



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 48
Monday 30 August 2021



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ANNOUNCEMENT

I need to give some advance notice that I will be stepping down from all my racewalk administration activities in another 4 weeks, at the end of September 2021.

It was in April 2017 when the wider racewalking community became aware of a clique within the IAAF Race Walking Committee who were actively and secretly working towards the decommissioning of the 50km walk. Their efforts were already well advanced by the time a concerned insider within the IAAF leaked certain RWC minutes to me, confirming the process that was in train.

I stated at the time that when the 50km ceased to be an international walking distance, I would step away from the sport. Now that the final international 50km has been completed in Sapporo, I am honouring that promise.

I am proud that the racewalking community managed to get 3 extra years for our 50km walkers (the RWC clique had wanted to drop the 50km after the World Cup in April 2018). Further, due to the efforts of USA Attorney at Law Paul F. DeMeester, our women were even given the chance to compete internationally over 50km, albeit it against an IAAF that fought the process every step of the way. You can follow the process in its entirety at <https://www.vrwc.org.au/save-the-50km.shtml>.

The racewalking community owes Paul a huge debt for his support, both financial and legal.

My first racewalk was in a ¼ mile track race in September 1966. This month marks 55 years of involvement for me, first as a competitor and then as an administrator and general supporter.

From now on, I will restrict my activities to the ultra distance walking sphere and the world of the centurions, that group of walkers for whom 50km is not far enough!

I am currently discussing the future of this newsletter with VRWC President Stuart Cooper. It may be that someone will take it on. I will also be stepping back from the racewalkaustralia.com website which I currently administer and update each week.

I wish everyone the best in their future involvement in the sport of racewalking. The future is now up to you.

WHAT'S COMING UP

- With Victoria in lockdown at the moment, I do not expect any VRWC walks for the next few weeks. Stay tuned for further updates. NSW and ACT also remain in lockdown, so no results expected from NSWRC or ACTRC either for a while yet.

TWRC ROADWALKS, PONTVILLE PARK, HOBART, SATURDAY 28 AUGUST 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports:

With not even a puff of wind and motionless clouds, conditions were ideal for some good performances from our walkers at Pontville today. Leading the way was **Sam Lindsay** with a PB for 3km at the 3km split and also for the 5km. Showing consistency in her performances was **Lani Broad** who equalled her PB for 3km, while **Dave Moore** also chipped in with a season best for his 3km.

5km Walk

- | | | | | |
|----|-------------|-----|-------|----|
| 1. | Sam Lindsay | NEW | 25:46 | PB |
| 2. | Ron Foster | TMA | 39:26 | |

3km Walk

1.	Lani Broad	LA	21:13	Equal PB
2.	Wayne Fletcher	NS	24:33	
3.	Dave Moore	TMA	28:57	

SARWC ROADWALKS, ADELAIDE PARKLANDS, SATURDAY 28 AUGUST 2021

Thanks to Kim Mottrom for this week's results from Adelaide.

10km Walk

1.	Tristan Camilleri	47:01
2.	Greg Metha	1:02:36

6km Walk

1.	Cooper Rech	37:37	PB
2.	Di Camilleri	44:08	PB
3.	Bill Starr	49:14	

5km Walk

1.	Emily Lynch	28:03	PB
2.	Katie DeRuvo	29:50	
3.	Stephen Downs	37:29	PB

3km Walk

1.	Nellie Langford	15:00	PB
2.	Zahra Kamish	24:35	

1.5km Walk

1.	Sebastian Richards	6:40	PB
2.	Orlando Grantham	8:15	PB
3.	Mel Grantham	9:33	First walk
4.	Elizabeth Rieger	9:56	PB
5.	Liliana Templar	10:13	PB
6.	Maverick Grantham	11:40	PB
7.	Maliha Kamish	11:57	PB
8.	Shadya Kamish	14:20	

SAMA ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 28 AUGUST 2021
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Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. He commented: Our meeting this week included the State 15km Championship event. Weather was cool and partly sunny.

15KM CHAMPIONSHIP

1.	MARIE MAXTED	1:48:33	W60	71.79%
1.	GEORGE WHITE	1:40:36	M75	81.20%
1.	GIL MCINTOSH	1:48:11	M70	71.11%

10KM CLUB WALK

1.	BRIAN WITTY	1:16:16	M70	64.97%
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4KM WALK

1.	MIKE VOWLES	30:19	M75	68.40%
2.	HELEN SURIDGE	31:28	W70	68.43%

4KM CLUB WALK

1.	DAVE FALLON	29:44	M65	63.46%
2.	JAN LAYNG	31:41	W70	69.64%
3.	LIZ NEUBAUER	32:09	W70	66.97%
4.	ROGER LOWE	34:35	M75	60.74%
5.	CATHIE HORE	36:26	W70	59.10%
6.	DAVID ROBERTSON	36:40	M85	66.16%
7.	EDNA BATES	37:52	W65	55.54%

2KM WALK

1.	HELEN BOWEN	17:08	W65	61.79%
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QRWC CHAMPIONSHIPS, LOGAN RIVER PARKLANDS, BEENLEIGH, SUNDAY 29 AUGUST 2021
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Thanks to Robyn Wales for the results of Sunday's Queensland Race Walking Club road championships in Brisbane. She notes that the 4 club members from Northern NSW, who are currently in covid lockdown, were able to use times from earlier in the season but they did not displace anyone who actually raced.

Open & Masters 10km

1.	Ignacio Jimenez	48.55
2.	Argenis Guevara	59.34
3.	Peter Bennett	1.09.42
4.	PatrickSela	1.24.09
1.	Clara Smith	49.57

U14 2km

1.	Bailey Housden	9.27
2.	Kai Dale	11.15
3.	Korbyn Bricknell-Hewitt	12.04
1.	Lily Goulding	12.33
2.	Lyla Williams (Virtual)	9.41

2.	Brenda Gannon	57.34	3.	Natasha Flahey (Virtual)	10.40
3.	Nyle Sunderland	1.01.36	U12 1.5km		
4.	Jennifer Stuckey	1.07.50	1.	Hunter Sibenaler	9.40
5.	Noela McKinven	1.24.37	U20 8km		
U20 8km			1.	Siaan Fisher	9.21
1.	Jasmine Rose McRoberts	53.45	2.	Kiara Waterman	9.41
U18 6km			U10 0.75km		
1.	Summer Millard	35.11	1.	Tully Fisher	5.10
2.	Mia Bergh	36.12	2.	Freya Williams (Virtual)	5.09
3.	Torryn Fisher	38.21	Non-Championship 5km		
4.	Gabriella Hill (Virtual)	30.59	1.	Paul Lindenberg	32.42
U16 4km			1.	Katya Martin	31.56
1.	Sam McCure	19.37	2.	Debbie Lindenberg	38.38
2.	Alex Bradley	20.31	U10 0.75km		
1.	Aleksia Thomasson	31.14	Non-Championship 5km		



Sam McCure leads Alex Bradley at Beenleigh on Sunday (photo Robyn Wales)

2021 SUNSHINE COAST WINTER CARNIVAL, USC ATHLETICS TRACK, SIPPY DOWNS, SUNDAY 29 AUGUST 2021

There were actually two Queensland meets last weekend for the walkers. Robyn Wales has also sent me the results from the Sunshine Coast Winter carnival in Sippy Downs. Her comment: We have nothing for weeks and then 2 on the same day! It's happening again at the end of September when the ANQ Championships are on in Townsville and LAQ has a meet at Bundaberg

3000m Walk

1.	Dale, Kai	13	Qld Race Wal	16:34.84
2.	Clarke, Anika	16	Redlands	17:15.76
3.	Bray, Katie	13	Ashgrove Ran	19:33.08
4.	Brady, Corey	16	QA	20:11.46
5.	Presland, Skye	13	QA	21:21.11
6.	Goulding, Lily	14	Qld Race Wal	22:13.60
7.	Kirwin, Roslyn	32	Queensland M	23:18.73

1500m Walk

1.	Dale, Kai	13	Qld Race Wal	7:43.81
2.	Clarke, Makenna	12	Redlands	8:05.38
3.	Bray, Katie	13	Ashgrove Ran	8:46.90
4.	Goulding, Lily	14	Qld Race Wal	9:08.11
5.	Bray, Laura	11	Ashgrove Ran	10:10.08
6.	Melinz, Eli	11	Qld Race Wal	13:27.06
	Barron, Maya	12	Qld Race Wal	DQ

1100m Walk

1.	Sibenaler, Hunter	10	QA	7:13.74
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700m Walk

1.	Menner, Tommy	8	Caloundra La's	6:30.10
2.	Foreman, Mia	8	QA	6:30.12

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 29 AUGUST 2021

Thanks to Terry Jones for this week's results from Perth. These were the club championships.

Open 20km Walk

Ben Reid	DNF
Melissa Lewis	DNF

U16 5km Walk

1.	John Ronan	24.24
2.	Xavier Bernard	29.45

Masters 5km Walk

1.	Victor Munoz	32.04
2.	John McDonagh	34.21

1.	Lataya Lawrence	28.22
2.	Ashlyn Spence	30.02

1.	Karyn Tolardo	29.46
2.	Wendy Farrow	33.05
3.	Marcel Ruiz	36.10
4.	Glenys Duncan	44.52

U14 3km Walk

1.	Luke Lawrence	17.40
2.	Harry Gordon	21.06

U20 10km Walk

1.	Emily Bogaers	1:33:10
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U12 2km Walk

1.	Keaton Bailey	11.23
2.	Linkin Lawrence	13.46

DUTCH WALK CHAMPIONSHIPS, DRUNEN, NETHERLANDS, SATURDAY 28 AUGUST 2021

Congratulations to **Paul Jenson** who won the Dutch 20,000m Track Championship last Saturday at Drunen. And a special call out for 86 year old **Bauke te Nijenhuis** who set a Dutch M85 3000m record of 24:08.1.

20,000m Men

1.	Paul Jansen	73	DAK	1.47.27,3
2.	André van Slooten	78	RWV	1.52.14,9
3.	Remco de Bruin	64	sv De Lat	1.55.12,3
4.	Wilfried van Bremen	87	RWV	1.56.25,0
5.	Edwin van Wijngaarden	77	DAK	1.57.34,3
6.	Frans Leijtens	76	RWV	2.13.34,3
	Rob Tersteeg	76	RWV	DNF
	Theo Koenis	51	sv De Lat	DNF
	Larissa Droogendijk	72	RWV	DNF

10,000m Women

1.	Jerome Caprice	83	Mauritius	45.06,2
2.	Anne van Anandel	90	DAK	55.04,2
3.	Marco Timmermans	84	RWV	66.02,5
4.	Jacqueline van Drongelen	69	DAK,RWV,OLAT	66.31,4
5.	Marco Bernatzki	69	LA Herten/GER	74.52,5
6.	Joachim Bauer	49	PSV Berlin/GER	76.28,2

5000m Walk

1.	Liesbet De Smet	82	Duffel/BEL	31.14,1
2.	Harry Bijnen	52	DAK	34.21,6
3.	Hans van Wakeren	49	Unitas	35.25,6

3000m Walk

1.	Arjan Lukken	67	RWV, DAK	19.04,5
2.	Rico Stroobant	90	Groene Ster	19.11,2
3.	Jenny van Avendonk	69	Attila	20.01,8
4.	Bauke te Nijenhuis	35	RWV	24.08,1

NR M85

1000m Walk

1.	Marit van Bremen	13	RWV	7.57,4
2.	Mick van Bremen	16	RWV	9.41,9

3.	Mike Timmermans	13		9.50,2
	Bert Timmermans	56		DNF

400m Walk

1.	Guusje Boom	11	DAK	2.51,0
2.	Roos Spoor	12	DAK	3.18,0

200m Walk

1.	Denise Timmermans	18		5.43,0
2.	Ella Eißfeller	18		5.43,0
3.	Anne Eißfeller	91		5.43,0
4.	Wilma Petersen	62		5.43,0



Dutch 20km podium: André van Slooten, Paul Jansen and Remco de Bruin

24 HEURES DE BONHEUR, VILLENAVE D'ORNON, FRANCE, 28-29 AUGUST 2021

Delving now into the long distance walking world, the annual 24 Heures de Bonheur was contested last weekend in the Bordeaux suburb of Villenave d'Ornon. It is a very large ultra, with 40 walkers, 146 runners and quite a few relay teams contesting the various divisions. The races were contested over a 1km+ lap, which included a section on the local athletics track. **Gilles Letessier** (168.082km in 24H) and **Alexandre Cros** (90.206km in 12H) were the walking standouts.

24 Hour Walk

1.	LETESSIER Gilles	M	168.082 km	7.044 km/hr
2.	MATHIS Sylvie	F	160.473 km	6.721 km/hr
3.	DELANGE Dominique	M	154.316 km	6.442 km/hr
4.	PINEAU Laurent	M	152.282 km	6.359 km/hr
5.	BIET Christophe	M	146.472 km	6.106 km/hr
6.	BOURICHON Christophe	M	138.499 km	5.796 km/hr
7.	MUNCH Frédéric	M	133.286 km	5.562 km/hr
8.	CHEKHAB Said	M	132.436 km	5.528 km/hr
9.	BIRAUD Sylvie	F	124.932 km	5.217 km/hr
10.	VIGNAUD Annette	F	123.075 km	5.154 km/hr
11.	DELARUE Jacques	M	116.476 km	4.875 km/hr
12.	RAY Monique	M	93.437 km	3.917 km/hr
13.	PIERRE Patrick	M	88.230 km	3.703 km/hr
14.	DELARUE Michèle	F	61.082 km	4.867 km/hr

12 Hour Walk

1.	CRÒS Alexandre	M	90.206 km	7.593 km/hr
2.	BERNARD Thierry	M	87.531 km	7.311 km/hr
3.	ROBIN Rodolphe	M	82.834 km	6.996 km/hr
4.	FERRARA Bernard	M	76.655 km	6.406 km/hr
5.	RAMANOEL Richard	M	72.997 km	6.161 km/hr

6.	DINTILHAC Alain	M	71.503 km	6.015 km/hr
7.	MICHAUD Jean-louis	M	63.526 km	5.317 km/hr
8.	SAVARE Valerie	F	62.482 km	5.231 km/hr
9.	MEILLAT Julie	F	60.546 km	5.080 km/hr
10.	RECHOU Yves	M	54.217 km	4.573 km/hr
11.	LEDUN Anne-marie	F	52.658 km	4.447 km/hr

6 Hour Walk

1.	LEONE Melanie	F	43.194 km	7.336 km/hr
2.	OMPRARET Odile	F	42.870 km	7.212 km/hr
3.	RIVOAL Claude	M	42.555 km	7.102 km/hr
4.	FILLIEUX Christian	M	38.547 km	6.500 km/hr
5.	CAZENAVE Vincent	M	37.751 km	6.421 km/hr
6.	OUF Patrick	M	36.611 km	6.361 km/hr
7.	MAUREL Thierry	M	34.417 km	5.980 km/hr
8.	HENRY Marie-christine	F	33.718 km	5.787 km/hr
9.	LASSERRE Nicole	F	33.718 km	5.786 km/hr
10.	MESPLEDE Jean-luc	M	33.405 km	5.721 km/hr
11.	COSSON Maryse	F	25.285 km	4.252 km/hr
	MEUNIER Philippe	M	15.134 km	DNF

3 Hour Walk

1.	CELLE Christian	M	24.249 km	8.202 km/hr
2.	DE LAVERGNE Marguerite	F	19.266 km	6.759 km/hr
3.	BOURICHON Marie-france	F	19.266 km	6.758 km/hr
4.	GONZALEZ Albert	M	18.546 km	6.235 km/hr



Sylvie Mathis and Gilles Letessier walking at Villenave d'Ornon last weekend

2021 PARIS-ALSACE CLASSIC, FRANCE, 25-28 AUGUST 2021

The organising committee of the Paris-Alsace Classic had to make the hard decision in 2021 to reduce the scope of this annual ultrawalk classic, restricting it to two race categories, organised in 5 stages and spread over 4 days. The race breakup looked like this:

La Mythique (292.7km)

Wednesday 25 August: 12.0 km prologue in Château-Thierry, followed by a 34.8km stage around Château-Thierry.
 Thursday 26 August: 88.5 km stage from from Châlons en Champagne to reach Vitry le François
 Friday 27 August: 94.3 km stage from Neufchâteau to Epinal
 Saturday August 28: 61.1 km stage from Plainfaing, to Kaysersberg-Vignoble

La Nocéenne (207.8km)

Wednesday August 25 9.0 km prologue in Château-Thierry, followed by a 34.8km stage around Château-Thierry.
 Thursday August 26: 51.2 km stage from Châlons en Champagne to Vitry le François
 Friday August 27: 51.7 km stage from Gironcourt sur Vraine to Epinal
 Saturday August 28: 61.1 km stage from Plainfaing, to Kaysersberg-Vignoble

All walkers had to have a support team in attendance, with an accompanying car or a campervan. The last day was definitely the toughest, with the 61.1km route from Plainfaing crossing the Col du Bonhomme and the Col du Calvaire, then looping through the Collet des Linges before returning to Orbey and finally arriving at Kaysersberg-Vignoble in the late afternoon.

In La Mythique, French walker **Florian Letourneau** was an easy winner by over 6 hours, covering the 292.7km in 34 hours 52 minutes and 52 secs, for an average speed of 8.39km/hr. La Nocéenne was a much closer affair, with only 3 minutes separating Frenchman **Mathieu Olivares** and American **Erin Talcott**, with both covering the 207.8km in a little over 25 hours. **Emmanuel Tardi** was helping Erin as part of her crew and I was able to follow Erin's progress via facebook. She was sick on the first day and so had to start off very conservatively, but did she hold together well and make a race of it. And a special mention to 80 year old **Robert Daloz** who finished La Nocéenne in 29 hours 38 minutes and 47 secs.

Here are the final results

La Mythique (292.7km)

1.	LETOURNEAU Florian	AC Chateau-Thierry	292.7 km	34:52:52	8.39 km/h
2.	BALLAND Johann	Athle Vosges Pays de Mirecourt	292.7 km	41:33:13	7.05 km/h
3.	HOUSE Sylvie	Strasbourg AA * / Ill Bruche Lingolsheim	292.7 km	42:23:52	6.90 km/h
4.	BIZARD Claudie	Thiais AC	292.7 km	44:04:26	6.64 km/h
5.	GILLARD Lydia	Mythical March Organization	292.7 km	45:38:13	6.41 km/h
	GUILLOT Mickael	AC Chateau-Thierry	173.9 km	DNF	

La Nocéenne (207.8km)

1.	OLIVARES Mathieu	Neuilly-sur-Marne Athletics	207.8 km	25:16:43	8.22 km/h
2.	TALCOTT Erin (USA)	Shore Athletic Club	207.8 km	25:19:13	8.21 km/h
3.	GRADOS Stephane	CM Roubaix	207.8 km	26:19:15	7.89 km/h
4.	BIG Gildas	ES Thaon	207.8 km	27:08:42	7.66 km/h
5.	VANDENDAUL Daniel (BEL)	CABW	207.8 km	27:27:47	7.57 km/h
6.	METEAU Jean-Paul	Running Pass	207.8 km	28:26:29	7.31 km/h
7.	RISSELIN Xavier	AC Boulzicourt - Villers-Semeuse	207.8 km	28:49:34	7.21 km/h
8.	VERNIER Jean-Pierre	GIFA	207.8 km	29:34:57	7.02 km/h
9.	DALUZ Robert	Neuilly-sur-Marne Athletics	207.8 km	29:38:47	7.01 km/h
10.	DUCRUET Nadia	AC Chateau-Thierry	207.8 km	32:49:21	6.33 km/h
11.	SEYNAEVE Serge (BEL)	CM Roubaix	207.8 km	33:29:52	6.20 km/h



Erin Talcott, Florian Letourneau, Sylvie Maison, Robert Daloz and Mathieu Olivares



*Left: Erin Talcott fights out La Nocéenne with Mathieu Olivares
Right: Emmanuel Tardi and Siobhan Sharpsteen looking after Erin during the race*

And for those who want to see the gritty details, Emmanuel has worked out the stage results for us – thanks Emmanuel.

La Mythique (292.7km)

Prologue (12km)

1	LETOURNEAU Florian	AC Chateau-Thierry	1h09'57
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	1h24'00
3	MAISON Sylvie	Ill Bruche à Lingolsheim	1h28'58
4	BIZARD Claudie	Thiais AC	1h31'09
5	GUILLOT Mickael	AC Chateau-Thierry	1h32'07
6	GILLARD Lydia	Marche Mythique Organisation	1h36'11

Second Stage (34.8km)

1	LETOURNEAU Florian	AC Chateau-Thierry	3h50'40
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	4h23'27
3	MAISON Sylvie	Ill Bruche à Lingolsheim	4h47'04
4	BIZARD Claudie	Thiais AC	4h49'32
5	GILLARD Lydia	Marche Mythique Organisation	4h53'59
6	GUILLOT Mickael	AC Chateau-Thierry	4h54'54

Third Stage (88.5km)

1	LETOURNEAU Florian	AC Chateau-Thierry	10h26'04
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	12h28'53
3	MAISON Sylvie	Ill Bruche à Lingolsheim	12h41'04
4	BIZARD Claudie	Thiais AC	13h30'33
5	GILLARD Lydia	Marche Mythique Organisation	14h01'07
6	GUILLOT Mickael	AC Chateau-Thierry	14h01'29

Fourth Stage (94.3km)

1	LETOURNEAU Florian	AC Chateau-Thierry	11h41'41
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	14h00'30
3	MAISON Sylvie	Ill Bruche à Lingolsheim	14h05'50
4	BIZARD Claudie	Thiais AC	14h31'46
5	GILLARD Lydia	Marche Mythique Organisation	14h45'15
Ab	GUILLOT Mickael	AC Chateau-Thierry	Ab

Fifth Stage (61.1km)

1	LETOURNEAU Florian	AC Chateau-Thierry	7h45'02
2	BALLAND Johann	Athlé Vosges Pays de Mirecourt	9h16'23
3	MAISON Sylvie	Ill Bruche à Lingolsheim	9h20'56
4	BIZARD Claudie	Thiais AC	9h41'26
5	GILLARD Lydia	Marche Mythique Organisation	10h21'41

Ab GUILLOT Mickael AC Chateau-Thierry

La Nocéenne (207.8km)

Prologue (9km)

1	TALCOTT Erin (USA)	Shore Athletic Club	52'13
2	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	55'46
3	GRADOS Stephane	CM Roubaix	58'41
4	GROS Gildas	ES Thaon	1h00'37
5	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	1h03'02
6	VANDENDAUL Daniel (BEL)	CABW	1h03'07
7	METEAU Jean-Paul	Pass Running	1h04'31
8	VERNIER Jean-Pierre	Pass Running	1h05'25
9	DALUZ Robert	Neuilly-sur-Marne Athletisme	1h07'05
10	DUCRUET Nadia	AC Chateau-Thierry	1h08'38
11	SEYNAEVE Serge (BEL)	CM Roubaix	1h12'05

Second Stage (34.8km)

1	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	4h01'13
2	TALCOTT Erin (USA)	Shore Athletic Club	4h12'14
3	GROS Gildas	ES Thaon	4h22'40
4	GRADOS Stephane	CM Roubaix	4h24'20
5	VANDENDAUL Daniel (BEL)	CABW	4h25'35
6	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	4h29'41
7	VERNIER Jean-Pierre	Pass Running	4h31'45
8	METEAU Jean-Paul	Pass Running	4h32'37
9	DALUZ Robert	Neuilly-sur-Marne Athletisme	4h41'12
10	SEYNAEVE Serge (BEL)	CM Roubaix	4h58'56
11	DUCRUET Nadia	AC Chateau-Thierry	5h06'34

Third Stage (51.2km)

1	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	6h13'57
2	TALCOTT Erin (USA)	Shore Athletic Club	6h41'00
3	GRADOS Stephane	CM Roubaix	6h45'31
4	VANDENDAUL Daniel (BEL)	CABW	6h52'48
5	GROS Gildas	ES Thaon	6h55'40
6	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	6h59'41
7	METEAU Jean-Paul	Pass Running	7h03'09
8	DALUZ Robert	Neuilly-sur-Marne Athletisme	7h16'50
9	VERNIER Jean-Pierre	Pass Running	7h39'37
10	DUCRUET Nadia	AC Chateau-Thierry	8h06'12
11	SEYNAEVE Serge (BEL)	CM Roubaix	8h37'18

Fourth Stage (51.7km)

1	TALCOTT Erin (USA)	Shore Athletic Club	6h03'10
2	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	6h25'55
3	GRADOS Stephane	CM Roubaix	6h29'41
4	GROS Gildas	ES Thaon	6h39'50
5	VANDENDAUL Daniel (BEL)	CABW	6h41'34
6	METEAU Jean-Paul	Pass Running	7h05'06
7	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	7h07'24
8	VERNIER Jean-Pierre	Pass Running	7h10'24
9	DALUZ Robert	Neuilly-sur-Marne Athletisme	7h16'59
10	DUCRUET Nadia	AC Chateau-Thierry	8h11'50
11	SEYNAEVE Serge (BEL)	CM Roubaix	8h29'35

Fifth Stage (61.1km)

1	OLIVARES Mathieu	Neuilly-sur-Marne Athletisme	7h30'36
2	TALCOTT Erin (USA)	Shore Athletic Club	7h39'52
3	GRADOS Stephane	CM Roubaix	7h41'02
4	GROS Gildas	ES Thaon	8h09'55
5	VANDENDAUL Daniel (BEL)	CABW	8h24'43
6	METEAU Jean-Paul	Pass Running	8h41'06
7	RISSELIN Xavier	AC Boulzicourt – Villers-Semeuse	8h59'47
8	VERNIER Jean-Pierre	Pass Running	9h07'46
9	DALUZ Robert	Neuilly-sur-Marne Athletisme	9h14'41
10	DUCRUET Nadia	AC Chateau-Thierry	9h36'27
11	SEYNAEVE Serge (BEL)	CM Roubaix	9h56'38

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 2 press releases this week

- Sat 28 Aug - Videos of men's and women's 20km walks in China, March 2021
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4169
- Mn 23 Aug - Mexican walker Guadalupe Gonzalez given an additional 4 year ban
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4168

while Omarchador has 7 press releases

- Sun 29 Aug - Amit Khatri, the first Indian walker to stand on the podium at a major world event
<https://omarchador.blogspot.com/2021/08/amit-khatri-o-primeiro-marchador.html>
- Sat 28 Aug - Aleksu Ojala and Anniina Kivimäki repeat victories at the Kaleva Games in Tampere
<https://omarchador.blogspot.com/2021/08/aleksi-ojala-e-anniina-kivimaki-repetem.html>
- Fri 27 Aug - Baltic and Latvian Masters Championships in Ventspils
<https://omarchador.blogspot.com/2021/08/campeonatos-masters-balticos-e-da.html>
- Thu 26 Aug - Sofia Ramos Rodríguez on the path of Mexican tradition with gold medal at the U20 World Champs
<https://omarchador.blogspot.com/2021/08/sofia-ramos-rodriguez-na-senda-da.html>
- Wed 25 Aug - Ionut Acin becomes world champion for the Deaf in Lublin
<https://omarchador.blogspot.com/2021/08/ionut-acin-sagra-se-campeao-mundial-de.html>
- Tue 24 Aug - Kenyan Heristone Wanyonyi made U20 World Championship history
<https://omarchador.blogspot.com/2021/08/queniano-heristone-wanyonyi-fez.html>
- Mon 23 Aug - Swedish Masters Championships in Lund
<https://omarchador.blogspot.com/2021/08/campeonatos-masters-da-suecia-em-lund.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 continuing COVID-19 issues.

Victorian Key Dates –2021

All up in the air, with our current covid lockdown!

2021 World Athletics Race Walk Challenge

Oct 9 (Sat), 2021 RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021 Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

Nov 5-14, 2021 **Pan Pacific Masters Games**, Gold Coast, QLD (<https://mastersgames.com.au/ppmg/>)

TBA, 2022 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
Mar 1-6, 2022 **29th World Athletics Race Walking Team Championships**, Muscat, Oman (Postponed from 2020)
Jun 26 – Jul 7, 2022 **World University Summer Games**, Chengdu, China (Postponed from 2021)
Jun 29 – Jul 10, 2022 **23rd World Masters T&F Championships**, Tampere, Finland
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>)