



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 37
Tuesday 15 June 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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TIM'S WALKER OF THE WEEK

My Walker of the Week is 22 year old Victorian **Kyle Swan**. He had a big weekend which included

- 2nd in the Oceania Invitational 10,000m Track Walk at the AIS on Saturday, with a time of **40:35.05**
- 1st in the LBG/Stromlo 30km Road Walk at the Stromlo Forest Park in Canberra on Sunday, with a huge PB of **2:18:25**.

Kyle currently sits in 55th spot on the World Athletics Olympic rankings for the men's 20km walk and looks set to be offered a spot in the 60-strong Olympic 20km when the qualifying period ends in 2 weeks time.

Kyle has had a superb summer, highlighted by 2nd place in the Australian 20km Summer Championship (1:24:08) and 3rd place in the Australian 10,000m Track Championship (40:06.86). Good luck Kyle!



Kyle winning the LBG/Stromlo 30km Walk on Sunday in Canberra (photo Kerrie Peart)

HARRY SUMMERS EARNS A GONG

I was very excited to hear that former VRWC President and life member **Harry Summers** was amongst those honoured in the Queens Birthday Honours List. He has been awarded the **Medal in the General Division (OAM)** for service to athletics. It is somehow fitting that it happened in the VRWC's centenary year!

Harry is the 12th senior member of our Australian racewalking community to be awarded this prestigious honour. You can check out the full list at <https://www.vrwc.org.au/vrwc-australian-honours.shtml>.

Harry took up racewalking in 1953 as a 17 year old and joined the Victorian Walkers Club the following year, the same time as Bob Gardiner. Now 68 years later, he is finally acknowledged formally for his lifetime of service to our sport.

The following are but a few of the highlights from his long association with racewalking.

- He has been an ATFCA Level 3 Coach since 1983 (he was one of the first to achieve the Level 3 status) and has coached a long list of Australian walkers to international status.
- In 1983, he was elected to the position of VRWC President, a position he held for an amazing 29 years, eventually stepping down in 2013. He was awarded life membership of the club in 1990.
- He organized and took Australian teams of walkers to the 8 Nations Meets in Europe between 1990 and 1993.
- As President of VRWC, he was an automatic Vice President of Racewalking Australia for many years and actually served as President of Racewalking Australia from 2002-2004.
- He has been on the executive of the Australian Track and Field Coaches Association since 1993, only recently standing down.
- He became the Australian National Walk Coach in 1998 and then held the position of National Walks Coach (Educational), working alongside Ron Weigel, the AIS walking coach.

Read the full story at <http://www.vrwc.org.au/tim-archive/articles/wv-harry-summers.pdf>.



Harry officiating at Middle Park in 2011



Harry still competing in 2016 at 80 years of age

WHAT'S COMING UP

We hope to be back at Middle Park this coming Saturday for our next round of winter roadwalks. This is our annual **Guess Your Finish Time** raceday and it's an exciting format. Note that we will not find out till mid week whether the Victorian Covid restrictions will ease enough for us to proceed. That being the case, online entries are open till 9PM on Friday evening. The timetable reads

Saturday 19th June 2021, Middle Park

VRWC Events. If entering online, entries close 9PM on Friday.

If entering in person, entries close for all events at 1.40pm sharp.

Prizes for all winners of each race who gets closest to their race time.

2.15pm	8km	Guess your finish time & Points Race	Open
2.15pm	6km	Guess your finish time & Points Race	Open
2.15pm	4km	Guess your finish time & Points Race	Open
2.30pm	2km	Guess your finish time & Points Race	Open
2.30pm	1km	Guess your finish time & Points Race	Open

When entering the race, tell the race secretary the time you will walk. The results on the day will be determined by closest to predicted time. No watches are to be worn.

VRWC WINTER SEASON UPDATE

Some modifications have been made to our VRWC Winter Season fixture

- The VRWC 35km Club Championship, known as the Ray Smith Trophy, has been rebadged to a 30km event and will take place alongside the Victorian 30km Championship being contested on Sunday 1st August..

- Although the AMA 20km Roadwalk Championship will be contested in Adelaide on Sunday 8th August, a Victorian race (for those unable to travel to Adelaide) will be held at Middle Park on Sunday 29th August. Performances done in this event can be forwarded to AMA for consideration.
- The meet on Sunday 29th August sees the Victorian 50km Championship reduced to a Victorian 35km Championship. This is in line with the current World Athletics move to swap the long walk distance from 50km to 35km. The Victorian 50km championship will no longer be contested.
- The Australian Roadwalk Championships are now confirmed for Sunday 12th September in Melbourne. The timetable is now shown in the VRWC fixture.
- That being the case, we have added an extra raceday on Saturday 4th September as a final warmup.

Check out the updated fixture at <https://www.vrwc.org.au/vrwcw21.shtml>

I am also attaching an advertising flyer concerning our Twilight Trivia on Saturday 10th July, after the VMA Championships and Postal Challenge events at Middle Park. Club President Stuart Cooper advises that we have the Ladies Auxiliary room booked, with a room maximum of 40 persons (subject to change according to DHHS and Bowling Club advice). So at this stage it's on. Bookmark it but beware that nothing is certain in these covid times.

Victorian Race Walking Club



Saturday 10 July, after the VMA Masters and Interstate Challenge races
4.30 (heads down by 5.00) to **7.00pm**

at the Middle Park Bowling Club

\$15 per head, \$30 per family. BYO snacks and nibbles.
 Drinks available at the Bowling Club bar. Tea and coffee provided.

**** Maximum numbers: 40** (owing to COVID restrictions, unless otherwise advised)

Make up tables of 6-10 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness * Socialising and Laughs!!

**** Come and support our Club and our sport in this vital fundraiser.**
Friends and quiz tragics welcome!

**** Please pre-book by Saturday 3 July**, to assist us with our planning. Tickets can be pre-booked:

- at the check-in table on race days, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay at the Club or by direct transfer at any Commonwealth bank - BSB: 063-143 Acc: 008 00455 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

We've put up with a lot in the past 2 years ... now let's have some fun!



OCEANIA 10,000M INVITATIONAL TRACK WALK, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 12 JUNE

Once Athletics Australia decided to withdraw from the 2021 World Athletics U20 Athletics Championships in Nairobi, a special Oceania level meet was organised on the Gold Coast in Queensland, and was to include a 10,000m track walk in which our U20 reps

Will Thompson, Corey Dickson, Olivia Sandery and Alanna Peart would be able to compete. Alas, the covid outbreak in Victoria put paid to any chances that Victorians had of travelling to Queensland, but Corey and Alanna did manage to get as far as Canberra.

That being the case, the Oceania 10,000m Invitational Track Walk was postponed by a week and transferred to the AIS Athletics Track in Canberra. The amended race did not include all the walkers originally entered but did give a number of our top walkers a chance for a further elite race, which was held on the morning of Saturday 12th June. I am told it was super cold so no PBs, but some great walking none the less. **Declan Tingay** cleared away from **Kyle Swan** in the second half to win with 40:10.83, Kyle finishing second with 40:35.05. 3 of our 4 U20 World Junior reps participated, with **Corey Dickson** 45:52.36, **Olivia Sandery** 47:35.70 and **Alanna Peart** (49:02.06) all walking well.

Oceania 10,000m Invitational Track Walk, Canberra, Saturday 12 June 2021

1.	Declan Tingay	WA	40:10.83
2.	Kyle Swan	VIC	40:35.05
3.	Mitchell Baker	ACT	43:26.74
4.	Corey Dickson	VIC/AUS	45:52.36
5.	Rebecca Henderson	VIC	45:55.22
6.	Olivia Sandery	SA/AUS	47:35.70
7.	Alanna Peart	VIC/AUS	49:02.06
8.	Daniel Du Toit	NZL	DQ



The race start: Olivia, Alanna, Rebecca, Corey, Daniel, Kyle, Declan and Mitch



Kyle Swan, Declan Tingay, Alanna Peart, Olivia Sandery and Corey Dickson in action

LBG MT STROMLO RACEWALKING AUSTRALIA CARNIVAL, CANBERRA, SUNDAY 13 JUNE 2021

The 54th edition of the annual LBG Racewalking Carnival was successfully contested at the Mt Stromlo Forest Park in Canberra last Sunday. The weather had warmed up from the antarctic conditions of the day before, and it was sunny and still for the day. Alas, no metro Melbourne walkers could make the trip (unless they were already in Canberra) so the carnival numbers were hard hit.

Thanks to Bob Cruise for getting the full results set to me so promptly. If you see any errors or omissions, send me an email and we can check.

Our Victorian team was decimated, with only a very small contingent from Ballarat, Geelong and Gippsland able to attend. They did fantastically, with just about everyone winning a medal or a handicap award. The medals went to

Open Men 30km	1	Kyle Swan	RWV	2:18:25
Open Women 15km	2	Rachael Tallent	RWV	1:22:27
U20 Men 10km	2	Corey Dickson	RWV	44:57
U20 Women 10km	3.	Jemma Peart	RWV	57:03
U10 Boys 1km	2	Lachlan MacDonnell	RWV	7:39
Open Women 5km	1	Alanna Peart	RWV	22:35
	3	Rachel Tallent	RWV	24:19
Open Men 5km	2	Corey Dickson	RWV	22:13

Open Women 5km Teams 1 RWV1 (**Alanna Peart, Rachael Tallent, Jemma Peart**)

It's always tough to highlight particular performances overall, especially when so many walkers do more than 1 event. But here goes:

Open Men 30km	Kyle Swan	RWV	2:18:25
U20 Men 10km	Mitchell Baker	ACTRWC	44:02
	Corey Dickson	RWV	44:57
U14 Boys 2km	Owen Toyne	ACTRWC	8:55
	Kodi Clarkson	ACTRWC	8:59
U14 Girls 2km	Sienna Pitcher	NSWRWC	9:38
U16 Boys 3km	Sam McCure	QRWC	14:23
Open Women 5km	Alanna Peart	RWV	22:35
	Olivia Sandery	SARWC	22:37
Open men 5km	Mitchell Baker	ACTRWC	22:11
	Corey Dickson	RWV	22:13

Well done to everyone, especially the ACTRWC workers and volunteers who put on Australia's largest racewalking carnival every year and always do a fantastic job. And well done to the officials, helpers and judges from all our other member clubs as well as to the families who support this event every year. Here are the full results.

Event 1: Open Men 30 Km

1.	Kyle Swan	RWV	2:18:25
2.	Kim Mottrom	SARWC	2:27:36
3.	Tim Fraser	ACTRWC	2:31:49
4.	Dylan Richardson	NSWRWC	2:32:24
5.	Peter Crump	SARWC	3:18:48

Masters:

1.	Kim Mottrom	SARWC	2:27:36
2.	Peter Crump	SARWC	3:18:48

Handicap:

1.	Dylan Richardson	NSWRWC
2.	Peter Crump	SARWC

Oldest Competitor:

1.	Peter Crump	SARWC	60.7 years
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Teams:

1.	SARWC (K Mottrom, P Crump)	4 Points
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Event 3: ACT 30 Km Championship

1.	Tim Fraser	ACTRWC	2:31:49
2.	Peter Crump	SARWC	3:18:48

Resident

1.	Tim Fraser	ACTRWC	2:31:49
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Event 4: Open Women 15 Km

1.	Hannah Mison	NSWRWC	1:18:54
2.	Rachael Tallent	RWV	1:22:27
3.	Bridget Bell	NSWRWC	1:27:26
4.	Teegan Pengilly	NSWRWC	1:32:20
5.	Antonette Woodward	NSWRWC	1:45:13
6.	Noela McKinven	QRWC	2:14:35

Handicap Results

1.	Noela McKinven	QRWC
2.	Teegan Pengilly	NSWRWC
3.	Antoinette Woodward	NSWRWC

Oldest Competitor to Finish

1.	Noela McKinven	QRWC
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Team Results

1.	NSWRWC1 (Hannah Mison, Bridget Bell, Teegan Pengilly)	7 Points
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Masters Women 15 Km

1.	Antoinette Woodward	NSWRWC	1:45:13
2.	Noela McKinven	QRWC	2:14:35

Event 5: Open Men 15 Km

1.	Tyler Jones	NSWRWC	1:11:14
2.	Tristan Camilleri	SARWC	1:18:36
3.	Mathew Bruniges	SARWC	1:23:37
4.	Argenis Guevara	QRWC	1:31:54
5.	Andrew Jamieson	RWV	1:32:28
6.	Greg Metha	SARWC	1:33:50
	Bill Starr	SARWC	DNF

Handicap Results

1.	Greg Metha	SARWC
2.	Argenus Guevara	QRWC
3.	Andrew Jamieson	RWV

Team Results

1.	SARWC1 (Tristan Camilleri, Mathew Bruniges, Greg Metha)	7 Points
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Event 6: ACT 15 Km Fitness Walk (Men)

1.	Bryan Thomas	ACT	1:59:25
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**Event 7: ACT 8 Km Fitness Walk
Women**

1.	Di Camilleri	SA	9:03
2.	Nicole Nilon	NSW	1:00:05

Men

1.	Peter Bennett	QLD	59:03
2.	John Nilon	NSW	1:00:05

Event 8: Men Under 20 10 Km

1.	Mitch Baker	ACTRWC	44:02
2.	Corey Dickson	RWV	44:57
3.	Jack McGinnisken	NSWRWC	51:14
4.	Riley Whatman	NSWRWC	52:33
	Daniel de Toit	NZ Invitation	DQ

Handicap Results

1.	Riley Whatman	NSWRWC
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Event 9: ACT Over 19 10 Km

1.	Nicole Fagan	NSWRWC	52:08
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	Robert Kennelly	ACTRWC	DQ	
Event 10: Women Under 20 10 Km				
1.	Elizabeth McMillen	NSWRWC	51:37	
2.	Allanah Pitcher	NSWRWC	54:37	
3.	Jemma Peart	RWV	57:03	
4.	Hannah Bolton	NSWRWC	58:29	
	Bec Henderson	VIC INV	47:23	
Handicap Results				
1.	Hanna Bolton	NSWRWC		
Team Results				
1.	NSWRWC1 (Elizabeth McMillen, Allanah Pitcher, Hannah Bolton)			7 Points
Event 11: Under 10 Boys 1Km				
1.	Alexander Richards	SARWC	6:43	
2.	Lachlan MacDonnell	RWV	7:39	
	Maverick Grantham	SARWC	DQ	
Event 12: Under 10 Girls 1 Km				
1.	Erin Cassiles	NSWRWC	5:30	
2.	Cacia Charles	NSWRWC	5:48	
3.	Teegan Dummer	NSWRWC	6:39	
4.	Zoe Zantiotis	NSWRWC	8:54	
Handicap Results				
1.	Zoe Zantiotis	NSWRWC		
Team Result				
1.	NSWRWC1 (Erin Cassiles, Cacia Charles, Teegan Dummer)			7 Points
Event 13: Boys Under 12 2 Km				
1.	Callum Martin	NSWRWC	10:02	
2.	Mitchell McCarthy	NSWRWC	10:55	
3.	Lukas Hall	NSWRWC	11:22	
4.	Alexander Braendle	NSWRWC	11:40	
5.	Michael Mathison	NSWRWC	12:37	
6.	Lachlan Hill	RWV	14:09	
	Orlando Grantham	SARWC	DQ	
Handicap Results				
1.	Alexander Braendle	NSWRWC		
2.	Lachlan Hill	RWV		
3.	Michael Mathison	NSWRWC		
Team Results				
1.	NSWRWC1 (Callum Martin, Mitchell McCarthy, Lukas Hall)			7 Points
Event 14: Girls Under 12 2 Km				
1.	Sophie Polinghorne	NSWRWC	10:41	
2.	Ella Van Der Meer	NSWRWC	11:04	
3.	Erin Cassilles	NSWRWC	11:14	
4.	Alexia Mathison	NSWRWC	11:36	
5.	Emma Hoskins	NSWRWC	12:02	
6.	Matilda Rech	SARWC	12:22	
7.	Charlotte MacDonell	RWV	12:46	
8.	Lily Twigden	NSWRWC	12:47	
9.	Caetlin Ashby	NSWRWC	13:09	
10.	Alannah Webber	NSWRWC	14:06	
11.	Nikki Hearnden	NSWRWC	14:11	
12.	Amelia Hill	RWV	15:29	
	Gemma Dixon	NSWRWC	DQ	
Handicap Results				
1.	Charlotte MacDonell	RWV		
2.	Matilda Rech	SARWC		
3.	Alannah Webber	NSWRWC		

Teams Results

- | | | |
|----|--|-----------|
| 1. | NSWRWC1 (Sophie Polkinghorne, Ella van der Meer, Erin Cassilles) | 16 Points |
| 2. | NSWRWC2 (Alexia Mathison, Emma Hoskins, Lily Twigden) | 6 Points |

Event 15: Boys Under 14 2 Km

- | | | | |
|-----|---------------------|--------|-------|
| 1. | Owen Toyne | ACTRWC | 8:55 |
| 2. | Kodi Clarkson | ACTRWC | 8:59 |
| 3. | Sebastian Richards | SARWC | 9:14 |
| 4. | Dylan Allabush | NSWRWC | 9:26 |
| 5. | Siddarth Dhawan | ACTRWC | 10:06 |
| 6. | Myles Ashby | NSWRWC | 10:18 |
| 7. | Maxwell Mayhew | NSWRWC | 10:37 |
| 8. | Jaxson Horton | NSWRWC | 10:42 |
| 9. | Kane Robson | NSWRWC | 10:43 |
| 10. | Orlando Grantham | SARWC | 11:02 |
| 11. | Thomas Varga-Strike | NSWRWC | 11:09 |
| 12. | Christopher Nilon | NSWRWC | 11:11 |
| 13. | Kai Dale | QRWC | 11:13 |
| 14. | Cooper Rech | SARWC | 11:24 |
| 15. | Alexander Braendle | NSWRWC | 11:25 |
| 16. | Aiden Pospischil | NSWRWC | 12:33 |

Handicap Results

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|----|--------------------|--------|
| 1. | Dylan Allabush | NSWRWC |
| 2. | Alexander Braendle | NSWRWC |
| 3. | Kai Dale | QRWC |

Team Results

- | | | |
|----|--|-----------|
| 1. | ACTRWC1 (Owen Toyne,Kodi Clarkson,Siddarth Dhawan) | 32 Points |
| 2. | NSWRWC1 (Dylan Allabush, Myles Ashby, Maxwell Mayhew) | 22 Points |
| 3. | SARWC1 (Sebastian Richards, Orlando Grantham, Cooper Rech) | 14 Points |
| 4. | NSWRWC2 (Jaxson Horton, Kane Robson, Thomas Varga-Strike) | 11 Points |

Event 16: Girls Under 14 2 Km

- | | | | |
|-----|------------------------|--------|-------|
| 1. | Sienna Pitcher | NSWRWC | 9:38 |
| 2. | Grace Beck | NSWRWC | 9:44 |
| 3. | Zoe Woods | NSWRWC | 9:57 |
| 4. | Emily Lynch | SARWC | 10:12 |
| 5. | Maisie Mitchell | NSWRWC | 10:14 |
| 6. | Matilda Webb | NSWRWC | 10:15 |
| 7. | Summer Sivaraj | NSWRWC | 10:56 |
| 8. | Katie DeRuvo | SARWC | 11:01 |
| 9. | Natasha Flahey | QRWC | 11:13 |
| 10. | Evie Armstrong Reading | NSWRWC | 11:24 |
| 11. | Abbey Beckas | NSWRWC | 11:32 |
| 12. | Jessy Beckas | NSWRWC | 11:35 |
| 13. | Imogen Cochrane | NSWRWC | 12:07 |
| 14. | Alexia Mathison | NSWRWC | 12:32 |
| 15. | Charlotte MacDonnell | RWV | 12:57 |
| 16. | Caetlin Ashby | NSWRWC | 13:28 |
| 17. | Matilda Rech | SARWC | 14:11 |

Handicap Results

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|----|----------------------|--------|
| 1. | Charlotte MacDonnell | RWV |
| 2. | Katie DeRuvo | SARWC |
| 3. | Summer Sivaraj | NSWRWC |

Team Results

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|----|---|-----------|
| 1. | NSWRWC1 (Sienna Pitcher, Grace Beck, Zoe Woods) | 34 Points |
| 2. | NSWRWC2 (Maisie Mitchell, Matilda Webb, Summer Sivaraj) | 21 Points |
| 3. | SARWC1 (Emily Lynch, Katie DeRuvo, Matilda Rech) | 15 Points |
| 4. | NSWRWC3 (Evie Armstrong Reading, Abbey Beckas, Imogen Cochrane) | 9 Points |

Event 17: Boys Under 16 3 Km

- | | | | |
|----|--------------------|--------|-------|
| 1. | Sam McCure | QRWC | 14:23 |
| 2. | Sebastian Richards | SARWC | 14:44 |
| 3. | Jack Robson | NSWRWC | 15:06 |
| 4. | Scott Peart | RWV | 15:26 |

5.	Darcy Bell	NSWRWC	15:44
6.	Mark Walker	NSWRWC	16:05
7.	Jai Horton	NSWRWC	16:09
8.	Myles Ashby	NSWRWC	16:44
9.	Maxwell Mayhew	NSWRWC	17:18
10.	Cooper Rech	SARWC	18:46
	Orlando Grantham	SARWC	DQ

Handicap Results

1.	Jai Horton	NSWRWC
2.	Mark Walker	NSWRWC
3.	Scott Peart	RWV

Teams Results

1.	NSWRWC1 (Jack Robson, Darcy Bell, Mark Walker)	15 Points
2.	NSWRWC2 (Jai Horton, Myles Ashby, Maxwell Mayhew)	6 Points

Event 18: Girls Under 16 3 Km

1.	Sienna Pitcher	NSWRWC	15:24
2.	Ciara Cassilles	NSWRWC	15:46
3.	Chloe Krklinski	NSWRWC	16:04
4.	Madeline Platt	NSWRWC	16:11
5.	Ella Munroe	RWV	16:52
6.	Samantha Torrens	NSWRWC	17:37
7.	Maisie Mitchell	NSWRWC	18:25
8.	Julie Grocott	ACTRWC	18:35
9.	Emma Hearden	NSWRWC	18:43
10.	Chelsey Torrens	NSWRWC	19:01
11.	Zsafia Varga-Strike	NSWRWC	19:18
12.	Amelia Crocker	NSWRWC	21:22
13.	Sarah Challinor	NSWRWC	22:34

Handicap Results

1.	Amelia Crocker	NSWRWC
2.	Sarah Challinor	NSWRWC
3.	Julie Grocott	ACTRWC

Team Results

1.	NSWRWC1 (Sienna Pitcher, Ciara Cassilles, Chloe KRklinski)	25 Points
2.	NSWRWC2 (Madeline Platt, Samantha Torrens, Maisie Mitchell)	15 Points
3.	NSWRWC3 (Emma Hearden, Chelsey Torrens, Zsafia Varga-Strike)	6 Points

Event 19: Boys Under 18 5 Km

1.	Sam McCure	QRWC	24:33
2.	Owen Touné	ACTRWC	24:42
3.	Raven Pyda	NSWRWC	24:55
4.	Jack Robson	NSWRWC	25:00
5.	Grady Platt	NSWRWC	26:47
6.	Scott Peart	RWV	28:24
7.	Brendan Pospischil	NSWRWC	29:58
8.	Siddarth Dhawan	ACTRWC	31:03
9.	Mark Walker	NSWRWC	32:11

Handicap Results

1.	Scott Peart	RWV
2.	Grady Platt	NSWRWC
3.	Jack Robson	NSWRWC

Team Results

1.	NSWRWC 1 (Raven Pyda, Jack Robson, Grady Platt)	7 Points
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Event 20: Girls Under 18 5 Km

1.	Elizabeth McMillen	NSWRWC	25:28
2.	Tara Laytham	NSWRWC	25:51
3.	Nellie Langford	SARWC	26:08
4.	Grace Beck	NSWRWC	27:03
5.	Zoe woods	NSWRWC	28:54
6.	Alaanah Hickson	NSWRWC	30:37

7.	Emily Lynch	SARWC	30:44
8.	Kaylah Heikkila-Dubowik	RWV	30:45
9.	Katie De Ruvo	SARWC	32:12
10.	Imogen Cochrane	NSWRWC	32:53

Handicap Results

1.	Kaylah Heikkila-Dubowik	RWV
2.	Emily Lynch	SARWC
3.	Grace Beck	NSWRWC

Team Results

1.	NSWRWC1 (Elizabeth McMillan, Tara Laytham, Grace Beck)	24 Points
2.	SARWC1 (Nellie Langford, Emily Lynch, Katie DeRuvo)	12 Points
3.	NSWRWC2 (Zoe Woods, Allanah Hickson, Imogen Cochrane)	10 Points

Event 21: Open Women 5 Km

1.	Alanna Peart	RWV	22:35
2.	Olivia Sandery	SARWC	22:37
3.	Hannah Mison	NSWRWC	23:59
4.	Rachel Tallent	RWV	24:19
5.	Jemma Peart	RWV	25:55
6.	Bridget Bell	NSWRWC	28:17
7.	Chloe Krklinski	NSWRWC	29:20
8.	Hannah Manning	ACTRWC	29:54
9.	Ann Stauton-Jugovic	ACTRWC	30:57
10.	Sidney Shaw	ACTRWC	31:27
11.	Nicolle Challinor	NSWRWC	34:52
12.	Nellie Langford	SARWC	36:02
13.	Emily Lynch	SARWC	36:03

Handicap Results

1.	Nicolle Challinor	NSWRWC
2.	Hannah Manning	ACTRWC
3.	Sidney Shaw	ACTRWC

Team Results

1.	RWV1 (Alanna Peart, Rachael Tallent, Jemma Peart)	30 Points
2.	NSWRWC1 (Hannah Mison, Bridget Bell, Chloe Krklinski)	23 points
3.	SARWC1 (Olivia Sandery, Nellie Langford, Emily Lynch)	14 points
4.	ACTRWC1 (Hannah Manning, Ann Stauton-Jugovic, Sidney Shaw)	12 points

Masters

1.	Ann Stauton-Jugovic	ACTRWC	30:57
2.	Nicolle Challinor	NSWRWC	34:52

Event 22: Men Open 5 Km

1.	Mitchell Baker	ACTRWC	22:11
2.	Corey Dickson	RWV	22:13
3.	Kim Mottrom	SARWC	23:54
4.	Tim Fraser	ACTRWC	24:50
5.	Jack McGinnisken	NSWRWC	24:51
6.	Mathew Bruniges	SARWC	29:00
7.	Sebastian Richards	SARWC	29:01
8.	Peter Crump	SARWC	30:35
9.	Cooper Rech	SARWC	32:03
10.	Greg Metha	SARWC	32:04

Handicap Results

1.	Cooper Rech	SARWC
2.	Peter Crump	SARWC
3.	Sebastian Richards	SARWC

Team Results

1.	SARWC1 (Kim Mottrom, Mathew Bruniges, Sebastian Richards)	15 Points
2.	SARWC2 (Peter Crump, Cooper Rech, Greg Metha)	6 Points



Corey Dickson, Mitch Baker, Kyle Swan, Owen Toyne, Kodi Clarkson and Rachel Tallent (all photos Kerrie Peart)



*Left: The winning team in the Open Women's 5km Walk (Jemma and Alanna Peart and Rachel Tallent) with Jared and Harvey Tallent
Right: The Ballarat contingent – fighting above their weight for Team Vic.*

TRWC ROADWALKS, MONTROSE BAY, HOBART, SATURDAY 12 JUNE 2021

Thanks to David Moore for this week's results from Tasmania. He reports: The bad weather of the previous few days eased a little for today's walk at Montrose Bay. A small field took the opportunity to sharpen up for next week's State Titles at Tunbridge. A particularly good performance from **Lani Broad** with a 58 second PB in the 2km.

2km Walk

- | | | | |
|----|------------|----|-------|
| 1. | Lani Broad | LA | 13:26 |
|----|------------|----|-------|

3km Walk

- | | | | |
|----|----------------|-----|-------|
| 1. | Wayne Fletcher | NS | 24:25 |
| 2. | Dave Moore | TMA | 31:55 |

5km Walk

- | | | | |
|----|------------------|-----|-------|
| 1. | Elizabeth Leitch | TMA | 35:02 |
| 2. | Ron Foster | TMA | 38:57 |



Elizabeth Leitch powering for home beside the River Derwent



Good technique from Lani Broad

Photos Rosemary Coleman

WARWC ROADWALKS, WILSON, PERTH SUNDAY 13 JUNE 2021

Thanks to Terry Jones for this week's results from Western Australia.

16km Handicap

- | | | |
|----|--------------|---------|
| 1. | Wendy Farrow | 1:51:04 |
| 2. | Victor Munoz | 1:48:49 |

10km Handicap

- | | | |
|----|---------------|---------|
| 1. | Marcela Ruiz | 1:15:04 |
| 2. | Karyn Tolardo | 1:05:42 |
| 3. | Andrew Duncan | 56.33 |

5km Handicap

- | | | |
|----|----------------|-------|
| 1. | Xavier Bernard | 27.27 |
| 2. | Hannah Ireland | 31.14 |
| 3. | John Ronan | 25.06 |
| 4. | Brad Mann | 27.26 |

3km Handicap

- | | | |
|----|---------------|-------|
| 1. | Glenys Duncan | 27.17 |
| 2. | Ben Reid | 16.58 |

2km Handicap

- | | | |
|----|-----------------|-------|
| 1. | Luke Lawrence | 12.04 |
| 2. | Keaton Bailey | 10.56 |
| 3. | Kaytee Bogaers | 11.00 |
| 4. | Xavier Bernard | 11.31 |
| 5. | Lataya Lawrence | 12.03 |
| 6. | Linkin Lawrence | 15.13 |

GOLD COAST MASTERS T&F MEET, RUNAWAY BAY PERFORMANCE CENTRE, QLD, SUNDAY 13 JUNE 2021

To Queensland where the Gold Coast Masters had their first walk in quite a while.

2000m Walk

- | | | | |
|----|-------------------|-----|----------|
| 1. | Mia Bergh | QA | 10:37.50 |
| 2. | Nyle Sunderland | QMA | 11:46.83 |
| 3. | Paul Lindenberg | QMA | 13:02.38 |
| 4. | Debbie Lindenberg | QMA | 14:21.44 |

EVAN DUNFEE IN SCORCHING FORM

Big news from Canada, with Doha 50km bronze medallist Evan Dunfee in superb short distance form. In the Harry Jerome Track Classic 10,000m Walk. My report it taken from <https://www.saultstar.com/sports/amateur-sports/no-competition-no-problem-for-evan-dunfee-as-race-walker-sets-national-record-at-harry-jerome-track-classic>.

Sometimes, when you know you're good and feeling in terrific race form, it's OK to bet on yourself.

That was the case Saturday for Canadian race walk veteran Evan Dunfee who decided that even though he would essentially be circling the Swangard Stadium track on his own in the 10,000 metres at the Harry Jerome Track Classic, his two-year-old national record was about to fall.

With the lapped Tyler Wilson being disqualified and Katelynn Ramage dropping out of the mixed event a quarter of the way through, Dunfee was a solitary figure as he quick-walked on in seemingly effortless style, finishing in **38:39.72**. That smashed his previous best by nearly 15 seconds and was the fastest time in the world this season.

“Training has been going really well,” said Dunfee, a 30-year-old from Richmond and a 2019 world championships bronze medallist in the 50K race walk. “I had a 5K time trial last week and went 9:15, so I was ‘OK, I know it’s in the cards. I know I’m fit, so let’s give it a crack.’

For the record, that equates to 25 laps of the 400m track at a lap time of around 1:33. Now that’s impressive!



Evan Dunfee celebrates his new Canadian record on Saturday (photo <https://www.saultstar.com>)

CHAMPIONNAT DE LA VIENNE, LOUDUN, FRANCE, SUNDAY 13 JUNE 2021

Emmanuel Tardi was in the western French city of Loudun on Sunday for their local championship. A small field assembled at the start line at 10:30, just as the weather was starting to warm up. In the 10,000m walk, **Alexis Robichon** cleared away with 3 laps to go to win with 45:31.43. **Lucie Champalou**, the French 50km representative in Team Berlin and Taicang 2018, who returned to racing after taking a year off with the birth of a baby, finished fifth with 1:02:03.70. The 5000m was won by **Marine Rottier** with a PB 25:13.45.



Alexis Robichon, Sebastien Delaunay, Maxime Faiteau and Marine Rottier (photos Emmanuel Tardi)

5000m Walk

1.	ROTTIER Marine	ESF/00	La Postillonne Longjumeau	25:13.45
2.	ROTTIER Lilian	JUM/03	La Postillonne Longjumeau	27:09.68
3.	HIPEAU Emma	CAF/04	Stade Niortais	32:24.18
4.	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	41:09.52

10,000m Walk

1.	ROBICHON Alexis	ESM/00	Ac Roche-sur-yon	45:31.43
2.	DELAUNAY Sebastien	MAM/74	Cap Saumur	45:54.93
3.	FAITEAU Maxime	SEM/90	Entente Poitiers Athle 86	48:40.08
4.	LANDRON Roland	MAM/78	Ca Beglais	49:25.88
5.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	1:02:03.70

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 reports of interest to us this week, with championship results from Mexico, Italy, Lithuania and the Slovak Republic. A wonderful spread of international results.

- Sun 13 Jun - Queretaro (MEX): Andres Olivas and Alegna Gonzalez win the Mexico track Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4113
- Sun 13 June - Grosseto (ITA): Italian U20 and U23 Track Championships - U20 women 10,000m walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4112
- Sat 12 June - Grosseto (ITA): Italian U20 and U23 Track Championships - 10,000m walks U20/23 men and U23 women
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4111
- Fri 11 Jun - Alytus (LTU): Victories of Hagen Pohle (GER) and Elvira Khasanova (ANA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4110
- Tue 8 Jun - Hlohovec (SVK): Results from the 24th edition of this Slovakian roadwalk meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4109

Omarchador was also busy, with 12 press releases, including results from Portugal, Canada, Brazil, Lithuania, France and Poland.

- Mon 14 June - Results of the Portuguese U23 10,000m track walk championships
<https://omarchador.blogspot.com/2021/06/titulos-nacionais-sub-23-decididos-na.html>
- Mon 14 Jun - Evan Dunfee breaks Canadian 10,000m track walk record in Burnaby
<https://omarchador.blogspot.com/2021/06/evan-dunfee-bate-recorde-do-canada-de.html>
- Sun 132 Jun - Caio Bonfim wins the men's Troféu Brasil 20,000m track walk
<https://omarchador.blogspot.com/2021/06/caio-bonfim-em-grande-destaque-nos.html>
- Sun 132 Jun - Viviane Santana Lyra wins the women's Troféu Brasil 20,000m track walk
<https://omarchador.blogspot.com/2021/06/viviane-santana-lyra-conquista-medalha.html>
- Sat 12 Jun - Results of women's 20km roadwalk in Altyus, Lithuania
<https://omarchador.blogspot.com/2021/06/elvira-khasanova-vence-20-km-marcha-em.html>
- Sat 12 Jun - Results of men's 20km roadwalk in Altyus, Lithuania
<https://omarchador.blogspot.com/2021/06/hagen-pohle-dominador-nos-20-km-marcha.html>
- Fri 11 Jun - EvIn Demir and Abdulsalam Imük win Turkish championships in Bursa
<https://omarchador.blogspot.com/2021/06/evin-demir-e-abdulsalam-imuk-vencem.html>
- Thu 10 Jun - Results of Walk Championships in Vénissieux/Lyon, France
<https://omarchador.blogspot.com/2021/06/campeonatos-de-marcha-em-venissieuxlyon.html>
- Wed 9 Jun - Walk results from the VIRTUS Athletics World Championship - Bydgoszcz 2021
<https://omarchador.blogspot.com/2021/06/a-marcha-no-mundial-de-atletismo-virtus.html>
- Wed 9 Jun - Results of the FADU National University Championships in Portugal
<https://omarchador.blogspot.com/2021/06/fadu-campeonato-nacional-universitario.html>
- Tue 8 Jun - On Gabriel Roldán's Birthday
<https://omarchador.blogspot.com/2021/06/no-aniversario-de-gabriel-roldan.html>

- Tue 8 Jun - Lukasz Niedzialek and Katarzyna Zdziebło win Polish 20km championships in Siedlce
<https://omarchador.blogspot.com/2021/06/ukasz-niedzialek-e-katarzyna-zdziebo.html>

OUT AND ABOUT

- On Friday 11 June the 47th edition of the Lithuanian International Race Walking Festival took place in Alytus, one of the last competitions useful for obtaining the Olympic standard over the 20km distance. New Zealand's **Alana Barber** was in action and walked well once again, coming 6th in the women's 20km with **1:33:25**. The meet is well reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4110) and omarchador.
- The IOC executive board has now proposed Brisbane to host the 2032 summer Olympics. Brisbane had been the preferred host, chosen in February, and the board's proposal now goes to the IOC session before the Tokyo Olympics next month. "It is in the hands of IOC members to vote now on July 21," IOC President Thomas Bach said. Fingers crossed! See <https://www.abc.net.au/news/2021-06-11/ioc-proposes-brisbane-to-host-2032-olympics/100207066>.
- The IOC has offered to source as many doctors and nurses as needed from around the globe to ensure the Tokyo Olympics is safe – and to help Japan fight a fourth wave of Covid infections. The IOC's pledge comes amid mounting concern in Japan that having 70,000 athletes, officials, journalists and support staff arriving into the country could act as super-spreaders for new variants and put huge pressure on medical services. Goodness knows where they are going to find them! See <https://www.theguardian.com/sport/2021/jun/09/ioc-pledges-to-source-doctors-from-around-globe-to-keep-tokyo-olympics-safe>.

YOUNG VICTORIAN WALKERS IN THE SPOTLIGHT

Congratulations to the following talented young walkers who have been selected as part of the 2021 Athletics Victoria Target Talent Program.

Walker	Club	Coach
Ariana Pashutina	Knox	Frances Attard
Alanna Peart	Ballarat YCW	Wayne Peart
Corey Dickson	Knox	Donna Dickson
Emily Smith	Knox	Fran Attard
Fraser Saunder	Ballarat YCW	Daryl Biggin
Heath Beveridge	Western Athletics	Adam Garganis
Liam McLennan	Doncaster	Campbell McLennan
Marcus Wakim	Collingwood Harriers	Adam Garganis
Owen Costin	Chilwell	Daryl Biggin
Will Thompson	Mornington Peninsula	Brent Vallance

To see the whole squad, click here: <https://bit.ly/3pxGWKM>. For more information on AVTTP, click here: <https://bit.ly/3ghEILz>.

SETTING GOALS

VRWC Club Captain Terry O'Neill has written a little piece for us all on Setting Goals. This is an extended version of his thoughts from his recently published self biography (copies of the book still for sale at Middle Park)

Setting Goals: a Personal Perspective.

By Terry O'Neill

Personal Trainer, and Men's Captain VRWC

Let me take you back to 2004, I have separated from my wife of 23 years. I have very little work. I am an athlete that runs to maintain fitness. I was a very good athlete in my 20s as a race walker; twice represented Victoria, won silver and bronze medals in Victorian Championships, won a silver medal at National titles, walked 100 miles in 21hrs 13 minutes, ran 4 marathons, 2 of them sub 3 hour.

After the separation I threw myself back to what I knew best, I started competing again, as well as coaching a few athletes.

In 2005 I decided to study to be a Personal trainer, as it had been a passion of mine for a while. After completing my studies, I had very little work to go on with. I went into depression, life become very tough. But through my studies the one thing I remembered was "Set yourself a Goal"

Since then, I have run another 6 marathons, walked another 100 miles within 24hrs (in 21 hours, 28minutes – 28 years after first achieving Centurion status), won 3 Australian Championships for 100km walk," held in conjunction with the 24h walk", set

Australian 50 plus age group records for 6hr walks. Gained success as a personal Trainer, trained one lady to run a Marathon and many more to achieve their goal in running the half marathon.

Not everyone is going to want to run a Marathon or half marathon or complete the distances that I have, but if you have a goal in place, it is something to strive for.

But in setting a Goal there are a few things you must remember.

- Make sure it is Realistic and Achievable
- Always stay focused on what you want to achieve
- Have someone to hold you accountable for support
- Have a time frame in place
- Do NOT make excuses.
- Be prepared to make a serious commitment
- Believe in your own ability.

From a personal view make sure your goals are realistic. Do not expect to go from doing 5km walks one week then attempt 20 km the next week, without building distances up. It is not going to happen, and you will be leaving yourself open to injury.



Terry in action at Middle Park in 2019

I trained a lady a number of years ago to run the marathon, we started training in March. The marathon was in October. It was realistic it was achievable. Along the way there were set backs but we stayed focused on what we wanted to achieve. This client knew every Wednesday morning we would meet at the gym at 6am for our personal training session. She also knew Sunday morning we would set off on our long runs gradually building up the distance. She achieved her goal in running the marathon, she also won a major award with Fitness First at a Gala event in Sydney for her achievement.

As a personal trainer I have heard all the excuses. Too busy, going out, have a party to go to, Mums birthday or all of the above. Make sure it is a valid reason, not an excuse. If you are really serious about what you want to achieve you will make the commitment.

In 2019 I was training a group of ladies, who were clients, for the half marathon. I decided I would also enter to run the half marathon myself. That year was not a good year for me, as I seemed to have one injury after another. I could not get out consistently to do the miles I really wanted. My build up was not really ideal. But I knew once I stepped out to run the half Marathon, I had the confidence in my ability to get the job done. We all achieved our goal. I would not recommend going into an event like that, to a novice athlete.

Whatever your dreams, whatever your goals, pursue them so that you will have no regrets later. Dedication and hard work will get you there. No short cuts.

When I was young, I never fully believed in my ability, I never felt good enough. I wanted success to come to me, not me chasing it. The old saying, "when the going gets tough the tough get going" this didn't ring through to me, when the going got tough I would pull out.

I write this because I see so much potential in a lot of athletes. You have to believe that you are good enough, that you can do this. Believe in your ability.

I did not achieve what I really wanted, because I did not believe in my ability back then.

We have so many good coaches at the Walkers club. Let them introduce you to goals for you to aspire to. Take advantage of their experience. Let them guide you.

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.

Victorian Key Dates –2021

Jun 19 (Sat), 2021	Next round of the VRWC Winter Roadwalk Season	Middle Park, VIC
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

July 23 – Aug 8, 2021	32 nd Olympic Games - Walks at Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcas, MEX

Other International Dates

July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
Aug 8-19, 2021	World University Summer Games , Chengdu, China (POSTPONED TILL 2022)
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)
Nov 5-14, 2021	Pan Pacific Masters Games , Gold Coast, QLD (https://mastersgames.com.au/ppmg/)

Jan 2022	Oceania Masters Championships , Norfolk Island (CANCELLED)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , Minsk, Belarus
July 15-24, 2022	18th World Athletics Championships , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships , Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships , Cali, Colombia

TBA, 2023	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary

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