



# 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 \*\*



The AVSL Playoffs walks – all held over 2000m – saw some terrific fast efforts from our younger brigade, as you’ll see in the results. Most notable on this occasion was **Riley Coughlan’s** win in **8:03.79** at Mt Evelyn, which ripped a huge 26secs from his PB.

In a way, Riley can count himself a little unlucky. Having turned 16 in January, he thus fell just outside the eligibility window for claiming Nathan Brill’s VRWC U16 Club record. As Brill’s records had looked almost beyond reach, surpassing one by 0:07sec yet missing out by a bare three months of age would be frustrating. But Nathan’s U17 record of 7:52.5 is eminently gettable, and one wouldn’t want to bet on him keeping it beyond next summer if Riley maintains his rate of improvement.

Well done, Riley! We wish you all the best in the Nationals in Brisbane.

### \*Honourable mentions:

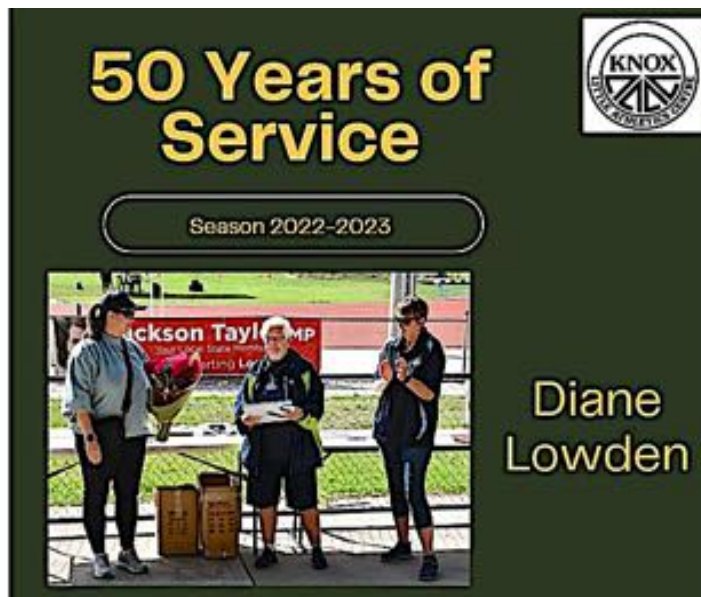
- **Ela Uzun (VIC)** – broke through the 9min barrier for 2000m for the first time, a 14sec PB and a new VRWC Club U12 record.
- **Jade Chitty and Maddison Nash (VIC)** – both recorded big 20+sec PBs for their first sub-10min 2000ms.
- **Hamish & Lewis McLennan (VIC)** – big improvement by the brothers at Aberfeldie.
- **Cooper Rech (SA)** – a 44-sec improvement over 5000m in South Australia’s final summer track competition.

While **Walker Of The Week** is a regular feature in *Heel & Toe*, we don’t have a category for Official of the week. Had we one, it would surely provoke no argument to nominate **Di Lowden** as the winner for this issue.

Di was last weekend presented with an award for 50 years of service with Knox Little Athletics Centre. Half a century of service to any organisation, but particularly a sporting club based upon volunteerism, is worthy of recognition from across the sport. The strength of the Knox centre is due in large measure to Di’s tireless efforts, particularly in the race walking field.

In addition, Di’s work as a judge, judge’s educator and AV official liaising with VRWC judges has been invaluable over many years, and we hope to see her continue her involvement in these essential areas for some time to come.

For further background on Di Lowden’s contribution to our sport and to the VRWC, read Tim Erickson’s citation for her Life membership at <http://www.vrwc.org.au/vrwc/ifedlowden.shtml>





# CLUB NEWS and RESULTS

**\*\* To all members (returning or new - )**

## **Changes to VRWC Race registration**

Hello Members,

To bring entry for the VRWC's races into line with those of AV, AA and clubs in other states, we are making major changes to the Club's race registration procedures. These changes are effective immediately.

### **\*What do I need to do?**

All competing members must complete a separate **Member Registration** on the site, to enable event registration. This is something you need do only once. Please note that **it is not linked to AV's system, and AV user credentials will not work.**

Here's what you do:

- Go to <https://www.revolutionise.com.au/vrwc/>
  - Navigate to "**Become a Member**" in the top menu line. **Do not select "Returning member" this year, as the database is empty.**
  - Complete the necessary fields. It is important to complete the ages of athletes correctly, as events and pricing are calculated for the age group. For example, if your age is 21, you can only register as an Open member. If your age is 15, you will be presented with U16 age group pricing.
  - Country members, (as defined by VRWC, those living outside the Melbourne 03 Telephone area code) can use Discount code "**Country23**" at checkout, and a 50% discount will be applied.
  - Upon successful registration, you will receive an email with your **unique username**. The email will contain a link to set a **password**. Note that each registered user will have their own username. (For a family with three competitive members, this means three usernames.)
  - You will also have the chance to pay at checkout via Paypal, PinPayments or Direct Bank Transfer. If you don't pay at that point, another email will be generated with an invoice. The email will have a button or link to take you to the payment page. You must complete the registration, reminders will be sent if the account is not reconciled.  
**PinPayments** is a system in competition with PayPal and works very similarly. We will phase out Paypal as its more expensive.
- Members can purchase a **Season Pass** upon initial registration, at check out. The Season Pass will be added to the fees payable.  
Alternatively, a Season Pass can be purchased from the **Shop** at any time after registering. Once purchased, you will be sent, via email, a unique code to apply at checkout to remove all race fees. **For the current season, the season pass is not transferable to anyone else and usage is strictly controlled and monitored. Any misuse will result in invalidation of the season pass and will be removed from the system.**

**\*How do I register for a race?**

- Go to <https://www.revolutionise.com.au/vrwc/events/>
- Event registration is open to members only. Competitors will have to login using their unique username.  
**NOTE:** If you are using the same PC for multiple competitors, please ensure you are logged in as the correct person – please look at the top of the page to see who is logged in.
- Non members will have to pay on the day at the check-in at the clubrooms. Online event registration is not available to non members.
- **Coming Events** will be on the right-hand side of the website. Each event will have a button “Details”. This button, when pressed, will take you to the Event detail page. From here you can **Register** in an event or see who else has already registered. Both options will have a button to press.
- When registering, you will need to add your **Club BIB number** (if known) and then select which event you are entering on the day. You can only enter one event. Please complete the form, acknowledge the *Terms and conditions* and press **Next Step**. This page will now confirm your details and event and the option to apply your Season Pass code. Please ensure the Season pass code is correct and has been applied.
- The next page will confirm everything, then will give you the option either to pay now by selecting PayPal, PinPayments or bank transfer, or via the invoice that will be sent via email.
- An email will also be automatically generated confirming your entry.

**\*What about Canberra entries?**

At this stage, the new system is not configured to take LBG entries. Therefore, the former ‘Racewalk Realm’ system will be used for Canberra entries ONLY, for this year.

Please contact Terry Swan if you have further questions or experience any difficulties.

Terry Swan, secretary [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au)

Stu Cooper, president

***TO ALL MEMBERS ...***

Please remember to put your name forward to join our Winter  
**DUTY ROSTER**  
on days of your choosing and in whatever role you feel you can  
assist.

We thank those who have already responded to this appeal.

***We need your help!***



Coburg 24 Hour Carnival Website: <http://www.coburg24hr.org/24hr/race-entry/>

Current Entry list and competitor profiles: <http://www.coburg24hr.org/24hr/download/2023/2023-Coburg-24H-Profiles.pdf>

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## VICTORIA - METRO & REGIONAL

### **AVSL RESULTS**

Not surprisingly, season finals usually see most athletes bring their A-game to the track in an effort to snare those elusive premiership points for their clubs. The walkers – particularly the juniors – were no exception on Saturday.

#### **\*\* Metro Zone A: Playoffs , Saturday 25 March – Moonee Vly Aths Centre, Aberfeldie**

**Ela Uzun**, having laid waste to a string of VRWC Club records above her age group of late, came tantalizingly close to taking two more on Saturday, falling 0.8secs shy of Darcey Roberts's U13 and U14 2000m marks with her first sub-9min result of **8:58.8**. I'd say those records are on borrowed time. **Jade Chitty** turned in her fastest result ever, prevailing over **Jaime Hvalica** after a stiff battle which earned them both big PBs, **9:54.7** to **9:55.0**.

Pl	Name	Club	Age	Time	Points	
1	Ela Uzun	(ESS)	F14	8:58.8h	577	PB 0:14, VRWC U12 rec.
2	Jade Chitty	(WES)	F20	9:54.7h	493	PB 0:25
3	Jaime Hvalica	(DIV)	M14	9:55.0h	481	PB 0:14
4	Danny Hawksworth	(ESS)	M40	10:14.2h	409	
5	Havana Ali	(ESS)	F14	10:54.0h	483	
6	David Smyth	(COL)	M50	11:07.30	402	
7	Kerryn Walshe	(KSB)	F60	11:10.6h	535	
8	Lewis McLennan	(DAC)	M14	11:37.5h	392	PB 0:48
9	Donna-Marie Elms	(PTN)	F60	12:18.1h	486	
10	Laura McLennan	(DAC)	F45	12:35.0h	387	
11	Hamish McLennan	(DAC)	M14	12:35.8h	328	PB 0:32
12	Brian Anderson	(ESS)	M60	12:54.2h	352	
13	Sarah Papadopoulos	(DIV)	FOP	13:06.3h	279	
14	Debbie McKenzie	(DIV)	F50	13:14.3h	375	
15	Kim Peak	(DAC)	F55	13:52.2h	370	
16	Duncan Knox	(ESS)	M60	13:55.9h	291	
17	Tracy Colbert	(PTN)	F50	14:06.7h	311	
18	Bernie Keirl	(DIV)	M55	14:42.8h	225	

19	Jo Moxon	(DIV)	F55	14:43.1h	311
20	Robert Gardiner	(COL)	M70	16:14.3h	257
21	Trenton Hawkins	(PTN)	M40	16:45.1h	127
22	Brenda Cashin	(WES)	F55	18:10.2h	176
-	Janice Hodgart	(WES)	F55	DQ	

**\*\* Metro Zone B: Playoffs, Saturday 25 March – Yarra Ranges Athletics Centre, Mt Evelyn**

Across town in the Dandenongs, the pace was similarly hot amongst the youngsters with **Riley Coughlan** claiming a 26sec PB in a scorching **8:03.79**. **Ariana Pashutina** and **Maddison Nash** took big strides in their respective returns to form with strong PB efforts, with Maddie just holding out **Daniel Pashutin** who grabbed his own slice of the PB pie.

1	Riley Coughlan	(KNA)	M16	8:03.79	573	PB 0:26
2	Mark Blackwood	(KNA)	M45	9:13.28	484	
3	Ariana Pashutina	(KNA)	F16	9:43.55	527	PB 0:06
4	Maddison Nash	(KNA)	F18	9:48.67	511	PB 0:23
5	Daniel Pashutin	(KNA)	M14	9:48.83	486	PB 0:11
6	Char Hay	(MUU)	F20	9:51.21	496	
7	Grace Louey	(KNA)	F20	10:44.70	443	PB 0:18
8	Emily Smith	(KNA)	F18	10:53.67	450	
9	Carolyn Rosenbrock	(ANW)	F60	11:08.54	537	
10	Kylie Irshad	(GHY)	F50	11:22.52	480	
11	Simon Evans	(BOH)	M60	11:26.41	434	
12	Natalie Laurie	(ANW)	FOP	11:47.35	374	
13	Michael Harvey	(WAM)	M60	12:10.11	399	
14	Lucas Taylor	(YRA)	MOP	12:16.32	260	
15	Dee Holohan	(SAN)	F55	12:27.88	450	
16	Emilie Garside	(YRA)	FOP	12:50.81	292	
17	Geoffrey Barrow	(MEN)	M70	14:05.28	363	
18	Clyde Riddoch	(WAM)	M65	14:16.17	308	
19	Gwen Steed	(GHY)	F70	14:28.59	453	

**\*\* Ballarat Zone: Playoffs, Saturday 25 March – Llanberris Stadium, Ballarat**

Masters star **Sarah Brennan** again showed herself to be in brisk form, winning at Llanberris in **10:21.59**, just 20secs shy of the PB she set 11 years ago.

1	Sarah Brennan	(BYC)	F45	10:21.59	511
2	Stephen McLennan	(WEN)	M55	12:34.84	337
3	Kevin Ruddick	(BHA)	M70	13:35.23	392
4	Leigh Benbow	(EKA)	M14	16:01.49	180
5	Roslyn Ireland	(BWK)	FOP	16:03.28	161
6	Olive Ireland	(BWK)	F60	16:41.35	254

**\*\* Bendigo Zone: Playoffs, Saturday 25 March – Latrobe Uni Athletics Track, Flora Hill**

It was Masters territory also at Bendigo's playoff race, with **Jennifer Payne** outlasting **Annette Major**, **13:11.72** to **13:21.30**.

1	Jennifer Payne	(SBE)	F65	13:11.72	475
2	Annette Major	(EAG)	F60	13:21.30	435
3	Claire Noonan	(EAG)	F20	14:28.00	210
4	Leigh Browell	(SBE)	M45	14:43.23	186
5	John Watson	(BGO)	M70	16:30.41	246
6	Annette Curtis	(SBE)	F65	16:45.14	287
7	Wendy Ennor	(EAG)	F65	18:18.11	226

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# AROUND THE COUNTRY



## Australian Masters T&F Championships, 10-13 March – SOPAC, Sydney

Unfortunately, the NSW results link for the 10,000m Road walks turned up a blank when the track events results were published a fortnight ago. Here they are, courtesy of the AMA website:

### W30 10000m Race walk

1 Roslyn Kirwin W34 QMA 1:26:57

### W35 10000m Race walk

1 Dash Newington W38 QMA 1:11:29

### W55 10000m Race walk

1 Karyn Tolardo W57 MAWA 1:00:15  
2 Ann Staunton-Jugovic W59 ACTMA 1:00:24

### W60 10000m Race walk

1 Donna-Marie Elms W61 VMA 1:10:10  
2 Anne Weekes W60 NSWMA 1:11:51  
3 Lorna England W63 ACTMA 1:31:22

### W70 10000m Race walk

1 Heather Carr W73 VMA 1:11:51

### W75 10000m Race walk

1 Jacqueline Wilson W77 UNA 1:10:00

### W80 10000m Race walk

1 Daphne Jones W81 NZL 1:27:38  
2 Lynne Schickert W81 MAWA 1:29:14  
3 Glenys Duncan W82 MAWA 1:45:56

### M45 10000m Race walk

1 David Styles M46 VMA 59:52  
2 Daniel Lowe M47 MAWA 1:12:49

### M50 10000m Race walk

1 David Smyth M53 VMA 1:04:09

### M60 10000m Race walk

1 Kevin Cassidy M62 VMA 1:02:05

### M65 10000m Race walk

1 Victor Munoz M68 MAWA 1:06:00  
2 Robert Osborne M67 NSWMA 1:15:06

### M70 10000m Race walk

1 John McDonagh M74 MAWA 1:09:58  
2 Dennis Williams M74 NSWMA 1:15:06  
3 Tuck Yen M74 NSWMA 1:30:56

### M80 10000m Race walk

1 Bryan Thomas M81 ACTMA DQ

### M85 10000m Race walk

1 Jim Seymon M85 NSWMA 1:34:41

## SOUTH AUSTRALIA ASA Interclub results, 24 March – Mile End stadium

With another ‘graveyard shift’ Friday schedule (not to mention the State Little Athletics titles the next day), fields were understandably small for the final ASA Interclub round for the summer. Daisy Braithwaite and Cooper Rech appeared to relish the uncluttered track, both recording good PBs.

Thanks to **Kim Mottrom** for the results.

### Open 5000m

Daisy Braithwaite	Saints Athletics Club	24:01.75	PB 0:12
Cooper Rech	Coastal Districts	26:49.66	PB 0:44
Peter Crump	Saints Athletics Club	29:57.17	
Jasmine Crabb	Coastal Districts	34:52.48	
Jordan McKenna	Northern Districts	DNF	

### Open 1500m

Rhiannon Lovegrove	Port Adelaide	7:36.05	
Marie Maxted	SA Masters	9:27.43	
Ross Hill-Brown	Flinders	11:41.62	
Alex McEwan	Tea Tree Gully	12:16.07	

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# INTERNATIONAL NEWS

**SLOVAKIA:** Dudinska 50 (WA Race Walking Tour Gold meeting), 25 March - Dudince

## **Garcia breaks 35km race walk world record in Dudince**

*(Reprinted from World Athletics reports)*

Double world champion **Kimberly Garcia** got her 2023 campaign off to a superb start on Saturday (25), breaking the 35km race walk world record with **2:37:44\*** at the Dudinska 50, the first World Athletics Race Walking Tour Gold meeting of the year.

The Peruvian race walker produced a solo effort from the early stages, passing through the first kilometre as part of a small lead group and then breaking away just a couple of minutes later. By the time she reached 5km in 22:41, she had a 16-second lead over Chinese duo **Liu Hong** and **Ma Li**.

Garcia's lead grew to more than a minute by 15km, which she passed in 1:07:29 with four-time world champion Liu still level with compatriot Ma. World silver medallist **Katarzyna Zdziebło** was a further minute behind in fourth.

Ma started to lose contact with Liu at about 18km, but Garcia continued churning out her metronomic splits, reaching 20km in 1:29:58. With 10km to go, Garcia's lead over Liu had grown to 84 seconds. **Wu Quanming**, meanwhile, was starting to close on Chinese teammate Ma.

Garcia reached 30km in 2:15:10, almost two minutes clear of Liu, who was safe in second place. Wu had moved into third by this stage, but Ecuador's **Magaly Bonilla** was closing fast.

There was no catching Garcia, though, who maintained her relentless pace to charge through the finish line in 2:37:44, taking two seconds off the previous fastest mark for the distance.

Liu, who was making her debut at the distance, followed more than two minutes later in **2:40:06** but was rewarded with an Asian record. Bonilla was third in an Ecuadorian record of **2:46:32** and a fading Wu held on for fourth (**2:47:34**).

"I knew I was in good shape and that I could challenge the world record," said Garcia. "The first 20km was ok and at a good pace, then I started to tire and the wind got stronger. Thankfully I found some extra energy for the final five kilometres.

"It's a big thing for me to achieve this record," added Garcia, who also confirmed she will defend both of her titles at this year's World Championships. "I still think I can go faster, maybe at the World Championships. I'm not planning any more 35km races before Budapest."



*(Photo: gob.pe)*

### **Women's 35km Race Walk**

1.	<u>Kimberly GARCÍA LEÓN</u>	19 OCT 1993	PER	2:37:44	WR*, AR
2.	<u>Hong LIU</u>	12 MAY 1987	CHN	2:40:06	AR
3.	<u>Magaly BONILLA</u>	08 FEB 1992	ECU	2:46:32	
4.	<u>Quanming WU</u>	16 NOV 2001	CHN	2:47:34	
5.	<u>Erica SENA</u>	03 MAY 1985	BRA	2:47:59	
6.	<u>Katarzyna ZDZIEBŁO</u>	28 NOV 1996	POL	2:48:53	
7.	<u>Li MA</u>	15 JAN 2000	CHN	2:49:45	
8.	<u>Olga CHOJECKA</u>	30 JUN 1997	POL	2:51:23	
9.	<u>Nathaly LEON</u>	03 JUN 1998	ECU	2:52:59	
10.	<u>Mirna ORTÍZ</u>	28 FEB 1987	GUA	2:55:49	
11.	<u>Laura Cristina MOJICA CHALARCA</u>	26 FEB 2000	COL	2:57:23	
12.	<u>Karla JARAMILLO</u>	21 JAN 1997	ECU	2:57:36	
13.	<u>Austėja KAVALIAUSKAITĖ</u>	25 MAY 2000	LTU	2:58:25	
14.	<u>Ema HAČUNDOVÁ</u>	05 MAR 1999	SVK	2:59:49	
15.	<u>Bianca Maria DITTRICH</u>	06 JUL 1993	GER	3:00:57	
16.	<u>Jocy CABALLERO</u>	02 FEB 1993	PER	3:01:51	
17.	<u>Mária KATERINKA CZAKOVÁ</u>	02 OCT 1988	SVK	3:01:53	
18.	<u>Rita RÉCSEI</u>	30 JAN 1996	HUN	3:04:45	
19.	<u>Stephanie CASEY</u>	01 AUG 1983	USA	3:05:29	
20.	<u>Agnieszka ELLWARD</u>	26 MAR 1989	POL	3:06:13	
21.	<u>Anna ZDZIEBŁO</u>	20 NOV 2001	POL	3:11:53	
22.	<u>Tereza ĎURDIAKOVÁ</u>	20 FEB 1991	CZE	3:13:53	
23.	<u>Mihaela ACATRINEI</u>	26 FEB 1995	ROU	3:15:56	
24.	<u>Alejandra ORTEGA</u>	08 JUL 1994	MEX	3:20:57	
25.	<u>Joana PONTES</u>	22 MAR 2000	POR	3:21:22	

26.	<u>Sorana TUTU</u>	16 JAN 2003	ROU	3:22:53
27.	<u>Mihaela Valentina PUȘCAȘU</u>	22 JAN 1995	ROU	3:27:47
28.	<u>Klára HLAVÁČOVÁ</u>	01 APR 2003	CZE	3:29:36
29.	<u>Štěpánka POHLOVÁ KUČEROVÁ</u>	08 JAN 1987	CZE	3:30:12
30.	<u>Nelly BUGÁROVÁ</u>	2001	CZE	3:30:16
31.	<u>Vasilica CLICINSCHI</u>	2003	ROU	3:31:01
-	<u>Kludia ŽÁRSKA</u>	15 JUN 1999	SVK	DNF
-	<u>Barbara OLÁH</u>	26 JUL 1993	HUN	DNF
-	<u>Michaela BAKLIKOVÁ</u>	12 OCT 2001	CZE	DNF
-	<u>Glenda MOREJÓN</u>	30 MAY 2000	ECU	DNF
-	<u>Angela Melania CASTRO CHIRIVECHZ</u>	21 FEB 1993	BOL	DNF
-	<u>Johana ORDÓÑEZ</u>	12 DEC 1987	ECU	DNF
-	<u>Robyn STEVENS</u>	24 APR 1983	USA	DNF
-	<u>Adelaide SANSONI</u>	24 SEP 1982	ITA	DNF
-	<u>Ana Veronica RODEAN</u>	23 JUN 1984	ROU	DNF
-	<u>Diana Georgia ANGELESCU</u>	2000	ROU	DNF
-	<u>Monika VAICIUKEVIČIŪTĖ</u>	03 APR 1996	LTU	DNF
-	<u>Anett TORMA</u>	02 APR 1984	HUN	DNF

*\*Subject to the usual ratification procedure*

Mexico's **Alegna Gonzalez** won the women's 20km race in **1:28:09**, winning by more than two minutes from Puerto Rico's **Rachelle de Orbeta**.

#### Women's 20km Race Walk

1.	<u>Alegna GONZÁLEZ</u>	02 JAN 1999	MEX	1:28:09
2.	<u>Rachelle DE ORBETA</u>	27 MAR 2000	PUR	1:31:11
3.	<u>Sofia RAMOS RODRÍGUEZ</u>	25 AUG 2002	MEX	1:34:22
4.	<u>Eliška MARTÍNKOVÁ</u>	27 JAN 2002	CZE	1:35:24
5.	<u>Maritza Rafaela PONCIO</u>	23 DEC 1994	GUA	1:35:43
6.	<u>Gabriela DE SOUSA</u>	12 JUN 2002	BRA	1:36:29
7.	<u>Valeria ORTUÑO</u>	27 MAY 1998	MEX	1:37:10
8.	<u>Inês MENDES</u>	11 APR 2003	POR	1:37:34
9.	<u>Noelia VARGAS</u>	17 APR 2000	CRC	1:39:14
10.	<u>Tiziana SPILLER</u>	23 DEC 2003	HUN	1:39:28
11.	<u>Alžbeta RAGASOVÁ</u>	06 APR 2002	SVK	1:40:48
12.	<u>Vittoria GIORDANI</u>	14 MAR 2000	ITA	1:41:24
13.	<u>Kate VEALE</u>	05 JAN 1994	IRL	1:41:28
14.	<u>Heta VEIKKOLA</u>	23 MAY 2003	FIN	1:43:53
15.	<u>Dóra CSÖRGŐ</u>	07 OCT 2001	HUN	1:50:20
16.	<u>Barbara HOLLINGER</u>	1988	AUT	1:58:27
-	<u>Ilse GUERRERO</u>	24 MAR 1993	MEX	DNF

## **Doctor remedies last year's runner-up finish**

One year after finishing second over 35km in Dudince, Mexico's **Jose Doctor** triumphed in a national and meeting record of **2:26:37**.

He trailed Olympic bronze medallist **Evan Dunfee** and Ecuador's **Brian Pintado** during the early stages, as Dunfee led through 10km (41:25). They moved together as a trio up until 17km, reached in 1:10:14, but Dunfee then started to slip behind. By 20km, which Pintado and Doctor reached in 1:22:31, an 11-second gap had emerged to Dunfee.

Pintado tried to make a break after 22km, but Doctor reeled him back in just over a kilometre later. Brazil's Caio Bonfim, meanwhile, was also moving through the pack. Doctor reached 25km in 1:43:21 with an 18-second lead over Bonfim, who was now in second, 24 seconds clear of Pintado.

Pintado continued to slip behind and eventually withdrew after 27km. Doctor, however, remained a safe distance ahead of Bonfim, while China's **Cui Lihong** was making up ground on Dunfee.

Doctor extended his lead in the final kilometres and crossed the line a comfortable winner in 2:26:37. Bonfim was second in **2:27:30**. Lihong moved into third place with just over a kilometre left, finishing 15 seconds ahead of the Canadian in **2:29:00**.

#### Men's 35km Race Walk

1.	<u>José Luis DOCTOR</u>	14 JUN 1996	MEX	2:26:37
2.	<u>Caio BONFIM</u>	19 MAR 1991	BRA	2:27:30
3.	<u>Lihong CUI</u>	13 MAY 1999	CHN	2:29:00
4.	<u>Evan DUNFEE</u>	28 SEP 1990	CAN	2:29:15
5.	<u>Ram BABOO</u>	20 MAR 1999	IND	2:29:56
6.	<u>Juan José SOTO</u>	22 AUG 1999	COL	2:31:39
7.	<u>Aleksi OJALA</u>	09 DEC 1992	FIN	2:31:48



8.	<u>Tongda BIAN</u>	01 APR 1991	CHN	2:32:12
9.	<u>Cesar Alberto HERRERA CORTEZ</u>	28 JAN 1999	COL	2:32:28
10.	<u>João VIEIRA</u>	20 FEB 1976	POR	2:33:34
11.	<u>José LEYVER</u>	12 NOV 1985	MEX	2:33:40
12.	<u>Miroslav ÚRADNÍK</u>	24 MAR 1996	SVK	2:33:51
13.	<u>Jhonatan Javier AMORES CARUA</u>	29 AUG 1998	ECU	2:34:14
14.	<u>Stefano CHIESA</u>	25 MAY 1996	ITA	2:34:26
15.	<u>Andrea AGRUSTI</u>	30 AUG 1995	ITA	2:35:06
16.	<u>Dominik ČERNÝ</u>	01 NOV 1997	SVK	2:37:17
17.	<u>Jakub JELONEK</u>	07 JUL 1985	POL	2:37:32
18.	<u>Michal MORVAY</u>	19 AUG 1996	SVK	2:37:39
19.	<u>Aldo ANDREI</u>	15 JUL 2001	ITA	2:39:00
20.	<u>Arnīs RUMBENIEKS</u>	04 APR 1988	LAT	2:39:18
21.	<u>Máté HELEBRANDT</u>	12 JAN 1989	HUN	2:39:20
22.	<u>Max Batista GONCALVES DOS SANTOS</u>	09 OCT 1994	BRA	2:39:22
23.	<u>Andrés CHOCHO</u>	04 NOV 1983	ECU	2:39:26
24.	<u>Bence VENYERCSÁN</u>	08 JAN 1996	HUN	2:40:31
25.	<u>Bernardo Uriel BARRONDO</u>	05 JUN 1993	GUA	2:42:06
26.	<u>Maher BEN HLIMA</u>	24 JUL 1989	TUN	2:43:38
27.	<u>Vít HLAVÁČ</u>	26 FEB 1997	CZE	2:43:43
28.	<u>Marius Iulian COCIORAN</u>	10 JUL 1983	ROU	2:43:59
29.	<u>Ionuț Vasilică PLEȘU</u>	24 MAY 1998	ROU	2:45:04
30.	<u>Mateusz NOWAK</u>	06 MAY 1996	POL	2:45:19
31.	<u>Diego PEREIRA LIMA</u>	04 OCT 1987	BRA	2:46:38
32.	<u>Joe MOONEY</u>	27 APR 1998	IRL	2:48:00
33.	<u>Rafał SIKORA</u>	17 FEB 1987	POL	2:49:22
34.	<u>Pavel Remus RĂDOI</u>	16 NOV 1998	ROU	2:51:44
35.	<u>Rudney DIAS NOGUEIRA</u>	01 FEB 1990	BRA	2:52:39
36.	<u>Jose Maria RAYMUNDO</u>	01 SEP 1993	GUA	2:53:43
37.	<u>Dávid TOKODI</u>	03 MAY 1991	HUN	2:53:57
38.	<u>Martin NEDVÍDEK</u>	25 JAN 1975	CZE	2:58:01
39.	<u>Bruno ERENT</u>	30 DEC 1990	CRO	3:02:06
40.	<u>Lukáš GDULA</u>	06 DEC 1991	CZE	3:02:59
41.	<u>Alexandr MALYSA</u>	10 NOV 1997	CZE	3:08:06
42.	<u>Gonzalo Antonio BUSTAN JAPON</u>	15 JUL 2000	ECU	3:11:26
43.	<u>Luis Fernando GONZÁLEZ MENDEZ</u>	1999	GUA	3:31:28
	<u>Rui COELHO</u>	26 SEP 1994	POR	DNF
	<u>Michele ANTONELLI</u>	23 MAY 1994	ITA	DNF
	<u>Matheus CORREA</u>	22 AUG 1999	BRA	DNF
	<u>Artur MASTIANICA</u>	30 JUL 1992	LTU	DNF
	<u>Narcis Stefan MIHĂILĂ</u>	04 AUG 1987	ROU	DNF
	<u>Hao XU</u>	06 FEB 1999	CHN	DNF
	<u>Érick Bernabé BARRONDO</u>	14 JUN 1991	GUA	DNF
	<u>Dawid TOMALA</u>	27 AUG 1989	POL	DNF
	<u>Jefferson SEGURA</u>	08 DEC 1998	MEX	DNF
	<u>Manuel Esteban SOTO</u>	28 JAN 1994	COL	DNF
	<u>Brian Daniel PINTADO</u>	29 JUL 1995	ECU	DNF
	<u>Łukasz NIEDZIAŁEK</u>	15 MAR 2000	POL	DNF
	<u>Tomasz BAGDÁNY</u>	12 APR 1995	HUN	DNF
	<u>Tadas ŠUŠKEVIČIUS</u>	22 MAY 1985	LTU	DNF
	<u>Antonio BELAS</u>	2003	CRO	DNF
	<u>Sergio Daniel SACUL CAAL</u>	07 FEB 1998	GUA	DQ
	<u>Berislav DEVČIĆ</u>	1966	CRO	DQ

In the closest finish of the day, 2017 world champion **Eider Arevalo** of Colombia won the men's 20km in **1:19:23** with double world bronze medallist **Perseus Karlstrom** finishing 21 seconds behind.

India's **Sandeep Kumar** led during the early stages, going through 5km in 19:38 with a five-second lead over Karlstrom. The Swede drew level with Kumar a few kilometres later and the duo went through 10km in 39:33, 17 seconds ahead of Arevalo and Mexico's **Noel Chama**.

Kumar was given a third red card and had to sit out a one-minute penalty, essentially taking him out of contention. It left Karlstrom alone in the lead between 12km and 17km when Arevalo finally caught up with him.

They rallied for the best part of a lap before Arevalo finally broke free thanks to a 3:50 final kilometre, winning in **1:19:23**. Karlstrom was second in **1:19:44** and Chama was third in **1:20:46**.

#### Men's 20km Race Walk

1.	<u>Eider ARÉVALO</u>	09 MAR 1993	COL	1:19:23
2.	<u>Perseus KARLSTRÖM</u>	02 MAY 1990	SWE	1:19:44
3.	<u>Noel CHAMA</u>	15 SEP 1997	MEX	1:20:46
4.	<u>Andres Eduardo OLIVAS NÚÑEZ</u>	27 MAY 1998	MEX	1:21:17

5.	<u>José Alejandro BARRONDO</u>	16 SEP 1996	GUA	1:21:32
6.	<u>Ricardo ORTIZ</u>	07 FEB 1995	MEX	1:21:38
7.	<u>Ever Jair PALMA OLIVARES</u>	18 MAR 1992	MEX	1:21:45
8.	<u>Veli-Matti PARTANEN</u>	28 OCT 1991	FIN	1:21:46
9.	<u>César Augusto RODRÍGUEZ</u>	26 JUN 1997	PER	1:22:25
10.	<u>Jesus CALDERON</u>	13 APR 1997	MEX	1:23:00
11.	<u>Isaac PALMA</u>	26 OCT 1990	MEX	1:23:36
12.	<u>Sandeep KUMAR</u>	01 MAY 1986	IND	1:23:43
13.	<u>Cristhian JUÁREZ LÓPEZ</u>	02 DEC 2002	MEX	1:23:49
14.	<u>Karl JUNGHANNB</u>	06 APR 1996	GER	1:24:17
15.	<u>David KENNY</u>	10 JAN 1999	IRL	1:24:40
16.	<u>Brendan BOYCE</u>	08 OCT 1986	IRL	1:24:46
17.	<u>Brandon SEGURA</u>	30 APR 1996	MEX	1:25:27
18.	<u>Juan Manuel CANO</u>	12 DEC 1987	ARG	1:25:43
19.	<u>José Eduardo ORTIZ</u>	08 MAR 2000	GUA	1:26:27
20.	<u>Norbert TÓTH</u>	07 OCT 2001	HUN	1:26:57
21.	<u>Saul MENA</u>	02 MAR 2001	MEX	1:27:17
22.	<u>Carlos MERCENARIO</u>	26 JUL 2000	MEX	1:28:06
23.	<u>Nathaniel SEILER</u>	06 APR 1996	GER	1:28:09
24.	<u>Nick CHRISTIE</u>	29 SEP 1991	USA	1:28:54
25.	<u>Joni HAVA</u>	14 JUN 1999	FIN	1:29:00
26.	<u>Adam ZAJÍČEK</u>	09 MAY 2003	CZE	1:29:03
27.	<u>César CORDOVA FERNÁNDEZ</u>	20 OCT 2002	MEX	1:29:29
28.	<u>Jaakko MÄÄTTÄNEN</u>	03 SEP 1999	FIN	1:29:55
29.	<u>Jaromír MORÁVEK</u>	22 MAR 2003	CZE	1:30:40
30.	<u>Aymeric HUE</u>	15 AUG 2001	FRA	1:33:38
31.	<u>Óscar Magdaniel POP</u>	29 OCT 2001	GUA	1:34:45
32.	<u>Milan RÍZEK</u>	05 JAN 1978	SVK	1:35:02
33.	<u>Pietro MARCHETTI</u>	07 FEB 2002	ITA	1:35:35
34.	<u>Rostislav KOLÁŘ</u>	15 JUL 1987	CZE	1:36:09
35.	<u>Imre CSONTOS</u>	25 NOV 1992	HUN	1:37:38
36.	<u>Deividas BALEVICIUS</u>	20 OCT 1999	LTU	1:37:38
37.	<u>Ignas DUMBLIAUSKAS</u>	17 FEB 2003	LTU	1:38:43
38.	<u>AJ GRUTTADAURO</u>	11 DEC 1997	USA	1:51:45
	<u>Sanjay KUMAR</u>	20 SEP 2001	IND	DNF
	<u>Oisin LANE</u>	12 JUN 2002	IRL	DNF
	<u>Matthew GLENNON</u>	14 NOV 2003	IRL	DNF

## 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.

- Tuesday, March 28, 2023 - WMACI Toruń 2023 – Men's 3000 m M60+ (results) <http://omarchador.blogspot.com/2023/03/wmaci-torun-2023-3000-m-masculinos-m60.html>
- Tuesday, March 28, 2023 - WMACI Toruń 2023 – Men's 3000 m M35 to M55 (results) <http://omarchador.blogspot.com/2023/03/wmaci-torun-2023-3000-m-masculinos-m35.html>
- Tuesday, March 28, 2023 - María Pérez with a fabulous Spanish record in the 20 km walk (1:25:30) <http://omarchador.blogspot.com/2023/03/maria-perez-com-um-fabuloso-recorde-de.html>
- Monday, March 27, 2023 - West Asia Youth Athletics Championship (Clubs) - Doha 2023 (results) <http://omarchador.blogspot.com/2023/03/campeonato-de-atletismo-jovem-clubes-da.html>
- Monday, March 27, 2023 - Eider Arévalo and Alegna González win the 20 km march of Dudince <http://omarchador.blogspot.com/2023/03/eider-arevalo-e-alegna-gonzalez-vencem.html>

- Sunday, March 26, 2023 - José Luis Doctor prevails in the 35 km march of Dudince  
<http://omarchador.blogspot.com/2023/03/jose-luis-doctor-impoe-se-nos-35-km.html>
- Sunday, March 26, 2023 - Kimberly García breaks the world record in the 35 km walk in Dudince  
<http://omarchador.blogspot.com/2023/03/kimberly-garcia-bate-o-recorde-mundial.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

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
Sat-Sun 15-16 Apr	<b>Coburg 24Hour Run &amp; Walk (Australian Centurions qualifier)</b> – Coburg Harriers track
Sun 16 Apr 2023	<b>VMA 30+ Gift (1600m Walk)</b> – Tom Kelly track, Doncaster
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
Sun 6 Aug 2023	<b>AMA Masters 20km road c'ship</b> - Adelaide

### International Dates

30 Apr 2023	<b>2<sup>nd</sup> Gran Premio Internacional Madrid Marca LaLiga</b> – Madrid, ESP
6 May 2023	<b>Grande Premio Internacional de Rio Major em Marca Atletica</b> – Rio Major, ESP
3 June 2023	<b>36<sup>th</sup> Gran Premio Cantones de La Coruna de Marcha</b> – La Coruna, ESP
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
26 Jul- 11 Aug 2024	<b>XXXIII Summer Olympics</b> – Paris, FRA
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
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JAP

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