



# HEEL & TOE Online

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The official organ of the Victorian Race Walking Club,  
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Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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## CLUB NEWS and RESULTS

### *\*Next issue of 'H&T Online' out on January 9*

As the year heads winds down, I am taking a break for a couple of weeks. 'Heel & Toe Online' will return with Vol 1/2024 on Tuesday 9 January.

I'd like to wish all our readers and their families a happy, warm and peaceful Christmas and a prosperous 2024. Take care, stay safe, and hopefully we'll see you at Middle Park for the year's first Club races on Sunday 14 January.

*Stu*

### **\*COLLINGWOOD CLASSIC 1 MILE WALK, Thursday 14 December – George Knott Reserve, Clifton Hill**

The 8<sup>th</sup> celebration of the Collingwood Classic running festival saw a race walk included on the program for the first time, to be held over the historic distance of 1 Mile. As with the key running events, a monetary prize was on the line for the three fastest walkers. Initially, the race was open only to elite walkers who had achieved set times over 3000 or 5000m but these standards were later dropped.

**Rhydian Cowley**, who can never resist a short, sharp speed test, was joined by **Corey Dickson** and **Riley Coughlan** on the start line. Sky Blues **Jack McGinniskin** and **Allanah Pitcher**, in Melbourne for the Supernova study course, accompanied them, along with a sprinkling of club walkers.

At the gun Dickson seized the lead and held it for the first lap, with Cowley and Coughlan in close attendance. Soon afterwards, the tall Glenhuntlian took over and – to gripping trackside commentary from Tim Crosbie – turned on an exhibition of blazing speed to come home a clear winner in **5:50.70**, ahead of the tenacious Dickson who also cracked 6:00 with **5:59.65**. Coughlan, coming off his bronze-winning effort in last week's All Schools' championships, finished 3<sup>rd</sup> again having hung on impressively to the leaders for 2 laps. McGinniskin, walking his own race, clocked **6:29.34** ahead of Pitcher who outlasted **Alejandro Stephens** in a tight duel, both just missing the 7:00 barrier.

We thank Collingwood Harriers for pulling the Mile walk out of its long retirement, and we hope there will be future opportunities for walkers to flex their speed over this historic distance.

1	Rhydian Cowley	Glenhuntly	5:50.70
2	Corey Dickson	Knox AC	5:59.65
3	Riley Coughlan	Knox AC	6:08.45
4	Jack McGinniskin	NSW	6:29.34
5	Allanah Pitcher	NSW	7:02.13
6	Alejandro Stephens	Glenhuntly	7:04.95
7	Kylie Irshad	VRWC	9:05.53
-	Rupert Van Dongen	Mentone	DQ

While the Australian All-time rankings appear not to recognize the Mile walk any more, it's likely that Rhydian's time would stand as the fastest Mile ever walked (officially) in Australia. He was (as Tim Crosbie energetically informed the crowd) on track for a world top-15 placing in the last 2 laps, eventually taking 16<sup>th</sup> according to the chart below<sup>1</sup>. Corey, back racing after a year's absence, now finds himself at No. 25 – a nice Christmas present!

The corresponding Women's all-time list is also posted, showing how close Allanah came to joining it.

#### WORLD 1 MILE WALK ALL-TIME LISTS

##### Men

1	5:31.08	Tom Bosworth	GBR
2	5:33.53 i	Tim Lewis	USA
3	5:34.45 i	Andreas Gustafson	SWE
4	5:35.49	Maher Ben Hlima	POL
5	5:36.27	Diego García	ESP
6	5:36.9 h	Antanas Grigaliūnas	LTU
7	5:38.18	Perseus Karlström	SWE
8	5:38.52	Lukasz Niedzialek	POL
9	5:39.75 i	Robert Heffernan	IRL
10	5:40.04	Christopher Linke	GER
11	5:41.83	Dawid Tomala	POL
12	5:46.81	Artur Brzozowski	POL
13	5:48.36	Miroslav Úradník	SVK
14	5:49.6 h	Iñaki Gómez	CAN
15	5:49.63	Rafał Sikora	POL
16	<b>5:50.70</b>	<b>Rhydian Cowley</b>	<b>AUS</b>
17	5:52.76	Artur Brzozowski	POL
18	5:53.2 h	Evan Dunfee	CAN
19	5:54.52	Curt Clausen	USA
20	5:55.58 i	Nick Christie	USA
22	5:55.66	Vít Hlaváč	CZE
22	5:56.80	Dominic King	GBR
23	5:58.4 h	Alex Wright	IRL
24	5:58.7 h	Brendan Boyce	IRL
25	<b>5:59.65</b>	<b>Corey Dickson</b>	<b>AUS</b>
26	6:00.25	Jakub Jelonek	POL
27	6:02.30	Guy Thomas	GBR

##### Women

1	6:16.72 i	Sada Eidikytė	URS
2	6:17.29 i	Rachel Seaman	CAN
3	6:18:03 i	Debbi Lawrence	USA
4	6:19.00 i	Maria Michta-Coffey	USA
5	6:19.40	Sada Eidikytė	LTU
6-8	<i>Missing data</i>		
9	6:27.76	Olga Chojecka	POL
10	6:28.21 i	Taylor Ewert	USA
11-14	<i>Missing data</i>		
15	6:36.32 i	Miranda Melville	USA
16	6:36.69	Katarzyna Zdziebło	POL
17	6:39.75	Michelle Rohl	USA
18	6:41.2 h	Johanna Atkinson	GBR
19	<i>Missing data</i>		
20	6:50.08 i	Katie Burnett	USA
21-23	<i>Missing data</i>		
24	6:56.98 i	Heather Durrant	USA
25	6:57.91	Magdalena Żelazna	POL

### ***The Mile Walk ... a race walking museum piece revived***

Prior to 1970, Victorian athletics was the final hold-out for imperial measurement (miles, yards) in the country, the other states all having gone metric in their track and field programs. Only the 3000m steeplechase flew the metric flag in Victoria. A perusal of *'Heel & Toe'* issues dating from that time reveals that, likewise, all of the VAWC's competitions were imperial, save the IAAF-sanctioned 20 and 50km championship distances. Maybe it was a 'jewel in the crown' thing ...

Accordingly, while the summer track programs in other states featured the 3000m and 1500m as their walks distances, the VAAA persisted with the 2 mile and 1 mile walks. Sub-juniors (U17) walkers raced over ¾ mile. The 2 Mile walk was also the State championship distance for seniors, with juniors contesting the 1 Mile.

Women and girls, at that time constrained by conservative outlooks as to what the female body could cope with in racing and in training, raced over 880 yards in their track competitions. Thankfully, by then the VAWC was offering 1½ and 2 mile handicaps for women, with the men racing over 2 and 3 miles in the summer at Lakeside Drive.

But it was the Mile walk by which everyone, from sub-junior up, measured their speed progression. You had to break 8:00 to be taken seriously as a walker, while timing around the 7:30s earned you some respect. It was a kind of 'holy grail' to crack the 7:00 barrier as it stamped you as approaching the top guys, who were routinely clocking in the mid-6:00s. Most never got to that level, but being able to walk a mile in 7:30 and carry that through to 15:30 for 2 miles showed you had the goods, with training, to impress at longer distances.

Now that, for the first time in decades, a bona-fide Mile walk race has been held and produced world-class times, it's pertinent to turn back the clock and compare last Thursday's results with those of two invitational Mile races, held in 1967 at Olympic Park. The first race, fittingly, took place 56 years ago to the day. The second was raced two nights later.

The main players were stellar identities: **Noel Freeman** (dual Olympian, silver medalist in 20km walk, Rome 1960 Olympics, 4<sup>th</sup> in Tokyo 1964; Commonwealth Games 20 miles gold medallist, Edinburgh 1970), **Ross Haywood** (11<sup>th</sup>, Montreal 1976 Olympic 20km & 7<sup>th</sup>, Christchurch 1974 Commonwealth Games), **Bob Gardiner** (dual Olympian, 5<sup>th</sup> in

<sup>1</sup> [https://en.wikipedia.org/wiki/Mile\\_walk](https://en.wikipedia.org/wiki/Mile_walk) This contains data prior to December 14 2023, as well as dates and venues of the times set. There were five walk judges in attendance at Clifton Hill on 14 December, and the results were signed off on by AV officials. If any VRWC member or other reader is savvy with Wikipedia, feel free to update the record. Just list Melbourne as the venue.

Tokyo 1964 50km, 19<sup>th</sup> in Mexico 1968 50km; Commonwealth Games 20 miles silver medalist, Edinburgh 1970), and **Ted Allsopp** (dual Olympian, Melbourne 1956 10<sup>th</sup> in 20km, DQ in 50km & Tokyo 1964, 17<sup>th</sup> in 50km.)

The following race summaries appeared in the December '67 and January '68 issues of 'Heel & Toe'.

#### INVITATION 1 MILE WALK - OLYMPIC PARK 14/12/67

8 walkers were invited to compete in this race in conjunction with the visit of the American sprinter Tommie Smith. That walkers of the calibre of Varel Newmark and Graham Russell (who has walked 6:58 this year) were not invited, indicates the high standard prevailing this season.

The field of 8 were packed at the completion of one lap with **Ted Allsopp** leading and **Noel Freeman** in last place; the time for the first lap was 1:38. In the second lap, N. Freeman swept around the field to take the lead, hotly pursued by **Ross Haywood** and **Bob Gardiner**. The half mile time was 3:18 and the order remained the same to the finish, with Noel Freeman timing a great **6:32**. The first five finishers broke 6:45.

#### RESULTS:

1.	N. Freeman	Footscray	6:32
2.	R. Haywood	Box Hill	6:35
3.	R. Gardiner	Collingwood	6:38

#### INVITATION 1 MILE WALK - OLYMPIC PARK 16/12/67

In the second "Tommy Smith" meeting, held in perfect conditions on a good track, **Noel Freeman** again had the measure of his opponents, and his time of **6 min 27 sec** is the fastest mile walked for many years. It was a great battle between **Ross Haywood** and Noel, with the lead changing through the middle stages of the race. Ross times an excellent **6:31** to hold off the fast-finishing **Bob Gardiner** who timed **6:33**. **Ted Allsopp** was next in, also with a good time of **6:37**.

These one mile races held over the past week have probably been the greatest crowd pleasers the walkers have staged. The return of Noel Freeman with his form better than ever, and other top liners all going well, have pushed each other to world class times with thrilling duels which had the crowd interested and vocal.

#### RESULTS:

1.	N. Freeman	Footscray	6:27
2.	R. Haywood	Box Hill	6:31
3.	R. Gardiner	Collingwood	6:33
4.	E. Allsopp	Williamstown	6:37



Noel Freeman



Ted Allsopp, Bob Gardiner, Noel Freeman and Ross Haywood warm up for a 1968 race.

(Photos: AA, The Australian Race Walker)



# AROUND THE COUNTRY

## \*\* WALKER OF THE WEEK \*\*



The special revival of the 1 Mile walk at the recent Collingwood Classic running festival saw **Rhydian Cowley** and **Corey Dickson** punch their way into the unofficial all-time top 25 list for the distance (World Athletics does not recognize a record for the Mile).

Rhydian displayed the pure speed that has always been his hallmark by winning the race in **5:50.70**, placing him in 16<sup>th</sup> on the list. For his part, Corey led the race early and clung tenaciously to Rhydian for the first three laps, coming in at 25<sup>th</sup> in the ranking with **5:59.65**. These performances earn the two speedsters the final WOTW awards for 2023.

Congratulations, Rhyd and Corey. Keep those fast-twitch fibres singing!



### \*Honourable mentions:

- **Riley Coughlan (VIC)** – a time of **6:08.45** from a 16yo would simply not have been believed back in 1967!
- **Nellie Langford (SA)** – first time under 50mins for 10km for Nellie, her **49:42.14** a huge PB.

## **SOUTH AUSTRALIA** ASA 10,000m Walk scratch race, 19 December – Mile End stadium

**Kim Mottrom** reports on a special 10,000m Walk arranged by Jared Tallent for his coaching squad and others. It was a lovely evening although slightly windy, and some excellent times were recorded.

1 Will Bottle	43:36.11	
2 Kim Mottrom	45:53.69	
3 Nellie Langford	49:42.14	PB 1:09
4 Samantha Findlay	49:56.91	
5 Daisy Braithwaite	53:33.12	PB 0:04 (PZ 30sec)
6 Cooper Rech	57:29.27	
7 Angelina Legrand	57:57.20	First 10km
8 Peter Crump	1:03:54.27	
9 Jasmine Crabb	1:10:54.91	First 10km
-- Olivia Sandery	DNF	(PZ 30sec)

## **TASMANIA** Athletics South interclub, 16 December – Domain AC, Hobart

**David Moore** reports:

A very nice first time walk from 10-year-old **Mya Wass** in sunny conditions at today's Athletics South Interclub.

1. Oliver Morgan	SB	6:54.48
2. Macy Devine	ES	8:33.54
3. Adele Woodward	OVA	9:47.67
4. Elizabeth Leitch	TMA	10:12.88
5. Mya Wass	ES	10:27.23 First one
6. Dave Moore	TMA	13:40.82

## **WESTERN AUSTRALIA** WARWC results, 17 December – Perry Lakes


**Terry Jones** reports:

Weather for the walks was fine & mild with temperature in the low 20s.

Because of state relay champs yesterday, and masters events this morning, we had low numbers.

<b>3K</b>	
John Ronan	14.36
Brad Mann	17.32
Kaytee Bogaers	17.33
Nathaniel Khaira	20.43

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# INTERNATIONAL NEWS

If you thought those pesky ‘pie in the sky’ shoe chips had gone, once and for all, think again. The work goes on and, with former World champion Valentin Massana in their camp, they might just be onto something in Barcelona.

## ***The Spanish 'prodigious chip' that will revolutionize walking is already a reality***

by **Tomas Campos** (reprinted from [www.marca.com](http://www.marca.com) - 11/12/2023) Translated by Deepl.com)

The Polytechnic University of Catalonia has developed a system that works, although it is still too early to be used in official competitions.

What is good walking? The answer, to be brief, is quite simple: that the athlete does not lose contact with the ground in a way that is visible to the human eye. The problem is that we are always talking about a subjective assessment that judges apply in competition when sanctioning and even disqualifying a walker. That is why race walking, a century-old discipline – it was premiered at the London Games 1908 – and universal (sic) that is not exactly going through its best moment, has spent years looking for a way to objectify what so far is in the hands of the not always reliable human sight.

The first attempts, somewhat rudimentary, date back to the end of the last century, but it has not been until the last few years that the matter has taken a qualitative leap forward thanks to the incessant technological advances. The first big bet was some insoles with sensors that were supposed to detect the loss of contact with the ground, but the experiment ended in fiasco. That was not the way to go. Now there is a new approach.

*“Now the time allowed to lose contact with the ground must be regulated. We are talking about thousandths of a second, so we have to be very careful.”*

*- Luis Saladie*

The solution was in a chip that the Polytechnic University of Catalonia has been developing for years. It relies on the experience and advice of **Valentin Massana**, world gold medalist in the 20 km walk in Stuttgart 1993 and Olympic bronze medalist in the 50 km walk in Atlanta 1996. It's a chip, the kind that athletes put in the laces of their shoes, so the system couldn't be easier. And the most important thing: it works. With it, the judges know exactly how long the walker's foot loses contact with the ground.



*(Photo: Marca/EFE)*

The subsequent problem has to do with a regulation that entrusts everything to the aforementioned human eye ... because all walkers 'fly' at some point. That is to say, they are not always in contact with the ground.

**Luis Saladie**, director of Competitions and Events of the Royal Spanish Athletics Federation (RFEA) and top-level international racewalking judge, explains that this is the crux of the matter at the moment.

"Now we have to regulate how long it is allowed to lose contact with the ground. We're talking about thousandths of a second, so we have to be very careful. In addition, we also have to assess how the cards will be applied. Decide what is grounds for disqualification. Because a walker can get lost while picking up a bottle of water and maybe it's not fair to punish him for a few seconds of relaxation," explains Saladie.

### ***Testing the system in competition***

The first step, of course, is for walkers from all over the world, at least those at world level, to get to know first-hand how the system works. The system has already been used, although not officially. It was in the 10,000m race walk at the

Spanish U23 Championships in Tarragona, held on July 1 and 2, 2023. The chip was not taken into account by the judges, who applied the regulations in the traditional way, but it was found to work.

The next step is a second 'experiment' at international level in a major championship, either a World Cup or a World championship. It could be in 2025 or even earlier. The idea, in any case, is that the system can be at full capacity as soon as possible, with the 2027 World Cup and the 2028 Los Angeles Games on the horizon.

## IRELAND: World Race Walking Tour, 17 December - Dublin

### ***Karlstrom kick-starts Olympic campaign with speedy clocking in Dublin***

*(reprinted from World Athletics News – 19 December 2023)*

World silver medallist **Perseus Karlstrom** gave early notice of his Olympic ambitions with a stunning 1:18:39 clocking to win the 20km at the opening leg of the **World Athletics Race Walking Tour** at St Anne's Park in Dublin – a Bronze level meeting – on Sunday (17).

On a day with pleasant weather more akin to spring or early summer than the week before Christmas in Ireland, just under 250 athletes from 27 countries competed at the event.

Karlstrom had a battle on his hands for almost all of the way as Mexican Olympian **Noel-Ali Chama** and Finland's **Veli-Matti Partanen** – who set a national record to finish sixth in Budapest – were determined not to let the Swede have things his own way.



*Karlstrom (263) and Chama (254) set a hot pace in St Anne's Park, Dublin.*

*(Photo: Pierce O'Callaghan)*

The pace was red hot from the gun, with Karlstrom part of an early big group clocking 8:07 for the first two kilometres before increasing the pace with a 7:58 split for the next two-kilometre segment. The lead pack reached 5km in 20:01 looking comfortable and ready to turn the screw even further.

The next 5km was covered in 19:38, giving the leaders a half-way split of 39:39. Karlstrom then broke away and covered the second half in a negative split (39:00), coming home in **1:18:39** – the second fastest 20km ever recorded on Irish soil behind Nathan Deakes' 1:18:14 clocking back in 2001.

"It was a crazy day, but I felt good, and with the great conditions I decided to just go for it," said Karlstrom after clocking the fastest ever 20km performance achieved in the month of December. "Ending up with a sub-1:19 and the third-fastest time of my career was definitely a surprise considering I'm in the base building period of the season."

Behind Karlstrom, there was an exciting battle between Chama and Partanen before the Mexican found an additional gear over the final laps to take second in a PB and Olympic qualifying time of 1:20:05.

The Finn, too, was satisfied with his **1:20:33** clocking ahead of 2021 European U23 silver medallist **David Kenny** of Ireland who clocked **1:21:38**, the second-fastest time of his career.

There were a number of personal bests throughout the field, showing the true value of the World Race Walking Tour in having races taking places in December.

There was much anticipation around the debut of the **Marathon race walk mixed relay** – due to make its debut at the Paris Olympics – which exceeded expectations.

Each team comprises a man and a woman. They have to cover the marathon distance of 42.195km, covering two legs each with a minimum of 10km per leg. The men started with a 12.195km leg, then there were three subsequent legs of 10km.

Ultimately, the event couldn't have been more unpredictable and came right down to the wire.

After the first 12.195km leg, Finland's **Jerry Jokinen** had the lead, followed by Slovakia, Hungary and Ireland. The large home crowd got behind Ireland's 2011 world U18 champion **Kate Veale**, who took over from three-time Olympian **Brendan Boyce** and hauled back the Finns, Slovaks and Hungarians to hand back over to Boyce with a lead of more than a minute.



*Kate Veale took over from Brendan Boyce and led, but was unable to hold off Hana Burzalova.*

*(Photos: Waterford Athletics County Board; Rob Heffernan Race Walking Academy)*

The lead changed again on the next leg with Finland's Jokinen putting in another strong effort to move into first place. Clearly benefitting from the support of the home crowd, Veale regained the lead for Ireland on the penultimate stage and led for 7km of her final leg, only to be reeled in by Slovakia's **Hana Burzalova**, who came through to win in **3:11:17**.

Ireland finished second in **3:11:48**, more than four minutes ahead of Finland (**3:16:11**) with Hungary a minute further back.

The result puts Slovakia and Ireland in sixth and seventh place respectively on the road to Paris. 22 of the 25 teams for the Paris Olympics will qualify via the World Race Walking Team Championships in Antalya in April with another three places remaining open for the world lists.

In the **Women's 20km**, Slovakia's **Maria Czakova** dominated the field to win in **1:31:42**, her fastest time since 2018, and securing her qualification for the European Championships in Rome in June. Greek duo **Panagiota Tsinopoulou** and **Olga Fiaska** filled the remaining podium slots.

There was a Slovakian double in the **U20 10km** events with **Ivana Dudova** winning the women's event in **50:51** while **Jakub Batovsky** looked impressive winning the men's race in **46:37**. The **U18 women's 5km** race was won by Romania's **Alessia Pop** in **23:49** ahead of Slovakia's **Petra Kusa** (**25:13**) and Ireland's **Savanagh O'Callaghan** (**25:34**).

#### Men 20km Race walk

1.	Perseus KARLSTRÖM	SWE	1:18:39
2.	Noel CHAMA	MEX	1:20:05
3.	Veli-Matti PARTANEN	FIN	1:20:33
4.	David KENNY	IRL	1:21:38
5.	Aleksi OJALA	FIN	1:22:22
6.	Oisín LANE	IRL	1:24:13
7.	Nathaniel SEILER	GER	1:24:20
8.	Norbert TÓTH	HUN	1:24:22
9.	Jesus CALDERON	MEX	1:24:56
10.	Rui COELHO	POR	1:25:20
11.	Joe MOONEY	IRL	1:26:39
12.	Stefano CHIESA	ITA	1:26:56
13.	Nick CHRISTIE	USA	1:27:38
14.	Hélder SANTOS	POR	1:29:04
15.	Matthew GLENNON	IRL	1:32:27
16.	Andreas PAPASTERGIOU	GRE	1:32:36
17.	Bricyn HEALEY	USA	1:33:47
18.	Luc LEGON	GBR	1:37:14
19.	Bruno ERENT	CRO	1:38:33
20.	Michal DUDA	SVK	1:38:51
21.	Tomáš MENCEL	SVK	1:39:56
22.	Neil WADE	GBR	1:43:22
23.	Dan NEHNEVAJ	USA	1:52:26
	Ricardo ORTIZ	MEX	DQ

#### Women 20km Race walk

1.	Mária K CZAKOVÁ	SVK	1:31:42
2.	Panagiota TSINOPOULOU	GRE	1:35:11
3.	Olga FIASKA	GRE	1:37:21
4.	Agnieszka ELLWARD	POL	1:40:43
5.	Robyn STEVENS	USA	1:41:49
6.	Abigail JENNINGS	GBR	1:43:48
7.	Kludia ŽÁRSKA	SVK	1:44:04
8.	Joana PONTES	POR	1:44:42
9.	Enni NURMI	FIN	1:47:36
10.	Pagen SPOONER	GBR	1:48:33
11.	Emile GHOSE	GBR	1:55:49
12.	Jasmine NICHOLLS	GBR	1:56:38
13.	Jessica HEISER-WHATLEY	USA	2:00:34
14.	Victoria HEISER-WHATLEY	USA	2:00:57
15.	Anna KOKKO	FIN	2:25:52

Dávid TOKODI	HUN	DQ
Alexandros PAPAMICHAIL	GRE	DQ
Tyler WILSON	CAN	DQ
Cameron CORBISHLEY	GBR	DQ

#### Marathon Race walk Mixed Relay

1. Slovak Republic SVK		
Dominik ČERNÝ, Hana BURZALOVÁ		3:11:17
2. Ireland IRL		
Brendan BOYCE, Kate VEALE		3:11:48
3. Finland FIN		
Jerry JOKINEN, Heta VEIKKOLA		3:16:11
4. Hungary HUN		
Bence VENYERCSÁN, Rita RÉCSEI		3:17:08

#### Men 10km Race walk

1. Callum WILKINSON	GBR	42:18
2. Christopher SNOOK	GBR	44:06
3. Panagiotis SALTIS	GRE	52:04

#### Women 10km Race walk

1. Erika KELLY	GBR	51:12
2. Janelle BRANCH	USA	51:58
3. Hannah HOPPER	GBR	51:58

## 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, December 18, 2023 - Perseus Karlström in great prominence in the 20 km march in Dublin <http://omarchador.blogspot.com/2023/12/perseus-karlstrom-em-grande-destaque.html>
- Sunday, December 17, 2023 - 1976, the year of the first female walkers <http://omarchador.blogspot.com/2023/12/1976-o-ano-das-primeiras-marchadoras.html> Portugal, re-emerged into the world of walking two years earlier, now welcomed her women into the sport.
- Sunday, December 17, 2023 - Glenda Morejón and Jordy Jiménez win at the end of the season in Ecuador <http://omarchador.blogspot.com/2023/12/glenda-morejon-e-jordy-jimenez-vencem.html>
- Thursday, December 14, 2023 - Walking events at the Central American Athletics Championship under-15 and under-13 - El Salvador 2023 (results) <http://omarchador.blogspot.com/2023/12/provas-de-marcha-no-campeonato-centro.html>
- Wednesday, December 13, 2023 - The chip that could revolutionize judgment in race walking events <http://omarchador.blogspot.com/2023/12/o-chip-que-pode-revolucionar-o.html> Another take on the La Marca article, printed above.

*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 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 – 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/Sun 27/28 Jan 2024	Supernova: WA Race Walking Tour (Bronze) – AIS, Canberra
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sun 11 Feb 2024	2024 Australia & Oceania Race Walk c'ships – Adelaide SA
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

Mon 1 Jan 2024	72 <sup>nd</sup> New Year Grand Prix of Walking – Tokyo JPN
Sun 18 Feb 2024	Japanese Walking c'ships (20km & 35km) – Kobe JPN
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, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

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Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

