



HEEL & TOE Online

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

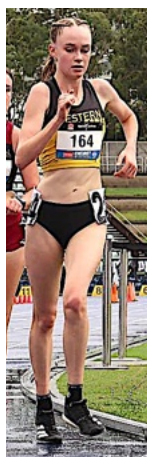
Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

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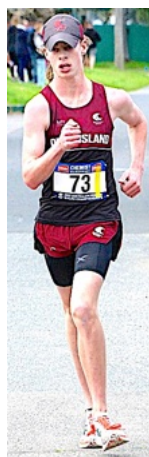
** WALKER OF THE WEEK **



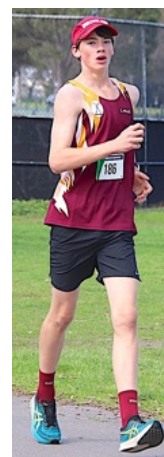
Alexandra



John



Bailey



Noah

Four fast track performances on opposite coasts are the source of this issues WOTW. Athletics West's interclub competition on Friday night saw big PB performances over 3000m from **Alexandra Griffin** and **John Ronan (WA)**.

Alexandra - who represented Australia twice this year over 10,000m - dipped below 13:00 for the first time to clock **12:59.83**, improving on her best by 35 secs. **John** has consolidated his place at the elite level after his 16 sec PB time of **11:30.55**, a result that places him 16th on the All-time Australian 3000m ranking.

Meanwhile, across the country, **Bailey Housden** and **Noah Cooke (QLD)** both tapped into their fast-twitch resources for excellent times in the QA 1 Mile walk Classic in Brisbane. Neither had raced over one mile before and had only their best 1500m times to go on.

Bailey, unfazed by the wet conditions, powered around the University of QLD track to win in a superb **6:02.08**. **Noah**, 14, one of the biggest improvers in the junior ranks this year country-wide, launched himself into the four laps and squeaked in under the 7:00 mark with **6:59.64**. In dry conditions both these lads might have finished a good 10-15 secs faster.

Well done to Ali, John, Bailey and Noah. The speed you showed last weekend augurs well for the national championship races coming up in 2025.

*Honourable mention

- **Bethany Moore-Kirkland (QLD, 14yo)** – a very impressive time of **7:26.58** in the QA 1 Mile Classic.



CLUB NEWS and RESULTS

***H&T Notice Board – Page 6**

- Research project (Latrobe University)
- Coaching course – Level 2
- Official wanted - Race secretary

**** 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 6 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. 20km Walk	Open Female
8.00am	VRWC 10km Walk	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

**** VRWC at the All Schools** – We wish those of our members, and other Victorian walkers, who are competing in next weekend's AA All Schools Track & Field championships in Brisbane, the very best of luck. Go Vics!

VICTORIA - METRO & REGIONAL



**** Metro Zone: Round 6, Saturday 30 November – Duncan McKinnon Reserve, Murrumbeena**

Competition cancelled due to adverse weather. Planning for re-schedule is currently in progress.

**** Bendigo Zone: Round 6, Saturday 30 November – Lar Birpa Athletics Track, Flora Hill**

With Melbourne Metro's AVSL rounds washed out and Ballarat not hosting walks, it was left to Bendigo's walkers to mine for gold in Victoria. **Tate McQueen** produced a glittering panful in the 2000m with line honours and a 10sec PB of **10:28.96**.

Pl	Name	Club	Age	Time	Points	
2000m						
1	Tate McQueen	(EAG)	M14	10:28.96	381	PB 0:10
2	Lachlan Carr	(BGO)	MOP	13:31.82		
3	Annette Major	(EAG)	F60	13:49.13	329	
4	Christopher Pollard	(EAG)	M65	15:00.69	263	

AROUND THE COUNTRY

**** AA All Schools Track & Field Championships – Friday 6 to Sunday 8 December
QLD State Athletics Centre- Mt Gravatt, Brisbane**

Friday 6 December	4.45pm	5000m Walk Women	U18, U17
	5.35pm	5000m Walk Men	U18, U17
Saturday 7 December	5.10pm	3000m Walk Girls	U16, U15
	6.10pm	3000m Walk Boys	U16
Sunday 8 December	8.45am	3000m Walk Girls	U14
	9.10am	3000m Walk Boys	U14

LIVE STREAM: Unfortunately, I have not seen any link or notice to live stream coverage of these championships, unlike previous years. Athletics Australia has not mentioned it on their calendar, nor does their YouTube page refer to it. They may yet do so if they're finalising arrangements. If anyone could enlighten us, or if I've missed it somehow, please let me know.

*Entry lists for AA 35km Championship & 20km Invitational race

Athletics Australia has released the field lists for the **AA 35km Road walk championship**, to be held at Middle Park, Melbourne (VRWC headquarters) on **Sunday 15 December**. The fields are strong and well credentialed, with an intriguing sprinkling of talented first-timers making the big step-up in distance.

Women 35km c'ship	Bib	PB	SB	Men 35km c'ship	Bib	PB	SB
Olivia Sandery SA	1	NPT	-	Timothy Fraser ACT	9	NPT	-
Rebecca Henderson VIC	2	2:47:34	2:47:34	Carl Gibbons NSW	10	2:41:32	2:47:33
Hannah Mison NSW	3	2:59:09	-	Dylan Richardson NSW	11	2:38:34	-
Elizabeth McMillen NSW	4	NPT	-	Mitchell Baker ACT	12	2:31:07	2:31:07
Kelly Ruddick VIC	5	3:00:04	-	Corey Dickson VIC	13	2:40:16	2:40:16
Bridget Bell NSW	6	3:17:51	3:17:51	Will Thompson VIC	14	2:29:58	2:29:58
Allanah Pitcher NSW	7	2:50:23	3:11:22	Rhydian Cowley VIC	15	2:26:25	2:26:25
Christina Papadopoulou GRE	8	2:57:29	-				

The accompanying 20km Invitational race has drawn entrants from all over the mainland. If conditions are kind, we should see some big improvements in times which will whet the appetite further for the National 20km titles in February.

Women 20km Invit.	Bib	PB	SB	Men 20km Invit.	Bib	PB	SB
Tayla Billington QLD	25	1:36:27	1:36:27	Jack McGinniskin NSW	20	1:27:57	1:27:57
Alanna Peart VIC	26	1:39:08	1:39:08	Marcus Wakim VIC	21	1:38:21	-
Hannah Bolton NSW	27	1:39:09	1:39:09	Declan Tingay WA	22	1:18:30	1:19:56
Alexandra Griffin WA	28	NPT	-	Alejandro Stephens VIC	23	1:44:25	1:44:25
Nellie Langford SA	29	NPT	-	Fraser Saunder VIC	24	1:34:19	1:34:19

A.C.T. ACTRFC & ACTMA results, 21 & 28 November - Woden

Results courtesy of **Ann Staunton-Jugovic**:

2000m Race Walk

1. Jillian Ryan	10:26.61
2. Emma Grocott	10:26.66
3. Sebastian Ryan	11:55.86 PB
4. Ewan Thompson	14:07.74
5. Lorna England	17:38.58

800m Race Walk

1. Tindra Helgstedt	5:07.53
2. Phoebe Grocott	5:09.36 PB
3. Estrid Helgstedt	5:16.71
4. Jill Pearson	5:50.52
5. Sean Conway	6:07.70
6. Danny Taylor	6:09.42

2000m Fitness Walk

1. Sue Archer	14:28.23
2. Bryan Thomas	15:43.41
3. Maureen Rossiter	19:04.67
4. Geoff Barker	19:28.46

800m Fitness Walk

1. Jim White	6:01.64
2. Dorothy Kass	6:42.27
3. Michelle Bray	8:42.20

** 1500m Walk Results, 28 November – Woden

1500m Race Walk

1. Hana Jugovic	7:05.90 PB
2. Jillian Ryan	7:17.12
3. Emma Grocott	8:07.40
4. Sebastian Ryan	8:41.04
5. Samantha Ramboer	9:10.03
6. Zac Anderson-Rule	9:10.52 PB
7. Phoebe Grocott	10:18.02 PB
8. Lorna England	12:55.14

1500m Fitness Walk

1. Bryan Thomas	11:52.00
2. Doug Fitzgerald	12:43.08

SOUTH AUSTRALIA ASA Interclub, 30 November – Mile End stadium

For once, the SA walkers had reasonable weather after a run of blazing weekends, with times generally faster as a result. Thanks to **Kim Mottrom** for the results.

Open 5km	Time	
Kim Mottrom	22:35.71	
Angelina Legrand	24:51.64	
Cooper Rech	25:28.08	
Liam Freundt	28:00.24	PB 0:11
Open 1500m		
Melissa Grantham	8:10.92	
Matilda Rech	8:26.11	PB 0:03
Liliana Templer	8:32.38	
Orlando Grantham	9:46.18	
Ruby Grieve	10:03.82	
Zachery Freundt	10:07.69	
Jessica Clelland	10:13.13	
Alex McEwan	12:17.58	

QUEENSLAND QA Interclub results, 23 November – SAF, Brisbane & 1 Mile Walk Classic, 30 November – UQ, St Lucia

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

Men 3000m Walk			
1 Noah Cooke	14y	QRWC	14:03.13
Men 5000m Walk			
1 Kai Dale	16y	QRWC	27:31.49
Women 3000m Walk			
1 Milly Sharpe	16y	Gladstone AC	14:22.24
2 Olivia Boulton	15y	Gold Coast Aths	15:07.14
3 Bethany Moore-Kirkland	14y	Darling Downs	15:11.47
4 Isabella Welch	12y	Ignition	15:56.43
5 Katya Martin	27y	QRWC	16:36.51
6 Eliza Kelly	14y	QRWC	17:13.09
7 Kiara Waterman	13y	QRWC	17:51.28
8 Savannah Dunleavey	12y	QRWC	20:18.10

**** 1 Mile Walk Classic, 30 November**

Wet conditions prevailed at the University of QLD track on Saturday night, though this was no deterrent for the 8 walkers who toed the line for this historic and fondly remembered distance.

Bailey Housden was the class of the field, going to within 3 seconds of a sub-6:00 for his first Mile race. As Bailey's 1500m PB is 5:20, done in March this year, we can assume that had conditions been better, he would have been well under 6 minutes. **Noah Cooke's** was also his first race over 1 Mile, and his time of **6:59.64** would have taken him well under his 1500m PB, also set in March.

Of the female competitors, 14yo **Bethany Moore-Kirkland** returned the best result on the night with an excellent time of **7:26.58**, another that would have had a PB for 1500m embedded in it.

Women 1 Mile walk

1 Lyla Williams	17y	Kingscliffe Aths	7:25.31
2 Bethany Moore-Kirkland	14y	Darling Downs	7:26.58
3 Olivia Boulton	15y	Gold Coast Aths	7:32.72
4 Summer Millard	19y	UQ AC	8:02.98
5 Freya Williams	10y	Kingscliffe Aths	9:43.76

Men 1 Mile walk

1 Bailey Housden	17y	QRWC	6:02.08
2 Noah Cooke	14y	QRWC	6:59.64
3 Lachlan Moore	13y	Ignition AC	7:31.33

WESTERN AUSTRALIA AW interclub results, 29 November – WAAS, Perth

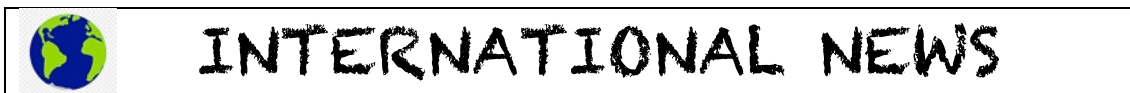
Terry Jones reports that weather for the walks was fine but overcast, no wind but warm. The conditions obviously suited dual international **Alexandra Griffin** and **John Ronan**, both of whom posted top level PB times over 3000m.

Women 3000 Metre Race Walk

1 Alexandra Griffin	12:59.83	PB 0:35
2 Tory D'Alessio	16:14.81	
3 Kaytee Bogaers	16:27.15	
4 Savannah Carnaby	16:59.30	
5 Trinity Doulis	17:22.98	
6 Katica Borsic	17:42.70	

Men 3000 Metre Race Walk

1 John Ronan	11:30.55	PB 0:16
2 Bradley Mann	14:49.65	
3 Keenan Munro	16:42.37	



'It was insane' - Race walker Brian Pintado reflects how he helped Ecuador end 26-year Olympic gold drought in Paris

by **Evans Ousuru** (reprinted from *Pulse Sports* – 18 November)¹

Ecuadorian race walker **Brian Pintado** has described his victory in the Paris Olympic Games as insane after breaking the country's athletics 26-year gold medal drought in the French capital.

The 29-year-old became a double Olympic medalist in Paris, winning the 20km race walk title and securing marathon race walk mixed relay silver.

The South American nation last tasted victory in the quadrennial show in 1996 Olympics, coincidentally, a race walk gold won by Jefferson Perez. Pintado crossing the finish line first in Paris brought relief to the two-time Pan-American Games champion.

The 2008 South American School Games champion cut the tape in 1:18:55, to realise his dream of laying his hands on the coveted gold medal. "It was insane," Pintado reflected on the challenges he faced during the race as revealed by World Athletics.

Pintado, a father of two and the 2023 silver medalist at the World Championships in 35km walk, reiterated that he raced in isolation towards the end of the race in France and he was confident of clinching gold. "In the last few metres, I realised I was completely alone, and seeing the finish line I just kept thinking, 'I'm the Olympic champion, it's me'," he said.

Pintado has improved in all the three Olympics he has participated in. He competed in the men's 20 km walk at the 2016 Rio Olympics, finishing in 37th place with a time of 1:23:44.

In the 2020 Tokyo Olympic Games, Pintado scooped 12th position with a time of 1:22:54. He never disappointed in Paris after being named Ecuador flag bearer alongside weightlifter Neisi Dajomes for the Paris Games.



(Photo: World Athletics)

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.

¹ https://www.pulsesports.co.ke/athletics/story/it-was-insane-race-walker-brian-pintado-reflects-how-he-helped-ecuador-end-26-year-olympic-gold-drought-in-paris-2024111710484831128?fbclid=IwY2xjawG3QRtleHRuA2FlbQIxMQABHVjGyRVesTD0WdkpDDieyFly4w185VcTT6BR3M4EmfTJXPc3QoiepcpVDA_aem_Ov_mOcGIDYdEdy-f7yN-Sg

- Monday, December 2, 2024 - **Short track race meeting in Erfurt, Germany (results)**
<https://omarchador.blogspot.com/2024/12/meeting-de-marcha-na-pista-curta-de.html>
- Sunday, December 1, 2024 - **12/1/1974 – 12/1/2024, 50 years of race walking in Portugal**
<https://omarchador.blogspot.com/2024/12/1121974-1122024-50-anos-de-marcha.html> A summary of how the sport of race walking in Portugal has developed since having to be nurtured from the ground up after half a century of dictatorship.
- Saturday, November 30, 2024 - **Wayne Snyman and Marissa Swanepoel break South African record in Race Walk Relay** <https://omarchador.blogspot.com/2024/11/wayne-snyman-e-marissa-swanepoel-batem.html>
- Friday, November 29, 2024 - **Davi Silva and Vitória Araújo win the march at the Brazilian Youth Games (João Pessoa 2024)** <https://omarchador.blogspot.com/2024/11/davi-silva-e-vitoria-araujo-vencem.html>
- Thursday, November 28, 2024 - **IV Meeting of the March «Villa de Valverde», Spain (results)**
<https://omarchador.blogspot.com/2024/11/iv-reuniao-de-marcha-villa-de-valverde.html>
- Wednesday, November 27, 2024 - **João Vieira and Vitória Oliveira win at the «António Gonçalves Memorial» in Alvaiázere** <https://omarchador.blogspot.com/2024/11/joao-vieira-e-vitoria-oliveira-vencem.html>
- Tuesday, November 26, 2024 - **Elizabeth McMillen stands out in the 10,000m walk in Bankstown, Australia**
<https://omarchador.blogspot.com/2024/11/elizabeth-mcmillen-em-destaque-nos.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 ...



- 27/11/2024 – **Nick Ahad on BBC Radio Leeds: Alternative Sports Report – Race Walking**
<https://www.bbc.co.uk/sounds/play/p0k6n31f>
A few minutes of diversion, in which a coach endeavours to acquaint an uninformed but interested radio host with the basics of our sport. Thanks to David Ainsworth for sending the link.

** H&T Online - NOTICE BOARD **

****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,

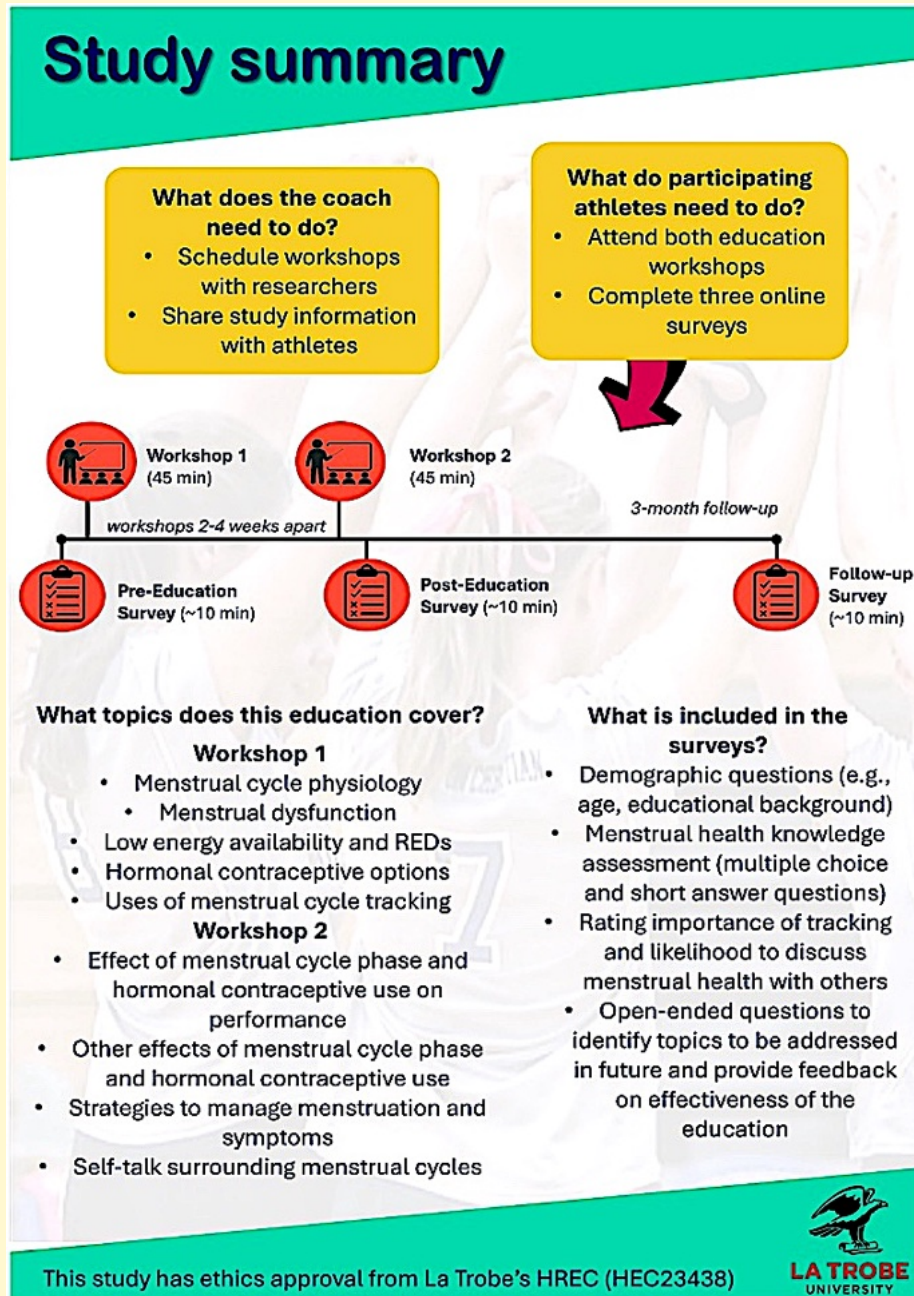
Mark Donahoo, VRWC Club Coach

***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.

*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

**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
Sun 15 Dec 2024
Sun 12 Jan 2025
Sat-Sun 25-26 Jan 2025

AA All Schools T&F c'ships – QSAC, Brisbane, QLD
Australian 35km Race Walk Championships – Middle Park
VRWC Summer program races #3 – Middle Park
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	20th 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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