the trip and helped build a successful meet after what has been anything but a stress-free summer north of the Tweed.

**W30 1500m Race Walk**

1	Roslyn Kirwin	W33	QMA	11:51.11
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**W35 1500m Race Walk**

1	Dash Newington	W37	QMA	9:19.84
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**W50 1500m Race Walk**

1	Kylie Irshad	W50	VMA	8:13.34
2	Jodie Craswell	W54	QMA	9:18.91
3	Joy Dale	W50	QMA	11:11.91

**W55 1500m Race Walk****M35 1500m Race Walk**

1	Mario Vincente	M36	NT	6:51.00
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**M45 1500m Race Walk**

1	Pramesh Prasad	M47	VMA	7:44.75
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**M50 1500m Race Walk**

1	Argenis Guevara	M53	QMA	8:54.57
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**M55 1500m Race Walk**

1	Ignacio Jiminez Solis	M56	QMA	6:44.28
2	Michael Smith	M56	ACTMA	7:13.43

1 Erika Woodward	W55	QMA	8:25.88	<b>M60 1500m Race Walk</b>			
<b>W60 1500m Race Walk</b>				1 Kevin Cassidy	M61	VMA	7:36.04
1 Susan Withnall	W61	NSWMA	14:16.68	<b>M65 1500m Race Walk</b>			
<b>W65 1500m Race Walk</b>				1 Colin Heywood	M67	NT	8:10.19
1 Antoinette Woodward	W65	NSWMA	10:07.56	2 Peter Bennett	M66	QMA	9:14.94
<b>W70 1500m Race Walk</b>				3 Clyde Riddoch	M68	VMA	10:49.78
1 Heather Carr	W72	VMA	9:04.57	<b>M70 1500m Race Walk</b>			
<b>W80 1500m Race Walk</b>				1 Frank Prowse	M70	VMA	9:45.19
1 Lynne Schickert	W80	MAWA	11:46.58	2 John McDonagh	M73	MAWA	9:55.43
<b>W85 1500m Race Walk</b>				<b>M75 1500m Race Walk</b>			
1 Pam Mews	W87	VMA	19:04.06	1 Andrew Jamieson	M75	VMA	8:08.77
				2 George White	M76	SAMA	9:30.98
				<b>M80 1500m Race Walk</b>			
				1 Bryan Thomas	M80	ACTMA	10:53.78
				2 Jim Seymon	M84	NSWMA	11:43.03
				3 Patrick Sela	M82	QMA	12:02.47
<b>W30 5000m Race Walk</b>				<b>M35 5000m Race Walk</b>			
1 Roslyn Kirwin	W33	QMA	44:13.44	1 Mario Vicente	M36	NT	25:57.66
<b>W35 5000m Race Walk</b>				<b>M45 5000m Race Walk</b>			
1 Dash Newington	W37	QMA	34:51.32	1 Pramesh Prasad	M47	VMA	27:18.10
<b>W50 5000m Race Walk</b>				<b>M50 5000m Race Walk</b>			
1 Kylie Irshad	W50	VMA	30:45.69	1 Argenis Guevara	M53	QMA	31:57.41
2 Joy Dale	W50	QMA	40:15.41	<b>M55 5000m Race Walk</b>			
<b>W55 5000m Race Walk</b>				1 Ignacio Jiminez Solis	M56	QMA	23:57.65
1 Erika Woodward	W55	QMA	31:04.36	2 Michael Smith	M56	ACTMA	26:55.72
<b>W65 5000m Race Walk</b>				<b>M60 5000m Race Walk</b>			
1 Antoinette Woodward	W65	NSWMA	34:37.77	1 Kevin Cassidy	M61	VMA	27:25.42
<b>W70 5000m Race Walk</b>				--- Mick Dawe	M60	QMA	DQ
1 Heather Carr	W72	VMA	33:22.23	<b>M65 5000m Race Walk</b>			
<b>W75 5000m Race Walk</b>				1 Colin Heywood	M67	NT	29:04.42
1 Noela McKinven	W79	QMA	44:57.32	2 Peter Bennett	M66	QMA	33:11.00
<b>W80 5000m Race Walk</b>				3 Clyde Riddoch	M68	VMA	39:44.23
1 Lynne Schickert	W80	MAWA	41:39.41	<b>M70 5000m Race Walk</b>			
				1 John McDonagh	M73	MAWA	35:57.55
				--- Frank Prowse	M70	VMA	DQ
				<b>M75 5000m Race Walk</b>			
				1 Andrew Jamieson	M75	VMA	29:07.50
				2 George White	M76	SAMA	32:54.13
				<b>M80 5000m Race Walk</b>			
				1 Patrick Sela	M82	QMA	42:07.68
				--- Jim Seymon	M84	NSWMA	DQ
				--- Bryan Thomas	M80	ACTMA	DQ
<b>W30 10000m Race Walk</b>				<b>M35 10000m Race Walk</b>			
1 Kirsten Shaw	W30	VMA	1:07.04	1 Mario Vicente	M36	NT	55:31
<b>W45 10000m Race Walk</b>				<b>M45 10000m Race Walk</b>			
1 Brenda Gannon	W47	QMA	1:02.00	1 Pramesh Prasad	M47	VMA	58:33
<b>W50 10000m Race Walk</b>				<b>M50 10000m Race Walk</b>			
--- Kylie Irshad	W50	VMA	DNF	1 Argenis Guevara	M53	QMA	1:07.25
<b>W55 10000m Race Walk</b>				<b>M55 10000m Race Walk</b>			
1 Erika Woodward	W55	QMA	1:05.45	1 Ignacio Jiminez Solis	M56	QMA	49:23
<b>W65 10000m Race Walk</b>				<b>M60 10000m Race Walk</b>			
1 Antoinette Woodward	W65	NSWMA	1:10.27	1 Kevin Cassidy	M61	VMA	58:48
<b>W70 10000m Race Walk</b>				2 Simon Evans	M61	VMA	1:01.48
1 Heather Carr	W72	VMA	1:15.45	<b>M65 10000m Race Walk</b>			
<b>W75 10000m Race Walk</b>				1 Colin Heywood	M67	NT	1:01.18
1 Noela McKinven	W79	QMA	1:36.22	2 Peter Bennett	M66	QMA	1:11.48
<b>W80 10000m Race Walk</b>				<b>M70 10000m Race Walk</b>			
--- Lynne Schickert	W80	MAWA	DQ	1 John McDonagh	M73	MAWA	1:22.04
				<b>M75 10000m Race Walk</b>			
				1 Andrew Jamieson	M75	VMA	1:00.26
				2 George White	M76	SAMA	1:08.25
				<b>M80 10000m Race Walk</b>			
				1 Patrick Sela	M82	QMA	1:25.35
				--- Jim Seymon	M84	NSWMA	DQ
				--- Bryan Thomas	M80	ACTMA	DQ



# INTERNATIONAL NEWS

## CZECH REPUBLIC: WA Race Walking Tour Gold meeting, Saturday 2 April - Pobebrady

**Emmanuel Tardi** reports from Pobebrady in the Czech Republic, where he was a judge at the 90<sup>th</sup> anniversary edition of this classic international race walking meet.



It was a very cold day this Saturday in Pobebrady (east of Prague). But there was no wind, and it was a good weather for walkers. After the masters and youth races in the morning, the two main races were scheduled at 1pm (20k women) and 3pm (20k men).

In the women's event, the race was led by **Maria Perez** (ESP, European champion), **Johanna Ordonez** (ECU), **Valeria Ortuno** (MEX) and **Saskia Feige** (GER). Maria Perez received her 3rd red card and was stopped in the penalty area, then was disqualified. Then Ortuno led the race for a few metres. After one hour, she became the leader with a larger gap. And she won the race.

In the men's event, there was a big pack walking 4min per kilometer. The final winner, **Caio Bonfim** (BRA), was not in this group and caught it after 5k. He became the leader with a gap around the 14k point. He produced a final 5k in 19:27 and won the race with huge **1h18.54**.



*Pobebrady winners Bonfim, Ortuno, Montes and Serrano (Photos courtesy Emmanuel Tardi)*

### Men Open 20 kilometres

1.	Caio BONFIM	BRA	1:18:54
2.	Perseus KARLSTRÖM	SWE	1:19:42
3.	David KENNY	IRL	1:19:44
4.	Brian Daniel PINTADO	ECU	1:19:47
5.	Alberto AMEZCUA	ESP	1:19:58
6.	Andres E OLIVAS NÚÑEZ	MEX	1:20:31
7.	Nils BREMBACH	GER	1:20:32
8.	José MONTANA	COL	1:20:34

### Women Open 20 kilometres

1.	<u>Valeria ORTUÑO</u>	MEX	1:29:25
2.	<u>Saskia FEIGE</u>	GER	1:29:57
3.	<u>Johana ORDÓÑEZ</u>	ECU	1:29:58
4.	<u>Valentina TRAPLETTI</u>	ITA	1:30:49
5.	<u>Eliška MARTÍNKOVÁ</u>	CZE	1:30:53
6.	<u>Tereza ĎURDIAKOVÁ</u>	CZE	1:31:09
7.	<u>Ana CABECINHA</u>	POR	1:31:21
8.	<u>Camille MOUTARD</u>	FRA	1:31:29

9.	Wayne SNYMAN	RSA	1:20:39	9.	<u>Sofia RAMOS RODRÍGUEZ</u>	MEX	1:31:41
10.	Miguel Ángel LÓPEZ	ESP	1:20:41	10.	<u>Sandra Viviana GALVIS</u>	COL	1:32:02
11.	Jesus CALDERON	MEX	1:20:49	11.	<u>Clémence BERETTA</u>	FRA	1:32:02
12.	Karl JUNGHANNB	GER	1:20:53	12.	<u>Robyn STEVENS</u>	USA	1:32:15
13.	Eider ARÉVALO	COL	1:21:20	13.	<u>Rachelle DE ORBETA</u>	PUR	1:33:06
14.	Julio César SALAZAR	MEX	1:21:34	14.	<u>Eloise TERREC</u>	FRA	1:33:46
15.	Andrea AGRUSTI	ITA	1:21:35	15.	<u>Noelia VARGAS</u>	CRC	1:33:57
16.	Matteo GIUPPONI	ITA	1:21:51	16.	<u>Heather LEWIS</u>	GBR	1:34:02
17.	Gianluca PICCHIOTTINO	ITA	1:22:11	17.	<u>Galina YAKUSHEVA</u>	KAZ	1:35:44
18.	Aleksi OJALA	FIN	1:22:41	18.	<u>Marion MANARESI</u>	FRA	1:36:28
19.	Nick CHRISTIE	USA	1:22:44	19.	<u>Maria SANTOS BERNARDO</u>	POR	1:36:35
20.	César CÓRDOVA F'DEZ	MEX	1:22:48	20.	<u>Rita RÉCSEI</u>	HUN	1:36:41
21.	Francesco FORTUNATO	ITA	1:22:57	21.	<u>Joana PONTES</u>	POR	1:36:41
22.	Oscar PATÍN	ECU	1:23:09	22.	<u>Enni NURMI</u>	FIN	1:37:07
23.	Dan NEHNEVAJ	USA	1:23:10	23.	<u>Agnieszka ELLWARD</u>	POL	1:37:13
24.	Juan José SOTO	COL	1:23:14	24.	<u>Monika VAICIUKEVIČIŪTĖ</u>	LTU	1:37:16
25.	Teodorico CAPORASO	ITA	1:23:15	25.	<u>Elisa NEUVONEN</u>	FIN	1:37:43
26.	Diego PINZON	COL	1:23:26	26.	<u>Simona BERTINI</u>	ITA	1:38:36
27.	Aurelien QUINION	FRA	1:23:32	27.	<u>Beatrice FORESTI</u>	ITA	1:39:42
28.	Alex WRIGHT	IRL	1:23:45	28.	<u>Adriana ORNELAS</u>	POR	1:39:54
29.	Hagen POHLE	GER	1:23:49	29.	<u>Klaudia ŽÁRSKA</u>	SVK	1:40:11
30.	Miroslav ÚRADNÍK	SVK	1:23:52	30.	<u>Anna FERRARI</u>	ITA	1:40:38
31.	Dominik ČERNÝ	SVK	1:24:00	31.	<u>Emilia LEHMEYER</u>	GER	1:41:47
32.	Christian ROJAS	COL	1:25:14	32.	<u>Kate VEALE</u>	IRL	1:41:54
33.	Brendan BOYCE	IRL	1:25:59	33.	<u>Sara AMMOUR</u>	ESP	1:42:08
34.	Raivo SAULGRIEZIS	LAT	1:26:07	34.	<u>Adrija MEŠKAUSKAITĖ</u>	LTU	1:42:11
35.	Jorge RUIZ	COL	1:26:16	35.	<u>Rocio Estefanía SÁNCHEZ</u>	MEX	1:43:01
36.	Vít HLAVÁČ	CZE	1:26:27	36.	<u>Austėja KAVALIAUSKAITĖ</u>	LTU	1:43:07
37.	Oisín LANE	IRL	1:27:06	37.	<u>Marine ROTTIER</u>	FRA	1:46:05
38.	Kenny Martin PEREZ	COL	1:27:10	38.	<u>Valéria BIRÓNÉ DR MOLNÁR</u>	HUN	1:48:55
39.	Mattéo DUC	FRA	1:27:13	39.	<u>Hana BURZALOVÁ</u>	SVK	1:49:55
40.	Yassir CABRERA	PAN	1:27:40	40.	<u>Štěpánka POHLOVÁ KU'OVÁ</u>	CZE	1:51:26
41.	Juriy MICHELETTI	ITA	1:27:59	41.	<u>Jana ZIKMUNDOVÁ</u>	CZE	1:52:25
42.	Jerry JOKINEN	FIN	1:28:00	42.	<u>Marion ROULAND</u>	FRA	1:55:48
43.	Cameron CORBISHLEY	GBR	1:28:12	43.	<u>Michaela BAKLIKOVÁ</u>	CZE	1:57:00
44.	Remi RODRIGUEZ	FRA	1:28:24	44.	<u>Nathalie FROMENTIN</u>	FRA	1:59:59
45.	Bryan LUGO	COL	1:28:39	45.	<u>Lenka BOROVIČKOVÁ</u>	CZE	2:03:03
46.	Paulo MARTINS	POR	1:29:10		<u>Alegna GONZÁLEZ</u>	MEX	DNF
47.	Mattia BRAGGIO	ITA	1:29:13		<u>Dóra CSÖRGŐ</u>	HUN	DNF
48.	Gabriele GAMBA	ITA	1:29:31		<u>María PÉREZ</u>	ESP	DQ
49.	Kyrian VALLEE	FRA	1:29:31				
50.	Norbert TÓTH	HUN	1:29:40				
51.	Dimitri DURAND	FRA	1:29:44				
52.	Lukáš GDULA	CZE	1:29:44				
53.	Joe MOONEY	IRL	1:29:47				
54.	Lucas DREVILLE	FRA	1:29:51				
55.	Lauri JOUKAS	FIN	1:30:06				
56.	Dávid TOKODI	HUN	1:30:36				
57.	Francesco BENVENUTO	ITA	1:30:42				
58.	Martin NEDVÍDEK	CZE	1:33:32				
59.	Milan RÍZEK	SVK	1:35:41				
60.	Stefano CICALO'	ITA	1:35:59				
61.	Florian PETER	FRA	1:36:11				
62.	Deividas BALEVICIUS	LTU	1:38:30				
63.	Deimantas KUKIS	LTU	1:39:04				
64.	Rostislav KOLÁŘ	CZE	1:41:13				
65.	Josef SMOLA	CZE	1:53:51				
	Martin SCHWING	FRA	DNF				
	Alexandr MALYSA	CZE	DNF				
	Martin MADELINE-DEGY	FRA	DNF				
	Tom BOSWORTH	GBR	DNF				
	Daniel KOVÁČ	SVK	DNF				
	Ryan GOGNIES	FRA	DNF				
	Raouf DRISSI	TUN	DQ				
	Tomasz BAGDÁNY	HUN	DQ				
	Luis Manuel CORCHETE	ESP	DQ				

#### Men U20 10 kilometres

1.	<u>Angel Vazquez MONTES</u>	MEX	42:15
2.	<u>Adam ZAJÍČEK</u>	CZE	42:19
3.	<u>Jaromír MORÁVEK</u>	CZE	42:36

#### Women U20 10 kilometres

1.	<u>Karla Ximena SERRANO</u>	MEX	45:20
2.	<u>Heta VEIKKOLA</u>	FIN	46:02
3.	<u>Sharon Lisseth HERRERA SOTO</u>	CRC	46:04



4.	<u>Tiago RAMOS</u>	POR	42:55	4.	<u>Alexandrina MIHAI</u>	ITA	46:57
5.	<u>Emiliano BRIGANTE</u>	ITA	43:26	5.	<u>Giada TRAINA</u>	ITA	46:58
6.	<u>Frederick WEIGEL</u>	GER	43:26	6.	<u>Vittoria DI DATO</u>	ITA	47:49
7.	<u>Ellis BATIFOL</u>	FRA	43:43	7.	<u>Elvina CARRÉ</u>	FRA	48:23
8.	<u>Leo BENJELLOUN-TOUIMI</u>	FRA	44:15	8.	<u>Giulia GABRIELE</u>	ITA	48:28
9.	<u>Giuseppe DISABATO</u>	ITA	44:21	9.	<u>Ana DELAHAIE</u>	FRA	48:34
10.	<u>Guilherme RODRIGUES</u>	POR	44:47	10.	<u>Tiziana SPILLER</u>	HUN	48:39
11.	<u>Jakub BÁTOVSKÝ</u>	SVK	45:01	11.	<u>Anita LAIOLO</u>	ITA	48:49
12.	<u>Erwan GARROUTY</u>	FRA	45:14	12.	<u>Agathe MILLE</u>	FRA	48:50
13.	<u>Magnus GRÆSLI</u>	NOR	45:19	13.	<u>Lena SONNTAG</u>	GER	48:55
14.	<u>Salvatore MANERA</u>	ITA	45:35	14.	<u>Terézia KURUCOVÁ</u>	SVK	49:40
15.	<u>Nick Joel RICHARDT</u>	GER	45:47	15.	<u>Silvia PARENTE</u>	ITA	49:47
16.	<u>Giuseppe Gaetano DINO</u>	ITA	45:48	16.	<u>Martina SCIANNAMEA</u>	ITA	49:55
17.	<u>Matteo ARISI</u>	ITA	46:04	17.	<u>Karin DEVALDOVÁ</u>	SVK	50:21
18.	<u>Pietro BOZZOLAN</u>	ITA	46:05	18.	<u>Emilie LAURENS</u>	FRA	50:26
19.	<u>Jake O'BRIEN</u>	IRL	46:11	19.	<u>Juliette SAINT-MARTIN</u>	FRA	50:28
20.	<u>Jassam ABU EL Wafa</u>	GER	46:14	20.	<u>Liv MASSON</u>	FRA	50:29
21.	<u>Ignas DUMBLIAUSKAS</u>	LTU	46:20	21.	<u>Judit ERDŐS</u>	HUN	51:16
22.	<u>Raivo LINIŅŠ</u>	LAT	46:33	22.	<u>Hannah HOPPER</u>	GBR	51:19
23.	<u>Lukas LASEVIČIUS</u>	LTU	46:43	23.	<u>Julia SCHMIDT</u>	GER	52:32
24.	<u>Cristian SERRA</u>	ITA	46:46	24.	<u>Ellen SEISTO</u>	FIN	52:36
25.	<u>Arvid KOCKEL</u>	GER	46:49	25.	<u>Akvilė ORLIUKAITĖ</u>	LTU	53:30
26.	<u>Tauras J. GRINCEVIČIUS</u>	LTU	47:02	26.	<u>Stanislava HAKULINOVÁ</u>	SVK	54:06
27.	<u>Marco DRUSIAN</u>	ITA	47:05	27.	<u>Klára HLAVÁČOVÁ</u>	CZE	54:52
28.	<u>Michal DUDA</u>	SVK	47:17	28.	<u>Ruth MONAGHAN</u>	IRL	56:08
29.	<u>Thomas BORZI</u>	ITA	47:23	29.	<u>Asia CILINI</u>	ITA	56:40
30.	<u>Faustin GARREAU</u>	FRA	47:30	30.	<u>Katka NEDVÍDKOVÁ</u>	CZE	56:48
31.	<u>Filip KRESTIANKO</u>	SVK	48:04	32.	<u>Lea Anika OBENAUŠ</u>	GER	57:48
32.	<u>Robert HURDÁLEK</u>	CZE	48:21	33.	<u>Aiva BIELEVIČIŪTĖ</u>	LTU	59:00
33.	<u>Cristian IMPROTA</u>	ITA	48:30		<u>Dorottya MÉSZÁROS</u>	HUN	DNF
34.	<u>Leon BÁNK</u>	HUN	48:33				
35.	<u>Roman HANYK</u>	CZE	48:45				
36.	<u>Tamás KONCZVALD</u>	HUN	48:55				
37.	<u>Matteo BROCCOLETTI</u>	ITA	49:44				
38.	<u>Joshua HOFFMANN</u>	GER	50:12				
39.	<u>Federico CIASCHETTI</u>	ITA	50:33				
40.	<u>Andreas DØSKE</u>	NOR	50:57				
41.	<u>Benjámín BOR</u>	HUN	52:11				
43.	<u>Alessio CIRIOTTI</u>	ITA	52:42				
	<u>Matthew GLENNON</u>	IRL	DNF				

## 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.

- 03/04/2022 - Glyfada (GRE): Balkan Race Walking Championships.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4336](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4336) Featuring Men's and Women's races in Open 20km and 50km, as well as U20 and U18 events.
- 03/04/2022 - Podebrady (CZE): Valeria Ortuno (MEX) and Caio Bonfim (BRA) win the Podebrady Gold Level.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4335](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4335)  
As usual, Nicola Maggio gives a split-by-split summary of the action in the Podebrady races. In addition, check out his engaging tribute to US walker Nick Christie, for whom Nicola has considerable admiration and who had easily his best international result to date.
- 02/04/2022 - Podebrady (CZE): Race Walking Tour Gold Level - morning events.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4334](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4334)
- 01/04/2022 - Sydney (AUS): Jemima Montag and Kyle Swan win Australian Track Championships - Bronze Level\*.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4333&fbclid=IwAR3KIMINYAknVw\\_cvQ9LK1BR5X337wTZZPpnpUyChfIGdOIBvtGqds](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4333&fbclid=IwAR3KIMINYAknVw_cvQ9LK1BR5X337wTZZPpnpUyChfIGdOIBvtGqds) Nicola Maggio's report on the Australian track 10000m titles.  
(\* The Bronze Level – along with Gold and Silver levels - refers to funding for prize money for which event organisers can apply as part of the World Athletics Race Walking Tour. Details of requirements for accreditation are posted at <https://www.worldathletics.org/download/download?filename=dbbd6f71-d7c5-490f-a061-64035433ec66.pdf&urlslug=C1.7%20-%20Race%20Walking%20Challenge%20Regulations> )

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.

*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.*

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## WHAT'S UP AHEAD?

### **Victorian & National Key Dates – 2022**

Sat 26 Mar/Sun 3 Apr	<b>Australian Track &amp; Field championships</b> – Olympic Park, Sydney
Fri/Mon 1/4 Apr 2022	<b>Australian Masters Athletics T&amp;F championships</b> – Brisbane
Sat/Sun 23/24 Apr 2022	<b>Australian Little Athletics championships</b> – Melbourne
Sun 24 Apr 2022	<b>AV 'Run The Tan'</b> – Kings Domain, Melbourne
Sun 1 May	<b>AV Country 10km c'ship &amp; VRWC Winter season opener</b> – Ballarat
Sun 7 May	<b>VRWC Club races Week 2</b> – Middle Park
Sun 15 May 2022	<b>Oceania &amp; Australian 35km Race walking championship</b> – Melbourne (Fawkner Park)
Sun 12 Jun 2022	<b>56<sup>th</sup> Annual Lake Burley Griffin Carnival &amp; Racewalking Australia AGM</b> – Canberra ACT
Sun 11 Sep 2022	<b>AA &amp; RWA Road walking c'ships; VRWC Centenary celebration</b> – Middle Park

(NOTE: Full details of the VRWC 2022 Winter Road season fixture available at <http://www.vrwc.org.au/vrwcw22.shtml> )

### **International Dates**

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

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**\*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.

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## WALK JUDGING SEMINAR



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

**Date :** Saturday 14<sup>th</sup> May 2022

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on **Saturday 14<sup>th</sup> 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 14<sup>th</sup> 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.

#### Sunday 15<sup>th</sup> 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 6<sup>th</sup> MAY 2022**

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 Mobile 0413708085





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