



# 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 \*\*



Another top result from All Schools championship competition this week. On Sunday, QLD's **Sam McCure** gained his second WOTW with a stellar performance that eclipsed the 5000m time that won him the award a mere month ago. Sam's time of **20:51.23**, his first sub-21, was a 48sec PB, a championship record and a step-up into the rarified atmosphere inhabited by stablemate Bailey Housden, not to mention six other from across the country who also hold seats at the sub-21min table.

It didn't take long for the National rankings at U20 – published last week – to need editing. Sam's performance on Sunday propels him high into the top 10:

Issac Beacroft	NSW	19:51.81
Marcus Wakim	VIC	20:13.51
Bailey Housden	QLD	20:17.38
Owen Toyne	ACT	20:21.89
John Ronan	WA	20:37.39
Will Bottle	TAS	20:40.25
Sam McCure	QLD	20:51.23
Riley Coughlan	VIC	20:53.21
Kodi Clarkson	ACT	21:33.00
Samuel Lindsay	TAS	21:36.84
Fraser Saunder	VIC	21:49.17

This is a formidable array of talent, one we all hope can continue in the sport into junior and, eventually, senior international ranks.

Well done, Sam. We look forward to seeing you reach more and greater heights in the coming summer, and beyond.

### Honourable mentions:

- **Bailey Housden (QLD)** – another sub-21min 5000m to his bow in winning the QLD All Schools U17 title, also with a new championship record.  
And another pat on the back for Bailey, who, while competing at the 2023 Coles Summer Carnival, wiped out Jesse Osborne's LAQ 1500m record with a new mark of **5:41.82**. Now that's moving!
- **John Ronan (WA)** – never away from this column for long. John added another top 5000m performance to his tally with an 11sec PB clocking of **20:37.39**, recorded at the WA Strive Program meeting at WAAS. Like Sam, John also climbs the rankings ladder with his result and is aimed at big things come February/March.
- **Alexandra Griffin (WA)** – demolished her 5000m PB by 1:19 to clock an excellent **22:37.91**, the 2<sup>nd</sup> fastest U20 time this year.
- **Ella Cosgrave, Noah Cooke, Makenna Clarke, Milly Sharpe and Lyla Williams (QLD)** – all of whom broke meet records in the QA All Schools in torrential rain.

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# CLUB NEWS and RESULTS

## \*AV TROPHY WINNERS TO BE PRESENTED WITH VRWC SUMMER CHAMPIONSHIP MEDALLISTS

It will be a big morning on Sunday 12 November. Our summer championship races will be followed by presentations of the VRWC championship medallists, as well as the AV Winter trophy winners. See the information below for details of this year's winners.

### *\*Next VRWC races:*

I regret that last week's table was incorrect. The accurate schedule is as shown below:

<b>Sunday 12 November - Middle Park</b>		
<b>8:30am</b>	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
<b>8:50am</b>	10km Heather Carr Trophy	Masters Women
	10km	Open
<b>9:25am</b>	1.5km VRWC Championship	U12 B&G
	1km VRWC Championship	U10 B&G
<b>9:45am</b>	5km VRWC Championship	U20 M&W
	3km VRWC Championship	U16 M&W
	2km & 5km	Open
<b>11:00am</b>	<i>Presentations, Annual General Meeting</i>	
	<i>To pre-enter, go to <a href="https://www.revolutionise.com.au/vrwc/">https://www.revolutionise.com.au/vrwc/</a></i>	
	<i>Entries close Friday 10 November, 12 noon</i>	

## **\*\* VRWC 2023 WINTER SEASON PRESENTATIONS MAJOR AWARD WINNERS**

### **ATHLETICS VICTORIA SEASON TROPHY WINNERS**

NORM GOBLE TROPHY	Most points earned in Men's AV Championships	Rhydian Cowley
BETTY NEWMAN TROPHY	Women's Walking Team Champions	Knox Athletic Club
SIMON BAKER TROPHY	Best Under 18 Men's walker	Marcus Wakim
AVIS REDMAN TROPHY	Best Under 16 Girl Walker	Mietta Morgan
BOB GARDINER TROPHY	Best Under 14/ 16 Boy walker	Angus Shuttleworth
TOM DAINTRY TROPHY	Best Under 14 Girl Walker	Ela Uzun

### **ATHLETICS VICTORIA EVENT TROPHY WINNERS**

JARED TALLENT TROPHY	Winner of the Victorian 35km Road Championship	Rhydian Cowley
BERT GARDINER MEDAL	Winner of the Victorian 10,000m (10km) Championship	Riley Coughlan
GEORGE KNOTT TROPHY	Winner of the Victorian Open 5000m Track Championship	Kyle Swan

### **VRWC RUNNERS WORLD SPONSORSHIPS**

Under 23 Men	Riley Coughlan
Under 23 Women	Maddison Nash



Another shot from last week's All Schools titles ... the start of the U20-U18 5000m Walk (Photo: Kerrie Peart)

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# AROUND THE COUNTRY

## QUEENSLAND QA All Schools T&F c'ships, 5 November – QSAC, Brisbane

**Robyn Wales** reports on a storm-blasted QA All Schools championships, in which everything was saturated but the athletes' spirits.

QA held the official All Schools championship this weekend.

**Bailey**, once again was fastest on the day with **Sam** doing another PB and both went under 21 minutes.

The race was held up for 35 minutes while the lightning did its thing. The 3000m races were held in a downpour with athlete numbers strewn all over the track.

### GU14 3000m Race walk

1 Ella Cosgrave	10	TLCAS	17:23.56R
2 Mikaela McDonald	10	MSM	17:38.57
3 Bethany Moore-Kirkland	10	SPGC	17:14.88
4 Zoe Renton	11	SPL	17:57.72
5 Kiara Waterman	11	NSCC	18:23.43

### GU15 3000m Race walk

1 Makenna Clarke	09	CLEV	17:44.58R
2 Natasha Flahey	09	LINDI	19:33.95
-- Olivia Boulton	09	MARY	DQ

### GU16 3000m Race walk

1 Milly Sharpe	08	TOOL	16:17.35R
2 Katie Bray	08	QACI	18:43.68

### GU17 5000m Race walk

1 Lyla Williams	07	LINDI	27:37.71R
2 Taylah Morris	07	QAHA	30:04.34

### GU18 5000m Race walk

1 Phoebe Chadwick	06	BRSHS	28:26.43
2 Lily Housden	06	MTMAR	32:09.58
-- Ashanti Heap	06	EMM	DQ

### BU14 3000m Race walk

1 Noah Cooke	10	NSCC	16:11.72R
2 Lachlan Moore	11	WPSS	17:07.98
3 Eli Melinz	10	PEREG	19:27.45
-- Brock Miller	10	SBEN	DQ

### BU16 3000m Race walk

1 Kai Dale	08	PIMPA	15:25.40
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### BU17 5000m Race walk

1 Bailey Housden	07	MTMAR	20:30.89R
-- Roel Wheeley	07	FARED	DQ

### BU18 5000m Race walk

1 Sam McCure	06	EMM	20:51.23R
2 Alex Bradley	06	TOOSHS	24:27.53

### BU17 5000m Race walk

1 Bailey Housden	07	MTMAR	20:30.89R
-- Roel Wheeley	07	FARED	DQ

### BU18 5000m Race walk

1 Sam McCure	06	EMM	20:51.23R
2 Alex Bradley	06	TOOSHS	24:27.53



*U14 Schools champ Ella, whose spirits weren't too dampened to blow Mum a kiss! (Photo: Robyn Wales)*

## **SOUTH AUSTRALIA** ASA Interclub results, 4 November – Mile End Stadium

A couple of PBs and a State Masters record were the yield from Saturday's ASA meeting, held in lovely weather. Thanks to **Kim Mottrom** for the results.

### **Open 1500m**

Angelina Legrand	7:26.46	PB 0:11
Katie De Ruvo	7:52.61	
Grace Marin	7:55.10	
Melissa Grantham	8:07.58	W40 State Record
Orlando Grantham	8:51.81	

### **Open 5000m**

Kim Mottrom	21:58.36	
Daisy Braithwaite	26:23.61	
Rhiannon Lovegrove	30:24.55	
Peter Crump	31:39.47	
Jasmine Crabb	34:01.95	PB 0:23
Alex McEwan	38:27.24	

## **TASMANIA** Aths South interclub, 4 November – Domain AC, Hobart

David Moore reports:

Cool weather for the first Interclub of the season, nice walking from **Oliver Morgan** to take out the 1500m event and also **Adele Woodward** who was a whisker away from a PB, whilst, **Rebecca Mathers**, recovering from an injury preventing her competing in throws events put her best foot forward to race walk and had no problems with the technical aspects of our event.

1. Oliver Morgan	SB	7:09.70
2. Adele Woodward	OVA	9:40.67
3. Elizabeth Leitch	TMA	10:03.21
4. Dave Moore	TMA	13:24.47
5. Rebecca Mathers	OVA	15:32.75

### **\*\* Tas Masters: 1 November – Domain AC, Hobart**

#### **Results 5000m Walk**

1. Elizabeth Leitch	TMA	35:16
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## **WESTERN AUSTRALIA** Athletics West Strive Program A, 27 October – WAAS, Perth

Small fields did not prevent displays of quality race walking at WAAS just over a week ago. **John Ronan** and **Alexandra Griffin** both turned on fine performances, with John inching his way up the national 5000m rankings with his 11sec PB result of **20:37.39**. Behind him, Alex improved even further, ripping a huge 1:19 from her previous best to clock **22:37.91**.

#### **Women 3000m Race Walk**

1 Kaytee Bogaers	MANROC	15:36.02
2 Charlotte Burgess	WESTTC	17:51.49
3 Trinity Doulis	BELM	19:08.45

#### **Men 5000m Race Walk**

1 John Ronan	KINGSW	20:37.39 PB
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#### **Women 5000m Race Walk**

1 Alexandra Griffin	UWA	22:37.91 PB
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# INTERNATIONAL NEWS

**UNITED KINGDOM:**

**RIP Noel Blatchford 1947-2023**

Australian Masters walkers who've competed internationally and who knew **Noel Blatchford** will be saddened to hear that the UK walker has passed away suddenly, following her successful competition in the European Masters Championships in Pescara, Italy. The following tribute, forwarded by David Ainsworth, is by Andrew Garner:



*Noel Blatchford*

*(Photos: Southern Race Walking Association & Photorun Veneto. Montage: O Marchador)*

*I'm so sorry to let you know that after a number of strokes whilst in Italy, last night Noel passed away. We are all devastated. During the European Masters Athletics Championships, Noel achieved the silver medal in the W75 3000m race walk. We are so proud of her and winning the medal was a great testament to her ability, enthusiasm, and dedication to the sport of race walking. I would be grateful if you could circulate this to anyone who knew her. She will be greatly missed.*

*Thanks,  
Andrew Garner*

**O Marchador** has posted its own tribute to Noel, which contains more information on the circumstances of her passing:

*It was with great sadness that we learned of the passing of British marcher Noel Blatchford, aged 76.*

*Noel Blatchford, who on the 23rd of last September participated in Pescara (Italy) in the EMACS - European Athletics Championships for Veterans on an outdoor track, where he obtained the silver medal in the 5,000 meter walk (W75), would fall ill one day after her test, she was admitted to the hospital in that Italian city where it was concluded that she had suffered a cerebrovascular accident (CVA).*

*Unable to return to her home in Abingdon, England, due to her worsening health condition, she died in Pescara on the 20th of last month.*

*Blatchford, in addition to having represented the Abingdon Athletics Club as an athlete for several years and also the Southern Counties Veterans Athletic Club (SCVAC), with several national titles won, was a director and judge of the sport. He was a regular presence at international masters events at European and world level, obtaining several titles and places of honor.*

*To the family, friends and sports colleagues, the «O Marchador» team expresses its heartfelt condolences.*

**FRANCE: Meeting d'Automne, 5 November – Nogent-sur-Marne**

**Emmanuel Tardi** presents his latest report on racing activity in and around Paris.

I was one of the judges this Sunday in Nogent sur Marne (in the south suburbs of Paris). It was track events. Weather was rainy and cloudy.

The 10k and 20k started at 10am and shorter races started at 12:15. Thirty-two starters lined up at 10am (16 for the 20k and 16 for the 10k).

**Vincent Bollinger** and **Laurent Legentil**, two teammates of Aulnay, walked together at the front for the first quarter of the race, then Laurent won easily. **Celia Franchin** also won easily in the women 20k.

<b>2000m Marche F</b>					
1	CHAUFFOURIER LE ROYE Lilya	BEF/11	Es Sucy-en-brie	13'24''2	
2	MENAGER Savannah	BEF/12	Thiais Ac	13'24''6	
3	RODRIGUES Lea	BEF/12	Es Sucy-en-brie	13'53''7	
<b>2000m Marche M</b>					
1	NICOD Valentin	BEM/11	Courbevoie Ac	13'23''0	
2	BUDKA Theo	BEM/11	Thiais Ac	13'28''9	
<b>3000m Marche F</b>					
1	MOALIGOU Romane	MIF/10	Asa Maisons-alfort	17'40''3	
2	LECONTE Ilona	MIF/10	Ac Pays De L Ourcq	18'07''6	
3	EICKMAYER Constance	MIF/09	Vga St Maur	21'17''4	
<b>3000m Marche M</b>					
1	AYADI Adam	MIM/10	Thiais Ac	20'17''5	
2	MARTEIL Lois	MIM/10	Thiais Ac	20'42''8	
<b>5000m Marche F</b>					
1	GINEFRI Gabriella	CAF/08	Co Cachan	32'12''5	
2	BOURGUIGNON Melissa	CAF/07	Ao Charenton	33'47''9	
<b>10000m Marche F</b>					
1	CHOCHOY Christine	MAF/68	Dynamic Aulnay Club	59'37''7	
2	REAUD Delphine	MAF/82	Ac Paris-joinville	1h00'11''9	
3	BOUISSOU Sabrina	MAF/78	Es Sucy-en-brie	1h03'57''2	
4	PIC Charlotte	SEF/01	Ea Cergy	1h11'05''2	
5	BIZARD Claudie	MAF/59	Thiais Ac	1h12'46''3	
6	DUREY Catherine	MAF/68	Us Vesinet	1h14'22''3	
7	GALLIOT Emmanuelle	MAF/66	Uai Nogent-sur-marne	1h15'27''3	
8	BENIGNI Sandrine	MAF/72	Stade Français	1h16'01''2	
<b>10000m Marche M</b>					
1	KERVELLA Cedric	MAM/69	Ao Charenton	57'34''4	
2	DUCLOS Eddy	MAM/69	Us Champagne-sur-seine	59'07''9	
3	BLONDIN David	MAM/69	Ea Cergy	1h05'39''2	
4	LABROUSSE Stephane	MAM/59	Avia Club Athletisme	1h06'16''4	
5	POITRENAUX Jean-Marie	MAM/55	Ca Vierzon	1h09'35''9	
6	COURTEJAIRE Pierre	MAM/42	Ua Versailles	1h23'42''2	
7	MONTIGNY Patrick	MAM/49	Us Ivry	1h37'23''9	
-	DELECOLLE Sebastien	MAM/77	Rc Arras	DQ	
<b>20000m Marche F</b>					
1	FRANCHIN Celia	MAF/87	Vernouillet Athlé	57'24''0	1h55'08''1
2	BRASTEL Adeline	MAF/78	Efs Reims	1h01'21''7	2h02'40''8
3	DEMON Sonia	MAF/72	Efs Reims	59'38''7	2h04'28''9
4	DORE Sophie	MAF/77	Uai Nogent-sur-marne	1h10'22''2	2h22'55''8
5	DE SOUSA Marie-Lise	MAF/66	Uai Nogent-sur-marne	1h11'34''4	2h27'16''8
	BIZARD Lucie	SEF/90	Stade Français	DQ	
	JUMEAU Celia	SEF/00	Oc Chateaudun	DQ	
<b>20000m Marche M</b>					
1	LESENTIL Laurent	MAM/88	Dynamic Aulnay Club	51'50''6	1h44'29''0
2	BOLLINGER Vincent	MAM/84	Dynamic Aulnay Club	54'14''4	1h54'22''8
3	BOYER Nicolas	MAM/77	Us Champagne-sur-seine	57'37''4	1h57'13''7
4	CHEVASSUS Melwan	ESM/04	Asfi Villejuif Athletisme	59'08''1	2h01'20''0
5	DELHON Vincent	MAM/75	Asfi Villejuif Athletisme	1h00'29''1	2h08'29''3
6	STEFANELLY David	MAM/76	As Mantes	1h02'07''6	2h08'55''1
7	TOUTAIN Eric	MAM/63	Us Ivry	1h06'35''0	2h16'28''0
8	VANDENBERGHE Renaud	MAM/70	Us Champagne-sur-seine	1h07'30''3	2h16'35''5
-	BROU Florent	SEM/93	Ac Paris-joinville*		DNF



Franchin and Kervella



Bollinger and Legentil



Chochoy  
(Photos: Emmanuel Tardi)

## 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.marciadalamondo.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, November 6, 2023 - Ecuador wins unprecedented gold medal in the Pan American race walking marathon relay (Santiago 2023) <http://omarchador.blogspot.com/2023/11/ecuador-conquista-inedita-medalha-de.html>
- Wednesday, November 1, 2023 - Suraj Panwar and Priyanka Goswami triumph at Indian National Games - Goa 2023 <http://omarchador.blogspot.com/2023/11/suraj-panwar-e-privanlka-goswami.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.*

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# WHAT'S UP AHEAD?

## VRWC SUMMER FIXTURE 2023-24

Sun 12 <sup>th</sup> November 2023, VRWC Summer Championships and AGM		Middle Park
8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.50am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.25am	1.5km VRWC Championship	Under 12 B & G
	1km VRWC Championship	Under 10 B & G

9.45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	2km & 5km	Open
10.30am	Presentations	
11.00am	Annual General Meeting	

**Sun 14<sup>th</sup> January 2024, VRWC Road Races** **Middle Park**

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

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**Victorian & National Key Dates – 2023**

Sat 11 Nov 2023	AVSL Rd #4 – walks at Yarra Vly, Mt Evelyn
Sun 12 Nov 2023	VRWC Summer c'ships & Annual General Meeting – Middle Park
Sat 18 Nov 2023	AVSL Rd #5 – walks at venue TBC
Fri 1 Dec 2023	AVSL Rd #6 (twilight) – walks at Doncaster & Glenhuntly
Fri 8-Sun 10 Dec 2023	AA All Schools T&F c'ships – Perth WA

**Victorian & National Key Dates – 2024**

Sat 13 Jan 2024	AVSL Rd #8 – walks at Doncaster
Sun 14 Jan 2024	VRWC Summer races #3 – Middle Park
Sat 20 Jan 2024	AVSL Rd #9 – walks at Werribee
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	LAVic State T&F c'ships – venue TBC
Sat 16-Sun 17 Mar 2024	Victorian Masters T&F c'ships – venue TBC
Fri 29 Mar-Mon 1 Apr 2024	Aust. Masters T&F c'ships – Hobart TAS
Thu 11-Fri 19 Apr 2024	AA Aust Athletics c'ahips – Adelaide SA

**International Dates**

Sun 21 Apr 2024	WA Race walking Teams c'ship – Antalya TUR
Sat 4 May 2024	3 <sup>rd</sup> Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31 <sup>st</sup> Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold) – Rio Maior POR
Sat 18 May 2024	XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold) – La Coruna ESP
Sun 26 May 2024	III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold) – Madrid ESP
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24 <sup>th</sup> 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	20 <sup>th</sup> World Athletics Championships – Tokyo, JAP
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

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