



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2023 Number 17
Tuesday 2 May 2023



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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BACK FROM RETIREMENT – BUT ONLY FOR A FEW WEEKS

I have been dragged back into service as Heel & Toe editor for a few weeks while club president Stuart Cooper is enjoying a well earned holiday overseas. You can't teach an old dog new tricks so it's back to my vanilla style layout, which older readers will recognise. The content's the same but the look is different. Enjoy...Tim

VRWC TRACK WALKS, DOLOMORE OVAL, MENTONE, SATURDAY 29 APRIL 2023

With Australian Motor Race Grand Prix cleanup still underway at Middle Park, we were forced to an alternate venue on Saturday for the opening round of our VRWC winter season. So it was down to the Dolamore Reserve at Mentone and back to the track for the Victorian 10,000m Track Championships, as well as a smattering of VRWC Club Championships.

Before I start on my report, I must put this little shout from VRWC club member **Terry O'Neill**

I went down to Mentone on Saturday to race the 5km. I started feeling unwell that night after we arrived home. I tested negative that night and again yesterday, but just tested positive this morning. You may want to make others aware through Heel & Toe.

So, if you were at Mentone on Saturday and are now feeling unwell, administer a covid test. Fingers crossed, everyone!

Now to the races, where we saw a total of 28 walkers in action. The meet included the Victorian Open 10,000m Track Walk Championships which were won by **Riley Coughlan** (47:01) and **Rebecca Henderson** (46:23). They become our Victorian Champions for the year. The accompanying VRWC 10,000m Open Club Championship saw additional walkers in action, with **Maddison Nash** doing a great job for a big PB with her time of 55:23.

| 10,000m AV Open Men's Championship (for the Bert Gardiner Medal) | | | | | AV 40+ | AV 50+ |
|---|--------------------|---|-----|---------|---------------|---------------|
| 1. | Riley Coughlan | M | KNA | 47:01 | | |
| 2. | Michael Harvey | M | AWA | 1:07:15 | | |
| 3. | Rupert Van Dongen | M | MEN | 1:20:14 | 1 | |
| 10000m AV Open Women's Championship | | | | | AV 40+ | AV 50+ |
| 1. | Rebecca Henderson | F | MEN | 46:23 | | |
| 2. | Char Hay | F | MUU | 53:11 | | |
| 3. | Sarah Brennan | F | BYC | 55:52 | 1 | |
| 4. | Carolyn Rosenbrock | F | YRA | 59:08 | | 1 |
| 5. | Donna-Marie Elms | F | PTN | 1:07:23 | | 2 |
| 10,000m Track VRWC Championship | | | | | | |
| 1. | Riley Coughlan | M | | 47:01 | | |
| 2. | Alejandro Stephens | M | | 55:45 | | |
| 3. | Gerard Feain | M | | 1:07:10 | | |
| 1. | Rebecca Henderson | F | | 46:23 | | |
| 2. | Maddison Nash | F | | 55:23 | PB 3:09 | |
| 3. | Sarah Brennan | F | | 55:52 | | |
| 4. | Carolyn Rosenbrock | F | | 59:08 | | |
| 5. | Donna-Marie Elms | F | | 1:07:23 | | |
| | Kylie Irshad | F | | DNF | | |

Other VRWC Club Championships were on offer, as shown below. **Nikola Mandic** (in his first walk with us since 2016) and **Ariana Pashutina** won the 5000m walks, **Andrew Jamieson** and **Matilda Read** won the 3000m walks and **John Nottle** and **Mya McClure** won the 1500m walks. Finally, we welcomed **Matilda Simcox** and **Emilie Garside** for their first walks with us.

5000m Track VRWC Championship

| | | | | |
|----|------------------|---|-------|----------|
| 1. | Nikola Mandic | M | 24:23 | |
| 2. | Jonathan Ho | M | 29:19 | Equal PB |
| 3. | Terry O'Neill | M | 33:55 | |
| | | | | |
| 1. | Ariana Pashutina | F | 26:51 | |
| 2. | Emily Smith | F | 29:19 | |
| 3. | Karyn O'Neill | F | 35:23 | |

3000m Track VRWC Championship

| | | | | |
|----|-----------------|---|-------|--|
| 1. | Andrew Jamieson | M | 17:56 | |
| | | | | |
| 1. | Matilda Read | F | 17:43 | |
| 2. | Dee Holohan | F | 19:43 | |
| 3. | Marnie Zakis | F | 19:49 | |
| 4. | Gwen Steed | F | 22:14 | |

1500m Track VRWC Championship

| | | | | |
|----|----------------|---|-------|--------------------------|
| 1. | John Nottle | M | 9:38 | PB 0:42 |
| | | | | |
| 1. | Mya McClure | F | 7:12 | |
| 2. | Pippa Read | F | 8:45 | |
| 3. | Matilda Simcox | F | 8:47 | First walk with the club |
| 4. | Emilie Garside | F | 9:08 | First walk with the club |
| 5. | Tracy Colbert | F | 10:44 | |

Thanks as always to our many officials, judges and helpers. Apologies if we missed you!

Manager: Mark Donahoo

Referee: Terry Swan

Recorders: Ian Laurie, Kevin Cassidy, Simon Baker, Anthony Doran, Megan Feain, Bob Gardiner, Narelle Coughlin
Kevin Cassidy

Judges: Shane Dickson (Chief), Brenda Felton, Ralph Bennett, Bernadette Morgan, Scott Nelson, David Cash, Anthony Doran

Set up, etc: Mark Donahoo, Bob Gardiner, Terry Swan, Rupert Van Dongen, Anthony Doran, Kevin Cassidy, Kylie Irshad
Gween Steed, Rupert van Dongen

Photos: Terry Swan (see <https://www.facebook.com/photo/?fbid=10229312701262840&set=oa.613965007285061>)



Bec Henderson, Riley Coughlan, Nikola Mandic and Ariana Pashutina



Andrew Jamieson, John Nottle, Matilda Read and Mya McClure



Bob Gardiner presents the Bert Gardiner Medal to AV 10km winner Riley Coughlan (all photos Terry Swan)

WHAT'S COMING UP

Next Saturday sees round 2 of the VRWC winter season at Middle Park. The fixture reads as follows

| | | | |
|---|--|-------------|------|
| Saturday 6th May 2023, Middle Park | | | |
| VRWC Events: For these events, online entries are accepted until Friday 11.59pm | | | |
| 12.00pm | Coaching session for athletes, parents and coaches | | |
| 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 |
| Coaching clinic beginning at 12pm and finishing at 1.30pm. Focus is on little athletes and junior athletes, parents of up and coming athletes, general coaching and planning a program for all. | | | |

Remember online membership renewals and race entries are via our new portal at <https://www.revolutionise.com.au/vrwc/>.

Note the coaching clinic starts at 12 noon and features presentations by Simon Baker, Frances Attard and Mark Donahoo. Not to be missed! Flyer on the next page

Victorian Race Walking Club

Coaching Clinic for athletes of all ages, parents and coaches

Coaching clinic beginning at 12.00pm-1.25pm, Focus is on little athletes and junior athletes, parents of up and coming athletes, general coach 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- registered 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.

56TH ANNUAL LBG WALKING CARNIVAL

As usual, VRWC will be sending as strong a team as possible to Canberra next month for the annual Racewalking Australia Carnival. Here is the official announcement.

It's time!!!! ACT Race and Fitness Walking Club are excited to announce entries are now open for the **56th LBG Racewalking Carnival**, to be held at **Stromlo Forest Park** on **Sunday 11th June 2023!** Can't wait to see everyone there. Please sign up to walk and volunteer through the following link, with thanks to Victorian Racewalking Club: <https://vrwc.org.au/wp1/>

Follow all the announcements on event facebook page <https://www.facebook.com/groups/lbg2021>.

With thanks to *Live Better Nutrition* <http://www.livebetternutrition.com.au/> and #steigensocks

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 29 APRIL 2023

The ACTRWC winter season kicked off last weekend with roadwalks at Lake Tuggeranong in Canberra. I start with a cut and paste from their newsletter:

Thanks to our judges Ann, Renee and Lisa, and Jeanette for helping out with time keeping. Thanks to Julia for the photos! It was great to see so many people out for our first walk. A special welcome to Jill Pearson who has joined us this season. Many of you will know Jill from Masters and Parkrun.

7km Walk

| | | |
|----|-----------------|-------|
| 1. | Gwyllym Young | 32:21 |
| 2. | Jillian Ryan | 40:53 |
| 3. | Mike Smith | 41:38 |
| 4. | Sue Archer (FW) | 49:01 |
| 5. | Hana Jugovic, | DNF |
| 6. | Julia Grocott | DNF |

2km Walk

| | | |
|----|-----------------|-------|
| 1. | Jill Pearson | 13:53 |
| 2. | Bob Parker (FW) | 15:14 |
| 3. | Jim White (FW) | 15:41 |

| | | |
|----------|----------------------|-------|
| 4. | Rosemary Parker (FW) | 16:01 |
| 1km Walk | | |
| 1. | Phoebe Grocott (FW) | 8:29 |

SARWC ROADWALKS, ADELAIDE SOUTH PARKLANDS, ADELAIDE, SATURDAY 29 APRIL 2023

Thanks to Kim Mottrom for this week's results from South Australia. Kim comments: *Nice weather here today after some rain this morning, and a few PB's recorded.*

Open 8km Walk

| | | | |
|----|--------------------|---------|-----------|
| 1. | Kim Mottrom | 35:52 | |
| 2. | Rhiannon Lovegrove | 46:00 | |
| 3. | Peter Crump | 47:20 | |
| 4. | Marie Maxted | 54:37 | |
| 5. | Alex McEwan | 1:02:43 | First 8km |
| 6. | Di Camilleri | 1:07:38 | |
| | Bill Starr | DNF | |

Open 4km Walk

| | | | |
|----|-------------------|-------|---------|
| 1. | Daisy Braithwaite | 19:35 | PB 3:02 |
| 2. | Cooper Rech | 20:50 | PB 2:14 |
| 3. | Greg Metha | 23:44 | PB 1:38 |
| 4. | Stephen Downs | 30:50 | |

Open 3km Walk

| | | |
|----|------------------|-------|
| 1. | Angelina Legrand | 19:05 |
| 2. | Matilda Rech | 21:55 |
| | Zayden Kamish | DQ |

Open 1.5km Walk

| | | | |
|----|-----------------|------|-------------|
| 1. | Kim Mottrom | 6:38 | |
| 2. | Mathew Bruniges | 7:57 | |
| 3. | Liliana Templer | 8:42 | PB 0:37 |
| 4. | Caleb Camilleri | 8:45 | First 1.5km |

QRWC ROADWALKS, YERONGA, BRISBANE, SUNDAY 30TH APRIL 2023

Thanks to Robyn Wales for last weekend's results from Queensland.

A Grade Men 15km

Men: (1) Peter Bennett 1.45.21.

A Grade Women 10km

Women: (1) Brenda Gannon 1.03.54 (2) eq. Jasmine Rose McRoberts, Lily Housden 1.14.26 (4) Joy Dale 1.27.50 SB (5) Noela McKinven 1.27.52 SB.

B Grade 8km

Men: (1) Roel Wheelley 44.06 (2) Kai Dale 49.13. Patrick Sela DNF.

Women: (1) Lyla Williams 45.41.

C Grade 5km

Men: (1) Noah Wheelley 35.09.

Women: (1) Summer Millard 27.52 (2) Makenna Clarke 31.31 (3) Kiara Waterman 33.14. Destinee Pickvance-Ye DNF.

D Grade 3km

Men: (1) Lachlan Moore 16.18 (2) Hunter Sibenaler 21.35.

Women: (1) Isabella Welch 16.44 (2) Freya Williams 18.28 (3) Savannah Dunleavy 19.56 (4) Mackenzie Wormald 25.59.

E Grade 2km

Men: (1) Jake Dunleavy 13.04 (2) Dylan Moore 15.44

Women: (1) Amelia Chisholm 13.09 (2) Bethany Moore-Kirkland 13.26 (3) Izzy Blackburn 14.47.

F Grade 1km

Men: (1) Hayden Robertson 5.57.

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 22 APRIL 2022

The NSWRC winter season commenced on Saturday 15th April (Kim Mottrom has already added those results to the racewalkaustralia.com website at link <http://racewalkaustralia.com/Results.asp?sYear=2023&sMonth=4>). The NSWRC winter season continued on Saturday 22nd April, again at Chipping Norton, and I have now captured the results from the NSWRC website at <http://www.nswracewalkingclub.com/>. Here is the relevant info from their weekly newsletter.

Last Saturday afternoon at Chipping Norton we had another 18 walkers join our club which was a great number as some of our younger walkers were competing at the Australian Little Athletics Championships in Melbourne.

Yes indeed. NSWRC continues to lead the way with competitor numbers. They had 45 racers at Chipping Norton, as well as a number of their younger walkers competing in the Australian Little Athletics Championships on that weekend. Impressive!

Open 10km Walk

| | | |
|----|-----------------|---------|
| 1. | Bridget Bell | 55.45 |
| 2. | Chelsea Roberts | 1:04.16 |

Open 8km Walk

| | | |
|----|--------------|-------|
| 1. | Lilah Norden | 52.54 |
|----|--------------|-------|

Open 4km Walk

| | | |
|----|--------------------------|-------|
| 1. | Laura Corvalan Sotomayor | 25.31 |
| 2. | Aiden Pospischil | 25.56 |
| 3. | Kailey Webber | 30.22 |
| 4. | Nicolle Challinor | 34.17 |
| 5. | Emily Challinor | 38.23 |
| 6. | Sarah Challinor | 38.23 |

U12 2km Walk

| | | |
|-----|--------------------|-------|
| 1. | Keira Gill | 11.40 |
| 2. | Ash Mansell | 11.43 |
| 3. | Isla Banks | 11.44 |
| 4. | Molly Miller | 12.02 |
| 5. | Mackenzie Kitching | 12.13 |
| 6. | Scout Linton | 12.05 |
| 7. | Gemma Hunt | 13.15 |
| 8. | Matilda Hay | 13.54 |
| 9. | Caitlin Allum | 14.34 |
| 10. | Luca Barakat | 15.10 |
| 11. | Rose Goska | 15.19 |
| 12. | Chloe Farrugia | 15.26 |
| 13. | Alexander Dennett | 17.51 |

U16 3km Walk

| | | |
|----|--------------------|-------|
| 1. | Alexander Sinnett | 14.48 |
| 2. | Evie Armstrong | 16.05 |
| 3. | Matilda Olson | 18.16 |
| 4. | Imogen Cochrane | 19.13 |
| 5. | Ruby Bryan | 21.02 |
| 6. | Alexander Wenzel | 21.33 |
| | Katherine Farrugia | DNF |

U10 1km Walk

| | | |
|----|------------------|------|
| 1. | Harrison Bouquet | 5.24 |
| 2. | Addison Fahey | 5.50 |
| 3. | Beth Cochrane | 5.52 |
| 4. | Veronica Dennett | 6.44 |
| 5. | Milana Sorokin | 7.47 |
| 6. | Amelie Barakat | 7.59 |
| 7. | Max Miller | 8.10 |

U14 3km Walk

| | | |
|----|-------------------|-------|
| 1. | Emma Hoskins | 18.14 |
| 2. | Lilly Twigden | 19.16 |
| 3. | Madeline Kot | 19.27 |
| 4. | Ashleigh Farrugia | 19.51 |
| 5. | Sebastian Linton | 19.55 |
| 6. | Sagan Jones | 20.25 |
| 7. | Aoya Bhushan | 22.16 |
| 8. | Summer Hay | 22.40 |
| 9. | Alannah Webber | 23.44 |

INTERNATIONAL RACING NEWS

Gone are the days when you had to hunt around for major international results and then format them from a pdf or (even worse) a jpeg image. For some time now, World Athletics has been capturing all major meet results in its *Calendar & Results* section at <https://worldathletics.org/competition/calendar-results?>. Just choose recent start and end date filters and click on Race Walking in the Discipline box and you will see all the latest meets. For instance, this filter will give you all the international racewalk results for the last month: <https://worldathletics.org/competition/calendar-results?disciplineId=3&startDate=2023-04-01&endDate=2023-05-01>

By way of additional info, all the walk results are put into the system by Hungarian racewalker and World Athletics Stats team member **Anette Torma**. Once verified and entered, they filter straight through to the World Athletics ranking system. It's a huge task that takes a lot of her time so huge thanks to Anette for this service to our walking community.

Over the past 2 weekends, we had no less than 5 World Athletics Race Walking Tour meets (2 Gold, one Silver and 2 Bronze), offering prize money and having international judging panels. Here they are:

| | | | |
|------------|--|------------------------|--------|
| 30/04/2023 | II Gran Premio Internacional Finetwork Madrid Marcha | Madrid (ESP) | Gold |
| 29/04/2023 | The Penn Relays Carnival Race Walk | Philadelphia, PA (USA) | Bronze |
| 23/04/2023 | 2 nd Korzeniowski Warsaw Race Walking Cup | Warsaw (POL) | Gold |
| 15/04/2023 | Olomoucká dvacíka The Czech republic Championship | Olomouc (CZE) | Bronze |
| 14/04/2023 | 20km Race Walks at 63 rd Mt.SAC Relays, | Walnut, CA (USA) | Silver |

Who said that racewalking had a shrinking footprint. The opposite is the case. The number of top walking competitions world wide continues to grow and our sport is as healthy as ever, even as we fight against anti-walking forces within the World Athletics and IOC hierarchies.

In last week's newsletter, Stu had links to the omarchador reports for the Olomouc and Mt SAC Relay walk results so I won't reproduce those again, but I will feature the most recent three results.

II GRAN PREMIO INTERNACIONAL FINETWORK MADRID MARCHA, MADRID (ESP), SUNDAY 30 APRIL 2023

Around 10,000 spectators lined Madrid's Gran Vía on Sunday to witness the 2nd edition of the Finetwork Madrid International Grand Prix, Cita de Campeones. It was a huge meet, with over 250 walkers spread across a variety of events. The meet boasted World Athletics Race Walking Tour Gold status.

For many of the European walkers, this was the perfect hitout before the European Walk Champs in Podebrady in 3 weeks time.

In the men's 10km roadwalk, Italian walker **Francesco Fortunato** won with 38:56, ahead of the Brazilian **Caio Bonfim** (39:03) and the Ecuadorian **David Hurtado** (39:06). "It's my first big win at an international level. Honestly, I didn't expect it. I did expect to finish on the podium but not win. When I had gone 8km, I saw myself with confidence and with the energy to be able to go faster", said Fortunato. "There were very strong rivals. It has been a very difficult race, at a very high level, and this victory gives me more confidence for the European Cup, the World Cups and the Paris 2024 Olympic Games". Pre-race favourite and defending champion **Perseus Karlstrom** was off the pace early and had to be content with 10th place and a time of 40:04. I wouldn't place too much emphasis on this result. He is sure to be in the mix in the big race.

In the women's 10km race, Chinese **Jiayu Yang**, the 2017 world champion, won with a time of 43:20, ahead of compatriot **Quanming Wu** (43:33) and the Mexican **Alegna González** (43:35).

The junior races also saw big fields, with 64 walkers in the U14 and U16 events, and 35 walkers in the U18 and U20 races.

Men 10km Race Walk

| | | | | |
|-----|--------------------------|-------------|-----|-------|
| 1. | Francesco FORTUNATO | 13 DEC 1994 | ITA | 38:56 |
| 2. | Caio BONFIM | 19 MAR 1991 | BRA | 39:03 |
| 3. | David HURTADO | 21 APR 1999 | ECU | 39:06 |
| 4. | Massimo STANO | 27 FEB 1992 | ITA | 39:06 |
| 5. | Paul MCGRATH | 07 MAR 2002 | ESP | 39:09 |
| 6. | Christopher LINKE | 24 OCT 1988 | GER | 39:11 |
| 7. | Karl JUNGHANNB | 06 APR 1996 | GER | 39:25 |
| 8. | Gabriel BORDIER | 08 OCT 1997 | FRA | 39:25 |
| 9. | Diego GARCÍA CARRERA | 19 JAN 1996 | ESP | 39:50 |
| 10. | Perseus KARLSTRÖM | 02 MAY 1990 | SWE | 40:04 |
| 11. | Álvaro LÓPEZ | 24 MAR 1999 | ESP | 40:04 |
| 12. | Aurélien QUINION | 27 JAN 1993 | FRA | 40:41 |
| 13. | Haifeng QIAN | 08 JUL 2000 | CHN | 40:43 |
| 14. | Tongda BIAN | 01 APR 1991 | CHN | 40:49 |
| 15. | João Pedro VIEIRA | 01 NOV 1999 | POR | 40:52 |
| 16. | Marc TUR | 30 NOV 1994 | ESP | 40:59 |
| 17. | Iván LÓPEZ | 29 MAR 1997 | ESP | 41:19 |
| 18. | Yongjie WEN | 28 SEP 1999 | CHN | 41:27 |
| 19. | Arnis RUMBENIEKS | 04 APR 1988 | LAT | 41:48 |
| 20. | Qin WANG | 08 MAY 1994 | CHN | 41:53 |
| 21. | Zhaozhao WANG | 01 SEP 1999 | CHN | 42:19 |
| 22. | Tao YOU | 19 JUL 1997 | CHN | 42:56 |
| 23. | Pablo PASTOR | 31 MAR 2003 | ESP | 43:02 |
| 24. | Lucas MAZZO | 19 MAY 1994 | BRA | 43:10 |
| 25. | Oscar PATÍN | 01 FEB 2001 | ECU | 43:14 |
| 26. | Jose MESTRE | 27 FEB 2001 | ESP | 44:36 |
| 27. | Daniel DE LUCAS CHANQUET | 05 AUG 2002 | ESP | 46:25 |

Women 10km Race Walk

| | | | | |
|-----|----------------------|-------------|-----|-------|
| 1. | Jiayu YANG | 18 FEB 1996 | CHN | 43:20 |
| 2. | Quanming WU | 16 NOV 2001 | CHN | 43:33 |
| 3. | Alegna GONZÁLEZ | 02 JAN 1999 | MEX | 43:35 |
| 4. | Clémence BERETTA | 22 DEC 1997 | FRA | 44:06 |
| 5. | Ana CABECINHA | 29 APR 1984 | POR | 44:16 |
| 6. | Zhenxia MA | 01 AUG 1998 | CHN | 44:29 |
| 7. | Li MA | 15 JAN 2000 | CHN | 44:36 |
| 8. | Antigoni NTRISMPIOTI | 21 MAR 1984 | GRE | 44:38 |
| 9. | Antia CHAMOSA | 07 OCT 1999 | ESP | 44:49 |
| 10. | Valentina TRAPLETTI | 12 JUL 1985 | ITA | 44:53 |
| 11. | Xueying BAI | 26 APR 2000 | CHN | 44:59 |

| | | | | |
|-----|------------------------|-------------|-----|-------|
| 12. | Raquel GONZÁLEZ | 16 NOV 1989 | ESP | 45:00 |
| 13. | Antonella PALMISANO | 06 AUG 1991 | ITA | 45:05 |
| 14. | Christina PAPADOPOULOU | 05 SEP 1996 | GRE | 45:24 |
| 15. | Liujing YANG | 22 AUG 1998 | CHN | 45:37 |
| 16. | Lidia SANCHEZ-PUEBLA | 17 JUL 1996 | ESP | 45:55 |
| 17. | Cristina MONTESINOS | 12 JUL 1994 | ESP | 45:59 |
| 18. | Rachelle DE ORBETA | 27 MAR 2000 | PUR | 46:14 |
| 19. | Viktória MADARÁSZ | 12 MAY 1985 | HUN | 46:29 |
| 20. | Lamei YIN | 21 DEC 2002 | CHN | 46:56 |
| 21. | Eva RICO | 18 JUN 2003 | ESP | 47:13 |
| 22. | Lucia REDONDO | 03 AUG 2003 | ESP | 47:20 |
| 23. | Gabriela DE SOUSA | 12 JUN 2002 | BRA | 47:34 |
| 24. | Alexandrina MIHAI | 27 MAY 2003 | ITA | 47:47 |
| 25. | Paula JUAREZ | 30 OCT 2000 | ESP | 47:49 |
| 26. | Maritza Rafaela PONCIO | 23 DEC 1994 | GUA | 47:54 |
| 27. | Ana PULGARIN CARDENO | 06 MAY 2001 | ESP | 48:08 |
| 28. | Laura GARCÍA-CARO | 16 APR 1995 | ESP | 48:14 |
| 29. | Irene VAZQUEZ | 12 AUG 1998 | ESP | 51:03 |



Caio Bonfim, Francesco Fortunato and David Hurtado



Quanming Wu, Jiayu Yang and Alegna González

THE PENN RELAYS CARNIVAL RACE WALK, PHILADELPHIA, PA (USA), SATURDAY 29 APRIL 2023

The day before saw another big event, with the Penn Relays walks being contested in Philadelphia. **Nick Christie** won the men's 5000m walk with 19:49.67 while **Natalie Alfonso** of Venezuela won the women's 5000m walk with 22:52.59.

Men 5000m Race Walk

| | | | | |
|----|-------------------|-------------|-----|----------|
| 1. | Nick CHRISTIE | 29 SEP 1991 | USA | 19:49.67 |
| 2. | Tyler WILSON | 23 JAN 2002 | CAN | 21:34.25 |
| 3. | Carson JOHNSON | 16 OCT 2000 | USA | 22:26.34 |
| 4. | Pablo SANZ RILLO | 09 NOV 2002 | ESP | 23:10.21 |
| 5. | Joel PFAHLER | 27 SEP 1990 | USA | 23:40.20 |
| 6. | Gage CARR | | USA | 23:53.45 |
| 7. | Richard LUETTCHAU | 01 DEC 1984 | USA | 24:03.24 |
| 8. | Nikhil HIRANI | | CAN | 24:23.36 |
| 9. | Jadon DAVIS | 02 JUL 2001 | USA | 24:57.21 |
| | AJ GRUTTADAURO | 11 DEC 1997 | USA | DNF |

Women 5000m Race Walk

| | | | | |
|----|---------------------|-------------|-----|----------|
| 1. | Natalia ALFONZO | 21 APR 1994 | VEN | 22:52.59 |
| 2. | Olivia LUNDMAN | 03 JAN 2003 | CAN | 22:53.68 |
| 3. | Miranda MELVILLE | 20 MAR 1989 | USA | 22:57.47 |
| 4. | Maria MICHTA-COFFEY | 23 JUN 1986 | USA | 23:18.13 |
| 5. | Joean LU | | CAN | 24:53.01 |
| 6. | Katherine MIALE | 05 JAN 1997 | USA | 25:07.99 |
| 7. | Cassidy CARDLE | 2002 | CAN | 25:30.76 |
| 8. | Marissa SCIOTTO | | USA | 26:04.15 |
| 9. | Ciara DURCAN | | USA | 26:15.66 |

2ND KORZENIOWSKI WARSAW RACE WALKING CUP, WARSAW (POL), SUNDAY 23 APRIL 2023

Going back a week, we had yet another World Athletics Race Walking Tour Gold meet with the Korzeniowski Warsaw Race Walking Cup, which included the Polish 20km Roadwalk Championships. There were lots of South and Central American walkers in attendance and they dominated the placings.

The men's 20km walk saw an exciting duel between Brazil's **Caio Bonfim** and Ecuador's **Brian Pintado**. Little separated them as they passed the half way mark with 39:33, but it was Bonfim who won out eventually with a fast 1:19:42, 15 secs ahead of Pintado, with Mexican **Isaac Palma** a long way back in third. **Lukasz Niedzialek** won the Polish title with his 7th place finish.

Peruvian **Kimberley Garcia**, the double world champion and pending 35km world record-holder, headed off fast in the women's race and was ahead by over 40 seconds at the half way mark. In an exciting second half, she tired badly and was overtaken by Brazilian **Erica Sena**, before rallying to mount a terrific fight and take the win, 1:30:16 to Sena's 1:30:19. **Saskia Feige** of Germany finished third in 1:31:25. The Polish Championship win went to **Olga Chojecka**. She finished 8th with 1:36:02.

Excellent World Athletics article at <https://worldathletics.org/competitions/world-athletics-race-walking-tour/news/bonfim-garcia-20km-race-walk-warsaw-korzeniowski-cup>.

Men 20km Race Walk

| | | | | |
|-----|--------------------------|-------------|-----|---------|
| 1. | Caio BONFIM | 19 MAR 1991 | BRA | 1:19:42 |
| 2. | Brian Daniel PINTADO | 29 JUL 1995 | ECU | 1:19:57 |
| 3. | Isaac PALMA | 26 OCT 1990 | MEX | 1:22:47 |
| 4. | Ever Jair PALMA OLIVARES | 18 MAR 1992 | MEX | 1:22:48 |
| 5. | Kevin CAMPION | 23 MAY 1988 | FRA | 1:23:12 |
| 6. | César Augusto RODRÍGUEZ | 26 JUN 1997 | PER | 1:24:33 |
| 7. | Lukasz NIEDZIALEK | 15 MAR 2000 | POL | 1:24:53 |
| 8. | Maher BEN HLIMA | 24 JUL 1989 | TUN | 1:25:01 |
| 9. | Georgiy SHEIKO | 24 AUG 1989 | KAZ | 1:26:48 |
| 10. | Artur BRZOZOWSKI | 29 MAR 1985 | POL | 1:28:47 |
| 11. | Lucas MAZZO | 19 MAY 1994 | BRA | 1:31:31 |
| 12. | Joe MOONEY | 27 APR 1998 | IRL | 1:31:36 |
| 13. | Tadas ŠUŠKEVICIUS | 22 MAY 1985 | LTU | 1:31:55 |
| 14. | Rafał SIKORA | 17 FEB 1987 | POL | 1:32:01 |
| 15. | Jakub JELONEK | 07 JUL 1985 | POL | 1:32:40 |
| 16. | Pablo PASTOR | 31 MAR 2003 | ESP | 1:33:40 |
| 17. | Jorge LÓPEZ | 08 OCT 2002 | ESP | 1:34:11 |
| 18. | Jose Luis HIDALGO | 12 MAY 2002 | ESP | 1:34:11 |
| 19. | Arkadiusz SCHIEDEL | 17 AUG 2000 | POL | 1:35:08 |
| 20. | Hubert WÓJCIK | 05 JUL 2003 | POL | 1:43:42 |
| 21. | Kajetan LATANSKI | 20 AUG 2003 | POL | 1:46:12 |
| 22. | Olaf RYNKIEWICZ | 12 FEB 2002 | POL | 1:46:20 |
| 23. | Mikołaj NOWOSTAWSKI | 05 JUL 2002 | POL | 1:48:53 |
| | Andrés CHOCHO | 04 NOV 1983 | ECU | DNF |
| | Mattéo DUC | 25 MAR 2001 | FRA | DNF |
| | Christopher SNOOK | 14 JAN 2000 | GBR | DNF |
| | Álvaro LÓPEZ | 24 MAR 1999 | ESP | DNF |
| | Alberto AMEZCUA | 10 MAY 1992 | ESP | DNF |
| | Iván PAJUELO | 27 AUG 1993 | ESP | DNF |
| | Kamil PIECUCH | 10 JUL 2003 | POL | DNF |
| | Dimitri DURAND | 03 JUN 2002 | FRA | DQ |
| | Frederick WEIGEL | 08 MAY 2005 | GER | DQ |
| | Mateusz NOWAK | 06 MAY 1996 | POL | DQ |

Women 20km Race Walk

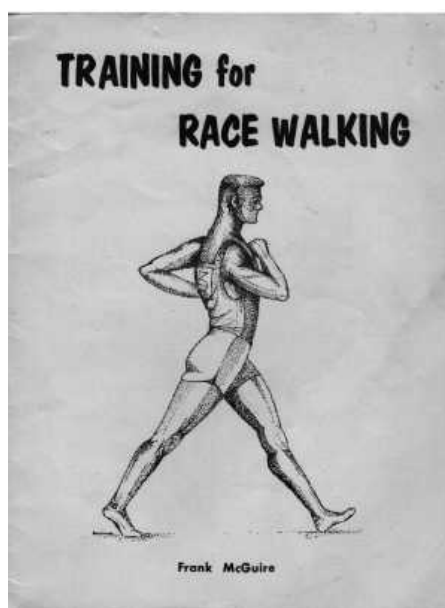
| | | | | |
|-----|------------------------|-------------|-----|---------|
| 1. | Kimberly GARCÍA LEÓN | 19 OCT 1993 | PER | 1:30:16 |
| 2. | Erica SENA | 03 MAY 1985 | BRA | 1:30:19 |
| 3. | Saskia FEIGE | 13 AUG 1997 | GER | 1:31:25 |
| 4. | Johana ORDÓNEZ | 12 DEC 1987 | ECU | 1:34:09 |
| 5. | Magaly BONILLA | 08 FEB 1992 | ECU | 1:34:19 |
| 6. | Mar JUÁREZ | 27 SEP 1993 | ESP | 1:34:37 |
| 7. | Gabriela DE SOUSA | 12 JUN 2002 | BRA | 1:35:37 |
| 8. | Olga CHOJECKA | 30 JUN 1997 | POL | 1:36:02 |
| 9. | Heather WARNER | 25 OCT 1993 | GBR | 1:36:04 |
| 10. | Monika VAICIUKEVICIUTE | 03 APR 1996 | LTU | 1:39:23 |
| 11. | Bethan DAVIES | 07 NOV 1990 | GBR | 1:39:38 |
| 12. | Anna ZDZIEBLO | 20 NOV 2001 | POL | 1:42:10 |
| 13. | Kate VEALE | 05 JAN 1994 | IRL | 1:42:32 |
| 14. | Robyn STEVENS | 24 APR 1983 | USA | 1:45:14 |
| 15. | Abigail JENNINGS | 10 JUL 2000 | GBR | 1:48:09 |
| 16. | Celia VIDALINC | 06 JUN 1996 | FRA | 1:50:44 |

| | | | | |
|-----|---------------------|-------------|-----|---------|
| 17. | Kinga WALERIANCZYK | 19 AUG 2002 | POL | 1:52:32 |
| 18. | Amelia BLAZEJEWSKA | 31 MAR 2003 | POL | 1:53:06 |
| 19. | Magdalena CZWOJDRAK | 07 FEB 2003 | POL | 2:02:45 |
| | Galina YAKUSHEVA | 14 JUL 1988 | KAZ | DNF |
| | Kristina MOROZOVA | 18 JAN 2001 | KAZ | DNF |
| | Elvina CARRÉ | 06 FEB 2003 | FRA | DNF |
| | Polina REPINA | 29 JUN 1990 | KAZ | DNF |
| | Maja MARGIEL | 27 APR 2002 | POL | DNF |

The meet also included big fields in the U20, U19 and U16 walk categories. See <https://worldathletics.org/competition/calendar-results/results/7190240>.

1962 TRAINING FOR RACE WALKING - FRANK MCGUIRE

Time to add another historic racewalking book to my archive at <http://www.vrwc.org.au/vrwcbooks.shtml>. This week it's the 1962 publication *Training for Race Walking* by Melbourne coach and VRWC life member **Frank McGuire**.



Frank was a mighty figure on the Australian racewalking stage, firstly as a competitor and then as a coach and administrator.

He was appointed VAWC Club Coach in 1954 and attacked the task with great vigor. His innovative use of slow motion cine film to analyse walking technique was revolutionary and his recommendations that judges adopt angle judging was accepted first at VAWC level and then at Federation and Australian level. Not surprisingly, he had the job of filming the 1956 Olympic road events in slow motion for Guy Buther, the IAAF official photographer. It was at this stage (1956) that he was awarded life membership of VAWC.

Frank became an IAAF walking judge in 1959 and National Walking Coach that same year. He judged at the 1960 Rome Olympics and in the same year was appointed national walk coach. Always innovative, he tried to introduce examination by movie (video), but the suggestion was rejected by other judges.

He gained international respect and recognition as the author of numerous books on coaching and training, with emphasis on junior walkers in many of his publications. When his definitive book *Training for Race Walking* was published in 1962, he presented 40 copies to the club to sell for club funds.

That's how I got my copy, as a young and aspiring athlete. It is a wonderful book and it is hard to believe that it was written over 60 years ago. It reads as a much more recent tome.

One of the great things about it was the many training schedules provided to him by a plethora of the top walkers in Australia and from overseas. As young walkers, we gleaned many of our training ideas from that book and those profiles.

And you can read more about Frank McGuire (BEM) at <http://www.vrwc.org.au/tim-archive/articles/vw-frank-mcguire.pdf>



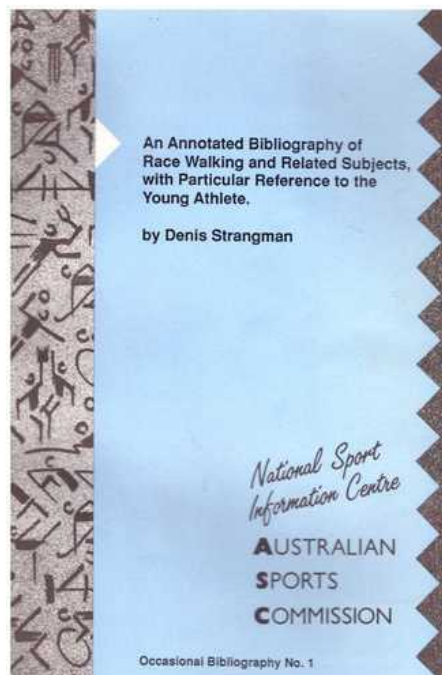
It is my sad duty to report the passing of Australian racewalking identity Denis Strangman, aged 90.

Denis became involved in our sport during the 1980s when his children started with the Ginninderra Little Athletics Centre in Canberra. He and his family remained active members of ACTRWC for many years and Denis made some significant contributions both to racewalking and do the wider community.

His daughter Josephine (Jo) was an extremely good young walker who medaled at various Australian underage championships in the early 1990's. Jo was unlucky to miss out on a spot in the 1995 Australian World Cup team but she did represent Australia in the 1995 World Student Games alongside Dion Russell. Both did well, Dion finishing 9th and Jo finishing 14th.

Denis quickly took on a coaching role and went on to become a dedicated official, with a passion and keen interest for the proper promotion and development of walking at all levels.

One of Denis's major contributions on the racewalking front was his tome *An Annotated Bibliography of Race Walking and Related Subjects, with Particular Reference to the Young Athlete*, published by the National Sport Information Centre in Canberra in 1990. This collected together in one place some 750 racewalking references (articles and books), with commentaries where possible. This was the first resource of this kind, providing an excellent aid for teachers, coaches, parents and aspiring athletes. All the books and articles referenced were available for loan via the NSIC and remain there to this day.



Denis eventually passed onto me all his walking archives, including the 2 full boxes which contained all these references in hard copy, along with a copy of the reference document itself.

Denis was a senior Federal public servant in his working life and an online search shows a number of articles and Govt submissions, penned under his name. But it was in one particular area that he received his greatest accolades, being awarded an AM in 2015 “*For significant service to community health through advocacy, public policy, and support organisations for people with brain tumours.*”¹

When his wife Margaret died from a malignant primary brain tumour in 2001, he gathered like minded people from around the world and formed the International Brain Tumour Alliance (IBTA), for which he was the Foundation Chair (2005-2014).

The Canberra Times obituary reads as follows²

Beloved husband of Margaret (dec).

Loved and loving father of Josephine and Drago, Kieran and Kristy, Peter, Bryan and Kylie, and Gregory. Treasured Grandad to Abigail, Charlotte, Amelia, Caroline, Xavier and Laila. Friend, advocate and mentor to many.

Forever in our hearts.

The funeral service for Denis will be held in St Thomas Aquinas Catholic Church, Lhotsky Street, Charnwood on Tuesday, 9 May 2023, commencing at 11am.

Burial will follow at Gungahlin Cemetery.

In lieu of flowers, please consider a donation to Brain Tumour Alliance Australia.

Please contact William Cole Funerals for livestream details.

I always enjoyed catching up with Denis at the annual LBG Carnival in Canberra. He will be sadly missed by us all at this year's event.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of COVID-19 issues.

Victorian & National Key Dates – 2023

| | |
|-----------------|---|
| Sat 6 May 2023 | VRWC Points races #1; Coaching clinic 12pm – 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 Enter at http://vrwc.org.au/wp/ |
| Sat 17 Jun 2023 | VRWC 'Guess Your Time' prizes day – Middle Park |
| Sun 6 Aug 2023 | AMA Masters 20km road c'ships - Adelaide |

International Dates

| | |
|---------------------|---|
| Sat 6 May 2023 | Grande Premio Internacional de Rio Major em Marca Atletica – Rio Major, ESP |
| Sun May 21, 2023 | 2023 European Race Walking Team Championships , Podebrady, CZE |
| Sat 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 – Venue TBA |
| 13-21 Sep 2025 | 20th World Athletics Championships – Tokyo, JAP |

Tim Erickson, tim.erickson02@gmail.com, Mob: 0412 257 496

Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)

1 See <http://www.vrwc.org.au/vrwc-australian-honours.shtml> and <https://btaa.org.au/news/latest-news/queens-birthday-honours-btaa-co-founder-denis-strangman-am>

2 See <https://tributes.canberratimes.com.au/obituaries/477900/denis-strangman/>