

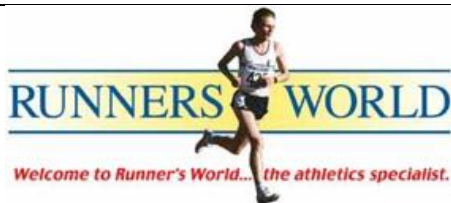


HEEL & TOE Online

Vol. 2022
Issue No. 21
Tuesday
24 May 2022

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: RUNNERS WORLD 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **



(Photo: Twitter)

This week, two of Australia's top internationals share (not for the first time) the title of WOTW.

Racing in the inaugural Madrid Marchia last Monday, **Declan Tingay** (WA, left) and **Kyle Swan** (VIC, right) took advantage of a euphoric atmosphere to claim big PB road times for the 10km distance on one of Europe's iconic streets, the Calle Gran Via. Declan (15th in **40:26**) and Kyle (18th in **40:52**) had welcome hit-outs before they venture to north-western Spain for the classic La Coruna Challenge.

Well done, lads, and best of luck in La Coruna!

*Honourable mention

- **Ela Uzun** (VIC) – aged 11, recorded **9:20** for 2km to set Club records for every age group from U12 to U20 ... that's eight in all!



(Photo: Melb University Sport)



CLUB NEWS and RESULTS

** Racing this weekend

As we feared, unfinished Grand Prix infrastructure removal prevented our using the 2km course again last weekend. We are in consultation with the Grand Prix authority and Parks Victoria to ascertain when we can expect this work finally to be completed. In the meantime, it appears we will have to keep using the southern 1km loop for a while longer yet. We've been in this situation before, and it's a matter of staying patient. They have to move it soon.

We extend our race distances this week, to include 10km and 12km in preparation for the LBG carnival and AB championship races to come.

VRWC Points races – Saturday 28 May, Middle Park

| | |
|--------|------------|
| 2:15pm | 12km Open |
| | 10km Open |
| | 5km Open |
| 2:30pm | 3km Open |
| | 1.5km Open |

Enter by no later than 11.59pm, Wednesday 25 May

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

**** Season points posted ****

The points for the first two rounds of the Winter road season (Handicaps and Actual times) are posted at:

<http://www.vrwc.org.au/vrwcpointscomps.shtml>

An announcement regarding the Style Award will be made shortly.

**** 55th LBG CARNIVAL, SUNDAY 12 JUNE ... ENTRIES CLOSE TOMORROW!**

There are currently 61 Victorian race entries for this historic Race walking festival on the Queen's Birthday weekend.

If you've intended to enter but have been putting it off, be advised that entries close on **Wednesday 25 May** at 5pm. That's TOMORROW, folks.

We have entrants for 13 teams so far ... there's room for more.
Below are all our entrants up to and including Tuesday evening:

| | | | |
|--|---|--|---|
| Open Men 30km Corey Dickson | Girls U12 2km Kelsey Loudon Havana Ali Ela Uzun Julia Baldy | Girls U16 3km Ariana Pashutina Maddison Nash Mietta Morgan | Men U20 10km Marcus Wakim Corey Dickson |
| Open Women 15km Madeleine Feain Sarah Brennan Erika Woodward Kylie Irshad | Boys U12 2km Jackson Hartley Beau McKinnon | Boys U18 5km Daniel Pashutin Marcus Wakim Riley Coughlan Damian Baldy Eden Morgan Scott Peart | Women U20 10km Alanna Peart Char Hay |
| Open Men 15km Andrew Jamieson Kevin Cassidy Scott Nelson | Boys U14 2km Daniel Pashutin Damian Baldy Beau McKinnon | Girls U18 5km Ariana Pashutina Emily Smith Maddison Nash | Boys U10 1km Haris Ali Aydin Uzun Jackson Hartley |
| ACT Fitness 8km Ralph Bennett Dawn Bennett | Girls U14 2km Havana Ali Ela Uzun Julia Baldy Mietta Morgan | Open Women 5km Ariana Pashutina Emily Smith Maddison Nash Erika Woodward Kylie Irshad Jemma Peart Alanna Peart Char Hay | Girls U10 1km Julia Baldy Anouk Morgan |
| ACT Open (O19) 10km non-Hcp Gerard Feain Jemma Peart | Boys U16 3km Daniel Pashutin Riley Coughlan Damian Baldy Scott Peart | Open Men 5km Riley Coughlan Eden Morgan Corey Dickson | |

**** 55TH LBG CARNIVAL ... VOLUNTEERS NEEDED !**

If you are attending, as a walker, supporter or family member, we need and would greatly appreciate a couple of hours of your time (or whatever you can spare) to assist with running the Carnival.

Many roles and tasks are involved in holding an event of this scope (e.g. timekeepers, lapscorers, marshals, recorders, general assistance.) The more helpers we have, the better.

Please follow the link below and select the role in which you can best help out.

<http://vrwc.org.au/wp1/55th-lbg-volunteers/>

Many thanks!
Stu

** 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>

* VRWC RACING UNIFORM *

A reminder ...

As of **Saturday 4 June**, all members must 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

VRWC Club points races #2, Saturday 21 May – Middle Park

Glorious weather greeted the 40 walkers and their supporters for our second round of Winter points races. Despite again being restricted to the southern 1km leg of our course, racing was intense with several PBs recorded. Three new faces – **Mya McClure, Jaida Robertson, Tate Jardine** and **Georgia McKinnon** – took their places on the start line, and we hope to see more of them as the season unfolds.

Corey Dickson posted a huge PB time of **25:18** to win the 6km, having gone through the 3k in a quick 12:32. **Marcus Wakim's 28:02** showed he's in good form, while **Eva Reid** and **Alejandro Stephens** performed well in their first 4km races.

4km race

| | | | | | | | | | | | |
|---|-------------|--------|------|-------|---|---|-----------|----------|------|-------|----|
| 1 | Char | Hay | FU20 | 21:12 | 4 | 1 | Pramesh | Prasad | M40+ | 20:58 | 1 |
| 2 | Kylie | Irshad | W40+ | 23:23 | 3 | 2 | Alejandro | Stephens | MSen | 21:57 | NT |
| 3 | Eva | Reid | FU16 | 24:26 | 1 | 3 | Daniel | Pashutin | MU14 | 22:47 | 3 |
| 4 | Donna-Marie | Elms | W60+ | 25:29 | 2 | 4 | Geoff | Barrow | M60+ | 29:38 | 2 |

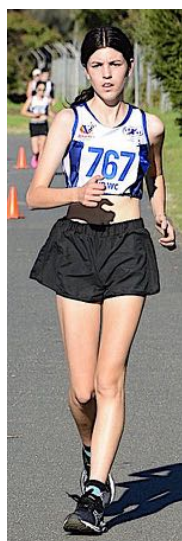
6km race

| | | | | | | | | | | | |
|---|----------|-----------|------|-------|---|---|--------|----------|------|--------|---|
| 1 | Maddison | Nash | FU16 | 33:51 | 2 | 1 | Corey | Dickson | MU20 | 25:18* | 1 |
| 1 | Ariana | Pashutina | FU16 | 33:51 | 4 | 2 | Marcus | Wakim | MU16 | 28:02* | 2 |
| 3 | Jade | Chitty | FU18 | 35:08 | 1 | | Riley | Coughlan | MU16 | Ab | - |
| 4 | Heather | Carr | W60+ | 39:19 | 3 | | | | | | |

**PBs: Corey 2:17; Marcus 0:20*

8km race

| | | | | | | | | | | | |
|---|-----------|------------|------|-------|---|---|--------|--------|------|-------|---|
| 1 | Madeleine | Feain | FSen | 44:14 | 1 | 1 | Gerard | Feain | M40+ | 55:08 | 1 |
| 2 | Carolyn | Rosenbrock | W60+ | 49:50 | 2 | | Geromi | Tucker | MU20 | Ab | - |
| 3 | Karyn | O'Neill | W60+ | 59:02 | 3 | | Ross | Reid | M60+ | DQ | - |
| | Emily | Smith | FU16 | Ab | - | | | | | | |
| | Kate | Siviour | FSen | Ab | - | | | | | | |



Corey, Eva, Ariana and Marcus striding out in the autumn sunshine.



Carolyn, Jade, Alejandro, Kylie and Char in attack mode.

Highlight of the day was undoubtedly 11yo **Ela Uzun's 9:20** for 2km, with which she claimed no fewer than eight Club records – Darcey Roberts's U12, Bec Henderson's U13, and the U14, U15, U16, U17, U18 and U20 marks that are now no longer the property of Alanna Peart! It's clear that Ela has an enormous future as long as she keeps loving and enjoying the sport.

Damian Baldy got his winter off to a flying start with a big PB as did **Levi Robertson**, the boys clocking **10:24** and **11:43** respectively. First-timer **Mya McClure** was also impressive with a first-up **10:52**.

Julia Baldy had easily the fastest time on the day, **5:44**, while **Zoe Bowkett** also hit the PB list with a brisk **6:14**. **Haris Ali** was another big improver, putting it all together in the 1km for a handicap-winning PB of **6:44**.

1km race

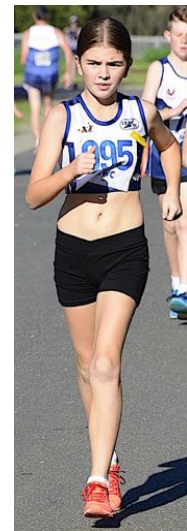
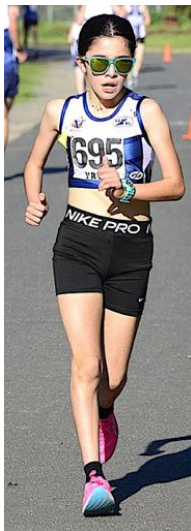
| | | | | H'cap | | | | H'cap | | | |
|---|---------|-----------|------|-------|----|---|-------|----------|------|-------|----|
| 1 | Julia | Baldy | FU10 | 5:44 | 1 | 1 | Beau | McKinnon | MU12 | 6:43 | 2 |
| 2 | Zoe | Bowkett | FU10 | 6:14* | 2 | 2 | Haris | Ali | MU10 | 6:44* | 1 |
| 3 | Jaida | Robertson | FU12 | 6:31 | NT | 3 | Tate | Jardine | MU12 | 7:23 | NT |
| 4 | Georgia | McKinnon | FU10 | 7:20 | NT | 4 | Aydin | Uzun | MU10 | 9:12 | 3 |

*PB: Zoe 0:19

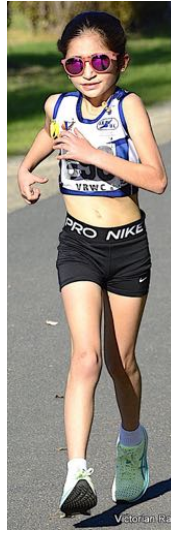
2km race

| | | | | | | | | | | | |
|---|---------|----------|------|--------|---|---|---------|-----------|------|--------|---|
| 1 | Ela | Uzun | FU12 | 9:20* | 1 | 1 | Damian | Baldy | MU12 | 10:24* | 2 |
| 2 | Mya | McClure | FU12 | 10:52 | - | 2 | Levi | Robertson | MU12 | 11:43* | 1 |
| 3 | Havana | Ali | FU12 | 11:02 | 2 | 3 | Jackson | Hartley | MU10 | 13:12 | 3 |
| 4 | Amelia | Vernal | FU16 | 12:35* | 3 | | Albin | Hess | M60+ | DQ | - |
| 5 | Merilyn | Thompson | W40+ | 13:49 | 4 | | | | | | |

*PBs: Ela 0:19 (Club rec); Amelia 0:05; Damian 0:39; Levi 0:45



Ela, Amelia, Damian, Jaida, Haris and Mya in action.



Levi, Julia, Tate, Havana, Zoe and Aydin – all walking well.

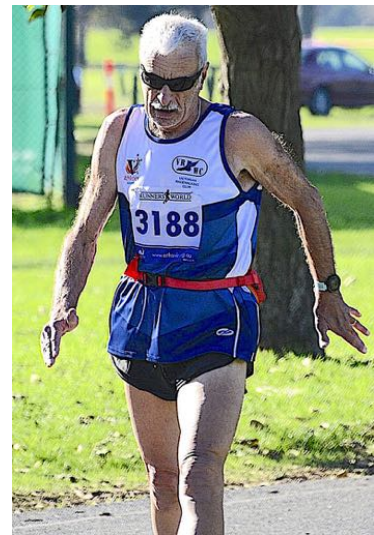


WELCOME BACK, ROSS!

*Putting a smile on our faces was the return of **Ross Reid**, back after a tumultuous bout of ill health involving major surgery and several recovery setbacks.*

Deciding that 'in for a penny, in for a pound' was the way to go (or was it something about a sheep and a lamb?), Ross tackled the full 8km distance and got through it successfully – time and knees notwithstanding. Welcome back, Roscoe ... it's great to see you racing again! .

Now to get Peter Vysma back ...



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, Bas Wakim, Ian Laurie, Donna Dickson, Stu Cooper
- Judges:** Peter Price(Chief), Gordon Loughnan, Michael Bodey, Kathleen Marsh, Shane Dickson, David Cash, Di Lowden, Scott Nelson
- Set up & Pack up:** Stu Cooper, Donna Marie Elms, Terry Swan,
- Bike rider** Tim Erickson
- Photos** Terry Swan
- Walkers:** 40



AROUND THE COUNTRY

QUEENSLAND QRWC Handicap #2, Sunday 22 May – Yeronga

Robyn Wales reports 'very wet' conditions in south-eastern Queensland for this meeting. A sadly familiar story this year ... we hope that, at least, the destructive outcomes of the weather are behind them.

A Grade Men 15km

Men: (1) Ignacio Jimenez 1 27.51 (2) Argenis Guevara 1 38.28,

A Grade Women 10km

Women: (1) Brenda Gannon 1.05.27 (2) Jennifer Stuckey 1.14.28 (3) Jasmine McRoberts 1.14.30 (4) Joy Dale **SB** 1.21.45 (5) Noela McKinven **SB** 1.26.52

B Grade 8km

Men: (1) Kai Dale 52.08 (2) Peter Bennett 1.09.00
Women: (1) Summer Millard 47.52 (2) Lyla Williams 51.00

C Grade 5km

Women: (1) Mia Bergh 27.48 (2) Natasha Flahey 30.45 (3) Lily Goulding 33.24 (4) Taylah Morris **SB** 33.31

D Grade 3km

Women: (1) Skye Presland **SB** 19.29 (2) Kiara Waterman 21.14 (3) Freya Williams 24.09 (4) Tully Fisher 26.55

E Grade 2km

Men: (1) Lachlan Moore 11.44
Women: (1) Pippa Anderson 13.25

F Grade 1km

Men: Dylan Moore 7.32
Women: (1) Amelia Chisholm 7.21

SOUTH AUSTRALIA SARWC results, 21 May – South Parklands, Adelaide

National 35km bronze medallist **Kim Mottrom** reports that they had great weather conditions Saturday's SARWC events, with some fast times emerging.

Open 12km

| | | |
|-----------------|---------|----|
| Kim Mottrom | 0:57:02 | |
| Alix Harlington | 1:07:52 | |
| Peter Crump | 1:13:21 | |
| Mel Grantham | 1:17:35 | PB |

Open 8km

| | | |
|-----------------|---------|----|
| Nellie Langford | 0:42:46 | PB |
| Mathew Bruniges | 0:44:52 | |
| Greg Metha | 0:50:34 | |
| Di Camilleri | 1:01:12 | |
| Bill Starr | 1:03:53 | |

Open 5km

| | | |
|--------------------|---------|----|
| Sebastian Richards | 0:24:52 | |
| Sam Findlay | 0:26:51 | |
| Rhiannon Lovegrove | 0:28:18 | |
| Katie De Ruvo | 0:28:26 | PB |
| Cooper Rech | 0:29:30 | |
| Matilda Gourlay | 0:29:46 | PB |
| Zayden Kamish | DNF | |

Open 4km

| | | |
|-------------------|---------|--|
| Daisy Braithwaite | 0:24:43 | |
| Liz Downs | 0:29:59 | |

Open 1.5km

| | | |
|------------------|---------|----|
| Orlando Grantham | 0:08:57 | |
| Liliana Templer | 0:09:54 | PB |
| Kristy Templer | 0:14:07 | PB |

TASMANIA TRWC results, Sunday 22 May – Domain Loop, Hobart

David Moore has forwarded Rosemary Coleman's report on today's TRWC races in Hobart:

Lovely conditions today at the Domain Loop, despite very cold temperatures. Personal Bests were achieved by our Junior walkers, **Adele and Elsie Woodward, Lani Broad** and almost by **Isla Direen**. The course is very hilly, so well done ! As usual our Masters athletes performed credibly over varying distances. Thanks to parents for officiating.

Next week walk is at Wentworth Park, Howrah.

| | | | |
|--------------------|---------|-------|-------------|
| 1km | | | |
| 1.Elise Woodward | Huon LA | 8.09 | (PB) |
| 1.5km | | | |
| 1.Isla Direen | Huon LA | 12.23 | |
| 2km | | | |
| 1.Elizabeth Leitch | TMA | 13.39 | |
| 2. Adele Woodward | OVA | 14.48 | (PB) |
| 2.5km | | | |
| 1. Lani Broad | TLA | 16.47 | (PB) |
| 5km | | | |
| 1. Eugene Gerlach | TMA | 37.27 | |
| 2. Ron Foster | TMA | 39.45 | |
| 3. Wayne Fletcher | NSAC | 41.10 | |

WESTERN AUSTRALIA Combined groups events, 21 May – Perry Lakes Reserve, Perth

Terry Jones reports from Perth. A large group turned out at Perry Lakes across a range of age groups, with **Alexandra Griffen** and **John Ronan** again standing out.

We had another sunny warm day. The day's events were combined Athletics West, Little A's, Masters and Walkers Club competitors conducted by a good contingent of officials from Athletics West, WA Athletics Officials Club & WA Race Walkers Club.

Women 3k Open

| | | |
|------------------|-------------------|----------|
| Spence, Ashlyn | Kingsway | 16:43.06 |
| Bogaers, Kaytee | Mandurah Roc | 17:18.43 |
| Curtis, Isabelle | AW Independent | 18:24.21 |
| Wells, Janne | Masters Athletics | 23:18.68 |
| Peglow, Silke | Masters Athletics | 27:21.35 |
| Duncan, Glenys | Masters Athletics | 28:26.84 |

Men 3k Open

| | | |
|-----------------|----------|----------|
| Bernard, Xavier | Melville | 15:10.05 |
|-----------------|----------|----------|

Girls 1500 Meter Under10

| | | |
|-----------------|--------------------|----------|
| Nunn, Scarlett | Southern Districts | 8:58.17 |
| Donohue, Ella | Kingsway | 9:01.71 |
| Kurmaev, Daria | Gosnells | 9:16.37 |
| Nichols, Sophia | Inglewood | 9:30.44 |
| Bevis, Chloe | Dale | 11:51.91 |

Boys 1500 Meter Under 10

| | | |
|-------------------|----------|---------|
| Khaira, Nathaniel | Cockburn | 9:21.99 |
| Gregory, Tyson | Kingsway | 9:42.50 |

Girls 1500 Meter Under 11

| | | |
|--------------------|------------|----------|
| D'Alessio, Tory | Belmont | 8:26.73 |
| Ali, Abeerah | Gosnells | 8:45.06 |
| Edmondstone, Isab. | Rockingham | 9:39.80 |
| Roots, Addison | Rockingham | 11:32.76 |

Boys 1500 Meter Under 11

| | | |
|-------------------|-------------|---------|
| Smith, Keiran | Cockburn | 7:55.89 |
| Sardelich, Dylan | Inglewood | 8:20.16 |
| Follington, Orlan | Swan Valley | 9:01.45 |

Women 5k Open

| | | |
|--------------------|-------------------|----------|
| Griffen, Alexandra | AW Independent | 24:41.99 |
| Tolardo, Karyn | Masters Athletics | 31:06.31 |
| Ruiz, Marcela | Masters Athletics | 37:51.06 |
| Schickert, Lynne | Masters Athletics | 41:31.17 |

Men 5k Open

| | | |
|-----------------|-------------------|----------|
| Ronan, John | Kingsway | 24:09.74 |
| Travell, Steven | Masters Athletics | DQ |

Girls 1000m U9

| | | |
|--------------------|--------------------|---------|
| da Silva, Luana | Kingsway | 5:58.75 |
| Sillitto, Makenzie | Dale | 5:59.89 |
| Wheeler, Willow | Belmont | 6:29.87 |
| Andrews, Emily | Southern Districts | 7:42.02 |
| Edmondstone, Tali | Rockingham | 8:14.12 |

Boys 1000m U9

| | | |
|------------------|--------------------|---------|
| Nichols, Lachlan | Inglewood | 5:32.38 |
| Dabala, Kai | Rockingham | 6:45.15 |
| Kay, Wesley | Melville | 6:57.81 |
| Moore, Tayte | Dale | 8:34.85 |
| Whiting, Oliver | Southern Districts | DQ |

Girls 2000m U12

| | | |
|--------------------|--------------------|----------|
| Van Sprengel, Ann | Rockingham | 12:19.66 |
| Burgess, Charlotte | Southern Districts | DQ |

Boys 2000m U12

| | | |
|------------------|------------|----------|
| Janes, Noah | Melville | 12:25.81 |
| Lawrence, Linkin | Rockingham | 12:45.61 |
| Bevis, Zachary | Dale | 15:07.78 |

Girls 2000m U13

| | | |
|------------------|------------|----------|
| Curtis, Isabelle | Ridgewood | 10:47.56 |
| Ireland, Chelsea | Rockingham | 11:57.43 |

Boys 2000m U13

| | | |
|------------------|--------------------|----------|
| Andrews, Lucas | Southern Districts | 12:28.07 |
| D'Alessio, Trent | Belmont | 12:31.97 |

| | | | | | |
|------------------|------------|----------|-------------------|----------|----------|
| Dabala, Gracie | Rockingham | 12:15.21 | Almstrom, Jackson | Gosnells | 12:34.40 |
| Wright, Madeline | Bayswater | 12:31.85 | | | |

Girls 2000m U14

| | | |
|-------------------|------------|----------|
| Bogaers, Kaytee | Rockingham | 10:34.75 |
| Bevis, Leila | Dale | 12:35.00 |
| Gray, Sophie | Baldivis | 13:33.86 |
| Claridge, Emmelle | Gosnells | 14:35.06 |

Boys 2000m U15

| | | |
|-----------------|----------|----------|
| Bernard, Xavier | Melville | 10:13.73 |
|-----------------|----------|----------|

Girls 2000m U15

| | | |
|------------------|------------|----------|
| Spence, Ashlyn | Kingsway | 10:20.32 |
| Mortimore, Casey | Gosnells | 11:53.25 |
| Dabala, Layla | Rockingham | 12:01.43 |

Girls 2000m U17

| | | |
|-------------------|------------|----------|
| Mortimore, Brooke | Gosnells | 11:07.47 |
| Masson, Lily | Inglewood | 11:32.78 |
| Bogaers, Emily | Rockingham | 19:08.82 |

Girls 2000m U16

| | | |
|------------------|------------|----------|
| Lawrence, Lataya | Rockingham | 11:01.24 |
|------------------|------------|----------|



INTERNATIONAL NEWS

LITHUANIA: 48th Race Walking Festival (inc. Lithuanian & Latvian c'ships), Friday 20 May - Alytus

Emmanuel Tardi lets no grass grow beneath him! Having made the journey from Spain to Lithuania, he reports on a race walking carnival held in a very different environment from that in Madrid last week. Good to see some Ukrainian walkers racing here, achieving some success and hopefully gaining a needed morale boost from the sporting fellowship on offer.

A few days after Madrid, I was appointed as judge in Alytus (Lithuania) for the 48th Racewalking Festival. For this year, it was a new circuit. Walkers started on the stadium then went on the road where they walked 19 laps, then they came back for finishing on the track of the stadium.

The start was at 11:30am for men and 11:35am for women. It was also the Lithuanian and Latvian Championship for 20k men and women. Some Ukrainian walkers (who train now in Lithuania and in Poland) were also in the race.

In the Men race, there was only one leader: **Marius Ziukas**, who won the race easily in **1:25:48**. **Arnis Rumbenieks** and **Artur Mastianca** walked together, and finally Rumbenieks won 2nd place by only two seconds.

In the women's event, Ukrainian **Olena Sobchuk** won the race very easily in **1:30:59** (44:48 at 10k) with a 7-min difference to local racewalker **Brigita Virbalyte**. Brigita held a few seconds' gap from **Austeja Kavaliauskaite** (3rd). She was helped by Ivzans because they walked together for most of the race.

I want to give a special mention. In the youth race, I saw a young Ukrainian (**Anna Borysiuk**, born in 2009) winning a 1k in **4:34** in a perfect style. I was very impressed.

20km Men

| | | | | 10k | 20k |
|---|---------------------|------------|-----|-------|-------------|
| 1 | Marius ZIUKAS | 1985-06-29 | LTU | 43:12 | 1:25:48 |
| 2 | Arnis RUMBENIEKS | 1988-04-04 | LAT | 44:20 | 1:29:20 |
| 3 | Artur MASTIANICA | 1992-07-30 | LTU | 44:19 | 1:29:22 |
| 4 | Raivo SAULGRIEZIS | 1994-07-04 | LAT | 44:27 | 1:31:30 |
| 5 | Normunds IVZANS | 1971-11-07 | LAT | 48:25 | 1:37:35 |
| 6 | Dmytro MEDVEDYUK | 2000-11-03 | UKR | 48:44 | 1:41:20 |
| 7 | Taras KORETSKYI | 2002-04-03 | UKR | 48:40 | 1:45:05 |
| | Deividas BALEVICIUS | 1999-10-20 | LTU | | DQ (54.7.1) |
| | Tadas ŠUŠKEVICIUS | 1985-05-22 | LTU | 45:53 | DQ (54.7.1) |

20km Women

| | | | | | |
|---|----------------------------|------------|-----|---------|---------|
| 1 | Olena SOBCHUK | 1995-11-23 | UKR | 44:48 | 1:30:59 |
| 2 | Brigita VIRBALYTE DIMŠIENE | 1985-02-01 | LTU | 48:17 | 1:37:37 |
| 3 | Austeja KAVALIAUSKAITE | 2000-05-25 | LTU | 48:28 | 1:37:51 |
| 4 | Adrija MEŠKAUSKAITE | 2000-09-07 | LTU | 49:42 | 1:41:54 |
| 5 | Agnieszka ELLWARD | 1989-03-26 | POL | 49:24 | 1:42:34 |
| 6 | Alina BILORUS | 1993-07-08 | UKR | 51:38 | 1:43:24 |
| 7 | Emilia LEHMEYER | 1997-04-11 | GER | 50:03 | 1:45:00 |
| 8 | Irina KOVAL | 1996-04-30 | UKR | 51:47 | 1:50:27 |
| 9 | Migle DAMYNAITE | 2002-08-20 | LTU | 58:23 | 2:00:13 |
| | Monika VAICIUKEVICIUTE | 1996-04-03 | LTU | 50:53 | DNF |
| | Aušrine KUZMICKAITE | 1998-12-05 | LTU | 1:00:30 | DNF |

10km walk

Men

| | | | | |
|---|---------------------|------------|-----|-------|
| 1 | Ignas DUMBLIAUSKAS | 2003-02-17 | LTU | 47:28 |
| 2 | Tauras GRINCEVIČIUS | 2004-04-27 | LTU | 47:58 |

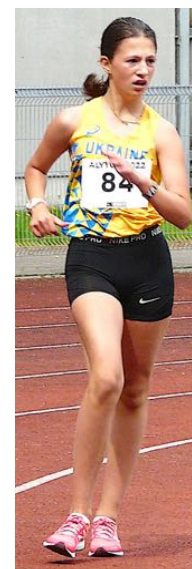
| | | | | |
|--------------|----------------------|------------|-----|---------|
| 3 | Dominik BARBUŽYŃSKI | 2004-03-18 | POL | 49:36 |
| 4 | Martynas BEPERŠČIUS | 2004-07-08 | LTU | 56:59 |
| Women | | | | |
| 1 | Magdalena ŻELAZNA | 2004-04-16 | POL | 50:48 |
| 2 | Izabela KRZYŻANOWSKA | 2004-02-25 | POL | 51:46 |
| 3 | Nora MEŠKAUSKAITĖ | 2004-04-24 | LTU | 56:47 |
| 4 | Milanta SIČINSKYTĖ | 2003-04-22 | LTU | 1:09:49 |



Marius Zuikas



Olena Sobchuk (UKR) leads from Birgita Virbalyte (214)



Anna Borisyuk

(Photos: Emmanuel Tardi)

UNITED KINGDOM: Enfield RWL Fixture #5, Saturday 21 May – Cyclopark, Gravesend

Thanks to Ron Wallwork for this latest Enfield League report:

2022 ERWL Fixture Five Results

7th Cecil Gittins Memorial Walks, incorporating ERWL Fixture 5

(Permit No RWA22027-1 Cat B)

Cyclopark, Gravesend on 21st May 20221

Veterans AC were pleased to host the seventh running of this event in fine sunny and warm conditions on a dedicated cycle circuit with its many gradients and bends and whilst there were fewer entries than in 2021, there were more finishers.

Before the start there was a moment of silence in memory of Lyn Atterbury a runner and race walker who recently passed away

Melanie Peddle led the 10km field home and Dave Walsh in second place was the first man to finish, whilst in the 5km the RWA President was victorious and Amalia Cristina Silva with a pb was the first lady. Other features of the event was the huge 7 minute pb by Lesley Morris and after a lengthy absence from racing the re-appearance of Dave Kates and Ed Shillabeer. recently. Full report with photographs on Vets AC website.

| 10km | | | 5km | | |
|---------------------|---------------|-----------|---------------------|----------------|-----------|
| 1. Melanie Peddle | (Leighton AC) | 58.36 W50 | 1. Chris Hobbs | (Ashford AC) | 32.47 M65 |
| 2. David Walsh | (Enfield HAC) | 59.02 M60 | 2. Rachel Lawless | (Ilford AC) | 33.01 W60 |
| 3. Trevor Jones | (Slaying AC) | 60.04 M65 | 3. Amalia da Silva | (Belgrave H) | 34.29 W55 |
| 4. Emma Dyos | (Ilford AC) | 62.10 W45 | 4. Mark Mears | (unattached) | 34.29 M45 |
| 5. John Arthur | (Ilford AC) | 63.35 M60 | 5. Ron Penfold | (Steyning AC) | 35.52 M60 |
| 6. Stuart Bennett © | (Ilford AC) | 64.45 M60 | 6. David Hoben | (Surrey WC) | 38.10 M65 |
| 7. Simon Morgan | (Ilford AC) | 67.48 M50 | 7. Steve Cartwright | (Gl.Bentley R) | 38.36 M60 |
| 8. David Kates © | (Ilford AC) | 69.33 M70 | 8. Ed Shillabeer © | (Ilford AC) | 46.22 M60 |
| 9. Fiona Bishop | (Enfield HAC) | 69.58 M60 | 9. Dave Ainsworth © | (Ilford AC) | 46.22 M60 |
| 10. Lesley Morris | (Ilford AC) | 70.31 W60 | 10. Shaheda Arthur | (Ilford AC) | 52.56 W60 |
| 11. Chris Flint © | (Surrey WC) | 79.01 M75 | | | |

Judges: Peter Cassidy, Elizabeth & Simon Benson, Shaun Lightman, Pauline Wilson ©
 Timekeepers/ Recorders: David Harris, Maggie Slatham-Harris, Pam Ficken ©
 Hospitality: Cyclopark, Gravesend - First Aid: Medical Dispatch

ERWL Virtual Result for Fixture 5

10km

| | | | |
|---------------------|------------------|-------|------|
| 1. George Wilkinson | (Enfield HAC) | 47.26 | Mu23 |
| 2. David Annetts | (N.Herts RR) | 48.26 | M55 |
| 3. Mark Williams | (Birchfield H) | 53.27 | M55 |
| 3. Richard Emsley | (Desborough R) | 62.20 | M55 |
| 4. Helen Middleton | (Wford AC) | 68.19 | W55 |
| 5. Cath Duhig © | (CAM Torregiova) | 68.41 | W65 |
| 6. Keith Vallis | (Overton H) | 68.59 | M55 |
| 7. Paul Gaston | (Surrey WC) | 69.55 | M70 |
| 8. Marco Bematzski | (LA Herten/Ger) | 71.24 | M50 |
| 9. Fiona Bishop | (Enfield HAC) | 80.06 | M70 |
| 10. Lesley Morris | (Wford AC J) | 70.31 | W60 |
| 11. Brian Adams © | (Leicester WC) | 79.01 | M75 |

5km

© = Centurion

| | | | |
|-------------------|----------------|-------|-----|
| 1. John Borgars © | (Loughlan AC) | 33.35 | M75 |
| 2. Karen Williams | (Birchfield H) | 45.56 | W45 |
| 3. Tony Perkins © | (Belgrave H) | 49.45 | M70 |

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.

- 23/05/2022 - La Coruna (ESP): a 35-year history
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4384 Informative background on what is now a genuine classic athletics festival – certainly for race walkers. Full entry lists (including 12 Australians), plus Men's and Women's rolls of honour for past winners.
- 22/05/2022 - Bratislava (SVK): U20 National Championships and senior Meeting
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4382
- 21/05/2022 - La Nucia (ESP): Ibero-Americans to Alvaro Martin (ESP) and Laura Garcia-Caro (ESP)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4380
- 20/05/2022 - Alytus (LTU): Marius Ziukas (LTU) and Olena Sobchuk (UKR) are the winners of 48th Race walking Festival "Alytus 2022"
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4379
- 19/05/2022 - Hanoi (VIE): the 31st South East Asian (SEA) Games
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4378
- 18/05/2022 - Alicante (ESP): Preview of the "Campeonato Iberoamericano de Atletismo"
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4377

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.

- Sunday, May 22, 2022 - Vietnamese Vo Xuan Vinh and Thanh Phuc Nguyen win 20 km march at «Sea Games»
<http://omarchador.blogspot.com/2022/05/vietnamitas-vo-xuan-vinh-e-thanh-phuc.html>
- Sunday, May 22, 2022 - 10,000m march on the «Pacific Distance Carnival» in Burnaby, Canada (results)
<http://omarchador.blogspot.com/2022/05/10000-m-marcha-no-pacific-distance.html>
- Thursday, May 19, 2022 - Lilian Bittencourt and José Bagio stand out in the 20,000 meters march of the State of Santa Catarina (Brazil)
<http://omarchador.blogspot.com/2022/05/lilian-bittencourt-e-jose-bagio.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 28 May 2022 **VRWC Club events** – Middle Park
Sun 12 Jun 2022 **55th 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

May 28, 2022 **WA Race Walking Tour meeting** – La Coruna, ESP
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
TBA, 2023 **World University Summer Games** – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC) **19th World Athletics Championships** – Budapest, HUN

(EDITOR'S NOTE: When submitting contributions taken from another publication – such as the one above – please remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are give appropriate credit.

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.)

***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.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au