



HEEL & TOE Online

Vol. 2024
Issue No. 23
Tuesday
11 June 2024

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **



(Photos: AA)

Two record performances over 35km qualify **Rhydian Cowley** and **Rebecca Henderson (VIC)** for their latest WOTW awards, following last Sunday's Lake Burley Griffin Walking Carnival in Canberra.

For **Rhydian** it was no doubt a case of unfinished business, the memory of his wrung-out collapse at last year's World championships 35km in Budapest's heat serving as an itch that could only be scratched one way. The next edition of those championships, in Tokyo next year, was surely an added incentive. In the icy breeze at Stromlo Park circuit, Rhyd did not so much scratch the itch as pummel it into oblivion, ripping 1:08 from his own Australian record to clock **2:26:25** (the fastest time recorded in the world this year), then relaxing in a chair with a big smile, chatting away as if ready to order his first latte of the morning!

For her part, **Bec's** return to the top has been the culmination of a long and steady journey back from heartbreak. Robbed by a debilitating back injury of the Budapest 35km she had prepared so hard for (not to mention the Paris Olympic 35km that would never happen), Bec and her coach Simon Baker set a methodical recovery program which has seen her return to her pre-Budapest level and emphasise the point with her own new national record, **2:47:34**. As an accomplished triathlete, Bec knows many routes to fitness, knowledge which must certainly have aided her on the way back.

Congratulations, Rhyd and Bec. You've now left home shores for Paris, and we all wish you both the best of good fortune in your races by the banks of the Seine!

***Honourable mentions** (all from the LBG in Canberra)

- **Corey Dickson (VIC)** – finished his first ever 35km in **2:40:16**, placing him 11th in the world so far in 2024.
- **Elizabeth McMillen (NSW)** – a high-quality double, winning the 15km in **1:12:02** and later the 5km in **21:57**.
- **Sophie Polkinghorne (NSW, 14)** – after an expected win in the U16 3km, came back for a less-expected bronze in the Open Women's 5km behind Lizzie McMillen and Alanna Peart.
- **Andrew Jamieson (VIC, 77yo)** – a new M75+ club record for Andy for 15km – **1:38:03** ... without taking a sip of water! ('They didn't let us back in our day.')
- **Angelina Legrand (SA)** – overcame the NSW 'machine' to win the U18 5km in **26:08**, then went straight back to the start and placed 4th in the Open Women's 5km.



CLUB NEWS and RESULTS

***LIGHT ON IN NUMBERS ... FULL ON IN SPIRIT!**

The small VRWC contingent who attended the 57th **Lake Burley Race Walking carnival** on the long weekend nevertheless made their presence known with a range of impressive performances. While these were, of course, crowned by Rhydian Cowley's and Bec Henderson's Australian 35km records, many others were noteworthy and a supply of medals disproportionate to numbers attending made their way south of the Murray.

Congratulations to the following members on their racing efforts at Stromlo Forest Park on Sunday:

GOLD	Rhydian Cowley Bec Henderson Kyle Swan Andrew Jamieson Men Open 15km Teams race <i>(Kyle Swan, Marcus Wakim, Alejandro Stephens)</i> Alejandro Stephens	Robin Whyte Classic 35km Men Val Chesterton Classic 35km Women Men Open 5km Men Masters 15km Men 15km Handicap
SILVER	Alanna Peart Kyle Swan David Smyth Angus Shuttleworth Marcus Wakim Payton Welsh	Women Open 15km & Women Open 5km Men Open 15km Men Masters 15km Boys U14 2km Men 15km Handicap Girls U10 1km Handicap
BRONZE	Corey Dickson Emily Smith Kate Siviour Brodie Welsh Addison Frenken	Robin Whyte Classic 35km Men Women U20 10km Women Open 15km Boys U12 2km Girls U12 2km

4th place	Marcus Wakim Angus Shuttleworth	Men Open 15km Boys U18 5km
6th place	Payton Welsh Alejandro Stephens	Girls U10 1km Men Open 15km
9th place	Marcus Wakim	Men Open 5km



A sea of blue vests ... and one belongs to us! (Photo: Helen Toyne)

Commiserations also for **Fraser Saunder**, who was moving well in the 35km race before injury overcame him. Apparently, Fraser ran in a marathon recently and hadn't managed the rapid turn-around needed for this event. We wish you all the best and a successful second half of the season, Fraser.

UNIFORMS UPDATE

A reminder that the new Club racing uniforms have arrived at last! These will be available for purchase from this 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*

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

Mark – neerim8@gmail.com

Terry – secretary@vrwc.org.au

***This coming weekend ...**

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/>

Saturday 15 June ... 'Guess Your Time' day

Don't forget to bring your coppers along for the Raffle and BBQ this Saturday!



- VRWC members **Riley Coughlan**, **Ariana Pashutina** and **Pramesh Prasad** all reached the podium in the 5000m at the Oceania championships in Suva, Fiji, last week. **Riley** took silver in the U18 behind QLD's Bailey Housden,

while **Ariana** made it a trifecta in the women's U18 race, crossing 3rd for bronze behind Sienna Pitcher (NSW) and Milly Sharpe (QLD). **Pramesh** claimed gold in the Masters race. Well done to our three Aussie reps! (See 'International News' for race results)



Ariana (right) with Milly and Sienna

- After clocking a PB in the Open 15km in Canberra, **Alejandro Stephens** left the venue in search of some much-needed nourishment. In doing so he missed the presentation at which, unbeknownst to him, his Teams gold medal and Handicap trophy went unclaimed and the team photo was taken without him. Nothing daunted, Alejandro met up with his 15km team mates, **Kyle Swan** and **Marcus Wakim**, at the dinner that evening and arranged his own photo shoot. Better late than never!



AROUND THE COUNTRY

A.C.T. **57th Lake Burley Griffin Walking Carnival, Sunday 9 June – Stromlo Forest Park, Canberra**

A biting wind of variable intensity was the only element of the oft-dreaded Canberra June weather to put in an appearance at the Stromlo Park circuit last Sunday, with generally sunny patches making for nearly ideal racing conditions.

Once again, thank you and well done to the ACTRFWC for their first-rate organisation and hard work in putting on the 57th edition of this celebrated carnival. The lower-than-expected turnout (especially from Victoria) added to the ACT club's 'bottom line' headaches, yet it's encouraging that they are prepared to host the event at least once more, in 2025.

The upgrading of the 30km to 35km – bringing it closer to the old 20 mile classic and into line with the World Championships distance and WA calendar status – brought immediate results in the form of two new national records. **Rhydian Cowley** and **Bec Henderson** were untouchable from the gun, but all who finished the 35 1km circuits (each containing testing undulations and exposure to the wind) deserve pats on the back for their perseverance, not least QLD's **Kirstin Shaw** who kept labouring away long after the rest had finished. With the U20 10km also having WA qualifying accreditation, we hope to see the cream of the country's young talent locking horns at Stromlo in their quest to earn 'green & gold.'

NSW, with their impregnable depth in the all-important junior ranks (and all credit to them for developing it), appear to have a firm grip on the Brennen Shield and it'll take some hard wrestling by the other states in the July Postal Challenge and RWA championships in August to loosen it. But we're up for a challenge – postal or otherwise!



35km: The Robin Whyte and Val Chesterton fields set out for a hard morning's work.

Results – Individual & Teams

Event 1: Robin Whyte Classic Men 35km

1	Rhydian Cowley	VRWC	2:26:25 AR
2	Mitchell Baker	ACTRFWC	2:38:15
3	Corey Dickson	VRWC	2:40:16
4	Carl Gibbons	NSWRWC	2:47:33
5	Kim Mottrom	SARWC	3:14:57
6	Peter Crump	SARWC	4:06:08
..	Dylan Richardson	NSWRWC	DNF
..	Fraser Saunder	VRWC	DNF

Event 1M: Men Masters 35km

1	Kim Mottrom	SARWC	3:14:57
2	Peter Crump	SARWC	4:06:08

Event 2: Val Chesterton Classic Women 35km

1	Rebecca Henderson	VRWC	2:47:34 AR
2	Allanah Pitcher	NSWRWC	3:11:22
3	Bridget Bell	NSWRWC	3:17:51
4	Kirstin Shaw	QRWC	4:34:57

Event 2B: Women 35km Fitness walk

1	Sue Archer	ACTRFWC	3:47:03
---	------------	---------	---------

Event 4: Open Women 15km

1	Elizabeth McMillen	NSWRWC	1:12:02
2	Alanna Peart	VRWC	1:14:26
3	Kate Siviour	VRWC	1:17:21
4	Chelsea Roberts	NSWRWC	1:17:53
5	Ciara Cassilles	NSWRWC	1:27:02
6	Noela McKinven	QRWC	2:28:37

TEAMS RESULTS

1	NSWRWC1	7	Elizabeth McMillen, Chelsea Roberts, Ciara Cassilles
---	---------	---	--

Event 4M: Women Masters 15km

1	Noela McKinven	QRWC	2:28:37
---	----------------	------	---------

Event 5: Open Men 15km

1	Tim Fraser	ACTRWC	1:00:53
2	Kyle Swan	VRWC	1:01:25
3	Isaac Beacroft	NSWRWC	1:06:02
4	Marcus Wakim	VRWC	1:07:38

Handicaps

Handicap

Pl	Name	Club	Hcp time
1	Peter Crump	SARWC	2:19:08
2	Kim Mottrom	SARWC	2:30:42
3	Carl Gibbons	NSWRWC	2:42:26

Handicap

1	Kirstin Shaw	QRWC	3:10:57
---	--------------	------	---------

Handicap

1	Ciara Cassilles	NSWRWC	1:10:20
2	Chelsea Roberts	NSWRWC	1:11:03
3	Noela McKinven	QRWC	1:23:37

Handicap

1	Alejandro Stephens	VRWC	0:59:21
2	Marcus Wakim	VRWC	0:59:33
3	Jack McGinniskin	NSWRWC	1:00:15

5	Jack McGinniskin	NSWRWC	1:10:22
6	Alejandro Stephens	VRWC	1:17:11
7	Andrew Jamieson	VRWC	1:38:03
8	David Smyth	VRWC	1:38:51
..	Owen Toyne	ACTRWC	DNS
..	Will Bottle	TRWC	DNS
..	Gerard Feain	VRWC	DNS

TEAMS RESULTS

1	VRWC1	6	
	Kyle Swan, Marcus Wakim, Alejandro Stephens		

Event 5M: Masters Men 15km

1	Andrew Jamieson	VRWC	1:38:03
2	David Smyth	VRWC	1:38:51
..	Gerard Feain	VRWC	DNS

Event 6: ACT Fitness 15km Men & Women

1M	John Kennedy	ACTRWC	1:49:35
2M	Bryan Thomas	ACTRWC	2:18:54

1W	Lorna England	ACTRWC	2:18:55
----	---------------	--------	---------

Event 7: ACT Fitness 8km Men & Women

1M	John Nilon	NSWRWC	1:03:38
2M	Geoff Barker	ACTRWC	1:21:40
3M	Robert Kennelly	ACTRWC	DNS

1W	Nicole Nilon	NSWRWC	1:03:38
2W	Kristy Templer	SARWC	1:08:33

Event 8: Men U20 10km

1	Kodi Clarkson	ACTRWC	0:44:42
2	Sam McCure	QRWC	0:45:49
3	Joel Byatt	NSWRWC	0:48:04
4	Brendan Pospischil	NSWRWC	0:57:01
5	Aidan Pospischil	NSWRWC	1:04:20
6	Owen Toyne	ACTRWC	DNF

Handicap

1	Aidan Pospischil	NSWRWC	0:41:49
2	Brendan Pospischil	NSWRWC	0:44:14

TEAMS RESULTS

1	NSWRWC1	6	
	Joel Byatt, Brendan Pospischil, Aidan Pospischil		

Event 9: ACT Over 19 10km

1	Di Camilleri	SARWC	1:30:44
---	--------------	-------	---------

Event 10: Women U20 10km

1	Nellie Langford	SARWC	0:54:36
2	Hana Jugovic	ACTRWC	0:57:11
3	Emily Smith	VRWC	1:01:57
4	Phoebe Chadwick	QRWC	DNF

Handicap

Not available

Event 11: Boys U10 1km

1	Oliver Masik	NSWRWC	0:05:09
2	Jacob Hearnden	NSWRWC	0:05:29
3	Lachlan de Bree	NSWRWC	0:06:01
4	Kostya Peart	NSWRWC	0:06:36
5	Huxley Jones	NSWRWC	0:06:46
6	Zac Anderson-Rule	ACTRWC	DQ
7	Max Miller	NSWRWC	DNS

Handicap

1	Huxley Jones	NSWRWC	0:02:31
2	Kostya Peart	NSWRWC	0:03:13

TEAMS RESULTS

1	NSWRWC1	7	
	Oliver Masik, Jacob Hearnden, Lachlan de Bree		

Event 12: Girls U10 1km

1	Addison Fahey	NSWRWC	0:05:35
---	---------------	--------	---------

Handicap

1	Phoebe Grocott	ACTRWC	0:03:17
---	----------------	--------	---------

2	Veronica Dennett	NSWRWC	0:05:41	2	Payton Welsh	VRWC	0:03:27
3	Samantha Ramboer	ACTRWC	0:05:48	3	Milana Sorokin	NSWRWC	0:03:30
4	Milana Sorokin	NSWRWC	0:06:12				
5	Nur Nasrin Hewitt	NSWRWC	0:06:27				
6	Payton Welsh	VRWC	0:06:47				
7	Estrid Helgstedt	ACTRWC	0:06:54				
8	Zoe Olofinsky	NSWRWC	0:07:25				
9	Phoebe Grocott	ACTRWC	0:07:26				

TEAMS RESULTS

- 1 **NSWRWC1** 15
Addison Fahey, Veronica, Dennett, Milana Sorokin
- 2 **ACTRWC2** 7
Samantha Ramboer, Estrid Helgstedt, Phoebe Grocott

Event 13: Boys U12 2km

1	Nate Appleyard	NSWRWC	0:10:20
2	Liam Meale	NSWRWC	0:11:13
3	Brodie Welsh	VRWC	0:11:15
4	Oliver Masik	NSWRWC	0:11:35
5	Jacob Hearnden	NSWRWC	0:12:39
6	Alexander Dennett	NSWRWC	0:12:42
7	Hugo Siciliano	NSWRWC	0:14:32

Handicap

1	Oliver Masik	NSWRWC	0:09:22
2	Alexander Dennett	NSWRWC	0:09:44
3	Jacob Hearnden	NSWRWC	0:09:54

TEAMS RESULTS

- 1 **NSWRWC1** 16
Nate Appleyard, Liam Meale, Oliver Masik
- 2 **NSWRWC2** 6
Jacob Hearnden, Alexander Dennett, Hugo Siciliano

Event 14: Girls U12 2km

1	Avia Luketic	NSWRWC	0:10:29
2	Stella Wade	NSWRWC	0:10:44
3	Addison Frenken	VRWC	0:11:02
4	Hannah Hewitt	NSWRWC	0:11:08
5	Emma Olofinsky	NSWRWC	0:12:02
6	Caitlin Allum	NSWRWC	0:12:21
7	Addison Fahey	NSWRWC	0:12:22
8	Addison Jenkins	NSWRWC	0:12:26
9	Veronica Dennett	NSWRWC	0:13:10
10	Tindra Helgstedt	ACTRWC	0:13:21
11	Milana Sorokin	NSWRWC	0:14:06

Handicaps

1	Addison Jenkins	NSWRWC	0:08:17
2	Caitlin Allum	NSWRWC	0:08:38
3	Emma Olofinsky	NSWRWC	0:09:02

TEAMS RESULTS

- 1 **NSWRWC1** 25
Avia Luketic, Stella Wade, Hannah Hewitt
- 2 **NSWRWC2** 15
Emma Olofinski, Caitlin Allum, Addison Fahey
- 3 **NSWRWC3** 6
Addison Jenkins, Veronica Dennett, Milana Sorokin

Event 15: Boys U14 2km

1	Nate Appleyard	NSWRWC	0:09:41
2	Angus Shuttleworth	VRWC	0:10:09
3	Noah Vella	NSWRWC	0:10:19
4	Mitchell McCarthy	NSWRWC	0:10:44
5	Michael Mathison	NSWRWC	0:10:53
6	Sagan Jones	NSWRWC	0:10:56
7	Sebastian Ryan	ACTRWC	0:12:24
8	Alexander Dennett	NSWRWC	0:14:14

Handicap

1	Michael Mathison	NSWRWC	0:08:33
2	Mitchell McCarthy	NSWRWC	0:09:33
3	Sagan Jones	NSWRWC	0:09:35

TEAMS RESULTS

- 1 **NSWRWC1** 16
Nate Appleyard, Noah Vella, Mitchell McCarthy
- 2 **NSWRWC2** 6
Michael Matheson, Sagan Jones, Alexander Dennett

Event 16: Girls U14 2km

1	Ashleigh Mansell	NSWRWC	0:10:18
2	Erin Cassilles	NSWRWC	0:10:26
3	Emma Hoskins	NSWRWC	0:10:30
4	Ivy Murray	NSWRWC	0:10:52
5	Nikki Hearnden	NSWRWC	0:11:05
6	Sienna Wade	NSWRWC	0:11:11
7	Liliana Templer	SARWC	0:11:32
8	Matilda Rech	SARWC	0:11:32
9	Addison Jenkins	NSWRWC	0:12:42
10	Lilly Twigden	NSWRWC	0:13:25
11	Caitlin Allum	NSWRWC	0:13:53
1	Ashleigh Mansell	NSWRWC	0:10:18

Handicap

1	Ivy Murray	NSWRWC	0:08:12
2	Addison Jenkins	NSWRWC	0:08:33
3	Liliana Templer	SARWC	0:09:12

TEAMS RESULTS

1	NSWRWC1	25	Ashleigh Mansell, Erin Cassilles, Emma Hoskins
2	NSWRWC2	15	Ivy Murray, Nikki Hearnden, Sienna Wade
3	NSWRWC3	6	Addison Jenkins, Lilly Twigden, Caitlin Allum

Event 17: Boys U16 3km

1	Christopher Nilon	NSWRWC	0:15:52
2	Mitchell McCarthy	NSWRWC	0:16:32
3	Charlton Maxwell	NSWRWC	0:17:28
4	Alexander Dennett	NSWRWC	0:22:01

Handicap

1	Alexander Dennett	NSWRWC	0:16:05
---	-------------------	--------	---------

TEAMS RESULTS

1	NSWRWC1	7	Christopher Nilon, Mitchell McCarthy, Charlton Maxwell
---	----------------	----------	--

Event 18: Girls U16 3km

1	Sophie Polkinghorne	NSWRWC	0:15:54
2	Erin Cassilles	NSWRWC	0:16:39
3	Lexie Beacroft	NSWRWC	0:16:43
4	Jillian Ryan	ACTRWC	0:16:44
5	Keira Gill	NSWRWC	0:17:54
6	Scarlett McGraw	NSWRWC	0:18:36
7	Nikki Hearnden	NSWRWC	0:19:10

Handicap

1	Jillian Ryan	ACTRWC	0:12:33
2	Scarlett McGraw	NSWRWC	0:12:46
3	Keira Gill	NSWRWC	0:14:38

TEAMS RESULTS

1	NSWRWC1	16	Sophie Polkinghorne, Erin Cassilles, Lexie Beacroft
2	NSWRWC2	6	Keira Gill, Scarlett McGraw, Nikki Hearnden

Event 19: Boys U18 5km

1	Joel Byatt	NSWRWC	0:22:58
2	Cooper Rech	SARWC	0:25:42
3	Christopher Nilon	NSWRWC	0:28:14
4	Angus Shuttleworth	VRWC	0:30:08
5	Aidan Pospischil	NSWRWC	0:33:09

Handicap

1	Aidan Pospischil	NSWRWC	0:24:33
2	Angus Shuttleworth	VRWC	0:25:53

TEAMS RESULTS

1	NSWRWC1	7	Joel Byatt, Christopher Nilon, Aidan Pospischil
---	----------------	----------	---

Event 20: Girls U18 5km

1	Angelina Legrand	SARWC	0:26:09
2	Matilda Webb	NSWRWC	0:26:52
3	Jessica Loring	NSWRWC	0:27:01
4	Hana Jugovic	ACTRWC	0:27:56
5	Ciara Cassilles	NSWRWC	0:29:54
6	Madeleine Maxwell	NSWRWC	0:30:10
7	Summer Sivaraj	NSWRWC	0:32:11
8	Emma Grocott	ACTRWC	0:33:01
9	Julia Grocott	ACTRWC	0:33:01

Handicap

1	Hana Jugovic	ACTRWC	
2	Ciara Cassilles	NSWRWC	
3	Madeleine Maxwell	NSWRWC	

10	Laura Corvalan Sot.	NSWRWC	0:33:30
11	Sarah Challinor	NSWRWC	0:37:29

TEAMS RESULTS

1	NSWRWC1	23	Matilda Webb, Jessica Loring, Ciara Cassilles
2	ACTRWC1	11	Hana Jugovic, Emma Grocott, Julia Grocott
3	NSWRWC2	10	Madeleine Maxwell, Summer Sivaraj, Laura Corvalan Sotomayor

Event 21: Women Open 5km

1	Elizabeth McMillen	NSWRWC	0:21:57
2	Alanna Peart	VRWC	0:22:32
3	Sophie Polkinghorne	NSWRWC	0:27:13
4	Angelina Legrand	SARWC	0:30:13
5	Emma Hoskins	NSWRWC	0:30:48
6	Ann Jugovic	ACTRWC	0:31:20
7	Liliana Templer	SARWC	0:31:57
8	Phoebe Chadwick	QRWC	0:34:01
9	Matilda Rech	SARWC	0:34:53
10	Carmel Parker	NSWRWC	0:35:46
11	Nicolle Challinor	NSWRWC	0:36:28
12	Emily Challinor	NSWRWC	0:40:33
13	Kristy Templer	SARWC	0:42:19
14	Edna Dundas	ACTRWC	DQ
15	Di Camilleri	SARWC	DQ

Handicap

1	Emily Challinor	NSWRWC	0:12:47
2	Nicolle Challinor	NSWRWC	0:15:45
3	Carmel Parker	NSWRWC	0:17:55

TEAMS RESULTS

1	NSWRWC1	24	Elizabeth McMillen, Sophie Polkinghorne, Emma Hoskins
2	SARWC1	16	Angelina Legrand, Liliana Templer, Matilda Rech
3	NSWRWC2	6	Carmel Parker, Nicholle Challinor, Emily Challinor

Event 21M: Masters Women 5km

1	Ann Jugovic	ACTRWC	0:21:57
2	Carmel Parker	NSWRWC	0:22:32
3	Nicolle Challinor	NSWRWC	0:27:13
4	Kristy Templer	SARWC	0:30:13
5	Edna Dundas	ACTRWC	DQ
6	Di Camilleri	SARWC	DQ

Event 22: Men Open 5km

1	Kyle Swan	VRWC	0:19:33
2	Tim Fraser	ACTRWC	0:20:23
3	Owen Toyne	ACTRWC	0:20:52
4	Carl Gibbons	NSWRWC	0:20:58
5	Dylan Richardson	NSWRWC	0:21:15
6	Kodi Clarkson	ACTRWC	0:21:24
7	Mitchell Baker	ACTRWC	0:21:41
8	Jack McGinniskin	NSWRWC	0:21:59
9	Marcus Wakim	VRWC	0:22:32
10	Kim Mottrom	SARWC	0:24:51
11	Rain Langford	SARWC	0:26:29
12	Brendan Pospischil	NSWRWC	0:29:22
13	Cooper Rech	SARWC	0:29:23
14	Peter Crump	SARWC	0:34:53

Handicap

1	Kodi Clarkson	ACTRWC	0:19:59
2	Dylan Richardson	NSWRWC	0:20:22
3	Rain Langford	SARWC	0:20:29

TEAMS RESULTS

1	ACTRWC1	22	Tim Fraser, Owen Toyne, Kodi Clarkson
2	NSWRWC1	17	Carl Gibbons, Dylan Richardson, Jack McGinniskin
3	SARWC1	6	Kim Mottrom, Rain Langford, Peter Crump

Event 22M: Men Masters 5km

1	Kim Mottrom	SARWC	0:24:51
2	Peter Crump	SARWC	0:34:53



35km ... plus another 5km. "Is that it? Can I go home now?"

TASMANIA

TRWC results, 8 June – Seven Mile Beach

David Moore reports:

A fine, cool day for our walk at Seven Mile Beach today. Very good efforts in the 1.5km event from **Isabelle Christensen Barrett** and our youngest walker **William Sugiarto**. It was nice also to see **Elizabeth Leitch** in her first outing of the Road season , whilst **Wayne Fletcher** completed his first 5km since August last year.

1.5km

1. Bianca Sugiarto	Huon LA	12:57
2. Isabelle Christensen Barrett	TRWC	13:44 First one
3. William Sugiarto	TRWC	14:32

2km

1. Adele Woodward	OVA	13:31
2. Elsie Woodward	Huon LA	16:25
3. Dave Moore	TMA	19:42

3km

Elizabeth Leitch	TMA	22:01
------------------	-----	-------

5km

Wayne Fletcher	NS	52:37
----------------	----	-------



INTERNATIONAL NEWS

ITALY: European Athletics championships, 7-12 June - Rome

Karlstrom wins European 20km title in Rome

(reprinted from [O Marchador](#) – 7 June)

Sweden's **Perseus Karlström** won the European 20km race walk title on Saturday, triumphing in the distance race at the European Athletics Championships in Rome with a time of **1.19.13**. The Scandinavian, who was looking for his first major international title in the Italian capital, was followed by Spain's **Paul McGrath** (**1.19.31**) and Italy's **Francesco Fortunato** (**1.19.54**).

Just as had happened the day before in the women's 20km, the decisions in this race started to become clear after the halfway point, when Karlström, McGrath and German **Christopher Linke** formed a commanding group, breaking away from the peloton that until then had been made up of six other units. It was the result of another moment of pressure from the Swede, who had already launched a couple of good attacks, which did nothing more than slow down the initial pace, well over four minutes per kilometer. The passage of five kilometers in 20.45 m is a demonstration of this.

In the 1,000-meter laps immediately after the halfway point, Linke found it difficult to keep up with the Swede and the Spaniard, and ended up being held up when Paul McGrath saw fit to move ahead and try to reserve the gold medal for himself. Isolated from the 12th kilometer onwards, McGrath relegated Karlström to around 20 meters behind and Linke to a third place that he was unlikely to hold. He didn't, in fact, as he was soon overtaken by Francesco Fortunato and a few other competitors, until he gave up in the final mile.

Meanwhile, at the front, McGrath's superiority was short-lived and Karlström caught up with the Spaniard, immediately taking the lead and isolating himself shortly afterwards, near the 16-kilometer mark, never to lose the top spot again.

Until the end, the gap between the two frontrunners grew to 18 seconds at the finish line, with the Italian Fortunato retaining third place and another medal (the third) for Italy in the marching events, after the gold and silver in the women's 20km.

Finally, it's worth noting that only six of the 35 athletes at the start achieved personal bests for the year, a probable indication that they are all waiting for the Olympic Games in Paris to reach their peak form for the current season. And the 32°C temperature recorded at the start of the race won't explain everything.



(Photo: Nicola Maggio)

Translated with DeepL.com (free version)



McGrath



Fortunato

1.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:19:13
2.	Paul MCGRATH	07 MAR 2002	ESP	1:19:31
3.	Francesco FORTUNATO	13 DEC 1994	ITA	1:19:54
4.	Gabriel BORDIER	08 OCT 1997	FRA	1:20:45
5.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:20:52
6.	Riccardo ORSONI	20 JAN 2000	ITA	1:21:08
7.	Maher BEN HLIMA	24 JUL 1989	POL	1:21:12
8.	Leo KÖPP	23 MAY 1998	GER	1:21:19
9.	Callum WILKINSON	14 MAR 1997	GBR	1:21:34
10.	Ihor HLAVAN	25 SEP 1990	UKR	1:22:03
11.	Kevin CAMPION	23 MAY 1988	FRA	1:22:21
12.	Aurélien QUINION	27 JAN 1993	FRA	1:22:38
13.	Dominik ČERNÝ	01 NOV 1997	SVK	1:22:56
14.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:22:56
15.	Artur BRZOZOWSKI	29 MAR 1985	POL	1:23:05
16.	Máté HELEBRANDT	12 JAN 1989	HUN	1:23:22
17.	Serhii SVITLYCHNYI	13 JUL 1994	UKR	1:23:49
18.	Vít HLAVÁČ	26 FEB 1997	CZE	1:23:53
19.	Miroslav ÚRADNÍK	24 MAR 1996	SVK	1:24:04
20.	Bence VENYERCSÁN	08 JAN 1996	HUN	1:24:08
21.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	1:24:18
22.	Jerry JOKINEN	18 MAR 2002	FIN	1:24:41
23.	Oisín LANE	12 JUN 2002	IRL	1:25:02
24.	Mazlum DEMIR	19 DEC 2003	TUR	1:26:33
25.	Nathaniel SEILER	06 APR 1996	GER	1:27:42
26.	Ivan BANZERUK	09 FEB 1990	UKR	1:28:25
27.	Norbert TÓTH	07 OCT 2001	HUN	1:30:02
	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	DNF
	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	DNF
	Christopher LINKE	24 OCT 1988	GER	DNF
	Hayrettin YILDIZ	04 MAY 2004	TUR	DNF
	Salih KORKMAZ	01 JAN 1997	TUR	DNF
	Alberto AMEZCUA	10 MAY 1992	ESP	DNF
	Aleksi OJALA	09 DEC 1992	FIN	DQ
	Marius ŽIUKAS	29 JUN 1985	LTU	DQ

Palmisano, European 20km at home

(reprinted from O Marchador – 7 June)

Italy's **Antonella Palmisano** was crowned European 20km champion this Friday, winning the distance race in **1.28.09** in her country's capital. Her compatriot **Valentina Trapletti** (**1.28.37**) and Ukrainian **Lyudmyla Olyanovska** (**1.28.48**) finished close behind in the final of the European Championships in Rome. Among the Portuguese women, **Vitória Oliveira** recorded the best classification, 17th, with **1.33.39**, while **Carolina Costa** finished in 23rd place (**1.37.01**) and **Inês Mendes** finished in 25th position (**1.37.23**).



Left: Palmisano leads, with Beretta on her shoulder. Right: Trapletti finishes for silver. (Photos: Nicola Maggio)

The fight for the title began to be defined halfway through the competition, when Palmisano attacked with determination, isolating himself at the front and accumulating a lead that grew with each lap of the thousand-meter circuit laid out outside the

Olympic Stadium. She was then running at a steady pace of four minutes and twenty seconds per kilometer and, at 12 kilometers, she had a seven-second lead over the first chasing group, made up of Trapletti, Olyanovska, Spaniards **Laura García-Caro** and **Cristina Montesinos**, Frenchwomen **Clémence Beretta** and **Camile Moutard** and Czech **Eliška Martínková**.

Swamped by three disqualification notices, Martínková was the first of this group to fall behind following the two-minute stop she was imposed in the penalty zone just before the 13-kilometer mark. The rest of the group stayed together until the third mile, with Palmisano completing this section in 1.06.21 h, 26 seconds ahead of the chasing pack.

Soon after, the Frenchwoman Beretta gave way and it was after 18 kilometers that this small peloton broke up. It was also time for Trapletti to attack to secure second place, which he did with evident determination, finishing with a new personal best of 1.28.37 h, taking no less than a minute and ten seconds off his previous best. He finished 28 seconds behind Palmisano, who limited himself in the final part of the race to managing the lead he had gained since the start of the second half of the race, in order to add the continental title to the Olympic title he won in Tokyo, which he will have the chance to defend in August at the Paris Games.

In the fight for the last place on the podium, Laura García-Caro was getting the better of Olyanovska and, when it looked like she had third place secured, she started celebrating, raising the flag that had been handed to her just before entering the stadium and, not realizing that, a little behind, the Ukrainian kept her competitive concentration and determination in the fight, catching up until she overtook Laura five meters from the finish line, to the Spanish woman's obvious surprise.

As far as the Portuguese women were concerned, it was Vitória Oliveira who finished the race in a sprint with Greece's **Antigoni Drisbioti**, who was defending the title she won two years ago in Munich (a double title, by the way, since in the Bavarian capital she also triumphed in the 20 km and 35 km).

Translated with DeepL.com (free version)

1.	Antonella PALMISANO	06 AUG 1991	ITA	1:28:08
2.	Valentina TRAPLETTI	12 JUL 1985	ITA	1:28:37
3.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:28:48
4.	Laura GARCÍA-CARO	16 APR 1995	ESP	1:28:48
5.	Camille MOUTARD	11 JUL 2001	FRA	1:28:55
6.	Cristina MONTESINOS	12 JUL 1994	ESP	1:29:07
7.	Clémence BERETTA	22 DEC 1997	FRA	1:29:37
8.	Pauline STEY	09 SEP 2001	FRA	1:29:54
9.	Raquel GONZÁLEZ	16 NOV 1989	ESP	1:30:05
10.	Olena SOBCHUK	23 NOV 1995	UKR	1:31:47
11.	Eliška MARTÍNKOVÁ	27 JAN 2002	CZE	1:31:58
12.	Olga CHOJECKA	30 JUN 1997	POL	1:32:34
13.	Mariia SAKHARUK	14 OCT 1995	UKR	1:32:39
14.	Rita RÉCSEI	30 JAN 1996	HUN	1:32:54
15.	Eleonora Anna GIORGI	14 SEP 1989	ITA	1:33:29
16.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	1:33:38
17.	Vitória OLIVEIRA	30 AUG 1992	POR	1:33:39
18.	Saskia FEIGE	13 AUG 1997	GER	1:33:57
19.	Panagiota TSINOPOULOU	16 OCT 1990	GRE	1:34:12
20.	Mária KATERINKA CZAKOVÁ	02 OCT 1988	SVK	1:34:32
21.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:34:43
22.	Kyriaki FILTISAKOU	14 AUG 2000	GRE	1:34:45
23.	Carolina COSTA	12 MAR 1998	POR	1:37:01
24.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	1:37:14
25.	Inês MENDES	11 APR 2003	POR	1:37:23
26.	Viktória MADARÁSZ	12 MAY 1985	HUN	1:37:43
27.	Ema HAČUNDOVÁ	05 MAR 1999	SVK	1:39:18
28.	Maria Diana LATARETU	19 JUN 2002	ROU	1:39:22
29.	Brigita VIRBALYTĖ	01 FEB 1985	LTU	1:40:14
30.	Tiziana SPILLER	23 DEC 2003	HUN	1:43:55
31.	Monika VAICIUKEVIČIŪTĖ	03 APR 1996	LTU	1:52:02
	Meryem BEKMEZ	31 JUL 2000	TUR	DNF
	Christina PAPAĐOPOULOU	05 SEP 1996	GRE	DQ
	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	DQ
	Ayşe TEKDAL	28 OCT 1999	TUR	DQ

NETHERLANDS: National Walking championships, 9 June – Tilburg

Emmanuel Tardi reports from Tilburg, where he was on his latest round of ‘paddle’ duty:

I was judge in Tilburg this Sunday for national championships of Netherlands, 20km for the men and 10k for the women. The competition was in World Athletics ranking. Each lap was 1564m long on an absolutely perfect road.

Immediately, **Karl Junghanss** walked the faster. He reached the 5k in 20.30 and the 10k in 41.45, but he decreased his pace and finished in **1h27.08**. **André Van Sloten** easily became Dutch champion.

In 20K women, two Indians walked together, but **Manju Rani** received 3 cards and had to stop in the penalty area. **Anne Van Andel** became the 10k Dutch champion.

20km Men

1/Karl Junghanss	GER	1:27:08
2/Malté Strunk	GER	1:45:26
3/André Van Sloten	NED	1:46:56 NC*
4/Edwin Van Wijngaarden	NED	1:47:26
5/Remco De Bruin	NED	1:52:50
6/Wilfried Van Bremen	NED	2:04:34
7/Marco Timmermans		2:24:39
DNF : Rob Tersteeg		DNF

20km Women

1/Munita Prajapati	IND	1:34:45
2/Manju Rani	IND	1:39:59

10km Men

1/Henk Plasman	NED	1:01:21
2/Marco Bernatzki	NED	1:12:13
3/Ad Holstag	NED	1:13:12
4/Ad Martens	NED	1:13:17

10km Women

1/Anne Van Andel	NED	55:53 NC*
2/Jacqueline Van Drongelen	NED	1:03:04
3/Loes Van Bremen	NED	1:07:56
4/Corina Riezebos	NED	1:14:08

5km Men

1/David Tokodi	HUN	21:51
2/Kristoffer Randall	NOR	23:25
3/Paul Janssen	NED	25:36
4/Arjan Bogerd	NED	35:36
5/Hans Van Wakeren	NED	35:50

5km Women

1/Anett Torma	HUN	26:02
2/Liesbet De Smet	BEL	30:53
3/Yvonne Grootswagers	NED	35:58

1km

Mick Van Bremen	NED	7:47
Timon Bogerd	NED	7:47
Rowan Bogerd	NED	7:48

(* NC – Netherlands champions)



Junghanss



Prajapati and Rani



Van Sloten



Van Andel, centre

(Photos: Emmanuel Tardi)

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

The second walking event of the Oceania Championships – the 5000m – saw another two-way battle between Australia and New Zealand in the four categories, with the Aussies' depth evident in all but the Masters women's field where the Kiwis held sway. U18s **Bailey Housden** and **Riley Coughlan** (AUS) had good hit-outs with rising talent **Myles Ashby** making the most of his first outing in the green 'n' gold. The Australians also swept the podium in the U18 women, with **Sienna Pitcher** joining her big sister as a national rep and celebrating with gold. Fellow national debutantes **Milly Sharpe** and **Ariana Pashutina** completed the podium.

Pramesh Prasad (scoring his second walks gold of the championships) and **Eric Kemsley** were the only male Masters starters, while the women's race was a 'silverwash' with New Zealand dominant and the indestructible **Jacqueline Wilson** probably the best performer on the day.

As with the Masters, the Senior 5000m attracted only two starters. Queenslander **Alex Bradley**, competing for regional Australia, performed creditably against Kiwi **Lucas Martin** who had a good result.

5000m Track walk – U18 Men

1	Bailey Housden	AUS	21:25.83
2	Riley Coughlan	AUS	21:36.80
3	Myles Ashby	AUS	23:40.41
4	Richie Trathern	NZL	24:33.28
5	<i>Oliver Morgan</i>	<i>RAT*</i>	<i>25:48.87</i>
6	Ari Bennett	NZL	27:19.25

5000m Track walk – U18 Women

1	Sienna Pitcher	AUS	25:53.02
2	Milly Sharpe	AUS	27:06.81
3	Ariana Pashutina	AUS	27:31.06
4	Sinead O'Sullivan	NZL	29:22.97
5	Yandri Fourie	NZL	33:43.84

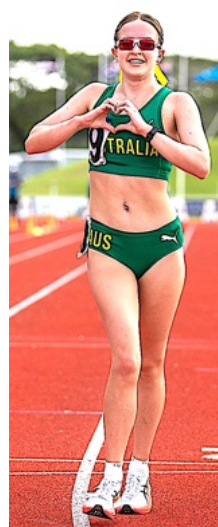
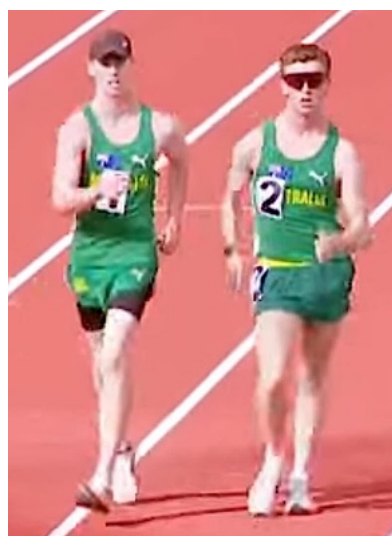
5000m Track walk – Senior Men

1	Lucas Martin	NZL	25:13.83
2	<i>Alex Bradley</i>	<i>RAT*</i>	<i>26:23.35</i>

(* RAT – Regional Australia team)

5000m Track walk – Senior Women

No competition



Bailey and Riley are hard at it, while Sienna celebrates her win.

(Photos: Melanie Jones-Pitcher)

5000m Track walk – Masters Men

1	Pramesh Prasad	50-54	AUS	28:35.02
2	Eric Kemsley	70-74	AUS	31:56.79
..	Ron Schwebel	70-74	AUS	DNS
..	Peter Fox	65-69	AUS	DNS
..	Hem Chand	50-54	FIJ	DNS

5000m Track walk – Masters Women

1	Serena Coombes	55-59	NZL	32:41.26
2	Sam Holliss	40-44	NZL	34:30.45
3	Catherine McCarten	45-49	NZL	34:34.03
4	Jacqueline Wilson	75-79	NZL	35:33.66
5	Dash Newington	35-39	GBR	36:16.12
6	Daphne Jones	80-84	NZL	43:09.96
..	Heather Carr	70-74	AUS	DNS

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.

- Wednesday, June 12, 2024 - Kazakhstan National Athletics Championships – Almaty 2024 (results)
<https://omarchador.blogspot.com/2024/06/campeonatos-nacionais-de-atletismo-do.html>

- Monday, June 10, 2024 - Thaliane Miranda and Klaubert Franca become Brazilian Under-20 champions <https://omarchador.blogspot.com/2024/06/thaliane-miranda-e-klaubert-franca.html>
- Monday, June 10, 2024 - Thaliane Miranda and Klaubert Franca become Brazilian Under-20 champions <https://omarchador.blogspot.com/2024/06/thaliane-miranda-e-klaubert-franca.html>
- Sunday, June 9, 2024 - 2001, lesson for the future. <https://omarchador.blogspot.com/2024/06/2001-licao-para-o-futuro.html> A bad run of high-profile DQs in 2001 leads the Portuguese authorities to revamp their coaching and judge training.
- Sunday, June 9, 2024 - Karlström wins 20 km march of Europeans in Rome <https://omarchador.blogspot.com/2024/06/karlstrom-vence-20-km-marcha-dos.html>
- Saturday, June 8, 2024 - Palmisano, European 20km champion <https://omarchador.blogspot.com/2024/06/palmisano-campea-europeia-de-20-km.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

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

26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24 th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20 th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

** VRWC RACE FEES

Seasons ticket 12 months:

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year.

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.

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.)

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor

0421 470 949

stuwalks@yahoo.com.au