



HEEL & TOE Online

Vol. 2023
Issue No. 26
Tuesday
4 July 2023

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: *RUNNERS WORLD* 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>



CLUB NEWS and RESULTS

***Parking Permits now available for Club members**

Senior members and parents of Junior members (U18) who are *currently financial* may apply for a Parks Victoria parking permit, to be used while attending the VRWC on club business.

If you wish to obtain a pass, you will need to download or print an application form. This is available from the VRWC website. (Note that there are two forms ... one for Senior members and one for parents of Junior members.)

*Don't forget the

TWILIGHT TRIVIA

on Saturday 29 July – following the RWA Interstate Challenge races.

Pre-booking of seats required. (Deadline for this is Monday 24 July)

(I hear the judges have already booked their table. Come on, walkers, here's your chance to get even!)

See main advert on Page 13 of this issue for details.

VRWC Club points races, 1 July – Middle Park

In contrast to last week, the 32 starters who toed the line on Saturday were treated to much more agreeable conditions for Saturday's points races. Five distances were on offer, with a roughly even distribution of entrants across the card.

Performance of the day was **Maddison Nash's** 8km in **41:56**. After an injury-truncated 2022 Maddie has made up lost ground with a vengeance, on this occasion giving her PB a 2:28 thumping. It was also pleasing to see the return of **Kirstin Shaw** for one of her 'cameo' appearances, clocking a creditable **46:03**. Kirstin was a regular year-round racer from 2009 to 2014, when other life priorities intervened, but she has kept fit and stepped back into it on Saturday as if she'd never been away.

Alejandro Stephens, after a measured start, gradually wore down pace-setter **Eden Morgan** to take the points in his first 8km race, **41:19** to **41:39**. **Jonathan Ho** continued his run of improvement over the longer ones with a big 1:25 PB in **45:40**, with **Gerard Feain** grabbing handicap honours.

Former Little A's speed demon **Nikola Mandic** is steadily inching his way up through the distances, a sensible approach as he settles back into the sport in his first consistent road season. Trying his hand at 6km for the first time, Nikola clocked an encouraging **28:33** to finish just 43 secs behind **Riley Coughlan**. **David Smyth** claimed the handicap with **35:51**.

It was a day of PB goodies for **Char Hay** as she took line and handicap honours with **31:49**, as did **Terry O'Neill** in the 4km. Behind Char, **Heather Carr** and **Donna-Marie Elms** had a good tussle to finish 4secs apart. **Emilie Garside** had her first VRWC win, taking the 4km handicap, while **Mietta Morgan** was the fastest overall with her **23:41**.



The 8km-4km fields get underway

Name			Pl.	Pl. time	Hcp pl.	
8km race						
Alejandro	Stephens	M	1	41:19	2	First one
Eden	Morgan	M	2	41:39	4	
Jonathan	Ho	M	3	45:40	3	PB 1:25
Gerard	Feain	M	4	48:53	1	
Maddison	Nash	F	1	41:56	1	PB 2:28
Kirstin	Shaw	F	2	46:03		
Grace	Louey	F	3	48:58	2	
6km race						
Riley	Coughlan	M	1	27:50	3	
Nikola	Mandic	M	2	28:33	2	Longest race
David	Smyth	M	3	35:51	1	
Char	Hay	F	1	31:49	1	PB 0:16
Donna-Marie	Elms	F	2	39:14	3	
Heather	Carr	F	3	39:18	2	
Marnie	Zakis	F	4	43:32	4	
4km race						
Steven	Haverly	M	3	36:47		
Geoff	Barrow	M	2	30:56	2	
Terry	O'Neill	M	1	24:47	1	
Mietta	Morgan	F	1	23:41	4	
Karyn	O'Neill	F	2	28:07	2	
Emilie	Garside	F	3	28:44	1	Longest race
Merilyn	Thompson	F	4	29:24	3	

The 2km and 1km races yielded five PBs, including those of **Angus Shuttleworth** and **Mya McClure** who both clocked convincing sub-10min times. Evergreen **Gwen Steed** won the 2km handicap, while **Zoe Bowkett** did the same in taking line honours in the 1km. Biggest improver was **Matilda Read** who gets stronger with every race, as does **Logan Allison** who is steadily cutting down his times.



Fast starts in the 2km and 1km.

2km race

Angus	Shuttleworth	M	1	9:35	1	PB 0:01
Mya	McClure	F	1	9:29	2	PB 0:10
Matilda	Read	F	2	10:15	3	PB 0:13
Emily	Smith	F	3	10:47		
Gwen	Steed	F	4	14:42	1	

1km race

Logan	Allison	M	1	5:46	1	PB 0:02
Zoe	Bowkett	F	1	5:24	1	
Pippa	Read	F	2	5:39	5	
Lily	Bowkett	F	3	5:44	2	
Ella	Harris	F	3	6:07	3	PB 0:06
Anouk	Morgan	F	5	6:15	4	



*More of Terry Swan's action photos can be viewed at <https://www.facebook.com/media/set/?set=oa.967519710964694&type=3>

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 nonetheless.

Manager Mark Donahoo
Referee: Terry Swan
Recorders Mark Donahoo, Robert Gardiner, Bill Carr, Ian Laurie, Deanne McClure, Alan McClure
Judges: Stu Cooper (C), Peter Price, Brenda Felton, Gordan Loughnan, Shane Bicknall, Michael Bodey

Set up, Pack up: Terry Swan, Gerard Feain, Robert Gardiner, Mark Donahoo, Ian Laurie, Terry O'Neill, Karyn O'Neill, Tim Erickson, Emily Garside, Michael Bodey
Bike rider Terry Swan
Photos Terry Swan
Walkers: 32

** Coming up ...

** **Saturday 8 July** ... no VRWC races. The following week:

Sunday 16 July – Middle Park			
*AV, VMA & VRWC 20km & Winter Championships			
8.30am	20km	AV Championship	Open Men
	20km	VRWC C'ship – Alf Robinson Trophy	Open Men
	20km	VMA Championship	Masters Men
	20km	AV Championship	Open Women
	20km	VMA Championship	Masters Women
	20km	Non-championship	Open
8.50am	10km	VRWC C'ship – Mabel Robinson Trophy	Open Women
	10km	AV Championship	U20 Men
	10km	AV Championship	U20 Women
	10km	AV Championship	U18 Men
	10km	Non-championship	Open
9.15am	5km	AV Championship	U18 Women
	5km	AV Championship	U16 Boys/Girls
	5km	Non-championship	Open
10.00am	3km	AV Championship	U14 Boys/Girls
	3km	Non-championship	Open
10.20am	2km	VRWC Championship	U12 Boys/Girls
	2km	VRWC Championship	U10 Boys/Girls
	2km	Non-championship	Open

Presentations – *these will be made at the conclusion of each race.*

*Entry for all **AV championships** must be finalised by **11.59pm** on **Wednesday 12 July**, via the AV Entry portal at <https://members.athsvic.org.au/events/184936/>

*Entries for all **VRWC** and **VMA** events close on **Friday 14 July** at **11.59pm** at <https://www.revolutionise.com.au/vrwc/events/194637/>



** WORKING BEE

CAN YOU LEND US YOUR MUSCLES AND A BIT OF YOUR TIME?

On **Sunday 16 July**, after the Championship races, we'll be attending to some much-needed (and delayed) tidying-up of the laundry, storage shed and Club room. Key tasks will include:

- Throwing out old, broken and unwanted materials from the shed;
- Installing plywood paneling on the wall studs there;
- Emptying the large shelving in the laundry, dismantling the shelving and relocating it to the shed. (This will free up the laundry wall space, where the Bowling Club want to install a washing machine and dryer.)
- Replacing equipment on the relocated shelving in the shed.
- General cleaning and tidying of the Club room
- Demolition of the PIZZAS we'll be ordering for lunch!

Any assistance you can give will be invaluable!

VICTORIA - METRO & REGIONAL



VIC. MASTERS NEWS

Two of our esteemed Masters walkers – **Kelly Ruddick** and **Clyde Riddoch** – have received well-earned commendation at the AMA 2022 Awards, Kelly as AMA Walker of the Year and Clyde as recipient of an AMA Distinguished Service Award. Their citations appear below.



***Walks**

Kelly Ruddick

WR/AR/Vic Rec 5km W W45	22.47.17	93.84%	26/2/2022	Albert Park
Vic Rec 20km W45	1.36.58	95.03%	13/2/2022	Adelaide
AR/Vic Rec 30km W45	2.33.22	96.22%	15/5/2022	Fawkner Park
AR/Vic Rec 35km W45	3.00.04		15/5/2022	Fawkner Park

Oldest ever female competitor at the World Athletics Championships, aged 49.

Selected by Athletics Australia for the 35km race walk at championships in Eugene, Oregon. 15/7/22

***Service Merit Award**

Clyde Riddoch

Services to the VMA and AMA – records and statistician officer continuously for both the AMA (since 2000) and VMA since 1993).



**** Congratulations**, Kelly and Clyde, from everyone at the VRWC!



AROUND THE COUNTRY

** RACEWALKING AUSTRALIA POSTAL CHALLENGE EVENT ... Rules

The rules governing the State Challenge are as follows:

- The Racewalking Australia State Challenge event is a RWA club-versus-club teams competition with points being awarded within each race to the top finisher for each club.
- The qualifying period for registering times for points is **July 1 to July 31**.
- Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
- Age is 'age on the day' for all walkers including Masters. Note RWA Masters is 35+.
- Full results should be forwarded to Mark Donahoo, the event moderator.
- Mark will allocate points as follows: (1 pt for first overall, 2 pts for 2nd, 3 pts for 3rd, 4 pts for 4th

and then all others clubs will be awarded 5 pts whether they have entered a competitor in that event or not.

- Once the scores for the individual races has been determined, the overall score for clubs of 40 members or less will be divided by 1.6, the overall score for clubs with 80 members or less will be divided by 1.3 and the overall score of clubs with over 80 members will be divided by 1. Club numbers are based on membership numbers as submitted at the previous RWA AGM. The numbers have been sent to Mark from Andrew Mitchell, RWA Treasurer.
- As in previous years, the club with the smallest total wins the Challenge.

If you have any questions, please refer them to Mark Donahoo.

Good luck everyone,

Terry Swan
RWA Secretary

**** Editor's note:**

The above notice should have been received by all Club secretaries, along with an **Excel spreadsheet** on which all walkers' times are to be recorded and sent back to Mark when completed. If you did not receive this, contact Terry or Mark immediately.

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



Photo: VRWC

WOTW this week goes to two of the country's up-and-coming young walkers, both of whom smashed 8km PBs by big margins on Saturday.

At Middle Park, **Maddison Nash** (VIC) took a 2:28 chunk from the PB she set two weeks ago, clocking **41:56**. Having set her sights on the longer races this season, Maddie is building her condition impressively and, with this to underpin the natural speed she already has, the future looks bright indeed.

South Australia's **Daisy Braithwaite**, 15, who had walked this distance only once before, tore nearly seven minutes from that time (set last year) to record a new personal mark of **44:30** in the SARWC's Interstate Challenge meet. Put this alongside her first 10km time of 53:37, set in March, and it seems Daisy is forging a similar path to those of Olivia Sandery, Sam Findlay and Nellie Langford, confirming the SARWC as a



Photo: Athletics SA

female walking powerhouse.

Congratulations, Maddie and Daisy. We wish you both unimpeded progress and success in your upcoming races.

***Honourable mentions**

- **Cooper Rech (SA)** – by now a familiar name in this column, Cooper added his first 8km to his list of achievement this season, clocking an impressive first-up **43:48**.
- **Allanah Pitcher, Dylan Richardson and Carl Gibbons (all NSW)** – Allanah and Dylan won the NSW State 10km titles, with Carl 2nd, all in times not far from their PBs.

A.C.T. ACTRFWC Point score #8, 24 June – Lennox Gardens



Lovely, sunny surroundings for racing ... if you can stay warm.



(Photos: ACTRFWC newsletter)

Results (inc. race and fitness walkers):

10km		5km		3km	
1 Julia Grocott	1:03:48	1 Rosemary Parker	41:00	1 Jillian Ryan	16:34
2 Sue Archer	1:11:33	2 Miriam McCarthy	45:01	1 Emma Grocott	18:15
3 Bob Parker	1:20:22	3 Geoff Barker	50:56		

NEW SOUTH WALES ANSW State Teams & Individual c'ships, 24 June – The Armory, Homebush

Regrettably, ANSW had not posted these results in time for last week's issue (and they still haven't!). Fortunately, **Frank Overton** went digging and came up with the finishing results for all races. Thanks once again, Frank!

The races were held at The Armory, Sydney Olympic Park precinct. The day started with a cool breeze which soon changed to a beautiful sunny day. The new Armory venue has been received by all as a good location.

Alannah Pitcher and **Dylan Richardson** honed their speed blades for Chengdu with fast winning times, **46:18** and **42:29** respectively. See below for an excellent article on the pair by ANSW's David Tarbotton.

Women 10k Race Walk Op

1 Pitcher, Allannah	Sydney Uni	46:18h
2 Bell, Bridget	West's Track	54:52h
3 Beck, Grace	West's Track	57:19h
4 O'Neill, Molly	Adamstown Ne	58:03h
5 Cochrane, Imogen	West's Track	1:08:21h

Men 10k Race Walk RR Op

1 Richardson, Dylan	Mingara Regi	42:29h
2 Gibbons, Carl	Westlakes At	42:47h
3 McGinniskin, Jack	Mingara Regi	46:03h

Women 5k Race Walk U18

1 Pitcher, Sienna	Mingara	25:00h
2 Byatt, Laelia	Girraween Ath	29:25h
3 Bektas, Jessey	Nepean Dist	29:59h
4 Bektas, Abbey	Nepean Dist	36:33h
5 Challinor, Sarah	Nepean Dist	38:07h

Men 5k Race Walk U18

1 Byatt, Joel	Girraween At	24:38h
---------------	--------------	--------

Women 5k Race Walk U16

1 Webb, Matilda	Winston Hill	26:57h
2 Hearnden, Emma	Macquarie Hu	28:51h
3 Maxwell, Madeleine	Maitland Sen	30:41h
4 Corvalan S'mayor, Laura	Girraween Ath	32:27h

Men 5k Race Walk U16

1 Allabush, Dylan	West's Track	26:55h*
2 Nilon, Christopher	Parramatta C	28:49h
-- Sinnett, Alexander	West's Track	DNF

**30sec pen.*

Women 3k Race Walk U14

1 Polkinghorne, Sophie	Hills Distri	14:18h
2 Cassilles, Erin	Westfields A	16:44h
3 Hoskins, Emma	Hills Distri	17:08h
4 Wade, Sienna	Sydney Athle	17:21h
5 Kot, Madeline	Westfields A	18:02h
6 Twigden, Lilly	Westfields A	19:01h
7 Hearnden, Nikki	Macquarie Hu	19:04h

Men 3k Race Walk U14

1 Cousins, Tyler	Macquarie Hu	15:16h
2 Mathison, Michael	Westfields A	17:05h
3 McCarthy, Mitchell	Ryde Athleti	17:13h
4 Waddington, Patrick	Winston Hill	17:43h
5 Jones, Sagan	Hills Distri	18:36h
-- Martin, Callum	Adamstown Ne	DQ

Women 3k Race Walk U12

1 Hewitt, Hannah	West's Track	17:13h
------------------	--------------	--------

Men 3k Race Walk U12

1 Appleyard, Nate	Winston Hill	15:10h
-------------------	--------------	--------

2 Miller, Molly	Sydney Pacif	17:24h	2 Maxwell, Charlton	Maitland Sen	16:35h
3 Rudd, Felicity	Athletics Ba	19:07h	3 Dennett, Alexander	Hawkesbury C	22:59h
			-- Waddington, Joshua DQ	Winston Hill	DQ
Women 3k Race Walk U10			Men 3k Race Walk U10		
1 Wade, Stella	Sydney Athle	17:08h	1 Hearnden, Jacob	Unattached	19:22h
2 Dennett, Veronica	Unattached	19:24h	-- Bouquet, Harrison	Unattached	DQ
3 Jenkins, Addison	Unattached	19:33h			
4 Sorokin, Milana	Unattached	25:00h			
Women 50-54 10000 Meter Race Walk 50-59					
1 Challinor, Nicolle	Illawong Rev	1:14:27h			
Women 60-64 10000 Meter Race Walk 60-69					
1 Weekes, Anne	Illawong Rev	1:15:36h			

Dylan Richardson and Allannah Pitcher win State walks ahead of International Meets

by *David Tarbotton* (reprinted from the *ANSW* website.)

Central Coast training partners, **Allannah Pitcher** and **Dylan Richardson** won today's NSW 10km Team Walk Championships shortly before they head overseas for major competitions. Competing at the Armory in Newington, Allannah clocked **46:18** while Dylan recorded **42:29**. In just 10 days Allannah will embark on her journey to the world championships in Budapest, via a training stint at altitude in St Moritz. Dylan heads to China in late July for the World University Games, but more immediately he heads for two weeks to America to attend his brother's wedding.

Teenager, Allannah Pitcher, was rather pleased with her time today as it was largely a sprint distance for her as she will tackle 35km in Budapest at the world championships in August.

Dylan Richardson was also pleased.

"42:30 today and at National I clocked 41:56, so second fastest 10k ever so happy with that," he said.

Dylan had good opposition to test him, with 2022 World Championships representative **Carl Gibbons** also racing. Mid-race Carl broke away from Dylan and looked to be heading for the win, but Dylan fought back to take the lead and go on for the win.

Carl Gibbons had an incredible 2022 year where he competed at two global meets and now Dylan is following in his footsteps onto the international stage.

"For me personally it has been motivating seeing Carl at the world championships last year and on National teams and I want to be there on those teams with them (including Allannah Pitcher)," he said.

Dylan flies out tomorrow morning at 4.00am to American for his brother's wedding, then is back to Sydney for a week, where he needs to secure his visa for China, ahead of training at Chengdu in China for six days for acclimatation ahead of the World University Games.

Dylan's 2023 campaign has seen him PB in almost every race from distances from 5000m to 35km walk. But these rewards don't just happen, but at the result of hard work and discipline. Dylan gave us an insight to just how hard athletes at his level train and why he thinks he has improved so much this year.

"Last year I stepped up my consistency and the distance; I was averaging 100k training weeks and I think having that behind me helped. Then this year I've had weeks up to 150k, and consistently around the 120 or 125k mark. It is mostly walking and it is normally around twelve to twelve and half hours of training (per week)," said Dylan.

He trains early in the morning. "If I can get out and train before 8am, it is easy to back up in the afternoon with an easy 6 to 10k before it is dark."

With that much time training, Dylan is aiming to make it pleasurable.

"Competing and racing is the fun bit, but finding a way of making those 150k weeks enjoyable, not fatiguing or grinding is the goal."

Certainly for Dylan this includes getting selected for teams. I had two trips to Japan for five days and you don't get to see much, but it is an experience."

National teams on the radar for Dylan include 2024 World Race Walking Teams Championships; 2025 world championships, World Unis and World Race Walking teams championships, then in 2026 is the Commonwealth Games.

David Tarbotton for Athletics NSW



*Dylan
(Photo: David Tarbotton)*



Allannah



*Carl
(Photos: Greg Griffiths)*

SOUTH AUSTRALIA SARWC Interstate Challenge results, 1 July – South Parklands

Kim Mottrom reports that, as with Melbourne, Adelaide's walkers were blessed with much more agreeable racing conditions last Saturday, after two weeks of 'paying their dues' in shivers. The SARWC's Interstate Challenge results were topped by **Daisy Braithwaite's** enormous 8km effort of **44:30** ... a PB by almost 7mins!

Interstate Challenge

Open 10km

Kim Mottrom	44:51
Sam Findlay	50:39
Rhiannon Lovegrove	58:48

Masters 10km

Peter Crump	1:00:10	
Alex McEwan	1:18:13	PB 4:52
Di Camilleri	1:22:41	
Bill Starr	1:22:58	
Kristy Templer	1:31:38	First 10km

U20 10km

Nellie Langford	DNF
-----------------	-----

U18 8km

Cooper Rech	43:48	First 8km
Daisy Braithwaite	44:30	PB 6:56

U16 5km

Angelina Legrand	29:19
Katie De Ruvo	29:39

U14 3km

Matilda Rech	19:05	
Senna Cook	19:42	PB 0:12
Liliana Templer	20:36	

U12 2km

Liliana Templer	11:42	PB 0:02
-----------------	-------	---------

U10 1.5km

Support events

Open 5km

Greg Metha	29:21
------------	-------

Open 2km

Zayden Kamish	10:51
Grace Marin	12:06

Robert Crabb	11:51
Anthony Crabb	17:39
Martin Crabb	20:50

TASMANIA Athletics Tasmania All Schools & Short course c'ships , 1 July - Tunbridge

Winter weather isn't usually kind to the folks south of Bass Strait, so it's good to see that they were smiled on last Saturday with State Championships on the schedule. **David Moore** and **Rosemary Coleman** report:

Winter sunshine and light breezes made for good performances at Tunbridge for the first of our 2023 season road walk championships.

Particular congratulations this week go to our young walkers in the All Schools events especially those in the U/11 to U/16 age groups where **6 PB'S** were attained. Well done to **Isla Direen, Elsie Woodward, Adele Woodward, Lucas Carr, Lily Carr** and **Marinette Alberts** for their achievements on the day.

In the Athletics Tas. Short course events, evergreen Athlete **Elizabeth Leitch** added another Senior State Title to her trophy cabinet in the 10km event, whilst **Eugene Gerlach** confirmed his dominance of the O/40 5km by winning the event for the 10th time.

Championship Results – All Schools

U/11 1.5km Girls

1. Isla Direen	St James Coll.	11.40 PB
2. Elsie Woodward	H'ville Primary	11.50 PB

U/12 1.5km Boys

1. Dylan Broad	Sum'dale Primary	14.09
2. Riley Broad	Sum'dale Primary	15.31

U/12 1.5km Girls

1. Adele Woodward	St Aloysius	9.53 PB
-------------------	-------------	----------------

U/14 2km Boys

1. Lucas Carr	Southern Christian	15.48 PB
---------------	--------------------	-----------------

U/14 2km Girls

1. Cacia Charles	East L'ton Primary	13.08
2. Marinette Alberts	South Christ.	14.34 PB

U/20 5km Men

1. Will Bottle	Launceston Coll.	22.28
----------------	------------------	-------

U/16 3km Women

1. Lily Carr	Southern Christian	18.47 PB
2. Lani Broad	Prospect High	20.56

Athletics Tas. Short Course c'ships

Open 10km Women

1. Elizabeth Leitch	TMA	1:12:32
---------------------	-----	---------

Over 40 5km Men

1. Eugene Gerlach	ATW	36:54
2. Wayne Fletcher	NS	45:56
-- David Moore	TMA	DNF

WESTERN AUSTRALIA WARWC & Aths West combined walks, 2 July – Perry Lakes

Terry Jones reports that conditions were mild and sunny for last weekend's races, which saw WARWC and Little Aths walkers in combined competition although only the Walkers club results are listed here.

Women 10k Open

Tolardo, Karyn	1:03:45.75
Farrow, Wendy	1:09:21.10

Women 5k Open

van Heerwaarden, Fiona	32:53.97
------------------------	----------

Boys 1K Under 9

Conwell, Hudson	5:03.82
-----------------	---------

8 Girls 2K Under 12

Carnaby, Savannah	12:32.00
-------------------	----------

Girls 2K Under 14

Borsic, Katica	11:28.62
Curtis, Isabelle	11:50.94

Girls 2K Under 15

Bogaers, Kaytee	10:10.74
-----------------	----------

Boys 2K Under 12

Sardelich, Dylan	11:25.86
------------------	----------

Boys 2K Under 13

Lawrence, Linkin	13:19.33
------------------	----------

Bevis, Zachary	16:04.99
----------------	----------

Girls 3k Under 14

Borsic, Katica	16:58.15
----------------	----------

Curtis, Isabelle	18:10.85
------------------	----------

Girls 3k Under 15

Bogaers, Kaytee	16:25.23
-----------------	----------

Bevis, Leila Dale	18:17.86
-------------------	----------



INTERNATIONAL NEWS

UKRAINE: National 20km Championships, 24 June – Ivano-Frankivsk

On June 24, the Ukrainian 20 km walking Championships took place in Ivano-Frankivsk, the usual setting for events in the discipline (next October the 35 km championships) attended by 23 athletes from different regions of the country.

In the men's event, highlight was the victory of **Serhiy Svitlichnyi** with a time of **1:23:51**, followed by **Eduard Zabuzhenko**, with **1:24:48**, and **Viktor Shumik**, with **1:24:55**. It should be noted that two athletes from the sub-23 age group, **Mykola Ruschak (1:26:07)**, fifth overall and first in that category, and **Yehor Shelest (1:26:16)** reached the minimum requirements to be present at the U23 European Championships, which will take place in the Finnish city of Espoo.

Svitlichnyi, in comments made on the Instagram page, said that finally, after four long years of waiting, he won the Ukrainian title in the distance. He thanked the coach, family and friends for their support and all defenders of the State.



(Photo montage: O Marchador)

In the women's competition, victory was won by **Valentyna Naiavko**, who thus became champion of her country in the distance for the first time, with a time of **1:39:54**. The silver medal went to **Alina Tsvilii**, with **1:43:24**, and the bronze to **Tamara Havrylyuk**, with **1:49:40**, with U23 champion **Sofia Krylovetzka**, the distance leader in that category, not managed to meet the minimum for the respective Europeans (**1:48:00**), being ranked 4th overall with a time of **1:50:57**, she who has a personal best of 1:48:48, established on the 23rd of March of this year, in Lutsk.

The best representatives of the country, Lyudmila Olyanovska, Olena Sobchuk and Hanna Shevchuk, were absent, preparing their participation for the Budapest World Cup.

- Report courtesy of *O Marchador* blogspot.

Men 20km

1 Serhiy Svitlychnyi	1994	1:23:51
2 Eduard Zabuzhenko	1998	1:24:48
3 Viktor Shumik	1998	1:24:55
4 Ihor Hlavan	1998	1:25:20
5 Mykola Rushchak	2003	1:26:07 1/U23
6 Yehor Shelest	2002	1:26:16 2/U23
7 Taras Koretskyi	2002	1:34:02 3/U23
8 Heorhii Rodz	1995	1:56:59
-- Ivan Banzeruk	1990	DNF
-- Maryan Zakalnytskyi	1994	DNF
-- Dmytro Medvedyuk	2000	DNF
-- Yaroslav Lukashyuk	2000	DNF

Women 20km

1 Valentyna Naiavko-M'nchuk	1994	1:39:54
2 Alina Tsvilii	1994	1:43:24
3 Tamara Havrylyuk-Stasyuk	1995	1:49:40
4 Sofia Krylovetzka	2003	1:50:57 1/U23
5 Nataliya Tsymbalyuk-K'vych	1984	1:53:40
6 Nataliya Okushko	2003	1:58:52 2/U23

MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Sunday, July 2, 2023 - Belgian Championships and Charleroi Grand Prix 2023 (results) <http://omarchador.blogspot.com/2023/07/campeonatos-da-belgica-e-grande-premio.html>
- Saturday, July 1, 2023 - Hungarian U18 and U23 Championships - Győr 2023 (results) <http://omarchador.blogspot.com/2023/07/campeonatos-sub-18-e-sub-23-da-hungria.html>
- Saturday, July 1, 2023 - Under-23 National Championships (track) in Leiria this weekend <http://omarchador.blogspot.com/2023/06/campeonatos-nacionais-sub-23-pista-em.html>
- Friday, June 30, 2023 - Spanish Under-18 Championship by Associations - Logroño 2023 (results) <http://omarchador.blogspot.com/2023/06/campeonato-de-espanha-sub-18-por.html>
- Friday, June 30, 2023 - Samuel Ghatimba and Emily Ngii crowned champions of Kenya - Nairobi 2023 <http://omarchador.blogspot.com/2023/06/samuel-ghatimba-e-emily-ngii-sagraram.html>
- Thursday, June 29, 2023 - Julia Takács on her birthday! <http://omarchador.blogspot.com/2023/06/julia-takacs-em-dia-de-aniversario.html> (NOTE: Feminine pronouns seem to have presented a challenge in this article, so be ready to do your own editing.)
- Thursday, June 29, 2023 - Colombia Under-20 Championships - Santa Marta 2023 (results) <http://omarchador.blogspot.com/2023/06/campeonatos-da-colombia-sub-20-santa.html>
- Wednesday, June 28, 2023 - CZE-HUN-POL-SVK U-20 meeting in Banská Bystrica (results) <http://omarchador.blogspot.com/2023/06/encontro-sub-20-cze-hun-pol-svk-em.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 – 2023

Sat 16 Jul 2023	AV 20km & VRWC 20km, Women's 10km c'ships – Middle Park
Sat 29 Jul 2023	VMA 10km c'ship & RWA Interstate Challenge; Twilight Trivia fundraiser – Middle Park
Sun 6 Aug 2023	AMA Masters 20km road c'ship – Adelaide VRWC Intervals race – Middle Park

International Dates

28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

Victorian Race Walking Club

Twilight Trivia

**Saturday 29 July - after the VMA and RWA Challenge races
4.00pm (heads down by 4.30pm) to 6.30pm**

at the Middle Park Bowling Club

\$10 per head, \$25 per family. BYO snacks and nibbles.
Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of up to 8 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness * Socialising

**** Come and support our Club and our sport in this annual fundraiser.
Friends and quiz tragics welcome!**

**** Pre-booking deadline is Monday 24 July. We need final numbers by this day.**

Tickets can be pre-booked:

- at the check-in table on race days from Saturday 24th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank -
BSB: 063-143
Acc: 008 00455
Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

Have some fun wracking your brain... in good company!



(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