



# HEEL & TOE Online

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

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



No need to look far this week. **Bec Henderson** is the hands-down winner of this issue's WOTW following her outstanding 35km debut and maiden senior Australian title in atrocious conditions at Fawkner Park on Sunday.

Starting briskly with an eye on a Budapest qualifier, Bec was on track until 22km when she hit a bad patch and slowed, but held form and a slender advantage over Hong Kong's Siu Nga Ching to record **3:01:38**, an excellent time in the heat.

"It was a bit annoying that today had to be the hottest day in however long, but that's alright. We can improve and look ahead to the next one," Bec said in a post-race interview with AA\*. "I am still looking for those qualifiers for Budapest and Paris so it's going to be a big 18 months."

Congratulations, Bec. It was stirring stuff to see you grinding it out with such determination, and we wish you every success in the ongoing hunt for that qualifying time.

#### \*Honourable mentions

- **Rhydian Cowley** (VIC) – winner of the Australian 35km championship in **2:37:30**, with a master class of pace judgement in sapping heat.
- **Sam Findlay** and **Kim Mottrom** (SA) – Sam for her 3min-plus PB on a day nobody else could get close to theirs, and Kim for demonstrating once again how to endure over a long distance, this time in hot conditions.
- **Olivia Sandery** (SA) – wore down Birmingham CG rep Katie Hayward to win the Open 20km in her second race over the distance.
- **Allanah Pitcher** (NSW) – a fine display in her first-ever 20km in **1:42:36**, which would possibly have been sub 1:40 in the same conditions she'd trained in.
- **Will Thompson** (VIC) – a doubtful starter owing to a lower arm fracture, Will dismissed the pain – and his opposition – to win the men's 20km easily in **1:32:46**.

(\* [https://www.athletics.com.au/news/cowley-and-henderson-hang-tough/?fbclid=IwAR20AGH2OmG5hkkf-BR1hK\\_nyZcjRpqiALc0L4q2k5V-4Vu0kGdI5xvjB0](https://www.athletics.com.au/news/cowley-and-henderson-hang-tough/?fbclid=IwAR20AGH2OmG5hkkf-BR1hK_nyZcjRpqiALc0L4q2k5V-4Vu0kGdI5xvjB0))



# CLUB NEWS and RESULTS

## VRWC Club Summer races, Thursday 1 December - Mentone

A small field, made smaller by illness, turned up at Dolomore Reserve on a mild evening for our final Club races for 2022. **Jade Chitty** and **Kate Siviour** made the most of their long cross-city trip with Jade scoring another PB in winning the 3000m and Kate posting a good solo 5000m time. **Kevin Cassidy** was the quickest of the men with **16:22** in the 3000m.

We were pleased to welcome Caulfield youngster **Riley Debono**, who showed good technique and nascent speed to record **7:05** for the Little Aths distance of 1100m.

<b>5000m Walk Open</b>		<b>3000m Walk Open Men</b>	
Kate Siviour	26:11	Kevin Cassidy	16:22
		David Smyth	17:43
<b>3000m Walk Open Women</b>		Rupert Van Dongen	23:36
Jade Chitty	15:43	PB 0:14	
Kylie Irshad	17:08	<b>1500m Walk Open</b>	
Heather Carr	19:01	Geoff Barrow	10:42
Donna-Marie Elms	19:11	<b>1100m Walk Open</b>	
Marnie Zakis	19:16	Riley Debono	7:05

As ever, thanks to the judges and officials for being available to help conduct the races for our athletes:

**Officials:** Mark Donahoo, Stu Cooper, Anthony Doran, Karyn O'Neill,  
**Judges:** Brenda Fenton (Chief), David Cash, Terry O'Neill, Peter Price, Ralph Bennett  
**Walkers:** 11

*\*Next VRWC races*

We now go into the Christmas and New Year break until **Thursday 12 January 2023**. Summer racing resumes on that date at Aberfeldie track, with the first Middle Park road races of 2023 taking place on **Sunday 15 January** (followed by the Annual General Meeting. Formal notification of this will appear in the next issue.)

- **Thursday 12 January**, Aberfeldie track: **(7:00pm)** 1100m, 1500m **(7:15pm)** 5000m, 3000m
- **Sunday 15 January**, Middle Park: **(8:30am)** 20km, 15km, 10km **(9:15am)** 5km, 3km **(9:40am)** 2km, 1km **(11:00am)** Annual General Meeting

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## VICTORIA - METRO & REGIONAL



## AVSL RESULTS

### **\*\* Metro Zone B: Round 6, Saturday 3 December – Yarra Ranges track, Mt Evelyn**

Melbourne isn't doing things by halves this summer. After weeks beset by unseasonal cold, wet driving winds and rain, we got the other extreme at Yarra Ranges track with temperatures in the low 30s as the walkers braved the hottest part of the afternoon. Most entrants had opted for the 1500m and were no doubt glad they had.

**Ela Uzun** and **Jaime Hvalica** set a cracking pace from the gun with Ela surging away for her latest VRWC Club record performance in **7:01.64** and Jaime finishing well clear of the rest in **7:40.65** for 2<sup>nd</sup> place. **Natalie Laurie** made one of her periodic and welcome walking appearances to be the only other sub-8min finisher with **7:56.51**.

Eight stalwarts hung tough to contest the 3000m with **Mark Blackwood** taking line honours in **13:51.26** ahead of **Daniel Pashutin** who, with Ela, scored the second of the day's PBs with **15:16.45**.

### 1500m

Pl	Name	Club	Age	Time	Points	
1	Ela Uzun	(ESS)	F14	7:01.64	550	Club U12 track rec, PB 0:09
2	Jaime Hvalica	(DIV)	M14	7:40.65	455	
3	Natalie Laurie	(ANW)	FOP	7:56.51	441	
4	Havana Ali	(ESS)	F14	8:05.66	479	
5	Emily Smith	(KNA)	F18	8:06.42	428	
6	David Smyth	(COL)	M50	8:22.10	386	
7	Lucas Taylor	(YRA)	MOP	8:41.06	285	
8	Simon Evans	(BOH)	M60	8:48.95	408	
9	Donna-Marie Elms	(PTN)	F60	9:26.36	462	
10	Emilie Garside	(YRA)	FOP	9:57.25	258	
11	Tess Griffiths	(ANW)	FOP	10:03.25	251	
12	Kim Peak	(DAC)	F55	10:38.07	331	
13	Ian Handasyde	(OSC)	M65	10:39.30	297	
14	Gwen Steed	(GHY)	F70	10:40.89	452	
15	Geoffrey Barrow	(MEN)	M70	10:46.29	331	
16	Merilyn Thompson	(MPA)	F55	10:49.98	313	
17	Athlete 80 Unknown	(UNA)	M60	19:42.44	INV	
-	Ralph Bennett	(GHY)	M70	DQ		

### 3000m

1	Mark Blackwood	(KNA)	M45	13:51.26	491	
2	Daniel Pashutin	(KNA)	M14	15:16.45	476	PB 0:04
3	Ariana Pashutina	(KNA)	F16	16:25.74	457	
4	Kylie Irshad	(GHY)	F50	17:09.99	INV	
5	Carolyn Rosenbrock	(ANW)	F60	17:37.66	507	
6	Michael Harvey	(WAM)	M60	19:07.62	376	
7	Heather Carr	(GHY)	F70	19:27.19	512	
8	Bernie Keirl	(DIV)	M55	19:42.44	315	



Left: Jaime, Ela and Emily took it out hard in the 1500m at Mt Evelyn. Centre & right: Havana and Carolyn grit it out in the heat.  
(Photos: Steven Alder-Goad, AV)

### **\*\* Ballarat Zone: Round 6, Saturday 3 December – Llanberris Stadium, Ballarat**

It was the **Scott Peart** show at Llanberris, with Scott ripping 20secs from his PB to record an excellent **6:26.67**. **Sarah Brennan** opted for the 1500m and clocked **7:45.08** for an easy second place.

### 1500m

1	Scott Peart	(BYC)	M18	6:26.67	483	PB 0:20
2	Sarah Brennan	(BYC)	F45	7:45.08	503	
3	Kevin Ruddick	(BHA)	M70	9:30.52	422	
4	Phillip McLennan	(WEN)	M50	10:05.35	246	
5	Roslyn Ireland	(BWK)	FOP	11:47.40	163	
6	Olive Ireland	(BWK)	F60	12:30.12	243	
-	Lachlan Anderson	(BYC)	M14	DQ		

**\*\* Bendigo Zone: Round 6, Saturday 3 December – Latrobe Uni Athletics Track, Flora Hill**

Jennifer Payne was the quickest of the 1500m starters at Bendigo, clocking **9:51.16**. It was pleasing to see young **Kate Wilson** tackle the 3000m in a solo performance to record **18:43.71** – the first 3000m result from that venue this season.

**1500m**

1	Jennifer Payne	(SBE)	F65	9:51.16	467
2	Claire Noonan	(EAG)	F20	10:34.81	215
3	Annette Curtis	(SBE)	F65	11:48.92	324
4	John Watson	(BGO)	M70	11:59.39	255
5	Wendy Ennor	(EAG)	F65	13:25.21	229

**3000m**

1	Kate Wilson	(EAG)	F14	18:43.71	387
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**\*\* Coming up this weekend ...**

AVSL will resume on **Saturday 17 December** with Round 7.

Race walking focus now turns to the Australian All Schools championships in Adelaide from Friday 9 to Sunday 11 December. We wish our young Victorian contestants the best of luck ... and reasonable weather!

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## AROUND THE COUNTRY



**AA 35km ROAD WALK C'SHIPS 2022**  
Sunday 4 December, Fawkner Park

## COWLEY, HENDERSON PREVAIL AS HEAT WREAKS HAVOC

After weeks of *La Nina*-driven wintry weather in which all local walkers had trained leading up to this meet, a two-day window of blast-furnace summer heat arrived at Fawkner Park – right on cue to dash any hopes of qualifying times for upcoming international meets – before the return of *faux*-winter the very next day.

If Spielberg had written it as a freshman screenplay assignment he'd have got an 'F'. As has been heard often over the past twelve months, you couldn't make this stuff up. (At least on this occasion, politicians weren't to blame.)

### 35 Kilometers Australian championships

Under the circumstances, getting four finishers home from the 9 starters in the 35km was pretty good. It was hardly surprising that, of those four, two were 50km men and one a triathlete with experience at enduring in a range of weathers and environments.

**Rhydian Cowley** defended his national title with solid result of **2:37.30**, measuring his output over the 17.5 laps to ensure a strong finish. **Bec Henderson** – having been helped with a fast start by Jemima Montag – ground through the tough final 10km with sound technique and gritty determination against the lactic tide, to win the Women's title in **3:01:38** – a time that would have been substantially below 3 hours had conditions been better.

Henderson had an added incentive over those last tortuous kilometres, in the form of Hong Kong visitor **Siu Nga Ching**. Siu (known also as Jessica) walked a determined race in an effort to reel Bec in towards the end. She adjusted well to the conditions and her time of **3:02:20** was an impressive result. Final finisher was SA Masters walker **Kim Mottrom**, the Swiss Army knife of Australian walking (there's a Centurion badge waiting up ahead, surely), who made his second 35km national podium in 12 months with a gutsy walk to record **3:12:08**, showing a sound, economical technique throughout.

A combination of the heat and Covid recovery conspired to prevent others from finishing, and with Budapest on the horizon it's hoped other opportunities will soon be forthcoming as the quest for qualifying times continues.





*Rhydian, Bec, 'Jessica' and Kim ... happiness and relief after one tough morning. (Photo: Wayne Henderson)*

#### Men 35km Race Walk Open

1 Rhydian Cowley	91	VIC	2:37:30
2 Kim Mottrom	84	SA	3:12:08
-- Declan Tingay	99	WA	DNF
-- Kyle Swan	99	VIC	DNF
-- Carl Gibbons	96	NSW	DNF

#### Women 35km Race Walk Open

1 Rebecca Henderson	98	VIC	3:01:38
2 Siu Nga Ching	87	HKG	3:02:20
-- Jemima Montag	98	VIC	DNF
-- Anett Torma	84	HUN	DQ TR54.7.5

### 20 Kilometers

The heat was as pitiless for the 14 competitors here as for those in the 35km, with personal goals shrivelling as the race turned into one simply to get through. There were, however, several notable results.

**Olivia Sandery** and **Katie Hayward** provided the best contest with a mere 23secs separating them at the finish, Olivia winning in **1:36:35** to cap off a wonderful year. **Allanah Pitcher** handled the conditions admirably in her first 20kms for third in **1:42:36**, while perhaps the biggest surprise came from **Sam Findlay** whose **1:44:10** was a 3:09 PB ... an astonishing result 'against the tide'.

**Will Thompson** wasn't about to let a broken arm stop his participation and, while naturally fighting pain, he still stamped his authority upon the men's field to win by over three minutes in **1:32:46** from **Dylan Richardson**.

#### Men 20km Race Walk Open

1 Will Thompson	02	VIC	1:32:46
2 Dylan Richardson	00	NSW	1:35:51
3 Mitchell Baker	01	ACT	1:36:35
4 Gwyllym Young	02	ACT	1:48:50
-- Jack McGinniskin	02	NSW	DNF
-- Geromi Tucker	03	VIC	DNF
-- Tim Fraser	00	ACT	DNF

#### Women 20km Race Walk Open

1 Olivia Sandery	03	SA	1:36:35
2 Katie Hayward	00	QLD	1:36:58
3 Allanah Pitcher	03	NSW	1:42:36
4 Samantha Findlay	97	SA	1:44:10
5 Bridget Bell	02	NSW	1:57:59
-- Hannah Mison	01	NSW	DNF
-- Alanna Peart	03	VIC	DNF

### 10 kilometres U20

No surprises here with **Marcus Wakim** and **Lizzie McMillen** dominating, albeit with slower than usual times.

#### Men 10km Race Walk U20

1 Marcus Wakim	06	VIC	44:56
2 Fraser Saunder	04	VIC	47:34

#### Women 10km Race Walk U20

1 Elizabeth McMillen	04	NSW	51:09
2 Gabriella Hill	03	NSW	55:26
3 Char Hay	03	VIC	56:15

Thanks to all officials, volunteers and supporters whose efforts – large or small – contributed to the successful running of another major road walking championship at Fawkner Park.

*- Stu Cooper*

**\*NEXT WEEK...**



## Australian All Schools T&F Championships 2022

Friday 9 to Sunday 11 December - SA Athletics Stadium, Mile End, Adelaide

Start times given below were correct as at Thursday 1<sup>st</sup> December:

<b>Friday 9 December</b>	<b>6.12pm</b>	5000m Race walk	U17 Girls
		5000m Race walk	U18 Girls
	<b>7.02pm</b>	5000m Race walk	U17 Boys
		5000m Race walk	U18 Boys
<b>Saturday 10 December</b>	<b>6.00pm</b>	3000m Race walk	U15 Girls
		3000m Race walk	U16 Girls
	<b>6.20pm</b>	3000m Race walk	U15 Boys
		3000m Race walk	U16 Boys
<b>Sunday 11 December</b>	<b>10.00am</b>	3000m Race walk	U14 Girls
		3000m Race walk	U14 Boys

### A.C.T. ACT Masters & Athletics ACT results, 1 & 2 December – Woden Park & AIS

#### ACT Masters meet 1 December – Woden Park

<b>1000m</b>	
1 Julia Grocott	5:19.53
<b>3000m</b>	
1 Kodi Clarkson	13:05.62
2 Ann Staunton	16:45.93
3 Hana Jugovic	17:18.02
4 Robert Kennelly (f)	26:31.04

#### Athletics ACT results 2 December – AIS

<b>3000m</b>	
1 Kodi Clarkson	12:57.22

### SOUTH AUSTRALIA ASA Interclub results, 3 December - Salisbury

Kim Mottrom reports that the SA walkers faced 33C heat at Salisbury, hence the generally slower times. **Nellie Langford**, **Sam Wilks** and **Sebastian Richards** were the standouts on a day as testing as in Melbourne.

#### Open 5000m

Cooper Rech	Coastal Districts	28:53.99
Peter Crump	Saints Athletics Club	33:09.54
Anthony Tana	Southern Athletics Club	DNF

#### Open 3000m

Nellie Langford	Southern Athletics Club	14:53.36	PB
Sam Wilks	Pembroke	15:02.74	
Daisy Braithwaite	Saints Athletics Club	15:46.79	
Angelina Legrand	Pembroke	17:12.97	
Katie De Ruvo	Western Districts	17:21.57	
Emily Lynch	Saints Athletics Club	19:30.89	
Matilda Rech	Coastal Districts	20:08.34	

#### Open 1500m

Sebastian Richards	Southern Athletics Club	6:48.58
Rhiannon Lovegrove	Port Adelaide	7:59.94
Orlando Grantham	Saints Athletics Club	8:04.40
Elise Scott	Salisbury	8:19.50
Mel Grantham	SA Masters	8:49.61
Matilda Gourlay	Southern Athletics Club	8:55.41
Alexis Thiele	Flinders	9:34.95
Alex McEwan	Tea Tree Gully	10:58.03

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# INTERNATIONAL NEWS

## BRITISH ATHLETICS TO AXE TRACK WALKS?

**Tom Boswell** has stated, in a post on the FB page *Race Walking Group*, that British Athletics has made a behind-closed-doors decision to remove walking races from future British outdoor and indoor track championships.

While no formal announcement appears yet to have been made, the information (presumably leaked) is disturbing for all who love the sport and revere its heritage, both in UK athletics and as a component of track and field worldwide. Once abolished, what are the chances of reinstating it? No doubt discussion will centre on whether the British race walking community can mount a sufficiently strong challenge to have this decision overturned. The consequences for the sport of shutting down such a vital developmental outlet for young talent aiming at international representation need no spelling out here.

Follow the *Race Walking Group* discussion at <https://www.facebook.com/groups/139423539480219>. In the meantime, we hope the decision can and will be reversed. If Great Britain ceases to recognize race walking – a sport in which it was a 20<sup>th</sup> century powerhouse – as worthy of a place alongside other athletics events, the sport will be lost to potential stars there who were born to do it yet will likely never know of it.

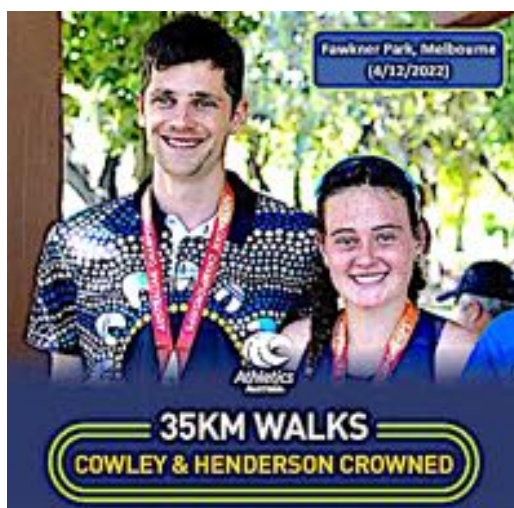
## MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has no new reports this week.

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.

*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.*

- Monday, December 5, 2022 - João Vieira and Ana Cabecinha win in Barreiro  
<http://omarchador.blogspot.com/2022/12/joao-vieira-e-ana-cabecinha-vencem-no.html>
- Sunday, December 4, 2022 - Rhydian Cowley and Rebecca Henderson win Australian 35km walk championships  
<http://omarchador.blogspot.com/2022/12/rhydian-cowley-e-rebecca-henderson.html>



(Photo: Athletics Australia)

- Friday, December 2, 2022 - National Athletic Walking Meeting “Villa de Valverde” 2022 – results  
<http://omarchador.blogspot.com/2022/12/reuniao-nacional-de-marcha-atletica.html>
- Tuesday, November 29, 2022 - Galician Track Walking Championship - Winter 2022 (results)  
<http://omarchador.blogspot.com/2022/11/campeonato-da-galiza-de-marcha-em-pista.html>

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2022

Fri-Sun 9-11 Dec 2022	<b>AA All-Schools T&amp;F c'ships</b> – Adelaide
Sat 17 December	<b>AVSL Rd 7 walks (2000m, 5000m)</b> – Zone A – Moonee Valley Athletics Centre, Aberfeldie
<b>2023</b>	
Fri 6 Jan 2023	<b>Race Supernova #1 (WA RW Tour Silver)</b> – Canberra
Thu 2 Feb 2023	<b>Race Supernova #2 (WA RW Tour Silver)</b> – Canberra
Sat 11 or Sun 12 Feb 2023	<b>TBC AA 20km Road walking c'ship</b> – Fawkner Park
Fri-Sun 24-26 Feb 2023	<b>AV T&amp;F c'ships U14-16</b> – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	<b>AV T&amp;F c'ships U18-Open</b> – Lakeside Stadium
Fri-Mon 10-13 Mar 2023	<b>AMA Masters T&amp;F c'ships</b> – Sydney

## International Dates

TBA, 2023	<b>World University Summer Games</b> – Chengdu, CHN (postponed from 2020 and 2022)
19-27 Aug 2023	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN
13-25 Aug 2024	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
20-24 Aug 2024	<b>WA World Junior T&amp;F Championships</b> – Lima, PER

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### **\*SPECIAL REQUEST**

Attached to the email carrying this issue is a poster. It is the same one that has been embedded at the end of 'H&T' issues up until this week, but of better print quality.

We are asking all VRWC members and friends to copy, or print and circulate it as widely as they can.

If the poster succeeds in attracting even **one** new member to the Club ... *so have you!*



