



HEEL & TOE Online

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

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** WALKER OF THE WEEK **



(Photo: Dan Himbrechts/AAP PHOTOS)

How does one go about winning WOTW two weeks in a row? Well, winning an Olympic medal two weeks in a row doesn't hurt your chances.

Jemima Montag (VIC), teaming up with VRWC clubmate **Rhydian Cowley** for the inaugural staging of the Olympic Mixed Marathon Relay walk, took full advantage of Rhydian's efforts to place her – twice – within striking position of the lead and, eventually, the medals. (For her part, Jemima put Rhyd ahead at the 2nd change.)

Displaying none of the self-doubt she felt in the 20km, **Jemima** walked as if knowing she had the measure of her opponents as she twice reeled them back in. Overtaking Palmisano (ITA) and taking ground off Morejon (ECU) while holding Garcia Leon (PER) at bay in that final leg, she was never going to relinquish the bronze she and Rhydian had worked so hard for.

Rhydian, at his third Olympics and with the proposed 35km (and his chances of medalling in it) axed, exploited to perfection the new level of speed he had developed over the Australian summer. Drifting from the lead back to 4th but no further, determined to give Jemima a good launching pad, he set his sights on Stano (ITA) and handed over 20secs behind the Italians ... eminently gettable.

Rhyd's father, Robert, had some interesting stats on his son's performance:

"Rhydian walked out of his skin. He had recovered well from the 20km, like he had just blown the cobwebs out. The first 10km of each of his two legs added up to 77min 57sec, 36 seconds faster than his 20km pb. His first leg of 11.4km was walked at very close to his 10,000m pb pace. His final leg of 10km was 4th fastest of all walkers, bettered only by Martin, Pintado and Stano (just), these three being the current world champion, the current Olympic champion, and the previous Olympic champion."

Congratulations, Rhydian and Jemima. You embraced a format that is as yet far from universally accepted, that could have

been a credibility minefield, and helped make it an engrossing contest – something every Olympic competition should be!

***Honourable mentions**

- **Declan Tingay (WA)** and **Bec Henderson (VIC)** – sadly, the stars just didn't align for our second Relay pairing in Paris, seeing them finish 22nd. But all credit to them for their commitment and determination to fight on in the green and gold.
- **Ela Uzun (VIC)** – smashed Jemima Montag's VRWC U14 record with a 1:23 PB time of **23:54**.
- **Sebastian Richards (SA)** – a huge 48 sec PB of **23:04** for 5km at South Parklands in Adelaide.

*(*I was about to write 'two weeks running' and just stopped myself ... no telling who might read it!)*

 **CLUB NEWS and RESULTS**

VRWC AV Country & VRWC Club c'ships, 11 August – Middle Park

A fine Sunday morning which, unfortunately, attracted only 3 of Victoria's country walkers for their State championships. On the bright side, one of them was Rio Olympian **Rachel Tallent**, making her first appearance at Middle Park since 2012. Many of us will remember the gripping battles in School and Junior championships between Rachel and Amy Burren, with neither giving an inch as each tried to wear the other down. Occupied nowadays with a busy professional life and thus short of training, Rachel's signature technique was nevertheless a welcome sight on the Aughtie Drive loop. We hope to see more of it.

Sunshine is what you're supposed to make hay in and our younger walkers didn't disappoint, returning a club record and eleven PBs. **Ela Uzun** celebrated Jemima Montag's Olympic success by blasting her U14 5km record off the books by almost a minute with a sub-24:00 time of **23:54**. The most exciting racing this season has been in the U12s, with **Pippa Read** and **Addison Frenken** locked in battle most weeks. They continued the rivalry over 2km on Sunday with big PBs to Pippa (by 0:21), Addi (0:17) and **Indigo Marshall-Moodie** who clocked her first sub-11:00 2km with a 36 sec improvement.

All four of our U10 starters scored PBs in an encouraging showing, with **Payton Welsh** again taking a scythe to her previous best with her first ever sub-6:00 1km.



Where the action is! The U12 and U10 championships.

It's always a pleasure to greet visiting walkers from further afield. This time it was young Tasmanians **Adele** and **Elsie Woodward**, over here to try out the RWA course after having raced in Hobart the day before. Their research paid off, to the tune of a 27 Sec PB for Adele over 2km and a whopping 1:41 improvement for Elsie! Well done girls, and we look forward to seeing you back at Middle Park on 25 August.

We were also pleased to welcome **Jia Wen Heng** of Malaysia, a friend of Char Hay's from the University Games who is studying in Melbourne. We hope to see Jia at more of our races.

AV Country 10km Open Women c'ship

1 Rachel Tallent Ballarat YCW 58:48

AV Country 5km U18 Women c'ship

1 Ela Uzun (inv.) Aths Essendon 23:54*CR

AV Country 3km U16 Women c'ship

1 Matilda Read Wellington AC 16:27

AV Country 3km U14 Men c'ship

1 Lewis McLennan (inv.) Doncaster AC 16:25

AV Country 3km U14 Women c'ship

1 Adele Woodward (inv.) Tasmania 19:48*

VRWC 10km Open Women c'ship

1 Ariana Pashutina.	55:37
2 Rachel Tallent	58:48
3 Carolyn Rosenbrock	1:00:31
Inv. Jia Wen Heng	1:00:09
.. Char Hay	DNF

VRWC 3km U16 Men c'ship

1 Arthur Robinson	21:34
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VRWC 3km U14 Boys c'ship

1 Angus Shuttleworth	15:42
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VRWC 5km U20 Women c'ship

1 Emily Smith	28:09
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VRWC 5km U18 Women c'ship

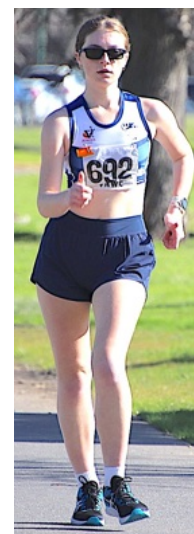
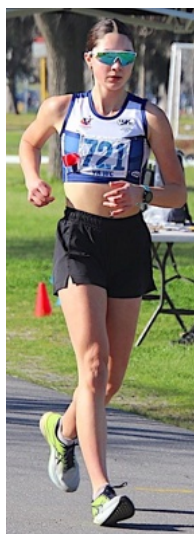
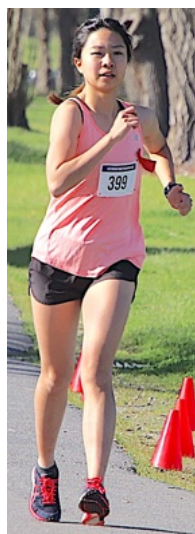
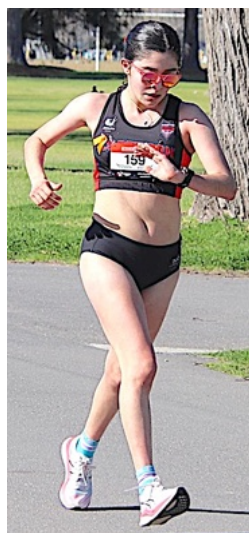
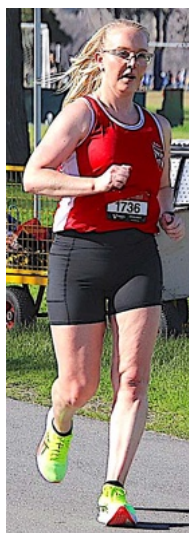
1 Ela Uzun	23:54*CR
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VRWC 3km U16 Women c'ship

1 Hannah Matthews	16:37
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VRWC 3km U14 Girls c'ship

1 Adele Woodward (TAS inv.)	19:48*
1 Caitlyn Shipham	21:19

**VRWC 2km U12 Boys c'ship**

1 Logan Allison	11:01*
2 Brodie Welsh	11:08

VRWC 1km U10 Boys c'ship

1 Dimitri Pashutin	5:46*
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Non-championship 2km Open

1 Anna Wallace	14:07
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VRWC 2km U12 Girls c'ship

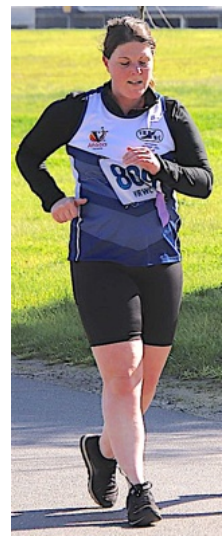
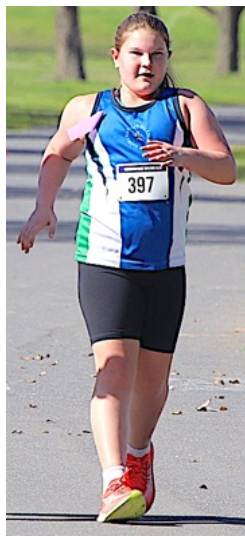
1 Pippa Read	10:38*
2 Addison Frenken	10:39*
3 Indigo Marshall-Moodie	10:58*
4 Erlyn Singh	12:55
5 Elsie Woodward (TAS inv.)	14:02*

VRWC 1km U10 Girls c'ship

1 Payton Welsh	5:32*
2 Georgia Walters	6:11*
3 Aria Di Benedetto	6:28*

CR – VRWC U14 Club record by 0:57

*PB – Elsie 1:41; Ela 1:23; Payton 0:47; Indigo 0:36; Adele 0:27; Pippa 0:21; Addison 0:17; Logan 0:04; Georgia 0:04; Aria 0:04; Dimitri 0:03



***This week's action portraits**

Arthur, Lewis, Indigo, Hannah, Rachel, Payton, Adele, Ela, Anna, Brodie, Ariana, Caitlyn, Elsie, Matilda, Aria, Pippa, Logan, Jia, Addison, Angus, Emily and Erlyn.

'DO WE GET A FLAG AND ANTHEM, TOO?'



Under 10s



Under 12s



Under 16s



Under 20 & Under 18



Been a while since Rachel had one of these!



Club champions

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	Mark Donahoo
Referee:	Tony Williams
Jury of Appeal	Mark Donahoo, Bob Gardiner, Simon Baker
Race check in	Mark Donahoo
Recorders	Bob Gardiner, Margaret Hay, Mark Donahoo, Alla Pashutina
Timekeeper	Simon Baker
Judges:	Scott Nelson(C), Stu Cooper, Di Lowden, David Cash, Shane Bicknall, Brenda Felton
Judges' recorder:	Michael Bodey
Posting board:	Michael Bodey
Penalty Area	Karyn O'Neill
Set up, Pack up:	Stu Cooper, Terry O'Neill, Karyn O'Neill, Bob Gardiner, Bert Matthews
Refreshment Table	Alla Pashutina
Bike rider	Terry O'Neill
Photos	Therese Smith
Presentation	Mark Donahoo, Bob Gardiner (Olympian)
Walkers:	27

***Next weekend ...**

Next Saturday is our **final Points race day** for the season. Remember to register, to give yourself that last chance to secure a gong.

Saturday 17 August – Middle Park

***Last Points races for 2024*

2.00pm	8km points race	Open
2.00pm	6km points race	Open
2.00pm	4km points race	Open
2.15pm	2km points race	Open
2.15pm	1km points race	Open

*Entries will be accepted up until 6.00pm on
Friday 16 August. Enter online at
<https://www.revolutionise.com.au/vrwc/>*



AROUND THE COUNTRY

A.C.T. ACTRFWC results, 10 August – Lake Ginnindera

Helen Toyne reports:

What a fantastic afternoon we had out in the sun, with a lovely Rakali skirting around the lake shore to see what we were up to. Big congratulations to **Sebastian Ryan** on completing his first 5km and it was lovely to have our elite Masters walker **Jack Thackray** with his first walk for a while, **23.03** is a super time at age 94, and he barely broke a sweat.

10 km		
1.	John Kennedy (fitness walker)	1:11.44
5km		
1.	Jillian Ryan	29:18
2.	Sebastian Ryan	36:40
2km		
1.	Tindra Helgstedt	14:41
2.	Michelle Tymkiw (fitness walker)	14:49
3.	Estrid Helgstedt	15:36
4.	Jack Thackray	23:03
1km		
1.	Zac Anderson-Rule	7:10



Ready to go!



Jack and Jill working hard (but where's the hill?)

QUEENSLAND QRWC Handicap #10, 11 August – Capalba

Robyn Wales reports that the QLD walkers enjoyed another lovely winter's day for their 10th handicap and club championship races.

Mother and son duo **Joy** and **Kai Dale** took out the club 15kms Championship. They can't convince Dad, Stuart, to race but he is doing a fine job as club Registrar for the season. It's good to have family involvement in the club!

Club 15km Championships

Men:

(1) Kai Dale	1:36:01
(2) Peter Bennett	1:43:27

Women:

(1) Joy Dale	1:56:38
(2) Noela McKinven	2:19:54

A Grade Women 10km

(1) Joy Dale SB	1:16:43
(2) Jasmine McRoberts	1:17:12
(3) Noela McKinven	1:32:14

C Grade 5km

Women:

(1) Eliza Kelly	31:21
(2) Katie Bray	31:31 SB
(3) Kiara Waterman	32:13 SB
(4) Taylah Morris	32:27
... Mikaela McDonald	DQ

E Grade 2km

Men:

(1) Jake Dunleavy	11:52
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Women:

(1) April Kelly	17:00
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A Grade Men 15km

Men:

(1) Kai Dale	1:36:10
(2) Peter Bennett	1:43:27

B Grade 8km

Men:

(1) Kai Dale	50:21
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Women:

(1) Summer Millard	48:01
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D Grade 3km

Men:

(1) Leo Ramsay	18:00 SB
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Women:

(1) Savannah Dunleavy	19:50
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F Grade 1km

Women:

(1) Piper Dunleavy	8:50
(2) Harper Waterman	8:54 SB

SOUTH AUSTRALIA SARWC results, 10 August – South Parklands

Great conditions on Saturday, which was reflected in quite a few PB's. Particularly impressive were **Rain Langford** over 10km and **Sebastian Richards** and **Angelina Legrand** over 5km.

Thanks again to **Kim Mottrom** for the results. Looks like being a strong SARWC showing in the RWA carnival.

Open 10km

Sam Findlay	49:54	
Rain Langford	53:45	PB 1:07
Peter Crump	1:08:09	

Open 8km

Di Camilleri	1:07:26	
Kristy Templer	1:08:30	PB 0:03
Alex McEwan	1:14:16	

Open 5km

Sebastian Richards	23:04	PB 0:48
Angelina Legrand	24:36	PB 0:07
Cooper Rech	26:23	
Liliana Templer	32:25	

Open 3km

Saxon King	20:37	First 3km
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Open 2km

Jasmine Crabb	12:42	PB 0:14
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Open 1.5km

Robert Crabb	10:55	
Aria Crispe	11:42	
Maleia King	12:33	PB 0:31
Arizona Small	13:06	PB 1:22
Jayda King	13:26	
Martin Crabb	DQ	

TASMANIA TRWC results, 10 August – Kingston Park

David Moore reports:

The Woodward sisters Adele and Elsie used the mild and breezy conditions at Kingston Park to sharpen up for their races at Middle Park the following morning with Elsie achieving a 7 second PB and Adele within a whisker of also achieving a new mark.

In the 2km event, nice walking from Bianca Sugiarto saw her hold onto 1st place from a fast-finishing Isabelle Christensen Barrett.

1km

1. Adele Woodward	OVA	6:04
2. Elsie Woodward	Huon LA	7:17
3. William Sugiarto	TRWC	9:51

2km

1. Bianca Sugiarto	Huon LA	18:20
2. Isabelle Christensen Barrett	TRWC	18:29
3. Dave Moore	TMA	20:08

5km

1. Eugene Gerlach	TMA	38:43
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8km

1. Wayne Fletcher	NS	88:02
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WESTERN AUSTRALIA WARWC results, 11 August - Shelley

The weather was cloudy, mild, mostly dry and calm for the WA walkers on Sunday. Thanks to Terry Jones for the results.

16K Handicap

Ali Griffin	1:28:29
Wendy Farrow	1:59:03

10K Handicap

Victor Munoz	1:12:17
Andrew Duncan	59.55

5K Handicap

Marcela Ruiz	41.07
Glenys Duncan	45.11
Fiona van Heerwaarden	35.36

2K Handicap

Makenzie Sillitto	11.45
Darcy Bramwell-Kays	11.16
Savannah Carnaby	12.09
Katica Borsic	10.59
William Duffield	16.36
Hannah Clausnitzer	14.03
Nathaniel Khaira	14.31



INTERNATIONAL NEWS

Martin and Perez win inaugural Olympic marathon race walk mixed relay for Spain in Paris

By Jon Mulkeen (reprinted from World Athletics news – 7 August)

World 20km race walk champions Alvaro Martin and Maria Perez teamed up to win gold for Spain in the marathon race walk mixed relay at the Paris 2024 Olympic Games on Wednesday (7).

Competing in the newest athletics discipline on the Olympic programme, the Spanish duo clocked 2:50:31 to earn their second medals of the Games, following Martin's bronze and Perez's silver in the individual 20km race walk six days ago. They won by almost a minute from Ecuador, who clocked 2:51:22 as Brian Pintado added silver to the gold he won in the men's 20km race walk. Australian duo Rhydian Cowley and Jemima Montag took bronze in 2:51:38.

Held in the Trocadero area of Paris with the course looping underneath the Eiffel Tower, the race was close for the first half. Spain, led off by Martin, was part of a lead group of five for the first leg. With the leaders passing through 10km in 38:15, Germany's Christopher Linke got to the first hand off in pole position, covering the 11.4km stage in 43:32, just ahead of Martin, Pintado, Japan's Masatora Kawano and Brazil's Caio Bonfim, the individual 20km silver medallist.

Kimberly Garcia, the double 2022 world champion, put Peru in contention by making up a 40-second deficit in the first half of her 10km leg, drawing level with Perez and Italy's **Antonella Palmisano**, the Olympic 20km champion three years ago.

Australia's Montag and China's **Yang Jiayu**, the Olympic 20km champion, also produced a strong effort on the second leg. At the end of the second leg, Australia held a narrow lead from China, Mexico and Peru with Ecuador and Spain a few seconds behind. Palmisano, meanwhile, had drifted back.

Just one kilometre into the third leg, Martin and Pintado were back at the front of the pack, a stride ahead of Australia's Cowley. Peru, China and Mexico were all close behind. Five kilometres into the penultimate leg, Pintado and Martin were still side by side, 19 seconds ahead of Italy's **Massimo Stano**, the 20km champion in Tokyo three years ago.

Martin managed to open up a bit of distance on Pintado in the final two kilometres of his leg, giving teammate Perez a three-second lead from Ecuador's **Glenda Morejon**. Palmisano, meanwhile, started her leg in third place, 20 seconds ahead of Australia's Montag.

Perez extended Spain's lead over Ecuador with each lap on the final leg. The real drama was happening further behind, though. Half way through the final 10.8km stage, Palmisano was caught by Montag and then by Garcia.

There was no catching Perez, though, who went on to cross the line unopposed in **2:50:31**, having covered the final stage in 45:51. Morejon held on to the silver medal position, crossing the line in **2:51:22** while Montag matched Perez's split time to secure bronze for Australia in **2:51:38**. Peru placed fourth in **2:51:56**, while Mexico's **Algena Gonzalez** produced the fastest split of the final stage – 45:25, 42:03 pace for 10km – to finish fifth. Italy (**2:53:52**), Brazil (**2:54:08**) and Japan (**2:55:40**) rounded out the top eight.

Victory marked symbolic moments for both Martin and Perez. "It was an incredible race because we knew that it would be very hard to get another Olympic medal," said Martin. "But I was with Maria, and she did the best that she could. This is amazing, this is history - not only for us but for Spanish race walking."

"I'm 30 now, and in four years' time I'll be 34, so I know this will be my last Olympic Games," added Martin. "I came here without an Olympic medal and now, thanks to Maria, I'll return to Spain with two."

Perez, meanwhile, has made Spanish athletics history.

"I feel very special because that triple crown (world, European and Olympic gold) is the first time that it has been achieved by a Spanish athlete," she said. "And I'm fortunate enough to have shared it with Alvaro."



1.	Spain - Álvaro MARTÍN, María PÉREZ	ESP	2:50:31
2.	Ecuador - Brian Daniel PINTADO, Glenda MOREJÓN	ECU	2:51:22
3.	Australia - Rhydian COWLEY, Jemima MONTAG	AUS	2:51:38
4.	Peru - César Augusto RODRÍGUEZ, Kimberly GARCÍA LEÓN	PER	2:51:56
5.	Mexico - Ever Jair PALMA OLIVARES, Alegna GONZÁLEZ	MEX	2:52:38
6.	Italy - Massimo STANO, Antonella PALMISANO	ITA	2:53:52
7.	Brazil - Caio BONFIM, Viviane LYRA	BRA	2:54:08
8.	Japan - Masatora KAWANO, Kumiko OKADA	JPN	2:55:40
9.	Spain 2 - Miguel Ángel LÓPEZ, Cristina MONTESINOS	ESP	2:56:10
10.	Germany - Christopher LINKE, Saskia FEIGE	GER	2:56:14
11.	France - Aurélien QUINION, Clémence BERETTA	FRA	2:56:54
12.	Colombia - Mateo ROMERO, Lorena ARENAS	COL	2:57:54
13.	Japan 2 - Kazuki TAKAHASHI, Ayane YANAI	JPN	2:58:08
14.	PR of China - Xianghong HE, Shijie QIEYANG	CHN	2:59:13
15.	PR of China 2 - Jun ZHANG, Jiayu YANG	CHN	3:00:43
16.	Poland - Maher BEN HLIMA, Olga CHOJECKA	POL	3:00:55
17.	Ukraine - Ivan BANZERUK, Lyudmila OLYANOVSKA	UKR	3:01:50
18.	Slovak Republic - Dominik ČERNÝ, Hana BURZALOVÁ	SVK	3:03:54
19.	Colombia 2 - César HERRERA, Laura Cristina MOJICA CHALARCA	COL	3:03:56
20.	Canada - Evan DUNFEE, Olivia LUNDMAN	CAN	3:04:57
21.	Hungary - Bence VENYERCSÁN, Rita RÉCSEI	HUN	3:05:18

22. Australia 2 - Declan TINGAY, Rebecca HENDERSON
 23. Türkiye - Mazlum DEMIR, Ayşe TEKDAL
 - Czechia - Vít HLAVÁČ, Eliška MARTÍNKOVÁ

AUS 3:09:21
 TUR 3:14:53
 CZE DNF

*EMMANUEL TARDI, OLYMPIC RACE WALK JUDGES' ASSISTANT, REPORTS

There was never any doubt that our friend and French correspondent, **Emmanuel Tardi**, would stop at *rien* to involve himself in the race walking action at his country's own Olympics. Sure enough, he landed a responsible role on the judging staff at the Pont d'Iola in both the 20km races and Marathon Mixed Relay. Busy as he was in that opening week, he found time to put pen to paper and describe his experiences for H&T Online. *Merci*, Emmanuel!

The Olympic adventure began in September 2023, when most French officials received a message to apply as NTO. I absolutely wanted to be part of this adventure and so I sent my resume (?).

I also applied at that time to be a volunteer. In November, I was selected as a volunteer to take care of the tennis players at Roland-Garros.

In mid-December, I was told that I was selected as NTO for the racewalking events. I was then told that I would be responsible for the Penalty Zone.

I went to Antalya (World Team Championship), to see how the penalty zone was managed in a major competition. But the Olympic adventure really began in mid-July when I went to pick up my Olympic clothes. That's when I really began to realize what was going to happen to me.

The opening ceremony of the Olympic Games took place on Friday, July 26th, the athletics NTOs (coming from all over France, including our distant islands) were gathered on July 29th in a comfortable hotel in the north of Paris. We had a few briefings.

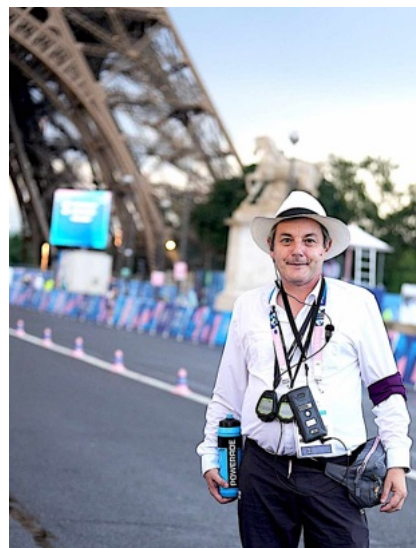
On July 31st everyone came to the race walk course to prepare for the competition.

On August 1st, early in the morning, the bus came to pick us up, the competition was about to begin. The storm was raging and there was lightning. It was during a final briefing that we were advised that the start time of the race was postponed. At around 7:15 am, we went to our positions.

I didn't see many spectators, because I was positioned on the bridge. One side of the bridge was reserved for coaches and the other side was a paying area, where few tickets had been sold. The public was gathered at the other end of the circuit ... and I didn't see it.

8am, it's the start, I'm relaxed, but as soon as the cards are displayed on the board, the pressure rises and I try to spot the athletes concerned. The first walker to enter the penalty zone will be the Mexican Doctor. Everything is going well, my assistants are doing their job. I'm reassured. For the 8 athletes who entered the penalty zone, there were no problems. When Ana Cabecinha (last female competitor) goes for her last lap, I tell myself that half the way is done.

This Saturday, to take my mind off things, I went to do an 8-hour walking competition 400 kilometers from Paris. On this Monday morning, I'm back at the officials' hotel waiting for the 42km relay and hoping that everything will go well.



Oui, mes amis, you read that right. Emmanuel's idea of a day off is to travel half-way across France to compete in an 8-hour walk of his own, then return for his next tour of duty. Such is his passion for the sport! And what better way of 'taking your mind off things' than to go for a nice stroll ... 46.9kms long?



Emmanuel flanked by Chief judge Frederic Bianchi (left) and race referee Jorge Salcedo. (Declan Tingay in the pack behind).



Mixed relay ... delivering the unwanted news.

(Photo: Eurosport)

FRANCE: Longemer 8 Hour walk, Saturday 3 August - Longemer

Thanks to Emmanuel for these results from his 8-hour walk. Ultra specialists **Phillipe Morel** and **Sylvie Maison** took out the first place honours.

1/ MOREL Philippe M	68.746kms	11/ DUCRUET Nadia F	54.252
2/ LANEAU Maxime M	63.576	12/ PANNIER josiane F	52.739
3/ GROS Gildas M	61.810	13/ TILLIER Ludovic M	52.480
4/ MICHELOT Rémi M	61.053	14/ HAGHEBAERT Eric M	51.872
5/ THOUVENEL Jean-Charles M	60.781	15/ ROCHA Fernando M	47.891
6/ MARECHAL Pascal M	59.443	16/ TARDI Emmanuel M	46.901
7/ MAISON Sylvie F	58.764	17/ FILLIEUX Christian M	39.972
8/ FREYBURGER Sabrina F	57.502	18/ RICHARD Jean Pierre M	38.603
9/ PLAYE Christophe M	56.521	19/ LANDRU Noelle F	32.222
10/ MULLER Cathy F	56.065	Ab BONNEAU Philippe M	44.058 Ab

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, August 13, 2024 - WMAC Gothenburg 2024, from today (until 25/8) <https://omarchador.blogspot.com/2024/08/wmac-gotemburgo-2024-partir-de-hoje-ate.html> World Masters walks schedule included.
- Sunday, August 11, 2024 - 2010, Portuguese women become world champions <https://omarchador.blogspot.com/2024/08/2010-portuguesas-sagram-se-campeas-do.html>
- Saturday, August 10, 2024 - Race Walking Judges at the Paris 2024 Olympic Games <https://omarchador.blogspot.com/2024/08/os-juizes-de-marcha-nos-jogos-olimpicos.html>
- Friday, August 9, 2024 - All-Ireland U20 & U23 Championships - Tullamore 2024 (results) <https://omarchador.blogspot.com/2024/08/campeonatos-da-irlanda-sub-20-e-sub-23.html>
- Thursday, August 8, 2024 - Eduardo Camarate at the U-20 World Cup - Lima 2024 <https://omarchador.blogspot.com/2024/08/eduardo-camarate-nos-mundiais-sub-20.html> A short piece on Portugal's only representative at Lima.
- Wednesday, August 7, 2024 - Spain is the Olympic champion in race walking relay <https://omarchador.blogspot.com/2024/08/espanha-e-campea-olimpica-de-estafeta.html> A detailed and entertaining report, even if the translator appeared to confuse the event with the cycling road race!

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.

OTHER NEWS

- The UK athletics club Leigh Harriers, based in the Greater Manchester area, had good reason to celebrate last week. **Keely Hodgkinson**, a Leigh member from childhood, won gold in the Olympic women's 800m final with a stirring performance. What makes her feat relevant to these pages, however, is that Keely's triumph occurred 100 years after the success of another Leigh Harrier, at the Paris Olympics of 1924 (the famous 'Chariots of Fire' Games). That member was race walker **Reg Goodwin**, who won silver in the 10,000m track walk behind the charismatic Italian champion Ugo Frigerio.

Tony Taylor has put together an informative and entertaining piece on Goodwin's life and career, '**Leigh Harriers At The Olympics Across A Century 1924 to 2024, From Reg To Keely**' which includes biography, archival photos and statistics.

Reg Goodwin was clearly one of the pre-eminent British heel 'n' toe men of his day. The report contains a page of his major competitive results in which it's a challenge to find much that he didn't win or get a placing in. Following his competitive career he ventured into coaching, officiating and organising at club level and nationally. Goodwin was one of

those English stalwarts who achieved highly as competitors then ploughed their acumen back into the sport, developing the next generation of walkers through a strong domestic club scene.

My thanks to Tony Taylor for providing the link to Reg Goodwin's story. This can be enjoyed by visiting <https://lancswalkingclub.com/2024/08/09/leigh-harriers-at-the-olympics-across-a-century-1924-to-2024-from-silver-to-gold-from-reg-to-keely/>



Leigh Harriers in Paris – a century apart: Keely and Reg.



Reg Goodwin leads in his Paris 1924 heat. (Photos source: Lancashire WC)

- What it feels like to win an Olympic medal after being a runner up https://nationalpost.com/sports/olympics/what-it-feels-like-to-win-an-olympic-medal-after-being-a-runner-up?fbclid=IwY2xjawEWqy9leHRuA2F1bQIxMQABHXAYD_8CvIhMmXMFsen4KnGJamscx-WfpzJP7IA_u0ZPctAscpX6OKbGO_aem_C2VWn1Jrzvf2wYD7R-d7WA

In which Canada's Evan Dunfee, all too familiar with 4th and 5th place, gives his insights on the matter.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

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

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 ****

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

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