



HEEL & TOE Online

Vol. 2024
Issue No. 12
Tuesday
26 March 2024

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

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CLUB NEWS and RESULTS



- **Rhydian Cowley** has been honoured once again, this time by his *alma mater* Deakin University. Rhyd has received the following accolade, posted on the *Deakin Alumni* FB page:

‘Congratulations Rhydian Cowley OLY (BA/BCom '15), 2024 Deakin University Young Alumni Excellence Award recipient. A two-time Olympic racewalker, Rhydian has a strong connection to land and is an environmental activist with Bush Heritage Australia. As a Sports Environmental Alliance ambassador, he seeks to empower sporting organisations to reduce their carbon footprint. Rhydian will be competing in the upcoming Paris Olympics.’

Along with the above citation, a short video of Rhydian discussing his career and the projects he is involved in can be seen at

<https://www.facebook.com/deakinalumni/videos/939965407249355>

Well done, Rhyd!



(Photo: Deakin University)

- Life member, committeeman, judging coordinator and one-time 50km specialist **Peter Vysma's** recovery journey is proceeding slowly but steadily, with small yet observable gains and no reverses. I caught up with Peter and his brother, Robin, last weekend at Peter's residence. It was a delight to hear the brothers (both 4WD aficionados) holding forth on the merits of hybrid cars (as I've just become an owner of one) and electric ones. Gradual as Peter's physical re-awakening may be, his passion for engines and his ability to expound on them is intact.
Peter – whose life almost ended after a catastrophic bike accident in 2021 and who was faced with the very real prospect of quadriplegia – is now engaged in the long process of re-learning and re-establishing the motor neural pathways essential for everyday living (standing, balancing, manipulating etc) which must come before extensive work on building strength and muscle tone. His personal philosophy in this cannot be faulted:
“I no longer say, for example, ‘I am going to walk again, by this or that time’. Rather, I say ‘I am going to keep improving.’”
- The VRWC commends its junior members, **Matilda Read, Hannah Matthews and Beau McKinnon**, who have been selected to represent Victoria in the **2024 Coles Australian Little Athletics Championships**, to be held at SA Athletics Stadium, Adelaide on April 26th – April 28th, 2024.

Matilda, Beau and Hannah earned their selection on the strength of their performances in the recent LAVic State titles at Knox. It was heartening to see so many walkers of all ages competing, with VRWC members featuring highly in the results. Here are many of them in action:



***Action gallery from Knox:**

Havana, Logan, Angus, Anouk, Hannah, Pippa, Tate, Jaida, Erlyn, Lily, Abby, Riley, Matilda, Indigo, Mietta and Levi.



Ela ... honoured for her LAVic Best Performance time of 6:38.48 in the U13 1500m at Knox.

(Photos: LAVic Facebook)

**** VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2024:

- Senior (Open and Masters)** \$30.00
- Under 20:** \$25.00
- Under 16:** \$15.00
- Associate (Officials who assist with races throughout the year):** \$ 0.00
- Family membership:** \$50.00

Annual Subscriptions are due on April 1st of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

** VRWC RACE FEES

Seasons ticket 12 months:

Financial members: \$110.00 paid by the **end of May**.

VRWC Club Races:

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

VRWC Championships:

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher, non-financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA, RWA.

*FIRST AID TRAINING AVAILABLE

We wish to have a trained First Aid officer on site for our race days at Middle Park and away venues this year.

To this end, the Committee will subsidise **fully** a 1-day training course (by St John's ambulance) of anyone who can assure us of their presence on all or most race days in 2024.

Please contact Stu ASAP if you are interested and need training (or if you already are), or have any questions.



AROUND THE COUNTRY

** WALKER OF THE WEEK **

It was the Queensland Little Athletics State titles that provides this week's WsOTW. Congratulations to **Lyla Williams** and **Bailey Housden**, both of whom recorded LAQ Best performances with their winning times over 1500m.

Lyla's time of **6:57.29** shaved 0.2 of a second from the long-standing U17 mark set by Jess Pickles. Lyla has won every LAQ State title she has contested since beginning as an U9, with only the Covid shutdown preventing an unbroken sweep. This was a great way to wind up her LA's career and focus upon building for senior competition.

Bailey's record time of **5:21.91** sundered his own LAQ Best performance and, in the opinion of Robyn Wales, may have been the fastest in the world for his age for 48 hours, at which point Isaac Beacroft beat it by 3 secs in the LANSW titles! Nevertheless, that Bailey found himself amidst speculation of such a feat illustrates how far he has come, the potential he has to go much further in the sport.

Well done, Lyla and Bailey. We wish you great results in the Nationals in Adelaide!



(Photo: Robyn Wales)

*Honourable mentions:

- **Noah Cooke** and **Kai Dale (QLD)** – both recorded sub-7:00 times for 1500m in the LAQ titles

QUEENSLAND LAQ T&F championships, 22-24 March – QSAC, Brisbane

Four fast 1500m results were the highlights of the Walks competitions at the Little Athletics Queensland T&F track titles at the weekend, courtesy of **Lyla Williams** and **Bailey Housden**, as well as **Noah Cooke** and **Kai Dale** who also produced good sub-7:00 times. (The first 7 in each heat are listed here).

8&U Girls 700m

1 Clara Hermus	3:54.60
2 Bella Sansom	3:56.99
3. Greta Ing	4:06.62
4. Rhylee Chapman	4:26.04
5 Luna Boyd	4:39.29
6. Georgia Robson	4:47.02
7. Isabella Ede	5:03.27

8&U Boys 700m

1 Grayson Leggat	4:12.06
2. Conor Geagea	4:12.09
3. Ante Bogovic	4:20.34
4. Mikey Blum	4:25.16
5. Daniel Heath	4:25.35
6. Mason Nia Nia	4:25.73
7. Willem Bock	4:27.53

9&U Girls 1100

1 Freya Williams	5:52.67
2 Isla Cooper	6:11.27
3. Izzy Blackburn	6:23.33
4. Nina Trickey	6:39.23
5. Jessica Gorham	6:42.39
6. Georgie Bozhoff	7:00.52
7. Saoirse Nelis	7:07.34

9&U Boys 1100m

1 Elijah Rogers	5:48.60
2. Hayden Robertson	5:51.52
3. Brayden Potts	6:01.86
4. Henry Pallentine	7:13.80
5 Jett Irvine	7:14.00
6. Austin Griffiths	7:36.91
7. Pierce Robertson	8:44.16

10&U Girls 1100m

1 Taylor Chapman	5:39.33
2 Amelia Chisholm	5:50.95
3 Bayleigh Tickle	6:11.02
4. Cate Thierjung	6:27.50
5 Ariyah Alchin	6:46.88
6. Aarya Korade	6:46.88
7 Asha Farquhar	6:59.10

10&U Boys 1100m

1 Leo Hyde	5:56.06
2. Declan O'Neill	6:21.30
3. Luca Georgiou	6:38.24
4. Jonathan Myerthall	7:07.14
5. Jacob Neilson	7:07.32
6. Jackson Carlyle	7:21.92
7 Dylan Moore	7:29.74

11&U Girls 1500m

1 Isabella Welch	7:31.67
2. Savannah Dunleavy	7:54.45
3. Elspeth Hooper	8:18.29
4. Kaydence Russell	9:02.88
5. Violetta Boyd	9:14.21
6. Charlotte Don	9:22.19
7. Alayna Paulke	9:24.17

11&U Boys 1500m

1 Lucas Kennedy	8:45.44
2 Trae Tennie	8:46.28
3. Leo Ramsay	8:51.72
4. Cooper Friend	10:45.74

12&U Girls 1500m

1 Zoe Renton	8:10.34
2. Kiara Waterman	8:11.93
3. Abigail Rogers	8:11.99
4. Zara Raudino	8:44.68
5. Mackenzie Bandidt	9:23.40
6. Chloe Tharenou	9:24.78
7. Zahra Gaudie	9:38.40

12&U Boys 1500m

1 Lachlan Moore	7:24.83
2 Cory Lockwood	7:34.80
3 Payten Robertson	8:07.53
4. Blake Rees	10:35.44

13&U Girls 1500m

1 Bethany Moore-K	7:51.54
2. Eliza Kelly	7:53.86
3. Heidi Van Zyl	9:21.30

13&U Boys 1500m

1 Noah Cooke	6:43.51
2. Koby Irvine	8:07.68
3. Eli Melinz	8:38.53

14&U Girls 1500m

1 Olivia Boulton	7:10.57
2. Makenna Clarke	7:49.61
3. Addison Paulke	8:18.95
4. Natasha Flahey	8:31.91

14&U Boys 1500m

1 Rory O'Neill	8:32.32
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15&U Girls 1500m

1 Milly Sharpe	7:25.20
2. Katie Bray	8:22.09
3. Ava Wasson	8:51.09

15&U Boys 1500m

1 Kai Dale	6:55.18
2. Micah White	7:21.63

16&U Girls 1500m

1 Lyla Williams	*6:57.29
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16&U Boys 1500m

1 Bailey Housden	*5:21.91
2 Cooper Smith	8:06.53

(* LAQ Best performances by Lyla and Bailey)



INTERNATIONAL NEWS

After double world gold, Martin continues on his path to Paris

by Paul Warburton (reprinted from *World Athletics* website, 22 March 2024)

Double world champion **Alvaro Martin**'s favourite rock group is *Extremoduro*. This is no great surprise. Roughly translated, the Spanish band's name means 'tough' - and Martin is mostly certainly that.

One world title is more than praiseworthy. Two in five days needs dedication, hard work, focus and yes, toughness. His wins in the 20km and 35km race walk events in Budapest last year also showed another side of Martin's character: meticulous timing.

For three quarters of the 20km, he was mostly hovering around sixth or seventh place and 20 seconds or so off the pace.

Watchful and steady, Martin didn't make his move until 15km, but when he did, it was decisive. With Japan's Koki Ikeda feeling the strain of leading from the gun, the Spaniard eased past and opened a six-second gap over the next kilometre. It's not a lot to an outsider, but when the elastic snaps on the chasers, it's just a case of holding form and inching away from your opponents.

It was much the same in the longer race. Aurelien Quinon (FRA) made a desperate bid for glory as early as 14km, and Martin allowed him a 30-second lead. When the Frenchman was done, Martin slipped into a four-second advantage over Brian Pintado from Ecuador over the final kilometre. Again, it was not a lot, but just enough.

The big question is, can Martin reproduce that calm winning effort at the Olympic Games in Paris in August, when the expectation will be even greater?

"There have always been those expectations," he says. "Even before Budapest, Spain has always been a powerhouse, and we have the Tokyo Olympic Games as a reference, where we achieved three fourth places and a sixth place."

Martin himself was fourth on the streets of Sapporo in the 20km event, followed by Diego Garcia in sixth. Marc Tur was fourth at 50km and double world champion in the making, Maria Perez, fourth in the women's 20km. Add to that a gold for Daniel Plaza in the 1992 Olympics, as well as two silvers and a bronze spread out since Jordi Llopart came home second in Moscow in 1980.

That doesn't take into account the Spanish treasure chest of gold, silver and bronze won at world, European and World Race Walking Team Championships events since Llopart took gold at the European Championships in 1978.

"We arrive in Paris with the certainty that there is a very good team to improve on the results in Tokyo," Martin adds.

Bearing in mind his calm and gradual control in races, Martin's personal best of 1:17:32 in Budapest was something of a leap from a previous 1:19:11 set when winning the European Championships in Munich in 2022.

Likewise, his 35km win in Hungary was a massive slice off his previous best – 2:29:59 down to 2:24:30, more than a kilometre in racing terms.

As one might expect, the winter months were all about building up and reaching a peak in Paris. "Everything is going according to schedule," says Martin, who opened his year at the Spanish 20km Championships on 25 February and then raced in the International Race Walking Mixed Relay in Valencia on 10 March. "We are taking the first months of the year very calmly to only make peak of form that will be in the next Olympic Games.

"In April I will compete in the World Race Walking Team Championships in Turkiye, in the mixed relay event. Apart from those competitions, I have my commitment to my club in the Division of Honour league of Spanish athletics. But I would also like to compete in the Coruna race registered in the World Race Walking Tour."

At the **World Athletics Race Walking Team Championships Antalya 24** on 21 April, teams will have the opportunity to qualify for the marathon race walk mixed relay at the Paris Olympics.

Martin made a statement with his two world title wins in Budapest, and doubling up is something of a theme for the native from Extremadura, one of the autonomous communities/states of Spain.

Not only does he have a degree in law, he also has one in political science. It somewhat answers the question, what does he do in his spare time? Quite a lot more, is the answer.

He made time to found a sports commission in his home region. He is also a member of the OSCEC, Asociacion 25 de Marzo and Asociacion Cultural Moria. This is a group who meet to debate political, cultural and historical analysis, past, present and future, to make sure Extremadura's place in the world is correctly depicted.

Martin is clearly something more than just a champion race walker - and would like others to know so, too. "I like to be able to say that I'm not just an athlete," he adds.

"My sports career is accompanied by my academic career and my social involvement as well as my interest in reading that I am passionate about. Of course, I also love music, especially rock, which helps me get away from the sport."

There are plenty of competitors who would like to see the 29-year-old well away from start lines in 2024 - but that isn't going to happen. Martin might be passionate about interests off the road, but he's just as passionate about adding to an impressive haul of medals.

It's a brave person who will bet against it.



(Photo: Xinhua)

SPAIN: International Race walking Mixed Relay, 10 March – Valencia

Nicola Maggio has posted both a race report for this event and a forecast of what he believes will occur in Paris. His report appears below, while the full article can be read at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4540

We were convinced that the determining factor in winning gold at the Olympic Games should have been the "technical solidity" of the team. Today we had proof of this.

After the first two stages, the **Martin - Garcia Caro** pair had an advantage of 1:03 over the **Lopez - Chamosa** pair, 1:23 over the **Amezcuca - Juarez** pair and 2:09 over the **Mc Grath - Montesinos** pair. Shortly after the race leaders were informed that there were two "red cards" against them on the posting board and they adjusted their pace to avoid having to incur the third "red card" which would have brought a stop in the penalty zone of 3 minutes which would have meant a "vanished victory". All this just as Alvaro Martin also suffered a slight twist to his ankle.

Similarly to Martin - Garcia Caro, the Mc Grath - Montesinos pair also had to deal with the same problem a few laps after when in his second fraction Mc Grath had recorded a partial of 43:01 compared to the 44:14 obtained from Martin. Also in this case Montesinos in the last stage, despite obtaining a partial of 44:18 (better than the 44:47 obtained by Garcia-Caro) was unable to force his pace to fight for the victory: the risk of losing the silver was too high.

If the objective of World Athletics was for the winner to express the most acceptable gear, we must say that the penalties identified contribute perfectly to achieving this objective.

To make everything even clearer, we present in the following table the development of the Valencia race in the individual stages:

<i>Distance</i>	(Martin - Garcia-Caro)	(Mc Grath - Montesinos)	(Lopez - Chamosa)	(Amezcuca - Juarez)
M: 11,195	43:45	45:21	43:58	44:41
W: 10	44:30	44:53	45:10	44:47
21,195	1:28:05	1:30:14	1:29:08	1:29:28
M: 11	44:12	43:01	44:15	44:27
32,195	2:12:17	2:13:15	2:13:23	2:13:55
W: 10	44:47	44:18	44:30	45:02
Marathon	2:57:04	2:57:33	2:57:53	2:58:57

Results:

1.	Spain		
	<u>Álvaro MARTÍN, Laura GARCÍA-CARO</u>	ESP	2:57:04
2.	Spain B		
	<u>Paul MCGRATH, Cristina MONTESINOS</u>	ESP	2:57:33
3.	Spain C		
	<u>Miguel Ángel LÓPEZ, Antia CHAMOSA</u>	ESP	2:57:53
4.	Spain D		
	<u>Alberto AMEZCUA, Paula JUAREZ</u>	ESP	2:58:57
5.	Spain E		
	<u>Diego GARCÍA CARRERA, Raquel GONZÁLEZ</u>	ESP	3:03:09
6.	Mexico		
	<u>Andres Eduardo OLIVAS NÚÑEZ, Alegna GONZÁLEZ</u>	MEX	3:03:18
7.	Spain F		
	<u>Daniel CHAMOSA, Lidia SANCHEZ-PUEBLA</u>	ESP	3:08:35
8.	Portugal		
	<u>João VIEIRA, Vitória OLIVEIRA</u>	POR	3:10:50
9.	Spain G		
	<u>José Manuel PÉREZ, Ana PULGARIN CARDENO</u>	ESP	3:12:55
10.	Portugal B		
	<u>Rui COELHO, Inês MENDES</u>	POR	3:16:52
11.	Spain H		
	<u>Rubén LISTE HURTADO, Laura Monje MARTINEZ</u>	ESP	3:36:59
	Spain I		
	<u>Alvaro LOPEZ, Alicia SÁNCHEZ</u>	ESP	DNF
	Spain J		
	<u>Marc TUR, Celia FERRARI</u>	ESP	DNF

U.S.A: US Race Walk Team trials, 17 March – El Cajon CA

At the US trials for Antalya, **Robyn Stevens** and **Stephanie Casey** show that middle age need not be a barrier to international walking success.

Vacaville's Robyn Stevens picks up big national race walk title

By **Matt Miller** (reprinted from the *Daily Republic* – 20 March 2024)

FAIRFIELD — Vacaville's **Robyn Stevens** continued her strong start to the 2024 track and field season by winning the World Athletics Racewalk Team Championship, USA Trials, at Cuyamaca College in El Cajon.

The Vacaville High School graduate raced the 20K course in a season-best time of **1:39.32**.

"I'm pleased my times are finally going down again," Stevens told her youth coach, Claudia Wilde. "This was an easy (workout) race."

In January, Stevens won the women's side of the Racewalk Marathon Relay. Both events qualified her for the World Athletics Race Walking Team Championship, on April 21 in Antalya, Turkey. That event will come just a few days before her 41st birthday.

Stevens will now train in Spain with her coach until the U.S. Olympic Trials begin June 29 in Eugene, Ore. She is focused on qualifying for the upcoming Olympic Games in Paris.

Women 20,000m Walk

1.	Robyn STEVENS	24 APR 1983	USA	1:39:31.42
2.	Celina LEPE	26 JAN 1996	USA	1:43:00.39
3.	Stephanie CASEY	01 AUG 1983	USA	1:44:02.11
4.	Lydia MCGRANAHAN	20 OCT 1976	USA	1:47:42.32
5.	Ruby RAY		USA	1:47:44.73
6.	Janelle BRANCH	13 OCT 1988	USA	1:49:15.61
7.	Victoria HEISER-WHATLEY	30 SEP 1999	USA	1:52:02.81
8.	Jessica HEISER-WHATLEY	30 SEP 1999	USA	1:52:09.19
9.	Angelina COLON	17 JUL 2003	USA	1:55:35.21

Men 20,000m Walk

1.	Emmanuel CORVERA	25 MAR 1993	USA	1:30:54.08
2.	John Cody RISCH	18 SEP 1990	USA	1:31:15.82
3.	Jason Jya Hsin CHERNG	04 JAN 2000	USA	1:31:35.10
4.	Jordan CRAWFORD	04 JAN 2000	USA	1:32:08.10
5.	Mario Andrés DE LOS RÍOS		MEX	1:35:20.61
6.	Juan MONTANEZ	11 OCT 1998	USA	1:35:38.74
7.	Joel PFAHLER	27 SEP 1990	USA	1:40:18.29
8.	AJ GRUTTADAURO	11 DEC 1997	USA	1:40:55.22
9.	Clayton STOIL	24 NOV 2004	USA	1:41:42.25
10.	Michael Giuseppe MANNOZZI	15 APR 1986	USA	1:41:52.11
	Dan NEHNEVAJ	28 MAR 1997	USA	DNF

Women 10,000m Walk

1.	Miranda MELVILLE	20 MAR 1989	USA	47:23.87
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Women 10,000m U20 Walk

1.	Heather DURRANT	03 FEB 2005	USA	48:30.81
2.	Angelica HARRIS	01 AUG 2005	USA	49:57.13
	Madison MORGAN	09 DEC 2006	USA	DNF

MARCIADALMONDO & O MARCHADOR ROUNDUP

In a welcome piece of news, Nicola Maggio announces that **Marcia Dal Mondo**, expected to close permanently at the end of 2023, has been given a lifeline of 12 months. The following message appeared on the page on 22 January:

The website will remain available to users until 31 December 2024; after that date, if there is no news, it will be permanently closed.

During this period, only the results will be updated, while the news section will no longer be updated.

To access the results region, click on this [Results](#) link and then choose:

- the year of interest from the drop-down menu

- and then scroll within the year to the desired result

Access can also be made through the Facebook Group page "Marcia dal Mondo Friends" by clicking on this link [Marcia dal Mondo Friends](#)

Despite stating that no news updates will be provided, the website does, in fact, contain some new reports, specifically in relation to the Marathon relay walks:

- 11/03/2024 Analysis and forecasts of the mixed team walking Marathon after Valencia http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4540
- 11/02/2024 The three musketeers of Trieste Atletica. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4539
The Trieste region, once a race walking powerhouse spawning such luminaries as Abdon Pamich and Rodolfo Crasso, now boasts three young aces in its famous club, ASD Trieste Atletica.

- 24/01/2024 A time hypothesis for victory in the Marathon Race Walk Relay in Paris
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4538

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, March 25, 2024 - Emily Ngii (Kenya) and Wakuma Misgana (Ethiopia) win the 20 km march of the African Games <https://omarchador.blogspot.com/2024/03/emily-ngii-kenia-e-wakuma-misgana.html>
- Thursday, March 21, 2024 - Victories for G. Bordier, P. Stey (20 km), K. Lebreton and C. Osmont (35 km) at the French Championships (Fontenay-le-Comte 2024) <https://omarchador.blogspot.com/2024/03/vitorias-de-g-bordier-p-stey-20-km.html>
- Wednesday, March 20, 2024 - Hayato Katsuki and Hitomi Shimooka triumphed in Nomi (Japan)
<https://omarchador.blogspot.com/2024/03/hayato-katsuki-e-hitomi-shimooka.html>
- Wednesday, March 20, 2024 - EMACI Toruń 2024: 3,000 m Women W35+ (results)
<https://omarchador.blogspot.com/2024/03/emaci-torun-2024-3000-m-femininos-w35.html>
- Sunday, March 24, 2024 - 1990, first international title of Portuguese marching
<https://omarchador.blogspot.com/2024/03/1990-primeiro-titulo-internacional-da.html> Susana Feitor claims Portugal's first international walking win.
- Saturday, March 23, 2024 - EMACI Toruń 2024: 5km Men W35+ (results)
<https://omarchador.blogspot.com/2024/03/emaci-torun-2024-5-km-masculinos-w35.html>
- Friday, March 22, 2024 - EMACI Toruń 2024: 5km Women W35+ (results)
<https://omarchador.blogspot.com/2024/03/emaci-torun-2024-5-km-femininos-w35.html>
- Tuesday, March 19, 2024 - EMACI Toruń 2024: Men's 3,000m M35+ (results)
<https://omarchador.blogspot.com/2024/03/emaci-torun-2024-3000-m-masculinos-m35.html>

Below, O Marchador provides its own take on Peru's two-fisted win in Dudince last weekend:

- Monday, March 18, 2024 - César Rodríguez wins 20 km Dudince march with national record in Peru
<https://omarchador.blogspot.com/2024/03/cesar-rodriguez-vence-20-km-marcha-de.html>
- Monday, March 18, 2024 - Evelyn Inga (Peru) surprised with triumph in Dudince
<https://omarchador.blogspot.com/2024/03/evelyn-inga-peru-surpreendeu-com.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

Thu 11-Fri 19 Apr 2024	AA Australian T&F c'ships – Adelaide SA
Sun 28 Apr 2024	AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone
Sun 19 May 2024	AV, AV Schools & VRWC c'ships – Middle Park
Sun 9 Jun 2024	RWA 57 th Annual Lake Burley Griffin Carnival – Canberra ACT
Sat 22 Jun 2024	AV & Little Athletics Victoria Road c'ships – Middle Park

Sun 14 Jul 2024	AV & VRWC c'ships – Middle Park
Sat 27 Jul 2024	RWA Postal Challenge – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	AV Country Road walk c'ships – Middle Park
Sat 24 Aug 2024	AA/RWA Walk judging course – Middle Park
Sun 25 Aug 2024	RWA 2nd Carnival – Middle Park
Sat 7 Sep 2024	AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
Sun 15 Sep 2024	VRWC Relay race & Winter presentations – Middle Park

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

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