



# HEEL & TOE Online

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

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## **\*H&T Notice Board – Page 15**

- *Australian Athletics Event Group Advisory Panel for Race Walks*
- *Dogs off leash*
- *Fees - Membership and racing.*
- *2025 Winter fixture summary*

## **\*\*WALKER OF THE WEEK\*\***

Two young up-and-comers – **Ryder Reid (VIC, 8yo)** and **Taylor Chapman (QLD)** share this week's WOTW award, following excellent performances at the weekend.

In his first VRWC season, **Ryder**, the junior partner behind speedy older brother Fletcher, grabbed his own slice of the limelight on Saturday by taking his first crack at the 2km distance on the longer Club course and ripping an enormous 0:50 from his PB for a time of **12:24**. One of the shortest of the Club's young walkers in both height and leg length, Ryder's limbs are nevertheless driven by an engine as powerful as 'big bro's', and his competitive tenacity has been evident from the start of the season. Go, Ryder!

Three weeks ago, 12yo **Taylor** won this award after a standout performance on the QA All Schools championships. This time, she has earned the gong having set a new meet record and a 14 sec PB of **14:49.87** in the U16 3000m walk at the Coast2Coast International at Runaway Bay on the Gold Coast. It seems that whenever Taylor races, the only way for her is up. It's hoped that she will be in Ballarat in August for the AA championships, where she will have the incentive of aiming for a national title.

Well done, Ryder and Taylor. At such young ages, you are already fine exemplars of our sport.



## **\*Honourable mentions**

- **Arthur Robinson** – a big 43 sec PB in his first 2km interval on Saturday, backing it up with another rep faster than his earlier PB.
- **Matilda Rech (SA)** – an improvement by 1:16 is worthy of praise. Over 5km, especially so.
- **Phoebe Chadwick and Alex Bradley (QLD)** – Set meet records alongside Taylor at the Coast2Coast meeting.
- **Erlyn Singh (VIC)** – punched through 19:00 with a 33 sec improvement over 3km in her best season so far.

\*\*\*\*\*



## **CLUB NEWS and RESULTS**

### **\*Next weekend ...**

The Points competition is hotting up and this Saturday will add more fuel to the fire, particularly in the younger age groups.

Remember that Club coach Mark Donahoo will conduct a **Coaching session** from 12.45 to 1.30pm, open to walkers of all ages as well as parents and coaches.

## Saturday 19 July – Middle Park

12.45-1.30pm: **Coaching session** by Mark Donahoo (Club coach) for athletes, parents and coaches. For walkers of all ages, Little Athletes to Masters.

2.00pm	12km	Points race	Open
2.00pm	10km	Points race	Open
2.00pm	5km	Points race	Open
2.15pm	3km	Points race	Open
2.15pm	1km	Points race	Open

Entries will be accepted up until **6.00pm** on Friday 18 July. Enter online at <https://www.revolutionise.com.au/vrwc/>

## VRWC

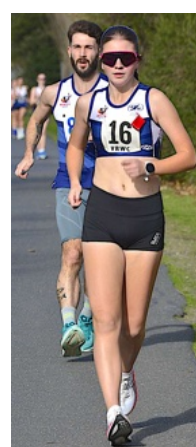
### Intervals Race & scratch races, 12 July – Middle Park

It was another pleasant, clear-skied winter day at Middle Park for our Intervals race day. Thankfully the 2km course was available to us, which suited those keen to stretch out over the 2km-long intervals. Most of the 27 walkers tackled the repetitions event, grabbing as much rest within each 17min window as their fitness afforded them. As it is in training sessions of this kind, pace judgement is the key, the challenge being the capacity to hold racing pace (or close to it) across the workout, without wasting early reps through too slow a pace or getting carried away with speed early and hitting the 'red zone' with intervals still to do.

This latter scenario was one **Angus Shuttleworth** had encountered in his first Intervals race in 2023 as an 11yo, when he set a PB in his first rep and paid for it later. Once bitten, twice shy! This time Angus's approach was more conservative as he sized up the job on his first interval, then added two progressively faster laps before cutting loose with a final pair of sub-10:00 reps for the fastest aggregate 10km time of **50:15**. **Karyn O'Neill** was a model of consistency with only 18 secs between her fastest and slowest reps over the 5 circuits. Karyn and **Donna-Marie Elms** had less recovery time than most, so completing five testing 2km laps was a credit to their fitness.

Speaking of consistency, it's hard to go past **Emily Smith** whose four intervals produced a gap of only 8 secs, while her Knox club mate **Grace Louey**'s times also showed a pretty even spread of 16 secs.

The 3X2km saw **Mya McClure** reel off three sub-10:00 intervals for a 6km total of **29:13**. **Jordan Galbraith** matched it with Mya with a pair of 9:35 laps before a lactic ambush in the last, still managing sub-30:00 for the 6km. Meanwhile, it was good to see three of our younger members try their hand at two of the 2km reps, with **Arthur Robinson** smashing his 2km PB on the first circuit and beating the old time again on the second. **Fiona Van Heerwaarden** paid us another welcome visit from Perth, her two laps separated by a single second.



#### 5x2km

	Name	Total Time	1st Int.	2nd int.	3rd Int.	4th Int.	5th Int.
1	Angus Shuttleworth	<b>50:15</b>	0:10:32	0:10:18	0:10:02	0:09:48	0:09:35
2	Kevin Cassidy	<b>1:02:51</b>	0:11:58	0:12:23	0:12:42	0:12:57	0:12:51
3	John Nottle	<b>1:06:29</b>	0:12:42	0:12:54	0:13:28	0:13:44	0:13:41

1	Donna-Marie Elms	<b>1:10:24</b>	0:14:02	0:13:38	0:14:01	0:14:22	0:14:21
2	Karyn O'Neill	<b>1:11:41</b>	0:14:08	0:14:12	0:14:25	0:14:29	0:14:27

#### 4x2km

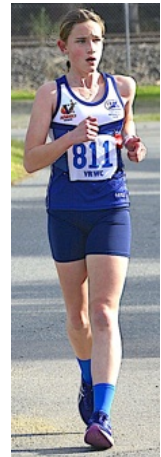
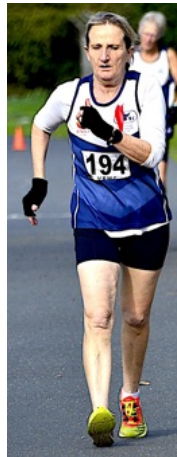
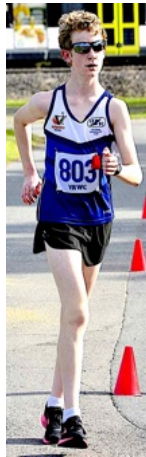
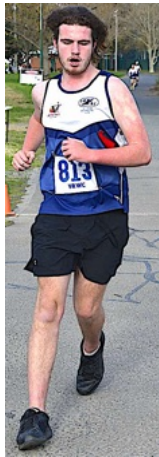
1	Emily Smith	<b>44:50</b>	0:11:07	0:11:15	0:11:14	0:11:14
2	Grace Louey	<b>45:53</b>	0:11:20	0:11:25	0:11:36	0:11:32

#### 3x2km

1	Jordan Galbraith	<b>29:49</b>	0:09:35*	0:09:35	0:10:39	*PB 0:22
1	Mya McClure	<b>29:13</b>	0:09:50	0:09:39	0:09:44	
2	Addison Frenken	<b>35:21</b>	0:11:27	0:11:42	0:12:12	

#### 2x2km

1	Arthur Robinson	<b>26:50</b>	0:13:09*	0:13:41	*PB 0:43
1	Fiona van Heerwaarden	<b>25:07</b>	0:12:34	0:12:33	
2	Kobe Lewis	<b>25:29</b>	0:12:32	0:12:57	
3	Aria Di Benedetto	<b>26:22</b>	0:12:19	0:14:03	



The scratch races saw two of our pint-sized brigade, **Summer Patten** and **Cory Lewis**, take on the ‘wilds’ of the long course with good first attempts at the 2km distance. The longer loop obviously suited **Ryder Reid** and **Erlын Singh**, both of whom achieved substantial PBs.

#### 1km race

1	Ava Pravednikov	8:16
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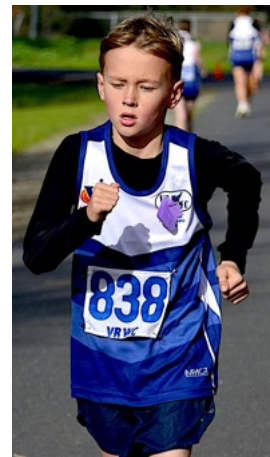
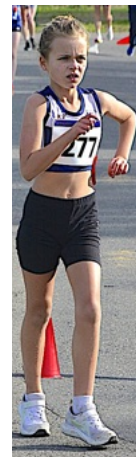
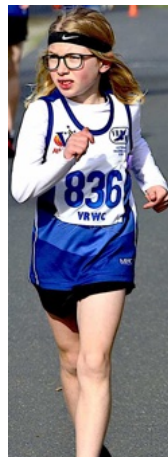
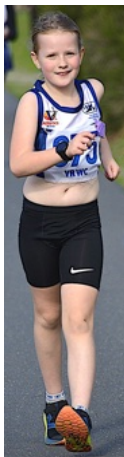
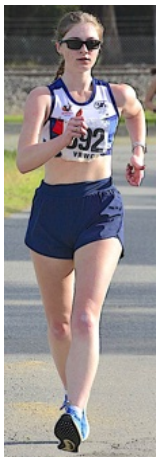
#### 2km race

1	Erin Reid	12:29	
2	Summer Patten	13:51	First 2km
3	Cory Lewis	15:01	First 2km

1	Fletcher Reid	10:46
2	Ryder Reid	12:24 PB 0:50
3	Bowie Clarke	13:24

#### 3km race

1	Erlын Singh	18:41 PB 0:33
2	Caitlyn Shipham	18:56
3	Amelia Vernal	20:25
3	Anna Dubar	20:25
5	Gwen Steed	22:39



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

*Kevin, Aria, Arthur, Emily, Fletcher, Fiona, Donna-Marie, Angus, Erin, John, Mya, Addison, Jordan, Cory, Erlын, Bowie.*

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Mark Donahoo
<b>Race check in</b>	Mark Donahoo
<b>Timekeeper</b>	Ian Laurie
<b>Recorders</b>	Duncan Knox, Tim Erickson, Kris Shipham, Carolyn Rosengrave
<b>Judges:</b>	Brenda Felton (Chief), Di Lowden, Bec Lewis, Danielle Clarke, Stu Cooper, Gordon Loughnan, Terry O'Neill, Dylan Shuttleworth (Observer)
<b>Set up, Pack up:</b>	Ian Laurie, Stu Cooper, Tim Erickson, Karyn O'Neill, Duncan Knox, Carolyn Rosengrave, Terry Swan



**Bike rider** Terry Swan  
**Photos** Terry Swan  
**Canteen** Donna Marie Elms, Gwen Steed  
**Walkers:** 27

## \*\* PRESENTATION GALLERY from 6 JULY \*\*

Once again, time got away from me last week and I was unable to include the photos from the AV, VMA and VRWC Championships medal presentation in the last issue. Luckily there always next week ...



*\*AV, VMA & VRWC 20km: Terry, Carolyn, Nellie, Alanna, Kyle, Will and Rhydian*

### And congratulations to:

*Ela, Angus, Summer, Anna, Caitlyn, Harrison, Ryder, Kobe, Havana, Daisy, Fiete, Mietta, Alaska, Ariana, Arthur, Tate, Erlyn, Felix, Addison, Aria and Lily.*



*\*AV & VRWC U18 5km, U20 10km*



*\*AV & VRWC U16 5km*



*\*AV & VRWC U14 3km*



\*VRWC U12 2km



\*VRWC U10 1.5km

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## AROUND THE COUNTRY



### **\*Women In Coaching ... 2-Day Conference**

We're excited to invite you to the **Women in Coaching Conference**, held on **August 2-3** at the **Gold Coast Performance Centre** (Runaway Bay). This in-person event is designed to build confidence, strengthen community, and enhance coaching excellence for women in athletics coaching.

#### **Who is this for?**

This conference is designed for **women who coach**, providing a space for female coaches to connect, grow, and thrive. While the primary aim is to support women in coaching, we also welcome **those who actively advocate for and support them** to be part of this conference.

#### **Who Should Attend the Conference?**

This conference welcomes all coaches, with a strong focus on creating a supportive space for female coaches and the male allies who champion their development. It's a place to connect, grow, and thrive—together.

#### **Event Details:**

**Dates:** August 2-3, 2024

📍 **Location:** Gold Coast Performance Centre, Runaway Bay  
💰 **Cost:** \$110

To register, go to <https://www.revolutionise.com.au/aa/events/285804>

## QUEENSLAND

- **QRWC Handicaps #8, 13 July – Yeronga**
- **Coast2Coast annual run & walk meet, 13 July – Runaway Bay**

The latest QRWC Handicap fixture saw numbers a little thinner than usual. According to **Robyn Wales**, several athletes (and officials) were at the Coast2Coast meet on the Gold Coast while others were nursing their weary bodies after yesterday's State Cross Country.

### A Grade 10km

#### Men:

(1) Ignacio Jimenez 53:30  
(2) Peter Bennett 1:07:03 SB

#### Women:

(1) Brenda Gannon 1:02:55 SB  
(2) Noela McKinven 1:34:36

### B Grade 5km

#### Men:

(1) Simon Cartwright 39:31

#### Women:

(1) Anne Weekes 34:53 SB

### C Grade 3km

#### Women:

(1) Kiara Waterman 20:05

### D Grade 2km

#### Girls:

(1) Jessica Gorham 13:09  
(2) Willa Sio 14:40

### F Grade 1km

#### Men:

(1) Yoshua Lee 6:18 SB

#### Girls:

(1) Lilli Chu 6:10

## **\*\*Coast2Coast International meet**

**Robyn Wales** reports on what appears to have been a great day for publicising the walks on the Gold Coast:

Results are up for **Coast2Coast**, an annual meet with competitors from USA, Australia and New Zealand. This was held at the Gold Coast Performance Centre and all walkers were from Qld.

Highlights in the walk events were **Taylor Chapman** with a new meet record of **14:49.87**. No stopping this girl! **Isabella Welch** scored a pb of **15:07.32** and **Lachlan Moore** also went sub-15, crossing in **14:53.26**.

### Open 5000m walk

1. Patricia Hibbs 34 Qld 34:05.89 PB  
2. Joy Dale 54 Qld 37:17.61  
Kate Morris 47 Qld DQ

### U16 3000m walk

1 Taylor Chapman 12 Qld 14:49.87 meet record PB  
2 Isabella Welch 13 Qld 15:07.32 PB  
3 Eliza Kelly 15 Qld 16:24.56  
4 Mackenzie Wormald 13 Qld 23:03.05

### U18 Men 5000m walk

1 Kai Dale 17 Qld 28:11.56

### U18 5000m walk

1 Phoebe Chadwick 19 Qld 28:29.66 meet record

### U20 Men 5000m walk

1 Alex Bradley 19 Qld 24:45.72 meet record

### U16 Men 3000m walk

1 Lachlan Moore 14 Q 14:53.26  
2 Leo Ramsay 13 Qld 17:49.25



Jared Tallent reports:

We had a big turn out for the Little Aths SA State Championships with 34 walkers attending.



## Little Athletics SA Winter Race Walking Championships Saturday, 12 July 2025

<b>U6 Boys</b>		<b>500m Walk</b>			
1. Jaylen Sandercock	GGR	3:51	2. Ruby Grieve	ADE	13:31
			3. Billie Macneil	ADE	13:55
			4. Rachel Pemberton	MPA	14:03
<b>U7 Girls</b>		<b>500m Walk</b>	<b>U12 Boys</b>		<b>2km Walk</b>
1. Maleia King	MPA	3:49	1. Connor Ratcliffe	SAL	12:01
<b>U8 Girls</b>		<b>500m Walk</b>	<b>U13 Girls</b>		<b>2km Walk</b>
1. Maya O'Keeffe-Barry	MAG	2:57	1. Liliana Templer	HCO	11:52
2. Jayda King	MPA	3:46	2. Arizona Small	MTB	18:30
3. Isabella Stratfold	MTB	3:47	<b>U14 Boys</b>		<b>2km Walk</b>
4. Asha Wood	SOH	3:56	1. Orlando Grantham	ENF	12:11
5. Ebony McDonough	WAC	4:00	<b>U15 Girls</b>		<b>2km Walk</b>
<b>U8 Boys</b>		<b>500m Walk</b>	1. Jessica Clelland	GGR	12:15
1. Martin Crabb	CDI	5:19			
<b>U9 Girls</b>		<b>1km Walk</b>			
1. Jessica Ratcliffe	SAL	7:06			
2. Shaylee Williamson	SAL	7:09			
<b>U9 Boys</b>		<b>1km Walk</b>			
1. Jordan Sandercock	GGR	5:45			
<b>U10 Girls</b>		<b>1km Walk</b>			
1. Amity Cowling	SOH	5:45			
2. Madilyn White	SAL	5:49			
3. Aria Crispe	MPA	6:09			
4. Layla Trako	SAL	6:17			
5. Shivakshi Gupta	MAG	6:33			
6. Mackenzie Stratfold	MTB	7:32			
<b>U10 Boys</b>		<b>1km Walk</b>			
1. Saxon King	NDI	5:44			
2. Robert Crabb	CDI	5:45			
3. Mason Walden	SAL	6:35			
4. Frederick Sullivan	ENF	7:34			
<b>U11 Girls</b>		<b>1km Walk</b>			
1. Maya McGowan	SOH	5:56			
2. Amaya Cowling	SOH	6:20			
3. Scarlett Wood	SOH	6:53			
<b>U11 Boys</b>		<b>1km Walk</b>			
Anthony Crabb	CDI	DQ			
<b>U12 Girls</b>		<b>2km Walk</b>			
1. Emmi Tunn	MAG	12:39			

In the club events **Kim Mottrom** improved his SA Masters M40 5km State Record to **21:37** and **Matilda Rech** improved her 5km PB to **31:31**.

<b>Men Open/O35 5km</b>	<b>Time</b>	<b>Notes</b>
Kim Mottrom	21:37	SA Masters Age O40 Record
<b>Women Open/O35 5km</b>	<b>Time</b>	
Sam Findlay	23:55	
Mel Grantham	29:24	
<b>Men O50 5km</b>	<b>Time</b>	
Peter Crump	34:59	
Alex McEwan	40:04	
<b>Men Under 20 5km</b>	<b>Time</b>	
Cooper Rech	24:49	
<b>Women Under 20 5km</b>	<b>Time</b>	
Matilda Rech	31:31	PB 1:16
<b>Men U16 2km</b>	<b>Time</b>	
Orlando Grantham	12:59	
<b>Women U14 1.5km</b>	<b>Time</b>	
Liliana Templer	09:14	
<b>Men U12 1km</b>	<b>Time</b>	
Robert Crabb	06:24	
Anthony Crabb	DQ TR54.7.1	
<b>Women U12 1km</b>	<b>Time</b>	
Daisy Hooper	05:55	Invitation (VRWC Member)
<b>Men U10 1km</b>	<b>Time</b>	
Martin Crabb	10:48	

## TASMANIA TRWC Road walk results, 6 July – Kingston Park

**David Moore** reports:

Smaller numbers this week with quite a few of our number heading north to the Gold Coast and beyond for School Holiday time in warmer climates.

Cloudy and still for our Walks on the Domain today. New PB's were achieved by **Adele Woodward (3km)** and **Samuel Hucker (2km)**. There were good, determined efforts also by **Austin Hucker** and **Dot Sus-smilch Leitch**.

<b>1km</b>				<b>1.5km</b>		
1.Elsie Woodward	OVA	6:19		1. Dot Sus-smilch Leitch	Hobart LA	14:18 FT
<b>2km</b>				<b>3km</b>		
1. Sam Hucker	Huon LA	16:02 PB		1. Adele Woodward	OVA	19:24 PB
2. Austin Hucker	Huon LA	18:26 FT		2. Sam Leitch	ESAC	24:14
3. Dave Moore	TMA	19:59		1. Wayne Fletcher	NSAC	27:29

*FT – first time at distance*

## WESTERN AUSTRALIA WARWC results & WA Masters c'ships, 13 July – Woodbridge

Fine, cool and calm conditions provided a perfect setting for the WARWC and Masters walkers on Sunday. Thanks to **Terry Jones** for the results:

### WA Masters State Championship 10K

W60	Marcela Ruiz	1:18:09
M60	Andrew Duncan	0:59:46
M65	Steve Travell	1:38:14
	Wayne Taylor	DQ
M70	Victor Munoz	1:09:15
M75	Jim Klinge	DQ

### WARWC

<b>16K Handicap</b>	
John Ronan	1:19:16



**10K Handicap**  
Kaytee Bogaers 59.42

**5K Handicap**  
Glenys Duncan 48.16  
Trinity Doulis 30.37  
Lauren Davis 36.27

**2K Handicap**  
Hannah Clausnitzer 11.16  
Ruby Kilworth 14.32

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## INTERNATIONAL NEWS

### **\*INVITATION TO PARTICIPATE ... PhD research study**

We have received a communication from **Lloyd Emeka MSc, GMBPsS**, a 3<sup>rd</sup> year PhD researcher from St Mary's University at Twickenham UK, who is seeking participants in the online project outlined below:

#### ***'The relationship between chronic pain and psychological well-being in endurance athletes'***

(A longitudinal mixed method study)

You are invited to take part in a PhD research study which explores the relationship between chronic pain and psychological well-being in endurance athletes.

Although the experience of pain in endurance sport often lasts for a short period of time, research suggests that some endurance athletes are living with chronic pain which is defined as persistent or recurring pain that lasts for three months or longer. The experience of chronic pain can change or fluctuate over a period of time and has been found to have an impact on psychological well-being in endurance athletes.

#### **Why have I been invited?**

You are invited to take part in the survey if you meet the following criteria:

- 18 years of age or over
- Male, Female or Non-Binary
- Living with persistent or recurring pain for 3 months+
- Training in an endurance sport for 6+ hours per week
- Fluent in English



#### **Take Part in Research: Chronic Pain and Psychological Well-Being in Endurance Athletes**

##### **Are you:**

- Training in an endurance sport for 6+ hours per week
- Living with persistent or recurring pain for 3 months or longer
- 18 years of age or over

If yes, you are invited to take part in a PhD research study which explores the relationship between chronic pain and psychological well-being in endurance athletes.

##### **What's involved?**

A short, online survey (approx 20 mins) on three separate occasions during the next nine months

**Deadline (for the first survey): 14<sup>th</sup> September 2025**

Thank you for supporting academic research in sport psychology.  
Feel free to contact me with any questions  
Lloyd Emeka: 191831@live.stmarys.ac.uk

If you are interested in taking part in this project and feel you meet the criteria stated above, go to <https://app.onlinesurveys.jisc.ac.uk/s/stmarys/the-relationship-between-chronic-pain-and-psychological-well--1> to obtain further details and access the survey. You can also contact Mr Emeka at the address on the flyer.

## ***Alegna González triumphs in the 35 km walk with a Mexican record***

(reprinted from *O Marchador*, 15 July)

On Sunday (13/7) in St. Anne's Park, Dublin, Ireland, the Summer Racewalk Challenge was held, with one of its main objectives being the possibility for some of the athletes registered in the main events of the event program, the 20 and 35 km walk, to reach the minimums for the Tokyo World Championships or to consolidate their positions in the world ranking.

And it was, indeed, in the women's 35km walk that the most qualitative results were produced, with the Mexicans playing a prominent role, especially with regard to **Alegna González**, who triumphed in her debut at the distance, setting a new Mexican and NACAC record, with a time of **2:44:28**, surpassing the previous maximum of 2:50:44 that Alejandra Ortega held since the 2023 Budapest World Championships.

The excellent walker from Chihuahua, who boasts magnificent technique, has been going through a season of great splendor, having been second in the 20 km of the Cantones de A Coruña and won in the 10 km of the Gran Premio Madrid (Marcha), in addition to having already broken another record for her country this year, in a 5,000m walk race held in April, with a time of 21:22.66.

Still in the same event, her compatriot, **Ximena Serrano** was also in the spotlight, finishing in second place (**2:44:45**), just 17 seconds behind González, while the Greek **Antigoni Ntrismpioti** secured third place on the podium with a time of **2:47:42**, all below the minimum required for the World Athletics Championships, which will take place from 13 to 21 September this year.

A Portuguese athlete participated in the event: **Joana Pontes**, from Leiria Marcha, who finished 7th with a personal best of **3:11:18**, ahead of South African **Jessica Groenewald** (**3:13:17**), who broke the African record.

In the men's 35km, Germany's **Nathaniel Seiler** triumphed in a time of **2:35:36**, with the other two podium places being filled by **Yassir Cabrera** of Panama in **2:37:09** and Joe Mooney of Ireland in **2:55:56**.

In the remaining events, the highlight was the winners, all Irish, in the women's, **Kate Veale** with **52:42** (10 km), **Aisling Lane**, with **23:57** (5 km), **Robin Og Murphy** in the 5 km U-18, with **26:02**, **Sophie Beresford** in the 3 km U-16, with **15:01**, and in the men's, the veteran **Sean Mc Mullin**, in the 5 km with **33:56**, **Oisín Lane** in the 10 km, with **41:54**, **Evan Walsh**, in the 5 km U-18, with **24:57**, and **Senan Markey** in the 3 km U-18, with **16:25**, in a set of events that included distances for even younger athletes (U14, U12, U10), in an organization that had as one of its main workers the well-known Pierce O'Callaghan, with relevant functions in World Athletics.

A final shout out to the team of walk judges, consisting of Zuzana Costin, the head judge, Bernie O'Callaghan, Tamara O'Callaghan, Shawn Gallagher and Jackie Mulhall.

### **Women 35km Open**

1.	Alegna GONZÁLEZ	02 JAN 1999	MEX	2:44:28	AR
2.	Karla Ximena SERRANO	14 APR 2004	MEX	2:44:45	
3.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	2:47:42	
4.	Ema HAČUNDOVÁ	05 MAR 1999	SVK	3:00:30	
5.	Nadia Lizeth GONZALEZ MANJARREZ	21 MAR 1997	MEX	3:07:50	
6.	Kinga WALERIAŃCZYK	19 AUG 2002	POL	3:08:08	
7.	Joana PONTES	22 MAR 2000	POR	3:11:18	
8.	Jessica GROENEWALD	22 APR 1992	RSA	3:13:17	AR
9.	Anett TORMA	02 APR 1984	HUN	3:51:37	
	Klaudia ŽÁRSKA	15 JUN 1999	SVK	DNF	
	Olena SOBCHUK	23 NOV 1995	UKR	DNF	
	Heta VEIKKOLA	23 MAY 2003	FIN	DNF	

### **Men 35km Open**

1.	Nathaniel SEILER	06 APR 1996	GER	2:35:36	
1.	Jerome CAPRICE	18 JAN 1983	MRI	3:12:00	
1.	Yassir CABRERA	28 JAN 1988	PAN	2:37:09	
3.	Joe MOONEY	27 APR 1998	IRL	2:55:56	

### **Women 10km Open**

1.	Kate VEALE	05 JAN 1994	IRL	52:42	
2.	Eabha DE FAOITE	18 JUN 2004	IRL	54:16	

### **Men 10km Open**

1.	Oisín LANE	12 JUN 2002	IRL	41:54	
2.	Luke FITZMAURICE	28 JUN 2007	IRL	50:31	

All results from the Dublin Summer Challenge can be seen at <https://worldathletics.org/competition/calendar-results/results/7228652>

## UNITED KINGDOM: Johnson Bowl Walk, 2 July - Bromley

UK international of the 60s/70s and now judge and official, **Shaun Lightman**, reports on the latest edition of the Johnson Bowl, an annual race walk event since 1872 with the trophy dating from 1902. This would surely make it one of the world's oldest surviving award walks:

On a warm, pleasant with good conditions 33 walkers faced the starter many attempting to walk 4 miles in an hour with some good performances at the head of the field. **Jonny Ellerton** was initially challenged by **Trejan Checkeku-Bomah** but broke away to win by a considerable margin. Trejan fell back and was overtaken by **Grazia Manzotti** however in a late rally Trejan just managed to edge out Grazia. Many were pleased to achieve their goal of one hour. Many thanks to the officials who assisted in an enjoyable event.

1st Jonathan Ellerton	Blackheath and Bromley	34m49s
2nd Trejan Checkeku-Boamah	B&B	35m 43s
3rd Grazia Manzotti	Tonbridge	35m 48s
4th Matthew Ellerton	Blackheath and Bromley	39m45s
5th Billie Kwok	VAC	39m 54s
6th Man Bill Lam	VAC	39m 57s
7th Florence Watson	Blackheath and Bromley	41m 36s
8th James Critchley	Unattached	44m 59s
9th Steve Pairman	Blackheath and Bromley	45m 31s
10th Iain Swatton	Blackheath and Bromley	47m 36s
11th Stephen Allport	Striders of Croydon	47m 45s
12th David Hoben	Surrey Walking Club	48m 08s
13th John Turner	Blackheath and Bromley	49m 25s
14th Julie Brabner	Zero to Hero	50m 47s
15th Karen Harding	St Francis Church	51m 17s
16th Janette Miller	Zero to Hero	51m 48s
17th Andrew Liems	Zero to Hero	51m 48s
18th Peter Lane	Zero to Hero	52m 19s
19th Janette Atkinson	Zero to Hero	52m 27s
20th Judith Shalketon	Zero to Hero	52m 27s
21st Zoe Kingmell	Blackheath to Bromley	52m 46s
22nd Nicola Stone	Zero to Hero	52m 59s
23rd Jo Webb	Zero to Hero	52m 59s
24th Unknown		52m 59s
25th Sheila Low	Unattached	53m 55s
26th Jennie Hawkes	Hayes Ladies Walking Group	53m 55s
27th Paul Miles	Zero to Hero	53m 55s
28th Jim Phelan	Blackheath and Bromley	55m 30s
29th Dee Reffell	Zero to Hero	56m 03s
30th Rosemary Daniels	Zero to Hero	56m57s
31st Carol Goskie	Zero to Hero	57m 55s
32nd Catherine Bruce	PW Runners	57m 58s
33rd Andrew Laws	Blackheath and Bromley	58m 19s
34th Shirley Griffiths	Hayes Ladies Walking Group	59m 40s
35th Karen Drennan	Hayes Ladies Walking Group	59m 53s

## 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, July 14, 2025 - **II and III Divisions – Leiria 2025: CA Marinha Grande (men, II), EA Pedro Pessoa (women, II), J Ilha Verde (men and women, III) triumph in the race walking events**  
<https://omarchador.blogspot.com/2025/07/ii-e-iii-divisoies-leiria-2025-ca.html>
- Monday, July 14, 2025 - **I Division – Leiria 2025: J Vidigalense (men) and Sporting CP (women) win in the march**  
<https://omarchador.blogspot.com/2025/07/i-divisao-leiria-2025-j-vidigalense.html>



- Sunday, July 13, 2025 - Narcis Mihăilă and Alessia Pop became Romanian champions in the 20 km walk (Craiova 2025) <https://omarchador.blogspot.com/2025/07/narcis-mihaila-e-alessia-pop-sagraram.html>
- Saturday, July 12, 2025 - Will Thompson in the spotlight at the Victoria Winter Championships, Australia (2025) <https://omarchador.blogspot.com/2025/07/will-thompson-em-evidencia-nos.html>
- Friday, July 11, 2025 - Spanish Under-18 (Castellón) and Under-23 (Badajoz) Championships 2025 – results <https://omarchador.blogspot.com/2025/07/campeonatos-de-espanha-sub-18-castellon.html>
- Thursday, July 10, 2025 - Italian U20 and U23 Championships - 10,000 metres walk (Grosseto 2025) <https://omarchador.blogspot.com/2025/07/campeonatos-de-italia-de-sub-20-e-sub.html>
- Thursday, July 10, 2025 - 35km walk and mixed relay on day 2 of the Chinese Championships - Tai'an 2025 <https://omarchador.blogspot.com/2025/07/35-km-marcha-e-estafeta-mista-no-2-dia.html>
- Wednesday, July 9, 2025 - Lingfen Zhang and Pengfei Xue triumphed in the 20km walk of the China Championships in Tai'an, Shandong (day 1) <https://omarchador.blogspot.com/2025/07/lingfen-zhang-e-pengfei-xue-triunfaram.html>
- Tuesday, July 8, 2025 - ANAV – National Veterans Championship (track) Lousada 2025 – results [https://omarchador.blogspot.com/2025/07/anav-campeonato-nacional-de-veteranos\\_8.html](https://omarchador.blogspot.com/2025/07/anav-campeonato-nacional-de-veteranos_8.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 ...

There are some things you never get tired of seeing, reading or hearing, underdog stories being a prime example. **Norm Read**, an English émigré to New Zealand, will forever stand in race walking annals as among the least likely of Olympic winners.

At the Melbourne Olympics in 1956, surely, there was no 'among' about it. Almost everything was against him. Neither Britain nor NZ had wanted Read in their team – not until he won the Australian 50km championship with a time 2 mins shy of the Olympic record, at which point the Kiwis woke up. Practically nobody in the 50km walking world (other than the Australians who's seen him lift their national title) had even heard of him, and it might have remained that way had he not found his way to the start line at the last moment after becoming hopelessly lost in the labyrinth beneath the MCG stands!



*Norm Read (10) and Milan Skront (CZE, 4) lead the 50km field on the track before heading out onto the Melbourne roads. Behind Read is Sweden's John Ljunggren (13), the only man besides Robert Korzienowski and Jared Tallent to win 50km medals at three separate Olympic Games. Behind Skront are Ron Crawford (AUS, 2), Jozef Dolezal (CZE, 5), Abdon Pamich (ITA) and future VRWC club president Ray Smith (AUS).*

*(Photo source: Mehmet Binali)*

Norm Read's story is a fascinating and inspiring one – as is always the case with those who've had to achieve with minimal support, official indifference and against fierce, well-resourced rivals. The story has been told in many quarters, and in various levels of detail. The following insightful biographic piece comes from Norm's birth territory of Sussex, where he first took up the sport of walking:

## **THE SUSSEX CHIPPIE WHO BECAME OLYMPIC CHAMPION – NORMAN READ**

*by Melanie Anning (reprinted from Sussex Athletics – 24 May 2020)*

As a keen tennis player **Norman Read** predicted he would win Wimbledon. He was right about being number one, just wrong about the sport. The self-confident, Steyning schoolboy would later become an Olympic Champion in the 50 kilometres walk.

Born on 13th August 1931, in Portsmouth, the son of Marjorie and Richard Read, a Royal Navy stoker, the family moved to Steyning when Norman was very young. His friend John Miller recalls 14-year-old Read, winning the Steyning Easter Monday junior walks race in 1946, when they were both, "surviving on war time rations". This is when he believes Read, "caught the racing bug".

A curvature of the spine was not going to stop him. He wore a brace support, which he only removed when racing. Norman had found his event.

After leaving school, he completed a carpentry apprenticeship. The young chippie initially joined the Sussex Walking and Athletic Club, before transferring to Steyning AC, where he came under the wing of Johnny Henderson. Henderson was a legend in race walking, which was then far more competitive and of a much higher standard in Britain, than it is now.

In 1950 Norman won his first AAA Junior title over 1 mile in a time of 7 minutes and 48 seconds. He later broke the British Junior record clocking 7:09.6. The following year he became the first national champion with victory in the inaugural junior, 5-Mile Road Championships in a time of 38:32 minutes. In 1953 he won Steyning AC's 10-Mile Championship title in 88:32. This was his last race on Sussex soil before emigrating to New Zealand.

It was on the other side of the world that Norman stepped up to the much longer distances, which would lead to his greatest achievements. In 1955 he unofficially race walked 50 kilometres in a world-class time of 4 hours 36 minutes and 41 seconds. The next year he won New Zealand titles over both 50 and 20 kilometres.

Despite this success neither New Zealand nor Great Britain initially selected Read for the 1956 Olympic Games, which were being held in Melbourne at the end of the year. He decided to let his feet do the talking by travelling to Australia, where he duly won the national 50km title in 4:30.17, which was just two minutes outside of the Olympic record. New Zealand swiftly added Norman to the team list.

The lead up to the Olympic 50km final could not have been more stressful. Read got lost in the maze of passages below the grandstand of the Melbourne cricket ground, and nearly missed the start of the race.

The conditions in Australia were exhausting, with temperatures rising above 30°C. Norman however, kept his cool and let others set the pace before challenging in the last 15 kilometres, where he caught and overtook the leaders. At the 45 kilometres mark he had an 82 second lead and he continued to increase his pace, winning the Olympic title in **4:30.43**. Only five other competitors completed the course inside of five hours and six of the 21 starters did not finish at all. This victory earned Norman the New Zealand Sportsman of the Year accolade.

Four years later Read had lowered his 50km best twice in one week to 4:27.25 then 4:21.23. This influenced his decision to attempt both the 50km and the 20km distances at the Rome Olympics. In hindsight this was possibly a mistake. Norman was fifth in the 20km, which was first and unfortunately failed to finish the 50km. His best 50km time would have won the race by over four minutes.

Despite setting his second and third best times for 50km of 4:24.46 and 4:27.18, in the run up to the 1964 Tokyo Olympics, Norman was not chosen, with his performances being described by selectors as, "only a oncer."

In 1965 and 1966 Norman competed regularly in the UK, winning Sussex titles and collecting national medals. These were prestigious events. Race walking in the county alone always offered high class competition and '66 was a particularly good year for Read with a couple of national victories.

His second place in the London to Brighton walk in that year was another superb accomplishment. In this highly acclaimed annual race, the only ever Sussex winners were Norman's younger brother, Dennis and Brighton and Hove's John Lees, of BBC Radio Sussex fame.

Norman's international career would end in Jamaica in 1966, at the Commonwealth Games in Kingston, where he won a bronze medal in the debut 20-mile walk. He continued competing for 18 years in New Zealand finally ending his race walking career aged 52.

As an athlete he was celebrated for his stylish and technically sound walking style. Remarkably, Read was never disqualified in a race, which is a phenomenal achievement.

Sussex AA President, Ron Penfold, knew him well. He said: "Norman was sometimes a very difficult person to get on with, not really a team man as he was very focused on his own racing and training. I remember he always wore socks that went down over his shoes to stop stones getting in."

Read was married to Megan and had three daughters and a son. He founded New Zealand's first race walking club and was a judge at the 1992 Barcelona Olympics.

Norman remained fit and was actively involved in sports until his death. He was 62 and the serving president of Athletics New Zealand when he suffered a fatal heart attack, whilst competing in a veterans' cycling race.

Norman Read, the self-titled "Pommie-Kiwi" died on 22nd May 1994.



*Norm Read racing as an 'All Black' back in the UK in 1966, bracketed by Ron Penfold and Arthur Jones.*



*... and in his Steyning club strip*

*(Photos: Reg Hook – Sportsview)*

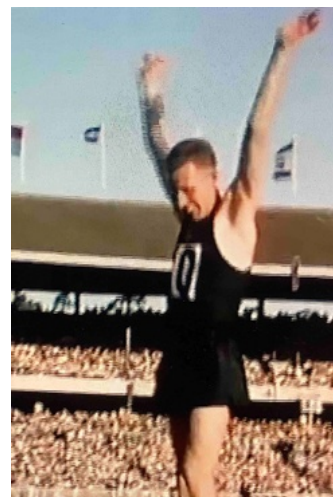
You can also read **Tim Erickson's** tribute to Norm Read in the VRWC Articles archive at <https://www.vrwc.org.au/tim-archive/articles/wo-norm-read.pdf>



What actually prompted the sourcing and publishing of the above material on Norm Read was a couple of Facebook posts, one of which is a movie clip that will be familiar to many but not so to others. The clip (see link below) shows the start of the 1956 Olympic 50km, early stages out on the road, and Read's triumphant re-entry into the stadium. It's always great to watch.

<https://www.facebook.com/100006873424660/videos/1504839673816622?idorvanity=116766962318792>

Thanks to **Stefano Malaspina** for making this clip available.







### **\*AA Event Group Advisory Panel for Race Walks**

**Jared Tallent** advises that AA is now inviting inquiries from applicants with relevant expertise for the abovementioned panel. The kind of *expertise* referred to is as follows:

The members of the Event Group Advisory Panel should have a high level of expertise in Athletics, such as:

- A retired athlete who has competed at an international level
- A coach who has coached athletes to an international level
- An international level official
- An event group expert, for example a performance support provider (e.g. therapist, scientist etc) that has supported a specific Event Group athlete/coach's senior Championship preparation.

The Expression of Interest (EOI) for the **Australian Athletics Event Group Advisory Panel for Race Walks** is now available on the Australian Athletics website:

<https://www.athletics.com.au/participant-hub/high-performance-coaching/>

Direct link to the EOI document:

<https://www.athletics.com.au/wp-content/uploads/2025/07/Australian-Athletics-Event-Group-Panels-Race-Walks-EOI.pdf>

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### **DOGS OFF LEASH**

At our championships day on Sunday 18 May, one of our race judges had cause to lodge a formal report concerning several dogs whose owners had seen fit to let them run untethered in a 'KEEP DOGS ON LEASH' area, very close to the northern turn of our course. At least one dog had been free to roam onto the path itself.

There is official signage on the path next to the Bowling Club fence in that area, requiring that dogs be kept on leash. Whether it was unseen or ignored by the dog owners, it resulted in a safety risk and was a source of anxiety for our competitors.

The incident was reported to Parks Victoria, who will advise their rostered rangers to patrol the area and undertake dog education measures if necessary.

VRWC members, supporters and parents who notice similar incidents should notify myself, Mark Donahoo or Terry Swan.

*Stu Cooper*  
*President*

## \*\* VRWC RACE FEES

### Seasons ticket 12 months:

Financial members: \$110.00 paid by the **end of May**.

### VRWC Club Races:

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

### VRWC Championships:

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA or RWA.

## \*\* VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> April 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 1<sup>st</sup>** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

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

**\*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 \$45. (Families: \$45 for the first child, \$35 for siblings.)

## 2025 WINTER SEASON FIXTURE

### JULY

Saturday 19th July

VRWC Points races

**Saturday 19<sup>th</sup> July**

**Coaching seminar for parents, athletes and coaches**

**Middle Park**

Saturday 26<sup>th</sup> July

Racewalking Australia Postal Challenge event &  
VMA 10km

Middle Park

### AUGUST

Saturday 2<sup>nd</sup> August

VRWC Points races

Middle Park

Saturday 9<sup>th</sup> August

AV Championship & VRWC Championships & events

Middle Park

Saturday 16<sup>th</sup> August

**VRWC Last points race**

Middle Park

Sunday 24<sup>th</sup> August

Australia Athletics championships

Ballarat

Saturday 30<sup>th</sup> August

VRWC non points race day

Middle Park

### September

Saturday 6<sup>th</sup> September

AV 5km teams championship, VMA 5km track championship & VRWC events  
Mentone Track

Sunday 14<sup>th</sup> September

VRWC relay race and Seasons Presentations

Middle Park

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2024/2025

Sat 19 Jul 2025

**Coaching seminar (athletes, parents, coaches) & Points races** – Middle Park

Sat 26 Jul 2025

**RWA Postal Challenge & VMA 10km c'ship** – Middle Park

Sat 9 Aug 2025

**AV 15km & VRWC c'ships (Alf Robinson & Mabel Robinson trophies)** – Middle Park

Sun 24 Aug 2025

**AA Junior road championships** – Ballarat

Sat 6 Sep 2025

**AV 5000m Teams c'ship & Club races** – Mentone

Sun 14 Sep 2025

Relay race, BBQ lunch, Winter presentations – Middle Park

### **International Dates**

16-27 July 2025

**World University Games** – Bochum, GER

13-21 Sep 2025

**20<sup>th</sup> World Athletics Championships** – Tokyo, JPN

4-9 Aug 2026

**World U20 Athletics Championships** – Eugene OR, USA

30 Oct-15 Nov 2026

**Youth Olympic Games** – Dakar, SEN

*(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.*

*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.*

**\*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.*

Stu Cooper - editor

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