



HEEL & TOE Online

Vol. 2023
Issue No. 33
Tuesday
22 August 2023

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: RUNNERS WORLD 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

**WALKER OF THE WEEK **



(Photo: Emmanuel Tardi)

Who else?

On Sunday, **Jemima Montag** produced the finest performance of her career so far, outlasting all but one of her formidable international rivals to take the Silver medal in the Women's 20km at the Budapest World Athletics Championships – the first Australian medal of the meet. In doing so, she set new Commonwealth, Oceania, Australian, Victorian and (of course) VRWC Club records with her final time of **1:27:16** ... also an 11sec PB. Best of all, it won her another WOTW!

Those of us able to watch the race on SBS VICELAND know we were privileged to be seeing something truly special in Australian athletics history – further confirmation of the too often unacknowledged role race walking has played in this country's track & field success. Never had Jemima look so confident, so composed, so in charge of her race against the elite of the sport as she did in Budapest. She was the very model of economy, restraint, endurance (no dropping off the lead pack this time) and timing. One by one, those highly-credentialed rivals fell behind to leave only herself and Maria Perez (ESP), whose long, brutal surge in the last 5km settled who took which of the first two medals.

Jemima's success is the latest in what has been – thanks to the Matildas (football) and Diamonds (netball) an enormous boost for women's sport that we should all want to see thrive and flower into something more enduring. Jemima certainly does. As an IOC Young Leader through her 'Girls Play On' program, she champions the lifelong involvement of girls and women in sport and physical activity ... the kind of initiative that is sorely needed the world over.

Congratulations, Jemima. What an inspiration you are to us all!

*Honourable mentions

- **Declan Tingay (WA/VIC)** – Like Jemima, Dec walked a controlled and disciplined race in the Men's 20km in Budapest, gaining another international top-10 finish with a PB of **1:18:30**.
- **Rhydian Cowley (VIC)** – One more international top-15 result for Rhyd, his 20km time of **1:19:31** missed his own PB by a single second but may prove an invaluable depletion step in his build-up for the 35km on Thursday.
- **Rebecca Henderson (VIC)** – Another who will back up for the 35km, Bec walked as tough as always in the 20km while keeping something in reserve, and she will have appreciated the hit-out before Thursday.
- **Kyle Swan (VIC)** and **Olivia Sandery (SA)** – Although neither had the results they would have wanted, both have worked just as hard and with as much dedication as their team-mates and they deserved their places out there in the green and gold.
- **John Ronan (WA)** – On any other week, John may well have added one more WOTW to his collection with his fantastic 1:36 PB effort of **43:08** for 10km in the WA State Road walk championships.

Athletics Australia has published the following news reports on both the Men's and Women's 20km walks in Budapest:

SILVER SUCCESS AS MONTAG GRABS AUSTRALIA'S FIRST MEDAL IN BUDAPEST

by **Sacha Ryner** (reprinted from athletics.com.au/news/)

Olympic race walker **Jemima Montag** has claimed Australia's first medal at the 2023 World Athletics Championships in Budapest, walking her way to silver and a national record in the Women's 20km Race Walk at the historic Heroes Square.

Enduring soaring temperatures, 25-year-old **Montag** (VIC, Brent Vallance) made her presence known in the lead group over the first 15 laps of the one-kilometre course. Though eventual winner Maria Perez (Spain) surged to a decisive lead at the 16km mark, winning gold in 1:26:51, the Australian stayed true to her race plan, emphatically crossing the line in 1:27:16.

"I've learned from the last few World Champs and the Olympics that when the move is made at about 15km, it's the winning move. The last three majors I haven't had the training evidence or the self-belief, or the technical backing to go with it but when speaking to my psych the last few days, the idea was just to be willing to hurt in that last five."

"I didn't really have any intention of challenging her (Perez). And I knew I was on one red card. So it's smarter to lock in silver, and keep that distance back to bronze than to worry about challenging for gold and potentially getting disqualified."

In claiming silver, Montag became the first Australian women's race walker to finish on the podium at the World Athletics Championships since Kerry Saxby-Junna in 1999, while also shaving 11 seconds off her own national record to reaffirm Australia's rich history in global race walking.

Montag's maiden global medal signifies her steep progression since making her World Championships debut in Doha 2019; 10th in Qatar, sixth at the Tokyo Olympics, to fourth at the 2022 World Athletics Championships, and now a silver medallist in 2023.

Olympian **Rebecca Henderson** (VIC, Simon Baker) placed 32nd overall in a time of 1:35:51, while 2022 World Under 20 Championships fourth-place getter **Olivia Sandery** (SA, Jared Tallent) was disqualified after receiving four red cards.



(Photo: Athletics Australia)

TINGAY FINDS FORM IN BUDAPEST

by **Sacha Ryner** (reprinted from athletics.com.au/news/)



Declan and Evan Dunfee (right) do battle once again.

(Photo: Emmanuel Tardi)

Olympian **Declan Tingay** has launched Australia's campaign at the World Athletics Championships in style, walking to his first global Top-8 finish in the Men's 20km Race Walk, while Australia's fastest man **Rohan Browning** dashed to a date with the 100m Semi-Finals.

In one of the deepest races in the event's history featuring 18 men finishing inside 1:20:00, **Declan Tingay** (WA, Brent Vallance) stamped his authority, placing eighth in a time of 1:18:30. The 24-year-old's time was the fastest by any Australian at a World Athletics Championships, with the 16-second personal best solidifying his position as Australia's second fastest race walker over the distance, behind 2007 world champion Nathan Deakes.

Two hours after the race was originally due to start at the picturesque Hero Square, the field of 50 set off in rain-swept conditions as Tingay led the way for fellow Australians **Rhydian Cowley** (VIC, Brent Vallance) and **Kyle Swan** (VIC, Jared Tallent). Racing prominently throughout proceedings, Tingay fell back to 12th place through 16km, before digging his feet into

the ground to achieve his goal of a Top-8 finish, after crossing the line in 17th at 2022 Oregon World Championships.

“It was carnage out there, but collectively as a team we leant into that carnage and maybe it’s one of those quintessential Aussie traits that you do when everyone is panicking,” Tingay said.

“I knew it was going to be quick, but I didn’t think it would be that quick. We hit half way in 38:50 and that’s one of my fastest 10km road times ever. I knew everybody else was hurting around that time so I just leant into that pain and sucked it up. I saw everybody else in front of me start to suffer and that spurs you forward and there is your top-8 finish.”

Cowley served up a trademark calculated performance to rapidly progress through the field in the closing stages, finishing in 14th place in 1:19:31 - the fourth fastest time by an Australian at a major championships, and just one second off his personal best. Swan finished in 40th place in a time of 1:26:02.

* Read **World Athletics** race reports, plus full results, in *International News*.



***Schedule for Budapest 23 Road Walks**

- **35km Walk Men & Women:** Thursday 24 August – 0700 (3:00pm AEST)

Rhydian Cowley, Bec Henderson and Allannah Pitcher will be in action for Australia, in what may well be (unless saner heads prevail) the last edition of an endurance race walk at a major championships. If possible, let’s all watch these three fine distance athletes at work and wish them the very best of luck.

***How can I watch them?**

Coverage of the WA Championships will be accessible free-to-air on **SBS Viceland** and **SBS On Demand**.

Note that, as stadium events will be run simultaneously with the 35km, the walk coverage will likely be subject to interruptions as in the men’s 20km.



CLUB NEWS and RESULTS

**** Coming up ...**

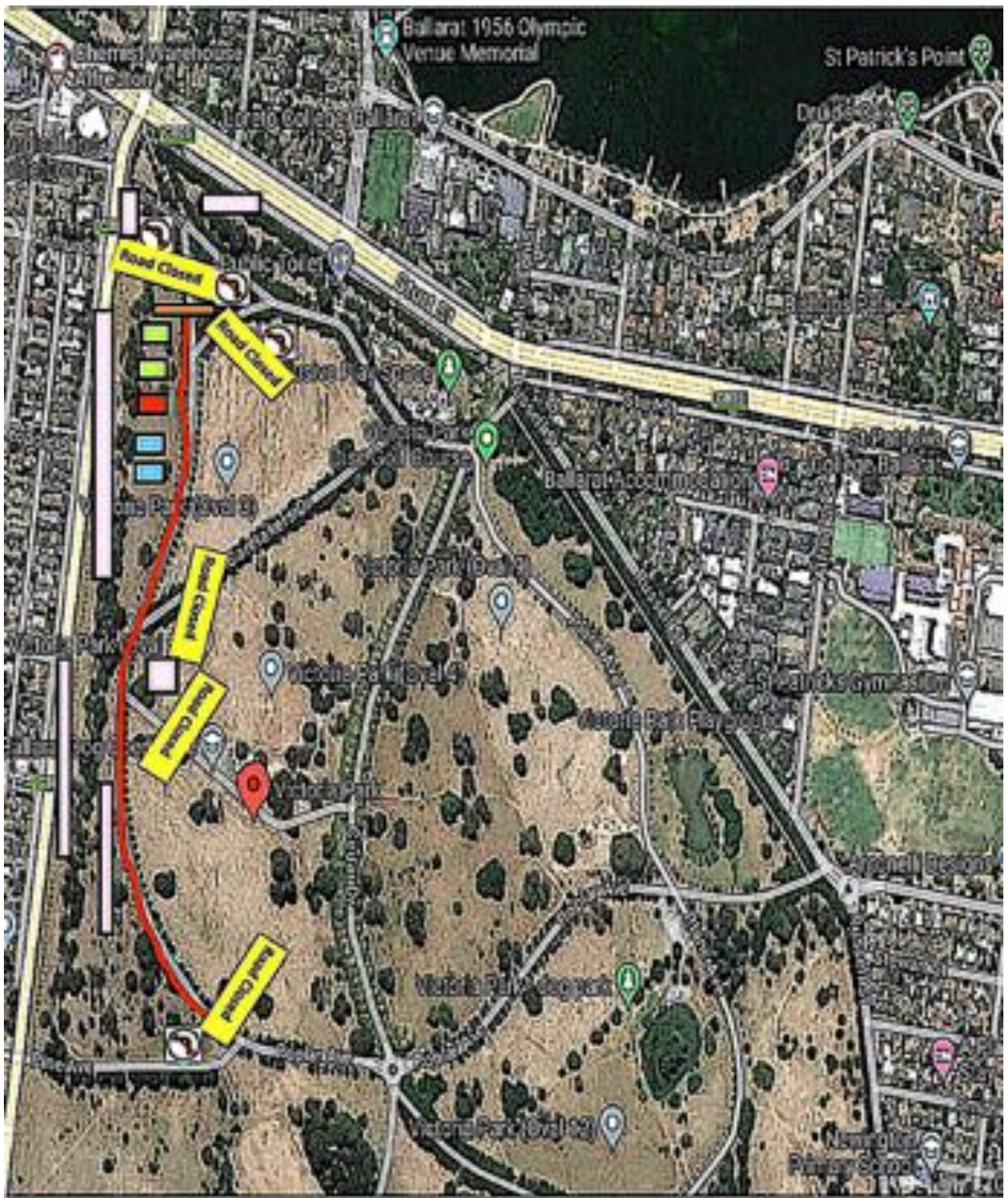
**** Sunday 27 August - Victoria Park, Ballarat**

10.00am	10km AV Country Championship 10km AV Country Championship 10km VRWC Road Championship 10km non-c’ship	Open Men Open Women Open Open Men/Women
10.30am	5km AV Country Championship 5km VRWC Championship 5km AV Country Championship 5km VRWC Championship 5km non-c’ship	U20 Men/Women U20 Men/Women U18 Men/Women U18 Men/Women Open
11.00am	3km AV Country Championship 3km VRWC Championship 3km AV Country Championship 3km VRWC Championship 3km non-c’ship	U16 Boys/Girls U16 Boys/Girls U14 Boys/Girls U14 Boys/Girls Open
11.15am	2km VRWC Championship 2km non-c’ship 1km VRWC Championship 1km non-c’ship	U10 Boys/Girls Open U12 Boys/Girls Open
11.30	<i>Presentations & BBQ</i>	

***AV Country c’ships entry** – go to
<https://members.athsvic.org.au/eventsregister/184937/>
Entries close Wednesday 23 August at 11.59pm

***VRWC c’ships and Open races** – go to
<https://www.revolutionise.com.au/vrwc/events/199780/>
Entries close Friday 25 August at 6.00pm

DIRECTIONS: From Melbourne – (1) On M8 freeway, exit onto C307 (Gillies St North) and proceed south through Wendouree to the venue, cnr Sturt St. (2) Through B’rat City, follow Sturt St (C305) to Victoria Park, turn left at Gillies St. (See map below)



-  Car Parking for Participants / Spectators
-  Event Marquee
-  Catering Marquee
-  Club Marquee
-  Start / Finish Line
-  Course (1km Loop)

And the following week ...

Saturday 2 September – Mentone track		
2.00pm	2 hour	Open
2.00pm	1 hour	Open
2.00pm	10,000m	Open
2.15pm	AV 5000m Teams race	Men/Women
2.15pm	5000m VMA c'ship	Men/Women
2.15pm	5000m	Open
2.15pm	3000m	Open
2.45pm	2000m	Open
3.00pm	1500m	Open

*Details of AV entry will be up shortly.
 Entries for VRWC and VMA events will be accepted up until 6pm
 on Friday 1 September. Enter online at
<https://www.revolutionise.com.au/vrwc/>*

**WALKS EDUCATION
 SESSIONS**
 Saturday 16 September

***HOW TO PUT ON A RACE WALKING EVENT**
 followed by
***WALK JUDGING COURSE (updated)**

See the last two pages (14 and 15) of this issue for detailed brochure and application form for these two important sessions. Closing date for application – Sunday 10 September



NEW SOUTH WALES NSW Long Walk championships, 20 August – Chipping Norton

Results from ANSW website. Well done to **Jack McGinniskin** on completing his first 35km race.
 Readers who competed in the 60s and 70s would warm to the appearance of **Brendon Hyde**'s name in the M75 results.
 Brendan was a regular in the NSW squads at the Nationals, LBG carnival and other Federation events back then.
 We all join with the NSW walking fraternity in wishing **Allanah Pitcher** the best of luck on Thursday.

Women Open 35km

-- Hannah Mison	Mingara Reg	DNF
-- Bridget Bell	West's Track	DNF

Men Open 35km

1 Jack McGinniskin	Mingara Reg	2:56:06
-- Dylan Richardson	Mingara Reg	DNF

Women 60-64 15km

1 Anne Weekes	Illawong Rev	1:58:30
---------------	--------------	---------

Men U20 20km

1 Brendan Pospischil	Winston Hill	2:01:54
----------------------	--------------	---------

Women U18 8km

1 Sienna Pitcher	Mingara Reg	42:52
2 Chelsea Roberts	West's Track	47:04
3 Laelia Byatt	Girraween Ath	49:07
4 Jessey Bektas	Nepean Dist	49:04
5 Sarah Challinor	Nepean Dist	1:03:44

Men 65-69 15km

1 Robert Osborne	Dubbo Ath	2:02:30
------------------	-----------	---------

Men 75-79 15km

1 Brendon Hyde	Sydney Univ	2:33:36
----------------	-------------	---------

Girls U16 5km

1 Grace Beck	West's Track	26:58
2 Jessica Loring	Parramatta C	27:08

Men U18 8km

1 Joel Byatt	Girraween Ath	40:12
2 Myles Ashby	Gosford Alls	42:29
3 Aidan Pospischil	Winston Hill	53:51

3 Matilda Webb	Winston Hill	27:20
4 Maisie Mitchell	Wests Track	30:02
5 Emma Hearnden	Macquarie Hu	30:40
6 Caetlin Ashby	Gosford Alls	31:38
7 Laura C Sotomayor	Girraween At	31:44
8 Madeleine Maxwell	Maitland Sen	31:46
9 Olive Gauchi	Wests Track	32:35

Girls U14 3km

1 Sophie Polkinghorne	Hills Dist	16:05
2 Emma Hoskins	Hills Dist	17:04
3 Nikki Hearnden	Macquarie Hu	18:03

Girls U12 2km

1 Hannah Hewitt	Wests Track	10:29
2 Avia Luketic	Athletics Ba	10:30
3 Keira Gill	Wests Track	11:22
4 Isla Banks	Wests Track	11:36
5 Mackenzie Kitching	Wests Track	12:23

Girls U10 2km

1 Stella Wade	Sydney Ath	10:46
2 Freya Williams	Wests Track	12:25
3 Addison Jenkins	Unattached	12:48
4 Veronica Dennett	Unattached	13:13

Boys U16 5km

1 Christopher Nilon	Parramatta C	29:19
-- Alexander Sinnett	Wests Track	DNF

Boys U14 3km

1 Noah Vella	Nepean Dist	16:51
2 Michael Mathison	Westfields A	16:54
3 Bentley Luketic	Athletics Ba	18:36
4 Patrick Waddington	Winston Hill	19:00
-- Mitchell McCarthy	Ryde Athletic	DQ

Boys U12 2km

1 Nate Appleyard	Winston Hill	10:25
2 Charlton Maxwell	Maitland Sen	11:19
3 Joshua Waddington	Winston Hill	11:36
4 Alexander Dennett	Hawkesbury C	13:18

Boys U10 2km

1 Jacob Hearnden	Unattached	12:37
------------------	------------	-------

QUEENSLAND QRWC results, Sunday 20 August – Yeronga

Thanks to **Robyn Wales** for the latest QLD results.

A Grade 10km

Men:

(1) Roel Wheeley	57:10 SB
(2) Adam Patterson	1:06:52
(3) Peter Bennett	1:07:57

Women:

(1) Joy Dale	1:17:18 SB
(2) Noela McKinven	1:28:55
--- Phoebe Chadwick	DNF

B Grade 5km

Men:

(1) Kai Dale	27:52 SB
(2) Patrick Sela	43:35

Women:

(1) Lyla Williams	30:18
(2) Summer Millard	32:23
(3) Korey Brady	34:46

C Grade 3km

Men:

(1) Brock Miller	17:17
(2) Eli Melinz	18:55 SB
(3) Noah Wheeley	24:19

Women:

(1) Kiara Waterman	17:55 SB
(2) Eliza Kelly	19:11

D Grade 2km

Women:

(1) Savannah Dunleavy	12:17
(2) Dakota Vicary	14:42 SB

E Grade 1.5km

Men:

(1) Jake Dunleavy	9:10
(2) Leo Ramsay	9:50 SB

Women:

(1) Amelia Chisholm	9:12 SB
---------------------	---------

F Grade 1km

Women:

(1) April Kelly	8:55
(2) Piper Dunleavy	9:58 SB
(3) Harper Waterman	10:50

SOUTH AUSTRALIA SARWC results & SAMA State c'ships, 19 August – South Parklands

Kim Mottrom added another Masters title to his already impressive hoard (how many will he have when he hits 80-odd like Bill Starr?), then turned around for a snappy 1500m to round off the day. **Alex McEwan** managed the only PB on the day, and a good one.

Open 10km

Alex McEwan	1:15:49	PB 0:55
Bill Starr	1:20:10	

SA Masters State 5km Championships

Kim Mottrom	22:36
Mel Grantham	29:28

Open 5km		Peter Crump	31:05
Daisy Braithwaite	25:53	Gil McIntosh	36:59
Cooper Rech	26:56	Mike Vowles	38:12
Angelina Legrand	28:30	Margaret McIntosh	39:35
Greg Metha	31:53	Bill Starr	39:41
Di Camilleri	40:03	Ross Hill-Brown	41:01
		Rodger Barber	41:05
Open 3km			
Katie De Ruvo	16:55		
Open 1.5km			
Kim Mottrom	6:39		
Mel Grantham	9:23		
Robert Crabb	13:08		
Martin Crabb	15:05		
Anthony Crabb	16:05		

TASMANIA TRWC results, 19 August – Hobart Airport

Thanks to **David Moore** for the latest Tassie results. Let's hope the takeoffs from the airport didn't make too much headwind!

Fine weather for today's walks near Hobart Airport. A very nice first time walk from youngster [U/10] **Bianca Sugiarto**, and accolades also to **Eugene Gerlach** for another Season Best effort, this time over 5km.

1km

1. Elsie Woodward	Huon LA	8:01
2. Bianca Sugiarto	Huon LA	9:57 First one

2km

1. Adele Woodward	OVA	13:24
2. Dave Moore	TMA	19:50

3km

1. Wayne Fletcher	NS	25:57
-------------------	----	-------

5km

1. Eugene Gerlach	ATW	35:42
-------------------	-----	-------

WESTERN AUSTRALIA Aths West State Road walk C'ships, 20 August – Perry Lakes

Thanks to **Terry Jones** for these results from the WA Road titles, of which the standout must surely be **John Ronan's** astonishing 1:36 PB time of **43:08** to take the U18 title. It was a very healthy turnout across the age groups, and many PBs must have been recorded on the day.

Men 20k Masters

1 Andrew Duncan	Masters	1:54:37.67
-----------------	---------	------------

Women 20k Masters

1 Karyn Tolardo	Masters	2:16:33.90
2 Wendy Farrow	Masters	2:21:36.17

Men 10k U18

1 John Ronan	Kingsway Ath	43:08.00 <i>PB 1:36</i>
--------------	--------------	-------------------------

Women 5k U16

1 Kaytee Bogaers	Mandurah Roc	26:40.96
2 Isabelle Curtis	Athletics West	28:51.70
3 Leila Bevis	Mandurah Roc	29:23.89

Men 3k U14

1 Keenan Munro	Athletics West	16:27.18
----------------	----------------	----------

Women 3k U14

1 Tory D'Alessio	Athletics West	17:45.19
------------------	----------------	----------

Girls 2000m U14

1 Isabelle Curtis	Ridgewood	10:40.30
2 Katica Borsic	Gosnells	10:54.03
3 Chelsey Ireland	Rockingham	11:12.99
4 Phoebe Havers	Kingsway	12:19.27

Girls 2000m U12

1 Tory D'Alessio	Gosnells	11:00.74
2 Abeerah Ali	Southern Districts	11:42.99
3 Addison Roots	Rockingham	13:43.86

Boys 2000m U12

1 Keiran Smith	Cockburn	9:37.56
2 Liam Domoney	Gosnells	10:16.83
3 Orlando Follington	Swan Vly	10:57.27

Boys 1500m U10

1 Joel Murphy	Swan Valley	8:02.69
2 Lachlan Nichols	Inglewood	8:29.99
3 Tayte Moore	Dale	9:06.15

2 Aleeah Pike	Perth Track	17:52.46	4 Lucas Munro	Ridgewood	11:24.88
			5 Abel Thompson	Gosnells	12:35.99
Girls 2000m U16			Girls 1500m U10		
1 Ashlyn Spence	Kingsway	11:28.12	1 Willow Wheeler	Gosnells	8:56.19
Boys 2000m U14					
1 Ali Znad	Gosnells	10:31.99			
2 Trent D'Alessio	Gosnells	12:11:10			
3 Kade Constantine	Gosnells	12:10.27			

INTERNATIONAL NEWS

HUNGARY: WA World Athletics Championships, 19 & 20 August - Budapest



(Photo: The Star)



(Photo: Reuters/Bernadett Szabo)

Martin takes first gold in Budapest with heroic 20km race walk triumph by Mike Rowbottom (reprinted from *World Athletics* website)

Alvaro Martin became the first gold medallist at the **World Athletics Championships Budapest 23** as he won a storm-delayed men's 20km race walk.

The Spaniard took over from long-time leader **Koki Ikeda** with five kilometres remaining to become the first of this event's Superheroes in Heroes Square.

The 29-year-old from Llerena, who missed an Olympic medal in this event by one place at the Tokyo Games, claimed his first global title in rain-swept conditions with a perfectly judged race that saw him come home in a world-leading **1:17:32**. Also judging his race superbly was **Perseus Karlstrom**, who won world bronze at 20km and 35km in Oregon last year and who earned a place one step higher on the podium with a Swedish record of **1:17:39**, with bronze going to Brazil's **Caio Bonfim**, who also set a national record of **1:17:47**.

Canada's **Evan Dunfee**, who earned bronze at the last men's 50km race walk events to be held at the Olympics and World Championships, demonstrated how effectively he has switched his racing focus by finishing with the strength you might have expected to finish fourth in a national record of **1:18:03**.

Martin, who won the 2018 European title and finished seventh in this event at last year's World Championships, recalled his Olympic frustration in his moment of victory.

"I was fourth at the last Olympics Games, I missed the bronze which motivated me to work hard," he said.

"In Tokyo, I felt when I was in the fourth position that I could win a medal. Unfortunately, it did not happen and that is why this gold medal is next step towards the next Olympic Games.

"I had an amazing race today, I did not expect to finish this fast, it is amazing. I cannot express all my feelings right now, it feels like a dream.

"I have one of the best coaches in the world, Jose Antonio Carillo, who is one of the best race walkers in history.

"I watched previous championships where Miguel Angel Lopez won and I cried a lot, I was really happy for him. I did the same now. I am really happy and I do not have words to express it.

"Huge thanks goes to my coach and my girlfriend, this is a medal for the team. Actually, my whole family came to support me. The next goal is the gold at the Olympic Games but the only thing I want to do now is to cry out of happiness. I am going to enjoy this moment."

Toshikazu Yamanishi, seeking a third consecutive title having beaten Ikeda to gold in Oregon last year, had no success today as he dropped out of contention before the halfway point and finished 24th in **1:21:39**.

There was disappointment too for Italy's Olympic champion **Massimo Stano**, who never figured in the leading contenders and failed to finish the race, as did Ireland's **David Kenny**, with Lithuania's **Marius Ziukas** being the sole athlete disqualified.

National records were also set by the fifth and sixth-place finishers **Christopher Linke** of Germany, who clocked **1:18:12**, and **Veli-Matti Partanan** of Finland, who recorded **1:18:22**.

The next two finishers – **Brian Pintado** of Ecuador and Australia's **Declan Tingay** – set personal bests of **1:18:26** and **1:18:30** respectively.

It was one of the deepest races in history – and the best ever at a major championships – as a record 18 men finished inside 1:20. For the first time ever at a global championships, three men finished inside 1:18 and 10 men finished inside 1:19.

These results on the one-kilometre looped course along Andrassy Avenue in the city centre were all the more remarkable given the weather. While the ferocity of the initial storm which caused a two-hour delay to the event had abated, competitors still got underway in driving rain which had barely stopped before the event concluded.

Ikeda, Japan's 25-year-old world and Olympic silver medallist, took off early on a lone quest that looked increasingly viable until he began to fade in the second half of the race. But after Turkey's **Salih Korkmaz** had helped bridge the gap – before paying the price for his efforts – the brave contender dropped rapidly down to finish 15th in **1:19:44** - one place ahead of Korkmaz, who clocked **1:19:49**.

Two hours after the race was originally due to have started the athletes set off in heavy rain and Brazil's Caio Bonfim made the early pace before the red shirt of Ikeda made its way to the front as the field moved along the puddle-strewn, gleaming road surface.

Ikeda, with peaked cap pulled down over his brow, looked like a man on a mission as his efforts at the front began to string out the field. At the 4km mark he held a four-second lead over a main group in which his colleague Yamanishi was prominent.

By 5km that lead had increased to eight seconds as he passed in 19:18, with Yamanishi, Martin, Korkmaz and Pintado grouped behind him. At 6km Ikeda's lead was 10 seconds.

The hatless Turkish athlete, hair plastered across his forehead, was making the most obvious efforts to bridge the gap, although just at his shoulder Yamanishi looked calm and collected, while Stano remained in the middle of the pack. But still Ikeda pushed on as the rain reduced to a drizzle, extending his lead over the Turk to 16 seconds after 9km – the high point of his race.

As he approached the halfway point, Ikeda lapped his first athlete, moving past the labouring figure of Finland's Jerry Jokinen, who briefly became a graphic counterpoint to the fine-tuned sharpness of the leader.

Ikeda hit the 10km mark in 38:37, with Korkmaz and Bonfim passing the same point 15 seconds later. The main pursuing group of nine athletes was six seconds further back, led by Sweden's hugely consistent Karlstrom, the world ranked No.1. The chasing group contained the Chinese race walker who went into the race as the world leader, Zhang Jun, but he was dropping back. Yamanishi was also dropping back; at 11km he was almost a minute adrift of the man he beat to the world title last year.

Meanwhile, Dunfee was moving up and Korkmaz, now accompanied by Bonfim, was beginning to make some progress in his chasing quest, cutting the lead to 11 seconds by the 12km marker.

By the 14km point the lead was down to seven seconds as Bonfim began to bridge the gap in a serious way, with Korkmaz a couple of seconds adrift.

With five kilometres remaining, however, the shape of the race altered decisively as Martin surged forwards to take a marginal lead over the flagging Japanese racer, with Bonfim just three seconds behind. Korkmaz, exhausted by his efforts, was dropping back fast in seventh place as Karlstrom and Dunfee – hardened racers both – moved past him into medal contention.

Also in the hunt was Kenya's Samuel Gathimba, who finished fourth over 20km in Oregon last year, just missing the distinction of becoming Africa's first race walking world medallist. Gathimba, however, eventually finished ninth here in 1:18:34.

By 17km Martin had forged an eight-second lead over Bonfim, while Karlstrom had moved through into a position to add another world bronze to his collection, just two seconds behind the Brazilian and nine seconds clear of Dunfee.

The effort was showing in Bonfim's face as he strove to keep the Spaniard in range, but with two kilometres the powerful figure of Karlstrom was at his shoulder and past him.

There was a historic performance further down the field, as Portugal's 47-year-old **Joao Vieira**, making his 13th World Athletics Championship appearance – equalling the record held by Spanish race walker Jesus Angel Garcia – finished an honourable 33rd of the 47 finishers in **1:23:37**.

1.	Álvaro MARTÍN	18 JUN 1994	ESP	1:17:32
2.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:17:39
3.	Caio BONFIM	19 MAR 1991	BRA	1:17:47
4.	Evan DUNFEE	28 SEP 1990	CAN	1:18:03
5.	Christopher LINKE	24 OCT 1988	GER	1:18:12
6.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:18:22
7.	Brian Daniel PINTADO	29 JUL 1995	ECU	1:18:26
8.	Declan TINGAY	06 FEB 1999	AUS	1:18:30
9.	Samuel Kireri GATHIMBA	26 OCT 1987	KEN	1:18:34

10.	Gabriel BORDIER	08 OCT 1997	FRA	1:18:59
11.	Francesco FORTUNATO	13 DEC 1994	ITA	1:19:01
12.	Yuta KOGA	15 JUL 1999	JPN	1:19:02
13.	Alberto AMEZCUA	10 MAY 1992	ESP	1:19:28
14.	Rhydian COWLEY	04 JAN 1991	AUS	1:19:31
15.	Koki IKEDA	03 MAY 1998	JPN	1:19:44
16.	Salih KORKMAZ	01 JAN 1997	TUR	1:19:49
17.	César Augusto RODRÍGUEZ	26 JUN 1997	PER	1:19:52
18.	Andres Eduardo OLIVAS NÚÑEZ	27 MAY 1998	MEX	1:19:55
19.	David HURTADO	21 APR 1999	ECU	1:20:07
20.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:20:08
21.	Eiki TAKAHASHI	19 NOV 1992	JPN	1:20:25
22.	Luis Henry CAMPOS	11 OCT 1995	PER	1:20:56
23.	Máté HELEBRANDT	12 JAN 1989	HUN	1:21:16
24.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:21:39
25.	Noel CHAMA	15 SEP 1997	MEX	1:21:51
26.	Eider ARÉVALO	09 MAR 1993	COL	1:21:55
27.	Vikash SINGH	06 JUL 1996	IND	1:21:58
28.	Serhii SVITLYCHNYI	13 JUL 1994	UKR	1:22:28
29.	Jun ZHANG	20 JUL 1998	CHN	1:23:13
30.	Andrea COSI	30 APR 2001	ITA	1:23:28
31.	José Alejandro BARRONDO	16 SEP 1996	GUA	1:23:33
32.	José Luis DOCTOR	14 JUN 1996	MEX	1:23:35
33.	João VIEIRA	20 FEB 1976	POR	1:23:37
34.	Dominik ČERNÝ	01 NOV 1997	SVK	1:23:42
35.	Paramjeet Singh BISHT	03 MAR 2002	IND	1:24:02
36.	Max Batista GONCALVES DOS SANTOS	09 OCT 1994	BRA	1:24:10
37.	Zhaozhao WANG	01 SEP 1999	CHN	1:24:23
38.	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	1:24:26
39.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:25:12
40.	Kyle SWAN	28 MAR 1999	AUS	1:26:02
41.	Nick CHRISTIE	29 SEP 1991	USA	1:26:21
42.	José Eduardo ORTIZ	08 MAR 2000	GUA	1:26:29
43.	Jerry JOKINEN	18 MAR 2002	FIN	1:26:54
44.	Wenchao NIU	20 APR 1998	CHN	1:27:26
45.	Juan Manuel CANO	12 DEC 1987	ARG	1:27:29
46.	Cesar Alberto HERRERA CORTEZ	28 JAN 1999	COL	1:27:47
47.	Akashdeep SINGH	22 NOV 1999	IND	1:31:12
	David KENNY	10 JAN 1999	IRL	DNF
	Massimo STANO	27 FEB 1992	ITA	DNF
	Marius ŽIŪKAS	29 JUN 1985	LTU	DQ

Perez completes Spanish 20km race walk double in Budapest

by **Simon Turnbull** (reprinted from *World Athletics website*)

For the second time in less than 24 hours, Heroes' Square belonged to Spain.

Following in the lightning-quick footsteps of Alvaro Martin in the lightning-delayed men's 20km race walk the day before, **Maria Perez** completed a golden Spanish double in the women's event at the start of day two at the World Athletics Championships Budapest 23.

The prevailing conditions were markedly different, bright sunshine glinting off the sandstone structures lining the one-kilometre course, but the tactics were just the same. Tellingly so.

Like Martin before her, Perez kept her powder dry before putting the hammer down in the final 5km, the pocket rocket from the Spanish city of Granada breaking her rivals with successive splits of 4:06, 4:09, 40:05 and 4:06 before easing off with a 4:21 lap as she collected a Spanish flag from her coach, Jacinto Garzon, in the finishing straight.

The 27-year-old crossed the line in **1:26:51** – 25 seconds clear of her closest pursuer, the inspired two-time Commonwealth champion **Jemima Montag**, who upheld Australia's fine race walk tradition with a silver medal in **1:27:16**, an Oceania record.

Ten seconds farther back, **Antonella Palmisano**, the Olympic champion from Italy, returned from injury to claim bronze in **1:27:26** – despite a potentially damaging mid-race fall.

For Perez, it was sweet redemption following the disqualification she suffered at last year's World Championships in Oregon – and continuation of the golden streak of form that took her to the 35km world record in May.

In Berlin back in 2018 she became European champion. In Budapest, five years on, she was on top of the world.

"I cannot put into the words how important it is to me to win this first global gold, especially at the 20km," the Andalusian said. "Victory at this distance was my main goal for Budapest. Last night I felt so nervous I couldn't sleep.

"I was forced to call our doctor for some help with medicines that could help sleep before the event. Thank God, it helped and I felt more or less fresh this morning.

“I had to give my maximum. I got a hamstring cramp, but I continued to work at 100%. Now I need a medical examination from our doctors to see whether it will be possible for me to compete in the 35km on Thursday.

“Maybe it will be better to start a fast recovery as the next year is an Olympic one and I would like to stay healthy to prepare for Paris on the highest level.”

For Montag, the silver medal was huge reward for the graft she has done under the direction of coach Brent Vallance while studying for a degree in biomedical science at the University of Melbourne and acting as an IOC youth leader.

The Victorian became her country’s first medallist in the event since the bronze won by Kerry Saxby-Juna in the inaugural women’s 20km in Seville in 1999 and the fourth Australian race walker to make the World Championships podium – after Saxby-Juna, who also took 10km bronze in 1987, 2007 men’s 50km champion Nathan Deakes and three-time 50km silver medallist Jarred Talent.

“It’s unreal,” said Montag, who came close to hitting the global medal standard with sixth place in the Olympic 20km race walk in 2021 and fourth at last year’s World Championships in Oregon. “This was like a special celebration with my family who came along and I’m happy to see all of my training partners too.

“This season we built my training so that we could have the opportunity to get a medal here. I believed but I did not expect too much from myself because I needed to focus on my technique and the process.

“This year I’ve really worked hard on my mind. I wear a bracelet from my grandmother, who survived the Holocaust. I think that she is on my arm during the race.

“I wanted to pay a tribute to her – to thank her for the opportunity that I can be here.”

As for Palmisano, she was not so content with her bronze. “This was a very difficult fast race,” the Italian team captain reflected. “It was just not in me today. I didn’t have it in my legs.”

It was **Yang Jiayu** who had the legs at the start, China’s 2017 world champion blasting through the opening kilometre in 4:24.

Kimberly Garcia, the Peruvian who made history in Oregon as the first women’s double race walk winner, then moved to the front and put her foot on the gas, drawing a pack of nine clear of the field as she powered through 2km in 8:44. By 3km, the gap was up to nine seconds, with double European champion **Antigoni Ntrismpioti** of Greece leading the pursuers.

At the front, Garcia upped the pace with a 4:19 lap, whittling the lead group to seven women: the Peruvian, plus Yang, Perez, Palmisano, Montag, Mexican **Alegna Gonzalez** and **Ma Zhenxia** of China, winner of the 20km at the World Race Walking Team Championships last year.

The septet – featuring athletes from five different continents – reached 5km in a brisk 21:44. At that point, they held a lead of 14 seconds on eighth-placed Peruvian **Evelyn Inga**.

The pace dropped from 4:20 laps to 4:23s as the leaders hit halfway in 43:43, registering a 5km split of 21:59. That allowed South American champion **Glenda Morejon** of Ecuador to close the huge gap, making it an eight-woman battle at the front.

Negotiating a tight turn, Palmisano rolled an ankle and slipped to the floor, losing a couple of seconds before steadily regaining contact – indeed, getting back into her groove sufficiently to take over at the front at 13km. Thereafter, the lead seasawed, Perez pointedly sitting back, content to allow her rivals to take the load.

The pace slowed with a 22:21 third 5km split, before Perez pounced at the 15km point, putting the hammer down with a 4:06 split that splintered the lead pack. Following up with laps of 4:09 and then 4:05 – the fastest of the race – she stretched out her advantage to a decisive 14 seconds with just 2km remaining.

By the finish, the gap had grown to 25 seconds and Spain joined the US at the top of the gold medal stakes with two each. Garcia finished strongly but was still six seconds shy of the podium with 1:27:32 in fourth, followed home by Mexican Alegna Gonzalez, fifth in 1:27:36, and Morejon, sixth in 1:27:40.

With sixth women finishing inside 1:28 and 10 women finishing inside 1:29, it was the highest ever quality race at the World Championships.

1.	María PÉREZ	29 APR 1996	ESP	1:26:51
2.	Jemima MONTAG	15 FEB 1998	AUS	1:27:16
3.	Antonella PALMISANO	06 AUG 1991	ITA	1:27:26
4.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:27:32
5.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:27:36
6.	Glenda MOREJÓN	30 MAY 2000	ECU	1:27:40
7.	Zhenxia MA	01 AUG 1998	CHN	1:28:30
8.	Viviane LYRA	29 JUL 1993	BRA	1:28:36
9.	Ana CABECINHA	29 APR 1984	POR	1:28:49
10.	Olena SOBCHUK	23 NOV 1995	UKR	1:28:50
11.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:29:36
12.	Jiayu YANG	18 FEB 1996	CHN	1:29:40
13.	Erica SENA	03 MAY 1985	BRA	1:29:53
14.	Nanako FUJII	07 MAY 1999	JPN	1:30:10
15.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	1:30:19
16.	Clémence BERETTA	22 DEC 1997	FRA	1:30:43
17.	Hong LIU	12 MAY 1987	CHN	1:30:43
18.	Emily Wamusyi NGII	13 AUG 1986	KEN	1:31:01
19.	Pauline STEY	09 SEP 2001	FRA	1:31:20
20.	Hanna SHEVCHUK	18 JUL 1996	UKR	1:31:44
21.	Eleonora Anna GIORGI	14 SEP 1989	ITA	1:31:45

22.	Camille MOUTARD	11 JUL 2001	FRA	1:32:18
23.	Valentina TRAPLETTI	12 JUL 1985	ITA	1:32:57
24.	Vitória OLIVEIRA	30 AUG 1992	POR	1:33:04
25.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:33:19
26.	Johana ORDÓÑEZ	12 DEC 1987	ECU	1:33:58
27.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:33:59
28.	Eliška MARTÍNKOVÁ	27 JAN 2002	CZE	1:34:02
29.	Antia CHAMOSA	07 OCT 1999	ESP	1:34:20
30.	Saskia FEIGE	13 AUG 1997	GER	1:34:49
31.	Ayane YANAI	24 DEC 2003	JPN	1:34:59
32.	Mary Luz ANDIA	09 NOV 2000	PER	1:35:38
33.	Rebecca HENDERSON	04 JUL 2001	AUS	1:35:51
34.	Barbara OLÁH	26 JUL 1993	HUN	1:35:55
35.	Viktória MADARÁSZ	12 MAY 1985	HUN	1:36:13
36.	Yukiko UMENO	08 JAN 2003	JPN	1:36:52
37.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:37:49
38.	Kyriaki FILTISAKOU	14 AUG 2000	GRE	1:37:51
39.	Paula Milena TORRES	17 OCT 2000	ECU	1:38:03
40.	Angela Melania CASTRO CHIRIVECHZ	21 FEB 1993	BOL	1:40:01
41.	Valeria ORTUÑO	27 MAY 1998	MEX	1:40:53
	Lorena ARENAS	17 SEP 1993	COL	DNF
	Meryem BEKMEZ	31 JUL 2000	TUR	DNF
	Maritza Rafaela PONCIO	03 DEC 1994	GUA	DNF
	Christina PAPADOPOULOU	05 SEP 1996	GRE	DNS
	Evelyn INGA	16 APR 1998	PER	DQ
	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	DQ
	Olivia SANDERY	22 JAN 2003	AUS	DQ

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.

- Monday, August 21, 2023 - Indian marcher Bhawna Jat suspended preventively (doping) <http://omarchador.blogspot.com/2023/08/marchadora-indiana-bhawna-jat-suspensa.html>
- Sunday, August 20, 2023 - María Pérez makes «encore» for Spain and wins 20 km women's walk at the Budapest World Championships <http://omarchador.blogspot.com/2023/08/maria-perez-faz-bis-para-espanha-e.html>
- Saturday, August 19, 2023 - Álvaro Martín is the new men's 20 km walk world champion <http://omarchador.blogspot.com/2023/08/alvaro-martin-e-o-novo-campeao-mundial.html>
- Wednesday, August 16, 2023 - Baltic Masters Athletics Championships - Tallinn 2023 (results) <http://omarchador.blogspot.com/2023/08/campeonatos-balticos-de-atletismo.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

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**
Sat 16 Sep 2023 **Walking Education sessions (*see flyers below*) – Cathy Freeman Room, AV headquarters, Lakeside**

International Dates

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** (**Lima withdrew in April but has since been reinstated.*)
13-21 Sep 2025 **20th World Athletics Championships – Tokyo, JAP**

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

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au



Saturday 16 September

Cathy Freeman Room, Athletics Victoria HQ (Lakeside Stadium)
Aughtie Drive, Albert Park 3206

***HOW TO PUT ON A RACE WALKING EVENT (*Track and Road*)**

(conducted by Stu Cooper & Terry Swan - Victorian Race Walking Club)

followed by

***WALK JUDGING COURSE (*Updated*)**

(conducted by Zoe Eastwood-Bryson – International Walks judge)

This is a training and education opportunity for Officials and Volunteers at Little Athletics, Senior and Masters levels of competition.

SESSION 1 (11.30am): **'How To Put On A Race Walking Event (Track & Road)'**. This covers areas such as –

- organisation of walks competitions
- equipment needed
- venue selection and security
- officials' duties and judging requirements
- questions and concerns.

SESSION 2 (1:30pm): **'Walk Judging Course (Updated)'**. Areas covered will include -

- the rules of race walking, as set out in *WA Technical Rule 54*
- the roles of judges – Chief judge, Course judge, CJ assistant, Recorder, Penalty Zone etc.
- communication between Chief judge and course judges (inc. 2-way radios etc)
- what a judge does before, during and after a race
- what a judge *doesn't* do
- judging documentation and how to complete it
- liaising with other officials (Referee, Meet director etc)
- communicating appropriately with walkers, coaches, parents etc.
- how to become a qualified walks judge, and upgrading of qualifications
- how to gain more experience at your judging

Those attending *Session 1* are strongly encouraged to stay on for *Session 2*, especially if their knowledge of the rules of Race walking or their judging experience is minimal.

The sessions are free of charge.

** Applications for both sessions close on **Sunday 10 September**. Contact:

For Session 1:

Terry Swan – secretary@vrwc.org.au

Stu Cooper – stuwalks@yahoo.com.au or stuckooper@gmail.com

For Session 2:

Diane Lowden – dilowden39@gmail.com Contact Di directly, or complete the **Application form** on

Page 14 (last page) of this issue and send to the address provided.



WALK JUDGING COURSE (Updated)



Venue: Cathy Freeman Room, AV headquarters
 Aughtie Dr Albert Park
Date : Saturday 16th September 2023

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Course on **Saturday 16th September**. The Course will be run by International walks judge Zoe Eastwood-Bryson.

The course is open to those interested in becoming Walk Judges at any level, and for existing Judges to upgrade. Tea and coffee will be provided.

AGENDA:

1.00pm - Registration
 1:30pm (or earlier) - Course commences

Course content:

- | | | |
|-------------------------------|--|--|
| *Rules of Walking and judging | *100 metre rule | *Pathway for upgrading of qualifications, gaining international accreditation. |
| *Duties of: | *2 way radios for judges: communication protocols; correct and incorrect use | |
| - Chief judge (CJ) | *Judge's role as Course Umpire | *Questions and queries (Please make notes of things that you are not sure of.) |
| - CJ assistant | | |
| - Race judge | *Interaction with athletes, coaches, parents, members of public | |
| - Penalty Zone official | | |
| - Recorder | | |
| - Red card collectors | | |
| - DQ Board official | | |

Finish time approx. 4.00pm

No late or on the day applications.

Please bring Stationary ,pencils, pens, paper and current IAAF handbook with you

Name: _____

Address: _____

Mobile: _____ Email _____

Current Walks Grading (if any) _____

Attending: Yes / No

Please return no later than 10th September 2023, to:

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 mobile 0413708085

