



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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CLUB NEWS and RESULTS

*AV PORTAL FOR WINTER WALKS CHAMPIONSHIPS NOW OPEN



Members who wish to enter for the various **AV 2024 Winter walks championships** are now able to do so via the Entry portal at <https://athsvic.org.au/events/victorian-race-walking-club/>

It goes without saying (but I'll say it anyway) that you must be registered with Athletics Victoria for the 2024-25 year. So, best to do that as soon as possible.

****AV Walks championships posted on WA calendar**

After several weeks of negotiations with World Athletics and Athletics Australia, we are happy to report that our Championship events will be advertised on the World Athletics calendar, starting with the Jared Tallent 35km trophy on Sunday 15 May and including the AV 15km championships on Saturday 22 June.

It is expected that more events will be added as the season progresses, hopefully including RWA and other key competitors. The calendar can be perused at

<https://worldathletics.org/competition/calendar-results?regionId=13188398®ionType=country&disciplineId=3>

This is good news for the VRWC, as we conduct all State winter championships on behalf of AV, and the hosting of WA-badged events can only raise the profile of the sport locally and even attract interest from further afield. The big selling point for our races now is that the results will be processed by WA and included in athletes' profiles, world top lists and rankings.

Club secretary **Terry Swan**, who has done the legwork to bring this about, has posted the following notice on our Facebook page:

VRWC now has approval to conduct events that have World Athletics Certification. Results from these events will be published on the World Athletics website, alongside athlete profiles. Results will be included in World Top Lists and world rankings. These events will sanctioned for qualification purposes. We hope it will attract some interstate athletes and even some overseas athletes. VRWC is in a fortunate position in that we have 2 certified courses on which we can hold these competitions. VRWC athletes need to enter these events as normal, details for them will be published on our RevSport portal. It is an exciting time for VRWC.

Events offered will be 5km, 10km, 15km, 20km and 35km.

With thanks from World Athletics and Athletics Australia for their support.

Well done to **Terry**, who has liaised with WA Head of competition Pierce O'Callaghan and Athletics Australia throughout the process.



***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 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.

**** 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.)

 **VICTORIA - METRO & REGIONAL**



VIC. MASTERS NEWS

****VMA 30+ Gift 2024, Sunday 7 April - Doncaster**

The 2nd edition of what looks likely to be (unless the money runs out) a permanent fixture on the Victorian Masters calendar, the VMA 30+ Gift was held on a humid and intermittently showery Sunday at the Tom Kelly track. With all events (organized on a handicap basis) offering prize money, athletes had an appetizing incentive to perform well. Notable, also, was the near-success of the Men's 4 X 800m relay team who came within 1-2secs of breaking the world record.

A small but keen field of walkers set off at intervals, based on handicaps, to vie for the 2000m Walk purse. **Gwen Steed**, the outmarker, was hauled back in only in the final half-lap with all seven walkers finishing within 40secs of each other ... good handicapping. **Heather Carr** looked likely to take the \$200 first prize win until **Kevin Cassidy** strode past in the final 50m. **Mark Thomas** had the fastest time on the day, those three leaving the venue a little richer for their efforts.

2000m Walk mixed handicap

H'cap placing	Centre	H'cap time	Actual time
1 Kevin Cassidy	Mentone	14:18.94	10:08.94
2 Heather Carr	Frankston Peninsula	14:23.05	12:58.05
3 Mark Thomas	Mentone	14:24.19	9:39.19
4 Donna-Marie Elms	Coburg	14:39.72	12:49.72
5 Pramesh Prasad	Casey Cardinia	14:44.06	10:38.06
6 Gwen Steed	Mentone	14:51.63	14:51.63
7 Sandra Geisler	Croydon	14:56.16	11:06.16



AROUND THE COUNTRY

CORRECTION

In last week's issue, the report on Australia's Antalya team selection stated that 25 teams would be selected for the Paris Olympics Mixed Walk Relay, for which Antalya was a selection trial. In fact, 22 teams from Antalya will be automatic selections for Paris, with up to 5 of these teams able to be a second team for that nation. Apologies for any confusion.

** WALKER OF THE WEEK **

It's a retrospective WOTW this week, for an achievement from two weeks ago – and what an achievement! World U20 Teams Walk rep **Isaac Beacroft** has added another of these honorary gongs to his growing list on the strength of his State Best Performance on record of **5:18.66** in winning the Little Athletics NSW U17 1500m title. A performance such as this from one so young simply beggars belief and might well attract scepticism among many who've never seen Isaac in action, observing the fluency and efficiency of his technique.

World 1500m Race walk records are not recognized, although there are no doubt statisticians out there who keep tabs on improved marks as best they can. Indeed, QLD coach Robyn Wales was of the view that, on the same night that Isaac posted his amazing time, Bailey Housden set a 1500m mark in the LAQ championships that may well have been a world best for his age until Isaac's eclipsed it. What a contest between two of Australia's brightest young prospects!

Well done, Isaac. We will be watching your races in Adelaide and Antalya with high hopes for great results for you in both.



*Honourable mentions

- **Nate Appleyard (NSW)** – like Isaac, Nate set a new LANSW Best Performance with his time of **4:59.00** in the U11 1100m walk.
- **Sophie Polkinghorne** and **Maisie Mitchell (NSW)** – both went sub-6:40 in winning their LANSW age group titles, in **6:38.84** and **6:39.92** respectively.

*AUSTRALIAN T&F CHAMPIONSHIPS COMMENCE THIS WEEK IN ADELAIDE

Open & U20 10,000m Walks on Thursday 11 April – Junior races next week

The race walking program of the **2024 AA Track & Field Championships** gets underway at Adelaide's Mile End stadium this coming Thursday. Judging by the quality in the entry lists, these races will be awaited with eagerness by walking fans across the country in a year of high national selection stakes.

Setting the ball rolling will be the Senior and U20 10,000m titles. The Senior men's race could see a repeat (almost said re-run!) of the AV 5000m championship with **Rhydian Cowley** and former champion **Kyle Swan** arm-wrestling for the title, but **Declan Tingay** is back from injury and a solid 1:20:00 20km in Taicang. With the Antalya (TUR) Mixed Relay just weeks away, the West Australian will be out to test his speed and the title will be fought out among this trio. **Tim Fraser** and **Will Thompson** are the ones most likely to swoop should any of the top three falter.

With Bec Henderson not entered, **Jemima Montag** has a lock on the Senior women's title if all goes well, especially as she, too, will be using this race as a proving ground for the Antalya relay. **Hannah Mison** and **Allanah Pitcher** look most likely to join Montag on the podium.

The U20 men's field promises the same contest of class we've come to expect from these lads in recent seasons, now spiced with **Isaac Beacroft** to change the dynamic. Up to now, nobody has had an answer to the young New South Welshman's acceleration from 2-3km out in any of his races since 2022, although **Bailey Housden** and **Marcus Wakim** have come closest. Expect these three, plus **Riley Coughlan**, **John Ronan** and **Owen Toyne**, to be locked in combat early, although Beacroft has to be considered the favourite. He, Wakim and Coughlan will wear green and gold in the U20 10km in Antalya, so this race shapes as an enticing preview of their form.

Alexandra Griffin and **Zoe Woods** – another pair of Antalya team-mates – should fight it out for the U20 women's title, with **Nellie Langford** (joining them on the plane to Turkiye), **Sienna Pitcher** and possibly **Maddison Nash** vying for the 3rd podium place.

**Men 10,000m Race walk Senior
9.00 – Thursday 11 April**

Corey Dickson	VIC
Declan Tingay	WA
Dylan Richardson	NSW
Fraser Saunder	VIC
Gwyllym Young	ACT
Jack McGinniskin	NSW
Kim Mottrom	SA
Kyle Swan	VIC
Rhydian Cowley	VIC
Rupert Van Dongen	VIC
Timothy Fraser	ACT
Tristan Camilleri	SA
Will Thompson	VIC

**Men 10,000m Race walk U20
9.00 – Thursday 11 April**

Alex Bradley	QLD
Bailey Housden	QLD
Eden Morgan	VIC
Isaac Beacroft	NSW
Joel Byatt	NSW
John Ronan	WA
Kodi Clarkson	ACT
Marcus Wakim	VIC
Owen Toyne	ACT
Riley Coughlan	VIC
Sam McCure	QLD
Scott Peart	VIC
Will Bottle	SA

**Women 10,000m Race walk Senior
18.00 – Thursday 11 April**

Alanna Peart	VIC
Allanah Pitcher	NSW
Brenda Gannon	QLD
Bridget Bell	NSW
Char Hay	VIC
Elizabeth McMillen	NSW
Hannah Bolton	NSW
Hannah Mison	NSW
Jemima Montag	VIC
Kaitlyn Siviour	VIC
Samantha Findlay	SA
Tayla Billington	QLD

**Women 10,000m Race walk U20
18.00 – Thursday 11 April**

Alexandra Griffin	WA
Chelsea Roberts	NSW
Ciara Cassilles	NSW
Daisy Braithwaite	SA
Emily Smith	VIC
Hana Jugovic	ACT
Laelia Byatt	NSW
Lyla Williams	NSW
Maddison Nash	VIC
Mia Bergh	QLD
Nellie Langford	SA
Phoebe Chadwick	QLD
Sienna Pitcher	NSW
Zoe Woods	NSW

Walking returns to Mile End next Tuesday, with the U17-18s doing battle over 5000m. The Boys U18 race is the most compelling with **Bailey Housden** starting favourite over **Owen Toyne** and **John Ronan** for podium honours.

Sienna Pitcher is a class above in the Girls U18 with a season best nearly 2 mins clear of her nearest rival **Matilda Webb**, who with **Lyla Williams** will likely make it a NSW medals trifecta.

The small Boys U17 field should produce another engaging contest. **Sam Lindsay** has been in red-hot form this summer and **Kodi Clarkson** can be counted on to push him hard all the way. Either could win. Meanwhile, the Girls U17 race should see a win for **Kaytee Bogaers** who is at least a minute ahead of **Milly Sharpe** on times and well clear of the rest.

**Boys 5,000m Race walk U18
9.00 – Tuesday 16 April**

Roel WHEELLEY	QLD
Bailey HOUSDEN	QLD
Owen TOYNE	ACT
Myles ASHBY	NSW
Joel BYATT	NSW
John RONAN	WA
Peter CHARLTON	NSW

**Girls 5,000m Race walk U18
10.45 – Tuesday 16 April**

Taylah MORRIS	QLD
Ariana PASHUTINA	VIC
Lyla WILLIAMS	NSW
Matilda WEBB	NSW
Summer SIVARAJ	NSW
Sienna PITCHER	NSW
Brooke NEWBERRY	NSW
Ciara CASSILLES	NSW
Jessey BEKTAS	NSW

**Boys 5,000m Race walk U17
9.00 – Tuesday 16 April**

Samuel LINDSAY	TAS
Sebastian RICHARDS	SA
Dylan ALLABUSH	NSW
Alexander BRAENDLE	NSW
Kodi CLARKSON	ACT
Kai DALE	QLD

**Girls 5,000m Race walk U17
10.45 – Tuesday 16 April**

Caetlin ASHBY	NSW
Katie BRAY	QLD
Milly SHARPE	QLD
Angelina LEGRAND	SA
Kaytee BOGAERS	WA
Laura Corvalan SOTOMAYOR	NSW
Madeleine MAXWELL	NSW
Matilda OLSON	NSW
Leila BEVIS	WA

Olivia BOULTON	QLD
Grace BECK	NSW
Isabelle CURTIS	WA

It's 3000m action on the following Wednesday and Thursday, with the younger brigade having their turn in the spotlight. The U14s Boys should see a good battle between the evenly-matched trio of **Angus Shuttleworth**, **Keiran Smith** and **Callum Martin**, who are well clear of their rivals on times. Meanwhile, with **Ela Uzun** unbackable in the U14 Girls and **Mya McClure** easily the fastest of the rest, it may be an interesting contest between **Gemma Dixon** and **Havana Ali** for bronze.

Boys 3,000m Race walk U14
13.50 – Wednesday 17 April

Keiran SMITH	WA
Liam DOMONEY	WA
Lachlan MOORE	QLD
Angus SHUTTLEWORTH	VIC
Lewis MCLENNAN	VIC
Patrick WADDINGTON	NSW
Noah VELLA	NSW
Mitchell MCCARTHY	NSW
Charlton MAXWELL	NSW
Michael MATHISON	NSW
Callum MARTIN	NSW
Tyler COUSINS	NSW

Girls 3,000m Race walk U14
13.50 – Wednesday 17 April

Ela UZUN	VIC
Mya MCCLURE	VIC
Havana ALI	VIC
Nikki HEARNDEN	NSW
Erin CASSILLES	NSW
Miarose EVERSON	NSW
Gemma DIXON	NSW
Hazel LEWIS	SA
Lani ELLWOOD	QLD
Mackenzie BANDIDT	QLD
Savannah DUNLEAVY	QLD
Ashleigh MANSELL	NSW
Isabella WELCH	QLD
Kiara WATERMAN	QLD
Scout LINTON	NSW

Less than three hours after his U14 race, **Angus Shuttleworth** will be lining up with the U15s for another go. Fellow Vic **Max Davidson** has had some good contests with Angus this summer and will hold the edge once again. In the U15 Boys **Noah Cooke** looks way superior, with **Jaime Hvalica** and **Alexander Braendle** likely to fight it out for the placings.

The girls have to wait until the following morning, which shouldn't worry them if conditions are pleasant. NSW has a strong U16 cohort, and with **Matilda Webb**, **Jessica Loring** and **Maisie Mitchell** all clocking in the mid to low 14:00s this season it seems only the ACT's **Emma Grocott** can challenge them. Meanwhile, **Sophie Polkinghorne** has been the yardstick in her age group for several years and, with a SB of 13:48, is unlikely to be challenged for the U15 gold. The placings will be sorted out amongst **Trinity Doulis**, **Emma Hoskins**, **Matilda Read** and **Hannah Matthews**.

Boys 3,000m Race walk U16
16.45 – Wednesday 17 April

Liam FREUNDT	SA
Angus SHUTTLEWORTH	VIC
Hamish MCLENNAN	VIC
Christopher NILON	NSW
Max DAVIDSON	VIC

Girls 3,000m Race walk U16
10.30 – Thursday 18 April

Olivia BOULTON	QLD
Grace MARIN	SA
Emma GROCOTT	ACT
Lucy JOHNS	VIC
Isabelle CURTIS	WA
Katica BORSIC	WA
Chelsey IRELAND	WA
Emma HEARNDEN	NSW
Maisie MITCHELL	NSW
Matilda WEBB	NSW
Mietta MORGAN	VIC
Jessica LORING	NSW
Stella PINCHES	NSW

Boys 3,000m Race walk U15
16.45 – Wednesday 17 April

Jaime HVALICA	VIC
Rhys CHANDLER	NSW
Alexander BRAENDLE	NSW
Noah COOKE	QLD
Eli MELINZ	QLD

Girls 3,000m Race walk U15
10.30 – Thursday 18 April

Matilda READ	VIC
Hannah MATTHEWS	VIC
Sophie POLKINGHORNE	NSW
Emma HOSKINS	NSW
Trinity DOULIS	WA
Alexis THIELE	SA
Lexie BEACROFT	NSW
Matilda RECH	SA
Bethany MOORE-KIRKLAND	QLD
Macy DEVINE	TAS
Mikaela MCDONALD	QLD
Eliza KELLY	QLD

*PBs and season best times for all entrants can be perused on the AA website. See the following links:

- **Senior & U20 10,000m** - <https://meets.rosterathletics.com/public/competitions/details/participants?id=24438>
- **Underage 5000m & 3000m** - <https://meets.rosterathletics.com/public/competitions/details/schedule?id=24439>
(Scroll down for the dates and events you want.)

***LIVE STREAMING:** This will be on **7Plus**, not YouTube. The following information on how to watch is from the AA website at <https://www.athletics.com.au/events/192836/>

The **Chemist Warehouse Australian Athletics Championships** will be broadcast for 8-hours per day on **7Plus**. The broadcast window is selected to include the maximum number of finals, and will be as per the schedule below.

Due to the complexities of a large 9-day championship with over 3600 athletes in action and multiple events in progress at any one time, not every event will be broadcast – the best way to watch is always by attending and watching live at the stadium. However, we encourage you to also download the Roster Athletics App on the app store of your choice, where live results will be posted including round by round field event trials.

Date	First Event	Broadcast Start	Broadcast End
11-Apr	9:00	11:55	19:00
12-Apr	9:00	12:25	19:30
13-Apr	9:30	10:50	19:10
14-Apr	9:00	9:50	17:30
15-Apr	12:00	11:55	19:15
16-Apr	8:30	9:40	17:50
17-Apr	9:00	9:00	17:00
18-Apr	9:15	10:00	18:00
19-Apr	9:15	9:15	15:30

Regrettably for walking fans, the scheduling of a number of walking events means they will either not be broadcast at all, or face partial cessation of coverage. The big losers are the Men's Senior/U20 10,000m and the Men's U18 5000m (both will finish too early for the broadcast start). In this case, the marquee walk event – the Men's 10,000m, whose field contains 3 current Olympians and four others with world Top 20 rankings – will not be seen by anyone who isn't trackside. Last year in Brisbane the same thing happened to the Women's 10,000m field (the camera was turned off as they lined up to start), so at least there's some equality there.

NEW SOUTH WALES LANSW State T&F championships, 27 March – SOPAC, Sydney

The NSW Little Athletics championships walks were, as always, keenly contested, with **Isaac Beacroft** providing the absolute highlight of the meeting, breaking his own State Best performance time with **5:18.66** to win the U17 1500m. 10yo **Nate Appleyard's 4:59.00** for 1100m was also a new State BP. **Sophie Polkinghorne, Maisie Mitchell, Gemma Dixon, Matilda Webb, Jessica Loring** and **Callum Martin** all set themselves up for strong 3000m performances in Adelaide next week with sub-7:00 wins over 1500m.

Girls U9 700mW

1 Melody Latta	3:40.96
2 Tahlia Hunt	3:48.69
3 Ava Trapps	4:00.03
4 Laura Head	4:01.34
5 Nasrin Hewitt	4:01.59
6 Mia Hagan	4:08.79
7 Isla Struthers	4:11.01

Boys U9 700mW

1 Daniel Smart	3:28.57
2 Eric Colgan	3:30.13
3 Cooper Wan	3:30.18
4 Jackson Newlove	3:31.23
5 Lachlan deBree	3:33.13
6 Archer Lane	3:33.22
7 Max Arkins	3:33.68

Girls U10 1100mW

1 Stella Wade	5:25.50
2 LilyEve Everson	5:27.48
3 Isla Chauncy	5:40.62
4 Beth Cochrane	5:43.26
5 Addison Fahey	5:56.36
6 Veronica Dennett	6:08.89
7 Brooke Crosby	6:14.24

Boys U10 1100mW

1 Oliver Masik	5:14.40
2 Darcy Dennis	5:17.21
3 Harrison Bouquet	5:23.13
4 Jacob Hearnden	5:38.22
5 Rhys Straub	5:51.83
6 Hamish Lane	5:56.27
7 Arthur Short	6:17.46

Girls U11 1100mW

1 Avia Luketic	5:24.17
2 Felicity Rudd	5:35.11
3 Keira Gill	5:40.75
4 Isla Banks	5:41.25
5 Emma Olofinski	5:50.85
6 Esther Ashley	5:55.57
7 Mala Andrews	6:19.83

Boys U11 1100mW

1 Nate Appleyard	4:59.00S
2 Joshua Waddington	5:36.79
3 Liam Meale	5:42.40
4 Ethan Lally	5:43.76
5 Cian Guerin	5:50.87
6 Levi Martin	5:51.15
7 Jordon Curmi	5:53.94

Girls U12 1500mW

1 Ashleigh Mansell	7:24.99
2 Audrey Russell	7:28.81
3 Molly Miller	7:43.70
4 Ivy Murray	8:12.10
5 Scout Linton	8:14.89
6 Charlotte Suttor	8:32.91
7 Gemma Hunt	8:40.20

Boys U12 1500mW

1 Charlton Maxwell	8:12.45
2 Alexander Dennett	8:14.08
3 Lincoln Moore	8:32.55
4 Mathias Hutchens	8:33.83
5 Luca Barakat	8:45.96
6 Maxwell Penn	8:46.35
7 Oliver Penn	9:02.58

Girls U13 1500mW

1 Gemma Dixon	6:59.37
2 Miarose Everson	7:07.77
3 Nikki Hearnden	7:22.10
4 Lilly Gasper	7:30.05
5 Brooke Cross	8:20.45
6 Maddison Watts	8:23.30
7 Mae Bremner	8:25.95

Boys U13 1500mW

1 Callum Martin	6:45.33
2 Tyler Cousins	7:17.38
3 Mitchell McCarthy	7:41.17
4 Brock Doran	7:41.18
5 Michael Mathison	7:44.22
6 Michito Henderson	7:44.79
7 Sagan Jones	7:47.96

Girls U14 1500mW

1 Sophie Polkinghorne	6:38.84
2 Emma Hoskins	7:25.08
3 Lexie Beacroft	7:49.49
4 Annabel Lavery	8:05.67
5 Madeleine Felice	8:09.77
6 Ashleigh Farrugia	8:39.41
7 Lilly Twigden	8:41.43

Boys U14 1500mW

1 Alexander Braendle	7:18.67
2 Rhys Chandler	7:32.95
3 Miller Farrington	8:08.80
4 Riley Breckon	8:22.93
5 Cooper Findlay	9:26.30
6 Liam Wamsley	9:42.91
7 Frederick Jones	9:43.09

Girls U15 1500mW

1 Maisie Mitchell	6:39.92
2 Matilda Webb	6:50.11
3 Jessica Loring	6:57.80
4 Stella Pinches	7:39.63
5 Imogen McKenzie	7:41.92
6 Madeleine Maxwell	8:07.44
7 Caetlin Ashby	8:08.03

Boys U15 1500mW

1 Christopher Nilon	7:07.37
2 Moses Wolfson	9:12.41
3 Alexander Wenzel	9:41.44

Girls U17 1500mW

1 Ciara Cassilles	7:03.82
2 Jessey Bektas	7:23.75
3 Matilda Olson	7:31.09
4 Summer Sivaraj	7:59.34
5 Evie Armstrong Rea	8:09.98
6 Aniela Williams	8:21.16
7 Carina Topalidis	8:44.63

Boys U17 1500mW

1 Isaac Beacroft	5:18.66S
2 Brodie Spamer	6:46.18
3 Dylan Allabush	6:58.43
4 Sebastian Gonzalez	7:27.02
5 Aidan Pospischil	7:35.78
6 Kane Robson	8:05.66
7 Peter Charlton	8:45.60

QUEENSLAND QRWC 'Sign On day' results, 7 April – Kalinga Park

Robyn Wales reports:

With school holidays, inclement weather and whatever other reason we had a small turnout for the first meet of the "winter" season and the AGM.

There will be a break next week while most of us are in Adelaide and then, hopefully, everyone will have their mojo back to hit the winter season.

5km Walk Women

1 Phoebe Chadwick	29:30
2 Taylah Morris	33:04
3 Noela McKinven	42:34

5km Walk Men

1 Argenis Guevara	31:35
2 Peter Bennett	32:01
3 Pat Sela	43:18

3km Walk Women

1 Eliza Kelly	17:36
2 Savannah Dunleavy	17:49

2km Walk Women

1 Kiara Waterman	12:34
2 Jessica Gorham	12:58
3 Izzy Blackburn	13:01

1km Walk Women

1 Trish Hibbs	6:23
2 April Kelly	6:24

WESTERN AUSTRALIA Aths West interclub results, 5 April – WAAS, Perth

Last night, **Terry Jones** reports, the WA walkers had good conditions with a light breeze for the final interclub walks of their summer season. Kaytee Bogaers led the way home with a convincing win.

Women 3000 Meters

1 Kaytee Bogaers	Mandurah Rockingham	15:46.37
2 Tory D'Alessio	Athletics West	17:34.69
3 Brooke Mortimore	Athletics West	18:13.96
4 Chelsey Ireland	Mandurah Rockingham	18:17.71
5 Leila Bevis	Mandurah Rockingham	18:20.62

6 Trinity Doulis Belmont 18:50.15

Men 3000 Meters
1 Keenan Munro Ridgewood 16:36.88



INTERNATIONAL NEWS

CZECHIA: WA Gold event: 92nd Podebrady Walking, 6 April - Podebrady

It appears that strong winds and unseasonably warm temperatures played havoc with the fortunes of many 20km walkers in Podebrady, CZE (26 DNF's in the men's race and 15 in the women's) and no doubt sending many finishers home with results less than hoped for with Antalya coming up. A temperature of 23°C may not seem too fierce to us, but coming off a European winter few would have been acclimatised to it. (Shades of the 2022 Fawkner Park 35km championship here in Melbourne ...)

It mattered little, however, to **Perseus Karlstrom** (SWE) and **Kimberly Garcia Leon** (PER) who, as Paul Warburton reports below, both raised the bar in taking strong wins.

Karlstrom and Garcia break meeting records in Podebrady

by Paul Warburton (reprinted from *World Athletics* reports – Saturday 6 April)

March winds were harsh on both Podebrady Walking winners, but April has brought pure joy.

Perseus Karlstrom and **Kimberly Garcia** were forced to drop out of **World Athletics Race Walking Tour Gold** races last month, but bounced back to triumph in the Czech spa town east of Prague on Saturday (6).



Perseus Karlstrom and Kimberly Garcia Leon (269) on their way to Podebrady gold.

(Photos: Marcia dal Mondo; Czech Athletic Federation)

Garcia took on a hot race in every sense of the word. The thermometer rose to 23°C in a 20km race that still provided a course record for the double world champion from Peru. In fact, the first three broke the previous mark set by **Antonella Palmisano** in 2021. This time, the Olympic gold medallist had to give way as Garcia went through the gears. It seemed for a moment the Italian was destined to take a consolation second place. But Ecuador's **Glenda Morejon** had other ideas, turning a two seconds disadvantage into a three-second lead going into the bell lap that decided the order. All three were comfortably under 1:28:00. Garcia's new Podebrady mark was a heartening **1:27:08**. Behind them were four PBs in the top 10 to belie conditions.

From the gun, 20-plus athletes went through the first kilometre in a comfortable 4:30, comfortable that is for the calibre of walker at the front.

By the end of the second lap, that throng was already thinning as the pace picked up. In fact, the leading nine had creviced open a small gap at 3km (13:16), with another significant group headed by France's **Clemence Beretta** right behind.

The pace had steadied by the next time round, but it still found past winner **Eleonora Giorgi** just about hanging on. The leaders were forced to go the long way round, right and left, when passing four lapped walkers stretched across the course. Even so, quarter distance was reached in 22:06, and the leaders were down to six although **Magaly Bonilla** from Ecuador was desperately trying to stay in touch.

It was Italy versus south and central America by lap eight (35:21) – and the rest playing catch-up, with double world silver medallist **Katarzyna Zdziebło** back in 13th already 34 seconds behind, and Beretta passed by two teammates mixing it with a second group from South America.

At halfway in 44:06, Bonilla and Giorgi were again feeling the pace, especially with a last circuit of 4:21. The gloves were definitely off one lap later. The front four clocked 4:18, and that did for Giorgi, Bonilla and Brazilian **Viviane Lyra**. The next casualty was surprisingly **Alegna Gonzalez** from Mexico, with Garcia biding her time. That was because the pink-vested Morejon had already made a break for home, seven laps before the finish.

But the gap was a mere second, and Garcia underlined her class as she refused to give way. At three-quarters distance (65:39) it was 22 seconds to a distant Gonzalez walking solo, so barring disaster the podium was already filled. As the leading trio completed 16km with a 4:17 lap, it was Garcia's turn to put the hammer down.

As the day got hotter, so did the pace. The next lap was a second quicker but it found Palmisano and Morejon nine seconds back.

The leader sailed on imperiously over the next kilometre, and the battle for second also looked settled. Palmisano got a vital three seconds over the Ecuadorean, and that appeared to be that in deciding first, second, third. However, Morejon would not be denied and lit the afterburners to claw back the deficit and finish a fine second.

There were PBs for Lyra and Bonilla in fifth and sixth behind Gonzalez, who duelled to the line, as well as **Paula Torres** from Ecuador who chopped a massive 3:15 off her previous mark.

France's **Pauline Stey**, ninth, and **Camille Moutard**, 11th, also had reasons to be cheerful as they re-wrote personal records going under 1:30:00 for the first time.

"I liked the circuit very much and was happy to set the record," said Garcia. "Everything is geared to the Olympics and the preparation is going well."

1.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:27:08
2.	Glenda MOREJÓN	30 MAY 2000	ECU	1:27:21
3.	Antonella PALMISANO	06 AUG 1991	ITA	1:27:27
4.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:28:04
5.	Viviane LYRA	29 JUL 1993	BRA	1:28:25
6.	Magaly BONILLA	08 FEB 1992	ECU	1:28:26
7.	Eleonora Anna GIORGI	14 SEP 1989	ITA	1:28:47
8.	Paula Milena TORRES	17 OCT 2000	ECU	1:29:32
9.	Pauline STEY	09 SEP 2001	FRA	1:29:49
10.	Valentina TRAPLETTI	12 JUL 1985	ITA	1:30:05
11.	Camille MOUTARD	11 JUL 2001	FRA	1:30:08
12.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	1:30:31
13.	Laura Cristina MOJICA CHALARCA	26 FEB 2000	COL	1:31:13
14.	Olga CHOJECKA	30 JUN 1997	POL	1:31:22
15.	Vitória OLIVEIRA	30 AUG 1992	POR	1:32:39
16.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:32:40
17.	Lucy Alejandra MENDOZA MALAGON	21 JAN 1999	COL	1:32:40
18.	Karla Ximena SERRANO	14 APR 2004	MEX	1:33:08
19.	Rita RÉCSEI	30 JAN 1996	HUN	1:33:34
20.	Mirna ORTÍZ	28 FEB 1987	GUA	1:34:17
21.	Angela Melania CASTRO CHIRIVECHZ	21 FEB 1993	BOL	1:34:26
22.	Carolina COSTA	12 MAR 1998	POR	1:34:36
23.	Clémence BERETTA	22 DEC 1997	FRA	1:34:44
24.	Yaquelin TELETOR JERÓNIMO	19 NOV 2004	GUA	1:35:05
25.	Sandra Viviana GALVIS	28 JUN 1986	COL	1:36:08
26.	María Fernanda PEINADO	12 NOV 2001	GUA	1:36:54
27.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	1:37:01
28.	Tiziana SPILLER	23 DEC 2003	HUN	1:37:18
29.	Natalia ALFONZO	21 APR 1994	VEN	1:37:19
30.	Sofía RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:37:54
30.	Alejandra ORTEGA	08 JUL 1994	MEX	1:37:54
32.	Anabelly ORJUELA	24 JUL 1988	COL	1:38:55
33.	Giada TRAINA	17 APR 2004	ITA	1:39:05
34.	Ana PULGARIN CARDENO	06 MAY 2001	ESP	1:39:06
35.	Noelia VARGAS	17 APR 2000	CRC	1:39:06
36.	Sofía FIORINI	19 AUG 2004	ITA	1:39:14
37.	Bianca Maria DITTRICH	06 JUL 1993	GER	1:39:17
38.	Agathe MILLÉ	02 FEB 2004	FRA	1:39:53
39.	Kate VEALE	05 JAN 1994	IRL	1:39:58
40.	Celia FERRARI	09 OCT 2002	ESP	1:40:10
41.	Eliška MARTÍNKOVÁ	27 JAN 2002	CZE	1:40:25
42.	Lidia BARCELLA	21 APR 1997	ITA	1:40:32
43.	Nelly LAGRANGE	12 DEC 2004	FRA	1:40:43
44.	Miranda MELVILLE	20 MAR 1989	USA	1:40:45
45.	Agnieszka ELLWARD	26 MAR 1989	POL	1:41:06
46.	Lena SONNTAG	01 OCT 2004	GER	1:41:13

47.	Mar JUÁREZ	27 SEP 1993	ESP	1:42:48
48.	Abigail JENNINGS	10 JUL 2000	GBR	1:42:55
49.	Dana Paola ACEVES	21 SEP 2002	MEX	1:43:41
50.	Siri GLITTENBERG	10 SEP 2002	NOR	1:44:23
51.	Naomi GARCIA	30 MAR 1998	PUR	1:44:28
52.	Sharon Lisseth HERRERA SOTO	27 MAY 2004	CRC	1:44:35
53.	Kludia ŽÁRSKA	15 JUN 1999	SVK	1:44:42
54.	Rocio Estefanía SÁNCHEZ	21 NOV 2001	MEX	1:47:30
55.	Julia SCHMIDT	10 DEC 2004	GER	1:47:51
56.	Karin DEVALDOVÁ	12 JUL 2003	SVK	1:50:34
57.	Venla-Nora NIRKKONEN	19 JAN 2001	FIN	1:50:54
58.	Anna KOKKO	18 AUG 2004	FIN	1:51:33
59.	Arely ENRÍQUEZ	16 NOV 1998	MEX	1:52:14
60.	Michaela BAKLIKOVÁ	12 OCT 2001	CZE	1:52:55
61.	Nelly BUGÁROVÁ	09 APR 2001	CZE	1:53:00
62.	Štěpánka POHLOVÁ KUČEROVÁ	08 JAN 1987	CZE	1:55:26
63.	Lenka BOROVIČKOVÁ	1973	CZE	2:07:56
	Johana ORDÓÑEZ	12 DEC 1987	ECU	DNF
	Mária KATERINKA CZAKOVÁ	02 OCT 1988	SVK	DNF
	Monika VAICIUKEVIČIŪTĖ	03 APR 1996	LTU	DNF
	Viktória MADARÁSZ	12 MAY 1985	HUN	DNF
	Sara VITIELLO	06 AUG 1996	ITA	DNF
	Dóra CSÖRGŐ	07 OCT 2001	HUN	DNF
	Heta VEIKKOLA	23 MAY 2003	FIN	DNF
	Adriana VIVEIROS	12 MAR 2002	POR	DNF
	Alžbeta RAGASOVÁ	06 APR 2002	SVK	DNF
	Ema HAČUNDOVÁ	05 MAR 1999	SVK	DNF
	Andreia SOUSA	01 DEC 1998	POR	DNF
	Bruna MARQUES	29 JUL 2002	POR	DNF
	Johana PETŘÍKOVÁ	2002	CZE	DNF
	Tereza PITTNEROVÁ	25 SEP 2004	CZE	DNF
	Marion MANARESI	30 SEP 2000	FRA	DNF
	Anett TORMA	02 APR 1984	HUN	DQ

Win No.4 for Karlstrom

Unlike the women, the leading group of 14 men had already creviced a small gap after the first 1km lap, covered in 3:54. The pace eased to a more comfortable 4:03 at 2km, and 11:58, one lap later, suggested things were levelling out with real racing yet to come.

Mexico's **Jose Luis Doctor** and **Ricardo Ortiz** were pushing at the front of a group of nine, but four others ominously including Sweden's multiple world medallist **Karlstrom** were only a couple of seconds back. The pace eased a little more, so that by 5km in 20:00 exactly a single file of 18 streamed through. Parity was almost retained at 7km, but that stretched elastic had whittled the group as it lost three off the back.

Olympic and world bronze medallist **Evan Dunfee** of Canada decided to give it a go at the front and clocked a three-second lead over former winners **Francisco Fortunato** of Italy, **Caio Bonfim** of Brazil and **Christopher Linke** of Germany, by eighth time round. They in turn had the luxury of a gap to the leading chasers now passing in dribs and drabs.

Karlstrom then hit the accelerator to join the chasing three, and along with Linke and Dunfee they had left Bonfim and Fortunato in their wake at halfway (39:40). Dunfee was just about in touch by 14km, but still four seconds behind the Swede, with Bonfim (55:25) now commanding third ahead of Fortunato (55:37). France's **Gabriel Bordier** was having the race of his life and chasing Fortunato.

A symmetrical 58:58 was Karlstrom's clocking after 15km, with Dunfee staring at the leader's distant back which was getting smaller all the time. Bonfim was an isolated third, but Bordier had drawn level with Fortunato and both were another 30 seconds in arrears.

The race for top spot was over at 17km. By then, Karlstrom was 30 seconds up on Dunfee, although Bonfim was enjoying a second wind and closing in on second place. In fact, there was only seven seconds in it at the bell, but it was enough and the order of the first three was decided. Bordier was a plucky fourth, and last year's winner Fortunato finished a tired sixth. Behind them was a PB for his Italian teammate **Andrea Cosi** in **1:20:56**, improving his previous best by an impressive 43 seconds.

The winner admitted he eased off the pedal despite clocking a meeting record of 1:18:22 to break the existing mark – his own, shared with Bonfim – by 32 seconds.

"I could see at 16km I had a lead, but I was worried my leg was tightening up and so I slowed down a little," said Karlstrom, "but I was still pleased with my performance."

1.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:18:22
2.	Evan DUNFEE	28 SEP 1990	CAN	1:18:41
3.	Caio BONFIM	19 MAR 1991	BRA	1:18:50
4.	Gabriel BORDIER	08 OCT 1997	FRA	1:19:56

5.	Francesco FORTUNATO	13 DEC 1994	ITA	1:20:32
6.	Andrea COSI	30 APR 2001	ITA	1:20:56
7.	Maher BEN HLIMA	24 JUL 1989	POL	1:21:07
8.	José Luis DOCTOR	14 JUN 1996	MEX	1:21:11
9.	José MONTANA	21 MAR 1992	COL	1:21:18
10.	Dominik ČERNÝ	01 NOV 1997	SVK	1:21:46
11.	João VIEIRA	20 FEB 1976	POR	1:22:27
12.	Noel CHAMA	15 SEP 1997	MEX	1:22:32
13.	Kevin CAMPION	23 MAY 1988	FRA	1:22:52
14.	Jonathan HILBERT	21 APR 1995	GER	1:22:57
15.	Aleksi OJALA	09 DEC 1992	FIN	1:22:59
16.	Miroslav ÚRADNÍK	24 MAR 1996	SVK	1:23:00
17.	Leo KÖPP	23 MAY 1998	GER	1:23:19
18.	Cameron CORBISHLEY	31 MAR 1997	GBR	1:23:22
19.	José Manuel PÉREZ	10 SEP 1999	ESP	1:23:27
20.	Bence VENYERCSÁN	08 JAN 1996	HUN	1:23:30
21.	Vít HLAVÁČ	26 FEB 1997	CZE	1:23:38
22.	Ricardo ORTIZ	07 FEB 1995	MEX	1:23:49
24.	Georgiy SHEIKO	24 AUG 1989	KAZ	1:24:08
25.	Cristhian JUÁREZ LÓPEZ	02 DEC 2002	MEX	1:24:10
26.	Érick Bernabé BARRONDO	14 JUN 1991	GUA	1:24:12
27.	Oisín LANE	12 JUN 2002	IRL	1:24:12
28.	Joe MOONEY	27 APR 1998	IRL	1:24:38
29.	Gabriele GAMBA	22 JAN 2002	ITA	1:24:44
30.	Nathaniel SEILER	06 APR 1996	GER	1:24:52
31.	Callum WILKINSON	14 MAR 1997	GBR	1:24:57
32.	Jakub JELONEK	07 JUL 1985	POL	1:25:07
33.	Aldo ANDREI	15 JUL 2001	ITA	1:25:09
34.	Carlos MERCENARIO	26 JUL 2000	MEX	1:25:10
35.	Joni HAVA	14 JUN 1999	FIN	1:25:21
36.	Carl DOHMANN	18 MAY 1990	GER	1:25:41
37.	Jaromír MORÁVEK	22 MAR 2003	CZE	1:25:47
38.	Rui COELHO	26 SEP 1994	POR	1:25:52
39.	Adam ZAJÍČEK	09 MAY 2003	CZE	1:25:54
40.	Pablo RODRIGUEZ ROJAS	18 DEC 2004	ESP	1:25:58
41.	Jerry JOKINEN	18 MAR 2002	FIN	1:26:08
42.	Frederick WEIGEL	08 MAY 2005	GER	1:26:24
43.	Cesar Alberto HERRERA CORTEZ	28 JAN 1999	COL	1:26:53
44.	Tiago RAMOS	05 JUN 2003	POR	1:27:45
45.	Lukáš GDULA	06 DEC 1991	CZE	1:28:24
46.	Oscar MARTINEZ	28 SEP 2003	ESP	1:28:28
47.	Nick CHRISTIE	29 SEP 1991	USA	1:28:45
48.	Jaakko MÄÄTTÄNEN	03 SEP 1999	FIN	1:30:39
49.	Jassam ABU EL WAFI	03 JUL 2004	GER	1:30:48
50.	Aymeric HUE	15 AUG 2001	FRA	1:31:22
51.	Kyrian VALLEE	12 JUL 1994	FRA	1:31:30
52.	Konstantinos-Alexandros NTENTOPOULOS	01 MAY 1994	GRE	1:31:49
53.	Artur MASTIANICA	30 JUL 1992	LTU	1:31:55
54.	Ismael BERNAL	06 MAR 1999	MEX	1:32:04
55.	Hugo ANDRIEU	16 OCT 1992	FRA	1:32:37
56.	Davide FINOCCHIETTI	16 OCT 2001	ITA	1:33:12
57.	Remi RODRIGUEZ	02 APR 1989	FRA	1:35:17
58.	Simon BAZZO BORTOT	08 FEB 1996	FRA	1:36:19
59.	Lucas DREVILLE	26 JUN 2002	FRA	1:36:31
60.	José Rafael LOPEZ MENDOZA	01 NOV 1989	MEX	1:38:22
61.	Dávid TOKODI	03 MAY 1991	HUN	1:39:01
62.	Rostislav KOLÁŘ	15 JUL 1987	CZE	1:40:57
63.	Tauras Jokūbas GRINCEVIČIUS	27 APR 2004	LTU	1:42:46
64.	Jaromír HLOCH	04 APR 1992	CZE	1:43:13
65.	Michal DUDA	04 MAR 2004	SVK	1:43:19
66.	Chun Hung TSE	23 DEC 1981	HKG	1:45:45
67.	Deividas BALEVIČIUS	20 OCT 1999	LTU	1:49:13
	Michal MORVAY	19 AUG 1996	SVK	DNF
	Isaac PALMA	26 OCT 1990	MEX	DNF
	Brendan BOYCE	08 OCT 1986	IRL	DNF
	David KENNY	10 JAN 1999	IRL	DNF
	Pietro MARCHETTI	07 FEB 2002	ITA	DNF
	Aurélien QUINION	27 JAN 1993	FRA	DNF
	Jhonatan Javier AMORES CARUA	29 AUG 1998	ECU	DNF

Christopher SNOOK	14 JAN 2000	GBR	DNF
Carlos SÁNCHEZ CANTERA	19 MAY 1985	MEX	DNF
Julio César SALAZAR	08 JUL 1993	MEX	DNF
Andres Eduardo OLIVAS NÚÑEZ	27 MAY 1998	MEX	DNF
César CÓRDOVA FERNÁNDEZ	20 OCT 2002	MEX	DNF
Stefano CICALO'	21 OCT 1998	ITA	DNF
Moises BELTRÁN	24 AUG 1997	CHI	DNF
Jose María RAYMUNDO	01 SEP 1993	GUA	DNF
Christopher LINKE	24 OCT 1988	GER	DNF
Johannes FRENZL	22 SEP 2001	GER	DNF
Karl JUNGHANNB	06 APR 1996	GER	DNF
George WILKINSON	25 APR 2002	GBR	DNF
Oscar PATÍN	01 FEB 2001	ECU	DNF
Manuel Esteban SOTO	28 JAN 1994	COL	DNF
Andrea AGRUSTI	30 AUG 1995	ITA	DNF
Artur BRZOZOWSKI	29 MAR 1985	POL	DNF
Josef SMOLA	17 JUL 1964	CZE	DNF
Alexandr MALYSA	10 NOV 1997	CZE	DNF
Jakub PŠENIČKA	02 SEP 1991	CZE	DNF
Matthew GLENNON	14 NOV 2003	IRL	DQ
Bernardo Uriel BARRONDO	05 JUN 1993	GUA	DQ

***Men U20 10 Kilometres**

1.	<u>Quentin CHENUET</u>	29 MAY 2005	FRA	42:15
2.	<u>Nick Joel RICHARDT</u>	04 DEC 2006	GER	42:21
3.	<u>Albert KUKLA</u>	13 JAN 2005	CZE	42:44
4.	<u>Bastien PICART</u>	14 NOV 2006	FRA	43:04
5.	<u>Ivan MOLINA ESPARTERO</u>	19 JAN 2006	ESP	43:25
6.	<u>Hugo ELLUL</u>	22 APR 2005	FRA	44:22
7.	<u>Filip KRESTIANKO</u>	13 DEC 2005	SVK	44:55
8.	<u>Lukas LASEVIČIUS</u>	22 JUN 2005	LTU	45:17
9.	<u>Omar MORETTI</u>	26 AUG 2006	ITA	45:23
10.	<u>Matteo ARISI</u>	20 DEC 2006	ITA	45:57
11.	<u>Vojtěch NOVÁK</u>	19 JUN 2006	CZE	46:26
12.	<u>Pablo POSTIGO GABARRO</u>	06 FEB 2005	ESP	46:50
13.	<u>Javier DE ARRIBA CASTILLA</u>	25 FEB 2005	ESP	47:10
14.	<u>Alessandro REBOSIO</u>	2006	ITA	47:31
15.	<u>Nicolo' VIDAL</u>	2008	ITA	47:31

***Women U20 10 Kilometres**

1.	<u>Ema KLIMENTOVÁ</u>	06 JAN 2005	CZE	47:37
2.	<u>Claudia VENTURA</u>	17 APR 2006	ESP	47:52
3.	<u>Tabea KIEFER</u>	22 APR 2005	GER	47:59
4.	<u>Léna AUVRAY</u>	02 JAN 2006	FRA	48:14
5.	<u>Chloe LE ROCH</u>	14 NOV 2007	FRA	48:35
6.	<u>Anna-Maria GABRIEL</u>	26 JUN 2005	GER	48:40
7.	<u>Alžběta FRANKLOVÁ</u>	05 NOV 2005	CZE	49:20
8.	<u>Kylie GARREIS</u>	20 JUL 2005	GER	49:26
9.	<u>Emelie CHEZE</u>	20 SEP 2006	FRA	49:39
10.	<u>Beatrice PALMONARI</u>	13 MAR 2008	ITA	50:08
11.	<u>Elvira BARRON</u>	18 SEP 2006	ESP	50:27
12.	<u>Alexandra KOVÁCS</u>	27 JAN 2006	HUN	50:42
13.	<u>Judit ERDŐS</u>	07 JUL 2005	HUN	51:50
14.	<u>Bianca ZOBOLI</u>	08 APR 2006	ITA	52:10
15.	<u>Aliisa KIISKI</u>	11 MAR 2005	FIN	52:20
16.	<u>Ivana DUDOVÁ</u>	08 JUN 2005	SVK	52:32
17.	<u>Francesca BUSELLI</u>	15 SEP 2007	ITA	52:55
18.	<u>Akvilė ORLIUKAITĖ</u>	05 MAY 2005	LTU	53:13
19.	<u>Aiva BILEVIČIŪTĖ</u>	16 JAN 2005	LTU	53:29
20.	<u>Benedetta FALASCONI</u>	03 SEP 2007	ITA	54:33
21.	<u>Angelina Pauline SOMMER</u>	12 AUG 2006	GER	55:04
22.	<u>Timea INDRIŠKOVÁ</u>	06 AUG 2008	SVK	55:43
	<u>Carolina DIAS</u>	19 NOV 2005	POR	DNF
	<u>Marine MERBITZ</u>	22 NOV 2006	FRA	DNF

The following link contains a brief clip of Peru's **Kimberly Garcia Leon** in action towards the end of the Podebrady 20km.
<https://www.facebook.com/reel/334783212909982> (Source: Atletas Peru FB)

MARCIADALMONDO & O MARCHADOR ROUNDUP

Sadly, **Nicola Maggio's** reports are few and far between these days. However, he does give his insights on the progress of the two 20km races in Podebrady (CZE) at the weekend. These can be read on the Marcia dal Mondo FB page at
<https://www.facebook.com/groups/MarciaDalMondo/permalink/2493566767510029/>

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, April 8, 2024 - Kimberly Garcia won on her debut in Podebrady with a record time
<https://omarchador.blogspot.com/2024/04/kimberly-garcia-venceu-na-sua-estreia.html>
- Monday, April 8, 2024 - Perseus Karlström victorious in Podebrady with event record
<https://omarchador.blogspot.com/2024/04/perseus-karlstrom-vitorioso-em.html>
- Sunday, April 7, 2024 - 1992, year of ups and downs <https://omarchador.blogspot.com/2024/04/1992-ano-de-altos-e-baixos.html> The latest instalment in the saga of Portuguese race walking deals, in part, with a familiar bogey in the programs of many countries that dogged the Portuguese in 1992 – disqualifications, and how to address them.
- Wednesday, April 3, 2024 - Trisomy World Games – Antalya 2024 (results)
<https://omarchador.blogspot.com/2024/04/jogos-mundiais-da-trissomia-antalia.html> The 2nd edition of what is billed as the biggest sporting event in the world for athletes with intellectual disabilities ... 488 athletes from 33 countries. Distances raced were 800m and 1500m. Not surprisingly, host country Turkiye featured prominently on the podium in most events.

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

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

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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