



# HEEL & TOE Online

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

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## \*\* WALKER OF THE WEEK \*\*



Staying within the Club but leaping from youngest (Anouk Morgan) to oldest, it is a delight to present our WOTW award for this issue to the VAWC/VRWC's living treasure, **Bob Gardiner**.

Within two weeks this month, Bob set two Club M85 records over 2000m (**16:27.0** and **16:03.1**) and would have had a third had sufficient judges been available at Aberfeldie a fortnight ago.

Competing for his beloved Collingwood Harriers at Murrumbeena last Saturday, Bob showed his racing legs are re-awakening and that there is likely more where those efforts came from.

Bob Gardiner has been a focal VRWC member – as an elite national and international walker, a Masters stalwart, a tireless committee and go-to worker – for longer than anyone still active at the club can remember. In tandem with wife and co-Life member Barbara (who passed away last November), he formed a partnership that helped provide the heartbeat of the club over seven decades. Always a man who gives, Bob has set his sights on being involved more with the club this year, both as a competitor and as a committee man (he is already eyeing off some handyman jobs, I think!)

Most local readers (and many overseas) will have read Tim Erickson's fine essay on Bob's competitive career (<http://www.vrwc.org.au/tim-archive/articles/wv-bob-gardiner.pdf>) If you haven't, give yourself a treat. While you're at it, see subsequent articles Tim has placed on the website at <http://www.vrwc.org.au/tim-archive/wv.shtml> to honour and share the story of this humble, affable man whose love of the sport is little matched and certainly unsurpassed.

Well done, Bobbie! It's so good to see you back out there again.

### \*Honourable mentions:

- **Hannah Mison** (NSW) – an enormous 50sec PB over 3000m in the NSW Country championships, clocking **13:10.06** and adding genuine speed to her proven endurance.
- **Ela Uzun** (VIC) – another VRWC U12 record, this time over 2000m with **9:12.1** at Saturday's AVSL round at Murrumbeena.

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## CLUB NEWS and RESULTS

Our final summer fixture is the AV 5000m Teams championship and associated Club races. Sign up now for one of these events!

### 'Come and Try'

We would also urge members who know of Little Athletics walkers, whatever age or standard, who would benefit from our 1100m or 1500m races (particularly with LAVic Region championships approaching), to encourage their parents to sign them up. It's free of charge for 'come and triers', and they will be warmly welcomed.

**Tuesday 7 February  
Dolomore Reserve, Mentone**

<b>7.00pm</b>	1500m, 1100m	Open
<b>7.15pm</b>	AV 5000m Teams race	AV entry portal
<b>7.15pm</b>	5000m, 3000m	Open

**\*Rules for AV Teams Championships:**

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

*Entries for AV Teams race close Friday 3 February at 12.00 noon.*

Enter via AV Entry portal at:

<https://members.athsvic.org.au/events/173798/>

*Entries for VRWC Club races close Friday 3 February at 10.00am*

Enter via VRWC Portal at:

<http://vrwc.org.au/wp1/race-entries/races-07-feb-23-mentone/>



# VICTORIA - METRO & REGIONAL

**\*\* Vale Marjorie Colthup \*\***

**Heather Carr** has forwarded the following notice on the passing of Victorian master walker, Marjorie Colthup:

In yesterday's 'Herald Sun', 19/1/2023, the death of **Marjorie Colthup** was announced.

Marje was a racewalker of renown, and was very successful, competing in many World Veteran Championships. Together with her husband, Peter Colthup (formerly of Glenhuntly AAC), the couple were very involved in the Victorian Veterans Athletics [before the organisation changed to Masters], publishing 'Around the Grounds' for all Victorian Veteran runners and walkers.

**Funeral Notice (Herald Sun 19-1-23)**

"A celebration of the life of Marjorie Colthup, will be held at Le Pine Funerals, 137 Princes Highway, Dandenong, on Wednesday 25th January, commencing at 10:00am. A private cremation will follow. The family warmly invite you to join them for refreshments following the service in the functions room".



**\*\* Metro Zone B: Round 8, Saturday 21 January – Duncan McKinnon Reserve, Murrumbeena**

A healthy field of 24 walkers lined up for the AVSL resumption at Murrumbeena on Saturday. Bombers fans would have approved of the first two placegetters, with Essendon clubmates **Ela Uzun** and **Danny Hawksworth** showing clean pairs of heels to their opposition. **Max Davidson** had a good PB performance while **Emily Smith** wasn't far away from her best. **Bob Gardiner** is racing more frequently now and posted one of two VRWC club records he's earned this month with his **16:03.0**.

1	Ela Uzun	(ESS)	F14	9:12.1h	567	VRWC U12 rec, PB 0:08
2	Danny Hawksworth	(ESS)	M40	10:14.8h	409	

3	Emily Smith	(KNA)	F18	10:55.5h	448	
4	Max Davidson	(DIV)	M14	11:06.0h		PB 0:17
5	Jaime Hvalica	(DIV)	M14	11:15.7h	413	
6	Havana Ali	(ESS)	F14	11:17.0h	462	
7	Mietta Morgan	(KNA)	F14	11:33.1h	447	
8	Carolyn Rosenbrock	(ANW)	F60	11:57.6h	502	
9	Heather Carr	(GHY)	F70	12:40.8h	527	
10	Donna-Marie Elms	(PTN)	F60	12:44.7h	465	
11	Emilie Garside	(YRA)	FOP	13:13.5h	273	
12	Olin Buisman	(GHY)	F14	13:55.9h	291	First 2000m
13	Merilyn Thompson	(MPA)	F55	14:11.2h	348	
14	Kim Peak	(DAC)	F55	14:13.9h	345	
15	Clyde Riddoch	(WAM)	M65	14:27.4h	298	
16	Geza Benke	(OLM)	M65	14:35.6h	292	
17	Gwen Steed	(GHY)	F70	14:47.9h	439	
18	Rupert Van Dongen	(MEN)	M45	15:24.2h	171	
19	Ross Reid	(COL)	M65	15:26.8h	255	
20	Robert Gardiner	(COL)	M70	16:03.0h	265	VRWC M85 rec.
21	Gianna Gelsi	(BOH)	F18	19:27.4h		
-	Ben Skurka	(MEN)	M45	DQ		
-	Geoffrey Barrow	(MEN)	M70	DQ		
-	Ian Handasyde	(OSC)	M65	DQ		

Four starters took on the 5000m, with **Riley Coughlan** leading them home in **23:37.4** while **Eden Morgan** held off a fast-finishing **Alejandro Stephens** for 2<sup>nd</sup>. Race walking will always be in **Mike Harvey's** blood, with the 1984 Olympian still showing great technique in clocking **31:48.4**.

1	Riley Coughlan	(KNA)	M16	23:37.4h	
2	Eden Morgan	(KNA)	M18	24:41.4h	458
3	Alejandro Stephens	(GHY)	MOP	24:48.9h	429
4	Michael Harvey	(WAM)	M60	31:48.4h	382

### **\*\* Ballarat Zone: Round 8, Saturday 21 January – Llanberris Stadium, Ballarat**

**Sarah Brennan** was in nippy form at Llanberris, winning easily in **10:30.66** ... a nice warm-up for the AV Country titles in Geelong next week.

1	Sarah Brennan	(BYC)	F45	10:30.66	504
2	Phillip McLennan	(WEN)	M50	13:20.22	265
3	Roslyn Ireland	(BWK)	FOP	15:54.00	165
4	Tate Jardine	(UNA)	MOP	16:20.94	
5	Olive Ireland	(BWK)	F60	17:07.15	237

### **\*\* Bendigo Zone: Round 8, Saturday 21 January – Latrobe Uni Athletics Track, Flora Hill**

**Kate Wilson** was first home over 2000m at Bendigo. She also will have her eyes on a good result at Geelong.

1	Kate Wilson	(EAG)	F14	12:23.23	402
2	Jennifer Payne	(SBE)	F65	12:56.84	487
3	Annette Major	(EAG)	F60	13:31.30	427
4	Leigh Browell	(SBE)	M45	15:02.16	179
5	Annette Curtis	(SBE)	F65	16:44.60	287
6	Wendy Ennor	(EAG)	F65	17:35.54	254

#### **Club codes**

<i>ANW – Athletics Nunawading</i>	<i>DIV – Diamond Valley</i>	<i>MUU – Melbourne University</i>
<i>BGO – Bendigo</i>	<i>EAG – Eaglehawk</i>	<i>PTN – Preston</i>
<i>BOH – Box Hill</i>	<i>EKA – Eureka</i>	<i>SBE – South Bendigo</i>
<i>BWK – Brunswick</i>	<i>ESS – Essendon</i>	<i>WAM – Waverley</i>
<i>BYC – Ballarat YCW</i>	<i>GHY – Glenhuntly</i>	<i>WES – Western Athletics</i>
<i>COB – Coburg</i>	<i>KNA – Knox Athletics</i>	<i>WYN – Wyndham</i>
<i>COL – Collingwood Harriers</i>	<i>KSB – Keilor St Bernards</i>	<i>YRA – Yarra Ranges</i>
<i>DAC – Doncaster</i>	<i>MEN – Mentone</i>	

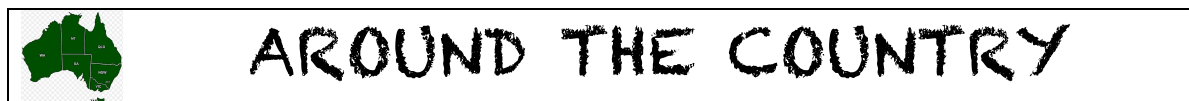
\*\* This coming Friday, focus shifts to Landy Field in Geelong for the ...

**\*\* AV Country T&F Championships  
Friday 27 January – Landy Field, Geelong**

<b>8.30am</b>	5000m Walk	Men Open, M40+, MU20
<b>8.30am</b>	5000m Walk	Women Open, W40+, WU20
<b>1:40pm</b>	3000m Walk	MU16, MU18, M50+
<b>1:40pm</b>	3000m Walk	WU16, WU18, W50+
<b>*6.20pm</b>	1500m Walk	MU14, M60+
<b>*6.20pm</b>	1500m Walk	WU14, W60+

\*NOTE ... the start time of the 1500m Walks has been put back 30mins from the original advertised time.

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*The*  
**COACHING POINT**

Many thanks to **Tim Erickson** for this comprehensive report, accompanied by a folder of excellent photos which will appear in this and next issue.

### The 2023 Supernova Camp

by

*Tim Erickson*

In the *Heel & Toe* newsletter of 10<sup>th</sup> January, Stu reported on the Supernova 10,000m track walks, the first meet of the 2023 WA Race Walking Tour, where 41 walkers, including 16 internationals, toed the line in Canberra for what turned out to be a couple of fantastic races.

This occurred during week 1 of a 5 week racewalk camp, with the first week at the AIS in Canberra, followed by 3 weeks at Perisher Valley in the NSW Alps, and one final week back at the AIS. Perisher Valley village was chosen over the usual Thredbo village because of its higher altitude (1720m compared to 1370m). It has the added advantage of being much quieter, meaning less of an issue training on the surrounding roads.

At its peak, the camp will see 65 people in residence in 3 lodges in Perisher. The elite women taking part in the Supernova 7 metabolic study (22 in total) have their own lodge. Those walkers not involved in the study are residing in a separate lodge, while the staff overflow to a third lodge. It's the biggest racewalk camp we have ever run in Australia.

Here's the breakdown of walkers - what a group! I think I have captured everyone!

**International Women**

Sandra Lorena Arenas (COL)  
Magaly Bonilla (ECU)  
Raquel González (ESP)  
Enni Nurmi (FIN)  
Clémence Beretta (FRA)  
Eloise Terrec (FRA)  
Bianca Maria Dittrich (GER)  
Antigoni Ntrismpioti (GRE)  
Siu Nga (Jessica) Ching (HKG)  
Anett Torma (HUN)  
Valentina Trapletti (ITA)  
Austeja Kavaliauskaite (LTU)  
Monika Vaiciukeviciute (LTU)

... cont'd

**International Men**

Evan Dunfee (CAN)  
Marius Ziukas (LTU)  
Perseus Karlstrom (SWE)

**Australian Women**

Hannah Mison (NSW)  
Hannah Bolton (NSW)  
Elizabeth McMillan (NSW)  
Allannah Pitcher (NSW)  
Emma Blanch (NSW)  
Samantha Findlay (SA)  
Gabriella Hill (SA)  
Nellie Langford (SA)  
Olivia Sandery (SA)  
Bec Henderson (VIC)  
Jemima Montag (VIC)  
Char Hay (VIC)  
Alanna Peart (VIC)  
Alex Griffin (WA)

**Australian Men**

Tim Fraser (ACT)  
Carl Gibbons (NSW)  
Jack McGinniskin (NSW)  
Dylan Richardson (NSW)  
Will Bottle (TAS)  
Rhydian Cowley (VIC)  
Kyle Swan (VIC)  
Will Thompson (VIC)  
Marcus Wakim (VIC)  
Declan Tingay (WA)



Brigita Virbalyte (LTU)  
Hana Burzalova (SVK)  
Ema Hacundová (SVK)  
Klaudia Žárská (SVK)

Most of the above athletes committed to the full 21 days in Perisher, with stays at the AIS before and after the camp, while others also had shortened stays around their own availability. U/16 athletes **Isaac Beacroft** (NSW) visited for a short stay with his father, former state and national under age champion David, on route to a family holiday, and **Grace Beck** (NSW) also had a short visit to the camp supported by her coach **Nicole Fagan**.

### Supernova Overview

The AIS was once a residential Scholarship program based in Canberra until it was decentralised in 2013 with key athletes and coaches relocating to different parts of the country. In response, the AA high performance plan noted at the time that “The changes in the AIS program has de-stabilised the walks community. At best this is a distraction, but there is a real possibility that the lack of a central program will have a negative effect on medium- and long-term results”. At the 2020 OG in Tokyo Australia failed to win a race walking medal for the first time since 2000.

To continue supporting race walking athletes in a decentralised high-performance program, the development of new innovative approaches was required. Since 2015, a partnership between the Australian Institute of Sport, Athletics Australia (AA) and Australian Catholic University ACU has seen an annual research-embedded training camp take place. These camps allow world class research on elite athletes to be conducted, while providing a high quality training environment at minimal cost to individual athletes and to AA. The quality and depth of our domestic competitions in January and February have been raised with our own athletes competing domestically alongside past and future International medalists such as **Evan Dunfee**, **Perseus Karlstrom**, **Sandra Lorena Arenas**, **Eider Arevalo** and **Ben Thorne**. The implementation of an industry-funded doctoral program as a collaboration between AA and ACU provides an additional opportunity to build on the tradition of the research-embedded training camps which have facilitated the investigation of novel training and intervention strategies while simultaneously preparing athletes for national and international competitions.



*The Men's hill reps group: Tim Fraser, Perseus Karlstrom, Kyle Swan, Rhydian Cowley, Marius Ziukas, Mitchell Baker, Evan Dunfee and Declan Tingay. (Photo: Tim Erickson)*

All members of the current national senior and U/20 racewalking teams, have been part of Supernova, or smaller spinoff projects and associated camps. The 2023 version of Supernova focuses for the first time on female participants, with an ambitious and quite exciting opportunity to be part of which is very valuable to the athletics and research community. There are very few studies done on female elite athletes., and ACU has a large research team who are establishing themselves as leaders in this area.

### What is the SN7 project about?

One way in which altitude training may enhance sports performance is by causing the body to produce new red blood cells. These cells contain haemoglobin, a molecule that attaches to oxygen and carries it to working muscles. A rise in hemoglobin, leads to a desirable rise in oxygen transport capacity and therefore potential benefits for endurance athletes. Another strategy to enhance performance is the manipulation of body composition. Indeed, elite athletes can adopt a periodised approach (the systematic organisation of interventions across the training year) with regards to their body composition, choosing to train at a higher body mass and body fat content which provides resilience against illness and injury risk, before undertaking modest weight/fat loss in the pre-competition period to reach a physique associated with optimal performance. This manipulation of

body composition requires the athlete to restrict energy intake, exposing them to a period of low energy availability (LEA) the term used to describe a mismatch between an athlete's energy intake and the energy expended in training and day to day metabolic function.

Extended periods of LEA may leave insufficient energy to fuel other body systems that support health and wellbeing and have been also known to reduce capacity to train and or affect adaptation to training. Athletes with evidence of LEA undertaking altitude training attained smaller increases in haemoglobin than their counterparts who were supported by adequate energy availability. The goal of this study is to investigate whether LEA can be integrated into an altitude training camp to achieve body composition manipulations without sacrificing these important rises in hemoglobin.

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*The 'study women' stride out at Jindabyne.*

The camp has once again been supported by a large group of support personnel including physiologists, dietitians, physios, massage therapists, coaches, a chef and a camp counselor from ACU, AA and the National Institute of Sport Network. Athlete testing has included Resting Metabolic rate, a graded treadmill test to attain Vo2 Max, Exercise economy and a lactate profile, DXA scans for body composition assessment, Hemoglobin Mass Testing, and of course a performance measure in the form of 10,000m competitions.

Of course, the study women are still expected to go about their regular training, with a mixture of long walks, interval walks and tempo walks - you know the routine! AA National event Lead for walks **Brent Vallance** is looking after that group.

The non-study walkers (around 25) are working as a separate group, with AA Walks Coach **Jared Tallent** and Athlete to Coach transition coach **Nicole Fagan** coordinating their efforts. I'm along for the ride as usual, driving buses, helping out where required and generally trying to add value where I can. I'm here for the first 4 weeks of the camp, before I return home to Melbourne.



*Declan hydrates with a little help from Jess, while Will, Marcus and Tim keep eyes front.*

Past Australian greats have been giving back to the event group, including **Jess Rothwell**, **Regan Lamble**, **Chris Erickson** and **Andrew Jachno** who have all been involved in aspects of camp. This has involved daily training support either through

their official AA roles (Jess and Regan) or as volunteers, that has included driving a van to and from Canberra, or assisting in the delivery of the large amounts of equipment required in December.

The walkers will eventually return to Canberra for a final week, culminating with a further Supernova 10,000m walk at the AIS. If walkers respond as expected, we will see even higher quality races than we saw on January 6<sup>th</sup> and there should be plenty of PBs.

- Tim Erickson

## NEW SOUTH WALES **ANSW Country T&F c'ships, 20 January - Dubbo**

It was good to see these championships being hosted in Dubbo, after the havoc played in the region by the floods of 2022. Walking performance of the meet would have been that of **Hannah Mison**, whose **13:10.06** was both a championship record and a 50sec PB.

### WU14 1500m Race walk

1 Nikki Hearnden	11 Mac Hunter	8:40.05
2 Mikayla Day	11 Mac Hunter	9:19.67
3 Scarlett Newberry	12 Armidale Ath	9:50.90
4 Amelia Bongiorno	10 Wollongong	10:06.71
5 Mai'ana Teal	11 Grafton Ath	11:20.74

### WU15 1500m Race walk

1 Caetlin Ashby	09 Gosford Alls	8:06.62R
2 Imogen McKenzie	09 Tamworth	8:35.49R

### WU16 1500m Race walk

1 Adelayde Baker	08 Coffs Harbour	9:10.90
2 Natarsha Mandavy	08 St Georges	10:26.96

### WU17 3000m Race walk

1 Sienna Pitcher	07 Mingara	14:04.75
2 Lilah Norden	07 Kembla Joggers	16:47.81

### WU17 3000m Race walk

1 Brooke Newberry	07 Armidale Ath	16:01.38
2 Emma Hearnden	07 Mac Hunter	16:23.40

### WU20 3000m Race walk

1 Casey Smith	04 Koorinal W	19:05.53
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### WOpen 3000m Race walk

1 Hannah Mison	01 Mingara	13:10.06R
2 Molly O'Neill	00 Adamstown Ne	16:06.83
3 Ashleigh Hogg	01 Ill Blue Stars	27:41.55

### W30-39 3000m Race walk

1 Dash Newington	84 Dubbo	19:24.44
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### W40-49 3000m Race walk

1 Mandy Newberry	81 Armidale Ath	23:06.13
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### MU14 1500m Race walk

1 Tyler Cousins	11 Mac Hunter	9:51.15
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### MU16 1500m Race walk

1 Jackson Day	Mac Hunter	9:07.00
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### MU17 3000m Race walk

1 Miles Ashby	07 Gosford Alls	14:00.44
2 Brodie Spamer	07 Mac Hunter	15:58.15
3 Callum Cousins	07 Mac Hunter	17:27.92
4 Peter Charlton	07 Eastlakes Ath	20:48.53

### MU20 3000m Race walk

1 Corey Vizintin	04 Wallsend Rsl	22:43.68
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### M40-49 3000m Race walk

1 Justin Rejske	76 Wollongong	20:35.53
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### M40-49 3000m Race walk

1 Ian Smith	58 Ill Blue Stars	30:20.22
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## SOUTH AUSTRALIA **SA Interclub results, 21 January – Mile End, Adelaide**

Conditions were tough in 30C heat at Mile End stadium on Saturday, despite which a good number of walkers attended for the ASA interclub resumption. Thanks to **Kim Mottrom** for the results.

### Open 5000m

Kim Mottrom	SA Masters	21:51.40
Cooper Rech	Coastal Districts	29:52.49
Peter Crump	Saints Athletics Club	31:58.61
Jordan McKenna	Northern Districts	34:21.20

### Open 1500m

Sebastian Richards	Southern Athletics Club	07:41.92
Rhiannon Lovegrove	Port Adelaide	07:46.26



Elise Scott	South Coast	07:52.41
Meliisa Grantham	SA Masters	08:16.15
Angelina Legrand	Pembroke	08:30.07
Katie De Ruvo	Western Districts	08:35.47
Orlando Grantham	Saints Athletics Club	08:59.63
Marie Maxted	SA Masters	09:36.70
Matilda Rech	Coastal Districts	10:06.06
Alex McEwan	Tea Tree Gully	12:01.17

## **TASMANIA** Tas Masters & Athletics South results, 18 & 21 January – Domain AC, Hobart

**David Moore** reports from Hobart:

A big week for our oldest walker **Wayne Fletcher** – Well done to Wayne in establishing Tasmanian Masters records for the M75 age group in the 3000m Walk mid-week and also for the 5000m Walk a few days later on the Saturday.

### **Tas Masters T&F - 18/01/23**

#### **Results 3000m Walk**

1. Oliver Morgan (M15)	OVA	14:02
2. Wayne Fletcher (M75)	NS	23:44 <b>(TMA M75 Record)</b>

### **Athletics South Interclub - 21/01/23**

#### **Results 5000m Walk**

1. Oliver Morgan	OVA	25:11.93
2. Elizabeth Leitch	TMA	35:01.06

### **Tas Masters T&F - 21/01/23**

#### **Results 5000m Walk**

1. Wayne Fletcher (M75)	NS	41:17 <b>(TMA M75 Record)</b>
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## **WESTERN AUSTRALIA** WARWC results, 22 January – Perry Lakes, Perth

**Terry Jones** reports on what was a pleasant summer's morning in Perth, with 25+C temperatures, for the WARWC's 2023 resumption.

<b>10K</b>	
John Ronan	49:58
Karyn Tolardo	1:04:31
Wendy Farrow	1:11:44
Marcela Ruiz	1:20:37

<b>5K</b>	
John McDonagh	36:39

<b>3K</b>	
Isabella Curtis	19:61

Glenys Duncan	29:37
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<b>2K</b>	
Dylan Sardelich	11:15
Hunter Sardelich	12:21
Lachlan Nichols	13:01
Sophia Nichols	16:51

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# INTERNATIONAL NEWS

## TUNISIA: 'Journee de la Marche', 22 January - Gabès

**Emmanuel Tardi's** first walk judging journey of 2023 took him to northern Africa last weekend. Here he reports on a new event in Tunisia.

This Sunday I was in Gabès, in the south of the Tunisia, for the first " Journée de la Marche " (Day of Race walking). I was appointed as judge with 2 Algerians and 2 Tunisians.

The local racewalking club organized this race for the first time. The leader of the organisation was previous champion Hatem Ghoula (3rd in world Championship 20k in Osaka 2007).

The loop was 1 kilometre long (500m in one way, and 500m in the opposite way). The road was not totally flat but asphalt was very correct. Rain fell on Saturday, and a possible problem with sand flight (?) disappeared.

The start of main race, over 10km, was at 10.30am.

In the men event, **Hatem Ghoula** led the race for the first lap, then Algerian **Aloui** won in **42'31**.

In women event **Souad Azzi** battled with **Zaghmi** for 5k, then she won easily.



*Hatem Ghoula (3391) leads them out.*



*Aloui*



*Azzi*

(Photos: Emmanuel Tardi)

### Men

1.ALOUI Sohail Abderrahmen	ALG	42'31''
2.FERJAOUI Naim	TUN	43'59''
3.OTHMANI Khalid	TUN	50'40''
4.SWAIEH Meftah	TUN	50'56''
5.CHEFFOUR Salah	ALG	51'22''
Ab GHOULA Hatem	TUN	
Dq HADJHSINE Hamdi	TUN	

### Women

1.AZZI Souad	ALG	47'48''
2.ZAGHMI Jamila	TUN	49'02''
3.AZZI Souhaila	ALG	51'05''
4.JAWALI Abrar	TUN	51'24''
5.MANSOURI Ilhem	ALG	51'30''
6.HASSOUNA Oumaima	TUN	53'26''
7.FATNASSI Manel	TUN	1h03'46''
8.GEDRI Jihen	TUN	1h05'39''
9.BENCHOUG Aziza	TUN	1h17'59''

### Judges

Chief : Moncef Aissaoui TUN
1 Hakim Laghouil ALG
2 Emmanuel Tardi FRA
3 Ilyess Hvider TUN
4 Jamel Tarbag ALG

5 Hichem Ben Ayed TUN  
6 Issam Bourcleg TUN



*The judges. Northern Africa or not, winter is winter!*

**UNITED KINGDOM: Enfield RWL Fixture #1: The Martin Oliver 5, 14 January - Enfield**

Thanks to **Ron Wallwork** for sending these results through.

**5mls**

1	Trevor Jones	<i>Steyning AC</i>	48.30	M65	1	Abigail Jennings	<i>Aldershot FD</i>	43.08	u23
2	Matt Ellerton	<i>Blackheath/Brom</i>	51.50	M60	2	Melanie Peddle	<i>Loughton AC</i>	48.57	W50
3	John Arthur	<i>Ilford AC</i>	51.54	M60	3	Emma Dyos	<i>Ilford AC</i>	49.30	W45
4	Dave Walsh	<i>Enfield HAC</i>	52.33	M60	4	Penelope Cummings	<i>Herne H H</i>	52.57	W45
5	Stuart Bennett ©	<i>Ilford AC</i>	52.53	M60	5	Maureen Noel	<i>Belgrave H</i>	53.44	W55
6	John Borgars ©	<i>Loughton AC</i>	56.15	M75	6	Fiona Bishop	<i>Enfield HAC</i>	56.18	W60
7	Glen Keegan	<i>Herne Hill H</i>	62.20	M55	7	Sue Barnett	<i>Enfield HAC</i>	57.01	W70
8	Ian Richards ©	<i>Steyning AC</i>	Dqd	M70	8	Lesley Morris	<i>Ilford AC</i>	57.03	W60
9	Simon Morgan	<i>Ilford AC</i>	Dqd	M55	9	Amalia daSilva	<i>Belgrave H</i>	57.29	W55
10	Paul Firmage	<i>Ryston R</i>	Dqd	M65					

**2mls**

Chris Hobbs *Ashford AC* 22.30 M60

**3mls**

Tresen *Blackheath &* M  
 Checkiko-Boamoh *Bromley* 33.02 u15  
 Shadede Arthur *Ilford AC* Dqd W60



Here are two YouTube clips of interest, both posted on FB by **Jeff Salvage**. (Check out Jeff's PB page, 'World Class Racewalking'.)

- Miranda Melville – a brief bio on the USA's current top female walker  
<https://www.youtube.com/watch?v=xxBNug4XxBk>
- The US National 35km championship ... an entertaining video essay by Ken Stone (*Times of San Diego*) featuring a clear win by Nick Christie and a more tightly contested one by Miranda Melville over national record holder Robyn Stevens. <https://www.youtube.com/watch?v=i8NExR9hbMU>

## 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.

- 23/01/2023 Switzerland offers again indoor competitions after 40 years and perhaps more [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4511](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4511)  
Nicola Maggio gives a nod to the Swiss who've given their walkers their first indoor presence in four decades. At a time when walks inclusion on athletics schedules is being white-anted in so many places, any reversal of this trend is welcome.
- 22/01/2023 Schinias (GRE): Kyriaki Filtisakou and Alexandros Papamichail are the new Greek champions in 35km race walk 2023 [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4510](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4510)  
Another set of 35km results with which to build a picture of contenders for Budapest. NOTE: the results are tabled in Greek, so will need some linguistic sleuthing with the help of Nicola's list.  
(See also *O Marchador*)

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.

- Monday, January 23, 2023 - Arturo Bravo (1958-2023) <http://omarchador.blogspot.com/2023/01/arturo-bravo-1958-2023.html> An obituary in memory of the former Mexican international and 1988 Olympian.



*Arturo Bravo RIP* (Photos: Dominique Quebey, Maria Luisa Rubin Traconis)

- Monday, January 23, 2023 - Algarve Winter Championship 2023 (results) <http://omarchador.blogspot.com/2023/01/campeonato-do-algarve-de-inverno-2023.html>
- Monday, January 23, 2023 - Alexandros Papamichail and Kyriaki Filtisakou stood out in the Greek championships of 35 km march. <http://omarchador.blogspot.com/2023/01/alexandros-papamichail-e-kyriaki.html>
- Sunday, January 22, 2023 - ANDDI National Championship - Indoor Track 2023 (results) <http://omarchador.blogspot.com/2023/01/campeonato-nacional-da-anddi-pista.html>  
ANDDI is the Portuguese National Sports Association for Intellectual Development.
- Friday, January 20, 2023 - Viladecans, in Spain, at the 30th Marching Grand Prix (results) <http://omarchador.blogspot.com/2023/01/viladecans-em-espanha-no-30-grande.html>
- Thursday, January 19, 2023 - Ireland: under-20 and under-23 indoor championships (2023) – results <http://omarchador.blogspot.com/2023/01/irlanda-campeonatos-indoor-sub-20-e-sub.html>
- Wednesday, January 18, 2023 - ANAV - Camp. National March 20 km (2023) – results <http://omarchador.blogspot.com/2023/01/anav-camp-nacional-de-marcha-20-km-2023.html>  
More Masters results from Portugal.
- Tuesday, January 17, 2023 - Nick Christie and Miranda Melville become US champions in the 35 km walk <http://omarchador.blogspot.com/2023/01/nick-christie-e-miranda-melville.html>

- Tuesday, January 17, 2023 - Tom Bosworth on his birthday! <http://omarchador.blogspot.com/2023/01/tom-bosworth-em-dia-de-aniversario.html>
- Monday, January 16, 2023 - João Vieira and Inês Henriques win 35 km championships in the village of Porto de Mós <http://omarchador.blogspot.com/2023/01/joao-vieira-e-ines-henriques-vencem.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.*

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2023

Fri 27 Jan 2023	<b>AV Country T&amp;F c'ships</b> – Landy Field, Geelong
Thu 2 Feb 2023	<b>Race Supernova #2 (WA RW Tour Silver)</b> – AIS, Canberra
Sat 4 Feb 2023	<b>AVSL Rd 9 walks (1500m, 3000m)</b> – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
Tues 7 Feb 2023	<b>AV 5000m Teams walk c'ship &amp; VRWC Club events</b> - Mentone
Sat-Sun 11-12 Feb 2023	<b>VMA T&amp;F c'ships</b> – Tom Kelly track, Doncaster
Sun 12 Feb 2023	<b>AA 20km Road walking c'ship</b> – Fawkner Park
Sat 18 Feb 2023	<b>AVSL Rd 10 walks (1500m, 3000m)</b> – Zone A – Keilor Park Recreation Res, Keilor
Sat-Sun 18-19 Feb 2023	<b>LAVic Region T&amp;F Carnivals</b> – various locations
Fri-Sun 24-26 Feb 2023	<b>AV T&amp;F c'ships U14-18</b> – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	<b>AV T&amp;F c'ships U20-Open</b> – Lakeside Stadium
Sat-Sun 11-12 Mar 2023	<b>LAVic T&amp;F championships</b> – Lakeside Stadium
Fri-Mon 10-13 Mar 2023	<b>AMA Masters T&amp;F c'ships</b> – Sydney
Thu-Sun 30 Mar-2 Apr 2023	<b>AA Open-U20 T&amp;F c'ships</b> – QSAC, Brisbane
Thu-Sun 13-16 Apr 2023	<b>AA U14-U18 T&amp;F c'ships</b> – QSAC, Brisbane
Wed-Fri 19-21 Apr 2023	<b>UniSport National T&amp;F c'ships</b> – Gold Coast Performance Centre, QLD
Fri-Sun 21-23 Apr 2023	<b>Coles Australian Little Athletics c'ships</b> – Lakeside Stadium

### International Dates

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
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> – Lima, PER

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