



HEEL & TOE Online

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28 May 2024

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

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CLUB NEWS and RESULTS

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

**** 57th LAKE BURLEY GRIFFIN CARNIVAL Sunday 9 June ****

LATE FEES WAIVED

Note that entries are now accepted until **Wednesday 29 May**, and **no late fee** will now be charged.

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

Race Schedule:

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

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 to reserve a seat and see the menu. You can also do this via the **VRWC website** at vrwc.org.au. See the Entry Portal for discount details if you want to book accommodation at the Statesman.

VRWC MEMBERS ATTENDING LBG 2024 (so far ...)

7.30am	Robin Whyte Classic Men 35km	Corey Dickson, Fraser Saunder, Rhydian Cowley
7.30am	Val Chesterton Classic Women 35km	Rebecca Henderson
8.00am	RWA Open Men's 15km	Alejandro Stephens, Andrew Jamieson, David Smyth, Gerard Feain, Kyle Swan, Marcus Wakim
8.00am	RWA Open Women's 15km	Alanna Peart, Kate Siviour
10.30am	RWA U20 Women's 10km	Emily Smith
1.05pm	RWA U14 Boy's 2km	Angus Shuttleworth
2.40pm	RWA U18 Boy's 5km	Angus Shuttleworth
3.10pm	RWA Open Men's 5km	Kyle Swan, Marcus Wakim

This squad, while certainly high-calibre, is pretty light-on for numbers with many events (the younger age groups in particular) having no Victorian presence at all.

There's still a window open for entries until **5pm tomorrow**, and as mentioned above there is no longer a late fee. So, if you're undecided and it's still a feasible proposition for you, take the opportunity to enter now and wear the VRWC colours at Stromlo Forest Park, to bolster our Brennan Shield campaign!



Kyle leads the 8, 6 and 4km fields out in the sunshine.

A total of 31 starters took advantage of another beautiful autumn afternoon to race on the 2km course for the first time this season. Most walkers appreciated the opportunity to stretch out on the longer northern loop sections and some excellent times resulted.

Paris Olympian **Kyle Swan** made one of his (these days) infrequent trips to Middle Park to contest the 8km, a distance he hasn't raced since 2022. His 2:04 PB of **31:55** was no surprise as he would have done faster *en route* to some of his quickest 10km times. **Alejandro Stephens** bounced back well from his 35km debut last week for a PB of his own, by 41secs for **40:28**.

Mark Blackwood's white fibres were firing quickly, giving him a snappy **28:30** win over 6km. **Max Davidson's** first outing on the 2km course saw him clock an impressive 4km time of **19:30** ahead of **Angus Shuttleworth** whose **20:57** smashed his PB by over a minute. **Ariana Pashutina** has made a positive start to the season and on this occasion took the female 4km points convincingly with **21:16**.

8km Open Male

1 Kyle Swan	Op	31:55. PB 2:04
2 Alejandro Stephens	Op	40:28. PB 0:41
3 Terry O'Neill	60+	50:17
4 Andrew Jamieson	60+	50:43
5 Gerard Feain	60+	51:23

8km Open Female

1 Karyn O'Neill	60+	59:17
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6km Open Male

1 Mark Blackwood	40+	28:30
2 Kevin Cassidy	60+	35:20
.. David Smyth	40+	DNF

6km Open Female

1 Gwen Steed	60+	45:28
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4km Open Male

1 Max Davidson	U16	19:29
2 Angus Shuttleworth	U14	20:57 PB 1:02
3 Steven Haverly	60+	36:25

4km Open Female

1 Ariana Pashutina	U18	21:16
2 Char Hay (N)	Op	22:14
3 Grace Louey	Op	23:40
4 Sandra Geisler	40+	24:15
5 Donna-Marie Elms	60+	26:17
6 Heather Carr	60+	26:21

The 2km and 1km races saw three PBs recorded, most impressively that of **Caitlyn Shipham** who is fast getting the hang of the sport and will keep improving. **Addison Frenken**, also in her first VRWC season, made big inroads with her 2km effort while **Brodie Welsh** and **Arthur Robinson** tested themselves successfully over the distance for the first time. **Abby Fowler** was the fastest of the 1km campaigners with another good PB.

2km Open Male

1 Brodie Welsh	U12	13:22 First 2km
2 Arthur Robinson	U16	14:29. First 2km

2km Open Female

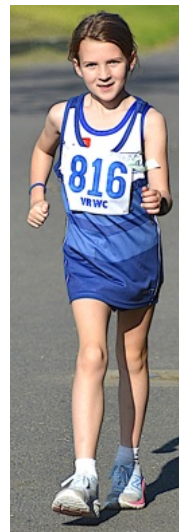
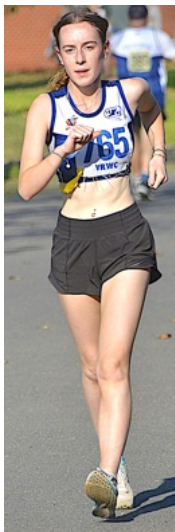
1 Emily Smith	U18	10:53
2 Addison Frenken	U12	11:28 PB 0:24
3 Amelia Vernal	U18	13:06
4 Caitlyn Shipham	U12	13:47 PB 1:14

1km Open Male

1 Dimitri Pashutin U10 6:36

1km Open Female

1 Abby Fowler U10 6:24 PB 0:01
 2 Georgia Walters U10 6:44
 3 Aria Di Benedetto U10 7:51
 4 Payton Welsh U10 8:01

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

Heather, Caitlyn, Arthur, Dimitri, Angus, Brodie, Amelia, Max, Sandra, Georgia, Andrew, Payton and Alejandro.

See more of Terry Swan's great photos at <https://www.facebook.com/media/set?set=oa.434253449519546&type=3>

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:

Manager	Mark Donahoo
Referee:	Terry Swan
Race check in	Mark Donahoo
Timekeeper	Ian Laurie
Recorders	Bob Gardiner, Mark Donahoo, Darlene Swan, Alla Pashutina, Dylan Shuttleworth
Judges:	Michael Bodey (Chief), Stu Cooper, Gordon Loughnan, Brenda Felton, Di Lowden
Set up, Pack up:	Terry Swan, Ian Laurie, Stu Cooper, Bob Gardiner, Gerard Feain, Terry O'Neill, Tim Erickson,
Photos	Terry Swan
Canteen	Donna Marie Elms, Gwen Steed
Walkers:	31

***Next weekend ...**

Our Points competitions continue next Saturday, with our final races before Canberra. Come along and have a good, solid hit-out before the long weekend and the big Carnival!

**** Saturday 1 June – 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 31 May. Enter online at <https://www.revolutionise.com.au/vrwc/>

Saturday 15 June ... 'Guess Your Time' day

BBQ and Raffle

As well as the usual Prizes offered for winners of the various GYT races, this year we plan to hold a Raffle and a BBQ after the races.

If any of our parents or supporters is a dab hand at flipping sausages and burgers, and is happy to help out at the hot plate, please contact Stu or Terry Swan at stuwalks@yahoo.com or secretary@vrwc.org.au



***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 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.)



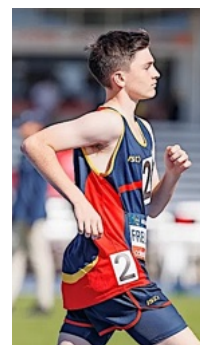
AROUND THE COUNTRY

** WALKER OF THE WEEK **

When somebody rips over 7 minutes from a PB at any distance, that's a measure of improvement to make anyone sit up and take notice; it is usually only achievable through hard work. Such must be the case with South Australia's **Liam Freundt**, who clocked **29:10** – a PB by 7:34! – to win the U16 State title in the SA Road Walk championships last weekend. Liam's performance earns him the SARWC's second WOTW in succession.

First attracting notice in the ASA T&F championships, winning the U16 3000m title, and later the Australian U16 3000m in which he took bronze, Liam was a consistent racer throughout the SA interclub season and improved steadily. Now that he is increasing his distances and showing promise there, he will be a walker to watch as he gains in strength and experience.

Well done, Liam. Keep it up, and have a great season.



(Photo: The Bunyip)

*Honourable mentions

- **Kyle Swan (VIC)** – his **31:55**, an 'official' PB by 2:04, is the fastest stand-alone 8km race walked at Middle Park (and likely elsewhere in the country) for quite some time.
- **Angelina Legrand (SA)** – another big improver, this time by 3:23 to win the ASA U18 8km title in **46:35**.

CORRECTION

In last issue's WOTW it was incorrectly stated that Sebastian Richards' coach was Kim Mottrom. While this used to be the case, Sebastian is now coached by Mathew Bruniges.

Apologies to both Mathew and Sebastian.

NEW SOUTH WALES NSWRC results, 25 May – Chipping Norton

Frank Overton reports:

A very pleasant afternoon it was for the NSWRC events which saw a good attendance of 43 walkers. Some good times were recorded across the events.

Long Division 12km

1. Brendan Pospischil (M)	1:09:07
2. Ciara Cassilles (F)	1:12:04
.. Joel Byatt (M)	DNF
.. Laelia Byatt (F)	DNF

Medium Division 10km

1. Jessey Bektas (F)	1:02:20
2. Aiden Pospischil (M)	1:04:31

Short Division 5km

1. Dylan Richardson (M)	20:53
2. Jack McGinniskin (M)	22:38
3. Chelsea Roberts (F)	24:14
4. Jessica Loring (F)	28:40
5. Ema Hoskins (F)	29:20
6. Erin Cassilles (F)	29:23
7. Lilly Twigden (F)	33:05
8. Carmel Parker (F)	37:51
9. Nicolle Calinor (F)	41:10
10. Emily Challinor (F)	47:46
11. Sarah Challinor (F)	47:46
.. Laura Sotomayor (F)	DNF

Under 16 years Division. 3km

1. Christopher Nilon (M)	16:52
2. Ashleigh Farrugia (F)	18:44
3. Georgia Watson (F)	20:28

Under 14 years Division 3km

1. Nate Appleyard (M)	16:01
2. Mitchell McCarthy (M)	16:08
3. Noah Vela (M)	16:11
4. Sagan Jones (M)	16:49
5. Hannah Hewitt (F)	17:25

Under 12 years Division 2km

1. Stella Wade (F)	11:43
2. Hugo Siciliano (M)	12:44
3. Veronica Dennett (F)	13:05
4. Addison Jenkins (F)	13:29
5. Chloe Farrugia (F)	14:00

6. Michael Mathison (M)	17:33
7. Sienna Wade (F)	17:35
8. Madeline Kot (F)	18:06
9. Alexander Dennett (M)	18:56
10. Luca Barakat (M)	23:40

6. Caitlin Allum (F)	14:56
7. Milana Sorokin (F)	16:38
8. Amelie Barakat (F)	17:44

Under 10 years Division 1km

1. Nasrin Hewitt (M)	7:00
2. Kostya Peart (M)	7:17
3. Huxley Jones (M)	8:42
4. James Barakat (M)	9:51

QUEENSLAND QRWC Handicap #4, Saturday 25 May – Aurora Park, North Lakes

Robyn Wales reports from Brisbane:

Today's races were held on the north side of Brisbane in a park with winding paths and other suitable facilities. The temperature was an amazing 23 with the sun shining.

Our athletes are starting to return after a bit of a break and we're looking forward to more joining us as the season progresses and school cross country finishes up.

A Grade 10km

Men:

(1) P. Bennett	1:13:45
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Women

(1) Phoebe Chadwick	1:14:41
(2) Jasmine Rose McRoberts	1:22:14
(3) Joy Dale	1:24:16 SB
(4) Noela McKinven	1:36:43

C Grade 3km

Women:

eq (1) Abigail Rogers	
Eliza Kelly	16:50 SB both
eq (3) Savannah Dunleavy,	
Kiara Waterman SB	19:40

E Grade 1km

Women:

(1) Clara Hermus	6:36.5
(2) April Kelly	6:36.9 SB

B Grade 5km

Men:

(1) Noah Cooke	28:16
(2) Kai Dale	31:02
(3) Eli Melinz	33:48

Women:

(1) Summer Millard	32:39
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D Grade 2km

Men:

(1) Leo Hyde	11:09
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Women:

(1) Jessica Gorham	14:32
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F Grade 0.5km

Women:

(1) Piper Dunleavy	3:49 SB
(2) Harper Waterman	4:05 SB
(3) Matilda Wales	8:57

SOUTH AUSTRALIA ASA State Road walk championship results, 25 May – South Parklands

Kim Mottrom reports on the SA State road titles:

We had our state champs today, with 4 PB's and 3 people stepping up to a longer distance for the first time.

It was 20c and lovely again, highlights were **Fraser Saunder** doing his first 20km and **Liam Freundt** doing a 5km PB by 7:34!

ASA State Championships

Open Men 20km

Kim Mottrom	1:37:20
Peter Crump	2:20:14
Tristan Camilleri	DQ

Open Women 20km

Olivia Sandery	1:35:31
Samantha Findlay	1:43:27

Over 35 Women 20km

Melissa Grantham	2:13:28
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Over 50 Men 10km

Support Races

Open 20km

Fraser Saunder	1:34:19	First 20k
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Open 10km

Greg Metha	1:07:12
Di Camilleri	1:27:06

Open 5km

Bill Starr	43:24
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Open 1.5km

Caleb Camilleri	9:23
Liliana Templer	9:37

Alex McEwan	1:34:18		Robert Crabb	11:39	
Under 20 Men 10km			Kristy Templer	11:40	PB 0:40
Cooper Rech	54:28	PB 0:05	Martin Crabb	15:56	
Under 20 Women 10km					
Nellie Langford	52:01				
U18 Men 8km					
Sebastian Richards	42:15	First 8km			
U18 Women 8km					
Angelina Legrand	46:35	PB 3:23			
U16 Boys 5km					
Liam Freundt	29:10	PB 7:34			
U16 Girls 5km					
Matilda Rech	33:18	PB 1:40			
U14 Boys 3km					
Zachery Freundt	19:58	First 3km			

TASMANIA TRWC results, 25 May – Perth (Youl Rd)

David Moore reports from Hobart:

Cool, calm, and brilliant sunshine for a Sunday Walk at our Northern Venue.

Accolades this week for Devonport Walker Eva **Parker** in a stylish effort and smart time over 3km, for **Cacia Charles** and **Adele Woodward** for their technically sound walking, and finally to **Lani Broad** (a TRWC Major Trophy holder from 2020) for a nice cameo, a zippy 500m in a tick over 3 minutes.

2km

1. Elsie Woodward Huon LA 15:56

3km

1. Eva Parker	Devonport LA	17:46
2. Cacia Charles	Newstead	19:31
3. Adele Woodward	OVA	20:42
4. Eugene Gerlach	TMA	20:52
5. Dave Moore	TMA	29:02

5km

1. Sam Lindsay Newstead 23:17

Deserving of special mention this week is **Maxine Lindsay** who was awarded the **Domestic Official of the Year for Tasmania** award by Athletics Tasmania. Presenting Maxine with her award at our Perth Walk was Sandra Speers, president of Northern Tasmanian Athletics.

Congratulations Maxine!



Left: Maxine Lindsay presented with her award by Sandra Speers. Right: The TRWC group celebrate Maxine's honour, with a proud son on her left.

WESTERN AUSTRALIA WARWC results, 26 May, Woodbridge

Terry Jones reports that the weather was perfect: cool, sunny, no wind, on a flat course along the banks of the Swan River. They also had a visitor, **Will Bottle**, from Launceston.

14K		3K	
Will Bottle	1:08:57	Darcy Bramwell-Kays	17.39
Ali Griffin	1:14:28	Fiona van Heerwaarden	20.33
Andrew Duncan	1:19:11	Addison Roots	20.52
Melissa Lewis	1:28:34	Wendy Farrow	21.56
Karyn Tolardo	1:33:12	Steve Travell	25.52
		Glenys Duncan	28.37
10K Anne Murray Trophy U20		1.5K	
Kaytee Bogaers	58.33	John Ronan	8.29
		Willow Wheeler	8.39
		Savannah Carnaby	12.52
		Tammy Bogaers	14.38
8K			
Brad Mann	45.11		
Wendy Farrow	56.45		
Marcela Ruiz	1:09:50		



INTERNATIONAL NEWS

SLOVAKIA: Zahoracka Dvadsiatka (WA Tour Silver), 25 May – Borsky Mikulas

Linke and Ramos prevail in Slovak Silver meeting

(report reprinted from *sport.sk* ... 26 May)

The winners of Saturday's Záhorác 20s walking race in Borský Mikuláš were the German **Christopher Linke** with a time of **1:19:55** min and the Mexican **Sofia Ramosová** (Ramos Rodrigues) with a performance of **1:31:32** min. **Ema Hačundová** took 8th place with a time of **1:36:37** and gained important points for the World Athletics rankings.

The event had a World Athletics Tour Silver status and this attracted pedestrians from all over the world to Záhorie.

"It was definitely the best race in the history of the event. From the point of view of collecting points for the ranking, I am most satisfied with Ema's performance. According to our calculations, she will advance to the European Championships in Rome. She managed it excellently," expressed the satisfaction of the Head Coach of the Slovak Athletics Association (SAZ) Roman Benčík according to *atletika.sk*.

In addition to the Olympic twenties, Borský Mikuláš also hosted a decathlon, in which national titles were also awarded.

Men 20 kilometres

1.	Christopher LINKE	GER	1:19:55
2.	Isaac PALMA	MEX	1:20:35
3.	Akshdeep SINGH	IND	1:20:52
4.	Érick Bernabé BARRONDO	GUA	1:21:07
5.	Wayne SNYMAN	RSA	1:21:08
6.	Suraj PANWAR	IND	1:21:52
7.	Paramjeet Singh BISHT	IND	1:22:10
8.	Alexandros PAPAMICHAIL	GRE	1:22:16
9.	Servin SEBASTIAN	IND	1:22:20
10.	Andres Eduardo OLIVAS NÚÑEZ	MEX	1:23:03
11.	Karl JUNGHANNß	GER	1:23:19
12.	Raivo SAULGRIEZIS	LAT	1:23:25
13.	Bernardo Uriel BARRONDO	GUA	1:23:36
14.	Miroslav ÚRADNÍK	SVK	1:24:01
15.	Vikash SINGH	IND	1:24:10
16.	Arshpreet SINGH	IND	1:24:23
17.	Mukola RUSHCHAK	UKR	1:24:45
18.	Yehor SHELEST	UKR	1:26:20

Women 20 kilometres

1.	Sofia RAMOS RODRIGUEZ	MEX	1:31:32
2.	Karla Ximena SERRANO	MEX	1:31:34
3.	Mirna ORTÍZ	GUA	1:31:58
4.	Olga CHOJECKA	POL	1:33:41
5.	Christina PAPADOPOULOU	GRE	1:34:30
6.	Viktória MADARÁSZ	HUN	1:35:27
7.	Maria Fernanda PEINADO	GUA	1:36:30
8.	Ema HAČUNDOVÁ	SVK	1:36:37
9.	Kate VEALE	IRL	1:42:19
10.	Ada JUNGHANNß	GER	1:44:27
	Ivana RENIĆ	CRO	DNF
	Hanna SHEVCHUK	UKR	DNF
	Inês MENDES	POR	DNF

19.	Jonathan EKBERG	FIN	1:27:20
20.	Andreas PAPASTERGIOU	GRE	1:31:42
21.	Bruno ERENT	CRO	1:39:43
22.	Dávid TOKODI	HUN	1:41:18
	Şahin ŞENODUNCU	TUR	DNF
	Michal MORVAY	SVK	DNF
	Manuel Esteban SOTO	COL	DNF
	Ioannis KAFKAS	GRE	DNF
	José MONTANA	COL	DNF
	Jonathan HILBERT	GER	DNF
	Jaakko MÄÄTTÄNEN	FIN	DQ

The Polish **Artur Brzozowski** won the 10km race in **39:28** min and the Czech **Eliška Martínková** with a performance of **43:24**. Both moved to Záhorie from Banská Bystrica, where they triumphed at the PTS meeting on the 5000 m course. The Slovak champions were **Michal Duda** in a personal record of **44:25** and **Mária Katerinka Czaková** in a Slovak record of **44:06**.

Men 10 kilometres

1.	Artur BRZOZOWSKI	POL	39:28
2.	Ivan BANZERUK	UKR	39:36
3.	Norbert TÓTH	HUN	40:18
4.	Jerry JOKINEN	FIN	40:26
5.	Lucas MAZZO	BRA	40:42
6.	Vít HLAVÁČ	CZE	41:34
7.	Jakub JELONEK	POL	42:47
8.	Michal DUDA	SVK	44:25
9.	Johannes FRENZL	GER	45:17
	Milan RÍZEK	SVK	DNF
	Adam ZAJÍČEK	CZE	DNF

Women 10 kilometres

1.	Eliška MARTÍNKOVÁ	CZE	43:24
2.	Mária KATERINKA C'KOVÁ	SVK	44:06
3.	Tiziana SPILLER	HUN	46:00
4.	Barbara OLÁH	HUN	46:22
5.	Valeriya SHOLOMITSKA	UKR	46:51
6.	Jekaterina MIRTVOITSEVA	EST	46:58
7.	Agnieszka ELLWARD	POL	47:01
8.	Ana MONTEIRO	POR	47:15
9.	Kristína ZÁMEČNIKOVA	SVK	49:51
10.	Karin DEVALDOVÁ	SVK	53:50
11.	Meabh O'CONNOR	IRL	54:54
	Arnika NELSON*	NZL	DNF
	Anett TORMA	HUN	DQ

(*It was good to see **Arnika Nelson** entering this event. While it appears the conditions may not have been favourable to her on this occasion, it is nevertheless valuable racing experience to be learned from for the goals ahead.)

Footage and interviews of the event can be seen at <https://www.facebook.com/podebrady.walking/videos/1395344524514483>

UNITED KINGDOM: 9th Cecil Gittins Memorial Walks (inc. ERWL) 27 May - Gravesend

Veterans AC were pleased to host the ninth running of this event on a dedicated cycle circuit which is designed like a large Scalextric set, with many gradients and bends.

In all there were 22 paid entries which was about average, with 18 on the line. The weather was ideal, with a mixture of sun and cloud cover, the predicted rain in the end never happened.

There was a new winner of the ladies 5k, **Sheila Leavy** (N Herts RR), and the men's 5k was won for the 3rd year running by the present RWA President, **Chris Hobbs** (Ashford AC).

The winner of the ladies' 10k was **Jacqueline Benson** (Ashford AC) in **56:51**, just a few seconds short of her personal best. There was also a winner of the men's 10k was Olympian **Ian Richards** who moved up from last year's third place.

There was one newbie, **Helen Giffin**, also from N Herts RR who performed well on the testing course. It probably wasn't a PB scenario, however **Shaheda Arthur** (VAC) managed one.

VAC were very pleased to see Pauline Wilson again, this time acting as part of the recording team.

Place	Name	Age Gp	Club	Time
2.5k				
F				
1	Ellin Wilson	U15G	Ashford AC	14:37
2	Lily-Ann Cooper	U13G	Newmarket Joggers	17:42
5k				
F				
1	Sheila Leavy	W70	North Herts RRC	40:41
2	Helen Giffin	W50	North Herts RRC	43:37
3	Shaheda Arthur	W65	Veterans AC	48:31
	Celia Cordran	W45	Metropolitan Police AC	DNS
M				
1	Christopher Hobbs	M65	Ashford AC	34:53

2	Edmund Shillabeer	M80	Ilford AC	53:02
3	David Ainsworth	M75	Ilford AC	55:24
	Man Biu Lam	M65	Metros RC	DNS

10K

M

1	Ian Richards	M75	Steyning AC	58:23
2	Colin Harle	M65	Belgrave Harriers	1:03:20
3	Stuart Bennett	M65	Brentwood Beagles	1:04:43
4	Simon Morgan	M55	Ilford AC	1:07:42
5	John Borgars	M75	Loughton AC	1:08:55
6	Steve Allen	M65	Ilford AC	1:09:13
7	Graeme Heaton	M60	Heathfield RRC	1:15:53
8	Christopher Flint	M75	Surrey Walking Club	1:25:01
	David Hoben	M70	SyWC	DNS

F

1	Jacqueline Benson	WSEN	Ashford AC	1:02:04
2	Fiona Bishop	W60	Woking AC/Veterans AC	1:11:28
	Chik Ha Kwok	W45	Metros RC	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 28, 2024 - Mexican Sofia Ramos Rodríguez wins 20 km in the «Záhorácka Dvadsiatka» <https://omarchador.blogspot.com/2024/05/mexicana-sofia-ramos-rodriguez-vence-20.html>
- Monday, May 27, 2024 - Christopher Linke triumphs in the 20 km of the «Záhorácka Dvadsiatka», in Slovakia <https://omarchador.blogspot.com/2024/05/christopher-linke-triunfa-nos-20-km-do.html>
- Sunday, May 26, 2024 - 1999, impulse of young people in wedding year <https://omarchador.blogspot.com/2024/05/1999-impulso-dos-jovens-em-ano-de-bodas.html>
- Sunday, May 26, 2024 - Italian National University Championships - Molise 2024 (results) <https://omarchador.blogspot.com/2024/05/campeonatos-nacionais-universitarios-de.html>
- Saturday, May 25, 2024 - Central Asian Under-18 Athletics Championships - Tashkent 2024 (Results) <https://omarchador.blogspot.com/2024/05/campeonatos-de-atletismo-sub-18-da-asia.html>
- Friday, May 24, 2024 - Central American Under-18 and Under-20 Athletics Championships - Costa Rica 2024 (results) <https://omarchador.blogspot.com/2024/05/centro-americanos-de-atletismo-sub-18-e.html>
- Thursday, May 23, 2024 - EMACNS Porto Santo 2024: 20 km women's W35+ (results) <https://omarchador.blogspot.com/2024/05/amacns-porto-santo-2024-20-km-femininos.html>
- Wednesday, May 22, 2024 - EMACNS Porto Santo 2024: 20 km men's M35+ (results) <https://omarchador.blogspot.com/2024/05/amacns-porto-santo-2024-20-km.html>
- Tuesday, May 21, 2024 - Marchers from the Algarve and the Azores win at the Youth Olympics - Lagoa 2024 <https://omarchador.blogspot.com/2024/05/marchadores-do-algarve-e-dos-acoas.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.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Sun 9 Jun 2024	RWA 57th Annual Lake Burley Griffin Carnival – Canberra ACT
Sat 22 Jun 2024	AV 15km & Little Athletics Victoria Road c'ships – Middle Park
Sun 14 Jul 2024	AV, VMA & 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

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

