

HEEL & TOE Online

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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Vol. 2023 Issue No. 46 Tuesday 21 November 2023

WORLD G4

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VICTORIA - METRO & REGIONAL



** Metro Zone: Round 5, Saturday 18 November – Ballam Park Aths track, Frankston

Hannah Matthews continued her fine recent form at the weekend, returning the only PB performance at Frankston with 7:37.0 to win the 1500m convincingly from Natalie Laurie and Lewis McLennan.

Mark Blackwood dominated the 3000m to take line honours in 13:48.3, making it two wins for Knox AC. Meanwhile, Max Davidson and Mya McClure continue to fly the flag for the younger brigade, both showing out at the head of the field each week.

1500m

	Pl	Name	Club	Age	Time	Points	
	1	Hannah Matthews	(KNA)	F14	7:37.0h	497	PB 0:18
	2	Natalie Laurie	(ANW)	FOP	8:07.0h	411	
	3	Lewis McLennan	(DAC)	M14	8:08.0h	407	
	4	Simon Evans	(BOH)	M60	8:16.0h	458	
	5	Laura McLennan	(DAC)	F45	9:04.0h	383	
	6	Donna-Marie Elms	(PTN)	F60	9:05.0h	472	
	7	Emilie Garside	(YRA)	FOP	9:06.0h	297	
	8	Dee Holohan	(SAN)	F55	9:11.9h	434	
	9	Heather Carr	(GHY)	F70	9:42.9h	498	
	10	Janice Hodgart	(WES)	F60	10:09.0h	397	
	11	David Martini	(OLX)	M45	10:50.1h	187	
	12	Kim Peak	(DAC)	F55	10:50.5h	286	
	13	Gwen Steed	(GHY)	F70	10:51.7h	426	
	14	Merilyn Thompson	(MPA)	F55	11:13.3h	261	
	15	Geoffrey Barrow	(MEN)	M70	11:16.1h	313	
	16	Robert Gardiner	(COL)	M70	11:53.0h	275	
3000m							
	1	Mark Blackwood	(KNA)	M45	13:48.3h	502	
	2	Max Davidson	(DIV)	M16	15:03.5h	448	
	3	Mya McClure	(WCA)	F14	15:09.6h	504	
	4	Jade Chitty	(WES)	F20	15:39.7h	441	
	5	Char Hay	(MUU)	FOP	16:09.0h	420	
	6	Jaime Hvalica	(DIV)	M14	16:32.6h	419	
	7	Emily Smith	(KNA)	F18	16:55.1h	396	

8 9 10 11 12	David Smyth Carolyn Rosenbrock Sandra Geisler Rupert Van Dongen Christal Xie	(COL) (YRA) (RWD) (MEN) (DAC)	M50 F60 F45 M45 FOP	17:02.6h 17:19.4h 18:40.7h 19:35.4h 22:27.3h	410 506 362 268 172
	1 0	\			
12	Christal Xie	(DAC)	FOP	22:27.3h	172
13	Ross Reid	(COL)	M65	23:35.6h	266
-	Alejandro Stephens	(GHY)	MOP	DQ	

** Ballarat Zone: Round 5, Saturday 18 November - Llanberris Stadium, Ballarat

It was good to get some walking results from Ballarat this week. **Fraser Saunder** realised an 8sec PB with his **12:22.89** for 3000m, showing he is in great touch.

Good to see John Bunker in the results ... how many years has it been since we last saw John racing at the VRWC?

1500m

	1	Stephen Mclennan	(WEN)	M55	9:24.82	337	
	2	Phillip Mclennan	(WEN)	M55	9:50.43	297	
3000m							
	1	Fraser Saunder	(BYC)	M20	12:22.89	529	PB 0:08
	2	John Bunker	(UNA)	MOP	21:01.60	Inv.	

** Bendigo Zone: Round 5, Saturday 18 November – Latrobe Uni Athletics Track, Flora Hill

AV statistician and video wiz **David Armstrong** decided he had a competitive itch to scratch, putting away the tools and pulling on the shoes at Bendigo. Dave crossed first in a slow but hard-earned **9:58.41**, perhaps wishing he'd stayed behind the keyboard?

1500m

1	David Armstrong	(DIV)	M65	9:58.41	373
2	Claire Noonan	(EAG)	F20	10:06.84	221
3	Leigh Browell	(SBE)	M45	10:53.03	185
4	Annette Curtis	(SBE)	F65	12:01.90	282

Next round ...

No round next weekend owing to the Zatopek:10 meeting.

Note that AVSL Round 6 is a twilight meeting, with very different scheduling and race provisions.

*AVCL Dound C. F	riday 4 Dags	ambay (Twiliabt)
*AVSL Round 6 – F Metro – Doncaster, Murrumbeena	6.00pm	2000m walk (all ages)
*AVSL Round 6 – Thu	ursday 30 No	ovember (Twilight)
Ballarat region	6.30pm	2000m walk (all ages M&F) 5000m walk (Open, U20, U18,
		40+, 50+, 60+, 70+ M&F)
Bendigo region	6:45pm	2000m walk (all ages M&F) 5000m walk (Open, U20, U18,
		40+, 50+, 60+, 70+ M&F)
	ENTRIES	
Metro – enter via Members Portal at https://www.revolutionise.com.au/athl	leticsvic/even	ts/

Collingwood Classic C



In it's 4th year the Collingwood Classic is featuring an Elite Mile Walk (mixed) to feature and promote the high caliber of walkers in Melbourne. Featuring outright prizemoney plus performance bonus \$\$ we invite qualified walkers to apply. Submit nomination directly to:



Campbell Maffett via campbellmaffett@gmail.com or 0438 335 368

facebook.com/CollingwoodClassic

Thursday 14 December 5:40pm – 9:15pm Geo. Knott Reserve Heidelberg Rd, Clifton Hill 3068



AROUND THE COUNTRY

** WALKER OF THE WEEK **



World Athletics this week announced the top 8 ranked race walkers in the World Walking Tour (the walking equivalent of the T&F Diamond League) for 2023. Placed highly among the world's best were **Jemima Montag** (3rd woman) and **Declan Tingay** (4th man). With this, Jemima and Dec have earned their latest WOTW awards.

Consistency is the name of the game in a completion like this, and a nation is doing well to have one athlete in the top 8, let alone two. Jemima's stellar year – which included her silver medal performance in Budapest – saw her amass 3,864 points behind Kimberly Garcia Leon (PER, 4092pts) and Alegna Gonzalez (MEX, 3881pts).



For his part, Declan's competitive year cemented him as a

prominent feature among the likes of Caio Bonfim (BRA, 4075pts), Perseus Karlstrom (SWE, 4032pts) and Brian Damiel Pintado (ECU, 4008pts). Dec's 3,890 points placed him 4th above Christopher Linke (GER, 3886pts) and his old rival Evan Dunfee (CAN, 3858pts.)

The top 8 placegetters get to share an impressive kitty of money for their efforts. Jemima and Dec will welcome their sport returning some earnings along with the acclaim. Well done to both Aussies!

*Honourable mention:

Hannah Mison (NSW) – a huge 25sec PB to record **6:09**, the fastest Women's 1500m walk leg in the ANSW Track relays.

NEW SOUTH WALES ANSW Relay c'ships, November 18 - SOPAC, Sydney

Athletics NSW held their Track Relay championships last weekend. On the program were 4 X 1500m Walk Relay titles for U14, U18 and Open in Male and Female categories.

Regrettably, ANSW listed only the team placing in their results (these can be seen at https://athleticsnsw.anet.live/meets/28909). No names of athletes or individual times are given. Fortunately, **Frank Overton** has provided these details for the Men's and Women's Open teams. Frank coaches the winning teams of both these races and so has their individual stats.*

Women Open 4 X 1500m Walk relay		Men Open 4 X 1500m Walk relay		
1 Mingara Regional AC	26:33.14 (Meet rec.)	1 Central Coast Hunter (Mixed)	26:16.94	
Hannah Mison	6:09	Carl Gibbons	5:39	
Hannah Bolton	6:32	Jack McGinniskin	6:03	
Sienna Pitcher	6:45	Molly O'Neill	7:41	
Bridget Bell	7:07	Brodie Spamer	6:54	
2 Winston Hills Aths	34:23.43	2 Westfields AC	30:45.96	
3 Illawong Revesby WA	39:52.63	Winston Hills Aths	DQ	

^{(*} Allanah Pitcher, of Mingara Regional but competing for Sydney UAC, recorded the 3rd fastest female time with 6:36.)

SOUTH AUSTRALIA ASA Interclub results, 11 November – Mile End Stadium

Kim Mottrom reports that conditions were warm and pleasant for the walkers at ASA Interclub, with three PBs and some other good times being recorded.

Open 3000m			
Kim Mottrom		13:24.16	
Daisy Braithw	aite	14:33.02	
Sebastian Ric	hards	14:42.89	
Cooper Rech		14:50.46	
Angelina Leg	rand	15:57.53	
Rhiannon Lov	egrove	16:36.40	
Grace Marin		16:52.31	PB 1:33
Melissa Grant	ham	17:02.05	PB 0:04
Katie De Ruv	0	17:53.26	
Liam Freundt		19:26.26	PB 0:52
Marie Maxted		20:10.89	
Alex McEwar	ı	24:09.90	

TASMANIA Aths South Interclub results, 18 November – Domain AC, Hobart

Thanks to David Moore for the results. Good to see Oliver Morgan getting back into good form.

 Oliver Morgan 	$^{\mathrm{SB}}$	14:39.77
2. Macy Devine	ES	18:35.77
3. Elizabeth Leitch	TMA	20:44.57
4. Dave Moore	TMA	27:41.16

** Tas Masters T&F, 15 November - Domain Athletics Centre, Hobart

Results 5000m Walk

1. Elizabeth Leitch TMA 35:30.00



INTERNATIONAL NEWS

* VALE ARTHUR JONES ... BRITISH MEXICO CITY OLYMPIAN *



Arthur Jones (71) in one of his last races on home roads ... an Interclub 7 mile race in Brighton.

(Photo courtesy Alan Buchanan)

The sad news came through yesterday that Great Britain's 1968 Mexico Olympic 20km rep, **Arthur Jones**, has died in Adelaide, following a period of illness.

Arthur, tall, bespectacled and possessed of a powerful 'guardsman'-like technique, would be the best performed of the British walkers (11th in the 20km) at those blighted, oxygen-starved Games. Aussie **Bob Gardiner** – who raced in the 50km there – provides the following anecdote that, perhaps, illustrates the man's individual approach to his sport:

"Frank (Clark) and I trained with the English team and made good friends with them. Arthur enjoyed a joke with us, all training around the village, but when the team went up to a higher altitude to train Arthur bowed out and did an easier session at the village track. That seemed to pay off for him as he finished a good 11th in the 20K."

Arthur might be said to have had another 'connection' with Australia prior to the Mexico City Games – one that either party could have done without. Veteran UK race walking identity **Alan Buchanan** remembers the lead-up to the British team selection – interesting, perhaps, considering that Australian athletics was at the time polarised by the Noel Freeman non-selection saga:

"(Arthur's) ambition was to make the team for the Mexico Olympics. I remember coming back on the train from the National 20km where he not done well and was very down and determined to up his training as he was basically a good track Walker with a safe technique. When the final trial came he produced the goods to make the team and finish as leading Brit. It was not without some controversy as Peter Fullager, who had spent a month living and training with Arthur in Hove, thought he should have selected. It seemed at the time the RWA selectors had more faith in Arthur's technique."

Arthur's acquaintance with Australia's walkers would increase when, as an émigré on an assisted passage, he and his family moved to Australia, settling first in Sydney then in Adelaide. A bond of friendship would grow between Arthur and **Frank Clark** during his time racing in NSW. Frank recalls:

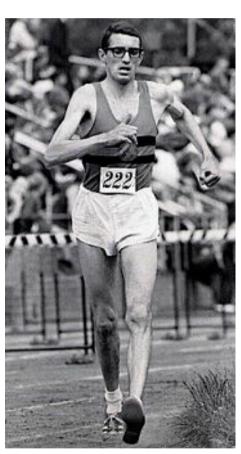
"I raced Arthur regularly in 69 and know that he was one tough competitor. We were good friends at that time. He had left Sydney by the end of 1970 when I returned from racing for Ilford in England. His lovely wife, Carol, had kept me informed (about Arthur) in recent times."

It was in Adelaide that Arthur would finally put down roots. **George White** is preparing a tribute for the SA Masters newsletter, spelling out Arthur's key roles in SA athletics life and race walking in particular. George has very kindly sent me a copy to share with readers:

It is somewhat ironic that when Arthur was a child in the UK, doctors said that he may never be able to walk – yet he went on to become an Olympic race walker. At first - at school in London - his athletic light burned dimly and he is quoted as saying "in school races I was nearly always last and in one race I fell over". Later at school and after joining Herne Hill Harriers his middle distance times started to improve.



Arthur Jones, behind left shoulder of Frank Clark (12), early in the Mexico City 20km. (Photo courtesy Frank Clark)



It was in this club that Arthur got his first taste of race walking but it was in the RAF when he entered the station sports day 2 mile walk "for a giggle" that he found that he was quite good at it. By the time he left the RAF and joined the Brighton and Hove Athletic Club, running had taken a back seat. Seven mile walk events were the common distance with fields of up to 200 walkers, and Arthur gradually moved through the ranks. Over the years 1964 to 1967 Arthur's time for the seven miles improved to 50.21 and he posted times of 6.32 for the mile and 43.56 for 10km.

In 1967 he burst onto the national scene with third placings in the 10 miles with a time of 76.10, and the 20km with 101.23. Later in 1967 he improved to second in the 20km with 98.27, which saw him selected for Great Britain to compete against the USA and France including two 20Km track walks in Paris. Continuing his improvement, he won the national two mile championship and in 1968 Arthur was invited to the final 20km Olympic trials. In far from ideal major race preparation, as the walkers were not offered accommodation, he slept on the floor of a running friend's hotel room. He finished third in the trial in a time of 94.51; then followed an anxious wait for both notification, and the birth of his youngest daughter. Daughter came first five days later, closely followed by the invitation to represent Great Britain in the 1968 Mexico Olympics.

Arthur's selection followed much criticism in the press for his apparent preoccupation with the very short distances (has anything changed?) however his time and place in the selection trials silenced any disapproval.

Any remaining criticism evaporated in Mexico City, October 1968, when Arthur finished first of the British walkers in a very respectable 11th place in a time of 97.32 – not bad at altitude and in the heat.

(Photo courtesy George White)

On his return to England he raced on a few more occasions but went into semi-retirement. In May 1969 Arthur and Carol emigrated to Australia and in Sydney he wasted no time in continuing his success, taking out the 1970 NSW 10km title, followed by several others and produced some fast times – 1500m in 6.26.5 and 3km in 13.18. In 1970 Arthur competed in the National 20km title in Adelaide recording 95.49 for third place.



Jones edging out Pasquale Busca (ITA) for 11th place in the Mexico 20km.



Racing alongside Frank Clark in a NSW interclub race
(Photos courtesy Frank Clark)

In 1975 the family moved to Adelaide and he joined United Collegians. Arthur spent time on the Board of ASA, was secretary/president of the SA Race Walkers Club and was Race Director of the City-Bay Fun Run for a few years. He then retired from Athletics for some 20 years until becoming interested in walking again when the Masters Games were held in Adelaide in the late 1990's. Arthur joined SAMA in 1999 and the committee as Vice President in 2000, serving in that capacity for five years before taking on the President's role for another four years as well as acting as race-walk coordinator.



Arthur at the SAMA 50th anniversary celebrations ...



... and celebrating Christmas with George White.
(Photos courtesy George White)

*Tributes for Arthur Jones

David Ainsworth has been fielding tributes from across the race walking world, both in the UK and elsewhere, for a man clearly held in high regard. Here is a selection:

Sadly just got the news from Australia, Arthur Jones died today. Arthur was in the GREAT BRITAIN team at the 1968 Mexico Olympics. When I lived in Adelaide, Arthur and his wife Carol lived in the same road as me, we sometimes did a long Sunday training walk in the Adelaide hills. Good days, RIP Arthur.

- Don Cox c787.

Sad news. Nice to read Don's comments about the good training days with Arthur. - Chris Maddocks

It was with great sadness that I received news of Arthur's death. So sad that one had to compose oneself to come to terms with such sadness. Arthur and I were selected to represent Gt. Britain in an international athletics meeting against France in La Baule 1967. Ken Bobbett made up the trio in the 20k track walk. We shared a room in a splendid hotel and became great friends although fiercely competitive in racing. I admired Arthur's upright walking style and his training regime. He was intent as I was to go to Mexico. For Arthur that ambition was realised and how proud he was and

rightly so. I shall treasure memories of a truly good friend and a race walker of the highest calibre. Rest in peace and rise in glory.

- Roy Lodge

I remember training with Arthur. He was a bespectacled and very tall walker and he was charming.

- Peter Marlow, 1972 Olympian

Very sad news indeed to hear of the passing of Arthur Jones. A very stylish race walker who achieved an outstanding performance at the 1968 Mexico Olympics - 20 Kms Walk. He was certainly one of the stars in Brighton and Hove A C in the late 60's before emigrating to Australia and enhanced their depth in top race walkers. May he Rest in Peace and always be remembered fondly. With sincere condolences,

- Bill Sutherland BEM, 1970 Commonwealth Games bronze medalist.

Very sad news about the death of Arthur Jones. I have tried several times over the years to track him down in Australia. Whenever I have been over there I have enquired as to his whereabouts but alas, always to no avail. I will never forget the day I won the National 10 at Exeter in 1981. I felt extra proud that I had emulated Arthur's feat in winning that particular event. I'm not sure but I think we remain the only male racewalkers from Brighton & Hove AC to win a national title. Except of course for George Larner all those years earlier, certainly a long time before the emergence of the RWA. So it has been a sad day, another one of the old Brighton & Hove AC racewalkers gone. Please add my name to any list of condolences for Arthur. Thanks again for keeping me in the loop. Cheers,

- Mike Parker

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, November 20, 2023 Race walking events at the European Championships in Rome (2024) will end at the
 Olympic Stadium http://omarchador.blogspot.com/2023/11/provas-de-marcha-atletica-do-europeu-de.html Granted that
 this has been decided with hometown heroes (Stano and Palmisano) in mind, but it's a welcome return to giving the sport
 its share of the limelight as a bona fide athletics event.
- Sunday, November 19, 2023 Kimberly García and Caio Bonfim, the winners of the 2023 World Tour http://omarchador.blogspot.com/2023/11/kimberly-garcia-e-caio-bonfim-os.html
- Friday, November 17, 2023 World Athletics has certified Walking Judges for the Silver and Bronze Panels http://omarchador.blogspot.com/2023/11/a-world-athletics-certificou-juizes-de.html
- Thursday, November 16, 2023 NCCWMA Ciudad Juárez 2023 (results)
 http://omarchador.blogspot.com/2023/11/nccwma-ciudad-juarez-2023-resultados.html
 Mexican Masters championship results.
- Wednesday, November 15, 2023 Léna Auvray stands out in Fougères, France
 http://omarchador.blogspot.com/2023/11/lena-auvray-sobressai-em-fougeres-franca.html A strong 10km result by the young French woman in the multi-stage Challenge Mario Gatti.
- Tuesday, November 14, 2023 Mayara Vicentainer and Matheus Correa win at the Santa Catarina 2023 Open Games –
 Brazil http://omarchador.blogspot.com/2023/11/mayara-vicentainer-e-matheus-correa.html

<u>Note</u>: 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?

VRWC SUMMER FIXTURE 2023-24

Sun 14 th January 2024, VRWC Road Races	Middle Park
Sun 14— January 2024, V K W C Road Races	vildale Park

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

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Victorian & National Key Dates – 2023

AVSL Rd #6 (twilight) - walks at Doncaster & Glenhuntly Fri 1 Dec 2023 Fri 8-Sun 10 Dec 2023 Aust 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 2024 Australia & Oceania Race Walk c'ships – Adelaide SA Sun 11 Feb 2024 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 LAVic State T&F c'ships – venue TBC Sat 9-Sun 10 Mar 2024 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 rd Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31st 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 th 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 th World Athletics Championships – Tokyo, JAP
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

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