



HEEL & TOE Online

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

Editor: Stu Cooper stuwalks@yahoo.com.au



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CLUB NEWS and RESULTS

*WORKING BEE REPORT (or 'Bribe 'em with free pizza, stand back and watch ...')

As much as it made sense to schedule a working bee on the same day as a Sunday morning championship, when presumably we'd have lots of people there, just how many would stay back on a sunny afternoon and roll up the sleeves was hard to gauge. So it was heartening to see a turnout of around 20 who stayed for various periods (15mins to 3 hours), pitching in to get essential work done. The two biggies – emptying out the laundry and lining the storage shed with new wall boards (with the obligatory, not to say *brutal*, pitching out of old and pre-loved stuff from both) – were completed satisfactorily, creating lots more of that precious element – space. The shed has been re-shelved and crucial race equipment re-housed for better and safer accessibility. All done for love of the Club ... all right, *and* the free lunch laid on by *Chez Domino*. (Best Hawaiian slices I've had in years.)



Bob, Terry and Ray 'ply' their craft.

Many thanks to all who contributed their time, tools and labour – in particular Bob Gardiner, Terry Swan, Gerard Feain, Ray Montag, Simon Baker, Donna-Marie Elms, Tim Erickson, Terry and Karyn O'Neill, Heather Carr, the McClure family, Ian Laurie, Narelle and Riley Coughlan, Krystal Xie, Helen Toyne (ACT) and anyone else who helped in ways not observed but much appreciated. Without a team approach to a task like this, it seldom works out well. On Sunday, we had a team-and-a-half ... just like the VAWC/VRWC of old.

***TWILIGHT TRIVIA – Deadline for entry next Monday!**

Unfortunately numbers are a bit sparse at present. We're still a little way short of the critical mass desirable for a successful quiz. A decision to proceed with the event will be made based on bookings received by next Monday (24th).

If you're free after the races on the 29th and would like a bit of brain-teasing fun before dinnertime, please contact Karyn or myself (details in the main advert below on Page 12) **NO LATER than Monday 24 July.**

Hoping to see you there.

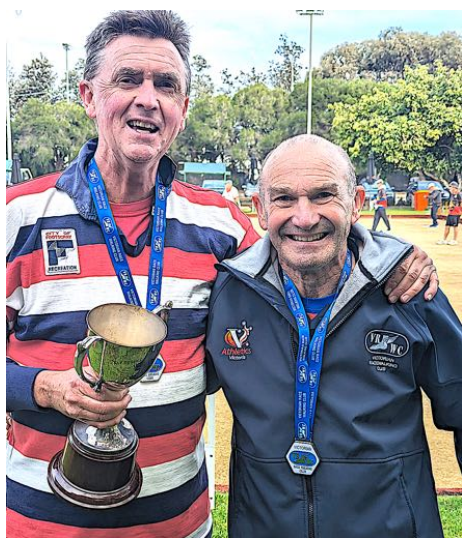
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VRWC AV & VRWC Road walk c'ships, 16 July – Middle Park

Thanks to **Tim Erickson** for providing this week's race report:

The 37 walkers in attendance for the latest round of the winter roadwalk season were treated to a still and sunny winter morning, a vast difference to the Antarctic winter's morning two weeks previously. This Sunday morning meet saw VRWC hosting the Victorian Winter Roadwalk Championships, along with the VMA 20km championships and a variety of VRWC club championships.

The 20km races kicked off first, at 8:30AM. With nearly all our top internationals already overseas and preparing for the 2023 World Athletics Championships in Hungary, the fields were small, but we did have **Jemima Montag** there, just back from an altitude training camp in the USA and doing her own final prep at home before leaving for Budapest herself in a few weeks. She stormed straight to the front and time-trialled her way to a very impressive **1:29:10** (splits of 44:51 and 44:19). **Char Hay** was just outside her PB with her second place time of **1:51:41** while third placed **Carolyn Rosenbrock** was in PB mode with **2:03:44**. They were joined by VRWC/VMA walkers **Karyn O'Neill** (2:27:47), **Gerard Feain** (2:12:05) and **Terry O'Neill** (2:14:06).



Gerard (winner of the Alf Robinson Trophy) and silver medallist Terry.



Jemima (winner of the Mabel Robinson trophy) with 2nd placegetter Grace.

AV 20km Open Women Championship

1.	Jemima Montag	MUA	22:25	44:51	1:07:04	1:29:10	
2.	Char Hay	MUA	26:40	54:15	1:22:25	1:51:41	
3.	Carolyn Rosenbrock	YRA	29:58	1:00:26	1:31:50	2:03:44	PB 1:41

VMA 20km Women Championship

1.	Carolyn Rosenbrock	W60	29:58	1:00:26	1:31:50	2:03:44
1.	Karyn O'Neill	W65	36:10	1:14:12	1:50:48	2:27:47

VMA 20km Men Championship

1.	Gerard Feain	M60	35:07	1:05:46	1:38:49	2:12:05
1.	Terry O'Neill	M65	34:03	1:07:16	1:40:27	2:14:06

VRWC 20km Open Men Championship - Alf Robinson Trophy

1.	Gerard Feain	VRWC	35:07	1:05:46	1:38:49	2:12:05
2.	Terry O'Neill	VRWC	34:03	1:07:16	1:40:27	2:14:06

The 10km walkers were up next, with the U18 Boys leading the way. ACT visitor **Owen Toyne** took overall honours with **43:55**, ahead of Victorians **Riley Coughlan 45:01** and **Scott Peart**, a big PB of **47:45**. **Jemma Peart** took the VRWC 10km Women's Championship with **52:27**, ahead of **Grace Louey** with a PB of **1:00:33**.

VRWC 10km Open Women Championship - Mabel Robinson Trophy

1.	Jemma Peart	VRWC	52:27	
2.	Grace Louey	VRWC	1:00:33	PB 0:52

AV 10km U20 Men Championship

Eden Morgan	KNA	DQ
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10km AV U20 Women Championship

Maddison Nash	KNA	DNF
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AV 10km U18 Boys Championship

1.	Owen Toyne	ACT/INV	43:55	
2.	Riley Coughlan	KNA	45:01	
3.	Scott Peart	BYC	47:45	PB 2:15

The AV U16 5km and AV U14 3km walks rounded out the Victorian Championship component of the morning, with wins going to **Emily Smith**, **Mietta Morgan**, **Angus Shuttleworth** and **Ela Uzun**. I must zoom in to note the record breaking performances of Ela and Angus. Ela's time of **14:07** not only broke her own U13 Club Record, but also bettered Jemima Montag's U14 club record and Rebecca Henderson's U15-17 club records. Further, she zoomed through the 2km mark in a new road PB and U13 club record time of 9:06. And Angus bettered Billy Allamby's U12 club record with his own very fast time of **15:00**. Special mention also to 11year old **Havana Ali** for her 25 sec PB time of **15:45**.

AV 5km U18 Girls Championship

1.	Emily Smith	KNA	28:52
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AV 5km U16 Boys Championship

No starters

AV 5km U16 Girls Championship

1.	Mietta Morgan	KNA	29:14
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AV 3km U14 Boys Championship

1.	Angus Shuttleworth	KNA	15:00	PB 0:03, VRWC U12 Club Record
2.	Tate Jardine	ATE	22:06	

AV 3km U14 Girls Championship

1.	Ela Uzun	ATE	14:07	VRWC Club Records, U13-U17
2.	Mya McClure	BOH	14:51	
3.	Havana Ali	ATE	15:45	PB 0:25
4.	Matilda Read	WEL	15:59	





Action by the lake ... not just swanning around.

The VRWC 2km U12 and U10 club championships then following, with some wonderful performances. Congrats to winners **Zoe Bowkett, Logan Allison** and **Pippa Read**. Lots of PBs and first outings over the 2km distance. Great work everyone!

VRWC 2km U12 Boys Championship

No starters

VRWC 2km U12 Girls Championship

- | | | | | |
|----|-------------|------|-------|----------------|
| 1. | Zoe Bowkett | VRWC | 12:20 | PB 0:55 |
| 2. | Edith Ede | VRWC | 12:53 | First 2km walk |

VRWC 2km U10 Boys Championship

- | | | | | |
|----|---------------|------|-------|---------|
| 1. | Logan Allison | VRWC | 12:54 | PB 0:46 |
|----|---------------|------|-------|---------|

VRWC 2km U10 Girls Championship

- | | | | | |
|----|--------------|------|-------|----------------|
| 1. | Pippa Read | VRWC | 12:01 | |
| 2. | Anouk Morgan | VRWC | 12:10 | PB 1:45 |
| 3. | Lily Bowkett | VRWC | 12:36 | PB 0:44 |
| 4. | Ella Harris | VRWC | 12:49 | First 2km race |
| 5. | Erlyn Singh | VRWC | 14:13 | |
| 6. | Abby Fowler | VRWC | 16:39 | First 2km race |



Finally, we included some VRWC non-championship races for those who just wanted a low pressure fitness walk for the day. Results are below.

VRWC 5km Open Non-championship

1.	Nikola Mandic	M	23:43	PB 0:02
2.	Ariana Pashutina	F	27:09	
3.	Jonathan Ho	M	27:41	PB 0:07
4.	Daniel Pashutin	M	28:12	

VRWC 3km Open Non-championship

1.	Amelia Vernal	F	18:58	
2.	Donna-Marie Elms	F	19:02	

VRWC 2km Open Non-championship

1.	Christal Xie	F	15:17	
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Thanks as always to our many officials, judges and helpers. As we were using our new 1km course alongside the lake, it was a bigger job than usual to cart over, setup and then bring back all the equipment. Apologies if I have missed anyone.

Manager: Mark Donahoo
Referee: Terry Swan
Race checkin: Michael Bodey
Recorders: Ian Laurie, Tim Erickson, Michael Bodey, Bob Gardiner, Simon Baker, Mark Donahoo
Judges: Katheen Marsh (C), Stu Cooper, Scott Nelson, Gordon Loughnan, Di Lowden, David Cash
DQ board: Peter Price, Brenda Felton
Pit lane: Peter Price, Brenda Felton
Setup Pickup: Gerard Feain, Terry Swan, Ian Laurie, Tim Erickson, Donna Marie Elms
Bike rider: Richard Nash
Photos: Terry Swan (see <https://www.facebook.com/photo/?fbid=10229872981789503>)

Also ... there was a request by the 20km competitors to recognize the assistance given by **Narelle Coughlan** and **Megan Feain** at the drinks station. We thank those two ladies for their efforts.

**PLEASE NOTE:* Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and on the website for your efforts.

**** Coming up ...**

*No VRWC events are scheduled for this coming weekend.

We return on **Saturday 29 July** for a busy day indeed: our **Interstate Challenge, VMA 10km Championship** and **Points meeting**.

Challenge race distances are: 10km, 8km, 5km, 3km, 2km and 1.5km. These are age-group entry. The corresponding Points races in each distance are Open.

To enter, go to <https://www.revolutionise.com.au/vrwc/events/196599/>



***Kathleen Marsh** arrived at 7am on Sunday for Chief judge duties looking somewhat worse for wear. Turned out she'd been presented with her Little Athletics Victoria Distinguished Service Award the evening before and had been celebrating into the night with her fellow awardees.

Congratulations, Kath. A richly-deserved gong for so many years of service to walkers and other athletes, young and old.

*Clyde Riddoch informed me last week that he'd spoken to **Willi Sawall** recently. Willi is currently recovering from open-heart surgery and, according to Clyde, is keen to don the race walking shoes again once he gets the OK from his doctor. It'd be something special to see Australia's 50km trailblazer of the 70s/80s striding out in Masters competition. Just don't rush anything, Willi!

*Speaking of recoverers, I met with **Peter Vysma** at his residence in Manor Lakes a few weeks ago. His gains in strength and motor function – both major and minor – are impressive, albeit slow and steady. He enjoys following the fortunes of the Club through H&T and wishes everyone well. And he fell (figuratively) on the camel milk chocolate I brought him back from Dubai!

*It was happily announced by dad Ian that **Natalie Laurie** (a star junior walker in the 2000s and still an active athlete) and her partner **Robert** have brought their third baby into the world. Son **Joseph John** is a new brother for their two older boys, and the VRWC offers its congratulations to the happy (if busier) family.

Ian says that Nat has plans to return to serious race walking with eyes on the longer events. We look forward to seeing that unique, cheeky smile whipping around lap after lap once again!

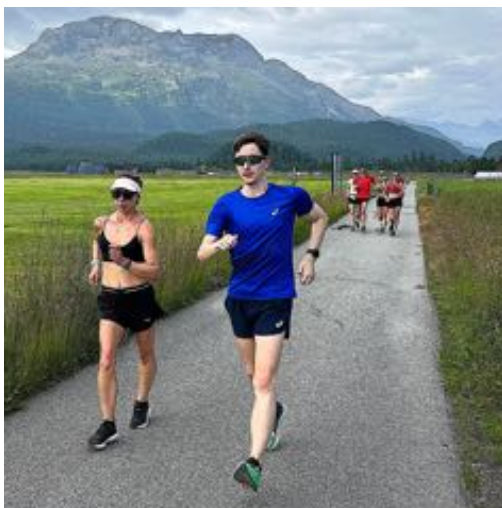
Natalie racing in 2008 ... well before racing times were supplanted by feeding times.



*And finally ... **Rhydian Cowley** got in touch during the week with a brief account (plus photos from Jared Tallent) of the Australian squad's training at St Moritz, Switzerland ... a training ground made in heaven if you don't need oxygen. He reports:

There's a strong Australian contingent here - myself, Declan, Kyle, Bec, Liv Sandery, Allannah Pitcher & Lizzy McMillen, coach Jared Tallent. We are joined by internationals Evan Dunfee (Can) Percy Karlstrom (Swe), Olivia Lundman (Can), Nick Christie (USA), Brendan Boyce (Ire), Miranda Melville (USA), Clemence Beretta (Fra) & Antigoni Ntrismpioti (Gre).

We're in to our second week up here in the scenic Swiss Alps, in preparation for the World Championships in Budapest next month. The weather has alternated between sunny and stormy, and our training volumes and intensity have begun to crank up after a first week acclimating to the altitude. The camp is going very well so far - and a welcome break from Australian winter for us.





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AROUND THE COUNTRY

** WALKER OF THE WEEK **



For the second time this year, Ballarat YCW's **Scott Peart** has taken out WOTW. Last time it was for his domination of the AV Country track titles. On this occasion, Scott produced the biggest PB performance of the day – by 2:15 – in taking 2nd place overall in the AV U18 10km championship with a breakthrough time of **47:45**.

For several seasons, Scott has been shadowing the mid-teen cohort of fast male walkers Australia is currently nurturing. On Sunday at Middle Park he made a big stride through the door. With more racing against his speedy peers, he is certain to progress further and stake his own place amongst what is already a highly talented group.

Well done, Scott. A great result and reward for your perseverance and hard work.

****Honourable mentions:***

- **Jemima Montag (VIC)** – a solo sub-90min effort in winning the AV 20km title. Jemima is clearly in ripping shape, posting 1:29:10 in her final race before joining the Australian team in Montpellier, prior to the World championships in Budapest.
- **Ela Uzun and Angus Shuttleworth (VIC)** – both broke long-standing VRWC 3km records in winning their age-group State titles – **14:07** and **15:00** respectively.
- **Kirsty Templar (SA)** – an improvement of nearly 5mins in wintry Adelaide weather in the SARWC 10km.
- **Anouk Morgan (VIC, 7yo)** – a huge 1:45 PB of **12:10** for 2nd in the VRWC 2km title, showing an amazing turn of speed in the 2nd lap. What a performance for one so young!

NEW SOUTH WALES LANSW State Road walk c'ships, 2 July - Scheyville

Apparently it was a tough challenge for walkers at the Little Aths NSW Road walks titles, held on an undulating circuit (beside the Cross country championship course) which would have tested the young walkers' techniques on the downhill sections. The times would seem to reflect the 'safety first' approach taken by most competitors.

Girls U16-17 4km Walk

1 Sienna Pitcher	16	Gosford	21:44
2 Chelsea Roberts	17	Riverstone	22:58
3 Laelia Byatt	17	Girraween	24:09
4 Jessey Bektas	16	Nepean	24:37

Boys U16-17 4km Walk

1 Isaac Beacroft	16	Quakers Hill	18:40
2 Joel Byatt	16	Girraween	20:01
3 Aidan Pospischil	16	Winston Hills	25:34
-- Peter Charlton	16	Cardiff & Dist	DQ

5 Amelia Crocker 17 Revesby Wkrs 27:40

Girls U15 3km Walk

1 Matilda Olsen 15 Quakers Hill 18:09
2 Olive Gauci 15 Glenbrook 19:29
3 Amelia Felice 15 Illawong 20:21
-- Evie Armstrong Reading 15 South Eastern DQ

Girls U14 2km Walk

1 Matilda Webb 14 Winston Hills 10:22
2 Jessica Loring 14 Parramatta 10:52
3 Emma Hearnden 14 Cardiff & Dist 11:23
4 Tia Bachtis 14 Emu Plains 14:29

Girls U13 2km Walk

1 Madeleine Felice 13 Illawong 11:18
2 Lilly Twigden 13 Campbelltown 12:18
3 Annabel Lavery 13 Balmain 12:30
4 Lexie Beacroft 13 Quakers Hill 13:39
-- Ruby Penn 13 Cherrybrook DQ
-- Sophie Polkinghorne 13 North Rocks DQ
-- Emma Hoskins 13 Quakers Hill DQ

Girls U12 1500m Walk

1 Lilly Gasper 12 Balmain 8:08
2 Sienna Wade 12 Northern Subs. 8:15
3 Nikki Hearnden 12 Cardiff & Dist. 8:17
4 Madeline Kot 12 Girraween 8:25
5 Chloe Gasper 12 Balmain 8:56
6 Emily Gaspar 12 Balmain 9:18
7 Brooke Cross 12 Illawong 9:20
-- Summer Hay 12 Riverstone DQ

Girls U11 1500m Walk

1 Hannah Hewitt 11 Bankstown Sp. 8:14
2 Molly Miller 11 Manly Warr. 8:23
3 Ashleigh Mansell 11 Cherrybrook 8:35
4 Charlotte Suttor 11 Balmain 8:48
5 Mackenzie Kitching 11 Riverstone 9:56
-- Alexandra Denezis 11 Mosman LA DQ

Girls U10 1200m Walk

1 Avia Luketic 10 Balmain 6:23
2 Felicity Rudd 10 Balmain 6:57
3 Isabelle Young 10 Eastern Suburbs 7:27
4 Scarlett Kreis 10 Balmain 7:43
5 Caitlin Allum 10 Manly Warr. 7:48
6 Matilda Hay 10 Riverstone 7:53
7 Adelaide Townsend 10 Revesby Wkrs 8:08
8 Lara Penney 10 Campbelltown 8:13
-- Annika Owers 10 Northern Dist. DQ
-- Isla Banks 10 Riverstone DQ

Girls U9 1200m Walk

1 Stella Wade 9 Northern Subs 6:20
2 Addison Fahey 9 Winston Hills 6:34
3 Beth Cochrane 9 Northern Dist. 6:49
4 Addison Jenkins 9 Girraween 6:58
5 Milana Sorokin 9 Illawong 7:27
6 Antonia Powter 9 Emu Plains 7:46
7 Veronica Dennett 9 Hawkesbury C. 8:12
8 Dakota Adlington 9 Kurrajong Bil. 8:38
9 Chelsea Sharpe 9 Revesby Wkrs 10:02
-- Sophie Aulsebrook 9 Terrigal/Wamb DQ

Boys U15 3km Walk

1 Alexander Sinnett 15 Kurrajong Bilpin 15:18
-- Kane Robson 15 Hills District DQ

Boys U14 2km Walk

1 Jaxson Horton 14 Liverpool City 10:11
2 Christopher Nilon 14 North Rocks 10:32
3 Adam Jordan 14 Kurrajong Bilpin 16:23

Boys U13 2km Walk

1 Alexander Braendle 13 Northern Districts 10:26

Boys U12 1500m Walk

1 Tyler Cousins 12 Cardiff & District 7:25
2 Patrick Waddington 12 Winston Hills 7:54
3 Noah Vella 12 Nepean 8:03
4 Michale Mathison 12 Port Hacking 8:22
5 Sagan Jones 12 Hills District 9:01
6 Adya Bhushan 12 Girraween 9:16
-- Callum Martin 12 A.N.L. DQ
-- Bentley Luketic 12 Balmain DQ

Boys U11 1500m Walk

1 Charlton Maxwell 11 Maitland 8:26
2 Jack Mitchell 11 Kurrajong Bilpin 8:50
3 Oliver Penn 11 Cherrybrook 9:27
4 Maxwell Penn 11 Cherrybrook 9:44
5 Mathias Hutchens 11 Hornsby 10:30
6 Peter Bachtis 11 Emu Plains 10:31
7 Ryan Maher 11 Cherrybrook 10:52
8 Alexander Dennett 11 Hawkesbury City 11:49

Boys U10 1200m Walk

1 Nate Appleyard 10 Winston Hills 6:35
2 Joshua Waddington 10 Winston Hills 6:51
3 Harry Struthers 10 Balmain 7:50
-- Nathaniel Jeffrey 10 Balmain DQ
-- James Ellis 10 Balmain DQ

Boys U9 1200m Walk

1 Jacob Hearnden 9 Cardiff & District 8:37
-- Darcy Dennis 9 Balmain DQ

QUEENSLAND QRWC Postal Challenge & QMA c'ship results, 16 July - Beenleigh

Thanks to **Robyn Wales** for Sunday's results from Logan River Parklands in Beenleigh:

Open 10km

Men:

(1) Adam Patterson 56.44 **SB**
 (2) Peter Bennett 1.08.07.

Women:

(1) Brenda Gannon 59.12 **SB**
 (2) Jasmine-Rose McRoberts 1.13.43
 (3) Joy Dale 1.23.24 **SB**
 (4) Noela McKinven 1.29.12

U20 10km

Men:

(1) Bailey Housden 49.38

Women:

(1) Summer Millard 1.07.11

U18 8km

Women:

(1) Taylah Morris 53.43

U16 5km

Men:

(1) Kai Dale 30.06

Women:

(1) Lily Gouilding 33.26 **SB**

U14 3km

Men:

(1) Noah Cooke 15.28 **SB**
 (2) Brock Miller 17.12 **SB**

Women:

(1) Kiara Waterman 18.00
 (2) Eliza Kelly 20.08

U12 2km

Men:

(1) Leo Ramsay 13.23 **SB**

Women:

(1) Savannah Dunleavy 12.10
 (2) Amelia Chisholm 13.03 **SB**
 (3) Mackenzie Wormald 14.28 **SB**
 (4) Dakota Vicary 15.33

U10 1.5km

Men:

(1) Jake Dunleavy 8.42 **SB**

Women:

(1) Freya Williams 8.32
 (2) Izzy Blackburn 10.03

Invitational – Non-Challenge

5km

Women:

(1) Lily Housden 31.22
 (2) Korey Brady 32.59 **SB**

5km

Women:

(1) Pippa Dunleavy 4.54

QMA Short Course Walk Championships

Men 10km

1 M50-54 Adam Patterson 56.44
 1 M65-69 Peter Bennett 1.08.07

Men 60+ 5km

1 M80-84 Patrick Sela 43.10

Women 5km (During Club 10km)

1 W45-49 Brenda Gannon 27.43
 1 W50-54 Joy Dale 39.50
 1 W80-84 Noela McKinven 44.31

SOUTH AUSTRALIA SARWC results, 15 July – South Parklands

Cold, wet and miserable weather assailed the 14 intrepid souls who braved the South Parklands course on Saturday. Five PBs were a good return under the circumstances. Thanks to **Kim Mottrom** for the results.

Open 10km

Cooper Rech 58:56
 Mel Grantham 59:23 PB 0:30
 Peter Crump 59:38
 Rhiannon Lovegrove 1:00:09
 Alex McEwan 1:16:44 PB 1:29
 Kristy Templar 1:26:48 PB 4:50

Open 5km

Daisy Braithwaite 28:40

Open 2km

Caleb Camilleri 12:14 PB 0:26
 Liliana Templar 12:16
 Robert Crabb 19:32

Open 1.5km

Maverick Grantham 13:38
 Martin Crabb 15:55
 Anthony Crabb 16:01

WESTERN AUSTRALIA WARWC Handicap results, 16 July – Woodbridge

Thanks to **Mike Reid** for these results from WA:

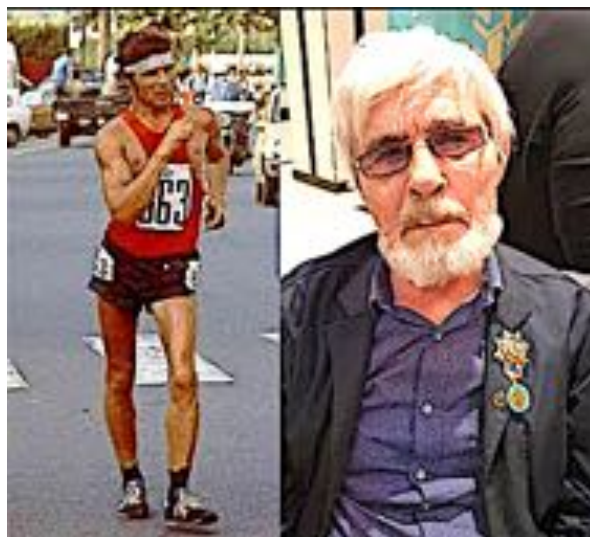
14k		2k	
Ronan, John	1:12:07	Tolardo, Karyn	11:57
		Sardelich, Dylan	10:50
5k		Sardelich, Hunter	DQ
Duncan, Andrew	29:30	Moore, Tayte	14:05
Tolardo, Karyn	30:20	Roots, Addison	14:11
Schickert, Lynne	43:05	Carnaby, Savannah	13:14
McDonagh, John	35:29	Schickert, Lynne	17:00
Lewis, Melissa	31:01	Duncan, Andrew	10:51
		Nichols, Lachlan	DNF
4k		Nichols, Sophia	13:40
Bogaers, Kaytee	22:28		
Bevis, Leila	23:50	500m	
Duncan, Glenys	37:39	Moore, Carter	3:50



INTERNATIONAL NEWS

****STOP PRESS:** It's been reported in *O Marchador* that former Soviet 50km legend, **Veniamin Soldatenko** of Kazakhstan, has died at the age of 84.

See Tim Erickson's wonderful article for a vivid picture of the life and career of this remarkable walker at <http://www.vrwc.org.au/tim-archive/articles/wo-veniamin-soldatenko.pdf>
Our own tribute will appear in next week's issue.



(Photo montage: *O Marchador*)

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.

- Monday, July 17, 2023 - Tiago Sucena and Gabriela Santos are crowned under-20 champions (track) - Abrantes 2023 <http://omarchador.blogspot.com/2023/07/tiago-sucena-e-gabriela-santos-sagram.html>
- Monday, July 17, 2023 - Liujing Yang (China) and Yutaro Murayama (Japan) became Asian champions in the 20 km walk - Bangkok 2023 <http://omarchador.blogspot.com/2023/07/liujing-yang-china-e-yutaro-murayama.html>
- Sunday, July 16, 2023 - Veniamin Soldatenko (1939-2023) <http://omarchador.blogspot.com/2023/07/veniamin-soldatenko-1939-2023.html>
- Sunday, July 16, 2023 - Heather Warner and Christopher Snook Win British Championships - Manchester 2023 <http://omarchador.blogspot.com/2023/07/heather-warner-e-christopher-snook.html>
- Saturday, July 15, 2023 - USA U20 Championships - Eugene, OR 2023 (Results) <http://omarchador.blogspot.com/2023/07/campeonatos-sub-20-dos-e-u-america.html>
- Thursday, July 13, 2023 - National Championship of Veterans on track - Vagos 2023 (results) <http://omarchador.blogspot.com/2023/07/campeonato-nacional-de-veteranos-em.html>
- Thursday, July 13, 2023 - Paul McGrath (Spain) becomes U23 European champion in the 20 km walk (Espoo 2023) <http://omarchador.blogspot.com/2023/07/paul-mcgrath-espanha-sagra-se-campeonato.html>
- Wednesday, July 12, 2023 - Pauline Stey (France) wins U23 European title in 20 km walk (Espoo 2023) <http://omarchador.blogspot.com/2023/07/pauline-stey-franca-conquista-titulo.html>
- Wednesday, July 12, 2023 - Sofia Santacreu in the spotlight at the Spanish Under-18 Championship - Gijón 2023 <http://omarchador.blogspot.com/2023/07/sofia-santacreu-em-grande-destaque-no.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 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
Sat 12 Aug 2023	VRWC Club points races (final points comp for season) . Prizes for h'cap winners – Middle Park
Sun 27 Aug 2023	AV Country & VRWC Road walk c'ships - Ballarat
Sat 2 Sep 2023	AV 5000m Teams race, VMA 5000m c'ship, VRWC Time races (2hr, 1hr) - Mentone
Sat 9 Sep 2023	VRWC Relay event & scratch races; Winter presentations – 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!



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