



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 **



For the second successive week, the AVSL competition has provided our WOTW. Last week it was Ela Uzun. This week, it's the turn of Diamond Valley AC walker **Max Davidson (VIC)**.

A promising speedster in Little Athletics for several years, Max put in his first full season of road racing with the VRWC in 2024 and the results are obvious. On Saturday at Keilor Park, Max ripped 27secs from his previous 2000m best for a dominant win, clocking **8:36.8**. This followed his PB result of 13:37 over 3000m at Doncaster last weekend.

Having wisely concentrated on building speed and strength at distances up to 6km during the winter, Max has laid the groundwork for a summer of fast results in key competitions such as next weekend's All Schools and the various age group track championships of early 2025, not to mention further improvement in AVSL meetings. If he races in the national schools and junior championships next year he will provide formidable opposition.

Well done, Max. We wish you a successful summer of racing and further PBs.

*Honourable mentions

- **John Ronan (WA)** – clocked **11:57.63** in WA interclub in a pleasing return to form.
- **Sarah Holmes and Alejandro Stephens (VIC)** – both set PBs of close to half a minute over 2000m at Keilor Park.
- **Kim Mottrom (SA)** – he's at it again. Kim slashed 40secs from the M40 5000m state record at SA Interclub with his time of **21:48.87**.
- **Liam Freundt (SA)** – took nearly a minute from his 5000m time at Mile End, clocking **28:11.37**.
- **Emilie Garside (VIC)** – improved her 3km road time on Sunday by over 30secs with **18:49**.



CLUB NEWS and RESULTS



- Several of our younger members and former members took part in a **LAVic Region Challenge and Open Day** of competition at Duncan McKinnon Reserve, Murrumbidgee, on Sunday 20 October. With more extensive racing experience than most of their opposition, they acquitted themselves well for their centres and regions:

BOYS

Heath Tatlock	Geelong	U15 1500m walk – eq 1 st	10:35.58
Levi Robertson	NMR	U15 1500m walk – eq 1 st	10:35.58
Tate McQueen	NCR	U13 1500m walk – 1 st	7:45.42
Brodie Welsh	GCR	U13 1500m walk – 4 th	8:27.44

Logan Allison	Knox	U11 1100m walk – 1 st	5:36.86
GIRLS			
Hannah Matthews	EMR	U15 1500m walk – 1 st	7:20.52
Aylwen Campbell	WMR	U15 1500m walk – 2 nd	9:16.02
Addison Frenken	GCR	U13 1500m walk – 1 st	8:06.60
Jaida Robertson	NMR	U13 1500m walk – 4 th	9:15.34
Natalie Ramirez	EMR	U11 1100m walk – 1 st	6:00.17

Well done to all the above walkers on their results, and in helping to showcase the sport of race walking across the LAVic community.

VRWC Summer races #1, 20 October – Middle Park

The first of our club summer race Sundays saw 19 starters toe the line in largely fine and mild conditions. **Kelly Ruddick**, on the comeback trail, fought through a painful shoulder condition to complete the 15km event, while **Alejandro Stephens** added a fair 10km hit-out to his 2000m PB of the day before at AVSL. For **Emilie Garside** it was a bumper weekend – two PBs, one at AVSL over 2000m plus a bigger improvement at 3km. Emilie is now showing the benefit of a consistent winter road season and should improve her speed further over the summer.

Times on the day were generally slower than usual although **Dimitri Pashutin** bucked the trend, coming to within 8 secs of his 1km PB. It was a pleasant surprise to see **John Nottle** back in harness after his recent health scare, prudently electing to walk the 1km for **6:18**. Newcomer **Aangi Shah** raced her first ever 3km, clocking **21:19** which was a creditable effort, and we look forward to seeing her at Middle Park again.



The 10km field gets down to it.

Female

15km		
1 Kelly Ruddick	1:19:08	
10km		
1 Ariana Pashutina	56:47	
5km		
1 Emily Smith	30:05	
3km		
1 Emilie Garside	18:49	PB 0:32
2 Mackenzie Turner	18:56	
3 Donna-Marie Elms	20:18	
4 Aangi Shah	21:19	
5 Gwen Steed	23:29	

Male

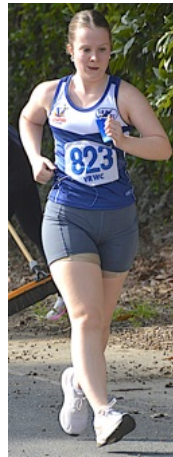
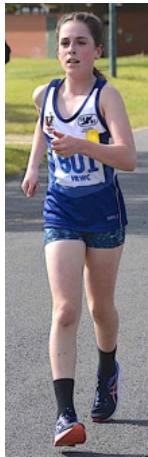
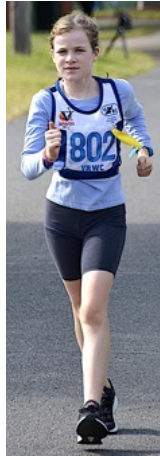
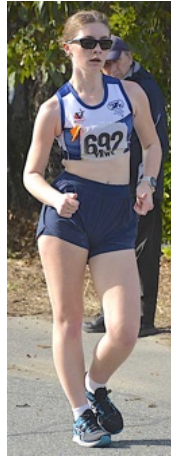
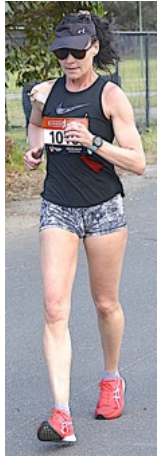
10km		
1 Alejandro Stevens	51:28	
... Jonathan Ho	DNF	
5km		
1 Angus Shuttleworth	29:56	
3km		
1 Kevin Cassidy	17:33	
2 Arthur Robinson	22:36	
1km		
1 Dimitri Pashutin	5:54	
2 John Nottle	6:18	

2km

- 1 Indigo Marshall-Moodie 11:11
- 2 Caitlyn Shipham 13:26
- 3 Abby Fowler 16:52

1km

- 1 Aria di Benedetto 6:33



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

Gwen, Alejandro, Aria, Emily, John, Angus, Ariana, Abby, Jonathan, Indigo, Kelly, Aangi, Dimitri, Mackenzie, Caitlyn

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** Stu Cooper
- Referee:** Terry Swan
- Race check in** Stu Cooper, Donna-Marie Elms
- Recorders** Bob Gardiner, Tim Erickson, Ian Laurie, Alla Pashutina
- Judges:** Gordon Loughnan (Chief), Michael Bodey, Di Lowden, David Cash, Tony Doran
- Set up, Pack up:** Terry Swan, Tim Erickson, Stu Cooper, Bob Gardiner, Ian Laurie, Tony Doran, Michael Bodey
- Bike rider** Terry Swan
- Photos** Terry Swan (see <https://www.facebook.com/photo/?fbid=10233185897290320>)
- Canteen** Donna-Marie Elms
- Red cards collector** Terry Swan
- Walkers:** 19

VICTORIA - METRO & REGIONAL



**** Metro Zone: Round 3, Saturday 19 October – Keilor Park Athletics Centre, Keilor**

A deceptively chilly wind swept across the elevated Keilor Park track on an otherwise warm and sunny Saturday, presenting a challenge for both athletes and officials struggling to keep hold of paperwork. It wasn't enough, however, to prevent some excellent racing.

Diamond Valley AC had a great start to the day through its 2000m walkers with **Max Davidson, Sarah Holmes** and **Lucy Johns** all claiming PBs, Max and Sarah by large margins. **Alejandro Stephens** gave Max a good race early, notching his own big improvement in the process. **Emilie Garside** walked her first sub-12:00 in what would be the first leg of her PB double for the weekend.

2000m

Pl	Name	Club	Age	Time	Points	
1	Max Davidson	(DIV)	M16	8:36.8h	473	PB 0:27
2	Alejandro Stephens	(GHY)	MOP	8:54.0h	406	PB 0:26
3	Mya McClure	(WCA)	F14	9:18.5h	472	
4	Jaime Hvalica	(DIV)	M16	9:56.2h	388	
5	Sarah Holmes	(DIV)	F16	10:24.1h	391	PB 0:24
6	Lucy Johns	(DIV)	F16	10:37.0h	380	PB 0:03
7	Emily Smith	(KNA)	F20	11:08.8h	334	
8	Shaun Lewis	(WTN)	M45	11:12.5h	323	First 2000m
9	Sandra Geisler	(RWD)	F45	11:19.1h	368	
10	Trenton Hawkins	(PTN)	M45	11:36.4h	300	
11	Emilie Garside	(YRA)	FOP	11:57.5h	295	PB 0:05
12	Donna-Marie Elms	(PTN)	F60	12:42.4h	374	
13	Kobe Lewis	(WTN)	F14	13:15.4h	278	First 2000m
14	Amelia Vernal	(ESS)	F18	13:40.3h	236	
15	Janice Hodgart	(WES)	F60	13:56.9h	323	
16	Tracy Colbert	(WES)	F55	14:02.1h	294	
17	Sarah Papadopoulos	(DIV)	FOP	14:16.0h	205	
18	Jo Moxon	(DIV)	F60	14:51.2h	289	
19	Robert Gardiner	(COL)	M70	15:11.6h	286	
20	Alex Kennedy	(KSB)	F16	15:13.2h	193	First 2000m
21	Lexie Prout	(KSB)	F18	15:15.7h		First 2000m
22	Brenda Cashin	(WES)	F60	16:47.6h	228	
23	Jenny-Rose Szuhai-Andrews	(BWK)	F55	16:56.0h	199	
-	Clarice Tran	(KSB)	F16	DQ TR54.7.1		
-	Geza Benke	(OLM)	M65	DQ TR54.7.1		

5000m

1	David Smyth	(COL)	M55	30:51.4h	320
2	Rupert Van Dongen	(MEN)	M50	37:37.9h	192
-	Jia Wen Heng	(DAC)	FOP	DQ No LS	

***Next weekend ...**

No AVSL for the next two weeks. Instead, the **AV All Schools T&F championships** will be held at Lakeside Stadium. The Race walks are scheduled for **Sunday 27 October**. Provisional timetable below:

12.10pm	3000mW	U14, U15, U16 Boys
12.35pm	3000mW	U14, U15, U16 Girls
2.10pm	5000mW	U20, U18 Boys U20, U18 Girls

We wish our young walkers all the best in this, their first championship race of the summer.



AROUND THE COUNTRY

QUEENSLAND QMA Masters results, 19 October – QSAC, Brisbane

W40 1500m Walk 1 Emma Stott W42 Unat. 13:06.31	M65 1500m Walk 1 Peter Bennett M68 QMA 10:00.56
W80 1500m Walk 1 Noela McKinven W82 Unat. 13:10.20	M65 3000m Walk 1 Peter Bennett M68 QMA 20:43.28
W50 3000m Walk 1 Brenda Gannon W50 QMA 19:11.87	
W80 3000m Walk 1 Noela McKinven W82 Unat. 26:46.03	

SOUTH AUSTRALIA ASA Interclub results #2, 19 October – Mile End stadium

A small group again but good conditions at Athletics South Australia’s interclub on Saturday, reflected with PB's from **Cooper Rech** and **Liam Freundt** (again) and very solid times by **Kim Mottrom** and **Angelina Legrand**. :)

Open 5000m walk	Time	
Kim Mottrom	21:48.87	M40 state record by 0:40
Cooper Rech	24:29.76	PB 0:12
Angelina Legrand	24:48.54	
Liam Freundt	28:11.37	PB 0:59
Alex McEwan	46:11.02	

Open 1500m Walk	
Matilda Rech	8:32.37
Zachery Freundt	9:16.35
Marie Maxted	9:41.23
Orlando Grantham	10:00.18
Jessica Clelland	11:49.54
Arizona Small	13:43.72



Kim, with Cooper at his heels, on their way to good results at SA Interclub. (Photo: ASA)

WESTERN AUSTRALIA Athletics West interclub results #1, 18 October – WAAS, Perth

Thanks to **Terry Jones** for the first of the WA walkers' summer results. Looks as if **John Ronan** is again in hot form.

Men 3000 Metre Walk

1 John Ronan	Kingsway	11:57:63
2 Liam Domoney	Athletics West	14:56:55

Women 3000 Metre Walk

1 Kaytee Bogaers	Mandurah Rock	15:48:96
2 Tory D'Alessio	Athletics West	17:12:86
3 Darcy Bramwell-Keys	Dale	17:21:76
4 Makenzie Sillitto	Dale	17:34:25
5 Chelsey Ireland	Mandurah Rock	17:35:59
6 Savannah Carnaby	Dale	19:00:93
7 Liliana Martin	Kingsway	19:38:00



INTERNATIONAL NEWS

JAPAN: 78th National Sports Festival, 11-15 October - Saga

Satoshi Maruo and Ayane Yanai win at Japan Games

(reprinted from *O Marchador* – 19 October)

In Saga, a Japanese city on the island of Kyushu, the 78th edition of the Japan National Games took place, an important annual event that included 38 sports, including athletics, held from the 10th to the 15th of this month on the Saga Stadium track in Sunrise Park.



(Photo montage: *O Marchador*)

The high level of results achieved in the race walking events is noteworthy, with **Satoshi Maruo** from Aichi, bronze medallist in the 20 km at this year's Asian Games in Nomi (17/3) achieving **38:43.63** in the men's 10,000 metres, just 3 seconds off his personal best and showing himself to be in very good condition for the national championships in Takahata on the 27th. He was followed by **Kento Yoshikawa** from Kanagawa, who accompanied him until about halfway through the race, finishing second with **39:06.64**. In third place was **Kazuki Takahashi** from Iwate, with **39:07.95**.

In the women's 5,000 meters, the dominant event was **Ayane Yanai**, a 20-year-old athlete from Fukuoka, who added a new personal best of **21:14.06** to her triumph. Second and third places were taken by **Yukiko Umeno**, from Chiba, with **21:59.94**, and **Hitomi Shimoka**, from Osaka, with **22:06.46**.

The program included a race for under-19 boys over 5,000 meters, which was also very competitive (the top nine runners all achieved times in the 20-minute range). **Daichi Yamada** (17) from Hyogo was the winner in **20:17.88**, followed by **Souichiro Nakajima** (18) from Hiroshima in **20:25.68** and **Toshiya Inoue** (16) from Nagano in **20:38.25**.

10,000m Walk Senior Men

1.	Satoshi MARUO	28 NOV 1991	JPN	38:43.63
2.	Kento YOSHIKAWA	09 AUG 2001	JPN	39:06.64

3.	Kazuki TAKAHASHI	17 JUN 1996	JPN	39:07.95
4.	Keisuke HARA	04 MAR 2002	JPN	39:26.71
5.	Hiroto JUSHO	11 JAN 2000	JPN	39:33.79
6.	Atsuki TSUCHIYA	06 AUG 2003	JPN	39:48.84
7.	Hayato YANAGIHARA	28 MAR 2000	JPN	40:04.87
8.	Kazuhiro TATEIWA	05 NOV 1999	JPN	40:40.78
9.	Yushi NAKAJIMA	29 JAN 2005	JPN	40:44.37
10.	Riku OIE	09 SEP 2003	JPN	42:04.28
11.	Shotaro SHIMOIKE	24 APR 2004	JPN	42:12.85
12.	Taisei YOSHIZAKO	15 JAN 2005	JPN	43:02.45
13.	Takuma ISHIKAWA	07 OCT 2002	JPN	43:10.92
14.	Koutaro WAKE	23 APR 2002	JPN	44:48.93
15.	Yuta NAKAO	14 NOV 2002	JPN	45:31.09
	Kanta TOKUYAMA	18 AUG 2001	JPN	DQ
	Shuto HAGA	16 JUL 2002	JPN	DQ
	Yuta KOGA	15 JUL 1999	JPN	DQ
	Ryo HAMANISHI	24 APR 2000	JPN	DQ
	Rinto CHINEN	18 AUG 2002	JPN	DQ
	Misaki KONDO	24 DEC 2003	JPN	DQ

5000m Walk Women

1.	Ayane YANAI	24 DEC 2003	JPN	21:14.06
2.	Yukiko UMENO	08 JAN 2003	JPN	21:59.94
3.	Hitomi SHIMOKA	26 FEB 2002	JPN	22:06.46
4.	Ai OYAMA	28 OCT 2005	JPN	22:28.28
5.	Ayaka NAKAMURA	17 DEC 2003	JPN	22:30.43
6.	Suzuka KUGE	18 JUL 2005	JPN	22:31.63
7.	Rina SYOZI	18 JAN 2006	JPN	22:32.24
8.	Nami HAYASHI	11 AUG 1999	JPN	22:34.48
9.	Satsuki ISHIDA	02 MAY 2004	JPN	22:38.58
10.	Sumika TANI	19 JAN 2005	JPN	22:39.59
11.	Chika HAYASHI	20 SEP 2006	JPN	22:53.47
12.	Mei YAMAGISHI	06 JUN 2003	JPN	22:59.33
13.	Kotono NISHIYAMA	02 JUL 2006	JPN	23:05.04
14.	Sayori MATSUMOTO	13 JAN 1997	JPN	23:11.03
15.	Chika IWANAMI	22 SEP 2002	JPN	23:16.20
16.	Aina ASANO	18 APR 2004	JPN	23:36.08
17.	Kano OKADA	26 JAN 2007	JPN	23:43.62
	Nami KUMAGAI	09 JUL 1996	JPN	DQ

5000m Walk U20 men

1.	Daichi YAMADA	23 APR 2007	JPN	20:17.88
2.	Souichiro NAKAJIMA	30 MAY 2006	JPN	20:25.68
3.	Toshiya INOUE	04 MAR 2008	JPN	20:38.25
4.	Eiki TANIMURA	29 DEC 2006	JPN	20:52.84
5.	Syuuga OIKAWA	13 JUN 2007	JPN	20:53.08
6.	Akira YAMAGUCHI	16 OCT 2006	JPN	20:54.29
7.	Yudai OTAKE	12 MAY 2006	JPN	20:56.81
8.	Ryuusei WAKAMOTO	02 JUL 2006	JPN	20:57.55
9.	Naoto ROPPOGI	25 MAR 2007	JPN	20:59.69
10.	Taku TAKAHASHI	04 APR 2007	JPN	21:13.99
11.	Ikko TAKAHASHI	08 OCT 2006	JPN	21:17.79
12.	Shiro KUSUOKA	18 MAR 2007	JPN	21:36.50
13.	Kazuha NAKAMURA	28 APR 2007	JPN	21:41.43
14.	Yoziro UEMURA	21 DEC 2006	JPN	21:45.03
15.	Kensyo SASAKI	09 JUL 2006	JPN	22:11.95
16.	Seiya FUKUMA	16 JUL 2006	JPN	23:32.23
17.	Mitsuru HAYAKAWA	24 MAR 2007	JPN	24:42.22
	Ryota IKEBATAKE	09 FEB 2008	JPN	DQ
	Kotaro KITAGAWA	29 JUL 2006	JPN	DQ
	Kanta HOSHIAI	10 JAN 2007	JPN	DQ

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 21, 2024 - **Christopher Linke (Germany) and Lyudmila Olyanovska (Ukraine) triumphed at the 11th Hour March - Prague 2024** <https://omarchador.blogspot.com/2024/10/christopher-linke-alemanha-e-lyudmila.html>
You don't see a lot of 'distance in time' events these days, not at elite level anyway. (The VRWC revived its 1 hour and 2 hour races last year.) These results will be of interest to fans of the format.
- Sunday, October 20, 2024 - **2020, the year of the virus** <https://omarchador.blogspot.com/2024/10/2020-o-ano-do-virus.html>
Portuguese sport, including its walking, was hit as hard as anywhere by the Covid pandemic.
- Thursday, October 17, 2024 - **WA releases 2025 World Race Walking Tour calendar** <https://omarchador.blogspot.com/2024/10/a-wa-divulga-calendario-da-world-race.html>
The preliminary list of WA Tour races is enclosed here. More will be added. Australia's Supernova and AA Road championships in Adelaide are included.
- Wednesday, October 16, 2024 - **JUBs - Brazilian University Games - Brasilia 2024 (results)** <https://omarchador.blogspot.com/2024/10/jubs-jogos-universitarios-brasileiros.html>
- Tuesday, October 15, 2024 - **Vitiello and Agrusti win in Prato** <https://omarchador.blogspot.com/2024/10/vitiello-y-agrusti-vencen-en-prato.html> Italian 35km championship results from Tuscany.

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 ...

It was 60 years ago that the 50km walk of the Tokyo 1964 Olympic Games took place (reprinted from O Marchador – 18 October)

In the first edition of the Olympic Games held in an Asian country, Japan hosted the event and symbolically designated **Yoshinori Sakai** as the bearer of the Olympic flame, as he was born in Hiroshima on August 6, 1945, the day the atomic bomb hit his city, in homage to the victims and embodying a call for world peace.

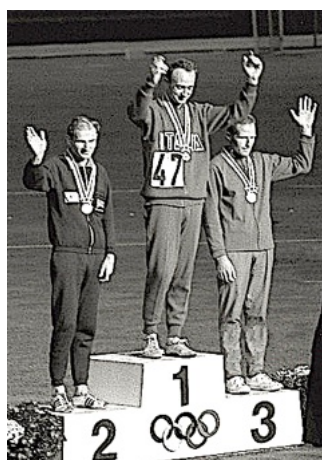
Today (October 18) marks the 60th anniversary of the **Men's 50km race walk**, an event that saw the participation of 34 athletes representing 19 countries from 5 continents, on a route that ran around the National Stadium and the Koshu Kaido Fuchu. **Tadamasa Ejiri**, a pioneer of the sport in Japan, was the best representative, finishing 22nd. Today, Japan is one of the world's leading athletes in the sport.

On a day of continuous rain in the Japanese capital, the Italian **Abdon Pamich**, who had held the world record for the distance in 1960 and had won the bronze medal at the Games that same year and the European title in 1962, was naturally one of the favourites to win. And he did not disappoint expectations, setting a new Olympic record and proving himself to be one of the greatest world walkers of all time.

The silver medal was won by the British **Paul Nihill**, who led the event, and the bronze medal was won by the Swedish **Ingvar Pettersson**.



Abdon Pamich (ITA) strikes out for home in Tokyo.



The 50km podium: Paul Nihill (GBR, silver), Pamich (gold), Ingvar Pettersson (SWE, bronze)



Bob Gardiner (AUS, 5th) trains at the Olympic village.

(Photos: Marcia Dal Mondo, Wikipedia, VRWC)

Results – 1964 Olympic 50Km Walk. (The first 12 all broke the Olympic record)

Place	Athlete	Nation	Time
1	Abdon Pamich	Italy	4:11:12.4 OR
2	Paul Nihill	Great Britain	4:11:31.2
3	Ingvar Pettersson	Sweden	4:14:17.4
4	Burkhard Leuschke	United Team of Germany	4:15:26.8
5	Bob Gardiner	Australia	4:17:06.8
6	Christoph Höhne	United Team of Germany	4:17:41.6
7	Anatoly Vediakov	Soviet Union	4:19:55.8
8	Kurt Sakowski	United Team of Germany	4:20:31.0
9	Charles Sowa	Luxembourg	4:20:37.2
10	Don Thompson	Great Britain	4:22:39.4
11	Ronald Crawford	Australia	4:24:19.6
12	Gennady Agapov	Soviet Union	4:24:34.0
13	Ray Middleton	Great Britain	4:25:49.2
14	Alex Oakley	Canada	4:27:24.6
15	Henri Delerue	France	4:27:47.6
16	John Ljunggren	Sweden	4:29:09.2
17	Ted Allsopp	Australia	4:31:07.8
18	Eugeniy Liungin	Soviet Union	4:32:01.6
19	István Havasi	Hungary	4:34:14.0
20	Alexander Bilek	Czechoslovakia	4:34:54.2
21	Christopher McCarthy	United States	4:35:41.6
22	Tadamasa Ejiri	Japan	4:37:31.8
23	Erwin Stütz	Switzerland	4:40:45.0
24	Malkolm Roy Syversson	Sweden	4:41:47.6
25	Kazuo Saito	Japan	4:43:01.0
26	Bruce MacDonald	United States	4:45:10.4
27	Sumio Miwa	Japan	4:52:00.6
28	Ilie Popa	Romania	4:57:40.8
29	Mike Brodie	United States	4:57:41.0
30	Chedli El Marghni	Tunisia	4:59:13.0
31	So Kam Tong	Hong Kong	5:07:53.2
—	Maung Rajan	Burma	DNF
	Mieczysław Rutyna	Poland	DQ
	Naceur Ben Messaoud	Tunisia	DQ

- 22-10-2024 – **Sixty years ago – Ken Matthews and Paul Nihill brought Olympic success** <https://lancswalkingclub.com/2024/10/22/sixty-years-ago-ken-matthews-and-paul-nihill-brought-olympic-success/> A brief but fine tribute by Tony Taylor to two giants of the sport – the last British Olympic walks medallists. (Photos, clippings, and footage of Pamich and Nihill finishing the 50km.)
- 21-10-2024 – **British Veterans Athletic Club results (July 6 to October 19 2024)** <https://www.vetsac.org.uk/Results-2024.html> Thanks to David Hoben for sending this link through.



Dan Lawson’s Record-breaking Land’s End to John O’Groats Run

David Ainsworth sent through this link to a YouTube clip, ‘*Breaking Ten*’ that might be of interest to anyone who is intrigued by long-distance endurance feats.

Featuring British ultra-runner **Dan Lawson**, it’s a 30min film clip of the Lands End-to-John O’Groats* run - when Richard Brown’s record was broken by 5 hours, in 2020. It has no direct race walking connection other than that of overcoming physical and mental adversity to reach one’s goals ... relevant enough, I reckon:
<https://www.youtube.com/watch?v=KB1gG6byJxs>

(* That’s from the southernmost tip of England to the northernmost tip of Scotland ... but of course, you knew that already?)

(Photo: South China Morning Post)



**** H&T Online - NOTICE BOARD ****

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

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-Sun 26-27 Oct 2024	AV All Schools T&F c'ships (Week 1, including walks) – 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
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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