



HEEL & TOE Online

Vol. 2025
Issue No. 10
Tuesday
11 March 2025

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

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** WALKER OF THE WEEK **

Two impressive 11-year olds are joint winners of this week's WOTW, on the basis of outstanding track performances with huge PB times.

Ella Harris (VIC) produced what was probably the result of her short career to claim silver behind Traralgon's pocket rocket Pippa Read in the LAVic State T&F championships U12 1500m on Saturday. Ella, a one-time regular VRWC racer of whom we've seen little in the past twelve months, shadowed Pippa for the entire race bar the final 100m when Pippa's finishing speed got her home. Ella clocked **7:34.08** – a PB of 1:38 – for the biggest improvement on a day suitably awash with best times, and it's hoped we'll see her racing again at Middle Park this winter as she has a big future.

North of the Murray, **Nate Appleyard (NSW)** contested the 3000m at the NSW Milers Club meet last Thursday and turned on amazing show of speed to win in **14:00.57**, a 53 sec PB that took him tantalisingly close to a sub-14:00. Nate's talent has been evident from his first appearances in NSW competition (many of us who were at last year's LBG carnival caught a glimpse of it), and he seems to have the desire to emulate older 'sky blue' confreres Isaac Beacroft and Callum Martin. Certainly, this latest performance shows he has the will to put in the work.

Well done, Ella and Nate ... keep at it, and keep enjoying it. We wish you both further success.

*Honourable mentions

- **Matilda Read, Oliver Crowl and Lily Bowkett (VIC)** – dominant wins in PB times at the LAVic State championships.
- **Pippa Read (VIC)** – a strong win under pressure with a huge PB in the LAVics U12 1500m.
- **Harrison Ryan (VIC)** – took 1:08 from his 1500m PB in a hard-fought U12 win at the LAVic titles.
- **Arthur Robinson (VIC)** – another big improver, this time by 0:58 over 1500m.
- **Adya Bhushan (NSW)** – an improvement of 5:20 over any distance is impressive. Over 3000m, you're at another level!
- **Jessica Loring and Maisie Mitchell (NSW)** – two promising youngsters who smashed their 5000m PBs by huge margins in finishing 1-2 at NSW Milers.
- **Kim Mottrom (SA)** – another SA M40 Masters record, this time over 10,000m in 33C heat.



CLUB NEWS and RESULTS

It'll soon be time to re-register with the Club for the upcoming 2025 Winter season and 2025-26 Summer season. Racing and Membership fees are unchanged from last year.

** VRWC RACE FEES

<u>Seasons ticket 12 months:</u>	Financial members: \$110.00 paid by the end of May.
<u>VRWC Club Races:</u>	Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00
<u>VRWC Championships:</u>	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 or RWA.

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2025:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races throughout the year): \$ 0.00

Family membership: \$50.00

Annual Subscriptions are due on **April 1st** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

***UNIFORMS** - Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$40. (Families: \$40 for the first child, \$35 for siblings.)



- Well done to our young members and past members who acquitted themselves well at last Saturday's **LAVic State T&F championships**, scoring many podium places and a raft of PBs. The 1500m races, with their demands on speed plus endurance, proved especially fruitful for VRWC walkers with road racing backgrounds:

GOLD	Alexandra Aubrey	U17 1500m
	Mietta Morgan	U16 1500m
	Matilda Read	U15 1500m
	Mya McClure	U14 1500m
	Julia Baldy	U13 1500m
	Pippa Read	U12 1500m
	Lily Bowkett	U10 1100m
	Fraser Aubrey	U16 1500m
	Damian Baldy	U15 1500m
	Angus Shuttleworth	U14 1500m
	Harrison Ryan	U13 1500m
	Brodie Welsh	U12 1500m
	Oliver Crowl	U11 1100m
SILVER	Addison Paulke	U16 1500m
	Hannah Matthews	U15 1500m
	Ella Harris	U12 1500m
	Georgia Walters	U11 1100m
	Anouk Morgan	U10 1100m
	Logan Allison	U11 1100m
BRONZE	Indigo Marshall-Moodie	U12 1500m
	Natalie Ramirez	U11 1100m
	Payton Welsh	U10 1100m
	Cody Wapshott	U15 1500m

Other VRWC members/past members who represented their regions and gave their all were:

4th place	Charlise McQueen	U15 1500m
	Addison Frenken	U13 1500m
	Jaida Robertson	U12 1500m
	Aria di Benedetto	U10 1100m
	Arthur Robinson	U16 1500m
5th place	Tate Jardine	U14 1500m
	Erlyn Singh	U12 1500m
6th place	Heath Tatlock	U14 1500m
	Zoe Bowkett	U12 1500m
	Abby Fowler	U11 1100m
	Dimitri Pashutin	U10 1100m

8th place Alayna Paulke U13 1500m
 9th place Caitlyn Shipham U13 1500m

Many who finished outside the medals nevertheless went home with PBs, some of them substantial, to show for their season of racing and training. Well done to everyone, regardless of your result! And well done to the coaches for their hard work, and to the parents for their support.

TERRY KNAPE 1958 – 2025

A couple of weeks ago I posted a brief notice of the passing of AV official, walk judge and LAVic coach **Terry Knape**.

Although Terry was never a VRWC member, he had a connection with the Club through his judging activities and his involvement with several of our walkers through his coaching and officiating at the Diamond Valley Little Athletics centre. The DVLAC posted the following tribute to Terry on their Facebook page two weeks ago:

In sadness we pass on the news of the sudden passing of Terry Knape.

Terry has been a member of our Diamond Valley athletics community for the past 20+ years.

Terry had a passion for athletics and has held many roles at Diamond Valley over the years, most notably recently as a coach of many athletes for his favourite events – the jumps, particularly high jump.

Terry made a significant contribution to Diamond Valley and was awarded life member in 2011. He was also awarded life membership with Eltham Lightning Little Athletics Club in 2006, with over 20 years' service on the committee and as president for four years.

Terry's life was athletics, and it seems fitting that his final days were a reflection of that commitment—spending the morning watching his Diamond Valley Athletes at the NMR Region Athletics Competition, coaching, offering advice, cheering and chatting with everyone in the athletics community.

In Memory of Terry Knape, Thank you for your dedication to the sport and our athletes.



(Photo: DVLAC Facebook)

VICTORIA - METRO & REGIONAL



LAVic State T&F championships, 8/9 March – Casey Fields

On a day forecast to climb to the 30+s, it was lucky for the walkers that that their events in the LAVic titles were done and dusted by late morning. The weather had little impact on the results and the racing was fittingly intense in most cases.

Predictably, the VRWC was well represented on the podium, with fair number of talented non-members providing a potential recruiting pool for the Club. The U12 girls provided the best race with the first 6 finishers recording PBs and a gripping battle between **Pippa Read** and **Ella Harris**, Ella destroying her previous best by over 90 secs. Others to dominate included **Mya McClure**, **Matilda Read**, **Lily Bowkett**, **Julia Baldy** and **Alaska Marshall-Moodie**, whom we hope to see join her sister Indigo in the Club for the Winter road season. All improved on their PBs, some by substantial margins.

Female U17 1500m

- 1 Alexandra Aubrey
- 2 Ruby Eales

*8:36.69
11:40.23

Female U16 1500m

- 1 Mietta Morgan
- 2 Addison Paulke
- 3 Jasmine Khew
- 4 Serana Evans

8:05.28
8:27.50
9:58.04
10:29.92

Female U15 1500m

- 1 Matilda Read
- 2 Hannah Matthews
- 3 Zahra Stevens
- 4 Charlise McQueen
- 5 Matilda Simcox

*6:44.73
*7:20.62
7:56.83
*8:18.83
9:16.07

1 DQ

Female U14 1500m

- 1 Mya McClure
- 2 Brienna Coffey
- 3 Harper Cassidy
- 4 Ruby Cardwell
- 5 Jasmine Overdyk

*6:31.05
*8:13.32
8:34.69
8:47.28
8:48.58

Female U13 1500m

- 1 Julia Baldy
- 2 Bethany Franzke
- 3 Lunah Ibrahim
- 4 Addison Frenken
- 5 Makenzie Davis
- 6 Shakayla Caddy
- 7 Helena Nash
- 8 Alayna Paulke

*7:31.17
*7:44.66
7:49.36
*7:59.95
*8:09.13
8:38.85
8:41.24
*8:55.08

Female U12 1500m

- 1 Pippa Read
- 2 Ella Harris
- 3 Indigo Marshall-Moodie
- 4 Jaida Robinson
- 5 Erlyn Singh
- 6 Zoe Bowkett
- 7 Milly Hargans
- 8 Emilia Johnstone

*7:30.34
*7:34.08
*7:50.65
*8:28.49
*8:36.42
*8:50.99
9:08.32
9:09.40

9 Caitlyn Shipham	*8:56.70	9 Sophie Flint	9:36.53
10 Scarlett Kelly	9:02.18	10 Haven Lennon	10:15.82
<i>18 finishers. 1 DQ</i>		<i>15 finishers. 2 DQs</i>	

Female U11 1100m

1 Alaska Bremner	*5:30.38
2 Georgia Walters	*5:37.32
3 Natalie Ramirez	5:49.73
4 Ava Jacobson	6:28.18
5 Yiota Evangelakos	6:36.54
6 Abby Fowler	*6:36.59
7 Nevaeh Allemand	6:46.56
8 Tully Kluver	6:48.98
9 Anna Dunbar	6:51.00
10 Tessa Kimberley	6:52.70
<i>21 finishers. 2 DQs</i>	

Female U10 1100m

1 Lily Bowkett	*5:36.95
2 Anouk Morgan	5:55.19
3 Payton Welsh	5:55.35
4 Aria di Benedetto	6:05.30
5 Pippa Coleman	6:29.17
6 Jasmine Bailey	6:38.26
7 Willow Burrows	6:40.52
8 Addilyn Westaway	6:41.48
9 Neve Cunnane	6:42.92
10 Ayla Senyuvali	6:44.12
<i>19 finishers. 3 DQs</i>	

Female U9 700m

1 Alaska Marshall-Moodie	4:22.06
2 Nellie Westaway	4:37.10
3 Alexandra Bernays	4:38.89
4 Henrietta Kluver	4:40.43
5 Georgia Sandrk	4:41.08
6 Zendaya Don Paul	4:42.16
7 Hannah Cinel	4:44.03
8 Ava Pravednikov	4:46.60
9 Adeline Redpath	4:53.00
10 Maia Andrews	4:53.77
<i>18 finishers. 5 DQs</i>	

*PBs

1500m – Ella 1:38; Alayna 1:06; Bethany 0:53; Alexandra 0:48; Julia 0:39; Pippa 0:38; Jaida 0:38; Brienna 0:35; Matilda 0:29; Eryln 0:21; Makenzie 0:21; Indigo 0:16; Zoe 0:15; Hannah 0:13; Mya 0:10; Caitlyn 0:10; Addison F 0:05; Charlise 0:01

1100m – Lily 1:08; Alaska 0:43; Georgia 0:37; Abby 0:17

The boys' races also saw some entertaining efforts. The best race came in the U12s with **Brodie Welsh** prevailing for a PB win against two tough rivals. **Harrison Ryan** and **Cruze Marsh** also left it all out there with Harrison ripping over a minute from his PB in the U13s. It's a pity that Bendigo's **Tate McQueen** was unable to start in this race, as his presence would have made the contest all the more intense.

Angus Shuttleworth returns the boys' only sub-7:00 result on the day with a clear win over the improving **Lewis McLennan** in the U14 race. **Damian Baldy**, in comeback mode, is putting some regular training together and his U15 win showed he should soon be approaching his best times.

Male U17 1500m

1 James Dunn	*9:14.17
<i>1 DQ</i>	

Male U16 1500m

1 Fraser Aubrey	7:07.01
2 Benjamin Crowley	*7:53.00
3 Joshua Teo	9:16.22
4 Arthur Robinson	*9:17.36

Male U15 1500m

1 Damian Baldy	7:37.86
2 Joshua Koegler	8:09.78
3 Cody Wapshott	*8:23.98

Male U14 1500m

1 Angus Shuttleworth	6:56.66
2 Lewis McLennan	7:19.95
3 Michael Freidli	8:06.28
4 Tate Jardine	*8:35.82
5 Heath Tatlock	*9:07.03
6 Angus Nicholls	9:16.25
<i>1 DQ</i>	

Male U13 1500m

1 Harrison Ryan	*7:50.80
2 Cruze Marsh	7:53.52
3 Cordell Don Paul	8:49.89
4 Kai Nonoyama	9:26.74
5 Thomas Lupiyanto	9:44.84
6 Viraj Singh Dhanoa	10:26.47
<i>1 DQ</i>	

Male U12 1500m

1 Brodie Welsh	*8:08.80
2 Xander Sommers	8:11.39
3 Archie Intamanon	8:14.52
4 Cooper Clark	8:31.61
5 Ethan Loch	8:33.47
6 Joel Bui	8:34.00
7 Brandon Thompson	9:38.25
8 Charlie Pratt	9:41.67
9 Clay Hilder	9:48.61
10 Harrison Nativo	9:58.81
<i>14 finishers. 1 DQ</i>	

Male U11 1100m

1 Oliver Crowl	*5:03.72
2 Logan Allison	*5:20.32
3 Blair Hosking	5:29.59
4 Ardan Magaharan	5:56.55
5 Sebastian Botha	6:25.86
6 Seth Caddy	6:29.49
7 Izacc Bufete	6:34.34
8 Jack Greyling	6:46.89
9 Austin Hall	6:59.32
10 Ashton Mee	7:15.28
<i>15 finishers. 5 DQs</i>	

Male U10 1100m

1 Spencer McKenna	5:40.02
2 Felix Skurka	5:42.68
3 Noah Joksimovic	5:51.97
4 Bronson Roseler	6:00.99
5 Richard Barker	6:13.56
6 Dimitri Pashutin	6:17.58
7 Angus Rankin	6:22.68
8 Daniel Edwards	6:25.96
9 Will Malcomson	6:29.03
10 Hudson Bray	6:48.90
<i>20 finishers. 2 DQs</i>	

Male U9 700m

1 Fletcher Walters	3:41.22
2 Leo Coughlin	3:55.46
3 Judah Shanks	3:55.93
4 Nesta Webb	4:02.18
5 Otis Sheehan	4:02.39
6 Oliver Bubb	4:13.50
7 Flynn Walter	4:17.08
8 Charlie Hadjistefanis	4:30.12
9 Oliver Fraser	4:36.65
10 Jake Howard	4:38.38
<i>21 finishers. 2 DQs</i>	

*PBs

1500m – Harrison 1:08; Arthur 0:58; Benjamin 0:28; James 0:25; Heath 0:25; Brodie 0:22; Tate 0:17; Cruze 0:15; Cody 0:09

1100m – Oliver 0:53; Logan 0:43



The Victorian Masters T&F championships will be held on **Saturday 15** and **Sunday 16 March**, at Tom Kelly track, Doncaster. The Walks schedule is:

Saturday 15 March, 9.00am - 3000m Walk
 Sunday 16 March, 1.00pm - 1500m Walk



NEW SOUTH WALES NSW Milers VII, 6 March – Georges Hall

The NSW walkers' latest racing opportunity came at their Milers Club meeting last Thursday night at Georges Hall, near Bankstown. Judging by the number of PBs, they made the most of the occasion.

Men 3000m Walk

1 Nate Appleyard	Winston Hills	14:00.57*
2 Alexander Braendle	Northern Dist. LAC	14:15.49*
3 Rhys Chandler	Ryde AC	14:29.55*
4 Noah Vella	Nepean Dist. AC	15:24.09*
5 Sagan Jones	Hills Dist. Sen AC	15:49.17*
6 Michael Mathison	Westfields AC	15:57.59*
7 Mitchell McCarthy	Ryde AC	16:05.20
8 Adya Bhushan	Girraween LAC	16:56.03*
9 Mathias Hutchens	Hornsby Dist. AC	17:25.17*
10 Oliver Penn	Cherrybrook	17:44.43*
11 Maxwell Penn	Cherrybrook	18:44.66
... Ethan Lally	Ku-Ring-Gai LAC	DQ TR54.7.1

Men 5000m Walk

1 Brendan Pospischil	Winston Hills	24:39.65*
2 Dylan Allabush	West T&F	25:20.08
3 Christopher Nilon	North Rocks Carl.	25:55.99*
4 Aidan Pospischil	Winston Hills	29:33.21

Women 3000m Walk

1 Grace Beck	Ku-Ring-Gai LAC	14:05.92*
2 Miarose Everson	Ryde AC	16:04.10*
3 Hannah Hewitt	Bankstown SAC	16:06.37
4 Erin Cassilles	Westfields AC	16:15.54
5 Nikki Hearnden	Cardiff & Dist.	16:51.28

Women 5000m Walk

1 Jessica Loring	Parramatta City	25:40.43*
2 Maisie Mitchell	West T&F	25:52.34*
3 Stella Pinches	Adamstown NL	27:16.80 F
4 Laelia Byatt	Girraween AC	27:21.14*
5 Summer Sivaraj	West T&F	30:07.91
6 Laura Corvalan S'yor	Girraween LAC	31:21.80*
7 Ruby Penn	Cherrybrook	34:13.99 F
... Emma Hearnden	Cardiff & Dist.	DQ TR54.7.1

***PBs:**

3000m – Adya 5:20; Rhys 1:57; Mathias 1:54; Grace 0:56; Nate 0:53; Alexander 0:42; Sagan 0:20; Oliver 0:17; Miarose 0:10; Michael 0:05; Noah eq PB

5000m – Maisie 1:20; Laelia 1:14; Christopher 1:05; Jessica 0:58; Brendan 0:26; Laura 0:19

F – First time over distance

SOUTH AUSTRALIA ASA T&F championships, 8 & 10 March – Mile End stadium

It was already 29C at 9am for the ASA junior titles, with three PBs being recorded. Thanks to **Kim Mottrom** for the results.

State Championships

U14 Boys 3000m Zachery Freundt	Time 19:51.40	U18 Girls 5000m Angelina Legrand	30:57.57
U14 Girls 3000m Liliana Templar	18:07.58 PB 0:10	O35 Men 5000m Kim Mottrom	22:52.20
U15 Boys 3000m Orlando Grantham	19:10.69	O35 Women 5000m Melissa Grantham	31:45.48
Ananpreet Singh Sidhu	20:22.47	O50 Men 5000m Peter Crump	34:13.49
Riley Hill	20:47.36 PB 0:13	Alex McEwan	41:03.53
U16 Girls 3000m Jessica Clelland	20:20.45 PB 1:38		

Matilda Rech	20:36.52	O50 Women 5000m	
		Marie Maxted	34:40.40
U17 Boys 5000m			
Liam Freundt	28:53.86		
U18 Boys 5000m			
Sebastian Richards	24:39.72		

***ASA 10,000, track c'ship**

A Labour Day Monday race, although to those on the track it must have felt like anything but a holiday! **Kim Mottrom** – claimant of yet another Masters record – reports: “Our 10,000m walk was at 9am this morning and it was already 33c. Slow times across the board, however I was happy to get a state record.”

Kim Mottrom	46:42.61	M40 state record 3:18
Rain Langford	56:02.43	
Jordan McKenna	1:09:43.61	

Open Women 10,000m

Samantha Findlay	50:52.20
Nellie Langford	53:48.53

U20 Men 10,000m

Sam McCure	46:21.91
Cooper Rech	59:39.20

U20 Women 10,000m

Angelina Legrand	1:07:35.62
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WESTERN AUSTRALIA AW T&F championships results, 8 March – WAAS, Perth

Terry Jones reports:

Attached are AW State Championships results for Saturday 8 March 2025 at WAAS. That concludes the AW state champs for this summer, but there will still be some walks before the Australian Champs here in Perth starting 4th April. The weather was good this morning with the temperature in the low 20s, scattered clouds and light breeze.

Women 5000 Metre Walk U17

1 Katica Borsic	29:20.44
2 Chelsey Ireland	31:03.39

Men 5000 Metre Walk U17

1 Ali Znad	26:38.95
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Women 5000 Metre Walk U18

1 Kaytee Bogaers	26:51.40
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Men 3000 Metre Walk U14

1 Tom Murphy	17:21.18
2 Riley Cunnold	17:37.70
3 Tayte Moore	18:09.98
4 Emilio Follington	19:22.68
5 Gabriel van Heerwaarden	21:35.81

Women 3000 Metre Walk U16

1 Trinity Doulis	16:38.02
2 Liliana Martin	17:40.09
3 Annabelle Van Sprengel	18:11.34
4 Sierra Thompson	19:08.35
5 Lauren Davis	21:46.05

Women 3000 Metre Walk U15

1 Tory D'Alessio	16:31.96
2 Savannah Carnaby	16:57.53
3 Isla Messenger	17:28.95
4 Addison Roots	19:29.47

Men 3000 Metre Walk U15

1 Seghar Guruprasath	16:01.16
2 Orlando Follington	17:57.98
3 Dylan Sardelich	19:16.52
4 Matari Penola	21:22.52

Women 3000 Metre Walk U14

1 Darcy Bramwell-Keys	15:55.20
2 Eva Tomasini	15:59.60
3 Makenzie Sillitto	16:32.78
4 Chloe Bevis	20:53.81

Men 3000 Metre Walk U16

1 Zhao Zilin Wesley	17:04.34
2 Kendric Kongenhong	17:31.45
3 Lochie Hadley	18:49.10



INTERNATIONAL NEWS

Throughout the history of athletics, few racewalking coaches can truly be said to have achieved fame, in the sense of stand-alone eminence rather than reflected glory from their athletes. (Fewer still reap fame's partner, fortune, but that's another story.) Even within the cloistered community of race walkers and those who support them, it can be hard to name a coach, apart from one's own, unless one has had reason to communicate with them.

Most walks coaches, whatever their achievements, are lousy self-promoters ... a 'failing' that perhaps owes something to the sport's amateur heritage, or perhaps a reluctance to stick one's head up over the parapet. It's hard to find a walks coach with the kind of profile cultivated by Percy Cerutti (Herb Elliott's coach) – one of the most brazen self-promoters to be found anywhere. Even without going to that extreme, where is the walking equivalent of someone like New Zealand's Arthur Lydiard (coach of Olympic champions Peter Snell and Murray Halberg, among others), whose pioneering approach to conditioning extended beyond distance running and spread to inform virtually every type of endurance sport?

Well, now that I mention it ... there is someone. Somebody who arrived in a country whose language he didn't speak and which had zero tradition in racewalking, who had barely two years to produce Olympic success yet who, within two decades, made that country a world leader in the sport. Ladies and gentlemen – **Jerzy Hausleber**.

How Mexico defined modern racewalking

by **Bob Pateman** (reprinted from *Mexico News Daily* – 2 March)¹



Jerzy Hausleber – the author of Mexican walking's golden age. (Photo: El Universal)

Early in 1966, with the Olympics just under three years away, General José de Jesús Clark Flores, President of the Mexican Olympic Committee, oversaw a program to attract international coaches to work with Mexico's most promising athletes. The Mexican team had returned from the last two Olympics with a single bronze medal on each occasion, and they expected to do better on home soil. After all, the reason for staging these games was to project an image of Mexico as a modern nation.

More than anything else, General Flores wanted a medal in one of the glamor events on the track. It would be tough, as these are among the most competitive events in the Olympic program. There was, perhaps, one opening: the walking races. In 1966, this branch of the sport had a very small following outside of Europe, and its popularity was declining in the West. The great walkers now all came from Eastern Europe, particularly the USSR. In theory, that meant there were only nine or ten men standing between Mexico and a medal. In addition, these were long distance races, staged over 20 and 50 kilometres, where Mexico City's altitude would give home athletes an advantage.

Coach Hausleber and Sergeant Pedraza

When the foreign coaches arrived, the Polish **Jerzy Hausleber** was assigned to the walkers. 36 years old at the time and brought up in the tough neighborhoods around the Gdansk shipworks, it is uncertain if Hausleber had been a competitive

¹ https://mexiconewsdaily.com/culture/how-mexico-defined-modern-racewalking/?fbclid=IwY2xjaw10WelleHRuA2FibOIxMQABHa5hYoYgIn04_MBSNYwAk9_U995lt6G_54FFS_rt6GD9CMR04i0cqCHL1w_aem_f-NdwVKv-TS42hk1HMXQqw

walker himself; his main sport was actually boxing. One advantage of his tenure was that he came free of charge, part of an exchange with the Polish government. Hausleber was given just six athletes to work with. Fortunately, one of them was army sergeant José Pedraza Zúñiga.

Pedraza had been raised on a Michoacán ranch where running had been a fact of life. With little prospect of finding work, he joined the army, where he was allowed to play sports. The Mechanized Brigade's basketball team played in one of the major leagues, and the young José Pedraza was good enough to be selected for a few games. He could dribble and score points on a break, but was too small to have any great impact on a sport where height ruled.

Instead, Pedraza started to concentrate on athletics. He came close to making the Olympic team in 1960 and 1964, but at 27, that dream seemed over. There was still promise in Pedraza, however: he had just won the first ever Mexican walking championship. Within weeks of Jerzy Hausleber's arrival, Pedraza also won the Central American and Caribbean Games title.

The significance of this win should not be overestimated: Pedraza's race was staged over 10 kilometers, half the Olympic distance, and none of the countries in the region had a walking tradition. However, winning was a confidence booster and it whetted the squad's appetite for more and greater success. Hausleber and "El Sargento" Pedraza buckled down to work.

"La Marcha" is born

Hausleber identified a problem. Walkers at the time tended to take long strides, keeping their heads and shoulders stiff. This style that favored taller men, but most of the Mexican squad was short and stocky. If Hausleber couldn't make his walkers taller, he would find a technique more suited to their build. And so "la marcha" was developed.

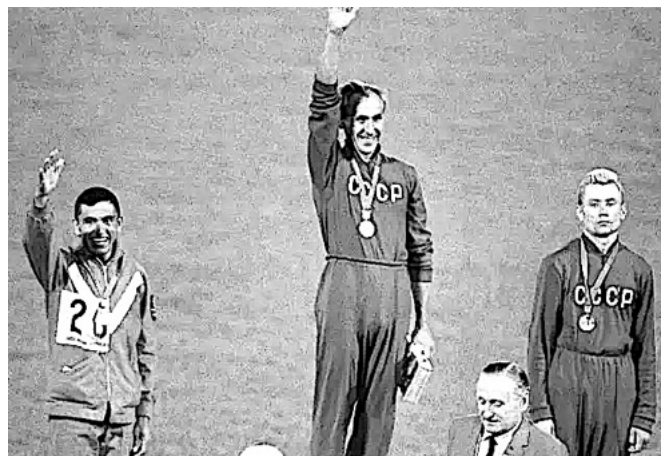
Traditionally, racewalking was just a faster version of normal walking, with the feet moving in parallel, the width of the athlete's hips apart. In "la marcha," the athlete places one foot directly in front of the other to move along a narrower line. Every time we take a normal walking step, we twist our hips about four degrees. Modern racewalkers, using Hausleber's gait, twist closer to 20 degrees. In addition, instead of keeping the trunk and head in the rigid posture of the Europeans, Mexican racewalkers became far more flamboyant, throwing their head, shoulders and trunk around. In other words, the new technique made walking more fun to take part in and more exciting to watch. Still, it was not an easy adjustment, and Hausleber developed a whole series of exercises and training routines for his walkers. These are still used around the world today and are known as the Mexican Drills.

The new style was fast, and it suited the Mexican team, but it also created a potential problem with judges. Walking is defined as having one foot in contact with the ground at any one moment. If both feet lift off the ground simultaneously, it is considered running. The term used in racewalking is 'flight time'; if noticed by the judges who are spread around the course, it earns a warning. Three warnings means disqualification. However, the sport's rules stipulate that flight time has to be visible to the human eye. It is estimated that "la marcha" squeezed in about 40 milliseconds of flight time on each step: too fast for the human eye to spot. There was some uncertainty if the new style would be accepted, or the rules changed to outlaw it.

The speed of the Mexican team's progress was remarkable. Within a year of Hausleber's arrival, the Mexicans were recording world-class times. In 1967 they made their debut on the European circuit, where they held their own against — and sometimes beat — some of the best walkers in the world. After competing in the USSR, the team traveled to Winnipeg, Canada, for the 1967 Pan American Games. Here Pedraza moved into the big leagues with a silver medal.



Mexico 1968 20km: Holubnychy barely prevails over Pedraza's astonishing finish
(Photo: INEHRM)



Holubnychy and Pedraza enjoy the moment ... but 'rouble' for Smaga's thoughts?
(Photo: Comité Olímpico Mexicano)

Mexico City, 1968

Fast-forward to Oct. 14, 1968, the second day of the track and field program at the Mexico City Olympics. The walkers completed a half lap of the stadium and, with Russian (*sic*) champion Volodymyr Holubnychiy already in the lead, headed out for the surrounding roads. Some 90 minutes later the leaders returned, still led by Holubnychiy, who had a narrow lead over teammate Nikolai Smaga. Then there was a cheer from the crowd, for in third place was José Pedraza.

Pedraza looked safe for the bronze medal but seemed too far behind the Russians to make any headway over the last three quarter laps of the track. The Mexican had other ideas: with the crowd calling his name, he raced past Smaga. Holubnychiy was the finest walker of his generation and managed to hold out, beating Pedraza to the line by a second.

It was probably just as well. As the British magazine *Athletic Weekly* said in a review of Olympic walking, “in the views of most experts, Pedraza was not walking legally but there seemed little chance he would be disqualified as he closed up on Holubnychiy with officials fearing a riot.” Russia had no wish to deprive the host nation of a medal, so they settled for gold and bronze. Had José Pedraza passed Holubnychy and won the gold, there would almost certainly have been an appeal which would have likely turned into a major diplomatic incident.

The Mexican racewalking revolution

A silver medal, won in such dramatic fashion, laid the groundwork for a walking revolution in Mexico. Hausleber was invited to stay on as coach, and money was found to fund a long-term program. Walking slowly became one of Mexico’s national sports, but it did so primarily as a spectator sport, with big street races drawing large crowds and television cameras. Munich in 1972 brought steady, if unspectacular, progress, but it wasn’t until the kids who had watched the drama of the 1968 race were coming through the system that the golden age of Mexican walking arrived. This cohort’s highlight was Daniel Bautista winning the Olympic title in Montreal in 1976.

Walking is about more than just the Olympics, however. Every two years the best walkers in the world gathered for the Lugano Cup, a team world championship which Mexico won in 1977 and 1979. And the nation’s impact goes beyond mere medals. The Mexican style of walking was adopted around the world and the best international walkers came to Mexico to train. This was partly for the altitude, but there was also the feeling that Mexico was now the center of the sport. Visiting athletes spoke in awe of both the hospitality and the tough training schedules the Mexican walkers were putting themselves through.

The 1984 Olympics brought even more success, with Daniel Bautista winning the 20 km gold and Raul González securing the 50 km gold and 20 km silver. Perhaps the greatest athlete of them all was Ernesto Canto, who openly acknowledged the inspiration of José Pedraza and the coaching of Hausleber. A wonderful technique and hard work brought Canto Olympic, World and Pan-American titles.



The glory days ... Jerzy Hausleber with his champions, including (left) Raul Gonzales and Daniel Bautista, and (right, arms folded) Ernesto Canto.

(Photo: Expansion)



Hausleber in advanced years, having been honoured once again.

(Photo: Gobierno de Mexico)

Canto might be considered the last of the Golden Generation, and after he retired Mexican dominance started to fade. To be sure, Mexico still produces world-class walkers, such as Daniel García Córdova and Lupita González. However, there have been no Olympic titles since 1984. This decline was partly because Jerzy Hausleber was losing energy. With heart and knee problems, he increasingly restricted himself to coaching coaches and promoting the sport with motivational speeches. Although he was always diplomatic, he hinted that, in his opinion, many young Mexican walkers no longer had the work ethic that had taken athletes like Canto to the very top of their sport.

As for Jerzy Hausleber, he became a Mexican citizen in 1993 and died in 2014 at the age of 83. He is still remembered both as an extraordinary coach who guided Mexican walkers to 118 medals in major championships and, in the words of Canto, as “a great person and extraordinary human being.” José Pedraza Zúñiga, Hausleber’s greatest pupil, stayed in the army, reaching the rank of captain and continuing to coach young walkers. He died in 1998, at the age of 61.

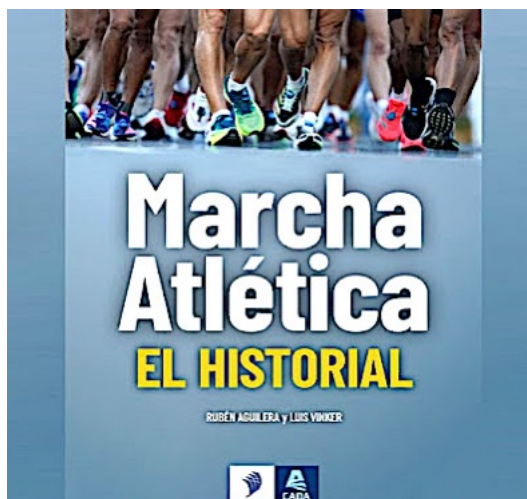
Bob Pateman is a Mexico-based historian, librarian and a life term hasher. He is editor of On On Magazine, the international history magazine of hashing.

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, March 10, 2025 - **Caio Bonfim and Viviane Lyra with victories in the 20 km race walk of the Brazil Cup – São Paulo 2025** <https://omarchador.blogspot.com/2025/03/caio-bonfim-e-viviane-lyra-com-vitorias.html>

- Monday, March 10, 2025 - **New national titles in Lagoa for João Vieira and Vitória Oliveira, this time in the 20 km walk** <https://omarchador.blogspot.com/2025/03/novos-titulos-nacionais-em-lagoa-para.html>
- Sunday, March 9, 2025 - **Book “Racewalking – History” (“Marcha Atlética – El Historial”) published by South American Athletics** <https://omarchador.blogspot.com/2025/03/livro-marcha-atletica-el-historial.html>.
An exhaustive work, running to 434 pages, focusing on the sport of race walking in South America. Fittingly, it begins with the arrival of Ecuador’s Jefferson Perez and appears to be chock-full of bios, anecdotes, historical accounts and, of course, statistics. Unfortunately for English-speaking readers, the book is in Spanish. (However, what better reason to learn?) We’ll keep our eyes open for an English translation.



- Saturday, March 8, 2025 - **Sofia Navarrete Contreras (2006-2025)** <https://omarchador.blogspot.com/2025/03/sofia-navarrete-contreras-2006-2025.html>
Concerning the tragic, untimely death of Chilean U18 and U20 champion Sofia Navarrete Contreras at the age of just 18.
- Saturday, March 8, 2025 - **Antonio Arribas (Spain) celebrated 60 years of activity in the service of athletics** <https://omarchador.blogspot.com/2025/03/antonio-arribas-espanha-comemorou-60.html>
- Friday, March 7, 2025 - **UK 20km titles for Cameron Corbishley and Abigail Jennings. Aisling Lane wins women’s race – Douglas 2025** <https://omarchador.blogspot.com/2025/03/titulos-do-reino-unido-de-20-km-para.html>
- Thursday, March 6, 2025 - **Beijing with Shengji Shi and Jiayu Yang wins in the Taicang Marching Mixed Relay** <https://omarchador.blogspot.com/2025/03/pequim-com-shengji-shi-e-jiayu-yang.html>
- Wednesday, March 5, 2025 - **National Masters Athletics Championship on short track – Pombal 2025 (results)** <https://omarchador.blogspot.com/2025/03/campeonato-nacional-de-atletismo-master.html>
- Tuesday, March 4, 2025 - **Victor Lavoura (1945-2025)** <https://omarchador.blogspot.com/2025/03/victor-lavoura-1945-2025.html> The passing of a Portuguese Panel ‘A’ judge who loved walking, perhaps not so much as an athlete as a pilgrim ... the Santiago de Compostela was one of the challenges he conquered.

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.

**** H&T Online - NOTICE BOARD ****

2025 WINTER SEASON FIXTURE

APRIL

Saturday 26th April VRWC CHAMPIONSHIPS Mentone Track

MAY

Saturday 3rd May VRWC Points races Middle Park

Saturday 10th May VRWC Points races Middle Park

Saturday 10th May **Coaching seminar for parents, athletes and coaches** Middle Park

Sunday 18th May AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS
& VRWC Events, incorporating AV Jared Tallent Trophy 30km Middle Park

Saturday 24th May VRWC Points races Middle Park

Saturday 31st May VRWC Points races Middle Park

JUNE

Sunday 8th June RWA 58th Annual Lake Burley Griffin Carnival, Canberra

Saturday 14th June A.V. & LA Vic Championships, Middle Park
Incorporating AV Bert Gardiner 10km winter championship

Saturday 14th June **Judging course and Coaching seminar** Middle Park

Saturday 21st June VRWC Points races Middle Park

Saturday 28th June VRWC Points races & Prize Day Middle Park

JULY

Sunday 6th July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 12th July VRWC Points races and Interval races Middle Park

Saturday 19th July VRWC Points races Middle Park

Saturday 19th July **Coaching seminar for parents, athletes and coaches** Middle Park

Saturday 26th July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

AUGUST

Saturday 2nd August VRWC Points races Middle Park

Saturday 9th August AV Championship & VRWC Championships & events Middle Park

Saturday 16th August VRWC **Last points race** Middle Park

Sunday 24th August Australia Athletics championships Ballarat

Saturday 30th August VRWC non points race day Middle Park

September

Saturday 6th September AV 5km teams championship, VMA 5km track championship & VRWC events
Mentone Track

Sunday 14th September VRWC relay race and [Seasons Presentations](#) Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA
Sat 26 Apr 2025	VRWC Track championships (Winter season opener) – Mentone
Sun 18 May 2025	AV, AV Schools & VRWC championships – Middle Park
Sun 8 Jun 2025	RWA 58 th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park

International Dates

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
13-21 Sep 2025
4-9 Aug 2026
30 Oct-15 Nov 2026

World University Games – Bochum, GER
20th World Athletics Championships – Tokyo, JPN
World U20 Athletics Championships – Eugene OR, USA
Youth Olympic Games – Dakar, SEN

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