



# HEEL & TOE Online

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

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

For the first time this year, WOTW's attention turned to Aussie walkers' fortunes in international competition. Outside of Olympics or WA championships, they don't come much bigger than a Race Walk Tour Gold event, and it was in Taicang (CHN) that the curtain rose on this high-stakes series. It also yielded this week's winners ... **Jemima Montag (VIC)**, **Rhydian Cowley (VIC)** and **Isaac Beacroft (NSW)**.

Conditions were rugged, being unseasonably warm, and the women got the rough end of the stick with the temperature climbing to the mid-20s for their race. This played into the hands of **Jemima** who, well-conditioned for the heat, stamped her authority on a field of 80 to win in **1:27:20**, 27 secs faster than her winning time in the Australian championships in Adelaide a fortnight ago. With Olympic and WA championships podium medals in her pocket already, Jemima is poised to make her opposition turn themselves inside out if they want to take that Tokyo gold off her in September.

(Details of Jemima's win appear in 'International News.')



(Photo: AGERPRES)

A top 10 finish in Taicang out of a field of 152, in a race where the first 20 all broke 1:20:00, earned **Rhydian** his award. The mind-blowing depth of the local opposition (the first 5 walked sub-1:18:30) made the performances of the 'foreign legion' – Bonfim 6<sup>th</sup>, Stano 7<sup>th</sup>, Karlstrom 9<sup>th</sup>, Cowley 10<sup>th</sup> and Fortunato 11<sup>th</sup> (last week he'd set a world indoor 5000m record in Italy's winter) – all the more meritorious, with Rhydian missing his own winning Adelaide time by a mere 3 secs in clocking **1:18:38**. Like Jemima, Rhydian will now settle down to a steady build-up for Tokyo and, hopefully, podium success.

It's a shame that we had no coverage or footage of the Men's U20 10km race, which means we don't yet know how **Isaac** achieved his excellent win with a time of **40:30**. Doubtless there will be eye witness accounts shortly, but it's compelling to wonder whether Isaac – the only non-local in a field of 57 – used a shock surge to carry him to the front as he did in Turkiye last year, or if his rivals were ready for him yet he simply ground them down. Either way, the young New South Welshman – now with two 1sts and a 4<sup>th</sup> from his only three internationals thus far – has served notice to the world that (being one who trains extensively and races sparingly) he's in there for the long haul and will be discounted at their peril.

Well done to Jemima, Rhyd and Isaac ... three top-class exponents of our sport that Australia is so lucky to have.

### \*Honourable mentions

- **Declan Tingay (WA)** – a strong 20<sup>th</sup> place finish in **1:19:57** in Taicang.
- **Marcus Wakim (VIC)** – plunged into the crucible of a 152-strong field in Taicang, Marcus was the only one of 14 Australian 20km entrants to record a PB, ripping 2:03 from his best to clock **1:28:02**.
- **Keenan Munro** and **Liam Domoney (WA)** – two fast 1500m victories in the AW Little Athletics titles, with times of **6:27.96** and **6:51.53** respectively.
- **Kim Mottrom (SA)** – set a new State M40 record for 5000m with an excellent time of **21:37.57**.
- **Sebastian Ryan (ACT, 12yo)** – two big PBs last weekend in the Capital Athletics U13 1500m (19 secs) and U14 3000m (33 secs) championships.



# CLUB NEWS and RESULTS

Here it is ... the outline of our **2025 Winter Season racing fixture**. Once again, a huge thank-you to Mark Donahoo for his work in putting it together through many drafts and revisions, negotiations with other organisations and dovetailing our dates with theirs. The full Fixture (race distances, starting time, race and membership fees, Club rules etc) will be posted shortly on the Club website and sent out to members via the Revolutionize email.

There are a few items to which I'd like to draw the attention of readers:

**\*RWA 58th Annual Lake Burley Griffin Carnival**

Victoria's involvement in this classic event has been a lynchpin of the Carnival's success since its inception in 1967. In recent years – due in large measure to the Covid pandemic and its aftermath – our presence in Canberra on the June long weekend has fallen away sharply, with last year's attendance particularly disappointing. As the VRWC works to rebuild its membership (encouragingly, particularly at the junior levels), so grow our hopes of having more starters at Stromlo Sport Park on Sunday 8 June. While our numbers may not yet match the flocks of sky-blue NSW shirts on the start line, the big V is always competitive, and we urge our members to take advantage of what is a most enjoyable weekend if racing, sightseeing and socializing.

**\*AV 30km Championship to return**

The retired 30km State championship has been recalled in place of the 35km title, which has been deleted for lack of a suitable location on the fixture (last year it was too close to Canberra where it is also scheduled, and later it will be irrelevant for qualifying purposes once the Marathon Race Walk takes its place internationally.) Using a points system, the 30km can be held on our certified Aughtie Drive loop as a qualifier for World Athletics events.

**\*VRWC Club championships – changes**

Three Club championship days will be held during the season. These will comprise a Track championship (distance only), and two Road championships (age-group with different distances). Note that some of the trophies aligned with past championship distances will be re-assigned to accommodate the changes.

## 2025 WINTER SEASON FIXTURE

### APRIL

Saturday 26<sup>th</sup> April VRWC CHAMPIONSHIPS Mentone Track

### MAY

Saturday 3<sup>rd</sup> May VRWC Points races Middle Park

Saturday 10<sup>th</sup> May VRWC Points races Middle Park

Saturday 10<sup>th</sup> May Coaching seminar for parents, athletes and coaches Middle Park

Sunday 18<sup>th</sup> May AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS & VRWC Events, incorporating AV Jared Tallent Trophy 30km Middle Park

Saturday 24<sup>th</sup> May VRWC Points races Middle Park

Saturday 31<sup>st</sup> May VRWC Points races Middle Park

### JUNE

Sunday 8<sup>th</sup> June RWA 58th Annual Lake Burley Griffin Carnival, Canberra

Saturday 14<sup>th</sup> June A.V. & LA Vic Championships, Middle Park  
Incorporating AV Bert Gardiner 10km winter championship

Saturday 14<sup>th</sup> June Judging course and Coaching seminar Middle Park

Saturday 21<sup>st</sup> June VRWC Points races Middle Park

Saturday 28<sup>th</sup> June VRWC Points races & Prize Day Middle Park

### JULY

Sunday 6<sup>th</sup> July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 12<sup>th</sup> July VRWC Points races and Interval races Middle Park

Saturday 19<sup>th</sup> July VRWC Points races Middle Park

Saturday 19<sup>th</sup> July Coaching seminar for parents, athletes and coaches Middle Park

Saturday 26<sup>th</sup> July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

### AUGUST

Saturday 2<sup>nd</sup> August VRWC Points races Middle Park

Saturday 9<sup>th</sup> August AV Championship & VRWC Championships & events Middle Park

Saturday 16<sup>th</sup> August VRWC Last points race Middle Park

Sunday 24<sup>th</sup> August Australia Athletics championships Ballarat

Saturday 30<sup>th</sup> August VRWC non points race day Middle Park

### September

Saturday 6<sup>th</sup> September AV 5km teams championship, VMA 5km track championship & VRWC events Mentone Track

Sunday 14<sup>th</sup> September VRWC relay race and Seasons Presentations Middle Park



A total of nine VRWC members were among the Australian contingent of 15 walkers who ventured north to Taicang in China for the initial **World Athletics Race Walking Tour (Gold)** meeting of 2025. Of these, 14 contested the marquee 20km races with Isaac Beacroft (NSW) the sole foreign entrant in the U20 10km.

In what were unexpectedly warm conditions, the Victorians stood up the challenges they faced individually against formidable local opposition, with all finishing, no DQs and even one PB. Congratulations to **Jemima Montag** on her brilliantly executed win, and to all the Vics and their interstate team mates on their efforts. And a huge fist-pump to **Isaac**, who reprised his World Teams victory over the Chinese last year in Antalya, this time in their own backyard!

VRWC results:

|                          |                   |                 |
|--------------------------|-------------------|-----------------|
| <b>Jemima Montag</b>     | 1st               | 1:27:20         |
| <b>Rebecca Henderson</b> | 24 <sup>th</sup>  | 1:32:44         |
| <b>Alanna Peart</b>      | 47 <sup>th</sup>  | 1:38:44         |
|                          |                   |                 |
| <b>Rhydian Cowley</b>    | 10 <sup>th</sup>  | 1:18:38         |
| <b>Will Thompson</b>     | 69 <sup>th</sup>  | 1:22:53         |
| <b>Corey Dickson</b>     | 98 <sup>th</sup>  | 1:26:06         |
| <b>Kyle Swan</b>         | 107 <sup>th</sup> | 1:27:12         |
| <b>Marcus Wakim</b>      | 113 <sup>th</sup> | 1:28:02 PB 2:03 |
| <b>Fraser Saunder</b>    | 134 <sup>th</sup> | 1:34:46         |

With a less-cluttered international season ahead in 2025, we hope many of these elite members can make it down to Middle Park for such club races and other appearances as can be fitted into their schedules. After all, they're our heroes!



*The* **COACHING POINT**

### Coaches' Racewalking Practical Coaching course held at Mentone

Last Saturday saw the holding the long-awaited practical course for race walk coaches looking to upgrade their competency to Level 3 and beyond. This pathway of development had been closed since the cessation of the Australian Track & Field Coaches Association's role in providing it, and it was only after many months of negotiation between VRWC coach **Mark Donahoo** (himself an accredited Level 5 coach) and officials of Athletics Victoria and Australian Athletics responsible for coach education that walks coaches can now continue with their progression. Well done to Mark, Kate Richardson and all who played a part in the course's renaissance.

A small group of 10 took advantage of this opportunity, which consisted of theory and practical components. Mark had packed a lot into the 3½ hour session which ended with some of us coping with complaining muscles, shins etc. For those of us currently coaching walkers there were many useful takeaways, among which were:



*Mark makes a point on correcting technical flaws*

- Sample training programs, phases and periodization
- Setting programs for children and young walkers
- Educating novice walkers (especially children) in how to race effectively
- Strengthening of muscles that are inclined to tire with intense training (especially in the core)
- The importance of the 'tumble forward' in maintaining momentum, achieved by:
  - Long rear-leg push-off and strong ankle extension on the drive;
  - Shorter placement of front heel (which also guards against overstriding)
  - Emphasis on backward drive of the arms, not forward
- Fault detection and corrective measures
- Equally weighting credit for what's done well with critique of faults
- Looking at a walker's action through a judge's eyes

The outdoor prac sessions gave participants a chance to observe each other's walking action and give advice where needed, and to experience drills with which to help their walkers embed such skills as low foot carriage on the advancing leg. Back inside, a useful chat session was held in which coaching experiences were shared. Several coaches also discussed video footage they had taken of their athletes with the aim of correcting specific technical flaws.

Attendance and participation in the course will count towards Australian Athletics' **Level 3 Performance Coach accreditation**, the content of which must be accessed via your AA Member account and completed online.

Again, well done to Mark. Now that this initial activity has been completed, we hope the next one (probably in 2026 but perhaps earlier) will attract even more interest amongst walks coaches seeking to advance and progress.



*Drills for ankle flexion and drive (and remedying shin soreness)*



*Practising low foot recovery ... the 'scrape' technique.*

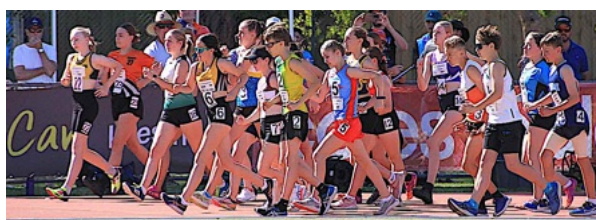
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**LAVic State T&F championships, 8/9 March – Casey Fields**

This Saturday will see the holding of the Walks events at the LAVic **2024/25 State Track and Field Championships** at Casey Fields. A timetable can be viewed at <https://lavic.com.au/wp-content/uploads/2020/06/FINAL-State-Track-and-Field-Timetable-24-25.pdf>.

Many of our VRWC present and past members will be on the track from 8.30 to 11.00am on Saturday, racing at distances from 700m to 1500m. We wish them all well. We hope also to attract some keen young walkers into our ranks as new members, so if you're out there, remember to give the VRWC a plug. Good luck everyone!



*Start of a 1500m race at the 2024 championships (Photo: LAVic)*



# AROUND THE COUNTRY

## A.C.T. Capital Athletics U9-U17 walks championships, 23 February – AIS, Canberra

ACTRFWC secretary **Jeanette Ryan** reports:

The Capital Athletics Championships saw a number of the club's members walking and recording excellent times. The huge improvements achieved by the walkers are a testament to both the drive and determination of the walkers, and the new Monday night training run by Ann Jugovic. Congratulations walkers and Ann on such a wonderful achievement.

(Note: As the competition was a CA championship meet and not an ACTRFWC one, placings are not given since the names are only those of ACTRFWC members in the races.)

### U10 1100m Walk

Zac Anderson Rule 6:09.02  
Estrid Helgstedt 6:37.48

### U12 1500m Walk

Tindra Helgstedt 8:44.03 PB 0:59  
Clare Rice 9:23.43

### U15 1500m Walk

Jillian Ryan 7:11.41

### U14 3000m Walk

Sebastian Ryan 17:27.40 PB 0:33

### U11 1100m Walk

Samantha Ramboer 5:58.62 PB 0:02

### U13 1500m Walk

Sebastian Ryan 8:19.75 PB 0:19

### U16 1500m Walk

Emma Grocott 7:08.42

### U16 3000m Walk

Jillian Ryan 15:38.97

## QUEENSLAND QA Track & Field c'ships, 1 March – St Lucia

Robyn Wales reports that the small fields for the 5000m walks championships on Saturday evening encountered a very strong wind on the back straight. It's been a windy summer all around, with walkers' strength being tested and their quest for fast times often frustrated. Such races are often as good as hill sessions, though ...

### Women U17 5000m Walk

1 Olivia Boulton GCA 28:39.99  
2 Eliza Kelly QRWC 31:06.32

### Women U18 5000m Walk

1 Milly Sharpe Gladstone 25:39.99  
2 Katie Bray Ashgrove 32:52.12

### Men U17 5000m Walk

1 Noah Cooke QRWC 24:57.33

### Men U18 5000m Walk

1 Kai Dale QRWC 28:23.49

## SOUTH AUSTRALIA ASA Interclub results, 22 February – Mile End stadium

**Kim Mottrom** reports:

"Finally nice weather today and it was great to be joined by our new resident, **Sam McCure**. Sam and Seb went out hard together (roughly 4:00 for the first km), with Seb dropping out at about 2km and Sam moving strongly for the last 4km, narrowly missing his PB.

"Two pb's in the 1500m for **Liliana** and **Jessica**, and a new state record for myself." Well done to Kim, ever a key standard setter in SA.

### Open 5000m

Sam McCure 20:58.81  
Kim Mottrom 21:37.57 M40 State Record  
Samantha Findlay 23:52.39  
Rain Langford 24:54.07  
Cooper Rech 24:55.70  
Melissa Grantham 29:27.60  
Peter Crump 34:23.05  
Alex McEwan 42:27.17  
Sebastian Richards DNF

### Open 1500m

Angelina Legrand 7:50.35  
Liliana Templer 8:14.67 PB 0:14  
Orlando Grantham 8:43.44  
Jessica Cleland 9:19.74 PB 0:26  
Marie Maxted 9:44.47  
Ross Hill-Brown 12:02.26

## WESTERN AUSTRALIA AW interclub results, 26 February – WAAS, Perth

Curiously, this Aths West meeting was a Wednesday night fixture. According to **Terry Jones**, the weather was good with the temperature in the mid 20s and no breeze.

### Men 3000 Metre Walk

|               |          |
|---------------|----------|
| 1 Tom Murphy  | 16:53.48 |
| 2 Tayte Moore | 17:26.91 |

### Women 3000 Metre Walk

|                       |          |
|-----------------------|----------|
| 1 Melissa Lewis       | 15:28.98 |
| 2 Tory D'Alessio      | 16:12.58 |
| 3 Darcy Bramwell-Keys | 16:16.82 |
| 4 Trinity Doulis      | 16:18.92 |
| 5 Savannah Carnaby    | 16:52.16 |
| 6 Makenzie Sillitto   | 17:24.76 |
| 7 Liliana Martin      | 17:55.30 |
| 8 Sierra Thompson     | 18:47.49 |
| 9 Addison Roots       | 20:08.45 |
| 10 Chloe Bevis        | 21:53.86 |

## WESTERN AUSTRALIA Little Athletics WA c'ships, 22 February – WAAS, Perth

WA Little Athletics held their 1500m championships a week ago. While fields were not large across the age groups, the performance standards were generally high. Among the boys, **Keenan Munro** and **Liam Domoney** turned in sub-7:00 clockings and can be expected to feature strongly in the national T&F titles on their home turf. In the girls' competition, **Tory D'Alessio** and **Trinity Doulis** are consistent improvers who won their races easily and could also impress at home in April.

### Girls 1500 Metre LA U14

|                  |         |
|------------------|---------|
| 1 Tory D'Alessio | 7:28.29 |
| 2 Chloe Reeves   | 7:41.70 |
| 3 Isla Messenger | 7:50.16 |
| 4 Addison Roots  | 9:06.15 |

### Boys 1500 Metre LA U14

|                      |         |
|----------------------|---------|
| 1 Liam Domoney       | 6:51.53 |
| 2 Keiran Smith       | 7:33.04 |
| 3 Dylan Sardelich    | 7:34.74 |
| 4 Orlando Follington | 7:35.32 |

### Girls 1500 Metre LA U15

|                   |         |
|-------------------|---------|
| 1 Trinity Doulis  | 7:28.72 |
| 2 Liliana Martin  | 8:48.32 |
| 3 Sierra Thompson | 8:48.85 |
| 4 Lauren Davis    | 9:20.77 |

### Boys 1500 Metre LA U15

|                |         |
|----------------|---------|
| 1 Keenan Munro | 6:27.96 |
|----------------|---------|

### Girls 1500 Metre LA U16

|                   |          |
|-------------------|----------|
| 1 Katica Borsic   | 7:36.24  |
| 2 Chelsey Ireland | 8:14.47  |
| 3 Claudia Flamini | 10:06.69 |
| 4 Jayde Colyer    | 10:35.67 |

### Boys 1500 Metre LA U16

|                    |         |
|--------------------|---------|
| 1 Ali Znad         | 7:19.51 |
| 2 Trent D'Alessio  | 7:26.34 |
| 3 Jackson Almstrom | 8:34.48 |

### Girls 1500 Metre LA U17

|                     |          |
|---------------------|----------|
| 1 Kaytee Bogaers    | 8:38.10  |
| 2 Bridget Gallagher | 10:02.17 |

### Boys 1500 Metre LA U17

|                    |         |
|--------------------|---------|
| 1 Jesstine Morales | 7:49.91 |
|--------------------|---------|

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## INTERNATIONAL NEWS

**CHINA:** World Athletics Race Walking Tour Gold meeting, 1 March - Taicang

### **Wang and Montag take victory over 20km in Taicang**

(by Vincent Wu - reprinted from *World Athletics News* – 2 March)

Rising Chinese race walker **Wang Zhaozhao** and Olympic bronze medallist **Jemima Montag** of Australia took the 20km titles at the Chinese Race Walking Grand Prix, the first *World Athletics Race Walking Tour Gold* meeting of 2025, in the Chinese city of Taicang on Saturday (1).

The men's race started at 8:00am and Italy's world and Olympic gold medallist **Massimo Stano** pulled away immediately after the gun to take a brave sole lead. After completing the first 5km in 19:09 – close to world record pace – Stano, last year's runner-up, was already some 30 seconds ahead of the chasing group of more than 10 men that included defending champion **Zhang Jun** of China and Brazil's Olympic silver medallist **Caio Bonfim**.

After another kilometre with a split time of 3:50, Stano, who just celebrated his 33rd birthday on Thursday, started to suffer from his bold early charge. With his pace slowing down to about 3:55 per kilometre, Stano hit 10km in 38:44. The rising temperature had made it more difficult for the Italian, while the chasing pack gradually narrowed the gap.

On the 16th lap, Stano was finally caught and passed by the chasers, now cut to just four athletes – China's Asian Games silver medallist Wang, **Qian Haifeng**, **Cui Lihong** as well as teenager **Li Chenjie**.

Stano appeared confused at first. After confirming the Chinese quartet were not lapped athletes, he tried to keep up with their pace but faded away soon. The leading group then got further withered to just Wang and Cui, winner in Taicang in 2021. The duo remained shoulder-to-shoulder for most of the final two kilometres before the 25-year-old Wang gained a narrow lead in the last 100 metres to secure his first win on the tour.

Wang crossed the line in **1:17:30**, trimming 18 seconds off his personal best set last March when finishing fourth in Taicang.

The second to fourth finishers all achieved PBs as Cui lagged three seconds behind Wang to take second place. Qian finished third in **1:17:58**, and Li improved his PB by more than five minutes to place fourth in **1:18:04**. Zhang, Bonfim and Stano finished fifth to seventh.

"The competition against Cui in the final two kilometres was so tight. For some moment, I even thought I could not keep my pace any longer," said Wang. "But I made it. My speed gave me the edge in the last 100m."

"The win really means a lot to me. I clinched my place for the Tokyo World Championships and improved my PB," he added. "I am very happy."

The 20km races in Taicang also served as the first leg of China's qualifiers for the World Championships in September. The best placed Chinese athlete in each event can secure a berth for Tokyo.



(Photo: 2LT News)

During the women's race that started at 9:50am, the temperature rose further to about 25C. **Montag** seemed to be better prepared for the weather, maintaining her unbeaten run into the 2025 season with a **1:27:20** victory. The in-form Australian paced a crowded leading group in the opening stages. As the group shrank gradually, Montag stayed in pole position. Other pre-race favourites like China's defending champion **Ma Zhenxia**, and Colombia's Olympic silver medallist **Lorena Arena** all failed to keep with Montag's pace. Only **Ma Li** of China managed to stay with Montag until the Australian launched a powerful surge in the final kilometres to pull clear.

"The temperature is higher than we expected, but in Australia now it's summer, so maybe we are used to it," said the 27-year-old, who owns the Oceanian record of 1:26:25 set when finishing third at the Paris Olympic Games. "It's a good time (today) and good practice for the World Championships. We know in Tokyo it will be hot weather, so we will practice in the heat in Australia."

The 25-year-old Ma Li hit home eight seconds behind Montag with a PB of **1:27:28**. Her compatriot **Shi Yuxia** also achieved a PB with a clocking of **1:27:41** to place third.

Local favourite and Olympic champion **Yang Jiayu** chose to skip the 20km event and only focus on the marathon race walk mixed relay on Sunday (2), since she has already earned a wild card for the 20km event in Tokyo as the 2024 tour winner.

### Men 20 Kilometres

|     |                           |                    |                |     |                         |                    |                |
|-----|---------------------------|--------------------|----------------|-----|-------------------------|--------------------|----------------|
| 1.  | Zhaozhao WANG             | 01 SEP 1999        | 1:17:30        | 77. | Zhenhao YANG            | 10 AUG 2005        | 1:23:18        |
| 2.  | Lihong CUI                | 13 MAY 1999        | 1:17:33        | 78. | <b>Tim FRASER (AUS)</b> | <b>22 FEB 2000</b> | <b>1:23:22</b> |
| 3.  | Haifeng QIAN              | 08 JUL 2000        | 1:17:58        | 79. | Jiajun JIANG            | 28 OCT 2000        | 1:23:29        |
| 4.  | Chenjie LI                | 05 MAY 2005        | 1:18:04        | 80. | Fengheng WU             | 10 JUN 2004        | 1:23:36        |
| 5.  | Jun ZHANG                 | 20 JUL 1998        | 1:18:09        | 81. | Chia-Wei HSU (TPE)      | 12 SEP 2000        | 1:23:43        |
| 6.  | Caio BONFIM (BRA)         | 19 MAR 1991        | 1:18:20        | 82. | Feng LI                 | 05 APR 2002        | 1:23:47        |
| 7.  | Massimo STANO (ITA)       | 27 FEB 1992        | 1:18:28        | 83. | Jinrui CHEN             | 18 FEB 2005        | 1:23:49        |
| 8.  | Jingrui ZHANG             | 24 AUG 2001        | 1:18:32        | 84. | Yucheng DU              | 17 MAR 1999        | 1:23:54        |
| 9.  | Perseus KARLSTRÖM (SWE)   | 02 MAY 1990        | 1:18:35        | 85. | Yingchao GAO            | 18 JAN 1998        | 1:23:58        |
| 10. | <b>Rhyddian COWLEY</b>    | <b>04 JAN 1991</b> | <b>1:18:38</b> | 86. | Tongda BIAN             | 01 APR 1991        | 1:23:58        |
| 11. | Francesco FORTUNATO (ITA) | 13 DEC 1994        | 1:18:49        | 87. | Yonggao WANG            | 08 MAR 2002        | 1:24:08        |
| 12. | Peiyang HUANG             | 10 JUN 2003        | 1:18:49        | 88. | Ding CHEN               | 05 AUG 1992        | 1:24:12        |
| 13. | Xuanfei HU                | 17 OCT 2003        | 1:18:51        | 89. | Minglong KANG           | 16 NOV 2002        | 1:24:13        |
| 14. | Yingcheng ZHOU            | 06 OCT 2000        | 1:19:01        | 90. | Cuiyu REN               | 28 AUG 2003        | 1:24:16        |
| 15. | Lin LI                    | 13 JUN 2001        | 1:19:03        | 91. | Chengyi WANG            | 15 MAY 2005        | 1:24:22        |
| 16. | Xiangfei ZHAO             | 27 SEP 2002        | 1:19:05        | 92. | Shaowei LI              | 20 AUG 2002        | 1:24:52        |

|     |                            |                    |                |      |                                |                    |                |
|-----|----------------------------|--------------------|----------------|------|--------------------------------|--------------------|----------------|
| 17. | Ding CHANG                 | 21 DEC 2002        | 1:19:05        | 93.  | Chenchen ZHANG                 | 18 DEC 1999        | 1:24:59        |
| 18. | Yifeng WANG                | 29 DEC 2003        | 1:19:16        | 94.  | Guanglei ZHANG                 | 29 DEC 2004        | 1:25:02        |
| 19. | Shuo DING                  | 21 DEC 2002        | 1:19:17        | 95.  | Xiaolong SUN                   | 03 MAY 2000        | 1:25:32        |
| 20. | <b>Declan TINGAY (AUS)</b> | <b>06 FEB 1999</b> | <b>1:19:57</b> | 96.  | Yunan GUAN                     | 07 SEP 2005        | 1:25:45        |
| 21. | Yandong LI                 | 02 FEB 1998        | 1:20:01        | 97.  | Hongda LI                      | 01 APR 2001        | 1:26:01        |
| 22. | Chaofan SUN                | 16 SEP 2000        | 1:20:09        | 98.  | <b>Corey DICKSON (AUS)</b>     | <b>19 JUL 2002</b> | <b>1:26:06</b> |
| 23. | Jinxi WANG                 | 30 NOV 2004        | 1:20:12        | 99.  | Qiejia JIA                     | 01 JAN 2002        | 1:26:16        |
| 24. | Shaoyin MA                 | 24 SEP 2003        | 1:20:17        | 100. | Jiameng LIN                    | 05 JAN 2005        | 1:26:27        |
| 25. | Qin WANG                   | 08 MAY 1994        | 1:20:18        | 101. | Hao WU                         | 10 DEC 2003        | 1:26:28        |
| 26. | Yongjie WEN                | 28 SEP 1999        | 1:20:21        | 102. | Xinrui ZHANG                   | 30 DEC 2004        | 1:26:35        |
| 27. | Pengfei XUE                | 25 FEB 2004        | 1:20:21        | 103. | Kaiming WANG                   | 15 FEB 2002        | 1:26:53        |
| 28. | Chao LEI                   | 13 MAR 2001        | 1:20:24        | 104. | Angel MONTES DE OCA (MEX)      | 29 APR 2005        | 1:26:54        |
| 29. | Heng ZHONG                 | 07 NOV 1995        | 1:20:26        | 105. | Longhao LIU                    | 10 MAY 2004        | 1:26:59        |
| 30. | Zihao ZHANG                | 17 OCT 2003        | 1:20:26        | 106. | Tiancai CHEN                   | 15 JAN 2001        | 1:27:02        |
| 31. | Noel CHAMA (MEX)           | 15 SEP 1997        | 1:20:28        | 107. | <b>Kyle SWAN (AUS)</b>         | <b>28 MAR 1999</b> | <b>1:27:12</b> |
| 32. | Chengyuan ZHANG            | 16 MAR 2000        | 1:20:29        | 108. | Jiashun LIU                    | 10 NOV 2003        | 1:27:31        |
| 33. | Shicheng PU                | 09 MAY 2004        | 1:20:45        | 109. | Tao YOU                        | 19 JUL 1997        | 1:27:39        |
| 34. | Jiahui YANG                | 16 APR 2002        | 1:20:46        | 110. | Zhaohe SONG                    | 21 MAR 2006        | 1:27:42        |
| 35. | Yongwang XIAO              | 23 JUN 2005        | 1:20:47        | 111. | Hu WENCHAO                     | 03 JAN 2002        | 1:27:47        |
| 36. | Xiaobin LI                 | 10 OCT 1999        | 1:20:48        | 112. | Tianyu WANG                    | 09 FEB 2001        | 1:27:51        |
| 37. | Yanlong GAO                | 17 APR 2004        | 1:20:56        | 113. | <b>Marcus WAKIM (AUS)</b>      | <b>03 MAY 2006</b> | <b>1:28:02</b> |
| 38. | Wang ZHENHAO               | 12 SEP 2001        | 1:20:57        | 114. | Hongquan LIANG                 | 08 FEB 2003        | 1:28:14        |
| 39. | Wenchao NIU                | 20 APR 1998        | 1:21:15        | 115. | Runhe MA                       | 24 MAR 2004        | 1:28:37        |
| 40. | Guangtao XIE               | 11 MAR 2005        | 1:21:15        | 116. | Yonglong QI                    | 16 MAR 2002        | 1:29:04        |
| 41. | Xiaoqiang ZHU              | 21 APR 2000        | 1:21:20        | 117. | Zhihang GAO                    | 28 SEP 2002        | 1:29:05        |
| 42. | Huaian DOU                 | 29 AUG 2004        | 1:21:20        | 118. | Jiahua QIU                     | 02 SEP 2003        | 1:29:09        |
| 43. | Da QIONG                   | 06 MAR 2000        | 1:21:21        | 119. | Dengzhu ZHAXI                  | 26 AUG 2005        | 1:29:16        |
| 44. | Yushuai TANG               | 18 NOV 2004        | 1:21:23        | 120. | Lele HUANG                     | 14 JAN 2005        | 1:29:36        |
| 45. | Hongren WANG               | 17 AUG 2003        | 1:21:33        | 121. | Moxuan TANG                    | 12 OCT 2001        | 1:29:52        |
| 46. | Kaihua WANG                | 16 FEB 1994        | 1:21:34        | 122. | Pengcheng XUE                  | 25 FEB 2004        | 1:30:50        |
| 47. | Chao LUO                   | 20 FEB 2003        | 1:21:37        | 123. | Yibo LI                        | 24 NOV 2004        | 1:30:58        |
| 48. | Callum WILKINSON (GBR)     | 14 MAR 1997        | 1:21:38        | 124. | Shouxiang ZHANG                | 14 DEC 2004        | 1:31:08        |
| 49. | Yang LI                    | 15 NOV 2001        | 1:21:40        | 125. | Man Kit CHIN (HKG)             | 20 JUL 1991        | 1:31:14        |
| 50. | Jiaqi WANG                 | 17 FEB 2005        | 1:21:53        | 126. | <b>Jack MCGINNISKIN (AUS).</b> | <b>26 DEC 2002</b> | <b>1:31:32</b> |
| 51. | Li XINGFU                  | 18 JUL 2002        | 1:22:00        | 127. | Haoran XU                      | 18 JAN 2005        | 1:32:03        |
| 52. | Jiaxu ZHANG                | 04 JAN 2000        | 1:22:00        | 128. | Changyuan LIU                  | 22 FEB 2004        | 1:32:15        |
| 53. | Kunlong LIU                | 29 FEB 2004        | 1:22:03        | 129. | Jiawang TANG                   | 05 DEC 2004        | 1:32:54        |
| 54. | Tao QU                     | 31 OCT 1999        | 1:22:03        | 130. | Yung-Kuei CHAN (TPE)           | 14 DEC 2002        | 1:33:27        |
| 55. | Li HONGJIE                 | 03 FEB 2001        | 1:22:05        | 131. | Hang CHEN                      | 01 AUG 2004        | 1:33:47        |
| 56. | Yilong LUO                 | 19 FEB 2002        | 1:22:08        | 132. | Bo YANG                        | 25 MAR 2002        | 1:34:18        |
| 57. | Zhicairang DAN             | 10 MAR 2003        | 1:22:15        | 133. | Wang JIRONG                    | 12 APR 2000        | 1:34:37        |
| 58. | Ciren DANBA                | 03 FEB 2003        | 1:22:16        | 134. | <b>Fraser SAUNDER (AUS)</b>    | <b>19 AUG 2004</b> | <b>1:34:46</b> |
| 59. | Chunyang XU                | 07 APR 2001        | 1:22:21        | 135. | Guiwen CHEN                    | 19 AUG 2002        | 1:35:56        |
| 60. | Haisheng MA                | 05 APR 2000        | 1:22:24        | 136. | Yan WANG                       | 20 OCT 2000        | 1:36:23        |
| 61. | Xiang FU                   | 20 NOV 2004        | 1:22:28        | 137. | Zhiwen GUO                     | 22 JUN 2004        | 1:36:49        |
| 62. | Zeng DAN                   | 20 JUL 2004        | 1:22:29        |      | Yun YAN                        | 29 OCT 2003        | DNF            |
| 63. | Tianji ZHANG               | 29 DEC 2002        | 1:22:30        |      | Jiuxi WEI                      | 12 APR 2005        | DNF            |
| 64. | Isaac PALMA (MEX)          | 26 OCT 1990        | 1:22:36        |      | Ning LU                        | 12 FEB 1999        | DNF            |
| 65. | Mingsheng WANG             | 23 NOV 2004        | 1:22:37        |      | Yunsheng QI                    | 18 MAY 2005        | DNF            |
| 66. | Zhiwei ZHAG                | 07 APR 2004        | 1:22:39        |      | Zhenqiang YAN                  | 22 FEB 2005        | DNF            |
| 67. | Zhengying LONG             | 04 SEP 2005        | 1:22:42        |      | Brandon SEGURA (MEX)           | 30 APR 1996        | DNF            |
| 68. | Ruichao YU                 | 14 APR 2005        | 1:22:51        |      | Ever J PALMA (MEX)             | 18 MAR 1992        | DNF            |
| 69. | <b>Will THOMPSON (AUS)</b> | <b>18 NOV 2002</b> | <b>1:22:53</b> |      | Lucas MAZZO                    | 19 MAY 1994        | DNF            |
| 70. | Yongzheng MA               | 06 JAN 2003        | 1:22:54        |      | Le ZHANG                       | 29 SEP 2003        | DNF            |
| 71. | Chengdu YUAN               | 03 OCT 2005        | 1:22:56        |      | Yunhan CHEN                    | 16 DEC 2005        | DNF            |
| 72. | Shengeng ZHOU              | 16 SEP 2005        | 1:22:59        |      | Kewen LI                       | 07 MAR 1999        | DNF            |
| 73. | Zisheng ZHAO               | 16 JAN 2005        | 1:23:10        |      | Linjie MU                      | 15 MAR 1997        | DQ             |
| 74. | Yu ZENG                    | 06 OCT 2003        | 1:23:16        |      | César CORDOVA (MEX)            | 20 OCT 2002        | DQ             |
| 75. | Weihao CHEN                | 25 SEP 2001        | 1:23:17        |      | Wansheng XU                    | 26 JUN 2004        | DQ             |
| 76. | Hao XU                     | 06 FEB 1999        | 1:23:18        |      | Caishun SHAO                   | 03 OCT 2003        | DQ             |

### Women 20 Kilometres

|     |                            |                    |                |     |                           |                    |                |
|-----|----------------------------|--------------------|----------------|-----|---------------------------|--------------------|----------------|
| 1.  | <b>Jemima MONTAG (AUS)</b> | <b>15 FEB 1998</b> | <b>1:27:20</b> | 41. | Ting ZHANG                | 28 JAN 2004        | 1:36:11        |
| 2.  | Li MA                      | 15 JAN 2000        | 1:27:28        | 42. | Yanfen TAN                | 16 MAR 2000        | 1:36:46        |
| 3.  | Yuxia SHI                  | 28 JAN 1999        | 1:27:41        | 43. | Zhuoma QIJI               | 27 MAY 1998        | 1:36:54        |
| 4.  | Lorena ARENAS (COL)        | 17 SEP 1993        | 1:28:16        | 44. | Valeria FLORES (MEX)      | 17 FEB 2006        | 1:37:20        |
| 5.  | Quanming WU                | 16 NOV 2001        | 1:28:41        | 45. | Lan GAO                   | 18 JAN 2000        | 1:37:30        |
| 6.  | Hang YIN                   | 07 FEB 1997        | 1:28:49        | 46. | Sun QIE                   | 09 JAN 2003        | 1:38:39        |
| 7.  | Antigoni NTRISMPIOTI (GRE) | 21 MAR 1984.       | 1:29:16        | 47. | <b>Alanna PEART (AUS)</b> | <b>06 SEP 2003</b> | <b>1:38:44</b> |
| 8.  | Li PENG                    | 27 AUG 2002        | 1:29:16        | 48. | Ying XU                   | 14 OCT 2003        | 1:39:11        |
| 9.  | Liuqing YANG               | 22 AUG 1998        | 1:29:30        | 49. | Xinru YANG                | 03 OCT 2002        | 1:39:24        |
| 10. | Zhuoma RENQING             | 15 SEP 2002        | 1:29:33        | 50. | Liwei HUANG               | 07 APR 2000        | 1:39:41        |
| 11. | Na WANG                    | 29 MAY 1995        | 1:29:35        | 51. | Xinyu LI                  | 24 OCT 2004        | 1:39:46        |
| 12. | Yunyan JIANG               | 15 FEB 2003        | 1:29:36        | 52. | Roumei LIU                | 10 DEC 2002        | 1:40:12        |
| 13. | Yue LUO                    | 13 JUL 2003        | 1:29:38        | 53. | Siqi LI                   | 03 SEP 2003        | 1:40:44        |
| 14. | Lingfen ZHANG              | 22 OCT 2001        | 1:29:45        | 54. | Jinzhu LI                 | 28 FEB 2002        | 1:41:03        |
| 15. | Lamei YIN                  | 21 DEC 2002        | 1:30:54        | 55. | Qingqing YANG             | 11 FEB 2004        | 1:42:07        |
| 16. | Karla X. SERRANO (MEX)     | 14 APR 2004        | 1:31:04        | 56. | Xiangkun CHANG            | 06 JUN 1998        | 1:42:15        |



|     |                                |                    |                |     |                              |                    |                |
|-----|--------------------------------|--------------------|----------------|-----|------------------------------|--------------------|----------------|
| 17. | Haiyan LIU                     | 23 MAR 2003        | 1:31:19        | 57. | Ma ZHUO                      | 04 DEC 2004        | 1:42:19        |
| 18. | Guo NA                         | 22 JUN 1999        | 1:31:23        | 58. | Jiatong DONG                 | 08 OCT 2005        | 1:42:48        |
| 19. | Lamu ZHUOMA                    | 28 APR 2003        | 1:31:29        | 59. | <b>Nellie LANGFORD (AUS)</b> | <b>01 JUN 2005</b> | <b>1:42:58</b> |
| 20. | Quzhen SANGDAN                 | 14 SEP 2004        | 1:31:33        | 60. | Yafei ZHAO                   | 10 JUL 1999        | 1:43:04        |
| 21. | Zhenxia MA                     | 01 AUG 1998        | 1:31:47        | 61. | Wanru YANG                   | 03 OCT 2002        | 1:43:33        |
| 22. | Jiahui ZHANG                   | 28 APR 2005        | 1:31:53        | 62. | Hongcun SUN                  | 05 JAN 2001        | 1:44:23        |
| 23. | Fengrong JI                    | 10 JUL 2002        | 1:32:28        | 63. | Danxun HUANG                 | 20 NOV 2005        | 1:44:27        |
| 24. | <b>Rebecca HENDERSON (AUS)</b> | <b>04 JUL 2001</b> | <b>1:32:44</b> | 64. | Zhuo DA                      | 28 MAR 2003        | 1:44:48        |
| 25. | Mao LA                         | 17 DEC 1996        | 1:32:47        | 65. | Zhuomayingji NIU             | 26 JAN 2002        | 1:45:05        |
| 26. | Jiecuo DUO                     | 13 APR 2005        | 1:32:48        | 66. | Fei LEI                      | 08 AUG 1997        | 1:45:33        |
| 27. | <b>Olivia SANDERY (AUS)</b>    | <b>22 JAN 2003</b> | <b>1:32:51</b> | 67. | Jiatong YAN                  | 02 SEP 2005        | 1:45:56        |
| 28. | Hongli XU                      | 30 JUN 2004        | 1:32:52        | 68. | Ting ZHANG                   | 20 JUN 2005        | 1:46:22        |
| 29. | Guisang BIANMA                 | 25 JUL 2003        | 1:32:54        | 69. | Yingcuo ZHUOMA               | 01 AUG 2003        | 1:46:26        |
| 30. | Xueying BAI                    | 26 APR 2000        | 1:33:23        | 70. | Yuying GUAN                  | 12 APR 2004        | 1:47:46        |
| 31. | Meiduo GANGLA                  | 21 JAN 2003        | 1:33:34        |     | Shanshan JIANG               | 28 FEB 1997        | DNF            |
| 32. | Clémence BERETTA (FRA)         | 22 DEC 1997        | 1:34:39        |     | Yihuan KONG                  | 14 AUG 2002        | DNF            |
| 33. | Valeria ORTUÑO (MEX)           | 27 MAY 1998        | 1:35:03        |     | Gabriela DE SOUSA (BRA)      | 12 JUN 2002        | DNF            |
| 34. | Cuo DOUMAO                     | 29 FEB 2004        | 1:35:04        |     | Ricuo XI                     | 09 AUG 2001        | DNF            |
| 35. | Xiaofan LA                     | 19 AUG 2005        | 1:35:11        |     | Elizabeth MCMILLEN (AUS)     | 20 APR 2004        | DNF            |
| 36. | Xue ZHAO                       | 12 NOV 1999        | 1:35:26        |     | Lijuang XIE                  | 14 MAY 1993        | DNF            |
| 37. | Mengyuan CHEN                  | 04 NOV 2003        | 1:35:39        |     | Jinyan JIANG                 | 23 APR 2003        | DNF            |
| 38. | Quzong DANZENG                 | 10 SEP 2002        | 1:35:41        |     | Chen LITAO                   | 15 MAY 2003        | DNF            |
| 39. | Jing LI                        | 23 AUG 2001        | 1:35:43        |     | Fangxue CHENG                | 15 JUN 2004        | DNF            |
| 40. | Fenyan ZHAO                    | 21 JUL 1996        | 1:35:46        |     | Su YOUFEN                    | 16 JUN 2001        | DNF            |

### Men 10 Kilometres U20

|     |                             |                    |              |     |                  |             |       |
|-----|-----------------------------|--------------------|--------------|-----|------------------|-------------|-------|
| 1.  | <b>Isaac BEACROFT (AUS)</b> | <b>18 JUL 2007</b> | <b>40:30</b> | 30. | Jiajun LI        | 11 FEB 2006 | 45:52 |
| 2.  | Jinglong YANG               | 25 JUN 2006        | 40:34        | 31. | Guangwen TONG    | 15 APR 2006 | 46:28 |
| 3.  | Kai FENG                    | 23 DEC 2006        | 40:58        | 32. | Zengqiang LI     | 18 FEB 2006 | 46:28 |
| 4.  | Yuzhuo FAN                  | 02 SEP 2007        | 41:08        | 33. | Yuxin LI         | 28 MAY 2007 | 46:46 |
| 5.  | Shiyu PU                    | 12 OCT 2006        | 41:09        | 34. | Jixiang WANG     | 23 JAN 2007 | 47:34 |
| 6.  | Jiawei LUO                  | 18 OCT 2006        | 41:40        | 35. | Wenshuo LI       | 20 APR 2007 | 47:36 |
| 7.  | Qiuchao LI                  | 17 AUG 2006        | 41:55        | 36. | Yi LU            | 06 APR 2006 | 47:47 |
| 8.  | Qianming SUN                | 06 JUN 2006        | 42:14        | 37. | Jiale HAO        | 06 SEP 2007 | 48:26 |
| 9.  | Nima QUZENG                 | 21 JAN 2006        | 42:16        | 38. | Xiaozheng ZHU    | 14 FEB 2006 | 48:59 |
| 10. | Zheng WEI                   | 15 MAR 2007        | 42:32        | 39. | Hongfu YU        | 31 JAN 2006 | 49:07 |
| 11. | Jie WANG                    | 12 MAY 2008        | 43:10        | 40. | Zhi NI           | 28 OCT 2006 | 49:14 |
| 12. | Kailian LI                  | 05 JAN 2006        | 43:18        | 41. | Shuai ZHU        | 01 DEC 2007 | 49:40 |
| 13. | Chengxi SHI                 | 11 APR 2007        | 43:37        | 42. | Fan YANG         | 15 DEC 2006 | 50:18 |
| 14. | Fengbo ZHOU                 | 09 NOV 2007        | 43:49        | 43. | Jianshuang ZHANG | 18 FEB 2006 | 50:21 |
| 15. | Yaochen WANG                | 27 OCT 2006        | 43:59        | 44. | Zexu WEI         | 02 NOV 2006 | 52:21 |
| 16. | Junhao LI                   | 15 JUN 2007        | 44:00        |     | Dan WU           | 26 NOV 2007 | DNF   |
| 17. | Xilong CHEN                 | 06 JAN 2006        | 44:26        |     | Kaiyuan YANG     | 06 AUG 2006 | DNF   |
| 18. | Yugu DING                   | 11 JAN 2006        | 44:32        |     | Yu ZHANG         | 08 MAR 2007 | DNF   |
| 19. | Fuwei YANG                  | 01 AUG 2006        | 44:34        |     | Boyu WANG        | 13 JAN 2006 | DNF   |
| 20. | Minji WEN                   | 17 APR 2006        | 44:35        |     | Wang NIU         | 10 MAR 2007 | DNF   |
| 21. | Kaixuan ZHANG               | 20 APR 2007        | 44:44        |     | Mingze WANG      | 08 AUG 2007 | DNF   |
| 22. | Zhongkuai YANG              | 27 NOV 2007        | 44:45        |     | Yuzhe YANG       | 01 SEP 2006 | DQ    |
| 23. | Shunshun ZHANG              | 12 MAY 2007        | 44:58        |     | Qingwei HAN      | 29 MAY 2007 | DQ    |
| 24. | Boyu ZHANG                  | 13 NOV 2006        | 44:59        |     | En SHANG         | 07 NOV 2006 | DQ    |
| 25. | Guanzhihao GUAN             | 14 OCT 2009        | 45:06        |     | Yapeng LI        | 19 JAN 2006 | DQ    |
| 26. | Cheng LI                    | 29 OCT 2006        | 45:13        |     | Xiangcheng LIN   | 10 OCT 2007 | DQ    |
| 27. | Guoqiang ZHANG              | 23 SEP 2006        | 45:18        |     | Rongxin ZHU      | 04 APR 2006 | DQ    |
| 28. | Jiusen LIU                  | 09 SEP 2007        | 45:23        |     | Huajia PU        | 31 MAY 2007 | DQ    |
| 29. | Yizhe ZHANG                 | 06 AUG 2007        | 45:48        |     |                  |             |       |

### Women 10 Kilometres U20

|     |               |             |       |     |                |             |       |
|-----|---------------|-------------|-------|-----|----------------|-------------|-------|
| 1.  | Liping PANG   | 23 FEB 2006 | 44:51 | 14. | Xinyuan LUAN   | 19 JUL 2006 | 49:32 |
| 2.  | Yutong YANG   | 14 JAN 2007 | 45:06 | 15. | Zhuoma XIERE   | 01 MAY 2008 | 50:08 |
| 3.  | Qianmei LIU   | 15 AUG 2006 | 46:21 | 16. | Yingyu YAN     | 07 MAY 2007 | 50:18 |
| 4.  | Junting LIU   | 15 FEB 2007 | 46:53 | 17. | Yubo CHI       | 22 JAN 2006 | 51:10 |
| 5.  | Lihua NI      | 15 SEP 2007 | 47:35 | 18. | Shili LIAO     | 24 APR 2006 | 51:29 |
| 6.  | Mengqing ZHAO | 16 JAN 2007 | 47:57 | 19. | Ruiqi WANG     | 23 MAR 2007 | 52:20 |
| 7.  | Yaru WANG     | 13 JUN 2009 | 48:25 | 20. | Lei LI         | 21 JUL 2006 | 52:56 |
| 8.  | Ruping ZHU    | 26 AUG 2007 | 48:33 | 21. | Yanning WANG   | 18 JAN 2006 | 53:29 |
| 9.  | Wangti LI     | 04 JUN 2007 | 48:41 | 22. | Cheng HUANG    | 01 OCT 2007 | 55:02 |
| 10. | Yiling YANG   | 05 AUG 2006 | 48:45 |     | Shuangdi CHENG | 28 JUL 2007 | DNF   |
| 11. | Dongmei FAN   | 07 AUG 2006 | 48:58 |     | Caiji PENGMAO  | 08 JUN 2007 | DQ    |
| 12. | Daiji KANZHE  | 14 DEC 2007 | 49:27 |     | Yongzhen BI    | 08 JAN 2006 | DQ    |
| 13. | Yanqun CUI    | 07 JAN 2006 | 49:29 |     | Biling LIU     | 08 SEP 2006 | DQ    |

## 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, March 2, 2025 - Wang and Montag win the 20km walk in Taicang, China <https://omarchador.blogspot.com/2025/03/wang-e-montag-venceram-os-20-km-marcha.html>
- Sunday, March 2, 2025 - 11 Portuguese Race Walking Judges successfully completed the evaluation process for the World Athletics Bronze Panel <https://omarchador.blogspot.com/2025/03/11-juizes-de-marcha-portugueses.html>
- Saturday, March 1, 2025 - Maher Ben Hlima and Katarzyna Zdziebło win Polish national short track championships (Toruń 2025) <https://omarchador.blogspot.com/2025/03/maher-ben-hlima-e-katarzyna-zdzieblo.html>
- Thursday, February 27, 2025 - Kavaliauskaitė and Lasevicius win Lithuanian short track championships (Panevėžys 2025) <https://omarchador.blogspot.com/2025/02/kavaliauskaite-e-lasevicius-vencem.html>
- Thursday, February 27, 2025 - Olympic champion Brian Pintado the biggest figure of the Ecuadorian Nationals (Sucúa 2025) <https://omarchador.blogspot.com/2025/02/campeao-olimpico-brian-pintado-figura.html>
- Wednesday, February 26, 2025 - Lyudmila Olyanovska breaks Ukraine's 5,000 m short track record again (Kyiv 2025) <https://omarchador.blogspot.com/2025/02/lyudmila-olyanovska-volta-bater-o.html>
- Wednesday, February 26, 2025 - Mohamed El Fateh Meddour and Souad Azzi, with national record, win Algerian Winter Championships (Algiers 2025) <https://omarchador.blogspot.com/2025/02/mohamed-el-fateh-meddour-e-souad-azzi.html>
- Tuesday, February 25, 2025 - Giorgi, Morvay, Toxanbayeva and Yildiz win in Antalya (2025) <https://omarchador.blogspot.com/2025/02/giorgi-morvay-toxanbayeva-e-yildiz.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 – 2024/2025

|                       |  |
|-----------------------|--|
| Sat-Sun 8-9 Mar 2025  | LAVic State T&F championships – Casey Fields, Cranbourne                         |
| Fri-Sun 4-13 Apr 2025 | Athletics Australia T&F c'ships – Perth, WA                                      |
| Sat 26 Apr 2025       | VRWC Track championships (Winter season opener) – Mentone                        |
| Sun 18 May 2025       | AV, AV Schools & VRWC championships – Middle Park                                |
| Sun 8 Jun 2025        | RWA 58 <sup>th</sup> Lake Burley Griffin Carnival – Canberra ACT                 |
| Sat 14 Jun 2025       | AV & LAVic road championships, Judging course and Coaching seminar – Middle Park |

### International Dates

|                    |  |
|--------------------|--|
| 21-23 Mar 2025     | WA World Indoor T&F Championships – Nanjing, CHN                 |
| 4 May 2025         | 4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL |
| 18 May 2025        | European Race Walking Team Championships – Podebrady, CZE        |
| 16-27 July 2025    | World University Games – Bochum, GER                             |
| 13-21 Sep 2025     | 20 <sup>th</sup> World Athletics Championships – Tokyo, JPN      |
| 4-9 Aug 2026       | World U20 Athletics Championships – Eugene OR, USA               |
| 30 Oct-15 Nov 2026 | Youth Olympic Games – Dakar, SEN                                 |

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