

**USATF Colorado Race Walking Report**  
**WORLD MASTERS INDOOR CHAMPIONSHIPS**  
**April 3, 2023**

The **2023 World Masters Athletics Indoor Championships** were held in Torun, Poland March 26<sup>th</sup> through April 1<sup>st</sup>.

Team USA Masters had two Colorado Association race-walkers **Marianne Martino** and **Carol Wilkinson**, both of High Altitude Racewalk Team.

**3000m Indoors**  
**28 March 2023**

The W65 and W70 age groups were contested in a single heat leading to a very packed track to start.



*Getting instructions before the 3000M. Marianne Martino (3<sup>rd</sup> from left) & Carol Wilkinson (2<sup>nd</sup> from right ball cap) Photo Credit: Vern Wilkinson*

The consummate competitor, Martino raced the 3000m with her eye on the indoor record of 19:02.02 set in Daegu, Korea at WMA March 2017. As is the case with most of her WMA appearances, Martino's friendly rival Australia's Heather Carr was in Torun for the track race. Focusing on the task at hand – her race and that illusive 3000M American record - Martino dropped nearly 7 seconds off her USATF Masters Indoors time set just 17 days ago in Kentucky! Video shows Carr and Martino hard charging to the finish line. Martino finished seventh stopping the clock at 19:09:92.

In analyzing her race, she would have liked to have had a podium spot, however noted that "I got off to a very bad start, totally boxed in. A good start is crucial in a short race." While she rested up, she switched her focus to the 10 km in a couple days time. "This is one of the rare times we have a natural team," mused Martino. "Karen Swisher is walking really fast. I think she, Carol and I would make a good team to bring home a Team Medal." What color? "Gold, of course!" she laughed.

Wilkinson went to Torun with solid indoor performances in Colorado Springs and Lexington, Kentucky, but the city known for excellent Gingerbread was very sweet and tasty indeed to her! Wilkinson's yearsof



experience, focus, and her dedication to her technique paid off as she finished tenth. Her time of 21:14.09 was a season’s best.

When asked about her race, Wilkinson noted that “[t]his year’s racewalk entries included several world class walkers. They are a joy to watch and impossible to beat. Several women in the 70’s age group beat the World Record. I shifted from 4<sup>th</sup> place in Tampere last year to 10<sup>th</sup> place this year due to the quality of the field. I am happy with my performance, bettering my Louisville time by 41 seconds.” Wilkinson was looking forward to being a part of the natural 70 age group team with HART teammate Martino and the silver medalist from the 3000m Karen Swisher.

*Carol Wilkinson walking to a Season Best in the 3000m Photo Credit: Vern Wilkinson*

### 10 km Road 30 March 2023

Outside for a chilly and very fast 10k where most of the field leave Poland with Season’s Bests. The 9am start for the 60+ age group was slightly shifted. The natural team of Martino, Swisher and Wilkinson went out to show the world. Martino was determined to add to the Team USA medal count with a team medal.

In her longest judged event since breaking bones in her foot in Finland, Martino toed the line completely focused on leading her team to gold. After feeling disappointed with her indoors performance, she was truly happy with her 10k. “Excellent conditions – both the weather and the course” stated Martino. “We started a few minutes late because the finish line arch got blown over and had to be uprighted again!”

Wilkinson raced an incredibly solid race under beautiful conditions. She soared to not only another Season’s Best but anchored the W70 team to a gold medal finish!

Although Martino didn’t smash the American 3000m record, she put in some amazing efforts. She and Wilkinson came home with Season Best in both events and a team gold for W70 5k Road.

Time to get ready for Outdoor Season!

### Team Standings 10 km Walk W55+

Place	Country	Summary
<b>1</b>	<b>United States of America</b>	<b>03:26:55</b>
16	4067 MARTINO Marianne	W70 1:06:20
18	4137 SWISHER Karen	W70 1:06:56
34	4159 WILKINSON Carol	W70 1:13:39
<b>2</b>	<b>France</b>	<b>03:54:14</b>
13	614 BROCHOT Edith	W70 1:05:21
41	693 LOYER Suzanne	W70 1:21:08
44	598 BERNIER Janine	W70 1:27:45
<b>3</b>	<b>Germany</b>	<b>03:54:27</b>
36	956 KLINK Ursula	W70 1:16:16
38	961 KÖHLER Renate	W70 1:18:02
40	1032 NEIDEL Heidrun	W70 1:20:09