



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2020/2021 Number 22  
Tuesday 2 March 2021



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### WALKER OF THE WEEK

The Victorian T&F Championships Open 5000m walk was a beauty last Saturday morning, with 11 of the 15 walkers setting new PBs, and two walkers setting new Victorian records (read all about it later in the newsletter). The quality was so high that it was very hard for me to pick an outright winner in my Walker of the Week but I did eventually decided in favour of **Jemima Montag**.

23 year old Jemima stormed through the 5000m in a PB time of 20:51.03 to set a new Victorian Open Record, bettering her time of 21:06, done as a split in her wonderful 10,000m track walk time of 42:35 last month. Jemima is in wonderful form, benefiting from a summer of hard work, first at Thredbo and then in Melbourne, with coach Brent Vallance and his large and his talented group of athletes.

She now ranks second overall behind the great Kerry Saxby in the Australian 5000m All-Time ranking lists. And she looked superb – check it out yourself in this little video: <https://www.facebook.com/athsvic/videos/452944926051352>.



*Jemima storms to victory in the Victorian 5000m Track Championship (photo Athletics Victoria)*

### WHAT'S COMING UP

- Let's review what is coming up in the remaining 2 months of the Victorian Summer Season.

Mar 6 (Sat), 2021	AVSL Round 8 (5000m/2000m walks)	Various venues
Mar 13 (Sat), 2021	AVSL Round 9 (no walks)	Various venues
Mar 14 (Sun), 2021	<b>AV 5000m Teams Race Championships</b> , VRWC track walks	Clifton Hill
Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	<b>VMA 5000m Walk Championship</b>	Clifton Hill

Mar 27 (Sat), 2021	<b>Australian 50km Championship (Men) and 20km (Men and Women)</b>	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	<b>Australian Athletics Championships</b>	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	<b>Australian Little Athletics Championships</b>	VIC
Apr 24-25, 2021	<b>Victorian Masters T&amp;F Championships</b>	Doncaster

- This coming Saturday, we have Round 8 of the Athletics Victoria Shield Competition.
- The following weekend sees a further VRWC race at Clifton Hill. This meet will include the Victorian **5000m Teams Race Championships** for men and women. All entries for the Teams Race must be made via the AV Member's Portal. You enter as an individual. Once 3 male or female walkers from your club enter, you have a team.

<b>Sun 14<sup>th</sup> March 2021: AV 5000m Teams Race, Clifton Hill</b>	
<b>Venue: George Knott Athletics Track, Clifton Hill</b>	
9:00am	VRWC 1500m Walk
9:10am	VRWC 3000m Walk
9:35am	<b>AV 5000m Walk Teams Race</b>
11:30am	<b>VRWC AGM</b>

- A couple of Athletics Australia related items to finish off this section. Firstly, we have been alerted to the following announcement by Athletics Australia, regarding the 10,000m walks at the upcoming Australian T&F Championships

*Off the back of the draft schedule for the upcoming National Championships, the decision has now been made to combine the Under-20 and Open 10,000m Race Walking events.*

- *The women's open & U20 10,000m Walk will now take place on Thursday 15<sup>th</sup> April (the original date for the Open event).*
- *The men's open & U20 10,000m Walk will now take place on Friday 16<sup>th</sup> April (the original date for the Open event).*

I believe this change is due to a range of reasons, but mostly around World Athletics not being able to accept times for OG ranking points in mixed events, so it was necessary to separate the men and women.

- Secondly, I now note that the date for the **Australian 50km Championship** meet (which now includes the **Australian 20km Summer Championships**) is noted on the same AA website page as being on **Saturday 27<sup>th</sup> March** and being on **Sunday 28<sup>th</sup> March**. See for yourself at <https://www.athletics.com.au/events/83627/>. I also note that the timetable for the day now includes lots of additional events as shown below. I know nothing about this! As entries are due to close on Monday 15<sup>th</sup> March, it's a bit astonishing that this has not been broadcast to the general walking public.

Men 50km
Men Open - 20km (including Masters 20km RWA Championship event)
Men Under 20 - 10km
Men Under 18 - 10km
Boys Under 16 - 5km
Boys Under 14 - 3km
Boys Under 12 - 2km RWA Championship event
Women 50km
Women Open - 20km
Women Open - 10km (including Masters 10km RWA Championships event)
Women Under 20 - 10km
Women Under 18 - 5km
Girls Under 16 - 5km
Girls Under 14 - 3km
Girls Under 12 - 2km RWA Championship event

#### **VICTORIAN T&F CHAMPIONSHIPS WEEKEND 2, LAKESIDE STADIUM, ALBERT PARK, 26-28 FEBRUARY 2021**

The Victorian T&F Championships Open 5000m walk was a beauty last Saturday morning, with 11 of the 15 walkers setting new PBs, and two walkers setting new Victorian records. The 9AM start time ensured perfect conditions and the walkers made the most of it.

The men's 5000m walk saw Western Australian **Declan Tingay** go straight to the front, quickly building up an insurmountable lead over **Rhydian Cowley**. He was never challenged, although Rhydian did claw back a bit of ground in the final laps. His finishing time of

18:56.77 was a new WA State record and an amazing 42 second PB. Rhydian chased all the way and was rewarded with his own PB time of 19:09.48. 19 year old **Will Thompson** continues to amaze us all with his improvement. His third place finish time of 19:43.42 set a new Victorian U20 record, beating the time of 19:46.23, done by Jesse Osborne in the 2014 Vic Champs on 2<sup>nd</sup> March of that year. **Kyle Swan** (20:18.22) and 19 year old **Corey Dickson** (21:16.51) also recorded PBs, as did 17 year old **Fraser Saunder** (22:50.62).

#### 5000m Open Men, 9AM, Saturday 26 February

1.	Declan TINGAY (INV)	1999	WA	18:56.77	PB 0:42	WA Open Record
2.	Rhydian COWLEY	1991	GHY	19:09.48	PB 0:17	
3.	Will THOMPSON	2002	MPA	19:43.42	PB 1:47	Vic U20 Record
4.	Kyle SWAN	1999	ANW	20:18.22	PB 0:16	
5.	Corey DICKSON	2002	KNA	21:16.51	PB 0:16	
6.	Jason KOZICA	1986	STK	21:53.42		
7.	Fraser SAUNDER (U20)	2004	BYC	22:50.62	PB 0:14	
8.	Danny HAWKSWORTH	1979	ESS	25:51.48		
9.	Simon EVANS	1960	BOH	28:01.45		

The women's race was just as impressive. Like Declan, 23 year old **Jemima Montag** went straight to the front and was never headed, storming through to a PB time of 20:51.03 and setting a new Victorian Open 5000m track walk record (bettering her time of 21:06, done as a split in her wonderful 10,000m track walk time of 42:35 last month). And she looked superb – check it out yourself in this little video: <https://www.facebook.com/athsvic/videos/452944926051352>. Behind her, **Alana Barber** of New Zealand and **Bec Henderson** had a wonderful battle, with Alana getting up with 21:55.62, ahead of Bec with 22:05.82 (both PBs, of course). **Alanna Peart** (22:45.96) and **Charlotte Hay** (24:42.22) were also in on the PB action.

#### 5000m Open Women, 9AM, Saturday 26 February

1.	Jemima MONTAG	1998	MUU	20:51.03	PB 0:41, Vic Open Record
2.	Alana BARBER (INV)	1987	NZL	21:55.62	PB 0:04
3.	Rebecca HENDERSON	2001	MEN	22:05.82	PB 0:55
4.	Alanna PEART (U20)	2003	BYC	22:45.96	PB 0:27
5.	Jemma PEART	2001	BYC	24:35.46	
6.	Charlotte HAY (U20)	2003	KNA	24:42.22	PB 0:34



*Declan Tingay, Rhydian Cowley, Will Thompon and Kyle Swan (photo Athsvic)*



*Jemima Montag, Rebecca Henderson, Alana Barber, Jason Kozica, Fraser Saunder and Alanna Peart (photos athsvic)*



*One final shot of the Open Women's podium – Alanna Peart, Jemima Montag, Bec Henderson and Alana Barber (photo Simon Baker)*

The Victorian U14, U16 and U16 3000m Track Walk Championships followed at 9:45AM, also in great conditions. Fields were small but just about every walker recorded a PB – what a group effort! **Marcus Wakim** (coached by Adam Garganis) was fastest of the boys, with 14:08.24, while **Ariana Pashutina** was the fastest of the girls twith 15:06.83.

#### **U16 3000m Walks**

1.	Maddison NASH	2006	DIV	15:33.58	PB 0:13
2.	Emily SMITH	2006	KNA	15:54.76	PB 0:12
1.	Marcus WAKIM	2006	COL	14:08.24	PB 0:25
2.	Scott PEART	2006	BYC	15:15.78	PB 0:13
3.	Joel IMBRIANO	2006	STK	15:33.92	
4.	Zachary MATTERS	2006	BOH	15:53.55	PB 0:05

#### **U15 3000m Walks**

1.	Ariana PASHUTINA	2007	KNA	15:06.83	PB 0:09
1.	Liam HUTCHINS	2007	KNA	14:46.85	PB 0:13
2.	Riley COUGHLAN	2007	KNA	14:50.85	PB 0:15

### U14 3000m Walk

1.	Mietta MORGAN	2009	KNA	17:36.69	PB 0:33
2.	Charlotte MACDONELL		BYC	19:05.37	PB 1:05
3.	Lula PARROTT	2009	DAC	21:37.34	Inaugural
1.	Daniel PASHUTIN	2009	KNA	16:38.37	



*The majority of the underage walkers were all coached by Frances Attard. Here is Fran with her charges Liam, Riley, Emily, Lula, Ariana, Maddison and Daniel. Well done Fran!*

I finish this report with a review of our Australian 5000m All-Time ranking lists. In the men's list, Declan and Rhydian have risen to 8<sup>th</sup> and 9<sup>th</sup> respectively, Will to 17<sup>th</sup> and Kyle to 35<sup>th</sup>. In the women's list, Jemima sits 2<sup>nd</sup>, Bec rises to 22<sup>nd</sup> and Alanna to 43<sup>rd</sup>.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:38.97	Dane Bird-Smith	Q	15/07/1992	1	Melbourne	05-03-2016	23
2	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
3	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
4	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
5	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
6	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
7	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
<b>8</b>	<b>18:56.77</b>	<b>Declan Tingay</b>	<b>W</b>	<b>06-02-1999</b>	<b>1</b>	<b>Melbourne</b>	<b>27/02/2021</b>	<b>21</b>
<b>9</b>	<b>19:09.48</b>	<b>Rhydian Cowley</b>	<b>V</b>	<b>04/01/1991</b>	<b>2</b>	<b>Melbourne</b>	<b>27/02/2021</b>	<b>30</b>
10	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
11	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
12	19:23.72	Chris Erickson	V	01/12/1981	1	Melbourne	01/03/2015	33
13	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hungary	05/03/1989	31
14	19:31.24	Michael Hosking	V	16-10-1985	3	Melbourne	05-03-2016	30
15	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
16	19:38.22	Troy Sundstrom	N	30/05/1981	3	Sydney	19/02/2000	18
<b>17</b>	<b>19:43.42</b>	<b>Will Thompson</b>	<b>V</b>	<b>18/11/2002</b>	<b>3</b>	<b>Melbourne</b>	<b>27/02/2021</b>	<b>19</b>
18	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
19	19:46.23	Jesse Osborne	Q	12/01/1995	2	Melbourne	02/03/2014	19
20	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
21	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
22	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
23	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
24	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17
25	20:00.50	Darren Bown	S	30/06/1974	1	Adelaide	16/03/2005	20
26	20:05.20	Tyler Jones	N	08-04-1998	1	Sydney	07/03/2020	21
27	20:06.51	Brandon Dewar	Q	13/05/1992	2	Brisbane	05/07/2014	22
28	20:06.54	Noel Wooler	Q	19/05/1975	1	Brisbane	16/02/1996	20
29	20:08.51	Nathan Brill	V	24/05/1996	1	Melbourne	14/02/2014	17
30	20:08.62	Duane Cousins	V	13/07/1973	5	Melbourne	09/03/2006	32
31	20:12.20	Liam Murphy	S	05/06/1979	5	Adelaide	28/01/2000	20

32	20:12.60	Ian Rayson	N	04/02/1988	8	Sydney	18/02/2012	24
33	20:14.90	Michael Harvey	V	05/12/1962	1	Melbourne	26/11/1991	28
34	20:16.26	Damian O'Mara	N	03/10/1975	4	Melbourne	20/02/1997	21
35	<b>20:18.22</b>	<b>Kyle Swan</b>	<b>V</b>	<b>28-03-1999</b>	<b>4</b>	<b>Melbourne</b>	<b>27/02/2021</b>	<b>21</b>

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	20:03.0	Kerry Saxby-Junna	N	20/06/1961	1	Sydney	11/02/1996	34
<b>2</b>	<b>20:51.03</b>	<b>Jemima Montag</b>	<b>V</b>	<b>15/02/1998</b>	<b>1</b>	<b>Melbourne</b>	<b>27/02/2021</b>	<b>23</b>
3	21:03.33	Jess Rothwell	V	18/06/1989	1	Melbourne	20/02/2009	19
4	21:19.19	Cheryl Webb	N	03/10/1976	2	Sydney	14/02/2009	32
5	21:19.46	Beki Smith nee Lee	N	25/11/1986	1	Melbourne	05-03-2016	29
6	21:19.55	Regan Lamble	V	14/10/1991	2	Milan, Italy	22-02-2016	24
7	21:21.25	Tanya Holliday	S	21/09/1988	1	Sydney	18/02/2012	23
8	21:25.6	Anne Pembroke-Manning	N	13/11/1959	mix	Sydney	12/02/1994	34
9	21:29.12	Claire Tallent	S	06/07/1981	3	Sydney	18/02/2012	30
10	21:31.0	Rachel Tallent	V	20/02/1993	2	Canberra	12-06-2016	23
11	21:32.26	Jane Saville	N	05/11/1974	1	Melbourne	01/03/1997	26
12	21:34.23	Natalie Saville	N	07/09/1978	2	Melbourne	01/03/1997	18
13	21:39.03	Katie Hayward	Q	23/07/2000	1	Brisbane	21-10-2016	16
14	21:45.16	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	20/02/2000	37
15	21:46.68	Kelly Ruddick	V	19/04/1973	2	Brisbane	29/03/2014	40
16	21:46.70	Kellie Wapshott	V	23/03/1981	mix	Melbourne	10/02/2008	26
17	21:47.6	Gabrielle Blythe	V	09/03/1969	mix	Canberra	12/03/1993	24
18	21:59.0	Teresa Letherby	Q	05/04/1972	3	Sydney	11/02/1996	23
19	22:01.50	Linda Coffee	N	31/07/1977	2	Sydney	18/02/1996	18
20	22:04.42	Sue Orr-Cook	V	23/04/1958	1	Melbourne	01/04/1984	25
21	22:05.76	Michelle French	N	01/04/1982	2	Melbourne	19/02/2006	23
<b>22</b>	<b>22:05.82</b>	<b>Rebecca Henderson</b>	<b>V</b>	<b>04/07/2001</b>	<b>3</b>	<b>Melbourne</b>	<b>27/02/2021</b>	<b>19</b>
23	22:08.00	Megan Szirom	V	18/08/1977	1	Melbourne	23/06/2007	29
24	22:08.5	Jenny Jones-Billington	Q	20/04/1967	4	Brisbane	06/03/1993	25
25	22:11.76	Jessica Pickles	Q	09-02-1994	1	Brisbane	06-02-2016	21
26	22:13.0	Simone Wolowiec	V	12/02/1974	mix	Melbourne	20/11/1997	23
27	22:15.0	Sally Pierson	V	10/03/1963	1	Melbourne	27/01/1984	20
28	22:15.5	Jane Lewry-Barbour	S	27/07/1966	1	Adelaide	16/02/1994	27
29	22:17.32	Lorraine Young-Jachno	V	21/09/1959	4	Sydney	04/01/1990	30
30	22:23.17	Nicole Fagan	N	24/07/1989	5	Sydney	18/02/2012	22
31	22:24.9	Wendy Muldoon	V	27/05/1971	mix	Melbourne	09/03/1995	23
32	22:31.18	Lisa Grant	N	26/04/1985	3	Sydney	09/12/2091	20
33	22:34.30	Jo Strangman	A	17/11/1975	mix	Canberra	17/02/1995	19
34	22:35.15	Jillian Hosking	A	12/02/1987	2	Canberra GP event	30/01/2010	22
35	22:36.6	Jantien Saltet	N	24/01/1972	mix	Sydney	28/11/1992	20
...								
<b>43</b>	<b>22:45.96</b>	<b>Alanna Peart</b>	<b>V</b>	<b>06/09/2003</b>	<b>4</b>	<b>Melbourne</b>	<b>27/02/2021</b>	<b>17</b>

#### ATHLETICS WEST INTERCLUB, WAAS, PERTH, WEDNESDAY 24 FEBRUARY 2021

The latest round of interclub in Western Australia was held mid-week, due to the Perth track being booked out all weekend for the WA Little Athletics State Championships. Being scheduled so soon after the Athletics WA state championships, not many walkers turned out.

#### 3000m Walk

1.	Xavier Bernard	M	15:45.00
2.	Ashlyn Spence	F	15:49.28

#### QMA T&F MEET, SAF, BRISBANE, WEDNESDAY 24 FEBRUARY 2021

The usual small but enthusiastic field in the Queensland Masters walks in Brisbane.

#### 3000m Walk

1.	Gannon, Brenda	W46	Qma	16:37.43	75.33%
2.	Hamann, Charlotte	W19	QA	17:44.43	
3.	Kirwin, Roslyn	W32	Qma	22:01.37	52.60%
4.	McKinven, Noela	W78	Qma	26:21.83	66.55%

**ACTRWC TRACKW WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 25 FEBRUARY 2021**

Thanks to Val Chesterton for this week's results from the ACT Race Walkers Club in Canberra.

**2000m Walk**

1.	Ruth Baussmann	F	14:45
2.	Doug Fitzgerald	M	14:47
3.	Geoff Barker	M	16:16
4.	Jenny May	F	18:01
5.	Robert Kennelly	M	18:05
	Bryan Thomas	M	DQ

**800m Walk**

1.	Jim White	M	5:41
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**SA T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, 26-28 FEBRUARY 2021**

The South Australian T&F Championships, were held last weekend, with the 5000m and 3000m track walks on Friday evening in Adelaide and the 10,000m track walks on Sunday.

Conditions were just about perfect for the Friday evening scheduling, with some fast times, especially by **Tristan Camilleri** (21:14.65) and **Kim Mottrom** (21:51.64).

**Open 5000m**

1.	Tristan Camilleri	M	21:14.65
2.	Mathew Bruniges	M	24:28.41
3.	Jordan McKenna	M	32:21.30
1.	Rhiannon Lovegrove	F	28:14.10

**Over 35 5000m**

1.	Kim Mottrom	M	21:51.64
1.	Marie Maxted	F	32:34.49

**Over 50 5000m**

1.	Greg Metha	M	29:44.70
2.	Peter Crump	M	29:55.64
3.	Ross Hill-Brown	M	41:37.01

**Under 17 5000m**

1.	Nellie Langford	F	26:44.92
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**Under 16 3000m**

1.	Anthony Tana	M	15:53.56
1.	Daisy Braithwaite	F	15:01.07

**Under 15 3000m**

1.	Zayden Kamish	M	17:00.72
2.	Cooper Rech	M	22:08.33
1.	Emily Lynch	F	17:01.84
2.	Katie DeRuvo	F	17:03.64

**Under 14 3000m**

1.	Tarique Kamish	M	20:08.77
2.	Sebastian Richards	M	DQ

The 10,000m Walk Championships were held on Sunday morning, with the highlight provided by **Olivia Sandery** who set a new U20 State Record with her time of 48:11.05. **Nellie Langford** did her first 10,000m walk and **Mathew Bruniges** beat his PB. **Tristan Camilleri** was fastest overall with 22:53.45.

**Open 10,000m**

1.	Tristan Camilleri	M	44:53.45
2.	Mathew Bruniges	M	48:25.40
3.	Jordan McKenna	M	74:22.52

1.	Olivia Sandery	F	48:11.05
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**Over 35 10,000m**

1.	Kim Mottrom	M	48:02.00
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1.	Marie Maxted	F	68:31.75
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**Over 50 10,000m**

1.	Peter Crump	M	62:38.92
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2.	Greg Metha	M	64:02.97
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**Under 20 10,000m**

1.	Nellie Langford	F	59:44.21
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**AACT U14-U18 T&F CHAMPIONSHIPS, WODEN ATHLETICS TRACK, WODEN, 26-28 FEBRUARY 2021**

The ACT U14-U18 T&F Championships were also contested last weekend, with a variety of walks on offer at the Woden track in southern Canberra. NSW walker **Milly Boughton** was fastest overall in the 3000m (14:06.58).

**U18 1500m Walk**

1.	Shaw, Sidney	17	ACT	8:36.52
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**U16 3000m Walk**

1.	Boughton, Milly	15	NSW	14:06.58
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2.	Munroe, Ella	15	NSW	16:51.54
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3.	Grocott, Julia	15	ACT	19:32.99
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**U16 1500m Walk**

1.	Grocott, Julia	15	ACT	9:07.71
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2.	James, Keira	15	ACT	11:18.20
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**U15 3000m Walk**

	Roberts, Darcey	14	VIC	DNF
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**U15 1500m Walk**

1.	Toyne, Owen	14	ACT	6:30.68
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**U14 3000m Walk**

1.	Clarkson, Kodi	13	ACT	14:22.08
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**U14 1500m Walk**

1.	Clarkson, Kodi	13	ACT	6:31.21
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1.	Rauraa, Sasha	13	ACT	10:31.48
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**NSW COUNTRY T&F CHAMPIONSHIPS, MINGARA ATHLETICS CENTRE, MINGARA, 26-28 FEBRUARY 2021**

The NSW Country T&F Championship in Mingara saw super walking by **Carl Gibbon** (11:52.34) and **Dylan Richardson** (12:28.61), while **Allanah Pitcher** was the fastest of the women with 14:17.10

**3000m Walk Open**

1.	O'Neill, Molly	21	Mingara Athl	15:16.76
2.	Hogg, Ashleigh	20	Illawarra Bl	24:22.53

1.	Gibbons, Carl	25	Westlakes	11:52.34
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2.	Richardson, Dylan	21	Mingara Athl	12:28.61
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**3000m Walk Masters**

W50	1	Martin, Anthea	54	Coffs Harbou	21:10.52
W60	1	Stallard, Trish	63	Wallsend Rsl	24:48.62
W70	1	Yuen, Swee	73	Nsw Masters	27:40.12
	2	Mison, Michele	74	Mingara Athl	29:39.03
M50	1	Rowe, Greg	60	Mingara Athl	22:02.15
M60	-	newham, mark	66	Mingara Athl	DQ
M70	1	Yuen, Tuck	73	Nsw Masters	25:47.19

**U20 3000m Walk**

1.	Pitcher, Allanah	18	Mingara Athl	14:17.10
2.	Bolton, Hannah	18	Mingara Athl	15:14.73
1.	McGinniskin, Jack	19	Mingara Athl	13:44.88

**U18 3000m Walk**

1.	Scott, Bethany	17	Westlakes	17:59.79
1.	Vizintin, Cory	17	Macquarie Hunter	24:02.55

**U17 3000m Walk**

1.	Duguid, India	16	Mingara Athl	14:40.65
2.	Pitcher, Sienna	14	Mingara Athl	14:56.87
3.	Platt, Madeline	13	Adamstown Ne	16:00.57
4.	Pinches, Stella	12	Adamstown Ne	17:37.19
5.	Ashby, Caetlin	12	Gosford Litt	20:16.13
1.	Bonham, Ryan	15	Wallsend Rsl	13:58.29
2.	Spamer, Liam	16	Macquarie Hunter	15:01.19
3.	Platt, Grady	15	Adamstown Ne	15:12.41
4.	Ashby, Myles	14	Gosford Litt	16:28.70

**U16 1500m Walk**

1.	Pinches, Aiva	15	Adamstown Ne	8:00.00
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**U15 1500m Walk**

1.	Pitcher, Sienna	14	Mingara Athl	7:08.08
2.	Newberry, Brooke	14	Armidale	7:52.22
3.	Payne, Georgia	14	Mingara Athl	7:57.11
4.	Robins, Michelle	14	Eastlakes	10:54.25
1.	Ashby, Myles	14	Gosford Litt	7:41.60
2.	Spamer, Brodie	14	Macquarie Hunter	7:49.70
3.	Charlton, Peter	14	Eastlakes	10:54.24

**U14 1500m Walk**

1.	Hearnden, Emma	12	Macquarie Hunter	7:55.58
2.	Maxwell, Madeleine	12	Macquarie Hunter	9:14.99
3.	Ashby, Caetlin	12	Gosford Litt	9:40.28
4.	White, La'kya Jai	12	Woolgoolga	10:24.84
1.	Day, Jackson	13	Macquarie Hunter	9:19.69
2.	Rejske, Beau	12	Athletics Wo	10:25.81

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 27 FEBRUARY 2021**

Only 2 walkers in action in Hobart last weekend.

**5000m Walk**

1.	Oliver Morgan	OVA	28:32.29
2.	Elizabeth Leitch	TMA	34:01.82

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases for us this week and includes lots of overseas results.

- Mon 1 Mar - Santee (USA): Nick Christie and Robyn Stevens win the USA 50km and 35km Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4004](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4004)
- Mon 1 Mar - Pombal (POR): Ruben Santos and Maria Bernardo win Portuguese U23 Indoor Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4003](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4003)
- Sun 28 Feb - Megara (GRE): Alexandros Papamichail and Antigoni Drismbioti win Greek 35km championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4002](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4002)
- Fri 26 Feb - San Jose de Costa Rica (CRC): Alegna Aryday Gonzalez Munoz wins Costa Rican 20km Championship [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4001](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4001)
- Thu 25 Feb - Results from Torun (POL) and Miramas (FRA) and indoor lists [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4000](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4000)
- Wed 24 Feb - Massimo Stano becomes a father [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3999](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3999)
- Tue 23 Feb - Logan (USA): River State Conference Indoor Track & Field Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3998](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3998)

while Omarchador was very busy with 15 press releases, including even more overseas results.

- Tue 2 Mar - Érick Barrondo and Julio Salazar in greater prominence in Guatemalan National Championships <https://omarchador.blogspot.com/2021/03/erick-barrondo-e-julio-salazar-em-maior.html>
- Mon 1 Mar - Nick Christie and Robyn Stevens with US America titles at Santee. Colombian Jhon Castañeda wins 50 km <https://omarchador.blogspot.com/2021/03/nick-christie-e-robyn-stevens-com.html>
- Mon 1 Mar - Tingay (18: 56.77) and Montag (20: 51.03) world leaders 2021 in the 5,000m walk in Melbourne <https://omarchador.blogspot.com/2021/03/tingay-185677-e-montag-205103-lideres.html>
- Mon 1 Mar - Maria Bernardo and Rúben Santos, Portuguese U23 indoor track champions (2021) <https://omarchador.blogspot.com/2021/03/maria-bernardo-e-ruben-santos-campeoes.html>
- Sun 28 Feb - On Bob Cruise's birthday <https://omarchador.blogspot.com/2021/02/no-aniversario-de-bob-cruise.html>
- Sun 28 Feb - The Memories of Catarinense Athletics <https://omarchador.blogspot.com/2021/02/as-memorias-do-atletismo-catarinense.html>
- Sun 28 Feb - Rio Maior International Grand Prix postponed <https://omarchador.blogspot.com/2021/02/grande-premio-internacional-de-rio.html>
- Fri 26 Feb - Results of Athletics Victoria Youth Track Championships <https://omarchador.blogspot.com/2021/02/campeonatos-de-pista-para-jovens-do.html>
- Thu 25 Feb - Narcis Mihaila and Mihaela Acatrinei, champions of Romania of 20 km march <https://omarchador.blogspot.com/2021/02/narcis-mihaila-e-mihaela-acatrinei.html>
- Thu 25 Feb - Finnish champions Jarkko Kinnunen and Anniina Kivimäki (indoor track 2021) <https://omarchador.blogspot.com/2021/02/jarkko-kinnunen-e-anniina-kivimaki.html>
- Wed 24 Feb - Federico Tontodonati and Valentina Trapletti, champions of Italy (indoor track 2021) <https://omarchador.blogspot.com/2021/02/federico-tontodonati-e-valentina.html>
- Wed 24 Feb - Polish champions Rafal Augustyn and Katarzyna Zdziebło (indoor track 2021) <https://omarchador.blogspot.com/2021/02/rafa-augustyn-e-katarzyna-zdziebo.html>
- Tue 23 Feb - Aurélien Quinon and Eloise Terrec win Elite France championships <https://omarchador.blogspot.com/2021/02/aurelien-quinon-e-eloise-terrec-vencem.html>

- Tue 23 Feb - Marius Žiukas and Brigita Virbalyte dominate Lithuania's indoor track championships  
<https://omarchador.blogspot.com/2021/02/marius-ziukas-e-brigita-virbalyte.html>
- Mon 24 Feb - Alegna González and Noelia Vargas competed in a 20 km championship in San José, Costa Rica  
<https://omarchador.blogspot.com/2021/02/alegna-gonzalez-e-noelia-vargas.html>

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of COVID-19 issues.

For VRWC race details, see <http://www.vrwc.org.au/vrwcs21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxh.pdf>

#### Victorian Key Dates – Summer 2020/2021

Mar 6 (Sat), 2021	AVSL Round 8 (5000m/2000m walks)	Various venues
Mar 13 (Sat), 2021	AVSL Round 9 (no walks)	Various venues
Mar 14 (Sun), 2021	<b>AV 5000m Teams Race Championships</b> , VRWC track walks	Clifton Hill
Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	<b>VMA 5000m Walk Championship</b>	Clifton Hill
Mar 27 (Sat), 2021	<b>Australian 50km Championship (Men)</b> <b>Australian Summer 20km Championships</b>	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	<b>Australian Athletics Championships</b>	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	<b>Australian Little Athletics Championships</b>	VIC
Apr 24-25, 2021	<b>Victorian Masters T&amp;F Championships</b>	Doncaster

#### 2021 World Athletics Race Walk Challenge

Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR (now postponed, date TBA)
June 6 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

#### Other International Dates

Mar 20 (Sat), 2021	Dudince 50km Meet, Dudince, Slovak Republic
May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	<b>32<sup>nd</sup> Olympic Games, Tokyo and Sapporo</b>
July, 2021	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Tampere, Finland (NOW POSTPONED TILL 2022)
Aug 8-19, 2021	<b>World University Summer Games</b> , Chengdu, China
Aug 20-21, 2021	<b>18<sup>th</sup> World Athletics U20 T&amp;F Championships</b> , Nairobi, Kenya (POSTPONED FROM 2020)
Jan 2022	<b>Oceania Masters Championships</b> , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Apr 23-24, 2022	<b>29<sup>th</sup> World Athletics Race Walking Team Championships</b> , Minsk, Belarus
July 15-24, 2022	<b>18<sup>th</sup> World Athletics Championships</b> , Eugene, USA
July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR
Aug 11-21, 2022	<b>European Athletics Championships</b> , Munich, GER
TBA, 2022	<b>19<sup>th</sup> World Athletics U20 T&amp;F Championships</b> , Cali, Colombia
TBA, 2023	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2023 (TBC)	<b>19<sup>th</sup> World Athletics Championships</b> , Budapest, Hungary

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)