



HEEL & TOE Online

Vol. 2022
Issue No. 29
Tuesday
19 July 2022

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

Editor: Stu Cooper stuwalks@yahoo.com.au

1921 VAWC-VRWC CENTENARY 2021



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>

*** Here it is, everybody. Lock it in!



1921  2021

To all members, past members and friends of the
Victorian Race Walking Club

In honour of 100 years of our Club's existence, we invite you
to join us for a celebratory

Centenary Lunch

to be held from 12.30pm on
Sunday 11 September
at
Middle Park Bowling Club
Canterbury Rd, Middle Park 3206

* Catered lunch * Memorabilia display * Mock races
* Parade of Olympians * Logo-embossed mementos for all

Cover charge: \$25 per head, \$50 per family

** Please **RSVP** by no later than **Friday 12 August**,
indicating numbers attending and any special dietary requirements, to

Stu Cooper – stuwalks@yahoo.com.au 0421 470 949
Terry Swan – secretary@vrwc.org.au 0437 682 858

FANTASTIC FOURTH FOR MONTAG AT OREGON WORLD CHAMPIONSHIPS

by *Sascha Ryner* – reprinted from *Athletics Australia* website

Australian race walker **Jemima Montag** has achieved the fastest time by any Australian woman at a World Championships or Olympics, placing a triumphant fourth in the Women’s 20km Race Walk on Day 1 of the World Athletics Championships in Oregon, USA.

The 24-year-old medicine student showed off her impressive form throughout the event, placing herself firmly in the lead pack as the starter’s gun went off. While beginning her race conservatively, Montag made her presence known, moving from sixth place to fourth in the final kilometres, as she tried to keep pace with eventual gold medallist **Kimberly Garcia Leon** from Peru and China’s **Shijie Qieyang**.

As Leon maintained her position throughout the 10-loop race, Polish walker **Katarzyna Zdzienbło** pushed ahead, placing Qieyang in third. Though Montag worked to close the gap between herself and Qieyang, she ultimately finished 21-seconds behind the bronze medallist in **1:28:17**.

Despite narrowly missing the podium, Montag was proud to step up from her sixth-place finish at the Tokyo Olympics to fourth, knowing that a podium finish is in sight at her next global event.

“In Little Athletics years ago, there was a saying that ‘fourth sucks’ and they even used to print it on t-shirts. Humans have just decided that 1-2-3 get medals and fourth is one spot away from that,” Montag said.

“I think that fourth rocks, it doesn’t suck.

“I’ve been working this year on being aggressive in the second half instead of slowly fading and I think if I had another couple of laps, I would have got that third girl but ran out of time. It feels good to slowly pick people up and grit my teeth.

“My legs were dying but when you can’t walk with your legs anymore, you can walk with your heart and I had so much family on the sidelines this time which was really special after last year, with everyone missing out. They were with me every step and that made it doable.”

21-year-old **Rebecca Henderson** placed 20th in the same event with a time of **1:34:38**, continuing her upward trajectory from Tokyo where she placed 38th.

In the Men’s 20km Race Walk, **Declan Tingay** placed the best of an Aussie trio, consisting of himself, **Rhydian Cowley** and **Kyle Swan**, placing 17th; equal to his finish at the Tokyo Olympics last year. Although the Western Australian found himself in the lead pack until the final 5km, Tingay found himself without enough in the tank to break away from the pack, and instead fell back in the final two laps to clock 1:23:28.

(Editor’s note: As he did in Muscat in April, Declan gave himself every chance of a podium finish, staying with the leaders until 17kms when he had to sit out 2mins in the penalty zone, ending his medal hopes. It can be an unforgiving sport, this.)

Olympic 50km race walker **Cowley** placed 19th in the shorter distance in **1:23:37** – his best result in the event at a World Championships, and **Kyle Swan** crossed the line in **1:28:43** to place 33rd.



A happy Jemima crosses 4th. (Photo: Athletics Australia)



Kyle and Rhydian in action. (Photo: Rhydian Cowley)

A special shout-out also for our Kiwi comrade, **Quentin Rew**. Despite his disappointment in his Oregon race, Q’s better results far outweigh the poor ones in a long international career. He’ll be aiming for a blinder in his last-ever race in Birmingham and we hope he gets it.

Attention now turns to the **35km**, scheduled for next Friday (women) and Sunday (men). Again, we wish **Kelly Ruddick**, **Carl Gibbons** and **Rhydian Cowley** the very best of luck and results.

Live stream coverage can be found on **SBS On Demand/Sport**. *(My apologies for the YouTube link provided last week, which later turned out to be a cancelled account!)*

Start times are listed below:

<u>DATE</u>	<u>EVENT</u>	<u>Eugene time</u>	<u>Melbourne EST (+17hrs)</u>
Day 8 – Friday 22 July	Women 35km (Kelly)	06:15	23:15
Day 10 – Sunday 24 July	Men 35km (Carl, Rhydian)	06:15	23:15

** WALKER OF THE WEEK **

Jemima Montag. Who else? For several years now Jemima has been clawing her way up the international standings, placing consistently inside or near the top 10 with ever faster times. In Eugene on Friday it was time for her to deliver competitively and – as in Sapporo last year – she did not disappoint: **4th in 1:28:17**, her second fastest ever.

This was easily Jemima's best result in an international championship, but to anyone who recalls her 10th in the scorching desert night in Doha, followed by her 6th in the Olympics 12 months ago, it will have come as no surprise. It was obvious at the Gold Coast GC in 2018 that Jemima was destined for the world stage, and we all await the day when she finally gains the major championship medal she's working so hard for. She came to within one place of it in Eugene. Budapest in 2023 – or the Paris Olympics the year after – may see her take that final step.

Congratulations, Jemima ... and good luck with your CG title defence in Birmingham.



*Producing on the big stage.
(Photo: The West Australian)*

**Honourable mentions:*

- **Declan Tingay (WA), Bec Henderson, Rhydian Cowley and Kyle Swan (VIC)** – all wearers of the Australian vest that signifies the years of work, dedication and self-sacrifice required to earn it.
- **Hannah Mison (NSW)** – a PB of **47:39** (by 2:10) in the NSW 10km road championships.
- **Allanah Pitcher (NSW)** – first home in the English U20 & U23 track championships in Bedford.
- **Will Bottle (TAS)** – another strong solo showing in recording **37:49** for 8km in TRWC competition.



CLUB NEWS and RESULTS

*** Coming up this weekend ...*

VRWC Points races – Saturday 23 July, Middle Park

2:15pm	8km Open 6km Open 4km Open
2:30pm	2km Open 1km Open

Enter by no later than 11.59pm, Wednesday 20 July
<http://vrwc.org.au/wp1/>

VRWC RWA Postal Challenge, Saturday 16 July – Middle Park

Icy, gale-force winds (though, thankfully, no rain) greeted the 33 walkers who arrived at Middle Park for the Victorian edition of the RWA Postal Challenge. The conditions possibly had an effect on numbers as several who'd entered did not attend. Nevertheless, some pleasing results eventuated as those toughies who raced strove for Challenge points for the Club.

Fields were spread thinly over the age and gender groups, yet some good contests were seen. **Char Hay** took line honours in the 10km with a hard-fought **56:40**. **Pramesh Prasad** had a hearty tussle with **Madeleine Feain**, the two crossing with a bare second between them, **57:32** to **57:33**. **Grace Louey** showed she has gained strength through regular racing this year, scoring a good PB on a day not cut out for them.

Making easy work of the wind was **Geromi Tucker** who produced the biggest PB of the day, breaking through the 25min barrier for **24:49**. **Emily Smith** was another to strike out for PB territory, achieving this in the 8km with **46:35**. Geelong walker **Eva Reid** showed they breed them tough in Cat country, taking 22secs from her 5km best with **30:47**.

Damian Baldy and **Daniel Pashutin** had a good race over 3km with Damian prevailing by 8secs. **Jaida Robertson** and **Zoe Bowkett** continued on their improvement curves, while newcomer **Erlyn Singh** was a welcome addition to our field with a creditable first-up **10:27** for 1.5km.

Finally, it was a pleasant surprise to welcome back **Anand Thillaisundarem** for his first race with us for several years. It was back in 2009 that Anand first joined us and put in a full road season – his first and only – then disappeared, spirited away by his medical career. Hopefully we'll more of him in the second half of this season.

10km VMA, Master, Open and U20 RWA Challenge

1	Pramesh	Prasad	M45-49	57:32	
-	Paul	Moritz	M60-64	Ab	
-	Gunther	Ilgoutz	M80-84	DQ	
1	Karyn	O'Neill	F65-69	1:14:23	
1	Carolyn	Rosenbrock	F60-64	1:00:44	
1	Madeleine	Feain	FOpen	57:33	
1	Gerard	Feain	MOpen	1:05:59	
1	Char	Hay	FU20	56:40	
2	Grace	Louey	FU20	1:01:57	PB 0:18

8km Un 18 RWA Challenge

1	Emily	Smith	FU18	46:35	PB 0:46
-	Marcus	Wakim	MU18	DNS	



5km Un 16 RWA Challenge

1	Ariana	Pashutina	FU16	28:22	
2	Eva	Reid	FU16	30:47	PB 0:22
3	Amelia	Vernal	FU16	35:43	First 5km
1	Riley	Coughlin	MU16	24:10	

3km Un 14 RWA Challenge

1	Damian	Baldy	MU14	16:09	
2	Daniel	Pashutin	MU14	16:17	





2km Un 12 RWA Challenge

1	Ela	Uzun	FU12	9:51
2	Mya	McClure	FU12	10:57
3	Havana	Ali	FU12	11:50

1	Levi	Robertson	MU12	11:31
2	Beau	McKinnon	MU12	12:14
3	Oliver Semmens	Erickson	FU12	16:03

First 2km

1.5km Un 10 RWA Challenge

1	Jaida	Robertson	FU10	9:14
2	Zoe	Bowkett	FU10	9:16
3	Lily	Bowkett	FU10	10:20
4	Erlyn	Singh	FU10	10:27
-	Annika Semmens	Erickson	FU10	DQ

PB 0:12

PB 0:29

First VRWC race

1	Haris	Ali	MU10	10:36
2	Aydin	Uzun	MU10	13:18

Open 5km

1	Donna-Marie	Elms	FOpen	32:22
1	Geromi	Tucker	MOpen	24:49
2	Anand Thillaisundarem		MOpen	32:23

PB 0:56

Open 2km – no starters



**** This week's action models:**

Ollie, Ariana, Jaida, Geromi, Madeleine, Karyn, Zoe, Emily, Haris, Daniel, Grace, Char (the miserable one ...), Erlyn, Mya, Damian, Aydin, Gerard, Donna-Marie, Annika, Lily, Pramesh, Anand, Carolyn, Ela and Gunther

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.

Officials: Mark Donahoo, Donna Dickson, Tim Erickson, Ian Laurie, Anthony Doran, Donna Marie Elms
Judges: Brenda Felton (Chief) Shane Dickson, Di Lowden, Gordon Loughnan, Kathleen Marsh, Peter Price, Scott Nelson, Terry O'Neill
DQ board: Michael Bodey
Bike rider: Tim Erickson
Set up & Pack up: Ian Laurie, Tim Erickson, Madeleine Feain, Donna Dickson, Michael Bodey
Photos: Therese Smith
Walkers: 33

**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.



*** Don't feel sorry for him ... he'll be riding up the Col du Galibier in a couple of weeks!*



AROUND THE COUNTRY

NEW SOUTH WALES NSW Road Walk c'ships – Central Coast

Thanks to **Frank Overton** for sending these results through. We haven't heard much from NSW this winter so it's pleasing to see this championship news.

From these stats, the standout performers were **Hannah Mison** (a huge 2:10 PB) and **Dylan Richardson** who reduced his own best by 40secs.

Today saw the staging of the NSW State Teams & Individual Road Walk Championship, held at Ourimbah University, Central Coast NSW. Weather was chilly 4° at 7.30am. Max was 16° but not until after the walks were over.

The course was a 1km lap on the main Boulevard, a wide roadway which was closed to all traffic. It was received favourably by both athletes and officials.

There were three races: 9am - 10km, 10.15am - 5km, 11am - 3km, and all split into age groups.

Some good times were recorded, proving the success of the University course.

Women 19 & Under 10km Race Walk

1 McMillen, Elizabeth	18 Sydney Pacific	50:28
2 Hickson, Alannah	17 Asics Wests	1:10:14

Men 19 & Under 10km Race Walk

1 Pyda, Raven	18 Westfields	52:02
2 Platt, Grady	16 Adamstown Ne	58:45

-- Sinnett, Alexander 18 Asics Wests DNS

Women 20-29 years 10km Race Walk

1 Mison, Hannah 21 Koorringal-Wagga 47:39
2 Bell, Bridget 20 Asics Wests 55:17

Men 20-29 years 10km Race Walk

1 Richardson, Dylan 22 Mingara Regi 43:13
2 Jones, Tyler 24 Mingara Regi 45:05
3 McGinniskin, Jack 20 Mingara Regi 46:59

Women 50-54 years 10km Race Walk

1 Challinor, Nicolle 50 Illawong Rev 1:14:41

Women 60-64 years 10km Race Walk

1 Weekes, Anne 60 Illawong Rev 1:19:12
2 Engeler, Deborah 60 Illawong Rev 1:37:21

Women 65-69 years 10km Race Walk

1 Woodward, Antoinette 66 U.T.S. North 1:12:20

Men 70-74 years 10km Race

Walk

-- Yuen, Tuck 74 Nsw Masters DQ WA TR 54.7.1

QUEENSLAND QRWC results , 17 July – Ripley, Ipswich

Results courtesy **Robyn Wales**:

A grade 10kms

Men:

1. Ignacio Jimenez 53.26,
2. Argenis Guevera 1:09.37,
3. Peter Bennett 1:11.20

Women:

1. Brenda Gannon 1:04.08,
2. Jennifer Stuckey 1:09.56,
3. Joy Dale 1:19.00,
4. Noela McKinven 1:33.49

B grade 5kms

Men:

1. Kai Dale 32.45,
2. Patrick Sela 43.16

Women:

1. Lyla Williams 29.16,
2. Natasha Flahey 31.24,
3. Katie Bray 32.06
4. Lily Goulding 34.00

C grade 3kms

Women:

1. Destinee Pickvance Yee 17.05

D grade 2kms

Men:

1. Hunter Sibenaler 14.18,
- Lachlan Moore DQ

Women:

1. Kiara Waterman 12.53,
2. Freya Williams 13.39,
3. Tully Fisher 13.57

E grade 1km

Men:

1. Dylan Moore 7.57

Women:

1. Amelia Chisholm 7.32

SOUTH AUSTRALIA SARWC RWA Postal Challenge results, 16 July - South Parklands

As in Victoria, numbers in the SA edition of the Postal Challenge were probably affected by the weather (**Kim Mottrom** reports that “as we started the BOM app said it was 13c but it felt like 4, and it was raining.”) as well as the middle of the school holidays. Conditions obviously suited some walkers, however, with **Nellie Langford** scoring a 54sec PB for 8km and **Sam Findlay** not far from her 10km best and **Peter Crump** showing a Centurion’s grit, also over 10km.

Open Men 10km

Kim Mottrom 47:52

Open Women 10km

Sam Findlay 51:51

Rhiannon Lovegrove	57:36	
Over 35 Men 10km		
Peter Crump	1:02:22	
Over 35 Women 10km		
Mel Grantham	1:03:25	
Di Camilleri	1:18:42	
Under 18 Women 8km		
Nellie Langford	41:52	PB
Under 16 Boys 5km		
Cooper Rech	28:44	
Under 14 Girls 3km		
Matilda Rech	19:00	
U12 Boys 2km		
Orlando Grantham	10:47	
U12 Girls 2km		
Liliana Templer	13:23	
U10 Boys 1.5km		
Maverick Grantham	12:23	
Robert Crabb	12:50	
Anthony Crabb	13:05	
Martin Crabb	18:24	
Support Races		
Open 5km		
Jasmine Crabb	46:03	
Open 3km		
Liz Downs	22:24	
Open 1.5km		
Kristy Templer	12:45	PB



**** The South Australia Race Walking Club is 60 ! ****

We are celebrating our 60th year, following our final meet of the season on Saturday 3 September 2022. This will start from the Adelaide Harriers Clubrooms, corner of South Terrace and King William Street, commencing 2:00pm.

Any former members of the SARWC who would like to attend our 60th birthday celebrations, please contact Peter Crump (crumps4@bigpond.com) to let us know that you are coming.

Any other walks community members who would like to be there are always welcome to attend.

*Peter Crump,
Club Vice-president*

SOUTH AUSTRALIA SAMA results, 16 July - Felixstow Wetlands, Adelaide

Latest SAMA results courtesy **Graham Harrison**.

Conditions were cold with showers (befitting the venue name). The kind of day that shows you who your tougher members are ...

8K WALK	Name	Result	Age Gp	AgeGrade%
GIL	MCINTOSH	0:58:39	M70	67.3

8K CLUBWALK

BRIAN	WITTY	1:00:49	M70	64.9
DAVID	ROBERTSON	1:17:50	M85	64.59

4K CLUBWALK

DAVE	FALLON	0:31:19	M65	60.25
MARGARET	MCINTOSH	0:33:34	W65	63.38

TASMANIA TRWC results, Saturday 16 July – Youl Rd, Perth

As with most places in the country's east, conditions weren't much fun for the Apple Isle walkers. Thanks to **David Moore** and **Rosemary Coleman** for this report.

Bleak conditions for our walkers for the second week in a row, this time at our northern course at Perth. Accolades to **Lani Broad** who picked a very tough day to do her first 5km and **Will Bottle** for a very smart time for his 8km.

2km

1. Isla Direen	Huon LA	17.02
----------------	---------	-------

3km

1 Dave Moore	TMA	29.00
--------------	-----	-------

5km

1. Oliver Morgan	OVA	27.00
2. Lani Broad	LAT	37.42 (first one)
3. Ron Foster	NS	40.12

8km

1. Will Bottle	Newstead	37.49
2. Sam Lindsay	Newstead	41.00

WESTERN AUSTRALIA WARWC results, 17 July – Wilson
--

Conditions were cool and overcast but dry for the WARWC's handicap events on Sunday.

Results courtesy **Terry Jones**.

Fiona van Heerwarden, winner of the 10km handicap, contacted me last week. Fiona (then under her birth name) was a member of the VAWC back in its 'Amateur' days, so it's good to see her back in the heel 'n' toe game on the opposite coast!

10K Handicap

Fiona van Heerwarden	1:15.28
Andrew Duncan	53.54
Wendy Farrow	1:09.40
Karyn Tolardo	1:08.41
Marcela Ruiz	1:20.20
Ben Reid	DNF

5K Handicap

John McDonagh	35.00
Kaytee Bogaers	29.44
John Ronan	23.42

4K Handicap

Glenys Duncan	38.32
Xavier Bernard	21.10
Hannah Ireland	25.13
Ashlyn Spence	24.04

1.5K Handicap

Hunter Sardelich	15.22
Harry Gordon	11.22
Dylan Sardelich	11.57



INTERNATIONAL NEWS

Garcia Leon wins first medal ever for Peru

Reprinted from watchathletics.com

Kimberly Garcia Leon has become the first Peruvian athlete to win a medal at the World Championships by taking the win in the women's 20 km race walk with a national record of **1:26:58**. Garcia ended the dominance of Chinese athletes at these Championships which had lasted for more than ten years.

Kararzyna Zdzieblo won the silver medal setting the Polish record of **1:27:31**. **Shije Qieyang** from China took the bronze medal in **1:27:56** ahead of **Jemima Montag** from Australia (**1:28:17**).

Four-time world champion **Liu Hong** from China crossed the finish-line in **1:29:00** in her first competition of the year.

Garcia broke away from the rest of the field alongside 2012 Olympic silver Qieyang Shije before the 3 km and held on to the lead until the end. Garcia and Qieyang walked side by side and went through the 10 km in 43:31. They reached 14 km just inside 1:01:00. Garcia broke away from Qieyang and built up a 18-second lead at 17 km.

The South American walker pulled away during the next lap. Zdzieblo overtook Qieyang to take the second place. Garcia clocked 4:13 in the final lap to cross the finish-line in 1:26.58, breaking the national record by 1 minute and 40 seconds.

Garcia finished third at the World Athletics Race Walking Team Championships in Muscat last March. Later this year she finished second to Qieyang in La Coruna in a national record of 1:28:38.

Kimberly Garcia: *"I am very happy and proud of myself. At the 15 km, my coach instructed me to up the pace. In the last km, I gave it all to break my national record. I have dreamed of this medal since I was little. I want to dedicate it to all Peruvians. I have worked hard, hoping to achieve a good placing. It's not been easy but I am a fighter. I stayed focused on my goal to achieve a medal. I thought of that during the entire race and things worked out".*

1	Kimberly GARCÍA LEÓN	PER	1:26:58 NR
2	Katarzyna ZDZIEBŁO	POL	1:27:31 NR
3	Shijie QIEYANG	CHN	1:27:56
4	Jemima MONTAG	AUS	1:28:17
5	Hong LIU	CHN	1:29:00 SB
6	Nanako FUJII	JPN	1:29:01 SB
7	Alegna GONZÁLEZ	MEX	1:29:40 SB
8	Valentina TRAPLETTI	ITA	1:29:54
9	Ana CABECINHA	POR	1:30:29 SB
10	Zhenxia MA	CHN	1:30:39
11	Olena SOBCHUK	UKR	1:31:19
12	Hanna SHEVCHUK	UKR	1:31:42 SB
13	Quanming WU	CHN	1:31:44
14	Kumiko OKADA	JPN	1:31:53
15	Saskia FEIGE	GER	1:32:12
16	Noelia VARGAS	CRC	1:32:36 SB
17	Viviane LYRA	BRA	1:33:11
18	Meryem BEKMEZ	TUR	1:33:27 SB
19	Glenda MOREJÓN	ECU	1:34:27
20	Rebecca HENDERSON	AUS	1:34:38
21	Eliška MARTÍNKOVÁ	CZE	1:34:45
22	Kiriaki FILTISAKOU	GRE	1:34:55 SB
23	Brigita VIRBALYTĖ	LTU	1:35:36 SB
24	Robyn STEVENS	USA	1:36:16
25	Carolina COSTA	POR	1:36:31
26	Karla JARAMILLO	ECU	1:36:36
27	Angela M. CASTRO C	BOL	1:36:52 SB
28	Chr. PAPADOPOULOU	GRE	1:37:20 SB
29	Enni NURMI	FIN	1:37:29
30	Emily Wamusyi NGII	KEN	1:37:43
31	Evelyn INGA	PER	1:38:23 SB
32	Inês HENRIQUES	POR	1:38:32
33	Galina YAKUSHEVA	KAZ	1:38:47
34	. PRIYANKA	IND	1:39:42
35	Miranda MELVILLE	USA	1:39:58
36	Rachelle DE ORBETA	PUR	1:41:55
	Valeria ORTUÑO	MEX	DNF
	Lyudmila OLYANOVSKA	UKR	DNF
	María PÉREZ	ESP	DQ - TR54.7.5
	Maidy MONGE	GUA	DQ - TR54.7.5
	Nicole COLOMBI	ITA	DQ - TR54.7.5



Cheer, cheer the red and the white (and yellow!) Zdzieblo, Garcia Leon and Qiayang celebrate. (Photo: Xinhua News)

Men's 20 km walking race:

Last year's Olympic bronze medallist **Toshikazu Yamanishi** from Japan became the third walker in the history of the World Championships to successfully defend the 20 km walking race title after Italy's Maurizio Damilano (1987 and 1991) and Ecuador's Jefferson Perez (2003, 2005 and 2007).

Yamanishi clocked an impressive 3:40 split in the final km on the last of 20 circuits of the Martin Luther King Jnr Boulevard to hold off his teammate **Koki Ikeda**.

Yamanishi crossed the finish-line in **1:19:07** to repeat the world title won three years ago in Doha 2019. Ikeda, who finished second to Massimo Stano at the Olympic Games in Sapporo, won the silver medal in **1:19:14**.

Toshikazu Yamanishi: *"I am very gratified. It took tremendous skill and I am happy to be strong enough. Today was my day. I am happy to be the first Japanese to repeat the world title in race walking".*

Koki Ikeda: *"I was happy with my silver today, but I wanted more. I will come back for gold".*

Perseus Karlstrom from Sweden clocked 3:41 in the last lap to win the world bronze medal in **1:19:18**, repeating the same result he achieved in the previous edition in Doha.

Samuel Gathimba, who was chasing the first medal for Kenya in the walking race in the history of the World Championships, finished fourth in **1:19:25**. Pan American Games champion **Brian Pintado** took fifth place in **1:19:34** ahead of Brazil's **Caio Bonfim** (**1:19:51**).

1	Toshikazu YAMANISHI	JPN	1:19:07 SB
2	Koki IKEDA	JPN	1:19:14
3	Perseus KARLSTRÖM	SWE	1:19:18 SB
4	Samuel Kireri GATHIMBA	KEN	1:19:25 SB
5	Brian Daniel PINTADO	ECU	1:19:34 PB
6	Caio BONFIM	BRA	1:19:51
7	Álvaro MARTÍN	ESP	1:20:19
8	Hiroto JUSHO	JPN	1:20:39
9	Alberto AMEZCUA	ESP	1:20:44
10	César A. RODRÍGUEZ	PER	1:20:59
11	David HURTADO	ECU	1:21:11
12	Wayne SNYMAN	RSA	1:21:23
13	Kaihua WANG	CHN	1:21:41 SB
14	Lihong CUI	CHN	1:22:17
15	Francesco FORTUNATO	ITA	1:22:50
16	Diego GARCÍA C.	ESP	1:23:21
17	Declan TINGAY	AUS	1:23:28
18	Andres Eduardo OLIVAS	MEX	1:23:36
19	Rhydian COWLEY	AUS	1:23:37
20	Aleksi OJALA	FIN	1:23:40
21	José Eduardo ORTIZ	GUA	1:23:48
22	Eider ARÉVALO	COL	1:24:32

23	Jordy Rafael JIMÉNEZ A.	ECU	1:24:35
24	Jun ZHANG	CHN	1:24:35
25	Julio César SALAZAR	MEX	1:25:16
26	Miroslav ÚRADNÍK	SVK	1:25:40
27	José Oswaldo CALEL	GUA	1:26:24
28	Georgiy SHEIKO	KAZ	1:26:40
29	Eiki TAKAHASHI	JPN	1:26:46
30	Matheus CORREA	BRA	1:27:31
31	Nick CHRISTIE	USA	1:28:28
32	Gianluca PICCHIOTTINO	ITA	1:28:33
33	Kyle SWAN	AUS	1:28:43
34	Byeongkwang CHOE	KOR	1:28:56
35	Quentin REW	NZL	1:29:19
36	Lucas MAZZO	BRA	1:29:32
37	Dominik ČERNÝ	SVK	1:29:41
38	Juan Manuel CANO	ARG	1:29:47
39	David KENNY	IRL	1:31:23
40	Sandeep KUMAR	IND	1:31:58
41	Luis Henry CAMPOS	PER	1:34:02
42	Jesus CALDERON	MEX	1:35:43
43	Dan NEHNEVAJ	USA	1:43:07
	Christopher LINKE	GER	DNF
	José A. BARRONDO	GUA	DQ

UNITED KINGDOM: England Athletics U20 & U23 5000m Walk c'ships, 17 July - Bedford

The small fields that contested these championships (also the English team trials for the World Juniors) were augmented by three Aussies – **Allanah Pitcher (NSW)**, **Tim Fraser (ACT)** and **Kate Siviour (VIC)**. Allanah and Tim were there on the first leg of a 3-race tour authorised by Athletics Australia. Kate's presence was a surprise treat for the VRWC – it's great to see our Club strip being worn in a British title race.

Local hope **Abigail Jennings** took the U23 title, well ahead of her rivals. Similarly, **Chris Snook** was a class above in the Men's race.

Line honours went to Muscat international **Allanah** by a clear margin, with **Kate** continuing the impressive form she's shown on the road this winter. Sadly, **Tim** fell foul of the judges after an out-front battle with Chris. With two tour races remaining we wish him better fortune there.

Women & Girls 5000m Walk - final

1. Abigail Jennings	U23	Aldershot	25:40.04
2. Abby Hughes	U20	Taunton	26:49.76
3. Mia Dunwell	U20	North (IOM)	27:27.19
4. Jacqueline Benson	U23	Ashford	28:56.43
5. Lois Carty	U20	Aldershot	29:05.23
-- Allanah Pitcher	U23	Aths. Aust.	23:57.34
-- Kate Siviour	U23	VRWC	26:04.24
-- Hannah Hopper	U20	Cambridge	DNF

Men & Boys 5000m Walk - final

1. Christopher Snook	U23	Aldershot	21:19.80
2. George Wilkinson	U23	Enfield&H	22:47.94
3. Christian G Hunter	U20	CambridgeH	24:50.59
-- Tim Fraser	U23	Aths. Aust.	DQ



From left: Allanah crosses first; Tim shadows Chris Snook; Kate ahead of Abigail early;
A happy podium – Abigail, Allanah and Kate.

(Photos: Mark Easton)

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.

- 18/07/2022 Torrent (ESP): Spain's U20 National Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4428
- 17/07/2022 Focus on Kimberly Garcia-Leon http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4427
- 16/07/2022 Italian race walking on the first day of the Oregon 2022 World Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4425
- 16/07/2022 Oregon 2022 World Championships - 20km men.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4424
- 15/07/2022 Oregon 2022 World Championships - 20km women.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4423



Hong Liu leads start of the Women's 20km. Bec Henderson 1st on left, Jemima Montag 5th from right. (Photo: Marcia dal Mondo)

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.

- Monday, July 18, 2022 - Spanish Under-20 Championships (track) in Torrent – results
<http://omarchador.blogspot.com/2022/07/campeonatos-de-espanha-sub-20-pista-em.html>
- Sunday, July 17, 2022 - Tiago Ramos and Inês Mendes obtain national under-20 titles (track) in Vagos
<http://omarchador.blogspot.com/2022/07/tiago-ramos-e-ines-mendes-obtem-titulos.html>
- Saturday, July 16, 2022 - Toshikazu Yamanishi Reclaims 20km World Title
<http://omarchador.blogspot.com/2022/07/toshikazu-yamanishi-revalida-titulo.html>
- Saturday, July 16, 2022 - Kimberly Garcia becomes the women's 20 km walking world champion
<http://omarchador.blogspot.com/2022/07/kimberly-garcia-sagra-se-campea-mundial.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sun 31 Jul 2022 **AV Open 30km & Age group c'ships; VRWC Ray Smith 30km c'ship** – Middle Park
Sun 7 Aug 2022 **AMA 20km Championships** - Adelaide
Sun 21 Aug 2022 **AV, VRWC & VMA 20km Championships** – Middle Park
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

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