



HEEL & TOE Online

Vol. 2022
Issue No. 34
Tuesday
23 August 2022

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

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* by cash on race days.

** WALKER OF THE WEEK **



Two impressive 20 kilometre performances from last Sunday produced this issue's WsOTW.

Sarah Brennan, of Ballarat YCW, took out both the AV 20km Women's championship and had the fastest overall Masters result – winning the 40-44y gold – in an excellent time of **1:56:06**, in which she recorded a negative split by 6secs in the 2nd 10km. Sarah's time was only 19secs adrift of that which she set in the corresponding race last year – she certainly is consistent!

Sarah's co-WOTW lines up for his second award in three weeks. First-year walker **Alejandro Stephens** earned the reward for months of conscientious training with a 6:01 win in the VRWC Men's 20km championship – which also gave him the *Alf Robinson Trophy* – in his first race over the distance. Alejandro's time of **1:52:46** was a fine debut that augurs well for the future as he gains experience over the longer ones, and we are eager to see what he will do in the AA Road championships in three weeks' time (no pressure, mate!)

Congratulations, Sarah and Alejandro. You were great to watch out there!



*Honourable mentions

- **Heather Carr** and **Andrew Jamieson** (VIC) – our indomitable Masters champions, both raced hard with excellent technique to beat the 20km distance in World-class times, for age-gradings of **91.48%** and **90.44%** respectively.
- **Jaida Robertson** (VIC) – a retrospective mention! Last week Jaida recorded a 37sec PB in her 1km race, clocking a quick **5:32**. However, her PB was not listed in the results. Our apologies, Jaida, and well done on your progress this season.



CLUB NEWS and RESULTS

** 2022 WINTER POINTS COMPETITION - RESULTS

Congratulations to all winners and place-getters in the Winter points competition for 2022. All will receive trophies at our Winter Presentations, to be held in the MPBC Main Hall on Saturday 3 September at 3.30pm, straight after the Relay race.

Remember ... if your name appears below, there's a gong waiting for you. Be there, so that we can commend you on a great road season!

	Women - Actual times	Women - Handicap	Men - Actual times	Men - Handicap
Senior	1 Madeleine Feain 2 Kate Siviour 3 Kate Sanford	1 Madeleine Feain 2 Kate Siviour 3 Kate Sanford	1 Geromi Tucker 2 Alejandro Stephens 3 Kyle Swan	1 Geromi Tucker 2 Alejandro Stephens 3 Kyle Swan
Masters 40+	1 Kylie Irshad 2 Marnie Grace 3 Marilyn Thompson	1 Kylie Irshad 2 Marnie Grace 3 Marilyn Thompson	1 Pramesh Prasad 2 Gerard Feain 3 David Smyth	1 Pramesh Prasad 2 Gerard Feain 3 David Smyth
Masters 60+	1 Donna-Marie Elms 2 Karyn O'Neill 3 Heather Carr	1 Karyn O'Neill 2 Donna-Marie Elms 3 Heather Carr	1 Kevin Cassidy 2 Albin Hess 3 Geoff Barrow	1 Geoff Barrow 2 Kevin Cassidy 3 Albin Hess
Under 20	1 Char Hay 2 Grace Louey	1 Char Hay 2 Grace Louey	1 Corey Dickson	1 Corey Dickson
Under 18	1 Jade Chitty	1 Jade Chitty	1 Eden Morgan	1 Eden Morgan
Under 16	1 Emily Smith 2 Ariana Pashutina 3 Amelia Vernal	1 Emily Smith 2 Amelia Vernal 3 Eva Reid	1 Marcus Wakim 2 Riley Coughlan	1 Marcus Wakim 2 Riley Coughlan
Under 14	1 Mietta Morgan	1 Mietta Morgan	1 Daniel Pashutin	1 Daniel Pashutin
Under 12	1 Ela Uzun 2 Havana Ali 3 Mya McClure	1 Ela Uzun 2 Havana Ali 3 Mya McClure	1 Levi Robertson 2 Beau McKinnon eq3 Tate Jardine eq3 Damian Baldy	1 Levi Robertson 2 Beau McKinnon 3 Tate Jardine
Under 10	1 Zoe Bowkett 2 Jaida Robertson 3 Julia Baldy	1 Jaida Robertson 2 Zoe Bowkett 3 Lily Bowkett	1 Haris Ali 2 Aydin Uzun 3 Jackson Hartley	1 Haris Ali 2 Aydin Uzun 3 Jackson Hartley

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

VRWC Club races – Saturday 27 August Middle Park

2:15pm 12km Open
10km Open
5km Open

2:30pm 3km Open
1.5km Open

Enter by no later than 11.59pm, Wednesday 24 August
<http://vrwc.org.au/wp1/>

SATURDAY 3 SEPTEMBER

**** RELAY RACE ****

(see notice below)

followed by

VRWC 2022 WINTER PRESENTATIONS

**** Remember** – entries for both the *Club races* this Saturday and the *Relay Race* the following week (Sept 3) close this Wednesday – 24 August – at 11.59pm:

**** PLEASE NOTE!!**

The ‘Relay rules’ listed in the previous issue were incorrect. All distances this year are Open (all age groups), and teams of 3 can have one member walk 2 legs.

An updated list of ‘rules’ appears in the notice below:

RELAY RACE – Saturday 3 September

UPDATE: Entries close this Wednesday – 24 August at 11.59pm

***** We need more entries for this race to make teams for a workable competition.**

*** Prizes for the winning team!**

Visit the portal at <http://vrwc.org.au/wp1/> to register.

(NOTE: Depending on final numbers, we may need to allocate you a distance other than the one you choose ... but that's part of the adventure! If this is not agreeable to you, please communicate this to Mark Donahoo using the ‘Request/Enquiry’ dialogue box.)

Relay rules:

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Teams will consist of 4 walkers: **2km** all age group, **3km** all age group, **1km** all age group. However, one walker may race **both 2km legs** for their team (That team will then have only 3 walkers).
- Walkers who walk two legs on the day cannot race them back-to-back ... they must have a rest in between.

It's fun, it's quick, the ending's dramatic. All it needs is YOU.

***** Turning back the clock ... Relay race 2019***



“It’s all yours, Kat!” – Terry tags Kathleen for the next leg.



Mark takes over from Emily (Don’t worry, those knees were straight when he crossed the line ... yes? ...)



Glennis hands off to Maddison ...



... who in turn releases Corey for the final (winning) leg.

VRWC AV, VMA & VRWC Men's 20km c'ships, 21 August – Middle Park

A pocket-sized turnout of 18 hauled themselves out of bed and faced the starter in chilly but fine conditions for the AV, VMA and VRWC Men's 20km championships (the latter including the *Alf Robinson Trophy*), along with four Club races. The 20km attracted the largest field, with 8 finishers from 9 starters.

The Alf Robinson was a well-deserved accolade for **Alejandro Stephens**, walking his first 20km for identical 10km splits (56:23 each) to win in **1:52:46**. **Pramesh Prasad** and **Kevin Cassidy** walked shoulder to shoulder for the first half before 'Mesh pulled away to clock the fastest Men's VMA result with **1:58:47** to Kevin's **1:59:14**. Andrew Jamieson added yet another World-class 20km performance to his impressive file with 2:04:48 ... an Age-grading of 90.44%!

The Women's AV and VMA 20km race saw a convincing win for **Sarah Brennan** in **1:56:06**. **Carolyn Rosenbrock** turned on her usual, tough display to take AV silver in **2:05:25**, while the indestructible **Heather Carr** soldiered on alone to complete the 20km finishers in her own World-class time (91.48%) of **2:23:59**.

In spite of the sparse numbers, the VRWC events saw some pleasing performances including two PBs. **Amelia Vernal** took 9secs from her best 5km time, recording **35:34**, while **Erlyn Singh** bettered her best 2km by a bare second for **13:22**.



Alejandro – buddies up with Alf Robbie



AV medallists Carolyn, Sarah and Heather

Name	Gen	No.	Club	Time	Age gr.	VMA pl.
AV & VMA 20km Women's c'ship						
1 Sarah Brennan	F	1254	BYC	1:56:06	45-49y	1
2 Carolyn Rosenbrock	F	1178	ANW	2:05:25	60-64y	1
3 Heather Carr	F	1162	GHY	2:23:59	70-72y	1
- Kylie Irshad	F	759	VMA	Ab.	50-54y	-
VMA 20km Men's c'ship						
1 Pramesh Prasad	M	779	VMA	1:58:47	45-49y	1
2 Kevin Cassidy	M	710	VMA	1:59:14	60-64y	1
3 Andrew Jamieson	M	787	VMA	2:04:48	75-79y	1

VRWC 20km Mens c'ship & Alf Robinson Trophy

1	Alejandro Stephens	M	764	1:52:46	First 20km
2	Pramesh Prasad	M	779	1:58:47	
3	Kevin Cassidy	M	710	1:59:14	
4	Andrew Jamieson	M	787	2:04:48	



Masters of the 'bling' shot: Sarah, Heather, Carolyn, Kevin, Andrew and Pramesh

VRWC Open 20km

1	Madeleine Feain	F	554	1:59:39	
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VRWC Open 10km

1	Riley Coughlan	M	724	49:33	
1	Char Hay	F	552	55:43	

VRWC Open 5km

1	Marcus Wakim	M	706	22:25	
1	Jade Chitty	F	738	28:13	
2	Amelia Vernal	F	765	35:34	PB 0:09
3	Karyn O'Neill	F	317	35:50	
-	Emily Smith	F	692	DQ	

VRWC Open 2km

1	Damien Baldy	M	741	10:33	
1	Erllyn Singh	F	998	13:22	PB 0:01

**Sunday action at Middle Park ...*





**** This week's (individual) action models:**

Damien, Pramesh, Marcus, Madeleine, Sarah, Heather, Riley, Carolyn, Amelia, Kevin, Erlyn

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.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Set up & pack up	Gerard Feain, Donna Dickson, Ian Laurie, Stu Cooper, Paul Moritz
Race referee/manager	Stu Cooper
Check-in, registration	Stu Cooper
Judges	Shane Dickson (chief), Gordon Loughnan, Peter Price, Kathleen Marsh, David Cash, Di Lowden, Brenda Felton, Terry O'Neill Michael Bodey – DQ board
Race starter	Stu Cooper
Timekeepers	Ian Laurie, Donna Dickson, Margaret Hay
Drinks station	Paul Moritz
Photographer	Terry Swan
No. of walkers	18

**PLEASE NOTE:* Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.

AROUND THE COUNTRY

**** AA ROAD CHAMPIONSHIP ... LAST CHANCE TO ENTER! ****



Registrations close on **Thursday 25 August at 5PM**, for the **Australian Roadwalk Championships** which are to be held at Middle Park, Melbourne, on Sunday 11th September.

This also includes the usual *Racewalking Australia Carnival* and is a joint venture between AA and RWA. Timetable, meet info and registration all available from link <https://www.athletics.com.au/events/141367/>. We hope to see big fields in this annual event, after COVID-related cancellations in both 2020 and 2021.

Don't miss out ... enter TODAY!

Tim Erickson

NEW SOUTH WALES

Next week: Report on the ANSW Long Walks championships at Chipping Norton.

QUEENSLAND QRWC Handicap #9 results, 21 August – Logan River Parklands, Beenleigh

Robyn Wales reports that it was ‘a chilly morning with several liking the conditions, judging by the number of “Season Best” times achieved.’

A Grade Men 15km

Men:

- (1) Ignacio Jimenez **SB** 1.16.17
- (2) Peter Bennett 1.42.03

Invitation Women 15km

Women:

- (1) Jennifer Stuckey 1.44.06
- (2) Joy Dale 2.02.58

A Grade Women 10km

Women:

- (1) Torryn Fisher 1.04.43
- (2) Jennifer Stuckey **SB** 1.07.39*
- (3) Joy Dale 1.19.05*
- (4) Noela McKinven 1.35.19.

*within 15km Invitation.

B Grade 8km

Men:

- (1) Kai Dale **SB** 50.02
- (2) Patrick Sela 1.08.45

Women:

- (1) Lyla Williams **SB** 43.27
- (2) Anika Clarke **SB** 44.54
- (3) Mia Bergh 47.04
- (4) Summer Millard 50.53
- (5) Phoebe Chadwick **SB** 54.24

C Grade 5km

Women:

- (1) Destinee Pickvance-Yee 29.56
- (2) Taylah Morris **SB** 33.01
- (3) Siaan Fisher 33.51

D Grade 3km

Men:

- (1) Hunter Sibenaler 20.42

Women:

- (1) Maya Barron **SB** 17.22
 - (2) Olivia Bolton **SB** 17.26
 - (3) Lily Goulding **SB** 17.44
 - (4) Kiara Waterman **SB** 19.59
 - (5) Freya Williams **SB** 20.01
 - (6) Savannah Dunleavy 21.00
 - (7) Tully Fisher **SB** 23.46.
- Makenna Clarke DNF.

E Grade 2km

Men:

- (1) Lachlan Moore 12.48

F Grade 1km

Men:

- (1) Dylan Moore 8.21. Dylan missed the turnaround and walked a longer distance.

Women:

- (1) Amelia Chisholm 6.40.

SOUTH AUSTRALIA SARWC results, 20 August - South Parklands, Adelaide

Great conditions made for pleasant racing for the SA program at the weekend, with shorter distances on offer after last week's State championships. **Kim Mottrom's** and **Mel Grantham's** new Masters records were the highlights.

Open 5km

Kim Mottrom	0:21:26	M35 State Record
Sam Findlay	0:25:01	
Nellie Langford	0:26:04	
Cooper Rech	0:27:46	
Rhiannon Lovegrove	0:27:55	
Mel Grantham	0:29:31	W35 State Record
Peter Crump	0:30:48	
Greg Metha	0:31:37	
Jasmine Crabb	0:35:47	PB
Di Camilleri	0:37:29	

Open 3km

Sebastian Richards	0:14:42	
Daisy Braithwaite	0:17:17	
Bill Starr	0:23:09	
Stephen Downs	0:23:14	

Open 2km

Matilda Gourlay	0:11:02	
Orlando Grantham	0:11:37	
Senna Cook	0:13:20	PB
Robert Crabb	0:17:04	PB

Open 1km

Liliana Templer	0:06:04	
Maverick Grantham	0:07:33	
Kristy Templer	0:08:06	PB
Martin Crabb	0:12:14	

SOUTH AUSTRALIA SA Masters results, 20 August - North Parklands

Results courtesy of **Graham Harrison**:

8K WALK	Name	Result	Age Gp	AgeGrade%
GEORGE	WHITE	0:52:16	M75	80.91
8K CLUBWALK				
BRIAN	WITTY	0:59:37	M70	66.94
GIL	MCINTOSH	0:59:37	M70	66.94
DAVID	ROBERTSON	1:23:40	M85	60.09
4K CLUBWALK				
MARGARET	MCINTOSH	0:32:27	W65	65.56
LIZ	NEUBAUER	0:32:49	W70	66.41
RODGER	BARBER	0:33:18	M80	68.52
KRISTINE	FREEMAN	0:34:24	W60	57.29
CATHIE	HORE	0:36:35	W70	59.58
ROGER	LOWE	0:36:54	M75	57.68
2K CLUBWALK				
MARIE	OGDEN	0:14:20		
ANNE	OGDEN	0:18:28		
EDNA	BATES	0:19:27	W65	54.43

TASMANIA TWRC Results, Saturday 20 August - Youl Road, Perth

Results courtesy **David Moore** and **Rosemary Coleman**:

Our small field of walkers faced a very stiff cold breeze at Perth today. That aside, Newstead walkers **Sam Lindsay** and **Will Bottle** still managed some nice walking and respectable performances.

3km			
1. Dave Moore	TMA		29.52
5km			
1. Sam Lindsay	Newstead		25.04
2. Ron Foster	NS		41.07
10km			
1. Will Bottle	Newstead		48.01

WESTERN AUSTRALIA WARWC results, 14 August – Shelley

Terry Jones reports that conditions were perfect - no wind; no rain; cool temperature: a perfect spring morning – for Sunday's races at Wilson.

16K Handicap	
Wendy Farrow	1:53:35
Andrew Duncan	DNF
10K Handicap	
Xavier Bernard	52.54
Karyn Tolardo	65.05
Marcela Ruiz	1:17:47
5K Handicap	
Glenys Duncan	49.46
Steve Travell	49.27
John Ronan	23.32
Ben Reid	29.00

Kaytee Bogaers	30.32
John McDonagh	36.51

3K Handicap

Katica Borsic	18.33
Aleeah Pike	19.14

1.5K Handicap

Emily Bogaers	13.14
Hunter Sardelich	10.12
Luke Lawrence	8.35
Dylan Sardelich	8.26
Linkin Lawrence	9.41
Lataya Lawrence	8.35
Kaytee Bogaers	9.16

INTERNATIONAL NEWS

GERMANY: European Championships 35km Walks, 16 August - Munich

Ntrismpioti clinches breakthrough 35km gold at the age of 38

(Reprinted from European Championships website)

For **Antigoni Ntrismpioti**, the Greek race walker who fits in her training around working as a waitress in her family’s restaurant, a waiting game paid off with a breakthrough gold medal at the tender age of 38 in the women’s 35km race walk at the Munich 2022 European Athletics Championships, part of the multisport European Championships.

For Spain’s **Miguel Angel Lopez**, a long bid for home paid off with gold in the men’s race as the former 20km world and European champion broke the challenge of favourite **Perseus Karlstrom** of Sweden, whose bronze medal exertions at 35km and 20km at the World Championships took an obvious toll as his brave challenge ground to a halt in gruelling heat as he bowed out with 10km to go.

In their contrasting ways, both victories were brilliantly executed victories in front of a sun-bathed crowd on the 17-and-a-half lap course in the heart of Munich old town, starting and finishing in Odeonsplatz.

It took Ntrismpioti until the 24km checkpoint - and almost two hours of toil - to pull decisively ahead of Spain’s **Raquel Gonzalez** after the pair worked in tandem to catch and pass long-time leader **Viktoria Madarasz** of Hungary, who hung on for a richly-deserved bronze medal.



(Photo: European Championships)

In the men’s race, Lopez broke clear from the five kilometre mark, pouring the pressure on Karlstrom, who commendably battled on before exhaustion caught up with him after passing 25km.

To the delight of the home crowd, Germany’s **Christopher Linke** worked his way through the field to take silver, his first international medal at the age of 33 – with just two weeks of training in the tank after being hit by coronavirus at the World Championships in Eugene. **Matteo Giupponi** of Italy claimed the bronze.

At 38, Ntrismpioti nailed her first major championship medal – and a first for her country in race walking - three weeks after missing the podium by one place with fourth place in the 35km event in Eugene.

She had to bide her time after Madarasz – just a year younger, at 37 - tried to break the field from the off. The Hungarian reached the three kilometre mark in 14:37 with a lead of 16 seconds and still held an advantage of eleven seconds at 15km, with Ntrismpioti and Gonzalez plugging away in pursuit.

At 18 kilometres, the persistence of the chasing pair paid off as they drew level and overtook the tiring Madarasz.

Ntrismpioti was one cool customer in the heat, appearing to chat to a television cameraman getting a close up shot as she tried to break Gonzalez, who finished one place behind her, in fifth, at the World Championships.

“I was actually talking to my husband, who was following the race on a scooter,” she said later. I told him I was confident. I said, ‘Don’t worry. I have it.’”

The confidence was fully justified as Ntrismpioti pulled clear with 11 kilometres to go. She crossed the line, with bouzouki music ringing round Odeonsplatz, in 2:47:00.

Gonzalez finished 2:10 in arrears in 2:49:10, with Madarasz taking bronze in 2:49:58, a lifetime best – ahead of Italy’s Federica Curiazzi in fourth.

“I’m very happy to get my first major medal at 38,” said Ntrismpioti. “I worked really hard for it. I thought from the start of the race that I was going to win but I had to be patient with the pace.

“The game was more with the Spanish girl than with the Hungarian who went out fast, but it came good for me in the end.”

Women 35km results

1st,	Antigoni Ntrismpioti,	Greece	2:47:00
2nd,	Raquel González,	Spain	2:49:10
3rd,	Viktória Madarász,	Hungary	2:49:58
4th,	Federica Curiazzi,	Italy	2:52:06
5th,	Olga Niedzialek,	Poland	2:53:12
6th,	Lidia Barcella,	Italy	2:55:04
7th,	Mar Juárez,	Spain	2:55:27
8th,	Inna Loseva,	Ukraine	2:57:55
9th,	Inês Henriques,	Portugal	2:58:34
10th,	Elisa Neuvonen,	Finland	2:59:00
11th,	Bethan Davies,	Great Britain	2:59:38
12th,	Tereza Ďurdiaková,	Czech Republic	3:01:19
13th,	Rita Récei,	Hungary	3:04:49
14th,	Ema Hačundová,	Slovakia	3:06:13
15th,	Antia Chamosa,	Spain	3:06:37
16th,	Efstathia Kourkoutsaki,	Greece	3:07:42
17th,	Katrin Schusters,	Germany	3:18:38
18th,	Tamara Havrylyuk,	Ukraine	3:21:01
DNF:	Mihaela Acatrinei,	Romania	
	Kiriaki Filtisakou,	Greece	
	Vitória Oliveira,	Portugal	
	Ana Veronica Rodean,	Romania	

After an eight year wait, Lopez is crowned European champion again

(Reprinted from European Championships website)

In the men’s race, it looked destined to come good for **Miguel Angel Lopez** from a long way out.

The 34-year-old, the European champion at 20km in Zurich in 2015 and world champion in Beijing a year later, kept his powder dry in the opening stages as **Miroslav Uradnik** of the Slovak Republic blazed through the first kilometres in 14:07, opening a gap of seven seconds.

By the five kilometre mark, however, his advantage had disappeared as he settled back into the main group, with Lopez in the vanguard.

At that stage, with 23:05 on the clock, there were 15 men together but the Spaniard decided to make a kick, opening an eight seconds lead within two kilometres, with **Perseus Karlstrom** clear of the pack in attempted pursuit.

Lopez, however, kept his foot on the gas. Reaching 10km in 43:31, he had a 17-second gap on Karlstrom.

He kicked in again, trying to draw the sting out of Karlstrom, stretching his lead to 50 seconds and 1:32 at the 15km and 20km checkpoints respectively.

It was clear in the next two kilometres that the Swede was in distress. He slowed to everyday walking pace, stretched, and tried to kick-start but dropped back to fifth before finally stepping off the course with some assistance from the medics.

By the finish, Lopez had a comfort zone of 2:41. He could afford to slow, collect a Spanish flag in the home straight, and blow kisses to the crowd before crossing the line in **2:26:47**.

Christopher Linke claimed silver in **2:29:30** and **Matteo Giupponi** bronze in **2:32:31** – both personal bests – with Lopez’s Spanish team-mate Manuel Bermudez in fourth.

“Leading from the front on my own made it hard to keep the pace,” said Lopez. “It was a bit of a risk but it paid off. I felt strong and managed to maintain the pace throughout the race.”

For Linke, having missed a 20km medal by one place in Zurich in 2014, the silver was a sweet consolation in his home country.

“To get my first medal here in Germany is so special,” said the Berliner. “I can’t believe I have done it after Covid and just two weeks of training.

“I didn’t finish in the 20km in Eugene and tested positive before the 35km race. I had ten days with no training - and then this! It’s crazy. But sometimes when you are free in your head, you can walk easier.”

Men 35km results

1st	Miguel Ángel López	Spain	2:26:49
2nd	Christopher Linke	Germany	2:29:30
3rd	Matteo Giupponi	Italy	2:30:34
4th	Manuel Bermúdez	Spain	2:32:31
5th	Jonathan Hilbert	Germany	2:32:44

6th	Miroslav Úradník	Slovakia	2:35:44
7th	Michal Morvay	Slovakia	2:36:04
8th	Carl Dohmann	Germany	2:36:52
9th	Vít Hlaváč	Czech Republic	2:37:32
10th	Brendan Boyce	Ireland	2:38:03
11th	Maryan Zakalnytsky	Ukraine	2:39:06
12th	Aleksi Ojala	Finland	2:39:06
13th	Ivan Banzeruk	Ukraine	2:39:34
14th	Bence Venyercsán	Hungary	2:41:07
15th	Anton Radko	Ukraine	2:43:10
16th	Narcis Stefan Mihăilă	Romania	2:45:03
17th	Artur Mastianica	Lithuania	2:46:09
DNF:	Alexandros Papamichail	Greece	
	Marius Iulian Cocioran	Romania	
	Perseus Karlström	Sweden	
	Artur Brzozowski	Poland	
DQ:	Michele Antonelli	Italy	
	Lukáš Gdula	Czech Republic	
	Máté Helebrandt	Hungary	
	Aurélien Quinon	France	
	Marc Tur	Spain	

GERMANY: European Championships 20km Walks, 20 August - Munich

Greek Lightning strikes twice as Ntrismpioti wins double gold in Munich

(Reprinted from European Championships website)

After waiting 19 years for her first major championship medal - a gold in the 35km race walk on Tuesday (16), **Antigoni Ntrismpioti** made it two titles in the space of five days as she battled her way to a stunning double in the 20km in the Saturday morning rain in the heart of Munich's Old Town at the Munich 2022 European Athletics Championships.

The 38-year-old Greek, who fits in her training around waitressing duty at her family's restaurant, often pounding the streets of Karditsa after midnight, confirmed her belated graduation to world class as she judged her tactics to perfection, as she had in the 35km race.

On three occasions Ntrismpioti had to dig deep after being dropped – slipping back to 12th at one point - but if her rivals thought her winning effort from Tuesday was taking a decisive toll they were to be sadly mistaken.

As the race progressed, Ntrismpioti - who was the only race walker to contest both events in Munich - grew in strength, pulling clear of Poland's double world silver medallist **Katarzyna Zdziebło** with three kilometres remaining to win by 17 seconds in **1:29:03**, a personal best. Germany's **Saskia Feige** took the bronze in **1:29:25**, a personal best to ensure that the hosts maintain their record of winning a medal in every session.

Having started her international career way back in 2003, placing a lowly 16th in the European U20 Race Walking Cup, the diminutive Ntrismpioti has finally emerged as a big global force - with eighth place in the 20km race at last year's Olympic Games and fourth place over 35km at the World Athens Championships in Eugene last month - and now as a double European champion.

Four years ago in Berlin, she suffered a painful double loss rather than gain, falling in the rain and breaking two teeth en route to 13th place in the 20km race. "It's unbelievable," said Ntrismpioti. "It was only in the last quarter of the race that I thought I could be in the medals, but not definitely winning.

"Before that, I was just trying to assess the form of the other girls, trying to work out in what place I might finish. I didn't think this would happen."

Women 20km results

1st,	Antigoni Ntrismpioti,	Greece	1:29:03
2nd,	Katarzyna Zdziebło,	Poland	1:29:20
3rd,	Saskia Feige,	Germany	1:29:25
4th,	Lyudmila Olyanovska,	Ukraine	1:29:46
5th,	Valentina Trapletti,	Italy	1:29:56
6th,	Clémence Beretta,	France	1:30:37
7th,	Eliška Martínková,	Czech Republic	1:31:44
8th,	Ana Cabecinha,	Portugal	1:31:56
9th,	Olena Sobchuk,	Ukraine	1:32:07
10th,	Camille Moutard,	France	1:33:16
11th,	Eloise Terrec,	France,	1:34:04
12th,	Christina Papadopoulou,	Greece	1:35:19
13th,	Heather Lewis,	Great Britain	1:35:36
14th,	Carolina Costa,	Portugal	1:35:36
15th,	Enni Nurmi,	Finland	1:36:56

16th,	Barbara Oláh,	Hungary	1:38:31
17th,	Meryem Bekmez,	Turkey	1:38:31
18th,	Hana Burzalová,	Slovakia	1:40:31
19th,	Kader Dost,	Turkey	1:42:26
20th,	Venla Laiho,	Finland	1:43:47
DNF:	Ayşe Tekdal,	Turkey	
DQ:	María Pérez,	Spain	
	Joana Pontes,	Portugal	
	Hanna Shevchuk,	Ukraine	

Silver lining for Karlstrom as Martin defends his 20km title

(Reprinted from *European Championships* website)



(Photo: *European Championships*)

In the men's 20km race walk, Sweden's **Perseus Karlstrom** produced a remarkable comeback, finishing with the silver medal behind defending champion **Alvaro Martin** of Spain - four days after exiting the 35km race walk in a wheelchair.

As he entered the finishing straight in Odeonsplatz, the indefatigable Karlstrom - a bronze medallist in the 20km and 35km at the World Championships in Eugene a month ago - collected a yellow and blue Swedish Viking hat and smiled his way to the line, a happy contrast to the distraught figure who was reduced to a vomiting state of collapse 10km from the finish of the 35km race.

It was an outstanding achievement by the 32-year-old - son of 1986 European 10km bronze medallist Siv Gustavson and two-time world 50km silver medallist Enrique Vera of Mexico - even if it was not quite enough to stop Martin from retaining the title he won in Berlin four years ago. Karlstrom made the first major move of the ten-lap race, turning the screw with a 3:54 split in the 13th kilometre and whittling the ten man lead pack down to just three, with Martin and his Spanish teammate **Diego Garcia** still managing to keep in touch.

It looked like it might be a decisive break but when the Swede slowed slightly at the 14km drinks station, Martin seized his chance to strike, injecting two successive kilometres of 3:47. Despite collecting two yellow warning paddles, the 2018 champion kept his technique sufficiently in check to finish twelve seconds clear in **1:19:11**, a personal best.

Karlstrom took the silver in **1:19:23** and Garcia-Carrera the bronze in 1:19:45 with **Alberto Amezcua** making it a Spanish 1-3-4, placing fourth in **1:20:00**. Italy's Olympic 20km champion and world 35km gold medallist Massimo Stano finished eighth in 1:21.18.

"This is very beautiful, a second gold for me," said Martin. "I had to work hard for it. I have to pay tribute to my rivals, especially 'Percy,' after what happened to him on Tuesday."

Karlstrom could not stop smiling. "I am exhausted but delighted to have won a medal," he said. "This means a lot to me. I was sick before I stopped in the 35km race. I also had an asthma attack. I thought I might have Covid but the doctor checked me out and that wasn't the case.

"I wasn't sure whether to race today but a good friend of mine told me to take the chance that was there, to go for the gold medal. I'm so happy to get a medal."

Men 20km results

1st,	Álvaro Martín,	Spain	1:19:11
2nd,	Perseus Karlström,	Sweden	1:19:23
3rd,	Diego Garcia Carrera,	Spain	1:19:45
4th,	Alberto Amezcua,	Spain	1:20:00
5th,	Francesco Fortunato,	Italy	1:20:06
6th,	Kevin Campion,	France	1:20:47
7th,	Salih Korkmaz,	Turkey	1:20:50
8th,	Massimo Stano,	Italy	1:21:18
9th,	Leo Köpp,	Germany	1:21:36
10th,	Andrea Cosi,	Italy	1:22:18
11th,	Iván López,	Spain	1:22:55
12th,	Marius Žiūkas,	Lithuania	1:24:58
13th,	Joni Hava,	Finland	1:25:32
14th,	Dominik Černý,	Slovakia	1:25:38
15th,	Viktor Shumik,	Ukraine	1:25:51
16th,	Artur Mastianica,	Lithuania	1:25:54
17th,	Jerry Jokinen,	Finland	1:26:11
18th,	Ivan Losev,	Ukraine	1:27:10
19th,	Gabriel Bordier,	France	1:28:11
20th,	Karl Junghannß,	Germany	1:28:21

21st, Helder Santos,	Portugal	1:28:43
22nd, Serhiy Svitlychniy,	Ukraine	1:28:51
23rd, Rage Saulgriezis,	Latvia	1:29:24
24th, Jaakko Määttänen,	Finland	1:29:38
25th, Paulo Martins,	Portugal	1:31:09
DNF: Abdülislam İmuk,	Turkey	
DQ: Callum Wilkinson,	Great Britain	
Nils Brembach,	Germany	
Şahin Şenoduncu,	Turkey	

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.

- 22/08/2022 Antigoni Ntrismpioti, the female walker of the moment http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4450
Coming from nowhere to win the 35km in Munich last Tuesday was surely noteworthy; backing it up with a win in the 20km four days was jaw-dropping, catapulting Antigoni Ntrismpioti into the stratosphere of race walking stardom. In his report, Nicola Maggio includes lists of Ntrismpioti's progression over 20km (since 2004) and 35km (only walked two).



(Photo: Marcia dal Mondo)

- 21/08/2022 Munich (GER): Antigoni Ntrismpioti (GRE) wins the 20km after winning the 35km http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4448
- 21/08/2022 Freeport (BAH): Jose Eduardo Flores Ortiz and Mirna Sucely Ortiz Flores win NACAC Open Championships 2022 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4449
- 20/08/2022 Munich (GER): Alvaro Martin wins the 20km on the best day in Spain http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4447

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, August 22, 2022 - Brazilian Under-18 Interclubs Championship (2022) in Bragança Paulista – results <http://omarchador.blogspot.com/2022/08/campeonato-brasileiro-sub-18.html>
- Sunday, August 21, 2022 - José Ortiz and Mirna Ortiz become NACAC Bahamas 2022 champions <http://omarchador.blogspot.com/2022/08/jose-ortiz-e-mirna-ortiz-sagram-se.html>
- Saturday, August 20, 2022 - Antigoni Ntrismpioti bisa becoming champion of Europe also in the 20 km march <http://omarchador.blogspot.com/2022/08/antigoni-ntrismpioti-bisa-sagrando-se.html>

- Saturday, August 20, 2022 - Álvaro Martín reclaims 20km European title
<http://omarchador.blogspot.com/2022/08/alvaro-martin-revalida-titulo-europeu.html>
- Thursday, August 18, 2022 - Viviane Lyra in evidence at the 33rd GP Prof. Ivo da Silva in Blumenau
<http://omarchador.blogspot.com/2022/08/viviane-lyra-em-evidencia-no-33-gp-prof.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 11 Sep 2022 **AA & RWA Road walking c'ships; VRWC Centenary celebration** – Middle Park
Sun 18 Sep 2022 **VMA 5000m track walk c'ships** - Mentone

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

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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