



HEEL & TOE Online

Vol. 2023
Issue No. 42
Tuesday
24 October 2023

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: RUNNERS WORLD 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **



This week's WOTW award is a 'gimme' for **Marcus Wakim**. Racing over 3000m at Aberfeldie in his first AVSL competition for the season, the Collingwood walker blasted through the 12:00 barrier for the first time to record **11:36.1**. In doing so, Marcus erased Troy Sundstrom's Australian U18 record, as well as Dion Russell's State U18 and U19 and VRWC U18 records¹. Naturally, his time was a huge PB, by 28 seconds.

Marcus, 17, is on a trajectory for the top. He tasted international racing in Muscat last year and in the Supernova races in January, and he clearly likes the flavour. His training and racing are targeted and well balanced with other elements of his life, and as long as he stays motivated and injury-free, his progression to the senior ranks will be something to watch for all lovers of the sport.

Well done, Marcus! You're an inspiration to walkers young and old.

*Honourable mentions

- **John Ronan (WA)** – It's not the first time this year that we've prefaced a John Ronan candidacy with the words "On any other week ...". (Last time, John was bumped for WOTW by Jemima Montag's Budapest result.) This time, it was John's bad luck to have to lower his colours by a mere 10.4 seconds to Marcus Wakim. Competing in the 3000m walk at the AW Strive Special program in Perth, John clocked **11:46.50** in what must have been a powerhouse display.
- **Riley Coughlan (VIC)** – made the most of good racing conditions to shave 8 secs from his 3000m PB, clocking **12:19.9** ... a terrific time in its own right.
- **Jonathan Ho (VIC)** – took nearly 2½ minutes from his 15km PB, on a day when the wind nearly blew him backwards for half the race.
- **Alejandro Stephens (VIC)** – two big PBs for the weekend, back to back – 3000m on Saturday and 10km on Sunday, the latter by over a minute in **51:03**.
- **Tate Jardine (VIC)** – a massive improvement over 1500m in Bendigo, tearing 2:21 from his previous best to clock **8:52.18**.
- **Sophie Polkinghorne (NSW)** – a retrospective one, this. Two weeks ago, Sophie won the NSW U13 Schools title in a Meet record time of **14:17.28**. Better late than never!

¹ These times are subject to ratification by the relevant authorities.



CLUB NEWS and RESULTS

VRWC Club summer races #1, Sunday 22 October – Middle Park

Summer races? Down at Mawson station, maybe. Thirteen intrepid members braved a wintry, gale-force wind and the threat of rain at Middle Park on Sunday, fortunately evading any deluges as they fought to stay upright and stay warm.

Conditions aside, some good racing was observed with two big PBs – to **Jonathan Ho** and **Alejandro Stephens** – being recorded in the 15km and 10km respectively. The stiff nor’westerly did not favour fast times and it’s a credit to both men that they powered through it so well, drawing on their winter season stamina.

Donna-Marie Elms and **Marnie Zakis** had a good contest in the 10km with little separating them at the finish. Good to see a mini-‘mosquito fleet’ – **Amelia, Indigo, Ella** and **Abby** – getting into the ring with the wind and all walking well.



The 15 and 10km races get underway.

15km Walk Open

1 Jonathan Ho	M	1:25:41	PB 2:47
1 Kylie Irshad	F	1:41:53	

10km Walk Open

1 Donna-Marie Elms	F	1:11:04	
2 Marnie Zakis	F	1:11:22	
3 Karyn O’Neill	F	1:14:01	
1 Alejandro Stephens	M	51:03	PB 1:12
2 Terry O’Neill	M	1:06:35	

5km Walk Open

1 Emily Smith	F	28:43	
2 Heather Carr	F	36:18	

2km Walk Open

1 Amelia Vernal	F	13:29	
2 Indigo Marshall-Moodie	F	14:01	

1km Walk Open

1 Ella Harris	F	6:25	
2 Abby Fowler	F	8:13	



The 'mosquito fleet' takes off.

**Action models: Donna-Marie, Jonathan, Indigo, Karyn, Alejandro, Abby, Terry, Emily, Heather, Marnie, Kylie, Ella, Amelia*

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
- Race check in** Mark Donahoo
- Recorders** Bob Gardiner, Ian Laurie, Bill Carr
- Judges:** Gordon Loughnan (Chief), David Cash, Anthony Doran, Scott Nelson, Peter Price, Kathleen Marsh, Diane Lowden, Stu Cooper
- Set up, Pack up:** Terry Swan, Tim Erickson, Stu Cooper, Bob Gardiner (CLOCK STAND), Ian Laurie, Mark Donahoo
- Bike rider** Tim Erickson
- Photos** Terry Swan (*All photos at <https://www.facebook.com/media/set/?set=oa.159420937778086&type=3>*)
- Canteen** Donna Marie Elms, Gwen Steed
- Walkers:** 13

VICTORIA - METRO & REGIONAL



**** Metro Zone: Round 3, Saturday 21 October – Moonee Valley Athletics Stadium, Aberfeldie**

There were 39 entries for the Round 3 walks at Aberfeldie on Saturday, with conditions highly favourable for fast times. Essendon cousins **Ela Uzun** and **Havana Ali** took full advantage, with Havana clocking a 6sec PB while Ela took line honours with the only sub-7:00 clocking of the day, **6:37.0**. The insatiable **Gwen Steed** racked up yet another VRWC W80 club record, going around in **10:37.7**.

1500m

Pl	Name	Club	Age	Time	Points	
1	Ela Uzun	(ESS)	F14	6:37.0h	569	
2	Havana Ali	(ESS)	F14	7:41.2h	491	PB 0:06
3	Danny Hawksworth	(ESS)	M40	7:56.6h	375	
4	Trenton Hawkins	(PTN)	M40	7:59.4h	370	
5	Simon Evans	(BOH)	M60	8:14.6h	460	
6	Kerryn Walshe	(KSB)	F60	8:21.4h	521	
7	Donna-Marie Elms	(PTN)	F60	8:53.5h	486	
8	Emilie Garside	(YRA)	FOP	8:57.2h	313	
9	Paul Kennedy	(KSB)	M65	9:11.5h	428	
10	John Nottle	(GHY)	M70	9:19.8h	451	
11	Heather Carr	(GHY)	F70	9:38.5h	503	
12	Duncan Knox	(ESS)	M60	9:42.9h	350	
13	Brian Anderson	(ESS)	M65	9:44.3h	392	
14	Hussein Abdi	(KSB)	MOP	10:17.1h	171	First 1500m
15	Janice Hodgart	(WES)	F60	10:18.6h	381	
16	Aylaa Arunan	(DIV)	F14	10:29.8h	244	First 1500m
17	Debbie McKenzie	(DIV)	F50	10:32.7h	276	
18	Gwen Steed	(GHY)	F70	10:37.7h	441	VRWC W80 rec
19	David Martini	(OLX)	M45	10:39.2h	193	
20	Geoffrey Barrow	(MEN)	M70	10:42.0h	359	
21	Kim Peak	(DAC)	F55	10:44.4h	292	
22	Tracy Colbert	(WES)	F50	10:56.7h	249	
23	Geza Benke	(OLM)	M65	11:05.9h	284	
24	Stephen Murphy	(ESS)	M60	11:11.2h	244	
25	Jo Moxon	(DIV)	F55	12:00.1h	211	
26	Robert Gardiner	(COL)	M70	12:01.1h	268	
27	Brenda Cashin	(WES)	F55	12:44.0h	182	

The standard was high – to say the least – in the 3000m, which saw **Marcus Wakim** sunder Dion Russell's State U18 and U19 and VRWC Club U18 records with an astonishing **11:36.1**. The next 3 place-getters also clocked PB's, with **Riley Coughlan** inching closer to the 12:00 barrier and **Alejandro Stephens** easily breaking 14:00 for the first time. **Max Davidson** and **Mya McClure** were again locked in a tight battle before Max opened a gap in the final laps to cross in **14:46.3** to **14:50.6**.

3000m

1	Marcus Wakim	(COL)	M18	11:36.1h	585	AV U18, U19, VRWC U18 recs, PB 0:28
2	Riley Coughlan	(KNA)	M18	12:19.9h	547	PB 0:08
3	Alejandro Stephens	(GHY)	MOP	13:47.1h	453	PB 0:19
4	Max Davidson	(DIV)	M16	14:46.3h	459	PB 0:10
5	Mya McClure	(WCA)	F14	14:50.6h	516	
6	Jade Chitty	(WES)	F20	15:36.3h	443	
7	Char Hay	(MUU)	FOP	16:34.2h	402	
8	Emily Smith	(KNA)	F18	16:40.1h	408	
9	Jaime Hvalica	(DIV)	M14	16:59.8h	403	
10	Sarah Papadopoulos	(DIV)	FOP	19:57.4h	238	
11	Rupert Van Dongen	(MEN)	M45	21:03.4h	218	
12	Phillip Dunstone	(WES)	M55	21:07.1h	274	

**** Bendigo Zone: Round 3, Saturday 21 October – Latrobe Uni Athletics Track, Flora Hill**

It was PB day also at Bendigo, with siblings **Tate** and **Charlise McQueen** both whittling down their 1500m times. Essendon's **Tate Jardine** was the biggest improver of the whole round, slashing his previous best by an enormous 2:21 seconds for his **8:52.18**.

1500m

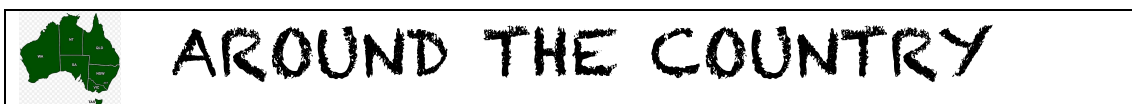
1	Tate McQueen	(EAG)	M14	7:49.62	429	PB 0:06
2	Charlise McQueen	(EAG)	F14	8:22.88	436	PB 0:01
3	Tate Jardine	(ESS)	M14	8:52.18	336	PB 2:21
4	Keely Trew	(SBE)	FOP	9:21.75	277	First 1500m
5	Cody Wapshott	(EKA)	M14	9:27.51	284	
6	David Lonsdale	(BEU)	M55	9:41.51	310	
7	Annette Major	(EAG)	F60	9:44.72	427	
8	Leigh Browell	(SBE)	M45	10:47.07	188	
9	Annette Curtis	(SBE)	F65	11:52.34	291	
10	John Watson	(BGO)	M70	12:00.80	268	
11	Wendy Ennor	(EAG)	F65	13:09.70	216	

Next week ...

No AVSL for the next two weeks. Instead, the **AV All Schools T&F championships** will be held at Lakeside Stadium. The Race walks are scheduled for **Sunday 29 October**. Provisional timetable below:

12.25pm	3000mW	U14, U15 Boys
12.50am	3000mW	U14, U15, U16 Girls
2.10pm	5000mW	U20, U18, U17 Boys U18, U17 Girls

We wish our young walkers all the best in this, their first championship race of the summer.



NEW SOUTH WALES NSW All Schools (Junior) c'ships, 6-8 October – SOPAC, Sydney

Highlight of this meet was **Sophie Polkinghorne's** championship record in winning the U13 title in **14:17.28**.

G13 3000m Race Walk

1 Sophie Polkinghorne	13	14:17.28 MR
2 Emma Hoskins	13	16:38.35

G14 3000m Race Walk

1 Matilda Webb	14	14:47.59
2 Jessica Loring	14	15:12.54
3 Maisie Mitchell	14	15:55.85
4 Caetlin Ashby	14	17:34.19

G15 3000m Race Walk

1 Daniela Samuel	15	16:16.38
2 Stella Pinches	14	16:38.83
3 Matilda Olson	15	17:28.24
4 Adelalde Baker	15	19:44.90
5 Olive Gauci	15	20:22.64
-- Natasha Flahey	14	DQ

B12 3000m Race Walk

1 Michael Matheson	12	17:22.11
2 Sagan Jones	12	17:37.26

B13 3000m Race Walk

1 Tyler Cousins	12	15:26.47
2 Rhys Chandler	13	17:15.42
3 Miller Farrington	13	18:48.31
-- Noah Vella	12	DQ
-- Sebastian Linton	13	DQ

B14 3000m Race Walk

1 Jaxson Horton	14	15:49.94
2 Christopher Nilon	14	16:46.95
3 Noah Tilton	14	17:21.53

B15 3000m Race Walk

1 Alexander Sinnett	15	14:52.14
2 Sebastian Gonzalez	15	16:25.47
-- Kane Robson	15	DQ

QUEENSLAND QRSS 13-19y T&F state c'ships, 12/15 October – QSAC, Brisbane

The QLD youngsters had their final race before their State All Schools championships. As mentioned last issue in 'Walker Of The Week', **Bailey Housden** produced the walk of the meet with **Sam McCure** not far behind, both boys breaking meet records for 5000m with their times of **20:17.38** and **21:39.49**, both major improvements.

W13 3000m Race walk

1 Ella Cosgrave	13	SCR	17:30.23
2 Bethany Moore-Kirkland	13	DDR	20:01.26
3 Eliza Kelly	13	MNR	20:03.32
-- Mikaela McDonald	13	MNR	DQ

W14 3000m Race walk

1 Olivia Boulton	14	SCR	16:32.47
2 Makenna Clarke	14	MER	17:45.21

W15 3000m Race walk

1 Milly Sharpe	15	CAP	16:59.65
2 Katie Bray	15	MNR	18:20.69

W16 5000m Race walk

1 Taylah Morris	16	SCR	31:18.40
-- Lily Goulding	16	MWR	DQ

W17 5000m Race walk

1 Ashanti Heap	17	SCR	28:32.82
2 Phoebe Chadwick	17	MNR	28:38.76
3 Lily Housden	17	MNR	33:04.81
4 Daniella Lourigan	17	WB	37:30.30

W18-19 5000m Race walk

1 Anika Clarke	18	MER	28:11.16
2 Torryn Fisher	18	MER	32:34.59

M13 3000m Race walk

1 Noah Cooke	13	MNR	15:54.67
2 Eli Melinz	13	SUN	18:52.75
-- Brock Miller	13	MNR	DQ

M14 3000m Race walk

-- Noah Wheeley	14	MER	DQ
-----------------	----	-----	----

M15 3000m Race walk

1 Kai Dale	15	SCR	15:29.74
2 Micah White	15	SUN	16:09.31

M16 5000m Race walk

1 Bailey Housden	16	MNR	20:17.38
2 Roel Wheeley	16	MER	26:50.44

M17 5000m Race walk

1 Sam McCure	17	SCR	21:39.49
2 Alexander Bradley	17	DDR	24:59.18

M18-19 5000m Race walk

1 Ryan Clark	18	DDR	31:37.28
--------------	----	-----	----------

QUEENSLAND QMA Masters results, 20 October – QSAC, Brisbane

W40 800m Walk

1 Tracey Hollis	W43	QMA	5:17.72
-----------------	-----	-----	---------

W45 800m Walk

1 Brenda Gannon	W49	QMA	4:00.15
-----------------	-----	-----	---------

W80 800m Walk

1 Noela McKinven	W81	QMA	6:46.78
------------------	-----	-----	---------

W29&U 3000m Walk

1 Kiara Waterman	W12	Unaffil.	19:13.62
------------------	-----	----------	----------

W45 3000m Walk

1 Brenda Gannon	W49	QMA	17:12.54
-----------------	-----	-----	----------

W80 3000m Walk

1 Noela McKinven	W81	QMA	26:00.57
------------------	-----	-----	----------

M50 800m Walk

1 Dean Nipperess	M52	QMA	3:53.35
------------------	-----	-----	---------

M65 800m Walk

1 Peter Bennett	M67	QMA	4:36.56
-----------------	-----	-----	---------

M70 800m Walk

1 Bruce O'Connor	M70	QMA	6:46.94
------------------	-----	-----	---------

M50 3000m Walk

1 Dean Nipperess	M52	QMA	18:18.33
------------------	-----	-----	----------

M65 3000m Walk

1 Peter Bennett	M67	QMA	18:37.88
-----------------	-----	-----	----------

SOUTH AUSTRALIA ASA Interclub results, Saturday 14 October – Mile End

Kim Mottrom reports that conditions were cold and very windy in Adelaide. However, there were still a few impressive PB's ahead of next week's state all schools.

Open 3000m

Kim Mottrom	12:50.30
Sebastian Richards	14:26.53

Cooper Rech	14:37.12	PB 0:16
Angelina Legrand	16:03.00	PB 0:11
Katie De Ruvo	16:39.98	
Rhiannon Lovegrove	16:54.92	
Mel Grantham	17:12.10	
Elise Scott	17:36.48	
Matilda Rech	17:55.36	PB 0:59
Rain Langford	18:02.46	
Grace Marin	18:25.61	First 3km
Marie Maxted	19:42.80	
Jasmine Crabb	20:31.97	
Alex McEwan	22:09.27	
Orlando Grantham	DQ	

TASMANIA 2023 Tasmanian All Schools T&F c'ships, 20-21 October – St Leonards

Our U/18 Men had the pick of the weather for the first Walk of the 2023 Tasmanian All Schools T&F Championships. Contesting the race over 5000m were **Samuel Lindsay** and **Oliver Morgan**.

Samuel went to the lead early and had a comfortable win, while Oliver had a reasonable outing considering he hasn't raced since March and an only get better as the season progresses.

The Girls U/14 3000m was a much more competitive affair and they also had a blustery to contend with as well. For the first two laps **Eva Parker**, **Macy Devine** and **Cacia Charles** were locked together and for a little while longer it was Eva and Macy going stride for stride, eventually Macy pushed ahead and was able to take home the Gold and the first time under 18 minutes, Eva also crossed the line in a personal best time, while Cacia came home with a polished walk for third. Well done also to Amelia Watson in completing her first ever 3000m.

Samuel Lindsay's day wasn't finished with the 5000m, he also added the 3000m U/16 Walk Championship to his name.

U/18 Men 5000m Walk

1. Samuel Lindsay	St Patricks Coll.	24:01.15
2. Oliver Morgan	St Virgils Coll.	27:41.02

U/14 Girls 3000m Walk

1. Macy Devine	St Marys Coll.	17:59.73 PB
2. Eva Parker	Reece HS	18:39.01 PB
3. Cacia Charles	East L'ton Primary	19:31.95
4. Amelia Watson	Lauderdale Primary	20:46.83 First one

U/16 Boys 3000m Walk

1. Samuel Lindsay	St Patricks Coll.	14:26.35
-------------------	-------------------	----------

With Interclub in the South not starting until November, walks at Masters have provided competition for both old and young with a nice Track season opener PB for 11 year old **Adele Woodward**.

*Tas Masters T&F, 4/10/23 - Domain Athletics Centre Hobart

Results 3000m Walk

1. Adele Woodward	OVA	20:59 PB
-------------------	-----	-----------------

*Tas Masters T&F, 18/10/23 - Domain Athletics Centre Hobart

Results 3000m Walk

1. Dave Moore	TMA	27:52
---------------	-----	-------

WESTERN AUSTRALIA Aths West Strive Special program #1, 21 October – WAAS, Perth

As with spectators at the Aberfeldie track in Melbourne, those on the sidelines for the 3000m walk at WA Athletics Stadium were obviously treated to something special on Saturday, and it's hoped that they both enjoyed and appreciated it. **John Ronan's** time of **11:46.50** was a terrific performance that we imagine has done away with a number of local records. We look forward eagerly to John's next appearances in the Australian All Schools and National T&F championships, in which he always acquits himself well against his speedy East coast peers.


The Women's race was dominated by **Alex Griffin**, whose **13:34.55** was a 22 sec PB and shows she is building for an impressive summer season.

Women 3000m Race walk

1 Alexander Griffin	05	13:34.55
2 Kaytee Bogaers	08	16:14.20
3 Tory D'Alessio	11	17:22.90
4 Chelsey Ireland	09	18:03.45
5 Charlotte Burgess	10	18:14.16
-- Katica Borsic	09	DNF

Men 3000m Race walk

1 John Ronan	07	11:46.50
2 Keiran Smith	11	15:02.61
3 Liam Domoney	11	16:42.19
4 Nathaniel Khaira	12	19:33.28



INTERNATIONAL NEWS

Granted, this is no longer news as of last Saturday. Nevertheless, it provides informative insights into WA's current approach to walk judge education, examination and assessment, useful for aspiring international judges as well as aficionados of the sport generally.

From an Australian standpoint, it's gratifying to see the contributions of our own international judges, Zoe Eastwood-Bryson and Kirsten Crocker, acknowledged alongside their highly credentialed peers.

Candidates for the "Silver" International Walking Panel take exams

(reprinted from [O Marchador](#) – Friday 20 October)

World Athletics will carry out this Saturday (21/10) a set of exams with a view to certifying International Walking Judges for the Silver category Panel, to be carried out for the first time in the online method (in English, French and Spanish), with written (2:30 hours), oral (20 minutes) and video (30 minutes) tests. Those who are successful will remain on the respective panel for a period of 8 years and will be able to judge international competitions in their respective continental areas.

Currently, the Silver category International Panel, considering the five continents, is made up of 79 members (59 men and 20 women). The International Panel - Gold, the highest in WA graduation, is made up of 23 members (17 men and 6 women). For this Saturday's certification, WA recommended that national federations take gender parity into account when appointing 2 or 4 members of their most qualified expert judges from the main national panels.

Being at least 23 years old and having at least 4 years of experience on the highest national panel were the conditions established by WA for accepting applications for the Silver Panel, and it is expected that one hundred and a half expert judges will present themselves. examined, with the European contingent representing the largest percentage. To this end, World Athletics has set up a highly qualified jury, which will monitor the exams and evaluate the tests.



All continental associations provided excellent online preparation seminars for candidate judges from their continental areas and, in some cases, even open to the participation of many other marching judges from the 5 continents, organized by EA (Europe), in this reaching the number of 250 participants (a new seminar is scheduled for this Monday, 10/30, with an explanation of the new WA rules that will come into force on November 1st), NACAC (North and Central America), AAA (Asia), OAA (Oceania), CAA (Africa) and Atletismo Sudamericano (South America).

In this context, the teachings and sharing of experience provided by international judges were very useful: Jean-Pierre Dahm (France), Luis Saladie (Spain), Pierce O'Callaghan (Ireland), Cándido Vélez (Puerto Rico), Carlos Barrios (Guatemala), Fung Wang Tak (Hong Kong), Malo Sardjito (Indonesia), Zöe Eastwood-Bryson (Australia), Kirsten Crocker (Australia), Guillermo Vallejos (Argentina), José Dias (Portugal) and Vasco Guedes (Portugal), in this area with the collaboration of José Ganso (Portugal), and which had, in the cases of the referenced areas, the presentation and coordination of Kevin Legrand (EA-France), Michael Serralta (NACAC-Puerto Rico), Juan Scarpin (Argentina) and Cláudia Schneck (AS-Brazil).

World Athletics also recently promoted a seminar, here dedicated exclusively to the exhibition and analysis of several videos where marchers were observed in international competitions, several of the sequences taken from the Budapest

World Championships, in a work produced and commented by Jeff Salvage (USA), author of several publications in the field of specialty technique, himself an International Judge in the Silver category, and with interventions by Pierce O'Callaghan, encouraging the active contribution of assistants in the technical analysis of athletes.

In the Portuguese-speaking space, Portugal applied with 2 judges: Andreia Filipa Guerreiro Lopes (Algarve) and Luís Carlos Caniço Ferreira Ervideira (Santarém), while Brazil presents 4 candidates: Claudia Emilia Basilio Matos (Santa Catarina), Florenilson Itacaramby de Almeida (Brasília), Allan de Medeiros Pinheiro (Rio Grande do Norte) and Helena Pessoa da Silva (Rio de Janeiro), in addition to the current members of the Silver Panel, Bernardete Conte (Santa Catarina) and Nilton Cesar Ferst (São Paulo).

In the near future, the International Panel – Bronze will come to light, with the respective exams expected to be carried out in the most widely spoken languages worldwide, such as English, French, Spanish, Portuguese, Arabic, Russian and Chinese, with the condition that candidates must be 19 years old or over and have 3 years of experience at national level.

Good luck to everyone!

FRANCE: Walking championships of Eu, 22 October - Eu

Thanks to **Emmanuel Tardi**, who has provided more material on the club walking scene around France. This time around, the location – Eu – may give a few readers a pronunciation challenge!

This Sunday, I was in Eu (250km to the north-west of Paris) for the local championship. The 10k and 20k started at 9am and the 5k started at 12.

Weather was cloudy and rainy early in the morning, but finally it was very good for the races. The loop was 1km long, including 400m on the track of the stadium .

In the 20km, **Florent Beauval** easily won the race with a very good time (**1:31:48**) close to his PB (1h31.25). In the women's 20k, **Aude Garnatz** was the initial leader but stopped after one hour. **Morgane Lemoine** won.

5km Marche Route				
1	COIS Steeve	MAM/89	Asc Le Havre	26'29"
2	FARIK CLOVIN Natasha	JUF/05	Stade Sottevillais 76*	31'42"
3	ANQUETIL Jade	CAF/08	Ac Barentin	35'16"
4	BELFROID Corinne	MAF/66	Asc Le Havre	38'42"
5	MERCOU Allan	SEM/99	Asc Le Havre	40'22"
6	DELAHAYE Laetitia	MAF/		41'51"
7	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	43'11"
8	POIRRIER Helene	MAF/76	Ac Barentin	49'43"
10km Marche Route				
1	DRISSI Raouf (TUN)	SEM/95	Stade Sottevillais 76*	47'46"
2	DENIZE Bruno	MAM/65	Stade Sottevillais 76*	58'25"
3	SOUDAIS Fabrice	MAM/66	Amicale Yvetot Athletisme	59'18"
4	BLANDIN Helene	MAF/85	Stade Sottevillais 76*	1h01'34"
5	DUTOT Auriane	SEF/00	Ss76 - S/l Ea Du Plateau Est	1h04'19"
6	STEUX Laurence	MAF/63	Co Eu Bresle	1h18'17"
20km Marche Route				
1	BEAUVAL Florent	SEM/00	Stade Sottevillais 76*	1h31'48"
2	LOMONIER Dorian	ESM/03	Esm Gonfreville L'orcher	1h44'40"
3	BOUTRAIS Andy	SEM/91	Us Talence*	1h46'09"
4	AVICE Manuel	MAM/80	Ac Barentin	1h52'17"
5	LEMOINE Morgane	ESF/04	Ac Barentin	1h53'23"
6	FENOILLERE Thais	ESF/03	Manche Acs - S/l Ba Coutances	2h03'50"
7	LEFORESTIER Pierre	MAM/66	Amicale Yvetot Athletisme	2h15'13"
8	MACDANIEL Wanda	MAF/74	Havre Ac	2h46'21"
-	GARNATZ Aude	SEF/99	Caen Athletic Club*	DNF



Beauval



Lemoine



Drissi



Blandin

(Photos: Emmanuel Tardi)

*More of Emmanuel's photos can be viewed at <https://photos.app.goo.gl/NwkBuz19ULBubAWV8>

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, October 23, 2023 - Rui Magalhães and Joana Pontes victorious in Loures (2023) <http://omarchador.blogspot.com/2023/10/rui-magalhaes-e-joana-pontes-vitoriosos.html>
- Saturday, October 21, 2023 - Takahata, Japan, hosts the 35 km walking National Championships this Sunday <http://omarchador.blogspot.com/2023/10/takahata-no-japao-recebe-este-domingo.html> It's heartening to see that Japan, at least, hasn't given up on the 35km at top level. While this championship may appear to have a Pyrrhic air about it, the Japanese and Chinese, with their depth, may be best placed to exercise the kind of leverage that the English and Russians used to have in the advocacy of race walking generally, and longer events in particular.
- Thursday, October 19, 2023 - Santiago de Chile 2023 Pan Americans start tomorrow <http://omarchador.blogspot.com/2023/10/pan-americanos-de-santiago-do-chile.html> Mention of the Pan American Games always stirs memories in me. It was the Pan-Ams in Winnipeg, (CAN) in 1967 that first introduced me to this competition and its 20 and 50km races ... via the pages of 'Heel & Toe', as it turns out. Up to then, the only international walks I knew of were those in the Olympics and Commonwealth Games. In the race reports from these Pan-Ams I first encountered the names of Ron Laird, Larry Young, Felix Capella, Jose Pedraza, Goetz Klopfer and other overseas walkers who would capture my youthful imagination.
- Thursday, October 19, 2023 - Mychelle de Souza and Davi da Silva won the race walking events of the Brazilian Under-16 championships - Recife 2023 <http://omarchador.blogspot.com/2023/10/mychelle-de-souza-e-davi-da-silva.html>
- Wednesday, October 18, 2023 - Bilin George and Munita Prajapati win All India Championships (track) in Bangalore – 2023 <http://omarchador.blogspot.com/2023/10/bilin-george-e-munita-prajapati-vencem.html>
- Tuesday, October 17, 2023 - Diego Giampaolo and Giada Traina won Italian U20 titles in the 20 km march - Alessandria 2023 <http://omarchador.blogspot.com/2023/10/diego-giampaolo-e-giada-traina.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.

OTHER NEWS

- An Olympic champion in the Siena area. “I take my project to a breathtaking place” – The interview https://www.gazzettadisiena.it/un-campione-olimpico-nel-senese-porto-il-mio-progetto-in-un-luogo-mozzafiato/?fbclid=IwAR1rBAYDqvcJTDkEwbZ6aoskhuaW_AT_BkxmQ0OXLuG00pbaaZZ1KginuY This is an article on current Olympic 20km champion **Massimo Stano** (ITA), his engagement in promoting race walking at community level and his support for cystic fibrosis research. Not to mention his Paris goals. *Source: La Marcia.com - RaceWalking (Facebook)*

- OS vice-champion Fadeev: By nature, a professional athlete is a physical and mental cripple https://www.sportazinas.com/os-vicecempions-fadejevs-pec-butibas-profesionals-atlets-ir-fizisks-un-mentals-kroplis/?fbclid=IwAR2FAgrqPeX3aATqSXZI_EC3jmM2t3efQwzmaB8CgUMwYYd26S12dirBGNE Some insights (by no means new) from Sydney 2000 50km silver medallist **Aigars Fadajevs** (LAT) on what a former elite athlete encounters in life after sport. *Source: La Marcia.com - RaceWalking (Facebook)*

- Gf 2023, the former race walking champion De Benedictis: “Schwazer at the Paris Olympics? Impossible if he trains in the House (sic). The program is a gimmick to remake one's image” <https://www.tag24.it/808883-gf-2023-schwazer/?fbclid=IwAR12cA2wyZtWjIwJrM03KOUZywmrEFw90PHPm8eS2ZfrwNMT9yCzzkejvWU> **Giovanni De Benedictis** (Barcelona '92 bronze medallist, now a carabinieri [policeman] shares his views on a saga that, unfortunately, keeps on giving. *Source: La Marcia.com - RaceWalking (Facebook)*



WHAT'S UP AHEAD?

VRWC SUMMER FIXTURE 2023-24

Sun 12th November 2023, VRWC Summer Championships and AGM	Middle Park
8:30am 20km Gus Theobald Memorial Trophy	Open Men
	20km
8.50am 10km Heather Carr Trophy	Open Women
	10km
9.25am 1.5km VRWC Championship	Masters Women
	1km VRWC Championship
9.45am 5km VRWC Championship	Open
	3km VRWC Championship
	2km & 5km
10.30am Presentations	Under 12 B & G
11.00am Annual General Meeting	Under 10 B & G
	Under 20 M & W
	Under 16 B & G
	Open
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/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

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

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

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au

