



HEEL & TOE Online

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** WALKER OF THE WEEK **



One of the unfortunate consequences of the 7Plus 'plug' being pulled before the start of the Women's 10,000m Walk championships last Thursday evening was that nobody who wasn't trackside in Brisbane got to see this issue's WsOTW – **Hannah Bolton (NSW, left)** and **Alexandra Griffin (WA)** – in action. Needless to say, they missed out on seeing each girl destroy her 10km PB by over three minutes, taking her into sub-50min territory for the first time.

Hannah, whose 5th in the Open race would be her best placing at that level to date, has been hovering just outside the 50min fringe for a couple of seasons. This was her time to break through, and she did so emphatically with a 3:21 PB time of **49:08.89**, a convincing step up and a huge incentive to slash her times further.

This was **Alexandra's** third race over the distance, the first two producing 51+min results. She wasn't going to stay in that zone for



long. Everything clicked in Brisbane, launching Alex to a new level with a 3:03 PB in **48:44.47** for silver in the U20 race behind Lizzie McMillen.

Congratulations, Hannah and Alex! While all improvements are good, the ones that redefine you as an athlete are especially sweet.

*Honourable mentions:

- **Olivia Sandery (SA)** – took her first senior title with another big PB in **44:56.00** in Brisbane.
- **Hannah Mison (NSW)** – a huge PB by over 1½ mins to take bronze with **46:02.80** in the Open 10,000m title.
- **Declan Tingay (WA)**, **Elizabeth McMillen (NSW)** and **Marcus Wakim (VIC)** – all won new national titles by convincing margins, both Lizzie and Marcus with PB times while Dec was just shy of his.
- **Corey Dickson (VIC)** – following his good comeback performance in the AV 5000m title, Corey showed he's well and truly back with a huge PB time of **41:50.20** for 5th in the Open race.
- **Dylan Richardson (NSW)** – in the fastest form of his career thus far, Dylan improved by over a minute to crack 42mins for the first time with **41:56.22**.
- **Sam McCure (QLD)** – another to take over a minute from his PB, Sam had his best result for the season, clocking **47:27.39** for 5th in the U20 race.
- **Zoe Woods (NSW, 15yo)** – in only her 2nd outing over 10,000m, improved by 1:42 to take the U20 bronze medal in **49:47.73**.



CLUB NEWS and RESULTS

An update on the new Entry Portal

1 . Some users may be advised on registration that '*you are an existing member*'. Be not alarmed ... this is due to the fact that we populated the trial system with dummy data. When we started the new season, I expected the data to be archived, which it is and was, however the system does remember previous users.

Solution – I am trying to have the dummy data completely wiped so this doesn't occur. If it does, just ignore the message and continue as a new member.

2 .If you buy a Season Pass at registration or via the SHOP, **please wait until you receive the unique discount code from the system BEFORE trying to enter any events.** Failure to do so will see you incur race fees.

Please contact me – and only me – should you have difficulties registering or you need questions answering.

Terry Swan
Secretary
secretary@vrwc.org.au



DOWN MEMORY LANE

with *Tim*

Hello everyone,

I have scanned another vintage racewalking book to my archive at <http://www.vrwc.org.au/vrwcbooks.shtml>.

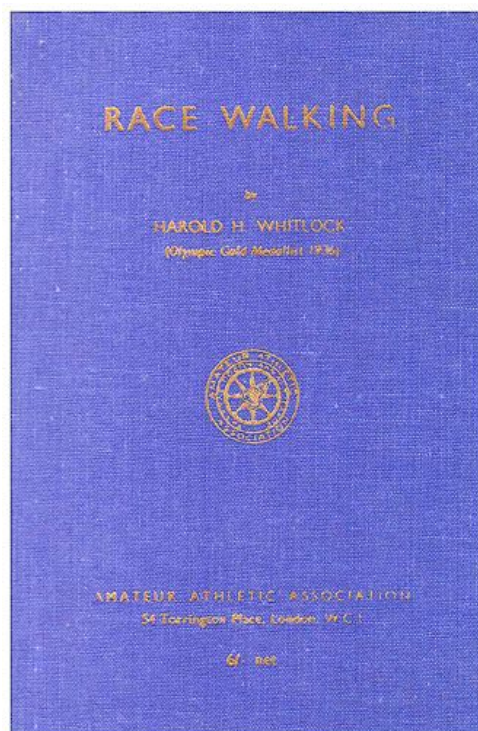
"Race Walking", written by 1936 Olympic 50km champion **Harold Whitlock** of GBR and published in 1957, was the first comprehensive racewalking training manual put out by the Amateur Athletic Association (A.A.A.). It ran to 62 pages and was enhanced by many photos of the walkers of the day.

In 1976, the British Amateur Athletic Board (B.A.A.B.) published a revamp of the book "Race Walking", written this time by National Event Coach Julian Hopkins. This edition was a complete reworking of Whitlock's book and added sample training and racing programs, season planning, nutrition, injury management and much more. That has been previously uploaded to this page.

In 1989, the B.A.A.B. published a further revamp of the basic training manual, this time written by the then event coach Peter Markham. I'll get this one up eventually to complete the set.

Enjoy...

Tim Erickson



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.

We thank those who have already responded to this appeal.
We need your help!

 **VICTORIA - METRO & REGIONAL**



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>

 **AROUND THE COUNTRY**

AMA RESULTS ... TIMES IN DISPUTE

Dear Masters walkers ...

I was notified during the week that some of the 10km Road walk times I listed in last week's results from the AMA Track titles in Sydney were incorrect, or omitted. I took these times directly from the AMA website prior to publication.

I've been informed that some athletes have lodged queries with the relevant AMA personnel. Once I hear that corrections have been made, I will publish an updated list.

My apologies to anyone adversely affected by these errors - *Stu*

The first day of these keenly-anticipated championships ended on a sour note – at least as far as the walkers were concerned. For reasons best known to themselves, the organisers saw fit to end the *7Plus* streamed coverage of Day 1 with one event to go – the Women’s 10,000m track walk. Not a word of recognition of the competitors as they strode to the start line, nor even any acknowledgement that, while for whatever reason it was not possible to cover their event, these women were among the cream of talent in Australian athletics and that the commentators wished them well for their races. To pointedly ignore them altogether (whilst lavishing glowing commentary on the men in their races the following night) was simply disgraceful. Athletics Australia oversaw this, and it has a responsibility to ensure such a snub is never repeated.

If TV broadcasting was provided, ostensibly for the entire day’s events, every competing athlete by reason of their presence at QSAC had earned the right to on-screen time. Even if axing an entire track event was unavoidable, an on-air apology or concession from the commentators prior to the black-out would at least have been courteous to the walkers who’d trained as hard, for as long, as every other athlete at those championships. Extending the Women’s coverage for at least one more hour would not have led to civil war in anybody’s boardroom. The men didn’t start until 7.20pm.



(Photo: AA)

Consequently, only a few officials and fortunate onlookers from the loyal racewalking community got to see **Olivia Sandery** (5, left) seize her first Open title with a big PB in **44:56.00**. Olivia, fresh from an astonishing 20km result in Nomi, was always going to win this, and one wonders what the outcome would have been with Jemima Montag and Bec Henderson in the field. **Allanah Pitcher**, whose rate of improvement since January 2022 has been marvelous, ripped almost another minute from her own best time for silver in **45:43.34**, benefitting from her own breakthrough Nomi result. No ‘almost’ about **Hannah Mison**, who demolished her PB by 1:37 for 3rd place in **46:02.80**, while **Hannah Bolton** made the quantum leap (legally) of the evening by taking nearly 3½ minutes from her previous best for 5th in **49:08.89**.

Like Olivia, **Lizzie McMillen** (20, left) was a clear favourite for the U20 title, duly claiming it with a 13sec PB in **47:14.68**. The revelations, however, were occurring behind her in the forms of **Alexandra Griffin** and **Zoe Woods** (15yo). Both took podium places with huge PBs for **48:44.47** and **49:47.73** respectively. The depth in women’s walking in Australia is truly gratifying and a cause for great optimism with the incentives of international competition now available.

WOMEN Open 10000m Race walk

1 Sandery, Olivia	SA	44:56.00	PB 0:23
2 Pitcher, Allanah	NSW	45:43.34	PB 0:56
3 Mison, Hannah	NSW	46:02.80	PB 1:37
4 Findlay, Samantha	SA	48:17.87	
5 Bolton, Hannah	NSW	49:08.89	PB 3:21
6 Billington, Tayla	QLD	49:22.15	
7 Siviour, Kaitlyn	VIC	52:54.34	PB 0:16
8 Bell, Bridget	NSW	54:15.12	
9 Parker, Hannah	NSW	56:19.37	
10 Gannon, Brenda	QLD	1:01:47.70	

WOMEN U20 10000m Race walk

1 McMillen, Elizabeth	NSW	47:14.68	PB 0:13
2 Griffin, Alexandra	WA	48:44.47	PB 3:03
3 Woods, Zoe	NSW	49:47.73	PB 1:42
4 Pitcher, Sienna	NSW	51:21.04	
5 Cassilles, Ciara	NSW	55:33.40	PB 1:35
6 Clarke, Anika	QLD	56:53.24	
7 Williams, Lyla	NSW	58:19.01	PB 2:25
8 Heap, Ashanti	QLD	58:57.17	PB 0:25
9 Millard, Summer	QLD	1:00:31.07	
10 Bergh, Mia	QLD	1:01:18.76	
11 Fisher, Torryn	QLD	1:03:58.55	
12 Chadwick, Phoebe	QLD	1:04:49.82	
13 Hickson, Alannah	NSW	1:06:55.68	
-- Norton, Amber	QLD	DNF	
-- Langford, Nellie	SA	DQ	

Perhaps the enthusiastic TV coverage afforded the Open and U20 Men’s 10,000m on Friday night was due to there being three Olympians in the field. (See, Bec and Jemima? It was all your fault.) Certainly, having such a drawcard couldn’t hurt – especially when one has just beaten a crack field of Japanese walkers in their own backyard.

From the gun, things played out according to a familiar script. **Kyle Swan** went straight to the lead, knowing he was being a rabbit for **Declan Tingay** yet realising his only chance of retaining his national title lay in exploiting any possibility of the West Australian having an off-night. Never afraid to put his cards on the table, Swan led his rival through 3km (11:45) and 5km (19:41), both well clear of the rest. There would be no off-night as Tingay eased ahead by 2secs at 7km before stepping on the gas with that trademark surge to take the gold in **38:46.74**. Kyle fell half a minute behind yet had enough in the tank for a 4sec PB in **39:18.74**, while **Rhydian Cowley** made it a sub-40min podium with his **39:46.88**. Huge PBs came for the next three finishers, with **Tim Fraser**, **Corey Dickson** and **Dylan Richardson** capping off the track season in fine form.

The U20 race saw the expected tussle between **Marcus Wakim** and **Owen Toyne**, with both going through 5km in 21:12 before the Victorian changed gear for a negative-split win in **42:01.26**. Toyne hung on for an impressive silver in **43:03.84**

ahead of **Will Bottle**, who drew away from **Fraser Saunder** for the bronze in **44:38.31** to **45:04.08**. As with the women, there is now considerable depth among our young male walkers and we hope they will receive sufficient encouragement to aim for the heights in the senior ranks.

MEN Open 10000m Race walk

1	Tingay, Declan	WA	38:46.74
2	Swan, Kyle	VIC	39:18.74 PB 0:04
3	Cowley, Rhydian	VIC	39:46.88
4	Fraser, Timothy	ACT	40:13.68 PB 0:47
5	Dickson, Corey	VIC	41:50.20 PB 0:36
6	Richardson, Dylan	NSW	41:56.22 PB 1:03
7	Baker, Mitchell	ACT	42:06.41
8	McGinniskin, Jack	NSW	44:06.36 PB 0:03
9	Camilleri, Tristan	SA	45:15.60
10	Young, Gwyllym	ACT	45:31.68

MEN U20 10000m Race walk

1	Wakim, Marcus	VIC	42:01.26 PB 0:20
2	Toyne, Owen	ACT	43:03.84
3	Bottle, Will	TAS	44:38.31
4	Saunder, Fraser	VIC	45:04.08
5	McCure, Sam	QLD	47:27.39 PB 1:07
6	Housden, Bailey	QLD	48:45.79
7	Pyda, Raven	NSW	50:50.31
8	Wasson, Seth	QLD	52:05.85 PB 0:06
9	Ashby, Myles	NSW	52:41.34
10	Robson, Jack	NSW	58:26.18

WESTERN AUSTRALIA Aths West results, 31 March - WAAS

Results courtesy of **Terry Jones**. With the National U14-U18 titles coming up this weekend it appears **John Ronan** has peaked at the right time.

Men 5000 Metre Race Walk

John Ronan	Kingsway Ath	21:15.63 PB 0:29
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Women 5000 Metre Race Walk

Kaytee Bogaers	Mandurah Roc	27:16.00
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WESTERN AUSTRALIA MAWA T7F c'ships, 25/26 March – Ern Clark AC, Cannington

Thanks to **Daniel Lowe** for sending through the results of the Masters Athletics West Australia championships. Good results in particular from **Karyn Tolardo**, fresh from a successful AMA titles campaign in Sydney.

Special mention must be made of **Garry Hastie**. Daniel reports that Garry walked the 1500m with what he suspects is a hernia. He was quite strong over the first couple of laps then slowed down midway through in some discomfort but managed to finish off the race. On top of that, he has been dealing with the effects of long COVID so opted not to walk the 3k and 5k.

1500m walk

W45

1	Fiona van Heerwaarden	8:53.86
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W50

1	Janne Wells	10:16.91
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W55

1	Karyn Tolardo	8:29.55
2	Wendy Farrow	9:45.70
3	Paula Kennedy	11:42.14

W60

1	Marcela Ruiz	10:49.40
2	Delia Baldock	12:24.48

W80

1	Ruth Johnson	11:44.82
2	Glenys Duncan	14:05.71

M45

1	Daniel Lowe	9:56.14
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M60

1	Garry Hastie	9:02.82
2	John Dennehy	11:02.95
3	Jimmy Edwards	13:01.34

M65

1	Victor Munoz	9:27.92
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M70

1	John McDonagh	10:49.71
2	Harold Membrey	12:36.72

M75

1	Johan Hagedoorn	10:54.08
2	Haydn Gawne	10:57.33
3	Bruce Wilson	11:18.48

3000m walk

W45

1	Fiona v. Heerwaarden	18:46.35
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W55

1	Karyn Tolardo	17:18.42
2	Wendy Farrow	20:03.18
3	Paula Kennedy	25:09.09

W60

1	Marcela Ruiz	22:12.99
2	Delia Baldock	25:57.81

M45

1	Daniel Lowe	20:57.81
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M65

1	Victor Munoz	18:52.88
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M70

1	John McDonagh	22:12.64
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M75

1	Johan Hagedoorn	22:21.66
2	Haydn Gawne	22:29.79

W80					
1	Glenys Duncan	28:14.61			
5000m walk					
W55			M45		
1	Karyn Tolardo	29:25.35	1	Daniel Lowe	35:23.79
2	Wendy Farrow	33:56.88	M65		
W60			1	Victor Munoz	32:43.70
1	Marcela Ruiz	39:21.15	M70		
W80			–	John McDonagh	DQ
1	Glenys Duncan	48:43.53	M75		
			–	Johan Hagedoorn	DQ

*RANKINGS

All-time National 20km Road Walk - as at 24 March 2023


Compiled by Paul Jenes (AA statistician)

The recent performances by our elite walkers in Nomi (JPN) have seen significant changes to the All-time 20km national rankings. The coming 8 April competition in Taicang (CHN) may result in further changes.

This week we feature the latest **Men's** rankings, which cut out at 1:30:41. The Women's rankings will appear in the next issue.

1:17:33	Nathan Deakes	V	Cixi City, CHN	23 Apr 2005
1:18:46	Declan Tingay	W	Nomi, JPN	19 Mar 2023
1:19:15	Luke Adams	N	Cheboksary, RUS	10 May 2008
1:19:15	Jared Tallent	V	Hobart	13 Feb 2010
1:19:22	Dave Smith	V	Hobart	19 Jul 1987
1:19:24	Kyle Swan	V	Nomi, JPN	19 Mar 2023
1:19:28	Dane Bird-Smith	Q	London, GBR	13 Aug 2017
1:19:30	Rhydian Cowley	V	Nomi, JPN	19 Mar 2023
1:19:33	Nick A'Hern	N	Melbourne	15 Dec 1990
1:20:43	Andrew Jachno	V	Brisbane	26 Aug 1990
1:20:49	Dion Russell	V	Melbourne	19 Mar 1999
1:21:19	Simon Baker	V	Canberra	27 Aug 1988
1:21:23	Adam Rutter	N	Taicang, CHN	30 Mar 2012
1:21:36	Willi Sawall	V	Melbourne	4 Jul 1982
1:21:56	Will Thompson	V	Nomi, JPN	19 Mar 2023
1:22:08	Chris Erickson	V	Nomi, JPN	15 Mar 2015
1:23:10	Michael Hosking	V	Adelaide	11 Feb 2018
1:23:35	Tim Fraser	A	Nomi, JPN	15 Mar 2023
1:23:58	Mitchell Baker	A	Nomi, JPN	15 Mar 2023
1:24:10	Tyler Jones	N	Adelaide	13 Feb 2022
1:24:11	Liam Murphy	S	Adelaide	26 Jul 2003
1:24:11	Dylan Richardson	N	Nomi, JPN	15 Mar 2023
1:24:20	Duane Cousins	V	Melbourne	19 Mar 1999
1:24:25	Ian Rayson	N	Sydney	13 Nov 2011
1:24:34	Brent Vallance	N	Naumburg, GER	23 May 1998
1:24:37	Brendon Reading	A	Adelaide	19 Feb 2017
1:24:54	Paul (Copeland) van Kopplen	V	Melbourne	10 Nov 1991
1:24:56	Darren Bown	S	Sydney	6 Mar 2005
1:25:02	Troy Sundstrom	N	Melbourne	19 Mar 1999
1:25:31	Steve Beecroft	V	Canberra	28 Jan 1994
1:25:34	Mike Harvey	V	Melbourne	25 Aug 1990
1:26:20	Adam Garganis	V	Adelaide	11 Feb 2018
1:26:30	Carl Gibbons	N	Adelaide	13 Feb 2022
1:26:33	Mark Donahoo	V	Melbourne	22 May 1994
1:26:40	Tom Barnes	V	Melbourne	24 Aug 2008
1:26:50	Sean Fitzsimons	W	Melbourne	11 Dec 2011
1:27:12	Tim Erickson	V	Melbourne	14 Dec 1980
1:27:14	Nathan Brill	V	Adelaide	21 Feb 2016
1:27:19	Dominic McGrath	V	Melbourne	19 Mar 1999
1:27:20	Daniel (Thorne) Walters	V	Melbourne	16 Dec 2001
1:27:29	Bill Dyer	V	Melbourne	22 Jun 1985
1:27:35	Michael McCagh	W	Canberra	28 Jan 2007
1:27:42	Brad Malcolm	V	Melbourne	19 Jul 1998
1:28:18	Mike Woods	N	Bergen, NOR	24 Sep 1983

1:28:23	Brad Aiton	Q	Nomi, JPN	16 Mar 2014
1:28:25	Rob McFadden	S	Canberra	27 Aug 1988
1:28:29	Steve Hausfeld	N	Richmond	9 Apr 1988
1:28:29	Shane Pearson	Q	Melbourne	27 Feb 1997
1:28:47	Corey Dickson	V	Melbourne	15 May 2022
1:29:08	Marcus Dwyer	V	Melbourne	19 Jul 1998
1:29:12	Noel Freeman	V	Melbourne	6 Apr 1968
1:29:13	Ian Waters	V	Melbourne	19 Dec 1993
1:29:22	Rohan Best	T	Hobart	4 Aug 1990
1:29:24	Jesse Osborne	V	Hobart	24 Feb 2013
1:29:29	Nick Dewar	Q	Hobart	2 Feb 2014
1:29:34	Craig Brill	V	Melbourne	15 Nov 1992
1:29:40	Travis Harbour	V	Melbourne	27 Feb 1997
1:29:41	Doug Connolly	N	Sydney	21 Jul 2001
1:29:48	Martin Richardson	V	Melbourne	5 Feb 1984
1:29:51	Mark Blackwood	V	Melbourne	1 Sep 1996
1:29:55	Craig Jeffery	V	Melbourne	26 Apr 1992
1:29:55	Tristan Camilleri	S	Melbourne	27 Mar 2021
1:30:04	Jon Gawley	N	Geelong	1 Aug 1998
1:30:07	Ricky Cooke	T	Adelaide	4 Mar 1992
1:30:22	Greg Robertson	T	Melbourne	25 Aug 1991
1:30:28	Ross Haywood	V	Melbourne	5 Feb 1978
1:30:36	Mark Thomas	V	Melbourne	22 May 1994
1:30:51	Paul Woodhouse	N	Richmond	9 Apr 1988



INTERNATIONAL NEWS

International interest in Aussie walkers has increased in recent years, and the *World Athletics* media section is taking notice of our latest results. Unsurprisingly, **Declan Tingay** and **Jemima Montag** have formed a two-pronged lightning rod for this attention, and this week sees Declan featured in an article by Paul Warburton on the *World Athletics* website.

After PB performance, Australia's Tingay is shooting for the stars

by Paul Warburton (reprinted from World Athletics website)

Declan Tingay didn't just better his 20km race walk personal best when winning the Asian Games/All Japan Championship in Nomi on 19 March - he did it by the equivalent of half a kilometre.

The Australian served up an elite **1:18:46**: an almost two-minute improvement. His coach wasn't in the least surprised. In fact, Brent Vallance reckoned, when they arrived in Nomi and assessed the start list, that the focus wasn't just a fast time - but winning the event outright.

The result was the second-fastest time of the year, a mark only 10 seconds behind world and Olympic silver medallist Koki Ikeda's world lead set at Kobe in February.

Vallance had reason to purr as 13 out of 14 Australians notched up personal bests at Nomi. **Rhydian Cowley** improved one second shy of four minutes, with two- and three-minute improvements for others.

In fact, the coach was a little concerned when Tingay "got jumpy" from the gun and pushed the pace, but relaxed when his charge settled in the pack.

The 24-year-old then launched a bid for home that became an outright sprint over the final two 1km laps: both timed at 3:43. It left the last of his challengers trailing in his wake long before he broke the tape.

Tingay says it looked easier than it was, but admits he's a different athlete to the one that slipped back through the field in the World Championships in Oregon last year. There he finished 17th and nearly a minute outside his then 1:20:44 PB.

"I have a distinct memory of being up in the lead pack at 15km having just realised we'd covered our last five (kilometres) in about 19:20," he says. "I looked around me, and I could see the Japanese walkers; I could see Perseus Karlstrom (bronze medallist) off my shoulder.

"I had this sudden thought: 'I'm so out of place here. I should be 30 seconds back'. That might have done me in a tiny bit: out of my depth, that sort of thing, and I suffered a bit.

"Now, having done the time that earns you the right to be up in that pack - I now feel I belong in that pack."

Vallance points out that the last four years have stymied Australian race walkers, mostly as a result of Covid and restrictions that went with it.

“But we’ve known since 2017, Declan was pretty special,” Vallance says. “He’s been there or thereabouts. He was just missing a little on the international circuit, but I was quite certain he would win in Nomi.

“I know what he’s been doing in training.”

Other factors in Tingay’s stellar rise include a funded Australian programme called New Generation ’32, which is a nod to the future Brisbane Olympics, and the arrival of Jared Tallent as a full-time coach.

Between them, Vallance and the 2012 Olympic champion look after all but one of the Nomi cohort, and the effect was as clear as that superlative Sunday morning in Japan.

“Jared has been a breath of fresh air,” explains Vallance.

“Actually, he was a reluctant coach; but to have him around with all he brings is tremendous for all these athletes.”

It also helps that Tingay trains with a fair few of the elite group that spearheaded the charge in Nomi, augmented by top talents like Karlstrom and double European champion Antigoni Drisbioti, who understandably would rather train in an Australian summer than European winter.

Tingay started the year with a national record **38:03.78** at 10,000m. “I thought I would break it, but I was surprised by how much.”

He followed that with a PB of 1:20:00 in the Australia Championships - both clearly a sign of things to come.

Vallance adds that Tingay’s age has also been something of a talisman to Aussie race walkers. “He’s 24, the same age that Jared was when he announced himself to the world at the Beijing Olympics, and Dane (Bird-Smith) was 24 when he won his Olympic medal (in Rio in 2016),” he says.

However, the coach adds a cautionary note summed up in one word: ‘repeatability’. In fact, Vallance emphasised it without a hint of irony. That’s why a smaller group of Australians are headed to Taicang on 8 April for the Chinese Race Walking Grand Prix - a World Athletics Race Walking Tour Gold event.

“Taicang will be a re-affirmation of what he’s just achieved, we hope,” Vallance says. “What we want is repeatability; not just a time, but the repeatability of performance.

“Every athlete has to face pressure when they achieve certain times, and you can tell a mile away a medal is coming; they’re not really a surprise.”

Tingay admits he now has a target on his back when it comes to the World Championships in Budapest in August. “The prospect of having that as my benchmark is a bit daunting. I’ve got no doubt I can walk fast,” he says. “It’s now harder to imagine an improvement on 1:18. It’s not the same as improving 1:24:00 or 1:22:00, but I know I can do it.”

The athlete also has another advantage that most of his teammates don’t: he’s used to travelling long distances, and has been doing so since he was six months old. It’s 24 hours on a plane – or planes – if you leave Melbourne and alight in Europe. It takes its toll.

Tingay speaks of a “forced tapering down” for Nomi brought about by multiple flights that took the group two days from A to B. In this case, the enforced rest proved a bonus.

Tingay’s dad is the renowned astrophysicist Steven Tingay, whose work takes him to all four corners of the planet.

“I started walking when I was nine months old,” says Declan. “Mum and dad, dad especially, are big athletics fans, I almost had no choice. I was involved in sports and athletics almost about the same time as I learned to talk.

“I definitely couldn’t jump; I got to the age where the hurdles got that little bit higher. Eventually, one by one, I got kicked out of the events on the Little Athletics roster on Saturday mornings, went with the walks, 1500m and the occasional 800m. I had two friends who also walked, and a good coach at the start.

“My dad is an astrophysicist and kept me well travelled. My first flight was Los Angeles to Sydney when I was six months old.

“It helps. You can see how it affects lesser travelled athletes.”

Come the World Championships, one Tingay will be studying the stars, the other will be shooting for them.

Paul Warburton for World Athletics

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.

- Tuesday, April 4, 2023 - Aveiro held the District Walking Championship in Castelo de Paiva (results) <http://omarchador.blogspot.com/2023/04/aveiro-realizou-o-campeonato-distrital.html>
- Monday, April 3, 2023 - Sizwe Ndebele and Jessica Groenewald win South African championships in Potchefstroom <http://omarchador.blogspot.com/2023/04/sizwe-ndebele-e-jessica-groenewald.html>

- Sunday, April 2, 2023 - WMACI Toruń 2023 – Men's 10 km M35, M40, M45 and M50 (results) <http://omarchador.blogspot.com/2023/04/wmaci-torun-2023-10-km-masculinos-m35.html>
- Sunday, April 2, 2023 - WMACI Toruń 2023 – Men's 10 km M55, M60 and M65 (results) <http://omarchador.blogspot.com/2023/04/wmaci-torun-2023-10-km-masculinos-m55.html>
- Saturday, April 1, 2023 - WMACI Toruń 2023 – Men's 10 km M70+ (results) <http://omarchador.blogspot.com/2023/04/wmaci-torun-2023-10-km-masculinos-m70.html>
- Saturday, April 1, 2023 - WMACI Toruń 2023 – Women's 10 km W35 to W50 (results) <http://omarchador.blogspot.com/2023/04/wmaci-torun-2023-10-km-femininos-w35.html>
- Saturday, April 1, 2023 - WMACI Toruń 2023 – Women's 10 km W55+ (results) <http://omarchador.blogspot.com/2023/04/wmaci-torun-2023-10-km-femininos-w55.html>
- Friday, March 31, 2023 - Ukrainian Walking Championships (Winter 2023) in Lutsk – results <http://omarchador.blogspot.com/2023/03/campeonatos-da-ucrania-de-marcha.html>
- Wednesday, March 29, 2023 - WMACI Toruń 2023 – Women's 3000m W35 to W55 (results) <http://omarchador.blogspot.com/2023/03/wmaci-torun-2023-3000-m-femininos-w35.html>
- Wednesday, March 29, 2023 - WMACI Toruń 2023 – Women's 3000 m W60+ / world records for Orlete Mendes W70 and Antonina Tyshko W75 (results) <http://omarchador.blogspot.com/2023/03/wmaci-torun-2023-3000-m-femininos-w60.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

Thu-Sun 13-16 Apr 2023	AA U14-U18 T&F c'ships – QSAC, Brisbane
Sat-Sun 15-16 Apr	Coburg 24Hour Run & Walk (Australian Centurions qualifier) – Coburg Harriers track
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	2 nd 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	36 th 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	19 th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24 th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20 th World Athletics Championships – Tokyo, JAP

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