



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 39  
Tuesday 27 June 2019



### VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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### WALKER OF THE WEEK

My Walkers of the Week are **Jemima Montag** and 28 year old **Rhydian Cowley**. Both were comfortable winners in the Open 10,000m Track Walk at the 2019 Oceania Championships in Townsville today.

- 21 year old Melbourne based Jemima walked superbly. While Katie Hayward has had her measure in recent races, Jemima reversed the trend today with a comfortable win, recording a 1 sec PB of **43:50.84** and finishing nearly 2 minutes clear of the field. Her time also set new Victorian and VRWC Open and U23 records (bettering her own PB of 43:51.47 done Sydney 2 months ago). Jemima has hardly put a foot wrong since winning the 2018 Commonwealth Games gold medal.
- 28 year old Rhydian also won comfortably, with a time of **41:57.57**. He has had a wonderful year, with PBs galore, along with 2 Olympic qualification 20km walks.

Special congrats also to their Melbourne based coach **Brent Vallance** who continues to produce the goods, year in and year out.

Both Jemima and Rhydian are already selected for this year's IAAF World Championships in Doha and have already put qualification times on the board for the 2020 Olympics. They won the Victorian 20km roadwalk championships in Melbourne two days ago and then fronted for Townsville and produced the goods. Alas, no photos from Townsville so here are a couple of photos from their winning 20km walks in Melbourne on Sunday.



### WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for the next round of our VRWC Winter Season Points Competition. Remember that VRWC races can either be entered on the day or more preferably you can pre-enter via our online panel at <https://vrwc.org.au/wp1/race-entries-2>.

<b>Saturday 29<sup>th</sup> June 2019, Middle Park</b>			
VRWC Events: Entries close for all events at 1.45pm sharp.			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

- This coming Saturday 29<sup>th</sup> June sees the start of the classic **Swedish Fotrally** (see <http://www.fotrally.se/rutt>). This is one of my favourite events of the year and I look forward to reporting on it in next week's newsletter.
- Next Sunday 30<sup>th</sup> June sees the last opportunity for 50km walkers to qualify for this year's IAAF World Championships in Doha. The meet in question will be the **USATF 40km Championships** meet in Owego, NY, USA, and will include a 50km option. I expect to see quite a few internationals in action and look forward to reporting on it in next week's newsletter.
- Looking slightly further ahead, the **30<sup>th</sup> Summer Universiade** will kick off in Naples, Italy, on Wednesday 3<sup>rd</sup> July and we will see a number of Australians in action in the walks, including VRWC members Jemima Montag and Philippa Huse.
  - 20km Walk Women: **Katie Hayward (QLD), Jemima Montag (VIC) and Philippa Huse (VIC)**
  - 20km Walk Men: **Declan Tingay (WA)**
- And a reminder of our upcoming VRWC Twilight Trivia afternoon on Saturday 13<sup>th</sup> July.

**Victorian Race Walking Club**



**Saturday 13 July**, after the VMA Masters and Interstate Challenge races  
4.00 (heads down by 4.30) to 7.00pm

at the **Middle Park Bowling Club**

\$15 per head, \$40 per family of 3+ members. BYO snacks and nibbles.  
Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of 6-10 for some after-race entertainment including:  
*Quiz questions \* Games \* Music \* Prizes \* ~~Take no prisoners competitiveness~~ \* Socialising and Laughs!!*

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

**\*\* Please pre-book by Saturday 6 July**, to assist us with our planning. Tickets can be pre-booked:

- at the check-in table on race days, or
- by contacting Stu Cooper at [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au) to confirm your attendance. (If you choose this method, you can pay at the Club or by direct transfer at any Commonwealth bank - BSB: 063-143 Acc: 008 00456 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

*Last year's was good, so come along,  
have some fun and help make this year's even better!*



**AV, AV SCHOOLS, VMA AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 23 JUNE**

Conditions were very cold early but the sun eventually broke through for a sunny and still winter's morning at Middle Park for our annual Victorian, Victorian Schools, Victorian Masters and VRWC Roadwalk Championship day. The numbers were strong, with 70 walkers in total.

The various 20km championships were first to get underway at 8:30AM, as a single large combined event. We were pleased to see so many of our top walkers in action, albeit having training hitouts rather than flat out races – special mentions to **Jemima Montag**, **Simone McInnes**, **Rhydian Cowley**, **Kyle Swan** and **Quentin Rew**. And a special mention to M80 walker **Gunther Ilgoutz** who completed the 20km in 2:38:55. Great work Gunther!

**AV/VMA/VRWC Open Women 20 km**

				AV	VMA	VRWC
1.	Montag, Jemima	MUU	1:35:55	1		
2.	McInnes, Simone	SSH	1:41:42	2		
3.	Feain, Madeleine	VRWC	2:00:54			1
4.	Elms, Donna	VMA	2:25:20		W55, 1	
	Feiner, Tracy	KNA	DNF			
	Ruddick, Kelly	BHA	DNS			

**AV/VMA/VRWC Open Men 20 km**

				AV	VMA	VRWC
1.	Cowley, Rhydian	GHY	1:33:08	1		1
2.	Swan, Kyle	ANW	1:35:55	2		2
3.	Rew, Quentin	VRWC	1:40:10			3
4.	Garganis, Adam	COL	1:40:30	3		4
5.	Prasad , Pramesh	VMA	1:44:14	4	M45, 1	5
6.	Cassidy, Kevin	VMA	1:47:34		M55, 1	6
7.	Nelson, Scott	WYN	1:59:10	5	M45, 2	7
8.	Smyth, David	VMA	2:05:25		M45, 3	8
9.	Evans, Simon	VMA	2:09:52		M55, 2	9
10.	Ilgoutz, Gunther	VMA	2:38:55		M80, 1	
	Dickenson, Russ	VMA	DNF			
	Jamieson, Andrew	OSC	DNF			
	Walters, Daniel	COR	DNF			
	Hess, Albin	VMA	DQ			



*20km action – Rhydian Cowley, Kyle Swan, Jemima Montag and Gunther Ilgoutz (photos Terry Swan)*

The Victorian Schools roadwalk championships were spread across the morning, with fields in all divisions except for U20 Boys. Wins went to **Rebecca Henderson**, **Corey Dickson**, **Alanna Peart**, **Fraser Saunder**, **Brianna Briet**, **Joel Imbriano** and **Darcey Roberts**. There were lots of PBs but special callouts for **Bec Henderson** (49:01) and **Jemma Peart** (49:21) who recorded great 10km PBs.

**AV Schools U20 Girls 10 km**

1. Henderson, Rebecca	Berwick Secondary College	49:01	PB 0:01
2. Peart, Jemma	Ballarat High School	49:21	PB 2:35
3. O'Mahony, Kathleen	Mater Christi College	1:03:14	

**AV Schools U18 Boys 5 km**

1. Dickson, Corey	Tintern Grammar School	23:11	
2. Beveridge, Heath	Overnewton	24:07	PB 0:40
3. Hay, Angus	Brentwood Secondary College	29:22	

**AV Schools U18 Girls 5 km**

1. Peart, Alanna	Ballarat High School	24:14	
2. Nelson, Arnika	Clonard College	27:02	PB 1:36
3. Louey, Grace	Avila College	29:30	PB 0:24

**AV Schools U16 Boys 3 km**

1. Saunder, Fraser	Ballarat Grammar School	14:21	
2. Costin, Owen	Kardinia International College	16:32	

**AV Schools U16 Girls 3 km**

1. Briet, Brianna	Cranbourne East Secondary Col	17:16	
2. Heikkila-Dubowik, Kaylah	Matthew Flinders Girls' SC	17:42	
3. Thompson, Eliza	Balcombe Grammar School	19:04	PB 3:37
4. Ballinger, Laura	Loreto College Ballarat	19:17	PB 0:57

**AV Schools U14 Boys 3 km**

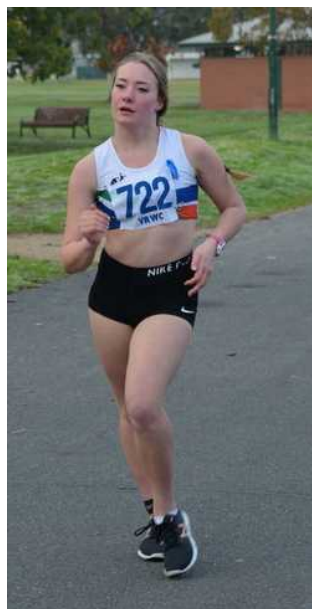
1. Imbriano, Joel	Whitefriars College	15:51	
2. Epps, Luke	Rowville Primary School	16:01	
3. Peart, Scott	Black Hill Primary School	17:53	PB 0:08
Wakim, Marcus	Carey Baptist Grammar School	DNS	

**AV Schools U14 Girls 3 km**

1. Roberts, Darcey	Billanook Primary School	16:28	
2. Smith, Emily	Kilbreda College	16:41	PB 0:26
3. Tatlock, Riannah	Saint Ignatius College Geelong	17:47	
4. Holmes, Molly	St Helena Secondary College	18:03	First 3km walk
Pashutina, Ariana	Waverley Christian College	DNS	



Corey Dickson, Jemma Peart, Alanna Peart and Rebecca Henderson (photos Terry Swan)



*Fraser Saunder, Darcey Roberts, Brianna Briet and Joel Imbriano (photos Terry Swan)*

Our VRWC U12 and U10 club championships were also energetically contested, with wins to **Ariana Pashutina, Hamish Blackwood, Sarah Holmes** and first timer **Ridham Attri**.

**VRWC U12 2.5km Championship Girls**

- |    |                          |       |
|----|--------------------------|-------|
| 1. | Pashutina, Ariana        | 14:09 |
| 2. | Nash, Maddison           | 14:41 |
| 3. | Heikkila-Dubowik, Zahlia | 17:33 |
| 4. | MacDonnell, Charlotte    | 18:39 |

**VRWC U12 2.5km Championship Boys**

- |    |                   |       |
|----|-------------------|-------|
| 1. | Blackwood, Hamish | 14:45 |
| 2. | Nash, Ethan       | 16:05 |
| 3. | Barnes, Alex      | 17:52 |
| 4. | Smith, Aiden      | 18:04 |

**VRWC U10 1.5km Championship Girls**

- |    |                 |       |
|----|-----------------|-------|
| 1. | Holmes, Sarah   | 08:04 |
| 2. | Uzun, Ela       | 08:37 |
| 3. | Paulke, Addison | 09:29 |
| 4. | Ali, Havana     | 09:32 |

**VRWC U10 1.5km Championship Boys**

- |    |                |       |
|----|----------------|-------|
| 1. | Attri, Ridham  | 11:00 |
| 2. | Wapshott, Cody | 11:04 |
| 3. | Tatlock, Heath | 12:32 |

We also scheduled a number of non-championship walks, to allow even more opportunity for the walkers. Special mention for **Philippa Huse** who won the 10km with 49:14.

**VRWC Open 10km Non-Championship**

- |    |                |         |
|----|----------------|---------|
| 1. | Huse, Philippa | 49:14   |
| 2. | Feain, Gerard  | 1:04:52 |
| 3. | O'Neill, Karyn | 1:11:10 |

**VRWC Open 5km Non-Championship**

- |    |                   |               |
|----|-------------------|---------------|
| 1. | Carr, Heather     | 30:42         |
| 2. | Thompson, Marilyn | 35:02 PB 1:02 |
| 3. | Steed, Gwen       | 36:12         |
| 4. | Mews, Pam         | 54:21         |
|    | Haverly, Steve    | DQ            |

### VRWC Open 2km Non-Championship

1.	Barrow, Geoff	13:55
2.	McPherson, Glennis	13:55
3.	Hugo, Beverly	16:21

Thanks as always to our many officials, judges and helpers. Apologies if I have missed anyone.

**Officials:** Mark Donahoo, Tim Erickson, Bill Carr, Karyn O'Neill, Ian Laurie, Donna Dickson, Charlene Swan  
Paul Moritz, Frances Attard

**Judges:** Brenda Felton (chief), Shane Dickson, Stuart Cooper, David Cash, Terry O'Neill, Paul Nunn, Mark O'Mahony  
Gordon Loughnan, Peter Vysma (Bike and Board), Charlotte Holmes (Board)

**Canteen:** Wendy Cooper

**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F538>)

Thanks go Gerard Feain for another beautiful race video, this time from our vRWC club races on 1<sup>st</sup> June at Middle Park. Check it out on youtube at <https://youtu.be/UPT2kX9NkUM>.

Remember you can access all our VRWC videos at <http://www.vrwc.org.au/vrwcvideos.shtml>.

### ACTRWC ROADWALKS, MONONGLO REACH, CANBERRA, SATURDAY 22 JUNE

Thanks to Val Chesterton for this week's results from Canberra. Good 10km walks by **Mitchell Baker** and **Tim Fraser**.

#### 10km Walk

1.	Mitchell Baker	48:02
2.	Tim Fraser	49:23
3.	Michael Smith	53:35
4.	Ann Staunton-Jugovic	59:55
5.	Robin Whyte	1:09:14
6.	Bryan Thomas	1:15:39
7.	Val Chesterton	1:25:09
8.	Phil Essam	1:25:09

#### 3km Walk

1.	Gwyllym Young	12:39
2.	Owen Toyne	15:09
3.	Kodi Clarkson	15:19
4.	Jack Thackray	26:49

#### 1km Walk

1.	Georgia Frew	6:03
2.	Ella Baker	6:06
3.	Helen Toyne	8:06
4.	Samantha Manning	8:24
5.	Sarah Frew	8:37
6.	Geoff Barker	13:21

#### 5km Walk

1.	Hannah Manning	31:44
2.	Kate Black	32:59
3.	Rod Gilchrist	39:14
4.	Jennifer Gilchrist	39:59

### SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 22 JUNE

Thanks to Kim Mottrom for this week's results from Adelaide. Kim led from the front as usual.

#### 8km Walk

1.	Kim Mottrom	36:50
2.	Mathew Bruniges	42:10
3.	Royrie Upton	49:10
4.	Greg Metha	49:58
5.	Bill Starr	1:09:28
6.	Alix Harlington	DNF

#### 3km Walk

1.	Tristan Camilleri	12:49
2.	Zayden Kamish	16:29
3.	Sebastian Richards	17:07
4.	Katie DeRuvo	18:52
5.	Seth Upton	19:42
6.	Liz Downs	22:44

#### 5km Walk

1.	Kiera Ross	26:28
2.	Kitarni Upton	29:27
3.	Adrian Upton	35:04

#### 2km Walk

1.	Cooper Rech	13:08
2.	Edward Upton	16:11
3.	Tarique Kamish	16:11
4.	Xavier Upton	16:45
5.	Matilda Rech	17:23

#### 1km Walk

1.	Alex Richards	7:40
2.	Maliha Kamish	8:13

**TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 22 JUNE**

Thanks to Dave Moore for this week's results from Tasmania. He reports:

A cloudy and cool day at Wentworth Park for our Walkers today. Highlights of the day included a PB for **Chloe Ahern** and the return of **Wayne Fletcher** who is taking things very carefully on the comeback trail after some surgery.

This coming week sees our very best **Alice Randall**, **Anna Blackwell** and **William Robertson** venture to Townville for the Oceania Championships. They join Greg Robertson, Rick Cooke, Daniel Coleman and Stephanie Stigwood as a very select group of Tasmanian athletes to wear Australian colours as Race Walkers. We hope they enjoy and learn from their experience.

**3km Walk**

1.	William Robertson	14.26
2.	Chloe Ahern	16.28 (PB)
3.	Ron Foster	21.35
4.	Gabby Hay	22.38
5.	Wayne Fletcher	30.00
6.	Dave Moore	DNF

**SAMA ROADWALKS, WEST TERRACE, ADELAIDE, SATURDAY 22 JUNE**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: 5km 'Turkey Handicap' walks. Cool, sunny arvo. Followed by AGM.

**5km Walk**

1.	RICHARD EVERSON	0:26:11	M55	81.76%
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**5km Club Walk**

1.	GEORGE WHITE	0:28:21	M74	<b>93.01%</b>
2.	GIL MCINTOSH	0:34:49	M68	70.23%
3.	BRIAN WITTY	0:37:31	M68	65.18%
4.	RODGER BARBER	0:39:04	M81	74.80%
5.	RAELENE SCHILD	0:39:46	W54	58.28%
6.	MARGARET MCINTOSH	0:40:55	W66	65.08%
7.	GRAHAM HARRISON	0:42:30	M75	62.90%
8.	EDNA BATES	0:44:57	W66	59.24%
9.	GILLIAN WHITE	0:44:59	W70	62.65%
10.	DAVID ROBERTSON	0:45:36	M85	68.54%
	COLIN HAINSWORTH	DNF		
	GEOFF KENNETT	DNF		
	MARIE MAXTED	DNF		

**QRWC ROADWALKS, SKIPPY PARK, GOLD COAST, SUNDAY 23 JUNE**

Thanks to Robyn Wales for this week's results from Queensland. Robyn comments:

Small field due to LAQ Carnival in Townsville prior to Oceania. Also, **Jessica Pickles** has announced her retirement via a very heartwarming post on Facebook. It has been a privilege having her back in my squad these past few years and we will miss her happy personality and willingness to always assist others.

**C Grade 3km**

1.	Kai Norton	M	16.43
2.	Amber Norton	F	17.06
3.	Torryn Fisher	F	19.32
4.	Korey Brady	F	20.26
5.	Jack Bannister	M	21.34
6.	Jennifer Stuckey	F	22.47

**E Grade 2km**

1.	Siaan Fisher	F	13.58
2.	Charlotte Brady	F	16.45

**F Grade 1km**

1.	Imogen Miller	F	6.36
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**A Grade 10km**

E1.	Ignacio Jimenez	M	59.44
E1.	Peter Bennett	M	59.44
3.	Keith Heness	M	1.07.26
4.	Noela McKinven	F	1.23.22

**B Grade 5km**

1.	Summer Millard	F	29.54
2.	Charlotte Hamann	F	30.48
3.	Elliot Bow	F	33.01
4.	Jasmine McRoberts	F	33.48

**2019 NSW AND LANSW ROAD WALKING CHAMPIONSHIPS, CHIPPING NORTON, SUNDAY 23 JUNE**

Sunday was a huge day for NSW racewalking with the Athletics NSW Short Course Roadwalk Championships held in conjunction with the Little Athletics NSW Roadwalk Championships at Angle Park in Chipping Norton. I counted 106 names in the results below so it was far and away the biggest NSW walks carnival for the year. What a great concept to combine Senior and Little Athletics Championships.

And check out the following great article on 13 year old NSW walker **Milly Boughton** – <http://nsw.littleathletics.fspdev.com/little-athlete-kicking-goals-on-track-and-pitch/>. She arrived back in Sydney on Sunday morning and travelled straight to Chipping Norton where she won the U14 2km walk as expected.

**Men 20km Walk Open**

1.	Gibbons, Carl	23	Westlakes At	1:36:19
2.	Richardson, Dylan	19	Mingara Athl	1:39:43
3.	Barendregt, Travis	19	Nepean Distr	1:54:33

**Women 15km Walk Open**

1.	Wang, Elaine	19	Sydney Unive	1:26:59
	Barendregt, Amanda	23	Nepean Distr	DNF

**Men 5km Walk Masters**

1.	Seymon, Jim	82	U.T.S. North	36:29
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**Women 5km Walk Masters**

1.	Weekes, Anne	57	Illawong Rev	32:11
2.	Parker, Carmel	54	U.T.S. North	33:38
3.	Woodward, Antoinette	63	U.T.S. North	34:05
4.	Kenyon, Judith	79	Nsw Masters	41:30
5.	Tillman, Annette	59	Nepean Distr	46:32

**Men 10km Walk U20**

1.	tebbutt, oscar	18	Gosford Athletics	45:35
2.	Bedford, Kyle	19	Nepean Distr	47:46
3.	McGinniskin, Jack	17	Mingara Athl	48:55

**Women 10km Walk U20**

1.	Bell, Bridget	17	Asics Wests	58:21
2.	O'Neill, Molly	19	Adamstown Ne	59:13
3.	Parker, Hannah	17	Randwick Bot	59:31
	Walker, Amy	18	Tuggerah Lak	DNF

**Girls 3km Walk U17**

1.	Bolton, Hannah	16	Mingara Athl	15:45
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**Boys 3km Walk U16**

1.	Pyda, Raven	15	Westfields A	15:08
2.	tebbutt, archie	15	Gosford Athletics	17:41

**Girls 3km Walk U16**

1.	DeCelis, Ellie	15	Illawong Rev	16:48
2.	Thomson, Jada	15	Colyton St Clair	17:45
3.	Scott, Bethany	15	Westlakes At	18:43

**Boys 3km Walk U15**

1.	Dundon, Harry	14	Balmain Athl	14:59
2.	Robson, Jack	14	Hills Distri	16:16
3.	Pospischil, Brendan	14	Winston Hills	16:27
4.	Muir, Thomas	14	Nepean Distr	18:31
5.	Gonzalez, Xavier	14	Balmain	19:54

**Girls 3km Walk U15**

1.	Duguid, India	14	Mingara Athl	15:11
2.	Farrell, Isabella	14	Prestons Robins	16:39
3.	Thomas, Emma	14	Parramatta	17:01
4.	Hickson, Alannah	14	Asics Wests	17:19
5.	Torrens, Chelsey	14	Winston Hills	17:27
6.	Nilon, Isabelle	14	Parramatta C	18:20



7.	Varga-Strike, Zsofia	14	Quakers Hill	19:19
8.	Crocker, Amelia	13	Port Hacking	23:21
9.	Challinor, Sarah	12	Port Hacking	24:49
10.	Challinor, Emily	14	Port Hacking	25:04

#### Boys 2km Walk U14

1.	Roche, Liam	13	Hills District	11:36
2.	Murphy, Liam	13	Glenbrook At	11:36
3.	Horton, Jai	13	Westfields A	12:26
4.	Platt, Grady	13	Adamstown Ne	12:55

#### Girls 2km Walk U14

1.	Boughton, Milly	13	Randwick Bot	9:44
2.	Stanley, Jayda	13	Balmain	9:47
3.	Krklinski, Chloe	13	Parramatta C	10:37
4.	Byatt, Laelia	13	Girraween	11:12
5.	Olbrich, Chelsea	13	Riverstone	11:45
6.	Webber, Kailey	13	Winston Hills	11:52
7.	Watts, Sofia	13	Asics Wests	12:47
8.	Neale, Jacinta	13	Prestons Robins	13:31
9.	Brogan, Hailey	13	Prestons Robins	14:54

#### Boys 2km Walk U13

1.	Muir, Alex	12	Nepean Distr	10:15
2.	Byatt, Joel	12	Girraween At	10:41
3.	Pospischil, Aidan	12	Winston Hills	11:59
4.	Cousins, Callum	12	Edgeworth an	12:16
	Best, Wylie	12	Balmain	DQ

#### Girls 2km Walk U13

1.	Pitcher, Sienna	12	Mingara Athl	10:23
2.	Torrens, Samantha	12	Winston Hills	10:27
3.	Diaz, Ava	12	Balmain	10:45
4.	Cassilles, Ciara	12	Westfields A	11:05
5.	Lamb, Chloe	12	Manly Warringah	11:19
6.	Payne, Georgia	12	Tuggerah Lak	11:46
7.	Bektas, Jessey	12	Nepean Distr	11:53
8.	Bektas, Abbey	12	Nepean Distr	12:13
9.	Berechree, Jessica	12	Glenbrook At	13:24
10.	Vella, Isabella	12	Nepean Distr	13:37
11.	Sivaraj, Summer	12	Asics Wests	DQ

#### Boys 1.5km Walk U11

1.	Gonzalez, Sebastian	11	Balmain	7:54
2.	Varga-Strike, Thomas	11	Quakers Hill	8:06
3.	Brodrick, Jesse	11	Winston Hills	8:21
4.	Belunek, Jakub	11	Balmain	8:33
5.	Turkal, Jordan	11	Ryde Athleti	8:42
6.	Robson, Kane	11	Hills Distri	9:00
7.	Penn, Jethro	11	Cherrybrook	9:10
8.	Wendt, William	11	Balmain	13:25

#### Girls 1.5km Walk U11

1.	Beck, Grace	11	Ku-Ring-Gai	8:09
2.	Blackley, Rudi	11	South Eastern	8:45
3.	Rose, Billie	11	Balmain	9:40
4.	Skundric, Charlotte	11	Liverpool City	10:57
5.	Brogan, Alana	11	Prestons Robins	11:28

#### Boys 1.2km Walk U10

1.	Birmingham, Blake	10	Balmain Athl	6:33
2.	Nilon, Christopher	10	North Rocks	6:56
	Williams, Joshua	10	Kandos Rylstone	DQ

#### Girls 1.2km Walk U10

1.	Stanley, Kiara	10	Balmain	6:16
2.	Mitchell, Maisie	10	Kurrajong Bilpin	6:19
3.	Flahey, Natasha	10	Cherrybrook	6:26

4.	Webb, Matilda	10	Winston Hills	6:39
5.	Murphy, Zoe	10	Ku-Ring-Gai	7:22
6.	McGraw, Scarlett	10	Revesby Workers	7:36
7.	Bryan, Ruby	10	Girraween	7:48

#### Boys 1.2km Walk U9

1.	Kingcott, Brayden	9	The Ponds Little	8:44
2.	Bryan, Jack	9	Girraween	10:03

#### Girls 1.2km Walk U9

1.	Polkinghorne, Sophia	9	North Rocks	7:07
2.	Davies, Tamara	9	Hawkesbury City	7:15
3.	Diaz, Lily	9	Balmain	7:20
4.	Gonzalez, Daisha	9	Balmain	7:39
5.	Hoskins, Emma	9	Quakers Hill	7:52
6.	campbell, indyana	9	Nepean Distr	8:19
7.	Penn, Ruby	9	Cherrybrook	8:28
8.	Webber, Alannah	9	Winston Hills	8:41
9.	Twigden, Lilly	9	Bankstown Sports	9:04
10.	Howie, Dekota	9	Mt Druit	9:09
11.	Brogan, Zoe	9	Prestons Robins	9:59
	Wyatt, Claudia	9	Ku-Ring-Gai	DQ
	Roche, Tara	9	Hills District	DQ

### 2019 OCEANIA CHAMPIONSHIPS, TOWNSVILLE, JUNE 25-28, 2019

The **2019 Oceania Championships** (<https://athletics-oceania.com>) kicked off in Townsville, Queensland, yesterday with the official Opening Ceremony. Competition started today (Tuesday) and will continue until Thursday and sees teams from Australia, New Zealand and the other Pacific region countries going head to head in Open, U20 and U18 competitions.

The Open and U20 10,000m walks were on today (women at 1:40PM and men at 3:55PM) so I have been holding off on the newsletter 'send' button to see how everyone went. The Open 10,000m walks were part of the 2019 IAAF Race Walking Challenge Series so Series points were on offer.

The Open and U20 women were up first, at 1:40PM. With an occasionally cloudy day and a temperature around 24C, conditions were cooler than might be expected but it was still humid, with a blustery wind making for interesting conditions. We had most of our top Open women in attendance, but no walkers from any other countries. **Katie Hayward** has had **Jemima Montag's** measure in recent races, but Jemima reversed the trend today with a comfortable win, recording a 1 sec PB of 43:50.84, nearly 2 minutes ahead of Katie. Her time also set new Victorian and VRWC Open and U23 records (bettering her own PB of 43:51.47 done Sydney 2 months ago). Third place went to **Claire Woods** and fourth went to **Beki Smith**, while the third official Australian representative, **Rachel Tallent**, was a DNF. Of the U20 women, **Anna Blackwell** was the only finisher, with 56:46.40.

#### Open Women 10,000m Walk, 1:40PM

1.	JEMIMA MONTAG	21	Australia	43:50.84	PB 0:01, VIC/VRWC record
2.	KATIE HAYWARD	19	Australia	45:35.81	
3.	CLAIRE WOODS	38	Invitational	47:16.28	
4.	BEKI SMITH	33	Invitational	48:18.95	
5.	RACHEL TALLENT	26	Australia	DNF	

#### U20 Women 10,000m Walk, 1:40PM

1.	ANNA BLACKWELL	18	Australia	56:46.40
2.	ALICE RANDALL	19	Australia	DNF

The Open and U20 men were up later in the afternoon, at 3:55PM. Conditions were similar, although the temperature might have dropped by a degree or two. Of the 4 Australian Open reps, **Dane Bird-Smith** was a surprise non starter (not sure of the reason here but I am sure we will find out eventually). That left **Rhydian Cowley** and **Declan Tingay** to fight it out and that they did early on, walking together for the first half of the race. Declan faded a little in the second half, not long back from injury and not yet fully fit, while Rhydian came home strongly to win with 41:57.57, around 45 secs in front of Declan. Tristan Camilleri was the sole U20 walker and he walked well for this finish time of 45:27.32. Alas, Pramesh Prasad was not able to finish.

#### Open Men 10,000m Walk, 3:55PM

1.	RHYDIAN COWLEY	28	Australia	41:57.57
2.	DECLAN TINGAY	20	Australia	42:42.44
3.	PRAMESH PRASAD	45	Fiji	DQ

**U20 Men 10,000m Walk, 3:55PM**

1. TRISTAN CAMILLERI	18	Australia	45:27.32
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The U18 5000m walks will be held tomorrow (Wednesday), with 6 of our talented young guns in action. Well done to VRWC walkers Corey Dickson and Charlotte Hay on their first official Australian vests. You can check out the live results at [http://liveresults.qldathletics.org.au/oceania/2019/2019\\_OAA-Championships/index.htm](http://liveresults.qldathletics.org.au/oceania/2019/2019_OAA-Championships/index.htm).

5000m Walk U18 Boys:	<b>Gwyllym Young (ACT), Corey Dickson (VIC), William Robertson (TAS)</b>
5000m Walk U18 Girls:	<b>Caitlin Hannigan (QLD), Charlotte Hay (VIC), Olivia Sandery (SA)</b>

**ENGLAND ATHLETICS U23 AND U20 CHAMPIONSHIPS, BEDFORD, ENGLAND, SUNDAY 23 JUNE**

Thanks to Mark Wall for the results of the EA U23 and U23 Championship walks in Bedford, England, on Sunday. The Penalty Zone was in use. The weather was mild with some warm patches. a 9:50am start. Strong field. No U23 women sadly. Another outstanding walk by **Callum Wilkinson** (40:29.32), with **Cam Corbishley** not too far behind with 42:28.29.

Mark Eastman has his usually excellent photo gallery from the meet at <https://markeaston.zenfolio.com/p433099028>.

**10,000m Walk U20 Men**

1. Chris Snook	Aldershot Farnham & District	45:00.59
2. Edson George Wilkinson	Enfield and Haringey A C	50:37.68
Daniel McKerlich	Cardiff AAC	DQ

**10,000m Walk U23 Men**

1. Callum Wilkinson	Enfield and Haringey A C	40:29.32
2. Cameron Corbishley	Medway and Maidstone AC	42:28.29
3. Tom Partington	Manx Harriers	46:31.73
4. Luc Henry Legon	Bexley AC	49:53.97

**10,000m Walk U20 Women**

1. Abigail Jennings	Aldershot Farnham & District	54:14.02
2. Pagen Spooner	Hyde Park Harriers	54:32.63

**BMAF 5K WALKS CHAMPIONSHIPS, HORWICH, ENGLAND, SUNDAY 16 JUNE 2019**

Back a week for the results of the British Masters (BAMF) 5km roadwalks in Horwich. There were some outstanding performances, led by M70 Ian Richards with a 97.6% time of 26:00.

**5km Walk Women**

1. Carolyn Derbyshire	Nuneaton	W40	27:49	74.5%
2. Wendy Kane	Notts AC	W50	30:08	74.7%
3. Julie Bellfield	Halesowen	W50	30:29	73.2%
4. Ann Wheeler	Nuneaton	W60	31:12	<b>82.0%</b>
5. Noel Blatchford	Abingdon	W70	32:48	<b>86.2%</b>
6. Louisa Davidson	Birchfield	W35	32:52	62.1%
7. Lynn Bellfield	Halesowen	W50	33:14	69.0%
8. Shirley Simpson	Scotia	W60	35:40	70.9%
9. Rosemary Hill	Scotia	W70	37:01	76.0%
10. Andrea Lennon	Lancs	W75	40:18	<b>80.0%</b>

**5km Walk Men**

1. Patrick Murphy	Eire	M55	25:05	<b>87.7%</b>
2. Ian Richards	Steyning	M70	26:00	<b>97.6%</b>
3. Tony Taylor	Lancs	M70	27:20	<b>90.7%</b>
4. Bill McFadden	Scotia	M55	27:52	78.2%
5. Mark Williams	Birchfield	M50	28:09	75.5%
6. John Constandinou	Birchfield	M45	29:37	67.0%
7. Tony Malone	Lancs (EIRE)	M65	29:38	<b>81.6%</b>
8. Martin Fisher	Redcar	M55	29:45	72.6%
9. Sean McMullin	EIRE	M70	30:23	<b>85.6%</b>
10. Ian Torode	SWVAC	M60	31:26	72.8%
11. Ray Robinson	Redcar	M40	31:28	62.4%
12. Roger Michell	Surrey	M70	32:02	79.2%
13. John Crahan	Lancs	M70	32:52	76.2%
14. John Cooke	Cannock and Staffs	M65	32:52	72.7%
15. Roy Gunnnett	Lancs	M70	33:14	78.9%

16.	Gerard McConnell	Scotia	M55	34:43	64.0%
17.	Joe Hardy	Lancs	M75	34:53	76.6%
18.	Sailash Shah	Lancs	M50	35:14	60.2%
19.	Stephen Sargent	Lancs	M70	35:41	72.0%
20.	Phil McCullagh	Lancs	M60	36:19	63.0%
21.	Ian Hilditch	Lancs	M75	36:50	75.8%
22.	Greg Smith	Lancs	M65	37:06	64.4%
23.	Ron Stewart	North Shields Poly	M75	39:55	68.9%
24.	John Payn	Lancs	M85	40:56	76.4%

#### EAMA Result

1.	England	(Ian Richards 97.6%, Tony Taylor 90.7%, Noel Blatchford 86.2%)	91.50%
2.	Eire	(Pat Murphy 87.7%, Sean McMullin 85.6%, Tony Malone 81.6%)	85%
3.	Scotland	(Bill McFadden 78.2%, Rosemary Hill 76%, Shirley Simpson 70.9%)	75%

#### Ladies Age Graded %

1.	Noel Blatchford	86.2%
2.	Ann Wheeler	82%
3.	Andrea Lennon	80%

#### Mens Age Graded %

1.	Ian Richards	97.6%
2.	Tony Taylor	90.7%
3.	Pat Murphy	87.7%

### POLISH 20KM CHAMPIONSHIPS, MIELEC, POLAND, SATURDAY 22 JUNE

Thanks to marciadalmondo (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3517](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3517)) for the results of the Polish 20km roadwalk championships. Open 20km wins to **Katarzyna Zdziebło** (1: 34.48) and **Artur Brzozowski** (1:24:20) and U20 5km wins to **Lukasz Niedzialek** (22:32) and **Petra Zahoran** (25:39). Great to see NZL **Alana Barber** second in the women's 20km race with 1:35:46.

#### 20km Women

1.	ZDZIEBŁO Katarzyna	1996	LKS Stal Mielec	1:34.48
2.	<b>BARBER Alana</b>	<b>1987</b>	<b>NEW ZEALAND</b>	<b>1:35.46</b>
3.	KOVÁCS Barbara	1993	HUNGARY	1:37.11
4.	BUZIAK-SMIATACZ Paulina	1986	LKS Stal Mielec	1:37.22
5.	NIEDZIALEK Olga	1997	WLKS Nowe Iganie	1:37.54
6.	ELLWARD Agnieszka	1989	WKS Flota Gdynia	1:39.58
7.	BOCHORI Dimitra	1998	GREECE	1:42.48
8.	CETNARSKA Malgorzata	1998	KKS Victoria Stalowa Wola	1:49.56
9.	LOREK Antonina	1995	KS AZS AWF Kraków	1:50.34
10.	MORAWCZYNSKA Jolanta	1968	MUKLA Debica Korz	2:02.34
11.	LISOWSKA Alicja	1969	PZLAM	2:07.33
12.	YAROKHAU Agnieszka	1986	KS AZS AWF Kraków	DNF
13.	AUGUSTYN Angelika	1996	UKS Olimp Kozienice	DNF
14.	TSINOPOULOU Panayota	1990	GREECE	DNF
15.	ŽÁRSKA Klaudia	1999	SLOWACJA	DNF

#### 20km Men

1.	BRZozowski Artur	1985	AZS-AWF Katowice	1:24.20
2.	FEDACZYNSKI Rafal	1980	AZS UMCS Lublin	1:25.03
3.	AUGUSTYN Rafal	1984	LKS Stal Mielec	1:25.16
4.	BLOCKI Damian	1989	MKL Szczecin	1:26.04
5.	JELONEK Jakub	1985	CKS Budowlani Czestochowa	1:28.47
6.	PASICHNYY Stepan	1998	UKRAINE	1:37.26
7.	SIKORA Rafal	1987	AZS-AWF Katowice	1:38.03
8.	CYNGOT Jacek	1996	UKS Olimp Kozienice	1:42.52
9.	LUNIEWSKI Miroslaw	1957	UKS Jedyńka Reda	1:59.47
10.	KWITA Zbigniew	1959	PZLAM	2:09.42
11.	TOMALA Dawid	1989	AZS KU Politechniki	DNF
12.	BARANOWSKI Michal	1998	AZS UMCS Lublin	DNF
13.	SHANGE Lebogang	1990	SOUTH AFRICA	DNF
14.	CHRISTIE Nick	1991	USA	DNF
15.	KRASNOVSKYY Andriy	1998	UKRAINE	DNF

### U20 5km Men

1.	NIEDZIALEK Lukasz	2000	WLKS Nowe Iganie	22:32
2.	PIECUCH Kamil	2003	LKS Stal Mielec	23:56
3.	NOWOSTAWSKI Mikolaj	2002	UKS 12 Kalisz	25:30
4.	FREJ Oskar	2003	CWKS Resovia Rzeszów	25:52
5.	IELO Cristian	2004	LKS Stal Mielec	26:58
6.	WÓJCIK Hubert	2003	LKS Stal Mielec	30:11

### U20 5km Women

1.	ZAHORÁN Petra	2002	LKS Stal Mielec	25:39
2.	RAS Wiktoria	2000	KKS Victoria Stalowa Wola	26:37
3.	MALASZEWICZ Julita	2004	LKS Stal Mielec	27:05
4.	BLAZEJEWSKA Amelia	2003	UKS 12 Kalisz	27:07
5.	TARNOWSKA Karolina	2003	MKS Unia Hrubieszów	29:31
6.	KANIA Martyna	2003	MKS Unia Hrubieszów	34:52

## 2019 MANX TELECOM PARISH WALK, ISLE OF MAN, 22-23 JUNE

I finish the results section of the newsletter with some news for our long distance walk enthusiasts. First to the Isle of Man....

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read much more about it at [https://en.wikipedia.org/wiki/Parish\\_Walk](https://en.wikipedia.org/wiki/Parish_Walk).

This year, nearly 1400 walkers set off from the Isle of Man National Sports Centre in Douglas at 8AM on Saturday and an amazing 158 finished the full 85 very hilly but picturesque miles within the 24 hour cutoff. The first 8 attained the Gold standard (under 18 hours), the next 36 attained the Silver status (under 21 hours) and the remaining 112 finishers attained the Bronze standard, all beating the 24 Hour cutoff. See the walkers finishing at [https://www.youtube.com/watch?v=jU9n\\_klUzE](https://www.youtube.com/watch?v=jU9n_klUzE).

My report is taken from the IOM Today newspaper (see <http://www.iomtoday.co.im/article.cfm?id=49301&headline=Liam%20Parker%20wins%20Parish%20Walk,%20Shilling%20seals%20women%E2%80%99s%20title&sectionIs=sport&searchyear=2019>)

Ramsey electrician **Liam Parker** won the gruelling Parish Walk challenge for the second time in three years late on Saturday evening when completing the 85 miles in a time of 15 hours 44 minutes and six seconds. Having been fifth on his debut 12 months ago, colourful Frenchman **David Vandercoilden** was second across the finish line at the War Memorial on Douglas Promenade some 23 minutes behind in 16:07.08. **Robbie Callister** racked up his 17<sup>th</sup> Parish Walk finish in third place in a time of 16:38.20, ahead of the vastly improved **Paul Sayle** in 16:53.19. Castletown centurion **Andrew Titley** was fifth in 17:10.05 and **Terry Moffat** sixth in 17:30.58. Five-time winner **Richard Gerrard** stopped at Andreas after less than 10 hours of walking, he was one of several leading names to succumb to the hot and sunny conditions.

**Emma Shilling** was thoroughly exhausted when she crossed the finish line to win the women's race in seventh place overall with a time of 17:47.09. The Douglas woman's time of gave her a winning margin of almost 28 minutes over **Karen Lawrie** (18:15.14) in joint 11th place. Early leader **Jayne Farquhar** retired at Kirk Michael, shortly before half-distance and 2018 winner **Bernie Johnson** slowed significantly in the final 15 miles to finish third (18:32.22) in 14th place overall.



Winner Liam Parker (photo <https://www.manxradio.com>)

**Owen Dudley** took the men's under-21 title (6:42:14), while **Danielle Barton** crossed the line first in the women's under-21 field (6:58:33), in a race which finishes in Peel, 32.5 miles (52km) from the start.

Lots of photos and videos at the Parish Walk facebook page at <https://www.facebook.com/parishwalk/>.



*Liam Parker, Emma Shilling, David Vandercoilden and Robbie Callister (Photos Rob Quine)*

The impressive full listing of all participants is found at [https://www.parishwalk.com/page\\_582018.html](https://www.parishwalk.com/page_582018.html). Here are those who achieved the gold and silver standard.

**Parish Walk (85 Miles)**

1.	Liam Parker	Men	1	15h44:06	GOLD
2.	David Vandercoilden	Veteran Men	1	16h07:08	GOLD
3.	Robbie Callister	Veteran Men	2	16h38:20	GOLD
4.	Paul Sayle	Men	2	16h53:19	GOLD
5.	Andrew Titley	Veteran Men	3	17h10:05	GOLD
6.	Terry Moffat	Veteran Men	4	17h30:58	GOLD
7.	Emma Shilling	Veteran Ladies	1	17h47:09	GOLD
8.	Paul Atherton	Men	3	17h59:24	GOLD
9.	Chris Cale	Veteran Men	5	18h05:10	SILVER
10.	Werner Alberts	Veteran Men	6	18h05:34	SILVER
11.	Tony Mackintosh	Veteran Men	7	18h15:14	SILVER
12.	Karen Lawrie	Veteran Ladies	2	18h15:14	SILVER
13.	David Walker	Veteran Men	8	18h22:29	SILVER
14.	Bernie Johnson	Veteran Ladies	3	18h32:22	SILVER
15.	Stephanie Burton	Veteran Ladies	4	18h40:06	SILVER
16.	Tony Holgate	Veteran Men	9	18h40:49	SILVER
17.	Lorna Gleave	Veteran Ladies	5	18h51:43	SILVER
18.	Kathryn Clough	Veteran Ladies	6	18h58:31	SILVER
19.	Ewa Kowalewska	Veteran Ladies	7	19h03:07	SILVER
20.	Aaron Curphey	Veteran Men	10	19h15:20	SILVER
21.	Shaun Kelly	Men	4	19h15:20	SILVER
22.	Tristan Shields	Men	4	19h15:20	SILVER
23.	Alison Crellin-Dodd	Veteran Ladies	8	19h18:02	SILVER
24.	Paul Jennings	Men	6	19h25:26	SILVER
25.	Lee Darbyshire	Veteran Men	11	19h26:32	SILVER
26.	Megan Thomas	Ladies	1	19h33:18	SILVER
27.	Hattie Thomas	Ladies	1	19h33:18	SILVER
28.	Connor Gilbert	Men	7	19h43:01	SILVER
29.	Juan Readshaw	Veteran Men	12	19h48:43	SILVER
30.	Ben O'Hare	Men	8	19h54:43	SILVER
31.	Derek Sweeting	Veteran Men	13	20h01:05	SILVER
32.	Steve Pevsner	Veteran Men	13	20h01:05	SILVER
33.	Kathryn Prince	Veteran Ladies	9	20h15:18	SILVER
34.	Jessica Kitchin	Veteran Ladies	10	20h17:41	SILVER

35.	Andrew Payne	Men	9	20h23:19	SILVER
36.	Gemma Cringle	Ladies	3	20h23:27	SILVER
37.	Rachel Gawne	Ladies	3	20h23:27	SILVER
38.	Paul Callow	Men	10	20h23:27	SILVER
39.	Alan Teare	Veteran Men	15	20h38:48	SILVER
40.	Patrick Bregazzi	Veteran Men	16	20h39:34	SILVER
41.	Mark Lund	Men	11	20h43:53	SILVER
42.	Gabriel Farmer	Veteran Men	17	20h47:50	SILVER
43.	Ashley Kelley	Men	12	20h56:52	SILVER
44.	Gareth Brolly	Veteran Men	18	20h56:56	SILVER

**10<sup>TH</sup> ENERGIA24, BELFAST, NORTHERN IRELAND, 22-23 JUNE**

The wonderful **Sandra Brown** was in action last weekend in Energia24 (<https://www.energia24.co.uk/>) which was held in Victoria Park, Belfast. It is one of the big European 24 Hour races and carries a Gold Label from the world governing body, the IAU.

Husband Richard Brown commented:

*Many congrats to Sandra on setting new world W70 "running" records for 100 miles (around 21hrs 18mins) and 24 hours (around 113.5 miles) in Belfast. Needless to say she walked all the way and moved up from being 205<sup>th</sup> after the first lap to 24<sup>th</sup> at the finish. She now holds both the running and walking world bests for her age group. Now for more cuppas....???*

*Her 100 mile best surpassed that of our friend and US legend Helen Klein with whom we stayed in Sacramento before a 6 day event there. Her 24 hour best surpasses that of the Australian Shirley Young set at East Burwood. I do not have her exact times as I only have the nearest time she passed the control point. To set world running records while walking all the way is something special, but then.....*

*I just love this picture taken of her at the finish. So often she is wrapped in multi-layers like a Michelin woman against the elements, but here she looks rightly pleased and as always smiling. And where did she find that seat when everyone else is shown collapsed on the ground!!!? This was her 7th successful event of 100 miles or above this year, just 2 weeks after Weert which in turn was just 2 weeks after a gruelling cross country 100 miler in the north of England in the pouring rain and driving winds. She deserved a nice weather event in Belfast.*

Lots of photos and videos from <https://www.facebook.com/belfast24/>. Here are a couple!



*Sandra in action and still looking fresh at the end (photos <https://www.facebook.com/belfast24/>)*

## OUT AND ABOUT

- Under the new National Athlete Support Structure (NASS) policy, re-written as part of the Australian Institute of Sport (AIS) Refresh process, Athletics Australia announces the following selections for able bodied athletes. See the full list of supported athletes at <https://www.athletics.com.au/news/new-nass-selections-policy/>.

The walks are well represented with 9 walkers being recognised

- Podium **Dane Bird-Smith, Jared Tallent**
  - Podium Potential **Rhydian Cowley, Katie Hayward, Jemima Montag**
  - Non-Olympic Gold **Claire Woods**
  - Development **Tyler Jones, Declan Tingay**
  - Emerging **Kyle Swan**
- They keep being caught. Eunice Jepkirui Kirwa of Bahrain has been handed a four year ban for EPO. Kirwa was the Olympic marathon silver medallist in 2016, finishing in 2:24:13 behind Jemima Jelagat Sumgong who was banned for eight years in January 2019. Many are now calling the women's Olympic marathon of 2016 a similar story to the women's 1,500m in 2012, as both events have seen a shocking number of athletes banned following the games. See <https://runningmagazine.ca/the-scene/olympic-marathon-silver-medallist-banned-for-epo/>.
  - News just in about the **2019 African Centurion qualifying race**. The fourth annual African Centurion Walk takes place on **26-27 October 2019**. This year, the event will be in the heart of **Stellenbosch** at the Coetzenburg stadium. The course will weave through the town's oak-shaded streets and Coetzenburg precinct, with each loop averaging approximately 30 minutes. Entries open at the end of July.

## MARCIADALMONDO ROUNDUP

marciadalmondo has 8 press releases for us this week. Some interesting reading, including additional events on which I am not reporting. You can check them out for yourself in the marciadalmondo press releases.

- Mon 24 Jun - Sumy (UKR): Aliaksandr Liakhovich and Mariya Filiuk win Ukrainian 20km Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3518](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3518)
- Sun 23 Jun - Mielec (POL): Katarzyna Zdziebło and Artur Brzozowski win Polish 20km Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3517](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3517)
- Sun 23 Jun - Kyoto (JPN): the 72nd edition of Western Japanese Intercollege Athletics Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3516](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3516)
- Sat 22 Jun - Agropoli (ITA): Gabriele Gamba wins the U18 Italian Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3515](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3515)
- Fri 21 Jun - Budapest (HUN): Venyercsan and Madarasz win the 35th Honved Kupa [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3514](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3514)
- Fri 21 Jun - Agropoli (ITA): Alexandrina Mihai surprisingly wins U18 girls championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3513](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3513)
- Thu 20 Jun - Saransk (RUS): Chegin's security group given the boot [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3512](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3512)
- Wed 19 Jun- Preview of the Italian U18 Individual Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3511](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3511)

Also check out the omarchador report on the 15<sup>th</sup> Iberoamerican Meet in Huelva, Spain <http://omarchador.blogspot.com/2019/06/laura-garcia-carro-vence-marcha-no.html>

## FROM THE VAULTS – THE AUSTRALASIAN 7 MILE CHAMPIONSHIPS, 1923-1937

I have previously written about the very first Australasian Roadwalking Championship, held in 1923 at the Malvern Cricket Ground in Melbourne (see <http://www.vrwc.org.au/documents/1923%20Australasian%207%20Mile%20Championship.pdf>).

I had a bit of time last week so decided it was time to complete the story and discuss the complete suite of all 9 such championships, held between 1923 and 1937. Here are the stories of the next two, contested in 1924 and 1925.



### 1924 Australasian 7 Mile Championship, Sydney, 8<sup>th</sup> November 1924

The good form of 1923 Australasian 7 Mile title holder Ernie Austen continued into 1924. In February he easily won the Australian Track championship walks in Hobart – the One Mile Walk in 6:45 and the Three Mile Walk in 22:33. A correspondent commented that “*his wins reminded one of W. Murray in his prime*”. Then in March, he won the NSW track walks in similar style. He was now the unchallenged champion on both road and track.

The veteran walker’s efforts were rewarded with Olympic selection and Austen, now in his thirties, proudly made the trip to Paris for the 10,000m track walk. Amazingly and controversially, he was warned in the first lap by the French judge who thought his gait doubtful. In the second lap the American judge ordered him off when he was lying third and was doing well.

Disillusioned, he returned to Australia and retired from racewalking. This sad fact coincided with the return to competition of the 1920 Olympic silver medallist **George Parker**<sup>1</sup> who set to work with a will, got his weight back to normal and, in quick succession, turned in a series of very high quality performances that rewrote the record books.

First in early November 1924 he won the NSW 7 Mile championship in pouring rain. On this occasion he broke the Australasian records for 4 miles (29:58), 5 miles (37:40), 6 miles (45:19.5) and 7 miles (53:02.2).

A week later he fronted for the second Australasian 7 Mile Walk Championship which was held at the Sydney Sports Ground on 8<sup>th</sup> November 1924.

Unchallenged, he won the the championship by over 2 minutes, creating new State records for all distances from 2 to 7 miles and setting new Australasian records for 4 miles (29:42), 5 miles (37:28), 6 miles (45:17) and 7 miles (53:07). A strong field of 25 walkers contested the race, with NSW taking the first 3 places.

The annual report of the VAWC for that year commented as follows

*Despite the fact of the senior teams defeat, the tour proved successful in as much as lasting friendship was established between the States and considerable progress was made towards the establishment of an Australasian Walking Union. The expenses incurred were heavy but the whole amount, with the exception of £3.14.4, was collected by a social Committee under the control of F. J. O'Rourke and C. Prichard, ably assisted by the Victorian Ladies Walking Club and was not a direct charge upon the Club funds.*

#### **Australasian Open 7 Mile Walk Championship, Sydney Sports Ground, Sydney, 8 November 1924**

1.	George Parker	NSW	53:07
2.	Albert Kitchen	NSW	55:17
3.	Ernest Smith	NSW	57:30
4.	Victor Dowling	VIC	57:52
5.	William Morse	VIC	57:23
6.	Joseph Mulcahy	VIC	58:41
7.	Jack Parker	NSW	59:04
8.	Herbert (Bert) Gardiner	VIC	59:20
9.	Robert Heathwood	NSW	59:23
10.	Lyle Brown	NSW	59:34
11.	Reginald Foster	NSW	59:44
12.	Jack Batger	NSW	59:54
13.	Robert Osborne	VIC	60:20
14.	Ernest Pritchard	VIC	60:20
15.	George Wilson	VIC	60:52
16.	Edward Drayton	VIC	61:00
17.	Edward Winstanley	VIC	61:10
18.	Raymond Latham	NSW	61:31
19.	Leslie Moroney	VIC	61:34
20.	Jack Larkin	NSW	61:44
21.	James Cole	SA	62:50
22.	Hugh Collins	VIC	64:07
23.	Frederick Chapman	NSW	DNF
24.	William Pitt	NSW	DNF
25.	William Hayward	NSW	DNF

#### **Australasian Junior 7 Mile Walk Championship, Sydney Sports Ground, Sydney, 8 November 1924**

1.	Victor Dowling	VIC	57:52
2.	William Morse	VIC	57:23
3.	Jack Parker	NSW	59:04
4.	Robert Heathwood	NSW	59:23
5.	Reginald Foster	NSW	59:44

1 See <http://www.vrwc.org.au/tim-archive/articles/wa-george-parker.pdf>

6.	Robert Osborne	VIC	60:20
7.	Ernest Pritchard	VIC	60:20
8.	Edward Winstanley	VIC	61:10
9.	Raymond Latham	NSW	61:31
10.	Jack Larkin	NSW	61:44
11.	Hugh Collins	VIC	64:07

**Senior Teams**    NSW 32 VIC 50  
**Junior Teams**    VIC 16 NSW 21



*George Parker exuded power as a walker. At 6 feet in height and weighing in at 12 stone 10 lbs when fully fit, he physically intimidated his rivals and could have excelled at most sports.*

#### **1925 Australasian 7 Mile Championship, Adelaide, Saturday 15<sup>th</sup> August 1925**

1925 saw 1924 winner George Parker expand his repertoire in winning the NSW 20 Mile walk title, one of a series of good walks in what was a strong winter. Yet, he chose to bypass the third Australasian 7 Mile Championship which to be held at the Adelaide Cricket Ground as a curtain raiser to the Australian Rules football final on Saturday 15<sup>th</sup> August 1925.

His absence, along with the retirement of Ernie Austen, opened the door up for a new champion, and it was young Victorian **Herbert ("Bert") Gardiner**<sup>2</sup> who took up the challenge. Walking in front of a crowd of 60,000 spectators, the largest crowd to watch an Australian athletic championship, Bert scored a 6 second victory over fellow Victorian **Joe Mulcahy**, with **William Pitt** of NSW in third place. Overall, Victoria dominated, winning both the Senior and Junior Shields. Once again, the championship saw walkers from Victoria, NSW and SA only.

It was uncertain for a while as to whether Victoria would be in a position to send a team. The VAWC had been in turmoil during that year, with much dissension amongst club members. In fact, it looked likely to disband at one stage. Luckily the issues were resolved, a new Hon. Secretary-Treasurer was appointed in the person of Rex Merrick and a full team travelled to Adelaide.

#### **Australasian Open 7 Mile Walk Championship, Adelaide Cricket Ground, Adelaide, 15 August 1925**

1.	Herbert ("Bert") Gardiner	VIC	57:03
2.	Joseph Mulcahy	VIC	57:09
3.	William Pitt	NSW	58:11
4.	Robert Osborne	VIC	59:15
5.	Raymond Latham	NSW	59:51
6.	George Isbister	VIC	59:55
7.	George Wilson	VIC	60:00
8.	Jack Harris	NSW	60:24
9.	William Hayward	NSW	60:29
10.	Frederick Chapman	NSW	61:05
11.	Victor Dowling	VIC	61:07
12.	Leslie Moroney	VIC	61:10
13.	Patrick McNamara	SA	61:16

2 See <http://www.vrwc.org.au/tim-archive/articles/wv-berth-gardiner.pdf>

14. Jack Larkin	NSW	62:25
15. Edward Drayton	VIC	63:05
16. Edward Winstanley	VIC	63:09
17. Thomas Grandison	VIC	63:14
18. Pryce Parham	SA	63:25
19. Jack Batger	NSW	64:16
20. John McCormack	SA	64:23
21. Philip McCavanagh	SA	64:49
22. Francis Penny	SA	64:59
23. Thomas Wyatt	SA	65:05
24. Philip Campbell	SA	65:16
25. Roy Campbell	SA	65:20
26. P. Bald	SA	65:51
27. Richard Winstanley	NSW	68:32

**Australasian Junior 7 Mile Walk Championship, Adelaide Cricket Ground, Adelaide, 15 August 1925**

1. Robert Osborne	VIC	59:15
2. Raymond Latham	NSW	59:51
3. George Isbister	VIC	59:55
4. William Hayward	NSW	60:29
5. Frederick Chapman	NSW	61:05
6. Victor Dowling	VIC	61:07
7. Leslie Moroney	VIC	61:10
8. Jack Larkin	NSW	62:25
9. Thomas Grandison	VIC	63:14
10. Pryce Parham	SA	63:25
11. John McCormack	SA	64:23
12. Philip Campbell	SA	65:16
13. Roy Campbell	SA	65:20

**Senior Teams** VIC 31 NSW 48 SA 92  
**Junior Teams** VIC 17 NSW 19 SA 42



*Left: Start of 3<sup>rd</sup> Australian 7 Mile Championship at the Adelaide Oval - winner Bert Gardiner with x over head  
 Right: Bert Gardiner wins*

As a matter of record, on 21 November 1925, George Parker went on another record breaking spree in winning the NSW 7 Mile championship, continuing on for the full hour on a specially prepared track (5 laps to the mile). In winning, he broke six NSW and Australasian records. These included 4 miles (29:31.8), 5 miles (37:09.8), 6 miles (44:50.4), 10000m (46:32), 7 miles (52:45.2) and 1 hour (7 miles 1649 yards 1 foot 9 inches). His 10000m time was over a minute faster than the winning time of Frigerio in the 1924 Olympics and does really raise the question – could anyone have beaten Parker if he had chosen to train for a second Olympics?

To complete the read about all 9 Australasian 7 Mile Championships, check out <http://www.vrwc.org.au/RWA-Results/1923-1937%20Australasian%207%20Mile%20Championships.pdf>.

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

### Australian/Victorian Key Dates – 2019/2020

Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA See <a href="http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/">http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/</a>
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA
Dec 1 (Sun), 2019	Australian 50km Championship meet, Fawkner Park Melbourne (TBC)
Dec 6-8, 2019	Australian All Schools Championships, WA Athletics Stadium, Perth
Mar 22-29, 2020	Australian Athletics Championships, SOPAC, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>

### 2019 IAAF Race Walking Challenge Series (remaining race meets)

Jun 25 (Tue), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
Sept 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

### International Dates – 2019 and onwards

June 30 (Sun), 2019	USATF 40km Champs (includes 50km option), Owego, NY, USA
Jul 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Jul 13 (Sat)	USATF San Diego Imperial 20,000m and 50,000m track walks, San Diego, USA
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sept 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Mar 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 18-30, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2021 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary

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