



HEEL & TOE Online

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

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CLUB NEWS and RESULTS

Happy new year, everyone, and welcome back!

We jump straight in at the VRWC this week, with two race meetings almost back-to-back, the Annual General meeting, The AV 5000m Teams race in February and hosting of the National 20km road title at Fawkner Park. That's alongside the AVSL resumption in the 21st January and the various LAVic walks around the state as the youngsters fire up for their Zone and State championships. So it's all go-go-go.

*Next VRWC races

Thursday 12 January - Aberfeldie Track, Moonee Ponds

7:00pm 1100m, 1500m Open
7:15pm 5000m, 3000m Open
To pre-enter, go to <http://vrwc.org.au/wp1/>
Entries close Wednesday 11 January, 10.00am

Sunday 15 January - Middle Park

8:30am 20km, 15km, 10km
9:15am 5km, 3km
9:40am 2km, 1km
11:00am Annual General Meeting
To pre-enter, go to <http://vrwc.org.au/wp1/>
Entries close Friday 13 January, 10.00am



DOWN MEMORY LANE

with *Tim*

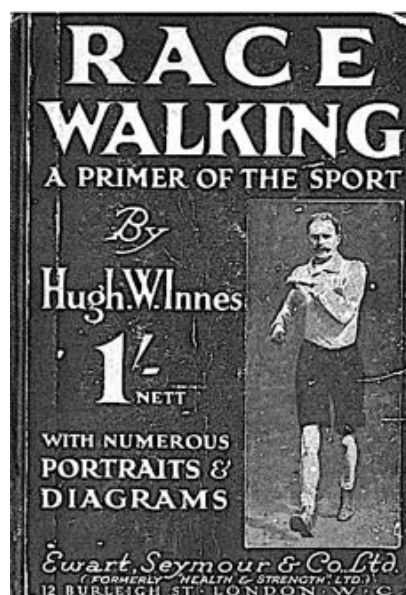
I have scanned another old walking book, dating from 1911: *Race Walking - A Primer of the Sport* by Hugh. W. Innes.

This is indeed a collector's item, a primer of the sport of Race Walking, written by Hugh W. Innes and published in London in 1911. This book attempts to tell all there was to know about all the science and the history of race walking in the 19th and early 20th centuries. It is 93 pages, measures 7 inches by 5 inches and has a hard green cover. Like other books of the period, it comes with many print adds for health foods and with many old photographs of race walkers and pedestrians.

It is indeed comprehensive and remains a wonderful read, 111 years after it was released.

It has been uploaded to page <http://www.vrwc.org.au/vrwcbooks.shtml>

Tim Erickson



AROUND THE COUNTRY

** WALKER OF THE WEEK **

In a week that featured many fine results from the Supernova #1 10,000m in Canberra, especially amongst our young up-and-coming talent, the first WOTW of 2023 goes across to the opposite coast ... to 15yo **John Ronan (WA)**, whose **49:19.84** to win the Athletics West 10,000m track walk title was only his second 10km result and an improvement by 5:24 on the time he set last May!

Boys of John's age on the eastern seaboard may be walking faster 10km times, but none are doing it without competition – either senior or junior – to make them go faster for longer on the track or the road. John is clearly an impressive self-motivator, obviously with the aid of effective coaching guidance. He has consolidated his speed and condition over the winter and is bound to be a formidable competitor in the upcoming AA track titles in Brisbane.

Well done, John. You're one of Australia's stars of the future!

****Honourable mentions***

- **Allanah Pitcher (NSW), Samantha Findlay (SA) and Kodi Clarkson (ACT)** – all scored PBs by over a minute in the Supernova #1 (in Kodi's case, by 2 minutes!)
- **Owen Toyne (ACT) & Marcus Wakim (VIC)** – both recorded big 52-sec PBs at the Supernova.
- **Elizabeth McMillen (NSW)** – a 46-sec PB in the same race.
- **Will Thompson (VIC)** – a PB with an arm in a slab is always noteworthy.
- **Jemima Montag (VIC) and Declan Tingay (WA)** – they won ... convincingly!



(Photo: Athletics West)

A.C.T. Supernova #1 (WA Race Walking Tour 2023 Silver meet), Friday 6 January – AIS, Canberra

A total of 41 walkers – including 16 internationals – toed the line at the Australian Institute of Sport track for Supernova #1, the first race of the WA Race Walking Tour of 2023. This was a Silver level meeting with Tour points awarded.

The women (22 of whom were engaged in the Supernova 7 metabolic study of elite female athletes*) started first, with the temperature at a steady 20C. **Jemima Montag** and **Bec Henderson** took the field out briskly with dual European champion **Antigoni Ntrismpioti (GRE)**, **Olivia Sandery** and **Clemence Beretta (FRA)** in close attendance. This pack soon had the field spread-eagled, with Sandery taking them through 2km in 9.06 and looking strong.

Soon after, Montag stepped on the gas and opened a sizeable gap which only Ntrismpioti was able to contain and even reduce by the finish, clocking an excellent out-of-season **43:51.98** to Montag's **43:45.74**. Henderson used her second-half strength to good effect, reeling in 18yo Sandery who added another PB to her tally. Four other good PB performances were recorded amongst the Aussies with **Allanah Pitcher** and **Samantha Findlay** making the biggest improvements against elite competition.

A field of 15 men (including just two internationals after the unfortunate withdrawal of Perseus Karlstrom due to illness) started their race immediately after the women.

A blitz pace was set by **Kyle Swan** who led at 2km in 7:54 with **Declan Tingay, Rhydian Cowley, Will Thompson** and **Mitchell Baker** 6secs in arrears. Further back, **Evan Dunfee** (CAN) and **Marius Ziukas** (LTU) were walking measured races while great interest lay in the showing of several up-and-coming juniors who were relishing the hit-out in this company.

It wasn't long before Tingay cut loose, overhauling Swan and powering away to pass 5km in 19:50 and going on to win in **39:23.98**. Cowley walked his fastest 10km in two years for 2nd in **39:46.15**, while Dunfee's powerful negative split saw him catch Swan in the final lap for 3rd in **40:04.50** to **40:08.13**. Thompson smashed his PB by 26secs (what would he do without a busted forearm?). Additionally, huge PBs were set by four talented youngsters, none bigger than by 14yo **Kodi Clarkson** whose **45:40.50** was an improvement by over 2 minutes.

Most of the walkers now adjourn to Perisher Valley in NSW for an intensive two-week training camp at altitude, during which the metabolic testing will continue for the female participants, before they assemble at the AIS again on 2 February for the Supernova #2 10,000m. Based on what we saw here, the prospect is mouth-watering.

Both races can be watched in full at https://www.youtube.com/watch?v=iz_cIXc2Xts

10000m Women

1 Jemima Montag	98	AUS	43:45.74	
2 Antigoni Ntrismpioti	84	GRE	43:51.98	
3 Rebecca Henderson	01	AUS	45:13.81	
4 Olivia Sandery	03	AUS	45:19.63	PB 0:09
5 Clemence Beretta	97	FRA	46:01.73	
6 Eloise Terrec	98	FRA	46:26.76	
7 Magaly Bonilla	92	ECU	46:36.34	
8 Elizabeth McMillen	04	AUS	47:27.20	PB 0:46
9 Enni Nurmi	98	FIN	47:30.82	
10 Valentina Trapletti	85	ITA	47:34.66	
11 Hana Burzalova	00	SVK	47:36.10	
12 Klaudia Zarska	99	SVK	47:44.37	
13 Allanah Pitcher	03	AUS	47:49.94	PB 1:32
14 Monika Vaiciukeviciute	96	LTU	48:11.54	
15 Hannah Mison	01	AUS	48:55.84	
16 Bianca Ditterich	93	GER	49:11.49	
17 Siu Na Ching	87	HKG	49:17.14	
18 Ema Hacundova	99	SVK	49:27.70	
19 Samantha Findlay	97	AUS	49:35.80	PB 1:52
20 Alanna Peart	03	AUS	50:12.63	
21 Austeja Kavaliauskaite	00	LTU	50:44.12	
22 Nellie Langford	05	AUS	52:12.10	PB 0:09
23 Hannah Bolton	03	AUS	53:08.44	
24 Char Hay	03	AUS	55:19.89	
25 Gabriella Hill	03	AUS	58:52.37	
--- Annett Torma	84	HUN	DQ	
--- Raquel Gonzalez	89	ESP	DNS	
--- Brigit Virbalyte	85	LTU	DNS	
--- Emma Blanch	03	AUS	DNS	

10000m Men

1 Declan Tingay	99	AUS	39:23.98	
2 Rhydian Cowley	91	AUS	39:46.15	
3 Evan Dunfee	90	CAN	40:04.50	
4 Kyle Swan	99	AUS	40:08.13	
5 Will Thompson	02	AUS	40:16.59	PB 0:26
6 Marius Ziukas	85	LTU	41:29.44	
7 Mitchell Baker	01	AUS	42:43.52	
8 Tim Fraser	00	AUS	42:52.42	
9 Dylan Richardson	00	AUS	42:52.74	PB 0:21
10 Owen Toyne	07	AUS	42:56.22	PB 0:52
11 Marcus Wakim	06	AUS	43:30.62	PB 0:52
12 Kodi Clarkson	08	AUS	45:40.50	PB 2:13
13 Will Bottle	05	AUS	45:54.25	
14 Jack McGinniskin	02	AUS	47:30.35	
--- Tristan Camilleri	01	AUS	DNF	
--- Fraser Saunder	04	AUS	DNS	
--- Perseus Karlstrom	90	SWE	DNS	

Both races can be watched in full at https://www.youtube.com/watch?v=iz_cIXc2Xts

** Readers may recall the advert that appeared in September 6's issue last year, detailing the aims and requirements for what would become the Supernova 7 study of the metabolism of elite female athletes under conditions of low energy availability. The study is conducted and overseen by AA Walks coach **Brent Vallance**.*

Here it is again:

PARTICIPANTS WANTED

Low Energy Availability (LEA) is a mismatch between energy intake from food and energy burned during exercise expenditure. It is common for athletes to develop LEA while training - however this impairs performance.

The aim of this study is to investigate whether a careful period of decreasing energy intake can be included into an altitude training camp to achieve a desirable change in body composition without sacrificing training adaptations.

REQUIREMENTS?

Attend the AIS (Canberra) for pre and post altitude testing blocks, and a 21 day altitude training camp in Perisher, NSW.

- 2 x 10,000m walk races
- Haemoglobin mass assessment
- Aerobic capacity testing
- Questionnaires around dietary intake, exercise and/or menstrual function
- Body composition and Resting Metabolic Rate assessment



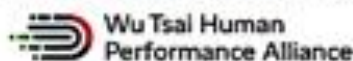
ARE YOU ELIGIBLE?

We are recruiting elite female race walking athletes

- Aged 18-40
- In training for the 2023 World Athletics Championships/2024 Olympic Games
- 20km best time < 1:34:00 since 2019
- Train with a GPS watch
- Ability to complete the training requirements of the research study

Contact Louise Burke or Rachel McCormick for more information!

Louise.Burke@acu.edu.au +61 0422 635 869 or rachel.mccormick@acu.edu.au +61 0424 811 850



QUEENSLAND QMA results, Saturday 7 January – SAF (QSAC), Brisbane

W30 1500m Race walk

1 Roslyn Kirwin W33 QMA 11:22.52

W45 1500m Race walk

1 Brenda Gannon W45 QMA 8:11.08

W80 1500m Race walk

1 Noela McKinven W80 QMA 13:19.25

M40 1500m Race walk

1 Scott Hyland M42 QMA 6:31.13

M55 1500m Race walk

1 Ignacio Jiminez Solis M57 QMA 6:43.81

M65 1500m Race walk

1 Peter Bennett M67 QMA 9:10.49

SOUTH AUSTRALIA SA Interclub results, 7 January – Mile End Stadium

SA Interclub resumed on Saturday. **Kim Mottrom** raced for the first time at the new Mile End stadium, clocking a quick sub-13min 3000m on a day where temperatures reached 34C and times were generally slower.

Open 3000m

Kim Mottrom	SA Masters	12:46.62
Cooper Rech	Coastal Districts	16:52.46
Rhiannon Lovegrove	Port Adelaide	17:48.69
Mel Grantham	SA Masters	18:34.33
Peter Crump	Saints Athletics Club	18:54.65
Jordan McKenna	Northern Districts	20:32.85
Matilda Rech	Coastal Districts	24:01.74

Open 1500m

Anthony Tana	Southern Athletics Club	6:48.41	PB
Angelina Legrand	Pembroke	8:54.32	
Orlando Grantham	Saints Athletics Club	9:26.56	
Alexis Thiele	Flinders	9:50.08	
Adrian Lynch	SA Masters	10:53.47	PB
Alex McEwan	Tea Tree Gully	11:40.67	

WESTERN AUSTRALIA Athletics West results, Saturday 7 January – WAAS, Perth

Thanks to **Terry Jones**, who reports that conditions at the resurfaced WAAS track were agreeable (fine, 20C) but with a strong and gusty sea wind ... just what you don't need in walking 25 laps of a track! Well done to **John Ronan**!

Women 5000 Meter Walk Open

1 Kaytee Bogaers Mandurah/Rockingham 28:39.56

Women 10000 Metre Walk State Championships Open

1 Karyn Tolardo Masters Athletics 1:04:14.40

Men 10000 Meter Walk State Championships Open.

1 John Ronan Kingsway Athletic 49:19.84 PB 5:24
2 Bradley Mann Perth Track 52:18.83



NATIONAL RANKINGS 2022 - 3000m TRACK U16, U14

compiled by Lyndall Green

With results of December's Australian All Schools championships included, the national rankings for the Under 16 and Under 14 3000m for 2022 are complete.

As we head towards the 2022-23 Summer season's State and national championships, these lists will provide a strong incentive for further improvement amongst our younger walkers.

Women U16

13.55.17	Zoe Woods	N	2007	Sydney	26-Mar
13.59.75	Sienna Pitcher	N	2007	Sydney	26-Mar
14.16.91	Sophie Polkinghorne	N	2010	Sydney	12-Nov
14.21.15	Matilda Webb	N	2009	Adelaide	11-Dec
14.27.09	Ela Uzun	V	2011	Melbourne	30-Oct
14.36.30	Darcey Roberts	A	2007	Canberra	4-Jan
14.39.43	Jessica Loring	N	2009	Adelaide	11-Dec
15.01.86	Grace Beck	N	2008	Sydney	27-Feb
15.02.08	Lyla Williams	N	2007	Sydney	26-Mar
15.06.66	Rebecca Teahen	Q	2007	Sydney	26-Mar
15.13.53	Ciara Cassilles	N	2007	Sydney	9-Sep
15.22.08	Maisie Mitchell	N	2009	Sydney	27-Mar
15.28.24	Emily Lynch	S	2007	Sydney	26-Mar
15.31.31	Ariana Pashutina	V	2007	Sydney	26-Mar
15.48.96	Emma Grocott	A	2009	Adelaide	11-Dec
15.51.36	Katie De Ruvo	S	2007	Sydney	26-Mar
15.52.36	Madeline Platt	N	2008	Sydney	26-Mar
15.53.24	Milly Sharpe	Q	2008	Sydney	26-Mar
15.58.42	Emma Heardon	N	2009	Sydney	27-Mar
15.59.03	Destinee Pickvance-Yee	Q	2009	Sydney	27-Mar
16.03.48	Jillian Ryan	A	2010	Sydney	27-Sep
16.08.17	Brooke Newberry	N	2007	Sydney	27-Feb
16.08.99	Kaytee Bogaers	W	2008	Sydney	26-Mar
16.10.61	Matilda Gourlay	S	2007	Sydney	26-Mar
16.10.99	Isabelle Curtis	W	2009	Perth	29-Oct
16.13.27	Summer Sivraj	N	2007	Sydney	27-Feb
16.16.71	Ella Cosgrove	Q	2010	Brisbane	12-Nov
16.18.43	Isabelle Curtis	W	2009	Sydney	27-Mar
16.21.66	Lily Horne	N	2010	Sydney	27-Sep

Women U14

14.16.91	Sophie Polkinghorne	N	2010	Sydney	12-Nov
14.21.15	Matilda Webb	N	2009	Adelaide	11-Dec
14.27.09	Ela Uzun	V	2011	Melbourne	30-Oct

14.39.43	Jessica Loring	N	2009	Adelaide	11-Dec
15.22.08	Maisie Mitchell	N	2009	Sydney	27-Mar
15.48.96	Emma Grocott	A	2009	Adelaide	11-Dec
15.58.42	Emma Hearnden	N	2009	Sydney	27-Mar
15.59.03	Destinee Pickvance-Yee	Q	2009	Sydney	27-Mar
16.03.48	Jillian Ryan	A	2010	Sydney	27-Sep
16.10.99	Isabelle Curtis	W	2009	Perth	29-Oct
16.16.71	Ella Cosgrove	Q	2010	Brisbane	12-Nov
16.18.43	Isabelle Curtis	W	2009	Sydney	27-Mar
16.21.66	Lily Horne	N	2010	Sydney	27-Sep
16.34.62	Natasha Flahey	Q	2009	Brisbane	19-Feb
16.36.92	Makenna Clarke	Q	2009	Sydney	27-Mar
16.38.16	Stella Pinches	N	2009	Sydney	27-Feb
16.44.55	Emma Hoskins	N	2010	Sydney	12-Nov
16.48.61	Olivia Boulton	Q	2009	Brisbane	12-Nov
16.51.08	Mikaela McDonald	Q	2010	Brisbane	12-Nov
16.52.75	Gemma Dixon	N	2011	Sydney	12-Nov
17.01.24	Havana Ali	V	2011	Melbourne	30-Oct
17.04.10	Caetlin Ashby	N	2009	Sydney	12-Nov
17.12.90	Mietta Morgan	V	2009	Melbourne	30-Oct
17.13.93	Erin Cassilles	N	2011	Sydney	15-Oct
17.20.19	Kate Wilson	V		Adelaide	11-Dec
17.28.23	Katica Borsic	W	2009	Sydney	27-Mar

Men U16

11.47.34	Isaac Beacroft	N	2007	Sydney	12-Nov
12.07.1h	Owen Toyne	A	2007	Canberra	19-Nov
12.33.90	Bailey Housden	Q	2007	Brisbane	12-Nov
12.35.66	John Ronan	W	2007	Perth	11-Dec
12.55.89	Riley Coughlan	V	2007	Adelaide	10-Dec
12.58.6h	Kodi Clarkson	A	2008	Canberra	2-Dec
13.03.77	Samuel Lindsay	T	2008	Hobart	30-Nov
13.49.67	Oliver Morgan	T	2007	Hobart	12-Nov
13.58.35	Sebastian Richards	S	2007	Adelaide	19-Nov
14.02.59	Xavier Bernard	W	2007	Perth	29-Oct
14.21.71	Myles Ashby	N	2007	Adelaide	10-Dec
14.56.57	Dylan Allabush	N	2008	Adelaide	10-Dec
15.05.42	Roel Wheeley	Q	2007	Brisbane	12-Nov
15.08.82	Joel Byatt	N	2007	Sydney	27-Sep
15.13.83	Max Davidson	V		Melbourne	30-Oct
15.35.14	Daniel Baldy	V		Melbourne	30-Oct
15.37.28	Kai Dale	Q	2008	Brisbane	8-Oct
15.43.56	Keiran Smith	W	2011	Perth	29-Oct
15.44.95	Alexander Sinnett	N	2008	Sydney	27-Feb
15.47.07	Cooper Rech	S	2007	Adelaide	5-Mar
15.49.41	Daniel Baldy	V		Melbourne	26-Feb
15.59.86	Daniel Pashutin	V	2009	Melbourne	30-Oct
16.03.38	Alexander Braendle	N	2010	Sydney	12-Nov
16.03.56	Brodie Spamer	N	2007	Sydney	27-Feb
16.09.89	Jaxson Horton	N	2009	Sydney	12-Nov
16.10.82	Samuel Wilks	S		Adelaide	30-Oct

Men U14

14.13.79	Nicholas Christian	A	2009	Adelaide	11-Dec
14.16.28	Samuel Wilks	S	2010	Adelaide	11-Dec
15.13.83	Max Davidson	V		Melbourne	30-Oct
15.16.45	Daniel Pashutin	V	2009	Melbourne	3-Dec
15.35.14	Daniel Baldy	V		Melbourne	30-Oct
15.43.56	Keiran Smith	W	2011	Perth	29-Oct
15.49.09	Jaxson Horton	N		Adelaide	11-Dec
15.57.5h	Jaime Hvalica	V		Melbourne	19-Nov
16.03.38	Alexander Braendle	N	2010	Sydney	12-Nov
16.09.89	Jaxson Horton	N	2009	Sydney	12-Nov
16.44.22	Harry Gordon	W	2009	Sydney	26-Mar
17.00.19	Noah Tilton	Q	2009	Sydney	26-Mar
17.57.39	Keenan Munro	W	2010	Perth	11-Dec
18.02.26	Beau McKinnon	V		Melbourne	30-Oct
18.43.15	Linkin Lawrence	W	2010	Perth	29-Oct

18.45.17	Christopher Nilon	N	2009	Sydney	27-Sep
18.53.20	Trent D'Alessio	W	2009	Perth	29-Oct
19.21.71	Ali Znad	W	2009	Perth	29-Oct
19.36.18	Korbyn Bricknell-Hewitt	Q	2009	Adelaide	11-Dec
20.16.14	Cody Wapshott	V		Melbourne	30-Oct
22.33.36	Moses Wolfson	N	2009	Sydney	27-Sep
26.41.24	Adam Jordan	N	2009	Sydney	27-Sep



****2022 Review: Race walks***

As the year draws to a close, we look back at the key moments of 2022 in each area of the sport. The series continues with a review of the race walks and will be followed over the coming days by reviews of all the other event groups.

Men's 20 Kilometres - Season at a glance

****Major winners***

- World Championships:** Toshikazu Yamanishi JPN 1:19:07
- World Race Walking Team Championships:** Toshikazu Yamanishi JPN 1:22:52
- African Championships:** Samuel Gathimba KEN 1:22:01
- European Championships:** Alvaro Martin ESP 1:19:11
- NACAC Championships (20,000m):** Jose Ortiz GUA 1:26:21.08

What 2022 lacked in fast times, it more than made up for in exciting competitions.

In fact, that epitomised **Toshikazu Yamanishi's** season as the Japanese race walker prioritised big competitions over record attempts or a packed racing schedule. He competed just three times in 2022 – twice over 20km and once at 35km – but he made each appearance count and won every time.

He opened his season with 20km victory at the World Athletics Race Walking Team Championships Muscat 22, clocking 1:22:52 in the heat of the Omani capital to finish 37 seconds ahead of compatriot Koki Ikeda. Despite their 1-2 finish, Japan missed out on the team title by one point to an inspired Ecuadorian team.

Yamanishi and Ikeda once again took the top two spots at the World Athletics Championships Oregon22, although this time the gap between the pair was smaller with Yamanishi successfully defending his title in 1:19:07 to finish seven seconds ahead of Ikeda. Sweden's Perseus Karlstrom was a close third in 1:19:18, and Kenya's African champion Samuel Gathimba – who was third in Muscat – placed fourth in 1:19:25.

But while Yamanishi won the two big championship races, the Gold meetings on the World Athletics Race Walking Tour were less predictable, with all four 20km races being won by four different men, all from different countries.

Brazil's Caio Bonfim dominated in Podebrady (1:18:54), then Jose Barrondo led a Guatemalan podium sweep in Dudince (1:20:56). Brian Pintado of Ecuador took the spoils in Rio Maior (1:21:54), and Spain's Alvaro Martin won on home soil in La Coruna (1:19:58).

Martin's next race over the distance was at the European Championships in Munich, where he struck gold in 1:19:11 as Karlstrom claimed silver. Karlstrom's season-long consistency was rewarded with the World Race Walking Tour title, topping the men's standings ahead of Bonfim and Pintado.

Russian athletes featured at the top of the world list with Vasily Mizinov posting a world-leading 1:17:47 in January, but the ban on Russian athletes following their country's invasion of Ukraine meant they couldn't compete outside their home country.

It meant that, outside of Russia, the fastest time in 2022 belonged to Ikeda with the 1:18:53 he clocked to win in Wajima in April.

Women's 20 Kilometres - Season at a glance

**Major winners*

World Championships: Kimberly Garcia PER 1:26:58

World Race Walking Team Championships: Ma Zhenxia CHN 1:30:22

African Championships: Emily Ngii KEN 1:34:30

European Championships: Antigoni Drisbioti GRE 1:29:03

NACAC Championships (20,000m): Mirna Ortiz GUA 1:40:04.78

It took a few months for a leading figure to emerge in the women's 20km race walk this year, but once **Kimberly Garcia** struck gold in Oregon, it soon became clear who the world's leading race walker was.

The Peruvian star made history by becoming the first woman to win two race walking golds at a World Championships. She may not have won all of her races this year, but she consistently made the podium in all nine of her races and timed her peak to perfection.

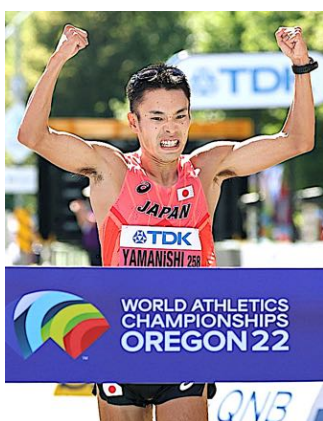
Ma Zhenxia of China dominated at the World Race Walking Team Championships in Muscat, winning the 20km title by 92 seconds from compatriot Yang Jiayu with Garcia finishing third. But two months later in Rio Maior, Garcia achieved her first 20km victory of the season, winning comfortably in 1:32:42.

China's Qieyang Shijie won in La Coruna three weeks later in 1:27:50, showing she was rounding into shape ahead of the World Championships. But so too was Garcia, who finished second in a national record of 1:28:38. Garcia then took a break from racing until the World Championships.

When she made her break in the 20km in Oregon, there was no catching Garcia, who went on to win in a national record of 1:26:58. Just as surprising was the silver medal from Katarzyna Zdziebło in a national record of 1:27:31, and Qieyang took bronze in 1:27:56.

Garcia, of course, went on to complete the race walking double in Oregon, but she wasn't the only athlete to win two golds at a championships in 2022.

Greece's Antigoni Drisbioti won both events at the European Championships in Munich, taking the 20km title in 1:29:03. Jemima Montag may have narrowly missed out on a medal at the World Championships, but the Australian still enjoyed a strong season, setting a national 20km record of 1:27:27 in February and wrapping up her 2022 campaign with Commonwealth gold over 10,000m in Birmingham in a world-leading 42:34.30.



Yamanishi (Kyodo News)



Garcia (World Athletics)



Stano (Athletics Weekly)

Men's 35 Kilometres - Season at a glance

**Major winners*

World Championships: Massimo Stano ITA 2:23:14

World Race Walking Team Championships: Perseus Karlstrom SWE 2:36:14

European Championships: Miguel Angel Lopez ESP 2:26:49

The 35km proved to be a perfect 'meet in the middle' distance for the 20km and 50km exponents, because the top 10 finishers at the World Championships featured a good mix of specialists from both distances.

In a thrilling contest on the roads of Oregon, Italy's **Massimo Stano** proved his Olympic 20km title last year was no fluke as he strode to glory over the longer distance, finishing just one second ahead of Japanese 50km record-holder Masatora Kawano, both men setting continental records (2:23:14 to 2:23:15). **Perseus Karlstrom** completed the podium with his second bronze medal, one week after finishing third in the 20km.

A few months prior, Karlstrom disposed of a high-quality field to win the 35km at the World Race Walking Team Championships in Muscat, finishing 40 seconds ahead of Alvaro Martin of Spain. Spain's Miguel Angel Lopez, the 2015 world champion over 20km, finished third over the longer distance in Muscat. He then placed 10th at the World Championships in a national record of 2:25:58, and ended his season on a high by taking gold at the European Championships in Munich, winning by almost three minutes.

Caio Bonfim also enjoyed a successful end to his year. After finishing eighth in Muscat and seventh in Oregon, the Brazilian took gold in the 35km at the South American Games.

As is to be expected in a new discipline, several national and continental records were set at 35km this year, many of them coming in Oregon. Along with the three medallists, other record-breakers included Ecuador's Brian Pintado, China's He Xianghong, Canada's Evan Dunfee, Bonfim of Brazil and Eider Arevalo of Colombia.

Women's 35 Kilometres - Season at a glance

**Major winners*

- World Championships:** Kimberly Garcia PER 2:39:16
- World Race Walking Team Championships:** Glenda Morejon ECU 2:48:33
- European Championships:** Antigoni Drisbioti GRE 2:47:00

When it was announced that the 35km would replace the 50km, many race walkers realised it would make doubling up at major championships a little bit easier. The one-week gap between disciplines at the World Championships also helped, of course. But that shouldn't take away from the enormity of Kimberly Garcia's achievement as the Peruvian race walker added the 35km title to the 20km gold medal she won in Oregon. She was even more dominant in the longer distance, winning by 47 seconds. For just the second time in World Championships history (following the women's 100m and 200m in 1991), a podium finish was replicated completely as Poland's Katarzyna Zdziebło and China's Qieyang Shijie matched their medals from the 20km.

Glenda Morejon was the first race walker to make an impact at the longer distance this year. The Ecuadorian won the 35km at the World Race Walking Team Championships by almost two minutes from China's Li Maocuo and Zdziebło. Qieyang won the next big race at that distance, claiming victory in Dudince in 2:43:06, finishing 13 seconds ahead of Garcia. Greece's 38-year-old Antigoni Drisbioti just missed out on a medal in Oregon, but she used that as motivation for the European Championships one month later, where she achieved a Garcia-esque double, taking gold in the 35km (2:47:00) and following it just four days later with gold over 20km. Garcia's winning time – and South American record – of 2:39:16 in Oregon matched the world-leading mark that Spain's Maria Perez had clocked in January. Russia's Margarita Nikiforova bettered it in August with 2:37:46, the fastest time ever recorded.

- World Athletics

* <https://worldathletics.org/news/series/2022-review-race-walks> Full top listings for all four events are available via links at <https://worldathletics.org/news/series/2022-review-race-walks>



Morejon (World Athletics)



Karlstrom (Eliany Pereira)

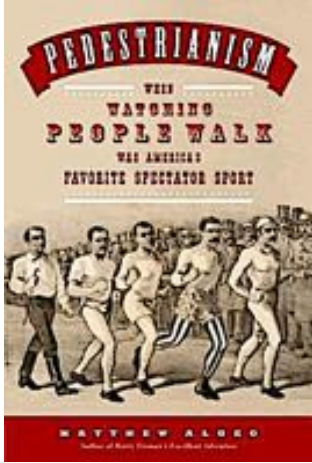


Ntrismpioti (Greek Reporter)

Thanks to **David Ainsworth** for forwarding this item. Those with a taste for race walking history will no doubt appreciate a chance to get their hands on the following book:

Centurion **Dave Kates** brings our attention to a book : "*Pedestrianism : When Watching People Walk Was America's Favorite Spectator Sport*" by Matthew Algeo, an award winning journalist. It chronicles competitive walking's peculiar appeal and popularity - *and it's rapid decline*. It's a history of race walking in America, and a sport which paved the way for cycling's 6-day races.

We're indebted to Dave who writes, "I recommend a little magic for the New Year. Get yourself a copy of this book. You will step back in time to the late 1800s and find events and heroes that you never knew existed". It's on sale at Amazon for £13.46 new in hardback/used copies on sale at £7.05. Maybe it'll be in your local public library?



For those who like to try before they buy, a review copy (with sections omitted) can be perused at <https://www.google.com.au/books/edition/Pedestrianism/zb70AgAAQBAJ?hl=en&gbpv=1&printsec=frontcover>

***FOOTAGE: Don Thompson wins 1955 '100km From Serrano'**

Spanish ultra-distance walker **Bernardo Jose Mora** posted this fascinating clip on Facebook, featuring 1960 Olympic 50km champion Don Thompson recording one of his early international triumphs:

'1955. 100 km from Seregno. The Englishman Don Thompson prevails over the Swede John Ljunggren with a time of 10 hours 12 minutes and 37 seconds. Thompson, who was only 22 years old at the time, will be proclaimed Olympic champion of the 50 km in Rome in 1960. Ljunggren had been gold in the 50kms in London 1948, in 1956 it will be bronze in Melbourne and in 1960 silver after Thompson.'

<https://www.facebook.com/bjosemora/videos/692981285791147/>

Little footage exists now of these old masters of endurance walking – at least, it takes a lot of digging to find much. We thank Bernardo for directing us to this short but priceless piece of newsreel.



Don Thompson – flanked by John Ljunggren (SWE) and Abdon Pamich (ITA) on the Olympic 50km podium in 1960
(Photo: Wikipedia)

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 08/01/2023 Padua (ITA): Alexandrina Mihai (ITA) started the year 2023 with fireworks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4506

- 06/01/2023 Canberra (AUS) - Supernova 2023 #1 - Victories of Jemima Montag (AUS) and Declan Tingay (AUS) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4505 Includes photos.
- 02/01/2023 Chita (JPN): 54° edition of New Year race walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4504
- 01/01/2023 Tokyo (JPN): Yutaro Murayama won this morning in 1:20:40 the 71st New Year's Race Walking Tournament http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4503

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Friday, January 6, 2023 - Jemima Montag and Declan Tingay dominate 10,000m at Supernova 2023 #1 <http://omarchador.blogspot.com/2023/01/jemima-montag-e-declan-tingay-dominam.html>
- Wednesday, January 4, 2023 - 2022 Hong Kong National Walking Championships (results) <http://omarchador.blogspot.com/2023/01/campeonatos-nacionais-de-marcha-2022-de.html>
- Monday, January 2, 2023 - Yutaro Murayama and Miyu Naito stand out at the 71st Japan New Year Marching Festival <http://omarchador.blogspot.com/2023/01/yutaro-murayama-e-miyu-naito-evidenciam.html>
- Thursday, December 29, 2022 - Racewalking on «Boxing Day» in Brighton, England <http://omarchador.blogspot.com/2022/12/a-marcha-atletica-no-boxing-day-em.html>
- Wednesday, December 28, 2022 - Race walking journey on the Lévin indoor track, France (results) <http://omarchador.blogspot.com/2022/12/jornada-de-marcha-atletica-na-pista.html>
- Tuesday, December 27, 2022 - «Cardiff Met Christmas Classic 2022» - results <http://omarchador.blogspot.com/2022/12/cardiff-met-christmas-classic-2022.html>
- Monday, December 26, 2022 - «Hallen-Meeting des SV Halle» in Germany (results) <http://omarchador.blogspot.com/2022/12/hallen-meeting-des-sv-halle-na-alemanha.html>
- Saturday, December 24, 2022 - Firson Nascimento posthumously honored in Brasilia <http://omarchador.blogspot.com/2022/12/firson-nascimento-homenageado.html>
- Friday, December 23, 2022 - Daniel Jimeno and Carmen Escariz stood out in the «Trofeo AD Cerro Buenavista» 2022 <http://omarchador.blogspot.com/2022/12/daniel-jimeno-e-carmen-escariz.html>
- Thursday, December 22, 2022 - Porto Absolute Winter Championship (2022/2023 season) – results <http://omarchador.blogspot.com/2022/12/campeonato-absoluto-de-inverno-do-porto.html>
- Wednesday, December 21, 2022 - Spain: Miguel Periañez (M60) and María Dolores Marcos (W40), the best in the Master Championship (10 km) in Getafe 2022 <http://omarchador.blogspot.com/2022/12/espanha-miguel-perianez-m60-e-maria.html>
- Tuesday, December 20, 2022 - It's official. Mixed 35 km at the Paris 2024 Games. <http://omarchador.blogspot.com/2022/12/e-oficial-35-km-mistos-nos-jogos-de.html>

Qualifying system and pathways for Paris 2024: These can be perused in detail at <https://assets.aws.worldathletics.org/document/63a1742ced7e871d1a269206.pdf>

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 – 2023

Sun 15 Jan 2023	VRWC Club races & Annual General Meeting – Middle Park
Sat 21 Jan 2023	AVSL Rd 8 walks (2000m, 5000m) – Zone B – Duncan McKinnon Res, Murrumbidgee
Sat 4 Feb 2023	AVSL Rd 9 walks (1500m, 3000m) – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
Thu 2 Feb 2023	Race Supernova #2 (WA RW Tour Silver) – AIS, Canberra
Tues 7 Feb 2023	AV 5000m Teams walk c'ship & VRWC Club events - Mentone
Sat-Sun 11-12 Feb 2023	VMA T&F c'ships – Tom Kelly track, Doncaster
Sun 12 Feb 2023	AA 20km Road walking c'ship – Fawkner Park
Sat 18 Feb 2023	AVSL Rd 10 walks (1500m, 3000m) – Zone A – Keilor Park Recreation Res, Keilor
Sat-Sun 18-19 Feb 2023	LAVic Region T&F Carnivals – various locations
Fri-Sun 24-26 Feb 2023	AV T&F c'ships U14-16 – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	AV T&F c'ships U18-Open – Lakeside Stadium
Sat-Sun 11-12 Mar 2023	LAVic T&F championships – Lakeside Stadium
Fri-Mon 10-13 Mar 2023	AMA Masters T&F c'ships – Sydney
Thu-Sun 30 Mar-2 Apr 2023	AA Open-U20 T&F c'ships – QSAC, Brisbane
Thu-Sun 13-16 Apr 2023	AA U14-U18 T&F c'ships – QSAC, Brisbane
Wed-Fri 19-21 Apr 2023	UniSport National T&F c'ships – Gold Coast Performance Centre, QLD
Fri-Sun 21-23 Apr 2023	Coles Australian Little Athletics c'ships – Lakeside Stadium

International Dates

TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER

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