



HEEL & TOE Online

Vol. 2024
Issue No. 8
Tuesday
27 February 2024

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>



CLUB NEWS and RESULTS

*2024 WINTER PROGRAM CONFIRMED

The VRWC's Winter road season program is now finalized and will commence (ironically) with a track race – as it did last year! The Grand Prix infrastructure is not expected to be cleared out until the beginning of May, so we will assemble for our first race – the AV 10,000m Walk championship and Bert Gardiner medal – at Dolamore Reserve in Mentone on Sunday 28 April.

Many thanks, once again, to **Mark Donahoo** for his work in setting distances and researching dates, venues and possible clashes, overcoming all to present our key racing fixture for the year.

MEMBERSHIP & RACE FEES for 2024: Members will receive final confirmation of these in the coming weeks.

2024 WINTER SEASON FIXTURE

APRIL

Sunday 28th April AV & VRWC CHAMPIONSHIPS & VRWC Events Mentone Track
Incorporating AV Bert Gardiner 10km winter championship

MAY

Saturday 4th May VRWC Points races Middle Park

Saturday 11th May VRWC Points races Middle Park

Saturday 11th May Coaching seminar for parents, athletes and coaches Middle Park

Sunday 19th May AV, AV SCHOOLS & VRWC CHAMPIONSHIPS & VRWC Events Middle Park

Saturday 25th May VRWC Points races Middle Park

JUNE

Saturday 1st June VRWC Points races Middle Park

Sunday 9th June RWA 57th Annual Lake Burley Griffin Carnival, Canberra

Saturday 15th June VRWC Points races and Prize day Middle Park

Saturday 22th June A.V. & Little Athletics Championships, Middle Park

Saturday 22nd June Judging course and Coaching seminar Middle Park

Saturday 29th June VRWC Points races Middle Park

JULY

Saturday 6th July VRWC Points races and Interval races Middle Park

Sunday 14 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 20 th July	VRWC Points races	
Saturday 20 th July	Coaching seminar for parents, athletes and coaches	Middle Park
Saturday 27 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
Saturday 27 th July	Twilight Trivia fund raising afternoon	Middle Park

AUGUST

Saturday 3 rd August	VRWC Points races and Prize day	Middle Park
Sunday 4 th August	AMA 20km Championships	Adelaide
Sunday 11 th August	AV Country Championship & VRWC Event	Middle Park
Saturday 17 th August	VRWC Last points race	Middle Park
Saturday 24 th August	Judging course	Middle Park
Sunday 25 th August	Racewalking Australia 2 nd Carnival	Middle Park
Saturday 31 st August	VRWC non points race day	Middle Park

September

Saturday 7 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 15 th September	VRWC relay race and Seasons Presentations	Middle Park

VICTORIA - METRO & REGIONAL



**** AV 5000m Open Walk championships, Saturday 24 February – Lakeside Stadium**

Small but high-quality fields lined up for these two races, with the mens' race in particular producing extraordinary results.

With the men starting first, **Kyle Swan** made his intentions plain from the gun, opening a gap on **Rhydian Cowley** that extended to around 70-80m and looking very much in control. Cowley, unfazed, gradually reeled Swan back in and took the lead with 500m remaining. The Glenhuntly 50km specialist then ripped a 1:23 last lap to win in **18:28.47**, a 33sec PB that sundered Jared Tallent's Victorian state record. Swan refused to give in, falling just 5 secs in arrears for a fine PB of his own, **18:33.63** which was also under the record. These were two world-class performances, speed walking at its best. It's a pity that virtually nobody – other than family and supporters – were trackside or in the stands witness this engrossing contest.

Third man home was **Corey Dickson**, in the form of his life, clocking his first-ever sub-20min 5000m with **19:38.78**. After an early duel with **Marcus Wakim**, Dickson's strength was the telling factor over the Collingwood man who also broke 20:00 for the first time with a 17sec PB of **19:56.98**.

Jemima Montag, although entered, was a non-starter, which left **Bec Henderson** to claim gold in the women's 5000m title. While the title was Bec's, however, line honours were not. France's **Clemence Beretta**, in Australia for altitude training and summer racing in preparation for her home Olympics, turned on an exhibition of speed to cross first with a new French national record of **20:59.70**. Henderson, who battled early with Beretta, equalled her PB in taking the title with **21:42.01**, while **Alanna Peart** continued her own journey back from injury by winning the bronze in **22:38.67**.

Men 5000m Walk Open

1 Rhydian Cowley	Glenhuntly	18:28.47 SR, PB 0:33
2 Kyle Swan	Nunawading	18:33.63 PB 0:11
3 Corey Dickson	Knox AC	19:38.78 PB 0:36
4 Marcus Wakim	Collingwood H	19:56.98 PB 0:17
5 Fraser Saunderson	Ballarat YCW	21:30.41

Women 5000m Walk Open

1 <i>inv.</i> Clemence Beretta	France	20:59.70 NR
1 Rebecca Henderson	Mentone	21:42.01 eq PB
2 Alanna Peart	Ballarat YCW	22:38.67
3 Char Hay	Melb Uni AC	25:23.21
4 Jade Chitty	Western Aths	26:45.02 PB 0:15
5 Emily Smith	Knox AC	28:14.67
6 Grace Louey	Knox AC	29:05.80

*The 2024 AV track & field championships continue next weekend - **Friday 1 March** – at Lakeside Stadium, and will conclude on **Sunday 3 March**.

The schedule for the Walks is shown below. NOTE: These start times are subject to change, so check the draft schedule regularly at <https://athsvic.org.au/events/victorian-track-field-championships/> and go to *Provisional Timetable Day 4-6* to confirm.

Sunday 3 March	10.30am	5000m race walk	U17 Male
		5000m race walk	U17 Female
		5000m race walk	U18 Male
		5000m race walk	U18 Female
		5000m race walk	U20 Male
	11.15am	5000m race walk	U20 Female
		3000m race walk	U14 Male
		3000m race walk	U14 Female
		3000m race walk	U15 Male
		3000m race walk	U15 Female
		3000m race walk	U16 Male
		3000m race walk	U16 Female



LAVic State T&F championships

The weekend of 9 & 10 March sees the **Little Athletics Victoria State championships** being held at Casey Fields. The walks will be held from 8.30 until 10.52am on Saturday. See the draft program at <https://lavic.com.au/wp-content/uploads/2020/06/Draft-Timetable-State-Track-and-Field-Champs-2024.pdf>



The **Victorian Masters T&F championships** will be held on **Saturday 16** and **Sunday 17 March**, at Tom Kelly track, Doncaster. For walks scheduling, see the draft program at <https://athsvic.wenginepowered.com/wp-content/uploads/2024/02/Vic-Masters-TT-DRAFT.pdf>



Racewalkaustralia.com

Australian Race walking Statistician still needed

As yet we have had no expressions of interest in taking over this important role. Therefore, **Kim Mottrom** is prepared to continue as statistician until the end of this Summer season – but not beyond.

It's likely that some of our readers, although skilled in data entry and statistics, might be interested but are unfamiliar with the website or its function. **Tim Erickson** gave a brief summary of the site's history and function (as well as minimum requirements for applicants) in the last issue. We urge interested readers to visit racewalkaustralia.com and familiarize themselves with what it contains, and to contact Tim at terick@melbpc.org.au or at tim.erickson02@gmail.com with any questions they may have.

Please be assured that doing so does **not** lock you into a commitment to take the job on ... by all means, go on a fact-finding tour first. Then, if the role appeals to you and you can commit the time, let Tim know.

This site has become a valuable go-to resource for keeping the Australian race walking community up to speed with the latest race results, PBs, walkers' careers and clubs, records set, age percentiles and other information. For my part I've found it indispensable for keeping up with PBs and birthdates of walkers (for race and record age groups etc).

Please have a look at the website (homepage shown below), if you're not already familiar with it. Then, if you want to investigate further, please contact Tim.

Stu Cooper

HOME
START OFF
HALL OF FAME

RESULTS
EVENTS
RANKINGS

ATHLETES
CLUBS
RECORDS
DOCUMENTS
LINKS
CONTACT US

NEWSLETTERS

Welcome to Racewalk Australia

RacewalkAustralia.com is an unofficial results website which attempts to maintain a comprehensive listing of Australian walking performances done both in Australia and overseas. It is paid for, controlled and maintained by Kim Mottrom and Tim Erickson with help from John Constandinou of England and has been in existence since 2009. This is an independent website and has no connection to Racewalking Australia or to Athletics Australia.

Initially this website was used purely for VRWC results but was quickly expanded to include other results from around Australia. The rationale for inclusion is

1. All major Victorian results, whether AV, LAVIC or VMA or from one of our 3 specialist Victorian racewalking clubs
2. The results of any Australian walkers competing in official competitions overseas
3. The results of all Australian championships, whether AA, LA or Masters
4. The results of all official State Championships run by AA member associations, LA or Masters
5. The results of ultra distance walks events, as certified by the Australian Centurions

Once that comprehensive list is catered for, the list bubbles down to other more minor racewalking meets throughout Australia. These may or may not get a guernsey on the site, depending on a number of factors.

Hence the site is not definitive but probably covers 95% or more of results.

What is race walking?

Race walking is a faster version of regular walking and is a recognised discipline of athletics, included in the Olympic Games. It is regulated by the IAAF and judged so that you maintain a good walking technique. Points are awarded based on how fast you complete a fixed distance and rankings are produced both for Australia and internationally.



** WALKER OF THE WEEK **



Rhydian Cowley (VIC) takes the WOTW gong this week, following his riveting negative-split performance in last Saturday's AV 5000m Walk title. Overcoming a fearsome pace and lead set by Kyle Swan for 11 of the 12.5 laps, Rhydian unleashed a 1:23 final lap to cap off a last 3000m of 11:01 that carried him, not only past Kyle but also past Jared Tallent's Victorian 5000m record to set a new mark of **18:28.47**. A huge result and a timely one with a crucial northern summer of international racing in the offing.

Well done, Rhyd. A powerhouse showing. We can't wait for the nationals in Adelaide.

*Honourable mentions

- Kyle Swan (VIC) – gave everything he had against Rhydian and also got inside Jared Tallent's record.
- Clemence Beretta (FRA) – now the fastest French woman walker in history over 5000m.
- Corey Dickson and Marcus Wakim (VIC) – both broke the 20min barrier for 5000m for the first time.

- **Cooper Rech (SA)** – an impressive 41 sec PB took Cooper under 25mins for 5000m for the first time.

SOUTH AUSTRALIA ASA interclub results, 24 February – Mile End stadium

At long last Adelaide presented pleasant conditions for ASA interclub, and the athletes no doubt welcomed the mild 22C temperature. **Cooper Rech** took full advantage of it to post a big 5000m PB. Thanks to Kim Mottrom for the results.

Open 5000m		
Cooper Rech	24:54.47	PB 0:41
Daisy Braithwaite	26:30.93	
Peter Crump	32:07.98	
Marie Maxted	35:21.46	
Jasmine Crabb	DNF	

Open 1500m		
Kim Mottrom	06:17.19	
Angelina Legrand	07:14.95	PB 0:06
Matilda Rech	09:09.77	
Orlando Grantham	10:01.25	
Alex McEwan	11:52.34	

TASMANIA Aths South interclub results, 24 February – Domain AC, Hobart

Thanks to **David Moore** for these results.

Accolades this week go to, **Wayne Fletcher** for a season best in stifling conditions at mid-week Masters.

Macy Devine also put her best foot forward for a very smoothly walked season best over 1500 at a late Sunday afternoon Athletics South Interclub. **Adele Woodward** also found the late Sunday Afternoon conditions agreeable, and powered to the line to attain a 12 second PB and literally jumped for joy at the end of the race – Well done, Adele!

1500m Walk Result		
1. Oliver Morgan	SB	6:44.25
2. Macy Devine	ES	8:12.76 SB
3. Adele Woodward	OVA	9:28.82 PB
4. Elizabeth Leitch	TMA	10:01.07
5. David Moore	TMA	14:08.51
-- Wayne Fletcher	NS	DQ

***Tas Masters T&F, 21 February - Domain Athletics Centre, Hobart**

Results 3000m Walk		
1. Wayne Fletcher	NS	26:14 SB

WESTERN AUSTRALIA Aths West T&F championships, 16 February – WAAS, Perth

Athletics West held their state T&F titles last weekend, with the walks being well represented. Thanks to **Terry Jones** for the results.

John Ronan had an impressive win in the Mens's U20 10,000m walk and looks to have his injury recovery well in hand. Likewise, **Alexandra Griffin** clocked another sub-50 to take the Women's title, these two producing the highest-standard walk results of the championships.

Men 3000 MU14			Women 3000 MU14		
1 Keiran Smith	Cockburn Ath	15:23.96	1 Tory D'Alessio	Athletics West	17:53.17
2 Liam Domoney	Gosnells LA	16:00.46	2 Darcy Bramwell-Keys	Dale LA	18:16.54
3 Riley Cunnold	Dale LA	17:15.94	3 Savannah Carnaby	Dale LA	18:20.35

4 Orlando Follington	Swan Valley LA	17:33.12
5 Nathaniel Khaira	Cockburn Ath	18:13.78
6 Tom Murphy	Rockingham LA	18:38.95
Men 3000 MU15		
1 Keenan Munro	Ridgewood At	16:29.63
2 Linkin Lawrence	Rockingham LA	20:09.88
Men 3000 MU16		
1 Muhammad Fahim Haziq Moh	Malaysia	X15:12.95
1 Ali Znad	Gosnells LA	J16:32.29
2 Trent D'Alessio	Gosnells LA	J16:45.66
4 Lee Kin Wah	Singapore-SIN	X16:48.16
Men 10000 MU20		
1 John Ronan	Kingsway LA	47:52.02
Men 10000 MOpen		
1 Bradley Mann	Perth Track	53:49.79
2 Andrew Duncan	Masters Athl	56:09.66

4 Chloe Bevis	Mandurah Roc	21:32.72
Women 3000 MU15		
1 Trinity Doulis	Belmont Athl	17:29.97
2 Annabelle Van Sprengel	RockinghamLA	18:54.94
3 Sierra Thompson	Gosnells LA	21:57.24
-- Charlotte Burgess	Southern Dis	DQ
Women 3000 MU16		
1 Isabelle Curtis	Ridgewood At	17:12.44
2 Katica Borsic	Athletics West	17:23.10
3 Chelsey Ireland	RockinghamLA	17:37.95
Women 10000 MU20		
1 Alexandra Griffin	UWA	49:44.04
-- Kaytee Bogaers	Mandurah Roc	DNF
Women 10000 MOpen		
1 Melissa Lewis	Canning Dist	55:59.51
Women 5000 MU17		
1 Kaytee Bogaers	Mandurah Roc	27:09.04
2 Leila Bevis	Mandurah Roc	33:17.47

CORRECTION

In Issue #7's WOTW, I incorrectly referred to Kaytee Bogaers as currently WA's fastest female walker. Of course that accolade belongs to **Alexandra Griffin**. Kaytee is a strong 2nd. My apologies to both ladies ... call it a senior moment.

Stu

QUEENSLAND Astrid Bird-Smith, 3, steals the show at her dad's Shield meet at QSAC !



(Photos: Jo Harlow)

VALE STEPHEN JACKSON – AA COURSE MEASURER

Athletics Australia is saddened to report the passing yesterday (26 February) of **Stephen Jackson** - a respected member of its Panel of International Technical Officials as a Road Race Course Measurer. Stephen did not recover from injuries as a result of a motor vehicle accident whilst returning home after the National 100km Road Running Championships on a course he had measured to international standards in his meticulous manner last December.



Stephen was a proud and passionate resident of Bathurst. Recently retired, he had worked until mid-2023 for the previous decade as a CEO in healthcare and IT space.

He was pivotal in his role as the LOC Regional Manager for the World Athletics Cross Country Championships - Bathurst 2023. His contacts, knowledge and skills were crucial in the delivery of the event. Stephen was also the course director for the marathon events at the Sydney 2000 Olympics. His impact on the grassroots running scene were immense including through roles with Sydney Striders, parkrun Australia and as co-event director of his beloved parkrun Bathurst.

"Our LOC team are all shocked and saddened by the passing of Stephen. He formed an integral part of WXC Bathurst LOC. There wasn't anything he couldn't find in Bathurst that we needed, people, machinery or ideas.

"Our thoughts are with his wife Jenn, his family and the broader Bathurst running community. He will be sorely missed at the local parkrun and of course as the Race Director of the Panorama Punish," General Manager of the World Athletics Cross Country Bathurst 23, Richard Welsh said.

Stephen had since been studying, organising events and travelling extensively. His work had taken him all over the world - living in diverse places in Asia, Europe and North America. Stephen reflected upon his life journey often, and in particular his work in Timor-Leste for which was acknowledged with the Medalha Solidariedade which was presented by the country's President at the time - José Ramos-Horta.

Stephen adored his family, partner - Jenn four children, four grandchildren and his dog. Stephen recently reflected that he "had been involved in athletics - the non- track variety, ever since he ran with Deek in Canberra a long time ago."

The Australian Athletics Family extends its condolences to Stephen's family – in particular Jenn who remains in hospital following the accident.

*By Brian Roe, Athletics Australia
Posted: 27/3/2024, at athletics.com*



INTERNATIONAL NEWS

BRAZIL: Brazil Athletics Walking Cup, 18 February - Vitoria

Caio Bonfim and Viviane Lyra with victories in the 20 km of the Copa Brasil 2024

(reprinted from *O Marchador* – 21 February)

The Brazil Athletics Marching Cup took place this Sunday in Vitória, the capital of the state of Espírito Santo, on a 1 km circuit set in Mata da Praia. The main events on the program, at absolute level, were centered on the 20 and 35 km marches, although it was the first of these - the Olympic distance, where the most attention was focused due to the presence of the most prestigious Brazilian figures in the specialty, in an event broadcast by TV Atletismo Brasil, the Youtube channel of the Brazilian Athletics Confederation, and which made it possible to qualify for the South American Athletics Marching Championships, to be held on March 10 in Recife.



Caio Bonfim (31) leads on the way to another Brazilian title.

In the men's 20 km race, the usual suspect, **Caio Bonfim** (CASO-DF) once again won the Brazilian title, covering the 20 laps of the circuit which, from the images, seemed flat and very wide, in a time of **1:21:26**, curiously, combining the titles of the Budapest bronze medalist, voted the best Brazilian athlete of 2023, with those of his mother and coach (Gianetti Sena Bonfim) makes 21. Caio said at the end that "this is the fastest Brazil Cup in history" with the next stages that will take him to the Paris Games scheduled for China on March 3, Recife on March 10 and Antalya on April 21.

In the same race, marked by a lot of heat, **Matheus Gabriel Correa** (AABLU-SC), currently in 38th place in the world ranking for the next Olympic Games (the top 48 qualify) was second with **1:22:38** and **Lucas Mazzo** (CASO-DF), in 48th place in the ranking, was third with **1:23:33**.

In the women's race, another athlete who has been in the spotlight both internally and externally in the main specialty competitions won, **Viviane Santana Lyra** (Praia Clube/Exército/Futel-MG), who is from Rio de Janeiro and trained by her husband Luís Paulo Ferreira Porto, finishing with a time of **1:30:53**, she who already has the minimums for Paris 2024. **Gabriela Muniz** (CASO-DF) was second with **1:44:01** and **Bruna Batista de Oliveira** (AABLU-SC) rounded off the podium with a time of **1:46:10**.

It's almost guaranteed that Brazil will bet on the Caio Bonfim/Viviane Lyra duo for the World Marching Team Championships in Antalya on April 21, with the aim of securing an Olympic berth for the new athletics event on the program for the next Olympic Games.

And since this, the Brazil Cup, is an event that counts towards the world ranking for the specialty, the requirements defined by World Athletics were fully met with the measurement and homologation of the circuit by the international Ivan Gomes Junior, an experienced specialist with a 27-year career in the field, and the performance of three judges from the WA International Panel, all of Brazilian nationality, such as Nilton Cesar Ferst, Bernardete Conte and the recently joined Florenilson Itacaramby de Almeida (our special congratulations), completing the team Lindomar Teles de Oliveira, David Costa de Aquino and Mauricio dos Santos Carneiro Junior.

In the 35 km walk, a race that will be on the program of the next World Athletics Championships, to be held in Tokyo (2025), victory went to **Diego Pereira Lima** (CASO-DF), with **3:03:51**, and **Mayara Luize Vincentainer** (IABC/FMEBC-SC), with **3:02:46**.

In the Under-20 10 km, the women's race was won by **Thaliane da Cruz** (PM Colombo), with **55:11**, and the men's race by **Klaubert Ferreira de Franca** (CASO), with **45:51**, in the Under-18 men's 10 km, by **Davi Bastos da Silva** (Estação Conhecimento Serra), with **51:38**, in the Under-18 men's 5 km, by **Vitoria Silva Araújo** (ASPA), with **28:32**, and in the Under-16 men's 5 km, by **Kauan de Lucena** (ORGAMPI), with **28:20**, and in the women's 3 km, by **Mychelle de Souza** (ASCAP), with **16:05**.

The event was organized by the Brazilian Athletics Confederation with the support of Loterias Caixa, the Espírito Santo State Government, the Vitória City Council's Sports and Leisure Department and the Capixaba Athletics Federation. Congratulations are in order as, in addition to the good conditions of the course and the logistics, it was an excellent day of promotion for the specialty in the region, with the participation of 80 young people aged 12 to 14 in a Festival promoted by the FECAT.

Translated with DeepL.com (free version)

20 km men
1st, Caio Oliveira de Sena Bonfim, 1991 (DF - CASO), 1:21.26
2nd, Matheus Gabriel de Liz Correa, 1999 (SC - AABLU), 1:22.38
3rd, Lucas Gomes de Souza Mazzo, 1994 (DF - CASO), 1:23.33
4th, Max Batista Goncalves dos Santos, 1994 (DF - CASO), 1:23.39
5th, Paulo Henrique Ribeiro, 2001 (SC - AABLU), 1:36.20

6th, Luiz Henrique Weiss Cunha, 2004 (PR - Curitiba SMELJ), 1:42.58
7th, Wellington Luiz da Silva Souza, 1974 (DF - ABC), 2:00.27
Disqualified: Jose Marcio Vieira, 1960 (DF - TORNADO).

20km women's

1st, Viviane Santana Lyra, 1993 (MG - Praia Clube - Exercito - Futel), 1:30.53
2nd, Gabriela de Souza Muniz, 2002 (DF - CASO), 1:44.01
3rd, Bruna Batista de Oliveira, 2002 (SC - AABLU), 1:46.10
4th, Laryssa Fernanda Frois, 2000 (PR - Curitiba SMELJ), 1:49.16
5th, Gabrielly Cristina dos Santos, 2004 (PR - FECAM/ASSERCAM), 1:53.50
6th, Thaissa Gabrielle Santos Cunha, 1999 (SP - TIME JUNDIAÍ), 1:56.38
7th, Pietra Fernanda Ferreira Valerio, 1998 (SP - ORCAMP), 2:06.27
8th, Ana Luisa Rodrigues Lima Oliveira, 2001 (DF - CASO), 2:11.01
9th, Tianny de Jesus dos Santos, 2004 (DF - CASO), 2:11.56
Withdrawn: Perla Moreira Pimentel, 1997 (SP - AAARP).
Disqualified: Giselle Kelly de Sousa do Nascimento, 2002 (DF - CASE).

35 km men

1st, Diego Pereira Lima, 1987 (DF - CASO), 3:03.51
2nd, Edson Erico Alves de Aguiar, 2003 (MG - Praia Clube - Exercito - Futel), 3:09.08
3rd, Rudney Dias Nogueira, 1990 (SC - UCA), 3:14.13
4th, Murilo Coutinho Ribeiro da Silva, 2000 (PR - PM Colombo), 3:23.17
5th, Marlon Rodrigues da Costa, 1998 (SP - ASPMP), 3:29.42
Dropouts: Jose Alessandro Bernardo Bagio, 1981 (SC - FME TIMBO) and Luiz Felipe dos Santos, 1983 (SP - ECPG).
Disqualified: Joao Victor Silva Magalhaes, 2004 (DF - CASO) and Brian Willian Schmoegel, 1993 (SC - AADA).

35km women's

1st, Mayara Luize Vicentiner, 1991 (SC - IABC / FMEBC), 3:02.46
2nd, Elianay Santana da Silva Pereira Barbosa, 1984 (DF - CASO), 3:21.17
3rd, Nair da Rosa, 1980 (SC - AABLU), 3:38.01
4th, Gabriela Santos de Almeida, 2003 (DF - CASO), 3:43.31
5th, Karlana Malaghini Pavinato, 2003 (SC - IABC / FMEBC), 4:01.33
6th, Elisangela Pereira da Silva, 1976 (PE - Projeto Atletismo Campeão), 4:10.44

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, February 26, 2024 - Eduardo Camarate and Gabriela Santos win national under-20 titles on indoor track - Braga 2024 <https://omarchador.blogspot.com/2024/02/eduardo-camarate-e-gabriela-santos.html>
- Sunday, February 25, 2024 - 1986, Federation creates marching committee and includes discipline in club nationals <https://omarchador.blogspot.com/2024/02/1986-federacao-cria-comissao-de-marcha.html>
- Sunday, February 25, 2024 - Mina Stanković highlighted at the Serbian indoor championships <https://omarchador.blogspot.com/2024/02/mina-stankovic-em-destaque-nos.html>
- Saturday, February 24, 2024 - Mastianica and Virbalytė-Dimšienė obtain Lithuanian national indoor titles - Panevėžys 2024 <https://omarchador.blogspot.com/2024/02/mastianica-e-virbalyte-dimsiene-obtem.html>
- Friday, February 23, 2024 - Alexandros Papamichail with Greek record in the 5,000 m indoor track march <https://omarchador.blogspot.com/2024/02/alexandros-papamichail-com-recorde-da.html>
- Thursday, February 22, 2024 - Fortunato and Trapletti become Italian indoor track champions with best world brands of the year <https://omarchador.blogspot.com/2024/02/fortunato-e-trapletti-sagram-se.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 – 2024

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
Sun 28 Apr 2024	AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone

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
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
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.

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

