



HEEL & TOE Online

Vol. 2023
Issue No. 23
Tuesday
13 June 2023

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: RUNNERS WORLD 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **



Stromlo Forest Park in Canberra, venue of this year's Lake Burley Griffin carnival, saw many fine results at all levels, and it was obviously the first port of call in the search for WOTW candidates. As it happened, no further search was needed. The carnival produced two winners – **Tim Fraser (ACT)** and **Hannah Bolton (NSW)** – each of whom had a standout result amongst a slew of excellent performances.

Tim ripped over 5mins from his 30km PB to successfully defend his 2022 title, taking the inaugural Robin Whyte Classic trophy with an excellent time of **2:17:14.0**. He would later back up for a creditable 5th in the Open 5km in **20:54**. Not a bad day's work at all.

Earlier this year, **Hannah** earned WOTW with her first sub-50min 10km after many tries. This time it took her only one attempt at 30km to claim the award, taking 2nd place in an amazing first-up time of **2:37:15.0**. This performance stamps Hannah as the latest addition to the impressive roster of Australian female distance walkers, and we will watch her development with a keen eye in coming months and years.

Congratulations, Tim and Hannah ... two fine displays of excellence!

*Honourable mentions

- **Declan Tingay (VIC/WA)** - When Dec steps onto a course, expect things to happen. On this occasion, he consigned two meet records – the Open 5km and Open 15km – to the dustbin, clocking respective times of **59:46** and **19:26** to show he's in peak shape with Budapest on the horizon.
- **Riley Coughlan (VIC)** – you can't do much better than two races, two golds ... in the U20 10km (**44:06**) and the U18 5km (**22:38**).
- **Kodi Clarkson (ACT)** – a 1:24 PB of **44:16** in finishing a close 2nd to Riley Coughlan in the U20 10km.
- **Corey Dickson (VIC)** – completed his first 30km (**2:29:43**) and backed up for bronze in the Open 5km in a PB time

of **20:34**.

- **Hannah Mison (NSW)** – a PB of more than 8mins is always worth a mention, Hannah thus eclipsing her 15km time in last year's LBG to win in **1:09:33**.
- **Hannah Matthews (VIC)** – a PB by nearly a minute in the U12 2km, clocking **10:24** for 4th.
- **Lily Bowkett (VIC)** – a huge 26sec improvement to take 4th in the U10 1km in **5:37**.

APOLOGY TO GWEN

Last week, **Gwen Steed (VIC)** was awarded Walker Of The Week on the strength of her 5km time of 37:56. At the time, I stated that this time had earned Gwen new Australian and Victorian Masters records for W80, as well as a VRWC record in that division. I was later informed that Masters records are recognized only for track performances. As Gwen set her time on the road, it cannot be accepted by the VMA or AMA.

Disappointing as this is for Gwen and for the Club, there is no doubt that her performance merited WOTW, and we have no doubt that she will make a serious attack on the track records at her earliest opportunity on the track. She is in fine form, and we wish her every success for the remainder of the season and beyond.

Stu



CLUB NEWS and RESULTS

**** VRWC WALKERS FLY THE FLAG AT STROMLO PARK**

It was unfortunate that I couldn't be in Canberra this year for the LBG carnival. However, we were, as ever, so fortunate that **Tim Erickson** was not only present but actively involved in the day's activities. Many thanks to Tim for the following overview of the VRWC's fortunes at the carnival, followed as always by a wealth of statistics.

After a zero degree start to the day, the annual Lake Burley Griffin Walks Carnival was held in beautiful, still and sunny conditions. With 160+ entries, the carnival was well supported by our member clubs, with representatives from NSWRC, VRWC, ACTRC, SARWC, QRWC, TRWC and WARWC.

The carnival started with an announcement that the blue riband **Men's 30km race** would be renamed the **Robin Whyte Classic**. Robin's dedication and drive in building the LBG walking festival into the celebration it has become – as well as his participation in every one of its marquee 20 miles / 30km races up until his health began to fail in 2020 – are now fittingly remembered. The women's 30km event was also renamed to the Val Chesterton Classic, to honour Robin's partner Val, who was the other key player in the LOC for so many years.

VRWC sent a small but talented team and we took more than our fair share of individual and team awards. Leading the Victorian charge were **Declan Tingay** and **Riley Coughlan**, both of whom took dual golds. Declan's wins were perhaps the highlights of the entire carnival in that he shattered the existing meet records with his 15km (**59:46**) and 5km (**19:26**) times. Other podium finishes and Teams successes are featured in the table below.

Numerous Victorians made the most of the occasion by racing in multiple events, increasing our medal and team tally and boosting our chances in the Brennan Shield competition. Well done to Team VIC!

GOLD Indiv	Declan Tingay	Open Men 15km	59:46
	Riley Coughlan	U20 Men 10km	44:06
	Riley Coughlan	U18 Boys 5km	22:38
	Declan Tingay	Open Men 5km	19:26
GOLD Teams	Open Men 15km:	Declan Tingay, Marcus Wakim, Fraser Saunder	
	U20 Men 10km	Riley Coughlan, Scott Peart, Eden Morgan	
	U20 Women 10km	Emily Smith, Maddison Nash, Char Hay	
	U15 Girls 2km	Mya McClure, Hannah Matthews, Matilda Read	
	U18 Boys 5km	Riley Coughlan, Scott Peart, Daniel Pashutin	
	Open Women 5km	Jemma Peart, Char Hay, Arnika Nelson	
	Open Men 5km	Declan Tingay, Corey Dickson, Marcus Wakim	
SILVER Indiv	Marcus Wakim	Open Men 15km	1:04:38

Angus Shuttleworth	U12 Boys 2km	9:36
Mya McClure	U14 Girls 2km	9:39
Jemma Peart	Open Women 5km	25:12

SILVER Teams U10 Girls 1km Pippa Read, Lily Bowkett, Anouk Morgan
 U12 Boys 2km Angus Shuttleworth, Tate McQueen, Logan Allison
 U16 Girls 3km Mya McClure, Matilda Read, Mietta Morgan

BRONZE Indiv Logan Allison	U10 Boys 1km	6:09
Pippa Read	U10 Girls 1km	5:22
Tate McQueen	U12 Boys 2km	10:58
Scott Peart	U18 Boys 5km	23:46
Scott Peart	U20 Men 10km	50:00
Ariana Pashutina	U18 Girls 5km	28:01
Corey Dickson	Open Men 5km	20:34

BRONZE Teams U18 Girls 5km Ariana Pashutina, Emily Smith, Mietta Morgan

*The following results show the placings of all VRWC walkers.

(NOTE: A full list of all results is available in the A.C.T. section in 'Around The Country'.)

Event 1: Open Men 30 Km

5. Corey Dickson	VRWC	2:29:43	First one
7. Alejandro Stephens	VRWC	3:04:41	First one

Combined Handicap Results (Men and Women)

1. Corey Dickson	VRWC
2. Alejandro Stephens	VRWC

Event 5: Open Men 15 Km

1. Declan Tingay	VRWC	59:46	
2. Marcus Wakim	VRWC	1:04:38	First one
4. Fraser Saunder	VRWC	1:11:19	First one
5. Gerard Feain	VRWC	1:38:47	

Masters Men 15 Km

2. Gerard Feain	VRWC	1:38:47
-----------------	------	---------

Handicap Results

1. Fraser Saunder	VRWC
2. Gerard Feain	VRWC

Team Results

1. VRWC	Declan Tingay, Marcus Wakim, Fraser Saunder	7 pts
---------	---	-------

Event 8: Men Under 20 10 Km

1. Riley Coughlan	VRWC	44:06	
3. Scott Peart	VRWC	50:00	First one
4. Eden Morgan	VRWC	51:49	

Handicap Results

3. Eden Morgan	VRWC
----------------	------

Team Results

1. VRWC	Riley Coughlan, Scott Peart, Eden Morgan	15 pts
---------	--	--------

Event 10: Women Under 20 10 Km

4. Maddison Nash	VRWC	53:05	PB 0:39
5. Char Hay	VRWC	55:24	
8. Emily Smith	VRWC	59:41	

Handicap Results

1. Maddison Nash	VRWC
3. Emily Smith	VRWC

Team Results

1. VRWC1	Emily Smith, Maddison Nash, Char Hay	11 pts
----------	--------------------------------------	--------

Event 11: Under 10 Boys 1Km

3. Logan Allison	VRWC	6:09	
------------------	------	------	--

Event 12: Under 10 Girls 1 Km

3. Pippa Read	VRWC	5:22	PB 0:03
4. Lily Bowkett	VRWC	5:37	PB 0:26
9. Anouk Morgan	VRWC	6:02	

Handicap Results

2. Lily Bowkett	VRWC		
-----------------	------	--	--

Team Result

2. VRWC1	Pippa Read, Lily Bowkett, Anouk Morgan	23 pts
----------	--	--------

Event 13: Boys Under 12 2 Km

2. Angus Shuttleworth	VRWC	9:36	First one
3. Tate McQueen	VRWC	10:58	
7. Logan Allison	VRWC	13:38	First one

Team Results

2. VRWC1	Angus Shuttleworth, Tate McQueen, Logan Allison	10 pts
----------	---	--------

Event 14: Girls Under 12 2 Km

6. Pippa Read	VRWC	11:13	First one
13. Zoe Bowkett	VRWC	13:15	PB 0:50
14. Lily Bowkett	VRWC	13:23	
16. Anouk Morgan	VRWC	13:55	First one

Handicap Results

1. Pippa Read	VRWC		
2. Lily Bowkett	VRWC		

Teams Results

4. VRWC1	Pippa Read, Zoe Bowkett, Freya Williams	26 pts
----------	---	--------

Event 15: Boys Under 14 2 Km

6. Angus Shuttleworth	VRWC	10:27	
8. Tate McQueen	VRWC	11:04	

Event 16: Girls Under 14 2 Km

2. Mya McClure	VRWC	9:39	PB 0:24
4. Hannah Matthews	VRWC	10:24	PB 0:57
5. Matilda Read	VRWC	10:28	PB 0:27
8. Mietta Morgan	VRWC	11:20	
10. Charlise McQueen	VRWC	11:42	

Handicap Results

1. Hannah Matthews	VRWC		
3. Matilda Read	VRWC		

Team Results

1. VRWC1	Mya McClure, Hannah Matthews, Matilda Read	30 pts
----------	--	--------

Event 17: Boys Under 16 3 Km

6. Daniel Pashutin	VRWC	15:33	
--------------------	------	-------	--

Event 18: Girls Under 16 3 Km

4. Mya McClure	VRWC	15:13	
7. Matilda Read	VRWC	17:10	
10. Mietta Morgan	VRWC	17:33	

Team Results

2. VRWC1	Mya McClure, Matilda Read, Mietta Morgan	30 pts
5. NSWRC3	Laura Corvalan Sotomayor, Olive Gauci, Nikki Hearnden	6 pts

Event 19: Boys Under 18 5 Km

1. Riley Coughlan	VRWC	22:28	
3. Scott Peart	VRWC	23:46	

8. Daniel Pashutin	VRWC	29:04
9. Eden Morgan	VRWC	29:05

Team Results

1. VRWC1	Riley Coughlan, Scott Peart, Daniel Pashutin	13 pts
----------	--	--------

Event 20: Girls Under 18 5 Km

3. Ariana Pashutina	VRWC	28:01
12. Emily Smith	VRWC	31:02
14. Mietta Morgan	VRWC	33:28

Team Results

3. VRWC1	Ariana Pashutina, Emily Smith, Mietta Morgan	23 pts
----------	--	--------

Event 21: Open Women 5 Km

2. Jemma Peart	VRWC	25:12
4. Char Hay	VRWC	26:27
5. Arnika Nelson	VRWC	26:33
9. Ariana Pashutina	VRWC	29:15

Team Results

1. VRWC1	Jemma Peart, Char Hay, Arnika Nelson	37 pts
----------	--------------------------------------	--------

Event 22: Men Open 5 Km

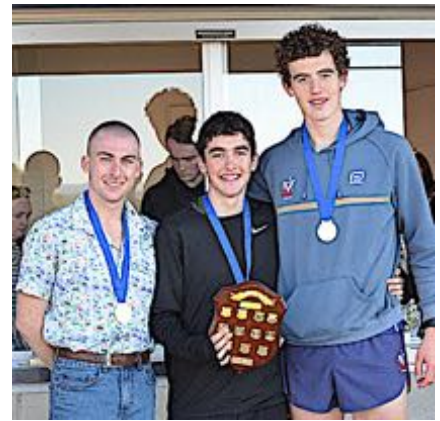
1. Declan Tingay	VRWC	19:26	
3. Corey Dickson	VRWC	20:34	PB 0:14
8. Marcus Wakim	VRWC	23:02	
11. Fraser Saunder	VRWC	25:08	

Team Results

1. VRWC1	Declan Tingay, Corey Dickson, Marcus Wakim	28 pts
----------	--	--------

The mighty Vics in action at Stromlo Forest Park





Try to stay up with the Vics, you'll soon roo your mistake ...

(Photos: Marnie Gigliotti)

**** Coming up ...**

This coming Saturday features our regular Canberra follow-up meeting, 'Guess Your Time'. Nominate your guessed finish time, then race to see how close you get to it. No watches or time calls allowed. Prizes are on offer for those in each distance who get to within the closest margin of their guess-timated time.

Saturday 17 June – Middle Park

2.00pm	8km	Guess your finish time & Points race	Open
2.00pm	6km	Guess your finish time & Points race	Open
2.00pm	4km	Guess your finish time & Points race	Open
2.15pm	2km	Guess your finish time & Points race	Open
2.15pm	1km	Guess your finish time & Points race	Open

Entries will be accepted up until 11.59pm on Friday 16 June. Enter online at <https://www.revolutionise.com.au/vrwc/>



A.C.T. 56th LBG/Stromlo Park Carnival, 11 June – Stromlo Forest Park, Canberra

Helen Toyne is, understandably, one happy and no doubt relieved Club secretary. Here is her report on the LBG Carnival, reprinted from the ACTRFWC newsletter:

There were some fantastic results at LBG on Sunday.

Notable were:

Tim Fraser winning the Robin Whyte classic 30km, **Mitchell Baker** second in the same event

Sue Archer with the highest age grade percentage of the whole carnival (which makes her potentially the best walker in Australia when age is accounted for)

Kodi Clarkson winning the U16 boys and second in the u20 10km

Michelle Bray first and **Ann Staunton Jugovic** second in the Masters 5km event, combining with Jill and Lorna to take out the master's team gold.

Jillian Ryan 3rd in her 2km in a pb

Emma Grocott 2nd in her u16 3km event

Sebastian Ryan second in the handicap event

Numerous pbs and excellent performances including Sebastian Ryan 5th in his 2km and Julia, Emma and Jillian putting together an under 30minutes team for the 5km to take second in the teams event in the junior 5km.

I'm sorry if I've missed any one. Notably Owen and Nicholas were not having their best days, both recording a DNF in their main event. These things happen, boys, we'll see you next time.

Thanks to **Kim Mottrom** and **Tim Erickson** for collating the results (listed below)!

You can see all the previous results from LBG here (and incredible archive for data nerds):

http://www.vrwc.org.au/rwa-results.shtml?fbclid=IwAR0Yw-wwDj_W_EnpXGcZEVccI8PkGZTEqTkaQp4Gd5zQXSIhBbM30ok7gk

Other highlights (??) from LBG

Tim and Mitch competing in crop tops?!

Owen pulling out due to a vomit (tip – don't eat foods you are allergic to on the morning of a big race)

Kodi winning and pulling out big times despite still recovering from Covid.

Julia competing with ongoing issues from a virus.

Lorna joining us especially for LBG (please come back Lorna).

Geoff finishing the 8km with the highest percentage of metal in his body of any walker on the track.

Robert Kennelly continuing to commentate and encourage everyone whilst completing the 8km.

There are too many people to thank who put in long hours on the day and in the lead up. You all know your committee (so I'm not going to name us all), but special mention must go to Robert for his fantastic commentary, Brian for handing out place cards all day (without incurring a single complaint from a parent which is a first), Bob for his amazing management of timing and lap scoring, Chris Toyne for herding kids and moving gear, and Peter Jugovic for entering all the results, setting up the system and making it work, Marnie, John and Rosemary for photography, Kai and Live better nutrition for buying us a tent and helping with results, Ian Colquhoun for being the referee, Phil Essam for manning the drinks, and Peter Boden for starting everyone of superbly.

Jim, John, Rosemary, Bob, Jeanette, Miriam for lap scoring I'm sure I've missed some, and sorry, feel free to send extras and I'll give a shout out next week. Thanks also to the kids from Radford College who assisted us as part of their service learning.

**From the VRWC:* Congratulations once again to the ACTRFC and their stalwart team of workers for providing yet another successful carnival and keeping the tradition alive. For decades the LBG Queen's Birthday weekend – simply known to most as 'Canberra' – has been a magnet for walkers across the country, one for which they invariably bring their 'A' games in order to score maximum points for their states and clubs. Despite unavoidable changes – along with the ravages of COVID – the Canberra club, with the aid of interstate colleagues, steadfastly presents this invaluable fixture year after year for the country's walkers, who support it eagerly. Well done, ACT! – *Stu Cooper*

Below is the full list of results, as provided by **Tim Erickson**:

Event 1: Open Men 30 Km

1.	Timothy Fraser	ACTRWC	2:17:14
2.	Mitchell Baker	ACTRWC	2:18:13
3.	Dylan Richardson	NSWRWC	2:18:32
4.	Carl Gibbons	NSWRWC	2:23:33
5.	Corey Dickson	VRWC	2:29:43
6.	Jack McGinniskin	NSWRWC	2:33:47
7.	Alejandro Stephens	VRWC	3:04:41
8.	Peter Crump	SARWC	3:14:39
	Tristan Camilleri	SARWC	DQ

Masters Men:

1.	Peter Crump	SARWC	3:14:39
----	-------------	-------	---------

Open Women 30 Km

1.	Allanah Pitcher	NSWRWC	2:34:36
2.	Hannah Bolton	NSWRWC	2:37:15
3.	Bridget Bell	NSWRWC	2:54:06
	Kelly Ruddick	VRWC	DNS

Oldest Competitor:

1.	Peter Crump	SARWC	3:14:39
----	-------------	-------	---------

Combined Handicap Results (Men and Women)

1.	Corey Dickson	VRWC
2.	Alejandro Stephens	VRWC
3.	Hannah Bolton	NSWRWC

Combined Teams Results (Men and Women)

1.	NSWRWC1	Dylan Richardson, Carl Gibbons, Jack McGinniskin	15 pts
2.	NSWRWC2	Allanah Pitcher, Hannah Bolton, Bridget Bell	6 pts

Event 2: ACT 30 Km Fitness Walk

1.	Sue Archer	ACTRWC	3:47:03
----	------------	--------	---------

Event 3: ACT 30 Km Championship

1.	Timothy Fraser	ACTRWC	2:17:14
2.	Mitchell Baker	ACTRWC	2:18:13

Resident

1.	Timothy Fraser	ACTRWC	2:17:14
----	----------------	--------	---------

Event 4: Open Women 15 Km

1.	Hannah Mison	NSWRWC	1:09:33
2.	Tayla Billington	QRWC	1:12:11
3.	Jasmine Dighton	NSWRWC	1:19:44
4.	Noela McKinven	QRWC	2:29:04
	Michelle Bray	ACTRWC	DNS
	Char Hay	VRWC	DNS
	Kate Siviour	VRWC	DNS

Handicap Results

1.	Noela McKinven	QRWC
----	----------------	------

Oldest Competitor to Finish

1.	Noela McKinven	QRWC	1:19:41
----	----------------	------	---------

Masters Women 15 Km

1.	Noela McKinven	QRWC	2:29:04
	Michelle Bray	ACTRWC	DNS

Event 5: Open Men 15 Km

1.	Declan Tingay	VRWC	59:46
2.	Marcus Wakim	VRWC	1:04:38
3.	Kim Mottrom	SARWC	1:10:28
4.	Fraser Saunder	VRWC	1:11:19
5.	Gerard Feain	VRWC	1:38:47
	Gwyllym Young	ACTRWC	DNS
	Mathew Bruniges	SARWC	DNS

Masters Men 15 Km

1.	Kim Mottrom	SARWC	1:10:28
2.	Gerard Feain	VRWC	1:38:47

Handicap Results

1.	Fraser Saunder	VRWC
2.	Gerard Feain	VRWC

Team Results

1.	VRWC	Declan Tingay, Marcus Wakim, Fraser Saunder	7 pts
----	------	---	-------

Event 6: ACT 15 Km Fitness Walk

No entrants

Event 7: ACT 8 Km Fitness Walk**Women**

1.	Nicole Nilon	NSWRWC	1:03:20
2.	Helen Toyne	ACTRWC	1:09:16
3.	Kristy Templer	SARWC	1:12:04

Men

1.	John Nilon	NSWRWC	1:03:20
2.	Robert Kennelly	ACTRWC	1:20:15
3.	Geoff Barker	ACTRWC	1:24:58

Event 8: Men Under 20 10 Km

1.	Riley Coughlan	VRWC	44:06
2.	Kodi Clarkson	ACTRWC	44:16
3.	Scott Peart	VRWC	50:00
4.	Eden Morgan	VRWC	51:49
5.	Raven Pyda	NSWRWC	53:53
6.	Jack Robson	NSWRWC	57:39
7.	Brendan Pospischil	NSWRWC	57:51
	Owen Toyne	ACTRWC	DNF
	Will Bottle	TRWC	DNS

Handicap Results

1.	Jack Robson	NSWRWC
2.	Brendan Pospischil	NSWRWC
3.	Eden Morgan	VRWC

Team Results

1.	VRWC	Riley Coughlan, Scott Peart, Eden Morgan	15 pts
2.	NSWRWC	Raven Pyda, Jack Robson, Brendan Pospischil	6 pts

Event 9: ACT Over 19 10 KM

1.	Kim Mottrom	SARWC	57:41	
	Di Camilleri			DNS
	Jemma Peart			DNS
	Greg Metha			DQ

Event 10: Women Under 20 10 Km

1.	Alexandra Griffin	WARWC	50:45
2.	Sienna Pitcher	NSWRWC	51:13
3.	Nellie Langford	SARWC	52:00
4.	Maddison Nash	VRWC	53:05
5.	Char Hay	VRWC	55:24
6.	Lyla Williams	NSWRWC	58:24
7.	Ciara Cassilles	NSWRWC	59:03
8.	Emily Smith	VRWC	59:41
9.	Summer Millard	QRWC	1:02:49

Handicap Results

1.	Maddison Nash	VRWC
2.	Lyla Williams	NSWRWC
3.	Emily Smith	VRWC

Team Results

1.	VRWC1	Emily Smith, Maddison Nash, Char Hay	11 pts
2.	NSWRWC	Lyla Williams, Ciara Cassilles, Sienna Pitcher	10 pts

Event 11: Under 10 Boys 1Km

1.	Nate Appleyard	NSWRWC	4:55
2.	Jacob Hearnden	NSWRWC	5:54
3.	Logan Allison	VRWC	6:09
4.	Max Miller	NSWRWC	9:36
	Levi Martin	NSWRWC	DQ

Handicap Results

1.	Max Miller	NSWRWC
----	------------	--------

Team Result

1.	NSWRWC	Nate Appleyard, Jacob Hearnden, Max Miller	7 pts
----	--------	--	-------

Event 12: Under 10 Girls 1 Km

1.	Stella Wade	NSWRWC	5:04
2.	Freya Williams	NSWRWC	5:18
3.	Pippa Read	VRWC	5:22
4.	Lily Bowkett	VRWC	5:37
5.	Addison Fahey	NSWRWC	5:43
6.	Beth Cochrane	NSWRWC	5:47
7.	Addison Jenkins	NSWRWC	5:56
8.	Caitlin Allum	NSWRWC	6:01
9.	Anouk Morgan	VRWC	6:02
10.	Veronica Dennett	NSWRWC	6:08
11.	Milana Sorokin	NSWRWC	6:24
12.	Amelie Barakat	NSWRWC	7:06

Handicap Results

2.	Lily Bowkett	VRWC
3.	Caitlin Allum	NSWRWC
4.	Milana Sorokin	NSWRWC

Team Result

1.	NSWRWC1	Stella Wade, Freya Williams, Addison Fahey	32 pts
2.	VRWC1	Pippa Read, Lily Bowkett, Anouk Morgan	23 pts
3.	NSWRWC2	Beth Cochrane, Addison Jenkins, Caitlin Allum	18 pts
4.	NSWRWC3	Veronica Dennett, Milana Sorokin, Amelie Barakat	6 pts

Event 13: Boys Under 12 2 Km

1.	Nate Appleyard	NSWRWC	9:33
2.	Angus Shuttleworth	VRWC	9:36
3.	Tate McQueen	VRWC	10:58
4.	Jacob Hearnden	NSWRWC	12:12
5.	Sebastian Ryan	ACTRWC	12:19
6.	Luca Barakat	NSWRWC	13:34

7.	Logan Allison	VRWC	13:38
8.	Alexander Dennett	NSWRWC	18:02

Handicap Results

1.	Luca Barakat	NSWRWC
2.	Sebastian Ryan	ACTRWC
3.	Jacob Hearnden	NSWRWC

Team Results

1.	NSWRWC1	Nate Appleyard, Jacob Hearnden, Luca Barakat	12 pts
2.	VRWC1	Angus Shuttleworth, Tate McQueen, Logan Allison	10 pts

Event 14: Girls Under 12 2 Km

1.	Hannah Hewitt	NSWRWC	10:36
2.	Erin Cassilles	NSWRWC	10:46
3.	Molly Miller	NSWRWC	10:53
4.	Ashleigh Mansell	NSWRWC	10:54
5.	Keira Gill	NSWRWC	11:08
6.	Pippa Read	VRWC	11:13
7.	Sienna Wade	NSWRWC	11:14
8.	Isla Banks	NSWRWC	11:34
9.	Liliana Templer	SARWC	11:44
10.	Nikki Hearnden	NSWRWC	12:13
11.	Mackenzie Kitching	NSWRWC	12:32
12.	Freya Williams	NSWRWC	13:08
13.	Zoe Bowkett	VRWC	13:15
14.	Lily Bowkett	VRWC	13:23
15.	Lara Penney	NSWRWC	13:37
16.	Anouk Morgan	VRWC	13:55
17.	Teigan Dummer	NSWRWC	14:00
18.	Matilda Hay	NSWRWC	14:24
19.	Caitlin Allum	NSWRWC	16:12
20.	Zoe Zantiotis	NSWRWC	16:22
	Beth Cochrane	NSWRWC	DNS
	Ivy Murray	NSWRWC	DQ
	Stella Wade	NSWRWC	DQ

Handicap Results

1.	Pippa Read	VRWC
2.	Lily Bowkett	VRWC
3.	Zoe Zantiotis	NSWRWC

Teams Results

1.	NSWRWC1	Hannah Hewitt, Erin Cassilles, Molly Miller	52 pts
2.	NSWRWC2	Ashleigh Mansell, Keira Gill, Sienna Wade	41 pts
3.	NSWRWC3	Isla Banks, Nikki Hearnden, Mackenzie Kitching	30 pts
4.	VRWC1	Pippa Read, Zoe Bowkett, Freya Williams	26 pts
5.	NSWRWC4	Freya Williams, Lara Penney, Teigan Dummer	17 pts

Event 15: Boys Under 14 2 Km

1.	Callum Martin	NSWRWC	9:42
2.	Nate Appleyard	NSWRWC	9:48
3.	Alexander Braendle	NSWRWC	10:00
4.	Tyler Cousins	NSWRWC	10:14
5.	Christopher Nilon	NSWRWC	10:20
6.	Angus Shuttleworth	VRWC	10:27
7.	Mitchell McCarthy	NSWRWC	10:57
8.	Tate McQueen	VRWC	11:04
9.	Michael Mathison	NSWRWC	11:05
10.	Noah Vella	NSWRWC	11:22
11.	Sagan Jones	NSWRWC	12:13

Handicap Results

1.	Noah Vella	NSWRWC
2.	Christopher Nilon	NSWRWC
3.	Tyler Cousins	NSWRWC

Team Results

1.	NSWRWC1	Callum Martin, Nate Appleyard, Alexander Braendle	25 pts
2.	NSWRWC2	Tyler Cousins, Christopher Nilon, Mitchell McCarthy	16 pts
3.	NSWRWC3	Michael Mathison, Noah Vella, Sagan Jones	6 pts

Event 16: Girls Under 14 2 Km

1.	Sophie Polkinghorne	NSWRWC	9:22
2.	Mya McClure	VRWC	9:39
3.	Jillian Ryan	ACTRWC	10:05
4.	Hannah Matthews	VRWC	10:24
5.	Matilda Read	VRWC	10:28
6.	Emma Hoskins	NSWRWC	11:07
7.	Lilly Twigden	NSWRWC	11:12
8.	Mietta Morgan	VRWC	11:20
9.	Molly Miller	NSWRWC	11:40
10.	Charlise McQueen	VRWC	11:42
11.	Erin Cassilles	NSWRWC	11:42
12.	Matilda Rech	SARWC	12:12
13.	Lexie Beacroft	NSWRWC	12:20
14.	Sienna Wade	NSWRWC	12:25
15.	Beth Cochrane	NSWRWC	12:40
16.	Summer Hay	NSWRWC	13:18
17.	Maeve Nolan	NSWRWC	14:23
18.	Alannah Webber	NSWRWC	14:56
	Liliana Templer	SARWC	DNS
	Zoe Bowkett	VRWC	DNS

Handicap Results

1.	Hannah Matthews	VRWC
2.	Matilda Rech	SARWC
3.	Matilda Read	VRWC

Team Results

1.	VRWC1	Mya McClure, Hannah Matthews, Matilda Read	30 pts
2.	NSWRWC1	Sophie Polkinghorne, Emma Hoskins, Lilly Twigden	28 pts
3.	NSWRWC2	Molly Miller, Erin Cassilles, Lexie Beacroft	15 pts
4.	NSWRWC3	Sienna Wade, Beth Cochrane, Summer Hay	6 pts

Event 17: Boys Under 16 3 Km

1.	Kodi Clarkson	ACTRWC	12:56
2.	Bailey Housden	QRWC	12:59
3.	Joel Byatt	NSWRWC	14:04
4.	Cooper Rech	SARWC	15:01
5.	Callum Martin	NSWRWC	15:32
6.	Daniel Pashutin	VRWC	15:33
7.	Jaxson Horton	NSWRWC	15:58
8.	Tyler Cousins	NSWRWC	16:27
9.	Kane Robson	NSWRWC	16:47
10.	Christopher Nilon	NSWRWC	17:05
11.	Aidan Pospischil	NSWRWC	17:30
12.	Angus Shuttleworth	VRWC	17:43
13.	Mitchell McCarthy	NSWRWC	17:44
14.	Alexander Wenzel	NSWRWC	20:08
15.	Peter Charlton	NSWRWC	24:07
	Alexander Braendle	NSWRWC	DNS

Handicap Results

1.	Kane Robson	NSWRWC
2.	Alexander Wenzel	NSWRWC
3.	Aidan Pospischil	NSWRWC

Teams Results

1.	NSWRWC1	Joel Byatt, Callum Martin, Jaxson Horton	24 pts
2.	NSWRWC2	Tyler Cousins, Kane Robson, Christopher Nilon	15 pts
3.	NSWRWC3	Aidan Pospischil, Mitchell McCarthy, Alexander Wenzel	6 pts

Event 18: Girls Under 16 3 Km

1.	Matilda Webb	NSWRWC	14:37	
2.	Emma Grocott	ACTRWC	14:45	
3.	Jessica Loring	NSWRWC	14:57	
4.	Mya McClure	VRWC	15:13	
5.	Emma Hearnden	NSWRWC	16:54	
6.	Katie De Ruvo	SARWC	17:09	
7.	Matilda Read	VRWC	17:10	
8.	Summer Sivaraj	NSWRWC	17:27	
9.	Lilah Norden	NSWRWC	17:28	
10.	Mietta Morgan	VRWC	17:33	
11.	Emma Hoskins	NSWRWC	17:50	
12.	Liliana Templer	SARWC	18:28	
13.	Matilda Rech	SARWC	18:55	
14.	Laura Corvalan Sotomayor	NSWRWC	18:59	
15.	Olive Gauci	NSWRWC	19:31	
16.	Nikki Hearnden	NSWRWC	20:01	
	Imogen Cochrane	NSWRWC		DNS
	Sienna Pitcher	NSWRWC		DNS
	Sophie Polkinghorne	NSWRWC		DNS
	Lilly Twigden	NSWRWC		DNS
	Lyla Williams	NSWRWC		DNS
	Hannah Matthews	VRWC		DNS
	Charlise McQueen	VRWC		DNS

Handicap Results

1.	Liliana Templer	SARWC
2.	Matilda Rech	SARWC
3.	Summer Sivaraj	NSWRWC

Team Results

1.	NSWRWC1	Matilda Webb, Jessica Loring, Emma Hearnden	42 pts
2.	VRWC1	Mya McClure, Matilda Read, Mieta Morgan	30 pts
3.	NSWRWC2	Summer Sivaraj, Lilah Norden, Emma Hoskins	23 pts
4.	SARWC1	Katie De Ruvo, Liliana Templer, Laura Corvalan Sotomayor	20 pts
5.	NSWRWC3	Laura Corvalan Sotomayor, Olive Gauci, Nikki Hearnden	6 pts

Event 19: Boys Under 18 5 Km

1.	Riley Coughlan	VRWC	22:28	
2.	Bailey Housden	QRWC	23:22	
3.	Scott Peart	VRWC	23:46	
4.	Joel Byatt	NSWRWC	24:30	
5.	Cooper Rech	SARWC	27:58	
6.	Alexander Braendle	NSWRWC	28:15	
7.	Jack Robson	NSWRWC	28:31	
8.	Daniel Pashutin	VRWC	29:04	
9.	Eden Morgan	VRWC	29:05	
10.	Aidan Pospischil	NSWRWC	32:31	
11.	Peter Charlton	NSWRWC	38:56	
	Nicholas Christian	ACTRWC		DNF

Handicap Results

1.	Joel Byatt	NSWRWC
2.	Alexander Braendle	NSWRWC
3.	Jack Robson	NSWRWC

Team Results

1.	VRWC1	Riley Coughlan, Scott Peart, Daniel Pashutin	13 pts
2.	NSWRWC1	Joel Byatt, Alexander Braendle, Jack Robson	9 pts

Event 20: Girls Under 18 5 Km

1.	Sophie Polkinghorne	NSWRWC	25:16	
2.	Lyla Williams	NSWRWC	27:29	
3.	Ariana Pashutina	VRWC	28:01	
4.	Chelsea Roberts	NSWRWC	28:25	
5.	Daisy Braithwaite	SARWC	28:42	
6.	Jillian Ryan	ACTRWC	28:53	

7.	Hana Jugovic	ACTRWC	29:18	
8.	Laelia Byatt	NSWRWC	29:41	
9.	Jessey Bektas	NSWRWC	29:43	
10.	Julia Grocott	ACTRWC	29:48	
11.	Phoebe Chadwick	QRWC	30:24	
12.	Emily Smith	VRWC	31:02	
13.	Emma Hearnden	NSWRWC	32:35	
14.	Mietta Morgan	VRWC	33:28	
15.	Chelsey Torrens	NSWRWC	34:13	
16.	Kailey Webber	NSWRWC	36:00	
17.	Sarah Challinor	NSWRWC	37:56	
	Ciara Cassilles	NSWRWC		DNS
	Sienna Pitcher	NSWRWC		DNS
	Samantha Torrens	NSWRWC		DNS
	Katie De Ruvo	SARWC		DNS
	Mya McClure	VRWC		DNS
	Maddison Nash	VRWC		DNS

Handicap Results

1.	Sarah Challinor	NSWRWC
2.	Jessey Bektas	NSWRWC
3.	Phoebe Chadwick	QRWC

Team Results

1.	NSWRWC1	Sophie Polkinghorne, Lyla Williams, Chelsea Roberts	42 pts
2.	ACTRWC1	Jillian Ryan, Hana Jugovic, Julia Grocott	28 pts
3.	VRWC1	Ariana Pashutina, Emily Smith, Mietta Morgan	23 pts
4.	NSWRWC2	Laelia Byatt, Chelsey Torrens, Jessey Bektas	22 pts
5.	NSWRWC3	Chelsey Torrens, Kailey Webber, Sarah Challinor	6 pts

Event 21: Open Women 5 Km

1.	Hannah Mison	NSWRWC	21:46	
2.	Jemma Peart	VRWC	25:12	
3.	Nellie Langford	SARWC	25:54	
4.	Char Hay	VRWC	26:27	
5.	Arnika Nelson	VRWC	26:33	
6.	Michelle Bray	ACTRWC	27:17	
7.	Jessica Loring	NSWRWC	28:36	
8.	Ann Jugovic	ACTRWC	29:04	
9.	Ariana Pashutina	VRWC	29:15	
10.	Daisy Braithwaite	SARWC	30:58	
11.	Lilah Norden	NSWRWC	31:18	
12.	Katie De Ruvo	SARWC	31:37	
13.	Phoebe Chadwick	QRWC	32:07	
14.	Imogen Cochrane	NSWRWC	32:11	
15.	Laura Corvalan Sotomayor	NSWRWC		33:00
16.	Jill Pearson	ACTRWC	35:04	
17.	Nicolle Challinor	NSWRWC	35:55	
18.	Emily Challinor	NSWRWC	40:46	
19.	Di Camilleri	SARWC	40:54	
20.	Lorna England	ACTRWC	43:48	
21.	Kristy Templer	SARWC	44:40	
	Alexandra Griffin	WARWC	DNF	
	Bridget Bell	NSWRWC		DNS
	Matilda Rech	SARWC		DNS
	Maddison Nash	VRWC		DNS
	Alanna Peart	VRWC		DNS
	Kate Siviour	VRWC		DNS
	Emily Smith	VRWC		DNS

Handicap Results

1.	Emily Challinor	NSWRWC
2.	Michelle Bray	ACTRWC
3.	Nicolle Challinor	NSWRWC

Team Results

1.	VRWC1	Jemma Peart, Char Hay, Arnika Nelson	37 pts
2.	NSWRWC1	Hannah Mison, Jessica Loring, Lilah Norden	31 pts

- | | | | |
|----|---------|--|--------|
| 3. | SARWC1 | Nellie Langford, Daisy Braithwaite, Katie De Ruvo | 25 pts |
| 4. | ACTRWC1 | Michelle Bray, Ann Jugovic, Jill Pearson | 20 pts |
| 5. | NSWRWC2 | Imogen Cochrane, Laura Corvalan Sotomayor, Nicolle Challinor | 8 pts |

Masters

- | | | | |
|----|-------------------|--------|-------|
| 1. | Michelle Bray | ACTRWC | 27:17 |
| 2. | Ann Jugovic | ACTRWC | 29:04 |
| 3. | Jill Pearson | ACTRWC | 35:04 |
| 4. | Nicolle Challinor | NSWRWC | 35:55 |
| 5. | Di Camilleri | SARWC | 40:54 |
| 6. | Lorna England | ACTRWC | 43:48 |
| 7. | Kristy Templer | SARWC | 44:40 |

Masters Teams

- | | | | |
|----|---------|--|-------|
| 1. | ACTRWC1 | Michelle Bray, Ann Jugovic, Jill Pearson | 7 pts |
|----|---------|--|-------|

Event 22: Men Open 5 Km

- | | | | |
|-----|--------------------|--------|-------|
| 1. | Declan Tingay | VRWC | 19:26 |
| 2. | Mitchell Baker | ACTRWC | 20:18 |
| 3. | Corey Dickson | VRWC | 20:34 |
| 4. | Carl Gibbons | NSWRWC | 20:38 |
| 5. | Timothy Fraser | ACTRWC | 20:54 |
| 6. | Owen Toyne | ACTRWC | 20:57 |
| 7. | Dylan Richardson | NSWRWC | 21:01 |
| 8. | Marcus Wakim | VRWC | 23:02 |
| 9. | Jack McGinniskin | NSWRWC | 23:20 |
| 10. | Kim Mottrom | SARWC | 23:22 |
| 11. | Fraser Saunder | VRWC | 25:08 |
| 12. | Brendan Pospischil | NSWRWC | 28:43 |
| 13. | Cooper Rech | SARWC | 29:57 |
| 14. | Peter Crump | SARWC | 30:28 |
| 15. | Greg Metha | SARWC | 33:15 |
| | Raven Pyda | NSWRWC | DNS |
| | Mathew Bruniges | SARWC | DNS |
| | Tristan Camilleri | SARWC | DNS |
| | Will Bottle | TRWC | DNS |
| | Riley Coughlan | VRWC | DNS |
| | Eden Morgan | VRWC | DNS |
| | Daniel Pashutin | VRWC | DNS |
| | Scott Peart | VRWC | DNS |

Handicap Results

- | | | |
|----|--------------------|--------|
| 1. | Brendan Pospischil | NSWRWC |
| 2. | Dylan Richardson | NSWRWC |
| 3. | Owen Toyne | ACTRWC |

Team Results

- | | | | |
|----|---------|--|--------|
| 1. | VRWC1 | Declan Tingay, Corey Dickson, Marcus Wakim | 28 pts |
| 2. | ACTRWC1 | Mitchell Baker, Timothy Fraser, Owen Toyne | 26 pts |
| 3. | NSWRWC1 | Carl Gibbons, Dylan Richardson, Jack McGinniskin | 15 pts |
| 4. | SARWC1 | Kim Mottrom, Cooper Rech, Peter Crump | 6 pts |

Masters

- | | | | |
|----|-------------|-------|-------|
| 1. | Kim Mottrom | SARWC | 23:22 |
| 2. | Peter Crump | SARWC | 30:28 |
| 3. | Greg Metha | SARWC | 33:15 |

Masters Teams

- | | | | |
|----|--------|--------------------------------------|-------|
| 1. | SARWC1 | Kim Mottrom, Peter Crump, Greg Metha | 7 pts |
|----|--------|--------------------------------------|-------|

TASMANIA TRWC results, 10 & 11 June – two locations

From **David Moore**'s report, winter has struck in Hobart, though not enough to deter five tough ones who toed the line at two venues.

The howling winds of the Roaring 40's buffeted the few hardy souls prepared to Walk at Montrose Bay on Saturday. Plaudits for **Adele Woodward** in doing a gutsy effort in slicing off 1min. 42 secs. from her previous best over 3km – a great walk in the trying conditions.

Sunday was a much better day with **Elizabeth Leitch** putting in a nice effort at Wentworth Park.

TWRC Results Saturday June 10 2023 Montrose Bay

2km

1. Elsie Woodward	Huon LA	16:28
2. Dave Moore	TMA	19:56

3km

1. Adele Woodward	OVA	22:24	PB
2. Wayne Fletcher	NS	25:45	

TWRC Results Sunday June 11 2023 Wentworth Park

3km

1. Elizabeth Leitch	TMA	20:26
---------------------	-----	-------

WESTERN AUSTRALIA WARWC and Aths West results, 3 & 11 June

Thanks to **Terry Jones** who reports that conditions at Shelley were fine, cool, windy and cloudy.

Results from the previous week at Perry Lakes were combined with Athletic West competition, so those of non-WARWC competitors are not included.

*WARWC results, 11 June – Shelley

10K Handicap

John Ronan	48.13
Brad Mann	59.25
Kaytee Bogaers	59.26
Karyn Tolardo	63.46
Wendy Farrow	1:10.51
Daniel Lowe	1:13.09
Andrew Duncan	DNF

5K Handicap

John McDonagh	35.39
Melissa Lewis	33.21
Fiona van Heerwaarden	34.34

2K Handicap

Tayte Moore	14.06
Savannah Carnaby	12.07
Wendy Farrow	13.41
Nathaniel Khaira	13.26
John Sardelich	13.50
Fiona van Heerwaarden	13.11
Leila Bevis	11.41
Dylan Sardelich	11.55
Chloe Bevis	14.50
Karyn Tolardo	11.56
Addison Roots	14.56
Hunter Sardelich	DQ

*Athletics West Combined Walks, 3 June - Perry Lakes *(only results for WARWC athletes listed)*

10K

John Ronan	46:33.00
Andrew Duncan	54:26.90
Karyn Tolardo	1:04:56.37
Wendy Farrow	1:08:16.66

5K

Daniel Lowe	35:50.05
Kaytee Bogaers	29:02.72
Glenys Duncan	48:33.49
Leila Bevis	32:46.42

2K

Savannah Carnaby	13:53.61
Aleeah Pike	11:16.68
Linkin Lawrence	12:26.62
Charlott Burgess	12:07.21

3K

Kaytee Bogaers	16:35.13
Ashlyn Spence	18:08.33

1.5K

Lachlan Nichols	8:11.85
Darcy Bramwell-Keys	8:59.54
Sophia Nichols	10:07.41



Hi all.

Just two months to the **AMA 20km walk** on 6th August in Adelaide (plus postal elsewhere).

While we would love everyone to race in Adelaide, we understand that some will prefer to walk in their home-state. I think all states have scheduled a 20km race in the required two weeks before to two weeks after the 6th August but please check that this is the case. I would appreciate you letting your fellow walkers know the details as I do not have everybody's email addresses. If anyone would prefer to be removed from my list of walkers please let me know.

As this is an AMA event, the recently introduced "No Advantage" principle will apply.

Cheers,
George

George H White
12A Gulfview Road
BLACKWOOD, SA 5051
0419 348 888

****EDITOR'S NOTE:** A copy of the **Entry Form** for this event is attached to the last two pages of this issue - *Stu*



INTERNATIONAL NEWS

Marathon Race Walk Mixed Relay – The Specifics!

(Reprinted from *Race Walking Record* – May 2023)

Further to the approval and announcement of the new **Marathon Race Walk Mixed Relay**, a specific Working Group with representation from athletes, coaches, judges and Member Federations was appointed to discuss the detailed format of the new event and the qualification pathway of the 25 teams to Paris 2024. Council was presented with the following recommendations which were approved:

***Qualification pathway to Paris 2024:**

- The Marathon Race Walk Mixed Relay will replace the 35km at the 2024 World Athletics Race Walking Team Championships in Antalya (TUR).
- The Top 22 finishing teams in Antalya will qualify automatically for Paris.
- Up to 5 of these 22 teams can be from a second team of the same country (NOC).
- 3 additional teams (which cannot be from a country already qualified from Antalya 2024) will qualify through the Marathon Race Walk Mixed Relay top performance lists in the qualification period (31/12/2022 - 30/06/2024).
- To be considered for qualification purposes, these Marathon Race Walk Mixed Relay events must comply with the following:
 - Be held on a World Athletics Certified Course.
 - Minimum three International or Area Race Walking Judges must officiate at the competition.
 - Minimum two international teams, representing at least two countries, must compete in the race.
 - Each athlete must walk a minimum of 20km between their two legs. *For information, in Paris, the 4 legs (M+W+M+W) will be: 11.45km, 10km, 10km, 10.745km.*
 - Be conducted at a competition which is published on the World Athletics Global Calendar.

Member Federations and / or other governing bodies interested in staging a Marathon Race Walk Mixed Relay as a qualification opportunity for Paris 2024 are invited to contact our Competitions Department (competition@worldathletics.org) for more details.

***Judging**

This is a new event which is based on team participation only. It is also an event over 10km legs which, due to the fast pace,

could make proper and consistent judging challenging. The priority is to allow every team to finish while ensuring that no team gets an advantage by walking irregularly and therefore time penalties will replace disqualifications in case of additional red cards for the team.

The judging for this event, which will also be implemented in Antalya 2024 and in Paris 2024, will be according to the following principles:

- Judging will be on a Team / NOC basis rather than on the individual athlete.
- No athlete / team can be disqualified based on poor race- walking technique and therefore red cards will not lead to DQ but, rather, to additional time penalties as follows:
 - 3 red cards for the team = 3 min penalty
 - 4th red card for the team = 4 min cumulative penalty (1 additional minute),
 - 5th red card for the team = 5 min cumulative penalty (1 additional minute), etc.

To note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.

World Athletics reserves the right to review all aspects of this event including judging, after Antalya 2024.

LITHUANIA: 49TH International Walking Festival of Alytus, 10 June - Alytus

Karl Junghannss and Lyudmila Olyanovska triumph in Alytus

(reprinted from *O Marchador*, 10 June. Source: LLAA)

The German **Karl Junghannss** and the Ukrainian **Lyudmila Olyanovska** won the 20 km races of the 49th International Festival of March of Alytus, held yesterday, Friday (9), in hot conditions in that beautiful Lithuanian city, the penultimate race on the World Race Walking Tour calendar – Silver category. The German, who was 6th in the last World Cup of Nations over 35km, completed the twenty laps around the circuit in a time of **1:22:18** while the Ukrainian (bronze medal at the 2015 Worlds) completed the race in **1:30:59**.

In the men, the competition was very lively, with the Turk **Salih Korkmaz**, who even, for more than once, isolated himself in command of the race, registering **1:22:33** in second place, just four seconds less than the Lithuanian **Marius Ziukas**, third, with 1:22:37. He recovered from the disqualification he suffered in the European Walking Teams, recently held in Podebrady, winning the Lithuanian title in the distance again.

Ziukas was very satisfied with the result achieved, both for the mark obtained and for the essential points attributed to his position in the national championship, which will allow him to move to a much more comfortable position in the world ranking of access to the World Cups in Budapest (before this 49th out of 50 rankings), without forgetting that the counting for the Paris Olympic Games has already begun and this result is equally important for this purpose.

Among the women, the entire race was dominated by Ukrainians who shared the first two places in the classification with **Lyudmila Olyanovska** doing **1:30:59** and the winner of last year's edition, **Olena Sobchuk**, crossing the finish line in the time of **1:31:10**, both with participation perfectly assured for the World Championships in Budapest, since before this event they were classified in the first half of the world ranking, a selection that will be completed with **Hanna Shevchuk**, now 4th ranked with **1:35:23**.

In the third position of the women's race, the Greek **Christina Papadopoulou** was classified, with a time of **1:32:53**, a mark that gives her renewed hopes for a "good leap" in the classification of the world ranking in order to be the third Greek to go the distance in Budapest, after Antigoni Ntrispoti and Kiriaky Filtisakou.

Among the Lithuanians, the highlight was the first absolute national title in the distance won by **Monika Vaiciukevičiūtė** (8th in the general classification), with **1:38:14**, better in one and a half minutes compared to the European National Teams. She has already ensured her presence in the next World's, probably the only female representative in the event, this for the 35 km race, exactly in the limit position for that purpose – 50th place. She is still thinking about the possibility of going to the University Worlds that will take place in China a few weeks before Budapest.

In the under-20 10 km races, the Lithuanian **Lukas Lasevičius** won, with **45:25**, and the Finnish **Ella Rautawaara**, 14 years old, with **48:21**, while in the under-18 5 km, the Polish **Kacper** stood out from **Drobik**, with **23:18**, and Lithuanian **Justė Perveneckaitė**, with **24:24**.

Men 20km Open

1.	<u>Karl JUNGHANNß</u>	GER	1:22:18
2.	<u>Salih KORKMAZ</u>	TUR	1:22:33
3.	<u>Marius ŽIŪKAS</u>	LTU	1:22:37
4.	<u>Ivan BANZERUK</u>	UKR	1:23:30

Women 20km Open

1.	<u>Lyudmila OLYANOVSKA</u>	UKR	1:30:59
2.	<u>Olena SOBCHUK</u>	UKR	1:31:10
3.	<u>Christina PAPADOPOULOU</u>	GRE	1:32:53
4.	<u>Hanna SHEVCHUK</u>	UKR	1:35:23

5.	<u>Serhii SVITLYCHNYI</u>	UKR	1:23:48	5.	<u>Barbara OLÁH</u>	HUN	1:35:31
6.	<u>Maher BEN HLIMA</u>	POL	1:24:23	6.	<u>Viktória MADARÁSZ</u>	HUN	1:36:40
7.	<u>Sahin ŞENODUNCU</u>	TUR	1:24:27	7.	<u>Galina YAKUSHEVA</u>	KAZ	1:37:39
8.	<u>Arnis RUMBENIEKS</u>	LAT	1:25:02	8.	<u>Monika VAICIUKEVIČIŪTĖ</u>	LTU	1:38:14
9.	<u>Aldo ANDREI</u>	ITA	1:26:26	9.	<u>Austėja KAVALIAUSKAITĖ</u>	LTU	1:38:35
10.	<u>Raivo SAULGRIEZIS</u>	LAT	1:26:36	10	<u>Heta VEIKKOLA</u>	FIN	1:38:37
11.	<u>Hayrettin YILDIZ</u>	TUR	1:27:08	11	<u>Emilia LEHMEYER</u>	GER	1:42:08
12.	<u>Artur MASTIANICA</u>	LTU	1:29:11	12	<u>Sofia ALIKANIOTI</u>	GRE	1:43:09
13.	<u>Tadas ŠUŠKEVIČIUS</u>	LTU	1:30:34	13	<u>Agnieszka ELLWARD</u>	POL	1:43:21
14.	<u>Andreas PAPASTERGIOU</u>	GRE	1:31:03	14	<u>Dóra CSÖRGŐ</u>	HUN	1:47:34
15.	<u>Nick CHRISTIE</u>	USA	1:32:31	15	<u>Iryna KOVAL</u>	UKR	1:47:57
16.	<u>Dávid TOKODI</u>	HUN	1:32:32	16	<u>Anett TORMA</u>	HUN	2:02:21
17.	<u>Chia-Wei HSU</u>	TPE	1:38:43	17	<u>Miglė DAMYNAITĖ</u>	LTU	2:04:22
18.	<u>Ignas DUMBLIAUSKAS</u>	LTU	1:40:28		<u>Enni NURMI</u>	FIN	DNF
19.	<u>Deividas BALEVIČIUS</u>	LTU	1:42:15				
20.	<u>Raivo LININŠ</u>	LAT	1:47:34				
	<u>Artur BRZOZOWSKI</u>	POL	DNF				
	<u>Georgiy SHEIKO</u>	KAZ	DNF				
	<u>Łukasz NIEDZIAŁEK</u>	POL	DNF				
	<u>David KUSTER</u>	FRA	DQ				

FRANCE: Ile de France championships, 11 June – Noisy le Grand

Emmanuel Tardi reports from the latest French championship meeting, at which he served as a judge:

I was judge this Sunday in Noisy le Grand, in the eastern suburbs of Paris. It was the Ile de France Championship. The start of the race was at 9.25am for 10k and 20k 12.00am for 3k and 5k. The weather was hot and wet. 20 starters entered for the 20k, 14 for the 10k. It was a success.

We can see easy victories for **Mathieu Troadec** and **Doriane Langlois** in the 20k and for **Maelys Thery** and **Adele Duclos** on the 10k.

20000m TCM

				10km	20km
1	TROADEC Matthieu	SEM/94	Dynamic Aulnay Club	54'40"4	1h53'07"1
2	DENONCIN David	MAM/88	As Villejuif	55'27"7	1h53'28"8
3	BEURIER Jocelyn	MAM/85	Us Vesinet	58'33"4	2h00'12"1
4	BOYER Nicolas	MAM/77	Us Champagne-sur-seine	58'55"3	2h00'53"0
5	DUCLOS Eddy	MAM/69	Us Champagne-sur-seine	1h02'29"7	2h07'05"7
6	STEFANELLY David	MAM/76	As Mantes	1h02'29"9	2h07'44"3
7	PLACZEK Bruno	MAM/62	Acsam	1h03'54"5	2h13'57"7
8	LABROUSSE Stephane	MAM/59	Avia Club Athletisme	1h04'05"2	2h15'02"8
	VERGNOLLE Laurent	MAM/65	Acsam		DNF
	VANDENBERGHE Renaud	MAM/70	Marne Et Gondoire Athletisme		DQ
	MARIE Christophe	MAM/71	Domont Athletisme		DNF

20000m TCF

1	LANGLOIS Doriane	SEF/93	Avia Club Athletisme	54'42"5	1h51'11"3
2	DOUMERG Alexandra	SEF/93	Uao 31	1h05'05"5	2h15'20"9
3	STEINVILLE Nathalie	MAF/64	Asfi Villejuif Athletisme	1h08'13"2	2h17'42"4
4	RIGAULT Clotilde	MAF/61	Saint-brice Athletisme	1h10'47"2	2h25'45"3
5	LANGLOIS Lise	ESF/02	Dynamic Aulnay Club	1h10'56"8	2h26'54"4
6	LANGLOIS Cloe	SEF/97	Dynamic Aulnay Club	1h10'57"7	2h27'52"3
7	POUVREAU Manuella	MAF/64	Domont Athletisme	1h19'02"0	2h40'13"0
8	DUREY Catherine	MAF/68	Us Vesinet	1h21'59"0	2h47'00"5
	CHOCHOY Christine	MAF/68	Dynamic Aulnay Club		DNF

10000m TCM

1	DE BISSCHOP-THERY Maelys	CAM/06	Ac St Gratien-sannois	47'16"2
2	AUBRY Eliot	JUM/05	Ea Cergy Pontoise	50'38"7
3	HERIDA Nadir	MAM/82	Efs Reims	53'28"3
4	DELHON Vincent	MAM/75	Asfi Villejuif	57'49"2
5	CHEVASSUS Melwan	JUM/04	Asfi Villejuif	59'01"3
6	TIXIER Laurent	MAM/66	Csme Athletisme	1h04'31"9
-	DURAND-PICHARD David	MAM/72	St Max Essey Club Athlé	DNF

10000m TCF

1	DUCLOS Adele	SEF/00	Athle 91	51'00"6
---	--------------	--------	----------	----------------

2	PICARD Axelle	SEF/99	St Max Essey Club Athlé	52'31''6
3	KLIPFEL Emma	ESF/01	St Max Essey Club Athlé	57'03''3
4	CHATREFOU Cassandra	ESF/02	Csme Athletisme	1h00'09''7
5	BOUMEDJANE Jana	JUF/04	Blanc Mesnil Sport Ac	1h02'30''8
6	REAUD Delphine	MAF/82	Ac Paris-joinville	1h02'32''2
7	DORE Sophie	MAF/77	Uai Nogent-sur-marne	1h08'17''7

5000m TCC

1	OULD BOUALI Juliette	CAF/07	Esme Us Deuil	29'04''0
2	SANCHO-LORY Alexandre	CAM/07	Usm Audonnienne	31'00''9
3	RAHMOUNE Nawel	CAF/06	Tremblay Ac Athletisme	31'18''7
4	DALSACE Isabelle	CAF/06	Ao Charenton	32'29''3
5	BOURGUIGNON Melissa	CAF/07	Ao Charenton	36'27''5

3000m TCF

1	GIFFARD Violaine	MIF/09	Ac St Gratien-sannois	19'36''9
2	CAILLET Ysaline	MIF/09	Ac St Gratien-sannois	20'08''7
3	KERHARDY Ava	MIF/09	Acsam	20'20''8
4	JOLLY Lucie	MIF/08	Us Vesinet	24'01''2



Mattieu Troadec



Doriane Langloise



Adele Duclos leads Axelle Picard



Maelys Thiery leads Eliot Aubrey
(Photos: Emmanuel Tardi)

UNITED KINGDOM: British Grand Prix of Race Walking, 10 June – Beckett Park AC, Leeds

Results sourced from *World Athletics* statistics:

Men 10,000m

1 Cameron Corbishley 47:12.97

Women 10,000m

1 Hannah Hopper 54:57.62
-- Jasmine Nicholls DNF

Men 20,000m

1 Christopher Snook 1:35:10.8

Women 20,000m

1 Heather Warner 1:40:28.39
2 Bethan Davies 1:43.24.85
3 Abigail Jennings 1:47.50.23

POLAND: Jozef Zylewicz Memorial meeting, 10 June - Gdansk

Results sourced from *World Athletics* statistics:

Men 3000m Race walk

1 Mateusz Nowak 11:56.53
2 Rafael Sikora 12:14.23
3 Olaf Rynkiewicz 14:34.16
4 Kryspin Garski 15:15.61
5 Patryk Drewnicki 17:51.74

MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.

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

- Sunday, June 11, 2023 - Virtus Global Games - Vichy 2023 (Results) <http://omarchador.blogspot.com/2023/06/virtus-global-games-vichy-2023.html>
The second edition of these Games for athletes with intellectual disabilities, first hosted in Brisbane in 2019. Good to see an Aussie among the winners.
- Saturday, June 10, 2023 - Karl Junghannss and Lyudmila Olyanovska triumph in Alytus (2023) <http://omarchador.blogspot.com/2023/06/karl-junghannss-e-lyudmila-olyanovska.html>
- Friday, June 9, 2023 - Josefina Romero/GP Coruña 2023 Memorial Trophy (results) <http://omarchador.blogspot.com/2023/06/trofeu-memorial-josefina-romerogp.html>
This competition – the *Josefina Romero Memorial Trophy* – was held in conjunction with the International Grand prix races in La Coruna last weekend.
- Wednesday, June 7, 2023 - Race Walking Championships in Espoo, Finland (results) <http://omarchador.blogspot.com/2023/06/campeonatos-de-marcha-atletica-em-espoo.html>
- Tuesday, June 6, 2023 - Women's 10,000 m walk at the Asian U20 Championships (Yecheon 2023) – results <http://omarchador.blogspot.com/2023/06/10000-m-marcha-femininos-nos.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 – 2023

Sat 17 Jun 2023	VRWC 'Guess Your Time' prizes day & Points races #4 – Middle Park
Sat 24 Jun 2023	AV 15km & VRWC 15km (Elsie Jacobsen trophy) c'ships – Middle Park
Sat 1 Jul 2023	VRWC Points races #5 – Middle Park
Sat 16 Jul 2023	AV 20km & VRWC 20km, Women's 10km c'ships – Middle Park
Sat 29 Jul 2023	VMA 10km c'ship & RWA Interstate Challenge; Twilight Trivia fundraiser – Middle Park
Sun 6 Aug 2023	AMA Masters 20km road c'ship – Adelaide VRWC Intervals race – Middle Park

International Dates

28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19 th World Athletics Championships – Budapest, HUN
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, JAP



AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 6th August or agreed date (States and Territories are expected to conduct their races between the dates of July 22nd and August 20th)

Entry Fee \$20 (separate from any local entry fee!)

Entries Close on Sunday 30th July for all entrants or 3 days before an Interstate race held earlier than the 30th.

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.....

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 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 Harrirs 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.

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



(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

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

