



# HEEL & TOE Online

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Inc.

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## \*PARIS OLYMPICS - PROPOSAL TO REPLACE 35KM WALK WITH EKIDEN

Would any other sport, or sporting discipline, be expected to tolerate this?

The Paris Olympic Games commence on Friday 26 July. Two weeks later, on Thursday 7 August, the second Road walking event is scheduled – for 7:30am. It's listed as being a **35km Mixed (men and women) Teams Event**. That is what it's called on the timetable, the list of events and every other document issued so far.

What event will it actually be? We have no idea. Apparently, being listed on the Olympic program alongside the other track & field events guarantees nothing. If exchanges between the IOC and World Athletics have any credence, the 35km Mixed Teams Event – or any other iteration of that distance – may not go ahead at all. What's to replace it beggars belief.

Here is an outline of developments so far, as issued by World Athletics<sup>1</sup>:

<sup>1</sup>In June 2021, the IOC requested World Athletics to design a **mixed team race walk** format with the following guidelines:

- The format should fit within the existing course/venue, specifically the 1km loop designated for the 20km race walk events.
- The overall duration of the competition should not exceed three hours.
- Solutions that promote team spirit and are easy for the public to understand should be prioritized.

### Process so far

In response to the IOC's request, World Athletics' Competitions department established a working group consisting of current world class racewalkers and other relevant stakeholders in the racewalking community to explore the options within the framework provided by the IOC. After consultations and discussions, the Competition Commission agreed on a proposal for a mixed team 35 km race walk event, where male and female athletes would compete simultaneously, and the scoring would be based on placement points.

The proposal was initially accepted by the IOC. However, after discussions with Olympic Broadcasting Services (OBS), the presentation and ease of understanding from a spectator's perspective was identified as a weakness.

Throughout the summer of 2022, the IOC continued to request either a traditional relay or various ways to determine the winning team based on the first athlete to cross the finish line. However, none of these recommendations were accepted by World Athletics, either due to concerns of gender preference or alignment with the philosophy of race walking.

At the council session in Rome in December 2022, World Athletics rejected all input and suggestions from the IOC and confirmed the mixed team format with men and women competing simultaneously in the 35km distance. The IOC subsequently requested a revised decision, expressing their willingness to accept a total duration of more than three hours, *even suggesting a 2x35 km relay competition*. (Italics mine – Ed.)

<sup>1</sup> World Athletics: *Olympic race walk formats – Paris 2024*. Issued on February 8 2023 by Jane Boulter-Davies (WA Sports Services manager) to

**Latest development**

On Friday, January 27, the Competition Commission addressed the request from the IOC with urgency. The proposed suggestion was declined as it was deemed not advantageous for Athletics, with a potential competition length of up to six hours. In addition, the Commission discussed a new format, consisting of a mixed team relay over a distance of 42.195 km, with each athlete doing two 10.5 km legs (+195 m for the final leg).

The Commission believes this is a better option for race walk to present itself to the global audience in Paris. In addition, the Commission agreed that consultation with athletes, judges and other relevant stakeholders is necessary before potentially asking Council to consider this as the final format for the Olympic Race walk (in addition to the individual 20km distances).

Approved format	IOC adjusted proposal	CC counter-proposal
<ul style="list-style-type: none"> <li>• 35km Race Walk Mixed Team (1 man, 1 woman)</li> <li>• 25 Teams</li> <li>• Maximum of 2 teams per NOC*</li> <li>• Scoring based on aggregate placing points.</li> </ul> <p><i>*National Olympic committee</i></p>	<ul style="list-style-type: none"> <li>• 2 X 35km RW relay</li> <li>• 1 male, 1 female</li> </ul>	<ul style="list-style-type: none"> <li>• 25 teams</li> <li>• 1 or max. 2 teams per NOC</li> <li>• 1 male, 1 female</li> <li>• 2X2X10.5km (+195m) = 42.195km - MARATHON</li> </ul>
<p><b>Confirmed by Council on Dec 1 2022</b></p>	<p><b>Requested by the IOC following Council's decision</b></p>	<p><b>Counter-proposal by the Competition Commission.</b></p>

Having received the adjusted proposal from the IOC, the Competition Commission is of the opinion that the counter-proposal will bring the following advantages:

- The Marathon Relay (Ekiden) is an innovative and dynamic format that is well-known to athletics fans due to its similarities with other events like the Marathon, Ekiden, and Relay.
- As a topical event in athletics, it has gained recognition among fans.
- It fully complies with the requirements set forth by the International Olympic Committee (IOC).
- The teams' performance can be benchmarked against those of elite and well-known marathon runners, making it more appealing to fans.
- The event promotes full gender equality, with the first athlete to cross the finish line being a member of the winning team.
- The race duration for the winning team is expected to be close to 2 hours and 30 minutes, providing a fast-paced and exciting experience for participants and spectators alike.
- It has the potential to revitalize the future of race walking events worldwide.

**For discussion**

Before the Competition Commission makes a final decision on possible next steps, an assessment of priority, pros and cons for the 3 formats is needed. This includes possible ideas on how to address the risk of individual DQs, which would eliminate the team.<sup>2</sup>

There it is. The solution. Take a format that's popular in the community but suited to a specific kind of athlete – one equipped for speed rather than staying power – and with it replace the test of physical and mental strength you instituted after Tokyo (which was to replace the bigger test you eliminated before that!) It must here be said that I have no beef against the Ekiden per se, having walked in a couple myself and enjoyed the camaraderie and team contribution. But it's no serious test of stamina for an elite distance walker – certainly not with a rest of 40-plus minutes between 10.5km splits.

Regardless of one's views on the Ekiden, one thing seemed beyond argument – if this proposal goes ahead, then as far as the Olympics are concerned, racewalking is dead as an endurance sport. The concept is no longer recognised. The human drama of an individual's labored struggle for hours on a hot road against their own pain, self-doubt and bodily breakdown, vividly expressed in Olympic 50km races from their inception in 1932 and reaching its apogee in Rio 2016, can have no place in an Olympic landscape bounded by TV network schedules and visual appeal values dictated by market forces geared for flash and spectacle. *"The presentation and ease of understanding from a spectator's perspective was identified as a weakness,"* declares the Olympic Broadcasting Services. The answer: dumb it down. Put on a walking variant of T20 cricket instead – and to hell with the 'traditionalists'<sup>2</sup>.

Despite the holding of three (Muscat, Eugene and Munich) successful international 35km championships in 2022 (hard to swallow for us 50km aficionados but mostly accepted as, at least, a work in progress) in which men and women shared the

<sup>2</sup> As Jane Saville, commenting on AA's live stream of the Supernova walks, derisively labeled those wanting to retain the 50km and expressing doubt on the soon-to-arrive (so we're told) 'smart' shoes. Disagree, sure. Make a contrary case, fine. But don't put down your own community.

courses and did so without serious incident, the IOC considered this model unacceptable – perhaps because the third dot point in their criteria (enhancing team spirit) isn't adequately catered for. So the agreed solution was a teams race, a model used successfully in European domestic competition and in other sports such as cycling (albeit with consecutive legs).

Okay, IOC and WA, you decided on that. You even put it in the schedule – so stick with it! See how it works. Present it in a way spectators *will* understand. It is not a given that they will fail to grasp that, in this case, 'first across the line' doesn't win gold, any more than they fail to grasp that a decathlete can win the 1500m at the end of 10 events yet finish out of the medals. Understanding lies in the quality of your communication (visual, textual and verbal) and respect for your audience. In other words, treat them like adults. If you still fear that they won't get it, eat a little humble pie and adopt the model used successfully three times last year – a shared course, with gold, silver and bronze for men and women. If you want scoring teams, combine the men's and women's scores and award team medals on that basis, in addition to the individual awards. That way, you cater for countries with depth of talent across both genders along with those with but one or two elite individuals. Post-Paris, give yourselves sufficient time to work out a format agreeable to you that still honours the two elements of the Olympic credo that embody endurance racewalkers as they do marathon runners – *citius* (faster) and *fortius* (stronger)<sup>3</sup>.

To suddenly change horses eighteen months out and take a decision that essentially eliminates an entire cohort of athletes – the endurance walkers – is a disgrace. No athletes will honour the Olympic ideal by wringing every drop of fight from fatigued bodies and minds with more commitment under pressure than the walkers will. They deserve better than this.

Stu Cooper

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<sup>3</sup> I don't advocate walkers following the third element – *altius* (higher). The judges would have a party.

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



The QWRC's **Bailey Housden** takes this issue's WOTW on the strength of an astonishing performance in the Queensland State 10,000m track walk titles in Brisbane last Saturday.

Bailey, 15, has done virtually all his racing over 3km and 5km, honing his speed to the point where he now clocks sub-13min and sub-22min respectively for those distances. So it's no surprise to see him do well over 10,000m ... a distance he'd walked only once before for a time of 53:58. But to record an 8:38 PB time of **45:20.29** is remarkable improvement, indicating not just speed and talent but a level of fitness and condition that only comes with dedication to training.

With this performance, Bailey has risen to another level and bolstered Australia's stock of potential international stars with a new candidate.

Well done, Bailey! A terrific showing that augurs well for you on your home track at the coming National titles.

### \*Honourable mentions

- **Ela Uzun** (VIC, 12) – an overwhelming win in the AV U14 3000m walk title with **13:45.73**, breaking Jemima Montag's State record.
- **Marcus Wakim** and **Riley Coughlan** (VIC) – both went sub-21mins for the first time in winning the AV State U17 and U18 5000m titles respectively.
- **Tayla Billington** (QLD) – returning to racing after a 5-year absence, Tayla lost no time in making her mark with a huge PB of **47:21.56** in the QLD State 10,000m.
- **Joel Imbriano** (VIC) – improved by over 3 minutes in taking bronze in the AV U20 5000m title.

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## VICTORIA - METRO & REGIONAL

### Coming up this week ...

The Juniors had their shot (see below) last weekend. Now it's the Big Kids' turn

**AV Track & Field titles 2023 – Open & U20  
Sunday 5 March, Lakeside Stadium**

9.30am 5000m Walk Open Men  
9.30am 5000m Walk Open Women  
9.30am 5000m Walk U20 Men  
9.30am 5000m Walk U20 Women

Led by Olympians **Jemima Montag**, **Rhydian Cowley** and **Kyle Swan**, the field is mouth-watering in quality. The contests will be engrossing, notably amongst the younger brigade with **Will Thompson**, **Marcus Wakim** and **Will Bottle** (TAS) in white-hot form following the Perisher altitude camp. **Kelly Ruddick**, seeking to regain form with the Budapest 35km in her sights, will be after a fast one in this company. Fellow Ballaratian **Fraser Saunder** is also returning to top shape and will use this occasion to hone his speed.

The rest of the field will be stimulated by the quality around them and several PB performances may result.

Kyle	Swan	Open Male	Athletics Nunawading
Kelly	Ruddick	Open Female	Ballarat Harriers Athletic Club
Jemma	Peart	Open Female	Ballarat YCW Harriers Athletic Club
Scott	Peart	Open Male	Ballarat YCW Harriers Athletic Club
Fraser	Saunder	U20 Male	Ballarat YCW Harriers Athletic Club
Marcus	Wakim	Open Male	Collingwood Harriers Athletic Club
Rhydian	Cowley	Open Male	Glenhuntly Athletic Club
Alejandro	Stephens	Open Male	Glenhuntly Athletic Club
Corey	Dickson	Open Male	Knox Athletic Club
Grace	Louey	Open Female	Knox Athletic Club
Eden	Morgan	U20 Male	Knox Athletic Club
Emily	Smith	Open Female	Knox Athletic Club
Char	Hay	Open Female	Melbourne University Athletic Club
Jemima	Montag	Open Female	Melbourne University Athletic Club
Will	Thompson	Open Male	Mornington Peninsula Athletic Club
Will	Bottle	U20 Male	Tasmania
Jade	Chitty	U20 Female	Western Athletics
Kaitlyn	Sivour	Open Female	Western Athletics
Jonathan	Ho	U20 Male	Wyndham Track and Field Club

The only disappointment is how few will be there to see this fine field at work. Whatever the competition level or meet status, the walk is invariably given the opening slot on the program, as if to get it out of the way before the athletics start. The result will be another lost opportunity to showcase the cream of Victoria's walking talent for a public that rarely, if ever, sees it. We can only hope that, early as it is, there will still be enthusiastic trackside commentary at that hour of the morning, as well as the *athsvicTV* cameras.



**AV Junior Track & Field c'ships, 24-26 February – Lakeside Stadium**

As is often the case with these championships, contrasting conditions greeted the U14/15 3000m (Friday 24) and U16/18 5000m (Saturday 25) contestants. The younger brigade had to tackle their event in the hottest part of a 30C+ day, while the 'big kids' had a much cooler morning race with some humidity and showers in the offing. Conditions aside, the contests were keenly fought and several big PBs resulted.

Although **Ela Uzun** is an honest girl (of course), she rarely gets a PB these days without swiping something else as well. In this, her first AV track championship, she won the U14 title as expected but also made off with Jemima Montag's Victorian State and VRWC U14 records with a blitzing **13:45.73**, as well as wiping out her own VRWC U12 and U13 records – a most impressive display of speed walking. **Mya McClure**, another AV track titles debutante, walked a tough race in the heat for U14 silver.

The boys' titles went to **Jaime Hvalica** and **Max Davidson**, both of whom have a while remaining in these age groups and bright prospects for further progress, especially if they get some winter walking into their legs. **Angus Shuttleworth** tried his hand at 3000m at AVSL three weeks ago for a promising result; here, he ripped nearly half a minute from that time for second place in **16:33.64**.

**Men U14 3000m Walk**

1 Jaime Hvalica	Diamond Valley	16:24.03
2 Angus Shuttleworth	Knox Aths	16:33.64*
3 Beau McKinnon	Knox Aths	18:33.96

**Women U14 3000m Walk**

1 Ela Uzun	Essendon Aths	13:45.73*
2 Mya McClure	Box Hill AC	15:45.77
3 Havana Ali	Essendon Aths	17:39.49

**Men U15 3000m Walk**

1 Max Davidson	Diamond Valley	15:18.36
2 Daniel Pashutin	Knox Aths	15:39.15
3 Hamish McLennan	Doncaster AC	19:52.44 <i>First 3000m</i>

**Women U15 3000m Walk**

1 Mietta Morgan	Knox Aths	17:41.35
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*\*PBs:* Ela 0:34 (also AV U13 & U14 recs, VRWC U12, U13, U14 recs); Angus 0:26



*The U14/15's tough it out in the late afternoon heat.*

*(Photos: Ece Uzun)*



*A much cooler morning start for the U17/18s.*

*(Photo: Therese Smith)*

The Saturday morning 5000m titles saw **Marcus Wakim** clock **20:13.51** to get to within 5secs of Nathan Brill's State U17/18 record time of 20:08.02, a time that seemed impregnable before and now much less so. **Riley Coughlan** joined Marcus in the sub-21min camp with an enormous PB, while **Joel Imbriano** came back after a year-long break from walking to clinch bronze in a tight battle with **Zach Matters**.

While PB times weren't on the cards for the girls on this occasion, all three turned on a good showing with **Maddison Nash** taking another step back towards her best form, finishing fastest with **26:08.58**.

**Men U17 5000m Walk**

1 Riley Coughlan Knox Aths 20:53.21\*

**Men U18 5000m Walk**

1 Marcus Wakim Collingwood Harr. 20:13.51\*  
2 Scott Peart Ballarat YCW 23:52.59  
3 Joel Imbriano Diamond Valley 27:28.07\*  
4 Zachary Matters Box Hill AC 27:28.86

**Women U17 5000m Walk**

1 Ariana Pashutina Knox Aths 27:44.94

**Women U18 5000m Walk**

1 Maddison Nash Knox Aths 26:08.58  
2 Emily Smith Knox Aths 28:41.11

*\*PBs:* Riley 0:49; Marcus 1:05; Joel 3:17



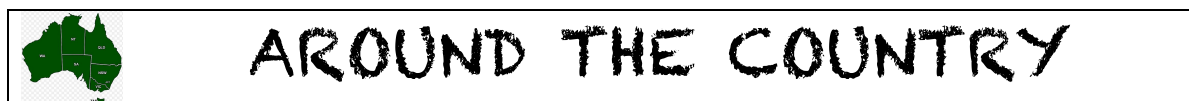
*U17/18 5000m ... small field, big results.*



*Well done, everyone!*

*(Photos: Therese Smith, Kerrie Peart.)*

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**A.C.T.** ACT Masters & Athletics in the ACT Summer series, 9 & 10 February - Woden

Results courtesy of **Helen Toyne** via ACTRFCW newsletter:

Notable results this week include **Julia Grocott** breaking 30 mins for 5km for the first time, PBs to **Jillian Ryan** in both the 1500m and 3000m, **Lily Christian**, **Kodi Clarkson** (1500m), **Ross Wilkinson**, and **Owen Toyne**. Ann also had a good race and was our sole Masters representative.

All of our club junior 3000 and 5000m walkers have achieved the automatic entry standards for Nationals in Brisbane. Well done.

**1500m Women**

1 Emma Grocott	U15	ACTRFCW	7:00.50
2 Jillian Ryan	U14	ACTRFCW	7:14.24
3 Rachel Glason	U15	ACTRFCW	7:48.21
4 Julia Grocott	U18	ACTRFCW	7:56.89
5 Lily Christian	U14	ACTRFCW	9:33.70
6 Erin Cross	U16	Other ACT	10:22.89
7 Keira James	U18	Other ACT	10:48.15
8 Madison Longmire	U14	Other ACT	11:49.08

**1500m Men**

1 Kodi Clarkson	U16	ACTRFCW	5:56.35
2 Ross Wilkinson	U14	ACTRFCW	7:56.08
3 Edward Murphy	U16	ACT-LAA	9:04.03

**3000m Women**

1 Jillian Ryan	U14	ACTRFCW	16:02.38
2 Emma Grocott	U15	ACTRFCW	16:02.59
3 Grace Souter-Robertson	U15	ACTRFCW	19:51.38

**3000m Men**

1 Kodi Clarkson	U16	ACTRFCW	12:22.88
2 Nicholas Christian	U15	ACTRFCW	14:20.35

**5000m Women**

1 Hana Jugovic	U18	ACTRFCW	29:01.25
2 Julia Grocott	U18	ACTRFCW	29:34.58

**5000m Men**

1 Owen Toyne	U17	ACTRFCW	20:39.06
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1 Ann Staunton-Jugovic	W55	ACTRFCW	28:33.41
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**QUEENSLAND** QA Interclub results, Saturday 25 & 11 February – QSAC, Brisbane

Thanks to **Robyn Wales** for sending through these QA results. Terrific PB performances by **Bailey Housden** and **Tayla Billington** in winning their State 10,000m titles. Wonderful to see Tayla back racing after a 5-year absence.

My apologies to the other QLD walkers who set PBs that weren't acknowledged here. There simply wasn't time to research them. Nevertheless, well done on your efforts.

**\*\* Dane Bird-Smith Shield, Saturday 25 April**

**WU18 3000m Walk**

1 Rebecca Teahan	TWH	16:19.27
2 Lily Goulding	QRW	17:30.23

**MU15 3000m Walk**

1 Kai Dale	QRW	15:16.06
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**WU16 3000m Walk**

1 Milly Sharpe	GLD	15:46.66
2 Destinee Pickvance-Yee	QRW	16:29.11
3 Olivia Boulton	GCA	16:32.46
4 Katie Bray	ASR	17:18.94
5 Maya Barron	Ignition	17:28.14
6 Natasha Flahey	QRW	17:40.22

**MOpen 3000m Walk**

-- Luke Gay	QA-GBR	DQ
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**MU18 3000m Walk**

1 Alex Bradley	QRW	14:59.83
2 Roel Wheeley	SAS	16:47.76

**WU14 3000m Walk**

1 Ella Cosgrave	Border Str	17:07.61
2 Kiara Waterman	QRW	18:17.46

**MU16 3000m Walk**

1 Micah White	Dec.Bay	16:00.63
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**MU14 3000m Walk**

1 Lachlan Moore	RED	16:40.75
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3 Pippa Anderson	RED	18:38.45
4 Lily Barnett	TWH	19:57.80
5 Barbara Froget-Penaranda	TWH	21:18.43
-- Mikaela McDonald	QRW	DQ

**QA WOpen10,000m c'ship**

1 Taylah Billington	TAC	47:21.56	PB 1:11
2 Brenda Gannon	UNQ	1:00:12.26	
3 Jasmine Rose-McRoberts	UNQ	1:12:14.12	

**QA WU18 10,000m c'ship**

1 Anika Clarke	RED	54:37.18
2 Mia Bergh	GCV	56:35.35
3 Summer Millard	QRW	59:51.31
4 Torryn Fisher	QRW	1:04:15.45
-- Korey Brady	GRW	DQ

**QA WU17 10,000m c'ship**

1 Ashanti Heap	GCA	59:22.96
2 Amber Norton	Aths North	1:00:07.92
3 Phoebe Chadwick	QRW	1:01:18.13
4 Lily Housden	QRW	1:08:42.31

**QA MU17 10,000m c'ship**

1 Bailey Housden	QRW	45:20.29	PB 8:38
2 Sam McCure	GCV	51:29.15	

**QA MU18 10,000m c'ship**

1 Seth Wasson	Qrun	52:11.06
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*QA 10,000m: U18s Anika and Summer striding out.  
(Photo: Racewalk Across Australia)*



*Open winner Tayla , flanked by Brenda and Jasmine  
(Photo: Robyn Wales)*

**\*\* Garry Brown Shield, Saturday 11 April**

**WU16 3000m Walk**

1 Destinee Pickvance-Yee	QRW	16:55.95
2 Makenna Clarke	RED	16:59.38
3 Olivia Boulton	GCA	17:04.25
-- Maya Barron	IGN	DNF

**WU14 3000m Walk**

1 Mikaela McDonald	QRW	16:47.61
2 Ella Cosgrave	BOR	17:26.48
3 Zoe Renton	TWH	18:10.93
4 Kiara Waterman	QRW	18:54.71
5 Lani Ellwood	EML	19:41.39
6 Lily Barnett	TWH	21:07.69

**WU20 5000m Walk**

1 Torryn Fisher	QRW	32:43.77
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**MU16 3000m Walk**

1 Kai Dale	QRW	16:21.38
2 Noah Tilton	QRW	18:28.00
-- Noah Wheeley	RED	DQ

**MU14 3000m Walk**

1 Hunter Sibenaler	QE2	23:35.94
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**MU20 5000m Walk**

1 Seth Wasson	QRUN	24:37.09
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**WU18 3000m Walk**

1 Ashanti Heap	GCA	27:30.95
2 Taylah Morris	GCV	30:50.53
3 Lily Goulding	QRW	32:24.89
4 Lily Housden	QRW	34:04.42

**MU18 5000m Walk**

1 Bailey Housden	QRW	21:50.65	PB 0:06
2 Sam McCure	GCV	24:20.47	
3 Roel Wheeley	SAS	26:48.9	

**WU16 3000m Walk**

1 Milly Sharpe	GLD	27:36.30
-- Katie Bray	ASR	DQ

**W35+ 3000m Walk**

1 Brenda Gannon	QMA	29:09.65
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<b>SOUTH AUSTRALIA</b> ASA Interclub results, 24 February – Mile End stadium
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**Kim Mottrom** was Chief judge for these events, held in pleasant and very welcome conditions after a couple of 40C+ scorchers. **Anthony Tana** had the best result with a very quick 1500m PB.

**Open 5000m**

Cooper Rech	Coastal Districts	27:34.91	
Rhiannon Lovegrove	Port Adelaide	28:58.56	
Mel Grantham	SA Masters	29:21.67	PB 0:10
Katie De Ruvo	Western Districts	29:48.99	
Peter Crump	Saints Athletics Club	30:25.62	
Jordan McKenna	Northern Districts	32:22.77	

**Open 1500m**

Anthony Tana	Southern Athletics Club	6:18.11	PB 0:21
Sebastian Richards	Southern Athletics Club	6:53.96	
Sam Wilks	Pembroke	6:56.93	PB 0:02
Daisy Braithwaite	Saints Athletics Club	6:59.50	PB 0:16
Angelina Legrand	Pembroke	8:11.35	
Orlando Grantham	Saints Athletics Club	8:12.41	
Alexis Thiele	Flinders	8:12.85	PB 0:24
Marie Maxted	SA Masters	9:30.67	
Alex McEwan	Tea Tree Gully	11:57.08	

<b>TASMANIA</b> Tas Masters & Northern Tas interclub results, 22 February – multiple locations
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Results courtesy of **David Moore**:

This week's accolade goes to Newstead's **Lani Broad** for achieving a 70 second PB for her 3000m time at the Mid-week Northern Tas. Athletics Meet.

**Northern Tas. Athletics Interclub - St Leonards Northern Athletics Centre 22/02/23****Results 3000m Walk**

1. Lani Broad	Newstead AC	18:05.46	<b>PB</b>
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**1500m Walk**

1. Cacia Charles	Newstead AC	9:02.96	
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**Tas Masters T&F - Domain Athletics Centre Hobart 22/02/23****Results 3000m Walk**

1. Oliver Morgan (M16)	OVA	14:07
2. Wayne Fletcher (M75)	NS	26:04

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# INTERNATIONAL NEWS

## FRANCE: National 100km c'ship and 24 hour event, 25/26 February - Bourges

Merci to **Emmanuel Tardi** for providing the results of France's latest ultra-distance competition:

I was in Bourges this weekend (200km to the south of Paris) for our 100k national championship. The championship was included in a 24 hours event. Each lap was 2,5km long, and for the 24 hours, there was a small lap (600m) in the last hour. The start was at 1pm. Only a few starters on the start line, unfortunately.

In the women event, **Morgane Ausello** (32 years old) start the faster and walked very easy. She reached the 50km mark in 5h20, en route to a sub 11h mark. But after 60km she fainted, fell, and lost consciousness. She was evacuated. Now she is fine. Victory for the 100k went to **Veronique Bessot**. For the 24h, victory was for **Sylvie Maison**.

In the men event, **Florian Letourneau** walked 3hours with **Alexandre Forestieri**, then he walked alone and won the 100km and the 24h. He is ready for our national championship of 24h in Chateau-Thierry in 4 weeks, where Yohann Diniz is announced.\*

Ancillary event was twice 6 hours. **Daniel Bocuze** won with 98km.

As usual there was a short race on Sunday morning. Only 6 starters on the 10k and the 5k unfortunately.

(\* There was a report, or at least a rumour, that Yohann Diniz was going to start in the 24 Hours at Chateau-Thierry. It appears to be unfounded – but what a prospect! Ed.)

### 24heures Femmes

1	MAISON Sylvie	Strasbourg Aa	175k932	7.331 km/h
2	CAUDAL Claire	Cm Roubaix	153k098	6.379 km/h
3	BIZARD Claudie	Thiais Ac	152k139	6.339 km/h
4	BIRAUD Sylvie	Athletisme Sud 17	148k299	6.179 km/h
5	ARNAULT Francoise	Neuilly Sur Marne Athletisme	119k763	4.990 km/h

### 24heures Hommes

1	LETOURNEAU Florian	Ac Chateau Thierry	194k555	8.106 km/h
2	ERARD Christophe	Asm Bar-le-duc	178k328	7.430 km/h
3	MALFONDET Alain	Nl Paris	176k625	7.359 km/h
4	LETESSIER Gilles	Entente Rochefort Ocean Athlet	173k196	7.217 km/h
5	MAILLOT Marc	Grac Athletisme*	160k757	6.698 km/h
6	BOURICHON Christophe	Us Champagne-sur-seine	160k199	6.675 km/h
7	PINEAU Laurent	Athletisme Sud 17*	158k927	6.622 km/h
8	FORESTIERI Alexandre	Ust Courir A Saint Tropez	157k604	6.567 km/h
9	RIGAL Jean-marc	Domont Athletisme	156k181	6.508 km/h
10	VICTOR Etienne	Arnouville Gonesse Villiers-le	156k035	6.501 km/h
11	SADET Francois	Nl Mery Es Bois	144k157	6.007 km/h
12	ARNAULT Jacques	Neuilly Sur Marne Athletisme	142k263	5.928 km/h
13	ENJOLRAS Jean-claude	Nl Les Abrets En Dauphine	126k243	5.260 km/h



Letourneau & Forestieri



Erard



Malfondet

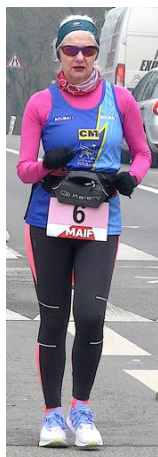
### 100km Femmes

1	BESSOT Veronique	MAF/62	Domont Athletisme	12h22'36"
2	MAISON Sylvie	MAF/73	Ill Bruche A Lingolsheim	13h00'15"

3	CAOUDAL Claire	MAF/69	Cm Roubaix	14h31'15"
4	BIRAUD Sylvie	MAF/67	Haute Saintonge Athlé	14h53'56"
5	BIZARD Claudie	MAF/59	Thiais Ac	15h35'09"
6	ARNAULT Françoise	MAF/48	Neuilly Sur Marne Athletisme	19h16'97"
-	AUSELLO Morgane	SEF/92	Nice Cote D'azur Athletisme	DNF



Maison



Caoudal



Bizard



Bessot

(Photos: Emmanuel Tardi)

#### 100km Hommes

1	LETOURNEAU Florian	MAM/88	Ac Chateau Thierry	10h58'43"
2	FORESTIERI Alexandre	MAM/82	Ust Courir A Saint Tropez	11h46'29"
3	ARNAULT Jacques	MAM/62	Neuilly Sur Marne Athletisme	12h07'45"
4	LANEAU Maxime	MAM/84	Us Camon	12h27'43"
5	ERARD Christophe	MAM/70	Asm Bar-le-duc	12h37'46"
6	MONTANI Alexandre	MAM/66	As Monaco	12h44'34"
7	GROS Gildas	MAM/67	Cis Anould	12h46'03"
8	SEFFARI Abdelaziz	MAM/58	Afa Feyzin-venissieux	13h20'44"
9	VANDENBERGHE Renaud	MAM/70	Marne Et Gondoire Athletisme	13h28'04"
10	BOURICHON Christophe	MAM/70	Us Champagne-sur-seine	13h52'02"
11	PINEAU Laurent	MAM/68	Haute Saintonge Ath	14h05'02"
12	MAILLOT Marc	MAM/59	Grac Renwez	14h12'58"
13	RIGAL Jean-Marc	MAM/59	Domont Athletisme	15h05'24"
14	BATTIST Bruno	MAM/55	Domont Athletisme	16h10'12"
15	GIRAUDEAU Denis	MAM/51	Ulac Pays Fouesnantais	16h14'42"
16	MARTINUZZI Pierre	MAM/73	Domont Athletisme	21h47'56"

#### 2fois 6 heures

1	BOCUZE Daniel	MAM/55	Fac Andrezieux	98km019
2	LABARRE Bertrand	MAM/57	Cs Provins Athletisme	88km460
3	TILLIER Ludovic	MAM/79	Le Chesnay-rocquencourt	83km252
4	MOUGENOT Patrick	MAM/63	Marne Et Gondoire Athletisme	82km597
5	GALMICHE Catherine	MAF/57	Arnouville Gonesse	45km000
6	MOREIRA Brigitte	MAF/65	Ca Foecy	35km000

#### 10kilometres

1	BOYER Nicolas	MAM/77	Us Champagne-sur-seine	55'06"
2	BIZARD Lucie	SEF/90	Stade Francais	57'05"
3	BABOIN Michel	MAM/56	Saran Loiret Athletic Club	1h00'00"
4	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	1h32'43"

#### 5kilometres

1	BOUELE Birtukan (Ethiopie)	SEF/88		35'12"0
2	MAUNY Claude	MAM/55	Neuilly Sur Marne Athletisme	41'58"0

## MARCIADALMONDO & O MARCHADOR ROUNDUP

**Marcia Dal Mondo** is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmundo.com/eng/risultati.aspx?anno=2023> along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, February 27, 2023 - Álvaro Martín and María Pérez stand out in the 35 km walk of the Spanish Championships <http://omarchador.blogspot.com/2023/02/alvaro-martin-e-maria-perez-destacam-se.html>
- Monday, February 27, 2023 - Tiago Sucena and Gabriela Santos win under-20 nationals on indoor track (Pombal-2023) <http://omarchador.blogspot.com/2023/02/tiago-sucena-e-gabriela-santos-vencem.html>
- Sunday, February 26, 2023 - Callum Wilkinson and Abigail Jennings, British Indoor Champions (2023) <http://omarchador.blogspot.com/2023/02/callum-wilkinson-e-abigail-jennings.html>
- Sunday, February 26, 2023 - Žiūkas and Vaiciukevičiūtė, Lithuanian indoor champions (2023) <http://omarchador.blogspot.com/2023/02/ziukas-e-vaiciukeviciute-campeoes-da.html> (A month of racing and altitude training in Australia seems to have suited Monika, Austeja and Marius pretty well.)
- Friday, February 24, 2023 - Christie and Melville, USA Indoor Champions (2023) <http://omarchador.blogspot.com/2023/02/christie-e-melville-campeoes-dos-eu.html>
- Friday, February 24, 2023 - Partanen and Nurmi, Finnish indoor champions (2023) <http://omarchador.blogspot.com/2023/02/partanen-e-nurmi-campeoes-finlandeses.html>
- Thursday, February 23, 2023 - British Indoor Masters Championships 2023 (results) <http://omarchador.blogspot.com/2023/02/campeonatos-britanicos-de-masters-em.html>
- Thursday, February 23, 2023 - Zdziebło and Niedziałek win Polish indoor titles -Toruń 2023 <http://omarchador.blogspot.com/2023/02/zdziebo-e-niedziaek-conquistam-titulos.html>
- Thursday, February 23, 2023 - Antigoni Ntrispoti sets Greek record in 3000 m indoor walk <http://omarchador.blogspot.com/2023/02/antigoni-ntrispoti-com-recorde-da.html>
- Wednesday, February 22, 2023 - Francesco Fortunato and Alexandrina Mihai win Italian indoor titles <http://omarchador.blogspot.com/2023/02/francesco-fortunato-e-alexandrina-mihai.html>
- Wednesday, February 22, 2023 - Koki Ikeda and Nanako Fujii win the Japan 20km March Championships <http://omarchador.blogspot.com/2023/02/koki-ikeda-e-nanako-fujii-vencem-os.html>
- Tuesday, February 21, 2023 - João Vieira and Vitória Oliveira were crowned champions of Portugal in Indoor Track <http://omarchador.blogspot.com/2023/02/joao-vieira-e-vitoria-oliveira-sagraram.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-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
Sat 25 Mar 2023	<b>AVSL Playoffs Week 2 (walks)</b> – Lakeside Stadium
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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*(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.*

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**\*DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

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