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**** BARB GARDINER – A THANKSGIVING FOR A LIFE FULLY LIVED** 20 December 1933 – 24 October 2022



It was a beautiful service. Warm, celebratory, loving, inevitably emotional ... but in no way maudlin or depressing. Barbara Gardiner had never been like that, and neither was her send-off. Barb had lived her life to the full – and her funeral on Wednesday 2 November reflected the appreciation of those who'd lived it with her of the joy and privilege of having done so. Family, friends, fellow race walkers and other athletics associates gathered around Bob, her husband of 64 years, ensuring he could be in no doubt of the affection in which both he and his beloved wife were held.

Music featured poignantly in the service. Barb had loved Louis Armstrong, and it was fitting (and tear-inducing) that proceedings commenced with Louis's 'Kiss To Build a Dream On'. They would close with another of her favourites – Doris Day's 'Que Sera Sera'.

Listening to the eulogy, written by daughter Kelly (a professional author) and later added to by sister Marlene, niece Alison and close friends Patsy and Elva (along with a piece to camera by son Scott, accompanied by Louis Armstrong's 'Wonderful World'), we were reminded

of a woman whose energies extended beyond those required by the traditional roles of wife, mother and homemaker. Here was, among other things, a campaigner for peace, a community worker and a fighter against injustice, willing to take on forces greater than herself for what she believed was right. (Examples include her activism for nuclear disarmament and the fight to save Albert Park from the encroachment of the F1 Grand Prix – which led to her being arrested, much to her satisfaction!)

Add to this a passion for history – illustrated by her active involvement in several local historical societies – and a picture emerges of a committed woman who did stuff ... for herself and for those she loved. For over 50 years Barb Gardiner did stuff for the Victorian Race Walking Club, and her social and fundraising work helped build the finances and membership of the club to a position of strength that many clubs – representing sports with far greater public profiles than race walking – would struggle to reach.

And if further pictures were needed, the photo tribute that was played for us – to the strains of Nat 'King' Cole and Rod Stewart crooning 'Smile' and 'These Foolish Things' – completed a moving summation of the character of this lovely lady, and of what she'd come to mean to Bob, to their family and to all who knew her over the 88 years of her life.

Rest in peace, Barb. Indeed, whatever will be, will be. Thank you for being who you were.

Love and peace to Bob, Kelly, Scott, and all of their family and friends.

- Stu Cooper

(If you haven't already done so, the Gardiners have requested that donations be made to **Dementia Australia**. This can be done by visiting <https://www.dementia.org.au/make-donation>)



Honour well-earned: Barb Gardiner (right) and Joyce Summers receive their Honorary Life membership badges from Club president Harry Summers in 2008.



CLUB NEWS and RESULTS

A heads-up to everyone that our **Summer championships** will be held in a fortnight's time. This will also see the presentation of the AV Winter trophies as well as the Runners World Winter awards.

A reminder to everyone that the **Annual General meeting** has been postponed until **Sunday 15 January**, our next Club race day.

**** Sunday 20 November ****

Middle Park

VRWC Summer Championships & AV Trophy presentations

8.30am	20km Gus Theobald Memorial Trophy 20km	Open Men Open Women
8.50am	10km Heather Carr Trophy 10km	Masters Women Open
9.25am	1.5km VRWC c'ships 1km VRWC c'ships 1km	U12 Boys/Girls U10 Boys/Girls Open
9.45am	5km VRWC c'ships 3km VRWC c'ships 5km & 3km	U20 Men/Women U16 Boys/Girls Open
10.30am	Presentations	



VICTORIA - METRO & REGIONAL



AV All Schools T & F c'ships, Sunday 30 October - Lakeside Stadium

A total of 26 walkers went into battle in their schools' colours at Lakeside last Sunday. After the cold, wet and windy conditions endured by athletes and officials the previous day, the warm and largely still weather would have come as a welcome relief.

Ela Uzun and **Marcus Wakim** were predictably dominant in their age divisions, recording excellent times with high-standard displays. In the U14 3000m, Ela claimed her first School track title in **14:27.09**, a mere 8secs shy of the Victorian U13 record she set two weeks ago. Diamond Valley walker **Max Davidson** took the Boys title with **15:13.83**, an impressive

showing in the light of how little walk racing he has done. **Ariana Pashutina** continued her steady return to form by easily taking the Girls' U16 title in **15:58.53**.

The older age groups tackled the 5000m distance, with Marcus Wakim showing the benefit of a full winter's racing to pull away quickly from fellow Muscat international **Fraser Saunders**, clocking **21:40.6** to **22:57.67**. Both boys had some riveting duels last summer and the gap between them



The U17-U20 5000m gets underway. Marcus takes charge from the outset. (Photo: Kerrie Peart)

Women U14 3000m

1	Ela Uzun	(PLY)	14:27.09
2	Havana Ali	(PLY)	17:01.24
3	Mietta Morgan	(IHS)	17:12.90
4	Kate Wilson	(GIR)	17:59.84
5	Charlise McQueen	(MCB)	18:06.14
6	Eliza Paterson	(LAU)	20:55.94
7	Aylaa Arunan	(NOS)	22:26.34

Women U16 3000m

1	Ariana Pashutina	(ASH)	15:58.53
2	Brooklyn Towler	(PDL)	17:18.90
3	Amelia Vernal	(AVE)	19:31.09

Women U17 5000m

1	Maddison Nash	(HGC)	27:18.69
--	Emily Smith	(KIC)	DQ

Women U20 5000m

1	Jade Chitty	(EMA)	28:39.15
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Men U14 3000m

1	Max Davidson	(DVC)	15:13.83
2	Damian Baldy	(HBY)	15:35.14
3	Daniel Pashutin	(ASH)	15:59.86
4	Beau McKinnon	(GSP)	18:02.26
5	Cody Wapshott	(ACP)	20:16.04
--	Leigh Benbow	(KUP)	DNF

Men U16 3000m

--	Owen Toyne	(ACT INV)	DQ
--	Riley Coughlan	(SAL)	DQ

Men U17 5000m

1	Marcus Wakim	(CBG)	21:40.60
2	Zachary Matters	(CAM)	29:01.17

Men U18 5000m

1	Eden Morgan	(BHC)	24:19.88
2	Scott Peart	(BAL)	25:24.99

Men U20 5000m

1	Fraser Saunders	(BGR)	22:57.67
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U14 3000m: Havana, Ela and Mietta added to their collections (Photo: Ece Uzun)



Bling it on! Jade, Fraser, Scott, Eden, Zachary, Marcus and Maddison have reason to smile. (Photos: Kerrie Peart)

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

The AV All-Schools T&F championships continue. No walks are scheduled.



AROUND THE COUNTRY

**** WALKER OF THE WEEK ****

On a weekend where All Schools competitions around the country were producing tight contests and fast results, it's fitting that this issue's WOTW come from one of these meetings. Accordingly, we have chosen WA's **Xavier Bernard** as the winner for this week.

Xavier, 15, now coached by the VRWC's Adam Garganis, has made steady progress this year, largely on the basis of conditioning gained through running training. Recently, however, he has benefited from a walking program which, last Saturday, saw him rip 1:08 from his PB to record **14:02.6** for silver in the WA Schools U16 3000m, finishing just over 30secs behind speedster John Ronan. We expect that margin to shrink further if Xavier continues with a similar rate of improvement.

Well done, Xavier! We look forward to watching your progress this summer.

****Honourable mentions***

- **Max Davidson** (VIC) – an impressive win in the Victorian All Schools U14 3000m in **15:13.83**, his first-ever race over the distance.
- **Sebastian Richards** (SA) – came to within 4secs of breaking the 14min barrier for the first time in the SA Schools U15 3000m with a PB of **14:03.35**.
- **Ela Uzun** (VIC) – another high-quality performance in taking her first All Schools title – the U14 3000m – in **14:27.09**.
- **Will Bottle** (TAS) – a 10sec PB in recording **21:50.32** (2nd fastest in the country that weekend) to take the Tasmanian U18 Schools 5000m title.



***JUDGES SEMINAR ... Saturday 3 December**

With the Australian 35km championship taking place the following day at Fawkner Park, international judge **Zoe Eastwood-Bryson** will conduct the customary pre-race Judges seminar from 9.00am in the Cathy Freeman Room at Lakeside Stadium. (The early start is to enable judges rostered to judge at AVSL that afternoon sufficient time to reach the race venue.)

Applicants for the seminar should contact Di Lowden at dilowden39@gmail.com. Questions regarding *organisation* of the seminar should also be addressed to Di.

To assist with pre-planning, Zoe has requested that attendees send any *course content* questions they wish to raise in advance, along with any items in particular they want covered, to her at zeb@esc.net.au.

QUEENSLAND QMA Masters results, Saturday 29 October – QSAC, Brisbane

Some of the younger QRWC walkers joined the Masters for these races.

Name	Age	Team	Finals	Age-Grading
W55 1500 Metre Race Walk				
1 Woodward, Erika	W56	Qma	8:29.62	7:13.18 77.80%
W80 1500 Metre Race Walk				
1 McKinven, Noela	W80	Qma	13:08.06	8:10.34 68.73%
M55 1500 Metre Race Walk				
1 Jimenez Solis, Ignacio	M57	Qma	7:04.14	5:53.95 87.30%
M65 1500 Metre Race Walk				
1 Bennett, Peter	M66	Qma	9:21.55	7:04.37 72.81%
M80 1500 Metre Race Walk				
1 Sela, Patrick	M83	Qma	13:04.48	8:09.05 63.18%
W29&U 3000 Metre Race Walk				
1 Clarke, Anika	W17	Qma	15:44.66	15:44.67 73.57%
2 Clarke, Makenna	W13	Qma	16:31.82	16:31.83 70.07%
W45 3000 Metre Race Walk				
1 Gannon, Brenda	W48	Qma	17:19.51	16:01.55 72.28%
W55 3000 Metre Race Walk				
1 Woodward, Erika	W56	Qma	17:24.61	14:46.04 78.44%
W80 3000 Metre Race Walk				
1 McKinven, Noela	W80	Qma	27:15.10	16:29.89 70.21%
M29&U 3000 Metre Race Walk				
1 Wheeley, Roel	M15	Qma	14:41.39	14:41.40 71.64%
2 Wheeley, Noah	M13	Qma	19:58.79	19:58.80 52.67%
M55 3000 Metre Race Walk				
1 Jimenez Solis, Ignacio	M57	Qma	14:11.19	11:51.94 88.69%
M65 3000 Metre Race Walk				
1 Bennett, Peter	M66	Qma	18:35.10	14:04.69 74.75%
M80 3000 Metre Race Walk				
1 Sela, Patrick	M83	Qma	25:19.36	15:47.63 66.63%

SOUTH AUSTRALIA ASA All Schools c'ships, 29-30 October – Salisbury

*Day 1 – **Kim Mottrom** reports that conditions were favourable for the first morning of the SA Schools titles. **Sebastian Richards** and **Samuel Wilks** both put up strong PB performances.

U14 Girls 3000m

Matilda Rech	21:39.43
Alexis Thiele	21:41.80

U15 Girls 3000m

Elise Scott	16:58.76
Angelina Legrand	18:24.26

U16 Girls 3000m

Emily Lynch	16:16.48
Katie De Ruvo	16:22.77
Matilda Gourlay	16:52.23

U14 Boys 3000m

Samuel Wilks	16:10.82	PB
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U15 Boys 3000m

Sebastian Richards	14:03.35	PB
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U16 Boys 3000m

Cooper Rech	16:46.27
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*Day 2 - If conditions on the previous day were agreeable, they were paid for on Sunday with the track beset by a storm and extremely high winds. It still didn't stop **Anthony Tana** scoring a big PB ... an impressive effort.

U17 Girls 5000m

Daisy Braithwaite 27:43.06
Emily Lynch 28:05.46

U18 Girls 5000m

Nellie Langford 25:13.81

U17 Boys 5000m

Anthony Tana 27:28.31 PB
Sebastian Richards DNF

U18 Boys 5000m

Cooper Rech 28:16.61

TASMANIA

Tasmanian All Schools T&F C'ships, 29-30 October – Domain Ath Centre, Hobart

Thanks to **David Moore** and **Rosemary Coleman** for this detailed report on the Tassie All Schools titles:

The first Walk of the 2022 All Schools T&F Championships was the Men's U/18 5000m in dry weather but with the occasional stiff breeze.

Setting off very hard were our Northern Walkers **Will Bottle** and **Sam Lindsay** with Will Bottle asserting his authority on the Race by the 2nd lap. With the early pace taking its toll on Sam Lindsay there was a genuine battle for the minor medals with Oliver Morgan staying in touch with Sam until the last few laps.

A good effort by everyone in their first 5000m of the season, Will **Bottle** came up with a **10 second PB**, while **Sam** and **Oliver** finished well within range of their bests.

The U/14 girls faced the worst of the weather with very strong winds stirring up just as their 3000m started, the girls **Macy Devine** led from start to finish to add another Title to her trophy cabinet, with **Eva Parker** next across the line to pick up the Silver followed home by **Lily Carr** with the Bronze.

Each of these girls deserve accolades this week, for despite the tough conditions, they gritted their teeth and fought hard to go home with not only medals, but PB's as well.

Day 2 of the Championships saw **Lani Broad**, **Sam Lindsay** and **Oliver Morgan** line up for the U/16 3000m. **Lani** sailed home to take the Gold and a new PB in her event, while **Sam** and **Oliver** did exceptionally well to also come up with PBs after having competed in the 5000m the day before. **Sam** held out **Oliver** to win the race, but the gap between them is closing and much tighter contests are sure to come.

Day 1

U/18 Men 5000m Walk

1. Will Bottle Launceston Coll. 21:50.32 **PB**
2. Samuel Lindsay St Patricks Coll. 24:13.43
3. Oliver Morgan St Virgils Coll. 25:02.65

U/14 Girls 3000m Walk

1. Macy Devine Corpus Christie 17:43.75 **PB**
2. Eva Parker Forth Primary 18:55.87 **PB**
3. Lily Carr Southern Christian 19:45.60 **PB**

Day 2

U/16 Girls 3000m Walk

1. Lani Broad Prospect High 19.15.95 **PB**

U/16 Boys 3000m Walk

1. Samuel Lindsay St Patricks Coll. 13:48.89 **PB**
2. Oliver Morgan St Virgils Coll. 14:09.10 **PB**

Tas Masters T&F - Domain Athletics Centre Hobart 26/10/22
Results 5000m Walk

WESTERN AUSTRALIA WA All Schools c'ships, 29 October – ECAC, Perth

Terry Jones reports that conditions were cool and windy at the Ern Clark Athletics Centre for the WA All Schools titles.

John Ronan and **Xavier Bernard** were the standouts, with Xavier recording slicing a whopping 1:08 from his 3000m PB for **14:02.6** behind John's **13:24.0**. It's good to see **Alexandra Griffin** heading back into form after focusing on Year 12 studies.

Girls 5000 Meter Under 17		
1 Lataya Lawrence	EMMANUEL	29:38.3
Girls 3000 Meter Under 16		
1 Ashlyn Spence	WANNEROO	17:24.7
2 Riley Rosenberg	MOTHER TERESA	19:48.3
Girls 5000 Meter Under 18		
1 Alexandra Griffin	ST GEORGE'S	25:25.3
2 Brooke Mortimore	HARRISDALE	29:54.8
3 Emily Bogaers	PETER CARNLEY	42:59.3
Girls 3000 Meter Under 15		
1 Kaytee Bogaers	PETER CARNLEY	17:03.6
2 Asha Freeman	ST GEORGE'S	19:15.7
3 Leila Bevis	DARLING RANGE	20:06.5
Girls 3000 Meter Under 14		
1 Isabelle Curtis	PETER MOYES	16:11.0
2 Chelsey Ireland	SAFETY BAY	18:10.3
3 Aleeah Pike	CAREY BAPTIST	18:27.1
4 Madeline Wright	LA SALLE COLLEGE	19:51.5
5 Trinity Doulis	URSULA FRAYNE	20:11.1
6 Makady Smith	HELENA COLLEGE	20:13.5
-- Charlotte Burgess	CANNING VALE	DQ
-- Katica Borsic	DARLING RANGE	DQ
Boys 3000 Meter Under 14		
1 Linkin Lawrence	BERTRAM PRIMARY	18:43.2
2 Trent D'Alessio	TRINITY COLLEGE	18:53.2
3 Ali Znad	AUST. INTERNATIONAL	19:21.7
-- Lucas Andrews	HARRISDALE	DQ
Boys 3000 Meter Under 15		
1 Luke Lawrence	EMMANUEL	18:17.2
Boys 3000 Meter Under 16		
1 John Ronan	WOODVALE	13:24.0
2 Xavier Bernard	TRINITY COLLEGE	14:02.6
 <i>Non Championship</i>		
Men 3000 Meter OPEN		
1 Keiran Smith	COCKBURN ATHLETIC	15:43.6
Men 5000 Meter OPEN		
1 Bradley Mann	PERTH TRACK	25:10.4



INTERNATIONAL NEWS

GERMANY: Lusatian International Race-walking meeting, 29 October - Zittau

Emmanuel Tardi's latest report, this time from Germany where Kevin Campion was after a Budapest qualifier:

I was appointed as judge in Zittau (Germany) for a new international meeting.

The race took place on a 1km long loop around Weinaupark Stadion in Zittau. The main races started at 11am. The road and the weather were perfect.

In the 35k, Frenchman **Kevin Campion** led the race with German **Nathaniel Seiler** and **Carl Dohman** (for the first 5k), then Campion sped up. He reached the 20k in 1h24'47" and won the race in **2h29'31"**. It is the limit for entry in the world championship next year in Budapest.

Carl Dohman won the 20k event.

Men's 20km Race Walk

Name	Birth Date	Nat.	Mark
1. Carl DOHMANN	18 May 1990	GER	1:31:37
2. Rostislav KOLÁŘ	15-juil-87	CZE	1:37:49
3. Jan ZAJIC	1953	CZE	2:42:26

Men's 35km Race Walk

Name	Birth Date	Nat.	Mark
1. Kevin CAMPION	23 May 1988	FRA	2:29:31
2. Nathaniel SEILER	06 Apr 1996	GER	2:35:55
3. Martin NEDVÍDEK	25-janv-75	CZE	2:55:29
4. Dávid TOKODI	03 May 1991	HUN	3:07:15
5. Denis FRANKE	27-nov-69	GER	3:43:36
6. Ralf JANOTTE	1957	GER	4:28:00
Jaroslav ČERNÝ	05 Aug 1986	SVK	DNF

Women's 20km Race Walk

Name	Birth Date	Nat.	Mark
1. Martina NETOLICKÁ	25 May 1982	CZE	2:10:31

Women's 35km Race Walk

Name	Birth Date	Nat.	Mark
1. Bianca SCHENKER	1974	GER	3:43:36
2. Lenka BOROVIČKOVÁ	1973	CZE	3:59:36
3. Pavla NEDVÍDKOVÁ	1982	CZE	4:02:09
4. Miloslava REINOVÁ	1968	CZE	4:35:07



Campion winning – and with his winnings



Seiler



Emmanuel with some of his fellow judges

(Photos: Emmanuel Tardi)

Men's 5km Race Walk

Name	Birth Date	Nat.	Mark
1. Jakub BÁTOVSKÝ	18-juin-05	SVK	21:49
2. Paul FROMM	2005	GER	26:15
3. Frederik FROMM	2005	GER	27:53
4. Dick GNAUCK	07-sept-63	GER	30:46
5. Uwe TOLLE	1955	GER	33:00

Women's 5km Race Walk

Name	Birth Date	Nat.	Mark
1. Tamara INDRIŠKOVÁ	25 May 2006	SVK	27:57
2. Lene ZIMMERMANN	31-juil-05	GER	29:23
3. Jana BREZAKOVA	1978	CZE	36:12

Women's 10km Race Walk

Name	Birth Date	Nat.	Mark
1. Sigute BRÖNNECKE	1965	GER	56:30
2. Anna HORÁKOVÁ	21-juil-05	CZE	59:10
3. Katka NEDVÍDKOVÁ	23-janv-04	CZE	1:03:26
4. Heidrun NEIDEL	1947	GER	1:20:29

Men's 10km Race Walk

Name	Birth Date	Nat.	Mark
1. Eckart Apel	1963	GER	57:07

2.	Patrick Seck	1966	GER	1:05:11
3.	Udo Schaeffer	1950	GER	1:08:09
4.	Bernd Ocker Hölters	1946	GER	1:10:59

UNITED KINGDOM: Steyning WC results, 29 October – Steyning, Surrey

David Ainsworth has forwarded the latest Steyning results, compiled by Ron Penfold. We see **Ian Richards** is still in good form.

10K Mixed

1	Ian Richards	Steyning AC	M70	56:57
2	Trevor Jones	Steyning AC	M65	60:30
3	John Arthur	Ilford AC	M60	64:50
4	Mike George	Hove Hornets	M55	68:15
5	Stuart Maidment	Steyning AC	M70	74:24
6	Sarah Cotton	Steyning AC	W55	74:26

5K Mixed

1	John Killick	Steyning AC	M75	36:22
2	Martin Ford-Dunn	Steyning AC	M75	38:19
3	Judith Carder	Brighton & Hove AC	W65	39:31
4	Shaheda Arthur	Ilford AC	W60	53:51

Walkfit 5km (Started 1 minute after main race)

1	Gill Standing	Steyning AC	W65	39:27
2	Liz Claridge	Steyning AC	W50	41:00
3=	Tony Standing	Steyning AC	M70	43:25
3=	Ann Naested	Steyning AC	W65	43:25
5	Anne Jones	Steyning AC	W65	45:57

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.

- 29/10/2022 Zittau (GER): Lusatian International Race Walking Meeting valid as World Athletics Race Walking Tour - Bronze Level http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4490
- 27/10/2022 Technical analysis of most important World/Area competitions in 2022 - Women http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4489 Here, Nicola presents an interesting examination of the distribution of Yellow and Red cards in the three major international competitions in 2022 (World Teams championships in Muscat, WA Championships in Eugene and European Championships in Munich). The focus is on the Women's competitions. Similar analysis of the Men's races is provided in the link dated 25/10/22.
- 26/10/2022 Roumanian National Race walking Championships 2022 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4488
- 25/10/2022 Technical analysis of most important World/Area competitions in 2022 – Men http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4487

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.

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.

- Thursday, November 3, 2022 - India Under-23 Athletics Championships - Bilaspur 2022 (results) <http://omarchador.blogspot.com/2022/11/campeonatos-de-atletismo-sub-23-da.html>

- Wednesday, November 2, 2022 - Hans-Joachim Pathus (1936-2022) passes away <http://omarchador.blogspot.com/2022/11/faleceu-hans-joachim-pathus-1936-2022.html> One of the formidable East German walkers of the 60s, a team mate of the legendary Christoph Hohne, Pathus would later excel as a coach to a new generation of GDR champions.



Hnas-Joachim Pathus (Photo: O Marchador)

- Tuesday, November 1, 2022 - Kévin Campion in evidence in the 35 km march in Zittau, Germany <http://omarchador.blogspot.com/2022/11/kevin-campion-em-evidencia-nos-35-km.html>
- Monday, October 31, 2022 - Kimberly García among the finalists for World Athletics Athlete of the Year <http://omarchador.blogspot.com/2022/10/kimberly-garcia-entre-as-finalistas.html>
- Sunday, October 30, 2022 - Expert Race Walking Judges were evaluated <http://omarchador.blogspot.com/2022/10/juizes-especialistas-de-marcha-atletica.html> Assessment of judges' competencies in Portugal.
- Saturday, October 29, 2022 - Olympic José Magalhães honored by GD São Domingos <http://omarchador.blogspot.com/2022/10/olimpico-jose-magalhaes-homenageado.html>
- Friday, October 28, 2022 - Zagreb hosted the 4th stage of the Croatian G. March 2022 Prize (results) <http://omarchador.blogspot.com/2022/10/zagreb-acolheu-4-etapa-do-g-premio-de.html>
- Thursday, October 27, 2022 - Mihaela Acatrinei and Ionut Vasilica Plesu won the Romanian Championships (10 km) in Timisoara <http://omarchador.blogspot.com/2022/10/mihaela-acatrinei-e-ionut-vasilica.html>
- Wednesday, October 26, 2022 - «FISU America Games 2022» in Merida, Mexico (results) <http://omarchador.blogspot.com/2022/10/fisu-america-games-2022-em-merida.html>
- Tuesday, October 25, 2022 - Serena Sonoda triumphed in the 35 km march from Takahata, Japan <http://omarchador.blogspot.com/2022/10/serena-sonoda-triunfou-nos-35-km-marcha.html>
- Tuesday, October 25, 2022 - Toshikazu Yamanishi won the 35 km march from Takahata, Japan <http://omarchador.blogspot.com/2022/10/toshikazu-yamanishi-venceu-os-35-km.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 5-Sun 6 Nov 2022	AV All Schools T&F c'ships Week 2 – Lakeside Stadium
Sat 12 Nov 2022	AVSL Rd 4 walks (2000m, 5000m) – Zone B – Duncan McKinnon Res, Murrumbena
Sat 19 Nov 2022	AVSL Rd 5 walks (1500m, 3000m) – Zone A – Meadowglen Int. Ath. Stadium, Epping
Sun 20 Nov 2022	VRWC Summer c'ships, inc. 'Gus Theobald' 20km – Middle Park

Sat 3 Dec 2022 **AA Walk Judging Seminar** – Cathy Freeman Room, Lakeside Stadium (*see advert in this issue*)
 Sat 3 Dec 2022 **AVSL Rd 6 walks (1500m, 3000m)** – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
 Sun 4 Dec 2022 **AA 35km Road walk c’ship** – Fawkner Park
 Fri-Sun 9-11 Dec 2022 **AA All-Schools T&F c’ships** – Adelaide
2023
 Fri 6 Jan 2023 **Race Supernova #1 (WA RW Tour Silver)** – Canberra
 Thu 2 Feb 2023 **Race Supernova #2 (WA RW Tour Silver)** – Canberra
 Sat 11 or Sun 12 Feb 2023 TBC **AA 20km Road walking c’ship** – Fawkner Park
 Fri-Mon 10-13 Mar 2023 **AMA Masters T&F c’ships** – Sydney

International Dates

Sat 29 Oct 2022 **Lusatian International Race Walking Meeting (Bronze)** – Zittau, GER
 TBA, 2023 **World University Summer Games** – Chengdu, CHN (postponed from 2020 and 2022)
 Aug 2023 (TBC) **19th World Athletics Championships** – Budapest, HUN
 13-25 Aug 2024 **24th World Masters T&F Championships** – Gothenburg, SWE

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***SPECIAL REQUEST**

Attached to the email carrying this issue is a poster. It is the same one that has been embedded at the end of ‘H&T’ issues up until this week, but of better print quality. We are asking all VRWC members and friends to copy, or print and circulate it as widely as they can.

If the poster succeeds in attracting even **one** new member to the Club ... *so have you!*

