



HEEL & TOE Online

Vol. 2022
Issue No. 31
Tuesday
2 August 2022

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

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1921 VAWC-VRWC CENTENARY 2021



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** WALKER OF THE WEEK **

Gale force winds last Sunday morning at Middle Park hardly made it a day for fast times or PBs, yet several were recorded. Chief among them was **Alejandro Stephens's 52:55** for 10km ... a huge 5:37 improvement which earns him this week's WOTW.

Originally a recreational runner who'd never race-walked a step until last January, Alejandro took to the sport as if born to it, knuckling down to training to build his condition for the longer races. Since his surprise 59:09 in only his 2nd club race in May he hasn't looked back. With an impressive 15km in June under his belt, Alejandro has now set his sights on the 20km in two weeks' time, and there is every reason to anticipate an equally impressive debut over that distance.

Well done, Alejandro* – and the best of luck for the rest of your first VRWC season.

(*By the way, folks, it's A-le-hand-ro ... the Spanish way!)

*Honourable mentions

- **Sam McCure (QLD)** – competing in the QRWC 5000m track championship, Sam, 15, recorded an impressive **23:22**, an 8sec PB and equal with Iggy Jiminez's winning Open time.
- **Damian Baldy (VIC)** – improved on his 3km time by 21secs in winning the U14 AV title with **15:48**.
- **Haris Ali (VIC)** – resisted the wind's effort to blow him out of the park to smash his 2km PB by 30sec, recording **15:34** to win the VRWC U10 title.
- **Violet Froom (VIC)** – a big PB by 36sec in the VRWC U12 championship, recording **13:21**.



CLUB NEWS and RESULTS

VRWC AV 30km, AV Age group & VRWC championships, 31 July – Middle Park

A freezing, gale-force wind that threatened to crumple our big tent like a Twisties packet tested athletes and officials alike on a bleak Sunday morning. Nevertheless, 34 intrepid walkers lined up for the various competitions with some pleasing results being recorded.



AV Championships



The AV U20/U18 and VRWC 10km gets underway

It was regrettable to see nobody entered for this season's distance championship, the 30km, in either the AV or VRWC divisions. It's a sorry fact that, with demands on our time and energies increasing and our appetites for long-distance races (along with opportunities to train for them) diminishing accordingly, races like the 30 have become a threatened species almost everywhere ... at club level, at least.

With the likely contenders for this year's race currently overseas on international duties, this meant, sadly, that the Ray Smith Trophy remained in the cabinet for 2022. It's to be hoped that circumstances don't conspire in a similar fashion again and that the Club's premier endurance prize is awarded as it should be in 2023.

The AV age group titles were better supported, with competitive racing in the 3km championships in particular. **Marcus Wakim** was, as expected, a clear winner in the U18 10km ahead of **Eden Morgan**, while **Char Hay** had a lone battle in the wind to take the Women's title.



It's the U14's turn ... 3 windy kms await.

Ela Uzun dominated the U14 3km with a speedy effort of 14:52, with **Damian Baldy** taking the Boys title with a big PB effort of 15:48. It was a pleasure to welcome Bendigo entrants **Charlise** and **Tate McQueen**, with Tate (walking what appears to have been his first official non-LAVic race) producing a very impressive result for 3rd. Sister Charlise also walked strongly in her first-ever 3km race.

10km U20 Women

1. Char Hay MUU 55:17

10km U18 Men

1. Marcus Wakin COL 48:28
2. Eden Morgan KNA 51:53

5km U18 Women

1. Emily Smith KNA 28:45

5km U16 Men

1. Riley Coughlan KNA 23:25

3km U14 Girls

1. Ela Uzun	ESS	14:52
2. Mietta Morgan	KNA	17:05
3. Havana Ali	ESS	17:16
4. Charlise McQueen	EAG	18:22 First one

3km U14 Boys

1. Damian Baldy	KNA	15:48	PB 0:21
2. Daniel Pashutin	KNA	15:58	
3. Tate McQueen	EAG	17:15	First one
4. Beau KcKinnon	KNA	17:38	

**** VRWC Club championships**

Char Hay, competing in the AV U20 10km, was also entered in the VRWC championship which gave her the Mabel Robinson Trophy. The Club U12 and U10 2km championships saw some close, hard-fought results with both **Haris Ali** and **Violet Froom** scoring big PBs on a day ill-suited to them.

10km Open Women (Mabel Robinson Trophy)

1. Char Hay	55:17
2. Carolyn Rosenbrock	1:01:36
3. Donna-Marie Elms	1:07:40
4. Heather Carr	1:08:19

2km U10 Girls

1. Lily Bowkett	13:20	First one
2. Eryln Singh	13:23	First one
3. Zoe Bowkett	14:24	

2km U12 Girls

1. Julia Baldy	12:09	PB 0:04
2. Violet Froom	13:21	PB 0:36

2km U10 Boys

1. Haris Ali	15:34	PB 0:30
2. Tate Jardine	17:40	

2km U12 Boys

1. Beau McKinnon	11:54
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The VRWC 2km championships field sets off.

**** Open (non-championship)**

There may have been no 30km championship race this year, but **Marnie Grace**, building a CV as a distance and ultra-distance walker, took on the 3 Hour challenge and outlasted both her opposition and the conditions to record a gritty

23.590km. Dad and daughter **Gerard** and **Madeleine Feain** slogged through the gale for 20 hard kilometres with Madeleine winning in a time nearly identical to the one she won in last year.

Alejandro Stephens produced the best result across the whole morning's program with a whopping 5:37 PB in winning the Open 10km, while it good to see **Mark Blackwood** and **Ross Reid** back on the course after a couple of months away (commiserations to Mark, unfortunately.)

3-Hour event Open

1. Marnie Grace	F	23.590km
-- Albin Hess	M	16km 2:28:12 (Y)
-- Karyn O'Neill	F	DQ

10km Open

1. Alejandro Stephens	M	52:55	PB 5:37
2. Kevin Cassidy	M	58:43	
3. Ross Reid	M	1:15:22 (Y)	
-- Mark Blackwood	M	DQ	

20km Open

1. Madeleine Feain	F	1:59:51
2. Gerard Feain	M	2:18:55

3km Open

1. Amelia Vernal	F	20:45
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2km Open

1. Priya Serrao	F	15:27 (Y)
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**** This week's (individual) action models:**

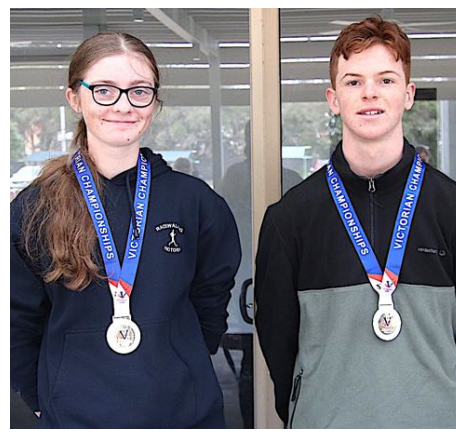
Havana, Jade, Tate, Heather, Damian, Carolyn, Emily, Marnie, Priya, Daniel, Gerard

Thanks to **Therese Smith** for the great photography. (Therese is piloting the camera in the absence of Terry Swan, who is overseas.) All of Therese's photos can be viewed at website Photo Gallery, as well as on the VRWC Facebook page.

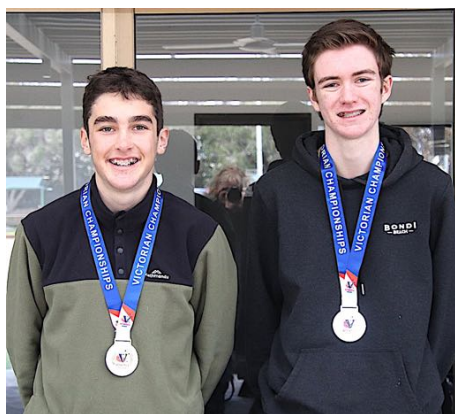
****Nothing like some new 'bling' to brighten up a Melbourne winter ...***



AV U14 3km



AV U16, U18 5km



AV U20 10km



VRWC U10 2km



VRWC U12 2km



VRWC Open 10km: Char & Donna-Marie with 'Mabel'

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.

Set up & pack up Manager/Referee Judges	Gerard Feain, Madeleine Feain, Shane Dickson, Donna Dickson Stu Cooper Kathleen Marsh (chief & DQ board), Shane Dickson, David Cash, Brenda Felton, Terry O'Neill, Peter Price, Michael Bodey
Timekeepers	Ian Laurie, Donna Dickson, Dannie McKinnon, Alla Pashutina, Margaret Hay
Red card bike	Stu Cooper
Race registrations	Donna-Marie Elms, Bill Carr
Course sweeping	Ross Reid, Michael Bodey
Photographer	Therese Smith
No. of walkers	34

A special thank you to Donna-Marie Elms (*Race registrations*) and Madeleine Feain (*Points compilation*) who have taken on these important roles in Mark Donahoo's absence.

**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.

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

**VRWC Points races – Saturday 6 August,
Middle Park**

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

Enter by no later than 11.59pm, Wednesday 3 August
<http://vrwc.org.au/wp1/>


 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

**** CENTENARY LUNCH**
How do I pay?

You can do this in three ways:

- a) **By online or bank branch transfer** to the VRWC's bank account:

BSB: 063-143
Acc: 008 00455
Reference: *(Your name)*
VRWC Centenary

- b) **By cheque** – made out to 'Victorian Race Walking Club'.
 Post to:
 Victorian Race Walking Club
 c/o Middle Park Bowling Club
 Canterbury Rd
 Middle Park VIC 3206

- c) **By cash**, at the Club on race days.

If you need assistance, please contact Karyn O'Neill at treasurer@vrwc.org.au

**** CAN YOU HELP SPREAD THE WORD?**

For a range of reasons (out-of-date addresses etc), many of our former VRWC members and associates cannot now be reached, and may not be aware of the **Centenary luncheon**.

We are calling on all current members to assist in spreading the message to former VRWC associates they may still be in contact with.

Please note that, for this purpose, **a copy of the above invitation** will be attached to the email carrying this issue of 'H&T Online'. Feel free to copy it and transmit it to anyone you know connected with the club.

Thanks, everyone.

Stu Cooper



AROUND THE COUNTRY

NEW SOUTH WALES NSWRC results, 23 & 30 July – Chipping Norton

Thanks to **Frank Overton** for researching and compiling the following results from NSW's Chipping Norton venue.

**** Saturday 30/07/2022**

This new course appears to be better than the previous one, with a good surface, despite it being a one km lap. The numbers were down due to the NSW State Little Athletics championships being on today.

Long Division 8 km -

- 1 Hannah Mison 39.04
- 2 Elizabeth McMillan 41.44
- 3 Bridget Bell 43.21

Medium Division 6 km -

- 1 Anne Weekes 47.44

Short Division 3 km -

- 1 Chelsea Roberts 15.50
- 2 Emma Thomas 16.24
- 3 Aiden Pospischill 19.10
- 4 Amelia Crocker 19.11
- 5 Isabelle Nilon 20.06
- 6 Nicole Chaliner 29.07
- 7 Lena Foti. 29.07

U/16 2km -

- 1 Abbey Bektas 11.35
- 2 Jessey Bektas 11.46
- 3 Olive Gauci 13.24
- 4 Sarah Chaliner 13.30

U/14 3km -

- 1 Sophie Polkinghorne 17.33
- 2 Emma Hoskins 16.42
- 3 Christopher Nilon 19.30

U/12 2km -

- 1 Patrick Waddington 13.46
- 2 Summer May 16.24
- 3 Zoe Zantiotis 18.26
- 4 Luca Baraket 18.26

U/10 1km -

- 1 Nate Appleyard 5.28
- 2 Keira Gill 5.56
- 3 Matilda May 7.19
- 4 Skye Lawn 7.41
- 5 Amelia Barakat 9.58

**** Saturday 23/07/22 - PARRAMATTA OPEN**

This was a cold, windy and miserable day ... not kind for race walking. However, 37 walkers braved the weather to compete.

Long Division 12km

- 1 Bridget Bell 66.20

Medium Division 10km

- 1 Brendan Pospischil 62.14

Short Division 5km

- 1 Chelsea Roberts 27.46
- 2 Emma Thomas 28.06
- 3 Laelia Byatt 30.18
- 4 Amelia Crocker 35.36
- 5 Nicolle Challinor 36.02 ,
- 6 Isabelle Nilon 36.13

U/16 2km

- 1 Joel Byatt 21.19
 - 2 Evie Armstrong Rea 24.48
 - 3 Jessey Bektas 25.06
 - 4 Abbey Bektas 25.20
 - 5 Olive Gauci 30.16,
 - 6 Sarah Challinor 31.38
- Alexander Sinnett DNF

U/14 3km

- 1 Matilda Webb 9.55
- 2 Sophie Polkinghorne 9.56
- 3 Alexander Braendle 10.35
- 4 Emma Hoskins 11.18
- 5 Christopher Nilon 11.45
- 6 Ashleigh Farrugia 12.32

U/12 1.5km

- 1 Hannah Hewitt 8.45
- 2 Olivia Loring 8.50
- 3 Molly Miller 8.57
- 4 Patrick Waddington 10.04
- 5 Maeve Nolan 10.26
- 6 Summer Hay 10.30
- 7 Tahlia Chapman 10.34
- 8 Sagan Jones 10.46
- 9 Luca Barakat 16.06

U/10 750m

- 1 Nate Appleyard 3.42
- 2 Joshua Waddington 3.46
- 3 Caitlin Allum 4.19
- 4 Isla Banks 4.43
- 5 Matilda Hay 4.51
- 6 Chloe Farrugia 5.21
- 7 Amelie Barakat 6.57

QUEENSLAND QRWC Club championships, 31 July – UQ St Lucia track

Robyn Wales and **Noela McKinven** have sent through the results of the QRWC's track walks titles. A large contingent of young walkers turned out to contest the medals and there was obviously some competitive racing.

It was strictly 'age on the day' entry, which made **Sam McCure** ineligible for medals in any category over U16. But the lure of the 5000m was irresistible, so Sam raced in it 'by invitation' and clearly had a good battle with Masters ace **Iggy Jiminez**. Both crossed in **23:22**, a PB for Sam.

Open 5000m

Men:

- (1) Ignacio Jimenez SB 23.22

Women:

- (1) Lyla Williams SB 15.27
- (2) Rebecca Teahen 16.02

- (2) Peter Bennett SB 32.15
Women:
 (1) Brenda Gannon SB 29.33
 (2) Jennifer Stuckey SB 33.12
 (3) Joy Dale 39.15
 (4) Noela McKinven 45.32

U20 5000m

- Women:**
 (1) Jasmine-Rose McRoberts SB 33.05

U18 5000m

- Men:**
 (1) Kai Norton 27.50
Women:
 (1) Jayda Anderson 26.21
 (2) Anika Clarke 27.48
 (3) Ashanti Heap 28.37
 (4) Amber Norton 29.06
 (5) Summer Millard 30.03
 (6) Torryn Fisher SB 30.08
 (7) Phoebe Chadwick SB 31.12
 (8) Lily Housden 32.30
 (9) Korey Brady SB 33.11

Also, Sam McCure 23.22

U16 3000m

- Men:**
 (1) Kai Dale SB 17.05
 (2) Roel Wheeley 19.16

- (3) Lily Goulding 18.01
 (4) Katie Bray 18.30
 (5) Taylah Morris SB 20.07

U14 1500m

- Men:**
 (1) Brock Miller 10.03
 (2) Noah Wheeley 13.33
Women:
 (1) Makenna Clarke 7.53
 (2) Maya Barron 8.36
 (3) Olivia Boulton 8.54
 (4) Siaan Fisher 9.08
 (5) Pippa Anderson 9.23

U12 1500m

- Men:**
 (1) Lachlan Moore 8.57
 (2) Hunter Sibenaler 10.19
 (3) Eli Melitz 10.43
Women:
 (1) Isabella Welch 8.32
 (2) Kiara Waterman 9.23

U10 1000m

- Men:**
 (1) Dylan Moore 7.27
Women:
 (1) Freya Williams SB 6.09
 (2) Tully Fisher SB 6.18
 (3) Amelia Chisholm 6.38
 (4) Dakota Vicary SB 7.25



Timekeeper Shane Pearson keeps a close eye on proceedings as Sam and Tully strut their stuff (Photos: Danielle Sibernaler)

SOUTH AUSTRALIA SARWC results, 23 July - South Parklands

Kim Mottrom reports that conditions were agreeable at South Parklands on Saturday ... more so that for the Masters the day after, by the sound of it.

Open 10km			
Kim Mottrom	48:22		
Mel Grantham	1:00:48	PB	

Peter Crump	1:02:45
Greg Metha	1:06:21

Open 6km

Sam Findlay	31:04
Daisy Braithwaite	40:32

Open 4km

Katie De Ruvo	22:29	PB
Matilda Gourlay	24:00	
Bill Starr	31:35	

Open 3km

Rhiannon Lovegrove	16:01
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Open 2km

Liliana Templer	12:58
Liz Downs	14:49

Open 1km

Kristy Templer	8:15	PB
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SOUTH AUSTRALIA SAMA results, 31 July - Oaklands Park, Adelaide

As in Melbourne, conditions were overcast, cold and windy for the SA Masters walks on Sunday.

Results courtesy **Graham Harrison**:

8K CLUBWALK	Name	Result	Age Gp	AgeGrade%
BRIAN	WITTY	0:59:34	M70	66.26
MARGARET	MCINTOSH	1:06:16	W65	66.2
GIL	MCINTOSH	0:58:24	M70	68.33
DAVID	ROBERTSON	1:18:15	M85	64.24

4K CLUBWALK

GEORGE	WHITE	0:27:48	M75	74.59
ROS	LOWE	0:34:39	W70	65.33
LIZ	NEUBAUER	0:32:04	W70	67.97
KRISTINE	FREEMAN	0:33:51	W60	58.22
RODGER	BARBER	0:33:19	M80	68.49
EDNA	BATES	0:38:30	W65	55.26
HELEN	SURIDGE	0:32:07	W70	67.86
CATHIE	HORE	0:37:47	W70	57.68
ROGER	LOWE	0:39:41	M75	53.63

TASMANIA TRWC results, Saturday 23 July – Domain Loop, Hobart

Results courtesy **David Moore**:

1km

1. Elsie Woodward	Huon LA	9.33
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2km

1. Elizabeth Leitch	TMA	14.15
2. Adele Woodward	OVA	15.13
3. Isla Direen	Huon LA	17.44
4. Dave Moore	TMA	19.05

3km

1. Wayne Fletcher	NS	25.18
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5km

1. Ron Foster	NS	41.11
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NATIONAL RACE WALKING RANKINGS – 35km Men

from *Tim Erickson*

Now that 35km is the official long distance walk, this new category has been added to my ranking lists.

The VRWC has held a 35km club championship since 2010, so the times from these races were able to be used for ranking purposes.

I am also indebted to Brent Vallance for the large number of 35km splits which he has passed on from international 50km races involving Australian walkers and to Emmanuel Tardi for the 35km splits from many of the early Racewalking World Cups. These have also been incorporated to produce an initial more comprehensive ranking list.

Now there are possibly faster times done in 50km walks, most notably Nathan Deakes' 50km world record from 2006, but without official 35km splits, such times cannot be added into the mix.

I do remember that when our 50km events were held around Albert Park Lake, the lap was 5km. There will be official 35km splits in those races from the likes of Willi Sawall, Bob Gardiner, etc. But that's a job for another time.

I welcome all verifiable additions. Just email me on tim.erickson02@gmail.com

Australian All-Time Rankings - 35km Men

Men	Time	State	Pl.	Event	Date
Rhydian Cowley	2:30:34	VIC	18	World Athletics 35km Championship, Eugene, USA	24/07/2022
Nathan Deakes	2:32:24	VIC	19	Olympic 50km walk (split), London, GBR	11/08/2012
Jared Tallent	2:32:37	VIC	1	Olympic 50km walk (split), London, GBR	11/08/2012
Luke Adams	2:33:08	NSW	5	World Championship 50km (split), Berlin, GER	21/08/2009
Chris Erickson	2:35:07	VIC	11	Dudince International 50km (35km split), Dudince, SVK	26/3/11
Dion Russell	2:35:28	VIC	1	Australian 50km Championship (35km split), Melbourne	13/12/98
Simon Baker	2:36:46	VIC	6	Olympic 50km walk (split), Seoul, KOR	30/09/1988
Willi Sawall	2:37:44	VIC	10	Racewalking World Cup 50km (split), Eschborn, GER	30/9/79
Michael Harvey	2:40:22	VIC	11	Olympic 50km walk (35km split), Los Angeles, USA	11/8/84
Tim Erickson	2:42:53	VIC	2	British 35km Championship, London, GBR	21/6/80
Carl Gibbons	2:43:04	NSW	3	Oceania 35km Championship, Melbourne	15/5/22
Duane Cousins	2:44:19	VIC	2	Australian 50km Championship (35km split), Melbourne	14/12/97
Dariusz Wojcik	2:44:28	VIC	1	VAWC 35km Club Championship, Fisherman's Bend	19/5/91
Brent Vallance	2:45:20	NSW	DNF	Australian 50km Championship (35km split), Melbourne	14/12/97
Liam Murphy	2:45:24	SA	15	Racewalking Team Champs 50km (split), Torino, ITA	13/10/02
Darren Bown	2:45:53	SA	38	Racewalking Team Champs 50km (split), Torino, ITA	13/10/02
John Leydon	2:46:45	VIC	2	VAWC 35km Club Championship, Fisherman's Bend	19/5/91
Tom Barnes	2:46:50	VIC	1	VRWC 35km Club Championship, Middle Park	3/05/2009
Dominic McGrath	2:47:03	VIC	3	Australian 50km Championship (35km split), Melbourne	14/12/97
Mark Thomas	2:49:57	VIC	DNF	Australian 50km Championship (35km split), Melbourne	13/12/98
Shane Pearson	2:50:24	QLD	2	Australian 50km Championship (35km split), Melbourne	13/12/98
John Sheard	2:51:49	VIC	36	Racewalking World Cup 50km (split), Eschborn GER	30/9/79
Craig Brill	2:51:58	VIC	48	Racewalking World Cup 50km (split), Monterrey, MEX	25/4/93
Bill Dyer	2:53:51	VIC	3	VAWC 35km Club Championship, Fisherman's Bend	19/5/91
Steven Hausfeld	2:55:30	NSW	53	Racewalking World Cup 50km (split), New York, USA	2/5/87
Mark Thomas	2:55:45	VIC	2	VRWC 35km Club Championship, Knox	8/5/94
Marcus Dwyer	2:56:10	VIC	4	Australian 50km Championship (35km split), Melbourne	13/12/98
Frank Bertei	2:59:17	VIC	40	World Team C'ships (35km split), Naumburg, GER	2/5/04
Mark Thomas	2:59:19	VIC	68	Racewalking World Cup 50km (split), Beijing, CHN	30/4/95
Duncan Knox	2:59:28	VIC	39	Racewalking World Cup 50km (split), Bergen, NOR	25/9/83
Mark Donahoo	2:59:30	VIC	2	VRWC 35km Club Championship, Albert Park	16/5/93
Andrew Jamieson	3:00:55	VIC	2	VRWC 35km Club Championship, Middle Park	3/05/2009
Robin Whyte	3:02:49	ACT	29	IAAF World C'ship 50km (35km split), Malmo, SWE	18/9/76
Kim Mottrom	3:03:17	SA	3	Oceania 35km Championship, Melbourne	15/5/22
Ian Fay	3:03:55	SA	33	Racewalking World Cup 50km (split), Douglas, IOM	28/5/85
Chris Lockwood	3:04:45	VIC	4	VAWC 35km Club Championship, Fisherman's Bend	19/5/91
Adam Garganis	3:04:54	VIC	2	VRWC 35km Club Championship, Middle Park	14/09/2014

Kevin Lowden	3:05:01	VIC	3	VRWC 35km Club Championship, Albert Park	16/5/93
Harry Summers	3:11:06	VIC	39	Racewalking World Cup 50km (split), Valencia, ESP	4/10/81
Peter Vysma	3:18:21	VIC	5	VAWC 35km Club Championship, Fisherman's Bend	19/5/91
Pramesh Prasad	3:18:42	VIC	1	VRWC 35km Club Championship, Middle Park	9/09/2018
Gerard Feain	3:19:32	VIC	4	VRWC 35km Club Championship, Knox	8/5/94
Stephen Brooks	3:21:44	VIC	2	VRWC 35km Club Championship, Knox	21/5/95
Jonathon Phillips	3:39:15	WA	6	Australian 50km Championship (35km split), Melbourne	13/12/98
Simon Evans	3:39:50	VIC	3	VRWC 35km Club Championship, Middle Park	11/09/2011
Terry O'Neill	3:47:50	VIC	4	VRWC 35km Club Championship, Middle Park	11/09/2011
John Kilmartin	4:05:55	VIC	5	VRWC 35km Club Championship, Middle Park	14/09/2014
Albin Hess	4:30:30	VIC	2	VRWC 35km Club Championship, Middle Park	15/09/2019

INTERNATIONAL NEWS

COMMONWEALTH GAMES 2022 ... TRACK WALKS SCHEDULE

The Birmingham 10km track walks now have allocated start times, shown below:

	** Birmingham 10km track walks - schedule		
	Saturday 6 August (morning) -	10.00 (local time)	19.30 (Melb. Time)
	Women 10km Track Walk		
	Sunday 7 August (morning) -	11.20 (local time)	20.20 (Melb. Time)
	Men 10km Track Walk		

Live streaming on <https://7plus.com.au/commonwealth-games>

**** ALANNA AND OLIVIA GEARING UP FOR U20 10,000m IN CALI**

Kerrie Peart has sent us the following update on daughter **Alanna** and **Olivia Sandery**, whom she is accompanying as they prepare for their World U20 championships campaign in Cali, Colombia, this coming Friday:

The athletes & the support team have arrived safely in Cali, Colombia, with many of the athlete's parents arriving over the next few days. As you would be aware, the athletes have been staying at the Miami University for the past week, using their facilities to train and adapt to the heat. Those athletes from Victoria would certainly be enjoying the summer weather compared with our cold wintery days.

The U20 Walks Coach, Jared (Tallent), has been keeping the girl on course leading up to their travel to Cali – I'm sure training along the Miami Beach must have been tough gig for them all, even though it was pretty warm. (Certainly beats Lake Wendouree & an 8 degree windy day). They had their first easy training session today on the jumps training track & will visit the Pascual Guerrero Olympic Stadium tomorrow.

I have attached a couple of photos, taken by Jared & myself. Due to work commitments Wayne (dad) was unable to join me in Cali, so he will be cheering with everyone else from Oz on Fri 5th 11.30 EST. I am in Miami at the moment and will be flying into Cali tomorrow, so will give you some more updates.... If the internet works.

Live coverage: Kerrie has sent me this link: <https://worldathletics.org/competitions/world-athletics-u20-championships/cali22/news/news/how-to-follow-world-u20-championships-cali-22> .

Also, BeIN Sport is likely to carry the event and is accessible through Kayo and Foxtel Sport.

You could also try <https://www.facebook.com/groups/2022worldathleticsu20liveonline/> and follow the link <https://allsportshdtv24.com/Cali-2022/> , but it'll want your credit card details to sign you up.



At Miami University track (Right) On a training run in Miami, under Jared's surveillance



First training session in Cali ... at the jumps track. (Photos: Kerrie Peart, Jared Tallent)

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.

- 01/08/2022 Antonella Palmisano will most likely not participate in the European Championships in Munich http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4436
- 28/07/2022 Budapest 2023: entry standard and quota ranking approved http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4434
- 27/07/2022 Banska Bystrica (SVK): Lena Auvray (FRA) wins at EYOF 2022 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4435
- 25/07/2022 The 35km of Oregon 2022: an epochal change http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4432 (Some interesting insights from Nicola Maggio re the future of walking at international championships, especially in the light of last issue's reflections from David Ainsworth.)

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The

- Tuesday, August 2, 2022 - Triumphs of GR Eireense and ADCC J Clark in the march of the III Division 2022
<http://omarchador.blogspot.com/2022/08/triunfos-do-gr-eireense-e-adcc-j-clark.html>
- Monday, August 1, 2022 - CPT Sobral de Ceira and ADR Água de Pena win march in Division II 2022
<http://omarchador.blogspot.com/2022/08/cpt-sobral-de-ceira-e-adr-agua-de-pena.html>
- Monday, August 1, 2022 - Under-20 World Championships in Cali, starting today (1/8)
<http://omarchador.blogspot.com/2022/08/mundial-de-atletismo-sub-20-em-cali.html>
- Sunday, July 31, 2022 - Not to change, victories of Sporting CP and SC Braga marchers in I Division 2022
<http://omarchador.blogspot.com/2022/07/para-nao-variar-vitorias-dos.html>
- Sunday, July 31, 2022 - Walking Judges at the World Championships in Athletics in Eugene, Oregon
<http://omarchador.blogspot.com/2022/07/os-juizes-de-marcha-nos-campeonatos.html>
- Friday, July 29, 2022 - Commonwealth Games in Birmingham, today until August 8
<http://omarchador.blogspot.com/2022/07/jogos-da-commonwealth-em-birmingham-de.html>
- Thursday, July 28, 2022 - Tokyo will host the 2025 World Championships in Athletics
<http://omarchador.blogspot.com/2022/07/toquio-recebera-em-2025-o-mundial-de.html>
- Wednesday, July 27, 2022 - World Athletics minimums for the 20km and 35km of the Budapest World Cup 2023
<http://omarchador.blogspot.com/2022/07/minimos-da-world-athletics-para-os-20.html>
- Tuesday, July 26, 2022 - Léna Auvray (France) wins march in Banská Bystrica - EYOF 2022
<http://omarchador.blogspot.com/2022/07/lena-auvray-franca-vence-marcha-em.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 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 28 – Aug 8, 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

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