



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2023 Number 20
Tuesday 23 May 2023



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AV 35KM, AV SCHOOLS AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 21 MAY 2023

After Melbourne had endured a wet and cold week, we approached race day with some trepidation. As predicted, the bad weather continued into Sunday, with heavy rain early, morphing into intermittent showers as the morning progressed. Overall, we had 49 walkers in attendance at Middle Park, another good carnival entry list.

The blue riband event was the Victorian Open 35km Championship which kicked off proceedings at 8AM. With the race being on the World Athletics calendar and hence a point scoring opportunity for the top walkers, we played host to 4 international walkers, **Teo Caporaso (ITA)**, **Sandeep Kumar (IND)**, **Masumi Fuchise (IPN)** and **Priyanka Goswami (IND)**. They added to what was already a top field, with a quality mix of interstate walkers joining us.



The 35km walkers get underway

Rhydian Cowley (VIC) was challenged early by **Mitchell Baker (ACT)** and Kumar, but he soon broke away and had carved a small lead by the 10km mark. From then on, he steadily increased his lead, eventually crossing the finish line in 2:27:34, breaking his own Australian record by 3 minutes. In doing so, he confirmed his status as Australia's fastest ever 35km walker. Baker walked an inspired race, storming through the 20km mark in 1:24:59 and holding on well to take second with a wonderful time of 2:31:54, in his first ever attempt at the distance. Italian Caparosa walked an even race to finish just 30 secs outside his PB with an equally creditable 2:32:49. **Dylan Richardson (NSW)** and **Carl Gibbon (NSW)** were next in, with PBs of 2:38:34 and 2:41:32, great times for young walkers at the start of their international careers. **Kyle Swan (VIC)** was another first timer, and he was content to head out slowly and just grind out a good training session, with his final time of 2:44:55. This does not really reflect what he is really capable of when he decides to give it a real go. The final finisher was 60 year old **Michael Harvey (VIC)**, a far cry from his days as one of our top walkers, but he seemed content to just be part of what was a history making race. I did feel sorry for **Tim Fraser (ACT)** who went out hard and got to 32km before the body gave out. He was on for a great time up till then – next time, Tim!

AV & VRWC Open 35km		Time	AV	Invitation	VRWC	
1. Rhydian Cowley	VIC	2:27:34	1		1	PB 4:01, Aust Record
2. Mitchell Baker	ACT	2:31:54		2		First one
3. Teodorico Caporaso	ITA	2:32:49		3		
4. Dylan Richardson	NSW	2:38:34				PB 0:03
5. Carl Gibbons	NSW	2:41:32				PB 2:32

6.	Kyle Swan	VIC	2:44:55	2	2	First one
7.	Michael Harvey	VIC	4:40:33	3		
	Tim Fraser	ACT	DNF			
	Sandeep Kumar	IND	DQ			
	Tristan Camilleri	SA	DQ			

The women's field was a smaller one, with only 5 starters. **Rebecca Henderson (VIC)** made her intentions known right from the start and was never headed, finishing with a 13 minute PB and breaking Allana Pitcher's Australian record by over 3 minutes. **Masumi Fuchise (JPN)** was next with 2:54:28, a PB by over 3 minutes and a performance that never saw her falter. 21 year old **Hannah Mison (NSW)** was the youngest 35km walker and doing her first ever long distance race, but she went out confidently, passing the 20km mark in a 5 minute PB of 1:37:48 and then gritting the teeth as she explored new territory. She faded significantly in the last 10km and was passed by Fuchise, but still managed to break the 3 hour mark with her time of 2:59:09, the fourth best by an Australian woman. **Kelly Ruddick (VIC)** was unlucky, slipping on a wet turn soon after the 20km mark and being forced to retire.

AV & VRWC Open 35km Women			Time	AV	Invitation	VRWC	
1.	Rebecca Henderson	VIC	2:47:54	1		1	PB 13:44, Aust Record
2.	Masumi Fuchise	JPN	2:54:29		2		PB 3:32
3.	Hannah Mison	NSW	2:59:09		3		First one, 20km PB
	Priyanka Goswami	IND	DNF				
	Kelly Ruddick	VIC	DNF	DNF		DNF	
	Siu Nga Ching	HKG	DNS				

Let's look at the 5km splits which tell the story of the race

35km Women			5km	10km	15km	20km	25km	30km	35km	
1.	Rebecca Henderson	VIC	23:46	47:25	1:11:08	1:34:49	1:58:37	2:22:40	2:47:54	NR
2.	Masumi Fuchise	JPN	24:41	49:20	1:13:54	1:38:24	2:03:07	2:28:39	2:54:29	
3.	Hannah Mison	NSW	24:38	48:48	1:13:12	1:37:48	2:02:47	2:29:48	2:59:09	
4.	Kelly Ruddick	VIC	36:28	53:00	1:19:35	1:46:27			DNF	
	Priyanka Goswami	IND	23:53	48:49					DNF	

35km Women			5km	10km	15km	20km	25km	30km	35km	
1.	Rhydian Cowley	VIC	21:05	42:07	1:02:56	1:23:51	1:45:19	2:06:34	2:27:33	NR
2.	Mitchell Baker	ACT	21:06	42:12	1:03:28	1:24:59	1:47:28	2:09:52	2:31:54	
3.	Teodorico Caporaso	ITA	21:49	43:45	1:05:28	1:27:16	1:53:10	2:10:49	2:32:49	
4.	Dylan Richardson	NSW	22:08	44:13	1:06:45	1:30:04	1:53:19	2:15:47	2:38:34	
5.	Carl Gibbons	NSW	23:08	46:09	1:09:27	1:32:35	1:55:28	2:18:33	2:41:32	
6.	Kyle Swan	VIC	23:50	47:57	1:11:34	1:34:51	1:58:23	2:21:43	2:44:55	
7.	Michael Harvey	VIC	36:54	1:16:52	1:54:51	2:33:31	3:15:48	3:58:45	4:40:33	
	Tim Fraser	ACT	22:08	44:13	1:06:29	1:28:19	1:50:08	2:13:55	DNF	
	Tristan Camilleri	SA	23:58	47:57					DQ	
	Sandeep Kumar	IND	20:50	42:08					DQ	



Tim Fraser, Dylan Richardson, Teo Caporaso, Rhydian Cowley and Mitchell Baker



Carl Gibbons, Bec Henderson, Hannah Mison and Kyle Swan

The Victorian Schools Roadwalk championships were also contested with U20 10km, U18 5km, U16 3km and U14 3km races on offer. Results are below. Standouts had to be **Marcus Wakim (42:35)**, **Riley Coughlan (22:21)**, **Ela Uzun (14:33)** and **Mya McClure (15:18)**.

AV Schools U20 Men 10km

1. Marcus Wakim	Carey Baptist Grammar School	42:35
2. Eden Morgan	Belgrave Heights Christian School	51:25

AV Schools U20 Women 10km

1. Maddison Nash	Hazel Glen College	53:44	PB 1:39
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AV Schools U18 Boys 5km

1. Riley Coughlan	Salesian College Rupertswood Sunbury	22:21
2. Scott Peart	Ballarat High School	22:56

AV Schools U18 Girls 5km

1. Ariana Pashutina	Ashwood High School	26:54
2. Emily Smith	Kilbreda College	28:29

AV Schools U16 Boys 3km

1. Daniel Pashutin	Ashwood High School	15:57
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AV Schools U16 Girl 3km

1. Mietta Morgan	Homeschool	16:39
2. Havana Ali	Plenty Parklands	16:58

AV Schools U14 Boys 3km

1. Angus Shuttleworth	Ferntree Gully North Primary School	15:42
2. Tate Jardine	Strathmore Primary School	21:40
Tate McQueen	Marist College	DNS

AV Schools U14 Girls 3km

1. Ela Uzun	Plenty Parklands Primary School	14:33	
2. Mya McClure	Yarrambat primary school	15:18	
3. Matilda Read	Mirboo North Secondary College	16:07	
4. Hannah Matthews	Marta Christi Belgrave	17:40	PB 0:32
5. Edith Ede	Pleasant Street Primary Ballarat	20:26	First 3km
Charlise McQueen	Marist College	DNS	

We rounded out the morning with a series of VRWC Championship and non-championship races, as shown below. Well done to our new club champions **Indigo Marshall-Moodie** and **Pippa Read**.

VRWC U12 Girls 2.5km Championship

1. Indigo Marshall-Moodie	VRWC	16:24
2. Zoe Bowkett	VRWC	16:59

VRWC U10 Girls 1.5km Championship

- | | | | |
|----|--------------|------|-------|
| 1. | Pippa Read | VRWC | 8:39 |
| 2. | Erlyn Singh | VRWC | 9:04 |
| 3. | Ella Harris | VRWC | 9:12 |
| 4. | Anouk Morgan | VRWC | 9:25 |
| 5. | Abby Fowler | VRWC | 12:45 |

VRWC Open 10km Non-Championship

- | | | | |
|----|--------------------|------|---------|
| 1. | Alejandro Stephens | VRWC | 53:23 |
| 2. | Jonathan Ho | VRWC | 57:54 |
| 3. | Marnie Zakis | VRWC | 1:11:08 |
| | Char Hay | VRWC | DNF |

First one

VRWC Open 5km Non-Championship

- | | | | |
|----|-----------------|------|-------|
| 1. | Arnika Nelson | VRWC | 25:07 |
| 2. | Madeleine Feain | VRWC | 29:10 |
| 3. | Terry O'Neill | VRWC | 33:26 |
| 4. | Karyn O'Neill | VRWC | 35:43 |

VRWC Open 3km Non-Championship

- | | | | |
|----|---------------|------|-------|
| 1. | Kevin Cassidy | VRWC | 16:48 |
| 2. | Dee Holohan | VRWC | 19:05 |



Marcus Wakim, Indigo Marshall-Moodie, Maddison Nash and Pippa Read



Jared Tallent presents the Jared Tallent Trophy to 35km winner Rhydian Cowley



Left: Mya McClure and Ela Uzun go straight to the front in the U14 3km walk
 Right: U18 winner Riley Coughlan (all photos by Terry Swan)

Thanks as always to our many judges, officials and helpers. Apologies if I missed anyone.

- Meet Manager:** Tim Erickson
Referee: Terry Swan
Jury of Appeal: Terry Swan, Tim Erickson, Simon Baker
Race Director: Mark Donahoo
Recorders and timekeepers: Madeleine Feain, Simon Baker, Anthony Doran, Darlene Swan, Michael Bodey, Colin Morgan, Deb Nash, Maddison Nash,
Judges: Zoe Bryson (Chief), Renee Cassell, Lisa Colquhoun, Shane Bickall, Ralph Bennett, Kirsten Crocker, Gordon Loughnan, Di Lowden, Brenda Felton, Peter Price, Scott Nelson
Set up, during, Pack up: Terry Swan, Simon Baker, Tim Erickson, Michael Bodey, Carolyn Rosenbrook, Terry O'Neill
Canteen: Karyn O'Neill, Gwen Steed
Photographs: Terry Swan (see <https://www.facebook.com/media/set/?set=oa.1258822884748364&type=3>)
First Aid: Mark Donahoo
Presentations: Tim Erickson, Jared Tallent, Mark Donahoo

AUSTRALIAN 35KM ALL-TIME RANKING UPDATE

Our Australian 35km All-Time ranking lists took a bit of a hammering on Sunday, with so many top walks. Here is the refresh:

35km Women – All Time Ranking

1.	Rebecca Henderson	U23	2:47:54	VIC	1	Victorian 35km C'Ship, Middle Park	21/05/2023
2.	Allanah Pitcher	U20	2:50:23	NSW	4	Japanese 35km C'Ship, Wajima, JPN	16/04/2023
3.	Claire Tallent	W35	2:53:24	SA	3	World Racewalking Team Champs, Taicang, CHN	06/05/2018
4.	Hannah Mison	U23	2:59:09	NSW	3	Victorian 35km C'Ship, Middle Park	21/05/2023
5.	Kelly Ruddick	W45	3:00:04	VIC	1	Oceania 35km C'Ship, Fawkner Park	15/05/2022
6.	Tracy Feiner	W40	3:22:44	VIC	1	VRWC 35km Club C'Ship, Middle Park	15/09/2019
7.	Michelle Thompson	W40	3:38:48	VIC	1	VRWC 35km Club C'Ship, Middle Park	11/09/2011
8.	Heather Carr	W60	4:01:10	VIC	2	VRWC 35km Club C'Ship, Middle Park	11/09/2011
9.	Liz Feldman	W60	4:11:10	VIC	3	VRWC 35km Club C'Ship, Middle Park	11/09/2011
10.	Karyn O'Neill	W55	4:23:35	VIC	4	VRWC 35km Club C'Ship, Middle Park	11/09/2011

35km Men – All Time Ranking (cutoff 3 hours)

1.	Rhydian Cowley	SM	2:27:34	VIC	1	Victorian 35km C'Ship, Middle Park	21/04/2023
2.	Mitchell Baker	U23	2:31:54	ACT	2	Victorian 35km C'Ship, Middle Park	21/04/2023
3.	Nathan Deakes	SM	2:32:24	VIC	19	Olympic 50km walk (split), London, GBR	11/08/2012
4.	Jared Tallent	SM	2:32:37	VIC	1	Olympic 50km walk (split), London, GBR	11/08/2012
5.	Luke Adams	SM	2:33:08	NSW	5	World C'Ship 50km (split), Berlin, GER	21/08/2009
6.	Chris Erickson	SM	2:35:07	VIC	11	Dudince Internat. 50km (35km split), Dudince, SVK	26/03/2011
7.	Dion Russell	SM	2:35:28	VIC	1	Australian 50km C'Ship (35km split), Melb	13/12/1998
8.	Simon Baker	SM	2:36:46	VIC	6	Olympic 50km walk (split), Seoul, KOR	30/09/1988
9.	Willi Sawall	M35	2:37:44	VIC	10	RW World Cup 50km (split), Eschborn, GER	30/09/1979
10.	Dylan Richardson	SM	2:38:34	NSW	4	Victorian 35km C'Ship, Middle Park	21/04/2023

11.	Michael Harvey	SM	2:40:22	VIC	11	Olympic 50km walk (35km split), LA, USA	11/08/1984
12.	Carl Gibbons	SM	2:41:32	NSW	5	Victorian 35km C'Ship, Middle Park	21/04/2023
13.	Tim Erickson	SM	2:42:53	VIC	2	British 35km C'Ship, London, GBR	21/06/1980
14.	Ian Rayson	SM	2:42:55	ACT	1	VRWC 35km Club C'Ship, Middle Park	15/09/2013
15.	Duane Cousins	SM	2:44:19	VIC	2	Australian 50km Champ (35km split), Melbourne	14/12/1997
16.	Dariusz Wojcik	SM	2:44:28	VIC	1	VAWC 35km Club Champ, Fisherman's Bend	19/05/1991
17.	Kyle Swan	SM	2:44:55	VIC	6	Victorian 35km C'Ship, Middle Park	21/04/2023
18.	Brent Vallance	SM	2:45:20	NSW	DNF	Australian 50km Champ(35km split), Melbourne	14/12/1997
19.	Liam Murphy	SM	2:45:24	SA	15	RW Team Champs 50km (split), Torino, ITA	13/10/2002
20.	Darren Bown	SM	2:45:53	SA	38	RWTeam Champs 50km (split), Torino, ITA	13/10/2002
21.	John Leydon	SM	2:46:45	VIC	2	VAWC 35km Club C'Ship, Fisherman's Bend	19/05/1991
22.	Tom Barnes	SM	2:46:50	VIC	1	VRWC 35km Club C'Ship, Middle Park	3/05/2009
23.	Dominic McGrath	SM	2:47:03	VIC	3	Australian 50km Champ (35km split), Melbourne	14/12/1997
24.	Mark Thomas	SM	2:49:57	VIC	DNF	Australian 50km Champ (35km split), Melbourne	13/12/1998
25.	Shane Pearson	SM	2:50:24	QLD	2	Australian 50km Champ (35km split), Melbourne	13/12/1998
26.	John Sheard	SM	2:51:49	VIC	36	RWWorld Cup 50km (split), Eschborn GER	30/09/1979
27.	Craig Brill	SM	2:51:58	VIC	48	RW World Cup 50km (split), Monterrey, MEX	25/04/1993
28.	Bill Dyer	SM	2:53:51	VIC	3	VAWC 35km Club C'Ship, Fisherman's Bend	19/05/1991
29.	Steven Hausfeld	SM	2:55:30	NSW	53	RW World Cup 50km (split), New York, USA	2/05/1987
30.	Mark Thomas	SM	2:55:45	VIC	2	VRWC 35km Club C'Ship, Knox	8/05/1994
31.	Marcus Dwyer	SM	2:56:10	VIC	4	Australian 50km C'Ship (35km split), Melbourne	13/12/1998
32.	Frank Bertei	SM	2:59:17	VIC	40	World Team C'Ships (35km split), Naumburg, GER	2/05/2004
33.	Mark Thomas	SM	2:59:19	VIC	68	Racewalking World Cup 50km (split), Beijing, CHN	30/04/1995
34.	Duncan Knox	SM	2:59:28	VIC	39	Racewalking World Cup 50km (split), Bergen, NOR	25/09/1983
35.	Mark Donahoo	SM	2:59:30	VIC	2	VRWC 35km Club C'Ship, Albert Park	16/05/1993

WALKER OF THE WEEK



Last weekend was a time for the 35km walkers to take centre stage. From a pair of Australian race walking records to a new women's 35km World Record in Europe, the quality and depth of longer distance walking was on show around the world, highlighting the ridiculousness of the current World Athletics decision to drop the 35km walk in favour of a flawed marathon relay concept.

It will be no surprise to anyone that our Walkers of the Week this time around go to VRWC athletes **Rhydian Cowley** and **Rebecca Henderson**. Racing in the Victorian 35km Roadwalk Championships at Middle Park, Rhydian easily beat his former Australian Record mark of 2:30:34 with a PB time of 2:27:34, while Bec finished with her own PB time of 2:47:44 to eclipse Allannah Pitcher's Australian Record of 2:50:23, set only last month in Japan.

Both results fall easily within the respective qualifying standards of 2:29:40 and 2:51:30 for the 2023 World Athletics Championships to be held in Budapest this August, with Rhydian becoming the first Australian man to officially qualify for the event and Bec joining Allannah Pitcher in achieving the standard.

WHAT'S COMING UP

- No VRWC races next weekend. It is the first of 4 rest days that have been built into the VRWC winter season calendar this year. Competition will return to Middle Park on Saturday 3rd June.
- 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 close at 5pm on Wednesday 24th May (that's tomorrow)** 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/>. As of today, we had 113 entries overall, with 40 of them from Victoria (see listing below). Let's make sure we get at least 3 walkers in each division so that we have a full complement of teams.

5	RWA Open Men 15km	Declan Tingay, Marcus Wakim, Gerard Feain
8	RWA Men U20 10km	Riley Coughlan, Eden Morgan
10	RWA Women U20 10km	Emily Smith, Maddison Nash
11	RWA Boys U10 1km	Logan Allison
12	RWA Girls U10 1km	Pippa Read, Anouk Morgan
13	RWA Boys U12 2km	Logan Allison
14	RWA Girls U12 2km	Pippa Read, Anouk Morgan
16	RWA Girls U14 2km	Matilda Read, Mya McClure, Mietta Morgan
17	RWA Boys U16 3km	Daniel Pashutin
18	RWA Girls U16 3km	Matilda Read, Hannah Matthews, Mya McClure, Mietta Morgan
19	RWA Boys U18 5km	Riley Coughlan, Daniel Pashutin, Eden Morgan
20	RWA Girls U18 5km	Ariana Pashutina, Emily Smith, Maddison Nash, Mya McClure, Mietta Morgan
21	RWA Women Open 5km	Ariana Pashutina, Arnika Nelson, Emily Smith, Maddison Nash, Arnika Nelson
22	RWA Men Open 5km	Declan Tingay, Riley Coughlan, Marcus Wakim, Daniel Pashutin, Eden Morgan

SARWC LONG COURSE CHAMPIONSHIPS, ADELAIDE SOUTH PARKLANDS, ADELAIDE, SAT 20 MAY 2023

Thanks to Kim Mottrom for this week's results from South Australia. Kim reports:

*Twice a year we hold Club Championships, where one is the shortest race of the year and one is the longest. Today we had our long club championships, with a number of people tackling their longest races ever and a big PB from **Cooper Rech**. It was great to have Olivia join us for a training walk, her first race with us in 2 years.*

SARWC Club Championship Races

Open 25km

- | | | | |
|----|----------------|---------|------------|
| 1. | Kim Mottrom | 2:03:15 | |
| 2. | Olivia Sandery | 2:06:46 | First 25km |

Over 35 25km

- | | | | |
|----|-------------|---------|--|
| 1. | Peter Crump | 2:37:12 | |
|----|-------------|---------|--|

Over 50 15km

- | | | | |
|----|------------|---------|--|
| 1. | Greg Metha | 1:40:00 | |
|----|------------|---------|--|

Under 20 15km

- | | | | |
|----|-----------------|---------|------------|
| 1. | Nellie Langford | 1:22:45 | First 15km |
|----|-----------------|---------|------------|

Under 18 10km

- | | | | |
|----|---------------|---------|------------|
| 1. | Cooper Rech | 55:29 | PB 3:21 |
| 2. | Jasmine Crabb | 1:14:28 | First 10km |

Under 16 6km

- | | | | |
|----|--------------------|-------|-----------|
| 1. | Sebastian Richards | 31:09 | |
| 2. | Elise Scott | 36:57 | First 6km |

Under 14 4km

- | | | | |
|----|------------|-------|-----------|
| 1. | Senna Cook | 27:53 | First 4km |
|----|------------|-------|-----------|

Under 12 3km

- | | | | |
|----|-----------------|-------|--|
| 1. | Liliana Templer | 20:51 | |
|----|-----------------|-------|--|

Under 10 2km

- | | | | |
|----|---------------|-------|--|
| 1. | Robert Crabb | 17:53 | |
| 2. | Anthony Crabb | 20:10 | |
| 3. | Martin Crabb | 23:34 | |

SARWC Non-Championship Races

Club Rule 15km

- | | | | |
|----|-------------|---------|------------|
| 1. | Alex McEwan | 2:05:36 | First 15km |
|----|-------------|---------|------------|

Open 10km

- | | | | |
|----|--------------|---------|--|
| 1. | Marie Maxted | 1:09:23 | |
| | Di Camilleri | DNF | |

Open 4km

- | | | | |
|----|----------------|-------|-----------|
| 1. | Kristy Templer | 35:16 | First 4km |
|----|----------------|-------|-----------|

Open 3km

- | | | | |
|----|------------------|-------|--|
| 1. | Angelina Legrand | 18:11 | |
|----|------------------|-------|--|

Open 2km

- | | | | |
|----|-------------|-------|--|
| 1. | Grace Marin | 12:13 | |
|----|-------------|-------|--|

TRWC ROADWALKS, TASMAN H'WAY (AIRPORT), HOBART, SATURDAY 20 MAY 2023

Thanks to Dave Moore for this week's results from Tasmania. She reports: *A calm, cool day for our Walk near Hobart Airport today, tight racing in the middle of the field, with **Marinette Alberts** in her first 2km just holding out **Isla Direen** and a fast-finishing **Elsie Woodward** who achieved nicely walked 34 second PB.*

2km Walk

1.	Lily Carr	OVA	12:39	
2.	Adele Woodward	OVA	13:40	
3.	Marinette Alberts	Kings LA	15:51	First one
4.	Isla Direen	Huon LA	15:56	
5.	Elsie Woodward	Huon LA	15:59	PB
6.	Dave Moore	TMA	19:58	

5km Walk

1.	Wayne Fletcher	NS	44:56
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ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 20 MAY 2023

Thanks to Helen Toyne for this week's results from Canberra. *Thanks very much to our volunteers and judges: Jaki Fraser, Jodi Sundstrom, Ann Jugovic and Jack Thackray. Next week Saturday 27th May we are at Diddam's close, Lake Ginninderra.*

10km Walk

1.	Gwyllm Young	49.04
2.	Hana Jugovic	1:01.56

4km Walk

1.	Michael Smith	26.58
2.	Rosemary Parker	32.22
3.	Bryan Thomas	33.55

2km Walk

1.	Jim White	15.40
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WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 21 MAY 2023

Thanks to Terry Jones for this week's results from Western Australia. *Weather conditions were perfect: fine, cool, no wind.*

10km Handicap

1.	John Ronan	49.46
2.	Andrew Duncan	56.37

3km Handicap

1.	Trinity Doulis	21.21
2.	Aleeah Pike	18.48

5km Handicap

1.	Brad Mann	28.21
2.	Fiona van Heerwaarden	34.16
3.	Daniel Lowe	35.56
4.	Glenys Duncan	48.12
5.	Ben Reid	DNF

2km Handicap

1.	Savannah Carnaby	13.03
2.	Darcy Bramwell-Keys	12.49
3.	Melissa Lewis	14.03

2023 NSW SHORT WALKS, SYDNEY OLYMPIC PARK, SYDNEY, SUNDAY 21 MAY 2023

David Tarbotton reports (see <https://www.nswathletics.org.au/news/nsw-short-walk-champs-allanah-pitchers-balanced-victory/>) on the NSW Short Walks Championships. Australian 35km walk National record holder **Allanah Pitcher** and training partner **Jack McGinniskin** provided the highlight, taking out the NSW 20km walk championships for 2023. Testing a new venue, the Armory at Sydney Olympic Park, Allanah coasted to a win in 99:57, while Jack continued his solid progression in the last few years with a PB time of 95:43. I counted over 70 walkers in total. That is outstanding.

Women 20km Walk Open

1.	Pitcher, Allanah	20	Sydney University Athletics Cl	1:39:55
2.	Bolton, Hannah	20	Mingara Regional Athletics Clu	1:42:39
3.	Bell, Bridget	21	West's Track & Field Club Inc	1:48:18
	Dighton, Jasmine	27	Bankstown Sports Athletics Clu	DNF

Women 10km Walk U20

1.	Pitcher, Sienna	16	Mingara Regional Athletics Clu	52:04
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Women 3km Walk U18

1.	Cassilles, Ciara	16	Westfields Athletics Club Inc.	15:15
2.	Roberts, Chelsea	17	West's Track & Field Club Inc	16:13
3.	Byatt, Laelia	17	Girraween Athletics Club	16:49
4.	Bektas, Jessey	16	Nepean District Athletic Club	17:22
5.	Norden, Lilah	16	Kembla Joggers Inc.	17:51
6.	Olbrich, Chelsea	17	Hills District Amateur Athleti	19:00
7.	Webber, Kailey	17	Winston Hills Athletics	20:54

Women 3km Walk U16

1.	Webb, Matilda	14	Winston Hills Athletics	15:36
2.	Armstrong Reading, Evie	15	Randwick Botany Harriers Athle	15:58
3.	Mitchell, Maisie	14	Wests Track & Field Club Inc	16:28
4.	Hearnden, Emma	14	Macquarie Hunter Athletics Inc	17:17
5.	Gauci, Olive	15	Westfields Athletics Club Inc.	18:51
6.	Corvalan Sotomayor, Laura	15	Girraween Athletics Club	18:59
7.	Cochrane, Imogen	14	Westfields Athletics Club Inc.	19:08
8.	Maxwell, Madeleine	14	Maitland Senior and Little Ath	19:31
9.	Felice, Amelia	15	Illawong Revesby Workers Athle	21:00

Women 2km Walk U14

1.	Polkinghorne, Sophie	13	Athletics Balmain Athletics Cl	10:02
2.	Cassilles, Erin	12	Westfields Athletics Club Inc.	11:01
3.	Twigden, Lilly	13	Westfields Athletics Club Inc.	11:05
4.	Felice, Madeleine	13 I	Illawong Revesby Workers Athle	11:14
5.	Wade, Sienna	12	Sydney Athletics Academy	11:37
6.	Gasper, Lilly	12	Athletics Balmain Athletics Cl	11:43
7.	Hearnden, Nikki	12	Macquarie Hunter Athletics Inc	11:55
8.	Kot, Madeline	12	Westfields Athletics Club Inc.	12:00
9.	Cross, Brooke	12	Sutherland District Athletics	12:13
10.	Webber, Alannah	13	Winston Hills Athletics	14:37

Women 1km Walk U12

1.	Luketic, Avia	10	Athletics Balmain Athletics Cl	5:05
2.	Hewitt, Hannah	11	Wests Track & Field Club Inc	5:08
3.	Mansell, Ashleigh	11	Cherrybrook Senior & Little At	5:09
4.	Miller, Molly	11	Sydney Pacific Athletic Club L	5:14
5.	Gill, Keira	10	Wests Track & Field Club Inc	5:24
6.	Banks, Isla	10	Wests Track & Field Club Inc	5:25
7.	Rudd, Felicity	10	Athletics Balmain Athletics Cl	5:53
8.	Linton, Scout	11	Wests Track & Field Club Inc	6:13
9.	Penney, Lara	10	Westfields Athletics Club Inc.	6:39

Women 1km Walk U10

1.	Wade, Stella	9	Sydney Athletics Academy	5:09
2.	Cochrane, Beth	9	Unattached	5:54
3.	Jenkins, Addison	9	Unattached	6:06
4.	Powter, Antonia	9	Unattached	6:33
5.	Dennett, Veronica	9	Unattached	6:52
6.	Sorokin, Milana	9	Unattached	7:01
7.	Brigham, Georgia	9	Unattached	7:09
8.	Barakat, Amelie	9	Unattached	7:38

Women 5km Walk Masters

W40-44	1	Garcia, Romina	44	Athletics Wollongong Inc.	36:49
W50-54	1	Challinor, Nicolle	51	Illawong Revesby Workers Athle	38:04
W55-59	1	Herrmann, Karen	55	Illawong Revesby Workers Athle	38:05
W60-64	1	Weekes, Anne	61	Illawong Revesby Workers Athle	37:33

Men 20km Walk Open

1.	McGinniskin, Jack	21	Mingara Regional Athletics Clu	1:38:43
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Men 10km Walk U20

2.	Pyda, Raven	19	Westfields Athletics Club Inc.	52:03
3.	Pospischil, Brendan	18	Winston Hills Athletics	57:59

Men 3km Walk U18

1.	Byatt, Joel	16	Girraween Athletics Club	14:43
2.	Pospischil, Aidan	16	Winston Hills Athletics	18:03
	Charlton, Peter	16	Eastlakes Athletics Centre	DQ

Men 3km Walk U16

1.	Nilon, Christopher	14	Parramatta City Athletics	17:35
2.	Maxwell, Charlton	11	Maitland Senior and Little Ath	17:53
	Sinnett, Alexa	15	Westfields Athletics Club Inc.	DNF

Men 2km Walk U14

1.	Martin, Callum	12	Adamstown New Lambton Athletic	10:16
2.	Cousins, Tyler	12	Macquarie Hunter Athletics Inc	10:44

3.	McCarthy, Mitchell	12	Ryde Athletics Centre Inc - Se	10:58
4.	Luketic, Bentley	12	Athletics Balmain Athletics Cl	10:59
5.	Mathison, Michael	12	Westfields Athletics Club Inc.	11:29
6.	Waddington, Patrick	12	Winston Hills Athletics	12:09
7.	Chandler, Rhys	13	Ryde Athletics Centre Inc - Se	12:21
8.	Jones, Sagan	12	Hills District Amateur Athleti	12:37
9.	Linton, Sebastian	13	Wests Track & Field Club Inc	14:04

Men 1km Walk U12

1.	Appleyard, Nate	10	Winston Hills Athletics	5:03
2.	Struthers, Harry	10	Athletics Balmain Athletics Cl J	5:10
3.	Waddington, Joshua	10	Winston Hills Athletics J	5:10
4.	Mitchell, Jack	11	Wests Track & Field Club Inc	5:19
5.	Martin, Levi	10	Adamstown New Lambton Athletic	5:48
6.	Barakat, Luca	11	Sutherland District Athletics	7:25
7.	Dennett, Alexa	11	Hawkesbury City Athletics Cent	8:13
	Richardson, Tom	11	Unattached	DQ

Men 1km Walk U10

1.	Bouquet, Harrison	9	Unattached	5:23
2.	Hearnden, Jacob	9	Unattached	6:00

Men 5km Walk Masters

M70-74	-	Williams, Dennis	75	Hills District Amateur Athletic	DQ
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QRWC ROADWALKS, RIPLEY, IPSWICH, SUNDAY 21 MAY 2023

Thanks to Robin Wales for this week's results from Queensland. She commented: *It was 3 degrees yesterday morning out at Ripley (Ipswich) so everyone froze.*

A Grade 10km Walk

1.	Peter Bennett	1.07.30
1.	Tayla Billington	47.41
2.	Brenda Gannon	1.01.53
3.	Summer Millard	1.05.00
4.	Lily Housden	1.05.15
5.	Jasmine McRoberts	1.11.33
6.	Joy Dale	1.25.51
7.	Noela McKinven	1.26.14

B Grade 5km Walk

1.	MAdam Patterson	31.25
2.	Kai Dale	32.10
1.	Lyla Williams	28.21
2.	Lily Goulding	35.29

C Grade 3km Walk

1.	Kiara Waterman	18.28
2.	Bethany Moore-Kirkland	20.13
3.	Eliza Kelly	20.57

D Grade 2km Walk

1.	Hunter Sibenaler	13.27	SB
1.	Isabella Welch	10.59	
2.	Freya Williams	12.44	
3.	Izzy Blackburn	14.05	
4.	Mackenzie Wormald 1	6.44	
5.	Brooke McRoberts	19.45	

E Grade 1km Walk

1.	Jake Dunleavy	5.45
2.	Hayden Robertson	5.58
1.	Amelia Chisholm	5.45
2.	April Kelly	8.22

F Grade 0.5km Walk

1.	Harper Waterman	4.29
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2023 EUROPEAN RACE WALKING TEAM CHAMPIONSHIPS, PODEBRADY, CZE, SUNDAY 21 MAY 2023

Sunday was the biggest day in the 2023 European racewalking calendar, with the European Race Walking Team Championships in Podebrady (CZE). A huge meet with 20km 35km and U20 10km and open to all the European countries except for Russia and Belarus, it was one huge day of racewalking, with a timetable that read as follows

07:30	35km Senior Men & Senior Women
11:40	20km Senior Women
14:10	20km Senior Men
16:20	10km U20 Men
17:25	10km U20 Women

My race descriptions and photos are taken from the World Athletics report at <https://worldathletics.org/news/report/maria-perez-35km-race-walk-world-record-podebrady> .

The meet got underway with the men's and women's 35km, combined as one event and starting at 7:30AM. First to the women's race which provided the highlight of the meet, when **Maria Perez** broke the women's 35km race walk world record by an impressive 29 seconds, eclipsing the record set by Peru's double world champion Kimberly Garcia in Dudince in March, breaking the tape in 2:37:15. "It is a nice feeling to finish the race and the time is a big reward," said Perez. "I did not think of any time or any special target before the start, I just wanted to finish the best I could. So, the record time was definitely not my goal today. I am happy to do my best and I am glad to see that race walk can be attractive and can attract such great crowds like in Podebrady."

Perez's gold medal was never in doubt from the first 200m of the race and she strolled home to eclipse second place by more than eight minutes. After a 9:35 split through 2km, she was leading many of the men following a combined race start. By 4km, Perez was lapping some of the back markers in the women's field. Chasing the Spaniard – if you can call it that – were her teammates **Raquel Gonzalez** and **Cristina Montesinos**, plus Italy's **Federica Curiazzi**, who by 6km were 47 seconds down. A lap later it was 59 seconds and growing to widen just about every one of the remaining 28 laps. Everyone else was more than two minutes in arrears. Perez reached 10km in 46:17, 1:31 ahead of her two compatriots, with Curiazzi dropping off the back by seven seconds. By 19km, the leader had lapped fourth-placed Curiazzi. She then went through 20km in 1:30:59 – a time that would have placed her sixth in the women's 20km event in Podebrady – and another kilometre later she had lapped the entire field.

Meanwhile, in the race for second, Gonzalez had opened up an 11-second lead over Montesinos. But Montesinos gave it one spirited last go over the final lap, and closed the gap to finish second in 2:45:58 to Gonzalez's 2:45:42. For Montesinos, the performance was a PB of more than four minutes. Curiazzi also set a PB, finishing fourth in 2:49:39, while her fellow Italian **Nicole Colombi** was fifth in 2:52:13, yet another personal best.

Women's 35km Race Walk

1.	María PÉREZ	29 APR 1996	ESP	2:37:15	WR*, AR*
2.	Raquel GONZÁLEZ	16 NOV 1989	ESP	2:45:42	
3.	Cristina MONTESINOS	12 JUL 1994	ESP	2:45:58	
4.	Federica CURIAZZI	14 AUG 1992	ITA	2:49:39	
5.	Nicole COLOMBI	29 DEC 1995	ITA	2:52:13	
6.	Inês HENRIQUES	01 MAY 1980	POR	2:53:14	
7.	Vasylyna SYDORCHUK	30 APR 1990	UKR	2:54:35	
8.	Kyriaki FILTISAKOU	14 AUG 2000	GRE	2:55:00	
9.	Paula JUAREZ	30 OCT 2000	ESP	2:55:14	
10.	Alina TSVILII	18 SEP 1994	UKR	2:55:39	
11.	Rita RÉCSEI	30 JAN 1996	HUN	2:57:42	
12.	Ana Veronica RODEAN	23 JUN 1984	ROU	2:59:18	
13.	Valentyna NAIIVKO	10 AUG 1994	UKR	2:59:45	
14.	Bethan DAVIES	07 NOV 1990	GBR	3:00:13	
15.	Bianca Maria DITTRICH	06 JUL 1993	GER	3:00:55	
16.	Sara VITIELLO	06 AUG 1996	ITA	3:01:18	
17.	Mária KATERINKA CZAKOVÁ	02 OCT 1988	SVK	3:02:29	
18.	Austeja KAVALIAUSKAITE	25 MAY 2000	LTU	3:08:03	
19.	Sofia ALIKANIOTI	27 APR 1998	GRE	3:09:21	
20.	Efstathia KOURKOUTSAKI	31 JAN 1998	GRE	3:10:50	
	Lidia BARCELLA	21 APR 1997	ITA	DNF	
	Tereza DURDIAKOVÁ	20 FEB 1991	CZE	DNF	
	Anett TORMA	02 APR 1984	HUN	DQ	
	Anne VAN ANDEL	29 JUL 1990	NED	DQ	



Maria Perez celebrates her new world record as she finishes

Now to the men's 35km which saw Spaniard **Alvaro Martin** lead from gun to tape, but he did not have it his own way. Passing the 10km in 41:27 and the 20km in 1:22:56, he had now forged an 18 second lead over French walker **Aurelien Quinion**, with a further 36 seconds back to the next chasers. By 25km, Quinion has reduced the gap to 12 seconds and it now looked like a fascinating last 10km. But it was all to unravel a few minutes later for the Renchman when the judges sent him to the penalty area for the regulation

3:30, effectively ending his quest for the podium. This now meant that Martin was able to storm home unopposed with a Spanish record of 2:25:58. **Christopher Linke** finished the stronger of the chasers, claiming silver with a German record of 2:27:05, ahead of spaniard **Miguel Ángel Lopez** in third with 2:27:33. Quinion still came home in fourth place wit 2:29:32, a bittersweet result for him. That meant that 5 of the first 6 medals had gone to Spain – just about a complete whitewash.

Men's 35km Race Walk

1.	Álvaro MARTÍN	18 JUN 1994	ESP	2:25:35
2.	Christopher LINKE	24 OCT 1988	GER	2:27:05
3.	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	2:27:33
4.	Aurélien QUINION	27 JAN 1993	FRA	2:29:32
5.	Andrea AGRUSTI	30 AUG 1995	ITA	2:30:16
6.	Riccardo ORSONI	20 JAN 2000	ITA	2:30:38
7.	Carl DOHMANN	18 MAY 1990	GER	2:31:16
8.	Marc TUR	30 NOV 1994	ESP	2:32:06
9.	Ihor HLAVAN	25 SEP 1990	UKR	2:32:50
10.	Jakub JELONEK	07 JUL 1985	POL	2:34:21
11.	Artur BRZOZOWSKI	29 MAR 1985	POL	2:34:41
12.	Stefano CHIESA	25 MAY 1996	ITA	2:34:46
13.	Ivan BANZERUK	09 FEB 1990	UKR	2:34:52
14.	Valeriy L?TANYUK	02 APR 1994	UKR	2:35:46
15.	Manuel BERMÚDEZ	12 DEC 1997	ESP	2:35:46
16.	Narcis Stefan MIHAILA	04 AUG 1987	ROU	2:37:23
17.	Michele ANTONELLI	23 MAY 1994	ITA	2:38:06
18.	Ioannis KAFKAS	09 SEP 1986	GRE	2:40:53
19.	Bence VENYERCSÁN	08 JAN 1996	HUN	2:40:58
20.	Hugo ANDRIEU	16 OCT 1992	FRA	2:41:33
21.	Anton RADKO	02 JUN 1995	UKR	2:42:02
22.	Marius Iulian COCIORAN	10 JUL 1983	ROU	2:42:47
23.	Mattéo DUC	25 MAR 2001	FRA	2:43:05
24.	Nathaniel SEILER	06 APR 1996	GER	2:44:06
25.	Rafał SIKORA	17 FEB 1987	POL	2:46:26
26.	Tadas ŠUŠKEVICIUS	22 MAY 1985	LTU	2:48:17
27.	Remi RODRIGUEZ	02 APR 1989	FRA	2:52:32
28.	Pavel Remus RADOI	16 NOV 1998	ROU	2:54:10
29.	Vít HLAVÁČ	26 FEB 1997	CZE	2:54:45
30.	Ionu? Vasilica PLE?U	24 MAY 1998	ROU	2:56:07
31.	Virgo ADUSOO	29 JUL 1985	EST	3:06:19
	Selman ILHAN	07 JAN 2000	TUR	DNF
	Dávid TOKODI	03 MAY 1991	HUN	DQ



Men's 35km podium - 35km Christopher Linke ,Alvaro Martin and Miguel Angel Lopez

As usual, the two long distance walks were wonderful events which provided great viewing for the large crowd. Yet it is the distance that World Athletics has decided to remove, in favour of the ridiculous marathon relay.

The women's 20km walk was next, starting at 11:40AM. This was a fascinating race which saw final victory to 39-year-old Greek walker **Antigoni Ntrismpioti**. The defending double European champion proved that age is no barrier when she made her winning move with a lap to go. In doing so, the Greek athlete got the better of Olympic champion **Antonella Palmisano**, who herself defied expectations to take silver. In fact, the Italian's last-minute charge still allowed her to grab a national flag and finish just two seconds

down, albeit as a result of Ntrismpioti joyously waving to all around her. And finally, Portugal's **Ana Cabecinha** was able to celebrate a major medal with bronze and a second 2023 sub-1:30:00 in what has become an Indian summer for another 39-year-old. Two Ukrainians, **Lyudmila Olyanovska** and **Olena Sobchuk**, were rewarded for their willingness to take on the pace and finished in fourth and fifth, while another early leader, **Clemence Beretta** from France, finished sixth.



Antigoni Ntrismpioti and Antonella Palmisano side by side in the women's 20km

Women's 20km Race Walk

1.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	1:29:17
2.	Antonella PALMISANO	06 AUG 1991	ITA	1:29:19
3.	Ana CABECINHA	29 APR 1984	POR	1:29:35
4.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:29:58
5.	Olena SOBCHUK	23 NOV 1995	UKR	1:30:48
6.	Clémence BERETTA	22 DEC 1997	FRA	1:31:14
7.	Antia CHAMOSA	07 OCT 1999	ESP	1:31:24
8.	Valentina TRAPLETTI	12 JUL 1985	ITA	1:32:09
9.	Pauline STEY	09 SEP 2001	FRA	1:32:21
10.	Saskia FEIGE	13 AUG 1997	GER	1:32:49
11.	Alexandrina MIHAI	27 MAY 2003	ITA	1:32:55
12.	Eliška MARTÍNKOVÁ	27 JAN 2002	CZE	1:33:02
13.	Mar JUÁREZ	27 SEP 1993	ESP	1:33:29
14.	Katarzyna ZDZIEBLO	28 NOV 1996	POL	1:34:18
15.	Olga CHOJECKA	30 JUN 1997	POL	1:34:22
16.	Hanna SHEVCHUK	18 JUL 1996	UKR	1:34:25
17.	Christina PAPADOPOULOU	05 SEP 1996	GRE	1:34:30
18.	Eleonora Anna GIORGI	14 SEP 1989	ITA	1:34:34
19.	Vitória OLIVEIRA	30 AUG 1992	POR	1:34:41
20.	Carmen ESCARIZ	28 AUG 1998	ESP	1:35:42
21.	Meryem BEKMEZ	31 JUL 2000	TUR	1:35:48
22.	Camille MOUTARD	11 JUL 2001	FRA	1:35:50
23.	Lucia REDONDO	03 AUG 2003	ESP	1:35:53
24.	Carolina COSTA	12 MAR 1998	POR	1:35:59
25.	Inês MENDES	11 APR 2003	POR	1:37:49
26.	Heather WARNER	25 OCT 1993	GBR	1:38:13
27.	Kader DOST	01 JAN 2000	TUR	1:38:41
28.	Olga FIASKA	09 NOV 2001	GRE	1:38:55
29.	Monika VAICIUKEVICIUTE	03 APR 1996	LTU	1:39:41
30.	Ema HACUNDOVÁ	05 MAR 1999	SVK	1:41:19
31.	Heta VEIKKOLA	23 MAY 2003	FIN	1:41:44
32.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:42:29
33.	Agnieszka ELLWARD	26 MAR 1989	POL	1:42:44
34.	Anna ZDZIEBLO	20 NOV 2001	POL	1:42:57
35.	Barbara OLÁH	26 JUL 1993	HUN	1:45:03
36.	Klaudia ŽÁRSKA	15 JUN 1999	SVK	1:46:56
37.	Venla-Nora NIRKKONEN	19 JAN 2001	FIN	1:47:07
38.	Tiziana SPILLER	23 DEC 2003	HUN	1:50:54
39.	Petra ZAHORÁN	18 JAN 2002	HUN	1:51:45

40.	Fride MØLLER FLATIN	28 SEP 1997	NOR	1:51:51
41.	Sofiiia KRYLOVETSKA	02 AUG 2003	UKR	1:52:13
42.	Sorana TUTU	16 JAN 2003	ROU	1:56:06
	Dóra CSÖRGO	07 OCT 2001	HUN	DNF

The big day of walking continued, with the men's 20km getting underway at 2:10PM. The hottest time of the day greeted the 48 athletes but, with trademark cap on backwards, sunglasses and nasal strip in place, Olympic and world champion **Massimo Stano** set off like he planned to end this early as a competition. He stopped the clock for the first kilometre at 3:54, with fellow Italian **Francesco Fortunato** a heartbeat behind. **Gabriel Bordier** from France, defending champion **Perseus Karlstrom** from Sweden and nine others were already surging ahead of a strung-out field. It was 7:47 next time around and Stano was three seconds ahead of his Italian teammate. Already a stellar cast of athletes were eight seconds in arrears - hardly surprising given the 1:17:30 pace.

After a quarter of the race, Stano passed the clock at 19:34 and Fortunato was holding steady three seconds back, but Karlstrom had gone out to a deficit of 17 seconds. By now, the leaders were already lapping back markers. Karlstrom was clear in third, and what remained of the group from a lightning start were another 10 seconds further back. At half the distance (39:27), Fortunato had defiantly drawn abreast of Stano, and the gap to Karlstrom was now only seven seconds. Twenty seconds further back, Bordier, Alberto Amezcua and Paul McGrath were all inside 40 minutes. Karlstrom had no choice but to go wide to pass the lapped athletes but he was still gaining. In fact, by 12km it was a trio contesting which medal they might win, not least because Karlstrom had just reeled off a 3:53 lap.

Mentally and physically, it did it for Stano. He fell off the back almost instantly and by 13km he was eight seconds behind the duelling duo. And duel they did as Fortunato pushed on with a 3:56 lap to forge a six-second lead by 15km (59:09). The Italian's eventual PB winning time of 1:18:59 even allowed him to half stop and gather an Italian flag in the last 50m. Karlstrom, after winning the previous 2 editions of this event, had to be content with second, his time of 1:19:27 still an impressive performance. Stano hung on for third place and a time of 1:20:07, which in other circumstances would have been a success. And special mention to two-time world medallist **Joao Vieira** of Portugal for 10th place with a time of 1:22:08, barely two minutes shy of a PB he set 19 years ago. At the age of 47, he showed he has plenty yet to offer.

Men's 20km Race Walk

1.	Francesco FORTUNATO	13 DEC 1994	ITA	1:18:59
2.	Perseus KARLSTRÖM	02 MAY 1990	SW	1:19:27
3.	Massimo STANO	27 FEB 1992	ITA	1:20:07
4.	Alberto AMEZCUA	10 MAY 1992	ESP	1:20:24
5.	Paul MCGRATH	07 MAR 2002	ESP	1:21:15
6.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:21:26
7.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:21:42
8.	Nils BREMBACH	23 FEB 1993	GER	1:21:54
9.	Gabriel BORDIER	08 OCT 1997	FRA	1:22:00
10.	João VIEIRA	20 FEB 1976	POR	1:22:08
11.	Andrea COSI	30 APR 2001	ITA	1:22:48
12.	Salih KORKMAZ	01 JAN 1997	TUR	1:23:12
13.	Leo KÖPP	23 MAY 1998	GER	1:23:59
14.	Maryan ZAKALNYTSKYI	19 AUG 1994	UKR	1:24:27
15.	Serhii SVITLYCHNYI	13 JUL 1994	UKR	1:24:28
16.	David KENNY	10 JAN 1999	IRL	1:24:31
17.	Mazlum DEMIR	19 DEC 2003	TUR	1:24:46
18.	Joni HAVA	14 JUN 1999	FIN	1:24:46
19.	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	1:24:52
20.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:25:47
21.	Dominik CERNY'	01 NOV 1997	SVK	1:26:18
22.	Oisin LANE	12 JUN 2002	IRL	1:26:26
23.	Adam ZAJÍCEK	09 MAY 2003	CZE	1:26:37
24.	Karl JUNGHANNB	06 APR 1996	GER	1:26:53
25.	Arnis RUMBENIEKS	04 APR 1988	LAT	1:26:57
26.	Aleksi OJALA	09 DEC 1992	FIN	1:27:06
27.	Jaromír MORÁVEK	22 MAR 2003	CZE	1:27:33
28.	Jerry JOKINEN	18 MAR 2002	FIN	1:27:35
29.	Brendan BOYCE	08 OCT 1986	IRL	1:27:57
30.	Mukola RUSHCHAK	30 OCT 2003	UKR	1:28:52
31.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	1:28:59
32.	Abdülselam IMUK	10 OCT 1999	TUR	1:29:11
33.	Artur MASTIANICA	30 JUL 1992	LTU	1:30:15
34.	Johannes FRENZL	22 SEP 2001	GER	1:31:04
35.	Viktor SHUMIK	21 MAY 1998	UKR	1:31:36
36.	Rui COELHO	26 SEP 1994	POR	1:32:09
37.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:33:05
38.	Ignas DUMBLIAUSKAS	17 FEB 2003	LTU	1:35:39
39.	Norbert TÓTH	07 OCT 2001	HUN	1:39:17
40.	Dávid JÓZSVAI	09 APR 1985	HUN	1:41:31
41.	Imre CSONTOS	25 NOV 1992	HUN	1:42:01

42.	Deividas BALEVICIUS	20 OCT 1999	LTU	1:42:13
	Matthew GLENNON	14 NOV 2003	IRL	DNF
	Lukasz NIEDZIALEK	15 MAR 2000	POL	DNF
	Michal MORVAY	19 AUG 1996	SVK	DNF
	Kevin CAMPION	23 MAY 1988	FRA	DNF
	Martin MADELINE-DEGY	07 MAR 2001	FRA	DNF
	Marius ŽIUKAS	29 JUN 1985	LTU	DQ



Francesco Fortunato and Perseus Karlstrom fought out the men's 20km walk (all photos World Athletics)

The day finished with the two U20 10km walks, the Men at 4:20PM and the women at 5:25PM. I will just reproduce the first 10 places for each of these events. It was a case of Golds for Italy, compliment of **Diego Giampaolo** (42:16) and **Giulia Gabriele** (46:42).

Men's U20 10km Race Walk

1.	Diego GIAMPAOLO	29 FEB 2004	ITA	42:16
2.	Hayrettin YILDIZ	04 MAY 2004	TUR	42:24
3.	Pablo RODRIGUEZ ROJAS	18 DEC 2004	ESP	42:37
4.	Frederick WEIGEL	08 MAY 2005	GER	43:08
5.	Pablo POSTIGO GABARRO	06 FEB 2005	ESP	43:16
6.	Daniel MORILLA GARCIA	14 SEP 2005	ESP	43:38
7.	Filip KRESTIANKO	13 DEC 2005	SVK	44:01
8.	Giuseppe DISABATO	01 NOV 2006	ITA	44:02
9.	Jassam ABU EL Wafa	03 JUL 2004	GER	44:11
10.	Quentin CHENUET	29 MAY 2005	FRA	45:14

Women's U20 10km Race Walk

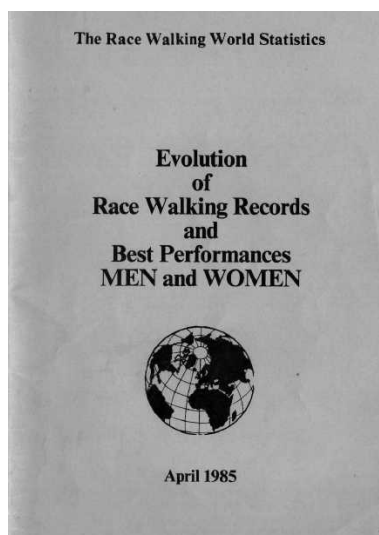
1.	Giulia GABRIELE	11 NOV 2005	ITA	46:42
2.	Aldara MEILÁN	02 OCT 2006	ESP	47:45
3.	Ana DELAHAIE	13 MAY 2004	FRA	48:04
4.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	48:15
5.	Griselda SERRET	09 JUL 2005	ESP	48:35
6.	Valeriya SHOLOMITSKA	01 AUG 2004	UKR	48:39
7.	Giada TRAINA	17 APR 2004	ITA	48:40
8.	Sofia FIORINI	19 AUG 2004	ITA	48:50
9.	Lena SONNTAG	01 OCT 2004	GER	49:02
10.	Anastasia ANTONOPOULOU	27 OCT 2004	GRE	49:16

Spain and Italy, the two current European racewalk powerhouses, dominated the meet with 12 and 11 medals respectively, with the other European countries a long way behind. The medal count makes for interesting reading.

Rank	Nation	Gold Medals	Silver Medals	Bronze Medals	Total
1	Spain	6	3	3	12
2	Italy	5	5	1	11

3	Greece	1	0	0	1
4	Germany	0	1	3	4
5	Ukraine	0	1	1	2
6	Sweden	0	1	0	1
6	Türkiye	0	1	0	1
8	France	0	0	3	3
9	Portugal	0	0	1	1

TIME FOR ANOTHER BOOK



When **Palle Lassen** of Denmark died on 2nd December 1999, just one day short of his eightieth birthday, the racewalking world lost one of its most well known and respected people. Palle was a renowned statistician (he was Treasurer of the Association of Track & Field Statisticians) but above all he was dedicated to race walking. He was first elected to the IAAF Walking Committee in 1968 and became its Chairman in 1972. In this capacity, he served the racewalking community until he stepped down in 1991. He was then made an Honorary Life Member of the Race Walking Committee in 1991 and continued to serve on the Committee until his death in 1999. He was also a long serving IAAF Judge who officiated at the 1960, 1968, 1972, 1976, 1980, 1984 and 1988 Olympics, being chief judge on quite a few occasions. Indeed, he was awarded the IAAF Veteran Pin, in recognition of his long service to the cause of world athletics, way back in 1976.

His competence and dedication and personal charm ensured that he was greatly respected throughout the athletics world and I was lucky enough to meet him on multiple occasions between 1976 and 1983.

But it is his collaborations with fellow Dane **Egon Rasmussen** for which he is remembered in this little article. From the late 1960s until the mid 1980s, they jointly published many racewalking related books, including yearly world statistics almanacs, all-time best lists, ranking lists and world record progression lists. Nowadays, we can find all this info out via the internet, but they published it at a time when such luxuries were not even dreamed of. I have in my personal library 6 different titles of theirs, all of which have been thumbed through on many occasions. The earliest and oldest of my collection range across a period of almost 20 years.

1968 Women's race-walking: world's best performers 1967 and all-time rankings
 1985 Evolution of Race Walking Records and Best Performances MEN and WOMEN

I have uploaded the 1985 booklet *Evolution of Race Walking Records and Best Performances MEN and WOMEN* to my book archive at <http://www.vrwc.org.au/vrwcbooks.shtml>. Enjoy!

AUSTRALIAN WALKS CHAMPIONSHIPS UPDATE

Some time ago, I completed a mini project to gather together in one place all the men's Australian Walk Championships, starting with the 1 Mile Walk at the 1890 Inter-Colonial Meet in Sydney. It grew as I went and eventually was extended to include international events like the Olympics and the Commonwealth Games and, from 1985 onwards, started to include the women's Australian Championships as well.

But I was conscious that the women needed their own document, detailing their efforts since the first 880 Yards Walk at the 1933 Australian T&F Championships. I've now made a start, by collating all the women's Australian Walk Championship results from 1933 onwards. It still needs a lot of discussion around the performances but I will potter along as a background task. In the meanwhile, you can check it out at <http://www.vrwc.org.au/RWA-Results/Australian%20Champs%20Women%20-%20Total.pdf>.

And check out page <http://www.vrwc.org.au/rwa-results.shtml> which also has the men's results as detailed above.

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 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

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>)