

# HEEL & TOE Online

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

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# VRWC preferred supplier of shoes, cloths and sporting accessories

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



Two massive PB performances in last weekend's 10km points race made awarding this week's WOTW pretty easy, with the only issue being how to split them and, in the end, not bothering. They both earned it.

Geromi Tucker (an 11:21 PB for 53:09) and Kate Siviour (53:10 from a 5:38 PB) each ventured far into unknown territory with their improvement, regardless of comparative size of their margins, and it can be said that each is now a different walker from when they toed the start line. With many more races ahead this season, the scope is there to cut their times even further over a range of distances.

Congratulations Geromi and Kate ... we look forward to watching your further progress!



#### \*Honourable mentions

- Levi Robertson (VIC) a PB by over a minute in the 1.5km for his 8:27
- Emily Smith (VIC) walked a focused, determined race for a 2min PB in the 10km, recording 56:48
- Eden Morgan (VIC) overall 10km race winner with 1:56 PB time of 51:33.

# CLUB NEWS and RESULTS

# VRWC Club points races #4, Saturday 4 June – Middle Park



Underway at Middle Park – all keen to stay warm!

As expected, conditions were cold and breezy for our last meeting before Canberra. Luckily the showers stayed away, making things more agreeable for all concerned. There were a number of impressive performances including some big PBs.

The 10km race produced the day's best results, with **Eden Morgan** taking line honours in emphatic style with **51:33**. **Geromi Tucker**, in his first road season, produced an eye-opener with a massive 11:21 PB to record **53:09**, just holding off a fast-finishing **Kate Siviour** who belted her own previous best out of the park for **53:10**. **Emily Smith** earned the reward for a lot of hard work for her **56:48**, while **Alejandro Stephens's 58:32** was another PB marker as he builds his racing condition over the middle distances.

**Madeleine Feain** and **Kevin Cassidy** went the full 12km in good warm-ups before tackling the 15km on the Mt Stromlo circuit next Sunday.

The 5km saw Jade Chitty grab a slice of the PB pie with her handicap-winning 27:37, while Marcus Wakim easily clocked the fastest time with 22:33.

12km	race					
1	Madeleine	Feain	FSen	1:09:45	1	
1	Kevin	Cassidy	M60 +	1:05:35	1	
10km	race					
1	Kate	Siviour	FSen	53:10	4	PB 5:38
2	Emily	Smith	FU16	56:48	1	PB 2:03
3	Carolyn	Rosenbrock	F60+	1:00:53	2	
4	Donna-Mari	e Elms	F60+	1:08:35	5	
5	Karyn	O'Neill	F60+	1:12:36	3	
	-					
1	Eden	Morgan	MU18	51:33	NPT	PB 1:56
2	Geromi	Tucker	MU20	53:09	2	PB 11:21
3	Alejandro	Stephens	MSen	58:32	3	PB 0:37
4	Terry	O'Neill	M60 +	1:05:04	4	
5	Gerard	Feain	M40+	1:07:32	1	
5km r	ace					
1	Jade	Chitty	FU18	27:37	1	PB 0:41
2	Maddison	Nash	FU16	27:50	3	
3	Grace	Louey	FU20	29:18	2	
4	Eva	Reid	FU16	31:12	4	First one
5	Marnie	Grace	F40+	36:16	5	
1	Marcus	Wakim	MU16	22:33	1	
2	Pramesh	Prasad	M40+	26:49	2	













Emily, Kevin, Grace, Eden, Gerard and Jade

Levi Robertson had the best of the shorter distance results, clocking an excellent 1:15 PB for his 1.5km handicap win in 8:27. Jaida Robertson and Zoe Bowkett cut their times further, and it was good to see Zoe's sister Lily having her first race with

We were also pleased to welcome **Dawn Bennett** (Ralph's wife) out onto the course. Dawn and Ralph will both be tackling the Fitness 8km in Canberra. (You'll still need to rug up, I fancy!)

The 3km saw Riley Coughlan zip around in a quick 13:53, joining Kylie Irshad as handicap winners. Meanwhile, Beau McKinnon's first race over the distance produced a pleasing first-up 18:45.

1	Kylie	Irshad	F40+	16:50	1	
2	Mietta	Morgan	FU14	18:20	2	
3	Heather	Carr	F60+	19:23	4	
4	Amelia	Vernal	FU16	20:11	3	
1 2 3 4	Riley Damian Beau Ralph Corey	Coughlan Baldy McKinnon Bennett Dickson	MU16 MU12 MU12 M60+ MU20	13:53 16:51 18:45 22:25 Ab	1 NPT NPT NPT	First one
1.5km 1 2 3 4 5 6	Julia Jaida Zoe Lily Dawn Anouk	Baldy Robertson Bowkett Bowkett Bennett Morgan	FU10 FU10 FU10 FU10 F60+ FU10	9:10 9:39 9:45 12:18 12:53 13:38	4 1 2 NPT YN 3	PB 0:04 PB 0:15
1	Levi	Robertson	MU12	8:27	1	PB 1:15
2	Albin	Hess	M60+	11:20	3	
3	Tate	Jardine	MU12	11:26	2	



















Amelia, Levi, Lily and Damian

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.

ManagerMark DonahooReferee:Shane Dickson

**Recorders** Mark Donahoo, Richard Nash, Debbie Nash, Ian Laurie, Donna Dickson,

Judges: Brenda Felton (Chief), Gordon Loughnan, Stu Cooper, David Cash, Di Lowden, Peter Price,

Kathleen Marsh, Scott Nelson

Set up & Pack up: Stu Cooper, Gerard Feain, Madeleine Feain, Terry Swan, Donna Elms, Gwen Steed, Ian Laurie

Bike rider Tim Erickson Photos Terry Swan

Walkers: 37

# \*\* Racing this weekend

No racing at Middle Park this long weekend, owing to the LGB Carnival in Canberra on Sunday 12 June.

The following week (June 18) sees the first of our Prizes days for the season, the popular 'Guess Your Time' races. No watches permitted or time clock used. Nominate your expected time pre-race and try to hit it. If you finish closer to it than others do to theirs ... you win!

#### VRWC 'Guess Your Time' races – Saturday 18 June, Middle Park

Prizes for winners

2:15pm 8km Open

6km Open 4km Open

2:30pm 2km Open

1km Open

Enter by no later than 11.59pm, Wednesday 15 June http://vrwc.org.au/wp1/



# \*\* AV 15km & Schools Championships

Sunday 26 June, Middle Park 9.00 – 9.45am

Pre-entries must be finalized through the Athletics Victoria entry portal at:

https://members.athsvic.org.au/events/139950/

Entries close Thurs 23 June at 11.59pm



# AROUND THE COUNTRY

Funeral notice for

# ROBIN WHYTE

Tuesday 14 June, at 10.30am

at

The Chapel, Norwood Park Crematorium 65 Sandford St, Mitchell

(For the safety of everyone, please wear a mask)

and afterwards at

Gungahlin Lake Golf and Community club 110 Gundaroo Drive, Nicholls

Personal tributes can be posted at

https://tributes.canberratimes.com.au/obituaries/446430/robin-whyte/?r=https://tributes.canberratimes.com.au/obituaries/canberratimes-au/#!/

# **QUEENSLAND** Gold Coast championships, Sunday 5 June – Mudgeeraba

#### Robyn Wales reports from the Gold Coast:

Yesterday was a warm winter's day with no wind and a beautiful 22°.

The Gold Coast Road Walking Championship is a keenly contested event and we keep event records. The event is "age on the day" and distances similar to LBG for the junior athletes.

7yr old **Freya Williams** set a new U8 girls' 500m record with a quick **2.42** taking around 30 seconds off the previous record.

We welcomed Brooke and Amelia Newberry who travelled from the freezing cold hamlet of Guyra just over the border in NSW on the New England Highway.

We didn't have quite enough medals but tubes of M&Ms proved popular instead for some winners!

#### Open 10km

**Men:** (1) Ignacio Jimenez 53.43 (2) Argenis Guevara **SB** 1.02.13 (3) Peter Bennett 1.16.44 **Women**: (1) Jennifer Stuckey 1.10.15 (2) Joy Dale **SB** 1.19.41 (3) Noela McKinven 1.30.22

#### U20 5km

Women: (1) Jasmine-Rose McRoberts SB 34.25

#### U18 5km

**Women:** (1) Mia Bergh **SB** 26.41 (2) Ashanti Heap 28.35 (3) Torryn Fisher **SB** 30.11 (4) Lily Housden 34.12 (5) Korey Brady **SB** 34.42

Sam McCure 26.21 (non-championship)

#### U16 3km

Men: (1) Bailey Housden 14.31 (2) Kai Dale 17.28

Women: (1) Lyla Williams 16.10 (2) Brooke Newberry 17.11 (3) Lily Goulding 18.32 (4) Taylah Morris 20.13

#### U14 2km

Men: (1) Noah Tilton 11.54

Women: (1) Destinee Pickvance-Yeo 10.53 (2) Siaan Fisher 12.11. Olivia Boulton DQ, M. Clarke DNS

#### U12 2km

Men: (1) Lachlan Moore 11.23 (2) Hunter Sibenaler 14.39

Women: (1) Kiara Waterman 13.14

#### U10 1km

Men: (1) Dylan Moore 7.25

Women: (1) eq. Amelia Chisholm, Scarlett Newberry 6.15 (3) Tully Fisher 7.20

#### U8 500m

Women: (1) Freya Williams 2.42 (2) Willow Nelisi 3.30











Gold Coast action: Kai, Joy, Mia, Noela and Freya

(Photos: Danielle Sibernaler and Juanita Golden)

# **SOUTH AUSTRALIA** SARWC results, 4 June – Athelstone, Adelaide

According to **Kim Mottrom** it was cold and wet again in Adelaide (like what we're getting now!, on a different course which still produced a few PBs.

Open 8km		
Peter Crump	0:49:06	
Greg Metha	0:50:23	
Mel Grantham	0:50:29	PB
Di Camilleri	1:08:04	
Sam Findlay	DQ	
Open 5km		
Cooper Rech	0:29:17	
Liz Downs	0:37:19	
Open 3km		
Angelina Legrand	0:17:05	
Jasmine Crabb	0:22:14	PB
Open 2km		
Sebastian Richards	0:09:38	
Open 1.5km		
Orlando Grantham	0:07:51	PB
Robert Crabb	0:11:10	
Anthony Crabb	0:11:18	
Maverick Grantham	0:14:15	
Martin Crabb	0:16:38	

# **SOUTH AUSTRALIA** SA Masters results, 29 May & 4 June - Adelaide

Thanks to **Graham Harrison** for these results.

# \*\* Sunday 29 May - West Terrace Parkland

Weather was cool with showers for these races:

10K WALK Name GIL	MCINTOSH	Result 1:15:50	Age Gp M70	AgeGrade% 65.34
5K WALK MARIE	MAXTED	0:34:50	W60	70.92
5K CLUBWA		0 05 45		60.04
DAVE	FALLON	0:37:45	M65	62.84
MARGARET	MCINTOSH	0:40:18	W65	66.17
LIZ	NEUBAUER	0:41:55	W70	65.17
RODGER	BARBER	0:42:54	M80	67.05
ROGER	LOWE	0:46:59	M75	57.03
DAVID	ROBERTSON	0:48:07	M85	63.63
2.5K CLUBWALK				
HELEN	SURIDGE	0:19:56	W70	67.26

# \*\* Sunday 5 June - Bonython Park

Handicap events, held in cold and wet conditions.

10K CLUBWALK					
Name	Result Age	Gp AgeGr	ade%		
GIL	MCINTOSH	1:13:23	M70	67.52	
GEORGE	WHITE	1:07:52	M75	77.11	
MARIE	MAXTED	1:12:15	W60	70.7	
BRIAN	WITTY	1:17:02	M70	64.32	
MARGARET	MCINTOSH	1:26:45	W65	63.78	

#### 5K CLUBWALK

DAVID	ROBERTSON	0:50:34	M85	60.55
ORIANA	WILLIAMS	0:52:11		
IAN	WILLIAMS	0:52:12	M65	44.95

# TASMANIA TRWC results, Saturday 4 June - Montrose Bay, Hobart

**David Moore** reports on a day for the youngsters in Hobart:

Our Club's youngest walkers had a very good day out in almost perfect conditions for our walk at Montrose Bay. Well done to **Isla Direen**, **Elsie and Adele Woodward and Lily Carr** for **achieving PB's** in their races today. Great effort also by **Lucas Carr** going out of his comfort zone to do his first 2k.

1km 1. Isla Direen 2. Elise Woodward	Huon LA Huon LA	7.41 <b>(PB)</b> 7.46 <b>(PB)</b>
2km 1. Lily Carr 2. Adele Woodward 3. Lucas Carr	Kingston LA OVA Kingston LA	12.50 (PB) 14.36 (PB) 17.52 (First One)
<b>3km</b> 1. Dave Moore	TMA	28.53
<b>4km</b> 1. Eugene Gerlach	TMA	29.52
<b>5km</b> 1. Ron Foster	TMA	45.06









Isla, Lily, Elsie and David in action at Montrose Bay

(Photos: Jen Skinner)

#### WESTERN AUSTRALIA WARWC handicap events, 4 June – Shelley, Perth

**Terry Jones** reports that, for Sunday's WARWC events, "the weather and scenery was perfect along the Canning River shoreline: cool morning with only a very light breeze, with the usual swans and pelicans in attendance." Cue nostalgic memories of bygone race days around Albert Park Lake (pre-Grand Prix, for those too young to remember.)

Andrew Duncan 1:08:15

6K Handicap

John Ronan 29.03

Steve Travell	54.56
Glenys Duncan	57.08
Ben Reid	DNF
1.5K Handicap	
Harry Gordon	7.52
Dylan Sardelich	7.55
Hunter Sardelich	14.05
Sophia Nichols	10.49
Lachlan Nichols	8.54
Jayden Nichols	12.27



# INTERNATIONAL NEWS

FRANCE: Paris-Alsace 2022 Ultra distance walk, 31 May-4 June - Paris to Alsace region

**Emmanuel Tardi** reports on the latest edition of this, arguably the most prestigious of ultra walking competitions. Starting out as the Strasbourg-Paris, then Paris-Strasbourg, it has had a number of incarnations since 1981 when it became Paris-Colmar, then Paris-Ribeauville in 2015. To be honest, it's hard to imagine anyone who contests it caring too much what it's called by the end ... they'd have their own (probably unprintable) name for it!

Last week the famous Paris-Alsace ultra racewalking stage event was held 3 races were scheduled:

#### La Mythique - 402,5km

1<sup>ère</sup> Stage: 31/05/2022 Disneyland 15km

2<sup>ème</sup> Stage: 01/06/2022 Château-Thierry – Vitry-le-François 212,6km

3<sup>ème</sup> Stage: 03/06/2022 Neufchateau – Epinal 114,4km 4<sup>ème</sup> Stage: 04/06/2022 Plainfaing – Kaysersberg 60,5km

#### La Vosgéene - 312,8km

1<sup>ère</sup> Stage: 31/05/2022 Disneyland 15km

2ème Stage: 01/06/2022 Château-Thierry – Vitry-le-François 178,9km

3<sup>ème</sup> Stage: 03/06/2022 Gironcourt – Epinal 58,4km 4<sup>ème</sup> Stage: 04/06/2022 Plainfaing – Kaysersberg 60,5km

#### La Castèle - 225,5km

1<sup>ère</sup> Stage: 31/05/2022 Disneyland 15km

2ème Stage: 01/06/2022 Château-Thierry - Château-Thierry 34,8km

3<sup>ème</sup> Stage: 02/06/2022 Chalons-en-Champagne – Vitry-le-François 56,8km

4<sup>ème</sup> Stage: 03/06/2022 Gironcourt – Epinal 58,4km 5<sup>ème</sup> Stage: 04/06/2022 Plainfaing – Kaysersberg 60,5km

On the main event (La Mythique), it was a big battle during 4 days between Florian Letourneau, 2021 winner, and Maxime Laneau.

Friday, Maxime Laneau was still the leader until 20km before Epinal, but lose 25' in the last part of the stage.

Saturday, for the last stage, he was very tired and lost more than one hour.

In the others races, Gildas Gros and Christophe Erard won easily.

Special mention for **Robert Daloz** who finished La Castèle at age of 81.

### \*\* La Mythique

#### 1ère Etape: 31/05/2022 Disneyland 15km

-	Empe : 01/00/2022 Disneyland 10kin		
1	LANEAU Maxime	1h 32mn 53s	9.69 km/h
2	LETOURNEAU Florian	1h 34mn 21s	9.54 km/h
3	HENRY Fabrice	1h 34mn 31s	9.52 km/h
4	OLIVARES Mathieu	1h 40mn 46s	8.93 km/h
5	MAISON Sylvie	1h 47mn 55s	8.34 km/h

## 2ème Etape: 01/06/2022 Château-Thierry – Vitry-le-François 212,6km

Etape: 01/00/2022 Chatcau-Thierry - Viti	y-10-1 1 ançois
LETOURNEAU Florian	28h 44mn 45s
LANEAU Maxime	28h 50mn 58s
MAISON Sylvie	30h 36mn 00s
OLIVARES Mathieu	31h 06mn 00s
HENRY Fabrice	49,8km
	LETOURNEAU Florian LANEAU Maxime MAISON Sylvie OLIVARES Mathieu

# 3<sup>ème</sup> Etape: 03/06/2022 Neufchateau – Epinal 114,4km

1	LETOURNEAU Florian	14h 13mn 26s
2	LANEAU Maxime	14h 33mn 52s
3	OLIVARES Mathieu	17h 28mn 35s
4	MAISON Sylvie	18h 27mn 58s

# 4<sup>ème</sup> Etape: 04/06/2022 Plainfaing – Kaysersberg 60,5km

		-	•	<i>o</i> ,
1	LETOURNEAU Florian			8h 13mn 05s
2	OLIVARES Mathieu			8h 51mn 59s
3	MAISON Sylvie			9h 24mn 56s
4	LANEAU Maxime			9h 30mn 24s

#### \*Classement Général Final 402,5km

1	LETOURNEAU Florian	52h 45mn 37s	7.63 km/h
2	LANEAU Maxime	54h 28mn 07s	7.39 km/h
3	OLIVARES Mathieu	59h 07mn 20s	6.81 km/h
4	MAISON Sylvie	60h 39mn 40s	6.64 km/h
Al	h HENRY Fabrice	49,8km	







Maxime Laneau



Sylvie Maison

# \*\* La Vosgéene

# 1ère Etape: 31/05/2022 Disneyland 15km

1	GROS Gildas	1h 37mn 14s	9.26 km/ł
2	BESSOT Veronique	1h 40mn 27s	8.96 km/ł
3	BIZARD-PLANCHOT Emilie	1h 41mn 17s	8.89 km/ł
4	BALLAND Johann	1h 44mn 52s	8.58 km/ł

# 2ème Etape: 01/06/2022 Château-Thierry - Vitry-le-François 178,9km

1	GROS Gildas	23h 16mn 18s
2	BALLAND Johann	23h 37mn 37s
3	BESSOT Veronique	25h 42mn 08s
Ab	BIZARD-PLANCHOT Emilie	137,1km

### 3<sup>ème</sup> Etape: 03/06/2022 Gironcourt – Epinal 58,4km

	1	
1	GROS Gildas	9h 26mn 31s
2	BALLAND Johann	9h 35mn 45s
3	BESSOT Veronique	10h 01mn 30s

# 4<sup>ème</sup> Etape: 04/06/2022 Plainfaing – Kaysersberg 60,5km

1	BESSOT Veronique		8h 24mn 44s
2	GROS Gildas		8h 43mn 02s
3	BALLAND Johann		8h 47mn 55s

# \*Classement Général Final 312,8km

1 GROS Gildas	43h 02mn 55s	7.27 km/h
2 BALLAND Johann	43h 46mn 05s	7.15 km/h
3 BESSOT Veronique	45h 37mn 13s	6.86 km/h
<b>Ab</b> BIZARD-PLANCHOT Emilie	137,1km	





Gildas Gros

Veronique Bessot

# \*\* La Castèle

1 <sup>èr</sup>	<sup>e</sup> Etape: 31/05/2022 Disneyland 15km		
1	ERARD Christophe	1h 30mn 03s	9.99 km/h
2	GRADOS Stephane	1h 39mn 37s	9.03 km/h
3	GIRAUDEAU Denis	1h 42mn 06s	8.81 km/h
4	VANDENDAUL Daniel	1h 44mn 58s	8.57 km/h
5	CANTET Nadege	1h 47mn 55s	8.34 km/h
6	GILLARD Lydia	1h 50mn 52s	8.12 km/h
7	HIERNARD Alain	1h 53mn 35s	7.92 km/h
8	METEAU Jean-Paul	1h 54mn 07s	7.89 km/h
9	TILLIER Ludovic	1h 55mn 46s	7.77 km/h
10	DALOZ Robert	1h 56mn 20s	7.74 km/h

# $2^{\rm ème}$ Etape : 01/06/2022 Château-Thierry – Château-Thierry 34,8km

1	ERARD Christophe	3h 49mn 50s
2	GRADOS Stephane	4h 18mn 49s
3	GIRAUDEAU Denis	4h 23mn 22s
4	VANDENDAUL Daniel	4h 31mn 06s
8	METEAU Jean-Paul	4h 35mn 28s
5	CANTET Nadege	4h 37mn 47s
7	HIERNARD Alain	4h 42mn 46s
9	TILLIER Ludovic	4h 46mn 13s
6	GILLARD Lydia	4h 46mn 37s
10	DALOZ Robert	4h 49mn 59s

# 3ème Etape : 02/06/2022 Chalons-en-Champagne – Vitry-le-François 56,8km

1	ERARD Christophe	6h 43mn 32s
2	GRADOS Stephane	7h 33mn 06s
3	GIRAUDEAU Denis	7h 43mn 06s
4	VANDENDAUL Daniel	7h 53mn 54s
5	CANTET Nadege	8h 02mn 11s
6	METEAU Jean-Paul	8h 03mn 16s
7	GILLARD Lydia	8h 06mn 41s
8	DALOZ Robert	8h 12mn 48s
9	TILLIER Ludovic	8h 41mn 06s

# 4<sup>ème</sup> Etape: 03/06/2022 Gironcourt – Epinal 58,4km

1	ERARD Christophe	6h 47mn 44s
2	GRADOS Stephane	7h 27mn 26s

CIP ALIDE ALL Danis	7h 55mn 54s
	8h 07mn 05s
VANDENDAUL Daniel	8h 22mn 07s
METEAU Jean-Paul	8h 22mn 15s
DALOZ Robert	8h 23mn 15s
CANTET Nadege	8h 40mn 09s
TILLIER Ludovic	9h 24mn 18s
	DALOZ Robert CANTET Nadege

# 5ème Etape: 04/06/2022 Plainfaing – Kaysersberg 60,5km

-		,
1	ERARD Christophe	7h 19mn 49s
2	GRADOS Stephane	7h 52mn 16s
3	GIRAUDEAU Denis	8h 14mn 24s
4	VANDENDAUL Daniel	8h 43mn 00s
5	CANTET Nadege	8h 21mn 52s
6	GILLARD Lydia	8h 49mn 35s
7	DALOZ Robert	9h 07mn 42s
8	METEAU Jean-Paul	9h 24mn 32s
9	TILLIER Ludovic	9h 39mn 00s

## \*Classement Général Final 225,5km

•			
1	ERARD Christophe	26h 11mn 29s	8,61 km/h
2	GRADOS Stephane	28h 51mn 15s	7,82 km/h
3	GIRAUDEAU Denis	29h 59mn 43s	7,52 km/h
4	VANDENDAUL Daniel	31h 05mn 05s	7,25 km/h
5	CANTET Nadege	31h 30mn 55s	7,16 km/h
6	GILLARD Lydia	31h 40mn 51s	7,12 km/h
7	METEAU Jean-Paul	32h 17mn 39s	6,98 km/h
8	DALOZ Robert	32h 30mn 06s	6,94 km/h
9	TILLIER Ludovic	34h 26mn 24s	
Al	HIERNARD Alain	49,8km	







Nadege Cantet

(Photos: *Emmanuel Tardi*)

#### **FRANCE**: Meeting de Saint-Berthevin, 4 June – Saint-Berthevin (Mayenne)

More results, courtesy of Emmanuel Tardi – this time from the region of Pays de la Loire in the north-west of France:

The city of Saint Berthevin organized a local meeting for their champion: Gabriel Bordier. Bordier led for all the race (walking the first half with Robichon.)

	5000m Marche			
1	BORDIER Gabriel	SEM/97	Us St Berthevin	20'06''24
2	ROBICHON Alexis	ESM/00	Ac Roche-sur-yon	20'32''61
3	DELAUNAY Sebastien	MAM/74	Cap Saumur	23'02''61
4	GAUDRE Martin	JUM/04	Herbauges Athle 44	24'55"45
5	LE MAGUERESSE Loic	MAM/57	Herbauges Athle 44	26'48''60
6	DROUET Samuel	MAM/73	Ac La Chapelle/erdre	28'04"45

#### 3000m Marche

1	ACOU Morgane	MAF/79	Us St Berthevin	17'32''99
2	<b>ERBELDING</b> Louane	MIF/08	Ca Mayenne	19'06''11
3	TOUPLIN Sandrine	MAF/69	Us St Berthevin	19'59''84
4	BRULE Catherine	MAF/62	Cap Saumur	21'21"51





Left: Bordier leads from Robichon. Above: Robichon, Delaunay and Bordier

(Photos: Emmanuel Tardi)

### MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website Marcia Dal Mondo has a list of new reports in its news section, covering local and international races and other items of interest.

- 05/06/2022 Florence (ITA): Andrea Cosi and Lidia Barcella win the 2022 Challenge http://www.marciadalmondo.com/eng/dettagli news.aspx?id=4391
- 02/06/2022 Bursa (TUR): U18 and U20 Championships and Olympic Trial http://www.marciadalmondo.com/eng/dettagli news.aspx?id=4389

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, June 4, 2022 Germany's best under-18 mark in the 5,000 m walk (men) was obtained in Ludwigsfelde <a href="http://omarchador.blogspot.com/2022/06/melhor-marca-sub-18-da-alemanha-nos.html">http://omarchador.blogspot.com/2022/06/melhor-marca-sub-18-da-alemanha-nos.html</a>
- Saturday, June 4, 2022 22nd African Athletics Championships will take place in Mauritius <a href="http://omarchador.blogspot.com/2022/06/22-campeonato-africano-de-atletismo.html">http://omarchador.blogspot.com/2022/06/22-campeonato-africano-de-atletismo.html</a>
- Friday, June 3, 2022 Ricardo Ortiz and Nadia Lizeth González became champions of Mexico in the 35 km walk http://omarchador.blogspot.com/2022/06/ricardo-ortiz-e-nadia-lizeth-gonzalez.html
- Friday, June 3, 2022 Alegna González and Jesús Calderón win the 20 km walk of the Mexican Championships http://omarchador.blogspot.com/2022/06/alegna-gonzalez-e-jesus-calderon-vencem.html
- Thursday, June 2, 2022 The race walk at the «Golden Gala» in Rome on June 9 http://omarchador.blogspot.com/2022/06/a-marcha-atletica-no-golden-gala-roma.html

- Thursday, June 2, 2022 Memorial «Josefina Romero» 2022 in A Coruña (results) http://omarchador.blogspot.com/2022/06/memorial-josefina-romero-2022-na.html
- Wednesday, June 1, 2022 Barbara Oláh and Tomasz Bagdány stood out at the Kiss Antal Memorial <a href="http://omarchador.blogspot.com/2022/06/barbara-olah-e-tomasz-bagdany.html">http://omarchador.blogspot.com/2022/06/barbara-olah-e-tomasz-bagdany.html</a> An interesting and informative report on an event commemorating Antal Kiss, the last Hungarian walker to win an Olympic medal (the 50km silver in 1968). A short biography of Kiss is included.

<u>Note</u>: 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 <a href="https://omarchador.blogspot.com">https://omarchador.blogspot.com</a>, 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

Sun 12 Jun 2022 55<sup>th</sup> Annual Lake Burley Griffin Carnival – Mt Stromlo, Canberra ACT
Sun 26 Jun
Sun 11 Sep 2022 AV Schools c'ships, AV 15km c'ships & VRWC c'ships – Middle Park
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 29 – Jul 10, 2022 23<sup>rd</sup> World Masters T&F Championships – Tampere, FIN Jul 15 – 24, 2022 18<sup>th</sup> World Athletics Championships – Eugene OR, USA Jul 22 – Aug 7, 2022 XXII Commonwealth Games – Birmingham, GBR

Aug 1-6, 2022 19<sup>th</sup> World Athletics U20 T&F Championships – Cali, COLOMBIA

Aug 11 – 21, 2022 European Athletics Championships – Munich, GER

TBA, 2023 **24<sup>th</sup> World Masters T&F Championships** – Gothenburg, SWE

TBA, 2023 World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)

Aug 2023 (TBC) 19<sup>th</sup> World Athletics Championships – Budapest, HUN

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