



HEEL & TOE Online

Vol. 2024
Issue No. 5
Tuesday
6 February 2024

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

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CLUB NEWS and RESULTS



HEATHER CARR OAM

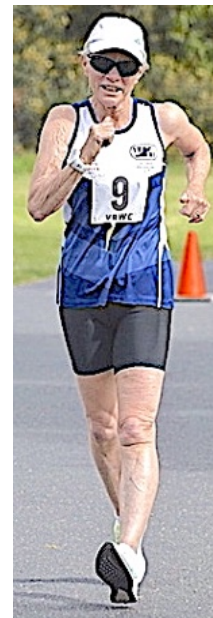
On Friday 26th February, VRWC members were delighted to learn that Life member **Heather Carr** had been awarded the Medal of the Order of Australia (OAM), for services to athletics. In so doing, Heather joins fellow Club members Tim Erickson, Simon Baker and Harry Summers who have all received the honour in recognition of their service to athletics generally and race walking in particular.

Over a 36-year period, Heather has built her name and reputation as a superlative Masters athlete in both performances and in leadership. She began her Masters career in the time-honoured way: being inspired as a Little Athletics mum to give it a go herself. Soon she was breaking records at home and, before long, overseas, along with winning numerous titles.

Tim Erickson's wonderful biographical article on the VRWC website explores Heather's career in great detail and is well worth the read.¹ Suffice it to say that at the time of the article's publication (2015), Heather's Masters tally stood at 4 World, 9 Australian and 22 Victorian records. Her inventory of World Masters championship medals is more up-to-date (2023) ... 37 Gold, 7 Silver and 1 bronze. As beneficial as the Little Aths movement has been to the children of this country, more notice should perhaps be taken of the careers it has launched to the far north of the voting age. Heather's is a stellar example.

Nor does her interest in the sport switch off once she steps off the course. Through her activities at committee level in the VRWC, Masters athletics and regional clubs, Heather has used her contacts and knowledge to further the interests of athletes of all ages. She has served in captaincy, executive and other committee roles, as well as always being on hand to assist in a crisis or when someone is in need of help in any club situation. Heather's OAM award is fitting recognition of the enormous regard and affection in which this dedicated, sweet-natured lady is held by all in the athletics community who know her.

Heather, you are the fourth of the esteemed OAM honourees our small but prestigious Club is proud to count among its members. Our heartiest congratulations go out to you!



Details of Heather's citation appear on the next page:

¹ <https://www.vrwc.org.au/tim-archive/articles/wv-heather-carr.pdf>

Medal of the Order of Australia (OAM) in the General Division

Mrs **Heather Ruth Carr**, Dromana VIC 3936
For service to athletics.

Australian Masters Athletics

- Oceania Women's Representative, World Masters Athletics Women's Committee, since 2018.
- Inductee, Hall of Fame, since 2015.
- Flag Bearer, World Masters Championships, 1999, and 2013.
- Competitor, since 1987.

Victorian Race Walking Club

- Committee Member, since 2001.
- Women's Club Captain, current.
- Club Uniforms Officer, 2006.
- Assistant Secretary and Treasurer, 1998-1999.
- Club Captain, 1990-1991.
- Life Member, since 2017.
- Member, since 1987.
- Honouree, Perpetual Heather Carr Trophy, Masters Women 10km.

Regional and club roles

- Secretary, Southern Peninsula Masters Athletics, 1998-2021.
- Committee Member, Victorian Masters Athletics, 2002-2004.
- Member, Glenhuntly Athletic Club, since 2015.
- Life Member, Rosebud Little Athletics, since 1993.
- Past Member, Eaglehawk Athletic Club.

Awards and Recognition include:

- Walks Athlete of the Year, Australian Masters Athletics, 2009, 2016, 2018, 2019, 2020.
- World Masters Athletics Best Master of the Year, Racewalks Category, 2017, and 2019.
- Most Outstanding Female Athlete of the Year, Australian Masters Athletics, 2010.
- Various World Records, World Masters Championships, and Oceania Masters Championships.

***Fraser Saunder breaks Graeme Nicholls' long-time record**



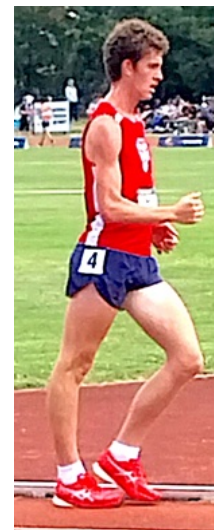
What was possibly one of Ballarat's longest-standing athletics records was consigned to history during the recent AV Country T&F championships at Llanberris Athletics Centre.

The Open Men's 5000m was won by **Fraser Saunder** with a time of **20:35.85**, a huge PB. With this time, Fraser also wiped out the BRAC* record of 21:06.4, set by the late **Graeme Nicholls** (Ballarat Harriers) and which had stood for 53 years.

It is significant that Graeme's record had eluded even the legendary Willi Sawall (another Ballarat Harriers alumnus), though this could be explained by the distance being seldom raced on the track at Llanberris in Willi's time. Nonetheless, it is a poignant linkage between old times and new, in a town that has earned a reputation for producing Victorian and Australian race walking champions.

Left: *Graeme Nicholls* Right: *Fraser Saunder* Below: *The BRAC record board as it stood in March 2022 ... now in need of revision.*

(*Ballarat Regional Athletics centre)



Event	5000m Walk			
Age	Name	Performance	Club	Date
	Men			
OPEN	GRAEME NICHOLLS	21.06.4	HARRIERS	17.11.1970
U20	FRASER SAUNDER	22.24.82	Y.C.W.	20.11.2021

VICTORIA - METRO & REGIONAL



AVSL RESULTS

**** Metro Zone B: Round 10, Saturday 3 February – Duncan McKinnon Reserve, Murrumbena**

It was deceptively hot at Murrumbena on Saturday with all walkers having to earn their points. The inconsistent summer temperatures have made it difficult to acclimatize to sudden intense heat, and most times were slower than usual.

The heat didn't faze Diamond Valley's **Max Davidson** who got close to a PB in easily winning the 2000m. **Char Hay** prevailed by the tiniest margin over **Mya McClure** to take the women's honours, Mya setting a PB for her efforts.

It was tough going in the 5000m with **Eden Morgan** grinding out a clear win and **Jade Chitty** the only other walker to break 30mins.

Pl	Name	Club	Age	Time	Points
2000m walk					
1	Max Davidson	(DIV)	M16	9:09.4h	488
2	Char Hay	(MUU)	FOP	9:26.0h	500
3	Mya McClure	(WCA)	F14	9:26.1h	540
4	Jaime Hvalica	(DIV)	M14	10:19.8h	446
5	Angus Shuttleworth	(KNA)	M14	11:05.2h	406
6	Simon Evans	(BOH)	M60	11:16.5h	456
7	Sandra Geisler	(RWD)	F45	11:38.6h	425
8	Emily Smith	(KNA)	F18	11:40.3h	372
9	Olin Buisman	(GHY)	F16	11:52.8h	379
10	David Smyth	(COL)	M50	11:57.8h	356
11	Mietta Morgan	(KNA)	F16	12:20.8h	340
12	Andrew Jamieson	(OSC)	M70	12:28.1h	460
13	John Nottle	(COL)	M70	12:43.8h	449
14	Emilie Garside	(YRA)	FOP	12:57.7h	265
15	Donna-Marie Elms	(PTN)	F60	13:27.1h	414
16	Phillip Dunstone	(WES)	M55	13:34.8h	287
17	Heather Carr	(GHY)	F70	13:59.2h	456
18	Kim Peak	(DAC)	F55	14:23.4h	
19	Geoffrey Barrow	(MEN)	M70	14:34.0h	359
20	Gwen Steed	(GHY)	F70	14:41.9h	426
-	Bernie Keirl	(DIV)	M60	DQ	
-	Tully Smith	(GHY)	M16	DQ	
5000m walk					
1	Eden Morgan	(KNA)	M20	24:40.0h	431
2	Jade Chitty	(WES)	F20	29:40.0h	360
3	Ariana Pashutina	(KNA)	F18	30:20.0h	352
4	Lewis McLennan	(DAC)	M14	30:40.0h	
5	Carolyn Rosenbrock	(YRA)	F60	30:49.0h	475

PB 0:03

**** Ballarat Zone: Round 10, Saturday 3 February – Llanberris Stadium, Ballarat**

The Ireland family were the only ones to fly the walking flag at Llanberris on a quiet day following the AV Country championships.

2000m walk				
	Roslyn Ireland	(BWK)	F40	16:27.3h
	Olive Ireland	(BWK)	F60	16:56.2h

***Venue change for Round 11**

Please note that Round 11 AVSL, originally scheduled for Sandringham, has been relocated to **Knox**.

***AVSL Round 11 – Saturday 10 February**

Metro – Knox	1.00pm	2000m, 5000m walk (all ages)
Ballarat region (Thur 8th)	7.00pm	1500m, 3000m walk (all ages)
Bendigo region (night)	6.30pm	1500m, 3000m walk (all ages)

ENTRIES

Metro – enter via Members Portal at
<https://www.revolutionise.com.au/athleticsvic/events/>

**More photos from the AV Country championships*



***Action models and bling racks at Ballarat**

Tate J, Sarah, Simon, Annette M, Jonathan, Heath, Leigh, Jemma, Scott, Annette C, Tate M and Fraser.

(Photos: Kerrie Peart)



AROUND THE COUNTRY

** WALKER OF THE WEEK **



Four winners of WOTW this week, and two are very big winners indeed. On February 26, **Lynne Schickert AM (WA)** and **Heather Carr OAM (VIC)** were honoured specifically for their efforts in furthering the sport of athletics, as well as for their own achievements on track and road.

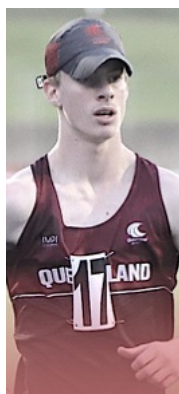
Heather's impressive CV has already been detailed in the *VRWC News* above. Meanwhile, the following tribute to Lynne's astonishing career is reprinted here from the *Athletics West* website:



"In recognition of her service to athletics, Lynne Schickert AM has been appointed a Member of the Order of Australia for her exemplary and outstanding contribution to the sport of athletics. As an athlete, administrator, and official, Schickert's contribution to the sport, at a state, national and world level, has been Herculean. As the current World Masters Athletics Vice-President, Schickert has taken on the responsibility to champion and deliver athletics in both mainstream and masters athletics at every level of the sport.

"Schickert has served the sport at all levels, including Australian Masters Athletics President, Oceania Masters Athletics President, and multiple committee roles for the World Masters Athletics, before taking on the World Masters Athletics Vice President role. Her global impact cannot be understated, with among her many achievements including helping deliver the 2016 World Masters Athletics Championships at the WA Athletics Stadium in Perth. As well as, more recently, being instrumental in working to introduce Masters' events to the World Athletics Cross Country program in Bathurst in March 2023 and expanding the World Masters Athletics footprint."

Congratulations, Lynne and Heather. Your wonderful example and leadership continue to help and inspired athletes of all ages.



(Photo: Racewalking Across Australia)

Meanwhile, our third and fourth winners have been here many times before ... and certainly will be again.

Bailey Housden (QLD) achieved a stunning result last week in the Supernova 10,000m walk at the ACT T&F championships. Coming off a three-week altitude camp in Perisher, Bailey joined in a fierce battle with Marcus Wakim to finish a bare second behind in an extraordinary **41:30.77**, smashing Marcus's National U18 record and establishing himself among the world's best young talent with senior ranks beckoning. He backed this up a week later, eclipsing the QLD U18 record for 3000m with **11:25.70** – a PB by 1:08!

John Ronan (WA, 16) has been WA's sole exponent of high-level speed and endurance walking for several years. Seizing the opportunity to train at altitude with his eastern state peers, John showed the benefits with a Supernova finish time of **42:15.14** ... mind-boggling for one not yet 17. With this time, John removed Declan Tingay's U18 mark from the WA state record books (no mean feat at all!) and came within 14 seconds of Marcus Wakim's old national record. Joining Bailey, Marcus, Owen Toyne, Riley Coughlan and Will Bottle in the mix for



(Photo: Athletics West)

World U20 selection for Lima, John's record-smashing result – like Bailey's – will give the selectors the kind of headache they both dread and dream of.

Congratulations, Bailey and John. You guys are the future.

*Honourable mention

- **Sam McCure (QLD)** – two huge PBs within a week: **44:24** for 10,000m in the Canberra Supernova and, last Saturday, his first sub-12:00 result over 3000m, clocking **11:59.25**.



**** Preview: Australia & Oceania 20km Road walk championships
Sunday 11 February, Adelaide**

With the Olympics Games World Teams Walking championships and World U20 T&F championships on the 2024 calendar, the race walking scene in Australia is frenetic as aspirants for one or more of the offered trips vie for the few spaces available. Following the demise of the 35km (and, of course, the 50km) in favour of the Mixed Team relay walk, the emphasis across the board will be on speed. Many in the lists below are genuine contenders for plane tickets to Paris, Antalya and Lima. Others will want to stay as close for as long as they can to these elite racers, while the rest will simply seek big personal improvement in the company of champions.

The Australian/Oceania 20km is, of course, the marquee competition, having attracted some of the cream of international walking to the start line. In the absence of Declan Tingay, Canada's **Evan Dunfee** appears to have a lock on men's line honours after smashing his own national 10,000m record last week in Canberra. His main opposition will come from championship contenders **Kyle Swan** and **Rhydian Cowley (VIC)**, along with German **Leo Kopp** and Lithuanians **Marius Ziukas** and **Artur Mastianica**. Many of the rest have also struck good form and will be keen to prove themselves over 20km. Expect some great and surprising results.

Jemima Montag exercised total mastery over most of her 20km rivals in the Supernova 10,000m and she is almost unbackable in this one, despite the presence of world record holder **Hong Liu** and six other women with PBs in or below the 1:28s. Hong may have seen her best days but she has explored 20km territory unknown to anyone else in the world and can never be discounted. Of special interest to local fans will be the form of **Bec Henderson**, returned from a potentially career-ending back injury. On her Supernova showing, Bec is not far off her best and she could surprise here.

WOMEN 20KM – entries			MEN 20KM - entries		
Laura Langley	NZL	1:42:44	Dylan Richardson	NSW	1:24:11
Sandra Arenas	COL	1:28:02	Evan Dunfee	CAN	1:18:03
Olivia Sandery	SA	1:28:52	Carl Gibbons	NSW	1:26:00
Antigoni Ntrismpioti	GRE	1:28:12	Rhydian Cowley	VIC	1:19:30
Rebecca Henderson	VIC	1:28:43	Will Thompson	VIC	1:21:56
Priyanka Goswami	IND	1:28:45	Kim Mottrom	SA	1:31:14
Bridget Bell	NSW	1:48:18	Leo Kopp	GER	1:21:16
Samantha Findlay	SA	1:36:43	Tristan Camilleri	SA	1:29:55
Clemence Beretta	FRA	1:30:20	Mitchell Baker	ACT	1:23:57
Allanah Pitcher	NSW	1:33:17	Geromi Tucker	VIC	1:50:35
Elizabeth McMillen	NSW	1:33:56	Fraser Saunder	VIC	1:40:00
Alanna Peart	VIC	1:42:39	Chun Hung Tse	HKG	1:30:15
Hong Liu	CHN	1:24:27	Timothy Fraser	ACT	1:30:35
Brigita Virbalyte-Dimsiene	LTU	1:27:59	Alejandro Stephens	VIC	1:44:25
Austeja Kavaliauskaite	LTU	1:37:51	Marius Ziukas	LTU	1:20:31
Char Hay	VIC	1:50:54	Edmund Sim	SGP	1:34:49
Jemima Montag	VIC	1:27:16	Artur Mastianica	LTU	1:22:55
Kirstin Shaw	QLD	1:55:17	Jack McGinniskin	NSW	1:36:16
Tayla Billington	QLD	1:39:42	Kyle Swan	VIC	1:19:24
Hannah Bolton	NSW	1:42:39	Corey Dickson	VIC	1:28:47
Arnika Nelson	NZL	1:52:20			
Kelly Ruddick	VIC	1:33:15			
Hannah Mison	NSW	1:43:20			
Kate Siviour	VIC	1:45:00			

The Men's U20 10km field would rank among the highest quality on record in this country in terms of sheer competitiveness – without considering times. NSW's **Isaac Beacroft** looks, on paper, the overwhelming favourite, but he was unable to finish in Canberra and the redoubtable pair of **Marcus Wakim (VIC)** and **Bailey Housden (QLD)** will be his shadows and ready to strike should he falter again.

The Women's entrants may not have posted record breaking times but, with Antalya and Lima on the horizon, they will be no less competitive. WA's **Alexandra Griffin** looks to have the edge here, but sub-50min walkers **Zoe Woods (NSW)**, **Sienna Pitcher (NSW)** and home townner **Nellie Langford** will take it out with Griffin and the medals should be fought out amongst the four.

(NOTE: The times listed below were the athletes' PBs at time of entry. Many have walked faster since, especially in the 10km championship fields.)

Women U20 10km Race walk			Men U20 10km Race walk		
Zoe Woods	NSW	49:48	Riley Coughlan	VIC	43:48
Hana Jugovic	ACT	57:57	John Ronan	WA	43:08
Jasmine Crabb	SA	1:10:55	Kodi Clarkson	ACT	44:16
Chelsea Roberts	NSW	54:02	Owen Toyne	ACT	42:56
Alexandra Griffin	WA	48:45	Marcus Wakim	VIC	42:01
Sienna Pitcher	NSW	51:14	Bailey Housden	QLD	41:58
Maddison Nash	VIC	52:29	Will Bottle	SA	43:09
Daisy Braithwaite	SA	53:33	Isaac Beacroft	NSW	41:48
Mia Bergh	QLD	55:55	Alex Bradley	QLD	56:56
Nellie Langford	SA	49:42	Sam McCure	QLD	45:48

Unfortunately, the U18 to U14 races have been scheduled smack in the middle of the nation's Little Athletics regional championships, which has severely impacted entries in the U14 and U16 age groups.

The Men's U18 5km is **Sam Lindsay's** to lose, with TRWC clubmate **Oliver Morgan** and SA's **Sebastian Richards** likely to fight out the placings. **Kaytee Bogaers (WA)** set a 5km PB better than her entry time last weekend, and while this puts her well clear of **Grace Beck** on times, the NSW girl is known to be a strong competitor – so a good race could ensue.

Women U14 3km Race walk

Adele Woodward	TAS	20:59
Isabella Welch	QLD	15:45

Women U16 5km Race walk

Matilda Rech	SA	37:23
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Women U18 5km Race walk

Angelina Legrand	SA	27:19
Kaytee Bogaers	WA	25:57
Grace Beck	NSW	26:58
Katie De Ruvo	SA	30:00
Taylah Morris	QLD	30:05
Elise Scott	SA	27:27
Milly Sharpe	QLD	27:09

Men U18 5km Race walk

Samuel Lindsay	TAS	21:38
Alexander Sinnett	NSW	25:11
Sebastian Richards	SA	23:50
Oliver Morgan	TAS	23:54
Cooper Rech	SA	25:35

QUEENSLAND QA results: Joanna Stone Shield, 3 February – QSAC, Brisbane

Robyn Wales reports that **Bailey Housden**, fresh off his national 10,000m record-breaking result in Canberra, broke the Qld U18 3000m record with **11:25.70** at the QA Joanna Stone meeting last Saturday. It was a busy weekend for him as on Friday night he smashed out 1500m in **5:26.70** on a grass track at the Met Nth Regional Little Athletics.

A big pat on the back for **Sam McCure**. He hadn't raced 3000m for nearly 3 years and seized this chance to rip 2:33 from his previous best, dipping under 12:00 for a terrific **11:59.25**. Sam is another who profited from the Perisher camp and set a huge PB in the Supernova 10,000m the previous weekend, so those fast-twitch fibres were wired for speed on Saturday.

Women 3000m Walk Open

1 Lyla Williams	Kingscliffe	14:45.41
2 Mia Bergh	GCV	15:04.54
3 Milly Sharpe	Gladstone	15:13.68
4 Phoebe Chadwick	QRWC	17:32.44
5 Taylah Morris	GCV	17:49.70
6 Savannah Dunleavy	QRWC	18:05.31
7 Kiara Waterman	QRWC	18:26.66
8 Eliza Kelly	QRWC	18:26.67
9 Natasha Flahey	QRWC	19:55.87
10 Jasmine-Rose McRoberts	UQ	20:45.87
--- Mikaela McDonald	QRWC	DQ

Men 3000m Walk Open

1 Bailey Housden	QRWC	11:25.70	SR U18
2 Sam McCure	QRWC	11:59.25	PB 2:33
3 Noah Cooke	QRWC	15:00.94	
4 Adam Patterson	QRWC	16:00.93	
5 Eli Melinz	Noosa AC	18:12.63	

Men 5000m Walk Open

1 Kai Dale	QRWC	27:37.68
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Women 5000m Walk Open

--- Olivia Boulton	GCA	DQ
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*OMA Masters results, 3 February – QSAC, Brisbane

W80 3000m Race walk

1 Noela McKinven	W81	QMA	26:06.60
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W80 1500m Race walk

1 Noela McKinven	W81	QMA	13:07.60
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M65 3000m Race walk

1 Peter Bennett	M68	QMA	9:15.22
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M55 3000m Race walk

1 Ignacio Jiminez Solis	M58	QMA	15:21.57
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M65 3000m Race walk

1 Peter Bennett	M68	QMA	19:09.24
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M80 3000m Race walk

1 Patrick Sela	M84	QMA	26:50.13
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SOUTH AUSTRALIA ASA Interclub results, 3 February – Mile End stadium

When it reaches 31C in Adelaide, it'll feel hotter. Such was the case at ASA Interclub according to **Kim Mottrom**, with times slower across the board apart from a good PB effort by **Liam Freund**.

Open 3000m

Kim Mottrom	13:18.01	
Cooper Rech	15:26.22	
Angelina Legrand	16:42.78	
Rain Langford	17:03.35	
Melissa Grantham	17:17.24	
Rhiannon Lovegrove	18:13.63	
Liam Freundt	18:16.59	PB 0:02
Jasmine Crabb	19:21.45	
Alex McEwan	24:58.27	
Sebastian Richards	DNF	
Orlando Grantham	DQ	

TASMANIA Aths South interclub results, 3 February – Domain AC, Hobart

David Moore reports:

Saturday's Interclub 1500m was conducted in very warm conditions. Highlights were a season best performance from **Macy Devine** and some very tight finishes in the middle of the field (between **Elsie Woodward** and **Isla Direen**) and rear of the field (between **Wayne Fletcher** and **David Moore**.)

1500m Walk Result

1. Oliver Morgan	SB	6:48.12
2. Macy Devine	ES	8:27.39 SB
3. Adele Woodward	OVA	9:45.21
4. Elizabeth Leitch	TMA	10:14.22
5. Elsie Woodward	HLA	11:57.29
6. Isla Direen	HLA	11:58.10
7. Wayne Fletcher	NS	14:12.34
8. David Moore	TMA	14:12.47

***Tas Masters T&F, 31 January - Domain Athletics Centre Hobart**

This week saw **Oliver Morgan** cap off some very solid training over the last few months with a mid-week PB over 5000m by some 35 seconds – Well done Oliver!

Results 5000m Walk

1. Oliver Morgan	SB	23:20 PB
2. Elizabeth Leitch	TMA	34:58

3000m Walk

1. Wayne Fletcher	NS	34:52
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WESTERN AUSTRALIA Aths West interclub results, 2 February – WAAS, Perth

Women 3000 Metre Race Walk .

1 Isabelle Curtis	Ridgewood Athletics	17:28.14
2 Chelsey Ireland	Mandurah Rockingham	18:38.59
3 Trinity Doulis	Belmont Athletics	21:34.48
4 Chloe Bevis	Mandurah Rockingham	24:03.22

Men 3000 Metre Race Walk .

1 Keenan Munro	Ridgewood Athletics	20:48.19
2 Nathaniel Khaira	Cockburn Athletics	21:17.08
3 Riley Cunnold	Canning Districts	22:59.11

Women 5000 Metre Race Walk .

1 Kaytee Bogaers	Mandurah Rockingham	25:38.66
2 Leila Bevis	Mandurah Rockingham	29:39.32

Men 5000 Metre Race Walk .

1 John Ronan	Kingsway Athletics	20:15.00
2 Bradley Mann	Perth Track	25:37.51

ISSUE #4 ... Corrections

In the Supernova report in the last issue, I listed the Women's qualifying time for the World U20 10,000m Walk championships at 50:40.00. I took this time from the World Athletics website as quoted on Tuesday 30 January. I soon learned that the qualifier had been revised to 49:30.00 and circulated via an Appendix (it has now also been corrected on the website.) My apologies for the miscommunication – in particular to Maddison Nash!

In the same report, I stated that junior walking development was now supported by 'adequate funding'. We all know there is no such thing. When I wrote this, I believe I was referencing funding sources available to senior athletes. Again, my apologies. In most cases, of course, it's the parents who stump up all – or at best, the lion's share – of the necessary cash to fund coaching, trips and training camps for their children. Fortunately for me, I'm not in a room full of athletics parents that I can be laughed out of ...

Stu



INTERNATIONAL NEWS

NEW ZEALAND: Team Ledger Harcourts Capital Classic, 2 February - Wellington

Kiwi up-and-comer **Jonah Cropp** lost no time in capitalising on the form he showed in the Canberra 10,000m last weekend, wiping out two national 3,000m records back home. Report is from the *Athletics NZ* website:

Athletes in the mixed 3000m race walk defied the wet and blustery conditions to serve up some outstanding performances, led by **Jonah Cropp**, who triumphed in a New Zealand U20 and U19 record time of **12:16.43**, pending ratification. The 18-year-old of Summer Running Club scalped more than 18 seconds from his previous best and followed up his excellent sub-45-minute 10km track race walk time he registered in Canberra last week. He bettered the 33-year-old national U19 mark of 12:25.90 set by Andrew Causer and Graeme Jones' national U20 time of 12:16.8 posted in 1993. Lucas Martin finished runner-up in 13:10.88. Cropp has a busy 24 hours as he plans to compete in the 5000m race walk in Christchurch on Saturday (3 Feb).



Jonah Cropp (in lane 1) on a record hunt in the rain. (Photo: Race Walking Wellington)

A delighted Cropp, who has benefited by recently training for a three-week period with the top Australian race walkers, said: "It was a fantastic race, not great conditions but I just had to push through and hope for the best. It means a lot to me to get the records. Two years ago, I would not have thought I would be walking this fast!"

Laura Langley finished top woman and also caught the eye with an impressive display. The 26-year-old North Canterbury athlete set a meet record and hacked more than 16 seconds from her seven-year-old lifetime best to record **13:20.17**. Both Cropp and Langley have been selected for New Zealand to compete at the World Athletics Race Walking Team Championships in Turkiye in April.

1	Jonah Cropp	M	SUMN	12:16.43	PB
2	Lucas Martin	M	WNGA	13:10.88	SB
3	Laura Langley	F	NCAN	13:20.17	PB
4	Toby Paul O'Rorke	M	EGMT	13:37.09	PB

5	Ari Alexander Bennett	M	ASHT	15:30.09	PB
6	Campbell Shay Donovan	M	EGMT	15:49.45	SB
7	Nathan Baylis	M	NORM	16:08.65	PB
8	Sinead Marie O'Sullivan	F	EGMT	18:00.30	PB
9	Kieran Robert Dunlop-Brown	M	Mana Amateur AC	18:41.17	SB
10	Clive McGovern	M	TRNH	18:43.53	PB

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, February 5, 2024 - Hungarian Venyercsán wins 15 km in Olhão. João Vieira and Vitória Oliveira are national champions <https://omarchador.blogspot.com/2024/02/hungaro-venyercsan-vence-15-km-em-olhao.html>
- Sunday, February 4, 2024 - 1983, Alenquer hosts the first 50 km race <https://omarchador.blogspot.com/2024/02/1983-alenquer-acolhe-primeira-prova-de.html>. The 50km is held for the first time in Portugal.
- Friday, February 2, 2024 - Vijay Viswakarma and Bandana Patel win 35 km march in Chandigarh, India <https://omarchador.blogspot.com/2024/02/vijay-viswakarma-e-bandana-patel-vencem.html>. Emerging race walking power, India, is not surrendering distance walking lightly.
- Thursday, February 1, 2024 - Akashdeep Singh, with national record, and Manju Rani win Indian Open 20 km walking championships - Chandigarh 2024 <https://omarchador.blogspot.com/2024/02/akashdeep-singh-com-recorde-nacional-e.html>
- Wednesday, January 31, 2024 - Meeting «Master Athletics 2024» in Ribeira Brava – results <https://omarchador.blogspot.com/2024/01/meeting-master-athletics-2024-na.html>
- Wednesday, January 31, 2024 - SL Benfica walkers obtain the best records in club qualification on indoor track (2024) <https://omarchador.blogspot.com/2024/01/marchadores-do-sl-benfica-obtem-os.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

- England's **Ron Wallwork**, 1966 Commonwealth (Empire) games champion and editor of the *Enfield Walker*, returns to his Lancashire roots with "The History of Our Club", a series of articles dating from the commencement of his membership of the Lancashire Walking Club. Readers keen on the sport's history and notable figures in British walking may find these articles engaging. The item on the failed attempt in 1958 to have race walking included in future Empire Games illustrates the struggle to have race walking included in all levels of international competition ... a struggle that, it appears, will never completely end.
 1. <https://lancswalkingclub.com/2024/01/21/the-history-of-our-club-january-to-june-1958/>
 2. <https://lancswalkingclub.com/2024/01/30/the-history-of-our-club-july-to-december-1958/>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

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
Sun 28 Apr 2024	AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone

International Dates

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	3 rd Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31 st 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	24 th 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	20 th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

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