



HEEL & TOE Online

Vol. 2024
Issue No. 15
Tuesday
16 April 2024

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

Entry lists for WRW Antalya 24 published

(World Athletics press release – 12 April 2024)



Entry lists for the **World Athletics Race Walking Team Championships Antalya 24** confirm that 431 athletes from 52 countries will descend on Türkiye for the global event on Sunday 21 April.

The entry lists can be downloaded here:

ENTRY BY EVENT AND SEASON'S BEST -

https://assets.aws.worldathletics.org/document/6617b8e56c070960987c7029.pdf?_gl=1*z5w1xo*_ga*MTAyOTc1NTEyMy4xNzA2NTI4MzA2*_ga_7FE9YV46NW*MTcxMjg3MzYwNS41OC4xLjE3MTI4NzQ0MzYwMC4wLjA.

ATHLETES BY COUNTRY

https://assets.aws.worldathletics.org/document/6617b8fa6c070960987c702c.pdf?_gl=1*114j39o*_ga*MTAyOTc1NTEyMy4xNzA2NTI4MzA2*_ga_7FE9YV46NW*MTcxMjg3MzYwNS41OC4xLjE3MTI4NzQ0MzYwMC4wLjA.

A total of 198 athletes (108 men, 90 women) are entered for the senior 20km races, while 106 athletes (56 men, 50 women) are set to compete in the U20 races.

The marathon race walk mixed relay makes its World Athletics Race Walking Team Championships debut in Antalya, with Paris 2024 Olympic Games places up for grabs. While the entries by country list features the names of athletes entered by each nation for the relay, athletes entered for other events in Antalya can also be included in the final composition of mixed relay teams.

China topped the medal table at the last edition of the World Athletics Race Walking Team Championships in Muscat, Oman, in 2022, with a total of six gold medals. **Ma Zhenxia** was among the winners two years ago and she is entered to defend her senior women's 20km title fresh from setting a PB of 1:26:07 at the Chinese Race Walking Grand Prix in Taicang on 3 March. Peru's double 2022 world champion **Kimberly Garcia**, who was third in Muscat, and Ecuador's **Glenda Morejon**, who won the 35km race in Muscat, are expected to provide tough opposition.

The fields are stacked and listed for the mixed relay alone are all three reigning Olympic race walk champions – Italy's **Antonella Palmisano**, Italy's **Massimo Stano** and Poland's **Dawid Tomala** – plus Spain's **Alvaro Martin** and **Maria Perez**, who both achieved a 20km and 35km race walk double at last year's World Championships in Budapest.

Tokyo Olympic medallists **Lorena Arenas** of Colombia, **Evan Dunfee** of Canada, **Jonathan Hilbert** of Germany, **Koki Ikeda** of Japan and **Liu Hong** of China are also among those listed, as are 2023 world medallists **Caio Bonfim** of Brazil, **Masatora Kawano** of Japan and **Jemima Montag** of Australia.

Sweden's four-time world medallist **Perseus Karlstrom** is entered for the senior men's 20km, two years on from winning the 35km title in Muscat. Bonfim is also listed for this event, along with Ecuador's world 35km silver medallist **Brian Pintado**, Germany's **Christopher Linke**, Japan's **Ryo Hamanishi** and Spain's **Paul McGrath**.

The host nation's squad features multiple world age group medallist **Meryem Bekmez** and world U20 champion **Mazlum Demir**. China's **Li Chenjie** and **Yang Xizhen** lead the lists of entries for the U20 events.

The final start lists will be available on Saturday 20 April.

World Athletics

*TIMETABLE FOR ANTALYA ... Sunday 14 April

It'll be an action-packed Sunday afternoon for Aussie walking fans (those of you who can tear yourselves away from the footy, anyway.) Antalya is 7 hours behind the Eastern capitals, 6:30 hours behind Adelaide and 5 hours behind Perth.

Time (local)	Time (AEST)	Event
07:00	14:00	10km Race walk Men
08:00	15:00	10km Race walk Women
09:10	16:10	20km Race walk Women
11:05	18:05	20km Race walk Men
12:55	19:55	Marathon Race walk Mixed relay

**LIVESTREAMING

The Antalya races will be live streamed via **World Athletics Inside Track**, at <https://worldathletics.org/inside-track>. You will need to register (free of charge), enabling you to access the livestream as well as World Athletics' library of videos from recent and past championships and other meets.



CLUB NEWS and RESULTS



- Congratulations to VRWC members **Rhydian Cowley, Bec Henderson, Kyle Swan and Jemima Montag**, all of whom have been selected for the Paris Olympics in the 20 Kilometres Race Walk. We hope to see at least two of them also competing in the Marathon Mixed Walk relay. Well done, everyone!



(Photo montage: Athletics Australia)

*FIRST AID TRAINING AVAILABLE

We wish to have at least one trained First Aid officer on site for our race days at Middle Park and away venues this year.

To this end, the Committee will subsidise **fully** a 1-day training course (by St John's ambulance) of anyone who can assure us of their presence on all or most race days in 2024.

Recent tragic events have highlighted the vital importance of being able to provide that critical first response in an emergency situation – either at a sporting venue or anywhere in the community at large.

Please contact Stu ASAP if you are interested and need training (or if you already are), or have any questions.

** VRWC RACE FEES

Seasons ticket 12 months:

Financial members: \$110.00 paid by the **end of May**.

VRWC Club Races:

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

VRWC Championships:

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher, non-financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA, RWA.

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2024:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races

throughout the year): \$ 0.00

Family membership: \$50.00

Annual Subscriptions are due on April 1st of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham,

Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia,

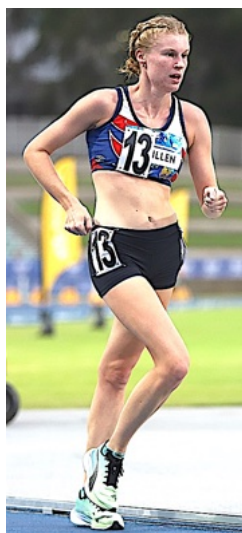
Casey, and the Mornington peninsula down to Mornington.

Outside of these areas are considered country area.)



AROUND THE COUNTRY

** WALKER OF THE WEEK **



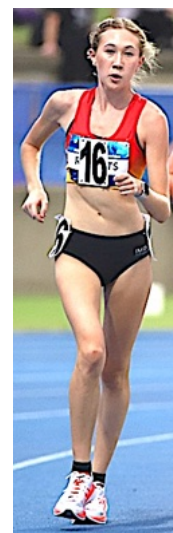
There were lots to choose from this week. Narrowing it down to one or two wasn't easy, so the size of improvement in both these walkers' results was the arbiter in their selection as this issue's WsOTW.

Lizzie McMillen (NSW, left) had an astonishing race in the Australian 10,000m Walk championship in Adelaide, taking 2nd behind Jemima Montag with a time of **44:33.80** – a 2:41 PB. Walking a well-paced race, Lizzie put in a powerful second half and has now reached the fringe of elite territory for the first time. Now coached by Jared Tallent, Lizzie is in cracking shape and should tackle the 20km in Antalya next weekend with confidence.

Meanwhile, **Chelsea Roberts (NSW)** took an axe to her own 10,000m PB and ripped an extraordinary 3:18 from it, winning silver in the U20 title in Adelaide with **48:18.08**, her first sub-50min result. Now that the door is open, Chelsea has laid waste to any psychological barriers and can knuckle down confidently to following in Lizzie's footsteps and reducing that 10km time further.

Well done, Lizzie and Chelsea – great results! Now for the future ...

(Photos: ANSW Facebook)



Honourable mentions:

- **Isaac Beacroft (NSW)** – two more 10,000m records for this walking phenomenon in Adelaide. Isaac will attract plenty of notice in Antalya this weekend.
- **Declan Tingay (WA)** and **Rhydian Cowley (VIC)** – a championship record for Dec and a big PB for Rhyd, who finished a bare 6 secs behind the West Australian. They'll have a big say in the Antalya Mixed Relay results in Turkiye.
- **Laelia Byatt (NSW)** – had the biggest PB result of the day in the 10,000 – by 3:50 – which also took her under 60mins for the first time and will give her the incentive to improve further. Good work, Laelia!
- **Alexandra Griffin (WA)** and **Nellie Langford (SA)** – PBs of 1:16 and 0:53 respectively to take to Antalya where they'll team together in the U20 10km.



AUSTRALIAN ATHLETICS CHAMPIONSHIPS, 11-19 APRIL – ADELAIDE

****Senior & U20 10,000m Race walk – Thursday 11 April**

A new National record, 2 new Championship records and 22 PB performances were among the yield from the first day of race walking competition at Mile End stadium in Adelaide. With many of the 10,000m Senior and U20 contestants headed for the World Teams championships in Antalya (TUR) this week, the form of our most talented walkers was on display for those

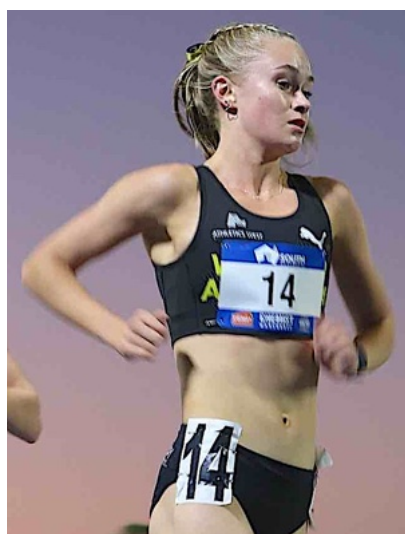


Jemima, Rhydian, Declan and Kyle apply their own concept of 'scorched earth'. (Photos: AV)

fortunate enough to be there, and few would have been disappointed.

There having been no live streaming of the Men's race, the tabled results are our only basis for review. **Declan Tingay** is clearly back to his best record-breaking form, while **Rhydian Cowley** finished closer to the WA speedster than ever before to clock a big PB for silver. **Will Thompson** came achingly close to making it five sub-40:00 finishes on the day. (Oh, to have seen this on live stream ...)

With **Jemima Montag** leading a procession in the Women's 10,000m, the interest was in who would share the podium with her. Live stream scheduling was kinder to the women than it was last year, and while the focus was naturally on Montag viewers were kept abreast of the battle for the placings. It was **Lizzie McMillen**, walking the race of her life, who prevailed over team mate **Allanah Pitcher** with a stunning 2:41 PB that catapulted her into another level. Pitcher also PB'd again, and both she, McMillen and **Hannah Mison** (4th) could be in for big results in the Antalya 20km if the cards fall their way.



Isaac and Alexandra – watch out, Turkiye, here they come! (Photos: ANSW; Athletics West)

Isaac Beacroft continued on his trailblazing way, this time adding the U20 national and championship records and a 0:55 PB to his folio. **Will Bottle's** 0:52 PB for bronze, behind **Marcus Wakim**, came too late for Antalya selection but hurls him into the mix for the World U20 championships in Lima later this year.

Alexandra Griffin led the U20 Women from the gun, pulling away in company with seniors **Hannah Bolton** and **Alanna Peart** for an engrossing contest. The older and more experienced Bolton accelerated 6 laps out, with she and Griffin clocking 1:00-plus PBs and the West Aussie lapping the U20 field for a commanding win. **Chelsea Roberts** didn't simply break the 50-min barrier for the first time – she kicked the door down with a 3:18 PB. **Nellie Langford** brought home a 2nd bronze for the home team, while for the Vics it was heartening to see **Maddison Nash** get her own long-awaited first sub-50.

Men Senior 10,000m Walk

1	Declan TINGAY	WA	38:07.88 CR SB
2	Rhydian COWLEY	VIC	38:13.51 PB
3	Kyle SWAN	VIC	39:10.71
4	Timothy FRASER	ACT	39:18.98
5	Will THOMPSON	VIC	40:00.90 PB

Men U20 10,000m Walk

1	Isaac BEACROFT	NSW	40:44.47 CR NR PB
2	Marcus WAKIM	VIC	41:32.21
3	Will BOTTLE	SA	41:48.23 PB
4	Riley COUGHLAN	VIC	42:14.59
5	Owen TOYNE	ACT	43:20.85

6	Corey DICKSON	VIC	41:28.09	6	Bailey HOUSDEN	QLD	43:35.74
7	Dylan RICHARDSON	NSW	42:47.90 SB	7	Kodi CLARKSON	ACT	44:19.01 SB
8	Jack MCGINNISKIN	NSW	43:47.21 PB	8	Scott PEART	VIC	47:39.96 PB
9	Gwyllym YOUNG	ACT	44:16.22 SB	9	Alex BRADLEY	QLD	49:56.07 PB
10	Fraser SAUNDER	VIC	44:20.21 PB	-	Joel BYATT	NSW	DNF
11	Kim MOTTROM	SA	46:42.32 SB	-	Sam MCCURE	QLD	DNF
-	Tristan CAMILLERI	SA	DQ TR54.7.5	-	Eden MORGAN	VIC	DQ TR54.7.5

Women Senior 10,000m Walk

1	Jemima MONTAG	VIC	43:54.80
2	Elizabeth MCMILLEN	NSW	44:33.80 PB
3	Allanah PITCHER	NSW	44:51.53 PB
4	Hannah MISON	NSW	45:45.72 PB
5	Hannah BOLTON	NSW	45:52.31 PB
6	Alanna PEART	VIC	46:56.97 PB
7	Tayla BILLINGTON	QLD	47:50.38
8	Samantha FINDLAY	SA	48:27.75 SB
9	Bridget BELL	NSW	51:49.36
10	Char HAY	VIC	52:26.58 SB
11	Brenda GANNON	QLD	59:55.72 SB

Women U20 10,000m Walk

1	Alexandra GRIFFIN	WA	45:56.22 PB
2	Chelsea ROBERTS	NSW	48:18.08 PB
3	Nellie LANGFORD	SA	48:49.51 PB
4	Maddison NASH	VIC	49:01.52 PB
5	Zoe WOODS	NSW	49:37.80
6	Sienna PITCHER	NSW	50:46.07
7	Lyla WILLIAMS	NSW	53:31.93 PB
8	Ciara CASSILLES	NSW	54:24.56 PB
9	Daisy BRAITHWAITE	SA	55:28.36
10	Mia BERGH	QLD	55:34.78 PB
11	Hana JUGOVIC	ACT	56:03.06 PB
12	Laelia BYATT	NSW	58:41.04 PB
13	Phoebe CHADWICK	QLD	1:02:00.23
-	Emily SMITH	VIC	DQ TR54.7.5

*PB margins for 10,000m races

The size of the improvements is the most noteworthy aspect of this list, particularly among the women whose progress shows both their ambition and their dedication to realizing it.

<i>Laelia</i>	3:50	<i>Alexandra</i>	1:16	<i>Fraser</i>	0:38
<i>Chelsea</i>	3:18	<i>Ciara</i>	1:09	<i>Hannah M</i>	0:17
<i>Alex</i>	2:55	<i>Isaac</i>	0:55	<i>Will T</i>	0:16
<i>Lyla</i>	2:54	<i>Nellie</i>	0:53	<i>Mia</i>	0:13
<i>Elizabeth</i>	2:41	<i>Will B</i>	0:52	<i>Jack</i>	0:12
<i>Maddison</i>	1:38	<i>Alanna</i>	0:51	<i>Scott</i>	0:06
<i>Hannah B</i>	1:35	<i>Rhydian</i>	0:42		
<i>Hana</i>	1:17	<i>Allanah</i>	0:39		



- After his win in the Senior 10,000m Walk, **Declan Tingay** gave a trackside interview that featured what you might call a mini-lesson at the end, for all those walkers aspiring to faster times:
<https://www.facebook.com/AthleticsAustralia/videos/2621104131399127>

**U18 & U17 5,000m Race walk – Tuesday 16 April

Bailey Housden, no doubt a bit disappointed with his 10,000m result last Thursday, made no mistake in posting a big win in the U18 5000m. The combined field saw a good tussle between ACT team mates **Owen Toyne** (U18) and **Kodi Clarkson** (U17), with Kodi turning the tables to cross 18secs ahead of his usual conqueror to win the U17 title. **Joel Byatt** made his first podium finish in a national track championship and team mate **Dylan Allabush** his first since 2021.

It was the ‘**Sienna Pitcher Show**’ (see what I did there?) in the girls combined race, with livestream keeping Allanah’s younger sib very much in centre-screen. Like Bailey Housden, Sienna had a bit of an off-night last Thursday and wasted no time establishing who was boss on this occasion. It was thus another case of the interest being in the placings, with **Ciara Cassilles** surprising to finish a clear 2nd ahead of **Matilda Webb**, who completed the expected NSW trifecta by holding off a determined **Ariana Pashutina**. Meanwhile, **Angelina Legrande** capped off her best season yet with a convincing U17 title win (you could almost feel the heat from coach Kim Mottrom’s grin from across the border!) **Milly Sharpe** and **Kaytee Bogaers** shared the podium.

Boys U18 5000m Walk

1	Bailey HOUSDEN	QLD	20:42.75
2	Owen TOYNE	ACT	21:42.41
3	Joel BYATT	NSW	22:22.52 SB
4	Myles ASHBY	NSW	24:27.02
5	Roel WHEELEY	QLD	25:06.07 SB
6	Peter CHARLTON	NSW	38:34.58

Boys U17 5000m Walk

1	Kodi CLARKSON	ACT	21:24.99 SB
2	Samuel LINDSAY	TAS	22:36.32
3	Dylan ALLABUSH	NSW	24:35.16
4	Sebastian RICHARDS	SA	24:48.86 SB
5	Kai DALE	QLD	26:07.60 SB
6	Alexander BRAENDLE	NSW	27:35.33 SB

Girls U18 5000m Walk

1	Sienna PITCHER	NSW	24:18.19
2	Ciara CASSILLES	NSW	26:06.69 SB
3	Matilda WEBB	NSW	26:21.83
4	Ariana PASHUTINA	VIC	26:25.23 SB
5	Grace BECK	NSW	27:10.65
6	Olivia BOULTON	QLD	27:18.07 SB
7	Brooke NEWBERRY	NSW	27:40.09 SB
8	Jessey BEKTAS	NSW	28:24.70
9	Lyla WILLIAMS	NSW	28:45.92
10	Summer SIVARAJ	NSW	30:14.23
11	Leila BEVIS	WA	32:43.77
12	Taylah MORRIS	QLD	32:48.25

Girls U17 5000m Walk

1	Angelina LEGRAND	SA	26:23.56 SB
2	Milly SHARPE	QLD	26:55.55
3	Kaytee BOGAERS	WA	27:32.56
4	Matilda OLSON	NSW	28:01.03 SB
5	Madeleine MAXWELL	NSW	29:54.85
6	Caetlin ASHBY	NSW	30:57.01 SB
7	Katie BRAY	QLD	31:10.03
8	Leila BEVIS	WA	32:43.77
9	Laura C. SOTOMAYOR	NSW	33:03.92

Unfortunately, for the 5000m Walk races the AA website had posted only season's best performances and no PB's, which obviously take time to compile, and I had no time to research these. Apologies to those who set new personal bests, and well done.



MARCIADALMONDO & O MARCHADOR ROUNDUP

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, April 15, 2024 - Italy at the 2024 Race Walking World Cup <https://omarchador.blogspot.com/2024/04/italia-no-mundial-de-selecoes-de-marcha.html>
- Sunday, April 14, 2024 - 1993, between punishment, excellence and recognition <https://omarchador.blogspot.com/2024/04/1993-entre-castigo-excelencia-e.html> Portugal's poor results in the 1992 Barcelona Olympics (including in walking) lead to some decisive action.
- Saturday, April 13, 2024 - Victories of Matheus Correa and Gabriela Muniz in the Adhemar Ferreira da Silva Trophy - Bragança Paulista 2024 <https://omarchador.blogspot.com/2024/04/vitorias-de-matheus-correa-e-gabriela.html>
- Friday, April 12, 2024 - Japan at the 2024 Race Walking World Cup <https://omarchador.blogspot.com/2024/04/japao-no-mundial-de-selecoes-de-marcha.html>
- Wednesday, April 10, 2024 - EA Moita Tejo wins Portuguese Marching Cup - Bombarral 2024 <https://omarchador.blogspot.com/2024/04/ea-moita-tejo-vence-taca-de-portugal-de.html>
- Tuesday, April 9, 2024 - Portugal at the 2024 Race Walking World Cup <https://omarchador.blogspot.com/2024/04/portugal-no-mundial-de-selecoes-de.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.



The Facebook group *Talking Racewalking* has a number of interesting movie clips in its collection. Visit <https://www.facebook.com/reel/7683617488326949> for a glimpse of how elite level walking has evolved since the 1940s.

Tim Erickson is welcome to correct me on this but the first walker featured, I think, may be **Henry Laskau** of the USA. (I stand ready to be enlightened, Tim.)

There's no doubt about the identity of the 'foreign legionnaire' finishing in darkness – it was **Don Thompson** (GBR) winning Olympic gold in the 50km at Rome in 1960. Knees notwithstanding (judging was different back then), Don Thompson's story is legendary in walking history ... you can read about it here: <https://www.vrwc.org.au/tim-archive/articles/wo-don-thompson.pdf>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Thu 11-Fri 19 Apr 2024	AA Australian T&F c'ships – Adelaide SA
Sun 28 Apr 2024	AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone
Sun 19 May 2024	AV, AV Schools & VRWC c'ships – Middle Park
Sun 9 Jun 2024	RWA 57 th Annual Lake Burley Griffin Carnival – Canberra ACT
Sat 22 Jun 2024	AV & Little Athletics Victoria Road c'ships – Middle Park
Sun 14 Jul 2024	AV & VRWC c'ships – Middle Park
Sat 27 Jul 2024	RWA Postal Challenge – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	AV Country Road walk c'ships – Middle Park
Sat 24 Aug 2024	AA/RWA Walk judging course – Lakeside Stadium (Cathy Freeman Room)
Sun 25 Aug 2024	RWA 2 nd Carnival – Middle Park
Sat 7 Sep 2024	AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
Sun 15 Sep 2024	VRWC Relay race & Winter presentations – Middle Park

International Dates

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
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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