



HEEL & TOE Online

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

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Welcome to Runner's World... the athletics specialist.

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** WALKER OF THE WEEK **

NSW's **Hannah Mison** has taken out this week's WOTW award, following her terrific performance in the ANSW's Treloar Shield meeting 5000m Walk. Hannah's time – **21:24.14** – was a 22sec PB and lifts her into 3rd place in the national rankings, behind Jemima Montag and Olivia Sandery.

Until recently, Hannah was focused on building her distance condition. It appears she has now changed tack and is channeling her impressive reserves more into speed. The results are obvious. She now has two 21+min 5000m and a sub-13min 3000m (done in the UK) to her credit, and with the pointy end of the 2023-24 summer season yet to come, we can expect to see those times – along with her 10 and 20km clockings – come down further.

Well done, Hannah. We wish you all the best for the rest of the season.



*Honourable mentions

- **Marcus Wakim (VIC)** – Marcus's time in winning the U18 All Schools 5000m on Sunday – 20:34.86 – was his fourth sub-21min clocking and points to a productive championships campaign next year.
- **Lewis McLennan (VIC)** – the biggest improver of the day in the All Schools, Lewis's time of **16:51.33** ripped 3:38 from his previous best.
- **Bailey Housden (QLD)** – a blitz performance in the QA 1500m Classic meet. Bailey repeated his win from last year with **5:37.71**, 21secs shy of Dane Bird-Smith's meet record.



CLUB NEWS and RESULTS

*RUNNERS WORLD AWARD REVISED

Members will be aware that in the past, the Runners World awards for excellence have been seasonal, with Summer and Winter awards being presented. The Winter awards were conferred upon male and female Senior and Junior recipients, while the Summer award went to the best male and female walker regardless of age. The candidates were selected by the Awards sub-committee, citations were written up and distributed to the Club committee members, whose votes decided the winners.

In order better to reflect the changed nature of the Club membership, it has been decided to revise the RW awards. They will now be known as the **Runner's World Development Award**, with members aged between 15 and 22 being eligible for consideration. As there will now be only one award per year, a walker's performances over both the Winter and Summer of that year will be considered.

The criteria for consideration of a walker for the Development Award are as follows:

RUNNERS WORLD AWARDS – U23 Development Award
Revised Criteria (combined Winter and Summer)
(as at 5 Oct 2023)

REVISED CRITERIA (For Development Award)

- While we have our Points awards, these are not necessarily won by our BEST walkers.
- To be eligible for consideration, a walker must be a current, financial VRWC member.
- Nominees must be aged between 15 and 22 years.
- Nominees must have walked a minimum of 4 races in a Summer season and 7 races during the following Winter season. Races which are acceptable for results purposes include:
 - The various VRWC summer season races
 - The VRWC Winter road season races
 - AVSL competition walks
 - The various AV championships (Schools, Country, AV Teams and State T&F champs)
 - The LAVic State T&F championships
 - The LAVic Winter road walk championships
 - The Little Athletics Australia national T&F championships
 - The various AA championships
 - RWA Carnival and Championship races

- There shall be two successful nominees – one MALE and one FEMALE.
- If the Awards committee decides that there is no eligible or suitable candidate from one or the other gender, a decision can be made to make two awards from whichever gender has two such candidates (i.e. 2 boys or 2 girls.)
- If no suitable candidate from either gender can be identified, the Awards committee reserves the right to make no award for that year.
- AA or VIS sponsored athletes are excluded from the list of nominees as these athletes already have a good level of support. This sponsorship is aimed at walkers who are currently self funded.
- To be eligible for consideration, a walker must be ranked highly in his/her category/age group.
- A short list of nominations will be produced for the Committee by the Awards Subcommittee. Having read the citations for each candidate, each Committee member will select one name from the Male and Female lists and inform the Awards Committee of their choice by a pre-determined date.
- In the event that a suitable candidate, having met all other requirements, has not completed the minimum number of required races for the year (4 Summer, 7 Winter), the Committee reserves the right to waive the minimum races criteria, although it is not obliged to do so.

The Committee has voted on the candidates presented for the Summer 2022-23 and Winter 2023 seasons, and it is my pleasure to announce that the successful candidates are:

MALE: Riley Coughlan

FEMALE: Maddison Nash

Congratulations to Riley and Maddison. Your awards will be presented by Neil Ryan of Runners World in Kew, on Sunday 12 November.



- **Pramesh Prasad** has been a most productive athlete of late. Let him tell his own story (courtesy of Facebook):
*“What a week, competing in Australian Masters Games this week in Adelaide did 10 events, winning 6 gold, 1 silver and 3 bronze and to top it off running Melbourne Marathon this morning with a 6mins PB on the Melbourne Marathon course 2:52:25. Overall PB by 2mins.
Thank you to everyone who was there supporting me.”*



- Also pounding the asphalt in the Melbourne Marathon was **Emily Swan**, former VRWC walker and sister of Kyle. Running in her second Melbourne Marathon, Emily crossed in **3:32.58**. According to dad Terry, Emily was a bit disappointed with her time which was slower than last year's. Never mind, Emily – it's all fuel for motivation for the next one!



- And last week we bid farewell to walk judge **Peter Price**, who is leaving Melbourne and heading north to warmer climes. Peter had only a short time on our club panel but he showed himself immediately as a consistent and conscientious judge, both in VRWC races and AV events. Many thanks Peter, and all the best for the future!

****Next VRWC races:***

Sunday 12 November - Middle Park

8:30am	20km, 15km, 10km
9:15am	5km, 3km
9:40am	2km, 1km
11:00am	Presentations, Annual General Meeting

To pre-enter, go to <https://www.revolutionise.com.au/vrwc/>
 Entries close Friday 10 November, 12 noon

VICTORIA - METRO & REGIONAL

 **AV All Schools Track & Field C'ships, Sunday 29 October – Lakeside Stadium**

The AV All Schools championships saw some impressive racing, with striking displays in particular from **Ela Uzun** and **Marcus Wakim**. Ela had the benefit of some great trackside commentary in her race and she strove to break Jemima

Montag's U15 and U16 school records for 3000m. However, those records are hard to beat for a reason, and on this occasion Ela had to be content with a dominating win in **13:52.64**. **Angus Shuttleworth, Max Davidson, Matilda Read** and **Mackenzie Turner** won the other 3000m titles with strong performances.

Marcus finished 20-odd seconds outside his PB but still turned on a sizzling display in winning the U18 5000m in **20:34.86**. **Maddison Nash** walked as if she were on a mission and came away with a good win in **25:03.46** ... a 10sec PB.

MU14 3000m Race Walk

1 Angus Shuttleworth	FGN	15:37.08
2 Jaime Hvalica	IVH	15:55.00
3 Lewis McLennan	DCC	16:51.33 PB 3:38
4 Cruze Marsh	BWP	16:58.84 First one
5 Beau McKinnon	LUT	18:26.77
6 Freddie Fleischmann	SDR	20:55.29
7 Tate Jardine	STM	20:55.79 PB 0:19

MU15 3000m Race Walk

1 Max Davidson	DVC	15:03.12
2 Daniel Pashutin	ASH	16:02.02
3 Hamish McLennan	DCC	18:41.44

MU17 5000m Race Walk

1 Riley Coughlan	SNS	22:20.70
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MU18 5000m Race Walk

1 Marcus Wakim	CBG	20:34.86
2 Scott Peart	BAL	23:13.62

MU20 5000m Race Walk

1 Zachary Matters	CAM	29:22.14
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FU14 3000m Race Walk

1 Ela Uzun	PLY	13:52.64
2 Mya McClure	YMB	15:11.95
3 Havana Ali	PLY	16:18.62
4 Eliza Paterson	LAU	20:23.37
5 Aylwen Campbell	CLO	21:40.08

FU15 3000m Race Walk

1 Matilda Read	MIR	16:14.09
2 Mietta Morgan	IHS	16:33.16
3 Lucy Johns	SHS	17:39.52

FU16 3000m Race Walk

1 Mackenzie Turner	SFX	16:36.10
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FU17 5000m Race Walk

1 Ariana Pashutina	ASH	27:12.66
-- Jessica Smith	SDR	DNF

FU18 5000m Race Walk

1 Maddison Nash	HGC	25:03.46 PB 0:10
2 Emily Smith	KIC	29:08.73*

(* 30sec time pen.)



5000m start: Marcus leads out from Riley, Scott and Maddison



Marcus, flanked by Scott and Riley, after their 5000m presentations

(Photos: Kerrie Peart)

 **AROUND THE COUNTRY**

NEW SOUTH WALES ANSW Treloar Shield (3rd round), 28 October – Campbelltown

Thanks to **Frank Overton** for these results, and his report:

Athletics NSW held the 3rd round of the Treloar Shield at Campbelltown on Saturday 28 October, 2023. It was a good day for competing as can be seen from the following results.

The walks of the day were:

Hannah Mison 21.24.14 (5000m), **Myles Ashby** 23.51.89 (5000m), **Alexander Sinnett** (3000m) 13.59.40, **Jacob Hearnden** (1st ever - 1500m) 9.18.13, and **Sophie Polkinghorne** 14.12.32 (3000m) - this followed a good 1500m run in 4.49.79 a short time earlier.

With 39 walkers in total entering for the day was a good sign for the summer season. The overall number of walkers in NSW is increasing so if we can keep them in the sport it looks good for future years.

Womens Open 5000m Walk

1	Hannah Mison	Mingara Reg	21:24.14
2	Jessica Loring	Parramatta CA	27:11.77
3	Madeleine Maxwell	Maitland	30:59.18
4	Laura Corvalan Sotomayor	Girraween	32:13.60

Womens Masters 3000m Walk

1	Antoinette Woodward	U.T.S Northern	21:44.48
2	Anne Weekes	Illawong Rev	22:21.79
3	Karen Herrmann	Illawong Rev	22:39.81

Womens Un 15 years 1500m Walk

1	Sophie Polkinghorne	Hills District	14:12.32
2	Erin Cassilles	Westfields	16:13.14
3	Gemma Dixon	Sydney Aths	16:41.41
4	Stella Pinches	Adamstown	16:41.41
5	Emma Hoskins	Hills District	17:33.56
6	Caetlin Ashby	Mingara Reg	17:36.31
7	Molly Miller	Manly Warr	17:38.75
8	Madeline Kot	Westfields	17:48.75
9	Lilly Twigden	Westfields	18:22.95
10	Imogen Cochrane	West Track	18:53.73
11	Nikki Hearnden	Cardiff & Dist	18:56.52

Womens Un 12 years 1500m Walk

1	Hannah Hewitt	West Track	8:17.59
2	Beth Cochrane	West Track	8:51.75

Open Mens 5000m Walk

1	Myles Ashby	Mingara Reg	23:51.89
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Masters Men 3000m Walk

--	Trevor Young	U.T.S Northern	DQ
--	David Lewis	West Track	DQ

Boys Un 18 years 3000m Walk

1	Alexander Sinnett	West Track	13:59.40
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Boys Un 12 years 1500m Walk

1	Jacob Hearnden	Cardiff & Dist	9:18.13
2	Mathias Hutchens	Hornsby Dist	10:31.69
3	Sebastian Hutchens	Hornsby Dist	12:29.57

QUEENSLAND QA 1500 metre Classic, 26 October – UQ Aths Centre, St Lucia

Held alongside the 1500m running classic, the walkers showed they were no slouches, with **Bailey Housden** sighting Dane Bird-Smith's meet record on the horizon ... will be get it next year?

Impressive also were many of the younger girl's times, in particular from **Isabella Welch** and **Freya Williams**, the youngest in the field at 9yo. **Lyla Williams** had a good win over a competitive field.

Thanks to Robyn Wales for the results.

Women 1500m Race Walk Open

1	Lyla Williams	07	7:07.57
2	Olivia Boulton	09	7:13.10
3	Isabella Welch	12	7:13.15
4	Ella Cosgrave	10	7:13.55
5	Phoebe Chadwick	06	7:53.88
6	Natasha Flahey	09	7:57.58
7	Lily Housden	06	7:58.44
8	Makenna Clarke	09	7:58.70
9	Freya Williams	14	8:00.24
10	Amelia Chisholm	13	8:08.03
11	Taylah Morris	07	8:13.20
12	Mikaela McDonald	10	8:18.05
13	Katie Bray	08	8:22.32
14	Izzy Blackburn	14	9:14.03

Men 1500m Race Walk Open

1	Bailey Housden	07	5:37.71
2	Noah Cooke	10	7:00.65
3	Kai Dale	08	7:19.36
4	Brock Miller	10	9:05.75

**** QMA Masters results, 29 October – SAF, Brisbane**

W30 1500m Race walk

1	Roslyn Kirwin	W34	QMA	11:14.78
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W65 1500m Race walk
 -- Christine Aitchison W68 QMA DNF

W80 1500m Race walk
 1 Noela McKinven W81 QMA 13:00.55

W80 5000m Race walk
 -- Noela McKinven W81 QMA DNF

SOUTH AUSTRALIA ASA All Schools c'ships, 28/29 October – Mile End Stadium

Kim Mottrom reports that the weather gods were kind to the schoolkids for their All Schools T&F titles at the weekend.

Two good PBs resulted in Saturday's 3000m races, with **Alexis Thiele** being the biggest improver, while **Sebastian Richards** and **Elise Scott** took overall line honours.

Fields were sparse in the 5000m, with **Cooper Rech** having the best result with his PB of **25:35.28**. **Daisy Braithwaite** was the fastest girl with her **26:59.52**.

U14 Boys 3000m

1 Orlando Grantham 19:13.98
 2 Luke Danaher 19:51.57
 3 Riley Hill 21:00.40

U14 Girls 3000m

1 Alexis Thiele 16:22.77 PB 1:07
 2 Matilda Rech 18:45.07

U15 Boys 3000m

1 Liam Freundt 21:26.23

U15 Girls 3000m

1 Grace Marin 19:00.17
 2 Aanika Kumar 21:25.16

U16 Boys 3000m

1 Sebastian Richards 14:46.07

U16 Girls 3000m

1 Elise Scott 15:31.24
 2 Angelina Legrand 15:33.00 PB 0:30

U17 Boys 5000m

1 Cooper Rech 25:35.28 PB 0:14

U17 Girls 5000m

1 Katie De Ruvo 29:53.83

U18 Boys 5000m

1 Anthony Tana 27:16.00

U18 Girls 5000m

1 Daisy Braithwaite 26:59.52
 2 Angelina Legrand 28:02.79

*RANKINGS

National U20-U18 3000m & 5000m (as at Oct 30)

Compiled by Paul Jenes (AA statistician)

With the various schools' championships and state T&F competitions in progress around the country, the national rankings have had an update. Here are the amended lists:

Women 3000m U20

13:34.55	Alexandra Griffin	W	Perth	21-Oct
13:45.73	Ela Uzun	V	Melbourne	24-Feb
13:48.01	Nellie Langford	S	Adelaide	17-Feb
14:04.75	Sienna Pitcher	N	Dubbo	20-Jan
14:11.07	Sophie Polkinghorne	N	Sydney	25-Feb
14:26.66	Daisy Braithwaite	S	Adelaide	4-Feb
14:28.09	Matilda Webb	N	Brisbane	14-Apr
14:36.24	Jessica Loring	N	Brisbane	14-Apr
14:42.11	Emma Grocott	A	Brisbane	14-Apr

Men 3000m U20

11:36.1h	Marcus Wakim	V	Melbourne	21-Oct
11:46.50	John Ronan	W	Perth	21-Oct
12:19.9h	Riley Coughlan	V	Melbourne	21-Oct
12:21.56	Owen Toyne	A	Canberra	10-Feb
12:21.73	Kodi Clarkson	A	Canberra	10-Feb
12:30.40	Fraser Saunder	V	Ballarat	4-Feb
12:56.29	Samuel Lindsay	T	Launceston	4-Feb
13:31.7h	Eden Morgan	V	Melbourne	4-Feb
13:35.36	Scott Peart	V	Geelong	27-Jan
14:00.44	Myles Ashby	N	Dubbo	20-Jan
14:20.14	Nicholas Christian	A	Brisbane	14-Apr
14:20.15	Dylan Allabush	N	Sydney	25-Feb
14:26.53	Sebastian Richards	S	Adelaide	21-Oct
14:28.27	Anthony Tana	S	Adelaide	18-Mar

				14:37.12	Cooper Rech	S	Adelaide	21-Oct
				14:40.36	Oliver Morgan	T	Hobart	14-Jan
Women 3000m U18				Men 3000m U18				
13:45.73	Ela Uzun	V	Melbourne	24-Feb	11:36.1h	Marcus Wakim	V	Melbourne
14:04.75	Sienna Pitcher	N	Dubbo	20-Jan	11:46.50	John Ronan	W	Perth
14:11.07	Sophie Polkinghorne	N	Sydney	25-Feb	12:19.9h	Riley Coughlan	V	Melbourne
14:26.66	Daisy Braithwaite	S	Adelaide	4-Feb	12:21.56	Owen Toyne	A	Canberra
14:28.09	Matilda Webb	N	Brisbane	14-Apr	12:21.73	Kodi Clarkson	A	Canberra
14:36.24	Jessica Loring	N	Brisbane	14-Apr	12:56.29	Samuel Lindsay	T	Launceston
14:42.11	Emma Grocott	A	Brisbane	14-Apr	13:35.36	Scott Peart	V	Geelong
14:50.6h	Mya McClure	V	Melbourne	21-Oct	14:00.44	Myles Ashby	N	Dubbo
15:03.24	Grace Beck	N	Brisbane	14-Apr	14:20.14	Nicholas Christian	A	Brisbane
15:14.33	Jessica Loring	N	Sydney	25-Feb	14:20.15	Dylan Allabush	N	Sydney
15:15.25	Jillian Ryan	A	Brisbane	13-Apr	14:26.53	Sebastian Richards	S	Adelaide
15:16.88	Maisie Mitchell	N	Brisbane	14-Apr	14:28.27	Anthony Tana	S	Adelaide
15:25.57	Elise Scott	S	Brisbane	14-Apr	14:37.12	Cooper Rech	S	Adelaide
15:29.31	Emma Hearnden	N	Brisbane	14-Apr	14:40.36	Oliver Morgan	T	Hobart
15:31.67	Kaytee Bogaers	W	Brisbane	14-Apr				
15:46.66	Milly Sharpe	Q	Brisbane	25-Feb	Men 5000m U20			
Women 5000m U20				19:51.81	Isaac Beacroft	N	Brisbane	15-Apr
21:43.17	Elizabeth McMillen	N	Sydney	24-Feb	20:13.51	Marcus Wakim	V	Melbourne
22:37.91	Alexandra Griffin	W	Perth	27-Oct	20:17.38	Bailey Housden	Q	Brisbane
23:24.30	Zoe Woods	N	Sydney	24-Feb	20:21.89	Owen Toyne	A	Sydney
23:52.46	Sienna Pitcher	N	Sydney	24-Feb	20:37.39	John Ronan	W	Perth
23:58.33	Nellie Langford	S	Adelaide	3-Mar	20:40.25	Will Bottle	T	Melbourne
24:01.75	Daisy Braithwaite	S	Adelaide	24-Mar	20:53.21	Riley Coughlan	V	Melbourne
25:01.13	Aiva Pinches	N	Brisbane	16-Apr	21:33.00	Kodi Clarkson	A	Brisbane
25:03.46	Maddison Nash	V	Melbourne	29-Oct	21:36.84	Samuel Lindsay	T	Brisbane
25:57.13	Kaytee Bogaers	W	Perth	10-Feb	21:39.49	Sam McCure	Q	Brisbane
Women 5000m U18				21:49.17	Fraser Saunder	V	Melbourne	5-Mar
23:24.30	Zoe Woods	N	Sydney	24-Feb	23:10.43	Myles Ashby	N	Sydney
23:52.46	Sienna Pitcher	N	Sydney	24-Feb	23:13.62	Scott Peart	V	Melbourne
24:01.75	Daisy Braithwaite	S	Adelaide	24-Mar	23:22.5h	Eden Morgan	V	Melbourne
25:01.13	Aiva Pinches	N	Brisbane	16-Apr	23:28.54	Joel Byatt	N	Sydney
25:03.46	Maddison Nash	V	Melbourne	29-Oct	23:38.69	Raven Pyda	N	Sydney
25:57.13	Kaytee Bogaers	W	Perth	10-Feb	Men 5000m U18			
26:08.73	Ciara Casilles	N	Sydney	24-Feb	19:51.81	Isaac Beacroft	N	Brisbane
					20:13.51	Marcus Wakim	V	Melbourne
					20:17.38	Bailey Housden	Q	Brisbane
					20:21.89	Owen Toyne	A	Sydney
					20:37.39	John Ronan	W	Perth
					20:53.21	Riley Coughlan	V	Melbourne
					21:33.00	Kodi Clarkson	A	Brisbane
					21:36.84	Samuel Lindsay	T	Brisbane
					21:39.49	Sam McCure	Q	Brisbane
					23:10.43	Myles Ashby	N	Sydney
					23:13.62	Scott Peart	V	Melbourne
					23:28.54	Joel Byatt	N	Sydney



INTERNATIONAL NEWS

GERMANY: 2nd Lusatian Internations Race walking meeting, 28 October - Zittau

Emmanuel Tardi stepped just across the German border for his latest judging assignment.

I was a judge in Zittau this Saturday for the 2nd Lusatian International Race Walking Meeting. Zittau is a little city at the border of Germany, Poland and Czech Republic.

The loop was 1km long, totally flat, and with no turning point (it is a square). Weather was perfect (fresh, with no wind). Half of the circuit is in the forest and protected from the wind and from the rain. Start was at 10am for 5k, 3k, 1k and at 11:10am for 10k, 20k and 35k.

In the 35k , Frenchman **Aurélien Quinion** was the leader from the beginning to the end. **Carl Dohmann** stayed a long time behind him, but he stopped around the 30km mark. Aurélien reached the 10k in 41'50" and 20km in 1h23'30" . He finished with **2h25'57"** (10th in 2023).

In the 20k, Frenchwoman **Camille Moutard** and Mexican **Ever Palma** won.



Start of the 10, 20 and 35km at Zittau

10km Men

1	MORÁVEK Jaromír	CZE	2003	42:41
2	KUKLA Albert	CZE	2005	46:08
3	ROSENBAUM Lukáš	GER	2007	46:16
4	LIPIEC Tomasz	POL	1971	46:58
5	DROBIK Kacper	POL	2006	47:17
6	BRUNKEL Clemens	GER	2006	48:34
7	SCHMIDT Matti	GER	2007	48:34
8	DUDA Michal	SVK	2004	50:57
9	VAN BREMEN Jacques	NED	1984	56:47
10	RITZENHOFF Andreas	GER	1967	59:28
11	KALÁT Josef	CZE	1955	1:01:08
12	LANGHAMMER Reinhard	GER	1952	1:05:42
13	GIEBELER Helmut	GER	1950	1:05:59
14	HÖLTERS Bernd Ocker	GER	1946	1:11:25

10km Women

1	ZÁMEČNÍKOVÁ Kristína	SVK	2007	51:44
2	SCHMIDT Julia	GER	2004	52:05
3	SOMMER Angelina Pauline	GER	2006	55:36
4	SCHRÖTER Brit	GER	1974	57:13
5	BOROVÍČKOVÁ Lenka	CZE	1973	58:09
6	WALTER Zuzka	GER	2007	58:09
7	RÖDIGER Lianell	GER	2006	58:25
8	HAMMERL Ines	GER	1973	1:03:22
9	GOLLE Constanze	GER	1981	1:06:04
10	KÖHLER Renate	GER	1949	1:15:42
11	DRÄGER Helga	GER	1939	1:37:12

20km Men

1	PALMA Isaac	MEX	1990	1:21:18
2	BEN HLIMA Maher	POL	1989	1:21:39
3	ČERNÝ Dominik	SVK	1997	1:21:42
4	KÖPP Leo	GER	1998	1:21:51
5	JUNGHANNß Karl	GER	1996	1:22:09
6	ÚRADNÍK Miroslav	SVK	1996	1:22:21
7	SEILER Nathaniel	GER	1996	1:23:28
8	PAPAMICHAIL Alexandros	GRE	1988	1:23:41
9	RUMBENIEKS Arnis	LAT	1988	1:25:53
10	SAULGRIEZIS Raivo	LAT	1994	1:26:16
11	CORBISHLEY Cameron	GBR	1997	1:27:38
12	ŠUŠKEVIČIUS Tadas	LTU	1985	1:28:07
13	MORVAY Michal	SVK	1996	1:28:50

14	CASTAÑEDA Jhon Alexander	COL	1992	1:28:56
15	RAGAB Mohamed	EGY	1994	1:30:40
16	ABU EL WAFA Jassam	GER	2004	1:30:59
17	HLAVÁČ Vít	CZE	1997	1:33:54
18	RICHARDT Nick Joel	GER	2006	1:36:11
19	TOKODI Dávid	HUN	1991	1:37:41
20	DE BONTIN Vincent	FRA	1988	1:41:40
21	SCHRÖTER Uwe	GER	1959	1:53:00
22	SMOLA Josef	CZE	1964	1:59:09
23	KRÜGER Reinhard	GER	1960	2:12:28
24	EVERTZ Günter	GER	1957	2:17:47
25	LEHMANN Stefan	GER	1951	2:19:51
26	JANOTTE Ralf	GER	1957	2:24:12

20km Women

1	MOUTARD Camille	FRA	2001	1:31:36
2	BURZALOVÁ Hana	SVK	2000	1:33:53
3	KATERINKA CZAKOVÁ Mária	SVK	1988	1:36:39
4	BIRÉ-HESLOUIS Maële	FRA	2002	1:37:07
5	RAGASOVÁ Alžbeta	SVK	2002	1:37:52
6	BURNETT Katie	USA	1988	1:41:22
7	KIVIMÄKI Anniina	FIN	1999	1:41:48
8	JUNGHANNB Ada	GER	2004	1:42:45
9	SONNTAG Lena	GER	2004	1:43:17
10	ŽÁRSKA Klaudia	SVK	1999	1:44:44
11	GABRIEL Anna-Maria	GER	2005	1:45:15
12	SILVA Lizbeth	MEX	1989	1:45:41
13	BRANCH Janelle	USA	1988	1:51:11
14	OBENAUUS Lea Anika	GER	2003	1:52:59
15	NETOLICKÁ Martina	CZE	1982	2:11:27
16	KLOSE Gudrun	GER	1966	2:16:46
17	KOMOLL Birgit	GER	1960	2:29:23
18	CARRÉ Elvina	FRA	2003	DSQ

35km Men

1	QUINION Aurélien	FRA	1993	2:25:57
2	ARSLAN Cumali	TUR	2000	2:49:06
3	NEDVÍDEK Martin	CZE	1975	2:56:13
4	BORSCH Steffen	GER	1973	3:23:49
5	FRANKE Denis	GER	1969	3:27:03
6	WILD Andreas	GER	1982	4:06:42
	DOHMANN Carl	GER	1990	DNF

35km Women

1	SCHENKER Bianca	GER	1974	3:26:44
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Moutard



Leading group, with Palma



Quinion

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, October 31, 2023 - David Hurtado wins gold in the 20 km walk at the Pan American Games in Santiago, Chile <http://omarchador.blogspot.com/2023/10/david-hurtado-conquista-ouro-nos-20-km.html>
- Monday, October 30, 2023 - Kimberly García wins the (very incomplete) 20 km walk at the Pan American Games in Chile <http://omarchador.blogspot.com/2023/10/kimberly-garcia-vence-os-muito.html> *See ‘Other News’ below for more on this unfortunate issue.
- Monday, October 30, 2023 - Isaac Palma (MEX) and Camille Moutard (FRA) won the 20 km Zittau march. Aurélien Quinion (FRA) broke the national 35 km record <http://omarchador.blogspot.com/2023/10/isaac-palma-mex-e-camille-moutard-fra.html>
- Sunday, October 29, 2023 - Portuguese government awards 2023 Sports Merit Awards to International Judges <http://omarchador.blogspot.com/2023/10/governo-portugues-entrega-premios-de.html>
- Saturday, October 28, 2023 - Great figures of Setubal's athletic march honored <http://omarchador.blogspot.com/2023/10/grandes-figuras-da-marcha-atletica.html>
- Thursday, October 26, 2023 - Serhiy Svitlychnyy and Mariia Sakharuk triumph in the 20 km in Ivano-Frankivsk (2023) <http://omarchador.blogspot.com/2023/10/serhiy-svitlychnyy-e-mariia-sakharuk.html> Sport - and race walking in particular – continues to thrive in war-torn Ukraine.
- Wednesday, October 25, 2023 - Masatora Kawano and Nami Kumagai triumph in the 20 km march in Takahata, Japan <http://omarchador.blogspot.com/2023/10/masatora-kawano-e-nami-kumagai-triunfam.html>
- Wednesday, October 25, 2023 - Rin Miyoshi and Miyu Naito become Japanese 35 km walking champions. South Korean Dongmin Lim wins men's race <http://omarchador.blogspot.com/2023/10/rin-miyoshi-e-myu-nato-sagram-se.html>
- Tuesday, October 24, 2023 - Sandra Silva honored in Santo António dos Cavaleiros, Loures <http://omarchador.blogspot.com/2023/10/sandra-silva-homenageada-em-santo.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.

OTHER NEWS

- The ramifications of the course-setting blunder in Santiago are serious for many South American female walkers, some of whom may have missed their only chance to qualify for Paris. A full report can be read at https://runningmagazine.ca/sections/runs-races/pan-american-games-race-walk-course-found-to-be-3-km-short/?fbclid=IwAR1nFKO8Prkbc2H8zEu_kzIdC_WmtdQbvMOcRr5HKd0_PpaOf6raR0DBic
Dave McGovern, writing in the FB page *World Class Racewalking*, puts his own view:

“The headline (of the article) is somewhat misleading. The organizers threw the course measurer (by name) under the bus, but it’s more likely that the course was mis-coned on race morning than mismeasured. A mismeasured course may be a few meters off, but 160m? That’s a race day cone placement error. The course should have been remeasured after it was laid out on race day, especially given the importance of this competition for Olympic qualifying. It was only (supposed to be) a 1 km loop. A brisk walk with a wheel would have taken 10 minutes, on a bike about two minutes. Failing that, this could have been fixed on the fly. Athletes would have noticed the error during warm-ups, but certainly after the first lap of the race meet management should have realized that a sub-3:40 first kilometer in a women’s 20k was not credible. The race could have been stopped, the course quickly remeasured, and then restarted. Alternately the course could have been correctly coned after the first lap or two or three, and the finish line moved 160, 320, or 480m, depending how many short laps were walked before the error was corrected. Neither is a perfect fix, but infinitely better than letting the women walk a 16.8km “20k”. Inexcusable.”



WHAT'S UP AHEAD?

VRWC SUMMER FIXTURE 2023-24

Sun 12th November 2023, VRWC Summer Championships and AGM Middle Park

8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8:50am	10km Heather Carr Trophy	Masters Women
	10km	Open
9:25am	1.5km VRWC Championship	Under 12 B & G
	1km VRWC Championship	Under 10 B & G
9:45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	2km & 5km	Open
10:30am	Presentations	
11:00am	Annual General Meeting	

Sun 14th January 2024, VRWC Road Races Middle Park

8:30am	20km, 15km, 10km	Open
9:15am	5km, 3km	Open
9:40am	2km, 1km	Open

Victorian & National Key Dates – 2023

Sat/Sun 4/5 Nove 2023	AV All Schools T&F c'ships Wk 2 – Lakeside Stadium (no walks)
Sat 11 Nov 2023	AVSL Rd #4 – walks at Yarra Vly, Mt Evelyn
Sun 12 Nov 2023	VRWC Summer c'ships & Annual General Meeting – Middle Park
Sat 18 Nov 2023	AVSL Rd #5 – walks at venue TBC
Fri 1 Dec 2023	AVSL Rd #6 (twilight) – walks at Doncaster & Glenhantly
Fri 8-Sun 10 Dec 2023	AA All Schools T&F c'ships – Perth WA

Victorian & National Key Dates – 2024

Sat 13 Jan 2024	AVSL Rd #8 – walks at Doncaster
Sun 14 Jan 2024	VRWC Summer races #3 – Middle Park
Sat 20 Jan 2024	AVSL Rd #9 – walks at Werribee
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhantly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	LAVic State T&F c'ships – venue TBC
Sat 16-Sun 17 Mar 2024	Victorian Masters T&F c'ships – venue TBC
Fri 29 Mar-Mon 1 Apr 2024	Aust. Masters T&F c'ships – Hobart TAS
Thu 11-Fri 19 Apr 2024	AA Aust Athletics c'ahips – Adelaide SA

International Dates

Sun 21 Apr 2024	WA Race walking Teams c'ship – Antalya TUR
Sat 4 May 2024	3rd Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31st Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold) – Rio Maior POR
Sat 18 May 2024	XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold) – La Coruna ESP
Sun 26 May 2024	III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold) – Madrid ESP
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 <i>(*Lima withdrew in April but has since been reinstated.)</i>
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

(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.

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