



# 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 \*\*



*Bling racks from a land down under: Will, Mitch, Dylan and Tim celebrate a hard-earned team bronze in Chengdu (Photo: Phillipa Hargrave)*

In conditions that wrung every drop, and then some, from the bodies and minds of most competitors, **Will Thompson (VIC)**, **Mitch Baker (ACT)**, **Dylan Richardson (NSW)** and **Tim Fraser (ACT)** put it all out there to combine for the Team bronze medal in the FISU Universiade 20km championship in Chengdu, China, putting a lock on their selection as WsOTW in this issue.

It was one of those occasions when PBs and other form indicators become irrelevant as heat and high humidity take command and the level of 'g&d' one can muster on the day is all that counts. The boys found enough. Will threw his hat in the ring with the leaders early and hung on for a top 10 finish (9<sup>th</sup>). Mitch (12<sup>th</sup>) wasn't far away, while Dylan (17<sup>th</sup>) and Tim (23<sup>rd</sup>) took everything the Chengdu weather threw at them and stuck it out to ensure the podium finish.

Well done, lads. Hard-earned, well-earned medals! Safe trip home.

### *\*Honourable mentions:*

- **Elizabeth McMillen (NSW)** and **Samantha Findlay (SA)** – also hit by horrendous conditions in Chengdu, Lizzie and Sam found 'g&d' of their own to add two more international finishes to their resumes. Well done, ladies!
- **Wayne Fletcher (TAS)** – It's not often a walker gets a pat on the back here for anything other than a race performance, but Wayne, 76, deserves one, having depleted his reserves for the Tasmanian State championships by spending most of the previous day sweeping the course. Well done, Wayne ... it's always gratifying when those normally unseen contributions are spotted after all.



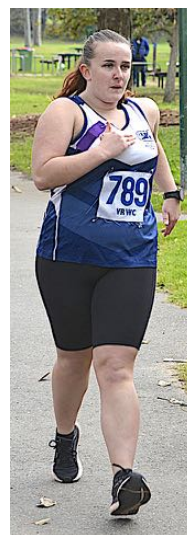
# CLUB NEWS and RESULTS

## VRWC Intervals race results, 6 August – Middle Park



*("They're having me on. No way was that 6 minutes' rest!")*

A small but enthusiastic field of 17 faced the starter (several times in most cases) for this amalgam of race and speed endurance training session that has become a popular feature of the Winter program. The gun fired every 17 minutes, each time sending the walkers off on a 2km interval as they aimed at the fastest speed they could sustain over up to 5 repeats, so earning themselves more rest before the next one. The social element is welcome as it allows for friendly training-night chatter between intervals.



Most of the competitors showed levels of pace judgement in keeping with their years in the game. **Marcus Wakim**, hitting sub-9's all the way, beat his 2km PB four times with the 3<sup>rd</sup> his fastest, **7:54**. He paid for it a little in the last one but easily nailed the fastest aggregate 10km of 40:44. **Jonathan Ho** smashed his old PB on every rep, his fastest being **10:21**, walking four even-paced legs before fatigue slowed him on the last. Equally impressive was **Maddison Nash**, another 5-out-of-5 PB scorer, whose time difference over her five sub-10min legs was just 6 seconds – how's that for even pace? Maddie had the third-quickest 10km aggregate overall and could be knocking on the door of a sub-50min 10k sooner rather than later. After starting well, **Ariana Pashutina** had one tough middle rep before rallying for two strong final circuits, while **Riley Coughlan**, **Emily Smith**, **Grace Louey** and **Alejandro Stephens** held consistent pace before stepping on the gas in the fifth.

The 3 X 2km and 2 X 2km fields also produced some pleasing results. After a quick start **Daniel Pashutin** settled for two nearly identical following legs. **Angus Shuttleworth's** first 2k yielded another PB – **9:32** – before he received the bill in the next two laps. It's all experience! Speaking of which, if you want textbook even pace you couldn't go past **Geoff Barrow's** – 3 seconds difference across 3 legs!



**Matilda Read** produced three creditable intervals in her first tryout. Younger sister **Pippa** wasn't going to be left out of this fun format, producing two good laps of her own and just 'pipping' **Amelia Vernal** for the aggregate win by a second!



***Intervals Races***

5x2km			Total Time	1st Int.	2nd Int.	3rd Int.	4th Int.	5th Int.
1	Marcus Wakim	M	40:44	8:03	8:02	7:54	8:11	8:34
2	Riley Coughlan	M	46:38	9:42	9:31	9:27	9:17	8:41
3	Alejandro Stephens	M	49:25	9:56	10:06	10:03	9:56	9:24
4	Jonathan Ho	M	53:01	10:29	10:39	10:21	10:30	11:02
1	Maddison Nash	F	48:18	9:43	9:37	9:39	9:40	9:39
2	Ariana Pashutina	F	54:00	10:28	10:45	11:41	10:31	10:35
3	Emily Smith	F	55:32	11:05	11:06	11:14	11:08	10:59
4	Grace Louey	F	57:04	11:22	11:25	11:41	11:26	11:10



3x2km			Total Time	1st Int.	2nd Int.	3rd Int.
1	Daniel Pashutin	M	30:50	9:59	10:25	10:26
2	Angus Shuttleworth	M	33:55	9:32	11:44	12:39
3	Geoff Barrow	M	44:30	14:51	14:48	14:51
1	Matilda Read	F	32:49	10:30	10:50	11:29
2	Donna-Marie Elms	F	38:39	12:44	13:11	12:44

2x2km			Total Time	1st Int.	2nd Int.
1	Pippa Read	F	27:01	13:08	13:53
2	Amelia Vernal	F	27:02	13:39	13:23

#### 4km Open race

1	Emilie Garside	F	28:55
2	Christal Xie	F	30:20

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.

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Terry Swan
<b>Race check in</b>	Debbie Nash, Narelle Coughlan, Mark Donahoo
<b>Recorders</b>	Dylan Shuttleworth, Carolyn Rosenbrook, Bob Gardiner, Ian Laurie, Mark Donahoo
<b>Judges:</b>	Peter Price (C), Stu Cooper, Kathleen Marsh, David Cash,
<b>Set up, pack up:</b>	Ian Laurie, Mark Donahoo, Stu Cooper, Donna Marie Elms, Bob Gardiner, Debbie Nash, Richard Nash, Narelle Coughlan
<b>Bike rider</b>	Terry Swan
<b>Photos</b>	Terry Swan (see the full selection of Terry's great photos at <a href="https://www.facebook.com/media/set?set=oa.966519181095788&amp;type=3">https://www.facebook.com/media/set?set=oa.966519181095788&amp;type=3</a> )
<b>Walkers:</b>	17

### **\*\* Coming up ...**

## **Coaching clinic #2**

A reminder that the second of our winter **Coaching Clinics** will be held on the morning before our final Points races for the season, on *Saturday 12 August*.

**Fran Attard, Simon Baker and Mark Donahoo** will conduct the session.

See the advert on Page 5 for full details.

#### **Saturday 12 August – Middle Park**

##### **\*Coaching clinic, final Points races & Prizes day**

11.30am	Coaching session – see advert for details		
2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.15pm	2km	Points race	Open
2.15pm	1km	Points race	Open

*\*Prizes awarded to the Handicap winners, male and female, in each race.*

*Entries will be accepted up until 6pm on Friday 11 August.  
Enter online at*

<https://www.revolutionise.com.au/vrwc/events/196642/>

### **\*CHANGE TO RACE ENTRY DEADLINE**

Members are advised that, effective from this week, the race entry deadline for the rest of the Club season is **6.00pm on the FRIDAY before race day**.

If you intend racing this coming Sunday (6 August), you must pre-enter by no later than

Friday 4 August at 6.00pm.

Thank you for your cooperation.

### **\*\*\* Advance notice of the RELAY EVENT (Saturday 9 September)**

**Entries for the Relay event closes on August 20<sup>th</sup>**

#### **Relay rules:**

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Entries for the event close Sunday 20th August
- Teams will have a maximum of 5 walkers
- Teams will race legs in the following order: 2km, 1km, 3km, 1km, 2km.
- Athletes may nominate for up to two leg of their teams race.





*Victorian Race Walking Club*

**Coaching Clinic for athletes of all ages, parents and coaches**

Coaching clinic beginning at 12.20pm-1.25pm, Focus is on little athletes and junior athletes, parents of up and coming athletes, general coach and planning a program for all.

The second clinic for this season will be held Saturday 12<sup>th</sup> August 2023, in the VRWC Clubrooms, Middle Park Bowling Complex, Middle Park.

Presenters for the clinic are

- **Fran Attard**, experienced coach of junior athletes
- **Mark Donahoo**, VRWC club coach
- **Simon Baker**, elite level coach

**Outline of clinic**

- **12.20pm**: welcome to all participants in the clinic
- **12.25pm**: Practical session with Mark Donahoo: looking at what to do to help keep a good style as you go through growth stages or changes due to injury or getting older
- **12.55pm**: Fran Attard will have a panel of mostly young athletes who will discuss their experiences as up and coming walkers
- **1.25pm**: Conclusion of the session

Pre- registered your interest in attending by emailing the club secretary on [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au).

Or turn up on the day and be part of the clinic.

There is no charge.

**\*\* RACE WALKING EDUCATION SEMINAR \*\***

Saturday 16 September

Cathy Freeman Room, AV Headquarters (Lakeside Stadium)

Two sessions will be conducted: **HOW TO PUT ON A RACE WALKING EVENT**, followed by an updated **WALK JUDGING COURSE** for novices and experienced judges.

See the advert on the next page for details.



**Saturday 16 September**

Cathy Freeman Room, Athletics Victoria HQ (Lakeside Stadium)  
Aughtie Drive, Albert Park 3206

## **\*HOW TO PUT ON A RACE WALKING EVENT**

*(conducted by Victorian Race Walking Club)*

followed by

## **\*WALK JUDGING COURSE (*Updated*)**

*(conducted by Zoe Eastwood-Bryson – International Walks judge)*

This is a training and education opportunity for Officials and Volunteers at Little Athletics, Senior and Masters levels of competition.

**SESSION 1** (11.30am): **'How To Put On A Race Walking Event'**. This covers areas such as –

- organisation of walks competitions
- equipment needed
- venue selection
- officials' duties and judging requirements
- questions and concerns.

**SESSION 2** (1:30pm): **'Walk Judging Course (*Updated*)'**. This explains -

- the rules of race walking, as set out in *WA Technical Rule 54*
- the roles of judges – Chief judge, Course judge, CJ assistant, Recorder, Penalty Zone etc.
- communication between Chief judge and course judges
- what a judge does before, during and after a race
- what a judge *doesn't* do
- judging documentation and how to complete it
- liaising with other officials (Referee, Meet director etc)
- communicating appropriately with walkers, coaches, parents etc.
- how to become a qualified walks judge
- how to gain more experience at your judging

Those attending *Session 1* are strongly encouraged to stay on for *Session 2*, especially if their knowledge of the rules of Race walking or their judging experience is minimal.

The sessions are free of charge.

Applications for both sessions close on **Sunday 10 September**. Contact:

*For Session 1:*

Terry Swan – [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au)

Stu Cooper – [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au) or [stuckooper@gmail.com](mailto:stuckooper@gmail.com)

*For Session 2:*

Diane Lowden – [dilowden39@gmail.com](mailto:dilowden39@gmail.com) (*Application form to be published next week.*)



# AROUND THE COUNTRY



## Australian Masters 20km Championships, 6 August – South Parklands, Adelaide

It appears that most interstate competitors preferred the option of competing in this championship at home and posting their results, rather than making the trip to Adelaide, so the only results we have here are for the local SA Masters entrants plus four Victorians. A full list of results will be published when they are sent through.

As expected, **Kim Mottrom** produced easily the fastest time on the day with **1:34.42**. Behind him, **Simon Evans** and **Peter Crump** had an engaging battle with little between them at the finish, clocking **2:02:08** and **2:02:21**, while **Mel Grantham** was the dominant woman with a big PB performance of **2:07:34**.

Thanks to Kim Mottrom for these results:

### \*Women 20km

#### W65 20km

Karyn O'Neill 2:27:31

#### W60 20km

Marie Maxted 2:28:27

#### W40 20km

Mel Grantham 2:07:34 PB 3:19

### \*Men 20km

#### M75 20km

George White 2:22:02

#### M70 20km

Gil McIntosh 2:33:51

#### M65 20km

Terry O'Neill 2:12:55

#### M60 20km

Simon Evans 2:02:08

Peter Crump 2:02:21

Gerard Feain 2:17:49

#### M35 20km

Kim Mottrom 1:34:42

## NEW SOUTH WALES NSWRC results, 5 August – Chipping Norton

NSW Race Walkers club competition was at Chipping Norton on a 1km lap. It was an overcast day with a bit of rain at the beginning, but it then disappeared.

During the season several Athletics Clubs host an Open Day and Saturday was the first ever Winston Hills Little Athletics club open day.

The following is a mention in appreciation of the officials who helped stage the day's events.

Judging were Stephen P, John N, Jenny L, Kirsten C, Amelia C and Felicity. Other officials included Heather M, Maria M, Jenny R, Richard R, Claire P, Sharon, Nicole, Claire G and Mark.

Events conducted are in divisions which are Long, Medium, Short, U16 years, U14 years, U12 years, U10 years.

The results are as follows. A good day of walking with many PBs.

### Long Division 8km:

1. Chelsea Roberts 46:32 PB.

### Medium Division 6km:

1. Alexander Sinnett (m) 31:16 *First 6km*

2. Brendan Pospischil (m) 32:24 PB

3. Laelia Byatt (f) 37:15

4. Anne Weekes (f) 47:34

### Short Division 3km:

1. Joel Byatt (m) 14:54

2eq. Jessey Bektas (f) 16:50 PB

2eq Aiden Pospischil (m) 16:50 PB

4. Nicole Challinor (f) 20:46

5. Carmel Parker (f) 20:49

6eq. Emily Challinor (f) 24:41

6eq. Sarah Challinor (f) 24:41

### Under 16 years 2km:

1. Matilda Webb (f) 9:54 PB

2. Jessica Loring (f) 10:02 PB

3. Christopher Nilon (m) 11:00

4. Olive Gauci (f) 12:31

5. Alexander Wenzel (m) 13:01 PB

6. Katherine Farrugia (f) 16:14

### Under 14 years 2km:

1. Sophie Polkinghorne (f) 9:45

2. Mitchell McCarthy (m) 10:06 PB

3. Sienna Wade (f) 10:43 PB

4. Patrick Waddington (m) 10:46 PB

5. Emma Hoskins (f) 10:54

6. Ashleigh Farrugia (f) 11:07 PB

### Under 12 years 1.5km:

1. Nate Appleyard (m) 7:30 PB

2. Joshua Waddington (m) 7:33 PB

3. Hannah Hewitt (f) 7:53 PB

4. Ashleigh Mansell (f) 8:11 PB

5. Keira Gill (f) 8:46

6. Isla Banks (f) 8:55

7. Madeline Kot (f)	11:12 PB	7. Mackenzie Kitching (f)	9:13 PB
8. Sagan Jones (f)	11:45	8. Caitlin Allum (f)	9:27
9. Noah Vella (m)	DNF	9. Luca Barakat (m)	9:34 PB
		10. Alexander Dennett (m)	9:43 PB
		11. Matilda Hay (f)	9:55 PB
		12. Chloe Farrugia (f)	10:46
		13. Rose Goska (f)	10:57 PB

**Under 10 years 750m:**

1. Stella Wade (f)	3:39
2. Harrison Bouquet (m)	3:41 PB
3. Addison Fahey (f)	3:59
4. Beth Cochrane (f)	4:02 PB
5. Addison Jenkins (f)	4:12 PB
6. Veronica Dennett (f)	4:20 PB
7. Milana Sorokin (f)	4:42 PB
8. Amelie Barakat (f)	5:02 PB

## QUEENSLAND QRWC results, Sunday 5 August – Faye Carr Park, Ripley

Thanks to **Robyn Wales** for sending through the latest QRWC results. Looks as if **Brenda Gannon** may have benefited from her visit to Middle Park last weekend ... perhaps fighting that northerly made for a tough strength session!

**A Grade 10km**

**Men:**

(1) Roel Wheeley	59:05 SB
(2) Peter Bennett	1:08:23

**Women:**

(1) Brenda Gannon	58:45 SB
(2) Lily Housden	1:12:40
(3) Jasmine McRoberts	1:12:46
(4) Joy Dale	1:23:01
(5) Noela McKinven	1:31:18

**C Grade 3km**

**Men:**

(1) Noah Wheeley	23:58
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**Women:**

(1) Kiara Waterman	18:30
(2) Eliza Kelly	20:06

**E Grade 1km**

**Men:**

(1) Hayden Robertson	6:05
--- Jake Dunleavy	DQ

**Women:**

(1) April Kelly	8:14
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**B Grade 5km**

**Men:**

(1) Kai Dale	29:39
--- Patrick Sela	DQ

**Women:**

(1) Taylah Morris	35:33
(2) Lily Goulding	35:37

**D Grade 2km**

**Women:**

(1) Savannah Dunleavy	13:37
(2) Izzy Blackburn	14:42
(3) Mackenzie Wormald	14:47

**F Grade .5km**

**Women:**

(1) Piper Dunleavy	4:48
(2) Harper Waterman	4:54

## SOUTH AUSTRALIA SARWC results, 5 August – South Parklands

It was a cold but dry weekend in Adelaide for the latest SARWC fixture at South Parklands, followed the next day by the AMA 20km championships. Quite agreeable for the 16 walkers who attended with four PBs resulting.

**Open 5km**

Peter Crump	29:52	
Mel Grantham	30:53	
Alex McEwan	37:04	PB 1:43
Di Camilleri	39:30	
Bill Starr	39:34	
Kristy Templer	42:29	PB 2:11

**Open 3km**

Cooper Rech	15:27	
Angelina Legrand	16:28	
Katie De Ruvo	16:51	
Jasmine Crabb	19:57	PB 0:02

**Open 2km**

Orlando Grantham	12:12
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**Open 1km**

Liliana Templer	6:08	
Maverick Grantham	7:38	
Martin Crabb	9:17	PB 1:22
Anthony Crabb	9:20	
Robert Crabb	DQ	



## TASMANIA Aths Tas Road Walk (long course) c'ships, 5 August – Tasman Hwy, Hobart Airport

**David Moore** and **Rosemary Coleman** report on the latest round of Van Diemen's championships. Good to see that at last they had some pleasant conditions down there.

Despite smaller than expected fields, there was plenty to smile about at today's Long Course Tasmanian Road Walk Championships (Long Course) on Tasman Highway Walkway near Hobart Airport. Sunshine and light breezes made for some good performances across all age groups.

Our youngest athletes doing 2km were **Isla Direen** and **Elsie Woodward** in the U/11 event and Adele Woodward in the U/12 event. For several weeks in a row they again achieved PB's, to their coaches this comes as no surprise as they are as equally enthusiastic about both training and racing – well done girls.

The most stylish performance of the day came from Newstead walker **Cacia Charles** with a smoothly walked first time effort over 3km to take home the U/14 Gold.

Also from the Newstead Club were **Sam Lindsay** in the U/16 5KM and **Will Bottle** in the U/20 10KM. These two fine young athletes have had a very trying winter injury wise and whilst their times were well down on their best its great to see them back racing again.

Turning to our older athletes in the Over 40 10km, **Eugene Gerlach** celebrated his birthday with his first 10k in 15 years and did so in a strong even paced effort, while **Wayne Fletcher** gritted his teeth to finish after having worn himself out the day before spending several hours sweeping the course clean of debris.

### Championship Results

#### U/11 2km Girls

1. Isla Direen	Huon LA	15.26 <b>PB</b>
2. Elsie Woodward	Huon LA	15.39 <b>PB</b>

#### U/12 2km Girls

1. Adele Woodward	OVA	15.39 <b>PB</b>
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#### U/14 3km Girls

1. Cacia Charles	Newstead AC	19.15 <i>First one</i>
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#### U/16 5km Men

1. Sam Lindsay	Newstead AC	25.47
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#### U/20 10km Men

1. Will Bottle	Newstead AC	47.52
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#### Over 40 10km Men

1. Eugene Gerlach	ATW	1:14.22
2. Wayne Fletcher	NS	1:42.39

## WESTERN AUSTRALIA WARWC results, 6 August - Wilson

Thanks to **Terry Jones** for these results.

#### 16K Handicap

Alexandra Griffin	1.24.23
Andrew Duncan	1.31.52
Karyn Tolardo	1.52.59
Wendy Farrow	1.54.07

#### 6K Handicap

Leilah Bevis	37.56
Fiona van Heerwaarden	40.47
John Ronan	26.34
Kaytee Bogaers	34.01

#### 3K Handicap

Melissa Lewis	19.34
Savannah Carnaby	19.20
Charlotte Burgess	19.10
Glenys Duncan	27.46

#### 2K Handicap

Kaytee Bogaers	10.59
Darcy Bramwell-Keys	12.22
Nathaniel Khair	13.15
Linkin Lawrence	12.52
Hunter Sardelich	14.04
Dylan Sardelich	13.10
Tayte Moore	13.33

#### 1K Handicap

Carter Moore	7.59
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# INTERNATIONAL NEWS

**CHINA:** 31<sup>st</sup> FISU World University Games Road walks, 5 August - Chengdu

Sunday, August 6, 2023

## ***Turkiye's Bekmez and Korkmaz win gold in the 20 km walk at the Universiades in Chengdu (2023)***

(reprinted from the *O Marchador* blogspot)

Turkish walkers **Meryem Bekmez** and **Salih Korkmaz** were in the spotlight at the 20 km walk finals of the 31st FISU 2023 World University Games, which took place yesterday (5/8) in Chengdu, China, when they won their trials and resuming the high point of their careers after a period of lesser brilliance.



*Dual gold for Turkiye as Bekmez and Korkmaz celebrate.*



*(Photo: Racewalking Boulevard FB)*

In the women's race, which started at 7:00 am with a temperature of 24.7°C at the start and 30.4°C at the finish (98%/71% humidity) **Bekmez** completed the distance in **1:33:53**, winning for the first university world champion on a journey that has already led her to win European titles in the U-18, U-20 and U-23 categories. A very short distance from the Turkish walker, Czech **Eliska Martinkova** arrived in second place with a time of **1:33:58**, a great joy after the disappointment that constituted the disqualification in the recent U23 European Championships. The bronze medal was won by the Chinese **Lan Gao** with a time of **1:35:28**.

22 athletes participated, with the only Portuguese representative, Inês Mendes, finishing in 17th place with a time of 1:46:27. In the overall collective classification, the People's Republic of China won the gold medal with an overall time (3 athletes) of 4:52:02, with Slovakia securing the second position on the podium (5:05:36) and India in third position with 5:12:13.

In the men's competition, which started at 7:21 am, also with high levels of temperature and humidity, **Salih** won with a comfortable advantage of one minute over his closest competitor. He covered the circuit in a time of **1:23:40**, while the Chinese **Haifeng Qian** won the silver medal with a time of **1:24:40** and the Japanese **Haruki Manju** closed the podium in a time of **1:25:32**.

Collectively, **China** reclaimed the highest position on the podium with an overall time of **4:18:54**. **Japan** reached the silver medal with **4:21:18** and **Australia** the bronze medal with a total time of **4:32:52**, a race that had the participation of 22 athletes.

*O Marchador*  
Sunday 6 August

### Women 20km Walk

1	Meryen Bekmez	TUR	1:33:53
2	Eliska Martinkova	CZE	1:33:58
3	Lan Gao	CHN	1:35:28
4	Lamel Yin	CHN	1:35:52
5	Alexandrina Mihai	ITA	1:38:08
6	Ayane Yanai	JPN	1:38:51
7	Priyanka	IND	1:40:39
8	Roumel Liu	CHN	1:40:42
9	Jie Ji	CHN	1:41:35
10	Hana Burzalova	SVK	1:41:38
11	Alzbeta Ragasova	SVK	1:41:55
12	Ema Hacundova	SVK	1:42:04
13	Tiziana Kinga Spiller	HUN	1:44:00
14	Kristina Morozova	KAZ	1:45:05
15	Pooja Kumawat	IND	1:45:30
16	Mansi Negi	IND	1:46:04
17	Ines Ferreira R Mendes	POR	1:46:27
18	<b>Elizabeth McMillen</b>	<b>AUS</b>	<b>1:48:38</b>
19	<b>Samantha Findlay</b>	<b>AUS</b>	<b>1:49:37</b>
20	Monika Vaiciukeviciute	LTU	1:49:51
21	Nikita Lamba	IND	1:50:11
22	Juliana Talaro	PHI	2:06:54
23	Alana J Halaguena	PHI	2:13:44

### Men 20km Walk

1	Salih Korkmaz	TUR	1:23:40
2	Haifeng Qian	CHN	1:24:40
3	Haruki Manju	JPN	1:25:32
4	Lihong Cui	CHN	1:26:16
5	Kazuhiro Tateiwa	JPN	1:26:40
6	Li Yandong	CHN	1:27:58
7	Dominik Cerny	SVK	1:28:38
8	Kento Yoshikawa	JPN	1:29:06
9	<b>William Thompson</b>	<b>AUS</b>	<b>1:29:24</b>
10	Hongliang Zhiang	CHN	1:29:39
11	Leo Jasper Kopp	GER	1:30:08
12	<b>Mitchell Baker</b>	<b>AUS</b>	<b>1:30:10</b>
13	Johannes Frenzel	GER	1:30:37
14	Mingyu Kim	KOR	1:31:15
15	Hyunmyeong Joo	KOR	1:31:35
16	Gabriele Gamba	ITA	1:32:19
17	<b>Dylan Richardson</b>	<b>AUS</b>	<b>1:33:19</b>
18	Sahil	IND	1:33:53
19	Li Xiaobin	CHN	1:33:59
20	Neeraj K Chaurasiya	IND	1:35:40
21	Paulo H Ribeiro	BRA	1:35:51
22	Jason J Cherng	USA	1:41:20
21	<b>Timothy Fraser</b>	<b>AUS</b>	<b>1:50:36</b>
---	Matheus GDL Correa	BRA	DNF
---	Hardeep	IND	DQ

### \*Women's Team results:

#### 1. PR China (CHN)

Gao	1
Yin	2
Liu	4
Ji	5

#### 2. Slovakia (SVK)

Burzalova	6
Ragasova	7
Hacundova	8

#### 3. India (IND)

Priyanka	3
Kumawat	9
Negi	10
Lamba	11

### \*Men's Team results:

#### 1. PR China (CHN)

Qian	1
Cui	3
Li Y	5
Zhang	8
Li X	12

#### 2. Japan (JPN)

Manju	2
Tateiwa	4
Yoshikawa	6

#### 3. Australia (AUS)

Thompson	7
Baker	9
Richardson	10
Fraser	14

#### DQ India (IND)

Sahil	11
Chaurasiya	13
Hardeep	DQ

### \*\*The Australians in Chengdu

## WALKERS SEIZE BRONZE AT WORLD UNIVERSITY GAMES

by *Sascha Ryner* (reprinted from [athletics.com.au](http://athletics.com.au))

The next generation of Australian walkers have added to the nation's illustrious history in the endurance event, uniting their efforts to secure bronze in the Men's 20km team race walk on the penultimate day of competition at the World University Games.

Amid soaring temperatures, minimal cloud cover and humidity at 78%, four Australian men battled their way over the distance, with their individual placings adding up to the third lowest score of 61 to claim the Australian UniRoos their fourth medal of the Games.

**Will Thompson** (Brent Vallance, Australian Catholic University) was the fastest of the Australian men over 20km, securing a top-10 place as he crossed the line ninth in **1:29:24**, only 5 minutes and 44 seconds behind Turkey's Salih Kormaz who was crowned champion in 1:24:40.





Will Thompson, on the right shoulder of the winner Korkmaz, gave himself every chance. (Photo: Marilyn Thompson)

**Mitchell Baker** (Jared Tallent, University of Canberra) followed less than a minute behind in 12<sup>th</sup> place in **1:30:10**, while **Dylan Richardson** (Frank Overton) in his Australian team debut stopped the clock at **1:33.19** for 17<sup>th</sup> place. **Tim Fraser** (Jared Tallent, University of Canberra) rounded out the Australian results in the men's event in **1:50:36** to finish 23<sup>rd</sup>. With international race experience at the 2022 World Athletics Race Walking Team Championships behind him, Thompson said he was proud to work closely with his compatriots to bring home a medal.

"The conditions out there were very hot. We pre-cooled well but the direct sunlight exposure just made it absolutely boiling further and further into the race," Thompson said.

"It's a decent performance and I'm glad we all worked very well together as a team to bring back a team medal."

Also out on the roads were a duo of Australian women in the 20km event including **Elizabeth McMillen** (Bill Nappin, TAFE NSW) and **Samantha Findlay** (Jared Tallent, Flinders University) who snuck into the Top-20, with times of **1:48:38** (18<sup>th</sup>), and **1:49:37** (19<sup>th</sup>) respectively in their first competition abroad.

## IRELAND: Irish National Athletics championships, 29/30 July – Santry, Dublin

### **David Kenny and Kate Veale are Irish champions**

(Report reprinted from *O Marchador* blogspot)

The track at Morton Stadium Santry, in Dublin, Ireland, hosted the National Athletics Championships (7/29 and 7/30), with the men's 10,000 meters and women's 5,000 meters walking events forming part of Sunday's programme.

This season's Irish champions on an outdoor track, in the men's category, **David Kenny**, from Farranfore Maine Valley AC, with a personal best of **40:20.63** (10,000m), a mark practically equal to the one he holds on the road (40: 20, Gothenburg-2020), and in the women's category, **Kate Veale**, from West Waterford AC, who obtained a very interesting record of **22:01.18** (5,000m) in a time trial, knowing that her personal record dates from 2011 (she was then 17), with 21:30.18.

The podiums were completed, in the men's category, with **Brendan Boyce** (Finn Valley AC), who obtained **41:49.10**, and the sub-23 **Oisín Lane** (Mullingar Harriers AC), with **41:53.45**, a personal record, and in the women's category, the sub-18 **Sinead Maher** (South Galway AC), with **27:08.78**, and under-20 **Ciara Wilson Bowen** (Dundrum South Dublin AC), with **27:14.98**, a personal best.

Meanwhile, the Irish Athletics Federation announced the selection for the World Athletics Championships in Budapest (19 to 27/8) which includes the walkers David Kenny, over 20 km, and Brendon Boyce, over 35 km.

#### Men 10,000m Walk

1 David Kenny	Farranmore MV AC	40:20.63
2 Brendan Boyce	Finn Valley AC	41:49.10
3 Oisín Lane	Mullingar Harriers AC	41:53.45
4 Joe Mooney	Adamstown AC	42:42.32
5 Matthew Glennon	Mullingar Harriers AC	45:36.29
6 Jake O'Brien	Moy Valley AC	45:49.77

#### Women 5000m Walk

1 Kate Veale	West Waterford AC	22:01.18
2 Sinead Maher	South Galway AC	27:08.78
3 Ciara Wilson B	Dundrum Sth Dublin AC	27:14.98
4 Eabha De Faoite	Kenmare AC	28:02.99
5 Ciara Mooney	Adamstown AC	28:48.29

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## **50km Walk - a long appeal**

by **Allen James** (reprinted from his Facebook post)

*Frank Overton passed this article on to me last week. Written by US Olympian **Allen James** (Barcelona 1992 20km walk), it makes an impassioned and well-considered case for the return of the 50km walk to the Olympic program, based not only upon the merits of the event itself, but of the untapped potential of female walkers in it.*

On August 3, 1932, 91 years ago, Great Britain's Thomas "Tommy" William Green would win the first 50km Walk in the Los Angeles Olympic Games. The walks were first contested as part of the predecessor to the Decathlon called the All-Around in 1904 in St. Louis. (Note: Event 4 was an 880 yard walk). By 1932, the walk had established itself as the ultimate endurance event of the 117 events in 14 sports at these Modern Olympic Games. Besides the marathon, there was also the 100km cycling time-trial - the walk is still tougher.

Sports science was still young at the time, but it was still well known that a true endurance test takes time. In both the Marathon and the Walks, that time ends up being the equivalent to about 20 miles or 32 kilometers. Nearly a century data would say that in the 50km Walk the race truly began at 35km.

The history and evolution of the walks has produced one of the most diversely represented events in the Olympics. Every continent has been represented on the medal stand. From China's first gold in Athletics, to Guatemala's only Olympic medal ever. It took way too long to bring the women to the Olympic stage, but once they did, they brought their A-game. In fact, women represent some of the best endurance athletes ever.

The culmination of women's endurance prowess was on full display at the 2019 World Championships in Doha. Here the men and women competed in the 50km walks with start times only separated by a few minutes. The conditions were so horrendous for the athletes even with the race conducted in the middle of the night in Doha. The winning time for the men was 4:04:20, a very slow time, but not bad considering the heat. In the women's race, China's Rui Liang would take gold with an amazing 4:23:36. Her teammate Maocuo Li was 3 minutes back in 4:26:40 and Italian Eleonora Giorgi also under 4:30 in 4:29:13. Their times bettered the 18th, 21st, and 22nd performers in the men's race - remember exact same conditions.

Unfortunately, the women weren't allowed to show their incredible talent in the Tokyo Olympics as it was deemed too late to add to the schedule, even though you can conduct the events concurrently. On the men's side, the 50km race was another exciting down to the wire race with third place being decided in the last 200m.

After this, @worldathletics inexplicably decided to shorten the 50km to 35km for the World Championships in Eugene in 2022. By now, we had verifiable sports science to tell us that pretty much any well prepared athlete can compete at the 35km distance without having to experience significant glycogen depletion or the rigorous test of 50 kilometers. The full results perfectly illustrated this point as the 20km top finishers were able to replicate their podium performances in the women's race and three of the top ten in the men's for 35km.

This is to take nothing away from Peru's Rebecca Garcia. Ms. Garcia, in my opinion would be the first athlete to duplicate Poland's great Robert Korzeniowski by winning the 20km and 50km walks. I believe that she could do both and by doing so, she could have one two gold medals for Peru, a country with only four Olympic medals ever and none in Athletics!

Then the worst case scenario for this great endurance test would unfold. @worldathletics and @olympics decided to opt for the 20km (a virtual sprint in the walks) and some sort of convoluted relay with only 2 contestants (one male, one female) over a weird marathon distance. 10. whatever kilometer legs that challenge the athlete's warmup and warm down procedures and more importantly challenges the judges to fairly officiate an event that will be rife with flagrant violations of the lifting (flight phase) rule. The last thing our event needs is more judging controversies. I suppose the IOC doesn't care about this anymore with the introduction of new sports that are totally subjective like breakdancing.

Why? I am told that the @olympics (IOC) needed @worldathletics to make events more entertaining. What they are creating is more controversy. The 50km has shown itself to be incredibly entertaining and filled with dramatic finishes, pushing one's body to the utmost limits. I enjoy watching the Tour de France and even more so the Tour de France Femmes and their partnership with @Zwift. The stats on display provide pace, speed and distance information on each rider. Take this to a whole new level in the walks and marathon to include heart rate. Our sport needs to appeal to the data nerds, not some Bob Costas Up Close and Personal story where we know 5 people in the Olympics and no one else matters. Glitz and glam may work for the 100m, but my money is in the grit and grind.

My hope is we can use the date from Eugene and what I forecast as being a relay failure in Paris, to bring back the 50km in time for the Los Angeles Olympic Games in 28. The Walks were a huge showcase for Mexico in 1984 with two golds and a silver. With the incredible success of walking in the Latin American nations, @LA28 has an opportunity to

celebrate the largest segment of the local population by featuring the 20km and 50km walks together again. If they want to add a mixed relay go ahead. Can you imagine men and women from Mexico, Guatemala, Columbia, Ecuador, Peru, and Brazil all fighting for podium in front of enthusiastic crowds of supporters. I know this was the case in 1984 as the Mexicans opened the door for all of Latin America to an event that would be it's most prolific in Athletics.

@worldathletics & @Olympics, take a page from @FIS where they didn't dumb down the men's 50km x-c skiing to 35km to match the women. No, in their wisdom FIS has the women skiing 50km, as they should. Bravo to FIS, they see women for their true potential and their ability to endure pain, perhaps even more than the men.

**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.

- Monday, August 7, 2023 - UEFA European Under-20 Championships in Jerusalem (August 7-10) <http://omarchador.blogspot.com/2023/08/campeonatos-da-europa-sub-20-em.html> (These are currently in progress. Walks results expected to be in the next issue of *O Marchador*.)
- Saturday, August 5, 2023 = Gabriel Alvarado (Nicaragua) triumphs at the Pan American Sub-20 - Mayagüez 2023 <http://omarchador.blogspot.com/2023/08/gabriel-alvarado-nicaragua-triunfa-nos.html>
- Friday, August 4, 2023 - Sharon Herrera (Costa Rica) wins march at the U-20 Pan-American Games - Mayagüez 2023 <http://omarchador.blogspot.com/2023/08/sharon-herrera-costa-rica-vence-marcha.html>
- Friday, August 4, 2023 - Maher Ben Hlima and Olga Chojecka become Polish champions (Gorzów Wielkopolski 2023) <http://omarchador.blogspot.com/2023/08/maher-ben-hlima-e-olga-chojecka-sagram.html>
- Thursday, August 3, 2023 - Gabriel Bordier and Pauline Stey shine at the French Championships - Albi 2023 <http://omarchador.blogspot.com/2023/08/gabriel-bordier-e-pauline-stey-brilham.html>
- Wednesday, August 2, 2023 - Peruvian Mary Luz Andia won the South American title in the 20,000m walk - São Paulo 2023 <http://omarchador.blogspot.com/2023/08/a-peruana-mary-luz-andia-conquistou-o.html>
- Wednesday, August 2, 2023 - Luis Henry Campos (Peru) became South American champion in the 20,000m walk - São Paulo 2023 <http://omarchador.blogspot.com/2023/08/luis-henry-campos-peru-sagrou-se.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.*

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# WHAT'S UP AHEAD?

**Victorian & National Key Dates – 2023**

- |                 |  |
|-----------------|--|
| Sat 12 Aug 2023 | <b>Coaching clinic #2</b> 11.30am, prior to races – Middle Park                                      |
| Sun 27 Aug 2023 | <b>VRWC Club points races (final points comp for season).</b> Prizes for h'cap winners – Middle Park |
| Sat 2 Sep 2023  | <b>AV Country &amp; VRWC Road walk c'ships</b> - Ballarat  |
| Sat 9 Sep 2023  | <b>AV 5000m Teams race, VMA 5000m c'ship, VRWC Time races (2hr, 1hr)</b> - Mentone                   |
|                 | <b>VRWC Relay event &amp; scratch races; Winter presentations</b> – Middle Park                      |



### **International Dates**

28 Jul-8 Aug 2023	<b>World University Summer Games</b> – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN
26 Jul- 11 Aug 2024	<b>XXXIII Summer Olympics</b> – Paris, FRA
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
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JAP

*(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.*

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