

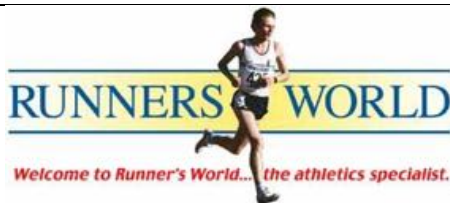


# HEEL & TOE Online

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

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

This week's WOTW award goes to one of our promising Apple Islanders ... **Will Bottle**.

Will, competing in the Tasmanian All Schools U18 5000m championship in what David Moore describes as 'atrocious' conditions in Launceston (we in Melbourne could attest to that!), put in a strong solo performance for an impressive time of **24:01.84**. To quote David further:

'Despite both injury over the winter and recent illness, Will, unperturbed by the weather, put his best foot forward with a technically sound and even paced walk for his Gold medal.'

Congratulations on your effort, Will, and we wish you a happy and productive summer season.



## CLUB NEWS and RESULTS

\*\* To all Members ... some important information regarding membership fees:

The VRWC Executive has decided to waive membership fees for the coming season 2022-23 (that is, from Apr 1 2022 to March 31 2023), for all VRWC members **who were financial during the pandemic-affected 2021-22 season**.

New members and currently un-financial VRWC members will be charged the scheduled fees for 2022-23.

Race Fees and Season Passes are still payable, effective from our first summer race, coming up on **Sunday 14<sup>th</sup> November**.

With the faster than expected double vaccination rates across the state, and the subsequent earlier easing of COVID restrictions, we are waiting eagerly for firm advice from DHHS and Sports Victoria as to how we are to proceed with starting our Summer program. As they stand, things are looking optimistic. We look forward to seeing you all at Middle Park very soon!

While November 14th would normally be scheduled for our Summer championships (inc. Gus Theobald 20km Trophy etc), AV Winter trophies and Annual General meeting, the uncertainty that still surrounds re-opening has led to the Committee deciding to postpone these championships until **Sunday 16 January, 2022**. Our VRWC 2021 Winter Presentations (postponed from September) will be held on that day also. The AGM date is yet to be advised.

See you all soon!



# DOWN MEMORY LANE

with *Tim*

## \*\* RACEWALKING QUIZ 2020 – Q37

Readers will remember last year's Racewalking Quiz, wherein a number of mainly racewalking related questions were posted each week and readers had a chance to suggest the correct answers. We maxed out at 73 questions before our lockdown was lifted and we could go back to racing. One of the questions read as follows:

**37. You may have read above that 1908 Olympic walk champion George Lerner has a bus named in his honour. Do any walkers had streets or walkways named in their honour?**

We found 6 walkers who fitted the bill: **Paul Nihill (GBR), Kerry Saxby-Junna (AUS), Roger Marceau (FRA), Florimond Cornet (FRA), Ernest Romens (FRA) and Erick Barrondo (GUA).**

Emmanuel Tardi has unearthed another instance, with French walker **Gérard Lelièvre**, who competed in three consecutive Summer Olympics (1976, 1980 and 1984) having a street in the French city of Louverné named in his honour. It is *Rue Gérard Lelièvre, 53950 Louverné*.

Lelièvre's top performance was gold in the 1985 World Indoor Games 5000m walk (19:06.20) but he also had a 4th place in the 1982 European Championships 20km (1:26:30) and 5th places in the 1983 Lugano Cup 50km (3:54:55) and the 1983 World Championships 20km (1:21:37). These performances confirm he was equally adept at all distances.

In 1979, he set a World Record for the 20,000m track walk (1:22:19.4) in Epinay-sur-Seine, France.

In summary, a worthy recipient of such an honour.

You can refresh your memory on all the questions at <https://www.vrwc.org.au/RW-Questions.shtml>. The updated answer for Q37 now contains this additional fact: <https://www.vrwc.org.au/RW-Questions-Answers.shtml#Q37>.



*Marcinelle, Belgium – 17/9/1978: Gerard Lelièvre (FRA) going head to head with Agusti Jorba (ESP) in the France-Belgium-Switzerland-Spain match 50km.*

(Photo: courtesy Emmanuel Tardi)

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Further to our notice of a couple of weeks back, **Ross Reid** is making a slow but steady recovery at home and would welcome any calls from club mates and friends. His phone number is **9783 2508**.



## AROUND THE COUNTRY

### QUEENSLAND: 1500m Classic (Run, Walk), Wednesday 20 October – Uni of QLD track

This meeting featured four races over 1500m – two running (male and female) and two walking –providing the spectator with interesting perspectives on the two modes of progression over the same distance. Times were fast, as they often are in short evening races, with Clara Smith and Bailey Housden dominant.

#### Women 1500m Race Walk Open

1. Clara Smith	23	QRW	6:01.23
2. Camryn Novinetz	18	IPS	6:46.19
3. Anika Clarke	16	RED	7:24.39
4. Ashanti Heap	15	GCA	7:40.47
5. Piper Lawson	15	RED	7:46.56
6. Makenna Clarke	12	RED	7:47.03
7. Phoebe Chadwick	15	QRW	8:06.52
8. Lily Housden	15	QRW	8:20.01
9. Katie Bray	13	ASR	8:26.25

**Men 1500m Race Walk Open**

1. Bailey Housden	14	QRW	6:10.21
2. Seth Wasson	16	QRUN	6:16.74
3. Sam McCure	15	QRW	6:23.07

**SOUTH AUSTRALIA: All Schools T&F c'ships, Sat/Sun 23/24 October – SA Athletics Stadium, Adelaide**

Conditions were cold on Saturday for the first morning of school titles ... in other words, ideal for PB's!

**Boys U14 3000m**

1. Sebastian Richards	15.14.66
2. Les Jagger	20.54.27

**Girls U14 3000m**

1. Angelina Legrand	17.26.68	PB
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**Boys U16 3000m**

1. Anthony Tana	15.43.12	
2. Zayden Kamish	15.53.64	PB
3. Cooper Rech	16.18.12	PB

**Girls U16 3000m**

1. Emily Lynch	15.59.91	PB
2. Daisy Braithwaite	16.10.68	
3. Katie DeRuvo	16.19.90	PB
4. Matilda Gourlay	18.29.22	PB

**Boys U18 5000m**

1. Cooper Rech	28.39.76	PB
Sebastian Richards	DNF	

**Girls U18 5000m**

1. Nellie Langford	27.26.28	
2. Emily Lynch	28.01.97	PB
3. Katie DeRuvo	28.49.73	PB

**SOUTH AUSTRALIA: SAMA track meeting #1, Wednesday 20 October – SA Athletics Stadium**

Thanks to Graham Harrison for these results. Graham writes:

All meetings for the Summer Season are held at the SA Athletics Stadium. This week, being first meeting for the season were scratch events.

**1000m Walk**

1. Kim Mottrom	M35	4.03	80.25%
2. Jack Russell	M65	5.52	73.23%
3. Marie Maxted	W60	6.27	74.96%
4. Kevin Finn	M70	7.03	61.60%
5. Trevor Brown	M70	7.06	62.52%
6. Mike Vowles	M75	7.32	63.11%
7. James Hoare	M75	8.15	55.65%
8. Elizabeth Slattery	W55	8.28	55.05%

**3000m Walk**

1. Jack Russell	M65	19.21	72.60%
2. Marie Maxted	W60	20.53	69.34%
3. Kevin Finn	M70	21.16	66.78%
4. Trevor Brown	M70	22.43	63.94%
5. Helen Suridge	M70	24.37	64.93%
6. James Hoare	M75	24.59	60.23%
7. Bill Starr		26.22	

**1000m Club Walk**

1. Liz Neubauer	W70	7.49	67.53%
2. Roger Lowe	M75	8.30	55.93%
3. David Robertson	M85	9.13	58.52%

**3000m Club Walk**

1. Brian Witty	M70	21.39	66.33%
2. Ave Fallon	M65	21.40	64.84%
3. Edna Bates	W65	27.58	55.82%

**TASMANIA: All Schools T&F c'ships, 23/24 October – St Leonards Athletics Centre, Launceston**

David Moore reports:

This week saw our younger walkers venture to St Leonards Northern Athletic Centre for the 2021 Tasmanian All Schools T&F Championships.

The first walk of the Championships held in the late morning and atrocious conditions saw **Will Bottle** line up for the U/18 5000m. Despite both injury over the winter and recent illness, Will, unperturbed by the weather, put his best foot forward with a technically sound and even paced walk for his Gold medal.

Next up in the early evening were the U/14 Girls and Boys.

The Girls 3000m was won by 11 year old **Macy Devine** (the youngest competitor in the field) in her first time over this distance. Macy had to work hard to keep 2<sup>nd</sup> place getter **Kasia Taylor** at bay, with **Emily Kull** finishing on the same lap to pick up the Bronze.

The U/14 Boys was a shoo-in for **Samuel Lindsay**, but Samuel understood that he had to save some fuel in the tank for his encounter with **Oliver Morgan** the following morning.

Previous races between these two had been very close affairs, with Oliver taking the honours, but on this occasion Samuel prevailed.

As the season progresses, we can expect to again see some tight finishes between these two as Oliver Morgan overcomes his early season rustiness and both chase faster times.

**U/18 Men 5000m Walk**

1. Will Bottle            Riverside High            24:01.84

**U/14 Girls 3000m Walk**

1. Macy Devine            Corpus Christie            18:16.20  
 2. Kasia Taylor            La Trobe High            18:50.83  
 3. Emily Kull            St Aloysius            19:51.32

**U/14 Boys 3000m Walk**

1. Samuel Lindsay      St Patricks            16:38.45

**U/16 Boys 3000m Walk**

1. Samuel Lindsay      St Patricks            15:30.07  
 2. Oliver Morgan        St Virgils            15:59.11

**TASMANIA: Tasmanian Masters T&F meets, 13 & 20 October**

Flying the flag for Walkers at Masters over the last two weeks has been **Wayne Fletcher**.

Wayne walked a solo **5000m** in **41.06** at the TMA T&F meet on October 13, and **23.22** for **3000m** at last Wednesday's meet (October 20).

**WESTERN AUSTRALIA: Athletics West Walks results, Friday 22 October – WAAS, Perth**

WA walkers had their second outing on the track for the 2021-22 season. Thanks to Terry Jones for the results.


**Women 3000m Race Walk**

1. Melissa Lewis            Perth Track            14:31.61  
 2. Kaytee Bogaers            Mandurah Roc            15:56.44  
 3. Isabelle Curtis            Athletics West            17:21.76  
 4. Leila Bevis            West Track Club            18:23.92  
 5. Chelsey Ireland            Mandurah Roc            18:46.74

**Men 3000m Race Walk**

1. Xavier Bernard            Perth Track            15:54.08  
 2. Harry Gordon            Cockburn Ath            19:41.26

\*\*\*\*\*

 **INTERNATIONAL NEWS**

**\*\* BREAKING NEWS – from Tim Erickson:**

**\*\* AGUSTI JORBA ARGENTI 1947 – 2021 \*\***



Further to my little piece on Gerard Lelievre (see above in 'Down Memory Lane'), Emmanuel Tardi has just informed me that Spanish international walker **Agusti Jorba** (the other walker in the photo) died this week.

Born in 1947, Jorba was only 74 years of age and had been, in his day, one of Spain's best walkers and the Spanish record holder over various distances from 10,000m track to 50km road and 50,000m track. He represented Spain in five Lugano Cups (1973 – 1981), always in the 50km walk. He also represented Spain in the first IAAF World Championship 50km in Malmo in 1976, coming 14<sup>th</sup> with 4:11:04.

Jorba had PBs of 43:47 (10, 000m track walk), 1:29:33 (20km) and 3:57:14 (50km). At the time of his passing, we mark his wonderful career.



(Photos: Wikipedia) *In his later years, Agustí Jorba still showed excellent form while training along the Barcelona foreshore.*

Thanks to Mark Wall for this comprehensive report:

Greetings from the UK,

Here are some thoughts on today's race. I was judging at it. The event serves as a qualifier for World Athletics points. It had 4 members of the World Athletics Level III and Level II panel and the 1km course was measured according to WA requirements.

The race series saw only small numbers over 20k and in the prime event of the day the 35km (this was a UK title). The latter event was hit by an absence of the prime UK male candidates and German Christopher Linke. Linke had entered and booked his airline ticket but, given Covid restrictions, would have required isolating on arrival for two days. Ironically, had the race been a week later there would have been no issue as conditions change on the 25th.

In the 35km, **Aleksi Ojala (FIN)** went out with intent from the gun and after losing 4 minutes in the penalty zone finished in 2:37:57. The 4 minutes cost him a PB but also an automatic qualifying time for Eugene. As of the start of November the penalty zone cost would have been 3:30. His only other opposition, Jonathan Hobbs, fell foul of the judges.

The Women's race saw both **Bethan Davies** (2018 Commonwealth Bronze medallist) and **Elisa Neuvonen** debut at the distance. Bethan pushed on to set a UK record of 3:00:24 whilst Elisa showed strong form to finish in 3:01:33, walking a lone race for a considerable part of the journey.

Each woman looked strong and resolute, but the very cool conditions and the solo nature of their efforts did not do them any real favours. Both were outside the Automatic standard for the World Championships and the European titles. I am confident that in a larger field the times of each will be reduced by a substantial margin. (As evidence, see the European Teams event earlier this year, in much better conditions- <https://results.onlinesystem.cz/upload/2021/2148/35km%20Women.pdf?v=132656319427930000> , which I think bears out my point.)

**Kate Veale (IRL)** kept company with Bethan for a good part of her race until Beth moved away. She was rewarded with a time of 1:41:48. Kate was one of the World's leading Under 18s, winning the world title in Lille 2011 in 21:45:59 and has a 2021 season's best of 1:38:40.

**Tom Partington**, looking for a Commonwealth selection and representing the Isle of Man, did 45:29. If successful, he would emulate both his parents, his father Steve having a long history of representation including Melbourne in 2006.



*Finland's Alekski Ojala – sadly, the penalty box wasn't his friend*



*Bethan Davies (1) and Kate Veale (11) vying for their own 35km qualifiers.*



*Tom Partington – carrying on the family tradition*

(Photos courtesy Mark Easton)

**Women 35km**

1. Bethan Davies
2. Elisa Neuvonen

3h 00:24  
3h 01:33

**Men 35km**

1. Alekski Ojala
- Jonathan Hobbs

2h 37:57  
DQ

**Women 20km**

1. Kate Veale 1:41:48  
 2. Jacqueline Benson 2:01:22

**Women 10km**

1. Jasmine Nicholls 52:07  
 2. Abigail Jennings 52:33  
 3. Millie Morris 54:03  
 4. Hannah Hopper 54:04  
 5. Abigail Smith 57:22  
 6. Beatrice Fury 1:00:36  
 7. Megan Stratton-Thomas 1:04:55

**Women 5km**

1. Abby Hughes 26:22  
 2. Mia Dunwell 26:24  
 3. Meabh O Connor 27:10  
 4. Erika Pontarollo 27:26  
 5. Ruth Monaghan 27:58

**Men 20km**

1. Daniel McKerlich 2:17:55

**Men 10km**

1. Tom Partington 45:29  
 2. Joe Mooney 48:16  
 3. Christian Hopper 50:41  
 4. John Laste 1:05:01

**Men 5km**

1. Ellis Simmons 28:07

**\*\* PAUL NIHILL MBE INDUCTED INTO ENGLAND ATHLETICS HALL OF FAME \*\***

David Ainsworth has sent us this welcome news, which will please older walkers in Australia and, in particular, those fortunate enough to have met Paul Nihill:



Photo: wr-nw

At a ceremony on Saturday 23rd October in our National Exhibition Centre, Essex-born Olympian **Paul Nihill MBE** was posthumously inducted into the England Athletics Hall-of-Fame.

Paul has now been rightly inducted - however his honour was well overdue. Here's an appreciative email from his daughter Clare:

*'Last night, after my son has been in contact with England Athletics since 2018, Dad had his final wish to gain entry into England Athletics Hall of Fame. The family attended the event last night, which I invited Ian Statter to as he always supported Dad. My family had a fabulous time in celebrating my Dad Paul's final honour. Dad will rest in peace now as he had longed so much for this.*

*'I unfortunately didn't attend which is a very big disappointment to myself. My household have COVID. I have been well but I'm with two others ill with COVID and I'm not a person to put anyone at risk. Not after Dad passing away with COVID.*

*'Kind regards, Clare - Paul Nihill's daughter.'*

*Editor's note:* Paul Nihill's story is a moving and compelling testament, not only to the achievements of a great athlete, but to how seemingly insurmountable barriers in life can be overcome. If you haven't already, read Tim Erickson's biographical article at <http://www.vrwc.org.au/tim-archive/articles/wo-paul-nihill.pdf>. It's well worth it.

**MARCIADALMONDO & O MARCHADOR ROUNDUP**

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

The Europeans appear to be getting down to tin tacks with championship performances over 35km – a distance with which many would not be overly familiar. With Muscat and Eugene approaching rapidly, the pressure is on for walkers everywhere to produce superior qualifying times under circumstances in which emergence from pandemic restrictions is by no means uniform.

- 24/10/2021 Grottammare (ITA): Michele Antonelli Italian champion of 35km with the fourth European seasonal performance - [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4211](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4211)
- 24/10/2021 Ivano Frankivsk (UKR): Victories of Nazar Kovalenko (UKR) and Katarzyna Zdziebło (POL) in 35km - [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4212](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4212)
- 22/10/2021 Updated history of the European U23 Championships in the History Section - [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4209](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4209)

The Portuguese race walking blog **O Marchadore** contains reports on many of the same races as Marcia Dal Mondo. Here are links to some other items.

*Note: The O Marchadore blog is written in Portuguese, as are the articles therein. To access an English version, open the page in Google Chrome – if you haven't already – 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.*

- Rio Olympic champion Matej Toth (SVK) announces his retirement from race walking - <http://omarchador.blogspot.com/2021/10/matej-toth-anuncia-o-fim-da-carreira.html>
- Miroslav Úradník and Tereza Ďurdiaková stand out on the 35 km march in Banská Bystrica - <http://omarchador.blogspot.com/2021/10/miroslav-uradnik-e-tereza-durdiakova.html>

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## WHAT'S UP AHEAD?

### Victorian Key Dates – 2021

Sat 13 Nov 2021      **Launch (proposed) of AV Summer track & field (AVSL) season.** Venues to be advised.  
Sun 14 Nov 2021      **VRWC Summer season commences** – Middle Park  
Sun 16 Jan 2022      **VRWC Summer championships & 2021 Winter presentations** – Middle Park  
Sun 24 Apr 2022      **AV 'Run The Tan'** – Kings Domain, Melbourne

### International Dates

Mar 1 – 6, 2022      **29<sup>th</sup> World Athletics Race Walking Teams Championship** – Muscat, Oman (postponed from 2020)  
Jun 26 – July 7, 2022      **World University Summer Games** – Chengdu, CHN (postponed from 2020)  
Jun 29 – Jul 10, 2022      **23<sup>rd</sup> World Masters T&F Championships** – Tampere, FIN  
Jul 15 – 24, 2022      **18<sup>th</sup> World Athletics Championships** – Eugene OR, USA  
Jul 22 – Aug 7, 2022      **XXII Commonwealth Games** – Birmingham, GBR  
Aug 11 – 21, 2022      **European Athletics Championships** – Munich, GER  
TBA, 2022      **19<sup>th</sup> World Athletics U20 T&F Championships** – Cali, COLOMBIA  
TBA, 2023      **24<sup>th</sup> World Masters T&F Championships** – Gothenburg, SWE  
Aug 2023 (TBC)      **19<sup>th</sup> World Athletics Championships** – Budapest, HUN

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