



# HEEL & TOE Online

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

Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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Address: 598 High St, East Kew 3102 (Melways 45 G4)  
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## \*\* WALKER OF THE WEEK \*\*

A week after walking his first sub-46 min 10km whilst competing in the AV U18 championships in Melbourne, **Samuel Lindsay (TAS)** set off for England to compete in their U20 3,000m titles. As **Rosemary Coleman** reports, despite some challenges, Sam's trip has already proven a fruitful one – enough to earn him this issue's WOTW:

*'What a gutsy performance from Sam Lindsay yesterday in Birmingham, England which saw him take out the England U20 3,000m Championship, straight off a plane from Australia and having contracted gastro ... most likely from flights.*

*Sam, according to the Chief Judge (Mark Wall), whom I was in contact with, told me it was a solid effort in 13:21 and caused no issues for the judging panel. Well done Sam.'*

Congratulations, Sam. Illness and jet lag can be double-whammies for the travelling athlete, and you showed yourself more than equal to the challenge.

### \*Honourable mentions:

- **Angelina Legrand (SA)** – a huge improvement by over 4 mins in the SARWC's 10km race, clocking **52:59** and continuing a season of strong progress.
- **Angus Shuttleworth, Erlyn Singh and Caitlyn Shipham (VIC)** – PBs by well over a minute for 5km and 3km.



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## CLUB NEWS and RESULTS

### \*Next weekend ...

The **RWA Postal Challenge** is a Racewalking Australia club-versus-club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor.

Master athletes will not be scored on their time but their age grading, so all Master athletes must submit their age at entry time.

Points earned by clubs will be added to their scores from the recent Lake Burley Griffin carnival in June. These, along with points gained in the forthcoming RWA/AA road walking championships in Melbourne, will decide the club to win this year's Brennen Shield.

***\*Let's see VRWC entries in all age groups, or in as many as possible, to boost our chances in the challenge for the Shield. (See details below)***

2.00pm	10km	<b>VMA championship</b>	Masters Men
	10km	<b>VMA championship</b>	Masters Women
	10km	<b>RWA Challenge</b>	Open Men/Women
	10km	<b>RWA Challenge</b>	Masters Men/Women
	10km	<b>RWA Challenge</b>	U20 Men/Women
	10km	VRWC Points	Open
	8km	<b>RWA Challenge</b>	U18 Men/Women
	8km	VRWC Points	Open
2.15pm	5km	<b>RWA Challenge</b>	U16 Men/Women
	5km	VRWC Points	Open
	3km	<b>RWA Challenge</b>	U14 Boys/Girls
	3km	VRWC Points	Open
2.45pm	2km	<b>RWA Challenge</b>	U12 Boys/Girls
	2km	VRWC Point.	Open
	1.5km	<b>RWA Challenge</b>	U10 Boys/Girls
	1.5km	VRWC Points	Open

Enter by no later than 6.00pm, Friday 26 July  
<https://www.revolutionise.com.au/vrwc/events/248556>

We're sorry to inform you that the **TWILIGHT TRIVIA** has been postponed to a date to be determined. We hope to announce another date soon.

Thank you to those who supported the event. Refunds will be organised shortly.

**\*\*To all Members\*\***  
Important Notice re Points competitions

**Trophies and Certificates**

\*To be eligible for a trophy, walkers must have received **a minimum of 5 points** in the competitions and competed in at least **two** Points day competitions.

\*Certificates will be awarded to athletes who finish in the top three in their age group but do not qualify for a trophy.

To see the Points tallies for Times and Handicaps as they stand currently, visit  
<https://www.vrwc.org.au/vrwcpointscmps.shtml>

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**COACHESJUDGESCOACHESJUDGES**

***\*WE NEED BOTH ... AND WE NEED THEM NOW!***

**Could YOU, or someone you know, be one? Check the Notice board on Page 12 for further information**

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**JUDGESCOACHESJUDGESCOACHES**  
**JUDGESCOACHES JUDGESCOACHES**



**Rhydian Cowley**, poised to race in his 3<sup>rd</sup> Olympics, has been honoured with appointment as co-captain of the Australian athletics team in Paris, alongside **Linden Hall** (middle distance), **Michelle Jenneke** (hurdles) and **Dan Golubovic** (decathlon), who are similarly experienced Olympians and internationals.

Rhydian's leadership and advocacy of the sport of race walking – together with his encouragement of fellow athletes – are well known, making him eminently qualified for this important role.

Congratulations, Rhyd! The VRWC wishes you every success in your racing and captaincy in Paris.



(Photo: Athletics Australia)

Read Sascha Ryner's full report on the captaincy announcement at:  
[https://www.athletics.com.au/news/team-captains-for-the-australian-athletics-team-?fbclid=IwZXh0bgNhZW0CMTEAAR085j07dP5hx3a53J8YCs9D6HKPVk3jllOVJ5V86yKsAOrUVice6dZe1Q\\_aem\\_rBkEH24uDaCRStUOgKepzA](https://www.athletics.com.au/news/team-captains-for-the-australian-athletics-team-?fbclid=IwZXh0bgNhZW0CMTEAAR085j07dP5hx3a53J8YCs9D6HKPVk3jllOVJ5V86yKsAOrUVice6dZe1Q_aem_rBkEH24uDaCRStUOgKepzA)

## VRWC Club points results, 20 July – Middle Park

We couldn't escape it indefinitely. Our run of good luck with the weather ended on Saturday, with the 30 starters and the equally intrepid judges and officials hit with gale-force wind and freezing rain. Most walkers, however, thrive in such weather and some tight contests eventuated, with several toughies defying the wind to record PBs.

**Eden Morgan's** 10km in **46:39** was only 5secs short of the PB time he recorded in much more favourable conditions last Sunday, showing he's in great form. **Angus Shuttleworth** took a big step up over 5km with a huge 1:23 PB and is showing the benefit of consistent racing. The 3km, however, was where the action was, with 3 PBs and two first attempts at the distance. Well done to **Caitlyn Shipham** and **Erlyn Singh** who were the big improvers on the day, while **Payton** and **Brodie Welsh** made impressive 3km debuts. Another first-year member, **Georgia Walters**, took 18 secs from her previous 1km best and should go sub-6:00 before long.

### Men 10km

1 Eden Morgan	MUn20	46:39
2 Alejandro Stephens	MOpen	51:05
3 Colin Heywood	MM60+	1:02:27
4 Andrew Jamieson	MM60+	1:04:24
5 John Nottle	MM60+	1:11:28

### Women 5km

1 Char Hay	FOpen	25:53
2 Jade Chitty	FUn20	27:19
3 Ariana Pashutina	FUn18	27:20
4 Emily Smith	FUn18	29:09
5 Heather Carr	FM60+	34:06

### Men 5km

1 Angus Shuttleworth	MUn14	26:18	PB 1:23
2 Jonathan Ho	MUn20	28:13	

### Women 3km

1 Mya McClure	FUn14	15:08	
2 Addison Frenken	FUn12	17:48	
3 Payton Welsh	FUn10	20:03	First 3km
4 Erlyn Singh	FUn12	20:20	PB 1:21
5 Caitlyn Shipham	FUn12	21:00	PB 1:56
6 Gwen Steed	FM60+	22:03*	
7 Marnie Zakis	FM40+	22:40	

### Men 3km

1 Max Davidson	MUn16	14:05	
2 Brodie Welsh	MUn12	19:18	First 3km
3 Arthur Robinson	MUn16	21:18	PB 0:01

### Men 1km

1 Logan Allison	MUn12	5:51
2 Dimitri Pashutin	MUn10	6:35

### Women 1km

1 Anouk Morgan	FUn10	5:53	
2 Georgia Walters	FUn10	6:15	PB 0:18
3 Anna Wallace	FM40+	6:42	
4 Aria Di Benedetto	FUn10	6:48	
5 Abby Fowler	FUn10	7:07	
6 Holly Burrell	FUn10	9:29	

(\* Unfortunately, we had only 3 judges on the day, therefore Gwen's time can't be counted as a Club 80+ record. She'll do it again soon, undoubtedly.)

### **\*\* Handicaps**

Name		M/F	Age Gp	Hcp time	Hcp Place
Anna	Wallace	F	M40+	0:04:41	1
Marnie	Zakis	F	M40+	0:07:17	2
Heather	Carr	F	M60+	0:04:56	1
Gwen	Steed	F	M60+	0:05:12	2
Andrew	Jamieson	M	M60+	0:04:56	1
John	Nottle	M	M60+	0:06:04	2
Colin	Heywood	M	M60+	*NPT	-
Char	Hay	F	Open	0:04:24	1
Alejandro	Stephens	M	Open	0:04:45	1
Aria	Di Benedetto	F	Un10	0:04:42	1
Georgia	Walters	F	Un10	0:04:54	2
Anouk	Morgan	F	Un10	0:05:02	3
Abby	Fowler	F	Un10	0:05:37	4
Payton	Welsh	F	Un10	NPT	-
Dimitri	Pashutin	M	Un10	0:05:06	1
Caitlyn	Shipham	F	Un12	0:03:04	1
Erlyn	Singh	F	Un12	0:03:39	2
Addison	Frenken	F	Un12	0:04:35	3
Logan	Allison	M	Un12	0:04:55	1
Brodie	Welsh	M	Un12	NPT	-

Mya	McClure	F	Un14	0:04:40	1
Angus	Shuttleworth	M	Un14	0:04:34	1
Max	Davidson	M	Un16	0:04:39	1
Arthur	Robinson	M	Un16	0:04:49	2
Emily	Smith	F	Un18	0:04:54	1
Ariana	Pashutina	F	Un18	0:05:21	2
Jade	Chitty	F	Un20	0:04:51	1
Eden	Morgan	M	Un20	0:04:20	1
Jonathan	Ho	M	Un20	0:05:01	2

(\*NPT – No previous time)

As always, 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. If you're not on the list, be assured that we appreciated your contribution:

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Mark Donahoo
<b>Race check in</b>	Bill Carr
<b>Timekeeper</b>	Mark Donahoo, Karyn O'Neill
<b>Recorders</b>	Bob Gardiner, Alla Pashutina, Margaret Hay, Dylan Shuttleworth
<b>Judges:</b>	Gordan Loughnan (Chief), Terry O'Neill, Michael Bodey
<b>Set up, Pack up:</b>	Bob Gardiner, Terry O'Neill, Karyn O'Neill, Tim Erickson
<b>Bike rider</b>	Tim Erickson
<b>Canteen</b>	Gwen Steed
<b>Walkers:</b>	30

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## NEW SOUTH WALES NSWRC results, 20 July – Chipping Norton

**Frank Overton reports:**

39 walkers braved the windy and cold conditions at Chipping Norton. As can be seen with the results, some fine times were recorded.

A big thanks goes out to the Judges, Timekeepers, Lap scorers and all other helpers and parents etc who assist in conducting these weekly events. Without your help these events cannot be held each week.

### Long Division 12km

1. Chelsea Roberts (F)	1:03:30
2. Brendan Pospischil (M)	1:07:34

### Short Division 5km

1. Sophie Polkinghorne (F)	27:15
2. Danielia Samuel (F)	28:55
3. Matilda Olson (F)	30:30
4. Nicolle Challinor (F)	37:40
5. Sarah Challinor (F)	42:29
6. Emily Challinor (F)	42:29

### Under 14 years 3km

1. Nate Appleyard (M)	15:10
2. Noah Vella (M)	15:29
3. Ashleigh Mansell (F)	16:24
4. Sagan Jones (M)	17:05
5. Mitchell McCarthy (M)	17:19
6. Sienna Wade (F)	17:23

### Medium Division 10km

1. Aiden Pospischil (M)	1:06:41
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### Under 16 years 3km

1. Matilda Webb (F)	15:50
2. Christopher Nilon (M)	16:27
3. Ashleigh Farrugia (F)	21:50

### Under 12 years 2km

1. Avia Luketic (F)	10:30
2. Stella Wade (F)	10:41
3. Beth Cochrane (F)	11:32
4. Addison Fahey (F)	12:13
5. Emma Olofiniski (F)	12:25
6. Addison Jenkins (F)	12:36

7. Bentley Luketic (M)	17:34	7. Veronica Dennett (F)	13:35
8. Hannah Hewitt (F)	17:47	8. Chloe Farrugia (F)	14:13
9. Madeline Kot (F)	18:37	9. Harlow Olson (F)	14:17
10. Alexander Dennett (M)	18:46	10. Milana Sorokin (F)	14:26
11. Luca Barakat (M)	22:11		

#### Under 10 years 1km

1. Daniel Smart (M)	5:57
2. Bric Colgan	6:15
3. Kostya Peart (M)	6:51
4. Nasrin Hewitt (F)	7:07
5. Huxley Jones (M)	7:45
6. James Barakat (M)	8:29

## QUEENSLAND QRWC handicap #9 results, 21 July – North Lakes

**Robyn Wales** reports that they had a sunny Sunday morning with a cold wind for the QRWC's latest handicap fixture.

#### A Grade 10km

##### Men:

(1) Peter Bennett 1:10:35

##### Women:

(1) Brooke Newberry (NSW) 1:00:13  
 (2) Joy Dale 1:20:56 SB  
 (3) Noela McKinven 1:33:53

#### B Grade 5km

##### Men:

(1) Noah Cooke 28:03  
 (2) Kai Dale 29:53  
 (3) Eli Melinz 31:01 SB

##### Women:

(1) Mikaela McDonald 31:06  
 (2) Katie Bray 32:49  
 (3) Phoebe Chadwick 37:09

#### C Grade 3km

##### Women:

(1) Kiara Waterman 18:04

#### E Grade 1km

##### Women:

(1) Clara Hermus 6:47

#### F Grade 0.5km

##### Women:

(1) Harper Waterman 4:33

## SOUTH AUSTRALIA SARWC results, 20 July – South Parklands

**Kim Mottrom** reports that it was cold and wet in Adelaide on Saturday, but that didn't prevent another huge PB for **Angelina Legrand**, this time by over 4 minutes for 10km. First 10km and first 5km for **Rain Langford** and **Robert Crabb**, respectively.

#### Open 10km

Kim Mottrom	45:24	
Sam Findlay	49:18	
Angelina Legrand	52:59	PB 4:24
Rain Langford	54:52	First 10km
Peter Crump	1:05:10	
Jasmine Crabb	1:17:15	
Kristy Templer	1:26:12	PB 0:32
Di Camilleri	1:26:36	

#### Open 1.5km

Martin Crabb 13:47

#### Open 5km

Sebastian Richards	24:41	
Alex McEwan	43:04	
Robert Crabb	46:07	First 5km

#### Open 3km

Liliana Templer 21:58

#### Open 2km

Caleb Camilleri 12:48



## TASMANIA TRWC results, 20 July – Montrose Bay

David Moore reports:

A big contrast in conditions in from the previous week's Walk at the same venue. Montrose Bay today was cloudy with a bitterly cold, stiff breeze.

### 500m

1. William Sugiarto TRWC 4:56

### 1.5km

1. Elsie Woodward Huon LA 12:29  
 2. Isabelle Christensen Barrett TRWC 13:29  
 3. Bianca Sugiarto Huon LA 13:40

### 2km

1. Adele Woodward OVA 13:33  
 2. Dave Moore TMA 20:42

## WESTERN AUSTRALIA RWA Postal challenge results, 21 July – Perry Lakes

Terry Jones reports that the weather for the WARWC's Postal challenge races was "cloudy, but mild, dry and calm: a bit sombre actually." Hopefully the performances of their 20 starters brightened the gloom somewhat!

<b>Under 10 1.5km Male</b>	<b>Time</b>	<b>Under 10 1.5km Female</b>	<b>Time</b>
Toby Cunnold	12:06	Zoe Fowler	12:30
Dante van Heerwaarden	14:44		
<b>Under 12 2km Male</b>	<b>Time</b>	<b>Under 12 2km Female</b>	<b>Time</b>
Hudson Conwell	11:42	Makenzie Sillitto	10:51
Gabriel van Heerwaarden	12:45	Darcy Bramwell-Keys	11:02
William Duffield	16:06	Rahni Fowler	13:15
<b>Under 14 3km Male</b>	<b>Time</b>	<b>Under 14 3km Female</b>	<b>Time</b>
Riley Cunnold	20:21	Savannah Carnaby	18:22
		Addison Roots	20:30
<b>Under 18 8km Female</b>	<b>Time</b>	<b>Under 20 10km Female</b>	<b>Time</b>
Kaytee Bogaers	44:55	Alexandra Griffin	53:42
<b>Masters 10km Male</b>	<b>Time</b>	<b>Masters 10km Female</b>	<b>Time</b>
Andrew Duncan (59)	55:22	Wendy Farrow (57)	1:10:33
Victor Munoz (69)	1:09:09	Fiona van Heerwaarden (47)	1:12:04
Steve Travell (67)	1:34:46	Marcela Ruiz (63)	1:31:53

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## INTERNATIONAL NEWS

### ***Race walker Gathimba relies on experience to secure a podium finish in Paris***

by **Teddy Mulei** (reprinted from The Star (Kenya) – 17 July)

Kenya's sole representative in the race walk, **Samuel Gathimba** will leverage on experience gained since the 2016 Olympics to secure a podium finish in Paris.

The African silver medallist failed to finish the 20km race in Rio 2016, where the Chinese duo of **Zhen Wang** (1:19:14) and **Zelin Cai** (1:19:26) clinched gold and silver respectively with Australia's **Dane Bird-Smith** (1:19:37) settling for bronze.

In an interview, the 36-year-old attributed his past performance in 2016 to inexperience. "I am determined to make a strong comeback in Paris having taken part in numerous races since Rio 2016," he said.

"In Rio 2016, I lacked the experience to compete against the world's best," Gathimba said. "I've participated in numerous races since then and believe the experience I have gained from the races will help me attain my target of a podium finish. I'm confident I can achieve it."

Gathimba has since amassed a series of accolades, including a bronze medal at the Gold Coast Commonwealth Games in Australia (1:19:51), where he trailed England's **Tom Bosworth** (1:19:38) and Australia's Smith (1:19:38).

He clinched the 20km race walk title at the 2018 African Championships in Asaba, Nigeria, clocking 1:25:14, and secured the African title in 2019 in Rabat, Morocco, with a time of 1:22:48.

At the 2022 World Athletics Championships in Eugene, Oregon, Gathimba placed fourth (1:19:25), narrowly missing out on the podium. Sweden's **Perseus Karlstrom** (1:19:18) and the Japanese duo of **Koki Ikeda** (1:19:14) and **Toshikazu Yamanishi** (1:19:07) secured the podium.

He placed ninth during last year's edition in Budapest, Hungary, with a time of 1:18:34.

Earlier this year, he won silver at the African Games in Accra, Ghana (1:28:06), just behind Ethiopia's **Wakuma Misgana** (1:28:05). Alongside African champion in the women's race walk **Emily Ngii**, they clocked 3:04:23 for second place at the Irish Marathon race walking mixed relay last month. The Czech Republic's **Vit Hlavac** and **Eliska Martinkova** (3:02:09) won the event.

Gathimba acknowledged the tough opposition that awaits him but remains adamant that he will not be a pushover. "The Chinese and Japanese are tough competitors. But I know how to handle them. I won't be a pushover," he stated.

China won two titles in 2012 London (**Chen Ding** – 1:18:46) and Rio 2016 while the Japanese duo of Yamanishi (1:21:18) and Ikeda (1:21:14) clinched bronze and silver respectively at the delayed Tokyo 2020 Olympics behind Italy's **Massimo Stano** (1:21:05).

Under the guidance of coach George Kariuki, Gathimba has intensified his training regimen, focusing on speed.

"I train for an hour each in the morning, noon, and afternoon, covering 15km each session. Mondays are for endurance, while Tuesdays, Wednesdays and Thursdays are dedicated to speed work," he explained.

The race walk event is set to kick-start the athletics schedule at the Olympics on August 1.



(Photo: The Star)

## SLOVAKIA: European U18 Championships, 19 & 21 July – Banksa Bystrica

### ***Di Fabio and Coppola make it an Italy U18 double***

(reprinted from O Marchador – 21 July)

Italian **Serena Di Fabio** was crowned European under-18 race walk champion on Friday after winning the 5000 metres event at the continental championships held in Banská Bystrica, Slovakia. The transalpine race walker covered the distance in **21.50.80**, a championship record, followed by Romanian **Alessia Pop** (**22.03.11**, national under-23 record) and Slovakian **Petra Kusá** (**23.49.22**).

In the women's race, Di Fabri and Pop took the lead from the start, first towing a small group of four other athletes, then joined only by Serbian **Dunja Eremić**. Shortly after the first kilometre, the Italian and Romanian were already isolated, but at the start of the second half of the race, Di Fabri imposed an acceleration that Pop was unable to match. This defined the relative position of the top two finishers, in a race that until the end had no other reason for interest other than the fight for third place.

After falling behind Di Fabio and Pop, Dunja Eremić was left alone in third place, but was closely followed by Kusá, who managed to catch Eremić on the final lap. However, the Serbian managed to gain the upper hand and gain around ten metres on the Slovakian on the final bend, crossing the finish line in third place. However, after the race had finished, the Serbian athlete was informed that she had accumulated three disqualification notes due to suspension, receiving the corresponding penalty of 30 seconds added to her time. She was thus left with **24.09.78** and dropped to fifth place, Petra Kusá moved up to third place, while the Spaniard **Gina Torres** moved up to fourth (**24:04.35**).



(Photo: Nicola Maggio)

After the race, the new Italian champion expressed her pride in her success, which she considered to be the result of intense training, which was not always easy to endure but which ended up being worth it. She added that the inspiration for this success came from the best Italian race walkers, whom she saw competing in the recent European Championships in Rome and from whom she received very good advice.

As for the Portuguese, **Isabel Luís** finished in ninth place, with a new personal best of **25.00.06** (previously 25.33.59), and **Matilde Angélico** was 17th, with **26.36.74**. In the case of Isabel Luís, it was a shame that she was unable to get under 25 minutes, which would have been an excellent way to end the season. Even so, the jump of more than half a minute in her personal best is worth highlighting.

Matilde Angélico, in turn, fell short of her personal best but, otherwise, she accomplished her mission: she was the holder of the 18th fastest time among the 19 participants and confirmed her superiority over the Greek **Chrysoula Chatzitheologou** and also benefited from the 30-second penalty applied to the Spanish **Irene Vega**, who thus fell to last place. In other words, Matilde Angélico was the penultimate in times at the start and ended up being the third-last in the race.

1.	Serena DI FABIO	23 NOV 2007	ITA	21:50.80
2.	Alessia Cristina POP	30 JAN 2007	ROU	22:03.11
3.	Petra KUSÁ	08 APR 2007	SVK	23:49.22
4.	Gina TORRES	25 AUG 2007	ESP	24:04.35
5.	Dunja EREMIĆ	22 JAN 2007	SRB	24:09.78
6.	Beatrice PALMONARI	13 MAR 2008	ITA	24:14.55
7.	Veronika TKACHUK	03 AUG 2008	UKR	24:21.03
8.	Kristína ZÁMEČNIKOVA	27 SEP 2007	SVK	24:35.20
9.	Isabel LUÍS	09 MAY 2007	POR	25:00.06
11.	Linda NUJIĆ	25 AUG 2008	CRO	25:09.20
12.	Aleksandra ZEMBROWSKA	28 NOV 2007	POL	25:12.24
13.	Iiris AIRAKSINEN	12 JUL 2007	FIN	25:30.99
14.	Aleksandra DROZDOWSKA	04 AUG 2007	POL	25:41.45
15.	Daryna YUSHCHENKO	21 MAR 2007	UKR	25:42.15
16.	Savanagh O'CALLAGHAN	02 MAR 2008	IRL	25:50.01
17.	Matilde ANGÉLICO	08 JUL 2008	POR	26:36.74
18.	Chrysoula CHATZITHEOLOGOU	17 MAR 2007	GRE	26:40.95
19.	Irene VEGA	03 JAN 2007	ESP	27:04.69

In the men's race, Italian **Alessio Coppola** was crowned European champion in the under-18 5000m walk on Sunday, winning the distance event in the Slovakian city of Banská Bystrica, where the continental championships for this age group are taking place. Coppola finished in **21.01.44**, ahead of Irishman **Séamus Clarke (21.05.70)** and compatriot **Nicolo Vidal (21.11.87)**.

With this result, Coppola secured Italy's total of victories in the two race walks of these championships, both over the 5000 metres distance (a first for men in the Europeans at this age group), after Serena Di Fabio had won the women's competition two days earlier. However, even though she confirmed her favouritism from the start, the Italian athlete's success did not come easily.



*Clarke (IRL) takes them out hard, with Coppola (ITA) in 3<sup>rd</sup> place. (Photo: Nicola Maggio)*

Coppola stood out from the start, gaining four to five metres over a group of ten athletes who were chasing him. Completing the first kilometre in 4.12.43 m, the Italian athlete was caught before two kilometres had been completed, at which point the lead was taken by the two Irishmen present, Clarke and **Matthew Newell**.



But it wasn't necessary to wait more than one lap for Alessio Coppola to stand out again, this time gaining six to eight meters in advance, to complete three thousand meters in 12.44,98.

In a series of twists and turns, Coppola would be caught again at around 3,400 meters of the race, this time by those who would be the only fellow competitors to complicate his calculations: Vidal and Clarke. Coppola accelerated again at around 3,500 meters, was caught again at 3,800 and once again attacked, close to 3,900 meters, this time never to be caught again.

Further back, Séamus Clarke and **Nicolo Vidal** were simply managing their respective positions, securing the silver and bronze medals respectively, the Irishman with a national record for his age group, the Italian with a personal best.

The Portuguese were in the back of the group from the start, with **Leandro Silva** always slightly ahead of **Afonso Nóbrega**. Leandro Silva would finish in 16th place, with **23.46.71**, while Afonso Nóbrega finished in 19th place, with 24.07.85 m.

Considering that at the start practically only the Germans **Lasse Rohrssen** and **Matti Schmidt** had times for this season that were lower than those of the Portuguese, we cannot fail to value the performance of the two Portuguese, as they managed to finish ahead of several competitors with better personal records than them.

1.	Alessio COPPOLA	25 JAN 2007	ITA	21:01.44
2.	Séamus CLARKE	27 FEB 2007	IRL	21:05.70
3.	Nicolo' VIDAL	03 MAY 2008	ITA	21:11.87
4.	Lukáš ROSENBAUM	25 JUL 2007	SVK	21:26.96
5.	Przemysław JASIŃSKI	31 OCT 2007	POL	21:42.08
6.	Panagiotis SALTIS	20 JUN 2008	GRE	21:44.72
7.	Matthew NEWELL	07 MAY 2008	IRL	22:01.44
8.	Pablo ZÁRATE	11 APR 2007	ESP	22:02.70
9.	Cesar HIDALGO	11 FEB 2007	ESP	22:12.18
10.	Lasse ROHRSEN	25 AUG 2007	GER	22:48.78
11.	Jakub MAŽGÚT	06 AUG 2007	SVK	23:22.26
12.	Furkan YARAN	01 JAN 2007	TUR	23:26.93
13.	Kristoffer RANDALL	19 MAR 2007	NOR	23:28.29
14.	Joel PELTONEN	18 JUN 2007	FIN	23:29.54
15.	Roman TSOMYK	15 APR 2007	UKR	23:33.62
16.	Leandro SILVA	02 MAY 2007	POR	23:46.71
17.	Libertas KULIEŠA	14 APR 2008	LTU	23:50.70
18.	Matti SCHMIDT	07 SEP 2007	GER	23:56.24
19.	Afonso NÓBREGA	2008	POR	24:07.85
20.	Nikolaos MARTOS	17 JUN 2008	GRE	24:08.56
21.	Mateusz MARGIEL	21 OCT 2007	POL	24:35.38
	Clement RABREAU	03 AUG 2007	FRA	DQ
	Illia SHPONARSKYI	03 FEB 2008	UKR	DQ

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## MARCIADALMONDO & O MARCHADOR ROUNDUP

### *The fifth Olympics of Liu Hong*

(reprinted from [CTGN China](#), Source: [Marcia Dal Mondo - 20 July](#))

Thanks to **Nicola Maggio** for sending us this report on a remarkable athlete, **Liu Hong**, whose love of race walking and desire to keep achieving at it has extended into motherhood.

China will send 405 athletes, including 42 Olympic champions, to the upcoming Paris Olympic Games. 37-year-old race walker **Liu Hong**, who is on her fifth Olympic trip, will be the oldest athlete. Despite her advancing age, Liu says she's determined to push herself to the limit and win gold. Wang Siwen has the story.

Numerous global titles have established Liu Hong as one of the world's veteran race walkers. A three-time Olympic medalist, Paris 2024 will be Liu's fifth Olympics. After claiming gold in the women's 20-kilometer race walk at the Rio Olympics in 2016, Liu retired and gave birth to her daughter Xixi. But her passion for race walking remained.

LIU HONG, Athlete, Women's 20km Race Walking: "Although I left the arena, I paid attention to the events and performance of Chinese athletes. Then I took my child to watch games and participate in amateur competitions. I found that I still yearned for the feeling of competition on the field."

Six months after giving birth, Liu returned to the field, but getting back to full fitness wasn't easy.

"I couldn't reach the level I thought I could reach, I had to slowly build it back up from the bottom. The process was very difficult."

Her family and the team's support played a crucial role in Liu's return, and her success. For Liu, balancing training with family is part of the wisdom of life.

"I didn't want to just give birth and not raise my child. And I didn't want to miss any stage of my child's growth. As a mother, I still hope to see my child grow through every life stage. At the time we thought we could take her with us when going to training and competitions."



*Liu trains, while Xixi checks the road ahead.*



*(Photos: CTGN China)*

Since Xixi was two-years-old, she's accompanied her mother to training and competition venues, both domestic and overseas. Passing water and cheering for her mom, Xixi, six now, is always by Liu's side.

"What I find most incredible is that she can ride a bicycle for 25-kilometers. She could ride for 25-kilometers when she was 5 years old."

Since her return, Liu has won different titles and claimed bronze at the Tokyo Olympics. Now, Liu will take her daughter to Paris. When talking about her fifth Olympics, she's determined and relaxed.

"Much of the time, the process determines the goal, so you have to cover every aspect of the process well and try to make as few mistakes as possible. That way you can better focus, and perform better, during the game. Then the results definitely won't be bad."

Liu says the key to her success is working hard, and persisting over the long term.

"As an athlete for over twenty years, I'm unlike those who won in their first Olympic Games, or who got a good ranking in their first competition. For me, I went through many failures, setbacks and challenges before I have the achievements I do today. For me personally, I think it's because I persisted for long enough. Race walking is a long-distance event. It's achieved step by step. There's no shortcut. You have to walk more than ten- to twenty-kilometers every day. It involves a long-term training process. In fact, race walking looks like a very simple repetitive action, but you have to keep repeating it for 10-thousand to 20-thousand steps and accumulate them every day. There's a saying that 'small steps lead to a thousand miles.' I think this quote is at the core of race walking, and the best explanation for it."

Liu says race walking is similar to life, involving one step at a time until the quantity of one's actions, is transformed into quality.

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, July 21, 2024 - 2007, strong international presence but domestic attack on the walk.  
<https://omarchador.blogspot.com/2024/07/2007-forte-presenca-internacional-mas.html>  
Further evidence – if it was needed - that international success in race walking will never wash for those who just hate the sport.
- Monday, July 22, 2024 - Tiago Ramos and Inês Mendes repeat under-23 national titles (Lisbon 2024)  
<https://omarchador.blogspot.com/2024/07/tiago-ramos-e-ines-mendes-repetem.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

- **The Spanish race walk, a "legacy" built step by step to mark the path for Spanish sport** – by Miguel Fernandez Molina (*huffington.es ... 13 July*) [https://www.huffingtonpost.es/deporte/la-marcha-espanola-legado-construido-paso-paso-marcas-camino-deporte-espanolbr.html?fbclid=IwZXh0bgNhZW0CMTEAAR03b\\_L\\_SRJpSe-Jg4iEQMmau-7Dvm1XC48FIInSg0nkKDNtolbTKAr8\\_fY\\_aem\\_lAg0x9fyIDMUKhCtDFZyIA](https://www.huffingtonpost.es/deporte/la-marcha-espanola-legado-construido-paso-paso-marcas-camino-deporte-espanolbr.html?fbclid=IwZXh0bgNhZW0CMTEAAR03b_L_SRJpSe-Jg4iEQMmau-7Dvm1XC48FIInSg0nkKDNtolbTKAr8_fY_aem_lAg0x9fyIDMUKhCtDFZyIA)

The Spanish show how it's done, and how it's been done there since the arrival of Jordi Llopart in the late 70s. The article features the work of coaching supremo Jose Antonio Carillo, coach of dual world champion Alvaro Martin. (A Spanish article, however, that lists every top Spanish walker BUT Jesus Angel Garcia? ... I dunno.)



### *\*Mexico City 1968 start & finish ... what do you think?*

The finish of the 1968 Olympic 20km walk has passed into legend – or, perhaps more accurately, into notoriety. This Facebook clip gives as clear a view of the medallists' final 300m on the track as the analogue film available at the time (probably 16mm) could provide, and is likely the best footage available of that spine-chilling finale.

<https://www.facebook.com/reel/893422064701008>

The clip begins with the race start, with 1960 champion **Volodymyr Holubnychy (USSR)** already in front and setting a brutal pace. (Australia's **Frank Clark** is in the second half of the field, not easily visible in the pack). Lagging at the rear and sprinting to sweep round the bunch is the man who would (fairly or unfairly) become known as the 'villain' of the piece, **Jose Pedraza (MEX)**. It was in that riveting last 300m that all hell broke loose. It's unfortunate that there's no audio to pick up the partisan crowd's delirium as Pedraza shot past the second Soviet walker **Nikolai Smaga** and struck out after Holubnychy.

Thousands of words have been written and spoken about Pedraza's technique for the moment he re-entered the stadium. Most of those words were uttered in the days and weeks following the race, therefore in 1968 with the rules and conventions that applied at the time. How would we assess Pedraza's action today?

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024

Sat 27 Jul 2024	<b>RWA Postal Challenge</b> – state-based venues (Middle Park)
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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## **Racewalking Coaches Wanted**

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: [Neerims8@gmail.com](mailto:Neerims8@gmail.com)

## **\*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 the next page 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.





## 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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### \*\* 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.)

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*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.*

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Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)