



HEEL & TOE Online

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

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CLUB NEWS and RESULTS

**** A CALL FOR VRWC MEMBERS TO ATTEND THE BALLARAT RACES - Sunday 27 August**
from Terry O'Neill - Senior VRWC Club captain

Over the years, the VRWC and Australian Race walking have been well represented by members from Ballarat. From when I first started in the 70s there was **Willi Sawall**, 2 time Olympian and Commonwealth Games silver medallist. **Graeme** and **Allison Nicholls** were also regular members with the VRWC.

Jarred Tallent then led the way, 3-time Olympian, winning Gold, 2 silvers and a bronze. His sister **Rachel Tallent** is an Australian representative and Olympian.

More recently we have had **Kellie Ruddick**, the **Peart family** (Kerrie, Wayne, Jemma, Alanna and Scott), **Sarah Brennan** and **Fraser Saunder**, all regular members who have travelled the highway to attend VRWC races and support our club.

On the 27th August, members have a chance to repay these members' commitment by attending the VRWC races in Ballarat, to be held in conjunction with the AV Country Road walk Championships. Kerrie and her team at the Ballarat RWC have worked hard to organize the days activities, including securing the course, gaining the required permits, arranging for BBQ food etc. This is our chance to give our support to the BRWC and promote race walking in their home territory.

I have enjoyed many races at Ballarat. In the 70s I competed around Lake Wendouree. Many years ago, I also competed there at the Country Championships. And I attended last year's race hosted by Ballarat Walkers Club. We will once again make the trip, spending the weekend at Ballarat.

Whether you spend the weekend like us or make the trip on the one day, I urge members to attend and enjoy the hospitality from the Ballarat walkers.

Look forward to see you all there.

- Terry O'Neill



Alison Thompson (nee Nicholls) with brother Graeme and father Stan. All regular racers with the VAWC in the 60s/70s.

*The VRWC fully endorses Terry's appeal to support the Ballarat race day, either by entering a race, helping out as an official or simply coming down and enjoying a sausage. Why not make a day or weekend of it while you're there, in one of Australia's most historic towns?

See *Coming Up* below for race entry 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 (*Track and Road*)**

(conducted by Stu Cooper & Terry Swan - 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 (Track & Road)'**. This covers areas such as –

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

SESSION 2 (1:30pm): **'Walk Judging Course (Updated)'**. Areas covered will include -

- 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 (inc. 2-way radios etc)
- 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, and upgrading of qualifications
- 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

Stu Cooper – stuwalks@yahoo.com.au or stuckooper@gmail.com

For Session 2:

Diane Lowden – dilowden39@gmail.com Contact Di directly, or complete the **Application form** on

Page 14 (last page) of this issue and send to the address provided.

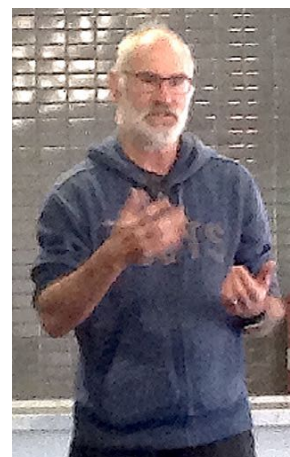


The COACHING POINT

*COACHING CLINIC – Saturday 12 August Technique issues ... Competing overseas ... Finding the right life balance

A combination of a ‘flu outbreak among several families and a clash with the LAVic cross-country championships put an unfortunate dent in the numbers for our second Coaching Clinic for the season. Those able to attend, however, were treated to an informative and inspiring session featuring three of the Club’s most knowledgeable and experienced coaches. (I’m just sorry I missed the first one in May.)

Simon Baker OAM (*elite level coach, World and Commonwealth champion, three-time Olympian*) opened proceedings with an address on competing overseas. He pointed out that this is something Australian walkers have to do constantly since most of the best competitive races take place in Europe, near the end of our domestic season. Areas covered included getting the necessary permits from Athletics Australia to race overseas, proper planning and organization (finding accommodation, travel, what to take with you, adapting to unfamiliar environments, keeping to your routine and checking constantly that you have what you need. Simon strongly advised travelling interstate as much as possible for competition as a means of practising these things in preparation for overseas travel.



Fran Attard (*veteran Knox AC, Little Athletics and Victorian Junior Development Squad coach*) followed. Fran spoke not only as a coach but as a parent, stressing in her talk the importance of young athletes striking a healthy life balance in which sports training,



school attendance and homework, family activities, work (paid or volunteer, often physical), social life, rest and, of course, *fun!* All these have to be accommodated in a young athlete’s schedule. It isn’t easy to do, especially when one or more of those elements starts competing more urgently for the athlete’s attention.

Joining Fran in addressing this subject were two members of her squad, **Grace Louey** and **Emily Smith**, both of whom spoke of the place race walk training occupies in their busy lives as students (Grace is at university while Emily is in Year 11). Grace uses training and racing as a physical and social break. She also emphasizes the need to avoid dumping load after load onto one’s working life ... she needs that break for enjoyable physical activity, such as sports training.

For her part, Emily explained that her focus on achieving ever-faster times changed during the Covid lockdowns. She now trains to walk well with good technique, not super-fast, while schoolwork and other areas take more of an important place in her life.

Mark Donahoo (*ATFCA Level 5 coach, longtime VRWC coach and physical education teacher*) was the final presenter and – true to his role as Club coach – his address was a prac session. Mark focused on common technique flaws and how to



fix them, putting his young and not-so-young audience through a series of drills aimed at correcting posture, use of hips, stride length and maintaining a straight knee from point of contact. Mark supplemented his segment with illustrated notes for everyone, giving attendees concrete steps to take away to their next training session.

This winter saw the first two of what we intend to be a return to the regular coaching clinics the VRWC held in the past. Many thanks to Mark, Fran and Simon for their stimulating sessions, and especially to Mark for coordinating the clinics.

VRWC Club points races (final), 12 August – Middle Park

Cold, damp conditions did not dampen the spirits of the 28 starters who lined up for our final points races for Winter 2023, especially as there were Handicap prize incentives on offer.

The 8km saw **Grace Louey** and **Arnika Nelson** make big inroads into their PB's, Grace by a whopping 2:38 and Arnika by 1:04 in easily winning line honours in **41:49**. Grace's **46:14** also won her the 8km handicap prize, a feat replicated by Terry O'Neill who took the Men's prize. (Looked like a nice vintage, Terry!)

Numbers were hit by illness and the LAVic cross country titles, so only four fronted for the 6km. **Emily Smith** produced a good one to take the handicap with her **34:57**. The 4km prizes went to **Gerard Feain, 24:07**, and **Gwen Steed** who crossed in **29:57**.

Parental work commitments have meant fewer appearances this winter by **Ela Uzun** and **Havana Ali** than they would have liked, but they made up for lost time in the 2km by cleaning up on the handicaps, equal 1st in **9:02** and **10:24** respectively. **Levi** (2km) and **Jaida Robertson** (1km) also took home the 'chocolates' (literally) with their times of **11:34** and **5:40**. **Matilda Read** hasn't raced 1km since her early club days so her huge PB of **4:53** was no surprise.



8km race

Marcus Wakim	M	1	36:45
Alejandro Stephens	M	2	41:03
Terry O'Neill	M	3	51:24
Arnika Nelson	F	1	41:49
Grace Louey	F	2	46:14
Carolyn Rosenbrock	F	3	47:14
Karyn O'Neill	F	4	57:33

6km race

Char Hay	F	1	34:54
Emily Smith	F	2	34:57
Donna-Marie Elms	F	3	40:11
Emilie Garside	F	4	44:56

4km race

Mark Blackwood	M	1	19:45
Gerard Feain	M	2	24:07
Kylie Irshad	F	1	25:13
Amelia Vernal	F	2	27:22
Gwen Steed	F	3	29:57

Hcp pl

3
2 PB 0:16
1
3 PB 1:04
1 PB 2:38
4
2

Hcp pl

4
1
3
2 First 6km

Hcp pl

2
1
3
2 First 4km
1

2km race

Levi Robertson	M	1	11:34
Ela Uzun	F	1	9:02
Mya McClure	F	2	9:59
Havana Ali	F	3	10:24
Dee Holohan	F	4	12:31

1km race

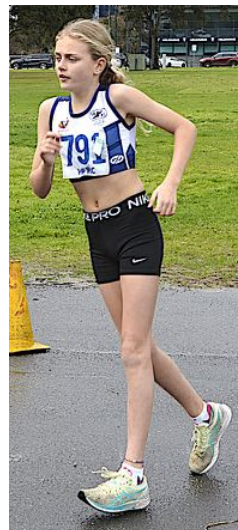
Matilda Read	F	1	4:53
Zoe Bowkett	F	2	5:36
Jaida Robertson	F	3	5:40
Pippa Read	F	4	5:46
Lily Bowkett	F	5	6:07
Heather Carr	F	6	6:15
Abby Fowler	F	7	7:30

Hcp pl

1
1
3
1 PB 0:06
4

Hcp pl

4 PB 1:31
2
1
5
7
5
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, Ian Laurie, Simon Baker, Mark Donahoo, Eda Girgin
Judges: Brenda Felton(C), Peter Price, Gordan Loughnan, Scott Nelson, Michael Bodey, Stu Cooper, Tony Doran
Set up, Pack up: Terry Swan, Gerard Feain, Ian Laurie, Terry O'Neill, Michael Bodey, Carolyn Rosenbrock
Coaching panel: Mark Donahoo, Fran Attard, Simon Baker, Grace Louey, Emily Smith
Bike rider Terry Swan
Photos Terry Swan
Walkers: 28

**** Coming up ...**

No VRWC races are scheduled for this coming weekend.

Entry details for the **AV Country** and **VRWC championships and Open** races are set out below:

**** Sunday 27 August - Victoria Park, Ballarat**

10.00am	10km AV Country Championship 10km AV Country Championship 10km VRWC Road Championship 10km non-c'ship	Open Men Open Women Open Open Men/Women
10.30am	5km AV Country Championship 5km VRWC Championship 5km AV Country Championship 5km VRWC Championship 5km non-c'ship	U20 Men/Women U20 Men/Women U18 Men/Women U18 Men/Women Open
11.00am	3km AV Country Championship 3km VRWC Championship 3km AV Country Championship 3km VRWC Championship 3km non-c'ship	U16 Boys/Girls U16 Boys/Girls U14 Boys/Girls U14 Boys/Girls Open
11.15am	2km VRWC Championship 2km non-c'ship 1km VRWC Championship 1km non-c'ship	U10 Boys/Girls Open U12 Boys/Girls Open
11.30	Presentations & BBQ	

***AV Country c'ships entry** – go to
<https://members.athsvic.org.au/eventsregister/184937/>
 Entries close Wednesday 23 August at 11.59pm

***VRWC c'ships and Open races** – go to
<https://www.revolutionise.com.au/vrwc/events/199780/>
 Entries close Friday 25 August at 6.00pm

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

Entries for the Relay event close on August 20th

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.

**** WALK JUDGING COURSE: Deadline for application – Sunday 10 September**

See Application Form on Page 14 (last page) of this issue!



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

A 44-second PB time for 10km of **45:19** has earned WOTW for **Tayla Billington (QLD)** – a name we've missed hearing and an athlete we've missed seeing in recent years. Competing in QRWC Club events last weekend, Tayla, now 26, reminded us of why, as a junior in NSW, she was lauded as one of the brightest prospects on the racewalking scene in Australia.

In her teens, Tayla raced with the VRWC and with Box Hill AC, displaying her amazing speed to emphatic effect in every race she entered. The high point of her career at that time was representing Australia in the 2016 World Walking Team Championship in Rome, where she finished 14th in the Junior 10km. Life then took Tayla in other directions, and it's only this year that she has recommenced racing. It hasn't taken her long to snap back into shape, a testament to the adage that form may come and go but talent never dies. Now that she is back, we hope that Tayla has re-ignited her passion to get to the top and will take her place amongst the new brigade of elite women walkers in Australia.

Well done, Tayla ... it's great to see you back!

****Honourable mentions***

- **Owen Toyne (ACT, 16)** – finished his first 20km at the ACT Championships in an excellent **1:32:48**.
- **Bailey Housden (QLD)** – clocked his best 10km for some time with **46:09**.
- **Grace Louey (VIC)** – recorded a huge 2:38 PB time of **46:14** for 8km at Middle Park.



(Photo: Athletics Australia)

A.C.T. ACT Road walking championships, 13 August – Lennox Gardens

Thanks to **Helen Toyne** for these results. Good to see Owen posting a very promising first-up 20km time.

Open 20km Male

1 Owen Toyne 1:32:48.0 (first 20km)

(* Ann was entered in the W55 Masters National championship which is an Interstate Challenge event)

U18 5km Female

1 Hana Jugovic 28:39 PB
2 Julia Grocott 29:13 PB

Open 20km Female

1 Ann Staunton-Jugovic 2:02:47.0*

U14 3km Female

1 Jillian Ryan 16:04

ACTRFWC Club Championships

Open Female 20km Fitness walk

Open Male 20km Fitness walk

1 Sue Archer 2:28:26

1 Bryan Thomas 2:53:44

U12 Female 1.5km Race walk

1 Tindra Heglstedt 10:41 (first 1.5km)

U12 Male 1.5km Race walk

1 Sebastian Ryan 9:13 PB

U10 Female 1.5km Race walk

1 Samantha Ramboer 9:31

2 Phoebe Grocott 12:18

Non-Championship events

10km Fitness walk

1 John Kennedy 1:10:41

2 Miriam McCarthy 1:26:21

3km Fitness walk

1 Geoff Barker 31:20

1.5km Fitness walk

1 Michelle Tymkiw 10:48

2 Estrid Helgestedt 12:14

NEW SOUTH WALES NSWRC Club championships, 12 August – Chipping Norton

Frank Overton reports:

NSWRWC had the Club Championships at Chipping Norton on Saturday 12 August, 2023. All events were on a 1km lap. The day was overcast but as the events began it cleared and was a good day for competing. There were 46 walkers in attendance and again some impressive PB's were recorded.

A big thank-you to all who officiated and the parents who stepped up to assist, a job well done.

Long Division 10km:

Chelsea Roberts 1:01:52

Medium Division 8km:

1. Brendan Pospischil (m) 45:43

2. Laelia Byatt (f) 48:44

3. Anne Weekes (f) 1:04:01

4. Carmel Parker (f) 1:04:01

Short Division 4km:

1. Joel Byatt (m) 18:57

2. Aiden Pospischil (m) 22:40

3. Jessey Bektas (f) 22:43

4. Sarah Chalinor (f) 34:18

5. Emily Chalinor (f) 34:18

6. Nicolle Chalinor (f) 34:22

Under 16 years 3km:

1. Matilda Webb (f) 15:12

2. Jessica Loring (f) 15:20

3. Christopher Nilon (m) 17:03

4. Matilda Olson (f) 18:08

5. Olive Gauci (f) 19:51

6. Katherine Farrugia (f) 26:01

Under 14 Years 3km:

1. Sophie Polkinghorne (f) 14:38

2. Mitchell McCarthy (m) 16:00

3. Emma Hoskins (f) 16:31

4. Noah Vella (m) 16:43

5. Sienna Wade (f) 16:43

6. Patrick Waddington (m) 17:46

7. Madeline Kot (f) 17:48

8. Ashleigh Farrugia (f) 18:26

9. Sagan Jones (m) 18:33

Under 12 years 2km:

1. Nate Appleyard (m) 10:15

2. Joshua Waddington (m) 10:51

3. Hannah Hewitt (f) 10:51

4. Keira Gill (f) 11:17

5. Isla Banks (f) 11:28

6. Molly Miller 11:49

7. Mackenzie Kitching (f) 12:07

8. Caitlin Allum 12:54

9. Luca Barakat 13:18

10. Alexander Denett (m) 13:32

11. Chloe Farrugia (f) 14:46

12. Rose Goska (f) 14:52

Under 10 years 1km:

1. Stella Wade (f) 4:57

2. Addison Fahey (f) 5:25

3. Beth Cochrane (f) 5:29

4. Max Miller (m) 5:50

5. Addison Jenkins (f) 5:52

6. Veronica Denett (f) 6:00

7. Milana Sorokin (f) 6:36

8. Amelie Barakat (f) 6:43

QUEENSLAND QRWC results, Sunday 13 August – Capalaba

There was a healthy turnout for the QRWC's races at John Frederick Park in Capalaba. **Tayla Billington** provided the highlight of the day with a big 44sec PB of **45:19** for 10km. **Bailey Housden** was not far away with his own fast 10km, clocking **46:09**. Many others recorded season's best times on what would have been an encouraging day. Thanks to Robyn Wales for the results.

A Grade Men's 15km

(1) Scott Hyland	1:17:21
(2) Adam Patterson	1:40:40
(3) Peter Bennett	1:42:33 SB

A Grade Women's 10km

(1) Tayla Billington	45:19 SB PB 0:44
(2) Brenda Gannon	59:38*
(3) Lily Housden	1:13:28*
(4) Jasmine McRoberts	1:13:28*
(5) Joy Dale	1:22:42*
(6) Noela McKinven	1:29:23*

* Denotes 10km time within 15km Championship

A Grade 10km

(1) Bailey Housden	46:09 SB
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B Grade 8km

Men:

(1) Bailey Housden	36:48 (within 10km)
(2) Kai Dale	48:14 SB
(3) Patrick Sela	1:10:49

Women:

(1) Lyla Williams	47:37
(2) Taylah Morris	54:22

C Grade 5km

Women:

(1) Kiara Waterman	31:45 SB
(2) Korey Brady	32:45 SB

D Grade 3km

Women:

(1) Isabella Welch	17:05
(2) Savannah Dunleavy	19:15 SB
(3) Bethany Moore-Kirkland	19:16 SB
(4) Izzy Blackburn	22:11
(5) Mackenzie Wormald	22:12 SB
--- Freya Williams	DNF

E Grade 2km

Men:

(1) Jake Dunleavy	12:36 SB
(2) Leo Ramsay	13:17 SB

Women:

(1) Amelia Chisholm	13:05
(2) Dakota Vicary	15:15

F Grade 1km

Women:

(1) Piper Dunleavy	10:14
(2) Harper Waterman	13:32

SOUTH AUSTRALIA SARWC results, 12 August – South Parklands

It was back to cold, wet conditions in Adelaide, which obviously didn't faze Ballarat's **Fraser Saunder** who took a liking to the South Parklands course, clocking a good 8km PB. **Kim Mottrom** reeled off another sub-13min 3km before sending through these results.

Open 8km

Fraser Saunder	36:32	PB 0:43
Nellie Langford	41:57	
Peter Crump	50:12	
Alex McEwan	1:00:17	PB 1:59
Di Camilleri	1:07:38	

Open 4km

Cooper Rech	23:09
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Open 1.5km

Rain Langford	8:31
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Open 1km

Robert Crabb	8:04
Anthony Crabb	8:46
Martin Crabb	8:54 PB 0:23

Open 3km

Kim Mottrom	12:50
Daisy Braithwaite	15:21
Angelina Legrand	16:25
Elise Scott	16:57
Katie De Ruvo	17:00
Senna Cook	DQ

TASMANIA TRWC results, 11 August – Perth

Dave Moore and Rosemary Coleman report:

A small field battled strong headwinds at our Walks at Perth today. Nice walking from Devonport LA'S **Eva Parker**, looking to set herself up for some good performances in the upcoming track season.

3km			5km		
1. Will Bottle	Newstead	13:42	1. Sam Lindsay	Newstead	25:49
2. Eva Parker	Devonport LA	18:54			
2. Wayne Fletcher	NS	25:42			
4. Dave Moore	TMA	29:52			

WESTERN AUSTRALIA WARWC results, 13 August - Shelley

Terry Jones reports that conditions were cool but sunny at Shelley, ideal for good times.

10K Handicap		6K Handicap	
Karyn Tolardo	1.07.13	Melissa Lewis	38.51
Andrew Duncan	56.42	Fiona van Heerwaarden	42.45
Alexandra Griffin	54.25	John McDonagh	47.45
John Ronan	49.22		
1.5K Handicap		1K Handicap	
Charlotte Burgess	8.24	Carter Moore	7.45
Addison Roots	9.27		
Tayte Moore	9.26		
Sophia Nichols	9.25		
Savannah Carnaby	9.01		
Lachy Nichols	8.27		
Dylan Sardelich	8.21		
Hunter Sardelich	DQ		



INTERNATIONAL NEWS



*Schedule for Budapest 23 Road Walks

- **20km Walk Men:** Saturday 19 August – 0830 (4:30pm AEST)
- **20km Walk Women:** Sunday 20 August – 0715 (3:15pm AEST)
- **35km Walk Men & Women:** Thursday 24 August – 0700 (3:00pm AEST)

***How can I watch them?**

Coverage of the WA Championships will be accessible free-to-air on
SBS VICELAND and replayed on **SBS On Demand**.

ISRAEL: European U20 Athletics Championships, 9/10 August - Jerusalem

Frederick Weigel (Germany) wins European Under-20 title in Jerusalem

(reprinted from O Marchador blogspot – Thursday 10 August)

The German **Frederick Weigel** was crowned European Under-20 champion in the 10,000-meter walk event that took place today in Jerusalem (Israel) crossing the finish line in a time of **41:53.58**, a new personal record and re-editing the triumph obtained in the same city during the U-18 European Championships.

Weigel could well apply the expression “son of a fish knows how to swim” because his father is the famous walker from the former GDR, Ronald Weigel, who at the Seoul Olympics in 1988 won silver medals in the 20 and 50 km march and in the following edition, in Barcelona, the bronze one in the 50 km, still having in its curriculum the world title of Helsinki 1983.

In a race in which the young German athlete isolated himself shortly after the starting gun and was gaining an increasing advantage over the competition – a group where two Spaniards, an Italian and a Turk dominated, it was only in the last kilometers that we saw the emergence of Turk **Hayrettin Yildiz**, silver medalist with a time of **42:13.78**, his best mark at the time, he who was a bronze medalist in the last World Championships in the category.

In third place was the Italian **Giuseppe Disabato**, just 16 years old, who last year won the silver medal at the U-18 European Championships. At **42:19.67** he improved his personal best by more than half a minute.

Of the Portuguese, Tiago Sucena ranked 15th with a time of 45:30.71, a personal record. Guilherme Rodrigues ended up not playing in the match. 24 athletes participated, registering two disqualifications.



Santacreu and Weigel triumph in Jerusalem



(Photos: sport.es; Iris Hensel)

Sofía Santacreu (Spain) is crowned U20 European champion

(reprinted from [O Marchador](#) blogspot – Wednesday 9 August)

A great feat by young Catalan athlete **Sofía Santacreu** on the third day of competition at the U-20 European Championships, taking place in Jerusalem, with the gold medal in the 10,000-metre walk (the first medal for the Spanish team and again with the discipline of walking at the top) in a statement of enormous class for this athlete of just 17 years old (still a juvenile) and who repeated the triumph of 2022 that took place in this same city, during the U-18 European Championships.

In a race that began with the leadership in charge of the Italians Giulia Gabriele and Giada Traina until roughly 6,000 meters, when Sofia Santacreu took the lead to never leave it, progressively increasing the advantage over her most direct pursuers to in the end set at a significant 57 seconds.

The time of **45:59.76** obtained by this young woman, who in addition to her already highly appreciated technical qualities, is still dedicated to writing (she herself authored a book “Entrena con Sofia” during the confinement period), improves her personal record and that of Spain in the U-18 category for more than a minute and a half (before, 47:30.8) taking the world leadership of the year in this category (second in the world in the U-20), still constituting the fifth best Spanish brand of all times in the U-20 category and the ninth in the U-23 category.

The podium of the event, totally Latin, was completed with the very comfortable second position of the Italian **Giulia Gabriele**, with **46:56.73** (this year she triumphed in the European Selections, in Podebrady), and with the third position for the French **Ana Delahaie**, with **47:11.09** (personal record) who overtook the Italian **Giada Traina** (one of the cheerleaders of the first stage of the race) on the last lap.

Of the Portuguese, Carina Ferreira was the best classified, in 18th position with a time of 52:08.95, while Carolina Dias obtained the 21st position (52:49.55), giving up Samanta Zueva. 26 athletes participated.

Men 10000m Walk – 10/8/23

1 <u>Frederick WEIGEL</u>	08 MAY 05	GER	41:53.58
2 <u>Hayrettin YILDIZ</u>	04 MAY 04	TUR	42:13.78
3 <u>Giuseppe DISABATO</u>	01 NOV 06	ITA	42:19.67
4 Pablo RODRIGUEZ R	18 DEC 04	ESP	42:45.99

Women 10000m Walk – 9/8/23

1 Sofia SANTACREU	07 FEB 06	ESP	45:59.76
2 Giulia GABRIELE	11 NOV 05	ITA	46:56.73
3 Ana DELAHAIE	13 MAY 04	FRA	47:11.09
4 Giada TRAINA	17 APR 04	ITA	47:16.57

5 <u>Daniel MONFORT</u>	25 JAN 06	ESP	43:04.44	5 Valeriya SHOLOMITSKA	01 AUG 04	UKR	47:27.55
6 <u>Diego GIAMPAOLO</u>	29 FEB 04	ITA	43:32.52	6 Michelle CANTÒ	14 JUL 05	ITA	47:59.68
7 <u>Arvid KOCKEL</u>	21 SEP 05	GER	44:09.33	7 Griselda SERRET	09 JUL 05	ESP	48:13.88
8 Jassam ABU EL WAF	03 JUL 04	GER	44:23.62	8 Anastasi ANTONOPOUL	27 OCT 04	GRE	48:46.99
9 Quentin CHENUET	29 MAY 05	FRA	44:25.52	9 Magdalena ŽELAZNA	16 APR 04	POL	48:54.93
10 <u>Leo BENJE-TOUIMI</u>	03 AUG 04	FRA	44:49.36	10 Justė PERVENECKAITĖ	01 SEP 06	LTU	48:59.38
11 <u>Eduard MURAVSKYI</u>	28 JUL 06	UKR	44:55.17	11 Lena SONNTAG	01 OCT 04	GER	49:15.54
12 Pablo POSTIGO G	06 FEB 05	ESP	45:00.26	12 Ema KLIMENTOVÁ	06 JAN 05	CZE	49:23.74
13 <u>Mikail DERE</u>	25 MAR 04	TUR	45:04.60	13 Emine CEYLAN	31 MAY 04	TUR	49:31.66
14 <u>Roman HORBACHOV</u>	17 AP 06	UKR	45:10.98	14 Kylie GARREIS	20 JUL 05	GER	50:05.22
15 <u>Tiago SUCENA</u>	18 JUN 04	POR	45:30.71	15 Aliisa KIISKI	11 MAR 05	FIN	50:35.06
16 <u>Edmond DOBRUNA</u>	29 FEB 04	CRO	45:30.75	16 Elif Nur ÖZBEY	18 MAR 04	TUR	50:39.28
17 <u>Tomáš MENCEL</u>	06 JUL 04	SVK	45:50.44	17 Terézia KURUCOVÁ	24 MAR 05	SVK	51:06.45
18 <u>Filip KRESTIANKO</u>	13 DEC 05	SVK	46:13.33	18 Carina FERREIRA	02 JUL 04	POR	52:08.95
19 <u>Lukas LASEVIČIUS</u>	22 JUN 05	LTU	46:23.12	19 Tamara INDRIŠKOVÁ	25 MAY 06	SVK	52:15.89
20 <u>Georgios KRITOULIS</u>	13 DEC 04	GRE	46:56.14	20 Oksana LUKIANOVYCH	13 JAN 2007	UKR	52:32.81
21 Tauras G'CEVICIUS	27 APR 04	LTU	47:56.15	21 Carolina DIAS	19 NOV 05	POR	52:49.55
22 Oleksii POLISHC'K	18 APR 05	UKR	48:43.68	22 Paulína AVENOVÁ	22 AUG 04	SVK	52:57.66
-- <u>Guil. RODRIGUES</u>	14 APR 04	POR	DNS	23 Ada JUNGHANNß	04 NOV 04	GER	53:09.67
-- <u>Jakub BÁTOVSKÝ</u>	18 JUN 05	SVK	DQ	24 Yuliia LUTSKA	18 AUG 04	UKR	53:25.86
-- <u>Ozan BAYRAM</u>	18 SEP 04	TUR	DQ	-- Samanta ZUEVA	14 NOV 05	POR	DNF
				-- Tülin EK	15 JUN 05	TUR	DQ

Germany has much to celebrate in the Men's race. The website *Leichtatletik.de* posted the following article on **Frederik Weigel's** victory and the German team's success in the Team's competition:

U20 EURO Day 4 | Frederick Weigel repeats last year's gold coup

by *Svenja Sapper* (reprinted from *Leichtatletik.de*)

From U18 European Champion to U20 European Champion. Frederick Weigel won gold in the 10,000 meter track walk in Jerusalem (Israel) on Thursday morning. Arvid Kockel and Jassam Abu EL Wafa completed an outstanding team result in seventh and eighth.

Spectators who gathered at the Givat Ram stadium in Jerusalem, Israel, at an early hour experienced a sense of déjà vu on Thursday morning. It has been 13 months since **Frederick Weigel** (SC Potsdam) became U18 European champion in the 10,000 meter track walk at the same venue. And this year the 18-year-old repeated his gold coup. As in the U18 European Championship, he courageously competed from the top. In **41:53.58** minutes, a new best time, he won ahead of **Hayrettin Yildiz** (Turkiye; **42:13.78** min) and the Italian **Giuseppe Disabato** (**42:19.67** min), who finished second at the U18 European Championship last year was.

"It felt the same as last year," Frederick Weigel later said. "It was the same tactic. I had nothing to do with my opponents, I only saw them at the start." A fast walking pace was important to him because of his experience at the European Walking Team Championships in Podebrady (Czech Republic).

"They started slowly in Podebrady and were able to really shoot from the back, and then I finished fourth. That's not bad, but just past the podium. I didn't want to use that tactic today. For me, a steady pace is better." Frederick Weigel was amazed that his opponents initially let him go without resistance. "I thought the others would go with me, especially the Turks or the Italians. Maybe they thought I'd break in anyway."

Congratulations from the proud father

Around three kilometers from the finish, Turkey's Hayrettin Yildiz broke up the group that had formed behind the leader and gave chase. For a while it looked like he might catch up with Frederick Weigel again, and the lead was melting. But then Yildiz ran out of strength. Frederick Weigel always kept an eye on the distances on the stadium screen. "The times were there. Two laps before the end, he was still 20 seconds behind me. And then he should have gone under four minutes over the 800 meters."

What worried him more was that he had already received two warnings several laps before the end. "I thought for a moment that there were three applications. That would have been annoying if there had been a penalty minute, especially so close to the finish line." After his fourth place at a team championship, he was aiming for a medal this time. "I'd really like to have a medal again. Of course you want to finish first inside, even if you don't say it."

It was particularly nice for the 18-year-old that his father Ronald Weigel, national trainer of the walkers and world champion from 1983, was able to follow his son's triumph from the side of the track this time. Last year he was not in Jerusalem due to the preparation camp for the World Cup. "He wanted to come to me right after the competition, but the stewards wouldn't let him over the barrier." So there was the congratulations a little later before the award ceremony.

Closed in the top eight

Congratulations were also due for **Arvid Kockel** and **Jassam Abu EL Wafa** (both SV Halle). Arvid Kockel was seventh in **44:09.33** minutes, followed by Jassam Abu EL Wafa in **44:23.62** minutes, setting new personal bests for both of them. "We thought that the top ten should be in there for all of us," said the eighth-placed driver. "First of all, I tried to go through the targeted time," reported Arvid Kockel. With two Frenchmen they then found a group to join. Arvid Kockel was able to break away later. "It was pretty good up to kilometer five," said Jassam Abu EL Wafa, "I think I did too much leadership work in our group. Nobody wanted to go forward at first. Maybe I would have had the nerve to go along with Arvid's sprint otherwise." In the last 150 meters he

was able to overtake Frenchman **Quentin Chenuet**. The Halle resident particularly liked the support of the German team. "I heard that last year there were fewer people walking in the stadium. We were always told the times, and you always had German colleagues at your side who cheered you on. That was nice."

Arvid Kockel, who finished ninth at the U18 European Championships last year, found his second course in Jerusalem much nicer than the first. "This time I'm two places better and two minutes better." The strong team result also made the new U20 European Champion Frederick Weigel happy: "I'm proud of the other two!"

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.

- Tuesday, August 15, 2023 - Kenyan walkers at the Budapest World Championships <http://omarchador.blogspot.com/2023/08/marchadores-queenianos-no-mundial-de.html> An interesting piece in which Kenyan ace Samuel Gathimba comments on the both the progress made and challenges faced by African walkers generally.
- Monday, August 14, 2023 - Brazilian Under-18 Athletics Championships - Aracaju 2023 (results) <http://omarchador.blogspot.com/2023/08/campeonatos-do-brasil-de-atletismo-sub.html>
- Sunday, August 13, 2023 - Romanians Plesu and Popa win 20 km walk at Francophone Games - Kinshasa 2023 <http://omarchador.blogspot.com/2023/08/romenos-plesu-e-popa-vencem-20-km.html>
- Saturday, August 12, 2023 - Rumbenieks (Latvia) and Mirotvortseva (Estonia) wins at the Baltic Championships - Valmiera 2023 <http://omarchador.blogspot.com/2023/08/vitorias-de-rumbenieks-letonia-e.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

Sun 27 Aug 2023	AV Country & VRWC Road walk c'ships - Ballarat
Sat 2 Sep 2023	AV 5000m Teams race, VMA 5000m c'ship, VRWC Time races (2hr, 1hr) - Mentone
Sat 9 Sep 2023	VRWC Relay event & scratch races; Winter presentations – Middle Park
Sat 16 Sep 2023	Walks Education – 'How To Put On A Walk Event' & Walk Judges Course – AV HQ, Lakeside

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

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***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

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WALK JUDGING COURSE (Updated)



Venue: Cathy Freeman room AV
Aughtie Dr Albert Park
Date : Saturday 16th September 2023

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Course on **Saturday 16th September**. The Course will be run by International walks judge Zoe Eastwood-Bryson.

The course is open to those interested in becoming Walk Judges at any level, and for existing Judges to upgrade. Tea and coffee will be provided.

AGENDA:

- 1.00pm - Registration
- 1:30pm (or earlier) - Course commences

Course content:

- | | | |
|-------------------------------|--|--|
| *Rules of Walking and judging | *100 metre rule | *Pathway for upgrading of qualifications, gaining international accreditation. |
| *Duties of: | *2 way radios for judges: communication protocols; correct and incorrect use | |
| - Chief judge (CJ) | *Judge's role as Course Umpire | *Questions and queries (Please make notes of things that you are not sure of.) |
| - CJ assistant | *Interaction with athletes, coaches, parents, members of public | |
| - Race judge | | |
| - Penalty Zone official | | |
| - Recorder | | |
| - Red card collectors | | |
| - DQ Board official | | |

Finish time approx. 4.00pm

No late or on the day applications

Please bring Stationary ,pencils, pens, paper and current IAAF handbook with you

Name: _____

Address: _____

Mobile: _____ Email _____

Current Walks Grading (if any)_____

Attending: Yes / No

Please return no later than 10th September 2023, to:

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 mobile 0413708085

