

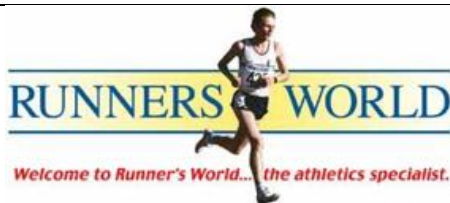


HEEL & TOE Online

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

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** WALKER OF THE WEEK **

This edition's *Walker Of The Week* completes a 'sibling double' for the season.

12 year old **Mietta Morgan** joins brother Eden as a summer WOTW, on the basis of two excellent PB performances – one in the Zone B AVSL 2000m at Casey Fields, which saw her take overall 3rd place in the women's division, the other with a massive 2:09 improvement in the AV 5000m Teams race at Clifton Hill, recording **28:48**.

A focussed and hard-working trainer, Mietta's progress has been very impressive this season. We look forward to seeing her cut her times further with the business end of the summer having arrived. *Well done, Mietta!*



CLUB NEWS and RESULTS



AV 5000m Track Teams race, Wednesday 2 February – Geo Knott Reserve, Clifton Hill



Cool conditions, with intermittent showers and wind gusts, provided an agreeable racing environment at the Clifton Hill track after a week of unrelenting heat and humidity – and the walkers took full advantage. Nine PB's and a Club record was a gratifying result indeed, despite the small numbers facing the starter.

Knox Athletic Club, always fervent supporters of the AV Teams Race, again displayed their power and depth to dominate the event. It was disappointing that no other club – apart from Collingwood Harriers – saw fit to enter a team to make it a contest. Nevertheless, the small crowd were treated to some masterful walking by the blue, white and green 'army', and they all deserved their medals.

Collingwood's prospects of winning the Men's race were dashed before the start with the withdrawal of David Smyth through illness, leaving **Marcus Wakim** to win convincingly with a huge PB in **21:53**. **Eden Morgan** (Knox), having his best season to date, was another massive improver with **24:10**, as was **Daniel Pashutin** who took almost a minute from his previous best with **27:58**.

Char Hay wrung herself dry to post a big PB in taking line honours in the Women's section with **23:57**, her strongest result for some time. The best result of the night came from the youngest women's finisher, **Mietta Morgan**, who would've come near to lapping herself on her previous PB with a mighty effort of **28:48**. Seeing these performances would have been encouraging to coaches Fran Attard and Adam Garganis with AV, LAVic and National championships on the horizon. Well done, everyone!

AV 5000m Walk Teams Championship - Women

Char	Hay	2882	Knox Athletic Club	23:57	PB 0:35
Maddison	Nash	228	Knox Athletic Club	26:59	
Ariana	Pashutina	238	Knox Athletic Club	27:34	
Grace	Louey	4221	Knox Athletic Club	28:07	
Emily	Smith	2853	Knox Athletic Club	28:17	
Mietta	Morgan	277	Knox Athletic Club	28:48	PB 2:09

Teams result

1st: Knox: Char Hay, Maddison Nash, Ariana Pashutina 6pts
 2nd: Knox: Grace Louey, Emily Smith, Miatta Morgan 15pts



Char, Emily, Maddison, Ariana and Miatta flying the Knox banner high.

AV 5000m Walk Teams Championship - Men

Marcus	Wakim	229	Collingwood Harriers	21:53	PB 1:33
Riley	Coughlan	3797	Knox Athletic Club	23:50	PB 0:13
Adam	Garganis	3643	Collingwood Harriers	24:01	
Eden	Morgan	3129	Knox Athletic Club	24:10	PB 1:22
Daniel	Pashutin	269	Knox Athletic Club	27:58	PB 0:58

Teams result

1st: Knox: Riley Coughlan, Eden Morgan, Daniel Pashutin 6pts



Marcus, Eden, Adam, Daniel and Riley in action.

VRWC Club Summer races #4, Wednesday 2 February – Geo Knott Reserve, Clifton Hill

It was fireworks time in the Open 1500m, with **Ela Uzun** adding to her haul of VRWC Club records with **7:15**, breaking her own U11 mark and snaffling Bec Henderson’s long-standing U12 record for good measure. **Havana Ali** wasn’t going to be left out of the improvement party, her **7:47** scoring a 21sec PB which was equalled by **Beau McKinnon’s 9:07**. It was great to see **Addison Paulke** racing with us again after a long absence, and also nice to welcome her sister **Alayna** for her first VRWC walk.

5000m Walk Open

Madeleine Feain	554	Female	26:17
Andrew Jamieson	73	Male	28:10
Simon Evans	98	Male	28:58



Andrew, Madeleine and Simon had a good mid-week hit-out over 5000m.

1500m Walk Open

Ela Uzun	695	Female	7:15	PB 0:03, Club U11, U12 rec
Havana Ali	696	Female	7:47	PB 0:21
Beau McKinnon	997	Male	9:07	PB 0:21
Addison Paulke	716	Female	9:36	

1100m Walk Open

Alayna Paulke	2704	Female	7:52	<i>First VRWC race</i>
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Ela, Beau, Addison, Havana and Alayna opened the night’s proceedings in ‘style’.

As always, we thank the officials who gave their time and energy to assisting the Club in providing this important racing opportunity for our members.

Officials: Terry Swan, Mark Donahoo, Tim Erickson, David Smyth, Gerard Feain
Judges: Stuart Cooper (Chief), Fran Attard, Ezo Ali, Kathleen Marsh
Walkers: 18
Photographer: Terry Swan (More photos: <http://www.vrwc.org.au/piwigo/index.php?/category/592>)

*** NEXT VRWC RACES ***

PLEASE NOTE: Owing to a fixture clash, the advertised **VMA 5000m Track walk championships**, scheduled for Sunday March 6 at Mentone, have been postponed.

A replacement date and venue are being arranged. These will be publicised as soon as we know them.

We apologise for any inconvenience.

****JUDGES WANTED**

Have you considered becoming a **Walks judge?**

We are always in need of people to take on this vitally important job – an ideal one for parents, retired or semi-retired walkers, AV or AV Club officials or anyone seeking a role in race walking. Training and mentoring from experienced judges are available.

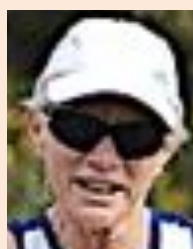
If interested, please contact Di Lowden or Stu Cooper

**** HEATHER AND ANDREW TO RACE IN MUSCAT**

Celebrated VRWC and VMA World record holders, **Heather Carr** and **Andrew Jamieson**, are entered for the inaugural Masters competition to be held alongside the World Walking Championship in Muscat.

Heather and Andrew will compete in two events in the 70+ years division – a 2 X 4km mixed relay (held after the WWC Men’s 20km) on Friday 4 March, and an individual 10km race the following day.

How fitting that these two trailblazers of Masters walking should be among the pioneers testing out this new international competition format. We wish Heather and Andy every success and will eagerly await their news on their return.



VICTORIA - METRO & REGIONAL



**** Metro Zone A: Round 9, Saturday 5 February – Moonee Valley Athletics Centre, Aberfeldie**

While not especially hot, conditions were testing at Aberfeldie with enough surface heat radiating off the track to make things uncomfortable. **Riley Coughlan** was streets ahead in the 2000m with a quick **8:57.1**, with **Maddison Nash** clearly superior in the Women’s division and not too far off a PB with her **10:11.7**.

It was a treat to see Australian walking legend **Bob Gardiner** make another appearance on the track. Bob, now 85, is an infrequent competitor these days but still carries the Collingwood colours with pride in the sport he loves.

Only two ‘toughies’ elected to brave the 5000m, with **Adam Garganis** and **Jade Chitty** grinding it out for well-earned club points.

2000m

1	Riley Coughlan	(KNA)	M16	8:57.1h	514
2	Maddison Nash	(KNA)	F16	10:11.7h	504
3	Tayla Borg	(DIV)	F16	11:52.2h	410
4	Kerryn Walshe	(KSB)	F55	11:54.7h	480

5	Timothy Erickson	(COB)	M65	12:08.9h	459	
6	Brian Anderson	(ESS)	M60	12:15.3h	426	
7	Donna-Marie Elms	(PTN)	F60	12:24.5h	484	
8	Sarah Papadopoulos	(DIV)	FOP	12:25.5h	322	PB 0:34
9	Bernie Keirl	(DIV)	M55	12:26.3h	387	
10	John Kondogonis	(KSB)	M60	12:28.2h	416	
11	Tracy Colbert	(PTN)	F50	12:49.0h	405	
12	Mark Donahoo	(ESS)	M60	12:50.1h	399	
13	Debbie McKenzie	(DIV)	F50	12:50.5h	404	
14	Evie Rosa	(COL)	FOP	13:10.8h	275	
15	Duncan Knox	(ESS)	M60	13:21.3h	368	
16	Janice Hodgart	(WES)	F55	13:38.5h	389	
17	Jo Moxon	(DIV)	F55	14:46.7h	311	
18	Lula Parrott	(DAC)	F14	15:38.1h	211	
19	Robert Gardiner	(COL)	M65	16:20.1h	256	
20	Heather Lamb	(BWK)	F55	16:59.3h		
21	Brenda Cashin	(WES)	F55	17:09.7h	204	
-	Ian Handasyde	(OSC)	M65	DQ		
-	Paul Kennedy	(KSB)	M60	DQ		

5000m

1	Adam Garganis	(COL)	MOP	24:57.6h	426	
2	Jade Chitty	(WES)	F18	29:27.0h	412	

**** Metro Zone B: Round 9, Saturday 5 February – Casey Fields, Cranbourne**

Char Hay dominated affairs at Casey, recording an impressive PB of **9:08.7**, while young **Mietta Morgan** also lowered her previous best. For both girls, this was their second PB effort in three days. 75yo **Andy Jamieson** is still showing younger walkers how it's done, his red Old Scotch vest as prominent as when he first started racing in the 1960s.

Eden Morgan backed up his Teams race effort from Wednesday night with another strong 5000m, as did his Knox club mate **Grace Louey**.

2000M

1	Char Hay	(KNA)	F20	9:08.7h	533	PB 0:18
2	Andrew Jamieson	(OSC)	M65	10:55.9h	514	
3	Simon Evans	(BOH)	M60	10:59.2h	483	
4	Kylie Irshad	(GHY)	F50	11:10.5h	492	
5	Mietta Morgan	(KNA)	F14	11:15.5h	464	PB 0:11
6	Brooklyn Towler	(MEN)	F16	11:20.6h	440	
7	Carolyn Rosenbrock	(ANW)	F55	11:31.8h	499	
8	Madeleine McGregor	(BOH)	F14	12:00.0h	423	First one
9	Laura McLennan	(DAC)	F45	12:16.4h	407	
10	Heather Carr	(GHY)	F65	12:41.3h	502	
11	Dee Holohan	(SAN)	F55	12:56.5h	428	
12	Meryl Thompson	(MPA)	F55	13:21.7h	406	
13	Hamish McLennan	(DAC)	M14	13:42.9h	266	
14	Emilie Garside	(YRA)	FOP	13:49.0h	243	
15	Gwen Steed	(GHY)	F65	13:50.0h	450	
16	Rozlyn Walker	(GHY)	F55	13:57.2h	368	
17	Jill Jeanes	(DSA)	F40	14:10.2h	252	
18	Kim Peak	(DAC)	F55	14:33.6h	326	
-	Chantal Klep	(ANW)	FOP	DQ		
-	David Sommers	(ANW)	M60	DQ		
-	Geoffrey Barrow	(MEN)	M65	DQ		

5000m

1	Eden Morgan	(KNA)	M18	24:55.9h	453	
2	Grace Louey	(KNA)	F20	29:23.8h	396	
3	Michael Harvey	(WAM)	M55	31:46.9h		

**** Ballarat Zone: Round 9, Saturday 5 February – Llanberris Stadium, Ballarat**

After a busy weekend last week at the AV Country championships, things were quiet at Llanberris on Saturday with **Sarah Brennan** winning as she pleased in **10:15.62** and young improver **Charlotte Macdonnell** posting a good PB performance.

2000M

1	Sarah Brennan	(BYC)	F45	10:15.62	515	
2	Charlotte Macdonnell	(BYC)	F14	12:39.27	382	PB 0:07

3	Amelia Shell	(CHI)	F14	14:10.20	280	First one
4	Roslyn Ireland	(BWK)	FOP	14:54.52	193	
5	Peter Roberts	(BHA)	M55	14:54.85	251	
6	Olive Ireland	(BWK)	F60	16:39.63	259	

**** Bendigo Zone: Round 9, Saturday 5 February – Latrobe Uni Athletics Track, Flora Hill**

Charlise McQueen and **David Lonsdale** posted good PBs over 2000m at Bendigo, with **Tiffany Bussem-Jorgensen**, as she usually does, winning easily.

2000M

1	Tiffany Bussem Jorgensen	(BGO)	FOP	11:07.40	420	
2	Charlise McQueen	(EAG)	F14	12:18.48	406	PB 0:11
3	David Lonsdale	(BEU)	M50	12:20.05	359	PB 0:18
4	Jennifer Payne	(SBE)	F65	12:47.39	498	
5	Claire Noonan	(EAG)	F18	13:35.17	271	
6	Leigh Browell	(SBE)	M45	15:21.74	186	
7	Annette Curtis	(SBE)	F65	16:16.18	316	
8	Wendy Ennor	(EAG)	F60	17:09.91	238	
9	Peter Savage	(EAG)	M65	19:17.19	171	

**** AVSL Playoffs – Saturday 5 March**
Stay tuned for information re events timetable.



AV Track & Field Titles: Fri-Sun 18/20 & Fri-Sat 25/26 February
Lakeside Stadium

** Entries for **Week 2** (Fri-Sat 25/26 February) close on **Monday 14 February**. (Entries for Week 1 are closed.)

Saturday 19 February 9.45am	U20 Men	5000m Walk
	U18 Men	5000m Walk
	U17 Men	5000m Walk
	U20 Women	5000m Walk
	U18 Women	5000m Walk
	U17 Women	5000m Walk
Saturday 26 February 9.30am	Open Men	5000m Walk
	Open Women	5000m Walk
Saturday 26 February 10.15am	U14 Men	3000m Walk
	U14 Women	3000m Walk
	U15 Men	3000m Walk
	U15 Women	3000m Walk
	U16 Men	3000m Walk
	U16 Women	3000m Walk

***VACCINE UPDATE – 2022 VICTORIAN TRACK AND FIELD CHAMPIONSHIPS**

by
Athletics Victoria

In relation to COVID-19 protocols, Athletics Victoria falls under the Community Sport guidelines. In line with this, the 2022 Victorian State Championships will require no vaccination status from competitors or spectators.

However, it is important to note that any competitor who does qualify for the 2022 Australian Track & Field Championships may be subject to the vaccination requirements set out by Athletics Australia at that time. At the time of publication, all persons aged 16 and over will need to show proof of full COVID-19 vaccination or a valid medical exemption to gain entry to Athletics Australia meets. All attendees (athletes, coaches, officials, volunteers, staff, spectators) will need to show their COVID-19 digital certificate on their smart device (as part of the QR Code check-in process) OR provide photo identification with a printed immunisation certificate.

Athletics Australia continues to review their stance on event attendance and vaccination requirements in line with venue conditions and will release updated information as required.



AROUND THE COUNTRY

A.C.T. ACT Masters results, 3 February – Woden Park Athletics track, Woden

Thanks to Mark Roberts for forwarding these ACT Masters results from Val Chesterton.

2000m

1 Michael Smith	11:39
2 Sue Archer	13:39
3 Sheryl Greathead	16:37
4 Peter Davies	16:39
5 Lorna England	16:46
6 Doug Fitzgerald	16:47
Bryan Thomas	DQ.

SOUTH AUSTRALIA SA Interclub results, 5 February – SAAS, Adelaide

Thanks to Kim Mottom for the latest SA Interclub results.

Open 5000m

	Club		
Mathew Bruniges	Southern AC	25:31.01	
Nellie Lanfgord	Southern AC	26:31.39	
Samantha Findlay	Southern AC	26:32.29	
Anthony Tana	Southern AC	28:52.52	PB
Cooper Rech	Coastal Districts	29:48.46	
Peter Crump	Saints AC	31:02.49	
Mel Grantham	SA Masters	31:12.20	PB
Marie Maxted	SA Masters	34:31.96	

Open 1500m

Sebastian Richards	Southern AC	07:04.61
Katie De Ruvo	Coastal Districts	07:52.14
Matilda Gourlay	Southern AC	07:58.81
Alex McEwan	Tea Tree Gully	11:47.47

**** SAMA T&F, 2 February – SAAS, Adelaide**

Graham Harrison reports on the latest midweek Masters scratch meeting. Looks like another good turnout in fine, cool conditions.

1500M WALK		Result	Age Gp	Age Grade%
MELISSA	GRANTHAM	0:08:41	W35	69.54
PETER	CRUMP	0:09:02	M60	69.19
MARIE	MAXTED	0:09:14	W60	79.06
JACK	RUSSELL	0:09:20	M65	72.28
GEORGE	WHITE	0:09:26	M75	77.64
HELEN	SURIDGE	0:11:32	W70	68.93
1500M CLUBWALK				
GIL	MCINTOSH	0:10:35	M70	65.16
MIKE	VOWLES	0:11:07	M75	67.56
STEVE	WASILEWSKI	0:11:24	M65	58.55
MARGARET	MCINTOSH	0:11:51	W65	66.43
LIZ	NEUBAUER	0:11:54	W70	66.81
ROGER	LOWE	0:12:48	M75	58.67
DAVID	ROBERTSON	0:13:56	M85	61.75
PETER	GREENLAND	0:14:11	M65	47.06
4K WALK				
PETER	CRUMP	0:24:29	M60	71.06
MELISSA	GRANTHAM	0:25:12	W35	64.62
GREGORY	METHA	0:25:22	M55	66.15
BILL	STARR	0:30:03	M75	70.83
4K CLUBWALK				
JACK	RUSSELL	0:27:34	M65	68.45
GIL	MCINTOSH	0:28:21	M70	68.05
BRIAN	WITTY	0:28:29	M70	67.73
2K WALK				
GEORGE	WHITE	0:13:14	M75	74.55
HELEN	SURIDGE	0:15:32	W70	68.88
2K CLUBWALK				
MARGARET	MCINTOSH	0:16:39	W65	63.59
ELIZABETH	SLATTERY	0:17:55	W55	52.62
DAVID	ROBERTSON	0:18:07	M85	64.08
DAVID	PADGET	0:18:34	M85	63.48

TASMANIA Northern Athletics Interclub, 2 February – St Leonards Northern Aths Centre, Launceston

Thanks to David Moore for the latest Apple Isle results:

January provided very few opportunities for our walkers to compete. February looks a lot better with more Walks scheduled for upcoming Meets.

Northern Walker **Samuel Lindsay** continues with his stellar 2021-2022 Track season with a **PB** at mid-week Interclub over 5000m.

Results 5000m Walk

1. Samuel Lindsay Newstead AC 24:35.50 (**PB**)

**** Tas Masters T&F, 2 February – Domain Athletics Centre, Hobart**

In the South, **Oliver Morgan** enjoyed the much cooler conditions of the Domain than the stifling 39C he encountered in Canberra the previous week to also record a mid-week **PB** over the 3000m distance.

Results 3000m Walk

1. Oliver Morgan OVA 14:40 (U/16) (**PB**)

A great start to February for Samuel and Oliver !!

WESTERN AUSTRALIA WA Interclub results, 4 February – WAAS, Perth

Terry Jones reports that horrendously hot conditions (42deg C) prevailed in Perth on Friday, hence only two walkers making it to the line for Interclub. I say ‘Hi-5’ to those two!

Men 5000 Meters

John Ronan Kingsway Athletic 23:28.67

Women 5000 Meters

Alexandra Griffin UWA Athletics Club 24:33.5



INTERNATIONAL NEWS

UNITED KINGDOM: England Athletics Winter 10,000m Walk c’ships, 5 February – Leeds Beckett UAC, Leeds

Thanks to Mark Wall for sending in these results. Mark was due to judge at these championships – held in what’s described as ‘wet and wild conditions’ - but has unfortunately been laid low by some obscure bug (called COVID-19 or something ...) Get well soon, Mark.

Mark reports: “Chris Snook (was) the standout performance. He is studying again at Leeds during a leave of absence from the Met Police to prepare for hoped selection 2024 Olympics etc.”

10,000 Men Senior Final

1. Christopher Snook	Aldershot Farnham	43:27.60
2. Oisin Lane	IRL	44:26.70
3. Tom Partington	Manx Harriers	45:18.30
4. Joe Mooney	IRL	
5. George Wilkinson	Enfield&Haringey	47:14.10
6. Luc Legon	Bexley AC	47:46.40
7. Andrew Glennon	IRL	47:49.50
8. Christian Hopper	Cambridge Harriers	49:56.80
9. David Annetts	North Herts RR	54:47.90

5000m Men Senior Final

1. Akash Nandwani	Hyde Park Harriers	25:27.10
2. Ellis Simmonds	2 Dash	26:38.20

5000m Women Senior Final

1. Kate Veale	IRL	23:18.20
2. Gracie Griffiths	Pembrokeshire H	25:38.20
3. Aisling Lane	IRL	25:38.20
4. Mia Dunwell	Northern (IOM) AC	26:25.80
5. Erika Pontarello	Hyde Park Harriers	27:50.60
6. Sarah Glennon	IRL	27:57.30
7. Ciara Wilson-Bowen	IRL	28:16.80
8. Siobhan Doherty	IRL	29:02.30
9. Eabha de Faoite	IRL	30:43.20
Natalie Myers	2 Dash	DNS
Ciara Mooney	IRL	DNS

10,000 Women Senior Final

1. Heather Lewis	Pembrokeshire H	46:47.60
2. Bethan Davies	Cardiff Harriers	48:17.80
3. Erika Kelly	Northern (IOM) AC	51:41.60
4. Abigail Jennings	Aldershot Farnham	51:46.20
5. Millie Morris	Ashford AC	54:52.90
6. Abigail Smith	Blackheath&Bromley	57:15.20
7. Grazia Manzotti	Tonbridge AC	57:22.20
8. Beatrice Fury	Medway&Maidstone	57:39.00
Hannah Hopper	Cambridge Harriers	DNS



Chris Snook



Heather Lewis



Bethan Davies



Tom Partington & Abigail Jennings



Kate Veale

(Photos courtesy Mark Easton)

UNITED KINGDOM: 'Up & Running' Winter Walking League Rd 5, 6 February – NSC Roadway, IOM

The latest results from the Isle of Man's Winter League, courtesy of Bridget Kaneen.

10km Results

Pos'n	Name	Age Grp	H'cap Time	Actual
1	Phil Morris	M40	(74:49)	73:40
2	Neil Wade	SM	(76:07)	58:42
3	Andy Baxendale	M50	(76:20)	67:52
4	Michelle Turner	W45	(76:38)	59:35
5	Hannah Moore	SW	(76:49)	64:15
6	Tony Edwards	M55	(76:56)	57:37
7	Ian Callister	M65	(77:38)	67:06
8	Adam Cowin	SM	(77:39)	53:16
9	James Quirk	M40	(77:57)	58:30
10	Colin Moore	M60	(78:05)	67:34
11	Alan Gault	M65	(78:23)	78:23
12	Pat Bregazzi	M50	(78:29)	62:39
13	Simon Gawne	SM	(78:35)	55:06
14	Gordon Erskine	V75	(79:10)	78:59
15	Maura Kelly	W50	(79:17)	72:14
16	Stewart Jones	M50	(79:52)	56:36
	Gianni Epifani	M0	DQ	DQ
	Dean Morgan	SM	DQ	DQ

5km Results

Pos'n	Name	Age Grp	H'cap Time	Actual
1	Kathryn Clough	W45	(37:18)	33:08
2	Leanne Venables	W35	(37:20)	30:46
3	Vicki Heavey	W45	(37:51)	33:17
4	Voirrey Earnshaw-Cain	W55	(38:07)	38:07
5	Lorna Gleave	W35	(38:09)	29:59
6	Angie Robinson	W50	(38:37)	33:40
7	Phil Swales	M50	(39:04)	33:09
8	Craig Fletcher	SM	(40:47)	32:53
9	Rebecca Stride	W45	(41:37)	38:43
10	Lloyd Jones	M60	(41:38)	38:44

2km results

158	Tim Perry	U13	NAC	11:18
161	Amy Surgeon	U13	MH	14:13

1km results

151	Lilee Fletcher	9	MH	05:23
159	Finn Gleave	9	MH	06:59
156	Bobby Venables	8	UA	07:43
169	Harri Swales	9	NAC	07:44
152	Jay Jay Fletcher	8	MH	07:48
155	Georgia Venables	6	UA	08:31

NEW ZEALAND: 2022 Capital Classic, Friday 4 February – Newton Park, Wellington

Phillip du Toit reports from Wellington:

The Team Ledger Harcourts Capital Classic is the premier athletics track and field event for the Wellington region and attracts athletes from across the country and abroad (pre-covid). The 3000m Track Walk was well supported by walkers from Auckland, Wellington and Christchurch. Awesome to see so many juniors making best of the opportunity and showcasing New Zealand's future walkers. Unfortunately due to strict covid restrictions, spectators were extremely limited, changing the atmosphere completely for the competitors.

Meet records:

Men - Quentin Rew (WHAC) 2015 time 11:15.20

Women – Kate Newitt (Port Hills) 2010 time 13:41.52



Sean Lake, Danielle McLean, Molly O'Reilly, Laura Langley, Daniel du Toit, Jonah Cropp, Antonia Martin, Sarah du Toit, Kobi Maslin, Ari Bennett



Jonah Cropp(2nd), Daniel du Toit(1st), Ari Bennett(3rd).



Antonia Martin(3rd), Laura Langley(1st), Kobi Maslin(2nd)

Many thanks to the organisers, officials, helpers and walks judges.

Place	Name	Team	Age	FINALS
1	Langley, Laura	New Brighton Olympic	25	15:00.98
2	Maslin, Kobi	University of Canter	14	16:26.93
3	Martin, Antonia	North Harbour Bays A	19	16:42.08
4	O'Reilly, Molly	Selwyn Athletic Club	15	16:53.06
5	Du Toit, Sarah	Wellington Harrier A	16	20:19.80
6	McLean, Danielle	Trentham United Harr	24	21:46.12
1	Du Toit, Daniel	Wellington Harrier A	19	13:07.68
2	Cropp, Jonah	Summer Running Club	17	13:26.68
3	Bennett, Ari	Ashhurst Athletic an	15	17:32.52
4	Lake, Sean	Wellington Scottish	51	18:31.45

FOOTAGE OF TOMMY GREEN ... 1ST OLYMPIC 50KM CHAMPION

The film and multimedia streaming service, *British Pathe*, has amassed a huge archive of sports film over its more than 100 years of existence. Not surprisingly, given the wide appreciation of endurance sport in Britain and Europe in the decades spanning the two world wars, long distance race walkers claimed their fair share of the limelight.

Many thanks to Frank Clark for sending in this wonderful clip of **Thomas Green (GBR)**, winner of the first-ever Olympic 50km gold medal at Los Angeles in 1932. Here we see Tommy in action a year later, in one of England's notable point-to-point races, the Sunderland to Darlington 31¼ miles.

This clip was shared from Spanish ultra specialist Bernardo Jose Mora's Facebook page. Very clear camera work for the time, accompanied by informative commentary and a music soundtrack.

<https://www.facebook.com/bjosemora/videos/713800972923245>

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.

- 07/02/2022 - El Cajon, CA (USA): 2022 USATF 20K Race Walk World Team Trials – Ben Thorne (CAN) won this race by six minutes! Notable is Nicola Maggio's rap for Nick Christie (USA):
 - *"We'd like to say a few words about Nick Christie who has competed like never before in the space of less than three months.*
 - 2021 Nov 14: Victory in Santee, CA on 35km of the USA Open 2021 in 2:52:49
 - 2022 Dec 19: He gets the fourth place at the Irish Open (Bronze Label) always on the 35km in 2:38:16
 - 2022 Jan 16: Victory the 35km of the USA Open 2022 in Santee, CA in 2:48: 48
 - 2022 Feb 6: Victory the USA Trials 20km in El Cajon, CA in 1:30:31.67*Beyond the results obtained, (three) 35km races and a 20km race in three months is not everyday stuff."*
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4295
- 06/02/2022 - Miraflores (PER) - The 2022 South American Walking Championship.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4294
- 05/02/2022 - Ancona (ITA): Italian Indoor Championships U20 e U23. Start of the Italian indoor season.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4293
- 05/02/2022 - Erfurt (GER): Linke wins 3,000m indoor at the 9th Erfurt Indoor Meeting. A sub-11min 3000m by German speedster Christopher Linke. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4292

** And now ... for something that may be of interest to the Aussie walkers heading for Oman (including **Heather Carr** and **Andy Jamieson**):

- 03/02/2022 - Muscat 2022 - Travel Guide -
The Organizing Committee of the World Team Walking Championships Muscat 2022 to be held in Oman from Friday 5 March to Sunday 6 March has published a brochure containing the "Travel Guide".

Our readers will find in the file which they can access from the link below the following topics of interest:
 - the timetable of the competitions
 - the timetable of the awards ceremony
 - the hotels available
 - tourist information and places to visit
 - type of clothing to use
 - weather<http://www.marciadalmondo.com/admin/pdf/calendario/03022022795MAS%20TRAVEL%20GUIDE.pdf>

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

- Sunday, February 6, 2022 - Kelly Ruddick breaks W45 world record (5,000m) in Bendigo, Australia.
<http://omarchador.blogspot.com/2022/02/kelly-ruddick-bate-recorde-mundial-w45.html> . A short report from Victorian Masters Athletics that made it to Portugal!
- Monday, February 7, 2022 - Ana Cabecinha and Rui Coelho win national road races (20 km). Colombian Christian Rojas is first in the finish line . <http://omarchador.blogspot.com/2022/02/ana-cabecinha-e-rui-coelho-vencem.html> . An extensive report on the Portuguese 20km championships.
- Tuesday, February 1, 2022 - Record rain at the 35km Spanish Championships .
<http://omarchador.blogspot.com/2022/02/chuva-de-records-nos-campeonatos-de.html> Ah, the wonders of computer translation. If you're like me you expected news of a torrential deluge during the race. Turns out it was actually 'a rain of records'!

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.



Mark Wall

*** CALL FOR ELITE WOMEN WALKERS TO ASSIST WITH UK RESEARCH PROJECT**

I recently had a request from former VRWC member **Mark Wall** – now resident in England and still very active in the sport – to publicise a research project for a dissertation he is preparing as a Master of Science student at the University of Northampton.

Mark is seeking willing participants among elite female walkers (aged at least 18 years) to participate anonymously in his research.

Following is a detailed Information Sheet containing a range of pertinent questions. They concern the research purpose and focus, the target group, activities involved, benefits and risks of taking part, and security and confidentiality of data collected.

Those interested in participating will find Mark's contact email address in the Information sheet, together with that of his supervisor.

(Please note that 'H&T Online' is simply helping to publicise this project. Neither the VRWC nor the Editor have any involvement in it. Therefore, no responses should be directed to us, but to Mark or his supervisor only.)



Participant Information Sheet

Study title

'How do elite and sub-elite female racewalkers, juggle sport; study and/or work; family and personal life, when these commitments may clash? How do they assess their success in attaining their sporting goals?'

Why have I been invited?

You are being invited to take part in this research study on the impact of potentially conflicting factors in the life of a competitive athletes (with specific reference to female race walkers). Before you decide whether you wish to participate, it is important for you to understand why the study is being conducted and what it will involve. Please take some time to read the information provided in this sheet and discuss it with others if you wish. Please ask if there is anything that is not clear, or if you would like more information.

What is the purpose of the study?

The aims of this study are to contribute toward a better understanding of how these conflicts in life are managed and what coping strategies are employed to minimise potential elements of tension within the life of the athlete. This will not only aid athletes but contribute to assisting coaches to assist athletes in fulfilling their aspirations.

Why have I been chosen?

You have been asked to take part in the study because you are a female race walker, who fits in the elite or sub-elite categories. That is, those with international competitive experience and who may be on various levels of funding or indeed, little or none. That is who the study directly relates to. Your first-hand experience is invaluable in contributing to the study.

Do I have to take part?

Taking part is entirely voluntary. If you decide to take part, you will be asked to sign a consent form and you will receive a copy of this form. If you decide to take part and then change your mind, you are free to withdraw from the study. Should you decide not to participate after

signing the consent form, you are free not to submit the questionnaire or to limit your responses.

What will my participation involve?

Once you have agreed to take part in the study, the information will be gathered by use of an online questionnaire. You are asked to respond as frankly as possible. Understandably you may choose only to respond to some questions in brief terms. You will not be asked to identify yourself other than a three-letter code of your own choosing; the data will be anonymised. The research will be used to examine and document what common themes arise from participant data responses

You will be asked to respond in a variety of ways: 'Tick Boxes', Yes/No answers, short statements, graded statements and longer written responses. This may ask you to enlarge on a previous response.

What are the possible benefits of taking part?

The information obtained from this study will be used for identifying general and specific issues to better inform athletes, coaches, and the sport's administrators. It will identify strategies employed by successful athletes in better managing conflicting areas in their lives. Participants will have contributed to an educative process and enable younger athletes to be better informed as they embark on their 'competitive journey'.

What are the possible risks or disadvantages of taking part?

This is a slight risk that it may trigger an element of emotional distress in some respondents, given the possibility that it may ask them to confront elements of their past or current life which were the cause of anxiety or broader health issues. If this is the case, you are free either not to submit the questionnaire or not respond to questions which may cause you distress. Seek professional help if your distress continues to present issues. Should it involve safeguarding concerns, you are urged to report such matters to the appropriate authorities.

What if something goes wrong?

If you have any concerns about any aspect of the way you have been approached or treated during the course of this study, then please contact the chair of the University of Northampton, Faculty of Health and Society Research Ethics Committee, Dr Merryn Eckberg (Email: merryn.ekberg@northampton.ac.uk).

Will my information be kept confidential?

All the information collected for this study will be kept confidential. Only the researchers will have access to it. All data will be kept on a password-protected computer and will be destroyed five years following the completion of the study.

What will happen to the results of the study?

The results from this study will only be disseminated in appropriate academic forums such as journals and conference presentations. If you would like to receive a summary of the findings, then please indicate this on the consent form or contact the lead researcher.

Who has reviewed the study?

This study has been reviewed and approved by the University of Northampton, Faculty of Health and Society Research Ethics Committee.

Contact for further information

If you have any questions about this study or your possible involvement, then please contact me using the contact details below.

Mark Wall (MSc. Research Student) Email: Mark.wall21@my.northampton.ac.uk

Lee Waters (Dissertation Supervisor) Email: lee.waters@northampton.ac.uk

Thank you for considering taking part in this study.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat/Sun 12/13 Feb 2022 **LAVic Coles Region Track & Field Carnivals** – various locations
(<https://lavic.com.au/event/2022-region-track-and-field-carnivals/>)
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
Sat/Sun 12/13 Mar 2022 **LAVic State Track & Field c'ships U9-U16** – Lakeside Stadium
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 **29th 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 **23rd World Masters T&F Championships** – Tampere, FIN
Jul 15 – 24, 2022 **18th 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 **19th World Athletics U20 T&F Championships** – Cali, COLOMBIA
TBA, 2023 **24th World Masters T&F Championships** – Gothenburg, SWE
Aug 2023 (TBC) **19th World Athletics Championships** – Budapest, HUN

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