



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 **



Joint WOTW awards this week go to **Olivia Sandery** (SA) and **Will Bottle** (TAS), following outstanding performances last weekend in which each broke long-standing State records.

Competing in the SA 5000m Open track title race, **Olivia** eclipsed Tanya Holliday's State record by 12 secs to set a new mark of **21:09.08** – a 40sec PB. It's surely only a matter of time before Olivia joins the exclusive sub-21min 'club'. Certainly, this result (added to her Fawkner Park 20km showing) points to a 10,000m race to watch in Brisbane.

Will, competing in the Victorian 5000m championship, resumed his string of battles with Marcus Wakim and produced arguably the best result of his career to date, breaking the 30-year old Tasmanian State Open record (held previously by Greg Robertson) with a time of **20:40.25** – a 49sec PB. Will is one of Australia's many rising stars who will make the Nationals in Brisbane a meet to savour in a few weeks' time. Well done Olivia and Will – may your progress continue and keep us riveted!



*Honourable mentions:

The incentive of a State championships meeting will always produce examples of excellence, making the selection of WOTW a challenging of enjoyable task. With four states holding their titles at more or less the same time, the challenge is even more acute as exceptional results come at you from all points of the compass.

The list of those meriting commendation is extensive, and several of the following could have won:

- **Elizabeth McMillen (NSW)** – back-to-back NSW 5000m title wins in **21:43.17** (U20) and **21:51.00** (Open). Elizabeth's U20 result came to within 9secs of Natalie Saville's State record.
- **Declan Tingay (WA)** – totally dominated the Victorian 5000m State title race to break his own national record with **18:12.52** ... the fastest track time ever walked in Australia.
- **Kyle Swan (VIC)** – a massive PB performance to break 19mins (**18:54.96**) for his first Open Victorian track title win, beating Perseus Karlstrom and Rhydian Cowley along the way.
- **Samantha Findlay (SA)** – tore her 10km PB to shreds to win the SA State 10,000m track title in **47:53.62** ... an improvement of 1:42!
- **Zoe Woods & Sienna Pitcher (NSW)** – big PBs in taking 1st and 2nd places in the NSW U17 5000m title.
- **John Ronan (WA)** – anyone who relieves Declan Tingay of a record – *any* record – deserves a pat on the back. On this occasion John sundered Dec's WA U16 Little Aths 1500m mark by 6 secs, posting **5:48.92**.
- **Myles Ashby (NSW)** – a PB of over a minute is always commendable. Miles achieved his by 1:02 in taking the Boys U17 5000m title in **23:45.32**.



CLUB NEWS and RESULTS

**** VRWC WINTER FIXTURE ISSUED**

The Winter fixture for 2023, having gone through a number of revisions and adjustments, is now available for perusal on the Club webpage at <http://www.vrwc.org.au/vrwcw23.shtml> .

A PDF copy will also be attached to the email carrying this issue. Along with race dates, it will contain all necessary information regarding membership, registration, race entry, uniforms, points competitions, Code of Conduct and other matters.

Request: *We would like to have a modest number of paper copies of the fixture (foldable to A5 size) available for those who need them. If any members are in the printing trade (or know someone who is) and could help us out, please contact Mark Donahoo or Stu Cooper.*

THANKS LACHIE!

Lachlan MacDonald (son of Heather Carr) has stepped down from his position at MinuteMan Press to pursue other ventures.

We thank Lachie for his service to the Club over many years, including printing of fixtures, creation of our VRWC teardrop banner and, of course, printing the mugs and flasks for the Club's Centenary celebrations last year.

Well done, Lachie, and all the best!

***VIEWPOINTS**

With regard to your comments in your most recent newsletter, I would like to pose a few questions...

A few years back, Andrew Jamieson and I were quite perturbed when the World Masters Athletics decided to cease recognising the championship and records performances of the 30km race walk events. We both held world records at that time. It now appears that the younger age groups are seeing a similar diminishing of their competition availability.

A little while ago, international discussions were held in regard to how a significant race walk event was being swept under the carpet. The 50km, which had just been recognised as an official women's distance, was about to disappear.

For a few years there has been discontent with the way that the world organisations that oversee race walking, have been eroding away the competitions of the sport. Have we come to the stage where exponents of race walking will have to create a new body of groups to bring about and maintain a series of distance events that cater for those walkers that are interested in 50km events?

Participant numbers in distance competition, for swimming, cycling, running, kayaking, etc., are increasing. Why are our international bodies removing the distance aspect of race walking?

What would happen if we began producing another recognised body whose interest was the presentation of distance race walking?

Yours,
Gary Little (NZ)

*Thanks for your letter, Gary.
We could certainly create another body, assuming that*

sufficient participants would flock to it to make it viable. The question is: How many distance race walkers, with the time and resources to train for it, could be found to make such an undertaking worthwhile? The death of domestic 50km competition around the world was one of the justifications (or excuses, depending on your point of view) given by the IAAF Race walking sub-committee for voting down the 50.

When I first joined the VRWC (VAWC, as it was then) in 1967, you could be sure of getting 10 starters on average to a Victorian 50km championship for around five or six finishers. Those numbers diminished steadily as society changed, training time contracted and traffic-free roads on Sundays disappeared. Making distance race walking appealing enough to a new generation to entice them to a new breakaway body in today's environment would present a different level of challenges.

The 35km, whatever its adequacy as a 50km replacement, is at least being supported by national athletics associations worldwide, albeit with uneven participation rates. We can only hope that WA stands up to the IOC and maintains it for Paris. After that, we'll have to wait and see. They're unlikely to be asking us what we think, anyway. - Stu

Very much agree with what you have written about the Olympic walks in Heel & Toe, Stu. And to think, before Tokyo, we were told the 50k couldn't be added in less than 3 years out!

-Rhydian Cowley

It seems to me, Rhyd, that, they being them and we being us, they can say and do pretty much what they like, when they like. There are few truly immovable objects but a mind made up has to be one of them. - Stu

VICTORIA - METRO & REGIONAL



VIC. MASTERS NEWS

Simon Evans has passed on the following information, regarding a new VMA competition. VMA members will likely have received notice of the event already through 'Footprints' or by email. If you haven't, or if you require further information, contact Rob Mayston at president@vicmastersaths.org.au

VMA 30+ GIFT

Sunday 16 April 2023
@ Doncaster Athletics Track

Early bird entries close: Monday 27 March 23:59 (Melbourne Australia) \$10 entry
Late entries close: Thursday 6 April 23:59 (Melbourne Australia) \$20 entry

Walk: 1,600m. Max. field size 100. Mixed event.

Prizes - 1st: Sash + \$200, 2nd \$100, 3rd \$50. Handicap basis: Times.

Format: Athletes will start "on the clock" supervised by race marshals, with time penalties applying if an athlete starts before being called to start. Depending on the number of entries field will be split as, "young guns" / "living legends" based on ability / handicap.

Link to Entry form: <https://emlsports.com/registration/vma-athletics-gift-2023>



AV Open-U20 Track & Field c'ships, 3-5 March - Lakeside Stadium

In deceptively warm and oppressive conditions despite the early start, **Declan Tingay** smashed his own Australian 5000m record (set at this same meeting last year) by 12 seconds in Sunday's Victorian track walk titles to record **18:12.52** – the fastest 5000m time ever recorded on the track in this country. In doing so he led home the highest quality field ever to contest a Victorian track walking championship, with two breaking 19mins and two more 20mins.

Taking command from the gun, Tingay left the opposition in his wake with only his Fawkner Park conqueror **Perseus Karlstrom** (SWE) challenging him. Behind the pair, **Rhydian Cowley** had the task of shaking off a dogged **Kyle Swan** in a bid for his 11th State title. **Marcus Wakim**, entered in the Open race, was keen to better his sub-21min U17 title effort of the previous week, and it was pleasing to see **Corey Dickson** back racing after a lengthy absence from the walking scene.

Tingay dropped Karlstrom with a fearsome surge which took him past 3km in under 11mins and saw him hurtle to victory. The title, of course, would go to the first Victorian, which seemed likely again to be Cowley until around 3 laps to go when Swan shot past, opening up a widening gap and also passing Karlstrom to claim gold with a massive PB of **18:54.96**. Cowley still managed to squeeze out a PB of his own to take silver ahead of **Will Thompson**, who'd walked pretty much his own race for **19:42.91** and 3rd place. Wakim fell shy of the 20:13.51 he'd posted last week, but not by much, and his **20:34.90** was another in a string of top-class efforts from this exciting young walker.

On the subject of young walkers, 17yo **Will Bottle** (TAS) made the most of the company around him to post his first sub-21min result, crossing first in the U20 title race **20:40.25**. This set new Tasmanian State Open, U20 and U19 records and gives Bottle the all-time fastest Tasmanian ranking, held for over 30 years by Greg Robertson. **Fraser Saunder**, back in form and looking ahead, took the U20 title in a PB time of **21:49.17**.

The Women's Open & U20 championship went as expected to **Jemima Montag** who'd hoped to attack Kerry Saxby-Junna's national mark. It wasn't to be, however, and she had to settle for the title in **20:54.90**. The interest was in the battle for



(Photo: AV)

second between **Bec Henderson** and Colombia's **Sandra Lorena Arenas**, with Henderson dictating terms until 1km out when Arenas forged ahead to cross 17secs ahead of the Aussie, **21:30.33** to **21:47.23**. Behind them, **Kate Siviour** pulled out a 58sec PB for her first State medal, 3rd in **24:37.44**.



Bec



Jemima and Sandra



'Percy'

(Photos: AV)

Men 5000m Walk Open

1	Declan Tingay	(WA inv.)	18:12.52AR*
2	Kyle Swan	(ANW)	18:54.96*
3	Perseus Karlstrom	(SWE inv.)	18:58.74
4	Rhydian Cowley	(GHY)	19:01.44*
5	Will Thompson	(MPA)	19:42.91
6	Marcus Wakim	(COL)	20:34.90
7	Corey Dickson	(KNA)	21:00.75
8	Alejandro Stephens	(GHY)	25:08.19

Women 5000m Walk Open

1	Jemima Montag	(MUU)	20:54.90
2	Sandra Lorena Arenas	(COLO inv.)	21:30.33
3	Rebecca Henderson	(MEN)	21:47.23
4	Kaitlyn Siviour	(WES)	24:37.44*
5	Jemma Peart	(BYC)	26:36.32
6	Char Hay	(MUU)	27:26.32
7	Grace Louey	(KNA)	28:49.70
8	Emily Smith	(KNA)	29:06.13

Men 5000m Walk U20

1	Will Bottle	(TAS inv.)	20:40.25*
2	Fraser Saunder	(BYC)	21:49.17*
3	Eden Morgan	(KNA)	23:57.05*
4	Jonathan Ho	(WYN)	30:22.85

Women 5000m Walk U20

1	Jade Chitty	(WES)	27:38.02
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*PBs – Declan 0:12; Kyle 0:53; Rhydian 0:08; Kaitlyn 0:58; Will 0:49; Fraser 0:27; Eden 0:10

CLUB CODES

ANW	Athletics Nunawading	MPA	Mornington Peninsula
BYC	Ballarat YCW	MUU	Melbourne University
COL	Collingwood Harriers	SWE	Sweden
COLO	Colombia	TAS	Tasmania
GHY	Glenhuntly	WA	Western Australia
KNA	Knox Athletics	WES	Western Athletics
MEN	Mentone	WYN	Wyndham



Bling City! ... Rhydian, Kyle, Dec, Will T, Perseus, Bec, Sandra, Jemima and Kate



Jade, Eden, Will B, Fraser and Jonathan.

(Photos: AV)

PAGE AND SCREEN

** Many thanks to **David Armstrong** for forwarding the following links to footage of the AV 5000m races, shot by his team on Sunday. Great camera work, particularly at ground level ... useful for coaches.

- Men's race: <https://www.youtube.com/watch?v=WGFFqbxYYkY?start=883>
- Women's race: <https://www.youtube.com/watch?v=WGFFqbxYYkY?start=3085>

AROUND THE COUNTRY

State T&F championships around the country produced many exceptional results and dozens of PBs (too many to list here, so we've confined mention to placegetters). We look forward with anticipation to the Australian championships in Brisbane over March-April.

NEW SOUTH WALES

ANSW Open & U23 T&F c'ships, Saturday 4 March – SOPAC, Sydney

Elizabeth McMillen, in hot form this summer, and **Dylan Richardson** took the gold in the Open championships with fast efforts, Elizabeth backing up from her first sub-22 in the U20 titles and Dylan not far from his own PB.

Women Open 5000m Walk

1	Elizabeth McMillen	04	MWA	21:51.00	
2	Hannah Mison	01	MIG	22:47.06	PB 0:14
3	Allanah Pitcher	03	SYU	23:13.73	
4	Zoe Woods	07	ASW	23:47.05	
5	Emma Blanch	03	SYU	23:55.94	
6	Sienna Pitcher	07	MIG	23:58.48	
7	Hannah Bolton	03	MIG	24:26.28	
8	Bridget Bell	02	ASW	25:46.94	
9	Ciara Cassilles	07	WES	26:42.35	
10	Hannah Parker	02	SYU	27:23.54	
11	Chelsea Olbrich	06	HDA	30:43.85	
12	Alannah Hickson	05	ASW	32:59.51	

Men Open 5000m Walk

1	Dylan Richardson	00	MIG	20:47.91	
2	Jack McGinniskin	02	MIG	21:14.26	
3	Myles Ashby	07	GOS	24:49.53	
4	Jack Robson	05	HDA	28:32.81	

NEW SOUTH WALES ANSW U17-U20 T&F c'ships, Friday 24 February – SOPAC, Sydney

Highlight of the meet was clearly **Elizabeth McMillen's** smashing of her PB by nearly a minute to come within 9 seconds of Natalie Saville's State U20 record, recording **21:43.17**. With the Nationals in Brisbane coming up at month's end, Elizabeth is on track for a successful assault on Natalie's mark.

In the U17s race, **Zoe Woods** and **Sienna Pitcher** continued their rivalry with Zoe again prevailing, both girls recording huge PBs. **Myles Ashby** also seized the occasion for his own big PB step in taking the boys' title.

U20 5000m Walk

1	Elizabeth McMillen	04	MWA	21:43.17	PB 0:58
2	Alannah Hickson	05	ASW	31:44.22	
3	Imogen Cochrane	09	ASW	32:11.85	

1	Raven Pyda	04	WES	23:38.69	PB 0:16
2	Jack Robson	05	HDA	27:50.59	
3	Brendan Pospischil	05	WHI	29:51.41	

U18 5000m Walk

1	Aiva Pinches	06	ANL	25:56.15	
2	Chelsea Roberts	06	ASW	26:17.77	
3	Ella Munroe	06	HDA	29:08.26	
4	Chelsea Olbrich	06	HDA	29:28.63	
5	Laelia Byatt	06	GRW	30:42.82	

1	Grady Platt	06	ANL	25:37.57	
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U17 5000m Walk

1	Zoe Woods	07	ASW	23:24.30	PB 0:54
2	Sienna Pitcher	07	MIG	23:52.46	PB 0:49
3	Ciara Cassilles	07	WES	26:08.73	
4	Lyla Williams	07	ASW	27:45.85	
5	Lilah Norden	07	KEJ	29:12.10	
6	Abbey Bektas	07	NEP	29:51.92	
7	Jessica Berechree	07	ASW	30:08.38	
8	Jessey Bektas	07	NEP	31:04.55	
9	Summer Sivaraj	07	ASW	31:30.43	
10	Laura Corvalan Sotomayo	08	GRW	32:14.95	

1	Myles Ashby	07	GOS	23:45.32	PB 1:02
2	Joel Byatt	07	GRW	25:57.76	
3	Brodie Spamer	07	MHA	26:54.04	
4	Aidan Pospischil	07	WHI	30:53.55	
5	Peter Charlton	07	EAC	37:49.53	

SOUTH AUSTRALIA ASA T&F c'ships, Fri-Sun 3-5 March – Mile End stadium

Kim Mottrom reports:

We had our 3000m and 5000m state champs races tonight. Highlights were **Olivia Sandery** breaking Tanya Holliday's state record by 12 seconds, **Tim Fraser** breaking the ACT record and many other PB's.

U14 Boys 3000m

Samuel Wilks	Pembroke	14:50.68
Orlando Grantham	Saints AC	17:59.28

U14 Girls 3000m

Alexis Thiele	Flinders	17:52.70	PB 0:48
Matilda Rech	Coastal Districts	21:25.11	

U16 Boys 3000m

Sebastian Richards	Southern AC	14:48.86
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U16 Girls 3000m

Elise Scott	South Coast	15:43.19	PB 0:27
Angelina Legrand	Pembroke	17:34.91	
U17 Boys 5000m			
Cooper Rech	Coastal Districts	28:09.30	
U17 Girls 5000m			
Kate De Ruvo	Western Districts	29:07.74	
Emily Lynch	Saints AC	30:44.97	
U18 Boys 5000m			
Anthony Tana	Southern AC	24:57.16	PB 0:15
U18 Girls 5000m			
Daisy Braithwaite	Saints AC	25:26.44	
Jasmine Crabb	Coastal Dist	35:24.00	PB 0:23
U20 Women 5000m			
Nellie Langford	Southern AC	23:58.33	PB 0:38
Open Men 5000m			
Tim Fraser	Canberra inv.	19:20.28	PB 0:16
Tristan Camilleri	Adelaide Uni	21:18.21	
Kim Mottrom	SA Masters	21:50.15	
Jordan McKenna	Northern Dist	31:57.34	
Open Women 5000m			
Olivia Sandery	Pembroke	21:09.08	PB 0:40, State Record
Samantha Findlay	Southern AC	22:53.75	PB 1:31
Rhiannon Lovegrove	Port Adelaide	27:34.46	
Over 35 Women 5000m			
Melissa Grantham	SA Masters	29:34.59	
Dash Newington	Qld Masters	32:59.89	PB 1:50
Over 50 Men 5000m			
Peter Crump	Saints AC	30:13.67	
Alex McEwan	Tea Tree Gul.	43:06.81	
Over 50 Women 5000m			
Marie Maxted	SA Masters	33:44.28	
Over 35 Women 10,000m			
Melissa Grantham	SA Masters	1:03:05.89	
Open Men 10,000m			
Kim Mottrom	SA Masters	44:59.02	
Tristan Camilleri	Adelaide Uni	47:46.26	
Peter Crump	Saints AC	1:02:20.93	
Jordan McKenna	Northern Dist	1:05:18.22	PB 6:54
Open Women 10,000m			
Samantha Findlay	Southern AC	47:53.62	PB 1:42
Rhiannon Lovegrove	Port Adelaide	58:31.93	
U20 Men 10,000m			
Anthony Tana	Southern AC	56:55.08	First 10km
Cooper Rech	Coastal Dist	58:50.57	First 10km
U20 Women 10,000m			
Nellie Langford	Southern AC	53:17.80	
Daisy Braithwaite	Saints AC	53:37.54	First 10km

TASMANIA Tas Masters & Athletics South interclub results, 1 & 5 March– Domain AC, Hobart

Results courtesy of **David Moore**:

Athletics South Interclub

5/03/23

Results 5000m Walk

1. Oliver Morgan	OVA	25:16.10
2. Elizabeth Leitch	ES	34:58.91
3. Wayne Fletcher	NS	45:11.90

Tas Masters T&F

1/03/23

Results 3000m Walk

1. Oliver Morgan (M16)	OVA	14:12
2. Wayne Fletcher (M75)	NS	23:24

WESTERN AUSTRALIA Athletics West State T&F c'ships, 3-5 March – WAAS, Perth

Terry Jones reports on last weekend's Athletics West State titles:

This year AW combined the Little Aths events (U13 and above) with the senior's events as part of the consolidation process into one athletics body, which should explain the unusual appearance of the results. Events below U13 will be conducted on the weekend of 17–19 March.

I have bolded the result for the **Men 1500 Metre Walk LA Under 16** because of the record and names involved.

The weekend weather was generally good after a week of heat wave conditions.

Two things stand out from these results: (1) Declan Tingay *losing* a record (courtesy of John Ronan) on the same weekend he gained another on the opposite coast, and (2) the combining of AW and Little Athletics WA championships leading to many more young walkers at a time on the track for spectators to see ... always a positive outcome.

1500m

Women 1500 Metre Walk LA Under 14

1 Isabelle Curtis	Athletics West	7:53.3
2 Katica Borsic	Gosnells LAC	8:09.4
3 Chelsey Ireland	Rockingham LAC	8:12.9
4 Gracie Dabala	Rockingham LAC	8:26.5
5 Amanda Johnson	Kingsway LAC	8:53.9
6 Jessica Muijs	Belmont LAC	9:03.6
7 Zarah Scott	Belmont LAC	9:22.4
8 Zoe Parsons	Belmont LAC	10:07.7
9 Claudia Flamini	Ridgewood LAC	10:25.4
10 Jayde Colyer	Gosnells LAC	11:22.9

Women 1500 Metre Walk LA Under 15

1 Kaytee Bogaers	Mandurah Roc	7:24.7
2 Asha Freeman	Inglewood LAC	8:25.5
3 Leila Bevis	Mandurah Roc	8:42.9
4 Emmelleine Claridge	Gosnells LAC	9:02.4
5 Matilda Reid	Bunbury LAC	9:38.3
Sophie Gray	Baldivis LAC	DQ TR54.7.1

Women 1500 Metre Walk LA Under 16

1 Ashlyn Spence	Kingsway LAC	7:21.6
2 Layla Dabala	Rockingham LAC	8:16.1
3 Riley Rosenberg	Rockingham LAC	8:32.5
4 Isobelle Herriot	Inglewood LAC	9:02.3
5 April Schroder	Bunbury LAC	9:18.3
6 Karleah Khaira	Cockburn LAC	10:36.6

Women 1500 Metre Walk LA Under 17

1 Lataya Lawrence	Rockingham LAC	7:51.7
2 Lily Masson	Inglewood LAC	8:30.6
3 Rhiannan Eva	Inglewood LAC	9:02.9

Men 1500 Metre Walk LA Under 14

1 Jackson Almstrom	Gosnells LAC	8:20.0
2 Trent D'Alessio	Gosnells LAC	8:29.1

3 Cooper Payne	Kingsway LAC	8:30.7
-- Kade Constantine	Gosnells LAC	DQ TR54.7.1
Men 1500 Metre Walk LA Under 15		
1 Jesstine Morales	Gosnells LAC	7:59.6
2 Luke Lawrence	Rockingham LAC	8:21.4
Men 1500 Metre Walk LA Under 16		
<i>(LA State Record: 5:54.41 2015 Declan Tingay)</i>		
1 John Ronan	Kingsway Ath	5:48.92*
2 Harry Randall	Cockburn LAC	7:55.9
3 Rylan Scott	Belmont LAC	8:17.5

5000m

Women 5000 Metre Walk Under 20		
1 Alexandra Griffin	UWA Athletic	24:47.1
2 Brooke Mortimore	Athletics West	31:22.8
Women 5000 Metre Walk Under 18 (LA U17)		
1 Kaytee Bogaers	Mandurah Roc	28:05.3
Men 5000 Metre Walk Under 17 (LA U16)		
1 John Ronan	Kingsway Ath	21:48.1
Men 5000 Metre Walk Open		
1 Bradley Mann	Perth Track	24:15.2

3000m

Women 3000 Metre Walk Under 14 (LA U13)		
1 Tory D'Alessio	Athletics West	17:48.3
2 Aleeah Pike	Perth Track	18:12.2
3 Annabelle Van Sprengel	Rockingham LAC	18:14.3
4 Trinity Doulis	Belmont LAC	20:00.4
Charlotte Burgess	West Track Club	DQ TR54.7.1
Women 3000 Metre Walk Under 15 (LA U14)		
1 Katica Borsic	Athletics West	17:15.2
2 Isabelle Curtis	Athletics West	17:45.0
3 Gracie Dabala	Rockingham LAC	19:22.1
Women 3000 Metre Walk Under 16 (LA U15)		
1 Kaytee Bogaers	Mandurah	Roc 15:32.62
2 Asha Freeman	Inglewood LAC	17:55.9
3 Leila Bevis	Mandurah Roc	18:23.0
Men 3000 Metre Walk Under 14 (LA U13)		
1 Keiran Smith	Cockburn Ath	15:05.3
2 Keenan Munro	Ridgewood LAC	17:04.1
3 Orlando Follington	Swan Valley LAC	18:49.3
4 Linkin Lawrence	Rockingham LAC	20:17.6
Men 3000 Metre Walk Under 15 (LA U14)		
1 Trent D'Alessio	Gosnells LAC	17:55.4
2 Ali Znad	Gosnells LAC	18:02.3
Men 3000 Metre Walk Under 16 (LA U15)		
1 Luke Lawrence	Rockingham LAC	18:12.8



INTERNATIONAL NEWS

COLOMBIA: Colombian Walking Championships, 2 March - Chia

(Report and photo reprinted from O Marchador.)

Chía, a city with an altitude of 2564 meters in the Colombian municipality of Cundinamarca, hosted last Saturday (25/2), the National Road Walking Championships, an event that had the participation of several of the best national athletes, and some foreigners, and which opens the season's competitive process, followed by competitions in Europe, with the aim of obtaining qualification marks for the world championships in Budapest and the Olympic Games in Paris.



In the men's 20 km, with the participation of 17 athletes (2 dropouts), **César Alberto Herrera**, from Bogotá DC, imposed a clear superiority over the other competitors, registering **1:24:27**. The next podium positions were occupied by **Mateo Romero**, also from Bogotá DC, with **1:27:45**, and **Ronald Stiven Salla**, from Cundinamarca, with **1:32:57**.

In the women's 20 km, without the participation of Sandra Lorena Arenas, silver medalist at the Olympic Games in Tokyo and who in mid-February obtained a 1:31:21 in Melbourne, the triumph belonged to **Laura Chalarca** with **1:37:21**, having as companions of the national podium **Arabelly Orjuela**, with **1:37:54**, and **Sara Patricia Pulido**, with **1:41:25**, all representing Bogotá DC The Czech **Eliška Martínková**, non-championship, was third overall, with **1:40:54**. 9 athletes participated.

In the men's 35 km, which opened the championships at 6:10 am, 10 male athletes lined up at the start, 7 of them completing the race. Debuting in the distance, **Juan José Soto** won the title with a time of **2:39:02**, ahead of the 20 km world champion, **Eider Arévalo**, who recorded **2:39:56** and **Manuel Esteban Soto**, with **2:40:22**, all from Bogotá DC Apparently there was no female participation in the distance.

In the youngest, reference for the winners in the sub-20 (10 km), **Miguel Peña**, with **44:00**, **Ruby Segura**, with **50:16**, followed by **Natalia Pulido** with 50:41, and in the sub-18, **Juan Pablo Rojas**, with **45:06** (10 km), and **Nicol Díaz**, with **27:11** (5 km), all from Bogotá DC

(Full results available at <https://www.ligatletismobogota.com/images/pdf-23/RECAMAR.pdf>)

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.marciadalmondo.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, March 6, 2023 - Tiago Ramos and Inês Mendes, under-23 national champions on the Pombal indoor track <http://omarchador.blogspot.com/2023/03/tiago-ramos-e-ines-mendes-campeoes.html>
- Monday, March 6, 2023 = Zhaozhao Wang (1:19:40) and Jiayu Yang (1:26:41) stand out in the 20 km in Huangshan, China <http://omarchador.blogspot.com/2023/03/zhaozhao-wang-11940-e-jiayu-yang-12641.html> (This, and the 35km below, were the Chinese selection trial races for Budapest.)
- Sunday, March 5, 2023 - Xianghong He (2:22:55) and Xueying Bai (2:40:59) win 35 km in Huangshan, China <http://omarchador.blogspot.com/2023/03/xianghong-he-22255-e-xueying-bai-24059.html>
- Friday, March 3, 2023 - José Ignacio Aledo breaks Europe's M40 record of 3,000 m indoor track march <http://omarchador.blogspot.com/2023/03/jose-ignacio-aledo-bate-recorde-da.html>

- Thursday, March 2, 2023 - Spanish marchers under-20, under-18 and under-16 at the national championships in Cieza 2023 (results) <http://omarchador.blogspot.com/2023/03/marchadores-espanhois-sub-20-sub-18-e.html>
- Wednesday, March 1, 2023 - Nazar Kovalenko with new 8-year suspension (doping) <http://omarchador.blogspot.com/2023/03/nazar-kovalenko-com-nova-suspensao-de-8.html> (Just what his country needs right now ...)
- Wednesday, March 1, 2023 - Daniel Pintado and Nathaly León win 35 km at the championships in Machala (2023) <http://omarchador.blogspot.com/2023/03/daniel-pintado-e-nathaly-leon-vencem-35.html>
- Wednesday, March 1, 2023 - David Hurtado and Glenda Morejón in evidence in the 20 km of the Championships of Ecuador - Machala 2023 <http://omarchador.blogspot.com/2023/03/david-hurtado-e-glenda-morejon-em.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.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2023

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
Sat 25 Mar 2023	AVSL Playoffs Week 2 (walks) – Lakeside Stadium
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
Sun 16 Apr 2023	VMA 30+ Gift (1600m Walk) – Tom Kelly track, Doncaster
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
Sun 6 Aug 2023	AMA Masters 20km road c'ship - Adelaide

International Dates

19 Mar 2023	17th All Japan Universities 20km Race Walking c'ship – Nomi, JAP
30 Apr 2023	2nd Gran Premio Internacional Madrid Marca LaLiga – Madrid, ESP
6 May 2023	Grande Premio Internacional de Rio Major em Marca Atletica – Rio Major, ESP
3 June 2023	36th Gran Premio Cantones de La Coruna de Marcha – La Coruna, ESP
28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

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