



HEEL & TOE Online

Vol. 2023
Issue No. 30
Tuesday
1 August 2023

The official organ of the Victorian Race Walking Club,
Inc.

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CLUB NEWS and RESULTS

Coaching clinic #2

A reminder that the second of our winter **Coaching Clinics** will be held on the morning before our final Points races for the season, on *Saturday 12 August*.

Fran Attard, Simon Baker and Mark Donahoo will conduct the session.

See the advert on Page 7 for full details.

***CHANGE TO RACE ENTRY DEADLINE**

Members are advised that, effective from this week, the race entry deadline for the rest of the Club season is **6.00pm on the FRIDAY before race day**.

If you intend racing this coming Sunday (6 August), you must pre-enter by no later than Friday 4 August at 6.00pm.

Thank you for your cooperation.

VRWC RWA Challenge & VMA 10km c'ships, 29 July – Middle Park

Warm and sunny skies, albeit with the usual stiff northerly, greeted the 41 walkers who fronted for the annual RWA Challenge and VMA championships on Saturday. The 10km and 8km starters got underway first, with the Masters welcoming QLD visitor **Brenda Gannon** to their 10km ranks. Brenda showed she is a strong competitor, just missing a sub-60min result. Among the VMA walkers, the standout was **Carolyn Rosenbrock** whose **1:00:19** attracted an 87.20% rating.

Amongst the Challenge contestants, **Marcus Wakim** took 10km line honours for the men with **43:31**, while **Arnika Nelson**, walking her first 10km, showed she has great promise in the long ones in clocking **52:23** to be first woman home. **Maddison Nash** and **Alejandro Stephens** set big new PBs of **52:29** and **52:15** as their climb up the improvement curve continues.

Ariana Pashutina was the only 8km starter on the day, but she took advantage of the 10km company around her to post a 25sec PB of **46:25**.

Another Club record for Gwen!

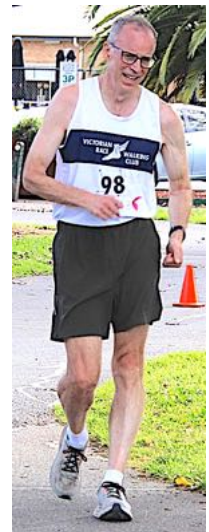


10km VMA Masters c'ships & Masters RWA Challenge

Name	G	Age Gp	Time	VMA Place	RWA Mast %	Masters Place
Brenda Gannon (<i>QMA</i>)	F	M45	1:00:00	1		
Marnie Zakis	F	M45	1:11:47	1	63.92%	5
Kylie Irshad	F	M50	DNS	DNS		
Carolyn Rosenbrock	F	M60	1:00:19	1	87.20%	1
Donna-Marie Elms	F	M60	1:10:16	2	74.85%	4
Barb Bryant	F	M65	1:04:55	1		
Karyn O'Neill	F	M65	1:12:26	2	77.70%	3
Heather Carr	F	M70	1:13:00	1	82.01%	2
Pramesh Prasad	M	M45	58:05	1	70.15%	2
Mark Blackwood	M	M45	Ab	Ab		
David Smyth	M	M50	DNS	DNS		
Simon Evans	M	M60	1:02:35	1		
Gerard Feain	M	M60	1:04:29	2	69.42%	3
Paul Moritz	M	M60	Ab	Ab		
Terry O'Neill	M	M65	1:05:30	1	72.85%	1
Gunther Ilgoutz	M	M80	1:31:38	1		



They're underway in the 10km and 8km.



Masters at work.



***Masters medallists**

Heather, Barbara, Karyn, Carolyn, Donna-Marie, Brenda and Marnie ...

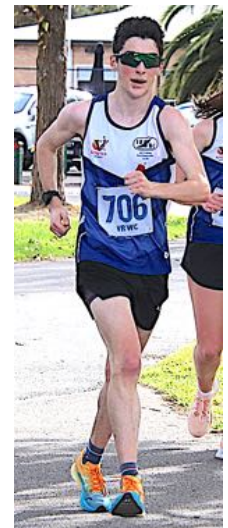
... along with Simon, Gunter, Pramesh, Terry and Gerard.

(Photos: Scott Nelson)



VRWC 10km Open & U20 RWA Challenge

Name		G	Age Gp	Time	RWA Open	RWA U20	
Arnika	Nelson	F	Open	52:23	1		First 10km
Char	Hay	F	U20	<i>Ab</i>		<i>Ab</i>	
Maddison	Nash	F	U20	52:29		1	PB 0:36
Grace	Louey	F	U20	1:02:42		2	
Alejandro	Stephens	M	Open	52:15	1		PB 0:29
Marcus	Wakim	M	U20	43:31		1	
Eden	Morgan	M	U20	50:32		2	
Jonathan	Ho	M	U20	58:42		3	



Up for the 'Challenge': 8km and 10km

VRWC 8km U18 RWA Challenge

Name	G	Age Gp	Time	RWA place
Ariana Pashutina	F	U18	46:25	1

Numbers, unfortunately, were a little down in the shorter Challenge races. **Lily Bowkett** was the best of the bunch with a huge 43sec PB in the 1.5km, with **Jaida Robertson** taking the win with her own PB time.

VRWC 3km U14 RWA Challenge

Mietta Morgan	F	U14	17:05	1
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VRWC 2km U12 RWA Challenge

Angus Shuttleworth	M	U12	10:10	1
Zoe Bowkett	F	U12	13:32	1

VRWC 1.5km U10 RWA Challenge

Jaida Robertson	F	U10	9:06	1	PB 0:08
Lily Bowkett	F	U10	9:12	2	PB 0:43
Anouk Morgan	F	U10	9:33	3	

VRWC Club Points

Entrants for the RWA Challenge and Masters events who are VRWC members were automatically entered for the Club points competition (Times and Handicap). For **Maddie Nash** it was a productive day, with a handicap win alongside her big 10km PB. **Terry O'Neill** won the Men's handicap alongside his **1:05:30** in the Masters 10.

Nikola Mandic turned on a powerful display in his first 8km race, his **38:45** making the prospect of what he'll do with more training and racing over longer distances very appealing. The same can be said of **Kate Siviour** who ripped a huge chunk from her PB for **41:34** and would surely benefit from more winter racing.

Evergreen club stalwarts **Gwen Steed** and **Geoff Barrow** took handicap honours in the 5km, with **Jade Chitty** not far off her PB in being first home in **27:31**. Subject to ratification, **Gwen's** time of **37:42** has broken her own VRWC W80 record for 5km by 8secs– well done, Gwen! Another to show big progress was **Amelia Vernal**, who is getting stronger with each race and who clobbered her previous best 5km time by 51secs to clock **34:20**.

Steve Haverley (who can always be depended on to race on Twilight Trivia day) and **Mietta Morgan** were our only 3km starters, with both handling the windy conditions well. In the 2km we were pleased to welcome, **Susan Short**, a newcomer to race walking, for her first road race. Susan is a Mentone Masters athlete who is keen to get into the sport, and we look forward to seeing more of her. **Levi Robertson** and **Mya McClure** took the 2km handicaps.





Nothing like a bit of golden sunshine in winter, is there?

Open 10km				Time pl.	H'cap pl.
Maddison	Nash	F	52:29	2	1
Arnika	Nelson	F	52:23	1	2
Karyn	O'Neill	F	1:12:26	7	3
Carolyn	Rosenbrock	F	1:00:19	3	4
Donna-Marie	Elms	F	1:10:16	5	5
Marnie	Zakis	F	1:11:47	6	6
Grace	Louey	F	1:02:42	4	7
Heather	Carr	F	1:13:00	8	8
Char	Hay	F	Ab	Ab	Ab
Terry	O'Neill	M	1:05:30	7	1
Marcus	Wakim	M	43:31	1	2
Eden	Morgan	M	50:32	2	3
Alejandro	Stephens	M	52:15	3	4
Jonathan	Ho	M	58:42	5	5
Gerard	Feain	M	1:04:29	6	6
Pramesh	Prasad	M	58:05	4	7
Mark	Blackwood	M	Ab	Ab	Ab
Paul	Moritz	M	Ab	Ab	Ab

Open 8km				Place	Hcp plc
Kate	Siviour	F	41:34	1	NT PB 2:28
Ariana	Pashutina	F	46:25	2	2 PB 0:25
Emily	Smith	F	47:37	3	1
Nikola	Mandic	M	38:45	1	NT First 8km

Open 5km				Place	Hcp plc
Jade	Chitty	F	27:31	1	2
Amelia	Vernal	F	34:20	2	3 PB 0:51
Gwen	Steed	F	37:42	3	1 VRWC W80 Club rec.
Geoff	Barrow	M	38:45	1	1
Daniel	Pashutin	M	DNS	DNS	DNS

Open 3km				Place	Hcp plc
Steven	Haverly	M	27:33	1	YN
Mietta	Morgan	F	17:05	1	1

Open 2km				Place	Hcp plc
Mya	McClure	F	9:42	1	1
Susan	Short	F	12:19	2	NT
Zoe	Bowkett	F	13:32	3	2
Angus	Shuttleworth	M	10:10	1	2
Levi	Robertson	M	11:26	2	1

Open 1.5km				Place	Hcp plc
Jaida	Robertson	F	9:06	1	1

Lily	Bowkett	F	9:12	2	3
Anouk	Morgan	F	9:33	3	2
Abby	Fowler	F	13:02	4	4

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution nonetheless.

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Bill Carr, Mark Donahoo
Recorders	Bob Gardiner, Madeleine Feain, Dave Long, Mark Donahoo, Bill Carr, Matt Vernal.
Judges:	Gordon Loughnan (C), Stu Cooper, Peter Price, Michael Bodey, Di Lowden, Scott Nelson, Kathleen Marsh, Brenda Felton
Set up, pack up:	Gerard Feain, Madeleine Feain, Dave Long, Carolyn Rosenbrock, Donna Marie Elms, Bob Gardiner
Photos	Therese Smith
Walkers:	41

A special thank-you to **Therese Smith** for supplying this week's photos in Terry Swan's absence. Therese's photos can be viewed in their entirety at <https://www.facebook.com/media/set/?set=oa.843729540691239&type=3>

***** Coming up ...***

***VRWC Intervals race – Sunday 6 August, Middle Park**

10.00am	Intervals Race – 6km, 8km, 10km Open
10.25am	4km Open
10.45am	2km Open

*Enter by no later than 6.00pm, Friday 4 August
(Note change to deadline, as advised on Page 1 of this issue)*
<https://www.revolutionise.com.au/vrwc/events/196638/>

The **Intervals race** is another of our popular 'special' races – in fact it's a mixture of race and speed training session. There are several approaches, including setting one's own pace goals and lap target times, or going out hard and hanging on for as long as you can.

In the Intervals Race, walkers choose to walk either **6km, 8km** or **10km** in 2km intervals.

To walk in this event, you must be able to complete each leg in **less than 17 minutes**. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg.

The **start times** for the 2km legs are as follows:

Start time	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
10.00am	1	1	1
10.17am	2	2	2
10.34am	3	3	3
10.51am		4	4
11.08am			5

Your 2km repetition times will be added to give you your final aggregate time for the race distance you complete.



Victorian Race Walking Club

Coaching Clinic for athletes of all ages, parents and coaches

Coaching clinic beginning at 12.20pm-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 second clinic for this season will be held Saturday 12th August 2023, in the VRWC Clubrooms, Middle Park Bowling Complex, Middle Park.

Presenters for the clinic are

- **Fran Attard**, experienced coach of junior athletes
- **Mark Donahoo**, VRWC club coach
- **Simon Baker**, elite level coach

Outline of clinic

- **12.20pm**: welcome to all participants in the clinic
- **12.25pm**: Practical session with Mark Donahoo: looking at what to do to help keep a good style as you go through growth stages or changes due to injury or getting older
- **12.55pm**: Fran Attard will have a panel of mostly young athletes who will discuss their experiences as up and coming walkers
- **1.25pm**: Conclusion of the session

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.

There is no charge.



AROUND THE COUNTRY

**WALKER OF THE WEEK **



Local walker Eva Rico (808) with new Aussie friends, Allannah and Olivia. (Photo: Melanie Jennings-Pitcher)

WsOTW this time around are **Olivia Sandery (SA)** and **Allannah Pitcher (NSW)**, who tackled fierce heat and fiercer competition to take unofficial 5th and 6th places in the Spanish national 10,000m track walk championships in Torrent, Valencia, last weekend.

Coming off a solid training block at altitude and ready to take on some tough, fast competition, the two Australians could hardly have had a better hit-out. Putting themselves in the mix early, it appears they lost contact with the medallists only gradually, finishing well clear of the rest of the field and showing they're both coming into in great shape for the big ones in Budapest.

Well done, Olivia and Allannah. We all wish you the very best of good fortune at the Worlds' in a few weeks' time.

*Honourable mentions:

- **Gwen Steed (VIC)** – another VRWC Club record for Gwen, this time setting a new W80 5km mark with **37:42**.
- **Daisy Braithwaite (SA)** – continuing her fine season, Daisy took another huge chunk – 1:19 – from her 8km PB to clock **43:11** in the ASA State championships.
- **Carolyn Rosenbrock (VIC)** – had the best Masters RWA rating – 87.20% - in the Challenge 10km with her time of **1:00:19**.

A.C.T. Interstate Challenge & Fitness walk results, 29 July – Weston Park

Thanks to **Helen Toyne** for providing the results of the ACTRFWC's Challenge races.

10km Masters Women	3km U14 Girls
1 Ann Jugovic 59:06	1 Jillian Ryan 16:29
2 Jill Pearson 1:10:43	
10km U20 Women	2km U12 Boys
1 Hana Jugovic 59:38	1 Sebastian Ryan 13:23
	1.5km U10 Girls
	1 Phoebe Grocott 11:37

Non-Challenge events (Fitness walkers)

3km	
Jim White	23:16
10km	
John Kennedy	69:20

NEW SOUTH WALES NSWRWC results, 29 July – Chipping Norton

Thanks to **Frank Overton** for the latest NSWRWC results:

Saturday's NSW Walkers club racing was at Chipping Norton on a 1km lap. It was a humid but nice day for competing. In total there were 40 competitors who recorded some good times with PBs.

The performances of the day go to **Mitchell McCarthy**, 3km in 16.25 (PB); **Joshua Waddington**, 2km in 10.18 (PB), and **Alexander Dennett** 2km 14.02 (PB).

Other good performances: **Olive Gauci** 5km (First time at this distance) 34.31, **Noah Vella** 3km in 17.02, **Nate Appleyard** 2km in 9.46, **Jack McGinniskin** 10km in 46.05, **Joel Byatt** 5km in 24.48, **Aiden Pospischil** 5km in 31.32.

Long Division 10km

1. Jack McGinniskin (m)	46:05
2. Chelsea Roberts (f)	1:03:17

Short Division 5km

1. Joel Byatt (m)	24:48
2. Laelia Byatt (f)	30:02
3. Aiden Pospischil (m)	31:32
4. Jessey Bektas (f)	32:59
5. Nicole Challinor (f)	41:03
6eq. Emily Challinor (f)	45:15
6eq. Sarah Challinor (f)	45:15

Under 14 years 3km

1. Sophie Polkinghorne (f)	14:43
2. Mitchell McCarthy (m)	16:25
3. Emma Hoskins (f)	16:48
4. Noah Vella (m)	17:02
5. Sienna Wade (f)	17:43
6. Patrick Waddington (m)	18:16
7. Madeline Kot (f)	18:52
8. Ashleigh Farrugia (f)	20:25

Under 10 years 1.5km

1. Stella Wade (f)	7:53
2. Beth Cochrane (f)	8:49
3. Addison Fahey (f)	9:01
4. Veronica Dennett (f)	9:03
5eq. Addison Jenkins (f)	9:52
5eq. Antonia Powter (f)	9:52
7. Milana Sorokin (f)	11:44
8. Amelie Barakat (f)	14:06

Medium Division 10km

1. Sienna Pitcher (f)	54:44
2. Brendan Pospischil (m)	59:18

Under 16 years 5km

1. Alexander Sinett (m)	25:11
2. Christopher Nilon (m)	29:50
3. Olive Gauci (f)	34:31
4. Katherine Farrugia (f)	44:54

Under 12 years 2km

1. Nate Appleyard (m)	9:46
2. Joshua Waddington (m)	10:18
3. Hannah Hewitt (f)	11:13
4. Ash Mansell (f)	11:14
5. Mackenzie Kitching (f)	13:02
6. Caitlin Allum (f)	13:48
7. Luca Barakat (f)	13:54
8. Alexander Dennett (m)	14:02
9. Chloe Farugia (f)	15:42

SOUTH AUSTRALIA ASA State road walk championships, 29 July – South Parklands

The SA walkers made a welcome reacquaintance with agreeable weather for their State championships. Thanks to **Kim Mottrom** for the results.

ASA State Championships

Open 20km

Kim Mottrom	1:35:17	
Peter Crump	2:04:52	
Rhiannon Lovegrove	2:05:12	First 20km

Over 35 20km

Mel Grantham	2:11:58
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U20 10km

Nellie Langford	56:27
Cooper Rech	56:46

U18 8km

Daisy Braithwaite	43:11	PB 1:19
Jasmine Crabb	1:01:14	First 8km

U14 3km

Alexis Thiele	17:30	PB 0:22
Orlando Grantham	18:41	
Matilda Rech	18:56	
Senna Cook	DQ	

Support 8km

Bill Starr	1:05:54
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Support 3km

Katie De Ruvo	18:11	
Robert Crabb	30:30	First 3km

Support 1.5km

Anthony Crabb	16:20
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U16 5km

Sebastian Richards	26:01
Angelina Legrand	29:10

TASMANIA TRWC results, 29 July – Montrose Bay

Thanks to **David Moore** and **Rosemary Coleman** for the results.

Small numbers today in very windy conditions for our walk at Montrose Bay.

Another PB for **Adele Woodward**, and a Season Best for **Eugene Gerlach** sharpening up for next week's State Championships.

1km

1. Adele Woodward	OVA	6:20 PB
2. Elsie Woodward	Huon LA	7:49
3. Dave Moore	TMA	9:56

2km

1. Wayne Fletcher	NS	17:07
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4km

1. Eugene Gerlach	AWT	28:26 SB
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WESTERN AUSTRALIA WARWC results, 30 July - Shelley

Terry Jones (back from holiday) reports that conditions at Shelley were cool and cloudy with some drizzle. In other words, ideal for winter racing!

Alex Griffin took off the handicap and fastest time in the big one. The 14km is an interesting race distance, reminiscent of some of the imperial distances we used to have such as 8 mile and 9 mile handicaps.

14K H'cap

Alexandra Griffin	1.17.50
Andrew Duncan	1.22.12
Wendy Farrow	1.40.48
Victor Munoz	1.40.46

5K H'cap

John McDonagh	34.16
Daniel Lowe	36.44
Fiona Van Heerwaarden	34.06
Melissa Lewis	33.00
Karyn Tolardo	32.32

4K H'cap

Glenys Duncan	36.53
Savannah Carnaby	27.05

2K H'cap

Nathaniel Khaira	12.15
Charlotte Burgess	12.16
Aleeah Pike	12.10
Dylan Sardelich	12.11
Addison Roots	15.13
Trinity Doulis	13.19
Tayte Moore	14.05

1K H'cap

Carter Moore	8.17
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INTERNATIONAL NEWS

SPAIN: Spanish track 10,000m c'ships, 28/29 July – Torrent (Valencia)

The following report is reprinted from the website of Spanish athletics' governing body, *Atletismo RFEA*:

Men's 10,000m walk

Álvaro Martín from Extremadura had an enormous resounding win in the 10,000 meter walk. From the beginning he set a very high pace, with kilometers well under 4 minutes, which meant that only **Diego García Carrera** from Madrid and **Paul McGrath** from Barcelona could follow in his wake, at first with him and then at a greater and greater distance.

Martín passed the halfway point of the test in 19:25.10, with McGrath placing himself in second position and relegating García Carrera to third. Hit by the heat and humidity, Álvaro Martín could not keep up with his own pace and slowed it down a lot in the last part, but he was proclaimed a brilliant champion with a time of **39:39.32**.

The surprise came from behind, as **Alberto Amezcua** from Granada went from less to more and successively surpassed Diego and Paul, taking the silver and a time of **40:04.75**. The bronze went to McGrath with **40:41.74** and the fourth position to Diego García Carrera with **41:09.70**.

Sixth title for Álvaro Martín, all since 2017 except last year when he was not present in the championship. With this gold he equals Miguel Ángel López as the most successful in the history of the competition. The man from Extremadura has had a brilliant 2023, with a record of victories in the major championships he has competed in: three-time Spanish champion (20 km, 35 km and 10,000 m), European Team Championship over 35 km (with the Spanish record included) and Spanish Championship of Autonomous Federations in 5000 meters.



Alvaro Martin



Maria Perez

(Photos: Atletismo RFEA)

Women's 10,000 meter walk

María Pérez from Granada, the great favorite for the title, stood out from the group from the start, riding solo throughout the race. Her pace, which was high at the beginning and made her pass 5,000 in 22:20.80, decreased as she devoured kilometers, in a repetition of what we saw yesterday with Álvaro Martín.

María Pérez, our brand new 35km world record holder, reached the finish line in **45:02.15**. Third national track title for the disciple of Daniel Jacinto Garzón, after those of 2019 and 2021. The national record holder Raquel González was absent due to a viral process.

Behind María, a group was formed led by the Catalan **Cristina Montesinos** and the Madrid walker **Lidia Sánchez-Puebla**, with the Galician **Antía Chamosa** behind them, and that was how the other two medals would be played out. Chamosa precisely left her rivals in the final part and won the silver medal with **45:39.65**. Lidia Sánchez-Puebla took the bronze with **46:01.92**. And fourth place for Cristina Montesinos, who reached the finish line in **46:17.29**.

The Australians in Torrent

As a pre-Worlds warm-up (given conditions in Mediterranean Europe at present, not much would've been needed), five walkers of the Australian team – **Olivia Sandery, Allannah Pitcher, Hannah Bolton, Hannah Mison** and **Kyle Swan** – ventured to Torrent to compete in the championships by invitation.

Kyle, sadly, found few *amigos* among the judges on this occasion, and we wish him better fortune in his preparation and racing in Budapest at month's end. For the Aussie women it was a hard but productive hit-out, with Olivia and Allannah impressing by taking 5th and 6th consecutively against the cream of Spain's walking talent. The two Hannahs ground it out gamely in the heat and will be stronger for the experience.

Men 10,000m Walk – 28/7/23

1 Alvaro Martin	CAPEX	39:39.32
2 Alberto Amezcua	Juventud Guadix	40:04.75
3 Paul McGrath	Cornelia At.	40:41.74
4 Diego Garcia	Playas de Castellon	41:09.70
5 Marc Tur	Pena Santa Eulalia	41:57.70
6 Daniel Chamosa	SG Pontevedra	42:14.08
7 Alvaro Lopez	GrupoPamplona at.	42:20.44
8 Miguel Angel Lopez	UCAM Murcia	42:29.46
9 Ivan Lopez	FC Barcelona	43:04.20
10 Jose Ignacio Aledo	Playas de Castellon	43:28.61

Women 10,000m Walk – 29/7/23

1 Maria Perez	Valencia Club At.	45:02.15
2 Antia Chamosa	SG Pontevedra	45:39.65
3 Lidia Sanchez-Puebla	Playas de Castellon	46:01.92
4 Cristina Montesinos	Pielagos	46:17.29
5 Olivia Sandery	Australia	46:42.26
6 Allannah Pitcher	Australia	46:59.67
7 Paula Juarez	Aldahra Llieda UA	46:59.73
8 Amanda Cano	UCAM-Ath. Cieza	48:12.06
9 Mireia Urrutia	L'Hospitalet At.	48:21.12
10 Eva Rico	At. Intec-Zoiti	48:34.96

11 Manuel Bermudez	UCAM-Ath. Cieza	44:11.04	11 Carmen Escariz	Ourense Atletismo	49:06.87
12 Pablo Pastor	CD Surco Lucena	44:35.45	12 Hannah Mison	Australia	49:06.89
13 Daniel Jimeno	AlcampoScorpio 71	45:18.23	13 Andrea Cabre	Playas de Castellon	50:18.22
14 David Moral	UCAM-Cartagena	45:28.86	14 Gemma Mora	L'Hospitalet At.	50:39.00
15 Miguel Espinoza	Go Fit Athletics	45:30.71	15 Irene Vazquez	UCAM-Ath. Cieza	50:43.80
16 Joan Querol	Valencia Club At.	49:29.64	16 Georgina Ruiz	AA Catalunya	50:59.50
-- Javier De Arriba	Go Fit Athletics	NM	17 Hannah Bolton	Australia	52:20.16*
-- Oscar Martinez	Cornella At.	DNF	18 Ana Pulgarin	Super Amara BAT	52:27.87 PZ
-- Kyle Swan	Australia	DQ PZ	19 Laura Monje	CA Granollers	54:29.12
-- Aythamy Afonso	TenerifeCajaCanar.	DQ	-- Lucia Redondo	Univ Leon Sprint At	DNF
			-- Alicia Sanchez	Trops-Cue de Nerja	DNS

* Time disputed. Hannah Bolton's time as published by *RFEA Atletismo* was 52:20:16. However, independent timers have her at 50:54 and 50:55.

PZ – Penalty zone 1:00

SLOVENIA: European Youth Olympic Festival results, 24 & 28 July - Maribor

Emmanuel Tardi reports on the 5000m Walks at this high-powered event for U18s. Judging from the number of PBs recorded, it was a stimulating meeting with most binging their A-game.

I was appointed as judge in Maribor (Slovenia) for the European Youth Olympic Festival. It is a multisport competition with around 4000 entries, which includes athletics.

It is for young people born in 2006 and 2007. In the Athletics program, racewalking was scheduled on Monday (5k for Men at 7:25pm) and Friday (5k for women at 7:25pm).

Others judges were Anna Veselova (Israel) Alexandru Stefan (Roumania) Vasco Guedes (Portugal) Majda Areh Novak (Slovenia) and Frederic Bianchi (Switzerland).

In the men's event, there were only 11 starters. **Monfort** (Spain) walked with **Disabato** for the first 3k, then he sped up and won easily with a new PB.

In the women's event, **Kovacs** (Hungary) was immediately the only leader. She reached the first km in 4:30. Behind her, it was battle with **Suarez**, **Stankovic** and **Auvray**. After 3k Suarez sped up, and we thought that she could overtake Kovacs. But Kovacs controlled the race and finally it was an easy victory for her. For the 2nd place, it was a sprint for three women, and finally Suarez kept a very small advantage over Stankovic.

	Men	July 24th	5000m RW	
1	Daniel Monfort	ESP	2006	20:22.18 PB
2	Giuseppe Disabato	ITA	2006	20:35.69 PB
3	Nick Joel Richardt	GER	2006	21:05.41 PB
4	Roman Horbachov	UKR	2006	21:12.91
5	Eduardo Camarate	POR	2006	22:01.25 PB
6	Bastien Picart	FRA	2006	22:19.87
7	Lukas Rosenbaum	SVK	2007	22:42.87 PB
8	Benjamin Bor	HUN	2006	23:12.79 PB
9	Seamus Clarke	IRL	2007	23:44.52
10	Mateusz Margiel	POL	2007	23:45.87
11	Erkan Karayil	TUR	2006	23:53.86 PB



Men's start at Maribor. Winner Monfort is 128.

	Women	July 28th		5000m RW	
1	Alexandra Kovacs	HUN	2006	22:42.91	
2	Julia Suárez	ESP	2006	22:48.02	PB
3	Mina Stankovic	SRB	2006	22:48.30	PB
4	Léna Auvray	FRA	2006	22:53.54	
5	Serena Di Fabio	ITA	2007	23:30.45	PB
6	Juste Perveneckaitė	LIT	2006	23:37.44	
7	Alessia Cristina Pop	ROU	2007	24:22.43	PB
8	Tamara Indriskova	SVK	2006	24:29.07	PB
9	Oksana Lukianovych	UKR	2007	24:29.48	
10	Theresia Emma Mohr	AUT	2006	24:38.79	
11	Paulina Tomaszewska	POL	2006	24:49.60	SB
12	Gabriela Santos	POR	2006	24:51.69	SB
13	Esmanur Yilmaz	TUR	2007	25:53.99	



Tension and focus on the Women's start line. Winner Kovacs (285) appears relaxed by contrast. (Photos: Emmanuel Tardi)

MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023>, along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Tuesday, August 1, 2023 - Fortunato and Trapletti are champions of Italy - Molfetta 2023
<http://omarchador.blogspot.com/2023/08/fortunato-e-trapletti-sagram-se.html>
- Monday, July 31, 2023 - María Pérez was crowned champion of Spain in the 10,000 meters walk (Torrent 2023)
<http://omarchador.blogspot.com/2023/07/maria-perez-sagrou-se-campea-de-espanha.html>
- Sunday, July 30, 2023 - João Vieira and Vitória Oliveira win titles of track champions of Portugal (Braga 2023)
<http://omarchador.blogspot.com/2023/07/joao-vieira-e-vitoria-oliveira.html>
- Sunday, July 30, 2023 - Álvaro Martín is crowned champion of Spain in the 10,000 meters walk (Torrent 2023)
<http://omarchador.blogspot.com/2023/07/alvaro-martin-sagra-se-campeao-de.html>
- Saturday, July 29, 2023 - Alexandra Kovács (Hungary) dominates women's march at the European Youth Olympic Festival (Maribor 2023) <http://omarchador.blogspot.com/2023/07/alexandra-kovacs-hungria-domina-marcha.html>

- Friday, July 28, 2023 - Spanish Under-20 Championships (2023) in Soria – results
<http://omarchador.blogspot.com/2023/07/campeonatos-de-espanha-sub-20-2023-em.html>
- Thursday, July 27, 2023 - Italy Under-20 Championships in Grosseto (2023) – results
<http://omarchador.blogspot.com/2023/07/campeonatos-de-italia-sub-20-em.html>
- Wednesday, July 26, 2023 - GR Eireense and C Benfica Faro with triumphs in the march of the III Division 2023
<http://omarchador.blogspot.com/2023/07/gr-eireense-e-c-benfica-faro-com.html>
- Tuesday, July 25, 2023 - Spanish Daniel Monfort repeats gold at the European Youth Olympic Festival (Maribor 2023)
<http://omarchador.blogspot.com/2023/07/espanhol-daniel-monfort-repete-ouro-no.html>
- Tuesday, July 25, 2023 - CA Marinha Grande and ADR Água de Pena victorious in the march of the II Division 2023
<http://omarchador.blogspot.com/2023/07/ca-marinha-grande-e-adr-agua-de-pena.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2023

Sun 6 Aug 2023	AMA Masters 20km road c'ship – Adelaide
	VRWC Intervals race – Middle Park
Sat 12 Aug 2023	VRWC Club points races (final points comp for season) . Prizes for h'cap winners – Middle Park
Sun 27 Aug 2023	AV Country & VRWC Road walk c'ships - Ballarat
Sat 2 Sep 2023	AV 5000m Teams race, VMA 5000m c'ship, VRWC Time races (2hr, 1hr) - Mentone
Sat 9 Sep 2023	VRWC Relay event & scratch races; Winter presentations – Middle Park

International Dates

28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

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