



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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*REVISED ADVERT: Qualifying standards no longer apply for this event ... all are welcome to enter!

Collingwood Harriers Athletics Club present
5.40 – 9.15pm
THURSDAY 14 DECEMBER
GEORGE KNOTT RESERVE, CLIFTON HILL
ALL WELCOME

Collingwood Classic

State Permit
meet and
Electronic
timing

Elite Mile Walk (mixed F&M)

1st—\$250
2nd—\$150
3rd—\$100
Performance \$\$

In it's 4th year the Collingwood Classic is featuring an Elite Mile Walk (mixed) to feature and promote the high caliber of walkers in Melbourne. Featuring outright prizemoney plus performance bonus \$\$ we invite walkers to apply. Submit nomination directly to:

Campbell Maffett via campbellmaffett@gmail.com or 0438 335 368



[facebook.com/CollingwoodClassic](https://www.facebook.com/CollingwoodClassic)

Entries can also be made via <https://members.athsvic.org.au/events/209066/> and will be taken up to the day.

Note that the qualifying standards in the previous notice no longer apply. All welcome!



CLUB NEWS and RESULTS

We bid good luck to our young VRWC members, and others, who will be wearing the big 'V' at the **National All Schools' T&F championships** in Perth this coming weekend. Judging from times posted around the country already this season, competition will be intense. VRWC members known to be going (there may be others) are:

Under 14 3000m	Under 15 3000m	Under 17 5000m	Under 18 5000m
<u>G- Sun 10 Dec 9.30am</u> Mya McClure	<u>B- Sat 9 Dec 6.10pm</u> Max Davidson Hamish McLennan	<u>B- Fri 8 Dec 5.35pm</u> Riley Coughlan	<u>G- Fri 8 Dec 4.40pm</u> Maddison Nash Emily Smith
<u>B- Sun 10 Dec 9.30am</u> Jaime Hvalica Lewis McLennan			<u>B- Fri 8 Dec 5.35pm</u> Scott Peart Marcus Wakim

Live streaming of all events will be available at <https://www.youtube.com/@AthsAust>.

Full fields for all races are listed at <https://meets.rosterathletics.com/public/competitions/details/schedule?id=24350>

*Good luck everyone. We know you'll all give of your best, and we hope you all achieve the goals you've set yourselves.

Go Vics!

*NEW BLINDS IN CLUBROOMS

The Bowling Club has installed new roll-up blinds on all the green-facing windows in our Clubrooms, replacing the tired and tatty curtains. In addition, a privacy blocker has also been placed on the Women's changing room window.

The new blinds look quite attractive, and we have also been offered new carpet by the Bowling club for which we would have to pay only for installation. (This is timely as we had a flooding incident from the shower stalls over the weekend! The old carpet – on borrowed time as it was – has pretty much run out of credit now.)

VICTORIA - METRO & REGIONAL



The success of AV's Twilight AVSL round required a compact schedule, and the opportunity was taken to program some irregular race distances (60m sprint, 2 X 100m relay, Mile run ... now there's a blast from the past!) Programming a 2000m walk at Doncaster, Murrumbidgee and the two country venues gave everyone a chance to flex their speed muscles, with some fast results posted.

**** Metro Zone A: Round 6, Friday 1 December – Tom Kelly track, Doncaster**

Riley Coughlan displayed white-hot form ahead of the All Schools next weekend, taking out the first heat of the 2000m in a blistering **7:57.6** – his first time under 8 minutes. The evening also clicked for **Jade Chitty** who had her best 2000 result with **9:45.6**. Another big improver was 'prodigal son' **John Nottle** who won the 2nd heat with a 21sec PB, a welcome marker for him in his return to the sport.

Pl	Name	Club	Age	Time	Points	
Heat 1 – 2000m						
1	Riley Coughlan	(KNA)	M18	7:57.6h	557	PB 0:06
2	Jade Chitty	(WES)	F20	9:45.6h	482	PB 0:09
3	Jaime Hvalica	(DIV)	M14	10:19.7h	446	
4	Hannah Matthews	(KNA)	F14	10:34.3h	475	
5	Lucy Johns	(DIV)	F16	10:40.15	453	PB 0:40

6	Natalie Laurie	(ANW)	FOP	10:52.9h	418	
7	Lewis McLennan	(DAC)	M14	10:58.1h	412	PB 0:04
8	Trenton Hawkins	(PTN)	M40	11:01.6h	356	
9	Simon Evans	(BOH)	M60	11:04.3h	465	
10	Carolyn Rosenbrock	(YRA)	F60	11:10.9h	521	
11	Kerryn Walshe	(KSB)	F60	11:17.1h	516	
12	Sandra Geisler	(RWD)	F45	11:38.9h	424	
13	Donna-Marie Elms	(PTN)	F60	12:15.7h	469	
14	Hamish McLennan	(DAC)	M16	12:16.8h	288	
15	Laura McLennan	(DAC)	F45	12:30.0h	368	
16	Emilie Garside	(YRA)	FOP	12:51.4h	270	

Heat 2 – 2000m

1	John Nottle	(COL)	M70	12:51.3h	444	PB 0:21
2	Sarah Papadopoulos	(DIV)	FOP	12:53.5h	268	
3	Debbie McKenzie	(DIV)	F50	13:24.1h	335	
4	Phillip Dunstone	(WES)	M55	13:25.2h	294	
5	Janice Hodgart	(WES)	F60	13:41.0h	403	
6	Kim Peak	(DAC)	F55	14:42.1h	288	
7	Tracy Colbert	(WES)	F50	15:02.0h	241	
8	Ross Reid	(COL)	M65	15:17.1h	274	
9	Jo Moxon	(DIV)	F55	15:27.9h	252	
10	Jenny-Rose S-Andrews	(BWK)	F55	15:40.0h	242	
11	Brenda Cashin	(WES)	F55	18:25.8h	155	
-	Kate Ryan	(DIV)	F45	DQ		

**** Metro Zone B: Round 6, Friday 1 December – Duncan McKinnon Reserve, Murrumbeena**

A smaller cohort gathered at Murrumbeena on Friday evening, with **Alejandro Stephens** crossing first a second shy of his PB. No such near misses for **Mackenzie Turner** who continues her improvement journey, posting another best time of **10:48.57**.

2000m

1	Alejandro Stephens	(GHY)	MOP	9:21.45	434	
2	Char Hay	(MUU)	FOP	9:56.94	471	
3	Matilda Read	(WEL)	F14	10:25.59		
4	Mackenzie Turner	(KNA)	F16	10:48.57	445	PB 0:11
5	Emily Smith	(KNA)	F18	10:55.48	424	
6	Grace Louey	(KNA)	FOP	11:18.55	390	
7	Heather Carr	(GHY)	F70	13:08.62	491	
8	Rupert Van Dongen	(MEN)	M45	13:27.31	236	
9	Merilyn Thompson	(MPA)	F55	14:35.40	293	
10	Gwen Steed	(GHY)	F70	14:48.05	422	
11	Geoffrey Barrow	(MEN)	M70	14:53.57	340	
-	Dee Holohan	(SAN)	F55	DNF		

**** Ballarat Zone: Round 6, Thursday 30 November – Llanberris Stadium, Ballarat**

After a period of absence from the Ballarat program, the walk returned with a vengeance last Thursday evening, led emphatically by all three **Pearts**. **Scott** and **Alanna** – who seldom get to race over 2000m – both smashed their PBs with convincing sub-9:00 results, Scott showing great form with his **8:14.27** ahead of Perth next weekend. For her part, **Jemma** showed glimpses of her old speed with **9:36.01**. **Cody Wapshott** also joined the PB circle, taking 8secs from his previous best.

2000m

1	Scott Peart	(BYC)	M18	8:14.27	535	PB 0:33
2	Alanna Peart	(BYC)	FOP	8:32.60	557	PB 0:57
3	Jemma Peart	(BYC)	FOP	9:36.01	491	
4	Sarah Brennan	(BYC)	F45	10:40.93	475	
5	Stephen McLennan	(WEN)	M55	12:22.14	365	
6	Cody Wapshott	(EKA)	M14	12:48.24	287	PB 0:08
7	David Armstrong	(DIV)	M65	13:36.92	368	
8	Roslyn Ireland	(BWK)	F40	16:46.84	145	

**** Bendigo Zone: Round 6, Friday 1 December – Latrobe Uni Athletics Track, Flora Hill**

The Noonan sisters, formerly of Collingwood Harriers, cruised around the Latrobe Uni track to take the points in Bendigo.

2000m

1	Emily Noonan	(EAG)	FOP	13:13.73	250
2	Claire Noonan	(EAG)	F20	13:52.20	214
3	Leigh Browell	(SBE)	M45	14:22.12	194

***Next AVSL round ...**

Unfortunately, Round 7 of AVSL competition has no walks scheduled.

This has also been the case in the past, as the Australian 50km (later 35km) road walk championship has usually been held at Fawkner Park on that weekend. Preceding the race on the Sunday, there has been a day-long Walks judge seminar held on the Saturday, meaning few judges were available for AVSL competition on that day.

It seems AV were not notified that, this time around, AA would not be holding a 35km championship, nor a judging seminar the day before, and that the weekend of Saturday 15 December would thus have been 'free' for walks at AVSL. A disappointing outcome, and one to learn from in 2024.

We meet again for AVSL walks in Round 8 on **Saturday 13 January**, at Tom Kelly track in Doncaster. See you then (unless you're still holidaying.)



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

Riley Coughlan takes out this issue's WOTW, following his breakthrough result in winning the AVSL 2000m at Doncaster last Friday evening. The stars aligned perfectly for Riley and saw him punch through the 8:00 barrier for the first time, clocking **7:57.6** to register a 6sec PB and come within 5secs of Nathan Brill's U17 VRWC record. Riley has been building for a result like this for some time, coming off a solid winter road season, gaining in speed and honing his technique with impressive results over the AVSL program.

Riley will head to Perth this week with other VRWC members for the national All Schools championships. He will contest the U17 5000m, a tough assignment but one he's ready for. The U17 field is a constellation of talent, with the Knox walker one of its stars. It promises to be a wonderful race.

Well done, Riley. We wish you the best of luck in Perth.

***Honourable mentions**

- **Scott Peart (VIC)** – a big PB in the Ballarat AVSL 2000m which brought him tantalizingly close to the 8:00 barrier himself.
- **Alanna Peart (VIC)** – True, Alanna has made great progress since she last raced over 2000m (4 years ago). But her **8:32.60** (a 57sec PB) shows she has clawed back huge ground after long-term injury.
- **Liam Freundt (SA)** – an improvement of more than a minute in a 3000m race is deserving of a pat on the back at any time.



SOUTH AUSTRALIA ASA Interclub results, 2 December – Mile End stadium

Some pleasing times were recorded by the young SA walkers with the All Schools championships in sight. Thanks to **Kim Mottrom** for these results.

Open 3000m

Kim Mottrom	13:53.60	
Daisy Braithwaite	14:18.99	PB 0:02
Sebastian Richards	14:19.70	

Cooper Rech	14:33.38	PB 0:04
Angelina Legrand	15:39.16	
Grace Marin	16:23.21	PB 0:29
Katie De Ruvo	17:40.69	
Jordan McKenna	18:05.05	
Liam Freundt	18:18.38	PB 01:08
Peter Crump	19:05.90	
Matilda Rech	19:56.17	
Marie Maxted	20:06.90	
Jasmine Crabb	20:09.62	
Alex McEwan	22:33.53	

TASMANIA Tas Masters T&F, 29 November – Domain AC, Hobart

David Moore reports:

A quiet week with no walk on the Athletics South programme left 14-year-old **Macy Devine** to compete by invitation at mid-week Masters. Macy was rewarded with another PB and will take this good form to Perth for the National All Schools next weekend.

Joining Macy in Perth will be fellow Tassie walkers, **Oliver Morgan**, **Sam Lindsay** and **Cacia Charles**, we wish them all the best for their upcoming events.

1. Macy Devine ES 17.24 **PB**

WESTERN AUSTRALIA Aths West Interclub results, 1 December – WAAS, Perth

Terry Jones reports on the final WA track competition before Perth hosts the national All Schools titles next weekend. Considering the standard of results posted around the nation this season, some top-quality competition is in store. Good luck, everybody.

5K Women

Alexandra Griffin UWA Athletic 23:13:80

3K Women

Katica Borsic Athletics West 17:17:26

Charlotte Burgess West Track 17:28:24

Chelsey Ireland Mandurah Roc 18:55:00

3K Men

Nathaniel Khaira Cockburn Ath 17:40:10



INTERNATIONAL NEWS

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, December 4, 2023 - Triumphs of Vitória Oliveira and João Vieira in Celorico da Beira (2023) <http://omarchador.blogspot.com/2023/12/triunfos-de-vitoria-oliveira-e-joao.html>
- Sunday, December 3, 2023 - VII Race Walking Grand Prix in Castro Urdiales (results) <http://omarchador.blogspot.com/2023/12/vii-grande-premio-de-marcha-atletica-em.html>

- Saturday, December 2, 2023 - Central American and Caribbean School Sports Games - Caracas 2023 (results) <http://omarchador.blogspot.com/2023/12/jogos-desportivos-escolares-centro.html>
With our own All Schools championships taking place in Perth next weekend, this report from Venezuela looked relevant. Unfortunately, the women's 5000m results were not posted. We'll keep an eye out for them.
- Friday, December 1, 2023 - Fontelo, zero moment <http://omarchador.blogspot.com/2023/12/fontelo-momento-zero.html>
If this seems a rather odd headline, the article itself is quite informative, even surprising, in what it reveals about Portugal's race walking history ... specifically, the fact that it had to start again from 'zero'.
It's common knowledge that Spain emerged into democracy in the mid-1970s from 40 years of fascist dictatorship under Francisco Franco. Less well-known may be Portugal's parallel history at that time. This is a brief outline of the country's own political, social and sporting re-opening from the yoke of fascism – and the rebuilding, from the ground up, of race walking there. It marks the 50-year anniversary of the rebirth of the sport in Portugal, and will be the first of 50 commemorative articles.
- Wednesday, November 29, 2023 - Vitória Oliveira with a promising start to the season in Alvaiázere <http://omarchador.blogspot.com/2023/11/vitoria-oliveira-com-inicio-de-epoca.html>
- Tuesday, November 28, 2023 - Isaac Beacroft breaks Australian under-18 10,000m march record <http://omarchador.blogspot.com/2023/11/isaac-beacroft-bate-recorde-sub-18-da.html>
Good news also travels fast! Even from Down Under.

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

Here is an entertaining piece from the Spanish sports blog, sportlife.es, featuring double World champion **Alvaro Martín**.

24 hours with Álvaro Martín, the double world champion of walking

Álvaro Martín made history at the 2023 Budapest World Championships. In this article he tells us how he trains and what his day-to-day life is like.

by **Fran Chico** (reprinted from sportlife.es ... 2 December, 2023. Translation: Google Chrome)

Alvaro Martín, born on June 18, 1994, began athletics at the school in his town, Llerena (province of Badajoz), at the age of 9, although before that he had “played all the things”: soccer, swimming, tennis and even kick boxing.

“In athletics, when you are a child, more than training, you play. I tried speed, throwing, long jump... until at the age of 15 I concentrated on the walking that I liked the most, although running I had won some medals in Spanish championships. The first one who saw my abilities was my first coach, Juan Méndez, and the competition where I realized I could go far in this sport was in the 2010 Youth Olympic Games when I was international for the first time.”

We asked him if he feels more pressure for next year's Paris Olympics after the two World Cup golds and he is blunt:

“We don't call it pressure but responsibility, which is different. These two gold medals show that we have done the job well, that we are on the right path.”

THIS IS A DAY IN THE LIFE OF THE KING OF WALKING IN THE WORLD

- My day starts around 7:45 in the morning. My breakfast is pretty basic: coffee and some cereal.
- Around 9:30 a.m. I start my first training session of the day, which is always the main one. There are days when I have a long run, which is more than 20 km and the maximum I have done has been 35. I usually go at a pace of about 4 minutes 20 seconds per kilometer. If I have short series, so that you have an example of what I do, it can be 4 groups of 10 repetitions of 300 meters with 100 meters of recovery. If I do it on the track, imagine that there are 40 laps of the track in total.



(Photo: FOTORUNNERS)

- At the earliest, around 12:00 or 12:30, I have very “French” schedules and we spend a lot of time in France and that's how I'm used to it. What I eat depends a lot on what we have trained but usually carbohydrates or some protein like chicken.
- Then I take a little nap, but no more than 25 minutes because I take advantage of this time to study. Now I am pursuing my second degree, Law, after having finished Political Science.
- Around 5 or 5'30 I start the second session and it can be a faster running session, running, elliptical or for example in the preseason we do a lot of swimming. As far as the gym is concerned, we do 3 sessions a week in preseason, then we go to two, then 1 and then none in the two weeks before the competitions. In the preseason we also go on mountain outings of up to 4 hours in which we walk quickly uphill and then on the flats or downhill we run. Massage sessions? I go to the physio once a week, which is 2 when we are close to competing.
- I also have dinner at “French” time, 7 or 7.30, and it is usually very light, a hearty salad perhaps with some protein. At night I rarely eat carbohydrates.
- After dinner I try to take the opportunity to study and around 10 I turn off the light to go to sleep.



WHAT'S UP AHEAD?

VRWC SUMMER FIXTURE 2023-24

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

Fri 8-Sun 10 Dec 2023 **Aust 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/Sun 27/28 Jan 2024	Supernova: WA Race Walking Tour (Bronze) – AIS, Canberra
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sun 11 Feb 2024	2024 Australia & Oceania Race Walk c'ships – Adelaide SA
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

Mon 1 Jan 2024	72nd New Year Grand Prix of Walking – Tokyo JPN
Sun 18 Feb 2024	Japanese Walking c'ships (20km & 35km) – Kobe JPN
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 (<i>*Lima withdrew in April but has since been reinstated.</i>)
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

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