



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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CLUB NEWS and RESULTS



On Sunday 10 November, as part of our Summer championships presentations, we had the honour to welcome **Neil Ryan**, of Runners World Sporting Goods, to Middle Park. As in previous years, Neil was present in his capacity of Club sponsor, to present this year's U23 Development Award – a monetary prize plus a gift voucher – to this year's winners, **Char Hay** and **Marcus Wakim**.

The candidates are short-listed by an Awards sub-committee, which presents the list to the General committee for voting. Char and Marcus stood out, both in achievements and their commitment to their progress in the sport. Congratulations to both young athletes!



Neil Ryan of Runner's World, flanked by winners Marcus and Char.

Our club championships, held on the same day, saw small fields but keen racing, with happy medallists afterwards. See their photo gallery on Page

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.

**** VRWC SUMMER CHAMPIONSHIPS – PRESENTATIONS ****



Men Open 20km (& Gus Theobald Trophy): Will and Declan



Women Open 20km: Bec



U20 5km: Eden and Emily



U16 3km: Arthur and Mietta



U14 3km: Angus



U10 1km and U12 1.5km: Abby, Anouk and Aria

VICTORIA – METRO & REGIONAL

AVSL RESULTS

**** Metro Zone: Round 5, Saturday 16 November – Moonee Valley Athletics Centre, Aberfeldie**

Round 5 saw AVSL 2024-25 strike its first genuinely hot day of the season, which was generally reflected in the times. **Matilda Read** and **Alejandro Stephens** each had comprehensive wins by over a minute, with Matilda bucking the trend by setting the only new PB on the day. **Caitlin Shipham** continued her strong start to the season with a PB-equaling performance in the 1500m.

Pl	Name	Club	Age	Time	Points
1500m					
1	Matilda Read	(WEL)	F16	7:13.3h	PB 0:13
2	Trenton Hawkins	(PTN)	M45	8:18.2h	280
3	Caitlyn Shipham	(KNA)	F14	9:06.4h	324 eq. PB
4	Donna-Marie Elms	(PTN)	F60	9:26.8h	379
5	Bernie Keirl	(DIV)	M60	9:32.4h	278
6	Amelia Vernal	(ESS)	F18	10:00.0h	247
7	Phillip Dunstone	(WES)	M55	10:06.3h	244
8	Janice Hodgart	(WES)	F60	10:16.9h	333
9	Clyde Riddoch	(WAM)	M70	10:43.4h	275
10	Sarah Papadopoulos	(DIV)	FOP	10:45.3h	200
11	Gwen Steed	(GHY)	F70	10:56.0h	359
12	Geoffrey Barrow	(MEN)	M70	10:58.2h	268
13	Jo Moxon	(DIV)	F60	11:05.0h	291
14	Ian Handasyde	(OSC)	M70	11:09.6h	262
15	Erik Ueda	(MUU)	MOP	11:44.9h	120
16	Geza Benke	(OLM)	M65	11:45.8h	225
17	Brenda Cashin	(WES)	F60	12:37.0h	225

3000m					
1	Alejandro Stephens	(GHY)	MOP	13:44.0h	388
2	Char Hay	(MUU)	FOP	14:47.6h	400
3	Sarah Holmes	(DIV)	F16	17:26.8h	331
4	Jaime Hvalica	(DIV)	M16	17:38.9h	286
5	Carolyn Rosenbrock	(YRA)	F60	17:49.6h	411
6	Sandra Geisler	(RWD)	F45	18:54.7h	308

**** Ballarat Zone: Round 5, Saturday 16 November – Llanberris Stadium, Ballarat**

The 1500m was the popular option for country walkers at the weekend. At Llanberris, **Jemma Peart** had another big win, while Williamstown visitors Shaun and Kobe Lewis gave good accounts of themselves, finishing within a few seconds of their PBs.

1500m					
1	Jemma Peart	(BYC)	FOP	7:17.64	408
2	Shaun Lewis	(WTN)	M45	7:56.89	294
3	Kobe Lewis	(WTN)	F14	8:57.96	333
4	Stephen McLennan	(WEN)	M60	9:11.50	290
5	Kevin Ruddick	(BHA)	M70	10:28.93	282
6	Charlie Wright	(EKA)	M14	10:50.79	195
7	Roslyn Ireland	(BWK)	F40	12:10.37	160
8	Olive Ireland	(BWK)	F60	12:42.17	222
-	David Edwards	(BWK)	MOP	DQ	

**** Bendigo Zone: Round 5, Saturday 16 November – Lar Birpa Athletics Track, Flora Hill**

It was Eaglehawk's **Tate** and **Charlise McQueen** all the way at Lar Birpa, with Tate winning just 2 secs short of his best in **7:45.36**.

1	Tate McQueen	(EAG)	M14	7:45.36	350
2	Charlise McQueen	(EAG)	F16	9:01.98	312
3	Annette Major	(EAG)	F60	10:47.40	305
4	Leigh Browell	(SBE)	M50	10:57.39	198
5	Christopher Pollard	(EAG)	M65	11:07.34	245
6	Annette Curtis	(SBE)	F65	12:50.05	244
7	Wendy Ennor	(EAG)	F65	14:21.49	184

* Next weekend ...

AVSL competition is suspended next weekend, owing to the holding of the **AV T&F Relay championships**. Round 6 of AVSL will take place on **Saturday 30 November**, with walks at Murrumbena, Ballarat and Bendigo.

 **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 ****



(Photos: Daily Telegraph, VRWC)

Some of the quick 1500m results coming in from around the country last weekend caught the eye of the WOTW selector, with the nod going to three big PB efforts from **Bridget Bell**, **Myles Ashby (both NSW)** and **Matilda Read (VIC)**.

Competing in ANSW's Track relay championships (a 4 X 1500m competition), **Bridget** helped her team, Mingara Regional AC, to gold and a new meet record with her time of **6:46** – a 21 sec PB and her first sub-7:00 result.

Myles, Bridget's Mingara clubmate, was no less impressive in the same meet, ripping 15 secs from his previous best to clock **6:07** as part of their winning Open men team. A sub-6:00 is not far away for Myles.

Meanwhile, in Victoria's AVSL Round 5 meet held on a fiercely hot day, **Matilda** cut her PB by 13 secs to produce the fastest 1500m time across all venues with her **7:13.3**. Matilda, who makes a 4-hour round trip to Melbourne from Traralgon to compete (and train) most weeks, is realising some of the rewards for her hard work and application. More is surely on the way.

Well done to Bridget, Myles and Matilda. You've all sharpened up your speed and we look forward to seeing your further progress over summer.

***Honourable mentions**

- **Kelly Ruddick (VIC)** and **Scott Hyland (QLD)** – dominant performances in the 10km road walk at the Pan-Pacific Masters Championships on the Gold Coast. Scott had to fastest time overall with his **50:32**, while Kelly's **54:00** was a new W50-54 championship record by over 3 minutes.

Frank Overton reports on this year's Walks events from the NSW State Relay championships:

The **NSW State 4x1500m Race Walk Relay Championships** were held at Homebush SOP on Friday night 15 November, 2024.

The overcast until the race start time and then it rained steadily but not heavy. Nice conditions for the walkers. The performance of the night was the Open Women's team who broke the State Record. Which was the same team who broke the record last year..

Unfortunately I only have lap score sheets showing individual athletes times for the first Men's and Women's teams.

Men Open 4x1500m relay

1. Mingara Regional Athletics Club **23:30.26**.
 - Myles Ashby 6:07
 - Dylan Richardson 5:42
 - Carl Gibbons 5:47
 - Jack McGinniskin 5:54.26
 - ... NSW Masters Athletics Inc Disq

Women Open 4x1500m relay

1. Mingara Regional Athletics Club **25:58.53** Record
 - Hannah Mison 6:07
 - Hannah Bolton 6:22
 - Sienna Pitcher 6:43
 - Bridget Bell 6:46.53
2. Hills District Athletics Club 28:24.34
3. Girraween Athletics Club 33:32.60
4. Nepean District Athletics Club 37:28.40
5. UTS Northern Suburbs Club 42:53.36
- ... Sydney University Athletics Club Disq

Men 16's - 17's (U18) 4x1500m relay

1. Ryde Athletics Centre 31:23.50

Women 16's - 17's (U18) 4x1500m relay

1. Westfields Athletics Club 34:38.99

Women 13's (U14) 4x1500m relay

- ... Hills District Athletics Disq



The victorious Mingara Open Women's team at the ANSW Track relays: Bridget, Sienna, Hannah B and Hannah M.

(Photo: ANSW)

Forecasts of high humidity and extreme heat precluded the holding of the track events (including the walks) at the Gold Coast venue of Runaway Bay as planned. These took place at the State Athletics Facility at Mount Gravatt, Brisbane.



The toughies tackle the '10' at Runaway Bay.

(Photo: QRWC)

It seems that conditions on the Coast had improved enough by the Sunday to hold the 10km road events there as scheduled – though competitors still had a tough day out. “Comments had been received from entrants, querying why the race started so early (7.00am),” stated the QRWC newsletter.¹ “Before they had even toed the start line, they understood why.”

In such conditions, simply finishing is usually a noteworthy achievement. Anything beyond that is often considered a bonus. As it was, the fastest finishers turned out to be the standard setters one would expect. The QRWC newsletter continues:

“**Scott (Hyland)** was the first in the men’s event and the first finisher overall in **50:32**. **Kelly (Ruddick)** from Victoria won the women’s race overall. Her winning time of **54:00** is a new W50 Games record beating the time of 57:27 set by Felicja Schmidt in 2002. Kelly is a world record holder at Masters level and competed for Australia in the 35km at the 2022 World Athletics Championships in Oregon. Next finisher was **Pramesh (Prasad)**, a regular Games stalwart from Victoria. Club member **Brenda (Gannon)** was second woman overall to finish.”

10km Road walk c’ship

Men 40-44

1 Scott Hyland M44 AUS 50:32

Men 50-54

1 Pramesh Prasad M50 AUS 1:03:00

Men 55-59

1 Simon Cartwright M55 AUS 1:34:41

2 Kuldeep Kumar Restogi M58 IND 1:37:17

Men 60-64

1 Paul Lindenberg M62 AUS 1:15:41

Men 65-69

1 Peter Bennett M68 AUS 1:10:55

.. Paul Gleeson M65 AUS DQ

.. Ian Morton M68 NZL DQ

.. Christopher Worsnop M67 AUS DQ

Men 75-79

.. Len Lyons M78 NZL DQ

.. Edwin Merchant M77 AUS DQ

Men 80-84

.. David Upton M82 AUS DQ

Women 50-54

1 Kelly Ruddick W51 AUS 54:00

2 Brenda Gannon W50 AUS 1:03:34

3 Joy Dale W53 AUS 1:27:11

Women 55-59

1 Nyle Sutherland W57 NZL 1:16:59

Women 60-64

1 Anne Weekes W62 AUS 1:21:44

Women 70-74

.. Wendy Fuller W72 NZL DQ

Women 80-84

1 Noela McKinven W82 AUS 1:36:27

¹ QRWC Newsletter 14 November 2024



Kelly



Scott



Joy



Anne



When Pramesh feels the heat ... it's hot!



Women's 50-54 podium ... Brenda (Q), Kelly (V) and Joy (Q).

(Photos: QRWC)

Men 3000m RW 30+

1 Pramesh Prasad	50y	AUS	17:41.64
2 Peter Baker	60y	AUS	19:36.32
3 Peter Bennett	68y	AUS	19:42.06
4 Ian Morton	68y	NZL	21:32.42
5 Mohinder Singh Virk	66y	IND	23:16.91
6 Gregory Rowe	63y	AUS	24:03.97
7 Tuck Yuen	76y	AUS	27:52.13
8 Peter Starr	59y	AUS	28:08.19
9 Kuldeep Kumar Rast.	58y	IND	28:16.28

Women 3000m RW 30+

1 Wendy Pannach	45y	AUS	18:29.82
2 Diana Adams	56y	AUS	19:39.48
3 Dash Newington	40y	AUS	21:46.03
4 Lynda Nilsson	62y	AUS	22:47.97
5 Anne Weekes	62y	AUS	23:31.66
6 Joy Dale	53y	AUS	23:44.14
7 Kulwinder Kaur	47y	IND	25:23.70
8 Noela McKinven	82y	AUS	27:18.26
9 Swee Yuen	76y	AUS	27:19.75
10 Niroshani Fernando	53y	SRL	28:07.85
11 Estelle Laming	83	AUS	33:28.54

Men 5000m RW 30+

1 Scott Hyland	44y	AUS	24:18.47
2 Pramesh Prasad	50y	AUS	30:16.45
3 Peter Bennett	68y	AUS	33:14.70
4 Ian Morton	68y	NZL	36:36.99
5 Mohinder Singh Virk	66y	IND	40:18.21
6 Gregory Rowe	63y	AUS	41:41.89
7 Tuck Yuen	76y	AUS	47:04.15
8 Kuldeep Kumar Rast.	58y	IND	47:10.04

1 Wendy Pannach	45y	AUS	31:30.12
2 Diana Adams	56y	AUS	33:31.77
3 Dash Newington	40y	AUS	36:12.45
4 Anne Weekes	62y	AUS	39:37.43
5 Joy Dale	53y	AUS	40:20.89
6 Swee Yuen	76y	AUS	45:25.18
7 Noela McKinven	82y	AUS	45:26.18

SOUTH AUSTRALIA ASA Interclub, 16 November – Mile End stadium

The SA athletes are no strangers to extreme heat on competition days, and Saturday's 35C furnace is a foretaste of what's to come at Mile End. Predictably, all times were slower. **Kim Mottrom's** result came 30mins after having run an 800m race, so a pretty creditable effort.

Open 5000m	Time
Kim Mottrom	23:46.70
Cooper Rech	27:57.70
Angelina Legrand	28:40.12

Open 3000m	
Liam Freundt	17:52.64

Open 1500m	
Matilda Rech	8:47.70
Liliana Templer	9:20.00
Zachery Freundt	10:05.79
Jessica Clelland	10:55.30
Alex McEwan	11:40.00
Arizona Small	14:41.15

WESTERN AUSTRALIA AW interclub results, 16 November – WAAS, Perth

The WA walkers were treated to a fine and mild day for their latest Interclub round, albeit with a stiff breeze. Thanks to **Terry Jones** for the results.

Men 3000 Metre Walk

1 Liam Domoney	14:40.30
2 Ali Znad	15:08.05
3 Tom Murphy	17:21.10

Women 3000 Metre Walk

1 Kaytee Bogaers	15:58.28
2 Tory D'Alessio	16:12.48
3 Darcy Bramwell-Keys	16:37.39
4 Trinity Doulis	16:49.86
5 Savannah Carnaby	17:07.01
6 Liliana Martin	19:24.95



INTERNATIONAL NEWS

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 18, 2024 - **Víctor Castro and Ana Monteiro win the inaugural edition of the «Vila da Moita» Walking Trophy** <http://omarchador.blogspot.com/2024/11/victor-castro-e-ana-monteiro-vencem.html>
- Sunday, November 17, 2024 - **2023, young “hoarders”** <http://omarchador.blogspot.com/2024/11/2023-jovens-acambarcadores.html>
- Sunday, November 17, 2024 - **Luiz Henrique Weiss (Brazil) wins gold in the race walk in Cali - FISU America Games 2024** <http://omarchador.blogspot.com/2024/11/luiz-henrique-weiss-brasil-com-ouro-na.html>
- Saturday, November 16, 2024 - **Statistical Analysis of Race Walking in South America** <http://omarchador.blogspot.com/2024/11/analisis-estadistico-de-la-marcha.html>
- Friday, November 15, 2024 - **«Juegos Nacionales Juveniles (National Youth Games) del Eje Cafetero», Colombia (2024) – results** <http://omarchador.blogspot.com/2024/11/juegos-nacionales-juveniles-del-eje.html>

- Wednesday, November 13, 2024 - **Vanessa Martínez (Mexico) wins march in Cali - FISU America Games 2024**
<http://omarchador.blogspot.com/2024/11/vanessa-martinez-mexico-vence-marcha-em.html>
- Tuesday, November 12, 2024 - **Marine Rottier in the spotlight at the «Autumn Meeting» in Nogent-sur-Marne (2024)**
<http://omarchador.blogspot.com/2024/11/marine-rottier-em-evidencia-no-meeting.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 **

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

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? We ask **all current or prospective walks coaches** to complete and return the following survey:

**** COACHING QUALIFICATION SURVEY**

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

***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
Sun 16 Feb 2025	Australian 20km Road walk Championships – venue TBC
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	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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