



HEEL & TOE Online

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



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**WALKER OF THE WEEK **



It was at Dolomore Reserve, Mentone, that this issue's WOTW performances were recorded last Saturday. Regular winner **Gwen Steed (VIC)** added another to her list with an inspiring 5000m time of **38:08**. This gained Gwen Australian, Victorian and VRWC Masters records in the W80 division and cemented her status as the country's premier track walker in that age group. Congratulations, Gwen!

Gwen's co-winner is **Jonathan Ho (VIC)**, whose steady progress in his first Winter road season has seen him grow in condition, confidence and racing know-how. Entering the 2 hour event at Mentone, Jonathan was taking a leap into the unknown as he'd never raced beyond 15km before. By the end, he had both a 2 hour result (**20125m**) and a debut 20km time (**1:58:53**), having doggedly drawn upon his endurance to get through that tough 2nd hour.

Well done Gwen and Jonathan ... both worthy winners!

*Honourable mentions

- **Sam McCure (QLD)** – a convincing win in the QLD U18 10km road championship with a huge 1:39 PB time of **45:48**.
- **Nikola Mandic (VIC)** – surprisingly Nikola's first 10km, he made it an emphatic one at Mentone with a time of **48:56** that said, in effect: "Keep watching." We will.
- **Angus Shuttleworth (VIC, 11yo)** – an excellent first-ever 5000m time of **27:04** in the AV Teams race.



CLUB NEWS and RESULTS

VRWC VMA 5000m c'ship, AV 5000m Teams & VRWC races, 2 September - Mentone

Warm, still and sunny weather greeted the 35 walkers who attended Mentone track for our final 'business' races for the season. Some good racing resulted with a number of impressive performances.

*Vic Masters

High point of the Masters races was **Gwen Steed's** wonderful time of **38:08**, which set new Victorian and Australian W80 records as well as a new VRWC Club record. As Gwen was unable to claim new 5km Masters records earlier this season due to her time being on the road, this time she made no mistake and swept away the three previous marks. Well done, Gwen!

David Smyth produced the fastest overall 5000m time with **28:53**, and it's great to see David and walking well back after enduring a rather wretched time health-wise. **Kylie Irshad** also showed good form to be fastest woman home.



VMA 5000m Championships - Women

Name	Pl.	Time	Age Gp
Kylie Irshad	1	31:37	50-54
Dee Holohan	1	33:02	55-59
Donna-Marie Elms	1	32:28	60-64
Karyn O'Neill	1	36:41	65-69
Heather Carr	1	34:32	70-74
Gwen Steed	1	38:08*	80-84

(*AMA, VMA, VRWC records)

VMA 5000m Championships - Men

Name	Pl.	Time	Age Gp
Rupert van Dongen	1	36:34	45-49
David Smyth	1	28:53	50-54
Simon Evans	1	28:56	60-64
Paul Moritz	2	35:21	60-64
Terry O'Neill	1	32:46	65-69
Clyde Riddoch	1	42:42	70-74
Frank Prowse	---	DQ	70-74
Gunther Ilgoutz	1	41:57	80-84

***AV Teams race**

It's a great pity that at present, AV clubs don't seem to have race walkers in sufficient numbers to muster competitive teams for this event, once a seasonal high point every VRWC winter and, later, summer. Fortunately, the Knox AC outfit has sufficient depth to keep mounting a challenge and, on this occasion, they deservedly walked off with the medals.

Eden Morgan was an easy winner of line honours in a good PB time of **23:44**. **Maddison Nash** missed her own by a mere 10secs and should have a fruitful track season. 11yo **Angus Shuttleworth** tackled his first-ever 5km and clocked an excellent **27:04**. He also looks to have a productive summer ahead of him after a strong road season.



AV 5000m Teams race - Women

Maddison Nash	Knox AC	1	25:23
Ariana Pashutina	Knox AC	2	27:05
Emily Smith	Knox AC	3	27:55

AV 5000m Teams race - Men

Eden Morgan	Knox AC	1	23:44	<i>PB 0:13</i>
Angus Shuttleworth	Knox AC	2	27:04	<i>First 5km</i>
Daniel Pashutin	Knox AC	3	30:15	

Winning team: Knox AC

Winning team: Knox A

***Club races**

For the first time in many years, the Winter fixture featured both a 2 hour and 1 hour track race. This would have warmed the hearts of old timers with long memories.

It would not be commonly known these days that Australia once boasted a World record holder in the 2 Hour walk. **Ted Allsopp**, a career-long Williamstown Harrier, dual Olympian and a VAWC/VRWC legend, won a Club 2-hour race at Olympic Park with a distance of **16 miles 403 yards (26118.1032m)** in what stands as one of the most extraordinary races ever in terms of records broken (see Tim Erickson's article on Ted's fascinating career at <http://www.vrwc.org.au/tim-archive/articles/wv-ted-allsopp.pdf>). Set in 1956, it was Australia's first-ever World record in race walking and would remain the only one by a male until Nathan Deakes set his 50km world mark in 2006.

While not a regular feature on Australian walking fixtures (other than in ultra-distance racing), the distance-within-time concept has had enough appeal over the years for it to appear periodically. This year we revived it as part of a renewed winter use of track venues, and getting six finishers (five in the 2 hour, one in the 1 hour) was an encouraging return.

Alejandro Stephens went through the first 10km in a bit over 54:00, then ground out a tough second hour to win with a distance of **21120m**. **Jonathan Ho**, never before having ventured into a race of such length, showed plenty of grit along with sound technique to clock his first 20km time (1:58:53) on the way to logging **20125m** at the final gun. **Carolyn Rosenbrock**, another newcomer to this format, walked a brisk, even-paced race for a creditable total of **18524m**, while

Karyn O'Neill and **Marnie Zakis** put their ultra-distance experience to good use on the day. Both Karyn and husband **Terry** – who finished the 1 hour race with **8782m** – clinched Masters 5000m wins en route to their distance results.



Ted Allsopp (51) racing alongside Noel Freeman in a national track championship.



2 hour race

Carolyn Rosenbrock	F	1	18524m
Karyn O'Neill	F	2	15952m
Marnie Zakis	F	3	15909m
Eloisa Nidorfer	F	---	DQ

5000m race

Alejandro Stephens	M	1	21120m
Jonathan Ho	M	2	20125m*
Kate Siviour	F	1	24:15
Jade Chitty	F	2	27:00
Emilie Garside	F	3	37:24^

3000m race

Mietta Morgan	F	1	17:32
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(* Longest distance so far, inc. first 20km)
(^ First 5km)

1 hour race

Terry O'Neill	M	1	8782m
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10000m race

Nikola Mandic	M	1	48:56 First 10km
Ross Reid	M	---	DQ

1500m race

Logan Allison	M	1	9:04 First 1.5km
John Nottle	M	2	9:42
Geoff Barrow	M	3	12:06
Anouk Morgan	F	1	9:10 PB 0:15



Masterful ... !

Above: Gunther, Clyde, Terry, Rupert, David, Paul and Simon.

Above right: Club Treasurer and Captain, Karyn & Terry

Right: Heather, Donna-Marie, Kylie, Dee and Gwen.



AV Teams Men: Daniel, Angus and Eden



AV Teams Women: Ariana, Emily and Maddison

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 nonetheless.

- | | |
|----------------------|--|
| Manager | Mark Donahoo |
| Referee: | Terry Swan |
| Race check in | Mark Donahoo, Michael Bodey |
| Recorders | Ian Laurie, Bob Gardiner, Dylan Shuttleworth, Bill Carr, Anthony Doran, Tim Erickson |

Judges: Stu Cooper(C), David Cash, Brenda Felton, Peter Price, Michael Bodey,
Set up, Pack up: Mark Donahoo Terry Swan, Stu Cooper, Ian Laurie, Rupert Van Dongen
Drink table David Smyth
Photos Terry Swan
(See more of Terry's work at <https://www.facebook.com/media/set/?set=oa.1251123922262052&type=3>)
Presentation Mark Donahoo, Terry O'Neill, Simon Evans
Walkers: 35

**** Coming up ...**

**Saturday 9 September – Middle Park
Relay Race & Open races**

2.00pm	Relay event (teams of 5 walkers)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	Winter presentations	Open

Relay entries are closed. Entries for VRWC Open events will be accepted up until 6pm on Friday 8 September. Enter online at <https://www.revolutionise.com.au/vrwc/>

And the following week ...

<p>WALKS EDUCATION SESSIONS <i>Saturday 16 September</i></p>	<p>*HOW TO PUT ON A RACE WALKING EVENT followed by *WALK JUDGING COURSE (updated)</p>
<p>See the last two pages (11 and 12) of this issue for detailed brochure and application form for these two important sessions. Closing date for application – Sunday 10 September</p>	

VICTORIA - METRO & REGIONAL

	<p>VIC. MASTERS NEWS</p>
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‘THE SIXTY MINUTES’

Run or walk as far as you can in 60 minutes, prizes for both walkers and runners

Monday 2 October – Tom Kelly track, Doncaster

See Entry form on Page 13 of this issue for further details



AROUND THE COUNTRY

A.C.T. ACTRFWC results, 2 September – Lennox Gardens, LBG

Results reprinted from ACTRFWC Newsletter. Mother and daughter **Ann Staunton Jugovic** and **Hana Jugovic** both stood out with strong sub-60min 10ks.

10kms

1 Ann Staunton Jugovic	58:47
2 Hana Jugovic	59:24
3 Bob Parker	1:22:38
4 Bryan Thomas	1:24:09

5kms

1 Jill Pearson	35:18
2 Rosemary Parker	41:55
3 Doug Fitzgerald	47:47
4 Geoff Barker	52:32

3km

1 Jim White	23:09
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1.5km

1 Phoebe Grocott	12:08
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QUEENSLAND 2023 QLD Road walk c'ships, 2 September – QSAC, Brisbane

Thanks to **Robyn Wales** for these championship results.

According to Robyn, weather conditions were good, making up for a (rhymes with 'nappy') course with its inclines and speed humps. But walkers are nothing if not resilient and some impressive results were recorded, topped by **Sam McCure's** 1:39 PB of **45:48** for 10km, outlasting **Bailey Housden** for the gold. Clearly, Bailey was slightly down on the day but his **48:21** was still a quality effort.

It's taken **Tayla Billington** a while to open her 20km account but her **1:40:15** was a good debut. VRWC members will be pleased to see **Kirstin Shaw's** name among the results ... from the photo she's still pretty fit.

Women 20km Open

1 Tayla Billington	QRW	1:40:15
2 Kirstin Shaw	QRW	2:08:11
3 Lily Housden	QRW	2:22:57
4 Jasmine-Rose McRoberts	QRW	2:34:45

Men 20km Open

1 Scott Hyland	QRW	1:52:06
2 Colin Heywood	NT	2:07:12
3 Adam Patterson	QRW	2:22:40

Women 10km U20

1 Mia Bergh	GCV	57:21
2 Ashanti Heap	GCA	1:01:33
--- Summer Millard	QRW	DQ

Men 10km U18

1 Sam McCure	QRW	45:48
2 Bailey Housden	QRW	48:21
3 Alex Bradley	QRW	55:05
4 Roel Wheelley	QRW	1:02:53

Women 10km 30-39y

1 Kirstin Shaw	QRW	1:01:33
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Women 10km 50-59y

1 Joy Dale	QRW	1:18:18
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Women 10km 80-89y

1 Noela McKinven	QRW	1:43:50
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Women 5km U18

1 Lyla Williams	NSW	28:17
2 Phoebe Chadwick	QRW	31:12
3 Taylah Morris	QRW	31:36

Women 5km U16

1 Milly Sharpe	QRW	28:40
2 Katie Bray	ASR	33:24
--- Olivia Boulton	GCA	DQ

Men 5km U16

1 Kai Dale	QRW	29:15
2 Noah Wheelley	QRW	52:05

Women 3km U14

1 Ella Cosgrave	QRW	17:38
2 Kiara Waterman	QRW	17:47
3 Mikaela McDonald	QRW	18:40
4 Bethany Moore-Kirkland	QRW	20:55
--- Makara McLaren	QRW	DQ

Men 3km U14

1 Noah Cooke	QRW	16:03
2 Lachlan Moore	QRW	16:38
3 Eli Melinz	QRW	20:22
--- Brock Miller	QRW	DQ

Girls 2km U12

1 Isabella Welch	QRW	11:41
2 Savannah Dunleavy	QRW	12:49
3 Amelia Chisholm	QRW	12:50
4 Mackenzie Wormald	QRW	14:41

Boys 2km U12

1 Kingsley Simpson	GCA	14:29
2 Leo Ramsay	QRW	14:36
3 Dylan Moore	QRW	16:12

Girls 1km U10

1 Freya Williams	NSW	5:45
2 Izzy Blackburn	QRW	6:36

Boys 1km U10

--- Jake Dunleavy	QRW	DQ
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Joy, Noela and Kirsten with their winnings



Robyn's squad ... ready for their bling!

(Photos: Robyn Wales)

SOUTH AUSTRALIA SARWC results, 2 September – South Parklands

It was a very pleasant 21°C at South Parklands for the SARWC events last Saturday, with three PBs eventuating. Results courtesy of **Kim Mottrom**.

Open 5km

Kim Mottrom	22:23	
Cooper Rech	26:38	
Angelina Legrand	29:26	
Mel Grantham	30:30	
Peter Crump	31:26	
Greg Metha	32:12	
Alex McEwan	36:53	PB 0:11
Di Camilleri	39:25	
Bill Starr	39:33	
Kristy Templer	42:33	

Open 2km

Orlando Grantham	12:41
Jasmine Crabb	14:46
Liz Downs	15:34
Robert Crabb	DQ

Open 1km

Liliana Templer	6:30	
Maverick Grantham	6:55	PB 0:06

Open 3km

Daisy Braithwaite	16:24	
Matilda Rech	18:54	PB 0:01
Martin Crabb	9:36	
Anthony Crabb	10:05	

TASMANIA TMA 5km Road walk c'ships & TRWC results, 2 September – Wentworth Park

Thanks to **David Moore** and **Rosemary Coleman** for this report:

Conditions were near perfect for our Race walks at Wentworth Park, where the annual **Tas Masters 5km Road Walk Championships** were held in conjunction with a TRWC club event.

In the Masters 5km **Eugene Gerlach** finished off a very good Road Walk season by leading the field home with a season best performance which was over 2min 40 secs faster than in the same race last year. Next across the finish line was our evergreen Women's Masters Walker **Elizabeth Leitch** who put in a spirited effort to chase down Eugene but couldn't quite bridge the gap over the last km, even so Elizabeth's was the best age graded performance of the day with 76.14%. Not to be outshone in season best performances was our final finisher **Wayne Fletcher** who came in close to two minutes faster than his previous best for 5km this Road Walk season.

M60 5km

1. Eugene Gerlach	35:01
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M60 5km

--- David Moore	DNF
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W65 5km

1. Elizabeth Leitch	35:26
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M75 5km

1. Wayne Fletcher 42:58

In the TRWC event our newest walker **Bianca Sugiarto** achieved her first PB to take 30 seconds off her previous best 1km time.

1km

1. Bianca Sugiarto Huon LA 9:27 PB

2km

1. Lily Carr OVA 12:47

2. Adele Woodward OVA 13:23

3. Elsie Woodward Huon LA 17:49

David Moore has also put together this heartfelt tribute to fellow official and judge **Kathryn Fraser**, who passed away tragically last week:

*** KATHRYN FRASER ***

On behalf of Race Walking Tasmania, I would like to pay tribute to a wonderful friend and fellow judge, Kathryn Fraser.

Kathryn lost her life in a tragic accident near her home in New Zealand.

I have had the privilege to judge with this lovely lady, who was so bubbly and loved her Race Walking. Nothing was a problem for Kathryn who regularly travelled to Australia to judge our major walks events, including many of our Tassie Walkers. All our prayers to you and your husband Rodney and your special little cat.

RIP Kathryn, gone far too early at 57.

WESTERN AUSTRALIA WARWC Club c'ships, 27 August – Wilson

Terry Jones sent results from the final WARWC winter races for 2023. He reports that the weather was anything but a typical Perth spring day: cold, strong gusty winds but, luckily, no rain during the races.

Terry also echoed the feelings of most of us regarding the cancellation of this year's AA Road Walk championships, wiping out any chance of walkers of all standards from across the country coming together and ending the season on a high, rather than with a whimper. We hope this will not be the case in 2024.

10K Handicap

Ali Griffin 54.06

3K Handicap

Glenys Duncan 28.16

Steve Travell 29.35

5K Handicap

Wendy Farrow 34.16

Karyn Tolardo 31.25

John Mcdonagh 37.42

2K Handicap

Savannah Carnaby 13.17

Karyn Tolardo 13.20

Ali Griffin 10.37



INTERNATIONAL NEWS

María Pérez's reflection

(Reprinted from Spanish radio website *Cadena SER*, 24 August. Translated via Google Chrome.)

Spain's **María Perez** and her male team-mate **Alvaro Martin** achieved something almost unique, not just in race walking, but surely across all forms of endurance sport, at the World Athletics championships in Budapest. Yet for all the utter superiority they displayed, it seems their battle for acceptance as athletes is as hard in Spain as it is for walkers anywhere.

María Pérez's reflection after making history in athletics: "We had to do the same thing again so that people love us a little." The world champion in 35 and 20 kilometer walks assures that they have had to repeat their feat to be on the front page of the newspapers.

María Pérez and Álvaro Martín made history by proclaiming themselves this Thursday as world champions in the 35 kilometer walk at the World Cup in Budapest. A milestone that adds to the one they achieved this weekend where they also won gold in the 20-kilometre walk. After this achievement, the Spanish athlete made a reflection on social networks "so that people love us a little".

"On Sunday I was world champion, Álvaro was on Saturday. But, on Sunday there were 24 world champions because the soccer women won. Although Rubiales' kiss has gone very viral... tomorrow, this man (Martín) and I, we are going to be on the cover. Why? Because we have had to do the same thing we did on Saturday and Sunday again so that people love us a little", said the Spanish marcher accompanied by Álvaro Martín, who has also achieved the same feat in the masculine modality. "We do love you," Álvaro continued.

"The Spanish walk deserves respect"

María Pérez, who in Budapest has become a double world champion in 20 and 35 kilometres, declared that with her two gold medals, plus the two of Álvaro Martín, they have shown that "the Spanish walk deserves respect". The athlete from Granada, world record holder of 35 kilometers, became world champion in the distance in Budapest, with a time of 2h38:40, just four days after winning the gold medal in the 20, snatching the international throne of the distance to the Peruvian Kimberly García, second, who won last year in Eugene (United States).

"I'm in a cloud right now. I've also been lucky enough to celebrate it twice because the bell rang for a male walker and I thought the test was over and I had one lap left. I had enough of an advantage to be able to enjoy myself and I did it the last four kilometres", María told the media at the end of the race.

"It's a dream to be here, to have this medal and to be able to finish. On the 20th I ended up very lame and since then it has been morning and afternoon with the physiotherapists. I have to thank all the medical service that has helped me", confessed the walker from Granada, who revealed how she has recovered from her leg discomfort in just four days. "It's been bothering me but I haven't had that stabbing sciatic pain that flared up the other day and it has allowed me to do the strategy. I couldn't make continuous changes of pace and go down because that could force me to pinch my nerve. I was nervous. If I passed, I wouldn't be able to move my leg. For that reason, the option was at any given time to escape. I tried to set a high pace and I knew that if I got enough of an advantage I could achieve success. That's how it was and I was able to enjoy it", she assured.

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, September 4, 2023 - Ojala and Veikkola win march at Finnkampen 2023 <http://omarchador.blogspot.com/2023/09/ojala-e-veikkola-vencem-marcha-no.html>
Finnkampen is an annual Sweden-Finland athletics match (probably one of the few regular nation v. nation matches still held anywhere). One would have expected Percy Karlstrom to win easily but it seems he picked up an injury mid-race. Also interesting to see Centurion Christer Svensson (SWE) in the field. Christer was in Melbourne earlier this year for the Coburg 24hr Walk.
- Sunday, September 3, 2023 - 35 km walk in Rizhao, China - Day 2 results <http://omarchador.blogspot.com/2023/09/35-km-marcha-em-rizhao-china-resultados.html>
- Saturday, September 2, 2023 - 20 km walk in Rizhao, China - results from day 1 of the championships <http://omarchador.blogspot.com/2023/09/20-km-marcha-em-rizhao-china-resultados.html>
- Thursday, August 31, 2023 - «Welsh Athletics U20 International 2023» in Cardiff – results <http://omarchador.blogspot.com/2023/08/welsh-athletics-u20-international-2023.html>
- Wednesday, August 30, 2023 - María Pérez and Álvaro Martín received in apotheosis on their return from Budapest <http://omarchador.blogspot.com/2023/08/maria-perez-e-alvaro-martin-recebidos.html>

- Tuesday, August 29, 2023 - England: Under-17 and Under-15 Championships - Birmingham 2023 (results)
<http://omarchador.blogspot.com/2023/08/inglaterra-campeonatos-sub-17-e-sub-15.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 9 Sep 2023 **VRWC Relay event & scratch races; Winter presentations** – Middle Park
 Sat 16 Sep 2023 **Walking Education sessions (see flyers below)** – Cathy Freeman Room, AV headquarters, Lakeside

International Dates

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 (*Lima withdrew in April but has since been reinstated.)
 13-21 Sep 2025 **20th World Athletics Championships** – Tokyo, JAP

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Saturday 16 September

Cathy Freeman Room, Athletics Victoria HQ (Lakeside Stadium)
Aughtie Drive, Albert Park 3206

***HOW TO PUT ON A RACE WALKING EVENT (*Track and Road*)**

(conducted by Stu Cooper & Terry Swan - Victorian Race Walking Club)

followed by

***WALK JUDGING COURSE (*Updated*)**

(conducted by Zoe Eastwood-Bryson – International Walks judge)

This is a training and education opportunity for Officials and Volunteers at Little Athletics, Senior and Masters levels of competition.

SESSION 1 (11.30am): **'How To Put On A Race Walking Event (Track & Road)'**. This covers areas such as –

- organisation of walks competitions
- equipment needed
- venue selection and security
- officials' duties and judging requirements
- questions and concerns.

SESSION 2 (1:30pm): **'Walk Judging Course (Updated)'**. Areas covered will include -

- the rules of race walking, as set out in *WA Technical Rule 54*
- the roles of judges – Chief judge, Course judge, CJ assistant, Recorder, Penalty Zone etc.
- communication between Chief judge and course judges (inc. 2-way radios etc)
- what a judge does before, during and after a race
- what a judge *doesn't* do
- judging documentation and how to complete it
- liaising with other officials (Referee, Meet director etc)
- communicating appropriately with walkers, coaches, parents etc.
- how to become a qualified walks judge, and upgrading of qualifications
- how to gain more experience at your judging

Those attending *Session 1* are strongly encouraged to stay on for *Session 2*, especially if their knowledge of the rules of Race walking or their judging experience is minimal.

The sessions are free of charge.

** Applications for both sessions close on **Sunday 10 September**. Contact:

For Session 1:

Terry Swan – secretary@vrwc.org.au

Stu Cooper – stuwalks@yahoo.com.au or stukcooper@gmail.com

For Session 2:

Diane Lowden – dilowden39@gmail.com Contact Di directly, or complete the **Application form** on

Page 14 (last page) of this issue and send to the address provided.



WALK JUDGING COURSE (Updated)



Venue: Cathy Freeman Room, AV headquarters
 Aughtie Dr Albert Park
Date : Saturday 16th September 2023

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Course on **Saturday 16th September**. The Course will be run by International walks judge Zoe Eastwood-Bryson.

The course is open to those interested in becoming Walk Judges at any level, and for existing Judges to upgrade. Tea and coffee will be provided.

AGENDA:

1.00pm - Registration
 1:30pm (or earlier) - Course commences

Course content:

- | | | |
|-------------------------------|--|--|
| *Rules of Walking and judging | *100 metre rule | *Pathway for upgrading of qualifications, gaining international accreditation. |
| *Duties of: | *2 way radios for judges: communication protocols; correct and incorrect use | |
| - Chief judge (CJ) | *Judge's role as Course Umpire | *Questions and queries (Please make notes of things that you are not sure of.) |
| - CJ assistant | | |
| - Race judge | *Interaction with athletes, coaches, parents, members of public | |
| - Penalty Zone official | | |
| - Recorder | | |
| - Red card collectors | | |
| - DQ Board official | | |

Finish time approx. 4.00pm

No late or on the day applications.

Please bring Stationary ,pencils, pens, paper and current IAAF handbook with you

Name: _____

Address: _____

Mobile: _____ Email _____

Current Walks Grading (if any) _____

Attending: Yes / No

Please return no later than 10th September 2023, to:

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 mobile 0413708085

ENTRY FORM

THE SIXTY MINUTES

Run or walk as far as you can in 60 minutes, prizes for both walkers and runners

(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)

Tom Kelly Athletics Track, Doncaster

DONCASTER

Monday, October 2, 2023 (Approx. 7.30pm)

Name (PRINT): _____ **Age** (on Oct 4) _____

I understand and acknowledge that:

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting to be conducted by the Doncaster venue of the Victorian Masters' Athletic Club Inc. on December 13, 2021. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

To enter:

- **Email entry form to gford@bigpond.net.au OR**
- **Post by the last mail delivery on Monday December 6, 2021 to The Sixty Minutes, C/o 9 Pitura Place, ELTHAM, 3095, Vic OR**
- **Enter on the night by 7pm**

I enclose my entry fee of \$10 (cheques payable to 'Doncaster Masters Athletics')*

(To be refunded in full in the event of cancellation of The Sixty Minutes).*

It is necessary to have times verified by a lap scorer in order to be eligible for a prize.

SIGNED: _____ **Phone:** _____

Address: _____

e-mail: _____

OFFICE USE ONLY:

NUMBER

COLOUR

