



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

VICTORIAN RACE WALKING CLUB ANNUAL GENERAL MEETING

Sunday 10 November 2024, 11.00am

at

Club HQ, Middle Park Bowling Club

All Executive and Committee positions* will be declared open:

EXECUTIVE

President
Senior Vice-president
Secretary
Treasurer

Club Captain – Men
Club Captain – Women
AV Delegate
Judging Coordinator
Club Coach/Coaching Coordinator
Prizes/Awards Secretary
RWA Liaison Officer
Club Records Officer
First Aid Officer
General members (up to 2)

GENERAL COMMITTEE

Assistant Secretary/Treasurer
Race Secretary/Meet Director
Publicity Officer
Handicapper
Uniforms Steward

(* The position of Club Junior captain will remain occupied and not declared open.)

Anyone wishing to nominate should do so via the **nomination form** which will be issued to all members via email.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by **Sunday 3rd November.**

All members are entitled to attend the AGM and **new committee members are welcome.** However, voting is restricted to those who have been **financial members** in the year immediately preceding the Annual General Meeting (i.e. from April 1 2024), or those who are Life members.

Stu Cooper
President

*It has been encouraging to see a number of newer members and supporters (including parents) turning up often to assist with conducting our events during the Winter season. Many of them might have new ideas and suggestions in setting the direction of the Club and boosting membership.

If you are one of these people, we would urge you to consider joining the Committee (no pressure!) for 2024-25. We hold meetings monthly, held either after races or online on midweek evenings, depending on availability. Your attendance and input would be invaluable and very welcome.



**** RHYDIAN COWLEY NAMED BBC GREEN SPORTS ‘WORLD ATHLETE OF THE YEAR’**

Rhydian Cowley’s advocacy of, and work towards, environmental sustainability has been a consistent quest alongside his pursuit of international walking excellence – a quest which, last week, found recognition in the BBC Green Sports’ awards. This report, from *World Athletics*¹, outlines the honour bestowed upon the VRWC’s latest Olympic medallist:

Australian race walker Rhydian Cowley, a bronze medallist in the marathon race walk mixed relay at the Paris 2024 Olympic Games, was named the Green ‘World Athlete of the Year’, in recognition of his climate advocacy and promotion of environmental sustainability at both local and global levels.

Cowley, who is a member of the World Athletics Champions for a Better World programme, said: “Taking action on climate change is the best way to respond to its impacts, which are already affecting our lives and our sports - impacts that I have experienced first hand in competition and training.

“Winning this Green Sports award helps me to feel like the route I’ve taken is making a valuable contribution and supports me to continue my own climate action journey,” Cowley continued. “In particular I’d like to note World Athletics and its Champions for a Better World programme for the way it has empowered voices within the sport of athletics since its creation. This has supported the Athletics for a Better World platform that has justifiably helped earn World Athletics the 2024 Elite Organisation Award.”

Cowley is also active in EcoAthletes, the Sports Environment Alliance, Champions For Earth, High Impact Athletes, and FrontRunners, all largely athlete-led groups working to promote and foster environmental awareness and action in their communities.

“Cowley, 33,” reads the BBC citation², “consistently promotes environmental sustainability and participates in high-profile initiatives to mobilise athletes globally. He has also partnered with schools and community groups to promote environmental education.”

One of the areas in which Rhydian works passionately is in support of his chosen charity, *Bush Heritage Australia*, a cause he embraced following the 2019 Black Summer bushfires across eastern Australia. Last year, his efforts resulted in this charity receiving \$24,000 under the international *Athletes For Good* program. For a revealing exposition of this program and of Rhydian’s involvement with it, visit <https://vis.org.au/news/2023/10/athlete-for-good-grant-recipient-rhydian-cowley-on-his-journey-in-environmental-sustainability-and-his-work-with-bush-heritage-australia>.

Congratulations, Rhydian. At a time when climate change and other forces are impacting the biosphere to an alarming extent, efforts such as yours serve as an inspiration to all of us.



Rhydian and fellow sustainability advocate Evan Dunfee (CAN) clean up the beach in Muscat. (Photo: Dan Vernon)

¹ <https://worldathletics.org/athletics-better-world/news/organisation-of-the-year-bbc-green-sport-awards>

² <https://www.bbc.com/sport/articles/cy0glpg38xko>

*Race day ... Sunday 20 October

Have you entered yet?

8.30am – 20km, 15km Open
8.45am – 10km Open
9.10am – 5km, 3km Open
9.50am – 2km, 1km Open

The entry portal is now open. Go to
<https://www.revolutionise.com.au/vrwc/events>
Deadline for entries: Friday 18 October at 6pm

** WALKER OF THE WEEK **

When **Ela Uzun (VIC, 13yo)** takes to the track in the summer, it isn't just the sun that heats up Lanes 1 and 2. Her feet play their part, too. Such was the case in AVSL Round 2 competition on Saturday at Doncaster, where Ela launched a blitz start and kept up the heat, winning the 1500m outright in a time of **6:20.8**. This not only set new VRWC club records for U14, U15 and U16 – it also came to within 0.6 sec of Gabrielle Blyth's U17, U18, U20 and U23 records and, amazingly, to within 1.6 sec of Sue Cook's Open mark which has stood since 1980!

While Ela has been setting record after record since her Under 9 days, the reduction in her frequency of racing over the past two winters appears to have worked in her favour as far as hunger is concerned. Certainly her strength and endurance have increased with her growth, and, with a prudent increase in training loads, she is set to return an exciting run of results over the summer season in AVSL, All Schools, VRWC, LAVic, state and national competitions.

Well done, Ela. Another well-earned WOTW. May you keep loving it and blitzing it!



*Honourable mentions:

- **Havana Ali (VIC)** – Ela's cousin and training partner, Havana convincingly beat a field that towered over her for a new 1500m PB of **7:33.1**.
- **Mietta Morgan (VIC)** – tore 24 secs from her 1500m PB with **7:43.4**, her strongest result since returning from illness.
- **Sam McCure (QLD)** – set a new meet record in winning the QLD Schools Sports U18 5000m with **21:19.39**.
- **Kim Mottrom (SA)** – broke Peter Fullager's long-standing SA Masters M40 record over 3000m, setting a new mark of **12:46.01**.

VICTORIA - METRO & REGIONAL



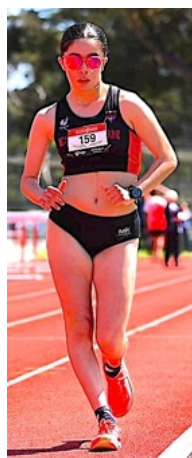
** Metro Zone: Round 2, Saturday 12 October – Reischek's Reserve, Doncaster

A rich PB harvest was reaped from among the 51 starters who fronted at the Tom Kelly track on Saturday, with no fewer than 12 bests and two first efforts. Capping these was a brilliant 1500 walk by **Ela Uzun** who set 3 new VRWC club records with her **6:20.8**. Behind Ela was young cousin **Havana Ali**, having probably her best-ever AVSL result in finishing second with **7:33.1**. **Mietta Morgan**, fast approaching her best form, smashed her PB to clock **7:43.4** ahead of **Addi Frenken** who also joined the PB party.

1500m

Pl	Name	Club	Age	Time	Points	
1	Ela Uzun	(ESS)	F14	6:20.8h	521	VRWC U14 15 16 records PB 0:10
2	Havana Ali	(ESS)	F14	7:33.1h	428	PB 0:08
3	Mietta Morgan	(KNA)	F16	7:43.4h	397	PB 0:24

4	Addison Frenken	(CCA)	F14	8:06.6h	388	PB 0:08
5	Natalie Laurie	(ANW)	FOP	8:08.3h	349	
6	Simon Evans	(BOH)	M60	8:13.4h	411	
7	Sandra Geisler	(RWD)	F45	8:15.5h	383	
8	Shaun Lewis	(WTN)	M45	8:17.2h	281	
9	Trenton Hawkins	(PTN)	M45	8:29.6h	273	
10	Paul Kennedy	(KSB)	M65	8:54.0h	385	
11	Donna-Marie Elms	(PTN)	F60	9:07.2h	398	
12	Laura McLennan	(DAC)	F45	9:08.4h	328	
13	Amelia Vernal	(UNA)	F18	9:15.9h		
14	Dee Holohan	(MEN)	F55	9:18.8h	362	
15	Caitlyn Shipham	(KNA)	F14	9:34.7h	295	First 1500m
16	Kobe Lewis	(WTN)	F14	9:49.7h	283	PB 0:19
17	Zade Nabile'	(KSB)	MOP	10:00.9h	181	
18	Tracy Colbert	(WES)	F55	10:17.5h	305	
19	Janice Hodgart	(WES)	F60	10:18.8h	331	
20	Stephen Murphy	(ESS)	M60	10:46.2h	238	
21	Clyde Riddoch	(WAM)	M70	10:49.5h	272	
22	Gwen Steed	(GHY)	F70	10:53.3h	362	
23	Geoffrey Barrow	(MEN)	M70	10:57.0h	268	
24	Jo Moxon	(DIV)	F60	11:00.3h	294	
25	David Martini	(OLX)	M45	11:24.8h	169	
26	Brenda Cashin	(WES)	F60	12:26.5h	233	
27	J-Rose Szuhai-Andrews	(BWK)	F55	12:31.4h	204	



Ela, Havana and Mieta in control in the 1500m. (Photos: Ece Uzun)

It was heartening to see 24 line up for the 3000m, almost as many as for the 1500. Numbers like this for the AVSL walks are infrequent since the days of the Finals/Playoffs, and large fields usually mean good contests. Seven PBs eventuated from this race, an excellent return.

One of the PBs was claimed by winner **Riley Coughlan**, edging closer to his first sub-12:00 with **12:09.4**, while **Eden Morgan** and **Max Davidson** both made statements with new bests of **13:20.0** and **13:37.0** respectively. **Char Hay** followed her fast 5000m at Casey with an 18 sec improvement in **14:32.08**. The Doncaster track suited the **Read** sisters, with **Matilda** improving by 0:07 and **Pippa** making her 3000m debut with an excellent **16:49.5**.

3000m

1	Riley Coughlan	(KNA)	M18	12:09.4h	490	PB 0:10
2	Marcus Wakim	(COL)	M20	12:33.1h	457	
3	Eden Morgan	(KNA)	M20	13:20.0h	420	PB 0:11
4	Mark Blackwood	(KNA)	M45	13:30.8h	455	
5	Max Davidson	(DIV)	M16	13:37.0h	441	PB 0:15
6	Alejandro Stephens	(GHY)	MOP	13:48.6h	384	
7	Char Hay	(MUU)	FOP	14:32.8h	410	PB 0:18
8	Mya McClure	(WCA)	F14	14:46.2h	440	
9	Angus Shuttleworth	(KNA)	M14	14:59.0h	407	
10	Lewis McLennan	(DAC)	M14	15:29.0h	388	
11	Matilda Read	(WEL)	F16	15:31.4h		PB 0:07
12	Hannah Matthews	(KNA)	F16	15:49.1h	385	
13	Sarah Holmes	(DIV)	F16	16:12.0h	372	PB 0:18
14	Lucy Johns	(DIV)	F16	16:15.2h	371	PB 0:12
15	Jaime Hvalica	(DIV)	M16	16:26.9h	328	
16	Pippa Read	(WEL)	F14	16:49.5h		First 3000m
17	Carolyn Rosenbrock	(YRA)	F60	17:13.4h	431	

18	David Smyth	(COL)	M55	17:45.5h	342
19	Emilie Garside	(YRA)	FOP	19:25.9h	254
20	Michael Harvey	(WAM)	M60	21:05.0h	270
21	Phillip Dunstone	(WES)	M55	21:19.1h	238
22	Sarah Papadopoulos	(DIV)	FOP	22:06.7h	187
23	Robert Gardiner	(COL)	M70	23:20.3h	274
-	Bradley Sala	(DAC)	M45	DQ	

Next weekend ...

***AVSL Round 3 – Saturday 19 October**

All races open to Male and Female competitors

Metro – Keilor 1.00pm 2000m (all ages)
Keilor Park Rec. Reserve 5000m walk (U18 and older)

Ballarat region – No walks
Llanberris Stadium

Bendigo region – Lar 1:45pm 1500m walk (U14, U16)
Birpa Athletics Complex 3000m walk (U18 and older)
(formerly Latrobe Uni
Athletics Complex)

ENTRIES

Metro & Ballarat – enter via AV Members Portal at
<https://www.revolutionise.com.au/athleticvic/events/>

Bendigo – enter via <https://eventplus.net/ABB24>

*AV entries close at 12.00 noon on Wednesday 16 October



AROUND THE COUNTRY

QUEENSLAND QRSS School T&F championships – QSAC, Brisbane

Girls 13y 3000m walk

1 Mackenzie Bandidt	13	MWR	16:54.36
2 Lani Cap	13	CAP	17:06.75
3 Kiara Waterman	13	MNR	17:14.05
4 Zoe Renton	13	MWR	17:19.24
5 Abigail Rogers	13	SUN	18:24.58

Girls 14y 3000m walk

1 Bethany Moore-Kirkland	14	DDR	15:26.50
2 Ella Cosgrave	14	SCR	16:42.10
3 Eliza Kelly	14	MNR	17:10.52
4 Mikaela McDonald	14	MNR	17:45.69

Girls U15 3000m walk

1 Olivia Boulton	15	SCR	15:12.04
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Women U16 5000m walk

1 Milly Sharpe	16	CAP	24:58.30
2 Katie Bray	16	MNR	31:41.87

Women U17 5000m walk

1 Brooke Newberry	17	DDR	28:22.96
2 Taylah Morris	17	SCR	30:39.53

Boys 13y 3000m walk

1 Lachlan Moore	13	MER	15:05.79
2 Cory Lockwood	13	SCR	16:00.83

Boys 14y 3000m walk

1 Noah Cooke	14	MNR	14:02.10
2 Kobi Irvine	14	WB	15:59.60
3 Eli Melinz	14	SUN	17:43.35

Men 16 5000m walk

1 Kai Dale	16	SCR	27:25.63
2 Micah White	16	SUN	30:00.94

Men 17 5000m walk

1 Roel Wheeley	17	MER	27:25.87
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Men 18-19 5000m walk

1 Sam McCure	18	SCR	21:19.39 MR
2 Alex Bradley	18	DDR	24:14.42

SOUTH AUSTRALIA ASA Interclub results, 12 October – Mile End stadium

Results courtesy of **Kim Mottrom**, who had a great result in smashing Peter Fullager's state M40 3000m record. The small field walked well enough to produce three PBs, a sound start to the season.

Open 3000m walk	Time	
Kim Mottrom	12:46.01	M40 state record by 1:09
Cooper Rech	13:57.06	PB 0:21
Angelina Legrand	14:31.58	PB 0:05
Liam Freundt	15:56.90	PB 0:08
Matilda Rech	18:58.05	
Alex McEwan	27:03.62	



INTERNATIONAL NEWS

FRANCE: French National Masters championships, 13 October – Lisses

Emmanuel Tardi reports on his latest judging assignment, this time on home turf for the National Masters titles:



I was judge this Sunday in Lisses (30km to the south of Paris) for our national championship for Masters (10k road). The championship was included in the 10th Grand Prix de Lisses.

The race took place on a flat road. The loop was 1.667km long. All starts were at 9.30am with 85 starters. We were very happy to have Olympian **Aurelien Quinion** who did a good training session, winning the 20k in **1:24:41**. The local walker **Marine Rottier** won the women 20k in **1:46:08**.

In the Masters race, **Roland Landron** won for the men in **47:23**, and **Marie Girault** won for the women. Older walker was **Alexis Jordana** (born 10 Feb 1937) who won the M85 division in **1:22:00**. (Jordana finished 10th in national championship 20km in 1959.)

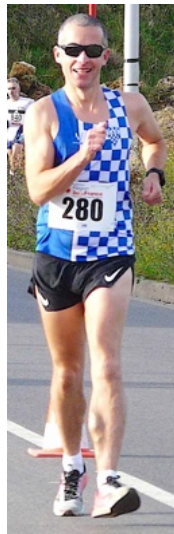
10km Marche

1	LANDRON Capucine	JUF/06	Ca Beglais	50'08"
2	CHEVASSUS Melwan	ESM/04	Asfi Villejuif Athletisme	58'31"
3	RAHMOUNE Nawel	JUF/06	Ca Montreuil 93	58'31"
-	GAUDRE Martin	ESM/04	Efs Reims	AB

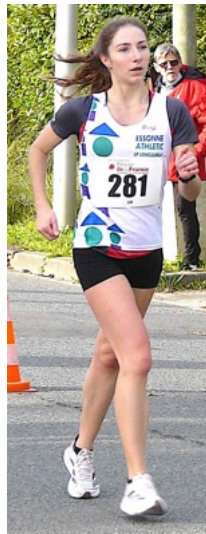
20km Marche

1	QUINION Aurelien	SEM/93	Ac St Gratien-Sannois	1h24'41"
2	LANDRON Roland	MAM/78	Ca Beglais	1h35'50"
3	GOGNIES Ryan	SEM/00	Ca Montreuil 93	1h45'17"
4	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	1h46'08"
5	BIZARD Lucie	MAF/90	Stade Français	1h59'11"
6	DUCLOS Eddy	MAM/69	Us Champagne-Sur-Seine	1h59'29"
7	DUCLOS Adele	SEF/00	Athle 91	1h59'29"

8	STEFANELLY David	MAM/76	As Mantes	2h09'10"
9	SERAKI Patrizia	MAF/63	Avia Club Athletisme	2h10'28"
10	DE SOUSA Marie-Lise	MAF/66	Free Runners Le Club	2h31'16"



Landron



Rottier



Quinion



Girault



Jordana



Emmanuel (red arm band) and his 'equipe des juges'. (Photos: Emmanuel Tardi)

10km Marche Master Femmes

1	GIRAULT Marie	1M0F/88	Ea Cergy Pontoise	55'48"
2	VAROQUIER Elodie	1M1F/83	Ea Romans-Bourg De Peage	56'37"
3	BIZARD Lucie	2M0F/90	Stade Français	57'37"
4	SINA Laurence	1M4F/69	Entente Sud Lyonnais	57'45"
5	SEVELLEC Sylvie	1M5F/64	Ac Cesson	57'45"
6	BOBAN Valerie	2M4F/68	Athle Vosges Ec	58'41"
7	FRANCHIN Celia	3M0F/87	Vernouillet Athlé	59'28"
8	REAUD Delphine	2M1F/82	Ac Paris-Joinville	59'28"
9	COTTREAU Helene	3M1F/84	Acp Ancenis	59'39"
10	BRASTEL Adeline	1M2F/78	Efs Reims	1h00'24"
11	FLORENTIN Catherine	3M4F/67	Athle Vosges Ec	1h01'55"
12	BRINGER Laurence	2M2F/77	Athletisme Metz Metropole	1h02'13"
13	LAVILLE Francoise	1M6F/56	Bussy St Georges Athletisme	1h02'37"
14	BRASTEL-JUNG Emilie	3M2F/80	Ill Bruche A Lingolsheim	1h03'05"
15	GUINARD Marie	1M3F/71	Ac La Chapelle/erdre	1h03'41"
16	RIGAULT Clotilde	2M5F/61	Saint-Brice Athletisme	1h03'59"
17	SERAKI Patrizia	3M5F/63	Avia Club Athletisme	1h04'56"
18	KOROTKEVITCH Nadia	4M5F/63	Bussy St Georges Athletisme	1h10'11"
19	TRAQUE Lina	5M5F/65	Bussy St Georges Athletisme	1h11'39"
20	DUREY Catherine	4M4F/68	Us Vesinet	1h12'18"
21	QUEUDRET Vanessa	2M3F/74	Bussy St Georges Athletisme	1h13'36"
22	ANXIONNAT Claudine	1M7F/51	Athle Vosges Ec	1h13'38"
23	DE SOUSA Marie-Lise	5M4F/66	Free Runners Le Club	1h14'47"
24	BIZARD Claudie	2M6F/59	Thiais Ac	1h14'53"
25	GARRET Cecile	6M4F/69	Lisses Ac	1h15'34"

26	POUVREAU Manuella	6M5F/64	Domont Athletisme	1h16'37"
27	MARMET Marie-Anne	3M6F/56	Le Chesnay-Rocquencourt	1h16'41"
28	SEN Lucie	1M8F/50	Us Dax	1h17'27"
29	THOUMSIN Sylvie	7M5F/65	Le Chesnay-Rocquencourt	1h17'55"
30	SIMEON Elisabeth	1M9F/42	Paris Uc	1h20'25"
31	LE METAYER Dominique	2M7F/53	Asa Maisons-Alfort	1h22'00"
32	WEISS Fabienne	8M5F/61	Le Chesnay-Rocquencourt	1h23'06"
33	TILLOU Ana	9M5F/63	Us Nemours	1h25'27"
34	LASSUS Maryse	2M8F/49	Us Bazas	1h27'34"
35	LOYER Suzanne	3M8F/47	Stade Clermontois	1h28'41"
10km Marche Master Hommes				
1	LANDRON Roland	1M2M/78	Ca Beglais	47'23"
2	BONNEAU Philippe	1M5M/65	Antony Athletisme	51'40"
3	MUNOZ Brian	1M3M/73	Entente Sud Lyonnais	52'17"
4	CHARBONNIER Nicolas	2M2M/78	Us Bannalec	52'35"
5	SPRIMONT Jacky	2M3M/71	Us Maubeuge Athle	53'00"
6	GREAUME Jean-Marie	2M5M/63	Club Athletique Cauchois	54'47"
7	BOYER Nicolas	3M2M/77	Avon Athletisme Club	54'55"
8	ROBIN-BROSSE Patrick	1M4M/69	Ea Gillonnay-La Cote	55'03"
9	ERARD Christophe	2M4M/70	Asm Bar-Le-Duc	55'14"
10	FLORENTIN Thierry	3M5M/65	Athle Vosges Ec	55'44"
11	GAUDIN Dominique	3M3M/73	Athlé Saint Barthelemy D'Anjou	56'20"
12	HERIDA Nadir	1M1M/82	Efs Reims	57'21"
13	HAUMESSER Marc	1M6M/58	Ac Villeneuve D'ascq	57'35"
14	FORESTIERI Alexandre	2M1M/82	Ust Courir A Saint Tropez	58'08"
15	BODROS Gaetan	2M6M/60	Ac Chateau Thierry	58'40"
16	DUCLOS Eddy	3M4M/69	Us Champagne-Sur-Seine	58'52"
17	BEURIER Jocelyn	3M1M/85	Us Vesinet	59'26"
18	BABOIN Michel	3M6M/56	Saran Loiret Athletic Club	59'40"
19	MARIE Frederic	4M5M/61	As Mantes	1h00'21"
20	COLOMAR Patrick	1M7M/53	Stade Villeneuve-sur Lot	1h02'12"
21	NOGRE Yannick	4M6M/59	Sc Brie-Comte Robert	1h02'18"
22	STEFANELLY David	4M2M/76	As Mantes	1h02'26"
23	MARVINGT Serge	5M6M/58	Saint-Brice Athletisme	1h03'14"
24	TOUTAIN Eric	5M5M/63	Us Ivry	1h04'17"
25	LABORY Gerard	6M6M/56	Ulac Pays Fouesnantais	1h04'43"
26	LEFEVRE Marc	6M5M/65	Athle78	1h04'46"
27	LAMIRAULT Philippe	4M4M/69	Lisses Ac	1h05'00"
28	BEGON Gilles	7M6M/57	Ca Lisieux	1h05'24"
29	GRUARDET Mathias	4M1M/84	Caen Athletic Club	1h06'17"
30	BRUCH Jean-Frederic	8M6M/59	Athle Chartres Luce	1h10'12"
31	LASSUS Marc	1M8M/50	Us Bazas	1h10'17"
32	LEROUX Jean-Paul	9M6M/60	Ac Etrechy	1h11'15"
33	JOURDE Pascal	5M4M/67	Athletisme Metz Metropole	1h12'58"
34	SEN Gerard	2M8M/48	Us Dax	1h14'51"
35	TILLIER Ludovic	5M2M/79	Le Chesnay-Rocquencourt	1h16'38"
36	JORDANA Alexis	1M10M/37	Blagnac Sc	1h22'29"
37	COURTEJAIRE Pierre	1M9M/42	Ua Versailles	1h22'37"
38	LONGATTE Francois	2M7M/53	Es Montgeron	1h23'03"
39	KERGOT Eric	3M8M/49	Amicale Athletisme Du Roumois	1h27'23"
40	MONTIGNY Patrick	4M8M/49	Union Sportive Ivry Athletisme	1h39'11"
	DURAND-PICHARD David	4M3M/72	Nancy Am	DNF
	GOETHALS Jacky	M9M/42	Rambouillet Sports	DQ

Juge Arbitre : Jean-Pierre DAHM

Chef Juge : Emmanuel TARDI

Juge de Marche : Daniel THOREL , Eric SWIDZINSKI , Caroline CAUMON , Natacha BIGOT-ROLLIN , Richard WEBER , Vincent BOLLINGER , Dominique PINON .

Secrétaire : Dominique LECLERCQ , Michel LETOQUEUX

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, October 14, 2024 - **French masters compete in 10km race walk championships in Lisses (results)**
<https://omarchador.blogspot.com/2024/10/masters-franceses-disputaram.html>

Expanding on Emmanuel Tardi's report above.

- Monday, October 14, 2024 - **Aurélien Quinion wins 20 km in Lisses, France**
<https://omarchador.blogspot.com/2024/10/aurelien-quinion-vence-20-km-em-lisses.html>
- Sunday, October 13, 2024 - **2019, thank goodness for the longevity of some champions!**
<https://omarchador.blogspot.com/2024/10/2019-valha-nos-longevidade-de-alguns.html> Good results from veteran stars, despite disrespect and indifference towards the sport by Portugal's governing bodies.
- Saturday, October 12, 2024 - **Walking Grand Prix at the start of the new season (2024/2025)**
<https://omarchador.blogspot.com/2024/10/grande-premios-de-marcha-no-arranque-da.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 ...

- Thursday 1 August - **Tom Bosworth: Inspiring the next generation of race walkers**

<https://www.englandathletics.org/news/tom-bosworth-inspiring-the-next-generation-of-race-walkers/>

Although himself retired, Tom Bosworth used the energy boost of the Paris Olympics and Callum Wilkinson's result in his efforts to spark a resurgence of the sport at grass roots level in England.

(Photo: England Athletics)



** H&T Online - NOTICE BOARD **

Racewalking Coaches Wanted

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 19 Oct 2024	AVSL Round 3 – Keilor (Metro) & Bendigo
Sun 20 Oct 2024	VRWC Summer program races #1 – Middle Park
Sat-Sun 26-27 Oct 2024	AV All Schools T&F c'ships (Week 1) – Lakeside Stadium
Sat-Sun 2-3 Nov 2024	AV All Schools T&F c'ships (Week 2) – Lakeside Stadium
Sun 10 Nov 2024	VRWC Summer championships, Annual General Meeting – Middle Park
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

1-10 Nov 2024	Pan Pacific Masters Games – Gold Coast, AUS
21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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