



# HEEL & TOE Online

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The official organ of the Victorian Race Walking Club,  
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Editor: Stu Cooper [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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



Bec



Olivia

On a day where onlookers at Fawkner Park were treated to exceptional performances across the program, it would take something truly outstanding to win WOTW this time around. Step right up, **Bec Henderson**, **Olivia Sandery** and **Allanah Pitcher**. Outstanding you all were!

Bec's display in the Australian and Oceania 20km, typical of the attacking approach she exhibits in every race, produced what has to be her best-ever result. I will let Tim Erickson take over her citation – it makes electrifying reading:

'PBs everywhere but I just want to draw attention to the performance of **Bec Henderson** who did a huge PB of **1:29:54**. She did a big negative split and actually bettered her 10km PB of 44:40 *in the second half of today's race*. Her previous 20km PB was 1:31:44 so it was an improvement of nearly 2 mins.

Bec had to miss the second Supernova 10km race a couple of weeks ago after spraining her ankle in the



Allanah

final lead-up so she has bounced back in the best possible way.

Bec now joins the select group of Australian women who have broken 90 minutes for the 20km.'

Rank	Time	Name	State	DOB	Place	Venue
1	1:27.27.0	Jemima Montag	V	15/02/1998	1	Adelaide
2	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg, Germany
3	1:28.53.0	Claire Tallent	S	06/07/1981	5	Taicang, China
4	1:29.25.0	Katie Hayward	Q	23/07/2000	2	Adelaide
5	1:29.33.0	Regan Lambie	V	14/10/1991	12	Rome, Italy (WC)
6	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg, Germany
7	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne
8	1:29.49.0	Beki Smith (nee Lee)	N	25/11/1986	15	Rome, Italy (WC)
9	<b>1:29.54.0</b>	<b>Rebecca Henderson</b>	<b>V</b>	<b>04/07/2001</b>	<b>3</b>	<b>Melbourne</b>
10	1:29.56.0	Tanya Holliday	S	21/09/1988	16	Rome, Italy (WC)

Bec's co-winners of the award, **Olivia Sandery** and **Allanah Pitcher**, made (if you'll excuse the cliché) quantum leaps at 20km, Olivia having raced it only twice before and Allanah once. **Olivia's** time of **1:30:14** (a 4:21 PB) saw her fall just 15secs short of joining Bec on the sub-90min table, a feat that will surely come and more quickly than many would have guessed. Olivia has segued into the elite of the senior ranks as if she were born to it.

**Allanah's** progress since first narrowly breaking 50mins for 10km in the 2022 Supernova #2 race has been astounding. Gaining international experience in Oman and the UK in 2022 (together with a team bronze medal in Muscat), she has not

looked back. Her first 20km last December – also at Fawkner Park – was a wonderful debut that signaled something special was going to happen. On Sunday, it did ... a PB by nearly 8mins in **1:34:49** to be 4<sup>th</sup> Australian and 7<sup>th</sup> overall.

Congratulations, Bec, Olivia and Allana. Watching you out there was a treat, and your results a fitting return for all your hard work.

***\*Honourable mentions:***

- **Owen Toyne (ACT)** – subject to ratification, Owen’s 5km time of **20:55** will be a new national U18 record.
- **Dylan Richardson, Bridget Bell (NSW), Mitchell Baker (ACT) and Alejandro Stephens (VIC)** – all tore big chunks from their 20km PBs.
- **Elizabeth McMillen, Hannah Bolton (NSW), Char Hay (VIC) and Gabriella Hill (NSW)** – successfully made their 20km debuts.
- **Will Bottle (TAS) and Riley Coughlan (VIC)** – both broke 44mins for 10km for the first time, entering the next level.
- **Nellie Langford (SA), Sienna Pitcher (NSW) and Samuel Lindsay (TAS)** – huge PB performances over 10km and 5km at Fawkner Park – and a Tasmanian record for Sam.
- **John Ronan (WA)** – removed over half a minute from the sub-50 10km time he set four weeks ago in Perth.

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## VICTORIA - METRO & REGIONAL

### \*\* WALKERS HONOURED AT 'BALLARAT SPORTSPERSON OF THE YEAR' AWARDS \*\*

*Reprinted from BRWC Facebook page (Photos: BRWC)*



There must be something in the Ballarat water, as our skilled Ballarat racewalkers were well represented at the 2022 *Ballarat Sportsperson of the Year* awards night, amongst the broad depth of amazing Ballarat athletic talent.

Congratulations to **Kelly Ruddick** and **Alanna Peart** who were nominated for the 2022 Ballarat Sportsperson of the Year, and **Fraser Saunder** who was nominated for the outstanding junior award – 2022 Wunhym Trophy. They each had a fantastic 2022 season both nationally & internationally, so well done to them all and their support crews.

On the night **Alanna** was also awarded the Hollioake Medallion in recognition of her excellence as part of two Australian youth race walking teams in 2022 - silver with the Australian team at the World Athletics Racewalking Team Championships U20 10km in Oman, and 7th in 10,000m at the World Under 20 Track and Field Championships with the Australian team in Cali Colombia last year.

Looking forward to cheering for you all, on the international stage & at the Commonwealth Games in Ballarat in years to come.

The keynote speaker & award presenter was Australian Olympic Taekwondo Gold medalist **Lauren Burns OAM** - providing a great insight into behind the scenes of her career & gold medal, and tips on the importance of mindset for our athletes.



*Alanna is awarded the Hollioake Medallion*

Congratulations to all the other nominees & winners on the night:-

- 2022 Ballarat Sportsman of the Year – Katrina Weery
- 2022 Wunhym Trophy (junior athlete) – Josh Jolly & Lachlan O’Keefe
- 2022 Hollioake Medallion (team participant award) – **Alanna Peart**
- 2022 Widmer Award (coach award) – Lindsay Burgoyne



**AV Masters Track & Field C’ships, Fri-Sat 11-12 February – Doncaster**

Conditions were fine but cool for the AV Masters titles, as the walkers did battle over 3000m (Saturday) and 1500m (Sunday) at Doncaster. Notably attired to represent their centres rather than the VMA, the new-look added colour to the event.

**Sarah Brennan** and **Mark Blackwood** took line honours over 3000m, with **Sandra Geisler** and **Pramesh Prasad** taking their turn in the 1500m. **Bob Gardiner** added the 1500m to his VRWC club record collection, removing George Knott’s M85 mark from the books.



*A family affair: Karyn and Terry O’Neill with their 1500m winnings.*

**W35+ 3000m Walk**

1 Sarah Papadopoulos DV30+ 20:45.05

**W45+ 3000m Walk**

1 Sarah Brennan BR30+ 15:47.92  
 2 Laura McLennan DN30+ 19:20.92  
 3 Marnie Zakis MN30+ 19:24.85

**M45+ 3000m Walk**

1 Mark Blackwood KN30+ 14:28.98  
 2 Pramesh Prasad CY30+ 16:59.64

**M50+ 3000m Walk**

1 David Smyth CY30+ 17:27.17

**M55+ 3000m Walk**

**W50+ 3000m Walk**  
1 Hsien Chiam CY30+ 22:08.11

**W55+ 3000m Walk**  
1 Dee Holohan SN30+ 20:11.21  
2 Kim Peak DN30+ 23:53.19

**W60+ 3000m Walk**  
1 Carolyn Rosenbrock CR30+ 17:15.67  
2 Donna-Marie Elms CB30+ 19:13.71

**W65+ 3000m Walk**  
1 Jennie Payne BN30+ 20:46.54  
2 Karyn O'Neill GE30+ 21:25.32

**W75+ 3000m Walk**  
1 Celia Johnson SP30+ 24:35.12

**W35+ 1500m Walk**  
1 Sarah Papadopoulos DV30+ 10:15.75  
-- Dash Newington (inv) QLDMA 8:52.01

**W45+ 1500m Walk**  
1 Sandra Geisler CR30+ 8:29.94  
2 Laura McLennan DN30+ 9:00.76

**W50+ 1500m Walk**  
1 Ros Lording EB30+ 9:08.20  
2 Hsien Chiam CY30+ 10:12.64  
3 Tracey Colbert CB30+ 10:17.18  
-- Jo Whittle GE30+ DQ

**W55+ 1500m Walk**  
1 Dee Holohan SN30+ 9:31.41  
2 Janice Hodgert AB30+ 9:50.48  
3 Kim Peak DN30+ 10:06.49

**W60+ 1500m Walk**  
1 Kerryn Walshe AB30+ 8:36.31  
2 Donna-Marie Elms CB30+ 8:57.27

**W65+ 1500m Walk**  
1 Karyn O'Neill GE30+ 10:33.36  
-- Maggie Hawkes KN30+ DQ

**W70+ 1500m Walk**  
1 Heather Carr FR30+ 9:30.02

**W75+ 1500m Walk**  
-- Celia Johnson SP30+ DQ

1 Bernie Keirl DV30+ 19:24.99

**M60+ 3000m Walk**  
1 Brian Anderson AB30+ 20:47.88  
2 Albin Hess CY30+ 21:57.53  
3 Stephen Murphy AB30+ 22:44.49

**M65+ 3000m Walk**  
1 Terry O'Neill GE30+ 19:46.26  
-- Christopher Worsnop EB30+ DQ  
-- Michael Carr KN30+ DQ

**M70+ 3000m Walk**  
1 Frank Prowse DN30+ 21:37.70  
2 Geoff Barrow MN30+ 21:43.46

**M80+ 3000m Walk**  
1 Gunther Ilgoutz CR30+ 24:55.27  
-- Peter McGrath GE30+ DQ

**M45+ 1500m Walk**  
1 Pramesh Prasad CY30+ 7:52.98  
2 Ross Toogood DN30+ 10:27.95

**M50+ 1500m Walk**  
-- Jarrad Greenfield SH30+ DQ

**M60+ 1500m Walk**  
1 Simon Evans DN30+ 8:50.89  
2 Stephen Murphy AB30+ 10:40.25  
-- Albin Hess CY30+ DQ

**M65+ 1500m Walk**  
1 Terry O'Neill GE30+ 9:23.82  
2 Clyde Riddoch WV30+ 10:30.74  
3 Christopher Worsnop EB30+ 11:08.06  
-- Michael Carr KN30+ DQ

**M70+ 1500m Walk**  
1 Frank Prowse DN30+ 10:16.49  
2 Geoff Barrow MN30+ 10:27.08

**M75+ 1500m Walk**  
-- Jim McLure GE30+ DQ

**M80+ 1500m Walk**  
1 Gunther Ilgoutz CR30+ 11:07.18  
-- Peter McGrath GE30+ DQ

**M85+ 1500m Walk**  
1 Bob Gardiner CW30+ 11:53.85\*

*\*VRWC M85 Club record*

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# AROUND THE COUNTRY



## AUSTRALIA & OCEANIA 20KM ROAD WALK C'SHIPS Fawkner Park, Melbourne – Sunday 12 February

One of the best days of race walking competition yet seen at Fawkner Park, last Sunday morning saw far more agreeable conditions than existed last December at this venue (cool, slight cross wind, just the hint of a sprinkle), and the walkers took full advantage. Twenty-four personal bests – many of which saw their claimants step up a level – were recorded across the three distances. However, it was the 20km – its 34 entrants spiced with 12 internationals, including the Lithuanians resplendent in their national colours – that had the crowd riveted throughout and fired the aspirations of the local competitors. Athletics Australia's **Lachlan Moorhouse** provided the following race report:

### AN AUSTRALIAN CHAMPIONSHIPS WITH AN INTERNATIONAL TWIST ... MONTAG AND TINGAY SALUTE

by **Lachlan Moorhouse** (reprinted from *Athletics Australia* website)

The firing of the starter's gun at the Australian 20km Race Walking Championships commenced a 90-minute clinic by the world's best race walkers, as **Jemima Montag** and **Declan Tingay** charged to gold on a morning of global success. Walking side by side at Melbourne's Fawkner Park with double European champion **Antigoni Ntrismpioti**, Montag appeared to be locked in a tight tussle for line honours as the pair raced in unison. Making her move at the 15km mark, the Australian record holder coached by **Brent Vallance** proceeded to march away from her Greek competitor with a 21:35 split for the final 5km en route to her fourth consecutive Australian 20km title – revealing the tactics post-race:

"Last year was about breaking the national record and today was about helping someone else break theirs. **Antigoni [Ntrismpioti]** and I have been training together all throughout January, so I thought I would set her up for that to 15km and then walk how an international race is always won, which is a really firm injection of speed at 15km," Montag said.

**Ntrismpioti** successfully set a new Greek record of **1:28:12**, while rising Australian talents including Olympian **Rebecca Henderson** (Simon Baker) and World Under 20 representative **Olivia Sandery** (Jared Tallent) pushed each other to new career-bests. Henderson stopped the clock in **1:29:54** for national silver, closely followed by the 20-year-old **Sandery** in **1:30:14** – setting up a new trio of Australian women to take on the world.

"I had to walk fast today to win. I always think of the 90-minute barrier as the elite club, it's a huge deal. **Bec [Henderson]** has been thinking about that for a long time and for **Olivia [Sandery]** to be so young and do about a three-minute personal best – we are hoping to have a strong line-up in Budapest and towards the next Teams Championships," Montag said.

"I was fourth in Oregon and I just want to be one better than that. Each season I learn something about myself whether it be in the sport psychology space or training and nutrition, and coming off this massive training camp at Perisher with 22 of the best walkers in the world – I expect that to be the case again."



*Jemima and Antigoni ... welded together*



*Declan, Evan and Perseus, before the Swede's decisive move.*

*(Photos: Athletics Australia)*

Three-time World Championships medallist **Perseus Karlstrom** (Sweden) returned to his best to take line honours for the men in the 20km with one of the fastest times ever walked on Australian soil, **1:19:27**, pulling Tingay through to a personal best of his own and yet another national title.

Fresh off last week's national 10,000m race walking record on the track, Tingay was pleased to take home the Australian crown and set himself up for a big year on the international scene – the hard taskmaster quick to analyse his performance:

“An auto qualifier would be better but it wasn't necessary today, I am just happy with the personal best really. Perseus outclassed me today but he is the better walker, he did what he does best and dragged us all along to fast times – you can't complain about getting beaten,” Tingay said.

“You always have to be happy with a national title. I might try and go for the trifecta this year and collect the 10,000m in March and then see if we can finish another 35km to get another one,” Tingay said.

The early pace was aided by a strong quartet featuring **Kyle Swan** (Jared Tallent) and Olympic medallist **Evan Dunfee** (Canada), with Swan holding on to take national silver in **1:22:52** and **Rhydian Cowley** (Brent Vallance) claiming bronze in **1:23:05**. Dunfee finished third outright in **1:20:52**.

“The boys really put me to work today and I am glad they did. I didn't plan to go that fast, so a big kudos to Kyle [Swan] for setting the pace up early, Perseus [Karlstrom] for tearing my legs off at half way, and Evan [Dunfee] for pushing me along,” Tingay said.

The junior events were headlined by **Owen Toyne** (Matt Giggs) who carved over 60-seconds off the Australian Under 18 record (pending ratification) in the 5km race walk (road), delivering a stunning performance of **20:55** to eclipse the previous mark of 21:58.00. Australian representative **Marcus Wakim** (Adam Garganis) took out the Under 20 10km event in a personal best time of **42:42**.

#### Women 20km Race walk Open

1	Jemima Montag	98	VIC	1:28:00
2	Antigone Ntrismpioti	84	GRE	1:28:12
3	Rebecca Henderson	01	VIC	1:29:54 <i>PB 1:50</i>
4	Olivia Sandery	03	SA	1:30:14 <i>PB 4:21</i>
5	Sandra Lorena Arenas	93	COL	1:31:21
6	Magaly Bonilla	92	ECU	1:33:48
7	Allanah Pitcher	03	NSW	1:34:49 <i>PB 7:47</i>
8	Enni Nurmi	98	FIN	1:35:03
9	Monika Vaiciukeviciute	96	LTU	1:36:28
10	Elizabeth McMillen	04	NSW	1:36:47 <i>First 20k</i>
11	Austeja Kavaliauskaite	00	LTU	1:39:44
12	Hannah Mison	01	NSW	1:45:06
13	Laura Langley	97	NZL	1:45:25
14	Hannah Bolton	03	NSW	1:47:29 <i>First 20k</i>
15	Bridget Bell	02	NSW	1:48:44 <i>PB 6:27</i>
16	Char Hay	03	VIC	1:50:54 <i>First 20k</i>
17	Courtney Ruske	94	NZL	1:52:43
18	Gabriella Hill	03	NSW	1:52:51 <i>First 20k</i>
---	Samantha Findlay	97	SA	DNF
---	Anett Torma	84	HUN	DNF

#### Women 10km Race walk U20

1	Nellie Langford	05	SA	50:51 <i>PB 1:41</i>
2	Sienna Pitcher	07	NSW	51:14 <i>PB 2:30</i>
3	Summer Millard	05	QLD	58:00 <i>PB 0:27</i>

#### Women 5km Race walk U18

1	Maddison Nash	06	VIC	26:12
2	Grace Beck	08	NSW	26:46

#### Men 20km Race walk Open

1	Perseus Karlstrom	90	SWE	1:19:27
2	Declan Tingay	99	WA	1:20:20 <i>PB 0:24</i>
3	Evan Dunfee	90	CAN	1:20:52
4	Kyle Swan	99	VIC	1:22:52
5	Rhydian Cowley	91	VIC	1:23:05
6	Marius Ziukas	85	LTU	1:23:25
7	Will Thompson	02	VIC	1:25:26
8	Mitchell Baker	01	ACT	1:25:35 <i>PB 2:15</i>
9	Timothy Fraser	00	ACT	1:25:44 <i>PB 1:35</i>
10	Dylan Richardson	00	NSW	1:28:34 <i>PB 2:29</i>
11	Carl Gibbons	96	NSW	1:33:41
12	Jack McGinniskin	02	NSW	1:36:16 <i>PB 0:19</i>
13	Alejandro Stephens	93	VIC	1:47:15 <i>PB 5:31</i>
---	Tristan Camilleri	01	SA	DQ

#### Men 10km Race walk U20

1	Marcus Wakim	06	VIC	42:42
2	Will Bottle	05	TAS	43:09 <i>PB 1:25</i>
3	Riley Coughlan	07	VIC	43:48 <i>PB 2:31</i>
4	Fraser Saunder	04	VIC	44:58 <i>PB 1:06</i>
5	Magnus Graesli	05	NOR	47:50
6	Raven Pyda	04	NSW	49:47 <i>PB 1:12</i>

#### Men 5km Race walk U18

1	Owen Toyne	07	ACT	20:55 <i>PB 0:41</i>
2	Samuel Lindsay	08	TAS	22:19 <i>PB 1:45</i>
3	Scott Peart	06	VIC	22:45 <i>PB 0:31</i>
4	Dylan Allabush	08	NSW	25:06 <i>PB 0:46</i>



U18 5km: Maddison and Grace



U18 5km: Owen, Sam and Scott





**U20 10km:** Will, Marcus and Riley



**U20 10km:** Sienna, Nellie and Summer



**Open 20km:** Bec, Antigoni, Jemima and Olivia



**Open 20km:** Kyle, Declan, Perseus, Rhydian and Evan

(Photos: Athletics Australia, VRWC)

## **SOUTH AUSTRALIA** ASA Interclub results, 9 February – Mile End stadium

It was a late start for the walkers at SA interclub last night (9.47pm!) hence the small fields. It didn't stop **Daisy Braithwaite** or **Anthony Tana**, however, both of whom recorded big PBs.

### **Open 5000m**

Kim Mottrom	SA Masters	21:40.27	
Daisy Braithwaite	Saints Athletics Club	24:13.64	PB 1:51
Anthony Tana	Southern Athletics Club	25:12.45	PB 2:16
Cooper Rech	Coastal Districts	28:03.27	
Rhiannon Lovegrove	Port Adelaide	29:14.46	
Peter Crump	Saints Athletics Club	30:39.27	
Jordan McKenna	Northern Districts	31:57.20	

### **Open 1500m**

Sam Wilks	Pembroke	07:11.12	PB 0:28
Elise Scott	South Coast	07:15.82	PB 0:18
Katie De Ruvo	Western Districts	07:54.64	

## **TASMANIA** Athletics South Interclub & Tas Masters results, 8 & 10 February - Domain AC, Hobart

Solid walks from **Oliver Morgan** and **Lily Carr** with Season Bests at a pleasant Friday night Interclub.

### **Athletics South Interclub - 10/02/23**

#### **Results 1500m Walk**

1. Oliver Morgan	OVA	6:30.41	<b>SB</b>
2. Lily Carr	OVA	8:50.25	<b>SB</b>
3. Nathan Wass	ES	9:28.41	
4. Elizabeth Leitch	TMA	10:07.16	
5. Wayne Fletcher	NS	12:07.31	
6. Dave Moore	TMA	13:23.63	

**Tas Masters T&F - 8/02/23**

**Result 5000m Walk**

1. Wayne Fletcher (M75) NS 42:06

Fantastic news from Melbourne's Fawkner Park with **Will Bottle** and **Sam Lindsay** (below) putting their best feet forward in the U/20 10k (Will, in **43:09**) and U/18 5k (Sam, in **22:19**). Both broke Tasmanian records for their respective distances and did so with monster PB's.

Well done Will and Sam!!



(Photo: TRWC)

**WESTERN AUSTRALIA WARWC results, 12 February – Perry Lakes**

Thanks to **Terry Jones** for the latest WARWC results, attained in weather that was very pleasant, being fine & mild with a little breeze and low humidity.

**John Ronan** made a substantial cut to his 10km PB, while **Alex Griffin** has also started building her distance condition with a PB of her own. Both were walking just their second 10km races.

**10K**

John Ronan	48.43	PB 0:36
Alexandra Griffin	51.49	PB 0:08
Andrew Duncan	58.29	
Karyn Tolardo	1.02.19	
Victor Munoz	1.07.22	
Wendy Farrow	1.09.23	

**5K**

John McDonagh	33.49
Fiona van Heerwaarden	34.24
Maecela Ruiz	38.28
Glenys Duncan	46.47

**3K**

Dylan Sardelich	19.16
Hunter Sardelich	20.33

**2K**

Lachlan Nichols	12.05
Sophia Nichols	13.16
Savannah Carnaby	13.23





# INTERNATIONAL NEWS

## FRANCE: French Indoor championships, Saturday 11 February – Val de Reuil

Emmanuel Tardi reports from Val de Reuil, south of Rouen in Normandy:

This Saturday I was in Val de Reuil for our indoor national Championship. 8 races were scheduled from 12am to 5pm: 5000m for men, 3000m for women for Cadet (U18), Juniors (U20), Seniors and Espoirs (U23) and National 2. National 2 is a race for walkers who are not ranked between 17 and 32 in the yearly list and so not qualified for senior Championships.

In the women events, there was a battle between **Pauline Stey** and **Camille Moutard** in the first half of the race, then Pauline sped up and won, beating the French indoor record with **12'26'45"** (The previous record was held by Clemence Beretta at 12'30"52). **Lenay Auvray** (who is in the U18 age group) preferred to enter in this race to have more competition. She succeeded in her plan and she beat the U18 French record with **13'15"67**. In the U20 race, we saw a very strong race from **Ana Delahaie** who walked alone. She won one lap in front of the second placegetter with a good **13'20"52**.

In the Men's events, **Martin Madeline-Degy** was the initial leader, walking with **Aurelien Quinion**. At 3k, Aurelien slowed down, and Martin was 20 meters in front of Aurélien and seemed likely to win. But in the last 400m (2 laps) Aurelien produced a terrific acceleration and won the race. Martin was the U23 champion.

The U18 and U20 races were animated with lots of leaders. Finally, it was victory for **Quentin Chenuet** and **Maelys Thery-De Bisschop**.

### Femmes

#### Cadettes

1	LE ROCH Chloe	CAF/07	Cjf Saint-malo	13'49"29
2	MERBITZ Marine	CAF/06	Fc Sochaux Montbeliard	14'14"44
3	COSQUERIC Yaelle	CAF/07	Ulac Pays Fouesnantais	14'43"09
4	GUILLARD Lisa	CAF/06	Entente Angevine Athletisme	14'50"08
5	HANNOT Juliette	CAF/06	As Tourlaville	15'06"54
6	FENOUILLERE Clea	CAF/07	Ba Coutances	15'11"98
7	LANDRON Capucine	CAF/06	Ca Beglais	15'17"94
8	HALIMI Maia	CAF/06	Grenoble Uc	15'37"51

#### Juniors

1	DELAHAIE Ana	JUF/04	Stade Bordelais	13'20"52
2	LAGRANGE Nelly	JUF/04	Athle 66	14'21"78
3	BOUQUIN Rachel	JUF/04	Racing Club Nantais	14'28"08
4	MILLE Agathe	JUF/04	Grac Renwez	14'36"90
5	LOCATELLI Laura	JUF/05	Al Voiron	14'38"16
6	TRICOT-LAPIERE Blanche	JUF/04	Ac Villeneuve D'asc	14'41"62
7	BOURIGAULT Jade	JUF/05	Ac Villeneuve D'asc	14'49"12
8	TARTRON Lea	JUF/05	Beauvais Oise Union Club	14'50"96
9	LEMOINE Morgane	JUF/04	Ac Barentin	14'51"94

#### Seniores + Espoirs

1	STEY Pauline	ESF/01	A Nord Alsace	12'26"45
2	MOUTARD Camille	ESF/01	Athle 21	12'40"50
3	MANARESI Marion	SEF/00	Ac Romorantin	13'06"92
4	AUVRAY Lena	CAF/06	La Vigilante Fougères	13'15"67
5	PICARD Axelle	SEF/99	Nancy Athlé	13'40"83
6	MOLIST Lucille	ESF/01	Ea Gillonnay-la Cote	13'51"57
7	DENISSELLE Vanessa	MAF/84	Val-de-reuil Ac	13'53"92
8	MASSON Liv	ESF/03	Stade Bordelais	13'58"88
9	DUCLOS Adele	SEF/00	Athle 91	14'12"06
10	VIDALINC Celia	SEF/96	Stade Clermontois	14'19"53
11	MILLE Angele	ESF/01	Grac Renwez	14'28"32
12	ADLER Mathilde	ESF/01	Asptt Lille Metropole	14'34"16
13	JUMEAU Celia	SEF/00	Bonneval Athlé	14'40"86
14	LEFRERE Celina	ESF/02	As Marck	14'49"66

#### Nationale 2

1	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	14'17"51
2	DUQUESNE Laura	SEF/90	Ea Cergy Pontoise Athletisme	14'45"14

3	BERTON Laurence	MAF/76	Sa Fontenay-le-comte	14'54''07
4	ROULAND Marion	SEF/90	Stade Dieppois	14'57''93
5	BRUSSEAU Gwladys	MAF/74	Ec Orleans Cercle Jules Ferry	14'58''57
6	KLIPFEL Emma	ESF/01	Nancy Athlé	15'07''44
7	LE MOUELLIC Marie	ESF/03	Val-de-reuil Ac	15'25''11
8	QUENEHERVE Anne-Catherine	MAF/66	Grand Angouleme Athletisme	15'27''46



Stey leading Moutard



Delahaie



Auvray

## Hommes

### Cadets

1	DE BISSCHOP-THERY Maelys	CAM/06	Ac St Gratien-sannois	22'06''16
2	PICART Bastien	CAM/06	Cote De Jade Athlé	22'09''80
3	RABREAU Clement	CAM/07	Val-de-reuil Ac	22'09''82
4	CAILLE Maxime	CAM/06	Froissy Athletic Club	23'03''53
5	PETER Anthony	CAM/06	Ca Ambilly	24'46''12
6	DELBOS Remi	CAM/06	Us Bazas	24'57''35

### Juniors

1	CHENUET Quentin	JUM/05	Gien Athle Marathon	21'27''02
2	BENJELLOUN-TOUIMI Leo	JUM/04	Stade Bordelais	21'39''77
3	ELLUL Hugo	JUM/05	So Calais Athlé	21'47''22
4	AUBRY Eliot	JUM/05	Ea Cergy Pontoise Athletisme	22'45''65
5	NAU Louis	JUM/04	Saran Loiret Athletic Club	23'17''06
6	FELLAH Clement	JUM/04	Us Valenciennes Athletisme	24'48''26
7	PETIOT Simon	JUM/05	Acs Monistrol	24'59''17

### Espoirs + Seniors

1	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	19'30''08
2	MADÉLINE-DEGY Martin	ESM/01	Blagnac Sc	19'34''79
3	KUSTER David	SEM/99	Efs Reims	20'18''39
4	GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	20'24''42
5	VALLÉE Kyrian	SEM/94	Blagnac Sc	20'48''00
6	HUE Aymeric	ESM/01	Ec Orleans Cercle Jules Ferry	21'02''02
7	BAZZO BORTOT Symon	SEM/96	As Raismes	21'19''76
8	PETER Florian	ESM/02	As Aix-les-bains	21'31''63
9	BATIFOL Ellis	ESM/03	Asvel Villeurbanne	21'34''09
10	MARTIN Come	SEM/95	Clermont Auvergne Athletisme	21'54''45
11	ROBICHON Alexis	SEM/00	Ac Roche-sur-yon	21'57''04
12	BEAUVAl Florent	SEM/00	Stade Sottevillais	22'08''39

### National 2

1	LEBRETON Kilian	SEM/00	Ta Rennes	22'15''70
2	DRISSI Raouf (TUN)	SEM/95	Stade Sottevillais 76	22'23''87
3	LANDRON Roland	MAM/78	Ca Beglais	22'33''27
4	DELAUNAY Sebastien	MAM/74	Cap Saumur	22'38''09

5	LEFEBVRE Julien	SEM/00	So Calais Athlé	22'54''83
6	BESSONNIER Raphael	SEM/00	Aj Blois-onzain	23'10''77
7	BAUMERT John	MAM/80	Ac Vallee Ste-marie-mines	23'11''74
8	DE BONTIN Vincent	MAM/88	Ea Cergy Pontoise Athletisme	23'41''70



Quinion



Thery-DeBisschop



Chenuet

(Photos: Emmanuel Tardi)

**UNITED KINGDOM: 2023 Enfield RW League: 'Adrian James 5', 11 February - Enfield**

Thanks to **Ron Wallwork** for this report on the latest Enfield League races:

In dry chilly conditions Ashford's 17 year old **Jessica Wilton** (*pictured*), making her debut at 5 miles proved to be the star of the show as the first woman to finish and in a club u17 record too!

Dave Annetts and national Long distance champion Jonathan Hobbs were well clear in the men's race and the ongoing razor-edge rivalry between Melanie Peddle and Emma Dyos once again was fascinating to watch. The script remained unchanged from previous encounters, with Emma building up a substantial early lead only to be reeled in and passed with less than half a mile to go. Both, who sliced two minutes off their opening race times, are training partners under the watchful eye of coach Stuart Bennett.

Adrian James assisted by his daughter Naomi was on hand to start the race and later to present awards. *Picture; Adrian flanked by John Hall and Dave Annetts*

Men		* = pb	© Centurions		Women				
1	Dave Annetts	<i>N.Herts RR</i>	38.19	M55	1	Jessica Wilton	<i>Ashford AC</i>	*44.38	U20
2	Jonathan Hobbs ©	<i>Ashford AC</i>	40.52	SM	2	Melanie Peddle	<i>Loughton AC</i>	46.55	W50
3	John Arthur	<i>Ilford AC</i>	50.43	M60	3	Emma Dyos	<i>Ilford AC</i>	47.04	W45
4	Stuart Bennett ©	<i>Ilford AC</i>	53.40	M60	4	Maureen Noel	<i>Belgrave H</i>	52.15	W55
5	John Ralph	<i>Enfield HAC</i>	59.15	M65	5	Sue Barnett	<i>Enfield HAC</i>	59.06	W70
6	Dave Walsh	<i>Enfield HAC</i>	Dqd	M60	6	Amalia daSilva	<i>Belgrave H</i>	60.19	W55
7	Simon Morgan	<i>Ilford AC</i>	Dqd	M55	7	Lesley Morris	<i>Ilford AC</i>	<i>retired</i>	W60
					8	Fiona Bishop	<i>Enfield HAC</i>	Dqd	W60
<b>3m</b>	Chris Hobbs	<i>Ashford AC</i>	22.30	M60	<b>1m</b>	Shadede Arthur	<i>Ilford AC</i>	16.26	W60





### *About Adrian James*

While his name is unknown to most of today's Australian walking fraternity, those Aussies who raced in England in the early '80s and at the Lugano Cup in Eschborn in 1979 will recall **Adrian James**, a 50km and ultra specialist. Ron Wallwork provided the following background information in the ERWL newsletter:

In a relatively short career Adrian was a force to be reckoned with, particularly over the longer distances. He was placed in the national 20km, 35km and won the national 50km. He was part of a strong Enfield squad that won the National 10 in 1976 and his performances gained him GB selection on four occasions.

At the age of 15 Adrian became an amateur "Modern & Latin American" dancer. He loved it from the very beginning as a novice to a standard where he competed at the highest level winning some prestigious competitions along the way. Adrian's dancing career came to an end 1973 and he spent several months doing nothing in particular, but was uncomfortable being inactive. Fate intervened by way of a leaflet inviting stock exchange staff to try racing the London-Brighton walk, which fired his imagination and triggered a new passion. Completion of the SE 25 miles championship in March 1974 was deemed essential to gain entry to the Brighton scheduled to take place two months later.

He turned up at Hayes, Middlesex for the 25 miles race without any training knowing that he had to finish, which he did in 5.04.59 and says that he will never forget how his legs felt after the race. Duly completing the Brighton race in May with a time of 11.52.20 his outstanding race walking career was underway.

In ensuing years he won both titles and in the latter event he was one of the few, whether in the SE or the SWC Open races, to cover the 53 miles plus from London to Brighton in under 8 hours.

Adrian cites as his most satisfying performances winning the 1980 UK track championships at Crystal Palace in a pb 43.26.8. a race covered by the BBC TV, and his victory in the 1982 national 50km at Leicester by over quarter of an hour in 4.14.11.

Other highlights included topping the 1980 50km rankings with 4.08.41 which he set when winning the Basildon Open in the April of that year, and of course walking for GB in the 1979 Lugano Cup and being the first 50km Brit to finish in both the qualifying round at Hove and the final in Eschborn, West Germany.

*Thank you to Adrian's wife Stella who kindly did the drawing for this piece from the picture taken in a 35km event in Spain.*

## **UNITED KINGDOM: Bob Wright Handicap series, 8 January/12 February - Guernsey**

Thanks to **David Ainsworth** for forwarding this report from Rob Elliott (Sarnia WC):

**Stuart Le Noury** defended the trophy he won in 2022 with another series win in the Bob Wright Handicap Series. This time, as in 2022 he won the series on count back after having more race wins than his father **Kevin**, with both tying on 97 points over the seven races. **Mick Le Sauvage** took third place ahead of **Rob Elliott**.

In the final three races Kevin crossed the line first on two occasions, narrowly ahead of a faster finishing Rob Elliott by one second both times. Mick Le Sauvage, still racing into his eighties scored the other race win over 2 kilometres on the track.

**Sunday February 12th 2023**  
Bob Wright Handicap 7  
Cambridge Park, Guernsey 3 kms road

1 Kevin Le Noury M65 23.50 (watch time) / 2.15 (handicap) / 21.35 (actual time)  
2 Rob Elliott M60 23.51 / 3.15 / 20.36  
3 Stuart Le Noury M35 24.32 / 8.45 / 15.47  
4 Mick Le Sauvage M80 25.11 / 0.00 / 25.11

### **Sunday January 22nd 2023**

Bob Wright Handicap 6  
Footes Lane, Guernsey 2 kms track

1 Mick Le Sauvage M80 15.50 (watch time) / 0.00 (handicap) / 15.50  
2 Stuart Le Noury M35 16.02 / 5.45 / 10.17  
3 Rob Elliott M60 16.14 / 2.45 / 13.29  
4 Kevin Le Noury M65 16.33 / 2.15 / 14.18

### **Sunday January 8th 2023**

Bob Wright Handicap 5  
Imperial, Pleinmont, Guernsey 2 kms road

1 Kevin Le Noury M65 16.19 (watch time) / 2.00 / 14.19  
2 Rob Elliott M60 16.20 / 2.30 / 13.50  
3 Mick Le Sauvage M80 16.20 / 0.00 / 16.20

### **Bob Wright Handicap Series**

1 Stuart le Noury 97 points (wins on count aback having scored more first places), 2 Kevin Le Noury 97, Mick Le Sauvage 94, Rob Elliott 92.

## **MARCIADALMONDO & O MARCHADOR ROUNDUP**

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 12/02/2023 **Melbourne (AUS): Victories of Jemima Montag and Perseus Karlstrom at Australian 20km Open Championships** [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4524](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4524)
- 11/02/2023 Ancona (ITA): Lucrezia Nieri and Giuseppe Disabato are the U18 Indoor Champions 2023 [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4523](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4523)
- 10/02/2023 France and Italy: the usual story of poor relatives [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4522](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4522) It seems that the British athletics administration is not the only one to be snubbing its race walkers at major meets.

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, February 13, 2023 - Country II Division Clubs (track covered. 2023): highlight for AD Água de Pena marchers <http://omarchador.blogspot.com/2023/02/nac-clubes-ii-divisao-pista-cob-2023.html>
- Monday, February 13, 2023 - Nac. I Division clubs (track covered. 2023): Sporting CP and SL Benfica share victories on the march <http://omarchador.blogspot.com/2023/02/nac-clubes-i-divisao-pista-cob-2023.html>
- Sunday, February 12, 2023 - Santa Catarina Athletic Walking Championship in Timbó, Brazil (results) <http://omarchador.blogspot.com/2023/02/campeonato-catarinense-de-marcha.html>
- Sunday, February 12, 2023 - Milazzo hosted the conference entitled "New methodological horizons in sports training" <http://omarchador.blogspot.com/2023/02/milazzo-acolheu-conferencia-intitulada.html>
- Friday, February 10, 2023 - The march at the «Team Ledger Harcourts Capital Classic 2023» in Wellington, New Zealand <http://omarchador.blogspot.com/2023/02/a-marcha-no-team-ledger-harcourts.html>
- Thursday, February 9, 2023 - Juan Manuel Morales and Aldara Meilán triumph in the 2023 Galicia Walking Championships (Road) <http://omarchador.blogspot.com/2023/02/juan-manuel-morales-e-aldara-meilan.html>

- Wednesday, February 8, 2023 - French walkers angry at exclusion from Elite Nationals  
<http://omarchador.blogspot.com/2023/02/marchadores-franceses-revoltados-com.html>
- Tuesday, February 7, 2023 - Cosi, Mihai (under-23), Giampaolo and Traina (under-20) win Italian indoor titles - Ancona 2023  
<http://omarchador.blogspot.com/2023/02/cosi-mihai-sub-23-giampaolo-e-traina.html>

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

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2023

Sat 18 Feb 2023	<b>AVSL Rd 10 walks (1500m, 3000m)</b> – Zone A – Keilor Park Recreation Res, Keilor
Sat-Sun 18-19 Feb 2023	<b>LAVic Region T&amp;F Carnivals</b> – various locations
Fri-Sun 24-26 Feb 2023	<b>AV T&amp;F c'ships U14-18</b> – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	<b>AV T&amp;F c'ships U20-Open</b> – Lakeside Stadium
Sat-Sun 11-12 Mar 2023	<b>LAVic T&amp;F championships</b> – Lakeside Stadium
Fri-Mon 10-13 Mar 2023	<b>AMA Masters T&amp;F c'ships</b> – Sydney
Thu-Sun 30 Mar-2 Apr 2023	<b>AA Open-U20 T&amp;F c'ships</b> – QSAC, Brisbane
Thu-Sun 13-16 Apr 2023	<b>AA U14-U18 T&amp;F c'ships</b> – QSAC, Brisbane
Wed-Fri 19-21 Apr 2023	<b>UniSport National T&amp;F c'ships</b> – Gold Coast Performance Centre, QLD
Fri-Sun 21-23 Apr 2023	<b>Coles Australian Little Athletics c'ships</b> – Lakeside Stadium

### International Dates

28 Jul-8 Aug 2023	<b>World University Summer Games</b> – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN
13-25 Aug 2024	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
20-24 Aug 2024	<b>WA World Junior T&amp;F Championships</b> – Lima, PER

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Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



