



# HEEL & TOE Online

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

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## 1921 VAWC-VRWC CENTENARY 2021



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### \*AUSSIE WALKERS SET TO GO IN EUGENE



*Kyle, Bec, Rhydian, Jemima, Carl, Kelly and Declan ... Australia's best take on the world's.*

The Aussie race walking campaign at this year's **World Athletics T&F championships** gets underway in Eugene, Oregon, this coming Friday (Saturday morning, Melbourne time) – featuring our seven top walkers, including five VRWC members. A source of pride indeed!

The **20 kilometre** races open proceedings, with **Jemima Montag** and **Bec Henderson** carrying the colours in the Women's section. **Declan Tingay (WA)**, **Kyle Swan** and **Rhydian Cowley** will be in action two hours later.

We then have a week's wait for the 35km events. **Kelly Ruddick** will join the legendary Jesus Angel Garcia (now retired) as the oldest athlete to have competed in a World Athletics/IAAF Championships, both at age 49. Two days later, **Rhydian** will be back after the 20 to line up with **Carl Gibbons (NSW)** for the Men's 35km.

Regardless of outcome, to have made it to Eugene at all after the two years we've just had speaks volumes for the dedication and perseverance of these seven athletes, the finest exponents of race walking in the country right now. We wish them all good fortune and optimum results as they tackle the world's best in the city widely regarded as the USA's 'home of athletics'.

Live stream coverage can be found on YouTube at <https://www.youtube.com/watch?v=bMM0C4dJzvQ>  
Start times are listed below:

<u>DATE</u>	<u>EVENT</u>	<u>Eugene time</u>	<u>Melbourne EST (+17hrs)</u>
<b>Day 1 – Friday 15 July</b>	<b>Women 20km</b> ( <i>Bec, Jemima</i> )	13:10	<b>06:10</b> (Sat 16)
	<b>Men 20km</b> ( <i>Kyle, Declan, Rhydian</i> )	15:10	<b>08:10</b> (Sat 16)
<b>Day 8 – Friday 22 July</b>	<b>Women 35km</b> ( <i>Kelly</i> )	06:15	<b>23:15</b>
<b>Day 10 – Sunday 24 July</b>	<b>Men 35km</b> ( <i>Carl, Rhydian</i> )	06:15	<b>23:15</b>

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

It may seem odd to select someone as WOTW *before* they've competed – especially if their race is over a week away. In **Kelly Ruddick's** case, however, the selection is justified. Whatever her result in the World Athletics 35km championship on Friday week, Kelly has already made the wider athletics world sit up and take notice of her.

Kelly, 49, has been amazing and inspiring the Australian race walking world ever since appearing on the scene at Middle Park in June 2005, then already a mother of three. Her journey from that first VRWC race to Eugene has seen her plough a furrow that has harvested five World Masters records, international representation, a cartload of Victorian and national titles and records and, now, selection for a World Championship 35km title at an age only one other athlete (walking legend Jesus Angel Garcia of Spain) has equalled. It has also led her through a range of injuries, illnesses and other setbacks that top endurance athletes can be prey to, older ones especially. But it hasn't led her anywhere near either despair or surrender.

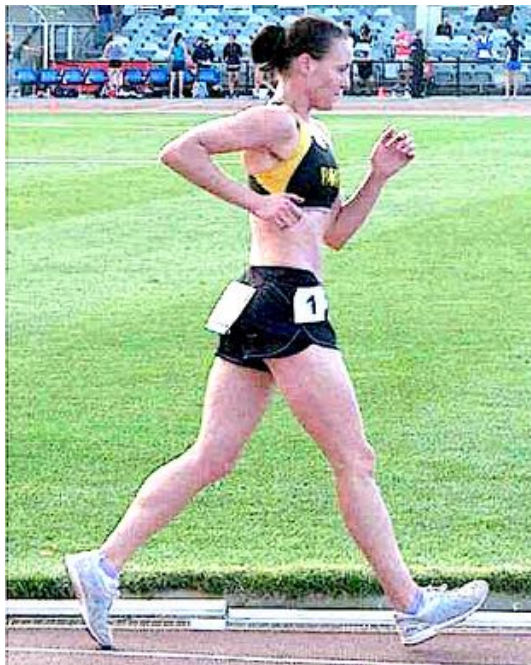
Certainly, Kelly's story has captured the attention of the international sporting media now focussed on Eugene. For example, *BBC Sport* has published a short piece on her

(<https://www.bbc.com/sport/athletics/62098216>) that has been re-posted on numerous sports blogs and pages. If the cards fall Kelly's way and she achieves an impressive result on Friday week, interest in her – and, hopefully, in Masters sport generally – will receive a big boost. And if they don't – so what? Nobody at the VRWC or in her home town, Ballarat, needs her to achieve any more. She's done it all ... and she's provided countless walkers of all ages with the incentive to be better, to keep improving. We all want Kelly to have success in Eugene – for us, but especially for herself.

Well done, Kelly. We hope fortune smiles on you and you have the race of your life!



(Photo: BBC Sport FB)



*Kelly leads in an AV championship, displaying a technique as near perfect as you'll see anywhere.*

### \*Honourable mention

- **Ignacio Jiminez (QLD, 57yo)** – winner of the QRWC's RWA Challenge 10km in a fast **49:00**
- **Andrew Jamieson (VIC)** – What can we say? How many times is this now that Andy has won three Gold medals at a World Masters championships, this time the **M75 20km** in **2:08:36**?



## CLUB NEWS and RESULTS

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

The **RWA Postal Challenge** is a Racewalking Australia club-versus-club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club



fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor.

Master athletes will not be scored on their time but their age grading, so all Master athletes must submit their age at entry time.

Points earned by clubs will be added to their scores from the recent Lake Burley Griffin carnival in June. These, along with points gained in the forthcoming RWA/AA road walking championships in Melbourne, will decide the club to win this year's Brennen Shield.

2.15pm	10km	VMA championship	Masters Men
	10km	VMA championship	Masters Women
	10km	RWA Challenge	Open Men/Women
	10km	RWA Challenge	Masters Men/Women
	10km	RWA Challenge	U20 Men/Women
	8km	RWA Challenge	U18 Men/Women
2.30pm	5km	RWA Challenge	U16 Men/Women
	5km	Non-c'ship event	Open
	3km	RWA Challenge	U14 Boys/Girls
	2km	RWA Challenge	U12 Boys/Girls
	2km	Non-c'ship event	Open
	1,5km	RWA Challenge	U10 Boys/Girls

Enter by no later than 11.59pm, Wednesday 13 July  
<http://vrwc.org.au/wp1/>

**VRWC Intervals races, Saturday 9 July – Middle Park**



*A big, keen bunch starts the first interval ...*



*A smaller one starts the 5<sup>th</sup>. ("Let's get it over with, guys.")*

Overnight rain cleared in time to provide a cool but sunny afternoon for the annual **2km Intervals races** – a rare chance to ‘train’ hard with fellow race competitors and a useful mid-season test of speed, endurance and pace judgement (usually the hardest skill to master). Also good social fun if you’re in shape to enjoy it!

Nobody really burned too many ‘bikkies’ in the first 2km repetition, although plenty found the later reps tougher. **Jade Chitty** and **Donna-Marie Elms** came home with ‘negative splits’ in the **3X2**, with **Beau McKinnon** and **Mietta Morgan** making a good fist of their first tries at this kind of race.

The **4X2** saw a close tussle between **Eden Morgan** and **Alejandro Stephens** with a genuine last-rep contest seeing them separated by a bare second. (Alejandro had missed the start of the **5X2** and began on the 2<sup>nd</sup> rep with virtually no warm-up.) **Char Hay** and **Emily Smith** both put in fairly evenly-paced efforts.

The **5X2** contest proved the most entertaining in terms of speed and consistency. **Riley Coughlan**, **Kate Siviour** and **Ariana Pashutina** saved their fastest until last. **Geromi Tucker** averaged in the 9:20’s, **Grace Louey** spread her energies effectively over the 10km and **Daniel Pashutin** stuck doggedly to an even pace in his first Intervals race.

### Interval Races

2 x 2km				1st Int.	2nd Int.	TOTAL
1	Marnie	Grace	F40+	0:14:31	0:14:24	28:55

3 x 2km				1st Int.	2nd Int.	3rd Int.	
1	Jade	Chitty	FU18	0:11:23	0:11:26	0:11:15	34:04
2	Mietta	Morgan	FU14	0:11:39	0:12:24	0:12:28	36:31
3	Donna-Marie	Elms	F60+	0:13:59	0:13:36	0:13:02	40:37
1	David	Smyth	M40+	0:11:39	0:12:06	0:12:42	36:27
2	Beau	McKinnon	MU14	0:12:16	0:12:53	0:13:16	38:25
3	Geoff	Barrow	M60+	0:14:52	0:14:58	0:15:34	45:24



4 x 2km				1st Int.	2nd Int.	3rd Int.	4th Int.	
1	Eden	Morgan	MU18	0:09:31	0:09:50	0:09:51	0:10:00	39:12
2	Alejandro	Stephens	MOpen	0:09:56	0:09:30	0:09:53	0:09:59	39:18
1	Char	Hay	FU20	0:10:19	0:10:30	0:10:23	0:10:41	41:53
2	Emily	Smith	FU16	0:11:04	0:11:15	0:11:14	0:11:12	44:45

5 x 2km				1st Int.	2nd Int.	3rd Int.	4th Int.	5th Int.	
1	Kate	Siviour	FOpen	0:10:53	0:10:49	0:10:25	0:10:21	0:10:20	52:48
2	Ariana	Pashutina	FU16	0:11:16	0:11:24	0:11:34	0:11:16	0:11:08	56:38
3	Grace	Louey	FU20	0:11:38	0:11:57	0:11:59	0:11:55	0:11:47	59:16
1	Riley	Coughlan	MU16	0:09:15	0:09:11	0:09:10	0:09:12	0:09:07	45:55
2	Geromi	Tucker	MU20	0:09:13	0:09:09	0:09:14	0:09:36	0:09:38	46:50
3	Daniel	Pashutin	MU14	0:11:22	0:11:12	0:11:17	0:11:26	0:11:43	57:00





Alongside the Intervals races, the option of scratch races over 2km and 4km was offered. The best performance came in the 2km from **Mya McClure**, who improves with each race (**10:38**), as does **Tate Jardine** who walked over 2km for the first time for **15:36**. **Priya Serrao** had her second start with us and enjoying her introduction to the sport.

**2km race**

1	Mya	McClure	FU12	10:38	PB 0:12
2	Amelia	Vernal	FU16	13:15	
3	Priya	Serrao	FOpen	15:46	
1	Tate	Jardine	MU12	15:36	
2	Steven	Haverly	M60+	16:49	

**4km race**

1	Madeleine	Feain	FOpen	22:03	
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**\*\* This week's action models:**

*Steve, Beau, Mietta, Jade, Geromi, Riley, Priya, Tate, Mya, Alejandro, Emily.*

Thanks to **Therese Smith** for the great photography. Therese is piloting the camera in the absence of Terry Swan, who is overseas.

And 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.

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Mark Donahoo
<b>Recorders</b>	Tim Erickson, Ella Pashutin, Ian Laurie, Mark Donahoo
<b>Judges:</b>	David Cash (Chief), Brenda Felton, Peter Price, Diane Lowden, Kathleen Marsh, Terry O'Neill, Stu Cooper, Michael Bodey
<b>Set up &amp; Pack up:</b>	Stu Cooper, David Long, Madeleine Feain, Donna Elms, Terry O'Neill, Tim Erickson
<b>Photos</b>	Therese Smith
<b>Walkers:</b>	28

**\*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.

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**\*\* Keep this date free in your diary –  
 SUNDAY 11 SEPTEMBER  
 for the  
 VRWC Centenary Lunch  
 Details to be posted in the next issue.**



# AROUND THE COUNTRY

## QUEENSLAND QRWC RWA Postal Challenge results , 10 July – Beenleigh

Robyn Wales and Noela McKinven report a strong turnout at Logan River Parklands, Beenleigh, for the Bananalanders' Postal Challenge races. **Iggy Jiminez** and **Katie Hayward** were the standouts, both recording inspirational times for up-and-coming clubmates to emulate, while **Brenda Gannon** posted a sub-30min 5km on the way to her 10km result.

### Open 10km

#### Men:

- (1) Ignacio Jimenez **SB** 49.00
- (2) Peter Bennett **SB** 1.07.49
- (3) Patrick Sela 1.26.24

#### Women:

- (1) Katie Hayward 47.10
- (2) Brenda Gannon 1.02.12
- (3) Joy Dale 1.21.43
- (4) Noela McKinven 1.30.52

### U20 10km

#### Women:

- (1) Jasmine-Rose McRoberts 1.10.01

### U18 8km

#### Men:

- (1) Sam McCure 40.10

#### Women:

- (1) Ashanti Heap 45.10
- (2) Mia Bergh 45.25
- (3) Anika Clarke 47.13
- (4) Torryn Fisher 50.21
- (5) Lily Housden 53.58
- (6) Korey Brady 55.14
- (7) Phoebe Chadwick 1.00.50

### U16 5km

#### Men:

- (1) Bailey Housden **SB** 25.33
- (2) Kai Dale 30.38

### U16 5km Women:

- (1) Lyla Williams **SB** 26.34
- (2) Katie Bray 31.55
- (3) Lily Goulding 32.52
- (4) Taylah Morris 36.56

### U14 3km

#### Women:

- Eq. (1) Destinee Pickvance-Yee, Makenna Clarke **SB** 17.08
- (3) Olivia Boulton 18.33
- (4) Maya Barron **SB** 18.37
- (5) Siaan Fisher 19.33
- (6) Pippa Anderson 21.03

### U12 2km

#### Men:

- (1) Hunter Sibenaler 15.08

### U10 1.5km

#### Women:

- (1) Freya Williams 9.26
- (2) Tully Fisher 11.09
- (3) Dakota Vicary 12.10

### Invitation 5km

#### Women:

- Nyle Sunderland **SB** 32.20

### QMA Short Course Race Walks Championships \*(within Postal Challenge 10km)

#### Men 10km

M55-59	1	Ignacio Jimenez	*49.00
M65-69	1	Peter Bennett	*1.07.49
M80-84	1	Patrick Sela	*1.26.24

#### Women 5km

W45-49	1	Brenda Gannon	*29.56
W50-54	1	Joy Dale	*38.17
W55-59	1	Jennifer Stuckey	33.20
W80-84	1	Noela McKinven	*44.46

## SOUTH AUSTRALIA SARWC Club championships, 9 July - South Parklands, Adelaide

**Kim Mottrom** reports that nice weather (though cold) prevailed for the SARWC Club titles, held after the SA Little Athletics championships at the same venue, so many young walkers doubled up between clubs.

### Open Men 6km

Kim Mottrom	26:11
Alix Harlington	DNF

### Open Women 6km

Sam Findlay	31:24
Rhiannon Lovegrove	34:07

### U16 Girls 2km

Matilda Gourlay	10:52	PB
Katie De Ruvo	11:01	

### U14 Girls 1.5km

Matilda Rech	9:35
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### U12 Boys 1km

<b>Over 35 Women 6km</b>			Orlando Grantham	5:36	
Mel Grantham	36:20	PB	<b>U12 Girls 2km</b>		
Di Camilleri	48:57		Liliana Templer	5:54	
<b>Over 50 Men 6km</b>			Senna Cook	6:14	PB
Peter Crump	37:16		<b>U10 Boys 1km</b>		
Bill Starr	47:23		Robert Crabb	6:55	
Greg Metha	DQ		Maverick Grantham	8:26	
<b>Over 50 Women 6km</b>			Anthony Crabb	10:03	
Liz Downs	45:54		Martin Crabb	12:38	
<b>U18 Men 4km</b>			<b>Open 2km</b>		
Cooper Rech	24:01		Jasmine Crabb	14:19	PB
<b>U18 Women 4km</b>			<b>Open 1km</b>		
Daisy Braithwaite	22:37	PB	Kristy Templer	8:27	PB
<b>U16 Boys 2km</b>					
Cooper Rech	11:22				
Zayden Kamish	14:34				

## SOUTH AUSTRALIA SAMA handicaps, 2 July - South Parklands, Adelaide

<b>8K CLUBWALK</b>	Name	Result	Age Gp	AgeGrade%
GIL	MCINTOSH	0:58:20	M70	67.66
BRIAN	WITTY	1:01:21	M70	64.34
DAVID	ROBERTSON	1:17:30	M85	63.74
<b>4K CLUBWALK</b>				
CATHIE	HORE	0:36:26	W70	59.82
KRISTINE	FREEMAN	0:33:39	W60	58.57
MARGARET	MCINTOSH	0:32:32	W65	65.4
LIZ	NEUBAUER	0:33:13	W70	65.61
<b>2K CLUBWALK</b>				
NOEL	PARDON	0:19:17	M70	47.65
RAELENE	SCHILD	0:18:32	W55	50.87

## TASMANIA TRWC results, Saturday 9 July – Montrose Bay

Latest TRWC results, courtesy **David Moore** and **Rosemary Coleman**:

Our athletes had to contend with very cold and windy conditions at Montrose Bay today.

A wonderful surprise of the day was the attendance of one of our older race walkers, who in the last 2 years has been running, due to an ongoing chronic leg complaint. We were super excited to see **William Robertson** at our meet this afternoon.

Despite the bleak conditions, 3 of our younger walkers did PB's, **Elsie Woodward** sliced 12 seconds off her best time for 1km, while **Isla Direen** and **Lucas Carr** carved out very big improvements in their 2km times (with **Isla** being 1min.40 than her previous best and **Lucas** being nearly 2 minutes faster than his best over 2km).

<b>1km</b>		
1. Elise Woodward	Huon LA	7.33 (PB)
<b>2km</b>		
1. Lily Carr	Kingston LA	12.54
2. Adele Woodward	OVA	14.52
3. Isla Direen	Huon LA	15.45 (PB)
4. Lucas Carr	Kingston LA	15.53 (PB)
<b>3km</b>		
1. Will Robertson	OVA	15.46
2. Dave Moore	TMA	29.15
<b>5km</b>		
1. Will Bottle	Newstead	24.35
2. Ron Foster	NS	40.25
3. Wayne Fletcher	NS	41.52

## WESTERN AUSTRALIA Combined results, 9 July – Perry Lakes

Walkers of all ages, shapes and sizes were out in force at Perry Lakes Reserve on Saturday, despite the wet conditions. Conducted jointly by **WARWC, Athletics West, WA Little Athletics** and **WA Masters**, a good contingent of officials was on hand to help conduct a full program with a heartening number of competitors taking part.

Thanks, as always, to **Terry Jones** for the results:

<b>Mixed Open 10k (inc. Masters WA c'ship)</b>		<b>Boys 1000 Meter U9</b>	
1 Duncan, Andrew M	53:26.28	1 Nichols, Lachlan	5:27.73
2 Tolardo, Karyn W	1:04:13.39	2 Kay, Wesley	6:13.85
3 Farrow, Wendy W	1:10:09.89	3 Murphy, Joel	6:29.06
4 Mcdonagh, John M	1:12:49.93	4 Follington, Emili	7:24.78
5 Ruiz, Marcela W	1:19:06.43	5 Thompson, Abel	9:36.38
6 Travell, Steven M	1:39:45.45	<b>Girls 2000m U12</b>	
Duncan, Glenys W	DQ	1 Pike, Aleeah	12:09.99
<b>Men 5K Open</b>		2 Burgess, Charlott	13:15.67
1 Ronan, John	23:39.00	3 Doulis, Trinity	14:31.32
<b>Boys 1500 Meter U10</b>		4 Thompson, Sierra	14:51.6
1 Khaira, Nathaniel	9:07.75	<b>Boys 2000 Meter U12</b>	
2 Murphy, Tom	10:14.40	1 Lawrence, Linkin	12:33.55
<b>Girls 1500 U10</b>		2 Bevis, Zachary	15:07.62
1 Donohue, Ella	9:02.35	<b>Girls 2000 Meter U13</b>	
2 Nichols, Sophia	9:27.48	1 Borsic, Katica	11:33.63
3 Bevis, Chloe	11:18.18	2 Ireland, Chelsey	11:59.85
<b>Girls 1500 Meter U11</b>		3 Dabala, Gracie	12:35.86
1 Dalesio, Tory	8:03.64	<b>Boys 2000 U13</b>	
2 Ali, Abeerah	8:11.69	1 Gordon, Harry	11:35.15
3 Carnaby, Savannah	9:53.45	2 Dalesio, Tren	12:19.48
<b>Boys 1500 Meter U11</b>		3 Almstrom, Jackson	12:29.22
1 Sardelich, Dylan	8:00.29	<b>Girls 2000 Meter U14</b>	
2 Follington, Orlan	8:27.45	1 Bogaers, Kaytee	10:51.35
3 Domoney, Liam	8:33.83	2 Bevis, Leila	12:18.15
<b>Women 3k Open</b>		3 Roach, Hayley	14:05.71
1 Borsic, Katica	17:47.57	4 Gray, Sophie	14:53.86
2 van Heerwaarden, Fiona	20:36.33	<b>Girls 2000m U15</b>	
<b>Men 3k Race Open</b>		1 Spence, Ashlyn	10:41.18
1 Munro, Keenan	18:00.15	2 Mortimore, Casey	12:40.4
<b>Girls 1000 Meter U9</b>		3 Dabala, Layla	12:56.78
1 Sillitto, Makenzie	5:52.00	<b>Girls 2000 Meter U16</b>	
2 da Silva, Luana	6:06.92	1 Lawrence, Lataya	10:46.92
3 Dabala, Kai	6:17.61	2 Masson, Lily	12:07.80
4 Wheeler, Willow	6:45.40	<b>Girls 2000 Meter U17</b>	
		1 Mortimore, Brooke	11:00.46
		2 Bogaers, Emily	18:10.64



## INTERNATIONAL NEWS



### World Master Athletics Championships 2022 29 June-10 July – Tampere, Finland

The hot, oppressive conditions of the previous weekend gave way to torrential rain for the final walks of these Championships – the road 20km. It was the proverbial 'lay down misere' for **Andrew Jamieson** in the M75 as he won by nearly 16mins in **2:08:36**.

**Kevin Cassidy** faced tougher opposition in the M60 yet acquitted himself well, finishing 5<sup>th</sup> in **2:05:54**.

After illness had made **Heather Carr's** Tampere campaign one to forget from a walking perspective, she found a reason to smile at last. Recovering sufficiently to have a reasonable go at the W70 2000m steeplechase, Heather came home with bronze in **12:56.36**, making her Scandinavian adventure not entirely fruitless.

(*Merci* to **Emmanuel Tardi** for providing these results).

#### M75 20km Road Race Walk

<b>1 Andrew Jamieson</b>	AUS	<b>2:08:36</b>
2 Norman Frable	USA	2:24:13

#### M60 20km Road Race Walk

1 Uwe Schröter	GER	1:50:40
2 Sergio Ant. G.Brenes	CRC	1:53:02



3 Bernd Ocker Hölters	GER	2:28:16	3 Marc Haumesser	FRA	1:57:24
4 Wolf-Dieter Giese	GER	2:28:56	4 Gabriele Caldarelli	ITA	1:58:08
5 Carlos Francisco Padilla	BOL	2:49:35	<b>5 Kevin Cassidy</b>	<b>AUS</b>	<b>2:05:54</b>
6 Otmar Seul	GER	2:58:19	6 Patrick Bonvarlet	FRA	2:06:08
7 Walter Brandenburg	SWI	3:29:38	7 Reinhard Krüger	GER	2:17:59
			8 Guenter Evertz	GER	2:18:08
			9 Kauko Pekkarinen	FIN	2:19:57
			10 Serge Marvingt	FRA	2:22:38
			--- Kari Partanen	FIN	DQ
			--- Ilkka Vakkuri	FIN	DQ
			--- Adan Men. Montiel	MEX	DQ

Andrew sent through this photo of what the course was like, during what he calls “the 20km walking-on-water!” He remarked that “If you leave no waves, you get DQd for lifting! Makes judging easier!”



This image rang a distant bell for me. A quick search through my own files turned up this piece of testimony as to why the torrents of Tampere held no terrors for Andrew Jamieson!



*Andrew leads Stuart Kollmorgen in the 2008 AV 10km championship. The memory of that day still leaves me hypothermic ...*

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## 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.

- 12/07/2022 Eugene, Oregon 2022: entry lists are published [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4422](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4422)
- 10/07/2022 Miskolc (HUN): The U23 and U20 national track championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4421](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4421)
- 08/07/2022 Rieti (ITA): Emiliano Brigante and Alexandrina Mihai (with the second world performance of the season) are the new Italian U20 champions [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4419](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4419)
- 08/07/2022 The memory of Sergio Vazquez by Isidoro Hornillos Baz appeared today in La Voz de Galica [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4420](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4420) - A eulogy to the creator of the La Coruna classic, who passed away from Covid-19 recently. In Spanish and English.
- 07/07/2022 Jerusalem (ISR): European U18 Championships. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4417](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4417)
- 07/07/2022 Unfortunately Sergio Vazquez is no longer with us; the Cantones de la Coruna lose their creator [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4418](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4418)
- 04/07/2022 Best wishes to Erica Rocha de Sena and Andrés Choco for the birth of Kylian Andrés [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4416](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4416)

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, July 12, 2022 - Victories of AA Porto athletes in the 2022 Youth Olympic march, with a small number of participants <http://omarchador.blogspot.com/2022/07/vitorias-de-atletas-da-aa-porto-na.html>
- Sunday, July 10, 2022 - 20 km M35+ WMAC Tampere 2022 (results) <http://omarchador.blogspot.com/2022/07/20-km-m35-wmac-tampere-2022-resultados.html>  
**Andrew Jamieson** features in O Marchador's tally of 6 walkers to win all three gold medals on offer in their age group in Tampere.
- Sunday, July 10, 2022 - 20 km W35+ WMAC Tampere 2022 (results) <http://omarchador.blogspot.com/2022/07/20-km-w35-wmac-tampere-2022-resultados.html>

Other pages featuring Tampere 20km results are also listed.

- Saturday, July 9, 2022 - Kenya qualifies its marchers for the U-20 World Cups in Cali <http://omarchador.blogspot.com/2022/07/kenia-apura-os-seus-marchadores-para.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.*

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# WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2022

Sat 16 Jul 2022	<b>RWA Postal Challenge</b> – all states
Sun 7 Aug 2022	<b>AMA 20km Championships</b> - Adelaide
Sun 21 Aug 2022	<b>AV, VRWC &amp; VMA 20km Championships</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**

Jul 15 – 24, 2022	<b>18<sup>th</sup> World Athletics Championships</b> – Eugene OR, USA
Jul 22 – Aug 7, 2022	<b>XXII Commonwealth Games</b> – Birmingham, GBR
Aug 1- 6, 2022	<b>19<sup>th</sup> World Athletics U20 T&amp;F Championships</b> – Cali, COLOMBIA
Aug 11 – 21, 2022	<b>European Athletics Championships</b> – Munich, GER
TBA, 2023	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
TBA, 2023	<b>World University Summer Games</b> – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC)	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN

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*(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.*

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