

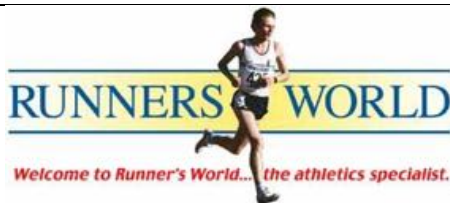


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The official organ of the Victorian Race Walking Club, Inc.

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** WALKER OF THE WEEK **



With Canberra the focal point of race walking action last Sunday, it's no surprise that it should also be the source of this week's WOTW.

This time, two hometown walkers shared the honour. 15yo **Owen Toyne**, fresh from a Meet record of 21:36.51 for 5000m at the Oceania Championships in Mackay, made the proverbial quantum leap over 10km at Stromlo last Sunday to win the U20 10km in 46:10 ... an improvement of 13:49! What a career awaits this young gun if he remains fit and motivated in the years to come.

Tim Fraser claimed his share on the back of a 9:29 PB performance in winning the marquee 30km race in **2:22:20**. He would back up later in the day for a silver medal effort in the Open 5km with a very creditable **21:50**, on what must have still been pretty lactic legs.

Tim is certainly putting it all together this season and his improvement in recent months augurs well for his future prospects in the coming years.

Congratulations, Owen and Tim. The future beckons!



*Honourable mentions:

- **Kim Mottrom** (SA) – 3rd in the Open 30km in the face of a brutal wind, nursing a savage blister, then backing up for the Open 5km later.
- **Ela Uzun** (VIC) – two commanding wins over 2km in almost identical times – **9:45** (U12) and **9:44** (U14)
- **Hannah Mison** (NSW) – a dominant performance in the Womens 15km (**1:18:18**), followed by a solid backup behind Alanna Peart for 2nd in the Open 5km.
- **Riley Coughlan** (VIC) – another who bettered the Oceania 5000m meet record in Mackay, before flitting to Canberra for a 1st (U16 3000m) and 3rd (U18 5000m), then helping the Vic men secure the Teams win in the Open 5km.

(Photos: ACT Walkers)



CLUB NEWS and RESULTS

** THE VRWC RETURNS TO THE 'LBG' WITH A VENGEANCE

Free at last to gather at Stromlo Forest Park for the first time since 2019, the VRWC squad came determined to do well at the 55th Lake Burley Griffin carnival in Canberra last Sunday. Leading the Victorian charge were **Alanna Peart**, **Ela Uzun**, **Corey Dickson** and **Riley Coughlan**, all of whom had at least one emphatic victory. Other wins, podium finishes, handicap and Teams successes are featured in the table below.

It seemed, however, that the scourge of COVID-19 was not yet done with our Club, with **Maddison Nash** desperately unlucky to succumb just before the carnival. Very disappointing for Maddie whose absence hit us in the Teams competitions, and we wish her a swift recovery with the rest of the season in view.

Numerous Victorians made the most of the occasion by racing in multiple events, increasing our medal and team tally and boosting our chances in the Brennan Shield competition. Points for the LBG leg of the Shield will be announced in due course, and will be added to those from the RWA Postal challenge and the RWA Championships in Melbourne in September.

Well done to all members who made the journey to compete and support the big 'V', whatever your placings. A special thanks to those who volunteered for the wide range of roles and tasks necessary to successfully hold such an event. We hope you all enjoyed the trip, returned home safely and are rarin' to go for the "Guess Your Time" races this weekend!



Worth their weight in bling ... the mighty Vics!

(Photo: Fran Attard)

GOLD	Indiv.	Ralph Bennett	ACT 8km Fitness (Men)	56:30		
		Jemma Peart	ACT Over 19 10km	57:36		
		Alanna Peart	U20 Women 10km	49:16		
		Ela Uzun	U12 Girls 2km	9:45		
		Ela Uzun	U14 Girls 2km	9:44		
		Riley Coughlan	U16 Boys 3km	13:40		
		Marcus Wakim	U18 Boys 5km	22:56		
		Corey Dickson	Open Men 5km	21:18		
		Alanna Peart	Open Women 5km	23:10		
		Kylie Irshad	Masters Women 5km	29:07		
		H'cap	Erika Woodward	Open Women 15km	1:38:00	
			Emily Smith	U20 Women 10km	58:54	
		Team	Open Women 15km: Madeleine Feain, Sarah Brennan, Erika Woodward			
			Open Men 15km: Kevin Cassidy, Scott Nelson, Andrew Jamieson			
U20 Men 10km: Marcus Wakim, Eden Morgan, Corey Dickson						
U20 Women 10km: Alanna Peart, Char Hay, Emily Smith						
U18 Boys 5km: Marcus Wakim, Riley Coughlan, Scott Peart						
Open Men 5km: Corey Dickson, Riley Coughlan, Eden Morgan						

SILVER	Indiv.	Marcus Wakim	U20 Men 10km	46:19
		Gerard Feain	ACT Over 19 10km	1:06:40
		Julia Baldy	U10 Girls 1km	5:35
		Beau McKinnon	U12 Boys 2km	11:38
		Damian Baldy	U14 Boys 2km	10:30
		H'cap	Scott Nelson	Open Men 15km
Char Hay	U20 Women 10km		58:49	
Haris Ali	U10 Boys 1km		6:35	
Jackson Hartley	U12 Boys 2km		12:57	
Team	U10 Boys 1km: Jackson Hartley, Haris Ali, Aydin Uzun			
	U12 Girls 2km: Ela Uzun, Havana Ali, Julia Baldy			
	U14 Boys 2km: Damian Baldy, Daniel Pashutin, Beau McKinnon			
	U14 Girls 2km: Ela Uzun, Mietta Morgan, Havana Ali			
	Open Women 5km: Alanna Peart, Jemma Peart, Ariana Pashutina			

BRONZE Indiv.	Jackson Hartley	U10 Boys 1km	5:39
	Daniel Pashutin	U14 Boys 2km	10:30
	Riley Coughlan	U18 Boys 5km	23:17
	Erika Woodward	Masters Women 5km	30:43
H'cap	Madeleine Feain	Open Women 15km	1:29:23
	Kevin Cassidy	Open Men 15km	1:27:17
	Eden Morgan	U20 Men 10km	54:18
	Aydin Uzun	U10 Boys 1km	8:49
	Anouk Morgan	U10 Girls 1km	7:42
	Beau McKinnon	U14 Boys 2km	12:17
	Scott Peart	U16 Boys 3km	14:34
	Riley Coughlan	Open Men 5km	24:45
Team	Open Women 5km: Char Hay, Kylie Irshad, Erika Woodward		

***AND NOW ...** first notice of our annual fundraiser. *(Please note the change of date – from 16th to 9th July – subject to Social room availability!):*

Victorian Race Walking Club



Saturday *9 July - after the '2km Intervals race'
4.00pm (heads down by 4.30pm) to 6.30pm

at the Middle Park Bowling Club

(*NOTE: Date brought forward from advertised date in fixture)

\$15 per head, \$30 per family. BYO snacks and nibbles.
 Drinks available at the Bowling Club bar. Tea and coffee provided.

**** Maximum numbers: 40** (owing to COVID restrictions, unless otherwise advised)


Make up tables of 6-8 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness * Socialising

**** Come and support our Club and our sport in this annual fundraiser.**
Friends and quiz tragics welcome!

**** Pre-booking deadline is Wednesday 6 July.** We need final numbers by this day.
 Tickets can be pre-booked:

- at the check-in table on race days from Saturday 18th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank - BSB: 063-143 Acc: 008 00455 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

Have some fun wracking your brain... in good company!



***** Racing this weekend***

This week (June 18) sees the first of our Prizes days for the season – the popular ‘*Guess Your Time*’ races. No watches permitted or time clock used. Nominate your expected time pre-race and try to hit it. If you finish closer to it than others do to theirs ... you win!

VRWC ‘Guess Your Time’ races – Saturday 18 June, Middle Park
Prizes for winners

2:15pm 8km Open
6km Open
4km Open

2:30pm 2km Open
1km Open

Enter by no later than 11.59pm,
Wednesday 15 June
<http://vrwc.org.au/wp1/>



**** AV 15km & Schools Championships**

Sunday 26 June, Middle Park
9.00 – 9.45am

Pre-entries must be finalized through the Athletics Victoria entry portal at:

<https://members.athsvic.org.au/events/139950/>

Entries close Thurs 23 June at 11.59pm



AROUND THE COUNTRY

A.C.T. 55th Lake Burley Griffin Carnival, Sunday 12 June – Stromlo Forest Park, Canberra



Edition 55 of this classic Queen’s Birthday weekend carnival was held in generally fine weather, beset by icy winds that struck in the early morning, dropped around midday then whipped up again towards the close. While chilling bodies, fingers and feet, it did not wipe away the smiles of all who were simply glad to be back once again, meeting old friends and acquaintances and racing for their states, after two COVID-ravaged years. In particular, those BBQ sausages and egg & bacon rolls were what an oasis would be in the desert.

The carnival started on a bittersweet note, with a minute’s silence before competition began in memory of the late **Robin Whyte**. Robin’s dedication and drive in building the LBG walking festival into the celebration it had become – as well as his participation in every one of its marquee 20 miles / 30km races up until his health began to fail in 2020 – were surely inspirational to members of the ACT Race Walking Club and others who worked so hard to ensure that this, the first full LBG event without Robin, would be as successful and satisfying as its predecessors had been under his stewardship. Well done, ACTRWC, and everyone who pitched in to assist!

The tough conditions made it difficult for many to record fast times, let alone PB’s, but the racing was hard-fought with many outstanding results. As usual, numerous walkers doubled up – tripled in some cases. Especially notable were **Tim Fraser, Dylan Richardson, Kim Mottrom** and **Peter Crump** who, all having finished the ‘big one’ that morning, fronted again at day’s end to race the Open 5km against much fresher legs and acquitted themselves well. **Corey Dickson** had three bites of the cherry, racing half the 30km before stopping to rest up for the U20 10km (hard work, that!), then blitzing the Open 5km to round out a solid day’s work.

Event 1	*Mens 30 Km Open	Placing	Name	Club	Time
		1	Tim Fraser	ACTRWC	2:22:20
		2	Dylan Richardson	NSWRWC	2:27:38
		3	Kim Mottrom	SARWC	2:43:20
		4	Peter Crump	SARWC	3:21:06
	*Mens 30Km Masters	Placing	Name	Club	Time
		1	Kim Mottrom	SARWC	2:43:20
		2	Peter Crump	SARWC	3:21:06
	Outright Teams	Placing	Name	Club	Points
		1	Kim Mottrom	SARWC	
			Peter Crump	SARWC	3:21:06
	Mens Masters Teams	Placing	Name	Club	Points
		1	Kim Mottrom	SARWC	4
			Peter Crump		
	Handicap Mens	Placing	Name	Club	
		1	Peter Crump	SARWC	

Event 3	*ACT 30 km C'ship	Placing	Name	Club	Time	
		1	Tim Fraser	ACTRWC	2:22:20	
		2	Peter Crump	SARWC	3:21:06	
	*ACT 30 km Res C'ship	Placing	Name	Club	Time	
		1	Tim Fraser	ACTRWC	2:22:20	
Event 4	*Open Womens 15 km	Placing	Name	Club	Time	
		1	Hannah Mison	NSWRWC	1:18:18	
		2	Bridget Bell	NSWRWC	1:24:12	
		3	Samantha Findlay	SARWC	1:24:54	
		4	Madeleine Feain	VRWC	1:29:23	
		5	Sarah Brennan	VRWC	1:29:42	
		6	Erika Woodward	VRWC	1:38:00	
		7	Joy Dale	QRWC	2:04:27	
		Handicap	Placing	Name	Club	
			1	Erika Woodward	VRWC	
			2	Joy Dale	QRWC	
		3	Madeleine Feain	VRWC		
	Teams	Placing	Name	Club	Points	
		1	Madeleine Feain Sarah Brennan Erika Woodward	VRWC	7	
Event 5	*Open Mens 15 km	Placing	Name	Club	Time	
		1	Jack McGinnisken	NSWRWC	1:15:13	
		2	Mathew Bruniges	SARWC	1:22:28	
		3	Alix Harlington	SARWC	1:26:06	
		4	Kevin Cassidy	VRWC	1:27:17	
		5	Argenis Guevara	QRWC	1:33:58	
		6	Scott Nelson	VRWC	1:34:28	
		7	Andrew Jamieson	VRWC	1:34:54	
		Handicap	Placing	Name	Club	
			1	Argenis Guevara	QRWC	
			2	Scott Nelson	VRWC	
		3	Kevin Cassidy	VRWC		
	Teams	Placing	Name	Club	Points	
		1	Kevin Cassidy Scott Nelson Andrew Jamieson	VRWC	7	
Event 6	*ACT 15 Km Fitness (W)	Placing	Name	Club	Time	
		1	Sue Archer	ACTRWC	2:35:26	
	*ACT 15 Fitness (M)	Placing	Name	Club	Time	
		1	Doug Fitzgerald	ACTRWC	2:25:36	
Event 7	*ACT 8 Km Fitness (W)	Placing	Name	Club	Time	
		1	Nicole Nilon	NSWRWC	1:00:32	
		2	Di Camilleri	SARWC	1:01:18	
		3	Helen Toune	ACTRWC	1:10:04	
		4	Dawn Bennett	VRWC	1:16:39	
	*ACT 8 Km Fitness (M)	Placing	Name	Club	Time	
		1	Ralph Bennett	VRWC	0:56:30	
		2	John Nilon	NSWRWC	1:00:50	
3		Geoff Barker	ACTRWC	1:13:39		
	4	Robert Kennelly	ACTRWC	1:16:38		
Event 8	*Mens Under 20 10 km	Placing	Name	Club	Time	
		1	Owen Toyne	ACTRWC	0:46:10	
		2	Marcus Wakim	VRWC	0:46:19	
		3	Kodi Clarkson	ACTRWC	0:47:53	
		4	Eden Morgan	VRWC	0:54:18	
		5	Corey Dickson	VRWC	0:54:21	
		6	Jack Robson	NSWRWC	0:56:35	
		7	Brendan Pospischil	NSWRWC	0:58:40	
		Handicap	Placing	Name	Club	
			1	Brendan Pospischil	NSWRWC	
		2	Jack Robson	NSWRWC		
		3	Eden Morgan	VRWC		
	Teams	Placing	Name	Club	Points	

		1	Marcus Wakim Eden Morgan Corey Dickson	VRWC	7
Event 9	*ACT Over 19 10 Km	Placing	Name	Club	Time
		1	Jemma Peart	VRWC	0:57:36
		2	Gerard Feain	VRWC	1:06:40
Event 10	*Womens Under 20 10 Km	Placing	Name	Club	Time
		1	Alanna Peart	VRWC	49:16
		2	Elizabeth McMillen	NSWRWC	52:03
		3	Hannah Bolton	NSWRWC	53:24
		4	Char Hay	VRWC	58:49
		5	Emily Smith	VRWC	58:54
		Handicap	Placing	Name	Club
			1	Emily Smith	VRWC
			2	Char Hay	VRWC
		Teams	Placing	Name	Club
			1	Alanna Peart Char Hay Emily Smith	VRWC 7
Event 11	*Under 10 Boys 1 Km	Placing	Name	Club	Time
		1	Nate Appleyard	NSWRWC	5:30
		2	Joshua Waddington	NSWRWC	5:32
		3	Jackson Hartley	VRWC	5:39
		4	Levi Martin	NSWRWC	6:00
		5	Haris Ali	VRWC	6:35
		6	Aydin Uzun	VRWC	8:49
		Handicap	Placing	Name	Club
			1	Levi Martin	NSWRWC
			2	Haris Ali	VRWC
			3	Aydin Uzun	VRWC
		Teams	Placing	Name	Club
			1	Nate Appleyard Joshua Waddington Levi Martin	NSWRWC 15
			2	Jackson Hartley Harris Ali Aydin Uzun	VRWC 7
Event 12	*Under 10 Girls 1 Km	Placing	Name	Club	Time
		1	Keira Gill	NSWRWC	0:05:29
		2	Julia Baldy	VRWC	0:05:35
		3	Hannah Hewitt	NSWRWC	0:05:35
		4	Caitlin Allum	NSWRWC	0:06:03
		5	Lara Penney	NSWRWC	0:06:16
		6	Teigan Dummer	NSWRWC	0:06:18
		7	Matilda Hay	NSWRWC	0:06:29
		8	Isla Banks	NSWRWC	0:06:35
		9	Anouk Morgan	VRWC	0:07:42
		10	Zoe Zantiotis	NSWRWC	0:08:00
		11	Elsie Woodward	TRWC	0:08:09
		Handicap	Placing	Name	Club
			1	Zoe Zantiotis	NSWRWC
			2	Matilda Hay	NSWRWC
			3	Anouk Morgan	VRWC
		Teams	Placing	Name	Club
			1	Keira Gill Hannah Hewitt Caitlin Allum	NSWRWC1 16
			2	Lara Penney Teigan Dummer Matilda Hay	NSWRWC2 6
Event 13	*Boys under 12 2 Km	Placing	Name	Club	Time
		1	Callum Martin	NSWRWC	0:11:23
		2	Beau McKinnon	VRWC	0:11:38
		3	Mitchell McCarthy	NSWRWC	0:11:47

		4	Jackson Hartley	VRWC	0:12:57
		5	Lachlan Stevens	ACTRWC	0:13:01
		6	Patrick Waddington	NSWRWC	0:13:19
		7	Sagan Jones	NSWRWC	0:13:50
	Handicap	Placing	Name	Club	
		1	Sagan Jones	NSWRWC	
		2	Jackson Hartley	VRWC	
		3	Patrick Waddington	NSWRWC	
	Teams	Placing	Name	Club	Points
		1	Callum Martin	NSWRWC1	7
			Mitchell McCarthy		
			Patrick Waddington		
Event 14	*Girls Under 12 2 km	Placing	Name	Club	Time
		1	Ela Uzun	VRWC	0:09:45
		2	Gemma Dixon	NSWRWC	0:11:04
		3	Erin Cassilles	NSWRWC	0:11:21
		4	Havana Ali	VRWC	0:11:27
		5	Emma Hoskins	NSWRWC	0:12:02
		6	Gemma Hunt	NSWRWC	0:12:09
		7	Liliana Templer	SARWC	0:12:10
		8	Julia Baldy	VRWC	0:13:00
		9	Matilda Rech	SARWC	0:13:14
		10	Maeve Nolan	NSWRWC	0:13:33
		11	Nikki Hearnden	NSWRWC	0:13:39
		12	Molly Millar	NSWRWC	0:13:53
		13	Summer Hay	NSWRWC	0:13:55
		14	Adela Woodward	TRWC	0:15:05
	Handicap	Placing	Name	Club	
		1	Maeve Nolan	NSWRWC	
		2	Summer Hay	NSWRWC	
		3	Liliana Templer	SARWC	
	Teams	Placing	Name	Club	Points
		1	Gemma Dixon	NSWRWC1	20
			Erin Cassilles		
			Emma Hoskins		
		2	Ela Uzun	VRWC	19
			Havana Ali		
			Julia Baldy		
		3	Gemma Hunt	NSWRWC2	7
			Maeve Nolan		
			Nikki Hearnden		
Event 15	*Boys Under 14 2 km	Placing	Name	Club	Time
		1	Callum Martin	NSWRWC	9:47
		2	Damian Baldy	VRWC	10:30
		3	Daniel Pashutin	VRWC	10:30
		4	Alexander Braendle	NSWRWC	10:56
		5	Christopher Nilon	NSWRWC	11:12
		6	Jaxson Horton	NSWRWC	11:26
		7	Beau McKinnon	VRWC	12:13
		8	Jesse Robinson-McEnvoy	ACTRWC	12:27
	Handicap	Placing	Name	Club	
		1	Jaxson Horton	NSWRWC	
		2	Jesse Robinson-McEvoy	ACTRWC	
		3	Beau McKinnon	VRWC	
	Teams	Placing	Name	Club	Points
		1	Callum Martin	NSWRWC1	12
			Alexander Braendle		
			Christopher Nilon		
		2	Damian Baldy	VRWC	9
			Daniel Pashutin		
			Beau McKinnon		
Event 16	*Girls Under 14 2 km	Placing	Name	Club	Time
		1	Ela Uzun	VRWC	0:09:44
		2	Sophie Polkinghorne	NSWRWC	0:10:26
		3	Matilda Webb	NSWRWC	0:10:28
		4	Lily Horne	NSWRWC	0:10:34
		5	Emma Grocott	ACTRWC	0:10:35

6	Emma Hearden	NSWRWC	0:10:38	
7	Mietta Morgan	VRWC	0:11:27	
8	Jillian Ryan	ACTRWC	0:11:38	
9	Havana Ali	VRWC	0:11:41	
10	Gemma Dixon	NSWRWC	0:11:47	
11	Caetlin Ashby	NSWRWC	0:11:49	
12	Imogen Cochrane	NSWRWC	0:11:51	
13	Olive Gauci	NSWRWC	0:12:08	
14	Erin Cassilles	NSWRWC	0:12:13	
15	Rachel Giason	ACTRWC	0:12:46	
16	Lilly Twigden	NSWRWC	0:12:51	
17	Liliana Templer	SARWC	0:13:35	
18	Nikki Hearden	NSWRWC	0:14:10	
19	Allanah Webber	NSWRWC	0:15:01	
Handicap	Placing	Name	Club	
	1	Imogen Cochrane	NSWRWC	
	2	Olive Gauci	NSWRWC	
	3	Emma Grocott	ACTRWC	
Teams	Placing	Name	Club	Points
	1	Sophie Polkinghorne Matilda Webb Lily Horne	NSWRWC1	48
	2	Ela Uzun Mietta Morgan Havana Ali	VRWC	41
	3	Emma Hearden Gemma Dixon Caetlin Ashby	NSWRWC2	30

Event 17 *Boys Under 16 3 km

Placing	Name	Club	Time	
1	Riley Coughlan	VRWC	0:13:40	
2	Kodi Clarkson	ACTRWC	0:13:54	
3	Samuel Lindsay	TRWC	0:14:23	
4	Scott Peart	VRWC	0:14:34	
5	Myles Ashby	NSWRWC	0:15:21	
6	Sebastian Richards	SARWC	0:15:28	
7	Joel Byatt	NSWRWC	0:16:12	
8	Alexander Sinnett	NSWRWC	0:16:38	
9	Cooper Rech	SARWC	0:16:40	
10	Kane Robson	NSWRWC	0:17:15	
11	Kai Dale	QRWC	0:18:17	
12	Aiden Pospischil	NSWRWC	0:18:23	
13	Peter Charlton	NSWRWC	0:24:26	
Handicap	Placing	Name	Club	
	1	Alexander Sinnett	NSWRWC	
	2	Kane Robson	NSWRWC	
	3	Scott Peart	VRWC	
Teams	Placing	Name	Club	Points
	1	Myles Ashby Joel Byatt Alexander Sinnett	NSWRWC1	15
	2	Kane Robson Aiden Pospischil Peter Charlton	NSWRWC2	6

Event 18 *Girls Under 16 3 km

Placing	Name	Club	Time
1	Darcey-Belle Roberts	ACTRWC	0:14:36
2	Sienna Pitcher	NSWRWC	0:14:40
3	Ciara Cassilles	NSWRWC	0:15:57
4	Ariana Pushutina	VRWC	0:16:11
5	Emily Lynch	SARWC	0:16:33
6	Samantha Torrens	NSWRWC	0:17:03
7	Maisie Mitchell	NSWRWC	0:17:26
8	Matilda Webb	NSWRWC	0:17:37
9	Summer Sivaraj	NSWRWC	0:17:50
10	Mietta Morgan	VRWC	0:17:56
11	Sophie Polkinghorne	NSWRWC	0:18:01
12	Julia Grocott	ACTRWC	0:18:02
13	Emma Hearden	NSWRWC	0:18:05
14	Hana Jugovic	ACTRWC	0:18:16
15	Lily Horne	NSWRWC	0:18:23

16	Jessey Bektas	NSWRWC	0:18:46	
17	Emma Hoskins	NSWRWC	0:19:18	
18	Abbey Bektas	NSWRWC	0:19:26	
19	Jessica Berechree	NSWRWC	0:19:49	
20	Amelia Crocker	NSWRWC	0:20:01	
21	Liliana Templer	SARWC	0:21:01	
22	Matilda Rech	SARWC	0:21:02	
23	Erin Cross	ACTRWC	0:22:11	
24	Sarah Challiner	NSWRWC	0:22:57	
Handicap	Placing	Name	Club	
	1	Amelia Crocker	NSWRWC	
	2	Hana Jugovic	ACTRWC	
	3	Sarah Challiner	NSWRWC	
Teams	Placing	Name	Club	Points
	1	Sienna Pitcher Ciara Cassilles Samantha Torrens	NSWRWC1	48
	2	Maisie Mitchell Matilda Webb	NSWRWC2	39
	3	Summer Sivaraj Darcey-Belle Roberts Julia Grocott Hana Jugovic	ACTRWC	37

Event 19 *Boys Under 18 5 Km

Placing	Name	Club	Time	
1	Marcus Wakim	VRWC	0:22:56	
2	Owen Toyne	ACTRWC	0:22:56	
3	Riley Coughlan	VRWC	0:23:17	
4	Raven Pyda	NSWRWC	0:24:59	
5	Scott Peart	VRWC	0:26:13	
6	Darcy Bell	NSWRWC	0:26:28	
7	Myles Ashby	NSWRWC	0:27:01	
8	Jack Robson	NSWRWC	0:27:42	
9	Sebastian Richards	SARWC	0:27:43	
10	Brendan Pospischil	NSWRWC	0:29:39	
11	Alexander Braendle	NSWRWC	0:29:42	
12	Daniel Pashutin	VRWC	0:30:31	
13	Cooper Rech	SARWC	0:30:52	
14	Aidan Pospischil	NSWRWC	0:34:20	
15	Peter Charlton	NSWRWC	0:40:00	
Handicap	Placing	Name	Club	
	1	Jack Robson	NSWRWC	
	2	Brendan Pospischil	NSWRWC	
	3	Alexander Braendle	NSWRWC	
Teams	Placing	Name	Club	Points
	1	Marcus Wakim Riley Coughlan Scott Peart	VRWC	24
	2	Raven Pyda Darcy Bell	NSWRWC1	16
	3	Myles Ashby Jack Robson Brendan Pospischil Alexander Braendle	NSWRWC2	6

Event 20 *Girls Under 18 5 km

Placing	Name	Club	Time	
1	Nellie Langford	SARWC	0:25:46	
2	Chelsea Roberts	NSWRWC	0:27:55	
3	Emma Thomas	NSWRWC	0:28:37	
4	Ciara Cassilles	NSWRWC	0:29:31	
5	Ella Munroe	NSWRWC	0:29:59	
6	Laelia Byatt	NSWRWC	0:30:27	
7	Chelsey Torrens	NSWRWC	0:32:33	
8	Caetlin Ashby	NSWRWC	0:32:43	
9	Imogen Cochrane	NSWRWC	0:32:43	
10	Kailey Webber	NSWRWC	0:36:03	
Handicap	Placing	Name	Club	
	1	Chelsey Torrens	NSWRWC	
	2	Kailey Webber	NSWRWC	
	3	Imogen Cochrane	NSWRWC	

<i>Teams</i>	Placing	Name	Club	Points
	1	Chelsea Roberts Emma Thomas Ciara Cassilles	NSWRWC1	24
	2	Ella Munroe Laelia Byatt Chelsey Torrens	NSWRWC2	15
	3	Caetlin Ashby Imogen Cochrane Kailey Webber	NSWRWC3	5
Event 21	*Mens Open 5 km			
	Placing	Name	Club	Time
	1	Corey Dickson	VRWC	0:21:18
	2	Tim Fraser	ACTRWC	0:21:50
	3	Dylan Richardson	NSWRWC	0:22:02
	4	Jack McGinnisken	NSWRWC	0:23:28
	5	Kim Mottrom	SARWC	0:23:39
	6	Riley Coughlan	VRWC	0:24:45
	7	Eden Morgan	VRWC	0:26:21
	8	Mathew Bruniges	SARWC	0:27:30
	9	Peter Crump	SARWC	0:31:07
	10	Cooper Rech	SARWC	0:34:47
<i>Handicap</i>	Placing	Name	Club	
	1	Peter Crump	SARWC	
	2	Jack McGinnisken	NSWRWC	
	3	Riley Coughlan	VRWC	
<i>Teams</i>	Placing	Name	Club	Points
	1	Corey Dickson Riley Coughlan Eden Morgan	VRWC	14
	2	Kim Mottrom Mathew Bruniges Peter Crump	SARWC	8
Event 22	*Womens Open 5 km			
	Placing	Name	Club	Time
	1	Alanna Peart	VRWC	0:23:10
	2	Hannah Mison	NSWRWC	0:24:01
	3	Hannah Bolton	NSWRWC	0:25:49
	4	Nellie Langdford	SARWC	0:26:13
	5	Jemma Peart	VRWC	0:26:41
	6	Bridget Bell	NSWRWC	0:27:14
	7	Samantha Findlay	SARWC	0:27:38
	8	Ariana Pashutina	VRWC	0:28:58
	9	Char Hay	VRWC	0:29:03
	10	Kylie Ishrad	VRWC	0:29:07
	11	Emily Lynch	SARWC	0:29:13
	12	Ann Staunton-Jugovic	ACTRWC	0:29:13
	13	Erika Woodward	VRWC	0:30:43
	14	Nicolle Challinor	NSWRWC	0:36:06
	15	Joy Dale	QRWC	0:39:17
<i>Handicap</i>	Placing	Name	Club	
	1	Nicole Challinor	NSWRWC	
	2	Joy Dale	QRWC	
	3	Bridget Bell	NSWRWC	
<i>Teams</i>	Placing	Name	Club	Points
	1	Hannah Mison Hannah Bolton Bridget Bell	NSWRWC	20
	2	Alanna Peart Jemma Peart Ariana Pashutina	VRWC	20
	3	Char Hay Kylie Irshad Erika Woodward	VRWC	6
<i>Masters</i>	Placing	Name	Club	Time
	1	Kylie Irshad	VRWC	0:29:07
	2	Ann Staunton-Jugovic	ACTRWC	0:29:13
	3	Erika Woodward	VRWC	0:30:43
	4	Nicolle Challinor	NSWRWC	0:36:06
	5	Joy Dale	QRWC	0:39:17

SOUTH AUSTRALIA SA Masters results, 29 May & 4 June - Adelaide

Results courtesy of Graham Harrison:

Scratch events held at East Parklands. Weather was overcast and cold.

10K WALK	Name	Result	Age Gp	AgeGrade%
MARIE	MAXTED	1:11:04	W60	71.88
BRIAN	WITTY	1:15:55	M70	65.27

10K CLUBWALK	Name	Result	Age Gp	AgeGrade%
ROSS	HILL-BROWN	1:31:53	M65	51.8

5K WALK	Name	Result	Age Gp	AgeGrade%
HELEN	SURIDGE	0:39:30	W70	69.16

5K CLUBWALK	Name	Result	Age Gp	AgeGrade%
LIZ	NEUBAUER	0:41:09	W70	66.39
RODGER	BARBER	0:41:53	M80	68.67
ROGER	LOWE	0:47:35	M75	56.31
EDNA	BATES	0:48:05	W65	55.46

TASMANIA TRWC results, Saturday 11 June – Domain Crossroads, Hobart

Latest results from David Moore. Sounds like they took a bit of a battering on the Apple Isle today.

Only our experienced hands turned out to face atrocious wild weather for our Walk at the Domain today. Freezing winds buffeted our Walkers from side to side and at one point pushed our tallest and strongest frame Walker, **Wayne Fletcher**, backwards.

A great Walk from **Elizabeth Leitch** who walked the socks off the rest of the field.

3km

1. Wayne Fletcher	NS	29.40
2. Dave Moore	TMA	32.18

4km

1. Ron Foster	TMA	34.57
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5km

1. Elizabeth Leitch	TMA	35.46
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INTERNATIONAL NEWS

QUEENSLAND Oceania Championships, Tues 5-Sat 11 June – Mackay

An Australian walking team that, while small, was packed with talent and potential ventured to Mackay on the QLD north coast for the Oceania championships. Predictably, considering the lack of strong representation from other nations in the walking events, the Aussies used the occasion to chase times, qualifiers and records.

In her final hit-out before Birmingham, **Jemima Montag** produced another yardstick performance with a strong **44:18.86** in the Women's 10,000m. *Athletics Australia's* reporter Lachlan Moorhouse caught up with Jemima post-race:

World number one race walker **Jemima Montag** (coached by Brent Vallance) won her "dress rehearsal" for the Commonwealth Games to become back-to-back Oceania champion in the 10,000m race walk.

Despite sub optimal preparations, which included medical degree exams, a bout of tonsillitis and a late night flight to Mackay just yesterday, the 24-year-old was able to put together a solid performance to finish in 44:18.86.

Although the race started off slow, Montag challenged herself to push herself in the second half of the race despite any fatigue setting in; a move which saw her finish more than one minute ahead of fellow Tokyo Olympians **Rebecca Henderson** (Simon Baker, 45:31.31) and **Katie Hayward** (Steve Langley, 46:14.77)

“It was a tight turn-around from my mid-year exams. I had one just yesterday and one on Monday. I flew in very late around 11pm and tried to get a few hours sleep, but I am trying to challenge myself at the moment to race in different conditions because sometimes you’re at a major and you can’t control things,” Montag said.

“This was a good dress rehearsal given Commonwealth Games is on the track, but that was also my last race before Oregon. I tend to think even if you’ve had exams or had tonsillitis like I did last week, it’s good to go through the motions of what you eat for breaky, the nerves and feeling what putting on the uniform is like. I’m really happy with that.”

Rhydian Cowley’s preparation for his own 10,000m race was even less ideal, having had, in his own words, “... one of those *‘everything that can go wrong did’* type days - a long flight delay from Melbourne which meant I had to stay overnight in Brisbane and catch a morning plane to Mackay - so I only arrived in Mackay an hour before the race. I also picked up some food poisoning while on my surprise overnight stay, so I was racing quite dehydrated, underfuelled and unrested. I’ve got a bit of my appetite back today, but I can honestly say that the worst I have ever felt in a 10km race. So, it’s been an adventure.”

Rhyd’s illness restricted him to a relatively listless **46:32.45** in a solo performance. He is, though, obviously in superb shape, shrugging off the effects of the bug quickly and bouncing back for a new Championship record in the 5000m of **19:57.43** the following day.

The meet was a golden opportunity for some of our young talent to display their wares, a chance they did not pass up. The Portuguese race walking blog *O Marchador* reported thus from the Day 1 program:

‘ ... the best performances in terms of marks and championship records would be achieved by young athletes and the women’s sector, namely through the under-20 **Elizabeth McMillen**, winning the category title with 24:02.11 (before, 24:55.15 by Jayde Hill in 2014), and under-18 **Zoe Woods**, winning with a record of 24:41.51 (previously, 24:50.40 by Caitlin Hannigan in 2019), ahead of **Alexandra Griffin**, with 25:07.08, all Aussies.’

See the links below in the ‘*O Marchador*’ blogspot section for further reports on Mackay.

Women 5000 Metre Race Walk Senior		
1	Courtney Ruske	94 New Zealand 25:02.84
Women 10000 Metre Race Walk Senior		
1	Jemima Montag	98 Australia 44:18.86
2	Rebecca Henderson	01 Australia 45:31.41
3	Katie Hayward	00 Australia 46:14.77
4	Courtney Ruske	94 New Zealand 50:41.28
Men 5000 Metre Race Walk Senior		
1	Rhydian Cowley	91 Australia 19:57.43C
Men 10000 Metre Race Walk Senior		
1	Rhydian Cowley	91 Australia 46:32.45
Women 5000 Metre Race Walk Under 18		
1	Zoe Woods	07 Australia 24:41.51C
2	Alexandra Griffin	05 Australia 25:07.08
3	Nellie Langford	05 Australia 27:06.32
Men 5000 Metre Race Walk Under 18		
1	Owen Toyne	07 Australia 21:36.51C
2	Riley Coughlan	07 Australia 21:54.17C
3	Jonah Cropp	05 New Zealand 22:00.70C
4	Marcus Wakim	06 Australia 22:07.96C
5	Oliver Morgan	07 Regional Aus X26:17.40
Women 5000 Metre Race Walk Under 20		
1	Elizabeth McMillen	04 Australia 24:02.11C
	-Olivia Sandery	03 Australia DNS
Women 10000 Metre Race Walk Under 20		
1	Olivia Sandery	03 Australia 47:11.36C
2	Elizabeth McMillen	04 Australia 48:56.07C
Men 5000 Metre Race Walk Under 20		
1	Raven Pyda	04 Australia 25:06.39
2	Riley Whatman	03 Australia 25:54.44

Men 10000 Metre Race Walk Under 20				
1	Riley Whatman	03 Australia	52:43.40	
2	Raven Pyda	04 Australia	53:19.15	
W35 1500 Metre Race Walk Masters				
1	Newington, Dash	W38 Oceania and Qld	9:13.96	61.41%
W40 1500 Metre Race Walk Masters				
-	Brown, Kristie	W42 Oceania and Qld	DQ	
W45 1500 Metre Race Walk Masters				
1	Harris, Ingrid	W46 Oceania and Qld	15:54.16	38.18%
W50 1500 Metre Race Walk Masters				
1	Craswell, Jodie	W54 Oceania and Qld	11:04.54	57.14%
W55 1500 Metre Race Walk Masters				
--	Weekes, Anne	W59 Oceania Masters	DQ	
W35 5000 Metre Race Walk Masters				
1	Newington, Dash	W38 Oceania and Qld	34:49.16	57.36%
W50 5000 Metre Race Walk Masters				
1	Craswell, Jodie	W54 Oceania and Qld	37:10.53	60.02%
W55 5000 Metre Race Walk Masters				
1	Weekes, Anne	W59 Oceania Masters	36:58.43	63.31%



Left: Riley Coughlan – silver and a 30sec PB before heading for Canberra. Not too shabby!

(Photo: Fran Attard)

Right: Elizabeth McMillen and Zoe Woods both set Oceania championship records. Alexandra (17) made Zoe work for it.

(Photos: East Midlands Race Walking)

UNITED KINGDOM: Welsh Senior & U15 T&F C'ships, 11-12 June – Cardiff International Campus, Leckwith

Mark Wall reports:

I spent the last two days officiating at the Welsh Champs. Heather and Bethan were announced as members of the Welsh team from Birmingham midweek. They'll be the only two walkers.

Senior Men & Women 10km Walk

1	Christopher SNOOK	AFD	42:11.42
2	Guy THOMAS	TONB	42:24.58
1	Heather LEWIS	PEMB	45:27.98
2	Bethan DAVIES	CARD	46:11.26
3	Hannah HOPPER	CAMBH	53:45.42
4	Bea FURY	MEDM	1:00:38.47
	Tom PARTINGTON	MANXH	DNF
	Daniel MCKERLICH	CARD	DNF

UNITED KINGDOM: ERWL 21st Anniversary Moulton Five, 11 June – Moulton, Newmarket

From **Ron Wallwork** – the latest results from the Enfield walkers:

1	George Wilkinson	Enfield H AC	SM	36.55	1	Melanie Peddle	Loughton AC	W50	45.32
2	Steve Uttley	Ilford AC	M65	48.34	2	Jacqueline Benson	Ashford AC	SW	46.37
3	Dave Walsh	Enfield H AC	M60	49.00	3	Emma Dyos	Ilford AC	W45	47.42
4	Mike George	Vets AC	M50	50.45	4	Maureen Noel	Belgrave H	W55	52.54
5	John Arthur	Ilford AC	M60	52.01	5	Fiona Bishop	Enfield H AC	W60	54.11
6	Simon Morgan	Ilford AC	M50	53.26	6	Sue Barnett	Enfield H AC	W70	54.35
7	John Borgars ©	Loughton AC	M75	53.44	7	Alison Wilson	unattached	W55	55.20
8	Mark Culshaw	Belgrave H	M55	56.22	8	Diana Braverman	Enfield H AC	W70	61.22
9	Tony Wilkinson	unattached	M60	59.48	9	Phyllis Pope	Moulton W	SW	65.33
10	Dave Hoben	Surrey WC	M65	61.30	10	Elizabeth Edgell	Moulton W	SW	72.45
11	Chris Flint ©	Surrey WC	M75	61.34	11	Viv Houghton	unattached	W70	72.45
12	Paul Firmage	Ryston R	M65	64.00	12	Shaeda Arthur	Ilford AC	W60	86.51
13	Paul Forshaw	F.E.Runners	M65	71.52					
14	Chris Warner	Moulton W	M65	72.45		1 mile			
15	David Ainsworth ©	Ilford AC	M70	78.44		Terry Braverman	Enfield H AC	M75	14.21

Starter: Mick Graham - Timekeeper/Recorders: Phil Welch, Pam Ficken © , Tracey Wilkinson

Judges: Stephen Cartwright, Peter Cassidy, Mick Graham, Pauline Wilson©

Marshalls:

Barbara Divito, June & Geoff Dobson, Anthony Esler, John Grant, John Hall, J.May, Mark Price, Ellaine & Colin Richmond,
Roger Saych, Ray Still, Ann Stranaghan, Linda Warner, Roy Williams

First Aid: Becky Spinks, Tracey Wilkinson - Refreshments: Mavis Hall, Becky Spinks, Joan Wallwork - Organiser/Referee: Ron Wallwork©



Suffolk Championship:	Alison Wilson	55.20	George Wilkinson	36.55
	Phylis Pope	65.33	Tony Wilkinson	59.48
	Elizabeth Edgell	72.45	Paul Forshaw	71.32
	Viv Houghton	72.45		

MARCIALMONDO & 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.

- 13/06/2022 - St. Louis Pierre Mauritius (MRI): Samuel Gathimba (KEN) and Emily Ngii (KEN) are the 2022 African Champions http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4398
- 12/06/2022 - Florence (ITA): Davide Finocchietti and Simona Bertini win the U23 Italian Track Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4396

- 12/06/2022 - La Nucia (ESP): Diego Garcia Carrera wins in the Division de Honor. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4397
- 11/06/2022 - La Nucia (ESP): Victory of Maria Perez in the Division de Honor http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4395
- 10/06/2022 - Suwalki (POL): Artur Brzozowski and Katarzyna Zdziebło win the Polish National Track Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4394
- 9/06/2022 - Rome (ITA): Francesco Fortunato wins the 3.000m track walk at the Golden Gala in 10:57.77 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4393
- 8/06/2022 - After 32 years race walking returns to the Golden Gala in Rome http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4392
- 5/06/2022 - Florence (ITA): Andrea Cosi and Lidia Barcella win the 2022 Challenge http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4391

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, June 12, 2022 - Dominik Černý repeats victory at Meeting PTS (2022) in Šamorín (SVK) <http://omarchador.blogspot.com/2022/06/dominik-cerny-repete-vitoria-no-meeting.html>
- Saturday, June 11, 2022 - Oceania Championships in Mackay - 3rd day (results) <http://omarchador.blogspot.com/2022/06/campeonatos-da-oceania-em-mackay-3-dia.html> An overseas report on the Mackay championships. Nice to see our younger walkers being name-checked on an international news site.
- Wednesday, June 8, 2022 - The March on Day 1 of the Oceania Championships in Mackay (results). <http://omarchador.blogspot.com/2022/06/a-marcha-no-1-dia-dos-campeonatos-da.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

Sun 26 Jun AV Schools c'ships, AV 15km c'ships & VRWC c'ships – Middle Park
 Sun 11 Sep 2022 AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park

(NOTE: Full details of the VRWC 2022 Winter Road season fixture available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

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 1- 6, 2022 19th World Athletics U20 T&F Championships – Cali, COLOMBIA
 Aug 11 – 21, 2022 European Athletics Championships – Munich, GER
 TBA, 2023 24th World Masters T&F Championships – Gothenburg, SWE
 TBA, 2023 World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
 Aug 2023 (TBC) 19th World Athletics Championships – Budapest, HUN

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