



HEEL & TOE Online

Vol. 2023
Issue No. 7
Tuesday
21 February 2023

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



Welcome to Runner's World... the athletics specialist.

VRWC preferred supplier of shoes, cloths and sporting accessories

Address: *RUNNERS WORLD* 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

** WALKER OF THE WEEK **



Ela (right) with cousin Havana

This issue's WOTW award is shared once again, this time between two of the country's most exciting young up-and-comers.

Last Saturday, **Ela Uzun** (VIC, 11yo), racing in the Northern Metro Region Little Athletics titles, sped through 1500m in **6:30.54**. This set new U12 records for both NMR and Victorian Little Athletics, and would have been a National record had it been done in a State championship race.

Needless to say, Ela also rewrote the VRWC record book, with her time eclipsing the Club U12, U13 (formerly Bec Henderson's) and U14 (formerly Jemima Montag's) marks.

The second recipient has earned it less on speed than on the size of her improvement. **Kaytee Bogaers** (WA), having progressed steadily in WARWC and Athletics West competition during 2022, put it all together in Perth interclub last Friday night to improve by nearly 1½ minutes, clocking **25:57.13** for 5000m. With this result, Kaytee steps up to another level and should approach the coming national T&F titles in Brisbane with confidence.

Congratulations Ela and Kaytee. Wonderful results!



Kaytee

(Photo: PCACS)

*Honourable mentions

- **Marcus Wakim** (VIC) – another huge PB, this time **12:04.0** for 3000m at AVSL on Saturday.
- **Nellie Langford** (SA) – first time under 14mins over 3000m in ASA interclub with **13:48.01**.
- **Kodi Clarkson** (ACT, 14yo) – a 36sec PB to record **12:21.73** for 3000m in ACT interclub. A remarkable performance at such a young age ... no matter that he turned 15 ten days later! (Happy birthday, Kodi.)



CLUB NEWS and RESULTS

Member News

- **Pramesh Prasad** has walked seldom in recent months, preferring to concentrate on his running. How to explain this dereliction of duty? As it happens, he had good grounds and good motivation: representation of his native Fiji in the World Cross Country championships in Bathurst last weekend.



The Fijian team for Bathurst. Pramesh's grin radiates from the back row, left.

At 49, Pramesh was easily the oldest runner in the 118-man field, finishing 108th and outlasting several much younger competitors. While the course, tough and draining, broke many dreams, it did not conquer Pramesh the Centurion, who completed the ordeal in a creditable **44:27**. Well done, 'Mesh, to you and your team-mates!

- After years of service, **Shane Dickson** has stepped down from the VRWC Committee. Shane was the Club's First Aid officer and COVID manager, as well as a regular walk judge. He and wife **Donna** sourced the design and managed the ordering of the Club's new race uniforms and jackets. Both Shane and Donna were involved in tent and course set-up and pack-up on race days, with Donna also a regular timekeeper.
Thanks, Donna and Shane, for your substantial contributions to the VRWC and its members. We wish you and Corey all the best for the future.

VICTORIA - METRO & REGIONAL

AVSL RESULTS

**** Metro Zone A: Round 10, Saturday 18 February – Keilor Park Rec. Reserve, Keilor**

The final points round for AVSL 2022-23 saw 1500m and 3000m walks held at Keilor Park. **Danny Hawksworth** made the most of the warm, pleasant conditions to post a good win in the Men's 1500m with **7:22.5**, while **Kerryn Walshe** finished well clear of the women's field in **8:28.5**.

1500m

Pl	Name	Club	Age	Time	Points
1	Danny Hawksworth	(ESS)	M40	7:22.5h	421
2	Trenton Hawkins	(PTN)	M40	7:45.5h	390
3	Kerryn Walshe	(KSB)	F60	8:28.5h	521
4	Donna-Marie Elms	(PTN)	F60	8:54.2h	497
5	Paul Kennedy	(KSB)	M65	8:54.6h	429

6	Emilie Garside	(YRA)	FOP	9:05.7h	328
7	Heather Carr	(GHY)	F70	9:31.0h	518
8	Brian Anderson	(ESS)	M60	9:33.5h	346
9	Janice Hodgart	(WES)	F55	9:48.0h	407
10	Debbie McKenzie	(DIV)	F50	9:53.8h	360
11	Kate Ryan	(DIV)	F40	10:28.3h	254
12	Kim Peak	(DAC)	F55	10:30.2h	343
13	Geoffrey Barrow	(MEN)	M70	10:31.0h	351
14	Geza Benke	(OLM)	M65	10:44.6h	291
15	Jo Moxon	(DIV)	F55	10:51.2h	310
16	Robert Gardiner	(COL)	M70	12:03.0h	251
17	Brenda Cashin	(WES)	F55	13:31.9h	172
-	Bernie Keirl	(DIV)	M55	DQ	
-	Natasha Castello	(KSB)	F16	DQ	

Following a stellar month of 10km racing, **Marcus Wakim** put on a speed clinic in the 3000m to slash his PB by 27secs to record **12:04.0**, easily the fastest 3000m in the country in any age group so far this year. Marcus is entered for the U18 5000m at the AV track titles next week, so on this display he could be adding another record to his growing tally.

The improving **Kate Siviour** was another in PB form, recording **14:24.7**, while **Char Hay** showed she'd rebounded well after her first 20km race last Sunday with **14:57.6** ... not far off her own PB.

3000m

1	Marcus Wakim	(COL)	M18	12:04.0h	566	PB 0:27
2	Kaitlyn Siviour	(WES)	FOP	14:24.7h	505	PB 0:16
3	Char Hay	(MUU)	F20	14:57.6h	484	
4	Joel Imbriano	(DIV)	M18	15:46.1h	421	
5	Jade Chitty	(WES)	F20	16:03.7h	440	

**** Ballarat Zone: Round 10, Thursday 16 February – Llanberris Stadium, Ballarat**

Two more in PB-smashing form, this time over 2000m, were Ballarat YCW speedsters **Fraser Saunder** and **Scott Peart**, both treating onlookers to a high-class display with **8:13.76** and **8:47.04** respectively. Both look set for big results in the coming AV and national track titles.

2000m

1	Fraser Saunder	(BYC)	M20	8:13.76	531	PB 0:20
2	Scott Peart	(BYC)	M18	8:47.04	507	PB 0:49
3	Kelly Ruddick	(BHA)	F45	9:20.36	560	
4	David Smyth	(COL)	M50	11:07.15	402	
5	Stephen McLennan	(WEN)	M55	12:47.86	323	
6	Kevin Ruddick	(BHA)	M70	14:08.58	360	
7	Roslyn Ireland	(BWK)	FOP	16:04.53	161	
8	Olive Ireland	(BWK)	F6	17:17.01	230	

No results were posted for Bendigo for this round.



AV Junior Track & Field C'ships, 24-26 February – Lakeside Stadium

Attention turns to Lakeside Stadium next weekend for the **AV Junior track titles**. Many of our younger walkers are in record-breaking or at least PB form so some impressive performances are anticipated.

The following weekend will see holding of the **AV Open-U20 track titles**, also at Lakeside.

Friday	5.30pm	U14, U15, U16 Men	3000m Walk
24 February	5.55pm	U14, U15, U16 Women	3000m Walk
Saturday	10.00am	U17, U18 Men	5000m Walk
25 February		U17, U18 Women	5000m Walk



AROUND THE COUNTRY

A.C.T. ACT Masters & Athletics in the ACT Summer series, 9 & 10 February - Woden

Thanks to **Helen Toyne** for these results, once again gleaned from her informative ACTRWFC weekly newsletter. **Kodi Clarkson** and **Owen Toyne** were both in blistering touch, with Kodi in particular entering another level. **Emma Grocott** also found a new vein of speed for a good 1500m PB, while **Hana Jugovic** claimed a new U18 ACT record over 5000m.

** Thursday 9th February ACT Masters Meet

800m	Phoebe Grocott	6:41.59*
	Geoff Barker	8:09.62

(* Phoebe is very small in stature, and this was an excellent time on her part.)

2000m	Ann Staunton Jugovic	10:45.01
	Hana Jugovic	10:58.48
	Julia Grocott	11:29.04
	Bryan Thomas	12:21.07
	Lorna England	13:42.65

** Friday 10th February 2023 - Athletics in the ACT Summer Series

1500m	Emma Grocott	6:57.30	PB 0:13
	Jillian Ryan	7:24.57	
	Lily Christian	10:05.90	
	Ross Wilkinson	8:48.14	
3000m	Owen Toyne	12:21.56	
	Kodi Clarkson	12:21.73	PB 0:36
5000m	Hana Jugovic	29:51.50	(NEW ACT RECORD U18)

Helen also reported on the presence of a special guest coach on February 6:

On Monday evening the juniors were fortunate to have **Evan Dunfee** come and help out at their training. Evan has won numerous international medals including Commonwealth Gold, Olympic Bronze and World Championship Bronze. Evan as always was generous with his time and wisdom and even walked a few 400m laps with Owen and Kodi. Evan also gave a number of autographs to our younger walkers, much appreciated. We hope to see him in his new ACT Walkers Singlet soon. THANK YOU EVAN.



Owen may not be quite as fast as Evan yet ... but he's still growing.

SOUTH AUSTRALIA ASA Interclub results, 17 February – Mile End stadium

Another 9.50pm race start! Hardly an incentive to attend, although four PBs showed it agreed with some keen ones. **Nellie Langford**, fresh off her 10km win at Fawkner Park last Sunday, was the standout here.

Open 3000m

Nellie Langford	Southern Athletics Club	13:48.01	PB 0:20
Cooper Rech	Coastal Districts	15:33.43	PB 0:07
Rhiannon Lovegrove	Port Adelaide	16:05.44	
Katie De Ruvo	Western Districts	16:32.56	
Peter Crump	Saints Athletics Club	18:00.05	
Jordan McKenna	Northern Districts	18:04.57	PB 0:15
Marie Maxted	SA Masters	19:35.35	

Open 1500m

Kim Mottrom	SA Masters	06:03.94	
Sam Wilks	Pembroke	06:58.12	PB 0:13
Alexis Thiele	Flinders	08:59.87	

TASMANIA Tas Masters & TRWC Summer results, 15 & 18 February – multiple locations

Mid-week Masters saw solid efforts from **Wayne Fletcher** and invitee **Lily Carr**.

Tas Masters T&F

Domain Athletics Centre Hobart 15/02/23

Results 1500m Walk

1. Oliver Morgan	M15	OVA	6:43
2. Lily Carr	W13	OVA	8:41 SB
3. Elizabeth Leitch	W65	TMA	10:27
4. Wayne Fletcher	M75	NS	11:54 TMA M75 Record

On Saturday The TRWC held a Summer Road Walk at western end of the Hobart Airport runway to trial a new 2km loop Road Walk course.

The course received the thumbs up as demonstrated by some very good performances.

Following on from a strong effort over 1500m earlier in the week **Lily Carr** turned her attention to achieving a new personal best over 3 Km and did so in fine style.

Deserving of praise as well was 11 year old **Adele Woodward** who backed up a morning of Little Athletics with a gutsy effort to complete her first 3km.

Will Bottle, back on home turf after some serious training and racing on the mainland, put in a polished performance to achieve a 15 second PB for his 5km.

Young **Elsie Woodward** also performed well over the 1 Km distance whilst Masters athletes **Wayne Fletcher** and **Dave Moore** walked well over 3 and 5 Km respectively, while an injured Eugene Gerlach came to support his fellow Walkers and inspect the new course.

Special mention and thanks also to Rosie Coleman, Oliver and Bern Morgan for Officiating at the Huon LA Centre Championships in the morning and Rosie (again!!) with Ben & Sharon Bottle at the TRWC Road Walk on Saturday afternoon.

TRWC Summer Road Walk

Tasman H'Way (Hobart Airport) 18/02/2023

1km

1. Elsie Woodward	Huon LA	8:21
-------------------	---------	------

3km

1. Lily Carr	OVA	20:03 PB 0:09
2. Adele Woodward	OVA	24:08 First One
3. Dave Moore	TMA	30:19

5km

1. Will Bottle	Newstead	21:29 PB 0:17
2. Wayne Fletcher	NS	42:

WESTERN AUSTRALIA AW interclub results, 17 February – WAAS

Thanks to **Terry Jones** for the results.

Weather was fine, mid 20s degrees, with a gusty headwind down the back straight. Even so, all three finishers achieved substantial PBs, in particular **Kaytee Bogaers** who leapfrogged a whole minute in recording her **25:57.13**.

Men 5000 Metre Walk

1 John Ronan Kingsway Ath 21:44.00 PB 0:51

Women 5000 Metre Walk

1 Alexandra Griffin UWA Athletic 23:44.60 PB 0:12
2 Kaytee Bogaers Mandurah Roc 25:57.13 PB 1:26
-- Brooke Mortimore Athletics West DNF



INTERNATIONAL NEWS

UNITED KINGDOM: British Athletics Indoor c'ships, 18-19 February - Birmingham

Thanks to **Mark Wall** (who judged in these championships) for sending through the results and the report by British Athletics:

In the Men's walk final, **Callum Wilkinson** was in impressive form over 3000m as he clocked that world lead of **11:00.98**. He powered his way around the fresh new Birmingham track to win by almost over a minute ahead of **Chris Snook** (Andi Drake; Aldershot Farnham & District) in second while **Luc Legon** (Noel Carmody; Bexley) was another 47 seconds behind in third.

Wilkinson said: "It's my first indoor title, I have missed the last few through injury so it's a great achievement to come here and get the win. I spoke to my coach about the times I want to achieve, but the main thing is to stay injury free as currently I'm in great shape and feel like I can achieve a lot this season."

In the women's 3000m walk, **Abigail Jennings** (Verity Snook; Aldershot Farnham & District) posted a career best of **13:40.33** to take the win. She said afterwards, "I'm feeling so good right now, it feels great to be UK champion once again. I just tried to stay out of trouble as best as I could and then when the final 1km came up, I knew it was time to push. The personal best was a great surprise."

Men 3000m Walk c'ship

1 Callum Wilkinson	Enfield & Haringey	11:00.98
2 Christopher Snook	Aldershot Farnham	11:57.16
3 Luc Legon	Bexley AC	12:44.21
4 Tom Partington	Manx Harriers	12:49.00
5 George Wilkinson	Enfield & Haringey	13:29.40
6 Matthew Crane	Bexley AC	13:32.50
- Guy Thomas	Tonbridge AC	DQ

Women 3000m Walk c'ship

1 Abigail Jennings	Aldershot Farnham	13:40.33
2 Erika Kelly	Northern (Isle of Man)	14:16.37
3 Gracie Griffiths	Pembrokeshire Harriers	14:28.88
4 Hannah Hopper	Cambridge Harriers	14:34.12
5 Mia Dunwell	Northern (Isle of Man)	15:00.22
6 Jasmine Nicholls	Leicester WC	15:15.07
7 Pagen Spooner	Hyde Park Harriers	15:30.81
- Abby Hughes	Taunton AC	DNF

MARCIADALMONDO & O MARCHADOR ROUNDUP

A message to readers from **Nicola Maggio** (*Marcia Dal Mondo*):

For a series of reasons of various kinds, not least of which are temporal and also of an economic nature, today we have come to the conclusion of interrupting this adventure that began over 18 years ago.

The will to continue, which had waned for some time (and readers will have noticed it when we interrupted the Italian part) has now, due to a series of unpleasant life events, completely disappeared.

We are very sorry, but we hope you will understand us.

The website will remain available to users until 31 December 2023; after that date, if there is no news, it will be permanently closed.

During this period, only the results will be updated, while the news section will no longer be updated.

On behalf of the Victorian Race Walking Club and all readers of 'Heel & Toe Online', I would like to express my thanks to Nicola and his team for their amazing work in seeking out and posting up-to-the-minute race walking news and results from around the world each week for so long. Along with the 'O Marchador' blog, *Marcia Dal Mondo* has provided informative

and entertaining reporting on race walking activity at every level – elite and club – as well as insightful commentary on the state of the sport and its administration over time.

Nothing lasts forever and life, inevitably, has other priorities for us. We wish Nicola all the best for the future, with happier times ahead, and again we thank him for his dedication to the sport and its athletes – as a writer, researcher, educator, mentor, IAAF judge (25 years) and champion of our sport. *Buona fortuna, Nicola!*

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, February 19, 2023 - Akshdeep Singh and Priyanka Goswami become Indian champions in the 20 km walk with Olympic minimums <http://omarchador.blogspot.com/2023/02/akshdeep-singh-e-priyanka-goswami.html>
- Saturday, February 18, 2023 - Maria Michta-Coffey and Sam Allen victorious at the 115th edition of the Millrose Games <http://omarchador.blogspot.com/2023/02/maria-michta-coffey-e-sam-allen.html>
- Friday, February 17, 2023 - Milangela Rosales and Thomas Silveira win Venezuela's 20 km championships - Guarenas 2023 <http://omarchador.blogspot.com/2023/02/milangela-rosales-e-thomas-silveira.html>
- Thursday, February 16, 2023 - David Kenny breaks Ireland's 5000m indoor track record (18:42.38) <http://omarchador.blogspot.com/2023/02/david-kenny-bate-recorde-da-irlanda-de.html>
- Thursday, February 16, 2023 - Pauline Stey breaks France's record in the 3,000 m indoor walk <http://omarchador.blogspot.com/2023/02/pauline-stey-bate-recorde-de-franca-nos.html>
- Wednesday, February 15, 2023 - Disabato and Nieri in the spotlight in the Italian Under-18s (indoor-2023) <http://omarchador.blogspot.com/2023/02/disabato-e-nieri-em-destaque-nos-sub-18.html>
- Tuesday, February 14, 2023 - Ana Cabecinha and Pedro Dias win 2nd G. Marching Prize in Santa Luzia <http://omarchador.blogspot.com/2023/02/ana-cabecinha-e-pedro-dias-vencem-2-g.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?

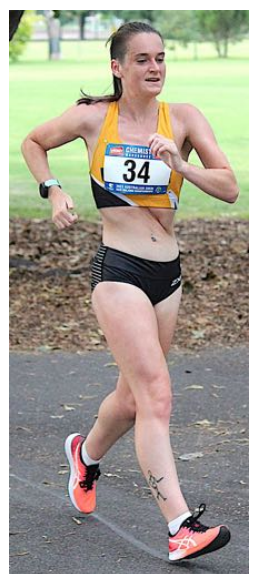
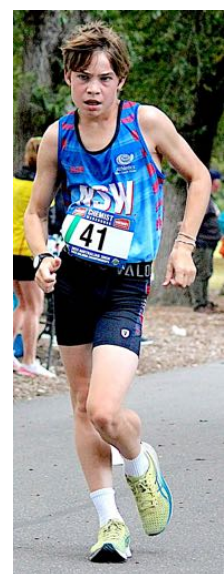
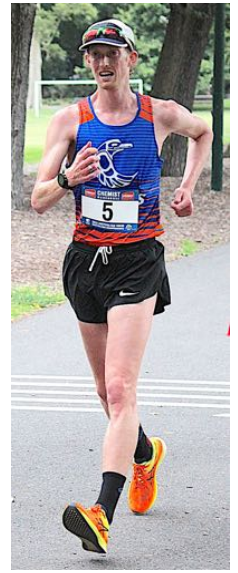
Victorian & National Key Dates – 2023

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
Sat 18 Mar 2023	AVSL Playoffs Week 1 (walks) – Lakeside Stadium
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

**** FAWKNER PARK GALLERY ****
Images of last week's great racing, courtesy of Kerrie Peart





(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

*With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc).
If in doubt about permissibility, check with the owner of the copyright.*

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au