



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 **

What can one say? Last Sunday's All Japan 20km Race walking Championship, in the coastal city of Nomi, produced probably Australian racewalking's most emphatic mass success in an international race. Two wins (**Declan Tingay** and **Jemima Montag**), a third, two fourths, six World Championship & Olympic qualifiers, 12 PBs (including 11 by over a minute and 6 by more than two, one of those beating hers by more than seven!) Two of those big improvers are aged under 20, one being just 18.

Tim Erickson – no doubt with a chuckle – expressed (doubled-edged) sympathy at my having to pick a WOTW out of this lot, and on this occasion I gladly concede defeat. Let them *all* have it! They earned it.

AA media man **David Tarbotton** provided the following stats on the squad's performances. They make heartening reading:

MEN

- Declan Tingay – 1st, 1:18.46**
 - PB by 1:34 minutes
 - #2 Australian all-time (from #8)
 - fastest time by an Aussie for 18 years
 - 2023 World Champs qualifier
- Kyle Swan – 4th, 1:19.24**
 - PB by 2:15 minutes
 - #6 Australian all-time (up from #14)
 - 2023 World Champs qualifier
- Rhydian Cowley – 6th, 1:19.30**
 - PB by 49 seconds
 - #8 Australian all-time
 - 2023 World Champs qualifier
- Will Thompson – 18th, 1:21:56**
 - PB by 2:44 minutes
 - #15 Australian all-time (from #23)
- Tim Fraser – 24th, 1:23.35**
 - PB by 2:09 minutes
 - #18 Australian all-time (from #29)
- Mitch Baker – 26th, 1:23:58**
 - PB by 1:37 minutes
 - #19 Australian all-time (from #29)
- Dylan Richardson – 28th, 1:24:13**
 - PB by 4:21 minutes
 - #22 Australian all-time (from #48)

WOMEN

- Jemima Montag – 1st, 1:27.51**
 - Her 2nd fastest time
 - Her fastest time outside Australia
 - Only Jemima once, and Jane Saville once, have walked faster
 - 2023 World Champs qualifier
- Bec Henderson – 3rd, 1:28.43**
 - PB by 1:11 minutes
 - #3 Australian all-time (from #9)
 - 2023 World Champs qualifier
- Olivia Sandery – 4th, 1:28.52**
 - PB by 1:22 minutes
 - #4 Australian all-time (from #10)
 - 2023 World Champs qualifier
 - 11th Aussie under 1:30
 - aged 20
- Allanah Pitcher – 10th, 1:33.17**
 - PB by 1:32 minutes
 - #19 Australian all-time (from #25)
 - aged 19
- Lizzy McMillen – 13th, 1:33.56**
 - PB by 2:51 minutes
 - #2 Australian U20 all-time
 - #22 Australian all-time (from #32)
 - aged 18
- Samantha Findlay – 17th, 1:36.43**
 - PB by 7:27 minutes
 - #33 Australian all-time

The **East Midlands Racewalking** FB page provided 5km split times for all the Australians, plus a summary. (*For full results and placings, see report in 'International News' – Ed.)

Australian Men's 5km split times are as follows:

TINGAY Declan AUS·AUS 19:54 39:41 (19:47) 59:26 (19:45) 1:18:46 (19:20)
SWAN Kyle AUS·AUS 20:02 39:58 (19:56) 59:43 (19:45) 1:19:24 (19:41)
COWLEY Rhydian AUS·AUS 20:02 39:59 (19:57) 59:51 (19:52) 1:19:30 (19:39)
THOMPSON Will AUS·AUS 20:47 41:03 (20:16) 1:01:27 (20:24) 1:21:56 (20:29)
FRASER Tim AUS·AUS 20:59 42:01 (21:02) 1:02:40 (20:39) 1:23:35 (20:55)
BAKER Mitch AUS·AUS 21:02 42:03 (21:01) 1:02:56 (20:53) 1:23:58 (21:02)
RICHARDSON Dylan AUS·AUS 20:59 42:01 (21:02) 1:03:00 (20:59) 1:24:11 (21:11)

Australian Women (I have included Sandra Arenas, the silver medallist in the last Olympics, as she is training in Australia)

MONTAG Jemima AUS·AUS 22:07 43:54 (21:47) 1:05:52 (21:58) 1:27:51 (21:59)
ARENAS CAMPUZANO Sandra Lorena COL·COL 22:07 43:54 (21:47) 1:05:55 (22:01) 1:28:02 (22:07)
HENDERSON Bec AUS·AUS 22:07 44:11 (22:04) 1:06:23 (22:12) 1:28:43 (22:20)
SANDERY Olivia AUS·AUS 22:08 44:16 (22:08) 1:06:33 (22:17) 1:28:52 (22:19)
PITCHER Allannah AUS·AUS 23:08 46:24 (23:16) 1:09:39 (23:15) 1:33:17 (23:38)
McMILLEN Lizzy AUS·AUS 22:58 46:11 (23:13) 1:09:36 (23:25) 1:33:56 (24:20)
FINDLAY Samantha AUS·AUS 23:44 47:46 (24:02) 1:12:05 (24:19) 1:36:43 (24:38)

The top 3 Australian Men competed at Sapporo at the last Olympics. Only Rhydian is beyond his early 20s' but at 32 is at the peak of his powers. Declan are both just turned 24.

The Women's is an even rosier picture with the top two women still young (Bec had her 20th birthday at Sapporo) whilst Jemima having turned 25 last month. Olivia having just past her 20th birthday, Allannah 20 in exactly 6 months time and Lizzy having turned 19 this month!

David Tarbotton commented further: "A stunning set of results by the Aussies this morning in Japan. Congratulations to the athletes, coaches, and support crew led by Brent Vallance. This day has been coming with a series of quality performances over the last year or two."

- Six 2023 World Champs qualifiers
- 12 of 13 athletes set PBs
- All but one PB by over 1 minute
- #2 Men all-time (Declan Tingay)
- #3 Women all-time (Bec Henderson)
- #4 Women all-time (Olivia Sandery)
- #6 Men all-time (Kyle Swan)
- #8 Men all-time (Rhydian Cowley)
- #2 Women U20 all-time (Lizzy McMillen)

Each of these efforts represents a significant marker in the athlete's career to date. After an intense summer of training and racing back home as a group, it was time to test themselves abroad and each came through convincingly against international competition. The YouTube clip of their races (see *Page and Screen* in 'International News') is a must-see.

Congratulations to **Declan, Jemima, Kyle, Bec, Rhydian, Olivia, Will, Alannah, Tim, Lizzie, Dylan** and **Samantha**. You highlighted the amazing depth of racewalking talent that exists in Australia, and you thoroughly deserved your successes.



Back row: *Lizzie, Sandra (COL), Kyle, Dylan, Declan, Mitch, Brent (coach)*. Front row: *Allannah, Samantha, Rhydian, Olivia, Jemima, Tim, Bec, Will and Jared (coach)* (Photo: David Tarbotton)



CLUB NEWS and RESULTS

Winter 2023 FIXTURE UPDATE

Owing to AV setting All-Schools cross-country races on successive weekends (13 and 20 May ... something of which we've only just become aware), the **COACHING SESSION** planned for 13 May is now brought forward to **Saturday 6 May**, starting at 11.30am.

We apologise for any inconvenience.

- The Committee

TO ALL MEMBERS ...

Please remember to put your name forward to join our Winter

DUTY ROSTER

on days of your choosing and in whatever role you feel you can assist. (See the email that went out last week.)

We need your help!



Peter Vysma is now residing at Uniting Agewell Manor Lakes, in Wyndham Vale. He is receiving visitors at last and I've been able to drop in a couple of times. He's in good spirits and looks great in his tropical shirts. Peter continues to make very encouraging progress in regaining his

gross and fine motor capacity, touring the halls of the residence at will in his wheelchair and performing manipulative tasks that, only 12 months ago, seemed out of the question. He is keen to discuss his progress and demonstrate 'new' skills.

Peter welcomes visits from friends and Club members. Saturday afternoons after 12.30pm are the best times, but there are others which may suit visitors better. *Note:* Those wishing to visit should first call or text **Robin Vysma** on 0466 726 698 to find out the best times during the week or Sunday.

The residence's address is **Uniting Agewell Manor Lakes, 15 Buffalo Cres, Manor Lakes 3024**. The phone number is 9742 7201.

**COBURG 24 HOUR - A CHANCE TO SHOWCASE OUR WALKERS

from Tim Erickson

Hi everyone,

Most of you probably know already that I am the Race Director for the **Coburg 24 Hour Carnival**, which is held each year at the Harold Stevens Athletics Track in Coburg, one of Melbourne's northern suburbs. It's a huge event with lots of races on offer:

- 24 Hour Run and Walk,
- 12 Hour Run and Walk,
- 6 Hour Run and Walk,
- Marathon Run.

The event also hosts the annual **Australian Centurions 100 Miles Qualifying walk**, as well as the **Racewalking Australia 100km Walk Championships**.

This iconic event has been held every year (except for 2020 when Covid struck) since 1988 and the 2023 edition will be number 36. It is a big track ultra and always boasts in excess of 100 competitors. To fit that many on the track, we utilise lanes 1, 3, 5 and 7, with lap distances adjusted to take into account the increased length of the outer lanes.

Obviously, we get more runners than walkers, due to the great popularity of ultra distance running, but we do get a number of walkers attending each year to try themselves out against the 24H, 12H or 6H standards.

So far, our walk numbers are looking pretty thin

24 Hour Walk	7 men	1 woman
12 Hour Walk	1 man	1 woman
6 Hour Walk	1 man	1 woman

so I am putting out this call via the VRWC newsletter in case any of our walkers want to challenge themselves over a longer distance.

We have trophies for the first 3 men and women in each race division, as well as medals and certificates for all competitors.

Links:

Coburg 24 Hour Carnival Website: <http://www.coburg24hr.org/24hr/race-entry/>

Current Entry list and competitor profiles: <http://www.coburg24hr.org/24hr/download/2023/2023-Coburg-24H-Profiles.pdf>

Are you up to the challenge?

- Tim Erickson



VICTORIA - METRO & REGIONAL



A.V. NEWS

Next week (Saturday 25 March) sees the 2nd Round of the AVSL Playoffs, with Walks scheduled as follows:

Zone A – Aberfeldie (<i>Moonee Vly Aths Centre</i>)	1.00pm	2000m Walk
Zone B – Yarra Ranges (<i>Yarra Ranges Aths Track, Mt Evelyn</i>)	1.00pm	2000m Walk



AROUND THE COUNTRY

A.C.T. AACT Summer series & ACT Little Aths c'ships, 17 & 19 March - Woden

Results from ACTRFWC newsletter, courtesy of Helen Toyne:

Athletics ACT Summer Series meet 17/3/2023**1500m**

Emma Grocott	6:51.10 PB
Nicholas Christian	6:33.57 PB

3000m

Jillian Ryan	15:30.11 PB
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5000m

Kodi Clarkson	22:08.67 PB
Owen Toyne	DNF

ACT Little Athletics Championships 19/3/2023**1100m U11**

2. Sebastian Ryan	6:38.99
4. Sophia Christian	7:48.31

1500m U13

1. Jillian Ryan	7:03.11 PB
3. Lily Christian	9:46.63
1. Ross Wilkinson	8:03.54

SOUTH AUSTRALIA ASA Interclub results, 18 March – Mile End stadium

Results courtesy of **Kim Mottrom**, who was Chief judge for this meet in warm conditions.

Open 3000m

Anthony Tana	Southern Athletics Club	14:28.27	PB 0:07
Daisy Braithwaite	Saints Athletics Club	15:09.19	
Cooper Rech	Coastal Districts	15:11.85	PB 0:22
Katie De Ruvo	Western Districts	16:49.37	
Peter Crump	Saints Athletics Club	17:37.59	
Orlando Grantham	Saints Athletics Club	20:04.93	

Open 1500m

Sebastian Richards	Southern Athletics Club	07:14.40
Alexis Thiele	Flinders	09:16.41
Marie Maxted	SA Masters	09:26.55
Alex McEwan	Tea Tree Gully	12:32.76

TASMANIA Tasmanian Open, Age & Masters T&F c'ships, 18/19 March – St Leonards
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Thanks to **David Moore** for this report.

Saturday March 18

The first Walks of this year's Tasmanian T&F Championships was the U/18 and Open 5000m. **Samuel Lindsay** and **Will Bottle** showed just how much they have improved from last year's championships.

Samuel Lindsay, even on a self-described off day, was 1 minute 45 seconds better than last year's Championship time with Will Bottle 2 minutes faster than in March 2022. They will take their very good form to the Aust. T&F Championships in Brisbane this coming April.

Later in the day our Masters Walkers lined up for their 1500m event, in warm, windy and smoky conditions. Last year's event was a tight race between local **Liz Leitch** and Queensland's **Dash Newington**. Not so on this occasion, with Dash asserting herself early and crossing the line with a comfortable win. At the same time as the Masters, **Macy Devine** battled the wind and full sun to claim the U/14 3000m in fine style.

U/18 Men 5000m Walk Championship

1. Samuel Lindsay	Newstead AC	23:10.89
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Open Men 5000m Walk Championship

1. Will Bottle	Newstead AC	20:51.64
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Masters 1500m Walk Championship

1. Dash Newington	8:52.67 (1 st W35)
2. Elizabeth Leitch	10:05.43 (1 st W65)
3. Dave Moore	13:24.08 (1 st M65)

U/14 Women 3000m Walk Championship

1. Macy Devine	East Subs AC	18:48.28
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Sunday March 19

Sunday morning saw **Dash Newington** and **Elizabeth Leitch** pitted against each other again with Dash taking the honours again and going home with a swag of Masters and Athletics Tasmania medals (from Long and Short Hurdles to High Jump and Walks) – Well done Dash!

The afternoon finished with U/15 and U/16 3000m with the highlight being **Lily Carr's** PB by 28 seconds coming on top of a PB for 1500m in the LAT Championships the previous week.

Open Women 5000m Walk Championship

- | | | |
|---------------------|-----|-------------------------------------|
| 1. Dash Newington | QMA | 32:59.58 |
| 2. Elizabeth Leitch | TMA | 34:36.02 (First Tasmanian) |

U/16 Men 3000m Walk Championship

- | | | |
|-------------------|-------------|----------|
| 1. Samuel Lindsay | Newstead AC | 13:46.25 |
|-------------------|-------------|----------|

U/15 Women 3000m Walk Championship

- | | | |
|--------------|-----|--------------------|
| 1. Lily Carr | OVA | 19:34.96 PB |
|--------------|-----|--------------------|

U/16 Women 3000m Walk Championship

- | | | |
|---------------|-------------|----------|
| 1. Lani Broad | Newstead AC | 21:10.83 |
|---------------|-------------|----------|



INTERNATIONAL NEWS

JAPAN: 47TH All Japan Race Walking championship, Sunday 19 March - Nomi

Japan Championships 20 km walk in Nomi with excellent results

(Reprinted from O Marchador blogspot)

The 19th National Walking Championships in Japan, with the 17th edition of the student championships, produced an exceptional set of results, an event that was open to the participation of foreign athletes and which also joined the Asian 20 km walking championships, held, as usual, in the city of Nomi, in the prefecture of Ishikawa, this Sunday, March 19.

Being selective tests for the most important world competitions to be held this year (World Championships in Budapest, Asian Championships in Bangkok, Asian Games in Hangzhou and World University Games in Chengdu), the indicators collected from the main Japanese athletes were very positive.

In the men's race, **Yuta Koja**, representing Farmacêutica Otsuka, won the Japanese title with a time of **1:19:19** (19:53-19:48-19:45-19:53), greatly surpassing the minimum for Budapest World Cup. Satisfied, obviously, he recognized that the weather conditions were good, which allowed him to maintain a relatively moderate pace in the first part of the race and gradually increase it, taking advantage of the "train" provided by the foreigners. He hasn't been selected for Budapest yet, but if he can, he'd like to aim for a medal. **Yutaro Murayama**, with 1:19:25, and **Karuki Manju**, with 1:20:15, completed the podium.

In the women's competition, **Ayane Yanai**, from the University of Rissumeikan, who represented her country in the Asian championships with an auspicious debut in a time of **1:30:58**, was the first to mention that although the desire points to Paris 2024, it will be more realistic to think about the Games in Los Angeles and, meanwhile, culminating in his university attendance, participating in the World Cups in Tokyo would be an unforgettable moment. **Serena Sonoda** was second with **1:32:11** and **Yukiko Umeno** third with **1:33:38**.

But the event, with a significant extra participation of foreign athletes, revealed itself, in the feminine sector, with marks of great relief. Australian **Jemima Montag** set the second fastest time of her career, finishing the race in **1:27:51**. The record holder from Australia thus confirms the minimums for the World Cups in Budapest and the Olympic Games. Also in the same race, the second position of the Colombian **Sandra Lorena Arenas**, silver medal at the Tokyo Olympics, who beat her own South American record in the distance by one second, now achieving the mark of **1:28:02**, proving that the internship in Australia was fruitful. Two other Australian athletes obtained times below one hour and thirty minutes **Rebecca Henderson**, with **1:28:43**, and **Olivia Sandery**, with **1:28:52**,

In the men's sector, the again surprising **Declan Tingay** with a time of **1:18:46** became the second best Australian walker of all time in the distance, behind Nathan Deakes, and with the fastest time in 18 years. Also noteworthy are the Chinese **Haifeng Qian**, with **1:19:09**, the Australian **Kyle Swan**, with **1:19:24** (6th best Australian time of all time), another Australian, **Rhydian Cowley**, with **1:19:30**, also noting that two Indians, **Vikash Singh (1:20:05)** and **Paramjeet Singh Bisht (1:20:08)** also obtained minimums for the Worlds and Olympic Games, and there are already three counting Askhdeep Singh.

In the U20 men's 10 km, **Kaito Moriya (42:55)**, **Katsumi Nishiaki (43:04)** and **Yugo Nagata (43:12)** occupied the podium positions, while in the U20 women's event (10 km), **Suzu Okuno (23:47)**, **Toko Nakajima (24:03)** and **Eimi Teramoto (24:15)** were the top three.

1.	<u>Declan TINGAY</u>	AUS	1:18:46	41.	<u>Rin MIYOSHI</u>	JPN	1:27:34
2.	<u>Haifeng QIAN</u>	CHN	1:19:09	42.	<u>Tatsuya TANAKA</u>	JPN	1:27:44
3.	<u>Yuta KOGA</u>	JPN	1:19:19	43.	<u>Yu WATANABE</u>	JPN	1:27:46
4.	<u>Kyle SWAN</u>	AUS	1:19:24	44.	<u>Hiroto TANIGAKI</u>	JPN	1:28:00
5.	<u>Yutaro MURAYAMA</u>	JPN	1:19:25	45.	<u>Man Kit CHIN</u>	HKG	1:28:44
6.	<u>Rhydian COWLEY</u>	AUS	1:19:30	46.	<u>Takuma ISHIKAWA</u>	JPN	1:29:51
7.	<u>Vikash SINGH</u>	IND	1:20:05	47.	<u>Chia-Wei HSU</u>	TPE	1:29:59
8.	<u>Paramjeet Singh BISHT</u>	IND	1:20:08	48.	<u>Rinto CHINEN</u>	JPN	1:30:24
9.	<u>Haruki MANJU</u>	JPN	1:20:15	49.	<u>Thanh Ngung NGUYEN</u>	VIE	1:30:27
10.	<u>Motofumi SUWA</u>	JPN	1:20:37	50.	<u>Misaki KONDO</u>	JPN	1:30:49
11.	<u>Li XINGFU</u>	CHN	1:20:51	51.	<u>Tomoya KANZAWA</u>	JPN	1:31:12
12.	<u>Akshdeep SINGH</u>	IND	1:20:57	52.	<u>Riku OIE</u>	JPN	1:31:16
13.	<u>Kento YOSHIKAWA</u>	JPN	1:21:13	53.	<u>Seiru NISHIBAYASHI</u>	JPN	1:32:37
14.	<u>Byeongkwang CHOE</u>	KOR	1:21:20	54.	<u>Ren KOYANAGI</u>	JPN	1:32:40
15.	<u>Kazuhiro TATEIWA</u>	JPN	1:21:21	55.	<u>Kento IKEDA</u>	JPN	1:32:42
16.	<u>Mitsuki MURATE</u>	JPN	1:21:34	56.	<u>Vo Xuan VINH</u>	VIE	1:33:08
17.	<u>Ryo HAMANISHI</u>	JPN	1:21:55	57.	<u>Kotaro KAJI</u>	JPN	1:33:08
18.	<u>Will THOMPSON</u>	AUS	1:21:56	58.	<u>Masato SEMOTO</u>	JPN	1:33:59
19.	<u>Suraj PANWAR</u>	IND	1:22:31	59.	<u>Yuhi YAMASHITA</u>	JPN	1:34:14
20.	<u>Yongjie WEN</u>	CHN	1:22:44	60.	<u>Shoma YAMASHITA</u>	JPN	1:34:33
21.	<u>Kazuya IWAI</u>	JPN	1:23:01	61.	<u>Sora KUROIWA</u>	JPN	1:34:52
22.	<u>Kazuki TAKAHASHI</u>	JPN	1:23:17	62.	<u>Masaru IKINAGA</u>	JPN	1:34:56
23.	<u>Subaru ISHIDA</u>	JPN	1:23:29	63.	<u>Natsuki TAKASHIMA</u>	JPN	1:35:05
24.	<u>Tim FRASER</u>	AUS	1:23:35	64.	<u>Issei KOMESU</u>	JPN	1:35:34
25.	<u>Taiga MUKAI</u>	JPN	1:23:45	65.	<u>Kohei SUGAWARA</u>	JPN	1:35:58
26.	<u>Mitchell BAKER</u>	AUS	1:23:58	66.	<u>Shinta SATOH</u>	JPN	1:36:14
27.	<u>Rihito ISHIDA</u>	JPN	1:23:59	67.	<u>Kakeru MATSUMOTO</u>	JPN	1:36:31
28.	<u>Dylan RICHARDSON</u>	AUS	1:24:11	68.	<u>Kento AKAMINE</u>	JPN	1:37:26
29.	<u>Yuto YAYANAGISAWA</u>	JPN	1:25:09	69.	<u>Tomohiro NAKATANI</u>	JPN	1:37:30
30.	<u>Kaichi SHIMIZU</u>	JPN	1:25:09	70.	<u>Taku HIRAOKA</u>	JPN	1:38:33
31.	<u>Toru YAMAMOTO</u>	JPN	1:25:11	71.	<u>Shoki NIIOKA</u>	JPN	1:39:50
32.	<u>Georgiy SHEIKO</u>	KAZ	1:25:12	72.	<u>Kouta TAKAMATSU</u>	JPN	1:40:36
33.	<u>Yuga MAEKAWA</u>	JPN	1:25:22	73.	<u>Ryota KOBAYASHI</u>	JPN	1:41:28
34.	<u>HARDEEP</u>	IND	1:25:38	74.	<u>Akihiro MINAKATA</u>	JPN	1:47:48
35.	<u>Kanta TOKUYAMA</u>	JPN	1:26:23	75.	<u>Tomoaki SUGIMOTO</u>	JPN	1:52:42
36.	<u>Kyosuke NAGAYOSHI</u>	JPN	1:26:23		<u>Taiji INOMOTO</u>	JPN	DNF
37.	<u>Yuhei HATTORI</u>	JPN	1:26:31		<u>Chisato HASEGAWA</u>	JPN	DNF
38.	<u>Koutaro WAKE</u>	JPN	1:26:56		<u>Mitowa MAKINO</u>	JPN	DNF
39.	<u>Fumiya KOGA</u>	JPN	1:27:30		<u>Takuya MURAKAMI</u>	JPN	DQ
40.	<u>Homare GOTOU</u>	JPN	1:27:32		<u>Kaito TANABE</u>	JPN	DQ
1.	<u>Jemima MONTAG</u>	AUS	1:27:51	24.	<u>Thanh Phuc NGUYEN</u>	VIE	1:45:45
2.	<u>Sandra Lorena ARENAS</u>	COL	1:28:02	25.	<u>Ayana MIYOSHI</u>	JPN	1:45:46
3.	<u>Rebecca HENDERSON</u>	AUS	1:28:43	26.	<u>Yua NAGAI</u>	JPN	1:45:52
4.	<u>Olivia SANDERY</u>	AUS	1:28:52	27.	<u>Satsuki NAKANO</u>	JPN	1:45:55
5.	<u>Lan GAO</u>	CHN	1:29:25	28.	<u>Mei YAMAGISHI</u>	JPN	1:47:29
6.	<u>Zhuomayingji NIU</u>	CHN	1:30:09	29.	<u>Akari KAZUMA</u>	JPN	1:48:49
7.	<u>Ayane YANAI</u>	JPN	1:30:58	30.	<u>Maho OGAWA</u>	JPN	1:49:27
8.	<u>Serena SONODA</u>	JPN	1:32:11	31.	<u>Aoi SHIBATA</u>	JPN	1:50:36
9.	<u>PRIYANKA</u>	IND	1:32:27	32.	<u>Mizuki ITAHASHI</u>	JPN	1:50:41
10.	<u>Allanah PITCHER</u>	AUS	1:33:17	33.	<u>Haruka NAKABE</u>	JPN	1:50:59
11.	<u>Munita PRAJAPATI</u>	IND	1:33:22	34.	<u>Reira YAMAUCHI</u>	JPN	1:51:42
12.	<u>Yukiko UMENO</u>	JPN	1:33:38	35.	<u>Momoka NORITAKE</u>	JPN	1:51:42
13.	<u>Elizabeth McMILLEN</u>	AUS	1:33:56	36.	<u>Chika IWANAMI</u>	JPN	1:54:11
14.	<u>Miyu NAITO</u>	JPN	1:36:11	37.	<u>Nozomi KAWABE</u>	JPN	1:54:51
15.	<u>Bhawna JAT</u>	IND	1:36:20	38.	<u>Rio NAKA</u>	JPN	1:56:30
16.	<u>Kristina MOROZOVA</u>	KAZ	1:36:42	39.	<u>Thi Van NGUYEN</u>	VIE	1:56:35
17.	<u>Samantha FINDLAY</u>	AUS	1:36:43	40.	<u>Seina KUBOYAMA</u>	JPN	1:56:51
18.	<u>Siu Nga CHING</u>	HKG	1:37:50	41.	<u>Mizuki OHAMI</u>	JPN	1:56:58
19.	<u>Ayumi SUGIBAYASHI</u>	JPN	1:37:57	42.	<u>Yumi SATO</u>	JPN	1:56:59
20.	<u>Yui HIWATASHI</u>	JPN	1:42:35	43.	<u>Midori KATSUMA</u>	JPN	1:57:07
21.	<u>Maria TSUKIJI</u>	JPN	1:42:50	44.	<u>Yuka KAWAKATSU</u>	JPN	1:58:54
22.	<u>Hitomi SHIMOKA</u>	JPN	1:43:15		<u>Satsuki ISHIDA</u>	JPN	DNF
23.	<u>Nami KUMAGAI</u>	JPN	1:44:56		<u>Se-ha LEE</u>	KOR	DNF

Thanks to **Dave McGovern**, of the *World Class Racewalking* FB page, who has posted a link to a televised or streamed 6-hour (yes, 6) YouTube clip of Sunday's 20km championships in Nomi. It includes local and age-group distances, hence the length.

Access the link here: <https://www.youtube.com/watch?v=pdfk0ZSI UE>

The Men's 20km field is on the start at around 44 minutes in, while the 20km Women line up at 2:29:30.

Great coverage of both races. While the focus, naturally enough, leans towards the local and Asian stars (this being an Asian championship), the Aussies enjoy a huge slice of limelight – always expected when you win.

FRANCE: Criterium LIFA, 19 March – Bussy Saint Georges

Emmanuel Tardi reports:

I was judge this Sunday in Bussy Saint Georges (an eastern suburb of Paris) for an unusual (but historical) event: the One Hour on the track. It was a rainy day. Two races were scheduled, men at 9am30 and women at 10am45. 30 mens and 20 womens started.

The Men's race was won by former international walker **Adrien Cassagne** In the women race, **Lucie Bizard** was the initial leader but was disqualified after the half race. **Cecile Marquis** won the race.

1 Heure Femmes			1 Heure	10000m
1	MARQUIS Cecile	Avia Club Athletisme	10 060 m	59'38''9
2	LAVILLE Francoise	Bussy St Georges Athletisme	9 792 m	
3	REAUD Delphine	Ac Paris-joinville	9 676 m	
4	STEINVILLE Nathalie	Asfi Villejuif Athletisme	9 310 m	
5	LANGLOIS Lise	Dynamic Aulnay Club	9 261 m	
6	LE RAI Mathilde	Bussy St Georges Athletisme	9 044 m	
7	DORE Sophie	Uai Nogent-sur-marne	9 034 m	
8	CRUET Sandra	As Meudon	9 020 m	
9	SERAKI Patrizia	Aix Athle Provence	8 993 m	
10	VERSYP Norah	As Fontenay	8 664 m	
11	TRAQUE Lina	Bussy St Georges Athletisme	8 555 m	
12	GALTIER Marie-Christine	Marne Et Gondoire Athletisme	8 505 m	
13	BIZARD Claudie	Thiais Ac	8 320 m	
14	LE METAYER Dominique	Asa Maisons-alfort	8 245 m	
15	LEMONNIER Dominique	Marne Et Gondoire Athletisme	8 145 m	
16	POUVREAU Manuella	Domont Athletisme	8 132 m	
17	GALLIOT Emmanuelle	Uai Nogent-sur-marne	7 905 m	
18	SIMEON Elisabeth	Paris Uc	7 821 m	
19	PETEL Annie	Avia Club Athletisme	6 298 m	
-	BIZARD Lucie	Stade Français	DQ	
1 Heure Hommes			1 Heure	10000m
1	CASSAGNES Adrien	Ea Cergy	11 901 m	50'27''6
2	LEGENTIL Laurent	Dynamic Aulnay Club	11 839 m	50'42''6
3	DELECOLLE Sebastien	Rc Arras	11 561 m	51'52''0
4	LETOURNEAU Florian	Ac Chateau Thierry	11 475 m	52'41''0
5	CHEVASSUS Melwan	Asfi Villejuif Athletisme	11 468 m	51'57''1
6	BOLLINGER Vincent	Dynamic Aulnay Club	11 450 m	52'07''5
7	BEURIER Jocelyn	Us Vesinet	11 318 m	52'53''6
8	TROADEC Matthieu	Dynamic Aulnay Club	11 148 m	53'48''0
9	TREMENEY Yann	Ac Clermont-sur-oise	10 672 m	55'00''0
10	TURLET Albert	Avia Club Athletisme	10 302 m	58'17''0
11	BLONDIN David	Ea Cergy	10 217 m	58'50''0
12	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	10 120 m	59'08''0
13	MARIE Christophe	Domont Athletisme	10 035 m	59'47''0
14	STEFANELLY David	As Mantes	10 033 m	59'49''0
15	MARIE Frederic	As Mantes	9 963 m	
16	TOUTAIN Eric	Us Ivry	9 928 m	
17	NOGRE Yannick	Es Montgeron	9 881 m	
18	LABROUSSE Stephane	Avia Club Athletisme	9 673 m	
19	LIBESSART David	As Chelles	9 644 m	

20	ARDISSON Damien	Ca Ermont	9 464 m
21	LEVESQUE Cyrille	Uai Nogent-sur-marne	9 439 m
22	VANDENBERGHE Renaud	Marne Et Gondoire Athletisme	9 385 m
23	DI DONATO Fabien	Bussy St Georges Athletisme	9 225 m
24	VARAIN Cedric	Ac Chateau Thierry	9 208 m
25	CHRISMENT Gilles Pascal	Marne Et Gondoire Athletisme	8 992 m
26	SOREL Eric	Bussy St Georges Athletisme	8 734 m
27	ARMAND Serge	As Chelles	8 592 m
28	MONTIGNY Patrick	Us Ivry	6 314 m
-	VERGNAUD Serge	Us Vesinet	DQ
-	LONGATTE Francois	Es Montgeron	DQ



One hour of intensity: (Left) Cassagnes leads Legentil and Chevassus (Right) Marquis ahead, with Reaud at her shoulder. (Photos: Emmanuel Tardi)

UNITED KINGDOM: Guernsey race walking results, 5 & 19 March – various locations

David Ainsworth has forwarded these results from Rob Elliott (Sarnia WC, Guernsey):

Couple of wins for **Stuart Le Noury** over 5 kilometres and 2 miles. In winning the 2 miles track walk he collected the Eric Waldron Trophy for the 12th time with a time forty seconds quicker than last year.

Sunday March 5th 2023 Saumarez Park, Guernsey

5 kms road walk

1	Stuart Le Noury	M35	25.53
2	Donna Allan	W45	33.44
3	Rob Elliott	M60	35.28
4	Kevin Le Noury	M65	38.02

2.5 kms road walk

1	Mick Le Sauvage	M80	20.29
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Sunday March 19th 2023 Footes Lane, Guernsey

2 miles track walk Eric Waldron Trophy

1	Stuart Le Noury	M35	16.21
2	Rob Elliott	M60	22.09
3	Kevin Le Noury	M65	23.27
4	Mick Le Sauvage	M80	26.35

MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023>, along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, March 20, 2023 - Akshdeep Singh (India) and Lan Gao (China) become Asian champions in the 20 km walk (2023) <http://omarchador.blogspot.com/2023/03/akshdeep-singh-india-e-lan-gao-china.html>
- Sunday, March 19, 2023 - Indian College Championships - Chennai 2023 (Results) <http://omarchador.blogspot.com/2023/03/campeonatos-universitarios-da-india.html>
- Sunday, March 19, 2023 - USATF Masters Championships (track cob. 2023) - Louisville, KY (results) <http://omarchador.blogspot.com/2023/03/campeonatos-usatf-masters-pista-cob.html>
- Friday, March 17, 2023 - Indian Under-18 National Championships in Udupi (2023) – results <http://omarchador.blogspot.com/2023/03/campeonatos-nacionais-sub-18-da-india.html>
- Friday, March 17, 2023 - Manresa Athletic Walking Grand Prix 2023 (results) <http://omarchador.blogspot.com/2023/03/grande-premio-de-marcha-atletica-de.html>
- Thursday, March 16, 2023 - Young Marcher Tournament «Luís Sousa» - Buarcos 2023 (results) <http://omarchador.blogspot.com/2023/03/torneio-marchador-jovem-luis-sousa.html>
- Thursday, March 16, 2023 - Master world record indoors for Romolo Pelliccia (M85) in the 3000m walk <http://omarchador.blogspot.com/2023/03/recorde-mundial-master-em-pista-coberta.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 – 2023

Sat 25 Mar 2023	AVSL Playoffs Week 2 (walks) – Lakeside Stadium
Thu-Sun 30 Mar-2 Apr 2023	AA Open-U20 T&F c'ships – QSAC, Brisbane
Thu-Sun 13-16 Apr 2023	AA U14-U18 T&F c'ships – QSAC, Brisbane
Sun 16 Apr 2023	VMA 30+ Gift (1600m Walk) – Tom Kelly track, Doncaster
Wed-Fri 19-21 Apr 2023	UniSport National T&F c'ships – Gold Coast Performance Centre, QLD
Fri-Sun 21-23 Apr 2023	Coles Australian Little Athletics c'ships – Lakeside Stadium
Sun 6 Aug 2023	AMA Masters 20km road c'ship - Adelaide

International Dates

30 Apr 2023	2nd Gran Premio Internacional Madrid Marca LaLiga – Madrid, ESP
6 May 2023	Grande Premio Internacional de Rio Major em Marca Atletica – Rio Major, ESP
3 June 2023	36th Gran Premio Cantones de La Coruna de Marcha – La Coruna, ESP
28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

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