



HEEL & TOE Online

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

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CLUB NEWS and RESULTS

AV ROAD WALK CHAMPIONSHIPS

Remember that entries for these championships close at 11.59am tomorrow Wednesday 10 July. Race details, start times etc can be seen on Page 6.

*TWILIGHT TRIVIA

Saturday 27 July

After Postal Challenge races

4.00pm to 6.30pm

Enter by no later than Monday 22 July at <https://revolutionise.com.au/vrwc/>
See Notice board on Page 13 for details



- The VRWC now has a 5th Olympian heading to Paris! With the final team selection announced today, we congratulate **Will Thompson** on making the Australian T&F team as a 'travelling reserve' member of the Mixed Marathon Racewalk relay. Will joins **Allanah Pitcher** of

NSW, who has also been selected in this capacity. The two will train with the Australian walks squad and will be prepared to step in should injury or other mishap necessitate a substitution. While nobody wants this to occur, it's a testament to both Will's and Allanah's dedication that they have earned this opportunity. We congratulate them both! (See their responses to their selection in 'Around The Country'.)



Where it all starts ... Will Thompson as a Little Athlete in 2015, with his coach Elke Raselli. (Photo: Marilyn Thompson)

- It came to my notice last weekend that, as well as Di Lowden receiving a gong in the Victoria Day awards, Knox coach **Fran Attard** was commended at the same ceremony for her services to Knox Little Athletics. Fran's work over many years of recognising, introducing and nurturing young walkers through those vital developmental years is

well known to the racewalking community across the country (one of her protegees, Kyle Swan, is about to race in his second Olympics), and the VRWC congratulates Fran on a well-earned accolade.



- A few issues ago we reported that **Arnika Nelson** was in Ireland for the Aussie winter, training under coach Jamie Costin. Arnika is now back home in Melbourne, preparing for the upcoming World Junior championships in Lima where she'll represent New Zealand. Before leaving the Emerald Isle, Arnika took part in the Irish T&F championships, racing in the senior 5000m walk at Santry, Dublin. In conditions that could rightly be described as 'filthy', Arnika put her 10km condition to good use to take 3rd and bronze behind the winner, Irish international Kate Veale. Well done, Arnika, and welcome home!



Arnika wins bronze in the rain. (Photo: James Veale)

** WALKER OF THE WEEK **

Two of our first-year juniors, **Addison Frenken** and **Brodie Welsh**, have joined the winners' circle for their first WOTW awards, by virtue of their excellent efforts in Saturday's Interval races at Middle Park. Perhaps surprisingly, both elected to forego the familiar scratch races in favour of mixing it with the 'big kids' (the oldest being 77!), completing 3 repetitions of 2km for cumulative distances of 6km ... considerably further than either had raced before, in respective total times of **35:09** and **35:34**. Even with 4 to 5min recoveries in between intervals, it was an imposing challenge for such young walkers and they came through with the proverbial flying colours.

Addison opened her account with a brisk 11:28, but it was her second rep of 11:35 – a mere 0:07 slower – that opened the eyes of spectators. That she missed a 3rd sub-12:00 by only 7 seconds shows that she already has a strong condition base and the aptitude for a promising future in endurance walking.

Brodie – whose prior furthest race distance was 2km – backed up an opening 11:45 rep with a faster 11:40, falling away in the 3rd by only 29secs and demonstrating that he, like Addison, has the makings of a formidable road racer in years to come.

Congratulations, Addi and Brodie. Two wonderful efforts. We hope you continue to develop your walking prowess and, above all, that you keep enjoying it!



*Honourable mentions

- **Nellie Langford (SA)** – competing in the SARWC 15km U20 championship, Nellie tore a huge 4:37 from her PB.
- **Sebastian Richards (SA)** – walked his first 10km in the U18 championship and came close to a sub-50min on his first try.

H&T Online - Notice Board

This is located at the conclusion of each issue and contains all Club, AV, national and RWA notices of concern to VRWC members.



Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com

VRWC Club Intervals & non-points results, 6 July – Middle Park

Glowing winter sunshine (with just a trace of warmth) greeted the 26 starters who lined up on Saturday for the annual 2km Intervals race (a cross between a race and a speed endurance training session) plus scratch races over 2km and 3km.

Interval Races

Pace judgement is the key in these races. As with interval workouts in training, spreading one's reserves evenly over all repetitions while having enough left for a strong finish is a challenging skill, not least in this case because it's still a race and one still wants to beat as many of the opposition as possible. For walkers of all ages it's a learning experience, even for those well-practiced at it. Anyone can fall for the trap of blasting the first interval at warp speed, only to realise with horror that they have to face later reps with an almost empty tank. That didn't *seem* to happen here.



The hardy ones set out on another 2km interval.

Mark Blackwood's first leg turned out to be something of a warm-up as he slashed every succeeding rep, blitzing the last in 9:02 for a 10km total time of **46:16**. **Char Hay's** progress was similar, seeing her gain speed in chunks over reps 2, 3 and 4 before grinding out a final sub-10min lap for **49:27**. **Alejandro Stephens** strung five sub-10s together for **48:27** and looks on track for a good 20km next week, while **Terry O'Neil** had the most consistent returns of the 5-rep stalwarts with a spread of only 18secs.

Consistency was also the word for **Emily Smith's** 4 X 2km intervals, her 15sec spread netting her an 8km aggregate of **46:28**.

It was encouraging to see several of our younger, newer members try their luck at repetitions that were likely far longer than they'd experienced before. Particularly impressive were **Addison Frenken** and **Brodie Welsh** who put themselves to the test over 3 X 2km and convincingly averaged under 6:00 kms in their aggregate times. The 2 X 2km saw another young gun, **Indigo Marshall-Moodie**, set a 4-sec PB on the first leg which cost her on the second, but no doubt she'll take it!

2x2km

Pl.			Total Time	1st Int.	2nd Int.	3rd Int.	4th Int.	5th Int.
1	Indigo	Marshall-Moodie	24:21	11:35*	12:46			
2	Emilie	Garside	25:33	12:53	12:40			
3	Heather	Carr	27:10	13:39	13:31			

(* PB 0:04)

3x2km

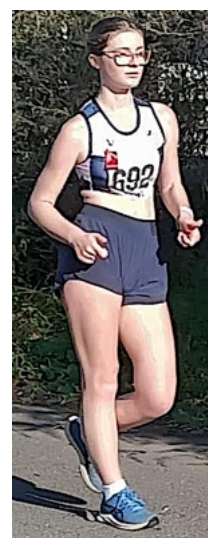
1	Addison	Frenken	35:09	11:28	11:35	12:06		
2	Donna-Marie	Elms	39:26	12:47	13:13	13:26		
1	Brodie	Welsh	35:34	11:45	11:40	12:09		
2	David	Smyth	35:41	11:41	11:54	12:06		

4x2km

1	Emily	Smith	46:28	11:31	11:30	11:45	11:42	
2	Karyn	O'Neill	56:34	14:03	13:57	14:10	14:24	

5x2km

1	Char	Hay	49:27	10:20	10:03	9:46	9:26	9:52
1	Mark	Blackwood	46:16	9:32	9:22	9:11	9:09	9:02
2	Alejandro	Stephens	48:27	9:46	9:34	9:34	9:58	9:35
3	Jonathan	Ho	56:17	11:02	11:08	11:20	11:21	11:26
4	Terry	O'Neill	1:02:01	12:33	12:15	12:20	12:27	12:26
5	Andrew	Jamieson	1:02:19	12:23	12:13	12:24	12:43	12:36



The two scratch races saw some pleasing results, particularly in the 2km which yielded 3 PBs. The highlight was provided by **Abby Fowler**, walking only her 2nd 2km race, who knocked her debut time out of the park by over 2mins to clock **14:33**. **Aria di Benedetto** showed good technique in her first outing over the distance.

Mya McClure will doubtless be glad to get that plaster off her arm. Skin itches aside, she'll certainly be itching to cut down her road times once she has two free arms. On this occasion, she and **Max Davidson** matched strides for good 3km results of **14:53** and **14:50** respectively.

2km race

1	Matilda	Read	10:17
2	Pippa	Read	11:39
3	Georgia	Walters	13:22 PB 0:09

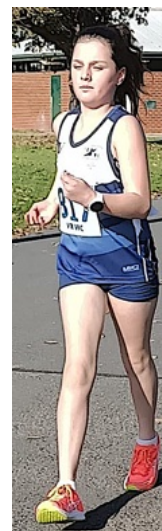
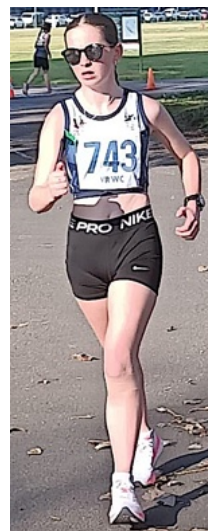
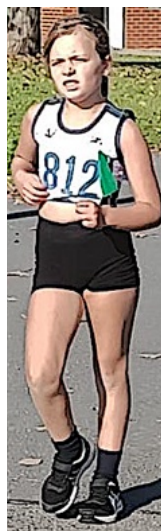
4	Payton	Welsh	13:36	PB 0:35
5	Abby	Fowler	14:33	PB 2:06
6	Aria	Di Benedetto	15:45	First 2km

1 Arthur Robinson 14:19

3km race

1	Mya	McClure	14:53
2	Gwen	Steed	22:36
3	Anna	Wallace	22:36

1 Max Davidson 14:50



*This week's action models:

Matilda, Mark, Char, Pippa, Andrew, Karyn, Georgia, Jonathan, Indigo, Emily, Aria and Addison.

As always, 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. If you're not on the list, be assured that we appreciated your contribution:

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo
Timekeeper	Ian Laurie, Mark Donahoo
Recorders	Bob Gardiner, Margaret Hay, Carolyn Rosenbrock, Kevin Cassidy
Judges:	Gordon Loughnan (Chief), Michael Bodey, Stu Cooper
Set up, Pack up:	Ian Laurie, Stu Cooper, Bob Gardiner, Michael Bodey, Carolyn Rosenbrock, Mark Donahoo
Photos	Therese Smith <i>(Thanks to Therese for agreeing, with no prior notice, to photograph for us on her phone, even if she'd have much preferred to have her camera. We like these just fine, Therese!)</i>
Canteen	Donna Marie Elms, Gwen Steed
Walkers:	26

*Next weekend ...

On Sunday 14th July we host the **AV Road walk Winter championships**, including the 20km for Men and Women (a World Athletics certified fixture), as well as Age group AV titles from U20 to U14. All events and start times shown in the table below. Entry links and deadlines appear beneath the table below.

Alongside the AV races are the **VRWC Winter championships**, featuring the Alf Robinson Trophy 20km for Open men and the Mabel Robinson Trophy 10km for Open women, as well as the **VMA Masters 20km championships** for both men and women. In addition, the VRWC will hold its winter Age group titles as well as non-championship races. So it's shaping up as quite a busy morning. Fingers crossed that the weather cooperates for us!

Helpers welcome!

We'll be using the 1km Championship course on Aughtie Drive for this meeting. If you are free and able to come and assist with lap scoring, setting up, packing away or any other task, your help will be much appreciated. Please contact **Stu Cooper** at stuwalks@yahoo.com.au or Meet manager **Mark Donahoo** at neerims8@gmail.com to let us know you're available.

Sunday 14 July – Middle Park *AV, VMA & VRWC 20km & Winter Championships A World Athletics calendar event			
8.30am	20km	AV Championship	Open Men
	20km	VRWC C'ship – Alf Robinson Trophy	Open Men
	20km	VMA Championship	Masters Men
	20km	AV Championship	Open Women
	20km	VMA Championship	Masters Women
8.50am	20km	Non-championship	Open
	10km	VRWC C'ship – Mabel Robinson Trophy	Open Women
	10km	AV Championship	U20 Men
	10km	AV Championship	U20 Women
	10km	AV Championship	U18 Men
9.15am	10km	Non-championship	Open
	5km	AV Championship	U18 Women
	5km	AV Championship	U16 Boys/Girls
10.00am	5km	Non-championship	Open
	3km	AV Championship	U14 Boys/Girls
10.20am	3km	Non-championship	Open
	2km	VRWC Championship	U12 Boys/Girls
	2km	VRWC Championship	U10 Boys/Girls
2km	Non-championship	Open	

Presentations – *these will be made at the conclusion of each race.*



*Entry for all AV championships must be finalised by **11.59am on Wednesday 10 July**, via the AV Entry portal at <https://athsvic.org.au/events/victorian-race-walking-club/>

*Entries for all VRWC and VMA events close on **Friday 12 July at 6.00pm** at <https://www.revolutionise.com.au/vrwc/>



AROUND THE COUNTRY

** ALLANAH PITCHER AND WILL THOMPSON SELECTED FOR PARIS **

In a wonderful surprise for most of us – and one welcome outcome of the inclusion of a racewalk relay event on the program – two of Australia's up-and-coming internationals **Allanah Pitcher (NSW)** and **Will Thompson (VIC)**, have achieved selection in the Marathon Racewalk Relay at the Paris Olympics.

Selected in the category of 'travelling reserves', the two will be accommodated in the Olympic Village with the Australian team and will train with them as fellow competitors. As is normal practice with track sprint relay squads at major championships, Allanah and Will will be prepared to step in should injury or any other mishap befall a member of either of Australia's two selected pairs (to be chosen from **Jemima Montag, Rhydian Cowley, Bec Henderson** and **Declan Tingay**.)

Needless to say, Will and Allanah are overjoyed at their selection. Their written responses to the news (reprinted from Facebook) appear below:

Alannah: 'I am still trying to process the news that I have been selected as an alternate athlete for the marathon mixed relay. With over half my life dedicated to receiving an opportunity like this it is hard to know where to begin in properly thanking all the people who have made the dream possible.

Firstly, I would like to thank my beautiful family for always being my number 1 supporters. There is no way I could have financially or emotionally taken on this journey without them. My incredible coaches, Frank and Lauren, who have raised me into the athlete I am today from the timid 9 year old who wanted to give racewalking a try all those years ago.

My incredible physio Brett, dietician Bec and all the support staff of @nswinstituteofsport who have enabled me to be my physical best on the start lines. Thank you to the @donnaclarkefoundation, @sydunisport @sydneyuniathletics and @impisportswear for your unwavering support - I am so proud to represent you all. Thank you @athleticsaustralia for trusting me to step up to the job if the opportunity arises.

Finally, thank you to my wonderful training partners who make even the hardest sessions enjoyable and your incredible friendship. Thank you to my beautiful partner @lach_horsley and his amazing family for supporting me through the very quick change of travel itinerary and allowing me the most enjoyable 2 week holiday of my life.

I am so excited to train beside and support the incredible depth of talent that our Australian Olympic team features this year.

See you soon Paris.' 🇫🇷🇵🇷🇫🇷👏



(Photo: Melanie Jones-Pitcher)



Will: 'A huge honor to be selected onto the 2024 Olympic Games athletics squad. I have been selected and will be travelling with the team into Paris essentially as an alternate athlete/relay reserve. Whilst I'm aware my chance of lining up to race in Paris is more unlikely than likely, I'm still incredibly proud to have achieved this selection status, and it's a nice recognition of my previous performances, achievements, and the level I can race at.

Thank you to Athletics Australia for this opportunity, and if I do get my chance to race, I'll be rearing and ready to go.

Finally, thank you to everyone that has played a part in getting me here, - especially my family, coach Brent, my training partners, and everyone at @vicinstsport.

See you in Paris' 🇫🇷🇵🇷🇫🇷👏

(Photo: AV)

NEW SOUTH WALES NSWRC results, 29 June & 6 July – Chipping Norton

From memory, Sydney was heading for its 8th straight weekend of rain on June 29. Whatever the weather, it didn't stop 40 intrepid Sky Blues turning out to race at Chipping Norton. Results reprinted from NSWRC newsletter:

Long 12km		Hcp	Medium 10km		Hcp
1 Joel Byatt	1:01:33	-	INV Brendan Pospischil	57:42	-
			1 Aidan Pospischil	1:06:03	1
			2 Jessey Bektas	1:07:32	2
Short 5km			U16 4km		
1 Matilda Webb	25:36	-	1 Christopher Nilon	24:07	2
2 Sophie Polkinghorne	25:55	3	2 Lilly Twigden	26:25	1
INV Ciara Cassilles	28:04	-	3 Ashleigh Farrugia	27:33	3
3 Jessica Loring	28:04	-			
4 Danielia Samuel	29:52	-	U12 1.5km		
5 Matilda Olsen	30:29	6	1 Avia Luketic	7:40	3
6 Laura Sotomayor	31:47	1	2 Stella Wade	7:58	1
7 Carmel Parker	36:46	2	3 Veronica Dennett	9:13	4
8 Nicolle Challinor	44:37	7	4 Addison Jenkins	9:14	2
9 Emily Challinor	49:34	4			
9 Sarah Challinor	49:34	4			

U14 2km				5 Chloe Farrugia	10:08	5
1 Nate Appleyard	10:17	5	6 Milana Sorokin	10:35	7	
2 Noah Vella	10:38	6	7 Amelie Barakat	13:25	6	
3 Ashleigh Mansell	10:43	8	U10 0.75m			
4 Sagan Jones	10:59	4	1 Daniel Smart	4:34	4	
5 Sienna Wade	11:07	2	2 Kostya Peart	4:58	2	
6 Hannah Hewitt	11:13	3	3 Nasrin Hewitt	5:01	1	
7 Madeline Kot	11:45	7	4 Huxley Jones	6:15	5	
8 Alexander Dennett	11:48	1	5 James Barakat	7:07	3	
9 Bentley Luketic	12:23	-				
10 Luca Barakat	17:06	9				

****NSWRWC results, 6 July – Chipping Norton**

Thanks to **Frank Overton** (coach of new Olympian Allannah!) for sending these latest results through:

Long Div 8km		Medium Div 6km	
1 Joel Byatt	39:23	1 Jessey Bektas	37:55
2 Brendan Pospichil	43:17		
.. Ciara Cassilles	DNF	U16 Div 3km	
Short Div 3km		1 Christopher Nilon	16:39
1 Sophie Polkinghorne	15:10	.. Ashleigh Farrugia	DNF
2 Emma Hoskins	17:26	U14 Div 3km	
3 Erin Cassilles	19:17	1 Nate Appleyard	16:19
4 Carmel Parker	21:01	2 Ashleigh Mansell	16:50
5 Nicolle Challinor	22:43	3 Hannah Hewitt	17:18
6 Jodie Barakat	22:57	4 Madeline Kot	18:21
7 Emily Challinor	26:52	5 Alexander Dennett	18:22
7 Sarah Challinor	26:52	6 Bentley Luketic	19:00
U12 Div 2km		7 Sagan Jones	19:17
1 Avia Luketic	11:12	8 Mitchell McCarthy	20:18
2 Beth Cochrane	11:38	9 Georgia Watson	20:20
3 Addison Jenkins	11:56	U10 Div 1km	
4 Addison Fahey	12:12	1 Nasrin Hewitt	7:38
5 Emma Olofinski	13:08	2 Huxley Jones	8:08
6 Veronica Dennett	13:29	3 Zoe Olofinski	8:12
7 Amelie Barakat	18:42	4 James Barakat	10:07

SOUTH AUSTRALIA SARWC Club championships, 6 July – South Parklands

It was Club championships day at South Parklands on Saturday, with many members stepping up to new distances. **Kim Mottrom** reports:

Windy in Adelaide but overall nice conditions for our club championships. Each year there are 2 championships, one of which is the shortest race of the year and the other being the longest - today was the long one.

9 people did their longest race today and 3 people did PB's.

Special mentions again to **Cooper** and **Angelina** for stepping up very well to 15km, but also to **Jasmine, Di** and **Kristy** who did 15km which was much further than they had previously done.

Open 25km		Support Races	
Kim Mottrom	2:23:37	Open 15km	
Over 35 25km		Kristy Templer	2:35:22 First 15km
Peter Crump	2:49:16	Open 3km	
Mel Grantham	2:58:44 First 25km	Richard Langford	0:24:35 First 3km
O50 15km			
Greg Metha	1:47:16		
Di Camilleri	2:25:00 First 15km		
Alex McEwan	DQ		
U20 15km			

Nellie Langford	1:18:08	PB 4:37
Cooper Rech	1:25:24	First 15km
Angelina Legrand	1:27:31	First 15km
Jasmine Crabb	1:47:36	First 15km

U18 10km

Sebastian Richards	0:50:22	First 10km
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U14 4km

Liliana Templer	0:30:27	First 4km
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U10 2km

Robert Crabb	0:16:51	PB 0:13
Martin Crabb	0:20:05	PB 3:29

TASMANIA TRWC results, 6 July – Kingston Park

Conditions were calm, with welcome winter sunshine, for the TRWC's races at Kingston Park on Saturday. Thanks to **David Moore** for the results:

1km

1. Elsie Woodward	Huon LA	8:07
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1.5km

1. Isla Direen	Huon LA	11:53
2. Isabelle Christensen Barrett	TRWC	12:41

2km

1. Oliver Morgan	SB	10:02
2. Adele Woodward	OVA	14:47
3. Dave Moore	TMA	20:04

3km

1. Will Bottle	TRWC	14:09
2. Wayne Fletcher	NS	26:44

WESTERN AUSTRALIA WARWC handicap results, 7 July - Woodbridge

Terry Jones reports that the weather was cool and wet at Woodbridge. They had an unusually high number of Little A's competitors, with a handful of new starters as well.

12K handicap

John Ronan	54.57
Wendy Farrow	1:25:55
Melissa Lewis	1:13:29

8K handicap

Kaytee Bogaers	45.33
Lynne Schickert	1:09:26

2K handicap

Hudson Conwell	12.13
Katica Borsic	10.38
Addison Roots	12.50
Willow Wheeler	12.10
Trinity Doulis	11.32
Dylan Sardelich	11.21
Jasper Curtis	12.47
Savannah Carnaby	12.36
Isabelle Curtis	12.08
Maddison Rout	16.41
Gabriel van Heerwaarden	13.53
Makenzie Sillitto	11.28
Liam Domoney	10.00
Trent Dalessio	10.36
Tory Dalessio	10.57

4K handicap

Steve Travell	38.26
Darcy Bramwell-Keys	32.54
Glenys Duncan	25.37

1K handicap

Mason Sardelich	8.56
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INTERNATIONAL NEWS

IRELAND: Irish Championships, 29-30 June – Santry, Dublin

Oisín Lane and Kate Veale excel at the Irish Championships

(reprinted from *O Marchador* – 7 July)

The Irish Championships took place on the Morton Stadium track in Santry on the 29th and 30th of June, with the race walking events taking place on the 29th (Saturday) under very adverse conditions (cold and torrential rain), but which did not prevent good results from being achieved.

In the men's 10,000m walk, **Oisín Lane** was crowned national champion, clocking **40:25.99**, a personal best for the 22-year-old athlete, who now sits sixth on the all-time Irish list, led by 50km walk world champion Robert Heffernan (2008, Moscow 2013) (38:27.57). The remaining podium places were taken by **Joe Mooney**, who clocked **42:17.97**, and **Matthew Glennon**, who clocked **43:41.02**.



Oisín Lane and Kate Veale – in charge.

Aisling Lane and Arnika Nelson lead the pack

(Photos: James Veale)

In the women's 5,000-metre walk, which had a much larger turnout than the men's, **Kate Veale**, who in 2011, at the U18 World Championships in Lille, was the big surprise of the event by becoming world champion in this category, clearly prevailed over her competitors, completing the twelve and a half laps of the track in a time of **21:57.42**. **Aisling Lane** (sister of the male winner) took the silver medal in **24:30.51**, and **Arnika Nelson (NZL)** took the bronze in **24:39.82**.

Meanwhile, still on the same track, but on 30/06, the U-18s **Séamus Clarke** (Moy Valley) and **Matthew Newell** (Tuam AC) would complete the 5,000 meters walk in times of **21:09.9** and **21:31.6**, respectively, both with personal records, and who, together with **Savanagh O'Callaghan** (Tuam AC), who in the Irish absolute championships had ranked in an honorable 5th position with a personal record of **25:8.04**, were selected by the Irish Athletics Federation to join their country's selection (25 athletes) with a view to participating in the European U-18 Championships, which will take place in the Slovak city of Banská Bystrica, from 18 to 21 of next July.

Men 10,000m Race walk c'ship

1 Oisín Lane	Mullingar Harriers	40:25:99
2 Joe Mooney	Adamstown AC	42:17:97
3 Matthew Glennon	Mullingar Harriers	43:41:02
4 Andrew Glennon	Mullingar Harriers	43:55:94
.. Seamus Clarke	Moy Valley AC	DNF
.. Matthew Newell	Tuam AC	DNF

Women 5,000m Race walk c'ship

1 Kate Veale	West Waterford AC	21:57:42
2 Aisling Lane	Mullingar Harriers	24:30:51
3 Arnika Nelson	Raheny Shamrock AC/NZL	24:39:82
4 Ciara Wilson Bowen	Dundrum South Dublin	25:00:08
5 Savanagh O'Callaghan	Tuam AC	25:08:04

6 Eabha De Faoite	Kenmare AC	25:51:39
7 Aoife Martin	Carraig-Na-Bhfear AC	26:23:61
8 Robin Og Murphy	Longford AC	26:31:12
9 Ciara Mooney	Adamstown AC	26:44:17
10 Holly Shaughessy	Tuam AC	26:46:88
11 Sinead Maher	South Galway AC	27:36:67
12 Beabhin Hosty	Loch Lurgan AC	27:39:54 pz
13 Ciara Gilmore	Tuam AC	29:15:22

FRANCE: French T&F championships, 28-30 June - Angers

Ana Delahaie and Gabriel Bordier win French Elite Championships

(reprinted from *O Marchador* – 5 July)

The track at the ‘Josette et Roger Mikulak’ Stadium in Angers, a French city in the west of the country, hosted the ‘Elite’ National Athletics Championships (28 to 30/6), crowning **Ana Delahaie** and **Gabriel Bordier** as 2024 champions in the 10,000 metre walk events.

In the women's event, which closed the first day of the championships (Friday 28/6) with the participation of 23 athletes, Ana Delahaie, under-23 from Stade Bordelais, confirmed her status as favourite and won with a new personal best of **45:41.15**. The remaining positions on the overall podium were occupied by **Caroline Osmont**, from AS Tourlaville, with **46:55.78**, and **Elvina Carré**, from AST - S/I Louhan, with **46:59.14**, both achieving new personal bests. It is worth noting the disqualification of **Maële Biré-Heslouis** (Pays Saint-Lois Athlétisme), when she was leading.

1.	Ana DELAHAIE	13 MAY 2004	45:41.15
2.	Caroline OSMONT	06 FEB 1996	46:55.78
3.	Elvina CARRÉ	06 FEB 2003	46:59.14
4.	Marion MANARESI	30 SEP 2000	47:02.73
5.	Nelly LAGRANGE	12 DEC 2004	47:12.17
6.	Léna AUVRAY	02 JAN 2006	47:15.78
7.	Liv MASSON	30 OCT 2003	47:31.46
8.	Marine MERBITZ	22 NOV 2006	47:47.69
9.	Emelie CHEZE	20 SEP 2006	47:50.14
10.	Vanessa DENISSELLE	12 AUG 1984	48:09.07
11.	Adele DUCLOS	16 NOV 2000	49:04.09
12.	Lisa GUILLARD	03 MAR 2006	49:29.32
13.	Bertille PESLERBE	18 APR 1998	49:35.39
14.	Marine ROTTIER	05 FEB 2000	49:39.21
15.	Angele MILLE	24 AUG 2001	50:11.42
16.	Juliette HANNOT	12 OCT 2006	50:29.07
17.	Celia VIDALINC	06 JUN 1996	50:29.73
18.	Blanche TRICOT-LAPIERE	21 APR 2004	50:35.63
19.	Capucine LANDRON	03 JUN 2006	51:54.22
20.	Lucie BARRITAU	29 APR 1990	53:23.98
21.	Rachel BOUQUIN	02 MAR 2004	54:10.19
	Maële BIRÉ-HESLOUIS	17 DEC 2002	DQ
	Axelle PICARD	04 JUN 1999	DQ

The following day (Saturday, 29/6) it was the turn of the men's race, with 25 athletes taking part. **Gabriel Bordier**, from US St Berthevin, an athlete who finished on the edge of the podium (4th) at the recent European Championships in Rome, beat the competition to cross the finish line in **39:00.49**. In second place, and before the clock had even reached 40 minutes, came **Kevin Campion**, 36 years old, from Stade Dieppois, with **39:31.58**, and in third place, **Lucas Dreville**, from Entente Oise Athlétisme, with **40:25.30**, a personal best.

1.	Gabriel BORDIER	08 OCT 1997	39:00.49
2.	Kevin CAMPION	23 MAY 1988	39:31.58
3.	Lucas DREVILLE	26 JUN 2002	40:25.30
4.	Martin MADELINE-DEGY	07 MAR 2001	40:34.60
5.	Mattéo DUC	25 MAR 2001	40:48.92
6.	Killian LEBRETON	23 AUG 2000	41:28.13
7.	Aymeric HUE	15 AUG 2001	41:39.44
8.	Bastien PICART	14 NOV 2006	41:40.43
9.	Quentin CHENUET	29 MAY 2005	41:43.80
10.	Hugo ELLUL	22 APR 2005	42:41.40
11.	Kyrian VALLEE	12 JUL 1994	43:57.70
12.	Martin GAUDRE	04 OCT 2004	44:04.57
13.	Florent BEAUVAL	11 SEP 2000	45:05.74

14.	Maxime FAITEAU	03 NOV 1990	45:16.80
15.	Come MARTIN	24 JAN 1995	45:23.46
16.	Roland LANDRON	12 JAN 1978	45:29.46
17.	Simon BAZZO BORTOT	08 FEB 1996	46:01.25
18.	Sebastien DELAUNAY	03 NOV 1974	46:45.80
19.	Maxime CAILLE	16 APR 2006	47:18.75
20.	Antoine FREMONDIERE	02 JUL 1996	49:45.72
21.	Dorian LOMONIER	2003	50:19.05
	Hugo ANDRIEU	16 OCT 1992	DNF
	Ellis BATIFOL	06 AUG 2003	DNF
	Hugo KOWALCZYK	03 NOV 2003	DQ
	Dimitri DURAND	03 JUN 2002	DQ

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, July 8, 2024 - Ali Farman, Indian race walker with 2-year ban (doping) <https://omarchador.blogspot.com/2024/07/ali-farman-marchador-indiano-com-2-anos.html>
Caught in a dragnet set by Indian authorities that snared, amongst others, a billiards player!
- Monday, July 8, 2024 - Afonso Nóbrega and Isabel Luís win the walk in the under-18 nationals in Beja (2024) <https://omarchador.blogspot.com/2024/07/afonso-nobrega-e-isabel-luis-vencem.html>
- Sunday, July 7, 2024 - 2005, a great year for Portugal's female race walkers <https://omarchador.blogspot.com/2024/07/2005-ano-em-grande-para-as-marchadoras.html>
- Saturday, July 6, 2024 - Papamichail and Papadopoulou win race walks at the Greek Championships - Volos 2024 <https://omarchador.blogspot.com/2024/07/papamichail-e-papadopoulou-vencem.html>
- Friday, July 5, 2024 - Ana Cabecinha and Vitória Oliveira at the Paris 2024 Olympic Games <https://omarchador.blogspot.com/2024/07/ana-cabecinha-e-vitoria-oliveira-nos.html>
As with Tokyo in 2021, Portugal will send just two female (no male) walkers to Paris.

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.

*OTHER NEWS

- Ukrainian high-jumper Yaroslava Mahuchikh breaks 36yo World record in Paris.**
https://athleticsweekly.com/event-reports/world-records-for-yaroslava-mahuchikh-and-faith-kipyegon-in-paris-1039989277/?fbclid=IwZXh0bgNhZW0CMTEAAR0W0VOvY6aSvBk2qeQx0fXYFYZqpM_LL-JndKa32lvifdiRGi4ELlh9cEU_aem_g5NCI6GnNR8NNcCVnUJN5Q While not a race walking story, sports successes for athletes from this and other war-devastated countries are always worthy of note, serving as a reminder that normal life and aspiration – and above all, hope – can endure.
- Schwazer Returns After 8 Years of Rule-Breaking (Without Punishment)**
Alex Schwazer's doping ban ends today, an event that divided the world of athletics and race walking fans. But in this long period of redemption, did Schwazer respect all the rules? *LaMarciaCom* was able to carry out an investigation into the matter, discovering previously unpublished elements.
https://lamarcia.com/it/2024/07/07/schwazer-torna-dopo-8-anni-di-sberleffo-delle-regole-impunito?fbclid=IwZXh0bgNhZW0CMTEAAR0E2AOI4bNffBEcVHuuiIW_w_lJ2xMGsVii9e1FuUTWsrC20GoB5PkIhLo_aem_r9WhnJaeNB4ccEERC GF2PA
The latest in the saga of notorious dooper Alex Schwazer, and it's not uplifting reading. Whoever said crime doesn't pay? (The article is in Italian. Use Google Translate or another translator such as DeepL.com for an English version.)



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

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 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

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

**** H&T Online - NOTICE BOARD ****

Victorian Race Walking Club

Saturday *27 July - after the RWA Postal & VMA races
4.00pm (heads down by 4.30pm) to **6.30pm**

at the Middle Park Bowling Club

\$10 per head, \$25 per family. BYO snacks and nibbles.
 Drinks available at the Bowling Club bar. Tea and coffee provided.

**** Maximum numbers: 40**

Make up tables of 6-8 for some after-race entertainment including:
**Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness *
 Socialising**

**** Come and support our Club and our sport in this annual fundraiser.
 Friends and quiz tragics welcome.**

**** Pre-booking deadline is Monday 22 July.** We need final numbers by this day.
 Tickets can be pre-booked:

- Online, at <https://www.revolutionise.com.au/vrwc/>
- at the check-in table on race days from Saturday 29th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank - BSB: 063-143 Acc: 008 00455 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

Have some fun wracking your brain... in good company!



WALK JUDGES SEMINAR
Saturday 24 August
Cathy Freeman Room
Lakeside Stadium

A seminar for Walk Judges and anyone wishing to become a judge will be held on **Saturday 24 August**, in conjunction with the Racewalking Australia Championships, scheduled for Sunday 25 August.

The seminar will be presented by international judge **Kirstin Crocker** and will consist of two sessions:

SESSION 1 (10.00am – 12.00 noon)

- Rules of judging, for all age groups from Little Athletics to Seniors
- Operation of the Penalty Zone

SESSION 2 (1.00pm – 3.00pm)

- Walk judge documentation, including Judge's Report form, Red cards, Chief Judge Summary sheet, Notification board.

If you wish to attend, please notify Di Lowden by 10 August, at dilowden39@gmail.com

QUESTIONS

If you have prior questions or issues that you would like addressed at the seminar, please send them to Di Lowden who will pass them on to Kirsten for consideration.



AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 25th August or agreed date (States and Territories are encouraged to conduct their races between the dates of August 10th and September 8th . The World Championships 20km Walk in Sweden on the 25th of August also qualifies as a postal event for the AMA Championships (an entry must still be made!)

Entry Fee \$25 (separate from any local entry fee!)

Entries Close on Sunday 18th August for all entrants or 3 days before an Interstate race held earlier than the 18th.

Contact: George White gwhite@adam.com.au Mobile 0419 348 888

Pay by Electronic Funds Transfer. Pay funds to SA Masters Athletics, BSB 015 259, Account 458951668. Include your full name in the reference field and forward a completed entry form by email to George White gwhite@adam.com.au

Please also forward a copy of your entry to your State/Territory organiser.

Receipt Number if paying by EFT.....

You may also enter by completing a paper form and sending with a cheque made out to SA Masters Athletics, to G White, 12A Gulfview Road, Blackwood, SA 5051.

Surname: First Name:
.....

Date of Competition..... (note: only one race may be entered for the
AMA Championship)

Male..... Female.....

Address:
.....
.....
.....
.....Postcode.....

Telephone

.....Email.....State/Territor
y.....

Date of Birth: Age on day of competition (to determine age
group).....

Emergency contact – name and phone (Competitors in SA
only).....

MEDICAL (Competitors in SA only) Do you suffer from any medical condition that could result in unconsciousness (e.g. diabetes)? Are you on any **medication** or have **allergies** that medical staff should be aware of in the event that you become unconscious? If yes, please write this information on a piece of paper and seal in an envelope with your name on the outside and **give it to race organisers. It will be held in case of emergency.**

Venue for SA Entrants: South Parklands, Adelaide Harriers Clubrooms, cnr South Terrace and Peacock Road 10 laps of a 2km loop. Start time in Adelaide is 10am.

WAIVER

In entering this event I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in this event. I declare that I am in good health and that I will be properly conditioned for the event. I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation. I release AMA and SAMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in this event. I certify that I have read this waiver and I fully understand its content. I am aware that this is a release of liability and I sign it on my own free will.

Signature **Date**

PRIVACY STATEMENT

We respect the confidentiality and security of your personal information, and we are committed to protecting it at all times. By completing this entry form you consent to our use and disclosure of your personal information as outlined in our Privacy Policy. You can get more information on our Privacy Policy by contacting George H White - 0419348888 or gwhite@adam.com.au

Important Information

Changerooms

Changerooms with showers are available in the Adelaide Harriers Clubrooms.

Eligibility to Compete

To compete in AMA Championships, an athlete must be registered as a member of a State or Territory Club and wear the uniform of that Club (In Sweden the Australian uniform counts).

Age Groups

The Championship is conducted in five year age groups starting at 30 years, and medals are awarded in each age group. Your age group is determined by your **age on the day of competition**.

Confirmation of entries

Confirmation of accepted entries will be provided by email to entrants or to the State Secretary if no email address is given.

Medals will be mailed out after all results are received.

Course map for South Australia



** 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.)

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