



# HEEL & TOE Online

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

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## \*NEXT ISSUE DELAYED

Hello readers,

As I will be making my way home from Canberra over two days next week, it's is doubtful I will have Issue 23 of 'H&T' ready before Wednesday 12 June at the earliest ... Thursday is more likely. By that time, I'm hoping all of the LBG Carnival results will be available for inclusion.

Happy long weekend.

Stu



## CLUB NEWS and RESULTS

### VRWC MEMBERS ATTENDING LBG 2024

We wish our VRWC reps competing in Canberra next Sunday an enjoyable and successful day of racing, and of sightseeing in the nation's capital:

7.30am	Robin Whyte Classic Men 35km	Corey Dickson, Fraser Saunder, Rhydian Cowley
7.30am	Val Chesterton Classic Women 35km	Rebecca Henderson
8.00am	RWA Open Men's 15km	Alejandro Stephens, Andrew Jamieson, David Smyth, Gerard Feain, Kyle Swan, Marcus Wakim
8.00am	RWA Open Women's 15km	Alanna Peart, Kate Siviour
10.30am	RWA U20 Women's 10km	Emily Smith
12.15pm	RWA U10 Girls 1km	Payton Welsh
12.25pm	RWA U12 Boys 2km	Brodie Welsh
12.45pm	RWA U12 Girls 2km	Addison Frenken
1.05pm	RWA U14 Boy's 2km	Angus Shuttleworth
2.40pm	RWA U18 Boy's 5km	Angus Shuttleworth
3.10pm	RWA Open Men's 5km	Kyle Swan, Marcus Wakim



This week, several VRWC members are in Suva, Fiji, to contest the *Oceania Athletics Championships*. The walks

program features Open, U18 and Masters events. The 10,000m track walk has already been held and the results can be found in 'International News' below.

We congratulate club members **Ariana Pashutina** and **Riley Coughlan** on their selection, and we wish them, Masters **Pramesh Prasad** and **Heather Carr**, as well as judge **Di Lowden**, a successful and enjoyable trip away from the Melbourne winter chill.

### \*UNIFORMS UPDATE\*

The new Club racing uniforms have arrived at last! These will be available for purchase from Saturday 15 June.

We thank members for their patience and apologise for the delay.

\*\*\*\*\*

**\*Saturday 22 June – AV & LAVic Road walking championships**

## **HELPERS WANTED!**

With the inaugural LAVic road titles approaching, we are compiling a list of roles necessary for the successful conduct of the event. Many of these have already been filled. However, we are still short in some key areas. It's important that we know who is handling the following tasks:

- *Bike rider (for young walkers' guidance)*
- *Red card collector*
- *Lap time recorders – AV 15km*
- *Lap time recorders – LAVic c'ships*
- *Lap time recorders – VRWC races*
- *Announcer*

There may be other tasks as well, so any offers of general assistance would be very welcome.

If you are able to assist with any of the above roles, please contact Stu, Mark or Terry as soon as possible.

Stu – [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

Mark – [neerim8@gmail.com](mailto:neerim8@gmail.com)

Terry – [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au)

## **VRWC**

**Club points results, 1 June – Middle Park**



*The 'big kids' get down to it!*

Our final race day before the LBG carnival saw 33 starters toe the line, with eye-catching PBs set by **Eden Morgan**, **Emilie Garside** and **Brodie Welsh**. Emilie's and Eden's were huge improvements and obviously the result of consistent training. In addition, **Gwen Steed** added to her Club record haul with a new 5km W80+ road mark of **37:16**. Well done, Gwen!

We were pleased to welcome Geelong sisters **Jemilla** and **Aylwen Campbell** for their first VRWC races. Road walking can be a tough ask at first, and both made a good fist of it over 3km with Aylwen setting a big PB by over 2mins. Also stepping up for her first ever 3km was **Erlyn Singh** whose **21:41** was a pleasing effort with excellent technique.

**Addison Frenken** decided to test her speed over 1km and had a battle to outpace **Indigo Marshall-Moodie**, **5:20** to **5:21**. It was also good to see **Ella Harris** back for her first winter race this year.

### **12km Open Male**

1 Mark Thomas	M60+	1:11:50
2 Terry O'Neill	M60+	1:17:28
.. Gerard Feain	M60+	DNF

### **10km Open Male**

1 Eden Morgan	Un20	46:50	PB 1:42
2 Alejandro Stephens	Op	53:28	
3 Kevin Cassidy	M60+	1:02:48	
.. Andrew	M60+	DNF	

### **5km Open Male**

1 Mark Blackwood	M40+	23:21
2 John Nottle	M60+	34:04
.. Jonathan Ho	Un20	DNF

### **10km Open Female**

1 Carolyn Rosenbrock	M60+	1:00:01
.. Karyn O'Neill	M60+	DQ

### **5km Open Female**

1 Char Hay	Op	25:13	
2 Emilie Garside	Op	32:55	PB 4:29
3 Donna-Marie Elms	M60+	33:07	
4 Heather Carr	M60+	33:19	
5 Gwen Steed	M60+	37:16	VRWC W80+ rec

### **3km Open Female**

1 Emily Smith	Un18	17:23	
2 Aylwen Campbell	Un16	19:38	PB 2:02
3 Mietta Morgan	Un16	19:59	

4 Erlyn Singh	Un12	21:41	First 3km
5 Jemilla Campbell	Un18	22:39	First 3km
6 Caitlyn Shipham	Un12	22:56	First 3km



*Emily shows the way in the 3km/1km.*

**1km Open Male**

1 Brodie Welsh	Un12	6:04	PB 0:30
2 Arthur Robinson	Un16	6:24	PB 0:12
3 Tate Jardine	Un14	6:28	

**1km Open Female**

1 Addison Frenken	Un12	5:20	First 1km
2 Indigo Marshall-Moodie	Un12	5:21	PB 0:10
3 Ella Harris	Un12	6:02	
4 Anouk Morgan	Un10	6:29	
5 Abby Fowler	Un10	6:30	
6 Georgia Walters	Un10	6:38	
7 Payton Welsh	Un10	7:55	

**\*Handicap placings – Saturday 1 June**

<u>MALE</u>			<u>FEMALE</u>		
<b>M40+</b>			<b>M60+</b>		
1	Mark	Blackwood	1	Heather	Carr
			2	Donna-Marie	Elms
<b>M60+</b>			3	Gwen	Steed
1	Terry	O'Neill	4	Carolyn	Rosenbrock
2	John	Nottle	DQ	Karyn	O'Neill
DNF	Andrew	Jamieson	<b>Open</b>		
DNF	Gerard	Feain	1	Char	Hay
NPT*	Kevin	Cassidy	2	Emilie	Garside
NPT	Mark	Thomas			
<b>Open</b>			<b>U18</b>		
1	Alejandro	Stephens	1	Emily	Smith
			NPT	Jemilla	Campbell
<b>U20</b>			<b>U16</b>		
1	Eden	Morgan	1	Mietta	Morgan
DNF	Jonathan	Ho	NPT	Aylwen	Campbell
<b>U16</b>			<b>U12</b>		
1	Arthur	Robinson	1	Indigo	Marshall-Moodie
<b>U14</b>			2	Ella	Harris
1	Tate	Jardine	3	Addison	Frenken
			NPT	Erlyn	Singh
<b>U12</b>			NPT	Caitlyn	Shipham
1	Brodie	Welsh	<b>U10</b>		
			1	Georgia	Walters
			1	Abby	Fowler
			3	Payton	Welsh
			4	Anouk	Morgan

(\*NPT – No previous time)



As is always the case, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes:

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Mark Donahoo
<b>Race check in</b>	Mark Donahoo
<b>Timekeeper</b>	Ian Laurie
<b>Recorders</b>	Bob Gardiner, Mark Donahoo, Theresa Smith, Margaret Hay,
<b>Judges:</b>	Stu Cooper (Chief), Gordan Loughnan, Brenda Felton, Tony Doran
<b>Set up, Pack up:</b>	Terry Swan, Ian Laurie, Stu Cooper, Bob Gardiner, Gerard Feain, Terry O'Neill, Karyn O'Neill, Carolyn Rosenbrock
<b>Bike rider</b>	Terry Swan
<b>Drinks table</b>	Anthea Morgan
<b>Photos</b>	Terry Swan (see more of Terry's great photos at <a href="https://www.facebook.com/media/set/?set=oa.428129343481551&amp;type=3">https://www.facebook.com/media/set/?set=oa.428129343481551&amp;type=3</a> )
<b>Canteen</b>	Donna Marie Elms, Gwen Steed
<b>Walkers:</b>	33



**\*This week's action models:**

*Eden, Jemilla, Ella, John, Mark, Caitlyn, Tate, Jonathan, Aylwen, Char, Mietta, Gwen and Anouk.*

**\*Next weekend ...**

No VRWC races next weekend, due to the LBG Canberra carnival.

But the *following* week ...

**Saturday 15 June** features our regular Canberra follow-up meeting, 'Guess Your Time'. Nominate your guessed finish time, then race to see how close you get to it. No watches or time calls allowed. Prizes are on offer for those in each distance who get to within the closest margin of their guess-timed time.

### Saturday 15 June – Middle Park

2.00pm	8km	Guess your finish time & Points race	Open
2.00pm	6km	Guess your finish time & Points race	Open
2.00pm	4km	Guess your finish time & Points race	Open
2.15pm	2km	Guess your finish time & Points race	Open
2.15pm	1km	Guess your finish time & Points race	Open

Entries will be accepted up until 6 on Friday 14 June. Enter online at <https://www.revolutionise.com.au/vrwc/>

And, as mentioned below ... *we need a BBQ operator for our sausage sizzle on the day.* If we can't get a volunteer by this time next week we will have to cancel the BBQ!

### \*Saturday 15 June ... 'Guess Your Time' day\*

#### Cook wanted for BBQ!

As well as the usual Prizes offered for winners of the various GYT races, this year we plan to hold a Raffle and a BBQ after the races.

If any of our parents or supporters is a dab hand at flipping sausages and burgers, and is happy to help out at the hot plate, please contact Stu or Terry Swan at [stuwalks@yahoo.com](mailto:stuwalks@yahoo.com) or [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au)



### \*VISITORS ENTERING VRWC RACES

If you are a visiting walker from interstate or elsewhere, or a non-member wishing to compete in a VRWC club race, please be aware that you **do not** have to register as a member.

Simply go to the entry portal at <https://www.revolutionise.com.au/vrwc/>, and select the race day you want from 'Upcoming Events'. Enter as a 'guest' and put down '999' as your bib number. You will be issued with a real racing number on the day.

Terry Swan, Secretary

### \*\* 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 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.)





# AROUND THE COUNTRY

## \*\* 35KM WILL BE ALIVE AND KICKING IN CANBERRA

The marquee event at the LBG Race walking carnival has always been the ‘long’ one: the 20 miles, later the 30km Open. This year it changes again ... to 35km, which brings it closer to (and a tad further than) its 20-mile ancestor. Now named the **Robin Whyte Classic** (for males) and **Val Chesterton Classic** (for females), as a 35km it is also featured on the World Athletics calendar for the first time, and results recorded will be listed in the WA statistics.

With the 35km refusing to go quietly from the race walking scene, Australia now has two WA-accredited opportunities in which aspiring walkers may achieve international qualifying times – the LBG, and the AV Jared Tallent Trophy. The 35km’s international championship status affords the LBG carnival’s feature race a relevance it had lost with the disappearance of the 20 miles and 30km distances from the Commonwealth Games program. With the 35km being retained for the 2025 World Athletics Championships in Tokyo and hopefully beyond, that relevance is back, front and centre.

The Canberra 35km this year has attracted quality fields in both male and female races:

- ACT Mitchell Baker
- NSW Carl Gibbons, Dylan Richardson, Allannah Pitcher, Bridget Bell
- QLD Kirstin Shaw
- SA Kim Mottrom, Peter Crump, Tristan Camilleri
- VIC Corey Dickson, Fraser Saunder, Rhydian Cowley, Rebecca Henderson

With a mix of elite, emerging and Masters walkers toeing the line at Stromlo, the stage is set for an engrossing morning of endurance walking. Best of luck to everyone!

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

This week’s WOTW goes to one of those indestructible souls who has plunged into the ‘heart of darkness’ that is a Centurion qualifying walk ... and emerged triumphant! Last weekend, **Sabina Hamaty (NSW)** completed the mandatory 100 miles in under 24 hours to become Australian centurion C86. **Tim Erickson**, who worked as support crew in the event on the Gold Coast, reports:



*Sabina Hamaty crosses the 100 Mile mark at the BUTTER 24 in Queensland to become Australian Centurion C86*

As readers know, we have no official Australian Centurions Qualifier in 2024 but decided instead to designate a

number of other 24H races as qualifying opportunities. The first of these was the BUTTER 24, held at the Griffith University Track on the Gold Coast in Queensland last weekend (1-2 June).

I had been contacted by both NSW ultra runner/walker **Sabina Hamaty** and by QLD ultra runner **Greg Ponych** to indicate that they were intending to try for centurion membership at this year's BUTTER 24, so I duly booked flights and made my way to the track as our official race scrutineer.

The weather forecast was worrying, with up to 30mm of rain a possibility over the weekend. Luckily this was downscaled and, although we did get wet, it was not as bad as expected. In fact, it was initially helpful as Saturday was overcast and cool, a great relief for Queensland at any time of the year. But come early evening, the rain and wind set in, giving us very challenging conditions for most of the night. There was one major casualty with the big TV showing the progressive results being blown over and broken. This required a trip back to Brisbane in the middle of the night by the organisers to source a replacement. Thankfully in the morning out came the sun to dry things out and the last 4 hours were held in much more pleasant conditions. Talk about a mixed bag!

**Sabina Hamaty** already had excellent walking credentials, having two quality performances under her belt already.

- The first was in the Southern Sydney 48 Hour Carnival on the weekend of 10-11 June 2023. She had never competed as a walker before and contacted me earlier that year to setup her attempt at the Australian 48 Hour walk record in the Sydney race. She was successful, walking to new Australian records for the 200km Walk (35:36:17) and the 48 Hour Walk (250.820km).
- She was back in action again as a walker in the Australian 6 Day Championship in Adelaide in the first week of October 2023. It was another successful outing for Sabina as she set new Australian Women's Open and W50 500km Walk (5D:16:17:31) and 6 Day Walk (537.513km) records.

The BUTTER 24 was her third walk and it was going to be a different sort of challenge, as it would require her to maintain a faster pace and walk pretty much without stop for the full 24 hours. We chatted beforehand and I advised her that she would need to work on her base speed, to enable her to build up a buffer in the first half. This she did, covering 43km in the first 6 hours and 84km in the first 12 hours. Then it was a case of holding her form and her speed for the second half and this she did in fine style, eventually reaching the 100 mile mark in around **23:45** (actual time to be confirmed soon) to become **Australian Centurion Number 86**. She then continued to stroll around until the final gun, reaching a total distance of 162.72km.

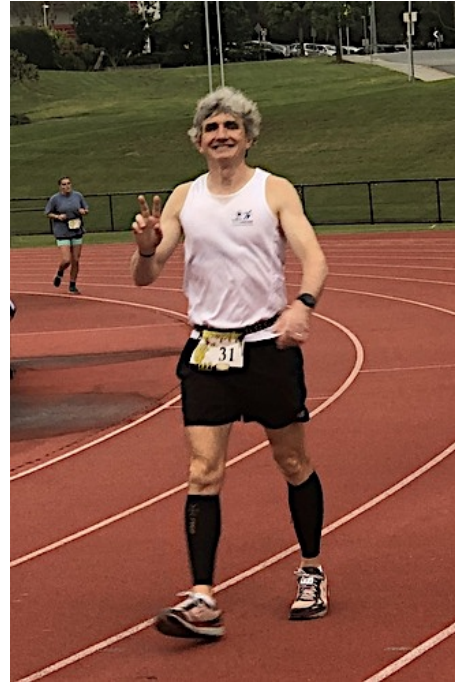
**Greg Ponych** was also known to me, having competed at the Coburg 24H on 3 occasions, two as a runner and last year as a walker. He was third in the 2021 Coburg 12H Run with 119.477km and had also done a number of very good 24H and 100 mile runs in his 10+ year career on the ultra scene. He decided in 2023 to try his hand at the walk and entered the 24H walk at Coburg. He started impressively, covering nearly 45km in the first 6 hours and looking good. Unfortunately he was forced to retire after 61km, one of many victims to the horrendous weather conditions at that event. But it was a promising first effort and I knew he was capable of more. That being the case, I was pleased to hear he would also be on the start line at the BUTTER 24 as a walker. As at Coburg, he started confidently, strolling through 44km in the first 6 hours and looking set for a big tally. Alas, stomach issues around the 10 hour mark saw multiple stops and a fair bit of time lost. He was still over 81km at the 12H mark but struggling with multiple issues. To his credit, he kept at it, eventually finishing with 143.44km at the final gun. It was a gutsy performance and a valuable learning experience for Greg and I am sure he will be back to complete unfinished business.

Queensland runner **Tony Quinn** was the third of the walkers. Initially entered in the 24H Run, he made a last minute decision to change to the walk. He also finished, with a distance of 122.96km, a good effort for someone making a late change of plans.

Full results at <https://live.timingplus.com.au/ResultsBoard/DF3619A8-FD3F-4E03-891F-EEDA96AFB061>.  
24H Walk results as follows:

#### **The BUTTER 24 Hour Walk**

1.	Sabina Hamaty	NSW	162.72 km *** <b>Australian Centurion C86</b>
2.	Greg Ponych	QLD	143.44 km
3.	Tony Quinn	QLD	122.96 km



*Sabina and Greg in action on the Saturday afternoon*

Final words from Sabina:

*I am extremely relieved and pleased to announce I achieved a Centurion performance up at Griffith university over the weekend. This had been on my bucket list since I first heard about it over 10 years ago. I had been training exclusively for walking events for over a year, but in March I finally concluded I was simply too slow and found a walking coach who let me train with her teenage superstars. This improved my average top speed and made the difference between just achieving the total as opposed to just missing out. I wish I could say I found it easy but that would be a total lie. My buffer was never big enough for me to relax and the fact that I only got the 100 miles in the last 15 minutes, gives you an idea of the amount of stress I was under.*

*Despite the adverse weather conditions and the mental self imposed stress, it was a great experience and the only thing that could have made it better is if Greg Ponych had also managed to achieve his Centurion. Alas a combination of blisters due to wet shoes and an upset gut that refused to play along meant he lost precious time.*

I am very pleased to confirm Sabina as the newest member of the Australian Centurions. We shall be organising a formal function very soon to officially welcome her to the club.

Tim Erickson  
Secretary, Australian Centurion Walkers Inc.  
Monday 3 June 2024

Congratulations, Sabina, from the VRWC. What an astonishing effort!

**\*Honourable mentions:**

- **Greg Ponych (QLD)** – an ultra-runner who tried his hand at the Centurion walk and might have made more than his 143.44km but for stomach issues.
- **Eden Morgan (VIC)** – clocked **46:50** for 10km, a PB by a huge 1:42.
- **Gwen Steed (VIC)** – another Club record for Gwen, this time over 5km for a new W80+ mark of **37:16**.
- **Jasmine Crabb (SA)** – easily the most eye-catching PB of the day ... by 5:46 in an 8km!
- **Emilie Garside (VIC)** – another huge improver, ripping 4:29 from her best 5km time.

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Helen Toyle reports from Canberra – where it'll all be happening next weekend!

It was fantastic to welcome Zac for his first racewalk with us. A very good time for a 9 year old! Hopefully next time there are a few more people for him to race! Zac will be racing at LBG so please look out for him in our colours and say hello.

John Kennedy	10km	Fitness	1	1.11:43
Sue Archer	10km	Fitness	2	1.12:56
Sebastian Ryan	1km	Race	1	6.02
Kai Ryan	1km	Fitness	1	6.07
Zac Anderson-Rule	1km	Race	2	6.43

## NEW SOUTH WALES NSW Road Teams & Indiv. Walks C'ship, 1 June – Newington Armoury

Frank Overton reports on Saturday's NSW championships:

Saturday was the day of the Athletics NSW State Road Teams & Individual Walks Championships. The weather was threatening rain which held off until the middle of the younger age walks.

A new 1km loop lap was used which only had one witch's hat turn, a slight incline and a slight downward section. Some good fields and races were the order of the day. Unfortunately, with many absences, there were few teams in the races.

The general consensus from the athletes was the course was good and some PB times were recorded.

### Men 10km Open

1 Carl Gibbons	Westlakes	42:50
2 Dylan Richardson	Mingara	45:05
3 Joel Byatt	Girraween	47:51
4 Brendan Pospischil	Winston Hills	54:47

### Men 10km U20

1 Joel Byatt	Girraween	47:51
2 Brendan Pospischil	Winston Hills	54:47

### Men 5km U18

1 Aidan Pospischil	Winston Hills	30:36 <i>P30*</i>
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### Boys 3km U14

1 Mitchell McCarthy	Ryde AC	16:22
2 Michael Mathison	Westfields	17:43
3 Bentley Luketic	Balmain	18:03

### Boys 3km U13

1 Charlton Maxwell	Maitland	16:53
2 Alexander Dennett	Hawkesbury C	19:22

### Boys 1km U12

1 Nate Appleyard	Winston Hills	4:41
2 Hugo Siciliano	Girraween LA	5:43
.. Joshua Waddington	Winston Hills	DQ
.. Yuvan Rajesh	Girraween LA	DQ

### Women 10km Open

1 Hannah Parker	Sydney Uni	55:03
2 Grace Beck	Wests	57:20
3 Lilah Norden	Kembla Joggers	59:53

### Women 10km 50-59

1 Nicolle Challinor	Illawong Revesby	1:16:27
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### Women 5km U18

1 Ciara Cassilles	Westfields	27:11
2 Daniella Samuel	Winston Hills	28:13
3 Jessey Bektas	Nepean D	28:31
4 Isabella Vella	Nepean D	36:51
5 Sarah Challinor	Nepean D	39:30

### Women 5km U16

1 Jessica Loring	Parramatta C	27:18
2 Emma Hoskins	Hills Dist	29:30
3 Ashleigh Farrugia	Girraween LA	29:50
4 Madeleine Maxwell	Maitland	30:40
5 Lily Twigden	Westfields	33:02

### Girls 3km U14

1 Lilly Gasper	Balmain LA	15:55
2 Erin Cassilles	Westfields	16:39
3 Miarose Everson	Ryde AC	17:18
4 Madeline Kot	Westfields	18:39
5 Georgia Watson	Westfields	19:04
6 Emily Gasper	Balmain LA	20:02

### Girls 3km U13

1 Ashleigh Mansell	Cherrybrook	16:22
2 Hannah Hewitt	Wests	17:43

### Girls 1km U12

1 Avia Luketic	Balmain	4:50
2 Felicity Rudd	Balmain	5:03
3 Chloe Farrugia	Girraween LA	6:09
4 Florence Scotting	Balmain	8:12

**Boys 1km U11**

1 Darcy Dennis	Balmain LA	5:00
2 Oliver Masik	Hills Dist	5:16
3 Addison Fahey (F)	Winston Hills	5:29

**Girls 1km U11**

1 Lilyeve Everson	Ryde AC	5:01
2 Stella Wade	Sydney AA	5:06
3 Beth Cochrane	Wests	5:32
4 Addison Fahey	Winston Hills	5:43
5 Veronica Dennett	Hawkesbury C	5:45
6 Milana Sorkin	Sutherland D	6:01
7 Olivia Baxter	Manly Warr LA	6:31
.. Addison Jenkins	Girraween LA	DQ

**Boys 1km U10**

1 Archer Lane	Manly Warr LA	5:53
2 Cooper Edwards	Balmain LA	6:12
.. Daniel Smart	North Rocks C	DQ
.. Eric Colgan	Hornsby LA	DQ

**Girls 1km U10**

1 Nasrin Hewitt	Bankstown SA	6:32
2 Sreelaya Kamalakk...	Girraween LA	7:03
3 Leah Kot	Girraween LA	7:04

**Boys 1km U9**

1 Kostya Peart	Sutherland D	6:27
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**Girls 1km U9**

.. Keerthini Rajesh	Girraween LA	DQ
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(\*P30 – 30secs penalty under TR54.7.4)

## QUEENSLAND QRWC Handicap #5, Sunday 2 June – Yeronga

**Robyn Wales** reports that it was a sunny Sunday morning – always an agreeable reason to get out of bed – for the QRWC's walks at Yeronga:

**A Grade 10km**

Men:		
(1) Peter Bennett	1:09:37	

**B Grade 5km**

Men :		
(1) Kai Dale	29:31	
Women:		
(1) Summer Millard SB	29:42	
(2) Noela McKinven	45:24	

**C Grade 3km**

Men:		
(1) Eli Melinz	18:48	
Women:		
(1) Eliza Kelly	17:41	
(2) Savannah Dunleavy eq	19:18	
(eq 3) Abigail Rogers, Kiara Waterman SB	19:31	

**D Grade 2km**

Men:		
(1) Leo Hyde	11:19	
(2) Hayden Robertson	12:25	
(3) Leo Ramsay SB	12:40	
Women:		
(1) Amelia Chisholm SB	12:00	
(2) Jessica Gorham SB	14:07	

**E Grade 1.5km**

Women:		
(1) Trish Hibbs	10:02	

**F Grade 1km**

Men:		
(1) Connor Robertson	7:43	
Women:		
(1) Clara Hermus SB	6:12	
(2) Piper Dunleavy	7:43	
(3) Harper Waterman	9:08	

## SOUTH AUSTRALIA SARWC results, 1 June – South Parklands

According to **Kim Mottrom**, winter has arrived in Adelaide. The evidence? 14C! (I suppose that when you've experienced the kind of summer heat they have over there, 14 must feel Antarctic!) Nonetheless, the conditions were ideal for PBs with five being set, including a massive improvement by **Jasmine Crabb** over 8km. **Rain Langford** continues to hack big chunks from his own times, on this occasion by over a minute in the 5km.

After their 5km efforts, **Kim**, **Angelina** and **Sebastian** headed straight back to the start for a crack at the 1.5km, getting good training value from the day.

<b>Open 10km</b>	
Sam Findlay	48:38
Peter Crump	1:04:31
Di Camilleri	1:22:25
Kristy Templer	1:28:01

<b>Open 8km</b>	
Greg Metha	52:02
Jasmine Crabb	55:28 PB 5:46
Alex McEwan	1:04:47

<b>Open 5km</b>	
Kim Mottrom	22:35
Sebastian Richards	24:05
Cooper Rech	25:10
Rain Langford	25:35 PB 1:04
Angelina Legrand	25:47 PB 0:37

<b>Open 1.5km</b>	
Kim Mottrom	6:37
Angelina Legrand	8:00
Sebastian Richards	10:38
Robert Crabb	10:40 PB 0:21
Lauren Richards	10:42 PB 0:31
Martin Crabb	16:13

<b>Open 2km</b>	
Ananpreet Singh Sidhu	13:16

## TASMANIA TRWC results, 1 June – Devonport Bluff & Kingston Park

The TRWC split their operations across the island last Saturday. **David Moore** reports:

This week the Club spread its event over two venues, one at Devonport Bluff in North - West Tasmania and the other in the South at Kingston Park both starting at 1 :15.

Devonport had fine balmy conditions whilst Kingston was cloudy and cool. Common to both venues were youngsters lining up for their first Road Walk and some for their first ever Race Walk.

Doing their first Road Walk at Devonport Bluff were Devonport Little Athletics trio, **Veronica Kelly** and sisters **Charlotte** and **Alexis Turley**. Going by their times, when they come face to face with their southern counterparts we can expect some very competitive encounters.

At Kingston Park, **Isabelle** and **Hendrix Christensen Barrett** were having their first ever attempt at Race Walking and did very well – we hope they enjoyed it enough to come back for more.

Thanks especially to **Maxine Lindsay** and **Chantal Parker** for organising the walk at Devonport.

### *Devonport Bluff (NW Tas)*

<b>1km</b>	
1. Alexis Turley	Devonport LA 9:31

<b>2km</b>	
1. Veronica Kelly	Devonport LA 13:14
2. Charlotte Turley	Devonport LA 16:37

<b>3km</b>	
1. Eva Parker	Devonport LA 17:57

<b>5km</b>	
1. Sam Lindsay	Newstead 23:17

### *Kingston Park (Sth Tas)*

<b>500m</b>	
1. Isabelle Christensen Barrett	4:19

<b>1.5km</b>	
1. Elsie Woodward Huon LA	Huon LA 11:49
2. Hendrix Christensen Barrett	12:03
3. Dave Moore	TMA 14:59

<b>3km</b>	
1. Adele Woodward	OVA 22:11
2. Wayne Fletcher	NS 31:07

## WESTERN AUSTRALIA Races cancelled.

It's rare for a race walking fixture to be cancelled because of weather, especially in winter, and it only happens when risk to safety is involved. So spare a thought for the WARWC, hit by a Sunday morning BOM forecast of a 'very high chance of rain, most likely in the morning. The chance of a thunderstorm, possibly severe. Damaging winds and heavy rain which may lead to flash flooding possible in the morning.' Foolish to take chances with that.

We wish the Westies better luck with their next race fixture.

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# INTERNATIONAL NEWS

## FIJI: Oceania Athletics Championships, 1-7 June – HFC Stadium, Suva

The Oceania championships got underway with the 10,000m track walks, with Australia and New Zealand comprising most of the fields. The onset of a mid-Pacific wind and rain burst ensured the race would be challenging. Aussies **Jack McGinniskin** and **Tayla Billington** showed their class with clear wins in the Senior category.



10,000m: A wet and windy start in Suva. Tayla Billington leading. (Photo: QRWC Facebook)

### 10,000m Track walk – Senior Men

1	Jack McGinniskin	AUS	47:38.10
2	Lucas Martin	NZL	52:08.14
3	Alex Bradley	RAT*	55:34.96

### 10,000m Track walk – Senior Women

1	Tayla Billington	AUS	50:03.75
2	Chelsea Roberts	AUS	52:54.04
3	Bridget Bell	AUS	53:57.23

\*RAT – Regional Australia Team

The Masters were out there longer and had to battle the conditions for longer. Ireland's **Brenda Gannon**, surely no stranger to wild coastal weather, took line honours with the fastest time ahead of **Pramesh Prasad** who was back on his home patch although racing for Australia.



10,000m Masters: Brenda Gannon gets down to business. (Photo: QRWC Facebook)

### 10,000m Track walk - Masters Men

1	Pramesh Prasad	50-54	AUS	1:02:08.76
2	Eric Kemsley	70-74	NZL	1:06:21.67
3	Peter Fox	65-69	NZL	1:08:37.09
..	Ron Schwebel	70-74	AUS	DQ TR54.7.5
..	Hem Chand	50-54	FIJ	DNS

### 10,000m Track walk – Masters Women

1	Brenda Gannon	45-49	IRL	1:01:25.86
2	Serena Coombes	55-59	NZL	1:09:04.62
3	Jacqueline Wilson	75-79	NZL	1:12:45.48
4	Dash Newington	35-39	GBR	1:18:53.31
..	Ruth Mave	60-64	COK	DQ TR54.7.5
..	Daphne Jones	80-84	NZL	DQ TR54.7.5
..	Heather Carr	70-74	AUS	DNS



Boy, that was hard-earned bling! (Photo: QRWC Facebook)

## MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Sunday, June 2, 2024 - 2000, international oscillation and organizational progress  
<https://omarchador.blogspot.com/2024/06/2000-oscilacao-internacional-e.html> Portugal's fortunes at the Sydney Olympics, and a time of transition.
- Saturday, June 1, 2024 - Brzozowski and Martinková triumph at the PTS Meeting in Banská Bystrica (2024)  
<https://omarchador.blogspot.com/2024/06/brzozowski-e-martinkova-triunfam-no.html>
- Friday, May 31, 2024 - Portuguese marchers at the Rome 2024 European Championships  
<https://omarchador.blogspot.com/2024/05/marchadoras-portuguesas-nos-europeus-de.html> Portugal will send three women to the Rome race walking competition. No male walkers were selected.
- Thursday, May 30, 2024 - Paul McGrath and María Pérez highlighted in the Spanish Club Championships (2024)  
<https://omarchador.blogspot.com/2024/05/paul-mcgrath-e-maria-perez-em-destaque.html>
- Wednesday, May 29, 2024 - FADU - University Track Championships, Beja 2024 (results)  
<https://omarchador.blogspot.com/2024/05/fadu-campeonatos-universitarios-de.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.*

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2024

Sun 9 Jun 2024	<b>RWA 57<sup>th</sup> Annual Lake Burley Griffin Carnival</b> – Canberra ACT
Sat 22 Jun 2024	<b>AV 15km &amp; Little Athletics Victoria Road c'ships</b> – Middle Park
Sun 14 Jul 2024	<b>AV, VMA &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> – Lakeside Stadium (Cathy Freeman Room)
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

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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