



# HEEL & TOE Online

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## CLUB NEWS and RESULTS

Congratulations to our Victorian reps who competed in the AA All Schools T&F titles in Perth at the weekend. Our small team acquitted themselves admirably, taking on the powerful NSW squad and claiming 7 medals to their 9 ... a fine effort. **Maddison Nash** won her first Australian title with **Marcus Wakim** successfully defending his, while **Max Davidson** added his first Schools title to his two national Little Athletics golds.



Perth podium: Maddison, Sienna, Bailey, Isaac, Riley, Kieran, Noah and Jaime celebrate.

(Photos: Melanie Jennings-Pitcher; QRWC)

<b>GOLD</b>	<b>Maddison Nash</b>	U18 5000m	24:50.14	PB 0:13
	<b>Marcus Wakim</b>	U18 5000m	20:41.01	
	<b>Max Davidson</b>	U15 3000m	14:33.23	PB 0:13
<b>SILVER</b>	<b>Mya McClure</b>	U14 3000m	14:42.30	PB 0:03
<b>BRONZE</b>	<b>Scott Peart</b>	U18 5000m	22:03.31	PB 0:21
	<b>Riley Coughlan</b>	U17 5000m	20:54.98	
	<b>Jaime Hvalica</b>	U14 3000m	15:27.83	

### Other placings

4 <sup>th</sup>	<b>Emily Smith</b>	U18 5000m	28:08.71	
	<b>Lucy Johns</b>	U15 3000m	16:28.98	PB 1:11
5 <sup>th</sup>	<b>Lewis McLennan</b>	U14 3000m	17:27.72	
	<b>Hamish McLennan</b>	U15 3000m	DQ	

A special nod to young Diamond Valley walker **Lucy Johns**. Having stepped up from Little Athletics competition to AVSL this summer and racing only her second 3000m, Lucy showed she has great potential by taking 4<sup>th</sup> place in the U15 race with a PB margin of 1:11 ... easily the biggest improvement across all walks at the meet. Well done, Lucy!

In my post on the VRWC's Facebook page, I stated that all five Victorians in the 5000m has registered PBs. This was erroneous, based on statistics on AA's results page that may have been counting seed times. By the end of the championships, however, we still had our five PBs!

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## AROUND THE COUNTRY

### \*\* WALKER OF THE WEEK \*\*



(Photo: ANSW)

The national All Schools championships can be counted on to deliver something special each year, and 2023 was no exception ... not as far as walking was concerned. In Perth last weekend, those fortunate enough to be trackside were treated to exemplary displays by two young athletes – **Isaac Beacroft (NSW)** and **Kodi Clarkson (ACT)** – that have earned them their latest WOTW awards. Both boys broke Australian records (Isaac the U18 and U20 5000m with **19:31.21**, and Kodi the U16 3000m, just missing the 12:00 barrier to record **12:00.10**.)

Isaac: “I don’t go into competitions to come second.”<sup>1</sup> Aside from his speed and flawless technique, nothing defines the NSW star more than this determination to win, and win thoroughly. Those who weren’t in the stands but have seen Isaac win before know well how he does it, and would have done it last Friday. See the race report for details.

Kodi has been recording times that belie his age across an array of distances for a couple of years now, and this performance confirms that he’s no flash in the pan but one of the exciting prospects destined to take over the



(Photo: ACTRFWC)

mantle of Australia’s international walking arsenal.

Well done, Isaac and Kodi! We eagerly await your appearance at the National T&F titles in Adelaide next April.

#### \*Honourable mentions

- **Bailey Housden (QLD)** – came tantalizingly close to breaking 20:00, clocking **20:07.56** in taking silver in the U17 5000m in Perth.
- **Maddison Nash (VIC)** – a dominant performance in winning the Girls U18 5000m with her first sub-25:00 time.
- **Sophie Polkinghorne (NSW)** – supreme in the Girls U14 3000m, on target for a new meet record until the last lap.
- **Mya McClure (VIC)** – chased Sophie hard all the way, finishing 8secs behind to take silver with a PB.
- **Angelina LeGrand (SA)** – a controlled, well-judged race to come steadily through the U16 3000m field from last place to win by 41secs.

## WESTERN AUSTRALIA National All Schools T&F c’ships, 8-10 December – WAAS, Perth

### **Beacroft, Clarkson break National records in All Schools**

Favourable temperatures – if not winds – greeted the nation’s school athletes who assembled at the West Australian Athletic Stadium for this year’s championships. Excellent results were observed across the whole program over three days, and the race walkers were not backward in providing their quota.

The hallmarks of the meet were the three Australian records set by **Isaac Beacroft (NSW)** and **Kodi Clarkson (ACT)**. Beacroft, up to now an infrequent racer, has given rise to anticipation of something special every time he does front for a walking race, and so far he has delivered with no sign of faltering. Meanwhile, the phrase ‘punching above his weight’ could have been coined with Clarkson in mind. Talented, dedicated and precociously fast, Kodi was the only walker to double up at the meet, using the rigorous 5000m as a warm-up for his own record-breaking effort in the 3000m a day later.

It was both disheartening and bewildering to see the YouTube live streaming of the Day 1 program – which had provided good coverage of the Girls 5000m walk – cease transmission minutes before the Boys’ field arrived on the track. Athletics Australia defended the decision on budgetary and equity grounds, pointing out the limited streaming window available and the need to cover all events. Granted ... but the fact remains that local and international viewers missed out on seeing what had to

<sup>1</sup> AA News: <https://www.athletics.com.au/news/brilliant-beacroft-blasts-the-books-all-schools-day-one-recap/>



be one of the finest junior race walking lineups anywhere in the world – a field containing 7 of this year’s World Athletics U18 top 10 – in action. The U15/U16 Boys 3000m the next day would suffer the same fate. Hopefully this will not occur in the Nationals in Adelaide ... as, indeed, it did this year in Brisbane.

**Friday 8 December**

The U18 and U17 5000m walkers got the proceedings off to a cracking start. The U17 saw NSW *wunderkind* **Isaac Beacroft** demolishing Troy Sundstrom’s 23-year old national U20 record as well as his own U18 mark with **19:31.21** ... a time unimaginable for one so young virtually anywhere in the world until recently. **Bailey Housden**, having a breakout summer of his own and in no way intimidated by Isaac after their recent close tussle in the NSW 10,000m titles, notched a 23sec PB to go close to a sub-20min result himself. **Riley Coughlan** rounded out the medals with another showing of speedy consistency for his **20:54.98**.

On this occasion, sadly, fortune wasn’t kind to the country’s two other 16yo stars, **John Ronan** and **Owen Toyne**. The two will bounce back, and we’ll await the National T&F titles in Adelaide with all the more eagerness.

**Sienna Pitcher**, as expected, was dominant in the Girls U17, clocking **24:31.30** finishing ¾ minutes ahead of team mate **Lyla Williams** with **Isabelle Curtis** claiming bronze, the home state’s first walk medal of the meet.

Victoria’s **Maddison Nash** was equally commanding in the U18 race, breaking 25mins for the first time for **24:50.14**. Behind her, **Chelsea Roberts** and **Hana Jugovic** were also rewarded with PBs to go with their new bling.

All five of the Boys U18 field produced excellent results. **Marcus Wakim** walked his own race rather than mix it with Isaac and Bailey, winning clearly over young **Kodi Clarkson** who jumped an age group and took 2<sup>nd</sup> for the first leg of his podium double ... a foretaste of what was to come the day after. **Scott Peart**, 3<sup>rd</sup>, continues to improve, this time holding off **Sam McCure** who had arguably the best time of the championships *not* to earn a medal.



5000m action in Perth



(Photos: AV; ANSW; Robyn Wales; ACTRFWC)

**Girls U18 5000m Walk**

1 Maddison Nash	VIC	24:50.14	PB
2 Chelsea Roberts	NSW	26:12.92	PB
3 Hana Jugovic	ACT	26:52.99	PB
4 Emily Smith	VIC	28:08.71	
5 Julia Grocott	ACT	28:42.07	PB
6 Phoebe Chadwick	QLD	28:49.39	
7 Lily Housden	QLD	31:03.25	
8 Lily Masson	WA	32:17.13	First one

**Girls U17 5000m Walk**

1 Sienna Pitcher	NSW	24:31.30	
2 Lyla Williams	NSW	27:13.74	
3 Isabelle Curtis	WA	30:01.48	

**Boys U18 5000m Walk**

1 Marcus Wakim	VIC	20:41.01	
2 Kodi Clarkson	ACT	21:49.42	
3 Scott Peart	VIC	22:03.31	PB
4 Sam McCure	QLD	22:19.87	
5 Alex Bradley	QLD	24:21.23	PB

**Boys U17 5000m Walk**

1 Isaac Beacroft	NSW	19:31.21	NRU20 PB
2 Bailey Housden	QLD	20:07.56	PB
3 Riley Coughlan	VIC	20:54.98	
4 Myles Ashby	NSW	23:41.92	
5 Oliver Morgan	TAS	25:15.49	
6 Cooper Rech	SA	25:46.96	

4 Leila Bevis	WA	30:20.69	-- John Ronan	WA	DNF
5 Taylah Morris	QLD	31:20.25	-- Owen Toyne	ACT	DQ
-- Katie De Ruvo	SA	DQ			

### Saturday 9 December

As mentioned above, the ACT's **Kodi Clarkson** was the standout performer in the U15/U16 cohort, taking nearly 5 seconds off Isaac Beacroft's national U16 3000m record to clock **12:00.10** – a stunning performance. Tasmania's **Sam Lindsay** made the most of the long trip west to take silver in **13:12.78**, with **Alexander Sinnett** finishing 3<sup>rd</sup> and adding another medal to the NSW haul.

It was a good day for the South Australian girls with **Angelina Legrand** winning convincingly in **15:28.25**, ahead of team mate **Elise Scott 16:09.90** who had led early. **Milly Sharpe**, from sugar cane country and with limited racing opportunities, wasn't going to let a medal chance slip by.

All four finishers in the Boys U15 race recorded PBs, with Victorian **Max Davidson** outlasting NSW's **Jaxson Horton, 14:33.23** to **14:39.91** in a close contest and **Trent D'Alessio** clinching a hometown medal.

NSW's **Matilda Webb** and **Jessica Loring** were tipped to feature highly in the U15 Girls race and did so, walking the early laps hard in company with the ACT's **Emma Grocott**. Webb put the foot down with four to go, winning comfortably in **14:44.90**, while Grocott finished well clear of Loring in 2<sup>nd</sup>.

#### **Girls U16 3000m Walk**

1 Angelina Legrand	SA	15:28.25
2 Elise Scott	SA	16:09.73
3 Milly Sharpe	NQ	16:12.90
4 Stella Pinches	NSW	16:16.41 PB
5 Kaytee Bogaers	WA	16:37.71
6 Mackenzie Turner	VIC	19:12.52

#### **Boys U16 3000m Walk**

1 Kodi Clarkson	ACT	12:00.10	NRU16 PB
2 Samuel Lindsay	TAS	13:12.78	
3 Alexander Sinnett	NSW	14:55.15	
4 Kai Dale	QLD	15:57.55	
5 Sebastian Gonzalez	NSW	18:12.52	

#### **Girls U15 3000m Walk**

1 Matilda Webb	NSW	14:44.90
2 Emma Grocott	ACT	15:08.75
3 Jessica Loring	NSW	15:26.31
4 Lucy Johns	VIC	16:28.98 PB
5 Grace Marin	SA	16:55.59
6 Chelsey Ireland	WA	17:21.04 PB
7 Makenna Clarke	QLD	17:49.72
-- Katica Borsic	WA	DQ

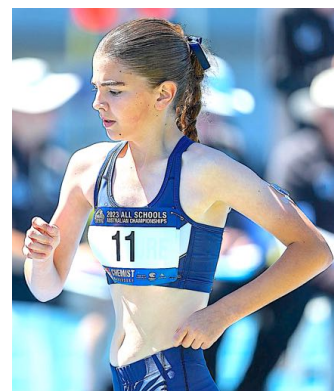
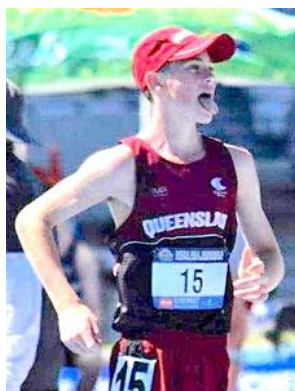
#### **Boys U15 3000m Walk**

1 Max Davidson	VIC	14:33.23	PB
2 Jaxson Horton	NSW	14:39.91	PB
3 Trent D'Alessio	WA	16:06.95	PB
4 Ali Znad	WA	16:12.31	PB
-- Hamish McLennan	VIC	DQ	

### Sunday 10 December

It was the **Sophie Polkinghorne** show on the Sunday morning as the young NSW ace set out after team mate Matilda Webb's U14 3000m meeting record, set last year. She had plenty of incentive, with Victorian **Mya McClure** keeping in touch and ready to pounce if she faltered. She didn't, and although the record eluded her she held on to win the title in **14:34.27**. McClure's attacking walking earned her silver and a PB of **14:42.30**, while **Ella Cosgrave** wrung herself out to take 3<sup>rd</sup> in **16:36.28**.

Tall, long-striding Queenslander **Noah Cooke** won the final walks gold of the meet, winning in a PB of **14:55.04** ahead of local contender **Keiran Smith**, whose quick-fire technique propelled him to silver in **15:09.47** with Victorian **Jaime Hvalica** heading for the airport with the bronze medal.



3000m: Hot work on Sunday morning

(Photos: ANSW, Robyn Wales, AV)

#### **Girls U14 3000m Walk**

1 Sophie Polkinghorne	NSW	14:34.27
2 Mya McClure	VIC	14:42.30 PB
3 Ella Cosgrave	QLD	16:36.28
4 Alexis Thiele	SA	16:56.59

#### **Boys U14 3000m Walk**

1 Noah Cooke	QLD	14:55.04	PB
2 Keiran Smith	WA	15:09.47	
3 Jaime Hvalica	VIC	15:27.83	
4 Noah Janes	WA	15:37.46	PB

5 Tory D'Alessio	WA	17:07.77	5 Lewis McLennan	VIC	17:27.22
6 Lani Ellwood	NQ	17:38.54 PB	-- Tyler Cousins	NSW	DQ
7 Macy Devine	TAS	17:50.27	-- Orlando Grantham	SA	DQ
8 Matilda Rech	SA	18:12.51	-- Luke Danaher	SA	DNS
9 Emma Hoskins	NSW	18:32.18			
10 Trinity Doulis	WA	19:31.20			
11 Cacia L Charles	TAS	19:38.79			
-- Mikaela McDonald	QLD	DQ			

## QUEENSLAND QMA Masters results, 3 & 9 December – QSAC, Brisbane

### Sunday 3 December

#### M70 800m walk

1 Bruce O'Connor QMA 7:03.28

#### W80 800m walk

1 Noela McKinven QMA 6:43.87

#### M40 5000m walk

1 Scott Hyland QMA 24:35.41

#### W80 5000m walk

1 Noela McKinven QMA 3km time 25:56.54

### Saturday 9 December

#### W80 2000m walk

1 Noela McKinven QMA 17:35.64

#### M65 2000m walk

1 Peter Bennett QMA 12:42.42

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

**Kim Mottrom** reports that 22mm of rain fell in the six hours leading up to the race and it rained throughout, so conditions were tough. **Rain Langford** still managed a PB in his first 5km in years.

#### Open 5000m

Kim Mottrom	22:42.20	
Rain Langford	29:09.81	PB 0:03
Peter Crump	32:51.47	
Marie Maxted	33:59.44	
Jasmine Crabb	35:47.85	
Alex McEwan	40:21.09	

#### Open 1500m

Nellie Langford 6:52.34

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## INTERNATIONAL NEWS

### MARCIALMONDO & 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, December 12, 2023 - Triumphs of João Vieira (SCP) and Ana Monteiro (GDE) in the GP Natal de Marcha 2023 <http://omarchador.blogspot.com/2023/12/triunfos-de-joao-vieira-scp-e-ana.html>



- Monday, December 11, 2023 - Australian Under-15 and Under-16 Schools Championships - Perth 2023 (results) <http://omarchador.blogspot.com/2023/12/campeonatos-escolares-da-australia-sub.html>
- Saturday, December 9, 2023 - Australian School Championships - Perth 2023 (under-17 and under-18 results) <http://omarchador.blogspot.com/2023/12/campeonatos-escolares-da-australia.html>
- Sunday, December 10, 2023 - 1975, three poles of development <http://omarchador.blogspot.com/2023/12/1975-tres-polos-de-desenvolvimento.html> One of a series of articles on the development of the revived sport of race walking with the return of democracy in Portugal.
- Thursday, December 7, 2023 - Lluç Serrat and Griselda Serret win Grand Prix «Ciutat de Barberà» 2023 <http://omarchador.blogspot.com/2023/12/lluc-serrat-e-griselda-serret-vencem.html>
- Wednesday, December 6, 2023 - Francisco Assis remembers pioneering the march in Portugal <http://omarchador.blogspot.com/2023/12/francisco-assis-recorda-pioneirismo-da.html>
- Tuesday, December 5, 2023 - Colombian Yeseida Carrillo punished with 4 years suspension for doping <http://omarchador.blogspot.com/2023/12/colombiana-yeseida-carrillo-punida-com.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.*

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## WHAT'S UP AHEAD?

### VRWC SUMMER FIXTURE 2023-24

Sun 14 <sup>th</sup> January 2024, VRWC Road Races		Middle Park
8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

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### 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	<b>72<sup>nd</sup> New Year Grand Prix of Walking</b> – Tokyo JPN
Sun 18 Feb 2024	<b>Japanese Walking c'ships (20km &amp; 35km)</b> – Kobe JPN
Sun 21 Apr 2024	<b>WA Race walking Teams c'ship</b> – Antalya TUR
Sat 4 May 2024	<b>3<sup>rd</sup> Korzienowski Warsaw Race walking Cup (WA Gold)</b> – Warsaw POL
Sat 11 May 2024	<b>31<sup>st</sup> Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold)</b> – Rio Maior POR
Sat 18 May 2024	<b>XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold)</b> – La Coruna ESP
Sun 26 May 2024	<b>III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold)</b> – Madrid ESP
26 Jul- 11 Aug 2024	<b>XXXIII Summer Olympics</b> – Paris, FRA
13-25 Aug 2024	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
20-24 Aug 2024	<b>WA World Junior T&amp;F Championships</b> – Lima, PER ( <i>*Lima withdrew in April but has since been reinstated.</i> )
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JPN
30 Oct-15 Nov 2026	<b>Youth Olympic Games</b> – Dakar SEN

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