



HEEL & TOE Online

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

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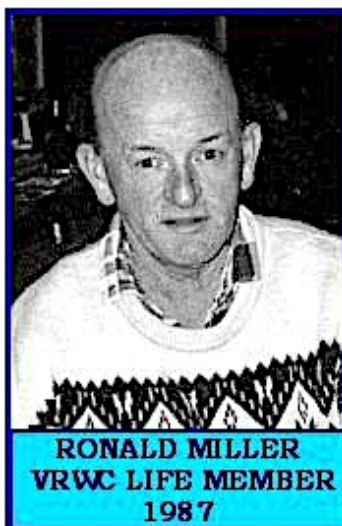
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CLUB NEWS and RESULTS

**** VALE RONALD (RONNIE) MILLER ... 1940-2024 ****



Today I received the sad news of the passing on June 27 of **Ronnie Miller** ... VAWC members for 69 years, competitor, official and – as you will see from his Life member citation below, one of the Club's saviours during the approach and turn of the millennium.

Tim Erickson compiled the following resume of Ron's engagement with the sport of race walking. One who walked the walk in every sense of the word and talked little – least of all about himself. Ron was one of those priceless people who derive their greatest fulfillment from working for the benefit of others:

Ron joined VAWC in late 1955 as a 14 year old. Like so many of our walkers, he came from the Collingwood Harriers club. His walking career lasted some 20 years and perhaps his greatest achievement was to gain 2nd place in the Malaysian 20 km Championship in 1965 while serving overseas in the Australian army.

He retired from competition in the seventies and turned his attentions to managing junior teams at the Collingwood venue and officiating. He did the first exam for walk judges when the Little Athletics movement started in 1967. He has been an AV official since the early seventies. He has been coaching for some 40 years.

For his services to the many clubs with which he has been associated, Ron has life memberships of VRWC, Collingwood Harriers and Collingwood Little Athletics Club.

Within VRWC, Ron has been on the Committee for many years. He served as secretary for 12 years, from 1989 to 2000. It was during this time that we lost our clubrooms and the club went through a particularly low period. Ron was one of the hard workers who helped the club come through that period and regroup at its new headquarters at the

Middle Park Bowling Club. As well as being Secretary, Ron has been race secretary for many years and has, perhaps, a greater working knowledge of the club than any other current member.

My own recollections of Ron go back to my first days at the Club in 1967. He was competing on a regular basis then, and he was memorable for enjoying a cigarette after his races. (He wasn't alone in that, to be honest.) A quiet man, Ron accepted everybody with a genuine, blue collar equanimity – if you were fair dinkum and spoke nicely to people, you were okay by him. Ron was himself the very model of the fair dinkum 'doer' who loved the Collingwood and VRWC clubs and engaged in whatever needed doing to keep them thriving. His final years at the VRWC were pretty much as they had been for decades. You saw him there each week, year round, latterly as Race secretary and timekeeper, quietly assuring our confidence that, as long as he had charge of the stopwatch and race sheets, all would be well.

The VRWC expresses its sincere condolences to Ron's family, friends and associates. At his request, there will be no funeral.

Thank you, Ronnie, for the part you played in the VAWC/VRWC's enviable history and its growth to the current healthy position it enjoys.



Ronnie (right) timekeeping with Harry Summers and Tim Erickson ...



... and in cooler weather this time, with Paul Kozaris



The good old days at Lakeside Drive: Ronnie with Mark Donahoo, after a Sunday morning race.

H&T Online - Notice Board

This is located at the conclusion of each issue and contains all Club, AV, national and RWA notices of concern to VRWC members. Current postings:

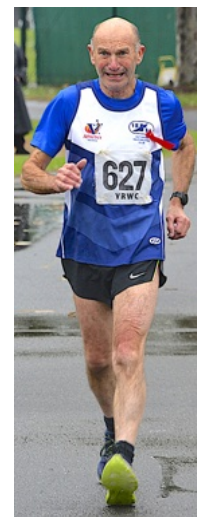
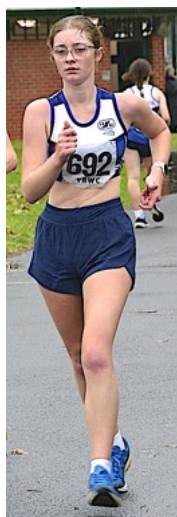
- AMA 20km Walk Postal championship – entry form and details
- Club Race and Membership fees
- Twilight Trivia notice
- RWA Road championships
- Judging Seminar - August

VRWC Club points results, 29 June – Middle Park

It was a quieter race day on Saturday after last weekend's big AV and LAVic championship meeting. A smaller field of 22 lined up on the 1km start line in chilly conditions which, thankfully, did not produce the threatened showers and high winds which may have deterred some.

Eden Morgan continued his impressive recent form with another PB, this time by over a minute in the 6km to clock **28:05**. **Mackenzie Turner** joined Eden in the 1min+ 'club', taking a 1:15 slice from her 4km time to record **24:34**. Two of our youngest members, **Addison Frenken** and **Payton Welsh**, gamely tackled races of twice the furthest distance they'd gone before and posted pleasing first-up times. Traralgon siblings **Matilda** and **Pippa Read** showed good speed and excellent technique in winning their races.

Meanwhile, **Max Davidson** and **Angus Shuttleworth** joined Eden Morgan as the only ones to average sub-5:00 kilometres on the day.



8km Open

1 Alejandro Stephens Open 40:48
2 Terry O'Neill M60+ 51:25

1 Karyn O'Neill M60+ 57:53

6km Open

1 Eden Morgan U20 28:05 PB 1:09

.. Emily Smith DNF (4km – 23:41)

4km Open

1 Max Davidson U16 19:42
2 David Smyth M40+ 24:34

1 Addison Frenken U12 24:26 First 4km
2 Mackenzie Turner U16 24:34 PB 1:15
3 Emily Garside Open 26:28
4 Heather Carr M60+ 26:41
5 Donna-Marie Elms M60+ 27:01

2km Open

1 Angus Shuttleworth U16 9:49
2 Brodie Welsh U14 12:20
3 Arthur Robinson U16 14:07
4 David Moore (TAS) 18:19

1 Matilda Read U14 10:03
2 Indigo Marshall-Moodie U12 11:39 Eq.PB
3 Caitlyn Shipham U12 13:46
4 Payton Welsh U10 14:11 First 2km

1km Open

1 Pippa Read U12 5:43
2 Anouk Morgan U10 6:17
3 Abby Fowler U10 6:34

Handicaps

Name		M/F	Age Gp	Hcp plc
David	Smyth	M	M40+	1
Heather	Carr	F	M60+	1
Karyn	O'Neill	F	M60+	2
Donna-Marie	Elms	F	M60+	3
Terry	O'Neill	M	M60+	1
Emilie	Garside	F	Open	1
Alejandro	Stevens	M	Open	1
Payton	Welsh	F	Un10	1
Abby	Fowler	F	Un10	2
Anouk	Morgan	F	Un10	3
Addison	Frenken	F	Un12	1
Indigo	Marshall-Moodie	F	Un12	2
Caitlyn	Shipham	F	Un12	3
Pippa	Read	F	Un12	4
Brodie	Welsh	M	Un12	1
Matilda	Read	F	Un14	1
Angus	Shuttleworth	M	Un14	1
Mackenzie	Turner	F	Un16	1
Arthur	Robinson	M	Un16	1
Max	Davidson	M	Un16	2
Eden	Morgan	M	Un20	1



*This week's action models

Payton, Heather, Alejandro, David, Mackenzie, Addison, Eden, Terry, Indigo, Max, Brodie, Emily and Matilda.

As is always the case, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes. If you're not on the list, be assured that we appreciated your contribution:

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo
Recorders	Bob Gardiner, Bill Carr, Tim Erickson, Dylan Shuttleworth
Judges:	Brenda Felton(Chief), Michael Bodey, Stu Cooper, Gordon Loughnan, Di Lowden
Set up, Pack up:	Terry Swan, Bob Gardiner, Terry O'Neill, Tim Erickson, Karyn O'Neill
Photos	Terry Swan
Canteen	Donna Marie Elms,
Walkers:	22

**** Correction from last week's Officials list**

Due to an oversight following last weekend's AV, VRWC and LAVic Championship events, the list of lap scorers was inadvertently left off the Officials list (although it did go through to World Athletics).

We thank and apologise to all of the lap scorers:

Bob Gardiner, Theresa Smith, Marnie Zakis, Matt Vernal, Darlene Swan, Dylan Shuttleworth, Troy Jardine, Margaret Hay, Alla Pashutina, Madeleine Feain, Dave Long, Bill Carr, Heather Carr

***Next weekend ...**

***VRWC Intervals race – Saturday 6 July,
Middle Park**

2.00pm Intervals Race – 6km, 8km, 10km Open
2.15pm 3km Open
2.15pm 2km Open

Enter by no later than **6.00pm, Friday 5 July**
<https://www.revolutionise.com.au/vrwc/events/246182>

The **Intervals race** is another of our popular ‘special’ races – in fact it’s a mixture of race and speed training session. There are several approaches, including setting one’s own pace goals and lap target times, or going out hard and hanging on for as long as you can.

In the Intervals Race, walkers choose to walk either **6km, 8km** or **10km** in 2km intervals.

To walk in this event, you must be able to complete each leg in **less than 17 minutes**. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg.

The **start times** for the 2km legs are as follows:

<u>Start time</u>	<u>2X2km Race legs</u>	<u>3X2km Race legs</u>	<u>4X2km Race legs</u>	<u>5X2km Race legs</u>
2.00pm	1	1	1	1
2.17pm	2	2	2	2
2.34pm		3	3	3
2.51pm			4	4
3.08pm				5

Your 2km repetition times will be added to give you your final aggregate time for the race distance you complete.



And now, some news that would have pleased Ronnie Miller. Our senior Race judge **Di Lowden** was honoured last week in the Victoria Day Awards, in recognition of her 51 years of service to Little Athletics, specifically to Knox LAVic club who nominated her. VRWC members see Di out judging on our

course most race days. She also arranges judging seminars and sets up AV championship judge panels.

Congratulations, Di. Recognition thoroughly deserved.





AROUND THE COUNTRY

** WALKER OF THE WEEK **



(Photo: Helen Toyne)

South Australians **Cooper Rech** and **Angelina Legrand** have been making themselves rather at home in the WOTW segment this year (we may have to start charging them rent!) Both are firmly grounded on the improvement trail and are obviously working hard at their training. Their latest feats include two PBs each last Saturday, in SARWC competition and in the Little Athletics race that followed.

Cooper reduced his 5km time to **24:44** and backed it up with a swift **9:06** in the Little A 2km. **Angelina** went sub-5min kms over 3km for the first time to clock **14:38** before following with a **9:44** 2km PB. With plenty of racing to come this season – including the RWA’s Postal Challenge and Road championships – the incentive for further improvement in both these young walkers is considerable.

Well done, Angelina and Cooper – we hope to see you both racing in August here at Middle Park ... rent free!

*Honourable mentions

- **Eden Morgan (VIC)** – Eden has struck a fertile form patch recently, this time reaping a 1:09 PB for 6km of **28:05**.
- **Mackenzie Turner (VIC)** – in her first VRWC season,

Mackenzie is settled upon her own improvement path, this time taking 1:15 from her 4km time to record **24:34**.

NEW SOUTH WALES NSWRC results, 22 June – Chipping Norton

Results reprinted from NSWRC newsletter. This was apparently Sydney’s 7th straight weekend of rain, so credit to the toughies below who braved the conditions:

Long 10km	Hcp pl	Short 4km	Hcp pl
1 Brendan Pospischil 58:32	1	INV Aidan Pospischil 23:20	-
2 Ciara Cassilles 1:06:39	2	1 Erin Cassilles 24:07	3
		2 Laura Sotomayor 25:34	-
U16 3km		3 Nicolle Challinor 35:45	4
1 Christopher Nilon 17:29	2	4 Jodie Barakat 35:46	-
2 Ashleigh Farrugia 19:53	1	5 Emily Challinor 37:16	1
3 Lilly Twigden 21:32	3	5 Sarah Challinor 37:16	1
U12 2km		U10 1km	
1 Beth Cochrane 11:51	4	1 Kostya Peart 6:20	1
2 Veronica Dennett 12:27	2	2 Nasrin Hewitt 6:21	2
3 Addison Jenkins 12:28	1	3 James Barakat 9:55	3
4 Amelie Barakat 17:27	3		

** CONGRATULATIONS to Kirsten Crocker

... on being selected as a Walk Judge Official at the Paris Olympics!

There are only two other Australian Athletic Officials selected to officiate at the Games.

Kirsten has moved up the ranks from officiating at Athletics NSW Championships to Australian Championships, to Oceania Championships, to U20 World Championships in Finland, to Youth Olympic Games in Buenos Aires, to Commonwealth Games on the Gold Coast & Birmingham, to Olympic Games Trials in China, to World Athletics Championships in Doha and Oregon.

Her expertise and dedication has now provided her with the opportunity to officiate at the Olympics!

The NSWRC wishes her the very best for the Olympic Games!

Bon Voyage et Bonne Chance. 🤗👏



(Photo & report: NSWRC Facebook)

QUEENSLAND**QRWC Handicap #8, Sunday 30 June – Yeronga**

Robyn Wales reports that winter has really hit in Brisbane. For Sunday's races it was an arctic 26°C ! Perhaps they should take up skiing instead (the kind requiring life jackets.)

A Grade 10km

Men:
 (1) Peter Bennett 1:07:54
 Women:
 (1) Joy Dale 1:21:59 SB
 (2) Noela McKinven 1:30:58

B Grade 5km

Men:
 (1) Kai Dale 29:15
 Women:
 (1) Taylah Morris 31:37
 (2) Katie Bray 32:10 SB

C Grade 3km

Men:
 (1) Eli Melinz 18:43 SB
 (2) Leo Ramsay 19:18
 Women:
 (1) Eliza Kelly 17:50
 (2) Kiara Waterman 18:49

D Grade 2km

Women:
 (1) Amelia Chisholm 11:33
 (2) Jessica Gorham 14:42

E Grade 1.5km

Women:
 (1) Clara Hermus 10:05
 (2) April Kelly 11:12

F Grade 1km

Women:
 (1) Izzy Blackburn 6:14
 (2) Piper Dunleavy 8:47
 (3) eq Alana Blackburn,
 Harper Waterman 9:54

SOUTH AUSTRALIA**SARWC Mountain c'ships, 22 June – Belair National Park**

Kim Mottrom reports on pleasing results in the wintry weather in Adelaide:

Cold and wet today but great conditions for PB's evidently. Little Athletics meet again today followed by our regular meet.

Cooper Rech and **Angelina Legrand** did PB's in both meets, with **Jasmine Crabb** and **Kristy Templer** also doing big PB's over 5km.

Open 5km

Kim Mottrom	21:54	
Samantha Findlay	24:19	
Cooper Rech	24:44	PB 0:10
Rain Langford	26:23	
Greg Metha	31:09	
Peter Crump	31:32	
Jasmine Crabb	33:19	PB 0:42
Di Camilleri	39:47	
Kristy Templer	40:44	PB 1:35

Open 3km

Angelina Legrand	14:38	PB 0:47
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Open 1.5km

Liliana Templer	8:29	PB 0:01
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Open 1km

Caleb Camilleri	6:00	
Robert Crabb	8:11	
Martin Crabb	10:53	

Little Athletics**U9-11 1km**

Caleb Camilleri	6:10
Saxon King	6:21
Ruby Grieve	6:23
Aria Crispe	6:32
Jesaya Brandt	6:54
Layla Trako	7:17
Will Neelawala	7:42
Rachel Pemberton	7:56
Mason Walden	8:07
Anthony Crabb	9:40

U12-U17 2km

Cooper Rech	9:06	PB 0:18
Angelina Legrand	9:44	PB 0:29
Samantha Barfield	14:43	
Arizona Small	18:35	

TASMANIA TRWC results, 29 June – Seven Mile Beach

David Moore reports:

Small numbers in very strong, chilly winds for our event at Seven Mile Beach. Many of our number were away Interstate, with us especially jealous of **Wayne Fletcher** in the warmth of Broome, whom in between some fishing squeezed in some 5k Race Walks in the local Park Run, with his best effort so far being 46:33.

Special thanks to **Jen Woodward** for conducting the Walk at Seven Mile Beach in the absence of our regular key officials.

1km
1. William Sugiarto TRWC 10:30

2km
1. Adele Woodward OVA 14:14
2. Bianca Sugiarto Huon LA 14:18

WESTERN AUSTRALIA WARWC handicap results, 30 June – Shelley

Terry Jones reports from Perth:

The weather was cool, sunny, and calm. We had our AGM immediately after the walks, with the same committee being re-elected.

10K handicap		5K handicap	
John Ronan	50.27	Wendy Farrow	35.05
Kaytee Bogaers	56.57	Fiona van Heerwaarden	32.46
Karyn Tolardo	1:05:05	Marcela Ruiz	40.54
Victor Munoz	1:09:38	Andrew Duncan	29.05
Melissa Lewis	1:02:14	Brad Mann	28.59
		Steve Travell	46.39
3K handicap		1.5K handicap	
Wendy Farrow	20.59	Addison Roots	9.26
Dylan Sardelich	17.32	Lachlan Nichols	8.59
Darcy Bramwell-Keys	17.29	Willow Wheeler	8.56
Savannah Carnaby	18.33	Katica Borsic	8.05
Fiona van Heerwaarden	21.10	Maddison Rout	12.24
Sophia Nichols	21.31		
Trinity Doulis	18.49		



INTERNATIONAL NEWS

UNITED KINGDOM: UK Track & Field championships, 29-30 June - Manchester

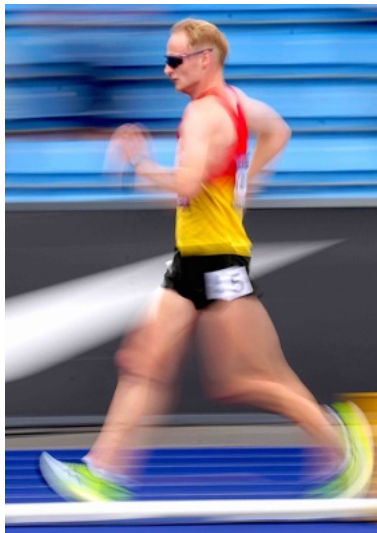
British 10,000m race walk record for Callum Wilkinson

by Jason Henderson (*reprinted from Athletics Weekly – June 30, 2024*)

The 27-year-old is hopeful of Olympic selection and now has his sights set on the national 20km record

Callum Wilkinson smashed his own UK 10,000m race walks record on Sunday and says if he's picked for the Paris Olympics he wants to try to break Tom Bosworth's national 20km record of 79:38.

Wilkinson, 27, clocked **38:43.91** to beat his previous mark of 39:05.85 which was set in Newport in 2021 a few months before he finished 10th in the Tokyo Olympics 20km.



(Photo: The Independent)

“I think it is enough [for Paris] and probably went even better than I was aiming for so long as no one has done anything crazy fast across the world this weekend,” said Wilkinson, who was ninth in the European Championships in Rome earlier this month.

“The championship race in Paris will be different. I really want the British 20km record. I feel I have got that in me. It is the one I have always wanted since I was young.

“I will go straight to altitude after this to St Moritz as it is my favourite place in the world to train. The elite endurance set-up is so strong in this country.”

He added: “My one bit of advice to anyone who qualifies here is to enjoy it and treat it as your last Olympics not your first. I have had so many injuries and surgeries since the last Olympics to be back in this position is so exciting and I really enjoy it. I have matured in the last three years and to go again is for me.”

1 Callum Wilkinson	Enfield&Har	38:43.91 NR	1 Gracie Griffiths	Pembrokeshire H	23:53.93
2 Cameron Corbishley	Medway&Maid	40:12.15	2 Abigail Jennings	Aldershot Farn	24:18.02
3 George Wilkinson	Enfield&Har	50:33.63	3 Hannah Hopper	Cambridge H	24:52.19
			4 Jessica Wilton	Ashford AC	26:49.25
			.. Erika Kelly	Northern (IOM)	DQ
Men 5000m Walk					
1 Christopher Snook	Aldershot Farn	20:31.57			
2 Luc Legon	Bexley AC	22:53.92			
3 Matthew Crane	Bexley AC	24:24.29			



Left: The evidence is in. Above: Inspiring a new generation of walkers?

(Photos: Mark Easton)

Santacreu and Meilán dream of joint Spanish success in Lima

By **Emeterio Valiente** (reprinted from *World Athletics News* – 27 June)

Sofia Santacreu may have been injured in the months prior to the World Athletics Race Walking Team Championships Antalya 24 but her competitive streak helped her excel once again on the international scene.

The European U18 and U20 champion sustained an injury in her tibialis last November and her training regime was seriously hampered until March when she could finally resume training, just in time for the global event in Antalya.

Her only race in the lead-up to that came five weeks before heading to Antalya, clocking a PB of 45:25 over 10km in Valencia. Then, when it really mattered in the Turkish city, Santacreu once again broke her PB to finish third in 45:17.

China, represented by Yang Xizhen, Chen Meiling and Duo Jiecuo, were heavily favoured to take the individual and team victories. Yang took the individual title, but Aldara Meilán and Santacreu prevented a Chinese sweep of the podium by finishing second and third respectively, and then led Spain to gold in the team standings.

“In the weeks prior to Antalya, I felt as though simply competing in Antalya was a gift because I’d almost ruled out being there,” said Santacreu. “Fortunately, I recovered on time – perhaps not 100%, but enough to be competitive.

“My teammates Aldara Meilán and Griselda Serret and I were confident of making the podium in the team competition, but honestly we didn’t expect to win gold.”

Since that competition, Santacreu has intentionally eased her training load before starting her preparations for the World Athletics U20 Championships Lima 24. The 18-year-old will be aiming for another podium finish at the global event in the Peruvian capital, but she’s not taking anything for granted.

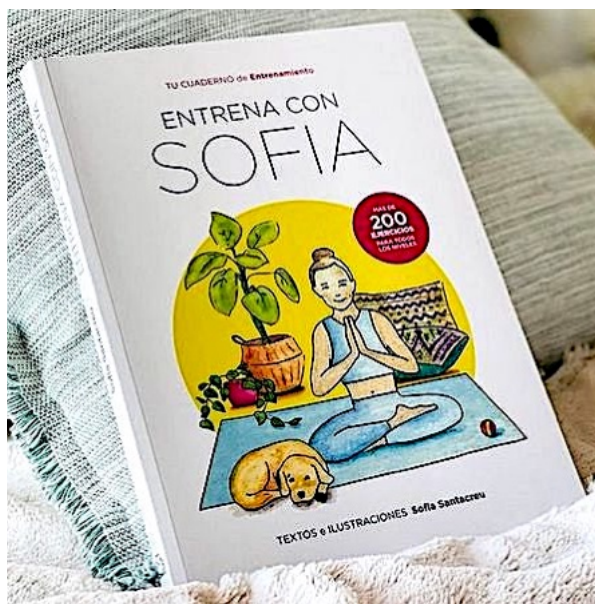
“It will be my first season training throughout the summer, so I’m not sure how my body will respond,” says the Barcelona-born Santacreu. “I’ll also try to align my body clock to Lima’s time zone so that I won’t suffer from jet lag.”

When she talks about Meilán – arguably one of her toughest opponents in her quest for a berth in Lima – she does so with undisguised affection. “I admire her,” she says. “She is so strong, both physical and mentally, and I like her race walking style. I think we are quite similar in many ways.”

Santacreu took up race walking at the age of 14 after practising ballet in her early childhood, but when the pandemic hit, it interrupted her progression. She took advantage of the confinement, however, to help others.

“A family friend suggested that I make some basic exercise charts for children admitted to the hospital that were easy to understand and do,” she explains. “I thought it was a great idea so I set about drawing. After a year and I half, we’d created a comprehensive book.”

The profits of the book, entitled *‘Entrena con Sofia’* (‘Training with Sofia’), have been donated to several social causes.



(Photo: World Athletics)



(Photo: Francesca Grana WA)

“I’m very grateful of the warm reception and the love that the people who have received the book have given to our work,” she says.

Earlier this year, Santacreu left her long-term coach Sergio Ezquerro and started training with Alejandro Aragonese, coach to Paul McGrath. But Santacreu’s philosophy remains the same.

“Beyond medals and age-group records, athletics allows me to get to know myself and grow as a person through the great experiences I’m living and the nice people I get to know,” says Santacreu, who will begin her university studies in physiotherapy in September after graduating at the French Lyceum in Barcelona.

As a 17-year-old, Meilán is too young to get the Spanish car driving license or take a flight without her parents’ permission, but she showed great maturity in Antalya.

She entered the event as the newly-minted national champion, thanks to a 45:04 clocking in Zaragoza a couple of months earlier, but like with Santacreu, her performance in the Turkish coastal city exceeded expectations.

“Of course, we were aware we had a good chance of

taking a team medal but we didn't expect to take gold ahead of China," she said. "I'm really proud of my teammates Sofia and Griselda (sixth) as we displayed the current high level of Spanish race walking. And the team gold medal gives me more joy than the individual runner-up spot.

"Surprisingly for us, the race started slowly, but then our coaches advised us to take the lead and set a quicker rhythm and that tactic eventually paid off."

After going through the half-way point in 23:20, Meilán covered the second half in a swift 21:52 for an overall time of 45:12, just six seconds behind the winner.

Though she loves race walking now, it wasn't love at first sight for Meilán.

"I used to do different disciplines when I took up athletics, but race walking didn't really attract my attention," she recalls. "I remember I used to do technical exercises quite carelessly, but everything changed at a training camp when I joined a group of race walkers coached by my now lifelong coach Javier Piñero, who told me I could be good at it."

Piñero was right, and it wasn't long before Meilán achieved her first success on the international scene. Two years ago, she earned silver over 5000m at the European Youth Olympic Festival in Banska Bystrica, then the following season she finished second in the U20 10km at the European Race Walking Team Championships in Podebrady.

Having earned a third successive championships silver medal in Antalya, Meilán will have an opportunity to compete for gold in Lima. But for her, a gold medal isn't the be-all and end-all.

"The World U20 Championships is still two months away and a lot of things could happen during then, so my only plan now is to remain focused on my daily training," she said. "I wouldn't predict anything right now; I guess the Chinese athletes will be fighting for the medals alongside Sofia and hopefully myself, let's see what happens there.

"Simply knowing that I have given it 100% in a competition, regardless of where I finish, is by far the most important thing to me," she added. "Having said that, I'm also very ambitious. But every event is different, and I'll always be satisfied, provided I do my very best."

The admiration that Santacreu has for Meilán is very much reciprocated. "I really admire Sofia," says Meilán. "She's really hard working and is so nice and always cares about others. I consider her a friend rather than a rival; it's great to be on the same team as her at international championships. We're at a very similar level and either one of us can beat the other on any given day. I'm so happy for everything she achieves and she for me, I'm sure."

Just a few days after the World U20 Championships, Meilán will turn 18 and move to Madrid – about 500km away from her hometown – to begin her university studies in physical education. By then, another medal could well be hanging around her neck, or Santacreu's. Or even both.

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Tuesday, July 2, 2024 - Third title for Raquel González (La Nucía 2024) <https://omarchador.blogspot.com/2024/07/tercer-titulo-para-raquel-gonzalez-la.html>
- Tuesday, July 2, 2024 - Valentina Trapletti and Andrea Agrusti crowned Italian champions in the 10km walk - La Spezia 2024 <https://omarchador.blogspot.com/2024/07/valentina-trapletti-e-andrea-agrusti.html>
- Sunday, June 30, 2024 - 2004, feet on the ground. <https://omarchador.blogspot.com/2024/06/2004-pes-assentes-na-terra.html> A time of growing depth in elite Portuguese walking.
- Friday, June 28, 2024 - Caio Bonfim and Viviane Lyra's triumphs in the Brazil Trophy - São Paulo 2024 <https://omarchador.blogspot.com/2024/06/triunfos-de-caio-bonfim-e-viviane-lyra.html>
- Thursday, June 27, 2024 - Máté Helebrandt and Rita Récssei win Hungarian 10,000 m walking championships - Budapest 2024. <https://omarchador.blogspot.com/2024/06/mate-helebrandt-e-rita-recsei-vencem.html>
- Wednesday, June 26, 2024 – Ethiopians Sinteyahu Teshager and Misgana Fekansa triumph in the 20 km march at the African Athletics Championships - Douala 2024 <https://omarchador.blogspot.com/2024/06/etiopes-sinteyahu-teshager-e-misgana.html>
- Tuesday, June 25, 2024 - Spanish U18 Championship by Federations - Pontevedra 2024 (results) <https://omarchador.blogspot.com/2024/06/campeonato-de-espanha-sub-18-por.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.

VIEWPOINTS

Dear Stuart,

I have read the report of Bob Cruise about the DQ of Segura in Sydney.

At the time everything seemed so scandalous and the international press had amplified the whole thing out of all proportion.

I talked about it with my friend Lamberto Vacchi, now 84 years old, who on the occasion of the twentieth anniversary of Jane Saville's disqualification had also had an interview with an Australian newspaper, and I think I can affirm that the story told by Bob Cruise is perfectly in line with what happened at the time.

Lamberto was also kind enough to give me a copy of the decision of the CAS which had then judged the Mexican Federation's appeal in Sydney.

I'm sending it to you so you too can have all this historical documentation and publish it if it's of interest.

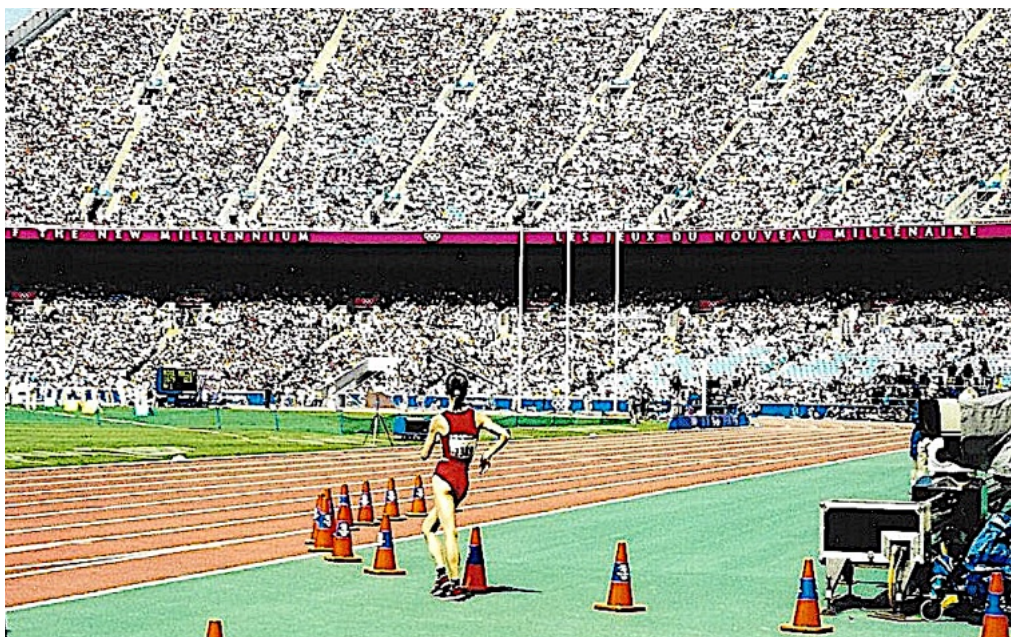
As for Jane, I have spoken to her about this topic several times (including on the occasion of my 75th birthday party which we held in La Coruna and to which Jane had been invited by me). Frankly I must say that both Jane and Elisabetta Perrone today recognize that Lamberto's actions as Chief Judge of that competition could not have been different.

Congratulations to you for wanting to remember those two days with Bob Cruise.

Best wishes,
Nicola Maggio, Italy

I read with interest the forwarded *Heel & Toe* article written by Australian judge, Bob Cruise. He described both men and women 20km races at the Sydney 2000 Olympics and the controversies following significant disqualifications. Before I raced my 50kms I watched both 20kms including assisting friend and GB teammate, Lisa Kehler. My personal memories of the women's event reached fever pitch during the closing stages. Dashing from the road circuit back to the stadium I took up a trackside position. Just in time, I gazed back up at the huge screen to see Australia's Jane Saville in the tunnel seemingly heading for a gold medal. The stadium rocking with joyful noise was like a flag waving carnival. It was spine-tingling. The mood was about to change. Before Saville entered the mouth of the tunnel her progress was suddenly halted by a disqualification card being thrust in front of her. Her pained anguish was there for all to see on the screen. The stadium fell virtually silent. Seconds later China's Wang Liping emerged out of the tunnel onto the track to little more than a ripple of applause. In shock myself, I gathered my muddled thoughts to capture this photo. I thought, China's Wang Liping striding towards her greatest triumph must have felt like she'd entered the world's largest morgue.

Chris Maddocks, UK



Wang Liping of China ... through no fault of her own, possibly the least celebrated Gold medallist at Sydney 2000.

(Photo: Chris Maddocks)

***OTHER NEWS**

- A Pennsylvania grandmother has a chance to make the U.S. Olympic team in race walking (*Philadelphia Inquirer* – 27 June) https://www.inquirer.com/sports/olympic-trials-track-racewalk-michelle-rohl-20240626.html?fbclid=IwZXh0bgNhZW0CMTEAAR1HrdqXOK_ZUBna_VQfp7Xq5_QyRnJ6caBNh1c8ZfdVwotBDwDIH2JPtzE_aem_FR987ZdvRUzRxoV06cd4bA Three-time Olympian Michelle Rohl comes out of retirement after 20 years with Paris in her sights.
- Unfortunately, it didn't pan out for Michelle Rohl – or any other American walker – at the US Olympic trials at Eugene, Oregon last weekend:

Don't laugh: no American in Olympic race walk for first time since 1904. This is a ... problem

With Los Angeles hosting the next Games in 2028, the task of finding and developing local walkers to Olympic standard in four years is, as **Alan Abrahamson** points out here, a daunting one. Not least because ... who cares?

https://www.3wiresports.com/articles/2024/6/29/dont-laugh-no-american-in-the-race-walk-since-1904-this-is-a-problem-it-needs-solution?fbclid=IwZXh0bgNhZW0CMTEAAR1owehv7wI38BulaGNOc3iUyfpM5LNmDGKwYVwTy4hJ32yeAEsUO7Sumlc_aem_jOPtfMR0rjo0ow8xLe2TBg

This is sad news for those of us, in Australia and elsewhere, who recall that moment in time – 1967 to 1974 - when America's race walking flame blazed briefly but brightly, through the agencies of **Larry Young** (Olympic 50km bronze in 1968 and 1972), **Ron Laird** (twice 3rd in the Lugano Cup 20km, 1967 and 1974), **Goetz Klopfer**, **Rudy Haluza**, **Tom Dooley**, **Dave Romansky** and, later, others such as **Marco Evoniuk**, **Curt Clausen**, **Tim Seaman** and **John Nunn**. While these many not have challenged for Olympic podium honours, they kept the flickering flame of American race walking alight for upcoming generations to emulate.

And they were just the men. Since 1971, the US female walkers have been out there plying their art in this demanding sport, without yet breaking through into the higher echelons internationally but, again, providing a beacon for other female walkers Stateside. Unfortunately, it appears that the beacon cannot be seen by enough of either sex to inspire a critical mass of walkers to form and push each other to the levels now necessary to make it to Olympic selection. Let's hope those coaches and educators working tirelessly to keep the sport alive and healthy in the Land of the Free see their efforts vindicated, enough for a renaissance to occur between now and 2028. Somewhere out there is another Larry Young, waiting to be discovered.



Left: *Evoniuk (USA), bracketed by Ivanov (USSR) and Gauder (GDR), contests the IAAF World championships 50km in 1987.*

(Photo: Dominique Quebey)

Below: *The top US walkers of the 2020's, Nick Christie and Robyn Stevens.*

(Photo: USTFA)





WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Sun 14 Jul 2024	AV, VMA & VRWC c'ships – Middle Park
Sat 27 Jul 2024	RWA Postal Challenge – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	AV Country Road walk c'ships – Middle Park
Sat 24 Aug 2024	AA/RWA Walk judging course – Lakeside Stadium (Cathy Freeman Room)
Sun 25 Aug 2024	RWA 2 nd Carnival – Middle Park
Sat 7 Sep 2024	AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
Sun 15 Sep 2024	VRWC Relay race & Winter presentations – Middle Park

International Dates

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
13-21 Sep 2025	20 th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

**** H&T Online - NOTICE BOARD ****

Victorian Race Walking Club

Saturday *27 July - after the RWA Postal & VMA races
4.00pm (heads down by 4.30pm) to **6.30pm**

at the Middle Park Bowling Club

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

**** Maximum numbers: 40**

Make up tables of 6-8 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness * Socialising

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

**** Pre-booking deadline is Monday 22 July.** We need final numbers by this day.
 Tickets can be pre-booked:

- Online, at <https://www.revolutionise.com.au/vrwc/>
- at the check-in table on race days from Saturday 29th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank - BSB: 063-143
 Acc: 008 00455
 Reference: **(Your surname)Trivia** (Remember that bit so that we can identify you.)

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



WALK JUDGES SEMINAR
Saturday 24 August
Cathy Freeman Room
Lakeside Stadium

A seminar for Walk Judges and anyone wishing to become a judge will be held on **Saturday 24 August**, in conjunction with the Racewalking Australia Championships, scheduled for Sunday 25 August.

The seminar will be presented by international judge **Kirstin Crocker** and will consist of two sessions:

SESSION 1 (10.00am – 12.00 noon)

- Rules of judging, for all age groups from Little Athletics to Seniors
- Operation of the Penalty Zone

SESSION 2 (1.00pm – 3.00pm)

- Walk judge documentation, including Judge’s Report form, Red cards, Chief Judge Summary sheet, Notification board.

If you wish to attend, please notify Di Lowden by 10 August, at dilowden39@gmail.com

QUESTIONS

If you have prior questions or issues that you would like addressed at the seminar, please send them to Di Lowden who will pass them on to Kirsten for consideration.



AMA 20KM WALK POSTAL CHAMPIONSHIPS

Sunday 25th August or agreed date (States and Territories are encouraged to conduct their races between the dates of August 10th and September 8th . The World Championships 20km Walk in Sweden on the 25th of August also qualifies as a postal event for the AMA Championships (an entry must still be made!)

Entry Fee \$25 (separate from any local entry fee!)

Entries Close on Sunday 18th August for all entrants or 3 days before an Interstate race held earlier than the 18th.

Contact: George White gwhite@adam.com.au Mobile 0419 348 888

Pay by Electronic Funds Transfer. Pay funds to SA Masters Athletics, BSB 015 259, Account 458951668. Include your full name in the reference field and forward a completed entry form by email to George White gwhite@adam.com.au

Please also forward a copy of your entry to your State/Territory organiser.

Receipt Number if paying by EFT.....

You may also enter by completing a paper form and sending with a cheque made out to SA Masters Athletics, to G White, 12A Gulfview Road, Blackwood, SA 5051.

Surname: First Name:
.....

Date of Competition..... (note: only one race may be entered for the
AMA Championship)

Male..... Female.....

Address:
.....
.....
.....
.....Postcode.....

Telephone

.....Email.....State/Territor
y.....

Date of Birth: Age on day of competition (to determine age
group).....

Emergency contact – name and phone (Competitors in SA
only).....

MEDICAL (Competitors in SA only) Do you suffer from any medical condition that could result in unconsciousness (e.g. diabetes)? Are you on any **medication** or have **allergies** that medical staff should be aware of in the event that you become unconscious? If yes, please write this information on a piece of paper and seal in an envelope with your name on the outside and **give it to race organisers. It will be held in case of emergency.**

Venue for SA Entrants: South Parklands, Adelaide Harriers Clubrooms, cnr South Terrace and Peacock Road 10 laps of a 2km loop. Start time in Adelaide is 10am.

WAIVER

In entering this event I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in this event. I declare that I am in good health and that I will be properly conditioned for the event. I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation. I release AMA and SAMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in this event. I certify that I have read this waiver and I fully understand its content. I am aware that this is a release of liability and I sign it on my own free will.

Signature **Date**

PRIVACY STATEMENT

We respect the confidentiality and security of your personal information, and we are committed to protecting it at all times. By completing this entry form you consent to our use and disclosure of your personal information as outlined in our Privacy Policy. You can get more information on our Privacy Policy by contacting George H White - 0419348888 or gwhite@adam.com.au

Important Information

Changerooms

Changerooms with showers are available in the Adelaide Harriers Clubrooms.

Eligibility to Compete

To compete in AMA Championships, an athlete must be registered as a member of a State or Territory Club and wear the uniform of that Club (In Sweden the Australian uniform counts).

Age Groups

The Championship is conducted in five year age groups starting at 30 years, and medals are awarded in each age group. Your age group is determined by your **age on the day of competition.**

Confirmation of entries

Confirmation of accepted entries will be provided by email to entrants or to the State Secretary if no email address is given.

Medals will be mailed out after all results are received.

Course map for South Australia



** VRWC RACE FEES

Seasons ticket 12 months:

Financial members: \$110.00 paid by the **end of May**.

VRWC Club Races:

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

VRWC Championships:

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher, non-financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA, RWA.

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2024:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races

throughout the year): \$ 0.00

Family membership: \$50.00

Annual Subscriptions are due on April 1st of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham,

Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia,

Casey, and the Mornington peninsula down to Mornington.

Outside of these areas are considered country area.)

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***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

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