



HEEL & TOE Online

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

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VALE VAREL NEWMARK 1939 – 2024 ... a VAWC legend

This evening I received the sad news that **Varel Newmark** – former VAWC and Preston AAC member – has passed away, aged 83.

My first memory of the feisty, combative Preston walker came on my joining the VAWC in late 1967. Chief among my first impressions of him was his aggressive racing. Short in stature but with a quick stride few could match, he always shot straight to the front at the gun and stayed there until someone mustered what it took to pass him. While this approach inevitably took its toll on his reserves, Varel would continue to scrap for every yard (we were still imperial then) and never stopped fighting until the race was done or he was spent. The example in perseverance this set for newcomers to the club was profound. Whatever the outcome, he threw everything he had into every contest.

Varel was a champion of the sport and passionate in his support of the VAWC. He raced virtually every week during the winter, proudly leading representative teams in interstate competitions, and he was also an indefatigable fund raiser for the club. When Jim Gleeson, Clarrie Jack and I achieved the milestone of membership of the nascent Australian Centurions in 1971, it was Varel who put together framed photo montages for each of us to celebrate the achievement. A tough competitor in his own right, he was always encouraging of the efforts of others, as any true clubmate will be.

Following today's news, Tim Erickson has updated a profile piece he wrote on Varel several years ago, which chronicles not just his imposing competitive history, but his fundraising prowess, his resilience in the face of adversity and his uncompromising stance on fairness and justice. Have a read of it here – <https://www.vrwc.org.au/tim-archive/articles/wv-varel-newmark.pdf>. It'll be worth it. As for me, I am so thankful to have been able to contact Varel (then resident in Tasmania) and invite him to the VAWC/VRWC's Centenary celebration. Nothing would have kept him away, and it didn't.

The VRWC sends its sincere condolences to Varel's wife Fay, to his family and friends. In accordance with his wishes there is to be no funeral, but instead a scattering of his ashes near his and Fay's favourite café.



Varel racing for Victoria in Adelaide, 1970.



With fellow Glover Shield victors Alan Lucas, Ralph Field and Robin Wood.



Varel in later years. Like his beloved Blues, he never let you down.

** AUSTRALIAN TEAM FOR ANTALYA ANNOUNCED

Athletics Australia has released the list of walkers selected for the **World Teams Race Walking championships**, to be held in Antalya, Turkiye, on 21 April.

Numbers are boosted by the inclusion, for the first time, of a Marathon Mixed relay, which permits each nation to field up to 3 teams. The Antalya Mixed relay will serve as a kind of selection trial for the Paris Olympic race, for which a field of 25 teams will be selected.

This will come at the expense of the 20km in Antalya, since it cannot be contested by our fastest walkers who are selected for the Relay and the two events are held on the same day. Nevertheless, it opens the door for vital international 20km experience to be gained by the up-and-coming talent emerging around the country, who otherwise would have struggled to make the team.

The U20 10km event brings not only excitement for Australia but also a sense of wonder, as only one of the team, Marcus Wakim, has previously raced internationally (Muscat 2022). The Men's team, all of whom have either WA Top-10 rankings or a PB that would place them there, will be at least competitive and at best key players amongst their rivals from Asia, Europe and Latin America. Two years ago in Muscat, our Women's U20 team reached the podium and the Men have a good chance of doing so in Antalya.

Men (11)

Marathon Race Walk Mixed Relay: Rhydian Cowley (VIC, Brent Vallance), Declan Tingay (VIC, Brent Vallance), Kyle Swan (VIC, Jared Tallent)

20km Race Walk: Tim Fraser (ACT, Jared Tallent), Will Thompson (VIC, Brent Vallance), Carl Gibbons (NSW, Frank Overton), Dylan Richardson (NSW, Frank Overton), Mitchell Baker (ACT, Jared Tallent)

10km Race Walk: Isaac Beacroft (NSW, David Beacroft), Riley Coughlan (VIC, Fran Attard), Marcus Wakim (VIC, Adam Garganis)

Women (9)

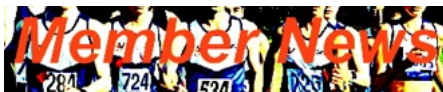
Marathon Race Walk Mixed Relay: Jemima Montag (VIC, Brent Vallance), Rebecca Henderson (VIC, Simon Baker), Olivia Sandery (SA, Jared Tallent)

20km Race Walk: Hannah Mison (NSW, Frank Overton), Elizabeth McMillen (NSW, Jared Tallent), Allannah Pitcher (NSW, Frank Overton)

10km Race Walk: Alexandra Griffin (WA, Jared Tallent), Zoe Woods (NSW, Bill Nappin), Nellie Langford (SA, Jared Tallent).

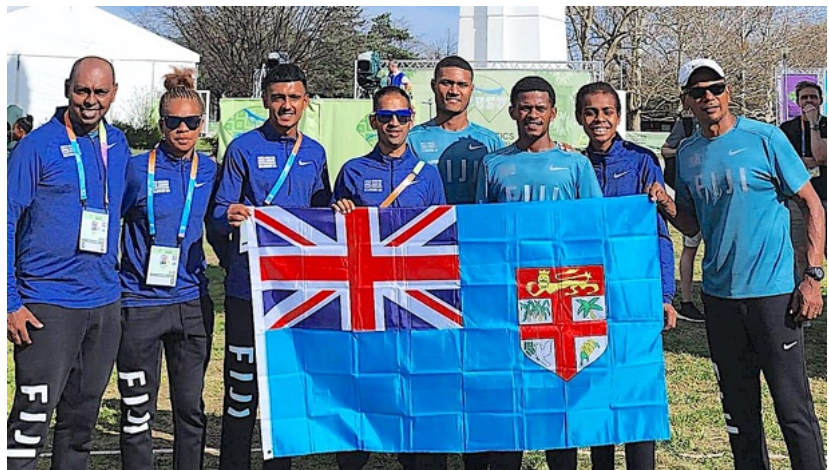


CLUB NEWS and RESULTS



- The recent World Cross Country championships in Belgrade (SRB) – which saw the Australian Men take an impressive 5th place in the Teams race – also saw a VRWC connection, courtesy of the irrepressible **Pramesh Prasad**.

Running for his native Fiji, Pramesh (*far right*) was the 2nd of his team to finish, with all the Fijians completing the 10km course in the cold early Serbian spring.



(Photo: Pramesh Prasad FB)

Well done, 'Mesh and team! Yet another proud flying of your nation's colours overseas in a big meeting, making Fiji's profile better known abroad and, hopefully, broadening the appeal of athletics at home.

- Congratulations to the following VRWC members who've earned selection for the World Race Walking teams championships in Antalya (TUR) this month:
 - **Rhydian Cowley, Kyle Swan, Jemima Montag and Bec Henderson (Mixed Relay);**
 - **Will Thompson (20km);**
 - **Riley Coughlan and Marcus Wakim (U20 10km)**

This will be Riley's first international competition and Marcus's second, and will provide both with priceless experience. The others are all well-seasoned from racing overseas in competitions up to Olympic level, and – as with their interstate counterparts – have shown themselves to be invaluable mentors to debutant team members. Well done, everyone – your selection is reward for your hard work, and all members of the VRWC wish you every success.

*FIRST AID TRAINING AVAILABLE

We wish to have a 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. 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.)



AROUND THE COUNTRY

** WALKER OF THE WEEK **



After several weeks of celebrating the efforts of the country's young, emerging walkers, it's a pleasure to visit the other end of the 3-score and 10 and to announce that **Lyn Ventris (WA)** – one of Australia's highest-achieving Masters athletes – is this week's WOTW.

Competing in last weekend's Australian Masters championships at Domain Athletic Centre, Hobart, Lyn walked an exemplary 5000m to win the W65 division with a time of **28:37.28** – an age-grade rated performance of 91%. Lyn, of course, is well known to the Masters race walking scene here and worldwide. She currently holds 11 World and 14 Australian Masters records, over distances ranging from 1500m to 20km and ages from 45+ to 60+. Like her fellow multiple world record holder Heather Carr, Lyn presents an indispensable model to all those of middle and advanced age, not just for maintaining a healthy lifestyle, but for setting lofty goals and achieving highly amongst one's peers.

Congratulations, Lyn. May you continue as a standard bearer in walking, and in sport in general, for all ages.

Lyn displays impeccable technique during the 10km in Hobart.

***Honourable mentions:**

- **Gwen Steed (VIC)** – demolished the VRWC W80 club record in the 10km road walk with a winning time of **1:22:18**.
- **Sam Lindsay (TAS)** – clocked a big PB to set a new Tasmanian U16 record for 3000m, recording a fast **12:35.78**.
- **Isaac Beacroft (NSW)** – on his way to Turkiye and the big time, set an astonishing new LANSW best performance record of **5:18.66** in winning the U17 title at the recent State championships.



Australian Masters T&F Championships, 29 March/1 April – Domain AC, Hobart

Thanks to **David Moore** who has provided this report and results from the Masters championships in Hobart.

****Friday 29 March – 1500m Walks (Domain AC, Hobart)**

The 1500m Walk events were held on day one (Good Friday) of the 2024 AMA T&F Championships in brilliant afternoon sunshine with big fields occupying the start line.

Very pleasing was the fact that all who started finished their races without a single DQ. There was a good spread of medals between the clubs from all states, impressive from a technique and style point of view were, amongst the youngsters were **Melissa Lewis (WA)**, **Dash Newington (Qld)**, **Scott Hyland (Qld)**, while amongst the older athletes there were very nice walks from **Heather Carr (Vic)** **Gwen Stead (Vic)** and **George White (SA)**

Women's events

W35 1500 Metre Race Walk

1 Lewis, Melissa	W36 MAWA	7:19.82
2 Newington, Dash	W39 QMA	9:29.51

W40 1500 Metre Race Walk

1 Grantham, Melissa	W41 SAMA	8:13.30
2 Thomson, Audrey	W44 NSWMA	13:10.31

W45 1500 Metre Race Walk

1 Ivanova, Sylvia	W49 VMA	10:32.93
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W50 1500 Metre Race Walk

1 Palmer, Donna	W50 SAMA	11:46.50
2 Travis, Anne	W51 ACTMA	16:08.33

W55 1500 Metre Race Walk

1 Tolardo, Karyn	W58 MAWA	8:35.13
2 Peak, Kim	W57 VMA	10:19.69
3 Hoy, Sandy	W57 NSWMA	11:35.35

W60 1500 Metre Race Walk

1 Walshe, Kerryyn	W62 VMA	8:50.92
2 Elms, Donna-Marie	W62 VMA	9:28.39
3 Newall, Alison	W63 NZMA	9:59.40
4 England, Lorna	W64 ACTMA	12:27.95

W65 1500 Metre Race Walk

1 Woodward, Antoinette	W67 NSWMA	9:47.98
2 Leitch, Elizabeth	W68 TMA	10:07.96

W70 1500 Metre Race Walk

1 Carr, Heather	W74 VMA	9:46.41
2 Wilson, Julie	W70 MAWA	10:23.42
3 Neubauer, Liz	W73 SAMA	13:19.32

W75 1500 Metre Race Walk

1 Archer, Sue	W75 ACTMA	10:23.50
2 Boyd, Anne Elizabeth	W77 NSWMA	10:42.06

W80 1500 Metre Race Walk

1 Steed, Gwen	W81 VMA	10:50.75
2 Bray, Kerry	W80 NSWMA	10:51.85
3 Schickert, Lynne	W82 MAWA	11:56.89

<u>W85 1500 Metre Race Walk</u>		
1 Mews, Pamela	W89 VMA	21:35.09

Men's events

<u>M40 1500 Metre Race Walk</u>		
1 Hyland, Scott	M43 QMA	6:31.48

<u>M45 1500 Metre Race Walk</u>		
1 Styles, David	M47 VMA	7:26.36
2 Lennon, Chester	M46 VMA	14:17.08

<u>M50 1500 Metre Race Walk</u>		
1 Patterson, Adam	M51 QMA	9:29.48

<u>M55 1500 Metre Race Walk</u>		
1 Kratzmann, Trevor	M56 NSWMA	10:49.31
2 Ross, Collin	M58 VMA	11:07.84

<u>M60 1500 Metre Race Walk</u>		
1 Cassidy, Kevin	M63 VMA	7:38.18
2 Evans, Simon	M63 VMA	8:15.10
3 Hastie, Garry	M62 MAWA	8:32.08

<u>M65 1500 Metre Race Walk</u>		
1 Moore, David	M66 TMA	13:27.08

<u>M70 1500 Metre Race Walk</u>		
1 Nottle, John	M73 VMA	9:40.80
2 Riddoch, Clyde	M70 VMA	10:51.30
3 Schwebel, Ron	M72 NSWMA	11:04.87
4 Kennelly, Robert	M74 ACTMA	12:51.19

<u>M75 1500 Metre Race Walk</u>		
1 White, George	M78 SAMA	9:34.26
2 McDonagh, John	M75 MAWA	9:54.10
3 Barrow, Geoff	M75 VMA	10:48.05
4 Fletcher, Wayne	M76 TMA	12:47.23

<u>M80 1500 Metre Race Walk</u>		
1 Thomas, Bryan	M82 ACTMA	11:05.43

<u>M85 1500 Metre Race Walk</u>		
1 Seymon, Jim	M86 NSWMA	12:56.52

****Saturday 30 March – 5000m Walks (Domain AC, Hobart)**

Saturday morning saw the 5000m events conducted in cool, cloudy conditions, but for some the rest from the day before was too short and their races were tough going. A special shout out to **Clyde Riddoch** (Vic) who really was experiencing considerable discomfort, had to grit his teeth to make it to the finish line.

The highlight of the 5000m events was the stellar performance of **Lyn Ventris** (WA) who smoothly walked a 91% age graded race.

Sunday gives our Masters Walkers a day of rest before the 10km Road Walk on Monday.

Women's events

<u>W35 5000 Metre Race Walk</u>		
1 Lewis, Melissa	W36 MAWA	26:49.57
2 Newington, Dash	W39 QMA	34:36.41

<u>W40 5000 Metre Race Walk</u>		
1 Grantham, Melissa	W41 SAMA	28:54.41

<u>W45 5000 Metre Race Walk</u>		
-- Ivanova, Sylvia	W49 VMA	DQ

<u>W50 5000 Metre Race Walk</u>		
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-- Travis, Anne	W51 ACTMA	DNF
<u>W55 5000 Metre Race Walk</u>		
1 Tolardo, Karyn	W58 MAWA	29:58.73
2 Hoy, Sandy	W57 NSWMA	42:45.33
<u>W60 5000 Metre Race Walk</u>		
1 Elms, Donna-Marie	W62 VMA	33:18.23
-- Staunton-Jugovic, Ann	W60 ACTMA	DQ
-- England, Lorna	W64 ACTMA	DQ
<u>W65 5000 Metre Race Walk</u>		
1 Ventris, Lynette	W67 MAWA	28:37.28
2 Woodward, Antoinette	W67 NSWMA	34:16.16
3 Leitch, Elizabeth	W68 TMA	34:37.01
4 Mcintosh, Penelope	W67 QMA	38:02.46
<u>W70 5000 Metre Race Walk</u>		
1 Carr, Heather	W74 VMA	34:35.64
<u>W75 5000 Metre Race Walk</u>		
1 Archer, Sue	W75 ACTMA	36:15.96
<u>W80 5000 Metre Race Walk</u>		
1 Steed, Gwen	W81 VMA	39:02.59
2 Schickert, Lynne	W82 MAWA	42:24.35

Men's events

<u>M40 5000 Metre Race Walk</u>		
1 Hyland, Scott	M43 QMA	23:51.11
<u>M45 5000 Metre Race Walk</u>		
1 Styles, David	M47 VMA	26:09.72
<u>M50 5000 Metre Race Walk</u>		
1 Patterson, Adam	M51 QMA	34:23.85
<u>M55 5000 Metre Race Walk</u>		
1 Kratzmann, Trevor	M56 NSWMA	41:23.94
-- Ross, Collin	M58 VMA	DQ
<u>M60 5000 Metre Race Walk</u>		
1 Cassidy, Kevin	M63 VMA	28:03.49
2 Evans, Simon	M63 VMA	29:12.58
<u>M70 5000 Metre Race Walk</u>		
1 Nottle, John	M73 VMA	35:43.09

****Monday 1 April – 10km Road Walks (Max Cherry Loop, Hobart Domain)**

A pleasant Monday morning for the 10km Road Walk Races on a challenging course with a nasty little hill on the far end. The standard of performances in the Women's events was very solid with a large percentage of the field doing in more than 70% age graded performances and a healthy number of walkers also in excess of 80%.

In the Men's events the highlights were once again **Scott Hyland (Qld)** and **David Styles (Vic)** also put in a very fine walk.

Women's 10km Road Walk Results

<u>W35</u>		
1 Lewis, Melissa	W36 MAWA	57:03
<u>Women 55</u>		
1 Tolardo, Karyn	W58 MAWA	1:01:55
<u>Women 60</u>		
1 Staunton-Jugovic, Ann	W60 ACTMA	1:04:46
<u>Women 65</u>		

1 Ventris, Lynette	W67 MAWA	1:03:50
2 Leitch, Elizabeth	W68 TMA	1:13:19
<u>Women 70</u>		
1 Carr, Heather	W74 VMA	1:11:30
<u>Women 75</u>		
1 Archer, Sue	W75 ACTMA	1:15:44
<u>Women 80+</u>		
1 Steed, Gwen	W81 VMA	1:22:18
2 Schickert, Lynne	W82 MAWA	1:27:48

Men's 10km Road Walk Results

<u>Men 40</u>		
1 Hyland, Scott	M43 QMA	51:50
<u>Men 45</u>		
1 Styles, David	M47 VMA	56:28
<u>Men 50</u>		
1 Patterson, Adam	M51 QMA	1:11:50
<u>Men 60</u>		
1 Cassidy, Kevin	M63 VMA	1:03:19
<u>Men 70</u>		
1 Nottle, John	M73 VMA	1:14:58
2 Kennelly, Robert	M74 ACTMA	1:38:55
<u>Men 75</u>		
1 McDonagh, John	M75 MAWA	1:11:37
2 White, George	M78 SAMA	1:13:30
<u>Men 80</u>		
1 Thomas, Bryan	M82 ACTMA	1:22:19
<u>Men 85+</u>		
1 Seymon, Jim	M86 NSWMA	1:33:56

A.C.T. 2024 57th LBG Race walking carnival information – Wednesday 27 March

ACTRFWC secretary **Helen Toyne** has posted the following information regarding this year's LBG Carnival, scheduled for Sunday 9 June at Stromlo Forest Park:



Hello walkers,

ACT Race and Fitness walking club are pleased to confirm that the LBG racewalking carnival will once again be staged on the June long weekend (9th June) at Stromlo Forest Park in Canberra.

In exciting news there will also be a racewalking clinic hosted by the amazing Jared Tallent, who is Australia's most successful male track and field Olympic athlete, on the Saturday afternoon of the 8th, also at Stromlo. Jared will be showing some of his favourite drills and tips, and will bring his Olympic medals for us to see, and I'm sure would sign an autograph or two if asked. This clinic will be included in your registration for the event.

The entry portal will be finalised soon, but we are also pleased to advise that there will be ELECTRONIC TIMING AND LAP COUNTING at LBG this year.

We will be having a post race dinner, most likely at the Canberra Southern Cross club which will be confirmed closer to the date but will be on a payg basis.

Put the date in your diary, and we look forward to welcoming you to Canberra!

TASMANIA Northern Athletics interclub, 20 March – Launceston

With most of the Tasmanian action taking place at the Domain Athletics Centre down south, the Northern Association put on one of its rare interclub walks events – a 3000m and 1500m. **Sam Lindsay** seized the opportunity to capitalize on his great current form and record a new State U16 record time of **12:35.78**, which tore 21secs from his previous PB. Sam will certainly be a tough nut to crack in the Nationals in two weeks' time.

In the 1500m, **Cacia Charles** recorded a good **8:21.64**, which was only 7secs shy of her own PB.

Thanks to **David Moore** for these results.



INTERNATIONAL NEWS

POLAND: 'Road To Antalya' Race walking meeting, 27 March – Warsaw

Thanks to **Nicola Maggio** for this report:

Olga Chojecka showed a very good performance at Bielany. From the start, she built a clear advantage over **Katarzyna Zdziebło**. Walking at an even and strong pace, the athlete from Siedlce finally finished with a time of **43:55.80**. This is her personal record and the third best result in the history of Polish athletics. The second finish line was crossed by Zdziebło, who was unable to fight Chojecka throughout the entire distance. At the finish line she achieved a result of **44:08.43**.

In the men's competition, the pace was initially set by three players - **Maher Ben Hlima**, **Artur Brzozowski** and **Dawid Tomala**. The third of these competitors was eliminated from the competition for the top position the fastest. Meanwhile, Brzozowski was closely behind Ben Hlima for a long time, but in the second part of the distance the Łódź resident jumped away from his experienced rival and finished over half a minute ahead of him. At the finish line he achieved a time of **39:32.63**. Brzozowski was second with a result of **40:08.64**. Tomala finished third (**41:54.19**).

Men 10000m Walk

1.	Maher BEN HLIMA	24 JUL 1989	39:32.63
2.	Artur BRZOZOWSKI	29 MAR 1985	40:08.64
3.	Dawid TOMALA	27 AUG 1989	41:54.19
4.	Jakub JELONEK	07 JUL 1985	42:56.97
5.	Arkadiusz SCHIEDEL	17 AUG 2000	43:36.94
6.	Przemysław JASIŃSKI	31 OCT 2007	45:35.62
7.	Kacper GOŁĄBEK	25 AUG 2005	45:35.65
8.	Mateusz MARGIEL	21 OCT 2007	47:06.86
9.	Kacper ŁUC	10 MAR 2005	48:04.28
	Kamil PIECUCH	10 JUL 2003	DNF
	Ernest PRZESTRZELSKI	23 SEP 2006	DNF

Women 10000m Walk

1.	Olga CHOJECKA	30 JUN 1997	43:55.80
2.	Katarzyna ZDZIEBŁO	28 NOV 1996	44:08.43
3.	Agnieszka ELLWARD	26 MAR 1989	48:14.37
4.	Magdalena ŻELAZNA	16 APR 2004	48:20.00
5.	Anna ZDZIEBŁO	20 NOV 2001	49:42.81
6.	Izabela KRZYŻANOWSKA	25 FEB 2004	50:42.44
7.	Ewelina CYMBALIŃSKA	06 NOV 2004	50:56.43
8.	Kinga WALERIAŃCZYK	19 AUG 2002	51:55.33
	Emilia WIŚNIEWSKA	04 FEB 2005	DNF
	Paulina TOMASZEWSKA	20 SEP 2006	DNF



Men's winner Ben Hlima (24) had a measured start ...



... while Chojecka was way ahead at the finish.
(Photos: Nicola Maggio)

Fortunato stands out in Campobasso

(reprinted from O Marchador – Friday 29 March)

In the 10,000 meter walk of the second round of the Race Walking Club Championship, held on the 24th of March in the Italian city of Campobasso, the main protagonist of the day was **Francesco Fortunato** who won with a time of **38:51.71**, a personal record by 9 seconds (before: 39:00.79, in 2019) just a few seconds away from the national record, a season that is proving to be triumphant, after his titles in the 5,000 meter indoor walk and the 20 km on the road.

The championship was a good test for several of the best Italian walkers who will represent the Italian team at the World Team Walking Championships, taking place in the Turkish city of Antalya, in just under a month. **Gianluca Picchiottino** also stood out with another great personal record: **38:57.96**, following the one he achieved a week earlier, in Dudince, with a personal record (1:21:47) in the 20 km. **Andrea Agrusti**, still in the same race, was third with a time of **40:43.72**.

For Fortunato and others, the next test is in Podebrady, on the excellent circuit that has hosted the European Team Championships and where Fortunato himself has good memories, as it was there, last year, that he broke his personal record with a mark of 1:18:59 and that can definitely launch it, without forgetting Antalya, for the European Championships in Rome and the Olympic Games in Paris.

In the women's sector (10,000m), as expected, **Alexandrina Mihai** gave her competition no chance, winning with a time of **46:54.01**. In the remaining places on the podium were **Lucia Barbarossa** (**48:14.08**) and **Verdiana Casciotti** (**48:28.85**).

Still in the women's race, now in the **Under-20s***, what stands out is the time of **47:01.48** obtained by **Michelle Cantò**, a personal record and minimums largely surpassed for the World Championships in the category, which will take place in Cali, which also was achieved by **Elisa Marini** (**48:57.04**). **Alessandra Cosi** was third with **51:25.09**.



(Photos: fb Runners Termoli. Montage: O Marchador)

In the men's Under-20s*, unsurprisingly, victory for **Giuseppe Disabato**, silver medal in the Under-18 European Championships (2022) and bronze medal in the Under-20 European Championships (2023), who ran a time of **42:37.91**. **Andrea Di Carlo** with **43:45.04** and **Omar Moretti** with **44:23.88**, accompanied him on the podium, setting personal records.

Men 10,000m Walk

1.	Francesco FORTUNATO	13 DEC 1994	38:51.71
2.	Gianluca PICCHIOTTINO	22 AUG 1996	38:57.96
3.	Andrea AGRUSTI	30 AUG 1995	40:43.72
4.	Aldo ANDREI	15 JUL 2001	40:54.36
5.	Diego GIAMPAOLO	29 FEB 2004	41:25.25
6.	Nicola LOMUSCIO	03 JUN 2003	42:33.80
7.	Giulio SCOLI	24 FEB 2001	42:41.50
8.	Gregorio ANGELINI	24 JUN 1996	43:18.83
9.	Federico TONTODONATI	30 OCT 1989	43:45.13
10.	Mattia BRAGGIO	13 FEB 2000	45:36.33
11.	Thomas BORZI	13 OCT 2003	45:42.20
12.	Matteo PIERVINCENZI	2003	45:51.89
13.	Giorgio LAURIA	2004	46:22.53
14.	Filippo A. CAPOSTAGNO	09 AUG 2002	47:11.44
15.	Alessio CIRIOTTI	30 DEC 2004	48:37.31
	Davide FINOCCHIETTI	16 OCT 2001	DQ
	Ettore GRILLO	10 NOV 1997	DQ

Women 10,000m Walk

1.	Alexandrina MIHAI	27 MAY 2003	46:54.01
2.	Lucia BARBAROSSA	07 JUN 2003	48:14.08
3.	Verdiana CASCIOTTI	27 JUL 2004	48:28.85
4.	Sofia FIORINI	19 AUG 2004	48:58.25
5.	Beatrice FORESTI	29 OCT 1998	50:24.47
6.	Giulia MICONI	25 DEC 2000	50:39.14
7.	Martina CANNONE	28 JAN 2004	54:33.71
8.	Veronica DE PAOLIS	10 MAY 2000	54:39.31
9.	Elisa Vittoria FRANZIA	2004	55:29.79
10.	Giorgia Agata BRUNO	2003	56:02.06
11.	Matilde BALLERINI	2003	56:49.55
	Roberta DI GRAZIA	2002	DNF

*For full U20 results, see <https://omarchador.blogspot.com/2024/03/fortunato-destaca-se-em-campobasso-no.html>

MARCIADALMONDO & O MARCHADOR ROUNDUP

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 1, 2024 - Australia at the 2024 World Race Walking Teams
<https://omarchador.blogspot.com/2024/04/australia-no-mundial-de-selecoes-de.html>
- Sunday, March 31, 2024 - 1991, the Susana “effect” begins. <https://omarchador.blogspot.com/2024/03/1991-comeca-o-efeito-susana.html>
- Saturday, March 30, 2024 - Spain at the 2024 Race Walking World Cup
<https://omarchador.blogspot.com/2024/03/espanha-no-mundial-de-selecoes-de.html>
- Thursday, March 28, 2024 - Maher Ben Hlima and Olga Chojecka win march meeting in Warsaw, Poland
<https://omarchador.blogspot.com/2024/03/maher-ben-hlima-e-olga-chojecka-vencem.html>
- Wednesday, March 27, 2024 - Giulia Gabriele breaks Italy's under-20 record in the 5,000 m march in Ceprano
<https://omarchador.blogspot.com/2024/03/giulia-gabriele-bate-recorde-sub-20-de.html>
- Tuesday, March 26, 2024 - Bence Venyercsán and Viktória Madarász became Hungarian champions in the 20 km walk (Békéscsaba 2024) <https://omarchador.blogspot.com/2024/03/bence-venyercsan-e-viktoria-madarasz.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

Thu 11-Fri 19 Apr 2024	AA Australian T&F c'ships – Adelaide SA
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 57 th 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 – Middle Park
Sun 25 Aug 2024	RWA 2 nd 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

Sun 21 Apr 2024	WA Race walking Teams c'ship – Antalya TUR
Sat 4 May 2024	3 rd Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31 st 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	24 th 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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