



HEEL & TOE Online

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



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CLUB NEWS and RESULTS



On Sunday we bade a sad farewell to **David Smyth**, who is returning to his native New Zealand after twelve years of racing at the VRWC. Dave also raced at Masters and AVSL competition, as well as having a stint with the WARWC in Perth beforehand. A chef by trade, Dave has often supported the canteen with desserts and other treats for the enjoyment of members.

Thanks for your support of the Club, Dave. We'll miss you, and we wish you all the best for the future!

- We are delighted to welcome **Emilie Garside** onto the Club committee for 2024/25. Emilie has been a regular racer with us for the past three seasons and has already shown herself an enthusiastic contributor to club activities (she seems to be a dab hand with barbeques!) Welcome aboard, Emilie – your input will be invaluable.
- Apart from Emilie, the VRWC Committee was re-elected unopposed at Sunday's Annual General Meeting. Welcome back to all Committee members ... there's a big 12 months coming up!

EXECUTIVE

President	Stu Cooper	Publicity Officer	Stu Cooper
Vice President	Mark Donahoo	Club Captain – Women	Heather Carr
Treasurer	Karyn O'Neill	Club Captain - Men	Terry O'Neill
Secretary	Terry Swan	Club Captain – Jun. Women	Emily Smith
		Club Captain – Jun. Men	Marcus Wakim
		Racewalking Australia Liaison	Mark Donahoo
		Club Records	Tim Erickson
		First Aid Officer	Michael Bodey
		Non-office holders	Harry Summers
			Bob Gardiner
			Donna-Lee Elms
			Michael Bodey
			Emilie Garside
			Madeleine Feain
		Auditor	Simon Evans

***RACE SECRETARY**: In addition to the Committee roles listed above, there is a need for some of the race day workload to be removed from Mark Donahoo's shoulders in the hour before our first race in the winter season.

If two or three members (either non-competing or part-time competing) agreed to be trained up for the vital role of

Race Secretary, the job could be done on a rotational basis. Or someone could take it on and make it their ‘baby’. Either way, Mark would be freed up to engage with the walkers pre-race as Club coach, or attend to other duties.

Please consider giving it a go. See the ‘Race Secretary’ advert below on the *Notice Board* for details of the role and what it entails.

VRWC Club summer c’ships results, 10 November – Middle Park

On a morning of perfect weather for racing, a modest total of 21 walkers arrived for this year’s Club Summer titles. An unforeseen clash with a Junior Development Squad open day reduced our numbers in the younger ranks, while others simply had other commitments. That’s how it goes sometimes.

After a year of unrelenting hard training and international racing, the elite-level entrants in the 20km – despite the efforts of **Alejandro Stephens** to lift the tempo – enjoyed what amounted to a training session-cum-social jaunt, raffling who would take the Gus Theobald trophy at the end. That honour went to **Rhydian Cowley**, with **Bec Henderson** taking the Women’s title as all finished with the same time.

Eden Morgan backed up from his first sub-13min 3000m of the day before with another PB, this time over 5km, to snare the U20 club championship. **Jonathan Ho** and **Aria di Benedetto** both recorded big PBs with Aria pushing **Anouk Morgan** all the way in their U10 title race. **Aangi Shah** improved on her October time over 3km and will, we hope, race with us a lot more.

Rhyd, Will, Dec, Bec and Dylan take in the sun.



20km Open Men Gus Theobald C’ship

1 Will Thompson	M	1:44:36
2 Rhydian Cowley	M	1:44:36
3 Declan Tingay	M	1:44:36
4 Dylan Richardson	M	1:44:36
5 Alejandro Stephens	M	1:44:36

20km Open Womens VRWC C’ship

1 Rebecca Henderson	F	1:44:36
.. Jia Wen Heng	F	Ab

10km Masters Men C’ship

1 David Smyth	M	Ab
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5km Un20 C’ship

1 Eden Morgan	M	22:23 PB 0:17
1 Emily Smith	F	30:43

Open 15km Race

1 Char Hay	F	1:24:52
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1km Un10 C’ship

1 Anouk Morgan	F	5:39
2 Aria Di Benedetto	F	5:46 PB 0:26

1.5km Un12 C’ship

1 Abby Fowler	F	10:49
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2km Un14 C’ship

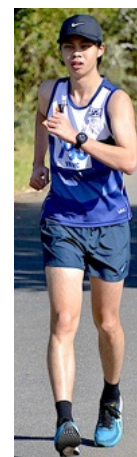
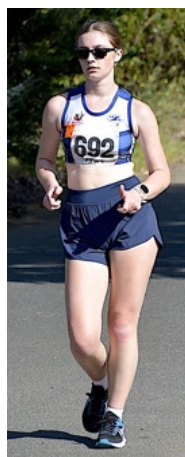
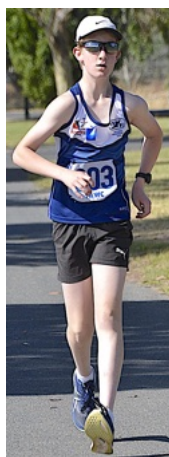
1 Angus Shuttleworth	M	9:40
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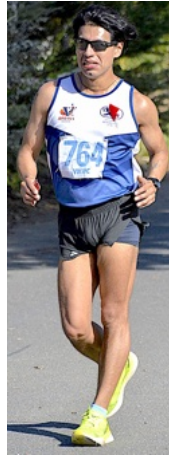
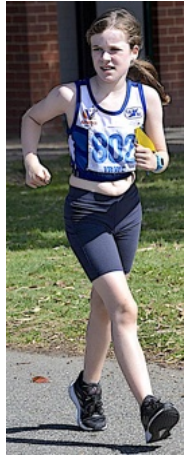
3km Un16 C’ship

1 Arthur Robinson	M	22:06
1 Mietta Morgan	F	18:26
2 Aangi Shah	F	21:14 PB 0:05

Open 4km Race

1 Jonathan Ho	M	21:32 PB 0:44
1 Emilie Garside	F	25:38
2 Donna-Marie Elms	F	25:54





***This week's action models:**

Emilie, Char, Aria, Angus, Alejandro, Jonathan, Donna-Marie, Anouk, Abby, Emily.

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:

Manager	Mark Donahoo
Referee:	Terry Swan
Race check in	Mark Donahoo, Donna- Marie Elms
Recorders	Bob Gardiner, Mark Donahoo, Madeleine Feain, Tim Erickson, Karyn O'Neill
Judges:	Kathleen Marsh (Chief), Gordan Loughnan, David Cash, Stu Cooper, Terry O'Neill
Set up, Pack up:	Terry Swan, Tim Erickson, Stu Cooper, Bob Gardiner, Ian Laurie, Terry O'Neill, Merlyn Thompson, Donna-Marie Elms
Bike rider	Terry Swan
Photos	Terry Swan, Therese Smith
Canteen	Donna Marie Elms
Presentation	Mark Donahoo, Stu Cooper, Tim Erickson
Walkers:	21

Next VRWC races ...

**** All members please note** – There is an addition to our VRWC Summer race fixture.

On **Sunday 15 December**, we will host the Australian 35km Road walk championships at Middle Park. This will be conducted by Athletics Australia with VRWC support, and will comprise Open 35km and 20km races.

In addition, the VRWC will conduct its own races for both members and guest walkers. The program is as follows:

7.00am	Australian 35km Championship	Open Male
7.00am	Australian 35km Championship	Open Female
7.00am	AA Invitational 20km Walk	Open Male
7.00am	AA Invitational 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

Tim Erickson has amended the summer fixture on the website accordingly. See this at <https://vrwc.org.au/vrwc25.shtml>.

The AA championship is one that would normally take place at Fawkner Park in South Yarra, so we're fortunate to be hosting it at our home base this time. Come along and support those aiming to qualify for the World Championships in Tokyo 2025 – or have a race yourselves.

***To all members:** An important message from **Mark Donahoo**, aimed at training and accrediting more coaches in race walking ...



The COACHING POINT

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?

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

VICTORIA - METRO & REGIONAL

AVSL RESULTS

**** Metro Zone: Round 4, Saturday 9 November – Duncan McKinnon Reserve, Murrumbeena**

Warm but pleasant conditions, with little wind, greeted the 38 walkers who fronted at Murrumbeena for the AVSL resumption. The 1500m was up first, with **Mya McClure** giving no quarter in winning emphatically with **6:44.9**, just missing her PB. **Bob Gardiner** collected two more M85 Masters records, one VRWC and one State, with his **11:12.6**. Big improvement was shown by both **Caitlyn Shipham** and Williamstown's **Kobe Lewis**, who made serious inroads into their previous bests.

The 3000m saw **Eden Morgan** dip under 13:00 for the first time with a strong, all-the-way display, clocking **12:56.0**. **Hannah Matthews** was also on the PB trail, clipping 10 secs from her PB time with **15:29.5**.

Pl	Name	Club	Age	Time	Points	PB?
1500m						
1	Mya McClure	(WCA)	F14	6:44.9h	488	
2	Jaime Hvalica	(DIV)	M16	7:16.4h	386	
3	Shaun Lewis	(WTN)	M45	7:52.8h	296	
4	Natalie Laurie	(ANW)	FOP	7:56.3h	363	

5	David Smyth	(COL)	M55	8:10.2h	362	
6	Sandra Geisler	(RWD)	F45	8:13.3h	386	
7	Kobe Lewis	(WTN)	F14	8:53.4h	338	PB 0:56
8	Dee Holohan	(MEN)	F55	8:54.5h	386	
9	Donna-Marie Elms	(PTN)	F60	9:02.2h	403	
10	Caitlyn Shipham	(KNA)	F14	9:06.0h	325	PB 0:28
11	Laura McLennan	(DAC)	F45	9:07.5h	329	
12	Bernie Keirl	(DIV)	M60	9:10.8h	290	
13	Janice Hodgart	(WES)	F60	10:16.9h	333	
14	Clyde Riddoch	(WAM)	M70	10:25.7h	284	
15	Gwen Steed	(GHY)	F70	10:42.3h	371	
16	David Martini	(OLX)	M45	10:43.6h	191	
17	Geoffrey Barrow	(MEN)	M70	10:45.3h	274	
18	Robert Gardiner	(COL)	M70	11:12.6h	261	VMA, VRWC M85 recs.
19	Ross Reid	(COL)	M70	11:47.2h	244	
20	Geza Benke	(OLM)	M65	11:49.8h	223	
-	Margaret Fitzgerald	(OLX)	F60	DQ		
-	Thuan Ma	(OLX)	MOP	DQ		

3000m

1	Eden Morgan	(KNA)	M20	12:56.0h	439	PB 0:24
2	Char Hay	(MUU)	FOP	14:39.8h	405	
3	Jade Chitty	(WES)	FOP	15:10.2h	387	
4	Angus Shuttleworth	(KNA)	M14	15:24.3h	391	
5	Hannah Matthews	(KNA)	F16	15:29.5h	396	PB 0:10
6	Sarah Holmes	(DIV)	F16	16:05.5h	376	
7	Lewis McLennan	(DAC)	M14	16:07.1h	365	
8	Mietta Morgan	(KNA)	F16	17:09.2h	341	
9	Grace Louey	(KNA)	FOP	17:11.9h	317	
10	Carolyn Rosenbrock	(YRA)	F60	17:26.2h	424	
11	Emily Smith	(KNA)	F20	17:52.0h	295	
12	Mackenzie Turner	(KNA)	F18	18:28.5h	286	
13	Emilie Garside	(YRA)	FOP	19:31.4h	252	
14	Phillip Dunstone	(WES)	M55	21:06.6h	244	
15	Rupert Van Dongen	(MEN)	M50	21:13.9h	216	
-	Addison Frenken	(CCA)	F14	DQ		

**** Ballarat Zone: Round 4, Saturday 9 November – Llanberris Stadium, Ballarat**

Jemma Peart of Ballarat YCW flew the speed flag at Llanberris, whipping around the track to **9:56.72** for 2000m. Behind her, the Masters walkers wrestled with the 5 laps in company with young first-timer **Charlie Wright**, before **Stephen McLennan** crossed easily in 2nd place.

2000m

1	Jemma Peart	(BYC)	FOP	9:56.72	394	
2	Stephen McLennan	(WEN)	M60	12:57.62	315	
3	Tamai Bremner	(ASW)	F40	14:02.33		
4	Charlie Wright	(EKA)	M14	14:49.29	190	
5	Roslyn Ireland	(BWK)	F40	17:07.98	139	
6	Olive Ireland	(BWK)	F60	17:11.02	216	

**** Bendigo Zone: Round 4, Saturday 9 November – Lar Birpa Athletics Track, Flora Hill**

It's good to see Bendigo walkers entering for the 3000m, albeit in small numbers. Young gun **Tate McQueen** used the opportunity to destroy his previous best with an excellent **15:29.29**. Meanwhile, veteran Eaglehawk campaigner **Annette Major** easily took the honours in the 1500m.

1500m

1	Annette Major	(EAG)	F60	10:14.07	336	
2	Leigh Browell	(SBE)	M50	10:38.77	209	
3	Christopher Pollard	(EAG)	M65	11:12.59	242	
4	Annette Curtis	(SBE)	F65	12:27.59	259	
5	Wendy Ennor	(EAG)	F65	14:10.73	191	

3000m

1	Tate McQueen	(EAG)	M14	15:29.29	388	PB 0:49
2	Lachlan Carr	(BGO)	MOP	23:28.75		

The AVSL season continues this weekend with Round 5 of competition. Good luck to all entrants!

***AVSL Round 5 – Saturday 16 November**

All races open to Male and Female competitors

Metro – Aberfeldie	1.00pm	1500m, 3000m walk (all ages)
Ballarat region – Llanberris Stadium	10.15am	1500m, 3000m walk (all ages)
Bendigo region – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	1500m walk (U14, U16) 3000m walk (U18 and older)

ENTRIES

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

Bendigo – enter via <https://eventplus.net/ABF24>

Entries close at 12.00 noon on Wednesday 13 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>



** WALKER OF THE WEEK **



We have joint WsOTW in this issue, both of whom returned great times in their respective interclub competitions on opposite coasts.

John Ronan (WA), whose results at home are invariably achieved without competition to push him, has been 'honourably mentioned' so often that a win was inevitable soon. The wait is over. On Friday at the WA Athletics Stadium in Perth, John took over 14 secs from his already exceptional 5000m time to clock **20:00.29**, falling tantalisingly short of breaking through for his first sub-20:00 result over the distance. This is an astonishing result for a 17-year old and indicates a return to top form for John. We look forward to seeing him in action among his late-teen peers at championship time.

Meanwhile, looking eastward, **Eden Morgan (VIC)** made a breakthrough of his own in AVSL competition at the weekend. Finding the conditions at the Murrumbeena track very much to his liking, Eden blitzed through the 3000m to slice 24 secs from his previous best to win in **12:56.0**



– his first time ever under 13:00. Eden now joins some impressive company among current speedsters who populate sub-13:00 territory, and he'll have plenty of incentive to reduce that time ever further this season.

Congratulations, John and Eden – you're both set up for a summer of great results.

***Honourable mentions**

- **Sophie Polkinghorne (NSW)** – produced what was possibly the standout result at the Treloar Shield meeting in Mingara (Central Coast) back in October with her 3000m PB of **13:40.28**.
- **Bob Gardiner (VIC, 88yo)** – at the moment there's no stopping Bobby, who seems to have a new competitive lease of life. This time, Bob set new M85 records at State and VRWC level for 1500m with his time of **11:12.6**.
- **Jonathan Ho** and **Aria di Benedetto (VIC)** – both big improvers in the VRWC Summer championships.

A.C.T. ACT Walkers & Masters results, 7 November – Woden

Thanks to **Ann Staunton-Jugovic** for these results:

1,200m Race Walk

- | | | |
|----|------------------|------|
| 1. | Tindra Helgstedt | 8:31 |
| 2. | Estrid Helgstedt | 8:37 |

5,000m Race Walk

- | | | |
|----|---------------|-------|
| 1. | Lorna England | 44:27 |
|----|---------------|-------|

5,000m Fitness Walk

- | | | |
|----|-----------------|-------|
| 1. | Doug Fitzgerald | 44:25 |
|----|-----------------|-------|

10,000m Race Walk

- | | | | |
|----|----------------------|---------|----|
| 1. | Hana Jugovic | 52:18 | PB |
| 2. | Ann Staunton-Jugovic | 1:02:23 | |

10,000m Fitness Walk

- | | | |
|----|--------------|---------|
| 1. | Sue Archer | 1:14:05 |
| 2. | Bryan Thomas | 1:23:45 |

Thank you to the judges - Renee, Helen, Troy and Peter.

Looking ahead:

14th November 3000m walk 6.30pm

21st November 800/2000m walks 6.30pm

Woden athletics track

NEW SOUTH WALES Treloar Shield results, 26 October - Mingara

Many thanks to **Frank Overton** who's done an exhaustive job in compiling two lots of Treloar Shield walks results. He reports as follows:

A great day at Treloar Shield held at Mingara Regional Athletics Centre. Overall, the most entries for a Treloar Shield meet ever - that is for all events.

Not to be missed was the Race Walks. Over the three distances 1500, 3000, 5000 there were 79 entries and 73 competitors fronted the start line.

Some very good results and times were recorded.

Women 1500m RW 12's and Under

1. Lilyeve Everson 7:57.04
2. Emma Olofinsky 8:30.54
3. Veronica Dennett 8:45.29
4. Annalise Pittaway 8:46.83
5. Nasrin Hewitt 8:57.13
6. Addison Jenkins 8:58.10

Women 1500m RW 13's - 14's (U15)

1. Emily Gasper 9:08.19

Men 1500m RW 12's and Under

1. Jacob Hearnden 7:34.53
2. Daniel Smart 7:42.08
3. Rhys Straub 8:04.03
4. Joshua Waddington 8:20.83

Women 3000m RW 13's - 14's (U15)

1. Ashleigh Mansell 15:31.68
2. Hannah Hewitt 15:42.30
3. Lilly Gasper 15:45.42
4. Miarose Everson 16:19.40
5. Erin Cassilles 16:28.37
6. Keira Gill 16:44.04
7. Ivy Murray 16:49.15
8. Madeline Kot 16:52.54
9. Isla Banks 16:55.41
10. Scout Linton 17:04.6
11. Nikki Hearnden 17:53.53
12. Matilda Hay 19:37.12
13. Felicity Rudd DNS

10. Sagan Jones 17:28.32
11. Oliver Penn 18:31.01
12. Maxwell Penn 18:31.81

Men 3000m RW 15's - 17's (U18)

1. Christopher Nilon 14:50.67

Men 3000m RW 50+

1. Greg Rowe 22:11.80
2. Peter Good 25:59.96

Women 5000m RW Open

1. Hannah Mison 21:26.85
2. Chelsea Roberts 24:30.99
3. Sienna Pitcher 24:58.84
4. Ciara Cassilles 28:04.48

5. Eric Colgan 8:34.3
6. Frank Bertoli 9:41.46
7. Josiah Lattimore 10:06.60
8. Tyler Holdsworth 12:35.64

Men 1500m RW 15's - 17's (U18)

1. Rhys Chandler 7:17.76

Men 1500m RW 13's - 14's (U15)

1. Mathias Hutchens 8:21.2.

Men 1500m RW 35-49

1. Jonathon Hutchens 11:12.69

Women 1500m RW 50+

1. Donna Hiscox 11:12.69
2. Odette Dionisio 13:31.88,
3. Lisa Harrison DNF

Women 3000m RW 15's - 17's (U18)

1. Sophie Polkinghorne 13:40.28
2. Ruby Penn 19:20.54

Women 3000m RW 35-49

1. Heather Pace 19:13.94

Women 3000m RW 50+

1. Sandy Hoy 24:40.12
2. Iris Good 25:48.15
3. Lyn Collins 25:58.92

Men 3000m RW 13's - 14's (U15)

1. Nate Appleyard 14:53.52
2. Charlton Maxwell 15:50.75
3. Noah Vella 16:00.63
4. Michael Mathison 16:02.01
5. Lincoln Moore 16:08.49
6. Mitchel McCarthy 16:39.86
7. Liam Meale 16:51.85
8. Patrick Waddington 16.54.40
9. Alexander Dennett 1:02.85

5. Summer Sivaraj 28:52.53

Men 5000m RW Open

1. Carl Gibbons 20:38.55
2. Jack McGinniskin 22:25.34
3. Myles Ashby 22:26.38
4. Brodie Pamer 24:26.80
5. Brendan Pospischil 26:03.55
6. Aiden Pospischil 28:52.12
7. Peter Charlton 37:44.58

Women 5000m RW 15's - 17's (U18)

1. Matilda Olson 28:53.56
2. Caetlin Ashby 30:32.10
3. Emma Hearnden 33:41.88

Men 5000m RW 15's - 17's (U18)

1. Alexander Sinnett 24:50.34

NEW SOUTH WALES Treloar Shield results, 9 November – SOP Homebush

Frank Overton reports from Sydney Olympic Park:

Saturday saw the ANSW Treloar Shield competition held at SOP Homebush (Warm up track)

A very hot day with many entries, however there were a few non-starters.

The numbers of athletes who entered and those who actually walked clearly shows that the interest in Race Walking in NSW is on the incline.

Girls 1500m RW 12's and Under

1. Veronica Donnett 8:58.12
2. Nasrin Hewitt 9:03.92
3. Addison Jenkins 9:07.36
4. Olivia Baxter 10:02.38
5. Grace Fleming 10:42.88

Women 1500m RW 13's - 14's (U15)

1. Sienna Wade 8:06.34
2. Emily Gasper 9:15.2,

Boys 1500m RW 12's and Under

1. Jacob Hearnden 7:30.16
2. Darcy Dennis 7:39.13
3. Rhys Straub 7.45.3
4. Joshua Sicililano 7.54.77
5. Joshua Waddington 8:00.74
6. Eric Colgan 8:34.26
7. Archer Laner 9:14.73
8. Huxley Jones 11:11.36
9. Xander Smith DQ TR54.7.1
10. Hugo Jordon DNF

Men 1500m RW 13's - 14's (U15)

1. Lincoln Moore 7:25.35

Men 1500m RW 35-49

1. David Beacroft 7:31.16

Men 1500m RW 50+

1. Rodney Pusel 9:16.93

Women 3000m RW 13's - 14's (U15)

1. Ashleigh Mansell 15:54.15
2. Avia Luketic 15:56.88
3. Audrey Russell 16:17.56
4. Nikki Hearnden 16:22.13
5. Lilly Gasper 16:40.71
6. Erin Cassilles 16:54.59
7. Hannah Hewitt 17:04.89
8. Miarose Everson 17:23.27
9. Felicity Rudd 17:31.27
10. Keira Gill 17:52.23
11. Isla Banks 17:53.61
12. Madeline Kot 18:00.18
13. Ivy Murray 18:38.5,

Women 3000m RW 15's - 17's (U18)

1. Maisie Mitchell 15:21.18
2. Lexie Beacroft 17:30.1
3. Ruby Penn DQ TR 54.7.1

Men 3000m RW 35-49

1. Jonathon Hutchens 22:48.15
2. Brandan Fink 25:33.26

Men 3000m RW 50+

1. Dennis Williams DQ TR 54.7.1
2. Peter Good DQ TR 54.7.1

Women 5000m RW Open

1. Chelsea Roberts 24:45.36
2. Summer Sivaraj 34.41.71

Women 5000m RW 15's - 17's (U18)

1. Matilda Olson 29:58.48
2. Emma Hearnden 31:24.13
3. Laura Corvalan Sotomayor 32:51.98

Men 5000m RW Open

1. Joel Byatt 22:44.16
2. Brendan Pospischil 26:23.13
3. Jack Robson DQ TR 54.7.1

Men 5000m RW 15's - 17's (U18)

1. Alexander Sinnett DNF

TASMANIA AS Interclub & Tas Masters results, 6 & 9 November – Domain AC

Results courtesy of **David Moore**:

**** Athletics South Interclub, November 9 2024 - Domain AC, Hobart**

Result 3000m Walk

1. Dave Moore TMA 29:02.63

**** Tas Masters T&F, November 6 2024 - Domain AC, Hobart**

Result 3000m Walk

1. Wayne Fletcher M77 27:15.00

WESTERN AUSTRALIA AW interclub results, 8 November – WAAS, Perth

Terry Jones reports that the weather for the walks on Friday night was fine & mild, but with a strong breeze. It was a pity they had only three competitors. However, spectators were obviously treated to a fine exhibition from **John Ronan**, who came achingly close to breaking the 20:00 barrier for a 15 sec PB for 5000m in a great solo effort.

Girls 5000m

1 Kaytee Bogaers 27:33.63

Boys 5000m

1 John Ronan 20:00.29

2 Bradley Mann 25:54.09



INTERNATIONAL NEWS

FRANCE: Meeting d'Automne, 11 November – Nogent-sur-Marne

Emmanuel Tardi has sent through the results of a special annual Remembrance Day meeting near Paris:

I was judge in Nogent-sur-Marne (south suburb of Paris) this Monday for their annual meeting. 11 November is a non-working day in France (it is the anniversary of end of the First World War).

Races were scheduled on the track of "stade sous la lune" (*Stadium beneath the moon*). There were 35 starters at 10am. The weather was a little cold. Rain started to fall after half an hour and fell for one hour.



In the 10k event, **Marine Rottier** produced a very strong race. She reached the half way in 23'45 and finished the race in 48'00, beating her PB by more than one minute.

The 20k was won by the German **Matthias Holtermann**.

2000m BEF

1	DUMOUX Thais	BEF/13	Uai Nogent	13'07"4
2	BENARD Lili	BEF/12	Us Creteil	13'18"6
3	BUDKA Lena	BEF/13	Thiais Ac	13'25"4
4	OUGHANEM Jasmine	BEF/13	Uai Nogent	14'30"9
5	LAKHDARI Maryem	BEF/12	Us Creteil	14'54"9

3000m MIF

1	TAVERNIER Lola	MIF/10	Co Cachan	18'28"9
2	DIZI Ana	MIF/10	La Postillonne Longjumeau	18'47"0
3	CHAUFFOURIER LE ROYE Lilya	MIF/11	Es Sucy-En-Brie	19'43"0
4	CONNESON Lila	MIF/10	Co Cachan	20'59"8
5	MORICE Clemence	MIF/10	Stade Français	21'39"8

5000m CAF

1	GINEFRI Gabriella	CAF/08	Co Cachan	30'01"9
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10000m TCF

1	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	48'00"5
2	BIZARD Lucie	MAF/90	Stade Français	57'48"6
3	BOUISSOU Sabrina	MAF/78	Es Sucy-En-Brie	1h02'35"6
4	DAFNIET Romane	SEF/00	Us Nemours	1h05'28"0
5	DUREY Catherine	MAF/68	Us Vesinet	1h12'27"1
6	POUVREAU Manuella	MAF/64	Domont Athletisme	1h12'44"0
7	BIZARD Claudie	MAF/59	Thiais Ac	1h13'10"5
8	LOURENCO Anabela	MAF/71	Es Sucy-En-Brie	1h16'56"8
9	GALLIOT Emmanuelle	MAF/66	Uai Nogent	1h18'32"8
10	LE METAYER Dominique	MAF/53	Asa Maisons-Alfort	1h18'42"6
11	BEGUIN Nathalie	MAF/67	Ca Vierzon	1h25'00"6

20000m TCF

1	ADLER Mathilde	SEF/01	Asptt Lille	58'48"5	1h56'38"9
2	SERAKI Patrizia	MAF/63	Avia Club Athletisme	1h04'54"0	2h10'58"1

2000m BEM

1	CAPARROS Leandre	BEM/12	Ao Charenton	13'21"2
2	HACHET Ivanoë	BEM/13	Uai Nogent	15'25"0
3	STEFANI Colomban	BEM/13	Stade Français	15'59"2

3000m MIM

1	MARTEIL Lois	MIM/10	Thiais Ac	18'50"0
2	BUDKA Theo	MIM/11	Thiais Ac	19'07"9

10000m TCM

1	DE NASCIMENTO MARTIN Adilson	SEM/91	Us Creteil	55'05"8
2	DUCLOS Eddy	MAM/69	Us Champagne-Sur-Seine	57'13"5
3	NOGRE Yannick	MAM/59	Senart Comb Brie Athlé	1h01'45"4
4	JACQUIN Gilles	MAM/61	Ea Issoudun	1h04'45"0
5	LAMIRAULT Philippe	MAM/69	Lisses Ac	1h05'38"0
6	TAILLANDIER Patrick	MAM/76	Ca Vierzon	1h09'07"1
7	CARABIN Aniss	SEM/95	As Bondy	1h09'57"8
8	COPPIN Bernard	MAM/66	Ao Nivernaise	1h11'36"9
9	POITRENAUX Jean-Marie	MAM/55	Ca Vierzon	1h13'01"0
10	NOUGUES Jean-Claude	MAM/44	Ao Nivernaise	1h17'13"5
11	TILLIER Ludovic	MAM/79	Le Chesnay 78	1h21'20"7
12	MONTIGNY Patrick	MAM/49	Us Ivry	1h36'26"9
-	ARVEILLER Jean-Paul	MAM/48	Uai Nogent	DQ

20000m TCM

1	HOLTERMANN Matthias (GER)	MAM/81	Allemagne	54'15"7	1h49'20"8
2	CHEVASSUS Melwan	ESM/04	Asfi Villejuif	56'45"1	1h52'25"5
3	BOYER Nicolas	MAM/77	Avon Athletisme Club	56'55"9	1h57'10"5
4	BROU Florent	SEM/93	Ac Paris-Joinville	1h00'36"5	1h59'05"6
5	DURAND-PICHARD David	MAM/72	Nancy Athlétisme	58'14"4	1h59'57"4
6	STEFANELLY David	MAM/76	As Mantes	1h01'45"4	2h05'43"2
7	LEFEVRE Marc	MAM/65	Us Maisons-Laffitte	1h09'17"2	2h18'20"6

- DELECOLLE Sebastien
- TOUTAIN Eric

MAM/77 Rc Arras
MAM/63 Us Ivry

DQ
AB

Juges: Emmanuel TARDI (Chef) – Dominique LECLERCQ – Michel MECHARLE – Dominique PINON – Jacqueline BOUILLIAT – Stephane LABROUSSE – Alexis AUGER .



Holtermann



Adler



Di Nascimento



Rottier



Les juges

(Photos: Emmanuel Tardi)

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 11, 2024 - Marc Tur and Antía Chamosa win the 2024 “Toledan Swords”
<https://omarchador.blogspot.com/2024/11/marc-tur-e-antia-chamosa-conquistam.html>
- Sunday, November 10, 2024 - 2022, from less expressive results to the international prestige of Portuguese judges and marching officials <https://omarchador.blogspot.com/2024/11/2022-dos-resultados-menos-expressivos.html>
- Saturday, November 9, 2024 - World Athletics in the training and certification of International Race Walking Judges
<https://omarchador.blogspot.com/2024/11/a-world-athletics-na-formacao-e.html>
- Friday, November 8, 2024 - Brian Daniel Pintado nominated by WA for Best Athlete in non-stadium events
<https://omarchador.blogspot.com/2024/11/brian-daniel-pintado-nomeado-pela-wa.html>
It appears Brian Pintado is building as big a profile as his legendary countryman, Jefferson Perez.
- Thursday, November 7, 2024 - Narcis Mihăilă wins 35 km in Bucharest, Romania
<https://omarchador.blogspot.com/2024/11/narcis-mihaila-vence-35-km-em-bucareste.html>
- Wednesday, November 6, 2024 - Eloá Petrobelli Selvino and Marlon Kaleby (with national record), were crowned champions in the race walking events of the Brazilian Under-16 Championships – João Pessoa 2024
<https://omarchador.blogspot.com/2024/11/elo-a-petrobelli-selvino-e-marlon-kaleby.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.

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

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

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