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Inc.

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** WALKER OF THE WEEK **



(Photo: Athletics Australia)

“**Isaac Beacroft**. How could you go past him?” That was my first thought following the Men’s U17-U18 5000m title races in Brisbane last Saturday night, after a weekend of pondering the most likely candidate for WOTW this time around. As it turned out, nobody did ‘go past him’ ... though somebody did draw level. More on that later.

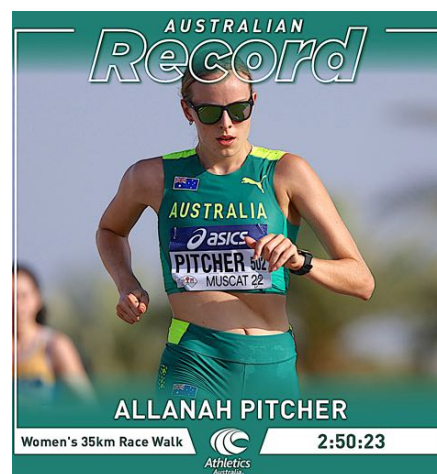
Beacroft, 16, who spreads his energies across running, AFL umpiring and racewalking, turned in a performance last Saturday that would have stunned everyone, including (arguably) those well aware of his powers following a blistering result in the national All Schools championships in December. The national U18 record has, after 25 years, been wrested from Troy Sundstrom’s grasp by a margin of 15secs by Beacroft’s new mark of **19:51.81**. In the process, Isaac (son of former schoolboy prodigy Steve Beacroft) left a top-quality field including Marcus Wakim and Owen Toyne – much more experienced at the 5000m distance – in the dust. His is a phenomenal talent that comes along all too rarely, and we hope fervently that he will choose to aim for the green and gold as a walker. The sport in this country needs him.

So ... who could possibly ‘draw level’ with a rampant Isaac Beacroft in the WOTW stakes?

Enter **Allanah Pitcher**. While the best junior talent did battle in Brisbane, she and training partner Dylan Richardson had quietly slipped out to Wajima, Japan, for that nation’s 35km championships, held last Sunday. This fact alone was surprising, since Pitcher had raced her first 20km only last December (in 1:42-plus) and, while she had improved at that distance by a jaw-dropping 9 minutes over two subsequent races, nobody would have expected her to tackle the demands of a 35km so soon.

She went further than that. Taking on far more experienced walkers (she was the youngest in the field by two years), Pitcher crossed the line 4th out of 9 starters in **2:50:23.0**, setting new Australian, Commonwealth and Oceania records and gaining an automatic qualifier for the WA World Championships in Budapest. While the sun may be setting on endurance race walking at international championship level, the arrival of Allanah Pitcher and others like her will ensure it will not pass into history without firing every salvo in its magazine.

Australian walking records are not easily broken, the bar being set ever higher by a host of past and present champions. For two to be smashed by different athletes on the same weekend is exceptional. Congratulations **Isaac** and **Allanah** on your wonderful efforts – and the best of luck for the future.



(Photo: Athletics Australia)

*Honourable mentions:

- **Dylan Richardson (NSW)** – a big PB of **2:38.37** for 35km against tough local opposition in Wajima, Japan.
- **Ela Uzun (VIC)** and **Sophie Polkinghorne (NSW)** – convincing winners by over a minute in the U13 and U14 National 3000m titles respectively – Ela with **14:12** and Sophie with **14:11**.

- **Owen Toyne (ACT)** and **John Ronan (WA)** – both scored PBs in taking silver and bronze behind Isaac Beacroft – John by nearly half a minute – with times of **20:36.18** and 20:48.78.
- **Kodi Clarkson (ACT)** – completed an excellent double podium for the weekend in Brisbane, winning the U16 3000m (**12:24.91**) and taking silver behind Marcus Wakim in the U18 5000m in **21:33.00**.
- **Samuel Lindsay (TAS)** – another to climb the podium twice, scoring silver (3000m) and bronze (5000m) to cap off what must be his most successful season to date.



CLUB NEWS and RESULTS

** Coming up ...

Our 2023 Winter season opener is less than two weeks away, starting with an AV and VRWC track championship – something held commonly in past years. Details below:

** Saturday 29 April		
Dolomore Reserve Athletics track, Mentone		
2.00pm	1500m VRWC c'ship	Open Men
2.00pm	1500m VRWC c'ship	Open Women
2.10pm	3000m VRWC c'ship	Open Men
2.10pm	3000m VRWC c'ship	Open Women
2.10pm	5000m VRWC c'ship	Open Men
2.10pm	5000m VRWC c'ship	Open Women
2.30pm	AV 10000m c'ship	Open, 40+, 50+ Men
	<i>Winner of the Open Men's 10000m is awarded the C.H. (Bert) Gardiner Medal</i>	
2.30pm	AV 10000m c'ship	Open, 40+, 50+ Women
2.30pm	VRWC 10000m c'ship	Open Men
2.30pm	VRWC 10000m c'ship	Open Women

- Entries for **AV c'ships** (AV members only) must be made via the Athletics Victoria entry portal - <https://members.athsvic.org.au/eventsregister/184780/>
- Entries for **VRWC events** will be accepted up until 11.59pm on Friday 28 April. Enter online at <https://www.revolutionise.com.au/vrwc/>

The following week, **Saturday 6 May**, will see us return to our home course at Middle Park for the first of our Winter points race meetings. It's not known to what extent the Grand Prix infrastructure will have been cleared away, so members should come prepared to use the 1km loop if necessary.

**** Saturday 6 May – Middle Park**

12.00pm	Coaching Clinic	
2.00pm	8km points race	Open
2.00pm	6km points race	Open
2.00pm	4km points race	Open
2.15pm	2km points race	Open
2.15pm	1km points race	Open

Entries will be accepted up until 11.59pm on Friday 5 May. Enter online at

<https://www.revolutionise.com.au/vrwc/>

Be aware that the day will commence with the first of our two **Coaching Clinics** for the year (see advert below for details.)



Victorian Race Walking Club

Coaching Clinic for athletes of all ages, parents and coaches

The Coaching clinic will run from 12.00pm until 1.25pm, Focus is on Little Athletes and junior athletes, parents of up-and-coming athletes, general coaching and planning a program for all.

The first clinic for this season will be held Saturday 6th May 2023, in the VRWC Clubrooms, Middle Park Bowling Complex, Middle Park.

Presenters for the clinic are

- **Simon Baker**, experienced coach of athletes from juniors to Olympians, International representative in Olympics, World Championships, World Cup and Commonwealth Games.
- **Fran Attard**, experienced coach of junior athletes
- **Mark Donahoo**, VRWC club coach

Outline of clinic:

- 12.00pm: welcome to all participants in the clinic
- 12.05pm: Practical session with Fran Attard
- 12.25pm: Session with Simon Baker
- 12.45pm: Guest speaker: **Bec Henderson, 2021 Olympian**
- 12.55pm: Combined practical/ theory session on 'How can I get better?'
- 1.15pm: Q&A session with the presenters

Pre- register your interest in attending by emailing the club secretary on secretary@vrwc.org.au.

Or turn up on the day and be part of the clinic.



**** VICTORIANS ON THE TRACK IN BRISBANE**

Kudos to the Victorian walkers – most of them VRWC members – who journeyed to the QSAC stadium for the National U13-U18 titles. Some came away delighted, others

disappointed, but all gave it their best shot and no doubt drew incentive for the road and track racing to come.

*Our medallists were:

GOLD: Marcus Wakim (U18 5000m); Ela Uzun (U13 3000m)

SILVER: Maddison Nash (U18 5000m); Max Davidson (U15 3000m); Jamie Hvalica (U14 3000m) and Angus Shuttleworth (U13 3000m)

Also wearing the big V and leaving it all out there were Emily Smith (U18), Scott Peart (U18), Zachary Matters (U18), Ariana Pashutina (U17), Riley Coughlan (U17), Daniel Pashutin (U15), Beau McKinnon (U14) and Havana Ali (U13).



(Photo: Ece Uzun)

Ela – Aust U13 champion.

REGISTRATION & RACE ENTRY

Our Winter season opener is now just over two weeks away.

Members will now be aware that the procedures for membership registration and renewal have changed, along with the introduction of a new portal for race entries.

An email was sent out to all members on March 28, explaining in detail the new arrangements and requirements. These were also published in *H&T Online*, Issue #12, sent out on the same day. If you did not receive this or the email, please go to <http://www.vrwc.org.au/newsletters/heelandtoe-2023-num12.pdf>

To access the new portal to register and/or enter races, go to <https://www.revolutionise.com.au/vrwc/>

If you experience difficulties, contact Terry Swan at secretary@vrwc.org.au

***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.

It won't just happen. We need your help!



AROUND THE COUNTRY



Aust. T&F U13 & U16 C'ships, 13/16 April – QSAC, Brisbane

With such depth of talent and accomplishment on show amongst our elite senior and emerging walkers this summer, it was enticing to tune into National U13-U18 championships to see where it all comes from ... the juniors.

Trackside spectators and the TV audience were treated to some engaging battles along with examples of complete and utter dominance. The most riveting of these was Isaac Beacroft's decimation of a crack 5000m field with perhaps the most jaw-dropping long surge you would ever likely see from a 16 year-old. Sophie Polkinghorne (NSW) and Ela Uzun (VIC) were likewise dominant, as were Kodi Clarkson (ACT) and Zoe Woods (NSW).

With Beacroft raising mayhem out in front in the 5000m, an engrossing battle was developing behind him as Marcus Wakim (VIC) and Owen Toyne (ACT) resumed their rivalry, albeit in different age groups. This time it was Toyne who turned the tables on the Victorian, pulling clear to cross the line 3 seconds ahead for U17 silver and a new PB.

Well done to all walkers, from all states, who competed at QSAC. With attention now turning to the Winter road season, many of these youngsters will next meet at Stromlo Park in Canberra on June 11 for the LBG Carnival. We await the day with eagerness.

WU18 5000m Race walk

1	Aiva Pinches	06	NSW	25:01.13
2	Maddison Nash	06	VIC	25:13.28
3	Daisy Braithwaite	06	SA	25:44.11
4	Chelsea Roberts	06	NSW	27:20.42
5	Kaytee Bogaers	08	WA	27:51.75
6	Grace Beck	08	NSW	28:26.50
7	Milly Sharpe	08	QLD	28:55.16
8	Amber Norton	06	QLD	29:01.55
9	Emily Smith	06	VIC	29:08.67
10	Ashanti Heap	06	QLD	29:26.68
11	Julia Grocott	06	ACT	29:59.50
12	Hana Jugovic	06	ACT	30:22.45
13	Laelia Byatt	06	NSW	30:43.02
14	Phoebe Chadwick	06	QLD	31:21.01
15	Katie Bray	08	QLD	31:56.63
16	Chelsea Olbrich	06	NSW	32:16.65
17	Lily Housden	06	QLD	33:39.34
18	Jasmine Crabb	06	SA	35:53.82
--	Ella Munroe	06	NSW	DQ

WU17 5000m Race walk

1	Zoe Woods	07	NSW	24:07.69
2	Sienna Pitcher	07	NSW	24:47.38
3	Ciara Cassilles	07	NSW	26:55.56
4	Ariana Pashutina	07	VIC	27:14.05
5	Rebecca Teahen	07	QLD	27:50.00
6	Lyla Williams	07	NSW	28:21.25
7	Brooke Newberry	07	NSW	28:51.90
8	Lilah Norden	07	NSW	30:39.72
9	Jessey Bektas	07	NSW	31:12.08
10	Abbey Bektas	07	NSW	32:20.52
11	Taylah Morris	07	QLD	32:23.99
12	Lily Goulding	07	QLD	32:34.28
13	Jessica Berechree	07	NSW	32:45.11
14	Imogen Cochrane	07	NSW	32:49.62
15	Natasha Flahey	09	QLD	NT (LS error)
--	Katie de Ruvo	07	SA	DQ
--	Summer Sivaraj	07	NSW	DQ

WU16 3000m Race walk

1	Grace Beck	08	NSW	15:03.24
2	Elise Scott	08	SA	15:25.57
3	Kaytee Bogaers	08	WA	15:31.67
4	Milly Sharpe	08	QLD	15:34.09
5	Evie Armstrong Reading	08	NSW	16:05.81
6	Daniella Samuel	08	NSW	16:09.09
7	Caetlin Ashby	09	NSW	17:18.19
8	Asha Freeman	08	WA	17:21.45
9	Katie Bray	08	QLD	17:25.50
10	Leila Bevis	08	WA	18:55.59

WU15 3000m Race walk

1	Matilda Webb	09	NSW	14:28.09
2	Jessica Loring	09	NSW	14:36.24
3	Emma Grocott	09	ACT	14:42.11
4	Maisie Mitchell	09	NSW	15:16.88
5	Emma Hearnden	09	NSW	15:29.31
6	Isabelle Curtis	09	WA	16:36.89
7	Olivia Boulton	09	QLD	16:38.13
8	Stella Pinches	09	NSW	16:48.97
9	Makenna Clarke	09	QLD	17:09.78
10	Maya Barron	09	QLD	17:45.73
11	Chelsey Ireland	09	WA	17:52.23
--	Katica Borsic	09	WA	DQ

WU14 3000m Race walk

1	Sophie Polkinghorne	10	NSW	14:11.96
2	Jillian Ryan	10	ACT	15:15.25

MU18 5000m Race walk

1	Marcus Wakim	06	VIC	20:39.26
2	Kodi Clarkson	08	ACT	21:33.00
3	Samuel Lindsay	08	TAS	21:36.84
4	Sam McCure	06	QLD	21:53.24
5	Scott Peart	06	VIC	23:15.22
6	Dylan Allabush	08	NSW	24:33.88
7	Anthony Tana	06	SA	25:17.62
8	Alex Bradley	06	QLD	25:20.57
9	Zachary Matters	06	VIC	27:00.19
10	Kai Dale	08	QLD	28:22.94

MU17 5000m Race walk

1	Isaac Beacroft	07	NSW	19:51.81NR
2	Owen Toyne	07	ACT	20:36.18
3	John Ronan	07	WA	20:48.78
4	Bailey Housden	07	QLD	21:12.16
5	Riley Coughlan	07	VIC	21:27.25
6	Myles Ashby	07	NSW	23:55.78
7	Joel Byatt	07	NSW	24:19.59
8	Roel Wheeley	07	QLD	25:27.95
9	Oliver Morgan	07	TAS	26:21.33
10	Cooper Rech	07	SA	26:36.33
11	Brodie Spamer	07	NSW	26:59.52

MU16 3000m Race walk

1	Kodi Clarkson	08	ACT	12:24.91
2	Samuel Lindsay	08	TAS	12:58.45
3	Dylan Allabush	08	NSW	14:41.21
4	Kai Dale	08	QLD	16:26.47
5	Micah White	08	QLD	17:21.27
--	Alexander Sinnett	08	NSW	DNF
--	Kane Robson	08	NSW	DQ

MU15 3000m Race walk

1	Nicholas Christian	09	ACT	14:20.14
2	Max Davidson	09	VIC	14:56.28
3	Jaxson Horton	09	NSW	15:06.23
4	Noah Tilton	09	QLD	17:20.52
5	Ali Znad	09	WA	17:24.55
6	Christopher Nilon	09	NSW	18:40.70
--	Daniel Pashutin	09	VIC	DQ

MU14 3000m Race walk

1	Keiran Smith	11	WA	14:45.86
2	Jaime Hvalica	10	VIC	14:59.39

3 Ella Cosgrave	10	QLD	16:28.55	3 Alexander Braendle	10	NSW	15:57.09
4 Lily Horne	10	NSW	18:12.77	4 Beau McKinnon	10	VIC	17:29.73
5 Emma Hoskins	10	NSW	18:21.89	5 Rhys Chandler	10	NSW	17:50.62
6 Macy Devine	10	TAS	18:26.23	6 Eli Melinz	10	QLD	19:57.61
7 Aleeah Pike	10	WA	19:09.93				
8 Matilda Rech	10	SA	19:48.37				
9 Pippa Anderson	10	QLD	20:15.47				
10 Bethany Moore-Kirkland	10	QLD	21:26.72				
-- Mikaela McDonald	10	QLD	DQ				

WU13 3000m Race walk

1 Ela Uzun	11	VIC	14:12.51
2 Gemma Dixon	11	NSW	15:53.39
3 Tory D'Alessio	11	WA	16:36.82
4 Erin Cassilles	11	NSW	16:42.59
5 Havana Ali	11	VIC	17:01.78
6 Zoe Renton	11	QLD	17:33.95
7 Lani Ellwood	11	QLD	17:40.10
8 Kiara Waterman	11	QLD	20:06.60
9 Nikki Hearnden	11	QLD	20:13.61
10 Lily Barnett	11	QLD	21:57.99

MU13 3000m Race walk

1 Callum Martin	11	NSW	14:48.27
2 Angus Shuttleworth	11	VIC	15:03.52
3 Tyler Cousins	11	NSW	16:28.55
4 Lachlan Moore	11	QLD	16:12.96
5 Orlando Grantham	11	SA	17:08.51
6 Orlando Follington	11	WA	17:48.07
7 Michael Mathison	11	QLD	20:45.67
8 Hunter Sibenaler	11	QLD	20:45.67

INTERNATIONAL NEWS

JAPAN: Japanese 35km championships, 16 April – Wajima

Flying the tattered but defiant endurance racewalking flag, Japan's distance walkers assembled in the coastal town of Wajima, on the Sea of Japan, for their national 35km championships. Among their number was a sprinkling of quality overseas athletes, including the evergreen **Hong Liu** (CHN). Australian pair **Allanah Pitcher** and **Dylan Richardson**, making their second trip to Japan in as many months, were also present.

Neither Richardson nor Pitcher had raced the dedicated 35km distance before, so with regard to how to race the 35 it's fair to say each was at their own point on the learning curve. Dylan, at least, had covered 35km several times in 50km races and knew he could handle the distance; for him, the pace would likely be the challenge. Allanah, who had stepped up to 20km from 10km only last December, had it all to learn, but she was keen to try her hand at the 35 while it is still around.



Allanah crosses the line, all smiles

Predictably, **Hong Liu** was a class above her opposition and her final time of **2:38:42** was less than a minute outside Kimberly Garcia's world record mark. Fourth across the line was **Pitcher** in an astonishing first-up **2:50:23**. She set new Australian, Commonwealth and Oceania records, done with 5km splits of 24:07, 48:01 (23:54), 1:12:20 (24:19), 1:36:44 (24:24), 2:01:21 (24:37), 2:25:57 (24:36) and 2:50:23 (24:26) – remarkably even-paced walking. Novice though she may be at the longer distances, Allanah is a born stayer, and one only hopes that more races requiring this fundamental attribute will be available to her at the highest level in the future.

The Men's race was dominated by the local athletes with **Tomohiro Noda** willing clearly in **2:23:13**. Bringing his 50km strength to the fore, **Richardson** held his own and outlasted 11 rivals for a top 10 finish in **2:38:37**. Dylan is another who is cut out for the longer distances and one of a dedicated cohort of endurance athletes that World Athletics must work to keep in the sport through the incentive of continued international distance races.



Dylan stops the watch ahead of a fast-finishing Hong Liu

MEN 35km

1.	Tomohiro NODA	1996	JPN	2:23:13
2.	Satoshi MARUO	1991	JPN	2:25:49
3.	Masatora KAWANO	1998	JPN	2:26:51
4.	Hayato KATSUKI	1990	JPN	2:28:53
5.	Kazuki TAKAHASHI	1996	JPN	2:30:55
6.	Motofumi SUWA	1999	JPN	2:32:39
7.	Haruki MANJU	2001	JPN	2:33:10
8.	Koutaro WAKE	2002	JPN	2:37:44
9.	Rihito ISHIDA	2001	JPN	2:37:55
OC	Dylan RICHARDSON	2000	AUS	2:38:37
10.	Yuki ITO	1992	JPN	2:42:37
11.	Tatsuya TANAKA	1990	JPN	2:42:44
OC	Man Kit CHIN	1991	HKG	2:47:05
12.	Tomoya KANZAWA	1994	JPN	2:47:59
13.	Toru YAMAMOTO	1990	JPN	2:48:05
14.	Toshiaki HIROSAWA	1998	JPN	3:05:33
15.	Naohiro KOYAMA	1995	JPN	3:12:41
	Daisuke MATSUNAGA	1995	JPN	DNF
	Hayato YANAGIHARA	2000	JPN	DNF
OC	Diego PINZON	1985	COL	DNF
	Masaru IKINAGA	1995	JPN	DQ

WOMEN 35km

OC	Hong LIU	1987	CHN	2:38:42
1.	Kumiko OKADA	1991	JPN	2:44:11
2.	Serena SONODA	1996	JPN	2:44:25
OC	Allanah PITCHER	2003	AUS	2:50:23
3.	Masumi FUCHISE	1986	JPN	2:57:51
OC	Siu Nga CHING	1987	HKG	2:59:32
4.	Kaori KAWAZOE	1995	JPN	2:59:46
5.	Mao TATSUMI	2000	JPN	3:04:41
6.	Yuki YOSHIZUMI	1996	JPN	3:13:12
7.	Aoi SHIBATA	2000	JPN	3:18:26
	Nami HAYASHI	1999	JPN	DNF
	Kaori INOUE	2001	JPN	DNF

FRANCE: Meeting de Darvoy, 16 April – Darvoy

Another report from **Emmanuel Tardi** on the busy French walking scene, this time highlighting a new event:

I was in Darvoy (150km to the south of Paris) for a new racewalking event. Gwladys Brusseau, a local walker, decided one year ago to organize in her village a racewalking event. She was supported by the mayor of the city and by the local athletic club. The main races (10k and 20k) started at 9am. Ancillary races started at 11am. The weather was very good.

In the 20k, **Aymeric Hue** was the leader but he received 3 red cards and had to spend 2 minutes in the penalty area, and finally **Ellis Batifol** won the race.

In the 10k women **Camille Moutard** won with **44'47"** (which was 4" outside the French record - 44'43", set in 1996.)

A total of 50 walkers entered in different races and organizers were very satisfied.

20km Hommes

1	BATIFOL Ellis	ESM/03	Asvel Villeurbanne	1h28'54"
2	HUE Aymeric	ESM/01	Ec Orleans Cjf	1h33'32"

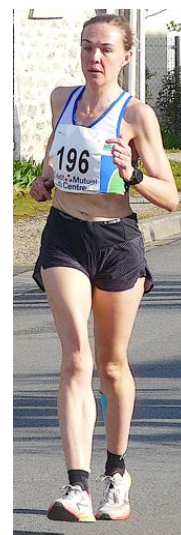
3	DE BONTIN Vincent	MAM/88	Ea Cergy Pontoise	1h38'25"
4	BESSONNIER Raphael	SEM/00	Aj Blois-onzain	1h44'35"
5	VISSEQ Adrien	ESM/03	Saran Loiret Athletic Club	1h49'27"
6	BONVARLET Patrick	MAM/60	Afa Feyzin-venissieux	2h04'53"
7	TURLET Albert	MAM/81	Athletic Clubs 92	2h06'52"
20km Femmes				
1	DENISSELLE Vanessa	MAF/84	Val-de-reuil Ac	1h42'00"
2	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	1h45'56"
3	DUQUESNE Laura	SEF/90	Ea Cergy Pontoise	1h48'40"
4	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	1h50'52"
5	BARRITAUULT Lea	SEF/96	Athletic Trois Tours	2h08'21"
10km Hommes				
1	CHENUET Quentin	JUM/05	Gien Athle Marathon	44'35"
2	BEAUVAL Florent	SEM/00	Stade Sottevillais	45'25"
3	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	49'52"
4	FOUGERON Pierre-Alexandre	ESM/03	Bourges Ea	51'21"
5	NAU Louis	JUM/04	Saran Loiret Athletic Club	51'46"
6	GERBAUD-BLIN Pierre	SEM/95	Ec Orleans Cjf	52'23"
7	LANDRON Roland	MAM/78	Ca Beglais	55'57"
8	BABOIN Michel	MAM/56	Saran Loiret Athletic Club	59'02"
9	GILLES Philippe	MAM/64	Usm Montargis	1h00'02"
10	BRUCH Jean-Frederic	MAM/59	Athle Chartres Luce	1h07'04"
11	GENESTE Jean-Louis	MAM/66	Rc Vichy	1h07'41"
12	ROTTEMBOURG Benoit	MAM/65	Athletic Clubs 92	1h08'29"
13	POITRENAUX Jean-Marie	MAM/55	Vierzon-vignoux-foecy Athle	1h09'35"
14	TAILLANDIER Patrick	MAM/76	Vierzon-vignoux-foecy Athle	1h13'26"
10km Femmes				
1	MOUTARD Camille	ESF/01	Athle 21	44'47"
2	ROULAND Marion	SEF/90	Stade Dieppois	50'53"
3	LANDRON Capucine	CAF/06	Ca Beglais	55'56"
4	BONVARLET Liliane	MAF/53	Afa Feyzin-venissieux	1h08'06"
5	LHERNAULT Nadine	MAF/66	Beauvais Oise Union Club	1h11'04"



Batifol



Chenuet and Moutard



Deniselle

5km Hommes				
1	AUGUSTIN Laurent	MAM/83	Tarbes Pyrenees Athletisme	26'14"
2	LE NOIR Gaël	CAM/07	Gien Athle Marathon	27'09"
3	JACQUIN Gilles	MAM/61	Ea Issoudun	31'52"
4	LENOIR Samuel	MAM/70	Ec Orleans Cjf	32'59"
5	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	42'01"
5km Femmes				
1	BRUSSEAU Gwladys	MAF/74	Ec Orleans Cjf	27'04"
2	SINA Laurence	MAF/69	Entente Sud Lyonnais	27'36"
3	RACOLLET Marine	SEF/91	La Postillonne Longjumeau	33'53"
4	GRIZOU-VICARIO Dominique	MAF/71	Afa Feyzin-venissieux	34'20"
5	BEGUIN Nathalie	MAF/67	Vierzon-vignoux-foecy Athle	41'35"
3km Hommes				

1	EL ATALATI-ROUASSI Hilal 3km Femmes	MIM/09	Ac Romorantin	18'40"
1	CHAPON Orlane	MIF/08	Rc Vichy	16'15"
2	CHARPENTIER Lison	MIF/08	Ac Romorantin	16'27"
3	KHAU Ambre	CAF/06	Ec Orleans Cjf	17'37"
4	CERON Lili	MIF/09	As Fondettes	18'01"
5	ROUSSEAU Tina	MIF/09	Ac Romorantin	20'56"
6	PICART Lalie	MIF/08	Ec Orleans Cjf	21'41"
7	BARONNET Romane 3km Femmes	MIF/08	Bourges Ea	22'47"
1	AZZOUZI GOUET Leina	BEF/10	Saran Loiret Athletic Club	13'08"

UNITED KINGDOM: Veterans AC 5km Road walk, 4 April – Battersea Park

David Ainsworth sent us this report from David Hoban.

The first of the regular Battersea Park races had an average field in perfect weather, the number of paid entries was the highest for some time. There was plenty of sunshine and little wind.

The men's winner was **Dave Annetts**, from North Herts RR, with a new personal best having achieved two silver medals for his age group at the World Masters in Torun, Poland, only a few days earlier.

Maureen Noel (Belgrave) came first for the ladies in her usual creditable time.

VAC were pleased to welcome **Mark Culshaw** and **Stefano Zennaro** back to the start line after a long absence, and look forward to many more appearances from both.

In particular **Fiona Bishop** gave a good account of herself only 2 days after her performance in a very cold Paris Marathon where she also did well, and **Lesley Morris** achieved a good time taking into account her fracture sustained at an Enfield meeting a few weeks earlier, good luck with the recovery from all of us.

Place	Name	Age Group	Club	Time
1	David Annetts	M55	N Herts Road Runners/Veterans AC	22:58
2	Stefano Zennaro	M50	Belgrave Harriers	30:04
3	David Walsh	M60	EHAC/MMAC	30:12
4	Maureen Noel	W55	Belgrave Harriers/Veterans AC	31:12
5	Mark Culshaw	M55	Belgrave Harriers	31:23
6	Stuart Bennett	M60	Ilford AC/Veterans AC	31:51
7	Fiona Bishop	W60	Woking AC/Veterans AC	33:20
8	Lesley Morris	W60	Ilford AC/Veterans AC	37:04
9	David Hoban	M70	Serpentine AC/Veterans AC	39:11
10	Christopher Flint	M75	SyWC/Veterans AC	39:37

MARCIALALMONDO & 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, April 17, 2023 - In Managua, under-20 wins by Gabriel Alvarado (Nicaragua) and Sharon Herrera (Costa Rica)
<http://omarchador.blogspot.com/2023/04/em-managua-vitorias-sub-20-de-gabriel.html>
- Monday, April 17, 2023 - José Montaña and Viviane Lyra triumph in the 35 km in Managua
<http://omarchador.blogspot.com/2023/04/jose-montana-e-viviane-lyra-triunfam.html>
- Sunday, April 16, 2023 - César Herrera and Laura Chalarca win 20 km at the Pan American Cup Managua 2023
<http://omarchador.blogspot.com/2023/04/cesar-herrera-e-laura-chalarca-vencem.html>
- Thursday, April 13, 2023 - Brazilian Under-20 Athletics Championship - Cascavel 2023 (results)
<http://omarchador.blogspot.com/2023/04/campeonato-brasileiro-de-atletismo-sub.html>

- Wednesday, April 12, 2023 - Antigoni Ntrispioti in the spotlight at the Balkan Championships (2023) in Antalya
<http://omarchador.blogspot.com/2023/04/antigoni-ntrispioti-em-destaque-nos.html>
- Tuesday, April 11, 2023 - Olímpico Jorge Costa had his trophy in Olhão (results)
<http://omarchador.blogspot.com/2023/04/olimpico-jorge-costa-teve-o-seu-trofeu.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.

OTHER NEWS

- For anyone still interested in the **Alex Schwarzer** serial, the latest instalment is reflective of the times. How many confirmed athletics drug cheats are afforded their own documentary on Netflix?
The Italian blogsite *Sprintnews.it* carries a report by Roberto De Benedittis on what he describes as Schwarzer's crusade to portray himself as 'victim to be celebrated', a crusade now to be given a stage on the world's most viewed streaming platform. De Benettis also refers to the 11 years and 9 months of suspension he has served already, as well as the conflicting findings of two judges as regards alleged tampering with urine samples.
The article is available at <https://sprintnews.it/attualita-sportiva/oggi-inizia-fiction-netflix-alex-schwarzer/?fbclid=IwAR3wkTllyvS3msTE-ioVhZWvFT36gsrZOipBHMs2m0uGHFH5k7E5gMFs6Us> Access it using Google Chrome and right-click for an English translation if necessary. The translation is a bit wobbly in parts but the gist is clear.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2023

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
Sat 29 Apr 2023	AV 10000m Track & VRWC track c'ships – Dolomore Res, Mentone
Sat 6 May 2023	VRWC Points races #1; Coaching clinic 11.30am – Middle Park
Sat 13 May 2023	VRWC Points races #2 – Middle Park
Sun 21 May 2023	AV 35km, AV Schools & VRWC c'ships; Club non-points races – Middle Park
Sat 3 Jun 2023	VRWC Points races #3 – Middle Park
Sun 11 Jun 2023	Racewalking Australia LBG Carnival – Stromlo Sports Park, Canberra ACT
Sat 17 Jun 2023	VRWC 'Guess Your Time' prizes day – Middle Park
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

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

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