



# 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 \*\*

There are two WsOTW this time around ... **Heather Carr (VIC)** and **Mia Bergh (QLD)**.

We have Paul Moritz to thank for this wonderful piece of news regarding **Heather**, one of the living treasures of Australian athletics, fresh from the just-completed World Masters Athletics championships in Goteborg. The report is sourced from the WMA website and features the latest in a long list of accolades for this remarkable athlete:

*World Masters Athletics* proudly unveils its **Gallery of Champions**. They are WMA Ambassadors, for they are both champions in their sport as well as in their community. With their stellar athletic performance and their ongoing commitment to making a difference in their communities, they are inspirational.<sup>1</sup>

Among the 11 athletes honoured by WMA in 2024 is Heather. The citation reads:

### **Heather Ruth Carr | Australia**

Racewalking has played a huge role in Heather's life. The benefits of this activity has energised her to be the best role model she can be, demonstrating to all females that through hard work and perseverance their goals can be realised. The rewards are enormous, and with the support of family and community she feels she has demonstrated that females and older women can achieve and succeed in their chosen field.

Her performances at over 25 World Masters Championships, beginning in Melbourne in 1987 total 36 individual gold medals, 7 silver medals, 3 bronze medals and 18 team medals, comprising 11 Gold, 6 Silver and 1 Bronze. Over this time, she has broken 68 World, Australian and Victorian records!

AMA Walks Athlete of the Year - 2009, 2015, 2017, 2019, 2020  
AMA 2010 - Most Outstanding Female Athlete of the Year  
AMA 2015 Hall of Fame inductee  
Victorian Racewalkers Club - 2017 Life Member  
WMA 2019 (Walks Category) - Athlete of the year  
WMA One of 16 Nominees - Athlete of the decade.



(Photo: Australian Masters Athletics)

In addition to cataloguing Heather's athletic achievements, she is also recognised for what she has put back into the sport:

### **Achievements in the Community Committes**

Victorian Racewalking Club Serving committee member since 1990  
Victorian Masters Athletics Committee Member 2002-2004  
World Masters Athletics Women's Committee - Oceania Representative since 2018  
Southern Peninsula Masters Athletics - Secretary 1998 - 2021

<sup>1</sup> <https://world-masters-athletics.org/gallery-of-champions/>

Glenhuntly Athletics Club - Club member for many years.  
Rosebud Little Athletics - Life member

#### Awards

Order of Australia Medal (OAM) - awarded on Australia Day 2024 for 'Services to Athletics'.  
Conferred by Professor Margaret Gardiner AC FASSA - Governor of Victoria.

We think all that might, just might, earn the right to this week's WOTW. *Congratulations, Heather ... as bright a lamp of 'can do' as you ever were!*

(Go to <https://world-masters-athletics.org/gallery-of-champions/> to see Heather's profile page with photos, as well as the citations of her co-nominees. She - and they - are in exalted company.)



*Heather – perhaps a little weary – with her fellow inductees in Goteborg. Lynne Schickert AM (WA) is 4<sup>th</sup> from the left in the back row.*

With 100-plus entries from across south-eastern Australia for Sunday's RWA 2<sup>nd</sup> Federation Road championships, held at Middle Park's Aughtie Drive circuit, notable results were bound to emerge. And so they did, particularly over the 10km distance where some big PBs were set. **Mia Bergh (QLD)** came away with the biggest, ripping a huge 2:24 from her previous best to win the U20 title by a sizeable margin in **53:28**. For this performance, Mia joins Heather as joint winner of this week's award.

Obviously focused upon improving, Mia has made steady progress over several seasons and has shown her liking for the longer distances. (This isn't so surprising, given that Mia's first WOTW award, three years ago, came as a result of her gruelling trek along the Kokoda Trail!)

Having taken this big step up with her endurance, it is hoped that Mia will also develop the speed necessary to approach and eventually break the 50min barrier in the next couple of years. She's well on the way.

Congratulations, Mia! We wish you a successful summer season.



*Team leader Mia with the Jane Saville trophy for U20 Women's 20km. (Photo: Julius Bergh)*

#### \*Honourable mentions

- **Tim Fraser (ACT)** – a dominant performance in the RWA 20km championship on Sunday, winning by more than 2mins with a time of **1:22:26**, a time that would have seen him racing for most other countries in Paris.
- **Corey Dickson (VIC)** – second behind Tim with a 1:10 PB of **1:24:21**. Corey may not race often but when he does, he makes it count!
- **Ela Uzun (VIC)** – another who does nothing by half. In the RWA U14 3km, Ela set six (6) new Club records - U14, 15, 16, 17, 18 and U20 – with her astonishing time of **13:49**.
- **Sam McCure (QLD)** – posted his first sub-44min 10km in winning the U20 RWA title by nearly 1½ minutes in **43:56**.
- **Sam Lindsay (TAS)** – a big PB by 53secs in the U16 10km, clocking **44:56** for 3<sup>rd</sup>.
- **Ariana Pashutina (VIC)** – continued her excellent season with another 10km PB – this time by 1:37 – of **54:01**.
- **Hana Jugovic (ACT)** – an almost identical improvement to Ariana's, taking advantage of the quality field to post **54:24**, slashing her PB by 1:39.

**\*\* AUSSIE U20s READY FOR ACTION IN LIMA \*\***



Alexandra Griffin WA  
10km PB – 45:56



Isaac Beacroft NSW  
10km PB – 39:56



Chelsea Roberts NSW  
10km PB – 48:08



Marcus Wakim VIC  
10km PB – 41:15

Friday 30 August	Lima time	AEST (Saturday - 15 hours ahead)
10,000m Walk Men	09:25	00:25
10,000m Walk Women	10:25	01:25

Go to <https://worldathletics.org/videos> and look for the links to live streaming.

After the excitement of Paris, it'll be our young stars' turn to put their best feet forward this weekend in Peru. The **World Athletics U20 Championships Lima 24** get underway tonight, and Day 4 (Friday 30 August, Lima time) will see the best of the world's race walking talent vying for the medals, records and big PBs at the Estadio Atletico de la Videna.

Australia is well represented by **Alexander Griffin**, **Marcus Wakim**, **Chelsea Roberts** and World Teams U18 champion **Isaac Beacroft**. Of the four, only Chelsea was not present in Antalya (TUR) in April, though she did race at the Oceania championships in Fiji in June. She'll be under no illusions as to the step-up in standard here, and she will be out for the best time and placing she can achieve as part of a major international field.

Isaac stunned the racewalking world (that part that isn't shaped like Australia, anyway) in Antalya, and he knows that element of surprise is gone for good. The world is ready this time, but so is Isaac – who up until recently had divided his goals between athletics and AFL – and he will approach his opposition with an attitude of 'Bring it on!'

It wasn't simply being the tallest in the field that made Alexandra noticeable in Antalya. From the gun she was in the mix and remained among the leaders for 5km before the speed merchants put the foot down. The experience would have given her both confidence and racing know-how, and she'll be determined to better her 16<sup>th</sup> in Turkiye as well as the 45:56 she set at the national track titles in Adelaide.

This will be Marcus's 4<sup>th</sup> international representative race, making him the most experienced of the Aussies at age 18. With road placings over 10km of 22<sup>nd</sup> (Muscat 2022) and 15<sup>th</sup> (Antalya this year), he will be out for a big result on the track in Lima. His Antalya PB helped Isaac, Riley Coughlan and himself to a team bronze, and there's no telling what effect the memory of that bit of bling will have on the Collingwood speedster in Lima.

World Athletics' **Jon Mulkeen** has posted his own preview on the WA website:

### **Women's 10,000m race walk**

Spain's **Aldara Meilan** finished second at the World Race Walking Team Championships earlier this year, and in Lima she'll be tipped to make it on to the podium again – perhaps even on to the top step this time.

Prior to taking silver at the World Race Walking Team Championships, she earned the same medal at the 2022 European Youth Olympic Festival and the 2023 European Race Walking Team Championships. Her PB of 45:06.75 makes her the fastest entrant by 50 seconds.

China's **Chen Meiling** has a superior PB on the roads, having clocked 43:57 earlier this year, but she finished three places behind Meilan in Antalya earlier this year. Chen is joined on China's team by Asian U20 silver medallist **Baima Zhouma**.

Italy's **Giulia Gabriele** finished one place ahead of Chen in Antalya and should be in the medal hunt in Lima, as should Australia's **Alexandra Griffin**, Hungary's **Alexandra Kovacs** and Ethiopia's **Hiwot Ambaw**.

### **Men's 10,000m race walk**

Australia's **Isaac Beacroft** won the U20 men's race at the World Race Walking Team Championships in Antalya in sensational style. In Lima he will want to prove that his triumph in the Turkish city was no fluke.

His track PB, 40:44.47, is perhaps not truly indicative of his ability<sup>2</sup>, given that he clocked 39:56 on the roads in Antalya. But it also suggests that Japan's **Sohtaroh Osaka** – who was fourth in Antalya but has a track PB of 39:54.42 – will provide stiff opposition to Beacroft. Osaka is joined on the Japanese team by **Taisei Yoshizako**, a 40:39.33 performer.


**Wang Jiaqi**, a sub-40-minute race walker on the roads, is joined on the Chinese team by **Song Zhaohe**, both of whom have realistic medal ambitions, along with Mexico's **Emiliano Barba**, Italy's **Giuseppe Disabato** and Guatemala's **Bryan Alexander Matias Ortiz**.

<sup>2</sup> How times have changed! Who would ever have thought a 10km time of 40:44.47 by a 17-year old would be classed as '... perhaps not indicative of his ability'?

**\*Walks judges in Lima**

By appointment of World Athletics, 6 International Race Walking Judges (Gold Panel) were appointed to act in Lima:  
**Sergio Solana** (Spain, Chief Judge),  
**Vasco Guedes** (Portugal),  
**Maryanne Daniel** (USA),  
**Zoe Eastwood-Bryson** (Australia),  
**Guillermo Pera Vallejos** (Argentina)  
**Moonkess Jola** (Mauritius).

(Source: O Marchador)

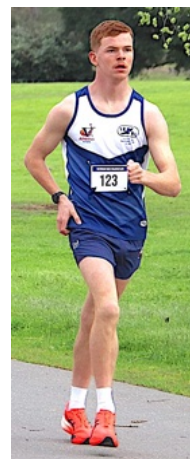
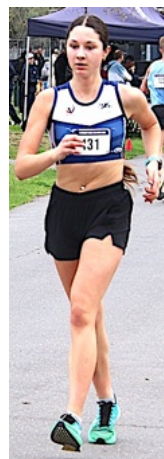
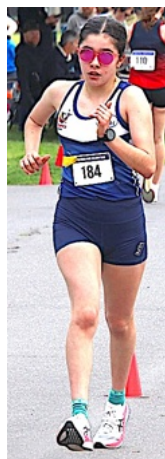


# CLUB NEWS and RESULTS



- The Club congratulates Life member **Heather Carr** on her WMA Ambassadorship. A thoroughly deserved honour which, along with her OAM award in February, adds up to a momentous year for Heather. We understand that she was not in the best of health at the WMA championships in Goteborg so this accolade will hopefully allay whatever competitive disappointment arose. *Well done Heather!*
- On Sunday the VRWC walkers made good use of the numbers advantage that a home carnival can bring, reaping a healthy medal harvest. Many were gained against stiff interstate competition, others came a little easier, but all had to be earned.

<b>GOLD</b>	David Smyth	Masters Men 10km
	Riley Coughlan	U18 Men 10km
	Fletcher Reid	U10 Boys 1km
	Oliver Crowl	U12 Boys 2km
	Payton Welsh	U10 Girls 1km
	Angus Shuttleworth	U14 Boys 3km
	Ela Uzun	U14 Girls 3km (incl. 6 Club records)
<b>SILVER</b>	Corey Dickson	Open Men 20km
	John Nottle	Masters Men 10km
	Ariana Pashutina	U20 Women 10km
	Dimitri Pashutin	U10 Boys 1km
	Logan Allison	U14 Boys 3km
	Pippa Read	U12 Girls 2km
	Mya McClure	U14 Girls 3km
<b>BRONZE</b>	Angus Shuttleworth	U16 Boys 5km
	Eden Morgan	U20 Men 10km
	Logan Allison	U12 Boys 2km
	Anouk Morgan	U10 Girls 1km
	Brodie Welsh	U14 Boys 3km
	Addison Frenken	U12 Girls 2km
Havana Ali	U14 Girls 3km	



Corey, Ela, David, Ariana and Riley led the Vics' charge.

Most members who finished out of the medals did well in the Handicap competitions that were held with each race. See their results below in *Around The Country*.

Well done to all the Vics on their effort, as well as to their coaches, parents and supporters.

- On Friday of this week (Saturday our time), **Marcus Wakim** takes to the track at the WA U20 Athletics championships in Lima, Peru. Marcus will contest the 10,000m walk in company with Isaac Beacroft (NSW), after which both boys will lend their support to Alexander Griffin (WA) and Chelsea Roberts (NSW) on the women's 10,000m. Best of luck, Marcus and team mates!
- The VRWC squad that contested the RWA events on Sunday did so without **Matilda Read**, who had been selected to attend the **2024 Coles Little Athletics National Camp** at Runaway Bay on the Gold Coast. Matilda was in good company, participating in specific walks training with a talented group under the guidance of coach **Cheryl Webb** (Olympic and Commonwealth Games rep). Group members shown below:

Alexander Braendle	Northern Districts NSW
Bethany Moore-Kirkland	Warwick QLD
Emma Hoskins	Quakers Hill NSW
Eva Parker	Devonport TAS
Jaime Hvalica	Diamond Valley VIC
Keenan Munro	Ridgewood WA
Matilda Read	Traralgon VIC



Matilda (2<sup>nd</sup> from right, kneeling) with her Little Aths squad mates. (Photo: LAVic)

**\*Next weekend ...**

After an enjoyable but hectic day as RWA hosts last Sunday, it's back the 'quiet life' of Club races. Our Points competitions are done for the year, so this program will serve keep you in touch with the AV 5000m teams race, VMA Masters 5000m championships and Club time races (1 hour and 2 hour) coming up a week later at Mentone.

**Saturday 31 August – Middle Park**

<b>2.00pm</b>	8km points race	Open
<b>2.00pm</b>	6km points race	Open
<b>2.00pm</b>	4km points race	Open
<b>2.15pm</b>	2km points race	Open
<b>2.15pm</b>	1km points race	Open

Entries will be accepted up until 6.00pm on Friday 30 August. Enter online at <https://www.revolutionise.com.au/vrwc/>

**\*\* VRWC Relay Race \*\***

**Sunday 15 September**

\*Members are advised that the deadline for entries for the Relay has been extended to **Saturday 31 August at 6.00pm**

Don't leave it until the last minute. *Get your entries in now!* Make sure you're a part of this fun event ... before enjoying a BBQ snag and picking up your trophy or certificate.

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# AROUND THE COUNTRY



**Race Walking Australia Road Championships 2024**  
**Sunday 25 August – Middle Park, Melbourne**



Melbourne’s often capricious weather was quite benevolent on Sunday, with mild to warm temperatures and a northerly breeze that stiffened into a gale as the last race was finishing. Nothing to interfere with a most enjoyable morning of racing.

The 20km contenders got underway at 9.15. Olympian **Tim Fraser** stamped his authority on the race from the outset and extended his lead progressively over a determined **Corey Dickson**, crossing in **1:22:26**. Corey never let up in his chase and took over a minute from his PB, clocking **1:24:31**. In the womens’ race **Lizzie McMillen** found the going tougher than a month ago on this course, yet still managed a convincing win over her fellow Sky Blue **Allanah Pitcher**. Like Tim, Allanah would have been looking forward to a good race of her own after having to watch as a reserve in Paris, and although things didn’t fall into place as she’d have liked it was still a good hit-out.



The Queenslanders brought a substantial squad to Middle Park and were the only state to mount a teams challenge to the Victorians. They pretty much owned the U20 10kms, taking the individual titles through **Mia Bergh** and **Sam McCure** as well as both teams events, adding the U18 Women’s teams race for good measure. The Vics got their own back in the younger age groups, sweeping the teams contests and prevailing in a countback against QLD in the U16 Girls 5km. It was pleasing to see their boys’ numbers bolstered by three late recruits, **Oliver Crowl**, **Fletcher Reid** – both of whom had convincing wins – and **Harrison Ryan**, who took on the 3km distance for the first time and walked himself – literally – into the dirt, spending some worrisome moments in the care of St John’s before recovering in time to collect his handicap award.

In a reversal of fortunes from the LBG in June, NSW could not field a team in any event, although they managed strong individual wins through **Stella Wade**, **Sophie Polkinghorne** and **Lizzie McMillen**. It made no difference to the final Brennen Shield result, however, as the points they’d amassed at the LBG still placed them well clear of Victoria.

The races over, the happy multitude rolled back to the Bowling club for a BBQ sausage and a drink before gathering in the Main Hall for the presentations. They were soon on their way back to home states and suburbs – journeys that, for some, would take rather longer than expected. That capricious Melbourne weather finally got tired of being benevolent, and air traffic controllers aren’t risk takers.

## Event 1: Open Men 20km

1 Tim Fraser	ACTW	1:22:26
2 Corey Dickson	VRWC	1:24:31
3 Mitchell Baker	ACTW	1:26:00
4 Dylan Richardson	NSWRWC	1:29:04
5 Jack McGinniskin	NSWRWC	1:33:43
6 Fraser Saunder	VRWC	1:35:42
7 Kim Mottrom	SARWC	1:36:44

## Handicap

## Event 2: Open Women 20km

1 Elizabeth McMillen	NSWRWC	1:34:44
2 Allanah Pitcher	NSWRWC	1:38:08
3 Samantha Findlay	SARWC	1:42:34
4 Nellie Langford	SARWC	1:51:05
.. Kirstin Shaw	QRWC	DNF
.. Char Hay	VIC	DNF

## Handicap

1 Nellie Langford	SARWC
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1 Fraser Saunder	VRWC	
2 Dylan Richardson	NSWRWC	
3 Kim Mottrom	SARWC	

### Event 3: Masters Men 10km

1 David Smyth	VRWC	1:05:11
2 John Nottle	VRWC	1:10:47

### Event 5: U20 Men 10km

1 Sam McCure	QRWC	43:56
2 Bailey Housden	QRWC	45:30
3 Eden Morgan	VRWC	47:24
4 Kai Norton	QRWC	1:02:32

#### Handicap

1 Kai Norton	QRWC
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#### Teams result

<b>1 QRWC</b>	<b>7pts</b>
Sam McCure	4
Bailey Housden	2
Kai Norton	1

### Event 7: U18 Men 10km

1 Riley Coughlan	VRWC	44:36
2 Kodi Clarkson	ACTW	44:52
3 Samuel Lindsay	TRWC	44:56
4 Sebastian Richards	SARWC	50:51
5 Cooper Rech	SARWC	53:58

#### Handicap

1 Cooper Rech	SARWC
2 Sebastian Richards	SARWC

### Event 9: U10 Girls 1km

1 Payton Welsh	VRWC	5:03
2 Freya Williams	NSWRWC	5:05
3 Anouk Morgan	VRWC	5:38
4 Samantha Ramboer	ACTW	5:49
5 Nasrin Hewitt	NSWRWC	6:07
6 Aria Di Benedetto	VRWC	6:12

#### Handicap

1 Aria Di Benedetto	
2 Samantha Ramboer	ACTW
3 Nasrin Hewitt	NSWRWC

#### Teams result

<b>1 VRWC</b>	<b>7pts</b>
Payton Welsh	4
Anouk Morgan	2
Aria Di Benedetto	1

### Event 11: U12 Girls 2km

1 Stella Wade	NSWRWC	10:36
2 Pippa Read	VRWC	10:51
3 Addison Frenken	VRWC	10:52
4 Indigo Marshall-Moodie	VRWC	11:35
5 Addison Jenkins	NSWRWC	12:12
6 Georgia Walters	VRWC	12:22
7 Anouk Morgan	VRWC	12:34
8 Natalie Ramirez	VRWC	12:35
9 Izzy Blackburn	QRWC	13:12
10 Ella Harris	VRWC	14:04
11 Payton Welsh	VRWC	14:16
12 Elsie Woodward	TARWC	14:20
... Freya Williams	NSWRWC	DQ

### Event 4: Masters Women 10km

1 Penny McIntosh	QRWC	1:18:10
2 Di Camilleri	SARWC	1:33:19

### Event 6: U20 Women 10km

1 Mia Bergh	QRWC	53:28
2 Ariana Pashutina	VRWC	54:01
3 Hana Jugovic	ACTW	54:24
4 Lyla Williams	NSWRWC	55:50
5 Summer Millard	QRWC	59:20
6 Phoebe Chadwick	QRWC	1:06:18
.. Emily Smith	VRWC	DQ

#### Handicap

1 Summer Millard	QRWC
2 Phoebe Chadwick	QRWC
3 Lyla Williams	NSWRWC

#### Teams result

<b>1 QRWC</b>	<b>7pts</b>
Mia Bergh	4
Summer Millard	2
Phoebe Chadwick	1

### Event 8: U10 Boys 1km

1 Fletcher Reid	VRWC	5:11
2 Dimitri Pashutin	VRWC	5:48
3 Zac Anderson-Rule	ACTW	7:18

### Event 10: U12 Boys 2km

1 Oliver Crowl	VRWC	10:35
2 Leo Hyde	QRWC	10:50
3 Logan Allison	VRWC	11:15
4 Brodie Welsh	VRWC	11:21
5 Dimitri Pashutin	VRWC	12:50
6 Zac Anderson-Rule	ACTW	14:20

#### Handicap

1 Brodie Welsh	VRWC
2 Dimitri Pashutin	VRWC
3 Zac Anderson-Rule	ACTW

#### Teams result

<b>1 VRWC</b>	<b>7pts</b>
Oliver Crowl	4
Logan Allison	2
Brodie Welsh	1

### Event 12: U14 Boys 3km

1 Angus Shuttleworth	VRWC	17:02
2 Logan Allison	VRWC	18:10
3 Brodie Welsh	VRWC	18:25
4 Harrison Ryan	VRWC	19:19
5 Tate Jardine	VRWC	19:22

#### Handicap

1 Tate Jardine	VRWC
2 Harrison Ryan	VRWC

#### Teams result

<b>1 VRWC</b>	<b>7pts</b>
Angus Shuttleworth	4
Logan Allison	2
Brodie Welsh	1

### Event 14: U16 Boys 5km

1 Noah Cooke	QRWC	25:47
2 Angus Shuttleworth	VRWC	26:35

### *Handicap*

1 Georgia Walters	VRWC
2 Natalie Ramirez	VRWC
3 Elsie Woodward	TRWC

### *Teams result*

#### **1 VRWC1 16pts**

Pippa Read	7
Addison Frenken	5
Indigo Marshall-Moodie	4

#### **2 VRWC2 6pts**

Georgia Walters	3
Anouk Morgan	2
Natalie Ramirez	1

### **Event 13: U14 Girls 3km**

1 Ela Uzun	VRWC	13:49
2 Mya McClure	VRWC	14:58
3 Havana Ali	VRWC	16:07
4 Hannah Hewitt	NSWRWC	16:23
5 Addison Frenken	VRWC	17:51
6 Indigo Marshall-Moodie	VRWC	19:37
7 Adele Woodward	TARWC	19:59
8 Addison Jenkins	NSWRWC	20:16
9 Caitlyn Shipham	VRWC	20:47

### *Handicap*

1 Adele Woodward	TRWC
2 Caitlyn Shipham	VRWC
3 Addison Frenken	VRWC

### *Teams result*

#### **1 VRWC1 16pts**

Ela Uzun	7
Mya McClure	5
Havana Ali	4

#### **2 VRWC2 6pts**

Addison Frenken	3
Indigo Marshall-Moodie	2
Caitlyn Shipham	1

### **Event 15: U16 Girls 5km**

1 Sophie Polkinghorne	NSWRWC	26:26
2 Emma Grocott	ACTW	26:32
3 Jessica Loring	NSWRWC	26:38
4 Olivia Boulton	QRWC	26:51
5 Mya McClure	VRWC	28:27
6 Hannah Matthews	VRWC	28:43
7 Eliza Kelly	QRWC	29:17
8 Mietta Morgan	VRWC	31:17
9 Mikaela McDonald	QRWC	31:24
10 Matilda Rech	SARWC	32:47

### *Handicaps*

1 Olivia Boulton	QRWC
2 Mietta Morgan	VRWC
3 Hannah Matthews	VRWC

### *Teams result*

#### **1 VRWC 11pts**

Mya McClure	5
Hannah Matthews	4
Mietta Morgan	2

#### **2 QRWC 11pts**

Olivia Boulton	7
Eliza Kelly	3
Mikaela McDonald	1

### **Event 16: U18 Women 5km**

1 Angelina Legrand	SARWC	24:46
2 Milly Sharpe	QRWC	25:15
3 Hana Jugovic	ACTW	27:12
4 Ariana Pashutina	VRWC	28:15
5 Taylah Morris	QRWC	29:40
6 Katie Bray	QRWC	31:48
7 Jemilla Campbell	VRWC	38:12

### *Handicap*

1 Taylah Morris	QRWC
2 Katie Bray	QRWC
3 Jemilla Campbell	VRWC

### *Teams result*

#### **1 QRWC 7pts**

Milly Sharpe	4
Taylah Morris	2
Katie Bray	1

A massive thank you to the huge number of people who worked and contributed to make the carnival a success. Not all of you will be mentioned here, unfortunately, but your contribution was felt and much appreciated:

**Organising Committee:** Mark Donahoo, Stu Cooper, Terry Swan, Donna Marie Elms, Karyn O'Neill, Terry O'Neill.

**Event Arranger:** Mark Donahoo

**Competition Manager:** Stu Cooper

**Race Director:** Terry Swan

**Referee:** Tony Williams

**Jury of Appeal:** Shane Pearson, Terry Swan, Tim Erickson

**Chief Judge:** Kirsten Crocker (NSW)

**Walk Judges panel 1 (20km & 10km):** Scott Nelson (VIC), Heather Mitchell (NSW), Di Lowden (VIC), Rosemary Coleman (TAS), Carmen Sims (QLD), Lorraine Morgan (VIC)

**Walk Judges panel 2 (1km, 2km, 3km & 5km):** Brenda Felton (VIC), Kathleen Marsh (VIC), Jasmine Blackburn (QLD), Peter Price (QLD), Shane Dickson (VIC), **Reserve:** Shane Bicknell (VIC), Maxine Lindsay (TAS)

**Walk Judge Recorder:** Michael Bodey

**Chief Judge's assistance:** Liz Bradley (QLD)

**Penalty Area Referee/ timekeeper:** David Cash (VIC)

**Managers:**

Victoria: Mark Donahoo

Queensland: Shane Pearson



South Australia: Kim Mottrom  
 New South Wales: Heather Mitchell  
 Tasmania: Rosemary Coleman  
 ACT: Troy Clarkson  
**Presentations:** Mark Donahoo, Shane Pearson, Tim Erickson  
**Starter:** Shane Pearson  
**Results Collation:** Mark Donahoo,  
**Bike Rider:** Terry Swan  
**Red Card Collector:** Jonathan Ho  
**Canteen & BBQ:** Gwen Steed, Anna Wallace, Emilie Garside  
**Course Setup:** Terry Swan, Ian Laurie, Stu Cooper, Tim Erickson, Shane Pearson  
**Chief Timekeeper:**  
 20km: Ian Laurie  
 10km: Dylan Shuttleworth  
 Other events: Alan McClure  
**Announcer:** Tim Erickson,  
**Refreshment Table:** Debbie Nash, Maddison Nash & Donna Dickson  
**Photographer:** Therese Smith  
**First Aid:** St John's Ambulance

### Lap scorers

**Event 1: 20km Open Male:** Bob Gardiner (8 entries)  
**Event 2: 20km Open Female:** Margaret Hay (7 Entries)  
**Events 3& 4: 10km Masters Male & Female:** Kevin Cassidy (6 entries)  
**Event 5: 10km Under 20 Male:** QLD Official-Peter Sharpe (5 entries)  
**Event 6: 10km Under 20 Female:** Alla Pashutina (8 entries)  
**Event 7: 10km Under 18 Male:** Joe Adamcewicz (6 entries)  
**Event 8: 1km Under 10 Male:** Deanne McClure (3 entries)  
**Event 9: 1km Under 10 Female:** QLD Official-Claire Chatwick (7 entries)  
**Event 10: 2km Under 12 Male:** Mark Donahoo (6 entries)  
**Event 11: 2km Under 12 Female:** Emma Read, Ezo Ali (14 entries)  
**Event 12: 3km Under 14 Male:** Deanne McClure (5 entries)  
**Event 13: 3km Under 14 Female:** Emma Read, Ezo Ali (11 entries)  
**Event 14: 5km Under 16 Male:** Ezo Ali (2 entries)  
**Event 15: 5km Under 16 Female:** Tony Read, Emma Read (11 entries)  
**Event 16: 5km Under 18 Female:** Alla Pashutina (9 entries)

Sadly, there just wasn't sufficient time to edit and include many of the wonderful photos taken by **Therese Smith** of the day's action or the Presentations. However, a special gallery will be prepared for next week's issue. In the meantime, check out all of Therese's 3 collections at the VRWC's Facebook page - <https://www.facebook.com/groups/306385488910>.

## TASMANIA TRWC results, 24 August – Montrose Bay

### 2km

1. Isabella Christensen Barrett	TRWC	19:30
2. Dave Moore	TMA	20:45

### 3km

1. Eugene Gerlach	TMA	22:03
2. Wayne Fletcher	NS	28:52

## WESTERN AUSTRALIA

The WARWC had cloudy, mild and dry conditions, with a light breeze, for their races at Shelley on Sunday. Thanks to **Terry Jones** for the results.

### 10K Handicap

Andrew Duncan	59.11
Wendy Farrow	1.13.31

### 5K Handicap

Brad Mann	29.05
Kaytee Bogaers	29.38
Trinity Doulis	33.26
Glenys Duncan	49.52

### 3K Handicap

Addison Roots	19.31
Darcy Bramwell-Kays	18.36
Katica Borsic	17.16
Nathaniel Khaira	21.28

### 1.5K Handicap

Makenzie Sillitto	8.20
Tayte Moore	8.56
Zoe Fowler	13.00
Rahni Fowler	10.0



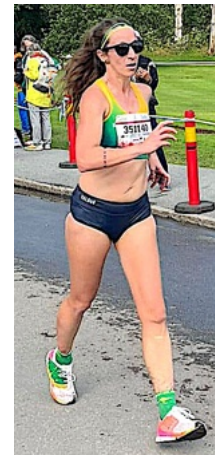
# INTERNATIONAL NEWS

## SWEDEN: World Masters Athletics Championships, 13-25 August - Goteborg

Owing to time pressures I have some catching up to do with these results, so this week the focus is on the 10km and 20km road walks in which Australian competitors appear (first 10 results in each race). Track walks results will appear next week. (If you can't wait that long, visit <https://www.2024wmac.com/> for all results in all races.)

It appears that the two road walks at Slottskogen City Park turned out to be a trial of adaptability as much as race fitness, with the weather most unsympathetic at times. Well done to all the Aussie contingent on their efforts ... we hope they came away having enjoyed the experience and satisfied with their results.

Well done also to our medallists – **Melissa Lewis** (1<sup>st</sup> W35 20km, 2<sup>nd</sup> 10km), **Lynne Schickert** (2<sup>nd</sup> W80 10km), **Colin Heywood** (3<sup>rd</sup> M70 10km & 20km). Melissa's 20km win in particular was a great result. Well done also to **Heather Carr** who apparently raced under some difficulties but stuck it out for 4<sup>th</sup> place behind Jacqueline Wilson (NZL) in the 10km. Father Time may at last be dropping a few hints to **Andrew Jamieson** but not in a persuasive enough tone to make him stop. Meanwhile, **Paul Moritz** showed plenty of pluck to complete both gruelling races.



Melissa on her way to 10km silver.  
(Photo: WARWC)

### Women W75 10km Race Walk

1 Elsa Meyer	RSA	1:08:57
2 Antonina Tyshko	UKR	1:11:22
3 Jacqueline Wilson	NZL	1:11:52
<b>4 Heather Carr</b>	<b>AUS</b>	<b>1:13:56</b>
5 Renate Kohler	GER	1:18:08
6 Sharon Wright	CAN	1:19:20
7 Heidrun Neidel	GER	1:23:48
8 Simonne Paulin	CAN	1:29:35
9 Vijayanthimala Kodali	IND	1:41:49
.. Sylvia Cardiel Guajardo	MEX	DQ
.. Maria Del Carmen Morales R.	MEX	DQ

### Women W80 10km Race Walk

1 Anne Centner	RSA	1:11:55	WR
<b>2 Lynne Schickert</b>	<b>AUS</b>	<b>1:28:55</b>	
3 Helga Draeger	GER	1:34:42	

### Women W35 10km Race Walk

1 Modra Liepina	LAT	53:31
<b>2 Melissa Lewis</b>	<b>AUS</b>	<b>56:49</b>
3 Barbara Hollinger	AUT	59:26
4 Aleksandra Majewska-Ani	GBR	1:01:00
5 Lorena Paulina Rodriquez San.	MEX	1:03:10
6 Kim Lachance	CAN	1:10:09
7 Sanna Neuvonen	FIN	1:18:32

### Men M70 10km Race Walk

1 Patrice Brochot	FRA	1:00:14
2 Jose Luis Lopez Camarena	MEX	1:01:01
<b>3 Colin Heywood</b>	<b>AUS</b>	<b>1:02:59</b>
4 Abel Llamas Zamorano	MEX	1:03:00
5 Reinhard Langhammer	GER	1:05:01
6 Manuel DJ Hernandez Perez	MEX	1:05:49
7 Daniel Siegenfuhr	FRA	1:05:54
8 Jiri Janousek	CZE	1:06:04
9 Stefan Lehmann	GER	1:06:39
10 Helmut Giebeler	GER	1:06:44

### Men M75 10km Race Walk

1 Ian Richards	GBR	1:01:45
2 Peter Boszko	GBR	1:03:55
3 Vladimirs Orehovs	LAT	1:04:40
4 Michael Wiggins	USA	1:04:50
5 Mario Fiori	ITA	1:05:39
6 Ettore Formentin	ITA	1:06:32
<b>7 Andrew Jamieson</b>	<b>AUS</b>	<b>1:07:08</b>
8 Harijs Abolins	LAT	1:09:18
9 Roberto Piaser	ITA	1:10:14
10 Claude Flamant	FRA	1:10:43
... John Russell	<b>AUS</b>	<b>DNF</b>

### Men M65 10km Race Walk

1 Miroslav Lapka	CZE	52:10
2 Pedro Jose Aranda F.	ESP	55:53
3 Edoardo Alfieri	ITA	56:28
4 Leszek Behounek	POL	56:34
5 Gabriele Caldarelli	ITA	57:55
6 Herbert Klaus	GER	58:43
7 Miroslav Luniewski	POL	1:00:30
8 Serge Marvingt	FRA	1:03:41
9 Anders Bjorkman	SWE	1:03:57
10 Klaus Pflaesterer	GER	1:04:33
<b>23 Paul Moritz</b>	<b>AUS</b>	<b>1:11:50</b>

### Men M70 20km Race Walk

1 Patrice Brochot	FRA	2:05:32
2 Jose Luis Lopez Camarena	MEX	2:07:45
<b>3 Colin Heywood</b>	<b>AUS</b>	<b>2:09:20</b>
4 Abel Llamas Zamorano	FRA	2:12:16
5 Reinhard Langhammer	GER	2:14:32
6 Stefan Lehmann	GER	2:19:20
7 Jiri Janousek	CZE	2:19:50
8 Manuel DJ Hernandez P.	MEX	2:21:39
9 Raymond Funkhouser	USA	2:24:49
10 Horst Kiepert	GER	2:26:56

### Men M65 20km Race Walk

1 Edoardo Alfieri	ITA	1:56:42
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### Women W35 20km Race Walk

1 Melissa Lewis	AUS	2:00:07	2 Marc Haumesser	FRA	1:57:48
2 Barbara Hollinger	AUT	2:04:16	3 Leszek Behounek	POL	1:59:23
3 Lorena Paulina Rodriguez S.	MEX	2:07:13	4 Gabriele Caldarelli	ITA	2:00:49
4 Aleksandra Majewska-Ani	POL	2:10:39	5 Miroslaw Luniewski	POL	2:10:58
5 Anna Kloefer	SWE	2:25:23	6 Oleksii Menshykov	UKR	2:11:54
			7 Anders Bjorkman	SWE	2:13:58
			8 John Storms	CAN	2:14:32
			9 Franco Venturi D. Esposti	ITA	2:16:43
			10 Valerii Krasniukov	UKR	2:17:45
			<b>13 Paul Moritz</b>	<b>AUS</b>	<b>2:27:10</b>

## 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, August 26, 2024 - WMAC Gothenburg 2024: Men's 20km M35+ (results) <https://omarchador.blogspot.com/2024/08/wmac-gotemburgo-2024-20-km-masculinos.html> 118 starters with 109 finishers ... that was one busy drinks table!
- Sunday, August 25, 2024 - WMAC Gothenburg 2024: Women's 20km W35+ (results) <https://omarchador.blogspot.com/2024/08/wmac-gotemburgo-2024-20-km-femininos.html>
- Sunday, August 25, 2024 - 2012, Susana did not go to the Games <https://omarchador.blogspot.com/2024/08/2012-susana-nao-foi-aos-jogos.html> Susana Feitor denied an unprecedented 6<sup>th</sup> Olympic berth, despite qualifying.

*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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## \*\* 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](mailto:Neerims8@gmail.com)

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2024

Sat 7 Sep 2024      **AV 5000m teams c'ship, VMA 5000m Track c'ship** - Mentone  
Sun 15 Sep 2024    **VRWC Relay race & Winter presentations** – Middle Park

## International Dates

20-24 Aug 2024      **WA World Junior T&F Championships** – Lima, PER  
13-21 Sep 2025     **20<sup>th</sup> World Athletics Championships** – Tokyo, JPN  
30 Oct-15 Nov 2026 **Youth Olympic Games** – Dakar, SEN

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