



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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CLUB NEWS and RESULTS

** FROM THE SECRETARY

Hi everyone.

This Saturday, 24th, is a mixed AV and VRWC Championship.

Entries for the AV Championship **must** be done on the [AV Portal](#).

Entries for VRWC Championship and other races entries on the [Revsport platform](#). You can enter both races.

Saturday 24th June Races AV and VRWC 15km Championships

2.00pm	15km	AV Championship	Open Women
	15km	AV Championship	Open Men
	15km	VRWC C'ship – Elsie Jacobson Trophy	Open Women
	15km	VRWC Championship	U20 Men/Women
	15km	Club Points race	Open
2.15pm	10km	Club points race	Open
	5km	Club points race	Open
2.30pm	3km	Club points race	Open
	1.5km	Club points race	Open

*Entry for all AV championships must be finalised by **11.59pm** on **Wednesday 21 June**, via the AV Entry portal at <https://members.athsvic.org.au/events/184933/>

*Entries for all VRWC events close on **Friday 23 June** at **11.59pm** at <https://www.revolutionise.com.au/vrwc/events/190645/>

*We are excited to be racing on our newly certified **Championship Course**. This will be our first race on this course, its approximately a 200 meter walk from the clubrooms, closer to the lake, along **Aughtie Walk**. Its a 1km loop, with wide corners. We are expecting some fast times from some big names amongst our members. Check-in will still be in the clubrooms, directions to the start line will be there also.

** **PLEASE NOTE:** As using the Championship course will involve transporting our equipment some distance from the Clubrooms (and back again), we ask for anyone who can help with this work, in any way, to contact Terry or Stu as soon as possible, so that we know how many helpers we will have.



As its not as close as our regular course, we will need some extra helpers to setup and pack up. The weather forecast is for perfect race conditions, no rain and – let’s hope – no gale force wind.

Get your entries in before they close **AV Entries close Wed 21 Jun 2023 11:59.**

VRWC Entries close Friday 23rd midnight!

- Terry Swan

**** Coming up ...**

*Saturday 1 July – Middle Park			
2.00pm	8km	Points races	Open
2.00pm	6km	Points races	Open
2.00pm	4km	Points races	Open
2.15pm	2km	Points races	Open
2.15pm	1km	Points races	Open

Entries will be accepted up until 11.59pm on Friday 30 June. Enter online at <https://www.revolutionise.com.au/vrwc/>

VRWC ‘Guess Your Time’ points races, 17 June – Middle Park

A sunny Saturday afternoon was somewhat spoiled by a cold, unrelenting north wind that hammered the 1km course, though not enough to deter the 34 walkers from collecting a total of 9 PBs or competing for prizes in our ‘Guess Your Time’ competition.

First-season racer **Abby Fowler** took the 1km prize in **7:08**, just 12secs off her guess. **Tate Jardine** was right on the money with his prediction of **13:30** for 2km (not to mention a big PB), while **Mya McClure’s** 13sec difference was also a good-enough estimate to win.



The 1km and 2km fields attack the wind.

1km								
<i>Name</i>			<i>Place</i>	<i>Time</i>	<i>Hcp pl.</i>	<i>Guess pl.</i>	<i>Difference to guessed time</i>	
Zoe	Bowkett	F	1	6:00	3	3	0:00:42	
Lily	Bowkett	F	2	6:10	2	4	0:00:46	
Abby	Fowler	F	3	7:08	1	1	0:00:12	PB 0:15
Annika	Semmens Erickson	F	4	8:33	NT	2	0:00:33	
2km								
Daniel	Pashutin	M	1	10:12	3	3	0:00:22	
Pramesh	Prasad	M	2	10:52	NT	5	0:00:42	
Levi	Robertson	M	3	10:58	2	4	0:00:26	PB 0:15
Tate	Jardine	M	4	13:30	1	1	0:00:00	PB 0:27
Oliver	Semmens Erickson	M	5	15:41	4	2	0:00:11	PB 0:22
Mya	McClure	F	1	10:03	2	1	0:00:13	
Hannah	Matthews	F	2	10:55	1	2	0:00:35	
Amelia	Vernal	F	3	12:35	4	3	0:00:30	
Jaida	Robertson	F	4	13:04	3	5	0:00:42	PB 0:06
Merilyn	Thompson	F	5	14:29	5	4	0:00:37	

Riley Coughlan backed up well from his two Canberra wins last week with a brisk 4km in **17:31**, while **Ariana Pashutina's 21:17** won her line honours and the handicap. However, it was **Geoff Barrow** and **Donna-Marie Elms** who claimed the 'GYT' chocolates with their narrow guess margins of 3 secs and 10 secs respectively. (Credit to Donna for her clubmanship in passing her prize on to 2nd-placed Ariana.)

Emily Smith found herself the sole entrant in the 6km, walking off with the time and handicap points as well as some GYT goodies, clocking **35:15**. **Marcus Wakim** achieved a similar result in the 8km, albeit with four others to beat. **Arnika Nelson** turned on a strong showing to win in her first outing over 8km, **42:53**. **Jonathan Ho 47:03** continues to improve in his first road season while **Maddison Nash**, after a quiet start, got the engine going to add another PB to her resume with **44:24**.

4km								
<i>Name</i>							<i>Difference to guessed time</i>	
Riley	Coughlan	M	1	17:31	1	3	0:00:11	PB 0:22
Nikola	Mandic	M	2	18:52	2	2	0:00:07	PB 1:06
Kevin	Cassidy	M	3	22:57	4	5	0:00:27	
David	Smyth	M	4	23:42	3	4	0:00:21	
Geoff	Barrow	M	5	31:07	5	1	0:00:03	
Ariana	Pashutina	F	1	21:17	1	2	0:00:13	
Char	Hay	F	2	22:13	5	4	0:00:17	
Donna-Marie	Elms	F	3	26:20	3	1	0:00:10	
Heather	Carr	F	4	26:55	2	5	0:01:05	
Marnie	Zakis	F	5	28:06	4	3	0:00:14	
6km								
Emily	Smith	F	1	35:15	1	1	0:00:35	

8km									
Marcus	Wakim	M	1	35:46	1	1	0:00:14	PB 0:26	
Jonathan	Ho	M	2	47:03	3	2	0:00:42	First one	
Gerard	Feain	M	3	51:18	2	2	0:00:42		
Terry	O'Neill	M	4	54:33	4	4	0:02:43		
Arnika	Nelson	F	1	42:53	NT		0:02:07	First one	
Maddison	Nash	F	2	44:24	2	2	0:01:14	PB 0:09	
Carolyn	Rosenbrock	F	3	47:53	3	3	0:01:33		
Erika	Woodward	F	4	50:45	NT		0:00:45		
Karyn	O'Neill	F	5	57:32	1	1	0:00:02		



*This week's action models:

Jonathan, Levi, Marcus, Emily, Amelia, Abby, Arnika, Riley, Erika, Merilyn, Oliver, Hannah, Jaida and Kevin.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Manager Mark Donahoo
Referee: Terry Swan
Recorders Mark Donahoo, Richard Nash, Robert Gardiner, Bill Carr, Narelle Coughlan
Judges: Brenda Felton(C), Peter Price, Stu Cooper, Scott Nelson
Set up, Pack up: Terry Swan, Baz Wakim, Marcus Wakim, Gerard Feain, Robert Gardiner, Carolyn Rosenbrock
Bike rider: Terry Swan
Photos: Terry Swan
Walkers: 34

Victorian Race Walking Club

Twilight Trivia

**Saturday 29 July - after the VMA and RWA Challenge races
4.00pm (heads down by 4.30pm) to 6.30pm**

at the Middle Park Bowling Club

\$10 per head, \$25 per family. BYO snacks and nibbles.
Drinks available at the Bowling Club bar. Tea and coffee provided.

**** Maximum numbers: 40** (owing to COVID restrictions, unless otherwise advised)

Make up tables of up to 8 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners-competitiveness * Socialising

**** Come and support our Club and our sport in this annual fundraiser.
Friends and quiz tragics welcome!**

**** Pre-booking deadline is Monday 24 July.** We need final numbers by this day.

Tickets can be pre-booked:

- at the check-in table on race days from Saturday 24th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank -
BSB: 063-143
Acc: 008 00455
Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

Have some fun wracking your brain... in good company!



***CORRECTION:** This wonderful snap of Aussie fauna getting in on the act at Stromlo Park last week was taken by our own **Therese Smith**. It was misattributed to Marnie Gigliotti, who took the other great action photos in the previous issue.

Apologies, Therese, and well done on capturing such a delightful image.





**** WALKER OF THE WEEK ****

South Australian youngster **Cooper Rech** is the winner of this week's WOTW, on the strength of his strong showing in the SARWC's Intervals day competition, held in wet and cold conditions.

Cooper, 15, was the only walker apart from Kim Mottrom to log a sub-5min 1km leg (4:57). He then walked consistent legs to finish the race with an average leg time of **5:12** – the second walker behind Kim to complete all 8 legs.

Well done, Cooper. This effort should set you up for a good second half of the season.

***Honourable mentions**

- **John Ronan (WA)** – Another fast effort by John against the clock to record **46:12.43** for 10km – a 20sec PB – in WARWC competition.
- **Marcus Wakim (VIC)** – in conditions contemptuous of PB attempts, Marcus thumbed his nose at the wind to rip a healthy 26secs from his 8km best, clocking **35:46** on the twisty 1km course.
- **Laela Byatt (NSW)** – a huge improver over 8km, Laela cut 1:13 from her best to record **49:17**.

NEW SOUTH WALES NSWRC results, 17 June – Chipping Norton

Thanks to **Frank Overton** for the following report:

A beautiful day it was at Chipping Norton for the day's races!

The numbers were down with 39 competitors. Considering that Canberra was last week plus the clash with the NSW Cross Country Championships, it was a good attendance.

The Under 10 years division was hotly contested between **Harrison Bouquet, Addison Fahey** and **Beth Cochrane** with 7 seconds separating them. Further back there was another close finish for 4th place with 7 seconds between **Veronica Dennett, Addison Jenkins** and **Antonia Powter**.

Brendan Pospischil, who recorded a PB in Canberra for 10km, continued his improvement with a 1m06s 8km PB today. **Laelia Byatt** continues to improve, reducing her 8km time by 1m13s, another PB.

Following **Jessey Bektas's** PB 5km in Canberra last Sunday, she decided to step up to her first 8km.

Today was certainly a day for PBs with **Alexander Sinnett, Erin Cassilles**, and others recording good PBs. The depth and numbers of walkers in NSW, gives hope for the continued success of race walking in NSW.

Medium Div. 8km

1 Brendan Pospischill	45:33
2 Laelia Byatt	49:17
3 Jessy Bektas	51:09
4 Anne Weekes	1:01.27

U14 Div. 3km

1. Emma Hoskins	18:29
2. Noah Vella	18:39
3. Sagan Jones	19:42
4. Ashleigh Farrugia	20:31
5. Patrick Waddington	20:55
6. Summer Hay	21:37

Short Div. 4km

1. Alexander Sinnett	19:52
2. Erin Cassiles	24:55
3. Aiden Pospischill	25:28
4. Joel Byatt	DNF

U12 Div. 2km

1. Nate Appleyard	10:34
2. Joshua Waddington	11:23
3. Hannah Hewitt	11:34
4. Ash Mansell	11:35
5. Keira Gill	11:58
6. Isla Banks	12:01
7. Mackenzie Kitching	13:38
8. Matilda Hay	14:37
9. Luca Barakat	15:03
10. Alexander Dennett	15:21
11. Chloe Farugia	15:57
12. Rose Goska	16:12

U16 Div. 3km

1. Jessica Loring	16:46
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U10 Div. 1km

1. Harrison Bouquet	5:30
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2. Christopher Nilon	17:15	2. Addison Fahey	5:33
3. Ruby Bryan	24:50	3. Beth Cochrane	5:37
4. Imogen Cochrane	24:52	4. Veronica Dennett	6:15
5. Katherine Farugia	DNF	5. Addison Jenkins	6:17
		6. Antonia Powter	6:24
		7. Milana Sorokin	7:11
		8. Amelie Barakat	8:21

QUEENSLAND QRWC Handicap #6, Saturday 18 June – Aurora Park, North Lakes

Thanks to Robyn Wales for these latest QRWC results.

A Grade 10km

Men:

(1) Peter Bennett	1:08:01
Bailey Housden	
Russ Jackson	DNF

Women:

(1) Lily Housden	1:07:21
(2) Joy Dale	1:24:41 SB
(3) Noela McKinven	1:28:28

B Grade 5km

Men:

(1) Adam Patterson	27:44 SB
(2) Kai Dale	31:37

Women:

(1) Lyla Williams	29:52
(2) Taylah Morris	33:02 SB

C Grade 3km

Men:

(1) Brock Miller	17:43
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Women:

(1) Mikaela McDonald	17:40
(2) Kiara Waterman	18:30 SB
(3) Eliza Kelly	19:38 SB

D Grade 2km

Men:

(1) Hunter Sibenaler	13:27
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Women:

(1) Savannah Dunleavy	12:01 SB
(2) Izzy Blackburn	13:28 SB
(3) Katelyn Trent	15:44
(4) Mackenzie Wormald	15:46
(5) Dakota Vicary	16:17
-- Freya Williams	DQ

E Grade 1km

Men:

(1) Jake Dunleavy	6:04
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Women:

(1) Trish Hibbs	7:06
(2) Brooke McRoberts	7:59

F Grade 0.5km

Women:

(1) Piper Dunleavy	4:19
(2) Harper Waterman	4:21

SOUTH AUSTRALIA SARWC Intervals race results, 17 June – South Parklands, Adelaide

It was very cold and wet in Adelaide last Saturday as the SARWC walkers tackled their annual Intervals day. This consisted of up to 8 reps of 1km, each within 9 minutes. A great way to keep warm! Thanks to **Kim Mottrom** for the results.

	1	2	3	4	5	6	7	8	Average
Kim Mottrom	4:27	4:18	4:16	4:14	4:14	4:16	4:13	4:03	4:15
Daisy Braithwaite	5:02	5:14	5:11	5:03	5:03	5:05			5:06
Cooper Rech	4:57	5:02	5:07	5:15	5:12	5:17	5:29	5:22	5:12
Rhiannon Lovegrove	5:01	5:11	5:23	5:23		5:14	5:33	5:19	5:17
Katie De Ruvo	5:20	5:30	5:38	5:48	5:42	5:34	5:34	5:22	5:33
Peter Crump	5:35	5:40	5:29	5:24	5:33	5:45			5:34
Matilda Rech	5:31		5:44			6:05			5:46
Greg Metha	6:07	5:53	5:30	5:29	5:15	5:07	6:05	6:57	5:47
Angelina Legrand	5:50	6:17	6:32						6:13
Alex McEwan	6:53	6:55	7:06	7:06	7:10	7:03	7:05	6:56	7:01
Robert Crabb	7:49	6:51							7:20
Anthony Crabb	7:27	7:20							7:23
Di Camilleri	7:49	7:45	7:39	7:33	7:44	7:42	8:13	7:58	7:47
Bill Starr	8:13	8:09	8:16	8:27	8:37			8:27	8:21
Martin Crabb	10:39								10:39

TASMANIA TRWC results, 17 June – Youl Rd, Perth

David Moore sent the following report. One of the Apple Isle's wild winter days!

A very small field for our walk in the north of the state with gale force winds for the second week in a row, making for an unpleasant outing.

A nice walk from **Will Bottle**, coming back from an injury scare.

3km

1. David Moore TMA 30:31

5km

1. Will Bottle Newstead AC 23:19

2. Wayne Fletcher NS 45:20

WESTERN AUSTRALIA WARWC and Aths West results, 17 June – Perry Lakes

Conditions were cool and calm for this joint WARWC/Aths West meeting at Perry Lakes. Once again, **Terry Jones** has gleaned the WARWC results from both competitions, with only the Walkers club results listed. 15yo **John Ronan** was in fine form, posting a 20sec PB of **46:12.43** for 10km in another strong solo effort.

Men 10k Open

John Ronan 46:12.43
Bradley Mann 52:54.88
Victor Ruiz 1:05:57.88
Wendy Farrow 1:09:25.07

Women 5k Open

Karyn Tolardo 29:53.87
Melissa Lewis 31:14.23
Marcela Ruiz 38:58.59
Glenys Duncan 48:54.28

Boys 1K

Hudson Conwell 5:20.84

Girls 2K

Kaytee Bogaers 10:02.44
Katica Borsic 11:02.02
Ashlyn Spence 11:22.44
Aleeah Pike 11:27.78
Savannah Carnaby 11:43.98
Charlott Burgess 12:10.27

Boys 2K

Dylan Sardelich 11:11.68
Linkin Lawrence 13:01.14

Girls 3k

Kaytee Bogaers 16:16.84
Leila Bevis 18:03.49

Boys 1.5K

Tayte Moore 10:28.21
Nathaniel Khaira 9:09.43

Girls 1.5K

Chloe Bevis 10:26.93



INTERNATIONAL NEWS

SLOVAKIA: 54th «Záhorácka Dvadsiatka 20», 17 June - Borský Mikuláš

In the light of their country's current terrible ordeal, it's refreshing to be able to report some Ukrainian sporting success, especially in race walking. *O Marchador* has provided this report from a classic meeting in Slovakia:

Ukrainians Banzeruk and Olyanovska win «Záhorácka 20».

The 54th edition of the 'Záhorácka Dvadsiatka' held on 6/17 in the Slovak city of Borský Mikuláš, an event labelled as bronze in the 'World Athletics Race Walking Tour', had as winners of the main 10 km races the Ukrainians Ivan Banzeruk, in the male, and Lyudmila Olyanovska, female.

In the men's category, **Ivan Banzeruk** crossed the finish line in victory with a mark of **40:37**, three seconds before the German **Jonathan Hilbert**, with **40:40**. Another four seconds and the Portuguese **João Vieira** entered, with **40:44**, the best national mark in this season. **Dominik Černý**, ranked fourth, with **41:07** won the Slovak title. There were 15 participating athletes (3 dropouts).

In the women's category, **Lyudmila Olyanovska** showed great superiority and recorded **42:53**, a mark that is positioned at the top of the world list for the current year, surpassing the **43:20** record of the Chinese Jiayu Yang in Madrid at the end of last April. In second place was the Greek **Christina Papadopoulou**, with a personal best of **44:58**, and in third the Hungarian **Viktória Madarász**, with **45:27**. As in the men's, the fourth position of the race determined the title of the Slovakian championship through **Hana Burzalová**, with **47:32**. 9 athletes participated.

In a program that included events over different distances and age groups, a highlight in the women's under-18 5 km for **Mina Stanković**, from Serbia, with **23:44**.

It was pleasing to see Australia represented in this meeting. **Elizabeth McMillen** (NSW) is currently travelling in Europe and has kept her hand in by racing in a couple of meetings. Lizzie will later join up with the Aussie reps at a pre-Budapest training camp.

1. Ivan Banzeruk	UKR	40:37	1. Lyudmila Olyanovska,	UKR	42:53
2. Jonathan Hilbert	GER	40:40	2. Christina Papadopoulou	GRE	44:58
3. João Vieira	POR	40:44	3. Viktoria Madarasz	HUN	45:27
4. Dominik Černý	Dukla Banská Bystrica	41:07	4. Hana Burzalová	Dukla Banská Bystrica	47:32
5. Georgyi Sheiko	KAZ	42:05	5. Ema Hačundová	Dukla Banská Bystrica	48:45
6. Maher Ben Hlima	POL	42:24	6. Klaudia Žárska	Dukla Banská Bystrica	49:38
7. Norbert Tóth,	HUN	42:53	7. Elizabeth McMillen	AUS	50:31
8. Dávid Tokodi	HUN	44:38	8. Karin Devaldová	TU Košice	55:01
9. Milan Rízek	Atletika ŠK Skalica	46:35	9. Nina Poštová	Dukla Banská Bystrica	57:55
10. Michal Duda	BCFD Banská Bystrica	51:33			
11. Lukáš Rosenbaum	BCFD Banská Bystrica	52:08			
12. Manuel Giordano	ITA	58:29			

Withdrawals: Adam Zajiček, 2003 (Czech Rep./Atletika Poruba), Jaromír Morávek, 2003 (Czech Rep./AK Škoda Plzeň) and Florin Dumitru, 1974 (Romania).

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.

- Sunday, June 18, 2023 - Eduardo Camarate and Gabriela Santos win U-18 Nationals - Almada (POR) 2023 <http://omarchador.blogspot.com/2023/06/eduardo-camarate-e-gabriela-santos.html>
- Saturday, June 17, 2023 - María Pérez and Paul McGrath in the spotlight at the Spanish Club Championships (Division of Honor - Final Title 2023) <http://omarchador.blogspot.com/2023/06/maria-perez-e-paul-mcgrath-em-destaque.html>
- Wednesday, June 14, 2023 - Meryem Bekmez and Mazlum Demir won the Turkish Cup 2023 (TAF) <http://omarchador.blogspot.com/2023/06/meryem-bekmez-e-mazlum-demir-venceram.html>
- Tuesday, June 13, 2023 - Italian Club Championship 2023 - Final "A" Gold in Palermo (results) <http://omarchador.blogspot.com/2023/06/campeonato-italiano-de-clubes-2023.html>
- Monday, June 12, 2023 - U-18 and U-20 Athletics Central Americans - Guatemala 2023 (results) <http://omarchador.blogspot.com/2023/06/centro-americanos-de-atletismo-sub-18-e.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 24 Jun 2023 **AV 15km & VRWC 15km (Elsie Jacobsen trophy) c'ships** – Middle Park
Sat 1 Jul 2023 **VRWC Points races #5** – Middle Park
Sat 16 Jul 2023 **AV 20km & VRWC 20km, Women's 10km c'ships** – Middle Park
Sat 29 Jul 2023 **VMA 10km c'ship & RWA Interstate Challenge; Twilight Trivia fundraiser** – Middle Park
Sun 6 Aug 2023 **AMA Masters 20km road c'ship** – Adelaide
 VRWC Intervals race – Middle Park

International Dates

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
