



# HEEL & TOE Online

Vol. 2024  
Issue No. 36  
Tuesday  
10 September  
2024

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

Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



**VRWC preferred supplier of shoes, cloths and sporting accessories**

Address: 598 High St, East Kew 3102 (Melways 45 G4)  
Telephone: 03 9817 3503  
Hours: Monday-Friday: 9.30am – 5.30pm  
Saturday: 9.00am – 3.00pm  
Website: <http://www.runnersworld.com.au>  
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

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



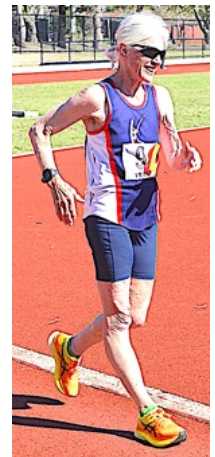
Following last Saturday's VMA 5000m track championships, two 'giants' of Masters athletics have each walked away with one hand on this issue's WOTW award, courtesy of Australian, Victorian and VRWC record performances. Take a bow, **Gwen Steed** and **Heather Carr** (VIC).

When it comes to breaking records, the Mentone track has long been **Gwen's** happy hunting ground (not surprising as it's her home track.) It was there that she set national, state and club W80 5000m records with 38:08 at this corresponding meet in 2023, so it's fitting that, one year on, she blitzed that mark by 46 secs to post a new mark of **37:22** in all three categories. We all know the old simile about ageing and good wine, but when applied to Gwen Steed, you're talking about pure vintage!

It's been a month for **Heather**. Just back from Goteborg in Sweden where she was honoured with an ambassadorship of World Masters Athletics for her achievements and service, she turned on a true 'master' display to parallel Gwen's achievement national, state and Club records – in her case, in the W75 category. Heather's time of **33:17** eclipsed her own AMA and VMA records

and – in an ironic twist – relieved Gwen of her Club W75 mark! I'm sure they're still friends, though.

Congratulations, Gwen and Heather. Vintage, nothing ... you're both Grange!



### \*Honourable mentions

- **Ela Uzun** (VIC) – broke her own U14 Club 5000m record at Mentone with 23:32, also relieving Jemima Montag of her Club U15 record.
- **Jonathan Ho** (VIC) – a gutsy effort to complete a gruelling 2-hour walk at Mentone on limited training due to injury.
- **Anouk Morgan** and **Aria di Benedetto** (VIC) – big 30+ sec improvements over 1500m at Mentone.
- **Di Camilleri** (SA) – a big 2:43 PB over 3km in the SARWC's 'Guess Your Time' season closer.



## CLUB NEWS and RESULTS

**VRWC**

VMA Masters track c'ship, AV 5000m Teams race & Club results, 7 September - Mentone

The first of our official spring races saw the Mentone track bathed in warm sunshine, with several officials breaking out the club polo shirts for the first time since March.

With a full program containing Masters championships, an AV teams contest and Club races, all proceeding simultaneously, the track was the proverbial hive of activity and kept timekeepers and lap scorers on their toes. With a few notable exceptions, times were generally on the slow side, possibly as a result of the unexpectedly warm conditions. Two of the exceptions were **Gwen Steed** and **Heather Carr**, both of whom smashed national, state and Club Masters records over 5000m. Meanwhile, south of the voting age, **Ela Uzun** was at it again, this time wiping out Jemima Montag's Club U15

5000m record as well as her own U14 mark with her time of **23:32**. Ela's cousin, **Havana Ali**, was not to be outdone, clocking a huge 1:00 PB of her own with **28:23**.



*The AV Teams, VMA Masters and club 5000m/3000m fields set out.*



Given the current situation of AV clubs struggling to field teams with the customary minimum 3 members for Team points, it was decided to follow the XCR (cross country) practice of allowing 2 members to count for medal purposes. Thus, the Men's AV Teams 5000m saw a contest between Knox AC and the Mentone club, with Knox's younger cohort prevailing under the leadership of **Eden Morgan** who fell just 4secs short of a PB. The Knox women's squad, without opposition, took gold with **Ariana Pashutina** at the helm and team-mate **Mietta Morgan** having her best result since returning from illness.

The two 'time' walks – 2 hour and 1 hour – saw the only 2 hour entrant, **Jonathan Ho**, start well before hitting that dreaded zone where you run out of everything except 'g&d', and have to finish the job on that. Sideline with injury for several weeks and unable to train fully, Jonathan nevertheless took on the challenge of replicating his impressive 2 hour debut of 2023 on much less preparation and, while cramps and glycogen depletion brought him to a standstill several times, he maintained sound technique and hung on until the 2 hour gun for a total distance of 18:895km – a good deal less than yet every bit as impressive as last year's.

In an understandable but unlucky mistake, **Alejandro Stephens** confused the 1500m start gun with the 1 hour 'stop' signal and had to double time to get back on pace for another lap before 'his' gun stopped him just under 300m short of his 12km goal. **Char Hay's** 11.583km was a solid result, incorporating her fastest 10km time for about three years.

The 2000m and 1500m walks saw some impressive results and good technical proficiency on display. High points were provided by **Anouk Morgan** and **Aria di Benedetto**, both of whom ripped more than half a minute from their 1500m best times and demonstrated the progress made with consistent racing over four months.

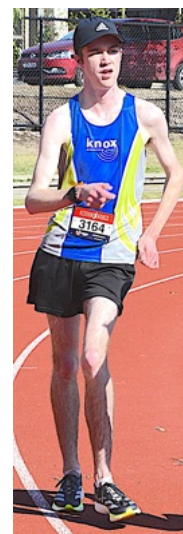
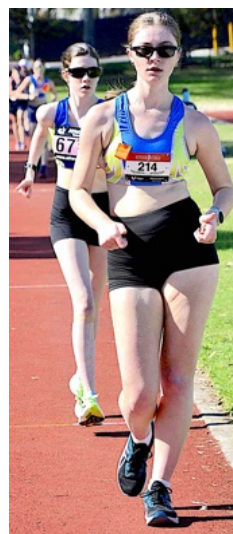
**5000m VMA Women's Championship**

1 Kym Boekel	50-54	36:24
.. Kelly Ruddick	50-54	DNF
1 Dee Holohan	55-59	33:29
1 Carolyn Rosenbrock	60-64	29:33
1 Karyn O'Neill	65-69	35:55

**5000m VMA Men's Championship**

1 David Smyth	50-54	30:40
1 Simon Evans	60-64	29:46
1 Terry O'Neill	65-69	33:08
1 John Nottle	70-74	33:46
1 Geoffrey Barrow	75-79	39:20*

1 Heather Carr 75-79 33:17 *AMA VMA VRWC recs*  
 1 Gwen Steed 80-84 37:22 *AMA VMA VRWC recs*



**5000m AV Teams Championship Women**

1 Ariana Pashutina Knox AC 28:30  
 2 Hannah Matthews Knox AC 29:00  
 3 Emily Smith Knox AC 29:06\*  
 4 Mietta Morgan Knox AC 29:22

**5000m AV Teams Championship Men**

1 Eden Morgan Knox AC 22:44  
 2 Angus Shuttleworth Knox AC 28:20  
 3 Rupert Van Dongen Mentone AC 35:20  
 4 Geoff Barrow Mentone AC 39:20\*

(\* 30secs added under TR54.7.4)

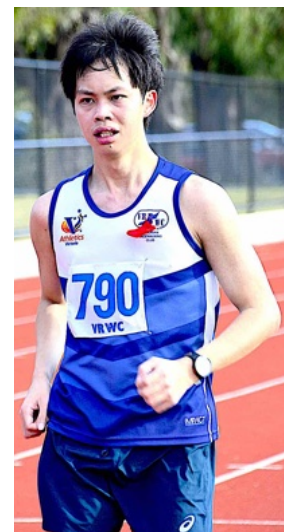
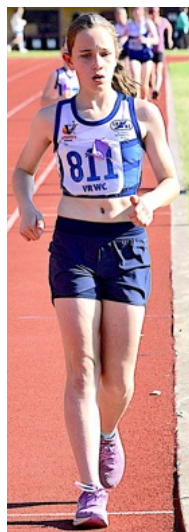
**VRWC 2 Hour**

1 Jonathan Ho M 18.895km

**VRWC 1 Hour**

1 Char Hay F 11.583km

1 Alejandro Stephens M 11.794km



**VRWC 5000m**

1 Ela Uzun F 23:32 *VRWC U14 U15 recs*  
 2 Havana Ali F 28:23 PB 1:00  
 3 Emilie Garside F 32:58  
 4 Heather Carr F 33:17

**VRWC 3000m**

1 Matilda Read F 15:52 1 Arthur Robinson M 22:57

**VRWC 2000m**

1 Addison Frenken F 10:51 1 Logan Allison M 11:24  
 2 Pippa Read F 11:21

3 Donna-Marie Elms F 12:51  
 4 Caitlyn Shipham F 13:01  
 5 Ann Wallace F 13:41

**VRWC 1500m**

1 Anouk Morgan F 8:38 PB 0:32 1 David Smyth M 9:08  
 2 Aria Di Benedetto F 9:51 PB 0:31  
 3 Abby Fowler F 11:06



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

*Logan, Geoff, Carolyn, Mieta, Jonathan, Emily, Arthur, Kym, Ela, Pippa, Char, Eden, John, Terry, Dee, Caitlyn, Matilda, Addison, Simon, Havana, Rupert, Alejandro, Hannah, Abby, Ariana and Angus*



**Masters Women**



**Masters Men**



**AV Teams Men 1. Knox AC 2. Mentone**



**AV Teams Women 1. Knox AC**

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:

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Tim Erickson
<b>Race check in</b>	Mark Donahoo
<b>Recorders</b>	Bob Gardiner, Dylan Shuttleworth, Bill Carr, Alla Pashutina, Tim Erickson, Frank Dwyer
<b>Judges:</b>	Stu Cooper (C), David Cash, Brenda Felton, Fran Attard, Kathleen Marsh
<b>Judges recorder</b>	Di Lowden
<b>Set up, Pack up:</b>	Mark Donahoo Terry Swan, Bob Gardiner, Rupert Van Dongen, Stu Cooper (transport)
<b>Drink table</b>	Therese Smith
<b>Photos</b>	Terry Swan, Therese Smith
<b>Presentation</b>	Mark Donahoo, Karyn O'Neill, Simon Evans
<b>Walkers:</b>	37

### \*Next weekend ...

Our final winter meeting for 2024 features the **Team relay** and scratch races, followed by our Winter Presentations and the chance to unwind with a BBQ sausage. If you missed entry for the Relay, come and have a hit-out over 4km or 1km, then enjoy what we hope will be an exciting Relay finish.

<b>Sunday 15 September – Middle Park Relay Race &amp; Open races</b>		
11.00am	Relay event (teams of up to 5 walkers)	Open
11.20am	4km	Open
11.20am	1km	Open
12.15pm	BBQ lunch	
12.30pm	<b>Winter presentations</b>	
Relay entries closed. Entries for VRWC Open events will be accepted until 6pm on Friday 13 September. Enter online at <a href="https://www.revolutionise.com.au/vrwc/">https://www.revolutionise.com.au/vrwc/</a>		

### \*\* RELAY TEAMS

Thanks once again to **Mark Donahoo** for his mighty efforts in setting up the teams. Drawing upon his knowledge of each competitor's season form and their resulting handicap times (plus, no doubt, a measure of gut intuition), Mark has done his best to produce the most competitive field possible from the pool of entrants, with the aim of setting up an exciting finish in which the last walkers of all 7 teams hit the line with a minimum gap between first and last.

Members will have received their team allocations by email. Here they are again in colour code (check for changes):

<b>Team 1 (Start time 0:00)</b> Addison Frenken 1km Payton Welsh 2km Matilda Read 3km Caitlyn Shipham 1km Addison Frenken 2km	<b>Team 2 (Start time 0:04)</b> Logan Allison 1km Georgia Walters 2km Hannah Matthews 3km Logan Allison 1km Jonathan Ho 2km	<b>Team 3 (Start time 0:24)</b> Pippa Read 1km Brodie Welsh 2km Alejandro Stephens 3km Pippa Read 1km Amelia Vernal 2km
<b>Team 4 (Start time 0:41)</b> Mya McClure 1km Emilie Garside 2km Ariana Pashutina 3km Emilie Garside 1km Mya McClure 2km	<b>Team 5 (Start time 0:41)</b> Abby Fowler 1km Char Hay 2km Grace Louey 3km Dimitri Pashutin 1km Char Hay 2km	<b>Team 6 (Start time 0:45)</b> Emily Smith 1km Angus Shuttleworth 2km Carolyn Rosenbrock 3km Angus Shuttleworth 1km Emily Smith 2km
<b>Team 7 (Start time 1:00)</b> Indigo Marshall-Moodie 1km Donna-Marie Elms 2km Mark Blackwood 3km Natalie Ramirez 1km Indigo Marshall-Moodie 2km		

- Teams will race legs in the following order: 2km, 1km, 3km, 1km, 2km
- Athletes may walk two legs for their team but must have a break in between ... no consecutive legs.
- Teams of disqualified athletes will have 30 seconds added to their total time.

Prizes will go to the winning team. Good luck, everyone!

**\*Presentations ... thanks to Officials and Race Judges**

In addition to trophies for our Points competition winners (see the full list at <https://vrwc.org.au/newsletters/heelandtoe-2024-num33.pdf>), the Winter Presentation is where we also recognise our dedicated band of industrious officials, helpers and race judges, who attended regularly in all weathers and without whom none of our competitions could proceed with confidence.

**Walk judges & recorders**

Scott Nelson  
David Cash  
Di Lowden  
Michael Bodey  
Stu Cooper  
Brenda Felton  
Gordon Loughnan

**Officials and helpers**

Tim Erickson  
Ian Laurie  
Bob Gardiner (Olympian)  
Terry Swan  
Mark Donahoo  
Stu Cooper

**Officials and helpers**

Michael Bodey  
Kevin Cassidy  
Carolyn Rosenbrock  
Dylan Shuttleworth  
Madeleine Feain  
Simon Baker  
Therese Smith  
Margaret Hay  
Gwen Steed  
Alla Pashutina  
Bill Carr  
Donna Marie Elms  
Terry O'Neill  
Karyn O'Neill

There are many others who lent an occasional hand when needed, or when they were available. We thank them also for their contribution during the season.

\*\*\*\*\*



**A.C.T. ACTRFWC results, 8 September – Lennox Gardens**

Thanks to **Helen Toyne** for these results:

**6km**

1 Hana Jugovic	32:58
2 Jillian Ryan	36:33
3 Sebastian Ryan	41:10
4 Bryan Thomas	50:24 (fitness)

**1.5km**

1 Tindra Helgstedt	10:27
2 Zac Anderson-Rule	11:00
3 Michelle Timkiw	11:03 (fitness)
4 Estrid Helgstedt	11:22
5 Jack Thackray	16:43

**SOUTH AUSTRALIA SARWC results, 7 September – South Parklands**

The SARWC said goodbye to their road season with a 'Guess your time' competition, held over two distances. GYT's are always fun, and holding them over 1km and 3km is a good way of getting the leg nerves firing for the approaching track season. Thanks to **Kim Mottrom** for the results:

3km 'Guess Your Time'	Time	Guess	Difference
Greg Metha	18:27	18:30	0:03
Kim Mottrom	12:55	12:59	0:04
Cooper Rech	14:39	14:30	0:09
Sam Findlay	14:07	14:25	0:18
Rain Langford	14:13	14:40	0:27

Di Camilleri	23:35	24:20	0:45	PB 2:43
Jasmine Crabb	20:24	19:35	0:49	
Matilda Rech	19:21	18:30	0:51	
Nellie Langford	13:50	14:50	1:00	
Saxon King	21:12	19:37	1:35	
Robert Crabb	23:30	27:00	3:30	PB 0:33

1km 'Guess Your Time'	Time	Guess	Difference	
Sebastian Richards	4:04	4:00	00:04	PB 0:07
Rachel Pemberton	7:45	7:40	00:05	
Liliana Templer	5:39	5:31	00:08	
Kristy Templer	7:01	7:14	00:13	PB 0:42
Angelina Legrand	4:25	4:39	00:14	PB 0:52
Liz Downs	7:13	7:32	00:19	
Lauren Richards	7:12	8:24	01:12	
Martin Crabb	10:45	12:18	01:33	

## TASMANIA Athletics Tasmania 2024 Road Long course c'ships, 7 September – Perth (Northern Tas)

David Moore reports that conditions in the north of the Apple Isle were as wintry as during most of the season for these important championships:

Small but enthusiastic numbers faced strong chill headwinds and rain for the Long Course Athletics Tasmania Championships at our Northern Tasmanian venue at Perth.

Our longer event competitors **Eva Parker** (5km), and **Sam Lindsay** (10km) faced the worst of the weather with driving rain into their faces on their outward part of a straight-line loop. Not a good day for PB's but **Eva Parker** defied that expectation with a 2-minute PB, whilst **Sam** comfortably got through his 10k after a big month in the UK.

In the 2km events **Elsie Woodward** shined with a dominant performance crossing the line first from training partner **Bianca Sugiarto** who put in a very stylish performance and kept at bay the winner of the U/12 Age group **Alexandra Summers** in the tightest of tussles to the line, with only a second between them at the finish.

In the 3km **Adele Woodward** showed her class with a similar dominant performance to sister Elsie, but equally meritorious was the effort of **Isabella Christensen Barrett** who toughed it out for her first 3km, Isabella has made big strides in a few short months having never race walked before this season –well done, Isabella.

In bright sunshine (Yes!!), two of Tasmanian Race Walking's finest, elite Junior **Will Bottle** and former U/20 Australian Champion **Alice Randall** presented Championship medals to our well deserving athletes.

### U/11 2km Girls

1. Elsie Woodward	Huon LA	15:02
2. Bianca Sugiarto	Huon LA	16:38

### U/12 2km Girls

1. Alexandra Summers	Newstead AC	16:39
----------------------	-------------	-------

### U/14 3km Girls

1. Adele Woodward	OVA	20:19
2. Isabella Christensen Barrett	TRWC	26:21 First 3km

### U/16 5km Women

1. Eva Parker	Devonport LA	31:49
---------------	--------------	-------

### U/18 10 km Men

1. Sam Lindsay	Newstead AC	49:08
----------------	-------------	-------



Will Bottle and Alice Randall did the presentation honours after the Aths Tas championships. (Photos: David Moore)



**\*\* RWA 2<sup>nd</sup> FEDERATION CARNIVAL, 25 AUGUST 2024 – PRESENTATIONS \*\***

*Photography: Therese Smith*



**U16 Boys 5km**



**U19 Boys & Girls 1km**



**U14 Girls 3km**



**U14 Boys 3km**



**Open Men 20km**



**Open Women 20km**



**U18 Women 10km**



**U20 Men 10km**





U18 Boys 10km



U12 Girls 2km



Masters Men & Women 10km



U18 Women 5km



U16 Girls 5km

And finally ... Queensland Race Walking Club were the winners of the **RWA Interstate Postal Challenge**, held in July. Here, Phoebe and Bailey (in company with coach and RWA president Shane Pearson) show off the Challenge shield which will make its home in Brisbane for the next 12 months.

It was quite a productive day for the Maroons, who took home their fair share of individual and teams medals, along with four nice shiny shields. Well done, everyone!



\*\*\*\*\*



# INTERNATIONAL NEWS

It was announced yesterday that Spanish champion **Alvaro Martín** has retired from competition. The story broke across various sporting media outlets, including the online journal *La Marca*, from which the following is reprinted:

## **Álvaro Martín, - the unexpected farewell of a walker who made history in Paris<sup>1</sup>**

(by **Begona Fleitas** - reprinted from *La Marca* – 8 September)

*Along with María Pérez, he became the first Spanish athlete to win the triple crown: European, World and Olympic gold, after the gold and bronze medals at the Eiffel Tower.*

He had practiced many stick sports -from soccer to kick-boxing-, but Álvaro Martín (Llerena, 1994) fell in love with athletics when he started practicing it at school at the age of 9. And like all children, he tried all disciplines: throwing, speed ... until he focused on walking, the discipline in which he has signed an excellent curriculum.

It was his first coach, Juan Méndez, who saw Alvaro's potential in walking. He was 15 years old. It was the beginning of his idyll with a discipline that caught him, which has led him to the highest, the Olympic gold in the mixed relay with Maria Perez, his friend and partner, who has been moved when the walker, unexpectedly, announced this Saturday his retirement from the elite during his speech after receiving the Medal of Extremadura.

Álvaro Martín says goodbye at the top, after achieving a dream double at the Paris Games, where he added a long-suffering bronze in the 20 km to that gold in the relay. Before, in 2023, he had already tasted the sweetness of success by becoming double world champion, in 20 and 35 km walk, together with his coach in recent years, José Antonio Carrillo.

Together with him, he fulfilled his dream of being Olympic champion, an ideal that allowed his coach to emulate the trainer of 'Chariots of Fire' and break his hat, a conquest that has been the preamble to his farewell.



(Photo: abc.es)

"I say goodbye with pain and sadness," assured Álvaro Martín in his speech. "I want to retire on my own terms and at the top. It's time to continue conquering things beyond an athletics track. Thank you all. Because, in addition to being a double continental and world champion, Olympic medalist and Spanish record holder in the 35 km walk, among other achievements, the walker has not neglected his education, with studies in Political Science and Law.

Very committed to justice, in sport and in life, the walker has on numerous occasions been the spokesman for opinions shared by many of his colleagues. One of the last times was following the controversial criteria of excellence required by the Federation to be able to attend major championships. "With the current criteria I wouldn't even have gone to half the competitions," he said.

The truth is that he says goodbye to athletics with an excellent track and field record, which includes his presence in four Olympic Games, six World Championships, three European Championships and many other international and national competitions, an athletic life that he closed in the Olympism of Paris.

*Translated with DeepL.com (free version)*

## **UNITED KINGDOM: UK 20km Race walking championships, Sunday 8 September – Douglas (IOM)**

### **Callum Wilkinson and Abigail Jennings win UK 20km Championships**

(reprinted from *O Marchador* – 9 September)

Yesterday, Sunday (8/9), in Douglas, the capital of the Isle of Man, the UK 20km Race Walking Championships were held, an event held on a road circuit installed at the National Sports Centre and which also served to award other titles (ENG - England, RWA - Race Walking Association and IOM - Isle of Man).

In the men's race (4 athletes), where the focus was on the title battle between Olympian **Callum Wilkinson**, from Enfield and Haringey, and **Cameron Corbishley**, from Medway & Maidstone, the first half of the race (12 of the 25 laps of the circuit) was practically run together. Shortly afterwards, Corbishley gradually pulled ahead, reaching a lead of over 30

<sup>1</sup> See the article, with movie clips of Martín receiving the Medal of Extremadura, at [https://www.marca.com/atletismo/2024/09/08/alvaro-martin-adios-inesperado-marchador-hizo-historia-paris.html?fbclid=IwY2xjawFLve5leHRuA2F1bOlxMOABHWPg9MX5Ua-S5CfvOdUElgpCAJku3tUew49xOd1bvrpPvG7fwloeRrnVYw\\_aem\\_mZYnbSxuM7K3UiGZd6Mz9A](https://www.marca.com/atletismo/2024/09/08/alvaro-martin-adios-inesperado-marchador-hizo-historia-paris.html?fbclid=IwY2xjawFLve5leHRuA2F1bOlxMOABHWPg9MX5Ua-S5CfvOdUElgpCAJku3tUew49xOd1bvrpPvG7fwloeRrnVYw_aem_mZYnbSxuM7K3UiGZd6Mz9A)

seconds, when around 16 km into the race he was notified that he had to serve 2 minutes in the penalty zone for accumulating g Wilkinson's turn to take the lead alone and secure the coveted title, crossing the finish line in **1:23:55**, with Corbishley in second place, with **1:24:28**. The podium was completed by **Guy Thomas**, from Tonbridge, who clocked **1:33:37**.

In the women's race, which had a much larger turnout (8 athletes), **Abigail Jennings**, a 24-year-old athlete from Aldershot, Farnham and District Athletic Club, led from start to finish, finishing in **1:45:29**. She holds a personal best for the distance of 1:42:55, a time achieved in April this year in Podebrady. In second and third place were **Grazia Manzotti**, from Tonbridge, with **1:59:20**, the W55 winner, and **Helen Davies**, with **2:07:44**, the first W40.

The event was part of category B of the «World Rankings» and the following judges officiated: Steve Taylor (GBR/IOM, Gold WA, Chief Judge), Ian Richards (GBR, Gold WA), Kevin Walmsl (IOM), Jock Waddin (IOM), Verity Snook (GBR, Silver WA), Shaun Gallagher (IRL, Gold WA) and Noel Carmody (GBR, Silver WA).



(Photo: Verity Snook FB)

#### Men 20 Kilometres

1 Callum Wilkinson	Enfield & Haringay	1:23:55
2 Cameron Corbishley	Medway & Maidstone	1:24:28*
3 Guy Thomas	Tonbridge	1:33:37
.. Chris Addy	Manx Fell Runners	DNF

(\* TR54.7.3)

#### Women 20 Kilometres

1 Abigail Jennings	Aldershot Farn.	1:45:29
2 Grazia Manzotti (1 <sup>st</sup> W55)	Tonbridge	1:59:20
3 Helen Davies (1 <sup>st</sup> W40)	Indiv.	2:07:44
4 Marie Jackson (1 <sup>st</sup> W60)	Manx Harriers	2:10:00
5 Jayne Farquhar (2 <sup>nd</sup> W55)	Manx Harriers	2:14:15
6 Nicola Marshall (2 <sup>nd</sup> W60)	Manx Harriers	2:19:14
.. Rachael Greham	Manx Harriers	DNF
.. Louise Hollings	Manx Harriers	DNF

## 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.

- Sunday, September 8, 2024 - **2014, a rough year.** <https://omarchador.blogspot.com/2024/09/2014-ano-agreste.html>  
Despite good results on the road, Portuguese walking comes under attack from official quarters.
- Saturday, September 7, 2024 - **Indian race walker Bhawna Jat's suspension confirmed** <https://omarchador.blogspot.com/2024/09/confirmada-suspensao-da-marchadora.html> When they call you for a dope test, you have to turn up.
- Friday, September 6, 2024 - **Paulista Under-16 Athletics Championship (2024) – results** <https://omarchador.blogspot.com/2024/09/campeonato-paulista-de-atletismo-sub-16.html> Inspired by Bonfim and Lyra, Brazil's teenagers get into the act.
- Wednesday, September 4, 2024 - **Servin, Amit, Ravina and Payal in the spotlight at the 63rd All India Championships - Bengaluru 2024** <https://omarchador.blogspot.com/2024/09/servin-amit-ravina-e-payal-em-destaque.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.*

## FURTHERMORE ...

- “I say goodbye with pain and sadness.” **Alvaro Martin** announces retirement. *European Athletics* has its say at <https://www.european-athletics.com/news/i-say-goodbye-with-pain-and-sadness-alvaro-martin-announces-retirement>

\*\*\*\*\*

## \*\* 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](mailto:Neerims8@gmail.com)

\*\*\*\*\*



## WHAT'S UP AHEAD?

### **Victorian & National Key Dates – 2024**

Sun 15 Sep 2024	<b>VRWC Relay race &amp; Winter presentations</b> – Middle Park
Sat 5 Oct 2024	<b>AVSL Round 1</b> – Venues TBA
Sat-Sun 26-27 Oct 2024	<b>AV All Schools T&amp;F c'ships (Week 1)</b> – Lakeside Stadium
Sat-Sun 2-3 Nov 2024	<b>AV All Schools T&amp;F c'ships (Week 2)</b> – Lakeside Stadium

### **International Dates**

21-23 Mar 2025	<b>WA World Indoor T&amp;F Championships</b> – Nanjing, CHN
16-27 July 2025	<b>World University Games</b> – Bochum, GER
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JPN
30 Oct-15 Nov 2026	<b>Youth Olympic Games</b> – Dakar, SEN

*(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.*

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