



HEEL & TOE Online

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

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CLUB NEWS and RESULTS

VRWC AV & VRWC 15km c'ships inc. Elsie Jacobson Trophy, 24 June – Middle Park

After a hiatus of more than five years, we were keenly anticipating a return to our Championship course on Aughtie Drive for the AV and Club 15km championships. The course had just been re-measured as a 1km loop and AIMS-certified for qualification times, and with a top field present we expected fast racing and a stimulating new experience for the members.

Enter Melbourne's weather. A howling northerly gale was bad enough, but the icy squalls that lashed the course (and its occupants) 20 minutes into the race – then vanished 20 minutes later – soon had arms driving, bodies leaning and teeth chattering as each racer fought the wind and wet. Slower many may have been, but the walkers also showed their resilience, and of the 44 starters, 43 finished.

The combined AV and VRWC fields saw an impressive display of speed from the elite group, notwithstanding the conditions, as **Declan Tingay, Will Thompson, Rhydian Cowley, Corey Dickson, Olivia Sandery (SA), Marcus Wakim** and **Riley Coughlan** put the new course to the test.



The main event kicks off.

20yo **Will Thompson** took his first AV Open title with a huge 1:22 PB of **1:01:29**, ahead of **Rhydian Cowley** and **Kyle Swan** who rounded out the AV podium with **1:03:56** and **1:05:23**. The Women's AV championship saw **Sarah Brennan** turn in another fine performance of **1:27:14**, with **Carolyn Rosenbrock** toughing it out for silver in **1:31:30**.



Among the VRWC title and points competitors, **Declan Tingay** was in blitzing form and it was unfortunate that a 1:30 time penalty cost him a clear sub-60min result, leaving him instead with a nonetheless excellent **1:00:38**. **Olivia Sandery**, as first woman across the line in the 15km, earned her engraving on the Elsie Jacobson trophy with a hard-fought **1:11:16**. The VRWC U23 Men's medals went to **Marcus Wakim**, first in **1:07:42**, followed by **Riley Coughlan** and **Jonathan Ho** in their first outings over the distance, **1:10:31** and **1:28:28** respectively.

Had there been a Club 'walk yourself into the dirt' award, it must surely have gone to **Alejandro Stephens**, who finished with nothing left in the tank (or in his lungs) to collapse on the line after clocking **1:23:04**. He recovered quickly and was soon reflecting on a tough day and a brave effort, over a cup of tea and a piece of cake back in the Clubroom. (Thanks to those first responders who came to Alejandro's aid on the course.)

15km AV Open Women's Championship

	Name		Club	Time
1	Sarah Brennan	F	Ballarat YCW Harriers	1:27:14
2	Carolyn Rosenbrock	F	Yarra Ranges	1:31:30

15km AV Open Men's Championship

1	Will Thompson	M	Mornington Peninsula	1:01:29	PB 1:22
2	Rhydian Cowley	M	Glenhuntly	1:03:56	
3	Kyle Swan	M	Athletics Nunawading	1:05:23	
4	Marcus Wakim	M	Collingwood Harriers	1:07:42	
5	Riley Coughlan	M	Knox Athletic Club	1:10:31	First one
6	Alejandro Stephens	M	Glenhuntly	1:23:04	
7	Jason Kozica	M	UNA	1:23:06	
8	Michael Harvey	M	Athletics Waverley	1:56:39	

15km VRWC Elsie Jacobson open Women's Championship

1	Olivia Sandery	F	1:11:16
2	Sarah Brennan	F	1:27:14
3	Carolyn Rosenbrock	F	1:31:30
4	Karyn O'Neill	F	1:49:20

15km VRWC Un20 Men's Championship

1	Marcus Wakim	M	1:07:42	
2	Riley Coughlan	M	1:10:31	
3	Jonathan Ho	M	1:28:28	First one

15km points race

	Name		Time	H'cap pl
1	Declan Tingay	M	1:00:38	3
2	Will Thompson	M	1:01:29	2
3	Rhydian Cowley	M	1:03:56	10
4	Kyle Swan	M	1:05:23	7
5	Corey Dickson	M	1:06:29	NT
6	Marcus Wakim	M	1:07:42	1

7	Riley	Coughlan	M	1:10:31	6
8	Alejandro	Stephens	M	1:23:04	9
9	Jason	Kozica	M	1:23:06	NT
10	Jonathan	Ho	M	1:28:28	5
11	Gerard	Feain	M	1:37:46	4
12	Terry	O'Neill	M	1:44:02	8
1	Sarah	Brennan	F	1:27:14	3
2	Carolyn	Rosenbrock	F	1:31:30	2
3	Karyn	O'Neill	F	1:49:20	1



It was hardly a day for PBs, yet a few managed to foil the wind in the shorter races to register best times. **Daniel Pashutin** beat his previous 5km best by 17secs in recording **27:41** behind winner **Nikola Mandic (23:45)**. By cruel coincidence, big sister **Ariana** missed her own PB by the same margin – 17secs – in winning the 10km in **55:53**.

Youngsters **Angus Shuttleworth** and **Matilda Read** were easy winners in the 3km, clocking **15:25** and **17:09** apiece, both leaving seasoned campaigners in their wake. The 1km saw **Logan Allison**, **Indigo Marshall-Moodie** and **Abby Fowler** register PBs against the wind, with Abby also taking the girls' Handicap honours.

Bring it on, wind! The 10km/5km start.



The 1km and 3km racers get down to it.

10km race

1	Ariana	Pashutina	F	0:55:53	1
2	Emily	Smith	F	0:59:45	3
3	Marnie	Zakis	F	1:11:30	2

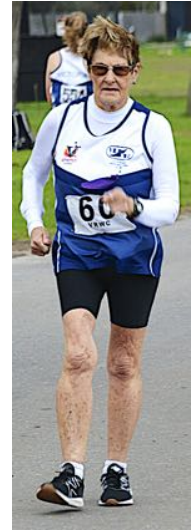
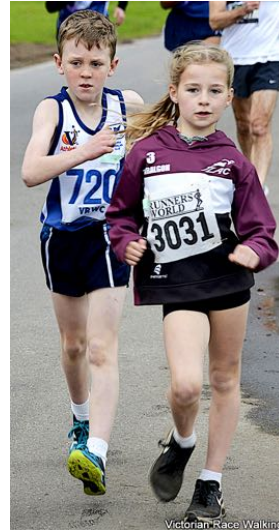
5km race

1	Nikola	Mandic	M	0:23:45	1	
2	Daniel	Pashutin	M	0:27:41	2	PB 0:17
1	Mya	McClure	F	0:26:54	3	First one
2	Jade	Chitty	F	0:28:14	2	
3	Madeleine	Feain	F	0:28:58	1	
4	Grace	Louey	F	0:29:49	4	

3km race

1	Angus	Shuttleworth	M	0:15:25	1
2	Pramesh	Prasad	M	0:16:40	4
3	Kevin	Cassidy	M	0:16:55	3
4	Tate	Jardine	M	0:21:42	2

5	Geoff	Barrow	M	0:23:04	5	
1	Matilda	Read	F	0:17:03	5	
2	Heather	Carr	F	0:19:24	1	
3	Donna-Marie	Elms	F	0:19:26	3	
4	Amelia	Vernal	F	0:20:00	2	
5	Emilie	Garside	F	0:21:38	NT	First one
6	Gwen	Steed	F	0:22:50	4	
-	Kylie	Irshad	F	Ab	Ab	
1km race						
1	Logan	Allison	M	0:05:48	1	Eq. PB
1	Indigo	Marshall-Moodie	F	0:05:31	3	PB 0:17
2	Zoe	Bowkett	F	0:05:32	4	
3	Lily	Bowkett	F	0:05:45	2	
4	Pippa	Read	F	0:05:48	5	
5	Abby	Fowler	F	0:06:48	1	PB 0:20



More of Terry Swan's action photos can be viewed at
<https://www.facebook.com/media/set/?set=oa.1311041686484393&type=3>

Our 15km medallists and Elsie Jacobson winner ...



AV 15km c'ship: Carolyn and Sarah (winner).
 Olivia, 1st overall, holds the 'Elsie'.



AV 15km c'ship: Rhydian, Will (winner) and Kyle.



VRWC U23 Men 15km c'ship: Jonathan, Marcus (winner, thawing everything but the smile) and Riley.

As an added treat, to see some of Terry's action *footage* of the day's racing, visit <https://www.facebook.com/terry.swan/videos/275018915196628/?idornativity=306385488910>. And have a dance while you're at it!

Well done, Terry! Clearly that trike has other talents besides that of cone carrier.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Manager: Mark Donahoo
Referee: Stu Cooper
Recorders: Mark Donahoo, Darlene Swan, Robert Gardiner, Ian Laurie, Tim Erickson, Bill Carr, Alla Pashutina
Judges: Shane Dickson (C), Scott Nelson, Brenda Felton, Gordon Loughnan, Bernadette Morgan, Peter Price, Ralph Bennett
Judges' documentation: Stu Cooper
DQ board: Michael Bodey
Pit lane: David Cash
Set up, Pack up: Terry Swan, Ian Laurie, Michael Bodey, Gerard Feain, Madeleine Feain, Tim Erickson, Donna Marie Elms
Bike rider: Terry Swan
Photos & video: Terry Swan
Walkers: 44

**** WINTER POINTS - PROGRESSIVE TOTALS**

We are now in mid-season, so it's timely to have a look at how our walkers are tracking in both the **Actual Times** and **Handicap** points competitions. The following charts are accurate up to and including 17 June. Many thanks, as always, to Mark Donahoo for his work in compiling them.

****REMINDER TO ALL MEMBERS re UNIFORMS:**
 To be eligible for Points trophies and other awards at the end of the season, all members are required to wear the **Official Club uniform** when racing (unless it is an AV, AA or Schools competition.)
 If you have not yet purchased a uniform, please see Heather, Stu, Mark or Karyn prior to your next race.
 Please arrive in plenty of time to make your purchase as we may have other pre-race duties.

ACTUAL TIMES POINTS

Name	Gen	Age Gp	Total	6-May	13-May	3-Jun	17-Jun
Dee Holohan	F	M40+	6.00	2	2	2	
Merilyn Thompson	F	M40+	6.00		2	2	2
Kylie Irshad	F	M40+	4.00	4			
Marnie Zakis	F	M40+	4.00	2			2
Erika Woodward	F	M40+	2.00				2
Carolyn Rosenbrock	F	M60+	16.00	4	5	4	3
Donna-Marie Elms	F	M60+	10.00		2	5	3

Heather	Carr	F	M60+	9.00	2	2	3	2
Karyn	O'Neill	F	M60+	8.00		2	4	2
Gwen	Steed	F	M60+	6.00	2	2	2	
Marj	Apple	F	M60+	4.00	2	2		
Char	Hay	F	Op	19.00	5	5	5	4
Arnika	Nelson	F	Op	10.00		5		5
Madeleine	Feain	F	Op	5.00			5	
Emilie	Garside	F	Op	4.00	2		2	
Pippa	Read	F	U10	12.00	4	4	4	
Abby	Fowler	F	U10	7.00	2		2	3
Jaida	Robertson	F	U10	7.00			5	2
Lily	Bowkett	F	U10	6.00		2		4
Erlyn	Singh	F	U10	6.00		3	3	
Anouk	Morgan	F	U10	5.00	3	2		
Ella	Harris	F	U10	2.00	2			
Annika	Semmens Erickson	F	U10	2.00				2
Lila	Vassallo	F	U10	2.00			2	
Mya	McClure	F	U12	18.00	4	4	5	5
Zoe	Bowkett	F	U12	15.00	5	5		5
Ela	Uzun	F	U12	10.00	5	5		
Havana	Ali	F	U12	5.00	3	2		
Indigo	Marshall-Moodie	F	U12	4.00	2		2	
Mackenzie	Davis	F	U12	2.00	2			
Hannah	Matthews	F	U14	11.00	2	2	3	4
Matilda	Read	F	U14	9.00	2	3	4	
Mietta	Morgan	F	U14	5.00	3	2		
Amelia	Vernal	F	U16	7.00	2		2	3
Ariana	Pashutina	F	U18	14.00	5	4		5
Emily	Smith	F	U18	13.00	2	2	4	5
Maddison	Nash	F	U18	9.00	5			4
Jade	Chitty	F	U20	7.00	4	3		
Grace	Louey	F	U20	7.00	3	4		
Pramesh	Prasad	M	M40+	15.00	3	4	4	4
Mark	Blackwood	M	M40+	5.00		5		
David	Smyth	M	M40+	4.00			2	2
Gerard	Feain	M	M60+	15.00	4	4	4	3
John	Nottle	M	M60+	6.00	5	1		
Terry	O'Neill	M	M60+	6.00		3	1	2
Geoff	Barrow	M	M60+	4.00			2	2
Kevin	Cassidy	M	M60+	3.00				3
Andrew	Jamieson	M	M60+	3.00	3			
Nikola	Mandic	M	Op	9.00			5	4
Alejandro	Stephens	M	Op	5.00			5	
Logan	Allison	M	U10	14.00	5	5	4	
Tate	Jardine	M	U12	9.00	4	3		2
Angus	Shuttleworth	M	U12	5.00			5	
Haris	Ali	M	U12	4.00		4		
Aydin	Uzun	M	U12	3.00		3		
Oliver	Semmens Erickson	M	U12	2.00				2
Levi	Robertson	M	U14	6.00			3	3
Daniel	Pashutin	M	U16	14.00	4	5		5
Marcus	Wakim	M	U18	15.00	5	5		5
Riley	Coughlan	M	U18	10.00	5			5
Eden	Morgan	M	U18	10.00	5	5		

Jonathan Ho M U20 17.00 4 4 5 4

HANDICAP POINTS

Name	Gen	Age G	Total	6-May	13-May	3-Jun	17-Jun
Dee	Holohan	F	M40+	8.00	4	2	2
Merilyn	Thompson	F	M40+	6.00		2	2
Marnie	Zakis	F	M40+	4.00	2		2
Erika	Woodward	F	M40+	2.00			2
Kylie	Irshad	F	M40+	2.00	2		
Carolyn	Rosenbrock	F	M60+	17.00	5	5	4
Heather	Carr	F	M60+	12.00	2	2	4
Karyn	O'Neill	F	M60+	11.00		2	4
Donna-Marie	Elms	F	M60+	10.00	2	2	3
Gwen	Steed	F	M60+	9.00	2	2	5
Marj	Apple	F	M60+	4.00	2	2	
Char	Hay	F	Op	16.00	4	5	5
Emilie	Garside	F	Op	4.00	2		2
Arnika	Nelson	F	Op	4.00		2	
Madeleine	Feain	F	Op	3.00			3
Abby	Fowler	F	U10	12.00	2		5
Pippa	Read	F	U10	11.00	4	4	3
Anouk	Morgan	F	U10	10.00	5	5	
Jaida	Robertson	F	U10	7.00			4
Lily	Bowkett	F	U10	6.00		2	
Erlyn	Singh	F	U10	4.00		2	2
Ella	Harris	F	U10	2.00	2		
Annika Semmens	Erickson	F	U10	2.00			
Lila	Vassallo	F	U10	2.00			2
Mya	McClure	F	U12	13.00	2	4	3
Zoe	Bowkett	F	U12	9.00	3	3	
Havana	Ali	F	U12	6.00	4	2	
Indigo Marshall	Moodie	F	U12	4.00	2		2
Ela	Uzun	F	U12	4.00	2	2	
Mackenzie	Davis	F	U12	0.00			
Hannah	Matthews	F	U14	14.00	2	2	5
Matilda	Read	F	U14	12.00	5	5	2
Mietta	Morgan	F	U14	8.00	5	3	
Amelia	Vernal	F	U16	9.00	3		4
Ariana	Pashutina	F	U18	13.00	4	4	
Emily	Smith	F	U18	12.00	2	3	2
Maddison	Nash	F	U18	7.00	3		
Grace	Louey	F	U20	9.00	5	4	
Jade	Chitty	F	U20	8.00	3	5	
Pramesh	Prasad	M	M40+	11.00	3	4	2
David	Smyth	M	M40+	6.00			3
Mark	Blackwood	M	M40+	2.00		2	
Gerard	Feain	M	M60+	19.00	5	5	5
Terry	O'Neill	M	M60+	7.00		4	1
Geoff	Barrow	M	M60+	4.00			2
Andrew	Jamieson	M	M60+	3.00	3		
John	Nottle	M	M60+	3.00	2	1	
Kevin	Cassidy	M	M60+	2.00			
Nikola	Mandic	M	Op	9.00			5
Alejandro	Stephens	M	Op	5.00			5

Logan	Allison	M	U10	11.00	2	4	5
Tate	Jardine	M	U12	12.00	5	2	5
Aydin	Uzun	M	U12	5.00		5	
Haris	Ali	M	U12	3.00		3	
Oliver Semmens	Erickson	M	U12	2.00			2
Angus	Shuttleworth	M	U12	2.00			2
Levi	Robertson	M	U14	8.00			4
Daniel	Pashutin	M	U16	13.00	5	5	3
Marcus	Wakim	M	U18	13.00	4	4	5
Eden	Morgan	M	U18	10.00	5	5	
Riley	Coughlan	M	U18	9.00	4		5
Jonathan	Ho	M	U20	16.00	4	5	4
							3



DOWN MEMORY LANE

with *Tim*

In the light of the weather conditions hurled at us on Saturday at the Championship course, **Tim Erickson** did some digging and came up with an article he'd previously published in H&T in 2009, probing the question of whether the Club has ever had cause to cancel and event or race day. I have been asked the same question more than once, so it's handy that Tim has forwarded his earlier article to me.

ARE THE VRWC WALKS EVER CANCELLED?

With the gale force winds encountered on Saturday 11 July 2009, I thought it worthwhile resurrecting an article I published in the club newsletter in 2004 after a particularly bad Albert Park day. On that occasion, I commented

Saturday 14 August 2004 was easily our worst day for quite some time from a weather perspective. Bitter cold strong winds and rain made it survival of the fittest for the 31 competitors and the small band of officials who braved the elements.

The two questions that always spring to mind on such days as Saturday are pretty obvious

1. Have we ever had to actually cancel events due to the weather?

The answer is yes. In the 1980's when our clubrooms were on the other side of the lake, our regular course was on Lakeside Drive which we shared with traffic. On two occasions, the rain was so severe and visibility so reduced that the events scheduled for that particular day were cancelled.

2. What are the worst weather conditions in which anyone remembers racing?

The answer seemed pretty unanimous when discussed in 2004. Bob Gardiner and Alan Lucas, who both have long memories, were in agreement that a 10 mile road event, held in Traralgon, in May 1969, was the worst ever. The event was held in what they both described as 'horizontal sleet' Competitor Justin Coxhead was in such bad shape at the end of the race that it took an hour or more of hot drinks, brandy and blankets at a friend's house to stop him shivering. For the record, I reproduce the race report which was written up in the Heel and Toe magazine of the time

The Unforgettable Traralgon Ten Mile - 31 May 1969

The club conducted its country meet at the new venue of Traralgon but unfortunately the atrocious prevailing weather conditions kept most members home. Only 13 men and 3 girls ventured out in the biting cold wind and teeming rain for the events. Organization was not up to scratch and the course was inaccurate, adding to the morbid atmosphere. However, after the first few miles which resembled a pack walk as all warmed up, Bob Gardiner strolled away to win in 79:08. Robin Wood 81:06 and Geoff Laycock 82:49 showed out well with surprise efforts coming from Alan Lucas 84:20 and Andy Jamieson 85:12. Justin Coxhead suffered from crook shins for most of his 85:18 after chasing a determined Ray Smith who clocked 85:55. Another to have a nudge was Kevin Bolton 87:35. Jim Forrest 99:38 and Graham Anderson 102:24 were fine performances in the conditions. Frank Overton sat down after 7 miles.

The junior section of 4 miles was won by Greg Carter in 38:57 from Gary Knappe who clocked 39:17. The girls 2 miles was taken off by Kay Pitman in 19:12 from R. Knappe 22:50 and Julie Smith 22:50.

A word of sincere thanks to our club president Mr Alf Robinson and secretary Mr Norm Goble and Ron Wood. These men made the race possible and took times and gave directions to the miserable wretches along the way.

Alan Lucas reminisced that there was also a running event on in the area that day and Geoff Watt (the late father of Olympic Gold Medal cyclist Kathy Watt) who was renowned as the toughest runner going said that they were the worst conditions he had ever experienced.

Geoff had won fame by running to the top of Mt Kilimanjaro in Kenya (20,000 ft) without climbing gear, surprising a Japanese climbing party. Sadly, a few years later, he got lost in the hills north of Traralgon on a training run and ended up dying of hypothermia.

Closer to home, last winter season we had a dreadful day on Sunday 10 August 2008. The newsletter reported it as follows

The weather was dreadful – and I see that in the hills surrounding Melbourne, it was snowing. I think Stu Cooper's comments summed it up: "Conditions wet, freezing cold ... so cold it hurt to hold the camera. Road flooded in parts, no hope of bailing or sweeping."



The photos above show **Tom Barnes, Stuart Kollmorgen** and **Andrew Jamieson** labouring along the flooded roadway on that occasion. Also struggling in the cold and wet were **Natalie Laurie, Rachael Tallent, Chloe McNicol-Davidson** and **Jaz Irshad**. (Well, perhaps not Rachael so much ... she's a farm girl from Ballarat.)

Anyway, enough history. Suffice it to say it was cold and miserable on Saturday but not as bad as 31 May 1969!

*Tim Erickson
13 July 2009*

**** Coming up ...**

***Saturday 1 July – Middle Park**

2.00pm	8km	Points races	Open
2.00pm	6km	Points races	Open
2.00pm	4km	Points races	Open
2.15pm	2km	Points races	Open
2.15pm	1km	Points races	Open

Entries will be accepted up until 11.59pm on Friday 30 June. Enter online at <https://www.revolutionise.com.au/vrwc/>

**** Saturday 8 July ...** no VRWC races

***Sunday 16 July – AV, VMA & VRWC Championship day**

20km Open Men & Women
10km Open Women, U20 Men & Women, U18 Men
5km U18 Women, U16 Boys & Girls
3km U14 Boys & Girls
2km VRWC U10, U12 Boys & Girls

Non-championship:

VRWC Open 20km, 10km, 5km, 3km, 2km

See fixture at <http://www.vrwc.org.au/vrwcw23.shtml> for details.

*Don't forget the

TWILIGHT TRIVIA

on Saturday 29 July – following the RWA Interstate Challenge races.

See main advert on Page 16 of this issue for details.



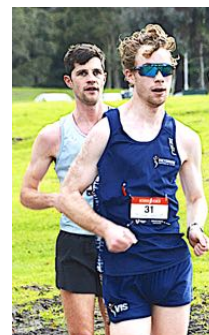
AROUND THE COUNTRY

**** WALKER OF THE WEEK ****

The fastest race times in the country were logged at Middle Park in Melbourne at the weekend, in spite of a blast of gale-driven wet weather that tested all competitors. The conditions, however, did not deter **Will Thompson**, who put it all together for a huge 1:22 PB to win the Victorian 15km championship – his first senior State title – in **1:01:29**.

Will, 20, has been on an amazing improvement curve for a couple of years and his progress shows no sign of plateauing. News has come through that World Athletics has as good as finalized its rankings post-Tour, and in 27th place on the table is Will Thompson! He has been selected in the Australian team for the FISU University Games in Chengdu (CHN) in July/August, alongside NSW's Dylan Richardson and the ACT's Mitchell Baker and Tim Fraser – a squad that will surely make its opposition take notice.

Congratulations, Will. The best of luck for Chengdu and your future international endeavours!



***Honourable mentions**

- **Cooper Rech (SA)** – a huge PB of **32:51** ... 1:36 better than last year's result in the SARWC Mountain championships.
- **Alejandro Stephens (VIC)** – a mighty effort to wring himself out in the 15km ... his toughest race yet.

QUEENSLAND QRWC results, Saturday 24 June – Yeronga

In contrast to what the south-east of the country was experiencing on Saturday, the Bananalanders enjoyed a lyrical 25°C for their Club races. Thanks to **Robyn Wales** for these results:

A Grade 10km

Men:

(1) Scott Hyland	50:24 SB
(2) Alex Bradley	53:51 SB
(3) Peter Bennett	1:08:30

Women:

(1) Brenda Gannon	1:00:48
(2) Jasmine McRoberts	1:13:32
(3) Joy Dale	1:24:26 SB
(4) Noela McKinven	1:29:26
--- Summer Millard	DNF

B Grade 5km

Men:

(1) Kai Dale	29:36
(2) Patrick Sela	43:46 SB

Women:

(1) Lyla Williams	29:02
(2) Korey Brady	39:45

C Grade 3km

Men:

(1) Noah Cooke	16:26
(2) Eli Melinz	19:09
(3) Noah Wheeley	24:09

Women:

(1) Kiara Waterman	18:39 vc
(2) Eliza Kelly	19:07 SB

D Grade 2km

Men:

(1) Hunter Sibenaler	13:40
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Women:

(1) Savannah Dunleavy	12:20
(2) Freya Williams	13:36
(3) Mackenzie Wormald	15:53

E Grade 1.5km

Men:

(1) Jake Dunleavy	8:58
(2) Hayden Robertson	9:12
(3) Leo Ramsay	11:23

Women:

(1) Amelia Chisholm	9:23
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F Grade 1km

Women:

(1) Trish Hibbs	7:14
(2) April Kelly	7:31 SB
(3) Harper Waterman	10:04

QUEENSLAND ANQ Festival of Athletics, 9-11 June – Townsville

Robyn also sent these results from Athletics North Queensland's 'Festival of Athletics', in which a 1500m Race walk was provided. Good to see a couple of our sometime VRWC members, the Paulke sisters, competing and doing well.

W11yr 1500m Race walk

1 Alayna Paulke	11	Central Aths	10:39.77
2 Kate Lyons-Ormonde	11	Central Aths	11:23.04
3 Sascha Austin	11	Mulgrave A.	11:50.57

W14yr 1500m Race walk

1 Addison Paulke	14	Townsville N	8:54.91
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W35-39yr 1500m Race walk Masters

1 Dash Newington	39	CQAC	9:16.75
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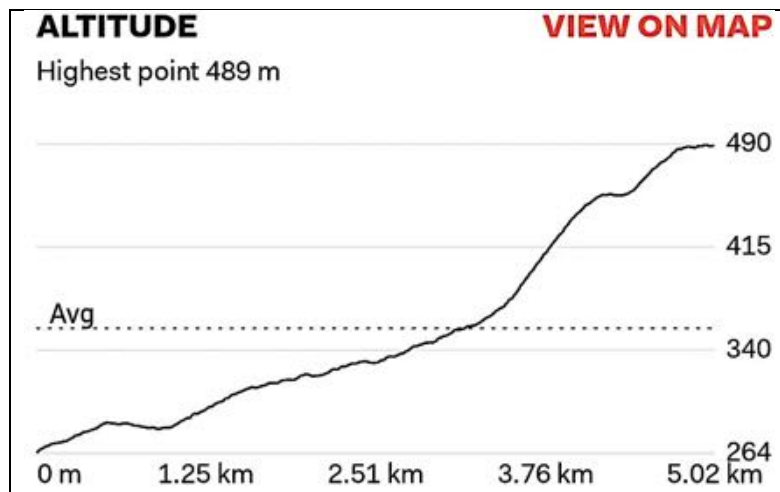
W13yr 1500m Race walk

1 Tina Bray	13	Ross River A	10:47.94
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SOUTH AUSTRALIA SARWC Mountain c'ships, 24 June – Belair National Park

For the second successive week, winter descended on Adelaide with a vengeance, adding another challenging element to this classic SARWC event. **Kim Mottrom** reports:

We had our mountain championships today in Belair National Park (see elevation). It was extremely wet and very cold today, so not as many people as normal but still some very good performances.



Mountain Championships

Open 10.2km

Kim Mottrom	0:56:24	
Peter Crump	1:09:17	
Greg Metha	1:10:56	PB 0:56
Mel Grantham	1:16:16	

(The 10.2km competitors finish one 5.1km leg before being driven back to the foot of the climb for another leg.)

Over 50 5.1km

Alex McEwan	0:41:55
Di Camilleri	0:48:38

U18 5.1km

Cooper Rech	0:32:51	PB 1:36
Katie De Ruvo	0:36:57	

U14 2.1km

Orlando Grantham	0:12:54	PB 0:04
Liliana Templer	0:14:23	PB 1:10
Robert Crabb	0:18:17	
Anthony Crabb	0:18:27	

Open 2.1km

Kristy Templer	0:18:23
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WESTERN AUSTRALIA WARWC handicap results, 25 June – Wilson

Terry Jones reports that conditions were cool with a light breeze, but mostly sunny for the WARWC's handicap races.

10K Handicap

Karyn Tolardo	1:02.40
Wendy Farrow	1:10.21


5K Handicap

Leila Bevis	31.01
Fiona van Heerwaarden	33.48
Melissa Lewis	31.00
Glenys Duncan	47.52
Brad Mann	26.30
John McDonagh	37.14
Kaytee Bogaers	29.02

2K Handicap

Nathaniel Khaira	12.28
Fiona van Heerwaarden	12.52
Addison Roots	14.10

Aleeah Pike 11.47
Savannah Carnaby 12.23

 **INTERNATIONAL NEWS**

BELGIUM: Belgian track walking championships, 25 June - Charleroi

Emmanuel Tardi has provided the results from these championships. Of the 13 contestants, only three were not Masters athletes. Of those three, two were Australians! **Hannah Mison** and **Hannah Bolton**, currently on a European racing tour, easily took the first two placings in the Women's 10,000m with confident sub-50min times.

Women 10,000m

1 Hannah Mison	SenF	AUS	47:51.16
2 Hannah Bolton	SenF	AUS	49:52.17
3 Delphine Reaud	W40	FRA	1:03:57.59
4 Liesbet De Smet	W40	DUFF	1:07:38.57 1Bel
5 Jocelyne Pater	W65	ACLO	1:15:28.41 2Bel
6 Ellen Piedfort	W40	ACHL	1:17:27.28 3Bel
7 Muriel Oger	W55	SMAC	1:19:10.50 4Bel

Men 20,000m

1 Peter Van Hove	M40	ACHL	2:00:49.30 1Bel
2 Benjamin Leroy	M50	ACLO	2:02:58.10 2Bel
3 Marc Haumesser	M65	FRA	2:08:41.90
4 Mathilde Adler	SenF	FRA	2:11:04.90
5 Gaetan Piette	M35	DAMP	2:18:32.40 3Bel
6 Renaud Vandenberghe	M50	FLAC	2:19:47.80 4Bel



The women's podium in Charleroi ... a Hannah-ramic scene.

GERMANY: German track walk c'ships, 24 June - Bühlertal

German ace **Christopher Linke** was in fine fettle at the German track championships. The following report was sourced from the FB page *GEHER-Team Deutschland e.v.*

Christopher Linke grabs two German Championship titles in Bühlertal

by Martin Neuman (reprinted from Leichtathletik.de)

After 37.5 laps at the DM (German Championships) in track walking in Bühlertal, the runner-up in the European Championship secured two DM titles. Despite high temperatures, he stayed under the prestigious 40-minute mark over 10,000 meters.



This is what you call a successful day at work. Walker Christopher Linke secured two titles at the German Track Walking Championships on Saturday in Bühlertal. To "warm up," the European Championship runner-up first contested the seniors' race over 5,000 meters and was in a class of his own with a time of **20:08.08** minutes. Of course nobody could take the title in the M35 from the man from Potsdam. By the way, with his double success on Saturday, Linke, German record holder over 20 and 35 kilometers walking, increased his number of DM titles to an impressive 20.

Almost 100 minutes later, the 34-year-old even increased the pace in the main race over 10,000 meters and stayed under the 40-minute mark. With **39:51.11** minutes, Linke had a lead of a good 200 meters over strong competition after 25 laps. The first pursuer was **Carl Dohmann** (SCL Heel Baden-Baden), who secured silver with **40:36.74** minutes.

Double start as the first test for the marathon relay

Bronze went to **Leo Köpp** (LG Nord Berlin), who also stayed under 41 minutes with **40:48.58**. **Jonathan Hilbert** (LG Ohra Energie; **41:18.11**), who came second at the Olympics, just missed out on the podium. Local hero **Nathaniel Seiler** from the organizing club TV Bühlertal finished fifth in **42:01.79**.

"These were consistently good performances in midsummer conditions. Leo Köpp pushed the pace right from the start. But then Christopher Linke's routine prevailed," said national coach Ronald Weigel on the course of the race.

The double start of the European Championship runner-up was a first test for the planned marathon relay of the walkers at the 2024 Olympic Games in Paris. There, a man and a woman start alternately in a team over distances of ten or twelve kilometers.

Results: See report in *O Marchador*, below.

MARCIALALMONDO & 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.marcialalmondo.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.

- Tuesday, June 27, 2023 - Victoria/VRWC Road Walking Championships (15 km) (2023) – results
<http://omarchador.blogspot.com/2023/06/campeonatos-de-marcha-em-estrada-15-km.html>
It's always entertaining to see our races reported on in overseas publications, especially non-English speaking ones.
- Tuesday, June 27, 2023 - Christopher Linke and Kylie Garreis win German championships (track) - Bühlertal 2023
<http://omarchador.blogspot.com/2023/06/christopher-linke-e-kylie-garreis.html>
- Monday, June 26, 2023 - Giuseppe Disabato and Serena Di Fabio are crowned champions of Italy Under-18 - Caorle 2023
<http://omarchador.blogspot.com/2023/06/giuseppe-disabato-e-serena-di-fabio.html>
- Sunday, June 25, 2023 - Lithuanian U18 Athletics Championships - Klaipėda 2023 (results)
<http://omarchador.blogspot.com/2023/06/campeonatos-de-atletismo-sub-18-da.html>
- Sunday, June 25, 2023 - England Under-20 and Under-23 Championships - Chelmsford 2023 (Results)
<http://omarchador.blogspot.com/2023/06/campeonatos-de-inglaterra-sub-20-e-sub.html>
*Our NSW travelers, **Hannah Mison** and **Hannah Bolton**, were featured by invitation in these championships, with

Mison recording the fastest 3000m time across the meeting with a PB of 12:50.34 and Bolton taking 3rd.

- Saturday, June 24, 2023 - Yadira Franco and Christian Juárez stood out at the Universiada de México - Sonora 2023 <http://omarchador.blogspot.com/2023/06/yadira-franco-e-christian-juarez.html>
- Friday, June 23, 2023 - Absolute Galician Championship (track 2023) in Santiago de Compostela – results <http://omarchador.blogspot.com/2023/06/campeonato-da-galiza-absoluto-pista.html>
- Thursday, June 22, 2023 - Luis Henry Campos and Mary Luz Andia break Peruvian records in the 20,000 m walk (track) <http://omarchador.blogspot.com/2023/06/luis-henry-campos-e-mary-luz-andia.html>
- Wednesday, June 21, 2023 - Andrea Cosi and Alexandrina Mihai win in the U23 (track) of Italy - Agropoli 2023 <http://omarchador.blogspot.com/2023/06/andrea-cosi-e-alexandrina-mihai-vencem.html>
- Tuesday, June 20, 2023 - Juned Khan and Manju Rani stand out in the 35 km Indian Interstates March – Bhubaneswar 2023 <http://omarchador.blogspot.com/2023/06/juned-khan-e-manju-rani-destacaram-se.html>
- Tuesday, June 20, 2023 - Sandeep Kumar and Bhawna Jat win the 20km Indian State March - Bhubaneswar 2023 <http://omarchador.blogspot.com/2023/06/sandeep-kumar-e-bhawna-jat-vencem-os-20.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 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	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

Victorian Race Walking Club

Twilight Trivia

**Saturday 29 July - after the VMA and RWA Challenge races
4.00pm (heads down by 4.30pm) to 6.30pm**

at the Middle Park Bowling Club

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

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

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

**** Pre-booking deadline is Monday 24 July. We need final numbers by this day.**

Tickets can be pre-booked:

- at the check-in table on race days from Saturday 24th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank -
BSB: 063-143
Acc: 008 00455
Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

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



