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Editor: *Stu Cooper* stuwalks@yahoo.com.au

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** WALKER OF THE WEEK **



The multitude that assembled at Middle Park last Sunday for the Australian Winter Walks titles were treated to a feast of high-calibre performances, so much so that picking a single WOTW was impossible. It's rare that four walkers get it, but it's hard to argue against this week's selection of **Samantha Findlay** (SA), **Marcus Wakim** (VIC), **Will Bottle** (TAS) and **Bailey Housden** (QLD).

Sam has built a solid foundation of condition over the winter, and her 2:27 PB of **1:47:19** over 20km is a fine culmination of hard training and focused racing. We'd seen evidence of her stamina in Canberra and her walk on Sunday confirmed it. The prospect of Sam taking on the 35km is compelling – if that's in her plans we're sure she'd do well at it.

We at Middle Park have watched **Marcus's** performances throughout the winter and anticipated something special in these championships. He delivered, big time, with a 51sec PB of **44:22**, and he is now knocking on the door of the elite.

No less impressive is **Will**, whose consistently fast results over 5 and 10km with the TRWC have been attained virtually as solo time trials and who leapt at the opportunity to match himself against Marcus. Coached now by Jared Tallent, Will succeeded with a big 56 sec PB for silver in **45:52**. An international future beckons.

Bailey was another to make the most of the competition on offer, this time in the 'marquee' event, the U16 Boys 5km, taking bronze in **21:56** – an enormous improvement of 1:36 which has catapulted him to a new level. Obviously another star of the future.

Well done to Sam, Marcus, Will and Bailey. All thoroughly deserving WsOTW!

***Honourable mentions** (Gosh, where do you start?)

- **Sienna Pitcher** (NSW) – a dominant performance in the U16 5km with a PB time of **24:41**.
- **Ela Uzun** (VIC) – you can't do much better than out-distance your opposition by over a minute in a 2km race!
- **Elizabeth McMillen** (NSW) – equally dominant, her new 10km PB time of **48:13** rounds off a highly successful season of racing.

- **Nicholas Christian** (ACT) – a 1:34 PB time of **14:48** in the U14 3km, followed up immediately by his first-ever 5km to assist ACT in the Teams competition.
- **Anika Clarke** (QLD) – A PB of 0:59 for a time of **26:32**, which almost got her a medal.
- **Lily Bowkett** (VIC) and **Isla Banks** (NSW) – both scored big improvements in the 1km, Lily by 1:28 and Isla by 0:58, which won her 3rd place.
- **Damian Baldy** (VIC) – a huge 0:49 PB to break through the 15:00 barrier with **14:59** in the U14 3km.
- **Taylah Morris** (QLD) – another to benefit from the occasion and the competition with a PB of 0:54 in the U16 5km.
- **Katica Borsic** (WA) – a PB by over a minute in a 3km race is always noteworthy. Katica was impressive in cutting her time by 1:04 to **16:21**.



CLUB NEWS and RESULTS

Next issue: ** HAPPY 100th BIRTHDAY, VAWC/VRWC!

(Please send me your photos if you took them. If you know of others who did so, please urge them to send me a selection.)

**** Coming up this weekend ...**

Last race of the winter ...

Sunday 18 September
VMA Masters 5000m track c'ships
Dolamore Reserve – Queen St, Mentone

8:30am – (Women); **9:15am** (Men)
10:00am – VRWC 5000m & 3000m Open
10:30am – VRWC 1500m Open
 Enter by no later than 11.59pm,
 Wednesday 14 September
<http://vrwc.org.au/wp1/>



AROUND THE COUNTRY



NATIONAL WINTER WALKS C'SHIPS, Sunday 11 September - Melbourne



After two pandemic-driven postponements, the nation's race walkers were able finally to assemble for the Australian Winter Walks championships, 2022 edition. The VRWC's Middle Park headquarters buzzed with the enthusiasm of over 120 walkers of all ages, resplendent in State uniforms and keen to try themselves out against quality opposition. Their efforts would produce 45 personal best results, most of them substantial, and numerous tight, hard-fought contests.

Melbourne's weather – always the joker in the pack when the best-laid plans are in place – treated us kindly on this occasion. A chilly wind presented the only challenge and an incentive to move fast!

**** EVENT 1 OPEN MEN 20KM**

Declan Tingay predictably won this race in a leisurely **1:31:36**, no doubt relishing release from the pressures of a hard international season and enjoying the company around him. **Dylan Richardson** kept him honest at the end, finishing only 2 secs adrift for silver, with a determined **Kim Mottrom** throwing everything he had at them and taking a clear 3rd. The Northern Territory's sole rep, Masters walker **Mario Vicente**, scored an impressive PB, with **Geromi Tucker** recording **1:50:35** in an impressive 20km debut.



The 20km field get the program underway in the early morning 'fresh', with Dylan and Jack leading them out.

Pl	No	Name	Gen	Age	Time	Club	State
1	9	Declan Tingay	M		1:31:36	WA	WA
2	6	Dylan Richardson	M		1:31:38	NSWRWC	NSW
3	5	Kim Mottrom	M	M	1:35:14	SARWC	SA
4	4	Jack McGinniskin	M		1:42:33	NSWRWC	NSW
5	12	Mario Vicente	M	M	1:45:48	NT	NT
6	10	Geromi Tucker	M		1:50:35	VRWC	VIC
7	7	Alejandro Stephens	M		1:56:11	VRWC	VIC
8	2	Peter Crump	M	M	2:11:24	SARWC	SA
--	3	Andrew Jamieson	M	M	DNF	VRWC	VIC

PB 0:37
First 20km

MASTERS

Pl	No	Name	Gen	Time	Club	State
1	5	Kim Mottrom	M	1:35:14	SARWC	SA
2	12	Mario Vicente	M	1:45:48	NT	NT
3	2	Peter Crump	M	2:11:24	SARWC	SA

HANDICAP

Pl	No	Name	Gen	Club
1	10	Gerome Tucker	M	VRWC
2	7	Alejandro Stephens	M	VRWC
3	4	Jack McGinniskin	M	NSWRWC



20km contenders Declan, Dylan, Hannah, Sam, Jack, Kim and Bec.

**EVENT 2 OPEN WOMEN 20KM

Also coming off a strenuous international program, **Bec Henderson** was untroubled in winning the Women's 20km title in **1:39:28**, with SA's **Sam Findlay**, one of the day's biggest improvers, taking a convincing 2nd place in **1:47:19**.

Perhaps feeling the effects of her recent NSW 20k title win, **Hannah Mison** was a bit down on pace but still produced a bronze medal effort ahead of Victoria's **Madeleine Feain**.

Pl	No	Name	Gen	Time	Club	State	
1	17	Rebecca Henderson	F	1:39:28	VRWC	VIC	
2	15	Samantha Findlay	F	1:47:19	SARWC	SA	PB 2:28
3	18	Hannah Mison	F	1:52:56	NSWRWC	NSW	
4	14	Madeleine Feain	F	1:57:08	VRWC	VIC	
5	13	Bridget Bell	F	1:59:52	NSWRWC	NSW	
6	16	Marnie Grace	F	2:19:43	VRWC	VIC	

****EVENT 3 OPEN WOMEN 10KM**

The intermediate 10k split times of the 20km women were absorbed into the results of the Open Women's 10km for RWA teams race points.

Victoria's **Sarah Brennan** was the clear winner in the 10km Open field, in **55:38**, also taking the Masters title ahead of SA's **Melissa Grantham**. 20km competitor **Bridget Bell** rounded out the sub-60min finishers.

Pl	No	Name	Gen	Age	Time	Club	State	
1	17	Rebecca Henderson	F		48:46	VRWC	VIC	
2	15	Samantha Findlay	F		52:05	SARWC	SA	
3	18	Hannah Mison	F		53:41	NSWRWC	NSW	
4	19	Sarah Brennan	F	M	55:38	VRWC	VIC	
5	24	Rhiannon Lovegrove	F		56:16	SARWC	SA	
6	14	Madeleine Feain	F		57:26	VRWC	VIC	
7	22	Melissa Grantham	F	M	59:53	SARWC	SA	
8	13	Bridget Bell	F		59:54	NSWRWC	NSW	
9	23	Kylie Irshad	F	M	1:00:42	VRWC	VIC	
10	28	Erika Woodward	F	M	1:01:17	VRWC	QLD	
11	26	Carolyn Rosenbrock	F	M	1:02:00	VRWC	VIC	
12	16	Marnie Grace	F	M	1:07:33	VRWC	VIC	PB 0:53
13	21	Donna-Marie Elms	F	M	1:07:39	VRWC	VIC	
14	20	Heather Carr	F	M	1:08:12	VRWC	VIC	
15	27	Antoinette Woodward	F	M	1:10:58	NSWRWC	NSW	

MASTERS

Pl	No	Name	Gen	Time	Club	State
1	19	Sarah Brennan	F	55:38	VRWC	VIC
2	22	Melissa Grantham	F	59:53	SARWC	SA
3	23	Kylie Irshad	F	1:00:42	VRWC	VIC
4	28	Erika Woodward	F	1:01:17	VRWC	QLD
5	26	Carolyn Rosenbrock	F	1:02:00	VRWC	VIC
6	16	Marnie Grace	F	1:07:33	VRWC	VIC
7	21	Donna-Marie Elms	F	1:07:39	VRWC	VIC
8	20	Heather Carr	F	1:08:12	VRWC	VIC
9	27	Antoinette Woodward	F	1:10:58	NSWRWC	NSW

HANDICAP

Pl	No	Name	Gen	Club
1	28	Erika Woodward	F	VRWC
2	24	Rhiannon Lovegrove	F	SARWC
3	20	Heather Carr	F	VRWC

TEAMS

Pl	Team	Team Points	No	Name	Gen	Time	Points
1	VRWC1	38	17	Rebecca Henderson	F	48:46	16
			19	Sarah Brennan	F	55:38	12
			14	Madeleine Feain	F	57:26	10
2	SARWC1	34	15	Samantha Findlay	F	52:05	14
			24	Rhiannon Lovegrove	F	56:16	11
			22	Melissa Grantham	F	59:53	9
3	NSWRWC1	22	18	Hannah Mison	F	53:41	13
			13	Bridget Bell	F	59:54	8
			27	Antoinette Woodward	F	1:10:58	1
4	VRWC2	18	23	Kylie Irshad	F	1:00:42	7

			28	Erika Woodward	F	1:01:17	6
			26	Carolyn Rosenbrock	F	1:02:00	5
5	VRWC3	9					
			16	Marnie Grace	F	1:07:33	4
			21	Donna-Marie Elms	F	1:07:39	3
			20	Heather Carr	F	1:08:12	2



Determined 10km walking from Heather, Rhiannon, Sarah, Kylie, Melissa and Erika.

****EVENT 4 U20 MEN 10KM**

Apart from Eden’s misfortune, this was the sole ‘non-event’ on an otherwise uplifting program, being the only one not to produce a result. Where are the U20 men? Even allowing for Year 12 studies, work and other factors, it’s very disappointing and a matter of concern. Certainly the talent is there – the U16 and U18 fields are evidence of that – but retention and progression beyond those ages isn’t happening.

This is the cohort from which we’d expect the next generation of international reps to be drawn. Serious conversations on long-term recruitment, incentives and development are in order, and on a unified national level, if we are to halt the age 18 exodus.

Pl	No	Name	Gen	Time	Club	State
	29	Eden Morgan	M	DQ	VRWC	VIC

****EVENT 5 U20 WOMEN 10KM**

This race saw **Elizabeth McMillen**, who has made excellent progress this year, take her PB to the cleaners with a convincing win in **48:13**, over NSW team mate **Hannah Bolton** and the VRWC’s **Char Hay**. Had Elizabeth had the likes of Allanah Pitcher, Olivia Sandery and Alanna Peart (all resting after overseas commitments) to spur her on, her final time would surely have exceeded this by some way. Ah well, next time ...

Pl	No	Name	Gen	Time	Club	State	
1	32	Elizabeth McMillen	F	48:13	NSWRWC	NSW	PB 0:43
2	30	Hannah Bolton	F	52:41	NSWRWC	NSW	
3	31	Char Hay	F	54:22	VRWC	VIC	



Elizabeth, Char and Sam hard at it in the 10km

****EVENT 6 U18 MEN 10KM**

Small field, big results! Local speedster **Marcus Wakim** and tall Taswegian **Will Bottle** each smashed their PB's by nearly a minute, making considerable strides towards the big time. **Sam McCure's** time was also a creditable result after a season of steady progress north of the Tweed.

Pl	No	Name	Gen	Time	Club	State	
1	37	Marcus Wakim	M	44:22	VRWC	VIC	PB 0:51
2	34	Will Bottle	M	45:52	TARWC	TAS	PB 0:56
3	35	Sam McCure	M	50:22	QRWC	QLD	

****EVENT 7 U12 BOYS 2KM**

Young improvers **Orlando Grantham** and **Tate McQueen** (who hadn't logged a single race result before July!) turned on a good contest with the SA walker prevailing by 4 secs. ACT's **Sebastian Ryan** had a big PB and handicap win to take home.

Pl	Name	Gen	Time	Club	State	
1	Orlando Grantham	M	10:34	SARWC	SA	PB 0:12
2	Tate McQueen	M	10:38	VRWC	VIC	First 2km race
3	Levi Robertson	M	11:26	VRWC	VIC	
4	Sebastian Ryan	M	13:05	ACTW	ACT	PB 0:33
5	Lucas Carr	M	15:54	TARWC	TAS	

HANDICAP

Pl	Name	Gen	Club
1	Sebastian Ryan	M	ACTW
2	Lucas Carr	M	TARWC



U12 2km ... a guaranteed fast start!

****EVENT 8 U12 GIRLS 2KM**

With **Ela Uzun** in untouchable form out in front, the contest was between 2nd and 5th places. **Mya McClure** outlasted NSW's 'pocket rocket' **Hannah Hewitt**, who in turn fought off 2km debutante **Zoe Renton** for the bronze. **Havana Ali's** 5th place helped the Vics to the Teams win. Well done to tail-light **Summer Hay** on a huge 2:07 improvement.

Pl	Name	Gen	Time	Club	State	
1	Ela Uzun	F	09:39	VRWC	VIC	
2	Mya McClure	F	10:41	VRWC	VIC	
3	Hannah Hewitt	F	10:49	NSWRWC	NSW	PB 0:19
4	Zoe Renton	F	10:55	QRWC	QLD	First 2km race
5	Havana Ali	F	11:00	VRWC	VIC	
6	Olivia Loring	F	12:32	NSWRWC	NSW	PB 0:12
7	Teigan Dummer	F	13:33	NSWRWC	NSW	First 2km race
8	Summer Hay	F	14:03	NSWRWC	NSW	PB 2:07

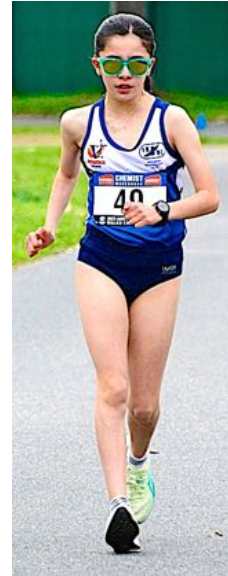
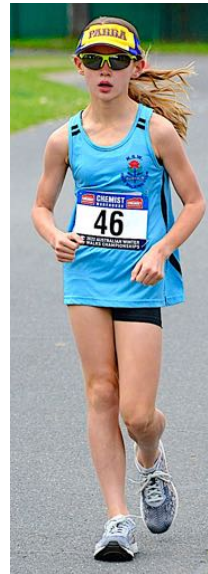
HANDICAP

Pl	Name	Gen	Club
1	Zoe Renton	F	QRWC
2	Olivia Loring	F	NSWRWC

3 Summer Hay F NSWRC

TEAMS

Pl	Team	Team Points	No	Name	Gen	Time	Points
1	VRWC1	15		Ela Uzun	F	09:39	7
				Mya McClure	F	10:41	5
				Havana Ali	F	11:00	3
2	NSWRWC1	7		Hannah Hewitt	F	10:49	4
				Olivia Loring	F	12:32	2
				Teigan Dummer	F	13:33	1



****EVENT 9 U14 BOYS 3KM**

The interstate lads clearly found the Middle Park club course to their liking, with all of them recording PBs. ACT's **Nicholas Christian** was the biggest improver, taking the title with **14:48** over the VRWC's **Damian Baldy** who had a big PB of his own with **14:59**. **Daniel Pashutin** rounded off the podium with his **15:42**.

Pl	Name	Gen	Time	Club	State	
1	Nicholas Christian	M	14:48	ACTW	ACT	PB 1:34
2	Damian Baldy	M	14:59	VRWC	VIC	PB 0:49
3	Daniel Pashutin	M	15:42	VRWC	VIC	
4	Alexander Braendle	M	16:27	NSWRWC	NSW	PB 0:01
5	Jaxson Horton	M	16:28	NSWRWC	NSW	PB 0:17
6	Keenan Munro	M	16:51	WARWC	WA	PB 0:22
7	Beau McKinnon	M	17:45	VRWC	VIC	

HANDICAP

Pl	Name	Gen	Club
1	Jaxson Horton	M	NSWRWC
2	Keenan Munro	M	WARWC
3	Beau McKinnon	M	VRWC

TEAMS

Pl	Team	Team Points	No	Name	Gen	Time	Points
1	VRWC1	7		Damian Baldy	M	14:59	4
				Daniel Pashutin	M	15:42	2
				Beau McKinnon	M	17:45	1

****EVENT 10 U14 GIRLS 3KM**

It seems the U14 girls shared the boys' appreciation of the course – 9 PBs out of a field of 13 is indicative of that. **Sophie Polkinghorne** and **Emma Growcott** made the most of the conditions with big, half-minute improvements to take the first two placings, **Jessica Loring** grabbing the bronze. Special mention to WA's **Katica Borsic** for her 1:03 PB effort.



The U14 3km ... a PB party!

Pl	Name	Gen	Time	Club	State	
1	Sophie Polkinghorne	F	15:14	NSWRWC	NSW	PB 0:31
2	Emma Grocott	F	15:22	ACTW	ACT	PB 0:33
3	Jessica Loring	F	15:27	NSWRWC	NSW	PB 0:10
4	Destinee Pickvance-Yee	F	16:02	QRWC	QLD	
5	Jillian Ryan	F	16:13	ACTW	ACT	PB 0:11
6	Katica Borsic	F	16:21	WARWC	WA	PB 1:04
7	Makenna Clarke	F	16:24	QRWC	QLD	PB 0:03
8	Natasha Flahey	F	16:33	NSWRWC	NSW	
9	Maya Barron	F	16:37	QRWC	QLD	PB 0:25
10	Mietta Morgan	F	17:14	VRWC	VIC	
11	Charlise McQueen	F	18:11	VRWC	VIC	PB 0:11
12	Aleeah Pike	F	18:43	WARWC	WA	PB 0:31
13	Lily Carr	F	20:34	TARWC	TAS	

HANDICAP

Pl	Name	Gen	Club
1	Jillian Ryan	F	ACTW
2	Maya Barron	F	QRWC
3	Katica Borsic	F	WARWC

TEAMS

Pl	Team	Team Points	No	Name	Gen	Time	Points
1	NSWRWC1	15		Sophie Polkinghorne	F	15:14	7
				Jessica Loring	F	15:27	5
				Natasha Flahey	F	16:24	3
2	QRWC1	7		Destinee Pickvance-Yee	F	16:02	4
				Makenna Clarke	F	16:33	2
				Maya Barron	F	16:37	1



****EVENT 11 U16 BOYS 5KM**

On paper, this race shaped as the best contest of the championships – and so it proved. The crowd was treated to an engrossing arm wrestle between the five best U16s in the country before **Owen Toyne**, **Riley Coughlan** and **Bailey Housden** pulled away for their own three-way battle. Toyne, equaling his PB, had a mere 6 sec margin over Coughlan at the end, with Housden taking a huge step up as all three finished in under 22mins. That fine sub-23min times by **John Ronan** and **Kodi Clarkson** weren't enough to earn them medals indicates the high standard in this age group.

Genuine talent was also evident in the rest of the field, and it's to be hoped that the boys will have every opportunity and incentive to develop their full potential as they progress towards the senior ranks.

And a pat on the back to **Nicholas Christian** who backed up without a break after his U14 3km win to help his ACT side take the Teams award, despite never having raced 5km before.



Start of the keenly-anticipated U16 5km

Pl	Name	Gen	Time	Club	State	
1	Owen Toyne	M	21:36	ACTW	ACT	Eq PB
2	Riley Coughlan	M	21:42	VRWC	VIC	PB 0:12
3	Bailey Housden	M	21:56	QRWC	QLD	PB 1:36
4	John Ronan	M	22:35	WARWC	WA	PB 0:07
5	Kodi Clarkson	M	22:42	ACTW	ACT	PB 0:01
6	Samuel Lindsay	M	24:04	TARWC	TAS	PB 0:07
7	Xavier Bernard	M	24:38	WARWC	WA	
8	Sebastian Richards	M	24:55	SARWC	SA	
9	Oliver Morgan	M	25:22	TARWC	TAS	
10	Cooper Rech	M	27:43	SARWC	SA	
11	Nicholas Christian	M	32:51	ACTW	ACT	First 5km race

HANDICAP

Pl	Name	Gen	Club
1	Samuel Lindsay	M	TARWC
2	John Ronan	M	WARWC
3	Sebastian Richards	M	SARWC

TEAMS

Pl	Team	Team Points	No	Name	Gen	Time	Points
1	ACTW1	7		Owen Toyne	M	21:36	4
				Kodi Clarkson	M	22:42	2
				Nicholas Christian	M	32:51	1



The lead packs in the U16s. Happy to be back on 'home' turf, eh, Darcey? At the end, however, it was all Sienna.

**EVENT 12 U16 GIRLS 5KM

Sienna Pitcher was in a class of her own in this race, winning handsomely with a new PB in **24:41** ... clearly, walking talent 'runs' in the family! Team mate **Lyla Williams**, who led early, held on for silver ahead of WA's **Kaytee Bogaers**, 3rd placegetter with the narrowest of PBs.

Pl	Name	Gen	Time	Club	State	
1	Sienna Pitcher	F	24:41	NSWRWC	NSW	PB 0:09
2	Lyla Williams	F	27:03	NSWRWC	NSW	
3	Kaytee Bogaers	F	27:23	WARWC	WA	PB 0:01
4	Angelina Legrand	F	28:04	SARWC	SA	
5	Milly Sharpe	F	28:21	QRWC	QLD	
6	Katie De Ruvo	F	28:26	SARWC	SA	
7	Ariana Pashutina	F	28:32	VRWC	VIC	
8	Taylah Morris	F	32:07	QRWC	QLD	PB 0:54
9	Natasha Flahey	F	33:40	NSWRWC	NSW	
10	Amelia Vernal	F	35:11	VRWC	VIC	PB 0:23
--	Darcey Roberts	F	DNF	ACTW	ACT	

HANDICAP

Pl	Name	Gen	Club
1	Milly Sharpe	F	QRWC
2	Taylah Morris	F	QRWC
3	Amelia Vernal	F	VRWC

TEAMS

Pl	Team	Team Points	Name	Gen	Time	Points
1	NSWRWC1	7	Sienna Pitcher	F	24:41	4
			Lyla Williams	F	27:03	2
			Natasha. Flahey	F	33:40	1

**EVENT 13 U18 WOMEN 5KM

It's been a season of progress for SA's **Nellie Langford**, one that saw her dominate the U18 5km championship with a time just shy of breaking 25mins. The battle for the minor medals was close, **Summer Millard** and **Chelsea Roberts** drawing away in the end from **Anika Clarke** to take 2nd and 3rd respectively. Special mention to **Amelia Crocker** whose time of **32:39** was a PB by nearly 3mins and should prove an incentive to progress further.



A determined chase pack gave their all but couldn't catch Nellie.

Pl	Name	Gen	Time	Club	State	
1	Nellie Langford	F	25:02	SARWC	SA	
2	Summer Millard	F	26:25	QRWC	QLD	PB 0:14
3	Chelsea Roberts	F	26:27	NSWRWC	NSW	PB 0:27
4	Anika Clarke	F	26:32	QRWC	QLD	PB 0:59
5	Mia Bergh	F	28:34	QRWC	QLD	
6	Emily Smith	F	29:25	VRWC	VIC	
7	Phoebe Chadwick	F	29:35	QRWC	QLD	PB 0:46
8	Hana Jugovic	F	30:43	ACTW	ACT	PB 1:20
9	Julia Grocott	F	31:30	ACTW	ACT	
10	Amelia Crocker	F	32:39	NSWRWC	NSW	PB 2:59

HANDICAP

Pl	Name	Gen	Club
1	Amelia Crocker	F	NSWRWC
2	Hana Jugovic	F	ACTW
3	Anika Clarke	F	QRWC

TEAMS

Pl	Team	Team Points	Name	Gen	Time	Points
1	QRWC1	7				
			Summer Millard	F	26:25	4
			Anika Clarke	F	26:32	2
			Mia Bergh	F	28:34	1

****EVENT 14 OPEN 5KM RACE**

The indefatigable (and very fit) **Kim Mottrom** never lets a racing opportunity pass him by, on this occasion backing up from the 20km to take the Open 5km from **Kevin Cassidy**. **Peter Crump** was another to underline his earlier 20km effort with a creditable second race. VRWC members were pleased to see **Maddie Nash** back on the course after an injury-crippled season.

Pl	No	Name	Gen	Time	Club
1	111	Kim Mottrom	M	24:17	SARWC
2	110	Kevin Cassidy	M	27:27	VRWC
3	118	Ann Staunton	F	29:22	ACTW
4	112	Peter Crump	M	31:55	SARWC
5	127	Lachlan Wilkinson	M	32:45	VRWC
	117	Maddison Nash	F	DNF	VRWC
	126	Eden Morgan	M	DNF	VRWC



5km Open: Kevin, Peter, Lachlan and Maddison



Hop out of the way! These U10s take no prisoners!

****EVENT 15 U10 BOYS 1KM**

While **Haris Ali** and **Maverick Grantham** had little company on the course, they relished the occasion and both walked well on the ‘wishbone’ 1km loop.

Pl	Name	Gen	Time	Club
1	Haris Ali	M	7:03	VRWC
2	Maverick Grantham	M	7:46	QRWC
	Aydin Uzun	M	DQ	VRWC

****EVENT 16 U10 GIRLS 1KM**

Eight girls set off on the final race of the morning, all giving good accounts of themselves and producing four PBs between them. **Kiara Gill** had a good win over a much-improved **Freya Williams**, with **Isla Banks** progressing even more with a near-1min PB. **Lily Bowkett’s** 1:28 improvement over 1km was the best performance of her season while **Erllyn Singh’s** 22sec PB was also encouraging.

Pl	Name	Gen	Time	Club	
1	Kiara Gill	F	5:21	NSWRWC	
2	Freya Williams	F	5:32	QRWC	PB 0:23
3	Isla Banks	F	5:36	NSWRWC	PB 0:58
4	Zoe Bowkett	F	5:44	VRWC	
5	Erllyn Singh	F	5:56	VRWC	PB 0:22
6	Matilda Hay	F	6:15	NSWRWC	
7	Lily Bowkett	F	6:23	VRWC	PB 1:28
8	Anouk Morgan	F	8:03	VRWC	

*BRENNAN SHIELD

CLUB	T. pts	M20k	W10k	MU20	WU20	MU18	MU12	WU12	MU14	WU14	MU16	WU16	WU18
NSWRWC	219		46					52		60		61	
VRWC	177		56					60	61				
QRWC	113									52			61
ACTW	61										61		
SARWC	52		52										

So concluded a long-awaited and much-enjoyed carnival, in which most of the country's young talent was showcased and celebrated. After two devastating years – for Victoria in particular – this gathering was (as it were) a shot in the arm, and a very necessary experience for all who love and value our sport.

Thanks and well done to everyone – AA and VRWC officials and assistants, volunteers and support crew – whose work (much of it behind the scenes) helped ensure that the athletes had every opportunity to perform to their best.

PHOTOGRAPHY: All of **Terry Swan's** photos will be available to be viewed at the website Photo Gallery, as well as on the VRWC Facebook page.

TASMANIA TWRC Results, Saturday 10 September - Domain Loop

Last Road Walk for the Season on the Domain Loop in light rain.

Well done to our first year walkers **Isla Direen, Elsie and Adele Woodward** on completion of a full season of TRWC road walks.

1km

1. Elise Woodward Huon LA 8.39

2km

1. Adele Woodward OVA 15.31

2. Isla Direen Huon LA 17.21

4km

1. Ron Foster NS 32.53

5km

1. Eugene Gerlach TMA 37.53



INTERNATIONAL NEWS

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.

- 12/09/2022 Pescara (ITA): the 4th edition of the U23 Mediterranean Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4457
- 11/09/2022 Helsinki (FIN): Finnkampen 2022 Finland v Sweden match
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4456&fbclid=IwAR11RehJaVMcoX8iSZ8cpqBB18x3aZXwo8Q0TloT6iunLUkZgH_WfwB_FYk

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.

- Monday, September 12, 2022 - Vittoria Giordani gives Italy another gold in the march of the Under-23 Mediterranean Championships <http://omarchador.blogspot.com/2022/09/vittoria-giordani-da-novo-ouro-italia.html>
- Monday, September 12, 2022 - Riccardo Orsoni (Italy) wins at the Under-23 Mediterranean Championships in Pescara <http://omarchador.blogspot.com/2022/09/riccardo-orsoni-italia-vence-nos.html>
- Sunday, September 11, 2022 - Dayana Segura (Colombia) won the gold medal in the 5,000 m march of the South American Under-18s <http://omarchador.blogspot.com/2022/09/dayana-segura-colombia-conquistou.html>

- Saturday, September 10, 2022 - Julián Alfonso (Colombia) became South American champion in the 10,000 meters march <http://omarchador.blogspot.com/2022/09/julian-alfonso-colombia-sagrou-se.html>
- Thursday, September 8, 2022 - Artur Brzozowski and Olga Niedzialek win at the 56th Gdansk Marching Festival <http://omarchador.blogspot.com/2022/09/artur-brzozowski-e-olga-niedziaek.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sun 18 Sep 2022 **VMA 5000m track walk c'ships** - Mentone

International Dates

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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Stu Cooper - editor
 0421 470 949
stuwalks@yahoo.com.au