

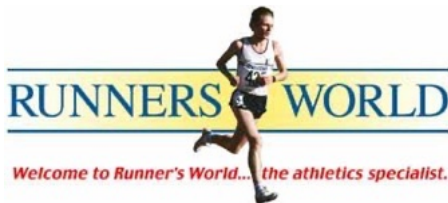


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The official organ of the Victorian Race Walking Club, Inc.

Editor: Stu Cooper stuwalks@yahoo.com.au

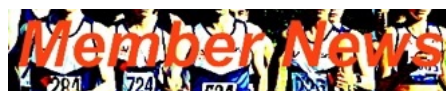


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CLUB NEWS and RESULTS



- **Arnika Nelson**, the VRWC's latest Kiwi member, is having a summer sojourn in Ireland this year for training and conditioning under coach Jamie Costin. This brief report is from the Tuam AC Juveniles Facebook page:

The club's Race Walking squad were honoured to have the New Zealand champion Arnika Nelson training with the group yesterday on Glass Avenue along with expert coaching from 3 time Irish Olympian Jamie Costin.

Arnika is the daughter of two Olympians (Scott Nelson and Gabrielle Blythe) and competed in the World Race Walking Team Championships in Turkiye a few weeks ago.

She will spend the summer training and racing in Ireland and is planning to race the Connacht Senior Championships in Athlone in June.

Go Arnika! In that environment you can't help but progress, and we look forward to seeing your name in the Connacht results. (*BEWARE though! That is Ireland, after all. If those coaches work on your pace judgement or leg speed by playing the bodhran at you, you might come back here Irish dancing – not impressive to walk judges!)



Arnika with her Tuam AC walking mates.



Bodhran ... the walker's nemesis?

(Photos: Tuam AC Juveniles Facebook; Scarlett Music)

****HAVE YOU ENTERED FOR THE LBG CARNIVAL YET?***

(You have less than 24 hours to avoid the late fee.)

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 this week ... Wednesday 22 May**. *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.



AV 35km & AV Schools championships 19 May – Middle Park



Sunday saw the holding of the **AV Open 35km Jared Tallent Trophy** and **AV Schools championships** ... the first of our State walking championships to be badged as an official World Athletics calendar event. A chilly yet dry autumn morning with little more than a mild breeze provided pretty close to ideal conditions for the 36 walkers who presented for the morning's program of championship and non-championship races.

Three starters set off at 8am, with NSW visitor **Dylan Richardson** quickly opening a good lead over **Rhydian Cowley** who was out for a long tempo session and a defense of his State title. Further back, Rhydian's Glenhuntly clubmate **Alejandro Stephens**, tackling his first 35km, found a comfortable aerobase pace and settled down to the job.



After reaching the 20km mark a 1km lap clear of Rhydian, Dylan called it a day at 30km, leaving Rhyd well clear to claim his second consecutive Jared Tallent Trophy in **2:47:49**. Alejandro, lapping consistently at around 5:50's to 20km, hit a

rough patch over the next 7km but rallied to mount a brisk finish for silver in **3:28:05**, a creditable first effort in which he beat his 30km PB en route by over 7mins.

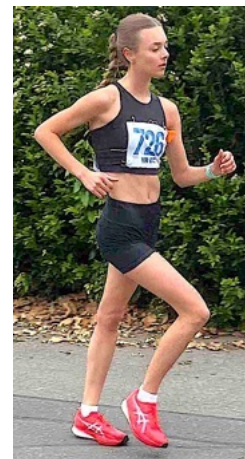
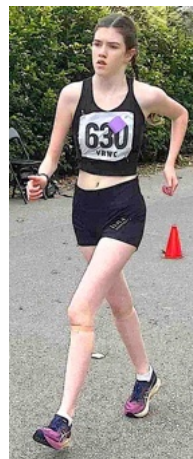
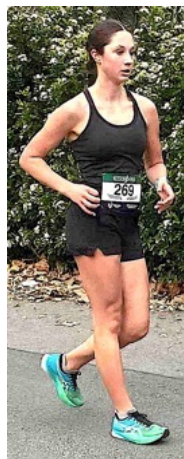
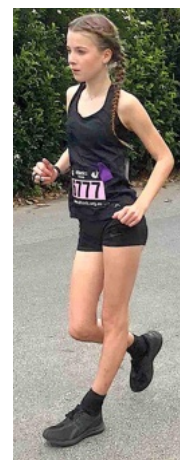
With the 35km coming back into favour for the next WA World Championships in Tokyo and hopefully beyond, we hope to see more distance-inclined walkers take advantage of this WA calendar race at Middle Park for qualifying purposes.

AV 35km Open c'ship & Jared Tallent Trophy

Name	Club	5km	10km	15km	20km	25km	30km	35km
1 Rhydian Cowley	M Glenhuntly	24.27	48.41	1:13:26	1:37:37	2:01:46	2:25:07	2:47:49
2 Alejandro Stephens	M Glenhuntly	29.43	58.51	1:28:08	1:57:36	2:28:25	2:58:38	3:28:05
.. Dylan Richardson	M NSW inv.	23.26	46.25	1:09:19	1:32:29	1:56:20	2:23:36	DNF

The AV Schools championships held few surprises, with **Ela Uzun** and **Riley Coughlan** being the standouts. **Max Davidson**, walking in his first school road race, left it all out there, while the best contest of the day was provided by **Lewis McLennan** and **Angus Shuttleworth** with only 1 sec separating them on the line.

Maddison Nash won in her first Winter race following a rest after a breakthrough summer. Another coming back after a busy summer schedule was **Matilda Read** who held **Mietta Morgan** at bay for the U14 gold. We were also pleased to welcome **Oliver Morgan** from Tasmania, who raced in the U18 5km for a good result.



AV Schools U20 10km Female

1 Maddison Nash	Hazel Glen Coll.	54:05
2 Emily Smith	Kilbreda College	58:22

AV Schools U20 10km Male

.. Marcus Wakim	Carey Baptist Grammar	DNS
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AV Schools U18 5km Female

1 Ariana Pashutina	Ashwood HS	26:15
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AV Schools U18 5km Male

1 Riley Coughlan	Salesian Coll Sunbury	22:19
2 Oliver Morgan	TAS inv.	25:54

AV Schools U16 3km Female

1 Matilda Read	Mirboo North SC	18:13
2 Mietta Morgan	Homeschool	18:30
3 Addison Paulke	Patterson River SC	19:39
.. Hannah Matthews	Mater Christi College	DNS

AV Schools U16 3km Male

1 Max Davidson	Diamond Valley Coll	14:15
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AV Schools U14 3km Female

1 Ela Uzun	St Monica's College	14:01
2 Havana Ali	St Monica's College	16:37

AV Schools U14 3km Male

1 Lewis McLennan	Donvale Christian Coll	15:15
2 Angus Shuttleworth	Blackburn H S	15:16
3 Tate Jardine	Penleigh & Ess. Gr	21:44

VRWC	Club championships & non-championship races, 19 May – Middle Park
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First-year member **Addison Frenken** opened her Club championship account with a winning time of **14:27** in the U12 2.5km, holding off an ever-determined **Pippa Read**, **14:45**. Meanwhile, **Abby Fowler** again displayed her finishing speed to good effect in taking the U10 1.5km title ahead of **Erlyn Singh** who improves with each race.

The Non-championship races saw Bec Henderson stretch out over 15km as part of her Paris Olympic preparation

VRWC U12 2.5km championship Girls

1 Addison Frenken	14:27
2 Pippa Read	14:45
3 Erlyn Singh	16:51
.. Indigo Marshall-Moodie	DNS

VRWC U12 2.5km championship Boys

.. Tom Guastella	DQ
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VRWC U10 1.5km championship Girls

1 Abby Fowler	9:55
2 Aria Di Benedetto	12:02

Open 15km Non-championship

1 Rebecca Henderson	1:14:36
2 Char Hay	1:22:04
3 Carolyn Rosenbrock	1:34:10

1 Gerard Feain	1:39:17
.. Eden Morgan	DQ

Open 8km Non-championship

1 Heather Carr	55:28
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1 Andrew Jamieson	50:56
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Open 4km Non-championship

1 Emilie Garside	26:04
2 Amelia Vernal	29:33

1 Kevin Cassidy	22:25
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Open 2km Non-Championship

1 Donna-Marie Elms	12:53
2 Caitlyn Shipham	14:18
3 Gwen Steed	14:59

1 Arthur Robinson	14:28
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(Unfortunately, the Racewalk Australia website was having technical difficulties, so I was unable to source previous times for PBs this week. Better luck in the next issue.)

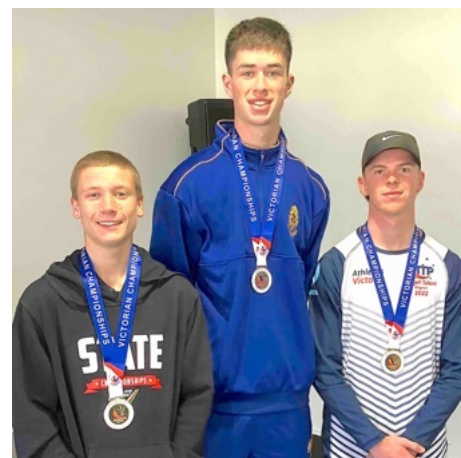
**** Winners (as ever) are grinners ****



AV 35km (Jared Tallent Trophy)



AV Schools U20 10km



AV Schools U16 & U18 5km



AV U16 Schools 5km



AV Schools U14 3km



AV Schools U14 3km



VRWC U12 2.5km



VRWC U10 1.5km

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 of the meet:** Mark Donahoo
- Referee:** Brendan Ferrari
- Race Director:** Mark Donahoo
- Check in:** Mark Donahoo, Bill Carr
- Recorders and timekeepers:** Madeleine Feain, Simon Baker, Richard Nash, Bob Gardiner, Ian Laurie, David Long, Bill Carr, Donna Vernal, Ivan Pashutin
- Judges:** Gordon Loughnan- Bronze (Chief) Scott Nelson- Silver Level WA, Terry Swan- Bronze, Di Lowden- Bronze, Brenda Felton, Bernadette Morgan, Shane Bicknell, Shane Dickson
- DQ board** Anthony Doran
- Judge's Recorder** Michael Bodey
- Penalty zone** Karyn O'Neill
- Set up, during, Pack up:** Terry Swan, Tim Erickson, Terry O'Neill, Karyn O'Neill, Scott Nelson, Ian Laurie, Stu Cooper
- Bike rider** Tim Erickson
- Photos** Stu Cooper
- Canteen** Donna Marie Elms, Gwen Steed
- Presentations:** Tim Erickson, Mark Donahoo
- Red cards collector** Terry O'Neill
- Feed Table** Deb Nash, Stu Cooper
- Walkers:** 36

**Next weekend ...*

Our Points competitions resume next Saturday. With two race days to go before Canberra, we look forward to seeing a good turnout at both.

**** Saturday 25 May – Middle Park**

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 24 May. Enter online 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.)



The COACHING POINT

***RESEARCH PROJECT: 'COACH BURNOUT AND WELL-BEING'**

Last week I received a letter from Australian Olympic steeplechaser **Amy Cashin** (member of Western Athletics AC), who is studying in the US and has embarked on a doctoral dissertation in West Virginia. Amy has reached out to request input from athletics coaches in Australia in the form of a survey, plus further involvement in later phases of the study. She explains the purpose of the study below:

My name is **Amy Cashin** and for those who have not heard of me, I am an Australian track and field athlete who competed at the Tokyo Olympics, Oregon and Budapest World Championships and the Birmingham Commonwealth Games in the Steeplechase. I am currently based in West Virginia, USA, as a doctorate student, where I am studying Kinesiology, with an emphasis on coaching and teaching studies.

I am writing to ask for your support and participation in my doctoral dissertation on **Coach Burnout and Well Being**. My interest in this area stems from my personal experience and understanding as an elite athlete of the importance of mental well-being.

While there is significant research on enhancing the wellbeing of those working in helping professions (e.g. education, healthcare, etc.) there is little research or understanding of what athletics coaches know about burn out, and/or what coaches would find beneficial in dealing with potential burnout.

Athletics Australia is fully supportive of this important research which will help **develop additional educational resources** to support coach wellbeing and encourages all coaches to participate in Phase 1.

This phase involves completing a short survey (confidential) exploring some basic demographics knowledge/experiences of burnout, and topics you may be interested in learning more about.

Phases 2 & 3 are aimed high-performance coaches who can opt in by providing contact details in the phase 1 survey.

Before participating in the study please read the attached recruitment letter*, which covers all areas of the study and provides other important information as required by University of West Virginia.

I would really appreciate any help, and hopefully, it means I will be closer to graduating. Thank you.

Amy Cashin

*If you are a coach at any level (but especially elite) who is able to assist Amy in her research, please email me at stukcooper@gmail.com and I will forward you her message, which includes links to both the **Recruitment Letter** and the **Survey**.



** WALKER OF THE WEEK **

Again, Little Athletics figures prominently in WOTW considerations. This time it is SA walker **Sebastian Richards**, who blitzed the 2km in the SALA event last Saturday (before his regular SARWC race) with a huge PB performance of **8:55**.

One of coach Kim Mottrom's charges, Sebastian has been improving steadily for several seasons and has obviously gained in speed with his growth. This performance should give him the confidence to pursue faster times across the 2024 road season with an eye towards the RWA championships in August and a productive summer season.

Well done, Sebastian. Keep up the training ... we look forward to seeing your further progress.

*Honourable mentions:

- **Jemima Montag (VIC)** and **Declan Tingay (WA)** – strong showings in the Gran Premio Cantones 20km in La Coruna (ESP) against fields of amazing depth, placing 16th and 28th respectively in **1:30:19** and **1:20:20**, whilst in training mode for Paris.
- **Alejandro Stephens (VIC)** – completed his first ever 35km in the Jared Tallent Trophy race at Middle Park, beating his 30km PB en route by over 7 mins.

From Antalya to Lima for rising race walk star Beacroft

(by Jess Whittington (reprinted from World Athletics News – 19 May))

Despite thinking he was “done for” in the closing stages of the U20 men's 10km at the World Athletics Race Walking Team Championships Antalya 24, **Isaac Beacroft** refused to give up.

Persevering to get gold on his international debut, the 16-year-old launched himself into the global spotlight in Turkiye. Now, with 100 days to go to the **World Athletics U20 Championships Lima 24**, Beacroft has another major contest on his radar.

The team event in Antalya was Beacroft's first ever competition outside of Australia and only his second ever race on the road. But judging it to perfection, in a thrilling finish he reeled in race leader Shi Shengji of China to claim the crown in an Oceanian U20 record of 39:56.

Known for his record-breaking exploits in Australia, Beacroft made further history by becoming the youngest ever winner of an U20 title at the event.

“I'm just amazed, I can't believe it. I'm so happy with what I just did,” he said. “I thought I was done for when the Chinese athlete put about 50 metres or so on me and then I clawed it back. Someone got put in the penalty box and I just thought, ‘okay, that's my opening here’. I took on the race and timed it right.”



(Photo: Francesca Grana)

He will hope to do the same when he returns to the track for the World U20 Championships in Peru, where he will contest the 10,000m race walk on 30 August.

“I’ve qualified for the World U20 Championships so hopefully I can get there and give that a good shake as well,” added Beacroft, who will turn 17 on 18 July. “For now, I’ll live in the present, celebrate this, get back home to Australia and get among it with my mates, see my family and keep doing what I do, I guess.”

AFL’s loss is athletics’ gain

What he has been doing has been working very well, so far. Beacroft began race walking as an under-nine, through a Little Athletics programme. His father, David, and some of his family had been race walkers as younger athletes and Beacroft junior found his own passion for the sport. Now David is his coach.

“I found race walking great, so stuck at it, kept going and now I’ve ended up here, which is just unreal,” said the teenager. Despite having broken numerous age group records, for a long time athletics was not his sole focus. Beacroft also played Australian rules football, training with the GWS Giants Academy.

Now concentrating on race walking, most of his training is done in Blacktown in New South Wales, where he is based. He also goes on training camps, one of those being at altitude in the Perisher Valley in January, when he spent time in the company of some of the nation’s senior stars.

“Enjoy the sport, that’s what gives you the success.”

Maintaining Australia’s legacy in the race walks is important to Beacroft and that made his experience in Antalya even more special.

“We got bronze in the team (men’s 10km team event in Antalya, alongside Riley Coughlan) and the last time we did that was Declan Tingay and Kyle Swan (in 2018), who we’ve got a lot to do with,” he said. “We’re all on the team now and everyone gets along. That’s another point of success for me – the team environment in Australia. We’re all tightly knit and it’s so good to follow in their footsteps and take it on – take on the world.”

All steps lead to Lima

Beacroft’s title win in Antalya has understandably provided great motivation, especially as he looks to take on the world again in August. He is also determined to do his family and support network proud.

“It’s big motivation. The gold medal, I’ve got plenty of people to thank for that,” he said. “I just really want to emphasise my support crew. I don’t say it much, but I appreciate dad and mum and everyone in my group, my friends, my girlfriend – everyone. I couldn’t do it without them.”

One of the team managers in Antalya was a certain Jared Tallent, the four-time Olympic and three-time world race walk medallist who also claimed six World Race Walking Cup medals and two Commonwealth Games medals during his highly successful career. He is of course someone that Beacroft looks up to and having the chance to learn from such figures is not something the teenager takes for granted.

“He shares his experiences and really helps me out,” said Beacroft. “And Brent Vallance, too. He is the head coach of Australia race walking and he has got some awesome advice.”

And when someone like Tallent describes an athlete as a “generational talent”, it would be wise to take note.

“I had the privilege of witnessing Isaac’s incredible speed and potential at our national walks camp in January, where he impressed national lead coach Brent Vallance and me with his training,” said Tallent. “He challenged our best senior athletes, and we knew then that he would be a force to be reckoned with at Antalya, and therefore no surprise he won gold.

“Isaac is a generational talent and a technically brilliant walker. It’s been amazing to watch his progression over the past couple of years, as he’s consistently set new records at every distance in Australia under the guidance of his coach, David Beacroft. He’s a humble and supportive teammate, and it’s great to see him and his fellow competitors working together towards success. Australia now has the deepest field of quality junior male race walkers we’ve ever had.

“Australia has a rich history of success at the Olympics in race walking, with seven medals in the last 20 years,” he added. “However, we’ve gone 28 years without a world junior medal in the walk. With 100 days until Lima, Isaac is poised to break that drought as the favourite to win gold. I’ll do everything I can to support athletes and coaches in Australia to achieve success and continue our proud tradition in race walking.”

While Beacroft also hopes his journey will include success in Lima and beyond, he’ll be making sure to relish it all. He even has advice for athletes looking to follow in his own footsteps.

“If I could give any advice for anyone coming through – enjoy the sport, that’s what gives you the success,” he said. “A base platform of really loving what you do, and then all the success comes with it.”

A.C.T. ACTRFCW results, 18 May – Lennox Gardens

Helen Toyne reports:

Here are our results below from Lennox Gardens on Saturday. As some walkers wanted to race 3km but we didn't have that as an official distance, they are recorded as a dnf but they did walk 3km!

Jillian Ryan	6km	Race	1	Dnf (completed 3km)
Sebastian Ryan	6km	Race	2	Dnf (completed 3km)
Geoff Barker	6km	Fitness	3	Dnf (completed 3km)
Rosemary Parker	6km	Fitness	1	51:00

Ann Milligan	6km	Fitness	2	1.00:29
Sue Archer	9km	Fitness	1	1.04:55
Bob Parker	9km	Fitness	2	1.15:15
Bryan Thomas	9km	Fitness	3	1.15:35
Miriam McCarthy	9km	Fitness	4	1.18:59
Estrid Helgstedt	1.5km	Race	1	10:26
Michelle Tymkiw	1.5km	Race	2	10:54

NEW SOUTH WALES Kevin Stone Memorial-Nepean Open results, 18 May – Chipping Norton

Thanks to **Frank Overton** for the results from this, an important commemorative fixture on the NSW program:

The event was a trophy day, the Kevin Stone Memorial - Nepean Open. Trophies donated by the Nepean Athletics Club, in memory of Kevin Stone.

There was a good attendance of 47 walkers.

Long Division 10km

1. Chelsea Roberts (F)	53:22
2. Ciara Cassiles (F)	55:18
3. Brendan Pospischil (M)	56:02

Medium Division 8km

1. Aiden Pospischil (M)	50:36
2. Jessey Bektas (F)	50:37

Short Division 4km

1. Sophie Polkinghorne (F)	21:31
2. Eve Reading (F)	21:48
3. Erin Cassiles (F)	22:57
4. Emma Hoskins (F)	23:43
5. Laura Sojomean (F)	25:52
6. Isabelle Nilon (F)	28:48
7. Carmel Parker (F)	29:43
8. Nicolle Challinor (F)	33:39
eq 9. Emily Challinor (F)	37:17
eq 9 Sarah Challinor (F)	37:17

Under 16 years 4km

1. Christopher Nilon (M)	23:23
2. Ashleigh Farrugia (F)	23:47
3. Lilly Twigden (F)	25:25
4. Scarlett McGraw (F)	27:20

Under 14 years 2km

1. Noah Vella (M)	10:23
2. Ashleigh Mansell (F)	10:28
3. Mitchell McCarthy (M)	10:49
4. Sagan Jones (F)	11:08
5. Madeline Kot (F)	11:26
6. Hannah Hewitt (F)	11:34
7. Michael Mathison (M)	11:40
8. Ivy Murray (F)	12:00
9. Sienna Wade (F)	12:01
10. Georgia Watson (F)	12:33
11. Alexander Dennett (M)	13:14
12. Luca Barakat (M)	15:35

Under 12 years 1.5km

1. Avia Luketic (F)	7:45
2. Oliver Masik (M)	8:15
3. Stella Wade (F)	8:17
4. Beth Cochrane (F)	8:24
5. Emma Olofinsky (F)	8:55
6. Veronica Dennett (F)	9:12
7. Caitlin Allum (F)	9:14
8. Addison Jenkins (F)	9:35
9. Chloe Farrugia (F)	9:54
10. Milana Sorokin (F)	10:26
11. Amelia Barakat (F)	13:09

Under 10 years 750m

1. Daniel Smart (M)	4:22
2. Nasrin Hewitt (F)	5:25
3. Kostya Peart (M)	5:32
4. Huxley Jones (M)	6:02
5. James Barakat (M)	8:19

QUEENSLAND QRWC Handicap #3, Saturday 18 May – Capalaba

Results courtesy of **Robyn Wales**:

A Grade Men 15km

(1) P. Bennett	1:44.54	1:44.54
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A Grade Women 10km

(1) Phoebe Chadwick	1:11:18
(2) Joy Dale	1:24.24 SB
(3) Noela McKinven	1:34:49

Men 10km

(1) Bailey Housden	54:30
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C Grade 5km

Women:

D Grade 3km

Women:

eq (1) Eliza Kelly, Kiara Waterman	35:30	(1) Abigail Rogers (2) Amelia Chisholm	17:53 19:33
E Grade 2km		F Grade 1km	
Men:		Men:	
(1) Hayden Robertson	12:25	(1) Connor Robertson	8:44
(2) Leo Ramsay	12:53	Women:	
Women:		(1) Harper Waterman	
(1) April Kelly	14:55		10:06

SOUTH AUSTRALIA SARWC & SALA results, 18 May – South Parklands

Kim Mottrom reports:

Another lovely day in Adelaide, 16c at the time of our races, which lead to some fast times and a couple of PB's.

We hosted a Little Athletics winter meet first (results included) with a big PB to **Sebastian Richards** over 2km as well. Sebastian, Matilda, Robert and Martin competed in both competitions.

SARWC

Open 12km

Kim Mottrom	55:58	
Mel Grantham	1:16:40	PB 0:55
Peter Crump	1:19:38	
Kristy Templer	1:49:30	First 12km

Open 10km

Jasmine Crabb	1:12:27
Di Camilleri	1:29:17
Alex McEwan	1:30:32

Open 6km

Cooper Rech	32:01	
Angelina Legrand	34:18	First 6km

Open 5km

Matilda Rech	37:04
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Open 3km

Sebastian Richards	15:02	
Lauren Richards	23:44	First 3km

Open 1.5km

Martin Crabb	14:59
Robert Crabb	DQ

SA Little Athletics

U9-U11 1km

Jesaya Brandt	6:20
Robert Crabb	6:21
Emmi Tunn	6:44
Amaya Cowling	6:57
Scarlett Wood	7:18
Amity Cowling	7:24
Anthony Crabb	9:03
Mackenzie Stratfold	9:36

U12-U17 2km

Sebastian Richards	8:55
Matilda Rech	12:22
Ananpreet Singh	13:10

TASMANIA TRWC results, 18 May – Seven Mile Beach

Inevitably, as **David Moore** reports, 2024's winter weather appears to have arrived in Hobart:

Our first hint of winter for our Walk at Seven Mile Beach, cold, with a definite chilly breeze. Accolades today for **Alexa Watson** for another PB in her 1km event, **Adele Woodward, Elsie Woodward, and Esther Reyes** each Walking the furthest they have raced in competition and well done to **Wayne Fletcher** with a big improvement in his 3km time from the previous week.

1km

1. Alexa Watson	Huon LA	9:13 PB
2. Dave Moore	TMA	9:24

3km

1. Wayne Fletcher	NS	28:15
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2km

1. Isla Direen	Huon LA	15:54
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4km

1. Adele Woodward	OVA	30:03
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2.5 km

1. Elsie Woodward	Huon LA	21:03
2. Esther Reyes	Huon LA	21:33

5km

1. Sam Lindsay	Newstead	23:21
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INTERNATIONAL NEWS

SPAIN: Grande Prémio Cantones de A Coruña, 18 May – La Coruna

Garcia and Yamanishi triumph in La Coruna

(reprinted from World Athletics News reports – 19 May)

Peru's **Kimberly Garcia** and Japan's **Toshikazu Yamanishi** proved strongest at the Gran Premio Cantones, a **World Athletics Race Walking Tour Gold** meeting, held on Saturday (18) in the Spanish coastal city.

While the 2022 double world champion Garcia became a commanding winner to retain her title, the two-time world 20km race walk champion Yamanishi prevailed over Spain's double world champion Alvaro Martin after a tough battle in a race of incredible depth. With six athletes clocking 1:18 or faster, it was arguably one of the quickest ever men's 20km contests.



Start of the women's 20km at La Coruna ... Garcia (5) already prominent. (Photo: Eduardo Perez – La Voz de Galicia)

Garcia in a class of her own

The women's contest opened at a slow rhythm, the first kilometre taking 4:35 with Mexico's **Alegna Gonzalez** making most of the pace while China's **Ma Zhenxia** and Brazil's **Erica Sena** race walked at her shoulder. The cadence heated up over the following circuits, averaging 4:25 thanks to **Qieyang Shenjie** of China's front tactics.

By the 5km checkpoint (22:13), 16 women remained in the leading pack with Qieyang at the helm closely followed by Garcia, Australia's world silver medallist **Jemima Montag**, Spain's **Laura Garcia-Caro**, Garcia and the former world record-holder **Liu Hong**. At that stage, Spain's double world champion **Maria Perez** remained as part of the leading group.

The first serious movement came just before the eighth kilometre – the fastest to that point (4:19) – when Garcia increased her pace, trying to leave her rivals behind. China's **Yang Jiayu**, Liu and Montag responded and didn't let the Peruvian get away. But Garcia kept on pushing hard – clocking 4:18 for the 10th kilometre to reach halfway in 43:58 – and finally her efforts paid off as only Yang and Ma could keep up. Six women formed part of a chasing group: Gonzalez, Liu and her Chinese compatriot **Peng Li**, Garcia-Caro, Perez and Brazil's **Viviane Lyra**, while Montag looked to have lost any chance of winning.

With the clock reading 51 minutes some 11.2km into the race, Yang's resistance came to an end and Garcia pulled away quite easily to gradually increase her advantage on the Chinese athlete. By 13km, Garcia – who averaged a frantic 4:14 for the previous three circuits – became a virtual winner as Yang race walked 14 seconds adrift, herself just a couple of seconds clear of the quintet comprising Garcia-Caro, Gonzalez, Ma, Liu and Lira. Even as her pace slowed over the following circuits, Garcia widened her lead to 18 seconds by the 15th kilometre, while Yang had been reeled in by the quintet. Meanwhile, a courageous Perez travelled a lonesome eighth, another eight seconds behind that group of six.

While Garcia continued her brisk 4:17/4:18 cadence, Ma lost touch with the chasing group before the 17th kilometre – the quintet some 23 seconds adrift of the Peruvian by then. Over the closing circuits, Garcia-Caro became the next casualty with Yang, Gonzalez, Liu and Lira fighting hard for the two remaining podium berths. It was the Mexican who proved to be the

strongest as she unleashed a powerful attack some 1500m from home to open a sizeable margin on her rivals. At the bell she was 16 seconds behind Garcia, but 11 seconds ahead of Yang, Liu and Lira.

Garcia romped home unopposed in 1:26:41, just one second off her lifetime best set in La Coruna last year and some 17 seconds clear of a fast-finishing Gonzalez who bettered her career best by two seconds to improve on third place from last year. Liu completed a mouth-watering podium with a 1:27:11 performance, two seconds ahead of Lira who clocked a massive PB. The same goes for Garcia-Caro with a 1:27:19 career best for fifth. As for Perez, she showed fine form in her first 20km contest since the World Championships in Budapest, the 28-year-old clocking 1:27:40 for her fifth quickest ever time.

“Winning here for the second time in a row is fantastic, as Cantones features the best possible line-up in the world and that’s quite encouraging for me,” said Garcia. “I’m building up for Paris and this win is a morale booster for me.”

1.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:26:41
2.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:26:57
3.	Hong LIU	12 MAY 1987	CHN	1:27:11
4.	Viviane LYRA	29 JUL 1993	BRA	1:27:13
5.	Laura GARCÍA-CARO	16 APR 1995	ESP	1:27:19
6.	Jiayu YANG	18 FEB 1996	CHN	1:27:27
7.	María PÉREZ	29 APR 1996	ESP	1:27:43
8.	Zhenxia MA	01 AUG 1998	CHN	1:28:14
9.	Yuxia SHI	28 JAN 1999	CHN	1:28:44
10.	Pauline STEY	09 SEP 2001	FRA	1:29:07
11.	Li PENG	27 AUG 2002	CHN	1:29:11
12.	Antia CHAMOSA	07 OCT 1999	ESP	1:29:11
13.	Alejandra ORTEGA	08 JUL 1994	MEX	1:29:29
14.	Ilse GUERRERO	24 MAR 1993	MEX	1:29:37
15.	Ayane YANAI	24 DEC 2003	JPN	1:29:44
16.	Jemima MONTAG	15 FEB 1998	AUS	1:30:19
17.	Johana ORDÓÑEZ	12 DEC 1987	ECU	1:30:26
18.	Alexandrina MIHAI	27 MAY 2003	ITA	1:30:50
19.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:31:09
20.	Lucy Alejandra MENDOZA MALAGON	21 JAN 1999	COL	1:31:16
21.	Nicole COLOMBI	29 DEC 1995	ITA	1:31:41
22.	Federica CURIAZZI	14 AUG 1992	ITA	1:31:41
23.	Lidia SANCHEZ-PUEBLA	17 JUL 1996	ESP	1:32:00
24.	Laura Cristina MOJICA CHALARCA	20 JUN 2000	COL	1:32:07
25.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:32:22
26.	Li MA	15 JAN 2000	CHN	1:32:47
27.	Noelia VARGAS	17 APR 2000	CRC	1:32:50
28.	Paula JUAREZ	30 OCT 2000	ESP	1:32:59
29.	Lucia REDONDO	03 AUG 2003	ESP	1:33:18
30.	Eleonora DOMINICI	22 FEB 1996	ITA	1:33:38
31.	Paula Milena TORRES	17 OCT 2000	ECU	1:33:40
32.	Lamei YIN	21 DEC 2002	CHN	1:33:47
33.	Valeria ORTUÑO	27 MAY 1998	MEX	1:33:50
34.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:33:58
35.	Angela CASTRO	21 FEB 1993	BOL	1:34:44
36.	Haiying JI	25 FEB 2000	CHN	1:34:59
37.	Robyn STEVENS	24 APR 1983	USA	1:35:54
38.	Eva RICO	18 JUN 2003	ESP	1:36:09
39.	Karla JARAMILLO	21 JAN 1997	ECU	1:36:49
40.	Dana Paola ACEVES	21 SEP 2002	MEX	1:37:22
41.	Ana DELAHAIE	13 MAY 2004	FRA	1:37:25
42.	Aldara MEILÁN	02 OCT 2006	ESP	1:37:46
43.	Giulia GABRIELE	11 NOV 2005	ITA	1:38:33
44.	Mayara Luize VICENTAINER	03 FEB 1991	BRA	1:38:59
45.	Sandra Viviana GALVIS	28 JUN 1986	COL	1:39:32
46.	Beatriz CANTERO	26 SEP 1992	ESP	1:39:54
47.	Mirna ORTÍZ	28 FEB 1987	GUA	1:40:26
48.	Anabelly ORJUELA	24 JUL 1988	COL	1:41:33
49.	Nelly LAGRANGE	12 DEC 2004	FRA	1:41:52
50.	Caroline OSMONT	06 FEB 1996	FRA	1:42:45
51.	Anastasia SANZANA	29 MAY 1998	CHI	1:43:24
52.	Jennifer E. CAMPOVERDE NARVAEZ	17 OCT 1999	ECU	1:45:13
53.	Naomi GARCIA	30 MAR 1998	PUR	1:45:50
54.	María Fernanda PEINADO	12 NOV 2001	GUA	1:46:35
55.	Erika KELLY	06 DEC 1992	GBR	1:46:38
56.	Elianay PEREIRA	11 MAY 1984	BRA	1:49:56
	Sara Patricia PULIDO	17 FEB 1994	COL	DNF
	Natalia PULIDO	15 SEP 2004	COL	DNF
	Bianca Maria DITTRICH	06 JUL 1993	GER	DNF

Erica SENA	03 MAY 1985	BRA	DNF
Raquel GONZÁLEZ	16 NOV 1989	ESP	DNF
Sandra MILLAN ROMEO	10 MAR 2001	ESP	DNF
Ana PULGARIN CARDENO	06 MAY 2001	ESP	DNF
Alicia SÁNCHEZ	15 MAY 2000	ESP	DNF
Celia FERRARI	09 OCT 2002	ESP	DNF
Elvina CARRÉ	06 FEB 2003	FRA	DNF
Kate VEALE	05 JAN 1994	IRL	DNF
Karla Ximena SERRANO	14 APR 2004	MEX	DNF
Joana PONTES	22 MAR 2000	POR	DNF
Vivian CASTILLO	10 JUN 1998	MEX	DNF
Zhuoma QIJI	27 MAY 1998	CHN	DNF
Sara VITIELLO	06 AUG 1996	ITA	DNF
Shijie QIEYANG	11 NOV 1990	CHN	DNF

Yamanishi prevails

Unlike the women's competition, the men's kicked off at a brisk pace, the opening circuit being covered in 3:56 with the Chinese pair of Zhang Jun and Zhang Jiaxu plus Brazil's title defender **Caio Bonfim** and Spain's **Alvaro Martin** at the helm. **Qian Haifeng** took the lead in the fourth kilometre and hit 5km timed at 19:44, closely followed by his compatriots **Zhang Yun** and **Cui Lihong**, while Martin and his fellow Spaniard **Miguel Angel Lopez** were tucked behind alongside Australia's **Declan Tingay**. Japan's **Tomohiro Noda** and Ecuador's **Brian Pintado** also moved to the front over the following laps, the still large leading pack going through the 8km point in 31:40.

The halfway stage was reached in 39:33 after the fastest kilometre to that point (3:55), with 25 athletes still in the large heading group. Japan's Noda accelerated over the next circuit, clocking 3:54 with Qian and Martin in hot pursuit, but the first key movement came when the 29-year-old Spaniard picked up the pace to cover the 12th kilometre in a blistering 3:49. Despite that kind of rhythm, still 14 men remained in close attendance.

By the 15km checkpoint the clock read 58:57, averaging sub-3:56/km speed. Shortly afterwards, Pintado opened full gas to cover the 16th kilometre in 3:48 and that whittled the leading group down to seven as he was joined by Spain's Martin and two-time European medallist **Diego Garcia**, the Japanese duo of **Yamanishi** and the season's quickest performer **Koki Ikeda**, Bonfim and Zhang. Another 3:49 circuit led by the Ecuadorian proved to be too fast for Bonfim, who lost ground with two circuits left, while Garcia also began to falter. With some 1600m left, Yamanishi produced a devastating change of speed and only Martin could follow in his footsteps. The pair covered the penultimate lap in 3:43 to hit the bell two seconds clear of Pintado, with three on Ikeda, four over Zhang and with Bonfim travelling five seconds in arrears.

The closing circuit became a thrilling two-horse battle between the 28-year-old Yamanishi and the local hero Martin, while Pintado and Bonfim also fought hard midway through the last lap. Finally, the 2019 and 2022 world champion Yamanishi found another gear to get rid of Martin 200m before the finish line, which he crossed in 1:17:47 following a 3:36 final lap. The Spaniard came runner-up in 1:17:49, his second quickest ever performance, while a fast-finishing Bonfim got the better of Pintado, who managed a lifetime best of 1:17:54. Ikeda also ducked under the 1:18 barrier.

(Photo: flickr.com)



1.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:17:47
2.	Álvaro MARTÍN	18 JUN 1994	ESP	1:17:49
3.	Caio BONFIM	19 MAR 1991	BRA	1:17:52
4.	Brian Daniel PINTADO	29 JUL 1995	ECU	1:17:54
5.	Koki IKEDA	03 MAY 1998	JPN	1:17:59
6.	Jun ZHANG	20 JUL 1998	CHN	1:18:00
7.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:18:19
8.	César Augusto RODRÍGUEZ	26 JUN 1997	PER	1:18:23
9.	Ricardo ORTIZ	07 FEB 1995	MEX	1:18:31
10.	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	1:18:33
11.	José Luis DOCTOR	14 JUN 1996	MEX	1:19:10
12.	Kazuki TAKAHASHI	17 JUN 1996	JPN	1:19:17
13.	David HURTADO	21 APR 1999	ECU	1:19:18
14.	Noel CHAMA	15 SEP 1997	MEX	1:19:21
15.	Ning LU	12 FEB 1999	CHN	1:19:22
16.	Tomohiro NODA	24 JAN 1996	JPN	1:19:26
17.	Haifeng QIAN	08 JUL 2000	CHN	1:19:36
18.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:19:39

19.	Andrea COSI	30 APR 2001	ITA	1:19:43
20.	Lihong CUI	13 MAY 1999	CHN	1:19:55
21.	Haruki MANJU	10 APR 2001	JPN	1:19:56
22.	Maher BEN HLIMA	24 JUL 1989	POL	1:20:06
23.	Yutaro MURAYAMA	29 SEP 1998	JPN	1:20:16
24.	Xiangfei ZHAO	27 SEP 2002	CHN	1:20:17
25.	Mateo ROMERO	07 FEB 2003	COL	1:20:19
26.	Daniel CHAMOSA	04 MAY 1997	ESP	1:20:19
27.	José Manuel PÉREZ	10 SEP 1999	ESP	1:20:20
28.	Declan TINGAY	06 FEB 1999	AUS	1:20:20
29.	Andres Eduardo OLIVAS NÚÑEZ	27 MAY 1998	MEX	1:20:22
30.	Callum WILKINSON	14 MAR 1997	GBR	1:20:27
31.	Iván LÓPEZ	29 MAR 1997	ESP	1:20:30
32.	José MONTANA	21 MAR 1992	COL	1:20:39
33.	Xianghong HE	01 JUL 1998	CHN	1:20:43
34.	Isaac PALMA	26 OCT 1990	MEX	1:20:59
35.	César HERRERA	28 JAN 1999	COL	1:21:10
36.	Li XINGFU	18 JUL 2002	CHN	1:21:12
37.	Leo KÖPP	23 MAY 1998	GER	1:21:16
38.	Lucas MAZZO	19 MAY 1994	BRA	1:21:25
39.	Qin WANG	08 MAY 1994	CHN	1:21:26
40.	Motofumi SUWA	22 OCT 1999	JPN	1:21:49
41.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:21:55
42.	Andrea AGRUSTI	30 AUG 1995	ITA	1:21:59
43.	Manuel BERMÚDEZ	12 DEC 1997	ESP	1:21:59
44.	Max B. GONCALVES DOS SANTOS	09 OCT 1994	BRA	1:22:01
45.	Wenchao NIU	20 APR 1998	CHN	1:22:24
46.	Julio César SALAZAR	08 JUL 1993	MEX	1:22:24
47.	Kevin CAMPION	23 MAY 1988	FRA	1:22:25
48.	Diego GIAMPAOLO	29 FEB 2004	ITA	1:22:27
49.	Roberto VASQUEZ	1998	MEX	1:22:49
50.	Jhonatan Javier AMORES CARUA	29 AUG 1998	ECU	1:22:53
51.	Yassir CABRERA	28 JAN 1988	PAN	1:22:54
52.	Érick Bernabé BARRONDO	14 JUN 1991	GUA	1:22:58
53.	Oisín LANE	12 JUN 2002	IRL	1:23:14
54.	Hongliang ZHANG	16 JAN 1999	CHN	1:23:41
55.	Yandong LI	02 FEB 1998	CHN	1:23:43
56.	Brandon SEGURA	30 APR 1996	MEX	1:23:46
57.	Zhaozhao WANG	01 SEP 1999	CHN	1:23:48
58.	Yifeng WANG	29 DEC 2003	CHN	1:23:50
59.	Pablo RODRIGUEZ ROJAS	18 DEC 2004	ESP	1:24:22
60.	Nicola LOMUSCIO	03 JUN 2003	ITA	1:24:28
61.	Isaac PORCAYO	02 JUL 2001	MEX	1:24:38
62.	Teodorico CAPORASO	14 SEP 1987	ITA	1:24:38
63.	Martin MADELINE-DEGY	07 MAR 2001	FRA	1:25:11
64.	Juan CALDERON	14 APR 1999	CRC	1:25:38
65.	Carl DOHMANN	18 MAY 1990	GER	1:25:44
66.	Mattéo DUC	25 MAR 2001	FRA	1:25:48
67.	José LEYVER	12 NOV 1985	MEX	1:26:32
68.	Cameron CORBISHLEY	31 MAR 1997	GBR	1:26:37
69.	Juan José SOTO	22 AUG 1999	COL	1:26:44
70.	Pablo PASTOR	31 MAR 2003	ESP	1:26:58
71.	César CÓRDOVA FERNÁNDEZ	20 OCT 2002	MEX	1:27:19
72.	Carlos MERCENARIO	26 JUL 2000	MEX	1:28:17
73.	Brandon PEREZ	2002	MEX	1:28:36
74.	Hélder SANTOS	07 MAR 1996	POR	1:28:46
75.	Killian LEBRETON	23 AUG 2000	FRA	1:29:17
76.	Kyrian VALLEE	12 JUL 1994	FRA	1:29:19
77.	Ellis BATIFOL	06 AUG 2003	FRA	1:30:47
78.	Lucas DREVILLE	26 JUN 2002	FRA	1:31:34
79.	Romario ECHAVARRIA	04 SEP 1996	COL	1:32:47
80.	Lorenzo Antonio DAVILA RUIZ	04 JAN 2004	MEX	1:33:27
81.	Daniel JIMENO	11 DEC 2000	ESP	1:34:04
82.	Bryan MORANO	21 SEP 2001	MEX	1:36:32
83.	Andy BOUTRAIS	05 DEC 1991	FRA	1:46:16
	Gabriel ALVARADO	19 DEC 2004	NCA	DNF
	Come MARTIN	24 JAN 1995	FRA	DNF
	Gabriele GAMBA	22 JAN 2002	ITA	DNF
	Jefferson SEGURA	08 DEC 1998	MEX	DNF

Dimitri DURAND	03 JUN 2002	FRA	DNF
Oscar MARTINEZ	28 SEP 2003	ESP	DNF
Andrés CHOCHO	04 NOV 1983	ECU	DNF
Saul WAMPUTSRIK	12 OCT 2004	ECU	DNF
Daniel DE LUCAS CHANQUET	05 AUG 2002	ESP	DNF
Manuel Esteban SOTO	28 JAN 1994	COL	DNF
Nathaniel SEILER	06 APR 1996	GER	DNF
Bernardo Uriel BARRONDO	05 JUN 1993	GUA	DNF
Michele ANTONELLI	23 MAY 1994	ITA	DNF
Matteo GIUPPONI	08 OCT 1988	ITA	DNF
Marc TUR	30 NOV 1994	ESP	DQ
Aymeric HUE	15 AUG 2001	FRA	DQ

**** The Aussies in La Coruna**

In the midst of an intensive training program in preparation for Paris, **Jemima Montag** and **Declan Tingay** had creditable outings (Jemima 16th, Declan 28th) against deep and formidable fields, after being up with the leaders early.



Declan (9) (Photo: Pepe Bermudez Soler)



Jemima bracketed by the Chinese. (Photo: dxtcampeon.com)

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.

- Monday, May 20, 2024 - Tiago Ramos and Maële Bire-Heslouis win in Ismailia, Egypt <https://omarchador.blogspot.com/2024/05/tiago-ramos-e-maele-bire-heslouis.html>
- Sunday, May 19, 2024 - 1998, the first medal at the highest level <https://omarchador.blogspot.com/2024/05/1998-primeira-medalha-ao-mais-alto-nivel.html> Susana Feitor breaks the medal drought for Portugal.
- Sunday, May 19, 2024 - Japanese Yamanishi wins again in A Coruña <https://omarchador.blogspot.com/2024/05/japones-yamanishi-volta-vencer-na.html>
- Sunday, May 19, 2024 - Kimberly García great in A Coruña <https://omarchador.blogspot.com/2024/05/kimberly-garcia-bisa-na-corunha.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 9 Jun 2024	RWA 57th Annual Lake Burley Griffin Carnival – Canberra ACT
Sat 22 Jun 2024	AV 15km & Little Athletics Victoria Road c'ships – Middle Park
Sun 14 Jul 2024	AV, VMA & 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

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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