



# HEEL & TOE Online

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

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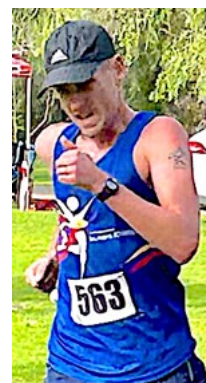
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## \*\* WALKER OF THE WEEK \*\*

Despite formal racewalking competition being in recess for a few weeks before the summer season commences, notable displays of the sport can still pop up. Such was the case in Adelaide's City to Bay running events on Sunday 15 September, where **Kim Mottrom (SA)** race-walked the 21.1km half-marathon distance in **1:41:16** – a time that surely left a good many club runners in his wake and, over double the distance, would have seen him walk a sub-3:30 marathon. He likely had the fitness for it!

Kim's time indicates that he went through 20km in around 1:36-1:37 ... a creditable effort on surfaces that would have been very unlike the even flatness of South Parklands, while negotiating his way around slowing runners (no doubt some dressed as SpongeBob, Kim?) Not to mention the tram tracks on Jetty Rd.

Well done, Kim. After another strong winter, you're set up for another summer of fast track times.



### \*Honourable mentions

- **Joel Byatt (NSW)** – a retrospective one. Joel equalled his 3000m PB of **13:01** two weeks ago at the NSW Combined High School athletics championships and appears set for a breakthrough summer on the track.
- **Sebastian Richards (SA)** – walking in the 12km at the City to Bay, finished in **59:24** and would certainly have gone through 10km in sub-50:00 for the first time.



## CLUB NEWS and RESULTS

### \*VRWC SUMMER PROGRAM FINALISED

Our 2024-25 summer program is now available for perusal. Members will have received a copy via email and one is also posted on the website at <https://vrwc.org.au/vrwcs25.shtml> . It contains full details of the three competition dates and race start times, race and registration fees, Club rules and other important information.

A summary of the race dates follows. All races will be held at Middle Park. Entry portal for 20 October open soon:

<b>Sunday 20 October</b>	Open 20km, 15km, 10km, 5km, 3km, 2km and 1km
<b>Sunday 10 November</b>	Summer championships – VRWC and Masters Open 20km, 10km. Age group 5km, 3km, 2km, 1.5km and 1km Open Non-championship 4km AV Winter Trophies presentation, followed by VRWC Annual General Meeting
<b>Sunday 12 January</b>	Open 20km, 15km, 10km, 5km, 3km, 2km and 1km

**\*VRWC WINTER PRESENTATIONS GALLERY: 'RHYD'S PODIUM'\***

*Or 'The Day The Eiffel Tower Came to Middle Park'*

Photography: Therese Smith

The last time **Rhydian Cowley** came to a VRWC award presentation was in May, when he won the AV 35km title along with the Jared Tallent Trophy. Quite a bit has happened since. Rhydian is, of course, now the proud owner of his own piece of Paris's emblematic Eiffel Tower, embedded in the Olympic bronze medals he and **Jemima Montag** earned in the Marathon Walk Relay under the gaze of Gustav Eiffel's engineering masterpiece last month.

Rhydian, always keen to give back to the clubs where he got his start, was the hit of the morning at our Winter Presentations. Members – particularly the younger brigade – delighted in briefly wearing Rhyd's bronze medal and feeling its weight (Gustav wasn't into aluminium, obviously!), before receiving their own trophies from, and being photographed with, the man himself.

Thanks Rhydian ... you made a special occasion even more so!



*Club junior captain Emily feels the weight!*



*U18 Girls*



*U14 Boys & Girls*



*Open Men & Women*

*U10 Boys & Girls*





*U16 Boys & Girls*



*Masters M40+ Men & Women*



*U12 Boys & Girls*



*Masters 60+ Men & Women*

*VRWC walk judges*





*The engine room of any club ... Officials and helpers*

**\*WE MISSED YOU ...**  
*Tim, Terry S, Gordon, Bob, Scott, Kevin, Madeleine and Simon*  
*Thanks for all your work!*

# VICTORIA - METRO & REGIONAL



## \*AVSL SEASON SCHEDULE RELEASED

Athletics Victoria has announced the schedule of the 2024-25 AVSL track & field season. There are 10 rounds (no finals or playoffs), with the club leading in each grade at the end of Round 10 to be declared Premiers for the season.

It's pleasing to see that walks are provided in all 10 rounds, with the four regular race distances (1500m, 2000m, 3000m and 5000m) scheduled in five rounds each.

Round	Date & Venue	Start time	Distance	Grades
1	Sat 5 Oct 2024 - Casey Fields	1.30pm	2000m 5000m	All U18 and older
2	Sat 12 Oct 2024 - Doncaster	1.00pm	1500m, 3000m	All
3	Sat 19 Oct 2024 - Keilor	1.00pm	2000m 5000m	All U18 and older
4	Sat 9 Nov 2024 - Murrumbeena	1.00pm	1500m, 3000m	All
5	Sat 16 Nov 2024 - Aberfeldie	1.00pm	1500m, 3000m	All
6	Sat 30 Nov 2024 - Murrumbeena	1.00pm	2000m 5000m	All U18 and older
7	Sat 11 Jan 2025 - Meadowglen	1.00pm	2000m 5000m	All U18 and older
8	Sat 18 Jan 2025 - Mt Evelyn	1.00pm	1500m, 3000m	All
9	Sat 1 Feb 2025 - Doncaster	1.00pm	1500m, 3000m	All
10	Sat 8 Feb 2025 - Casey Fields	1.00pm	2000m 5000m	All U18 and older

Details of the full AVSL schedule for the season can be found at <https://athsvic.wpenginepowered.com/wp-content/uploads/2024/09/AVSL-Metro-TT-%E2%80%93-Draft-170924.pdf>

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# AROUND THE COUNTRY

## A.C.T. Capital Athletics High Noon series Meet 5, 22 September – Woden Aths Track

Thanks to **Helen Toyne** for sending the link for these results.

### Men 16-17 5000m Walk

1 Owen Toyne	Gininderra AC	21:49.46
2 Kodi Clarkson	Gininderra AC	22:42.94

### Boys 11-13 3000m Walk

1 Sebastian Ryan	Corroboree AC	18:00.62
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### Women 14-15 5000m Walk

1 Emma Grocott	South Canberra	26:30.39
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### Women 14-15 3000m Walk

1 Jillian Ryan	Corroboree AC	16:22.04
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### Women 18-19 3000m Walk

1 Hana Jugovic	Gininderra AC	14:54.42
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### Women 20-99 3000m Walk

1 Megan Szirom	Aths Victoria	15:29.32
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## SOUTH AUSTRALIA City to Bay Run, 15 September - Adelaide

**Kim Mottrom** reports on a day the SARWC made its presence felt at a major Adelaide athletics fixture:

Last Sunday week, SA walkers (and Fraser Saunder of Victoria) competed in Adelaide’s City Bay running events as walkers, and their times indicate that they represented the sport well before a public that would rarely see it at its best:

### 21.1km

Kim Mottrom	1:41:16
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### 12km

Fraser Saunder	56:21
Sebastian Richards	59:24
Nellie Langford	59:29
Cooper Rech	1:02:40
Peter Crump	1:19:25
Alex McEwan	1:44:13

### 6km

Matilda Rech	41:03
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Some of the SARWC walkers switched to running, showing that their season of road walking had been beneficial:

### 21.1km

Rain Langford	1:35:52
Mel Grantham	2:01:34

### 12km

Angelina Legrand	50:07
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### 6km

Di Camilleri	46:13
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Clue: He’s a Centurion.  
(Photo:city-bay.org.au)

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# INTERNATIONAL NEWS

## LITHUANIA: International Race Walking Festival Alytus, 20 September - Alytus

The 50<sup>th</sup> edition of this annual celebration saw the visiting Ukrainians well in command in the Open division, as well as providing the U20 male winner. The following report is from *O Marchador*:

### **Ukrainian race walkers dominate 50th edition of Alytus, Lithuania**

This time on the track of the Municipal Stadium of Alytus, a Lithuanian city that hosted the European Race Walking Cup in 2019, the 50th edition of the International Race Walking Festival took place last Friday (20/9), an event that had as absolute winners of the 10,000 meters (mixed event), the Ukrainians **Serhiy Svitlychnyi** and **Lyudmila Olyanovska**.

In the men's event, with the top three finishers breaking the 40-minute barrier and achieving personal bests, **Serhiy Svitlychnyi** stood out to win in **39:12.33**, ahead of his 20-year-old compatriot **Mykola Rushchak** in **39:52.40** and Latvian **Raivo Saulgriezis** in **39:56.49**. The top under-20 finisher (6th overall) was another Ukrainian, **Eduard Muravskiy**, in **43:48.19**. Fourteen athletes took part.

In the women's event, with 12 athletes lining up at the start, **Lyudmila Olyanovska** triumphed with a significant advantage, recording a time of **42:25.77** at the finish line, a time that places her third in the world rankings for the year. In the immediate places were her compatriots **Mariia Sakharuk**, with **43:25.43**, a personal best of **Hanna Shevchuk**, with **45:18.85**, and **Valeriya Sholomitska**, with **46:00.21**. Reference for the Lithuanian victory in the under-20 category through **Justė Perveneckaitė**, 18, from Švenčionys, with a personal best of **47:20.92**.

#### Men 10,000m Walk Open

1 Serhii SVITLYCHNYI	UKR	39:12.33
2 Mukola RUSHCHAK	UKR	39:52.40
3 Raivo SAULGRIEZIS	LAT	39:56.49
4 Ihor HLAVAN	UKR	40:36.33
5 Yehor SHELEST	UKR	42:21.95
6 Tauras Jokūbas GRINCEVIČIUS	LTU	45:54.38
7 Michal DUDA	SVK	46:13.69
8 Deividas BALEVIČIUS	LTU	48:42.00

#### Women 10,000m Walk Open

1 Lyudmila OLYANOVSKA	UKR	42:25.77
2 Mariia SAKHARUK	UKR	43:25.43
3 Hanna SHEVCHUK	UKR	45:18.85
4 Valeriya SHOLOMITSKA	UKR	46:00.21
5 Austėja KAVALIAUSKAITĖ	LTU	47:53.88
6 Ada JUNGHANNß	GER	50:20.83
...Nora MEŠKAUSKAITĖ	LTU	DNF

#### Men 10,000m Walk U20

1 Eduard MURAVSKYI	UKR	43:48.19
2 Lukas LASEVIČIUS	LTU	45:32.54
3 Liudas GRINCEVIČIUS	LTU	47:35.21

#### Women 10,000m Walk U20

1 Justė PERVENECKAITĖ	LTU	47:20.92
2 Armanda TOLYTĖ	LTU	54:09.51
3 Aiva BILEVIČIŪTĖ	LTU	55:37.85

Results reprinted from *World Athletics* stats.

## 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 22, 2024 - **2016, also judges in high society.** <https://omarchador.blogspot.com/2024/09/2016-tambem-juizes-na-alta-roda.html>
- Saturday, September 21, 2024 - **Marcha Madrid promises to be a great spectacle** <https://omarchador.blogspot.com/2024/09/marcha-madrid-promete-ser-um-grande.html> O Marchador's preview of the 3<sup>rd</sup> edition of the event created by Spanish star Diego Garcia.
- Friday, September 20, 2024 - **Brazilian Interclub Championships U-18 in Recife, PE (2024) – results** <https://omarchador.blogspot.com/2024/09/campeonatos-brasileiros-interclubes-sub.html>
- Thursday, September 19, 2024 - **Venyercsán and Madarász win Hungarian club championships. Alexandra Kovács breaks national U-20 and U-23 records (Budapest 2024)** <https://omarchador.blogspot.com/2024/09/venyercsan-e-madarasz-vencem-nos.html>
- Tuesday, September 17, 2024 - **Italian Club Championship U23 - Gold Final - Rieti 2024 (results)** <https://omarchador.blogspot.com/2024/09/campeonato-italiano-de-clubes-sub-23.html>

- Monday, September 16, 2024 – **Victories to Arnis Rumbeniks and Austėja Kavaliauskaitė in Druskininkai, Lithuania** <https://omarchador.blogspot.com/2024/09/vitorias-de-arnis-rumbeniks-e-austeja.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.*

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**\*\* 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)

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## **WHAT'S UP AHEAD?**

### **Victorian & National Key Dates – 2024/2025**

Sat 5 Oct 2024	<b>AVSL Round 1</b> – Venues TBA
Sun 20 Oct 2024	<b>VRWC Summer program races #1</b> – Middle Park
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
Sun 10 Nov 2024	<b>VRWC Summer championships, Annual General Meeting</b> – Middle Park
Sun 12 Jan 2025	<b>VRWC Summer program races #3</b> – Middle Park
Fri-Sun 4-13 Apr 2025	<b>Athletics Australia T&amp;F c'ships</b> – Perth, WA

### **International Dates**

1-10 Nov 2024	<b>Pan Pacific Masters Games</b> – Gold Coast, AUS
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

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