



HEEL & TOE Online

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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

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**WALKER OF THE WEEK **

This issue's WOTW goes to **Tate Jardine (VIC)**, on the strength of his huge 1km improvement in the VRWC Relay event. Walking for the 2nd-placed Team 2, Tate ripped an enormous 1:11 from his previous best time to clock **5:57** in a breakthrough performance.

In his second year with the VRWC, Tate has quietly gone about learning the technical and racing demands of the sport, as well as improving his fitness. On Saturday, welcoming the stimulus of a relay race, he also showed a turn of speed. An improvement of over a minute in one kilometer is impressive progress, and Tate should have a successful Little Athletics season.

Well done, Tate! Keep up the good work.

**Honourable mentions*

- **Joel Byatt (NSW)** – a dominant PB performance in winning the NSW High Schools 3000m walk title in **13:52.06**.
- **Eden Morgan (VIC)** – On Saturday Eden took over 4mins from his previous best for 4km, a distance he hadn't raced since 2019 although he's no doubt broken it often in longer races. This one is official ... **18:39**.



CLUB NEWS and RESULTS

VRWC Relay event & Open races, 9 September – Middle Park



You gotta hand it to 'em ... Kevin releases Jade, Marcus hands over to Ella.

The VRWC's 2023 road season ended with the annual **9km Relay event**, a no-pressure, fun flexing of speed muscles followed by prizes for the winning team. Seven teams lined up for a yacht handicap start, based on each member's form as shown by their winter results. None of us ever envies handicapper Mark Donahoo his job in trying to balance teams containing such a range of ages, speed and experience, yet once again he did a grand job with less than a 20 second gap between each of the first 4 teams at the finish. While the hoped-for neck and neck finish did not eventuate, the anticipation of what might happen added to the fun of the event. We look forward to next year's relay!

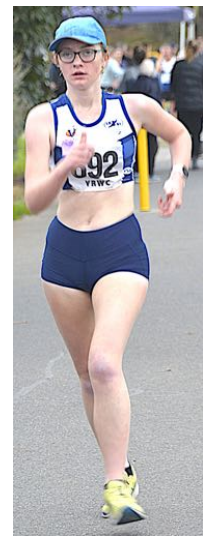
The last leg (2km) had eyes eagerly watching the home stretch as the last handover held out the possibility of a surprise winner, but it was **Emily Smith** who bookended Team 4's race and guided them home for a good win. Team 1's **Emilie Garside** maintained a 19sec lead that was too much in the end for Team 7's fast-finishing **Alejandro Stephens** to wear down.

The 1km distance is infrequently raced by walkers over 10 years old, so it's unsurprising that a number of our older competitors clocked their maiden times over the distance. Quickest of these was by **Marcus Wakim** who blitzed his 1k leg in **3:54**. Five PBs were also recorded, with **Tate Jardine** showing the biggest improvement on the day with his **5:57** for 1km.

1. Team 4 (1:00)	Leg	Time	2. Team 1 (0:00)	Leg	Time
Emily Smith	1km	5:00*	Riley Coughlan	1km	4:03*
Jade Chitty	2km	10:12	Dee Holohan	2km	12:21
Kevin Cassidy	3km	16:33	Riley Coughlan	3km	12:50
Jade Chitty	1km	4:41*	Tate Jardine	1km	5:57*
Emily Smith	2km	10:17*	Emilie Garside	2km	12:45
Total (h'cap adjusted)		47:43	Total (h'cap adjusted)		47:56
3. Team 7 (0:21)	Leg	Time	4. Team 3 (0:40)	Leg	Time
Logan Allison	1km	5:47	Donna-Marie Elms	1km	5:50
Amelia Vernal	2km	12:30	Angus Shuttleworth	2km	9:46
Nikola Mandic	3km	13:02*	Jonathan Ho	3km	15:07*
Amelia Vernal	1km	6:08*	Angus Shuttleworth	1km	4:51
Alejandro Stephens	2km	9:27	Donna-Marie Elms	2km	12:22
Total (h'cap adjusted)		48:15	Total (h'cap adjusted)		48:36
5. Team 5 (1:00)	Leg	Time	6. Team 6 (1:08)	Leg	Time
Lily Bowkett	1km	5:42	Marcus Wakim	1km	3:54*
Daniel Pashutin	2km	10:07	Gwen Steed	2km	14:33
Grace Louey	3km	16:32*	Marcus Wakim	3km	12:40
Daniel Pashutin	1km	4:38*	Ella Harris	1km	5:48*
Carolyn Rosenbrock	2km	11:04	Kylie Irshad	2km	11:37
Total (h'cap adjusted)		49:03	Total (h'cap adjusted)		49:40
7. Team 2 (0:21)	Leg	Time	4km Open		
Zoe Bowkett	1km	5:41	1 Eden Morgan	M	18:39*
Heather Carr	2km	13:01	2 David Smyth	M	22:51
Ariana Pashutina	3km	15:08	3 Steven Haverly	M	36:08
Heather Carr	1km	6:22			
Mya McClure	2km	10:06			
Total (h'cap adjusted)		50:39	1km Open		
3km Open			1 Anouk Morgan	F	6:18
1 Mietta Morgan	F	17:03	2 Abby Fowler	F	7:22

*PBs – Tate (1km) 1:11; Nikola (3km) 0:17; Daniel (1km) 1:01; Grace (3km) 0:27; Ella (1km) 0:19; Emily (2km) 0:24; Eden (4km) 4:01
Emily, Riley, Jade, Amelia, Marcus (1km) and Jonathan (3km) recorded their first times over those distances.

**It's the last one for the Winter, folks ... pour it on!*



For the final time this season, 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.

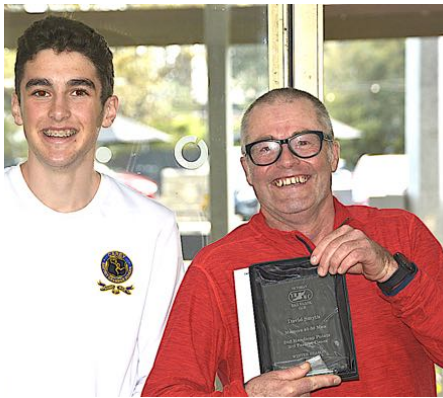
- Handicapper, Competition organiser** Mark Donahoo
- Manager** Mark Donahoo
- Referee:** Terry Swan
- Race check in** Mark Donahoo, Bill Carr
- Recorders** Ian Laurie, Bob Gardiner, Mark Donahoo, Narelle Coughlan, Colin Morgan, Alla Pashutina, Dylan Shuttleworth, Deanne McClure, Karyn O'Neill, Terry O'Neill
- Judges:** Di Lowden (C), Stu Cooper, Gordon Loughnan, David Cash, Kathleen Marsh, Anthony Doran, Brenda Felton
- Set up, Pack up:** Terry Swan, Stu Cooper, Ian Laurie, Bob Gardiner
- Photos** Terry Swan
- Presentations** Mark Donahoo, Stu Cooper, Emily Swan, Marcus Wakim
- Walkers:** 32

** WINTER PRESENTATIONS 2023

It was time for happy snaps at the 2023 Winter Award presentations. Thanks to **Mark Donahoo** for his work in compiling the points and trophy winners lists. We also thank Club junior captains **Emily Smith** and **Marcus Wakim** who handed out the trophies to the worthy winners.



*Men & Women 60+



*Men 40+



*Women 40+



*Men & Women Open



*Men & Women U20



***Men U18**



***Women U18**



***Boys & Girls U16**



***Girls U14**



***Boys U12**



***Girls U12**



***Boys U10**



***Girls U10**



***Merrifield Award (combined Time and Handicap points)**

**** Coming up ...**

That's it for Winter racing for this year. Our attention – after a few week's break – will turn to the VRWC Summer season (commencing on **Sunday 22 October**), as well as the AVSL 2023-24 T&F program (commencing **Saturday 7 October** – see Calendar and other details at <https://athsvic.org.au/avsl/>) and the various Schools championships happening around the country.

WALKS EDUCATION SESSIONS *Saturday 16 September*

***HOW TO PUT ON A RACE WALKING EVENT** followed by ***WALK JUDGING COURSE (updated)**

See Page 12 of this issue for detailed brochure and application form for Session 1.
Closing date for application – extended to **Wednesday 13 September**
(Session 2 bookings for Walk Judging course are closed.)



Australian Masters 20km Championships, 6 August – South Parklands, Adelaide *Revised results*

Thanks to **George White** for sending through the finalized results for the AMA 20km, now including postal results.

35-40 Men					40-44 Women			
Kim Mottrom	SA	1	1:34.42		Melissa Grantham	SA	1	2:07.34
50-54 Men					55-59 Women			
Adam Patterson	QLD	1	2:22.40		Wendy Farrow	WA	3	2:21.37
55-59 Men					Karyn Tolardo	WA	2	2:16.34
Andrew Duncan	WA	1	1:54.42		Ann Staunton-Jugovic	ACT	1	2:02.47
60-64 Men					60-64 Women			
Peter Crump	SA	2	2:02.21		Marie Maxted	SA	1	2:28.27
Gerard Feain	VIC	3	2:17.49		65-69 Women			
Simon Evans	VIC	1	2:02.08		Karyn O'Neill	VIC	1	2:27.31
65-69 Men								
Terry O'Neill	VIC	1	2:12.55					
70-74 Men								
Gil McIntosh	SA	1	2:33.51					
Frank Prowse	VIC	DNS						
75-79 Men								
George White	SA	1	2:22.02					

A.C.T. ACTRFWC results, 10 September – Tuggeranong

Results from ACTRFWC newsletter:

2km Race walk				1km Race walk		
1 Michelle Bray		10:27		1 Samantha Ramboer		6:00
2 Hana Jugovic		10:55		2 Tindra Helgstedt		6:51
3 Julia Grocott		11:20		3 Phoebe Grocott		7:20
4 Marcus Helgstedt		11:26		4 Olivia H (guest)		7:47
5 Michelle Tymkiw		14:07		5 Estriol Hegstedt		7:50
6 Geoff Barker		20:07				
				7km Fitness walk		
				1 Sue Archer		50:09

7km Race walk		2 Bryan Thomas	58:32
1 Jill Pearson	47:25	3 Miriam McCarthy	1:04:53
		4 Doug Fitzgerald	1:08:39

NEW SOUTH WALES NSW Combined Public High Schools T&F C'ships, 8 September - Homebush

Thanks to **Frank Overton** for the first results from the Schools T&F championship season, held at Sydney Olympic Park in Homebush. The highlight would probably have been **Joel Byatt's** 3000m win with a 2sec PB time of **13:52.06**.

Girls 15-19y 3000mW

1. Sienna Pitcher	15:02.29
2. Laelia Byatt	17:31.56
3. Jessey Bektas	17:39.16
4. Danelia Samuel	18:05.32
5. Amelia Crocker	19:48.88
6. Grace Howle	22:02.96
7. Isabella Howle	22:08.81

Boys 16-19y 3000mW

1. Joel Byatt	13:52.06
2. Veerein Sheorayan	15:49.82
3. Brodie Spamer	16:59.51
4. Michael Mathison	17:36.61
5. Callum Cousins	18:21.52
---Niall Boomla	DQ
---Joshua O'Neill	DQ

Girls 12-14y 1500mW

1. Maisie Mitchell	7:17.59
2. Emma Hearnden	7:31.15
3. Emma Hoskins	7:34.64
4. Stella Pinches	8:07.64
5. Khloe Wolf	8:42.42
6. Lily Horne	9:05.27
7. Daisha Gonzalez	9:33.85
8. Hannah Butler	9:39.11

Boys 12-15y 1500mW

1. Jaxson Horton	7:10.63
2. Dylan Allabush	7:20.62
3. Tyler Cousins	7:23.20
4. Aidan Kirk	7:33.85
5. Noah Vella	8:08.60
6. Noah Tilton	8:32.05
7. Moses Wolfson	9:07.93
8. Reuben Maclaine	10:15.49
9. Luke Mitchell	10:57.95
---Noah Mitchell	DQ

Frank also sent through the following results from mid-week races on his Central Coast home turf. Looks to have been a good duel between **Carl Gibbons** and **Dylan Richardson**.

**** Central Coast Regional Athletics Mingara Track Meet, 5 September – Mingara**

1500m Walk

1 Caetlin Ashby	8:39.30
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3000m Walk


1 Carl Gibbons	12:20.17
2 Dylan Richardson	12:22.13
3 Hannah Mison	13:09.18
4 Hannah Bolton	14:16.57
5 Bridget Bell	15:13.70

SOUTH AUSTRALIA SARWC results, 2 September – South Parklands

'Guess Your Time' walks- no display clock or watches

Open 3km	Time	Guess	Difference	
Angelina Legrand	16:26	16:30	0:04	
Kim Mottrom	13:01	12:55	0:06	
Greg Metha	18:51	19:00	0:09	
Di Camilleri	23:35	23:45	0:10	
Alex McEwan	21:43	22:00	0:17	PB 1:01
Mathew Bruniges	17:22	17:42	0:20	
Cooper Rech	14:53	15:20	0:27	PB 0:06
Katie De Ruvo	17:54	17:22	0:32	
Nellie Langford	15:21	14:45	0:36	
Daisy Braithwaite	15:29	16:18	0:49	
Open 1km	Time	Guess	Difference	
Kristy Templer	7:43	7:41	0:02	PB 0:14
Caleb Camilleri	6:05	5:55	0:10	
Liliana Templer	5:27	5:39	0:12	
Elise Scott	8:06	7:47	0:19	

Maverick Grantham	8:00	7:10	0:50	
Anthony Crabb	10:20	9:20	1:00	
Martin Crabb	8:06	9:10	1:04	PB 0:48
Robert Crabb	7:05	8:20	1:15	



INTERNATIONAL NEWS

World Athletics - Certification of new International Walking Judges in October

(reprinted from O Marchador – Sunday 10 September)

At the initiative of World Athletics, a new certification of International Walking Judges will take place, aimed at candidates from different geographic areas: Europe - EA, Asia - AAA, Africa - CAA, South America – South American Athletics, Central and North America – NACAC, and Oceania – OAA, granting them the status of **Silver Level World Athletics Walking Judges**, in accordance with the new system implemented by that entity that manages athletics destinations worldwide.

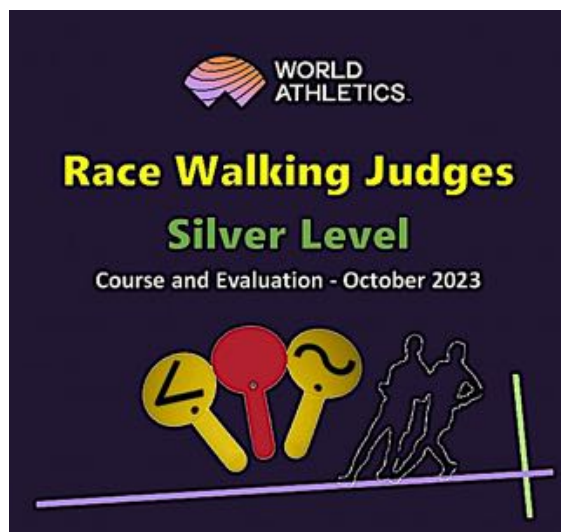
The evaluation of new candidates (in South America, as we know, current members must also undergo exams, as already happened with Silver Referees, which will only be mandatory for everyone in 2025) will take place on the 21st October of this year, in the online system, and each country will be able to register up to a maximum of 2 (entrants) with the recommendation of one male and one female.

Exams in Europe, at least in this area (Portugal), will be conducted in English, and may also be carried out in French and Spanish in other geographical areas, with assessment consisting of written and oral exams and viewing videos with sequences of images collected in international competitions where candidates will evaluate and record their responses regarding the progression mode – with regard to the regulatory aspect – of the athletes.

Candidates must be at least 23 years old, have been part of a national panel for 4 years and have experience working in national and, if possible, international competitions, naturally, able to use the computer tool during the exams and have knowledge of the English language. Those who perform positively will join the respective panel for a period of 8 years, only being removed under exceptional conditions, and must remain active and updated and necessarily participate in actions and seminars promoted by World Athletics or Area Associations.

The panel of evaluators will be made up of a minimum of 6 members (or more, depending on the number of registrants), three nominated by Area Associations and another three by the World Athletics Trainers Team, noting that the deadline for submission of the names of candidates by EA member federations will be on the 12th of this month of September, and after that date EA will announce the date of holding a preparation course for candidates from members of European federations, and it is expected that on other continents webinars are also held.

Currently, the number of WA Silver Panel members is 79, Europe is 23, Central and North America is 15, Africa is 15, South America is 11, Asia is 10 and Oceania is with 5. The main WA Panel – Gold Level, is currently made up of 23 members: 14 from Europe, 3 from Asia, 2 from Central and North America, 2 from Oceania, 1 from South America and 1 from Africa.



SWITZERLAND: Swiss National Track walk c’ships, 9-10 September - Monthey

Emmanuel Tardi is back in Willie Nelson mode (on the road again), this time judging at the Swiss track walk championships. Here is his report:

I was in Switzerland this week end. On Saturday , I was appointed as judge for national Championship on the track in city of Monthey.

Two races were scheduled: at 5:30pm, 1000, 3000 and 5000m were held, with the 10000m at 6:15pm. The 5k was dominated by French walkers who won in both men's and women's categories. The 10k was won by young Hungarian **Norbert Toth**. The women's race was dominated by Czech women.

On Sunday morning, there was the mountain race. The goal is to walk 8k on the road between altitude 420 (in Epinassey) and 1136 (in Mex).

Norbert Toth won again with time of 52:00. For this race, results are not published.

10000m walk

1/Norbert Toth 2001 Hungary	44 :04	1/Ema Klimentova 2005 Czechia	53 :10
2/Adam Zajicek 2003 'sCzechia	46 :02	2/Alžběta Franklova 2005 Czechia	59 :17
3/Albert Kukla 2004 Czechia	47 :43		
4/Martin Nedvidek 1975 Czechia	48 :35		
5/Patrick Robin-Brosse 1969 France	55 :20		
6/Josef Smola 1964 Czechia	59 :14		
7/Rene Serrano 1966 France	59 :31		
8/Cedric Bouele 1985 Suisse	1 :08 :32		

9/Daniel Brot 1953 - 8k400 en 1h10
 10/Walter Brandenburg 1946 - 6k800 en 1h11
 x/Regis Briere 1968 - Abandon

5000m walk

1/Florian Peter 2002 France	22 :46	1/Maëlle Laurent 2008 France	31 :41
2/Anthony Peter 2006 France '	26 :30	2/Dora Briere 1959 Suisse	33 :34
3/Michel Luthringer 1972 France	29 :55	3/Sabrina Manier 2006 France	33 :45
4/Claudio Penolazzi 1955 Italie	30 :26	4/Claudine Anxionnat 1951 France	36 :21
5/Frederic Guillod 1957 Suisse	33 :45	5/Birtukan Bouele 1988 Suisse	38 :20
6/Sylvestre Marclay 1952 Suisse	35 :42	6/Helene Baptiste 1950 Suisse	38 :32
7/Roberto Nervi 1964 Italie	36 :45		
8/Joseph Bianco 1941 Suisse	39 :52		
9/Kevin Duplan 2005 Suisse	44 :30		

3000m walk

1/Piergiorgio Andreotti 1940 Italie	21 :11	1/Sylvaine Laurent 1981 France	27 :13
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1000m walk

1/David Peter 1976 France	7 :32
2/Valerie Peter 1975 France	8 :38
3/Theo Bouele 2017 Suisse	8 :08



Klimentova (15), Franklova (17), Florian (26) & Anthony Peter (22), Toth (8) and Zalicek.



What surroundings to judge in!

(Photos: Emmanuel Tardi)

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, September 12, 2023 - Jakub Jelonek and Olga Chojecka's victories at the Gdansk Marching Festival (2023) <http://omarchador.blogspot.com/2023/09/vitorias-de-jakub-jelonek-e-olga.html>
- Monday, September 11, 2023 - SUDS (Down Syndrome) Europeans - Padua 2023: 1,500 m march (results) <http://omarchador.blogspot.com/2023/09/europeus-suds-padua-20231500-m-marcha.html>
- Saturday, September 9, 2023 - Morvay and Ďurdiaková win in Czech club championships - Hodonín 2023 <http://omarchador.blogspot.com/2023/09/morvay-e-durdiakova-vencem-nos.html>
- Friday, September 8, 2023 - SUDS Europeans - Padua 2023: 800 m march (results) <http://omarchador.blogspot.com/2023/09/europeus-suds-padua-2023-800-m-marcha.html>
- Thursday, September 7, 2023 - Helebrandt and Óláh win in Hungarian Superliga 2023 in Kecskemét <http://omarchador.blogspot.com/2023/09/helebrandt-e-olah-vencem-na-superliga.html>
- Wednesday, September 6, 2023 - Athletic Walking appears for the first time at the Brazilian Youth Games <http://omarchador.blogspot.com/2023/09/marcha-atletica-surge-pela-primeira-vez.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 Sep 2023	Walking Education sessions (<i>see flyers below</i>) – Cathy Freeman Room, AV headquarters, Lakeside
Sat 7 Oct 2023	AVSL Rd #1 – venues TBA
Sun 22 Oct 2023	VRWC Summer races #1 – Middle Park
Sun 12 Nov 2023	VRWC Summer c'ships & Annual General Meeting – Middle Park

International Dates

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 (<i>*Lima withdrew in April but has since been reinstated.</i>)
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

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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.

