



# HEEL & TOE Online

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

Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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

Now that an inter-season hiatus is in place across the Australian race walking landscape, finding a candidate for WOTW for this issue might reasonably seem a challenging, if not a daunting, task.

Step up, **Arnika Nelson!** Who says you have to be in Australia to do it?

The Sunday before last, Arnika ventured across the 'ditch' (or the *dutch*, if you like) to take part in the NZ Road walk championships at Massey University in Palmerston North. Confident from a string of improving distance times in VRWC winter competition – as well as what has obviously been a great training program under the guidance of her erstwhile international walks parents, Gabrielle and Scott – Arnika, 20, took a big step up to contest her first 20km. Her time of **1:52:19** in finishing 2<sup>nd</sup> behind Laura Langley was a fine debut over the distance. Furthermore, Arnika – who, like dad Scott, is a NZ citizen – has now earned a NZ Teams qualifier for next year's World Walking Team championship. She is now setting her sights on the tough challenge of attaining an Individual qualifier to go with it, and we wish her every success in attaining it.

Congratulations, Arnika. We look forward to seeing you as the first VRWC member since Quentin Rew to wear the Silver Fern internationally.



(Photo: Rozie Robinson)



## CLUB NEWS and RESULTS

### \*WALKS EDUCATION SESSIONS – Saturday 16 September, AV Headquarters, Lakeside

For the first time, the annual AA Walk Judges seminar was coupled with an education session aimed at Little Athletics centres. Although normally an adjunct to the AA 35km (formerly 50km) championship at Fawkner Park in December, it was held on 16 September this time in an effort to catch the Little Athletics fraternity between their competitive seasons.

The latter session was the first to proceed, conducted by **Stu Cooper** on behalf of the VRWC. It was aimed at encouraging LAVic centres and regions to hold their own walking races as well as making use of the VRWC's racing programs and resources to prepare their walkers for the proposed LAVic Road walk titles to be held in 2024.

It was unfortunate that, owing to communication glitches, few centres received news of the event in time to register for it. The holding of AV's final XCR fixture – the Tan Relays – was also a factor. However, some did attend, including two representatives from the Tasmanian Race Walking Club.

Starting from the premise of a centre with members keen to race walk but with no walking coaches or judges at their disposal, Stu outlined how to introduce children to the sport, stressing the importance of achieving sound technique before all else and constantly revisiting this. The coaching resources of the VRWC were offered, and advice given as to what a judge

needs to know and look for. Emphasised was the Little Aths judge’s educative role in equipping the young walker with what they need in order to identify and correct faults, as well as how to cope with disqualification.

Having broken the ice with this first exercise, it’s hoped to conduct a similar session next year – to a wider audience this time – and to establish strong links with the LAVic community to further the growth of the sport among young athletes.



*Zoe makes a point on straight legs (not knees ... legs)*

Session 2 – the **Walk Judges Course** - was held after lunch. This was conducted by **Zoe Eastwood-Bryson**, South Australian international judge (she was Chief judge at the recent World Athletics championships in Budapest.) Zoe’s session focused on the role of a judge, how they fulfill it, WA Technical Rule 54.2, skills and protocols, do’s and don’ts and other essential matters. These were backed up by examples from her own experiences overseas and locally. As Stu had done earlier, Zoe urged attendees to put themselves forward to become judges and to bring a ‘do your best’ approach to the job.

The session’s second half put the group through its paces with a practical exercise – completing both Judges Report and Chief Judges Summary sheets, using data from the Budapest 20km Men’s championship race. (It doesn’t matter how long you’ve been doing it ... the capacity to stuff up the paperwork never fades!)

Both sessions were successful, thanks in no small part to **Nathan McConchie** (LAVic Education manager) and **Andrea**

**Hallett** (AV Officials manager) who assisted in LAVic centres liaison, attendee booking and catering on the day ... not to mention all the ‘roadieing’ to get the Cathy Freeman room ready! Thanks also to **Di Lowden** for her efforts in arranging the application process for Session 2.



Great news, everyone! For the first time since his catastrophic riding accident in September 2021, VRWC Judging coordinator and Life member **Peter Vysma** has taken his body weight onto his own two feet. Although standing up completely unaided remains a future goal, Peter has built his motor strength to the point where he can raise himself out of the chair while gripping a hand rail (he has also now regained independent movement of all ten digits) and, with assistance, shift his weight from left to right in a standing position before lowering himself back into his chair.



This is an enormous breakthrough, one which will open many doors for Peter as he continues to relearn the skills of neural and muscular cooperation. He is dedicated to his recovery, prepared to wait and work through months and even years of slow reawakening of gross and fine motor function, marking off each regained skill, however small, as a big milestone. The mindset of a 50km man!

Well done, Pete! We’re with you all the way.

## VRWC SUMMER FIXTURE 2023-24

Thanks to **Mark Donahoo** for finalising the fixture for the coming summer season.

A hectic summer athletics schedule across the board has led to a reduction in Sunday races by one meeting. The main race day is November 12, which will see the holding of the Club’s Summer championships, including the Gus Theobald Memorial Men’s 20km and the Heather Carr Women’s 10km trophy.

Sadly, we have bowed to reality and will no longer hold midweek track races. Travelling difficulties in peak hour and the lack of demand were the main factors in this decision.

### Sun 22<sup>nd</sup> October 2023, VRWC Road Races

Middle Park

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

### Sun 12<sup>th</sup> November 2023, VRWC Summer Championships and AGM

Middle Park

8:30am	20km Gus Theobald Memorial Trophy	Open Men
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	20km	Open Women
8.50am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.25am	1.5km VRWC Championship	Under 12 B & G
	1km VRWC Championship	Under 10 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	2km & 5km	Open
10.30am	Presentations	
11.00am	Annual General Meeting	

### Sun 14<sup>th</sup> January 2024, VRWC Road Races

### Middle Park

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

### \*\* CLUB RECORDS RATIFIED \*\*

The VRWC's younger brigade – accompanied by one at the other end of the age scale – made a sustained assault on the Club record books over the winter. It was pleasing to welcome a new name, **Angus Shuttleworth**, to the list, Angus staking his place with two new marks.

The irrepressible **Ela Uzun** had fewer racing opportunities this winter but didn't fail to make use of those she did have, claiming 5 new records. Meanwhile, with Budapest in their sights, **Bec Henderson** and **Rhydian Cowley** stamped their names behind new 35km marks, with Bec inaugurating new Open and U23 women's records and Rhyd eclipsing Nathan Deakes' 2012 time, set during the London Olympic 50km.

**Gwen Steed**, in great form this year, gathered three W80 records alongside new Australian and Victorian Masters marks for the 5000m track walk. Finally, **Marcus Wakim** showed his talent over a wide distance spread, setting U18 Club records over 15km (LBG carnival) and 2km (Club relay leg).

Well done, speedsters!

Ela Uzun	F	U13-U20 2km Road Walk	9:13	VRWC Races, Middle Park	06/05/2023
Ela Uzun	F	U13 3km Road Walk	14:19	VRWC Races, Middle Park	13/05/2023
Gwen Steed	F	W80 3km Road Walk	22:17	VRWC Races, Middle Park	13/05/2023
Rhydian Cowley	M	Open 35km Road Walk	2:27:34	AV 35km Championship, Middle Park	21/05/2023
Rebecca Henderson	F	Open and U23 35km Road Walk	2:47:54	AV 35km Championship, Middle Park	21/05/2023
Gwen Steed	F	W80 5km Road Walk	37:56	VRWC Races, Middle Park	03/06/2023
Angus Shuttleworth	M	U12 1km Road Walk	4:36	VRWC Races, Middle Park	03/06/2023
Marcus Wakim	M	U18 15km Road Walk	1:04:38	LBG Carnival, Canberra	12/06/2023
Angus Shuttleworth	M	U12 3km Road Walk	15:00	VRWC Races, Middle Park	16/07/2023
Ela Uzun	F	U13-U20 2km Road Walk	9:06	AV U14 3km Championship, Middle Park	16/07/2023
Ela Uzun	F	U13-U17 3km Road Walk	14:07	AV U14 3km Championship, Middle Park	16/07/2023
Angus Shuttleworth	M	U12 2km Road Walk	9:32	VRWC Races, Middle Park	06/08/2023
Marcus Wakim	M	U18 2km Road Walk	7:54	VRWC Races, Middle Park	06/08/2023
Ela Uzun	F	M13-U20 2km Road Walk	9:02	VRWC Races, Middle Park	13/08/2023
Gwen Steed	F	W80 5000m Track Walk	38:08	VMA 5000m Championship, Mentone	02/09/2023

### \*\* GIVING 'RUNNING HOT AND COLD' A NEW MEANING ...

*'I think many of us reach our limits because of our minds rather than our bodies.'*

This morning, Ralph Bennett forwarded me a link to this article from today's *Age* newspaper. Older members may remember that, in 2013, a lady named **Donna Urquhart** raced in a number of our Winter walks. Donna was an ultra-distance runner Ralph had encountered while training on the Beach Road foreshore path, and he introduced her to the sport. Obviously very fit, Donna recorded some impressive times and could have gone on with it, had the call of running not been louder.

Today, Donna – a research scientist whose focus is on how pain works – is preparing to throw herself into the fire (the kind that chills you!) The *Run Antarctica* project will see her attempt to break Pat Farmer’s record of 1157km, as a feat in itself and as part of a fundraiser into research that will encourage women and girls to take up and remain involved in sport.

## **Cool running: To tackle an ultramarathon in Antarctica, start by training in a freezer**

by *Jewel Topsfield* (*The Age* – 18 September 2023)

A cold-storage shipping container in Truganina – chilled as low as minus 10 degrees – is an extraordinary place to find a runner pounding away on a treadmill.

But ultramarathoner and pain scientist Associate Professor **Donna Urquhart** is attempting an extraordinary feat: to set a Guinness World Record for the longest polar ultramarathon.



(Photo: Channel 7 Sunrise)

In December, Urquhart will travel to Antarctica to try to surpass former politician Pat Farmer’s record of **1157 kilometres** from Union Glacier camp to the South Pole, as part of his Pole to Pole expedition.

Antarctica is the coldest, windiest place on Earth, and Urquhart has been warned that while the temperature will generally hover between minus 5 and minus 10 degrees, it could drop below minus 20.

“The wind can get up to 100km/h and the wind chill with that can be very significant,” she says. “So you can imagine training in Melbourne for Antarctica is a big challenge.”

Urquhart daydreamed about training in a freezer. A Google search led her to TITAN Containers, which hires portable cold-store containers for frozen food and vaccines and cold-testing engineering components. The company – which has become a major partner in her world record quest – provided access to a shipping container that can be cooled to minus 40 degrees.

Urquhart has long been fascinated with the nexus between pain, freezing temperatures and ultramarathoners.

A pain scientist at Monash University, her research has included ultramarathon runners and a control group plunging their hands into icy water until the pain became unbearable.

All 20 ultramarathoners kept their hands in the water for the maximum period of three minutes, while the control group averaged 58 seconds.

The [study](#) – analysing the psychological reasons why athletes have higher pain tolerance than the normal population – found ultramarathon runners had less pain-related anxiety.

“So often, if people are anxious and fearful about things, they avoid that, so they’ll take their hand out of the water,” Urquhart says.

Ultramarathon runners participate in races that are longer than traditional 42-kilometre marathons.

Urquhart, who has competed in more than 50, including the gruelling 240-kilometre Coast to Kosciusko, is fascinated with exploring what is possible.

“I want to answer the questions: *how far can humans go? How far can we run in a polar region? What are our limits?* I am not a professional runner, I am a mum with a family who works and juggles training with life. I think many of us reach our limits because of our minds rather than our bodies.”

Urquhart also wants to encourage more girls and women to participate in sport, by being a role model but also by providing workshops on integrating mental strategies with physical skills.

When Urquhart is running ultramarathons, she tries not to think about the end point, which can feel overwhelming. If she is in pain, she analyses its source. Is it musculoskeletal, or nutrition, or fatigue, and is there anything she can do about it?

“If it’s pain that’s related to the actual act of running for a long time, then it’ll be more about shifting my focus onto other things,” she says. “It might be anything from visualisation to focusing on who I want to be at that moment, rather than the outcome.”

***‘All 20 ultramarathoners kept their hands in the water for the maximum period of three minutes, while the control group averaged 58 seconds.’***

In the final four hours of 24-hour ultramarathons, when her body is spent, Urquhart focuses on her breathing. “Not only does that help to calm me, but it almost becomes a bit of a meditative process. And so everything goes on focusing on breath by breath.”

Back in the shipping container in Truganina, Urquhart says it is too late to prepare her body physiologically for Antarctica.

Instead, her training is focused more on practicalities: how do you open a drink bottle when you are wearing gloves and mittens? Will her energy gels freeze if it is minus 20 degrees? What should she wear while running?

“A lot of people think you’ll be dressed up like a Michelin man, but in fact, what we do is wear reasonably thin layers,” she says. “The key is that I actually want to stay a little bit cool because if I overheat, the sweat dries and that can lead to getting cold and hypothermic.”

Urquhart believes the biggest challenge she will face in Antarctica will be her own mind. “Physically you can keep going, as long as you keep your mind under control.”

*Donna Urquhart (558) matches strides with Gabby Crea (453) in a 2013 race at Middle Park.*



### **The ‘Run Antarctica’ project<sup>1</sup>** *(as explained by Prof. Donna Urquhart)*

**Run Antarctica** is a world first, Guinness World Record attempt to complete the *longest ultramarathon in a polar region in history*. My name is Donna Urquhart and I am an ultra-marathon runner and pain scientist, and together with my Run Antarctica team, I’m about to embark on the greatest challenge of my life. The attempt will take place at Union Glacier Camp in Antarctica, the coldest, windiest and driest desert on earth, on 4th December 2023.

I will be pushing through sub-zero temperatures, winds of up to 100km/h winds, isolation and loneliness, and using all my mental and physical strength to discover what humans (and me) are capable of. But I’m not doing it for me, I’m doing it for my life passion: showing other females what is possible for them, and empowering them with a holistic approach of integrating mental and physical skills to explore their own possibilities.

In particular, I know that sport has the power to change lives. That’s why I am on a mission to empower young girls and women to love sport, discover what’s possible for them in sport, and to break down the barriers that prevent them from participating.

***Research shows that girls can find sport “stressful” and that 50% stop participating during adolescence (aged 15-19 years).***

The reasons teenage girls withdraw from sport are multifactorial. However, one of the major contributors to girls’ withdrawing is them being self-conscious and having a lack of confidence in themselves, and their competence/skills and appearance.

The steps we will take through Run Antarctica include; raising awareness about females’ experience of sport, providing education on a holistic approach to sport, and raising funds for our charity partners:

#### **Danny Frawley Centre & Stars Foundation**

Together with my team, the *Run Antarctica Project* aims to achieve these steps through

- delivering community talks in schools and sporting clubs that create awareness
- developing an online community to educate girls and the wider community
- providing inspirational role models for girls in sport
- delivering workshops on the importance of a holistic approach to sport integrating mental skills into the physical domain of sport.

***The funds raised through this site will go to a combination of our charity partners (Danny Frawley Centre and the Stars Foundation), to the development of educational workshops that provide a holistic approach to sport, and to help fund the Antarctic trip expenses. Together we can make a difference, create opportunities, and educate young girls to have the mental skills, resilience, social connectedness and friendships that keeps girls in sport, and empower them to be happy in sport and life!***

***Every single donation has impact and every dollar raised through this platform will help my team and I to empower female athletes and keep them involved in sport! Thank you for your donation and please let me know if you prefer your donation is used towards our charity partners/educational workshops, or towards helping fund the trip costs.***

<sup>1</sup> <https://asf.org.au/projects/run-antarctica---empowering-females-in-sport>

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If you have any questions about your donation, please visit <https://asf.org.au/faqs>

**EDITOR'S NOTE:** 'Heel & Toe Online' rarely publishes material that is unconnected with race walking, nor does it generally publicise fundraising initiatives that have no connection with the sport. In this case, however, the Editor believes that the question of sports participation among women and girls, connected as it is with a range of mental health issues, warrants the publicity of the 'Run Antarctica' project, its aims and its need for funds.

The VRWC's never-ceasing quest for members and need to advocate for the sport among all age groups makes this, in my view, a relevant cause for the Club to support – even if just through publicity.

- Stu

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 **VICTORIA - METRO & REGIONAL**



**A.V. NEWS**

The draft timetables for the AVSL 2023-24 season are now available for perusal at <https://athsvic.org.au/avsl/>

Action kicks off with Round 1 on Saturday 7 October. Events will be held at the Glenhuntly (Duncan Mckinnon Reserve) and Aberfeldie (Moonee Valley Athletics Centre) venues. The walkers will be catered for with 3000m and 1500m distances.

 **AROUND THE COUNTRY**

**A.C.T.**

- ACTRFWC results, 16 September – Tuggeranong
- All Schools Selection meet results , 17 September – AIS, Bruce

It was still a busy walking week in Canberra, season or no season. Results courtesy of ACTRFWC newsletter.

ACTRFWC, Sat 16 September

**10km**  
1 Ann Staunton Jugovic 1:01:26

**10km Fitness**  
1 John Kennedy 1:08:50  
2 Sue Archer 1:10:34  
3 Bryan Thomas 1:22:32

**4km Fitness**  
1 Rod Gilchrist 32:04  
2 Jennie Gilchrist 36:42  
3 Miriam McCarthy 37:40  
4 Geoff Barker 39:41

**2km Fitness**  
1 Jim White 15:26

All Schools, Sun 17 September

**3000m Walk**  
1 Kodi Clarkson 13:24.18  
2 Nicholas Christian 16:04.66  
3 Jillian Ryan 16:19.80  
4 Ross Wilkinson 17:55.29 PB

**5000m Walk**  
1 Owen Toyne 22:06:61  
2 Hana Jugovic 28:30.74 PB  
3 Darcey Roberts 29:57:87  
4 Julia Grocott 30:51:85  
Tim Fraser DNF

## **SOUTH AUSTRALIA** City Bay Fun Run, 17 September – City to Glenelg

Road walk season's over in SA but nobody thought to tell this lot! **Kim Mottrom** reports:

The *City Bay Fun Run* was held on Sunday with a few of our walkers doing well and a number of others running in either the 12km or 6km.

### *Walking results:*

#### **21.1km**

Kim Mottrom 1:47:03

#### **12km**

Olivia Sandery 56:53

Will Bottle 56:53

Tristan Camilleri 58:33

Cooper Rech 1:11:28

Mathew Bruniges 1:14:50

Peter Crump 1:20:32

Alex McEwan 1:33:31



*Peter walked his race in a head to toe Spiderman costume :)*

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## **INTERNATIONAL NEWS**

### ***The first races of the World Race Walking Tour calendar for 2024 have been announced***

*(reprinted from O Marchador - Monday, September 18, 2023)*

The attractive world walking circuit, which is an initiative by World Athletics and includes 3 levels (gold, silver and bronze), is already showcasing some of the events that are part of the competitive program for the 2023/2024 season.

The first two races, to be held later this year, will be held in Germany, on October 28th in the Bronze category, at distances of 20 and 35 km, and in Dublin, Ireland, on December 17th, here with the novelty of introducing the relay race into the model that will be in force at the Paris 2024 Olympic Games.

Next year, in March and April, two races with a lot of tradition in the context of race walking in the world will follow, both in the Gold category, with the 43rd edition of the Dudinska 50 race, in Slovakia, on March 16, usually contested over a distance of 50 km, but now, following the new winds blowing in the specialty, making its debut with the mixed relay event, and the 92nd edition of Podebrady Walking, in the Czech Republic, on April 6th.

In May, a month really full of important race walking events, we will have the 3rd edition of the Korzeniowski Warsaw Race Walking Cup, named after one of the most medaled Olympic athletes in the history of race walking – Robert Korzeniowski, a competition to be held in the Polish capital, on the 4th, the 31st International Grand Prix of Rio Maior, the most important international competition held in our country, that is, on the 11th, the 37th edition of the Gran Premio Cantones de A Coruna de Marcha, in on the 18th, and the 3rd III Gran Premio Internacional Finetwork (sic) Madrid Marcha, in the heart of the Spanish capital, on the 26th.

Below, the list of competitions already known for the World Race Walking Tour for the 2023/2024 season:

#### **BRONZE**

28/10 - Lusatian International Race-Walking Meeting – Zittau (GER)

17/12 - Irish Open Race Walking Championships – Dublin (IRL)

#### **GOLD**

16/03 - 43rd Dudinska 50 – Dudince (SVK)

- 06/04 - 92nd Poděbrady Walking (CZE)
- 04/05 - 3rd Korzeniowski Warsaw Race Walking Cup – Warsaw (POL)
- 11/05 - 31st International Grand Prix of Rio Maior (POR)
- 18/05 - XXXVII Gran Premio Cantones de A Coruna (ESP)
- 26/05 - III Gran Premio Internacional Finetwork Madrid Marcha (ESP)

*(This list is being updated)*

## NEW ZEALAND: NZ Road walking c'ships, 10 September – Massey University, Palmerston North

Thanks to **Rozie Robinson** for sending the results of the NZ Road titles. There was particular interest in the 20km, in which the VRWC's **Arnika Nelson** was participating in her first attempt at the distance. Rozie reports:

The weather was perfect and the support around the course made it. First off we had the 20km walkers, of whom three were after World Teams qualifiers. **Laura Langley** smashed her way through to a new PB, winning the 20km outright. **Arnika Nelson**, daughter of NZ rep Scott Nelson, showed the potential she has. With her first 20km under her belt she met the Team qualifying standard. I think next race we will see her dip under that Individual qualifier and I look forward to seeing that.

**Alex Brown** showed what he is made of and what some good training can do, powering his way to an over-11 min PB and 20secs off the Team qualifier. Be exciting to see what he can produce with a couple more months of training and not recovering from sickness.

10km was next to line up and this was U20 and Masters. **Jonah Cropp** went out and produced another PB, winning the overall 10km event with **Lucas Martin** not far behind but not having the best of days. **Toby O'Rorke** stepped up a grade to battle with the older boys, chasing that World Teams qualifier which he smashed!



*20km ... Laura Langley leads from Alex Brown*



*U20 Boys tackle the 10km*

*(Photos: Rozie Robinson)*

### Senior Women 20km

1 Laura Langley	Canterbury	1:42:44
2 Arnika Nelson	Palmerston North	1:52:19

### Men U20 10km

1 Jonah Cropp	Canterbury	47:22
2 Lucas Martin	Manawatu Wanganui	48:59
3 Toby O'Rorke	Taranaki	52:37

### Masters Women 10km

1 Catherine McCarten	Taranaki W45-49	1:08:17
2 Samantha Holliss	Taranaki W40-44	1:18:37
3 Vicki Jones	Taranaki W40-44	1:25:25

### Men U16 5km

1 Nathan Baylis	Taranaki RWC	30:28
2 Drew Smal	Pakuranga AC	38:59

### Senior Men 20km

1 Alex Brown	Otago	1:47:19
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### Masters Men 10km

1 Clive McGovern	Wellington M70-74	1:03:54
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### Men U18 5km

1 Ritchie Trathen	Auckland	25:50
2 Ari Bennett	Manawatu Wanganui	27:35

### Women U18 5km

1 Stacey Hooper	Canterbury	30:06
2 Yandri Fourie	Auckland	30:09

### Women U16 5km

1 Sinead O'Sullivan	Stratford R&W	28:59
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**Women U14 3km**

1 Morgan Day	Pakuranga AC	18:36
2 McKenzie Read	Taranaki RWC	18:51
3 Hayley Hoare	Selwyn	18:54
4 Zara Redshaw	Egmont Ath	19:24

**FRANCE: 70<sup>th</sup> 28 Hours of Roubaix, 16/17 September - Roubaix**

**Emmanuel Tardi** sends his latest report from the northern French city of Roubaix ... a sure candidate for the title of 'Town of Pain' (ask any pro cyclist.) Last weekend marked the 70<sup>th</sup> anniversary of the classic '28 Hours of Roubaix'. Emmanuel does not say whether the 'beautiful park' contained any of the notorious cobble stones feared by many riders! We would *assume* not ...

I was this week end in Roubaix (250km in the north of Paris) for the usual " 28h de Roubaix ". It was the 70th time in row that the race was organised.

Start was at 11am on Saturday and finish was at 3pm on Sunday. The loop was 2km long in a beautiful park.

In the men event Belgian **Asselman** battled with local **Vandercoilden**. After 50k, Asselman was leader alone. He reached the 100k point in 11h 57, and Vandercoilden in 12h 09. He won the race with more than 8km difference.

In women's event, **Sylvie Maison** was the favourite but she stopped after 4 hours. **Cathy Muller** won the race. An ancillary event was a 'twice 6 hours' ... six hours on Saturday afternoon and six hours on Sunday morning.

**René-Jean Maure** walked with his wife **Chloé Raes-Maure** .... and they won the race in Men's and Women's divisions. They raced 50k in 6 hours on Saturday and 46,6k in 6 hours on Sunday.

**28heures Hommes**

1	ASSELMAN Peter	Bel - Ac Lebbeke	225k274	28 h 00 mn 00 s
2	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	216k770	28 h 00 mn 00 s
3	KERLAU Yves-michel	Cm Roubaix	189k100	28 h 00 mn 00 s
4	FORESTIERI Alexandre	Ust Courir A Saint Tropez	185k503	28 h 00 mn 00 s
5	GROS Gildas	Es Thaon	181k250	28 h 00 mn 00 s
6	RIGAL Jean-marc	Domont Athletisme	178k052	28 h 00 mn 00 s
7	JOSE MORA Bernardo	Espagne	168k149	28 h 00 mn 00 s
8	PORCHER Claude	Non licencié	164k447	28 h 00 mn 00 s
9	DELANGUE Dominique	Aj Auxerre Section Marathon	150k418	28 h 00 mn 00 s
10	GRADOS Stephane	Cm Roubaix	147k499	28 h 00 mn 00 s
11	DELARUE Jean-michel	Ac Cauffry	143k575	28 h 00 mn 00 s
12	CECCALDI Georges	Entente Chalon/saone Athlé	121k029	28 h 00 mn 00 s
13	HERITIER Michel	Non Licencié	104k369	28 h 00 mn 00 s
14	GUILLOT Mickael	Ac Chateau Thierry	71k092	28 h 00 mn 00 s
15	MAGNIER Joel	Cm Roubaix	52k000	28 h 00 mn 00 s
Ab	TRIZZULLA Giacomo	Bel- Liège	110k000	17 h 45 mn 26 s
Ab	LANEAU Maxime	Us Camon	100k000	14 h 00 mn 07 s
Ab	PETER Vincent	Sport Athletic Verdunois	56k000	08 h 31 mn 58 s

**28heures Femmes**

1	MULLER Cathy	Coeur De Lorraine Athlé	127k330	28 h 00 mn 00 s
2	DEPREZ Celine	Cm Roubaix	103k028	28 h 00 mn 00 s
Ab	MAISON Sylvie	Strasbourg Aa	32k000	04 h 03 mn 11 s

**Relay 24heures**

1	DUCRUET Nadia - MARECHAL Pascal - PANNIER Josiane	178k390	24 h 00 mn 00 s
2	STRUNC N - LE LANN S - LE QUESE L	172k501	24 h 00 mn 00 s
3	STRUNC P - GYDE J - GARCIA A	149k125	24 h 00 mn 00 s

**2 times 6 heures Hommes**

1	MAURE Rene-jean	Neubourg Ac	96k628	12 h 00 mn 00 s
2	LEROY Benjamin	ACLO La Louviere (Bel)	93k701	12 h 00 mn 00 s
3	LEIJTENS Frans	Rvv Rotterdam	91k337	12 h 00 mn 00 s
4	FAUQUEUR Raymond	Cm Roubaix	81k090	12 h 00 mn 00 s
5	FILLIEUX Christian	Nl Belgique	80k033	12 h 00 mn 00 s
6	MACHAL Francis	Cm Roubaix	77k612	12 h 00 mn 00 s
7	CATRY Thierry	Cm Roubaix	65k713	12 h 00 mn 00 s
Ab	VANDENBERGHE Renaud	US Champagne sur Seine	68k000	09 h 07 mn 01 s
Ab	TEVEL Claude	Nl Belgique	22k000	06 h 00 mn 47 s

**2 times 6 heures Femmes**

1	RAES-MAURE Chloe	Neubourg Ac	96k626	12 h 00 mn 00 s
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R.J. &amp; C. R. Maure



Assender



Vandercoilden



Muller &amp; Deprez

(Photos: Emmanuel Tardi)

## MARCIADALMONDO & O MARCHADOR ROUNDUP

**Marcia Dal Mondo** is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023>, along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Tuesday, September 19, 2023 - Karen Litardo (Ecuador) won the 5,000 meter march at the Ibero-American Under-18 Championship <http://omarchador.blogspot.com/2023/09/karen-litardo-equador-venceu-nos-5000.html>
- Sunday, September 17, 2023 - Victories of Rubén Piñera (Spain) and Anne van AnDEL (Netherlands) in the Walking Sprint Triathlon - Drunen 2023 <http://omarchador.blogspot.com/2023/09/vitorias-de-ruben-pinera-espanha-e-anne.html> (This 'triathlon' consisted of 3 sprint walks ... sorry, Bec Henderson, no bike or swim for you here!)
- Saturday, September 16, 2023 - Emiliano Barba (Mexico) triumphed in the 10,000 meter march at the Ibero-American Under-18 Championship <http://omarchador.blogspot.com/2023/09/emiliano-barba-mexico-triunfou-nos.html>
- Saturday, September 16, 2023 - Černý and Burzalová win «Acerola GP 2023» in Nitra, Slovakia <http://omarchador.blogspot.com/2023/09/cerny-e-burzalova-vencem-acerola-gp.html>
- Wednesday, September 13, 2023 - 2 x 10km in Rizhao at the China National Race Walking Championships (Rizhao 2023) <http://omarchador.blogspot.com/2023/09/2-x-10-km-em-rizhao-nos-campeonatos.html> These are the first 10km Relay results I've seen in any national championship results listing. It seems like only last week that countries were eagerly posting 35km results and qualifiers.
- Tuesday, September 12, 2023 - Jakub Jelonek and Olga Chojecka's victories at the Gdansk Marching Festival (2023) <http://omarchador.blogspot.com/2023/09/vitorias-de-jakub-jelonek-e-olga.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.*

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2023

Sat 7 Oct 2023      **AVSL Rd #1, Prog 1** – Aberfeldie and Glenhuntly  
Sun 22 Oct 2023    **VRWC Summer races #1** – Middle Park  
Sun 12 Nov 2023    **VRWC Summer c'ships & Annual General Meeting** – Middle Park

## International Dates

26 Jul- 11 Aug 2024    **XXXIII Summer Olympics** – Paris, FRA  
13-25 Aug 2024        **24<sup>th</sup> World Masters T&F Championships** – Gothenburg, SWE  
20-24 Aug 2024        **WA World Junior T&F Championships** – Lima, PER (*\*Lima withdrew in April but has since been reinstated.*)  
13-21 Sep 2025        **20<sup>th</sup> World Athletics Championships** – Tokyo, JAP

*(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.*

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

Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)