



HEEL & TOE Online

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

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CLUB NEWS and RESULTS

Our final summer fixture is the AV 5000m Teams championship and associated Club races. Sign up now for one of these events!

'Come and Try'

We would also urge members who know of Little Athletics walkers, whatever age or standard, who would benefit from our 1100m or 1500m races (particularly with LAVic Region championships approaching), to encourage their parents to sign them up. It's free of charge for 'come and triers', and they will be warmly welcomed.

Tuesday 7 February Dolomore Reserve, Mentone

7.00pm	1500m, 1100m	Open
7.15pm	AV 5000m Teams race	AV entry portal
7.15pm	5000m, 3000m	Open

***Rules for AV Teams Championships:**

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Entries for the **AV Teams race** close Friday 3 February at 12.00 noon.

Enter via AV Entry portal at:

<https://members.athsvic.org.au/events/173798/>

Entries for the **VRWC Club races** close Friday 3 February at 10.00am

Enter via VRWC Portal at:

<http://vrwc.org.au/wp1/race-entries/races-07-feb-23-mentone/>



PAGE AND SCREEN



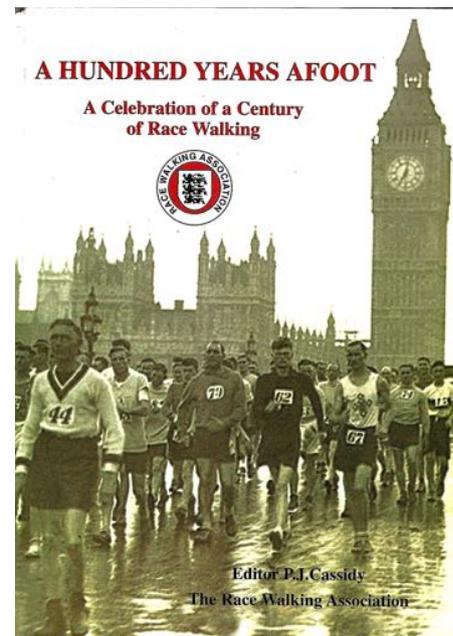
Tim Erickson writes:

I have uploaded another racewalking book to the VRWC book repository at <http://www.vrwc.org.au/vrwcbooks.shtml> 'A Hundred Years Afoot – a Celebration of a Century of Race Walking' was published by the Race Walking Association at Shenfield, England, in 2014. Editor Peter Cassidy has kindly sent me an electronic copy to add to our VRWC book archive.

Copyright: please note that the book *A Hundred Years Afoot; A Celebration of a Century of Race Walking* is protected by copyright, which extends to this electronic copy. However, as indicated on page xvi, the Race Walking Association and the Editor are happy to see it used for the benefit of the sport, and no action is likely to be taken in the case of such fair use; an acknowledgement of the source, however, would be appreciated.

Comments may also be sent to Peter by email at: Peter.Cassidy@btinternet.com

Unlike the other books in this repository, it's not an old book, but a new one, and a fantastically comprehensive one at that. I have a hardcopy at home and can vouch for it!





VICTORIA - METRO & REGIONAL

** WALKER OF THE WEEK **



Ballarat's **Scott Peart** takes this week's WOTW, on the basis of two huge back-to-back PB performances to win gold over 3000m (U18) and 5000m (U20) at the AV Country T&F championships in Geelong last Friday.

Scott's times of **13:35.36** (53sec PB) and **23:16.22** (1:01 PB) respectively, were the standout showings of the meet. Both were well earned after a lengthy period of injury, the kind which can test the resolve of any athlete at any age. Clearly Scott has emerged from this with the proverbial flying colours, though he was no doubt content to fly just two – the red and white of his club, Ballarat YCW. He can now look forward to mixing it with the best in the upcoming AV State titles and the National championships in Brisbane.

Well done, Scott! We're keen to see you gain further rewards for your work this year.

*Honourable mentions:

- **Matilda Read** (VIC) – the smallest competitor in the field, Matilda nevertheless burned off her taller opposition in the final half-lap of the AV Country 1500m in Geelong to take the U14 title with a PB of **8:23.20**.
- **John Ronan** (WA) – a regular in this column, John again stamped his class on WA athletics and the National rankings with a fast 3000m in **12:38.42**, just 3secs off his PB.
- **Kodi Clarkson, Hana Jugovic** (ACT) and **Grace Beck** (NSW) – all finishers in the ACT 10,000m in high humidity, with 'steam coming off the track.'

(Photo: Kerrie Peart)

Small but competitive mixed fields lined up for the three championship distances scheduled at Landy Field last Friday.

The meeting started with a bang bigger than the start gun's electronic 'quack', with **Scott Peart** (BYC) shaking off injury to whip around the 12½ laps in **23:16.22** ... a 61sec PB! **Megan Szirom** (ALB) showed glimpses of her old form to take the Women's Open title in **25:52.26** ahead of **Sarah Brennan** who won a good duel with BYC teammate **Jemma Peart**. **Leigh Browell** (SBE) worked hard to take both the Open and M40+ titles.

Not resting on his laurels, **Scott** lined up again for the U18 3000m in the afternoon and another big PB, this time by 53secs in **13:35.36**, taking the U18 title to go with his U20 gold from the morning. Kate Wilson (EAG) and Riannah Tatlock (BEL) won the Women's titles in 18:57.91 and 19:08.32 respectively.

The 1500m, held in the glow of a setting sun, provided the best contest on the day. **Matilda Read** (WEL), **Charlise McQueen** (EAG) and **Cody Wapshott** (EKA) exchanged the lead until Charlise and Matilda made it a duel, Matilda deciding the issue with a powerful 100m surge to take the U14 title in a PB of **8:23.20**. Charlise was rewarded with a similar 8sec best for silver in **8:38.02**. **Jennifer Payne** (SBE) also joined the winner's circle, taking the W60+ title in **9:57.10**.

WOpen 5000m Walk

1 Megan Szirom	Albury	25:52.26
2 Sarah Brennan	Ballarat YCW	26:45.91
3 Jemma Peart	Ballarat YCW	27:38.74

W40+ 5000m Walk

1 Megan Szirom	Albury	25:52.26
2 Sarah Brennan	Ballarat YCW	26:45.91

WU16 3000m Walk

1 Kate Wilson	Eaglehawk	18:57.91
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WU18 3000m Walk

1 Riannah Tatlock	Bellarine	19:08.32
-- Matilda Gourlay (inv)	South Aust	17:26.97
-- Emily Smith	Knox Ath	DQ

W50+ 3000m Walk

-- Dee Holohan (inv)	Sandringham	20:48.03
-- Kim Peak (inv)	Doncaster	

WU14 1500mWalk

1 Matilda Read	Wellington	8:23.20 <i>PB 0.08</i>
2 Charlise McQueen	Eaglehawk	8:38.02 <i>PB 0:08</i>

MU20 5000m Walk

1 Scott Peart	Ballarat YCW	23:16.22 <i>PB 1:01</i>
-- Jonathan Ho (inv)	Wyndham	29:19.96

MOpen 5000m Walk

1 Leigh Browell	South Bendigo	39:57.07
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M40+ 5000m Walk

1 Leigh Browell	South Bendigo	39:57.07
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MU18 3000m Walk

1 Scott Peart	Ballarat YCW	13:35.36 <i>PB 0:53</i>
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MU14 1500mWalk

1 Cody Wapshott	Eureka	9:12.11
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W60+ 1500mWalk

1 Jennifer Payne	South Bendigo	9:57.10
2 Annette Curtis	South Bendigo	11:46.28
-- Donna-Marie Elms (inv)	Preston	9:47.09
-- Gwen Steed	Glenhuntly	10:58.97



Jonathan, Sarah, Megan, Kate, Riannah and Leigh give their all.



Gridders Inc: Scott, Sarah, Megan, Jemma, Matilda (SA) and Riannah

(Photos: Kerrie Peart)

AROUND THE COUNTRY

Canberra-Perisher Valley (AUS) - Supernova 7 Training Camp

by Anonymous

Following Tim Erickson's report of last week on the camp, this new article was supplied by one of the participating athletes (who prefers to remain anonymous). We reprint the article here with thanks to **Nicola Maggio**, who included it this week in his *Marcia dal Mondo* blog. And, of course ... many thanks to our mystery writer!

The annual **Supernova 7** trainings camp (and metabolic study) was held in Australia as usual - but the base venue was settled this year in Perisher Valley, at altitude (1750m). Perisher Valley village (located in NSW Alps) was chosen over the usual Thredbo village because of its higher altitude (1720m compared to 1370m). It has the added advantage of being much quieter, meaning less of an issue training on the surrounding roads.

The study of 2023 started with 23 girls from all over world, among them the double European champion, World Champs 4th place **Antigoni Ntrsimpioti** from Greece, Olympic silver medalist **Sandra Lorena Arenas** and European 35k runner-up **Raquel Gonzalez**.

The participants came from Hong Kong, Germany, France, Lithuania, Hungary, Finland, Spain, Columbia, Greece, Slovakia, Ecuador and Italy, and lots of local walkers expanded the team. Not only the Australian junior team but some of the biggest men walkers joined the team also, like Canadian **Evan Dunfee**, the Swede **Perseus Karlström**, with **Declan Tingley** and **Rhydian Cowley** from Australia also present.

Here is the breakdown of walkers:

International women

Sandra Lorena Arenas (COL), Magaly Bonilla (ECU), Raquel Gonzalez (ESP), Enni Nurmi (FIN), Clemence Beretta (FRA), Eloise Terrec (FRA), Bianca Maria Dittrich (GER), Antigoni Ntrsimpioti (GRE), Sia Nga (Jessica) Ching (HKG), Anett Torma (HUN), Valentina Trapletti (ITA), Austeja Kavaliauskaite (LTU), Monica Vaiciukeviciute (LTU), Brigita Virbalyte (LTU), Hana Burzalova (SVK), Ema Hacundova (SVK), Claudia Zarska (SVK)

International men

Evan Dunfee (CAN), Marius Ziukas (LTU), Perseus Karlstrom (SWE)

Australian women

Hannah Mison (NSW), Hannah Bolton (NSW), Elizabeth McMillan (NSW), Alannah Pitcher (NSW), Emma Blanch (NSW), Samantha Findlay (SA), Gabriella Hill (SA), Nellie Langford (SA), Olivia Sandery (SA), Rebecca Henderson (VIC), Jemima Montag (VIC), Char Hay (VIC), Alanna Peart (VIC), Alex Griffin (WA)

Australian men

Tim Fraser (ACT), Carl Gibbons (NSW), Jack McGinniskin (NSW), Dylan Richardson (NSW), Will Bottle (TAS), Rhydian Cowley (VIC), Kyle Swan (VIC), Will Thompson (VIC), Markus Wakim (VIC), Fraser Saunder (VIC), Declan Tingay (WA)

What is the Supernova 7 project about ?

The topic of the current year's experiment was the altitude training camp's effect of the haemoglobin of female walkers. To this study was added an extra diet program: in the first two weeks everybody followed the HEA (high energy) diet but on the last 8 days half of the group was selected to continue with LEA (low energy) diet.

The first "warm-up" week was based in Canberra at AIS (Australian Institute of Sport) where different measurements were taken like DXA, VO₂, RMR. After that the whole team traveled to Perisher Valley which is one of the highest points in Australia and is around 3hrs drive from the capital. During the three-weeks altitude camp, the walkers participated in RMR and blood test at half time and at the end of the camp again.

The camp has once again been supported by a large group of support personnel including physiologists, dietitians, physios, massage therapists, coaches, a chef and a camp counselor from ACU, AA and the National Institute of Sport Network. Athlete testing has included Resting Metabolic rate, a graded treadmill test to attain Vo₂ Max, Exercise economy and a lactate profile, DXA scans for body composition assessment, Hemoglobin Mass Testing, and of course a performance measure in the form of 10,000m competitions.

For the last 5 days, the walkers return to AIS to repeat all of tests again. Before the altitude camp was also a performance control competition held which was part of the race walking tour event (silver tour). On the closing day of the camp, a performance check race will be settled again.

It is the biggest ever camp: around 50 walkers participated in it, with the staff together the number of the group was over 70. Some of the race walkers will stay one more week after the camp to attend on the 20k national championships in Melbourne, at Fawkner Park.

Marcia dal Mondo still wants to thank the athlete who prepared this report (and photos), although he preferred to remain anonymous. Thank you. – *Nicola Maggio*



Hitting the Perisher roads ... and hills



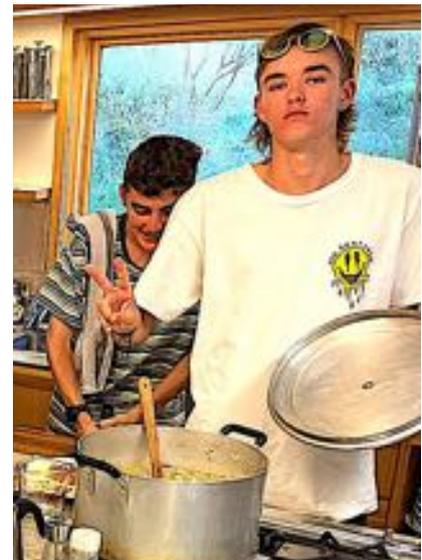
Hill reps and track sessions in rare air.



The 'guts' of the study ... each portion measured to the milligram.



'Mm ... maybe just a tad more monosodium whattheheckisitmate?'



'Aah, is so good, we will bottle it!'



Did they know they'd be hit with an essay to write afterwards?



What a mob! ... Marcus, Kyle, Carl, Evan, Tim, Char, Isaac, Mitch, Will T, Declan, Fraser, Jack, Grace, Will B, Tristan, Ali, Tim, Olivia, Nellie, Rhydian, Dylan, Sam and Emma. (Photos: Tim Erickson and Marcia dal Mondo)

A.C.T. AACT U20 & Open c'ships, 29 January - AIS

Robyn Toyne reports from the ACT championships:

It was a very muggy morning for the ACT champs, with steam coming off the track from the rain hitting the hot surface from the previous day. Thanks to all the officials, especially Sam, Lisa, Renee, Ann and Peter from the club for judging/helping out. There were also a number of NSW athletes competing, and coaches cheering everyone on. Well done all in tough conditions.

WU20 10000m Race walk

1 Grace Beck	15 NSW	57:25.94
2 Hana Jugovic	17 Ginnnderra	1:01:37.47

MU20 10000m Race walk

1 Kodi Clarkson	15 Ginninderra	48:42.99
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G11-13 3000m Non-championship Walk

1 Jillian Ryan	13 CORRA	16:57.46
2 Lily Horne	13 NSW	17:48.26
3 Gemma Dixon	12 NSW	18:59.90

M14-15 3000m Non-championship Walk

1 Dylan Allabush	15 NSW	14:53.01
-- Nicholas Christian	14 NCG	DNF

W14-15 3000m Non-championship Walk

1 Emma Grocott	14 SCT	14:54.64
2 Stella Pinches	14 NSW	17:22.03
3 Imogen Cochrane	14 NSW	19:30.66

Mixed 11-17 5000m Non-championship Walk

1 Grace Beck	15 NSW	26:42.36
2 Julia Grocott	17 SCT	30:02.00

WESTERN AUSTRALIA AW interclub results, 28 January – WAAS, Perth

Terry Jones reports that the weather was fine, around 20C, with a light but gusty breeze that would not have hampered the walkers – certainly not **John Ronan** or **Kaytee Bogaers**, both clear winners, or **Bradley Mann** who scored a long-awaited PB for 3000m.

Men 3000 Metre Walk

1 John Ronan	Kingsway Ath	12:38.42
2 Bradley Mann	Perth Track	13:53.27 PB 0:19
3 Keiran Smith	Cockburn Ath	15:41.39 PB 0:06

Women 3000 Metre Walk

1 Kaytee Bogaers	Mandurah Roc	15:55.26 PB 0:13
2 Ashlyn Spence	Kingsway Ath	16:45.59

3 Katica Borsic	Athletics West	17:05.55
4 Tory D'Alessio	Athletics West	17:39.41
5 Leila Bevis	Mandurah Roc	18:39.69
6 Charlotte Burgess	West Track	19:50.57

INTERNATIONAL NEWS

PAGE AND SCREEN

*JEFFERSON PEREZ ... A TECHNIQUE TO DREAM OF

Last November, in the Facebook page 'US Race Walking Foundation', coach and author **Jess Salvage** posted the following YouTube clip of Ecuadorian Olympic champion **Jefferson Perez** (now retired), taken during a US 10km road title event. We are lucky to have access to this kind of tracking footage – one seldom sees it of walkers, even of elite athletes like Perez.

The clip is in both regular speed and slow motion, laying every aspect of Perez's technique open to analysis. It will be of value to coaches and walkers of every age and level. Few lessons can beat that of watching the very best at work.

Jeff Salvage comments:

'The following is a full-speed and slow motion clip I shot on a golf cart during the 10km race walking nationals in Niagara Falls. The cart could barely keep up with Jefferson Perez, demonstrating amazing race walking technique. Whether you are a beginning race walker or an advanced competitor, you can learn something from watching his fluid technique and amazing hip rotation.'

https://www.youtube.com/watch?v=mTh_1KPbAsw



(Photo: Jeff Salvage – www.racewalk.com)

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.

- 29/01/2023 Milazzo (ITA): Victories of He Xianghong and Alexandrina Mihai in 20km http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4518 Club championship points race in Italy.

- 29/01/2023 Milazzo (ITA): Cui Lihong and Li Maocuo win the 35km. Italian title to Riccardo Orsoni and Sara Vitiello http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4517
- 28/01/2023 Ciudad de Burjassot (ESP): Victories of Artur Mastianica (LTU) and Maria Perez (ESP) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4516 Results of the Comunitat Valenciana Autonomic Championship, probably the equivalent of our State titles.
- 25/01/2023 Winston Salem (USA): Indoor season 2023 meetings http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4513
- 24/01/2023 Guatemala City (GUA): National Championships of 20km and 35km men and women http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4512

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.

- Monday, January 30, 2023 - Benfiquistas Rui Coelho and Inês Mendes with the best marks in qualifying indoor clubs - Pombal/Braga 2023 <http://omarchador.blogspot.com/2023/01/benfiquistas-rui-coelho-e-ines-mendes.html>
- Monday, January 30, 2023 - Marchers at the «Master 2023 Athletics – International Meeting» - results <http://omarchador.blogspot.com/2023/01/marchadores-no-master-2023-athletics.html>
- Sunday, January 29, 2023 - The march at the LC Brühl Leichtathletik meeting in St. Gallen, Switzerland <http://omarchador.blogspot.com/2023/01/a-marcha-no-meeting-do-lc-bruhl.html>
- Friday, January 27, 2023 - «Master 2023 Athletics – International Meeting» this weekend in Ribeira Brava <http://omarchador.blogspot.com/2023/01/master-2023-athletics-international.html>
- Thursday, January 26, 2023 - María Pérez (10 km) and Artur Mastianica (20 km), prominent figures in Burjassot
- Wednesday, January 25, 2023 - Guatemala National Athletic Walking Championships (2023) – results <http://omarchador.blogspot.com/2023/01/campeonato-nacional-de-marcha-atletica.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 – 2023

Thu 2 Feb 2023	Race Supernova #2 (WA RW Tour Silver) – AIS, Canberra
Sat 4 Feb 2023	AVSL Rd 9 walks (1500m, 3000m) – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
Tues 7 Feb 2023	AV 5000m Teams walk c'ship & VRWC Club events - Mentone
Sat-Sun 11-12 Feb 2023	VMA T&F c'ships – Tom Kelly track, Doncaster
Sun 12 Feb 2023	AA 20km Road walking c'ship – Fawkner Park
Sat 18 Feb 2023	AVSL Rd 10 walks (1500m, 3000m) – Zone A – Keilor Park Recreation Res, Keilor

Sat-Sun 18-19 Feb 2023	LAVic Region T&F Carnivals – various locations
Fri-Sun 24-26 Feb 2023	AV T&F c’ships U14-18 – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	AV T&F c’ships U20-Open – Lakeside Stadium
Sat-Sun 11-12 Mar 2023	LAVic T&F championships – Lakeside Stadium
Fri-Mon 10-13 Mar 2023	AMA Masters T&F c’ships – Sydney
Thu-Sun 30 Mar-2 Apr 2023	AA Open-U20 T&F c’ships – QSAC, Brisbane
Thu-Sun 13-16 Apr 2023	AA U14-U18 T&F c’ships – QSAC, Brisbane
Wed-Fri 19-21 Apr 2023	UniSport National T&F c’ships – Gold Coast Performance Centre, QLD
Fri-Sun 21-23 Apr 2023	Coles Australian Little Athletics c’ships – Lakeside Stadium

International Dates

28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER

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