



HEEL & TOE Online

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

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** WALKER OF THE WEEK **

It usually takes something noteworthy for performances at 1km to attract WOTW interest. When they do it's often to do with PB improvement, and such is the case with our three winners in this issue – **Anna Wallace, Caitlyn Shipham and Pippa Read (VIC)**, who all posted personal best times while racing for their teams in Sunday's Relay race at Middle Park.

Anna, one of the few seniors to walk the 1km distance in the Relay, found conditions just right for her and took full advantage by ripping 29 secs from her previous best to clock **6:13**. Anna has benefited from a return to regular racing and was, no doubt, inspired to put it all out there for Yellow team who were in need of a boost.



Caitlyn joined the club in April and has raced virtually every week. Her progress, both technically and in racing fitness and confidence, has been impressive, culminating in a 23sec PB that saw her go under 6:00 for the first time while helping Orange team hold down 3rd until the final change. With a new LAVic season on the horizon, Caitlyn can take a new level of condition and speed into her competitions and will surely improve further.

Pippa's improvement was not as sizable as those of either Anna or Caitlyn, but she was the only walker on the day to break her PB twice! Racing the first leg for Blue team she clipped 0:01 from her previous best. Not content with this, she launched into the 4th leg with a vengeance and reduced her time by a further 8 secs. **5:21** and **5:13** ... two fine results that helped place the 'Blues' in a strong position.

Well done, all three ladies! Each of you counts as a VRWC success story for 2024.



CLUB NEWS and RESULTS

VRWC Club Relay race, 15 September – Middle Park

On Sunday we closed a successful 2024 Winter road season with our annual 9km Relay race. Eight teams of between 3 and 5 members (selected by Mark Donahoo and based on individual handicaps) lined up in chilly but beautifully sunny conditions to

take part in this popular ‘fast-and-fun’ contest in which the winning team may not be known until the final sprint to the line. As the table and results below show, it isn’t over until it’s over no matter how big a lead you have in the middle stages:

Team	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5 (final)
BLACK	5	1	2	2	1
BLUE	6	4	1	1	2
PURPLE	4	6	4	4	3
GREEN	8	2	6	7	4
ORANGE	2	3	3	3	5
RED	3	7	7	6	6
YELLOW	1	5	8	8	7
PINK	7	8	5	5	8



The start: Addison sets out fast, knowing she has only 4 seconds before the chase begins.

Walkers whose teams were out of the running (yes, yes, I know ...) nevertheless took advantage of conditions ideal for speed to put their season’s racing to the test in the hunt for PBs. This was particularly true among our younger cohort, where the 1km legs saw numerous best times set.



The finish: ‘Last leggers’ cross the line, in finishing order.

The final 2km leg saw Team BLACK overcome the BLUE squad’s lead to win, courtesy of a strong finish from club junior captain **Emily Smith**, which allowed her and team mates **Angus Shuttleworth** and **Carolyn Rosenbrock** to raid the prizes table. It appeared that in most cases, teams who’d set themselves up to take advantage of the 3km legs were best placed to shoot for the win or, at least, a top 3 finish.

Whatever the outcome, the experience was exciting and enjoyed by walkers and spectators alike, and all credit to Mark for laying the groundwork for another successful event.

1. Team BLACK		<i>H'cap: 0:45</i>	Lap	Leg Time
Emily Smith	Leg 1 – 1km	5:38	4:53*	
Angus Shuttleworth	Leg 2 – 2km	10:11	9:33	
Carolyn Rosenbrock	Leg 3 – 3km	20:59	17:23	
		26:49	4:41	
		32:34	10:18	
Angus Shuttleworth	Leg 4 – 1km	37:15		
Emily Smith	Leg 5 – 2km	42:10		
	Finish time	47:33		
	<i>Actual time</i>	<i>46:48</i>		

2. Team BLUE		<i>H'cap: 0:24</i>	Lap	Leg Time
Pippa Read	Leg 1 – 1km	5:45	5:21*	
Brodie Welsh	Leg 2 – 2km	11:23	11:23	
Alejandro Stephens	Leg 3 – 3km	21:34	13:29*	
		26:06	5:13*	
		30:37	12:34	
Pippa Read	Leg 4 – 1km	35:50		
Amelia Vernal	Leg 5 – 2km	41:53		
	Finish time	48:24		
	<i>Actual time</i>	<i>48:00</i>		

3. Team PURPLE		<i>H'cap: 0:41</i>	Lap	Leg Time
Mya McClure	Leg 1 – 1km	5:28	4:47*	
Emilie Garside	Leg 2 – 2km	11:20	12:09*	
Ariana Pashutina	Leg 3 – 3km	22:26	15:22	
		27:41	5:49F	
		32:59	9:59	
Emilie Garside	Leg 4 – 1km	38:48		
Mya McClure	Leg 5 – 2km	43:41		
	Finish time	48:47		
	<i>Actual time</i>	<i>48:06</i>		

4. Team GREEN		<i>H'cap: 0:41</i>	Lap	Leg Time
Abby Fowler	Leg 1 – 1km	7:26	6:45	
Char Hay	Leg 2 – 2km	12:05	9:30	
Grace Louey	Leg 3 – 3km	22:18	17:05	
		28:13	6:09	
		34:01	9:32	
Dimitri Pashutin	Leg 4 – 1km	40:10		
Char Hay	Leg 5 – 2km	44:54		
	Finish time	49:42		
	<i>Actual time</i>	<i>49:01</i>		

5. Team ORANGE		<i>H'cap: 0:00</i>	Lap	Leg Time
Addison Frenken	Leg 1 – 1km	5:05	5:05*	
Payton Welsh	Leg 2 – 2km	11:05	11:54	
Matilda Read	Leg 3 – 3km	22:00	15:54	
		27:32	5:50*	
		32:53	11:06	
Caitlyn Shipham	Leg 4 – 1km	38:43		
Addison Frenken	Leg 5 – 2km	44:10		
	Finish time	49:49		
	<i>Actual time</i>	<i>49:49</i>		

6. Team RED		<i>H'cap: 0:04</i>	Lap	Leg Time
Logan Allison	Leg 1 – 1km	5:27	5:23*	
Georgia Walters	Leg 2 – 2km	11:22	12:28	
Hannah Matthews	Leg 3 – 3km	23:14	16:24	
		28:47	5:30	
		34:19	10:18*	
Logan Allison	Leg 4 – 1km	39:49		
Jonathan Ho	Leg 5 – 2km	45:00		
	Finish time	50:07		
	<i>Actual time</i>	<i>50:03</i>		

7. Team YELLOW		<i>H'cap: 0:04</i>	Lap	Leg Time
Max Davidson	Leg 1 – 1km	4:19	4:15F	
John Nottle	Leg 2 – 2km	10:37	12:50	
Kevin Cassidy	Leg 3 – 3km	22:47	17:36	
		28:44	6:13*	
		34:45	9:15	
Anna Wallace	Leg 4 – 1km	40:58		
Max Davidson	Leg 5 – 2km	45:36		
	Finish time	50:13		
	<i>Actual time</i>	<i>50:09</i>		

8. Team PINK		<i>H'cap: 1:00</i>	Lap	Leg Time
Indigo Marshall-Moodie	Leg 1 – 1km	6:17	5:17	
Donna-Marie Elms	Leg 2 – 2km	12:50	12:58	
Mark Blackwood	Leg 3 – 3km	23:56	14:11	
		28:38	5:51F	
		33:26	12:08	
Natalie Ramirez	Leg 4 – 1km	39:17		
Indigo Marshall-Moodie	Leg 5 – 2km	45:11		
	Finish time	51:25		
	<i>Actual time</i>	<i>50:25</i>		



The winners: Team BLACK ...



... and their winnings!

Two scratch races – 1km and 4km – were also held. It was great to see **Riley Coughlan** back, having a good, fast hit-out over the longer distance.

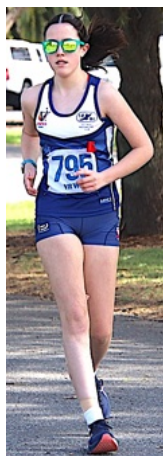
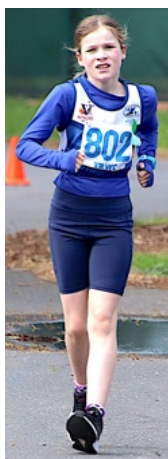
4km scratch race
1 Riley Coughlan 17:37

1km scratch race
1 Aria di Benedetto 6:33

1 Arthur Robinson 6:39

***PBs:** (1km) *Anna 0:29; Caitlyn 0:23; Mya 0:18; Addison 0:15; Logan 0:15; Pippa 0:08; Emily 0:07; Indigo 0:04; Pippa 0:01*
(2km) *Jonathan 0:03; Emilie 0:02*
(3km) *Alejandro 0:04*

F – first time at distance



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

Max, Emily, Aria, Grace, Logan, Georgia, Amelia, Jonathan, Kevin, Emilie, Riley, Matilda, Alejandro, Indigo, Char, Hannah, Addison, Payton, Arthur, John, Mya and Abby

***WINTER PRESENTATIONS** – Unfortunately I have had to close off this issue early and therefore could not process Therese's presentation photos in time. Look to see a gallery in the next issue. In the meantime, check out the full album at <https://www.facebook.com/media/set/?set=oa.543315194819318&type=3>

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:	Mark Donahoo
Race check in	Mark Donahoo
Recorders	Dylan Shuttleworth, Alan McClure, Caley Geary, Kathy Marshall, Yvette Davidson, Ivan Pashutin, Emma Read, Margaret Hay, Melinda Di Benedetto
Timekeepers	Ian Laurie, Deanne McClure
Judges:	Kathleen Marsh(C), David Cash, Michael Bodey, Anthony Doran, Brenda Felton, Di Lowden

Set up, Pack up:	Stu Cooper, Ian Laurie, Terry O'Neill, Karyn O'Neill, Dylan Shuttleworth
Bike rider	Terry O'Neill
Photos	Therese Smith
Presentation	Mark Donahoo, Stu Cooper, Rhydian Cowley
Canteen	Donna Marie Elms, Gwen Steed
BBQ	Karyn O'Neill, Terry O'Neill, Jackie Fowler
Walkers:	33

***Next weekend ...**

Whatever you like!



We recently heard the unfortunate news that **Tim Erickson**, an avid road cyclist who recently returned from his annual mountain-conquering riding tour in Europe, had a fall while riding nearer home last Saturday week. This prevented his attendance at our final race day and Winter presentations.

Tim's injuries, while not life-threatening, could very well have been so, are painful and have resulted in several weeks of enforced rest. We wish you all the best, Tim. Take all the time you need to recover and we hope to see you at our first summer race day in October.

- Fresh from his successful Olympic campaign, **Rhydian Cowley** came down to Middle Park on Sunday to socialise and assist with the Winter presentations. Accompanying Rhyd was his Marathon Walk Relay bronze medal, which he gladly shared around amongst an enraptured crowd at the BBQ lunch. (Coincidentally, his Paris co-medallist, **Jemima Montag**, did something similar the day before at her former Little Athletics club, Caulfield LAC. See photo below.)



At the Presentations, Club vice-president Mark Donahoo conducted a brief interview with Rhydian, who expanded on the atmosphere that charged the setting on the Pont d'Iola and the experience of racing beneath the Eiffel Tower. He also made mention of his plans for 2025, that he was qualified for both the 20km and 35km at the WA World Championships in Tokyo, and that in recent years he felt he'd become something of a Swiss army knife, able to produce in a wide range of distances to a high level. (It's sad to think that one of the blades in that knife – the 50km walk – will likely remain closed owing to IOC and WA decisions. The sight of Rhyd finishing 8th in Sapporo – in only his 2nd ever 50 – then turning to the officials and bowing respectfully, is one that will remain with this writer for a long time.)

In addition, the *International News* section below contains a feature article on Rhydian's advocacy role as a member of 'Champions For a Better Future', which focuses on sustainability and environmental awareness in elite sport.



Caulfield LAC walker Neve (who raced in the LAVic Road championships at Middle Park in June) wears the bronze medal won by Jemima Montag who was visiting her old LA centre for their Open day.

(Photo: Caulfield LAC Facebook)



AROUND THE COUNTRY

NEW SOUTH WALES 2024 NSWCHSSA Athletics c'ships, 12 September - Homebush

With winter walkers' clubs' action finished for the year, we now cast our eyes across the land for some of the many interschool carnival walks that will be taking place with an eye towards All Schools honours. We start with NSW's combined high school sports, held last week at Homebush stadium. The results of the 12-15yr age group races show **MiaRose Everson** and **Nikki Hearnden** gearing up for a great summer, while **Callum Martin** appears ready to resume the dominance he displayed at the Nationals in Adelaide last April. In the 15-19 3000m **Sienna Pitcher** and **Joel Byatt** were clearly dominant, with Joel equalling his PB and surely determined to punch through that 13:00 barrier at the earliest opportunity.

Thanks to **Melanie Jones-Pitcher** for searching out the 15-19 results.

Girls 12-14 1500m Walk

1 MiaRose Everson	Cheltenham Girls	7:12.36
2 Nikki Hearnden	Glendale	7:15.68
3 Emma Hoskins	The Hills Sp	7:24.14
4 Lilly Gasper	S SC Balmain	7:32.08
5 Ashleigh Farrugia	Greystanes	7:45.79
6 Lilly Twigden	Westfields Sp	8:08.34
7 Erin Cassilles	Westfields Sp	8:08.64
8 Grace Delander	Menai	8:12.57
9 Madeline Kot	Westfields Sp	8:15.65
10 Niesha Whiteman	Narrandera	10:02.49
11 Kaitlin Perry	Gloucester	11:08.66
... Sienna Wade	Chatswood	DQ 54.7.1

Boys 12-15 1500m Walk

1 Callum Martin	Hunter Sp	6:27.34
2 Tyler Cousins	Glendale	6:53.90
3 Noah Vella	Cranebrook	6:58.12
4 Riley Breckon	Leumeah	7:12.16
5 Michael Mathison	Westfields Sp	7:41.96
6 Charlie Shiel	Epping Boys	8:25.03
7 2 Syd East Student	South Sydney	10:16.26
8 Reuben Maclaine	Ryde Sc	10:31.16
9 Nishad Pandit	Model Farms	11:18.75
... Aiden Kirk	Robert Townson	DNF

Girls 15-19 3000m Walk

1 Sienna Pitcher	Terrigal	14:32.7
2 Maisie Mitchell	Colo	15:15.3
3 Ciara Cassilles	Westfields Sp	15:32.1
4 Evie Armstrong Reading	Inner Sydney	15:34.9
5 Danelia Samuel	Chatswood	16:17.9
6 Stella Pinches	Lambton	16:48.1
7 Laelia Byatt	The Hills Sp	16:49.3
8 Matilda Olson	Glenwood	17:10.0
9 Emma Hearnden	Glendale	17:33.7
10 Anelia Williams	Ambarvale	19:08.2
11 Sarah Challinor	Toronto	23:05.7
.. Adelayde Baker	Cofsc	DNF

Boys 15-19 3000m Walk

1 Joel Byatt	Wyndham	13:01.9
2 Dylan Allabush	Killara	14:14.2
3 Brodie Spamer	Cardiff	14:52.6
4 Peter Charlton	Belmont	20:59.3
.. Nicholas Harper	Moss Vale	DQ 54.7.1
.. Veerein Sheorayan	Normanhurst Boys	DQ 54.7.1



INTERNATIONAL NEWS

How athletes can advance Paris 2024's sustainable legacy

(reprinted from olympics.com/athlete365 – 3 September)¹

*With Paris 2024 setting new standards for sustainability, we speak to **Rhydian Cowley**, bronze medallist in the race walk mixed relay, and IOC Athletes' Commission member **Seyi Smith**, about the impact athletes can have on the future of global sporting events.*

The Olympic Games Paris 2024 are over, but what legacy are they creating for their hosts.

¹ For the original article plus links to the Sustainability initiative, see https://olympics.com/athlete365/news/paris2024/how-athletes-can-advance-paris-2024-s-sustainable-legacy?fbclid=IwY2xjawFL2fJleHRuA2FlbQIxMAABHVycOj9Wq7737VIweBu_cJQY1qYNmvfCpticktdRUn_rTNRnxfTbMpcw_aem_W2cWE NSIa5ZZ5IrzTNIIOA

Through measures such as the use of 100 per cent local renewable energy, and the construction of just three new permanent venues, the Paris 2024 organisers hoped to cut the carbon footprint by half compared to previous Games. By placing sustainability at the centre of the planning process, Paris 2024 has set the stage for a new era of global sporting events.

“It’s very important for athletes to know that sustainability is a focus for the Olympic Games,” says [Seyi Smith](#), a two-time Olympian for Canada and now an [IOC Athletes’ Commission](#) (AC) member, who is working to increase sustainability in sport through his consultancy, “Racing to Zero”.

“We know that the next generation of athletes have a guilt or reluctance to engage in certain sports because of the impact it may have on the environment.

“So it benefits everybody in the Olympic Movement who wants the Games to continue being such a force for change, to show the world what we’re doing to make sport less impactful on the environment.”

Making a difference in the Village

In the Olympic Village, which was built with 30 per cent fewer carbon emissions than typical French constructions, new sustainability initiatives included no single-use plastic in the dining hall, reuse of all the furniture after the Games, and a fleet of bicycles and electric vehicles for the athletes to get around.

For **Rhydian Cowley**, who is part of “Champions for a Better World”, a group of athletes chosen by World Athletics to advocate for sustainability within sport, and works for Bush Heritage Australia, a leading conservation organisation in his home country, these changes in the Village were a big positive.

“Just for starters, the visible communication around sustainability was a really good step,” he said. “It was great to see a lot of signs in the Village with sustainability messages to remind people about reusable drink bottles and things like that.

“Those individual actions aren’t going to fix everything, but collectively it helps, and it encourages people to think about some of the bigger issues as well.

“I also loved having a lot of bikes and a really accessible Village, so athletes didn’t feel the need to be getting shuttles everywhere.”



(Photo: olympics.com)

The local legacy

Apart from lowering the Games’ impact on the environment, a big part of the sustainability strategy for Paris 2024 was creating a positive and lasting legacy for the local community.

The main example of this can be found in the Village, which served as a home away from home for 14,000 athletes and entourage members over the course of the Games – and will continue to do so for the Paralympic Games.

Afterwards, the Village will be transformed into a new residential and business district, providing homes and workplaces for 12,000 people, with 25 per cent reserved for public housing, and another third rented out as affordable housing.

“As an athlete at the Olympics, you’re mostly focused on your performance, but it’s nice to know that the organisers have made sure that the Village is serving a valuable social purpose after we’ve gone,” says Rhydian.

“I think that all athletes want sport to have a positive impact on themselves and the wider community,” echoes Seyi.

“For athletes to know that, on top of how awesome the Games have been, the Village they’ve stayed in will be used well, is a great thing.”

Looking to the future

With Paris 2024 paving the way for future sporting events to become more sustainable, what can you do, as athletes, to make sure this remains a priority?

“It depends on what works best for you,” explains Rhydian. “For example, if you’re good with social media, that could be a really good way of raising awareness.

“You could also get involved in athletes’ commissions or advisory committees, whether that’s with the IOC, your federation or your NOC, making sure that the decision-makers know athletes care about climate change – that’s really important.”

It can also be a lot simpler than that.

“Sometimes it’s just having conversations within your community,” says Rhydian. “People respect elite athletes and our opinions.

“It might not feel like the biggest impact you could have, but you can physically see it happen, and you’ve got that relationship with people you live with. It can be a really powerful place to start.

“There’s a lot of different ways to get involved – the most important thing is to start somewhere.”

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.

- Sunday, September 15, 2024 - **2015, the mill and the exceptions** <https://omarchador.blogspot.com/2024/09/2015-moinha-e-as-excepcoes.html> Some bright results in an otherwise lacklustre year for Portuguese walking.
- Saturday, September 14, 2024 - **2024 Daiyue Cup/National Race Walk Championships (20km/35km/10km U20) - Tai'an, China** <https://omarchador.blogspot.com/2024/09/taca-daiyue-2024nacionais-de-marcha-20.html>
- Friday, September 13, 2024 - **Arkadiusz Schiedel and Agnieszka Ellward victorious at the Gdansk Marching Festival (2024)** <https://omarchador.blogspot.com/2024/09/arkadiusz-schiedel-e-agnieszka-ellward.html>
- Thursday, September 12, 2024 - **Guangdong Province's Kaihua Wang and Hong Liu win mixed relay in Tai'an, China** <https://omarchador.blogspot.com/2024/09/provincia-de-guangdong-com-kaihua-wang.html>
- Wednesday, September 11, 2024 - **Hlaváč and Klimentová win march in Czech club championships (Tábor 2024)** <https://omarchador.blogspot.com/2024/09/hlavac-e-klimentova-vencem-marcha-nos.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

** 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

Sat 5 Oct 2024	AVSL Round 1 – Venues TBA
Sun 20 Oct 2024	VRWC Summer program races – 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

International Dates

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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