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

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** WALKER OF THE WEEK **



*Jemima in battle with her eventual co-medallists, Perez and Yang.
(Photo: The Age)*

While we were setting up for Saturday's Middle Park races, Terry O'Neill remarked, "Not much difficulty picking this week's Walker of The Week."

Well, I agreed, didn't I? I usually agree with Terry, anyway – he's so agreeable. But, being in that kind of mood, I replied, "Ah, I dunno ... let's see how these races go first." And, to be sure, we saw 13 Victorian PBs that afternoon, one by over 6:00! Pretty hard to top that in ordinary circumstances.

It was, of course, a 14th PB done in anything but ordinary circumstances that took the WOTW honours for its setter – **Jemima Montag (VIC)**. Posting new VRWC, Victorian state, Australian and Oceania records with a 20km time of **1:26:25** (shattering the old marks by 44 secs) and claiming Australia's first Olympic women's walking medal since Jane Saville's bronze in 2004, Jemima overcame nagging self-doubt as well as the heat and humidity (not to mention all but two formidable rivals) to reach the podia at the Trocadero and, later, in the Stade de France.

Much has been said and written of Jemima's back story, including the significance of Paris itself in her family history (her grandmother, an Auschwitz survivor, having fled there before making her way to Australia), her medical studies and considerable talents in other areas. Perhaps, however, it was the manner in which she ministered to

the stricken Maria Perez (ESP) at the race finish, pouring water over her head and helping her from the course, that revealed a side to Jemima that few may have known. Certainly, that image has resonated. There are things in sport that transcend winning and losing, plain caring being one of them. Jemima, preparing for life in the ultimate caring profession, showed in Paris that she has what it will take.

Congratulations, Jemima. An all-round wonderful performance!

*Honourable mentions:

- **Olivia Sandery (SA)** – There is no crueller, or more misleading, designation in sport than the letters 'DNF'. At its blindest, it signifies 'quitter'. Surely, anybody who watched Olivia Sandery racing in Paris would agree that nothing could be more wrong in her case.
Walking strongly in the main field for 17km, Olivia was suddenly beset by the effects of the brutal conditions and appeared to be severely dehydrated as she staggered along the road. Yet she kept going, determined to see it through. Apparently on advice from the team doctor, and no doubt aware of the risk to herself of continuing, Olivia pulled up at 19km and was taken to hospital. DNF, be damned. She had given for her team until she had nothing more. Nobody could have asked for more.
- **Declan Tingay (WA)** and **Rhydian Cowley (VIC)** – racing sensibly in the lead pack and measuring their capabilities well, the two gave themselves every chance of figuring in the top 10 and a chance of a medal. When Pintado and Bonfim stepped on the gas 5km out, the two Aussies did all they could to gain those top 10 placings, falling just short for 11th (Declan, **1:19:56**) and 12th (Rhyd, **1:20:04**) – both less than a minute from the podium.
- **Bec Henderson** and **Kyle Swan (VIC)** – Like Declan and Rhydian, **Kyle** placed himself in the middle of the lead pack and kept himself in the mix for as long as he could before falling back to finish 35th in **1:23:32**. Like **Kyle**, **Bec** appeared to be hit hard by the conditions and had little with which to claw her way through the field. Yet she clung to her position and turned in a typically gritty performance to cross in **1:34:22** for 31st place.

***Well done to our Olympic 20k walkers!** We wish our **Mixed Marathon Relay** teams good fortune as they line up at **3:30pm** (Melbourne time) on **Wednesday 7 August** at the Trocadero. View them on the 9 Network or Stan Sport.



CLUB NEWS and RESULTS

***REMINDER to all members:**

The deadline for entries for the **RWA Road walking championships** is next Sunday, 11 August, at 9pm.

We need more VRWC walkers to field teams in as many age groups as possible. Currently we are a bit light on in some races. See the Notice Board below (Page 15) for the full program.

Go to <https://www.revolutionise.com.au/vrwc/events/245703> to finalise your entry.

If you haven't yet entered, do it now. Don't leave it until the last minute!

As hosts of the RWA championships, we plan to provide a BBQ for our visitors (and us, of course). But it won't happen without a cook.

WE NEED SOMEONE TO TURN THE SNAGS!

If you can help, or if you know someone who'd be happy to take it on, please contact Stu or Mark as soon as possible.



***Next weekend ...**

The VRWC will host this year's **AV Country Road walk championships** alongside our own Club title races and non-championship events. The program is as follows:

10.00am	10km AV Country Championship 10km AV Country Championship 10km VRWC Road Championship 10km non-c'ship	Open Men Open Women Open Open Men/Women
10.30am	5km AV Country Championship 5km VRWC Championship 5km AV Country Championship 5km VRWC Championship 5km non-c'ship	U20 Men/Women U20 Men/Women U18 Men/Women U18 Men/Women Open
11.00am	3km AV Country Championship 3km VRWC Championship 3km AV Country Championship 3km VRWC Championship 3km non-c'ship	U16 Boys/Girls U16 Boys/Girls U14 Boys/Girls U14 Boys/Girls Open
11.15am	2km VRWC Championship 2km non-c'ship 1km VRWC Championship 1km non-c'ship	U10 Boys/Girls Open U12 Boys/Girls Open
11.30	<i>Presentations</i>	

Entries for the **AV COUNTRY** championships must be finalised at <https://members.athsvic.org.au/events/235741/> by **NO LATER than 11.59am on Wednesday 7 August**.

Entries for the **VRWC championship** and Non-championship races close at 6pm on Friday 9 August. Enter at <https://www.revolutionise.com.au/vrwc/events/248575>

VRWC Club points results (Prize day), 3 August – Middle Park

Whether it was down to the much more agreeable weather, Olympic inspiration, the freedom to let fly on the 2km loop (for only the 2nd time this season), the prospect of nabbing some goodies with a winning handicap or a combination of all four, a return of 13 PBs from a field of 26 starters is impressive by any measure. Well done to all who were successful, both in improving their times and in earning their pick of the prizes table!

Biggest improver by far was **Emilie Garside** who achieved an astonishing 6:11 PB for 6km and seemed very happy with her bottle of red as a reward. **Mya McClure** and **Hannah Matthews** each removed 1:19 from previous 4km times while **John Nottle** showed you're never too old to get faster if you're fit enough. Speaking of fast, **Eden Morgan** continued on what has been his most productive season to date with a 36sec PB for 8km of **36:59**.

Eight-year old **Payton Welsh** has been improving hand over fist in her first season, and on this occasion she seemed to appreciate the longer course, clocking a huge 1:03 PB of **12:19** for 2km. **Logan Allison** also took his PB to the cleaner's with a 0:42 improvement that should see him punch through the 11min barrier soon.



The 8, 6 and 4km starters have their eyes on the prize(s).

8km race

1 Karyn O'Neill	FM60+	57:12	
1 Eden Morgan	MU20	36:59	PB 0:36
2 Terry O'Neill	MM60+	51:39	

4km race

1 Char Hay	FOpen	19:35	PB 0:25
2 Mya McClure	FU14	19:55	PB 1:19
3 Emily Smith	FU18	22:00	PB 0:22
4 Hannah Matthews	FU16	23:42	PB 1:19
5 Donna-Marie Elms	FM60+	26:04	
6 Heather Carr	FM60+	26:12	

1km race

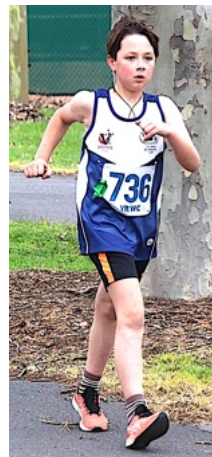
1 Ariana Pashutina	FU18	4:33	First 1km
2 Abby Fowler	FU10	6:33	
3 Aria di Benedetto	FU10	6:45	
1 Dimitri Pashutin	MU10	6:17	

6km race

1 Emilie Garside	FOpen	38:45	PB 6:11
1 Angus Shuttleworth	MU14	33:38	First 6km
2 John Nottle	MM60+	39:42	PB 1:25

2km race

1 Addison Frenken	FU12	10:56	PB 0:04
2 Anouk Morgan	FU10	12:18	
3 Payton Welsh	FU10	12:19	PB 1:03
4 Erlyn Singh	FU12	12:42	PB 0:13
5 Caitlyn Shipham	FU12	13:04	
1 Logan Allison	MU12	11:05	PB 0:42
2 Brodie Welsh	MU12	11:06	PB 0:09
3 Arthur Robinson	MU16	13:55	PB 0:06



****Handicaps (Prize winners in italics)**

Heather Carr	F	M60+	1	Brodie Welsh	M	Un12	1
Donna-Marie Elms	F	M60+	2	Logan Allison	M	Un12	2
Karyn O'Neill	F	M60+	3	Mya McClure	F	Un14	1
John Nottle	M	M60+	1				

Terry	O'Neill	M	M60+	2	Angus	Shuttleworth	M	Un14	1
Emilie	Garside	F	Open	1	Hannah	Matthews	F	Un16	1
Char	Hay	F	Open	2	Arthur	Robinson	M	Un16	1
Payton	Welsh	F	Un10	1	Emily	Smith	F	Un18	1
Anouk	Morgan	F	Un10	2	Ariana	Pashutina	F	Un18	2
Aria	Di Benedetto	F	Un10	3	Eden	Morgan	M	Un20	1
Abby	Fowler	F	Un10	4					
Dimitri	Pashutin	M	Un10	1					



***This week's action portraits:**

Brodie, Dimitri, Ariana, Emily, Hannah, John, Mya, Eden, Erlyn, Logan, Payton, Emilie, Abby and Heather

As always, 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. If you're not on the list, be assured that we appreciated your contribution:

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo
Timekeeper	Ian Laurie, Kevin Cassidy, Margaret Hay*
Recorders	Bob Gardiner, Alla Pashutina, Dylan Shuttleworth, Alan McClure, Deanne McClure
Judges:	David Cash (Chief), Michael Bodey, Stu Cooper, Gordon Loughnan, Di Lowden, Brenda Felton
Set up, Pack up:	Bob Gardiner, Terry O'Neill, Karyn O'Neill, Ian Laurie, Michael Bodey, Stu Cooper
Photos	Therese Smith <i>(See more of Therese's work at https://www.facebook.com/media/set?set=oa.1026792475809402&type=3)</i>
Canteen	Donna-Marie Elms
Presentation	Mark Donahoo, Stu Cooper
Walkers:	24

**A very special 'thank you' to Margaret and Gavin Hay, who investigated our problematic timing clock, removing and replacing the dead battery and returning it in working order. And a pat on the back to Char who spurned trolleys and manhandled the heavy machine from their car to the start/finish line ... not an insubstantial distance!*



AROUND THE COUNTRY

MAGNIFICENT MONTAG DELIVERS RECORD PERFORMANCE FOR OLYMPIC BRONZE

by **Andrew Reid** (reprinted from *Athletics Australia news* – 1 August)

Jemima Montag produced an inspired 20km Race Walk performance and smashed her Australian Record to win bronze underneath the Eiffel Tower in Paris.

This medal on the opening day of athletics at Paris 2024, is Australia's first women's race walk medal since Jane Saville's bronze in the same event at Athens 2004. **Montag** (VIC, Brent Vallance) was confident of joining Jane with her own piece of Olympic history.

"It feels like a dream come true to say that I'm an Olympic medallist and the first since Jane," Jemima said.

"I had belief and a good feeling this week. I think my Instagram caption after Tokyo was 'sixth at my first Olympics, a podium in Paris? A girl can dream'."

It took the world record holder from China, Yang Jiayu, and the two-time world champion from Spain, Maria Perez, to keep the Australian from further up the podium.

Yang was out on her own for fifteen kilometres and hung on to win in 1:25:54, her season's best. The two-time world champion of Spain Perez was just six seconds ahead of Jemima. The Australian's time of 1:26:25 was 44 seconds faster than her Oceania Record set in February.

Australia's other competitors **Rebecca Henderson** (VIC, Simon Baker) and **Olivia Sandery** (SA, Jared Tallent) had a tough race in the hot and humid conditions. Rebecca finished 31st in 1:34:22, a similar position she held in the 45-woman field throughout the competition.

Olivia was walking well and in 27th position at the 10km and 15km marks before succumbing to the heat in the final kilometre and was unable to finish. She received immediate medical treatment and is recovering well.

Jemima was fifth at the 15km mark, after a race of many moves. She covered what she could but she found it hard to know which ones to over and when she was fifth at 15km she wasn't confident she could make the podium until she got some family inspiration.

"I was really questioning my desire for a medal and then I heard my sister who had almost lost her voice scream with a crackling voice, 'this is your race, this is your race' and about 17kms I could see third and fourth and it was just a matter of committing to that last three kms.

"As I moved into third it was good for me to be focusing on silver and being the hunter rather than worrying about being the hunted."

After winning silver at the world championships last year she knew she was capable of winning the Olympic medal she had trained for years chasing but 10 weeks out from the Games she was worried about her form and worried she was going to let everyone down. But she was able to change her mindset this week.

"I had a real sense of calm and a sense of wanting the medal but not needing the medal. And that's a really critical difference. It's like I want it and I'm ready and willing and able to be tough and give it a crack.

"But I don't need it to feel worthy and loved and appreciated and to know who I am outside of all this. So that was a good mindset to go in with."

She was inspired by seeing Jess Fox jump up and down on the podium so she did the same at the victory ceremony at the Trocadéro venue with the Eiffel Tower in the background.

Declan and Rhydian achieve top-12 result

Earlier in the day, Australia held a trio of men's 20 km race walks in slightly cooler but still steamy conditions.

In a tactical race early, **Declan Tingay** (WA, Brent Vallance) produced a fantastic 11th place finish, in a season best of 1:19.56, one only 30 seconds from the podium. Australian athletics co-captain **Rhydian Cowley** (VIC, Brent Vallance) was one spot back in 12th (1:20.04) with an impressive race, and **Kyle Swan** (VIC, Jared Tallent) wasn't able to deliver his normal best today placing 35th (1:23.32).

Brian Daniel Pintado from Ecuador had a breakthrough performance at his third Olympics, winning the first athletics gold medal in Paris in 2024 at 1:18.55. Brazilian Caio Bonfim was 14 seconds back in silver, and Alvaro Martin (ESP) who was fourth in Tokyo claimed the bronze (1:19.11).

After a gruelling race, Declan ended up in a sprint to the finish and a three-way photo finish. He ended with the same time as the athletes in 9th and 10th.

Declan and Rhydian were in the lead group for the majority of the race to try and cover the big moves and changes of pace.

"I got into that lead pack and I made a commitment to stick with them," Declan said.

"But in the end their commitment was a bit bigger than my commitment. I ended up falling off a bit and came back in the last lap.

"I'm pretty happy with the effort but I want to improve on that placing. It's a season's best at the Olympic Games so that's a good sign."

Rhydian was aiming for a top-8 for it to be a great day but happy with the top-12.

"It was a challenging race and hard to get a rhythm but I'm pretty happy with that and now we can go and prepare for the relay, and look to get a better placing there," Rhydian said.

Australia will field two Mixed Relay Walk teams on Wednesday, 7 August. One male and one female make up a team, with both athletes walking twice. The four legs are equal to a marathon in distance, 42.195 kilometres. This is the first time that this event will be held at the Olympics. The Australian coaches will decide the make-up of each team based on the athletes' recovery after the individual events.



Declan (14) and Rhyddian (extreme right) were still in contention after the 10km mark. (Photo source: Stan Sport)

*RANKINGS

All-time National 20km Road Walk - as at 6 August 2024

Compiled by Paul Jenes (AA statistician)

Paul Jenes's all-time Women's 20km Walk rankings, issued last week prior to Thursday's Paris Olympic race, obviously requires an update. Here they are, with two adjustments in bold type.

If there are any omissions or missing updates, please let me know:

1:26:25	Jemima Montag	V	150298	3	Paris, FRA	1 Aug 2024
1:27:44	Jane Saville	N	051174	4	Naumburg, GER	2 May 2004
1:28:43	Rebecca Henderson	V	040701	3	Nomi, JPN	18 Mar 2023
1:28:52	Olivia Sandery	S	220103	4	Nomi, JPN	18 Mar 2023
1:28:53	Claire (Woods) Tallent	S	060781	5	Taicang, CHN	30 Mar 2012
1:29:25	Katie Hayward	Q	230700	2	Adelaide	10 Feb 2019
1:29:33	Regan Lamble	V	141091	12	Rome, ITA	7 May 2016
1:29:36	Kerry Saxby-Junna	N	020661	2	Naumburg, GER	30 Apr 2000
1:29:44	Cheryl Webb	N	031076	1	Melbourne	7 Mar 2009
1:29:49	Beki (Lee) Smith	N	251186	15	Rome, Italy	7 May 2016
1:29:56	Tanya Holliday	S	210988	16	Rome, Italy	7 May 2016
1:30:25	Jess Rothwell	V	180689	2	Melbourne	7 Mar 2009
1:30:47	Elizabeth McMillen	N	100404	1	Melbourne	14 July 2024
1:31:33	Rachel Tallent	V	200293	1	Adelaide	21 Feb 2016
1:31:34	Natalie Saville	N	070978	25	Naumburg, GER	2 May 2004
1:32:22	Stephanie Stigwood	T	211090	2	Melbourne	13 Dec 2015
1:32:57	Kellie Wapshott	V	230381	2	Melbourne	23 Feb 2008
1:33:00	Lisa (Sheridan) Paolini	N	101262	1	Sydney	8 Jul 2000
1:33:15	Kelly Ruddick	V	190473	1	Launceston	1 Sep 2013
1:33:17	Allanah Pitcher	N	190903	10	Nomi, JPN	18 Mar 2023
1:33:37	Clara Smith	Q	090398	3	Adelaide	13 Feb 2022
1:33:45	Megan (Peters) Szirom	V	180877	4	Melbourne	7 Mar 2009
1:34:13	Jillian Hosking	A	120287	3	Hobart	13 Feb 2010
1:34:27	Anne (Pembroke) Manning	N	131159	1	Hawkesbury	10 Jul 1993
1:34:35	Wendy Muldoon	V	270571	1	Melbourne	16 Aug 1998
1:34:44	Simone Wolowicz	V	120274	1	Canberra	16 Jan 2000
1:34:44	Lyn Ventris	W	021056	1	Melbourne	16 Dec 2001
1:35:21	Hannah Mison	N	141101	28	Taicang, CHN	3 Mar 2024
1:35:55	Nicole Fagan	N	240789	3	Hobart	20 Feb 2011
1:36:16	Jenny (Jones) Billington	Q	200467	2	Hawkesbury	10 Jul 1993
1:36:19	Sally Pierson	V	100363	1	Melbourne	15 Jul 1984
1:36:23	Sue (Orr) Cook	V	230458	1	Canberra	7 Jul 1984

1:36:27	Tayla Billington	Q	310397	8	Adelaide	10 Feb 2024
1:36:40	Lisa Grant	N	260485	4	Sydney	4 Feb 2006
1:36:53	Samantha Findlay	S	230897	17	Nomi, JPN	18 Mar 2023
1:37:13	Jessica Pickles	Q	060294	8	Adelaide	11 Feb 2018
1:37:32	Michelle French	N	010482	4	Geelong	2 Dec 2006
1:37:32	Simone McInnes	V	271191	5	Adelaide	9 Feb 2020
1:37:34	Teresa Letherby	Q	050472	2	Adelaide	3 Sep 1995
1:37:48	Jill (Barrett) Maybir	NT	130764	1	Sydney	7 Sep 1997
1:37:59	Bev (Wilkins) Hayman	N	090561	1	Sydney	15 Jul 1989
1:39:02	Jane (Lewry) Barbour	S	270766	3	Hawkesbury	10 Jul 1993
1:39:03	Jo Strangman	A	171175	1	Sydney	5 Aug 1995
1:39:08	Alanna Peart	V	060903	31	Taicang, CHN	3 Mar 2024
1:39:09	Hannah Bolton	N	291203	11	Adelaide	10 Feb 2024
1:39:49	Sue Narbey	W	251164	1	Perth	13 Jul 1985
1:40:02	Gabrielle Blythe	V	090369	1	Melbourne	24 May 1992
1:40:06	Philippa Huse	V	110499	11	Nomi, JPN	17 Mar 2019
1:40:31	Zoe Hunt	A	041297	11	Naumburg, GER	22 May 2016
1:40:36	Sharon Schnyder	V	010764	1	Adelaide	14 Jul 1991
1:40:38	Jenny Crooks	S	090476	2	Melbourne	1 Sep 1996
1:40:38	Kate Siviour	V	191298	13	Adelaide	10 Feb 2024
1:40:39	Jess Heazlewood	N	300587	7	Melbourne	7 Mar 2009
1:40:49	Carolyn (Vanstan) Ferguson	V	140868	1	Melbourne	8 Sep 1991
1:40:49	Tracy Rosengrave	V	250877	3	Melbourne	6 Jul 1997
1:41:17	Anne Ryan	N	020762	3	Canberra	13 Jul 1985
1:41:29	Lorraine (Young) Jachno	V	210959	2	Richmond	14 Jul 1990
1:41:30	Philippa Huse	V	110499	10	Adelaide	10 Feb 2019
1:41:37	Kristie Goznik	S	080593	7	Melbourne	13 Dec 2015
1:41:59	Kirsty Klein	N	190594	7	Adelaide	22 Feb 2015
1:42:17	Lara Kara-Ali	S	060278	4	Melbourne	12 Dec 1999
1:42:22	Heather McDonald	V	130849	1	Melbourne	12 Sep 1993
1:42:46	Laura Johnson	N	310884	6	Sydney	28 Feb 2004

A.C.T.

- Capital Athletics Road c'ships, 3 August – Stromlo Forest Park
- ACTRFWC results, 27 July – Yerrabi Pond

Results courtesy of ACTRFWC newsletter:

Capital Athletics Road Walking c'ships

U10 Girls 1km

1 Sorelle	7:21
2 Estrid Helgstedt	7:34

U10 Boys 1km

1 Zac Anderson-Rule	6:44
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U12 Girls 2km

1 Tindra Heglstedt	15:05
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U14 Boys 3km

1 Sebastian Ryan	19:56
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U16 Boys 8km

1 Owen Toyne	38:08
2 Kodi Clarkson	38:12

U20 Women 10km

1 Hana Jugovic	56:21
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Masters 20km Fitness

1 Sue Archer	2:30:47
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ACTRFWC Results – Yerrabi Pond

10km

1 Sue Archer	1:13:14
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6km

1 John Kennedy	41:45
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2km

1 Ji White	15:50
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1km

1 Zac Anderson Rule	6:22
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- QA Road walk championships, 28 July – QSAC, Brisbane
- QRWC Track c'ships, 4 August – QU, St Lucia

Robyn Wales has provided the following report and results of the QLD road titles. Seven PBs recorded, an excellent result:

QA finally released the results from last Sunday's Road Championships which were held on the pathway under the grandstands. This is a pot holed path with several "wind tunnels" nevertheless several athletes scored pbs.

Those with pbs included **Sam, Noah, Mia, Lyla, Joy, Izzy, Millie** and maybe a couple of others. The boys in the U12 race hopefully have learned a big lesson about how to race at championships ... that maybe silver is better than a DQ! Boys will be boys!

**** QA Road walk c'ships**

Women 20km Open

1 Kirstin Shaw QRW 1:56:33

Men 10km U20

1 Sam McCure QRW 44:12
2 Alex Bradley QRW 49:22

Women 50-59 10km Masters 30+

1 Joy Dale QMA 1:15:59

Women 5km U18

1 Lyla Williams NSW 24:47
2 Milly Sharpe QRW 25:19
3 Brooke Newberry NSW 28:54
4 Katie Bray QRW 31:23
5 Taylah Morris QRW 34:48

Men 5km U16

1 Noah Cooke QRW 24:37
2 Eli Melinz QRW 30:13

Men 3km U14

1 Lachlan Moore QRW 15:04
2 Cory Lockwood QRW 15:48
3 Leo Ramsay QRW 19:15

Boys 2km U12

1 Hayden Robertson QRW 11:40
2 Dylan Moore QRW 13:27
.. Jake Dunleavy QRW DQ
.. Leo Hyde QRW DQ

Women 10km U20

1 Mia Bergh QRW 53:31
2 Phoebe Chadwick QRW 1:06:19

Men 10km U18

1 Bailey Housden QRW 44:32
2 Kai Dale QRW 1:00:40

Women 80-89 10km Masters 30+

1 Noela McKinven QMA 1:37:01

Women 5km U16

1 Olivia Boulton QRW 29:06
2 Mikaela McDonald QRW 30:13

Women 3km U14

1 Isabella Welch QRW 16:48
2 Elspeth Hooper QRW 16:58
3 Savannah Dunleavy QRW 17:23
4 Kiara Waterman QRW 17:29
5 Scarlett Newberry NSW 20:03
6 Mackenzie Wormald QRW 21:20

Girls 2km U12

1 Izzy Blackburn QRW 12:15
2 Amelia Chisholm QRW 12:33
3 Jessica Gorham QRW 13:08

Girls 1km U10

1 Clara Hermus QRW 5:57

**** QRWC Track c'ships**

Open 5000m

Men:

(1) Scott Hyland 24:00
.. Patrick Sela DNF

Women:

(1) Katya Martin 28:01
(2) Jasmine McRoberts 36:54
(3) Joy Dale 36:58
(4) Noela McKinven 47:43

U18 5000m

Men:

(1) Kai Dale 29:42

Women:

.. Katie Bray DQ

U20 5000m

Women:

(1) Phoebe Chadwick 35:42

U16 3000m

Men:

(1) Noah Cooke 15:35

Women:

(1) Bethany Moore-Kirkland 16:38
(2) Olivia Boulton 17:13
(3) Eliza Kelly 19:10
.. Mikaela McDonald DQ

U14 1500m**Men:**

(1) Lachlan Moore	7:20
(2) Cory Lockwood	7:49
(3) Eli Melinz	8:16
(4) Leo Ramsay	8:48

Women:

(1) Kiara Waterman	8:21
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U10 1000m**Men:**

(1) Jake Dunleavy	5:52
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Women:

(1) Clara Hermus	6:18
(2) Piper Dunleavy	8:00
(3) Harper Waterman	11:00

U12 1500m**Men:**

(1) Leo Hyde	8:25
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Women:

(1) Savannah Dunleavy	8:48
(2) Izzy Blackburn	9:39
(3) April Kelly	11:29

SOUTH AUSTRALIA SARWC results, 3 August – South Parklands

Kim Mottrom reports that it was a lovely day in Adelaide, with a decent turnout for a range of events. Another huge PB for **Angelina Legrand** and a couple of firsts for their new Little A's athletes.

Open 12km

Peter Crump	1:21:39
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Open 8km

Bill Starr	1:08:38
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Open 3km

Robert Crabb	24:44
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Open 1.5km

Aria Crispe	10:40	PB 0:13
Jayda King	12:26	
Maleia King	13:04	
Martin Crabb	15:41	

Open 10km

Nellie Langford	55:45
Cooper Rech	56:11
Jasmine Crabb	1:15:43
Di Camilleri	1:25:13
Alex McEwan	1:33:29

Open 5km

Kim Mottrom	21:41	
Angelina Legrand	24:43	PB 1:04

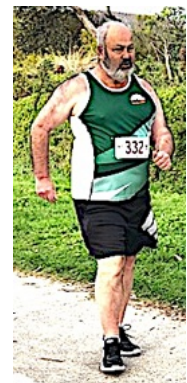
Open 2km

Saxon King	13:32	First 2km
Rachel Pemberton	16:04	First 2km

TASMANIA TMA Masters 5km c'ship & TRWC results, 3 August – Wentworth Park

Thanks to **David Moore** for sending these results through, and to **Wayne Fletcher** for the snapshots:

Predicted rain stayed away for the small field who contested the Tas Masters 5km Road Walk Championships at Wentworth Park today. **Eugene Gerlach** took line honours in fine style. Bragging rights for next across the line saw a tight battle between **Wayne Fletcher** and **Dave Moore**, with Wayne holding sway to finish next.



(Photos: Wayne Fletcher)

Accolades today for **Adele Woodward** for her **PB** in the TRWC 3km event slicing 25 seconds off her previous best time.

TMA 5km Road Walk Champs

1. Eugene Gerlach	1 st M60	36:51
2. Wayne Fletcher	1 st M75	47:36
3. Dave Moore	1 st M65	47:51

TWRC Events

1.5km

1. Isabelle Christensen Barrett	TRWC	14:48
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2km

1. Elsie Woodward	OVA	16:07
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3km

1. Oliver Morgan	SB	14:49
2. Adele Woodward	OVA	20:15 PB

INTERNATIONAL NEWS

20km race walk champion Pintado takes first athletics gold of Paris 2024 Olympic Games

By Jon Mulkeen (reprinted from [World Athletics news](#) – 1 August)



(Photo: Christel Saleh)

Ecuador's **Brian Pintado** won the men's 20km at the Paris 2024 Olympics, earning the first athletics gold medal of the Games.

The 29-year-old clocked **1:18:55** to earn his country's first Olympic gold medal in athletics since fellow race walker Jefferson Perez won gold in this discipline at the 1996 Olympics. Brazil's **Caio Bonfim** took silver in **1:19:09** and world champion **Alvaro Martin** earned bronze in **1:19:11**. Defending champion **Massimo Stano** of Italy finished one second shy of a medal in fourth place.

Like many classic championship race walk events, it was a race of attrition with the lead pack being whittled down to the final few contenders in the closing stages. Held along the Pont de Iena bridge in the Trocadero area of Paris, with the one-kilometre loop course leading athletes under the Eiffel Tower, the race got off to a steady start with China's **Zhang Jun** leading a large pack through 5km in 20:19.

The pace picked up slightly as Bonfim led the field through the halfway point in 40:21 with Pintado, Martin, Stano, Sweden's **Perseus Karlstrom**, Spain's **Paul McGrath** and Australia's **Declan Tingay** all visible within the sizeable leading group of about 26 athletes.

Zhang and Pintado then started to push the pace, and by 14km the lead pack was down to 16 men. Karlstrom – winner at the World Race Walking Team Championships and the European Championships – was among those to had been dropped. Pintado, Stano, McGrath, Martin, Bonfim and Japanese duo **Koki Ikeda** and **Yuta Koga** remained at the front, passing through 16km in 1:04:00 – exactly 1:20 finishing pace.

From that point onwards, the lap times sped up significantly. Bonfim dropped a 3:50 circuit to force a breakaway lead pack of five, alongside Pintado, Stano, Martin and Ikeda. After an even quicker lap, this time in 3:46, Ikeda had been dropped, but Canada's **Evan Dunfee** had moved into fifth.

The lead exchanged several times between Bonfim and Pintado through the final two laps with Martin remaining in third, a few seconds ahead of Stano. As they embarked on their final circuit and headed back under the Eifel Tower for the final time, Pintado managed to finally make a clean break from Bonfim.

Pintado, the world silver medallist over 35km, went on to cross the line in 1:18:55 to take gold, 14 seconds ahead of Bonfim, who achieved his best ever finish at a global championships following his world bronze medals in 2023 and 2017. Martin, the double world champion, claimed bronze – redemption of sorts after finishing fourth in Tokyo three years ago.

"It was insane," said Pintado. "In the last few metres, I realised I was completely alone, and seeing the finish line I just kept thinking, 'I'm the Olympic champion, it's me'."

"It has been tough to be away from my family, my wife, my kids, for four months and just seeing them through a screen," he added. "But they were with me throughout the race. I have a picture of them with me. I also have a necklace of my son running beside me. I am wearing a scarf that my grandmother gave me. So really, they were with me all this time."

Stano was just outside the medals on this occasion in **1:19:12**, while Dunfee – bronze medallist over 50km in Tokyo – came through for fifth in **1:19:16**. Perhaps one of the biggest surprises of the race was Ethiopia's **Wakuma Misgana** placing sixth in a national record of **1:19:31**, 10 seconds ahead of Tokyo silver medallist and world leader Koki Ikeda.

1.	Brian Daniel PINTADO	29 JUL 1995	ECU	1:18:55
2.	Caio BONFIM	19 MAR 1991	BRA	1:19:09
3.	Álvaro MARTÍN	18 JUN 1994	ESP	1:19:11
4.	Massimo STANO	27 FEB 1992	ITA	1:19:12
5.	Evan DUNFEE	28 SEP 1990	CAN	1:19:16
6.	Misgana WAKUMA	05 JUL 2004	ETH	1:19:31
7.	Koki IKEDA	03 MAY 1998	JPN	1:19:41
8.	Yuta KOGA	15 JUL 1999	JPN	1:19:50
9.	Aurélien QUINION	27 JAN 1993	FRA	1:19:56
10.	Jun ZHANG	20 JUL 1998	CHN	1:19:56
11.	Declan TINGAY	06 FEB 1999	AUS	1:19:56
12.	Rhydian COWLEY	04 JAN 1991	AUS	1:20:04
13.	Noel CHAMA	15 SEP 1997	MEX	1:20:19
14.	Ricardo ORTIZ	07 FEB 1995	MEX	1:20:27
15.	David HURTADO	21 APR 1999	ECU	1:20:30
16.	Callum WILKINSON	14 MAR 1997	GBR	1:20:31
17.	Paul MCGRATH	07 MAR 2002	ESP	1:20:32
18.	Ryo HAMANISHI	24 APR 2000	JPN	1:20:33
19.	Christopher LINKE	24 OCT 1988	GER	1:20:35
20.	Francesco FORTUNATO	13 DEC 1994	ITA	1:20:38
21.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:21:05
22.	Samuel Kireri GATHIMBA	26 OCT 1987	KEN	1:21:26
23.	Leo KÖPP	23 MAY 1998	GER	1:21:36
24.	Gabriel BORDIER	08 OCT 1997	FRA	1:21:40
25.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:21:44
26.	Luis Henry CAMPOS	11 OCT 1995	PER	1:22:00
27.	Artur BRZOZOWSKI	29 MAR 1985	POL	1:22:11
28.	Max Batista GONCALVES DOS SANTOS	09 OCT 1994	BRA	1:22:16
29.	Maher BEN HLIMA	24 JUL 1989	POL	1:22:34
30.	Vikash SINGH	06 JUL 1996	IND	1:22:36
31.	Yandong LI	02 FEB 1998	CHN	1:22:46
32.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:22:56
33.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:23:10
34.	Dominik ČERNÝ	01 NOV 1997	SVK	1:23:25
35.	Kyle SWAN	28 MAR 1999	AUS	1:23:32
36.	Zhaozhao WANG	01 SEP 1999	CHN	1:23:40
37.	Paramjeet Singh BISHT	03 MAR 2002	IND	1:23:48
38.	José Alejandro BARRONDO	16 SEP 1996	GUA	1:24:17
39.	Matheus CORREA	22 AUG 1999	BRA	1:24:25
40.	Ihor HLAVAN	25 SEP 1990	UKR	1:24:52
41.	Riccardo ORSONI	20 JAN 2000	ITA	1:25:08
42.	Byeongkwang CHOE	07 APR 1991	KOR	1:26:15
43.	Érick Bernabé BARRONDO	14 JUN 1991	GUA	1:26:19
44.	Máté HELEBRANDT	12 JAN 1989	HUN	1:27:17
45.	Salih KORKMAZ	01 JAN 1997	TUR	1:29:05
46.	Bence VENYERCSÁN	08 JAN 1996	HUN	1:29:14
	César Augusto RODRÍGUEZ	26 JUN 1997	PER	DNF
	Akshdeep SINGH	22 NOV 1999	IND	DNF
	José Luis DOCTOR	14 JUN 1996	MEX	DQ

Yang regains Olympic 20km race walk title for China in Paris

By Jess Whittington (reprinted from World Athletics news – 1 August)



(Photo source: Stan Sport)

China's **Yang Jiayu** dominated the women's 20km race walk on the first day of athletics action at the Paris 2024 Olympic Games on Thursday (1), clocking **1:25:54** to add an Olympic title to the world gold she won in 2017. The 28-year-old world record-holder broke away after the 5km mark and couldn't be caught, eventually winning by 25 seconds ahead of Spain's double world champion **Maria Perez**. Australia's world silver medallist **Jemima Montag** was third in **1:26:25**, improving her own Oceanian record.

The women's 20km race walk has been held seven times at the Olympic Games and Yang's performance secured a fourth title in the event for China, as she regained a crown that was last claimed for her nation by Liu Hong in Rio in 2016. Always to the fore, Yang formed part of an early leading pack that featured many of the favourites, including Peru's 2022 double world champion **Kimberly Garcia**, Italy's defending champion **Antonella Palmisano**, Perez, Montag and Yang's compatriots **Ma Zhenxia** and **Liu Hong**.

Racing on the Pont d'Iena, where the one-kilometre loop course took athletes underneath the Eiffel Tower, those athletes all formed part of a group of nine that had created a gap of a few seconds on the rest of the field by the 5km point – passed in 21:34.

But then Yang made an early break and had built a lead of six seconds by 6km. The eight-strong chase group at that stage included Garcia, Montag and Ma, followed by Perez, Palmisano, Mexico's **Alegna Gonzalez**, Spain's **Laura Garcia-Caro** and Colombia's Olympic silver medallist **Lorena Arenas**.

That turned out to be a winning move by Yang, who increased her advantage to 12 seconds by 7km, 16 seconds by 8km and 33 seconds by 10km, which she reached in 43:06. The chase group had expanded to include 11 athletes by then, with Peru's **Evelyn Inga** moving up to join her teammate Garcia, and Ecuador's **Glenda Morejon** and Ukraine's **Lyudmila Olyanovska** also giving chase.

Yang's lead grew to 44 seconds by 13km and as she hit 15km in 1:04:47, the field behind her was strung out. Perez followed, 30 seconds back, with Ma a couple of seconds behind her and Arenas, Montag and Gonzalez all following. While Tokyo fourth-place finisher Perez worked hard to close the gap, reducing it to 15 seconds with two loops of the course to go, Yang's victory never looked in doubt and a final charge took her to the finish line with **1:25:54** on the clock, 25 seconds ahead of Perez in **1:26:19** – the second-fastest time of her career. Montag, who had set an Oceanian record of 1:27:09 in Adelaide in February, improved on that mark with her **1:26:25** to secure the bronze, while Arenas set a national record of **1:27:03** in fourth.

Gonzalez finished fifth, Morejon sixth and Garcia-Caro seventh. Inga was the top finisher for Peru, claiming eighth place, while Palmisano dropped out after 13km and did not finish.

"Tokyo was very tricky for me, so I worked very hard to come back and get the best results in Paris," said Yang, who placed 12th at the Olympics three years ago. Her win delivered on a promise she made to her father, who died in 2015. "I never mentioned this before, but I promised him I would win gold," she added. "Now I have finally done it, I am very proud of myself."

Securing silver was an impressive return to form for Perez, who was injured a short while after her double world title win last year and underwent surgery in November. Clearly exhausted, she was helped away from the finish line by Montag before their medal celebrations. They both secured second Olympic medals in this event for their respective nations.

1.	Jiayu YANG	18 FEB 1996	CHN	1:25:54
2.	María PÉREZ	29 APR 1996	ESP	1:26:19
3.	Jemima MONTAG	15 FEB 1998	AUS	1:26:25
4.	Lorena ARENAS	17 SEP 1993	COL	1:27:03
5.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:27:14
6.	Glenda MOREJÓN	30 MAY 2000	ECU	1:27:37
7.	Laura GARCÍA-CARO	16 APR 1995	ESP	1:28:12

8.	Evelyn INGA	16 APR 1998	PER	1:28:16
9.	Paula Milena TORRES	17 OCT 2000	ECU	1:28:48
10.	Cristina MONTESINOS	12 JUL 1994	ESP	1:29:11
11.	Zhenxia MA	01 AUG 1998	CHN	1:29:15
12.	Mary Luz ANDIA	09 NOV 2000	PER	1:29:24
13.	Erica SENA	03 MAY 1985	BRA	1:29:32
14.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:29:55
15.	Clémence BERETTA	22 DEC 1997	FRA	1:29:55
16.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:30:10
17.	Mariia SAKHARUK	14 OCT 1995	UKR	1:30:12
18.	Viviane LYRA	29 JUL 1993	BRA	1:30:31
19.	Magaly Beatriz BONILLA	08 FEB 1992	ECU	1:30:33
20.	Olena SOBCHUK	23 NOV 1995	UKR	1:31:12
21.	Hong LIU	12 MAY 1987	CHN	1:31:24
22.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	1:31:33
23.	Eleonora Anna GIORGI	14 SEP 1989	ITA	1:31:49
24.	Alejandra ORTEGA	08 JUL 1994	MEX	1:31:58
25.	Camille MOUTARD	11 JUL 2001	FRA	1:31:58
26.	Pauline STEY	09 SEP 2001	FRA	1:31:59
27.	Eliška MARTÍNKOVÁ	27 JAN 2002	CZE	1:32:30
28.	Saskia FEIGE	13 AUG 1997	GER	1:33:23
29.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:33:33
30.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	1:33:52
31.	Rebecca HENDERSON	04 JUL 2001	AUS	1:34:22
32.	Nanako FUJII	07 MAY 1999	JPN	1:34:26
33.	Rita RÉCSEI	30 JAN 1996	HUN	1:34:39
34.	Mária KATERINKA CZAKOVÁ	02 OCT 1988	SVK	1:34:46
35.	Valentina TRAPLETTI	12 JUL 1985	ITA	1:35:39
36.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:35:50
37.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:36:12
38.	Vitória OLIVEIRA	30 AUG 1992	POR	1:36:22
39.	Ilse GUERRERO	24 MAR 1993	MEX	1:37:10
40.	Meryem BEKMEZ	31 JUL 2000	TUR	1:38:06
41.	PRIYANKA	10 MAR 1996	IND	1:39:55
42.	Viktória MADARÁSZ	12 MAY 1985	HUN	1:41:21
43.	Ana CABECINHA	29 APR 1984	POR	1:46:30
	Olivia SANDERY	22 JAN 2003	AUS	DNF
	Antonella PALMISANO	06 AUG 1991	ITA	DNF

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.

- Monday, August 5, 2024 - European Transplant Championships - Lisbon 2024 (results)
<https://omarchador.blogspot.com/2024/08/campeonatos-da-europa-para.html>
This competition features a 'power walking' event in which only contact with the ground is expected.
- Sunday, August 4, 2024 - 2009, Vera Santos in great form at the Berlin World Cup
<https://omarchador.blogspot.com/2024/08/2009-vera-santos-em-grande-nos-mundiais.html>
- Saturday, August 3, 2024 - World Athletics announces minimums for 20km and 35km at Tokyo 2025 World Championships <https://omarchador.blogspot.com/2024/08/world-athletics-divulga-minimos-para-os.html>
- Friday, August 2, 2024 - Jiayu Yang crowned Olympic champion in 20km race walk
<https://omarchador.blogspot.com/2024/08/jiayu-yang-sagra-se-campea-olimpica-de.html>
- Thursday, August 1, 2024 - Brian Pintado, new Olympic champion in 20 km walk
<https://omarchador.blogspot.com/2024/08/brian-pintado-novo-campeao-olimpicos-de.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.

OTHER NEWS

WILKINSON OPENS GB'S ATHLETICS ACCOUNT IN PARIS WITH 16TH IN 20KM

(reprinted from Race Walking Record – July 2024)

Callum Wilkinson (coach: Rob Heffernan, club: Enfield and Haringey) kickstarted British interests in the first race of the Paris 2024 Olympics athletics programme and finished 16th in the men's 20km race walk. The 27-year-old clocked 1:20:31 on the course around Paris at the foot of the Eiffel Tower and secured a top 20 finish among a start list of 49. Wilkinson smashed his own national 10,000m record at the Microplus UK Athletics Championships to seal his place in Paris and followed up from a 10th place finish at Tokyo 2020.

Securing a time just seconds outside of his 20km personal best (**1:20:27**), Wilkinson was proud of his efforts after coming back from a calf tear at the start of the year. "It was good," he said. "It was hard. It was an amazing, amazing course. I was feeling really good when about 12K it started to bite.

"I was thinking 'stay with these and relax, stay with these and relax. Then I saw my teammate Persy (Karlstrom - SWE) coming back to me, and I thought 'great, try and drive on just the two of us and see how many places we can get in the second half.' I think apart from the top four we were amongst the fastest on the course for the second half.

"By rights I shouldn't be here, but I've worked really hard to be here. It has been really difficult, but since I tore my calf in January, we have nailed every single training session." Wilkinson followed up from surgery to fix an issue with his shins last year to power to victory in Manchester. And, at his second Games, he savoured making it to the Olympic stage once more with a new perspective on his on the past few years. He said: "I came 10th at the last one in Tokyo and it took me – without exaggeration – three years to realise what an achievement that was.

"I came away, and perhaps because Tokyo was the Games it was, and we were in Sapporo without crowds, that it hit me hard that 10th didn't really make me feel like I thought it would do.

"A lot of soul-searching and a lot of work has been done by really good people in my team who believed in me. Every day, I've had to work really hard to believe in myself and to fight to get to a point I feel I really belong. It is something I've lacked for a few years in training when it's come to really hurting myself in sessions that I knew were really going to hurt."

Source: *British Athletics*



(Photo: British Athletics FB)



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

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

Racewalking Coaches Wanted

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com

***RACEWALKING AUSTRALIA – WALKING CHAMPIONSHIPS CARNIVAL Sunday 25 August – Middle Park, Melbourne**

9.15am	20km	RWA Glover Shield & Teams race	Open Male
9.15am	20km	RWA Carrington Cup & Teams Race	Open Female
9.30am	10km	RWA Championship	Masters Male
9.30am	10km	RWA Championship	Masters Female
9.30am	10km	RWA Championship & Teams Race	Under 20 Male
9.30am	10km	RWA Championship & Teams Race	Under 20 Female
9.30am	10km	RWA Jubilee Shield & Teams Race	Under 18 Boys
9.45am	1km	RWA Championship & Teams Race	Under 10 Male
9.45am	1km	RWA Championship & Teams Race	Under 10 Female
10.10am	2km	RWA Championship & Teams Race	Under 12 Male
10.10am	2km	RWA Championship & Teams Race	Under 12 Female
10.40am	3km	RWA Championship & Teams Race	Under 14 Male
10.40am	3km	RWA Championship & Teams Race	Under 14 Female
11.15am	5km	RWA Goble Trophy & Teams Race	Under 16 Male
11.15am	5km	RWA Knight Trophy & Teams Race	Under 16 Female
11.15am	5km	RWA Jacobson Trophy & Teams Race	Under 18 Girls

*Entry is online at <https://www.revolutionise.com.au/vrwc/events/245703>

*Deadline for entries is **Sunday 11 August at 9:00pm***

**** JUDGING SEMINAR ****

This will be held on Saturday 24 August, in the Cathy Freeman Room at Lakeside Stadium. See the advert on the next page for details of the seminar content and booking information.

Note that there has been a change of presenter – Kirsten Crocker (NSW) will now conduct the seminar in place of Zoe Eastwood-Bryson.



WALK JUDGES SEMINAR

Saturday 24 August
Cathy Freeman Room
Lakeside Stadium

A seminar for Walk Judges and anyone wishing to become a judge will be held on **Saturday 24 August**, in conjunction with the Racewalking Australia Championships, scheduled for Sunday 25 August.

The seminar will be presented by international judge **Kirstin Crocker** and will consist of two sessions:

SESSION 1 (10.00am – 12.00 noon)

- Rules of judging, for all age groups from Little Athletics to Seniors
- Operation of the Penalty Zone

SESSION 2 (1.00pm – 3.00pm)

- Walk judge documentation, including Judge's Report form, Red cards, Chief Judge Summary sheet, Notification board.

If you wish to attend, please notify Di Lowden by 10 August, at dilowden39@gmail.com

QUESTIONS

If you have prior questions or issues that you would like addressed at the seminar, please send them to Di Lowden who will pass them on to Kirsten for consideration.

** 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.)

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