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

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** WALKER OF THE WEEK **

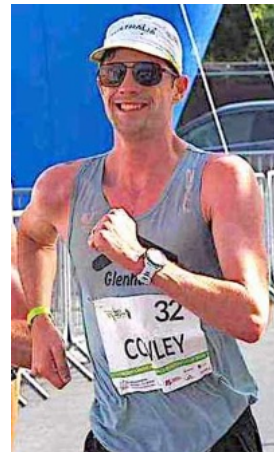


(Photo: TVN24.pl)

Aussies abroad dominate this week's WOTW considerations. Truth to tell, not much required considering.

VRWC members **Jemima Montag** and **Rhydian Cowley** are the successful candidates after standout performances at the 3rd Korzienowski Race Walk Cup Gold 20km in Warsaw, Poland, on Sunday. **Jemima**, in company with China's Liu Hong and Qieyang Shijie, showed herself to be a class above the field and a serious proposition for the Paris Olympic podium. She led by 3secs at 16km before Liu's withering surge took her to a big win. But Jemima, though tiring, finished well clear of Qieyang for 2nd in **1:27:56**.

Rhydian (was there ever a more dedicated promoter of Glenhuntly AC in its history?) has stepped up to a new level this year and he is now to be counted among the elite 20km walkers on the circuit. One of the best around at adapting to tough conditions, Rhyd clearly managed the warm weather better than most for his rivals, taking a meritorious 4th place in



(Photo: Robert Cowley)

1:19:46 after staying up with Qian, Bonfim and Yamanishi for 10km, and leaving everyone else struggling in his wake. Congratulations, Jemima and Rhydian ... yet again, you put Australia up there on the world athletics stage.

*Honourable mentions:

- **Declan Tingay (WA)** and **Olivia Sandery (SA)** – both top 10 finishers in Warsaw, Dec 6th in **1:21:01** and **Olivia** 7th in **1:32:35**.
- **Lizzie McMillen (NSW)** and **Will Thompson (VIC)** – each placed 12th in their Warsaw races, outlasting well-credentialed and more experienced rivals with times of **1:37:40** and **1:23:32**.
- **Eden Morgan (VIC)** – smashed his 10km PB by 1:29 at Middle Park, clocking **48:32**.
- **Lachlan Moore (QLD)** – winner of the U14 Gold Coast 2km title with a huge PB of **9:39**.
- **Cooper Rech (SA)** – a 44-sec PB for 10km, recording **54:33** on the road at South Parklands.



CLUB NEWS and RESULTS

***NEW MEMBERS**

The VRWC bids a warm welcome to those who have joined our ranks this season. They include **Arthur Robinson, Addison Frenken, Oliver Crawl, Max Davidson, Aria Di Benedetto, Tom Guastella, Dimitri Pashutin, Caitlin Shipham, Kathie Williamson** and re-joiners **Mark Thomas** and **Anna Wallace**.

We're excited to have you at the club, and we wish you all success in your racing with us.

VRWC Club points races, 4 May – Middle Park

Our first competition at Middle Park for winter 2024 saw 31 starters take advantage of a perfect autumn day to notch up their first handicap and times points. While it was disappointing not to be able to use our full 2km course (a situation likely to continue for at least another week), the walkers made good use of the southern 1km loop in the favourable conditions.

Best result of the day came from **Eden Morgan**, who has been hovering outside the 50min mark for 10km for several seasons. Now, in the company of **Riley Coughlan** and **Mark Blackwood**, Eden seized his chance to punch through the barrier and did so convincingly, recording **48:32** to Riley's **48:27** and Mark's **48:52**. **Kirsten Shaw**, down once again from QLD, gave a glimpse of her old VRWC form with **55:56**.

The 12km saw **Carolyn Rosenbrock** take line honours with 1:13:07 after stopping to assist one of the Little Aths racers who needed help. **Terry O'Neill** and **Gerard Feain** also gave themselves a good first-up workout over the distance.

As usual, **Char Hay** set a quick pace from the outset and was not headed to win the 5km in **26:03** ahead of **Ariana Pashutina** who looks set for a good season, **26:37**. Meanwhile, the 3km saw one of our new recruits, Addison Frenken, take to the distance for the first time like the proverbial duck to water to clock an impressive 18:31, while **Indigo Marshall-Moodie** posted the only other PB of the day, ripping 56secs from her best to record **19:01**. **Max Davidson** carried his great Nationals track form onto the road with a brisk 14:21.

The 1km saw four of our new members – **Dimitri Pashutin**, **Georgia Waters**, **Arthur Robinson** and **Aria Di Benedetto** – tackle the distance (and the road) for the first time, with Dimitri first home in a pleasing debut time of **6:04**, just ahead of fast finisher **Anouk Morgan**.



Turkish delight: Riley models his Word Athletics Teams U20 bronze medal, won at Antalya two weeks ago.

Name	AgeGp	Time	Hcp	Name	AgeGp	Time	Hcp
12km Women				12km Men			
1 Carolyn Rosenbrock	M60+	1:13:07	1	1 Terry O'Neill	M60+	1:19:22	1
				2 Gerard Feain	M60+	1:23:08	2
10km Women				10km Men			
1 Kirsten Shaw (<i>inv.</i>)	Open	55:56	n/a	1 Riley Coughlan	U18	48:27	4
				2 Eden Morgan	U20	48:32*	1
				3 Mark Blackwood	M40+	48:52	2
				4 Jonathan Ho	U20	56:42	3
5km Women				5km Men			
1 Char Hay	Open	26:03	1	1 John Nottle	M60+	34:01	1
2 Ariana Pashutina	U18	26:37	2				
3 Emily Smith	U18	29:22	3	3km Men			
4 Mietta Morgan	U16	33:14	6	1 Max Davidson	U16	14:21	NPT
5 Fiona Van Heerwaarden	(<i>inv.</i>)	33:21	n/a	2 Steve Haverly	M60+	26:19	YN
6 Heather Carr	M60+	34:46	4				
7 Karyn O'Neill	M60+	36:45	5				
3km Women				1km Men			
1 Addison Frenken	U12	18:31 <i>f</i>	NPT	1 Logan Allison	U12	6:04	1
2 Indigo Marshall-Moodie	U12	19:05*	2	2 Dimitri Pashutin	U10	6:14 <i>f</i>	NPT
3 Emilie Garside	Open	19:46	1	3 Tate Jardine	U14	7:05	3
4 Gwen Steed	M60+	22:37	3	4 Arthur Robinson	U16	7:07 <i>f</i>	2
1km Women							
1 Anouk Morgan	U10	6:06	1				
2 Georgia Waters	U10	6:34 <i>f</i>	NPT				
3 Aria Di Benedetto	U10	7:35 <i>f</i>	2				
4 Anna Wallace	M40+	8:10	NPT				
5 Abby Fowler	U10	8:52	3				

**PBs: 10km – Eden 1:29; 3km – Indigo 0:56
(NPT – no previous time; YN – yellow number; f – First one)*

As is always the case, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes:

Manager Mark Donahoo
Referee: Stu Cooper
Race check in Mark Donahoo, Bill Carr
Timekeeper Ian Laurie, Mark Donahoo, Madeleine Feain
Recorders Bob Gardiner, Bill Carr, Madeleine Feain, Kevin Cassidy
Judges: Gordan Loughnan (Chief), David Cash, Michael Bodey, Anthony Doran, Brenda Felton, Di Lowden
Set up, Pack up: Terry Swan, Ian Laurie, Stu Cooper, Michael Bodey, Gordon Loughnan, Kevin Cassidy, Bob Gardiner, Gerard Feain, Madeleine Feain
Photos Terry Swan
Canteen Gwen Steed
Walkers: 31



***Action models:** Eden, Arthur, Indigo, Mark, John, Anouk, Max, Gwen, Riley, Addison, Gerard, Dimitri, Aria and Logan.

**** Saturday 11 May – Middle Park**

12.00 - 1.30pm: Coaching Clinic

2.00pm	8km points race	Open
2.00pm	6km points race	Open
2.00pm	4km points race	Open
2.15pm	2km points race	Open
2.15pm	1km points race	Open

Entries will be accepted up until 6.00pm on
 Friday 10 May. Enter online at
<https://www.revolutionise.com.au/vrwc/>

CLUB UNIFORM UPDATE

An order has been placed to replenish our supplies of singlets and crop tops. We expect delivery in the next week, or by May 11 at the latest.

We still have stocks of the old white VRWC vests, on sale for \$5 or a donation and useful as training tops. (Old or not, they still identify the Club.) If you need a new top and it's unavailable as yet, one of the old ones is quite acceptable to race in for now.

When the new uniforms arrive, members who need them should purchase one to be eligible for the Points competitions and Club championships.

The following week ...

**** Sunday 19 May, Middle Park**

AV 35km Jared Tallent Trophy, AV Schools and VRWC road championships.

Note that the AV & VRWC 35km championships are Open races, for which Male and Female competitors may enter.

Note also that AV championship entries must be finalized through the Athletics Victoria portal at <https://athsvic.org.au/events/victorian-race-walking-club/>

**** 57th LAKE BURLEY GRIFFIN CARNIVAL Sunday 9 June ****

The base handicap for the 35km events will be 148 minutes. Please get your entries in and let us know about dinner attendance for Sunday night at lbgwalkingcarnival@gmail.com if you are not entering as a competitor (in which case you can enter your family numbers through the portal). Looking forward to seeing everyone soon.

<https://www.athleticsintheact.com.au/events/236847>

***COACHING CLINIC – Saturday 11 May**

Any questions?

Those planning to attend the Coaching Clinic who have questions they would like answered in the session, are asked to send their questions in advance to Stu Cooper at stukooper@gmail.com. Stu will forward them to Mark Donahoo for consideration.

Mark Donahoo (Club coach)

***FIRST AID TRAINING UPDATE**

We have one acceptance of our offer for fully-subsidised First Aid training, and we would like to extend it to **one other person** who will be attending regularly during the season.

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

****VISITORS ENTERING VRWC RACES***

If you are a visiting walker from interstate or elsewhere, or a non-member wishing to compete in a VRWC club race, please be aware that you **do not** have to register as a member.

Simply go to the entry portal at <https://www.revolutionise.com.au/vrwc/>, and select the race day you want from 'Upcoming Events'. Enter as a 'guest' and put down '999' as your bib number. You will be issued with a real racing number on the day.

Terry Swan, Secretary



We were delighted to see Life member **Peter Vysma** course-side at Middle Park on Saturday, wearing his signature white terry-towelling bucket hat and scrutinizing the walkers (and their techniques) with his ever-analytical eye.

Many of our newer members would not have been present when Peter was the VRWC's Judging coordinator and usually our Chief judge in club events. He had an impressive competitive career, his specialty being the gruelling 50km walk (for which he was in the mix for selection for the IAAF World championship in 1976.)

Having suffered a serious bike accident in late 2021, Peter is on the slow road to recovery and has regained considerable use of hands and limbs since his last visit on Centenary day in 2022. We hope to see Peter, not only visiting often on race days during the season, but even engaging in some level of judging or other duties that suit him if he chooses to do so.

Welcome back, Pete!

Peter with sister Marj, Mark Blackwood, Heather Carr and brother Robin.



** 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.

** 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.)



AROUND THE COUNTRY

A.C.T. ACTRFWC results, 4 May – Lake Tuggeranong

The ACTRFWC's season got underway on Saturday. Thanks to Helen Toyne for these results.

3km Race walk Open

1 Jillian Ryan	17:11
2 Julia Grocott	18:44
3 Emma Grocott	18:46
4 Sebastian Ryan	19:57

3km Fitness walk Open

Jim White	24:00
Rosemary Parker	24:38
Geoff Barker	30:23

7km Fitness walk Open

John Kennedy	49:59
Bob Parker	56:24
Bryan Thomas	56:30
Doug Fitzgerald	63:14

NEW SOUTH WALES NSW Short Walks championships, 5 May – Newington Armoury

NSW's depth in junior walking was on show here, showing the strength of the sport around their various clubs and centres. Obviously race walking is promoted widely and the interest level is high amongst the younger Little Athletes in particular.

Most of the gold medallists won convincingly, with familiar names well to the fore.



NSW Short Walks action. (Photos: ANSW Facebook)

Women 15km Race walk Open

1	Allanah Pitcher	Syd Uni AC	1:13:20
2	Bridget Bell	Mingara Reg.	1:22:26

Women 5km Race walk Masters

1	Sandy Hoy	UTS Northern S.	48:42 (30sPen.)
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Women 10km Race walk U20

1	Chelsea Roberts	Riverstone LAC	52:03
2	Sienna Pitcher	Mingara Reg.	53:29
3	Laelia Byatt	Girraween AC	59:15
4	Lilah Norden	Kembla Joggers	1:00:17

Women 3km Race walk U16

1	Sophie Polkinghorne	Hills District	14:53
2	Maisie Mitchell	West T&F	15:24
3	Matilda Webb	Winston Hills	16:03
4	Emma Hoskins	Hills Dist	16:21
5	Annabel Lavery	Balmain AC	18:08
6	Madeleine Felice	Illawong-Revesby	18:09
7	Scarlett McGraw	Revesby W LAC	18:50

Women 3km Race walk U18

1	Danelia Samuel	Winston Hills	16:04
2	Matilda Olsen	Hills District	16:25
3	Summer Sivaraj	West T&F	17:28
4	Evie Armstrong-Reading	SouthEastern LA	17:32
5	Laura CorvalanSotomayor	Girraween AC	19:01
6	Amelia Felice	Illawong-Revesby	19:10

Girls 2km Race walk U14

1	Miarose Everson	Ryde AC	10:32
2	Nikki Hearnden	Cardiff & Dist LA	10:47
3	Sienna Wade	Sydney AthAcad	11:15
4	Brooke Cross	Sutherland DA	11:20
5	Georgia Watson	Westfields AC	11:48
6	Madeline Kot	Westfields AC	11:59

Girls 2km Race walk U13

1	Ashleigh Mansell	Cherrybrook	10:20
2	Molly Miller	ManlyWarringah	10:58
3	Hannah Hewitt	West T&F	10:59
4	Caitlin Brennan	Revesby W LAC	13:52
...	Ivy Murray	Riverstone LAC	DQ
...	Mackenzie Kitching	Riverstone LAC	DQ

Girls 1km Race walk U12

1	Avia Luketic	Balmain AC	4:54
2	Felicity Rudd	Balmain AC	4:55
3	Emma Olofinski	ManlyWarringah	5:27
4	Harlow Olson	Quakers Hill LA	6:16
...	Caitlin Allum	ManlyWarringah	DQ

Girls 1km Race walk U11

1	Lilyeve Everson	Ryde AC	5:10
2	Beth Cochrane	West T&F	5:12
3	Addison Fahey	Winston Hills	5:35
4	Veronica Dennett	Hawkesbury C.	5:41
5	Rosa Belling	Balmain LAC	5:43
6	Addison Jenkins	Girraween AC	5:58
7	Charlie Risti	Revesby W LAC	6:28
8	Chelsea Sharpe	Revesby W LAC	6:42
9	Emily Brennan	Revesby W LAC	6:52
10	Milana Sorokin	Sutherland DA	7:00
...	Stella Wade	Sydney AthAcad	DQ

Girls 1km Race walk U10

1	Katie Meakins	Illawong LAC	6:51
...	Savannah Sacca	R'wickBotany LA	DQ

Men 15km Race walk Open

1	Jack McGinniskin	Mingara Reg.	1:11:07
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Men 10km Race walk U20

1	Brendan Pospischil	Winston Hills	57:50
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Men 3km Race walk U16

1	Christopher Nilon	Parramatta City	16:00
2	Alexander Braendle	West T&F	17:20
3	Alexander Wenzel	Wakehurst LAC	21:10

Men 3km Race walk U18

1	Joel Byatt	Girraween AC	13:01
...	Aidan Pospischil	Winston Hills	DQ

Boys 2km Race walk U14

1	Noah Vella	Nepean Dist.	10:24
2	Sagan Jones	Hills District	10:41
3	Mitchell McCarthy	Ryde AC	10:45
4	Patrick Waddington	Winston Hills	10:53
5	Bentley Luketic	Balmain LAC	11:13
6	Michael Mathison	Westfields AC	11:42

Boys 2km Race walk U13

1	Alexander Dennett	Hawkesbury C	12:18
2	Mathias Hutchens	Hornsby DAC	13:53
...	Luca Barakat	Port Hacking	DQ

Boys 1km Race walk U12

1	Nate Appleyard	Winston Hills	4:54
2	Joshua Waddington	Winston Hills	5:23
3	Liam Meale	Gosford LAC	5:27
...	Harry Struthers	Balmain AC	DNF

Boys 1km Race walk U11

1	Darcy Dennis	Balmain LAC	4:57
2	Oliver Masik	Hills District	5:04
3	Jacob Hearnden	Cardiff & Dist.	5:20

Boys 1km Race walk U10

1	Daniel Smart	NorthRocks C	5:30
2	Huxley Jones	Hills District	8:25
...	Eric Colgan	Hornsby LAC	DQ
...	Lachlan De Bree	M'yWarringahJun	DQ
...	Max Miller	ManlyWarringah	DQ
...	Nicholas Lavery	Balmain AC	DQ

Boys 1km Race walk U9

1	Kostya Peart	Sutherland DA	9:28
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SOUTH AUSTRALIA**SARWC results, 4 May – South Parklands****Open 10km**

Sam Findlay	50:59	
Cooper Rech	54:33	PB 0:44
Angelina Legrand	57:23	PB 0:34
Mel Grantham	1:03:35	
Peter Crump	1:04:20	
Di Camilleri	1:24:05	
Kristy Templer	1:29:09	

Open 1.5km

Caleb Camilleri	9:16	
Robert Crabb	11:01	PB 0:09
Matthew Pitt	11:04	First walk
Martin Crabb	17:02	

Open 8km

Rain Langford	46:00	PB 2:01
Greg Metha	54:18	
Alex McEwan	1:11:11	

Open 4km

Sebastian Richards	19:48	
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Open 2km

Liliana Templer	12:36	
Jasmine Crabb	12:56	PB 0:33
Ananpreet Singh	13:22	

QUEENSLAND**Gold Coast Road Walking c'ships, 5 May - Mudgeraba**

Thanks to **Robyn Wales** for these results:

Open 10kms

Men:		
1. Peter Bennett	1:10:31	
Women:		
1. Brenda Gannon	1:05:58	
2. Jasmine Rose McRoberts	1:15:21	
3. Joy Dale	1:25:33	
4. Noela McKinven	1:29:20	

U18 5kms

Men:		
1. Kai Dale	30:45	
Women:		
1. Phoebe Chadwick	32:53	
2. Taylah Morris	33:20	

U14 2kms

Men:		
1. Lachlan Moore	9:39	
2. Cory Lockwood	11:20	
3. Eli Melinz	12:06	
Women:		
1. Isabella Welch	10:32	
2. Kiara Waterman	11:44	
3. Mackenzie Wormald	14:58	

U10 1km

Men:		
1. Jake Dunleavy	5:27	
2. Connor Robertson	9:00	
Women:		
1. Freya Williams	5:27	
2. Greta Ing	6:20	
3. Jessica Gorham	6:29	

U20 5kms

Women:		
1. Mia Bergh	27:54	

U16 3kms

Women:		
1. Eliza Kelly	18:59	

U12 2kms

Men:		
1. Leo Hyde	10:58	
2. Leo Ramsay	12:51	
3. Braydon Potts	14:43	
... Hayden Robertson	DQ	
Women:		
1. Savannah Dunleavy	11:47	
2. Izzy Blackburn	12:43	
3. Elspeth Hooper	12:44	
4. April Kelly	14:37	
... Amelia Chisholm	DQ	

U8 500m

1. Piper Dunleavy	4:05	
2. Harper Waterman	4:17	
3. Lani Blackburn	4:24	



Robyn and her squad.

TASMANIA TRWC results, 4 May – Kingston Park

Thanks to **David Moore** for the report and results. Only the placings provided this week.

Mild conditions again prevailed as we ventured to try out our new course at Kingston Park.

We welcomed **Alexa Watson** for her first walk in the 1km event, yet another youngster from the Huonville area. Also pleasing, was the return of **Oliver Morgan** who has recovered from a foot injury which prevented him from competing in this years Australian T&F Champs in Adelaide.

While all our Walkers liked the new course, we stumbled on the accuracy of the course measurement, thus we have provided only the order of placings for each approximate distance. We plan to get the measurement accurate for next time at the Kingston Park venue.

1km

1. Alexa Watson Huon LA (First one)

2km

1. Adele Woodward OVA
 2. Elsie Woodward Huon LA
 3. Isla Direen Huon LA
 4. Esther Reyes Huon LA
 5. Bianca Sugiarto Huon LA
 6. Dave Moore TMA

3km

1. Oliver Morgan SB
 2. Eugene Gerlach TMA
 3. Wayne Fletcher NS

WESTERN AUSTRALIA WARWC results, 5 May – Perry Lakes

Cool, still conditions under clear skies greeted the West Aussies for their winter season opener. Thanks to **Terry Jones** for the results.

10K

Melissa Lewis 58.53
 Kaytee Bogaers 58.59
 Karyn Tolardo 1.02.46
 Wendy Farrow 1.10.51

5K

Glenys Duncan 48.50

2K

Darcy Bramwell-Keys 11.51
 Savannah Carnaby 11.55
 Nathaniel Kairah 12.37

1K

Rahni Fowler 6.33

Willow Wheeler	6.34
Maddison Rout	7.42
William Duffield	7.57
Zoe Fowler	8.45



INTERNATIONAL NEWS

POLAND: 3rd Korzienowski Warsaw Race Walking Cup, 5 May - Warsaw

Liu and Qian claim Chinese double in Warsaw

by Paul Warburton (reprinted from World Athletics news – 5 May 2024)

There was double delight for China at Sunday’s (5) Korzeniowski Warsaw Race Walking Cup – the latest gold stop on the **World Athletics Race Walking Tour**.

It was a breakthrough win for **Qian Haifeng** in the men’s 20km in **1:19:05**, but yet another triumph to add to a long list for **Liu Hong** in the women’s race, which she won in **1:27:33**.

There is no stopping Liu. Just days before the 2016 Olympic and four-time world champion’s 37th birthday, she took control just as she appeared to lose it. Australia’s **Jemima Montag** took the lead at three-quarter distance, only for the Chinese to power back for yet another win.

The Chinese charge was evident from the gun. Montag was the only outlier in a group of seven that appeared to catch **Katarzyna Zdziebło** by surprise.



Liu, Qieyang and Montag dominated the Women’s 20km in Warsaw. (Photo: Bieganie.pl)

The 2022 double world silver medallist from Poland quickly made up the ground in front of her home crowd, and the lightning start eased a notch to allow Australia’s **Rebecca Henderson**, Bolivia’s **Angela Castro** and China’s **Yin Lamei** to latch on.

It was short lived. Just after 3km the leaders were already down to three with **Peng Li** struggling to make up a three-second gap. Liu, Montag and 2012 Olympic champion **Qieyang Shijie** were determined to make it a three-woman race way before quarter distance, and as the heat rose to an unwelcome 24C, so did the pace.

From this point there was no one else within 200 metres, and significant gaps beyond that. 21-year-old Peng was now alongside Zdziebło for fourth and fifth places. The latter was already hurling double bottles of water over her in an attempt to keep cool.

In contrast, Liu and Montag stared impassively into the distance behind dark glasses while Qieyang’s strained face suggested life in the fast lane was less than comfortable. In fact, the multiple world medallist appeared to get uncoupled just short of halfway.

But the pink-capped 33-year-old has previously won big races with a big heart, and she was not about to surrender this early. She hauled herself back into contention for the next two kilometres, just as Zdziebło detached herself from Peng.

But with 55 minutes on the clock, a dip of the head from Qieyang said volumes. She realised her race for first was over as the leading pair powered on.

With five out of 16 1.2km laps left, Montag made her move with the Australian's economic arm action moving all the quicker as she opened up a three-second gap on Liu. But the former world record-holder was far from done. She not only clawed back the lead, but nosed ahead to leave the Australian looking spent.

Liu then lit the afterburners to underline her class, and even broke into a rare smile as she lapped up acclaim from supporters on the course over the last circuit.

She finished in **1:27:33**. Montag was 24 seconds back, and Qieyang was third in **1:28:14**. A long way back, Zdziebło, walking solo, recorded **1:31:18** for fourth with **Shi Yuxia** fifth in **1:31:27**.

Following her 1:26:47 in Taicang in March, her best for three years, and now this victory against a world-class field, few would bet against Liu earning her 10th global medal at the Paris Olympics in August.

1.	Hong LIU	12 MAY 1987	CHN	1:27:33
2.	Jemima MONTAG	15 FEB 1998	AUS	1:27:56
3.	Shijie QIEYANG	11 NOV 1990	CHN	1:28:14
4.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	1:31:18
5.	Yuxia SHI	28 JAN 1999	CHN	1:31:27
6.	Li PENG	27 AUG 2002	CHN	1:31:29
7.	Olivia SANDERY	22 JAN 2003	AUS	1:32:35
8.	Zhuoma QIJI	27 MAY 1998	CHN	1:32:53
9.	Alejandra ORTEGA	08 JUL 1994	MEX	1:34:51
10.	Angela CASTRO	21 FEB 1993	BOL	1:34:58
11.	Lamei YIN	21 DEC 2002	CHN	1:37:27
12.	Elizabeth MCMILLEN	10 APR 2004	AUS	1:37:40
13.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	1:37:44
14.	Brigita VIRBALYTĖ	01 FEB 1985	LTU	1:38:18
15.	Anabelly ORJUELA	24 JUL 1988	COL	1:38:59
16.	Agnieszka ELLWARD	26 MAR 1989	POL	1:42:58
17.	Monika VAICIUKVIČIŪTĖ	03 APR 1996	LTU	1:43:46
18.	Anna ZDZIEBŁO	20 NOV 2001	POL	1:43:54
19.	Erika KELLY	06 DEC 1992	GBR	1:44:46
20.	Ewelina CYMBALIŃSKA	06 NOV 2004	POL	1:46:15
21.	Kinga WALERIAŃCZYK	19 AUG 2002	POL	1:46:47
22.	Siri GLITTENBERG	10 SEP 2002	NOR	1:49:03
23.	Beatrice FORESTI	29 OCT 1998	ITA	1:49:31
24.	Nadežda NOVIKOVA	12 DEC 2006	LTU	2:02:04
25.	Małgorzata PAZDA-POZORSKA		POL	2:07:55
	Haiying JI	25 FEB 2000	CHN	DNF
	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	DNF
	Rebecca HENDERSON	04 JUL 2001	AUS	DNF
	Jamila ZEGNI		TUN	DNF
	Izabela KRZYŻANOWSKA	25 FEB 2004	POL	DNF
	Lorena ARENAS	17 SEP 1993	COL	DNF
	Olga CHOJECKA	30 JUN 1997	POL	DQ

Qian defeats defending champion Bonfim

Qian, the World University Games silver medallist, took the men's race by the scruff of the neck over the last 4km to deny **Caio Bonfim** a second successive triumph in the Polish capital. He crossed the line in **1:19:04**, just 13 seconds shy of the PB he set in Taicang in March, while Bonfim came home in 1:19:16 for his third podium finish in a Gold Tour race this year. Two-time world champion **Toshikazu Yamanishi** made a welcome return to finish behind the leading pair in **1:19:36**. The Japanese was the only one to give chase when the leading pair took off just after halfway, but a short gap to the leaders proved tantalisingly elusive.



Bonfim dictates terms, with Tingay (3rd from right) and Cowley (5th) determined to have a say. (Photo: Robert Cowley)

From the gun, Bonfim wasted no time at the front but had **Tomohiro Noda** and **Zhang Jun** for company. A loose group of 12 was positioned behind the trio with the rest of the field strung out behind them.

Brazil's Bonfim hit his stopwatch just two seconds shy of 8:00 for the first 2km, by which time the dozen chasers had closed the gap. This included five Chinese, Yamanishi, Australia's **Declan Tingay** and **Rhydian Cowley** with **Jefferson Segura** from Mexico living in rarefied company.

Just after 26 minutes, Qian showed intent with the leaders trimmed to nine, but the tiny gap was quickly closed. Noda from Japan was desperately trying to hang on their coattails, but the yellow vested **Gianluca Pichiottino** of Italy was looking comfortable in the middle of the group.

Exactly on 40 minutes, China's **Zhao Xiangfei** forged a five-metre gap and then surprised spectators by immediately stepping off the road. At the same time, Bonfim and Qian moved through the gears to leave everyone in their wake – everyone, that is, except Yamanishi.

The Japanese went after the leaders but found the 15-metre gap to the pair ahead of him a bridge too far on this occasion. But his losses were slight compared to the chasers.

There was no sight of the earlier group, not even in the far distance as Bonfim and Qian passed the water station with five laps to go. With three laps left, Qian made his winning bid. As he did so, there was the tell-tale sign of Bonfim's head beginning to dip – and so it proved.

At the same moment, Qian got a ride off lapped team-mate **Wen Yongjie**, but useful as it was, the leader was already headed for the winning tape, which he crossed in **1:19:05**. Bonfim followed 12 seconds later, then Yamanishi finished in **1:19:37**.

Behind the first three, Cowley clocked 1:19:46 for fourth. Pichiottino hung on for an isolated but solid fifth, and Tingay got ahead to claim sixth just ahead of Noda.

1.	Haifeng QIAN	08 JUL 2000	CHN	1:19:05
2.	Caio BONFIM	19 MAR 1991	BRA	1:19:17
3.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:19:37
4.	Rhydian COWLEY	04 JAN 1991	AUS	1:19:46
5.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:20:46
6.	Declan TINGAY	06 FEB 1999	AUS	1:21:01
7.	Tomohiro NODA	24 JAN 1996	JPN	1:21:08
8.	Michele ANTONELLI	23 MAY 1994	ITA	1:21:28
9.	Artur BRZOZOWSKI	29 MAR 1985	POL	1:21:46
10.	Kevin CAMPION	23 MAY 1988	FRA	1:23:26
11.	Maier BEN HLIMA	24 JUL 1989	POL	1:23:28
12.	Will THOMPSON	18 NOV 2002	AUS	1:23:32
13.	Qin WANG	08 MAY 1994	CHN	1:23:33
14.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	1:23:42
15.	Yongjie WEN	28 SEP 1999	CHN	1:23:47
16.	Wenchao NIU	20 APR 1998	CHN	1:23:51
17.	Vít HLAVÁČ	26 FEB 1997	CZE	1:23:55
18.	Li XINGFU	18 JUL 2002	CHN	1:24:03
19.	Zhaozhao WANG	01 SEP 1999	CHN	1:24:28
20.	Ning LU	12 FEB 1999	CHN	1:24:50
21.	Norbert TÓTH	07 OCT 2001	HUN	1:25:05
22.	Yandong LI	02 FEB 1998	CHN	1:25:25
23.	Jakub JELONEK	07 JUL 1985	POL	1:25:28
24.	Aldo ANDREI	15 JUL 2001	ITA	1:25:44
25.	Stefano CHIESA	25 MAY 1996	ITA	1:26:03
26.	Carlos MERCENARIO	26 JUL 2000	MEX	1:27:32
27.	Dawid TOMALA	27 AUG 1989	POL	1:28:01
28.	Artur MASTIANICA	30 JUL 1992	LTU	1:28:30
29.	Lucas MAZZO	19 MAY 1994	BRA	1:28:49
30.	Dylan RICHARDSON	17 OCT 2000	AUS	1:31:25
31.	Arkadiusz SCHIEDEL	17 AUG 2000	POL	1:32:16
32.	Martin NEDVÍDEK	25 JAN 1975	CZE	1:37:40
33.	Tauras Jokūbas GRINCEVIČIUS	27 APR 2004	LTU	1:38:04
34.	Deividas BALEVIČIUS	20 OCT 1999	LTU	1:45:16
35.	Allen JAMES	14 APR 1964	USA	1:46:34
36.	Olaf RYNKIEWICZ	12 FEB 2002	POL	1:53:00
37.	Radosław SELKE		POL	1:56:50
	Teodorico CAPORASO	14 SEP 1987	ITA	DNF
	Hayrettin YILDIZ	04 MAY 2004	TUR	DNF
	Carl GIBBONS	19 JUN 1996	AUS	DNF
	Jefferson SEGURA	08 DEC 1998	MEX	DNF
	Arnis RUMBENIEKS	04 APR 1988	LAT	DNF
	Xiangfei ZHAO	27 SEP 2002	CHN	DNF
	Jun ZHANG	20 JUL 1998	CHN	DNF
	Ozan BAYRAM	18 SEP 2004	TUR	DNF

Ivan BANZERUK
Tim FRASER

09 FEB 1990 UKR DNF
22 FEB 2000 AUS DNF

The Australians in Warsaw.

It was a day of mixed fortunes for our walkers, elation mixed with disappointment. Great results for **Jemima** and **Rhydian**, encouraging ones for **Declan**, **Olivia**, **Lizzie** and **Will**. **Dylan** gave it everything, while the cards didn't fall for **Bec**, **Carl** or **Tim** who all failed to finish. Bec was right up there in the first half so it seems she was once again the victim of bad luck. It's been suggested that illness may have been a factor for our team, which may have been so. Time for a quick rest and re-group, before resuming preparation for the big goals coming up.

GERMANY: Britzer Garten results, 4 May - Berlin

Emmanuel Tardi ventured to the German capital for judging duties at the weekend. His report follows:

I was in Berlin this Saturday. I was appointed as international racewalking judge for a race which took place in Britzer Garten (in the southern part of the city.) Other judges were Hagen Pohle (chief), Martin Nedvidek (Cze), Kilian Wenzel (Ger) and local judges Birgit Mohr and Andreas Hoffmann.

The road was in a park without car traffic 500m in one way and 500m in the other way. Weather was perfect. The main event was a 10k.

The men's race was won by **Leo Kopp**, who reached the 5k point in 20:29. For the 2nd place **Cumali Arslan** and **Jassam Abu El Wafa** battled. El Wafa received 2 red cards and had to slow down.

In the women's race, **Anna-Maria Gabriel** started very fast. She reached the 5k point in 23:45. But she received a 3rd red card after 9k. She went into the penalty area and seems to give up. But the coach convinced her to finish the race. She did the last lap slowly and won the race.



Kopp



Men's podium



Gabriel



Women's podium

(Photos: Jacques Van Bremen, Emmanuel Tardi)

10km Men

1.	68	Köpp, Leo	1998	LG Nord Berlin	00:41:05
2.	95	Arslan, Cumali	2000	LG Erfurt e.V.	00:42:45
3.	90	Abu El Wafa, Jassam	2004	SV Halle	00:42:58
4.	93	Smola, Josef	1964	Tschechien	00:57:25
5.	62	Bretag, Hartmut	1960	Leichtathletik in Beeskow e.V.	01:00:25
6.	83	Seck, Patrick	1966	Polizei SV Berlin	01:01:51
7.	61	Krüger, Reinhard	1960	Eintracht Hildesheim	01:03:44
8.	58	Langhammer, Reinhard	1952	ASV Erfurt	01:04:56
9.	89	Giebeler, Helmut	1950	SG Fronhausen	01:05:03
10.	73	Evertz, Günter	1957	Polizei SV Berlin	01:07:51
11.	77	Lehmann, Stefan	1951	Polizei SV Berlin	01:08:58
12.	74	Giese, Wolf-Dieter	1943	Polizei SV Berlin	01:13:33
13.	94	Biedermann, Andreas	1955	TV Groß-Gerau	01:18:21

10km Women

1.	60	Gabriel, Anna-Maria	2005	Eintracht Frankfurt e.V.	00:52:11
2.	87	Obenaus, Lea Anika	2003	SC Potsdam	00:53:27
a.k.	96	Nedvidkova, Katka	2004	AV Rumburg/CZ	00:59:13

3.	57	Bonneß, Yvonne	1978	ASV Erfurt	01:00:58
4.	92	Klose, Gudrun	1966	Team Laufrausch Oldenburg	01:05:47
5.	75	Komoll, Birgit	1960	Polizei SV Berlin	01:10:02
6.	86	Zeidler, Brigitte	1964	Polizei SV Berlin	01:12:28
7.	59	Köhler, Renate	1949	Delmenhorster TV	01:16:41
8.	66	Dräger, Helga	1939	LG Esslingen	01:34:38

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Tuesday, May 7, 2024 - Hong Liu (China) prevails in the 20 km march in Warsaw <https://omarchador.blogspot.com/2024/05/hong-liu-china-impoe-se-nos-20-km.html>
- Monday, May 6, 2024 - Haifeng Qian (China) triumphed in the 20 km march in Warsaw <https://omarchador.blogspot.com/2024/05/haifeng-qian-china-triunfou-nos-20-km.html>
- Sunday, May 5, 2024 - 1996, the new generation emerges <https://omarchador.blogspot.com/2024/05/1996-perfila-se-nova-geracao.html>
- Sunday, May 5, 2024 - Savanagh O'Callaghan, a young Irish woman on the rise in race walking <https://omarchador.blogspot.com/2024/05/savanagh-ocallaghan-uma-jovem-irlandesa.html>
- Friday, May 3, 2024 - Diego García triumphs in the 5th Marching Grand Prix «Ciudadela de Pamplona» <https://omarchador.blogspot.com/2024/05/diego-garcia-triunfa-no-5-grande-premio.html>
- Thursday, May 2, 2024 - 38th edition of the «Antanas Mikenas» Memorial in Birstonas (results) <https://omarchador.blogspot.com/2024/05/38-edicao-do-memorial-antanas-mikenas.html>
Antanas Mikenas, who won silver in the 20km walk at the 1956 Melbourne Olympics as a USSR athlete, is the only Lithuanian walker to win an Olympic medal.



Left: Antanas Mikenas leads in a domestic race. Above: Mikenas (23) racing in the Melbourne 1956 20km, between team mate Bruno Iouk (22) and Sweden's John Ljunggren.

(Photos: Alfred Pliadis, LRT)

- Wednesday, May 1, 2024 - Barreiro was the stage for the 1st Race Walking Freedom Meeting (results) <https://omarchador.blogspot.com/2024/05/barreiro-foi-palco-do-1-meeting-da.html>
- Tuesday, April 30, 2024 - Victories of Esteban Soto and Viktória Madarász in the «Penn Relays» 2024 <https://omarchador.blogspot.com/2024/04/vitorias-de-esteban-soto-e-viktoria.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

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 – Lakeside Stadium (Cathy Freeman Room)
Sun 25 Aug 2024	RWA 2 nd 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

Sat 11 May 2024	31 st 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	24 th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20 th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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