



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 **

When **Angelina Legrand (SA)** sets out after a PB these days, she means it. Producing her best road season so far, Angelina has done another demolition job on a previous best, this time by a whopping 3:30 in posting a new 8km time of **43:05** at last Saturday's SARWC's competition.

A focused and diligent trainer, Angelina is gradually establishing a base from which she can strike out for fast track times and tackle the key 10,000m distance with confidence when the time is right. Angela will race over 5km in the RWA U18 championship next Sunday, and she will no doubt be after another big improvement against a quality field on the fast Aughtie Drive loop.

Well done, Angelina! We look forward to seeing you in action at the weekend.



*Honourable mentions

- **Payton Welsh (VIC, 8yo)** – ripped yet another chunk from her 2km PB, this time by 0:38 to clock **11:41**.
- **Danelia Samuel (NSW)** – made a big step up to 8km after having raced only as far as 4km, clocking 45:55 in a strong debut.
- **Eden Morgan (VIC)** – a big 6km PB of **27:31** at the right time, with next week's RWA 10km coming up.



CLUB NEWS and RESULTS

** VRWC WINTER TROPHY & CERTIFICATE WINNERS - 2024

Well done to members who raced consistently throughout the season and earned trophies in our Times and Handicaps competitions. Trophy and certificate winners are listed below.

Please note the colour coding:

BLACK – will win trophies

BLUE – will receive certificates (insufficient races and/or trophy points)

GREEN – will receive certificates (finished out of trophy places but earned many points)

If you wish to see how many points you scored per race across the season, go to <https://vrwc.org.au/vrwcpointscomps.shtml>

<i>Times Female</i>	<i>Pts</i>	<i>Times Male</i>	<i>Pts</i>	<i>Handicaps Female</i>	<i>Pts</i>	<i>Handicaps Male</i>	<i>Pts</i>
Masters 40+		Masters 40+		Masters 40+		Masters 40+	
1 Anna Wallace	12	1 Mark Blackwood	18	1 Anna Wallace	22	1 Mark Blackwood	21
2 Susan Short	5	2 David Smyth	8	2 Marnie Zakis	8	2 David Smyth	12
3 Marnie Zakis	4	3 Pramesh Prasad	3	3 Susan Short	5	3 Pramesh Prasad	5
Masters 60+		Masters 60+		Masters 60+		Masters 60+	
1 Karyn O'Neill	27	1 Terry O'Neill	29	1 Heather Carr	40	1 Terry O'Neill	37
2 Carolyn Rosenbrock	22	2 John Nottle	27	2 Gwen Steed	28	2 John Nottle	31
3 Heather Carr	20	3 Kevin Cassidy	11	3 Donna-Marie Elms	25	3 Andrew Jamieson	12
		3 Andrew Jamieson	11				

Open		Open		Open		Open	
1 Char Hay	37	1 Alejandro Stephens	30	1 Emilie Garside	37	1 Alejandro Stephens	31
2 Emilie Garside	26	2 Kyle Swan	5	2 Char Hay	35	2 Kyle Swan	5
3 Grace Louey	11			3 Grace Louey	12		
Under 10		Under 10		Under 10		Under 10	
1 Abby Fowler	31	1 Dimitri Pashutin	29	1 Payton Welsh	31	1 Dimitri Pashutin	31
2 Aria Di Benedetto	27	2 Oliver Crowl	4	2 Abby Fowler	29	2 Oliver Crowl	3
3 Payton Welsh	25			3 Aria Di Benedetto	28		
4 Anouk Morgan	24			4 Georgia Walters	24		
5 Georgia Walters	18			5 Anouk Morgan	23		
Under 12		Under 12		Under 12		Under 12	
1 Addison Frenken	46	1 Brodie Welsh	35	1 Addison Frenken	37	1 Brodie Welsh	37
2 Caitlyn Shipham	24	2 Logan Allison	34	2 Caitlyn Shipham	35	2 Logan Allison	32
3 Indigo Marshall-Moodie	19			3 Indigo Marshall-Moodie	22		
4 Erlyn Singh	14			4 Erlyn Singh	19		
5 Pippa Read	9			5 Pippa Read	6		
Under 14		Under 14		Under 14		Under 14	
1 Mya McClure	24	1 Angus Shuttleworth	28	1 Mya McClure	24	1 Angus Shuttleworth	28
2 Matilda Read	10	2 Tate Jardine	12	2 Matilda Read	10	2 Tate Jardine	20
Under 16	11	Under 16		Under 16	14	Under 16	
1 Mackenzie Turner	9	1 Max Davidson	33	1 Hannah Matthews	12	1 Arthur Robinson	46
2 Hannah Matthews	8	2 Arthur Robinson	31	2 Mietta Morgan	12	2 Max Davidson	26
3 Mietta Morgan				2 Mackenzie Turner			
Under 18		Under 18		Under 18		Under 18	
1 Emily Smith	33	1 Riley Coughlan	5	1 Emily Smith	39	1 Riley Coughlan	5
2 Ariana Pashutina	31	1 Marcus Wakim	5	2 Ariana Pashutina	32	1 Marcus Wakim	2
3 Amelia Vernal	3			3 Amelia Vernal	3		
Under 20		Under 20		Under 20		Under 20	
1 Jade Chitty	14	1 Eden Morgan	28	1 Jade Chitty	12	1 Eden Morgan	30
		2 Jonathan Ho	24			2 Jonathan Ho	25

*A special ‘thank you’ to **Mark Donahoo**, our Competition manager and Handicapper, who once again did a mighty job in collecting and collating the results and points each week.

The trophies and certificates will be awarded at our Winter Presentations on Sunday 11 September, following the **Team Relay**, our final competition for the winter. **Remember to get your entry in by NO LATER than Saturday 24 August.**

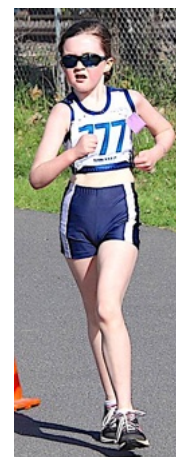
VRWC Club points results, 17 August – Middle Park

Cloudy but pleasant conditions greeted the 24 walkers who lined up for the final Points competition for 2024. With leader board placings on the line and the RWA carnival next week, most weren’t mucking around, and some excellent walking returned 9 PBs.

Along with the PBs, there were impressive first attempts at various distances. **Brodie Welsh** stepped up to tackle 4km and clocked an impressive **24:48**. Newcomer **Oliver Crowl**, from Berwick LA centre, was a standout in the ‘mosquito’ set, trying his first 2km and leading all the way until pipped on the line by **Logan Allison**, both clocking **11:09**. Well done, both lads!



“Okay, you lot ... I want a good, clean brawl.” Di lays down the law ...



... and they come out swinging!

Most of the day’s PBs were by substantial margins. **Payton Welsh** posted a terrific new best by 38secs over 2km with a determined **Anouk Morgan** only 4 secs adrift with her own big PB – both sub-12:00 efforts. **Eden Morgan’s 27:31** for 6km

continued his considerable progress this season, while **Alejandro Stephen's 31:07** smashed his 'official' best although he's clocked much faster en route in a 15km. Personal bests would be rare occurrences for **Anna Wallace** these days, so no doubt she was happy with her 24sec improvement over 2km.

It was pleasing to see **Mietta Morgan** back out on the course after an unlucky run of illness. We've missed you, Mietta ... welcome back!

8km race

1 Emilie Garside FOpen 54:52 First 8km
2 Karyn O'Neill FM60+ 57:11

1 Terry O'Neill MM60+ 51:28

4km race

1 Mya McClure FUn14 20:44
2 Emily Smith FUn20 22:40
3 Addison Frenken FUn12 23:59 PB 0:27

1 Jonathan Ho MUn20 22:16 PB 0:23
2 Brodie Welsh MUn12 24:48 First 4km
3 John Nottle MM60+ 26:46 First 4km

1km race

1 Caitlyn Shipham FUn12 6:13 First 1km
2 Aria Di Benedetto FUn10 6:22 PB 0:06

6km race

1 Donna-Marie Elms FM60+ 42:40

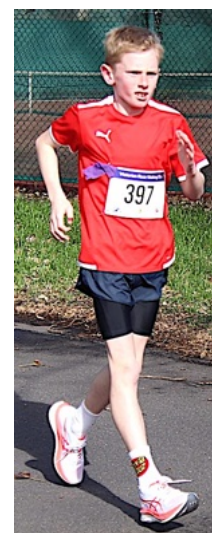
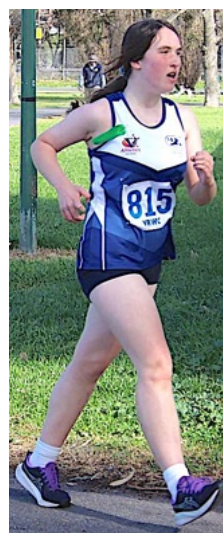
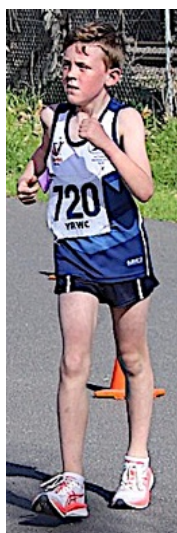
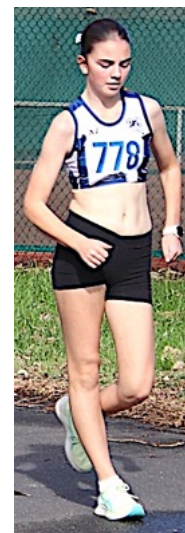
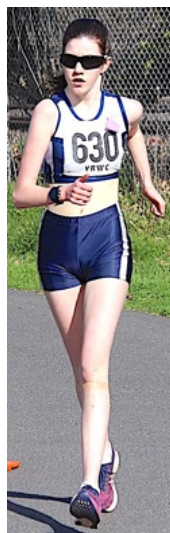
1 Eden Morgan MUn20 27:31 PB 0:34
2 Alejandro Stephens MOpen 31:07 PB 1:26
.. Mark Blackwood MM40+ Ab

2km race

1 Payton Welsh FUn10 11:41 PB 0:38
2 Anouk Morgan FUn10 11:45 PB 0:25
3 Mietta Morgan FUn16 11:58
4 Anna Wallace FM40+ 13:43 PB 0:24
5 Georgia Walters FUn10 14:14

1 Logan Allison MUn12 11:09
2 Oliver Crowl MUn12 11:09 First 2km
3 Pramesh Prasad MM40+ 11:16
4 Arthur Robinson MU16 13:52 PB 0:03

(Note: PB's are calculated according to data presented on the Racewalk Australia website, which is updated weekly. However, some previous best times or first attempts may not yet have been listed, which may lead to discrepancies here.)



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

Georgia, Pramesh, Mya, Anouk, Caitlyn, Jonathan, Oliver, Alejandro, Mietta, Aria, Terry, Logan and Payton.

****Handicaps**

Name		Hcp Pt	M/F	A Gp
Anna	Wallace	1	F	M40+
Karyn	O'Neill	1	F	M60+
Donna-Marie	Elms	2	F	M60+
Emilie	Garside	1	F	Open
Anouk	Morgan	1	F	Un10
Payton	Welsh	2	F	Un10
Aria	Di Benedetto	3	F	Un10
Georgia	Walters	4	F	Un10
Addison	Frenken	1	F	Un12
Caitlyn	Shipham	2	F	Un12
Mya	McClure	1	F	Un14
Mietta	Morgan	NPT	F	Un16
Emily	Smith	1	F	Un20
Pramesh	Prasad	1	M	M40+
Mark	Blackwood	Ab	M	M40+
Terry	O'Neill	1	M	M60+
John	Nottle	2	M	M60+
Alejandro	Stephens	NPT	M	Open
Brodie	Welsh	1	M	Un12
Logan	Allison	2	M	Un12
Oliver	Crowl	3	M	Un12
Arthur	Robinson	1	M	Un16
Eden	Morgan	1	M	Un20
Jonathan	Ho	2	M	Un20

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:	Mark Donahoo
Recorders	Mark Donahoo, Deanne McClure, Carolyn Rosenbrock
Timekeeper	Alan McClure
Judges:	Di Lowden(C), Stu Cooper, Brenda Felton, Kathleen Marsh, David Cash
Set up, Pack up:	Terry O'Neill, Amy Blackwood, Carolyn Rosenbrock, Jonathan Ho, Karyn O'Neill, Stu Cooper, Anna Wallace
Canteen	Donna Marie Elms, Gwen Steed
Photos	Therese Smith
Walkers:	24

***Next weekend ...**

This is the big one ... the marquee meet on the VRWC calendar for 2024. We have over 100 entries from 5 states and the ACT for the six race distances on the program. There are many highly-credentialed starters, tough club walkers and a wealth of young up-and-comers, all of which makes for a morning of exciting racing!

The races will take place on the Aughtie Drive 1km loop, which has proven its worth as a course for fast times. Following the race program, the Presentations will take place in the Main Hall of the Bowling club.

REMINDER: As this is a Race Walking Australia meeting, all walkers should wear their VRWC (or state walking club's) uniform. Bibs numbers will be distributed by your team leaders at the course on Sunday.

Officials (including judges) should wear their Walking club uniform jackets and headwear if you have them, or if not, your State athletics association uniform, once again if you have one.

By now, all entrants should have received an **Information booklet** with all necessary information, including race fields, start times and bib numbers. (If you've entered and not received one, contact Mark at neerims8@gmail.com)

Note that there will be **two Judging panels** in operation, simultaneously but independently. **Panel A** will judge the 20km and 10km, while **Panel B** will judge the 1km, 2km, 3km and 5km races.

***RACEWALKING AUSTRALIA – WALKING CHAMPIONSHIPS
CARNIVAL**

Sunday 25 August – Middle Park, Melbourne

A World Athletics certified event



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

**** JUDGING SEMINAR ****

This will be held on Saturday 24 August, in the Cathy Freeman Room at Lakeside Stadium. The presenter is **Kirsten Crocker**, recently returned from judging at the Paris Olympics. Kirsten will also be Chief judge at the RWA carnival on Sunday. Welcome, Kirsten! We look forward to your sessions at the seminar.



During the morning, parents, coaches and supporters will be able to enjoy a hot drink and nibbles from the **Coffee van** situated in the car park beside the course, while back at the Bowling club a **BBQ** will provide sausages and burgers for all the hungry souls. In addition, **judges and officials** will be able to enjoy a light sandwich lunch, available in the VRWC canteen.





- The World Masters T&F Championships in Goteborg, Sweden, have once again seen many Australians make the journey in search of medals, records and personal glory. Among them is **Heather Carr**, whom we all know as an elite Masters walker but perhaps less so as a runner. Heather opened her campaign in Goteborg with a Gold-winning run in the W75 2000m Steeplechase, clocking **13:30.21**. This would be a welcome result for Heather who was waylaid by illness at the last championships in Poland and missed all of her walking events. But you can't keep this lady down – ever. Well done, Heather, and all the best for the walks!
(NOTE: Full Masters results from Goteborg will be published in the next issue.)
- Dual Olympic bronze medallist **Jemima Montag's** fame is spreading further by the day, it seems. This time, she is featured in an article in the Kenyan publication *Pulse Sports*, under the headline '**Australian athlete hailed for the best sporting interview ever after bronze medal in Paris.**' The interview in question, conducted by the 9 Network, is included in a clip on the page, and if you haven't heard it, you should. Her comments about the difference between 'wanting' and 'needing' a medal offer a perspective on success that is refreshing. Furthermore, Jemima is committed to promoting sport and play for girls in the mid-teenage years in particular, and she reiterates her 'Play On' message here. See the article and interview at https://www.pulsesports.co.ke/athletics/story/australian-athlete-hailed-for-the-best-sporting-interview-ever-after-bronze-medal-in-paris-2024081510401118990?fbclid=IwY2xjawEtd1NleHRuA2FlbQlXMQABHcIqPrD4cMgeP7QLcBb57WFOsKjZx7Td4AAZDGbg_KOX33-cIXia4Ela8g_aem_FCER7rB8ft-ZyFhLc3CPw



AROUND THE COUNTRY



Race Walking Australia Road Championships 2024
Sunday 25 August – Middle Park, Melbourne
**** Preview ****



**** 20km Open**

Restricted in Paris to the role of ‘drinks waiter’ for his Olympic 20km team-mates, **Tim Fraser** must have been like the proverbial caged lion. Expect the cage door to be burst asunder at Middle Park on Sunday. With the fastest PB in the field by close to 3 minutes, the title is Tim’s for the taking if all goes well. **Dylan Richardson**, **Corey Dickson** and Tim’s ACT clubmate **Mitch Baker** should fight out the placings.

The women’s title should, likewise, be **Lizzie McMillen’s**, with only **Allanah Pitcher** likely to offer a challenge. Lizzie burst into serious national selection contention last month on this same course and will take some beating. **Sam Findlay** seems the probably bronze medallist.

****10km U20**

Bailey Housden and **Riley Coughlan** fought out a close 5km duel at the Oceanias in Suva, with the Queenslander prevailing narrowly. Riley will be looking to overturn that result over 10km on Sunday. **Sam McCure** will be in the mix as well, and the medals will surely be fought out between these three.

An injury to **Maddison Nash** has robbed the Women’s race of an engrossing teams contest between Victoria and QLD, with the latter now needing only to finish its three. It could be an interesting tussle between **Mia Bergh** and **Lyla Williams** for the title, with **Ariana Pashutina** most likely to have a say in the podium makeup.

****10km U18**

Riley Coughlan and **Bailey Housden** are double entries, so the interest here is in who out of **Kodi Clarkson** and **Sam Lindsay** will claim the bronze. Kodi, a known fast starter, will make a statement early whereas Sam is becoming adept at wearing down opposition. Fascinating!

****5km U18**

The season’s biggest improver, **Angelia Legrand**, stands out as the likely winner here, being the only starter to have broken 25 minutes with nobody else close. **Milly Sharpe** is the pick of the rest, with several capable of taking out the bronze. The Team title should go to Victoria provided **Ariana Pashutina** is recovered sufficiently from her 10km

****5km U16**

This race could see **Sophie Polkinghorne** punch through the 25 min barrier for the first time, and **Mya McClure**, who recently clocked **19:55** for 4km, may well join her. Of the others, **Emma Grocott** looks best equipped to take the bronze. It’ll be another VIC/QLD battle for the teams gold, with the home team starting favourites.

While there are only two entrants for the Boys U16 race, they’re both quality. **Noah Cooke** has a clear edge in speed over **Angus Shuttleworth** and should win, while the Victorian (who’ll be backing up after the 3km) will walk his own race and aim for improvement amid a big and classy field.

****3km U14**

Ela Uzun smashed **Jemima Montag’s** national U14 5km record last Sunday week (though it is yet to be ratified) and will probably smash any challenge that comes to her title claim in this race. As so often before, **Mya McClure** will be the one to mount that challenge and she’ll keep fighting to the finish, holding off **Havana Ali** for silver.

At last! A VIC/NSW teams contest. Victoria has the edge in numbers and will field two teams, but the NSW trio, led by **Hannah Hewitt**, will be determined to drive a wedge between the two local teams.

With five Victorian entrants out of five starters, it’s just a matter of the order the Victorian boys finish in. **Angus Shuttleworth** should cross first, with **Logan Allison** and **Brodie Welsh** continuing their saga of battles behind him.

****2km U12**

This will be exciting. **Stella Wade**, **Pippa Read** and **Addison Frenken** – all of whom have PBs well under 11 mins – should fight out the podium, while **Indigo Marshall-Moodie** could also challenge for a place if one of the ‘big 3’ falters.

The small field of 6 entered for the Boys 2km has been augmented by new arrival **Oliver Crowl**, who will provide **Brodie Welsh** and **Logan Allison** with challenging opposition. QLD’s **Leo Hyde** is not far behind these boys on times and should not be taken lightly.

****1km U10**

On times, it's hard to go past **Payton Welsh** in this one. She'll face tough opposition from **Anouk Morgan**, while it's anyone's guess who will fight it out for the bronze. Another exciting race! Meanwhile, Little Aths champion **Fletcher Reid** will be the one to watch in the Boys' race, leaving **Dimitri Pashutin** and **Zac Anderson-Rule** to sort out the podium order.

A.C.T. ACTRFWC results, 18 August – Weston Park

Results from ACTRFWC newsletter, courtesy of **Helen Toyne**. (*Well do I remember the idyllic surroundings at Weston Park on those icy June LBG mornings ...*)

8km	
Bryan Thomas	1:08:33
Sue Archer	58:15

4km	
1 Jill Ryan	23:49
2 Seb Ryan	29:01
3 Jim White	31:37

1km	
1 Emma Grocott	5:06
2 Samantha Ramboer	6:00
3 Zac Anderson-Rule	6:56

NEW SOUTH WALES Athletics NSW State Long walks c'ships, 18 August – Chipping Norton

Thanks to **Frank Overton** for providing the following report and results:

Unfortunately, a 1km lap had to be used due to bad weather during the week which left the 2km lap unusable.

The day was overcast but we had pleasant conditions for the events.

There were 57 entries. However, only 52 made the starting line for their respective race.

The biggest improver on the day was **Danelia Samuel** stepping up to her first 8km.

Mens Open 20km		Womens Open 20km	
1. Jack McGinniskin	1:33:52	1. Hannah Mison	1:42:07
2. Dylan Richardson	1:34:14	2. Bridget Bell	1:53:18
3. Carl Gibbons	1:36:06		
Mens U20 years 15km		Mens U18 years 8km	
1. Brendan Pospischil	1:27:22	1. Joel Byatt	40:07
		2. Alexander Sinnett	46:58
		...Aiden Pospischil	DQ
Womens U18 years 8km		Boys U11 years 1500m	
1. Sienna Pitcher	42:58	1. Darcy Dennis	7:54
2. Danelia Samuel	45:55	2. Ryan Straub	8:36
3. Ciara Cassilles	48:40	...Oliver Masik	DQ
4. Jessey Bektas	49:07		
5. Laura Corvallon Sotomayer	53:56		
6. Sarah Chalnor	1:03:00		
Girls U11 years 1500m		Boys U12 years 1500m	
1. Stella Wade	7:59	1. Nate Appleyard	7:00
2. Veronica Dennett	8:45	2. Hugh Siciliano	8:24
3. Addison Jenkins	8:50	3. Liam Meale	8:36
4. Chelsea Sharp	11:34	...Joshua Waddington	DQ
Girls U12 years 1500m		Girls U9 years 1km	
1. Avia Luketic	7:43	1. Imogen Martin	6:59
2. Felicity Rudd	8:53		
3. Annika Owers	11:31		
Boys U10 years 1km		Girls Under 10 years 1km	
1. Eric Colgan	5:40	1. Nasrin Hewitt	5:52
2. Lachlan de Bree	5:41		

3. Huxley Jones 7:56
 ...Archer Lane DQ

Men U16 years 5km
 1. Christopher Nilon 27:00

Womens U16 years 5km
 1. Maisie Mitchell 27:12
 2. Emma Hoskins 29:46
 3. Madeleine Maxwell 31:56

Boys U14 years 3km
 1. Callum Martin 14:48
 2. Noah Vela 15:24
 3. Michael Mathison 16:08
 4. Sagan Jones 16:16
 5. Mitchell McCarthy 16:26
 6. Patrick Waddington 18:10
 7. Bentley Luketic 20:20

Boys U13 years 3km
 1. Lincoln Moore 16:44
 2. Alexander Dennett 17:43
 3. Mathias Hutchens 19:19
 ...Charlton Maxwell DQ

Girls U14 years 3km
 1. Sienna Wade 16:30
 2. Nikki Hearnden 17:00
 3. Brooke Cross 18:01

Girls U13 years 3km
 1. Ashleigh Mansell 15:59
 2. Hannah Hewitt 16:19

QUEENSLAND QRWC Club championships, 18 August – Beenleigh

Open/Masters 10km
Men:
 (1) Scott Hyland 50:20
 (2) Peter Bennett 1:08:18
Women:
 (1) Katya Martin 58:37
 (2) Jasmine McRoberts 1:16:25
 (3) Joy Dale 1:21:13
 (4) Noela McKinven 1:40:26

U18 6km
Men:
 (1) Kai Dale 36:30
Women:
 (1) Katy Bray 38:39

U16 4km
Men:
 (1) Noah Cooke 20:03
Women:
 (1) Olivia Boulton 22:45
 (2) Eliza Kelly 24:25
 (3) Mikaela McDonald 25:07

U14 2km
Men:
 (1) Lachlan Moore 9:47
 (2) Corey Lockwood 10:20
 (3) Eli Melinz 11:21
 (4) Leo Ramsay 11:53
Women:
 (1) Isabella Welch 11:09
 (2) Kiara Waterman 11:22
 (3) Elspeth Hooper 11:23
 (4) Mackenzie Wormald 15:29

U12 1.5km
Women:
 (1) Savannah Dunleavy 8:40
 (2) Amelia Chisholm 8:44
 (3) Izzy Blackburn 9:43
 (4) April Kelly 10:44

U10 0.75km
Men:
 (1) Jake Dunleavy 3:49
Women:
 (1) Freya Williams 3:50
 (2) Clara Hermus 4:39
 (3) Piper Dunleavy 5:37
 (4) Lani Blackburn 5:38
 (5) Harper Waterman 6:46

SOUTH AUSTRALIA SARWC results, 10 August – South Parklands

Kim Mottrom reports that it was 13c and raining on Saturday in Adelaide, so only 9 walkers out, however 4 of those walked PB's. (What Kim doesn't say is that one of those 4 PBs was his own – a reminder of the good old days? I guess he hasn't raced a 4km for some time.)

Highlight again this week was **Angelina Legrand** beating her 8km PB by 3:30

Open 8km				Open 1.5km		
Angelina Legrand	43:05	PB 3:30		Caleb Camilleri	8:59	
Peter Crump	54:18			Arizona Small	12:56	PB 0:10
Open 4km				Open 1km		
Kim Mottrom	17:19	PB 0:05		Martin Crabb	9:48	
Cooper Rech	19:57	PB 0:31				
Open 2km						
Saxon King	13:58					
Robert Crabb	14:07					

TASMANIA TRWC results, 17 August – Seven Mile Beach

David Moore reports that the weather wasn't for the faint of heart on the south Tassie coast on Saturday:

Our walkers faced ghastly conditions of strong chill winds, horizontal rain and freezing temperatures for our Walk at Seven Mile Beach today – Well done to our small field for putting their best feet forward in such terrible weather.

1.5km			
1. Adele Woodward	OVA	10:59	
2km			
1. Isabelle Christensen Barrett	TRWC	19:44	
2. Dave Moore	TMA	19:46	
3km			
1. Wayne Fletcher	NS	27:25	

Special accolades this week go to **Rosemary Coleman** who was recently awarded **Life Membership of Athletics South** (a regional branch of Athletics Tasmania). Rosemary's contribution to Athletics is nothing short of outstanding – Coaching, Walk Judge, Weekly duties as Photo Finish Judge and supporting our Walkers through thick and thin, such as doing the lap scoring in today's freezing and wet conditions.

Congratulations Rosemary !





INTERNATIONAL NEWS

Last week I received a message from former UK international **Allan Callow**, who is keen to promote a major walking event being held on 8 September on the Isle of Man. You don't frequently see cross-references between race walking and road cycling but here is one, drawing together two UK legends of their respective sports:



(Photo: wr-nw.com)

'The Manx Harriers are organising a 20 km championship with supporting races on September 8th on the closed road circuit at the National Sports Centre, Douglas. The event is a World Athletic sanctioned event and includes both England RWA and UK champs. The road circuit is being re-named the 'Mark Cavendish Cycle Way' after the famous cyclist, but race walkers may recall that it was where Paul Nihill of Gt Britain (left) set world bests in the late 60s / early 70s the most noteworthy the 84.50 in 1972, just prior to the Munich Olympics.

If anyone is interested in our event contact me initially at p.n.k@manx.net '



(Photo: WSJ)

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, August 19, 2024 - WMAC Gothenburg 2024: Men's 5000m M35-50 (results) <https://omarchador.blogspot.com/2024/08/wmac-gotemburgo-2024-5000-m-masculinos.html>
- Monday, August 19, 2024 - WMAC Gothenburg 2024: Women's 5000m W35-60 (results) <https://omarchador.blogspot.com/2024/08/wmac-gotemburgo-2024-5000-m-femininos.html>
- Sunday, August 18, 2024 - 2011, super quartet continues to shine <https://omarchador.blogspot.com/2024/08/2011-superquarteto-continua-brilhar.html> Heady days for Portuguese walking.
- Sunday, August 18, 2024 - WMAC Gothenburg 2024: Men's 10km M35+ (results) <https://omarchador.blogspot.com/2024/08/wmac-gotemburgo-2024-10-km-masculinos.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.

OTHER NEWS

I was pleased to receive this message from VRWC member **Paul Moritz**, who is in Goteborg competing in the World Masters Games:

'Stuart, Greetings from Gothenburg.

*When working on Heel & Toe for this week, you might consider a special mention for **Emmanuel Tardi** (results below). I bumped into him (recognised him from his photos in H&T) before his race / after mine yesterday, and he wasn't feeling particularly confident about getting past the judges. Turns out he comes away as a bronze medallist!'*



10km Race Walk · Final

#	ORDER	PARTICIPANT	AGE GROUP	BIB	TEAM	RESULT
1	7	Franz Joseph KROPIK 1968 · AUT	M55	551157	AUT M50	58:01 SB
2	24	Johnny Lap Yin TSE 1969 · HKG	M55	551201	HKG M50	1:00:20 SB
3	23	Emmanuel TARDI 1967 · FRA Notes: RC - <	M55	551200	FRA M40	1:19:56

No problem at all, Paul! We'll publish any success of Emmanuel's, any time!



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

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

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.

***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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