



# HEEL & TOE Online

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

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## **\*HAVE YOU ENTERED FOR THE LBG CARNIVAL YET?**

The first of two highlights on the Australian walking calendar – the **Lake Burley Griffin Carnival** on **Sunday 9 June** at Stromlo Sports Park in Canberra – is almost upon us. We look forward to seeing a sea of navy and white VRWC tops (with someone inside them, naturally) contesting the extensive program of events on offer as we vie with other states for points towards the coveted Brennan Shield.

If you've yet to enter, be reminded that the **deadline** for entries is **Wednesday 22 May**. That's Wednesday of next week, folks. *Don't leave it until the last minute* which – as we all know – has a sneaky habit of arriving and leaving without a sound!

See the advert below for Race entry, Race schedule and information re accommodation and the Sunday night dinner:

## **\*\* 57<sup>th</sup> LAKE BURLEY GRIFFIN CARNIVAL Sunday 9 June \*\***

### **Race Entry:**

Visit the Entry Portal at <https://www.athleticsintheact.com.au/events/236847>.

Note that **entries close on Wednesday 22 May**. (Late entries accepted until 29 May, attracting a further \$20 race fee.)

### **Race Schedule:**

All races, distances, age groups and start times are posted at <https://cdn.revolutionise.com.au/events/jh3qqrm1linzdxsl.pdf>

Note that, as mentioned last week, the Open 30km has been replaced by an **Open 35km**. This will count for qualifying times and points for World Athletics events.

### **Sunday night dinner & accommodation – Statesman Hotel**

If you would like to join the ACTRFWC members and other interstate visitors after the races, contact [lbgcarnival@gmail.com](mailto:lbgcarnival@gmail.com) to reserve a seat and see the menu. You can also do this via the **VRWC website** at [vrwc.org.au](http://vrwc.org.au). See the Entry Portal for discount details if you want to book accommodation at the Statesman.



## **CLUB NEWS and RESULTS**

### **VRWC**

**Club points races, 11 May – Middle Park**

While a certain amount of GP fencing and equipment has been moved out, the northern leg of the course is not yet fit for public use and nobody seems to be busting a gut to make it so. Therefore, it was back onto our southern 1km loop for another week. Fortunately, we couldn't have had better weather for our races, and an encouraging entry of 42 walkers lined up to take advantage of the mild, sunny conditions, and the twisty course didn't prevent the posting of seven PBs. It was also pleasing to see a large number of walkers attempting unfamiliar distances, clocking those all-important base times for future handicap results.

**Emilie Garside** was the biggest improver of the day, ripping a huge 2:25 from her 4km PB and showing the benefit of a summer of AVSL racing. The other PB's came predominantly from the younger camp, with **Abby Fowler** displaying her natural finishing speed to good effect in the 1km and newcomer **Aria Di Benedetto** cutting her own time by a similar amount.

**Marcus Wakim** chose the 6km for his first outing since his Team bronze-winning effort in Turkiye, racing in company with **Mark Blackwood** before pulling away for a leisurely **28:29**. Meanwhile, **Mya McClure**, fresh from her own success at the Australian Little Athletics titles (see report below), tackled the 4km for the first time with confidence to take fastest time with **21:14**.

It was great to see **Andrew Jamieson** and **Kevin Cassidy** back in harness after some time away. We all know it doesn't get easier at the years tick past, but time alone will never defeat these two warriors! **Gwen Steed** and **Terry O'Neill** had good handicap wins in competitive age groups.

#### 8km Women

1 Emily Smith	U18	47:08
2 Ariana Pashutina	U18	47:36
3 Carolyn Rosenbrock	M60+	47:59

#### 8km Men

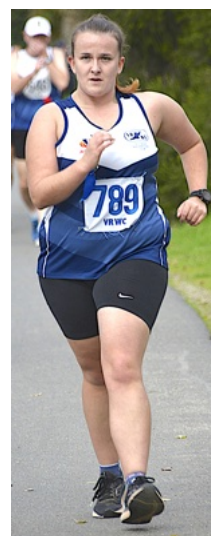
1 Alejandro Stephens	Open	42:28
2 Andrew Jamieson	M60+	51:55
3 Gerard Feain	M60+	52:46
.. Paul Moritz	M60+	DNF

#### 6km Women

1 Jade Chitty	Un20	33:22	PB 0:22
2 Grace Louey	Open	36:46	
3 Karyn O'Neill	M60+	44:45	

#### 6km Men

1 Marcus Wakim	Un18	28:29	
2 Mark Blackwood	M40+	28:41	
3 Max Davidson	Un16	30:54	<i>First 6km</i>
4 Terry O'Neill	M60+	39:15	
5 John Nottle	M60+	41:37	<i>First 6km</i>



#### 4km Women

1 Mya McClure	Un14	21:14	<i>First 4km</i>
2 Char Hay	Open	22:06	
3 Hannah Matthews	Un16	25:01	<i>First 4km</i>
4 Emilie Garside	Open	26:19	PB 2:25
5 Heather Carr	M60+	27:00	
6 Donna-Marie Elms	M60+	27:38	
7 Gwen Steed	M60+	29:46	

#### 4km Men

1 Kevin Cassidy	M60+	22:42	
2 Angus Shuttleworth	Un14	25:41	<i>First 4km</i>
3 Steven Haverly	M60+	36:12	
.. Geoffrey Barrow	M60+	DQ	



**2km Women**

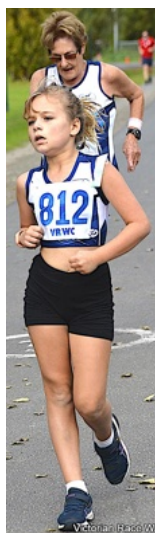
1 Addison Frenken	Un12	11:52	<i>First 2km</i>
2 Indigo Marshall-Moodie	Un12	11:57	PB 0:03
3 Erlyn Singh	Un12	14:01	
4 Caitlyn Shipham	Un12	15:01	<i>First 2km</i>

**1km Women**

1 Abby Fowler	Un10	6:25	PB 0:23
2 Georgia Walters	Un10	6:33	PB 0:01
3 Aria Di Benedetto	Un10	7:19	PB 0:24
4 Anna Wallace	M40+	7:21	
5 Payton Welsh	Un10	7:30	<i>First 1km</i>

**1km Men**

1 Jonathan Ho	Un20	4:38	<i>First 1km</i>
2 Logan Allison	Un12	6:02	
3 Brodie Welsh	Un12	6:34	<i>First 1km</i>
4 Arthur Robinson	Un16	6:36	PB 0:31
5 Dimitri Pashutin	Un10	6:45	
6 Tate Jardine	Un14	6:46	
7 Grayson Allison	Un10	9:01	<i>First 1km</i>

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

Marcus, Erlyn, Donna-Marie, Payton, Gwen, Kevin, Emily, Brodie, Mark, John, Paul, Hannah, Jonathan, Terry, Emilie, Georgia, Aria, Angus, Abby, Jade, Anna, Dimitri & Gerard

**\*Handicap placings - Saturday 11 May****Men  
40+**

1	Mark	Blackwood
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**Men  
60+**

1	Terry	O'Neill
2	Kevin	Cassidy
3	John	Nottle
4	Gerard	Feain
YN	Steven	Haverly
NPT	Andrew	Jamieson

**Men  
Open**

1	Alejandro	Stephens
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**Men  
U20**

NPT	Jonathan	Ho
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**Men  
U18**

1	Marcus	Wakim
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**Women  
40+**

1	Anna	Wallace
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**Women  
60+**

1	Gwen	Steed
2	Heather	Carr
3	Carolyn	Rosenbrock
4	Karyn	O'Neill
5	Donna-Marie	Elms

**Women  
Open**

1	Emilie	Garside
2	Char	Hay
3	Grace	Louey

**Women  
U20**

1	Jade	Chitty
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**Women  
U18**

1	Emily	Smith
2	Ariana	Pashutina

<b>Boys U16</b>				<b>Girls U16</b>		
1	Arthur	Robinson		1	Hannah	Matthews
2	Max	Davidson				
<b>Boys U14</b>				<b>Girls U14</b>		
1	Tate	Jardine		1	Mya	McClure
2	Angus	Shuttleworth				
<b>Boys U12</b>				<b>Girls U12</b>		
1	Logan	Allison		1	Indigo Marshall-Moodie	
NYR	Brodie	Welsh		2	Addison	Frenken
				3	Erlyn	Singh
				NPT	Caitlyn	Shipham
<b>Boys U10</b>				<b>Girls U10</b>		
1	Dimitri	Pashutin		1	Abby	Fowler
NYR	Grayson	Allison		2	Georgia	Walters
				3	Aria	Di Benedetto
				NYR	Payton	Welsh

NPT No previous time recorded  
 NYR Not yet registered  
 YN Yellow number

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

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

<b>Manager</b>	Mark Donahoo
<b>Referee</b>	Terry Swan
<b>Race check in</b>	Bill Carr
<b>Timekeepers</b>	Ian Laurie, Mark Donahoo
<b>Recorders</b>	Bob Gardiner, Bill Carr, Madeleine Feain, Alla Pashutina, Simon Baker
<b>Judges</b>	Kathleen Marsh (Chief), David Cash, Michael Bodey, Stu Cooper, Gordon Loughnan
<b>Set up, Pack up:</b>	Terry Swan, Ian Laurie, Stu Cooper, Michael Bodey, Gordon Loughnan, Bob Gardiner, Gerard Feain, Madeline Feain, Karyn O'Neill, Tim Erickson
<b>Bike rider</b>	Terry Swan, Tim Erickson
<b>Photos</b>	*Terry Swan
<b>Canteen</b>	Donna Marie Elms, Gwen Steed
<b>Walkers:</b>	<b>42</b>
<b>Coaching clinic:</b>	Mark Donahoo, Simon Baker, Stu Cooper

\*See more of Terry's wonderful photos at <https://www.facebook.com/media/set?set=oa.797033235731047&type=3>

**\*Next weekend ...**

<b>*Sunday 19 May – Middle Park AV 35Km, AV Schools &amp; VRWC Championships</b>			
8.00am	<b>35km</b>	<b>AV Championship</b> ( <i>Jared Tallent Trophy</i> )	<b>Open</b>
	35km	VRWC Championship	<b>Open</b>
9.00am	<b>10km</b>	<b>AV Schools Championship</b>	<b>U20 Male/Female</b>
	8km	Non-championship	<b>Open</b>
10.00am	<b>5km</b>	<b>AV Schools Championship</b>	<b>U18 Male/Female</b>
10.30am	<b>3km</b>	<b>AV Schools Championship</b>	<b>U16 Male/Female</b>
	<b>3km</b>	<b>AV Schools Championship</b>	<b>U14 Male/Female</b>
	4km	Non-championship	<b>Open</b>
11.00am	2.5km	VRWC Championship	<b>U12 Male/Female</b>
	1.5km	VRWC Championship	<b>U10 Male/Female</b>
	2km	Non-championship	<b>Open</b>
11.45am	<b>Presentations</b>		

\*Entries for **AV 35km and AV Schools championships** close at 11.59pm on Wednesday 15 May.  
 Enter via AV portal at <https://athsvc.org.au/events/victorian-race-walking-club/>

\*Entries for **VRWC championships and Non-championship** events close at **6.00pm on Friday 17 May**.  
Enter via VRWC portal at <https://www.revolutionise.com.au/vrwc/>

### **\*VISITORS ENTERING VRWC RACES**

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

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

Terry Swan, Secretary



#### **\*\* VRWC RACE FEES**

##### **Seasons ticket 12 months:**

Financial members: \$110.00 paid by the **end of May**.

##### **VRWC Club Races:**

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

##### **VRWC Championships:**

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher, non-financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA, RWA.

#### **\*\* VRWC ANNUAL FEES**

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

**Senior (Open and Masters)** \$30.00

**Under 20:** \$25.00

**Under 16:** \$15.00

**Associate (Officials who assist with races throughout the year):** \$ 0.00

**Family membership:** \$50.00

Annual Subscriptions are due on April 1<sup>st</sup> of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

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## **AROUND THE COUNTRY**

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

In the last issue, it was dual Olympians Jemima Montag and Rhidian Cowley who took out the WOTW award. For this week's gong, we revisit the place where it all began for them ... Little Athletics. And no, Rhyd and Jemima didn't jump into a time capsule. Today, the focus is on two of our most exciting prospects – **Max Davidson** and **Mya McClure (VIC)** – winners of 1500m titles at the recent Australian Little Athletics T&F championships in Adelaide by big margins and with big PBs.

**Max**, who has shown great potential for a number of years yet only really surfaced at summer championship time, took a big step up during 2023-24's AVSL season and showed the benefit of a full summer of racing over 2000m and 3000m. Winning the U15 title in **6:19.63** – a time that shattered his previous best by 21 secs – Max has found the incentive to pursue race walking seriously and develop his speed and condition on the road. We look forward to watching his progress at Middle Park this winter.

**Mya**, now in her third year with the VRWC and one of the toughest competitors in the country, has built impressively upon her natural speed with improved endurance and tactical know-how through consistent racing in LAVic and AVSL competition. In Adelaide she put it all together in the U13 championship to rip 23 secs from her PB, winning in **6:41.07**. Mya is making her first forays into longer distances which, done sensibly, will assist her overall growth as a walker over time.

Congratulations, Max and Mya ... wishing you both a highly successful 2024.



**\*Honourable mentions**

- **Rain Langford (SA)** – another big step up in SARWC competition, this time a 3:04 PB over 4km in **20:30**.
- **Abby Fowler (VIC)** – a great display of finishing speed to win the 1km event and handicap in **6:25** at Middle Park.
- **Callum Martin (NSW)** – another big improver at the national Little Athletics titles, winning the U13 1500m race with a 15 sec PB in **6:30.11**.

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**Coles Australia Little Athletics c'ships, 27/28 April – Adelaide SA**

Two weeks ago, the Australian Little Athletics T&F titles were held at Mile End stadium in Adelaide, with 1500m Walk championships contested in the U13, U14 and U15 age groups. It was a rich harvest for Victoria, with three golds and two silvers, while NSW also claimed three titles with sub-7:00 wins.

**Max Davidson (VIC)** had the fastest time of the meet with **6:19.63**, while **Callum Martin (NSW)**, two years younger, gave further notice of his promise with a time only 11secs slower than Max's. **Mya McClure (VIC)**, **Sophie Polkinghorne (NSW)** and **Sarah Holmes (VIC)** dominated their events, while **Alexander Braendle (NSW)** outlasted Victoria's **Jaime Hvalica** in what appears to have been a closer contest.

**U15 1500m Walk**

1	Max Davidson	VIC	6:19.63
2	Fraser Aubrey	VIC	7:09.17
3	Liam Freundt	SA	7:19.57
4	Jayden Zammit	SA	8:06.71
5	Kade Constantine	WA	8:25.96

1	Sarah Holmes	VIC	7:07.56
2	Grace Marin	SA	7:24.55
3	Katica Borsic	WA	7:35.99
4	Makenna Clarke	QLD	7:51.79
5	Alexis Sungkar	VIC	7:52.64
6	Isabelle Curtis	WA	7:52.71
7	Aaliah Giacomini	SA	8:56.01
-	Olivia Boulton	QLD	DQ

**U14 1500m Walk**

1	Alexander Braendle	NSW	6:51.64
2	Jaime Hvalica	VIC	6:59.91
3	Keenan Munro	WA	7:08.41
4	Riley Breckon	NSW	7:42.38
5	Koby Irvine	QLD	7:43.78
6	Beau McKinnon	VIC	8:12.90

1	Sophie Polkinghorne	NSW	6:42.35
2	Bethany Moore-Kirkland	QLD	7:09.90
3	Emma Hoskins	NSW	7:18.91
4	Matilda Read	VIC	7:26.55
5	Eva Parker	TAS	7:30.17
6	Hannah Matthews	VIC	7:33.41
7	Trinity Doulis	WA	7:56.00
8	Eliza Kelly	QLD	7:57.10

**U13 1500m Walk**

1	Callum Martin	NSW	6:30.11
2	Liam Domoney	WA	6:46.71
3	Lachlan Moore	QLD	6:47.11
4	Keiran Smith	WA	6:49.43
5	Tyler Cousins	NSW	6:57.69
6	Cory Lockwood	QLD	7:44.41
7	George Johnston	TAS	8:18.25
8	Orlando Grantham	SA	8:47.16
9	Matthew Boothby	SA	9:05.79
10	Emmanuel Allen	ACT	10:41.91
11	Nivin Vinothkumar	ACT	12:50.96
-	Max Kull	TAS	DQ

1	Mya McClure	VIC	6:41.07
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2	Gemma Dixon	NSW	7:10.04
3	Nikki Hearnden	NSW	7:30.13
4	Tory D'Alessio	WA	7:42.97
5	Zoe Renton	QLD	7:51.61
6	Kiara Waterman	QLD	8:09.95
7	Savannah Carnaby	WA	8:17.31
8	Cacia Charles	TAS	8:19.38
9	Mia Gilmour	TAS	8:22.59
10	Hannah Martin	ACT	11:30.85
11	Scarlett Koutsogiannis	VIC	11:31.22
-	Iolanthe Thompson	ACT	DQ

### **A.C.T.** ACTRWC results, 12 May – Yerrabi Pond

Thanks to **Helen Toyne** for these results:

<b>10km</b>		
1	Sue Archer	1:13:19
2	Bryan Thomas	1:24:27
<b>4km</b>		
1	Jillian Ryan	25:29
2	Sebastian Ryan	27:06
3	Ann Milligan	40:42
<b>2km</b>		
1	Edna Dundas	21:45

### **SOUTH AUSTRALIA** SARWC results, 4 May – South Parklands

**Kim Mottrom** had (as Ian Dury would have put it) reasons to be cheerful on Saturday. He reports:

Perfect weather again today with 20c at race time and 7 PB's, and two first timers. Huge PB again from **Rain Langford** (over 3 mins).

<b>Open 4km</b>			<b>Open 3km</b>		
Kim Mottrom	18:09		Sebastian Richards	14:04	
Rain Langford	20:30	PB 3:04	Angelina Legrand	15:25	PB 0:03
Cooper Rech	21:10		<b>Open 1.5km</b>		
Mel Grantham	23:19	PB 0:02	Liliana Templer	08:31	
Peter Crump	26:09		<b>Open 1km</b>		
Jasmine Crabb	28:25	PB 1:00	Robert Crabb	07:13	
Di Camilleri	30:57	PB 0:18	Martin Crabb	10:12	
Alex McEwan	32:12	First 4km			
Lauren Richards	32:27	First 4km			
Bill Starr	32:57				
Kristy Templer	33:15	PB 0:05			

### **TASMANIA** TRWC results, 11 May – Montrose Bay

Tasmania claimed its share of the fine weather enjoyed on the mainland on Saturday. **David Moore** reports:

Calm conditions and blue skies for our TRWC Walks on Saturday at Montrose Bay.

The fine weather brought out the best in **Isla Direen** and **Alexa Watson**, with each slicing close to 30 seconds off their previous PB times for 1km, while Master's athlete **Eugene Gerlach** did his fastest 3km for quite some time. We also welcomed **Will Sugiarto** for his first Race Walk.

<b>1km</b>		
1.	Isla Direen	Huon LA 7:12 PB
2.	Elsie Woodward	Huon LA 7:34
3.	Bianca Sugiarto	Huon LA 8:18
4.	Will Sugiarto	Huon LA 9:00 First one
5.	Alexa Watson	Huon LA 9:32 PB



<b>2km</b>		
1. Adele Woodward	OVA	13:25
6. Dave Moore	TMA	19:45
<b>3km</b>		
1. Eugene Gerlach	TMA	20:51
2. Wayne Fletcher	NS	28:15
<b>4km</b>		
1. Oliver Morgan	SB	20:16

## WESTERN AUSTRALIA      WARWC results, 12 May – Shelley

Conditions were mild and overcast for the WARWC's Sunday races at Shelley, in Perth's southern suburbs. Thanks to **Terry Jones** for the results.

<b>10K</b>	
Andrew Duncan	55.55
Kaytee Bogaers	1.00.44
Wendy Farrow	1.12.07

<b>8K</b>	
Melissa Lewis	52.46

<b>3K</b>	
Trinity Doulis	17.31
Darcy Bramwell-Keys	18.37
Savannah Carnaby	19.33
Fiona van Heerwaarden	24.56
Steve Travell	27.01
Glenys Duncan	28.07

<b>1.5K</b>	
Addison Roots	9.43
Willow Wheeler	10.13
Rahni Fowler	10.14
Zoe Fowler	13.21
Tammy Bogaers	13.59
Dante van Heerwaarden	15.20

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## INTERNATIONAL NEWS

### PORTUGAL: 31<sup>st</sup> Grande Premio Internacional de Rio Maior (WA Gold), 11 May – Rio Maior

After a recent solid schedule of international racing – including a world teams championship - the latest World Walking Tour Gold in Rio Maior meeting saw understandably reduced fields as the main players switch focus from racing to preparation for the Paris Olympics. The 20km main event saw Ecuador's Brian Pintado hit back after his Antalya disappointment, while Peru's Kimberly Garcia Leon won in what appeared to be little more than a threshold session. **Paul Warburton** reports:

## Pintado and Garcia triumph in Rio Maior

*by Paul Warburton - reprinted from World Athletics News – 12 May 2024*

There were comfortable wins for **Brian Pintado** and **Kimberly Garcia** at the Grande Prémio Internacional de Rio Maior on Saturday (11) – the latest Gold stop of the **World Athletics Race Walking Tour**. In fact, the staggered start of the men's and women's 20km saw both cross the finish line in the same minute.

Pintado, the defending champion, was away and gone long before 15km. It also brought a welcome return to racing following disqualification at the World Athletics Race Walking Team Championships Antalya 24. But Garcia had Mexico's **Alejandra Ortega** for company right up to the last one-kilometre circuit.



It was a warm 19C despite the early evening start, but was to get cooler. 2022 double world champion Garcia was hard to spot at the start, wearing long black socks, black kinaesthetic tape from knee to glute muscles and topped off with dark glasses. She also modestly hung back at the 6pm start. In fact, the Peruvian was content to leave three others to take it on with home hope **Vitoria Oliveira** leading the charge.

Not that it was a particularly hard task. The opening kilometre was a pedestrian 4:43 and when Mexico's **Valeria Ortuno** and **Erica Sena** went through the line for the second lap in 9:10, it was clear things were warming up. One lap later, and the first four were walking single file. Surprisingly, Garcia was six seconds behind Ortuno at the front, but that slight gap was coming down inch by inch.

The status quo was preserved at quarter distance reached in 22:49. Shortly after 4km, Garcia ominously drew alongside Oliveira with the other two a couple of seconds ahead.

Ortega was moving though the gears and soon changed the look of the leaders. She actually passed 10km first in 45:51 although Garcia, Oliveira and Sena were treading on her heels as Ortuno began to suffer. It remained the same through the next four laps, but at 15km Oliveira's brave bid for glory was done.

It was now a three-woman race between Garcia, Sena and Ortega, but not for long. By 17km, 39-year-old Sena felt the increased pace and was forced to give way. With two circuits left, the Brazilian knew third would have to do, but up front the battle for first was still very much on – or so it seemed. There was very much a feeling the world's No.1 ranked race walker was biding her time after three big races in a little over a month.

And so it proved. Garcia did just enough to come home in **1:30:35** with Ortega five seconds back. The Mexican was a lowly 30th in Podebrady in April and ninth last week in Warsaw, but took second place here in a season's best of **1:30:40**. Sena was a distant third in **1:31:17** while Hungary's **Rita Recei** just inched ahead of a tiring Oliveira for fourth.

In the men's race, five went through the first kilometre and a blanket would have covered cover the lot. **Marc Tur**, **Jeferson Segura**, **Mazlum Demir** and **Pablo Rodriguez** were slightly ahead of Pintado at a steady four minutes plus for each 1km lap, although that slowed to 12:12 when they went through 3km.

At 5km, Turkey's Demir was content to hang off the back by a second, but it was shoulder to shoulder for the other four leaders. The pace, rather than speeding up, was slowing ever so slightly that saw the five through a sixth lap in a comfortable 24:28.

That all changed at 8km. Segura from Mexico sensed his chance to make the podium, so he and Pintado went away leaving the other three in their wake. Out of the blue, Segura suddenly called it a day just before 10km but it was hammer down for the eventual winner. Pintado reached halfway in 40:22 and quickly found 16 seconds on the three chasers that included Tur from Spain, Peru's Rodriguez and Demir. The Ecuadorean pushed on to double the gap by 14km although behind him chinks of evening light appeared between Rodriguez, Tur and Demir as they battled for the places.

Pintado hit his watch at 1:00:05 for 15km. Rodriguez was now 38 seconds back; Tur added another two to the deficit, and Demir was six seconds behind the Spaniard. That battle for second and third was done and dusted on lap 18 with Rodriguez forging an 11-second gap over Tur, and Demir losing time hand over fist.

Pintado went through the gears over the last two kilometres to come home in **1:19:57**. It might have been a few seconds quicker had he not stopped to wrestle with an Ecuadorian flag he attempted to drape over his shoulders as he strolled through the line. Rodriguez finished in **1:20:47**, Tur in **1:21:09** and Demir a distant **1:22:11**.



(Photos: Rio Maior Sports Centre FB)

#### 20km Women Open

1	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:30:35
2	Alejandra ORTEGA	08 JUL 1994	MEX	1:30:40
3	Erica SENA	03 MAY 1985	BRA	1:31:17
4	Rita RÉCSEI	30 JAN 1996	HUN	1:32:22
5	Vitória OLIVEIRA	30 AUG 1992	POR	1:32:32
6	Inês MENDES	11 APR 2003	POR	1:34:21
7	Ayşe TEKDAL	28 OCT 1999	TUR	1:35:00
8	Carolina COSTA	12 MAR 1998	POR	1:35:37

#### 20km Men Open

1	Brian Daniel PINTADO	29 JUL 1995	ECU	1:19:57
2	César Augusto RODRÍGUEZ	26 JUN 1997	PER	1:20:47
3	Marc TUR	30 NOV 1994	ESP	1:21:09
4	Mazlum DEMİR	19 DEC 2003	TUR	1:22:11
5	Bence VENYERCSÁN	08 JAN 1996	HUN	1:24:11
6	Tiago RAMOS	05 JUN 2003	POR	1:25:52
7	Gabriel ALVARADO	19 DEC 2004	NCA	1:27:01
8	José LEYVER	12 NOV 1985	MEX	1:28:46

9 Bruna MARQUES	29 JUL 2002	POR	1:38:11	9 João OLIM	14 OCT 2000	POR	1:34:03
10 Rocío Estefanía SÁNCHEZ	21 NOV 2001	MEX	1:40:37	10 Tiago SUCENA	18 JUN 2004	POR	1:35:53
11 Margarida SÁ	17 AUG 2002	POR	1:47:10	11 Manuel MARQUES	04 SEP 1978	POR	1:37:41
12 Juliana GALVÃO	09 FEB 2001	POR	1:48:39	12 Augusto CARDOSO	13 DEC 1970	POR	1:48:32
.. Lucia REDONDO	03 AUG 2003	ESP	DNF	13 Ricardo VENDEIRA	09 MAR 1981	POR	1:48:55
.. Valeria ORTUÑO	27 MAY 1998	MEX	DNF	14 Amaro TEXEIRA	08 JUL 1989	POR	1:50:51
.. Adriana VIVEIROS	12 MAR 2002	POR	DNF	15 Pedro MARTINS	12 JAN 1968	POR	1:54:21
.. Ana Catarina LEONOR	25 JAN 1998	POR	DNF	.. Jefferson SEGURA	08 DEC 1998	MEX	DNF
.. Joana PONTES	22 MAR 2000	POR	DQ	.. Josafat SÁNCHEZ PEÑA	21 MAR 2000	MEX	DQ
				.. Hélder SANTOS	07 MAR 1996	POR	DQ

#### 10km Women U20

1 Maria Elena PORTILLA	30 AUG 2007	ECU	50:38
2 Isa FERREIRA	08 SEP 2006	POR	52:19
3 Gabriela SANTOS	21 NOV 2006	POR	52:19
4 Tania Maribel ONCE	29 SEP 2007	ECU	52:26
5 Aixa HIDALGO LLAMAS	18 MAY 2009	ESP	54:39
6 Matilde SOUSA	20 MAY 2006	POR	55:55

#### 10km Men U20

1 Pablo GONZÁLEZ	03 MAY 2006	ESP	41:49
2 Eduardo CAMARATE	17 NOV 2006	POR	45:23
3 Sebastia Vin. BARRERA Q	01 AUG 2007	ECU	46:54
4 Bruno COELHO	19 APR 2006	POR	47:38
5 Rodrigo ARAÚJO	05 NOV 2005	POR	47:49

### UNITED KINGDOM: Veterans AC 5m Road Walk C'ships, 7 May – Battersea Park

David Hoben reports on the Veterans championships in London. Thanks to David Ainsworth for forwarding the results.

The second of the regular Battersea Park races had a smallish field in fine, pleasantly warm sunny conditions, however the turnout was not impacted by the rail strike.

Ian Richards (Steyning AC) had a comfortable overall and men's win, using the race as a build-up to his V75 ambitions this year, and Melanie Peddle (Loughton AC) won for the ladies in a fine time.

Pl.	Name	Age Group	Club	Time	Cat Pos	Gender
1	Ian Richards	M75	Steyning AC/Veterans AC	44:50	1	Male
2	Melanie Peddle	W55	Loughton AC/EMAC	46:13	1	Female
3	Stuart Bennett	M65	Brentwood Beagles/Veterans AC	50:41	1	Male
4	Maureen Noel	W60	Belgrave Harriers/Veterans AC	51:11	1	Female
5	Penelope Cummings	W45	Herne Hill Harriers/Veterans AC	52:42	1	Female
6	Fiona Bishop	W60	Woking AC/Veterans AC	58:48	2	Female
7	David Hoben	M70	SyWC/Veterans AC	01:02:44	1	Male
	Peter Hannell	M80	SyWC/Veterans AC	DNS		
	Kathy Crilley	W75	SyWC/Veterans AC	DNS		

### MARCIADALMONDO & O MARCHADOR ROUNDUP

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

- Tuesday, May 14, 2024 - Matheus Correa (Brazil) and Evelyn Inga (Peru) are Ibero-American champions in the 20 km march - Cuiabá 2024 <https://omarchador.blogspot.com/2024/05/matheus-correa-brasil-e-evelyn-inga.html>
- Monday, May 13, 2024 - Daniel Pintado obtains third consecutive victory in Rio Maior. Tiago Ramos is national 20 km champion <https://omarchador.blogspot.com/2024/05/brian-pintado-obtem-terceira-vitoria.html>
- Sunday, May 12, 2024 - Kimberly García returns to victory in the 20 km of Rio Maior. Vitória Oliveira becomes national champion <https://omarchador.blogspot.com/2024/05/kimberly-garcia-de-regresso-as-vitorias.html>
- Sunday, May 12, 2024 - 1997, Algarve in a big way and Rio Maior on the European circuit <https://omarchador.blogspot.com/2024/05/1997-algarve-em-grande-e-rio-maior-no.html> Significantly, given this week's results, the latest instalment on Portugal's race walking history features 1997 – the year Rio Maior first entered the European competitive circuit.
- Saturday, May 11, 2024 - South Korea National Athletics Championships - Yecheon 2024 <https://omarchador.blogspot.com/2024/05/campeonatos-nacionais-de-atletismo-da.html>

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

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2024

Sun 19 May 2024	AV, AV Schools & VRWC c'ships – Middle Park
Sun 9 Jun 2024	RWA 57 <sup>th</sup> Annual Lake Burley Griffin Carnival – Canberra ACT
Sat 22 Jun 2024	AV & Little Athletics Victoria Road c'ships – Middle Park
Sun 14 Jul 2024	AV & VRWC c'ships – Middle Park
Sat 27 Jul 2024	RWA Postal Challenge – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	AV Country Road walk c'ships – Middle Park
Sat 24 Aug 2024	AA/RWA Walk judging course – Lakeside Stadium (Cathy Freeman Room)
Sun 25 Aug 2024	RWA 2 <sup>nd</sup> Carnival – Middle Park
Sat 7 Sep 2024	AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
Sun 15 Sep 2024	VRWC Relay race & Winter presentations – Middle Park

## International Dates

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	24 <sup>th</sup> World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20 <sup>th</sup> World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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