



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

**** TERRY SWAN ... THE VRWC'S LATEST LIFE MEMBER ****



Terry (right) receives his Life Member badge from Club president Stu Cooper

At the VRWC Annual General Meeting on Sunday, it was the Club's great pleasure to welcome secretary **Terry Swan** into the fold as its latest Life member.

Terry's first contact with the VRWC was in 2009 when his son, Kyle, first joined as an U9 walker. From the outset Terry involved himself in the running of the Club's activities, doing set-up and pack-up legwork each week and bringing his passion for photography to our weekly races, setting up an online gallery of action and celebratory images that has grown into an engaging historical record of past and present members, as well as a useful tool for coaches and judges. Bringing new ideas and energy to Middle Park, Terry joined the Committee in 2010, taking on the role of Club record officer and working closely alongside then-secretary Tim Erickson, whom he would replace in that key position in 2015 when Tim stepped down.

With strong contacts in Athletics Victoria and Athletics Australia, Terry was well placed to advocate for the VRWC in its aims and activities. As a walks judge, he gained accreditation at Level 3 and at Oceania level, taking a leadership role over a 10-year period on AV, LAVic and AA championship panels. Terry also took on the responsibility of procuring medals and trophies from AV for State championships and for Club points awards.

No opportunity to improve the Club and its provision for its members goes unnoticed by Terry Swan. A telco computer programmer by profession, he successfully migrated the Club's online membership and race entry portal in 2023 to the more efficient CD Revolutionise system employed by AV. He laboured, with limited success, alongside Ralph Bennett to adapt the

RFID electronic race timing system to our needs, and nobody could say he didn't give the trouble-prone apparatus every chance before finally retiring it. In response to member needs, Terry purchased an electric tricycle for messaging and course set-up, along with six new walkie-talkies for course judges. He also acquired sheets of six-ply wall boards for the storage shed, installing these during the recent working bee and greatly increasing the facility of that important room.

Aside from his own contributions, Terry is always supportive of new ideas and initiatives from others that will further the aims and prospects of the VRWC. "I love this club", he said on receiving his LM medal, and that affection and care radiates from the energy he puts into it, for the benefit of all members.

Congratulations, Terry! An honour well-deserved.

Stu Cooper

* VRWC COMMITTEE RE-ELECTED UNOPPOSED

All members of the 2022-23 Committee, having re-nominated for their positions, were re-elected by unanimous vote and will continue in their roles for the 2023-24 year.

On behalf of my fellow Committee members, I thank the membership for their vote of confidence, and I know that all Committee members will undertake to continue to work to the best of their ability in the interests of the Club membership and of the sport as a whole.

The committee for 2023-24:

EXECUTIVE

President	Stu Cooper	Publicity Officer	Stu Cooper
Vice President	Mark Donahoo	Club Captain – Women	Heather Carr
Treasurer	Karyn O'Neill	Club Captain - Men	Terry O'Neill
Secretary	Terry Swan	Club Captain – Jun. Women	Emily Smith
		Club Captain – Jun. Men	Marcus Wakim
		Racewalking Australia Liaison	Mark Donahoo
		Club Records	Tim Erickson
		First Aid Officer	TBC
		Non-office holders	Harry Summers
			Bob Gardiner
			Donna-Lee Elms
			Michael Bodey
			Kylie Irshad
			Madeleine Feain
		Auditor	Simon Evans

GENERAL COMMITTEE

Race Secretary/Meet Director	Mark Donahoo		
Property & Requisites	Heather Carr		
Prizes & Awards Sec.	Stu Cooper		
Judging Coordinator	Peter Vysma/Stu Cooper		
Uniforms Steward	TBC		
AV Delegate	Peter Vysma/Stu Cooper		
Coaching Coordinator	Mark Donahoo		
Handicapper/Points Coordinator	Mark Donahoo		
Canteen Coordinator	Not filled		

VRWC

Club Summer championships & Open results, 12 November – Middle Park



The 5km – 1.5km field in action.

Conditions were cool with a tricky southerly for the 24 starters at Middle Park on Sunday. Our numbers were bolstered by Kiwi visitor **Alex Brown** who was over here looking for a 20km qualifier, while newcomer **Aangi Shah** was having her first road race ever, at twice the distance she'd walked before. We were also pleased to see the return of **Alanna Peart**, who hadn't raced since injury sidelined her last January but who has clearly stayed fit.

Our best 20km field for some time – 8 – lined up to contest the Gus Theobald Trophy race, which turned out to be a social stroll/training jaunt for **Kyle Swan**, **Marcus Wakim** and **Rhydian Cowley**. The three contrived to clock the same time at the finish – **1:38:21** – but any thought of a triple dead heat were kyboshed by Chief timekeeper Ian Laurie's eagle eye, seeing to it that Kyle went home with 'Gus'. To back it up, here's what Dylan Shuttleworth's camera saw:



A short video clip and more stills can be seen at:

<https://1drv.ms/fs!AmcyyDiTCQ-PyHfORBKX9kUfHj?e=EJGwsv>

(Photo: Dylan Shuttleworth)

The race was a PB-fest for **Alejandro Stephens** who racked up six of them (yes, six!) en route to 20km, while **Jonathan Ho** completed his first official 20km (he'd done the distance en route in a 2 hour track race in September.)

Sarah Brennan was her usual consistent self, taking out the Heather Carr Masters 10km trophy with a well-paced **57:09**. **Riley Coughlan** made easy work of the U20 5km title, clocking **22:33** ahead of **Eden Morgan**, who backed up well from his PB 5000m effort at Mt Evelyn the day before, while training partners **Ariana Pashutina** and **Emily Smith** shared the Women's 5km medals. **Ela Uzun** ripped a quickfire **14:09** to take the U16 3km title.

10km Masters Heather Carr Championship

1 Sarah Brennan	F40	57:09
2 Karyn O'Neill	F40	1:13.06
-- Heather Carr	F40	DNF

5km U20 Championship

1 Riley Coughlan	M	22:33
2 Eden Morgan	M	23:57

1 Ariana Pashutina	F	27:30
2 Emily Smith	F	29:00

3km U16 Championship

1 Ela Uzun	F	14:09
2 Havana Ali	F	16:15
3 Mietta Morgan	F	17:59
4 Aangi Shah	F	22:31

10km Open

1 Alanna Peart	F	49:46
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20km Open Gus Theobald Championship

1 Kyle Swan	M	1:38:21
2 Marcus Wakim	M	1:38:21
3 Rhydian Cowley	M	1:38:21
4 Alejandro Stephens	M	1:44:25 PB 3:50
5 Alexander Brown (NZ)	M	1:46:12
6 Jonathan Ho	M	1:57:45 First 20km
-- Terry O'Neill	M	15km 1:42:42
-- Marnie Zakis	F	10km 1:10:17

1.5km U12 Championship

1 Ella Harris	F	9:38
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2km Open

1 Gwen Steed	F	14:46
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4km Open

1 Maddison Nash	F	19:52
2 Donna-Marie Elms	F	27:32



Action at Middle Park: Terry, Ela, Alejandro, Rhydian, Marcus, Kyle and Emily



Alanna (welcome back!), Ariana, Havana, Aangi, Ella and Alex.

(Photos: VRWC)

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 nonetheless.

- Manager** Mark Donahoo
- Referee:** Terry Swan
- Race check in** Mark Donahoo, Bill Carr
- Recorders** Bob Gardiner, Ian Laurie, Bill Carr, Dylan Shuttleworth
- Judges:** Kathleen Marsh (Chief), Gordon Loughnan, David Cash, Anthony Doran, Scott Nelson, Stu Cooper
- Set up, Pack up:** Terry Swan, Tim Erickson, Stu Cooper, Bob Gardiner, Ian Laurie, Mark Donahoo, Terry O'Neill, Alex Brown, Dylan Shuttleworth
- Bike riders** Tim Erickson, Angus Shuttleworth
- Photos** Terry Swan, Kyle Swan
- Canteen** See all photos at <https://www.facebook.com/media/set?set=oa.4459600504178826&type=3>
- Presentation** Donna Marie Elms
- Walkers:** Mark Donahoo, Rhydian Cowley, Stu Cooper, Bob Gardiner

**** VRWC SUMMER & AV WINTER PRESENTATIONS 2023 ****

MAJOR AWARD WINNERS

ATHLETICS VICTORIA SEASON TROPHY WINNERS

NORM GOBLE TROPHY	Most points earned in Men's AV Championships	Rhydian Cowley
BETTY NEWMAN TROPHY	Women's Walking Team Champions	Knox Athletic Club
SIMON BAKER TROPHY	Best Under 18 Men's walker	Marcus Wakim
AVIS REDMAN TROPHY	Best Under 16 Girl Walker	Mietta Morgan
BOB GARDINER TROPHY	Best Under 14/ 16 Boy walker	Angus Shuttleworth
TOM DAINTRY TROPHY	Best Under 14 Girl Walker	Ela Uzun

ATHLETICS VICTORIA EVENT TROPHY WINNERS

JARED TALLENT TROPHY	Winner of the Victorian 35km Road Championship	Rhydian Cowley
BERT GARDINER MEDAL	Winner of the Victorian 10,000m (10km) Championship	Riley Coughlan
GEORGE KNOTT TROPHY	Winner of the Victorian Open 5000m Track Championship	Kyle Swan

VRWC RUNNERS WORLD SPONSORSHIPS

Under 23 Men	Riley Coughlan
Under 23 Women	Maddison Nash



***20km Club c'ship & Gus Theobald trophy:**
Marcus, Kyle, Rhydian



10km Masters c'ship & Heather Carr Trophy:
Sarah, Heather, Karyn



VRWC 5km U20 c'ship:
Eden, Riley



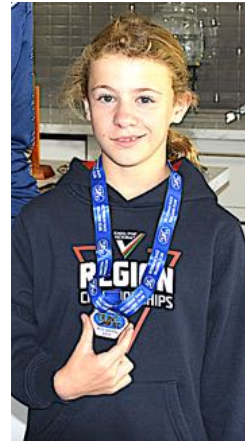
VRWC 5km U20 c'ship:
Emily, Ariana



VRWC 3km U16:
Mietta, Ela, Havana



AV Bob Gardiner U14/16 Trophy:
Angus, with Bob



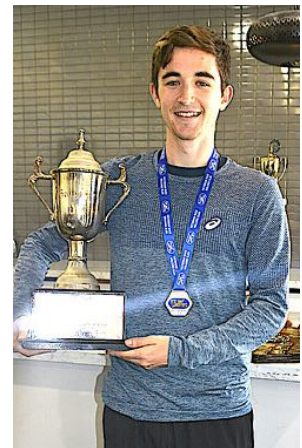
VRWC 1.5km U12 c'ship: *Ella*



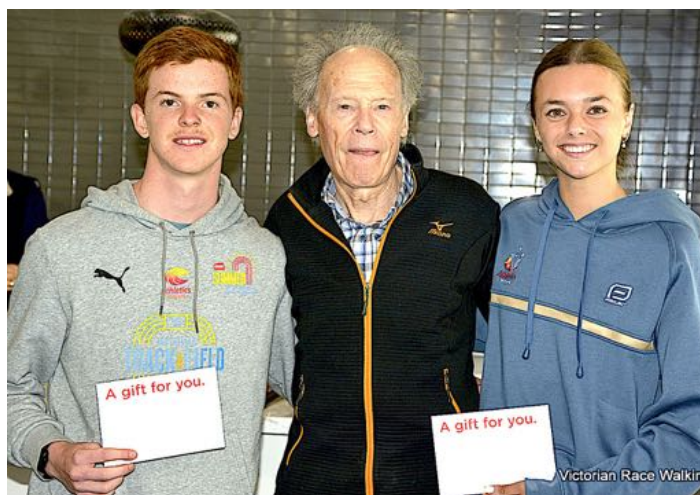
AV Betty Newman Trophy (Women's Teams race):
Knox AC – Fran (coach), Mietta, Emily, Maddison, Ariana



AV Season Trophy winners:
Marcus (U18 Men), Mietta (U16 Women), Ela (U14 Women), Angus (U14/16 Men), Rhyddan (Most points earned in Men's AV c'ships)



Geo Knott Trophy (AV 5000m c'ship):
Kyle



Runners World U23 Development Award:
Riley, Neil Ryan (propr. Runners World), Maddison

 **VICTORIA - METRO & REGIONAL**

A good opportunity to earn some prize money, if you meet the qualifying criteria:

Collingwood Classic

 <p>State Permit meet and Electronic timing</p>	<p>Elite Mile Walk (mixed F&M)</p> <p>Qualifying criteria:</p> <p>Female: 3000m—sub 14:00; 5000m—sub 23:00</p> <p>Male: 3000m—sub-12:30; 5000m—sub 21:00</p>	<p>1st—\$250</p> <p>2nd—\$150</p> <p>3rd—\$100</p> <p>Performance \$\$</p>
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In it's 4th year the Collingwood Classic is featuring an Elite Mile Walk (mixed) to feature and promote the high caliber of walkers in Melbourne. Featuring outright prizemoney plus performance bonus \$\$ we invite qualified walkers to apply. Submit nomination directly to:

Campbell Maffett via campbellmaffett@gmail.com or 0438 335 368

facebook.com/CollingwoodClassic





AVSL RESULTS

**** Metro Zone: Round 4, Saturday 11 November – Yarra Valley Athletics track, Mt Evelyn**

Mark Blackwood floored it from the gun for another sub-9:00 2000m performance, holding off a determined **Max Davidson** who is having his best season ever, this time clocking a 19sec PB with his **9:03.97**. Another big improver is **Mackenzie Turner** who is setting PBs every week, on this occasion stopping the watch at **10:51.72**.

Pl	Name	Club	Age	Time	
2000m					
1	Mark Blackwood	(KNA)	M45	8:56.01	
2	Max Davidson	(DIV)	M16	9:03.97	PB 0:19
3	Mya McClure	(WCA)	F14	9:32.66	
4	Char Hay	(MUU)	FOP	9:52.45	
5	Jaime Hvalica	(DIV)	M14	10:14.68	
6	Mietta Morgan	(KNA)	F16	10:50.71	PB 0:04
7	Mackenzie Turner	(KNA)	F16	10:51.72	PB 0:16
8	Hannah Matthews	(KNA)	F14	10:53.86	
9	Lewis McLennan	(DAC)	M14	11:02.28	PB 0:07
10	David Smyth	(COL)	M50	11:02.41	
11	Simon Evans	(BOH)	M60	11:14.08	
12	Beau Mckinnon	(UNA)	M18	11:21.44	
13	Sandra Geisler	(RWD)	F45	11:21.75	
14	Natalie Laurie	(ANW)	FOP	11:33.39	
15	Hamish McLennan	(DAC)	M16	12:06.60	
16	Donna-Marie Elms	(PTN)	F60	12:18.81	
17	Laura McLennan	(DAC)	F45	12:25.55	
18	Emilie Garside	(YRA)	FOP	12:25.71	
19	Dee Holohan	(SAN)	F55	12:38.87	
20	Bernie Keirl	(DIV)	M60	13:11.70	
21	Kate Ryan	(DIV)	F45	13:50.15	
22	Christal Xie	(DAC)	FOP	14:22.69	
23	Gwen Steed	(GHY)	F70	14:26.92	
24	Kim Peak	(DAC)	F55	14:35.37	
25	Jo Moxon	(DIV)	F55	15:48.98	
-	Geoffrey Barrow	(MEN)	M70	14:34.70	
-	John Nottle	(GHY)	M70	DNF	

In the 5000m everything clicked for **Eden Morgan**, whose **22:40.0** was a massive 42sec improvement. Forsaking the All Schools championships last week to focus on his exams, Eden cut loose in the agreeable Mt Evelyn conditions for an excellent result.

5000m					
1	Eden Morgan	(KNA)	M20	22:40.0h	PB 0:42
2	Carolyn Rosenbrock	(YRA)	F60	29:09.3h	
-	*Alejandro Stephens	(GHY)	MOP	24:24.9h	PB 0:05
-	Emily Smith	(KNA)	F18	DNF	
-	Peter Wyatt	(MPA)	M65	38:07.5h	

(* Reason for non-placement unknown. To be investigated.)

Unfortunately, no results from either Ballarat or Bendigo were forthcoming last Saturday. We hope it's simply a technical matter, not a case of nobody turning up for walks at these venues.

Next round ...

*AVSL Round 5 – Saturday 18 November			
Metro – Frankston	1.00pm	1500m, 3000m walk (all ages)	
Ballarat region	3.10pm	1500m, 3000m walk (all ages)	
Bendigo region (Friday 17th)	6:15pm	1500m, 3000m walk (all ages)	

ENTRIES

Metro – enter via Members Portal at
<https://www.revolutionise.com.au/athleticsvic/events/>



AROUND THE COUNTRY

** WALKER OF THE WEEK **

As detailed in the ACT report below, 15yo **Kodi Clarkson** produced a blinder last Thursday night at the ACT Masters meeting at Woden, recording an 18sec PB to clock **12:03.10** for 3000m. This time, which unofficially broke the National U16 record set last year by NSW's Isaac Beacroft, eans Kodi this week's WOTW.

Falling just a few steps short of vanquishing his training partner and fellow ACT speed merchant, Owen Toyne, Kodi's performance will have attendees at the Australian All Schools championships in Perth licking their lips for what must surely be a contest for the ages. The Boys U16-U18 is the strongest walking cohort in the country right now, and any prospect of them meeting on track or road is sure to fill fans of the sport with anticipation. Kodi (and Owen, it must be said) has just whetted our appetites further.

Well done, Kodi! We look forward to seeing you in action this summer.



**Honourable mentions:*

- **Owen Toyne (ACT)** – a narrow PB, certainly, but one which took him to within a whisker of a sub-12min 3000m.
- **Hannah Bolton (NSW)** – an impressive PB performance in the Treloar Meeting at Mingara, clocking **22:57.90**.
- **Sophie Polkinghorne (NSW)** – took 24sec from her 3000m PB to clock 13:48.49, her first sub-14min result. This is only 7secs behind Ela Uzun (VIC) and makes a meeting of the two girls an exciting prospect.
- **Isaac Beacroft (NSW)** – engaged in a fascinating duel with experienced international Carl Gibbons at the Treloar Shield meet 5000m, crossing 2nd in **20:13:27** after Carl finally broke away.
- **Eden Morgan (VIC)** – a huge 42sec PB time of 22:40 for 5000m at AVSL last Saturday.
- **Alejandro Stephens (VIC)** – anyone who sets six PBs in a single race deserves a plug. Walking in the VRWC 20km championship, Alejandro set his over 6, 8, 10, 12, 15 and 20km!

A.C.T. ACT Masters meet, 9 November – Woden Aths track, Woden

These results, gleaned from the ACT Newsletter, revealed a remarkable performance by Kodi Clarkson, whose **12:03.10** for 3000m in the ACT Masters meeting went under the National U16 mark set by NSW's **Isaac Beacroft** last year. Not to be outdone, **Owen Toyne** produced a PB of his own in winning the event overall. Both boys are in sizzling form and the U16 3000m at the National All Schools in Perth will be something to see.

3km Track walk

1 Owen Toyne	U17	12:02.17	PB 0:02	1 Emma Grocott	U15	15:45.75
2 Kodi Clarkson	U16	12:03.10	PB 0:18	2 Hana Jugovic	U18	16:13.22
3 Ross Wilkinson	U14	19:18.91		3 Carol Baird	W70	31:42.42
4 Gordon Cockell	M55	30:38.58		4 Jill Pearson	W65	32:03.79
5 Robert Kennelly	M70	31:16.77		5 Lorna England	W60	32:26.20
6 Justin Fuller	M70	31:38.36				
8 Doug Fitzgerald	M70	32:25.20				
10 Bryan Thomas	M80	33:17.38				

NEW SOUTH WALES NSW Treloar Shield R4, November 11 – Mingara RAC

Frank Overton reports from his home territory on the NSW Central Coast:

ANSW staged the Treloar Shield Round 4 Track & Field competition at the Mingara Regional Athletics Centre on Saturday. The competition was good to watch with several good performances.

The race of the day was the Mens Open 5000m. **Isaac Beacroft** and **Carl Gibbons** these two exchanged the lead several times in the first 4000m, then Carl inserted pressure pulling away from Isaac. Both walkers recorded good times, however both short of their PB's with Carl recording **19:54.15** and Isaac **20:13.77**.

Other very good performances were recorded by **Hannah Bolton**, 5000m in a 27sec PB of **22:57.90**, and **Sophie Polkinghorne** who walked 3000m in **13:48.49**. **Alexander Braendle** covered 3000m in **15:53.00**, a 4sec PB. **Jacob Hearnden** raced the U12 years 1500m in **8:37.08** for a 41s PB, and **Callum Martin** in 1500m **7:04.19**, a 22s PB.

Another plus for the meeting was having visiting English judge, **Mark Wall**, a former Victorian race walker who now resides in England and is currently visiting Australia on a vacation.

WU12 1500m Race walk

1 Hannah Hewett	Wests	8:32.11
2 Beth Cochrane	Wests	8:45.39
3 Audrey Pinches	Adamstown NL	9:48.47

WU15 3000m Race walk

1 Sophie Polkinghorne	Hills Dist	13:48.49
2 Gemma Dixon	Sydney AA	15:44.03
3 Stella Pinches	Adamstown NL	16:24.80
4 Erin Cassilles	Westfields AC	16:41.16
5 Scout Linton	Wests	17:11.18
6 Emma Hearnden	Cardiff & D	17:28.76
7 Caetlin Ashby	Mingara Reg	17:33.91
8 Molly Miller	Manly Warr	17:37.50
9 Lilly Twigden	Westfields AC	18:19.10
10 Madeline Kot	Westfields AC	18:48.98

WOpen 5000m Race walk

1 Hannah Bolton	Mingara Reg	22:57.90
2 Sienna Pitcher	Mingara Reg	24:39.60
3 Chelsea Roberts	Riverstone Ath	29:00.80
4 Madeleine Maxwell	Maitland Ath	30:36.60
5 Matilda Olson	Hills Dist	31:12.50
6 Laeila Byatt	Girraween Ath	32:37.80

MU12 1500m Race walk

1 Jacob Hearnden	Cardiff & D	8:37.08
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MOpen 1500m Race walk

1 Callum Martin	Adamstown NL	7:04.19
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MU15 3000m Race walk

1 Alexander Braendle	Wests	15:53.00
2 Mitchell McCarthy	Ryde AC	16:43.70
3 Charlton Maxwell	Maitland Ath	17:08.80
4 Michael Mathison	Westfields AC	17:16.00
5 Patrick Waddington	Winston Hills	18:21.90
-- Tyler Cousins	Cardiff & D	DNF

MU18 3000m Race walk

1 Aidan Pospischil	Winston Hills	16:50.10
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MOpen 5000m Race walk

1 Carl Gibbons	West Lakes	19:54.15
2 Isaac Beacroft	Hills Dist	20:13.27
3 Jack McGinniskin	Mingara Reg	22:12.22
4 Myles Ashby	Mingara Reg	23:28.49
5 Raven Pyda	Westfields Ath	26:09.50
6 Brendan Pospischil	Winston Hills	26:13.72
7 Peter Charlton	Cardiff & D	37:51.32
-- Joel Byatt	Girraween Ath	DNF

SOUTH AUSTRALIA ASA Interclub results, 11 November – Mile End Stadium

A field of only seven – possibly as a result of the 41C temperature the day before – greeted the starter at Mile End this weekend, with Daisy Braithwaite the clear winner. Thanks to **Kim Mottrom** for the results.

Open 3000m

Daisy Braithwaite	15:22.97	
Angelina Legrand	16:28.08	
Melissa Grantham	17:16.83	
Peter Crump	18:37.89	
Liam Freundt	20:18.34	PB 1:08
Jasmine Crabb	20:49.32	
Alex McEwan	DQ	



INTERNATIONAL NEWS

FRANCE: 43rd edition of the Grand Prix de La Voie Sacrée, 11 November – Verdun to Bar le Duc

Emmanuel Tardi reports on a very special commemorative fixture on the French walking calendar:

November 11th is a public holiday in France because it marks the end of the First World War. Walking races have been organised on this date. One of them is the Grand Prix de la Voie Sacrée which is a race between Bar le Duc and Verdun. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc.

The road used is a memorial road. It is the only road in France who doesn't have a number - it's only named "La Voie Sacrée". It was along this road that some one million soldiers travelled to the famous Battle of Verdun in 1916. Most of them never came back.

Memorial milestones, each with a soldiers helmet on it, are placed every kilometre.

Only a few walkers were on the start line at 9am for the 55.1km long event. **Florian Letourneau** won for the 4th time (previously 2018, 2019, 2022). He led the race, only accompanied by **Laura De Bontin** for the first kilometre. Laura was in the French team in 2006 and was born in Verdun. It was one of her goals to finish this race and she won!

An ancillary event was a 21.5km between Erize and Bar le Duc.

(* *The Sacred Way*)

Verdun-Bar le Duc 55,1km

		5km	10km	15km	24km	34km	42km	55km
1	Florian Letourneau	30.16	1h00.30	1h30.34	2h23.20	3h26.55	4h23.50	5h52.22
2	Laura De Bontin	30.45	1h01.35	1h32.20	2h27.14	3h32.50	4h34.22	6h06.41
3	Christophe Erard	33.35	1h06.06	1h39.12	2h36.52	3h47.40	4h56.52	6h37.00
4	Frans Leijtens	33.28	1h07.55	1h42.33	2h44.45	3h58.38	5h07.15	6h51.40
5	Gildas Gros	34.40	1h09.52	1h45.40	2h49.23			7h07.44
6	Pascal Marechal	37.50	1h15.04	1h52.47	2h58.50			7h09.06
7	Yannick Simon	37.57	1h15.28	1h52.50	2h56.20			7h13.39
8	Vincent Peter	35.45	1h12.39	1h48.48	2h56.28			7h32.37
Ab	Nadia Ducruet	38.12	1h18.40	1h59.35	3h			

Erize la brulée - Bar le Duc 21,5km

		8km	21,5km
1	Valérie Boban	54.18	2h16.01
2	Thierry Florentin	54.18	2h16.37
3	Catherine Florentin	58.10	2h27.48
4	Claudine Anxionnat	1h06.58	2h49.54
5	René Colombo	1h06.58	2h50.36
6	Mickael Guillot	1h06.40	2h52.07
7	Pierre Merveille		3h21.32
8	Michel Thomas		3h50.26



La Voie Sacrée winners Letourneau and De Bontin

(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, November 13, 2023 - Grand Prix «La Voie Sacrée 2023» - results <http://omarchador.blogspot.com/2023/11/grand-prix-la-voie-sacree-2023.html>
- Sunday, November 12, 2023 - Valencia hosted race walking seminar <http://omarchador.blogspot.com/2023/11/valencia-acolheu-seminario-de-marcha.html> Australia's Jane Saville attended this seminar as a coach.
- Saturday, November 11, 2023 - Romanian 10km March Championships in Bucharest (2023) – results <http://omarchador.blogspot.com/2023/11/campeonatos-da-romenia-de-10-km-marcha.html>
- Friday, November 10, 2023 - Mixed marching relay at the Ukrainian Cup - Mukachevo 2023 (results) <http://omarchador.blogspot.com/2023/11/estafeta-mista-de-marcha-na-taca-da.html>
- Thursday, November 9, 2023 - Autumn March Meeting - Nogent-sur-Marne 2023 (results) <http://omarchador.blogspot.com/2023/11/meeting-de-outono-de-marcha-nogent-sur.html>
- Wednesday, November 8, 2023 - Antia Chamosa and Alberto Amezcua triumph in Toledo <http://omarchador.blogspot.com/2023/11/antia-chamosa-e-alberto-amezcua.html>
- Tuesday, November 7, 2023 - David Ferreira and Kristina Saltanovic win the 30th Galinheiras GP in Alta de Lisboa <http://omarchador.blogspot.com/2023/11/david-ferreira-e-kristina-saltanovic.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?

VRWC SUMMER FIXTURE 2023-24

<u>Sun 14th January 2024, VRWC Road Races</u>	<u>Middle Park</u>
8.30am 20km, 15km, 10km	Open
9.15am 5km, 3km	Open
9.40am 2km, 1km	Open

Victorian & National Key Dates – 2023

Sat 18 Nov 2023	AVSL Rd #5 – walks at Frankston
Fri 1 Dec 2023	AVSL Rd #6 (twilight) – walks at Doncaster & Glenhuntly

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
Sun 11 Feb 2024	2024 Australia & Oceania Race Walk c'ships – Adelaide SA
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	3rd Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31st 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	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER <i>(*Lima withdrew in April but has since been reinstated.)</i>
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

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