



# 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

### Sunday 22 October - Middle Park

8:30am 20km, 15km, 10km  
9:15am 5km, 3km  
9:40am 2km, 1km  
11:00am Committee Meeting

To pre-enter, go to <https://www.revolutionise.com.au/vrwc/>  
then select this fixture in 'Upcoming Events'  
Entries close Friday 20 October, 12.00 noon

Our Summer program commences this coming Sunday morning at our Middle Park HQ – a good opportunity to flex our road muscles before the Club Summer championships on November 12. We hope to see a good turnout and, of course, for reasonable weather. Remember to get your entries in by 12 noon on Friday.

Committee members are advised that a face-to-face meeting will be held at the conclusion of the race program.



## DOWN MEMORY LANE

with *Tim*

### VALE GAVAN BREEN: 1935 -2023

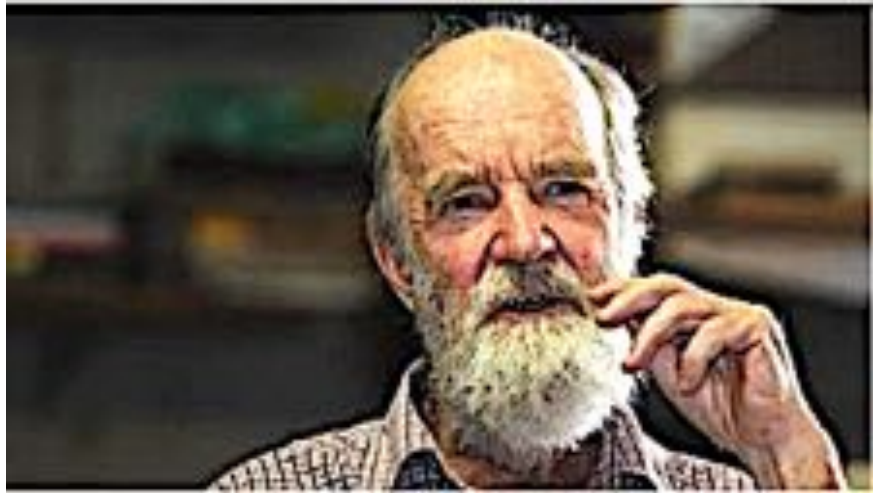


I always have a glance through the major Australia Day honours list and, on 26<sup>th</sup> January 2016, I was just so pleased to see that Alice Springs based linguist **Gavan Breen** was one of 45 Australians to receive the prestigious Officer of the Order of Australia (AO) - in his case for distinguished service to the Indigenous community through the preservation of languages, to the development of orthographies, and to education.

This award was significant for the local Victorian racewalking community as Gavan had been a long standing member of the Victorian Amateur Race Walkers' Club and of the Melbourne University Athletics club during the 1960's and 1970's. I trained with Gavan when he was a member of the Linguistics Dept at Monash University in the early 1970's and I raced against him on many occasions during the latter part of his walking career. He is remembered especially for his Dunlop Volley sandshoes with the toes cut out and for his never-say-die attitude to racing.

*Gavan in 2007 (Northern Territory News)*

Gavan was born at St Arnaud in the Wimmera district of Victoria on 22 January 1935. He received his secondary education at St Patrick's College, Ballarat (1948–1952), where he matriculated as Dux in his final year. He went on to study at Newman College, graduating as a metallurgist from Melbourne University.



Gavan in 2016 (Northern Territory News)<sup>1</sup>

While working in Tasmania in the late 1950s, he had dabbled with racewalking, competing in a couple of national championships, but without raising any eyebrows. When he moved back to Melbourne in late 1959, he joined the Victorian Amateur Race Walkers' Club and the Melbourne University Athletics Club and his racewalking blossomed.

His best years were in the early 1960's when he was a regular place getter in Victorian Championships over all distances, second only to the likes of internationals **Noel Freeman**, **Bob Gardiner**, **Ted Allsopp** and **Peter McCullagh**. With MUAC team mate McCullagh, he spearheaded Victoria's strongest club team which regularly won the coveted VAAA Teams events. During a 5 year period from 1960 to 1964, he won 5 Victorian silver and 9 Victorian bronze medals in individual championships. The list reads as follows:

1960	10 Miles	Freeman, Noel	1.16.07.8	Allsopp, Ted	1.17.28	<b>Breen, Gavan</b>	<b>1.20.27</b>
1960	20 km	Freeman, Noel	1.31.05	Allsopp, Ted	1.36.16	<b>Breen, Gavan</b>	<b>1.41.00</b>
1961	10 km	Gardiner, Bob	47.18.0	Allsopp, Ted	47.34	<b>Breen, Gavan</b>	<b>48.45</b>
1961	10 Miles	Gardiner, Bob	1.17.43.4	<b>Breen, Gavan</b>	<b>1.18.21</b>	Allsopp, Ted	1.19.16
1962	10 km	Gardiner, Bob	47.24.0	McCullagh, Peter	48.55	<b>Breen, Gavan</b>	<b>49.26</b>
1962	20 km	McCullagh, Peter	1.38.28	Allsopp, Ted	1.38.44	<b>Breen, Gavan</b>	<b>1.43.45</b>
1963	20 km	McCullagh, Peter	1.36.28	<b>Breen, Gavan</b>	<b>1.39.45</b>	Allsopp, Ted	1.41.33
1963	10 km	McCullagh, Peter	48.52.0	<b>Breen, Gavan</b>	<b>49.00</b>	Marr, Norman	49.26
1963	10 Miles	Freeman, Noel	1.18.58.0	McCullagh, Peter	1.19.37	<b>Breen, Gavan</b>	<b>1.22.31</b>
1963	50 km	Gleeson, James	4.52.56.2	<b>Breen, Gavan</b>	<b>5.02.23</b>	Newmark, Varel	5.13.31
1964	10 Miles	Gardiner, Bob	1.18.47.4	Allsopp, Ted	1.19.04	<b>Breen, Gavan</b>	<b>1.20.55</b>
1964	10 km	Freeman, Noel	43.44.4	Gardiner, Bob	47.42	<b>Breen, Gavan</b>	<b>48.25.6</b>
1964	2 Miles	Freeman, Noel	14.00.4	Gardiner, Bob	14.36.2	<b>Breen, Gavan</b>	<b>14.54.6</b>
1964	20 km	Freeman, Noel	1.32.06	<b>Breen, Gavan</b>	<b>1.39.30</b>	Hancock, Alan	1.45.10

Gavan said his fascination with indigenous languages was triggered when he sat in a public lecture at Melbourne University in 1967. “The lecturer said a lot of languages were dying out and they were trying to get as much as possible recorded before it was too late. I thought, ‘that sounds like a good way to spend a holiday’. I had always been interested in languages and anthropology.”

He was awarded a scholarship to do a master's degree at Monash University, working initially with the last speakers of the Warluwarra language, and later with the Woorabinda people, before deciding that this was where his vocation lay. He was appointed a research fellow at Monash, and there worked on the Bidjara and sv:Gungabula languages and Pitta Pitta with Barry Blake.<sup>2</sup>

<sup>1</sup> See <http://www.ntnews.com.au/news/centralian-advocate/alice-mans-crusade-to-save-indigenous-languages-honoured-with->  
<sup>2</sup> See [https://wikimili.com/en/Gavan\\_Breen](https://wikimili.com/en/Gavan_Breen)



The 1980s were spent training Aboriginal people to read and write their language to prepare for bilingual education. “It is just so different. You get groups that are closely related, descended from one earlier language, then you get others where two neighbouring languages are very different. I worked with a lot of languages where it was just the last one or two people. A lot of cases you work on a language and might get 300 words or 500 words – really good cases I would get over 1000 words.”

Gavan admitted that creating a dictionary for a particular language has its drawbacks. “It gets a bit tedious sometimes. You’ve got to listen and work out how they are pronouncing things and find a suitable way of spelling the language.”

His work in linguistics could be divided essentially into three main streams: salvage studies of a substantial number of now-extinct Australian languages, based on fieldwork with the last speakers; development of orthographies and literacy courses, and teaching vernacular literacy and other skills relevant to work in bilingual education programs, mainly in Central Australian languages; studies of Central Australian languages, including phonology, kinship and ethno-classification, but mainly directed towards production of dictionaries.

Indigenous language programs have faced government cuts in recent years, which Gavan said “wasn’t good”. “I get the impression governments take the attitude that they won’t put anything into the language, wait until it is almost gone and on its last legs. Then it is big news and ‘we are going to put X amount of dollars into this’.”

Gavan, who celebrated his 81<sup>st</sup> birthday on Friday 22<sup>nd</sup> January 2016, couldn’t have received a better or more well deserved birthday present than his AO, as his linguistics work spans almost 50 years. Despite being retired for nearly 20 years, he still toiled away voluntarily in an office at the Institute of Aboriginal Development on South Tce in Alice Springs. His lifework included preserving 49 Aboriginal languages through developing orthographies and teaching.

And he was not ready to hang the boots up yet. The previous year, he had worked with numerous Native Title cases in Western Queensland as an expert witness. He had also just finished putting the final touches to a book on some of the last speakers of the Warluwarra language from the Georgina River district in western Queensland<sup>4</sup>. He was also active helping the local aboriginal people around the Alice Springs camps, his work extending into the social sphere as well.

One amongst the many languages he has catalogued and preserved is the Arrernte language, spoken by the original aboriginal custodians around the Alice Springs area. In this context, he published the definitive "*Arrernte: A Language with No Syllable Onsets*" in 1999<sup>5</sup>.

A significant point was reached in 2014 when his huge collection of field notes was finally digitised and made available online<sup>6</sup>. But the job did not end there and Gavan continued to work in the field in which he had spent close to half a century. You would find him, with his reel-to-reel, in his cluttered office at the Institute of Aboriginal Development in Alice Springs.



Gavan maintained his love of walking. This photo, taken in 2010, shows him finishing that year’s Alice Springs King of the Mountain walk.

Of the enormous significance of his painstaking work, he was typically understated. "There's been growing interest (in retaining language) over the years, from descendants mainly. This should help give them more to work with."

4 See <http://central.batchelor.edu.au/project/warluwarra-stories/>

5 See <http://www.mitpressjournals.org/doi/abs/10.1162/002438999553940#.VqcBQyp97IU>

6 See <http://www.rnld.org/node/388>

Gavan may be long gone from his Victorian haunts but we remember him fondly and are proud to see that he went on to fulfil such an important role in Australia's ongoing reconciliation with our indigenous people.

Father Time eventually caught up with Gavan last week when he died, aged 88 years. His nephew William tells us his last days were comfortable and he passed away with his family around him.

Sleep comfortably, old mate.

Tim Erickson  
10 October 2023

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## VICTORIA - METRO & REGIONAL



### ***\*REVISED TIMES FROM AVSL ROUND #1 (MURRUMBEENA)***

To those who don't know already, it will come as an unfortunate surprise that the times they recorded last Saturday week (October 7 at Murrumbeena) were too fast by a mean range of 5-7 seconds, and in some cases outside that. This appears to have been due to a technical failure with the timing system, leading to AV results statistician David Armstrong spending a frantic week trying to secure more accurate times from such disparate sources as coaches, parents, the athletes themselves and other onlookers.

David outlines the situation thus:

*After some-what (sic) analysis and investigation, I have been able to re-construct the times for the Walks (1500m & 3000m) at Murrumbeena last week-end. They are now re-published on AV Results Hub.*

*In summary the time for 1st place in the 1500m Walk remains unchanged, but every walker after that in both distances have had their previously published time adjusted (slower) by between 5 and 7 seconds.*

*My confidence level on an approximation is high, but low on precision with an error margin +/- of maybe 1 second.*

*The re-construction is to enable scoring in the AVSL system (performance based), so as such should not count for records and maybe not qualifiers.*

*Although not a satisfactory situation, it enables us to finalise the round for the teams competition.*

The saddest outcome of this is that, as the veracity of the adjusted times can't be guaranteed, those athletes who believed they had set new records (club or State) can no longer claim them. Some, though not all, will still be able to claim PBs. Disappointing as it is, these things do happen, and a record broken once can be broken again. We thank David and all who were able to assist him in his efforts to rectify the situation.

AA statistician Paul Jenes and *Racewalk Australia* website administrator Kim Mottrom have been apprised of the matter and will make the necessary adjustments in their documentation.

### ***\*\*\* Corrected times from Round 1***

#### **3000m Walk**

1	Riley Coughlan	(KNA)	12:35.8h
2	Mark Blackwood	(KNA)	13:36.3h
3	Ela Uzun	(ESS)	13:41.7h
4	Alejandro Stephens	(GHY)	14:06.7h

#### **1500m Walk**

1	Mackenzie Turner	(KNA)	8:10.0h
2	Donna-Marie Elms	(PTN)	8:50.7h
3	Andrew Cochrane	(OSC)	8:51.4h
4	Bernie Keirl	(DIV)	8:54.5h

5	Angus Shuttleworth	(KNA)	15:17.4h	5	Emilie Garside	(YRA)	9:02.7h
6	Max Davidson	(DIV)	15:24.4h	6	Natalie Laurie	(ANW)	9:12.1h
7	Jade Chitty	(WES)	15:34.3h	7	Olin Buisman	(GHY)	9:18.8h
8	Ariana Pashutina	(KNA)	15:41.9h	8	Gwen Steed	(GHY)	10:42.4h
9	Char Hay	(MUU)	15:50.8h	9	Hridhika Thadani	(WAM)	10:46.7h
10	Matilda Read	(WEL)	15:56.5h	10	Geoffrey Barrow	(MEN)	10:50.8h
11	Havana Ali	(ESS)	16:19.6h	11	Kim Peak	(DAC)	10:57.8h
12	Emily Smith	(KNA)	16:29.4h	12	Robert Gardiner	(COL)	12:17.3h
13	Grace Louey	(KNA)	16:31.2h	13	Amanda Moulding	(OSC)	13:14.3h
14	Carolyn Rosenbrock	(YRA)	16:34.5h	-	Ian Handasyde	(OSC)	DQ
15	David Smyth	(COL)	16:41.2h				
16	Jaime Hvalica	(DIV)	17:11.7h				
17	Sandra Geisler	(RWD)	17:22.4h				
18	John Nottle	(GHY)	20:00.7h				
19	Michael Harvey	(WAM)	20:03.9h				
20	Heather Carr	(GHY)	20:22.9h				
21	Rupert Van Dongen	(MEN)	21:36.9h				
-	Daniel Pashutin	(KNA)	15:31.7h				
-	Merilyn Thompson	(MPA)	DQ				

And so, to last Saturday ...

### **\*\* Metro Zone: Round 2, Saturday 14 October – Tom Kelly Aths Track, Doncaster**

The 2000m Walk attracted 37 entries in total, requiring the holding of two heats, with a further 9 taking on the 5000m. Cold, windy and slightly damp weather probably helped many in their quest for fast times.

Diamond Valley's **Max Davidson** and Whittlesea's **Mya McClure** were the clear standouts in the faster second heat in **9:22.4** and **9:42.3** respectively, and both should feature strongly in the All Schools championships in a few weeks. In the first heat **Mackenzie Turner** added another convincing win to her Murrumbena effort of last week, clocking **11:07.7**.

Pl	Name	Club	Age	Time	Points	
<b>2000m Heat 1</b>						
1	Mackenzie Turner	(KNA)	F16	11:07.7h	428	First 2km
2	Natalie Laurie	(ANW)	FOP	11:43.4h	353	
3	Sarah Papadopoulos	(DIV)	FOP	12:58.3h	264	
4	Kate Ryan	(DIV)	F45	13:49.0h	275	
5	Janice Hodgart	(WES)	F60	14:08.4h	372	
6	Christal Xie	(DAC)	FOP	14:15.1h	196	
7	Gwen Steed	(GHY)	F70	14:32.6h	433	
8	Jo Moxon	(DIV)	F55	16:12.2h	217	
9	Robert Gardiner	(COL)	M70	16:13.6h	273	
10	Brenda Cashin	(WES)	F55	16:38.2h	198	
10	J-R Szuhai-Andrews	(BWK)	F55	16:38.2h	198	
12	John Nottle	(GHY)	M70	17:14.0h	231	
-	Geoffrey Barrow	(MEN)	MOP	DQ		
-	Geza Benke	(OLM)	M65	DQ		
<b>2000m Heat 2</b>						
1	Max Davidson	(DIV)	M16	9:22.4h	476	PB 1:44
2	Mya McClure	(WCA)	F14	9:42.3h	524	
3	Daniel Pashutin	(KNA)	M16	9:47.2h	453	PB 0:01
4	Jaime Hvalica	(DIV)	M14	9:54.7h	468	PB 0:01
5	Char Hay	(MUU)	MOP	10:13.5h	375	
6	Angus Shuttleworth	(KNA)	M14	10:54.4h	415	
7	Mietta Morgan	(KNA)	F16	11:04.8h	430	
8	Lewis McLennan	(DAC)	M14	11:09.9h	402	PB 0:28
9	Danny Hawksworth	(ESS)	M40	11:10.8h	344	
10	David Smyth	(COL)	M50	11:12.0h	408	
11	Lucy Johns	(DIV)	F16	11:20.7h	416	First 2km
12	Kerryn Walshe	(KSB)	F60	11:24.4h	510	
13	Trenton Hawkins	(PTN)	M40	11:28.1h	322	
14	Hamish McLennan	(DAC)	M16	12:01.0h	302	PB 0:34
15	Donna-Marie Elms	(PTN)	F60	12:04.5h	478	
16	Bernie Keirl	(DIV)	M60	12:19.4h	405	
17	Dee Holohan	(SAN)	F55	12:28.4h	431	
18	Paul Kennedy	(KSB)	M65	12:32.4h	425	

19	Laura McLennan	(DAC)	F45	12:52.1h	338
20	Heather Carr	(GHY)	F70	13:17.6h	485
21	Duncan Knox	(ESS)	M60	13:27.5h	332
22	Brian Anderson	(ESS)	M65	13:56.7h	347
23	David Martini	(OLX)	M45	15:03.0h	179

It was encouraging to see a field of 9 contest the 5000m, enough to provide some competitive racing. **Riley Coughlan** took control from the start to win in **21:41.5**, while behind him **Eden Morgan** struck a vein of speed to clock a big PB with his **23:22.5**. **Carolyn Rosenbrock**, who, surprisingly, had raced 5000m only once before, took full advantage of the younger talent around her to smash her previous best by close to two minutes with her **28:52.3**.

<b>5000m</b>					
1	Riley Coughlan	(KNA)	M18	21:41.5h	516
2	Eden Morgan	(KNA)	M20	23:22.5h	461
3	Alejandro Stephens	(GHY)	MOP	24:30.1h	421
4	Maddison Nash	(KNA)	F18	26:11.8h	466
5	Jade Chitty	(WES)	F20	27:36.7h	422
6	Ariana Pashutina	(KNA)	F18	28:15.1h	416
7	Carolyn Rosenbrock	(YRA)	F60	28:42.4h	516
8	Emily Smith	(KNA)	F18	28:52.3h	401
9	John Nottle	(GHY)	M70	34:28.9h	416

### **\*\* Ballarat Zone: Round 2, Saturday 14 October – Llanberris Stadium, Ballarat**

**Fraser Saunder** took time off from his exam prep to nip down to Llanberris and reel off a rapid **12:53.6** for 3000m. Kudos to mother and daughter **Olive** and **Roslyn Ireland** who fly the flag for race walking at Ballarat each week.

<b>1500m</b>				
1	Roslyn Ireland	(BWK)	F40	12:00.6h
2	Olive Ireland	(BWK)	F60	12:25.6h
<b>3000m</b>				
1	Fraser Saunder	(BYC)	M20	12:53.6h

### **\*\* Bendigo Zone: Round 2, Saturday 14 October – Latrobe Uni Athletics Track, Flora Hill**

No walks held.

### **Next round ...**

<b>*AVSL Round 3 – Saturday 21 October</b>		
<b>Metro – Aberfeldie</b>	1.00pm	1500m, 3000m walk (all ages)
<b>Ballarat region</b>	4.00pm	1500m, 3000m walk (all ages)
<b>Bendigo region</b>	1:45pm	1500m, 3000m walk (all ages)
<b>ENTRIES</b>		
Metro – enter via Members Portal at		
<a href="https://www.revolutionise.com.au/athleticsvic/events/">https://www.revolutionise.com.au/athleticsvic/events/</a>		

The draft timetables for the AVSL 2023-24 season are now available for perusal at <https://athsvic.org.au/avsl/>



# AROUND THE COUNTRY

## \*\* WALKER OF THE WEEK \*\*

It was shaping as a relatively quiet week walking-wise, until I received a message from Robyn Wales in Brisbane informing me of the astonishing walk by **Bailey Housden**, 16, in the QLD All Schools T&F championships at the weekend.\*

Competing in the U16 5000m race, Bailey's winning time of **20:17.38** smashed the previous record by 50 seconds and, naturally, was a PB ... by a staggering 55 seconds! This performance confirms Bailey's place amidst the company of Isaac Beacroft, Owen Toyne, John Ronan, Marcus Wakim, Will Bottle and Riley Coughlan, all of whom are sub-21min performers. When it happens, the coming-together of this talented band will be an eagerly anticipated occasion for all Australian race walking fans with an eye to this country's future on the international stage.

Congratulations, Bailey! We hope you have an amazing summer season.



(Photo: VRWC)

(\* At the time news of Bailey's performance came through, QA had not yet posted all results of the championships. They will be published in next week's issue.)

### \*Honourable mentions

- **Sam McCure (QLD)** – Sam is another Queenslander who has struck oil with his form of late, having registered his own WOTW recently. On this occasion he won the U17 All Schools 5000m in **21:39**, beating the old record by 3mins!
- **Carolyn Rosenbrock (VIC)** – A Masters walker in her 60s, Carolyn hadn't broken 30mins for 5km before. On Saturday she made no mistake, tearing 1:49 from her best in clocking **28:42:4**.
- **Max Davidson (VIC)** – In his AVSL 2000m heat at Doncaster, Max eclipsed his previous best by 1:44 with a rapid **9:22.4**.

## TASMANIA *Will Bottle – a Profile of Emerging Talent*

*by David Moore and Rosemary Coleman*

**Will Bottle** started Race Walking about ten years ago, coming a modest 10th in his first ever Road Walk Championship event at a U/12 2KM Tunbridge in July of 2014. In 2015 and 2016, Will improved rapidly picking up 3rd place medals at of Australian Federation of Race-Walking Clubs Carnival events in Melbourne and Canberra.



(Photos: TRWC Facebook)

The expectation of Will and those close to Will was for a trajectory ever improving performances, but at the 2019 Australian Track and Field Championships in Sydney he suffered the ire of the Walk Judges and was disqualified.

Apart from the initial dismay of being disqualified, Will chose to get serious about his Walking, to iron out the flaws in technique, to train with diligence and consistency and bring his earlier promise to fruition. With a full season of competing in our TRWC Winter Road Walks, Will went to the 2019 Australian Road Walking Championships in Adelaide and strode home to pick up the Silver medal in the U/16 5km.



2020-21 derailed the plans of many athletes, but if you lived in Tasmania the pandemic did not require the lengthy lockdowns of other States and the TRWC was able to have a shortened Road Walk season and Will kept building towards a breakout season which would come in 2022.

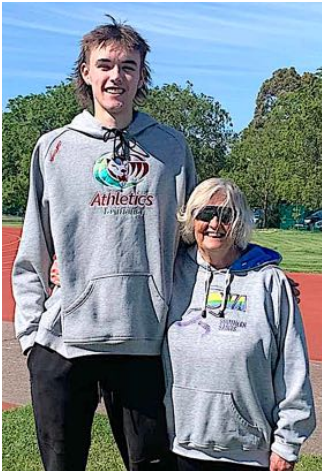
2022 saw Will's times from across all of the distances raced improve dramatically. He picked up place medals at National events and made a successful transition to the 10km event, taking some 4 minutes from his 10k PB, from **49.32** in April down to **45.52** in September of 2022.

In January of this year Will joined the Summer Race Walk Camp interstate as well as competing in a series of elite 10,000m races on the track, resulting in getting his PB down to **43.04**, and he went on to break the long standing 5000M record of Rohan Best with a new mark of **20.41**.

Will now takes the next step in his Walking career, off to South Australia where he'll be under the watchful eye of his coach Jared Talent and surrounded by the very good Race Walking community of the South Australian Walkers Club. Will is taking this step of moving to South Australia to allow him the opportunity to strive for World Juniors qualifier next year. Will already has two world Junior qf's and is hoping to cement his position in the top two next year.

We look forward to watching his future walking events. You always will be our walker Will.  
We wish you all the best, and we will miss you.

*Co-written by Dave Moore and Rosie Coleman*



*Will with Rosemary, his first coach, and with some of his TRWC clubmates.*

*(Photos: TRWC Facebook)*

**SOUTH AUSTRALIA** ASA Interclub results, Saturday 14 October – Mile End

Small fields lined up at Mile End stadium for the SA Interclub opener, but two strong PBs and other good results were noted. Thanks to **Kim Mottrom** for the results.

**Open 5000m**

Kim Mottrom	21:33.96	
Cooper Rech	25:49.25	PB 0:20

**Open 1500m**

Elise Scott	7:26.78	
Rhiannon Lovegrove	7:33.59	
Angelina Legrand	7:37.59	PB 0:12
Orlando Grantham	8:55.69	
Alex Mathers	11:54.66	

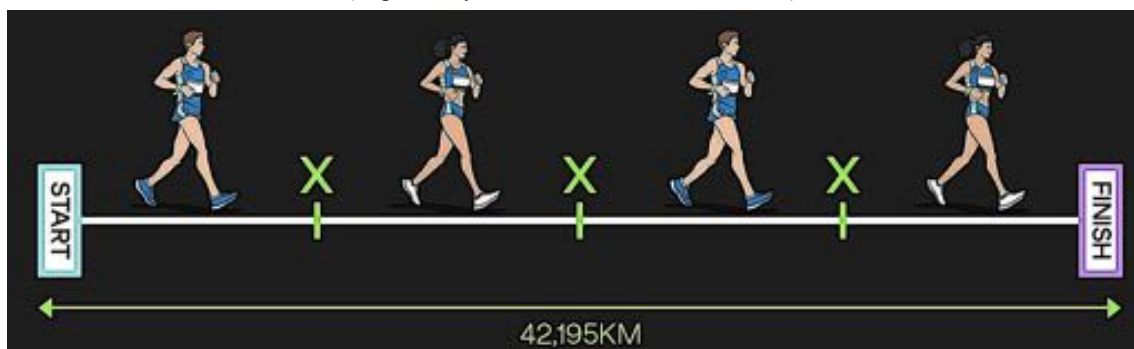
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# INTERNATIONAL NEWS

## **World Athletics establishes organizational standards for the mixed walking relay**

*(Reprinted from O Marchador, 9 October)*



After the announcement last April of the new walking event on the Paris 2024 Olympic Games program, the mixed marathon running (*sic*) relay (in addition to the men's and women's 20 km), and when about to start a new competitive season that appears to be relevant in the qualification/qualification process for such an important event, little by little standards and procedures to be adopted are becoming known, which we believe are still subject to change, in the organization of this event.

This is the case of the document recently released by World Athletics Competition Director, Pierce O'Callaghan, on the occasion of the European Athletics Webinar (4/10) with a view to forming the international panel of "silver" walking judges, which will then be presented in the English version (the original), with a translation into Portuguese by the blog «O Marchador» (text in [blue](#)):

### Marathon Mixed Relay

#### ***Qualification to Olympic Games***

The top 22 placed teams at the World Race Walking Team Championships in Antalya will automatically qualify for the 2024 Olympic Games.

Up to five of these 22 teams can be from a second team of the same Member.

Each Team will be composed of one man and one woman. Each athlete must walk a minimum of 20km between their two legs (e.g. 11.45km, 10km, 10km, 10.745km). The order is Man, Woman, Man, Woman.

#### ***Judging***

- The red cards count for the Team rather than for individual athletes.
- Special time penalties will replace disqualifications in case of additional red cards for the Team according to the following:
  - o At the 3rd red card for the Team: 3 min penalty
  - o At the 4th red card for the Team: One additional minute
  - o At the 5th red card for the Team: One additional minute
  - o At the 6th red card for the Team: One additional minute
  - o At the 7th red card for the Team: Disqualification of the Team (DQ TR54.7.1)
- The same Judge may not send to the Chief Judge a second red card on the same athlete but may do so on another athlete of the same team.

#### ***Takeover Zone***

Lines 50mm wide shall be drawn across the course to mark the start of each stage distance (scratch line). Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

- O Marchador

## FRANCE: Meeting de Lomme, 15 October - Lomme

Last weekend, **Emmanuel Tardi** headed north of Paris to the town of Lomme, where he swapped his paddles for racing shoes this time.

This Sunday, I was a walker in a new competition located in Lomme (200km in the north of Paris). The local club organised a racewalking event for the first time.

Start for the 5k was at 1:30pm, and for the 10/20k at 2:15pm. Each lap was 1k long, including 400m on the track.

In the 10k, it was an easy victory for **Joffrey Chenu** and **Blanche Tricot-Lapiere**. In the 20k, **Bazzo Bortot**, **Gebaud Blin** and **Kowalczyk** walked together for 15k. Bazzo Bortot was stronger, and when he sped up, nobody could follow him.

Same scenario for the women. **Celina Lefrere** left **Mathilde Lefrere** and **Mathilde Adler** after walking with them and won easily.

### 5km Marche Route

1	HENNEGUIER Teo	CAM/07	Lille Metropole Athletisme	25'00"
2	FRELECHOUX-TRONSCORF Yoran	CAM/07	As Marck	28'52"
3	CHAPPUIS Manon	CAF/08	Villeneuve D Ascq Fretin Athlé	30'27"
4	DIETZINGER Capucine	CAF/08	Rc De Lens Athletisme	31'07"
5	DEWAMES Hugo	CAM/08	Osm Lomme Athletisme	31'20"
6	NUTTIN Thierry	M5M/62	Villeneuve D Ascq Fretin Athlé	31'45"
7	CAMPION Genevieve	M5F/63	Artois Athletisme	31'50"
8	LERICHE Eline	CAF/07	As Marck	31'55"
9	HAMANN Jean-Marc	M3M/71	Villeneuve D Ascq Fretin Athlé	34'04"
10	POPULIER Lucile	CAF/07	Entente Littoral Athletisme	34'07"
11	MASSE Norbert	M4M/67	Villeneuve D Ascq Fretin Athlé	34'25"
12	TARDI Emmanuel	M4M/67	La Postillonne Longjumeau	42'12"

### 10km Marche Route

1	CHENU Joffrey	M1M/82	Osm Lomme Athletisme	52'40"
2	TRICOT-LAPIERE Blanche	ESF/04	Villeneuve D Ascq Fretin Athlé	54'06"
3	SPRIMONT Jacky	M3M/71	Entente Sambre Avesnois 59	54'38"
4	DELHORS Maud	M1F/83	Villeneuve D Ascq Fretin Athlé	55'38"
5	DELHORS Paul	M1M/83	Villeneuve D Ascq Fretin Athlé	1h00'53"

### 20km Marche Route

1	BAZZO BORTOT Symon	SEM/96	Nouveau St Amand Ec	1h42'53"
2	KOWALCZYK Hugo	ESM/03	As Marck	1h43'08"
3	GERBAUD-BLIN Pierre	SEM/95	Ec Orleans Cercle Jules Ferry	1h44'47"
4	DUMOULIN Louis	ESM/03	Villeneuve D Ascq Fretin Athlé	1h55'27"
5	LEFRERE Celina	ESF/02	As Marck	1h57'33"
6	ADLER Mathilde	SEF/01	Lille Metropole Athletisme	2h01'19"
7	LEFRERE Mathilde	ESF/02	As Marck	2h10'18"



*Tricot-Lapiere*



*Chenu*



*Kowalczyk, Gerbaud Blin  
and Bazzo Bortot*



*C Lefrere, M Lefrere and Adler*

*(Photos: Emmanuel Tardi)*

## 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, October 16, 2023 - Inês Henriques ended a 31-year career yesterday <http://omarchador.blogspot.com/2023/10/ines-henriques-terminou-ontem-uma.html> A fitting tribute at the end of a remarkable career ... just be aware that the translator struggles a little with personal and possessive pronouns.
- Sunday, October 15, 2023 - FPA does not include the mixed relay in the 2024 calendar <http://omarchador.blogspot.com/2023/10/fpa-nao-inclui-estafeta-mista-de-marcha.html> It appears the Portuguese Athletics Federation has gone renegade and cold-shouldered the Marathon Walk Mixed Relay. Its scheduled program includes the 35km instead. Let's hope they are not digging a pit for themselves by going it alone, whatever the merits of their stance.
- Saturday, October 14, 2023 - Marion Manaresi stands out at the 9th Grand Prix of Lisses, France <http://omarchador.blogspot.com/2023/10/marion-manaresi-destaca-se-no-9-grande.html> Reported on last week.
- Friday, October 13, 2023 - 2023 Edition of the March Meeting in Thiais (results) <http://omarchador.blogspot.com/2023/10/edicao-2023-do-meeting-de-marcha-em.html> Also reported on in the last issue.
- Thursday, October 12, 2023 - Spanish U16 Championship by Federations - Gijón 2023 (results) <http://omarchador.blogspot.com/2023/10/campeonato-de-espanha-sub-16-por.html>
- Wednesday, October 11, 2023 - Chloé Le Roch breaks national record in the French Walking Leagues Challenge <http://omarchador.blogspot.com/2023/10/chloe-le-roch-bate-recorde-nacional-no.html>
- Tuesday, October 10, 2023 - Italian under-16 individual and regional championship - Caorle 2023 (results) <http://omarchador.blogspot.com/2023/10/campeonato-italiano-sub-16-individual-e.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.*

## OTHER NEWS

And a special congratulations from the VRWC to **Kim Mottrom**, following the release of the latest World Masters rankings:

M35 5000m Race Walk				
1	21:04.88	86.89%	Anatole Ibañez (37)	SWE 
2	21:33.96	86.07%	Kim Mottrom (39)	AUS 
3	22:42.24	81.76%	Byun Young-Jun (39)	KOR 
4	22:45.47	79.50%	Teodorico Caporaso (35)	ITA 
5	22:51.34	81.22%	Johan Augeron (39)	FRA 
6	23:27.20	78.10%	Mathieu Le Montagner (37)	FRA 
7	23:35.66	76.68%	Ludovic Hadula (35)	FRA 
8	24:03.24	76.66%	Richard Luettchau II (38)	USA 
9	24:10.44	75.28%	Rostislav Kolar (36)	CZE 
10	24:25.44	76.00%	Ruggiero D'Ascanio (39)	ITA 
11	24:51.75	73.67%	Raphael Gerardin (37)	FRA 

**Kim Mottrom (AUS)**  
World ranked 2<sup>nd</sup>  
M35 5000m Race walk

M35 3000m Race Walk				
1	12:14.23	88.13%	Rafał Sikora (36)	POL 
2	12:23.40	87.86%	Kim Mottrom (38)	AUS 
3	14:14.83	76.95%	Ruggiero D'Ascanio (39)	ITA 
4	14:19.24	75.31%	Ruben Macedo (36)	POR 
5	14:23.16	76.77%	Andrea Menin (39)	ITA 
6	14:44.07	73.88%	Flavio Ramalho (38)	POR 
7	15:08.55	71.89%	Radosław Lucjan Selke (38)	POL 
8	16:32.94	65.78%	Mathias Guardet (38)	FRA 
9	16:48.93	64.14%	Ivo Mancilla Morales (35)	CHI 
10	16:49.60	64.25%	Roberto de Rosa (37)	ITA 
11	17:59.58	60.93%	Cesario Loza A. (39)	CAN 

**Kim Mottrom (AUS)**  
World ranked 2<sup>nd</sup>  
M35 3000m Race walk

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# WHAT'S UP AHEAD?

## VRWC SUMMER FIXTURE 2023-24

### Sun 22<sup>nd</sup> October 2023, VRWC Road Races Middle Park

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

### Sun 12<sup>th</sup> November 2023, VRWC Summer Championships and AGM Middle Park

8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.50am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.25am	1.5km VRWC Championship	Under 12 B & G
	1km VRWC Championship	Under 10 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	2km & 5km	Open
10.30am	Presentations	
11.00am	Annual General Meeting	

### Sun 14<sup>th</sup> January 2024, VRWC Road Races Middle Park

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

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### Victorian & National Key Dates – 2023

Sat 21 Oct 2023	AVSL Rd #3 – walks at Aberfeldie
Sun 22 Oct 2023	VRWC Summer races #1 – Middle Park
Sat/Sun 28/29 Oct 2023	AV All Schools T&F c'ships Wk 1 – Lakeside Stadium
Sat/Sun 4/5 Nove 2023	AV All Schools T&F c'ships Wk 2 – Lakeside Stadium
Sat 11 Nov 2023	AVSL Rd #4 – walks at Yarra Vly, Mt Evelyn
Sun 12 Nov 2023	VRWC Summer c'ships & Annual General Meeting – Middle Park
Sat 18 Nov 2023	AVSL Rd #5 – walks at venue TBC
Fri 1 Dec 2023	AVSL Rd #6 (twilight) – walks at Doncaster & Glenhuntly
Fri 8-Sun 10 Dec 2023	AA All Schools T&F c'ships – Perth WA

### Victorian & National Key Dates – 2024

Sat 13 Jan 2024	AVSL Rd #8 – walks at Doncaster
Sun 14 Jan 2024	VRWC Summer races #3 – Middle Park
Sat 20 Jan 2024	AVSL Rd #9 – walks at Werribee
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	LAVic State T&F c'ships – venue TBC

Sat 16-Sun 17 Mar 2024 **Victorian Masters T&F c'ships** – venue TBC  
Fri 29 Mar-Mon 1 Apr 2024 **Aust. Masters T&F c'ships** – Hobart TAS  
Thu 11-Fri 19 Apr 2024 **AA Aust Athletics c'ahips** – Adelaide SA

### ***International Dates***

Sun 21 Apr 2024 **WA Race walking Teams c'ship** – Antalya TUR  
Sat 4 May 2024 **3<sup>rd</sup> Korzienowski Warsaw Race walking Cup (WA Gold)** – Warsaw POL  
Sat 11 May 2024 **31<sup>st</sup> Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold)** – Rio Maior POR  
Sat 18 May 2024 **XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold)** – La Coruna ESP  
Sun 26 May 2024 **III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold)** – Madrid ESP  
26 Jul- 11 Aug 2024 **XXXIII Summer Olympics** – Paris, FRA  
13-25 Aug 2024 **24<sup>th</sup> World Masters T&F Championships** – Gothenburg, SWE  
20-24 Aug 2024 **WA World Junior T&F Championships** – Lima, PER (*\*Lima withdrew in April but has since been reinstated.*)  
  
13-21 Sep 2025 **20<sup>th</sup> World Athletics Championships** – Tokyo, JAP  
30 Oct-15 Nov 2026 **Youth Olympic Games** – Dakar SEN

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