

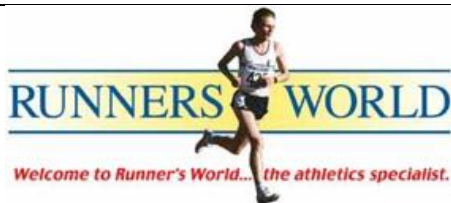


HEEL & TOE Online

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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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CLUB NEWS and RESULTS

**** Racing this weekend**

Once again we're playing away from home – this time at the picturesque Fawkner Park in South Yarra. While our Club races will not count for points, they will provide the opportunity to race on the same championship course (and at the same time) as those looking for international qualifying times over the new 35km distance.

Next week (Saturday 21 May), we'll be back at Middle Park – hopefully able to use our full 2km course!

VRWC Non-points races – Sunday 15 May, Fawkner Park

7.00am	20km Open
8.30am	10km Open 5km Open

Enter by no later than 11.59pm, Wednesday 11 May
<http://vrwc.org.au/wp1/>



**** Peter Vysma** continues to make steady progress. His ongoing therapy now sees him 'standing' for brief periods on an inclined board, and cycling for up to 15mins on a modified stationary bike. He has yet to regain upper-body strength but, in a mighty victory over himself, the other day he scratched his nose unaided!

Peter is following events at the Club and welcomes all communications from his walking and athletics contacts. Keep reaching out! Send me your messages and I will forward them, or mail them to: **Peter Vysma** - Royal Talbot Rehabilitation Centre, 1 Yarra Blvd, Kew 3101

**** 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.

**** Entries close at 5pm, Wednesday 25 May ****

See the amended Fixture on the VRWC website.

VRWC Club Points races, Saturday 7 May – Middle Park

Our first meeting at Middle Park for the season saw us restricted to the southern 1km leg of our course, owing to the incomplete removal of the F1 Grand Prix infrastructure. Fortunately, the forecast wet weather did not eventuate (though the cold wind did!), and racing proceeded without a hitch for the 33 walkers who faced the starter.

It was encouraging to see an impressive return of PBs and first-time performances, the standout being **Kate Siviour's 44:02** in winning the **8km** handicap. Behind her, **Madeleine Feain** has a good tussle with 8km debutante **Maddison Nash, 44:28 to 44:23**. First home in the Men's **8km** was **Kyle Swan** in a leisurely 36:42, with Kevin Cassidy taking the handicap with **43:44**.

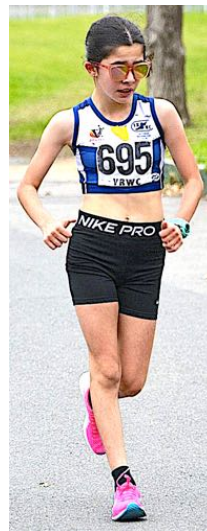
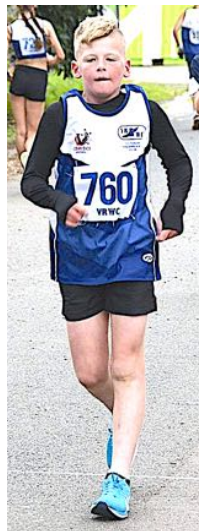
6km action saw **Riley Coughlan** and **Emily Smith** cross first with good hit-outs in 29:58 and 34:06 respectively. Meanwhile, in the **4km**, **Kate Sanford** had a solid handicap win with a big PB in **24:05**, ahead of **Char Hay** whose **20:04** was another PB and fastest overall.

The **2km** saw **Ela Uzun** surpass yet another of her own Club records with a rapid **9:39**, with cousin **Havana Ali** and **Matilda Read** also having good PB results. **Eva Reid** backed up from her first race with us last week with a solid sub-12min effort in **11:43**. We also welcomed **Amelia Vernal** for her first VRWC outing, Amelia clocking **12:40** for the 2km.

Five starters tackled the **1km** race, with **Jackson Hartley's 5:53** being the fastest time on the day. **Pippa Read** (Matilda's sister) had her first walk with us, showing excellent technique for a good first-up **7:12**.

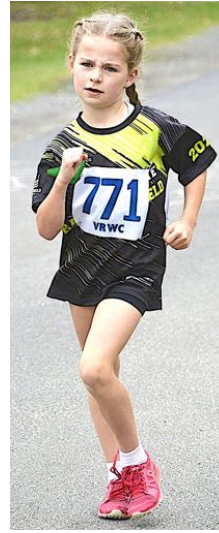
Results are listed according to Handicap finish. No handicap place = no previous time recorded.

1km Open						H'cap	
1	Violet	Froon	F	U12	6:36	1	Eq. PB
2	Pippa	Read	F	U10	7:12		
1	Jackson	Hartley	M	U10	5:53	1	
2	Haris	Ali	M	U10	7:11	2	
	Aydin	Uzun	M	U10	Disq		
2km Open							
6	Matilda	Read	F	U12	13:24	1	PB 0:24
1	Ela	Uzun	F	U12	9:39	2	PB 0:06 Club rec U11
2	Havana	Ali	F	U12	10:54	3	PB 0:17
3	Kylie	Irshad	F	Masters 40+	11:00		
4	Eva	Reid	F	U16	11:43		
5	Amelia	Vernal	F	U16	12:40		
	Sienna	Reid	F	U12	Ab		
1	Albin	Hess	M	Masters 60+	15:02	1	



1km & 2km action: Amelia, Matilda, Jackson, Ela and Violet.

(Below) Eva, Haris, Aydin, Pippa and Havana



4km Open

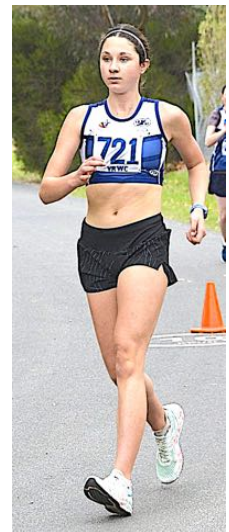
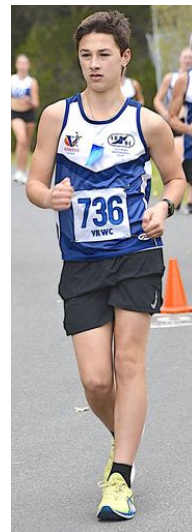
2	Kate	Sanford	F	Senior	24:05	1	PB 0:59
1	Char	Hay	F	U20	20:04	2	PB 1:05
3	Geoff	Barrow	M	Masters 60+	29:34	1	
1	Pramesh	Prasad	M	Masters 40+	21:08	2	
2	Daniel	Pashutin	M	U14	22:31	3	

6km Open

1	Emily	Smith	F	U16	34:06	1	
3	Marnie	Grace	F	Masters 40+	39:18	2	PB 0:57
2	Donna-Marie	Elms	F	Masters 60+	39:13	3	
1	Riley	Coughlan	M	U16	29:58	1	
2	Gerard	Feain	M	Masters 40+	42:25	2	

8km Open

1	Kate	Siviour	F	Senior	44:02	1	PB 2:59
5	Heather	Carr	F	Masters 60+	52:04	2	
6	Karyn	O'Neill	F	Masters 60+	58:30	3	
2	Madeleine	Feain	F	Senior	44:28	4	
4	Ariana	Pashutina	F	U16	46:50		
3	Maddison	Nash	F	U16	44:33		
3	Kevin	Cassidy	M	Masters 60+	43:44	1	
1	Kyle	Swan	M	Senior	36:42	2	
2	Geromi	Tucker	M	Senior	43:16		
	Terry	O'Neill	M	Masters 60+	Ab		



Kate Sanford, Kevin, Madeleine, Maddison, Daniel and Ariana



Emily, Kate Siviour, Char, Riley, Pramesh, Geromi and Albin

Once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Manager	Mark Donahoo
Referee:	Stu Cooper
Recorders	Mark Donahoo, Bill Carr, Ian Laurie, Donna Dickson, Darlene Swan
Judges:	David Cash (Chief), Peter Price, Gordon Loughnan, Michael Bodey, Kathleen Marsh, Shane Dickson
Set up & Pack up:	Stu Cooper, Donna Marie Elms, Terry Swan, Donna Dickson, Shane Dickson
Bike rider	Tim Erickson
Photos	Terry Swan
Walkers:	33

** WALKER OF THE WEEK **

This week's WOTW goes to ACT walker **Tim Fraser**, who broke through at the weekend to record his first sub-20min 5km with an impressive **19:36** – a 52sec PB – at Lennox Gardens in Yarralumla.

Tim, at 22 one of the country's promising speedsters, has had an impressive summer. Alongside ACT clubmate Mitchell Baker (who recorded his own big PB in the same race), he has consistently returned big results on the track and on the road, highlighted by a massive 5min improvement over 20km in the National championships in Adelaide.

Well done, Tim. Wishing you a successful road season!

**** Honorable mentions:**

- **Kate Siviour** (VIC) – a huge PB by 2:59 in winning the VRWC 8km.
- **Mitchell Baker** (ACT) – a sub-21min effort in the ACTRWC 5km.
- **Char Hay** (VIC) – walked her fastest 4km by over a minute.



Tim Fraser on the way to a big 20km PB in Adelaide



AROUND THE COUNTRY

A.C.T. ACTRWC Winter races, Saturday 7 May – Lennox Gardens, Yarralumla

Thanks to Val Chesterton for sending these results.

10km

1. Sue Archer 1:10:18

5km

1. Tim Fraser 19:36 PB 0:52
 2. Mitchell Baker 20:44 PB 0:31
 3. Julia Grocott 30:15
 4. Bryan Thomas 39:37

3km

1. Nicholas Christian 19:30
 2. Jim White 22:39

1.5km

1. Phoebe Grocott 15:99

SOUTH AUSTRALIA SARWC results, 30 April & 7 May – South Parklands, Adelaide

Unfortunately, for some reason I missed the SARWC results from the previous weekend. Here they are, alongside this week's. Thanks once again to Kim Mottrom for sending them through.

** Saturday 30 April

It was a cold day, with numbers possibly affected by the end of the school holidays.

Open 8km

Alix Harlington 45:28
 Peter Crump 48:46
 Mel Grantham 51:52 PB
 Di Camilleri 1:03:06

Open 5km

Sebastian Richards 0:25:24
 Nellie Langford 0:26:44
 Cooper Rech 0:29:15
 Greg Metha 0:31:28
 Bill Starr 0:40:28

Open 3km

Angelina Legrand 0:16:51
 Katie DeRuvo 0:16:58
 Matilda Rech 0:20:15 PB
 Liz Downs 0:22:50

Open 1.5km

Orlando Grantham 0:08:50
 Liliana Templer 0:10:13 PB
 Maverick Grantham 0:15:00

** Saturday 7 May

Cold and wet conditions prevailed at South Parklands today, which proved to be ideal PB weather.

Open 10km

Nellie Langford 52:21 PB
 Alix Harlington 53:45
 Peter Crump 1:00:29
 Mel Grantham 1:02:37
 Di Camilleri 1:20:15 PB

Open 6km

Greg Metha 0:36:51 PB
 Liz Downs 0:45:32 PB

Open 4km

Sebastian Richards 0:19:49 PB
 Sam Findlay 0:21:19 PB
 Rhiannon Lovegrove 0:22:51
 Cooper Rech 0:23:04 PB
 Katie De Ruvo 0:23:23 PB
 Matilda Gourlay 0:23:57 PB

Open 3km

Mathew Bruniges 0:15:38
 Matilda Rech 0:21:35

Open 2km

Orlando Grantham 0:12:09
 Kristy Templer 0:19:35

Open 1km

Liliana Templer 0:05:51 PB

SOUTH AUSTRALIA SA Masters handicap results, 8 May – West Beach, Adelaide

Graham Harrison reports that the weather was cool with showers on the West Beach foreshore. No challenge for a tough bunch of Masters, of course ...

10K WALK	Name	Result	Age Gp	AgeGrade%
	GEORGE WHITE	1:06:15	M75	78.99
	MARIE MAXTED	1:10:48	W60	71.4
	GIL MCINTOSH	1:15:07	M70	65.97
	ROSS HILL-BROWN	1:28:42	M65	53.65

5K WALK	Name	Result	Age Gp	AgeGrade%
	MARGARET MCINTOSH	0:41:29	W65	64.28
	DAVID ROBERTSON	0:46:54	M85	65.28
	LIZ NEUBAUER	0:41:09	W70	66.39
	CATHIE HORE	0:45:30	W70	60.04
	RODGER BARBER	0:41:53	M80	68.67
	KEVIN FINN	0:35:33	M70	67.47
	ROGER LOWE	0:45:14	M75	59.24
	BRIAN WITTY	0:38:04	M70	63.72

2.5K WALK	Name	Result	Age Gp	AgeGrade%
	EDNA BATES	0:23:33	W65	55.65
	CHERIE DEMPSEY	0:26:32	W70	50.53
	HELEN SURIDGE	0:19:47	W70	48.25

TASMANIA TRWC results, Saturday 7 May – Youl Road, Perth

David Moore reports:

This week saw us head northward to Perth and our first handicap event of the season.

Storming home to win in a tight finish was **Will Bottle** from Wayne Fletcher, followed home by Dave Moore , Lani Broad and Ron Foster.

The top performers of the day were **Will Bottle** with a very good 5k in **22.55** and **Sam Lindsay** who kept going after the 5k event to go on and complete his first 10km.

We also welcomed **Eva Parker** from Devonport for her first Race on the road with us.

5km

1. Will Bottle	Newstead	22:55
2. Sam Lindsay	Newstead	26:39 (en route to 10km in 53:20)
3. Ron Foster	TMA	38:17
4. Wayne Fletcher	NSAC	40:43

2.5km

1. Lani Broad	LAT	17:15
2. David Moore	TMA	25:07

2km

1. Eva Parker	LAT	15:16
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WESTERN AUSTRALIA WARWC Winter competition #2, 8 May – Wilson, Perth WA

Latest results from WA, courtesy Terry Jones:

10K

Andrew Duncan	55.02
Xavier Bernard	1.01.24
Wendy Farrow	1.10.38
Marcela Ruiz	1.21.44

8K	
Ben Reid	43.48
Alexandra Griffin	44.17

4K	
John Ronan	19.41
Ashlyn Spence	23.04
Kaytee Bogaers	24.10
Isabelle Curtis	25.53
Emily Bogaers	38.16
Glenys Duncan	38.47

2K	
Harry Gordon	10.56
Lachlan Nichols	11.16
Dylan Sardelich	11.20
Lataya Lawrence	11.36
Luke Lawrence	11.36
Isabelle Curtis	12.41
Gabriel Van Heerwaaden	13.06
Linkin Lawrence	14.48
Sophia Nichols	15.03
Hunter Sardelich	17.03

Mothers Day Trophy
Samantha Curtis

According to Terry, the 'Mothers Day Trophy' is a non-timed walk put on for the mothers of competitors It is generally over the shortest competition distance on the day. Looks like Isabelle's mother is the 'grinner' for this year. Well done, Mum!



IRELAND: Irish walking mourns passing of athlete, coach and mentor RAY FLYNN

Irish athletics – and race walking in particular – has been left reeling at news of the untimely death of athlete, coach, mentor and official **Ray Flynn**, at the age of 68.

The coach of (among many others) **Rob Heffernan, Olive Loughnane, Colin Griffin** and **Jamie Costin**, Ray Flynn was clearly loved as a man, apart from his various athletics roles. Pierce O'Callaghan has posted this illuminating tribute to a man who left an indelible mark for the better on so many:

Ray Flynn (Sligo) - Personal Obituary

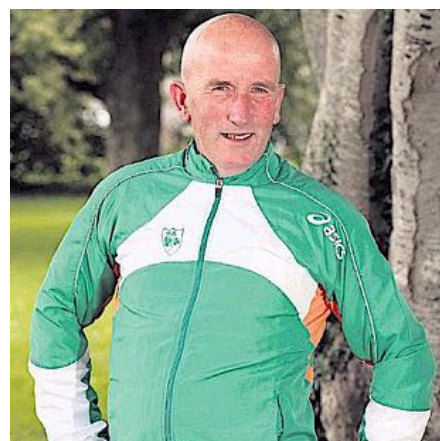
by Pierce O'Callaghan (reprinted from 'Irish Athletics History' Facebook page)

The news of the untimely overnight passing of Sligo athletics official **Ray Flynn** has come as a major shock to everyone who knew him from Sligo and further afield and marks the end of an era in Sligo Athletics.

He was only 68 and suffered a major heart attack on Sunday, fittingly while driving home from doing what he loved - officiating at the National Road Relays in Raheny.

A great family man, he lived for his wife Elizabeth and daughters Rachel, Zola, Edel and son Calvin whom he always talked about and was so proud of and to whom we express our deepest sympathies.

I last spoke to Ray on Saturday morning on my return from a family holiday when he rang me to tell me of the passing of one of his friends and fellow Sligo athletes Tony Leonard who was a two-time Irish Champion in the 1980s and tragically passed away last week. Ray was visibly very upset but wanted to honour his friend by writing his obituary for the local newspapers and phoned to check some of his achievements.



(Photo: oceanfm.ie)

Little did either of us think that I would be returning the favour to Ray within 48 hours...

Ray was an ever smiling, multifaceted man with a great sense of fun and mischief and certainly one of a kind who broke the mould and went against conventions in practically every way.

Athlete, Coach, Official, committee member, organiser, volunteer, journalist, judge mentor, friend - he wore every hat in the sport with great pride.

With work scarce in his native Sligo in the early 1970s, Ray emigrated to the UK and joined up with Plymouth and Dawlish Athletics Club where he gravitated towards a group of hardened athletes including 5 time Olympian Chris Maddocks who shared stories to the impressionable young Sligo buck about achieving the magical status of Centurion – a rare title awarded only to people who could race walk 100 miles in less than 24 hours.

With stars in his eyes, Ray embarked upon a vicious training schedule with the club for this mythical event – did I forget to mention he was just 17 years old?! – and in a few months found himself on the start line of his first 24 hour race with the soul intention of completing 100 miles in less than 24 hours.

He loved nothing better than, after a few pints enthusiastically regaling us of his heroic tale of reaching 50 miles, then 60, 70, 80, 90, 95 miles....

He ultimately reached 96 miles before collapsing and narrowly failing to attain his cherished status of Centurion.

Unperturbed and full of fire and determination, he returned to training when he was released from the medical treatment and entered the event the following year where he comfortably made the distance inside the time limit and was duly awarded with the title of Centurion Number 512 ... a title he was so proud of he regularly introduced himself as C512 to friends when he was on the phone. For a time he was the youngest man ever to achieve this mythical status and on the fringes of the 2012 London Olympics all the Centurions were invited by then British Prime Minister David Cameron to the House of Commons in London where he was only half saddened to hear that a 17 year old had recently broken his record!

After marrying Elizabeth they returned to Ireland to raise a family and Ray joined the local Calry Athletics Club and came under the wings of Tommy Casey, Jackie McGowan, Tony Leonard and his brother Paul and others and achieved notable success on the track and roads.

The Irish Athletics Roll of Honour records that he won the National 10,000m, Walk title in 1982, the 20km walk title in 1979 and the 50km Walk titles in 1976, 1979, 1980 and the 35km in 1990 where he had great battles with some of the Greats of that time including my father Bernie, Jim Sheehan (Dungarvan), John Lennon (Kilkenny) and PJ Brennan (Carlow) before handing the mantle to Jimmy McDonald in 1982 who would go on to finish 6th in the 1992 Barcelona Olympics.

He was capped 6 times for Ireland at senior level including the 1973 World Race Walking Team Championships along with Con Hearty, Fintan Walsh, John Dowling, John O'Leary, Pat Rice, John Mackey and Tommy Casey and although regularly confused with the miler of the same name and era they both represented Ireland during the same period of the late 70s and early 80s.

Along with his brother Paul he appears on the unique list of brothers capped for Ireland and brothers who won Irish senior titles. Arguably it was after he finished competing that he made his biggest contribution to the sport as a coach, mentor, driving force in Sligo, official and Board member for BLE and Athletics Ireland.

Under his tutelage and driving force, the past 30 years has seen a major resurgence in Sligo Athletics with numerous National senior team titles won in in Road Relays (2013 & 2014) and National T&F League (2021) as well his work closely alongside coaches Dermot McDermott, Emmet Dunleavy, Roddy Gaynor and others to numerous National titles in a range of distances. His hand was all over the rise of Irish Race Walking on the global scale over the past 25 years which saw World titles for Robert Heffernan (2013), Olive Loughnane (2009) and Kate Veale (2011) at Youth level, a World silver for Gillian O'Sullivan (2003).

He enthusiastically filled many roles including team manager, coach, mentor and International Judge, but it is perhaps the friendship and support for his friend - World Champion and Olympic medallist Robert Heffernan - for which he will be longest remembered and gave him the most satisfaction in the sport. Their paths first crossed when a 20-year-old Heffernan made his International debut at the 1999 World Cup in France along with myself and Jamie Costin, with Ray as team manager along with my Dad as team coach and from there, their relationship blossomed so close that Ray was a groomsman at Robs wedding to Marian in 2009.

A cursory look at Rob's autobiography, 'Walking Tall', last night showed the extent and depth of Ray's unwavering support for him, best summarised by the true story in the mid noughties when Rob was injured, going through a very bad patch and needed surgery and was told he was on a waiting list for 6-12 months. Upon hearing this, Ray decided to take matters into his own hands, phoned the surgeon himself, and shouted down the phone the immortal words "Doctor, you don't understand, this man is in pain and urgently needs surgery?"

His intervention brought immediate results and following successful surgery within the week, Rob returned to fitness and 12 months later had a top 8 finish in the 2007 World Championships, a year later top 8 at the Beijing Olympics and 4 years later won the Olympic Bronze medal. Had Ray not made that call, Rob might be like the rest of us and be wondering what if ...

His weekly columns in the Sligo newspapers were always entertaining and informative where he loved challenging the status quo about the profile of the GAA, the lack of press coverage for athletics etc but despite not being blessed with what one might call diplomacy, he remained totally true to his core values – a loyal and committed enthusiastic foot soldier for athletics.

He was elected Chair of the High Performance Committee in 2009 following in the footsteps of his friend Patsy McGonagle, qualified as a European Athletics Race Walking Judge in 2013 and was part of the coaching teams for the Rio and Tokyo Olympics. He was a board member of Athletics Ireland since the late 1990s until very recently and ran for President of Athletics Ireland in 2016.

Sadly, however, there is a strong feeling among his close friends that his race wasn't yet run, that he was called ashore before the end of the race. But his memory will live long with those fortunate enough to call him a friend. When the numbness passes, his family will need to be looked after and in time we will be able to smile when we regale the next generation of athletes of the craic, mischief and sense of fun of Ray Flynn.


His passing leaves a major void in Sligo, Connacht and Irish Athletics, and for that we all have to step up to the plate.

Rest in peace Ray, you were a great friend to all who knew you and who made us laugh more times than most of the people in our lives..



1999 Walking World Cup, Mezidon (FRA): Ray Flynn (Team manager), Rob Heffernan, Jamie Costin, Pierce O'Callaghan, Bernie O'Callaghan (Team coach)

NEXT WEEK: Tribute to LEN DUQUEMIN 1930 - 2022

* International Birmingham Walks judges announced							
	<p>The list of technical officials for the Birmingham Commonwealth Games has been released. Congratulations to Kirsten Crocker on her appointment to the Walk judges panel as an international judge.</p>						
	<table border="0"> <tr> <td>Chief International Race Walking Judge</td> <td>Steve Taylor (Isle Of Man)</td> </tr> <tr> <td>International Race Walks judges</td> <td>Kirsten Crocker (Australia) Khoo Chong Beng (Malaysia) Moonkess Jola (Mauritius) Sabata Kumalo (South Africa)</td> </tr> <tr> <td>Race Walk Judge's Assistant</td> <td>Noel Carmody (England)</td> </tr> </table>	Chief International Race Walking Judge	Steve Taylor (Isle Of Man)	International Race Walks judges	Kirsten Crocker (Australia) Khoo Chong Beng (Malaysia) Moonkess Jola (Mauritius) Sabata Kumalo (South Africa)	Race Walk Judge's Assistant	Noel Carmody (England)
	Chief International Race Walking Judge	Steve Taylor (Isle Of Man)					
International Race Walks judges	Kirsten Crocker (Australia) Khoo Chong Beng (Malaysia) Moonkess Jola (Mauritius) Sabata Kumalo (South Africa)						
Race Walk Judge's Assistant	Noel Carmody (England)						

FRANCE: 'Interclubs' 1st round, 7 & 8 May – various locations

Emmanuel Tardi reports

It was interclub week end in France. More than 1000 men and 1000 women contested a 5000m for men and 3000m for women in more than 60 different places. I collected and reported the best results.

NAME	CAT.	CLUB	DATE	PLACE	
Men's 5000m					
QUINION Aurelien	SEM/93	Entente Franconville Cesame	08/05/2022	Versailles	19'29''20
RODRIGUEZ Remi	SEM/89	Clermont Auvergne Athletisme	08/05/2022	Venissieux	20'30''60
DUC Matteo	ESM/01	As Aix-Les-Bains	08/05/2022	Venissieux	20'30''63
BORDIER Gabriel	SEM/97	Us St Berthevin	07/05/2022	La Pommeraye	20'39''86
DURAND Dimitri	ESM/02	Montpellier Athletic Mediterra	08/05/2022	Montpellier	21'01''60
ROBICHON Alexis	ESM/00	Ac Roche-Sur-Yon	08/05/2022	Cholet	21'21''00
VALLEE Kyrian	SEM/94	Blagnac Sc	08/05/2022	Blagnac	21'23''35
DREVILLE Lucas	ESM/02	Beauvais Oise Union Club	08/05/2022	Lomme	21'25''31
LECAPLAIN Maxime	SEM/94	Pays Saint-Lois Athletisme	08/05/2022	Caen	21'28''49
PETER Florian	ESM/02	As Aix-Les-Bains	08/05/2022	Venissieux	21'40''01
AMEUR Abdenour (ALG)	ESM/02	Entente Oise Athlétisme	08/05/2022	Tourcoing	21'46''42
HUE Aymeric	ESM/01	Ec Orleans Cercle Jules Ferry	08/05/2022	Saran	21'56''03
FAITEAU Maxime	SEM/90	Entente Poitiers Athle 86	08/05/2022	Limoges	21'57''25
GOGNIES Ryan	ESM/00	Ca Montreuil	08/05/2022	Versailles	21'57''34
BATIFOL Ellis	JUM/03	Asvel Villeurbanne	08/05/2022	Saint Etienne	21'57''99
CHENUET Quentin	CAM/05	Gien Athlé Marathon	08/05/2022	Gien	22'15''03
MARTIN Come	SEM/95	Annecy Haute Savoie A.	08/05/2022	Venissieux	22'22''18



Gabriel Bordier ... not just a one-trick pony. (Photos: Emmanuel Tardi)

Women's 3000m					
MOUTARD Camille	ESF/01	Athle 21	08/05/2022	Dijon	12'56''61
MANARESI Marion	ESF/00	Ac Romorantin	08/05/2022	Saran	13'24''88
CERANTOLA Laury	SEF/92	Entente Poitiers Athle 86	08/05/2022	Limoges	13'33''99
DELAHAIE Ana	JUF/04	Dordogne Athle	08/05/2022	Limoges	13'43''76
PERRICHON Julia	ESF/01	Entente Athletique Grenoble38	08/05/2022	Venissieux	13'46''16
ROTTIER Marine	ESF/00	La Postillonne Longjumeau	07/05/2022	Versailles	13'52''76
TERREC Maele	ESF/01	Nancy Athletisme Metropole	08/05/2022	Tomblaine	13'56''63
CARRE Elvina	JUF/03	As Tournus	08/05/2022	Saint Florentin	13'58''61
DENISSELLE Vanessa	VEF/84	Val-De-Reuil Ac	07/05/2022	G'villel'Orcher	14'00''36
MOLIST Lucille	ESF/01	Cs Bourgoin-Jallieu	08/05/2022	Venissieux	14'07''36
DUCLOS Adele	ESF/00	Athle 91	08/05/2022	Versailles	14'08''33
SAINT-MARTIN Juliette	CAF/05	As Aix-Les-Bains	08/05/2022	Venissieux	14'15''19
BOURHIS Amélie	SEF/92	Quimper Athlétisme	08/05/2022	Saint Renan	14'17''88
AUFFRET Lucie	SEF/88	Entente Franconville Cesame	08/05/2022	Versailles	14'17''89
RINERO-CHANFREAU Fa	VEF/80	Ca Montreuil	08/05/2022	Versailles	14'18''57
PICARD Axelle	SEF/99	Nancy Athletisme Metropole	08/05/2022	Tomblaine	14'19''16
MASSON Liv	JUF/03	Stade Bordelais Athletisme	08/05/2022	Bordeaux	14'24''05
MILLE Agathe	JUF/04	Grac Athletisme	08/05/2022	Reims	14'25''12
QUENNEHEN Marine	SEF/91	Ca Montreuil	08/05/2022	Versailles	14'26''94
TOULOUM Melissa (ALG)	ESF/02	Entente Oise Athlétisme	08/05/2022	Tourcoing	14'41''84
LAVILLE Marie	SEF/98	Entente Franconville Cesame	08/05/2022	Versailles	14'47''24
ALI Sarah	ESF/01	Vineuil Sports	08/05/2022	Saran	14'53''18
LAURENS Emilie	JUF/03	Cs Bourgoin-Jallieu	08/05/2022	Venissieux	14'53''50
VIDALINC Celia	SEF/96	Clermont Auvergne Athletisme	08/05/2022	Venissieux	14'56''81
BOURIGAULT Jade	CAF/05	Villeneuve D Ascq Fretin Athl	08/05/2022	Tourcoing	14'58''19

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.

- 09/05/2022 Patras (GRE) the 5th Patras Race Walking Festival.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4369
- 08/05/2022 Murcia (ESP): University Championships of Spain.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4368
- 07/05/2022 - Rio Maior (POR): Victories of Kimberly Garcia (PER) and Brian Pintado (ECU).
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4367
- 07/05/2022 - Banska Bystrica (SVK): the 6th edition of the Marching Meeting of Banska Bystrica (SVK)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4366
- 06/05/2022 - Rosario (ARG) - the third edition of the South American Youth Games.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4365
- 05/05/2022 - Frankfurt (GER): Christopher Linke wins the 35km in 2:29:58.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4364
- 03/05/2022 - Alberobello (ITA): Massimo Stano and Valentina Trapletti Italian champions of the 20km 2022.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4361

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.

- Saturday, May 7, 2022 - Summer Universiade in Chengdu with further postponement, 2023
<http://omarchador.blogspot.com/2022/05/universiada-de-veraoem-chengdu-com-novo.html> The pandemic continues to wreak havoc with China's sporting arrangements.
- Friday, May 6, 2022 - "Bombarral Marching" 2022 – results. <http://omarchador.blogspot.com/2022/05/bombarral-marchar-2022-resultados.html>
- Friday, May 6, 2022 - Nick Christie and Natalia Alfonzo break national records at the «Penn Relays».
<http://omarchador.blogspot.com/2022/05/nick-christie-e-natalia-alfonzo-batem.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

Sun 15 May 2022	Oceania & Australian 35km Race walking championship, Team Challenge & VRWC events – 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)

**** NOTE:** See link in 'o Marchador' blog above for update on this event.

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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