



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2023 Number 17  
Tuesday 2 May 2023



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*  
Telephone: 03 9817 3503  
Hours: Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
Website: <http://www.runnersworld.com.au>  
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

### BACK FROM RETIREMENT – BUT ONLY FOR A FEW WEEKS

I have been dragged back into service as Heel & Toe editor for a few weeks while club president Stuart Cooper is enjoying a well earned holiday overseas. You can't teach an old dog new tricks so it's back to my vanilla style layout, which older readers will recognise. The content's the same but the look is different. Enjoy...Tim

### VRWC TRACK WALKS, DOLOMORE OVAL, MENTONE, SATURDAY 29 APRIL 2023

With Australian Motor Race Grand Prix cleanup still underway at Middle Park, we were forced to an alternate venue on Saturday for the opening round of our VRWC winter season. So it was down to the Dolamore Reserve at Mentone and back to the track for the Victorian 10,000m Track Championships, as well as a smattering of VRWC Club Championships.

Before I start on my report, I must put this little shout from VRWC club member **Terry O'Neill**

*I went down to Mentone on Saturday to race the 5km. I started feeling unwell that night after we arrived home. I tested negative that night and again yesterday, but just tested positive this morning. You may want to make others aware through Heel & Toe.*

So, if you were at Mentone on Saturday and are now feeling unwell, administer a covid test. Fingers crossed, everyone!

Now to the races, where we saw a total of 28 walkers in action. The meet included the Victorian Open 10,000m Track Walk Championships which were won by **Riley Coughlan** (47:01) and **Rebecca Henderson** (46:23). They become our Victorian Champions for the year. The accompanying VRWC 10,000m Open Club Championship saw additional walkers in action, with **Maddison Nash** doing a great job for a big PB with her time of 55:23.

10,000m AV Open Men's Championship (for the Bert Gardiner Medal)					AV 40+	AV 50+
1.	Riley Coughlan	M	KNA	47:01		
2.	Michael Harvey	M	AWA	1:07:15		
3.	Rupert Van Dongen	M	MEN	1:20:14	1	
10000m AV Open Women's Championship					AV 40+	AV 50+
1.	Rebecca Henderson	F	MEN	46:23		
2.	Char Hay	F	MUU	53:11		
3.	Sarah Brennan	F	BYC	55:52	1	
4.	Carolyn Rosenbrock	F	YRA	59:08		1
5.	Donna-Marie Elms	F	PTN	1:07:23		2
10,000m Track VRWC Championship						
1.	Riley Coughlan	M		47:01		
2.	Alejandro Stephens	M		55:45		
3.	Gerard Feain	M		1:07:10		
1.	Rebecca Henderson	F		46:23		
2.	Maddison Nash	F		55:23		PB 3:09
3.	Sarah Brennan	F		55:52		
4.	Carolyn Rosenbrock	F		59:08		
5.	Donna-Marie Elms	F		1:07:23		
	Kylie Irshad	F		DNF		

Other VRWC Club Championships were on offer, as shown below. **Nikola Mandic** (in his first walk with us since 2016) and **Ariana Pashutina** won the 5000m walks, **Andrew Jamieson** and **Matilda Read** won the 3000m walks and **John Nottle** and **Mya McClure** won the 1500m walks. Finally, we welcomed **Matilda Simcox** and **Emilie Garside** for their first walks with us.

### 5000m Track VRWC Championship

1.	Nikola Mandic	M	24:23	
2.	Jonathan Ho	M	29:19	Equal PB
3.	Terry O'Neill	M	33:55	
1.	Ariana Pashutina	F	26:51	
2.	Emily Smith	F	29:19	
3.	Karyn O'Neill	F	35:23	

### 3000m Track VRWC Championship

1.	Andrew Jamieson	M	17:56	
1.	Matilda Read	F	17:43	
2.	Dee Holohan	F	19:43	
3.	Marnie Zakis	F	19:49	
4.	Gwen Steed	F	22:14	

### 1500m Track VRWC Championship

1.	John Nottle	M	9:38	PB 0:42
1.	Mya McClure	F	7:12	
2.	Pippa Read	F	8:45	
3.	Matilda Simcox	F	8:47	First walk with the club
4.	Emilie Garside	F	9:08	First walk with the club
5.	Tracy Colbert	F	10:44	

Thanks as always to our many officials, judges and helpers. Apologies if we missed you!

Manager: Mark Donahoo

Referee: Terry Swan

Recorders: Ian Laurie, Kevin Cassidy, Simon Baker, Anthony Doran, Megan Feain, Bob Gardiner, Narelle Coughlin

Judges: Shane Dickson (Chief), Brenda Felton, Ralph Bennett, Bernadette Morgan, Scott Nelson, David Cash, Anthony Doran

Set up, etc: Mark Donahoo, Bob Gardiner, Terry Swan, Rupert Van Dongen, Anthony Doran, Kevin Cassidy

Photos: Terry Swan (see <https://www.facebook.com/photo/?fbid=10229312701262840&set=oa.613965007285061>)



*Bec Henderson, Riley Coughlan, Nikola Mandic and Ariana Pashutina*



*Andrew Jamieson, John Nottle, Matilda Read and Mya McClure*



*Bob Gardiner presents the Bert Gardiner Medal to AV 10km winner Riley Coughlan (all photos Terry Swan)*

**WHAT'S COMING UP**

Next Saturday sees round 2 of the VRWC winter season at Middle Park. The fixture reads as follows

<b>Saturday 6<sup>th</sup> May 2023, Middle Park</b>			
<b>VRWC Events: For these events, online entries are accepted until Friday 11.59pm</b>			
12.00pm	Coaching session for athletes, parents and coaches		
2.00pm	8km	Points Race	Open
2.00pm	6km	Points Race	Open
2.00pm	4km	Points Race	Open
2.15pm	2km	Points Race	Open
2.15pm	1km	Points Race	Open
Coaching clinic beginning at 12pm and finishing at 1.30pm. Focus is on little athletes and junior athletes, parents of up and coming athletes, general coaching and planning a program for all.			

Remember online membership renewals and race entries are via our new portal at <https://www.revolutionise.com.au/vrwc/>.

Note the coaching clinic starts at 12 noon and features presentations by Simon Baker, Frances Attard and Mark Donahoo. Not to be missed! Flyer on the next page

## Victorian Race Walking Club

### Coaching Clinic for athletes of all ages, parents and coaches

Coaching clinic beginning at 12.00pm-1.25pm, Focus is on little athletes and junior athletes, parents of up and coming athletes, general coach and planning a program for all.

The first clinic for this season will be held Saturday 6<sup>th</sup> May 2023, in the VRWC Clubrooms, Middle Park Bowling Complex, Middle Park.

Presenters for the clinic are

- Simon Baker, experienced coach of athletes from juniors to Olympians, International representative in Olympics, World Championships, World Cup and Commonwealth Games.
- Fran Attard, experienced coach of junior athletes
- Mark Donahoo, VRWC club coach

#### Outline of clinic

- 12.00pm: welcome to all participants in the clinic
- 12.05pm: Practical session with Fran Attard
- 12.25pm: Session with Simon Baker
- 12.45pm: Guest speaker: **Bec Henderson, 2021 Olympian**
- 12.55pm: Combined practical/ theory session on 'How can I get better?'
- 1.15pm: Q&A session with the presenters

Pre- registered your interest in attending by emailing the club secretary on [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au) or turn up on the day and be part of the clinic.

### 56<sup>TH</sup> ANNUAL LBG WALKING CARNIVAL

As usual, VRWC will be sending as strong a team as possible to Canberra next month for the annual Racewalking Australia Carnival. Here is the official announcement.

It's time!!!! ACT Race and Fitness Walking Club are excited to announce entries are now open for the **56<sup>th</sup> LBG Racewalking Carnival**, to be held at **Stromlo Forest Park** on **Sunday 11<sup>th</sup> June 2023!** Can't wait to see everyone there. Please sign up to walk and volunteer through the following link, with thanks to Victorian Racewalking Club: <https://vrwc.org.au/wp1/>

Follow all the announcements on event facebook page <https://www.facebook.com/groups/lbg2021>.

With thanks to *Live Better Nutrition* <http://www.livebetternutrition.com.au/> and #steigensocks

### ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 29 APRIL 2023

The ACTRWC winter season kicked off last weekend with roadwalks at Lake Tuggeranong in Canberra. I start with a cut and paste from their newsletter:

*Thanks to our judges Ann, Renee and Lisa, and Jeanette for helping out with time keeping. Thanks to Julia for the photos! It was great to see so many people out for our first walk. A special welcome to Jill Pearson who has joined us this season. Many of you will know Jill from Masters and Parkrun.*

#### 7km Walk

1.	Gwyllym Young	32:21
2.	Jillian Ryan	40:53
3.	Mike Smith	41:38
4.	Sue Archer (FW)	49:01
5.	Hana Jugovic,	DNF
6.	Julia Grocott	DNF

#### 2km Walk

1.	Jill Pearson	13:53
2.	Bob Parker (FW)	15:14
3.	Jim White (FW)	15:41

4.	Rosemary Parker (FW)	16:01
1km Walk		
1.	Phoebe Grocott (FW)	8:29

**SARWC ROADWALKS, ADELAIDE SOUTH PARKLANDS, ADELAIDE, SATURDAY 29 APRIL 2023**

Thanks to Kim Mottrom for this week's results from South Australia. Kim comments: *Nice weather here today after some rain this morning, and a few PB's recorded.*

**Open 8km Walk**

1.	Kim Mottrom	35:52	
2.	Rhiannon Lovegrove	46:00	
3.	Peter Crump	47:20	
4.	Marie Maxted	54:37	
5.	Alex McEwan	1:02:43	First 8km
6.	Di Camilleri	1:07:38	
	Bill Starr	DNF	

**Open 4km Walk**

1.	Daisy Braithwaite	19:35	PB 3:02
2.	Cooper Rech	20:50	PB 2:14
3.	Greg Metha	23:44	PB 1:38
4.	Stephen Downs	30:50	

**Open 3km Walk**

1.	Angelina Legrand	19:05
2.	Matilda Rech	21:55
	Zayden Kamish	DQ

**Open 1.5km Walk**

1.	Kim Mottrom	6:38	
2.	Mathew Bruniges	7:57	
3.	Liliana Templer	8:42	PB 0:37
4.	Caleb Camilleri	8:45	First 1.5km

**QRWC ROADWALKS, YERONGA, BRISBANE, SUNDAY 30<sup>TH</sup> APRIL 2023**

Thanks to Robyn Wales for last weekend's results from Queensland.

**A Grade Men 15km**

Men: (1) Peter Bennett 1.45.21.

**A Grade Women 10km**

Women: (1) Brenda Gannon 1.03.54 (2) eq. Jasmine Rose McRoberts, Lily Housden 1.14.26 (4) Joy Dale 1.27.50 SB (5) Noela McKinven 1.27.52 SB.

**B Grade 8km**

Men: (1) Roel Wheeley 44.06 (2) Kai Dale 49.13. Patrick Sela DNF.

Women: (1) Lyla Williams 45.41.

**C Grade 5km**

Men: (1) Noah Wheeley 35.09.

Women: (1) Summer Millard 27.52 (2) Makenna Clarke 31.31 (3) Kiara Waterman 33.14. Destinee Pickvance-Ye DNF.

**D Grade 3km**

Men: (1) Lachlan Moore 16.18 (2) Hunter Sibenaler 21.35.

Women: (1) Isabella Welch 16.44 (2) Freya Williams 18.28 (3) Savannah Dunleavy 19.56 (4) Mackenzie Wormald 25.59.

**E Grade 2km**

Men: (1) Jake Dunleavy 13.04 (2) Dylan Moore 15.44

Women: (1) Amelia Chisholm 13.09 (2) Bethany Moore-Kirkland 13.26 (3) Izzy Blackburn 14.47.

**F Grade 1km**

Men: (1) Hayden Robertson 5.57.

## NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 22 APRIL 2022

The NSWRC winter season commenced on Saturday 15<sup>th</sup> April (Kim Mottrom has already added those results to the [racewalkaustralia.com](http://racewalkaustralia.com) website at link <http://racewalkaustralia.com/Results.asp?sYear=2023&sMonth=4>). The NSWRC winter season continued on Saturday 22<sup>nd</sup> April, again at Chipping Norton, and I have now captured the results from the NSWRC website at <http://www.nswracewalkingclub.com/>. Here is the relevant info from their weekly newsletter.

*Last Saturday afternoon at Chipping Norton we had another 18 walkers join our club which was a great number as some of our younger walkers were competing at the Australian Little Athletics Championships in Melbourne.*

Yes indeed. NSWRC continues to lead the way with competitor numbers. They had 45 racers at Chipping Norton, as well as a number of their younger walkers competing in the Australian Little Athletics Championships on that weekend. Impressive!

### Open 10km Walk

1.	Bridget Bell	55.45
2.	Chelsea Roberts	1:04.16

### Open 8km Walk

1.	Lilah Norden	52.54
----	--------------	-------

### Open 4km Walk

1.	Laura Corvalan Sotomayor	25.31
2.	Aiden Pospischil	25.56
3.	Kailey Webber	30.22
4.	Nicolle Challinor	34.17
5.	Emily Challinor	38.23
6.	Sarah Challinor	38.23

### U12 2km Walk

1.	Keira Gill	11.40
2.	Ash Mansell	11.43
3.	Isla Banks	11.44
4.	Molly Miller	12.02
5.	Mackenzie Kitching	12.13
6.	Scout Linton	12.05
7.	Gemma Hunt	13.15
8.	Matilda Hay	13.54
9.	Caitlin Allum	14.34
10.	Luca Barakat	15.10
11.	Rose Goska	15.19
12.	Chloe Farrugia	15.26
13.	Alexander Dennett	17.51

### U16 3km Walk

1.	Alexander Sinnett	14.48
2.	Evie Armstrong	16.05
3.	Matilda Olson	18.16
4.	Imogen Cochrane	19.13
5.	Ruby Bryan	21.02
6.	Alexander Wenzel	21.33
	Katherine Farrugia	DNF

### U10 1km Walk

1.	Harrison Bouquet	5.24
2.	Addison Fahey	5.50
3.	Beth Cochrane	5.52
4.	Veronica Dennett	6.44
5.	Milana Sorokin	7.47
6.	Amelie Barakat	7.59
7.	Max Miller	8.10

### U14 3km Walk

1.	Emma Hoskins	18.14
2.	Lilly Twigden	19.16
3.	Madeline Kot	19.27
4.	Ashleigh Farrugia	19.51
5.	Sebastian Linton	19.55
6.	Sagan Jones	20.25
7.	Aoya Bhushan	22.16
8.	Summer Hay	22.40
9.	Alannah Webber	23.44

## INTERNATIONAL RACING NEWS

Gone are the days when you had to hunt around for major international results and then format them from a pdf or (even worse) a jpeg image. For some time now, World Athletics has been capturing all major meet results in its *Calendar & Results* section at <https://worldathletics.org/competition/calendar-results?>. Just choose recent start and end date filters and click on Race Walking in the Discipline box and you will see all the latest meets. For instance, this filter will give you all the international racewalk results for the last month: <https://worldathletics.org/competition/calendar-results?disciplineId=3&startDate=2023-04-01&endDate=2023-05-01>

By way of additional info, all the walk results are put into the system by Hungarian racewalker and World Athletics Stats team member **Anette Torma**. Once verified and entered, they filter straight through to the World Athletics ranking system. It's a huge task that takes a lot of her time so huge thanks to Anette for this service to our walking community.

Over the past 2 weekends, we had no less than 5 World Athletics Race Walking Tour meets (2 Gold, one Silver and 2 Bronze), offering prize money and having international judging panels. Here they are:

30/04/2023	II Gran Premio Internacional Finetwork Madrid Marcha	Madrid (ESP)	Gold
29/04/2023	The Penn Relays Carnival Race Walk	Philadelphia, PA (USA)	Bronze
23/04/2023	2 <sup>nd</sup> Korzeniowski Warsaw Race Walking Cup	Warsaw (POL)	Gold
15/04/2023	Olomoucká dvacíka The Czech republic Championship	Olomouc (CZE)	Bronze
14/04/2023	20km Race Walks at 63 <sup>rd</sup> Mt.SAC Relays,	Walnut, CA (USA)	Silver

Who said that racewalking had a shrinking footprint. The opposite is the case. The number of top walking competitions world wide continues to grow and our sport is as healthy as ever, even as we fight against anti-walking forces within the World Athletics and IOC hierarchies.

In last week's newsletter, Stu had links to the omarchador reports for the Olomouc and Mt SAC Relay walk results so I won't reproduce those again, but I will feature the most recent three results.

## II GRAN PREMIO INTERNACIONAL FINETWORK MADRID MARCHA, MADRID (ESP), SUNDAY 30 APRIL 2023

Around 10,000 spectators lined Madrid's Gran Vía on Sunday to witness the 2<sup>nd</sup> edition of the Finetwork Madrid International Grand Prix, Cita de Campeones. It was a huge meet, with over 250 walkers spread across a variety of events. The meet boasted World Athletics Race Walking Tour Gold status.

For many of the European walkers, this was the perfect hitout before the European Walk Champs in Podebrady in 3 weeks time.

In the men's 10km roadwalk, Italian walker **Francesco Fortunato** won with 38:56, ahead of the Brazilian **Caio Bonfim** (39:03) and the Ecuadorian **David Hurtado** (39:06). "It's my first big win at an international level. Honestly, I didn't expect it. I did expect to finish on the podium but not win. When I had gone 8km, I saw myself with confidence and with the energy to be able to go faster", said Fortunato. "There were very strong rivals. It has been a very difficult race, at a very high level, and this victory gives me more confidence for the European Cup, the World Cups and the Paris 2024 Olympic Games". Pre-race favourite and defending champion **Perseus Karlstrom** was off the pace early and had to be content with 10<sup>th</sup> place and a time of 40:04. I wouldn't place too much emphasis on this result. He is sure to be in the mix in the big race.

In the women's 10km race, Chinese **Jiayu Yang**, the 2017 world champion, won with a time of 43:20, ahead of compatriot **Quanming Wu** (43:33) and the Mexican **Alegna González** (43:35).

The junior races also saw big fields, with 64 walkers in the U14 and U16 events, and 35 walkers in the U18 and U20 races.

### Men 10km Race Walk

1.	Francesco FORTUNATO	13 DEC 1994	ITA	38:56
2.	Caio BONFIM	19 MAR 1991	BRA	39:03
3.	David HURTADO	21 APR 1999	ECU	39:06
4.	Massimo STANO	27 FEB 1992	ITA	39:06
5.	Paul MCGRATH	07 MAR 2002	ESP	39:09
6.	Christopher LINKE	24 OCT 1988	GER	39:11
7.	Karl JUNGHANNB	06 APR 1996	GER	39:25
8.	Gabriel BORDIER	08 OCT 1997	FRA	39:25
9.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	39:50
10.	Perseus KARLSTRÖM	02 MAY 1990	SWE	40:04
11.	Álvaro LÓPEZ	24 MAR 1999	ESP	40:04
12.	Aurélien QUINION	27 JAN 1993	FRA	40:41
13.	Haifeng QIAN	08 JUL 2000	CHN	40:43
14.	Tongda BIAN	01 APR 1991	CHN	40:49
15.	João Pedro VIEIRA	01 NOV 1999	POR	40:52
16.	Marc TUR	30 NOV 1994	ESP	40:59
17.	Iván LÓPEZ	29 MAR 1997	ESP	41:19
18.	Yongjie WEN	28 SEP 1999	CHN	41:27
19.	Arnis RUMBENIEKS	04 APR 1988	LAT	41:48
20.	Qin WANG	08 MAY 1994	CHN	41:53
21.	Zhaozhao WANG	01 SEP 1999	CHN	42:19
22.	Tao YOU	19 JUL 1997	CHN	42:56
23.	Pablo PASTOR	31 MAR 2003	ESP	43:02
24.	Lucas MAZZO	19 MAY 1994	BRA	43:10
25.	Oscar PATÍN	01 FEB 2001	ECU	43:14
26.	Jose MESTRE	27 FEB 2001	ESP	44:36
27.	Daniel DE LUCAS CHANQUET	05 AUG 2002	ESP	46:25

### Women 10km Race Walk

1.	Jiayu YANG	18 FEB 1996	CHN	43:20
2.	Quanming WU	16 NOV 2001	CHN	43:33
3.	Alegna GONZÁLEZ	02 JAN 1999	MEX	43:35
4.	Clémence BERETTA	22 DEC 1997	FRA	44:06
5.	Ana CABECINHA	29 APR 1984	POR	44:16
6.	Zhenxia MA	01 AUG 1998	CHN	44:29
7.	Li MA	15 JAN 2000	CHN	44:36
8.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	44:38
9.	Antia CHAMOSA	07 OCT 1999	ESP	44:49
10.	Valentina TRAPLETTI	12 JUL 1985	ITA	44:53
11.	Xueying BAI	26 APR 2000	CHN	44:59

12.	Raquel GONZÁLEZ	16 NOV 1989	ESP	45:00
13.	Antonella PALMISANO	06 AUG 1991	ITA	45:05
14.	Christina PAPADOPOULOU	05 SEP 1996	GRE	45:24
15.	Liujing YANG	22 AUG 1998	CHN	45:37
16.	Lidia SANCHEZ-PUEBLA	17 JUL 1996	ESP	45:55
17.	Cristina MONTESINOS	12 JUL 1994	ESP	45:59
18.	Rachelle DE ORBETA	27 MAR 2000	PUR	46:14
19.	Viktória MADARÁSZ	12 MAY 1985	HUN	46:29
20.	Lamei YIN	21 DEC 2002	CHN	46:56
21.	Eva RICO	18 JUN 2003	ESP	47:13
22.	Lucia REDONDO	03 AUG 2003	ESP	47:20
23.	Gabriela DE SOUSA	12 JUN 2002	BRA	47:34
24.	Alexandrina MIHAI	27 MAY 2003	ITA	47:47
25.	Paula JUAREZ	30 OCT 2000	ESP	47:49
26.	Maritza Rafaela PONCIO	23 DEC 1994	GUA	47:54
27.	Ana PULGARIN CARDENO	06 MAY 2001	ESP	48:08
28.	Laura GARCÍA-CARO	16 APR 1995	ESP	48:14
29.	Irene VAZQUEZ	12 AUG 1998	ESP	51:03



Caio Bonfim, Francesco Fortunato and David Hurtado



Quanming Wu, Jiayu Yang and Alegna González

**THE PENN RELAYS CARNIVAL RACE WALK, PHILADELPHIA, PA (USA), SATURDAY 29 APRIL 2023**

The day before saw another big event, with the Penn Relays walks being contested in Philadelphia. **Nick Christie** won the men's 5000m walk with 19:49.67 while **Natalie Alfonso** of Venezuela won the women's 5000m walk with 22:52.59.

**Men 5000m Race Walk**

1.	Nick CHRISTIE	29 SEP 1991	USA	19:49.67
2.	Tyler WILSON	23 JAN 2002	CAN	21:34.25
3.	Carson JOHNSON	16 OCT 2000	USA	22:26.34
4.	Pablo SANZ RILLO	09 NOV 2002	ESP	23:10.21
5.	Joel PFAHLER	27 SEP 1990	USA	23:40.20
6.	Gage CARR		USA	23:53.45
7.	Richard LUETTCHAU	01 DEC 1984	USA	24:03.24
8.	Nikhil HIRANI		CAN	24:23.36
9.	Jadon DAVIS	02 JUL 2001	USA	24:57.21
	AJ GRUTTADAURO	11 DEC 1997	USA	DNF

**Women 5000m Race Walk**

1.	Natalia ALFONZO	21 APR 1994	VEN	22:52.59
2.	Olivia LUNDMAN	03 JAN 2003	CAN	22:53.68
3.	Miranda MELVILLE	20 MAR 1989	USA	22:57.47
4.	Maria MICHTA-COFFEY	23 JUN 1986	USA	23:18.13
5.	Joean LU		CAN	24:53.01
6.	Katherine MIALE	05 JAN 1997	USA	25:07.99
7.	Cassidy CARDLE	2002	CAN	25:30.76
8.	Marissa SCIOTTO		USA	26:04.15
9.	Ciara DURCAN		USA	26:15.66



**2<sup>ND</sup> KORZENIOWSKI WARSAW RACE WALKING CUP, WARSAW (POL), SUNDAY 23 APRIL 2023**

Going back a week, we had yet another World Athletics Race Walking Tour Gold meet with the Korzeniowski Warsaw Race Walking Cup, which included the Polish 20km Roadwalk Championships. There were lots of South and Central American walkers in attendance and they dominated the placings.

The men's 20km walk saw an exciting duel between Brazil's **Caio Bonfim** and Ecuador's **Brian Pintado**. Little separated them as they passed the half way mark with 39:33, but it was Bonfim who won out eventually with a fast 1:19:42, 15 secs ahead of Pintado, with Mexican **Isaac Palma** a long way back in third. **Lukasz Niedzialek** won the Polish title with his 7<sup>th</sup> place finish.

Peruvian **Kimberley Garcia**, the double world champion and pending 35km world record-holder, headed off fast in the women's race and was ahead by over 40 seconds at the half way mark. In an exciting second half, she tired badly and was overtaken by Brazilian **Erica Sena**, before rallying to mount a terrific fight and take the win, 1:30:16 to Sena's 1:30:19. **Saskia Feige** of Germany finished third in 1:31:25. The Polish Championship win went to **Olga Chojecka**. She finished 8<sup>th</sup> with 1:36:02.

Excellent World Athletics article at <https://worldathletics.org/competitions/world-athletics-race-walking-tour/news/bonfim-garcia-20km-race-walk-warsaw-korzeniowski-cup>.

**Men 20km Race Walk**

1.	Caio BONFIM	19 MAR 1991	BRA	1:19:42
2.	Brian Daniel PINTADO	29 JUL 1995	ECU	1:19:57
3.	Isaac PALMA	26 OCT 1990	MEX	1:22:47
4.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	1:22:48
5.	Kevin CAMPION	23 MAY 1988	FRA	1:23:12
6.	César Augusto RODRÍGUEZ	26 JUN 1997	PER	1:24:33
7.	Lukasz NIEDZIALEK	15 MAR 2000	POL	1:24:53
8.	Maher BEN HLIMA	24 JUL 1989	TUN	1:25:01
9.	Georgiy SHEIKO	24 AUG 1989	KAZ	1:26:48
10.	Artur BRZOZOWSKI	29 MAR 1985	POL	1:28:47
11.	Lucas MAZZO	19 MAY 1994	BRA	1:31:31
12.	Joe MOONEY	27 APR 1998	IRL	1:31:36
13.	Tadas ŠUŠKEVICIUS	22 MAY 1985	LTU	1:31:55
14.	Rafał SIKORA	17 FEB 1987	POL	1:32:01
15.	Jakub JELONEK	07 JUL 1985	POL	1:32:40
16.	Pablo PASTOR	31 MAR 2003	ESP	1:33:40
17.	Jorge LÓPEZ	08 OCT 2002	ESP	1:34:11
18.	Jose Luis HIDALGO	12 MAY 2002	ESP	1:34:11
19.	Arkadiusz SCHIEDEL	17 AUG 2000	POL	1:35:08
20.	Hubert WÓJCIK	05 JUL 2003	POL	1:43:42
21.	Kajetan LATANSKI	20 AUG 2003	POL	1:46:12
22.	Olaf RYNKIEWICZ	12 FEB 2002	POL	1:46:20
23.	Mikołaj NOWOSTAWSKI	05 JUL 2002	POL	1:48:53
	Andrés CHOCHO	04 NOV 1983	ECU	DNF
	Mattéo DUC	25 MAR 2001	FRA	DNF
	Christopher SNOOK	14 JAN 2000	GBR	DNF
	Álvaro LÓPEZ	24 MAR 1999	ESP	DNF
	Alberto AMEZCUA	10 MAY 1992	ESP	DNF
	Iván PAJUELO	27 AUG 1993	ESP	DNF
	Kamil PIECUCH	10 JUL 2003	POL	DNF
	Dimitri DURAND	03 JUN 2002	FRA	DQ
	Frederick WEIGEL	08 MAY 2005	GER	DQ
	Mateusz NOWAK	06 MAY 1996	POL	DQ

**Women 20km Race Walk**

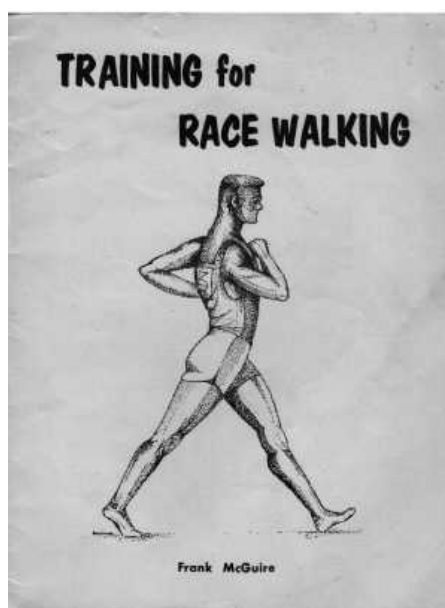
1.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:30:16
2.	Erica SENA	03 MAY 1985	BRA	1:30:19
3.	Saskia FEIGE	13 AUG 1997	GER	1:31:25
4.	Johana ORDÓNEZ	12 DEC 1987	ECU	1:34:09
5.	Magaly BONILLA	08 FEB 1992	ECU	1:34:19
6.	Mar JUÁREZ	27 SEP 1993	ESP	1:34:37
7.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:35:37
8.	Olga CHOJECKA	30 JUN 1997	POL	1:36:02
9.	Heather WARNER	25 OCT 1993	GBR	1:36:04
10.	Monika VAICIUKEVICIUTE	03 APR 1996	LTU	1:39:23
11.	Bethan DAVIES	07 NOV 1990	GBR	1:39:38
12.	Anna ZDZIEBLO	20 NOV 2001	POL	1:42:10
13.	Kate VEALE	05 JAN 1994	IRL	1:42:32
14.	Robyn STEVENS	24 APR 1983	USA	1:45:14
15.	Abigail JENNINGS	10 JUL 2000	GBR	1:48:09
16.	Celia VIDALINC	06 JUN 1996	FRA	1:50:44

17.	Kinga WALERIANCZYK	19 AUG 2002	POL	1:52:32
18.	Amelia BLAZEJEWSKA	31 MAR 2003	POL	1:53:06
19.	Magdalena CZWOJDRAK	07 FEB 2003	POL	2:02:45
	Galina YAKUSHEVA	14 JUL 1988	KAZ	DNF
	Kristina MOROZOVA	18 JAN 2001	KAZ	DNF
	Elvina CARRÉ	06 FEB 2003	FRA	DNF
	Polina REPINA	29 JUN 1990	KAZ	DNF
	Maja MARGIEL	27 APR 2002	POL	DNF

The meet also included big fields in the U20, U19 and U16 walk categories. See <https://worldathletics.org/competition/calendar-results/results/7190240>.

### 1962 TRAINING FOR RACE WALKING - FRANK MCGUIRE

Time to add another historic racewalking book to my archive at <http://www.vrwc.org.au/vrwcbooks.shtml>. This week it's the 1962 publication *Training for Race Walking* by Melbourne coach and VRWC life member **Frank McGuire**.



Frank was a mighty figure on the Australian racewalking stage, firstly as a competitor and then as a coach and administrator.

He was appointed VAWC Club Coach in 1954 and attacked the task with great vigor. His innovative use of slow motion cine film to analyse walking technique was revolutionary and his recommendations that judges adopt angle judging was accepted first at VAWC level and then at Federation and Australian level. Not surprisingly, he had the job of filming the 1956 Olympic road events in slow motion for Guy Buther, the IAAF official photographer. It was at this stage (1956) that he was awarded life membership of VAWC.

Frank became an IAAF walking judge in 1959 and National Walking Coach that same year. He judged at the 1960 Rome Olympics and in the same year was appointed national walk coach. Always innovative, he tried to introduce examination by movie (video), but the suggestion was rejected by other judges.

He gained international respect and recognition as the author of numerous books on coaching and training, with emphasis on junior walkers in many of his publications. When his definitive book *Training for Race Walking* was published in 1962, he presented 40 copies to the club to sell for club funds.

That's how I got my copy, as a young and aspiring athlete. It is a wonderful book and it is hard to believe that it was written over 60 years ago. It reads as a much more recent tome.

One of the great things about it was the many training schedules provided to him by a plethora of the top walkers in Australia and from overseas. As young walkers, we gleaned many of our training ideas from that book and those profiles.

And you can read more about Frank McGuire (BEM) at <http://www.vrwc.org.au/tim-archive/articles/vw-frank-mcguire.pdf>



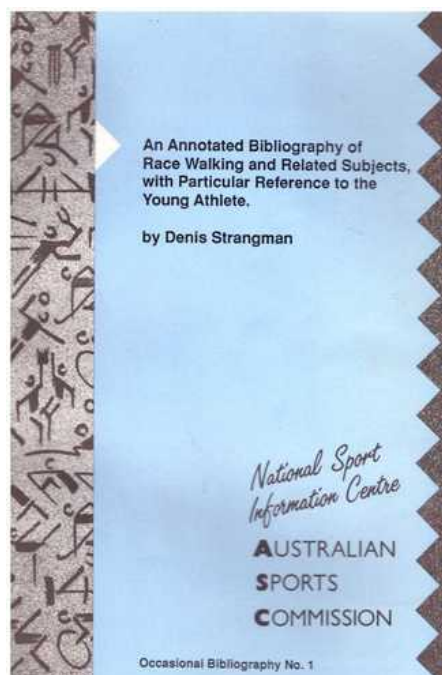
It is my sad duty to report the passing of Australian racewalking identity Denis Strangman, aged 90.

Denis became involved in our sport during the 1980s when his children started with the Ginninderra Little Athletics Centre in Canberra. He and his family remained active members of ACTRWC for many years and Denis made some significant contributions both to racewalking and do the wider community.

His daughter Josephine (Jo) was an extremely good young walker who medaled at various Australian underage championships in the early 1990's. Jo was unlucky to miss out on a spot in the 1995 Australian World Cup team but she did represent Australia in the 1995 World Student Games alongside Dion Russell. Both did well, Dion finishing 9<sup>th</sup> and Jo finishing 14<sup>th</sup>.

Denis quickly took on a coaching role and went on to become a dedicated official, with a passion and keen interest for the proper promotion and development of walking at all levels.

One of Denis's major contributions on the racewalking front was his tome *An Annotated Bibliography of Race Walking and Related Subjects, with Particular Reference to the Young Athlete*, published by the National Sport Information Centre in Canberra in 1990. This collected together in one place some 750 racewalking references (articles and books), with commentaries where possible. This was the first resource of this kind, providing an excellent aid for teachers, coaches, parents and aspiring athletes. All the books and articles referenced were available for loan via the NSIC and remain there to this day.



Denis eventually passed onto me all his walking archives, including the 2 full boxes which contained all these references in hard copy, along with a copy of the reference document itself.

Denis was a senior Federal public servant in his working life and an online search shows a number of articles and Govt submissions, penned under his name. But it was in one particular area that he received his greatest accolades, being awarded an AM in 2015 “*For significant service to community health through advocacy, public policy, and support organisations for people with brain tumours.*”<sup>1</sup>

When his wife Margaret died from a malignant primary brain tumour in 2001, he gathered like minded people from around the world and formed the International Brain Tumour Alliance (IBTA), for which he was the Foundation Chair (2005-2014).

The Canberra Times obituary reads as follows<sup>2</sup>

*Beloved husband of Margaret (dec).*

*Loved and loving father of Josephine and Drago, Kieran and Kristy, Peter, Bryan and Kylie, and Gregory. Treasured Grandad to Abigail, Charlotte, Amelia, Caroline, Xavier and Laila. Friend, advocate and mentor to many.*

*Forever in our hearts.*

*The funeral service for Denis will be held in St Thomas Aquinas Catholic Church, Lhotsky Street, Charnwood on Tuesday, 9 May 2023, commencing at 11am.*

*Burial will follow at Gungahlin Cemetery.*

*In lieu of flowers, please consider a donation to Brain Tumour Alliance Australia.*

*Please contact William Cole Funerals for livestream details.*

I always enjoyed catching up with Denis at the annual LBG Carnival in Canberra. He will be sadly missed by us all at this year's event.

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of COVID-19 issues.

#### Victorian & National Key Dates – 2023

Sat 6 May 2023	<b>VRWC Points races #1; Coaching clinic</b> 12pm – Middle Park
Sat 13 May 2023	<b>VRWC Points races #2</b> – Middle Park
Sun 21 May 2023	<b>AV 35km, AV Schools &amp; VRWC c'ships; Club non-points races</b> – Middle Park
Sat 3 Jun 2023	<b>VRWC Points races #3</b> – Middle Park
Sun 11 Jun 2023	<b>Racewalking Australia LBG Carnival</b> – Stromlo Sports Park, Canberra ACT Enter at <a href="http://vrwc.org.au/wp/">http://vrwc.org.au/wp/</a>
Sat 17 Jun 2023	<b>VRWC 'Guess Your Time' prizes day</b> – Middle Park
Sun 6 Aug 2023	<b>AMA Masters 20km road c'ships</b> - Adelaide

#### International Dates

Sat 6 May 2023	<b>Grande Premio Internacional de Rio Major em Marca Atletica</b> – Rio Major, ESP
Sun May 21, 2023	<b>2023 European Race Walking Team Championships</b> , Podebrady, CZE
Sat 3 June 2023	<b>36<sup>th</sup> Gran Premio Cantones de La Coruna de Marcha</b> – La Coruna, ESP
28 Jul-8 Aug 2023	<b>World University Summer Games</b> – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN
26 Jul- 11 Aug 2024	<b>XXXIII Summer Olympics</b> – Paris, FRA
13-25 Aug 2024	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
20-24 Aug 2024	<b>WA World Junior T&amp;F Championships</b> – Venue TBA
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JAP

Tim Erickson, [tim.erickson02@gmail.com](mailto:tim.erickson02@gmail.com), Mob: 0412 257 496

Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)

1 See <http://www.vrwc.org.au/vrwc-australian-honours.shtml> and <https://btaa.org.au/news/latest-news/queens-birthday-honours-btaa-co-founder-denis-strangman-am>

2 See <https://tributes.canberratimes.com.au/obituaries/477900/denis-strangman/>