



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

It's a quiet week this week, therefore a short issue. We hope our members and other readers enjoy some inter-season down time. Some will be resting, while others shift their training focus to speed sessions ahead of the AVSL track program, the All Schools championships and Little Athletics competitions. Summer racing always brings with it the promise of fireworks on the track as the fitness gained in winter is channeled into attacks on the stopwatch, PBs and other goals.

In two weeks' time the first AVSL races will be held at Glenhuntly. Then, two weeks later, the VRWC meets back at Middle Park for the first of our Summer road races. With regular results expected from track walk competitions interstate, it won't be long before the pages of H&T fill out again ... and that's without the overseas winter road and indoor track results.

Once again, my thanks to all our contributors – local and overseas – whose submissions have added to the interest and variety of the newsletter. I look forward to publishing more news and results from around the country during a busy domestic summer, and from abroad.

Remember – if you have an item relating to our sport that you think would be of interest to readers, send it through. Just read the *Editor's Note* and *Disclaimer* on Page 7 before you do so.

Stu



VICTORIA - METRO & REGIONAL



A.V. NEWS

CORRECTION!!

In the last issue it was erroneously announced that Round #1 of the AVSL 2023-24 season would have Walks held at both the Aberfeldie and Glenhuntly venues.

The Walks will be held only at ONE venue this summer – i.e., whichever runs a **Program 1** timetable. In the case of **Round #1**, this will be **Glenhuntly (Duncan McKinnon track)**. My apologies for the misinformation.

The only exception to this occurs on Friday 1 December, when a 2000m walk will be held at Glenhuntly as part of a Program 2 schedule (which, interestingly, is identical to the Program 1 being run on the same night at Doncaster! A nod to Friday night travelling issues, it appears.)

The draft timetables for the AVSL 2023-24 season are now available for perusal at <https://athsvic.org.au/avsl/>



AROUND THE COUNTRY

**WALKER OF THE WEEK **

In an otherwise quiet between-season week, two clear WOTW candidates stood out and grabbed the prize jointly. Competing in the NSW All Schools T&F championships, **Isaac Beacroft (NSW)** and **Owen Toyne (ACT)** turned on an engrossing duel in the U16 5000m Walk, wiping out the Meet record and posting times – Isaac **20:17.88** to Owen's **20:21.89** – that nestle both boys comfortably inside the World Athletics U18 Top 5 ... where, as it happens, they are accommodated already! (Isaac tops the list, in fact.)

Many of those who remember the TV coverage of Isaac's wins in both the 2022 Australian All Schools and 2023 AA track championships will also recall being astonished by not only his power and speed, but also the fluency and efficiency of his technique. I wasn't at Homebush on Saturday to see the race, but my recollection of those two prior performances gives me an inkling of Isaac's acceleration as he finally broke away from a determined Owen to win. For his part, Owen had his 2nd best 5000m performance for 2023, and his time would have cleaned up just about any other U18 field on the planet. It's been said before but bears repeating ... we hope fervently that both these lads choose to stay in the sport to help carry on Australia's fine international race walking tradition.

Congratulations Isaac and Owen ... as impressive as results in other events might have been in those championships, none would have surpassed yours.

**Honourable mentions*

- **Kodi Clarkson (ACT)** – a clear 3rd place in the NSW All Schools U16 5000m in **21:50.24**. Still only 15, this would have given Kodi another World Athletics U18 Top 20 placing.
- **Sienna Pitcher (NSW)** – in a class of her own in the NSW Schools U16 race, Sienna's **25:06.71** was a creditable result in what was essentially a time trial.

A.C.T. ACTRFWC results, Sat 23 September - Kaleen

The following are, I believe, the final results of the ACTRFWC winter season, courtesy of **Helen Toyne**.

10km Race walk		10km Fitness walk	
1 Ann Staunton-Jugovic	59:22	1 John Kennedy	1:08:10 PB
		2 Sue Archer	1:10:50
6km Race walk		6km Fitness walk	
1 Hana Jugovic	34:28	1 Doug Fitzgerald	54:20
2 Jill Pearson	41:43	-- Geoff Barker	DNF
3km Race walk		3km Fitness walk	
1 Jillian Ryan	16:19	1 Jim White	23:32
2 Emma Grocott	20:06		
3 Sebastian Ryan	21:06		

Helen has good reason to be happy following her son Owen's performance in the NSW All Schools championships last weekend (see NSW results below), as well as that of speedy young ACT club mate Kodi Clarkson in the same race. Helen's own report – taken from the ACTRFWC newsletter – follows:

Owen and Isaac had a fantastic battle, with Isaac managing a surge in the last 200m to beat Owen by 4 seconds. All three boys were inside the long standing meet record by a couple of minutes. Owen managed a PB but he's sure he can go faster!

Owen and Kodi are coached by Matt Griggs who has been incredible, so big thank you.

I will have a bit of a boast here. Kodi is the fastest 2008-born 5000m walker in the world according to World Athletics, and Owen is second of the 2007-borns (to Isaac of course). The U18 age group is incredible by world and historic standards, with multiple Australians in the top 10.

If you like stats this is a fun link showing the world rankings. Note it will only display walkers who can do under 23.30 for 5000m:

<https://worldathletics.org/records/toplists/race-walks/5000-metres-race-walk/outdoor/men/u18/2023?regionType=world&page=1&bestResultsOnly=true>

(Editor's note: The link provided by Helen is also a useful jumping-off point for perusing the other World Athletics lists for Male, Female and age group race walking performances.)

NEW SOUTH WALES 2023 NSW All Schools T&F c'ships, Sat 23 September – SOPAC, Sydney

It was the **Isaac and Owen** show at the NSW All Schools titles last Saturday, with the first three – including **Kodi Clarkson** who, like Owen Toyne, was competing by invitation – smashing the Meet record.

Sienna Pitcher also turned on a dominant display to win the girls U16 title easily. **Aiva Pinches** was also in good form, winning the U17 gold convincingly.

Girls U16 5000m Walk

1 Sienna Pitcher	Terrigal HS	25:06.71
2 Lyla Williams	Lindisfarne Anglican	26:49.42
3 Jessey Bektas	The Hills Sports HS	28:43.68
4 Lilah Norden	Shellharbour Angl	29:31.14
5 Summer Sivaraj	Abbotsleigh Wahr	31:21.12
6 Laura Corvalan Sotom	Wm Clarke College	31:53.35

Boys U16 5000m Walk

1 Isaac Beacroft	Oakhill College	20:17.88*
2 Owen Toyne	Interstate (ACT)	20:21.89*
3 Kodi Clarkson	Interstate (ACT)	21:50.24*
4 Myles Ashby	Oakhill College	23:10.43
5 Joel Byatt	The Hills Sports HS	23:28.54
6 Aidan Pospischil	Parramatta Marist	30:15.53
7 Peter Charlton	Belmont HS	38:15.53

Girls U17 5000m Walk

1 Aiva Pinches	Lambton HS	26:52.18
2 Chelsea Roberts	Bede Polding College	27:41.73
3 Laelia Byatt	The Hills Sports HS	28:43.24
4 Chelsea Olbrich	Rouse Hill HS	31:10.84

Boys U19 5000m Walk

-- Jack Robson	Marian Catholic Col	DQ
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* Meet record



Sienna strides to U16 gold ...



... as does Isaac, with Owen on his hammer in a record-breaking race.

(Photos: ANSW)



NATIONAL RACE WALKING RANKINGS

10km Road to 20 September

Wherever you stand on the matter, the “marathon walk relay” is a reality in the programs of next year’s World Teams Walking championships and the Paris Olympics. This being the case, the 10km race distance will grab plenty of scrutiny in terms of qualifying times with countries already holding trials and posting results.

Therefore, it’s of interest to have a look at the best 10km road times recorded by Australian walkers in 2023. The following rankings are provided by AA statistician **Paul Jenes**.

(Note that the symbol *e-r 20k* means the time was clocked en route in a 20km event.)

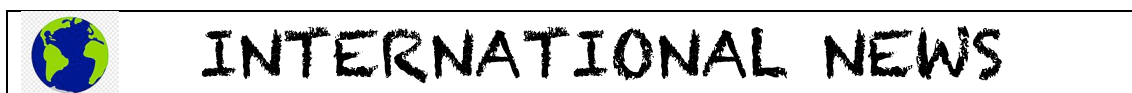
10km Rankings – MEN

38:58	Declan Tingay	W	060299	e-r 20k	Budapest, Hungary	19-Aug
39:37	Rhydian Cowley	V	040191	e-r 20k	Budapest, Hungary	19-Aug
39:58	Kyle Swan	V	280399	e-r 20k	Nomi, Japan	19-Mar
41:03	Will Thompson	V	181102	e-r 20k	Nomi, Japan	19-Mar
42:01	Tim Fraser	A	220200	e-r 20k	Nomi, Japan	19-Mar
42:01	Dylan Richardson	N	171000	e-r 20k	Nomi, Japan	19-Mar

42:03	Mitchell Baker	A	060701	e-r 20k	Nomi, Japan	19-Mar
42:47	Carl Gibbons	N	190696	2	Sydney	25-Jun
42:92	Marcus Wakim	V	030506	1	Melbourne	12-Feb
43:08	John Ronan	W	021107	1	Perth	19-Aug
43:09	Will Bottle	T	220505	2	Melbourne	12-Feb
43:48	Riley Coughlan	V	140107	3	Melbourne	12-Feb
43:55	Owen Toyne	A	190607	1	Melbourne	16-Jul
44:51	Kim Mottrom	S	270985	1	Adelaide	1-Jul
44:58	Fraser Saunder	V	190804	4	Melbourne	12-Feb
45:48	Sam McCure	Q	180806	1	Brisbane	2-Sep
46:03	Jack McGinniskin	N	261202	3	Sydney	25-Jun
46:09	Bailey Housden	Q	041007	1	Capalaba	13-Aug
47:25	Gwyllym Young	A	060902	1	Canberra	13-May
47:45	Scott Peart	V	250906	3	Melbourne	16-Jul
49:38	Bailey Housden	Q	041007	1	Brisbane	16-Jul
49:45	Scott Hyland	Q	280880	1	Beenleigh	28-Aug
49:47	Raven Pyda	N	101204	6	Melbourne	12-Feb

10km Rankings – WOMEN

43:43	Jemima Montag	V	150298	e-r 20k	Budapest, Hungary	20-Aug
44:11	Rebecca Henderson	V	040701	e-r 20k	Nomi, Japan	19-Mar
44:16	Olivia Sandery	S	220103	e-r 20k	Nomi, Japan	19-Mar
45:19	Tayla Billington	Q	310397	1	Capalaba	13-Aug
46:18	Allanah Pitcher	N	190903	1	Sydney	25-Jun
46:11	Elizabeth McMillen	N	100404	e-r 20k	Nomi, Japan	19-Mar
47:46	Samantha Findlay	S	230897	e-r 20k	Nomi, Japan	19-Mar
50:51	Nellie Langford	S	010605	1	Melbourne	12-Feb
51:14	Sienna Pitcher	N	271107	2	Melbourne	12-Feb
51:46	Arnika Nelson	V	120203	1	Melbourne	27-Aug
51:49	Alexandra Griffin	W	100605	1	Perth	12-Feb
52:24	Jasmine Dighton	N	051296	1	Sydney	13-May
52:27	Jemma Peart	V	060903	1	Melbourne	16-Jul
52:29	Maddison Nash	V	011206	2	Melbourne	29-Jul
53:11	Char Hay	V	011203	2	Melbourne	29-Apr
53:29	Megan Szirom	V		2	Melbourne	27-Aug
54:46	Bridget Bell	N	160302	2	Sydney	13-May
55:52	Sarah Brennan	V	220476	4.	Melbourne	29-Apr
55:53	Ariana Pashutina	V	300307	1	Melbourne	24-Jun
57:19	Grace Beck	N	180708	3	Sydney	25-Jun
57:21	Mia Bergh	Q	290605	1	Brisbane	2-Sep
58:00	Summer Millard	Q	210405	3	Melbourne	12-Feb
58:03	Molly O'Neill	N	110100	4	Sydney	25-Jun
58:47	Ann Staunton-Jugovic	A		1	Canberra	2-Sep
58:48	Rhiannon Lovegrove	S	141000	1	Adelaide	1-Jul
59:08	Carolyn Rosenbrock	V	260162	5	Melbourne	29-Apr
59:12	Brenda Gannon	Q	200874	1	Brisbane	16-Jul
59:24	Hana Jugovic	A	090906	2	Canberra	2-Sep
59:45	Emily Smith	V	270406	2	Melbourne	24-Jun



UNITED KINGDOM: ERWL Fxt #8 – One Hour & EAPB meeting, 23 September - Enfield

Thanks to **Ron Wallwork** for the following race report:

Warm autumn sunshine made good for good conditions and with the likes of **Melanie Peddle**, **Noel Blatchford** and **Grazina Manzotti** vying for honours at the Euro Masters championships in Italy, Hercock Award recipients saving themselves for their big race next week and several still on holiday, it was a small field that faced the starter.

Small field it might have been, but history was made when the first England Athletic Race Walk PB Awards were attained by young walkers **Ellin Wilson** and **Lily-Ann Cooper**. RWA President Chris Hobbs was on hand to present them with their certificates. Three senior competitors also received certificates. It is hoped that this scheme will encourage other walkers especially young athletes in general, to try the discipline with this scheme providing a clear objective and pathway to improve.

Phil Barnard continued his comeback in good style winning easily, but as with most of the fixtures this season the hotly contested competition was at the head of the ladies race. On this occasion it was **Jacqui Benson** and **Emma Dyos**. Following a period of poor health **Francisco Reis** made a tentative start to his comeback by restricting himself to 5km and it was nice to see ERWL stats man Jon May in action again.

1. Phil Barnard	<i>(unattached)</i>	10.812 M35	1. Jaqueline Benson	<i>(Ashford AC)</i>	10.166 SW
2. Colin Harle	<i>(Belgrave H)</i>	9.955 M65	2. Emma Dyos	<i>(Ilford AC)</i>	10.126 W45
3. Stuart Bennett ©	<i>(Ilford AC)</i>	9.434 M60	3. Penelope Cummings	<i>(Herne H H)</i>	9.725 W45
4. David Ainsworth ©	<i>(Ilford AC)</i>	6.310 M75	4. Sue Barnett	<i>(Enfield H AC)</i>	8.387 W70
			5. Livia Corneciu	<i>(Loughton AC)</i>	8.068 W40

10km times: Phil Barnard 55.11.9, Jacqueline Benson 59.06.8, Emma Dyos 59.18.7

B Race

1. Simon Morgan	<i>(Ilford AC)</i>	8.945 M55	1. Sue Clements ©	<i>(Cams/Colrge)</i>	7.813 W65
2. John Ralph	<i>(Enfield H AC)</i>	7.788 M65	2. Sheila Leavy	<i>(N.Herts RR)</i>	7.241 W70
3. Chris Flint ©	<i>(Surrey WC)</i>	7.432 M75	3. Shaheda Arthur	<i>(Ilford AC)</i>	5.444 W60
4. Jon May	<i>(Enfield H AC)</i>	7.106 M70			
Francisco Reis	<i>retired</i>	5.2km/31.52			

Under 13's 2,000m: Ellen Wilson *(Ashford AC)* 11.22.6 Lily-Ann Cooper *(Newmarket J)* 14.55.8

MARCIADALMONDO & O MARCHADOR ROUNDUP

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

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

- Sunday, September 24, 2023 - «Marche en folie» in Billy-Montigny, France (results) <http://omarchador.blogspot.com/2023/09/marche-en-folie-em-billy-montigny.html>
- Saturday, September 23, 2023 - Emperor and Inter-university Cup in Kumagaya, Japan (results) <http://omarchador.blogspot.com/2023/09/taca-do-imperador-e-inter.html>
- Friday, September 22, 2023 - Gabriela Muniz and Paulo Ribeiro stood out in the 20,000 meter walk of the Brazilian Under-23 Championships - Bragança Paulista 2023 <http://omarchador.blogspot.com/2023/09/gabriela-muniz-e-paulo-ribeiro.html>
- Thursday, September 21, 2023 - Maher Ben Hlima and Austėja Kavaliauskaitė triumph in Druskininkai (2023) <http://omarchador.blogspot.com/2023/09/maher-ben-hlima-e-austeja.html>
- Tuesday, September 19, 2023 - Karen Litardo (Ecuador) won the 5,000 meter march at the Ibero-American Under-18 Championship <http://omarchador.blogspot.com/2023/09/karen-litardo-equador-venceu-nos-5000.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?

VRWC SUMMER FIXTURE 2023-24

Sun 22nd October 2023, VRWC Road Races Middle Park

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

Sun 12th November 2023, VRWC Summer Championships and AGM Middle Park

8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.50am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.25am	1.5km VRWC Championship	Under 12 B & G
	1km VRWC Championship	Under 10 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	2km & 5km	Open
10.30am	Presentations	
11.00am	Annual General Meeting	

Sun 14th January 2024, VRWC Road Races Middle Park

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

Victorian & National Key Dates – 2023

Sat 7 Oct 2023	AVSL Rd #1 – walks at Glenhuntly
Sat 14 Oct 2023	AVSL Rd #2 – walks at Doncaster
Sat 21 Oct 2023	AVSL Rd #3 – walks at Aberfeldie
Sun 22 Oct 2023	VRWC Summer races #1 – Middle Park
Sat/Sun 28/29 Oct 2023	AV All Schools T&F c'ships Wk 1 – Lakeside Stadium
Sat/Sun 4/5 Nove 2023	AV All Schools T&F c'ships Wk 2 – Lakeside Stadium
Sat 11 Nov 2023	AVSL Rd #4 – walks at Yarra Vly, Mt Evelyn
Sun 12 Nov 2023	VRWC Summer c'ships & Annual General Meeting – Middle Park
Sat 18 Nov 2023	AVSL Rd #5 – walks at venue TBC
Fri 1 Dec 2023	AVSL Rd #6 (twilight) – walks at Doncaster & Glenhuntly
Fri 8-Sun 10 Dec 2023	AA All Schools T&F c'ships – Perth WA

Victorian & National Key Dates – 2024

Sat 13 Jan 2024	AVSL Rd #8 – walks at Doncaster
Sun 14 Jan 2024	VRWC Summer races #3 – Middle Park
Sat 20 Jan 2024	AVSL Rd #9 – walks at Werribee
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium

Fri 1-Sun 3 Mar 2024 **AV T&F c'ships (Week 2)** – Lakeside Stadium
 Sat 9-Sun 10 Mar 2024 **LAVic State T&F c'ships** – venue TBC
 Sat 16-Sun 17 Mar 2024 **Victorian Masters T&F c'ships** – venue TBC
 Fri 29 Mar-Mon 1 Apr 2024 **Aust. Masters T&F c'ships** – Hobart TAS
 Thu 11-Fri 19 Apr 2024 **AA Aust Athletics c'ahips** – Adelaide SA

International Dates

Sun 21 Apr 2024 **WA Race walking Teams c'ship** – Antalya TUR
 Sat 4 May 2024 **3rd Korzienowski Warsaw Race walking Cup (WA Gold)** – Warsaw POL
 Sat 11 May 2024 **31st Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold)** – Rio Maior POR
 Sat 18 May 2024 **XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold)** – La Coruna ESP
 Sun 26 May 2024 **III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold)** – Madrid ESP
 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 (**Lima withdrew in April but has since been reinstated.*)
 13-21 Sep 2025 **20th World Athletics Championships** – Tokyo, JAP
 30 Oct-15 Nov 2026 **Youth Olympic Games** – Dakar SEN

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