



HEEL & TOE Online

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

Editor: Stu Cooper stuwalks@yahoo.com.au

1921 VAWC-VRWC CENTENARY 2021



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* THE VRWC TURNS 100 *

Centenary celebration to be held on September 11

As the banner above indicates, the Victorian Race Walking Club (formerly Victorian Amateur Walkers' Club) had its origins in 1921, marking 100 unbroken years of life as an active athletic club in Victoria.

We are pleased to give preliminary notice that a Celebration luncheon (details yet to be finalised) will be held on **Sunday 11 September**, at the Middle Park Bowling Club. This will follow the presentations for the RWA & AA Road Walk Championships, which will have been held that morning.

It was planned to have this celebration in 2021, the true Centenary year. Unfortunately, as we all know, COVID-19 determined otherwise. However, as the Club's first competitive season actually took place in 1922, a 2022 celebration is appropriate. In any case, a year's delay hasn't dimmed our desire to gather with former and current members and other guests in honour of our great Club, its hundreds of members and the many meritorious performances they have achieved on a local, national and international level.

More information to follow. *Keep the date free!*

Stu Cooper
President



Bert Gardiner – multiple national champion,
co-founder of the Victorian Amateur
Walkers Club

(Photo: History of the Victorian Race Walking
Club Inc.)

**** WALKER OF THE WEEK ****



There was no doubt that this week's WOTW would be drawn from the Masters ranks, the only issue being how to split the two prime candidates, **Andrew Jamieson** (VIC) and **Kim Mottrom** (SA). As always, the question was best resolved by sidestepping it – both deserved the award. So there!

Andrew was his usual immovable self at the World Masters championships in Tampere, Finland, adding two more gold medals to his vast haul in hot, fierce conditions. **Kim**, for his part, delved back into the past and came up with a blinder in the SA Masters 10km championship, setting a new state M35 record of 43:26 – his fastest in 9 years!

Congratulations, Andy and Kim ... you are both standard bearers for the sport and exemplars for young and old alike.



***Honourable mentions:**

- **Lynne Schickert** (WA) – silver in the W80 5000m in Tampere;
- **Levi Robertson** (VIC) – a big PB by more than a minute over 3km at Middle Park;
- **Will Bottle** (TAS) – another fast solo effort, this time over 8km in 38:56



CLUB NEWS and RESULTS

**** Coming up this weekend ...**

**VRWC Intervals race – Saturday 9 July,
Middle Park**

2:15pm Intervals Race – 6km, 8km, 10km Open
2:30pm 4km Open
2km Open

Enter by no later than 11.59pm, Wednesday 6 July
<http://vrwc.org.au/wp1/>

The **Intervals race** is another of our popular 'special' races – in fact it's a mixture of race and speed training session. There are several approaches, including setting one's own pace goals and lap target times, or going out hard and hanging on for as long as you can.

In the Intervals Race, walkers choose to walk either **6km, 8km or 10km** in 2km intervals.

To walk in this event, you must be able to complete each leg in **less than 17 minutes**. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1
2.32pm	2	2	2
2.49pm	3	3	3
3.06pm		4	4
3.23pm			5

VRWC Club points races, Saturday 2 July – Middle Park

Following an active Championship weekend last week and in the midst of school holidays, it was a quiet Saturday at Middle Park for our latest round of points races. Nevertheless, 29 stalwarts faced the starter in crisp but sunny conditions.

Jaida Robertson and **Zoe Bowkett** had a good 1.5km tussle with **Jaida** prevailing by 9secs. **Ela Uzun** is now regularly returning mid-14min times over 3km, adding another with **14:48**, while **Mya McClure** and **Havana Ali** continue to grow stronger with each race. **Levi Robertson** had the most impressive performance of the day with his best 3km effort by far in **17:03**. **Eva Reid** was another to continue her steady improvement, shaving 3secs from her 5km best with **31:09**.

After a restrained start, **Kate Siviour** came home like a train for the fastest 10km time, with **Char Hay** backing up well from her good 15km effort last Sunday. Meanwhile, **Madeleine Feain**, dad **Gerard** and Club treasurer **Karyn O'Neill** dipped into their fitness accounts to take the points over 12km.

1.5km race

					Hcp pl
1	Jaida	Robertson	FU10	9:40	2
2	Zoe	Bowkett	FU10	9:49	2
3	Lily	Bowkett	FU10	10:20	1
4	Priya	Serrao	FOpen	11:38	YN
1	Albin	Hess	M60+	11:00	1
2	Aydin	Uzun	MU10	13:58	2

3km race

1	Ela	Uzun	FU12	14:48	1	
2	Mya	McClure	FU12	16:39	3	
3	Havana	Ali	FU12	17:11	2	
1	Levi	Robertson	MU12	17:03	1	PB 1:08
2	Beau	McKinnon	MU12	19:32	3	
3	Geoff	Barrow	M60+	21:52	2	



5km race

1	Emily	Smith	FU16	28:24	2	
2	Kylie	Irshad	F40+	28:40	1	
3	Grace	Louey	FU20	30:09	3	
4	Eva	Reid	FU16	31:09	5	PB 0:03
5	Donna-Marie	Elms	F60+	32:24	4	
6	Mamie	Grace	F40+	35:02	6	
1	Riley	Coughlan	MU16	22:30	1	
2	Pramesh	Prasad	M40+	27:22	3	
3	David	Smyth	M40+	30:04	2	
4	Steven	Haverly	M60+	45:29		

10km race

1	Kate	Siviour	FOpen	54:30	1	
2	Char	Hay	FU20	56:19	2	
Ab	Geromi	Tucker	MU20	Ab	Ab	

12km race

1	Madeleine Feain	FOpen	1:12:28	2
2	Karyn O'Neil	F60+	1:28:31	1
1	Gerard Feain	M40+	1:18:16	1



** This week's action models:

Emily, Geoff, David, Levi, Char, Havana, Kylie, Riley (hey, that rhymes), Madeleine, Albin, Eva, Lily, Grace

Thanks, as always, to **Terry Swan** for the great photography.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Manager	Mark Donahoo
Referee:	Terry Swan
Recorders	Donna Dickson, Corey Dickson, Darlene Swan, Tim Erickson
Judges:	Stu Cooper (Chief), Gordon Loughnan, Shane Dickson, David Cash, Peter Price, Kathleen Marsh, Terry O'Neill
Set up & Pack up:	Gerard Feain, Madeleine Feain, Terry Swan, Donna Elms, Gwen Steed, Donna Dickson, Shane Dickson
Bike rider	Tim Erickson
Photos	Terry Swan
Walkers:	28

**PLEASE NOTE:* Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.

TWILIGHT TRIVIA CANCELLED

Regrettably, we have had to cancel the Twilight Trivia for 2022 owing to insufficient numbers.

It appears the re-scheduling of the event away from the customary RWA Postal Challenge weekend to 9th July has not agreed with most people.

We apologise to those who were looking forward to the Quiz night. Never fear, however ... we'll try again on Postal Challenge day in 2023.



AROUND THE COUNTRY

SOUTH AUSTRALIA SARWC results, 2 July - South Parklands, Adelaide

Seems it was a cold day in Adelaide on Saturday, the kind of day where you walk fast to keep warm. Kim Mottrom led the way with a huge result, setting a new SA M35 record

Open 10km

Kim Mottrom	0:43:26	M35 Record by 1:04
Sam Findlay	0:51:27	PB
Peter Crump	1:01:37	
Mel Grantham	1:02:02	PB
Di Camilleri	1:21:51	
Greg Metha	DQ	

Open 6km

Cooper Rech	0:33:55	
Daisy Braithwaite	0:37:03	
Nellie Langford	DNF	

Open 4km

Angelina Legrand	0:23:34	PB
Katie De Ruvo	0:23:58	
Jasmine Crabb	0:29:25	PB
Liz Downs	0:31:03	
Bill Starr	0:32:52	

Open 3km

Rhiannon Lovegrove	0:16:35	
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Open 2km

Sebastian Richards	0:09:24	
Orlando Grantham	0:11:17	
Liliana Templer	0:12:43	
Matilda Gourlay	0:13:34	
Kirsty Templer	0:17:46	PB

Open 1km

Robert Crabb	0:06:45	PB
Zayden Kamish	0:06:57	
Anthony Crabb	0:07:20	
Martin Crabb	0:11:55	

SOUTH AUSTRALIA SAMA championships, 2 July - South Parklands, Adelaide

Graham Harrison reports that these championships were held in conjunction with the SARWC program at South Parklands.

10K WALK	Name	Result	Age Gp	AgeGrade%	Order
MARIE	MAXTED	1:08:44	W60	74.32	1st
MELISSA	GRANTHAM	1:02:03	W35	67.77	1st
GEORGE	WHITE	1:06:36	M75	79.5	1st
ROSS	HILL-BROWN	1:24:11	M65	56.53	1st
PETER	CRUMP	1:01:39	M60	73.05	1st
KIM	MOTTROM	0:43:27	M35	87.5	1st

10K CLUBWALK

MARGARET	MCINTOSH	1:23:32	W65	66.23	1st
DAVID	ROBERTSON	1:35:36	M85	64.51	1st
GIL	MCINTOSH	1:11:11	M70	69.61	1st
BRIAN	WITTY	1:14:12	M70	66.78	2nd
NORMAN	WHITE	1:18:38	M60	58.3	1st

TASMANIA TRWC results, Saturday 2 July – Wentworth Park

Latest TRWC results, courtesy **David Moore**:

1km

1. Elise Woodward Huon LA 8.04

2km

1. Adele Woodward OVA 14.53
2. Isla Direen Huon LA 17.05
3. Dave Moore TMA 18.52

3km

1. Eugene Gerlach TMA 21.33
2. Wayne Fletcher NS 24.07

4km

1. Elizabeth Leitch TMA 28.25

5km

1. Ron Foster NS 40.45

8km

1. Will Bottle Newstead AC 38.56

WESTERN AUSTRALIA WARWC results, Sunday 3 Jul - Shelley

Sunday morning at Shelley saw a temperature of 4°C greet the WARWC starters, for what Terry Jones calls ‘a cold, sunny and calm start’. Calm?? The opposite of what I’d be in that temperature! Certainly it seems **John Ronan** wasn’t waiting around for the sun to warm him like a lizard, averaging sub-5min kilometres for a 6km time of **29:06**.

6K Handicap

Karyn Tolardo 37.55
Brad Mann 32.24
Marcela Ruiz 47.15
John Ronan 29.06
John McDonagh 44.19
Steve Travell 57.00
Glenys Duncan 58.01
Andrew Duncan 37.54

1.5K Handicap

John McDonagh 10.18
Sophia Nichols 9.21
Linkin Lawrence 9.42
Lachlan Nichols 8.33
Dylan Sardelich 8.32
Jaydan Nichols 13.24
Hunter Sardelich DQ



INTERNATIONAL NEWS



World Master Athletics Championships 2022 29 June-10 July – Tampere, Finland

A small Antipodean contingent of walkers made its way to Tampere for this year’s World Masters championships, to be met by trying conditions including oppressive summer heat ... perhaps not the image that first comes to mind when discussion of Finland comes up.

The competition started on a sour note for the Aussies, with **Heather Carr** falling ill just before her first event and unable to recover sufficiently to complete her two walking events. Heather still has the 2000m steeplechase to come and we wish her better health for this race.

Happily, results picked up elsewhere in the 5000m track walks, with **Andrew Jamieson (gold, M75)** and **Lynne Schickert (silver, W80)** succeeding for the green and gold. Our Trans-Tasman cousins, **Jacqueline Wilson (gold, W75)** and **Corinne Smith (gold, W55)** were clearly superior to their opposition, scoring impressive wins.

Kevin Cassidy was unfortunate to fall foul of the judges on the track, but the road 10km and 20km should be better suited to him later in the meet.

W70 5000m Race Walk

1 Maria Mendes	POR	32:12.41
2 Edna Brand	RSA	32:27.15
3 Marianne Martino	USA	33:02.81
4 Carol Wilkinson	USA	36:28.12
5 Claudine Anxionnat	FRA	37:33.25
6 Renate Köhler	GER	38:20.34
7 Suzanne Loyer	FRA	39:49.18
8 Heidrun Neidel	GER	39:49.30
- Heather Carr	AUS	DNF
- Mui Kheng K. Choo	SIN	DQ

W75 5000m Race Walk

1 Jacqueline Wilson	NZL	35:19.32
2 Pirjo Karetie	FIN	38:30.08
3 Kathleen Frable	USA	39:04.22
- Ilona Sandman	FIN	DQ
- Hannele Kivistö	FIN	DQ
- Zinaida Racenaja	LAT	DQ

W80 5000m Race Walk

1 Hildegard Vey	RSA	38:44.02
2 Lynne Schickert	AUS	41:16.23
3 Helga Dräger	GER	49:39.14
- Ursula Herrendoerfer	GER	DNF

W55 5000m Race Walk

1 Corinne Smith	NZL	30:01.45
2 Lenka Slabáková	CZE	30:57.69
3 Line Falcon	CAN	31:14.78
4 Susan Brooke	CAN	31:56.33
5 Debra Bridges	USA	33:07.09
6 Diana F. Ottosson	SWE	33:13.57
7 Tarja Vakkuri	FIN	36:06.63
8 Anne Gormley	IRL	39:46.28
9 Rute d S.Velnecker	BRA	42:12.33
- Yolanda E.Cornejo	MEX	DNF
- Esmeralda Rocha	BRA	DQ
- Martha Torres O.	MEX	DQ
- Santha Sundar	IND	DQ

M75 5000m Race Walk

1 Andrew Jamieson	AUS	30:07.72
2 Norman Frable	USA	32:20.31
3 John McMullin	IRL	33:09.44
4 Petras Kavaliauskas	LTU	34:57.96
5 Arthur Lillefosse	NOR	37:27.09
6 Carlos F. Padilla	BOL	38:29.03
7 Rudolf Michlfeit	AUT	39:02.24
8 Hannu Penttilä	FIN	40:57.73
9 Stanislav Marek	CZE	44:21.08
10 Walter Brandenburg	SWI	49:06.30
- Arvid Bjørsvik	NOR	DQ
- Torkjell Spigseth	NOR	DQ

M60 5000m Race Walk

1 Sergio A.G. Brenes	CRC	26:10.21
2 Adan M. Montiel	MEX	26:11.36
3 Luis Abadias P.	ESP	26:30.52
4 Antanas Grigaliunas	LTU	26:52.81
5 Arunas Klebauskas	LTU	27:02.94
6 Ari Väliniemi	FIN	31:46.46
7 Kauko Pekkarinen	FIN	32:32.57
8 Réjean Brunea	CAN	33:11.91
9 Marco Antonio Polo	MEX	33:50.76
10 Paul DeMeester	USA	34:33.42
- Kevin Cassidy	AUS	DQ
- Ilkka Vakkuri	FIN	DQ

The indestructable **Andrew Jamieson (gold, M75)** made it two from two – as he has so many times before – with a dominant performance in the 10km road championship. Similarly, **Corinne Smith (gold, W55)** and **Jacqueline Wilson (gold, W75)** again put the Silver Fern on the top of the podium. For his part, **Kevin Cassidy** perhaps took a measured approach to this race following the track 5000m, taking a creditable 7th place in the fierce conditions.

M75 10km Road Race Walk

1 Andrew Jamieson	AUS	1:01:46.7
2 Petras Kavaliauskas	LTU	1:06:49.5
3 Frable Norman	USA	1:07:43.1
4 Bernd Ocker Hölter	GER	1:11:41.2
5 Wolf-Dieter Giese	GER	1:11:41.4
6 Jorge Birnbaum	USA	1:15:29.8
7 Torkjell Spigseth	NOR	1:15:53.7
8 Carlos Francisco Padilla	BOL	1:16:46.9
9 Arthur Lillefosse	NOR	1:16:47.3
10 Rudolf Michlfeit	AUT	1:22:02.4
11 Otmar Seul	GER	1:26:18.9

M60 10km Road Race Walk

1 Uwe Schröter	GER	54:20
2 Sergio Ant. G. Brenes	CRC	54:49
3 Luis Abadias Palacin	ESP	56:37
4 Arunas Klebauskas	LTU	56:41
5 Patrick Bonvarlet	FRA	59:08
6 Ari Väliniemi	FIN	1:03:14
7 Kevin Cassidy	AUS	1:03:32
8 Kari Partanen	FIN	1:03:52
9 Kauko Pekkarinen	FIN	1:06:39
10 Marco Antonio Polo	MEX	1:08:42
11 Paul DeMeester	USA	1:08:56

12 Walter Brandenburg SWI 1:41:01.8
 - Arvid Bjørsvik NOR DNF

12 Tommy Aunan USA 1:11:10
 13 Réjean Bruneau CAN 1:11:59
 14 Markus Reifinger AUT 1:13:58
 15 Ilkka Vakkuri FIN 1:19:11
 - Adan Mendez Montiel MEX DQ

W70 10km Road Race Walk

1 Edna Brand RSA 1:05:06
 2 Maria Mendes POR 1:06:48
 3 Marianne Martino USA 1:08:11
 4 Claudine Anxionnat FRA 1:12:29
 5 Carol Wilkinson USA 1:13:49
 6 Renate Köhler GER 1:18:07
 7 Heidrun Neidel GER 1:21:37
 8 Suzanne Loyer FRA 1:21:49
 9 Mui Kheng K Choo SIN 1:21:52
 - Heather Carr AUS DNF
 - Nina Jurcina LAT DQ

W75 10km Road Race Walk

1 Jacqueline Wilson NZL 1:10:21
 2 Pirjo Karetie FIN 1:18:04
 3 Kathleen Frable USA 1:20:07
 4 Hannele Kivistö FIN 1:30:33
 - Ulla Sepponen FIN DQ
 - Inta Liepa LAT DQ
 - Zinaida Racenaja LAT DQ

W55 10km Road Race Walk

1 Corinne Smith NZL 1:00:50
 2 Line Falcon CAN 1:03:23
 3 Lenka Slabáková CZE 1:04:22
 4 Susan Brooke CAN 1:05:09
 5 Debra Bridges USA 1:07:57
 6 Martha Torres Olvera MEX 1:13:45
 7 Mara Rinasa LAT 1:23:27
 - Esm. Rocha de Souza BRA DQ
 - Anne Gormley IRL DQ



Heather headed Jackie Wilson briefly before bowing to the inevitable.



Kevin slogging it out in the heat



Andrew ... first 10km survivor in the M75.

(Photos: Emmanuel Tardi, James Murray)

UNITED KINGDOM: Sarnia Walking Club c'ship results – Guernsey (various locations)

Thanks to **David Ainsworth** for forwarding the latest results from the Channel Isles:

**** Sarnia WC Championship 6 (5km Walk), 12 June – Cambridge Park, Guernsey**

1 Stuart Le Noury M35 28:29
 2 Kevin Le Noury M60 35:15
 3 Mick Le Sauvage M80 41:20

**** Sarnia WC Championship 7 (2km Walk), 3 July – Les Amarreurs, Vale, Guernsey**

1	Stuart Le Noury	M35	10:37
2	Kevin Le Noury	M60	13:46
3	Mick Le Sauvage	M80	15:32

UNITED KINGDOM: Surrey WC results, 29 June – Norman Park, Bromley, Kent

Blackheath & Bromley Harriers Johnson Bowl 4 miles

4 miles

1	J.Benson	Ashf	U23W	0:35:20
2	G.Manzotti	Ton	W50	0:35:48
3	J.Ellerton	B&B	U17B	0:37:49
4	J.Arthur	Ilf	M50	0:39:06
5	D.Bradley	Ton	W60	0:39:15
6	R.Michell	Sy WC	M70	0:40:26
7	P.Watts	Swanley	M70	0:40:45
8	M.Ellerton	B&B	M45	0:42:46
9	D.Hoben	Sy W	M65	0:47:33
10	C.Flint	Sy WC	M75	0:47:55
11	P.Hannell	Sy WC	M75	0:50:34
12	S.Arthur	Ilf	W35	1:07:02

2 miles

1	N.Simmons	Sy WC	M80	0:28:34
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1 mile

1	T.Checheku-Boamah	B&B	U13B	0:10:03
2	F.Newman	B&B	U13G	0:10:45

MARCIALALMONDO & 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.

- 01/07/2022 Valledupar (COL): Karla Johana Jaramillo and Jordi Rafael Jimenez win the XIX Bolivarian Games
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4415

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Sunday, July 3, 2022 - EMAC Tampere 2022: 5,000 m M60+ (results)
<http://omarchador.blogspot.com/2022/07/amac-tampere-2022-5000-m-m60-resultados.html> Full results from the Men's walks. A blurry but distinct image of **Andrew Jamieson** winning the M75 5000m is displayed.
- Friday, July 1, 2022 - EMAC Tampere 2022: 5,000 m M35 - M55 (results)
<http://omarchador.blogspot.com/2022/07/amac-tampere-2022-5000-m-m35-m55.html>
- Thursday, June 30, 2022 - EMAC Tampere 2022: 5,000 m W35+ (results)
<http://omarchador.blogspot.com/2022/06/amac-tampere-2022-5000-m-w35-resultados.html>
- Thursday, June 30, 2022 = Antigoni Ntrismpioti breaks Greek record in the 5,000-meter march (track)
<http://omarchador.blogspot.com/2022/06/antigoni-ntrismpioti-bateu-recorde.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 16 Jul 2022	RWA Postal Challenge – all states
Sun 31 Jul 2022	AV 30km C'ship & VRWC Ray Smith & Mabel Robinson C'ships – Middle Park
Sun 7 Aug 2022	AMA 20km Championships - Adelaide
Sun 21 Aug 2022	AV, VRWC & VMA 20km Championships – Middle Park
Sun 11 Sep 2022	AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park

(NOTE: Full details of the **VRWC 2022 Winter Road season fixture** available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18th World Athletics Championships – Eugene OR, USA
Jul 22 – Aug 7, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 1- 6, 2022	19th World Athletics U20 T&F Championships – Cali, COLOMBIA
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2023	24th World Masters T&F Championships – Gothenburg, SWE
TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC)	19th World Athletics Championships – Budapest, HUN

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