

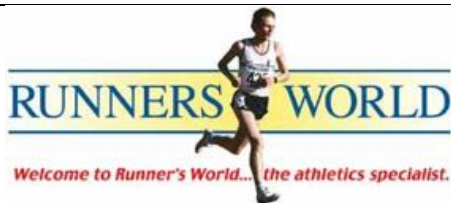


# HEEL & TOE Online

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

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## \*\*\* WALKER OF THE WEEK \*\*\*



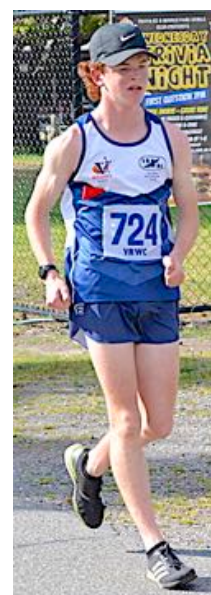
Marcus Wakim

For the first time since the winter, the WOTW award returns to Victoria – to two Victorians, in fact. **Marcus Wakim** and **Riley Coughlan** both had a brilliant weekend of racing, each recording huge PBs on successive days.

Marcus and Riley both raced over 3000m in the AVSL competition at Doncaster last Saturday. Marcus (Collingwood Harriers) lowered his PB to 13:08.1, while Riley (Knox Athletics) cut his own by a similar margin to record 13:40.2. These performances, strong as they were, turned out to be warm-ups for what they would produce the following day in the VRWC season opener at Middle Park.

Marcus (15yo), who had never raced the distance before, produced one of the best debuts over 10km seen in a long time, going out hard with seasoned rivals and posting an excellent 47:02. 14yo Riley, not to be outdone, also latched onto the fast pack early and was rewarded with a PB of over 7 minutes for his 49:28.

Congratulations to both lads, who have worked to improve their fitness through the lockdowns and seized their opportunity when it came.



Riley Coughlan



## CLUB NEWS and RESULTS

### Sunday 14 November, Middle Park – \* YOUNGSTERS' 10km BLITZ \*

Welcome back, everyone! What a joy and a relief, at last to be reporting on VRWC races – especially with the display turned on by our younger members on Sunday. The paucity of racing opportunities since July made no difference – they'd trained hard, 10km was on offer, two Tokyo Olympians were amongst them and they made hay while the sun ... well, sort of shone.

It was a cold and breezy morning, but we saw a healthy meet size of 35 walkers. It had been a long time since our last VRWC races – Sunday 1<sup>st</sup> August to be exact – and I think we could hear the collective sighs of appreciation from across Melbourne! It followed on from round one of the Athletics Victoria Shield competition on Saturday and, for most of the walkers, this was their second walk for the weekend.

Our VRWC Club Championships (U11, U13, U15 and U20) were held, with small fields but good performances:

#### 5km Un20 VRWC Championship

1	Mietta	Morgan	0:30:57
1	Scott	Peart	0:26:00

#### 3km Un15 VRWC Championship

1	Ela	Uzun	0:15:31
2	Havana	Ali	0:17:34

### 1.5km 10yr VRWC Championship

1	Julia	Baldy	0:09:41
2	Violet	Froon	0:10:50

### 1.5km 12yr VRWC Championship

1	Matilda	Read	0:09:20
1	Damian	Baldy	0:08:01



*Start of the 1.5km ... it's on for young and old!*



*Club champions Miatta Morgan, Scott Peart, Ela Uzun, Damian Baldy and Matilda Reed*

Several open races were held over a range of distances (1.5km, 3km, 5km and 10km), with the **10km** providing the highlights of the day. Out in front were Olympians **Kyle Swan** (43:10) and **Bec Henderson** (47:09), showcasing their stuff. One unfortunate consequence of the lockdown was the Club's inability to give Kyle, Bec, Jemima Montag and Rhydian Cowley a timely, congratulatory 'welcome home' after their Sapporo efforts, and it was great to be able to do so for two of them on Sunday.

Also making his presence felt was 15 year old **Marcus Wakim** who posted a time of 47:02 in his first ever 10km walk – a wonderful debut over a demanding distance. Coached now by Adam Garganis, Marcus's progress this year has been remarkable and a great future lies ahead. The same can be said of 14 year old **Riley Coughlan** who walked a stunning 7 minute PB of 49:28, while 18 year old **Alanna Peart** was close to her PB with 48:35. All in all, there were seven sub-50 minute performances ... a fine result. Hard work pays off.

Further back, youngsters **Eden Morgan, Ariana Pashutina, Maddison Nash, Emily Smith** and **Daniel Pashutin** also impressed over the longer distance. The duel between **Ariana** and **Madeleine Feain** was a compelling one, with Maddie's strength giving her the upper hand at the end. Great stuff! Hard luck story of the day had to be that of 12 year-old **Daniel Pashutin**, who battled the conditions doggedly on his own in his first 10km, only to miss the 1-hour barrier by a bare 4 seconds! Hang in there, Daniel, more 10kms are awaiting your attention.

I must mention that we welcomed **Brad Simpson** back for his first club walk in over 6 years. Finally, joining us for the first time was 85yo former marathoner **Bruce Watt**, who toughed it out well in his first road walk over 10kms.

**Open 10km race**

1	Kyle	Swan	0:43:10		1	Bec	Henderson	0:47:09	
2	Marcus	Wakim	0:47:02	First one	2	Alanna	Peart	0:48:35	
3	Mark	Blackwood	0:47:09		3	Madeleine	Feain	0:55:26	
4	Brad	Simpson	0:49:17	First in ages!	4	Ariana	Pashutina	0:55:36	PB 0:26
5	Riley	Coughlan	0:49:28	PB 7:06	5	Maddison	Nash	0:58:32	First one
6	Eden	Morgan	0:55:21	PB 2:10	6	Emily	Smith	0:59:06	
7	Daniel	Pashutin	1:00:03	First one					
8	Bruce	Watt*	1:24:23						

**Open 5km race**

1	Simon	Evans	0:30:04		1	Heather	Carr	0:32:31
2	David	Smyth	0:31:09		2	Karyn	O'Neill	0:36:33
3	Gerard	Feain	0:34:49					

**Open 3km race**

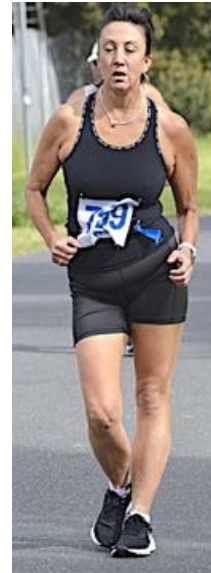
1	Kevin	Cassidy	0:16:42		1	Kylie	Irshad	0:17:32
2	Ian	Beaumont	0:29:33		2	Marnie	Grace	0:20:33
					3	Margaret	Beaumont	0:29:26

**Open 1.5km race**

1	Donna-Marie	Elms	0:09:14
2	Tracy	Colbert	0:10:13
3	Gwen	Steed	0:10:21



*10km combatants: Kyle Swan, Marcus Wakim, Riley Coughlan, Mark Blackwood, Alanna Peart, Bec Henderson, Madeleine Feain and Ariana Pashutina*



*Heather Carr and Simon Evans – Open 5km winners.*

*Kevin Cassidy and Kylie Irshad were first home over 3km.*

*(All photos: Terry Swan)*

Thanks as always to our judges, officials and helpers who do their utmost to ensure our races go off without hiccups each week.

**Officials:** Mark Donahoo, Simon Baker, Tony Doran, Emily Swan, Darlene Swan, Char Hay, Bill Carr, Ian Laurie, Terry Swan  
**Judges:** Stu Cooper (Chief), David Cash, Di Lowden, Peter Price, Terry O'Neill  
**Set up & Pack up:** Stu Cooper, Gerard Feain, Madeleine Feain, Kyle Swan, Terry Swan, Karyn O'Neill  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/587>)


Lastly, thank you to all attendees for your cooperation in observing the vaccination proof requirements. We hope it's the last time this is necessary, although one never knows for sure!

**\* From Ross Reid \***

*'Just a few lines to let everyone know things are starting to come right. Went and did a 2km walk yesterday, four weeks after operation, but feeling a bit down this morning. Hope to come out to the club when I can drive again, which is only two weeks away, and I also hope to go out to see everyone at A.V.S.L at Casey Fields some time, as it's the closest to me.'*

Take care,  
Ross

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 **VICTORIA - METRO & REGIONAL**



Athletes around the State descended gratefully upon metropolitan and regional tracks for the 1st round of AVSL competitions last Saturday, with the walkers eager to flex their speed muscles over 3000m and 1500m. Thankfully, after a wet and wild night, the weather cooperated and the day's events proceeded unimpeded.

**\*\* Metro Zone A: Round 1, Saturday 13 November – Tom Kelly Athletics Track, Doncaster**

Doncaster saw the largest turnout of walkers and the stiffest competition, with **Adam Garganis** and **Marcus Wakim** scoring a rapid Collingwood quinella in the 3,000m and the first five finishers all bettering 14 minutes.

A big field of 18 lined up for the 1500m, with St Kevin's **Joel Imbriano** showing his opposition a clean pair of heels and some good battles going on behind him.

**3000m**

1	Adam Garganis	(COL)	MOP	13:07.7	492	
2	Marcus Wakim	(COL)	M16	13:08.1	536	PB 0.28
3	Jason Kozica	(STK)	MOP	13:35.6	474	
4	Riley Coughlan	(KNA)	M16	13:40.2	513	PB 0.23
5	Heath Beveridge	(WES)	M20	13:59.3	472	
6	Danny Hawksworth	(ESS)	M40	16:34.2	394	
7	David Smyth	(COL)	M50	17:38.9	406	
8	Paul Kennedy	(KSB)	M60	18:05.5	442	
9	Timothy Erickson	(COB)	M65	18:14.1	466	
10	Brian Anderson	(ESS)	M60	18:18.2	436	
11	Bernie Keirl	(DIV)	M55	18:34.5	401	
12	Donna-Marie Elms	(PTN)	F60	19:08.5	465	
13	Phillip Dunstone	(WES)	M50	20:36.2	286	
14	Michael Harvey	(WAM)	M55	21:00.8	301	
15	Sarah Papadopoulos	(DIV)	FOP	21:46.2	201	

**1500m**

1	Joel Imbriano	(STK)	M16	7:39.3	434	
2	Madeleine McGregor	(BOH)	F14	8:07.8	476	
3	Simon Evans	(BOH)	M60	8:33.9	454	
4	Kerryn Walshe	(KSB)	F55	8:43.8	483	

5	Duncan Knox	(ESS)	M60	9:48.1	370	
6	Lula Parrott	(DAC)	F14	9:57.1	318	
7	Lewis McLennan	(DAC)	M14	9:57.5	275	PB 0.10
8	Hamish McLennan	(DAC)	M14	10:07.8	264	PB 0.05
9	Janice Hodgart	(WES)	F55	10:15.9	369	
10	Mark Burns	(COB)	M65	11:19.9	294	
11	Jenny-Rose Szuhai-Andrews	(BWK)	F55	11:44.1	257	
12	Allegria Basile	(DAC)	F14	11:47.5	196	
13	Kim Peak	(DAC)	F55	11:51.3	250	
14	Laura McLennan	(DAC)	F45	11:51.8	193	
15	Brenda Cashin	(WES)	F55	12:01.6	240	
16	Heather Lamb	(BWK)	F55	12:05.0	236	
17	Taylah Dux	(ANW)	F14	12:11.4	182	
18	Tess Rickard	(BWK)	FOP	12:31.9	135	

**\*\* Metro Zone B: Round 1, Saturday 13 November – Duncan McKinnon Reserve, Murrumbena**

Fifteen walkers turned out at Murrumbena over the two distances which, despite the small fields, produced some keen racing. Olympian **Bec Henderson** dominated in the 3000m. **Eden** and **Mietta Morgan** both produced big PB's – another indication of the focus and dedication of the Knox squad. **Andy Jamieson** wasn't going to let Miatta have it on a plate, though, barely missing her on the line by a fraction of a second!

1	Rebecca Henderson	(MEN)	FOP	13:32.2	535	
2	Eden Morgan	(KNA)	M18	15:36.9	426	PB 0:49
3	Emily Smith	(KNA)	F16	16:55.9	438	
4	Mietta Morgan	(KNA)	F14	17:11.1	448	PB 0:25
5	Andrew Jamieson	(OSC)	M65	17:11.9	495	
6	Carolyn Rosenbrock	(ANW)	F55	17:58.9	472	
7	Dee Holohan	(SAN)	F55	18:43.6	447	
8	Heather Carr	(GHY)	F65	18:54.5	506	
9	Rupert Van Dongen	(MEN)	M45	18:56.1	318	

**1500m**

1	Zachary Matters	(BOH)	M16	7:41.5	431	
2	David Sommers	(ANW)	M60	9:21.6	404	
3	Janice Marston	(WAM)	F55	10:11.2	376	
4	Gwen Steed	(GHY)	F65	10:17.8	443	
5	Anthony Doran	(GHY)	M65	10:45.4	336	
6	Kulan Ranasinghe	(GHY)	M40	11:33.2	165	

**\*\* Ballarat Zone: Round 1, Saturday 13 November – Llanberris Stadium, Ballarat**

Fraser Saunder and Scott Peart both entered PB territory over 3000m at Llanberris, Scott's time showing particular improvement. A sub-13 for Fraser is surely – so to speak – a matter of time. (Incidentally, it would have been great to see Fraser in that quality field of young up-and-comers, over 10km at Middle Park the following day.)

**3000m**

1	Fraser Saunder	(BYC)	M18	13:04.74	521	PB 0:07
2	Scott Peart	(BYC)	M16	14:29.84	482	PB 0:46

**1500m**

1	Kevin Ruddick	(BHA)	M65	9:37.41	418	
2	Amelia Shell	(UNA)	F14	10:12.27		
3	Roslyn Ireland	(BWK)	FOP	11:26.89	175	
4	Olive Ireland	(BWK)	F60	12:32.12	244	

**\*\* Bendigo Zone: Round 1, Saturday 13 November – Latrobe Uni Athletics Track, Flora Hill**

There was a good turnout at Bendigo over 1500m, with **Claire Noonan** taking the honours for the Eaglehawk club. Her young clubmate **Charlise McQueen** kept her honest, finishing only 8 seconds back.

1	Claire Noonan	(EAG)	F18	9:35.77	299	
2	Charlise McQueen	(EAG)	F14	9:43.62	341	
3	Jennifer Payne	(SBE)	F65	9:49.43	473	
4	Leigh Browell	(SBE)	M45	10:00.54	255	
5	Annette Major	(EAG)	F55	10:49.81	316	
6	John Watson	(BGO)	M65	11:28.54	286	
7	Annette Curtis	(SBE)	F65	12:29.73	283	
8	Wendy Ennor	(EAG)	F60	12:57.05	221	
9	Peter Savage	(EAG)	M65	13:44.82	182	

**\*\* AVSL – Round 2 metro venues and start times – Saturday 20 November**

<b>Zone A: Aberfeldie</b>	1.30pm	2000m Walk 5000m Walk
<b>Zone B: Casey Fields</b>	1.30pm	2000m Walk 5000m Walk

**\* VIRTUAL RACE WALKING SEMINAR \***

During the enforced COVID hiatus, Athletics Victoria has been busy holding virtual seminars and clinics for officials and coaches in events across the athletics calendar. Now, it's race walking's turn.

Di Lowden advises that a **virtual Race Walks seminar** is to be held for officials on **Tuesday 30 November**, at 7pm. Officials will have received notification of this from Di or from Andrea Hallett at AV.

Andrea has confirmed that the seminar is open to all those who are interested, not just to selected officials.

If interested, and you've not received notice of the event, contact Andrea at [andrea@athsvic.org.au](mailto:andrea@athsvic.org.au).

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**SOUTH AUSTRALIA: ASA Interclub Week 3, 13 November – SA Athletics Stadium, Adelaide**

Thanks to Kim Mottrom for these results. Half a dozen PBs indicates that conditions were good for racing:

**Open 3000m Walk**

1. Alix Harlington	Northern Districts	14:31.53
2. Sebastian Richards	Southern Athletics Club	14:38.42
3. Nellie Langford	Southern Athletics Club	15:00.04
4. Cooper Rech	Coastal Districts	16:18.33 PB
5. Angelina Legrand	Pembroke	16:30.04 PB
6. Katie DeRuvo	Coastal Districts	17:07.33
7. Peter Crump	Saints	18:37.19
8. Marie Maxted	Masters	19:19.74
9. Alex McEwan	Tea Tree Gully	24:05.69 PB
10. James Hoare	Port Adelaide	24:09.75
11. Greg Metha	Masters	DQ

**Open 1500m Walk**

1. Anthony Tana	Southern Athletics Club	7:01.60 PB
2. Zayden Kamish	Southern Athletics Club	7:32.72
3. Rhiannon Lovegrove	Port Adelaide	7:37.97
4. Matilda Gourlay	Southern Athletics Club	8:17.67 PB
5. Elise Scott	South Coast	8:50.30 PB
6. Elizabeth Rieger	Adelaide Harriers	10:25.64
7. Stephanie White	Enfield Harriers	10:38.53

**SOUTH AUSTRALIA: SAMA Masters results, 10 November – SA Athletics Stadium, Adelaide**

Thanks to Graham Harrison for these results from SAMA's handicap walks.

**1000M WALK**

KEVIN	FINN	0:06:15	M70	69.48%
DAVE	FALLON	0:06:46	M65	63.49%
MARK	WORTHING	0:05:08	M55	75.60%
MIKE	VOWLES	0:08:52	M75	53.62%
DAVID	ROBERTSON	0:08:54	M85	60.60%
MARGARET	MCINTOSH	0:07:54	W65	65.48%
LIZ	NEUBAUER	0:07:49	W70	67.53%
MARIE	MAXTED	0:06:01	W60	80.36%

GIL	MCINTOSH	0:06:46	M70	64.88%
PETER	CRUMP	0:05:56	M60	66.69%
MALCOLM	TIGGEMAN	0:07:42	M65	55.79%
JAN	LAYNG	0:07:57	W70	68.88%
ROGER	LOWE	0:08:38	M75	55.07%
VALMAI	PADGET	0:08:58	W75	64.66%

### 3K WALK

MARIE	MAXTED	0:19:27	W60	74.45%
KEVIN	FINN	0:19:47	M70	71.79%
DAVID	ROBERTSON	0:27:04	M85	66.48%
MARGARET	MCINTOSH	0:24:37	W65	63.42%
EDNA	BATES	0:27:40	W65	56.42%
VALMAI	PADGET	0:24:53	W75	70.29%
HELEN	SURIDGE	0:23:50	W70	67.06%
BRIAN	WITTY	0:21:53	M70	65.63%
DAVE	FALLON	0:21:57	M65	64.00%
PETER	CRUMP	0:18:51	M60	68.74%
GIL	MCINTOSH	0:21:45	M70	66.03%
ROGER	LOWE	0:26:48	M75	58.28%

## TASMANIA: Athletics South interclub, 13 November – Domain Athletics Centre, Hobart

David Moore reports:

Only two words describe our Walks this week, cold and wet! **Wayne Fletcher** copped the worst of it at Masters, having to stride through literally pools of water sitting across many parts of the track.

### Results 1500m walk

1. Elizabeth Leitch	TMA	10:08.28
2. David Moore	TMA	13:02.92

## \*\* Tas Masters T&F, 10 November – Domain Athletics Centre, Hobart

### Results 5000m walk

1. Wayne Fletcher	NS
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## WESTERN AUSTRALIA: Interclub Race walking, 12 November – WAAS, Perth

Results from Terry Jones:

### 5000m Race Walk

1. John Ronan	Kingsway Ath	23:40.30
2. Benjamin Reid	Perth Track	25:32.54
3. Bradley Mann	Perth Track	26:16.02

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# INTERNATIONAL NEWS

## UNITED KINGDOM: Bob Wright Handicap Series 31 Oct & 14 Nov – Guernsey, Channel Is.

David Ainsworth provided this report from the Channel Island of Guernsey.

### Le Sauvage leads series

Mick Le Sauvage leads the Bob Wright handicap series after three races with Rob Elliott a point behind. In the latest race over one mile Donna Allan overcame the handicap to overtake the other three walkers in the final 100 metres, slipping under 10 minutes for her actual time. She was closely followed by Elliott and Le Sauvage. The previous race over 3 kilometres, held at a late change of venue, saw Le Sauvage winning easily by half a minute on the watch.

**October 31st 2021 - Cambridge Park, Guernsey**  
**Bob Wright Handicap Series Race 2**  
**3 kilometres**

1 Mick Le Sauvage	M80	24.37 (watch) / 1.30 (handicap) 23.07 (actual)
2 Rob Elliott	M60	25.07 / 4.00 / 21.07
3 Kevin Le Noury		25.29 / 4.00 / 21.29
4 Stuart Le Noury		26.36 / 10.30 / 16.06

**November 14th 2021 - Footes Lane, Guernsey**  
**Bob Wright Handicap Series Race Three**  
**1 mile track**

1 Donna Allan	W45	12.10 (watch) / 2.15 (handicap) 9.55
2 Rob Elliott	M60	12.13 / 1.45 / 10.28
3 Mick Le Sauvage	M80	12.16 / 0.30 / 11.46
4 Dave Dorey	M70	12.25 / 0.00 / 12.28

**UNITED KINGDOM: ERWL 94<sup>th</sup> Enfield Open Walks, 13<sup>th</sup> November-King George Playing Fields, Enfield**

Thanks to Ron Wallwork for this report on a long-established English race walking classic:

In overcast, mild conditions, Dominic King led from start to finish to secure a record eighth victory in the EO7 now in its 102<sup>nd</sup> year. Jacqueline Benson was a comfortable winner of the woman's race slicing seven seconds off her previous best at this distance.

	<i>Name</i>	<i>Club</i>	<i>age</i>	<i>time</i>	
1	Dominic King ©	Colchester H AC	M35	51.02	
2	George Wilkinson	Enfield & HAC	u20	54.06	
3	Jonathan Hobbs	Ashford AC	SM	55.42	
4	Jacqueline Benson	Ashford AC	W23	63.59	W1
5	David Walsh	Enfield & HAC	M60	65.12	
6	Melanie Peddle	Loughton AC	W50	66.50	W2
7	Diane Bradley	Tonbridge AC	W60	70.25	W3
8	Helen Middleton	Enfield & HAC	W55	71.13	W4
9	Stuart Bennett ©	Ilford AC	M60	71.23	
10	Chris Hobbs	Ashford AC	M65	71.56	
11	Colin Harle	Belgrave H	M60	72.01	
12	Richard Emsley	Desborough R	M65	72.36	
13	John Arthur	unattached	M60	74.09	
14	John Borgars ©	Loughton AC	M75	76.52	
15	Andrew Cox	Surrey WC	M65	79.30	
16	Noel Blatchford	Abingdon AC	W70	79.59	W5
17	Tom Casserley	Enfield & HAC	M80	81.08	
18	Andrew Tweed	unattached	M70	81.10	
19	Tony Wilkinson	unattached	M60	84.50	
20	David Hoben	Surrey WC	M65	84.59	
21	Chris Flint ©	Surrey WC	M75	86.58	
6 miles	Diana Braverman	Enfield & HAC	W70	72.52	
	Paul Firmage	Ryston R	M65	81.00	
	Michael Harran	Surrey WC	M80	83.00	
5 miles	Elini Panayiotou	unattached	W40	59.41	
	Malcolm Blackwood	Trent Park	M70	62.43	
4 miles	Sue Barnett	Enfield & HAC	M70	44.47	
3 miles	Francisco Reis	Surrey WC	M60	28.22	
2 miles	Daniel King ©	Colchester H AC	M35	22.17	

© = Centurion

*Judges:* Steve Cartwright, Peter Cassidy, Mark Culshaw (*Chief*), Andrew Garner, Shaun Lightman, Pauline Wilson ©  
*Timekeeper:* Phil Welch - *Recorders:* Pam Ficken ©, John Hall, Carl Lawton ©, Tracey Wilkinson.  
*Marshalls:* Dave Ainsworth ©, Jon May - *Race Organiser/referee:* Ron Wallwork ©



**Emmanuel Tardi** offers an extensive report on a day of great solemnity in France – 11 November. While top-level road racing may have finished for the year, ultra-distance and commemorative meets such as the ones below are still being held in France:

‘November 11th is a non-working day in France because it marks the end of the First World War. Two walking races have been organised on this date for many years.

The first, the **Grand Prix de la Voie Sacrée** (*The Sacred Way*), is an 57.4km long race between Verdun and Bar le Duc. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc.

The road used is a memorial road. It is the only road in France which doesn't have a number; it's only named "*La Voie Sacrée*". It was along this road that more than one million soldiers travelled to the famous awful Battle of Verdun in 1916. Most of them never came back.

At each kilometre of the road , there is a memorial milestone , with a soldier's helmet on it .

History of this road (in French) here :

[http://fr.wikipedia.org/wiki/Voie\\_sacr%C3%A9e\\_%28Verdun%29](http://fr.wikipedia.org/wiki/Voie_sacr%C3%A9e_%28Verdun%29)

*(Editor's note: Open this link in Google Chrome, right-click on an empty space and choose 'Translate to English' from the window.)*



Photo: Wikipedia

Unfortunately, there were only 5 starters this year, a very small number for this walk. At the 9AM start, the temperature was around 5°C with lots of fog, but the sun arrived fast and it was great weather for walkers.

Local walker, **Christophe Erard** easily won the race for the 5<sup>th</sup> time after 2002 , 2003 , 2012 and 2016.

There was an ancillary event from **Erize to Bar le Duc (22km)**. Start was at 12am. Teammates **Nadir Herida** and **Sonia Demon** (from Reims) won this event. Herida battled against **Arthur Bonnomet** during the first half of the race. Demon always had a big gap from **Adeline Brastel** (2'40 at km 15) but had a big problem in the last 3 kilometers and won by only 30 seconds.

Complete *palmares* of the race is on Tim Erickson statistics website. (4<sup>th</sup> block , 5<sup>th</sup> line)

<http://www.centurions.org.au/centranks.shtml>

**La Voie Sacrée , Verdun-Bar le Duc , 11 Novembre 2021**

1/ Christophe Erard	(ASM Bar le Duc)	56,4km en 5h57'26''
2/ Gildas Gros	(CIS Anould)	6h39'58''
3/ Damien Maldème	(Athlé Vosges EC)	6h47'55''
4/ Fernando Rocha	(Athlé Vosges EC )	6h16'15'' (46km)
-/ Eric Maurel		DNF 25km



Five hardy starters at Verdun; Winner Erard and 2<sup>nd</sup> placed Gros



## La Voie Sacrée , Erize-Bar le Duc , 11 Novembre 2021

### Hommes

1/ Nadir Hériida	(EFS Reims)	22km en 2h01'24''
2/ Arthur Bonnomet	(EFS Reims)	2h08'50''
3/ David Durand-Pichard	(AM Metz)	2h21'30''
4/ Thierry Florentin	(Athlé Vosges EC)	2h21'53''
5/ Yves Mederlé		2h31'49''
6/ Patrick Mougenot	(Marne et Gondoire)	2h38'10''
7/ Guy Tabouret	(Us Toul)	2h45'59''
8/ Daniel Chaumet		2h46'15''
9/ Pierre Merveille		3h18'43''
10/ Michel Thomas		3h34'02''

### Femmes

1/ Sonia Demon	(EFS Reims)	22km en 2h11'04''
2/ Adeline Brastel	(EFS Reims)	2h11'34''
3/ Catherine Florentin	(Athlé Vosges EC)	2h24'40''



Start of the Erize-Bar le Duc 22km – note 'Sacred Way' monument in background



Winners Hériida and Demon

'The second race was shorter - only 8.5km - but very hard. The goal was to climb to the summit of **Mont Sainte-Odile**, a peak of the Vosges Mountains in Alsace. The race started at Klingenthal (280m altitude) at 9:30AM and finished at the convent of Mont-Sainte-Odile (750m altitude). The first 2 kilometers are not too bad but, after that, there is a consistent slope of around 7% to the summit.

It is the *oldest racewalking event in France* (the first edition was held in 1935) and the best time of 45:37 was set in 1981 by Belgian walker Gérard Goujon.

This year, only 40 walkers started the race, with the temperature a cold 5°C. The winner was 25 year old Florian Mayer, who won for the 7th time in row.  
Alejandra Ramirez-Gomez won for the 5<sup>th</sup> time (4<sup>th</sup> in row).'

## Montée du Mont Ste Odile 8,550km , 463m+ , 11 Novembre 2021

### Hommes

1	MAYER Florian	SEM/96	A.v.e.c.	48:40
2	STAHL Denis	M3M/68	Eichhoffen	55:27
3	LOMONIER Dorian	JUM/03	Esmgo	56:48
4	MACABREY Quentin	SEM/94	M.b.a.	57:31
5	VIENOT Gabriel	M2M/76	Pca/esrcac	59:55
6	RIPP Gerard	M6M/53	Bischoffsheim	1:00:04
7	CLAUSS Daniel	M6M/55	A.n.a./s.g.w.	1:01:19
8	GUILBAUD Paul	CAM/06	M.b.a.	1:02:05
9	LOMONIER Nicolas	M3M/69	Esmgo	1:04:05
10	RIVIERA Eugenio	M5M/58	Us Pulversheim	1:05:54
11	BLAESIUS Hugo	SEM/97	Entzheim	1:06:31
12	ZIMMER Jean-Marie	M6M/57	Sem-walbourg	1:06:51
13	WOHNHAAS Gerard	M7M/52	Mn Wasselone	1:06:57
14	DATIN Robert	M6M/57	A.n.a/f.c.j.a.b.	1:08:21
15	FAUSSER Francis	M7M/52	Obernai	1:08:24

16	GASSER Yves	M6M/53	Dorlishem	1:08:36
17	ROSSA-KLOREK Philippe	M5M/60	Ac St Avold	1:11:47
18	BLAESIUS Didier	M4M/66	Mittelhausbergen	1:11:48
19	VAUCLAIR Alain	M5M/58	Run 974	1:12:40
20	GUTH Claude	M5M/62	Molsheim	1:14:30
21	BERGINC Wladimir	M4M/64	Acsa	1:16:35
22	POIREL Jean-Luc	M7M/49	Lingolsheim	1:17:56
23	DOUTE Christian	M7M/50	Heiligenstein	1:18:05

#### Femmes

1	RAMIREZ-GOMEZ Alejandra	M2F/76	A.n.a./s.g.w.	57:38
2	SCHATZ Marie-Christine	M4F/65	Sport 2000	1:00:03
3	MERBITZ Marine	CAF/06	M.b.a.	1:02:05
4	DIDELOT Marie-Odile	M3F/70	Eha/uspa	1:06:15
5	BROSSARD Agnes	M3F/68	Acsa	1:08:01
6	PONGIN Catherine	M4F/63	U.s Talence Athle	1:09:01
7	MAISON Sylvie	M2F/73	S2a/ibal	1:09:17
8	WIMMER Maria	M6F/57	Sport 2000	1:10:01
9	MISCHLER Claudine	M7F/50	A.n.a./s.g.w.	1:10:34
10	ROSSA-KLOREK Lydie	M4F/63	Ac St Avold	1:11:50
11	BEROGIN Constance	CAF/05	A.n.a./s.g.w.	1:11:52
12	VEJUX Laura	CAF/05	M.b.a.	1:14:20
13	SCHRUOFFENEGER Aude	M3F/72	Cap Vc Eckwersheim	1:14:41
14	RIMLINGER Marianne	M2F/74	Cap Vc Eckwersheim	1:14:41
15	DOBERNECKER Marianne	M6F/54	Tv Buehlertal	1:15:25
16	ANXIONNAT Claudine	M7F/51	Avec	1:16:08
17	GUTH Dominique	M4F/65	Molsheim	1:16:44
18	SCHMITT Marie-Claude	M7F/52	A.n.a./s.g.w.	1:25:01



*Ramirez-Gomez and Meyer – first to the top*

*Into the last stretch ... nearly there!*

### **NEW ZEALAND: The Agency & Athletics Wellington 10,000 track c'ships, 13 November – Newtown Park, Wellington**

Thanks to **Phillip Du Toit** for this report:

A good solid performance by **Megan Romanes** winner overall and first woman in 1:01:18.92.

**Danielle McLean** was second women and winner of the Athletics Wellington Track Walk Champs - Woman in 1:08:11.7.

**Clive McGovern** was first man home in 1:04:58.37 and winner of the 2021 Athletics Wellington Track Walk Champs - Men.

Congratulations to **Daphne Jones** (Scottish) on setting a new W80 NZ Masters record and **Sean Lake** (Scottish) on breaking the M50 Wellington record.

Many thanks to Wellington Scottish and the officials & lap-scorers helping out in the less than ideal weather.

Full results: [https://athleticswellington.org.nz/wp-content/uploads/2021/10/2021-11-13\\_agency\\_invitational.pdf](https://athleticswellington.org.nz/wp-content/uploads/2021/10/2021-11-13_agency_invitational.pdf)

1. Megan Romanes	W33	Unattached	1:01:18.92
2. Clive McGovern	M71	Trentham Uni	1:04:58.37
3. Sean Lake	M50	Wellington Scottish	1:06:43.55
4. Danielle McLean	W23	Trentham Uni	1:08:11.07
5. Brent McLean	M58	Trentham Uni	1:21:01.98
6. Daphne Jones	W80	Wellington Scottish	1:23:48.36
7. John Hines	M85	Wellington Scottish	1:29:35.32
-- Courtney Ruske	W27	Christchurch Avon	DNF
-- Jacqueline Wilson	W75	Trentham Uni	DNF
-- Sonja McLean	W56	Trentham Uni	DQ
-- Daniel Du Toit	M18	Wellington Harriers	DQ

## 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.

- 15/11/2021 - Speed performances (20km) in men from 2002 to 2021 – an intriguing analysis of male walkers’ speed progression over 20km over the past 10 years.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4224](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4224)
- 14/11/2021 - Speed performances (20km and 35km) in women from 2002 to 2021 – a similar analysis of women’s progression over the same period. Not surprisingly, performances dipped over the 2020 period before resurging this year. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4223](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4223)
- 13/11/2021 - Huangshan (Nov 6, 2021): the wedding of Lu Xiuzhi, long-time rival of Liu Hong, to 50km specialist Wang Rui. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4222](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4222)
- 12/11/2021 - Now it's official: Khrystyna Yudkina (UKR) won bronze in the Berlin 50km 2018. (Another victory in the unending campaign to achieve justice for victims of others’ doping. In this case, the ‘other’ was her own countrywoman.) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4221](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4221)
- 11/11/2021 - Updated history of the best active Italian walkers and those of the Hall of Fame.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4220](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4220)  
**Nicola di Maggio** has given the following preamble to this article:

‘As usual this part of the season in which the competitions are dwindling we will try to continue to prioritise the statistical surveys and the enrichment of the historical parts of the **Marcia dal Mondo** website.

This week **Sandro Damilano**, who has been entrusted with this activity by many years, completed the updating of the interactive reports relating to the history of the best Italian male athletes.

The PDF reports are available in **Athletes** section -> then choosing **Athletes in activity - Italians** and then again **Male**

In the following drop-down menu, you can finally choose the athlete you are interested in.

The updating of the past editions of these athletes carried a considerable work of reviewing the results that at the time had been obtained on the field following the posthumous disqualifications occurred for the known problems of doping.

We have tried to definitively update all our reports also following the final decisions made by the CAS/TAS.

In any case, the reports we present are completely homogeneous with the results of the individual athletes that can be found on the World Athletics website.

Some athletes who have closed down their activity have been moved to the **Hall of Fame** section which can be consulted in the same way.

For each athlete an introductory part is presented with the personal best and some data of interest and a summary report in PDF. Only the PDF report is presented in the Hall of Fame for athletes of the historical past.

In the coming weeks, all the reports of the **Italian women** athletes will be updated (obviously both those in activity and those of the Hall of Fame).

After the update of the women we will start with that of the foreign athletes which represents the most important and interesting part (also in this case both those in activity and those of the Hall of Fame).

Our goal is to finish this update before the end of year holidays 2021. We hope to succeed.'

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.

*Note: The O Marchadore blog is written in Portuguese, as are the articles therein. 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.*

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## WHAT'S UP AHEAD?

### Victorian Key Dates – 2021/22

Sat 20 Nov 2021 AV Summer T&F season (AVSL Round 2) season – Aberfeldie (Zone A), Casey Fields (Zone B), Ballarat, Bendigo, Geelong

Wed 1 Dec 2021 VRWC Summer season Meet 2 – Collingwood – 7.00pm

Sun 16 Jan 2022 VRWC Summer championships, 2021 Winter presentations, Annual General Meeting – Middle Park

Sun 24 Apr 2022 AV 'Run The Tan' – Kings Domain, Melbourne

### International Dates

Mar 1 – 6, 2022 29<sup>th</sup> 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<sup>rd</sup> World Masters T&F Championships – Tampere, FIN

Jul 15 – 24, 2022 18<sup>th</sup> 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<sup>th</sup> World Athletics U20 T&F Championships – Cali, COLOMBIA

TBA, 2023 24<sup>th</sup> World Masters T&F Championships – Gothenburg, SWE

Aug 2023 (TBC) 19<sup>th</sup> World Athletics Championships – Budapest, HUN

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