



# HEEL & TOE Online

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

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## \*\* WALKER OF THE WEEK \*\*



(Photo: Athletics Australia)

Breaking a long-standing national record leaves you with not too much else to do to win WOTW, an honour shared this time around by **Declan Tingay** (WA) and **Marcus Wakim** (VIC).

As described in detail in the race report below, Declan consigned David Smith's 38yo 10,000m record to history with a formidable display, clocking **38:03.78** to win the second Supernova 10 at the AIS in Canberra last Thursday.

Marcus, relishing the intensity of a high-altitude training camp, then exalted competitive company on the AIS track, pushed himself to the limit to eclipse Doug Connolly's 1999 U18 record of 42:40.54 by 19secs, posting a new mark of **42:21.92**.

Congratulations to Dec and Marcus. The year is yet young, and we wish you both all the best in attaining your goals.



(Photo: VRWC)

### \*Honourable mentions

- **Jack McGinniskin** (NSW), **Allanah Pitcher** (NSW), **Will Bottle** (TAS) and **Tim Fraser** (ACT) – all recorded huge 1min+ PB's in the Supernova #2 race.
- **Jemima Montag** (VIC) – again held quality international rivals at arm's length to win the women's Supernova 10.
- **Sam Lindsay** (TAS) – another with little or no competition where he lives to make him walk faster, 15yo Sam nevertheless made a huge improvement over 3000m at Northern Tas interclub, clocking his first sub-13 with **12:56.29**.
- **Kim Mottrom** (SA) – set a new SA M35 record for 3000m of **12:23.40** while ... no. Read it for yourself below.
- **Mya McClure** (VIC, 11yo) – a big 1:07 PB time of **15:17.0** in the AVSL 3000m at Mt Evelyn on Saturday.

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## CLUB NEWS and RESULTS

### VRWC Club race results, Tuesday 7 February – Mentone track

The disappointment of having to postpone the AV Teams race was partly offset by the attendance of a bevy of first-timers and youngsters, many seeking a race over their Little Athletics distances with an eye to the Region and State finals coming up. Well done to Mentone coach and committee man Rupert Van Dongen for advertising the event and encouraging several young athletes to attend.

**Andrew Newbould** and **Alayna Paulke** were the quickest of the 1100m competitors, clocking **6:38** and **7:21** respectively. **Kevin Cassidy** – a long way from his Little A days – walked the fastest 1500m, easing back in after a bout of injury. We were

pleased to welcome **John Nottle** back to the club, after an absence which began in the 1970s but has happily ended. **Addison Paulke** showed a turn of speed to outlast newcomer **Mia Fary**, **9:04 to 9:19**.

**Kylie Irshad** and **Simon Evans** took line honours in the 3000m, with **Marnie Zakis** missing her 5000m PB by a single second, **32:43**.

#### 1100m Open

1	Andrew Newbould	331	M	6:38
2	Harry Newbould	2941	M	8:55
1	Alayna Paulke	2704	F	7:21
2	Sydney Buensch	1492	F	8:23
3	Tiffany Jade	1085	F	9:06

#### 3000m Open

1	Simon Evans	98	M	18:53
2	Paul Moritz	646	M	21:19
1	Kylie Irshad	2151	F	18:16
2	Heather Carr	9	F	19:38

#### 1500m Open

1	Kevin Cassidy	710	M	8:30
2	John Nottle	2851	M	10:20
1	Addison Paulke	716	F	9:04
2	Mia Fary	2429	F	9:19

#### 5000m Open

1	Marnie Zakis	717	F	32:43
2	Karyn O'Neill	317	F	36:38

Finally, many thanks to all officials and helpers whose work and assistance made the event a successful one.

<b>Race referee</b>	Stu Cooper
<b>Race entries</b>	Stu Cooper
<b>Timekeepers</b>	Terry Swan, Gwen Steed, Kevin Cassidy, Aaron Newbould
<b>Starter</b>	Stu Cooper
<b>Judges</b>	Brenda Felton (chief), David Cash, Terry O'Neill, Ralph Bennett, Tony Doran

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## VICTORIA - METRO & REGIONAL

### **\*\* Metro Zone B: Round 9, Saturday 4 February – Yarra Ranges Athletics Centre, Mt Evelyn**

An impressive turnout of 31 walkers, spread almost evenly among the two distances, produced some standout results at Mt Evelyn. Conditions were humid after heavy overnight and morning rain, but the cooler temperatures agreed with most competitors.

In the 1500m young **Jaime Hvalica** took charge from the gun, winning by nearly a minute with a new PB time of **7:19.1**. Jaime's Diamond valley clubmate **Lucy Johns**, racing in AVSL for the first time, made an excellent debut over the distance, and both look set for good performances in the upcoming LAVic Region and State championships. **Lewis McLennan**, too, was in speedy form as was **Bob Gardiner**, whose **11:47.4** sundered the VRWC M85 record set by Bob's Collingwood clubmate (and fellow Olympian) George Knott back in 1995.

#### 1500m

1	Jaime Hvalica	(DIV)	M14	7:19.1h	479	PB 0:18
2	Lucy Johns	(DIV)	F14	8:24.9h	454	First 1500m
3	Natalie Laurie	(ANW)	FOP	8:28.3h	397	
4	Lewis McLennan	(DAC)	M14	8:31.1h	395	PB 0:22
5	Isabella Finlayson	(FKN)	F16	8:47.9h	406	
6	Bernie Keirl	(DIV)	M55	8:52.6h	371	
7	Laura McLennan	(DAC)	F45	9:10.1h	397	
8	Emilie Garside	(YRA)	FOP	9:10.9h	319	
9	Donna-Marie Elms	(PTN)	F60	9:13.2h	476	
10	Simon Evans	(BOH)	M60	9:27.5h	355	
11	Heather Carr	(GHY)	F70	9:28.7h	520	
12	Kim Peak	(DAC)	F55	10:21.7h	357	
13	Clyde Riddoch	(WAM)	M65	10:24.7h		
14	Geza Benke	(OLM)	M65	10:37.6h	298	
15	Gwen Steed	(GHY)	F70	10:54.0h	439	
16	David Martini	(OLX)	M45	11:29.2h	166	
17	Robert Gardiner	(COL)	M70	11:47.4h	266	VRWC club M85 rec.

Riley Coughlan notched up another good sub-13min win in the 3000m. Box Hill's **Mya McLure** produced probably the best result of the race, ripping over a minute from her PB for **15:17.0** to be first female home. **Alejandro Stephens's** 5:09 PB was unsurprising as it was only his 2<sup>nd</sup> outing over the distance; his first, in January last year, was also his first walking race ever ... plenty has happened since. **Eden Morgan** and **Jade Chitty** also recorded best times in what was a high-standard race.

#### 3000m

1	Riley Coughlan	(KNA)	M16	12:40.7h	556	
2	Eden Morgan	(KNA)	M18	13:31.7h	501	PB 0:07
3	Alejandro Stephens	(GHY)	MOP	14:09.1h	453	PB 5:09
4	Mya McClure	(BOH)	F14	15:17.0h	515	PB 1:07
5	Jade Chitty	(WES)	F20	15:40.9h	455	PB 0:03
6	Maddison Nash	(KNA)	F18	16:32.2h	437	
7	Emily Smith	(KNA)	F18	16:46.2h	428	
8	Mietta Morgan	(KNA)	F14	16:56.1h	457	
9	Angus Shuttleworth	(INV)	MOP	16:59.8h		First 3km
10	David Smyth	(COL)	M50	17:34.1h	376	
11	Michael Harvey	(WAM)	M60	18:37.1h	396	
12	Phillip Dunstone	(WES)	M50	20:04.8h	273	
13	Dee Holohan	(SAN)	F55	20:20.6h	384	
14	Geoffrey Barrow	(MEN)	M70	21:49.1h	351	

#### **\*\* Ballarat Zone: Round 9, Saturday 4 February – Llanberris Stadium, Ballarat**

**Fraser Saunder**, showing the benefits of his stint at altitude with the Supernova group, time-trialled his way to a 15sec PB of **12:30.40** at Llanberris. He'll be one to watch in the upcoming Fawkner Park and AV track titles races.

1	Fraser Saunder	(BYC)	M20	12:30.40
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#### **\*\* Bendigo Zone: Round 9, Saturday 4 February – Latrobe Uni Athletics Track, Flora Hill**

**Kate Wilson** scored line honours once again at Bendigo, following on from her podium finish at the AV Country titles last week.

1	Kate Wilson	(EAG)	F14	8:58.41
2	Amber Fox	(SBE)	F16	9:57.50



## AROUND THE COUNTRY

### **A.C.T. Supernova #2 (WA Race Walking Tour 2023 Silver meet), Thursday 2 February – AIS, Canberra**

After the Supernova #1 race in January and the subsequent altitude training camp at Perisher Valley – not to mention the metabolic research into the effects on female walkers of low energy levels at altitude – anticipation was high of something special at last Thursday's Race #2. With elite competitors from 14 nations attending, two superb contests, at the very least, were expected. Neither disappointed. Nine local walkers recorded PBs, most by emphatic margins, and the 'Oz v. the World' match-ups made the races all the more engrossing as they progressed.

At the apex was **Declan Tingay's** National record-breaking **38:03.78**, a result that places him 9<sup>th</sup> on the WA All-time best performances for the 10,000m track walk. The previous record, set by David Smith in 1985, had withstood challenges from the cream of Australia's walkers for 38 years. But as fields of depth and speed have grown in recent decades – with the added stimulus of Supernova intensity – its days were clearly numbered, although, as the 17sec margin indicates, it didn't go without a fight. **Perseus Karlstrom**, who missed the first race through illness, made up for it here by pushing Tingay hard until 6km. His reward was to be the only competitor not lapped by the West Australian!

Behind Declan, **Marcus Wakim** claimed an Australian record of his own to break the U18 mark. At age 16, Marcus has plenty of time to lower the record further. Seeing the young talent among his peers on the track, race walking fans have every reason to be optimistic about the future.

Not breaking records but still dominating, **Jemima Montag** put her opposition on the rack after the 4km mark in what was virtually a rerun of Supernova #1, winning in **43:46.01** from dual European champion **Antigoni Ntrismpioti**. Over four weeks including an intense altitude training camp, a total of only 13secs separated these two champions. A number of women were laboring under the effects of low-energy diets from the study and, as expected, were a little down on their best, but the competition was still hot as each strove to wring from their legs every drop of gain from their return to sea level.

By far the best U20 women's result came from the ever-improving **Allanah Pitcher**, whose **46:39.37** was a huge stride forward. Allanah is entered for the AA 20km at Fawkner Park and looks set to eclipse her 1:42:36 previous best.

Below is **Lachlan Moorhouse's** report on a stirring night in Canberra:

## **TINGAY MARCHES INTO HISTORY AS RECORDS TUMBLE AT SUPERNOVA 2**

by *Lachlan Moorhouse* (reprinted from *Athletics Australia* website)

Australian race walking stars **Declan Tingay** and **Jemima Montag** made it back-to-back wins in the World Athletics Race Walking Tour with dominant performances at Supernova 2, led by Tingay's stunning Australian record of **38:03.78** over 10,000m and an Under 18 record by **Marcus Wakim**.

Shattering David Smith's national record of 38:20.9 set in 1985, Tingay marched into history as Australia's fastest ever race walker over 10,000m – showing the world-class field at the Australian Institute of Sport a clean pair of heels on Thursday night.

Beating home three-time World Championships medallist **Perseus Karlstrom** of Sweden and Canadian Olympic medallist **Evan Dunfee**, the 23-year-old coached by Brent Vallance was dominant in clinching the win and record on home soil – even surprising himself.

"There was something on the cards tonight! The plan was never to pace it that aggressively but I just committed to it early and followed through with it, unrelenting pressure was the theme of today. I wasn't expecting to hold it together but we built a substantial buffer," Tingay said.

"Each lap I was looking at the judging board and following what the judges are thinking and if the judges are happy, I keep up the pace, and if they are not then I reconsider," Tingay said.

Carving 39-seconds off his previous personal best of 38:42.33 set when winning silver at the 2022 Birmingham Commonwealth Games, Tingay reaped the rewards of a four week training block at altitude in the Perisher Valley as part of the Supernova initiative.

"I just love it. I always say that no one comes out of a Supernova camp worse off than when they went in, and that held up as the truth this month. Having Perseus and Rhydian breathing down my neck is pretty motivating, it gets you going faster," Tingay said.

The brilliance of 16-year-old **Marcus Wakim** (Adam Garganis) was on display with an national record of his own, becoming the fastest Under 18 Australian race walker over 10,000m with his performance of **42:21.92**, eclipsing Doug Connolly's 1999 mark of 42:40.54.

**Jemima Montag** (Brent Vallance) sailed to her second win of the Supernova series with a punishing burst over the closing kilometres, stretching away from some of the world's premier women to win in a time of **43:46.01**.

Montag finished ahead of Greece's double European champion **Antigoni Ntrismpioti** and Spain's **Raquel Gonzalez**, also defeating training partner and Olympic silver medallist **Sandra Lorena Arenas** of Colombia. The Commonwealth champion flexed her early season form after a strong training block in the Perisher Valley, where she trained alongside 20 of the world's best race walkers as part of an Australian led study into the impact of nutrition on adaptation to altitude training for women.

The Australian race walking fraternity will now turn its attention to the Australian 20km Championships at Melbourne's Fawkner Park on Sunday February 12, and while many of the internationals are extending their stay down under to race, Tingay plans to continue his dominance.

"I am always confident. The national 20km is a chance for me to punch the clock, show up and get it done. This result definitely sets me up for some good potential over 20km, I think I will give the 35km another crack but the focus for me is Budapest this year," Tingay said.

### **Women 10000m Race walk**

1 Jemima Montag	98	AUS	43:46.01
2 Antigoni Ntrismpioti	84	GRE	43:53.45
3 Raquel Gonzalez	89	ESP	44:51.51
4 Sandra Lorena Arenas	93	COL	45:02.92
5 Clemence Beretta	97	FRA	45:15.99
6 Magaly Bonilla	92	ECU	45:35.53
7 Allanah Pitcher	03	AUS	46:39.37 <i>PB 1:10</i>
8 Valentina Trapletti	85	ITA	46:39.69
9 Eloise Terrec	98	AUS	47:08.71
10 Hana Burzalova	00	SVK	47:11.41
11 Klaudia Zarska	99	SVK	47:26.95
12 Ema Hacundova	99	SVK	47:36.94
13 Monika Vaiciukeviciute	96	LTU	47:47.45
14 Enni Nurmi	98	FIN	48:16.15
15 Elizabeth McMillen	04	AUS	48:23.16
16 Bianca Ditterich	93	GER	48:24.67
17 Brigita Virbalyte	85	LTU	49:15.88
18 Hannah Mison	01	AUS	49:28.86
19 Austeja Kavaliauskaite	00	LTU	49:46.07

### **Men 10000m Race walk**

1 Declan Tingay	99	AUS	38:03.78AR <i>PB 0:39</i>
2 Perseus Karlstrom	90	SWE	38:35.43
3 Evan Dunfee	90	CAN	39:44.10
4 Rhydian Cowley	91	AUS	40:01.98
5 Kyle Swan	99	AUS	40:23.25
6 Will Thompson	02	AUS	40:49.47
7 Tim Fraser	00	AUS	41:00.14 <i>PB 1:31</i>
8 Carl Gibbons	96	AUS	42:07.85 <i>PB 0:12</i>
9 Mitchell Baker	01	AUS	42:12.74
10 Marcus Wakim	06	AUS	42:21.92AR <i>PB 1:09</i>
11 Dylan Richardson	00	AUS	42:49.75 <i>PB 0:03</i>
12 Owen Toyne	07	AUS	43:16.89
13 Jack McGinniskin	02	AUS	44:09.25 <i>PB 1:45</i>
14 Will Bottle	05	AUS	44:34.52 <i>PB 1:18</i>
15 Tristan Camilleri	01	AUS	45:06.69
--- Marius Ziukas	85	LTU	DNF

20	Zoe Woods	07	AUS	51:29.45	<i>PB 6:05</i>
21	Alexandra Griffin	05	AUS	51:57.13	<i>First 10km</i>
22	Hannah Bolton	03	AUS	52:35.55	
23	Gabriella Hill	03	AUS	57:48.72	
---	Char Hay	03	AUS	DNF	
---	Anett Torma	84	HUN	DNF	



**AUSTRALIA & OCEANIA 20KM ROAD WALK C'SHIPS**  
*Fawkner Park, Melbourne – Sunday 12 February*  
**PREVIEW**

Uplifting as the Supernova races were, they were of course an appetizer. The main course will be served at Fawkner Park next Sunday – the first international meeting of major players over 20km for 2023. Two class fields will do battle, with the outcome in no way certain for either ... the way it should be.

With **Declan Tingay** in the form of his life and **Percy Karlstrom** not far off his, the men's race looks like a two-man duel on paper. But discount **Rhydian Cowley**, **Evan Dunfee**, **Kyle Swan** and **Marius Ziukas** at your peril – any of that bunch will be ready to pounce should Tingay or Karlstrom falter.

The two Supernova '10s' showed, amongst other things, just how little separates **Jemima Montag** and her closest rival, **Antigoni Ntrismpioti** in class. Montag has the edge in youthful speed and can destroy a field with a lethal surge – Ntrismpioti has both speed and the power to grind down her opposition as the distance gets longer. Throw in **Raquel Gonzalez** and **Sandra Lorena Arenas**, and the odds of a much closer contest than in the Supernovas shorten considerably. That Jemima will launch an attack – bar anything untoward – is certain; whether her rivals will allow any gap to stick or grow over 20km is the tantalizing question for fans.

**Marcus Wakim** will carry his record-breaking form into the U20 10km, while the battle behind him between **Will Bottle**, **Fraser Saunder** and **Magnus Graesli** (Norway) should be an absorbing contest. **Nellie Langford**, with her Supernova experience, looks hard to beat in the women's U20 10km.

**Owen Toyne**, **Scott Peart** and **Samuel Lindsay** will fight out the men's U18 5km placings, with Toyne a clear favourite, while not much may separate **Grace Beck** and **Maddison Nash** in the women's race.

All in all, there is probably little else on the sporting front that offers such contests of class – free of charge – for the casual spectator as well as the hardened athletic fan on a quiet Sunday morning in Melbourne. We can hardly wait!

**Start lists:**

**Men 20km Open**

Perseus Karlstrom	SWE
Rhydian Cowley	VIC
Declan Tingay	WA
Kyle Swan	VIC
Evan Dunfee	CAN
Will Thompson	VIC
Marius Ziukas	LTU
Carl Gibbons	NSW
Timothy Fraser	ACT
Mitchell Baker	ACT
Tristan Camilleri	SA
Dylan Richardson	NSW
Jack McGinniskin	NSW
Alejandro Stephens	VIC

**Men 10km Under 20**

Marcus Wakim	VIC
Magnus Graesli	NOR
Will Bottle	TAS
Fraser Saunder	VIC
Riley Coughlan	VIC
Raven Pyda	NSW

**Men 5km Under 18**

Owen Toyne	ACT
Samuel Lindsay	TAS
Scott Peart	VIC
Dylan Allabush	NSW

**Women 20km Open**

Jemima Montag	VIC
Raquel Gonzales	ESP
Antigoni Ntrismpioti	GRE
Rebecca Henderson	VIC
Sandra Lorena Arenas	COL
Magaly Bonilla	ECU
Olivia Sandery	SA
Enni Nurmi	FIN
Brigita Virbalyte	LTU
Kelly Ruddick	VIC
Monika Vaiciukeviciute	LTU
Austeja Kavaliauskaite	LTU
Elizabeth McMillen	NSW
Allanah Pitcher	NSW
Hannah Mison	NSW
Samantha Findlay	SA
Hannah Bolton	NSW
Gabriella Hill	NSW
Courtney Ruske	NZL
Laura Langley	NZL
Anett Torma	HUN
Bridget Bell	NSW
Char Hay	VIC

**Women 10km Under 20**

Nellie Langford	SA
Sienna Pitcher	NSW
Summer Millard	QLD

**Women 5km Under 18**Grace Beck NSW  
Maddison Nash VIC

\*On the subject of tantalization, here is something to whet the appetite. I wonder to what extent – if any – this table will change after Sunday?

**AUSTRALIAN ALL-TIME BEST 20 KILOMETRES PERFORMERS***Compiled by Paul Jenes (AA statistician)***MEN**

1:17:33	Nathan Deakes	V	170877	Cixi City, CHN	23 Apr 2005
1:19:15	Luke Adams	N	221076	Cheboksary, RUS	10 May 2008
1:19:15	Jared Tallent	V	171084	Hobart	13 Feb 2010
1:19:22	Dave Smith	V	240755	Hobart	19 Jul 1987
1:19:28	Dane Bird-Smith	Q	150792	London, GBR	13 Aug 2017
1:19:33	Nick A'Hern	N	060169	Melbourne	15 Dec 1990
1:20:19	Rhydian Cowley	V	040191	Nomi, JPN	17 Mar 2019
1:20:43	Andrew Jachno	V	130462	Brisbane	26 Aug 1990
1:20:44	Declan Tingay	W	060299	Adelaide	13 Feb 2022
1:20:49	Dion Russell	V	080575	Melbourne	19 Mar 1999
1:21:19	Simon Baker	V	060258	Canberra	27 Aug 1988
1:21:23	Adam Rutter	N	241286	Taicang, CHN	30 Mar 2012
1:21:36	Willi Sawall	V	071141	Melbourne	4 Jul 1982
1:21:39	Kyle Swan	V	280399	Adelaide	13 Feb 2022
1:22:08	Chris Erickson	V	011281	Nomi, JPN	15 Mar 2015
1:23:10	Michael Hosking	V	161085	Adelaide	11 Feb 2018
1:24:10	Tyler Jones	N	080498	Adelaide	13 Feb 2022
1:24:11	Liam Murphy	S	050679	Adelaide	26 Jul 2003
1:24:20	Duane Cousins	V	130773	Melbourne	19 Mar 1999
1:24:25	Ian Rayson	N	040288	Sydney	13 Nov 2011
1:24:34	Brent Vallance	N	300472	Naumburg, GER	23 May 1998
1:24:37	Brendon Reading	A	260189	Adelaide	19 Feb 2017
1:24:40	Will Thompson	V	181102	Adelaide	13 Feb 2022
1:24:54	Paul (Copeland) van Kopplen	V	250467	Melbourne	10 Nov 1991
1:24:56	Darren Bown	S	300674	Sydney	6 Mar 2005
1:25:02	Troy Sundstrom	N	300581	Melbourne	19 Mar 1999
1:25:31	Steve Beecroft	V	140371	Canberra	28 Jan 1994
1:25:34	Mike Harvey	V	051262	Melbourne	25 Aug 1990
1:26:20	Adam Garganis	V	180997	Adelaide	11 Feb 2018
1:26:30	Carl Gibbons	N	190696	Adelaide	13 Feb 2022
1:26:33	Mark Donahoo	V	270558	Melbourne	22 May 1994
1:26:40	Tom Barnes	V	220982	Melbourne	24 Aug 2008
1:26:50	Sean Fitzsimons	W	150192	Melbourne	11 Dec 2011
1:26:52	Tim Fraser	A	220200	Melbourne	15 May 2022
1:27:12	Tim Erickson	V	231150	Melbourne	14 Dec 1980
1:27:14	Nathan Brill	V	140596	Adelaide	21 Feb 2016
1:27:19	Dominic McGrath	V	040672	Melbourne	19 Mar 1999
1:27:20	Daniel (Thorne) Walters	V	191279	Melbourne	16 Dec 2001
1:27:29	Bill Dyer	V	260361	Melbourne	22 Jun 1985
1:27:35	Michael McCagh	W	160486	Canberra	28 Jan 2007
1:27:42	Brad Malcolm	V	070878	Melbourne	19 Jul 1998
1:27:50	Mitchell Baker	A	060701	Melbourne	27 Mar 2021
1:28:18	Mike Woods	N	111062	Bergen, NOR	24 Sep 1983
1:28:23	Brad Aiton	Q	200694	Nomi, JPN	16 Mar 2014
1:28:25	Rob McFadden	S	150366	Canberra	27 Aug 1988
1:28:29	Steve Hausfeld	N	070452	Richmond	9 Apr 1988
1:28:29	Shane Pearson	Q	050674	Melbourne	27 Feb 1997
1:28:47	Corey Dickson	V	190702	Melbourne	15 May 2022
1:29:08	Marcus Dwyer	V	260377	Melbourne	19 Jul 1998
1:29:12	Noel Freeman	V	251238	Melbourne	6 Apr 1968
1:29:13	Ian Waters	V	010467	Melbourne	19 Dec 1993
1:29:22	Rohan Best	T	240273	Hobart	4 Aug 1990
1:29:24	Jesse Osborne	V	210195	Hobart	24 Feb 2013
1:29:29	Nick Dewar	Q	130592	Hobart	2 Feb 2014
1:29:34	Craig Brill	V	101167	Melbourne	15 Nov 1992
1:29:40	Travis Harbour	V	121275	Melbourne	27 Feb 1997



1:29:41	Doug Connolly	N	301082	Sydney	21 Jul 2001
1:29:48	Martin Richardson	V	'63	Melbourne	5 Feb 1984
1:29:51	Mark Blackwood	V	251177	Melbourne	1 Sep 1996
1:29:55	Craig Jeffery	V	120568	Melbourne	26 Apr 1992
1:29:55	Tristan Camilleri	S	140201	Melbourne	27 Mar 2021
1:30:04	Jon Gawley	N	090580	Geelong	1 Aug 1998
1:30:07	Ricky Cooke	T	090869	Adelaide	4 Mar 1992
1:30:22	Greg Robertson	T	231269	Melbourne	25 Aug 1991
1:30:28	Ross Haywood	V	180247	Melbourne	5 Feb 1978
1:30:36	Mark Thomas	V	231262	Melbourne	22 May 1994
1:30:51	Paul Woodhouse	N	290462	Richmond	9 Apr 1988

#### WOMEN

1:27:27	Jemima Montag	V	150298	Adelaide	13 Feb 2022
1:27:44	Jane Saville	N	051174	Naumburg, GER	2 May 2004
1:28:53	Claire (Woods) Tallent	S	060781	Taicang, CHN	30 Mar 2012
1:29:25	Katie Hayward	Q	230700	Adelaide	10 Feb 2019
1:29:33	Regan Lambie	V	141091	Rome, ITA	7 May 2016
1:29:36	Kerry Saxby-Junna	N	020661	Naumburg, GER	30 Apr 2000
1:29:44	Cheryl Webb	N	031076	Melbourne	7 Mar 2009
1:29:49	Beki (Lee) Smith	N	251186	Rome, Italy	7 May 2016
1:29:56	Tanya Holliday	S	210988	Rome, Italy	7 May 2016
1:30:25	Jess Rothwell	V	180689	Melbourne	7 Mar 2009
1:31:33	Rachel Tallent	V	200293	Adelaide	21 Feb 2016
1:31:34	Natalie Saville	N	070978	Naumburg, GER	2 May 2004
1:31:44	Rebecca Henderson	V	040701	Adelaide	13 Feb 2022
1:32:22	Stephanie Stigwood	T	211090	Melbourne	13 Dec 2015
1:32:57	Kellie Wapshott	V	230381	Melbourne	23 Feb 2008
1:33:00	Lisa (Sheridan) Paolini	N	101262	Sydney	8 Jul 2000
1:33:15	Kelly Ruddick	V	190473	Launceston	1 Sep 2013
1:33:37	Clara Smith	Q	090398	Adelaide	13 Feb 2022
1:33:45	Megan (Peters) Szirom	V	180877	Melbourne	7 Mar 2009
1:34:13	Jillian Hosking	A	120287	Hobart	13 Feb 2010
1:34:27	Anne (Pembroke) Manning	N	131159	Hawkesbury	10 Jul 1993
1:34:35	Wendy Muldoon	V	270571	Melbourne	16 Aug 1998
1:34:35	Olivia Sandery	S	220103	Melbourne	15 May 2022
1:34:44	Simone Wolowiec	V	120274	Canberra	16 Jan 2000
1:34:44	Lyn Ventris	W	021056	Melbourne	16 Dec 2001
1:35:55	Nicole Fagan	N	240789	Hobart	20 Feb 2011
1:36:16	Jenny (Jones) Billington	Q	200467	Hawkesbury	10 Jul 1993
1:36:19	Sally Pierson	V	100363	Melbourne	15 Jul 1984
1:36:23	Sue (Orr) Cook	V	230458	Canberra	7 Jul 1984
1:36:40	Lisa Grant	N	260485	Sydney	4 Feb 2006
1:37:13	Jessica Pickles	Q	060294	Adelaide	11 Feb 2018
1:37:32	Michelle French	N	010482	Geelong	2 Dec 2006
1:37:32	Simone McInnes	V	271191	Adelaide	9 Feb 2020
1:37:34	Teresa Letherby	Q	050472	Adelaide	3 Sep 1995
1:37:48	Jill (Barrett) Maybir	NT	130764	Sydney	7 Sep 1997
1:37:59	Bev (Wilkins) Hayman	N	090561	Sydney	15 Jul 1989
1:39:02	Jane (Lewry) Barbour	S	270766	Hawkesbury	10 Jul 1993
1:39:03	Jo Strangman	A	171175	Sydney	5 Aug 1995
1:39:49	Sue Narbey	W	251164	Perth	13 Jul 1985
1:40:02	Gabrielle Blythe	V	090369	Melbourne	24 May 1992
1:40:06	Philippa Huse	V	110499	Nomi, JPN	17 Mar 2019
1:40:31	Zoe Hunt	A	041297	Naumburg, GER	22 May 2016
1:40:36	Sharon Schnyder	V	010764	Adelaide	14 Jul 1991
1:40:38	Jenny Crooks	S	090476	Melbourne	1 Sep 1996
1:40:39	Jess Heazlewood	N	300587	Melbourne	7 Mar 2009
1:40:49	Carolyn (Vanstan) Ferguson	V	140868	Melbourne	8 Sep 1991
1:40:49	Tracy Rosengrave	V	250877	Melbourne	6 Jul 1997
1:41:17	Anne Ryan	N	020762	Canberra	13 Jul 1985
1:41:29	Lorraine (Young) Jachno	V	210959	Richmond	14 Jul 1990
1:41:30	Philippa Huse	V	110499	Adelaide	10 Feb 2019
1:41:37	Kristie Goznic	S	080593	Melbourne	13 Dec 2015
1:41:59	Kirsty Klein	N	190594	Adelaide	22 Feb 2015
1:42:17	Lara Kara-Ali	S	060278	Melbourne	12 Dec 1999
1:42:22	Heather McDonald	V	130849	Melbourne	12 Sep 1993
1:42:39	Alanna Peart	V	060903	Melbourne	15 May 2022
1:42:46	Laura Johnson	N	310884	Sydney	28 Feb 20

## SOUTH AUSTRALIA ASA Interclub results, 4 February – Mile End stadium

Whatever **Kim Mottrom** is made of, it should be bottled. Impressive as his M35 State record of **12:23.40** is of itself, who would have guessed that he achieved it while 6 days into a bout of shingles? Not content with that, he'll be lining up for a marathon next Sunday!

Another to turn heads was **Sam Findlay**, whose sojourn of altitude training at Perisher Valley obviously bore fruit, this time in the form of a 47sec PB for 3000m of **13:31.46**. Others relished the perfect conditions too, with several other recording personal best times.

### Open 3000m

Kim Mottrom	SA Masters	12:23.40	M35 State Record
Tristan Camilleri	Adelaide Uni	12:39.63	
Samantha Findlay	Southern Athletics Club	13:31.46	PB
Nellie Langford	Southern Athletics Club	14:20.33	
Daisy Braithwaite	Saints Athletics Club	14:26.66	PB
Anthony Tana	Southern Athletics Club	14:35.78	PB
Cooper Rech	Coastal Districts	15:53.30	
Elise Scott	South Coast	16:10.83	PB
Melissa Grantham	SA Masters	17:06.46	PB
Peter Crump	Saints Athletics Club	18:07.02	
Jordan McKenna	Northern Districts	18:54.23	
Marie Maxted	SA Masters	19:39.64	
Alex McEwan	Tea Tree Gully	25:03.88	

### Open 1500m

Sebastian Richards	Southern Athletics Club	07:22.81
Matilda Gourlay	Southern Athletics Club	08:00.22
Katie De Ruvo	Western Districts	08:08.06
Angelina Legrand	Pembroke	08:17.01
Alexis Thiele	Flinders	08:37.57
Orlando Grantham	Saints Athletics Club	08:59.77

## TASMANIA Interclub & Masters results, 1 & 4 February – various locations

**David Moore** reports on the latest Tasmanian action:

Saturday afternoon saw a wonderful effort this week from **Samuel Lindsay** in the 3000m Walk at our Northern Tasmanian Interclub. Samuel steamed home to take some 35 seconds off William Robertson's 2018 U/15 Tasmanian Record. Well done, Sam!!

11 year old **Cacia Charles** also did a quality walk in the 1500m event



*Sam Lindsay with the evidence. Well done, Sam! (Photo: David Moore)*

In the South of the State the weather went from calm to wind and rain just in time for the walk (Of course it would !!), but that didn't deter **Nathan Wass** and **Adele Woodward** from posting PB's and **Lily Carr** from striding home with a season best.



**Northern Tas. Athletics Interclub, 4/2/23 - St Leonards Northern Athletics Centre**

**Result 3000m Walk**

1. Samuel Lindsay	Newstead AC	12:56.29	<b>Tas U/15 Record</b>
2. Lani Broad	Newstead AC	19:50.89	

**Result 1500m Walk**

1. Cacia Charles	Newstead AC	8:43.62	
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**Athletics South Interclub, 4/2/23 - Domain Athletics Centre, Hobart**

**Results 1500m Walk**

1. Oliver Morgan	OVA	6:45.51	
2. Nathan Wass	ES	8:31.37	<b>PB</b>
3. Macy Devine	ES	8:36.93	
4. Lily Carr	OVA	8:51.28	<b>SB</b>
5. Elizabeth Leitch	TMA	10:09.00	
6. Adele Woodward	OVA	10:14.89	<b>PB</b>
7. Dave Moore	TMA	15:10.29	

**Tas Masters T&F, 1/2/23 - Domain Athletics Centre, Hobart**

**Result 5000m Walk**

1. Wayne Fletcher (M75)	NS	45:04	
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**WESTERN AUSTRALIA WARWC results, 5 February – Perry Lakes, Perth**

The weather became more testing as last weekend's WAWRC races progressed, touching on 30C at the end. This would have accounted for the slower times. Thanks to **Terry Jones** for the results.

**10K**

John Ronan	51.14
Andrew Duncan	1.02.41
Karyn Tolardo	1.04.59
Wendy Farrow	1.11.20

**5K**

Ben Reid	27.55
Kaytee Bogaers	28.21
Fiona van Heerwaarden	33.54

**3K**

Katica Borsic	18.07
Glenys Duncan	27.01

**2K**

Sylvia Byers	21.29
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**INTERNATIONAL NEWS**

**FRANCE: 8 Hours of Charly-sur-Marne, 5 February – Charly-sur-Marne**

**Emmanuel Tardi** reports on this classic French ultra event:

I was this Sunday in Charly-sur-Marne ( 100km in the East of Paris) . An 8hours race was organised ( 24th time ) Start was at 8am ....and finish was at 4pm .

The initial lap was 1.075km long following by laps of 2.575km, allowing walkers to get an exact 50km split.

Less starters than usual : 54 including 6 teams .

Weather was cool ( around 10°C ) Most of the time was sunny .

In the men event Maxime Faiteau led the race for 6hours then Florian Letourneau Caught him and they finished together with more than 75km .

In the women Event Chloé Raes-Maure followed her husband during 7h30 and won easily the race .

There was an ancillary event ( 10km ) with 19 starters (start was at 10am ) . Nadir Herida won easily .

## 8 heures Hommes

Pl	Concurrent	Club	Distance	Vitesse
1	LETOURNEAU Florian	Ac Chateau Thierry	75k254	9.407 km/h
3	MOREL Philippe	Nl Chalons-en-champagne	70k979	8.872 km/h
4	MALFONDET Alain	Nl Paris	70k521	8.815 km/h
5	ERARD Christophe	Asm Bar-le-duc	70k220	8.778 km/h
6	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	70k096	8.762 km/h
7	JOSE MORA Bernardo	Espagne-Ca Siurell	68k214	8.527 km/h
8	ARNAULT Jacques	Neuilly Sur Marne Athletisme	67k696	8.462 km/h
9	MAURE Rene-jean	Neubourg Ac	66k344	8.293 km/h
10	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	66k314	8.289 km/h
11	GROS Gildas	Es Thaon	65k628	8.204 km/h
12	VICTOR Etienne	Arnouville Gonesse Villiers	65k591	8.199 km/h
13	SIBOUT Daniel	Neubourg Ac	63k976	7.997 km/h
14	VANDENBERGHE Renaud	Marne Et Gondoire Athletisme	63k393	7.924 km/h
15	MICHELOT Remi	Es Thaon	63k263	7.908 km/h
16	MAILLOT Marc	Grac Athletisme	62k731	7.841 km/h
17	SEFFARI Abdelaziz	Afa Feyzin-venissieux	62k636	7.830 km/h
18	BALLAND Johann	Athletic Vosges Entente Clubs	61k724	7.716 km/h
19	LABROUSSE Stephane	Athletic Clubs 92	61k620	7.703 km/h
20	FAUBERT Stephane	Nl Longueville	61k234	7.654 km/h
21	BROUILLARD Fabrice	Entente Poitiers Athle 86	60k751	7.594 km/h
22	JOFFROY Jean-nicolas	Athletic Vosges Entente Clubs	60k523	7.565 km/h
23	DELANGE Dominique	Aj Auxerre Section Marathon	60k298	7.537 km/h
24	PORCHER Claude	Nl Saint-eloi	59k557	7.445 km/h
25	BOUELE Cedric	Delemenot Athletisme	58k511	7.314 km/h
26	LABARRE Bertrand	Cs Provins Athletisme	58k323	7.290 km/h
27	TILLIER Ludovic	Le Chesnay-rocquencourt 78	56k769	7.096 km/h
28	RIVIERE Sylvain	Spn Vernon	56k328	7.041 km/h
29	ROSSI Armand	Us Metro Transport	56k321	7.040 km/h
30	CECCALDI Georges	Entente Chalon/saone	56k150	7.019 km/h
31	FILLIEUX Christian	Belgique - Caf	55k994	6.999 km/h
32	GUILLOT Mickael	Ac Chateau Thierry	55k406	6.926 km/h
33	HAGHEBAERT Eric	Ac Chateau Thierry	53k735	6.717 km/h
34	BEGIN Jean-pierre	Val-de-reuil Ac	52k691	6.586 km/h
35	BEGIN Maxence	Val-de-reuil Ac	42k391	5.299 km/h
Ab	ESTEVES Jean-marc	Cherry J'y Cours	26k825	
DQ	VINCENT Robert	Ac Chateau Thierry	24k250	



Winner Letourneau and "runner-up" Morel

## 8 heures Femmes

1	RAES-MAURE Chloe	Neubourg Ac	66k299	8.287 km/h
2	MAISON Sylvie	Strasbourg Agglomeration Ath	62k969	7.871 km/h
3	SILVI Nathalie	Nl Barzy-sur-marne	60k161	7.520 km/h
4	GALMICHE Catherine	Arnouville Gonesse Villiers	60k042	7.505 km/h
5	BIZARD Claudie	Thiais Ac	59k480	7.435 km/h

6	PANNIER Josiane	Havre Ac	57k697	7.212 km/h
7	TOP Virginie	Baskets Aux Pieds	55k633	6.954 km/h
8	RODIER Nicole	Efs Reims	55k527	6.941 km/h
9	ARNAULT Françoise	Neuilly Sur Marne Athletisme	55k212	6.902 km/h
10	HOUPILON Virginie	Nl Barzy-sur-marne	54k092	6.762 km/h
11	DUCRUET Nadia	Ac Chateau Thierry	53k270	6.659 km/h



*Womens 8hr podium: Raes-Maure, Maison and Silvi*

#### 8 heures Equipes (teams)

1	La Team d ELIOTT	VARAIN Cédric - MOUGENOT Patrick	64k734	8.092 km/h
2	The Brothers	PELLERIN Alain - PLAYE Christophe	64k049	8.006 km/h
3	Les Sauterelles	ANXIONNAT Claudine - BONVARLET Liliane	61k047	7.631 km/h
4	A R S L 2	BEAUMONT D - SAUGRAIN J - MOMCILOVIC A	59k573	7.447 km/h
5	Les ecureuils	SIBOUT Regine - SAINT-PIERRE Martine	58k721	7.340 km/h
6	A R S L 1	DAMIENS Patrice - BOIVIN Virginie - HAS Edith	56k794	7.099 km/h

#### 10kilometres

1	HERIDA Nadir	Efs Reims	55 mn 12 s	10.870 km/h
2	BROU Florent	Ac Paris-joinville	57 mn 42 s	10.399 km/h
3	STEFANELLY David	Grand Paris Seine	57 mn 50 s	10.375 km/h
4	TURLET Albert	Athletic Clubs 92	58 mn 42 s	10.221 km/h
5	BRASTEL Adeline	Efs Reims A	59 mn 41 s	10.053 km/h
6	MARIE Frederic	Grand Paris Seine	59 mn 53 s	10.019 km/h
7	BODROS Gaetan	Ac Chateau Thierry	1 h 00 mn 01 s	9.997 km/h
8	TOUTAIN Eric	Us Ivry	1 h 00 mn 26 s	9.928 km/h
9	NOGRE Yannick	Es Montgeron	1 h 00 mn 37 s	9.898 km/h
10	CHRISMENT Gilles Pascal	Marne Et Gondoire Athletisme	1 h 05 mn 26 s	9.170 km/h
11	GALTIER Marie-christine	Marne Et Gondoire Athletisme	1 h 11 mn 50 s	8.353 km/h
12	BROT Daniel	Athletic Vosges Entente Clubs	1 h 20 mn 04 s	7.494 km/h
13	BORDIER Daniel	Ac Chateau Thierry	1 h 21 mn 38 s	7.350 km/h
14	BLIN Guy	Ac Chateau Thierry	1 h 24 mn 56 s	7.064 km/h
15	NITAGOVSKAYA Liudmila	Tv Forst	1 h 25 mn 38 s	7.007 km/h
16	SAUNEUF Lola	Marne Et Gondoire Athletisme	1 h 28 mn 16 s	6.798 km/h
17	TARDI Emmanuel	La Postillonne Longjumeau	1 h 29 mn 12 s	6.726 km/h
18	MONTIGNY Patrick	Us Ivry	1 h 37 mn 27 s	6.157 km/h
19	TILLIER Marie	Le Chesnay-rocquencourt	2 h 14 mn 48 s	4.451 km/h



*Herida ... 10km winner*

(Photos: Emmanuel Tardi)

## 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.

- 05/02/2023 Cuenca (ESP): Campeonato de Castilla la Mancha de Marcha en Ruta [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4521](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4521)
- 04/02/2023 Ancona (ITA): Victories of Cosi and Giampaolo in men & Mihai and Traina in women at Italian Indoor Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4520](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4520)
- 02/02/2023 Canberra (AUS) - Supernova 2023 #2 - Victories of Jemima Montag (AUS) and Declan Tingay (AUS) [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4519](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4519)

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, February 6, 2023 - Eduardo Camarate and Gabriela Santos are national under-18 indoor champions (Braga-2023) <http://omarchador.blogspot.com/2023/02/eduardo-camarate-e-gabriela-santos.html>
- Sunday, February 5, 2023 - Cristina Montesinos and Óscar Martínez win 20 km of the Grand Prix de Marcha de Vendrell, Spain <http://omarchador.blogspot.com/2023/02/cristina-montesinos-e-oscar-martinez.html>
- Saturday, February 4, 2023 = Aurélien Quinion and Pauline Stey win at the Meeting de Vittel, France <http://omarchador.blogspot.com/2023/02/vitorias-de-aurelien-quinion-e-pauline.html>
- Friday, February 3, 2023 - Tumisang Pule and Esther Steenkamp, South African 35 km walk champions <http://omarchador.blogspot.com/2023/02/tumisang-pule-e-esther-steenkamp.html>
- Thursday, February 2, 2023 - Declan Tingay sets Oceania record for 10,000 m walk (38:03.78) in Canberra <http://omarchador.blogspot.com/2023/02/declan-tingay-bate-recorde-da-oceania.html>
- Thursday, February 2, 2023 - Guadix carried out his XXXV Race Walking Grand Prix <http://omarchador.blogspot.com/2023/02/guadix-levou-efeito-o-seu-xxxv-grande.html>

- Wednesday, February 1, 2023 - Miroslav Úradník and Ivana Dudová, Slovak indoor champions (2023)  
<http://omarchador.blogspot.com/2023/02/miroslav-uradnik-e-ivana-dudova.html>
- Wednesday, February 1, 2023 - Rumbenieks and Pastare win Latvian indoor championships - Valmiera 2023  
<http://omarchador.blogspot.com/2023/02/rumbenieks-e-pastare-vencem-campeonatos.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.*

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2023

Sat-Sun 11-12 Feb 2023	<b>VMA T&amp;F c'ships</b> – Tom Kelly track, Doncaster
Sun 12 Feb 2023	<b>AA 20km Road walking c'ship</b> – Fawkner Park
Sat 18 Feb 2023	<b>AVSL Rd 10 walks (1500m, 3000m)</b> – Zone A – Keilor Park Recreation Res, Keilor
Sat-Sun 18-19 Feb 2023	<b>LAVic Region T&amp;F Carnivals</b> – various locations
Fri-Sun 24-26 Feb 2023	<b>AV T&amp;F c'ships U14-18</b> – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	<b>AV T&amp;F c'ships U20-Open</b> – Lakeside Stadium
Sat-Sun 11-12 Mar 2023	<b>LAVic T&amp;F championships</b> – Lakeside Stadium
Fri-Mon 10-13 Mar 2023	<b>AMA Masters T&amp;F c'ships</b> – Sydney
Thu-Sun 30 Mar-2 Apr 2023	<b>AA Open-U20 T&amp;F c'ships</b> – QSAC, Brisbane
Thu-Sun 13-16 Apr 2023	<b>AA U14-U18 T&amp;F c'ships</b> – QSAC, Brisbane
Wed-Fri 19-21 Apr 2023	<b>UniSport National T&amp;F c'ships</b> – Gold Coast Performance Centre, QLD
Fri-Sun 21-23 Apr 2023	<b>Coles Australian Little Athletics c'ships</b> – Lakeside Stadium

### International Dates

28 Jul-8 Aug 2023	<b>World University Summer Games</b> – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN
13-25 Aug 2024	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
20-24 Aug 2024	<b>WA World Junior T&amp;F Championships</b> – Lima, PER

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