

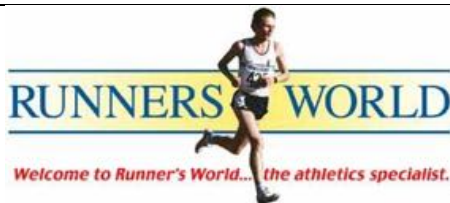


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*** WALKER OF THE WEEK ***

Our WOTW this time around is **Eden Morgan** (Knox).

Racing over 5000m at Casey Fields on Saturday, Eden ripped 2:02 minutes from his previous best for an excellent **25:58.2**. This was Eden's second 2:00-plus improvement in a week, following on from his big PB performance of 55:21 over 10km on the road at Middle Park last weekend. (He had also pulled down his 3000m time by nearly a minute the previous day.)

Along with sister Mietta, Eden is half of one of two brother-sister acts currently producing impressive results among the Knox training group, the other being Ariana and Daniel Pashutin. Under JDS coach Fran Attard's guidance, this group have stuck diligently to their training and held their focus under the trying lockdown conditions. Their resilience is now bearing fruit on the road and track.

Congratulations, Eden ... and well done to walkers everywhere who've hung in there and are now back with a vengeance!



CLUB NEWS and RESULTS

** HARRY GETS HIS GONG **



At a special ceremony at Government House, Melbourne, on Thursday 18 November, club legend **Harry Summers** received the accolade he so richly deserves – investiture into the Order of Australia, for services to Athletics.

With the awarding of his medal, Harry now joins VRWC clubmates **Tim Erickson OAM** and **Simon Baker OAM** as a fellow member of the Order. How many clubs can count even one such luminary among their number – let alone three? It is sure testimony, not simply to their own performances as athletes, nor even to their years of service in Australian athletics – but to their love of race walking, their desire to spread it as widely as possible for the benefit of as many as possible, and their vision and energy in guiding so many athletes at all levels to reach their fullest potential.

Harry, now retired, resides quietly at Phillip Island. The story of his achievements in our sport can be read at <http://www.vrwc.org.au/tim-archive/articles/wv-harry-summers.pdf>

Harry's daughter, Lyn Reading, has provided the following tribute to her Dad:

‘On Thursday 18th November, Harry Summers was awarded an Order of Australia Medal for services to Athletics.

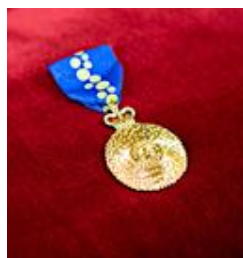
As you know, Harry has dedicated most of his life to Athletics in Australia and in particular Race Walking. He has been a dedicated Volunteer, Administrator & Official for Athletics From 1954 to 2016.

In his ongoing contribution he has coached just under 100 Athletes, Coached and Managed World Junior Teams, World Championships and World Tours. He holds Life Memberships with Athletics Australia, Box Hill Athletic Club, Australian Athletic Coaches Association & Victorian Race Walking Club. He was Volunteer Athletic Coach from 1961 to 2016, National Walks Coach’ for years 1996 to 2000 and also Walks Coach for the Victorian Institute of Sport. He officiated at 1956 & 2000 Olympic Games, Melbourne Commonwealth Games and many Australian Victorian & Veteran Championships. Past President of Australian Walks Federation, Australian Track & Field Coaches Association (Vic Branch), Vice President National Branch, Victorian Race Walking Club (44 years) and Box Hill Athletic Club.

I am sure you would all agree his contribution, inspiration, dedication and commitment in athletics is something his family are very proud of ... including 13 grand children and 30 great-grand children.’



Harry, Victorian Governor Linda Dessau, and Lyn



Proud daughters – Lyn, Sandra and Barb with their Dad

VICTORIA - METRO & REGIONAL

AVSL RESULTS

Generally fine weather, with a warm sun tempered by a cool breeze, greeted Victoria’s Metro walkers at the two main venues for the second Round of AVSL. It looks as if conditions were no less favourable in the regions – ideal for athletes whose training and racing can proceed unrestricted at last – and the turnout of walkers statewide was quite encouraging.

**** Metro Zone A: Round 2, Saturday 20 November – Moonee Valley Athletics Centre, Aberfeldie**

Aberfeldie saw the best turnout of the day and competition was intense. **Marcus Wakim** and **Riley Coughlan** turned on a 2000m blitz, with only 5 secs separating them at the end and both scoring big PBs. **Jade Chitty** was the first woman home, also with a huge PB performance that augurs well for a good summer. **Tayla Borg** was another to make big progress, while at the other end of the chronological scale **Brian Anderson** showed that age is no barrier to well-earned improvement.

The 5000m field, though small, produced good times from all three starters, particularly 15yo **Maddison Nash**, who started fast and hung on well to slash over a minute from her previous best.

2000m

1	Marcus Wakim	(COL)	M16	8:24.8h	549	PB 1:01
2	Riley Coughlan	(KNA)	M16	8:29.5h	544	PB 1:38

3	Jade Chitty	(WES)	F18	10:43.6h	459	PB 1:04
4	Paul Kennedy	(KSB)	M60	11:24.9h	464	
5	Scott Nelson	(WYN)	M50	11:28.4h	412	
6	David Smyth	(COL)	M50	11:29.8h	410	
7	Kerryn Walshe	(KSB)	F55	11:31.6h	499	
8	Tayla Borg	(DIV)	F16	11:45.2h	416	PB 2:00
9	Timothy Erickson	(COB)	M65	11:48.2h	473	
10	Bernie Keirl	(DIV)	M55	11:52.4h	417	
11	Brian Anderson	(ESS)	M60	11:57.9h	439	PB 0:27
12	Donna-Marie Elms	(PTN)	F60	12:27.1h	482	
13	Phillip Dunstone	(WES)	M50	12:42.3h	335	
14	Laura McLennan	(DAC)	F45	12:49.2h	368	
15	Duncan Knox	(ESS)	M60	13:11.7h	377	
16	Stephen Murphy	(ESS)	M60	13:12.0h	377	
17	Mark Donahoo	(ESS)	M60	13:15.2h	374	
18	Lewis McLennan	(DAC)	M14	13:23.5h	282	PB 0:01
19	Sarah Papadopoulos	(DIV)	FOP	13:26.8h	262	
20	Janice Hodgart	(WES)	F55	13:40.1h	388	
21	Hamish McLennan	(DAC)	M14	13:59.7h	253	
22	Lula Parrott	(DAC)	F14	14:05.9h	283	
23	Geza Benke	(OLM)	M65	14:28.1h	345	
24	Jo Moxon	(DIV)	F55	15:13.3h	287	
25	Jenny-Rose Szuhai-Andrews	(BWK)	F55	16:00.0h	254	
26	Brenda Cashin	(WES)	F55	16:41.5h	224	
27	Maryann Murray	(DIV)	F50	17:42.8h	170	

5000m

1	Adam Garganis	(COL)	MOP	23:50.4h	451	
2	Maddison Nash	(KNA)	F16	26:51.3h		PB 1:08
-	Jason Kozica	(STK)	MOP	24:38.2h	INV.	



Soon after the 2000m start



Aberfeldie campaigners Adam Garganis, Jade Chitty, Lewis McLennan, Maddison Nash and Marcus Wakim

(Photos: Debbie Nash)

**** Metro Zone B: Round 2, Saturday 20 November – Casey Fields, Cranbourne**

Ariana Pashutina was a cut above the rest of the 2000m field, winning easily in 9:53.6, while brother Daniel made it a family quinella with a 10sec PB. Emily Smith held off Kylie Irshad in what would have been a good tussle.

In the 5000m, Eden Morgan produced the standout effort of the day with an enormous 2:02 PB for 25:58.2.

2000m

1	Ariana Pashutina	(KNA)	F16	9:53.6h	519	
2	Daniel Pashutin	(KNA)	M14	10:27.0h	454	PB 0:10
3	Emily Smith	(KNA)	F16	10:57.5h	461	
4	Kylie Irshad	(GHY)	F50	10:57.9h	503	
5	Simon Evans	(BOH)	M60	10:58.4h	484	
6	Andrew Jamieson	(OSC)	M65	11:01.2h	509	
7	Carolyn Rosenbrock	(ANW)	F55	11:39.4h	493	
8	Marlene Gourlay	(MEN)	F65	11:59.0h	530	
9	Mietta Morgan	(KNA)	F14	12:02.2h	421	
10	David Sommers	(ANW)	M60	12:08.1h	431	
11	Heather Carr	(GHY)	F65	12:17.2h	518	
12	Dee Holohan	(SAN)	F55	12:45.9h	437	
13	Gwen Steed	(GHY)	F65	13:53.4h	447	
14	Anthony Doran	(GHY)	M65	14:13.6h	359	
15	Anne-Marie Ebbels	(YRA)	F45	19:16.2h	112	
16	Geoffrey Barrow	(MEN)	M65	DQ		

5000m

1	Mark Blackwood	(KNA)	M40	23:04.6h		
2	Rebecca Henderson	(MEN)	FOP	23:06.2h	538	
3	Eden Morgan	(KNA)	M18	25:58.2h	431	PB 2:02
4	Charlotte Hay	(KNA)	F20	28:25.0h	420	
5	Grace Louey	(KNA)	F20	29:33.9h	390	

**** Ballarat Zone: Round 1, Saturday 13 November – Llanberris Stadium, Ballarat**

Spectators at Llanberris were treated to some quality race walking on Saturday. It's good to see that Kelly Ruddick is back in harness and doing what she does best – winning – while Jemma Peart is another to be showing flashes of her old form. Brother Scott Peart is now cutting down his times at an impressive clip, producing another PB. The same can be said of Fraser Saunder in the longer race. Fraser is clocking consistently in the 22+ minutes range for 5000m, on this occasion breaking Jared Tallent's long-standing Ballarat centre record! One feels that a really big one is in the offing for Fraser.

2000m

1	Kelly Ruddick	(BHA)	F45	9:03.30	573	
2	Jemma Peart	(BYC)	FOP	9:45.19	502	
3	Scott Peart	(BYC)	M16	10:05.45	451	PB 0:08
4	Kaylah Heikkila-Dubowik	(BEL)	F18	12:16.21	359	
5	Kevin Ruddick	(BHA)	M65	13:11.68	413	
6	Charlotte Macdonell	(BYC)	F14	14:17.13	274	
7	Roslyn Ireland	(BWK)	FOP	15:29.07	177	
8	Olive Ireland	(BWK)	F60	16:39.88	258	

5000m

1	Fraser Saunder	(BYC)	M18	22:24.82	509	PB 0:11 (New Ballarat centre rec)
2	Sarah Brennan	(BYC)	F45	27:52.53		

**** Bendigo Zone: Round 1, Saturday 13 November – Latrobe Uni Athletics Track, Flora Hill**

A field of 9 faced the starter at the Latrobe Uni track for the 2000m, with Tiffany Bussem Jorgensen winning easily with her best time by far. Young Charlise McQueen had her first outing over the distance, with Peter Lonsdale rounding out a day of impressive PBs across the state.

2000m

1	Tiffany Bussem Jorgensen	(BGO)	FOP	11:19.75	408	PB 0:47
2	Charlise McQueen	(EAG)	F14	12:37.49	384	First one
3	David Lonsdale	(BEU)	M50	12:38.31	339	PB 1:06
4	Jennifer Payne	(SBE)	F65	12:58.87	489	
5	Leigh Browell	(SBE)	M45	13:56.52	239	

6	Annette Major	(EAG)	F55	14:24.53	337
7	Annette Curtis	(SBE)	F65	16:34.51	298
8	Wendy Ennor	(EAG)	F60	18:01.99	202
9	Peter Savage	(EAG)	M65	19:17.49	171

**** AVSL – Round 3 Metro venues and start times – Saturday 27 November**

Zone A & B: Lakeside Stadium

1.30pm: 2000m Walk

*Schedule correct as at 8 November 2021. For possible changes, visit <https://athsvic.org.au/wp-content/uploads/2021/11/AVSL-Metro-Timetables-DRAFT-2021-11-08.pdf>

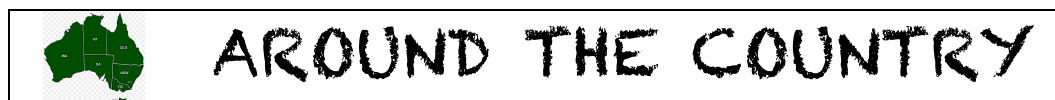
*** VIRTUAL RACE WALKING SEMINAR – a reminder ***

Just a heads-up to all officials, judges, aspiring judges, walking coaches, walkers and others who are interested, that the **AV virtual Race Walks seminar** is to be held for officials on **Tuesday 30 November**, at 7pm.

Officials will have received notification of this from Di Lowden or from Andrea Hallett at AV. Andrea has confirmed that the seminar is open to all those who are interested, not just selected officials.

You **MUST** register for this seminar if you plan to attend. If you haven't already done so, contact Andrea Hallett at andrea@athsvic.org.au. After registration, AV will email you with details of how to log on to the seminar.

As our sport emerges from a long stretch of enforced inactivity, it's not just the athletes who need training – officials and coaches do, too. This seminar will help re-acquaint us with what we need to best conduct race walking competition for our athletes' benefit. Let's all be there!



A.C.T. ACT Masters meetings, 11 & 18 November – Woden Park Athletics Park, Woden

Former VRWC parent and now Canberra resident Mark Roberts has sent us the first ACT report for the summer. Thanks, Mark!

No walks on Saturday at ACT Athletics, so all the action was last Thursday - 18th November - at ACT Masters during the Perry Handicap, a staggered start 3kn event where all walkers should finish together if we have the maths right.

The rain cleared away and conditions were good for an evening walk. Young **Kodie Clarkson's** walk was the highlight of the night with a time of 13:32 ... very impressive for such a young walker.

11/11/2021

3000m

1. Sue Archer	20:38
2. Sheryl Greathead	25:47
3. Doug Fitzgerald	25:53
4. Robert Kennelly	26:17
5. Val Chesterton	26:35
Lorna England	DNF

1000m

1. Scott Hyland	4:52
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18/11/2021

3000m

1. Kodie Clarkson	13:32
2. Scott Hyland	14:19
3. Michael Smith	17:11
4. Julia Grocott	19:33
5. Sue Archer	20:26
6. Bryan Thomas	22:48
7. Doug Fitzgerald	25:54
8. Sheryl Greathead	25:59
9. Val Chesterton	26:10
10. Lorna England	27:03

A.C.T. ACT Athletics meeting, 13 November – Woden Park Athletics Park, Woden

Details of the ACT Athletics walks, held on 13/11. The highlight was **Kodie Clarkson** setting a new U14 ACT record.

Women 14-15 5000 Metre Race Walk

1. Julia Grocott	15 SCT	32:37.0
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Girls 12-13 3000 Metre Race Walk

1. Emma Grocott	12 SCT	18:13.0
2. Eloise Smith	13 Ginninderra	18:20.0

Boys 12-13 3000 Metre Race Walk

1. Kodi Clarkson	13 Ginninderra	13:31.6
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NEW SOUTH WALES State Relay c'ships, 20/21 November – Olympic Park Athletic Centre, Sydney

Thanks to Frank Overton for these results:

The following are the results for the NSW State Relays Champs - 4x1500m Walks. Unfortunately, only nine teams totalling 36 walkers toed the line for these races. The weather was calm and overcast but made for good conditions for the walks.

Unfortunately I was unable to obtain copies of all teams lap score sheets, so I've given the splits of the teams I have from the Official Lap Score Sheets.

There were several commendable and PB times from competitors.

Event 1 Men 4x1500 Metre Relay Race Walk U14 Finals

1. Asics Wests Track & Field Club 'A'	33:03.04
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Event 2 Men 4x1500 Metre Relay Race Walk U18 Finals

1. Hunter Region Combine 'A'	29:47.64
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Grady Platt	7m 05s (PB)
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Myles Ashby	7m 13s (PB)
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Brodie Spamer	8m 04s
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Ryan Bonham	7m 25.64s
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2. Asics Wests Track & Field Club 'A'	31:46.07
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3. Westfields 'A'	32:08.46
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Event 3 Men 4x1500 Metre Relay Race Walk Open Finals

1. Central Coast Combine A 'A'	24:12.75
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Carl Gibbons	5m 47s (PB)
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Dylan	5m 52s (PB)
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Richardson	6m 36s
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Jack	5m 57.75s
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McGinniskin	
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Tyler Jones	
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Event 4 Women 4x1500 Metre Relay Race Walk U14 Finals

1. Hunter Region Combine 'A'	34:16.06
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Emma Hearnden	7m 55s (PB)
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Caetlin Ashby	8m 33s (PB)
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Madeleine	8m 58s (PB)
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Maxwell	8m 50.06s
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Madeleine Platt	(PB)
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Event 5 Women 4x1500 Metre Relay Race Walk U18 Finals

1. Westfields 'A'	34:33.89
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Event 6 Women 4x1500 Metre Relay Race Walk Open Finals

1. Mingara Athletics Club Inc. 'A'	28:30.15
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Sienna Pitcher	6m 51s (PB)
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Allanah Pitcher	6m 52s
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Hannah Bolton	7m 29s
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Molly O'Neill	7m 18.15s
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(PB)	
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2. Asics Wests Track & Field Club 'A'	32:47.64
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SOUTH AUSTRALIA SAMA Masters meeting, 17 November – SA Athletics Stadium, Adelaide

Thanks again to Graham Harrison for these results. Looks like an enthusiastic cohort of Masters walkers over there. This week was a scratch event meeting, held at the SA Athletics Stadium.

1500M WALK

MARK	WORTHING	0:08:28	M55	72.60%
JACK	RUSSELL	0:08:53	M65	75.94%
PETER	CRUMP	0:09:03	M60	69.06%
MARIE	MAXTED	0:09:13	W60	79.20%
GEORGE	WHITE	0:09:33	M75	76.69%
MIKE	VOWLES	0:11:04	M75	67.86%
HELEN	SURIDGE	0:11:45	W70	67.66%
JAMES	HOARE	0:11:54	M75	60.79%
JAN	LAYNG	0:11:54	W70	69.38%

1500M CLUBWALK

KEVIN	FINN	0:09:24	M70	72.54%
GIL	MCINTOSH	0:10:17	M70	67.07%
RODGER	BARBER	0:11:49	M80	67.87%
LIZ	NEUBAUER	0:11:57	W70	66.53%
ROGER	LOWE	0:12:35	M75	59.68%
KATE	WHITE	0:12:45		
DAVID	ROBERTSON	0:13:29	M85	63.81%

4K WALK

PETER	CRUMP	0:24:52	M60	69.97%
JACK	RUSSELL	0:25:47	M65	73.18%
JAMES	HOARE	0:32:04	M75	63.07%

4K CLUBWALK

NORMAN	WHITE	0:33:27	M60	53.02%
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2K WALK

MARIE	MAXTED	0:12:43	W60	76.91%
MARK	WORTHING	0:12:46	M55	64.74%
GEORGE	WHITE	0:13:13	M75	74.64%
HELEN	SURIDGE	0:15:52	W70	67.43%
KATE	WHITE	0:18:36		

2K CLUBWALK

KEVIN	FINN	0:12:39	M70	72.64%
GIL	MCINTOSH	0:13:30	M70	68.84%
MARGARET	MCINTOSH	0:15:58	W65	65.62%
RODGER	BARBER	0:16:10	M80	66.85%
ROGER	LOWE	0:17:31	M75	57.75%
DAVID	ROBERTSON	0:18:16	M85	63.56%
EDNA	BATES	0:18:33	W65	56.48%

TASMANIA Athletics South interclub, 20 November – Domain Athletics Centre, Hobart

Thanks to David Moore for these results.

Results 5000m Walk

1. Elizabeth Leitch TMA 35:01.76

**** Tas Masters T&F, 10 November – Domain Athletics Centre, Hobart**

Looks as if the Taswegians might be reaching ‘Mastery’ at a somewhat precocious age. (David refers to it as the ‘Benjamin Button’ factor.)

Results 3000m Walk

1. Oliver Morgan OVA 15:57 (U/16)
2. Wayne Fletcher NS 24:11

WESTERN AUSTRALIA WARWC meeting, 21 November – Perry Lakes, Perth

Thanks to Terry Jones for these WARWC results.

10Km

Andrew Duncan 56.10
Ben Reid DNF

5Km

John Ronan 23.47
Kaytee Bogaers 30.02

Shandel Coleman 38.49

3Km
Glenys Duncan 28.13

2Km
Sylvia Byers DNF



The COACHING POINT

This is a new column in Heel & Toe Online. It is aimed at providing a forum for coaches and aspiring coaches of race walkers, where they can share views, training methods, racing strategies, matters of historical interest and other items of interest to those preparing walkers for competition.

*Contributions, however, are not restricted to coaches alone. Walkers (at all levels), parents of walkers, coaches in other fields and anyone with an interest in the three key elements of race walking development – **technique, fitness and racing** – are welcome to share their insights, ask questions, make suggestions, refer readers to relevant outside material or otherwise contribute for the benefit of walkers everywhere.*

To get the ball rolling, here is an informative piece by US race walking coach and historian Phil Howell, which first appeared in Race Walking Record in 2009. Here, Phil discusses perhaps one of the least considered aspect of race walking technique ... the role played by our hands.

Technique - Lowly Hands Can Lead the Way

by Phil Howell

(reprinted from Race Walking Record – Sept 2009)

Discussions about race walking technique are dominated by talk of posture, shoulders, arms, elbows, hips, legs, knees, feet, and step rate and length. But what about the hands?

It seems to boil down to a simple admonition “not to let them flop around and not to clench the fist too tightly.”

So, sometimes for hours on end, the lowly hands try to stay out of the way, hold an occasional hat or mitten, and prepare for those few moments of glory when they grab a cup of fluid and direct it to its proper destination.

It was from that background that I began to discover that the hands have more to offer. Like the drum major who does not play a note but can lead - and even inspire - a marching band, the hands can lead the way to good race walking technique.

Let me give you two examples.

Example 1: When, in the midst of a training walk or race, I find myself beginning to tire and starting to droop, I make each hand into a loosely-closed fist with fingers not quite touching the palm, my thumb lying lightly on the middle of my folded index finger (with thumbs on the high side of the hands), and I cock the wrist slightly upward. It takes no energy and only a moment to do so.

In performing this little ritual, however, I find that I begin to wake up, the elbows (not to be outdone) go to about 90-degree angles, and the arms begin to

swing from side seam to mid chest. I also begin to stand taller and hold my head up. Again, not to be outdone, the hips, legs, and feet also seem to wake up and fly right.

I don't know why, but making those minor adjustments with those two lowly hands often inspires me to push on and achieve more. And, when I again begin to falter a few miles down the road, they are ready to inspire me all over again.

Example 2: My hands actually determine how my arms swing. Try this little experiment—illustrated by the “thumb position” photos:



Start walking while swinging your arms in normal race walking fashion with the thumbs on top (upward). Notice the pattern of hand and arm movement.

Now, rotate your hands so the palms are up and the thumbs are pointing away from each other (outward). If you are like me, your hands begin to follow a more outward arc; moving away from the centerline of the body as they move forward.


Now, rotate your hands so the palms are down and the thumbs are pointing toward each other (inward). If you are like me, your arms begin to follow a more inward arc; with the hands staying closer to the torso and more inclined to cross the centreline of the body.

By rotating your hands back and forth, you can then find the position of the thumbs that comfortably generates the arc (or straight line) you want with your arm swing. Keep the thumbs in that position, and the arm swings seems easier to maintain for the duration of a training session or race.

Like a drummer, the hands are often in front of your “band” of body parts. Let them help lead the way to better technique and, hopefully, better racing performances.

(EDITOR'S NOTE: When submitting contributions taken from another publication – such as the one above – please 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 give 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.)

 **INTERNATIONAL NEWS**

**** RUDY HALUZA 1931 – 2021 ****
The pilot who had 'his feet on the ground'

Two weeks ago, news broke that dual US Olympic race walker **Rudy Haluza** had passed away, aged 90.

While not a name that would stir many memories today, Haluza's brief career near the top is highlighted by one race – one which, had things gone as evidence indicates they should have, would have produced a second US Olympic race walking medallist to join Larry Young.

A resident of Orange County (California), Rudy Haluza was born in New York State in 1931. He grew up in Bayside, New York where he attended PS 41 and Bayside High School. He attended Queen's College and was active in Track and Field events, including race walking.

In 1953, Rudy joined the US Air Force, assigned as a Navigation Instructor at Harlingen Air Force Base in Harlingen, Texas. After graduating from Air Force Pilot training and attaining the rank of Captain and C-47 Pilot, Rudy was eventually transferred to London for a three-year assignment flying C-47s to many parts of Europe. Upon completing his assignment, Rudy joined United Airlines in 1967 as a Flight Officer for a 25-year career flying B727s, DC-8s, and DC-10s.



*Rudy Haluza during his USAF posting in England and race walking years with Essex Beagles AC
(Photo courtesy David Ainsworth)*

Rudy won his first of 10 National Race Walking titles in 1957. In the '60s he was a double Olympian, appearing in 20 kilometres walks at 1960 (Rome) & 1968 (Mexico). In 1960 he was 24th clocking 1:45.11.0. In the rarefied air of Mexico City in 1968 he was 4th in 1:35.00.2 and unlucky not to gain a bronze medal, as serious questions were raised about the mode of progression employed by that race's silver medallist (Jose Pedraza – Ed.).

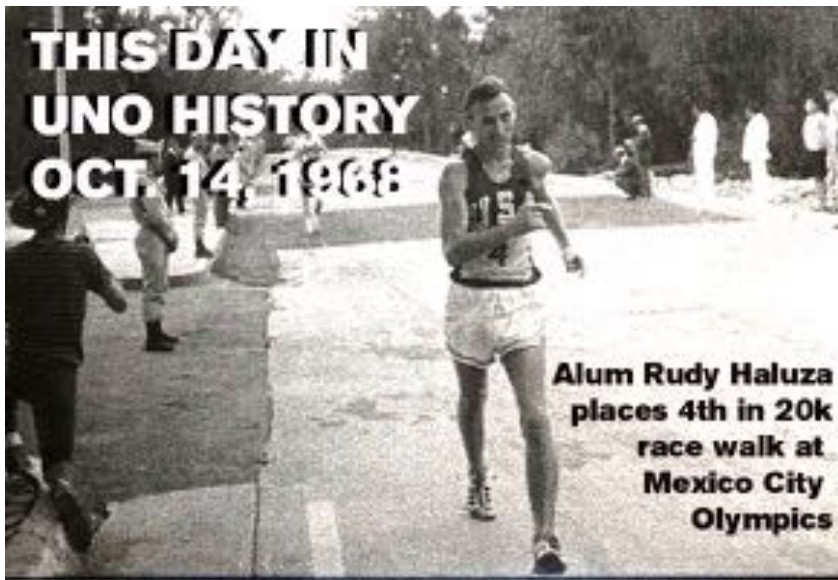


Photo: UNO Alumni Association

Rudy won his first of 10 National Race Walking titles in 1957. In the '60s Rudy was a double Olympian, appearing in 20 kilometres walks at 1960 (Rome) & 1968 (Mexico). In 1960 he was 24th clocking 1:45.11.0. In the rarefied air of Mexico City in 1968 he was 4th in 1:35.00.2 and unlucky not to gain a bronze medal, as serious questions were raised about the mode of progression employed by that race's silver medallist (Jose Pedraza – Ed.).

As a USAF pilot, Haluza was stationed in England for three years in the 1960s. During that time he belonged to **Essex Beagles AC**, and featured prominently in their history. With Ron Selmes, Mike Desmond and Colin Young, he was part of a

talented quartet who achieved many high placing in team events. The intensity and frequency of race walking competition in England, as well as a favourable supply of strong training companions, obviously worked to Haluza's long-term advantage at the top level.

Aussie international **Frank Clark** raced twice against Rudy – in Mexico City, of course, and two years earlier in 1966, in a hastily-arranged USA v. British Commonwealth meet that replaced an abortive USA v USSR match (the Soviets having boycotted in protest over US bombing raids on Hanoi and Haiphong.) Haluza won that race. Frank recalls him as being 'very much a quiet and polite person, but a very tough competitor as results show.'

The hectic life of an airline pilot with a family to support clearly did not deter Rudy from having another crack at the Olympic big time. He duly fronted the starting line in Eugene, Oregon, as joint favourite with Larry Young for the 1972 Olympic trials 20km. Having third place sewn up, he made the fateful decision to overtake Goetz Klopfer for second, picked up two reds for contact and was disqualified on crossing the line.

In a *Runners World* magazine report on those trials, Rudy is quoted as saying "C'est la vie. I've been on two teams already and, frankly, I haven't been training very hard." He then added, "I've always got the 50km." He started well in the 50 and was, from all accounts, well up with the leaders. But it all fell apart mid-race. He stopped at the feed station and said, "My head was willing, but my legs were weak. It was fun while it lasted."

Runners World concluded this piece by stating: 'Regardless of what the walking judges say, Rudy Haluza has his feet on the ground.' It's hard to disagree.

So ended the top-level walking career of Rudy Haluza, although he would go on to feature in Masters competition in later years.

Upon his retirement from United Air Lines in 1998, Rudy devoted much of his time to the care and maintenance of a mixed grove of avocado, various citrus, cherimoya, and other subtropical fruits in Temecula, California.

He was preceded in death by his wife Elizabeth in 2015. He is survived by his brother Theodore R. Haluza, his three children, six grandchildren, and one great-grandson.

Condolences are expressed by the worldwide race walking fraternity to Rudy's family.



Rudy (left) pacing it with Norm Read (NZ), with Frank Clark just in arrears at the US v British Commonwealth meet 20km in Los Angeles, 1966.

(Photo courtesy Frank Clark)



Start of the 1968 Mexico Olympic 20km. Rudy Haluza in 5th place behind winner Vladimir Golubnichiy (URS), Ron Laird (USA), Peter Frenkel (GDR) and K. Saito (JPN)
 (Photo courtesy Tim Erickson)

Mid-race. Haluza leads, bracketed by Nikolai Smaga (URS) and Golubnichiy (1), and shadowed by Hans-Georg Reimann (GDR, 18). Rudy would hold onto a medal position right up until Jose Pedraza's infamous 'sprint' in the stadium.

Note the 'state of the art' media car. You'd hope that cameraman was on a danger wage ...

On Golubnichiy's left is Arthur Jones (GBR, 29) who finished 11th. Arthur emigrated to Australia in 1969 and lives in Adelaide.

(Photo courtesy Frank Clark)



Fifty years on: the USA's 1968 Olympic race walking team meets again.

From left – Tom Dooley, Ron Laird, Goetz Klopfer, Rudy Haluza and Larry Young. (Absent is Dave Romansky)

(Photo courtesy Paul DeMeester)

*We gratefully acknowledge the following contributors and sources of material for this tribute –

- David Ainsworth (Essex, UK)
- Frank Clark (NSW, Australia)
- Track & Field News - <https://trackandfieldnews.com/wp-content/uploads/2018/03/1972.pdf>
- Obituary Rudolph Haluza - <https://www.shannonfamilymortuary.com/obituary/Rudolph-Haluza>
- Runners World magazine 1972 (issue unknown)
- University of Nebraska, Omaha, Alumni Association

Ian Richards – former UK Olympic walker and now Masters competitor – is known to many Australians, some of whom raced against him at his peak.

David Ainsworth has passed this piece on to me. It appeared in the *Race Walking Group* Facebook page, and it's a salutary warning not to take one's body for granted – particularly if you're an athlete of mature age!

WATCH YOUR BACK !

by Ian Richards

Take **low back pain** seriously. Get it checked. It may be more than just a niggle. This is the story of my 'blue light' dash to a specialist neurology hospital for major back surgery to avert the real possibility of lifelong disability and even death.

I had been having lower back pain for about a month, but I put it down to normal injury niggles. It was not preventing me from training or even racing. My physio wasn't able to find anything wrong but was starting to suggest I ought to get a scan.

On Monday of last week the pain started to intensify and started to go down my legs. I went to see my chiro (Mel Davis, a member of the BMAF medical team who regular supports the GB masters team at masters international championships) on Tuesday. He agreed with the physio but felt there was perhaps a bit more urgency to get a scan. On Wednesday she phoned me to ask how I was. When I told her that I was starting to feel some numbness in my legs it was "Stop, get to A&E (accident and emergency) right now!" - a potentially life saving phone call, and I will be eternally grateful to her.



Photo: Centurions Worldwide Community

I duly went. They confirmed that I was in danger of permanent paralysis of my lower body, blindness and even death, because the cause was likely to be a bulge in my spine that was compressing my spinal cord.

Apparently the majority who get this condition spend the rest of their life in a wheel chair. They arranged a scan, but I had to wait until Thursday afternoon, such is the chaos currently in A&E. As soon as they saw it, I was 'blue light' transferred to the specialist neurological unit in Brighton, who organised an operation for first thing Friday morning.

Fortunately I had a brilliant surgeon who knew my background and that I was still a competing elite masters athlete, and he wanted to help me. He decided not to do the normal operation, which is to remove the disc completely and fuse the spine back together, but to just take part away so that he would not have to remove any of the attachments, such as ligaments, which would have severely restricted my mobility. He put holes in the remainder to reduce any pressure and stitched me back up. Soon after I came round, he had me walking up and down the recovery room for an hour. I had no after-effects from the anaesthetic or pain. I was told to just take it easy so that I did not open up the incision and not to put pressure on my back by bending or lifting.

I was discharged on Sunday night two days after the operation. I am in no pain and am able to walk about and after tomorrow can start to build up how far I walk. Normal walking but no race walking. No instructions – just take care and respond to what your body tells you. I will be seeing him in January, when he said we can sit down and devise a plan to start training to get me to the World championships in Tampere. He sees no reason why I shouldn't be able to get back to my best. There is risk of a reoccurrence but I now know what to look out for.

I am so thankful and just wanted to share my experience so that it might help someone else. My hard and intense training regime, for someone in their 70s, may have contributed to the condition but it has certainly helped me bounce back from the operation. It might even have unlocked some flexibility in my hamstrings to enable me to straighten my legs more easily!

- Ian Richards

NEW ZEALAND: Central League Meetings 2, 20 Nov – Manawatu Community Athletics track, Palmerston North

Phillip Du Toit reports:

Central League consists of a series of athletics meetings in the lower North Island.

Central league meet 2 was held in Palmerston North at the Massey University athletics track under strict Covid-19 guidelines.

There was a 3000m track walk with a small number of walkers. First man was **Daniel du Toit** in a time of 12:42.40, and first woman was **Danielle McLean** in 17:37.60

Place	Name	Team	Age	Finals
1	Du Toit, Daniel	Wellington Harrier	16	12:42.40
2	Martin, Lucas	Athletics Wanganui	17	12:55.46
3	Bennett, Ari	Ashhurst Athletic	14	17:28.99
4	McLean, Danielle (D)	Trentham United Harr	23	17:37.60
5	McGovern, Clive (D)	Trentham United Harr	71	17:40.25
6	Jones, Daphne	Wellington Scottish	80	22:12.37
7	McLean, Brent (D)	Trentham United Harr	58	22:33.20
8	McLean, Sonja (D)	Trentham United Harr	56	24:14.05

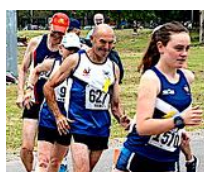
MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 16/11/2021 - Speed performances (50km) in men from 2002 to 2021. Continuing on from the previous analysis of Men's 20km speeds over the same period.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4225
- 17/11/2021 - 'Average speed over 35km: the last decade and future outlook.' With the 50km 'handing the baton' to the 35km for future international races, this article examines average speeds over a distance which, up to now, has been seen as a stepping-stone distance for the 50, rather than one to aspire to in its own right.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4226
- 19/11/2021 - Santee, CA (USA): 35km USATF Championships – Unseasonally hot conditions for this championship race, which may have contributed to the small field.
<http://www.marciadalmondo.com/eng/news.aspx?anno=2021>

The Portuguese race walking blog **O Marchadore** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

Note: The O Marchadore blog is written in Portuguese, as are the articles therein. 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.



WHAT'S UP AHEAD?

Victorian Key Dates – 2021/22

Sat 27 Nov 2021 AV Summer T&F season (AVSL Round 3) season – Lakeside Stadium (Zone A & B)
Ballarat, Bendigo, Geelong

Wed 1 Dec 2021 VRWC Summer season Meet 2 – Collingwood – 7.00pm

Sun 16 Jan 2022 VRWC Summer championships, 2021 Winter presentations, Annual General Meeting – Middle Park

Sun 24 Apr 2022

AV 'Run The Tan' – Kings Domain, Melbourne

International Dates

Mar 1 – 6, 2022
Jun 26 – July 7, 2022
Jun 29 – Jul 10, 2022
Jul 15 – 24, 2022
Jul 22 – Aug 7, 2022
Aug 11 – 21, 2022
TBA, 2022
TBA, 2023
Aug 2023 (TBC)

29th World Athletics Race Walking Teams Championship – Muscat, Oman (postponed from 2020)
World University Summer Games – Chengdu, CHN (postponed from 2020)
23rd World Masters T&F Championships – Tampere, FIN
18th World Athletics Championships – Eugene OR, USA
XXII Commonwealth Games – Birmingham, GBR
European Athletics Championships – Munich, GER
19th World Athletics U20 T&F Championships – Cali, COLOMBIA
24th World Masters T&F Championships – Gothenburg, SWE
19th World Athletics Championships – Budapest, HUN

***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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