

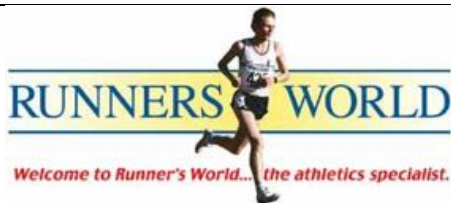


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The official organ of the Victorian Race Walking Club, Inc.

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** WALKER OF THE WEEK **

On a Victorian championship day on which State and national records fell, 13 new PBs were set, and four walkers broke the 20min barrier for 5000m, it was going to take something out of the box to win this week's WOTW ... something like a World record.

Enter **Kelly Ruddick**. Having already sundered Lyn Ventris's W45 World 5000m record four weeks ago (a performance that won her that week's WOTW), Kelly set out to reinforce the point and did so by an astonishing 27secs, for a new World mark of **22:47.17**.

Kelly has had few opportunities in recent times to race against elite competition, so on Saturday she made the most of her chances – as indeed she did in Adelaide to record a creditable 1:36.58 for 20km. Coming off that performance, she was perfectly set up for her second World record result in a month.

Congratulations, Kelly. We expect we'll see your candidacy for further WOTWs as the year progresses!



Honourable mentions:

- **Declan Tingay** – breaking any of the 'Birdman's' National records will put anyone in the mix.
- **Jemima Montag** – a new Vic record and edging closer to that 20min barrier.
- **Mark Blackwood** – a new National Masters record for M45.
- **Isaac Beacroft** (NSW) – aged 15, smashing his 3000m PB with **12:40.77**, his first time under 13mins, in the NSW championships.



CLUB NEWS and RESULTS

** PRAMESH WELCOMED AS OUR LATEST CENTURION ... FINALLY!

It took far longer than it should have, thanks to (what else?) COVID-19, but on Sunday 27 February, the Australian Centurions were able to formally welcome their newest member, **Pramesh Prasad**, into the fold as member C81.

At a celebratory luncheon – coinciding with the club's AGM – at the Glasshouse restaurant, Caulfield Racecourse, Pramesh was presented with his certificate of membership, having already received his Centurion badge last year.

As most will know, to qualify as a Centurion, a walker must complete 100 miles (160.934km) in less than 24 hours. Pramesh achieved this feat at the Harold Stevens Athletics Track in Coburg last April, with an excellent time of 20h 43m 42s.

Tim Erickson, event manager of both the Centurion qualifying walk and the Coburg 24-hour Run that accompanies it, provided this report on Pramesh's performance in *Centurion Footnotes – April 2021*:

“Pramesh had been keen on testing himself out over the longer walking distances for some years now and was always on my radar as a potential centurion candidate. In September 2018, he won the Victorian 50km racewalking championship in a time of 4:56:55. The following year, in April 2019, he entered the 6 Hour Walk at our Coburg 24 Hour Carnival, winning with an impressive 56.512km. 2020 came and went with no further races, given the covid-19 pandemic, but come this year, he was ready for the next step and entered the 24 Hour Walk at our 2021 Coburg 24 Hour Carnival.



“His walk in the 2021 Coburg Carnival 24 Hour walk was an impressive performance. He headed out fast, using the full racewalking technique, and powered through 52.693 km in the first 6 hours. Then he switched to an efficient strolling action that continued to eat up the miles. He passed the 100 km mark in 11:49:11 and reached the 100 mile mark in 20:43:42. From then he strolled a few laps to a total distance of 162.559km, his goal achieved. He had earned Centurion badge 81 for his efforts.”

A cheery, popular VRWC and Masters walker who has recently joined the VRWC Club committee, Pramesh’s story is truly fascinating. A native of Fiji, whom he has represented internationally in walking events, Pramesh was instrumental in seeing the first-ever participation of Fiji in the IAAF World Race walking Cup in 1995. (For a detailed account of his life and race walking journey, read Tim’s article at <http://www.vrwc.org.au/tim-archive/articles/wv-pramesh-prasad.pdf>).

Congratulations, ‘Mesh. The VRWC is – and the Centurions will be – all the richer for your being there!



Pramesh (C81), with president Terry O’Neill (C18) and Gordon Smith 2021 award winner Justin Scholz (C61)

****TINGAY, MONTAG SMASH NATIONAL RECORDS***

World Masters mark for Kelly Ruddick

As with last week, ideal conditions met the starters in this year's Open 5000m championships. With an elite field toeing the line (QLD's Katie Hayward being the only Tokyo Olympian not present) and departure for Muscat imminent for some, the prospects for this race's outcome had spectators licking their lips – justifiably, as it turned out.



It took less than a lap for the Men's race outcome to be settled. **Declan Tingay** (WA, left) shot straight into a lead that grew and grew, never to be challenged. Behind him, the fight was on for the Victorian title between **Kyle Swan, Rhydian Cowley** and **Will Thompson**, with **Quentin Rew** (NZL) in amongst them and looking for a fast one.

In the Women's section, **Jemima Montag** (right) quickly established her usual dominance. A keen battle for the minor placings between **Bec Henderson** and **Clara Smith** (QLD) was developing, while the evergreen **Kelly Ruddick** was on yet another Masters record hunt.

Declan crossed the line in first place for a new National and Victorian All-comers record of **18:24.50**, eclipsing Dane Bird-Smith's previous mark by 14.47secs – he'll be boarding the plane to Oman in the form of his life. Rhydian, regaining his old speed race by race, took the Vic title with **19:12.20**, just 3secs shy of his PB.



Jemima added a new State record of **20:17.35** to her National 20km time from Adelaide. We also saw a new World W45 record set by Kelly Ruddick with a ripping **22:47.17**, which of course is also a new State and National mark. Will and Kyle made the most of their final races before Muscat with good PBs, ahead of **Mark Blackwood** who joined Declan and Kelly as a National record setter with his **22:10.75** (M45).

(As I write, the Australian walkers have just touched down in Doha, en route to Muscat. We will be watching their fortunes eagerly this weekend, and we wish them every success.)

Men Open 5000m

1. Declan Tingay	WA inv.	18:24.50	NR PB
2. Rhydian Cowley	Glenhuntly AC	19:12.20	
3. Will Thompson	Mornington Pn	19:26.97	PB 0:17
4. Kyle Swan	Aths N'wading	19:47.50	PB 0:31
5. Mark Blackwood	Knox Aths	22:10.75	NR M45
6. Adam Garganis	Collingwood	24:28.16	
7. Eden Morgan	Knox Aths	26:11.25	
8. Danny Hawksworth	AthsEssendon	26:14.74	**
-- Quentin Rew	NZL inv.		DQ

**** Times subject to clarification**

Women Open 5000m

1. Jemima Montag	Melb Uni AC	20:17.35	VR PB 0:34
2. Clara Smith	QLD inv.	21:30.86	PB 1:49
3. Bec Henderson	Mentone AC	21:42.44	PB 0:23
4. Kelly Ruddick	Ballarat Harr.	22:47.17	WR W45
5. Char Hay	Knox Aths	24:52.14	
6. Jemma Peart	Ballarat YCW	25:36.22	
7. Kaitlyn Siviour	Western Aths	26:04.16	PB 0:39
8. Emily Smith	Knox Aths	26:20.21	**



Will, Rhydian, Kyle, Clara, Bec and Kelly



Mark, Jemma, Eden, Char and Emily

While it was a little disappointing to see only 9 starters across the three age groups in the Junior 3000m, five PB performances (including two by over a minute) was encouraging.

Standout of the day was **Damian Baldy** who smashed his best by 1:39 with **15:49.41**. **Madeleine McGregor**, who'd never walked under 18mins before, was another big improver with her **16:53.72**, showing the benefit of AVSL racing over the summer. **Riley Coughlan** was easily the fastest winner on the day in **13:26.22**, and we were pleased to see Tasmania's **Oliver Morgan** in action for his own big PB effort of **14:13.71**.



Start of the U14-16 3000m championship. Riley already leading.

Men U16 3000m

- | | | | |
|-------------------|-----------|----------|---------|
| 1. Riley Coughlan | Knox Aths | 13:26.22 | PB 0:14 |
| 2. Oliver Morgan | TAS inv. | 14:13.71 | PB 0:27 |

Men U14 3000m

- | | | | |
|--------------------|----------------|----------|---------|
| 1. Damian Baldy | Knox Athletics | 15:49.41 | PB 1:39 |
| -- Daniel Pashutin | Knox Athletics | | DQ |

Women U16 3000m

- | | | | |
|---------------------|------------|----------|-----------|
| 1. Ariana Pashutina | Knox Aths | 15:35.01 | |
| 2. Brooklyn Towler | Mentone AC | 17:10.94 | First one |

Women U15 3000m

- | | | | |
|-----------------------|----------|----------|---------|
| 1. Madeleine McGregor | Box Hill | 16:53.72 | PB 1:15 |
|-----------------------|----------|----------|---------|

Women U14 3000m

- | | | |
|------------------------|------------|----------|
| 1. Mietta Morgan | Knox Aths | 18:02.08 |
| 2. Charlotte Macdonell | Ballarat Y | 20:12.20 |



You can't do much better as a coach at a State championships than 6 gold medals and 4 PBs. Well done, Fran and squad!
 (Photos courtesy Therese Smith)

**** AVSL Playoffs – Saturday 5 March, Lakeside Stadium**

9:30am -	2000m Men & Women
4:45pm -	2000m Men & Women

AROUND THE COUNTRY

**** OLIVIA SANDERY: FIRST STOP OMAN**
by Lachlan Moorhouse (reprinted from athletics.com.au)

For **Olivia Sandery**, race walking is an art. Where some see an unglamorous athletic pursuit, she sees a war of attrition characterised by silent suffering and pin-point precision – a sport that demands patience, rhythm, and economy.

Conceding that her start the sport was defined by sore shins and minor success, the 19-year-old South Australian has blossomed into one of the Australia’s most exciting young prospects - selected for next weekend’s World Athletics Race Walking Team Championships to be held in Oman.

“I’m super excited, especially after everything that has been going on in the world over the past couple of years. It’s amazing to be able to travel overseas for my first international competition,” she said.

Set to compete in the Junior Women’s 10km event alongside Alanna Peart and Allanah Pitcher, Sandery is remaining grounded ahead of her international debut – despite her scintillating form being enough to suggest she is a major contender.

“It would be nice to be near the front but I’m just going to do my best and see where I land. I’ve never had this kind of race experience, so I’m just going to give it my all,” she said.

Coached by Bob Cruise since 2016 and crediting him as the reason she is still in the sport, the rising star has bolstered her corner with the recent addition of Australia’s most decorated male track and field athlete – Olympic champion Jared Tallent.

“Bob and Jared are different in ways, so it’s nice to have them both there to help me with different things. Bob has been in the sport for a long time and definitely knows his stuff” she said.

“Jared is so experienced. He’s been to all the major championships and has won medals, he just knows so much. Ahead of Oman it’s been great having him there to tell me what it’s going to be like.”



Clocking personal bests of 45:21.4 over 10,000m and 21:49.41 in the 5000m already in 2022, Sandery is on a rapid rise that has her touted as a top prospect globally for this year’s World Athletics Under 20 Championships in Colombia: “I was selected but missed out on world juniors last year because we couldn’t go due to COVID-19, so I’m hoping to make the team again and I think that will be a really good race for me and my progression.”

Beginning to take training seriously in 2020, Sandery made significant inroads to place herself on the map nationally – cementing herself as an integral member of the Australian race walking unit moving forwards.

“I’ve been on a few training camps and have learned so much from other Australian race walkers, being in that environment and training with the group really helps. I’m doing around 80-90km per week now and I’m sure that will get bumped up again when I transition to the 20km next year,” she said.



Olivia (centre) with her Muscat team-mates Alanna Peart and Allannah Pitcher, in Adelaide (Photos: Terry Swan)

With just over one week until she dons the green and gold alongside Olympians Rhydian Cowley, Declan Tingay and Kyle Swan - Australia’s latest sensation is relishing the opportunity to kick-start her career on the international scene.

“Most of my teammates are used to it. They’ve done a lot of trips and races overseas, but also just to have them around – we’re all really good friends,” she said.

Studying in nutrition and dietetics, Sandery says her degree ties in well with her athletic pursuits:

“It aligns quite well. The January camp we were on, we had three dieticians on board, so it’s good to talk to them and learn a bit more and to make those connections.”

The World Athletics Race Walking Team Championships will be held in Muscat, Oman on March 4-5.

A.C.T. ACT Walkers, 17 & 24 February – Woden Park Aths track, Woden

Thanks to Val Chesterton for the latest ACT Walkers results:

Thursday 17 February

2000m

1. Michael Smith	12:15
2. Bryan Brown	15:13
3. Dale Moore	17:42
4. Lorna England	17:44
5 Doug Fitzgerald	17:48

Thursday 24 February

5000m

1. Owen Toyne	23:00
2. Kodi Clarkson	23:09
3. Michael Smith	27:57

3000m

1. Jillian Ryan	18:30
2. Michelle Brayford	19:24
3. Sue Archer	20:26
4. Robert Kennelly	26:20

NEW SOUTH WALES NSW State Junior c’ships, 25/26 February – Sydney Olympic Park

Thanks to Frank Overton once again for his comprehensive report. There is certainly some young depth of talent bubbling north of the Murray, and we hope they all (or as many as possible) choose to stay in the sport as they get older.

The ANSW State Junior T&F Champs were held at SOP Homebush in wet, windy and very unpleasant racing conditions.

Friday Night at 8.12pm saw the U/20, U/18, U/17 5000m Walk for Men & Women in a combined event, with a good overall field of 25 walkers.

The race started with rain continuing throughout the event. The pace was fast with **Riley Whatman** taking the field through for the first km in sub 4m20s pace. As the laps progressed the leading girls closed the gap and then it was a race with **Milly Boughton, Emma Blanch, Elizabeth McMillan, Hannah Bolton** and **Allanah Pitcher** with **Sam McCure**, visiting from Queensland, in hot pursuit. Around the 3km mark Elizabeth set out and established a good lead. Sam picked up his pace catching Elizabeth and set sail for the finish.

The race was on to fill the minor placings across the line in the girls race, with Allanah walking a fast last km to finish within 10 seconds of Elizabeth with Emma 3rd, Hannah 4th, and Milly 5th girl across the line.

The Boys race saw **Sam McCure (QLD)** a clear winner with a close finish between **Riley Whatman, Darcy Bell, Raven Pyda** and **Grady Platt**.

Women 5000 Metre Race Walk U20

1 Mcmillan, Elizabeth	18 Sydney Pacif	23:45.43
2 Pitcher, Allanah	19 Mingara Athl	23:54.13
3 Blanch, Emma	19 St. George D	24:13.55
4 Bolton, Hannah	19 Mingara Athl	24:22.68
5 Smith, Casey	18 Koorringal -W	31:42.56

Women 5000 Metre Race Walk U18

1 Laytham, Tara	17 Randwick Bot	26:53.88
2 Thomas, Emma	17 Parramatta C	28:57.82
3 Farrell, Isabella	17 Westfields	29:12.76
4 Hickson, Alannah	17 Asics Wests	31:05.53
5 Nilon, Isabelle	17 Parramatta C	34:51.22

Women 5000 Metre Race Walk U17

1 Boughton, Milly	16 Randwick Bot	24:32.84
2 Roberts, Darcey	14 Australian C	26:17.15
3 Roberts, Chelsea	16 Asics Wests	27:03.82
4 Munroe, Ella	16 Hills Distri	28:09.02
5 Lamb, Chloe	15 Randwick Bot	28:10.69
6 Byatt, Laelia	16 Girraween	29:38.50
7 Krklinski, Chloe	16 Parramatta C	31:10.27
8 Norden, Lilah	15 Kembla Joggers Inc.	31:21.72

Men 5000 Metre Race Walk U20

1 Whatman, Riley	19 Bankstown Sp	24:37.00
2 Pyda, Raven	18 Westfields	24:59.97

Men 5000 Metre Race Walk U18

1 Pospischil, Brendan	17 Winston Hill	30:30.40
-- Robson, Jack	17 Hills Distri	DQ WA TR 54.7.1

Men 5000 Metre Race Walk U17

1 McCure, Sam	15 Queensland	23:40.05
2 Bell, Darcy	16 Asics Wests	24:37.90
3 Platt, Grady	16 Adamstown Ne	25:03.98

The morning of Saturday 26th February saw the combined Boys U/14, U/15, U/16 3,000m Race Walk, followed by the combined Girls U/14, U/15, U/16, 3,000m Race Walk. As was the case on Friday night the weather did not clear for the early start and races were again held in wet and very poor conditions for walking. Credit goes to these youngsters as good times were recorded across the age groups.

The Womens 3,000m race saw a clear outright winner with Sienna Pitcher recording a good time of 14m25.77s. There was a good race between Grace Beck, Maisie Mitchell and Ciara Cassilles to fill the next walkers across the line. Several walkers recorded PB performances, which shows the improvement of these young walkers coming through.

Women 3000 Metre Race Walk U16

1 Pitcher, Sienna	15 Mingara Athl	14:25.77
2 Cassilles, Ciara	15 Westfields	15:32.04
3 Newberry, Brooke	15 Armidale Ath	16:08.17
4 Sivaraj, Summer	15 Asics Wests	16:13.27
5 Bektas, Jessey	15 Nepean Distr	17:09.67
6 Bektas, Abbey	15 Nepean Distr	17:55.01

Women 3000 Metre Race Walk U15

1 Beck, Grace	14 Asics Wests	15:01.86
2 Armstrong Reading, Evie	14 Randwick Bot	18:06.82
3 Corvalan Sotomayor, Laur	14 Girraween	19:36.93
-- Platt, Madeline	14 Adamstown Ne	DQ WA TR 54.7.1

Women 3000 Metre Race Walk U14

1 Mitchell, Maisie	13 Asics Wests	15:28.60
2 Hearnden, Emma	13 Macquarie Hu	16:11.61

3 Pinches, Stella	13 Adamstown Ne	16:38.16
4 Flahey, Natasha	13 Grafton Athl	17:02.21
5 Hoskins, Emma	12 Hills Distri	17:17.46
6 Horne, Lily	12 Asics Wests	17:20.21
7 Ashby, Caetlin	13 Gosford Litt	17:33.73
8 Loring, Jessica	13 Parramatta C	17:36.73
9 Webb, Matilda	13 Winston Hill	17:37.60
10 Cochran, Imogen	13 Asics Wests	17:56.75
11 Maxwell, Madeleine	13 Macquarie Hu	18:27.04

The Boy's combined ages 3,000m walk saw another good race between Isaac Beacroft, Owen Toyne (ACT), Kodi Clarkson (ACT).

These guys continue to compete recording fast times which shows good depth coming through for the future of racewalking in NSW and Australia.

Men 3000 Metre Race Walk U16

1 Beacroft, Isaac	15 Hills Distri	12:40.77
2 Toyne, Owen	14 Australian C	12:48.10
3 Ashby, Myles	15 Gosford Litt	15:29.77
4 Byatt, Joel	15 Girraween	15:48.88
5 Spamer, Brodie	15 Edgeworth an	16:03.56
6 Cousins, Callum	15 Edgeworth an	16:30.39
7 Pospischil, Aidan	15 Winston Hill	18:18.33
8 Charlton, Peter	15 Eastlakes At	22:49.06

Men 3000 Metre Race Walk U15

1 Clarkson, Kodi	14 Australian C	13:10.18
2 Sinnett, Alexander	14 Asics Wests	15:44.95
3 Allabush, Dylan	14 Asics Wests	15:45.27
4 Robson, Kane	14 Hills Distri	18:20.73

Men 3000 Metre Race Walk U14

1 Braendle, Alexander	12 Asics Wests	17:05.64
-- Horton, Jaxson	13 Westfields	DQ WA TR 54.7.1

SOUTH AUSTRALIA SA Interclub, 26 February – SAAS, Adelaide

Thanks to Kim Mottrom for these results:

Open 5000m	Club		
Samantha Findlay	Southern AC	25:47.63	
Peter Crump	Saints AC	31:18.68	
Marie Maxted	SA Masters	34:20.63	
Nellie Langford	Southern AC	DNF	
Open 1500m	Club		
Sebastian Richards	Southern AC	07:11.03	
Cooper Rech	Coastal Districts	07:16.57	PB
Mel Grantham	SA Masters	08:13.41	PB
Alex McEwan	Tea Tree Gully	10:56.83	

SOUTH AUSTRALIA SAMA Masters results, 27 February – SAAS, Adelaide

Thanks to Graham Harrison for the latest SA Masters results.

This week was a handicap event meeting at the SA Athletics Stadium. Weather was fine and warm. Names shown in order of finishing.

1500M WALK		Result	Age Gp	AgeGrade%
STEVE	WASILEWSKI	0:10:18	M65	64.81
GIL	MCINTOSH	0:10:03	M70	68.62
KIM	MOTTROM	0:06:14	M35	83.42
PETER	CRUMP	0:08:47	M60	71.16
DAVID	ROBERTSON	0:13:20	M85	64.53
JACK	RUSSELL	0:08:58	M65	75.24
MIKE	VOWLES	0:11:08	M75	67.46
GRAHAM	HARRISON	0:10:41	M75	70.3
LIZ	NEUBAUER	0:12:05	W70	66.49
GEORGE	WHITE	0:09:27	M75	77.5

MARIE	MAXTED	0:09:43	W60	75.13
LIZ	DOWNNS	0:11:19	W65	67.58
ROGER	LOWE	0:13:27	M75	55.84
KEVIN	FINN	0:10:39	M70	64.0

4K WALK		Result	Age Gp	AgeGrade%
JACK	RUSSELL	0:25:53	M65	72.9
PETER	CRUMP	0:24:33	M60	70.87
BRIAN	WITTY	0:29:01	M70	66.49
GIL	MCINTOSH	0:27:58	M70	68.98
GRAHAM	HARRISON	0:32:55	M75	63.81
STEPHEN	DOWNNS	0:31:51	M65	57.39

2K WALK		Result	Age Gp	AgeGrade%
KEVIN	FINN	0:13:04	M70	70.32
DAVID	ROBERTSON	0:18:15	M85	63.62
EDNA	BATES	0:18:30	W65	57.23
KIM	MOTTROM	0:08:42	M35	80.46
MARIE	MAXTED	0:13:32	W60	72.27
MARGARET	MCINTOSH	0:16:51	W65	62.83
JOHN	HORE	0:15:45	M70	60.4
GEORGE	WHITE	0:13:40	M75	72.18

TASMANIA Aths. South interclub & Tas Masters, 23 & 26 February – Domain Ath. Centre, Hobart

Results courtesy David Moore:

**** Athletics South Interclub – 26 February**

Result 3000m Walk

1. Macy Devine ES 18:30.46

**** Tas Masters T&F – 23 February**

Results 3000m Walk

1. Wayne Fletcher NS 27:36

WESTERN AUSTRALIA AW Interclub Walks results, 25 February – WAAS, Perth

Results courtesy Terry Jones:

Men 3000 Meters

John Ronan Kingsway Athletic 13:30.02

Women 3000 Meters

Kaytee Bogaers Mandurah Rockingham 17:29.99

Katica Borsic Athletics West 18:21.11

Leila Bevis West Track Club 18:31.33



INTERNATIONAL NEWS


A special notice

In view of the current situation in Ukraine, 'Heel & Toe Online' will not publish race results, photographs or links concerning events in Russia or Belarus, until further notice.

This decision is that of the editor alone, and does not necessarily reflect the views of other members of the Victorian Race Walking Club.

Stu Cooper, editor

WA WORLD WALKING CHAMPIONSHIPS, MUSCAT – RACE SCHEDULE

	<u>Event</u>	<u>Muscat time</u>	<u>Melbourne time</u>
	Friday 4 March		
	10km U20 Women	08.00	15.00
	10km U20 Men	09.10	16.10
	20km Women	16.00	23.00
	10km Master Men & Women relay	19.00	02.00 (Sa)
	Saturday 5 March		
	35km Men & Women	07.00	14.00
	20km Men	16.00	23.00

At this stage I don't know of any live feed or streaming of these events. If anybody does, please post the details on the *Victorian Race Walking Club* Facebook and Instagram pages, or email me and I'll post them.

FRANCE: French Indoor championships, 27 February – Miramas

Thanks to Emmanuel Tardi for this report on the French Senior championships:

I was appointed as judge this Sunday in Miramas, 700km to the south of Paris, for our national indoor championship. Races were scheduled at 1pm and 1:30pm.

Some of our best walkers were not on the ground because there is the Team world championship in Oman next week.

In women's 3000m, **Emilie Menuet** started the faster with **Camille Moutard**. But she had problems in her thigh. She stopped 3 times trying to recover and finished 3rd. Victory went to Moutard.

In Men 5000m, **David Kuster** was the leader for 3k but he was disqualified. Later, there was a big battle with two guys and a very big sprint. Unfortunately, officials rang the bell too early, and the first three walkers walked only 4.8km.

Women

1	MOUTARD Camille	ESF/01	Athle 21	12'43''45
2	MANARESI Marion	ESF/00	Ac Romorantin	13'04''97
3	MENUET Emilie	SEF/91	Aj Blois-onzain	13'22''94
4	ROTTIER Marine	ESF/00	La Postillonne Longjumeau	13'49''43
5	MOLIST Lucille	ESF/01	Cs Bourgoin Jallieu	13'53''59
6	PERRICHON Julia	ESF/01	Grenoble Uc	14'05''55
7	LAURENS Emilie	JUF/03	Cs Bourgoin Jallieu	14'07''23
8	DENISSELLE Vanessa	MAF/84	Val-de-reuil Ac	14'08''45
9	SAINT-MARTIN Juliette	CAF/05	As Aix les Bains	14'10''88
10	MASSON Liv	JUF/03	Bordeaux Athle	14'12''12
-	PICARD Axelle	SEF/99	St Max Essey Club Athlé	DQ
-	TERREC Maelle	ESF/01	St Max Essey Club Athlé	DQ

Men

1	MADÉLINE-DEGY Martin	ESM/01	Ecla Albi	<i>(19'31''06)</i>
2	DREVILLE Lucas	ESM/02	Beauvais Oise Union Club	<i>(19'32''17)</i>
3	ROBICHON Alexis	ESM/00	Ac Roche-sur-yon	<i>(19'42''37)</i>
4	RODRIGUEZ Remi	SEM/89	Clermont Athletisme Auvergne	20'37''50
5	BAZZO BORTOT Symon	SEM/96	As Raismes	21'10''08
6	PETER Florian	ESM/02	As Aix-les-bains	21'15''10
7	VALLEE Kyrian	SEM/94	Blagnac Sc	21'39''51
8	HUE Aymeric	ESM/01	Ec Orleans Cercle Jules Ferry	21'44''39
9	MARTIN Come	SEM/95	Annecy Haute Savoie	21'55''71
10	DELAUNAY Sebastien	MAM/74	Cap Saumur	22'25''63
11	MASSE Florian	SEM/95	Us Tourcoing	23'37''57
-	KUSTER David	SEM/99	Efs Reims	DQ



Camille Moutard, Women's champion



Winner Martin Madeline-Degy (left), trails Lucas Dreville (2nd)

UNITED KINGDOM: British Athletics Indoor championships, 27 February – Birmingham

Thanks to Mark Wall for this report from the 2022 Commonwealth Games host city:

There were two separate races on the day, and absentees in both races. It was good to see relatively young fields (ages in brackets) Of those contesting the events, only Bethan will be competing next week in Oman.

In the women's race there was a real scramble for the minor medals in the final straight (remember indoor tracks are only 200m) with at least two competitors risking the prospect of the chief judge acting unilaterally as per the 'final 100m rule'. (All World Athletics rules are in force in UK National titles ... no penalty zone indoors, however).

Erika competed on the Gold Coast in 2018 for the Isle of Man. Tom is the son of Steve and Cal Partington, both of whom competed in the Commonwealth Games for the IOM. Steve did this on multiple occasions, as recently as Melbourne in 2006.

Chris is on extended leave from the Met Police, now studying and training in Leeds. He is the son of Scottish Commonwealth Games representative Verity (nee Larby).

3000m Walk – Women Final

1. Bethan Davies	Cardiff	13:24.07
2. Hannah Hopper	Cambridge	14:24.14 PB
3. Erika Kelly	Northern	14:24.64 SB
4. Abigail Jennings	AFD AC	14:24.72 PB
5. Natalie Myers	2 DASH	15:39.37 SB
6. Mia Dunwell	Northern	15:54.68
7. Millie Morris	Ashford	16:01.46 PB
8. Abigail Smith	Blackheath	16:13.72
9. Jacqueline Benson	Ashford	16:42.40 PB
-- Gracie Griffiths	Pembroke	DQ
-- Abby Hughes	Taunton	DQ

3000m Walk – Men Final

1. Christopher Snook	AFD AC	12:27.27 PB
2. Tom Partington	Manx	12:41.43 PB
3. Luc Legon	Bexley	13:15.66 SB
-- Christian Hopper	Cambridge	DQ

Winners' splits:

	<u>Bethan Davies</u>		<u>Christopher Snook</u>
1000	4:22.11		4:11.78
2000	(4:29.09)	8:51.20	(4:06.89) 8:18.67
Finish	(4:32.87)	13:24.07	(4:08.60) 12:27.27

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.

It was a weekend of Indoor championships right across Europe. These links contain full results and some good photos.

- 27/02/2022 - Klaipeda (LTU): Brigita Virbalyte and Marius Ziukas win Lithuania's National Indoor Championships. (This contains some comments from Virbalyte, who along with Ziukas, trained and raced in

Melbourne with Brent Vallance's Supernova squad in 2020.)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4313

- 28/02/2022 - Birmingham (GBR): Bethan Davies and Christopher Snook wins at the UK Athletics National Indoor Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4315
- 27/02/2022 - Dublin (IRL): Wins of Kate Veale and David Kenny in the National Indoor Championships of Ireland. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4314
- 27/02/2022 - Pombal (POR): Ana Cabecinha and Rui Coelho wins at the Portugal Indoor Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4311
- 27/02/2022 - Nyiregyhaza (HUN): Victories of Barbara Olah and Maté Helebrandt at the Hungarian Indoor National Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4312
- 26/02/2022 - Ancona (ITA): Victories of Teodorico Caporaso and Simona Bertini at the Italian Indoor Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4309
- 26/02/2022 - Melbourne (AUS): excellent results by Jemima Montag and Declan Tingay. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4310
- 24/02/2022 - Giorgio Rubino hangs up his shoes. (An interesting article on the career of the Italian ace following news of his retirement.) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4308

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 27, 2022 - EMACI (European Masters Athletics Championships) Braga 2022: Men's 5 km M35+ (results) <http://omarchador.blogspot.com/2022/02/emaci-braga-2022-5-km-masculinos-m35.html>
- Sunday, February 27, 2022 - EMACI Braga 2022: Women's 5 km W35+ (results) <http://omarchador.blogspot.com/2022/02/emaci-braga-2022-5-km-femininos-w35.html>
- Friday, February 25, 2022 - Olivia Sandery (U-20) in evidence at the South Australian Track Championships. <http://omarchador.blogspot.com/2022/02/olivia-sandery-sub-20-em-evidencia-nos.html> (Great that Olivia has attracted the notice of our Portuguese friends.)
- Friday, February 25, 2022 - The March Judges at the European Veterans Championship – Braga 2022 <http://omarchador.blogspot.com/2022/02/os-juizes-de-marcha-no-campeonato.html> (The unsung heroes - or villains, depending on your viewpoint – of any walks meet are the judges. This article contains some short, entertaining bios of those involved in the European Masters Athletics Championships.)
- Thursday, February 24, 2022 - Joni Hava and Anniina Kivimäki, Finnish indoor champions (2022). <http://omarchador.blogspot.com/2022/02/joni-hava-e-anniina-kivimaki-campeoes.html>
- Wednesday, February 23, 2022 - EMACI Braga 2022: Men's 3,000 m M35 to M55 (results). <http://omarchador.blogspot.com/2022/02/emaci-braga-2022-3000-m-masculinos-m35.html>
- Tuesday, February 22, 2022 - EMACI Braga 2022: W70 world record by Maria Orlete Mendes in the women's 3,000 m march (results W35 to W80). <http://omarchador.blogspot.com/2022/02/emaci-braga-2022-recorde-mundial-w70-de.html>

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



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 5 Mar	AVSL Playoffs – 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	29 th World Athletics Race Walking Teams Championship – Muscat, Oman (postponed from 2020)
Jun 26 – July 7, 2022	World University Summer Games – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022	23 rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18 th World Athletics Championships – Eugene OR, USA
Jul 22 – Aug 7, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2022	19 th World Athletics U20 T&F Championships – Cali, COLOMBIA
TBA, 2023	24 th World Masters T&F Championships – Gothenburg, SWE
Aug 2023 (TBC)	19 th World Athletics Championships – Budapest, HUN

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