



HEEL & TOE Online

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

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- **** VACANCY – Club Treasurer**

WALKER OF THE WEEK



The AMA Masters T&F championships, held in Canberra last weekend, provided a wealth of possible candidates for this issue's WOTW. Trying to pick just one just wasn't doable so I decided there was no bypassing this quadruple – **Barb Bryant (VIC, W70)**, **Michelle Bray (ACT, W40)**, **Ann Staunton-Jugovic (ACT, W60)** and **George White (SA, M80)**. All achieved Age-graded times of over 80% - well over in many cases – in winning their races clearly.

Barb was probably the standout, achieving percentages of 85.33, 85.79 and 89.26 for 1500m, 5000m and 10000m respectively, and demonstrating the amazing physical condition in which she's kept herself for decades. Joining Barb with three 80+% ratings was **Ann**, whose 81.94, 83.09 and 82.76 are testament to her mastery of all distances. Of the four, only **Michelle** could be said to have let the side down (?) in that she was the only one not to hit >80% in all of her races, her one 'failure' being a rating of 78.88% in the 10000m. 80+% over that distance is obviously a hard nut to crack but Michelle, a hard nut herself, served notice that she's out to push deep into that percentile at the next opportunity.

George earned his WOTW with three high-quality ratings of 83.84, 85.08 and 86.43. On percentages he was the best male walker at all distances, carrying on the consistent he has maintained, like Barb, for as long as most of us can remember.

Congratulations, everyone. You are four fine examples of how to get the most out of sport and life, whatever one's age.

*Honourable mentions:

- **Declan Tingay (VIC)** – a retrospective nod for Dec, following his outstanding 7:59 PB performance in the Taicang Half marathon Walk last week, clocking **1:23:41.0**. This time would be an inaugural Australian record if ratified. AA has certainly publicized it.
- **Scott Hyland (ACT)** – achieved 86.54 and 81.73% in winning the M45 1500m and 5000m titles in Canberra
- **Gwen Steed (VIC)** – Gwen's ratings for 1500m and 5000m were 81.85 and 87.19, the latter earned despite being badly affected by the heat and humidity.
- **Kevin Cassidy** and **John Nottle (VIC)** – three races each, with each landing an 80+% and two high 70%'s.
- **Angus Shuttleworth (VIC)** – lowered the 11-year old LAVic U15 1500m Best Performance (they don't recognize formal records) by 21 secs in clocking **5:53.45** at the State championships.



CLUB NEWS and RESULTS



- The major season meet for most of our younger present and past members, the *LAVic State T&F championships*, saw the VRWC well represented as usual in the walks. Our Club reaped 28 medals in total, with a further 16 putting in competitive efforts and making those ahead of them earn their placing. Well done, everyone!

GOLD	Fraser Aubrey	1500m U17
	Damian Baldy	1500m U16
	Angus Shuttleworth	1500m U16
	Oliver Crowl	1500m U12
	Fletcher Walters	1100m U10
	Ryder Reid	700m U9
	Addison Paulke	1500m U17
	Matilda Read	1500m U16
	Mya McClure	1500m U15
	Indigo Marshall-Moodie	1500m U13
	Lily Bowkett	1100m U11
	Daisy Hooper	1100m U10
SILVER	Cody Wapshott	1500m U16
	Tate Jardine	1500m U15
	Logan Allison	1500m U12
	Fletcher Reid	1100m U11
	Mietta Morgan	1500m U17
	Charlise McQueen	1500m U16
	Ella Harris	1500m U13
	Georgia Walters	1500m U12
BRONZE	Arthur Robinson	1500m U17
	Heath Tatlock	1500m U15
	Grayson Allison	1100m U10
	Addison Frenken	1500m U14
	Pippa Read	1500m U13
	Anna Dubar	1500m U12
	Aria di Benedetto	1100m U11
	Brienna Barker	700m U9
4th place	Felix Skurka	1100m U11
	Erlyn Singh	1500m U13
	Abby Fowler	1500m U12
	Anouk Morgan	1100m U11
	Abigail Verity	1100m U10
5th place	Payton Welsh	1100m U11
	Summer Patten	1100m U10
	Cory Lewis	700m U9
6th place	Harrison Ryan	1500m U14
	Caitlyn Shipham	1500m U14
	Ava Pravednikov	1100m U10
7th place	Kobe Lewis	1500m U13
8th place	Zoe Bowkett	1500m U13
10th place	Dimitri Pashutin	1100m U11
	Shaylee Barker	1100m U11
15th place	Avery Allison	1100m U10

***2026 MEMBERSHIP FLYER**

As has been the practice in recent years, the VRWC handed out flyers to all walks finishers at the LAVic championships to publicise the Club and, hopefully, recruit new members. This year's flyer appears below:

**Did you enjoy your race today? Would you like to do more?*

Come and join us at the



VICTORIAN RACE WALKING CLUB

A friendly, family club, affiliated with Athletics Victoria

2026 Winter road racing season from **Saturday 25 April** to **Sunday 13 September**



JEMIMA MONTAG
Paris Olympic bronze medalist,
dual Commonwealth champion

Race distances: 1km, 1.5km, 2km, 2.5km, 3km, 5km and further!

Competitions: Points (times and handicap), Club and State championships

***KEY DATES:**

- AV Schools Road Walk championships – Sunday 24 May
- RWA Lake Burley Griffin (Canberra) Carnival – Sunday 7 June
- Little Athletics Vic. Road Walk championships – Saturday 13 June

See our full racing fixture at vrwc.org.au

***Race alongside Olympians and other international walkers**

***World Athletics, AA and AV-qualified walk judges**

***Coaching advice available for all ages and levels – Little Aths to Masters**

Club headquarters: Middle Park Bowling Club – Canterbury Rd, Middle Park 3206
(Melways ref: 2K F10 ... St Kilda Light rail No 96, stop 130)

**** Come and race with us – or simply give it a try! ****

CONTACT:

Stu Cooper, President – stuwalks@yahoo.com.au Terry Swan, Secretary – secretary@vrwc.org.au



RHYDIAN COWLEY
Paris Olympic bronze medalist,
3-time Olympian



My thanks to **Mel di Benedetto**, **Therese Smith** and **Anthea Morgan**, who have either taken paper copies or requested digital ones to circulate around their children's LAVic centres. If anyone else is in a position to do the same, please contact Stu at stuwalks@yahoo.com.au and I'll email you a copy that you can either forward to your contacts or print off.

- At the other end of the age spectrum, our Victorian Masters walkers ventured to Canberra at the weekend to contest the **AMA Masters T&F championships**. While slightly small than in prior years, the Vics enjoyed success in their events. **Barb Bryant** of Bendigo was especially prominent with three golds in three starts – all in the better-than-80% age grading!

Conditions were rugged, with high heat and humidity affecting many in the 1500m and 5000m, though not enough to stop the Vics in their national titles campaign. Gwen spent some time in the first aid station after a gruelling 5000m yet still came away with gold.

VRWC members' podium results:

GOLD	Pramesh Prasad	M50 1500m, 5000m
	Kevin Cassidy	M65 1500m, 5000m, 10000m
	John Nottle	M75 1500m, 5000m, 10000m
	Gwen Steed	W80 1500m, 5000m
	Heather Carr	W75 1500m
	Terry O'Neill	M70 10,000m
SILVER	Geoff Barrow	M75 1500m, 5000m
	Terry O'Neill	M70 5000m
	Carolyn Rosenbrock	W60 10000m
	Karyn O'Neill	W70 10000m
BRONZE	Karyn O'Neill	W70 5000m



Vic Masters in Canberra: Andrew Cochrane, Pramesh Prasad, Terry O'Neill, Karyn O'Neill, Kevin Cassidy, Gwen Steed, Carolyn Rosenbrock, John Nottle, Chris Pollard, Barb Bryant and Geoff Barrow.. (Photo: Terry O'Neill)

- **Gwen's** AMA title results will hopefully soothe any disappointment coming from her WOTW award of last week which, sadly, was for a new Club record that wasn't! In the last issue, Gwen and **Bob Gardiner** took the award jointly following their performances in the final AVSL 2000m race, which would normally have netted them new VRWC age records. I was subsequently informed by Clyde Riddoch (VMA statistician) that Gwen's and Bob's times (along with several others) were out by 23 seconds owing to a timing error – this was confirmed by AV. As Gwen had squeaked under the old record based on the incorrect time, there was no new record. (Bob has broken his by well over 23 secs so he will have a new one on the adjusted time.) On your form, Gwen, there'll be other records – and soon!
- Finally, a note of commiseration to **Marcus Wakim** who ventured to Taicang, China, with Declan Tingay to contest the Half-marathon but came home far less happy with the outcome, receiving the dreaded 4th red card before race's end. Marcus is made of tough stuff, however, and he'll be back.

VICTORIA - METRO & REGIONAL



LAVic State T&F championships, 7/8 March – Knox Athletics Centre

A mild, pleasant autumn morning greeted the hundreds of young athletes who arrived at Knox for the 2025-26 LAVic State championships, with the walks kicking off the track action. The racing was competitive at all levels, with numerous PBs being set. Most notable was **Angus Shuttleworth** who relished being on his home track in coolish conditions, ripping 18 secs from his PB and setting a new LAVic best performance time of **5:53.45** in the U15 1500m.

Judging by the performances of many non-VRWC members and some of the PB margins, there are a lot of talented walkers out there that could be the basis of a resurgence in Victoria's walking fortunes. Now that the LAVic Road championships are an established feature in the VRWC winter program, we hope the right moves will continue to attract some of that long-term potential.

Male U17 1500mW

1 Fraser Aubrey	7:12.03
2 Benjamin Crowley	*7:40.20
3 Arthur Robinson	*8:45.98
4 Toby Smerdon	8:49.12

DQs - 1

Male U16 1500mW

1 Damian Baldy	6:59.83
2 Cody Wapshott	*8:05.13
3 Nikil S	9:18.66

Male U15 1500mW

1 Angus Shuttleworth	*5:53.45
2 Tate Jardine	8:50.40
3 Heath Tatlock	*8:57.00

Male U14 1500mW

1 Cruze Marsh	*7:45.16
2 Kai Nonoyama	*8:20.0
3 Cordell Don Paul	*8:44.50
4 Mitchell Telfer	8:49.69
5 Andre von Burgh	9:45.72
6 Harrison Ryan	10:07.20

DQs - 1

Male U13 1500mW

1 Cooper Clark	*7:15.93
2 Shepley Porch	8:04.68
3 Charlie Wright	*8:41.24
4 Charlie Pratt	9:05.77
5 Leo Barrett	9:18.12
6 Ryan Neil	9:20.12
7 Mitchell Phyland	9:40.82

DQs - 2

Male U12 1500mW

1 Oliver Crowl	*7:07.75
2 Logan Allison	*7:31.70
3 Ardan Magaharan	8:06.36
4 Jack Greyling	*8:47.86
5 Sebastian Botha	8:59.30
6 Harry Wark	9:32.92
7 Jack Brooks	9:46.92
8 Blair Oleary	11:51.87

DQs - 2

Male U11 1100mW

Male U10 1100mW

Male U9 700mW

1 Richard Barker	*5:17.73	1 Fletcher Walters	*5:45.29	1 Ryder Reid	*3:36.92
2 Fletcher Reid	*5:23.25	2 Jake Howard	5:53.32	2 Axel Hobson	3:41.70
3 Spencer McKenna	*5:26.54	3 Grayson Allison	*5:55.69	3 Noah Renfrew	4:07.42
4 Felix Skurka	*5:27.59	4 Oakland Bryant	6:37.20	4 Henry Derbyshire	4:08.60
5 Noah Joksimovic	*5:48.66	5 Charlie Power	6:38.13	5 Dantae Apap	4:13.39
6 Ethan Grujicic	5:57.33	6 Alfie Hall	6:50.28	6 Fedor Belov	4:15.08
7 Billy Young	5:59.07	7 Leo Coughlin	6:52.47	7 Jordan Butters	4:19.25
8 Adam Haouchar	6:01.36	8 Spencer Pearse	6:52.48	8 Floyd Anthony	4:21.35
9 Indy Brown	6:03.75	9 Oliver Bubb	6:55.56	9 Thomas Minogue	4:23.34
10 Dimitri Pashutin	*6:05.28	10 Lochan Magaharan	6:55.88	10 Jaxx Mitchell	4:25.04
<i>21 finishers. DQs - 2</i>		<i>19 finishers. DQs - 3</i>		<i>18 finishers. DQs - 5</i>	

***PBs:**

1500m – Cooper 1:16; Kai 1:06; Oliver 0:47; Cody 0:18; Angus 0:18; Logan 0:16; Benjamin 0:13; Heath 0:10; Cruze 0:08; Charlie 0:07; Jack 0:06; Arthur 0:05; Cordell 0:05

1100m – Grayson 1:02; Richard 0:56; Fletcher W 0:32; Felix 0:15; Spencer 0:14; Fletcher R 0:12; Dimitri 0:12; Noah 0:03

700m – Ryder 0:02

Female U17 1500m

1 Addison Paulke	8:32.00
2 Mietta Morgan	8:36.88
3 Serana Evans	11:36.44

Female U16 1500m

1 Matilda Read	6:50.91
2 Charlise McQueen	8:35.54
3 Alyssa Clark	10:30.94

Female U15 1500m

1 Mya McClure	*6:26.59
2 Harper Cassidy	*8:22.19
3 Lydia Stott	8:31.15
4 Jasmine Overdyk	9:05.96
5 Bridgette Cincotta	9:10.24
6 Annie Hargans	9:50.09

Female U14 1500m

1 Bethany Franzke	7:27.41
2 Lunah Ibrahim	*7:47.12
3 Addison Frenken	*7:47.64
4 Scarlett Kelly	*8:16.77
5 Makenzie Davis	8:18.73
6 Caitlyn Shipham	*8:34.10
7 Helena Nash	8:53.82
8 Sophie Davidson	9:26.73
9 Alayna Paulke	9:26.76
10 Emma Timewell	9:32.58
<i>12 finishers</i>	

Female U13 1500m

1 Indigo Marshall-Moodie	*7:30.16
2 Ella Harris	7:37.39
3 Pippa Read	7:48.05
4 Eryln Singh	*8:08.38
5 Annika Downey	*8:22.06
6 Milly Hargans	*8:27.14
7 Kobe Lewis	8:31.87
8 Zoe Bowkett	*8:33.86
9 Emilia Johnstone	*8:47.83
10 Pyper Clark	9:22.95
<i>16 finishers. DQs - 4</i>	

Female U12 1500m

1 Alaska Bremner	*7:25.73
2 Georgia Walters	*7:40.52
3 Anna Dubar	*7:48.78
4 Abby Fowler	*9:02.07
5 Ava Jacobson	*9:10.90
6 Harper Otoole	9:11.59
7 Yiota Evangelakos	9:40.17
8 Maeve Fontaine	9:41.50
9 Harper de Sachau	9:42.81
10 Eliza Urmston	9:56.21
<i>15 finishers. DQs - 3</i>	

Female U11 1100m

1 Lily Bowkett	5:42.56
2 Pippa Coleman	*5:44.27
3 Aria di Benedetto	*5:47.20
4 Anouk Morgan	5:56.25
5 Payton Welsh	6:18.62
6 Ayla Senyuali	*6:30.60
7 Michaela Mosher	6:41.24
8 Emily Allan	6:41.50
9 Sophie Menz	6:47.19
10 Shaylee Barker	6:53.63
<i>19 finishers. DQs - 3</i>	

Female U10 1100m

1 Daisy Hooper	*5:41.92
2 Emma Ward	*6:12.71
3 Lexi Power-Reeves	6:17.58
4 Abigail Verity	*6:41.72
5 Summer Patten	*6:51.54
6 Ava Pravednikov	6:59.40
7 Nashe Chengeta	7:15.27
8 Emma Campbell	7:16.87
9 Maggie Ayres	7:22.47
10 Georgia Oram	7:27.80
<i>19 finishers. DQs - 3</i>	

Female U9 700m

1 Sadie Mathieson	3:57.69
2 Layla McLeish	3:58.26
3 Brienna Barker	*3:59.62
4 Taylah Bremner	3:59.75
5 Cory Lewis	*4:04.98
6 Jasmine Wilson	4:12.39
7 Penelope Mallard	4:15.25
8 Isla Roos	4:24.89
9 Holli Burrell	4:31.74
10 Sienna Robinson	4:44.84
<i>20 finishers. DQs - 3</i>	

***PBs:**

1500m – Scarlett 0:46; Annika 0:46; Ava 0:46; Milly 0:41; Alaska 0:40; Anna 0:39; Emilia 0:22; Eryln 0:19; Georgia 0:17; Zoe 0:15; Harper 0:12; Mya 0:05; Addison 0:03; Lunah 0:02; Indigo 0:02; Caitlin eq.

1100m – Emma 0:49; Pippa 0:33; Summer 0:25; Daisy 0:20; Aria 0:18; Ayla 0:16; Abigail 0:02; Ava 0:02

700m – Brienna 0:36; Cory 0:11

Next week ...



The Victorian Masters T&F championships will be held on **Saturday 14** and **Sunday 15 March**, at Tom Kelly track, Doncaster. The Walks schedule is:

Saturday 14 March, 9.00am - 3000m Walk
 Sunday 15 March, 11.40am - 1500m Walk



AROUND THE COUNTRY



Australian Masters T&F Championships, 6-9 March – AIS & Woden Park

Two days of debilitating heat and humidity made fast performances in the 1500m and 5000m races a real hurdle for many. Nevertheless, 16 results in the 80+% percentile and several others not far outside reflects a creditable competitive standard at least. **Barb Bryant (VIC)** and **George White (SA)** were the standard setters with three golds each in times that rated well beyond 80%.

W30 1500mRW					M40 1500mRW				
				<i>AG%</i>					<i>AG%</i>
1 Jodie Wilson	W31	QLD	8:01.82	69.94	1 Samir Malkoun	M40	NSW	11:38.25	46.79
2 R O'Dwyer-Mazur	W34	QLD	8:56.51	62.81					
W35 1500mRW					M45 1500mRW				
1 Roslyn Kirwin	W37	QLD	9:13.74	61.44	1 Scott Hyland	M45	ACT	6:32.95	86.54
2 Karyn Werner	W36	VIC	13:19.02	42.58	2 David Styles	M49	VIC	7:22.93	76.77
W40 1500mRW					M50 1500mRW				
1 Michelle Bray	W42	ACT	6:32.90	89.11	1 Pramesh Prasad	M51	VIC	8:29.36	69.60
2 Jessica Robson	W42	ACT	9:38.95	60.48	2 Adam Patterson	M53	QLD	10:15.92	57.56
3 Siobhan Trim	W44	ACT	10:56.21	53.36	3 Brett Kingston	M53	ACT	12:39.16	46.70
W45 1500mRW					M55 1500mRW				
1 Cassie Neubauer	W47	SA	11:26.07	53.10	1 Trevor Kratzmann	M58	NSW	11:48.63	52.25
					2 Kenneth Wilson	M59	NSW	12:07.53	50.90
W50 1500mRW					M60 1500mRW				
1 Kerrilee Haines	W50	VIC	10:10.32	62.22	1 Michael Smith	M60	ACT	7:50.36	82.53
2 Donna Palmer	W52	SA	10:37.78	59.54	2 Peter Baker	M61	ACT	8:35.87	75.25
3 Sharon Kingston	W51	ACT	14:22.97	44.00	3 Garry Hastie	M64	WA	8:45.51	73.87
W55 1500mRW					M65 1500mRW				
1 Sandy Hoy	W59	NSW	10:41.89	61.77	1 Kevin Cassidy	M65	VIC	8:37.16	79.06
2 Kim Peak	W59	VIC	11:35.63	56.99	2 Chris Pollard	M67	VIC	11:32.74	59.02
					3 Gary Snow	M66	NSW	11:34.90	58.84F
W60 1500mRW					M70 1500mRW				
1 Ann Staunton-Jugovic	W62	ACT	8:27.38	81.94	1 Andrew Cochrane	M70	VIC	9:01.56	79.98
2 Anne Weekes	W63	NSW	8:54.88	77.72	2 Harshan Grewal	M73	NSW	11:32.98	62.50
3 Dee Holohan	W60	VIC	8:56.71	77.46					
4 Donna-Marie Elms	W64	VIC	10:22.55	66.78					
W65 1500mRW					M75 1500mRW				
1 Jill Pearson	W68	ACT	9:39.49	75.70	1 John Nottle	M75	VIC	9:23.59	81.92
2 Trish Stallard	W68	NSW	12:04.50	60.55F	2 Geoff Barrow	M77	VIC	11:19.50	67.94
3 Phillippa Bennett	W67	WA	12:11.28	59.99F	3 Peter Bacon	M75	NSW	11:37.79	66.16F
4 Lorna England	W66	ACT	12:56.78	56.47	4 Robert Kennelly	M76	ACT	13:10.57	58.40F
W70 1500mRW					M80 1500mRW				
1 Barb Bryant	W71	VIC	9:06.52	85.33	1 George White	M80	SA	9:53.73	83.48
2 Julie Wilson	W72	WA	10:30.57	73.96	2 Bryan Thomas	M84	ACT	12:52.99	64.12
3 Donna Clarke	W72	VIC	11:37.06	66.90					
W75 1500mRW					M85 1500mRW				
1 Heather Carr	W76	VIC	10:44.29	77.62	1 Jim Seymon	M88	NSW	16:15.06	55.07
2 Anne Boyd	W79	NSW	11:40.60	71.38					
3 Liz Neubauer	W75	SA	11:54.32	70.01F					
4 Michele Mison	W78	NSW	13:44.57	60:65					
W80 1500mRW									
1 Gwen Steed	W83	VIC	11:01.76	81.85					
2 Kerry Bray	W81	NSW	11:05.54	81.38					
3 Peggy Macliver	W81	WA	12:06.99	74.50					

4 Caroline Campbell	W83	ACT	12:52.80	70.09F
5 Lynne Schickert	W84	WA	13:27.55	67.07

W30 5000mRW

1 Jodie Wilson	W31	QLD	29:34.23	66.90
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W35 5000mRW

1 Roslyn Kirwin	W37	QLD	34:49.20	57.35
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W40 5000mRW

1 Michelle Bray	W42	ACT	24:24.40	84.21
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W50 5000mRW

1 Donna Palmer	W52	SA	40:53.38	54.57
2 Sharon Kingston	W51	ACT	50:59.00	43.77

W55 5000mRW

1 Sandy Hoy	W59	NSW	39:30.30	59.26
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W60 5000mRW

1 Ann Staunton-Jugovic	W62	ACT	29:44.57	83.09
2 Carolyn Rosenbrock	W64	VIC	30:51.59	80.08
3 Anne Weekes	W63	NSW	31:32.03	78.37
4 Donna-Marie Elms	W64	VIC	36:35.21	67.55

W65 5000mRW

1 Jill Pearson	W68	ACT	34:43.55	75.68
2 Lorna England	W66	ACT	46:57.00	55.97
3 Trish Stallard	W68	NSW	48:16.00	54.45

W70 5000mRW

1 Barb Bryant	W71	VIC	32:51.02	85.79
2 Julie Wilson	W72	WA	36:51.92	76.44
3 Karyn O'Neill	W71	VIC	37:04.69	76.00

W75 5000mRW

1 Anne Boyd	W79	NSW	40:50.67	74.72
2 Liz Neubauer	W75	SA	43:02.36	70.91
3 Michele Mison	W78	NSW	48:16.00	68.23

W80 5000mRW

1 Gwen Steed	W83	VIC	38:22.63	87.19
2 Kerry Bray	W81	NSW	38:26.24	87.06
3 Peggy Macliver	W81	WA	41:10.81	81.26
4 Caroline Campbell	W83	ACT	45:51.00	72.98
5 Lynne Schickert	W84	WA	48:12.00	69.42

Conditions were much more agreeable for the 10km Road walk, which would have been a relief for those who'd battled in the AIS cauldron earlier. **Barb Bryant** carried her track form onto the road with an excellent **1:06:52** for a grading of 89.26%. **George**, 9 years older, wasn't far behind with **1:08:41** for 86.43%. **Michelle Bray** produced the day's only sub-1 hour result, clocking **53:57** to close a fine campaign with 3 golds.

W35 10000mRW

1 Roslyn Kirwin	W37	QLD	1:13:55	55.93
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W40 10000mRW

1 Michelle Bray	W42	ACT	53:57	78.88
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W50 10000mRW

.. Sharon Kingston	W51	ACT	DNF	
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W60 10000mRW

1 Ann Staunton-Jugovic	W62	ACT	1:02:35	82.76
2 Carolyn Rosenbrock	W64	VIC	1:03:41	81.34
3 Anne Weekes	W63	NSW	1:05:36	78.96

W65 10000mRW

1 Jill Pearson	W68	ACT	1:10:52	78.10
2 Phillippa Bennett	W67	WA	1:26:14	64.18
3 Lorna England	W66	ACT	1:33:56	58.92

M45 5000mRW

1 Scott Hyland	M45	ACT	24:04.35	81.73
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M50 5000mRW

1 Pramesh Prasad	M51	VIC	29:14.63	70.11
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M60 5000mRW

1 Michael Smith	M60	ACT	28:51.35	77.74
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M65 5000mRW

1 Kevin Cassidy	M65	VIC	30:36.16	77.22
2 Chris Pollard	M67	VIC	42:43.37	55.31

M70 5000mRW

1 Andrew Cochrane	M70	VIC	32:43.59	76.54
2 Terry O'Neill	M70	VIC	33:29.22	74.80

M75 5000mRW

1 John Nottle	M75	VIC	34:01.54	78.57
2 Geoff Barrow	M77	VIC	40:16.78	66.37
3 Peter Bacon	M75	NSW	44:39.00	59.87

M80 5000mRW

1 George White	M80	SA	33:48.39	85.08
2 Bryan Thomas	M84	ACT	48:14.00	59.63

M50 10000mRW

1 Brett Kingston	M53	ACT	1:33:21	45.17
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M60 10000mRW

1 Michael Smith	M60	ACT	1:01:27	74.97
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M65 10000mRW

1 Kevin Cassidy	M65	VIC	1:00:06	80.74
2 Chris Pollard	M67	VIC	1:26:46	55.93

M70 10000mRW

1 Terry O'Neill	M70	VIC	1:06:07	77.84
2 Andrew Cochrane	M70	VIC	1:06:28	77.45F

M75 10000mRW

1 John Nottle	M75	VIC	1:09:26	79.25
.. Robert Kennelly	M76	ACT	NT	

W70 10000mRW					M80 10000mRW				
1 Barb Bryant	W71	VIC	1:06:52	89.26	1 George White	M80	SA	1:08:41	86.43
2 Karyn O'Neill	W71	VIC	1:15:15	79.31	2 Bryan Thomas	M84	ACT	1:33:24	63.57
W75 10000mRW									
1 Michele Mison	W78	NSW	1:35:22	68.23					
W80 10000mRW									
1 Caroline Campbell	W83	ACT	1:36:38	74.43					

QUEENSLAND QA Cathy Freeman Shield results, 7 March – QSAC, Brisbane

Robyn Wales reports that there was a small field at last night's Cathy Freeman Shield Meet possibly due to the weather which was wet and humid.

Men 3000m walk

1. Cory Lockwood	GCA	14:47.90 PB
2. Leo Ramsay	QRWC	17:26.31

Women 5000m walk

1. Phoebe Chadwick	QRWC	25:49.93 PB
2. Olivia Boulton	GCA	26:09.99
3. Elsa Chan	Athletics North	26:20.18
4. Eliza Kelly	QRWC	28:20.19

Men 5000m walk

1. Noah Cooke	QRWC	22:46.25
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SOUTH AUSTRALIA ASA T&F Championships results, 7-9 February– Mile End stadium

ASA held their State championships over the long weekend. According to **Kim Mottrom**, at last SA athletes had reasonable conditions to race in, and the walkers took full advantage. (Olivia and Lizzie certainly did.)

Open Women 5000m

G Olivia Sandery	20:22.06 SA rec
S Elizabeth McMillan	20:39.10 pb
B Nellie Langford	23:33.21

Open Men 5000m

G Kim Mottrom	22:34.81
S Jack White	29:19.73

U20 Men 5000m

G Sebastian Richards	21:51.01
S Cooper Rech	

U18 Men 5000m

G Liam Freundt	23:10.97 pb
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U17 Women 5000m

G Matilda Rech	29:36.43 pb
S Jessica Clelland	31:30.99 pb

U16 Boys 3000m

G Ananpreet Singh Sidhu	17:18.09
S Orlando Grantham	17:51.92

U15 Girls 3000m

G Liliana Templer	16:04.10 pb
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U15 Boys 3000m

.. Zachery Freundt	DQ
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U14 Girls 3000m

G Kate Hamlyn	18:43.30 p
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Open Men 10,000m

G Kim Mottrom	46:48.75
S Sebastian Richards	48:55.29
B Cooper Rech	50:57.77
4 Liam Freundt	54:32.47 FT
5 Jordan McKenna	1:00:38.18 PB 9min

Open Women 10,000m

G Sam Findlay	49:33.66
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O50 Men 10,000m

G Peter Crump	1:10:56.04
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S Rachel Pemberton 21:49.64 pb

O50 Men 5000m

G Peter Crump 34:39.59

S Alex McEwan 38:57.36

WESTERN AUSTRALIA WARWC results, 21 March– Perry Lakes

Terry Jones reports that the weather was OK for the State Open and U20 walk titles. Temp mid 20s, cloudy, humid and breezy. The WA walkers would not have been used to the humidity. Whether this was a factor in the low numbers is not known.

5000m Race Walk U20 Women

1.Kaytee Bogaers 27:50.25

2.Katica Borsic 28:21.01

3.Tory D'Alessio 31:39.98

5000m Race Walk U20 Men

1.John Ronan 20:56.18

10000m Race Walk Open Men

1.Bradley Mann 49:19.17



INTERNATIONAL NEWS

SLOVAKIA: Dudinska 50 (World Tour Gold meet), 7 March - Dudince

Venyercsán, Inga, Karlström and Ramos Rodríguez win in Dudince

(by Paul Warburton. Reprinted from *World Athletics* News – 8 March)

There was a double surprise at the Dudinska 50 – a **World Athletics Race Walking Tour Gold** meeting – in Dudince, Slovakia, on Saturday (7) as **Bence Venyercsán** won the men’s marathon and **Evelyn Inga** upstaged the favourites in the women’s half marathon.

In the other senior races, **Perseus Karlström** cruised to victory in the men’s half marathon, while **Sofia Ramos Rodríguez** won the women’s marathon.



Venyercsán

The women’s half marathon race walk had been billed as a battle between Ecuador’s **Paula Torres** and Peru’s **Kimberly García**, both athletes with a lengthy pedigree of global success, but Inga took top spot this time, clocking a South American best of **1:33:49**.

Alejandra Ortega looked to be on her way to a major win, but the Mexican race walker saw her 57-second lead at 15km snuffed out in a heartbeat when she was called into the penalty zone after receiving three red cards.

That left the door open for Inga to forge ahead of García and finish with a comfortable margin over her compatriot: **1:33:49** to **1:34:17**. It was



Inga

only the third time in 19 races that she had beaten her arch rival and both athletes finished inside García’s previous South American best of 1:35:10 achieved in Lima in November.

To her credit, Ortega refused to throw in the towel after her enforced stop and she surged to move into third ahead of a disappointed and tired Torres, **1:35:57** to **1:36:18**.

Earlier, **Venyercsán** achieved the best result of his career when the Hungarian won the men’s marathon.

The 30-year-old bided his time and watched the race unravel around him before race walking the last 10km solo. His **3:03:45** finish was a European best as patience proved the watchword.

Behind him, early pacesetter **Karl Junghannß** recovered to finish second in **3:04:33** while his German compatriot and pre-race favourite **Christopher Linke** came third in **3:05:44**.

But the surprise was the late entry from **Aurélien Quinion**, who finished fourth in the 20km race walk at the World Championships in Tokyo last year. The French athlete’s job, as it turned out, was to nurture a second late entrant, **Martin Madeline-Degy**, to a 3:02:00 French qualifying time for the European Championships in Birmingham in August.

Quinion coaches Madeline-Degy and all went well for the pair until 32km, when the protégé had to serve a time penalty. Quinion waited for him by the roadside, only to suffer the same fate 5km later. Madeline-Degy went on to finish ninth in **3:10:31**.

In the men’s half marathon race walk, Karlström strolled to one of the easiest wins of his career.

The four-time world medallist from Sweden showed his intent in the first 100 metres when he shot away and he eventually clocked **1:24:58** – a European best.

It improved another short-lived PB – the 1:28:52 Karlström clocked in Mexico last month. A long way back, **Jerry Jokinen** from Finland recorded **1:28:17** for second-place. Like Karlström, he also race walked solo long before half way.

Behind him, **Andres Nunez** from Mexico claimed the last spot on the podium in **1:28:47**.

The race for fourth was the only close finish in the first five. **Mateusz Nowak** from Poland clocked **1:29:51** and just got the better of 50-year-old **João Vieira** by three seconds – a wonderful result for the Portuguese two-time world medallist.

The women's Marathon walk saw another comfortable win, this time for Mexico's **Ramos Rodríguez**.

An early charge from her teammate **Nadia Manjarrez** quickly faded and Ramos Rodríguez was on her own from 6km, going on to win in **3:35:37**.

Fast-finishing **Laura Monje Martinez** from Spain overtook the French pair of **Elvina Carré** and **Marine Rottier** in the last three kilometres to finish second in **3:39:11**. Carré then pulled away from the fading Rottier to decide third and fourth as they respectively clocked **3:40:28** and **3:43:12**, all improving their personal bests by considerable margins.

In Martinez's case, it was 6:25 better than her debut at the distance at the Spanish Championships in February. **Bianca Dittrich** of Germany finished fourth in **3:43:54**.

(Photos: WA/Milan Duroch)

Men Half-marathon Walk

1.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:24:58
2.	Jerry JOKINEN	18 MAR 2002	FIN	1:28:17
3.	Andres Eduardo OLIVAS NÚÑEZ	27 MAY 1998	MEX	1:28:47
4.	Mateusz NOWAK	06 MAY 1996	POL	1:29:51
5.	João VIEIRA	20 FEB 1976	POR	1:29:54
6.	Michal MORVAY	19 AUG 1996	SVK	1:30:50
7.	Carlos MERCENARIO	26 JUL 2000	MEX	1:30:53
8.	Matthew GLENNON	14 NOV 2003	IRL	1:30:58
9.	Nick Joel RICHARDT	04 DEC 2006	GER	1:35:48
10.	Jake O'BRIEN	14 JUN 2004	IRL	1:38:35
11.	Ernest PRZESTRZELSKI	23 SEP 2006	POL	1:39:29
12.	Konstantinos-Alexandros NTENOTOPOULOS	01 MAY 1994	GRE	1:40:32
13.	Deividas BALEVIČIUS	20 OCT 1999	LTU	1:42:34
14.	Roman HANYK	06 JUN 2004	CZE	1:53:01
15.	Gatis Kristiāns ROMANOVŠ	2006	LAT	1:55:31
	Hayrettin YILDIZ	04 MAY 2004	TUR	DNF
	Arkadiusz SCHIEDEL	17 AUG 2000	POL	DNF
	Max Batista GONCALVES DOS SANTOS	09 OCT 1994	BRA	DQ
	José Alejandro BARRONDO	16 SEP 1996	GUA	DQ
	Kacper DROBIK	05 APR 2006	POL	DQ

Men Marathon Walk

1.	Bence VENYERCSÁN	08 JAN 1996	HUN	3:03:45
2.	Karl JUNGHANNß	06 APR 1996	GER	3:04:33
3.	Christopher LINKE	24 OCT 1988	GER	3:05:44
4.	Oscar MARTINEZ	28 SEP 2003	ESP	3:09:08
5.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	3:09:33
6.	José Manuel PÉREZ	10 SEP 1999	ESP	3:09:52
7.	Johannes FRENZL	22 SEP 2001	GER	3:10:09
8.	Norbert TÓTH	07 OCT 2001	HUN	3:10:25
9.	Martin MADELINE-DEGY	07 MAR 2001	FRA	3:10:31
10.	Harun BILIR	15 DEC 2004	TUR	3:11:27
11.	Dominik ČERNÝ	01 NOV 1997	SVK	3:13:24
12.	Caballero HODEI	14 MAR 2003	ESP	3:14:29
13.	Jassam ABU EL Wafa	03 JUL 2004	GER	3:14:52
14.	Vít HLAVÁČ	26 FEB 1997	CZE	3:19:49
15.	Adam ZAJÍČEK	09 MAY 2003	CZE	3:25:55
16.	Joe MOONEY	27 APR 1998	IRL	3:26:55
17.	Michal DUDA	04 MAR 2004	SVK	3:27:54
18.	Jakub BÁTOVSKÝ	18 JUN 2005	SVK	3:31:58
19.	Bruno ERENT	30 DEC 1990	CRO	3:50:06
20.	Andreas KARAGIANNIS	17 APR 2000	GRE	3:52:33
21.	Dávid TOKODI	03 MAY 1991	HUN	4:02:41
	Albert KUKLA	13 JAN 2005	CZE	DNF
	Oscar PATÍN	01 FEB 2001	ECU	DNF
	Alexandr MALYSA	10 NOV 1997	CZE	DNF
	Aurélien QUINION	27 JAN 1993	FRA	DNF
	Mattéo DUC	25 MAR 2001	FRA	DNF
	Edmond DOBRUNA	29 FEB 2004	CRO	DNF
	Jonathan HILBERT	21 APR 1995	GER	DNF
	Pablo POSTIGO	06 FEB 2005	ESP	DNF
	Oisín LANE	12 JUN 2002	IRL	DQ
	Berislav DEVČIĆ	28 JUL 1966	CRO	DQ

Women Half-marathon walk

1.	Evelyn INGA	16 APR 1998	PER	1:33:49
2.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:34:17
3.	Alejandra ORTEGA	08 JUL 1994	MEX	1:35:57
4.	Paula Milena TORRES	17 OCT 2000	ECU	1:36:18
5.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:36:48
6.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	1:37:11
7.	Kristina MOROZOVA	18 JAN 2001	KAZ	1:39:30
8.	Hana ČERNÁ	03 NOV 2000	SVK	1:40:10
9.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	1:40:14
10.	Tabea KIEFER	22 APR 2005	GER	1:40:59
11.	Maritza Rafaela PONCIO TZUL	03 DEC 1994	GUA	1:42:05
12.	Vitória OLIVEIRA	30 AUG 1992	POR	1:42:20
13.	Sharon Lisseth HERRERA SOTO	27 MAY 2004	CRC	1:43:46
14.	Kylie GARREIS	20 JUL 2005	GER	1:44:24
15.	Ema HAČUNDOVÁ	05 MAR 1999	SVK	1:44:47
16.	Alexandra KOVÁCS	27 JAN 2006	HUN	1:47:58
17.	Izabela KRZYŻANOWSKA	25 FEB 2004	POL	1:48:56
18.	Amelia BŁAŻEJEWSKA	31 MAR 2003	POL	1:53:31
19.	Efstathia KOURKOUTSAKI	31 JAN 1998	GRE	1:58:56
	Magdalena ŻELAZNA	16 APR 2004	POL	DNF
	Anastasia ANTONOPOULOU	27 OCT 2004	GRE	DNF
	María Fernanda PEINADO	12 NOV 2001	GUA	DQ

Women Marathon Walk

1.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	3:35:37
2.	Laura Monje MARTINEZ	02 JUL 2002	ESP	3:39:11
3.	Elvina CARRÉ	06 FEB 2003	FRA	3:40:28
4.	Marine ROTTIER	05 FEB 2000	FRA	3:43:12
5.	Bianca Maria DITTRICH	06 JUL 1993	GER	3:43:54
6.	Anna ZDZIEBŁO	20 NOV 2001	POL	3:46:39
7.	Kinga WALERIAŃCZYK	19 AUG 2002	POL	3:49:15
8.	Naomi GARCIA	30 MAR 1998	PUR	3:55:47
	Ada JUNGHANNB	04 NOV 2004	GER	DNF
	Ainhoa PINEDO	17 FEB 1983	ESP	DNF
	Elianay PEREIRA	11 MAY 1984	BRA	DNF
	Nelly BUGÁROVÁ	09 APR 2001	CZE	DNF
	Nadia Lizeth GONZALEZ MANJARREZ	21 MAR 1997	MEX	DNF
	Beatriz CANTERO	26 SEP 1992	ESP	DNF
	Anett TORMA	02 APR 1984	HUN	DQ

CHINA: Chinese Race Walking Grand Prix walks, 1/2 March – Taicang

The World Athletics report on the Taicang half-marathon races (written by Vincent Wu) appeared in last week's issue. The full results table is now available below.



(Photo: Discover Taicang)

Men Half-marathon Walk

1.	Shengji SHI	19 JAN 2007	CHN	1:22:33
2.	Caio BONFIM	19 MAR 1991	BRA	1:23:00
3.	Xiangfei ZHAO	27 SEP 2002	CHN	1:23:10
4.	Xinrui ZHANG	30 DEC 2004	CHN	1:23:14
5.	Shuo DING	21 DEC 2002	CHN	1:23:28
6.	Lihong CUI	13 MAY 1999	CHN	1:23:33
7.	Declan TINGAY	06 FEB 1999	AUS	1:23:41
8.	Chenjie LI	05 MAY 2005	CHN	1:23:42
9.	Congshan BI	09 OCT 2007	CHN	1:23:52
10.	Tiancai CHEN	15 JAN 2001	CHN	1:24:12
11.	Kaiyuan YANG	06 AUG 2006	CHN	1:24:23
12.	Yifeng WANG	29 DEC 2003	CHN	1:24:37
13.	Huaian DOU	29 AUG 2004	CHN	1:24:48
14.	Jinglong YANG	25 JUN 2006	CHN	1:24:54
15.	Zihao ZHANG	17 OCT 2003	CHN	1:25:07
16.	Minji WEN	17 APR 2006	CHN	1:25:12
17.	Lin LI	13 JUN 2001	CHN	1:25:26
18.	Zhaohe SONG	21 MAR 2005	CHN	1:26:05
19.	Jiashun LIU	10 NOV 2003	CHN	1:26:52
20.	Chao LUO	20 FEB 2003	CHN	1:26:53
21.	Ruichao YU	14 APR 2005	CHN	1:27:11
22.	Jiawei LUO	18 OCT 2006	CHN	1:27:13
23.	Yunsheng QI	18 MAY 2005	CHN	1:27:24
24.	Zhi NI	28 OCT 2006	CHN	1:27:39
25.	Zhiwen GUO	22 JUN 2004	CHN	1:27:46
26.	Zengqiang LI	18 FEB 2006	CHN	1:27:50
27.	Yuzhe YANG	01 SEP 2006	CHN	1:27:51
28.	Zhenhao YANG	10 AUG 2005	CHN	1:27:57
29.	Shengxu DUAN	15 NOV 2007	CHN	1:27:58
30.	Jiahua QIU	02 SEP 2003	CHN	1:28:11
31.	Zhengyin LONG	04 SEP 2005	CHN	1:28:12
32.	Lele HUANG	14 JAN 2005	CHN	1:28:22
33.	Hao WANG	19 MAY 2006	CHN	1:28:25
34.	Kai FENG	23 DEC 2006	CHN	1:28:27
35.	Yanga YANG	14 JAN 2006	CHN	1:28:38
36.	Xiaolong SUN	03 MAY 2000	CHN	1:28:38
37.	Jiameng LIN	05 JAN 2005	CHN	1:28:38
38.	Zhenqiang YAN	22 FEB 2005	CHN	1:28:43
39.	Fan YANG	15 DEC 2006	CHN	1:28:48
40.	Rongyi LEI	18 DEC 2006	CHN	1:28:52
41.	Wang NIU	10 MAR 2007	CHN	1:28:53
42.	Chen DING	04 OCT 2005	CHN	1:29:12
43.	Jun ZHANG	20 JUL 1998	CHN	1:29:26
44.	Yongjie WEN	28 SEP 1999	CHN	1:29:26
45.	Boyu ZHANG	13 NOV 2006	CHN	1:29:39
46.	Zeng LYU	27 OCT 2005	CHN	1:30:51
47.	Shicheng PU	09 MAY 2004	CHN	1:31:02
48.	Shiyu PU	12 OCT 2006	CHN	1:31:35
49.	Chaofan SUN	16 SEP 2000	CHN	1:32:00
50.	Haoyi LU	11 SEP 2007	CHN	1:32:00
51.	Pengfei XUE	25 FEB 2004	CHN	1:32:40
52.	Yonggao WANG	08 MAR 2002	CHN	1:32:43
53.	Deshi CHEN	27 NOV 2007	CHN	1:32:49
54.	Jiajun LI	11 FEB 2006	CHN	1:32:53
55.	Yongwang XIAO	23 JUN 2005	CHN	1:33:00
56.	Chunyang XU	07 APR 2001	CHN	1:33:00
57.	Xiaozheng ZHU	14 FEB 2006	CHN	1:33:13
58.	Yang XU	01 DEC 2007	CHN	1:34:46
59.	Yanwei MA	25 JAN 2006	CHN	1:34:57
60.	Weitong WANG	23 JUL 2003	CHN	1:34:57
61.	Yung-Kuei CHAN	14 DEC 2002	TPE	1:35:31
62.	Baolei ZHANG	07 FEB 2007	CHN	1:35:35
63.	Zhihang GAO	28 SEP 2002	CHN	1:36:36
64.	Ruiming SHANG	24 JUL 2008	CHN	1:36:41
65.	Le ZHANG	29 SEP 2003	CHN	1:36:47
66.	Jianyu WANG	08 DEC 2007	CHN	1:36:49
67.	Shuyu LI	31 MAY 2007	CHN	1:36:51
68.	Yaochen WANG	27 OCT 2006	CHN	1:37:05
69.	Yangbin XI	08 APR 2006	CHN	1:37:16

70.	Yu ZHANG	08 MAR 2007	CHN	1:37:18
71.	Weijia WANG	23 JUL 2003	CHN	1:38:14
72.	Matheus CORREA	22 AUG 1999	BRA	1:39:29
73.	Sheng-Chin LO	11 OCT 2008	TPE	1:39:43
74.	Yan WANG	16 JUL 2008	CHN	1:40:01
75.	Shengshi XU	27 JUN 2008	CHN	1:40:04
76.	Sean WANG	28 MAY 2008	HKG	1:42:08
	Pengda GUO	27 JUN 2006	CHN	DNF
	Min AI	30 NOV 2006	CHN	DNF
	Yaosen DENG	13 DEC 2005	CHN	DNF
	Shusheng CAO	25 DEC 2007	CHN	DNF
	Liwei FANG	18 JAN 2008	CHN	DNF
	Xin LIU	11 FEB 2008	CHN	DNF
	Yan WANG	20 OCT 2000	CHN	DNF
	Jiangying WANG	21 MAY 2005	CHN	DNF
	Marcus WAKIM	03 MAY 2006	AUS	DQ
	Baoguo NIU	19 JUN 2004	CHN	DQ
	Fenghui ZHANG	28 OCT 2008	CHN	DQ
	Chang DING	21 DEC 2002	CHN	DQ
	Haisheng MA	05 APR 2000	CHN	DQ
	Haitao LIANG	21 APR 2007	CHN	DQ
	Hang CHEN	01 AUG 2004	CHN	DQ
	Xuanfei HU	17 OCT 2003	CHN	DQ

Women Half-marathon Walk

1.	Yunyan JIANG	15 FEB 2003	CHN	1:31:39
2.	Liuqing YANG	22 AUG 1998	CHN	1:32:08
3.	Haiying JI	25 FEB 2000	CHN	1:32:22
4.	Guo NA	22 JUN 1999	CHN	1:32:24
5.	Cuo DOUMAO	29 FEB 2004	CHN	1:32:27
6.	Xiaofan LA	19 AUG 2005	CHN	1:33:08
7.	Jinlin NING	26 MAR 2004	CHN	1:33:19
8.	Zhuoma BAIMA	20 MAY 2005	CHN	1:33:43
9.	Quanming WU	16 NOV 2001	CHN	1:34:36
10.	Lingfen ZHANG	22 OCT 2001	CHN	1:35:05
11.	Guisang BIANMA	25 JUL 2003	CHN	1:35:10
12.	Yuxia SHI	28 JAN 1999	CHN	1:35:33
13.	Liping PANG	23 FEB 2006	CHN	1:35:39
14.	Xinru YANG	03 OCT 2002	CHN	1:37:00
15.	Mao LA	17 DEC 1996	CHN	1:37:02
16.	Dongmei FAN	07 AUG 2006	CHN	1:37:06
17.	Xinyuan LUAN	19 JUL 2006	CHN	1:37:34
18.	Lan GAO	18 JAN 2000	CHN	1:37:37
19.	Meiduo GANGLA	21 JAN 2003	CHN	1:37:57
20.	Jiecuo DUO	13 APR 2005	CHN	1:38:10
21.	Viviane LYRA	29 JUL 1993	BRA	1:41:24
22.	Yubo CHI	22 JAN 2006	CHN	1:41:35
23.	Lingtong ZHU	25 JAN 2006	CHN	1:42:20
24.	Yiling YANG	05 AUG 2006	CHN	1:42:52
25.	Wanru YANG	03 OCT 2002	CHN	1:43:40
26.	Hongli XU	30 JUN 2004	CHN	1:43:53
27.	Qianmei LIU	15 AUG 2006	CHN	1:44:27
28.	Lei LI	21 JUL 2006	CHN	1:46:53
29.	Zhuoma QIJI	27 MAY 1998	CHN	1:47:26
30.	Xinyi WANG	01 OCT 2004	CHN	1:48:04
31.	Wangti LI	04 JUN 2007	CHN	1:48:11
32.	Ting ZHANG	20 JUN 2005	CHN	1:49:09
33.	Yongzhen BI	08 JAN 2006	CHN	1:51:41
	Yingyue ZHANG	25 MAY 2005	CHN	DNF
	Zhuoma RENQING	15 SEP 2002	CHN	DNF
	Sitong FAN	29 SEP 2008	CHN	DNF
	Houdan FU	16 FEB 2005	CHN	DQ
	Ting ZHANG	28 JAN 2004	CHN	DQ
	Yanqun CUI	07 JAN 2006	CHN	DQ
	Lamu ZHUOMA	28 APR 2003	CHN	DQ
	Xizhen YANG	11 MAR 2006	CHN	DQ
	Wanyue LI	19 MAR 2003	CHN	DQ

Yanlong Gao and Mengyuan Chen stand out in the Taicang Walking Marathon

(Report reprinted from *O Marchador* – 5 March)

Held on Monday (March 2nd) under adverse conditions of rain, cold and wind, the Race Walking Marathon took place on a one-kilometer circuit. These were the first competitions of this distance held on Chinese soil and featured only Chinese athletes. The event was organized by the Chinese Athletics Federation, which ensured an efficient event, observed by nine international race walking judges, each of a different nationality.

In the men's race, 21-year-old **Yanlong Gao** broke away from the competition about seven kilometers from the finish, progressively increasing his lead until crossing the finish line with a time of **3:02:50**. **Jinxi Wang** managed to distance himself in the final kilometers from **Xianghong He** — fifth place in the 35km race at the Oregon World Championships in 2022 — and finished in second place with **3:03:23**, while He completed the podium with **3:04:07**. Among the 53 participants, there were nine withdrawals and a high number of disqualifications, totaling 12.

Men Marathon Walk

1.	Yanlong GAO	17 APR 2004	CHN	3:02:50
2.	Jinxi WANG	30 NOV 2004	CHN	3:03:23
3.	Xianghong HE	01 JUL 1998	CHN	3:04:07
4.	Xin WANG	17 OCT 2001	CHN	3:04:32
5.	Xiaoqiang ZHU	21 APR 2000	CHN	3:06:40
6.	Tao QU	31 OCT 1999	CHN	3:06:56
7.	Yushuai TANG	18 NOV 2004	CHN	3:07:39
8.	Shijian DU	10 MAR 2004	CHN	3:08:35
9.	Hongren WANG	17 AUG 2003	CHN	3:08:42
10.	Yilong LUO	19 FEB 2002	CHN	3:09:26
11.	Zhiwei ZHAG	07 APR 2004	CHN	3:10:56
12.	Xianglong KONG	08 DEC 2003	CHN	3:11:16
13.	Runhe MA	24 MAR 2004	CHN	3:13:14
14.	Kailian LI	05 JAN 2006	CHN	3:13:36
15.	Yingcheng ZHOU	06 OCT 2000	CHN	3:13:36
16.	Kaiming WANG	15 FEB 2002	CHN	3:13:38
17.	Hongjie LI	03 FEB 2001	CHN	3:14:07
18.	Wenchao HU	03 JAN 2002	CHN	3:14:14
19.	Shaoyin MA	24 SEP 2003	CHN	3:14:39
20.	Moxuan TANG	12 OCT 2001	CHN	3:15:30
21.	Longhao LIU	10 MAY 2004	CHN	3:16:17
22.	Yapeng LI	19 JAN 2006	CHN	3:17:15
23.	Jiawang TANG	05 DEC 2004	CHN	3:18:52
24.	Min AI	30 NOV 2006	CHN	3:20:09
25.	Liang ZHAO	20 MAR 2005	CHN	3:22:05
26.	Guangtao XIE	11 MAR 2005	CHN	3:23:28
27.	Chengyuan ZHANG	16 MAR 2000	CHN	3:24:07
28.	Yunan GUAN	07 SEP 2005	CHN	3:25:09
29.	Guangwen TONG	15 APR 2006	CHN	3:25:09
30.	Shengeng ZHOU	16 SEP 2005	CHN	3:25:51
31.	Hongquan LIANG	08 FEB 2003	CHN	3:26:03
32.	Zeng DAN	20 JUL 2004	CHN	3:28:49
	Yanga YANG	14 JAN 2006	CHN	DNF
	Da QIONG	06 MAR 2000	CHN	DNF
	Jiameng LIN	05 JAN 2005	CHN	DNF
	Jiangying WANG	21 MAY 2005	CHN	DNF
	Hao XU	06 FEB 1999	CHN	DNF
	Zhenhao WANG	12 SEP 2001	CHN	DNF
	Boyu ZHANG	13 NOV 2006	CHN	DNF
	Guanglei ZHANG	29 DEC 2004	CHN	DNF
	Jiaqi WANG	17 FEB 2005	CHN	DNF
	Qianming SUN	06 JUN 2006	CHN	DQ
	Pengda GUO	27 JUN 2006	CHN	DQ
	Yaosen DENG	13 DEC 2005	CHN	DQ
	Minglong KANG	16 NOV 2002	CHN	DQ
	Jinrui ZHANG	24 AUG 2001	CHN	DQ
	Tianji ZHANG	29 DEC 2002	CHN	DQ
	Pengcheng XUE	25 FEB 2004	CHN	DQ
	Ciren PUBU	05 APR 2005	CHN	DQ
	Qiuchao LI	17 AUG 2006	CHN	DQ
	Zisheng ZHAO	16 JAN 2005	CHN	DQ
	Ciren DANBA	03 FEB 2003	CHN	DQ
	Yangbin XI	08 APR 2006	CHN	DQ

In the women's race, 22-year-old **Mengyuan Chen**, who holds a personal best of 1:29:59 in the 20km, outperformed the competition and won with a time of **3:24:48**. **Lamei Yin**, the current national champion, finished second with **3:25:22**, while **Ricuo Xi** finished third with **3:25:38**. 21 athletes started the race, with three withdrawals and two disqualifications.

Women Marathon Walk

1.	Mengyuan CHEN	04 NOV 2003	CHN	3:24:48
2.	Lamei YIN	21 DEC 2002	CHN	3:25:22
3.	Ricuo XI	09 AUG 2001	CHN	3:25:38
4.	Quzhen SANGDAN	14 SEP 2004	CHN	3:26:25
5.	Jiahui ZHANG	28 APR 2005	CHN	3:27:29
6.	Yanhong LI	16 MAR 2003	CHN	3:28:24
7.	Xinyu LI	24 OCT 2004	CHN	3:28:49
8.	Quzong DANZENG	10 SEP 2002	CHN	3:29:04
9.	Yue LUO	13 JUL 2003	CHN	3:34:50
10.	Yafei ZHAO	10 JUL 1999	CHN	3:35:52
11.	Xue ZHAO	12 NOV 1999	CHN	3:37:21
12.	Danxun HUANG	20 NOV 2005	CHN	3:38:17
13.	Zhuo DA	28 MAR 2003	CHN	3:42:52
14.	Youfen SU	16 JUN 2001	CHN	3:48:23
15.	Jingjing GUO	02 SEP 2002	CHN	3:48:44
16.	Qingqing YANG	11 FEB 2004	CHN	3:55:25
	Yuxin LU	24 DEC 2005	CHN	DNF
	Fangxue CHENG	15 JUN 2004	CHN	DNF
	Hang YIN	07 FEB 1997	CHN	DNF
	Jing LI	23 AUG 2001	CHN	DQ
	Qie SUN	09 JAN 2003	CHN	DQ

‘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, March 9, 2026 - **Evelyn Inga (Peru) and Perseus Karlström (Sweden) triumph in the Dudince Marching Half Marathon (2026)** <https://omarchador.blogspot.com/2026/03/evelyn-inga-peru-e-perseus-karlstrom.html>
- Sunday, March 8, 2026 - **Sofia Ramos (Mexico) and Bence Venyercsán (Hungary) shine in the Dudince Marathon (2026)** <https://omarchador.blogspot.com/2026/03/sofia-ramos-mexico-e-bence-venyercsan.html>
- Sunday, March 8, 2026 - **Martin Jansson (Sweden) wins race walking at the VIRTUS World Championships on a short track – Ourense 2026** <https://omarchador.blogspot.com/2026/03/martin-jansson-suecia-vence-marcha-nos.html>
VIRTUS is an organisation for athletes with intellectual disabilities.
- Saturday, March 7, 2026 - **Svensson brothers win Swedish overall short-track championships – Sätra 2026** <https://omarchador.blogspot.com/2026/03/irmaos-svensson-vencem-campeonatos.html>
- Friday, March 6, 2026 - **Colombian National Race Walking Championships – Bogotá 2026 (results)** <https://omarchador.blogspot.com/2026/03/campeonatos-nacionais-de-marcha-da.html>
- Thursday, March 5, 2026 - **Austeja Kavaliauskaite and Libertas Kulieša win Lithuanian short track championships – Kaunas 2026** <https://omarchador.blogspot.com/2026/03/austeja-kavaliauskaite-e-libertas.html>
- Thursday, March 5, 2026 - **Yanlong Gao and Mengyuan Chen stand out in Taicang Walking Marathon, China** <https://omarchador.blogspot.com/2026/03/yanlong-gao-e-mengyuan-chen-destacam-se.html>
- Wednesday, March 4, 2026 - **Shengji Shi and Yunyan Jiang victorious in the Taicang Walking Half Marathon, China** <https://omarchador.blogspot.com/2026/03/shengji-shi-e-yunyan-jiang-vitoriosos.html>
- Tuesday, March 3, 2026 - **Pauline Stey sets new French short track record – Aubière/Clermont-Ferrand 2026** <https://omarchador.blogspot.com/2026/03/pauline-stey-obtem-novo-recorde-de.html>
- Tuesday, March 3, 2026 - **Lyudmila Olyanovska with 19:53.61, the best time in the world in the 5,000m short track (Kyiv 2026)** <https://omarchador.blogspot.com/2026/03/lyudmila-olyanovska-com-195361-melhor.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.

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

VRWC Committee

****Vacancy – Club Treasurer**

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) ASAP.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2025/2026

Sat-Sun 14/15 Mar 2026	VMA Masters T&F c'ships - Doncaster
Sun 15 Mar 2026	AA Half-Marathon Race walk c'ships – Adelaide SA
Thu-Sun 19/22 Mar 2026	AV U20, Open & Overage T&F c'ships – Lakeside Stadium
Thu-Sun 9/12 Apr 2026	AA Open (exc. Walks) & U20 (combined events only) T&F c'ships – Sydney NSW
Mon-Tue 13/14 Apr 2026	2026 Coles Australian Little Athletics Championships – Brisbane QLD
Wed-Mon 15/20 Apr 2026	AA Junior T&F Championships – Brisbane QLD

International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
31 Jul 2026	Commonwealth Games 10,000m Walk finals – Glasgow, SCO
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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