

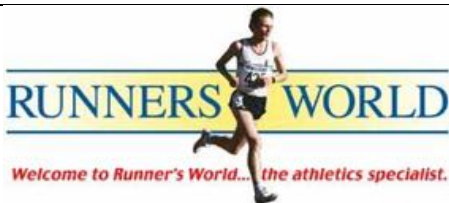


HEEL & TOE Online

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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 **



There's often something quite stimulating about an unfamiliar racing course, something that makes you want to stretch out and be adventurous. Last Sunday, the Victoria Park circuit in Ballarat provided such a stimulus (even if it was just to get warm!) for **Andrew Jamieson**, co-winner of this week's WOTW.

Andrew, 75, walked a superb race to take silver in the AV Men's 40+ 10km title. Andy's time of **58:31** gave him an age grading of **94.02%**. There just seems to be no way of slowing him down, much less stopping him!

Meanwhile, south of Bass Strait (probably no colder than Ballarat), 16yo Hobart walker **Will Bottle** tried his hand at 10kms for the first time, with nobody to push him but the clock. On a 5km loop circuit, Will strode away to finish in an excellent time of **49:32**. Will has excellent potential, and we hope to see him at Middle Park in September – and perhaps in Canberra – for the RWA Federation events and championships.

Well done, Andy and Will ... and all the best for the rest of the Winter season.



*Honourable mentions

- **Mark Blackwood** – winner of the C H Bert Gardiner medal in taking the AV 10km 40+ title, with a great time of **48:18**.
- **Heather Carr** – runner-up in the Women's 50+ AV 10km championship in **1:08:42**. This gave Heather, 72, an age grading of 89.79%. Impressive!
- **Ela Uzun** – winner of the VRWC U14 3km title with a Club record of **14:49**, setting a 9sec PB in the process.



CLUB NEWS and RESULTS

** Racing this weekend:

VRWC Points races – Saturday 7 May, Middle Park

2:15pm	8km Open 6km Open 4km Open
2:30pm	2km Open 1km Open

Enter by no later than 11.59pm, Wednesday 4 May

<http://vrwc.org.au/wp1/>

**** MEMBERSHIP ****

Registration for Season 2022-23 is now open

Details of membership types, applicable fees and links to registration forms are now available at:

<http://vrwc.org.au/VRWCMembershipApplication.shtml>

56th LAKE BURLEY GRIFFIN CARNIVAL Sunday 12 June, Mt Stromlo Park, Canberra

Please note that the race details and schedule listed in the 2022 Winter fixture for this Carnival have been updated.

Entries are now open through the VRWC Entry portal at <http://vrwc.org.au/wp1/>, which lists the updated events.

See the amended Fixture on the VRWC website.



AV 10km Open, 40+, 50+ & AV Country c'ships, Sunday 1 May – Victoria Park, Ballarat

For the first time in many years AV road walking action returned to regional Victoria, extending the sport's profile beyond Melbourne and giving our members the opportunity to race in interesting new surroundings. Close cooperation between the VRWC and the Ballarat Race Walking Club enabled a very successful carnival to be staged at the picturesque Victoria Park venue. While fields were small across the various championships, the feedback from walkers and supporters was that the course was excellent, the venue very appealing and the BBQ sausages even better!

Conditions were chilly but still - pretty much ideal once you warmed up. The 10km races (AV and club non-championship) got proceedings underway with **Mark Blackwood** going out hard and never being headed for a good win in **48:18**, earning him the AV Open and 40+ titles as well as the Bert Gardiner medal. **Andrew Jamieson** added yet another record – this time the Australian 70+ 10km – to his impressive resume in taking 2nd behind Mark. **Jemma Peart** took out the Women's Open and Country 10km titles with **54:21** ahead of Ballarat YCW team mate **Sarah Brennan**, whose **55:43** earned her two silvers as well as the Women's 40+ title.

Carolyn Rosenbrock showed glimpses of her form of a few years ago, winning the Women's 50+ title in **1:01:49**, with **Heather Carr** and **Donna-Marie Elms** claiming the minor medals.

Marcus Wakim, competing by invitation in the U18 race, posted the fastest 5km of the day with **22:39**. Ballarat YCW's younger brigade cleaned up the junior Country titles through **Alanna Peart**, **Fraser Saunder**, **Scott Peart** (5km) and **Charlotte McDonell** (3km). It was pleasing also to have young Tasmanian **Sam Lindsay** join us to contest the U16 3km by invitation, after a summer of strong racing. Sam's **14:39** shows he's ready for a good road season.

AV 10km championship Open Men

1 Mark Blackwood	Knox	0:48:18
2 Andrew Jamieson	Old Scotch	0:58:31

AV 10km championship Open Women

1 Jemma Peart	Ballarat YCW	0:54:21
2 Sarah Brennan	Ballarat YCW	0:55:43
3 Carolyn Rosenbrock	Athletics Nunawading	1:01:49
4 Heather Carr	Glenhuntly	1:08:42
5 Donna-Marie Elms	Preston	1:09:39

AV 10km championship 40+ Men

1 Mark Blackwood	Knox	0:48:18
2 Andrew Jamieson	Old Scotch	0:58:31

AV 10km championship 40+ Women

1 Sarah Brennan	Ballarat YCW	0:54:21
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AV 10km championship 50+ Women

1 Carolyn Rosenbrock	Athletics Nunawading	1:01:49
2 Heather Carr	Glenhuntly	1:08:42
3 Donna-Marie Elms	Preston	1:09:39

AV 10km Country championship Women

1 Jemma Peart	Ballarat YCW	0:54:21
2 Sarah Brennan	Ballarat YCW	0:55:43

AV 5km Country championship Un 20 Women

1 Alanna Peart	Ballarat YCW	0:23:33
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AV 5km Country championship Un 20 Men

1 Fraser	Saunders	Ballarat YCW	0:24:22
AV 5km Country championship Un 18 Men			
1 Scott	Peart	Ballarat YCW	0:24:34
1 inv. Marcus	Wakim	Collingwood Harriers	0:22:39
AV 3km Country championship Un 16 Men			
1 inv. Samuel	Lindsay	Tasmania	0:09:43
AV 3km Country championship Un 14 Women			
1 Charlotte	MacDonell	Ballarat YCW	0:20:04
1 inv. Ela	Uzun*	Athletics Essendon	0:14:49
2 inv. Havana	Ali*	Athletics Essendon	0:17:10



Jemma



Mark



Carolyn



Alanna and Fraser



Sarah



Havana



Scott



Marcus



Charlotte

VRWC Club underage c'ships and Open races, Sunday 1 May – Victoria Park, Ballarat

As usual, accompanying the AV championships were our own Club age group titles and Open non-championship races. Our young country members competed in these simultaneously to their AV races.

Riley Coughlan was the fastest of the 5km contenders with a brisk **23:32**, while **Ela Uzun** continues to remake the record book in her image, this time returning an excellent **14:49** to take the U14 3km title and break her own U12 road mark. Surprisingly, **Julia Baldy** hadn't raced over 1km before, but her attacking effort to win the U10 championship in **5:40** indicates she'll be cutting that down substantially this season.

Another surprise on the day came from new member **Alejandro Stephens**. Prior to Sunday Alejandro had raced no further than 3km in 19:18, so his first 10km race in **59:09** came as a real eye opener and augurs well for a good winter. It was encouraging to see three young newcomers in **Eva Reid** (3km in a promising 18:09), her sister **Sienna** and **Zoe Bowkett** race with us for the first time, and we hope to see a lot more of them.

VRWC 5km championship Un 20 Men			
1 Fraser	Saunders		0:24:22

VRWC 5km championship Un 20 Women			
1 Alanna	Peart		0:23:33
2 Char	Hay		0:26:08

VRWC 5km championship Un 18 Men

1 Riley	Coughlan	0:23:32
2 Scott	Pear	0:24:34 eq. PB

VRWC 5km championship Un 18 Women

1 Maddison	Nash	0:27:49
2 Emily	Smith	0:29:05

VRWC 3km championship Un 14 Women

1 Ela	Uzun	0:14:49 Club U12 road rec. PB 0:09
2 Havana	Ali	0:17:10
3 Charlotte	MacDonell	0:20:04
4 Kelsey	Loudon	0:21:06

VRWC 1km championships Under 10 years

1 Julia	Baldy	0:05:40 First one
2 Zoe	Bowkett	0:06:20

1 Lachlan	MacDonell	0:07:39
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10km race

1 Alejandro	Stephens	0:59:09 First one
2 Terry	O'Neill	1:06:20

1 Marnie	Grace	1:10:25
2 Karyn	O'Neill	1:13:35

3km race

1 Eva	Reid	0:18:09
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1km race

2 Sienna	Reid	0:06:05
3 Gwen	Steed	0:07:41



Gwen



Alejandro



Maddison



Riley



Marnie



Julia



Samuel



Emily

Many thanks to the Ballarat Race Walking Club, VRWC Committee and numerous people who helped in their own ways to make the day a success. If your name doesn't appear below, we appreciate your assistance all the same.

Manager Mark Donahoo
Referee Terry Swan
Officials: Mark Donahoo, Ian Laurie, Donna Dickson, Bill Carr
Judges: Gordon Loughnan (c), Stu Cooper, Paul Nunn, Shane Dickson, Shane Bicknell, Julie Bicknell
Red card bike : Richard Nash
Set up & Pack up: Stu Cooper, Terry Swan, Donna and Shane Dickson, Peart Family, Graeme Saunder
Photographer Terry Swan
Presentations Mark Donahoo, Willi Sawall
Local logistics, Council liaison Kerrie & Wayne Peart
BBQ Janine Twig, Graeme Saunder
Walkers: 30

Finally, we were honoured to have Australian walking legend **Willi Sawall** (a Ballarat resident) on hand to present the walkers with their AV and VRWC medals.

The influence Willi had on the sport, not only in Australia but across the English-speaking world in the 1970s and 80s, cannot be overstated. With his uncompromising, put-it-all-out-there approach to every race he entered, be it humble club event or an Olympic 50km, he charted new territory for younger walkers to explore further, shattering preconceptions and illusions of 'inferiority' and inspiring athletes and coaches across Australia to aim for the heights of international stardom.

For a thorough appraisal of this wonderful athlete's career, follow this link: <http://www.vrwc.org.au/tim-archive/articles/wv-willi-sawall.pdf>



Willi Sawall in his heyday ... winning the 1978 Commonwealth Games 30km trial



Nice to see he didn't hand them out as hard as he went after them!



*** 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**, at **Middle Park Bowling Club (VRWC HQ)**

For beginners and upgrading judges

See application form below on **Page 13**

Registrations close Friday 6 May





AROUND THE COUNTRY



AUSTRALIAN TEAM FOR OCEANIA ATHLETICS CHAMPIONSHIPS ANNOUNCED

by Sascha Rayner, reprinted from Athletics Australia website

Team Australia is gearing up for its fourth of seven international Championships this year, as Athletics Australia announces its strongest ever team selected for the Oceania Athletics Championships taking place in Mackay, QLD from 7-11 June.

25 Olympians, including Tokyo top-8 finisher and Commonwealth Games gold medallist **Jemima Montag**, and 16 Paralympians including Commonwealth Games medal hopefuls **Sarah Edmiston and Evan O'Hanlon**, will headline the contingent of 335, with many using the meet as an opportunity to finesse their preparations for the Oregon 2022 World Athletics Championships and Birmingham 2022 Commonwealth Games.

Without a World Para Athletics Championships occurring this year, the home Championships will also serve as an important stepping-stone in the lead up to next year's World Para Athletics Championships in Paris, and the Paris 2024 Paralympic Games.

Almost 200 juniors will join Australia's elite, competing across both Under 20 and Under 18 events, as they build towards the World Under 20 Championships in Cali. For many fresh-faced Australian representatives, this will also serve as an opportunity to lay down their foundations as they work towards selection for future Australian teams.

Athletics Australia General Manager, Andrew Faichney said the team announced, as per the Athletics Australia selection policy, will be primed for tough competition, with the high scoring meet crucial in determining the Australian team travelling to Oregon and Birmingham.

"An Area Championships is an important competition for any athlete and to be Oceania Champion is great recognition. The Oceania Athletics Championships are also the highest level competition to score world ranking points in our Area. As such, it's an extremely important competition for our athletes, and as such we have selected a very strong Australian team for the Area Championships," Faichney said.

"The ranking points accrued from these Championships carry over for two years, meaning that competition is set to be fiercer than ever in Mackay, as athletes look to be selected for the Australian team travelling to Oregon and begin their journey to Paris. It will also be a chance to impress selectors before the end of the Commonwealth Games qualifying period.

"We're looking forward to seeing this mix of youth and experience put their best foot forward in what is set to be one of the most competitive meets in the region for many years."

The race walking squad is strong, with the mix of experience and up-and-coming youth well featured:

Open 5000mW	Open 10,000mW	U20 5000mW	U20 10,000mW	U18 5000mW
Jemima Montag V Katie Hayward Q Rebecca Henderson V	Jemima Montag V Katie Hayward Q Rebecca Henderson V	Olivia Sandery S Alanna Peart V Elizabeth McMillen N	Olivia Sandery S Alanna Peart V Elizabeth McMillen N	Alexandra Griffin W Zoe Woods N Nellie Langford S
Kyle Swan V Declan Tingay W Rhydian Cowley V	Kyle Swan V Declan Tingay W Rhydian Cowley V	Fraser Saunder V Raven Pyda N Riley Whatman N	Fraser Saunder V Raven Pyda N Riley Whatman N	Marcus Wakim V Owen Toyne A Riley Coughlan V

With the progressive emergence from pandemic lockdowns and the rebuilding of sports across the board, incentives such as the Oceania championships are vital to retaining our emerging race walking talent in particular and providing it with a crucial stepping stone towards senior international representation. Best of luck, everyone!

A.C.T. ACTRWC Winter races, Saturday 30 April – Lake Ginninderra

Thanks to Val Chesterton for these results:

7000m		2000m	
1. Owen Toyne	34:33	1. Erin Cross	14:39
2. Kodi Clarkson	34:41	2. Jim White	15:09
3. Jillian Ryan	47:49	3. Bryan Thomas	18:56
-- Jennifer Gilchrist	DNF		

QUEENSLAND QRWC Handicap #1, Saturday 30 April – Aurora Park, North Lakes

Thanks to Robyn Wales for these results:

A Grade 10km

Men: (1) Ignacio Jimenez 52.38 (2) Argenis Guevara 1.06.44,

Women: (1) Anika Clarke 1.01.14 (2) Brenda Gannon 1.05.10 (3) Torryn Fisher 1.06.46 (4) Jennifer Stuckey 1.13.13 (5) Jasmine McRoberts 1.13.34 (6) Korey Brady 1.18.42 (7) Joy Dale 1.24.27 (8) Noela McKinven 1.28.40

B Grade 5km

Men: (1) Bailey Housden 25.52 (2) Alex Bradley 26.41 (3) Kai Dale 32.01 (4) Patrick Sela 43.09

Women: (1) Lily Goulding 32.21 (2) Lily Housden 33.22 (3) Phoebe Chadwick 34.19 (4) Sophie Porter 35.10 (5) Taylah Morris 37.21.

C Grade 3km

Women: Destinee Pickvance-Yee 16.44 (2) Makenna Clarke 17.47 (3) Katie Bray 18.16 (4) Mikaela McDonald 18.41 (5) Maya Barron 18.57 (6) Siaan Fisher 19.05 (7) Skye Presland 19.51

D Grade 2km

Men: (1) Hunter Sibenaler 15.03

Women: (1) Kiara Waterman 12.40 (2) Freya Williams 13.24 (3) Pippa Anderson 14.32 (4) Tully Fisher 15.01

E Grade 1km

Men: (1) Lachlan Moore 5.39

Women: (1) Isabella Welch 6.17 (2) Amelia Chisholm 7.55

F Grade .5km

Men: Dylan Moore 3.29

Women: Willow Nelisi 3.29 (2) Grace Taylor 4.12

SOUTH AUSTRALIA SA Master results, 30 April – River Torrens, Adelaide

Graham Harrison reports on the first week of the 2022 Winter Season. These were scratch events held along the River Torrens linear path. Weather was fine and cool.

8K WALK		Result	Age Gp	AgeGrade%
GEORGE	WHITE	0:53:01	M75	78.81
GIL	MCINTOSH	0:59:56	M70	65.86
KEVIN	FINN	0:59:56	M70	65.16

8K CLUBWALK

MARGARET	MCINTOSH	1:10:27	W65	62.27
DAVID	ROBERTSON	1:19:45	M85	61.94

4K CLUBWALK

KRISTINE	FREEMAN	0:34:37	W60	56.36
JOHN	HORE	0:34:54	M70	56.58
ROGER	LOWE	0:36:15	M75	58.71
EDNA	BATES	0:37:17	W65	57.06
CATHIE	HORE	0:37:18	W70	58.43

2K CLUBWALK

JAN	LAYNG	0:17:33	W70	63.35
CHERIE	DEMPSEY	0:21:42	W70	49.85
JEFFREY	KENNETT	0:22:18	M70	41.67

TASMANIA TRWC results, Saturday 30 April – Montrose Bay, Hobart

David Moore reports on the latest Tasmanian RWC races:

Our course at Montrose Bay provided its usual challenge of a very stiff breeze, but at least the predicted rain stayed away. Our 10k and 5k Walkers opted for the undulating 5k loop, **Will Bottle** stepped forward to do his first 10km in an encouraging **49:32**, while **Oliver Morgan** eased his way into Road Walk calendar with a smoothly walked 5km, followed home by **Ron Foster**.

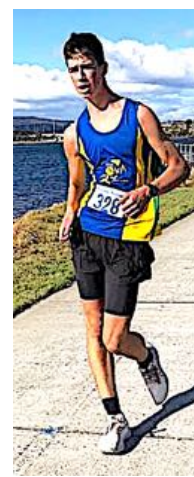
Noticeable in the shorter events is rising participation from the Little Athletics fraternity. **Lilly Carr**, back from a very good Walk in the recent Aust. Little Athletics Championships found no difficulty in establishing and maintaining a big lead over Masters, **Wayne Fletcher** and **Dave Moore** in the 2.5km event.

Solo Walks were done by **Eugene Gerlach** over 3km and youngster **Adele Woodward** over 2km. Adele's Walking technique has improved immeasurably over the last few weeks under the watchful eye of coach Rosemary Coleman- Well done Adele!

The youngest of our Walkers battled it out over 1km, with **Isla Direen** winning in a very tight finish from **Lucas Carr**, followed in by 8-year-old Elsie Woodward, in her first Road Walk.



They're off at Montrose Bay



Oliver Morgan

(Photos: Rosemary Coleman)

10km

1. Will Bottle Newstead 49.32

5km

1. Oliver Morgan OVA 26.13
2. Ron Foster TMA 40.37

3km

1. Eugene Gerlach OVA 22.51

1km

Isla Direen Huon LA 8:00
Lucas Carr Kingston LA 8.01
Elsie Woodward Huon LA 8.35

2.5km

1. Lilly Carr Kingston LA 16.27
2. Wayne Fletcher Northern Subs. 22.05
3. Dave Moore TMA 26.39

2km

1. Adele Woodward Huon LA 16.26

WESTERN AUSTRALIA WARWC Winter competition #1, 1 May – Perry Lakes, Perth

Terry Jones reports that conditions were perfect at Perry Lakes Reserve for the WARWC season opener. Just what you need for the first round of the Winter.

10Km

Andrew Duncan 52.26
Karyn Tolardo 1.03.40

5Km

Ben Reid 25.35
Brad Mann 25.37
Wendy Farrow 33.06

Steve Travell 42.20

3Km

John Ronan 14.37
Xavier Bernard 16.06
Ashlyn Spence 17.15
Kaytee Bogaers 17.27
Isabelle Curtis 18.22
Glenys Duncan 27.28

1.5Km

Xavier Bernard 8.00
Kaytee Bogaers 8.06
Isabelle Curtis 8.07
Ashlyn Spence 8.27
Wendy Farrow 10.07
Emily Bogaers 12.47



RWA 35km TEAMS CHALLENGE, Sunday 15 May - Fawkner Park

As part of the AA 35km Road Championship on Sunday 15 May, notice is given that a **Teams Challenge** will take place over the 35km distance. Details of this event are as follows:

Race Walking Australia 35km Team Challenge

- Athletes must enter and meet the entry rules (including entry standard) for the Australian and Oceania 35km Race Walking Championships before entering the RWA 35km Team Challenge. You cannot enter the team challenge unless you have entered individually before the close off date.
- Teams of 3 or more athletes, up to five, points are awarded for the best 3 performances and the team with highest (or lowest) wins, same as WWTC. All Team members will be awarded RWA medals/trophy, regardless of finish status.
- Teams can be mixed.
- Teams can be geographically based, coach-based, state-based, beer flavor-based, dog breed, colour..... anything.
- Entries must be made on the AA portal, teams are self-organising after event entry.
- Race Walking Australia will collate and advertise teams via its website, each team should nominate a manager and communication will be between RWA and the team. Teams must advise secretary@rwa.org.au before 8th May
- Team placing will have no bearing on the individual placing and there is NO correlation between them.
- Individual entries do not have to join a team.
- Questions to secretary@rwa.org.au

See <https://www.athletics.com.au/events/139081/> for further details.



INTERNATIONAL NEWS

UNITED KINGDOM: British Grand Prix of Race Walking 2022, 29 April - Leeds

Our favourite race walking journeyman, Emmanuel Tardi, was on hand with his paddles at Leeds in North Yorkshire. Here is his report:

I was appointed as judge last Saturday in Leeds for the Great Britain National championship (20k for men and women, 10k for juniors.)

The race took place in Leeds (in the center of the country) on a perfect road which is usually used for cycling races - perfect asphalt and totally flat. Each loop was 1km long. All races were scheduled at 6pm. Unfortunately, there was only a few starters (4 men and 3 women in main events).

Immediately after the gun, **Tom Bosworth**, **Cameron Corbishley** and **Guy Thomas** led the race. Thomas was later disqualified, Corbishley decelerated and Bosworth stayed alone in front of the pack. He won the race easily.

In 10k, **Heather Lewis** produced a strong **44:56.0**, while in the Women's 20k, it was a very easy victory for **Bethan Davies**, one week after her Dudince race where she produced a 35k in 2h58.

20km Men

1	Tom Bosworth	Tonbridge AC	1:25:27
2	Cameron Corbishley	Medway & Maidstone AC	1:28:02
3	Tom Partington	Manx Harriers	1:36:09
	Jonathan Hobbs	Ashford AC	DQ

20km Women

1	Bethan Davies	Cardiff AAC	1:38:49
2	Abigail Jennings	Aldershot Farnham & District AC	1:48:57
3	Jacqueline Benson	Ashford AC	1:57:14

10km Men

1	Christian Hopper	Cambridge Harriers	0:50:12
2	Akash Nandwani	Hyde Park Harriers	0:51:33
	Guy Thomas	Tonbridge Ac	DQ

10km Women

1	Heather Lewis	Pembrokeshire Harriers	0:44:56
2	Hannah Hopper	Cambridge Harriers	0:52:34
3	Pagen Spooner	Hyde Park Harriers	0:56:47

5km

1	Gracie Griffiths	Pembrokeshire Harriers	0:25:38
2	Ellis Simmonds	2 Dash	0:26:26
3	Mia Dunwell	Northern (Isle of Man) AC	0:26:51
4	Lois Carty	Aldershot Farnham & District AC	0:27:36
5	Megan Stratton-Thomas	Swansea Harriers	0:27:37



Chris Snook and Tom Bosworth



Tom Partington leads Cam Corbishley and Heather Lewis



Bethan Davies, clear 20km winner

(Photos: Mark Easton)



20km podium: Cam Corbishley, Tom Bosworth and Tom Partington



Ladies' turn: Abigail Jennings, Bethan Davies and Jacqueline Benson

(Photos: Emmanuel Tardi)



The judges ... including Emmanuel (6th from left), and VRWC alumnus Mark Wall (2nd from left)

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.

- 29/04/2022 - Mersin (TUR): New U23 national record for Meryem Bekmez. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4360 Virtually a solo performance by Bekmez – clearly a star in the making.
- 27/04/2022 - Japan team to Eugene, Oregon. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4358 Muscat gold/silver winners Yamanishi and Ikeda lead the Japanese campaign.

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

- Monday, May 2, 2022 - Tom Bosworth and Bethan Davies win 20km in Leeds. More on the Grand Prix event, reported above. <http://omarchador.blogspot.com/2022/05/tom-bosworth-e-bethan-davies-vencem-20.html>
- Sunday, May 1, 2022 - Indian Vishvendra Singh (U-20) caught in the doping traps. <http://omarchador.blogspot.com/2022/05/indiano-vishvendra-singh-sub-20.html> (He was 18 when he tested positive to the EPO Darbepoetin. A promising future probably snuffed out by a 4-year 'holiday' and everyone in his family and circle knowing. Is it worth it, guys?)
- Saturday, April 30, 2022 – World stars at the Rio Maior Grand Prix on May 7. <http://omarchador.blogspot.com/2022/04/estrelas-mundiais-no-grande-premio-de.html> (Star-studded fields in both the Men's and Women's 20km races. Very much anticipating the results.)

- Friday, April 29, 2022 - Ivzans and Vaiciukevičiūtė win «Memorial Antanas Mikėnas» in Birstones. <http://omarchador.blogspot.com/2022/04/ivzans-e-vaiciukeviciute-vencem.html> . (The late Antenas Mikenas, of Lithuania, had a connection with Melbourne in winning silver in the 1956 Olympic 20km. Back then, of course, he had to compete as a Soviet athlete, one of the three who swept the medals in that race.)
- Thursday, April 28, 2022 - Lilian Dumes and Heron Rodrigues become Brazilian Under-20 champions in the 10,000 meters march <http://omarchador.blogspot.com/2022/04/lilian-dumes-e-heron-rodrigues-sagram.html> (How's this for a stat? ... 700 athletes representing 125 clubs, all in one venue! And that's just U20s.)
- Wednesday, April 27, 2022 - Snyman and Swanepoel win South African titles in 20km Walk. <http://omarchador.blogspot.com/2022/04/snyman-e-swanepoel-conquistam-titulos.html> (Wayne Snyman, the oldest competitor in the field at the Muscat 20km, appears to have struck a vein of late-career form. Interesting to see how he goes in Eugene.)
- Tuesday, April 26, 2022 - Ray Flynn (1953-2022) <http://omarchador.blogspot.com/2022/04/ray-flynn-1953-2022.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 7 May 2022	VRWC Club races Week 2 – Middle Park
Sun 15 May 2022	Oceania & Australian 35km Race walking championship & Team Challenge – Melb. (Fawkner Park)
Sun 12 Jun 2022	56th Annual Lake Burley Griffin Carnival & Racewalking Australia AGM – Canberra ACT
Sun 11 Sep 2022	AA & RWA Road walking c'ships; VRWC Centenary celebration – 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	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 1- 6, 2022	19th World Athletics U20 T&F Championships – Cali, COLOMBIA
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2023	24th World Masters T&F Championships – Gothenburg, SWE
Aug 2023 (TBC)	19th World Athletics Championships – Budapest, HUN

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

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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.

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

