



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2023 Number 19
Tuesday 16 May 2023



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WE LEARN MORE ABOUT THE CHANGING SHAPE OF RACEWALKING

Readers will remember Stuart Cooper's article *PARIS 2024: Exit the 50km/35km. Enter the 'fake marathon'* which led issue 14 of our newsletter last month (see <http://www.vrwc.org.au/newsletters/heelandtoe-2023-num14.pdf>).

First it was a case of getting rid of the 50km and replacing it with a 35km walk. This lasted one Olympics and now it too is going, to be replaced by this questionable marathon walk relay. This was all announced by World Athletics in their press release <https://worldathletics.org/news/press-releases/olympic-race-walking-event-paris>.

They pushed out the idea but we all said NO. So they went ahead anyway and did it. So much for a shared vision!

Now the landscape looks even bleaker, with an email emanating from World Athletics foreshadowing that the 35km walk will be removed from the 2024 Race Walking Team Championships in Antalya, Turkey, to be replaced by this new marathon relay. Thanks to the concerned official who has forwarded it to us.

Marathon Race Walk Mixed Relay

Further to the approval and announcement of the new Marathon Race Walk Mixed Relay, a specific Working Group in representation of athletes, coaches, judges and Member Federations was appointed to discuss the detailed format of the new event and the qualification pathway of the 25 teams to Paris 2024. Council was presented with the recommendations which were approved as follows.

2.1 Qualification pathway to Paris 2024

- The Marathon Race Walk Mixed Relay will replace the 35km at the 2024 World Athletics Race Walking Team Championships in Antalya (TUR).
- The Top 22 finishing teams in Antalya will qualify automatically for Paris.
- Up to 5 of these 22 teams can be from a second team of the same country (NOC).
- 3 additional teams (which cannot be from a country already qualified from Antalya 2024) will qualify through the Marathon Race Walk Mixed Relay top performance lists in the qualification period (31/12/2022 - 30/06/2024).
- To be considered for qualification purposes, these Marathon Race Walk Mixed Relay events must comply with the following:
 - Be held on a World Athletics Certified Course.
 - Minimum three International or Area Race Walking Judges must officiate at the competition.
 - Minimum two international teams, representing at least two countries, must compete in the race.
 - Each athlete must walk a minimum of 20km between their two legs. For information, in Paris, the 4 legs (M+W+M+W) will be: 11.45km, 10km, 10km, 10.745km.
 - Be conducted at a competition which is published on the World Athletics Global Calendar.

Member Federations and / or other governing bodies interested in staging a Marathon Race Walk Mixed Relay as a qualification opportunity for Paris 2024 are invited to contact our Competitions Department for more details.

2.2 Judging

This is a new event which is based on team participation only. It is also an event over 10km legs which, due to the fast pace, could make proper and consistent judging challenging. The priority is to allow every team to finish while ensuring that no team gets an advantage by walking irregularly and therefore time penalties will replace disqualifications in case of additional red cards for the team.

The judging for this event, which will also be implemented in Antalya 2024 and in Paris 2024, will be according to the following principles:

- Judging will be on a Team / NOC basis rather than on the individual athlete.
- No athlete / team can be disqualified based on poor race-walking technique and therefore red cards will not lead to DQ but, rather, to additional time penalties as follows:
 - 3 red cards for the Team = 3 min penalty
 - 4th red card for the team = 4 min cumulative penalty (1 additional minute)
 - 5th red card for the team = 5 min cumulative penalty (1 additional minute)
 - etc.

Note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.

World Athletics reserves the right to review all aspects of this event including judging, after Antalya 2024.

And just who is this handpicked "*Working Group of athletes, coaches, judges and Member Federations*". No prizes for guessing that it will have been handpicked from those who supported the proposal. It's a case of choosing the people who will do what you want and ignoring the vast majority who want to maintain the status quo. If this was politics, we would call it gerrymandering.

WA has even acknowledged in their latest press release that it will be just about impossible to judge: "*It is also an event over 10km legs which, due to the fast pace, could make proper and consistent judging challenging.*" I pity the judges having to participate in this charade.

In my opinion, this is not yet the end game, but just a further nail in the coffin by the anti-walking forces in WA and the IOC. They got rid of the 50km, now they have got rid of the 35km and we can guess how long this relay will last. It won't work and will be dropped after one Olympic cycle and we will be left with one walk (the 20km), which is what they have always been working towards.

WINTER ROADWALK NATIONALS

As if the above news is not bad enough, an email was sent out by Athletics Australia last Friday, as follows

Nominations for Officials are now open for the 2023 Chemist Warehouse Australian Winter Championships.

The following Championships are open for nomination

Australian Half Marathon Championships (limited positions) - Sunshine Coast - Sunday 13th August
 Australian Cross Country Championships - Stromlo Forrest, Canberra - Saturday 26th August
 Australian Marathon Championships (limited positions) - Sydney- Sunday 17th September

Nominations will close - 26th May 2023, with appointments confirmed no later than the 2nd June 2023 (The Australian Marathon Championships confirmations may be delayed if we have not received final positions by the 2nd June).

As noted above, there are limited positions based on our contacts with event organisers. More officials will be required for the Cross Country Championships. We encourage officials to not book flights or accommodation until after confirmation of an appointment.

In 2023, there will be no Australian Winter Race Walk Championship.

A little one liner at the end of the email delivers shattering news to the Australian walking community. The winter season has always culminated with the Australian Roadwalking Championships but apparently not in 2023.

I was then forwarded the following email from a couple of days before

As mentioned, we have recently reviewed our Australian winter events calendar and during this process it was confirmed by World Athletics that we are unable to have two national championships of the same distance (20km), internationally recognised in the one calendar year. Due to the timing and importance of the international selection associated with our national championships, we have elected the Australian 20km Race Walking Championship in February as our official national championship this season and therefore I am writing to inform you that Athletics Australia will not be conducting our Australian Winter Race Walking Championships in 2023

As a result of this decision, we will be moving our junior national titles to either our December or February events and only be conducting the following two meets in the 2023/24 season:

Australian 35km Race Walking Championships (Dec 2023)
 Australian 20km Race Walking Championships (Feb 2024)

I understand this is a late decision for the upcoming season and would like to offer our support for any administrative assistance you may need in continuing with your 2023 event. Unfortunately we are not in a position to assist you financially.

Kind regards

Michelle James
General Manager – Sport Delivery
Athletics Australia

We currently have 4 Australian Open Championships for men and women: 10,000m Track, 35km Road, and Summer and Winter 20km Road. AA is within its rights to drop one of the two 20km Championships. I have not great issue with that, as we still have 3 Australian Championships for our Open walkers. But the question is much bigger than that.

Michelle James tells us that AA is dropping this year's Winter Roadwalk champs (ie the Winter 20km) and moving the Australian Junior Roadwalk Championships to either December 2023 or February 2024.

If they are shifted to December 2023 and scheduled alongside the 35km - at the same time as our junior walkers are competing in the Aust Schools T&F Championships - then we have a major clash. Families with junior walkers would be expected to make 2 interstate trips within a 1-2 week period. Participation numbers will be impacted.

If they are to be held in February 2024 with the remaining 20km Championship, they would be held at the same time as all our junior walkers are participating in their State T&F and LA Championshipss and preparing for the Australian T&F Champs - again, it is a very poor scheduling choice which would guarantee poor participation numbers. Families would be saving up for the Australian T&F Championships. They don't need another interstate carnival in the same timeframe.

It is my opinion that the Australian Junior Roadwalk Champs should stay in their current timeframe at the end of the winter season. They work well alongside our Second Federation Carnival and garner bigger fields than if they were held as a stand alone event. The old adage comes to mind - it ain't broke, don't change it.

This deserves discussion and I am very disappointed that AA has unilaterally decided on a plan of action without any chance for the RW community and RWA to provide its expert input.

VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 13 MAY 2023

Ok, enough of the bad news. Now onto our weekly racewalking reports – at least that is good news! Perfect conditions ensured optimal racing conditions for the 39 walkers who travelled to Middle Park on Saturday afternoon for the latest VRWC roadwalks.

Marcus Wakim and **Eden Morgan** led out in the longer races, Eden excelling with a big PB time of 50:01 in the 10km. **Grace Louey** also PB'd in the 10km with 1:05:15. But the standout was definitely 20 yo **Arnika Nelson** who had her first walk with us in 4 years and has she improved in that timeframe, recording a huge 5km PB of 25:31.

12km Walk				H'cap	
1.	Carolyn Rosenbrock	60+	1:11:44	1	
1.	Marcus Wakim	U18	57:21	2	PB 0:01
2.	Gerard Feain	60+	1:17:14	1	
10km Wal				H'cap	
1.	Char Hay	Op	54:50	1	
2.	Grace Louey	U20	1:01:15	2	PB 0:42
1.	Eden Morgan	U18	50:01	1	PB 1:32
5km Walk				H'cap	
1.	Arnika Nelson	Op	25:31		PB 1:31
2.	Ariana Pashutina	U18	27:00	2	
3.	Jade Chitty	U20	27:18	1	PB 0:19
4.	Emily Smith	U18	28:52	3	
5.	Heather Carr	60+	33:29	4	
6.	Karyn O'Neill	60+	36:43	5	
1.	Mark Blackwood	40+	23:40		
2.	Jonathan Ho	U20	27:48	1	PB 1:31
3.	Terry O'Neill	60+	35:46	2	

Our biggest field was in the 3km walk and as usual it was 12 year old **Ela Uzun** who led them out, storming through to an U13 club record with 14:19. Not to be outdone, **Gwen Steed** set a new W80 club record with her time of 22:17. **Hannah Matthews** and **Tate Jardine** tested themselves out with their longest walk so far. Lots of PBs overall.

3km Walk				H'cap	
1.	Ela Uzun	U12	14:19	5	VRWC U13 Club Record
2.	Mya McClure	U12	15:13	2	PB 0:04
3.	Matilda Read	U14	15:48	1	PB 1:55
4.	Havana Ali	U12	16:10	4	PB 0:12
5.	Mietta Morgan	U14	16:23	3	PB 0:12
6.	Hannah Matthews	U14	18:12		First 3km walk
7.	Donna-Marie Elms	60+	19:22	9	
8.	Dee Holohan	40+	19:25	6	PB 0:18
9.	Merilyn Thompson	40+	21:49	8	
10.	Gwen Steed	60+	22:17	7	VRWC W80 Club Record
1.	Daniel Pashutin	U16	15:34	1	
2.	Pramesh Prasad	40+	15:58	2	
3.	Tate Jardine	U12	21:14		First 3km walk
4.	Steven Haverly	60+	26:50		
	John Nottle	60+	DNF		

The 1km walkers were also in great form, with lots of PBs. Fastest overall went to **Zoe Bowkett** with 5:23, ahead of **Pippa Read**, **Erlyn Singh**, **Anouk Morgan** and **Logan Allison**.

1km Walk				H'cap	
1.	Zoe Bowkett	U12	5:23	3	
2.	Pippa Read	U10	5:25	2	PB 0:28
3.	Erlyn Singh	U10	5:36	4	PB 0:22
4.	Anouk Morgan	U10	5:48	1	PB 0:08
5.	Lily Bowkett	U10	7:52	6	
6.	Marj Apple	60+	7:53	5	
1.	Logan Allison	U10	5:48	2	PB 0:05
2.	Haris Ali	U12	6:48	3	
3.	Aydin Uzun	U12	8:39	1	

Check out <http://www.vrwc.org.au/vrwcpointscmps.shtml> for the Handicap and Actual Time Points after our first 2 Points rounds.



Grace Louey, Marcus Wakim, Eden Morgan, Ela Uzun and Arnika Nelson



Hannah Matthews, Zoe Bowkett, Tate Jardine and Erlyn Singh (all photos Terry Swan)

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

- Manager:** Mark Donahoo
- Referee:** Terry Swan
- Recorders:** Ian Laurie, Bob Gardiner, Michael Bodey, Colin Morgan, Bill Carr, Mark Donahoo
- Judges:** Gordan Loughlan (Chief), Peter Price, Brenda Felton, Di Lowden, Tony Doran, Scott Nelson
- Set up, Pack up:** Terry Swan, Tim Erickson, Gerard Feain, Michael Bodey, Bob Gardiner, Ian Laurie, Steven Haverly
- Canteen:** Donna-Marie Elms, Gwen Steed
- Bike rider:** Tim Erickson
- Photos:** Terry Swan (see <https://www.facebook.com/photo/?fbid=10229422487807435&set=oa.760196399151402>)

WHAT'S COMING UP

- Next Sunday is one of our big winter season Championship days, with a mixture of AV, AV Schools and VRWC championships on offer. **With so many events on offer, we will need even more officials than usual. I've agreed to be event manager so am putting out a call for lapscorers and extra officials. If you can help, give me a shout at tim.erickson02@gmail.com.**

Sunday 21st May 2023, Middle Park A.V. 35km Open, A.V. SCHOOLS & VRWC Championships			
8.00am	35km	AV Championship - Jared Tallent Trophy	Open
8.00am	35km	VRWC championship	Open
9.00am	10km	AV Schools Championship	U20 Men/Women
9.00am	10km	Non- championship	Open
10.00am	5km	AV Schools Championship	U18 Men/Women
10.00am	5km	Non- championship	Open
10.30am	3km	AV Schools Championship	U16 Boys/Girls
10.30am	3km	AV Schools Championship	U14 Boys/Girls
10.30am	3km	Non- championship	Open
11.00am	2.5km	VRWC Championship	U12 Boys/Girls
11.00am	2.5km	Non- championship	Open
11.00am	1.5km	VRWC Championship	U10 Boys/Girls
11.00am	1.5km	Non- championship	Open
11.45am	Presentations		
The Victorian 35km and VRWC 35km are Open events, meaning they are open to men and women			

The finer points are as follows

- Entry to AV and AV Schools championships is via the link <https://members.athsvic.org.au/events/184786/>. Entrants in the AV 35km must wear their AV club uniform, with their current AV bibs. Entrants in the AV Schools races may wear their school sports uniform or their AV club uniform (if an AV member) or their VRWC uniform (if a VRWC member).

- Entry to all VRWC events is via the new VRWC online portal <https://www.revolutionise.com.au/vrwc/>.
- Walkers must check in at the VRWC clubrooms no later than 45 minutes before the start of their race. The clubrooms are located within the Middle Park Bowling Club Complex (Mel. Ref 2K – F10).
- Looking further ahead to the annual **Racewalking Australia Carnival** which will be held at **Stromlo Forest Park in Canberra on Sunday 11th June 2023**, entries are now open and we want to send as strong a VRWC team as possible. You can sign up to walk or volunteer through the following link: <https://vrwc.org.au/wp1/>. **Entries close 5pm on Wednesday 24th May** so you only have a week left.

As of Monday evening, we had only a few VRWC entries (see below) but I expect numbers to surge in the next week. Talk to us at Middle Park on Saturday to find out more.

Event 5.	RWA Open Men 15 km	Tingay, Declan	Wakim, Marcus		
Event 8.	RWA Men U20 10 km	Coughlan, Riley			
Event 17.	RWA Boys U16 3km	Pashutin, Daniel			
Event 19.	RWA Boys U18 5km	Coughlan, Riley	Pashutin, Daniel		
Event 20.	RWA Girls U18 5km	Pashutina, Ariana			
Event 21.	RWA Women Open 5km	Pashutina, Ariana	Nelson, Arnika		
Event 22.	RWA Men Open 5km	Tingay, Declan	Coughlan, Riley	Wakim, Marcus	Pashutin, Daniel

WALKER OF THE WEEK

This week's Walker of the Week is VRWC masters walker **Gwen Steed**. Gwen has bset lots of Australian, Victorian and VRWC records as she has progressed through the age groups. When she hit 70 in 2012, she gradually ticked off all the W70 records. When she turned 75 in 2017, she did the same with the W75 records. Now she has reached the W80 division, she is ticking off her latest set of records. The newest came on Saturday when she recorded a VRWC W80 record of 22:17 in the VRWC 3km roadwalk at Middle Park. You can read more about Gwen in a great article written by Heather Carr way back in 2014 – <http://www.vrwc.org.au/tim-archive/articles/footprints%20-%20GWEN%20STEED.pdf>. Well done Gwen!



Gwen competing at Middle Park on Saturday

SARWC ROADWALKS, ADELAIDE SOUTH PARKLANDS, ADELAIDE, SATURDAY 13 MAY 2023

Thanks to Kim Mottrom for this week's results from South Australia. *Great weather in Adelaide today, with a number of PB's and a couple of people doing their longest races ever:*

Open 5km Walk

1.	Rhiannon Lovegrove	28:13	
2.	Peter Crump	29:41	
3.	Greg Metha	31:03	
4.	Marie Maxted	34:17	
5.	Alex McEwan	38:47	PB 0:12
6.	Di Camilleri	40:25	

Open 3km Walk

1.	Daisy Braithwaite	14:20	PB 0:06
2.	Cooper Rech	14:59	PB 0:12
3.	Matilda Gourlay	16:37	
4.	Katie DeRuvo	17:34	
5.	Zayden Kamish	18:59	
6.	Jasmine Crabb	19:59	PB 1:47
7.	Kristy Templer	26:38	First 3km

Open 2km Walk

1.	Angelina Legrand	11:21	
2.	Grace Marin	11:42	First 2km
3.	Senna Cook	13:16	PB 0:04

Open 1km Walk

1.	Liliana Templer	5:57	
2.	Caleb Camilleri	6:18	
3.	Robert Crabb	8:19	
4.	Anthony Crabb	9:03	
5.	Martin Crabb	13:10	

TWRC ROADWALKS, MONTROSE BAY, HOBART, SATURDAY MAY 13 2023

Thanks to David Moore for the latest results from Tasmania. He writes:

Fine and calm conditions at Montrose Bay meant a good opportunity to achieve new PB's and our walkers didn't disappoint. Newcomer **Marinette Alberts** was first up in the PB stakes with a 52 second PB in her 1km event. In the 2km **Lily Carr** blitzed the field to win with a 28 second PB, whilst the biggest improvement of the day came from **Adele Woodward** slicing over a minute from her previous best. There was some solid racing on the day as well, with a tight tussle for second and third between **Eugene Gerlach** and **Adele Woodward**, with Eugene just holding on at the finish, and a three way battle between **Lucas Carr, Isla Direen** and **Elsie Woodward** (doing her first ever 2k), with not much between them at the finish.

1km Walk

1.	Marinette Alberts	Kingston LA	6:59	PB
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2km Walk

1.	Lily Carr	OVA	12:16	PB
2.	Eugene Gerlach	TMA	13:24	
3.	Adele Woodward	OVA	13:29	PB
4.	Lucas Carr	Kingston LA	16:16	
5.	Isla Direen	Huon LA	16:28	
6.	Elsie Woodward	Huon LA	16:33	First one
7.	Dave Moore	TMA	19:31	

5km Walk

1.	Wayne Fletcher	NS	47:49	
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ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 13 MAY 2023

Thanks to Helen Toyne for this week's results from Canberra. Fast waker by **Gwyllym Young**.

10km Walk

1.	Gwyllym Young	47:25
2.	Sue Archer	1:12:31

5km Walk

1.	Emma Grocott	26:14
2.	Jillian Ryan	27:04
3.	Julia Grocott	31:26
4.	Jill Pearson	34:32
5.	Jennie Gilchrist	44:25
6.	Miriam McCarthy	47:13

Thanks to Jim White, Renee Cassell, Jodie Sundstrom, Rod Gilchrist, Peter Boden, Jeanette Ryan and Paul Archer for officiating this week.

Note an alert from Helen last night:

I have been made aware that one of the people at the walks meeting this weekend at Lennox Gardens became unwell that afternoon and tested positive for Covid 19. The person has agreed for me to alert the club.

There is lots of covid around at the moment anyway, so this may not pose any additional risk, but please remember if you have any symptoms at all and are one of our older members or otherwise at risk you should test and seek antiviral treatment early from your GP.

And don't forget to get your booster if it is more than 6 months since you had either a booster or covid infection.

There are no reporting or isolation requirements associated with this.

Lots of covid going around in Australia!

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 14 MAY 2023

Thanks to Terry Jones for this week's results from Western Australia.

10km Walk

1.	John Ronan	51.19
2.	Alexandra Griffin	52.46
3.	Bradley Mann	53.44
4.	Kaytee Bogaers	1.00.03
5.	Karyn Tolardo	1.02.21
6.	Wendy Farrow	1.11.21
	Ben Reid	DNF

1.5km Walk

1.	Dylan Sardelich	8.13
2.	Darcy Bramwell-Keys	8.40
3.	Savannah Carnaby	8.48
4.	Lachlan Nichols	8.56
5.	Hunter Sardelich	9.16
6.	Tayte Moore	10.11

4km Walk

1.	Dylan Sardelich	25.56
2.	Fiona van Heerwaarden	27.17
3.	Steve Travell	37.56
4.	Glenys Duncan	38.49

KEVIN STONE MEMORIAL OPEN DAY, CHIPPING NORTON, SYDNEY, SATURDAY 13 MAY 2023

Thanks to Frank Overton for the results of the last 2 weeks of NSWRC roadwalks. First to last Saturday for the Kevin Stone Memorial Open Day at Chipping Norton. Hosted by the Nepean Athletics Club, it was a great success, with 56 walkers competing on the 1km out and back lap. Conditions were good, around 20C, and with threatened thunderstorms holding off long enough to complete the events.

Long Division 10km

1.	Jasmin Dighton (F)	52:24
2.	Bridget Bell (F)	54:46

Medium Division 8km

1.	Ciara Cassiles (F)	45:31
2.	Brendan Pospischil (M)	46:41
3.	Laelia Byatt	52:29

Short Division 4km

1.	Joel Byatt (M)	20:01
2.	Jessey Bektas (F)	24:17
3.	Aidan Pospischil (M)	24:37
4.	Erin Cassillis (F)	25:12
5.	Laura Corvalan-Sotomayor (F)	25:31
6.	Nicolle Challinor (F)	33:16
E7.	Emily Chalinor	36:46
E7.	Sarah Challinor	36:46

Under 16 Division 3km

1.	Evie Armstrong (F)	16:19
2.	Christopher Nilon (M)	17:19
3.	Matilda Olsen (F)	17:52
4.	Olive Gauci (F)	19:55
5.	Ruby Bryan (F)	20:14
6.	Katherine Farrugia (F)	24:52

Under 14 Division 3km

1.	Ema Hoskins (F)	17:39
2.	Lilly Twigden (F)	17:51

Under 12 Division 2km

1.	Nate Appleyard	10:24
2.	Joshua Waddington (M)	11:00
3.	Ash Mansell	11:15
4.	Hannah Hewitt (F)	11:25
5.	Molly Miller (F)	11:28
6.	Isla Banks (F)	11:50
7.	Ivy Murray (F)	12:09
8.	Scout Linton (M)	12:35
9.	Mackenzie Kitching (F)	13:19
10.	Lara Penny (F)	13:32
11.	Matilda Hay (F)	13:38
12.	Luca Barakat	14:35
13.	Chloe Farrugis (F)	14:55
14.	Rose Goska (F)	15:13
15.	Alexander Dennett (M)	15:19
16.	Zoe Zantiotis (F)	17:28

Under 10 Division 1km

1.	Stella Wade (F)	5:01
2.	Harrison Bouquet (M)	5:18
3.	Beth Cochrane (F)	5:41
4.	Addison Fahey (F)	5:50
5.	Addison Jenkins (F)	6:08
6.	Antonia Powter (F)	6:39
7.	Veronica Dennett (F)	6:43
8.	Milana Sorokin (F)	7:07
9.	Amelie Barakat (F)	7:58
10.	Max Miller (M)	9:30

3.	Ashleigh Farrugia (F)	18:00
4.	Michael Matheson (M)	18:01
5.	Madeline Kot (F)	18:10
6.	Sienna Wade (F)	18:27
7.	Patrick Waddington (M)	18:33
8.	Noah Vela (M)	18:49
9.	Sagan Jones	18:59
10.	Summer Hay (F)	20:43
11.	Maeve Nolan (F)	22:03

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 6 MAY 2023

Finally, back a week to Saturday 6th May for the previous weekend's NSWRWC meet which saw a very healthy 52 walkers. U14 walker **Sophie Polkinghorne** was the pick, with her 2km time of 9:34.

Long Division 8km

1.	Jasmine Dighton	43.00
2.	Bridget Bell	46.44
3.	Chelsea Roberts	47.02

Short Division 3km

1.	Jessie Bektas	18.19
2.	Laura Corvalan-Sotomayor	19.15
3.	Erin Cassilles	20.26
4.	Nicolle Challinor	24.10
5.	Emily Challinor	32.00
6.	Sarah Challinor	32.00

Under 16 Division 2km

1.	Jessica Loring	10.09
2.	Evie Armstrong	10.24
3.	Matilda Webb	10.42
4.	Christopher Nilon	10.52
5.	Matilda Olson	11.46
6.	Ruby Byan	13.12
7.	Olive Gauci	14.03
8.	Katherine Farrugia	15.42

Under 14 Division 2km

1.	Sophie Polkinghorne	9.34
2.	Alexander Braendle	10.49
3.	Emma Hoskins	11.37
4.	Mitchell McCarthy	11.41
5.	Madeline Kot	12.00
6.	Ashleigh Farrugia	12.00
7.	Noah Vella	12.00
8.	Sienna Wade	12.36
9.	Patrick Waddington	12.48
10.	Adya Bhushan	12.49
11.	Summer Hay	14.57
12.	Sagan Jones (INV)	12.07

Under 12 Division 1.5km

1.	Nate Appleyard	7.32
2.	Joshua Waddington	8.10
3.	Hannah Hewitt	8.12
4.	Ashleigh Mansell	8.15
5.	Keira Gill	8.29
6.	Isla Banks	8.33
7.	Ivy Murray	8.37
8.	Caitlin Allum	8.40
9.	Molly Miller	8.42
10.	Felicity Rudd	9.04
11.	Gemma Hunt	9.22
12.	Mackenzie Kitching	9.40
13.	Lara Penny	10.18
14.	Matilda Hay	10.38
15.	Chloe Farrugia	11.10
16.	Rose Goska	11.12

Under 10 Division 0.75km

1.	Stella Wade	3.35
2.	Beth Cochrane	4.21
3.	Addison Jenkins	4.38
4.	Antonia Powter	5.04
5.	Amelie Baracat	6.00
6.	Milana Sorokin	6.28
	Harrison Bouquet	DQ

5TH GRAND PRIX DE GIEN; GIEN, FRANCE, SUNDAY 15 MAY 2023

Emmanuel Tardi was in Gien, 120km in the south of Paris, on Sunday, for the annual meet organised by their local club. Last year, they organised the French national championship so it was a big disappointment this year with 11 walkers turning up. This was a shame considering the perfect weather but perhaps understandable, with the European Champs only 1 week away.

Local walker **Sebastien Bontemps** easily won the 20km. Emmanuel points out that fourth placed **Eddy Gouron** won the last World Masters Indoor Championship Pentathlon (with 1m99 in the high jump and 4m15 in the pole vault). He had wanted to try all the olympic events, so ran a marathon in April and completed his goal with the 20km on Sunday.

5km Walk

1.	LE NOIR Gael	2007	Gien Athle Marathon	27:19
2.	BERNIER Jeanine	1946	J3 Sports Amilly	41:20
3.	TARDI Emmanuel	1967	La Postillonne Longjumeau	42:16

10km Walk

1.	BEURION-MEKOUICHE Mathieu	1989	Ac Paris-joinville	54:28
2.	BABOIN Michel	1956	Saran Loiret Athletic Club	59:01
3.	BARRITAUULT Lea	1996	Athletic Trois Tours	1:02:01
4.	RUBLON Olivier	1965	Gien Athle Marathon	1:03:29

20km Walk

1.	BONTEMPS Sebastien	1990	Gien Athle Marathon	1:42:34
2.	BROU Florent	1993	Ac Paris-joinville	2:02:08
3.	CHOCHOY Christine	1968	Dynamic Aulnay Club	2:06:32
4.	GOURON Eddy	1986	As Aix-les-bains	2:16:02

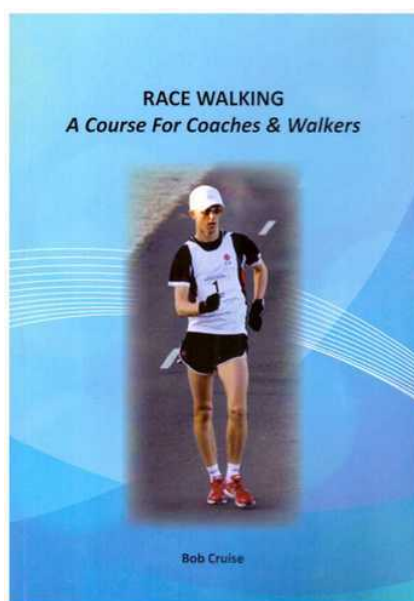
OUT AND ABOUT

- Portuguese coach **Paulo Murta**, who guides their national 20km record holder, Ana Cabecinha, considers "absurd" the removal of the 50km/35km walk in favour of a mixed relay at the Paris 2024 Olympic Games. A cut and paste from his interview at <https://www.record.pt/modalidades/jogos-olimpicos/paris2024/detalhe/paulo-murta-nao-encontra-ponto-positivo-na-estafeta-mista-da-marcha-e-aberrante>.

"This is one of the most absurd decisions there could be. I can't find a positive point: the distance is not good, it doesn't allow more athletes in the Games, or more countries in competition. It's for nothing! I want to think that it was someone who woke up in a bad mood and presented this. Yes, it was voted by the countries, but there are a hundred of them that don't even have a march", explained the coach, in statements to the Lusa agency.

- Catch up on the last 2 weeks of racewalk results from around the world at <https://worldathletics.org/competition/calendar-results?disciplineId=3&startDate=2023-05-01&endDate=2023-05-15>.
- And finally, read Tony Taylor's report on last Saturday's *Dave Crompton Memorial Trophy* on the Lancashire Walking Club website: <https://lancswalkingclub.com/2023/05/15/roy-gunnetts-clean-pair-of-heels-in-the-dave-crompton-memorial-race/>

BOB CRUISE'S RELEASES HIS LATEST BOOK



Adelaide based **Bob Cruise** has done it again with yet another racewalking book to his credit. This one is titled *RACE WALKING A Course for Coaches & Walkers* and comes in at a whopping 212 pages. I have a copy in front of me right now and I recommend it to everyone

Former IAAF Judge (1982-2014), successful coach with over 50 years of experience under his belt and Life Member of multiple associations, he remains the go-to man for Australian and Oceania racewalk judging seminars. Check out Bob's mind boggling career at <http://www.vrwc.org.au/tim-archive/articles/wa-bob-cruise.pdf>.

Anyone wanting to purchase a copy should contact Bob via his email bob.cruise@bigpond.com.

MORE ON THE FINAL 100M JUDGING RULE

Following on from Bob Cruise's article on the *Final 100m Judging Rule* which was published in last week's newsletter, former IAAF judge **Nicola Maggio** has forwarded details of links to two articles published in Marcia dal Mondo. These help clarify the points that Bob was correctly making.

- Osaka case History: The report of the Jury of Appeal, explaining their decision to override the decision of the Chief Judge to disqualify Francisco Fernandez in the last 100m of the 2007 IAAF World Championships.
<http://www.marciadalmondo.com/eng/pubblicazioni.aspx?anno=2007>
- A power point presentation by Cesar Moreno Bravo to the racewalk judges at the 2008 Olympics in Beijing:
http://www.marciadalmondo.com/admin/pdf/tecnica/pubblicazioni/24042023819Clarifing_RW_Rule_230.pdf

Thanks Nicola.

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

Sun 21 May 2023	AV 35km Championship, AV Schools and VRWC championships - 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/wp1/
Sat 17 Jun 2023	VRWC 'Guess Your Time' prizes day – Middle Park
Sun 6 Aug 2023	AMA Masters 20km Championships - Adelaide

International Dates

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

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