



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2023 Number 21  
Tuesday 30 May 2023



### VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*  
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### WHAT'S COMING UP

- Next Saturday sees VRWC walkers back at Middle Park with more winter season road races. Membership renewals and race entries are via our new portal at <https://www.revolutionise.com.au/vrwc/>.

Saturday 3 <sup>rd</sup> June 2023, Middle Park			
VRWC Events, For these events, online entries close Friday 11.59pm			
2.00pm	12km	Points Race	Open
2.00pm	10km	Points Race	Open
2.00pm	5km	Points Race	Open
2.15pm	3km	Points Race	Open
2.15pm	1km	Points Race	Open

- Looking a further week ahead to the annual **Racewalking Australia Carnival** which will be held at **Stromlo Forest Park in Canberra on Sunday 11<sup>th</sup> June 2023**. Entries have now closed and we have a strong VRWC, with 32 walkers contesting 69 events, as below.

EVENT	VRWC WALKERS
1.RWA Open 30km	Corey Dickson, Kelly Ruddick, Alejandro Stephens
4.RWA Open Women 15km	Char Hay, Kelly Ruddick, Kate Siviour
5.RWA Open Men 15km	Declan Tingay, Marcus Wakim, Gerard Feain, Fraser Saunder
8.RWA Men U20 10km	Riley Coughlan, Eden Morgan, Scott Peart
9.ACT Open 10km	Jemma Peart
10.RWA Women U20 10km	Emily Smith, Maddison Nash, Char Hay
11.RWA Boys U10 1km	Logan Allison
12.RWA Girls U10 1km	Pippa Read, Anouk Morgan, Lily Bowkett
13.RWA Boys U12 2km	Logan Allison, Tate McQueen, Angus Shuttleworth
14.RWA Girls U12 2km	Pippa Read, Anouk Morgan, Lily Bowkett, Zoe Bowkett
15.RWA Boys U14 2km	Tate McQueen, Angus Shuttleworth
16.RWA Girls U14 2km	Matilda Read, Hannah Matthews, Mya McClure, Mietta Morgan, Zoe Bowkett Charlise McQueen
17.RWA Boys U16 3km	Daniel Pashutin, Angus Shuttleworth
18.RWA Girls U16 3km	Matilda Read, Hannah Matthews, Mya McClure, Mietta Morgan, Charlise McQueen
19.RWA Boys U18 5km	Riley Coughlan, Daniel Pashutin, Eden Morga, Scott Peart
20.RWA Girls U18 5km	Ariana Pashutina, Emily Smith, Maddison Nash, Mya McClure, Mietta Morgan
21.RWA Women Open 5km	Ariana Pashutina, Arnika Nelson, Emily Smith, Maddison Nash, Arnika Nelson Char Hay, Jemma Peart, Alanna Peart, Kate Siviour
22.RWA Men Open 5km	Declan Tingay, Riley Coughlan, Marcus Wakim, Daniel Pashutin, Eden Morgan Corey Dickson, Scott Peart, Fraser Saunder

Overall, it looks the usual huge meet, with 273 entries all up (see <http://vrwc.org.au/wp1/56th-lbg-carnival-entrants-list/>), spread amongst our member clubs as shown below. NSWRC leads with a huge team, followed by VRWC, SARWC and ACTRC.

NSWRC	132	VRWC	69	SARWC	32	ACTRC	28
QRWC	7	TRWC	2	WARWC	2		

Bring your woollies as it will be cold!

## WALKER OF THE WEEK

My Walker Of the Week this time around is South Australia's **Kim Mottrom**. Kim was in action on Saturday in the SARWC races in Adelaide, recording a PB time of **35:18** for the 8km walk and then fronting up and zipping through the 1.5km walk in a very fast **6:47**. Not too shabby indeed for someone who will turn 40 years of age next year!

If that's all Kim had to do, he would still be a worthy winner, but he is hard at work on many other racewalking fronts every week

- He fulfils multiple roles for SARWC – Vice President, Race Director and Website Administrator
- He is a Life Member of SARWC
- He is our go-to man for all those results that get loaded every week into <http://racewalkaustralia.com/>
- He coaches on the local Adelaide front

He is also a regular park runner (PB 18:47) and competes in all the masters events each summer. My favourite collage of Kim is from the South Australian Masters T&F Champs Day 1 in late March this year when he competed in the 1500m walk (6:18), the 800m run (2:42), the 3000m walk (13:28), the high jump (1.25m) and the 5000m run (19:52).

I'm exhausted just thinking about it all. Well done Kim and thanks for all you do for us from the Australian racewalking community.



### SARWC LONG CLUB CHAMPIONSHIPS, ADELAIDE SOUTH PARKLANDS, ADELAIDE, SATURDAY 27 MAY 2023

VRWC had a rest from racing last weekend, hence nothing to report from the local front. So straight onto our interstate results.

First to South Australia and thanks to Kim Mottrom for this week's results from Adelaide: *Cold and wet today and we had a little athletics meet prior to our races, so not as many people out, however there were quite a few PBs.*

#### Open 8km Walk

1.	Kim Mottrom	35:18	PB 0:18
2.	Sam Findlay	39:59	PB 1:01

#### Open 3km Walk

1.	Angelina Legrand	17:23
2.	Senna Cook	20:05

3. Peter Crump	47:22	
4. Mel Grantham	50:11	PB 0:18
5. Alex McEwan	1:02:16	PB 0:27
6. Di Camilleri	1:08:27	
7. Bill Starr	1:08:37	
8. Kristy Templer	1:13:23	First 8km

#### Open 1.5km Walk

1. Kim Mottrom	6:47
2. Caleb Camilleri	9:18
3. Liliana Templer	10:06
4. Maverick Grantham	11:57
5. Robert Crabb	11:57
6. Anthony Crabb	15:29
7. Martin Crabb	19:28

#### Open 4km Walk

1. Cooper Rech	20:28	PB 0:22
2. Greg Metha	23:37	PB 0:07
3. Katie De Ruvo	23:48	
Elise Scott	DNF	

### ACTRWC ROADWALKS, DIDDAMS CLOSE, CANBERRA, SATURDAY 27 MAY 2023

Thanks to Helen Toyne for this week's results from Canberra. *Thanks to Rosemary Parker, Bob Parker, Peter Boden, and Ann Staunton Jugovic for officiating this week. A special thank you to Rosemary for the wonderful chocolate cake!*

#### 12km Walk

1. Sue Archer	1:26.15	fitness walk
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#### 6km Walk

1. Hana Juogvic	35:50	
2. Emma Grocott 3	8:55	
3. Helen Toyne	52:37	fitness walk

#### 3km Walk

1. Jill Pearson	22:35	
2. Jim White	24:31	fitness walk
3. Geoff Barker	35:40	fitness walk
4. Jack Thackray	DNF	

#### 1km Walk

1. Phebe Grocott	8:14	fitness walk
2. Andrew Grocott	8:35	fitness walk

### NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 27 MAY 2023

Thanks to Frank Overton for Saturday's walk results from NSW, held on a 1km loop in Chipping Norton in SW Sydney. He reports:

Another good attendance of 46 walkers. **Jasmine Dighton** continues to improve, walking the first 10km in 51:43, similar time to her previous 10km, and then walking the additional 2km in 10:36. It was good to see **Laelia Byatt** step up to the 10km, continuing her improvement in the sport. Keep up the good work Laelia. **Matilda Webb** recorded a PB with her 21:36 4km, **Sophie Polkinghorne** and **Nate Appleyard** continue to record good times following on from their successful summer season. The U10 750m ended in a very close finish between **Stella Wade** 3:41 and **Harrison Bouquet** 3:42, very good walking from these under 10 athletes.

#### Long Division 12km walk

1. Jasmine Dighton	1:02:19
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#### Medium Division 10km walk

1. Brendan Pospischil	1:00:09
2. Laelia Byatt	1:04:36

#### Short Division 5km walk

1. Joel Byatt	26:16
2. Jaxson Horton	31:11
3. Ciara Cassilles	31:11
4. Jessey Bektas	31:22
5. Aidan Pospischil	32:03
6. Erin Cassilles	32:12
7. Nicolle Challinor	41:24
8. Emily Challinor	49:28
9. Sarah Challinor	49:28

#### U14 2km Walk

1. Sophie Polkinghorne	9:59
2. Emma Hoskins	11:29
3. Madeline Kot	11:41

#### U12 1.5km Walk

1. Nate Appleyard	7:50
2. Joshua Waddington	8:06
3. Keira Gill	8:18
4. Isla Banks	8:22
5. Ash Mansell	8:37
6. Chloe Farrugia	11:16
7. Rose Goska	11:36
8. Zoe Zantiotis	13:00
9. Alexander Dennett	13:22

#### U10 0.75km Walk

1. Stella Wade	3:41
2. Harrison Bouquet	3:42
3. Addison Jenkins	4:39
4. Veronica Dennett	4:55
5. Milana Sorokin	5:10
6. Amelie Barakat	5:48

#### U16 4km Walk

1. Matilda Webb	21:36
2. Jessica Loring	22:30

4.	Sienna Wade	11:44	3.	Matilda Olson	24:09
5.	Patrick Waddington	11:49	4.	Christopher Nilon	25:04
6.	Noah Vella	12:01	5.	Olive Gauci	26:29
7.	Lilly Twigden	12:06	6.	Alexander Wenzel	30:55
8.	Adya Bhushan	12:09			
9.	Sagan Jones	12:31			
10.	Summer Hay	13:22			
11.	Ashleigh Farrugia	13:33			
12.	Maeve Nolan	13:50			
	Mitchell McCarthy	DNF			

### TWRC ROADWALKS, WENTWORTH PARK, SATURDAY 27 MAY 2023

Thanks to Dave Moore for all the news this week from Tasmania. His comments:

Playing netball in the morning prior to competing in TRWC events in the afternoon is a regular occurrence for our southernmost young walkers **Isla Direen** and sisters **Adele and Elsie Woodward**. For today's walk at Wentworth Park, Isla and Adele had already chalked up two games of netball and Elsie one, but that did not deter Isla from recording a PB for her 2km whilst Adele and Elsie put in near best performances.

#### 2km Walk

1.	Adele Woodward	OVA	13:36	
2.	Isla Direen	Huon LA	15:35	PB
3.	Elsie Woodward	Huon LA	16:07	
4.	Dave Moore	TMA	19:58	

#### 3km Walk

1.	Wayne Fletcher	NS	25:35
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### Athletics Tasmania Athlete of the Year Awards won by Race Walkers Will Bottle and Sam Lindsay

**Will Bottle** U/20 and **Sam Lindsay** U/16 have taken out their respective Athletics Tasmania age group Men's Athlete of the Year awards. Tas Race Walkers congratulates them both on a fantastic year, which saw old records tumble, medals at Nationals and an impressive upward trajectory in performance across all distances both on the Road and Track. Well done also to Will also in picking up a Tasmanian Institute of Sport Scholarship, these are not handed out lightly. We look forward to seeing these two fine young athletes continue to progress to the goals they hope to achieve.

Congratulations also to **Rosemary Coleman** for being awarded the Athletics Tasmania 2022/23 Services to Coaching, Rosie provides expertise, commitment, and care to athletes in a wide range of disciplines, we are proud to have her as a coach to our Race Walkers.

### WARWC ROADWALKS, WOODBRIDGE, PERTH, SUNDAY 28 MAY 2023

Thanks to Terry Jones for this week's results from Western Australia. *This is the first time we've used this very picturesque course along the banks of the Swan River. During the 19<sup>th</sup> and early 20<sup>th</sup> centuries Woodbridge was an historic village on the outskirts of Perth, and is now a metropolitan suburb. The weather conditions were fine, cool, no wind & sunny.*

#### 14km Walk

1.	Alexandra Griffin	1.11.57
2.	Brad Mann	1.18.50
3.	Andrew Duncan	1.19.08
4.	Karyn Tolardo	1.31.29

#### 10km Walk

1.	John Ronan	49.20
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#### 8km Walk

1.	Victor Munoz	52.41
2.	Wendy Farrow	56.39
3.	Marcela Ruiz	65.20

#### 6km Walk

1.	Katee Bogaers	34.50
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#### 4km Walk

1.	Dylan Sardelich	25.29
2.	Leila Bevis	25.37
3.	Charlotte Burgess	25.53
4.	Melissa Lewis	26.37
5.	Glenys Duncan	36.34
6.	Steve Travell	38.31

#### 1.5km Walk

1.	Aleeah Pike	8.28
2.	Lachlan Nichols	8.41
3.	Savannah Carnaby	9.29
4.	Hunter Sardelich	10.06
5.	Tayte Moore	10.18

**QRWC ROADWALKS, CAPALABA, BRISBANE, SUNDAY 28 MAY 2023**

Thanks to Robyn Walkes for this week's results from Queensland. Note in particular the fantastic 10km walk by **Tayla Billington** (46:03). Tayla competed in the 2014 and 2016 World Junior Championships, along with the 2016 Race Walking World Cup, but then stepped back from racewalking. Her return this year has already seen some good times, including a 10km PB of 47:21, but she chipped over a minute from that time on Sunday.

**A Grade 10km Walk**

1.	Alex Bradley	57.57
2.	Peter Bennett	1.08.36

1.	Tayla Billington	46.03
2.	Lily Housden	1.06.43
3.	Jasmine McRoberts	1.08.48
4.	Joy Dale	1.25.42
5.	Noela McKinven	1.32.11
	Summer Millard	DQ

**B Grade 5km Walk**

1.	Kai Dale	28.49
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1.	Lyla Williams	27.05
2.	Korey Brady	35.19
3.	Taylah Morris	35.51

**C Grade 3km Walk**

	Noah Wheeley	DQ.
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1.	Kiara Waterman	18.08
2.	Bethany Moore-Kirkland	19.47
3.	Eliza Kelly	20.58

**D Grade 2km Walk**

1.	Lachlan Moore	10.54
2.	Hunter Sibenaler	14.03
3.	Leo Ramsey	14.52

1.	Isabella Welch	10.57
2.	Freya Williams	12.36
3.	Izzy Blackburn	13.54
4.	Mackenzie Wormald	15.30

**E Grade 1km Walk**

1.	Dylan Moore	7.10
2.	Amelia Chisholm	6.10

**F Grade 0.5km Walk**

1.	Harper Waterman	4.26
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**AUSTRALIAN TEAM FOR WORLD UNIVERSITY GAMES ANNOUNCED**

And now to the big news for the week!

Congratulations to VRWC member **Will Thompson** who has just been announced as part of Australian team that will contest the 2023 World University Games in China in July. A fitting reward for all his hard work. Will joins **Mitchell Baker** and **Tim Fraser** from ACT, **Dylan Richardson** and **Elizabeth McMillen** from NSW and **Samantha Findlay** from SA. See the official announcement at <https://www.athletics.com.au/news/uniroos-to-unleash-chengdu-2023/>.

Men:	<b>Will Thompson</b>	<b>VIC</b>	<b>20</b>	<b>1:21:56</b>
	<b>Mitchell Baker</b>	<b>ACT</b>	<b>21</b>	<b>1:23:58</b>
	<b>Tim Fraser</b>	<b>ACT</b>	<b>23</b>	<b>1:23:35</b>
	<b>Dylan Richardson</b>	<b>NSW</b>	<b>22</b>	<b>1:24:13</b>
Women:	<b>Elizabeth McMillen</b>	<b>NSW</b>	<b>19</b>	<b>1:33:56</b>
	<b>Samantha Findlay</b>	<b>SA</b>	<b>25</b>	<b>1:26:43</b>

They will all contest the 20km roadwalk. And note the young ages – they are the next generation starting to make its presence felt.

And what riches we have at the moment, Here are our current Australian 20km ranking lists, for the 2022/2023 timeframe (those under 1:40:00 for 20km)

**Top Men - 20km**

Declan Tingay	1999	1:18:46	WA	19/03/2023
Kyle Swan	1999	1:19:24	VIC	19/03/2023
Rhydian Cowley	1991	1:19:30	VIC	19/03/2023
Will Thompson	2002	1:21:56	VIC	19/03/2023
Tim Fraser	2000	1:23:35	ACT	19/03/2023
Mitchell Baker	2001	1:23:58	ACT	19/03/2023
Tyler Jones	1998	1:24:10	NSW	13/02/2022
Dylan Richardson	2000	1:24:13	NSW	19/03/2023
Carl Gibbons	1996	1:26:30	NSW	13/02/2022
Corey Dickson	2002	1:28:47	VIC	15/05/2022
Kim Mottrom	1984	1:31:32	SA	13/02/2022
Jack McGinniskin	2002	1:36:16	NSW	12/02/2023



### Top women - 20km

Jemima Montag	1998	1:27:51	VIC	19/03/2023
Rebecca Henderson	2001	1:28:43	VIC	19/03/2023
Olivia Sandery	2003	1:28:52	SA	19/03/2023
Allannah Pitcher	2003	1:33:17	NSW	19/03/2023
Clara Smith	1998	1:33:37	QLD	13/02/2022
Elizabeth McMillen	2004	1:33:56	NSW	19/03/2023
Samantha Findlay	1997	1:36:43	SA	19/03/2023
Kelly Ruddick	1973	1:36:58	VIC	13/02/2022
Katie Hayward	2000	1:36:58	QLD	04/12/2022

Our very top walkers (Declan, Kyle, Rhydian, Jemima, Rebecca, Olivia, etc) are eyeing spots in the Australian team to contest the World Athletics World T&F Championships in Budapest, Hungary, in August. Expect an announcement on that front once the qualifying period finishes.

### BUDAPEST OPEN - SCHULEK ÁGOSTON EMLÉKVERSENY, BUDAPEST, HUNGARY, SUNDAY 28 MAY 2023

Thanks to Emmanuel Tardi for results, race report and photos from the Budapest Open Track Championships, held last Sunday in the Hungarian capital city. He was there as part of the judging panel – gosh, he does get around! The two 5000m walks were scheduled at the end of the T&F meet, at 6:15PM for the men and at 6:45PM for the women. Conditions were just about perfect (20C) and afforded the walkers maximum opportunity for fast times. In the men's event, **Norbert Toth** cleared out after the first couple of laps, winning easily with a PB time of 20:37.76. In the women's event, **Barbara Olah** and **Alexandra Kovacs** walked together for most of the race, before Kovacs was able to break free, winning in a new U20 record of 22:30.99 (previous record Julias Takacs 22.46 in 2006).

#### 5000m Men

1.	Tóth Norbert	2001	H. Szondi SE	20:37.76
2.	Csontos Imre	1992	BEAC	21:20.17
3.	Bor Benjámín	2006	Békéscsabai AC	23:24.11
4.	Papp Ferenc	1981	SZVSE	24:25.40
5.	Schwarcz Péter	2006	H. Szondi SE	24:36.92
6.	Szónok Dániel	2008	H. Szondi SE	27:50.18
	Józsvai Dávid	1985	Margitszigeti AC	DNF

#### 5000m Women

1.	Kovács Alexandra	2006	Békéscsabai AC	22:30.99
2.	Olah Barbara	1993	Békéscsabai AC	22:37.03
3.	Spiller Tiziana	2003	BHSE	23:06.77
4.	Récsei Rita	1996	BHSE	23:07.13
5.	Csörgő Dóra	2001	BHSE	24:45.82
6.	Bor Bernadett	2006	Békéscsabai AC	24:58.73
7.	Molnár Valéria	1977	BEAC	25:35.81
8.	Mezovári Boróka Rita	2003	FTC	27:56.40
9.	Halászy Tamara Zsófia	2006	Csonteam Atlétika	29:49.35
	Torma Anett	1984	Gyori Atlétikai Club	DNF
	Kolmer Jázmin	2004	H. Szondi SE	DNF



*Judges: Janusz Krynicki (Pol), Emmanuel Tardi (Fra), Soma Kovacs (Hun), Maria Ohlbaum (Hun), Andras Szatmari (Hun) and Orsolya Gruber (Hun)*



Norbert Toth



Barbara Olah, with Alexandra Kovacs behind



Women's Podium (all photos Emmanuel Tardi)

### INTERNATIONAL ROUNDUP

Lots of races around Europe and wider afield last weekend, mostly as part of bigger T& F meets. I'll leave it to readers to check out any results they want from this W.A. link: <https://worldathletics.org/competition/calendar-results?disciplineId=3&startDate=2023-05-20&endDate=2023-05-29>,

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

#### Victorian & National Key Dates – 2023

Sat 3 Jun 2023	<b>VRWC Points races #3</b> - Middle Park
Sun 11 Jun 2023	<b>Racewalking Australia LBG Carnival</b> – Stromlo Sports Park, Canberra ACT Enter at <a href="http://vrwc.org.au/wp1/">http://vrwc.org.au/wp1/</a>
Sat 17 Jun 2023	<b>VRWC 'Guess Your Time' prizes day</b> – Middle Park
Sun 6 Aug 2023	<b>AMA Masters 20km Championships</b> - Adelaide

#### International Dates

Sat 3 June 2023	<b>36<sup>th</sup> Gran Premio Cantones de La Coruna de Marcha</b> – La Coruna, ESP
28 Jul-8 Aug 2023	<b>World University Summer Games</b> – Chengdu, CHN
19-27 Aug 2023	<b>19<sup>th</sup> World Athletics Championships</b> – Budapest, HUN
26 Jul- 11 Aug 2024	<b>XXXIII Summer Olympics</b> – Paris, FRA
13-25 Aug 2024	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> – Gothenburg, SWE
20-24 Aug 2024	<b>WA World Junior T&amp;F Championships</b> – Venue TBA
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JAP

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)