

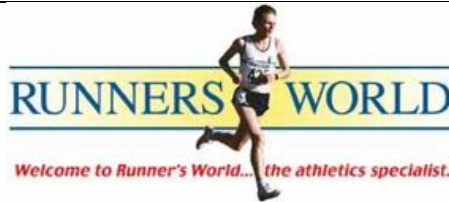


# HEEL & TOE Online

Vol. 2022  
Issue No. 26  
Tuesday  
28 June 2022

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

Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto: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 \*\*



As is often the way with championships and other special events outside the normal program, the incentive is there to produce a little extra, especially if the conditions are right. They certainly were at Middle Park on Sunday. It was a day of meritorious performances, with strong racing and many PBs as walkers vied for championship medals. Accordingly, our WOTW comes from Sunday's results.

15yo **Riley Coughlan**, several times an 'honourable mention' here, takes this week's award following his 3:09 improvement in the AV U20 Schools 10km championship for a time of **46:19** – a huge step-up. Duelling for the title with **Marcus Wakim**, Riley left it all out there, falling only 1:06 behind at the finish after pushing Marcus to his own new PB. An assiduous trainer intent on improvement, Riley has broken through into another level this season and is one of the exciting cohort of young male walkers from whom the next Australian reps will be drawn.

*Well done, Riley! Hard work pays off.*

### \*Honourable mentions:

- **Declan Tingay** (WA) & **Kyle Swan** (VIC) – Dec with a winning 15km time of **59:59** and Kyle an AV title win in **1:00:51** (a PB of nearly 7mins), on a course with few long straights and numerous tight turns.
- **Sebastian Richards** (SA, 14yo) – a sub-30min effort over 5.1km in the SARWC Mountain championships, negotiating a climb of 215 vertical metres.
- **Lily Bowkett** (VIC) – a 2:23 improvement in a 1.5km race is impressive in any competition.
- **Marcus Wakim** (VIC) – a 10km result of **45:13** – a 43sec PB – to take out the U20 AV title.
- **Eva Reid** (VIC) – another to score a big improvement in her school colours – by 1:31 for the U16 3km title.



## CLUB NEWS and RESULTS

### \*\* Coming up this weekend ...

#### VRWC Points races – Saturday 2 July, 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 29 June  
<http://vrwc.org.au/wp1/>



With a full program of overseas races this year, we haven't seen many of our top walkers at Middle Park for the winter program. Therefore, finding no fewer than six (6) current Olympians (and one former one) hitting the 2k circuit for the AV 15km championship was something to savour, as it promised fast, high-quality racing. And so it proved.

**Declan Tingay**, competing by invitation, surged away in the second half to cross first and break 1 hour by a bare second. This was equivalent to a 1:20:00 20km ... impressive stuff considering the absence of long straights on the Middle Park club course. **Jemima Montag**, in cracking form, took the women's title in **1:09:12**, finishing with plenty in the tank. The course's twists and loops were no barrier to **Kyle Swan** and **Bec Henderson** as both smashed previous bests by huge margins, with Kyle winning the men's title and **Rhydian Cowley** not too far from his own PB for silver.

**Char Hay** ventured into new territory, walking her first 15 for a creditable **1:22:08** and bronze. Also on the podium was **Michael Harvey**, a veteran of the 1984 Los Angeles Olympics and many times an international, who still finds the call of his old racing days hard to resist and paid one of his welcome visits, adding another bronze to his collection in **1:46:00**.

**AV Women 15km c'ship**

1 Jemima Montag	Melb Uni	1:09:12	
2 Rebecca Henderson	Mentone AC	1:09:50	PB 9:02
3 Char Hay	Melb Uni	1:22:08	First one
4 Sarah Brennan	Ballarat YCW	1:27:21	
5 Carolyn Rosenbrock	Nunawading AC	1:34:05	
-- Kelly Ruddick	Ballarat Harriers	Ab	

**AV Men 15km c'ship**

1 Declan Tingay	WAIS- <i>invitation</i>	59:59	
1 Kyle Swan	Nunawading AC	1:00:51	PB 6:57
2 Rhydian Cowley	Glenhuntly AC	1:00:58	
3 Michael Harvey	Waverley AC	1:46:00	



Declan ... biding his time behind Rhydian, Kyle and Quentin



Jemima and Bec locked together, with U20 competitor Geromi following.





*15km campaigners Char, Michael, Karyn, Carolyn, Kelly and Sarah*

Donning their school's sports uniform seemed to provide an extra shot of the right kind of juice for six of our Schools titles contenders, who rose to the occasion with good PB performances. **Marcus Wakim (45:13)** and **Riley Coughlan (46:19)** led the way with exemplary showings in the U20 10km, while **Eva Reid**, in her first VRWC season, blew her 3km time to pieces with **16:38** for the U16 title.

For the second frustrating time, **Scott Peart** equalled his 5km personal best of **24:34** – surely it can't hold out much longer! **Beau McKinnon**, another having his initial full road season, made big inroads in the U14 3km with his **18:17**.

**Ariana Pashutina, Daniel Pashutin** and **Ela Uzun** rounded out the School champions list, while **Matilda Read**, recently turned 12, made a good debut over 3km in the U14 race with **19:13** for the 1½ laps.



*Underway in the U16/U14 Schools (with a couple of chaperones for good measure?)*

**AV Schools U20 Men 10km**

1 Marcus Wakim	Carey Baptist GS	45:13	PB 0:43
2 Riley Coughlan	Salesian C Sunbury	46:19	PB 3:09

**AV Schools U18 Boys 5km**

1 Scott Peart	Ballarat HS	24:34	Eq PB
2 Eden Morgan	Belgrave Hts Chr S	26:06	

**AV Schools U18 Girls 5km**

1 Ariana Pashutina	Ashwood HS	27:30
2 Emily Smith	Kilbreda College	28:18
3 Jade Chitty	Emmanuel College	28:38

**AV Schools U16 Girls 3km**

1 Eva Reid	Geelong HS	16:38	PB 1:31
2 Amelia Vernal	AveMaria C Aberf.	20:28	



**AV Schools U14 Boys 3km**

1 Daniel Pashutin	Ashwood HS	16:07	
2 Beau McKinnon	GoodShepherd LPS	18:17	PB 0:28

**AV Schools U14 Girls 3km**

1 Ela Uzun	Plenty Parklands PS	14:47	
2 Mietta Morgan	Home school	17:15	
3 Havana Ali	Plenty Parklands PS	17:33	
4 Matilda Read	Mirboo North PS	19:13	First one



**VRWC Club c'ships & Open races, Sunday 26 June – Middle Park**

Five PBs and a slew of first-time distance efforts were pleasing results in the VRWC Club championship and non-championship races, held in conjunction with the AV and Schools titles

The VRWC 15km title and Elsie Jacobsen Trophy went to **Bec Henderson**, while **Char Hay's** debut 15km result earned her the U20 Club championship alongside **Geromi Tucker**, also walking his first 15 in a strong **1:23:31** to take the U20 Men's title.

**Quentin Rew**, in his final-ever race in Australia, scored an impressive 1:27 PB time of **1:01:56**, showing he's in great nick to represent New Zealand in Eugene and Birmingham. Another breaking the ice over 15km was **Alejandro Stephens**, whose **1:22:50** saw him beat his 5km and 10km PBs en route – a huge improvement in his first walking season. **Madeleine Feain** wasn't about to be left out of the PB-fest, taking nearly 3½ off her 15km time for **1:28:36**



*Bec is presented with the Elsie Jacobsen Trophy by Quentin, soon to head back home to NZ and retirement.*

At the other end of the height chart, **Lily Bowkett** showed you don't need a big distance to be a big improver, her 1km time of **9:55** eclipsing her previous best by 2:23! **Mya McClure** and **Jaida Robertson** both had good performances to take out the younger Age group titles.

**VRWC 15km Women c'ship /Elsie Jacobsen Trophy**

1	Rebecca Henderson	1:09:50	PB 9:02
2	Sarah Brennan	1:27:21	
3	Madeleine Feain	1:28:36	PB 3:21
4	Marnie Grace	1:46:15	

**VRWC U20 15km Women c'ship**

1	Char Hay	1:22:08	First one
---	----------	---------	-----------

**VRWC U12 2.5km Girls c'ship**

1	Mya McClure	14:00	First one
---	-------------	-------	-----------

**VRWC U10 1.5km Girls c'ship**

1	Jaida Robertson	9:26	PB 0:07
2	Zoe Bowkett	9:46	
3	Lily Bowkett	9:55	PB 2:23
4	Pippa Read	9:58	First one
5	Anouk Morgan	12:04	First one

**VRWC U20 15km Men c'ship**

1	Geromi Tucker	1:23:31	First one
---	---------------	---------	-----------

**VRWC Open 15km non-c'ship**

1	Quentin Rew (NZ)	1:01:56	PB 1:27*
2	Alejandro Stephens	1:22:50	First one
3	Gerard Feain	1:41:59	
4	Karyn O'Neill	1:51:11	
	-- Terry O'Neill	Ab	

**VRWC Open 5km non-c'ship**

1	Donna-Marie Elms	32:48
---	------------------	-------

**VRWC Open 3km non-c'ship**

--	Ralph Bennett	DQ
----	---------------	----

\* PB in Australia

\*\* This week's action models (Schools): *Emily, Eden, Eva, Matilda, Marcus, Ela, Ariana, Scott, Havana, Beau, Jade, Daniel, Miatta*

Thanks, as always, to **Terry Swan** for the great photography.

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.

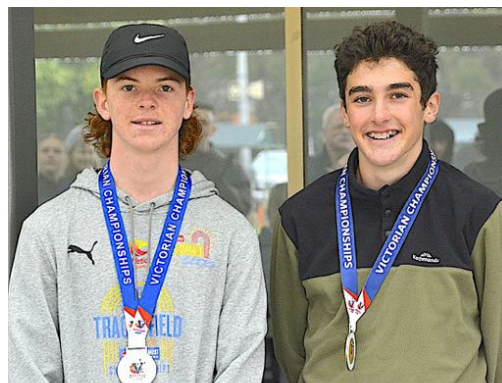
- Officials:** Mark Donahoo, Ian Laurie, Darlene Swan, Terry Swan, Donna Dickson, Simon Baker  
**Judges:** Kathleen Marsh (Chief), David Cash, Peter Price, Gordan Loughnan, Brenda Felton, Shane Dickson  
**Set up & Pack up:** Gerard Feain, Donna Marie Elms, Terry Swan, Ian Laurie, Madeleine Feain and partner, Donna Dickson, Shane Dickson, Tim Erickson  
**Feed station:** Emily Swan  
**Referee:** Terry Swan  
**Walkers:** 41

**\*PLEASE NOTE:** Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.

**\*\*Happy bling racks at Middle Park**

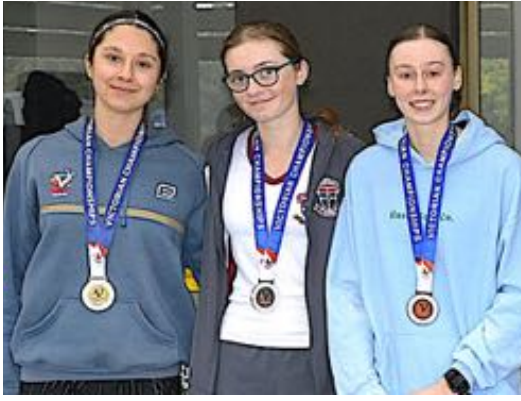


**AV 15km:** *Michael, Kyle, Declan, Rhydian*



**Schools U20 10km:** *Riley and Marcus*





**Schools U18 5km:** Ariana, Emily, Jade



**Schools U18 5km:** Eden and Scott



**Schools U14 & U16 3km:** Eva, Daniel, Havana, Mieta, Ela



**AV & VRWC 15km:** Char, Jemima, Bec, Sarah, Madeleine




**VRWC 1.5k & 2.5k:** Jaida, Mya, Zoe, Lily



**Runners World Summer award:** Kyle, Neil Ryan, Kerrie Peart (for Alanna)

**Victorian Race Walking Club**



**Saturday \*9 July - after the '2km Intervals race'  
4.00pm (heads down by 4.30pm) to 6.30pm**

at the Middle Park Bowling Club

(\*NOTE: Date brought forward from advertised date in fixture)

\$15 per head, \$30 per family. BYO snacks and nibbles.  
Drinks available at the Bowling Club bar. Tea and coffee provided.

**\*\* Maximum numbers: 40** (owing to COVID restrictions, unless otherwise advised)


Make up tables of 6-8 for some after-race entertainment including:  
**Quiz questions \* Games \* Music \* Prizes \* Take-no-prisoners competitiveness \* Socialising**

**\*\* Come and support our Club and our sport in this annual fundraiser.  
Friends and quiz trivias welcome!**

**\*\* Pre-booking deadline is Wednesday 6 July.** We need final numbers by this day.  
Tickets can be pre-booked:

- at the check-in table on race days from Saturday 18<sup>th</sup> June, or
- by contacting Stu Cooper at [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au) to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank - BSB: 063-143 Acc: 008 00455 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

**Have some fun wracking your brain... in good company!**



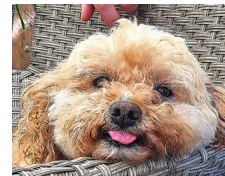
## **VALE DIEGO ATTARD**



It's sad to have to report that **Diego** - coach **Fran Attard's** beloved companion of 13 years and regular visitor to Middle Park – has departed this life after a period of failing health.

Making the decision to help him go when the time came was hard and something with which any of us who've loved a pet through its life is familiar. Most of us at the VRWC knew Diego as a friendly, eminently palatable lad who enjoyed attention and was devoted to Fran. He'll be missed at the Club.

*Adios, Diego.*



\*\*\*\*\*



# AROUND THE COUNTRY

## QUEENSLAND QRWC club races, Sunday 26 June – Yeronga

According to **Robyn Wales**, it was a glorious winter's day at Yeronga – once the sun came out!

### **A Grade 10kms**

#### **Men:**

1. Ignacio Jiminez 51.31 2. Sam McCure 53.01, 3. Argenis Guevara 1:01.58, 4. Peter Bennett 1:10.31

#### **Women:**

1. Torryn Fisher 1:02.33 2. Jennifer Stuckey 1:09.03 4. Jasmine-Rose zMcRoberts 1:13.02 4. Korey Brady 1:15.04  
5. Joy Dale 1:19.01 6. Noela McKonven 1:32.12

### **B grade 5kms**

#### **Men:**

1. Bailey Housden 27.28 2. Kao Dale 29.04 3. Patrick Sela 43.46

#### **Women:**

1. Lyla Williams 27.46 2. Natasha Flahey 30.11, 3. Lily Housden 35.20

### **C grade 3kms**

#### **Men:**



1. Roel Wheeley 16.37

**Women:**

1. Katie Bray 18.53 2. Siaan Fisher 19.06

**D grade 2kms**

**Men:**

1. Lachlan Moore 11.01 3. Hunter Sibenaler 14.29

**Women:**

1. Makenna Clarke 11.09 2. Maya Barron 11.58 3. Kiara Waterman 12.57 4. Pippa Anderson 13.03  
5. Freya Williams 13.21 6. Tully Fisher 16.40

**ZF grade 1km**

**Women:** Amelia Chisholm 7.21 2. Dakota Vicary 7.59

**SOUTH AUSTRALIA SARWC Mountain championships, 25 June - Belair National Park**

**Kim Mottrom** reports on an event that has been a feature of SA winter walking for as long as I can remember (formerly it was the King Of The Mountains, now known by its more inclusive name. I recall the late Peter Fullager's complete dominance of the event in his heyday, when Mount Barker was the venue.)

A 5.1km climb with a vertical elevation of 215m ... two laps for 10.2km (a rapid car ride back down, then straight back up again ... a challenge for walkers of any calibre! The single climb alone would apply the blowtorch to any misconceptions of one's condition.)

↑ 215 m · ↓ 0 m



**Open Men 10.2km**

Kim Mottrom 0:54:55

**Open Women 10.2km**

Sam Findlay 1:05:17 PB

**Over 35 Men 10.2km**

Greg Metha 1:13:52

**U18 Men 5.1km**

Sebastian Richards 0:29:56 PB

Cooper Rech 0:35:27 PB

**U18 Women 5.1km**

Daisy Braithwaite 0:42:29 PB

**U16 Girls 3.5km**

Angelina Legrand 0:21:25 PB

Katie De Ruvo 0:25:23 PB

**U14 Girls 2.1km**

Liliana Templer 0:15:33 PB

**U14 Boys 2.1km**

Orlando Grantham 0:13:39

Maverick Grantham 0:22:17

**Non-Championships 5.1km**

Liz Downs 0:45:13 PB

Stephen Downs 0:45:20 PB

Di Camilleri 0:45:50



## SOUTH AUSTRALIA SAMA results, 24 June - Oaklands Park

Graham Harrison reports that cool, overcast conditions prevailed for the latest SAMA results:

### 8K WALK

Name	Result	AgeGp	AgeGrade%
GEORGE WHITE	0:53:43	M75	78.72
MARIE MAXTED	0:55:54	W60	72.56
GIL MCINTOSH	0:57:55	M70	68.15

### 8K CLUBWALK

BRIAN WITTY	1:00:46	M70	64.96
GRAHAM HARRISON	1:07:15	M75	63.66
MARGARET MCINTOSH	1:07:18	W65	65.19
DAVID ROBERTSON	1:19:10	M85	62.4

### 4K WALK

HELEN SURIDGE	0:31:30	W70	69.19
ROS LOWE	0:35:41	W70	63.44

### 4K CLUBWALK

LIZ NEUBAUER	0:32:23	W70	67.3
KRISTINE FREEMAN	0:33:39	W60	58.57

### 2K CLUBWALK

CATHIE HORE	0:18:02	W70	59.99
-------------	---------	-----	-------

## TASMANIA Athletics Tasmania Short course & All Schools c'ships, 25 June – Tunbridge

School championship action was also to the fore in Tassie on Saturday. **David Moore** reports:

Chill cross winds greeted our Walkers for our Championships at Tunbridge today, but luckily the forecast rain stayed away.

Our younger Walkers in the U/11 to U/14 age group deserve praise for their efforts today. Many of them are only halfway through their first year of Winter Road Walks and their determination to walk with good technique shone through. The Walk Judges were impressed with their efforts in this regard.

The U/11 Girls 1.5km pitted training partners **Adele Woodward** and **Isla Direen** against each other with Adele taking the honours, while **Dylan Broad** took out the Under 11 Boys 1.5Km

**Cacia Charles** in the U12 Girls 1.5km provided a quality time for her Gold and **Lucas Carr** also picked up Gold for his effort in winning the U/12 Boys 1.5km

**Macy Devine** in the U14 Girls 2km nearly undid her winning lead by turning at the wrong point, but after retracing her steps finished strongly to hold out **Lily Carr**, followed home by **Eva Parker**, who probably had the best race-walking style of those competing today.

In the U/16 Women's 3km **Lani Broad** took home the Gold while **Sam Lindsay** took out the the Men's U/16 3km after just having finished the U/18 5km.



*Schools action in Tasmania*

In our older age group events, **Will Bottle** wisely chose to the U/20 5km instead of the Senior 10km, having just recovered from COVID, but still managed a solid effort. His Newstead AC teammate **Sam Lindsay** in the U/18 event held some energy in reserve for a quick turnaround to compete again over 3km.

**Oliver Morgan** who had been enjoying the warmth of Mackay barely a week ago fronted up to the chilly winds coming from cold reaches of the Western Tiers for the Open 10km. Oliver found it tough going, but good experience, and will surely add many more Senior medals to his trophy cupboard in the near future.



*Rugged up, smiling ... and shining!* (Photos: Tasmanian Race Walking Club)

The final race of the day was the Men's O/40 5km. Accolades are due to **Eugene Gerlach** in winning his 9<sup>th</sup> O/40 5km Championship. In this year's race he was initially challenged by **Wayne Fletcher** in the early stages of the race but worked hard to win by a comfortable margin. The battle for the minor medals was a different story with Northern Suburbs teammates Wayne Fletcher and **Ron Foster** locked in step with each other until the last kilometre with Ron holding sway to take home the Silver, and Wayne the Bronze.

### Championship Results

#### U/11 1.5km Girls

1. Adele Woodward	H'ville Primary	11.14
2. Isla Direen	St James Coll.	12.01

#### U/11 1.5km Boys

1. Dylan Broad	Sum'dale Primary	14.01
----------------	------------------	-------

#### U/12 1.5km Girls

1. Cacia Charles	East L'ton Primary	9.31
------------------	--------------------	------

#### U/12 1.5km Boys

1. Lucas Carr	Southern Christian	12.02
---------------	--------------------	-------

#### U/14 2km Girls

1. Macy Devine	Corpus Christi	12.11
2. Lily Carr	Southern Christian	12.49
3. Eva Parker	Forth Primary	13.23

#### U/16 3km Women

1. Lani Broad	Prospect High	21.49
---------------	---------------	-------

#### U/16 3km Men

1. Sam Lindsay	St Pat's Coll.	15.51
----------------	----------------	-------

#### U/18 5km Men

1. Sam Lindsay	St Pat's Coll.	25.27
----------------	----------------	-------

#### U/20 5km Men

1. Will Bottle	Newstead AC	23.57
----------------	-------------	-------

#### Open 10km Men

1. Oliver Morgan	OVA	60.23
------------------	-----	-------



**Over 40 5km Men**

1. Eugene Gerlach	TMA (M62)	38.09
2. Ron Foster	NS (M71)	41.11
3. Wayne Fletcher	NS (M75)	41.40
4. David Moore	TMA (M64)	48.48

## WESTERN AUSTRALIA WARWC results, Sunday 26 June - Shelley

Conditions were cool and windy, but sunny, for the WARWC's handicap races on Sunday. Results courtesy **Terry Jones**:

**14K Handicap**

Andrew Duncan	DNF
---------------	-----

**10K Handicap**

Xavier Bernard	55.33
Karyn Tolardo	65.37
Marcela Ruiz	84.55

**5K Handicap**

Kaytee Bogaers	30.36
John McDonagh	37.29
Glenys Duncan	48.32
Steve Travell	51.28

**2K Handicap**

Dylan Sardelich	11.09
Hannah Ireland	11.27
Hunter Sardelich	17.26
Lachlan Nichols	13.03
Sophia Nichols	17.11



## INTERNATIONAL NEWS

### \* COMMONWEALTH 10,000m WALK RANKINGS – from 1 August, 2021

*compiled by Mark Wall*

**WOMEN - Commonwealth Ranking list from August 1st 2021 (48:00 Cut off)**

42:39.2h	Jemima MONTAG	15-Feb-98	AUS	22-Jan-22
44:27.8	Katie HAYWARD	23-Jul-00	AUS	30-Mar-22
44:40.1	Rebecca HENDERSON	04-Jul-01	AUS	30-Mar-22
44:56.0	Heather LEWIS	25-Oct-93	WAL	30-Apr-22
45:20.0	Bhawna JAT	01-Mar-96	IND	16-May-22
45:21.7	Bethan DAVIES	07-Nov-90	WAL	15-Aug-21
45:24.1h	Olivia SANDERY	22-Jan-03	AUS	15-Jan-22
45:36.1h	Clara SMITH	09-Mar-98	AUS	22-Jan-22
45:47.0	Priyanka GOSWAMI	10-Mar-96	IND	16-May-22
46:41.0	Kelly RUDDICK	19-Apr-73	AUS	30-Mar-22

**MEN - Commonwealth Ranking list from August 1st 2021 (43:00 Cut off)**

39:01.3h	Declan TINGAY	06-Feb-99	AUS	22-Jan-22
39:22.0h	Kyle SWAN	28-Mar-99	AUS	22-Jan-22
39:44.0	Sandeep KUMAR	01-May-86	IND	16-May-22
39:55.7	Callum WILKINSON	14-Mar-97	ENG	26-Jun-22
40:12.0	Wayne SNYMAN	08-Mar-85	RSA	02-Apr-22
40:28.1h	Rhydian COWLEY	04-Jan-91	AUS	22-Jan-22
40:35.2h	Quentin REW	16-Jul-84	NZL	15-Jan-22
40:39.0	Evan DUNFEE	28-Sep-90	CAN	14-Jun-22
40:45.4	Tom BOSWORTH	17-Jan-90	ENG	08-Jun-22
40:53.0	Amit KHATRI	25-Dec-03	IND	16-May-22
41:00.3h	Will THOMPSON	18-Nov-02	AUS	22-Jan-22
41:30.8h	Mitchell BAKER	06-Jul-01	AUS	22-Jan-22

41:39.0h	Tyler JONES	08-Apr-98	AUS	22-Jan-22
42:26.2h	Carl GIBBONS	19-Jun-96	AUS	15-Jan-22
42:49.5	Servin SEBASTIAN	26-Dec-99	IND	14-May-22
42:50.0	Cameron CORBISHLEY	31-Mar-97	ENG	19-Mar-22
42:57.3h	Samuel K. GATHIMBA	26-Oct-87	KEN	18-Jun-21
42:58.6h	Tim FRASER	22-Feb-00	AUS	22-Jan-22

## UNITED KINGDOM: Muller UK Athletics Championships, 26 June - Manchester

**Mark Wall** reports that conditions were quite blustery on a day on which attendance was low, possibly due in part to the rail strikes affecting travel in the UK at present. Whatever the cause, the outcome – in the Men’s race in particular – must be disheartening to British race walking officials and fans. Let’s hope Birmingham proves to be an igniter of new interest in the sport in Britain at grass roots level – where it always has to start.

### Women’s 5000m Walk - Final

1 Bethan Davies	Cardiff Athletics	22:30.59
2 Gracie Griffiths	Pembrokeshire H	25:18.40 PB
3 Abigail Jennings	Aldershot F’ham	25:26.23
4 Abby Hughes	Taunton AC	25:53.62
5 Mia Dunwell	Northern AC IOM	27:10.35
6 Katie Stringer	Medway&Maidst.	28:11.31
7 Jacqueline Benson	Ashford AC	28:26.36
8 Beatrice Fury	Medway&Maidst.	28:33.72
-- Emily Ghose	Tonbridge AC	DNF
-- Hannah Hopper	Cambridge H	DNF
-- Heather Lewis	Pembrokeshire H	DQ

### Men’s 5000m Walk - Final

1 Thomas Bosworth	Tonbridge AC	19:51.21
2 Christopher Snook	Aldershot F’ham	21:20.14
3 Luc Legon	Bexley AC	22:33.18 SB
4 Matthew Crane	Bexley AC	23:15.32



*Manchester action: Abigail Jennings, Tom Bosworth, Bethan Davies, Chris Snook, Gracie Griffiths and Luc Legon  
(Photos: Mark Easton)*

## IRELAND: Athletics Ireland 150<sup>th</sup> National T&F c’ships, 26 June – Morton Stadium, Dublin

Is there anywhere on this planet Sweden’s **Percy Karlstrom** hasn’t raced and won in recent years – regardless of pandemics? It was the Emerald Isle’s turn on this occasion to feel the sword of the Viking (did he wear his horns on the last lap?) and set a new national All-comers record. **Callum Wilkinson** made the most of the opportunity for a fast one with Eugene and Birmingham around the corner.

Results courtesy **Mark Wall**:

### Men 10,000m Walk

*NR / CR: 38:27.57 - Robert Heffernan (2008); NL 43:46 - Brendan Boyce*

1 Perseus KARLSTROM	Togher A.C.	37:57.02	
2 Callum WILKINSON	Togher A.C.	39:55.69	
3 David KENNY	Farranfore Maine Valley A.C	42:22.01	
4 Oisín LANE	Mullingar Harriers A.C.	43:50.55	
5 Joe MOONEY	Adamstown A.C.	44:55.85	
6 Jerome CAPRICE	Dundrum South Dublin A.C.	45:55.67	
7 Matthew GLENNON	Mullingar Harriers A.C.	47:26.88	PZ



8 Jake O'BRIEN Moy Valley A.C. 47:59.92

**Women 5000m Walk**

NR / CR: 20.02.60 - Gillian O'Sullivan (2002)

1	Kate VEALE	West Waterford A.C.	23:31.12
2	Siobhan DOHERTY	Tir Chonaill A.C.	27:51.32
3	Ruth MONAGHAN	Sligo A.C.	28:10.97
4	Ciara MOONEY	Adamstown A.C.	28:35.50
5	Ciara WILSON BOWEN	Dundrum South Dublin A.C.	28:41.99

\*\*\*\*\*

## **Marion Fawkes – outstanding services to and performances in race walking recognised**

*by Peter Fawkes*

From Peter Fawkes (husband of 1979 World Walking Cup champion **Marion Fawkes**) comes this item, published last week by Tony Taylor in the *Lancashire Walking Club* newsletter:

You may well know that Marion is currently President of Yorkshire Walking Club as well as being a life member of that Club and North Shields Poly. Marion's name was put forward by the Department for Digital, Culture Media & Sport (for outstanding services and performances to women's race walking) to attend a Queens' Garden Party event just before Covid hit and of course, it was cancelled.

We thought that was the end of it but in May, she received another invite and we attended a Garden Party on 25<sup>th</sup> May 2022. It's taken over 40 years to be recognised but good all the same.



From left, clockwise: Marion Fawkes winning the European Economic Community championship; the Golden ticket; Marion and Peter at the ... Chocolate factory??

For the record, the then-VAWC's great interest in Marion's race at the 1979 World Walking Cup at Eschborn, West Germany, was the performances of the Aussie women, who were competing internationally for the first time. Their team of 4 comprised three VAWC members - Sue Orr-Cook, Sally Pierson and Lorraine Young-Jachno, with Queensland's Karen Iselin rounding out the squad. The Aussies acquitted themselves well for a team 4<sup>th</sup> place, with Sue missing the podium by a mere 17secs.

This competition – male and female – proved a turning point in Australia's international race walking representation opportunities, marking the first meeting in which we identified as a player outside of the Commonwealth. It was also the beginning of reasonable funding for our walkers to be able to compete overseas. Had it been only three years earlier that

Willi Sawall, Tim Erickson and Robin Whyte had had to scrape together whatever of their own funds they could to find to get themselves to Sweden for the IAAF 50km championship?

1	Marion Fawkes	Great Britain (GBR)	22:51
2	Carol Tyson	Great Britain (GBR)	22:59
3	Thorill Gylder	Norway (NOR)	23:08
4	Elisabet Olsson	Sweden (SWE)	23:10
<b>5</b>	<b>Susan Orr-Cook</b>	<b>Australia (AUS)</b>	<b>23:25</b>
6	Irene Bateman	Great Britain (GBR)	23:25
7	Britt-Marie Carlsson	Sweden (SWE)	23:30
8	Margareta Simu	Sweden (SWE)	23:48
9	Mia Kjølberg	Norway (NOR)	23:50
10	Susan Liers-Westerfield	United States (USA)	24:02
<b>11</b>	<b>Sally Pierson</b>	<b>Australia (AUS)</b>	<b>24:08</b>
12	Frøydis Hilsen	Norway (NOR)	24:14
13	Elaine Cox	Great Britain (GBR)	24:18
14	Gerd Gylder	Norway (NOR)	24:22
<b>15</b>	<b>Lorraine Young-Jachno</b>	<b>Australia (AUS)</b>	<b>24:35</b>
16	Jeanine Piroux/Vignat	France (FRA)	24:36
17	Ann Jansson	Sweden (SWE)	24:45
18	Giuliana Salce	Italy (ITA)	24:46
19	Chris Sakelarios	United States (USA)	24:50
20	Ingrid Adam	West Germany (FRG)	24:56
21	Regine Broders	West Germany (FRG)	24:57
22	Sue Brodock	United States (USA)	25:00
23	Paula Kash	United States (USA)	25:08
<b>24</b>	<b>Karen Iselin</b>	<b>Australia (AUS)</b>	<b>25:21</b>
25	Monika Glöckler	West Germany (FRG)	25:24
26	Kristina Schenk	West Germany (FRG)	25:42
27	Viviane Guilmain	France (FRA)	25:49
28	Suzanne Griesbach	France (FRA)	25:57
29	Margot Vetterli	Switzerland (SUI)	26:09
30	Sonia Ripanti	Italy (ITA)	26:27
31	Claudine Gerald/Richard	France (FRA)	26:31
32	Charlotte Hansen	Denmark (DEN)	26:32
33	Edith Sappl	Switzerland (SUI)	26:50
34	Tina Thomsen	Denmark (DEN)	26:52
35	Valeria Carpanese	Italy (ITA)	27:17
36	Jeanette Hansen	Denmark (DEN)	27:25
37	Paula Gobbi	Italy (ITA)	27:47
38	Ulla Kristiansen	Denmark (DEN)	28:07
39	Christiane Udriot	Switzerland (SUI)	28:58
40	Nicol Caloz	Switzerland (SUI)	30:37

## 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.

- 28/06/2022 - Caen (FRA): Gabriel Bordier and Clémence Beretta win at the French national championships with the new French record [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4414](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4414)
- 27/06/2022 - Bursa (TUR): U23 Bursa (TUR): U23 Championships and TAF Cup [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4413](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4413)
- 27/06/2022 - Dublin (IRL): Perseus Karlstrom's victory in the 10,000m track walk with the 5th world performance "all times" (37:57.02) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4411](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4411)
- 26/06/2022 - Leiria (POR): Ana Cabecinha and Joao Vieira still champions of Portugal [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4410](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4410)
- 26/06/2022 - Manchester (GBR): Tom Bosworth e Bethan Davies campioni UK Athletics 2022 [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4412](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4412)
- 25/06/2022 - Nerja (ESP): Manuel Bermudez wins the Spanish Championship with Spain's 10th all-time performance [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4409](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4409)
- 25/06/2022 - Budapest (HUN): Barbara Olah and Mate Helebrand are the new champions of Hungary 2022 [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4408](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4408)



- 24/06/2022 - Nerja (ESP): Laura Garcia-Caro wins the Spanish Championship with the second world performance of the year [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4406](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4406)
- 24/06/2022 - Rieti (ITA): Francesco Fortunato and Valentina Trapletti are the 2022 Italian Champions [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4407](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4407)
- 21/06/2022 - Volos (GRE): The U18 National Championships of Greece [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4404](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4404)
- 20/06/2022 - Székesfehérvár (HUN): the 38th edition of the Honved Cup in Athletics [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4403](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4403)

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.

- Tuesday, June 28, 2022 - Gabriel Bordier dominant in the 10,000 m (38:18.55) of the French Athletics Championships 2022 <http://omarchador.blogspot.com/2022/06/gabriel-bordier-dominador-nos-10000-m.html>
- Tuesday, June 28, 2022 - Clémence Beretta breaks French record of 10,000 m at the Athletics Championships in Caen <http://omarchador.blogspot.com/2022/06/clemence-beretta-bate-recorde-de-franca.html>
- Tuesday, June 28, 2022 - Elianay Pereira Barbosa and Max Batista dos Santos win gold in the 35,000m Trophy Brazil March <http://omarchador.blogspot.com/2022/06/elianay-pereira-barbosa-e-max-batista.html>
- Monday, June 27, 2022 - Manuel Bermúdez wins the 10,000 meters march of the Spanish Championships <http://omarchador.blogspot.com/2022/06/manuel-bermudez-ganha-os-10000-metros.html>
- Monday, June 27, 2022 - Laura García-Caro won the Spanish title in the 10,000 meters march <http://omarchador.blogspot.com/2022/06/laura-garcia-caro-conquistou-o-titulo.html>
- Sunday, June 26, 2022 - João Vieira and Ana Cabecinha become Portuguese track champions (2022) <http://omarchador.blogspot.com/2022/06/joao-vieira-e-ana-cabecinha-sagram-se.html>
- Sunday, June 26, 2022 - EU America: Under-20 National Championships, Eugene, OR (results) <http://omarchador.blogspot.com/2022/06/eu-america-campeonatos-nacionais-sub-20.html>

Notable in this US championship race was the presence of Ukraine's **Valeriya Sholomitska**. It will be remembered that Sholomitska finished 4<sup>th</sup> in Muscat back in March, one place ahead of Olivia Sandery (AUS), after an emotional starting line tribute of solidarity from her fellow competitors and from Sebastian Coe. On this result it appears she has held her form well while she trains for Cali, in effective exile from her homeland.

To put this in perspective, see this race preview from **Erik Boal**, published in the *Runner Space* blog:

“Before she steps on the starting line Friday for the 10,000-meter racewalk at the USATF U20 Championships, **Valeriya Sholomitska** understands the magnitude of what it means for a Ukrainian athlete to be racing anywhere in the world right now.

For the first time in American history, two athletes from outside the country will be allowed to compete in an outdoor national championship meet, when Sholomitska and (1500m runner) Yuliya Petryk participate as invited guests of USATF in search of qualifying marks to race again Aug. 1-6 at the World Under-20 Championships in Cali, Colombia.

The last time competitors of any age from outside the U.S. were given permission to compete at a national championship event was at an indoor final in the early 1990s.

But an exception was granted for both athletes as a result of a necessity to have opportunities to qualify for the World Under-20 Championships, since neither individual has competed anywhere in more than three months after being forced to flee the country at the outset of the war with Russia.

Sholomitska, 17, hasn't raced since March, competing for Ukraine at the World Racewalking Team Championships in Oman.

She boasts a 10-kilometer road personal-best effort of 46:09 and a 10,000-meter track mark of 46:20.91, both achieved last year, requiring her to produce a mark in Friday's final of 50:40 or faster in order to represent Ukraine in Colombia.

Sholomitska and Petryk have been traveling with coach and guardian **Olena Borysiuk**, 31, since March, visiting Oman, Turkey and Italy, before returning to Ukraine for six days, only to travel again to Turkey and then eventually arrive June 12 in the United States.

Borysiuk and her athletes have been living in Colorado Springs with American racewalk professionals **Dave Talcott** and **Erin Taylor-Talcott**, before visiting Eugene this week and staying with local residents **Maureen Pollock** and **Goetz Klopfer**.



*Valeriya (left) and her compatriots in Eugene (Photo: runnerspace.com)*

For the US it was also a positive day, with three U20 women breaking 50mins in the same race, for the first time ever.

- Saturday, June 25, 2022 - Francesco Fortunato and Valentina Trapletti win Italian titles 2022  
<http://omarchador.blogspot.com/2022/06/francesco-fortunato-e-valentina.html>
- Friday, June 24, 2022 - Bence Venyercsán and Barbara Oláh win 2022 Honvéd Cup  
<http://omarchador.blogspot.com/2022/06/bence-venyercsan-e-barbara-olah-vencem.html>
- Thursday, June 23, 2022 - Evan Dunfee and Joean Lu won Canadian titles in the 20 km march  
<http://omarchador.blogspot.com/2022/06/evan-dunfee-e-joean-lu-conquistaram.html>
- Thursday, June 23, 2022 - Caio Bonfim and Viviane Lyra win the first places in the Brazil 2022 Trophy  
<http://omarchador.blogspot.com/2022/06/caio-bonfim-e-viviane-lyra-conquistam.html>
- Thursday, June 23, 2022 - Spanish Masters Athletics Championship - Arona 2022 (results)  
<http://omarchador.blogspot.com/2022/06/campeonato-de-espanha-de-atletismo.html>
- Thursday, June 23, 2022 - Under-18 Greek Championships held in Volos (results)  
<http://omarchador.blogspot.com/2022/06/campeonatos-da-grecia-de-sub-18.html>
- Wednesday, June 22, 2022 - World Down Syndrome c'ships- Nymburk (CZE) 2022 - 1,500 m march (results)  
<http://omarchador.blogspot.com/2022/06/camp-mundo-sdown-nymburk-2022-1500-m.html>
- Wednesday, June 22, 2022 - Spanish Under-18 Championships in Jerez de La Frontera (results)  
<http://omarchador.blogspot.com/2022/06/campeonatos-de-espanha-sub-18-em-jerez.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 16 Jul 2022	<b>RWA Postal Challenge</b> – all states
Sun 31 Jul 2022	<b>AV 30km C'ship &amp; VRWC Ray Smith &amp; Mabel Robinson C'ships</b> – Middle Park
Sun 7 Aug 2022	<b>AMA 20km Championships</b> - Adelaide
Sun 21 Aug 2022	<b>AV, VRWC &amp; VMA 20km Championships</b> – Middle Park
Sun 11 Sep 2022	<b>AA &amp; RWA Road walking c'ships; VRWC Centenary celebration</b> – Middle Park

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

### **International Dates**



Jun 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

\*\*\*\*\*

*(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](mailto:stuwalks@yahoo.com.au)