



# 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

### CLEARING UP THE CON-FEE-USION

As readers have noted, there have been a few misfires in the announcing of this year's racing fees, for which I apologise. I can confirm that the details in the adverts below are accurate.

In addition, the Race Fees advert now contains the **Family charges** for Club races and Championship races, which were missing from the Revised issue that went out last Wednesday. (I'm not taking the rap for that one ... it was missing from the fixture!)

So, all good – hopefully. Hoping to see you all at Mentone on Sunday 28 April.

### \*FIRST AID TRAINING AVAILABLE

We wish to have a trained First Aid officer on site for our race days at Middle Park and away venues this year.

To this end, the Committee will subsidise **fully** a 1-day training course (by St John's ambulance) of anyone who can assure us of their presence on all or most race days in 2024.

Please contact Stu ASAP if you are interested and need training (or if you already are), or have any questions.

### \*\* VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> 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 1<sup>st</sup> 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. Non-financial: \$17.00. Family: \$24.00  
**VRWC Championships:** Race fee: \$17.00 Family: \$34.00

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.

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# VICTORIA - METRO & REGIONAL



## **\*\* AV/VMA 30+ T&F championships, 16-17 March - Doncaster**

The weather this weekend was somewhat kinder to the Masters walkers for their Victorian track titles than they were to their Little Aths counterparts last week. As with the 'littles', the racing was tough, with most walkers coping well with demands that inevitably get that bit harder to meet each year.

In the 3000m Walk, held on Saturday, **Mark Blackwood** and **Carolyn Rosenbrock** were clear overall winners. Mark came home over a minute ahead of **Mark Thomas** in an excellent **13:46.80**, while Carolyn had a bit more of a battle to stay ahead of her Croydon team mate **Sandra Geisler**.

<b>M45-49 3000m Walk</b>			<b>F35-39 3000m Walk</b>		
Mark Blackwood	(KN30+)	13:46.80	Sarah Papadopoulos	(DV30+)	20:41.96
Pramesh Prasad	(CC30+)	16:53.27	<b>F45-49 3000m Walk</b>		
<b>M50-54 3000m Walk</b>			Sandra Geisler	(CR30+)	17:01.25
David Smyth	(CC30+)	17:42.78	Sylvia Ivanova	(CC30+)	23:42.52
Adam Patterson	(QMA inv.)	18:54.94	<b>F50-54 3000m Walk</b>		
Simon Buensch	(ME30+)	DQ	Ros Lording	(EN30+)	21:15.52
Steven Kompogiorgas	(CC30+)	DQ	Hsien Chiam	(CC30+)	22:28.00
<b>M55-59 3000m Walk</b>			<b>F55-59 3000m Walk</b>		
Collin Ross	(CC30+)	19:49.34	Kim Peak	(DO30+)	22:59.66
<b>M60-64 3000m Walk</b>			<b>F60-64 3000m Walk</b>		
Mark Thomas	(ME30+)	14:53.77	Carolyn Rosenbrock	(CR30+)	16:43.96
Kevin Cassidy	(ME30+)	15:43.73	Kathie Williamson	(EN30+)	DQ
Simon Evans	(DO30+)	17:00.41	<b>F65-69 3000m Walk</b>		
Paul Moritz	(CR30+)	20:26.37	Arlene D'Monte	(CC30+)	22:59.15
Albin Hess	(CC30+)	DQ	<b>F70-74 3000m Walk</b>		
<b>M65-69 3000m Walk</b>			Heather Carr	(FP30+)	19:53.27
Andrew Cochrane	(AE30+)	18:05.58	<b>F80-84 3000m Walk</b>		
Terry O'Neill	(GG30+)	19:14.83	Gwen Steed	(ME30+)	22:12.37
Ranjith Perumbadage	(SD30+)	DQ			
<b>M70-74 3000m Walk</b>					
John Nottle	(ME30+)	19:53.12			
Frank Prowse	(DO30+)	DQ			
<b>M75-79 3000m Walk</b>					
Andrew Jamieson	(DO30+)	18:35.78			
Geoff Barrow	(ME30+)	22:20.63			
<b>M85-89 3000m Walk</b>					
Gunther Ilgoutz	(CR30+)	24:08.26			



Masters medallists: Adam, David, Terry, Andrew C, Geoff, Andrew J



Kevin, Mark T and Simon with their winnings.



Pramesh and Mark grin it up.



Terry with international Masters legends, Heather and Andy.

(Photos: Karyn O'Neill)

Sunday saw the Masters give their remaining white fibres a good workout over 1500m. **Mark Blackwood** was again dominant, taking line honours in a quickfire **6:39.62** ahead of **Pramesh Prasad** who held off **Kevin Cassidy**, **7:33.76** to **7:48.85**. Meanwhile, **Sandra Geisler** put her youth advantage to good effect, turning the tables on her 3000m conqueror **Carolyn Rosenbrock** to cross first in **7:59.77** to **8:09.99**.

**M40-44 1500m Walk**

Justin McFarlane (DO30+) 10:45.23

**M45-49 1500m Walk**

Mark Blackwood (KN30+) 6:39.62

Pramesh Prasad (CC30+) 7:33.76

Ross Toogood (DO30+) 9:07.43

Ben Skurka (ME30+) 12:19.73

Chester Lennon (FP30+) DQ

**M50-54 1500m Walk**

Simon Buensch (ME30+) 11:11.15

Adam Patterson (QMA inv.) 9:19.85

**M55-59 1500m Walk**

Collin Ross (CC30+) DQ

**M60-64 1500m Walk**

Kevin Cassidy (ME30+) 7:48.85

Simon Evans (DO30+) 8:06.30

Mark Cant (GG30+) 8:59.06

Peter Shanahan (KN30+) 10:20.85

Albin Hess (CC30+) 10:21.19

Paul Moritz (CR30+) DQ

**M65-69 1500m Walk**

Andrew Cochrane (AE30+) 8:46.70

Terry O'Neill (GG30+) 9:17.28

Geza Benke (DV30+) 11:39.84

Ranjith Perumbadage (SD30+) DNF

**M70-74 1500m Walk**

Frank Prowse (DO30+) DQ

**M75-79 1500m Walk**

Geoff Barrow (ME30+) 10:52.48

**M85-89 1500m Walk**

Gunther Ilgoutz (CR30+) 11:19.78

**F35-39 1500m Walk**

Sarah Papadopoulos (DV30+) 10:17.53

**F45-49 1500m Walk**

Sandra Geisler (CR30+) 7:59.77

**F50-54 1500m Walk**

Ros Lording (EN30+) 9:32.21

Georgina Myburgh (DO30+) 10:32.77

Hsien Chiam (CC30+) 10:46.99

**F55-59 1500m Walk**

Kim Peak (DO30+) 10:42.86

**F60-64 1500m Walk**

Carolyn Rosenbrock (CR30+) 8:09.99

Kerryn Walshe (AE30+) 8:56.30

Donna-Marie Elms (CO30+) 9:30.17

Janice Hodgart (AE30+) 10:48.89

**F70-74 1500m Walk**

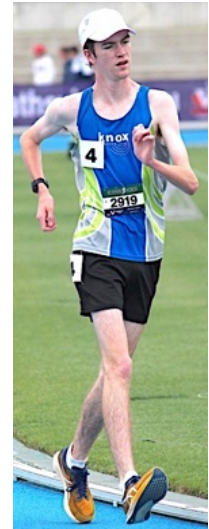
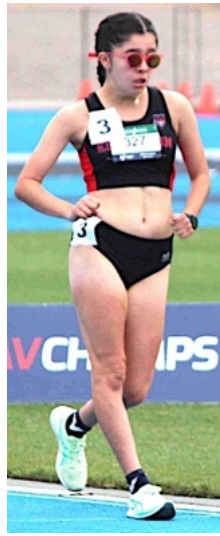
Heather Carr (FP30+) 9:50.44

**F80-84 1500m Walk**

Gwen Steed (ME30+) 10:53.93

**\*\* AV U18-U14 TRACK WALK CHAMPIONSHIPS - PHOTO GALLERY \*\***

Once again, many thanks to **Kerrie Peart** (Ballarat RWC) who provided all but one of the images below from the AV junior Track walk titles held on Sunday March 3. Unfortunately I received them too late for inclusion in the relevant issue alongside the race results, but they were clearly worth the wait.



**\*\* ACTION MODELS:** *Mietta, Lewis, Lucy, Max, Hannah, Ela, Scott, Charlise, Maddison, Eden, Matilda, Hamish, Caetlin, Samuel, Ariana and Angus.* (Photos: Kerrie Peart, Athletics Victoria)

**\*\* AV U20-U14 TRACK WALK CHAMPIONSHIPS - PODIUM GALLERY \*\***

You can never see too many smiles above bling ... or too late.



**\*\* PODIUM MODELS:** Havana, Ariana, Eden, Hamish, Emily, Matilda, Tate, Jaime, Riley, Angus, Ela, Hannah, Lewis, Samuel, Charlise, Scott, Caelin, Mietta, Lucy, Mya, Maddison and Max.

*(Photos: Athletics Victoria, Kerrie Peart)*

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## AROUND THE COUNTRY

**\*RacewalkAustralia position filled**

Following our recent advertisement, we had several expressions of interest for the position of Racewalk Australia website manager. I am happy to announce that (tentatively at this stage) the position has been filled.

Kim Mottrom will continue his sterling work as manager until after the National T&F titles in April, after which a formal announcement of the new manager will be made.

Kim, Tim Erickson and I would like to express our appreciation to those who showed any level of interest in taking on this important role for the race walkers of Australia.

**Stu**

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



(Photo: David Tarbotton)

**Allanah Pitcher (NSW)** takes out this week's WOTW following her 1:24 PB performance in winning the NSW 5000m Walk title last weekend.

**Allanah's** time of **21:49.49** would have been something of a surprise to many, coming as it did off two bouts of debilitating illness during which she spent time on an I-V drip in hospital in Taicang, China, after what may or may not have been food poisoning. Already recovering from a prior illness and with her immune system on the ropes, this second setback may have flattened any other athlete for a considerable time.

But then, who is physically fitter than Allanah Pitcher? She has rallied in a most emphatic fashion and is back in shape to prepare for the National track 10,000m title in Adelaide next month. Beyond that awaits the prospect of the World Walking Teams championship in Antalya (TUR) and a full calendar of racing both at home and overseas.

Congratulations, Allanah. A stirring example of bouncing back!

### \*Honourable mentions

- **Isaac Beacroft (NSW)** – set new national U20 and U18 records with a PB of **19:23.96** in the ANSW track 5000m title.
- **Carl Gibbons (NSW)** – another sub-20min 5000m in claiming silver in that race.
- **Hannah Bolton, Chelsea Roberts, Sienna Pitcher and Bridget Bell (NSW)** – all scored big PBs in the NSW Open 5000m championship.
- **Will Bottle (SA)** – returned home to Hobart and posted a blazing result of **19:50.04\*** in the Tasmanian State 5000m championship.

(\* I'm pretty sure this is a big PB for Will. Unfortunately, the Racewalk Australia website is not responding so I'm unable to check.)

## NEW SOUTH WALES ANSW Open T&F c'ships, 15-17 March – SOPAC, Sydney

Last Friday evening's Open ANSW titles saw astonishing walking performances from two of the nation's most exciting young prospects – one a national record breaker and the other bouncing back impressively from illness. **David Tarbotton** provided the following report:

### **NSW OPEN CHAMPIONSHIPS: BEACROFT RACES TO AN AUSTRALIAN RECORD, NOW #2 IN THE WORLD**

By **David Tarbotton** (reprinted from *Athletics NSW* – Friday 15 March)

Ahead of a key month in his career, Hills race walker **Isaac Beacroft**, 16, won the NSW Open 5000m walk to launch the four-day NSW Championships. The women's winner, **Allannah Pitcher**, won in a 84 seconds PB, signalling she was back to her best and past two bouts of illness.

Isaac won the men's State title in a superfast time of **19:23.96**, to break his own Australian U18 and U20 records and clock the second fastest time on the U18 World all-time list. Only Russian Sergey Shirobokov in 2016 has walked faster. Shirobokov performance was achieved indoors and only added to the all-time list in January.

"The first two kilometres were pretty comfy then on the third kilometre I ramped it up, then had to dig deep on the last two and hold on to clock sub-19:30 – that was my goal," Isaac said. In December his performance would have been a World U18 best ever performance.

Isaac is expected to be named next week to make his Australian team debut at the World Race Walking Teams Championship in Turkey in late April. Ahead of that he will race the trials for the World Juniors – the National U20 10,000m walk in Adelaide in early April.

After breakthrough performances in the last 12 months and especially at the January 2024 Supernova 10,000m walk in Canberra, Allanah Pitcher was grounded by two bouts of illness. At the Australian 20km Walk championships in Adelaide in February she was suffering from COVID, then with an Australian team in Taicang just 10 days ago, she became very ill before the race.

"I got food poisoning or a gastro bug, we are not too sure which, but it is pretty much the same symptoms. So I had to go on a drip the day before the race," explained Allanah. "It's a learning curve, you have to be so careful overseas."

Considering Allanah's illness, today's performance just 10 days later, was remarkable. She clocked **21:49.49**, to finish ahead of **Lizzy McMillen (22:00.19)**, while training partners **Hannah Mison** and **Hannah Bolton** battled for the bronze with Mison taking it in **22:33.42**, just ahead of Bolton with **22:37.00**.



(Photo: David Tarbotton)

In the men's medal battle behind Isaac Beacroft, it was a similar story. Second was 2022 world championships representative **Carl Gibbons** in **19:57.06**, while the battle for the bronze was also between training partners, and surprisingly **Jack McGinniskin** (**21:17.27**) held off **Dylan Richardson** (**21:24.37**).

#### Women's 5000m Walk

1	Allanah Pitcher	21:49.49	PB
2	Elizabeth McMillan	22:00.19	
3	Hannah Mison	22:33.42	
4	Hannah Bolton	22:37.00	PB
5	Chelsea Roberts	23:33.98	PB
6	Sienna Pitcher	23:39.49	PB
7	Bridget Bell	24:21.48	PB
8	Hannah Parker	26:25.08	
9	Ciara Cassilles	26:51.51	
10	Lilah Norden	28:30.32	
11	Laelia Byatt	29:32.38	

#### Men's 5000m Walk

1	Isaac Beacroft	19:23.96	PB AR U18 U20
2	Carl Gibbons	19:57.06	PB
3	Jack McGinniskin	21:17.27	
4	Dylan Richardson	21:24.37	
5	Myles Ashby	22:57.40	
6	Joel Byatt	23:02.64	
7	Brendan Pospischil	25:33.23	



## The COACHING POINT

### FRANK OVERTON ... COACH OF THE COAST

Of the 18 walkers who finished the ANSW 5000m Walk championships last weekend, no fewer than 11 share the same coach – **Frank Overton**.

Based in Gosford on the NSW Central coast, Frank has built one of the most enduring squads of elite and up-and-coming walkers seen in Australia. Among Frank's roster are present or past international reps **Allanah Pitcher**, **Carl Gibbons**, **Tyler Jones** and **Ian Rayson**, along with **Dylan Richardson**, **Jack McGinniskin**, **Hannah Mison**, **Hannah Bolton**, **Myles Ashby**, **Chelsea Roberts**, **Sienna Pitcher**, **Bridget Bell** and **Lilah Norden**. And this is surely not an exhaustive list, though it's exhausting to list them!

Readers who raced from the late '60s to '80s will no doubt recall Frank as a regular presence in NSW representative squads. While not in the same speed realm as counterparts Frank Clark, Steve Hausfeld or Eddie Dawkins, he was always

good for team points in road contests such as the National 20 and 50km titles as well as the Canberra 20 mile classic. (The last time Frank and I raced each other was in the 1981 Australian 50km championship at Fisherman's Bend in Melbourne, a horrible day of high wind and roller-coaster temperatures in which we gee'd each other up through the tough final laps.)

Lack of an elite racing background of one's own, however, is no barrier to coaching success. Nobody could achieve what Frank has as a coach – not only enriching the lives of his pupils to an immeasurable degree but arguably saving the sport at senior level in his home state – without a deep and abiding love for that sport, a desire to see it prosper and the determination to apply everything he has to that end. Race walkers everywhere – and Australian athletics – are richer for his efforts.

We salute you, Frank! Whatever it is you do, keep doing it!



Frank Overton with three of his squad – Allanah Pitcher, Carl Gibbons and Tyler Jones. (Dylan Richardson, while absent, is there in Frank's heart!)  
(Photo: Central Coast Community News)

## QUEENSLAND QA T&F championships, 17 March – QSAC, Brisbane

Results taken from QA's results page. Thanks to **Robyn Wales** for the heads-up.

#### WU18 5000m Race walk

1	Brooke Newberry	07	NSW	28:42.58
2	Taylah Morris	07	GCV	30:17.95
...	Lyla Williams	07	NSW	28:03.38

#### WU17 5000m Race walk

1	Milly Sharpe	08	GLD	28:22.03
2	Katie Bray	08	ASR	

#### WU16 3000m Race walk

1	Olivia Boulton	09	GCA	15:52.34
2	Makenna Clarke	09	RED	16:59.69
...	Natasha Flahey	09	QRW	DNF

#### MU18 5000m Race walk

1	Bailey Housden	07	QRW	21:12.33
...	Roel Wheeley	07	SAS	DQ

#### MU17 5000m Race walk

...	Kai Dale	08	QRW	DQ
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**WU15 3000m Race walk**

1	Bethany Moore-Kirkland	10	DarIDns	17:04.42
2	Eliza Kelly	10	QRW	17:14.89
...	Mikaela McDonald	10	QRW	DQ

**WU14 3000m Race walk**

1	Lani Ellwood	11	EML	17:38.53
2	Kiara Waterman	11	QRW	18:44.01
3	Mackenzie Bandidt	11	Intrain'g	19:15.15

**WU13 3000m Race walk**

1	Isabella Welch	12	IGN	16:11.37
2	Savannah Dunleavy	12	QRW	17:01.81
3	Elsbeth Hooper	12	GCV	19:11.79

**MU15 3000m Race walk**

1	Noah Cooke	10	QRW	15:22.42
2	Eli Melinz	10	NAC	19:00.74

**MU14 3000m Race walk**

1	Lachlan Moore	11	RED	16:16.89
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<b>SOUTH AUSTRALIA</b> ASA T&F c'ships Day 2, 16 March – Mile End stadium, Adelaide
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The postponed (owing to extreme heat last week) 3000m and 5000m championships were held in the morning with the temperature at 28C and climbing. Performance of the day was **Liam Freundt's** 1:01 PB time of **17:11.02** for 3000m (What would he have done on a cooler day?), joining with **Grace Marin (16:56.21)** as the quickest 3km winners on the day. Thanks to **Kim Mottrom** for the results.

**U14 Boys 3000m**

Orlando Grantham	19:29.18
Ananpreet Singh Sidhu	19:57.73

**U16 Boys 3000m**

Liam Freundt	17:11.02	PB 1:01
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**U17 Boys 5000m**

Sebastian Richards	26:14.83
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**U18 Men 5000m**

Cooper Rech	26:02.73
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**O35 Men 5000m**

Kim Mottrom	24:12.36
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**O50 Men 5000m**

Peter Crump	32:29.79
Alex McEwan	37:35.63

**U13 Girls 3000m**

Hazel Lewis	17:18.15
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**U15 Girls 3000m**

Alexis Thiele	18:40.81
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**U16 Girls 3000m**

Grace Marin	16:56.21
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**U17 Girls 5000m**

Angelina Legrand	27:16.26	PB 0:03
Elise Scott	29:01.60	

**O35 Women 5000m**

Melissa Grantham	29:21.45
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<b>TASMANIA</b> Tasmania & Tasmania Masters c'ships, 16/17 March – Domain AC, Hobart
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Thanks to **Wayne Fletcher** who sent these results in the absence of David Moore.

Obviously, **Will Bottle's 19:50.04** was the highlight of the championships. Unfortunately, it cannot be claimed as a residential record since Will no longer lives in Tasmania. Guess he'll just have to mount an attack on Nick A'Hern's All-comers record (19:04.81) ...

**Open Men 5000m Walk**

1 Will Bottle	South Aust.	19:50.04
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**U18 Men 5000m Walk**

1 Sam Lindsay	Newstead Aths	22:31
2 Oliver Morgan	Sandy Bay	25:17

**U14 Women 3000m Walk**

1 Adele Woodward	OVA Southern Saints	20:42.76
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**U15 Women 3000m Walk**

1 Macy Devine	ES	17:08.24
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**Masters Women 1500m Walk**

1 Elizabeth Leitch	W65	9:53.07
2 Anne Travis		16:16.05



**Masters Men 1500m Walk**

1 Wayne Fletcher M75 12:50.45 SB

**Masters 5000m Walk**

1 Elizabeth Leitch W65 34:25.09

**WESTERN AUSTRALIA** Aths West interclub results, 15 March – WAAS, Perth

Thanks to **Terry Jones** for the latest AW results. It was a pleasant Friday night, with temperatures in the mid-20s with a light breeze ... just right for racing.

**Women 3000 Meters**

1 Kaytee Bogaers	Mandurah Rockingham	14:55.56
2 Isabelle Curtis	Ridgewood	15:15.86
3 Tory D'Alessio	Athletics West	15:35.40
4 Trinity Doulis	Belmont	15:49.27
5 Chelsey Ireland	Mandurah Rockingham	16:27.91
6 Leila Bevis	Mandurah Rockingham	16:28.92

**Men 3000 Metres**

1 Liam Domoney	Athletics West	14:54.23
2 Keenan Munro	Ridgewood	16:18.45

**INTERNATIONAL NEWS****SLOVAKIA: Dudinska 50: World Athletics Race Walking Tour Gold Event #2, 17 March - Dudince**

Always a good indicator of early season form and – as with the earlier Taicang meeting – especially appealing in an Olympic year, this year's Dudinska 50 was a double triumph for Peru ... and no, Kimberley Garcia was not half of it!

**Rodriguez and Inga claim Peruvian double in Dudince**

by **Paul Warburton** (reprinted from *World Athletics News* – 17 March)

The Dudinska 50 – the second **World Athletics Race Walking Tour Gold** event of the year – was a triumph for Peru. They took both wins in the two 20km races in the spa town of Dudince in Slovakia on Saturday (16), although the women's event produced a big surprise.

In the men's race, **Cesar Rodriguez** set a national record when coming home in **1:19:41** to beat favourite **Brian Pintado** of Ecuador (**1:19:44**) in the process.

The real breakthrough came from India's **Ram Baboo**, who only joined the leaders at 15km and moved through the gears to shatter his PB with **1:20:00**. It was more than minute better than the 1:21:04 set in January by the 24-year-old, who will have a very happy birthday on Wednesday.

Pintado attempted to stamp his authority on the race from the gun, and was clear of the chasing pack of a score or more by the first one kilometre lap, which was covered in 3:58. However, the rest quickly drew level, with **Aurelien Quinion** from France picking up the baton followed by a dwindling group.

The lead see-sawed up to quarter distance. Pintado got the nod but only by two seconds (20:10) with a group of 10 in close order. By 9km, the leader was looking around to see how much opposition was left. The answer was that same group of 10, showing no signs of wilting. His fellow Ecuadorean **David Hurtado** was first through the line at halfway in 40:20, with five seconds separating the next nine.

That group was down to five with Baboo showing for the first time as a contender by 15km (1:00:11). Hurtado and Quinion were casualties and 11 seconds off the pace. Thereafter, it was a duel between the first two, with the fast-finishing Baboo coming like a train right behind to post a last kilometre of 3:49.

**Dominik Cerny** notched a heartening **1:20:31** PB for fourth, and behind the Slovakian athlete was Quinion and **Jose Alejandro Barrondo** from Guatemala, diving over the line for fifth and sixth in that order.

Peru triumphed in the women's 20km as well, but not through the expected winner.

**Evelyn Inga** came out of the shadow of her more illustrious teammate **Kimberly Garcia** to break the tape in **1:27:42** - with a huge gap to second place. In fact, double 2022 world champion Garcia lasted exactly two 1-kilometre laps before stepping off the road due to illness.

Instead, Inga took command in the last six kilometres to shake off the last of her chasers and underline Peru's growing status as a walking force. **Mariia Sakharuk** showed early, with a five-second advantage after the first circuit.

The big surprise was Garcia. The 2023 35km winner here was already well off the pace and moving backward as early as the first lap. Likewise, double 2022 world silver medallist **Katarzyna Zdziebło** was drifting back at an alarming rate. The Pole was close to a minute down on the leader by 3km, and struggling.

A third Peruvian, **Mary Andia**, made inroads on the lead and had drawn level by 5km, reached in 21:44, with Sakharuk from Ukraine breathing down her neck. Right behind came **Ilse Guerrero** and Inga, with Zdziebło more than 1:30 down and in unlucky 13th place. Halfway was reached in 43:34 and Sakharuk had been joined by Inga and Guerrero from Mexico, with Andia falling away over the next kilometre. One tour after that and it was Sakharuk's turn to give way, with the race down to two.

Lap 14 was the decider. Inga took off and put 12 seconds between her and Guerrero. That gap doubled over the next kilometre, with the race now decided. The race for second was closer, with Sakharuk prevailing in **1:29:14** to just get the nod over Andia (**1:29:19**). Guerrero was fourth in **1:29:33**. And although she wasn't at her best, Zdziebło gritted it out for a distant sixth in **1:31:41**.

The overnight rain was evident on the slick streets when the 35km walkers got going alongside the U20 10km. **Andrea Agrusti** was originally down to contest the tiny field in the 35km. Italy still won, but it was late entry **Teodorico Caporaso** who broke the tape in **2:34:43** for a world lead.

The early cool conditions did nothing to dampen the enthusiasm of Caporaso, who was already 12 seconds up on USA's **Nick Christie** and Ecuador's **Octavio Calderon** by 5km. The Italian went through in a sprightly 22:07, chasing a PB, **2:32:14**.

By 20km (1:28:17), Caporaso had almost two minutes on Calderon and six on Christie. At 30km, reached in 2:12:39, the lead had grown to a kilometre, although the race, such as it was, had long been decided. Calderon was second in **2:41:14** and Christie, third and last in **2:59:34**.

The U20 10km races produced a Mexican double: **Emiliano Barba** in **42:06**, equalling his PB, and **Renata Cortes** in **46:36**.

The marathon relay saw an experimental Greek team of **Sofia Alikanioti** and **Georgios Kritoulis** take command from early on and come home **3:18:38** ahead of Croatia and two teams from Czechia.

#### Men 20 Kilometres

1.	César Augusto RODRÍGUEZ	PER	1:19:41
2.	Brian Daniel PINTADO	ECU	1:19:44
3.	Ram BABOO	IND	1:20:00
4.	Dominik ČERNÝ	SVK	1:20:31
5.	Aurélien QUINION	FRA	1:20:48
6.	José Alejandro BARRONDO	GUA	1:20:48
7.	Gianluca PICCHIOTTINO	ITA	1:21:47
8.	Ihor HLAVAN	UKR	1:21:52
9.	David HURTADO	ECU	1:21:55
10.	Alexandros PAPAMICHAIL	GRE	1:21:55
11.	Nathaniel SEILER	GER	1:22:22
12.	Miroslav ŮRADNÍK	SVK	1:22:34
13.	Bernardo Uriel BARRONDO	GUA	1:22:42
14.	Georgiy SHEIKO	KAZ	1:22:47
15.	Cameron CORBISHLEY	GBR	1:23:09
16.	Brandon SEGURA	MEX	1:23:53
17.	Michal MORVAY	SVK	1:24:25
18.	Artur MASTIANICA	LTU	1:24:33
19.	Érick Bernabé BARRONDO	GUA	1:24:40
20.	Arnis RUMBENIEKS	LAT	1:25:31
21.	Jakub JELONEK	POL	1:25:36
22.	Vít HLAVÁČ	CZE	1:25:50
23.	Cristhian JUÁREZ LÓPEZ	MEX	1:26:16
24.	Christopher SNOOK	GBR	1:26:37
25.	Jefferson SEGURA	MEX	1:28:36
26.	José Eduardo ORTIZ	GUA	1:29:23
27.	Stefano CHIESA	ITA	1:30:21
28.	Michal DUDA	SVK	1:32:27
29.	Edmond DOBRUNA	CRO	1:33:49
30.	Tomáš MENCEL	SVK	1:34:09
31.	José Rafael LOPEZ MENDOZA	MEX	1:35:52
32.	Lukáš GDULA	CZE	1:37:06
33.	Jakub PŠENIČKA	CZE	1:39:47
34.	Dávid TOKODI	HUN	1:40:29
	Dawid TOMALA	POL	DNF
	Artur BRZOZOWSKI	POL	DNF
	Andrés CHOCHO	ECU	DNF
	Filip KAŠTOVSKÝ	CZE	DNF

#### Women 20 Kilometres

1.	Evelyn INGA	PER	1:27:42
2.	Mariia SAKHARUK	UKR	1:29:14
3.	Mary Luz ANDIA	PER	1:29:19
4.	Ilse GUERRERO	MEX	1:29:33
5.	Mária KAT. CZAKOVÁ	SVK	1:31:28
6.	Katarzyna ZDZIEBŁO	POL	1:31:41
7.	Hana BURZALOVÁ	SVK	1:32:27
8.	María Fernanda PEINADO	GUA	1:32:36
9.	Maritza Rafaela PONCIO	GUA	1:32:46
10.	Nicole COLOMBI	ITA	1:32:54
11.	Kristina MOROZOVA	KAZ	1:33:10
12.	Yasmina TOXANBAEVA	KAZ	1:33:54
13.	Mirna ORTÍZ	GUA	1:34:24
14.	Sandra Viviana GALVIS	COL	1:34:49
15.	Inês MENDES	POR	1:35:33
16.	Austėja KAVALIAUSKAITĖ	LTU	1:35:42
17.	Galina YAKUSHEVA	KAZ	1:35:49
18.	Yadira FRANCO	MEX	1:35:54
19.	Yaquelin TELE. JERÓNIMO	GUA	1:36:14
20.	Brigita VIRBALYTĖ	LTU	1:36:19
21.	Magdalena ŻELAZNA	POL	1:36:25
22.	Joana PONTES	POR	1:38:50
23.	Klaudia ŽÁRSKA	SVK	1:40:04
24.	Izabela KRZYŻANOWSKA	POL	1:41:23
25.	Ema HAČUNDOVÁ	SVK	1:42:49
26.	Ewelina CYMBALIŃSKA	POL	1:44:55
27.	Siri GLITTENBERG	NOR	1:46:06
28.	Kinga WALERIAŃCZYK	POL	1:48:29
	Kimberly GARCÍA LEÓN	PER	DNF
	María Guadalupe SÁNCHEZ	MEX	DNF
	Sofia RAMOS RODRÍGUEZ	MEX	DNF
	Vivian CASTILLO	MEX	DNF
	Bianca Maria DITTRICH	GER	

Oisin LANE	IRL	DNF
Carl DOHMANN	GER	DNF

### Men 35 Kilometres

1.	Teodorico CAPORASO	ITA	2:34:44
2.	Jinson Octavio CALDERÓN	ECU	2:41:38
3.	Nick CHRISTIE	USA	2:59:35

### Marathon Race Walk Mixed Relay

1.	Greece		
	Sofia ALIKANIOTI, Georgios KRITOULIS	GRE	3:18:38
2.	Croatia		
	Bruno ERENT, Lana ŠVARBIĆ	CRO	3:34:02
3.	Czech Republic		
	Rostislav KOLÁŘ, Štěpánka POHLOVÁ KUČEROVÁ	CZE	3:42:04
4.	Czech Republic B		
	Alexandr MALYSA, Nelly BUGÁROVÁ	CZE	3:44:43

## FRANCE: French 20 & 35km championships, 17 March – Fontenay le Comte

**Emmanuel Tardi** is back with his report of the first of the 2024 French road championships. Numbers participating – no doubt inspired by the coming Olympics – would be very heartening for the organisers.

I was this Sunday in Fontenay le Comte (400km to the south-west of Paris) for our national championship 20km and 35km.

The 35km started first at 9am. Only 11 starters (4 women and 7 men). In the women's event, **Caroline Osmont, Bertille Peslerbe** and **Lucie Champalou** walked together for about 20k (reached in 1h 46m), then Osmont stayed alone in the front of the race and she won easily, beating the French national record.

The men's 35km was very interesting. **Kilian Lebreton** started fast and was the leader for the full race. **Come Martin** walked in 2nd place for 33k. The podium seems okay, but after 30km they suddenly walked slower and slower. **Roland Landron**, who was 7mins behind at the 20k point, came back, caught Come Martin and finished only a few meters behind Lebreton.

The 20km was scheduled at 9:30am for women and 11:45 for men. In the women's event **Pauline Stey** and **Camille Moutard** walked together for 18km. They reached the halfway point in 45'05". In the last two laps, Stey took an advantage of 20 meters.

In the men's event, **Gabriel Bordier** was followed by **Kevin Campion** for the first two laps, then he won easily.

20km femmes				
1	STEY Pauline	SEF/01	Rohan Athletisme Saverne	1h30'10"
2	MOUTARD Camille	SEF/01	Ao Arnay le duc	1h30'20"
3	BIRE-HESLOUIS Maelle	ESF/02	Stade Saint-Lo	1h36'07"
4	DELAHAIE Ana	ESF/04	Stade Bordelais Athletisme	1h36'18"
5	CARRE Elvina	ESF/03	Ast	1h38'59"
6	MILLE Agathe	ESF/04	Grac Renwez	1h39'16"
7	LAGRANGE Nelly	ESF/04	Union Perpignan	1h39'58"
8	MANARESI Marion	SEF/00	Ac Romorantin	1h41'34"
9	DENISSELLE Vanessa	MAF/84	Val-De-Reuil Ac	1h42'25"
10	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	1h44'33"
11	MASSON Liv	ESF/03	Stade Bordelais Athletisme	1h45'04"
12	DUCLOS Adele	SEF/00	Athle 91	1h47'10"
13	VIDALINC Celia	SEF/96	Clermont Aa	1h47'28"
14	TRICOT-LAPIERE Blanche	ESF/04	Ac Villeneuve D'ascq	1h48'34"
15	PICARD Axelle	SEF/99	St Max Essey Club Athlé	1h48'36"
16	BOUQUIN Rachel	ESF/04	Racing Club Nantais	1h50'02"
17	MILLE Angele	SEF/01	Grac Renwez	1h51'07"
18	BASSET Ophelie	ESF/02	Stade Brestois	1h53'01"
19	BIZARD Lucie	SEF/90	Stade Français	1h54'00"
20	KLIPFEL Emma	SEF/01	St Max Essey Club Athlé	1h55'56"
21	FENOILLERE Thais	ESF/03	Ba Coutances	1h57'58"
22	VAROQUIER Elodie	MAF/83	Cs Bourgoin-Jallieu	1h58'36"
23	PICART Lysa	ESF/03	Cote De Jade Athlé	1h58'47"
24	FRANCHIN Celia	MAF/87	Vernouillet Athlé	1h59'04"
25	SARRAZIN Annelies (BEL)	MAF/81	Us Maubeuge Athlé	2h00'05"

26	DEMON Sonia	MAF/72	Efs Reims	2h00'43"
27	FAUCON Thais	ESF/04	Stade Saint-Lo	2h01'34"
28	SINA Laurence	MAF/69	Pierre Benite Athlé	2h02'47"
29	MAXENCE Mathilde	SEF/99	Athletic Club Salona	2h07'10"
30	DOUMERG Alexandra	SEF/93	Uao 31	2h08'57"
31	THEOLIER Lily	SEF/00	Annecy Haute Savoie	-
<b>35km femmes</b>				
1	OSMONT Caroline	SEF/96	As Tourlaville	3h07'22"
2	PESLERBE Bertille	SEF/98	Ea Pays De Broceliande	3h12'55"
3	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	3h21'14"
4	BRASTEL Adeline	MAF/78	Efs Reims	3h42'06"
<b>20km hommes</b>				
1	BORDIER Gabriel	SEM/97	Us St Berthevin	1h20'12"
2	CAMPION Kevin	MAM/88	Stade Dieppois	1h23'32"
3	DUC Matteo	SEM/01	As Aix-Les-Bains	1h23'42"
4	MADLINE-DEGY Martin	SEM/01	Blagnac Sc	1h25'27"
5	DURAND Dimitri	ESM/02	Montpellier Athletic	1h26'25"
6	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	1h30'45"
7	VALLEE Kyrian	SEM/94	Blagnac Sc	1h31'28"
8	BAZZO BORTOT Symon	SEM/96	As Raismes	1h31'31"
9	ANDRIEU Hugo	SEM/92	Uavh Aubagne	1h31'49"
10	RODRIGUEZ Remi	MAM/89	Clermont Auvergne Athlet	1h32'43"
11	DREVILLE Lucas	ESM/02	Vga Compiègne	1h34'48"
12	BATIFOL Ellis	ESM/03	Asvel Villeurbanne	1h34'51"
13	BEAUVAL Florent	SEM/00	Stade Sottevillais 76	1h36'32"
14	FAITEAU Maxime	SEM/90	Entente Poitiers Athle 86	1h38'40"
15	FREMONDIERE Antoine	SEM/96	Entente Des Mauges	1h38'40"
16	CROSNIER Alexis	SEM/99	Aix Athlé Provence	1h39'10"
17	DELAUNAY Sebastien	MAM/74	Cap Saumur	1h39'24"
18	PETER Florian	ESM/02	As Aix-Les-Bains	1h39'54"
19	LEGENTIL Laurent	MAM/88	Dynamic Aulnay Club	1h41'53"
20	GAUDRE Martin	ESM/04	Herbauges Athle 44	1h42'33"
21	GERBAUD-BLIN Pierre	SEM/95	Ec Orleans Cercle Jules Ferry	1h42'40"
22	FOUGERON Pierre-Alexandr	ESM/03	Ec Orleans Cercle Jules Ferry	1h43'43"
23	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	1h43'55"
24	SEGEAT Benjamin	SEM/97	Stade Brestois	1h45'40"
25	BESSONNIER Raphael	SEM/00	Aj Blois-Onzain	1h45'51"
26	BOLLINGER Vincent	MAM/84	Dynamic Aulnay Club	1h45'55"
27	DE NEVE Nicolas	SEM/93	Castres Athlé	1h46'04"
28	VISSEQ Adrien	ESM/03	Saran Loiret Athletic Club	1h49'37"
29	MILLE Olivier	MAM/72	Grac Renwez	1h50'42"
30	ROTTIER Lilian	ESM/03	La Postillonne Longjumeau	1h52'12"
31	COIS Steeve	MAM/89	Asc Le Havre	1h53'36"
32	TROADEC Matthieu	SEM/94	Dynamic Aulnay Club	1h54'52"
33	AVICE Manuel	MAM/80	Ac Barentin	1h56'23"
34	CHEVASSUS Melwan	ESM/04	Asfi Villejuif Athletisme	1h58'44"
35	ROBIN-BROSSE Patrick	MAM/69	Ea Gillonnay-La Cote	2h00'06"
36	PICHAUD Maxime	ESM/02	Entente Des Mauges	2h01'45"
37	GLOAGUEN Thomas	SEM/96	Aix Athlé Provence	2h02'38"
<b>35km hommes</b>				
1	LEBRETON Kilian	SEM/00	Haute Bretagne Athletisme	2h58'54"
2	LANDRON Roland	MAM/78	Ca Beglais	2h59'02"
3	MARTIN Come	SEM/95	Clermont Auvergne Athlet	2h59'54"
4	KOWALCZYK Hugo	ESM/03	As Marck	3h27'48"
5	CHENU Joffrey	MAM/82	Osm Lomme Athletisme	3h29'04"
6	PASQUET Eric	MAM/72	Ouest Vendee Athletisme	3h37'57"
7	GAUDIN Dominique	MAM/73	Athlé St Barthel. D'anjou	3h53'17"



20km: Moutard, Stey and Bire-Heslouis



20km: Champion, Bordier and Duc



35km: Kilian Lebreton



35km: Pesterbe and Osmont



Q: Why would you give these guys a plug? A: Because someone has to.

(Photos: Emmanuel Tardi)

## UNITED KINGDOM 2024 England Athletics Winter Race Walk c'ships, 9 March - Northampton

### Women Open 10,000m

1 Kate Veale	IRL-West Waterford	46:03.22
2 Ainhoa Pinedo Gonzalez.	ESP	50:44.78
3 Abigail Jennings	Aldershot Farnham	50:54.91
4 Abby Hughes	Taunton AC	51:49.04
5 Hannah Hopper	Cambridge Harriers	52:02.97
6 Pagen Spooner	Hyde Park Harriers	52:52.57
7 Jasmine Nicholls	Leicester WC	52:57.15
8 Agnes Pastare	LAT	54:59.80
9 Jessica A Wilton	Ashford AC	56:00.03
10 Grazia Manzotti	Tonbridge AC	59:26.06
... Melanie Peddle	Loughton AC	DQ
... Erika Kelly	Northern (IOM) AC	DQ

### Men Open 10,000m

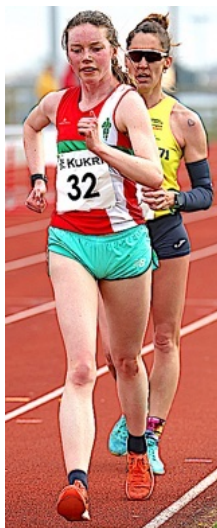
1 Cameron Corbishley	MedwayMaidstone	41:34.39
2 Luc Legon	Bexley AC	47:29.79
3 Neil Wade	Manx Harriers	49:09.15
4 Ellis V Simmonds	2 DASH	52:06.05

### Men Open 5,000m

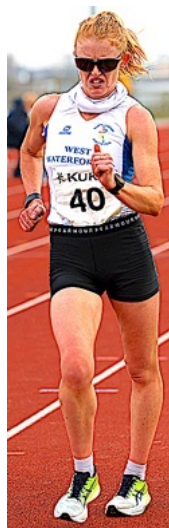
1 Christopher Snook	Aldershot Farnham	20:35.72
2 Matthew Henney	Bromsgrove & Red.	28:55.61
... Trejan C-Boamah	Blackheath&Brom.	DQ



Corbishley salutes (?)



Jennings and Pinedo Gonzalez had a hard contest



A PB for Veale ...



... and for Legon.

(Photos: Mark Easton)

#### Women Open 5,000m

1 Erika Pontarello ITA-Hyde Park Harr. 29:49.04

#### Women U13-18 1,000m

1 L Fletcher-M'weather	U13	Manx Harriers	5:05.97
2 Ellin Brooke-Wilson	U15	Ashford AC	5:14.12
3 Megan Chantrell	U15	Aberdare Valley AAC	5:38.17
4 Sophie Davidson	U15	Warriors	5:41.70
5 Megan Grove	U18	Wolverhampton&Bils	5:58.22
6 Aimee-L Thursfield	U15	Wolverhampton&Bils	6:13.51
7 Ema Hurbanova	U17	Unattached ?	6:17.92
8 Maisie Rae McGenity	U13	Warriors	6:18.37
9 Ameka Eardley	U13	Warriors	6:28.67

#### Men U13-18 1,000m

1 Harry Richards	U13	Valley Striders	3:44.98
2 Luke Eperon	U13	Blackheath&Brom.	6:21.25

## 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 18, 2024 - César Rodríguez wins 20 km Dudince march with national record in Peru (*sic*) <https://omarchador.blogspot.com/2024/03/cesar-rodriguez-vence-20-km-marcha-de.html> (The banner should perhaps read '... with a Peruvian national record.')
- Monday, March 18, 2024 - Evelyn Inga (Peru) surprised with triumph in Dudince <https://omarchador.blogspot.com/2024/03/evelyn-inga-peru-surpreendeu-com.html>
- Sunday, March 17, 2024 - 1989, year of records and revelations <https://omarchador.blogspot.com/2024/03/1989-ano-de-recordes-e-de-revelacoes.html>
- Sunday, March 17, 2024 - International judges trained expert Chinese marching judges.

Coinciding with the WA Gold meeting in Taicang (CHN) recently, a group of highly-credentialed judges conducted an education session for local Chinese judges and officials. Among the presenters were Australian Gold-level judges **Zoe Eastwood-Bryson** and **Kirsten Crocker**, each of whom had their own session topics to present. A full report on the session and its presenters' work can be read at <https://omarchador.blogspot.com/2024/03/juizes-internacionais-formaram-juizes.html>

- Saturday, March 16, 2024 - Colombian (under-20) and Peruvian (under-18) marchers beat South Americans (*sic*) in Recife, Brazil <https://omarchador.blogspot.com/2024/03/marchadores-colombianos-sub-20-e.html> Another slight mistranslation, perhaps ... I thought they were all South Americans.

*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.*

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024

Fri 29 Mar-Mon 1 Apr 2024	<b>Aust. Masters T&amp;F c'ships</b> – Hobart TAS
Thu 11-Fri 19 Apr 2024	<b>AA Aust Athletics c'ships</b> – Adelaide SA
Sun 28 Apr 2024	<b>AV 10,000m Track walk c'ship (VRWC Winter season start)</b> – Mentone
Sun 19 May 2024	<b>AV, AV Schools &amp; VRWC c'ships</b> – Middle Park
Sun 9 Jun 2024	<b>RWA 57<sup>th</sup> Annual Lake Burley Griffin Carnival</b> – Canberra ACT
Sat 22 Jun 2024	<b>AV &amp; Little Athletics Victoria Road c'ships</b> – Middle Park
Sun 14 Jul 2024	<b>AV &amp; VRWC c'ships</b> – Middle Park
Sat 27 Jul 2024	<b>RWA Postal Challenge</b> – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	<b>AV Country Road walk c'ships</b> – Middle Park
Sat 24 Aug 2024	<b>AA/RWA Walk judging course</b> – Middle Park
Sun 25 Aug 2024	<b>RWA 2<sup>nd</sup> Carnival</b> – Middle Park
Sat 7 Sep 2024	<b>AV 5000m teams c'ship, VMA 5000m Track c'ship</b> - Mentone
Sun 15 Sep 2024	<b>VRWC Relay race &amp; Winter presentations</b> – Middle Park

### International Dates

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

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