

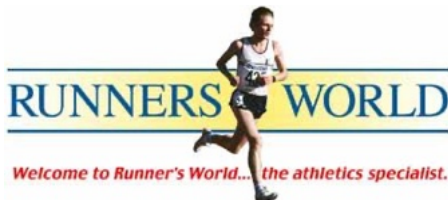


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The official organ of the Victorian Race Walking Club, Inc.

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

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*HAVE YOU ENTERED FOR THE LBG CARNIVAL YET?

The first of two highlights on the Australian walking calendar – the **Lake Burley Griffin Carnival** on **Sunday 9 June** at Stromlo Sports Park in Canberra – is almost upon us. We look forward to seeing a sea of navy and white VRWC tops (with someone inside them, naturally) contesting the extensive program of events on offer as we vie with other states for points towards the coveted Brennan Shield.

If you've yet to enter, be reminded that the **deadline** for entries is **Wednesday 22 May**. That's Wednesday of next week, folks. *Don't leave it until the last minute* which – as we all know – has a sneaky habit of arriving and leaving without a sound!

See the advert below for Race entry, Race schedule and information re accommodation and the Sunday night dinner:

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

Race Entry:

Visit the Entry Portal at <https://www.athleticsintheact.com.au/events/236847>.

Note that **entries close on Wednesday 22 May**. (Late entries accepted until 29 May, attracting a further \$20 race fee.)

Race Schedule:

All races, distances, age groups and start times are posted at <https://cdn.revolutionise.com.au/events/jh3qqrm1linzdxsl.pdf>

Note that, as mentioned last week, the Open 30km has been replaced by an **Open 35km**. This will count for qualifying times and points for World Athletics events.

Sunday night dinner & accommodation – Statesman Hotel

If you would like to join the ACTRFWC members and other interstate visitors after the races, contact lbgcarnival@gmail.com to reserve a seat and see the menu. You can also do this via the **VRWC website** at vrwc.org.au. See the Entry Portal for discount details if you want to book accommodation at the Statesman.



CLUB NEWS and RESULTS

VRWC Club points races, 11 May – Middle Park

While a certain amount of GP fencing and equipment has been moved out, the northern leg of the course is not yet fit for public use and nobody seems to be busting a gut to make it so. Therefore, it was back onto our southern 1km loop for another week. Fortunately, we couldn't have had better weather for our races, and an encouraging entry of 42 walkers lined up to take advantage of the mild, sunny conditions, and the twisty course didn't prevent the posting of seven PBs. It was also pleasing to see a large number of walkers attempting unfamiliar distances, clocking those all-important base times for future handicap results.

Emilie Garside was the biggest improver of the day, ripping a huge 2:25 from her 4km PB and showing the benefit of a summer of AVSL racing. The other PB's came predominantly from the younger camp, with **Abby Fowler** displaying her natural finishing speed to good effect in the 1km and newcomer **Aria Di Benedetto** cutting her own time by a similar amount.

Marcus Wakim chose the 6km for his first outing since his Team bronze-winning effort in Turkiye, racing in company with **Mark Blackwood** before pulling away for a leisurely **28:29**. Meanwhile, **Mya McClure**, fresh from her own success at the Australian Little Athletics titles (see report below), tackled the 4km for the first time with confidence to take fastest time with **21:14**.

It was great to see **Andrew Jamieson** and **Kevin Cassidy** back in harness after some time away. We all know it doesn't get easier at the years tick past, but time alone will never defeat these two warriors! **Gwen Steed** and **Terry O'Neill** had good handicap wins in competitive age groups.

8km Women

| | | |
|----------------------|------|-------|
| 1 Emily Smith | U18 | 47:08 |
| 2 Ariana Pashutina | U18 | 47:36 |
| 3 Carolyn Rosenbrock | M60+ | 47:59 |

8km Men

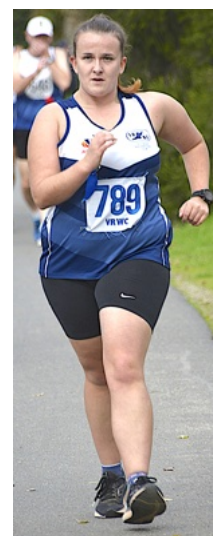
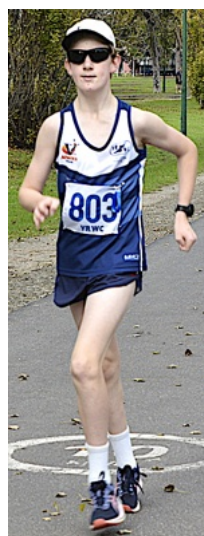
| | | |
|----------------------|------|-------|
| 1 Alejandro Stephens | Open | 42:28 |
| 2 Andrew Jamieson | M60+ | 51:55 |
| 3 Gerard Feain | M60+ | 52:46 |
| .. Paul Moritz | M60+ | DNF |

6km Women

| | | | |
|-----------------|------|-------|---------|
| 1 Jade Chitty | Un20 | 33:22 | PB 0:22 |
| 2 Grace Louey | Open | 36:46 | |
| 3 Karyn O'Neill | M60+ | 44:45 | |

6km Men

| | | | |
|------------------|------|-------|------------------|
| 1 Marcus Wakim | Un18 | 28:29 | |
| 2 Mark Blackwood | M40+ | 28:41 | |
| 3 Max Davidson | Un16 | 30:54 | <i>First 6km</i> |
| 4 Terry O'Neill | M60+ | 39:15 | |
| 5 John Nottle | M60+ | 41:37 | <i>First 6km</i> |



4km Women

| | | | |
|--------------------|------|-------|------------------|
| 1 Mya McClure | Un14 | 21:14 | <i>First 4km</i> |
| 2 Char Hay | Open | 22:06 | |
| 3 Hannah Matthews | Un16 | 25:01 | <i>First 4km</i> |
| 4 Emilie Garside | Open | 26:19 | PB 2:25 |
| 5 Heather Carr | M60+ | 27:00 | |
| 6 Donna-Marie Elms | M60+ | 27:38 | |

4km Men

| | | | |
|----------------------|------|-------|------------------|
| 1 Angus Shuttleworth | Un14 | 21:59 | <i>First 4km</i> |
| 2 Kevin Cassidy | M60+ | 22:42 | |
| 3 Steven Haverly | M60+ | 36:12 | |
| .. Geoffrey Barrow | M60+ | DQ | |

7 Gwen Steed M60+ 29:46

2km Women

1 Addison Frenken Un12 11:52 *First 2km*
 2 Indigo Marshall-Moodie Un12 11:57 PB 0:03
 3 Erlyn Singh Un12 14:01
 4 Caitlyn Shipham Un12 15:01 *First 2km*

1km Women

1 Abby Fowler Un10 6:25 PB 0:23
 2 Georgia Walters Un10 6:33 PB 0:01
 3 Aria Di Benedetto Un10 7:19 PB 0:24
 4 Anna Wallace M40+ 7:21
 5 Payton Welsh Un10 7:30 *First 1km*

1km Men

1 Jonathan Ho Un20 4:38 *First 1km*
 2 Logan Allison Un12 6:02
 3 Brodie Welsh Un12 6:34 *First 1km*
 4 Arthur Robinson Un16 6:36 PB 0:31
 5 Dimitri Pashutin Un10 6:45
 6 Tate Jardine Un14 6:46
 7 Grayson Allison Un10 9:01 *First 1km*



***This week's action models:**

Marcus, Erlyn, Donna-Marie, Payton, Gwen, Kevin, Emily, Brodie, Mark, John, Paul, Hannah, Jonathan, Terry, Emilie, Georgia, Aria, Angus, Abby, Jade, Anna, Dimitri & Gerard

| <u>*Handicap placings - Saturday 11 May</u> | | | | | |
|--|-----------|-----------|-------------------|-------------|------------|
| Men 40+ | | | Women 40+ | | |
| 1 | Mark | Blackwood | 1 | Anna | Wallace |
| Men 60+ | | | Women 60+ | | |
| 1 | Terry | O'Neill | 1 | Gwen | Steed |
| 2 | Kevin | Cassidy | 2 | Heather | Carr |
| 3 | John | Nottle | 3 | Carolyn | Rosenbrock |
| 4 | Gerard | Feain | 4 | Karyn | O'Neill |
| YN | Steven | Haverly | 5 | Donna-Marie | Elms |
| NPT | Andrew | Jamieson | | | |
| Men Open | | | Women Open | | |
| 1 | Alejandro | Stephens | 1 | Emilie | Garside |
| | | | 2 | Char | Hay |
| | | | 3 | Grace | Louey |
| Men U20 | | | Women U20 | | |
| NPT | Jonathan | Ho | 1 | Jade | Chitty |
| Men U18 | | | Women U18 | | |
| 1 | Marcus | Wakim | 1 | Emily | Smith |
| | | | 2 | Ariana | Pashutina |

| | | | | | | |
|---------------------|---------|--------------|--|----------------------|------------------------|--------------|
| Boys U16 | | | | Girls U16 | | |
| 1 | Arthur | Robinson | | 1 | Hannah | Matthews |
| 2 | Max | Davidson | | | | |
| Boys U14 | | | | Girls U14 | | |
| 1 | Tate | Jardine | | 1 | Mya | McClure |
| 2 | Angus | Shuttleworth | | | | |
| Boys U12 | | | | Girls U12 | | |
| 1 | Logan | Allison | | 1 | Indigo Marshall-Moodie | |
| NYR | Brodie | Welsh | | 2 | Addison | Frenken |
| | | | | 3 | Erlyn | Singh |
| | | | | NPT | Caitlyn | Shipham |
| Boys U10 | | | | Girls U10 | | |
| 1 | Dimitri | Pashutin | | 1 | Abby | Fowler |
| NYR | Grayson | Allison | | 2 | Georgia | Walters |
| | | | | 3 | Aria | Di Benedetto |
| | | | | NYR | Payton | Welsh |

NPT No previous time recorded
 NYR Not yet registered
 YN Yellow number

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 Terry Swan
Race check in Bill Carr
Timekeepers Ian Laurie, Mark Donahoo
Recorders Bob Gardiner, Bill Carr, Madeleine Feain, Alla Pashutina, Simon Baker
Judges Kathleen Marsh (Chief), David Cash, Michael Bodey, Stu Cooper, Gordon Loughnan
Set up, Pack up: Terry Swan, Ian Laurie, Stu Cooper, Michael Bodey, Gordon Loughnan, Bob Gardiner, Gerard Feain, Madeline Feain, Karyn O'Neill, Tim Erickson
Bike rider Terry Swan, Tim Erickson
Photos *Terry Swan
Canteen Donna Marie Elms, Gwen Steed
Walkers: 42
Coaching clinic: Mark Donahoo, Simon Baker, Stu Cooper

*See more of Terry's wonderful photos at <https://www.facebook.com/media/set?set=oa.797033235731047&type=3>

***Next weekend ...**

| *Sunday 19 May – Middle Park AV 35Km, AV Schools & VRWC Championships | | | |
|--|----------------------|--|------------------------|
| 8.00am | 35km | AV Championship (<i>Jared Tallent Trophy</i>) | Open |
| | 35km | VRWC Championship | Open |
| 9.00am | 10km | AV Schools Championship | U20 Male/Female |
| | 8km | Non-championship | Open |
| 10.00am | 5km | AV Schools Championship | U18 Male/Female |
| 10.30am | 3km | AV Schools Championship | U16 Male/Female |
| | 3km | AV Schools Championship | U14 Male/Female |
| | 4km | Non-championship | Open |
| 11.00am | 2.5km | VRWC Championship | U12 Male/Female |
| | 1.5km | VRWC Championship | U10 Male/Female |
| | 2km | Non-championship | Open |
| 11.45am | <i>Presentations</i> | | |

*Entries for AV 35km and AV Schools championships close at 11.59pm on Wednesday 15 May.

Enter via AV portal at <https://athsvic.org.au/events/victorian-race-walking-club/>

*Entries for **VRWC championships and Non-championship** events close at **6.00pm on Friday 17 May**.
Enter via VRWC portal at <https://www.revolutionise.com.au/vrwc/>

*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



** 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

** WALKER OF THE WEEK **

In the last issue, it was dual Olympians Jemima Montag and Rhydian Cowley who took out the WOTW award. For this week's gong, we revisit the place where it all began for them ... Little Athletics. And no, Rhyd and Jemima didn't jump into a time capsule. Today, the focus is on two of our most exciting prospects – **Max Davidson** and **Mya McClure (VIC)** – winners of 1500m titles at the recent Australian Little Athletics T&F championships in Adelaide by big margins and with big PBs.

Max, who has shown great potential for a number of years yet only really surfaced at summer championship time, took a big step up during 2023-24's AVSL season and showed the benefit of a full summer of racing over 2000m and 3000m. Winning the U15 title in **6:19.63** – a time that shattered his previous best by 21 secs – Max has found the incentive to pursue race walking seriously and develop his speed and condition on the road. We look forward to watching his progress at Middle Park this winter.

Mya, now in her third year with the VRWC and one of the toughest competitors in the country, has built impressively upon her natural speed with improved endurance and tactical know-how through consistent racing in LAVic and AVSL competition. In Adelaide she put it all together in the U13 championship to rip 23 secs from her PB, winning in **6:41.07**. Mya is making her first forays into longer distances which, done sensibly, will assist her overall growth as a walker over time.

Congratulations, Max and Mya ... wishing you both a highly successful 2024.



***Honourable mentions**

- **Rain Langford (SA)** – another big step up in SARWC competition, this time a 3:04 PB over 4km in **20:30**.
- **Abby Fowler (VIC)** – a great display of finishing speed to win the 1km event and handicap in **6:25** at Middle Park.
- **Callum Martin (NSW)** – another big improver at the national Little Athletics titles, winning the U13 1500m race with a 15 sec PB in **6:30.11**.



Coles Australia Little Athletics c'ships, 27/28 April – Adelaide SA

Two weeks ago, the Australian Little Athletics T&F titles were held at Mile End stadium in Adelaide, with 1500m Walk championships contested in the U13, U14 and U15 age groups. It was a rich harvest for Victoria, with three golds and two silvers, while NSW also claimed three titles with sub-7:00 wins.

Max Davidson (VIC) had the fastest time of the meet with **6:19.63**, while **Callum Martin** (NSW), two years younger, gave further notice of his promise with a time only 11secs slower than Max's. **Mya McClure** (VIC), **Sophie Polkinghorne** (NSW) and **Sarah Holmes** (VIC) dominated their events, while **Alexander Braendle** (NSW) outlasted Victoria's **Jaime Hvalica** in what appears to have been a closer contest.

U15 1500m Walk

| | | | |
|---|------------------|-----|---------|
| 1 | Max Davidson | VIC | 6:19.63 |
| 2 | Fraser Aubrey | VIC | 7:09.17 |
| 3 | Liam Freundt | SA | 7:19.57 |
| 4 | Jayden Zammit | SA | 8:06.71 |
| 5 | Kade Constantine | WA | 8:25.96 |

| | | | |
|---|------------------|-----|---------|
| 1 | Sarah Holmes | VIC | 7:07.56 |
| 2 | Grace Marin | SA | 7:24.55 |
| 3 | Katica Borsic | WA | 7:35.99 |
| 4 | Makenna Clarke | QLD | 7:51.79 |
| 5 | Alexis Sungkar | VIC | 7:52.64 |
| 6 | Isabelle Curtis | WA | 7:52.71 |
| 7 | Aaliah Giacopini | SA | 8:56.01 |
| - | Olivia Boulton | QLD | DQ |

U14 1500m Walk

| | | | |
|---|--------------------|-----|---------|
| 1 | Alexander Braendle | NSW | 6:51.64 |
| 2 | Jaime Hvalica | VIC | 6:59.91 |
| 3 | Keenan Munro | WA | 7:08.41 |
| 4 | Riley Breckon | NSW | 7:42.38 |
| 5 | Koby Irvine | QLD | 7:43.78 |
| 6 | Beau McKinnon | VIC | 8:12.90 |

| | | | |
|---|------------------------|-----|---------|
| 1 | Sophie Polkinghorne | NSW | 6:42.35 |
| 2 | Bethany Moore-Kirkland | QLD | 7:09.90 |
| 3 | Emma Hoskins | NSW | 7:18.91 |
| 4 | Matilda Read | VIC | 7:26.55 |
| 5 | Eva Parker | TAS | 7:30.17 |
| 6 | Hannah Matthews | VIC | 7:33.41 |
| 7 | Trinity Doulis | WA | 7:56.00 |
| 8 | Eliza Kelly | QLD | 7:57.10 |

U13 1500m Walk

| | | | |
|----|-------------------|-----|----------|
| 1 | Callum Martin | NSW | 6:30.11 |
| 2 | Liam Domoney | WA | 6:46.71 |
| 3 | Lachlan Moore | QLD | 6:47.11 |
| 4 | Keiran Smith | WA | 6:49.43 |
| 5 | Tyler Cousins | NSW | 6:57.69 |
| 6 | Cory Lockwood | QLD | 7:44.41 |
| 7 | George Johnston | TAS | 8:18.25 |
| 8 | Orlando Grantham | SA | 8:47.16 |
| 9 | Matthew Boothby | SA | 9:05.79 |
| 10 | Emmanuel Allen | ACT | 10:41.91 |
| 11 | Nivin Vinothkumar | ACT | 12:50.96 |
| - | Max Kull | TAS | DQ |

| | | | |
|----|------------------------|-----|----------|
| 1 | Mya McClure | VIC | 6:41.07 |
| 2 | Gemma Dixon | NSW | 7:10.04 |
| 3 | Nikki Hearnden | NSW | 7:30.13 |
| 4 | Tory D'Alessio | WA | 7:42.97 |
| 5 | Zoe Renton | QLD | 7:51.61 |
| 6 | Kiara Waterman | QLD | 8:09.95 |
| 7 | Savannah Carnaby | WA | 8:17.31 |
| 8 | Cacia Charles | TAS | 8:19.38 |
| 9 | Mia Gilmour | TAS | 8:22.59 |
| 10 | Hannah Martin | ACT | 11:30.85 |
| 11 | Scarlett Koutsogiannis | VIC | 11:31.22 |
| - | Iolanthe Thompson | ACT | DQ |

A.C.T. ACTRFWC results, 12 May – Yerrabi Pond

Thanks to **Helen Toyne** for these results:

| | | |
|-------------|----------------|---------|
| 10km | | |
| 1 | Sue Archer | 1:13:19 |
| 2 | Bryan Thomas | 1:24:27 |
| 4km | | |
| 1 | Jillian Ryan | 25:29 |
| 2 | Sebastian Ryan | 27:06 |
| 3 | Ann Milligan | 40:42 |
| 2km | | |
| 1 | Edna Dundas | 21:45 |

SOUTH AUSTRALIA SARWC results, 4 May – South Parklands

Kim Mottrom had (as Ian Dury would have put it) reasons to be cheerful on Saturday. He reports:

Perfect weather again today with 20c at race time and 7 PB's, and two first timers. Huge PB again from **Rain Langford** (over 3 mins).

| | | | | | |
|-----------------|-------|-----------|--------------------|-------|---------|
| Open 4km | | | Open 3km | | |
| Kim Mottrom | 18:09 | | Sebastian Richards | 14:04 | |
| Rain Langford | 20:30 | PB 3:04 | Angelina Legrand | 15:25 | PB 0:03 |
| Cooper Rech | 21:10 | | | | |
| Mel Grantham | 23:19 | PB 0:02 | Open 1.5km | | |
| Peter Crump | 26:09 | | Liliana Templer | 08:31 | |
| Jasmine Crabb | 28:25 | PB 1:00 | | | |
| Di Camilleri | 30:57 | PB 0:18 | Open 1km | | |
| Alex McEwan | 32:12 | First 4km | Robert Crabb | 07:13 | |
| Lauren Richards | 32:27 | First 4km | Martin Crabb | 10:12 | |
| Bill Starr | 32:57 | | | | |
| Kristy Templer | 33:15 | PB 0:05 | | | |

TASMANIA TRWC results, 11 May – Montrose Bay

Tasmania claimed its share of the fine weather enjoyed on the mainland on Saturday. **David Moore** reports:

Calm conditions and blue skies for our TRWC Walks on Saturday at Montrose Bay. The fine weather brought out the best in **Isla Direen** and **Alexa Watson**, with each slicing close to 30 seconds off their previous PB times for 1km, while Master's athlete **Eugene Gerlach** did his fastest 3km for quite some time. We also welcomed **Will Sugiarto** for his first Race Walk.

| | | |
|------------|-----------------|------------------------|
| 1km | | |
| 1. | Isla Direen | Huon LA 7:12 PB |
| 2. | Elsie Woodward | Huon LA 7:34 |
| 3. | Bianca Sugiarto | Huon LA 8:18 |
| 4. | Will Sugiarto | Huon LA 9:00 First one |

5. Alexa Watson Huon LA 9:32 PB

2km

1. Adele Woodward OVA 13:25
6. Dave Moore TMA 19:45

3km

1. Eugene Gerlach TMA 20:51
2. Wayne Fletcher NS 28:15

4km

1. Oliver Morgan SB 20:16

WESTERN AUSTRALIA WARWC results, 12 May – Shelley

Conditions were mild and overcast for the WARWC's Sunday races at Shelley, in Perth's southern suburbs. Thanks to **Terry Jones** for the results.

10K

Andrew Duncan 55.55
Kaytee Bogaers 1.00.44
Wendy Farrow 1.12.07

8K

Melissa Lewis 52.46

3K

Trinity Doulis 17.31
Darcy Bramwell-Keys 18.37
Savannah Carnaby 19.33
Fiona van Heerwaarden 24.56
Steve Travell 27.01
Glenys Duncan 28.07

1.5K

Addison Roots 9.43
Willow Wheeler 10.13
Rahni Fowler 10.14
Zoe Fowler 13.21
Tammy Bogaers 13.59
Dante van Heerwaarden 15.20



INTERNATIONAL NEWS

PORTUGAL: 31st Grande Premio Internacional de Rio Maior (WA Gold), 11 May – Rio Maior

After a recent solid schedule of international racing – including a world teams championship - the latest World Walking Tour Gold in Rio Maior meeting saw understandably reduced fields as the main players switch focus from racing to preparation for the Paris Olympics. The 20km main event saw Ecuador's Brian Pintado hit back after his Antalya disappointment, while Peru's Kimberly Garcia Leon won in what appeared to be little more than a threshold session. **Paul Warburton** reports:

Pintado and Garcia triumph in Rio Maior

by Paul Warburton - reprinted from World Athletics News – 12 May 2024

There were comfortable wins for **Brian Pintado** and **Kimberly Garcia** at the Grande Prémio Internacional de Rio Maior on Saturday (11) – the latest Gold stop of the **World Athletics Race Walking Tour**. In fact, the staggered start of the men's and women's 20km saw both cross the finish line in the same minute.

Pintado, the defending champion, was away and gone long before 15km. It also brought a welcome return to racing following disqualification at the World Athletics Race Walking Team Championships Antalya 24. But Garcia had Mexico's **Alejandra Ortega** for company right up to the last one-kilometre circuit.

It was a warm 19C despite the early evening start, but was to get cooler. 2022 double world champion Garcia was hard to spot at the start, wearing long black socks, black kinaesthetic tape from knee to glute muscles and topped off with dark glasses. She also modestly hung back at the 6pm start. In fact, the Peruvian was content to leave three others to take it on with home hope **Vitoria Oliveira** leading the charge.

Not that it was a particularly hard task. The opening kilometre was a pedestrian 4:43 and when Mexico's **Valeria Ortuno** and **Erica Sena** went through the line for the second lap in 9:10, it was clear things were warming up. One lap later, and the first four were walking single file. Surprisingly, Garcia was six seconds behind Ortuno at the front, but that slight gap was coming down inch by inch.

The status quo was preserved at quarter distance reached in 22:49. Shortly after 4km, Garcia ominously drew alongside Oliveira with the other two a couple of seconds ahead.

Ortega was moving though the gears and soon changed the look of the leaders. She actually passed 10km first in 45:51 although Garcia, Oliveira and Sena were treading on her heels as Ortuno began to suffer. It remained the same through the next four laps, but at 15km Oliveira's brave bid for glory was done.

It was now a three-woman race between Garcia, Sena and Ortega, but not for long. By 17km, 39-year-old Sena felt the increased pace and was forced to give way. With two circuits left, the Brazilian knew third would have to do, but up front the battle for first was still very much on – or so it seemed. There was very much a feeling the world's No.1 ranked race walker was biding her time after three big races in a little over a month.

And so it proved. Garcia did just enough to come home in **1:30:35** with Ortega five seconds back. The Mexican was a lowly 30th in Podebrady in April and ninth last week in Warsaw, but took second place here in a season's best of **1:30:40**. Sena was a distant third in **1:31:17** while Hungary's **Rita Recei** just inched ahead of a tiring Oliveira for fourth.

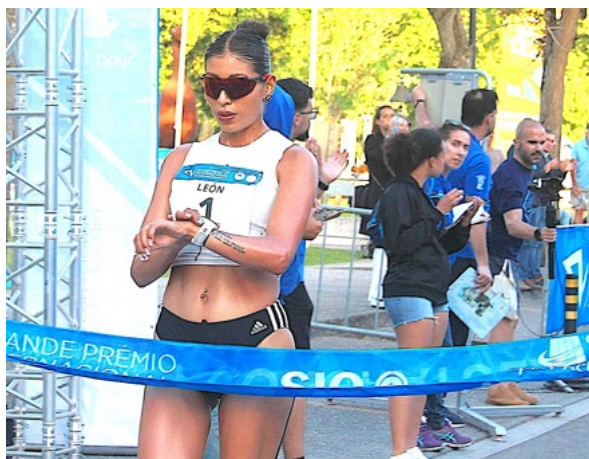
In the men's race, five went through the first kilometre and a blanket would have covered cover the lot. **Marc Tur**, **Jeferson Segura**, **Mazlum Demir** and **Pablo Rodriguez** were slightly ahead of Pintado at a steady four minutes plus for each 1km lap, although that slowed to 12:12 when they went through 3km.

At 5km, Turkey's Demir was content to hang off the back by a second, but it was shoulder to shoulder for the other four leaders. The pace, rather than speeding up, was slowing ever so slightly that saw the five through a sixth lap in a comfortable 24:28.

That all changed at 8km. Segura from Mexico sensed his chance to make the podium, so he and Pintado went away leaving the other three in their wake. Out of the blue, Segura suddenly called it a day just before 10km but it was hammer down for the eventual winner. Pintado reached halfway in 40:22 and quickly found 16 seconds on the three chasers that included Tur from Spain, Peru's Rodriguez and Demir. The Ecuadorean pushed on to double the gap by 14km although behind him chinks of evening light appeared between Rodriguez, Tur and Demir as they battled for the places.

Pintado hit his watch at 1:00:05 for 15km. Rodriguez was now 38 seconds back; Tur added another two to the deficit, and Demir was six seconds behind the Spaniard. That battle for second and third was done and dusted on lap 18 with Rodriguez forging an 11-second gap over Tur, and Demir losing time hand over fist.

Pintado went through the gears over the last two kilometres to come home in **1:19:57**. It might have been a few seconds quicker had he not stopped to wrestle with an Ecuadorian flag he attempted to drape over his shoulders as he strolled through the line. Rodriguez finished in **1:20:47**, Tur in **1:21:09** and Demir a distant **1:22:11**.



(Photos: Rio Maior Sports Centre FB)

20km Women Open

| | | | |
|------------------------|-------------|-----|---------|
| 1 Kimberly GARCÍA LEÓN | 19 OCT 1993 | PER | 1:30:35 |
| 2 Alejandra ORTEGA | 08 JUL 1994 | MEX | 1:30:40 |
| 3 Erica SENA | 03 MAY 1985 | BRA | 1:31:17 |
| 4 Rita RÉCSEI | 30 JAN 1996 | HUN | 1:32:22 |
| 5 Vitória OLIVEIRA | 30 AUG 1992 | POR | 1:32:32 |

20km Men Open

| | | | |
|---------------------------|-------------|-----|---------|
| 1 Brian Daniel PINTADO | 29 JUL 1995 | ECU | 1:19:57 |
| 2 César Augusto RODRÍGUEZ | 26 JUN 1997 | PER | 1:20:47 |
| 3 Marc TUR | 30 NOV 1994 | ESP | 1:21:09 |
| 4 Mazlum DEMIR | 19 DEC 2003 | TUR | 1:22:11 |
| 5 Bence VENYERCSÁN | 08 JAN 1996 | HUN | 1:24:11 |

| | | | | | | | |
|----------------------------|-------------|-----|---------|-------------------------|-------------|-----|---------|
| 6 Inês MENDES | 11 APR 2003 | POR | 1:34:21 | 6 Tiago RAMOS | 05 JUN 2003 | POR | 1:25:52 |
| 7 Ayşe TEKDAL | 28 OCT 1999 | TUR | 1:35:00 | 7 Gabriel ALVARADO | 19 DEC 2004 | NCA | 1:27:01 |
| 8 Carolina COSTA | 12 MAR 1998 | POR | 1:35:37 | 8 José LEYVER | 12 NOV 1985 | MEX | 1:28:46 |
| 9 Bruna MARQUES | 29 JUL 2002 | POR | 1:38:11 | 9 João OLIM | 14 OCT 2000 | POR | 1:34:03 |
| 10 Rocío Estefanía SÁNCHEZ | 21 NOV 2001 | MEX | 1:40:37 | 10 Tiago SUCENA | 18 JUN 2004 | POR | 1:35:53 |
| 11 Margarida SÁ | 17 AUG 2002 | POR | 1:47:10 | 11 Manuel MARQUES | 04 SEP 1978 | POR | 1:37:41 |
| 12 Juliana GALVÃO | 09 FEB 2001 | POR | 1:48:39 | 12 Augusto CARDOSO | 13 DEC 1970 | POR | 1:48:32 |
| .. Lucia REDONDO | 03 AUG 2003 | ESP | DNF | 13 Ricardo VENDEIRA | 09 MAR 1981 | POR | 1:48:55 |
| .. Valeria ORTUÑO | 27 MAY 1998 | MEX | DNF | 14 Amaro TEXEIRA | 08 JUL 1989 | POR | 1:50:51 |
| .. Adriana VIVEIROS | 12 MAR 2002 | POR | DNF | 15 Pedro MARTINS | 12 JAN 1968 | POR | 1:54:21 |
| .. Ana Catarina LEONOR | 25 JAN 1998 | POR | DNF | .. Jefferson SEGURA | 08 DEC 1998 | MEX | DNF |
| .. Joana PONTES | 22 MAR 2000 | POR | DQ | .. Josafat SÁNCHEZ PEÑA | 21 MAR 2000 | MEX | DQ |
| | | | | .. Hélder SANTOS | 07 MAR 1996 | POR | DQ |

10km Women U20

| | | | |
|------------------------|-------------|-----|-------|
| 1 Maria Elena PORTILLA | 30 AUG 2007 | ECU | 50:38 |
| 2 Isa FERREIRA | 08 SEP 2006 | POR | 52:19 |
| 3 Gabriela SANTOS | 21 NOV 2006 | POR | 52:19 |
| 4 Tania Maribel ONCE | 29 SEP 2007 | ECU | 52:26 |
| 5 Aixa HIDALGO LLAMAS | 18 MAY 2009 | ESP | 54:39 |
| 6 Matilde SOUSA | 20 MAY 2006 | POR | 55:55 |

10km Men U20

| | | | |
|---------------------------|-------------|-----|-------|
| 1 Pablo GONZÁLEZ | 03 MAY 2006 | ESP | 41:49 |
| 2 Eduardo CAMARATE | 17 NOV 2006 | POR | 45:23 |
| 3 Sebastia Vin. BARRERA Q | 01 AUG 2007 | ECU | 46:54 |
| 4 Bruno COELHO | 19 APR 2006 | POR | 47:38 |
| 5 Rodrigo ARAÚJO | 05 NOV 2005 | POR | 47:49 |

UNITED KINGDOM: Veterans AC 5m Road Walk C'ships, 7 May – Battersea Park

David Hoben reports on the Veterans championships in London. Thanks to David Ainsworth for forwarding the results.

The second of the regular Battersea Park races had a smallish field in fine, pleasantly warm sunny conditions, however the turnout was not impacted by the rail strike.

Ian Richards (Steyning AC) had a comfortable overall and men's win, using the race as a build-up to his V75 ambitions this year, and Melanie Peddle (Loughton AC) won for the ladies in a fine time.

| Pl. | Name | Age Group | Club | Time | Cat Pos | Gender |
|-----|-------------------|-----------|---------------------------------|----------|---------|--------|
| 1 | Ian Richards | M75 | Steyning AC/Veterans AC | 44:50 | 1 | Male |
| 2 | Melanie Peddle | W55 | Loughton AC/EMAC | 46:13 | 1 | Female |
| 3 | Stuart Bennett | M65 | Brentwood Beagles/Veterans AC | 50:41 | 1 | Male |
| 4 | Maureen Noel | W60 | Belgrave Harriers/Veterans AC | 51:11 | 1 | Female |
| 5 | Penelope Cummings | W45 | Herne Hill Harriers/Veterans AC | 52:42 | 1 | Female |
| 6 | Fiona Bishop | W60 | Woking AC/Veterans AC | 58:48 | 2 | Female |
| 7 | David Hoben | M70 | SyWC/Veterans AC | 01:02:44 | 1 | Male |
| | Peter Hannell | M80 | SyWC/Veterans AC | DNF | | |
| | Kathy Crilley | W75 | SyWC/Veterans AC | DNF | | |

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 14, 2024 - Matheus Correa (Brazil) and Evelyn Inga (Peru) are Ibero-American champions in the 20 km march - Cuiabá 2024 <https://omarchador.blogspot.com/2024/05/matheus-correa-brasil-e-evelyn-inga.html>
- Monday, May 13, 2024 - Daniel Pintado obtains third consecutive victory in Rio Maior. Tiago Ramos is national 20 km champion <https://omarchador.blogspot.com/2024/05/brian-pintado-obtem-terceira-vitoria.html>
- Sunday, May 12, 2024 - Kimberly Garcia returns to victory in the 20 km of Rio Maior. Vitória Oliveira becomes national champion <https://omarchador.blogspot.com/2024/05/kimberly-garcia-de-regresso-as-vitorias.html>
- Sunday, May 12, 2024 - 1997, Algarve in a big way and Rio Maior on the European circuit <https://omarchador.blogspot.com/2024/05/1997-algarve-em-grande-e-rio-maior-no.html> Significantly, given this week's results, the latest instalment on Portugal's race walking history features 1997 – the year Rio Maior first entered the European competitive circuit.
- Saturday, May 11, 2024 - South Korea National Athletics Championships - Yecheon 2024 <https://omarchador.blogspot.com/2024/05/campeonatos-nacionais-de-atletismo-da.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 57th 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 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

| | |
|---------------------|---|
| 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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Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au

