

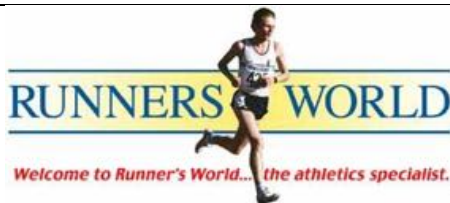


HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.

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** WALKER OF THE WEEK **



It was a weekend of high-end walking performances in many places around the country, making selection of this week's WOTW a challenge. The 10,000m/10km distance attracted the most impressive results, with many PBs set and several qualifying times for international competition recorded. And it's hard to improve on a performance that beats the tough AA qualifying standard and earns you a place in the Australian team for the Commonwealth Games.

Therefore, our WOTW winners for this week are **Jemima Montag** (VIC) and **Declan Tingay** (WA), following their winning efforts at the Supernova 10,000m track walk at the AIS in Canberra. Jemima clocked **43:05.7** for her qualifier. While Declan dipped under the men's standard with **39:26.1**.

Well done, Jemima and Dec!



*Honourable mentions:

- **Kyle Swan** (VIC) ... first time under 40:00 for 10km, not far off a CG qualifier himself.
- **Fraser Saunder** (VIC) and **Olivia Sandery** (SA) ... earning PBs of well over 1:00 for 10km.
- **Kodi Clarkson** (ACT) ... not yet 14, Kodi joined the elite walkers in the Supernova 10km, recording **48:07** despite never having raced over 10km before. What a future!



CLUB NEWS and RESULTS

VRWC 2021-22 Summer races #4, Sunday 16 January – Middle Park



MARCUS AND FRASER ... DUEL IN THE SUN

While most of Australia's walking elite did battle at the AIS Supernova meet in Canberra, onlookers at Middle Park were not to be duded as a small but eager entry of 34 walkers hit the course on a warm, humid morning, returning six PBs and several first-time efforts.

Highlight of the morning was the 10km tussle between **Marcus Wakim** and **Fraser Saunder**. The tall Ballaratian set a hot pace from the gun with Marcus working to stay in touch. Eventually the Collingwood walker eased to the front with Fraser hard on his heels, Marcus pulling away in a fast finish to win by 5secs. Both boys smashed their PBs with times of **46:25** and **46:30** respectively, and their future duels are keenly anticipated.

It was pleasing to see **Jasmin Hass** returning to the club with a creditable **58:41**, while newcomer **Geromi Tucker** also gave a good account of himself in his first 10km.

Madeleine Feain and **Ariana Pashutina** were the only ones to test themselves in the heat over the longer distances, walking together until Ariana stopped with

her first 15km time logged. Madeleine, as ever, mocked the hot conditions to finish the 20km in fine style.

In the 5km event, **Kate Siviour** found conditions to her liking, producing a massive 2:49 PB of **26:43**, while **Jade Chitty** also lowered her previous best, continuing the steady improvement she's shown in AVSL this summer. Speedy cousins **Ela Uzun (15:37)** and **Havana Ali (17:18)** quinella'd in the 3km, and we were pleased to welcome **Alejandro Stephens** in his first walk with us for a good first-up **19:18**.

Kelsey Loudon (2km) and **Violet Froom (1km)** were impressive in winning their races, with **Matilda Read** and **Aydin Uzun** having good PB performances.



Charlotte and Kelsey leads out the 1km/2km field

1km Walk

Violet	Froom	748	Female	0:07:29	
Pam	Mews	138	Female	0:12:49	
Haris	Ali	746	Male	0:07:36	
Aydin	Uzun	747	Male	0:07:42	PB 0:18
Lachlan	MacDonell	763	Male	0:07:45	

2km Walk

Kelsey	Loudon	749	Female	0:12:48	
Charlotte	MacDonell	762	Female	0:13:10	
Matilda	Read	743	Female	0:13:48	PB 0:45



Violet, Lachlan, Aydin, Haris and Matilda in action

3km Walk

Ela	Uzun	695	Female	0:15:37	
Havana	Ali	696	Female	0:17:18	
Donna-Marie	Elms	194	Female	0:19:49	
Tracy	Colbert	737	Female	0:20:01	
Merilyn	Thompson	740	Female	0:20:48	
Gwen	Steed	60	Female	0:21:37	
Alejandro	Stephens	3031	Male	0:19:18	First one

5km Walk

Kate	Siviour	997	Female	0:26:43	PB 2:49
Jade	Chitty	738	Female	0:28:18	PB 0:15
Simon	Evans	98	Male	0:29:32	
Heather	Carr	9	Female	0:32:20	
Marnie	Grace	717	Female	0:36:07	
Karyn	O'Neill	317	Female	0:37:04	
Simon	Evans	98	Male	0:29:32	
Geoff	Barrow	59	Male	0:37:11	
David	Smyth	528	Male	Ab	3km in 18.45



Big improver Kate; Havana, Jade & Simon (it ain't the size of the dog in the fight ...); Alejandro and Merrilyn

10km Walk

Char	Hay	552	Female	0:55:35	
Jasmin	Hass	698	Female	0:58:41	
Emily	Smith	692	Female	1:01:10	
Marcus	Wakim	706	Male	0:46:25	PB 0:37
Fraser	Saunder	153	Male	0:46:30	PB 1:17
Andrew	Jamieson	73	Male	1:00:08	
Geromi	Tucker	3031	Male	1:04:30	First one
Daniel	Pashutin	736	Male	1:05:39	
Terry	O'Neill	627	Male	1:05:45	

15km Walk

Ariana	Pashutina	721	Female	1:31:25	First one
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20km Walk

Madeleine	Feain	554	Female	2:05:23	
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Andrew and Emily, Char, Geromi, Ariana and Madeleine, and Jasmine

(Photos by Terry Swan – see more at <http://www.vrwc.org.au/piwigo/index.php?category/590>)

Thanks, as always, to our band of officials and helpers who contributed to the holding of another successful VRWC competition.

Officials: Mark Donahoo, Simon Baker, Bill Carr
Judges: Gordon Loughnan (Chief), Stuart Cooper, Di Lowden, Peter Price, David Cash
Set up & Pack up: Stu Cooper, Donna Marie Elms, Gerard Feain, Terry Swan,
Walkers: 34

Question for Readers 2:

‘What was your major race walking highlight for 2021?’

This week, VRWC member **Terry O’Neill** shares his 2022 high point with us:



“To me, 2021 was itself the high light. Having spent the best part of 3 years on the side lines with injury and contemplating many times to give it all away, I faced up to 2021 injury free.

Not only was I out there competing but at a level where I was comfortable and satisfied, pulling out times I would have dreamt about the year before.

If there was to be a highlight race through the year would end up being the last race we had for the year. The start of August.

It was to be the only time Victorians had a chance to record a time for the Australian Masters 20km Championships.

Everything come together that day. Recording a very good time I was really happy with. Crossing the line I knew it would medal. It did end up being the gold For 65 plus age group.

Who would have thought then it would be the last race for the year?”

** We are still keen to hear from readers (wherever they may be), as to their 2021 race walking highlight. Send your responses to stuwalks@yahoo.com.au .

**** NEXT VRWC RACES**

**Wednesday
2 February
Collingwood
(Geo Knott Res)**

7.00pm VRWC 1500m Open
7.15pm AV 5000m Teams race Open
VRWC 5000m Open

***Rules for AV Teams Championships:**

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on

the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.

5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Sunday	8.45am	VMA 5000m c'ship Women
6 March	9.30am	VMA 5000m c'ship Men
Mentone track	10.10am	VRWC 5000m & 3000m Open
(Dolamore Res)	10.40am	VRWC 1500m Open

VICTORIA - METRO & REGIONAL

**** AVSL – Round 8 Metro venues and start times – Saturday 22 January**

(NOTE: Round 7, 15 January – no walks)

Zone A: Aberfeldie	5.15pm:	1500m Walk
		3000m Walk
Zone B: Murrumbreena	5.15pm:	1500m Walk
		3000m Walk

**Schedule correct as at 8 November 2021. For possible changes, visit <https://athsvic.org.au/wp-content/uploads/2021/11/AVSL-Metro-Timetables-DRAFT-2021-11-08.pdf>*



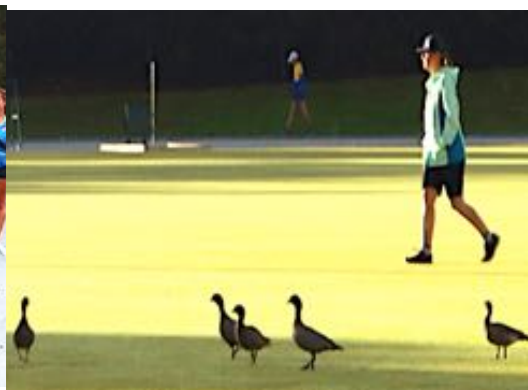
AROUND THE COUNTRY

A.C.T. Supernova 2022 #1 10,000m Walk, Saturday 15 January – AIS, Canberra

Report by Mark Roberts Photos: Willa McIntyre

Saturday was the first of two Supernova 10,000m walks. Many of the athletes were awoken at 1am as Canberra was witness to a spectacular show of lightning and thunder, which resulted in many homes losing power.

Athletes arrived at 7am eager to start warming up. The famous AIS ducks sent a welcome committee for Australia's best walkers coming together on one track.





Kodi and Owen

Due to COVID reducing the number of international walkers taking part this year, ACT walkers who have a 60min or better time for 10,000m were invited to compete. Kodi Clarkson and Owen Toyne (*left*) were very excited to have the opportunity to walk with their champions. Everyone was getting into the spirit. Even our judges were warming up expecting a fast walk.



Yes Shane, she did post the picture.

A pre-race atmosphere of friendship and excitement washed over the AIS during the warmup while a dedicated playlist in the background :

* Supernova 1 playlist:

https://open.spotify.com/playlist/2MHa0zZUThRyRL8hvNvtll?si=Tr--h5aKT52cTEd7PIotsg&utm_source=copy-link



As the gun sounded, the clouds cleared and the walkers were off for 25 laps of the AIS track.



The field spread out relatively quickly with the open walkers breaking away.



Jared and Brent

All the athletes were under the watchful eye of Jared Tallent and Brent Vallance. Splits were being called by Brent Vallance at the 200m mark and you could not help but be impressed by not the speed but also the consistency of the lap times. Every lap was within one second of the previous lap for the lead walkers.

Everyone walked well and many PBs were achieved. Special mention goes to **Declan Tingay** (39:26.1) and **Jemima Montag** (43:05.7) for leading the male and female walkers across the line with Commonwealth Selection times.

Olivia Sandery (45:24.1) and **Alanna Peart** (48:42.7) earned u20 World juniors qualifier times (<50:40). Olivia's time would have won given her a bronze medal at the 2018 u20 world walks. Fantastic effort!

Kodi Clarkson (48:07.4), at the age of 13, was the youngest walker who broke 50 minutes and looked comfortable on the track. Congratulations!



Jemima



Declan



Olivia



Alanna



Kodi

OPEN Male

WA	Declan Tingay	39:26.1	
VIC	Kyle Swan	39:50.1	PB 0:16
NZ	Quentin Rew	40:35.2	
VIC	Rhydian Cowley	40:46.1	
VIC	Will Thompson	42:00.1	
ACT	Mitch Baker	42:25.1	
NSW	Carl Gibbons	42:26.2	
NSW	Tyler Jones	42:51.7	
SA	Tristian Camileri	44:41.2	
NSW	Dylan Richardson	44:59.1	
ACT	Tim Fraser	45:23.4	
VIC	Corey Dickson	DNF	

OPEN Female

VIC	Jemima Montag	43:05.7	
VIC	Bec Henderson	45:37.4	
QLD	Clara Smith	45:50.3	PB 0:43
NSW	Hannah Mison	53:46.1	

U20 Male

ACT	Kodi Clarkson	48:07.4	
ACT	Owen Toyne	DNF	

U20 Female

SA	Olivia Sandery	45:24.1	PB 1:36
VIC	Alanna Peart	48:42.7	
NSW	Allanah Pitcher	50:59.1	
NSW	Hannah Bolton	56:09.7	

And finally, today would not have happened without the help from AACT and ACT Walk and Fitness Club. Thank you to the officials and volunteers who had a very busy weekend, many of whom headed straight from Supernova to two days at AACT & ANSW Combined Events Championships.

Officials and volunteers - Ian Colquhoun, Rod Gilchrist, Ken Smith, Owen Heness, Geoff Bartley, Peter Boden, Jaki Fraser, Sam Manning, Willa McIntyre, Mia Bolton, Helen Toyne, Troy Clarkson, Hana Jugovic, Phillipa Hargraves, Rachel Tallent, Phil Essam, Jackie McIntyre, Evelyn Toyne, Edward Wilson, the AIS staff and anyone else who I have forgotten to mention

Judging Panel - Lisa Colquhoun (Chief), Renee Cassell, Shane Dickson, Mark Roberts, Ann Jugovic and Edna Dundas

Photos can be found at

<https://photos.app.goo.gl/ekvTu6DCmnpHuBt18>

We all look forward to the second Supernova 10,000m walk this Saturday 22/1 at 8:00am

**** AACT & ANSW Combined Events Championships, Sunday 16 January – Woden Park AC**

This weekend Canberra hosted the AACT & ANSW Combined Events Championships where athletes were completing in pentathlon, heptathlon and individual events. In the middle of day two, we had a joint 3,000m and 5,000m walks which again brought our youth walkers out to compete.

We welcomed Eloise Smith back on the track who, as always, walked superbly and had votes from the judges for magnificent style. Unfortunately she had to withdraw in the last two laps but we look forward to future walks from Eloise.

Two NSW athletes joined us on the day. We watched Laelia Byatt working to hold her lead from Lilah Norden, despite walking a different distance it was a great effort from both girls.

5000m Walk

Laelia Byatt NSW 30:38

3,000m Walk

Lilah Norden NSW 17:57

Eloise Smith ACT DNF

(Left) Laelila and Lilah (Right) Eloise



NEW SOUTH WALES ANSW 10,000m Track walk c'ships, Saturday 15 January – The Ridge, Illawong

Thanks to Frank Overton for this report on these State championships:

Saturday 15th January saw the staging of the NSW State 10,000m track walk championship. The events were held at The Ridge Athletics Track at Illawong, Sydney.

Six of NSW top athletes were at the Supernova race walk camp in Canberra. They competed in the 10,000m walk there and did not contest the State Championship.

The afternoon was hot and dry even though a storm was threatening. Luckily it passed but left the conditions hot and humid.

There were several walks prior to the 10,000m championship. The 10,000m championship was restricted to athletes 15 and above by 31 December, 2022.

Many athletes found the going tough but the competitors of note in the 10km were **Emma Blanch 52m27.55s**, **Zoe Woods 57m34.02s** and **Sienna Pitcher 58m43.26s**.

Men 10,000 Metre Race Walk Championship

1 McGinniskin, Jack	Mingara Athl	52:40.81
2 Whatman, Riley	Bankstown Sp	58:18.29
3 Ashby, Myles	Gosford Litt	1:02:00.79
-- Pyda, Raven	Westfields	DNF

Women 10,000 Metre Race Walk Championship

1 Blanch, Emma	St. George D	52:27.55
2 Woods, Zoe	Asics Wests	57:34.02
3 Pitcher, Sienna	Mingara Athl	58:43.26
4 Bell, Bridget	Asics Wests	1:04:24.75
5 Cassilles, Ciara	Westfields	1:07:40.99
6 Smith, Casey	Koorringal -W	1:12:19.32
Parker, Hannah	Sydney Unive	DQ 54.7.1

Men 5,000 Metre Race Walk Open

1 Bell, Darcy	Asics Wests	27:59.29
2 Horton, Jai	Westfields	31:26.07
--Robson, Jack	Hills Distri	DQ 54.7.1

Women 5,000 Metre Race Walk Open

1 Beck, Grace	Asics Wests	28:03.06
2 Pinches, Aiva	Adamstown Ne	30:13.15
3 Munroe, Ella	Hills Distri	30:22.90
4 Lamb, Chloe	Randwick Bot	30:34.54

Men 3,000 Metre Race Walk Open

1 Allabush, Dylan	Asics Wests	16:39.25
2 Horton, Jaxson	Westfields	17:55.80
-- Sinnett, Alexander	Asics Wests	DNF
-- Robson, Kane	Hills Distri	DQ 54.7.1

Women 3,000 Metre Race Walk Open

1 Farrell, Isabella	Westfields	17:17.66
2 Sivaraj, Summer	Asics Wests	17:22.12
3 Pinches, Stella	Adamstown Ne	17:28.75
4 Van Der Meer, Ella	Westfields	17:31.92
5 Cochrane, Imogen	Asics Wests	19:02.22

Women 1500 Metre Race Walk Open

1 Hoskins, Emma	Hills Distri	8:29.15
2 Ashby, Caetlin	Gosford Litt	8:37.39
3 Horne, Lily	Asics Wests	8:44.45
4 Felice, Madeleine	Illawong Rev	9:10.15
5 Twigden, Lilly	Westfields	9:13.56
6 Schofield, Catherine	Illawong Rev	10:12.08

QUEENSLAND QMA results, Saturday 15 January – QSAC, Brisbane

The sun and heat had returned to the QSAC track, with slower times as a result.

W29&U 3000 Meter Race Walk

1 Torryn, Fisher	W16	Unattached	18:44.91
2 Alksia, Thomasson	W14	Unattached	23:56.26

M55 3000 Meter Race Walk

1 Jimenez Solis, Ignacio	M56	Qld Masters	14:31.52
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W55 3000 Meter Race Walk

1 Woodward, Erika	W55	Qld Masters	17:59.45
2 Stuckey, Jennifer	W56	Qld Masters	21:37.35

W75 3000 Meter Race Walk

1 McKinven, Noela	W79	Qld Masters	27:03.92
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SOUTH AUSTRALIA SA Interclub results, Saturday 15 January – SAAC, Adelaide

Kim Mottrom sent in the latest results from Adelaide, recorded on a pleasant 26° day which obviously suited Kim himself. Well done!

Open 5000m Walk

1 Kim Mottrom	(SA Masters)	21:08.89	<i>*M35 State Record</i>
2 Nellie Langford	(Southern AC)	26:38.29	
3 Anthony Tana	(Southern AC)	29:14.69	
4 Katie DeRuvo	(Coastal AC)	30:36.95	
5 Peter Crump	(Saints)	31:34.39	
Sebastian Richards	(Southern AC)	DNF	
Greg Metha	(SA Masters)	DNF	

Open 1500m Walk

1 Matilda Gourlay	(Southern AC)	7:57.01 PB
2 Mel Grantham	(SA Masters)	8:59.30 PB
3 Marie Maxted	(SA Masters)	9:36.58
4 Stephanie White	(Enfield)	10:40.39
5 Alex McEwan	(Tea Tree Gully)	11:13.96

*** SAMA Walks, Friday 14 January – SAAC, Adelaide**

Graham Harrison reports that the first SA Masters fixture for 2022 was a scratch event meeting, held at the SA Athletics Stadium. Weather - warm and humid.

800M WALK

KIM	MOTTROM	0:03:11	M35	78.53%
MELISSA	GRANTHAM	0:04:33	W35	68.47%
PETER	CRUMP	0:04:35	M60	66.73%
JACK	RUSSELL	0:04:41	M65	71.08%
GEORGE	WHITE	0:04:51	M75	74.39%
MARIE	MAXTED	0:04:57	W60	76.45%
MIKE	VOWLES	0:05:46	M75	64.10%

800M CLUBWALK

MALCOLM	TIGGEMAN	0:06:04	M65	54.87%
LIZ	NEUBAUER	0:06:11	W70	66.81%
SABINE	ORCHARD-SIMONIDES	0:06:20	W55	56.58%
ROGER	LOWE	0:07:39	M75	48.32%

5K WALK

PETER	CRUMP	0:32:14	M60	67.84%
GEORGE	WHITE	0:33:07	M75	77.80%

3K WALK

MELISSA	GRANTHAM	0:19:22	W35	62.25%
MARIE	MAXTED	0:21:16	W60	68.09%
BRIAN	WITTY	0:22:14	M70	64.59%
DAVE	FALLON	0:22:34	M65	62.25%

3K CLUBWALK

CATHIE	HORE	0:27:21	W70	59.15%
EDNA	BATES	0:28:33	W65	55.31%

TASMANIA Athletics Tas 10,000m Race walk c'ship, Wed 12 January – Domain Aths Centre, Hobart

David Moore reports:

The first of our State Titles the 10000m Walk for 2022 was held mid-week (on the 12th) with a 5 pm start.

On the start line was only one brave soul, OVA Athlete **Oliver Morgan**.

Oliver had never contested an event of this distance and at 14 is amongst the youngest of Tasmanian Race Walkers to do so.

The real challenge for Oliver was to do this event solo, in his favour were calm coolish conditions and enthusiastic support from the sidelines.

Oliver maintained his focus, got through the 25 laps and finished with a little bit left in the tank to spare and took home his first Senior State Title - And we hope there are many more!

RESULT - MEN:

1. Oliver Morgan (OVA) 58:40

*** Athletics South Interclub, Saturday 15 January - Domain Athletics Centre Hobart**

Result 3000m Walk

1. Oliver Morgan OVA 15:24.80
2. Nathan Wass ES 21:00.62

WESTERN AUSTRALIA AWA Interclub results, Friday 14 January – WAAS, Perth

Results from Terry Jones:

Men 3000 Meters

1 John Ronan	Kingsway Ath	13:31.67
2 Benjamin Reid	Perth Track	14:21.61
3 Harry Gordon	Cockburn Ath	19:08.58

Women 3000 Meters

1 Alexandra Griffin	UWA Athletics Club	14:31.61
2 Kaytee Bogaers	Mandurah Roc	17:32.40
3 Katica Borsic	AW Independent	18:27.32
4 Chelsey Ireland	Mandurah Roc	18:34.8

** CORRECTION IN AUSTRALIAN RACE WALKING RANKINGS 2021 OPEN

An error was encountered in the Womens rankings published in the last issue. This involves Char Hay's 10km time, and has now been corrected.

WOMEN

10KM.WALK

43:25	Jemima Montag	V	150298	Melbourne	23-May
46:34	Rebecca Henderson	V	040701	Melbourne	23-May
48:04	Alanna Peart	V	060903	Melbourne	27-Mar
48:58	Olivia Sandery	S	220103	Melbourne	27-Mar
51:02	Char Hay	V	011203	Melbourne	27-Jun
51:21	Elizabeth McMillen	N	100404	Sydney	23-May
51:23	Gabriella Hill	Q	091003	Melbourne	27-Mar
52:39	Melissa Lewis	W	210587	Perth	19-Jun
53:48	Emma Blanch	N	010403	Sydney	23-May
53:54	Madeleine Feain	V	280498	Melbourne	15-May
53:57	Hannah Bolton	N	291203	Sydney	23-May
54:21	Sarah Brennan	V	220476	Melbourne	23-May
55:05	Jemma Peart	V	150601	Melbourne	2-May
55:50	Nellie Langford	S	010605	Adelaide	7-Aug
57:28	Hannah Parker	N	221002	Sydney	23-May
58:40	Claire Samanna	V	241091	Melbourne	17-Jan
58:48	Kate Siviour	V		Melbourne	15-May
58:51	Emily Smith	V	270406	Melbourne	3-Jul



INTERNATIONAL NEWS

ITALY: Italian 35km Race walk championships, Monday 17 January – Pescara

Reprinted from Marcia dal Mondo

First titles of the year for athletics. In Pescara, in the Italian 35 km walk championships, **Matteo Giupponi** and **Federica Curiuzzi**, both from Bergamo, won the victories.

35km men

Immediately in the lead, Matteo Giupponi and Stefano Chiesa passed the 5km in 22:03. Giorgio Rubino followed them in 24:33.

A small group made up of Riccardo Orsoni, Aldo Andrei, Teodorico Caporaso passed in 22:40

At 10km Giupponi was alone in the lead (43:28), Chiesa follows (43:42) and the other three in 44:42.

Rubino and Chiesa had already received two red cards, while Caporaso and Giupponi had only one. For Giupponi it would remain the only one for the whole race.

Giupponi's passage at 20km took place in 1:26:10.

Then followed in 1:28:40 Orsoni, Andrei, Caporaso.

Rubino after an hour of competition was stopped in the penalty area from which he exited after 3:30. He would do two more laps but then he will be permanently disqualified.

Even Chiesa had to deal with the technical decisions of the jury and between 18km and 19km he is stopped in the penalty area. He would then move on to 20km in 1:30:33.

Between 20km and 30km also Caporaso and Ettore Grillo would have to deal with the same penalty area, but while Caporaso was then able to finish the race Ettore Grillo would share the disqualification with Rubino.

At 30km the order of passage was as follows: Giupponi (2:09:01), Orsoni (2:12:03), Andrei (2:12:17), Chiesa (2:13:59), Caporaso 2:15:27.

Giupponi covered the last 5km in 24:44 and went on to win his fourth Italian championship in **2:33:45**.

The battle between Andrei in Orsoni became heated. Riccardo Orsoni checked in at 2:34:42

Third - Aldo Andrei in 2:34:46

Fourth - Stefano Chiesa in 2:36:42

Fifth - Theodorico Caporaso in 2:37:56

35km women

Immediately in the lead **Federica Curiazzi** and Nicole Colombi who passed together at 5km (24:45)

At 10km Nicole Colombi drove on Federica Curiazzi in (49:16), followed by Sara Vitiello (52:04) who showed a spectacular march to the public and the quartet of Vittoria Giordani, Simona Bertini, Rosetta La Delfa and Annalisa Russo (53:06).

The technical decisions of the jury hit Beatrice Foresti who after the stop in the penalty area was disqualified.

At 20km, in order: Colombi (1:38:03), Curiazzi (1:38:36), Vitiello (1:42:55), La Delfa (1.45: 01) and Giordani (1:45:39)

Between 20km and 30km in particular at km 26 Nicole Colombi was stopped in the penalty area, giving the green light to Federica Curiazzi for the victory.

The passage to 30km was: Curiazzi (2:27:21), Colombi (2:29:43), Vitiello (2:34:01), Giordani (2:37:56)

Victory to Federica Curiazzi in **2:52:24**

Second place - Nicole Colombi in 2:54:32

Third place - Sara Vitiello in 3:00:12

Fourth place - Vittoria Giordani in 3:04:42 who wins in the U23 category

NEW ZEALAND: Colgate Games (South Is.) 14-16 January – Surrey Park, Invercargill

The Colgate Games are held in January every year and are made up of two events, one in the North Island and one in the South Island. It's the biggest athletics event for children, with the games attended by hundreds of athletes aged 7-14 years old.

Exhibition walk

The Race walking workshop at the SI Colgate games was a real hit. Lots of fun was had learning new skills.

Approximately 20 athletes aged 7-9 came together and took part in relay fun then a lap of the track for all too see. It was really great to have the role modelling of the older more experienced walkers join in.

After the one lap in 32 degree heat remarks were made, "I never knew it was so hard", "that was fun" and "when are we doing it again"?

Such a positive experience for all and one that should be repeated often.

- Heather McLean



Special mention

I would like to mention Nora Caffery. During the walk, there were a few cards being handed out, as some young walkers got a bit excited. Nora was keeping the young ones calm and telling them to keep their head up and keep trying; all whilst walking her own race. She was also encouraging her fellow competitors. On her last lap, she respectfully thanked each judge as she went past. When the Chief Judge was gathering the results, each judge made mention of Nora's fantastic attitude. A very special young lady and it certainly made my day.

- Shane Maslin

Molly O'Reilly & Nora Caffery

Results

<http://kidsathletics.nz/wp-content/uploads/2022/01/2022-South-Island-Colgate-Games-Results-Day-1-2-3.pdf>

Girls 1200 Metre Race Walk Grade 10

1 #10203 Hayley Hoare	10	Selwyn	8:19.85
2 #10123 Alanna Sim	10	NELS	8:21.63
3 #10172 Fern Winikerei	10	NBOL	8:22.12
4 #10207 Sofia Podolyan	10	Selwyn	9:25.66
5 #10190 Phoebe Corin	10	PRAM	9:39.63

Boys 1200 Metre Race Walk Grade 10

1 #10223 Brock Smith	10	St Pauls A & HC	9:53.64
-- #10115 Rex Liu	10	INVG	DQ TR 54.7.1

Girls 1200 Metre Race Walk Grade 11

1 #11177 Morgan Day	11	PAKU	6:42.49
2 #11204 Lily Sewell	11	Selwyn	7:04.55
3 #11238 Taylor Sutton	11	OLYW	7:38.36
4 #11136 Addison Campbell	11	Geraldine AAC	7:57.65
5 #11199 Bella Chapman	11	Selwyn	8:17.12
6 #11156 Harriet Cornelius	11	MRLA	8:47.32
7 #11190 Jayde Inglis	11	PRHL	9:32.09
-- #11107 Annabelle Grant	11	Aspiring	DQ TR 54.7.1
-- #11165 Nandi Musesengwa	11	NCAN	DQ TR 5.1

Boys 1200 Metre Race Walk Grade 11

1 #11164 Alexander Jonatha	11	NCAN	7:57.69
2 #11208 Luke Thomas	11	SCAN	8:29.02
3 #11119 Samuel Moore	11	INVG	9:28.05
4 #11220 George Gainsford	11	CANU	11:06.13

Girls 1200 Metre Race Walk Grade 12

1 #12189 Alys Brown	12	Selwyn	7:56.76
2 #12202 Cora O'Rourke	12	St Pauls A & HC	8:01.36
3 #12191 Emma Grenfell	12	Selwyn	8:05.57
-- #12140 Georgia Bennett	12	HCYU DQ	TR 54.4.1
-- #12137 Lucy Boere	12	GRMA DQ	TR 54.7.1

Boys 1200 Metre Race Walk Grade 12

1 #12163 Harrison Day	12	PAKU	6:56.11
2 #12154 Cullum Rayner	12	MRLA	7:49.66
3 #12107 Finn Bennett	12	Ashhurst H & AC	8:07.73
4 #12174 Rawiri MacDonald	12	PHOX	8:37.53
5 #12123 Henry Hodgson	12	CAVH	8:42.65

Girls 1600 Metre Race Walk Grade 13

1 #13206 Kobi Maslin	13	CANU	8:06.62
2 #13165 Yandri Fourie	13	PAKU	9:06.08
3 #13124 Emma Campbell	13	Geraldine AAC	11:12.54
4 #13134 Ella Colquhoun	13	HCYU	12:32.42

Girls 2000 Metre Race Walk Grade 14

1 #14191 Molly O'Reilly	14	Selwyn	11:25.13
2 #14132 Nora Caffery	14	Manurewa AA & HC	14:59.75

Boys 2000 Metre Race Walk Grade 14

1 #14156 Richie Trathen	14	PAKU	10:17.52
2 #14105 Ari Bennett	14	Ashhurst H & AC	11:23.93

UNITED KINGDOM: ERWL 2022 Fixture 1, 15 January – King George Playing fields, Enfield

Ron Wallwork reports on Enfield Race Walking League's first meeting for 2022, with 5 miles a good loosener for Dominic King:

The 24th edition of the ERWL got underway in slightly misty, but relatively mild conditions, following a few moments of reverence acknowledging the recent death of Geoff Hunwicks who won this equivalent race on the 15th January 2000.

Olympian and Centurion **Dominic King**, as he did in the Open Seven last November, soon distanced himself from the rest of the field and won comfortably. **Abigail Jennings** leading a very promising young AFD team also enjoyed a good winning margin.

2022 Enfield Race Walking League

Fixture 1 - 25th January

Permit No. RWA22008-1

5 miles

1	Dominic King ©	Colchester H	M35	35.15	
2	George Wilkinson	Enfield H AC	Mu23	38.12	
3	Dave Annetts	North Herts RR	M55	39.02	
4	Abigail Jennings	Aldershot F&D	Wu23	40.49	L1
5	Jacqueline Benson	Ashford AC	Wu23	44.24	L2
6	Grazoia Manzotti	Tonbridge AC	W50	45.22	L3
7	Lois Carty	Aldershot F&D	Wu20	45.42	L4
8	Dave Walsh	Enfield H AC	M60	46.03	
9	Melanie Peddle	Loughton AC	W50	46.09	L5
10	Emma Dyos	Ilford AC	W45	46.24	L6
11	Diane Bradley	Tonbridge AC	W60	48.24	L7
12	Jonathan Ellerton	Black/Bromley	Mu17	49.45	
13	Chris Hobbs	Ashford AC	M65	51.01	
14	Graham Chapman	Headington RR	M65	51.48	
15	John Arthur	unattached	M60	51.57	
16	Rachel Harding	Ashford AC	Wu20	53.04	L8
17	John Borgars ©	Loughton AC	M75	53.18	
18	John Hall	Belgrave H	M70	54.57	
19	Noel Blatchford	Abingdon AC	W70	55.13	L9
20	Andrew Tweed	unattached	M70	55.27	
21	Amalia da Silva	Belgrave H	W55	56.38	L10
22	Kathy Smith	Aldershot F&D	W55	58.12	L11
23	Diana Braverman	Enfield H AC	W70	59.20	L12
24	Fiona Bishop	Enfield H AC	W60	61.42	L13
25	Chris Flint ©	Surrey WC	M75	62.35	

4 miles

	Tony Wilkinson	unattached	M60	45.14	
	Peter Hannell	Surrey WC	M65	50.04	

3 miles

	Francisco Reis	Surrey WC	M60	26.24	
	Lola Billingham	Aldershot F&D	Wu17	29.08	
	Shaeda Arthur	unattached	W60	52.50	



Getting 2022 underway at Enfield



Dom King

(Photos: Mark Easton)

UNITED KINGDOM: 'Up & Running' Winter League Rd 4, Sunday 9 January – NSC Roadway, IOM

Thanks to Bridget Kaneen for the latest results from the Isle of Man:

10km Results

Pos'n	Bib	Name	Age Group	H'cap Time	Actual Time
1	32	Neil Wade	SM	(74:42)	59:58
2	1	Chloe Spooner	SW	(75:45)	66:00
3	24	Simon Gawne	SM	(76:16)	53:54
4	26	Andy Baxendale	M50	(76:41)	68:55
5	16	Hannah Moore	SW	(77:10)	64:49
6	15	Colin Moore	M60	(77:57)	67:26
7	5	Adam Killip	SM	(78:03)	55:47
8	9	Alan Gault	M65	(78:06)	78:06
9	3	Gordon Erskine	V75	(78:17)	78:06
10	25	James Quirk	M40	(78:26)	58:59
11	8	Tony Edwards	M55	(78:33)	59:14
12	20	Gianni Epifani	M0	(78:57)	49:34
13	18	Dick Callin	M60	(79:14)	66:11
14	10	Stewart Jones	M50	(79:32)	56:16
15	34	Ian Callister	M65	(81:14)	66:51
16	35	Phil Morris	M40	(86:37)	76:14

5km Results

Pos'n	Bib	Name	Age Group	H'cap Time	Actual Time
1	170	Erika Kelly	SW	(43:09)	24:09
2	113	Lorna Gleave	W35	(43:15)	29:59
3	114	Kathryn Clough	W45	(43:15)	33:59
4	105	Amy Sykes	SW	(43:37)	35:51
5	112	Vicki Heavey	W45	(43:49)	34:09
6	104	Melissa Lines	W40	(44:00)	40:13
7	171	Kate Jones	W40	(44:41)	44:41
8	107	Renee Michalogiannis	W40	(46:14)	38:40

2km results

161	Amy Surgeon	U13	MH	14:31
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1km results

151	Lilee Fletcher	9	MH	05:52
159	Finn Gleave	8	MH	06:38
154	Noah Sykes	8	MH	06:38
157	Charlie Coole	8	NAC	06:44
152	Jay Jay Fletcher	8	MH	07:34
153	Theo Sykes	6	NAC	08:27
160	Leo Gleave	4	UA	11:29

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.

- 17/01/2022 Italian 35km race walk championships – reported on above, follow this link to see the official results: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4271

The Portuguese race walking blog **O Marchadore** 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.

- 17/01/2022 - Wayne Snyman gets 2:32:52 in the 35km walk in Youngsfield, South Africa - <http://omarchador.blogspot.com/2022/01/wayne-snyman-obtem-23252-nos-35-km.html>
- 17/01/2022 - Rui Coelho and Inês Henriques win national Portuguese 35 km march in Amarela, Porto de Mós - <http://omarchador.blogspot.com/2022/01/rui-coelho-e-ines-henriques-vencem.html>

- 16/01/2022 - Antonella Palmisano tops the Merit Ranking in the Women's 20km walk – ‘Track & Field News’ has listed the Italian as 1st in the world over the distance.
<http://omarchador.blogspot.com/2022/01/antonella-palmisano-encabeca-ranking-de.html>

NOTE: The top 10 list will be of interest to Aussies. (*Last time it was Rhyidian ...*)

- 1. ANTONELLA PALMISANO (Italy)
- 2. SANDRA ARENAS (Colombia)
- 3. HONG LIU (China)
- 4. MÁRIA PÉREZ (Spain)
- 5. JIAYU YANG (China)
- 6. SHENJIE QIEYANG (China)
- 7. ALEGNA GONZÁLEZ (Mexico)
- 8. JEMIMA MONTAG (Australia)
- 9. LIUJING YANG (China)
- 10. YELENA LASHMANOVA (Russia)

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



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 22 Jan 2022	AV Summer T&F season (AVSL Round 8) season – Aberfeldie (Zone A), Murrumbena (Zone B) Ballarat, Bendigo, Geelong
Sat 22 Jan 2022	Supernova 10km Race 2 – AIS, Canberra
Fri 28 Jan 2022	Victorian Country T&F championships – Latrobe Uni track, Bendigo
Fri 28 Jan 2022	ACT Athletics 10,000m Track walk championships – AIS track, Canberra
Wed 2 Feb 2022	AV 5000m Walk Teams race & VRWC Summer comp races– Collingwood (Geo. Knott Res)
Sun 13 Feb 2022	Oceania & Australian 20km Race walking championship - Adelaide
Fri 18/20 Feb 2022	Victorian Track & Field championships (Week 1) – Lakeside Stadium
Fri 25/26 Feb 2022	Victorian Track & Field championships (Week 2) – Lakeside Stadium
Sun 6 Mar 2022	Vic Masters 5000m track walk c'ships – Mentone (Dolamore Res)
Sat/Sun 19/20 Mar 2022	Victorian Masters Athletics T&F championships – Lakeside Stadium
Sat 26 Mar/Sun 3 Apr	Australian Track & Field championships – Olympic Park, Sydney
Fri/Mon 1/4 Apr 2022	Australian Masters Athletics T&F championships – Brisbane
Sat/Sun 23/24 Apr 2022	Australian Little Athletics championships - Melbourne
Sun 24 Apr 2022	AV ‘Run The Tan’ – Kings Domain, Melbourne
Sun 15 May 2022	Oceania & Australian 35km Race walking championship – Melbourne (TBC)

International Dates

Mar 1 – 6, 2022	29 th World Athletics Race Walking Teams Championship – Muscat, Oman (postponed from 2020)
Jun 26 – July 7, 2022	World University Summer Games – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022	23 rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18 th World Athletics Championships – Eugene OR, USA
Jul 22 – Aug 7, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2022	19 th World Athletics U20 T&F Championships – Cali, COLOMBIA
TBA, 2023	24 th World Masters T&F Championships – Gothenburg, SWE
Aug 2023 (TBC)	19 th World Athletics Championships – Budapest, HUN

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