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

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



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** WALKER OF THE WEEK **



(Photo: Sergio Mateo)



(Photo: Xinhua)



(Photo: Harun Esen)

On Sunday 21 April in Antalya, Turkiye, the wider race walking world discovered (if they hadn't already known) what has been obvious in Australia for two years – **Isaac Beacroft (NSW)** is something else.

One of the youngest in the U20 10km field at 16 (three weeks ago he was racing in a Little Athletics championship), Isaac did more in Antalya than win gold in an Australian record time of **39:56** with a finish that would have stunned an ox (as it did China's Shi Shengji); he demonstrated a level of composure, restraint and tactical judgement more typical of athletes twice his age. These qualities are priceless, no less

so than the extraordinary talent he was born with and has worked diligently to maximise. Isaac's last WOTW was for the aforementioned Little A's title and Best performance. Now joining it is his latest – for literally beating the world.

As much as Isaac's gold triumph was his own work, the Team bronze around his neck would not be there were it not for his 17yo team mates, **Riley Coughlan** and **Marcus Wakim (VIC)**. Seizing this opportunity, Riley (13th) and Marcus (15th) put themselves up with the leaders early, then hung on for top-15 finishes in PBs of **41:03** and **41:15** respectively. These placings gained the points required to earn Australia the 3rd spot on the podium. They also earned the two young Vics shared WOTW honours with Isaac.

Well done, Isaac, Riley and Marcus. You were, and are, a terrific team and a credit to the sport.

*Honourable mentions

- **Alexandra Griffin (WA)** – declared herself from the gun in the Women's 10km and matched it with the leaders for 5km, eventually placing 16th with **46:50**, her best road time by over a minute in her first major international.
- Ali's two team mates, **Zoe Woods (NSW, 22nd)** and **Nellie Langford (SA, 32nd)** – both creditable first-time representative races that will give them confidence for the future. 8th team place.
- **Allanah Pitcher (NSW)** – put her 35km endurance to good effect for 27th out of 63 finishers in the Women's 20km with a time of **1:35.04** to lead the Aussies home for the 7th team placing.
- **Jemima Montag (VIC)**, **Rhydian Cowley (VIC)**, **Declan Tingay (WA)** and **Bec Henderson (VIC)** – plunged into the unfamiliar waters of the Mixed Marathon Walk relay in Antalya and came home with plane tickets to Paris.
- **Olivia Sandery (SA)** and **Kyle Swan (VIC)** – got through the Mixed relay for 30th place and can now focus on preparing for their next key races.
- Weather aside, the two 20km races provided a hot crucible of opposition for the Australians. Therefore, well done to **Hannah Mison** and **Lizzie McMillen (NSW, 38th & 39th)**, **Will Thompson (VIC, 41st)**, **Mitch Baker** and **Tim Fraser (ACT, 47th & 51st)** and **Carl Gibbons (NSW, 64th)**, all of whom are stronger for having more tough international experience in their legs. (Commiserations to Dylan Richardson, who will be back to fight another day.)
- **Arnika Nelson (VIC/NZL)** – walked in her first international for New Zealand, taking 61st place.

- New Australian Junior 3000m champions **Callum Martin (NSW)**, **Ela Uzun** and **Max Davidson (VIC)**, all of whom recorded sub-14:00 times in Adelaide with Callum and Ela also claiming new championship records.



CLUB NEWS and RESULTS

Our Winter 2024 program kicks off this coming **Sunday 28 April** at **Mentone track** with the **AV Open 10,000m championship**, in which the Male winner will be awarded the Bert Gardiner Medal.

Also contested will be the VRWC track championships. Distances and start times are listed below:

10.00am	10,000m	AV Championship & Bert Gardiner Medal	Open, 40+, 50+ Male
	10,000m	AV Championship	Open, 40+, 50+ Female
10.10am	10,000m	VRWC track championship	Open Male
	10,000m	VRWC track championship	Open Female
10.35am	1500m	VRWC track championship	Open Male
	1500m	VRWC track championship	Open Female
11.10am	3000m	VRWC track championship	Open Male
	3000m	VRWC track championship	Open Female
	5000m	VRWC track championship	Open Male
	5000m	VRWC track championship	Open Female
11.10am		Presentations	

Winners of the AV 10,000m championships, if VRWC members, will be declared Club 10,000m champions also.

***NOTE:** Entrants for the **AV championships** must be registered with AV for 2024-25. Entries close at **11.59 on Wednesday 24 April**. Enter via AV portal at

https://members.athsvic.org.au/events/235645/?_gl=1*15n7gdr*_ga*MzIwMzA0MTMuMTcwNjU3MzE0Nw..*_ga_LYVWFDCSBK*MTcxMzgzMjI0OS4yMi4xLjE3MTM4MzIyODQuMjUuMC4w

*Entrants for the **VRWC championships** must likewise be financial VRWC members. Entries close at **6.00pm on Friday 26 April**. Enter online at <https://www.revolutionise.com.au/vrwc/events/232917>

If you are unable to register online, entries on the day will be accepted.

Back to Middle Park!

The following weekend, **Saturday 4 May**, will see us return to our home course at Middle Park for the first of our Winter points race meetings. It's not yet known to what extent the Grand Prix infrastructure will have been cleared away, so members should come prepared to use the 1km loop if necessary.

**** Saturday 4 May – Middle Park**

2.00pm	12km points race	Open
2.00pm	10km points race	Open
2.00pm	5km points race	Open
2.15pm	3km points race	Open
2.15pm	1km points race	Open

Entries will be accepted up until 6.00pm on Friday 3 May. Enter online 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

***COACHING CLINIC – Saturday 11 May**

Any questions?

Those planning to attend the Coaching Clinic who have questions they would like answered in the session, are asked to send their questions in advance to Stu Cooper at stukooper@gmail.com. Stu will forward them to Mark Donahoo for consideration.

Mark Donahoo (Club coach)

*FIRST AID TRAINING AVAILABLE

We wish to have at least one trained First Aid officer on site for our race days at Middle Park and away venues this year.

To this end, the Committee will subsidise fully a 1-day training course (by St John's ambulance) of anyone who can assure us of their presence on all or most race days in 2024.

Recent tragic events have highlighted the vital importance of being able to provide that critical first response in an emergency situation – either at a sporting venue or anywhere in the community at large.

Please contact Stu ASAP if you are interested and need training (or if you already are), or have any questions.

** 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 1st April 2024:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

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

Family membership: \$50.00

Annual Subscriptions are due on April 1st of each calendar year. Inner metro and outside ring metro members pay full fees. Country members, pay 50% of the annual fee. (The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)



- Congratulations to the VRWC international reps who gave it their all in Antalya at the weekend!
 - **Jemima Montag** and **Rhydian Cowley** (combined 6th, Mixed Marathon relay), and **Bec Henderson** (16th, Mixed Marathon relay with **Declan Tingay**) ... all selected for this event at the Paris Olympics.
 - **Riley Coughlan** and **Marcus Wakim** ... 10km team bronze medallists. See *Walker Of The Week*.
 - **Will Thompson** ... first Aussie home in the gruelling Men's 20km, placing 41st.
 - **Kyle Swan** ... early on, he and **Olivia Sandery** were in the 'running' for a place in Paris in the Mixed relay, before finishing 30th.
 - **Arnika Nelson** ... competed for New Zealand in the 20km for 61st place as conditions got ever hotter.



Rhyd had the honour of leading the Relay men out for the first leg.



The mayhem behind them, Rhyd and Jemima are off to Paris. (Photo: AA)

Rhydian has sent me a fine collection of images from the Antalya races, from which I'll make a selection for a gallery in the next issue.

Well done also to all the following Club members who represented Victoria at the recent **Australian T&F championships** in Adelaide, giving their best efforts in the big 'V' top:

Jemima Montag	GOLD	Open 10000m Walk	43:54.80
Ela Uzun	GOLD	U14 3000m Walk	13:48.44 CR
Rhydian Cowley	SILVER	Open 10000m Walk	38:13.51 PB
Marcus Wakim	SILVER	U20 10000m Walk	41:32.21
Matilda Read	SILVER	U15 3000m Walk	15:38.37 PB
Kyle Swan	BRONZE	Open 10000m Walk	39:10.71
Hannah Matthews	BRONZE	U15 3000m Walk	15:40.54 PB
Mya McClure	BRONZE	U14 3000m Walk	14:08.80 PB
Maddison Nash	4th	U20 10000m Walk	49:01.52 PB
Riley Coughlan	4th	U20 10000m Walk	42:14.59
Ariana Pashutina	4th	U18 5000m Walk	26:25.23 SB
Havana Ali	4th	U14 3000m Walk	15:36.02 SB
Angus Shuttleworth	4th	U14 3000m Walk	14:56.64
Will Thompson	5th	Open 10000m Walk	40:00.90 PB
Corey Dickson	6th	Open 10000m Walk	41:28.09
Alanna Peart	6th	Open 10000m Walk	46:56.97 PB
Scott Peart	8th	U20 10000m Walk	47:39.96 PB
Char Hay	10th	Open 10000m Walk	52:26.58 SB
Mietta Morgan	12th	U16 5000m Walk	18:09.12
Emily Smith	-	U20 10000m Walk	DQ
Eden Morgan	-	U20 10000m Walk	DQ
Angus Shuttleworth	-	U15 3000m Walk	DQ

Noteworthy is that, having placed 4th earlier in the U14 3000m, **Angus Shuttleworth** lined up again in the U15 race less than 3 hours later and finished 3rd, only to be told the bad news afterwards. Angus, like Emily and Eden, is mentally tough and will return stronger for the experience.



AROUND THE COUNTRY

A.C.T. 57th Lake Burley Griffin Race Walking Carnival, 9 July – Stromlo Forest Park

** Important information for all attendees*

Planning is well underway for this year's LBG Carnival. ACTRFWC secretary **Helen Toyne** has provided the following vital information for walkers and families in all states. See the link for the entry portal below.

Helen has provided detailed information document that will be posted on the VRWC website. There is also a menu for pre-ordering of dinner after the day's racing, at the Statesman Hotel in Curtin. Both these documents should be available for perusal by tomorrow morning.

57th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING
AUSTRALIA
AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

SUNDAY 9TH JUNE 2024 – STROMLO FOREST PARK CANBERRA

Dear Walking Community,

On behalf of ACT Race and Fitness Walking Club it is with great excitement we advise that the LBG carnival entries are now open. With thanks to Capital Athletics for assisting us with the entry portal and to the Statesman Hotel for opening on Sunday night for our dinner, we are ready to go.

The entry portal is [here](https://www.athleticsintheact.com.au/events/236847) : <https://www.athleticsintheact.com.au/events/236847>

After all the excitement from Antalya on the weekend, I know we will have a great competition.

Please note after a request from Athletics Australia and with assistance from Capital Athletics, the headline events will be increased from 30km to **35km** to allow athletes to post times to assist with qualification for next year's World Athletics Championships. These races and the junior 10km races will be accredited at the bronze level for World Athletics.

We will be putting forward a call for volunteers for multiple roles, a further email will clarify this process.

Please share the information across your networks.

If you are attending the dinner but are not a competitor/ family of competitor, please advise via our email lbgcarnival@gmail.com. Numbers for the dinner are somewhat limited so first in.....

All queries relating to this event should be directed to lbgcarnival@gmail.com

Thank you for your support.

Helen Toyne

On behalf of ACT Race and Fitness Walking Club



AUSTRALIAN ATHLETICS CHAMPIONSHIPS, 11-19 APRIL – ADELAIDE

****U14, U15 & U16 3,000m Race walk – Wednesday 17-Thursdays 18 April**

It was the turn of the nation's juniors to show their stuff at Mile End stadium in the second week of the Australian T&F championships. The standard of racing and technique was generally high, with many outstanding results. All credit to the coaches, parents and supporters – and of course to the walkers, who had to put it all together on the track.

Ela Uzun (VIC) and **Callum Martin (NSW)** overpowered their U14 opposition to set new championship records of **13:48.44** and **13:33.60** respectively. **Sophie Polkinghorne (NSW)** and **Max Davidson (VIC)** were equally dominant, winning their titles by over a minute.

NSW's depth of talent and numbers was again evident in the medal count, while the much smaller Victorian squad also made its presence felt. One heartening result for the big V was that of **Matilda Read**. In difficulty and languishing in last place two laps in, she managed to collect herself and claw her way through the field for silver, her first national medal.

With the LBG carnival and the RWA championships in Melbourne on this year's winter program, we look forward to seeing as many of these youngsters as possible race each other on the road in the coming months.

Boys U16 3000m Walk

1	Noah COOKE	QLD	14:36.96 PB
2	Alexander BRAENDLE	NSW	14:57.29 SB
3	Rhys CHANDLER	NSW	16:35.27
4	Eli MELINZ	QLD	18:01.52 SB

Boys U15 3000m Walk

1	Max DAVIDSON	VIC	13:52.29 SB
2	Christopher NILON	NSW	15:28.71 SB
3	Liam FREUNDT	SA	16:04.49 SB
4	Hamish MCLENNAN	VIC	17:31.08 SB
5	Angus SHUTTLEWORTH	VIC	DQ TR54.7.1

Girls U16 3000m Walk

1	Matilda WEBB	NSW	14:28.88
2	Maisie MITCHELL	NSW	14:34.41 SB
3	Jessica LORING	NSW	14:41.64
4	Emma GROCOTT	ACT	15:29.74
5	Emma HEARNDEN	NSW	15:50.24
6	Stella PINCHES	NSW	15:56.02 SB
7	Katica BORSIC	WA	16:22.58 SB
8	Lucy JOHNS	VIC	16:27.68 SB
9	Grace MARIN	SA	16:50.38
10	Isabelle CURTIS	WA	17:39.85
11	Chelsey IRELAND	WA	18:07.11
12	Mietta MORGAN	VIC	18:09.12
13	Olivia BOULTON	QLD	DQ TR54.7.1

Girls U15 3000m Walk

1	Sophie POLKINGHORNE	NSW	14:07.16
2	Matilda READ	VIC	15:38.37 SB
3	Hannah MATTHEWS	VIC	15:40.54 SB
4	Bethany MOORE-KIRKLAND	QLD	15:51.91 SB
5	Emma HOSKINS	NSW	16:09.81
6	Lexie BEACROFT	NSW	16:10.22 SB
7	Alexis THIELE	SA	16:23.10 SB
8	Mikaela MCDONALD	QLD	16:36.08 SB
9	Eliza KELLY	QLD	16:48.41 SB
10	Trinity DOULIS	WA	17:14.60
11	Macy DEVINE	TAS	17:19.63
12	Matilda RECH	SA	17:50.28 SB

Boys U14 3000m Walk

1	Callum MARTIN	NSW	13:33.60 CR SB
2	Tyler COUSINS	NSW	14:33.03 SB
3	Liam DOMONEY	WA	14:43.90 SB
4	Angus SHUTTLEWORTH	VIC	14:56.54
5	Keiran SMITH	WA	15:07.94
6	Lewis MCLENNAN	VIC	15:10.53 SB
7	Lachlan MOORE	QLD	15:24.37 SB
8	Mitchell MCCARTHY	NSW	15:54.86 SB
9	Charlton MAXWELL	NSW	16:05.71 SB
10	Noah VELLA	NSW	16:06.22 SB
11	Michael MATHISON	NSW	16:36.37 SB
12	Patrick WADDINGTON	NSW	17:16.73

Girls U14 3000m Walk

1	Ela UZUN	VIC	13:48.44 CR
2	Gemma DIXON	NSW	14:01.82 SB
3	Mya MCCLURE	VIC	14:08.80 SB
4	Havana ALI	VIC	15:36.02 SB
5	Isabella WELCH	QLD	15:45.25 SB
6	Nikki HEARNDEN	NSW	16:00.17 SB
7	Erin CASSILLES	NSW	16:32.41
8	Ashleigh MANSELL	NSW	16:34.46 SB
9	Hazel LEWIS	SA	16:49.40 SB
10	Savannah DUNLEAVY	QLD	16:57.26 SB
11	Lani ELLWOOD	QLD	17:30.74 SB
12	Mackenzie BANDIDT	QLD	17:44.81 SB
	Miarose EVERSON	NSW	DQ TR54.7.1
	Scout LINTON	NSW	DQ TR54.7.1

SOUTH AUSTRALIA SARWC results, 20 April – South Parklands, Adelaide

The road season also got underway in South Australia, with Rail Langford no doubt fired up for a PB by sister Nellie wearing green and gold in Turkiye.

Thanks to **Kim Mottrom** for the results.

Open 5km

Kim Mottrom	22:43
Sam Findlay	24:43
Rain Langford	26:39 PB
Peter Crump	32:12
Greg Metha	32:27
Di Camilleri	40:37
Bill Starr	41:33
Kristy Templer	43:47
Jasmine Crabb	DNF
Alex McEwan	DQ

Open 3km

Angelina Legrand	15:34
Cooper Rech	15:53
Matilda Rech	21:02

Open 1km

Caleb Camilleri	5:51
Robert Crabb	7:38
Martin Crabb	11:24

QUEENSLAND QRWC Handicap #1, Saturday 21 April – Beenleigh

The Queenslanders got their road season underway in typical fashion – with a general soaking. Thanks to **Robyn Wales** for the report and results.

Rain hail or shine it was a wet one for our winter walks season starter. Well done to everyone and thank you for joining us today. Also a big welcome to our new families who have joined us. Results will be posted once they've been verified. Sadly, we are without our amazing photographer this season so here's a couple of happy snaps. Thank you to our volunteers and officials today and our wonderful parents.

A Grade 10km**Men:**

(1) Argenis Guevara	1:08:00
(2) Peter Bennett	1:09:15

Women:

(1) Brenda Gannon	1:06:35
(2) Joy Dale	1:27:07
(3) Noela McKinven	1:27:33

B Grade 5km**Men:**

(1) Kai Dale	29:55
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Women:

(1) Kirstin Shaw	27:29
(2) Katie Bray	32:44
(3) Taylah Morris	33:14

C Grade 3km**Men:**

(1) Lachlan Moore	15:12
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Women:

(1) Isabella Welch	16:27
(2) Eliza Kelly	18:44
(3) Freya Williams	18:49
(4) Kiara Waterman	19:46 eq
(5) Savannah Dunleavy, Abigail Rogers	19:47

D Grade 2km**Men:**

(1) Leo Hyde	10:58
(2) Hayden Robertson	11:54
(3) Leo Ramsay	14:04

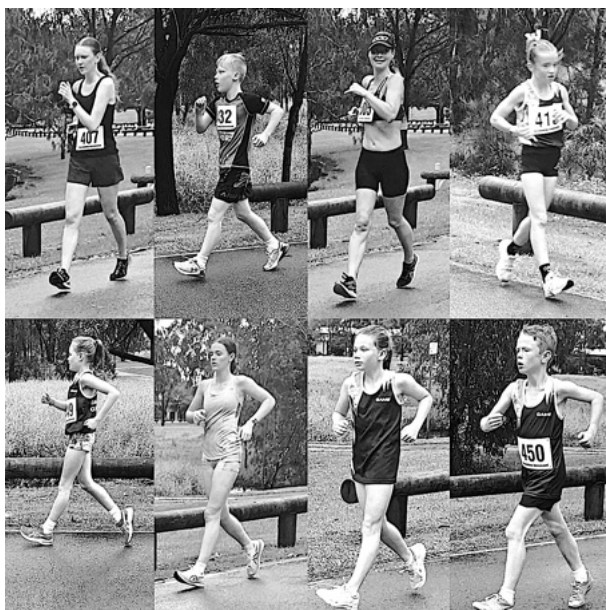
Women:

(1) Amelia Chisholm	12:03
(2) Izzy Blackburn	14:22
(3) Jessica Gorham	19:13

E Grade 1km**F Grade .5km**

Men:
 (1) Jake Dunleavy 6:12
 (2) Connor Robertson 8:28
Women:
 (1) Trish Hibbs 6:53
 (2) April Kelly 6:59

Women:
 (1) Piper Dunleavy 3:51
 (2) Harper Waterman 6:26



(Photos: Robyn Wales)

 **INTERNATIONAL NEWS**

TURKIYE: WA Race Walking teams championships, 21 April - Antalya

Karlstrom reigns again, taking 20km title in Antalya

by *Emeterio Valiente* – reprinted from *World Athletics news* – 21 April

Two years after his 35km success in Muscat, Sweden’s **Perseus Karlstrom** emerged as the 20km champion at the World Athletics Race Walking Team Championships Antalya 24, prevailing over the Spanish duo of **Paul McGrath** and **Diego Garcia** on Sunday (21).

Italy's **Riccardo Orsoni** was the early leader, going through the opening kilometre at a comfortable 4:10 cadence closely followed by the Chinese trio of Asian Games silver medallist **Wang Zhaozhao, Wen Yongjie** and **Lu Ning**. The Italian continued to dictate the pace at 4:00 kilometre cadence to go through the fourth kilometre in 16:16. At that stage, 30 athletes remained in the lead pack.

The fifth kilometre became the first under the 4:00 barrier, courtesy of world silver medallist Karlstrom's change of speed, with Spain's European bronze medallist Garcia and Italy's **Gianluca Picchiottino** closest to the tall Swede. The sixth kilometre also saw an exact 4:00 on the clock with new race walkers moving to the front. They included Ecuadorians **Brian Pintado** and **David Hurtado** plus Japan's **Satoshi Maruo**, while, surprisingly, Ethiopia's **Misgana Wakuma Fekansa** also race walked at the helm.

Just before the halfway point the sun appeared on the scene and the temperature began to rise but that was not a barrier for the front race walkers who maintained their 4:00 rhythm for an overall 40:17 time. By then, 20 athletes remained in contention led by Karlstrom, Japan's **Ryo Hamanishi** and the Spanish duo of Garcia and European U23 champion McGrath. The heading group began to progressively lose units and by the 11th kilometre the pack had whittled down to eight race walkers.

The first serious movement came during the following kilometre when Karlstrom and McGrath ramped up their speed – 3:54 for the 12th kilometre – taking turns at the helm. Only three rivals managed to live with their pace: Japan's **Yuta Koga**, Hurtado and the surprise **Rasulbek Dilmurodov** of Uzbekistan. McGrath then decided to inject an even swifter rhythm and the rest of that quintet was forced to race walk in crocodile file following a 3:52km split for the 22-year-old rising Spaniard. McGrath seemed to have killed the race thanks to a 3:49 14th kilometre as he built a three-second margin on Karlstrom and Hurtado, while Koga travelled a lonesome fourth another 16 seconds behind. Surprisingly, the top Chinese athlete Lu ranked only 15th by then.

The 15th kilometre was even faster, McGrath clocking 3:46, but he had been reeled in by Karlstrom after a stunning 3:43 split for the Swede while Hurtado was disqualified as he tried to follow in McGrath and Karlstrom's footsteps. The leading pair slowed down a bit over the 16th kilometre, clocking 3:52, but Karlstrom put in a 3:48 kilometre to open a three-second advantage on the Spaniard.

At the bell the Swede had covered another kilometre in 3:48 and it became clear that he was not going to be caught by McGrath, who had already lost 13 seconds with one loop left.

Over the final lap, Karlstrom easily maintained his solid lead before slowing down in the closing 100m to celebrate his first World Athletics Race Walking Team Championships podium at 20km. His previous best performance was a 42nd spot back in 2010. This time, **1:18:49** was his winning performance.

While McGrath confirmed his role as a rising star at the senior level courtesy of his silver medal in **1:19:14** – his second ever quickest time and the first individual medal for Spain at the distance since 2016 – the battle for bronze was thrilling. Koga led from Garcia and Germany's **Christopher Linke** at the bell but a charging Pintado overtook all of them to edge into third place inside the closing kilometre. Garcia then managed to get rid of Linke and pass Koga, and the 28-year-old witnessed how Pintado was disqualified just 300m before the finish line, taking advantage of that circumstance to secure his first individual medal at a global senior championships with a **1:19:51** performance.

In the team contest, Spain became a commanding winner thanks to a 13 point score to Japan's 26 and Italy's 33. That secured the nation its second team gold medal in this discipline at the championships, following the country's 2006 success.

"Conditions were not as hot as I wanted, to take advantage of having spent two weeks here in Antalya, as last week we had 30 degrees," said Karlstrom. "It was a very comfortable win today. I felt so strong.

"I really smashed many of the top 10 list athletes from last year's World Championships in Budapest and the closest was 25 seconds behind; that's a big confidence booster. I did a couple of specific 20km training sessions before this race after my win in Podebrady.

"It was also great to see Mondo (Duplantis) jump a new world record yesterday. Sweden has a lot to show, competing with the best in the world."

1.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:18:49
2.	Paul MCGRATH	07 MAR 2002	ESP	1:19:14
3.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:19:51
4.	Yuta KOGA	15 JUL 1999	JPN	1:19:54
5.	Christopher LINKE	24 OCT 1988	GER	1:19:57
6.	Jordy R. JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:20:04
7.	Riccardo ORSONI	20 JAN 2000	ITA	1:20:11
8.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:20:20
9.	Satoshi MARUO	28 NOV 1991	JPN	1:20:23
10.	Misgana Wakuma FEKANSA	05 JUL 2004	ETH	1:20:51
11.	Yongjie WEN	28 SEP 1999	CHN	1:20:58
12.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:21:06
13.	Tomohiro NODA	24 JAN 1996	JPN	1:21:16
14.	Michele ANTONELLI	23 MAY 1994	ITA	1:21:18
15.	Andres E. OLIVAS NÚÑEZ	27 MAY 1998	MEX	1:21:31
16.	José Luis DOCTOR	14 JUN 1996	MEX	1:21:32
17.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:21:32
18.	Kento YOSHIKAWA	09 AUG 2001	JPN	1:21:35

19.	Artur BRZOWSKI	29 MAR 1985	POL	1:21:38
20.	Servin SEBASTIAN	26 NOV 1999	IND	1:21:39
21.	Ning LU	12 FEB 1999	CHN	1:21:43
22.	Mazlum DEMIR	19 DEC 2003	TUR	1:21:46
23.	Vikash SINGH	06 JUL 1996	IND	1:21:59
24.	Wayne SNYMAN	08 MAR 1985	RSA	1:22:00
25.	César Augusto RODRÍGUEZ	26 JUN 1997	PER	1:22:01
26.	Noel CHAMA	15 SEP 1997	MEX	1:22:04
27.	Lihong CUI	13 MAY 1999	CHN	1:22:05
28.	Iván LÓPEZ	29 MAR 1997	ESP	1:22:18
29.	Marc TUR	30 NOV 1994	ESP	1:22:27
30.	Matheus CORREA	22 AUG 1999	BRA	1:22:41
31.	Karl JUNGHANNß	06 APR 1996	GER	1:22:45
32.	Andrea AGRUSTI	30 AUG 1995	ITA	1:22:52
33.	Emiliano BRIGANTE	27 MAY 2003	ITA	1:22:59
34.	Mukola RUSHCHAK	30 OCT 2003	UKR	1:23:17
35.	Xiangfei ZHAO	27 SEP 2002	CHN	1:23:30
36.	Aleksi OJALA	09 DEC 1992	FIN	1:23:33
37.	Dimitri DURAND	03 JUN 2002	FRA	1:23:35
38.	Isaac PALMA	26 OCT 1990	MEX	1:23:41
39.	Maryan ZAKALNYTSKYI	19 AUG 1994	UKR	1:23:47
40.	Suraj PANWAR	02 APR 2001	IND	1:24:09
41.	Will THOMPSON	18 NOV 2002	AUS	1:24:09
42.	Adam ZAJÍČEK	09 MAY 2003	CZE	1:24:10
43.	Luis Henry CAMPOS	11 OCT 1995	PER	1:24:15
44.	Martin MADELINE-DEGY	07 MAR 2001	FRA	1:24:50
45.	Cameron CORBISHLEY	31 MAR 1997	GBR	1:25:05
46.	Ismail BENHAMMOUDA	24 FEB 2003	ALG	1:25:16
47.	Mitchell BAKER	06 JUL 2001	AUS	1:25:19
48.	Jerry JOKINEN	18 MAR 2002	FIN	1:25:44
49.	Michal MORVAY	19 AUG 1996	SVK	1:25:47
50.	Viktor SHUMIK	21 MAY 1998	UKR	1:25:49
51.	Tim FRASER	22 FEB 2000	AUS	1:25:59
52.	Ryo HAMANISHI	24 APR 2000	JPN	1:26:04
53.	Ozan BAYRAM	18 SEP 2004	TUR	1:26:49
54.	Arnis RUMBENIEKS	04 APR 1988	LAT	1:27:05
55.	Joe MOONEY	27 APR 1998	IRL	1:27:09
56.	Chia-Wei HSU	12 SEP 2000	TPE	1:27:13
57.	Zhaozhao WANG	01 SEP 1999	CHN	1:27:14
58.	Gabriel ALVARADO	19 DEC 2004	NCA	1:27:29
59.	Joni HAVA	14 JUN 1999	FIN	1:28:00
60.	Abdenmour AMEUR	14 JUN 2002	ALG	1:28:18
61.	Jaromír MORÁVEK	22 MAR 2003	CZE	1:28:32
62.	Yehor SHELEST	13 JUL 2002	UKR	1:28:34
63.	Aymen BENSAHA	29 APR 2001	ALG	1:29:15
64.	Carl GIBBONS	19 JUN 1996	AUS	1:30:39
65.	Harun BILIR	15 DEC 2004	TUR	1:32:37
66.	Arshpreet SINGH	22 NOV 2000	IND	1:33:39
67.	Antonio FARMER	21 DEC 2000	RSA	1:34:27
68.	John Cody RISCH	18 SEP 1990	USA	1:34:56
69.	Juan MONTANEZ	11 OCT 1998	USA	1:35:30
70.	Paulo Henrique RIBEIRO	19 FEB 2001	BRA	1:37:59
71.	Tumisang PULE	03 JUL 1997	RSA	1:38:12
72.	Mohamed Fetah MEDDOUR	24 JAN 1990	ALG	1:40:24
73.	Darkhan ASSETKHANULY	19 AUG 2004	KAZ	1:40:37
74.	Joel PFAHLER	27 SEP 1990	USA	1:41:03
75.	Abood Khaled JOUDAH	21 NOV 2001	JOR	1:43:43
76.	Alex BROWN	13 DEC 2000	NZL	1:54:38
	Dylan RICHARDSON	17 OCT 2000	AUS	DNF
	Lucas MAZZO	19 MAY 1994	BRA	DNF
	Kevin CAMPION	23 MAY 1988	FRA	DNF
	Leo KÖPP	23 MAY 1998	GER	DNF
	Ram BABOO	20 MAR 1999	IND	DNF
	Hayrettin YILDIZ	04 MAY 2004	TUR	DNF
	Jason Jya Hsin CHERNG	04 JAN 2000	USA	DNF
	David HURTADO	21 APR 1999	ECU	DQ
	Brian Daniel PINTADO	29 JUL 1995	ECU	DQ
	Şahin ŞENODUNCU	24 APR 1994	TUR	DQ
	Rasulbek DILMURODOV	22 SEP 2000	UZB	DQ

Teams result:

1	SPAIN	13	8	UKRAINE	123
2	JAPAN	26	9	AUSTRALIA	139
3	ITALY	33	10	TURKIYE	140
4	MEXICO	57	11	SOUTH AFRICA	162
5	CHINA	59	12	ALGERIA	169
6	INDIA	83	13	USA	211
7	FINLAND	101			

Garcia gets gold, striding to 20km title in Antalya

by Paul Warburton – reprinted from *World Athletics news* – 21 April

Kimberly Garcia strode imperiously to the 20km title at the World Athletics Race Walking Team Championships Antalya 24 on Sunday (21).

It was only March when the Peruvian double 2022 World Championships gold medallist stepped off the road in Dudince, barely 2km into World Athletics Race Walking Tour Gold event, but the 30-year-old bounced back in style with a win at Podebrady at the beginning of the month, and now here thanks to her **1:27:12** performance.

The middle of the race saw the temperature rise both figuratively and literally.

Garcia and her teammate **Evelyn Inga** ramped up the pace to walk as a duo for just under half the remainder. It looked as if gold and silver was decided, but disaster struck for Inga when on the last lap of 10 she suffered a two-minute penalty following three red cards.

Such was her lead, there was still a moment of drama when released out of the zone as she chased third place only to finish a desperate four seconds behind Brazil's **Erica Sena**, enjoying a splendid renaissance at the age of 38.

In front of both and claiming second was defending champion **Ma Zhenxia**.

The Chinese athlete had walked solo since 10km, but was rewarded for her effort when Inga got stalled.

The improving **Paula Torres** from Ecuador stepped out of the shadow of her more illustrious teammate **Glenda Morejon** to claim fifth in **1:29:47**, only 15 seconds outside her PB, and on hot day on a shade-less course they were the only race walkers under 1:30:00.

Early on, the field was stretched with a phalanx of leaders headed by Garcia going through the first kilometre in a modest 4:37. By the end of the first 2km circuit, the group had been whittled down to a more realistic 14, including unknown Ethiopian **Sintayehu Masire**.

The trimmed bunch was no surprise considering the second kilometre was 14 seconds quicker than the first.

By another 2km lap, Garcia's pace had halved the group to seven including the defending champion, Morejon, Masire, **Ji Haiying** and **Shi Yuxia** from China, and Inga followed by another seven around 30 metres in arrears. Just after 5km in 22:04, Garcia and Ma put the hammer down to distance themselves for a few seconds before Morejon and Inga got back on.

The last kilometre had been covered in 4:19, and as the pace like the weather got hotter, Morejon started to struggle. The front three went even faster for a 4:18 lap to pass 8km in 35:00 exactly. It was now a trio with the isolated Morejon and Shi also walking solo, with Torres giving chase to the Chinese.

Garcia swapped cooling towels for her neck approaching halfway as the clock showed 43:39. Morejon notched 44:01 and was out of the medals, with Torres alongside Shi in 44:20. Whatever is in those towels, the rest of the field could have done with one, because Peru to the power of two went through the gears to ease away from Ma, whose painful grimace was a giveaway. The Chinese's style was also becoming less smooth as she struggled to hold on to a 4:16 pace. The 12km split was 52:15 for the leading pair, and although Ma was isolated, she was only nine seconds back and just about causing doubt to Garcia and Inga.

That doubt soon dissipated at three-quarter distance in 65:16; it was now 22 seconds back to third, and race done for gold and silver, or so it seemed. Taking the next turn, Garcia decided now was the time to sort out top spot on the podium. She put in yet another surge for a four-second advantage over the next kilometre.

In fact, with Torres now a lone fourth and Sena making ground and also walking without company, the first five places appeared settled. However, fate dealt a cruel hand to Inga, and she was all but on a starting block as she raced out of the penalty zone to just miss out on a medal. For all that, she too has had a good 2024 so far, winning in Podebrady when Garcia was a DNF. Inga's game effort also produced a team silver medal to deny Peru first place by the slimmest of margins. China triumphed with 15 points, the same as Peru, but only on count back. Spain, packing well in eighth, ninth and 13th, claimed a distant third.

1.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:27:12
2.	Zhenxia MA	01 AUG 1998	CHN	1:27:55
3.	Erica SENA	03 MAY 1985	BRA	1:29:22
4.	Evelyn INGA	16 APR 1998	PER	1:29:26
5.	Paula Milena TORRES	17 OCT 2000	ECU	1:29:47
6.	Haiying JI	25 FEB 2000	CHN	1:30:08
7.	Yuxia SHI	28 JAN 1999	CHN	1:30:21
8.	Lidia SANCHEZ-PUEBLA	17 JUL 1996	ESP	1:30:24
9.	Antia CHAMOSA	07 OCT 1999	ESP	1:30:32
10.	Mary Luz ANDIA	09 NOV 2000	PER	1:31:05

11.	Camille MOUTARD	11 JUL 2001	FRA	1:31:15
12.	Lamei YIN	21 DEC 2002	CHN	1:31:19
13.	Lucy A MENDOZA M'GON	21 JAN 1999	COL	1:31:50
14.	Paula JUAREZ	30 OCT 2000	ESP	1:31:56
15.	Hanna SHEVCHUK	18 JUL 1996	UKR	1:32:04
16.	Federica CURIAZZI	14 AUG 1992	ITA	1:32:32
17.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:32:44
18.	Ayane YANAI	24 DEC 2003	JPN	1:32:52
19.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:32:57
20.	Li PENG	27 AUG 2002	CHN	1:33:02
21.	Lucia REDONDO	03 AUG 2003	ESP	1:33:03
22.	Alexandrina MIHAI	27 MAY 2003	ITA	1:33:19
23.	Panagiota TSINOPOULOU	16 OCT 1990	GRE	1:33:29
24.	Maële BIRÉ-HESLOUIS	17 DEC 2002	FRA	1:34:00
25.	Eleonora DOMINICI	22 FEB 1996	ITA	1:34:48
26.	Valeriya SHOLOMITSKA	01 AUG 2004	UKR	1:34:51
27.	Allanah PITCHER	19 SEP 2003	AUS	1:35:04
28.	Nicole COLOMBI	29 DEC 1995	ITA	1:35:24
29.	Ayşe TEKDAL	28 OCT 1999	TUR	1:35:34
30.	Angela CASTRO	21 FEB 1993	BOL	1:36:11
31.	Yasmina TOXANBAYEVA	16 NOV 2004	KAZ	1:36:47
32.	Mayara L. VICENTAINER	03 FEB 1991	BRA	1:36:56
33.	Yaquelin TELETOR JERÓNIMO	19 NOV 2004	GUA	1:37:12
34.	Galina YAKUSHEVA	14 JUL 1988	KAZ	1:37:57
35.	Monika VAICIUKEVIČIŪTĖ	03 APR 1996	LTU	1:38:10
36.	Tiziana SPILLER	23 DEC 2003	HUN	1:38:28
37.	Natalia PULIDO	15 SEP 2004	COL	1:38:39
38.	Hannah MISON	14 NOV 2001	AUS	1:38:42
39.	Elizabeth MCMILLEN	10 APR 2004	AUS	1:39:04
40.	Agnieszka ELLWARD	26 MAR 1989	POL	1:39:27
41.	Ema HAČUNDOVÁ	05 MAR 1999	SVK	1:39:47
42.	Kumawat POOJA	02 DEC 1999	IND	1:40:27
43.	Manju RANI	22 MAR 1999	IND	1:40:31
44.	Mokavi MUTHURATHINAM	07 SEP 2002	IND	1:40:33
45.	Laura LANGLEY	11 SEP 1997	NZL	1:40:41
46.	Elvina CARRÉ	06 FEB 2003	FRA	1:41:06
47.	Magdalena ŽELAZNA	16 APR 2004	POL	1:41:13
48.	Jekaterina MIROTVORTSEVA	17 NOV 2002	EST	1:41:48
49.	Ramandeep KAUR	30 APR 1999	IND	1:42:12
50.	. PAYAL	05 MAY 1999	IND	1:42:32
51.	Elif Nur ÖZBEY	18 MAR 2004	TUR	1:45:23
52.	Stephanie CASEY	01 AUG 1983	USA	1:45:55
53.	Selin ÇADIR	01 MAR 2004	TUR	1:46:02
54.	Lydia MCGRANAHAN	20 OCT 1976	USA	1:46:09
55.	Heta VEIKKOLA	23 MAY 2003	FIN	1:46:24
56.	Marissa SWANEPOEL	22 JAN 2002	RSA	1:47:40
57.	Klaudia ŽÁRSKA	15 JUN 1999	SVK	1:47:44
58.	Violine Intan PUSPITA	22 SEP 2000	INA	1:47:45
59.	Janelle BRANCH	13 OCT 1988	USA	1:47:53
60.	Gabrielly C. DOS SANTOS	28 JUL 2004	BRA	1:47:59
61.	Arnika NELSON	12 FEB 2003	NZL	1:50:34
62.	Ruby RAY	12 NOV 2004	USA	1:56:23
63.	Karin DEVALDOVÁ	12 JUL 2003	SVK	1:56:27
	Enni NURMI	04 JUL 1998	FIN	DNF
	Magaly Beatriz BONILLA	08 FEB 1992	ECU	DQ
	Glenda MOREJÓN	30 MAY 2000	ECU	DQ
	Sintayehu MASIRE	29 APR 2001	ETH	DQ
	Eleonora Anna GIORGI	14 SEP 1989	ITA	DQ
	Aiman RATOVA	23 APR 1991	KAZ	DQ
	Alžbeta RAGASOVÁ	06 APR 2002	SVK	DQ

Teams result:

1	CHINA	15	7 AUSTRALIA	104
2	PERU	15	8 INDIA	129
3	SPAIN	31	9 TURKIYE	133
4	ITALY	63	10 SLOVAKIA	161
5	FRANCE	81	11 USA	165
6	BRAZIL	95		

Beacroft blazes to U20 men's 10km title in Antalya

by Jess Whittington – reprinted from *World Athletics news* – 21 April

Australia's **Isaac Beacroft** became the first winner of the World Athletics Race Walking Team Championships Antalya 24 on Sunday (21), using superb closing speed to overpower his rivals in a thrilling finish to the U20 men's 10km.

Aged just 16, Beacroft crossed the finish line at the Antalya Expo Centre in an Oceanian U20 record of **39:56** to deny China a fifth consecutive individual win in this event while also becoming the youngest ever winner of an U20 title at these championships. After being passed by Beacroft in the final stretch, **Shi Shengji** held on for silver in **39:57**, while his Chinese teammate **Luo Jiawei** claimed bronze in **40:03** and together they gained team gold. Japan, led by **Sotaro Osaka** in fourth, secured team silver, while Australia bagged the bronze.

Racing on a cool and still morning after the previous day's storm, it was Germany's **Frederick Weigel** – the son of 1983 world champion Ronald Weigel – who initially took the race on, leading through the first kilometre in 4:06. He remained to the fore as the 3km mark was passed in 12:21, joined by China's Luo Jiawei and Spain's **Daniel Monfort**. Weigel dropped back as the field – led by Luo and Li – started to string out. As they reached 4km in 16:27, a stride ahead of Shi, the first red cards of the competition had been handed out for a loss of contact – one for world U20 leader Li included.

Luo and Li continued to control the race they hit halfway in 20:29, but Beacroft – contesting just the second road race of his career – was right up there with them. Li decided it was time to make a move and he picked up the pace, the field in a line behind him. A 4:02 kilometre made an impact and only Shi could go with him, but the move didn't come without danger and Li received a second red card.

Shi was a stride ahead as 7km was reached in 28:14, with Luo nine seconds behind his teammates, walking alongside Beacroft. But Li's individual medal hopes came to an end a short while later, as he was shown his third red card and left the course to serve a one-minute penalty. Shi received his first red card and then passed the 8km mark in 32:07. That put the 17-year-old 12 seconds ahead of his closest challengers, but Beacroft was clearly waiting for the right moment to strike. He fought with Luo in what looked to be a battle for silver, but the Australian wasn't done.

By 9km, Shi's lead was down to three seconds and Beacroft closed the gap, timing his finish to perfection as he picked up the pace and stormed past Shi to make sure that Australia's first ever individual men's U20 medal in this event was a gold one.

"I'm just amazed, I can't believe it. I'm so happy with what I just did," said the winner. "I always knew I had it in me that I could be up there, ready to go, but winning is another level. It's unreal.

"I'm just hoping that I set up the platform for the rest of the Australian team to tear it up."

Behind the individual medallists, Osaka clocked a PB of **40:30** for his fourth-place finish, with his compatriot **Taisei Yoshizako** sixth in **40:39**, also a PB, to secure the team silver.

Finishing between them was Italy's **Giuseppe Disabato**, who managed a PB of **40:32** for fifth, while Turkiye's **Seyhmus Capat** had the race of his life on home soil, setting a national U20 record of **40:42** to finish seventh.

1.	Isaac BEACROFT	18 JUL 2007	AUS	39:56
2.	Shengji SHI	19 JAN 2007	CHN	39:57
3.	Jiawei LUO	18 OCT 2006	CHN	40:03
4.	Sotaro OSAKA	31 JAN 2006	JPN	40:30
5.	Giuseppe DISABATO	01 NOV 2006	ITA	40:32
6.	Taisei YOSHIZAKO	15 JAN 2005	JPN	40:39
7.	Şeyhmus ÇAPAT	01 MAY 2005	TUR	40:42
8.	Daniel MONFORT	25 JAN 2006	ESP	40:43
9.	Frederick WEIGEL	08 MAY 2005	GER	40:53
10.	Jesus Leonardo RAMIREZ	15 MAY 2005	COL	40:53
11.	Chenjie LI	05 MAY 2005	CHN	40:54
12.	Miguel ESPINOSA OLIVARES	30 JAN 2006	ESP	40:55
13.	Riley COUGHLAN	14 JAN 2007	AUS	41:03
14.	Daniel MORILLA GARCIA	14 SEP 2005	ESP	41:07
15.	Marcus WAKIM	03 MAY 2006	AUS	41:15
16.	Yuki SHIMODA	21 SEP 2005	JPN	41:15
17.	Julian Andres ALFONSO	11 JUL 2005	COL	41:40
18.	Nick Joel RICHARDT	04 DEC 2006	GER	41:50
19.	Emiliano BARBA	23 MAR 2007	MEX	41:52
20.	Mehmet GÜNGÖR	07 MAR 2005	TUR	41:54
21.	Quentin CHENUET	29 MAY 2005	FRA	41:57
22.	Bastien PICART	14 NOV 2006	FRA	42:03
23.	Alex M. SANCHEZ GUAMAN	29 OCT 2005	ECU	42:06
24.	Oscar BOCANEGRA	19 MAR 2006	MEX	42:16
25.	Juan Pablo ROJAS	15 MAR 2006	COL	42:23
26.	Oleksii POLISHCHUK	18 APR 2005	UKR	42:35
27.	Filip KRESTIANKO	13 DEC 2005	SVK	42:40

28.	Alessio COPPOLA	25 JAN 2007	ITA	42:45
29.	Hugo ELLUL	22 APR 2005	FRA	42:57
30.	Andrea DI CARLO	31 JAN 2005	ITA	42:58
31.	Albert KUKLA	13 JAN 2005	CZE	43:29
32.	Jakub BÁTOVSKÝ	18 JUN 2005	SVK	43:29
33.	Jonah CROPP	08 JUN 2005	NZL	43:45
34.	İlhan GÖVCE	20 AUG 2005	TUR	43:51
35.	Klaubert Emanoel FERREIRA	20 JUN 2005	BRA	43:51
36.	José D. CCOSCO SUELDO	31 JAN 2007	PER	43:56
37.	Yegor STRUKOV	21 AUG 2007	KAZ	44:09
38.	Eduard MURAVSKYI	28 JUL 2006	UKR	44:19
39.	Lukas LASEVIČIUS	22 JUN 2005	LTU	44:42
40.	Séamus CLARKE	27 FEB 2007	IRL	44:45
41.	Joao Paulo NOBRE	26 SEP 2005	BRA	44:45
42.	Kacper GOŁĄBEK	25 AUG 2005	POL	44:49
43.	Przemysław JASIŃSKI	31 OCT 2007	POL	44:55
44.	Zharylkasyn EGIZBAY	07 JAN 2006	KAZ	44:55
45.	Sherkhan EGIZBAY	22 AUG 2008	KAZ	45:46
46.	Mateusz MARGIEL	21 OCT 2007	POL	46:35
47.	Lukáš ROSENBAUM	25 JUL 2007	SVK	46:41
48.	Toby O'RORKE	19 MAY 2006	NZL	47:04
49.	Olwethu MNCIBI	14 JUL 2006	RSA	47:32
50.	Liudas GRINCEVIČIUS	04 JUL 2006	LTU	49:09
51.	Santiago URBINA	12 AUG 2005	BRA	51:58

Teams result:

1	CHINA	5	10 MEXICO	43
2	JAPAN	10	11 SLOVAKIA	59
3	AUSTRALIA	14	12 UKRAINE	64
4	SPAIN	20	13 BRAZIL	76
5	COLOMBIA	27	14 KAZAKHSTAN	81
6	GERMANY	27	15 NEW ZEALAND	81
7	TURKIYE	27	16 POLAND	85
8	ITALY	33	17 LITHUANIA	89
9	FRANCE	43		

Yang prevails over speedy Spaniards to win U20 women's 10km in Antalya

by *Emeterio Valiente* – reprinted from *World Athletics* news – 21 April

A terrific last kilometre proved decisive for China's **Yang Xizhen** as she strode to victory in the U20 women's 10km at the World Athletics Race Walking Team Championships Antalya 24 on Sunday (21).

The race set off at a slower pace, with the first kilometre covered in 4:45 as athletes tried to get a feel for the course. The opening 2km loop was completed in 9:33, with the three Chinese athletes at the helm headed by **Chen Meiling**. She was closely followed by **Duo Jiecuo** and world U20 leader Yang, plus the three Spaniards: the European U20 champion **Sofia Santacreu**, **Griselda Serret** and **Aldara Meilan**. It was the latter who took the lead just before the third kilometre, which was reached in 14:18 for another moderate 4:45 section. By then Spain led the team scoring ahead of China and Italy.

Meilan and Santacreu increased the pace in the fourth kilometre to clock 4:35, with the Chinese race walkers on their shoulders. By then, the leading group featured 19 athletes. The cadence heated up again in the fifth kilometre with a 4:27 split to reach halfway in 23:20, with the lead pack down to 10 athletes. The relentless rhythm continued over the following kilometre and Duo surprisingly lost ground. Only six women remained at the front by the sixth kilometre checkpoint: the Spanish duo of Meilan and Santacreu, the Chinese pair of Chen and Yang, Serbia's **Mina Stankovic** and Italy's **Giulia Gabriele**. The Spanish champion Meilan led the race at the seventh kilometre – the quickest up to that point – following a 4:17 split, with her five chasers in close attendance.

By the bell, hit in 36:36, the leading group had whittled down to four athletes as first Gabriele and then Stankovic just couldn't keep with the frantic rhythm at the helm. The final 2km loop became a thriller as Chen withdrew from the lead quartet before reaching the ninth kilometre and the race became a three-way battle between Yang and the two Spaniards. That trio clocked 40:56 with one kilometre remaining, while Chen travelled five seconds in arrears. Yang made her decisive move some 700m from home when she unleashed a devastating kick to leave Meilan and Santacreu easily behind, cementing a solid lead in a matter of a few strides.

In the fight for second place, Meilan proved to be stronger than Santacreu, while Stankovic was disqualified with barely 150m remaining when she desperately tried to catch Santacreu in the fight for the final place on the podium. Gabriele overtook Chen in the closing stages to take fourth.

Yang's terrific closing kilometre was timed at 4:10 for a **45:06** winning performance. Meilan grabbed silver, six seconds in arrears, and Santacreu secured bronze in a lifetime best of **45:17**.

The team title went to Spain for the first time, the gold medal having been taken by either Russia or China in the previous nine editions. They scored five points to China's six and Italy's 11. Meilan and Santacreu also won the first individual U20 women's medals for Spain in the history of the championships.

"I felt comfortable over the last kilometre and managed to win," said Yang. "This is a very important victory for me and a stepping stone for the World U20 Championships in Lima in August and hopefully some Olympics in the future."

As for Meilan, the 17-year-old said: "We started slow into the race because this is our first World Race Walking Team Championships and we did not know how to manage it. Then I felt better and increased the speed. The team gold medal is even more valuable for us than the individual silver and bronze medals."

Santacreu said: "We are really surprised having won the team title. Honestly, we thought China would be the winner, but this gold medal shows how high the standard in Spain is."

1.	Xizhen YANG	11 MAR 2006	CHN	45:06
2.	Aldara MEILÁN	02 OCT 2006	ESP	45:12
3.	Sofia SANTACREU	07 FEB 2006	ESP	45:17
4.	Giulia GABRIELE	11 NOV 2005	ITA	45:26
5.	Meiling CHEN	18 MAY 2005	CHN	45:35
6.	Griselda SERRET	09 JUL 2005	ESP	46:12
7.	Serena DI FABIO	23 NOV 2007	ITA	46:12
8.	Alessia Cristina POP	30 JAN 2007	ROU	46:16
9.	Michelle CANTÒ	14 JUL 2005	ITA	46:27
10.	Emilia KLIMENTOVÁ	06 JAN 2005	CZE	46:28
11.	Jiecuo DUO	13 APR 2005	CHN	46:29
12.	Renata CORTES	12 MAR 2005	MEX	46:31
13.	Suzu OKUNO	28 FEB 2007	JPN	46:32
14.	Valeria FLORES	17 FEB 2006	MEX	46:40
15.	Suzuka KUGE	18 JUL 2005	JPN	46:41
16.	Alexandra GRIFFIN	10 JUN 2005	AUS	46:50
17.	Rubi D. SEGURA GARCIA	27 FEB 2006	COL	47:01
18.	Chloe LE ROCH	14 NOV 2007	FRA	47:13
19.	Léna AUVRAY	02 JAN 2006	FRA	47:38
20.	Kylie GARREIS	20 JUL 2005	GER	48:20
21.	Heather DURRANT	03 FEB 2005	USA	48:34
22.	Zoe WOODS	22 OCT 2007	AUS	48:36
23.	Tülin EK	15 JUN 2005	TUR	49:01
24.	Angelica HARRIS	01 AUG 2005	USA	49:01
25.	Alžběta FRANKLOVÁ	05 NOV 2005	CZE	49:04
26.	Marine MERBITZ	22 NOV 2006	FRA	49:05
27.	Yadira ORIHUELA POMA	05 FEB 2005	PER	49:08
28.	Alexandra KOVÁCS	27 JAN 2006	HUN	49:12
29.	Katherine Dayanna BARRETO	23 MAR 2007	ECU	49:15
30.	Şerife Berra GÜVEN	24 JAN 2008	TUR	49:23
31.	Sumika TANI	19 JAN 2005	JPN	49:24
32.	Nellie LANGFORD	01 JUN 2005	AUS	49:28
33.	Margarita STOROZHENKO	05 JAN 2008	KAZ	49:31
34.	Judit ERDŐS	07 JUL 2005	HUN	49:34
35.	Anna-Maria GABRIEL	26 JUN 2005	GER	49:42
36.	Kristína ZÁMECNIKOVA	27 SEP 2007	SVK	49:53
37.	Akvilė ORLIUKAITĖ	05 MAY 2005	LTU	50:21
38.	Tamara INDRIŠKOVÁ	25 MAY 2006	SVK	50:43
39.	Sabrina ARZIYEVA	02 AUG 2006	KAZ	51:09
40.	Esma ÖZTEKİN	01 APR 2005	TUR	51:18
41.	Ivana DUDOVÁ	08 JUN 2005	SVK	51:38
42.	Tabea KIEFER	22 APR 2005	GER	51:46
43.	Lee Sue NYATHI	08 DEC 2007	RSA	51:50
44.	Aliisa KIISKI	11 MAR 2005	FIN	52:21
45.	Aiva BILEVIČIŪTĖ	16 JAN 2005	LTU	54:08
46.	Emilia WIŚNIEWSKA	04 FEB 2005	POL	54:28
47.	Thaliane Janaina MIRANDA	12 MAY 2005	BRA	54:49
	Ella RAUTAWAARA	09 DEC 2008	FIN	DNF
	Mina STANKOVIĆ	23 JAN 2006	SRB	DQ

Teams result:

1	SPAIN	5	9	USA	45
2	CHINA	6	10	TURKIYE	53
3	ITALY	11	11	GERMANY	55
4	MEXICO	26	12	HUNGARY	62
5	JAPAN	28	13	KAZAKHSTAN	72
6	CZECHIA	35	14	SLOVAKIA	74
7	FRANCE	37	15	LITHUANIA	82
8	AUSTRALIA	38			

Italy in Antalya Trapletti and Fortunato win inaugural marathon mixed relay for Italy in Antalya

by *Paul Warburton* – reprinted from *World Athletics news* – 21 April

There was a dramatic finish to the inaugural marathon race walk mixed relay at the World Athletics Race Walking Team Championships Antalya 24 on Sunday (21). The final race of the day came with a surprise win for **Valentina Trapletti** and **Francisco Fortunato** - nominated as the second team from Italy. It looked as if **Caio Bonfim** and **Viviane Lyra** had race walked Brazil to a first team victory on a global level, but it was not to be.

As she heard the bell with 2km left, Lyra also heard the voice of the match referee calling her into the penalty zone. Brazil were forced to sit a three-minute penalty and seemingly hand Japan the title.

However, 38-year-old Trapletti had other ideas. She betrayed taut neck muscles and gasped for air but passed **Kumiko Okada** over the final kilometre to make Italy stand proud at the top of the podium in **2:56:44** - four seconds inside the world lead.

Okada and **Koki Ikeda** played it safe to come home second. They were also on the limit with two red cards, but made sure of silver rather than lose all with a risky last sprint. Spain finished third, with **Alvaro Martin** and **Laura Garcia-Caro** taking bronze. Their country had effectively mixed and matched their best race walkers. On paper, the strongest pairing was Martin and his fellow double world gold medallist **Maria Perez**. But the latter also suffered a penalty in tandem with **Miguel Angel Lopez**.

The latter did finish 10th, but as the third team for their country, one of those pairings will not be at the Olympics. The rules allow for the qualification of 22 teams, and up to five of those 22 teams can be a second team from the same country.

The other major surprise was a foot injury to **Massimo Stano** barely 4km into the first leg. Although he struggled on and Olympic gold medallist teammate **Antonella Palmisano** took over, the changeover zone was empty when it came to leg three for Italy's first team.

Sixty-seven teams lined up for the start in the hottest part of the day and 60 of those passed the first 1km barely five seconds apart. Sensible was the watchword as hosts Turkiye made an early bid for two of the coveted Olympic spots with a pair of teams in the top four, but these were early days. The pace was levelling at close to four minutes for each kilometre, which for athletes of this calibre, was close to strolling.

Even so, that five-second gap at 5km for the first leg (20:04) had been pruned to 29 teams. That got whittled down further, and by 10km in 39:45 it was an elite throng of 14 with a last kilometre in a telling 3:52. It included two teams each from Australia and Spain, with China, Brazil, Canada, Japan and surprisingly Poland in the mix.

Act two was heralded by a sprint to the changeover by Ikeda. He was followed by two others from his nation, and getting to the front made for a clean handover, something of a relief to officials marshalling the 20-metre zone. Japan may have finished one and two on the first leg, but that wasn't to last. Lyra, on the back of a 1:28:25 PB from 6 April, and **Yang Jiayu**, the 2017 world champion and world record-holder, easily made up the distance to take over at the sharp end.

Okada recovered quickly to put one of the two Japanese teams back in the frame, after all she walked a 42:46 PB in January, but the rest were slipping behind. Australia had moved into fourth, which was no surprise considering world silver medallist **Jemima Montag** was on second leg duties.

The second China team, however, with 2012 Olympic champion **Qieyang Shijie**, was hot on her heels. Making rapid inroads was a second Olympic champion, Palmisano, only to discover her fate at the end of her one and only stint. In fact, Qieyang handed over barely four seconds behind Yang. Little did she know, but the former's sprint proved costly with three red cards and three minutes in the penalty zone.

The third sequel saw Bonfim pushing on, but not as quickly as Ikeda. After all, he walked a world lead of 1:16:51 in February. The Japanese athlete made up 21 seconds to not only take the lead but create a significant gap to Brazil and China. It was 12 seconds at 25km and getting bigger. Bonfim dug deep to remain in touch and with the handover came fireworks with not just one, but three winning bids.

The final effort saw Trapletti gain a first global honour. Mexico, with **Ever Jair** and **Alegna Gonzalez**, walked a solid race for fourth behind Japan and Spain. Bonfim and Lyra were rewarded with fifth, despite the time penalty. Australia's Montag and **Rhydian Cowley** claimed sixth.

1.	ITA	Italy 2 Francesco FORTUNATO, Valentina TRAPLETTI	2:56:45
2.	JPN	Japan Koki IKEDA, Kumiko OKADA	2:57:04
3.	ESP	Spain Álvaro MARTÍN, Laura GARCÍA-CARO	2:57:47
4.	MEX	Mexico Ever Jair PALMA OLIVARES, Alegna GONZÁLEZ	2:59:21
5.	BRA	Brazil Caio BONFIM, Viviane LYRA	2:59:55
6.	AUS	Australia Rhydian COWLEY, Jemima MONTAG	3:00:13
7.	ESP	Spain 2 Alberto AMEZCUA, Cristina MONTESINOS	3:00:37
8.	UKR	Ukraine 3 Ivan BANZERUK, Olena SOBCHUK	3:01:03
9.	FRA	France Gabriel BORDIER, Pauline STEY	3:01:16
10.	ESP	Spain 3 Miguel Ángel LÓPEZ, María PÉREZ	3:02:43
11.	CHN	PR of China 2 Xianghong HE, Shijie QIEYANG	3:03:10
12.	CHN	PR of China Jun ZHANG, Jiayu YANG	3:03:46
13.	COL	Colombia 2 César HERRERA, Laura Cristina MOJICA CHALARCA	3:03:48
14.	GER	Germany Jonathan HILBERT, Saskia FEIGE	3:04:29
15.	COL	Colombia Mateo ROMERO, Lorena ARENAS	3:04:57
16.	AUS	Australia 2 Declan TINGAY, Rebecca HENDERSON	3:04:57
17.	JPN	Japan 3 Kazuki TAKAHASHI, Masumi FUCHISE	3:05:02
18.	IND	India Akshdeep SINGH, . PRIYANKA	3:05:03
19.	MEX	Mexico 2 Ricardo ORTIZ, Ilse GUERRERO	3:05:22
20.	TUR	Türkiye Salih KORKMAZ, Meryem BEKMEZ	3:05:33
21.	SVK	Slovak Republic Dominik ČERNÝ, Hana BURZALOVÁ	3:05:38
22.	UKR	Ukraine 2 Serhii SVITLYCHNYI, Lyudmila OLYANOVSKA	3:05:55
23.	POL	Poland 2 Dawid TOMALA, Katarzyna ZDZIEBŁO	3:05:56
24.	SVK	Slovak Republic 2 Miroslav URADNÍK, Mária KATERINKA CZAKOVÁ	3:06:11
25.	CHN	PR of China 3 Yandong LI, Hong LIU	3:06:40
26.	CAN	Canada Evan DUNFEE, Olivia LUNDMAN	3:07:10
27.	JPN	Japan 2 Masatora KAWANO, Yukiko UMENO	3:07:28
28.	UKR	Ukraine Ihor HLAVAN, Mariia SAKHARUK	3:07:29
29.	POL	Poland Maher BEN HLIMA, Olga CHOJECKA	3:07:31
30.	AUS	Australia 3 Kyle SWAN, Olivia SANDERY	3:07:38
31.	HUN	Hungary Bence VENYERCSÁN, Rita RÉCSEI	3:07:46
32.	POR	Portugal João VIEIRA, Vitória OLIVEIRA	3:08:44
33.	FRA	France 2 Aurélien QUINION, Clémence BERETTA	3:08:48
34.	CZE	Czech Republic Vít HLAVÁČ, Eliška MARTÍNKOVÁ	3:08:52
35.	IND	India 2	3:09:58

36.	GRE	Paramjeet Singh BISHT, Munita PRAJAPATI Greece	3:10:11
37.	GRE	Alexandros PAPAMICHAIL, Kyriaki FILTISAKOU Greece 2	3:11:05
38.	KAZ	Ioannis KAFKAS, Olga FIASKA Kazakhstan	3:11:19
39.	GUA	Georgiy SHEIKO, Kristina MOROZOVA Guatemala	3:11:52
40.	LTU	José Alejandro BARRONDO, Maritza Rafaela PONCIO TZUL Lithuania	3:12:12
41.	USA	Marius ŽIŪKAS, Brigita VIRBALYTĖ United States	3:12:53
42.	PER	Nick CHRISTIE, Robyn STEVENS Peru	3:14:23
43.	FRA	Kevin CAHUANA, Jocy CABALLERO France 3	3:14:46
44.	MEX	Mattéo DUC, Ana DELAHAIE Mexico 3	3:14:55
45.	ECU	Brandon SEGURA, Vivian CASTILLO Ecuador	3:15:01
46.	LTU	Jhonatan Javier AMORES CARUA, Karla JARAMILLO Lithuania 2	3:16:29
47.	GUA	Artur MASTIANICA, Austėja KAVALIAUSKAITĖ Guatemala 3	3:16:54
48.	KOR	Bernardo Uriel BARRONDO, María Fernanda PEINADO Korea	3:18:00
49.	ROU	Byeongkwang CHOE, Jeong-eun LEE Romania	3:18:20
50.	POR	Narcis Stefan MIHĂILĂ, Maria Diana LATARETU Portugal 2	3:19:56
51.	TUR	Rui COELHO, Inês MENDES Türkiye 2	3:20:00
52.	BRA	Diyar BAYRAM, Kader DOST Brazil 2	3:20:51
53.	CRO	Max Batista GONCALVES DOS SANTOS, Gabriela DE SOUSA Croatia	3:21:50
54.	HKG	Bruno ERENT, Lana ŠVARBIĆ Hong Kong	3:22:04
55.	RSA	Man Kit CHIN, Siu Nga CHING South Africa	3:22:10
56.	ALG	Sizwe NDEBELE, Jessica GROENEWALD Algeria	3:23:14
57.	USA	Sohail Abderahmane ALOUI, Souad AZZI United States 3	3:24:46
58.	USA	Emmanuel CORVERA, Celina LEPE United States 2	3:25:07
59.	GRE	Jordan CRAWFORD, Miranda MELVILLE Greece 3	3:27:46
60.	KOR	Georgios KRITOULIS, Sofia ALIKANIOTI Korea 2	3:28:01
61.	CRO	Hyunmyeong JOO, Minji KIM Croatia 2	3:29:49
62.	INA	Edmond DOBRUNA, Ivana RENIĆ Indonesia	3:40:50
63.	VEN	Hendro HENDRO, Halida ULFAH Venezuela	3:42:53
64.	MRI	Angel Jesus PEROZA, Milángela Francesca ROSALES Mauritius	4:00:42
	GUA	Jerome CAPRICE, Prisca MANIKION Guatemala 2	DNF
	IRL	Érick Bernabé BARRONDO, Mirna ORTÍZ Ireland	DNF
	ITA	Brendan BOYCE, Kate VEALE Italy	DNF
		Massimo STANO, Antonella PALMISANO	

MARCIADALMONDO & O MARCHADOR ROUNDUP

Nicola Maggio is back, this time with an analysis of how the Mixed marathon relay unfolded in Antalya and how this reflected on an earlier prediction he and his associates had made. He says the outcome bears out their view that ‘technical solidity’ would be the deciding factor in determining success or failure in this unique event.

- 22/04/2024 Analysis and forecasts of the mixed team walking Marathon after Antalya http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4542

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, April 22, 2024 - Italy is the first mixed relay world champion in race walking <https://omarchador.blogspot.com/2024/04/italia-e-primeira-campea-do-mundo-de.html>
- Sunday, April 21, 2024 - Perseus Karlström used his experience to win the men's 20 km at the World Cup <https://omarchador.blogspot.com/2024/04/perseus-karlstrom-impos-experiencia.html>
- Sunday, April 21, 2024 - Kimberly Garcia dominated the Antalya women's 20 km from start to finish <https://omarchador.blogspot.com/2024/04/kimberly-garcia-dominou-20-km-femininos.html>
- Sunday, April 21, 2024 - Xizhen Yang and Spain triumph in the women's 10km in Antalya <https://omarchador.blogspot.com/2024/04/xizhen-yang-e-espanha-triunfam-nos-10.html>
- Sunday, April 21, 2024 - Isaac Beacroft opens the World Cup with men's 10km Oceania record <https://omarchador.blogspot.com/2024/04/isaac-beacroft-abre-o-mundial-de.html>
- Sunday, April 21, 2024 - 1994, successes, injuries and debuts <https://omarchador.blogspot.com/2024/04/1994-sucessos-lesoes-e-estreas.html> The history of Portuguese race walking continues.

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



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Sun 28 Apr 2024	AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone
Sun 19 May 2024	AV, AV Schools & VRWC c'ships – Middle Park
Sun 9 Jun 2024	RWA 57th 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 2nd 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 4 May 2024	3rd 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	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au