



HEEL & TOE Online

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au

1921 VAWC-VRWC CENTENARY 2021



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It's the times we're living in, unfortunately ...

*** COVID ALERT ***

To all members,

Today I was informed that a person who attended last Saturday's races at Middle Park tested positive for COVID-19 later that evening. While there is no guarantee that this person contracted the virus at the Club, they may well have done so, and might have spread it.

If you are experiencing COVID-like symptoms (visit <https://www.health.gov.au/health-alerts/covid-19/symptoms> for details), we urge you to take a **Rapid Antigen Test (RAT)** immediately, followed by a second two days later (if negative).

If your first or second RAT is **positive**, you must report it and isolate for 7 days, then re-test. Follow the guidelines at <https://www.health.gov.au/health-alerts/covid-19/testing#if-you-test-positive>. Consult your doctor for further advice.

If you have no symptoms yourself but are concerned (for an at-risk family member, for example), take a RAT as described above, or arrange a PCR test at a testing facility.

As much as we'll miss seeing you there, if you test positive, **do not** return to the Club unless you've completed 7 days isolation from the time of your positive test, and returned two negative RATs, two days apart.

Good luck, and thanks for your cooperation.

Stu Cooper
President

****CENTENARY LUNCH** *Have you paid yet?*

We can't confirm your booking until you do!

\$25 (individual) \$50 (family) You can pay:

* by **direct bank transfer** - BSB: 063-143 Acc: 008 00455

Reference: (Your name) VRWC Centenary

* by **cheque** – made out to 'Victorian Race Walking Club' – post to Victorian Race Walking Club, c/o Middle Park Bowling Club, Canterbury Rd, Middle Park VIC 3206

* by **cash** on race days.

**** WALKER OF THE WEEK ****



The WOTW award returns to home shores this week, with **Edén Morgan** taking the chocolates (literally ... it was Prizes day) with his massive 7:44 PB in recording **29:19** for 6km at Middle park last Saturday. Even allowing for the fact that it's three years since he last raced over the distance and he's grown somewhat, such improvement doesn't happen without commitment to training and a desire to do better - qualities Edén has in abundance.

Since tapping into a new-found vein of speed in AVSL competition last summer, Edén has kept progressing over the Winter road season and has become a tough competitor, which augurs well for the AA/RWA Road championships in September.

Well done, Edén. Keep it up!

****Honourable mentions:***

- **Marcus Wakim** and **Grace Louey** (VIC) ... both scored PBs of their own by around the 1:30 mark – Grace over 6km (**35:14**) and Marcus 8km (**36:15**)
- **Zoe Bowkett** (VIC) – a 47sec improvement over 1km for a time of **5:27** was an eye-catching effort. Hope you enjoyed that prize chocolate, Zoe!
- **Sam Findlay** (SA) – walked her first 20km in the ASA road titles, clocking a promising **1:49:51**.



CLUB NEWS and RESULTS

**** Coming up this weekend ...**

Next Sunday (21st August) sees the last of our AV road championships for the season, the Open 20km for Men and Women. It also features the **Alf Robinson Trophy** – perpetual 20km trophy for male VRWC members – as well as the Victorian Masters 20km championships.

*Entries for all **AV championships** must be finalized via the AV entry portal at <https://members.athsvic.org.au/events/139952/> NO LATER than 11.59pm, Thursday 18 August.

***All VRWC & VMA races:** For these events, **online** entries only are accepted and close on **Wednesday 17 August at 11.59pm**. Enter via <http://vrwc.org.au/wp1/>

8:15am	20km	AV Championship	Open Men
	20km	AV Championship	Open Women
	20km	VMA Championships	Masters Men
	20km	VMA Championships	Masters Women
	20km	VRWC Championship – Alf Robinson Trophy	Open Men
	20km	VRWC Club race	Open
9:15am	10km	VRWC Club race	Open
9:30am	5km	VRWC Club race	Open
10:00am	2km	VRWC Club race	Open
11:00am	Presentations		

**** RELAY RACES – Saturday 3 September**

***Entries for this event are now open.**

Visit the portal at <http://vrwc.org.au/wp1/> If the portal is not yet up, keep checking ... it soon will be.

(NOTE: Please disregard the reference in the fixture to entries closing this Saturday. Mark Donahoo will advise of the cut-off date shortly.)

Relay rules:

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Teams will consist of 4 walkers: 3km all age group, 1km all age group, 2km junior walker under 18, 4km senior walker open or masters.



Start of the 8, 6 and 4km events. QRWC visitor Destinee gets away fast.

Surprisingly fine, spring-like weather greeted the 30 walkers for our final Points day at Middle Park on Saturday, with the rain forecast for ‘the afternoon’ thankfully sparing us while giving the northern suburbs a drenching.

The incentive of gaining more points before the closure – plus it being a handicap prizes day – resulted in several PB’s, including a ‘monster’ of 7:44 for **29:19** over 6km by **Eden Morgan**. Another to cut a decent slab from his previous best was **Marcus Wakim**, whose **36:15** for 8km was an improvement of nearly 90secs. Pushing him hard early was **Riley Coughlan** whose **38:08** was a very respectable 8km debut. **Grace Louey** was another big improver, earning the handicap prize for 6km with her **35:14**, while **Heather Carr** had a nice present of a handicap win – and a prize – on her birthday.

We were pleased to welcome a guest from Queensland, **Destinee Pickvance-Yee**, who had her first-ever 4km race and scored the fastest women’s time on the day. We hope to see Destinee in Melbourne again for the RWA road championships on 11 September.

8km				H’cap
1. Marcus Wakim	M	36:15	PB 1:25	1
2. Riley Coughlan	M	38:08	First 8km	3
3. Kevin Cassidy	M	44:41		4
4. Andrew Jamieson	M	47:43		2
1. Carolyn Rosenbrock	F	48:21		2
2. Marnie Grace	F	54:17		1
6km				
1. Eden Morgan	M	29:19	PB 7:44	1
2. Geromi Tucker	M	31:39		NT
1. Char Hay	F	32:05		2
2. Grace Louey	F	35:14	PB 1:39	1
3. Jade Chitty	F	35:20		3
4km				
1. Pramesh Prasad	M	22:03		1
2. Steve Haverley	M	35:38		NT
1* Destinee Pickvance-Yee	F	22:43	First 4km	* QRWC
1. Emily Smith	F	22:55		4
2. Kylie Irshad	F	23:13		2
3. Donna-Marie Elms	F	25:38		3
4. Heather Carr	F	25:53		1
5. Mietta Morgan	F	26:19		5



Zoe Bowkett was the standout over the two short distances, ripping 47secs from her 1km time for a handicap win and fastest time honours in **5:27**. Nor were **Aydin Uzun**, **Mya McClure** or **Havana Ali** to be denied new PB's, with Mya's and Aydin's efforts giving them access to the prizes table.

2km

1. Levi Robertson	M	11:17		1
-- Albin Hess	M	DQ		
1. Ela Uzun	F	9:38		3
2. Mya McClure	F	10:24	PB 0:13	1
3. Havana Ali	F	10:49	PB 0:05	2
4. Priya Serrao	F	14:47		-

1km

1. Haris Ali	M	7:15		2
2. Aydin Uzun	M	7:26	PB 0:16	1
1. Zoe Bowkett	F	5:27	PB 0:47	1
2. Jaida Robertson	F	5:32		2
3. Lily Bowkett	F	6:41		4
4. Anouk Morgan	F	7:34		3



**** This week's (individual) action models:**

Jade, Marcus, Havana, Aydin, Riley, Eden, Levi, Emily, Char, Mya, Andrew, Destinee, Heather, Marnie, Donna-Marie, Grace, Zoe, Steve, Ela.

Terry Swan is home and back behind the camera, so thanks once more to **Therese Smith** for her great photography in his absence. All of Terry's photos will be available to be viewed at the website Photo Gallery, as well as on the VRWC Facebook page.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Set up & pack up	Stu Cooper, Kevin Cassidy, Heather Carr, Ian Laurie, Michael Bodey
Race referee/manager	Stu Cooper
Check-in, registration	Bill Carr
Judges	Brenda Felton (chief), Gordon Loughnan, Peter Price, Kathleen Marsh, David Cash, Di Lowden, Michael Bodey, Tony Doran
Race starter	Stu Cooper
Timekeepers	Ian Laurie, Stu Cooper, Margaret Hay, Eda Girgin
Prize awarding	Stu Cooper
Points compilation	Madeleine Feain
Photographer	Terry Swan
No. of walkers	30 (35 entries)

**PLEASE NOTE:* Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.



AROUND THE COUNTRY

**** AA ROAD CHAMPIONSHIP ENTRIES NOW OPEN ****



A.A. has now opened registrations for the **Australian Roadwalk Championships** which are to be held at Middle Park, Melbourne, on Sunday 11th September. This also includes the usual *Racewalking Australia Carnival* and is a joint venture between AA and RWA. Timetable, meet info and registration all available from link <https://www.athletics.com.au/events/141367/>. We hope to see big fields in this annual event, after COVID-related cancellations in both 2020 and 2021.

*Note that entries close on **Thursday 25 August** at 5PM.

Tim Erickson

NEW SOUTH WALES

Race results, news etc. up until July 30 available at <http://www.nswracewalkingclub.com>.

QUEENSLAND QA Road walk championships, 7 August – QSAC, Brisbane

Robyn Wales reports that it was a beautiful, sunny day at a new venue for these events.

A Grade 10km

Men:

- (1) Ignacio Jimenez 1.02.32
- (2) Argenis Guevara 1.06.03
- (3) Peter Bennett 1.08.59

Women:

- (1) Torryn Fisher 1.02.28
- (2) Brenda Gannon 1.04.00
- (3) Jasmine-Rose McRoberts **SB** 1.07.59
- (4) Jennifer Stuckey **SB** 1.08.51
- (5) Joy Dale **SB** 1.18.50
- (6) Noela McKinven 1.33.07

B Grade 5km

Men:

- (1) Kai Dale 32.12
- (2) Patrick Sela 43.29

Women:

- (1) Lyla Williams 28.15
- (2) Milly Sharpe 30.41
- (3) Phoebe Chadwick **SB** 30.53
- (4) Natasha Flahey 31.08
- (5) Katie Bray 31.44
- (6) Korey Brady 32.48 **SB**
- (7) Taylah Morris 33.43

C Grade 3km

Women:

- (1) Maya Barron 18.04
- (2) Lily Goulding 18.17
- (3) Siaan Fisher 19.24

D Grade 2km

Men:

- (1) Hunter Sibenaler 15.47

Women:

- (1) Kiara Waterman 12.14
- (2) Freya Williams **SB** 12.18
- (3) Pippa Anderson 13.49
- (4) Savannah Dunleavy **SB** 13.55
- (5) Tully Fisher 15.15

E Grade 1km

Women:

- (1) Amelia Chisholm 6.49
- (2) Willow Nelisi 8.14

SOUTH AUSTRALIA SA State Race walking c'ships, 13 August - South Parklands, Adelaide

While VRWC members were watching the skies for approaching showers, **Kim Mottrom** reports that a deluge struck in the morning just before the SA Road titles. Some very pleasing results were recorded, including several PB's, as well as **Samantha Findlay's** first 20km race for a good sub-1hr50m result.

SA State Race Walking Championships

Open Men 20km

Kim Mottrom	SA Master Aths	1:35:27	
Peter Crump	Saints AC	2:08:47	

Open Women 20km

Sam Findlay	Southern AC	1:49:51	First 20km
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Over 35 Women 20km

Mel Grantham	SA Master Aths	2:12:57	
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U18 Women 8km

Daisy Braithwaite	Saints AC	51:26	PB
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Under 16 Boys 5km

Sebastian Richards	Southern AC	26:55	
Cooper Rech	Coastal Dist. AC	27:33	PB

Under 16 Girls 3km

Angelina Legrand	Pembroke AC	27:55	PB
Matilda Gourlay	Southern AC	28:10	PB
Emily Lynch	Saints AC	28:17	
Katie De Ruvo	Coastal Dist. AC	28:25	PB

Support Races

Open 10km

Rhiannon Lovegrove	57:48
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Open 5km

Greg Metha	31:28
Jasmine Crabb	40:16

Open 3km

Kim Mottrom	14:49
Liz Downs	22:53

Open 1.5km

Anthony Crabb	12:56
Robert Crabb	12:56
Martin Crabb	21:13

SOUTH AUSTRALIA AMA & SAMA 20km championships, 7 August - South Parklands

SAMA held their latest handicap meet in fine and cool conditions. **Graham Harrison** reports:

10K CLUBWALK	Name	Result	Age	Gp	AgeGrade%
GEORGE	WHITE	1:06:25	M75		79.72
BRIAN	WITTY	1:15:03	M70		66.02
MARGARET	MCINTOSH	1:26:01	W65		64.32
GIL	MCINTOSH	1:14:54	M70		66.86

5K CLUBWALK

RODGER	BARBER	0:41:15	M80		69.73
CATHIE	HORE	0:45:50	W70		59.6
DAVE	FALLON	0:39:00	M65		60.82
HELEN	SURIDGE	0:40:38	W70		67.23
ROS	LOWE	0:45:52	W70		61.87
DAVID	ROBERTSON	0:50:02	M85		62.21
MARIE	MAXTED	0:36:11	W60		68.28

2.5K WALK

ROGER	LOWE	1:30:25	M75		56.01
ROSS	HILL-BROWN	1:31:29	M65		52.65

TASMANIA

TWRC Results, Saturday 13 August - Montrose Bay

David Moore and **Rosemary Coleman** report:

A rare calm day for one our smallest fields of the season at Montrose Bay.

2km

1. Adele Woodward	OVA	15.10
2. Isla Direen	Huon LA	18.28

3km

1. Dave Moore	TMA	28.20
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5km

1. Ron Foster	NS	41.11
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WESTERN AUSTRALIA WARWC results, 14 August – Shelley

Results courtesy of **Terry Jones**:

14K Handicap

Marcela Ruiz	1:50:14
Wendy Farrow	1:35:53
Karyn Tolardo	1:33:28
Andrew Duncan	1:14:34

6K Handicap

Steve Travell	56.30
Xavier Bernard	30.19
Glenys Duncan	57.42
John Ronan	28.22
John McDonagh	41.56
Kaytee Bogaers	DNF

2K Handicap

Dylan Sardelich	10.40
Lachlan Nichols	10.47
Luke Lawrence	11.10
Hunter Sardelich	14.19
Lataya Lawrence	11.08
Xavier Bernard	10.22
Linkin Lawrence	13.09
Sophia Nichols	15.33



INTERNATIONAL NEWS

TOM BOSWORTH WITHDRAWS FROM EURO CHAMPS IN MUNICH

It appears that Britain's **Tom Bosworth** has decided to called time early on his international career, after pulling out of the European Athletics championships that have just commenced in Munich, Germany.

"It's with a very heavy heart I've decided to withdraw from the European Championships in Munich," he announced today on Facebook. "This was due to be my final major championships. Throughout my career I have treated competing for my country an absolute honour, and one not to be taken for granted."

"Despite a lot of hard work, from both myself and my team, to get me race fit, I still feel a very long way from my best and putting my body through a 20km will just be a challenge in itself."

"I wish everyone involved in the team the best of luck and to enjoy a championships that will no doubt be brilliant!"

"I'll hopefully see lots of you on August 29th in Tonbridge for my farewell race, where it all began."

Bosworth, who has struggled to rebound from illness this year and had what, for him, was a disappointing result in last week's Commonwealth 10,000m in Birmingham, had already announced that he will walk his last race on his home track at Tonbridge Harriers at the end of the month. But he would have wanted to wear the Union Jack one more time in a major international, and to do well in it. Clearly, however, the signs were not good. It was an unfortunate way to end a distinguished international career that included one of the most enthralling contests of the 2018 Gold Coast Commonwealth Games ... the 20km shootout between Bosworth and Australia's Dane Bird-Smith, undecided until the Birdman's last 200m surge.

As a new life direction, including marriage and a career path outside athletics, approaches, we congratulate Tom on his achievements and for being a such a fine ambassador for the sport, at home and abroad – and we wish him all the best for the future.

- Stu Cooper



Tom Bosworth duels with Kyle Swan at Fawkner Park, Melbourne, in 2019.

(Photo: VRWC)

UNITED KINGDOM: Sarnia Walking Club championship races - Guernsey

Season-ending race results from the Channel Isles, courtesy of David Ainsworth:

Stuart Le Noury & Donna Allan win 2022 Club Championships.

Report by **Rob Elliott**

2022 Men's club champion **Stuart Le Noury** ended the 10-race series with another two wins over 1 mile and 2,000 metres. On the track over 2,000 metres he recorded **10.36** and in a road mile at Delancey Park he recorded 8 minutes dead. Women's Club Champion for the year is **Donna Allan** who finished the mile race in just under 9 minutes and removed a second off her four year-old personal best time. Walkers were joined by Sparkhill Harrier race walker **Hilary Mann** who finished third overall in 10.35.

Kevin Le Noury, ahead of **Mick Le Sauvage** in second and **Stuart Le Noury** in third, won the Jubilee Tankard for the handicap section of the series.

**** Sarnia WC Championship: 2,000 metres track walk, Sunday July 17th - Footes Lane**

1 Stuart Le Noury	M35	10:36
2 Kevin Le Noury	M60	13:59
3 Mick Le Sauvage	M80	15:38

**** Sarnia WC Championship: 1 mile road walk, Sunday August 14th – Delancey Park**

1 Stuart Le Noury	M35	8:00
2 Donna Allan	W45	8:57
3 Hilary Mann (Sparkhill Harriers)	W55	10:35

4 Rob Elliott M60	M60	10:50
5 Kevin Le Noury	M60	11:10
6 Kevin Allan	M40	11:28
7 Mick Le Sauvage	M80	12:35

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.

- 16/08/2022 Munich (GER): Miguel Angel Lopez wins 35km of the European Championships 2022
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4443
- 16/08/2022 Munich (GER): Antigoni Ntrismpioti wins 35km of European Championships 2022
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4444
- 10/08/2022 Munich 2022: entry lists http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4442 Nicola Maggio's preview of the men's and women's 20km and 35km in the European Championships in Munich.

The Portuguese race walking blog **O Marchador** 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.

- Sunday, August 14, 2022 - European Athletics Championships in Munich, Germany, August 15-21
<http://omarchador.blogspot.com/2022/08/europeus-de-atletismo-em-munique.html> O Marchador's take on Munich provides technical details – the course, judging panel and timetable.
- Saturday, August 13, 2022 - Ireland 2022 Master Athletics Championships (results)
<http://omarchador.blogspot.com/2022/08/campeonatos-de-atletismo-master-2022-da.html>
- Friday, August 12, 2022 - 2022 Ontario, Canada Masters Athletics Championships (results)
<http://omarchador.blogspot.com/2022/08/campeonatos-de-atletismo-master-2022-de.html>
- Thursday, August 11, 2022 - Portuguese walkers registered for the 2022 Munich Europeans
<http://omarchador.blogspot.com/2022/08/montgem-o-marchador-em-vesperas-dos.html>
- Tuesday, August 9, 2022 - Sohail Aloui and Souad Azzi are champions of Algeria's 20 km walk
<http://omarchador.blogspot.com/2022/08/sohail-aloui-e-souad-azzi-sao-campeoes.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.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sun 21 Aug 2022	AV, VRWC & VMA 20km Championships – Middle Park
Sun 11 Sep 2022	AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park
Sun 18 Sep 2022	VMA 5000m track walk c'ships - Mentone

(NOTE: Full details of the **VRWC 2022 Winter Road season fixture** available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2023	24th World Masters T&F Championships – Gothenburg, SWE
TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC)	19th World Athletics Championships – Budapest, HUN

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