



# HEEL & TOE Online

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

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## \*\*WALKER OF THE WEEK \*\*



Last Thursday in Budapest, **Allannah Pitcher** (NSW) and **Rhydian Cowley** (VIC) carried Australia's colours and hopes in the WA 35km championship (injury having, sadly, forced Bec Henderson to withdraw.) While the Spaniards were making history up ahead, Allannah and Rhyd were giving everything they had in their own battles with the torrid conditions at Heroes Square, to advance the green and gold as far as they could.

Tossed into the pressure cooker in her first international championship, 19yo **Allannah** showed she was more than up to the task, placing an admirable 21<sup>st</sup> in **2:57:55**. Clearly suited as she is to the rigors of distance walking, it's a disgrace that such races have now been cut from under Allannah and others like her, at least for the present. Nevertheless, this debut was an excellent performance and earns her an obvious WOTW.



Ordinarily, a DNF would not be considered for this award but ... **Rhydian**? Ordinary? Forget it. I haven't seen every race he's done overseas, by any means, but it's a safe bet that Rhydian Cowley hasn't worn an Australian vest at any time without going all out, all the way, in it. And his Budapest campaign was no exception.

Having pushed himself over the top in the 20km to finish 14<sup>th</sup>, a bare second shy of his PB, Rhydian set about the rapid glycogen restock essential to be competitive in the 35km five days later. And for 20km he was right up there with the lead pack, falling back only gradually as they accelerated. In the end, his wrung-out body simply gave way, sending him tumbling to the tarmac not once, but twice (25km and 27km). He gave until he was empty – he was reportedly quite unwell at the time. Nobody could, or should, expect as much of an athlete, and most couldn't give it. But again, Rhydian isn't like most. He commits all the way. He did here ... and he shares this week's WOTW with Allannah. We're proud of them both.



Rhydian ... nothing left in the tank. (Photos: Emmanuel Tardi; Robert Cowley)



# CLUB NEWS and RESULTS

## \*\* WINTER 2023 - TROPHY WINNERS \*\*

The Winter Presentations for 2023 will take place after the Relay Race on Saturday 9 September.

### \*Fastest Times & Handicaps

Congratulations to the following members whose accumulated points earned them trophies in the Fastest times and Handicaps competitions.

Note that the names are listed as 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place-getters in each category.

	<u>Fastest times – Women</u>	<u>Handicaps - Women</u>	<u>Fastest times - Men</u>	<u>Handicaps - Men</u>
<b>M60+</b>	Carolyn Rosenbrock Donna-Marie Elms Heather Carr	Karyn O'Neill Gwen Steed Heather Carr & Carolyn Rosenbrock	Gerard Feain Terry O'Neill Geoff Barrow	Gerard Feain Terry O'Neill Geoff Barrow
<b>M40+</b>	Merilyn Thompson Marnie Zakis Kylie Irshad	Merilyn Thompson Marnie Zakis Dee Holohan	Pramesh Prasad Mark Blackwood David Smyth	Pramesh Prasad David Smyth Mark Blackwood
<b>Open</b>	Char Hay Arnika Nelson Emilie Garside	Char Hay Emilie Garside Arnika Nelson	Nikola Mandic Alejandro Stephens	Nikola Mandic Alejandro Stephens
<b>U20</b>	Grace Louey Jade Chitty	Grace Louey Jade Chitty	Jonathan Ho	Jonathan Ho
<b>U18</b>	Emily Smith Ariana Pashutina Maddison Nash	Emily Smith Ariana Pashutina Maddison Nash	Marcus Wakim Eden Morgan Riley Coughlan	Marcus Wakim Eden Morgan Riley Coughlan
<b>U16</b>	Amelia Vernal	Amelia Vernal	Daniel Pashutin	Daniel Pashutin
<b>U14</b>	Matilda Read Mietta Morgan Hannah Matthews	Matilda Read Mietta Morgan Hannah Matthews	Levi Robertson	Levi Robertson
<b>U12</b>	Mya McClure Zoe Bowkett Ela Uzun	Mya McClure Zoe Bowkett Havana Ali	Angus Shuttleworth Tate Jardine Haris Ali	Tate Jardine Angus Shuttleworth Aydin Uzun
<b>U10</b>	Pippa Read Lily Bowkett Jaida Robertson	Abby Fowler Lily Bowkett Pippa Read & Jaida Robertson	Logan Allison	Logan Allison

### \*VRWC Merrifield Awards

The Merrifield Award goes to the walker in each age group with the most combined Fastest time and Handicap points.

<b>Masters Men 60+</b>	Gerard Feain	<b>Open &amp; U20 Women</b>	Char Hay
<b>Masters Women 60+</b>	Carolyn Rosenbrock	<b>U18 &amp; U16 Men</b>	Marcus Wakim
<b>Masters Men 40-59</b>	Pramesh Prasad	<b>U18 &amp; U16 Women</b>	Emily Smith
<b>Masters Women 40-59</b>	Merilyn Thompson	<b>U14 Men</b>	Levi Robertson
<b>Open &amp; U20 Men</b>	Jonathan Ho	<b>U14 Women</b>	Matilda Read

***\*Jack Larkin Trophy***

Awarded to the highest points-scoring Victorian Country members.

<b>Country walker Female</b>	Matilda Read
<b>Country walker Male</b>	No award

**VRWC AV Country & VRWC road c'ships, 27 August - Ballarat**



*Nothing like a 10k to get the blood racing on a Ballarat morning ...*

A chilly Ballarat Sunday morning usually needs only a little sunshine to warm the cockles, and so it proved this time for the 22 walkers, club officials and supporters who fronted at Victoria Park for the annual Country championships. Despite some hasty course re-measurement and negotiation with the local dog training group for access to their toilet block (after the one the local council allocated to us was found to be out of commission), the races began on time – all credit to Kerrie Peart and family for their efforts in making it happen.

As was predictable, numbers were low on the country side, and planning to boost participation in the sport in Victoria has to include strategies for increasing involvement in the rural areas. The Ballarat Race Walking Club has been keeping the boat afloat pretty much on its own for several years; since Covid it has been the only regular competition centre, and it's time to promote the sport in other parts of the state, particularly in the burgeoning Little Athletics communities. There must surely be dozens, if not hundreds, of youngsters out there who'd present as race walking 'naturals' if given the chance, and many more who'd do it because they enjoy it.

Down as the figures were on Sunday, competitive racing was still seen in the 10km and 5km especially. **Marcus Wakim**, competing by invitation, stepped on the gas from the gun to take line honours in a rapid **43:08**, while behind him **Fraser Saunder** and Tassie guest **Will Bottle** had a good duel before Fraser broke away to clock **45:36** to **46:18**. The Women's Country title was taken by **Megan Szirom** who gradually overhauled **Jemma Peart**. Jemma had an earlier duel with invitational winner **Arnika Nelson** whose **51:46** was a 37sec PB. Evergreen **Sarah Brennan** took the bronze with her usual consistent effort, clocking **57:00**.



*A good, clean 3k/5k start ... or, if you're into cars ... four on the floor!*



**Scott Peart** kept on terms with **Riley Coughlan** for most of the 5km, taking the Country U20 title with **22:34** behind Riley's VRWC U18-winning **22:09**. Unfortunately, **Matilda Read** had no opposition to help her walk faster in the U14 3km, which yielded her the gold at least in **17:29**.

**10km AV Open Country Men's C'ship**

Marcus	Wakim	43:08	1	Invitation
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**10km AV Open Country Women's C'ship**

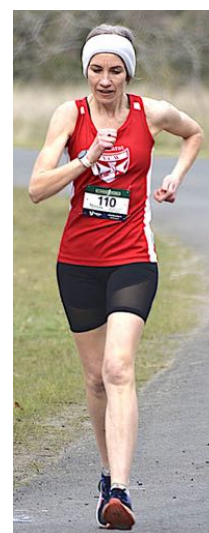
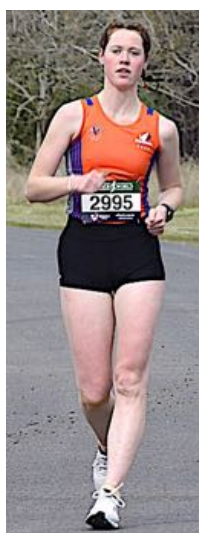
Arnika	Nelson	51:46*	1	Invitation (* PB 0:37)
Megan	Szirom	53:29	1	Albury Athletics
Jemma	Peart	55:09	2	Ballarat YCW Harriers Athletic
Sarah	Brennan	57:00	3	Ballarat YCW Harriers Athletic

**5km AV Un20 Country Men's C'ship**

Scott	Peart	22:24	1	Ballarat YCW Harriers Athletic
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**3km AV Un14 Country Women's C'ship**

Matilda	Read	17:29	1	Wellington Athletic Club
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Competition in the VRWC championship races occurred at opposite ends of the age spectrum. **Carolyn Rosenbrock** and **Fraser Saunder** each took the Open 10km titles, while **Lily Bowkett** cut 2secs from her 1km PB to record **5:35** ahead of **Pippa Read**, who made Lily earn it with a solid chase for **5:43**. Big sister **Zoe** had a clear win in the U12 2km with **12:52**.

**10km VRWC Open Men's C'ship**

Fraser	Saunder	45:36	1
Will	Bottle	46:18	2
Jonathan	Ho	56:43	3
Terry	O'Neill	1:06:07	4

**10km VRWC Open Women's C'ship**

Carolyn	Rosenbrock	59:53	1
Marnie	Zakis	1:09:31	2
Karyn	O'Neill	1:13:21	3

**5km VRWC Un18 Men's C'ship**

Riley	Coughlan	22:09	1
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**5km VRWC Un18 Women's C'ship**

Emily	Smith	28:45	1
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**3km VRWC Un14 Girl's C'ship**

Matilda	Read	17:29	1
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**2km VRWC Un12 Girl's C'ship**

Zoe	Bowkett	12:52	1
Edith	Ede	13:37	2
Indigo	Marshall-Moodie	13:59	3

**1km VRWC Un10 Girl's C'ship**

Lily	Bowkett	5:35	1
Pippa	Read	5:43	2



*The VRWC (and TRWC) colours fly at Victoria Park.*

**\*AV Country medallists**

*Arnika, Marcus, Jemma, Megan, Sarah, Scott and Matilda*



**\*VRWC 10km medallists**  
*Marnie, Karyn, Carolyn, Jonathan, Fraser and Will*





**\*VRWC Age group medallists**  
*Pippa, Indigo, Lily, Edie, Zoe, Emily, Riley and Matilda*

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.

- Organisers:** Kerrie Peart, Wayne Peart.
- Manager:** Mark Donahoo
- Referee:** Terry Swan
- Jury of Appeal:** Terry Swan, Bob Gardiner, Paul Nunn
- Race check in:** Mark Donahoo
- Recorders:** Ian Laurie, Bob Gardiner, Paul Nunn, Mark Donahoo
- Judges:** Scott Nelson(C), Stu Cooper, Gordon Loughnan, Di Lowden, David Cash, Shane Dickson, Shane Bicknall, Brenda Felton
- DQ board:** Michael Bodey
- Set up, Pack up:** Kerrie Peart, Wayne Peart, Scott Peart, Jemma Peart, Alanna Peart, Graeme Saunder, Terry Swan, Stu Cooper, Ian Laurie
- Bike rider:** Jared Tallent
- Photos:** Terry Swan (See more at <https://www.facebook.com/media/set/?set=oa.661133835733568&type=3>)
- Presentations:** Mark Donahoo, Emily Smith, Marcus Wakim
- Walkers:** 22

\*Finally ... a message from Ballarat RWC secretary **Kerrie Peart**:

*Hi Terry & Stu,*

*From BRWC, thanks again for the support of both yourselves and the officials to join us in Ballarat for the AV Country & VRWC Championship Roadwalks, and we even managed perfect weather conditions. Also a big thank you to those Melbourne and Wodonga athletes who supported the event by travelling to Ballarat for the race - we really did appreciate it instead of traveling to Melbourne. If we hold it in Ballarat again, we will probably go down the track of Budapest & have the 1km loop, so less judges required to travel and a straight track. And this time the council should have the toilets working (well, we would hope so but no guarantees.)*

*Attached is a photo of our BRWC Ballarat crew, including our new Ballarat recruit Eddie Ede who is walking very well.*

*With our Annual "Footy Tipping" Club Fundraiser now finished, BRWC wish to thank the local, Melbourne & interstate walkers (ACT - Baker family) & their families who joined in the fun, and in doing so helping our small club to pay for insurances, registrations, etc. Well done those who received their money back or took home some loot. And the others who won the bragging rights by betting others on the list, or managing the perfect straight 9 tips during the competition. Massive thank you to our resident statistician Graeme Saunder for his excellent co-ordination of the Footy Tipping Competition, most colourful summary spreadsheet, and entertaining weekly progress reports. We look forward to more entries next year in March for the 2024 Footy season – only \$20 and pick all the years footy tips at once, then sit back & let Graeme & the footy teams do all the work.*

*Thanks,  
 Kerrie*



*Great walkers, great hosts ... Edie, Scott, Jemma, Fraser and Sarah.*

## **\*\* Coming up ...**

### **Saturday 2 September – Mentone track**

2.00pm	2 hour	Open
2.00pm	1 hour	Open
2.00pm	10,000m	Open
<b>2.15pm</b>	<b>AV 5000m Teams race</b>	<b>Men/Women</b>
<b>2.15pm</b>	<b>5000m VMA c'ship</b>	<b>Men/Women</b>
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/>*

### **And the following week ...**

### **Saturday 9 September – Middle Park Relay Race & Open races**

2.00pm	Relay event (teams of 5 walkers)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	Winter presentations	Open

*Relay entries closed. Entries for VRWC Open events will be accepted up until 6pm on Friday 8 September. Enter online at <https://www.revolutionise.com.au/vrwc/>*

Teams are selected with the aim of achieving as close to a mass finish as possible, so that no-one can be sure of who will win. **Mark Donahoo** has put together six competitive teams, based on their handicaps over the season. This should be an exciting race!

#### **Team 1**

Marcus	Wakim	1km
Gwen	Steed	2km
Marcus	Wakim	3km
Ella	Harris	1km
Matilda	Read	2km

#### **Team 3**

Emily	Smith	1km
Amelia	Vernal	2km
Nikola	Mandic	3km
Amelia	Vernal	1km
Emily	Smith	2km

#### **Team 5**

Lily	Bowkett	1km
Daniel	Pashutin	2km
Grace	Louey	3km
Daniel	Pashutin	1km
Carolyn	Rosenbrock	2km

#### **Team 2**

Riley	Coughlan	1km
Dee	Holohan	2km
Riley	Coughlan	3km
Mya	McClure	1km
Emilie	Garside	2km

#### **Team 4**

Pippa	Read	1km
Kylie	Irshad	2km
Kevin	Cassidy	3km
Zoe	Bowkett	1km
Alejandro	Stephens	2km

#### **Team 6**

Donna-Marie	Elms	1km
Angus	Shuttleworth	2km
Ariana	Pashutina	3km
Angus	Shuttleworth	1km
Donna-Marie	Elms	2km

*\*Many thanks to all our Club officials and workers*

We all know that no sporting event succeeds without those who work regularly behind the scenes to make it successful. These valuable souls were vital in performing the many tasks, weekly or at least frequently – race planning, handicapping, results collation, race judging, photography, race management, first aid, setting up and packing away of race courses and officials stations, timekeeping, path sweeping etc. We would like to acknowledge them here, and to invite everyone on the list to join the walkers at the Winter Presentations on Saturday 9 September and receive a gift in appreciation of their work.

<b>Officials and helpers</b>		<b>Race judges</b>
Terry Swan	Simon Baker	Di Lowden
Mark Donahoo	Madeleine Feain	Peter Price
Ian Laurie	Carolyn Rosenbrock	Gordon Loughnan
Tim Erickson		Michael Bodey
Donna-Marie Elms		Brenda Felton
Bob Gardiner		Kathleen Marsh
Bill Carr		Scott Nelson
Gerard Feain		David Cash
Anthony Doran		Stu Cooper

**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

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**A.C.T. ACTRFWC results, 26 August – Lake Ginnindera**

Results from ACT Newsletter. Thanks to **Helen Toyne**, who adds the following:

Congratulations to all our walkers who switched to running for the National cross country championships at Stromlo this weekend, including Nicholas, Owen, and Kodi (who won a bronze in the teams event).

I also spotted several from our club volunteering at the cross country – well done to Hana, Ann, Lisa, Peter and I'm sure there were others who I didn't see.

- 12km**
- 1. Tim Fraser 56:13
  - 1. Mitch Baker 56:13
  - 3. John Kennedy 1:27:40 (fitness walk)
  - 4. Sue Archer 1:28:55 (fitness walk)
  - 5. Bob Parker 1:39:42 (fitness walk)

- 6km**
- 1. Rosemary Parker 48:49

- 3km**
- 1. Jim White 23:33



## QUEENSLAND RWQ results, Sunday 28 August – Logan River Parklands, Beenleigh

Thanks to **Robyn Wales** for these results. Championships are always an incentive for fast times, and **Scott Hyland** made the most of the occasion for his first sub-50min 10km and a 25sec PB. **Bailey Housden** and **Sam McCure** also had fast results.

### Open/Masters 10km

#### Men:

(1) Scott Hyland	49:45
(2) Adam Patterson	1:04:08
(3) Peter Bennett	1:07:32
(4) Patrick Sela	1:27:43

#### Women:

(1) Katya Martin	1:03:32
(2) Jasmine McRoberts	1:11:37
(3) Joy Dale	1:17:17
(4) Noela McKinven	1:33:19

### U18 6km

#### Men:

(1) Roel Wheeley	35:04
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#### Women:

(1) Anika Clarke	36:35
(2) Phoebe Chadwick	37:40
(3) Taylah Morris	38:07
(4) Lily Housden	39:29

### U14 2km

#### Men:

(1) Brock Miller	11:19
(2) Eli Melinz	13:10
(3) Hunter Sibenaler	14:03
(4) Noah Wheeley	16:04

#### Women:

(1) Kiara Waterman	11:56
(2) Mikaela McDonald	12:28
(3) Eliza Kelly	13:16

### U10 .75km

#### Men:

(1) Jake Dunleavy	4:12
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#### Women:

(1) Freya Williams	3:59
(2) Izzy Blackburn	4:51
(3) Piper Dunleavy	8:25

### U20 8km

#### Women:

(1) Summer Millard	55:17
(2) Korey Brady	55:51

#### Non-Championship:

-- Sam McCure (m)	36:41
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### U16 4km

#### Men:

(1) Bailey Housden	16:44
(2) Kai Dale	22:15
(3) Noah Tilton	26:23

#### Women:

(1) Lyla Williams	21:26
(2) Makenna Clarke	26:43

### U12 1.5km

#### Men:

(1) Lachlan Moore	7:36
(2) Leo Ramsay	9:42
(3) Dylan Moore	10:59

#### Women:

(1) Isabella Welch	7:43
(2) Savannah Dunleavy	8:44
(3) Amelia Chisholm	9:19
(4) Mackenzie Wormald	10:36
(5) Dakota Vicary	11:07

#### Non-Championship:

-- April Kelly	11:44
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## SOUTH AUSTRALIA SARWC results, 26 August – South Parklands

**Kim Mottrom** reports that conditions were unusually warm for the SARWC races yesterday. One extreme to the other!

### Open 8km

Angelina Legrand	49:58	First 8km
Peter Crump	51:01	
Alex McEwan	1:00:01	PB 0:16
Bill Starr	1:05:11	

### Open 4km

Cooper Rech	20:59	
Daisy Braithwaite	21:03	
Greg Metha	25:55	
Kristy Templer	33:20	PB 0:01
Katie De Ruvo	DNF	

### Open 2km

Liliana Templer	11:42	Eq. PB
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### Open 1km

Liz Downs	7:19
Robert Crabb	7:31
Martin Crabb	9:21
Anthony Crabb	9:31

## TASMANIA TRWC results, 26 August – Montrose Bay

Results courtesy of **David Moore**:

<b>1km</b>		
1. Bianca Sugiarto	Huon LA	10:01
<b>2km</b>		
1. Adele Woodward	OVA	13:06 PB
2. Elsie Woodward	Huon LA	16:30
3. Dave Moore	TMA	19:50
<b>5km</b>		
1. Sam Lindsay	Newstead	25:04

## WESTERN AUSTRALIA WARWC Club c'ships, 27 August – Wilson

Results courtesy of **Terry Jones**, who reports that the weather was a classical Perth spring day for the Club championships – sunny, calm and ideal for a stroll in the park, though possibly a little warm for competitors not being used to the unusual warmth at that time of the morning.



*Sunny day, sunny dispositions ... happy WARWC medallists. (Photo: WARWC Facebook)*

<p><b>Open M 10K</b> Andrew Duncan                      58.16</p> <p><b>Open F 10K</b> Karyn Tolardo                      1.05.12 Wendy Farrow                      1.11.25</p> <p><b>U20 F 10K</b> Ali Griffin                      54.05</p> <p><b>Masters M 5K</b> Daniel Lowe                      39.09</p> <p><b>Masters F 5K</b> Melissa Lewis                      31.37 Fiona van Heerwaarden              35.59 Glenys Duncan                      49.39 Lynne Schickert                      42.35</p> <p><b>U16 F 5K</b></p>	<p><b>U 14 M 3K</b> Linkin Lawrence                      20.11</p> <p><b>U12 M 2K</b> Nathaniel Khaira                      12.20 Tayte Moore                      13.08</p> <p><b>U12 F 2K</b> Darcy Bramwell-Keys              11.53 Savannah Carnaby                      12.06 Sophia Nichols                      13.40 Addison Roots                      13.41</p> <p><b>U10 M 1.5K</b> Hudson Conwell                      8.55 Lachlan Nichols                      DQ Hunter Sardelich                      DQ</p> <p><b>U8 F 1K</b> Carter Moore                      7.29</p>
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Kaytee Bogaers	29.11
Leila Bevis	30.58

<b>U14 F 3K</b>	
Charlotte Burgess	17.45
Aleeah Pike	18.51
Trinity Doulis	21.29

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## INTERNATIONAL NEWS

**HUNGARY: WA World Athletics c'ships 35km Walk, 24 August - Budapest**

### ***Martin completes race walk double for Spain in Budapest***

*by Mike Rowbottom (reprinted from [World Athletics website](#))*

Spain's **Alvaro Martin**, winner of the men's 20km race walk on the opening day of the **World Athletics Championships Budapest 23**, completed a golden double here as he proved to be a hero again in Heroes Square by claiming the men's 35km title.

The 29-year-old from Llerena, whose victory in the shorter race was his first global success following European 20km wins in 2018 and 2022, waited until the final kilometre before moving past Ecuador's **Brian Pintado** to establish a swift and decisive lead, finishing in a national record of **2:24:30**.

It was the first part of a Spanish 'double double' as, shortly afterwards, his teammate **Maria Perez**, winner of the women's 20km race, added a second gold over 35km.

"I am so tired," said Martin after completing a race that had begun at 7am to mitigate the effects of the current heatwave here.

"I was fourth in the Olympic Games and it was very tough to get so close to an Olympic medal, so it's wonderful now to be a double world champion in Budapest. I see Maria is first too in the women's race, so today is a great day for Spain."

The midway part of the race featured a lone breakaway by France's **Aurelien Quinion**, 14th in this event at last year's World Championships, who stretched his lead to 37 seconds by the 23km mark before the field moved back to him inexorably.

Under pressure, Quinion began to accrue red cards for loss of contact, and his challenge effectively ended shortly after his lead had been reduced to nine seconds at the 29km mark as he received a third red card, meaning he had to sit out of the race for a penalty of three minutes and 30 seconds.

Upon resumption, a fourth red card triggered his disqualification – something he also experienced at last year's European Championships in Munich.

Pintado, clearly struggling with the intense conditions, held on to take silver in a South American record of **2:24:34**. Bronze went to Japan's **Masatora Kawano**, silver medallist in this event at last year's World Championships, who finished in **2:25:12** after managing to keep at bay the challenge of Canada's **Evan Dunfee**, who placed fourth – just as he had in the 20km race – in **2:25:28**.

Germany's **Christopher Linke**, always involved in the leading group, was fifth in a national record of **2:25:35**, with Japan's **Tomohiro Noda** sixth in **2:25:50** and Italy's defending champion **Massimo Stano**, who faded during the closing stages, seventh in **2:25:59**.

**Perseus Karlstrom** of Sweden, seeking to add to the 20km silver he won on Saturday, figured only briefly in the lead group before finishing eighth in **2:27:03**.

China's **He Xianghong**, fifth in Oregon last year in a national record of 2:24:45, and an Asian record breaker with 2:22:55 earlier this year, also slipped from the lead group in the final kilometres, finishing 23rd in **2:37:21**.

Spain's European champion **Miguel Angel Lopez** had led the men through 5km in 20:39, with Stano, Martin and He at his shoulder. Already the sun was beginning to become uncomfortably hot and drinks were being imbibed and doused on heads and shoulders.

By 10km, Karlstrom had moved up to take the lead, passing in 41:33 with He, Martin, Lopez and Stano just behind, and Linke, Dunfee, Noda two seconds further back.

Dunfee, repurposing himself as a shorter distance athlete having earned bronze at the Tokyo Olympic Games in the last 50km race walk to be staged at the Games, then moved up to get the feel of the lead, taking the pack through 12km in 49:56. But the race burst into life shortly after this point as Quinion, who had been two seconds back at 13km, surged to the front and established a five-second lead a kilometre later.

By 15km the French racer's lead had extended to 12 seconds, and a kilometre on it was 13 seconds as the main group of favourites withheld from making any big effort to catch him.



The decision was becoming more acute by the 16km mark as Quinion extended his lead to 20 seconds.

As the race entered the second half, Quinion, with peaked cap pulled low over his brow and a white cooling towel draped around his neck, was continuing to push, and his lead at the 18km point was 26 seconds from Dunfee at the head of the chasing group of about a dozen.

The Frenchman was going for broke – at 21km his lead was 28 seconds; at 22km he was 36 seconds clear; at 23km he was 37 seconds clear, with Ecuador's Pintado now taking up the chase in earnest, with Stano, Noda, Martin, Kawano, Bonfim, Dunfee and Linke in close attendance.

The tide began to turn, however, as Dunfee took up the pace again, reducing the lead to 33 seconds by the 22km marker, and with 10km remaining that margin remained, with Stano, Martin, Lopez and Dunfee all in earnest in a chasing group of seven.

Soon Quinion began to hear the sound of reeling as the pack moved up on him. His 22 seconds lead at the 28km mark had been reduced to nine seconds at 29km, and, critically, the Frenchman, under pressure, had begun to pick up red cards before making a penalty pit-stop.

Martin responded most smartly, taking a seven-second lead at the 30km mark from Dunfee, with Linke and Noda eight seconds back.

But Pintado had not finished yet, moving back into the lead at 31km, marginally ahead of Martin and Noda as Dunfee dropped back into fourth place, 12 seconds adrift.

As the field approached the 33km marker, Martin – with the sun becoming intense – was drafting the Ecuadorian, with Kawano struggling to hold on to bronze with Dunfee still in the hunt and finishing strongly.

But as the race entered the final kilometre, Martin flicked the switch and made his decisive move – and there was nothing Pintado could do about it.

"In the last kilometre I had to push hard because I was so tired and Pintado was so close," said Martin. "It was a tougher race today than Saturday and this medal was more difficult to win. But in the end it is an amazing day for Spanish sport because we made history with four gold medals.

"It is a great day for my nation and a great day for my career. Right now I am flying, I am in the clouds. After being fourth in Tokyo, I kept training, and now I am sky-high. I only want to enjoy these amazing days. Of course, the Olympics is the ultimate goal because it is the pinnacle of a career. So I am going to train hard, and fight for it, and dream of it. But now I want to enjoy this historic day."

Pintado said: "The race today was very strategic. I planned to stay behind and surprise them on the last lap but I was missing a few seconds in the end."

Stano commented: "I had a good race. It was a great struggle for everybody. I'm in good shape, but I only finished seventh. I used all the energy in my body and in my mind too. I hope I will do better in the Olympic Games next year."

Dunfee, 32, commented: "I felt pretty good after the 20km but I am getting older! My hamstring was really bugging me today and my physio did an amazing job to get it as good as we could. It felt good for most of the race, then at 32km it just went pop. I thought I was done. I didn't even know if I was going to finish. Somehow it calmed down enough to let me finish, but I couldn't make it back up.

"To finish fourth again is absolutely heartbreaking. In the 20km it was breakthrough race. I was disappointed with my position but proud of how I raced. This one, I wanted to go medal or broke. And I guess I broke."

1.	Álvaro MARTÍN	18 JUN 1994	ESP	2:24:30
2.	Brian Daniel PINTADO	29 JUL 1995	ECU	2:24:34
3.	Masatora KAWANO	23 OCT 1998	JPN	2:25:12
4.	Evan DUNFEE	28 SEP 1990	CAN	2:25:28
5.	Christopher LINKE	24 OCT 1988	GER	2:25:35
6.	Tomohiro NODA	24 JAN 1996	JPN	2:25:50
7.	Massimo STANO	27 FEB 1992	ITA	2:25:59
8.	Perseus KARLSTRÖM	02 MAY 1990	SWE	2:27:03
9.	Karl JUNGHANNß	06 APR 1996	GER	2:27:08
10.	Caio BONFIM	19 MAR 1991	BRA	2:27:45
11.	Ricardo ORTIZ	07 FEB 1995	MEX	2:29:14
12.	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	2:29:32
13.	Satoshi MARUO	28 NOV 1991	JPN	2:29:52
14.	Kevin CAMPION	23 MAY 1988	FRA	2:30:18
15.	Andrea AGRUSTI	30 AUG 1995	ITA	2:30:32
16.	Riccardo ORSONI	20 JAN 2000	ITA	2:31:41
17.	José MONTANA	21 MAR 1992	COL	2:31:45
18.	Veli-Matti PARTANEN	28 OCT 1991	FIN	2:32:28
19.	Dominik ČERNÝ	01 NOV 1997	SVK	2:32:56
20.	Matteo GIUPPONI	08 OCT 1988	ITA	2:34:58
21.	Wayne SNYMAN	08 MAR 1985	RSA	2:35:13
22.	Marc TUR	30 NOV 1994	ESP	2:36:04
23.	Xianghong HE	01 JUL 1998	CHN	2:37:21
24.	Brendan BOYCE	08 OCT 1986	IRL	2:37:26
25.	Aleksi OJALA	09 DEC 1992	FIN	2:38:34
26.	Jakub JELONEK	07 JUL 1985	POL	2:38:45
27.	Ram BABOO	20 MAR 1999	IND	2:39:07
28.	Qin WANG	08 MAY 1994	CHN	2:39:19

29.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	2:39:40
30.	Bence VENYERCSÁN	08 JAN 1996	HUN	2:40:34
31.	José LEYVER	12 NOV 1985	MEX	2:41:34
32.	Arnis RUMBENIEKS	04 APR 1988	LAT	2:43:36
33.	Ihor HLAVAN	25 SEP 1990	UKR	2:45:18
	Narcis Ștefan MIHĂILĂ	04 AUG 1987	ROU	DNF
	Ivan BANZERUK	09 FEB 1990	UKR	DNF
	César Augusto RODRÍGUEZ	26 JUN 1997	PER	DNS
	<b>Rhydian COWLEY</b>	<b>04 JAN 1991</b>	<b>AUS</b>	<b>DNF</b>
	Eider ARÉVALO	09 MAR 1993	COL	DNF
	Andrés CHOCHO	04 NOV 1983	ECU	DNF
	Carl DOHMANN	18 MAY 1990	GER	DNF
	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	DNF
	Dawid TOMALA	27 AUG 1989	POL	DNF
	João VIEIRA	20 FEB 1976	POR	DNF
	Luis Henry CAMPOS	11 OCT 1995	PER	DNS
	Aurélien QUINION	27 JAN 1993	FRA	DQ
	Artur BRZOZOWSKI	29 MAR 1985	POL	DQ
	Michal MORVAY	19 AUG 1996	SVK	DQ
	Yangben ZHAXI	15 APR 1996	CHN	DQ
	Juan José SOTO	22 AUG 1999	COL	DQ

## ***Perez breaks 35km championship record to complete golden race walk double in Budapest***

*by Mike Rowbottom (reprinted from [World Athletics website](#))*

Spain's **Maria Perez** completed a golden double here as she added the women's 35km race walk title to the 20km gold she won on Sunday, finishing in a championship record of **2:38:40**, more than two minutes clear of Peru's defending champion **Kimberly Garcia**, whose world double in Oregon last year has now been matched by Perez.

The achievement of the world record-holder completed a 'double double' for Spain shortly after compatriot Alvaro Martin had done the same in the men's competition.

Garcia clocked **2:40:52**, with Greece's **Antigoni Ntrismpioti** claiming bronze in **2:43:22**, one place ahead of **Viviane Lyra**, who set a Brazilian record of **2:44:40**.

Garcia had finished fourth in Sunday's 20km race walk, but her prospects were stronger over the longer distance.

Having set a South American record of 2:39:16 in Oregon, she improved on that with a world record of 2:37:44 in March this year.

Two months later, however, Perez took 29 seconds off that mark with her 2:37:15 victory in Podebrady, and in their only pre-championships meeting this year, over 20km, Garcia came out on top.

But Perez arrived in Budapest undefeated at 35km in all four of her career races – and there was never a moment when a fifth victory looked seriously under threat.

"I never could have thought it was possible to win two golds," said Perez. "It was just too hard. But the hard work and pain paid off.

"I had a problem with my hamstring after the 20km and I was still considering whether to start at the 35km but I managed to get through.

"I felt confident about my technique today and wanted to maintain a normal rhythm throughout the race and not to damage my hamstring any more, so I really did the last 4-5km easy.

"This is a huge achievement, not only for me but for the whole Spanish team. I want to enjoy this moment. I could hear the people around the course screaming my name, cheering for me. That helped me too, especially towards the end.

"The special part of this event was racing together with men. The race walk deserves to have the longer distances. This is a great demonstration for everybody - for the fans, too, the course was full of fans - that in the future we can have a long distances, not just the short ones."

With the women's and the men's races being held together, Perez was the 26th athlete overall to cross the finish line.

"These championships have not been as good as I expected," said Garcia. "I wanted to defend my titles from Eugene over both race walk events. I was really upset with fourth place in the 20km but I had to calm down and recover to be ready for this race. It was not an easy competition.

"The pace was fast and I just did my best. Unfortunately, it was not enough for gold. To win a medal is always good, but I am not that happy with the silver over 35km. It looks like I will not have the ability to take revenge over this distance at the Olympic Games in Paris.

"Race walk events are going to be changed next year. It will be only 20km and team relay. That is why I am going to change my focus from long endurance training to shorter and faster."

Ntrismpioti added: "I cried when I went through the finish line because, although I didn't achieve my best result, this is a great day for me. This is why I get up so early every morning. At home I work for our family restaurant but it's closed now because my mom is here to support me. So I would like to say thank you to my whole family. Finally I got a medal for them, and of course for myself."

Poland's **Katarzyna Zdzieblo**, a double silver medallist at last year's World Championships, began with ambitions intensified by her disqualification from Sunday's 20km race for loss of contact.

At the 5km mark she led a lead group of eight women through in 23:39, with China's **Qieyang Shijie** – who failed to finish a race that had started at 7am to mitigate against the current heatwave – Garcia and Lyra in close attendance.

At the 10km point, five racers had moved clear – Qieyang led through in 46:44 with Perez, Zdzieblo, Ntrismpioti and Garcia Leon in the group.

Zdzieblo continued to push on, taking the lead group through 12km in 55:52, with Japan's **Serena Sonoda** and Lyra 20 seconds back and the main chasing group more than a minute further back.

Shortly after the halfway mark, the Pole led the lead group through 18km in 1:23.33, with Qieyang, Ntrismpioti, Perez and Garcia all stretched out by a stride or two. The next challenger, Sonoda, was 39 seconds back.

At this point the Pole increased the pace and attempted to move clear, creating a three-second margin after 19km. But her bid was swiftly covered by Perez, who in turn moved ahead, with Garcia Leon passing the Pole in an attempt to cover the Spaniard.

By 20km, Perez led, with Garcia three seconds back, Zdzieblo four seconds behind and Ntrismpioti and Qieyang a further two seconds in arrears.

A kilometre further on, Garcia had moved up to be within a second of the leader with Qieyang eight seconds adrift in bronze medal position, with Ntrismpioti and the flagging Pole a second behind her.

But Perez was not to be checked as she pushed on again to put significant distance between herself and her Peruvian pursuer.

At 23km the race appeared to have clarified itself as Perez powered on towards a double, seven seconds clear of Garcia, who was herself 19 seconds clear of Qieyang and Ntrismpioti, with Zdzieblo slipping back.

With 10km remaining, Perez had a second gold clearly in sight as her lead over Garcia increased to 24 seconds, with Ntrismpioti almost a minute behind the leader, 12 seconds clear of Qieyang.

At 30km the lead gap was almost two minutes ahead of Garcia and more than three minutes ahead of Ntrismpioti. The medals were effectively decided.

1.	María PÉREZ	29 APR 1996	ESP	2:38:40
2.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	2:40:52
3.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	2:43:22
4.	Viviane LYRA	29 JUL 1993	BRA	2:44:40
5.	Cristina MONTESINOS	12 JUL 1994	ESP	2:45:32
6.	Evelyn INGA	16 APR 1998	PER	2:46:18
7.	Serena SONODA	10 SEP 1996	JPN	2:46:32
8.	Olga CHOJECKA	30 JUN 1997	POL	2:46:48
9.	Magaly BONILLA	08 FEB 1992	ECU	2:47:09
10.	Tereza ĎURDIAKOVÁ	20 FEB 1991	CZE	2:49:06
11.	Xueying BAI	26 APR 2000	CHN	2:49:34
12.	Alejandra ORTEGA	08 JUL 1994	MEX	2:50:44
13.	Raquel GONZÁLEZ	16 NOV 1989	ESP	2:51:53
14.	Masumi FUCHISE	02 SEP 1986	JPN	2:52:57
15.	Federica CURIAZZI	14 AUG 1992	ITA	2:53:27
16.	Viktória MADARÁSZ	12 MAY 1985	HUN	2:53:30
17.	Johana ORDÓÑEZ	12 DEC 1987	ECU	2:54:58
18.	Agnieszka ELLWARD	26 MAR 1989	POL	2:56:51
19.	Sara VITIELLO	06 AUG 1996	ITA	2:57:00
20.	Vasylyna SYDORCHUK	30 APR 1990	UKR	2:57:24
<b>21.</b>	<b>Allanah PITCHER</b>	<b>19 SEP 2003</b>	<b>AUS</b>	<b>2:57:55</b>
22.	Rita RÉCSEI	30 JAN 1996	HUN	2:59:37
23.	Anabelly ORJUELA	24 JUL 1988	COL	2:59:58
24.	Maria MICHTA-COFFEY	23 JUN 1986	USA	3:01:22
25.	Mária KATERINKA CZAKOVÁ	02 OCT 1988	SVK	3:01:53
26.	Kyriaki FILTISAKOU	14 AUG 2000	GRE	3:02:16
27.	Nicole COLOMBI	29 DEC 1995	ITA	3:02:29
28.	Hana BURZALOVÁ	03 NOV 2000	SVK	3:02:47
29.	Bianca Maria DITTRICH	06 JUL 1993	GER	3:03:05
30.	Ilse GUERRERO	24 MAR 1993	MEX	3:03:41
31.	Ema HAČUNDOVÁ	05 MAR 1999	SVK	3:05:43
32.	Karla JARAMILLO	21 JAN 1997	ECU	3:05:55
33.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	3:08:11
34.	Alina TSVILII	18 SEP 1994	UKR	3:09:23
35.	Miranda MELVILLE	20 MAR 1989	USA	3:09:41
36.	Elianay PEREIRA	11 MAY 1984	BRA	3:16:11
	<b>Rebecca HENDERSON</b>	<b>04 JUL 2001</b>	<b>AUS</b>	<b>DNS</b>
	Maocuo LI	20 OCT 1992	CHN	DNF
	Shijie QIEYANG	11 NOV 1990	CHN	DNF
	Olga FIASKA	09 NOV 2001	GRE	DNF
	Galina YAKUSHEVA	14 JUL 1988	KAZ	DNF



Inês HENRIQUES  
Mihaela ACATRINEI

01 MAY 1980  
26 FEB 1995

POR DNF  
ROU DNF

## 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.

*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.*

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## 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      **19<sup>th</sup> World Athletics Championships** – Budapest, HUN  
26 Jul- 11 Aug 2024   **XXXIII Summer Olympics** – Paris, FRA  
13-25 Aug 2024      **24<sup>th</sup> 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      **20<sup>th</sup> World Athletics Championships** – Tokyo, JAP

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**\*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.

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**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](mailto:secretary@vrwc.org.au)

Stu Cooper – [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au) or [stukcooper@gmail.com](mailto:stukcooper@gmail.com)

*For Session 2:*

Diane Lowden – [dilowden39@gmail.com](mailto: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 16<sup>th</sup> September 2023

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Course on **Saturday 16<sup>th</sup> 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 10<sup>th</sup> September 2023, to:**

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 mobile 0413708085



