



HEEL & TOE Online

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

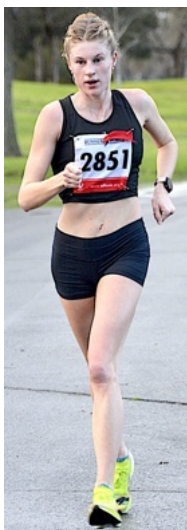
Editor: *Stu Cooper* stuwalks@yahoo.com.au



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** WALKER OF THE WEEK **



Our WOTW for this issue is **Lizzy McMillen (NSW)**, following a breakthrough performance in the AV 20km road championship at Middle Park, Melbourne, last Sunday.

Lizzy, 20, has been a steady improver over several years, honing her speed and endurance over 5 and 10km before an emphatic 20km debut at Fawkner Park last year. This led to a string of learning races over the distance, mostly done abroad and culminating in recent tough internationals in Antalya and Warsaw. The experience finally bore fruit in Sunday's cool conditions in the form of a huge 3:09 PB clocking of **1:30:47**. This time brings Lizzy, now coached by Jared Tallent, to the fringes of elite class and shows her career is very much in the ascendancy. More green and gold beckons.

Congratulations, Lizzy! We hope that first sub-1:30 20km comes for you very soon.

*Honourable mentions

- **Sam Lindsay (TAS)** – another to set a big PB, this time while competing by invitation in the AV U18 10km and ripping 2:36 from his previous best, recording **45:49**.
- **Matilda Read (VIC, 14)** – an excellent 5km debut, clocking **26:42** in the AV U16 championship.



CLUB NEWS and RESULTS

COACHES JUDGES COACHES JUDGES COACHES JUDGES COACHES JUDGES COACHES JUDGES

****WE NEED BOTH ... AND WE NEED THEM NOW!***

Could YOU, or someone you know, be one? Check the Notice board on Pages 12 & 13 for details.

JUDGES COACHES JUDGES COACHES JUDGES COACHES JUDGES COACHES JUDGES COACHES



AV, VMA & VRWC 20km, 10km & Age group c'ships, 14 July – Middle Park

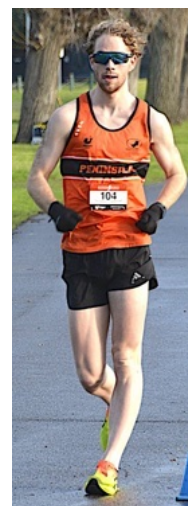
Cold, damp conditions did not dampen the efforts of the 41 walkers who lined up for the AV, VMA and VRWC championship races on the Aughtie Drive course last Sunday morning. It was the 20km field who opened proceedings, with **Will Thompson** celebrating his late selection for Paris with an all-the-way AV title win in **1:21:46**. While Will, who flies out this week, is unlikely to race in Paris, his form here showed he would be formidable opposition in the Marathon Walk Relay if the opportunity presented itself. **Fraser Saunder** and **Alejandro Stephens** took the minor AV medals, while NSW's **Dylan Richardson** paid his 3rd visit by invitation this winter to cross in 2nd place in **1:32:14**.

In a model display of fast, even-paced walking, **Lizzy McMillen (NSW)** smashed her previous best time by 3:09 to take a huge step up with her time of **1:30:47**. **Alanna Peart** is working her way steadily back to top form and clocked her second

sub-100 min 20km for the year, while Masters 60+ walker **Carolyn Rosenbrock** turned on a ‘masterful’ display of her own for bronze in **2:06:40**.



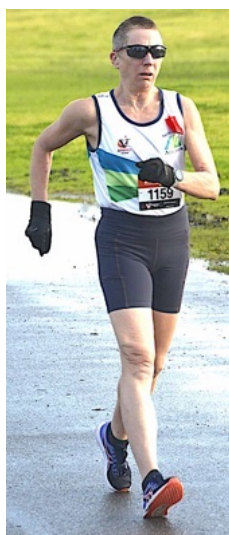
The 20km field gets down to business.



Will ... one more for the road.

AV 20km Road walk c'ship

Name	Club/Affiliation	Finish time	5km	10km	15km
Men					
1 Will Thompson	Mornington Peninsula	1:21:46	0:20:45	0:41:06	1:01:28
2 inv. Dylan Richardson	New South Wales	1:32:14	0:22:19	0:45:09	1:08:29
2 Fraser Saunder	Ballarat YCW	1:35:50	0:23:58	0:48:00	1:12:28
3 Alejandro Stephens	Glenhuntly	1:44:47	0:25:08	0:50:27	1:16:57
Women					
1 inv. Elizabeth McMillen	New South Wales	1:30:47 PB 3:09	0:22:41	0:45:20	1:08:04
1 Alanna Peart	Ballarat YCW	1:39:58	0:23:59	0:48:02	1:14:14
2 Carolyn Rosenbrock	Yarra Ranges AC	2:06:40	0:30:55	1:02:06	1:34:12



The AV Age group titles began with the 10km, with two more interstate guests – **Chelsea Roberts (NSW)** and **Sam Lindsay (TAS)** – lining up beside the Vics. **Marcus Wakim** and **Riley Coughlan** set a cracking pace early before Marcus stepped on it, taking a clear U20 win over **Eden Morgan** who continued on his own improvement journey. Eden duelled closely with **Sam** in the first 5km before the Taswegian pulled away for a big PB win.

Unfortunately it wasn't **Chelsea's** day for a PB attack but she still crossed well ahead in the women's U20 race, while **Ariana Pashutina** and **Emily Smith** took the AV gold and silver.

AV 10km U20 Road walk c'ship

Men				
1 Marcus Wakim	Collingwood Harriers	42:13		0:21:03
2 Eden Morgan	Knox AC	46:34 PB 0:16		0:23:15
Women				
1 inv. Chelsea Roberts	New South Wales	51:12		0:25:23

1 Ariana Pashutina	Knox AC	56:17	0:27:48
2 Emily Smith	Knox AC	59:42	0:29:18

AV 10km U18 Road walk c'ship

Men

1 Riley Coughlan	Knox AC	43:52	0:21:30
2 <i>inv.</i> Samuel Lindsay	Tasmania	45:49 PB 2:36	0:23:03

Matilda Read found herself the only AV starter in the 5km, so she attached herself to 10km walker Char Hay for a good slice of it to post her first time over the distance, a very promising **26:42**. Meanwhile, **Ela Uzun** and **Angus Shuttleworth** easily added to their gold collections in the 3km with times of **14:03** and **15:44** respectively.

AV 5km U16 Road walk c'ship

Girls

1 Matilda Read	Wellington AC	26:42 <i>First 5km</i>
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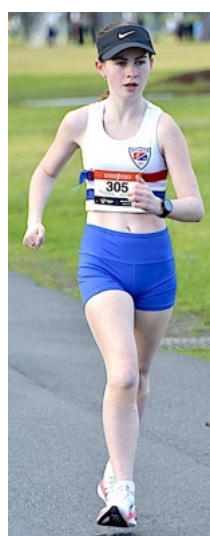
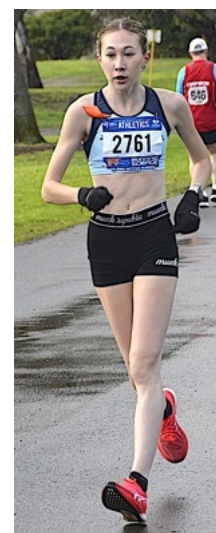
AV 3km U14 Road walk c'ship

Boys

1 Angus Shuttleworth	Knox AC	15:44
2 Tate Jardine	Athletics Essendon	19:55

Girls

1 Ela Uzun	Athletics Essendon	14:03
2 Havana Ali	Athletics Essendon	16:56



The VRWC Club Men's 20km championship saw another strong, even-paced performance, this time by **Corey Dickson** whose **1:27:25** gained him the prestigious Alf Robinson trophy. The corresponding Women's race, held over 10km, saw **Char Hay** have her name inscribed on the Mabel Robinson trophy for the 3rd time with **53:27**.

Three Masters walkers contested the VMA 20km, and it was a pleasure to bid a ‘welcome home’ to **Colin Heywood**, who has rejoined the VRWC after several years of residence in Darwin. Colin, **Andrew Jamieson** and **Terry O’Neill** finished within 4:00 of each other to win their respective age groups.

VRWC 20km Men’s c’ship & Alf Robinson Trophy

1 Corey Dickson	VRWC	1:27:25	0:23:58	0:48:00	1:12:28
1 <i>inv.</i> Will Thompson	-	1:21:46			
2 <i>inv.</i> Fraser Saunder	-	1:35:50			

VRWC 10km Women’s c’ship & Mabel Robinson Trophy

1 Char Hay	VRWC	53:27	0:26:31		
2 Emily Smith	VRWC	59:42	0:29:18		
3 Karyn O’Neill	VRWC	1:11:57 (PZ 1:00)	0:36:05		

VMA Masters 20km Men’s c’ship

1 Colin Heywood	M70+	2:08:18	0:32:12	1:04:03	1:35:08
2 Andrew Jamieson	M75+	2:11:41	0:32:27	1:05:10	1:38:28
3 Terry O’Neill	M65+	2:12:23	0:32:22	1:05:05	1:38:12
.. Paul Moritz	M65+	DQ			

VMA Masters 20km Women’s c’ship

1 Carolyn Rosenbrock	M60+	2:06:40			
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The U12 and U10 races are usually exciting affairs to watch, and Sunday’s was no exception. In the VRWC U12 2km championship **Addison Frenken** followed her usual tactic of setting a good early lead, but this time **Pippa Read** wasn’t letting Addison off the leash and caught her with 250m to go, winning with a 14 sec PB of **10:59**. Brodie Welsh added to his list of sub-12:00 times for the boy’s gold.

In the U10 2km title race, **Payton Welsh** and **Aria di Benedetto** both set good PB times for their medals.

VRWC 2km U12 Club c’ship

Boys

1 Brodie Welsh	11:58
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Girls

1 Pippa Read	10:59 PB 0:14
2 Addison Frenken	11:09
3 Indigo Marshall-Moodie	11:34 PB 0:05
4 Erlyn Singh	13:09

VRWC 2km U10 Club c’ship

Girls

1 Payton Welsh	13:22 PB 0:14
2 Aria di Benedetto	15:02 PB 0:43

Four Club Non-championship races were also held, with the best results coming from **Emilie Garside** (5km) and **Aylwen Campbell** (3km) who both scored good PB times.

VRWC 10km non-championship

1 Heather Carr	1:13:46
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VRWC 5km non-championship

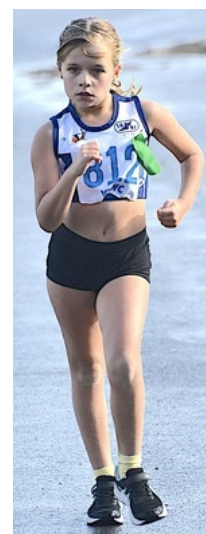
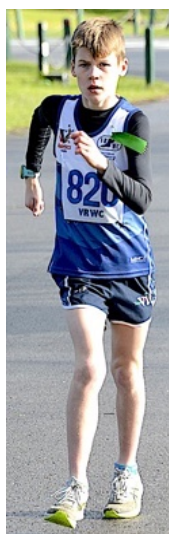
1 Emilie Garside	31:52 PB 1:03
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VRWC 3km non-championship

1 Mackenzie Turner	18:43
2 Donna-Marie Elms	19:06
3 Aylwen Campbell	19:11 PB 0:27

VRWC 2km non-championship

1 Caitlyn Shipham	13:46
1 Arthur Robinson	14:15



***This week's action models:**

Carolyn, Matilda, Chelsea, Marcus, Aria, Havana, Aylwen, Brodie, Terry, Andrew, Indigo, Corey, Char, Ela, Sam, Pippa, Riley, Mackenzie, Eden, Emily, Tate, Paul, Will, Alanna, Peyton, Angus, Colin, Dylan, Lizzy, Alejandro, Eryln and Fraser.

**** PRESENTATIONS – Sunday morning bling-shine.**



20km Open Men



20km Open Women



Masters 20km



10km U20



10km U18



10km Mabel Robinson



5km U16 & 3km U14



VRWC 2km U12 & U10

As always, 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 of the meet:	Mark Donahoo
Referee:	Pam Noden
Race Director:	Mark Donahoo
Check in:	Mark Donahoo, Donna Marie Elms
Recorders	Bob Gardiner, Tim Erickson, Narelle Campbell, Margaret Hay, Therese Smith, Dylan Shuttleworth
Timekeeper	Ian Laurie
Judges:	Di Lowden- Bronze (Chief) Scott Nelson- Silver Level WA, Gordon Loughnan- Bronze, Brenda Felton, Shane Dickson, Stu Cooper
DQ board	Michael Bodey
Judges Recorder	Michael Bodey
Penalty area	Michael Bodey
Set up, during, Pack up:	Terry Swan, Tim Erickson, Bob Gardiner, Wayne Peart, Ian Laurie, Donna Dickson
Bike rider	Terry Swan
Photos	Terry Swan, Donna Dickson
Canteen	Donna Marie Elms,
Presentations:	Tim Erickson, Mark Donahoo, Simon Baker
Red cards collector	Terry Swan
Feed Table	Merilyn Thompson, Wayne Peart, Donna Dickson, Jamie McMillen
Walkers:	41

**Next weekend ...*

We resume our Points competitions on **Saturday 20 July**. The racing program will be preceded by the second of this season's **Coaching Sessions**, to be conducted by Club coach, Mark Donahoo.

** Saturday 20 July – Middle Park		
<i>'Come and Try' day</i>		
12.30pm	Coaching session	– for athletes, parents and coaches
2.00pm	12km points race	Open
2.00pm	10km points race	Open
2.00pm	5km points race	Open
2.15pm	3km points race	Open
2.15pm	1km points race	Open
<i>Race entries will be accepted up until 6.00pm on Friday 19 July. Enter online at https://www.revolutionise.com.au/vrwc/</i>		

As this day is also a 'Come and Try' day, we urge readers to encourage those in their acquaintance or family members to come along and give race walking a go - free of pressure. Attending Mark's coaching session would be an excellent introduction.

Who should 'come and try'? Those included in the following list (also those not included) who:

- enjoy walking for exercise
- enjoy the sensation of walking quickly and would like to learn to race walk
- are interested but not sure how to get into race walking
- find that running doesn't suit them
- are, for whatever reason, no longer able to play other sports
- used to do it and want to take it up again
- need another athletic pursuit to help with recovery from injury
- are past their best in another sport and want a new challenge
- want to try a low impact sport with a reduced injury risk
- want a sport where they can compete at a level of their choosing
- think their children might enjoy it
- well ... anyone, actually.

**Have you entered for the*

**RACEWALKING AUSTRALIA -
WALKING CHAMPIONSHIPS
CARNIVAL**

Sunday 25 August – Middle Park, Melbourne
(*Judging seminar – Saturday 24 August)

The deadline for entries is *Sunday 11 August*.
Entry portal is located at

<https://www.revolutionise.com.au/vrwc/events/245703>

*This is the one opportunity this year for walkers
from all states and all levels to gather for
competition, and to celebrate our sport together.
Don't miss out!*

Program details (and Judging seminar info) can be found on
the Notice Board on Page 13

FINAL REMINDER

***TWILIGHT
TRIVIA**

Saturday 27 July
After Postal Challenge races
4.00pm to 6.30pm

Enter by no later than Monday
22 July at

<https://revolutionise.com.au/vrwc/>

See Notice board on Page 12 for
details



AROUND THE COUNTRY

NEW SOUTH WALES NSWRC results, 13 July – Chipping Norton

Thanks to **Frank Overton** for sending the latest NSWRC results through ... and congratulations to Frank on his latest round of grandfatherhood!

Long 10km

1 Joel Byatt 48:21

Medium 8km

1 Aidan Pospischil 51:59

Short 4km

1 Daniella Samuel 22:41
2 Carmel Parker 28:42
3 Nicolle Challinor 30:19
4 Jodie Barakat 30:25
5 Sarah Challinor 37:38
5 Emily Challinor 37:38

U16 4km

1 Christopher Nilon 26:29
2 Ashleigh Farrugia 34:43

U14 2km

1 Nate Appleyard 10:01
2 Noah Vella 10:19
3 Mitchell McCarthy 11:03
4 Hannah Hewitt 11:06
5 Sienna Wade 11:33
6 Madeline Kot 11:50
7 Alexander Dennett 12:32
8 Sagan Jones 13:08
9 Luca Barakat 16:49

QUEENSLAND RWA Postal Challenge & QMA Short course c'ships, 14 July - Beenleigh

Conditions were pleasant and sunny for the QRWC's Postal Challenge and Masters championships races. Thanks to **Robyn Wales** for the results.

Open 10km

Men:

(1) Scott Hyland	50:33
(2) Peter Bennett	1:07:07
(3) Adam Patterson	1:11:59
(4) Dean Nipperess	1:13:17

Women:

(1) Jasmine McRoberts	1:20:17
(2) Joy Dale	1:20:30
(3) Noela McKinven	1:31:16

U18 8km

Men:

(1) Kai Dale	50:01
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Women:

(1) Millie Sharpe	44:14
(2) Katie Bray	52:35

U14 3km

Men:

(1) Cory Lockwood	16:36
(2) Eli Melinz	18:00

Women:

(1) Kiara Waterman	17:52
(2) Mackenzie Wormald	24:59

U10 1.5km

Men:

(1) Jake Dunleavy	8:15
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Women:

(1) Freya Williams	8:54
(2) Clara Hermus	10:45

U20 10km

Men:

(1) Bailey Housden	47:16
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U16 5km

Women:

(1) Olivia Boulton	28:52
(2) Eliza Kelly	30:29
(3) Mikaela McDonald	31:02

U12 2km

Men:

(1) Leo Hyde	10:52
(2) Leo Ramsay	12:07

Women:

(1) Savannah Dunleavy	12:30
(2) Izzy Blackburn	13:44
(3) April Kelly	14:48

SOUTH AUSTRALIA SARWC Timed walks, 13 July – South Parklands

Kim Mottrom: 'Nice weather today for our timed walks event, with three PB's recorded. However, lower numbers with school holidays and little athletics winter championships before this meet.

1 hour walk

Peter Crump	9193m
Jasmine Crabb	7502m
Alex McEwan	6671m

30 minute walk

Cooper Rech	5778m	PB 212m
Greg Metha	4814m	
Sebastian Richards	4763m	
Lauren Richards	3757m	
Kristy Templer	3644m	PB 80m
Robert Crabb	3313m	

15 minute walk

Angelina Legrand	3002m	
Matilda Rech	2489m	PB 299m
Caleb Camilleri	2143m	
Liliana Templer	2101m	
Martin Crabb	1274m	

David Moore reports that relatively calm conditions made it ideal for their Championship races held at Montrose Bay on Saturday.

There was plenty to cheer about in the results. Well done to **Elsie Woodward** for her PB in winning the U/11 Girls 1.5km and to training partner **Bianca Sugiarto** picking up her first Athletics Tas medal.

The race of the day was the U/12 girls 1.5km with **Alexandra Summers** being chased all the way by **Isla Direen**. The honour eventually went to Alexandra by 4 seconds, but Isla should be well satisfied with a 37 second PB.

In the U/14 2km Adele **Woodward** added another Title to her name , whilst newcomer **Isabelle Christensen Barrett** persevered to complete her longest walk so far.

The U/16 3km performance by **Eva Parker** was the most polished performance of the day, Eva demonstrated very good technique and was also rewarded for her efforts with a solid 40 second plus PB.

Multi-Sport Athlete **Oliver Morgan** had no trouble completing his U/18 5km after just having completed a game of AFL and adding another medal to his collection.

The O/40 5km saw **Eugene Gerlach** win this event for the 11th time.

**Championship Results
– All Schools**

U/11 1.5km Girls	St Aloysius	11:15 PB
1. Elsie Woodward	Huonville PS	13:31
2. Bianca Sugiarto		
U/12 1.5km Girls		
1. Alexandra Summers	Summerdale PS	10:33 First one
2. Isla Direen	St James Coll.	10:37 PB
U/14 2km Girls		
1. Adele Woodward	St Aloysius	13:42
2. Isabelle Christensen	St Aloysius	17:33 First one
U/16 3km Women		
1. Eva Parker	Reece HS	16:53 PB
U/18 5km Men		
1. Oliver Morgan	St Virgils Coll.	27:28

**Championship Results -
ShortCourse**

Over 40 5km Men		
1. Eugene Gerlach (M63)	TMA	36:47
2. Wayne Fletcher (M77)	NS	46:33
3. *David Moore (M66)	TMA	47:27

*A footnote from **Wayne Fletcher**:

‘David was able to finish his first 5k walk since September 2022. Which was a great effort. He appeared to be narrowing the gap between his self and Wayne Fletcher around the 3 to 4k mark however Wayne aware of this put in a number of surges on the hill, with David less a minute behind Wayne at the finish.’

David on his Wayne chase.





INTERNATIONAL NEWS

FRANCE: 40th 10km Marche de Troussey, 14 July - Troussey

Emmanuel Tardi – who, as an Olympic official, has quite a busy month coming up – took time out to pull on his own racing shoes for this annual Bastille Day walk event. He reports:

This Sunday I was in Troussey, a small village (400 people), 300km in the east of Paris. The city organized a racewalking event for the French national day. It was the 40th time they organised this. There were 7 loops (1430m for each lap) in the center of the city. The start was at 10am.

It was an easy victory for **Martin Gaudre** who broke the streak of **Philippe Bonneau** (who won the last 9 in row). Philippe finished 2nd. **Laurence Sina** and **Valerie Boban** battled for the women's first place. Laurence reached the lead after 6km and won.



Start line at Troussey ... Emmanuel (141) looks like he means business!

1	45'01"	GAUDRE Martin	Efs Reims A. *	ESM/04
2	51'48"	BONNEAU Philippe	Ac 92 - S/I Antony Athletisme	MAM/65
3	55'12"	MUNOZ Brian	Esl - S/I Francheville Ac	MAM/73
4	56'54"	FLORENTIN Thierry	Avec - S/I Athle Vosges Pays D	MAM/65
5	58'43"	SINA Laurence	Esl - S/I Pierre Benite Athlet	MAF/69
6	59'11"	BOBAN Valerie	Avec - S/I Athle Vosges Pays D	MAF/68
7	59'36"	ERARD Christophe	Asm Bar-le-duc	MAM/70
8	59'41"	HERIDA Nadir	Efs Reims A. *	MAM/82
9	1h00'28"	FLORENTIN Catherine	Avec - S/I Athle Vosges Pays D	MAF/67
10	1h00'36"	ROY Alexandre		SEM/78
11	1h01'42"	MICHELOT Remi	Es Thaan*	MAM/75
12	1h01'45"	BRASTEL Adeline	Efs Reims A. *	MAF/78
13	1h03'14"	GROS Gildas	Est - S/I Cis Anould	MAM/67
14	1h03'17"	BRINGER Laurence	Athletisme Metz Metropole*	MAF/77
15	1h03'45"	SIEGENFUHR Daniel	Es Thaan*	MAM/50
16	1h03'56"	BRASTEL-JUNG Emilie	S2a - S/I Ill Bruche A Lingols	MAF/80
17	1h09'51"	TOURNOIS Pascal	Asm Bar-le-duc	MAM/54
18	1h10'16"	CHIPEAUX Jean-Pierre	Athle 11 - S/I Ac Narbonne Med	MAM/58
19	1h13'38"	JOURDE Pascal	Athletisme Metz Metropole*	MAM/67
20	1h15'19"	SIEGENFUHR Yvette	Es Thaan*	MAF/54
21	1h15'33"	BELHACHMI Madeleine	Athletisme Metz Metropole*	MAF/70
22	1h15'39"	TARDI Emmanuel	Essonne A - S/I La Postillonne	MAM/67
23	1h15'40"	THOMAS Lucie	Athletisme Metz Metropole*	MAF/82
24	1h16'34"	BENTZ Laura		SEF/95
25	1h17'00"	BOUELE Birtukan (Sui)		SEF/88
26	1h21'06"	BROT Daniel (SUI)	Avec - S/I Avec Pays De Bruyer	MAM/53
27	1h21'25"	ROYER Livier	Athletisme Metz Metropole*	MAM/71
28	1h25'10"	ROYER Karen	Athletisme Metz Metropole*	MAF/73
29	1h32'44"	MANSER Luca		SEM/95
30	1h32'45"	MANSER Michel		SEM/56
31	1h41'04"	THOMAS Michel		SEM/48



Podium at Troussey ... Gaudre and Sina (right, in pink) with their winnings.

(Photos: Emmanuel Tardi)

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.

- Monday, July 15, 2024 - I Division - Viseu 2024: triumphs for Vitória Oliveira (Benfica) and Tiago Ramos (Sporting). <https://omarchador.blogspot.com/2024/07/i-divisao-viseu-2024-triunfos-de.html>
- Sunday, July 14, 2024 - 2006, João Vieira's European podium <https://omarchador.blogspot.com/2024/07/2006-o-podio-europeu-de-joao-vieira.html>
- Sunday, July 14, 2024 - Lithuanians win race walks at U18 Baltic Track Championships - Tartu 2024 <https://omarchador.blogspot.com/2024/07/lituanos-vencem-provas-de-marcha-nos.html>
- Saturday, July 13, 2024 - 2024 Club Finals in Viseu (I and II div.) and Abrantes (III div.), this weekend <https://omarchador.blogspot.com/2024/07/finais-de-clubes-2024-em-viseu-i-e-ii.html>
- Friday, July 12, 2024 - Serena Di Fabio, with national record, and Alessio Coppola, are crowned Italian U18 champions (Molfetta 2024) <https://omarchador.blogspot.com/2024/07/serena-di-fabio-com-recorde-nacional-e.html>
- Thursday, July 11, 2024 - Lidia Sánchez-Puebla and Daniel Chamosa win in La Nucia <https://omarchador.blogspot.com/2024/07/lidia-sanchez-puebla-y-daniel-chamosa.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Sat 27 Jul 2024
Sun 11 Aug 2024
Sat 24 Aug 2024

RWA Postal Challenge – state-based venues (Middle Park – also Twilight Trivia fundraiser)
AV Country Road walk c'ships – Middle Park
AA/RWA Walk judging course – Lakeside Stadium (Cathy Freeman Room)

Sun 25 Aug 2024
Sat 7 Sep 2024
Sun 15 Sep 2024

RWA 2nd Carnival – Middle Park
AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
VRWC Relay race & Winter presentations – Middle Park

International Dates

26 Jul- 11 Aug 2024 **XXXIII Summer Olympics** – Paris, FRA
13-25 Aug 2024 **24th World Masters T&F Championships** – Gothenburg, SWE
20-24 Aug 2024 **WA World Junior T&F Championships** – Lima, PER
13-21 Sep 2025 **20th World Athletics Championships** – Tokyo, JPN
30 Oct-15 Nov 2026 **Youth Olympic Games** – Dakar, SEN

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

Racewalking Coaches Wanted

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com

Victorian Race Walking Club



Twilight Trivia

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 trags 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.

*RACEWALKING AUSTRALIA – WALKING CHAMPIONSHIPS CARNIVAL

Sunday 25 August – Middle Park, Melbourne

9.15am	20km	RWA Glover Shield & Teams race	Open Male
9.15am	20km	RWA Carrington Cup & Teams Race	Open Female
9.30am	10km	RWA Championship	Masters Male
9.30am	10km	RWA Championship	Masters Female
9.30am	10km	RWA Championship & Teams Race	Under 20 Male
9.30am	10km	RWA Championship & Teams Race	Under 20 Female
9.30am	10km	RWA Jubilee Shield & Teams Race	Under 18 Boys
9.45am	1km	RWA Championship & Teams Race	Under 10 Male
9.45am	1km	RWA Championship & Teams Race	Under 10 Female
10.10am	2km	RWA Championship & Teams Race	Under 12 Male
10.10am	2km	RWA Championship & Teams Race	Under 12 Female
10.40am	3km	RWA Championship & Teams Race	Under 14 Male
10.40am	3km	RWA Championship & Teams Race	Under 14 Female
11.15am	5km	RWA Goble Trophy & Teams Race	Under 16 Male
11.15am	5km	RWA Knight Trophy & Teams Race	Under 16 Female
11.15am	5km	RWA Jacobson Trophy & Teams Race	Under 18 Girls

*Entry is online at <https://www.revolutionise.com.au/vrwc/events/245703>

*Deadline for entries is **Sunday 11 August at 9:00pm***

** JUDGING SEMINAR **

This will be held on Saturday 24 August, in the Cathy Freeman Room at Lakeside Stadium. See the advert on Page 14 of this issue for details of the seminar content and booking information.

Note that there has been a change of presenter – Kirsten Crocker (NSW) will now conduct the seminar in place of Zoe Eastwood-Bryson.

** 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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With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

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