



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 29
Tuesday 20 April 2021



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TIM'S WALKER OF THE WEEK

My walkers of the week this time around are VRWC walkers **Rhydian Cowley** and **Will Thompson**.

- 30 year old Rhydian has been our dominant male Australian walker this summer, and that continued last Friday evening with a dominant win in the 10,000m Track Walk at the Australian Athletics Championships in Sydney. His time of 39:29.63 saw him beat his closest rival, Declan Tingay, by 11 seconds. This follows on from his win in the Australian Summer 20km Championships and his wins in the two Athletics Australia 10,000m walks in January (both also under 40 minutes). He is in rare form.
- 18 year old Will has been the find of the summer, with his huge improvement over the past 4 months. He won the U20 10,000m at the Australian Championships on Friday night with 41:58.95. Add that to his 19:43 in the Victorian U20 5000m Championship and his 41:50 in the second of the two A.A. Elite 10,000m races, and you have another walker at the top of his game.

Rhydian should be named in our Olympic Game team and Will should be named in our World Junior Championships team in the near future. Let's hope they get to compete on the world stage later in the year.



Rhydian and Will celebrate their wins (photo by Casey Sims)

WHAT'S COMING UP

- Next weekend sees the Victorian Masters T&F Championships at Doncaster. Good luck everyone!
- Our VRWC winter season takes a break this coming weekend, due to the clash with the Victorian Masters Athletics Championships, which will take so many of our walkers and officials. The action will restart on **Sunday 2nd May** with a big meet at Fawkner Park. This meet had been scheduled initially at Middle Park but, due to the need of the fastest course possible for the A.A. races, Fawkner Park has been given the green light. The meet will include Athletics Australian invitational events, along with VRWC and VMA Championships. Here's how it reads.

Sunday 2nd May 2021, Fawkner Park

AA 20km Invitationals – Entry via AA website. AA Entry Panel not up yet. Entries will close Tuesday 27th April.

AV 20km Championships – Entry via AV Members Portal. Entries close at midday on Wednesday 28th April.

VRWC 20km Championship Men - Online entries via VRWC website. Entries close at 11:59pm on Wednesday 28th April. If you are a VRWC member and you enter either the AA or AV 20km, you are automatically entered into the VRWC Championship and do not need to do a separate VRWC entry.

VMA 20km Championships – Online entry or entry on the day. If entering online, entries close at 11:59pm on Wednesday 28th April. If entering on the day, entries close at 8.00am.

VRWC non-championship races - Online entry or entry on the day. If entering online, entries close at 11:59pm on Wednesday 28th April. If entering on the day, entries close for all events at 8.00am

8.30am	20km	AA Invitational Races	Open Men / Women
8.30am	20km	AV Championships	Open Men / Women
8.30am	20km	VMA Championships	Masters Men / Women
8.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km	Non points Race	Open
9.00am	10km	Non points Race	Open
9.20am	2km	Non points Race	Open
9.40am	5km	Non points Race	Open
10.45am		Presentations	

- Details for the **54th RWA Lake Burley Griffin Carnival** (now also apparently to be known as the **Stromlo Carnival**) have been published. The carnival is confirmed for Sunday 13th June at the Stromlo Forest Park in Canberra. **Entries CLOSE at 5PM on Friday 28th May.** Late Entries cannot be accepted. Links as follows:

Main Carnival Link: <http://www.rwa.org.au/wp/2021/04/20/54th-annual-lbg-stromlo-walking-carnival/>

Entries: <https://tinyurl.com/4sanp3zs>

General Info: <http://www.rwa.org.au/wp/wp-content/uploads/2021/04/2021-LBG-Information-Sheet-Revised-19-April-FINAL.pdf>

AUSTRALIAN ATHLETICS CHAMPIONSHIPS, SOPAC, SYDNEY, 12-19 APRIL 2021

The **Australian Athletics Championships in Sydney** have now been completed, with the remaining walks contested over a number of days.

The U15 and U16 3000m Walks for Girls were held at 4:50PM last Wednesday. It was a sunny day with the usual Sydney humidity so tough conditions for the young walkers. That is reflected in the times which are generally slower than expected. It was a NSW double with **Sienna Pitcher** (14:52.42) and **Milly Boughton** (14:45.15) taking the wins. Well done to Victorian **Ariana Pashutina** who took bronze in the U15 walk with 15:30.33.

U15 Girls 3000m Walk

1.	Sienna Pitcher	NSW	14:52.42
2.	Lyla Williams	QLD	15:08.82
3.	Ariana Pashutina	VIC	15:30.33
4.	Zoe Woods	NSW	15:39.29
5.	Ashlyn Spence	WA	15:43.52
6.	Emily Lynch	SA	16:02.11
7.	Tamika Gee	QLD	16:26.39
8.	Ava Diaz	NSW	16:30.91
9.	Chloe Lamb	NSW	16:45.01
10.	Katie de Ruvo	SA	16:55.48
11.	Summer Sivaraj	NSW	17:19.12
12.	Ciara Cassilles	NSW	17:31.52
13.	Brooke Newberry	NSW	17:32.21

U16 Girls 3000m Walk

1.	Milly Boughton	NSW	14:45.15
2.	Aiva Pinches	NSW	15:14.56
3.	Amber Norton	QLD	15:19.39
4.	Daisy Braithwaite	SA	15:34.59
5.	Maddison Nash	VIC	15:34.86
6.	Emily Smith	VIC	16:21.14
7.	Chloe Krklinski	NSW	16:31.36
8.	Ella Munroe	NSW	16:51.98
9.	Ashanti Heap	QLD	17:14.53
10.	Piper Lawson	QLD	17:26.19
11.	Phoebe Chadwick	QLD	17:31.57
12.	Laelia Byatt	NSW	17:31.83

The Open and U20 Women contested a shared 10,000m race at 6:15PM on Thursday. This meant generally better conditions and the times were pretty impressive. There was a major boilover in the Open Women's race with **Jemima Montag** retiring mid race. She had been leading, with **Katie Hayward** not far behind, when she stepped off the track with 9 laps remaining. In fairness, Jemima has had a superb summer and you can't be at the top of your game in every race. You can still have a bad day, regardless of how superbly fit you are. That left Katie to storm through for the win with 43:46.05. 19 year old **Rebecca Henderson** walked another superb race totake second (a PB 45:13.77) ahead of **Clara Smith** (47:01.69) who is getting fitter with each outing. The U20 race saw Olivia Sandery win with a huge PB of 47:03.55, ahead of **Alanna Peart** (49:47.29) and **Emma Blanch** (52:08.46). Now both Olivia and Alanna have World U20 Championship qualifiers so hopefully they will both be selected for Nairobi.

10,000m Walk Open Women

1.	Katie Hayward	QLD	43:46.05	
2.	Rebecca Henderson	VIC	45:13.77	PB 0:07
3.	Clara Smith	QLD	47:01.69	
4.	Hannah Mison	NSW	50:59.25	PB 5:16
5.	Molly O'Neill	NSW	57:09.51	
6.	Claire Samanna	VIC	57:39.68	PB 0:04
7.	Brenda Gannon	QLD	59:58.36	
	Jemima Montag	VIC	DNF	
	Teegan Pengilly	NSW	DNF	

10,000m Walk U20 Women

1.	Olivia Sandery	SA	47:03.55	PB 1:16
2.	Alanna Peart	VIC	49:47.29	
3.	Emma Blanch	NSW	52:08.46	PB 5:25
4.	Charlotte Hay	VIC	53:25.51	PB 1:22
5.	Allanah Pitcher	NSW	53:42.79	
6.	Hannah Parker	NSW	56:07.41	
7.	Bridget Bell	NSW	62:08.47	
	Hannah Bolton	NSW	DNF	



Open Podium (Bec, Katie and Clara) and U20 Podium (Alanna, Olivia and Emma)

The Open and U20 men contested their 10,000m combined race at 7PM on Friday evening, in probably the best conditions possible. The race saw **Rhydian Cowley**, **Declan Tingay** and **Kyle Swan** racing in a group for the first 5000m, covered in just under 20 minutes. Then Rhydian's strength started to tell, as he broke away from Kyle and then Declan. He went on to win in an impressive 39:29.53, ahead of Declan (39:40.24) and Kyle (a big PB 40:06.86). Behind them, Victorians **Will Thompson** (41:58.95) and **Corey Dickson** (42:26.87) walked superbly to record World U20 Championship qualifiers. That hopefully means a trip to Nairobi for them both later this year. **Gwyllym Young** took third with 45:20.18.

10,000m Walk Open Men

1.	Rhydian Cowley	VIC	39:29.63	
2.	Declan Tingay	WA	39:40.24	
3.	Kyle Swan	VIC	40:06.86	PB 0:22
4.	Carl Gibbons	NSW	42:19.33	
5.	Mitchell Baker	ACT	42:29.04	1 Minute Penalty, PB 0:26
6.	Tyler Jones	NSW	42:45.44	
7.	Tim Fraser	ACT	43:42.11	1 Minute Penalty
8.	Dylan Richardson	NSW	44:13.69	PB 0:46
9.	Tristan Camilleri	SA	44:44.37	
10.	Jason Kozica	VIC	46:57.27	
11.	Mathew Bruniges	SA	49:23.62	
12.	Benjamin Reid	WA	49:45.43	
13.	Bradley Mann	WA	51:06.02	
14.	Jordan McKenna	SA	72:12.29	

10,000m Walk U20 Men

1.	Will Thompson	VIC	41:58.95	
2.	Corey Dickson	VIC	42:26.87	PB 1:11
3.	Gwyllym Young	ACT	45:20.18	
4.	Jack McGinniskin	NSW	49:55.09	
5.	Riley Whatman	NSW	55:39.34	



A couple of superb action shots by Casey Sims - Kyle Swana, Declan Tingay and Rhydian Cowley



Open Podium (Declan, Rhydian and Kyle) and U20 Podium (Corey, Will and Gwyllym)

The final walks to be contested were the U17 and U18 5000m races, both held on the Saturday afternoon. The girls were up first, at 12:20PM, followed by the boys at 1:55PM. Well done to Victorians **Fraser Saunder** (22:35.51), **Emily Smith** (28:01.94), **Liam McLennan** (24:36.37) and **Owen Costin** (25:44.95) who all medalled.



Fraser Saunder who won the U18 Men's 5000m walk in a PB 22:35.51

U18 Girls 5000m Walk

1.	Elizabeth McMillen	NSW	23:41.22
2.	Emily Smith	VIC	28:01.94
3.	Alannah Hickson	NSW	29:09.17
4.	Jade Chitty	VIC	29:36.00
5.	Sidney Shaw	ACT	30:10.44
6.	Casey Smith	NSW	31:21.44

U17 Girls 5000m Walk

1.	Milly Boughton	NSW	23:37.42
2.	Alexandra Griffin	WA	23:56.07
3.	Jayda Anderson	QLD	24:33.71
4.	Tara Laytham	NSW	25:36.07
5.	India Duguid	NSW	26:45.19
6.	Emma Thomas	NSW	26:57.77

7.	Zoe Woods	NSW	27:14.19
8.	Summer Millard	QLD	27:21.19
9.	Anika Clarke	QLD	27:43.51
10.	Nellie Langford	SA	29:06.24

U18 Boys 5000m Walk

1.	Fraser Saunder	VIC	22:35.51
2.	Raven Pyda	NSW	23:54.71
3.	Owen Costin	VIC	25:44.95
4.	Caleb Strahl	NSW	29:38.34
	Jye Spanner	QLD	DQ

U17 Boys 5000m Walk

1.	Owen Toyne	ACT	24:08.47
2.	Jack Robson	NSW	24:35.39
3.	Liam McLennan	VIC	24:36.37
4.	Oliver Morgan	TAS	24:57.14
5.	Kai Norton	QLD	26:11.85
	Liam Spamer	NSW	DQ
	Will Bottle	TAS	DNF

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 17TH APRIL 2021

Saturday afternoon saw perfect weather in Melbourne for the 32 VRWC walkers competing at Middle Park. Special mention to **Kevin Cassidy** for his 3km PB (14:49) and a welcome to **Levi Robertson** who had his first race to us. It was wonderful to see so many of our young walkers in action in the 1.5km walk.

12km Walk

1.	Madeleine Feain	F	Open	1:07:19	H'cap Place 1
1.	Terry O'Neill	M	M60	1:18:54	1
2.	Ross Reid	M	M60	DNF	

10km Walk

1.	Heath Beveridge	M	U20	58:03	H'cap Place 1
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5km Walk

1.	Alison Thompson	F	W60	30:24	H'cap Place
2.	Heather Carr	F	W60	32:32	2
3.	Kaylah Heikkila-Dubowik	F	U20	34:02	3
4.	Karyn O'Neill	F	W60	36:56	1
5.	Gwen Steed	F	W60	39:52	4
1.	Mark Blackwood	M	M40	22:30	2
2.	Marcus Wakim	M	U15	24:53	1
3.	Liam Hutchins	M	U14	27:03	4
4.	Julian Boland	M	M60	33:28	3
5.	Andrew Jamieson	M	M60	33:28	
	Steven Haverly	M	M60	DQ	

3km Walk

1.	Ariana Pashutina	F	U14	14:55	H'cap Place 1
2.	Dee Holohan	F	W40	18:15	2
3.	Donna-Marie Elms	F	W60	18:28	3
4.	Ella Cunningham	F	U14	20:40	4
1.	Riley Coughlan	M	U16	14:23	1
2.	Kevin Cassidy	M	M60	14:49	3
3.	Daniel Pashutin	M	U14	16:32	2

1.5km Walk

1.	Ela Uzun	F	U10	07:21	H'cap Place 2
2.	Heidi Kuppler	F	U10	07:44	4
3.	Havana Ali	F	U10	08:11	1
4.	Lula Parrott	F	U12	09:32	3
5.	Matilda Read	F	U10	10:45	5
6.	Violet Froom	F	U10	11:23	6

1.	Levi Robertson	M	U10	09:42		First time with us
2.	Haris Ali	M	U10	11:23	1	
3.	Cody Wapshott	M	U12	11:53	3	
4.	Aydin Uzun	M	U10	13:21	2	

Thanks as always to our many officials. I could not be there as I was at Coburg for the Coburg 24 Hour Carnival, so thanks to Mark Donahoo for the results and listing of officials.

Officials: Mark Donahoo, Bill Carr, Ian Laurie, Ralph Bennett
Judges: Peter Vysma (Chief), Stuart Cooper, Peter Price, Gordan Loughlan, Michael Bodey
Set up & Pack up: Stu Cooper, Peter Vysma, Madeline Feain, Kylie Irshad, Donna-Marie Elms
Referee: Stu Cooper

WALKERS TO THE FORE AT THE ANNUAL COBURG 24 HOUR CARNIVAL

33rd Coburg 24 Hour Carnival Harold Stevens Athletics Track, Coburg, Australia 17-18 April 2021

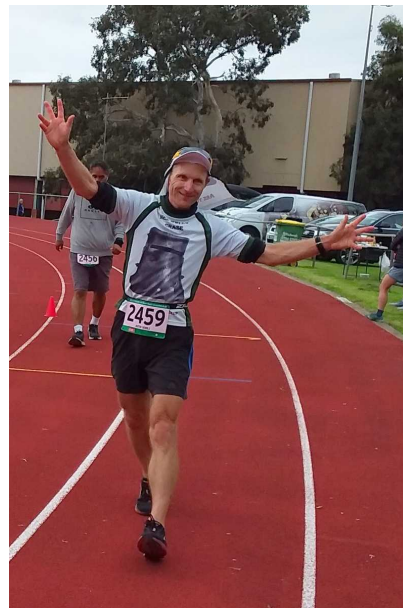
The Coburg 24 Hour Carnival has co-hosted the annual Australian Centurions 24 Hour qualifying race since 2002 and has provided the venue for 38 new members to be added to our club (C27, C36-C48, C50, C52-60, C67-80).

This year was no exception, with VRWC racewalker **Pramesh Prasad** adding his name to our membership list and earning Australian Centurions badge **C81** with a 100 mile walk time of **20:43:42**. Pramesh's only other ultra distance experience was at Coburg in 2019 when he won the 6 Hour walk with a very strong distance of 56.512 km. Two years later, he has stepped up to the 24 Hour challenge and produced the goods.

To add further icing to the cake, Victorian based ultra walker/runner **Justin Scholz (C61)** also covered 100 miles within 24 hours with a time of **21:32:28**. It was Justin's 15th centurion walk performance and came only 3 weeks after his centurion walk in Canberra. Now that's a pretty impressive stat.



Pramesh Prasad (C81) – 20:43:42



Justin Scholz (C61) – 21:32:28

I'll be elaborating on these performances with a more extensive report in my next Australian Centurions newsletter.

With overseas travel not possible during this covid-19 period, our event was missing its usual mix of overseas walkers, so it was wonderful to see two local walkers step up to the line and produce the goods.

The 2021 Coburg Carnival was the largest ever, with a bumper entry list of 139 athletes, of whom 18 were walkers, all from Victoria. Other VRWC walkers in action included **Albin Hess**, **Marnie Grace**, **Tracy Colbert** and **Donna-Marie Elms**. The walk results read as follows.

24hr Walk Men

1.	Justin Scholz	VIC	165.756 km	C61 (21:32:28 for 100 Miles)
2.	Pramesh Prasad	VIC	162.559 km	C81 (20:43:42 for 100 Miles)
3.	Sim Beow Lim	VIC	122.998 km	
4.	David Isaacs	VIC	107.573 km	
5.	Mark Kani	VIC	103.468 km	
6.	John Timms	VIC	102.049 km	
7.	Anubhav Tewari	VIC	61.016 km	
8.	George Alexandropoulos	VIC	50.327 km	

12hr Walk Women

1.	Elise Hess	VIC	49.823 km
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12hr Walk Men

1.	Laurie Tinson	VIC	75.827 km
2.	Albin Hess	VIC	73.470 km
3.	Patrick Stiles	VIC	55.404 km
4.	Ian Hoad	VIC	43.645 km

6hr Walk Women

1.	Marnie Grace	VIC	45.421 km	
2.	Tracy Colbert	VIC	33.659 km	
3.	Donna-Marie Elms	VIC	20.000 km	Donna was only intending to do 20km

6hr Walk Men

1.	Tony Wilms	VIC	29.012 km
2.	Ken Carter	VIC	20.882 km

Congratulations to Pramesh and Justin and to all the walkers and runners who tested themselves out on the weekend. It is always a privilege and an inspiration to witness their efforts.



Albin Hess, Marnie Grace and Tracy Colbert in action at Coburg last weekend

ACTRWC ROADWALKS, DICKSON, SATURDAY 17 APRIL 2021
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Thanks to Val Chesterton for this week's results from the ACT Racewalkers Club in Canberra. * indicates that the walker is walking asd per their club rules.

8km Walk

1.	Sue Archer *	1:01:49
2.	Bryan Thomas *	1:03:37
3.	Geoff Barker *	1:05:42
4.	Jennifer Gilchrist *	1:06:07

5.	Rod Gilchrist *	1:07:13
6.	Val Chesterton	1:11:41

4km Walk

1.	Siddharth Dhawan	24:23
2.	Jim White *	29:43
3.	Jack Thackray *	37:32

1km Walk

1.	Julia Grocott	5:50
2.	Carmen Carlon *	25:13

SARWC ROADWALKS, ADELAIDE, SATURDAY 17 APRIL 2021

Thanks to Kim Mottrom for this week's results from Adelaide. He comments: Decent numbers considering we had a lot of walkers in Sydney (who did extremely well). PB's for Cooper Rech and Orlando Grantham today;

10km Walk

1.	Kim Mottrom	45:30
2.	Peter Crump	1:00:23
3.	Marie Maxted	1:08:56
4.	Bill Starr	1:21:18
	Greg Metha	DNF

5km Walk

1.	Cooper Rech	32:38
2.	Liz Downs	38:04

3km Walk

1.	Sebastian Richards	14:37
2.	Orlando Grantham	17:23
3.	Stephen Downs	22:57

1.5km Walk

1.	Tanveer Dunduli	10:09
2.	Matilda Rech	10:12
3.	Ananpreet Sidhu	10:36
4.	Maverick Grantham	13:36

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 17 APRIL 2021

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

The winter season opener at Wentworth Park today was held in cloudy but mild conditions. In the 1km event, sisters **Gabby and Sheridan Hay** led home the field, while not too far behind them were nine-year-old **Erimm Smith** and ten-year-old **Sandy Stirling** doing their first ever roadwalks, with Erimm just holding out Sandy over the finish line. In the 3km, **Wayne Fletcher** well and truly had **Dave Moore's** measure, while in the 5km, **Elizabeth Leitch** held off an early challenge from **Ron Foster**.

1km Walk

1.	Gabby Hay	7:34
2.	Sheridan Hay	7:50
3.	Erimm Smith	7:53
4.	Sandy Stirling	7:54

3km Walk

1.	Wayne Fletcher	25:19
2.	Dave Moore	30:37

5km Walk

1.	Elizabeth Leitch	34:52
2.	Ron Foster	38:21

QRWC ROADWALKS, AURORA PARK, NORTH LAKESM SUNDAY 18 APRIL 2021

Thanks to Robyn Wales for this week's results from Queensland. She advises the walks were "non judged".

A Grade 10km

1.	Iggy Jimenez	M	1.03.19
2.	Argenis Guevara	M	1.03.45
3.	Peter Bennett	M	1.04.36
4.	Jasmine-Rose McRoberts	F	1.07.15
5.	Jenny Stuckey	F	1.12.23
6.	Noela McKinven	F	1.27.00

B Grade 5km

1.	Seth Wasson	M	28.58
2.	Tamika Gee	F	29.02
3.	Summer Millard	F	29.19
4.	Kirstin Shaw	F	29.47
5.	Korey Brady	F	34.44
6.	Torryn Fisher	F	34.45
7.	Sophie Porter	F	36.06
8.	Patrick Sela	M	44.53

C Grade 3km

1.	Bailey Housden	M	14.24
2.	Lyla Williams	F	15.46
3.	Skye Presland	F	19.29
4.	Blake Gee	M	19.32
5.	Phoebe Chadwick	F	19.58
6.	Lily Housden	F	20.33
7.	Siaan Fisher	F	20.55

D Grade 2km

1.	Isabella Gee	F	13.37
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E Grade 1km

1.	Olivia Rutten	F	6.09
2.	Hunter Sibenaler	M	6.13
3.	Kiara Waterman	F	6.50
4.	Freya Williams	F	7.02
5.	Tully Fisher	F	7.15

NSWRWC RESULTS STILL TO BE DETERMINED
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I know that NSWRWC raced last weekend at Chipping Norton (Sydney) but the results have not been published as yet.

MARCIADALMONDO AND OMARCHADOR ROUNDUP
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Marciadalmondo has 8 reports from around the world.

- Mon 19 Apr - Zagreb (CRO): Bruno Erent and Ivana Renic win Croatian Track Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4052
- Mon 19 Apr - ekescsaba (HUN): Hungarian Roadwalk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4051
- Sun 18 Apr - Guayaquil (ECU): Richard Boroto National Grand Prix
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4050
- Sun 18 Apr - Various venues: the track phases of the Club Championship in Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4049
- Sun 18 Apr - Megara (GRE): Kiriaki Filtisikou and Zacharias Tsamoudakis win Panhellenic 20km Championship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4048
- Wed 14 Apr - Fort Wayne, Indiana (USA): the Warriors Opener Indiana Tech
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4047
- Wed 14 Apr - Algiers (ALG): Track Winter Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4046

- Tue 13 Apr - Rabat (MAR): 9th edition of a Meeting of the Federation of Morocco
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4045

and Omarchador was just as busy with 13 press releases about recent races

- Mon 19 Apr - David Hurtado breaks South American U23 10,000m walk record with 38: 44.66
<https://omarchador.blogspot.com/2021/04/david-hurtado-bate-recorde-sul.html>
- Mon 19 Apr - Pamplona winners Álvaro López, Alicia Lumbreras (20 km), García Bragado and Lucia Redondo (10 km)
<https://omarchador.blogspot.com/2021/04/alvaro-lopez-alicia-lumbreras-20-km.html>
- Mon 19 Apr - Lombardy Walking Club Championship in Bergamo (results, 3rd stage)
<https://omarchador.blogspot.com/2021/04/campeonato-de-clubes-de-marcha-da.html>
- Sun 18 Apr - Results of International Cup "Imam Reza" in Mashhad, Iran
<https://omarchador.blogspot.com/2021/04/taca-internacional-imam-reza-em-mashhad.html>
- Sun 18 Apr - Results of Venezuela 20,000m track walk Championships in Barinas
<https://omarchador.blogspot.com/2021/04/campeonatos-da-venezuela-de-20000-m.html>
- Fri 16 apr - Rhydian Cowley wins Australian 10,000 m track championship
<https://omarchador.blogspot.com/2021/04/rhydian-cowley-sagra-se-campeao.html>
- Fri 16 Apr - Results of Algerian March Cup "Hadj Mechkel"
<https://omarchador.blogspot.com/2021/04/taca-de-marcha-da-argelia-hadj-mechkel.html>
- Thu 15 Apr - Katie Hayward highlighted at the 2021 Australian championships in Sydney
<https://omarchador.blogspot.com/2021/04/katie-hayward-em-destaque-nos.html>
- Thu 15 Apr - Yehualeye Beletew and Birara Alem Chekol win championships in Ethiopia
<https://omarchador.blogspot.com/2021/04/yehualeye-beletew-e-birara-alem-chekol.html>
- Wed 14 Apr - Michta-Coffey and Nehnevaj win USA 20km Trials for Guayaquil
<https://omarchador.blogspot.com/2021/04/michta-coffey-e-nehnevaj-vencem-trials.html>
- Wed 14 Apr - Results of Turkish Roadwalk Club Championships
<https://omarchador.blogspot.com/2021/04/turquia-campeonato-de-clubes-de-marcha.html>
- Tue 13 Apr - Éider Arévalo and Mayra Herrera win in Olomouc, Czech Republic
<https://omarchador.blogspot.com/2021/04/eider-arevalo-e-mayra-herrera-vencem-em.html>
- Tue 13 Apr - U-23 Mediterranean Championships in La Nucía permanently canceled
<https://omarchador.blogspot.com/2021/04/campeonatos-do-mediterraneo-sub-23-em.html>

OUT AND ABOUT

- Well done to former VRWC walker and current New Zealand champion **Alana Barber** who walked last weekend in the Hungarian 20km walk championship in Békéscsaba. Her time of 1:32:40 saw her finish second behind Poland's **Katarzyna Zdziebło** who won in 1:30:35.
- Australian former T&F stars were honoured on Sunday evening at the Athletics Australia Awards Gala dinner, with four new inductees into the Athletics Australia Hall of Fame. The Hall of Fame inductees were Olympians **Simon Baker OAM**, **Nathan Deakes**, Tim Forsyth (High Jump) and Olympic sprinter David Lean (Sprints). Yes, that's right - two of the four inductees were Australian racewalking legends. Congratulations to Simon and Nathan. See the press release at <https://www.athletics.com.au/news/stars-honoured-at-athletics-australia-awards-dinner/>.
- **Quentin Rew** is amongst 15 NZ athletes named for the 2021 Olympic Games. See <https://athletics.org.nz/fifteen-strong-athletics-team-named-for-tokyo-olympics/>. This will be Quentin's 3rd Olympics.
- The 2022 and 2025 Australian Track and Field Championships will take place at the Western Australian Athletics Stadium, and will be the primary qualification trial for athletes aiming for the Birmingham 2022 Commonwealth Games and both the 2022 and 2025 World Athletics and World Para Athletics Championships. They were originally scheduled to take place in Perth in 2021 and 2024, but were rescheduled as a result of COVID-19 and border closures. See <https://www.athletics.com.au/news/perth-to-host-2022-and-2025-atfc/>.

- Jemima Montag is one of 5 Victorian Institute of Sport Olympic athletes who feature in the following article about VIS athletes who are gearing up what's going to be one of the most unique Olympic Games. See the profiles/interviews at <https://vis.org.au/news/2021/04/100-days-to-go>.

And now to the Olympics related news.

- A new survey has suggested Tokyo 2020 organisers are still struggling to win public support with more than 70 per cent of Japanese citizens wanting the Games to be cancelled or delayed due to the coronavirus pandemic. See <https://www.insidethegames.biz/articles/1106556/poll-shows-public-against-tokyo-2020>.
- Australian and Olympic champion Mack Horton has revealed that he wasn't drug tested for nine months at the height of the COVID-19 pandemic as concern grows about the level of global testing ahead of the rescheduled Tokyo Olympics, which begin on July 23. Horton's story will be one of many as anti-doping authorities scramble to play catch up ahead of an Olympic Games many fear could be the dirtiest on record given the difficulties faced by testing agencies amid the lockdowns, travel restrictions and health concerns spawned by the the virus. See <https://www.smh.com.au/sport/swimming/gap-in-drug-testing-has-athletes-on-edge-for-tokyo-horton-20210414-p57j4w.html>.
- Tokyo Medical Association chair Haruo Ozaki has warned staging this year's rescheduled Tokyo 2020 Olympic and Paralympic Games will be "really difficult" amid growing concerns over a resurgence of the coronavirus pandemic in Japan. Ozaki has also called on organisers to present "concrete measures" on how it proposes to stop the spread of COVID-19 during the Games. See <https://www.insidethegames.biz/articles/1106598/tokyo-2020-warning-japan-medical-group>.
- The French government is preparing to impose tough, new entry restrictions on travellers from four countries — Argentina, Chile, South Africa and Brazil — in hopes of keeping out especially contagious virus variants. Hong Kong is suspending flights from India, Pakistan and the Philippines from April 20 for two weeks. Countries such as India and Brazil are currently collapsing under record covid cases. Even places like Canada are having a bad time. So much so that the World Health Organisation is warning that the pandemic is reaching deadly new heights across the world. See <https://abcnews.go.com/International/warns-global-surge-covid-cases-deaths-world-approaches/story?id=77090038>.
- The Australian Olympic Committee (AOC) has asked the Australian government to allow athletes to jump the queue as the country's national vaccine program struggles with roadblocks. See <https://www.reuters.com/lifestyle/sports/australia-weighing-whether-let-athletes-jump-vaccine-queue-2021-04-16/>. This has provoked some vigorous discussion with some commentators definitely not in favour. Interesting times!
- And talking of the AOC, it has recorded a \$938,000 deficit in its Annual Report for 2020, due to the impacts of COVID-19 and the postponement of the Tokyo Olympic Games from 2020 to 2021. See <https://ministryofsport.com.au/aoc-records-938000-deficit-due-to-olympics-postponement/>.

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

Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster
May 2 (Sun), 2021	VRWC Winter roadwalking season continues	Middle Park, VIC
Jun 13 (Sun), 2021	LBG Carnival, Mt Stromlo Forest Park	Canberra, ACT

2021 World Athletics Race Walk Challenge

June 6 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
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
TBA, 2022

European Athletics Championships, Munich, GER
19th World Athletics U20 T&F Championships, Cali, Colombia

TBA, 2023
Aug 2023 (TBC)

24th World Masters T&F Championships, Gothenburg Sweden
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>)