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CLUB NEWS and RESULTS



On top of Olympic preparations and uni. studies, **Jemima Montag** is going full steam ahead with a project she initiated and about which she is passionate – the ‘Play On’ initiative. Read Lachlan Moorhouse’s enlightening article on Jemima’s work below.

NEXT GEN JEM: MONTAG’S MISSION TO KEEP GIRLS IN SPORT

By Lachlan Moorhouse (reprinted from *Athletics Australia* website – 6/3/2024)

Within reach of an elusive Olympic gold medal which most consider the ultimate legacy item, **Jemima Montag** is ensuring her impact transcends results through the Play On initiative, working to keep young girls engaged with sport through a program she describes as “my gift to my younger self”.

One of many women driving positive change in Australian and global athletics ahead of International Women’s Day 2024, Montag borrows the *little cheesy* line from Ghandi of “be the change you want to see in the world” as the inspiration for her passion and proactivity in the space.

“Play On is an initiative that equips young girls with the knowledge and skills they need to stay engaged with physical activity. We are a mixed team of seven Olympic and Paralympic female athletes who give presentations at schools, focusing on the four important themes: female health literacy, body image, nutrition, and inclusive environments,” Montag says.

Designing Play On in 2021 through her role in the International Olympic Committee’s Young Leaders program featuring 25 young leaders from around the world, the race walker has leant on expert sessions, mentoring and financial assistance to bring her passion project to life – synchronised with her rise to stardom on the world stage.



(Photo: Athletics Australia)

“This feels like my gift to my younger self. The initiatives that I create or support are the ones that I wish existed when I was 12-18 and felt confused, lost, and dubious about my place on the sporting field,” Montag says.

“It’s only now at 26 that I can see all of the gifts I’ve reaped from staying engaged with sport; life lessons like self-awareness, diligence, confidence, teamwork, and vulnerability. The women I see at training each day at the Victorian Institute of Sport - be they athletes, coaches, doctors, whomever – that are engaged in sport – they have X-factor!

“They have been able to translate those skills into their personal lives, relationships, workplaces – and that is where I believe sport has the power to make leaps towards the fifth Sustainable Development Goal of gender equality.”

Already a two-time Commonwealth champion and 2023 World Championships silver medallist, Montag has her eyes set on gold at the Paris 2024 Olympic Games which would cement her status as an Australian great, but the national record holder is out to make a more permanent impact.

“I think these programs will have a more lasting impact than anything I can do on the track. Exciting athletic results are great on the day and for a little while longer, they make friends and family feel proud or exhilarated, but records are broken and races fade into distant memory,” Montag says.

“I feel as though there is no limit to the impact that initiatives like Play On can have. I hope to continue to grow our team of presenters from seven women in Victoria to 100’s across the country, and by empowering the next generation of girls to stay engaged in physical activity, we will indirectly impact the course of their lives ongoing.”

When it comes to practicing what she preaches, Montag is front and centre. Both the founder and key speaker at Play On, the 26-year-old is also leading Australia’s rising race walking ranks, by both example and experience.

“In January we had about 50 racewalkers on an altitude camp in Perisher Valley. I noticed that there were many junior girls who were at the critical stage where research shows they are twice as likely to give up sport than their male counterparts,” Montag says.

“I have some examples of how to balance Year 11/12 with training, working on race walking technique, mindset, relationship with food, use of social media, comparison to ‘normal’ people. We sat in a little girls circle of trust for a number of hours and I felt so content afterwards because I saw my younger self in their faces and I know that I’ve given them a gift.”

While the countdown is on for the Olympic Games in Paris, Montag is continuing with interactive school visits during which she rewards engaged students with Australian uniform, with International Women’s Day giving her a chance to reflect on her impact:

“This International Women’s Day I feel most proud of my ability to break down this challenge of retaining women and girls in sport, working out what the unique barriers and enablers are, and building a great program that is already creating that change I want to see.”

To book a session with Play On, visit <https://girlsplayon.org/>

- Many readers will recall **Erin Adamcewicz**, one of our junior members who was also a State and National champion in the ‘noughties’. Now known as Erin Reid, her son **Fletcher** raced in the Under 9 700m event at the LAVic State championships on Saturday. Fletcher showed he has inherited his mum’s speed with a powerful display to win convincingly in **3:40.71**. Who knows ... we may see Fletcher and Erin at Middle Park before long, with at least one of them racing!



Erin Adamcewicz racing over 10km in Adelaide, and (right) her son Fletcher with his State 700m Gold, alongside his mum’s former coach, Jim Leppik. (Photos: VRWC, Erin Reid.)

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2024:

Senior (Open and Masters) \$30.00
Under 20: \$25.00
Under 16: \$15.00
Associate (Officials who assist with races throughout the year): \$ 0.00
Family membership: \$50.00

Annual Subscriptions are due on April 1st of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

** VRWC RACE FEES

Seasons ticket 12 months: Financial members: \$110.00 paid by the **end of May**.
VRWC Club Races: Race fee: \$12.00
VRWC Championships: Race fee: \$17.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA, RWA.



VICTORIA - METRO & REGIONAL



LAVic State T&F championships, 9/10 March - Knox Park

The weekend turned out to be a scorcher for the LAVic State titles. Thankfully, the walks were the first track events, with the last half-dozen 1500m races proceeding just as the thermometer was heading skyward. (Not surprisingly, that fan-forced mist machine at the finish was the most sought-after spot at the venue!) Nevertheless, competition was intense and the techniques on display were generally very good, which is a credit to both walkers and coaches. Winning margins were, for the most part, substantial, and it's not surprising that VRWC members were responsible for many of these.

In the oppressive conditions, new LAVic Best Performances (they don't recognize official 'records' owing to venue variations) were hard to come by. Three, however, were set by VRWC walkers:

Distance	Name	Time	Margin of BP
1500m U13	Ela Uzun	6:38.48	0:05.52
1500m U17	Riley Coughlan	5:44.30	1:26.42
700m U9	Lily Bowkett	3:33.56	0:03.39

Riley Coughlan gave the Little Athletics community a taste of what elite speed walking is like with a 19sec PB, while **Ela Uzun's** inexorable erasure of Jemima Montag from the age-group records continues unabated. **Lily Bowkett's** was a dominant display, eclipsing a previous mark that had stood for seven years.

Current VRWC members figured prominently on the podium, particularly in the Girls U11 where we filled the first 5 places. Our medallists were as follows.

GOLD	Ariana Pashutina	FU17 1500m
	Matilda Read	FU14 1500m
	Ela Uzun	FU13 1500m
	Indigo Marshall-Moodie	FU11 1100m
	Lily Bowkett	FU9 700m
	Riley Coughlan	MU17 1500m
	Angus Shuttleworth	MU13 1500m
SILVER	Hannah Matthews	FU14 1500m
	Mya McClure	FU13 1500m
	Pippa Read	FU11 1100m
	Anouk Morgan	FU9 700m
	Beau McKinnon	MU14 1500m
BRONZE	Mietta Morgan	FU15 1500m
	Havana Ali	FU13 1500m
	Zoe Bowkett	FU11 1100m
	Levi Robertson	MU13 1500m

The podium also featured a number of past VRWC members. It'd be great to see them all back at Middle Park!
 Congratulations to all competitors for their efforts on a tough morning.

Female U17 1500m

1 Ariana Pashutina	7:33.82
2 Jemilla Campbell	7:57.63
3 Ella Cunningham	8:35.32
4 Amelia Vernal	9:02.21
5 Katie Barnes	11:00.15

Female U16 1500m

1 Mackenzie Turner	8:01.08
2 Shae Culpin	9:07.92
3 Alexandra Aubrey	9:24.62
4 Maisey Gasper	10:25.57

Female U15 1500m

1 Sarah Holmes	7:19.14
2 Alexis Sungkar	7:41.23
3 Miatta Morgan	8:07.07
4 Olin Buisman	8:09.90
5 Addison Paulke	9:19.24
6 Jasmine Khew	9:42.13
7 Evelyn Nash	11:21.42

Female U14 1500m

1 Matilda Read	7:27.51
2 Hannah Matthews	7:47.89
3 Charlise McQueen	8:19.74
4 Aylwen Campbell	9:00.52
5 Lily Lambert	9:06.83
6 Matilda Simcox	9:10.61
7 Zahra Stevens	9:13.05
8 Eliza Paterson	9:17.35
9 Abbey Fowler	9:38.64
10 Lucy Hemming	9:43.42
<i>17 finishers</i>	

Female U13 1500m

1 Ela Uzun	6:38.48
2 Mya McClure	7:04.59
3 Havana Ali	7:52.86
4 Brienna Coffey	9:19.66
5 Ruby Cardwell	9:28.43
6 Harper Cassidy	9:36.31
7 Piper Mazaraki	9:44.01
8 Jasmine Overdyk	9:50.06
9 Heidi Ryan	9:54.30
10 Stephanie Sproats	10:51.72
<i>13 finishers</i>	

Female U12 1500m

1 Addison Frenken	8:14.76
2 Makenzie Davis	8:30.49
3 Bethany Franzke	8:37.69
4 Holly Yorke	8:54.16
5 Shakayla Caddy	8:59.65
6 Edith Ede	9:07.63
7 Juliet Sankey	9:15.52
8 Lunah Ibrahim	9:26.99
9 Sydney Buensch	9:28.07
10 Ashnaaz Kaur Dhillon	9:29.66
<i>20 finishers</i>	

Female U11 1100m

1 Indigo Marshall-Moodie	5:36.44
2 Pippa Read	5:41.18
3 Zoe Bowkett	5:46.29
4 Jaida Robertson	6:01.57
5 Ella Harris	6:04.07
6 Thea Hulls	6:05.43
7 Willow Gudgeon	6:39.22
8 Kobe Lewis	6:40.27
9 Sophie Flint	6:46.66
10 Erlyn Singh	6:55.10
<i>22 finishers</i>	

Female U10 1100m

1 Lenix Witney	6:09.50
2 Alaska Bremner	6:13.90
3 Georgia Walters	6:14.99
4 Abby Fowler	6:53.90
5 Ava Jacobson	6:57.97
6 Ava Valetini	7:02.52
7 Ella Smith	7:03.13
8 Lucy Morton	7:11.48
9 Anoop Kaur Dhillon	7:19.04
10 Aisha Thomson	7:21.40
<i>22 finishers</i>	

Female U9 700m

1 Lily Bowkett	3:33.56
2 Anouk Morgan	3:48.38
3 Tillie Sommers	4:08.52
4 Addilyn Westaway	4:14.63
5 Annabelle Theobald	4:16.31
6 Michaela Mosher	4:18.67
7 Georgia Brown	4:18.77
8 Jasmine Bailey	4:37.81
9 Aria di Benedetto	4:44.59
10 Pippa Coleman	4:45.84
<i>23 finishers</i>	

Male U17 1500m

1 Riley Coughlan	5:44.30
2 Ashley Hennessy	8:16.59

Male U16 1500m

1 Alex Barnes	9:21.39
2 James Dunn	9:39.23
3 Axel Tonks	10:16.87

Male U15 1500m

1 Max Davidson	6:40.65
2 Fraser Aubrey	7:37.13
3 Benjamin Crowley	8:21.70
4 Hamish McLennan	8:34.50
5 Arthur Robinson	9:39.22
... Jonty Law	DQ

Male U14 1500m

1 Jaime Hvalica	7:26.87
2 Beau McKinnon	8:25.18
3 Cody Wapshott	8:40.85
4 Lachlan Ball	DQ

Male U13 1500m

1 Angus Shuttleworth	7:01.59
2 Lewis McLennan	7:18.59
3 Levi Robertson	8:19.93
4 Michael Friedli	8:54.01
5 Zane Bergles-Brown	9:27.78

Male U12 1500m

1 Tate McQueen	7:43.49
2 Cruze Marsh	8:08.12
3 Harrison Ryan	8:58.02
4 Riley Debono	9:44.24
5 Thomas Lupiyanto	10:14.94

6 Gursehaj Singh	9:29.24	6 Lochie Chandler	10:48.44
7 Heath Tatlock	9:32.98	... Harvey Atwill	DQ
8 Elijah Marandu	10:00.56	... Viraj Singh Dhanoa	DQ
9 Tate Jardine	10:25.39		
... Chase Hilder	DQ		

Male U11 1100m

1 Nathaniel Sandhu	5:20.32
2 Felix Watts	5:44.13
3 Joel Bui	5:46.54
4 Reece Trehwella	6:18.74
5 Xander Sommers	6:31.91
6 Brodie Welsh	6:58.68
7 Connor Martin	7:14.13
8 Charlie Pratt	7:31.16
9 Clay Hilder	7:50.23
10 Thomas Cormick	8:37.98

12 finishers

Male U10 1100m

1 Tom Guastella	5:41.93
2 Oliver Crowl	5:56.78
3 Logan Allison	6:03.14
4 Blair Hosking	6:09.11
5 Harry Wark	6:29.72
6 Jack Greyling	6:45.01
7 Ardan Magaharan	6:49.47
8 Cameron Cunnane	6:54.01
9 Sebastian Botha	7:07.60
10 Lachlan Appleby	7:14.94

15 finishers

Male U9 700m

1 Fletcher Reid	3:40.71
2 Dimitri Pashutin	4:04.95
3 Will Malcomson	4:05.15
4 Spencer McKenna	4:07.68
5 Zanda Damman	4:18.07
6 Noah Joksimovic	4:25.02
7 Daniel Mathews	4:32.83
8 Daniel Edwards	4:37.38
9 Flynn Comport	4:37.84
10 Leo Connellan	4:38.58

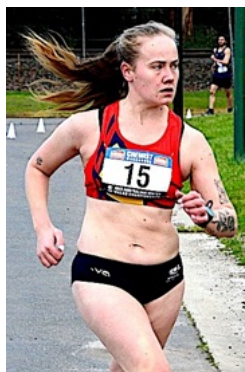
17 finishers



The Victorian Masters T&F championships will be held on **Saturday 16** and **Sunday 17 March**, at Tom Kelly track, Doncaster. For walks scheduling, see the draft program at <https://athsvic.wpenginepowered.com/wp-content/uploads/2024/02/Vic-Masters-TT-DRAFT.pdf>



** WALKER OF THE WEEK **



This week's WsOTW both achieved big results in different track events at the weekend.

Samantha Findlay (SA) – obviously in great shape to handle summer conditions – blasted through the Mile End heat to post the best 10,000m time across the board in winning the Open Women's title with **48:47.43**. With the national 10,000m title being held in Adelaide in April, Sam is obviously gearing up for a big performance on her home track.

Up north, **Mia Bergh (QLD)** elected to race over 5000m at the QA Sally Pearson Shield meet, demonstrating her improvement with a 30sec PB time of **25:55.49**. With Sam McCure the only other 5000m starter, Mia's was pretty much a solo effort and will give her encouragement to build her stamina further for longer races in the future.

Well done, Samantha and Mia. We wish you all the best in the Nationals in April.



*Honourable mentions:

- **Lily Bowkett (VIC)** – claimed her first record in winning the U9 700m championship at the LAVic State titles.
- **Miles Ashby, Joel Byatt, Maisie Mitchell and Zoe Woods (NSW)** – all achieved PBs in winning gold in their ANSW junior championship races.
- **Cooper Rech (SA)** – continued a season of progress with a 12 sec PB in hot conditions to win the SA U20 10,000m title in **55:17.49**.
- **Riley Coughlan (VIC)** tore 19secs from his previous best to win the U17 1500m walk at the LAVic State championships in a blistering **5:44.30**

NEW SOUTH WALES ANSW Junior T&F c'ships, 8-10 March – SOPAC, Sydney

Miles Ashby (PB), Joel Byatt (PB) and Zoe Woods (PB) were the standard setters in the 5000m, while **Sophie Polkinghorne** and **Maisie Mitchell (PB)** had easily the best 3000m results. All look to be in good shape for Adelaide. Results sourced from ANSW.

WU20 5000m Race walk

1 Chelsea Roberts	Riverstone LAC	24:06.15
2 Hana Jugovic	ACT	27:21.55
3 Laelia Byatt	Girraween AC	28:35.19

WU18 5000m Race walk

1 Zoe Woods	Wests T&F	23:07.07
2 Sienna Pitcher	Adamstown NL	24:04.13
3 Lyla Williams	Kingscliffe Ath	25:47.98
4 Ciara Cassilles	Westfields	27:14.29
5 Jessey Bektas	Nepean	28:05.54
6 Lilah Norden	Kembla Joggers	28:15.57
7 Summer Sivaraj	Wests T&F	28:34.78
8 Brooke Newberry	Armidale AC	29:27.68

WU17 5000m Race walk

1 Matilda Webb	Winston Hills	25:30.98
2 Emma Grocott	ACT	26:34.51
3 Grace Beck	Wests T&F	27:02.37
4 Matilda Olsen	Hills District	29:28.94
5 Madeleine Maxwell	Maitland	29:43.16
6 Laura Corvalan Sotomay	Girraween AC	31:40.95

WU16 3000m Race walk

1 Maisie Mitchell	Wests T&F	14:37.04
2 Jessica Loring	Parramatta AC	16:08.19
3 Stella Pinches	Adamstown NL	16:26.30
4 Emma Hearnden	Cardiff & Dist	17:14.19
5 Caetlin Ashby	Mingara	17:48.70

WU15 3000m Race walk

1 Sophie Polkinghorne	Hills District	14:36.71
2 Emma Hoskins	Hills District	15:58.37
3 Lexie Beacroft	Hills District	16:46.13
4 Lilly Twigden	Westfields	18:02.15

WU14 3000m Race walk

1 Gemma Dixon	Sydney Aths Aca.	15:16.92
2 MiaRose Everson	Ryde AC	16:14.92
3 Erin Cassilles	Westfields	16:17.50
4 Nikki Hearnden	Cardiff & Dist	16:17.73
5 Hannah Hewett	Wests T&F	16:38.56
6 Ashleigh Mansell	Cherrybrook	17:10.84
7 Brooke Cross	Sutherland Dist	18:56.10
8 Madeline Kot	Westfields	19:04.60
9 Georgia Watson	Westfields	19:16.59
10 Mykaela Day	Cardiff & Dist	20:35.38
... Scout Linton	Wests T&F	DQ

MU20 5000m Race walk

1 Joel Byatt	Girraween AC	23:02.03
2 Brendan Pospischil	Winston Hills	25:05.82

MU18 5000m Race walk

1 Myles Ashby	Mingara	22:52.90
2 Peter Charlton	Cardiff & Dist	37:06.37
... Aidan Pospischil	Winston Hills	DQ

MU17 5000m Race walk

1 Dylan Allabush	Wests T&F	25:24.24
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MU16 3000m Race walk

1 Christopher Nilon	Parramatta AC	15:41.04
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MU15 3000m Race walk

1 Alexander Braendle	Wests T&F	15:59.38
2 Rhys Chandler	Ryde AC	16:26.42
3 Charlton Maxwell	Maitland	16:50.67
4 Sebastian Linton	Wests T&F	19:59.92

MU14 3000m Race walk

1 Callum Martin	Adamstown NL	15:03.17
2 Tyler Cousins	Cardiff & Dist	15:13.25
3 Patrick Waddington	Winston Hills	16:55.83
4 Michael Mathison	Westfields	16:56.89
5 Noah Vella	Nepean	17:15.19
6 Alexander Dennett	Hawkesbury C	19:32.95

QUEENSLAND QA Sally Pearson Shield results, 9 March – QSAC, Brisbane

Thanks to **Robyn Wales** for sending these results. **Bailey Housden** led the way in the 3000m with another super-quick time, while **Sam McCure** chose the 5000m and was not far off his best. **Mia Bergh** was the only other 5000m starter and was rewarded with a 30sec PB.

WOpen 5000m Race walk

1 Mia Bergh	GCV	25:55.49
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WOpen 3000m Race walk

1 Milly Sharpe	Gladstone AC	15:06.43
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MOpen 5000m Race walk

1 Sam McCure	GCV	21:13.24
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MOpen 3000m Race walk

1 Bailey Housden	QRWC	11:37.55
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2 Makenna Clarke	Redlands Ath	16:56.75	2 Noah Cooke	QRWC	14:38.70
3 Bethany Kirkland-Moore	Darling Downs	17:09.55	3 Kai Dale	QRWC	15:01.70
4 Mikaela McDonald	QRWC	17:27.80	4 Lachlan Moore	Redlands Ath	16:11.51
5 Katie Bray	Ashgrove Ra	17:49.49			
6 Zoe Renton	Toowong Harr	17:50.09			
7 Savannah Dunleavy	QRWC	17:54.57			
8 Kiara Waterman	QRWC	18:16.14			
9 Phoebe Chadwick	QRWC	18:41.04			

****OMA Masters results, 9/10 March – SAF, Brisbane**

W35 1500m Race walk			Age%	M40 1500m Race walk			Age%
1 Roslyn Kirwin	W35	12:11.13	46.09	1 Scott Hyland	M43	6:30.94	79.04
W50 1500m Race walk				M55 1500m Race walk			
1 Joy Dale	W52	10:38.23	52.80	1 Ignacio Jiminez Solis	M58	7:12.15	71.50
W80 1500m Race walk				M65 1500m Race walk			
1 Noela McKinven	W81	12:39.47	44.37	1 Peter Bennett	M68	9:02.34	56.98
				M80 1500m Race walk			
				1 Patrick Sela	M84	12:37.00	40.82

SOUTH AUSTRALIA ASA T&F c'ships, March – Mile End stadium

It was torrid going in the heat at the ASA track titles on the weekend. **Kim Mottrom** reports:

“The 3000m and 5000m races were scheduled for Saturday but were cancelled as it was a 40c day. Today is a 38c day, so our 10,000m walk went ahead at 8am, with it being 31c at 9am. Tough conditions, although **Cooper Rech** showed just how fit he is by still walking a PB.

“The 3000m and 5000m will be rescheduled to next Saturday, although our state no longer offers a U20 or open 5000m, as they aren't events offered at nationals. Only our juniors and masters will be walking next week.”

Open Men 10,000m

Kim Mottrom	48:52.46
Tristan Camilleri	53:58.84
Peter Crump	1:07:16.60
Jordan McKenna	1:12:11.61

U20 Men 10,000m

Cooper Rech	55:17.49	PB 0:12
Oliver Morgan	DNF	

Open Women 10,000m

Samantha Findlay	48:47.43
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U20 Women 10,000m

Nellie Langford	53:44.88
Daisy Braithwaite	56:51.65
Angelina Legrand	1:02:30.73
Jasmine Crabb	1:11:53.63

O35 Women 10,000m

Melissa Grantham	1:01:24.81
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TASMANIA LAT State individual c'ships, 9/10 March – Domain AC, Hobart

It was Little Athletics State championships weekend on both sides of Bass Strait, and we thank **David Moore** for his report and a comprehensive set of results:

The Walk events for the Tasmanian Little Athletics were thankfully scheduled cool and the calm of an overcast Sunday after the unpleasant heat of the previous day.

As expected, there was some really tight finishes, and our regulars from the winter season featured prominently both with medals and personal bests.

Gold: Lily Carr U15 PB

Gold: Eva Parker U14 PB

Gold: Cacia Charles U13 PB

Gold: Adele Woodward U12 PB

Silver: Elsie Woodward U10 PB

7th Bianca Sugiarto U10 PB

9th Isla Direen – U11 PB

Accolades especially to **Cacia Charles** in being named as Team Captain of the Tasmanian Little Athletics Team.

Girls 700 Metre Race Walk Under 9

1	India Heazlewood	9	Devonport	4:32.07
2	Miah Barrenger	9	South Launceston	4:32.23
3	Remi Baghurst	9	Hobart Districts	4:42.32
4	Georgia Hingston	9	Devonport	4:42.54
5	Annabelle Luciani	9	Huon Valley	5:01.03
6	Lucy Crowden	9	Deloraine	5:09.07
7	Jessica Danziger	9	NM	5:14.62
8	Paige Donnelly	9	North Launce	5:23.13
9	Marlee Vincent	9	Huon Valley	5:40.37
10	Addison Crouch	9	Huon Valley	5:42.61
--	Quinn Stockdale	9	Clarence	DQ

Boys 700 Metre Race Walk Under 9

1	Archie Peden	9	Devonport	4:43.15
2	Harry Hasted	9	Hobart Districts	4:46.52
3	Noah Kleinig	9	South Launceston	4:47.54
4	Teo Rossi	9	Hobart Districts	4:54.47
5	Joshua House	9	Clarence	5:01.36
6	Ashton Millington	9	East Derwent	6:35.94
--	William McAvoy	9	Hobart Districts	DQ
--	Archie Mason	9	Huon Valley	DQ

Mixed 1100 Metre Race Walk Under 10

1	Gemma Richardson	W10	South Launceston	7:13.68	
2	Elsie Woodward	W10	Huon Valley	7:15.65	PB
3	Matilda Rolls	W10	Hobart Districts	7:16.28	
4	Daisy Philpot	W10	South Launceston	7:26.49	
5	Oliver Tempny	M10	Kingborough	7:34.64	
6	Esther Reyes	W10	Huon Valley	8:22.93	
7	Bianca Sugiarto	W10	Huon Valley	9:04.29	PB
8	Gabbi Donnelly	W10	North Launce	9:47.47	
--	Reuben Tivendale	M10	South Launceston	DQ	
--	Zavier Humphrey	M10	Kingborough	DQ	
--	Michael Smith	M10	Clarence	DQ	

Mixed 1100 Metre Race Walk Under 11

1	Hamish Cooper	M11	Kingborough	6:50.47	
2	Kailyn Jones	W11	Devonport	7:02.75	
3	Isobel Allen	W11	Devonport	7:10.09	
4	Lewis Finlay	M11	Hobart Districts	7:10.46	
5	Preah Heazlewood	W11	Devonport	7:15.33	
6	Lillie Ikin	W11	Huon Valley	7:22.61	
7	Alexandra Summers	W11	South Launceston	7:24.05	
8	Chelsea Holloway	W11	Burnie	7:25.63	
9	Isla Direen	W11	Huon Valley	7:33.92	PB
10	Madeline French	W11	South Launceston	7:40.05	
11	Cole McGuinness	M11	East Derwent	7:46.28	
12	Braxton Peden	M11	Devonport	7:46.55	
--	Toby Shelton	M11	Claremont Lac	DQ	

Mixed 1500 Metre Race Walk Under 12

1	Adele Woodward	W12	Huon Valley	9:01.93	PB
2	Asha Eastley	W12	Deloraine	9:05.87	
3	Veronica Kelly	W12	Devonport	9:09.05	
4	Hanya Rush	W12	South Launceston	9:37.09	
5	Henry Kew	M12	Kingborough	9:48.09	
6	Evreux Burns	M12	Kingborough	10:33.32	
7	Larnie Barrenger	W12	South Launceston	10:55.30	
8	Henry Rae	M12	Hobart Districts	12:12.26	

-- Angus Newsham-West M12 Hobart Districts DQ

Girls 13 1500 Metre Race Walk

1	CaciaL Charles	13	South Launceston	8:14.10	PB
2	Paige Aitken	13	Burnie	9:21.64	
3	AshaDaisy Murgatroyd	13	Hobart Districts	10:00.68	

Boys 13 1500 Metre Race Walk

1	George Johnston	13	South Launceston	9:21.64	
2	Micah Tivendale	13	South Launceston	9:51.56	
3	Oscar NicholsHowe	13	Kingborough	10:03.31	

Girls 14 1500 Metre Race Walk

1	Eva Parker	14	Devonport	7:30.67	PB
2	Montanna Rowlands	14	East Derwent	9:38.65	

Boys 14 1500 Metre Race Walk

1	Jacob Wass	14	Kingborough	11:04.30	
2	Jack Danziger	14	NM	12:02.29	
--	Bordeaux Burns	14	Kingborough		DQ

136 Women 15 1500 Metre Race Walk

1	Lily Carr	15	Kingborough	8:26.68	PB
2	Elysha Holloway	15	Burnie	10:31.58	
3	Sa-ki Johnson	15	Burnie	11:47.04	

****Tas Masters T&F, 6 March – Domain AC, Hobart**

1	Oliver Morgan	SB	14:04
2.	Wayne Fletcher	NS	25:12. SB



MARCIADALMONDO & O MARCHADOR ROUNDUP

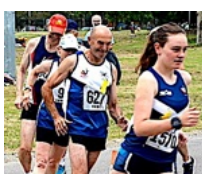
Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.

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, March 11, 2024 – Viviane Lyra dominates 35 km in the South American race walking in Recife, Brazil <https://omarchador.blogspot.com/2024/03/viviane-lyra-domina-35-km-nos-sul.html>
- Monday, March 11, 2024 – Portuguese marchers with discreet participation in the Mixed Relay in Valencia <https://omarchador.blogspot.com/2024/03/marchadores-portugueses-com-discreta.html> Judging from the tone of the article, the word ‘discreet’ might be a mistranslation; what they may have meant would be closer to ‘modest’?
- Sunday, March 10, 2024 – The Spanish marchers, prepared for Paris <https://omarchador.blogspot.com/2024/03/los-marchadores-espanoles-preparados.html> A Spanish perspective on the Mixed relay in Valencia.

- Sunday, March 10, 2024 – 1988, three Portuguese walkers at the Olympic Games
<https://omarchador.blogspot.com/2024/03/1988-tres-marchadores-nos-jogos.html> Spirits would have been high among the Portuguese walkers and their whole team in Seoul, following Rosa Mota's gold in the Marathon.
- Friday, March 8, 2024 – Snyman and Swanepoel win South African 20km walking championships – Cape Town 2024
<https://omarchador.blogspot.com/2024/03/snyman-e-swanepoel-vencem-campeonatos.html>
- Wednesday, March 6, 2024 – Francesco Fortunato and Nicole Colombi become Italian 20 km walking champions – Frosinone 2024
<https://omarchador.blogspot.com/2024/03/francesco-fortunato-e-nicole-colombi.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 – 2024

Sat 16-Sun 17 Mar 2024 **Victorian Masters T&F c'ships** – Doncaster
 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
 Sun 28 Apr 2024 **AV 10,000m Track walk c'ship (VRWC Winter season start)** – Mentone

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
 13-21 Sep 2025 **20th World Athletics Championships** – Tokyo, JPN
 30 Oct-15 Nov 2026 **Youth Olympic Games** – Dakar SEN

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