



HEEL & TOE Online

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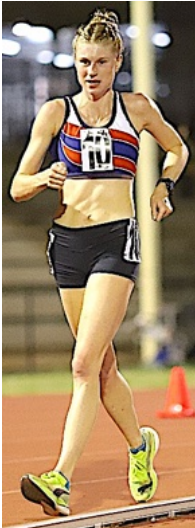
The official organ of the Victorian Race Walking Club, Inc.
Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

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** WALKER OF THE WEEK **



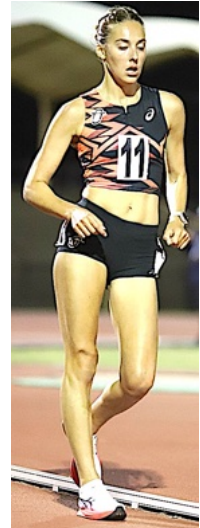
Two superb results in last weekend's NSW 10,000m Track walk championships have earned **Elizabeth McMillen (NSW)** and **Olivia Sandery (SA)** indisputable WOTW honours for this week.

Lizzy, whose progress this year has been little short of astonishing, won the State title at Bankstown with a 1:33 PB time of **43:00.01**. This places her 3rd in the All-time National 10,000m list. (See David Tarbotton's report in 'Around The Country' for more insights into Lizzy's achievement and the context in which she did it.)

Olivia's walk was no less impressive, seeing her mount a 1:45 PB result of **43:11.8** for 2nd place and 4th on the All-time list. Keeping pace with Lizzy for the first 5km, the South Aussie wasn't going to let the home town girl win without a fight and it wasn't until the last few laps that a gap between them opened and held to the finish.

From photos published by ANSW it appears to have been another sad case of an elite level walking contest being seen by virtually no-one ... not surprising at a suburban track but a pity nonetheless. The wider athletics world – to say nothing of the public at large – needs to see our sport's top practitioners at every opportunity.

Congratulations, Lizzy and Olivia, on your elevation to the top echelon. We await your next encounter (on the track or road) with eagerness.



*Honourable mentions

- **Carl Gibbons (NSW)** – a masterful win in the NSW Men's 10,000m race, taking his second title in **41:53.63**.
- **Riley Coughlan (VIC)** – competed by invitation in the NSW 10,000m, leading at 3km before finishing 2nd in the Men's race in **42:50.77**



CLUB NEWS and RESULTS

** Invitation to participate in a RESEARCH PROJECT

"Effects of Menstrual Health education on Female Athletes"

a PhD study authorised by Latrobe University

See the full advertisement on Page 8 for details

*Sunday 15 December – Middle Park

7.00am	Australian 35km C'ship	Open Male
7.00am	Australian 35km C'ship	Open Female
7.00am	AA Inv. 20km Walk	Open Male
7.00am	AA Inv. 20kmWalk	Open Female
8.00am	VRWC 10kmWalk	U20 Male/Female
9.00am	VRWC 5km Walk	U18 Male/Female
9.00am	VRWC 3km Walk	Open Men/Women

Entries for VRWC races via <https://www.revolutionise.com.au/vrwc/>
Deadline – Friday 13 December at 6.00pm

****To all VRWC club members, coaches and others interested in racewalking.**

The link below is a survey on **coaching racewalking**.

The purpose of the questions is to determine how much interest there is in attending the racewalking practical course (*advertised over recent weeks on the H&T Notice Board*), and so will help in determining how often the practical course needed to be conducted.

The survey can be found via the link below or from the VRWC entry portal at Revolutionise Sports and then the Survey tab.

<https://www.revolutionise.com.au/vrwc/surveys/7104>

Thank you,

Mark Donahoo, VRWC Club Coach

**Editor's note:* We need your help on this! Coaches form the bedrock of introduction to, and progression in, all sports. Race walking needs more coaches, more coach education and coordination of coaching practice in Victoria if the sport is to thrive. Please do your best to spread the word among your walking and athletics contacts, and encourage them to take the survey and to pass it around.

VICTORIA - METRO & REGIONAL

Following last weekend's AV Relay championships, Round 6 of AVSL (the final round of 2024) will take place on Saturday with walks provided at Murrumbeena, Ballarat and Bendigo:

***AVSL Round 6 – Saturday 30 November**

All races open to Male and Female competitors

Metro – Murrumbeena	1.00pm	2000m (all ages) 5000m walk (U18 and older)
Ballarat region – Llanberris Stadium		<i>No walks</i>
Bendigo region – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	2000m (all ages) 5000m walk (U18 and older) <i>(NOTE: These distances are as advertised by AV. However, the Athletics Bendigo entry portal is offering 1500m and 3000m. Check with Athletics Bendigo for clarification).</i>

ENTRIES

Metro – enter via AV Members Portal at
<https://members.athsvic.org.au/events/list/>

Bendigo – enter via <https://eventplus.net/ABI24>

Entries close at 12.00 noon on Wednesday 27 November



AROUND THE COUNTRY

** AUSTRALIAN 35KM ROAD WALK CHAMPIONSHIPS **

Sunday 15 December, Middle Park, Melbourne (VRWC headquarters)



- Australian 35km Championship – Men
- Australian 35km Championship – Women
- Australian Invitational 20km – Men
- Australian Invitational 20km – Women



Enter via portal at -

<https://meets.rosterathletics.com/public/competitions/details/registration?id=25588>

***ENTRIES CLOSE ON FRIDAY 29 NOVEMBER AT 17:00**

NEW SOUTH WALES NSW 10,000m Track walk c'ships, 21 November - Bankstown

Thanks to **Frank Overton** for providing, not just the links to these championship results, but also a heads-up regarding **David Tarbotton's** stirring report on a wonderful night of top-class walking by two of the sport's emerging stars ... **Lizzy McMillen** and **Olivia Sandery**:

NSW 10km Walk: Elizabeth McMillen PBs and now #3 Aussie all-time

by David Tarbotton (*reprinted from Athletics NSW news – 22 November*)

Sydney race walker **Lizzy McMillen** has clocked a stunning break through time of **43:00.01** to win the NSW 10,000m track walk championship in Bankstown last night. It elevated her to the third fastest in Australian history, behind former world record holder Kerry Saxby-Junna and dual Olympic medallist Jemima Montag. In the men's event **Carl Gibbons** won his second State 10,000m title, a minute faster than his previous win in 2022.

A special mention and congratulations to Frank Overton who coached five of the medallists.

WOMEN NSW 10,000 Metres Track Walk Championship

Through her teenage years Lizzy McMillen has won numerous National junior and age group titles, so has been on the pathway to leading the next generation of race walkers. But her breakthrough performance last night at the NSW 10,000m track walking titles, confirms the sky is the limit for the 20-year-old. She made her Australian debut at the World University Games in 2023 and her second National team in 2024 competing at the World Race Walking Teams Championship.

Her winning time in Bankstown last night of 43:00.01 was a 93 second personal best and she defeated Paris Olympian **Olivia Sandery** by 11 seconds. Both coached by Olympic legend Jared Tallent, they had a race plan.

"Liv and I were going out at 1:45 minutes laps, that would be 22 minutes for the first 5K and then we'd see how we felt."

After working together for about 4km McMillen broke away from Sandery and pushed on through for the landmark time and the win. South Australian visitor Olivia Sandery clocked a 105 seconds PB time of **43:11.09**, while the NSW medals were claimed by **Allanah Pitcher** (SYU) in **46:56.14** and **Hannah Bolton** (MIN) in **48:00.01**.

Lizzy McMillen's health challenges

Asked about her significant progress Lizzy McMillen revealed a health battle she has now put behind her.

"I had surgery for endometriosis about two months ago now. I can't believe I am now walking without that pain. It's insane. It felt so good.

"I can't believe I have walked in that much pain for six years."

McMillen has so much more improvement, when you consider her hampered buildup.

"It was kind of difficult because it was like my pain was getting pretty bad through the winter, but I've been slowly picking up. I haven't actually done that much speed, so it was like a good rep session."

"I think tonight it was just mentally not having that pain. Tonight is the best walk I've ever had easily."

Women 10,000m Race walk c'ship

1 Elizabeth McMillen	Manly Warringah AC	43:00.01
2 Olivia Sandery	South Aust	43:11.09
3 Allanah Pitcher	Sydney UAC	46:56.34
4 Hannah Bolton	Mingara Regional AC	48:00.01
5 Sienna Pitcher	Mingara Regional AC	50:19.14
6 Bridget Bell	Mingara Regional AC	52:45.51

7 Laelia Byatt	Girraween AC	57:25.59
8 Lilah Norden	Kembla Joggers Inc	58:38.58
9 Summer Sivaraj	Wests T&F	1:00:51.25
10 Antoinette Woodward	UTS North Subs AC	1:10:52.90
.. Chelsea Roberts	Riverstone AC	DNF
.. Jessey Bektas	Nepean Dist AC	DNF

Australian Women 10,000m Walk - All-time List

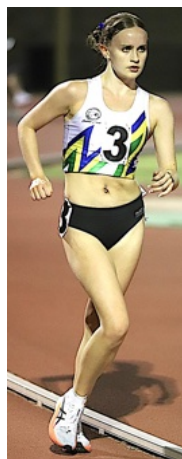
41:57.22	Kerry Saxby-Junna (N) Seattle, USA 24 Jul 1990
42:34.30	Jemima Montag (V) Birmingham, GBR 6 Aug 2022
43:00.01	Elizabeth McMillen (N) Bankstown 21 Nov 2024
43:11.09	Olivia Sandery (S) Bankstown 21 Nov 2024
43:20.65	Katie Hayward (Q) Sydney 5 Apr 2019
43:48.08	Beki Smith (N) Sydney 1 Apr 2016



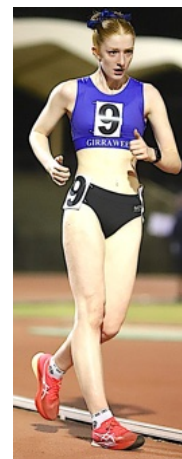
Hannah B



Allanah



Sienna



Laelia

MEN NSW 10,000 Metres Track Walk Championship

Three-time Australian race-walking representative, **Carl Gibbons** has won his second State 10,000m race walking title in a quick time of **41:53.63**. Like the women's race, he had early company from **Dylan Richardson**, with Victorian visitor **Riley Coughlan** always in the mix.

"Around 3K I was just sitting in and then, Riley put a few metres on us, so, yeah, I wasn't sure if I'd be able to catch him for a minute there, but no, I felt good," Gibbons said.

A little later, Gibbons broke away from all his competition. In the end he won by a minute from Coughlan **42:50.77**, with the NSW medals going to Richardson (**42:58.73**) and former State 10k champion **Jack McGinniskin (46:24.66)** for a Mingara clean sweep.

How did Gibbons feel about his performance?

"I felt really good. Surprisingly well. It was a big negative split, I think 30 seconds or so. I had a few setbacks in the last couple of months, so I'm behind where I would like to be, but heading in the right direction now. "

Gibbons is in the buildup to the next Australian race-walking championship. "I'm training for the Melbourne 35km (in December)."

Carl Gibbons – the 'Liam Adams' of race walking

Just like three-time marathoner Liam Adams, Carl Gibbons is an electrician – a 'sparky' who works fulltime as well maintain an enormous train load.

"I definitely take some inspiration from him (Liam Adams)," Gibbons said. "I train before and after work. It can be hard, especially when we get into those busy periods, but work knows what I do and they know that training comes first," Gibbons said.

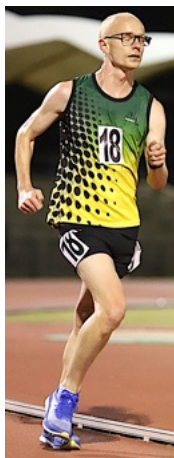
"At the moment I'm sitting at around 125km per week. I do get up to, around 130 or 140. In total I work about 50 hours a week and double two days or so."

Men 10,000m Race walk c'ship

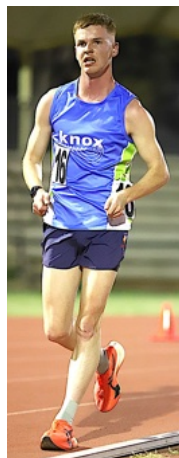
1 Carl Gibbons	Westlakes AC	41:53.63
2 Riley Coughlan	Victoria	42:50.77
3 Dylan Richardson	Mingara Regional AC	42:58.73
4 Jack McGinniskin	Mingara Regional AC	46:24.66
5 Myles Ashby	Mingara Regional AC	47:21.20
6 Dylan Allabush	Wests T&F	53:32.26
7 Brodie Spamer	Cardiff & Dist LA	54:01.64

8 Brendan Pospischil	Winston Hills Ath	58:00.68
9 David Smyth	Victoria	1:03:06.14
10 Aidan Pospischil	Winston Hills Ath	1:07:31.37
11 Peter Charlton	Cardiff & Dist LA	1:19:11.58
.. Joel Byatt	Girraween AC	DNF

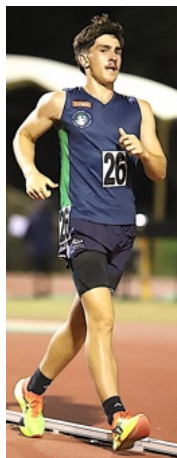
Thank you to the Athletics NSW official and Bankstown Athletics club volunteers who conducted the meet and the Bankstown Club as hosts.



Carl



Riley



Brodie



Dylan

(Photos: ANSW Facebook)

A.C.T. ACTRFC & ACTMA results, 14 November - Woden

1400m race walk

- | | | |
|----|------------------|----------|
| 1. | Tindra Helgstedt | 9:53.78 |
| 2. | Estrid Helgstedt | 11:05.71 |

3000m race walk

- | | | |
|----|----------------|----------|
| 1. | Michael Smith | 15:51.19 |
| 2. | Jillian Ryan | 15:59.18 |
| 3. | Sebastian Ryan | 18:18.08 |
| 4. | Peter Baker | 19:11.89 |
| 5. | Lorna England | 26:32.51 |

3000m fitness walk

- | | | |
|----|------------------|----------|
| 1. | Michelle Bray | 15:53.99 |
| 2. | Bryan Thomas | 23:47.70 |
| 3. | Sue Archer | 24:38.79 |
| 4. | Maureen Rossiter | 27:58.59 |
| 5. | Geoff Barker | 29:27.00 |

SOUTH AUSTRALIA ASA Interclub, 23 November – Mile End stadium

Conditions were cooler but not necessarily more agreeable at Mile End on Saturday, with 28C and high humidity taking their turn to test the walkers. Undaunted, **Kim Mottrom** and **Angelina Legrand** both ran 2000m Steeple half an hour before their walks. Not sure where that ranks among the 'seven deadly sins' ... either getting your money's worth (greed), or gluttony for punishment.

Good to see **Sebastian Richards** edging closer to the 13:00 barrier for 3000m with another PB.

Open 3000m	Time	
Kim Mottrom	13:14.94	
Sebastian Richards	13:46.65	PB 0:12
Sam Findlay	14:01.21	
Cooper Rech	14:34.27	
Angelina Legrand	15:08.97	
Liam Freundt	16:14.38	
Melissa Grantham	17:43.10	
Liliana Templer	18:37.65	

Orlando Grantham	20:02.36	
Zachery Freundt	20:39.91	
Jessica Clelland	22:58.14	PB 2:00
Riley Hill	23:15.66	

Kim has also sent the results of an SA Little Athletics race held that morning, in which he was a judge. He reports:

“Angelina's time was under the U17 state record, however it only counts at their state championships. Liam was trying to break his club record (held by me from 2000), but just missed.

SA Little Athletics Meet

U12-U17 1500m	Time	
Angelina Legrand	6:49.89	PB 0:24
Liam Freundt	7:12.96	PB 0:07
Liliana Templer	8:28.94	
Ananpreet Singh Sidhu	8:33.05	
Orlando Grantham	9:34.37	
Zachery Freundt	9:50.54	

TASMANIA Interclub (Aths South, Aths North) & TMA results, November 16-23 – various locations

Thanks to **David Moore** for these results and the report:

In the South of the State **Elsie Woodward** kicked off her first Walk of the Track season with a 20 second PB for 1500 , whist at mid -week Masters ,**Wayne Fletcher** did his fastest 3000m of the season thus far.

For first time in many years Athletics North West put on a Walk at their T&F Interclub with Eva Parker relishing the chance to compete on her home track. Competing in very warm conditions Eva broke a 32-year-old U/15 NWAC Club Record held by Michelle Rowlands by 37 seconds – Well done to Athletics North West and Eva!

*Athletics South Interclub, November 16 2024 - Domain AC, Hobart

Result 1500m Walk

1. Adele Woodward	OVA	9:17.16	
2. Elsie Woodward	OVA	10:57.93	PB

*Tas Masters T&F, November 19 2024 - Domain AC, Hobart

Result 3000m Walk

1. Wayne Fletcher	M77	26:08	
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*Athletics North West Interclub, November 23 - Dial Regional AC, Penguin

Result 3000m Walk

1. Eva Parker	NWAC	16:16.89	
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WESTERN AUSTRALIA WARWC results, 24 November – Perry Lakes

Terry Jones reports that the WARWC walkers who arrived at Perry Lakes had fine, sunny weather with temperatures in the low 20s: ideal conditions for their races.

3K

Brad Mann	17:44
Kaytee Bogaers	17:44
Dylan Sardelich	17:44
Tom Murphy	20:13
Glenys Duncan	29:53
Steve Travell	32:18

10K

Karyn Tolardo	1:09:39
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5K

Andrew Duncan	29:45
Andrew Brooker	33:42
Wendy Farrow	34:57
Marcela Ruiz	38:51

2K

Hannah Clausnitzer	13:16
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1K

Zoe Fowler	7:10
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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, November 25, 2024 - **Women's race walk at the Venezuela U-20 National Games – Oriente 2024 (results)** <https://omarchador.blogspot.com/2024/11/a-marcha-feminina-nos-jogos-nacionais.html>
- Sunday, November 24, 2024 - **2024, another 50 years are coming** <https://omarchador.blogspot.com/2024/11/2024-outros-50-anos-se-avizinhm.html>
And so, to the present day ... and, hopefully, a bright future for Portuguese walking.
- Saturday, November 23, 2024 - **Caio Bonfim and Viviane Lyra are featured on the CBAt “Última Volta” Podcast** <https://omarchador.blogspot.com/2024/11/caio-bonfim-e-viviane-lyra-em-grande.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.

FURTHERMORE ...



PAGE AND SCREEN



- **Ugo Frigerio Wins Double Olympic Walking Gold - Antwerp 1920 Olympics**

To race walking fans with a taste for history, movie footage from 104 years ago is no minor commodity. We thank Mehmet Binali for posting this gem on his Facebook page, *RACEWALKING BOULEVARD & YÜRÜYÜŞ BULVARI*.

Italy's happy warrior **Ugo Frigerio** was one of the sports early champions, winning 3 Olympic gold medals (Antwerp 1920 and Paris 1924) as well as bronze in the first-ever Olympic 50km walk in Los Angeles 1932. This clip is just under a minute long and shows Frigerio winning the 10,000m at the 1920 Olympics in Antwerp.

<https://www.youtube.com/watch?v= ohHeoLiKhQ>

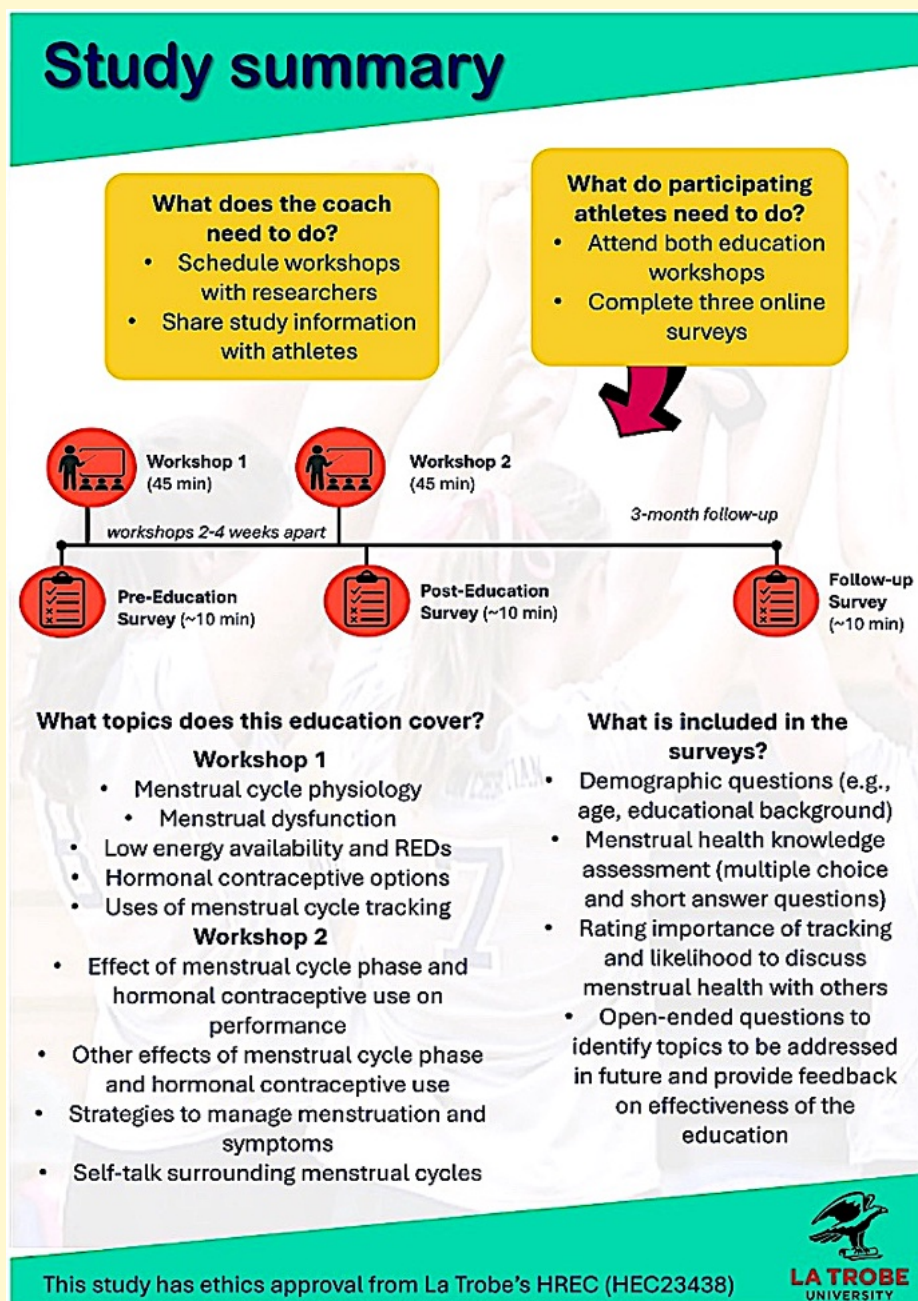


Tim Erickson has written a wonderful piece on this great walker, located at <https://www.vrwc.org.au/tim-archive/articles/wo-ugo-frigerio.pdf>

RESEARCH STUDY - *Impact of Menstrual Health Education on Female Athletes

The VRWC has been asked to extend an invitation to interested female **competitors**, aged 15 years and over, and their **coaches/support staff**, to participate in a research study on the subject of menstrual health education and its impact on competitive athletes. The study will be conducted by Mikaeli Carmichael, a PhD candidate at Latrobe University.

A summary chart of the study, explaining what is required of all participants, is included below:



It is expected that the study will take place over six months, up until June 2025. The two face-to-face sessions will be conducted at the VRWC Clubrooms at Middle Park, unless otherwise advised.

Participation is voluntary, although applicants aged under 18 must have permission of a parent or guardian to take part. Information will be gathered, stored and published in such a way as not to reveal the identity of any participant.

All questions and inquiries should be directed to Mikaeli Carmichael at M.Carmichael@latrobe.edu.au.

An application form, containing all relevant information athletes' and coaches' participation, is available on request from Stu Cooper at stuwalks@yahoo.com.au

Coaching update for racewalk coaches and prospective racewalk coaches

As there has not been a racewalking component to the practical courses conducted by AV or AA, I have produced the practical component of the Level 2 course related to Racewalking.

This has been approved by Athletics Australia to be added to the Level 2 Development Coaching Course around Australia.

I have asked two questions that are at the bottom of this note, for all coaches and prospective coaches to reply to. The purpose of the questions is to determine how much interest there is in attending the racewalking practical course, and so will help in determining how often the practical course needed to be conducted.

Please note: To do the practical course, it must be part of a Level 2 development coaching course, or you should have already completed a Level 2 Development course.

Could all walkers who receive this newsletter, please pass this information onto your coach as well? We ask **all current or prospective walks coaches** to complete and return the following survey:

**** COACHING QUALIFICATION SURVEY**

Question 1: Do you already have a Level 2 Development Coaching qualification?

Question 2: Are you interested in doing the practical racewalking coaching component of the Level 2 Development Coaching course, either as a new coach or as an existing coach?

Please reply via email to my address: neerims8@gmail.com

Mark Donahoo,

*Club coach for the Victorian Race Walking Club
Level 5 Racewalking Coach*

****This could be a job for you!***

RACE SECRETARY

The role of the Race secretary is to ensure walkers are prepared to race in the events of the day.

In order to this the race secretary will:

1. Have on the check-in table the following:
 - **Race sheets** for the events, **check-in sheets** with names of entries obtained from the Race Director.
 - Information sheet for the event with the event distances, times, age groups stated, colour ribbons to be worn and details of the next race, obtained from the race Director
 - Colour ribbons for walkers to wear, pins
 - Blue folders for the race sheets
 - Spare numbers for those who do not have a race number
 - VRWC numbers for new members or those who need a new number.
2. As walkers arrive,
 - Check their names, bib number and race distance.
 - Make changes to the race sheet if needed
 - Ask the walker to collect the correct colour ribbon
 - Collect race fees if they have not paid
3. If a walker has not entered a race, add their name to the race check in sheet and record any entry fee paid.
4. Readjust the race sheets with any changes or additions from the check in sheet.
5. Record on the check in sheet any additional payments made by the walker or their family, such as uniforms.
6. Have access to the 'SQUARE' terminal to receive payments on the day.

7. 10 minutes before races, have the race sheets and the ribbons for these races, taken to the start line.

8. At the completion of the races, put the numbers, ribbons, folders, pins back in the secretary office.

9. Collect the sheets from the blue folders and pass these onto the race director or person who will type up the results.

**We ask our non-racing (or part-time racing) members to consider trying their hand at this essential race day job. It may sound like a lot but, with practice, much of it will become automatic. Many hands make light work, so if more than one person is interested, the job can be rostered over the season. Mark and Stu will be happy to assist whenever help is needed.*



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Fri-Sun 6-8 Dec 2024	AA All Schools T&F c'ships – QSAC, Brisbane, QLD
Sun 15 Dec 2024	Australian 35km Race Walk Championships – Middle Park
Sun 12 Jan 2025	VRWC Summer program races #3 – Middle Park
Sat-Sun 25-26 Jan 2025	Supernova: World Athletics Race Walking Tour (Silver) – Canberra, ACT
Fri-Sun 14-16 Feb 2025	AV T&F championships Week 1 (U17-U20, 40+ & 60+) – Lakeside Stadium
Sun 16 Feb 2025	Australian 20km Road walk Championships – venue TBC
Fri-Sun 21-23 Feb 2025	AV T&F championships Week 2 (Open, U13-U16) – Lakeside Stadium
Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA

International Dates

15 Dec 2024	Irish National Senior Outdoor Race Walking Championships – Dublin, IRL
21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
4 May 2025	4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL
18 May 2025	European Race Walking Team Championships – Podebrady, CZE
16-27 July 2025	World University Games – Bochum, GER
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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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