



HEEL & TOE Online

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

Editor: Stu Cooper stuwalks@yahoo.com.au



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CLUB NEWS and RESULTS

Back to Middle Park!

This coming weekend, **Saturday 4 May**, will see us return to our home course at Middle Park for the first of our Winter points race meetings. It's not known to what extent the Grand Prix infrastructure will have been cleared away, so members should come prepared to use the 1km loop if necessary.

** Saturday 4 May – Middle Park

2.00pm	12km points race	Open
2.00pm	10km points race	Open
2.00pm	5km points race	Open
2.15pm	3km points race	Open
2.15pm	1km points race	Open

Entries will be accepted up until 6.00pm on Friday 3 May. Enter online at <https://www.revolutionise.com.au/vrwc/>

CLUB UNIFORM UPDATE

An order has been placed to replenish our supplies of singlets and crop tops. We expect delivery in the next week, or by May 11 at the latest.

We still have stocks of the old white VRWC vests, on sale for \$5 or a donation and useful as training tops. (Old or not, they still identify the Club.) If you need a new top and it's unavailable as yet, one of the old ones is quite acceptable to race in for now.

When the new uniforms arrive, members who need them should purchase one to be eligible for the Points competitions and Club championships.

** Saturday 11 May, Middle Park

Our racing program will be preceded by a **Coaching Session**, to be run by Club coach **Mark Donahoo** at 12.00 noon and concluding at 1.30pm. Topics will include general coaching tips, planning a program, what a judge looks for and a panel of athletes discussing their experiences

Races begin at 2.00pm. Distances include **8km, 6km, 4km, 2km** and **1km**. These are all Points competitions.

** 57th LAKE BURLEY GRIFFIN CARNIVAL Sunday 9 June **

Race Schedule:

All races, distances, age groups and start times are posted at <https://cdn.revolutionise.com.au/events/jh3qqrm1linzdxsl.pdf>

Note that, as mentioned last week, the Open 30km has been replaced by an **Open 35km**. This will count for qualifying times and points for World Athletics events.

Race Entry:

Visit the Entry Portal at <https://www.athleticsintheact.com.au/events/236847>. Note that entries close on Wednesday 22 May. (Late entries accepted until 29 May, attracting a further \$20 race fee.)

Sunday night dinner & accommodation – Statesman Hotel

If you would like to join the ACTRFWC members and other interstate visitors after the races, contact lbgcarnival@gmail.com to reserve a seat and see the menu. You can also do this via the VRWC website at vrwc.org.au. See the Entry Portal for discount details if you want to book accommodation at the Statesman.

A cool but beautifully sunny Sunday morning greeted the 26 walkers who fronted at Mentone track for the AV 10,000m titles and VRWC club track championships, for which our attendance was drawn – almost literally – from all points of the Australian map. We were pleased to welcome **Sam Lindsay (TAS)**, **Brenda Gannon (QLD)** and **Fiona Van Heerwaarden (WA)** to Mentone and we hope they enjoyed their racing experience with us.

Sam made the most of his opportunity to race over 10,000m for the first time, taking fastest time honours with an excellent first-up **48:13** – no surprise to anyone who witnessed his form over 5,000m during the summer. The AV Men's title saw **Alejandro Stephens** win his first State gold – along with the Bert Gardiner Medal – in **50:47**, a satisfying achievement following his long recovery from a foot fracture in February. **Mark Blackwood** was set to add another Open title and Bert Gardiner medal to his collection before receiving a third red and 1min penalty. However, his **51:11** easily won him the 40+ gold ahead of **Rupert Van Dongen**, who stuck it out well for 25 tough laps, a 40+ silver and an Open bronze.

The Women's 10 saw **Alanna Peart** take the State and Club titles after an early duel with Sam, just missing the 50min barrier but adding another solid race to her comeback log. Alanna is steadily building up training mileage and can look forward to more opportunities this winter to cut down her times. **Char Hay** walked her fastest track 10km for silver in **51:28** and should also have a productive road season.

Emily Smith showed a pleasing level of early-season fitness, taking Club silver after a home straight tussle with **Brenda Gannon**, **58:53** to **58:55**. In the Men's Club title, **Jonathan Ho** showed he means to make his mark this winter with a promising **55:52**, following on from an encouraging 2023.

Men AV 10,000m c'ship Open & C.H. Gardiner Medal

1 Samuel Lindsay	TAS inv.	48:13
1 Alejandro Stephens	Glenhuntly	50:47
2 Mark Blackwood	Knox AC	51:11 (pen.60)
3 Rupert Van Dongen	Mentone	1:13:03

Women AV 10,000m c'ship Open

1 Alanna Peart	Ballarat YCW	50:03
2 Char Hay	Melb Uni AC	51:28
3 Brenda Gannon	QLD inv.	58:55

Men AV 10,000m c'ship 40+

1 Mark Blackwood	Knox AC	51:11
2 Rupert Van Dongen	Mentone	1:13:03

Women AV 10,000m c'ship 40+

1 Brenda Gannon	QLD inv.	58:55
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VRWC Track 10,000m c'ship Men

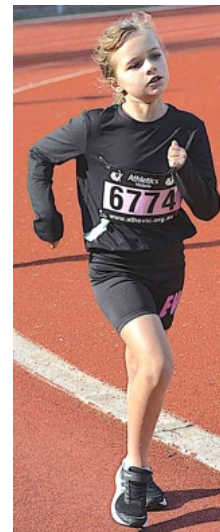
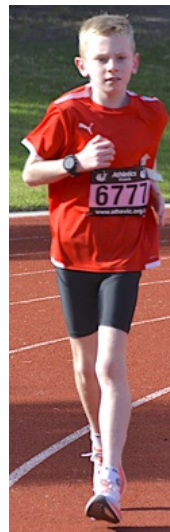
1 Mark Blackwood	51:11
2 Jonathan Ho	55:52
3 Terry O'Neill	1:05:23
... David Smyth	DNF

VRWC Track 10,000m c'ship Women

1 Alanna Peart	50:03
2 Emily Smith	58:53
3 Brenda Gannon	58:55 (inv. QLD)
*3 Carolyn Rosenbrock	59:47

Ariana Pashutina was the quickest of the Club 5000/3000m championship contestants, clocking **28:32** to take the 5k title while **Donna-Marie Elms** hung on for gold in the 3000 behind visitor **Fiona Van Heerwaarden**.

The six starters in the 1500m featured four young newcomers. We welcome them all to the ranks of the VRWC and look forward to seeing more of them in our upcoming races at Middle Park. **Oliver Crowl** and **Addison Frenken** got off to a great start by taking the Club titles, while **Aria di Benedetto** and **Arthur Robinson** also went away with medals. **Abby Fowler** had a great battle with Aria in the home straight before Abby's experience gave her silver. **Logan Allison** also did well to earn a silver medal.



VRWC Track 5,000m c'ship Men

1 John Nottle	33:31
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VRWC Track 5,000m c'ship Women

1 Ariana Pashutina	28:32
2 Heather Carr	33:35

VRWC Track 3,000m c'ship Men

1 Geoffrey Barrow	22:23
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VRWC Track 3,000m c'ship Women

1 Fiona Van Heerwaarden	18:59 (inv. WA)
2 Donna-Marie Elms	19:11
3 Emilie Garside	19:21
*3 Gwen Steed	23:02

VRWC Track 1500m c'ship Men

1 Oliver Crowl	8:47
2 Logan Allison	9:44
3 Arthur Robinson	10:15

VRWC Track 1500m c'ship Women

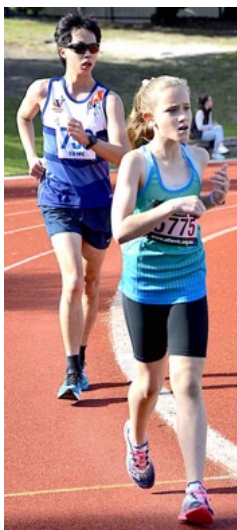
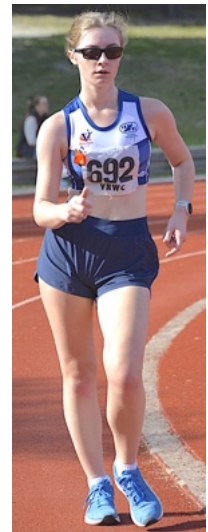
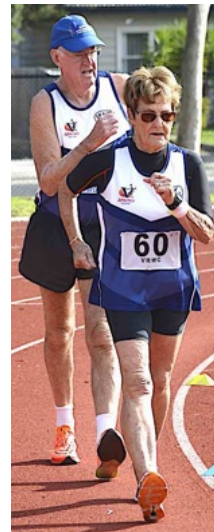
1 Addison Frenken	8:32
2 Abby Fowler	10:45
3 Aria di Benedetto	10:50

(*As Brenda and Fiona competed by invitation, **Carolyn Rosenbrock** and **Gwen Steed** will be presented with retrospective VRWC bronze medals at our next Championship races.)

As is always the case, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes:

Manager	Mark Donahoo
Referee:	Terry Swan
Race check in	Mark Donahoo, Bill Carr
Timekeeper	Ian Laurie
Recorders	Bob Gardiner, Karyn O'Neill, Bill Carr, Simon Baker, Mark Donahoo, Alla Pashutina, Frank Dwyer
Judges:	Brenda Felton (Chief), Stu Cooper, Ralph Bennett, Michael Bodey, Anthony Doran
Red card collection	Terry Swan
Set up, Pack up:	Terry Swan, Ian Laurie, Stu Cooper,
Drinks table	Amy and Sophie Blackwood
Photos	Terry Swan
Canteen	Donna Marie Elms
Presentations	Mark Donahoo, Bob Gardiner, Jared Tallent
Walkers:	26



Striding out in the Mentone sunshine.

***Action models:**

Donna-Marie, Geoff, Alanna, Aria, Emily, Jonathan, Sam, Addison, Gwen, Ariana, Char, Abby, Oliver, Mark, Emilie, Fiona, Alejandro.



Bob presenting his father Bert's medal.



AV 10,000m: Rupert, Mark, Alejandro and Sam



AV 10,000m: Brenda, Alanna and Char.



VRWC 5000m: Heather, John and Ariana



VRWC 3000m: Emilie, Donna-Marie and Fiona



And finally – VRWC 1500m medallists, plus some bloke who just blew in. (Quite a talent, I hear ...)

VISITORS ENTERING VRWC RACES

If you are a visiting walker from interstate or elsewhere, or a non-member wishing to compete in a VRWC club race, please be aware that you **do not** have to register as a member.

Simply go to the entry portal at <https://www.revolutionise.com.au/vrwc/>, and select the race day you want from 'Upcoming Events'. Enter as a 'guest' and put down '999' as your bib number. You will be issued with a real racing number on the day.

Terry Swan, Secretary

*COACHING CLINIC – Saturday 11 May

Any questions?

Those planning to attend the Coaching Clinic who have questions they would like answered in the session, are asked to send their questions in advance to Stu Cooper at stukooper@gmail.com. Stu will forward them to Mark Donahoo for consideration.

Mark Donahoo (Club coach)

*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.)

Member News

- We were delighted to receive the following letter from Tasmanian RWC president David Moore, following VRWC judge **Dave Cash's** officiating at the recent AMA track & field titles in Hobart:

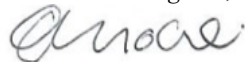
*Terry Swan
Secretary VRWC
By email
April 24, 2024*

Dear Terry,

On behalf of the Tasmanian Race Walking Club, we would like you to pass on our thanks to David Cash, a well-known member of the Victorian Race Walking community for volunteering his time to be part of the panel of Race Walk Judges at the AMA T&F Championships held in Hobart over Easter.

David made himself available to judge two days of Walk events on the Track, as well the Road walk on the last day of competition. We thank him for his diligence in performing the role of Walk Judge and hope he enjoyed his trip to Hobart.

Heel and Toe Regards,



Dave Moore for Tas Race Walkers

Well done, Dave! We know your work as a judge here well enough to be sure that the walkers in Hobart were well served by your judging.

- Olympic 2012 champion **Jared Tallent** may not have been strictly a VRWC member, but he most certainly was a Race Walking Victoria one (courtesy of his belonging to Ballarat RWC), so he has a place here. We'll claim him, anyway.

News came through last week that Jared is again the beneficiary of belated justice, in that the **World Walking Cup 50km bronze medal** he won in 2014 has at last been upgraded to silver. In that race – held in Taicang, China – the two Russians who finished ahead of him were later found to have doped and were banned. Only one, however, was required to hand back his medal – hence a silver for Jared and not the gold. Jared was presented with the silver medal in a special ceremony at last week's WA Teams championships in Antalya, Turkiye.

Congratulations, Jared ... and well done on your ongoing campaign to redress the drug cheating damage done, not just to yourself, but to clean athletes everywhere. The wheels of justice turn slowly, but they do turn if the engine is kept running.



- Pam Mews**, one of our former Masters members, has donated three books to our Club library. (If you're not aware of the library, it's in the bookshelf beneath the TV in the clubroom.)

The books are all race walking coaching and training handbooks. They are:

- *Race Walk Like A Champion – Technique, Training and History* (Jeff Salvage)
- *Race Walk Clinic – In A Book* (Jeff Salvage & Tim Seaman)
- *BoomerWalk – Why baby Boomers Should Replace Running and Jogging with Race Walking* (Brent Bohlen)

Thank you Pam, for these additions to our Club treasury of race walking knowledge and learning!



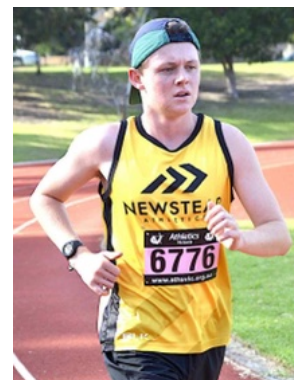
AROUND THE COUNTRY

** WALKER OF THE WEEK **

On Sunday, Tasmania's **Samuel Lindsay** made what he hopes will be the first of several forays onto the mainland over the winter to compete by invitation in the Victorian track 10,000m championship – his first ever race over the distance. Given an intriguing early contest by Ballarat's Alanna Peart, Sam springboarded away (not literally!) at 4km to take line honours with an impressive inaugural time of **48:13**.

Sam, 16, has bided his time in honing his speed over races of up to 5000m, as shown by his blistering 12:35 for 3000m in Tasmanian interclub in March. Now it's time to step up, and his opening 10km time shows he is fit and ready to start building the foundation of condition needed for success at distances of 10km and up. His will be a journey worth watching in the coming years.

Well done, Sam. It was a pleasure to watch you race on Sunday. All the best for the rest of 2024.



*Honourable mentions

- **Cooper Rech (SA)** – a 2½ minute PB over any distance os worthy of a mention. Cooper achieved this over 6km at SARWC winter competition with a time of **31:30**.
- **Char Hay (VIC)** – stayed on Mark Blackwood's shoulder in the AV 10,000m for half the race, finishing with a new track best of **51:28**.

SOUTH AUSTRALIA SARWC results, 27 April – South Parklands, Adelaide

Open 8km

Kim Mottrom	38:30	
Sam Findlay	39:00	
Rain Langford	48:01	First 8km
Peter Crump	51:27	
Kristy Templer	1:12:32	

Open 6km

Cooper Rech	31:30	PB 2:25
Greg Metha	39:51	
Di Camilleri	48:26	
Alex McEwan	53:02	

Open 4km

Sebastian Richards	20:33	
Angelina Legrand	21:42	PB 1:23

Open 2km

Liliana Templer	13:13	
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Open 1.5km

Lauren Richards	11:13	First 1.5km
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Open 1km

Robert Crabb	7:22	
Martin Crabb	10:05	

QUEENSLAND UniSports National University Athletics C'ships, 25 April – Runaway Bay

A clear win for Melbourne Uni's **Char Hay** in the UniSports national titles on the Gold Coast. I assume that, given the small fields, the race was mixed, indicating that Char had a good contest with Sydney's **Brendan Pospischil** for line honours.

5000m Race walk Women

Place	Name	University	Time
1	Char Hay	Melb U	25:46.36
2	Hannah Parker	U Syd	26:37.47
3	Mia Bergh	GU	27:20.33
4	Phoebe Chadwick	UniSC	28:25.72 SB
5	Jia Wen Heng	Deakin	29:14.32
6	Summer Millard	UniSC	31:23.66

5000m Race walk Men

1	Brendan Pospischil	UTS	25:51.11
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QUEENSLAND QRWC results, 28 April – Yeronga

Thanks to **Robyn Wales** for these results.

A Grade 10km

Men:

1. Peter Bennett 1:10.25

Women:

1. Joy Dale 1:24.49 SB

2.Noela McKinven 1:24.49 SB

B Grade 5km

Men

1. Kai Dale 29:46

Women

1. Mikaela McDonald 31:14

C Grade 3km

Men

1. Eli Melinz 19:59

Women

1. Savannah Dunleavy 19:02

D Grade 2km

Men

1. Hayden Robertson 12:08

2. Leo Ramsay 13:09 SB

Women

1. Amelia Chisholm 12:03

2. Izzy Blackburn 13:00 SB

3. Jessica Gorham 14:15 SB

F Grade 1km

Men

1. Connor Robertson 7:34 SB

Women

1. Piper Dunleavy 7:26

2. Harper Waterman 8:58

3. Lani Blackburn 9:46

TASMANIA TRWC results, 27 April – Wentworth Park

The Taswegians are underway for season 2024, with a small but enthusiastic field in attendance. Thanks to **David Moore** for this report.

A modest turnout in fine and calm conditions for our first walk of the season at Wentworth Park.

The 1km saw a tight contest between all 3 girls, with **Elsie Woodward** taking line honours over newcomer **Esther Reyes**.

Lining up for their 3rd Road Walk season in the 2km were **Adele Woodward** and **Isla Direen** with nice walking from both girls.

1km

1. Elsie Woodward Huon LA 7:24

2. Esther Reyes Huon LA 7:37 First one

3. Bianca Sugiarto Huon LA 8:09

2km

1. Adele Woodward OVA 14:04

2. Isla Direen Huon LA 16:36

3. Dave Moore TMA 19:34

3km

1. Wayne Fletcher NS 29:41



INTERNATIONAL NEWS

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, April 29, 2024 - Christopher Linke and Saskia Feige win 20km national championships in Kelsterbach, Germany <https://omarchador.blogspot.com/2024/04/christopher-linke-e-saskia-feige-vencem.html>
- Sunday, April 28, 2024 - 1995, the year of the juniors <https://omarchador.blogspot.com/2024/04/1995-o-ano-dos-juniores.html> The next generation of Portuguese talent follows in Susana Feitor's footsteps.
- Sunday, April 28, 2024 - Zhi Ni with new victory for China in the men's march of the under-20 Asian championships (Dubai 2024) <https://omarchador.blogspot.com/2024/04/zhi-ni-com-nova-vitoria-para-china-na.html>
- Friday, April 26, 2024 - Liping Pang wins women's march at under-20 Asian championships (Dubai 2024) <https://omarchador.blogspot.com/2024/04/liping-pang-vence-marcha-feminina-nos.html>
- Wednesday, April 24, 2024 - Spanish University Championships 2024 - Ciudad Real (results) <https://omarchador.blogspot.com/2024/04/campeonatos-universitarios-de-espanha.html>
- Tuesday, April 23, 2024 - The Marching Judges at the World Marching Team Championships - Antalya 2024 <https://omarchador.blogspot.com/2024/04/os-juizes-de-marcha-nos-campeonatos-do.html> A summary (mainly statistical) on the judges and judging in Antalya.
- Monday, April 22, 2024 - Italy is the first mixed relay world champion in race walking <https://omarchador.blogspot.com/2024/04/italia-e-primeira-campea-do-mundo-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.

OTHER NEWS



Race Walking Extra: Ron Wallwork - 1963. A Pivotal Year.



(Photo: Centurions Worldwide)

For those with a love of race walking history, the Facebook group *Race Walking Extra* has posted an entertaining interview with **Ron Wallwork MBE**. Ron, 82, was the inaugural Empire (Commonwealth) Games walk champion in 1966 and is one of the diminishing survivors from the golden age of British walking – the early to mid-1960s. Ron competed in a range of internationals, including the 1963 and 1967 Lugano Cups (forerunner to the World Teams Walking championship we've just witnessed in Antalya) and the 1970 Commonwealth Games in which, as defending champion, he gave Noel Freeman (AUS) something to chase before the Aussie forged ahead to win.

Chief among his most satisfying achievements are qualifying as UK Centurion 893 in 1992, and organising a mind-boggling '1,000 Miles in 1,000 Hours' event to commemorate the bi-centenary of that feat by Captain Barclay in 1811.¹

Ron's interview is a fascinating chronicle of one man's race walking journey in which every aspect of an elite-amateur athlete's life is examined ... racing, training-work-life balance, medals and memorabilia, inspiration from idols and the very many friends he has made in the sport. It's a long interview (nearly 1hr 30mins) but if preferable, 31 chapter links are accessible by clicking ... **more**, then selecting the topic of choice. Access the interview at <https://www.youtube.com/watch?v=E90-HwWrvEQ>.

Still active in the sport with Enfield & Haringey AC and editor of their newsletter *The Enfield Walker*, Ron's love of the sport is unquenchable, and it goes without saying that it would fill his heart with joy to see Great Britain enter a new age of strong domestic competition and international success while he is still walking the planet.

And don't forget to go to 21:57 and check out the kind of shoes British walkers were racing in over 20 and 50km (and beyond) back then. They make our own humble Dunlop KT-26's look like Nike paradise ...

¹ The bi-centenary event, held in 2009, was achieved by English jockey Richard Dunwoody MBE. I have it on good authority that he didn't use a horse ...



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

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

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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