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

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** WALKER OF THE WEEK **

The true soul of race walking – not to mention its heritage – has always been endurance. Stamina, staying power, resilience, perseverance, guts & determination ... name it what you will. Whatever the distances raced, the ability to adapt to all circumstances and to tough it out, physically and mentally, lie at the heart of the sport's reason for being. It is certainly so for the ultra-distance walker.

The Australian 6-Day Walking Championship – held annually in Adelaide – can be counted on to produce jaw-dropping feats of that 24-carat quality, endurance – and so it proved between September 29 and October 5 this year. It isn't often we award 5 walkers a WOTW, but these athletes – **Alicia Heron (ACT)**, **David Billett (SA)**, **Sabina Hamaty (NSW)**, **Marie Boyd (AUS/USA)** and **Albin Hess (VIC)** are all 'walk up starts' for the honour this week.

Tim Erickson, despite nursing slow-healing ribs, wouldn't let the proverbial wild horses stop him from supporting an event like this and, sure enough, there he was by the roadside on Adelaide. Tim reports first on **Alicia's** achievement:¹

*"Alicia, who is one of our top female ultra runners, had contacted me in the leadup to the race to let me know she was intending to try for Centurion membership in the event. She did not disappoint, walking flawlessly and covering a little over 45km in the first 6 hours. She continued on in fine style through her first night to eventually reach the 100 mile mark in 23:15:33 and qualify as **Australian Centurion number 87**. After a few hours break, she was back on the track and into her second day. Now it's hard ask to walk so hard in the first 24 hours and then back up for the same again, but she was up to the challenge. She passed the 200km mark in a time of 35:27:40, taking over 8 minutes off Sabina Hamaty's Australian Open Record and achieved a final 48 Hour distance of 270.086 km, again a new Australian Open Record, over 19 km further than Sabina's mark."*



Alicia crosses to become C87.

¹ Tim's full report on the 6 Day event, with photos, will soon be available to read at <http://centurions.org.au/centnewsletters.shtml>.

David and Sabina, Australian Centurions C50 and C86, went in for the marquee 6 Hour race, each emerging with an impressive brace of new records. Tim Erickson:

“David Billett (C50) did his usual, setting off fast and motoring through his first 100 miles in the fine time of 23:39:56. This was his 12th Centurion walk and his third this year. What a machine!

Like Alicia, he then had to refocus and think about what came next. In his case, a further 5 days of walking! He certainly went through some bad spots in the middle but kept at it and actually came good in the final couple of days. He was rewarded with two new Australian Open records – 500km in 4:19:32:48 and 625.018 km for the full 6 Days. His final 6 Day tally bettered his own Open Residential Record by over 18km and bettered Gerald Manderson’s Open All-Comers Record by 3 km. That particular record had stood since 1999.

And he needed to produce a big final result to beat Sabina Hamaty (C86). Sabina started off much more conservatively, recording a distance of 131km in the first 24 hours, With a lot more in the tank after her slower start, she gradually caught up to David and, by day 5, they were on the same lap. It actually looked possible for a while that Sabina might actually get further in the 6 Days than David, which would have meant that our women’s Open Record would be superior to our Men’s Open Record. This was the spur that inspired David to his final distance of 625.018km. Sabina was only 2km in arrears, her final distance of 623.182km bettering her own Australian 6 Day Open Record by a whopping 86 km! Along the way, she set a new Australian 500km Open Record of 4:21:46:36, a 19 hour improvement on her existing record. It was exciting stuff!

To put Sabina’s walk in perspective, it is the fourth longest 6 Day total (female) of all time, world wide, as per Emmanuel Tardi’s All-Time ranking list. See

<http://centurions.org.au/documents/6%20Day%20Walk%20Ranks%20from%20Emmanuel%20Tardi%202023.pdf>



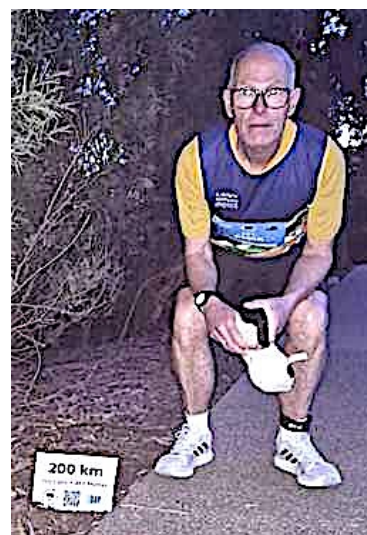
Alicia is congratulated by Sabina



David and Sabina pass 618km



Marie – still enough energy for a smile



Albin, having finished 200km

(Photos: Tim Erickson)

Our 4th and 5th WsOTW, **Marie** and **Albin**, both brought home new records from their 6-Day campaigns. Again, Tim describes the way they went about it:

“Not to be outdone, the other two 6 Day walkers were also in record breaking form. 76 year old Marie Boyd had competed twice in the Adelaide 6 Day event (2019 and 2023) but as a runner, recording distances of 385.019 km and 364.503 km respectively. This year, she decided to move out of her comfort zone and challenge herself with the Walk. While we had very strong W75 age group records over the shorter distances, compliments of Val Chesterton and Lorraine Billett, the longer category records did not yet have holders. Her plan worked out perfectly, as she set inaugural Australian W75 age group records for 100 Miles (2:02:11:04), 200km (2:14:22:07), 48 Hours (149.252km) and 6 Days (402.166 km).

Interestingly, Marie’s 2024 walk total exceeded her 2019 and 2023 run totals! That’s indeed an interesting stat.

Victorian walker Albin Hess competed in the Adelaide 6 Day in 2022, setting new Australian M60 records for 200km and 6 Days. He returned this year to see if he could improve and he certainly did, breaking his own M60 Australian Records for 200km (2:08:45.00) and 6 Days (404.058 km). His 6 Day total was 30km further than he did in 2022.”

For the record, here are their records:

Alicia Heron	200km	W40 Australian Open Record	35:27:40
		W40 Australian W40 Record	35:27:40
Alicia Heron	48 Hours	W40 Australian Open Record	270.086 km
		W40 Australian W40 Record	270.086 km
David Billett	500km	M50 Australian Open Record	4:19:32:48
		M50 Australian M50 Record	4:19:32:48

David Billett	6 Days	M50 Australian Open Record	625.018 km
		M50 Australian M50 Record	625.018 km
Sabina Hamaty	500km	W50 Australian Open Record	4:21:46:36
		W50 Australian W50 Record	4:21:46:36
Sabina Hamaty	6 Days	W50 Australian Open Record	623.182 km
		W50 Australian W50 Record	623.182 km
Marie Boyd	100 Miles	W75 Australian W75 Record	2:02:11:04
	200km	W75 Australian W75 Record	2:14:22:07
	48 Hours	W75 Australian W75 Record	149.252 km
	6 Days	W75 Australian W75 Record	402.166 km
Albin Hess	200km	M60 Australian M60 Record	2:08:45:xx
	6 Days	M60 Australian M60 Record	404.058 km

Congratulations to Alicia, David, Sabina, Marie and Albin ... five great exemplars of what endurance walking is all about!

CLUB NEWS and RESULTS

*Race day ... Sunday 20 October

Have you entered yet?

- 8.30am – 20km, 15km Open
- 8.45am – 10km Open
- 9.10am – 5km, 3km Open
- 9.50am – 2km, 1km Open

The entry portal is now open. Go to
<https://www.revolutionise.com.au/vrwc/events>
Deadline for entries: Friday 18 October at 6pm



- At the weekend I was informed by Geoff Barrow that **John Nottle** had suffered a stroke during the week. The good news is that John is recuperating well at home and has already been going on short walks as part of his therapy. He hopes to start catching up with friends later in the week.

Best wishes for a speedy recovery and return to racing, John!

- **Albin Hess** may not have raced at Middle Park for several seasons but that doesn't mean he isn't intent on achieving new walking goals. Albin's latest result came in last week's Australian 6 Hour championship in Adelaide, in which he broke his own M60 national records for 200km and 6 Days (See *Walker Of The Week*). Well done, Albin, on another stirring long-distance effort.

VICTORIA - METRO & REGIONAL



AVSL RESULTS

**** Metro Zone: Round 1, Saturday 5 October – Casey Fields Athletics Stadium, Cranbourne**

AVSL season 2024-25 opened under the threat of showers which, despite the driving wind on the exposed Casey track, did not arrive until mid-way through the 5000m Walk, thus sparing the 22 competitors in the earlier 2000m. **Mya McClure** showed she is in cracking early season form with an all-the-way win in **9:32.5**. The most intriguing battle of the day was between **Jaime Hvalica** and **Lewis McLennan**, with only 0.8 separating them at the finish. The race saw a number of substantial PB performances with **Addison Paulke** marking her graduation to AVSL competition with an excellent 1:43 improvement, while **Sarah Holmes** and **Lewis McLennan** also made encouraging leaps in standard. **Mietta Morgan** had her best result in a long while, walking her fastest 2km ever for **10:28.3**.

Pl	Name	Club	Age	Time	Points	
2000m						
1	Mya McClure	(WCA)	F14	9:32.5h	458	
2	Jaime Hvalica	(DIV)	M16	9:57.1h	387	
3	Lewis McLennan	(DAC)	M14	9:57.9h	411	PB 1:00
4	Matilda Read	(WEL)	F16	10:24.4h		
5	Hannah Matthews	(KNA)	F16	10:25.0h	390	
6	Mietta Morgan	(KNA)	F16	10:28.3h	387	PB 0:22
7	Sarah Holmes	(DIV)	F16	10:48.3h	371	PB 1:12
8	Emily Smith	(KNA)	F20	11:02.6h	339	
9	Addison Frenken	(CCA)	F14	11:08.9h	371	
10	Pippa Read	(WEL)	F14	11:20.1h		
11	Sandra Geisler	(RWD)	F45	11:46.0h	347	
12	Addison Paulke	(MEN)	F16	11:52.2h	320	PB 1:43
13	Emilie Garside	(YRA)	FOP	12:02.6h	291	PB 0:07
14	Donna-Marie Elms	(PTN)	F60	12:43.3h	373	
15	Laura McLennan	(DAC)	F45	12:52.0h	297	
16	Dee Holohan	(MEN)	F55	12:58.8h	338	
17	Caitlyn Shipham	(KNA)	F14	13:13.6h	280	
18	Bernie Keirl	(DIV)	M60	13:16.0h	299	
19	Gwen Steed	(GHY)	F70	14:58.2h	344	
20	Geoffrey Barrow	(MEN)	M70	14:59.3h	293	
21	Robert Gardiner	(COL)	M70	15:10.8h	287	
22	Ross Reid	(COL)	M70	16:31.1h	243	

With billows of ‘nimbus nemesi’ gathering overhead, **Eden Morgan** set off rapidly at the head of the 8-strong 5000m field, no doubt keen to get it over before the rain hit. He fell about 6 laps short, slogging through a wind-driven deluge to win in **23:18.8**. Behind him, **Alejandro Stephens** and **Mark Blackwood** matched strides early before Alejandro forged away for 2nd in **23:31.5**, the only PB of the race. The extra oxygen in the air clearly suited **Char Hay** who walked her second fastest 5000 with **24:20.8**. Given the conditions on the day, it was encouraging to see four walkers average sub-5:00 kms by substantial margins.

5000m						
1	Eden Morgan	(KNA)	M20	23:18.8h	397	
2	Mark Blackwood	(KNA)	M45	23:58.6h	421	
3	Char Hay	(MUU)	FOP	24:20.8h	428	
4	Ariana Pashutina	(KNA)	F18	26:36.1h	385	
5	Carolyn Rosenbrock	(ANW)	F60	29:34.0h	425	
6	Grace Louey	(KNA)	FOP	31:14.0h	287	
7	Michael Harvey	(WAM)	M60	37:15.0h	242	
-	Alejandro Stephens	(GHY)	MOP	23:31.5h	INV	PB 0:58

**** Ballarat Zone: Round 1, Saturday 5 October – Llanberris Stadium, Ballarat**

Jemma and **Alanna Peart** both made solid starts to their summer racing at Llanberris, Jemma easily winning over 1500m and Alanna breaking 13mins in the 3000m, in company with **Fraser Saunder**.

1500m						
1	Jemma Peart	(BYC)	FOP	7:29.53	393	
2	Simon Evans	(BOH)	M60	8:26.12	388	
3	Sarah Brennan	(BYC)	F45	8:59.34	338	
4	Stephen McLennan	(WEN)	M60	9:37.62	276	
5	Roslyn Ireland	(BWK)	F40	12:20.38	153	
6	Olive Ireland	(BWK)	F60	12:35.84	226	

3000m						
1	Fraser Saunder	(BYC)	MOP	12:51.29	428	
2	Alanna Peart	(BYC)	FOP	12:52.49	478	

**** Bendigo Zone: Round 1, Saturday 5 October – Lar Birpa Athletics Complex, Flora Hill**

It was a day for strong sibling efforts ‘up the bush’, with Bendigo’s **Tate** and **Charlise McQueen** both clocking good times over 1500m at the re-named Lar Birpa complex.

1500m						
1	Tate McQueen	(EAG)	M14	7:58.59	303	
2	Charlise McQueen	(EAG)	F16	8:22.17	355	
3	Annette Curtis	(SBE)	F65	12:18.20	265	

Next weekend ...

***AVSL Round 2 – Saturday 12 October**

All races open to Male and Female competitors

Metro – Doncaster 1.00pm 1500m, 3000m walk (all ages)

Ballarat region – No walks
Llanberris Stadium

Bendigo region – Lar 1:45pm 1500m walk (U14, U16)
Birpa Athletics Complex 3000m walk (U18 and older)
(formerly Latrobe Uni
Athletics Complex)

ENTRIES

Metro & Ballarat – enter via AV Members Portal at
<https://www.revolutionise.com.au/athleticvic/events/>

Bendigo – enter via <https://eventplus.net/ABB24>
Entries close at 12.00 noon on Wednesday 9 October



AROUND THE COUNTRY

NEW SOUTH WALES Central Coast 10,000m Walk c'ships, 3 October – Mingara

Results courtesy of **Frank Overton**:

Women 10000m c'ship

1 Allannah Pitcher	46:14
2 Hannah Bolton	47:16
3 Bridget Bell	53:29
.. Hannah Mison	DNF

Men 10000m c'ship

1 Dylan Richardson	43:23
2 Jack McGinniskin	44:25

QUEENSLAND 2024 ANQ Athletics Championships, 28-29 September - Townsville

These championships drew athletes from all over QLD, even from beyond. Of the walkers, **Alex Bradley**, **Milly Sharpe** and **Izzy Blackburn** were the fastest performers on the day.

Results courtesy of <https://www.athleticsnorthqld.org.au/>

Girls U11 800m Walk

1 Izzy Blackburn	QRWC	4:34.83
2 Nina Trickey	Athletics Nor	4:51.07
3 Willow Kenny	Whitsunday A	5:39.00
4 Lauren Gordon	Townsville N	5:42.97
5 Miley-Rose Ryder	Emerald &	5:54.74
6 Maia Packer	Townsville N	6:03.01
.. Olivia Rolley	Townsville N	DQ

Boys U11 800m Walk

1 Blake Riley	Cairns Athl	5:56.56
2 Jaiden Daniels	Normanton A	6:13.82
.. Logan Roberts	Townsville N	DQ
.. Perry Ryan	Central QLD	DQ

Boys U13 1500m Walk

1 Chase Frumento	Mulgrave At	10:19.72
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Girls U12 1500m Walk

1 Alayna Paulke	Athletics Nor	10:01.16
2 Lilli Carus	Bowen Athl	12:31.32

Men U18 5000m Walk

1 Kai Dale	QRWC	29:01.23
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Girls U14 1500m Walk 1 Lani Ellwood	Emerald &	8:31.31	Men U20 5000m Walk 1 Alex Bradley	QRWC	24:49.37
Women 40-44 1500m Walk 1 Dash Newington	Central QLD	10:07.67			
Women U16 3000m Walk 1 Addison Paulke	Mentone AC	20:40.56			
Women U18 5000m Walk 1 Milly Sharpe	Athletics Nor	25:13.58			
Women Open 5000m Walk 1 Joy Dale	QMA	40:04.15			



(Photo: QRWC Facebook)



INTERNATIONAL NEWS

SPAIN: III GP Internacional Madrid Marcha Silbo Telecom (WA Gold), 6 October - Madrid

Palmisano and Yamanishi Dominate at III GP Internacional Madrid Marcha

by
Runnerstribe Admin (reprinted from runnerstribe.com- October 7, 2024)²

Italy's **Antonella Palmisano** and Japan's **Toshikazu Yamanishi** both delivered dominant performances to capture victories at the III GP Internacional Madrid Marcha Silbo Telecom, a 10km World Athletics Race Walking Tour Gold event, held in Madrid on Sunday.

Palmisano claimed an overwhelming victory in the women's race, finishing more than a minute ahead of Ukraine's **Mariia Sakharuk**. Japan's Yamanishi secured the men's title, finishing 18 seconds ahead of Italy's **Francesco Fortunato**, the event's defending champion.

The women's race began at a steady pace, with five athletes, including Palmisano, leading the first kilometre. Among the group were Sakharuk, Costa Rica's **Noelia Vargas**, and Spain's **Raquel Gonzalez** and **Laura Garcia-Caro**. Palmisano soon picked up the tempo, creating a gap between herself and the rest of the pack. Only Sakharuk, a seasoned 20km competitor, could stay within striking distance.

By the third kilometre, Palmisano and Sakharuk had distanced themselves from the others, with Palmisano leading. Sakharuk struggled to keep up with the Tokyo Olympic champion, eventually falling behind during the fourth lap. At the halfway point, Palmisano had clocked 21:45, with Sakharuk following at 22:08, and Vargas trailing slightly behind.

² <https://runnerstribe.com/news/palmisano-and-yamanishi-dominate-at-iii-gp-internacional-madrid-marcha/>

The podium positions were largely decided, with Gonzalez and Garcia-Caro well behind. However, Garcia-Caro, who placed seventh at the Paris Olympics, was forced to withdraw after a fall around the sixth kilometre.

Slowing her pace slightly in the later stages, Palmisano still extended her lead to finish with a time of **44:02**, a full minute ahead of Sakharuk, who finished in **45:03**. Vargas claimed third place with a time of **45:17**. Colombia's **Sandra Lorena Arenas**, who finished fourth at the Paris Olympics, ended up fifth, just behind Gonzalez.

Reflecting on her win, Palmisano said, "This was my last race of the year, and I'm thrilled to end with a victory, especially after the setback I had at the Paris Olympics due to Covid. My focus now is on next season and the World Championships in Tokyo, where I'll aim to complete the set of major titles."

In the men's race, Yamanishi joined a pack of six athletes, including Fortunato, Spain's **Diego Garcia**, and Brazil's **Matheus Correa**, during the early stages. As the race progressed, the pace quickened, with some competitors falling behind, leaving Yamanishi, Fortunato, and Garcia vying for podium positions.

Yamanishi increased his speed after the halfway mark, pulling away from the group, while Fortunato settled into second place. Garcia held onto third despite pressure from Italy's **Gianluca Picchiottino**. Yamanishi crossed the finish line in **40:00**, with Fortunato finishing at **40:18**, and Garcia securing third place at **40:44**.

"The course was challenging with its constant inclines and the windy conditions, but I'm in good form and managed to come away with the win," Yamanishi remarked. "It's been a difficult season for me after missing out on defending my Olympic medal, but training at altitude with Massimo Stano has paid off. Now, I'm setting my sights on the World Championships in Tokyo next September, where I hope to claim my third world title."

Both athletes wrapped up their seasons with impressive wins and now look ahead to the Tokyo World Championships, where they aim to add more accolades to their already stellar careers.

Men 10 Kilometres

1.	Toshikazu YAMANISHI	15 FEB 1996	JPN	40:00
2.	Francesco FORTUNATO	13 DEC 1994	ITA	40:18
3.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	40:44
4.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	40:49
5.	Matheus CORREA	22 AUG 1999	BRA	41:15
6.	Daniel CHAMOSA	04 MAY 1997	ESP	41:47
7.	Marc TUR	30 NOV 1994	ESP	42:18
8.	Álvaro LÓPEZ	24 MAR 1999	ESP	42:26
9.	José Manuel PÉREZ	10 SEP 1999	ESP	42:33
10.	Iván LÓPEZ	29 MAR 1997	ESP	42:33
11.	Marius ŽIŪKAS	29 JUN 1985	LTU	42:53
12.	Gabriel ALVARADO	19 DEC 2004	NCA	43:54
13.	Chia-Wei HSU	12 SEP 2000	TPE	43:58
14.	Pablo PASTOR	31 MAR 2003	ESP	45:03
15.	Jakub BÁTOVSKÝ	18 JUN 2005	SVK	45:29
16.	Jorge TONDA	06 AUG 2004	ESP	47:22
17.	Daniel DE LUCAS CHANQUET	05 AUG 2002	ESP	48:07

Women 10 Kilometres

1.	Antonella PALMISANO	06 AUG 1991	ITA	44:02
2.	Mariia SAKHARUK	14 OCT 1995	UKR	45:03
3.	Noelia VARGAS	17 APR 2000	CRC	45:17
4.	Raquel GONZÁLEZ	16 NOV 1989	ESP	46:35
5.	Lorena ARENAS	17 SEP 1993	COL	47:03
6.	Antia CHAMOSA	07 OCT 1999	ESP	47:08
7.	Jekaterina MIROTVORTSEVA	17 NOV 2002	EST	47:34
8.	Tiziana SPILLER	23 DEC 2003	HUN	48:40
9.	Lucia REDONDO	03 AUG 2003	ESP	48:45
10.	Eva RICO	18 JUN 2003	ESP	50:50
11.	Laura Monje MARTINEZ	02 JUL 2002	ESP	54:07

NETHERLANDS: National Championships of Netherlands & Belgium, 6 October - Tilburg

Emmanuel Tardi reports from the Netherlands:

I was appointed as judge last Sunday in Tilburg (Netherlands) for the National championship of both Netherlands and Belgium.

It was a perfect road (used generally for cycling and skating), totally flat with no turning points (only very large curves). The weather was perfect, too, fresh with only a small wind. All distances were scheduled.

In the women's 10k, there was a big battle between the Hungarian **Csörgö** and England's **Hopper**. Csörgö won in the last km for a very small margin.

In the men events, Germans won the 10km with **El Wafa**, and with **Fiedler** in the 20k. Everybody thought that Germany would win the 35k with Arslan who led the race after 20k with a 20min gap. But he stopped his race after 24k. **Peter Van Hove** became Belgium champion and **Edwin Van Wijngaarden** became Netherlands champion.

Annelies Sarrazin and **Anne Van Andel** became Belgium and Netherlands 20k champions for the women. They walked together for the full race.



Start of the 35km.

Men 35km Walk

1	Edwin van Wijngaarden	DAK	55.06	1h50.00	3h14.52
2	Remco de Bruin	RWV	53.39	1h50.06	3h27.17
3	André van Slooten	RWV	55.06	1h50.36	3h33.59
4	Peter Van Hove	België	58.47	1h59.39	3h42.51
5	Wilfried van Bremen	RWV	1h05.09	2h09.44	3h48.58
6	Luc Nicque	België	1h08.38	2h14.41	3h59.05
7	Jasper Van Hove	België	1h01.15	2h06.53	4h21.25
	Cumali Arslan	Duitsland	44.15	1h32.50	DNF
	Frans Leijtens	RWV	1h05.51	2h14.40	DQ

Men Non judged 35km

1	Leon Pullens	Waalwijk	1h07.58	2h15.18	3h57.44
2	Martin Vos	DAK	1h16.58	2h32.09	4h24.41

Women 20km Walk

1	Anne van Andel	DAK	59.21	1h59.13
2	Annelies Sarrazin	België	59.21	1h59.13
3	Liesbet De Smet	België	1h04.11	2h10.55
4	Jacqueline van Drongelen	DAK	1h04.44	2h11.41
5	Loes van Bremen-van den Beemt	RWV	1h06.19	2h15.40
6	Sandra Maas	RWV	1h10.24	2h26.16
7	Muriel Oger	België	x	2h42.02
8	Yvonne Grootswagers-Leermakers	DAK	1h19.03	2h45.50
9	Katrien Van Ammel	België	1h29.21	3h06.24

Men 20km Walk

1	Luis Fiedler	Duitsland	49.06	1h38.13
2	Matthias Holterman	Duitsland	54.02	1h49.27
3	Ulrich Brämer	Duitsland	1h00.07	2h01.53
4	Brou Florent	France	1h01.58	2h06.03
5	Jan Netten	DAK	1h04.42	2h11.40
6	Theo Koenis	Hollandia	1h10.05	2h20.42
7	Marco Timmermans		1h09.28	2h22.14

Men 10km Walk

1	Jassam Abu El Wafa	Duitsland	42.52
2	Luc Legon	Amersfoort	43.57
3	Bernd Ocker Hölter	Duitsland	1h11.16

Women 10km Walk

1	Dóra Csörgő	Hongarije	50.07
2	Hannah Hopper	Groot-Britannië	50.11



Van Wijngaarden, Van Slooten



Sarrazin, Van Andel



El Wafa



Csörgő, Hopper
(Photos: Emmanuel Tardi)

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.

- Monday, October 7, 2024 - **Palmisano wins categorically in Madrid Marcha 2024** <https://omarchador.blogspot.com/2024/10/palmisano-vence-categoricamente-no.html>
- Monday, October 7, 2024 - **Yamanishi prevails at Madrid Marcha 2024** <https://omarchador.blogspot.com/2024/10/yamanishi-impoe-se-no-madrid-marcha-2024.html>
- Sunday, October 6, 2024 - **2018, towards an uncertain destination** <https://omarchador.blogspot.com/2024/10/2018-em-direccao-destino-incerto.html> The end of the good times for Portugal ... or merely a hiatus?
- Friday, October 4, 2024 - **Edwin van Wijngaarden and Liesbet De Smet win 15th Race Walking Sprint Triathlon (Drunen 2024)** <https://omarchador.blogspot.com/2024/10/edwin-van-wijngaarden-e-liesbet-de-smet.html> While not a triathlon in the 'pure' sense (no swim or bike), 15 editions indicates that it's a popular fixture.

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.

FURTHERMORE ...

I recently came across a fascinating item - an interview with Japanese ace **Toshikazu Yamanishi**, conducted last year after the World Championships in Budapest and appearing in the online publication *Tokyo Forward 2025*. It gives a detailed and illuminating insight into the life of a dedicated athlete ... his entry into track and field and taking up walking, running a marathon (in elementary school!), enjoying the simple pleasures of life (including reading his favourite authors, origami, Rubik's cubes and Japanese food) and advice for those with ambitions in the sport.

- 30-10-2023 - **Toshikazu Yamanishi, Athletics – From Ordinary Junior High School Student to World's Top Racewalker. Searching for Answers in His Own Way, He Keeps Walking Today.** https://www.tokyoforward2025.metro.tokyo.lg.jp/en/player/yamanishi-toshikazu-en_t/?fbclid=IwY2xjawFwa-ZleHRuA2FibQIxMQABHWPLZCkKxovYJKYNCoeyCEhDKN9-IjffZwJOQ2a-Wg70U7pJB2nNY8KRg_aem_u9znm65o6X8NXBFfRayHVQ

Racewalking Coaches Wanted

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 12 Oct 2024	AVSL Round 2 – Doncaster (Metro), Ballarat & Bendigo
Sun 20 Oct 2024	VRWC Summer program races #1 – Middle Park
Sat-Sun 26-27 Oct 2024	AV All Schools T&F c'ships (Week 1) – Lakeside Stadium
Sat-Sun 2-3 Nov 2024	AV All Schools T&F c'ships (Week 2) – Lakeside Stadium
Sun 10 Nov 2024	VRWC Summer championships, Annual General Meeting – Middle Park
Fri-Sun 6-8 Dec 2024	AA All Schools T&F c'ships – QSAC, Brisbane, QLD
Sun 15 Dec 2024	Australian 35km Race Walk Championships – Middle Park
Sun 12 Jan 2025	VRWC Summer program races #3 – Middle Park
Sat-Sun 25-26 Jan 2025	Supernova: World Athletics Race Walking Tour (Silver) – Canberra, ACT
Fri-Sun 14-16 Feb 2025	AV T&F championships Week 1 (U17-U20, 40+ & 60+) – Lakeside Stadium
Fri-Sun 21-23 Feb 2025	AV T&F championships Week 2 (Open, U13-U16) – Lakeside Stadium
Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA

International Dates

1-10 Nov 2024	Pan Pacific Masters Games – Gold Coast, AUS
21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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