



HEEL & TOE Online

Vol. 2024
Issue No. 43
Tuesday
29 October 2024

The official organ of the Victorian Race Walking Club, Inc.
Editor: *Stu Cooper* 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 **

A superb distance result by **Will Thompson (VIC)** at the weekend in Japan has easily earned him this week's WOTW.

Venturing to the city of Takahata, Honshu, with fellow Aussies Mitchell Baker, Tim Fraser and Dylan Richardson to contest the 35km All Japan championship, the lads found themselves in a history-making situation that saw a new world record set (see *International News*). For Will, who had never raced beyond 20km before, his was a breakthrough performance in every sense. His debut 35km saw him finish a mere 8:12 slower than the new world mark – in **2:29:58** – for 7th place and, in the process, record the second fastest official time of any Australian, just 3:28 behind Rhydian Cowley's national mark.

Surely inspired after witnessing the action during the Paris Olympic walks (he'd been selected as a relay emergency), Will has restricted his domestic racing in 2024 to championships while concentrating on training blocks and recovery. Already an acknowledged talent, he has built up a formidable condition level with which to exploit it, and did so

to stunning effect. With Tokyo readmitting the 35km for the World championships next year, Will's result will certainly have made the race walking world sit up and take notice.

Congratulations, Will. You've opened another door in your short career at the top ... may it lead the way to great things!

*Honourable mentions

- **Mitchell Baker (ACT)** – set a 47 sec PB of **2:31:07** for 35km in finishing 10th in the All Japan 35km at Takahata.
- **Tate McQueen (VIC)** – the biggest improver in the AV All Schools U14 3000m on Sunday, setting a 57 sec PB time of **16:18.95**.



Will races alongside Canadian champion Evan Dunfee in Takahata.



Will and his mates ... Mitch, Tim, Dylan and Evan. (Photo: Marilyn Thompson)



CLUB NEWS and RESULTS

*Coming up ...

*Sunday 10 November - Middle Park

8:30am	20km VRWC c'ship and Gus Theobald Memorial Trophy	Open Men
	20km VRWC Championship	Open Women
8:40am	10km VRWC c'ship and Heather Carr Trophy	Masters Women
	10km VRWC Championship	Masters Men
8:50am	5km VRWC Championship	Under 20 Male
	5km VRWC Championship	Under 20 Female
	5km VRWC Championship	Under 18 Male
	5km VRWC Championship	Under 18 Female
	4km Non-championship	Open
9:25am	3km VRWC Championship	U16 B&G
9:45am	2km VRWC Championship	U14 B&G
10:00am	1.5km VRWC Championship	U12 B&G
10:15am	1km VRWC Championship	U10 B&G
10:30am	<i>Presentations, followed by Annual General Meeting (11:00am)</i>	
	<i>To pre-enter, go to https://www.revolutionise.com.au/vrwc/events/265569</i>	
	<i>Entries close Friday 8 November, at 6.00pm</i>	



VICTORIA - METRO & REGIONAL



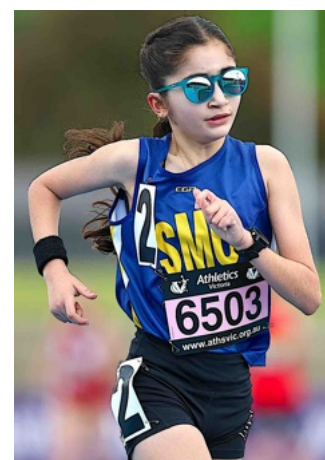
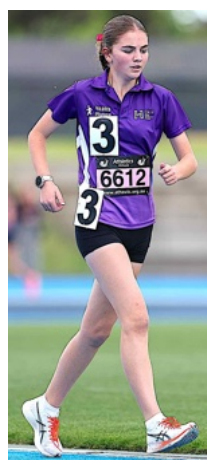
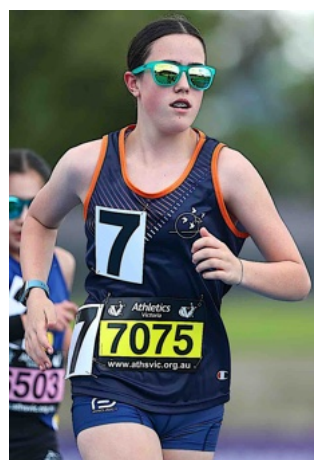
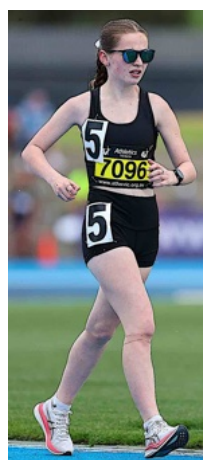
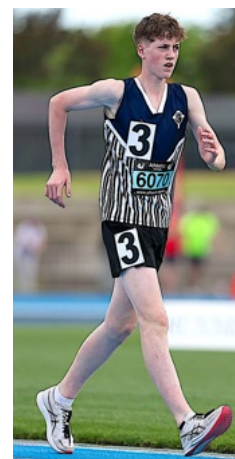
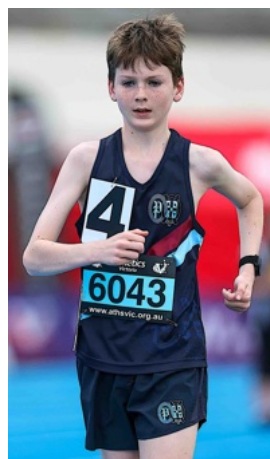
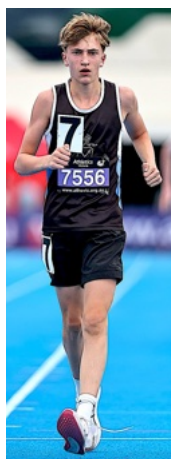
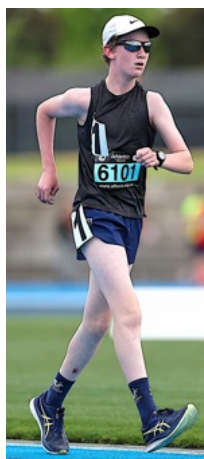
AV All Schools T & F C'ships, Sunday 27 October - Lakeside Stadium

Warm and sunny weather greeted the 26 starters who lined up for the AV All Schools track walk championships on Sunday, with six posting PBs and three first efforts in the 3000m races. Both distances produced interesting contests across the age groups and techniques were of a high standard.

The Boys' 3000m combined age groups were up first and it didn't take long for **Max Davidson** to assert his authority, leading from start to finish to cross in **14:39:16**. While appearing to flag a little in the latter stages, Max held off a determined **Angus Shuttleworth** who never lost sight of his target in taking the U14 title with **14:50.88**. The best result was that of Bendigo's **Tate McQueen** who blew his PB to bits in clocking **16:18.95** for U14 bronze. He wasn't, however, the only Tate in a PB mood, with **Tate Jardine** cleaning up the tail in the last few laps for **18:41.21** in his best race for quite a while.



To say that **Ela Uzun** led a procession in the Girls' combined 3000m would be misleading, since a true procession sort of stays in formation and Ela wasn't about to stay for anyone. On schedule to break her own State U14 and U15 records for much of the race, Ela slowed marginally in the final laps, winning in another superb sub-14min time of **13:40.59**. Behind her, an engrossing contest was unfolding with **Mya McClure**, well clear in second place early, having to dig deep in the final two laps to hold off a fast-closing **Matilda Read** who claimed her long sought-after PB with **15:07.92** behind Mya's **15:01.02**. A similar battle ensued in the U16 race with **Sarah Holmes** requiring a serious PB of her own to outlast **Mietta Morgan** for the gold, **16:03.01** to **16:08.36**. Mieta also broke a long-standing previous best in what has been probably her best summer season to date so far.



U14 3000m Walk Girls

1 Ela Uzun	(<i>STMC</i>)	13:40.59
2 Mya McClure	(<i>HZGC</i>)	15:01.02
3 Havana Ali	(<i>STMC</i>)	16:28.32
4 Brienna Coffey	(<i>DVCC</i>)	18:25.54 First 3000m

U15 3000m Walk Girls

1 Matilda Read	(<i>MBNS</i>)	15:07.92 PB 0:24
2 Hannah Matthews	(<i>MTCC</i>)	15:39.05 PB 0:01
3 Charlise McQueen	(<i>MRCB</i>)	18:40.57
4 Lily Lambert	(<i>JNPC</i>)	18:55.95
5 Aylwen Campbell	(<i>CLNC</i>)	19:34.32

U16 3000m Walk Girls

1 Sarah Holmes	(<i>SHLS</i>)	16:03.01 PB 0:09
2 Mietta Morgan	(<i>VRQA</i>)	16:08.36 PB 0:15
3 Lucy Johns	(<i>SHLS</i>)	16:21.00
4 Olin Buisman	(<i>MKNS</i>)	17:32.76 First 3000m

U14 3000m Walk Boys

1 Angus Shuttleworth	(<i>BBNH</i>)	14:50.88
2 Lewis McLennan	(<i>DVCC</i>)	15:37.54
3 Tate McQueen	(<i>MRCB</i>)	16:18.95 PB 0:57
4 Tate Jardine	(<i>PEGS</i>)	18:41.21 PB 0:21
5 Fiete Diers	(<i>ABPC</i>)	18:52.65 First 3000m

U15 3000m Walk Boys

1 Jaime Hvalica	(<i>IVHG</i>)	15:31.34
2 Joshua Koegler	(<i>MMYS</i>)	19:17.02

U16 3000m Walk Boys

1 Max Davidson	(<i>DIVC</i>)	14:39.16
----------------	-----------------	----------

Conditions had heated up considerably by the time the five 5000m starters took to the track in a mixed event, two hours later. International reps **Marcus Wakim** and **Riley Coughlan** arm-wrestled for 3km before Marcus surged away to cross first in **20:57.72**, with Riley not dropping off by much to take the U18 title in **21:06.92**. The girls separated early and did it tougher, each walking in her own zone, with **Ariana Pashutina** being the fastest of the trio in clocking **28:10.25** for the U18 title. She and **Emily Smith**, both VCE students, gave it their all in their final school races.

U18 5000m Walk Women

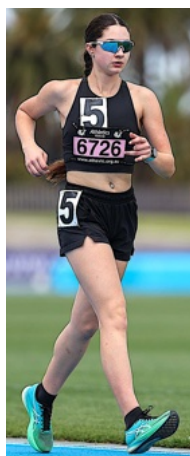
1 Ariana Pashutina	(<i>AWDH</i>)	28:10.25
2 Jemilla Campbell	(<i>CLNC</i>)	38:52.05

U18 5000m Walk Men

1 Riley Coughlan	(<i>SLSC</i>)	21:06.92
------------------	-----------------	----------

U20 5000m Walk Women

1 Emily Smith (KBRC) 29:39.33

**U20 5000m Walk Men**

1 Marcus Wakim (CARG) 20:57.72

*(Photos: Athletics Victoria)****Action models***Jaime, Riley, Matilda, Mya, Ariana, Lewis, Hannah, Angus, Havana, Marcus, Max, Emily, Tate J, Ela*


A.C.T. ACT Masters and ACT Walkers Club 1500m Walk results, 17 & 24 October – Woden
Thanks to **Ann Staunton-Jugovic** for these results. Daughter **Hana** looks to be in speedy early-summer form.**1500m Racewalk**

- | | | |
|----|------------------|-------|
| 1. | Hana Jugovic | 7:09 |
| 2. | Michelle Bray | 7:28 |
| 3. | Michael Smith | 7:54 |
| 4. | Samantha Ramboer | 8:53 |
| 5. | Tindra Helgstedt | 10:07 |
| 6. | Ewan Thompson | 11:00 |
| 7. | Estrid Helgstedt | 11:59 |

1500m Fitness Walk

- | | | |
|----|-------------------|-------|
| 1. | Carol Baird | 10:16 |
| 2. | Caitlin Buxton | 11:13 |
| 3. | Jim White | 11:17 |
| 4. | Bryan Thomas | 11:22 |
| 5. | Doug Barrett | 12:07 |
| 6. | Gordon Cockell | 12:08 |
| 7. | Doug Fitzgerald | 12:28 |
| 8. | Caroline Campbell | 13:13 |
| 9. | Sherryl Greathead | 13:58 |

*Walk results **24/10/2024** – Woden athletic track:**1000m race walk:**

- | | | |
|----|------------------|-------------------|
| 1. | Hana Jugovic | 4:33.26 |
| 2. | Michelle Bray | 4:54.63 |
| 3. | Samantha Ramboer | 5:52.64 |
| 4. | Phoebe Grocott | 6:45:10 (PB 0:28) |
| 5. | Julia Grocott | 6:45.63 |
| 6. | Kirsty Kemp | 7:28.52 |

1000m fitness walk:

- | | | |
|----|-----------|---------|
| 1. | Jim White | 7:35.22 |
|----|-----------|---------|

2.	Sally Boundy	8:20.08
3.	Dale Moore	9:57.00
4.	Geoff Barker	10:00.17

3000m race walk:

1.	Emma Grocott	14:56.77
2.	Michael Smith	16:54.30

3000m fitness walk:

1.	Bryan Thomas	23:24.25
2.	Doug Fitzgerald	26:03.49
3.	Peter Davies	28:06.74

SOUTH AUSTRALIA ASA All Schools c'ships results, 26/27 October – Mile End stadium

Kim Mottrom reports that small fields attended the All Schools titles in Adelaide, although the **Freundt** boys both did PBs Saturday. Sunday was very warm so it made it tough during the 5000m ... some races just have to be slogged through.

Saturday

U14 Boys 3000m

Zachery Freundt	19:41.62	PB 0:17
Orlando Grantham	20:06.78	
Riley Hill	21:43.87	

U14 Girls 3000m

Liliana Templer	18:17.49
-----------------	----------

U15 Girls 3000m

Matilda Rech	19:06.52
Jessica Clelland	24:58.15

U16 Boys 3000m

Liam Freundt	15:44.87	PB 0:12
--------------	----------	---------

Sunday

U17 Boys 5000m

Sebastian Richards	24:46.6
--------------------	---------

U18 Boys 5000m

Cooper Rech	25:38.95
-------------	----------

U17 Girls 5000m

Angelina Legrand	26:39.85
------------------	----------

TASMANIA Athletics South & TMA T&F results, 23 & 24 October – Domain AC

Thanks to **David Moore** for these results.

***Athletics South Interclub, October 24**

Result 1500m Walk

1. Adele Woodward	OVA	9:13.61
-------------------	-----	---------

***Tas Masters T&F, October 23**

Result 3000m Walk

1. Wayne Fletcher	M77	27:41
-------------------	-----	-------

WESTERN AUSTRALIA WARWC summer results #1, 27 October – Perry Lakes

The West Australian Race Walking Club held its first summer meeting for the season on Sunday. **Terry Jones** reports that the weather for the walks was fine and mild, with temperature in the low 20s: ideal conditions.

10K

John Ronan	47:18
Wendy Farrow	1:10:23

5K

Andrew Duncan	31:09
Kaytee Bogaers	27:54
Glenys Duncan	48:47

3K	
Addison Roots	19:26
Liliana Martin	20:36
2K	
Rahni Fowler	13:13
Hannah Clausnitzer	14:39
Ruby Kilworth	15:13
Tammy Bogaers	19:18
1K	
Zoe Fowler	8:01



INTERNATIONAL NEWS

JAPAN: 61st All Japan Race Walking c'ships, 27 October - Takahata

Kawano sets world 35km race walk record in Takahata

(reprinted from *World Athletics*: Reports – 27 October)



'I did it! I really did it!' Masatora Kawano has a world record ... Mitch Baker (33, AUS) has 2km to go. (Kyodo)

Two-time world medallist Masatora Kawano clocked a world record* of **2:21:47** to win the 35km race walk at the All Japan Race Walking competition – a **World Athletics Race Walking Tour Bronze** meeting – in Takahata on Sunday (27).

It's the first performance to meet the world record requirements that were set out by World Athletics in 2022 when the discipline was made official, stipulating that any performance faster than 2:22:00 – provided it also met all of the other standard criteria – would be submitted for world record ratification.

Kawano set out at a steady pace and went through 5km as part of a seven-man group in 20:30. The tempo soon increased and he reached 10km in 40:25, putting him on course to finish inside 2:22:00.

By 15km (1:00:30), just three men remained in contact with Kawano: **Satoshi Maruo**, **Kazuki Takahashi** and **Kento Yoshikawa**. Of those, Takahashi was the first to fade, leaving the lead trio to reach 20km in 1:20:58 with a 23-second lead. Yoshikawa was next to lose contact; by 25km he trailed Kawano and Satoshi by more than a minute, then he dropped out soon after.

With less than 10km to go, world bronze medallist Kawano started to edge ahead of Maruo, the fourth-place finisher over 50km at the 2017 World Championships. By 30km Kawano led by 34 seconds, and that grew to almost three minutes by the time he crossed the finish line in 2:21:47.

Maruo finished second in **2:24:24** while Takahashi held on to third place in **2:26:18**. The first seven men finished inside 2:30. With less than a year until the Japanese capital hosts the World Athletics Championships, Kawano's performance puts him in the frame as one of the host nation's leading medal contenders.

Elsewhere in Takahata, two-time world champion **Toshikazu Yamanishi** won the 20km in **1:17:56** from **Hiroto Jusho (1:18:46)**. **Masumi Fuchise** won the women's 35km in **2:52:38**.

**Subject to the usual ratification procedure*

Men 35km championship

1.	Masatora KAWANO	23 OCT 1998	JPN	2:21:47
2.	Satoshi MARUO	28 NOV 1991	JPN	2:24:24
3.	Kazuki TAKAHASHI	17 JUN 1996	JPN	2:26:18
4.	Hayato KATSUKI	28 NOV 1990	JPN	2:26:20
5.	Evan DUNFEE	28 SEP 1990	CAN	2:27:50
6.	Yutaro MURAYAMA	29 SEP 1998	JPN	2:28:34
7.	Will THOMPSON	18 NOV 2002	AUS	2:29:58
8.	Haruki MANJU	10 APR 2001	JPN	2:30:02
9.	Motofumi SUWA	22 OCT 1999	JPN	2:30:12
10.	Mitchell BAKER	06 JUL 2001	AUS	2:31:07
11.	Sohtaroh OSAKA	31 JAN 2006	JPN	2:31:26
12.	Mingyu KIM	28 FEB 1999	KOR	2:34:55
14.	Yuki ITO	12 APR 1992	JPN	2:38:27
15.	Byeongkwang CHOE	07 APR 1991	KOR	2:41:18
16.	Rin MIYOSHI	23 NOV 2001	JPN	2:41:32
17.	Man Kit CHIN	20 JUL 1991	HKG	2:45:44
18.	Koutaro WAKE	23 APR 2002	JPN	2:46:43
19.	Chisato HASEGAWA	20 NOV 2002	JPN	2:48:13
20.	Tatsuya TANAKA	20 JUL 1990	JPN	2:49:26
21.	Tomoya SENGIKU	12 OCT 1998	JPN	2:50:48
22.	Masafumi KAI	22 DEC 1988	JPN	2:53:03
23.	Hendro HENDRO	25 JAN 1990	INA	2:53:39
24.	Takafumi HIGUMA	03 SEP 1982	JPN	3:04:17
25.	Kakeru MATSUMOTO	17 MAY 2000	JPN	3:11:19
26.	Taiju INOUE	06 JUN 2000	JPN	3:13:33
27.	Toshiaki HIROSAWA	05 JUN 1998	JPN	3:23:29
	Kento YOSHIKAWA	09 AUG 2001	JPN	DNF
	Ryo MISAWA	26 NOV 1993	JPN	DNF
	Rihito ISHIDA	19 DEC 2001	JPN	DNF
	Naohiro KOYAMA	20 MAY 1995	JPN	DNF
	Dylan RICHARDSON	17 OCT 2000	AUS	DNF
	Tim FRASER	22 FEB 2000	AUS	DNF
	Subaru ISHIDA	04 JUN 1999	JPN	DQ
	Yuichi YARITA	24 JUN 1994	JPN	DQ
	Ram BABOO	20 MAR 1999	IND	DQ

Women 35km championship

1.	Masumi FUCHISE	02 SEP 1986	JPN	2:52:38
2.	Yuki YOSHIKAWA	07 JAN 1996	JPN	2:58:21
3.	Maika YAGI	21 JAN 1999	JPN	3:01:08
4.	Sayori MATSUMOTO	13 JAN 1997	JPN	3:04:45
5.	Mao TATSUMI	12 JAN 2000	JPN	3:05:23
6.	Aoi SHIBATA	27 MAY 2000	JPN	3:11:20
	Hitomi SHIMOKA	26 FEB 2002	JPN	DNF

Men 20km championship

1.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:17:56
2.	Hiroto JUSHO	11 JAN 2000	JPN	1:18:46
3.	Kazuhiro TATEIWA	05 NOV 1999	JPN	1:21:19
4.	Hayato YANAGIHARA	28 MAR 2000	JPN	1:22:45
5.	Yushi NAKAJIMA	29 JAN 2005	JPN	1:22:59
6.	Hayato NAGATA	02 NOV 2004	JPN	1:23:13
7.	Shotaro SHIMOIKE	24 APR 2004	JPN	1:23:19
8.	Kosei AKAZAWA	27 MAY 2004	JPN	1:23:53
9.	Taisei YOSHIKAWA	15 JAN 2005	JPN	1:24:18
10.	Ayato KOSAKO	19 DEC 2005	JPN	1:26:13
11.	Homare GOTO	12 APR 2003	JPN	1:27:30
12.	Kenta SAKURAI	26 DEC 2004	JPN	1:27:54
13.	Yugo NAGATA	10 MAR 2005	JPN	1:28:57
14.	Hiroki TSUCHIDA	23 JAN 2005	JPN	1:29:42
15.	Yuta NAKAO	14 NOV 2002	JPN	1:29:53
16.	Yusuke HARA	27 SEP 2005	JPN	1:30:05
17.	Shinta SATOH	28 DEC 2003	JPN	1:30:28
18.	Kinnosuke FURUHASHI	22 OCT 2005	JPN	1:31:17
19.	Haru OBATA	18 AUG 2004	JPN	1:31:17
20.	Kaito AOKI	16 OCT 2005	JPN	1:33:45
21.	Ten MATUI	15 AUG 2002	JPN	1:34:26
22.	Masato SEMOTO	24 NOV 2002	JPN	1:34:40

23.	Taichi KIMURA	02 APR 2000	JPN	1:34:51
24.	Ryushin NAMIGATA	19 NOV 2004	JPN	1:35:38
25.	Kento IKEDA	19 SEP 2002	JPN	1:35:47
26.	Kei SAWABE	24 SEP 2005	JPN	1:38:10
	Riku KANEKO	15 MAR 2005	JPN	DNF
	Aoi SUZUKI	13 NOV 2004	JPN	DNF
	Kotaro KAJI	13 APR 2001	JPN	DNF
	Misaki KONDO	24 DEC 2003	JPN	DQ
	Yutarou MUKAI	01 SEP 2005	JPN	DQ
	Yuzuki FUJIWARA	23 NOV 2003	JPN	DQ
	Sora KUROIWA	02 DEC 2003	JPN	DQ
	Kohaku NAKADAI	31 JUL 2005	JPN	DQ
	Haruki NAKAGAKI	06 DEC 2002	JPN	DQ
	Soha NAKAMURA	06 APR 2004	JPN	DQ
	Takuya MURAKAMI	09 MAR 2002	JPN	DQ

Women 20km championship

1.	Yukiko UMENO	08 JAN 2003	JPN	1:32:21
2.	Ayumi SUGIBAYASHI	24 DEC 2000	JPN	1:37:00
3.	Ai OYAMA	28 OCT 2005	JPN	1:37:09
4.	Rina SYOZI	18 JAN 2006	JPN	1:37:40
5.	Mei YAMAGISHI	06 JUN 2003	JPN	1:40:16
6.	Aina ASANO	18 APR 2004	JPN	1:40:24
7.	Yoshika YAMADA	26 APR 2004	JPN	1:40:55
8.	Rio MATSUMOTO	10 NOV 2005	JPN	1:41:34
9.	Uwa OHGA	03 JUN 2005	JPN	1:42:55
10.	Raku TAMURA	07 APR 2004	JPN	1:43:47
11.	Yua NAGAI	08 DEC 2003	JPN	1:47:18
12.	Maho OGAWA	17 JUL 2003	JPN	1:48:29
13.	Misaki GOTO	21 APR 2004	JPN	1:48:55
14.	Yurika OMURA	02 JUN 1996	JPN	1:49:02
15.	Rio NAKA	22 AUG 2000	JPN	1:51:53
16.	Se-ha LEE	08 NOV 1996	KOR	1:53:46
17.	Kaori INOUE	03 JUL 2001	JPN	1:56:45
18.	Kae SUGIYAMA	19 SEP 2000	JPN	2:00:32
	Natsuko OKI	18 FEB 2004	JPN	DNF
	Miyabi KURIHARA	22 DEC 1998	JPN	

Under 20 Men 10km

1.	Yudai OTAKE	12 MAY 2006	JPN	44:26
2.	Ryuta TAINAKA	14 JAN 2007	JPN	47:57
3.	Shinichiro NARITA	21 OCT 2007	JPN	48:06
4.	Tomoki SHOUMURA	10 FEB 2008	JPN	48:44
5.	Yunosuke MURAKAMI	25 JAN 2008	JPN	48:47

Under 20 Women 5km

1.	Sora UMEKI	19 AUG 2007	JPN	25:46
2.	Kaede ENDO	30 MAY 2006	JPN	25:58
3.	Miu ORIDO	22 APR 2007	JPN	26:16
4.	Ami SASAKI	03 MAR 2009	JPN	26:21
5.	Hinano AJIKI	18 MAR 2008	JPN	27:05

NEW ZEALAND: NZ Race Walking Championships, 26 October - Timaru

These walking championships were held alongside the 'Timaru Ten', a popular 10km running event held on a flat and fast course at Levels Raceway in Timaru. **Jonah Cropp** and **Laura Langley** were the standouts with clear wins in good times. Good to see VRWC member **Arnika Nelson** in the results once again.

Thanks to Tim Erickson for the link to the WA results.

Men 10 kilometres

1.	Jonah CROPP	08 JUN 2005	NZL	44:55
2.	Lucas MARTIN	02 JUN 2004	NZL	47:09
3.	Toby O'RORKE	19 MAY 2006	NZL	47:35
4.	Alex BROWN	13 DEC 2000	NZL	48:50

Women 10 kilometres

1.	Laura LANGLEY	11 SEP 1997	NZL	47:14
2.	Arnika NELSON	12 FEB 2003	NZL	52:22
3.	Catherine MCCARTEN		NZL	1:07:25

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, October 28, 2024 - Víctor Manuel Castro and Isa Ferreira win the 20th League of Walking in Loures
<https://omarchador.blogspot.com/2024/10/victor-manuel-castro-e-isa-ferreira.html>
- Monday, October 28, 2024 - Masatora Kawano sets world record for 35km walk in Takahata
<https://omarchador.blogspot.com/2024/10/masatora-kawano-estabelece-recorde.html>
- Sunday, October 27, 2024 - 2021, from the youngsters in Podebrady to João Vieira in Tokyo
<https://omarchador.blogspot.com/2024/10/2021-dos-jovens-em-podebrady-joao.html>
- Thursday, October 24, 2024 - 24-hour race walk and other events in Lipsheim, France (results)
<https://omarchador.blogspot.com/2024/10/24-horas-de-marcha-e-outras-provas-em.html>
- Wednesday, October 23, 2024 - U-18 National Tournament in Japan - Ise 2024 (results)
<https://omarchador.blogspot.com/2024/10/torneio-nacional-sub-18-no-japao-ise.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.

** H&T Online - NOTICE BOARD **

VICTORIAN RACE WALKING CLUB ANNUAL GENERAL MEETING

Sunday 10 November 2024, 11.00am

at

Club HQ, Middle Park Bowling Club

All Executive and Committee positions* will be declared open:

EXECUTIVE

President
Senior Vice-president
Secretary
Treasurer

Club Captain – Men
Club Captain – Women
AV Delegate
Judging Coordinator
Club Coach/Coaching Coordinator
Prizes/Awards Secretary
RWA Liaison Officer
Club Records Officer
First Aid Officer
General members (up to 2)

GENERAL COMMITTEE

Assistant Secretary/Treasurer
Race Secretary/Meet Director
Publicity Officer
Handicapper
Uniforms Steward

(* The position of Club Junior captain will remain occupied and not declared open.)

Anyone wishing to nominate should do so via the **nomination form** which will be issued to all members via email.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by
Sunday 3rd November.

All members are entitled to attend the AGM and **new committee members are welcome**. However, voting is restricted to those who have been **financial members** in the year immediately preceding the Annual General Meeting (i.e. from April 1 2024), or those who are Life members.

Stu Cooper
President

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



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat-Sun 2-3 Nov 2024	AV All Schools T&F c'ships (Week 2) – Lakeside Stadium
Sun 10 Nov 2024	VRWC Summer championships, Annual General Meeting – Middle Park
Fri-Sun 6-8 Dec 2024	AA All Schools T&F c'ships – QSAC, Brisbane, QLD
Sun 15 Dec 2024	Australian 35km Race Walk Championships – Middle Park
Sun 12 Jan 2025	VRWC Summer program races #3 – Middle Park
Sat-Sun 25-26 Jan 2025	Supernova: World Athletics Race Walking Tour (Silver) – Canberra, ACT
Fri-Sun 14-16 Feb 2025	AV T&F championships Week 1 (U17-U20, 40+ & 60+) – Lakeside Stadium
Fri-Sun 21-23 Feb 2025	AV T&F championships Week 2 (Open, U13-U16) – Lakeside Stadium
Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA

International Dates

1-10 Nov 2024	Pan Pacific Masters Games – Gold Coast, AUS
15 Dec 2024	Irish National Senior Outdoor Race Walking Championships – Dublin, IRL
21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
4 May 2025	4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL
18 May 2025	European Race Walking Team Championships – Podebrady, CZE
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – 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