



# HEEL & TOE Online

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25 June 2024

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

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

**Will Thompson (VIC)** takes out this issue's WOTW following a stunning win in the AV 15km Road championship last Saturday. Coming within 47 secs of a sub-1-hour clocking that is surely imminent, Will crossed in a 43-sec PB time of **1:00:46**, with 5km splits of 20:21, 20:16 and 20:09 on the fast Aughtie Drive course. With two 20km championships (AV and RWA) scheduled on the same course in the next two months, Will appears to be on track to sweep away the 1:20:34 he set in Adelaide in March and go sub-80mins for the first time.

Well done, Will! Great progress. All the best for the rest of the season.

### \*Honourable mentions:

- **Dylan Richardson (NSW)** – a 9:00 PB on Saturday for **1:05:04** showed how far Dylan has progressed since he last walked a 15km race in 2019.
- **Ela Uzun (VIC)** – a sub-9:00 2km (**8:58**) in the LAVic championships, breaking 6 of her own VRWC Club records.
- **Mya McClure (VIC)** – made sure Ela couldn't relax with a 10-sec PB of her own in **9:16**, despite having a forearm in plaster.
- **Cooper Rech (SA)** – a 2:23 PB time of **30:28** on his 5.1km leg uphill at the SARWC Mountain championships.
- **Maddison Nash (VIC)** – recorded **1:18:28** on her 15km debut to relieve Bec Henderson of her VRWC Club U18 record.



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## CLUB NEWS and RESULTS

### *\*Coming up ...*

**RACEWALKING AUSTRALIA WALKING CHAMPIONSHIPS CARNIVAL**  
Sunday 25 August – Middle Park, Melbourne

See '[Around The Country](#)' for race timetable and link to the entry portal.

### *\*TWILIGHT TRIVIA*

on **Saturday 27 July**

– following the RWA Interstate Challenge and VMA races.

Pre-booking of seats required. (Deadline for this is Monday 22 July)

See Main advert on Page 13 of this issue for details.

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## AV 15km Road walk Championships, 22 June – Middle Park

In what could be fairly described as a ‘monster’ afternoon of racing, the 15km championship field set the tone with high-quality performances that produced a VRWC club record and 6 PBs, most of which were sizeable.

**Will Thompson** produced the result of the day with a huge win in **1:00:46**, garnering his first State open title and auguring well for the 20km races to come. NSW guests **Dylan Richardson** and **Jack McGinniskin** also made PB hay in the sunshine, although Dylan’s 9:00 improvement (he hadn’t walked a 15k race since 2019) should be seen in the perspective of faster splits he’d have done *en route* in some 20km competitions. Speaking of *en route* times, **Alejandro Stephens**’s PB capped a race in which he set 4 others along the way and took AV silver. Now that’s value for money!



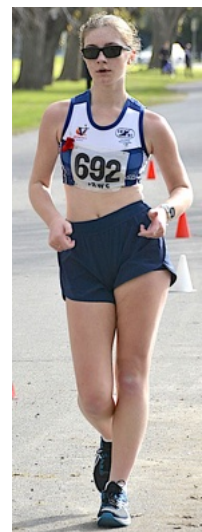
In the absence of Alanna Peart through illness, **Maddison Nash** seized her opportunity and claimed her first senior AV title in **1:18:28**, eclipsing Bec Henderson’s U18 Club record in the process. Maddison has focused on her endurance training and raced little so far this season, an approach which is now paying dividends. **Ariana Pashutina**, fresh from the Oceania championships in Fiji, ripped over 7 mins from her previous 15km time and also shows an impressive level of condition. **Char Hay**’s 3<sup>rd</sup> place won her the VRWC Open title and the Elsie Jacobsen trophy, while **Carolyn Rosenbrock** did a fine job of wading through the LAVic hordes to finish in under 6:00 k’s.

### Men 15km c’ship

1V Will Thompson	Peninsula	1:00:46	PB 0:43
1N Dylan Richardson	NSW	1:05:04.	PB 9:00
2N Jack McGinniskin	NSW	1:09:14.	PB 1:08
2V Alejandro Stephens	Glenhuntly	1:14:44	PB 2:27

### Women 15km c’ship

1 Maddison Nash	Knox	1:18:28	First 15k
2 Ariana Pashutina	Knox	1:24:19	PB 7:06
3 Char Hay	MUAC	1:26:56	
4 Carolyn Rosenbrock	Yarra Ranges	1:29:50	





## VRWC Club 15km c'ships & Elsie Jacobson Trophy, 22 June – Middle Park

**Emily Smith** got in on the 15km 'party' to register a solid **1:30:35** in her first time over the distance, while **Eden Morgan** smashed his too-long standing PB for 8km by over 4 minutes, clocking **37:35**.

### Women Open 15km c'ship & Elsie Jacobson Trophy

1 Char Hay 1:26:56

### Women U20 15km c'ship

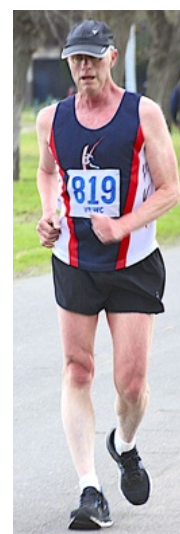
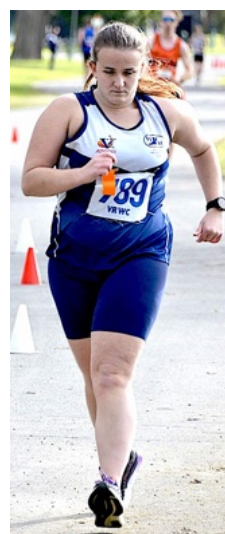
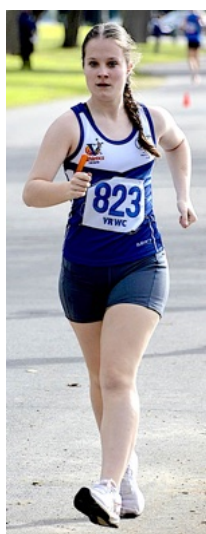
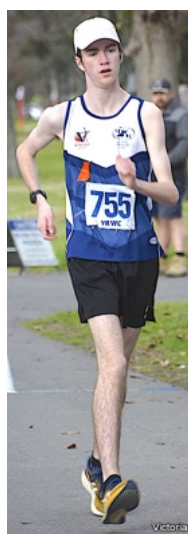
1 Maddison Nash 1:18:28 VRWC U18 record  
 2 Ariana Pashutina 1:24:19  
 3 Emily Smith 1:30:35 First 15k

### VRWC Non-championship 8km

1 Eden Morgan M 37:35 PB 4:04  
 2 Mark Thomas M 45:48  
 3 John Nottle M 55:54 First 8k

### VRWC Non-championship 4km

1 David Smyth M 23:36  
 1 Emilie Garside F 25:22 PB 0:22  
 2 Mackenzie Turner F 25:49 First 4k  
 3 Donna-Marie Elms F 26:07



## LAVic Road walk Championships, Saturday 22 June – Middle Park

It was a day of excitement and anticipation, with the VRWC hosting LAVic and its first-ever Road Walking championships on a day when the weather gods seemed fairly well-disposed towards us. Of the 102 entrants, 81 starters from centres all over the state converged on Middle Park, ready to race, and there were many excellent performances.



*They're underway in the next race at the LAVic championships.*

Fastest on the day were **Riley Coughlan** (U17 3km) and **Ela Uzun** (U13 2km). Riley's **12:30** for 3km was his fastest on the road and 3<sup>rd</sup> fastest all round. Ela broke new ground with **8:58**, her first sub-9:00 2km, and claimed a fistful of new VRWC

records. Other VRWC members to put their racing know-how to good effect and win titles were **Amelia Vernal, Matilda Read, Angus Shuttleworth, Addison Frenken, Max Davidson, Indigo Marshall-Moodie, Brodie Welsh** and **Lily Bowkett**, while many other achieved podium finishes.

A lot of moving parts were involved in making this event work. All credit to **Mark Donahoo** (VRWC) and **Brett Johnstone** (LAVic) for their groundwork, and to the officials, workers and helpers of both organisations for pulling it all together. Most of the young walkers who contested these races were exploring new territory – race walking on a long road loop rather than a familiar track. Added to that was immersion in an environment that contained elite senior walkers zipping past at regular intervals, giving many youngsters their first glimpse of adults walking at speed. It's hoped that they enjoyed the experience and left Middle Park both with a sense of achievement and a desire to go further with it. We didn't hand out those membership forms for nothing!

#### Girls U17 3km

1 Amelia Vernal	Coburg	20:46
2 Jemilla Campbell	Corio	21:11

#### Girls U15 3km

1 Sarah Holmes	Diamond Valley	16:30
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#### Girls U14 2km

1 Matilda Read	Traralgon	10:00
2 Hannah Matthews	Knox	11:00
3 Aylwen Campbell	Corio	11:52

#### Girls U13 2km

1 Ela Uzun	Essendon	08:58
2 Mya McClure	Whittlesea City	09:16
3 Havana Ali	Essendon	10:44
4 Harper Cassidy	Shepparton	12:02
.. Alexandra Voulgaris	Coburg	DNS

#### Girls U12 2km

1 Addison Frenken	Berwick	11:33
2 Caitlyn Shipham	Knox	13:00
3 Maia Brooks	Brighton	13:11
4 Sophie Dunstan	Mentone	13:26
.. Ava MacKay	Camberwell-Malv	DQ
.. Edith Ede	Ballarat	DNS
.. Harper Mathuranayagam	Geelong	DNS
.. Eva-Jane Comport	Berwick	SCR

#### Girls U11 1.5km

1 Indigo Marshall-Moodie	Berwick	08:06
2 Pippa Read	Traralgon	08:31
3 Erlyn Singh	Cranbourne	08:57
4 Zoe Bowkett	Geelong	09:05
5 Ella Harris	Brimbank	09:54
6 Myah Smith	Corio	10:05
7 Kobe Lewis	Melton City	10:09
8 Milla Perkovic	Brighton	10:18
9 Tess Hewatt	Yarra Ranges	10:47
10 Emma White	Seaford	10:48
11 Brylie Hinchcliffe	Traralgon	11:27
12 Jasmine Cristobal	Berwick	12:14
13 Louisa Roche	South Melb Dist	12:33
14 Indi Finn	Horsham	12:55
.. Elodie Tehennepe	Cranbourne	DNS

#### Girls U10 1.5km

1 Natalie Ramirez	Knox	09:10
2 Georgia Walters	Diamond Valley	09:24
3 Abby Fowler	Brimbank	09:41
4 Aisha Thomson	Altona	10:54
5 Chloe Jackson	Bendigo	12:31
6 Isabella Hung	Camberwell-Malv	12:38
7 Chloe Sanchez Acker	Caulfield	12:44
.. Alaska Bremner	Warrnambool	DNS
.. Evelyn Ruberto	Cranbourne	DNS
.. Finlay Davidson	Ararat	DNS

#### Boys U17 3km

1 Riley Coughlan	Sunbury	12:30
2 Ashley Hennessy	Sunbury	18:35

#### Boys U15 3km

1 Max Davidson	Diamond Valley	14:22
2 Arthur Robinson	Altona	21:19

#### Boys U14 2km

1 Thomas Stefanovski	Geelong	14:56
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#### Boys U13 2km

1 Angus Shuttleworth	Knox	09:19
2 Lewis McLennan	Doncaster	10:57
3 Tate Jardine	Essendon	12:57
4 Aarav Ummat	Essendon	16:40
.. Theo Meek	Moorabbin	DNS

#### Boys U12 2km

1 Fieta Halvar Diers	South Melb Dist	12:33
2 Idan Maylis	Mentone	12:37
3 Harrison Ryan	Whittlesea City	12:44
4 Riley Debono	Cranbourne	12:59
5 Theodore Roche	South Melb Dist	13:08

#### Boys U11 1.5km

1 Brodie Welsh	Cranbourne	08:30
2 Harrison Nativo	Whittlesea City	09:57
3 Harvey Stefanovski	Geelong	10:43
4 Matthew Lyons	Collingwood	10:47
5 Luka Joksimovic	Cranbourne	11:00
.. Oscar Knox	Sunbury	DNS

#### Boys U10 1.5km

1 Oliver Crowl	Berwick	07:54
2 Logan Allison	Knox	08:11
3 Jack Greyling	Frankston	08:53
4 Cameron Cunnane	Caulfield	10:04
.. Lenny Hare	Shepparton	DNS

.. Hanna Diers	South Melb Dist	DNS
.. Tessa Kimberley	Camberwell-Malv	DNS

### Girls U9 1km

1 Lily Bowkett	Geelong	05:33
2 Anouk Morgan	Knox	05:35
3 Payton Welsh	Cranbourne	06:19
4 Jasmine Bailey	Berwick	06:29
5 Aria Di Benedetto	Whittlesea City	06:32
6 Isla Brooks	Brighton	06:57
7 Michaela Mosher	Corio	07:08
8 Neve Cunnane	Caulfield	07:10
9 Nina Dunstan	Mentone	07:19
10 Shaylee Barker	Berwick	07:24
11 Florence Fernandopulle	Whittlesea City	08:05
12 Freyja Stubbs	Coburg	08:12
.. Harbin kaur Aujla	Bacchus Marsh	DNS
.. Jemma Kurowski	Cranbourne	DNS
.. Namu Partington	Cranbourne	DNS

### Boys U9 1km

1 Fletcher Reid	Melton City	05:15
2 Spencer McKenna	Corio	05:41
3 Noah Joksimovic	Cranbourne	05:44
4 Dimitri Pashutin	Knox	05:49
5 Richard Barker	South Melb Dist	06:25
6 Will Malcomson	Whittlesea City	07:01
7 Ramsey Duncan	Whittlesea City	07:22
8 Manendu Rohanachandra	Traralgon	07:27
9 Felix Skurka	Chelsea	07:35
10 Oisin Hurley	Altona	07:58
11 Nate Frenken	Berwick	09:19
.. Havish Ummat	Essendon	DQ
.. Bronson Roseler	Whittlesea City	DNS
.. Flynn Comport	Berwick	DNS
.. Samar Singh	Keilor	DNS

Again, our thanks to the following officials and helpers (and those whose contribution wasn't noted here but would have been missed) who teamed together to make the day run smoothly:

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Pam Nodel
<b>Check in:</b>	Bill Carr, Heather Carr
<b>Recorders</b>	Matt Vernal, Darlene Swan, Dylan Shuttleworth, Troy Jardine, Margaret Hay, Alla Pashutina, Madeleine Feain, Dave Long, Bill Carr, Heather Carr
<b>Judges:</b>	Scott Nelson (C), Terry Swan, Gordon Loughnan, Di Lowden, Brenda Felton, Shane Dickson, Wally Horsman, Tony Doran, David Cash
<b>Poster board:</b>	Terry O'Neill
<b>Penalty area:</b>	Karyn O'Neill
<b>Starter:</b>	Tim Erickson, Alan McClure
<b>Finish marshalls:</b>	Jonathan Ho, Ezo Ali, Byron Lester
<b>Set up, Pack up:</b>	Terry Swan, Ian Laurie, Stu Cooper, Terry O'Neill, Tim Erickson, Brett Johnstone, Donna-Marie Elms, Gwen Steed, Carolyn Rosenbrock
<b>Refreshment table:</b>	Simon Baker, Richard Nash, Marilyn Thompson
<b>Timekeepers</b>	Ian Laurie, Stu Cooper
<b>Announcer</b>	Tim Erickson, Mark Donahoo
<b>Results</b>	Mark Donahoo, David Armstrong
<b>Red Card Collector:</b>	Corey Dickson
<b>Bike rider</b>	Corey Dickson
<b>Photos</b>	Terry Swan
<b>Presentations</b>	Mark Donahoo, Stu Cooper, Anthony McIntosh (LAVIC CEO)
<b>First Aid</b>	Brett Johnstone, Caitlin Serle
<b>Child Safety Officer</b>	Brett Johnstone,
<b>Coaching Clinic</b>	Mark Donahoo, Fran Attard
<b>Judging Clinic</b>	Stu Cooper
<b>Walkers:</b>	97

### **\*Next weekend ...**

After a jam-packed weekend, it's back to the 'sanity' of our Club points competitions next Saturday. Distances of 8km, 6km, 4km, 2km and 1km are on offer. We expect to be able to use our 2km loop course for only the second time this season.

### **\*\* Saturday 29 June – Middle Park**

<b>2.00pm</b>	8km points race	Open
<b>2.00pm</b>	6km points race	Open
<b>2.00pm</b>	4km points race	Open
<b>2.15pm</b>	2km points race	Open
<b>2.15pm</b>	1km points race	Open

*Entries will be accepted up until 6.00pm on Friday 28 June. Enter online at <https://www.revolutionise.com.au/vrwc/>*

\*The following weekend – Saturday 6 July – sees our popular **Intervals races** (up to 5 X 2km, with whatever recovery you can claw back after each repetition in the 17 minutes before the next one starts. Phew!)

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## AROUND THE COUNTRY

**To all RWA-affiliated clubs:** This is the preliminary notice of the Racewalking Australia Walking championships carnival, to be held in Melbourne at Middle Park on Sunday 25 August.

As in previous years, preceding the championships on the Sunday will be a **Judging Seminar**, scheduled for Saturday 24 August in the Cathy Freeman Room at Lakeside Stadium. This is open to practising judges and aspiring judges at all levels.

### \*RACEWALKING AUSTRALIA – WALKING CHAMPIONSHIPS CARNIVAL Sunday 25 August – Middle Park, Melbourne

9.15am	20km	<b>RWA Glover Shield &amp; Teams race</b>	Open Male
9.15am	20km	<b>RWA Carrington Cup &amp; Teams Race</b>	Open Female
9.30am	10km	<b>RWA Championship</b>	Masters Male
9.30am	10km	<b>RWA Championship</b>	Masters Female
9.30am	10km	<b>RWA Championship &amp; Teams Race</b>	Under 20 Male
9.30am	10km	<b>RWA Championship &amp; Teams Race</b>	Under 20 Female
9.30am	10km	<b>RWA Jubilee Shield &amp; Teams Race</b>	Under 18 Boys
9.45am	1km	<b>RWA Championship &amp; Teams Race</b>	Under 10 Male
9.45am	1km	<b>RWA Championship &amp; Teams Race</b>	Under 10 Female
10.10am	2km	<b>RWA Championship &amp; Teams Race</b>	Under 12 Male
10.10am	2km	<b>RWA Championship &amp; Teams Race</b>	Under 12 Female
10.40am	3km	<b>RWA Championship &amp; Teams Race</b>	Under 14 Male
10.40am	3km	<b>RWA Championship &amp; Teams Race</b>	Under 14 Female
11.15am	5km	<b>RWA Goble Trophy &amp; Teams Race</b>	Under 16 Male
11.15am	5km	<b>RWA Knight Trophy &amp; Teams Race</b>	Under 16 Female
11.15am	5km	<b>RWA Jacobson Trophy &amp; Teams Race</b>	Under 18 Girls

\*Entry is online at <https://www.revolutionise.com.au/vrwc/events/245703>  
Deadline for entries is **Sunday 11 August at 9:00pm**

#### \*\* JUDGING SEMINAR \*\*

This will be held on Saturday 24 August, in the Cathy Freeman Room at Lakeside Stadium. See the advert on Page 14 of this issue for details of the seminar content and booking information.

Note that there has been a change of presenter – Kirsten Crocker (NSW) will now conduct the seminar in place of Zoe Eastwood-Bryson.

## QUEENSLAND

### QRWC Handicap #7, Sunday 23 June – Kalinga Park

**Robyn Wales** reports that it was a bitter 7°C at 7am in Brisbane. The QRWC crew would have felt quite at home at Middle Park!

#### *A Grade 10km*

##### **Men:**

(1) Peter Bennett 1:07:14 SB

##### **Women:**

(1) Jasmine Rose McRoberts 1:17:44  
(2) Joy Dale 1:22:21 SB  
(3) Noela McKinven 1:31:14

#### *B Grade 8km*

##### **Men:**

(1) Kai Dale 49:55

##### **Women:**

(1) Brenda Gannon 47:01

#### *C Grade 5km*

##### **Men:**

(1) Noah Cooke 26:18.00 SB

##### **Women:**

#### *D Grade 3km*

##### **Men:**

(1) Leo Hyde 16:47

(2) Eli Melinz 19:20



(1) Kiara Waterman	33:24.41 SB	<b>Women:</b>	
(2) Eliza Kelly	33:24.79 SB	(1) Abigail Rogers	18:40
		(2) Amelia Chishom	19:02 SB
		(3) Izzy Blackburn	20:54
		(4) Jessica Gorham	22:05

#### **E Grade 2km**

<b>Men:</b>	
(1) Jake Dunleavy	11:30
(2) Hayden Robertson	12:01
(3) Elijah Rodgers	12:37
(4) Leo Ramsay	13:32
<b>Women:</b>	
(1) April Kelly	16:08

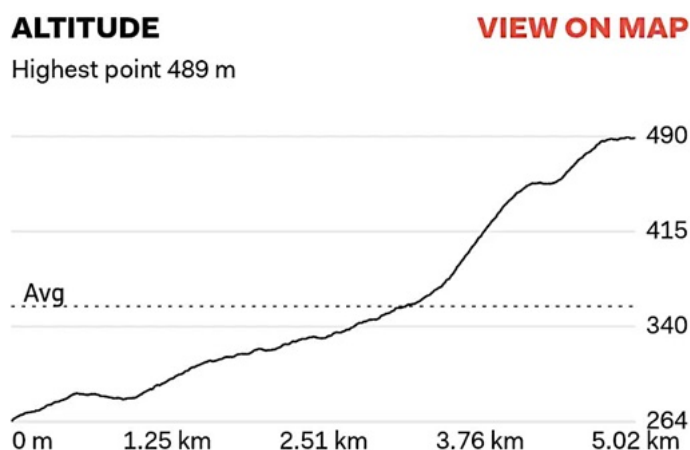
#### **F Grade 1km**

<b>Men:</b>	
... Connor Robertson	DQ
<b>Women:</b>	
(1) Clara Hermus	6:28
(2) Harper Waterman	9:22

## **SOUTH AUSTRALIA SARWC Mountain c'ships, 22 June – Belair National Park**

The Paris Olympics may be only weeks away but it may be that this year's Tour de France (with its back, heart and leg-breaking climb up the legendary Alpe d'Huez), was more inspirational to the SARWC walkers who contested their annual club Mountain championships on Saturday. **Kim Mottrom** (who led the way with a sub-60min climb) reports:

7c today in Belair National park for our annual mountain races (elevation attached). **Cooper** and **Liliana** both did PB's, and **Kristy**, **Angelina** and **Jasmine** all did their longest distances on this course.



#### **Open 10.2km**

Kim Mottrom	0:58:32	
Nellie Langford	1:05:54	First 10.2km
Peter Crump	1:16:51	
Mel Grantham	1:17:59	
Jasmine Crabb	1:23:56	First 10.2km

#### **Open 5.1km**

Sebastian Richards	0:30:18	
Cooper Rech	0:30:28	PB 2:23
Angelina Legrand	0:32:51	First 5.1km
Greg Metha	0:35:40	
Alex McEwan	0:43:16	
Di Camilleri	0:51:03	
Kristy Templer	0:54:59	First 5.1km

#### **Open 2.1km**

Liliana Templer	0:14:10	PB 0:13
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**Terry Jones** reports that conditions were cool, mostly sunny and with no wind at Perry Lakes – no doubt a relief after their cancellation due to weather a few weeks back.

**20K handicap**

Karyn Tolardo	2:13:49
Melissa Lewis	2:07:47
Wendy Farrow	2:23:51

**5K handicap**

Kaytee Bogaers	29.06
Andrew Duncan	29.20
Brad Mann	29.04
Fiona van Heerwaarden	33.38
Glenys Duncan	40.19

**2K handicap**

Darcy Bramwell-Keys	11.50
Savannah Carnaby	12.46
Tammy Bogaers	19.59
Adisson Roots	13.36

**1K handicap**

Maddison Rout	7.56
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## Innovations, investigations, outrage

**Bob Cruise OAM** – IAAF walks judge for 27 years, Level 4 coach, author and former President of Race Walking Australia - recalls the Sydney 2000 Olympic 20 kilometre races and the tumultuous events that occurred.



(Photo: Mike Powell/Allsport)

There were several innovations introduced for the walks at the Sydney Olympics, and a number of incidents occurred that provoked considerable discussion then and still do today.

The walk course consisted of 5 laps of the Stadium, one kilometre out of the Stadium to a two-kilometre loop. At the end of the required number of loops the athletes returned one kilometre to the Stadium finishing in the front straight. The loop was flat except for a forty metre or so uphill/downhill stretch. As with most other Olympic courses nowadays the tunnel to/from the Stadium was undesirably steep.

The first innovation was the use of yellow dots (magnetic) on the DQ board (now referred to as a Posting board) for the first two warnings (now called Red cards). A red magnetic dot was used once the disqualification had been affected. This worked well.

A second innovation was the use of mobile phones. Each walking judge had an assistant. A judge would write a red card, hand it to his/her assistant who would telephone the information through to the recorder. The recorder would verify the information and record details on the summary sheet. When a third red card on an athlete was forwarded to the recorder (there were four incoming lines available), the recorder would immediately communicate with the Chief Judge, via telephone, who would then disqualify the athlete. The Chief Judge disqualified without having the red cards in his hand - somewhat



risky - but it worked well. Total communication time varied but the Chief Judge was generally advised within two minutes. A cyclist was used as a backup (picking up red cards) for the second and third events.

A third innovation was the use of a second DQ Board. I am not sure who instigated this change, but I suspect the direction came from the IAAF (World Athletics) Competition Department. Whilst the introduction of the second board presented little problem throughout the events (and it was undoubtedly of value to the athletes) it did add considerably to the communication requirements. The use of a second board was however, in my opinion, contrary to the rules of competition that stated that 'a' DQ Board shall be used. Clearly 'a' is singular. Information was conveyed (by the recorder(s)) to the operator of the secondary DQ Board by mobile phone to be physically displayed on the second board.

General organization of the walks was excellent. The majority of course marshals were members of the walking community in Australia as were the recorders, communication people and DQ Board operators. This involvement was most appropriate and minimised the risk of mistakes. Other than mobile phones there was no other official electronic communication engaged.

The Men's 20 kilometres was the first event conducted. This was an excellent race for approximately 19.7 kilometres, at which point the third-placed competitor (Segura of Mexico) blatantly violated the rules of walking some 250 metres from the finish, overtaking the two leading athletes. The third red card on Segura was written and submitted at this time via the judge's assistant to the recorders to the Chief Judge (Lamberto Vacchi). By the time the Chief Judge had received the information (only a minute or so later) Segura had crossed the finish line in first place. The Chief Judge left the course to disqualify Segura (after waiting to disqualify another walker). Segura had already done his lap of honour and was being interviewed by Mexican Television and was apparently being congratulated by the President of Mexico. Eventually the disqualification was issued. Meanwhile the event proceeded without the Chief Judge.

Mexican officials lodged a protest to the Referee on the basis that the disqualification of Segura was not carried out 'immediately' the competitor had finished the race. There was no challenge to the judging. The Referee (Jill Huxley) dismissed the protest. The Jury subsequently dismissed an appeal. Not content with this, the Mexican Olympic Committee wrote to (IOC president) Juan Antonio Samaranch protesting the decision and seeking a gold medal for Segura. Both the Chief Judge and I (I had issued the third red card on Segura) were requested by Istvan Guylia of the IAAF to provide written statements relating to the 'allegations' made by the Mexicans in their letter to Samaranch. Unsatisfied, and apparently feeling some embarrassment by the disqualification of Segura whilst being congratulated by the Mexican President, the Mexican Olympic Committee took the matter to the Court of Arbitration of Sport who had established an 'ad hoc' Court in Sydney during the Games. Both the Chief Judge and I were asked to attend by the lawyers representing the IAAF. After four hours or so of waiting we were not called.

There was little Australian media reaction to the Segura situation at this time. The incident did, however, receive greater comment later in the Games when Jane Saville's disqualification fired up the somewhat ill-informed and emotive local media. Reaction from non-participating Australian judges, competitors and others relating to the Segura incident was minimal but very direct. One spectator and race walker at the twenty-kilometre event saw Segura's actions as showing scant regard for the sport and bringing the sport into disrepute suggesting discipline action be taken against him. The words of the spectator were far more forceful than I have been able to print here. Others expressed concern that several walkers seem to regard the last 300 metres of an event as a 'free go' area where they could do what they like with immunity. This was seen to be promoted by the IAAF and organisers of international race-walking events who did not want to see disqualifications after an athlete has finished. It was strongly suggested to me by several people involved in race-walking that there is nothing wrong with disqualifications after the event. Clearly athletes must await the 'All Clear' to be given before they begin to celebrate.

If the 20km for men did not cause enough excitement, the 20km event for women certainly did - at least in Australia. Two 'incidents' occurred during the women's event.

The first was the failure of Elisabetta Perrone of Italy to stay off the course once disqualified by the Chief Judge and the second was the disqualification of Australia's Jane Saville. Perrone received three red cards in quick succession - a minute apart. She apparently did not readily accept the Chief Judges decision, apparently believing it to be a mistake. This belief presumably stemmed from the fact that on the lap before she was ordered to leave the course, neither of the DQ



*Elisabetta Perrone (2241) before her DQ and infamous encounter with Jane Saville (1134) in the Sydney Olympic 20km. (Photo: Dallas Kilponen SMH)*

Boards had shown any warnings for disqualification against her number. After leaving the course (when first ordered to do so by the Chief judge) she disappeared behind the main DQ Board only to be seen running back onto the course and catch up to Jane Saville of Australia. Once having caught up she then proceeded to racewalk as if nothing had happened. Perrone then

left the course of her own free will, or perhaps she was ordered to do so again. Whilst some suggest Perrone was confused by the lack of warnings on the DQ Board prior to disqualification and consequently reluctant to leave the course when first disqualified, others (mostly Australians) were less generous in their evaluation of the circumstances, even suggesting Perrone had deliberately rejoined the race to place Saville under greater pressure (Perrone at this time could have been aware that Saville had two warnings). Jane, in her post race interviews, dismissed the suggestions that Perrone had any effect on her (Jane's) disqualification.

The disqualification of Jane Saville resulted in many of the Australian newspapers and television stations attacking the sport of race-walking. Some articles referred to race-walking as farcical, calling for its removal from the Olympic program. It was frequently claimed that it was far too subjective.

Jane Saville took her disqualification, 'on the chin', and was most gracious and philosophical in the many media interviews that followed. She earned considerable respect from the Australian public. The behaviour of others did, however, leave much to be desired.

Bob Cruise  
01/06/2024

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## INTERNATIONAL NEWS

### MARCIADALMONDO & O MARCHADOR ROUNDUP

#### **Eiki Takahashi – farewell**

*(reprinted from Marcia dal Mondo – 20 June)*

**Eiki Takahashi**, one of Japan's best-known race walkers in the last decade, has decided to retire from racing as of yesterday June 20, 2024.



*(Photo: Marcia dal Mondo)*

Takahashi's farewell announcement:

*I have decided to resign from the Fujitsu Track and Field Club effective June 20th.*

*By joining Fujitsu in 2015 and becoming a member of the Fujitsu Track and Field Club, I have been able to spend time with and support my seniors and juniors colleagues who compete around the world in training and races, and interact with teammates in different events. It was a very happy experience to be in an environment where I could be stimulated. I was able to start my tenth season with this team and have found many people I can call trusted friends, including people at work and team members, who have supported me through difficult times. I was very sad and hesitant to leave a team with so many memories, but to grow in a new place I consulted with those around me and decided to take the next step.*

*Since the Tokyo 2020 Olympics ended, I have been working towards my goal of competing at the next Paris 2024 Olympics and finishing with a smile on my face. However, starting this year, I realized that my performance base was diminishing. When I finished my race walk in the 20km Japanese Championship, which was a qualifying event for the*

2024 Paris Olympics, where I unfortunately dropped out, I felt a strong desire to take the first step towards my new next goal.

I thank everyone who took care of me and supported me over the last 10 years, even when I wasn't able to compete as I wanted in an international competition or things weren't going well.

In particular I thank Coach Fumio Imamura and the staff who supported me, the trainers who supported me until late at night when I couldn't walk as I wanted due to an injury or anxious nights before the race, and the coaches who supported me until late at night, when I was having a hard time and felt like I was about to give up.

Thanks to the members of my walking team I was able to continue to do my best so far. Furthermore, I would also like to thank my middle school, high school and college coaches who always supported me, and those from my hometown, Iwate Prefecture, who always came to watch my competitions and continued to support me during video shooting also very grateful to my family. I am truly grateful to you.

In the future, I plan to return to my hometown, Iwate Prefecture, and take a new step as a teacher.

I regret my decision to retire mid-season and I will not have the opportunity to report directly to the people who have helped me over the years, but I hope that the next time I can meet everyone, I will be able to continue practicing my "march" that I have trained so far.

Thank you for your warm encouragement and support over the past 10 years.

## His Personal Bests

Discipline	Performance	Wind	Venue	Date	Records
5000 Metres Race Walk	18:37.60		Kitami (JPN)	12 JUL 2015	
10,000 Metres Race Walk	37:25.21		Juntendo University Stadium, Inzai (JPN)	14 NOV 2020	WBP, ABP, NR
20 Kilometres Race Walk	1:17:26		Kobe (JPN)	18 FEB 2018	

## His progression over 20 kilometres

20 Kilometres Race Walk			
Year	Performance	Venue	Date
2011	1:26:16	Takahata (JPN)	30 OCT 2011
2013	1:20:25	Kobe (JPN)	17 FEB 2013
2014	1:18:41	Kobe (JPN)	16 FEB 2014
2015	1:18:03	Kobe (JPN)	15 FEB 2015
2016	1:18:26	Kobe (JPN)	21 FEB 2016
2017	1:18:18	Kobe (JPN)	19 FEB 2017
2018	1:17:26	Kobe (JPN)	18 FEB 2018
2019	1:18:00	Kobe (JPN)	17 FEB 2019
2020	1:18:29	Nomi (JPN)	15 MAR 2020
2021	1:18:04	Kobe (JPN)	21 FEB 2021
2022	1:19:04	Kobe (JPN)	20 FEB 2022
2023	1:19:07	Rokko Island Konan Univ. West side, Kobe (JPN)	19 FEB 2023



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.

- Sunday, June 23, 2024 - 2003, more international medals <https://omarchador.blogspot.com/2024/06/2003-mais-medalhas-internacionais.html> After a rough start to the new millennium, things began looking up for the Portuguese internationally.
- Saturday, June 22, 2024 - Greek Under-18 Championships (track) in Patras - results 2024 <https://omarchador.blogspot.com/2024/06/campeonatos-da-grecia-de-sub-18-pista.html>
- Thursday, June 20, 2024 - Czech Republic U18 and U20 Championships - Ostrava 2024 (results) <https://omarchador.blogspot.com/2024/06/campeonatos-sub-18-e-sub-20-da.html>
- Wednesday, June 19, 2024 - Indian Under-18 Athletics Championships – Bilaspur 2024 (Results) <https://omarchador.blogspot.com/2024/06/campeonatos-de-atletismo-sub-18-da.html>
- Tuesday, June 18, 2024 - National Veterans Championship on track - Vila Real de Santo António 2024 (results) <https://omarchador.blogspot.com/2024/06/campeonato-nacional-de-veteranos-em.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?

### Victorian & National Key Dates – 2024

Sun 14 Jul 2024	<b>AV, VMA &amp; VRWC c'ships</b> – Middle Park
Sat 27 Jul 2024	<b>RWA Postal Challenge</b> – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	<b>AV Country Road walk c'ships</b> – Middle Park
Sat 24 Aug 2024	<b>AA/RWA Walk judging course</b> – Lakeside Stadium (Cathy Freeman Room)
Sun 25 Aug 2024	<b>RWA 2<sup>nd</sup> Carnival</b> – Middle Park
Sat 7 Sep 2024	<b>AV 5000m teams c'ship, VMA 5000m Track c'ship</b> - Mentone
Sun 15 Sep 2024	<b>VRWC Relay race &amp; Winter presentations</b> – Middle Park

### International Dates

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
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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## NOTICE BOARD

### \*\* 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 1<sup>st</sup> 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 1<sup>st</sup> 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.)

### Victorian Race Walking Club



**Saturday \*27 July** - after the RWA Postal & VMA races  
**4.00pm** (heads down by 4.30pm) to **6.30pm**

at the Middle Park Bowling Club

\$10 per head, \$25 per family. BYO snacks and nibbles.  
Drinks available at the Bowling Club bar. Tea and coffee provided.

**\*\* Maximum numbers: 40**

Make up tables of 6-8 for some after-race entertainment including:  
**Quiz questions \* Games \* Music \* Prizes \* Take-no-prisoners competitiveness \*  
Socialising**

**\*\* Come and support our Club and our sport in this annual fundraiser.  
Friends and quiz tragics welcome.**

**\*\* Pre-booking deadline is Monday 22 July.** We need final numbers by this day.

Tickets can be pre-booked:

- at the check-in table on race days from Saturday 29<sup>th</sup> June, or
- by contacting Stu Cooper at [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au) to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank - BSB: 063-143

Acc: 008 00455

Reference: **(Your surname)Trivia** (Remember that bit so that we can identify you.)

**Have some fun wracking your brain... in good company!**





## WALK JUDGES SEMINAR

**Saturday 24 August**  
**Cathy Freeman Room**  
**Lakeside Stadium**

A seminar for Walk Judges and anyone wishing to become a judge will be held on **Saturday 24 August**, in conjunction with the Racewalking Australia Championships, scheduled for Sunday 25 August.

The seminar will be presented by international judge **Kirstin Crocker** and will consist of two sessions:

**SESSION 1** (10.00am – 12.00 noon)

- Rules of judging, for all age groups from Little Athletics to Seniors
- Operation of the Penalty Zone

**SESSION 2** (1.00pm – 3.00pm)

- Walk judge documentation, including Judge's Report form, Red cards, Chief Judge Summary sheet, Notification board.

If you wish to attend, please notify Di Lowden by 10 August, at [dilowden39@gmail.com](mailto:dilowden39@gmail.com)

### QUESTIONS

If you have prior questions or issues that you would like addressed at the seminar, please send them to Di Lowden who will pass them on to Kirsten for consideration.

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*(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.*

*With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.*

**\*DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

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