

# HEEL &

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

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## CLUB NEWS and RESULTS

#### \*\* VICS HOLD PB & RANKINGS PARTY IN TAICANG



Corey - 49 to 32



Will (31) – 15 to 10; Rhydian – 8 to 3



*Kyle* − 6 to 4

Taicang, China – which probably holds the unofficial title for the fastest 20km racing conditions in the world – was certainly a happy hunting ground last Sunday morning for VRWC walkers in terms of PBs and all-time Australian rankings.

Six Club members joined eight interstate compatriots to take on many of the world's elite in this WA Gold Tour event. Those fortunate enough to watch the races (either live or via a Chinese streaming service) would have been impressed by what they witnessed. Thanks to David Tarbotton who posted this table of times, PBs and rankings on his FB page:

- 1:18:33 Rhydian Cowley (PB by 57 seconds) moves from #8 to #3 Australian all-time
- 1:18:59 Kyle Swan (PB 25 seconds) moves from #6 to #4 Australian all-time
- 1:20:34 Will Thompson (PB by 1:22 minutes) moves from #15 to #10 Australian all-time
- 1:25:41 Corey Dickson (PB by 3:06 minutes) moves from #49 to #32 Australian all-time

Equally impressive were the Victorians' interstate squad mates who also climbed the rankings ladder in Taicang:

- 1:21:01 Tim Fraser ACT (PB by 62 seconds) moves from #16 to #12 Australian all-time
- 1:23:20 Carl Gibbons NSW (PB by 3:05 minutes) moves from #33 to #19 Australian all-time
- 1:27:57 Jack McGinniskin NSW (PB by 4:08 minutes) now #45\* Australian all-time

Declan Tingay (WA), in injury recovery mode, finished with a very creditable 1:20.00. Dylan Richardson (NSW) was unfortunate to be sent 'directly to jail' for 2:00, finishing with an official 1:27.59.



The men underway in Taicang. From left, visible Aussies are Carl, Mitch, Tim, Corey, Kyle, Will and Rhydian.
(Photo: Nicola Maggio)

A smaller contingent of women contested the event, with **Bec Henderson** coming achingly close to an automatic Paris qualifier with her **1:29.54**. **Hannah Mison (NSW)** achieved a 6-sec PB with her **1:35.21**, while **Lizzie McMillen (NSW)** added another international to her experience log in clocking **1:37.40**. **Alanna Peart** was the tail light of the day, but she has had minimum experience with the 20km distance and is rebuilding after injury, so her **1:39.08** can be considered a sign of better things to come.



The women's turn. Aussies L-R: Hannah B, Lizzie, Tayla (behind woman in blue), Bec and Alanna.

(Photo: Nicola Maggio)

Commiserations to **Mitch Baker (ACT)** and **Hannah Bolton (NSW)**, both of whom ended up on the wrong side of TR54, as well as to **Tayla Billington (QLD)**. Bigger commiserations, however, to **Allanah Pitcher (NSW)** whose trip was ruined by a gastric bug that put her in hospital. We wish Allanah a full recovery so that she can concentrate on her next racing goals.

<sup>\*</sup>See Around The Country for updated Australian all-time 20km men's rankings. Full race results in International News.

#### \*\* VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> April 2024:

**Senior (Open and Masters)** \$30.00 **Under 20:** \$25.00 **Under 16:** \$15.00

Associate (Officials who assist with races

throughout the year): \$ 0.00 Family membership: \$50.00

Annual Subscriptions are due on April 1<sup>st</sup> of each calendar year. Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington.

Outside of these areas are considered country area.)

#### **WINTER FIXTURE UPDATE**

The date and venue for the Australian Masters (AMA) 20km road championships are now confirmed. This event will be held on Sunday 25 August, in Adelaide. Competitors may race in Adelaide on the day, or as postal entrants at whichever venue they can access (e.g. RWA 20km c'ship in Melbourne, or WMA c'ship in Gothenberg SWE)

Contact George White for further details – *gwhite@adam.com.au* 

#### \*\* VRWC RACE FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> April 2024:

Senior (Open and Masters)\$30.00Under 20:\$25.00Under 16:\$15.00Associate(Officials who assist with races throughout the year):\$0.00Family 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.

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## VICTORIA - METRO & REGIONAL



### **AV Championships**

The younger competitors had generally pleasant conditions for their AV walking championships at Lakeside on Sunday, with only the odd chilly wind gust to contend with. While **Riley Coughlan** and **Ela Uzun** were in a class of their own, both the 5000m and 3000m races (mixed gender and age groups) saw some good contests with a number of PBs being set.

#### \*\* AV 5000m Walk U20-U17 championships, Sunday 3 March – Lakeside Stadium

The modest field of 7 that joined in 5000m combat produced an impressive exhibition of competitive racing and sound technique. Clear winners were **Riley Coughlan (20:54.69**, a second shy of his PB) and **Maddison Nash** who smashed hers by 27 secs for **24:23.57**. A tight duel between **Scott Peart** and **Sam Lindsay** (TAS) saw the Launceston ace gradually pull away in the second half to clock **22:08.74** to Scott's **22:27.05**.

Men U20 5000m walk	Women U20 5000m walk
Men 020 Soooni wark	Women 020 South Walk

1 Scott Peart Ballarat YCW 22:27.05 1 Maddison Nash Knox AC 24:23.57\* 2 Eden Morgan Knox AC 23:03.22 2 Emily Smith Knox AC 28:23.67 Men U18 5000m walk Women U18 5000m walk

1 Riley Coughlan Knox AC 20:54.69 1 Ariana Pashutina Knox AC 28:25.79

Men U17 5000m walk

1 Samuel Lindsay *inv*. TAS 22:08.74

#### \*\* AV 3000m Walk U16-U14 championships, Sunday 3 March - Lakeside Stadium

Engaging battles were on show among the 15 entrants in the combined 3000m race, behind Ela Uzun whose 13:43.34 was a mere 7 secs shy of her own State record. Mya McClure was clearly the fastest of the rest, clocking 14:45.96, while Matilda Read and Hannah Matthews (who ripped over a minute from her PB) were locked together for most of the race before Matilda used her speed to seal the U15 win. Lucy Johns equalled her PB in easily taking the U16 title in 16:28.21.

**Max Davidson**, having his best season by far, took the U16 boys title with a 15 sec PB of **14:16.47**. Max didn't have it all his own way, however, having to shake off a determined **Angus Shuttleworth** whose PB of **14:25.17** won him the U14 gold – we look forward to seeing more battles between these two. Another big improver was **Lewis McLennan** who got two 2nds ... silver in the U14 and second biggest PB margin of the day!

Boys U16 3000m walk 1 Max Davidson 2 Hamish McLennan	Diamond Vly Doncaster AC	14:16.47* 18:24.69	Girls U16 3000m walk 1 Lucy Johns 2 Mietta Morgan 3 Caetlin Ashby <i>inv</i> .	Diamond Vly Knox AC NSW	16:28.21* 17:25.40 17:47.88
Boys U15 3000m walk 1 Jaime Hvalica	Diamond Vly	16:33.90	Girls U15 3000m walk 1 Matilda Read 2 Hannah Matthews 3 Charlise McQueen	Wellington Knox AC Eaglehawk	16:02.07 16:09.56* 18:01.53*
Boys U14 3000m walk			Girls U14 3000m walk		
1 Angus Shuttleworth	Knox AC	14:25.17*	1 Ela Uzun	Essendon AC	13:43.34
2 Lewis McLennan	Doncaster AC	16:00.16*	2 Mya McClure	Whittlesea	14:45.96
3 Tate Jardine	Essendon AC	21:30.42	3 Havana Ali	Essendon AC	16:10.53

<sup>\*</sup>PBs - 5000m: Maddison 0:27 3000m: Hannah 1:06, Lewis 0:48, Angus 0:35, Max 0:14, Charlise 0:05, Lucy eq.

<u>PHOTOS:</u> Thanks to **Kerrie Peart**, who sent a package of images from the AV titles which, sadly, could not be edited in time for inclusion this week. Look for a gallery of them in the next issue.

With the AV track titles now done, the young brigade's attention now turns to the Little Athletics T&F championships to be held next weekend. Details below:



#### LAVic State T&F championships

The weekend of 9 & 10 March sees the **Little Athletics Victoria State championships** being held at Casey Fields. The walks will be held from 8.30 until 10.52am on Saturday. See the draft program at <a href="https://lavic.com.au/wp-content/uploads/2020/06/Draft-Timetable-State-Track-and-Field-Champs-2024.pdf">https://lavic.com.au/wp-content/uploads/2020/06/Draft-Timetable-State-Track-and-Field-Champs-2024.pdf</a>



The Victorian Masters T&F championships will be held on Saturday 16 and Sunday 17 March, at Tom Kelly track, Doncaster. For walks scheduling, see the draft program at <a href="https://athsvic.wpenginepowered.com/wp-content/uploads/2024/02/Vic-Masters-TT-DRAFT.pdf">https://athsvic.wpenginepowered.com/wp-content/uploads/2024/02/Vic-Masters-TT-DRAFT.pdf</a>

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### AROUND THE COUNTRY

#### \*\* NATIONAL MEN'S 20KM RANKINGS - updated

Following last Sunday's Gold Tour event in Taicang (CHN), below is an updated ranking of the all-time best Australian Men's 20km results. Those whose performances advanced them after Taicang are listed in bold type.

1	1.17.22	Nathan Dagless	V	Civi City CUN	22 Apr 2005
1 2	1:17:33 1:18:30	Nathan Deakes Declan Tingay	W	Cixi City, CHN Budapest, HUN	23 Apr 2005 19 Aug 2023
3	1:18.33	Rhydian Cowley	V	Taicang, CHN	3 Mar 2024
4	1:18:59	Kyle Swan	V	Taicang, CHN	3 Mar 2024
5	1:19:15	Luke Adams	N	Cheboksary, RUS	10 May 2008
6	1:19:15	Jared Tallent	V	Hobart	13 Feb 2010
7	1:19:22	Dave Smith	v	Hobart	19 Jul 1987
8	1:19:28	Dane Bird-Smith	Q	London, GBR	13 Aug 2017
9	1:19:33	Nick A'Hern	Ň	Melbourne	15 Dec 1990
10	1:20:34	Will Thompson	V	Taicang, CHN	3 Mar 2024
11	1:20:43	Andrew Jachno	V	Brisbane	26 Aug 1990
12	1:20:49	Dion Russell	V	Melbourne	19 Mar 1999
13	1:21:01	Tim Fraser	A	Taicang, CHN	3 Mar 2024
14	1:21:19	Simon Baker	V	Canberra	27 Aug 1988
15	1:21:23	Adam Rutter	N	Taicang, CHN	30 Mar 2012
16	1:21:36	Willi Sawall	V	Melbourne	4 Jul 1982
17	1:22:08	Chris Erickson	V	Nomi, JPN	15 Mar 2015
18	1:23:10	Michael Hosking	V	Adelaide	11 Feb 2018
19	1:23:20	Carl Gibbons	N	Taicang, CHN	3 Mar 2024
20	1:23:58	Mitchell Baker	A	Nomi, JPN	15 Mar 2023
21	1:24:10	Tyler Jones	N	Adelaide	13 Feb 2022
22	1:24:11	Liam Murphy	S	Adelaide	26 Jul 2003
23	1:24:11	Dylan Richardson	N	Nomi, JPN	15 Mar 2023
24	1:24:20	Duane Cousins	V	Melbourne	19 Mar 1999
25	1:24:25	Ian Rayson	N	Sydney	13 Nov 2011
26	1:24:34	Brent Vallance	N	Naumburg, GER	23 May 1998
27	1:24:37	Brendon Reading	A	Adelaide	19 Feb 2017
28	1:24:54	Paul (Copeland) van Kopplen	V	Melbourne	10 Nov 1991
29	1:24:56	Darren Bown	S	Sydney	6 Mar 2005
30	1:25:02	Troy Sundstrom	N	Melbourne	19 Mar 1999
31	1:25:31	Steve Beecroft	V	Canberra	28 Jan 1994
32	1:25:34	Mike Harvey	V	Melbourne	25 Aug 1990
<b>33</b> 34	1:25:41 1:26:20	Corey Dickson	V V	Taicang, CHN Adelaide	3 Mar 2024
35	1:26:20	Adam Garganis Mark Donahoo	V	Melbourne	11 Feb 2018
36	1:26:40	Tom Barnes	V	Melbourne	22 May 1994
37	1:26:50	Sean Fitzsimons	W	Melbourne	24 Aug 2008 11 Dec 2011
38	1:27:12	Tim Erickson	V	Melbourne	14 Dec 1980
39	1:27:14	Nathan Brill	v	Adelaide	21 Feb 2016
40	1:27:19	Dominic McGrath	v	Melbourne	19 Mar 1999
41	1:27:20	Daniel (Thorne) Walters	v	Melbourne	16 Dec 2001
42	1:27:29	Bill Dyer	V	Melbourne	22 Jun 1985
43	1:27:35	Michael McCagh	W	Canberra	28 Jan 2007
44	1:27:42	Brad Malcolm	V	Melbourne	19 Jul 1998
45	1:27:57	Jack McGinniskin	N	Taicang, CHN	3 Mar 2024
46	1:28:18	Mike Woods	N	Bergen, NOR	24 Sep 1983
47	1:28:23	Brad Aiton	Q	Nomi, JPN	16 Mar 2014
48	1:28:25	Rob McFadden	S	Canberra	27 Aug 1988
49	1:28:29	Steve Hausfeld	N	Richmond	9 Apr 1988
50	1:28:29	Shane Pearson	Q	Melbourne	27 Feb 1997
51	1:29:08	Marcus Dwyer	V	Melbourne	19 Jul 1998
52	1:29:12	Noel Freeman	V	Melbourne	6 Apr 1968
53	1:29:13	Ian Waters	V	Melbourne	19 Dec 1993
54	1:29:22	Rohan Best	T	Hobart	4 Aug 1990
55	1:29:24	Jesse Osborne	V	Hobart	24 Feb 2013
56	1:29:29	Nick Dewar	Q	Hobart	2 Feb 2014
57	1:29:34	Craig Brill	V	Melbourne	15 Nov 1992
58	1:29:40	Travis Harbour	V	Melbourne	27 Feb 1997
59	1:29:41	Doug Connolly	N	Sydney	21 Jul 2001

60	1:29:48	Martin Richardson	V	Melbourne	5 Feb1984
61	1:29:51	Mark Blackwood	V	Melbourne	1 Sep 1996
62	1:29:55	Craig Jeffery	V	Melbourne	26 Apr 1992
63	1:29:55	Tristan Camilleri	S	Melbourne	27 Mar 2021
64	1:30:04	Jon Gawley	N	Geelong	1 Aug 1998
65	1:30:07	Ricky Cooke	T	Adelaide	4 Mar 1992
66	1:30:22	Greg Robertson	T	Melbourne	25 Aug 1991
67	1:30:28	Ross Haywood	V	Melbourne	5 Feb 1978
68	1:30:36	Mark Thomas	V	Melbourne	22 May 1994
69	1:30:51	Paul Woodhouse	N	Richmond	9 Apr 1988

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

It's another 3-way tie this week, with the successful trio chosen on their results in the Chinese Race walking Grand Prix 20km in Taicang. The common factor between **Jack McGinniskin** (NSW), Corey Dickson (VIC) and Carl Gibbons (NSW) is not just each man's big climb up the Australian all-time rankings, but the sheer size of the PB improvement that got him there.







Jack was the biggest improver, and the only rankings debutant. His time of 1:27:57 – a 4:08 PB – has thrust him well up into 45<sup>th</sup> on the list and will have given him a ton of confidence. Corey's 1:25:41, which tore 3:06 from his previous best, vaulted him 17 places, from 49<sup>th</sup> to 32<sup>nd</sup> and confirms his return to prominence. Meanwhile, Carl – who has doubtless searched for a foothold in the 20km since the erasure of 'his' 35km distance – found it in Taicang, his 3:05 PB of 1:23:20 giving him a huge leg-up from 33<sup>rd</sup> to 19<sup>th</sup>. Congratulations, lads. 2024 is already shaping as a memorable year for you and we hope it continues to do so.

#### \*Honourable mentions:

- Rhydian Cowley and Kyle Swan (VIC) leapt into outright 3<sup>rd</sup> and 4<sup>th</sup> on the national 20km rankings.
- Bec Henderson (VIC) inched closer to an automatic Olympic qualifying time in Taicang.
- Hannah Matthews (VIC) took more than a minute from her PB in the AV U14 3000m championship in taking silver.

#### **SOUTH AUSTRALIA** ASA interclub results, 2 March – Mile End stadium

Conditions at Mile End were Good on Saturday, 26c but not too warm. 4 PB's and some other quick times were recorded among the field. Results courtesy of **Kim Mottrom**.

Open 3000m		
Kim Mottrom	14:12.85	
Sebastian Richards	14:14.35	
Cooper Rech	14:18.31	PB 0:15
Daisy Braithwaite	15:14.01	
Angelina Legrand	15:46.45	
Melissa Grantham	16:52.97	PB 0:10
Rhiannon Lovegrove	17:55.34	
Liam Freundt	18:12.34	PB 0:04
Jasmine Crabb	18:29.10	PB 0:52
Peter Crump	18:38.04	
Orlando Grantham	23:19.92	
Alex McEwan	25:05.67	

#### TASMANIA Tas Masters T&F, 28 February – Domain AC, Hobart

#### **David Moore** reports:

Mid-week Masters now provides the only opportunity for our Walkers to compete at 3 & 5000m in the lead up to State & AMA Championships, with no walks included for the last 3 scheduled Athletics South Interclub competitions.

Results
3000m Walk
1. Wayne Fletcher NS 28:12
5000m Walk
1. Oliver Morgan SB 24:14

#### Racewalkaustralia.com

#### Australian Race walking Statistician still needed

As yet we have had no expressions of interest in taking over this important role. Therefore, **Kim Mottrom** is prepared to continue as statistician until the end of this Summer season – but not beyond.

It's likely that some of our readers, although skilled in data entry and statistics, might be interested but are unfamiliar with the website or its function. **Tim Erickson** gave a brief summary of the site's history and function (as well as minimum requirements for applicants) in the last issue. We urge interested readers to visit **racewalkaustralia.com** and familiarize themselves with what it contains, and to contact Tim at <a href="terick@melbpc.org.au">terick@melbpc.org.au</a> or at <a href="tim.erickson02@gmail.com">tim.erickson02@gmail.com</a> with any questions they may have.

Please be assured that doing so does **not** lock you into a commitment to take the job on ... by all means, go on a fact-finding tour first. Then, if the role appeals to you and you can commit the time, let Tim know.

This site has become a valuable go-to resource for keeping the Australian race walking community up to speed with the latest race results, PBs, walkers' careers and clubs, records set, age percentiles and other information. For my part I've found it indispensable for keeping up with PBs and birthdates of walkers (for race and record age groups etc).

Please have a look at the website (homepage shown below), if you're not already familiar with it. Then, if you want to investigate further, please contact Tim.

Stu Cooper



### INTERNATIONAL NEWS

CHINA: Chinese Race Walking Grand Prix (WA Tour Gold meet), 3-9 March - Taicang

## Jun Zhang and Stano, side by side in Taicang, timed in the 20 km at 1:17:26

(reprinted from O Marchador - Monday 4 March)

In a journey of great brilliance for the discipline of race walking in Taicang, China (3/3), the «Gold» event of the «World Race Walking Tour», there was a side-by-side finish in the men's 20 km with the Chinese **Jun Zhang**, Asian champion in Jakarta-2018, victorious in the race, and the Italian **Massimo Stano**, Olympic champion in Tokyo-2020 (Sapporo-2021), both recording the mark of **1:17:26**.

For Jun Zhang, a 25-year-old athlete, ranked 8th in the 20 km in Sapporo, the record constitutes a new personal record, his best being 1:17:38 achieved in April last year also in Taicang. China's record is 1:16:54 since Huangshan-2021 and belongs to **Kaihua Wang**, who was 10th in the race classification on the "tour" and 26th overall.

In the case of Stano, second placed, the mark represents a new Italian record, something that was not expected and that made him extremely happy, removing 19 seconds from the previous record that already belonged to him, with 1:17:45 since A Coruña- 2019.

In third place, and also with a new national record, was the Brazilian Caio Bonfim, with 1:17:44, improving by 3 seconds the mark achieved in the Budapest 2023 world championships, which also earned him the bronze medal.

While the timer was still at 1 hour and 17 minutes, two more athletes completed the race, the Chinese **Yandong Li**, with **1:17:48**. At a very high global level, no less than 17 athletes fell below 1 hour and 20 minutes.

The men's race had 58 participants, bringing together grand prix and tour athletes, and started at 8 am with a temperature of around 4 degrees Celsius.

#### Zhenxia Ma and Jiayu Yang finish as a pair

In the women's 20 km race in Taicang, China (3/3), counting for the «World Race Walking Tour», the power of the Chinese walkers and the high level records achieved were very impressive, with **Zhenxia Ma** declared the winner, and **Jiayu Yang**, second placed, finishing side by side (as happened in the men's race) and obtaining **1:26:07**.

Zhenxia Ma, 25 years old, already with young world titles (under-18 in Cali-2015 and under-20 in Bydgoszcz-2016, among others) and ranked 7th in the world championships in Budapest-2023, achieved a new record personal (previously, 1:26:43 in Huanshan-2023), surpassing the goal Jiayu Yang, the current world record holder (1:23:49 in Huangshan-2021) and victorious in the London 2017 world championship.

Completing the podium was the illustrious **Hong Liu**, Olympic champion (Rio-2016) and multiple world champion, with **1:26:47**. Reference also goes to the fourth and fifth classified in the general classification, also Chinese **Shijie Qieyang**, with **1:27:05**, and **Haiying Ji**, with **1:27:19**.

Counting towards the classification of the «tour», mention should be made of the 5th position of Frenchwoman Clémence Beretta (11th overall), with 1:28:44, breaking yet another absolute (open) record for her country (the third this year).

In a race participated by 35 athletes (3 withdrew and 1 disqualified), 19 achieved better times than 1 hour and 30 minutes.

Men	Men 20km World Tour placings						
1.	Jun ZHANG	CHN	1:17:26				
2.	Massimo STANO	ITA	1:17:26				
3.	Caio BONFIM	BRA	1:17:44				
4.	Zhaozhao WANG	CHN	1:17:48				
5.	Rhydian COWLEY	AUS	1:18:33				
6.	Haifeng QIAN	CHN	1:18:51				
7.	Kyle SWAN	AUS	1:18:59				
8.	Declan TINGAY	AUS	1:20:00				
9.	Will THOMPSON	AUS	1:20:34				
10.	Kaihua WANG	CHN	1:20:40				
11.	Marius ŽIŪKAS	LTU	1:20:51				
12.	Tim FRASER	AUS	1:21:01				
13.	Carl GIBBONS	AUS	1:23:20				
14.	Brendan BOYCE	IRL	1:24:37				
15.	Corey DICKSON	AUS	1:25:41				
16.	Jack MCGINNISKIN	AUS	1:27:57				
17.	Dylan RICHARDSON	AUS	1:27:59				
18.	Chun Hung TSE	HKG	1:40:35				
	Xianghong HE	CHN	DNF				
	Perseus KARLSTRÖM	SWE	DNF				
	Mitchell BAKER	AUS	DQ				
	Man Kit CHIN	HKG	DQ				

(51 finishers)

Women	20km	World	Tour	placings
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1.	Zhenxia MA	CHN	1:26:07
2.	Jiayu YANG	CHN	1:26:07
3.	Hong LIU	CHN	1:26:47
4.	Shijie QIEYANG	CHN	1:27:05
5.	Clémence BERETTA	FRA	1:28:44
6.	Liujing YANG	CHN	1:29:20
7.	. PRIYANKA	IND	1:29:48
8.	Rebecca HENDERSON	AUS	1:29:54
9.	Johana ORDÓŇEZ	ECU	1:33:42
10.	Hannah MISON	AUS	1:35:21
11.	Elizabeth MCMILLEN	AUS	1:37:40
12.	Alanna PEART	AUS	1:39:08
	Tayla-Paige BILLINGTON	AUS	DNF
	Hannah BOLTON	AUS	DQ

(31 finishers)

#### FRANCE: French Indoor Championships, 2 March - Miramas

#### Thanks to Emmanuel Tardi for these results and report:

It was our national Indoor Championship last Saturday in Miramas (near Marseille.) In the men's event, **Aurélien Quinion** won easily as in 2023).

The women's event was won by **Chloé Le Roch.** (She is in the U18 age group but she chose to compete in the main event.) She realised a new PB (12'39'58"). It is the U20 and U18 national indoor record and the 4th French all-time best performance (behind Stey , Menuet and Beretta). **Lena Auvray** won the junior race in a good 13'21".

Most of our main walkers were not in this championship because they prepare for the national 20km in two weeks.



Quinion



Auvray



LaRoche

(Photos: Emmanuel Tardi)

	5000m TCM			
1	QUINION Aurelien	SEM/93	Ac St Gratien-Sannois	19'11''54
2	MADELINE-DEGY Martin	SEM/01	Blagnac Sc	19'41''45
3	DREVILLE Lucas	ESM/02	Vga Compiegne	19'48''49
4	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	20'10''91
5	LEBRETON Kilian	SEM/00	Ta Rennes	20'41''67
6	RODRIGUEZ Remi	MAM/89	Clermont Auvergne Athletisme	20'45"53
7	BAZZO BORTOT Symon	SEM/96	As Raismes	20'59"56
8	BATIFOL Ellis	ESM/03	Asvel Villeurbanne	21'01"71
9	VALLEE Kyrian	SEM/94	Blagnac Sc	21'26''98
10	ANDRIEU Hugo	SEM/92	Uavh Aubagne	21'41"31
11	CROSNIER Alexis	SEM/99	Aix Athle Provence	21'47''99
12	GAUDRE Martin	ESM/04	Herbauges Athle 44	22'22"31
13	DELAUNAY Sebastien	MAM/74	Cap Saumur	22'44''98
14	GARREAU Faustin	ESM/03	Afa Feyzin-Venissieux	23'07"54
-	PETER Florian	ESM/02	Aix-Les-Bains	DQ
-	DURAND Dimitri	ESM/02	Montpellier Athletic	DQ
	3000m TCF			
1	LE ROCH Chloe	CAF/07	Cjf Saint-Malo	12'39"58
2	LAGRANGE Nelly	ESF/04	Union Perpignan	13'21"'00
3	MILLE Agathe	ESF/04	Grac Renwez	13'35''68
4	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	13'38"53
5	DENISSELLE Vanessa	MAF/84	Val-De-Reuil Ac	13'53''86
6	MASSON Liv	ESF/03	Stade Bordelais Athletisme	13'54"84
7	VIDALINC Celia	SEF/96	Stade Clermontois	14'01''94

	MOLICE L. III	CEE/01	F 6'11 I 6'4	141041110
8	MOLIST Lucille	SEF/01	Ea Gillonnay-La Cote	14'04''19
9	DUCLOS Adele	SEF/00	Athle 91 Grac Renwez	14'06''73
10 11	MILLE Angele PICARD Axelle	SEF/01		14'06''79
12	TRICOT-LAPIERE Blanche	SEF/99 ESF/04	St Max Essey Club Athlé Ac Villeneuve D'ascq	14'10''06 14'25''52
13	THEOLIER Lily	SEF/00	Annecy Haute Savoie	14'59''95
14	ADLER Mathilde	SEF/01	Asptt Lille	15'03''79
15	CHATREFOU Cassandra	ESF/02	Csme Athletisme	15'55"23
-	BOUQUIN Rachel	ESF/04	Racing Club Nantais	DQ
	5000m JUM	LSI/01	Ruenig Club Huntais	DQ
1	CHENUET Quentin	JUM/05	Saran Loiret Athletic Club	20'47''90
2	ELLUL Hugo	JUM/05	Stade Olympique Calais Athlet	21'35''04
3	PICART Bastien	JUM/06	Cote De Jade Athlé	22'57"58
4	PETIOT Simon	JUM/05	Ac Secteur Monistrol	23'56''33
5	DELBOS Remi	JUM/06	Us Bazas	24'16''20
6	BABIN Noe	JUM/06	Stade Niortais	24'33"50
7	THOMAS Anatole	JUM/06	Dole Ac	25'04"16
-	PETER Anthony	JUM/06	Ca Ambilly	DQ
	3000m JUF		,	
1	AUVRAY Lena	JUF/06	La Vigilante Fougères	13'21"10
2	MERBITZ Marine	JUF/06	Fc Sochaux Montbeliard	13'46''26
3	CHEZE Emelie	JUF/06	Uao 31	13'56''92
4	GUILLARD Lisa	JUF/06	Entente Angevine Athletisme*	13'58''96
5	LANDRON Capucine	JUF/06	Ca Beglais	14'15''29
6	HANNOT Juliette	JUF/06	As Tourlaville	14'25''42
7	ZIAT Alicia	JUF/05	Grand Angouleme Athletisme	14'42''30
8	WROBLEWSKI Marie	JUF/06	Us Talence	14'58''30
9	BELIN Eline	JUF/06	Ao Arnay le duc	15'01''82
10	BOURIGAULT Jade	JUF/05	Ac Villeneuve D'ascq	15'25''01
11	HALIMI Maia	JUF/06	Grenoble Uc	15'49''45
12	MENEZ Anais	JUF/06	Tregor Goelo Athletisme	16'11''44
13	CORCELLE Margot	JUF/06	Cote De Jade Athlé	16'45''10
14	AMOUSSOU Diane	JUF/06	Union Saint Bruno	18'20''17
	5000m JUM	CAN(07	WID D. TA	221201104
1 2	RABREAU Clement ABBES Nourredine	CAM/07	Val-De-Reuil Ac	22'30''04 24'18''00
		CAM/08	Athle 11	
3	HENNEGUIER Teo	CAM/07	Asptt Lille Met	24'24''67
3 4	HENNEGUIER Teo LAQUITTANT Victor	CAM/07 CAM/07	Asptt Lille Met Acp Ancenis	24'24''67 24'44''84
3 4 5	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo	CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne	24'24''67 24'44''84 24'45''86
3 4 5 6	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha	CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois	24'24''67 24'44''84 24'45''86 24'54''66
3 4 5 6 7	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement	CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76
3 4 5 6 7 8	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82
3 4 5 6 7 8 9	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40
3 4 5 6 7 8 9	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79
3 4 5 6 7 8 9 10 11	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24
3 4 5 6 7 8 9 10 11 12	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y.	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48
3 4 5 6 7 8 9 10 11	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24
3 4 5 6 7 8 9 10 11 12 13	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75
3 4 5 6 7 8 9 10 11 12 13	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09
3 4 5 6 7 8 9 10 11 12 13 14	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB
3 4 5 6 7 8 9 10 11 12 13 14	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club Ulac Pays Fouesnantais	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB
3 4 5 6 7 8 9 10 11 12 13 14 -	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP)	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club Ulac Pays Fouesnantais Avia Club Athletisme	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB
3 4 5 6 7 8 9 10 11 12 13 14 -	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB
3 4 5 6 7 8 9 10 11 12 13 14 -	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club  Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB 14'22''08 14'22''08 14'27''22 14'34''79 14'58''02
3 4 5 6 7 8 9 10 11 12 13 14 - -	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk	CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/08 CAM/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB 14'22''08 14'22''08 14'27''22 14'34''79 14'58''02 15'08''08
3 4 5 6 7 8 9 10 11 12 13 14 - -	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk MACABEY Zoe	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/07 CAM/08 CAM/07 CAF/07 CAF/07 CAF/07 CAF/08 CAF/08	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba Asptt Dijon Athletisme	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB 14'22''08 14'27''22 14'34''79 14'58''02 15'08''08 15'14''91
3 4 5 6 7 8 9 10 11 12 13 14 - - - 1 2 3 4 5 6 7	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk MACABEY Zoe CHARPENTIER Lison	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/08 CAM/07 CAF/07 CAF/07 CAF/07 CAF/08 CAF/08 CAF/08	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba Asptt Dijon Athletisme Ac Romorantin	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB 14'22''08 14'27''22 14'34''79 14'58''02 15'08''08 15'14''91 15'23''95
3 4 5 6 7 8 9 10 11 12 13 14 - - - 1 2 3 4 5 6 7 8	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk MACABEY Zoe CHARPENTIER Lison BRAS Clara	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/08 CAF/07 CAF/07 CAF/08 CAF/08 CAF/08 CAF/08 CAF/08 CAF/08 CAF/08 CAF/08	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club  Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba Asptt Dijon Athletisme Ac Romorantin Evreux Ac	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB 14'22''08 14'27''22 14'34''79 14'58''02 15'08''08 15'14''91 15'23''95 15'26''28
3 4 5 6 7 8 9 10 11 12 13 14 - - - 1 2 3 4 5 6 7 8 8 8 8 8 8 8	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk MACABEY Zoe CHARPENTIER Lison BRAS Clara PONCET Violette	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/07 CAF/07 CAF/07 CAF/08 CAF/07 CAF/08	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club  Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba Asptt Dijon Athletisme Ac Romorantin Evreux Ac Ac Ondaine Firminy	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB 14'22''08 14'27''22 14'34''79 14'58''02 15'08''08 15'14''91 15'23''95 15'26''28
3 4 5 6 7 8 9 10 11 12 13 14 - - - 1 2 3 4 5 6 7 8 8 9 10 11 11 12 13 14 14 15 16 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk MACABEY Zoe CHARPENTIER Lison BRAS Clara PONCET Violette MARIE Peggy	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAF/07 CAF/07 CAF/08 CAF/08 CAF/08 CAF/08 CAF/08 CAF/08 CAF/07 CAF/08 CAF/08 CAF/07 CAF/08 CAF/07 CAF/08 CAF/07 CAF/08 CAF/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club  Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba Asptt Dijon Athletisme Ac Romorantin Evreux Ac Ac Ondaine Firminy Rcn Sainte Luce	24'24"67 24'44"84 24'45"86 24'54"66 25'16"76 25'32"82 25'33"40 26'34"79 26'35"24 26'38"48 27'19"75 27'20"09 AB AB 14'22"08 14'27"22 14'34"79 14'58"02 15'08"08 15'14"91 15'23"95 15'26"28 15'26"28 15'26"28 15'45"58
3 4 5 6 7 8 9 10 11 12 13 14 - - - 1 2 3 4 5 6 7 8 8 9 10 11 11 11 12 13 14 15 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk MACABEY Zoe CHARPENTIER Lison BRAS Clara PONCET Violette MARIE Peggy CHATARD Laure	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAF/07 CAF/07 CAF/08 CAF/08 CAF/08 CAF/07 CAF/07 CAF/08 CAF/07 CAF/08 CAF/07 CAF/08 CAF/07 CAF/08	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club  Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba Asptt Dijon Athletisme Ac Romorantin Evreux Ac Ac Ondaine Firminy Rcn Sainte Luce Stadoceste Tarbes	24'24''67 24'44''84 24'45''86 24'54''66 25'16''76 25'32''82 25'33''40 26'34''79 26'35''24 26'38''48 27'19''75 27'20''09 AB AB 14'22''08 14'27''22 14'34''79 14'58''02 15'08''08 15'14''91 15'23''95 15'26''28 15'26''28 15'45''58 15'56''73
3 4 5 6 7 8 9 10 11 12 13 14 - - - 1 2 3 4 5 6 7 8 8 9 10 11 11 12 13 14 15 16 17 18 18 18 18 18 18 18 18 18 18 18 18 18	HENNEGUIER Teo LAQUITTANT Victor PHILIPPARIE Leo MORIN Sacha DULAK Clement LEBRETON Julien BESLU Lucas TOUBOUL Timeo FALAISE Liam FRELECHOUX-TRONSCORF Y. BOUTAULT Giovanny PAGES Benjamin GAVART Leo LEMONNIER Leo 3000m CAF COSQUERIC Yaelle VEGA GONZALEZ Irene (ESP) LEBEAU Julia MERLE Emilie CALAS Anouk MACABEY Zoe CHARPENTIER Lison BRAS Clara PONCET Violette MARIE Peggy CHATARD Laure OULD BOUALI Juliette	CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAM/08 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/07 CAM/08 CAF/07 CAF/08 CAF/08 CAF/08 CAF/08 CAF/08 CAF/07 CAF/08 CAF/07 CAF/08 CAF/07 CAF/08 CAF/07 CAF/08 CAF/07 CAF/07 CAF/08 CAF/07 CAF/07 CAF/07 CAF/07 CAF/07	Asptt Lille Met Acp Ancenis As Libourne Stade Lavallois Athletic Club Salonais Amberieu Ac Lb Chateauroux Athletic Club Salonais Beauvais Oise Uc As Marck Es Trelissac Evolution Sportive Cote De Jade Athlé Caen Athletic Club  Ulac Pays Fouesnantais Avia Club Athletisme Racing Club Nantais Autun Running Eba Asptt Dijon Athletisme Ac Romorantin Evreux Ac Ac Ondaine Firminy Rcn Sainte Luce Stadoceste Tarbes Esme Us Deuil	24'24"67 24'44"84 24'45"86 24'54"66 25'16"76 25'32"82 25'33"40 26'34"79 26'35"24 26'38"48 27'19"75 27'20"09 AB AB 14'22"08 14'27"22 14'34"79 14'58"02 15'08"08 15'14"91 15'23"95 15'26"28 15'26"28 15'45"58 15'56"73 16'10"86
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#### SPAIN: Spanish Race walking Championships, 25 February - Zaragoza

## Paul McGrath and Cristina Montesinos are proclaimed Spanish marching champions

(Reprinted from The Observatorial\* - Feb 26 2024)

The athletes **Paul McGrath** and **Cristina Montesinos** have been proclaimed Spanish 20-kilometer champions this Sunday in the National Road Walking Championship held in Zaragoza, an event in which both have achieved their first absolute national title and the Olympic minimum for be in the Paris 2024 Games.

Taking advantage of the alleged poor state of form of the defending champion, the 20 km and 35 km world champion **Álvaro Martín**, and the absence of the champion in the last five editions, the also double gold in Budapest **María Pérez**, the young man from Gavana Paul McGrath and Cristina Montesinos from Tarragona sealed the direct preselection places for the World Team Walking Championships in Antalya, the European Championships in Rome and the Olympic Games.

The quintet formed by Montesinos, **Raquel González, Laura García-Caro, Lidia Sánchez-Puebla** and **Paula Juárez** distanced themselves from the beginning, but at kilometer 2 Montesinos began to line up their rivals. Only González, at a distance of between two and six seconds, was able to keep up with her.

The one from Terrassa passed the halfway point of the test in 44:27 and crossed the finish line with a personal best of 1:28:43, which places her as the eighth Spanish walker of all time. Her two podium companions, Laura García-Caro (1:29:03) and Raquel González (1:29:07), also obtained direct preselection for Antalya and the World Athletics Olympic minimum – which alone does not guarantee them their presence in Paris, with María Pérez already automatically preselected.

In the absolute men's event, **Miguel Ángel López**, current European champion of the 35 km walk, took the lead in the first kilometer. Little by little, the candidates fell away, but Paul McGrath hit the first blow shortly before reaching the halfway point of the test; Álvaro Martín and the two-time European medalist **Diego García Carrera** caught up with Miguel Ángel López at km 10, who ended up abandoning.

The current European under-23 champion was left alone with Martín until km 15, when the Catalan began to put more and more land in the way to end up reaching the finish line in a time of 1:17:55 which, in addition to surpassing his personal best for more than three minutes (previously 1:21:03) became the new Spanish Under-23 record. McGrath also won his third consecutive Spanish champion title in the Under-23 category. Martín, who was already automatically preselected for Rome and Paris, won the silver (1:18:35) and Diego García, the bronze (1:19:36).

Won	nen Open 20km			Men	Open 20km		
1.	Cristina MONTESINOS	ESP	1:28:43	1.	Paul MCGRATH	ESP	1:17:55
2.	Laura GARCÍA-CARO	ESP	1:29:03	2.	Álvaro MARTÍN	ESP	1:18:35
3.	Raquel GONZÁLEZ	ESP	1:29:07	3.	Diego GARCÍA CARRERA	ESP	1:19:36
4.	Paula JUAREZ	ESP	1:29:51	4.	Alberto AMEZCUA	ESP	1:19:44
5.	Antia CHAMOSA	ESP	1:31:41	5.	Álvaro LÓPEZ	ESP	1:20:49
6.	Lidia SANCHEZ-PUEBLA	ESP	1:33:18	6.	Marc TUR	ESP	1:21:14
7.	Lucia REDONDO	ESP	1:33:26	7.	Iván LÓPEZ	ESP	1:21:53
8.	Ana PULGARIN CARDENO	ESP	1:35:44	8.	José Manuel PÉREZ	ESP	1:22:38
9.	Carolina COSTA	POR	1:36:02	9.	Nathaniel SEILER	GER	1:22:47
10.	Mar JUÁREZ	ESP	1:36:42	10.	Manuel BERMÚDEZ	ESP	1:22:55
11.	Celia FERRARI	ESP	1:36:53	11.	Daniel CHAMOSA	ESP	1:23:57
12.	Kate VEALE	IRL	1:37:35	12.	Joe MOONEY	IRL	1:25:20
13.	Mireia URRUTIA	ESP	1:38:28	13.	Pablo RODRIGUEZ ROJAS	ESP	1:25:26
14.	Laura Monje MARTINEZ	ESP	1:39:07	14.	José I. ALEDO ROMERA	ESP	1:26:16
15.	Amanda CANO	ESP	1:39:56	15.	Oscar MARTINEZ	ESP	1:27:21
16.	Beatriz CANTERO	ESP	1:40:05	16.	Pablo PASTOR	ESP	1:27:46
17.	Georgina RUIZ	ESP	1:40:37	17.	Gabriel ALVARADO	NCA	1:28:57
18.	Silvia VILLAR NIETO	ESP	1:40:58	18.	Caballero HODEI	ESP	1:29:07
19.	Joana PONTES	POR	1:41:09	19.	Matthew GLENNON	IRL	1:30:25
20.	Irene VAZQUEZ	ESP	1:42:10	20.	Daniel DE L. CHANQUET	ESP	1:30:58
21.	Andrea CAB. CARCELLER	ESP	1:42:48	21.	David MORAL	ESP	1:31:36
22.	Alba PEREZ NIETO	ESP	1:43:52	22.	Hugo ANDRIEU	FRA	1:31:40
23.	Alicia VÁZQUEZ	ESP	1:44:44	23.	Daniel LÓPEZ	ESP	1:33:28
24.	Sandra MILLAN ROMEO	ESP	1:46:10	24.	Guillermo SANTIDRIAN	ESP	1:33:46
25.	Maria MOYA	ESP	1:46:28	25.	Daniel JIMENO	ESP	1:34:23
26.	Noa RODR. IZQUIERDO	ESP	1:47:22	26.	Jorge TONDA	ESP	1:35:37
27.	Sara AMMOUR	ESP	1:48:05	27.	Rubén LISTE HURTADO	ESP	1:35:49
28.	Marta NOG. FERNANDEZ	ESP	1:49:35	28.	Franklin Eduardo MINCHALA	ESP	1:35:56
29.	Iria TEIJEIRO	ESP	1:49:37	29.	Alejandro BAÑ. GUILLÉN	ESP	1:36:26
30.	Iria Andrea HER. CABEZAS	ESP	1:52:00	30.	Marcos PEREZ MARTINEZ	ESP	1:37:29
31.	Olga CABRERA	ESP	1:52:45	31.	Javier PÉREZ OSORIO	ESP	1:38:34
32.	Alexia DONA. PALOMERO	ESP	1:53:53	32.	Mario BASSAS GARRITY	ESP	1:39:40
33.	Ruth RUEDA	ESP	1:56:22	33.	Francesco RODRIGUEZ	ESP	1:40:11
34.	Elena DÍAZ	ESP	1:56:36	34.	Carlos MUÑOZ	ESP	1:40:46

35.	Jennifer HERRERA	ESP	1:57:16	35.	Josep OBRADOR	ESP	1:43:24
36.	Eva SALCEDO	ESP	1:57:30		David KENNY	IRL	DNF
37.	Nerea AMOROS	ESP	1:57:46		David HURTADO	<b>ECU</b>	DNF
38.	Macarena MARTÍN	ESP	1:59:09		Miguel Ángel LÓPEZ	ESP	DNF
39.	Paula GOMEZ	ESP	2:00:30		Daniel Goni BALLESTEROS	ESP	DNF
40.	Noelia RODRIGUEZ	ESP	2:01:36		Iván PAJUELO	ESP	DNF
10.	Veronica ESPINO	ESP	DNF		João VIEIRA	POR	DNF
	Ainhoa PINEDO	ESP	DNF			FRA	
					Kevin CAMPION	гка	DQ
	Virginia MARTÍN	ESP	DNF				
XX/	10l U20			Man	10l U20		
	nen 10km U20	ECD	45.04		10km U20	ECD	41 42
1.	Aldara MEILÁN	ESP	45:04	1.	Daniel MONFORT	ESP	41:42
2.	Griselda SERRET	ESP	46:13	2.	Miguel ESPIN. OLIVARES	ESP	42:21
3.	Júlia SUÁREZ PIZÁ	ESP	47:38	3.	Daniel MORILLA GARCIA	ESP	43:38
4.	Claudia VENTURA	ESP	47:53	4.	Pablo POSTIGO GABARRO	ESP	42:58
5.	Elvira BARRON	ESP	49:35	5.	Javier DE ARR. CASTILLA	ESP	43:10
6.	Laura RIOS	ESP	51:23	6.	Ivan MOLINA ESPARTERO	ESP	43:17
7.	Erika DURO ROMERA	ESP	52:08	7.	Pedro CALLADO	ESP	43:41
8.	Isabel GARCÍA	ESP	52:19	8.	Pablo GONZÁLEZ	ESP	43:54
9.	Lydia BALLESTEROS	ESP	52:29	9.	Joan QUEROL	ESP	44:25
10.	Maria BONILLA	ESP	53:38	10.	Lluc SERRAT ALEMANY	ESP	45:37
11.	Andrea MARTIN	ESP	54:05	11.	Urien FERN. GALINANES	ESP	46:32
12.	Marta NARANJO LOZANO	ESP	54:41	12.	Elies BALLESTER TATARET	ESP	46:56
13.	Emma ALMENAR GARCIA	ESP	54:46	13.	Javier POSTIGO	ESP	47:24
14.	Andrea PEREZ	ESP	54:50	14.	Ruben Teijeiro GAMEZ	ESP	47:37
	Maria JIMENEZ IBAÑEZ			14.			
15.		ESP	54:58		Miguel GARZON JIMENEZ	ESP	DNF
16.	Alexia GONZALEZ	ESP	55:34				
17.	Maria DC S. BARTOLOME	ESP	55:39				
18.	Iratxe ALONSO	ESP	56:51				
19.	Marina PAJON	ESP	56:52				
	401 7740				401 7740		
	nen 10km U18				10km U18		
1.	Gina TORRES	ESP	49:57	1.	Cesar HIDALGO	ESP	43:40
2.	Nara PASTOR MARÍN	ESP	51:24	2.	Pablo ZÁRATE	ESP	46:05
3.	Claudia M. MARDOMINGO	ESP	51:53	3.	Eloi ANTON	ESP	46:10
4.	Irene VEGA GONZALEZ	ESP	52:19	4.	Oriol LOPEZ	ESP	46:15
5.	Sara SOSPEDRA	ESP	53:08	5.	Juan Carlos GARCIA	ESP	46:24
6.	Africa CARRASCO	ESP	54:11	6.	Andres GONZALEZ	ESP	47:57
7.	Estela ORTIZ HINOJOSA	ESP	54:18	7.	Nicolas COLLAZO	ESP	47:47
8.	Helena DÍAZ	ESP	54:43	8.	Igancio CARABALLO	ESP	48:36
9.	María JESÚS SANCHEZ	ESP	55:08	9.	Santiago GUARDIOLA	ESP	48:42
10.	Miruna CRINA	ESP	55:11	10.	Mateo PUERTAS	ESP	48:51
11.	Ana GUZMAN	ESP	55:28	10.	Miguel DE ARR. CASTILLA	ESP	DQ
12.	Icia ARES BETANZOS	ESP	55:28		mguer 2 2 mais en 13 mazer	251	24
13.	Naia AUBIA GARCIA	ESP	55:31				
14.	Esther YEPES	ESP	56:18				
15.							
	Zaira RIBERA	ESP	56:20 56:22				
16.	Noa ABELLEIRA	ESP	56:32				
17.	Laura ZARATE	ESP	56:33				
18.	Daniela ARAGON	ESP					
Won	nen 5km U16			Mon	5km U16		
1.	Aixa HIDALGO LLAMAS	ESP	25:14	1.	Marc SUÁREZ	ESP	22:32
				2.			
2.	Ana GONZALEZ	ESP	25:29		Gabriel GONZALEZ	ESP	22:46
3.	Marta BAUTISTA	ESP	25:44	3.	Abel PUJOL	ESP	23:05
4.	Diana LOPEZ	ESP	26:00	4. -	Bru FLORES	ESP	23:55
5.	Paula Elvira MORENO	ESP	26:37	5.	Marcos LOPEZ LOPEZ	ESP	23:58
6.	Celia PONGA	ESP	26:37	6.	Hugo RUEDA	ESP	24:02
7.	Pilar MONFORT	ESP	26:53	7.	Jorge RUIZ	ESP	24:23
8.	Estela MUNOZ	ESP	26:53				
9.	Marta DIEZ	ESP	26:57				
10.	Noa ESCOBAR	ESP	26:57				
11.	Laura VIGUERAS	ESP	26:58				
12.	Melissa BIDOUH	ESP	27:00				
13.	Carla FERNANDEZ	ESP	27:01				
14.	Marta GARCIA	ESP	27:01				
15.	Maria RODRIGUEZ	ESP	27:12				
16.	Angela ROMO MARTIN	ESP	27:20				
17.	Daniela GAITAN	ESP	27:21				

18. Clara LACOMA ESP 27:2419. Emma LOPEZ URBANO ESP 27:27

(\*https://observatorial.com/news/sports/711774/paul-mcgrath-and-cristina-montesinos-are-proclaimed-spanish-marching-champions/)

#### UNITED KINGDOM: ERWL Fixture 2: Ron Powell walks 24 February - Enfield

Thanks to Ron Wallwork who has sent us the latest Enfield League results:

It was a crisp, dry and sunny morning for the second race of the year and the turnout of 25 the best for some time. Some familiar faces were missing, but five newcomers to the League received a warm welcome and seemed to enjoy the experience.

Prior to the start there was warm applause in memory of Ken Livermore, Mick Barnbrook and Bob Watts, who all passed away recently. For Abgail Jennings fresh from yet another national title success indoors the previous week, it was more of a time trial than a race, but nevertheless a good workout. It was good to see Carl Lawton back on the roadside and Gary Smith back in action.

10km			3km			
<ol> <li>Abigail Jennings</li> </ol>	Aldershot FD	51.27 SW	1 Tregan Checheku	u-Boarmah B & Brom HA	C. 18.17 u15B	
2 Colin Harle	Belgrave H	62.23 M65	2 Lily Ann Cooper	Nkt Joggers	22.46 u13G	
3 Maureen Noel	Belgrave H	64.39 W60	Trejar	n went on to complete 4km	า in 23.28	
4 Mike George	unattached	66.52 M55	2km			
5 John Arthur	Ilford AC	67.46 M60	1 Grace Andrews	Aldershot FD	13.19 u13G	
6 Susan Payne	Aldershot FD	71.53 W60	2 Luke Eperon	B & Brom HAC	13.21 u13B	
7 Katherine Smith Ala	dershot FD	74.03 W60	3 Tafara Nyoni	Aldershot FD	15.02 u13G	
5km						
1 Chik Ha Kwok	Metros RC	31.53 W45				
2 Man Biu Lam	Metros RC	32.46 M65				
3 Suzanne Bailey	Nkt Joggers	37.27 W60				
4 Sheila Leavy	North Herts	40.10 W70				
5 David Ainsworth ©	Ilford AC	47.21				M75

<b>B</b> Race	Results
10km	

. •			•		
1 Trevor Jones	Steyning AC	60.52 M65	1 David Hoben	Surrey WC	64.16 M70
2 Ian Richards	Steyning AC	62.00 M75	2 Chris Flint ©	Surrey WC	65.04 M75
3 John Borgars ©	Loughton AC	71.31 M75		•	
4 Sue Barnett	Enfield HAC	72.09 W70	5km		
			1 Gary Smith ©	Enfield HAC	41.11 M65
			2 Shaheda Arthur	Ilford AC	52.27 W60

8km

Timekeeper/Recorders: Phil Welch, George Wilkinson, Tony Wilkinson & Tracey Wilkinson Judges: Elizabeth & Simon Benson, Peter Cassidy & Shaun Lightman Race Organiser: Tracey Wilkinson J/Runner: D.Annetts. Volunteers: John Hall



Photo by Dave Annetts

Virtual	Result
10km	

**10km**1 Mark Williams *Birchfield H* 57.32 M55
2 Cath Duhig © *CA Millennium* 69.37 W65

5km

1 Jessica Wilton Ashford AC 28.38 U20W 2 Chris Hobbs Ashford AC 32.35 M65

3 Marco Bernatzki	SuS Schalke 96	71.57 M50	3 Ron Penfold	Steyning AC	38.18 M80
4 Ken Connor	Lancashire WC	72.33 M55	4 Mick Graham	Belgrave H	39.00 M70
5 Paul Gaston	Surrey WC	73.00 M75	5 Karen Williams	Birchfield H	40.38 W70
			6 Tony Perkins ©	Ilford AC 50.14	M70

#### MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <a href="http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023">http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023</a>, along with many other items of interest.

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

- Monday, March 4, 2024 National Under-23 indoor track (Pombal 2024): Tiago Ramos breaks championship record. Inês Mendes wins in the women's. https://omarchador.blogspot.com/2024/03/nacjonal-sub-23-em-pista-coberta-pombal.html
- Sunday, March 3, 2024 1987, Portugal debuts in the Walking World Cup <a href="https://omarchador.blogspot.com/2024/03/1987-portugal-estreia-se-na-taca-do.html">https://omarchador.blogspot.com/2024/03/1987-portugal-estreia-se-na-taca-do.html</a> More on Portugal's race walking history ... 13 years after the sport's re-emergence there.
- Sunday, March 3, 2024 VIRTUS World and European Indoor Championships Reims 2024 (results)
   https://omarchador.blogspot.com/2024/02/campeonatos-do-mundo-e-da-europa-em.html
   VIRTUS is the organization for athletes with intellectual disabilities.
- Friday, March 1, 2024 Track Athletics Championships (2024) in Victoria, Australia results <a href="https://omarchador.blogspot.com/2024/03/campeonatos-de-atletismo-de-pista-2024.html">https://omarchador.blogspot.com/2024/03/campeonatos-de-atletismo-de-pista-2024.html</a>



An impressive montage of shots from last week's AV Open 5000m championships

 Thursday, February 29, 2024 - Young Spanish marchers shine in the championships in Zaragoza 2024 (results) https://omarchador.blogspot.com/2024/02/jovens-marchadores-nos-campeonatos-de.html

<u>Note</u>: 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 <a href="https://omarchador.blogspot.com">https://omarchador.blogspot.com</a>, 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.

#### **OTHER NEWS**

Beijing, the capital of China, was the city chosen to host the World Athletics Championships in 2027, by decision of the Executive Council of World Athletics, which governs the sport, in its 234th session, held in the Scottish city of Glasgow.

Sebastian Coe, president of WA, congratulated Beijing on the success of holding the 15th edition in the city in 2015, hosting the event 12 years later, in a country with a population of 1.4 billion people and is "one of the largest sports markets in the world".

Initially, there was the possibility of choosing Istanbul and also Rome, which would celebrate the 20th anniversary of the 2007 World Cup, but financial reasons led to such purposes being discarded.



### WHAT'S UP AHEAD?

#### Victorian & National Key Dates - 2024

Sat 9-Sun 10 Mar 2024
Sat 16-Sun 17 Mar 2024
Fri 29 Mar-Mon 1 Apr 2024
Thu 11-Fri 19 Apr 2024
Thu 11-Fri 19 Apr 2024

LAVic State T&F c'ships – Casey Fields
Victorian Masters T&F c'ships – Doncaster
Aust. Masters T&F c'ships – Hobart TAS
AA Aust Athletics c'ahips – Adelaide SA

Sun 28 Apr 2024 AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone

#### **International Dates**

Sun 21 Apr 2024 WA Race walking Teams c'ship – Antalya TUR
Sat 4 May 2024 3<sup>rd</sup> Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL

Sat 11 May 2024 31st Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold) – Rio Maior POR

Sat 18 May 2024 XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold) – La Coruna ESP Sun 26 May 2024 III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold) – Madrid ESP

26 Jul- 11 Aug 2024 XXXIII Summer Olympics – Paris, FRA

13-25 Aug 2024
20-24 Aug 2024
13-21 Sep 2025

24th World Masters T&F Championships – Gothenburg, SWE
WA World Junior T&F Championships – Lima, PER
20th World Athletics Championships – Tokyo, JPN

30 Oct-15 Nov 2026 Youth Olympic Games – Dakar SEN

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