



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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** WALKER OF THE WEEK **



Photo: Athletics Australia

What a week! Two back-to-back international athletics championships (the U20s in Cali, Colombia, and the Commonwealth Games in Birmingham, UK) – following on from the World titles in Eugene only a week previously – have given Australia a chance it has rarely had to showcase its best race walking talent. You can't do better than to reach an international podium, this being achieved in Birmingham by **Jemima Montag** and **Declan Tingay** who are this week's WsOTW.

Jemima had the measure of her opposition from the outset, settling in around 4th place for 4.5km before launching an attack that none came close to answering, winning with a PB of **42:34.30**. In a vivid demonstration of how an efficient, economical technique is the key to the best results in this sport, Jemima put on a clinic – for the crowd,

for the media, for her rivals, for walking newcomers and old hands alike. If those watching Jemima, particularly women and girls, responded with something like “Wow! I want to give that a go” and followed it up, that would put as much of a smile on Jemima's face as the one you see here.

If Jemima's display on Friday was an exhibition, **Declan Tingay's** turned out to be one of self-vindication against fierce opposition. Pushing aside the ‘penalty zone’ demons that had ruined his medal hopes in Muscat and Eugene, Dec put all his cards on the table just before the 5km mark and opened a big lead in an effort to take control of the race. It worked against everyone except **Evan Dunfee** (CAN). When the rangy Canadian pounced at the bell, Dec did everything he could to continue the contest, falling short by 6 decs to claim silver with a 19 sec PB of **38:42:33**. As in Jemima's case, one hopes that there are boys and men out there who, having witnessed this duel, feel enough itch in their feet to want to try it themselves ... or, if they're already walkers, to do it better.



Photo: The West Australian

Congratulations, Jemima and Declan ... you're both a credit to us, and to the sport. Time for a good rest!

*Honourable mentions

- **Olivia Sandery** (SA) and **Alanna Peart** (VIC) – clear top-10 finishers in the WA U20 championships in Cali. Against stiff Japanese and Latin American competition, the girls stood up and gave of their very best. **Alanna** broke through the 48-min barrier at last for 7th in **47:47.55**, while **Olivia** would have had a bronze medal but for the fateful 3rd red card and 1min penalty after finishing, clocking an adjusted **47:37.85** for 4th. It doesn't detract one iota from her status as one of the brightest rising stars on the athletic scene in Australia. Throw the

likes of Allanah Pitcher (NSW), Alexandra Griffin (WA), Zoe Woods (NSW) and other up-and-comers into the mix, and the future of women's race walking in this country is bright indeed.

- **Bec Henderson** (VIC), **Katie Hayward** (QLD), **Kyle Swan** and **Rhydian Cowley** (VIC) – again, for achieving national selection and presenting the sport to a worldwide audience in the green-and-gold. A special pat on the back for **Rhydian**, flattened by COVID on arrival in Birmingham and just making it to the track for Sunday's race. Takes more than a microscopic sea urchin to keep a Glenhantly man down!
- **Sam McCure** (QLD, age 15) – walked sub-50mins for the first time over 10km on Sunday in the QLD Athletics road walk championships, recording **49:34**. A big future beckons.
- **Will Bottle** (TAS) – in another fine solo effort, smashed his PB over 10km by a whopping 2:44 to record **46:48** in the Athletics Tasmania Road walking championships.



CLUB NEWS and RESULTS

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

*This coming Saturday sees the **final Points races** for the 2022 Winter season. It is also a **Prizes day** – prizes going to the Handicap winners (male and female) in each distance. So come along and make it count!

VRWC Points races – Saturday 13 August, Middle Park Final Points competition for 2022 Prizes Day

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

2:30pm 2km Open
 1km Open

Enter by no later than 11.59pm, Wednesday 10 August
<http://vrwc.org.au/wp1/>

Next week (Sunday 21 August) ...

AV & VMA 20km Championships

To enter the AV 20km, use the
AV Entry portal at
<https://members.athsvic.org.au/events/139952/>

For the VMA and VRWC 20km races, go to
<http://vrwc.org.au/wp1/>

**** RELAY RACES – Saturday 3 September**

***Entries for this event are now open.**

Visit the portal at <http://vrwc.org.au/wp1/> If the portal is not yet up, keep checking ... it soon will be.
(NOTE: Please disregard the reference in the fixture to entries closing this Saturday. Mark Donahoo will advise of the cut-off date shortly.)

Relay rules:

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Teams will consist of 4 walkers: 3km all age group, 1km all age group, 2km junior walker under 18, 4km senior walker open or masters.

VRWC Club points races, 6 August – Middle Park

Between Friday's and Saturday night's showers, 26 walkers were treated to a window of clear, fine weather, with no wind. Just a bit of water baling needed beforehand.

With Yarra Trams carrying out work on the Light rail underpass and motor traffic having to cross our racing course to access the car park, it seemed we would be forced to use the twisty northern 1km arm for safety. This, fortunately, was not the case, and we are grateful to **888 Traffic** for their assistance in guaranteeing our walkers safe passage during their races.

Fields may have been slightly down, but the quality of the racing was up there. For the first time in several seasons, more entrants turned up for the 12km than the 10, with **Marcus Wakim** taking line honours with a strong first-up **57:22** going through the 10k in 47:32. Backing up from his WOTW effort last week, **Alejandro Stephens** was 2nd in **1:03:22**, breaking the 10k PB he set last Sunday in the process for a big handicap win. **Kylie Irshad** was another to clock her first 12km time, overcoming the last hard 3km for a good **1:15.55**.

Donna-Marie Elms and **Geromi Tucker** opted for the 10km, with **Donna-Marie** having her most satisfying result for some time with **1:05:40**.

Geoff Barrow made a welcome return to the winner's circle, taking the 5km handicap with **37:26**, while **Mark Blackwood** is on the path back to form after injury, easily taking fastest time honours for the 2½ laps with **23:54**.

When the handicapper's away the mice will play, and so it was in the 3km, with all but two of the eligible starters finishing faster than their predicted times. **Amelia Vernal** had probably her best result since joining us this year, ripping 39 secs from her PB to win with **18:57**. Not to be outdone was **Havana Ali** with her own big PB (32 secs) in **16:22**. On this occasion, Havana turned the tables on **Mya McClure**, who has had the edge over her in their recent battles and only narrowly missed continuing the streak, clocking **16:24**. **Beau McKinnon**, **17:51**, was the only boy to start, but any rival who'd turned up would have been hard pressed to do better than Beau's 1:00 handicap margin. Fastest home was **Ela Uzun** with a quick **14:39**.

Levi Robertson was the sole PB setter in the 1.5km, improving by 16 secs for fastest overall with his **8:11**. Sister **Jaida** was the quickest girl with **9:16**, while **Lily Bowkett** took the girls' handicap in **10:04**.

12km					Hcp
1. Marcus Wakim	M	57:22	First one		3
2. Alejandro Stephens	M	1:03:22	First one		1
3. Kevin Cassidy	M	1:08:19			4
4. Gerard Feain	M	1:18:56			2
1. Kylie Irshad	F	1:15:55	First one		1
10km					
1. Geromi Tucker	M	55:54			1
1. Donna-Marie Elms	F	1:05:40			1
5km					
1. Mark Blackwood	M	23:54			3
2. Pramesh Prasad	M	27:00			2
3. Geoff Barrow	M	37:26			1
1. Char Hay	F	26:58			1
2. Madeleine Feain	F	27:56			2



'Come on, starter ... we're getting cold!'

3km

1. Beau McKinnon	M	17:51		1
1. Ela Uzun	F	14:39		4
2. Emily Smith	F	16:07		3
3. Havana Ali	F	16:22	PB 0:32	2
4. Mya McClure	F	16:24		5
5. Amelia Vernal	F	18:57	PB 0:39	1
6. Heather Carr	F	19:12		6
7. Marnie Grace	F	19:53		7
--- Priya Serrao	F	DNF		--

1.5km

1. Levi Robertson	M	8:11	PB 0:16	1
1. Jaida Robertson	F	9:16		2
2. Zoe Bowkett	F	9:32		3
3. Lily Bowkett	F	10:04		1
4. Violet Froom	F	10:38		4



**** This week's (individual) action models:**

Alejandro, Geoff, Marcus, Amelia, Mark, Mya, Lily, Pramesh, Kylie, Havana and Levi.

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 will be available to be viewed at the website Photo Gallery, as well as on the VRWC Facebook page.

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	Shane Dickson, Donna Dickson, Gerard Feain, Stu Cooper, Gwen Steed, Madeleine Feain, David Long
Course sweeping	Michael Bodey, Heather Carr
Race referee/manager	Stu Cooper
Check-in, registration	Donna-Marie Elms, Bill Carr
Judges	David Cash (chief), Di Lowden, Shane Dickson, Gordon Loughnan, Scott Nelson, Peter Price, Michael Bodey, Tony Doran
Timekeepers	Donna Dickson, Dannie McKinnon, Fran Attard
Points compilation	Madeleine Feain
Photographer	Therese Smith
No. of walkers	26 (33 entries)

***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.


 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

RULES, RULES, RULES ...

'I've been disqualified. Can I keep walking?'

Yes ... but *only* if:

- You've removed or covered your **bib number** and **uniform**.
- You're on a shared road or pathway, as a member of the public. (In a closed racing circuit or track, you would not be permitted to remain on the course.)
- You do not pace, obstruct or interact with competitors still in the race.
- In the opinion of the Meet director or Referee, your presence on the course is not causing interference with the efficient conduct of the event. (It's their call ... not yours.)



AROUND THE COUNTRY

** AA ROAD CHAMPIONSHIP ENTRIES NOW OPEN **



A.A. has now opened registrations for the **Australian Roadwalk Championships** which are to be held at Middle Park, Melbourne, on Sunday 11th September. This also includes the usual *Racewalking Australia Carnival* and is a joint venture between AA and RWA. Timetable, meet info and registration all available from link <https://www.athletics.com.au/events/141367/>. We hope to see big fields in this annual event, after COVID-related cancellations in both 2020 and 2021.

*Note that entries close on **Thursday 25 August** at 5PM.

Tim Erickson

NEW SOUTH WALES NSWRC results, 6 August – Chipping Norton

Results courtesy of **Frank Overton**:

Saturday's competition was held at Chipping Norton on a 1km lap.
The weather was fine but overcast and chilly. There were 36 walkers who competed.

Long Division - 10km

1. Dylan Richardson 47m13s
2. Jack McGinniskin 50m20s
3. Elizabeth McMillan 52m27s
4. Brendam Pospischil 66m56s

Medium Division - 8km

1. Ciara Cassilles 47m51s

Short Division - 4km

1. Chelsea Roberts 22m38s
2. Jaxson Horton 23m11s
3. Ella Munroe 23m16s
4. Aiden Pospischil 26m20s
5. Amelia Croker 26m26s
6. Nicolle Chalinor 32,08s
7. Lena Foti 34m12s
8. Isabelle Nilon DNF (1km 5m49s)

Under 16 years - 3km

1. Joel Byatt 15m47s
2. Jessey Bektas 18m09s
3. Abbey Bektas 20m20s
4. Sarah Challinor 24m06s

Under 14 years - 2km

1. Sophie Polkinghorne 10m26s
2. Jessica Loring 10m47s
3. Ruby Kernaghan 11m44s
4. Lilly Twigden 12m14s
5. Christopher Nilon 12m16s
6. Erin Cassilles 12m33s

Under 12 years - 1.5km

1. Olivia Loring 8m57s
2. Gemma Hunt 9m04s
3. Patrick Waddington 9m27s
4. Alexis Kernaghan 9m32s
5. Scott. Linton 9m54s
6. Michael Mathieson 10m12s
7. Lara Penney 10m19s
8. Summer Hay 10m24s

Under 10 years - 1km

1. Joshua Waddington 5m35s
2. Keira Gill 6m13s
3. Isla Banks 6m55s
4. Matilda Hay 7m03s
5. Chloe Farrugia 7m07s .

QUEENSLAND QA Road walk championships, 7 August – QSAC, Brisbane

Robyn Wales reports:

We had the Qld Road Walking Championships this morning in Brisbane. **Sam McCure** went under 50 for 10k and 7yr old **Freya Williams** broke 6mins for 1k! **Iggy Jiminez** was amazing today. He caught Sam at 5k and stayed with him, pulling him through to his first sub 50. We're very happy with today's result.

There were good numbers in the younger age groups but only 2 in the 20k.

Girls 1000m Under 10

1. Freya Williams	QRUN	5:55
2. Tully Fisher	QRW	6:02
3. Amelia Chisholm	QRW	6:30
4. Aarya Korade	QA	7:24
5. Emily Vanner	TWH	9:47

Girls 2000m Under 12

1. Isabella Welch	QRW	11:45
2. Kiara Waterman	QRW	11:55
3. Zoe Renton	TWH	12:27
4. Savannah Dunleavy	QRW	14:09
5. Alexandra Vanner	TWH	14:22
6. Dakota Vicary	QRW	15:49

Women 3000m Under 14

1. Destinee Pickvance-Yee	QRW	16:32
2. Makenna Clarke	QRW	17:03
3. Natasha Flahey	QRW	17:21
4. Ella Cosgrave	BOR	17:35
5. Olivia Boulton	QRW	17:40
6. Maya Barron	QRW	18:02

Women 5000m Under 16

1. Lyla Williams	QRUN	27:41
2. Milly Sharpe	QRW	29:54
3. Katie Bray	QRW	31:40
4. Lily Goulding	QRW	31:44
5. Taylah Morris	QRW	34:25

Women 5000m Under 18

1. Ashanti Heap	GCA	28:17
2. Mia Bergh	GCV	28:26
3. Phoebe Chadwick	QRW	31:25
4. Korey Brady	QRW	33:29
5. Lily Housden	QRW	34:11

Women 10000m Under 20

1. Anika Clarke	QRW	57:38
2. Torryn Fisher	RED	1:01:20

Women 20000m Open

1. Jasmine-Rose McRoberts	QA	2:25:45
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Women 10000m 30-39

1. Dash Newington	QMA	1:11:58
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Women 10000m 40-49

1. Brenda Gannon	QMA	1:00:48
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Women 10000m 50-59

1. Jennifer Stuckey	QMA	1:09:28
2. Joy Dale	QMA	1:22:53

Women 10000m 80-89

-- Noela McKinven	QRW	DQ
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Boys 1000m Under 10

1. Kingsley Simpson	IGN	6:29
-- Dylan Moore	QRW	DQ

Boys 2000m Under 12

1. Payten Robertson	QE2	12:17
2. Hunter Sibenaler	QRW	14:07
-- Lachan Moore	QRW	DQ

Men 3000m Under 14

1. Noah Tilton	QRW	19:57
2. Eli Melinz	QRW	24:40
-- Noah Wheeley	QRW	DQ

Men 5000m Under 16

1. Bailey Housden	QRW	24:22
2. Kai Dale	QRW	29:55
3. Roel Wheeley	QRW	30:05

Men 10000m Under 18

1. Sam McCure	QRW	49:34
2. Alex Bradley	QRW	59:58

Men 20000m Open

1. Ignacio Jiminez Solis	QMA	1:43:19
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Men 20000m 50-59

1. Ignacio Jiminez Solis	QMA	1:43:19
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Men 10000m 60-69

1. Peter Bennett	QMA	1:08:29
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Men 10000m 80-89

-- Patrick Sela	QMA	DQ
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Road walking action at QSAC (speed humps and all), featuring Iggy, Phoebe, Lily, Bailey, Milly, Kai, Katie and Alex
(Photos: Danielle Sibenaler)

SOUTH AUSTRALIA SARWC results, 6 August - South Parklands, Adelaide

Kim Mottram reports decent weather (not the kind to make you blush, eh?) for the SARWC program on Saturday. Great to see Bill Starr is still in harness, and in record-setting mood as well! Well done, Bill.

Open 8km

Kim Mottram	0:37:50
Sam Findlay	0:42:14
Peter Crump	0:50:48

Open 5km

Nellie Langford	0:25:02	
Cooper Rech	0:27:49	PB
Katie De Ruvo	0:28:54	
Daisy Braithwaite	0:31:57	
Bill Starr	0:39:32	M80 State Record

Open 3km

Angelina Legrand	0:16:15
Matilda Gourlay	0:16:53
Zayden Kamish	0:19:58

Open 2km

Kim Mottram	0:09:26
Liz Downs	0:14:40

Open 1.5km

Orlando Grantham	0:08:46	
Senna Cook	0:10:17	PB
Maverick Grantham	0:13:51	

SOUTH AUSTRALIA AMA & SAMA 20km championships, 7 August - South Parklands

Graham Harrison reports:

The 20 km State and National Championship events (including postal competition) were held at South Parklands. Championship results are shown in Age Group order. Weather was fine and cool.

20K WALK	Name	Result	Age Gp	AgeGrade%	Order
KARYN	O'NEILL (VIC)	2:29:20	W65	72.82	1st
MELISSA	GRANTHAM (SA)	2:10:53	W35	66.09	1st
GIL	MCINTOSH (SA)	2:28:26	M70	69.98	1st
PETER	CRUMP (SA)	2:07:37	M60	71.94	1st
GREGORY	METHA (SA)	2:18:10	M55	63.99	1st
KIM	MOTTROM (SA)	1:36:34	M35	79.45	1st
MARIO	VINCENTE (NT)	1:46:25	M35	71.98	2nd

4K WALK
TERRY O'NEILL (VIC) 0:29:35

4K CLUBWALK
MARGARET MCINTOSH 0:32:24 W65 65.67
RODGER BARBER 0:33:11 M80 68.76

TASMANIA Athletics Tasmania Road walks c'ships, 6 August – Seven Mile Beach

David Moore and Rosemary Coleman report on a day that proved a test for the hardy, south of Bass Strait:

Our Walkers were treated to bitter winter conditions for our State Championships at Seven Mile Beach today but that didn't deter the enthusiasm for some very good and courageous performances.

Accolades in particular this week, are due to:

Will Bottle who produced a big **PB** in a sparkling effort over 10km

Lani Broad for a 2 min PB in her 5km

Lily Carr for **PB** over 3km

Cacia Charles for a very polished effort in the 2km

Macie Devine for continuing her race after a fall at the slippery 1km turn

Championship Results

U/11 2km Girls

1. Adele Woodward	OVA	15.10
2. Isla Direen	Huon LA	16.23

U/12 2km Boys

1. Lucas Carr	Kingston LA	17.00
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U/12 2km Girls

1. Casia Charles	Sth Launceston LA	12.56
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U/14 3km Girls

1. Macie Devine	ES	19.35
2. Lily Carr	Kingston LA	20.12 PB

U/16 5km Men

1. Sam Lindsay	Newstead AC	25.13
2. Oliver Morgan	OVA	26.47

U/16 5km Women

1. Lani Broad	Newstead AC	35.01 PB
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U/20 10km Men

1. Will Bottle	Newstead AC	46.48 PB
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Over 40 10km Men

1. Ron Foster	NS	84.14
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WESTERN AUSTRALIA Athletics West Road walk c'ships, 6 August – Perry Lakes

Results courtesy of Terry Jones:

We had a cool morning but no rain at Perry Lakes for this fixture. These are the combined LA & Seniors state championships conducted by Athletics West, being the first time both seniors and LAs championships have been combined.

**** WA Seniors**

Men 20k Open

1 Duncan, Andrew 65	1:45:10.72
2 Reid, Benjamin 01	1:47:27.70
3 Mann, Bradley 99	1:49:27.95

Women 20k Masters

Girls 2000 Meter Under 12 LA

1 Pike, Aleeah 12	11:57.80
2 Burges, Charlotte	12:05.07
3 Doulis, Trinity 11	12:26.97
4 Van Sprengel, Ann 11	12:38.59

1 Tolardo, Karyn 65	2:19:38.66	5 Nunn, Alyssah 12	14:09.83
2 Farrow, Wendy 69	2:23:26.16	Boys 2000 Meter Under 12 LA	
3 Ruiz, Marcela 60	3:01:39.04	1 Janes, Noah 11	10:48.40
Women 10k Masters		2 Munro, Keenan 12	10:53.80
1 van Heerwaarden, Fiona 79	1:10:58.63	3 Lawrence, Linkin 11	12:20.47
Women 5k Under 18		4 Bevis, Zachary 11	14:11.55
1 Lawrence, Lataya 06	30:05.12	Girls 2000 Meter Under 13 LA	
Men 5k Under 16		1 Curtis, Isabelle 10	10:22.58
1 Ronan, John 07	23:25.54	2 Ireland, Chelsey 11	10:42.69
2 Bernard, Xavier 07	24:45.48	3 Borsic, Katica 11	10:42.69
3 Lawrence, Luke 08	31:53.95	4 Dabala, Gracie 09	11:18.79
Women 5k Under 16		5 Havers, Phoebe 09	13:02.42
1 Bogaers, Kaytee 08	28:07.57	Girls 2000 Meter Under 14 LA	
Men 3k Under 14		1 Bogaers, Kaytee 08	10:21.50
1 Munro, Keenan 10	17:12.82	2 Freeman, Asha 09	11:25.31
2 Gordon, Harry 09	18:09.16	3 Bevis, Leila 08	12:19.45
3 Lawrence, Linkin 10	20:34.12	4 Claridge, Emmelle 08	12:44.00
Women 3k Under 14		5 Gray, Sophie 08	13:06.34
1 Curtis, Isabelle 09	18:03.24	Boys 2000 Meter Under 13 LA	
		1 Gordon, Harry 09	10:54.34
		2 D'Alessio, Trent 09	12:46.03
		3 Almstrom, Jackson 09	13:26.57
		Boys 2000 Meter Under 14 LA	
		1 Lawrence, Luke 09	11:31.49
		Girls 1500 Meter Under 10 LA	
		1 Nunn, Scarlett 14	8:18.72
		2 Nichols, Sophia 13	8:39.94
		3 Donohue, Ella 12	9:02.40
		4 Kurmaev, Daria 12	9:51.01
		5 Bevis, Chloe 14	11:44.91
		Girls 1500 Meter Under 11 LA	
		1 D'Alessio, Tory 11	7:31.67
		2 Moore, Alisha 13	9:20.12
		3 Roots, Addison 13	11:09.23
		Ali, Abeerah 11	DQ
		Boys 1500 Meter Under 10 LA	
		1 van Heerwaarden, Mateo 12	8:32.04
		2 Khaira, Nathaniel 13	8:36.72
		3 Gregory, Tyson 12	10:05.72
		4 Borsic, Drazan 13	11:59.03
		Boys 1500 Meter Under 11 LA	
		1 Smith, Keiran 13	7:20.91
		2 Sardelich, Dylan 13	7:38.83
		3 Domoney, Liam 12	7:48.5
		4 van Heerwaarden, Mateo 11	10:00.00
		Follington, Orlan 13	DQ



INTERNATIONAL NEWS

ENGLAND: Commonwealth Games 10,000m Race walks, 6/7 August - Birmingham

Golden day for Montag in Birmingham

by Sascha Ryner and Jake Stevens – reprinted from Athletics Australia website

Jemima Montag became a Commonwealth Games champion once more, this time surrounded by a roaring crowd for the Women's 10,000m race walk. One of Australia's strongest medal changes going into this campaign, Montag took victory with ease, as she lapped almost every competitor in the field.

An early pack of three athletes formed in the 25-lap race, with Montag on the shoulder of India's **Priyanka** and Kenya's **Emily Ngi**. But it was with 12 laps to go that Montag made her move. Creating a huge lead which only continued to grow, the gold medal became hers when she clocked 42:34.30 - a Games record and a new personal best for the 24-year-old Melbournean.

"At the last Commonwealth Games, having Nathan Deakes, one of our best, put the gold medal around my neck was a real life changing moment. It almost felt like the baton was being handed over for me to carry on the legacy," Montag said.

“Today was a different beast. I did enjoy it a lot today, mostly the crowd, and it’s an extra challenge going that extra ten seconds per kilometre. I really enjoyed the opportunity to perform in front of 20,000 people today, it was incredible”. Montag soaked up the atmosphere in her final lap, acknowledging the track and field fans as well as her family and friends in the grandstand. She also wore a bracelet made from a cut-down piece of a necklace once worn by grandmother, a Holocaust survivor, to remind her of her sacrifice and the perseverance of her family.

“In some of her journal entries, she wrote about trying to make it through the next hour, the next day, hoping to meet her dad at the gate with a piece of bread. (What) I think I take from that in a race, is that it is one kilometre at a time, one step at a time, not thinking about the finish line...”

“This is fun and this is something I choose to do, and yes, it’s hard but someone just two generations ago had that level of strength, I know that’s with me now.”

Fellow Australians **Rebecca Henderson** and **Katie Hayward** took their marks at Alexander Stadium in the same event, with Henderson placing a fantastic fourth in **44:44.58** - just four seconds shy of her personal best, while Hayward clocked **46:09.51** to place seventh, after receiving a one minute penalty for losing contact with the ground on three occasions.

1	Jemima MONTAG	AUS	42:34.30
2	PRIYANKA	IND	43:38.83
3	Emily Wamusyi NGII	KEN	43:50.86
4	Rebecca HENDERSON	AUS	44:44.58
5	Heather LEWIS	WAL	45:09.19
6	Bethan DAVIES	WAL	45:45.59
7	Katie HAYWARD	AUS	46:09.51
8	Bhawna JAT	IND	47:14.13



Dunfee’s last lap a knockout blow

by Stu Cooper

Canada’s **Evan Dunfee** left a tiny but classy field in his wake with a breathtaking last 400m surge, snuffing out the brave challenges of **Declan Tingay** (AUS) to win the Men’s 10,000m race walk title at Alexander Stadium. While most Australian walking fans are familiar with Dunfee’s endurance and competitiveness over 50km, we’ve had little chance to assess him for sheer speed up to now. On Saturday he rectified that in no uncertain terms.

Kumar and Kenya’s **Samuel Gathimba** shared a cracking early pace, with Dunfee and **Amit Amit** (IND) covering them by turns and Tingay nestled in 4th place near the kerb for the first 4km. The rest of the field were soon strung out as the pace quickened, only **Callum Wilkinson** (ENG) managing to stay in touch.

In almost a carbon copy of Jemima Montag’s strategy the day before, Tingay surged away at the 5km mark to open a gap of around 40m, looking strong and stylish yet unable to extend his lead further. Dunfee, Gathimba and Kumar began the job of reeling the Aussie back in, which didn’t happen until 1km to go when Dunfee, who’d dropped Kumar and the Kenyan, settled at Tingay’s heels and waited.

With 300m left, the long-legged Canadian struck. Launching a long, devastating sprint that set the crowd – most of whom would never have seen elite walking at all, let alone at close quarters – roaring with appreciation, Dunfee was away, the gold medal around his neck well before the home straight. His finish time of **38:36.37** set new Commonwealth and Canadian records. Tingay, for whom this would not have been unexpected, called on his remaining reserves to hold the deficit to 6 seconds for the silver, smashing his own PB in **38:42.43**. Kumar, playing his part in what has been an astonishingly successful Games for India, came home strongly to take the bronze with an Indian record time of **38:49.21**.

Next to cross was Wilkinson, saluting his home crowd after finishing a second outside his PB in 4th place. Gathimba could not go with Dunfee’s chasing pace and fell back to 5th, nevertheless clocking a PB of **39:23.14**.

Kyle Swan (AUS) was unfortunate to lose a minute inside the cone castle before being released to finish 6th, ahead of **Tom Bosworth** (ENG) who has not fully recovered his form after illness this year and did well to be there. **Rhydian Cowley** was another to fall victim to sickness – COVID in his case – and an 8th place in sub 41:30 was a reasonable return under the circumstances.

Commiserations must go to New Zealand’s **Quentin Rew**, who was dropped early and came under the lone walker’s nightmare – unshielded judges’ scrutiny. It was an unfortunate way to end an estimable career in the Black and Silver.

'Q', along with Dunfee and others, has been a vocal and consistent advocate for the retention of the 50km's international status, and endurance walkers owe him their gratitude, regardless of the outcome.

1	Evan DUNFEE	CAN	38:36.37
2	Declan TINGAY	AUS	38:42.33
3	Sandeep KUMAR	IND	38:49.21
4	Callum WILKINSON	ENG	39:06.28
5	Samuel Kireri GATHIMBA	KEN	39:23.14
6	Kyle SWAN	AUS	40:49.79
7	Tom BOSWORTH	ENG	40:58.64
8	Rhydian COWLEY	AUS	41:28.05
9	Amit AMIT	IND	43:04.97
--	Quentin REW	NZL	DQ



Rivals from five continents wrestle for the initiative.
(Photo: Yahoo Sports Australia)



Rivals no longer ... not for today, at least.
(Photo: Economic Times)

COLOMBIA: World Athletics U20 track 10,000m walk c'ships, Friday 5 August - Cali

Serrano and Demir win 10,000m race walk titles on fifth morning in Cali

by Nicola Sutton (reprinted from *World Athletics website*)



Nerves, anticipation, focus ... the U20 girls head for the start in Cali. (Photo: Kerrie Peart)



Serrano unleashed her own Ollie Hoare burst to pip Ooyama on the line.



Primal scream ... Demir takes the men's 10,000m for Turkey.

(Photos: Marcia dal Mondo)

Mexico's **Karla Ximena Serrano** and **Mazlum Demir** of Turkey captured the 10,000m race walk titles in two exhilarating finals filled with drama on the fifth morning of action at the **World Athletics U20 Championships Cali 22** on Friday (5). Serrano claimed the women's title in a nail-biting finish against **Ai Ooyama** of Japan - the pair separated by less than a tenth of a second in a battle to the end.

Eighteen-year-old Serrano spectacularly improved her lifetime best in the process by almost two and half minutes to **46:24.35**, while Ooyama - aged only 16 - made a superb track debut, following an impressive 45:19 on the roads recently.

Her Japanese teammate **Ayane Yanai** initially finished in fourth place but the 18-year-old was upgraded to the bronze medal position following Australia's **Olivia Sandery**'s one-minute penalty for making three technical mistakes in the race - Yanai clocking **46:43.07** to her rival's **47:37.85**.

The 19-year-old **Sandery** finished fifth in March's World Athletics Race Walking Team Championships in Muscat and registered a fine 45:24.1 personal best in January - the fastest time in the world this year - so missing a medal will come as a disappointment to the Australian athlete.

Ukraine's 18-year-old **Valeriya Sholomitska** - fourth in this event in the 2021 World Athletics U20 Championships in Nairobi and also fourth in Muscat - was timed at **47:40.67** for fifth. Since fleeing her home country earlier this year, she has been training and racing in different locations around the world.

"I was expecting this win, we always come in positive and I completely trust in my skills. We came in prepared," said Serrano. "The last few seconds of the race were so hard, I thought I was going to come second and honestly, I don't know where that finish came from, it was amazing.

"We have had some Mexican teammates winning this season so today, we didn't have an easy assignment, we had pressure on us because they led a road for all of us coming next. I just thought, if all Latin-Americans are supporting me, then I have to give them an amazing performance, and so I did. Also, I felt really good on Cali's track and the people here are warm and so nice."

1	Karla Ximena SERRANO	MEX	46:24.35 PB
2	Ai Ooyama	JPN	46:24.44
3	Ayane YANAI	JPN	46:43.07
4	Olivia SANDERY	AUS	47:37.85
5	Valeriya SHOLOMITSKA	UKR	47:40.67
6	Lisbeth Carolina LÓPEZ JAYES	GUA	47:45.63 PB
7	Alanna PEART	AUS	47:47.55 PB
8	Giada TRAINA	ITA	47:48.78
9	Lucia REDONDO	ESP	48:00.50
10	Natalia PULIDO	COL	48:21.65 PB
11	Inês MENDES	POR	48:36.82
12	Sharon Lisseth HERRERA SOTO	CRC	48:54.61
13	Olivia LUNDMAN	CAN	48:54.71
14	Margret GATI	KEN	49:05.09 NU20R
15	Yaquelin TELETOR JERÓNIMO	GUA	49:09.00
16	Vittoria DI DATO	ITA	49:10.67
17	Anastasia ANTONOPOULOU	GRE	49:27.57
18	Emine CEYLAN	TUR	49:37.85
19	Magdalena ŻELAZNA	POL	49:54.33
20	Maysaa BOUGHDIR	TUN	49:59.11
21	Eva RICO	ESP	50:10.16
22	Tiziana SPILLER	HUN	50:22.26
23	Lena SONNTAG	GER	50:22.34
24	Elvina CARRÉ	FRA	50:31.88
25	Mariana RINCÓN ROMERO	COL	50:35.99
26	Oumayma HSOUNA	TUN	50:59.37

27	Maren BEKKESTAD	NOR	51:09.51
28	Talia GREEN	USA	51:12.16
29	Terézia KURUCOVÁ	SVK	51:56.94
30	Gabrielly Cristina DOS SANTOS	BRA	52:02.35
31	Sorana TUTU	ROU	52:08.92 PB
32	Mansi NEGI	IND	52:20.02
33	Heta VEIKKOLA	FIN	52:23.86
34	Angelica HARRIS	USA	52:32.40
35	Lana ŠVARBIĆ	CRO	52:34.43
36	Yasmina TOXANBAEVA	KAZ	53:06.76 PB
37	Maria Jose MENDOZA	ECU	53:07.13 SB
38	Karin DEVALDOVÁ	SVK	53:29.08
39	Lilian DUMES BITTENCOURT	BRA	54:19.10
40	Janise NELL	RSA	56:56.62
	. RACHANA	IND	

In the men's race, **Demir** – who led for several kilometres at the World Race Walking Team Championships before fading and eventually finishing 11th – lived up to his billing as the fastest man in the field to comfortably claim the 25-lap win.

Six weeks after walking to a 40:42.09 national U20 record, the 18-year-old improved on his sixth-place finish from Nairobi to grab the gold medal in **42:36.02**, as Algeria's **Ismail Benhammouda**, 19, collected the silver with **42:42.49**.

Demir's compatriot, **Hayrettin Yildiz**, narrowly claimed the bronze medal with a tight finish against **Oussama Farhat** of Tunisia - the 18-year-old crossing the line in **43:07.95** to the 17-year-old's **43:20.84** lifetime best.

Colombia's big hope **Mateo Romero** was heartbreakingly sent to the 'sin bin' with only 500m remaining, losing his medal position to eventually finish 12th in 44:21.40, as Kenya's **Heristone Wanyonyi** – the surprise winner of this title in Nairobi last year – was disqualified.

"Coming here as a world leader, I was used to this but I managed my stress and became a world champion," said Demir. "And my training partner and my teammate is on the podium. It's a great honour for my country, because we made history. We've never had two medallists in one event. We came here fit and managed to get two medals."

1	Mazlum DEMIR	TUR	42:36.02
2	Ismail BENHAMMOUDA	ALG	42:42.49
3	Hayrettin YILDIZ	TUR	43:07.95
4	Oussama FARHAT	TUN	43:08.20
5	Oscar MARTINEZ RODRIGUEZ	ESP	43:20.84 PB
6	Nicola LOMUSCIO	ITA	43:28.25
7	Pablo PASTOR	ESP	43:34.39 PB
8	Saul WAMPUTSRIK	ECU	43:46.17
9	Otavio HENRIQUE	BRA	43:47.28
10	Gabriel ALVARADO	NCA	44:01.91
11	Andreas PAPASTERGIOU	GRE	44:11.41
12	Mateo ROMERO	COL	44:21.40
13	Jonathan Jacob PENA MARTINEZ	MEX	44:26.99
14	Emiliano BRIGANTE	ITA	44:42.04
15	Adam ZAJÍČEK	CZE	44:45.52
16	Tiago RAMOS	POR	44:47.21
17	Shotaro SHIMOIKE	JPN	44:48.45
18	Angel MONTES DE OCA	MEX	45:04.83
19	Terry Patricio VILLACORTE	ECU	45:43.38
20	Riku OOIE	JPN	45:53.21
21	Usiel Enrique CAAL	GUA	45:58.89
22	Rohitkumar Vinodkumar YADAV	IND	46:14.05
23	Andreas-Eleftherios BACHOS	GRE	46:15.84
24	Mykola RUSHCHAK	UKR	46:42.36
	Heron RODRIGUES MIRANDA	BRA	DNF
	Jaromír MORÁVEK	CZE	DNF
	Bryan MATÍAS	GUA	DQ
	Heristone Wanyonyi WAFULA	KEN	DQ

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.

- 07/08/2022 Birmingham (GBR): Evan Dunfee (CAN) wins Commonwealth Games 2022
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4441
- 06/08/2022 Wake up Italy take the technique back in hand, before it's too late
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4439 Another insightful commentary from Nicola Maggio, this time on dereliction of duty in Italy as regards teaching basic technique – specifically, knees. Worth reading by all coaches and judges.
- 06/08/2022 Birmingham (GBR): Jemima Montag (AUS) wins Commonwealth Games 2022
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4440
- 05/08/2022 Cali (COL): Mazlum Demir (TUR) wins in front of Ismail Benhammouda (ALG) and Hayrettin Yldiz (TUR) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4438
- 05/08/2022 Cali (COL): Karla Ximena Serrano (MEX) new U20 world champion in the 10,000m walk.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4437

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, August 8, 2022 - Finnish titles 2022 for Joni Hava and Enni Nurmi in Joensuu
<http://omarchador.blogspot.com/2022/08/titulos-finlandeses-2022-para-joni-hava.html>
- Sunday, August 7, 2022 - Evan Dunfee victorious in the 10,000m march of the CWG Birmingham 2022
<http://omarchador.blogspot.com/2022/08/evan-dunfee-vitorioso-nos-10000-m.html>
- Saturday, August 6, 2022 - Jemima Montag wins 10,000m march at CWG Birmingham 2022
<http://omarchador.blogspot.com/2022/08/jemima-montag-vence-10000-m-marcha-nos.html>
- Friday, August 5, 2022 - Mazlum Demir confirms favoritism and becomes world junior champion of 10 thousand meters march. <http://omarchador.blogspot.com/2022/08/mazlum-demir-confirma-favoritismo-e.html>
- Friday, August 5, 2022 = Karla Serrano wins women's 10,000-meter march at the Junior World Championships in Cali <http://omarchador.blogspot.com/2022/08/karla-serrano-vence-10-mil-metros.html>
Both of these Cali reports feature detailed accounts of the progress of each race, who was in the ascendancy, who fell away, and when.

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 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
Sun 18 Sep 2022	VMA 5000m track walk c'ships - Mentone

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

International Dates

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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