



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 **



(Photo: VRWC)

It was a weekend for speedy youth, with the Little Athletics championships season in full swing around the country. A number of eye-catching efforts resulted, as they will no doubt do next week as other states hold their championships.

This week, WOTW ventures across Bass Strait once more. **Samuel Lindsay**, 15yo, set a new Tasmanian State record of **5:52.53** for 1500m in his final Little Athletics championship. It was also a PB by 34secs, which is impressive at any level. This, following on from his first sub-13min 3000m earlier this year, shows how everything is coming together for this committed young walker. Well done, Sam, and good luck in Brisbane.

*Honourable mentions

- **Ela Uzun (VIC)** – with the LAVic State championships providing the requisite judging panel, Ela made no mistake in taking the U12 Victorian record from Rebecca Henderson – as well as the U13 record from Jemima Montag – with her time of **6:34.14**.
- **Riley Coughlan (VIC)** – the only U16 boy in the LAVic titles, Riley made onlookers take notice by whipping round the track for a 16sec PB time of **6:03.51**.
- **John Ronan (WA)** – another PB for John, who lowered his 3000m time again in Athletics West interclub with **12:18.73** ... a 17sec improvement.
- **Max Davidson** and **Daniel Pashutin (VIC)** – big 1500m PBs (24secs and 25secs) in taking 1st and 2nd in the U14 title, with **6:49.00** and **6:55.97**.



CLUB NEWS and RESULTS

*** MAKING IT ALL HAPPEN ***

The Fixture is out. The Winter season of 2023 is there, mapped out in black and white. Many thanks to Mark Donahoo once again for putting it all together. April 29 is the date we begin to implement the program ... to make it all happen.

It was remarked on in the Member Survey, more than once, that with regard to carrying out the Club's activities too much is left to too few. This has been of concern for a number of years now, and the concern has become more pressing as increasing outside demands – as well as Father Time – come calling on our loyal, dedicated yet slowly diminishing team.

Members, parents and supporters: *the VRWC needs more helping hands!* Helping in small ways (the

usual race day jobs) ... *and* contributing longer-term in specific, strategic roles, including Committee membership.

If the last point sounds scary, it isn't meant to be. But it's a fact that the present Committee and race-day officials aren't getting any younger, and unless this is addressed now, the VRWC (in its 102nd year of existence) faces a bleak future in which its power to provide for aspiring and established race walkers will decrease. It's a scenario we cannot let happen!

RACE DAY ROSTER

The Club's race judges worked successfully to a roster system in 2022, which allowed them to pick and choose days of attendance according to their availability. We are considering a similar roster of race-day helpers and officials in 2023 and beyond, to share the load of maintaining our racing programs for the benefit of our competing members. Details of this arrangement will be announced via 'Heel & Toe', email and Facebook in coming weeks.

Don't feel intimidated by any of the tasks you see carried out week to week. None of the current list of officials or Committee members came to their roles trained in them – they learned on the job, usually with a helpful, experienced mentor handy. We will ensure you have the benefit of similar aid.

LONG-TERM

We know that many of our parents have built up skill sets through their children's involvement in Little Athletics, AV clubs or other sports. Many of these skills can be put to effective use in the running of the VRWC's activities, either on race days or in the organization, administration and planning for the Club's future. Come and try your hand alongside an experienced worker. Sit in on a meeting ('Zoom' these days.) Make yourself familiar with what goes into running our Club, week-to-week and long-term. Feel free to question anything you want explaining. Make positive suggestions (which is what the Survey was for.) And if you have a question, feel free to ask at any time.

We urge all supporters, parents and friends of our competing walkers to ask themselves:

- What am I doing for the Club now?
- What can I do?
- What would I like to do, even if I don't have the skills yet?
- How can I fit such involvement into my life schedule?

How many clubs can boast a record even close to this? ... The VRWC has had its members selected for every Olympics since **1948**. Last year alone saw **nine** of its walkers represent Australia at World Teams, World Championships and Commonwealth Games. *Every one* of those elite walkers benefited from racing programs provided in their developing years by the VRWC. And that's not taking into account successes achieved by our Masters walkers overseas. None of these athletes – or hundreds of others over the decades – could have developed as they did without the dedication and willingness to go the extra yard (okay, metre!) of our valuable teams of workers at all levels.

For the sake of the future of the sport in Victoria and our athletes' prospects, we ask you to join us in making it all happen.

Stu Cooper
President

VICTORIA - METRO & REGIONAL



A.V. NEWS

A reminder that there are no walks scheduled for the first week of the AVSL Playoffs (Saturday 18 March). Next week (Saturday 25 March) sees the 2nd Round of the Playoffs, with Walks scheduled as follows:

| | | |
|---|--------|------------|
| Zone A – Aberfeldie (Moonee Vly Aths Centre) | 1.00pm | 2000m Walk |
| Zone B – Yarra Ranges (Yarra Ranges Aths Track, Mt Evelyn) | 1.00pm | 2000m Walk |

Fine, warm weather featured for the biggest fixture on the LAVic calendar – the State T&F championships – and the walking races were intensely competitive. A broad spectrum of abilities and technical skill, as well as speed and fitness, were on show. Many young athletes demonstrated those qualities to the extent that it was hard not to conclude that this is the sport they were born to do, while others showed competence enough to indicate that they at least enjoyed race walking. While many, if not most, engage in team sports and other pursuits in the winter, it's our challenge to get as many as possible to come down and try their hand at the VRWC road races ... and, of course, to sign up.

The highlight of the day was **Ela Uzun's** winning time of **6:34.14**, which sundered the U12 Victorian and Australian best Performances. It also surpassed Jemima Montag's U13 and Eliza Clarke's U14 best times, although since Ela is outside those age groups their marks may still stand. For his part, **Riley Coughlan** – the only U16 boys' entrant – came to within less than a second of Nicola Mandic's age group record with his **6:03.51**.

Elsewhere, VRWC members and former members were prominent across the board, with many achieving podium finishes:



Havana & Ela

- Gold** - Tate McQueen (BU11), Ela Uzun (GU12), Jaime Hvalica (BU13), Max Davidson (BU14), Riley Coughlan (BU16), Ariana Pashutina (GU16), Eva Reid (GU17)
- Silver** - Zoe Bowkett (GU10), Julia Baldy (GU11), Levi Robertson (BU12), Mya McClure (GU12), Beau McKinnon (BU13), Matilda Read (GU13), Daniel Pashutina (BU14),
- Bronze** - Jaida Robertson (GU10), Havana Ali (GU12), Charlise McQueen (GU13), Fraser Aubrey (BU14), Ella Cunningham (GU16), Riannah Tatlock (GU17)

Results (*first 10 finishers*)

| | | | | | | | | |
|------------------------|------------------------|----------|------------------------|--------------------|-----------|------------------------|-----------------|---------|
| Boys U9 700m | | | Girls U9 700m | | | Boys U10 1100m | | |
| 1 | Tom Guastella | 3:29.82 | 1 | Lenix Witney | 4:09.03 | 1 | Joel Bui | 6:01.35 |
| 2 | Jack Greyling | 3:53.39 | 2 | Nishala Abeyaratne | 4:09.26 | 2 | Rowe Darby | 6:01.70 |
| 3 | Logan Allison | 4:06.47 | 3 | Natalie Ramirez | 4:18.50 | 3 | Cooper Clark | 6:01.72 |
| 4 | Zorawar Singh | 4:14.76 | 4 | Eva Roach | 4:24.40 | 4 | Oscar Daniel | 6:36.75 |
| 5 | Izacc Bufete | 4:23.44 | 5 | Georgie Kennett | 4:24.79 | 5 | Matthew Lyons | 6:47.04 |
| 6 | Hamish Stephens | 4:32.94 | 6 | Matilda Raynes | 4:25.09 | 6 | Xander Sommers | 6:52.77 |
| 7 | Darama Anthony | 4:32.98 | 7 | Ella Smith | 4:38.72 | 7 | Kiasi Fualau | 6:55.71 |
| 8 | Sebastian Botha | 4:47.95 | 8 | Abby Fowler | 4:39.80 | 8 | Archer Weir | 7:20.06 |
| 9 | Alfie Dave | 5:03.16 | 9 | Alaska Bremner | 4:44.92 | 9 | Noah Sarvas | 7:25.93 |
| 10 | Dallas Fernando | 5:04.46 | 10 | Zoe Miers | 4:49.00 | 10 | Charlie Pratt | 7:30.54 |
| Girls U10 1100m | | | Boys U11 1100m | | | Girls U11 1100m | | |
| 1 | Indigo Marshall-Moodie | 5:48.50 | 1 | *Tate McQueen | 5:30.93 | 1 | Addison Frenken | 5:39.55 |
| 2 | *Zoe Bowkett | 5:59.94 | 2 | Christian Bourke | 5:51.56 | 2 | *Julia Baldy | 5:44.52 |
| 3 | *Jaida Robertson | 6:14.42 | 3 | Cruze Marsh | 6:06.11 | 3 | Eleanor Marsh | 6:11.53 |
| 4 | *Pippa Read | 6:16.80 | 4 | Harvey Atwill | 6:10.61 | 4 | Holly Yorke | 6:15.19 |
| 5 | Georgia McKinnon | 6:18.95 | 5 | *Jackson Hartley | 6:17.13 | 5 | Makenzie Davis | 6:23.58 |
| 6 | Dasha Kumar | 6:32.34 | 6 | Alex Wright | 6:32.19 | 6 | Helena Nash | 6:30.33 |
| 7 | Eva Swilks | 6:35.11 | 7 | Harrison Ryan | 6:51.13 | 7 | Sydney Buensch | 6:30.82 |
| 8 | Indiana Costin | 6:49.05 | 8 | Alfie Sheehan | 6:58.57 | 8 | Juliet Sankey | 6:34.82 |
| 9 | Ella Harris | 6:53.49 | 9 | Kai Nonoyama | 7:09.37 | 9 | Evelyn Ryder | 6:37.83 |
| 10 | Chloe Agius | 6:54.26 | 10 | Harry Huston | 7:17.41 | 10 | Alayna Paulke | 6:39.72 |
| Boys U12 1500m | | | Girls U12 1500m | | | Boys U13 1500m | | |
| 1 | Angus Shuttleworth | 7:34.41 | 1 | *Ela Uzun | 6:34.14^^ | 1 | Jaime Hvalica | 7:28.29 |
| 2 | *Levi Robertson | 7:45.41 | 2 | *Mya McClure | 7:03.00 | 2 | *Beau McKinnon | 8:04.00 |
| 3 | Lewis McLennan | 7:52.09 | 3 | *Havana Ali | 8:01.82 | 3 | Patrick Thomas | 8:17.08 |
| 4 | Alexander Brown | 8:32.70 | 4 | Grace Moore | 8:50.53 | 4 | *Cody Wapshott | 9:06.44 |
| 5 | Gursehaj Singh | 8:53.73 | 5 | April Wainwright | 8:52.07 | 5 | Yevin Kuruwita | 9:46.24 |
| 6 | *Tate Jardine | 9:31.46 | 6 | Savannah Terek | 9:13.71 | | | |
| 7 | *Heath Tatlock | 9:50.05 | 7 | Indianna Borg | 9:26.72 | | | |
| 8 | Owen Roach | 9:50.13 | 8 | Piper Mazaraki | 9:29.70 | | | |
| 9 | Elijah Marandu | 10:30.44 | 9 | Lucia Pentland | 9:30.00 | | | |
| 10 | Owen Marandu | 10:46.09 | 10 | Jordyn Lewis | 9:30.51 | | | |

| | | | | | | | | |
|------------------------|-------------------|----------------|------------------------|--------------------|----------------|------------------------|-------------------|----------------|
| Girls U13 1500m | | | Boys U14 1500m | | | Girls U14 1500m | | |
| 1 | Hannah Matthews | 7:55.80 | 1 | *Max Davidson | <i>6:49.00</i> | 1 | Sarah Holmes | 7:00.72 |
| 2 | *Matilda Read | <i>8:01.46</i> | 2 | *Daniel Pashutin | <i>6:55.97</i> | 2 | Alexis Sungkar | 7:49.54 |
| 3 | *Charlise McQueen | <i>8:23.26</i> | 3 | *Fraser Aubrey | <i>7:34.87</i> | 3 | Lucy Johns | 8:09.88 |
| 4 | Eliza Paterson | 9:06.31 | 4 | Hamish McLennan | 8:46.24 | 4 | *Mietta Morgan | 8:33.82 |
| 5 | Zoe Nash | 9:22.27 | 5 | Toby Smerdon | 10:01.53 | 5 | Piper Marshall | 8:43.01 |
| 6 | Sienna Reid | 9:26.30 | 6 | Arthur Robinson | 10:29.75 | 6 | Addison Paulke | 9:03.21 |
| 7 | Nakita Marriott | 9:31.74 | | | | 7 | Jasmine Khew | 9:09.26 |
| 8 | Sophie Mathews | 9:53.85 | | | | 8 | Olin Buisman | 9:35.39 |
| 9 | Alyssa Alcock | 9:56.97 | | | | 9 | Briella Considine | 10:08.27 |
| 10 | Aylwen Campbell | 9:58.12 | | | | | | |
| Boys U15 1500m | | | Girls U15 1500m | | | Boys U16 1500m | | |
| 1 | James Dunn | 10:01.65 | 1 | Mackenzie Turner | 7:39.33 | 1 | *Riley Coughlan | <i>6:03.51</i> |
| | | | 2 | Isabella Finlayson | 8:28.35 | | | |
| | | | 3 | Shae Culpin | 9:03.47 | | | |
| | | | 4 | *Alexandra Aubrey | 9:25.75 | | | |
| Girls U16 1500m | | | Boys U17 1500m | | | Girls U17 1500m | | |
| 1 | *Ariana Pashutina | <i>7:03.78</i> | 1 | Shannon Delaney | 7:10.72 | 1 | *Eva Reid | <i>7:11.02</i> |
| 2 | Brooklyn Towler | 7:49.05 | 2 | John Heinjus | 7:50.15 | 2 | Tia Sungkar | 7:23.70 |
| 3 | *Ella Cunningham | 8:29.51 | 3 | Jack Ashcroft | 8:21.63 | 3 | *Riannah Tatlock | 7:42.64 |
| 4 | *Amelia Vernal | 8:35.98 | 4 | Luke Cooke | 9:08.02 | | | |
| 5 | Jemilla Campbell | 8:39.76 | | | | | | |
| 6 | *Alannah Upson | 9:02.65 | | | | | | |
| 7 | Amber Fox | 9:03.52 | | | | | | |
| 8 | *Katie Barnes | 10:01.13 | | | | | | |

^^ Victorian, Australian Best performance.
Times in italics – known PB performances
 * Present or former VRWC members



AROUND THE COUNTRY



Australian Masters T&F Championships, 10-13 March – SOPAC, Sydney

Last weekend, five VRWC Masters – **Heather Carr, Pramesh Prasad, Donna-Marie Elms, David Smyth and Kevin Cassidy** – ventured to the Olympic precinct at Homebush, Sydney, for the National Masters T&F titles. Well done to each on earning spots on the podium for their efforts in all races they contested.

We have results only for the 3000m and 5000m track races, the 10km Road race results not being available at the time of going to print. Next week, hopefully.

Event 1 W60 1500 Metre Walk

| | | | | |
|---|-------------------|-----|-------|----------|
| 1 | Walshe, Kerry | W61 | Vma | 8:35.03 |
| 2 | Elms, Donna-Marie | W61 | Vma | 9:09.67 |
| 3 | Ruiz, Marcela | W62 | Mawa | 10:02.65 |
| 4 | Weekes, Anne | W60 | Nswma | 10:06.65 |
| 5 | England, Lorna | W63 | Actma | 11:59.73 |
| 6 | Engeler, Deborah | W60 | Nswma | 12:45.85 |

Event 1 W65 1500 Metre Walk

| | | | | |
|---|---------------|-----|-------|---------|
| 1 | Pearson, Jill | W65 | Actma | 9:50.31 |
|---|---------------|-----|-------|---------|

Event 1 W70 1500 Metre Walk

| | | | | |
|---|---------------|-----|-----|---------|
| 1 | Carr, Heather | W73 | Vma | 9:27.18 |
|---|---------------|-----|-----|---------|

Event 1 W75 1500 Metre Walk

| | | | | |
|---|--------------------|-----|------------|---------|
| 1 | Wilson, Jacqueline | W77 | Unattached | 9:52.44 |
|---|--------------------|-----|------------|---------|

| | | | | |
|---------------------------------------|--------------------------|-----|------------|----------|
| Event 1 W80 1500 Metre Walk | | | | |
| 1 | Jones, Daphne | W81 | Nzl | 11:23.11 |
| 2 | Schickert, Lynne | W81 | Mawa | 11:59.94 |
| 3 | Duncan, Glenys | W82 | Mawa | 13:04.44 |
| Event 1 W95 1500 Metre Walk | | | | |
| 1 | Lee, Heather | W96 | Nswma | 12:45.95 |
| Event 1 W30 1500 Metre Walk | | | | |
| 1 | Kaur, Amritpal | W32 | Nswma | 9:20.87 |
| 2 | Kirwin, Roslyn | W34 | Qma | 10:54.61 |
| Event 2 W35 1500 Metre Walk | | | | |
| 1 | Grantham, Melissa | W39 | Sama | 8:11.90 |
| 2 | Newington, Dash | W38 | Qma | 9:22.69 |
| Event 2 W40 1500 Metre Walk | | | | |
| 1 | Garcia, Romina | W43 | Nswma | 10:19.83 |
| Event 2 W50 1500 Metre Walk | | | | |
| 1 | Herrmann, Karen | W54 | Nswma | 10:46.94 |
| Event 2 W55 1500 Metre Walk | | | | |
| 1 | Tolardo, Karyn | W57 | Mawa | 8:33.03 |
| 2 | Peak, Kim | W56 | Vma | 10:06.97 |
| 3 | Carlin, April | W56 | Actma | 13:24.18 |
| Event 3 M40 1500 Metres Walk | | | | |
| 1 | Hyland, Scott | M42 | Qma | 6:20.35 |
| Event 3 M45 1500 Metre Walk | | | | |
| 1 | Styles, David | M46 | Vma | 7:46.76 |
| 2 | Lowe, Daniel | M47 | Mawa | 9:39.27 |
| Event 3 M55 1500 Metre Walk | | | | |
| 1 | Chauhan, Dadhibal Singh | M56 | Unattached | 8:41.50 |
| 2 | Mason, Robert | M57 | Actma | 15:25.14 |
| Event 3 M60 1500 Metre Walk | | | | |
| 1 | Cassidy, Kevin | M62 | Vma | 8:15.91 |
| Event 3 M65 1500 Metre Walk | | | | |
| 1 | Munoz, Victor | M68 | Mawa | 9:16.44 |
| 2 | Osborne, Robert | M67 | Nswma | 11:06.20 |
| Event 3 M70 1500 Metre Walk | | | | |
| 1 | Williams, Dennis | M74 | Nswma | 9:41.84 |
| 2 | Mcdonagh, John | M74 | Mawa | 9:54.50 |
| Event 3 M75 1500 Metre Walk | | | | |
| 1 | Ponnappa, Belliappa Pale | M79 | Unattached | 12:10.81 |
| Event 3 M80 1500 Metre Walk | | | | |
| 1 | Thomas, Bryan | M81 | Actma | 11:14.92 |
| Event 3 M85 1500 Metre Walk | | | | |
| 1 | Seymon, Jim | M85 | Nswma | 12:10.73 |
| Event 186 W30 5000 Metres Walk | | | | |
| 1 | Kaur, Amritpal | W32 | Nswma | 35:37.0h |
| 2 | Kirwin, Roslyn | W34 | Qma | 45:13.2h |
| Event 186 W35 5000 Metres Walk | | | | |
| 1 | Grantham, Melissa | W39 | Sama | 28:44.9h |
| 2 | Newington, Dash | W38 | Qma | 33:24.2h |
| Event 186 W55 5000 Metres Walk | | | | |
| 1 | Staunton-Jugovic, Ann | W59 | Actma | 28:25.6h |

| | | | | |
|---------------------------------------|-------------------------|-----|------------|----------|
| 2 | Tolardo, Karyn | W57 | Mawa | 29:28.4h |
| Event 186 W60 5000 Metres Walk | | | | |
| 1 | Elms, Donna-Marie | W61 | Vma | 33:30.9h |
| 2 | Weekes, Anne | W60 | Nswma | 35:15.6h |
| 3 | Ruiz, Marcela | W62 | Mawa | 37:18.8h |
| 4 | England, Lorna | W63 | Actma | 43:04.2h |
| Event 186 W65 5000 Metres Walk | | | | |
| 1 | Pearson, Jill | W65 | Actma | 35:03.8h |
| Event 186 W70 5000 Metres Walk | | | | |
| 1 | Yuen, Swee | W74 | Nswma | 43:41.3h |
| Event 186 W75 5000 Metres Walk | | | | |
| 1 | Wilson, Jacqueline | W77 | Unattached | 34:40.1h |
| Event 186 W80 5000 Metres Walk | | | | |
| 1 | Jones, Daphne | W81 | Nzl | 40:13.0h |
| 2 | Schickert, Lynne | W81 | Mawa | 41:18.1h |
| 3 | Duncan, Glenys | W82 | Mawa | 48:48.7h |
| Event 188 M40 5000 Metres Walk | | | | |
| 1 | Hyland, Scott | M42 | Qma | 24:22.9h |
| Event 188 M45 5000 Metres Walk | | | | |
| 1 | Pramesh, Prasad | M48 | Vma | 27:01.1h |
| 2 | Styles, David | M46 | Vma | 27:47.6h |
| 3 | Lowe, Daniel | M47 | Mawa | 35:48.3h |
| Event 188 M50 5000 Metres Walk | | | | |
| 1 | Smyth, David | M53 | Vma | 30:19.0h |
| Event 188 M55 5000 Metres Walk | | | | |
| 1 | Chauhan, Dadhibal Singh | M56 | Unattached | 33:01.6h |
| Event 188 M60 5000 Metres Walk | | | | |
| 1 | Cassidy, Kevin | M62 | Vma | 29:51.5h |
| Event 188 M65 5000 Metres Walk | | | | |
| 1 | Munoz, Victor | M68 | Mawa | 32:13.9h |
| 2 | Osborne, Robert | M67 | Nswma | 39:47.2h |
| Event 188 M70 5000 Metres Walk | | | | |
| 1 | Mcdonagh, John | M74 | Mawa | 33:59.6h |
| 2 | Williams, Dennis | M74 | Nswma | 34:00.6h |
| 3 | Yuen, Tuck | M74 | Nswma | 45:48.9h |
| Event 188 M80 5000 Metres Walk | | | | |
| 1 | Thomas, Bryan | M81 | Actma | 41:39.5h |
| Event 188 M85 5000 Metres Walk | | | | |
| 1 | Seymon, Jim | M85 | Nswma | 43:29.0h |

TASMANIA Little Athletics Tasmania T&F c'ships, 12 March – St Leonards

Thanks to **David Moore** for forwarding this report by **Rosemary Coleman** on the Tasmanian LA's titles:

A wonderful display of Race Walkers was on show today at the Tasmanian Little Athletics State Championships. Nearly 60 walkers from the State walked in perfect conditions in the North of the State.

Our small band of TRWC walkers were impressive, with all recording personal bests and claiming top three placings.

A brilliant walk by **Sam Lindsey** saw him taking the U15 1500mW State Record in ***5.52.53** in his last LA race. Special mention to both **Macy Devine** 7.55.34 and **Eva Parker** 8.05.46 who achieved well deserved spots in the State Little Athletics team to contest the National Little Athletic Championships. Both girls walked personal best times for 1500m to finish 1st and 2nd.

Not to be outdone by the girls, young **Jacob Wass** also has a spot in team.

Jacob, who has only just started walking, won the U13 event in a new 1500mW pb **9.09.05**.

Lani Broad had a great walk achieved a pb and winning the U15 event in **8.28.32**. **Lily Carr** walked strongly to win the U14 event just shy of her pb. Lily is also off with a group of U14 athletes to a Melbourne training camp to further her walking.

Next up was **Lucas Carr**, who also picked up silver in a new pb in the U12 1500W event in **10.07.22**.

Cacia Charles walked a great race in winning the U12 event in a new pb for 1500W in **8.26.43**. A wonderful young talent.

In the U11 age group **Adele Woodward** walked a very courageous race recoding a huge personal best and the Gold in U11 1100mW event with a time of **6.31.26**. Not to be outdone, club mate **Isla Direen** picking up a very creditable silver in the U10 girls 1100mW in a new pb. **7.38.06** and arguably the best technique on the day.

Last but not least, our youngest walker, **Elsie Woodward**, albeit with a smile the whole way, won the silver in the U9 700mW event Another huge pb, **4.38.68**

As a coach and judge I was super proud of all the walkers.

Thanks to all our judges and assistants on the day with special mention to Will Bottle who filled in a spot at the last minute.

(* Sam's time was a 34-sec PB for 1500m ... remarkable at that speed over such a short distance.)

WESTERN AUSTRALIA Athletics West Interclub, 10 March – WAAS, Perth

Terry Jones reports that the weather was good after a 'typical autumn day' in Perth, with **John Ronan** once again in sizzling form.

Men 3000 Metre Walk

| | | | |
|-----------------|-------------------|----------|---------|
| 1 John Ronan | Kingsway Athletic | 12:18.73 | PB 0:17 |
| -- Keenan Munro | Athletics West | DNF | |

Women 3000 Metre Walk

| | | | |
|---------------------|----------------|----------|---------|
| 1 Kaytee Bogaers | Mandurah Roc | 15:43.11 | PB 0:12 |
| 2 Isabelle Curtis | Athletics West | 17:21.97 | |
| 3 Chelsey Ireland | Mandurah Roc | 19:03.46 | |
| 4 Charlotte Burgess | West Track | 19:40.96 | |
| -- Katica Borsic | Athletics West | DNF | |



INTERNATIONAL NEWS

VALE RICHARD DOUGLAS 'DICK' FOSBURY 1947 - 2023

Dick Fosbury – the man who took the high jump and turned it into a whole new event – has died, aged 76.

There have been many athletes who have taken their events to levels unheard of – think Jesse Owens, Emil Zatopek, Al Oerter and Usain Bolt, to name just four – but nobody, surely, has had such a revolutionary, transformative effect on an event as Fosbury had on the high jump, breaking it free from the restrictive 'straddle' with a looping, backward leap which must have had orthopaedists reaching for tranquilisers. ('You can't teach children *that!*') Today, visit Little Athletics clubs all over the country and see them training for high jump, using Fosbury's 'flop' without a thought for the fears of yesterday.

Unable to coordinate his limbs sufficiently in high school to succeed at the straddle, Fosbury began experimenting with alternatives. "I knew I had to change my body position," he recalled, "and that's what started first the revolution, and over the next two years, the evolution."¹ It was not easy, considering the uninviting landing surfaces provided in those days which were best suited to jumpers landing on their feet or all-fours. The advent of foam pits opened the gates, however, and by the time the 1968 Olympics arrived Fosbury had his technique down pat. He won the gold in Mexico, largely because he cleared every height on the first attempt and nobody else could. The high jumping world had witnessed an exhilarating technical *coup d'etat*, and there was no going back.

It may seem strange to be writing a tribute to a high jumper in a race walking publication – the two events' relationships with the ground being diametrically opposed (well, supposedly). But many of us in *Heel & Toe's* readership are athletics fans



(Photo: Marca)

¹ Wikipedia: [Dick Fosbury](#) – see bibliography item 5.

in general, and some will be old enough to remember those notorious Mexico Games for both the right and wrong reasons. Among the right ones must be Bob Beamon's 29ft. long jump, Christoph Hohne's 10min margin in the 50km walk, Kip Keino's dominance of Jim Ryun in the 1500m ... and the day a gangly college student from Oregon changed the high jump forever.

RIP Dick Fosbury.

NEW ZEALAND: NZ Track & Field c'ships, 2-5 March - Wellington



NZ titles: the 3000m field before the start. (David, 'Pies singlet and all, looks right at home.)

Thanks to **Rozie Robinson** for sending through these results. Small fields but keen contests, with some speedy results from the men in particular. **Lucas Martin** and **Jonah Cropp** were impressive.

The VRWC's **David Smyth** clearly enjoyed being back on his home turf, clocking a good time with the AMA Masters championships coming up.

U16 Men 3000m

| | | |
|---------------|----------|----------|
| Nathan Baylis | Taranaki | 16:08.37 |
|---------------|----------|----------|

U18 Men 3000m

| | | |
|-----------------|--------------------|----------|
| Toby O'Rorke | Taranaki | 14:08.13 |
| Ritchie Trathen | Pakuranga AC | 15:14.36 |
| Ari Bennett | Manawatu Whanganui | 15:50.18 |

U20 Men 3000m

| | | |
|----------------|--------------------|----------|
| Lucas Martin | Manawatu Whanganui | 12:29.44 |
| Jonah Cropp | Canterbury | 12:58.60 |
| Magnus Graesli | Norway | 13:20.20 |

Senior Men 3000m

| | | |
|-------------|------------------|----------|
| David Smyth | Collingwood Club | 17:01.94 |
|-------------|------------------|----------|

U16 Women 3000m

| | | |
|-------------------|----------|----------|
| Yandri Fourie | Auckland | 17:08.77 |
| Sinead O'Sullivan | Taranaki | 17:30.04 |

U18 Women 3000m

| | | |
|-----------------|------------|----------|
| Madeline Thomas | Canterbury | 18:50.62 |
| Stacey Hooper | Canterbury | 19:10.28 |

U20 Women 3000m

| | | |
|----------------|--|----------|
| Alana Matthews | | 18:01.07 |
|----------------|--|----------|

Senior Women 3000m

| | | |
|---------------|---------------------|----------|
| Laura Langley | Hawkes Bay Gisborne | 13:56.94 |
|---------------|---------------------|----------|

U18 Men 5000m

| | | |
|-----------------|--------------|----------|
| Toby O'Rorke | Taranaki | 25:05.66 |
| Ritchie Trathen | Pakuranga AC | 26:37.46 |

U20 Men 10,000m

| | | |
|----------------|--------|----------|
| Magnus Graesli | Norway | 48:13.01 |
|----------------|--------|----------|

Jonah Cropp Canterbury 48:28.34

Senior Men 10,000m

Lucas Martin Manawatu Whanganui 46:10.02

U20 Women's 10,000m

Alana Matthews 1:06:15.38

Senior Women 10,000m

Laura Langley Hawks Bay Gisborne 50:09.08

Courtney Ruske Canterbury 52:18.87



Toby O'Rorke and Laura Langley lead the 3000m field.

(Photos: Rozie Robinson)

FRANCE: French Championships, 12 March – Aix les Bains

Emmanuel Tardi reports on a big occasion, the French road titles.

I was appointed as judge this Sunday in Aix les Bains for our National Championship (20k and 35k). Rainy day. The loop was perfect (1k long along the lake with very large turning points.)

In the Women's 20km, **Clemence Beretta** beat the French record. She walked alone for all the race. Behind her, **Camille Moutard, Pauline Stey** and **Eloise Terrec** fought and produced good results.

In the Men's 20km, **Aurelien Quinion** and **Gabriel Bordier** walked together for 15km. **Aurelien** won with a sub 1:20 race.

In the Women's 35km, German **Bianca Dittrich** won easily. For the French title, **Marion Manaresi** was the leader for 25k, but she stopped and **Lucie Champalou** won.

In Men's event, **Kevin Campion** won easily.

Ancillary events were National events for U20, U18 and U16. Best result was for **Ana Delahaie** who won the women 10k in 47'19".

(In the published results, DNFs and DQs are missing.)

20km marche Hommes

| | | | | |
|----|----------------------|--------|--------------------------------|----------|
| 1 | QUINION Aurelien | SEM/93 | Entente Franconville Cesame | 1h19'57" |
| 2 | BORDIER Gabriel | SEM/97 | Us St Berthevin | 1h20'49" |
| 3 | MADELINE-DEGY Martin | ESM/01 | Blagnac Sc | 1h25'13" |
| 4 | DUC Matteo | ESM/01 | As Aix-les-bains | 1h28'35" |
| 5 | HUE Aymeric | ESM/01 | Ec Orleans Cercle Jules Ferry | 1h29'53" |
| 6 | BEAUVAIL Florent | SEM/00 | Stade Sottevillais 76 | 1h31'25" |
| 7 | DREVILLE Lucas | ESM/02 | Entente Oise Athletisme | 1h33'00" |
| 8 | CAPRICE Erick (Mri) | MAM/83 | Athletic Trois Tours | 1h33'07" |
| 9 | BAZZO BORTOT Symon | SEM/96 | Nouveau St Amand Etudiant Club | 1h34'14" |
| 10 | LANDRON Roland | MAM/78 | Ca Beglais | 1h35'41" |
| 11 | GARROUTY Erwan | ESM/03 | Stade Bordelais Athletisme | 1h35'41" |
| 12 | MAZURE Maxime | ESM/02 | Haute Bretagne Athletisme | 1h39'27" |
| 13 | LEBRETON Kilian | SEM/00 | Haute Bretagne Athletisme | 1h41'21" |
| 14 | BONTEMPS Sebastien | SEM/90 | Gien Athle Marathon | 1h41'27" |
| 15 | LEGENTIL Laurent | MAM/88 | Dynamic Aulnay Club | 1h42'31" |
| 16 | BESSONNIER Raphael | SEM/00 | Aj Blois-onzain | 1h42'31" |
| 17 | PETER Florian | ESM/02 | As Aix-les-bains | 1h44'47" |

| | | | | |
|----|---------------------|--------|-----------------------------|----------|
| 18 | PICARD Nicolas | MAM/80 | As Tourlaville | 1h46'15" |
| 19 | DE NEVE Nicolas | SEM/93 | Tarn Sud Athletisme | 1h49'40" |
| 20 | COIS Steeve | SEM/89 | Asc Le Havre | 1h50'02" |
| 21 | MILLE Olivier | MAM/72 | Grac Athletisme | 1h50'23" |
| 22 | PICHAUD Maxime | ESM/02 | Entente Des Mauges | 1h51'06" |
| 23 | ROTTIER Lilian | ESM/03 | La Postillonne Longjumeau | 1h52'30" |
| 24 | VISSEQ Adrien | ESM/03 | Saran Loiret Athletic Club | 1h52'41" |
| 25 | LE BONNIEC Philippe | MAM/66 | Stade Langonnais Athletisme | 1h56'22" |

20km marche Femmes

| | | | | |
|----|--------------------|--------|--------------------------------|----------|
| 1 | BERETTA Clemence | SEF/97 | Athletic Vosges Entente Clubs | 1h30'20" |
| 2 | MOUTARD Camille | ESF/01 | Athle 21 | 1h31'40" |
| 3 | STEY Pauline | ESF/01 | Alsace Nord Athletisme | 1h32'24" |
| 4 | DENISSELLE Vanessa | MAF/84 | Val-de-reuil Ac | 1h40'18" |
| 5 | CARRE Elvina | ESF/03 | As Tournus | 1h40'28" |
| 6 | PESLERBE Bertille | SEF/98 | Ea Pays De Broceliande | 1h45'29" |
| 7 | MILLE Angele | ESF/01 | Grac Athletisme | 1h46'29" |
| 8 | MASSON Liv | ESF/03 | Stade Bordelais Athletisme | 1h46'51" |
| 9 | DUCLOS Adele | SEF/00 | Athle 91 | 1h47'23" |
| 10 | JUMEAU Celia | SEF/00 | Oc Chateaudun Bonneval | 1h48'56" |
| 11 | ROULAND Marion | SEF/90 | Stade Dieppois | 1h49'04" |
| 12 | VIDALINC Celia | SEF/96 | Clermont Auvergne Athletisme | 1h51'17" |
| 13 | THEOLIER Lily | SEF/00 | Annecy Haute Savoie | 1h56'16" |
| 14 | BEGEL Myriam | SEF/95 | Entente Athletique Grenoble | 1h56'45" |
| 15 | FRANCHIN Celia | MAF/87 | Grand Paris Seine & Oise Athle | 1h57'39" |
| 16 | BIZARD Lucie | SEF/90 | Stade Francais (paris) | 1h57'55" |
| 17 | KLIPFEL Emma | ESF/01 | Nancy Athletisme Metropole | 1h58'22" |
| 18 | SINA Laurence | MAF/69 | Entente Sud Lyonnais | 2h01'41" |
| 19 | MAXENCE Mathilde | SEF/99 | Athle Provence Clubs | 2h01'42" |
| 20 | VAROQUIER Elodie | MAF/83 | Cs Bourgoin-jallieu | 2h01'42" |
| 21 | CHOCHOY Christine | MAF/68 | Dynamic Aulnay Club | 2h07'44" |
| 22 | BARRITAUULT Lea | SEF/96 | Athletic Trois Tours | 2h12'18" |
| 23 | KRICH Rahil | MAF/79 | Nice Cote D'azur Athletisme | 2h12'29" |

35km marche Hommes

| | | | | |
|----|-------------------------|--------|------------------------------|----------|
| 1 | CAMPION Kevin | MAM/88 | Stade Dieppois | 2h37'55" |
| 2 | ANDRIEU Hugo | SEM/92 | Uavh Aubagne | 2h43'12" |
| 3 | RODRIGUEZ Remi | SEM/89 | Clermont Auvergne Athletisme | 2h45'58" |
| 4 | KUSTER David | SEM/99 | Efs Reims | 2h49'21" |
| 5 | MARTIN Come | SEM/95 | Clermont Auvergne Athletisme | 2h56'06" |
| 6 | DE BONTIN Vincent | MAM/88 | Ea Cergy Pontoise | 3h06'43" |
| 7 | FAITEAU Maxime | SEM/90 | Entente Poitiers Athle 86 | 3h07'42" |
| 8 | GARREAU Faustin | ESM/03 | Afa Feyzin-venissieux | 3h13'46" |
| 9 | BONNOMET Arthur | SEM/00 | Annecy Haute Savoie | 3h14'05" |
| 10 | HADULA Ludovic | MAM/87 | Grac Athletisme | 3h24'00" |
| 11 | FOUGERON Pierre-Alexan. | ESM/03 | Bourges Entente Athletisme | 3h28'53" |
| 12 | LACHE Cyrille | MAM/65 | Ca Balma | 3h39'06" |

35km marche Femmes

| | | | | |
|---|-------------------------|--------|---------------------------|----------|
| 1 | DITTRICH Bianca M (Ger) | SEF/93 | Entente De Haute Alsace | 3h02'34" |
| 2 | CHAMPALOU Lucie | SEF/90 | Athletic Trois Tours | 3h12'03" |
| 3 | OSMONT Caroline | SEF/96 | As Tourlaville | 3h16'28" |
| 4 | DUQUESNE Laura | SEF/90 | Ea Cergy Pontoise | 3h20'30" |
| 5 | LANGLOIS Doriane | SEF/93 | Athletic Clubs 92 | 3h43'10" |
| 6 | ROTTIER Marine | SEF/00 | La Postillonne Longjumeau | 3h58'23" |



Quinon and Beretta dominated in the French 20km, as did Campion (below) in the 35km.



5km marche Cadettes

| | | | | |
|---|------------------|--------|-------------------------|--------|
| 1 | LE ROCH Chloe | CAF/07 | Cjf Saint-malo | 23'34" |
| 2 | FENOUILLERE Clea | CAF/07 | Manche Athle Centre Sud | 26'37" |
| 3 | LANDRON Capucine | CAF/06 | Ca Beglais | 26'41" |
| 4 | WROBLEWSKI Marie | CAF/06 | Us Talence | 27'25" |
| 5 | BELIN Eline | CAF/06 | Athle 21 | 27'58" |

5km marche Cadets

| | | | | |
|---|-----------------|--------|--------------------------|--------|
| 1 | RABREAU Clement | CAM/07 | Val-de-reuil Ac | 23'12" |
| 2 | CAILLE Maxime | CAM/06 | Beauvais Oise Union Club | 23'27" |
| 3 | DULAK Clement | CAM/07 | Athle Provence Clubs | 26'02" |
| 4 | FALAISE Liam | CAM/07 | Beauvais Oise Union Club | 27'13" |
| 5 | DUMAS Maxime | CAM/07 | Beauvais Oise Union Club | 27'20" |

10km marche Juniors

| | | | | |
|----|--------------------------|--------|--------------------------------|--------|
| 1 | CHENUET Quentin | JUM/05 | Gien Athle Marathon | 45'03" |
| 2 | ELLUL Hugo | JUM/05 | Stade Olympique Calais | 45'51" |
| 3 | PICART Bastien | CAM/06 | Athletic Clubs Du Littoral 44 | 46'55" |
| 4 | AUBRY Eliot | JUM/05 | Ea Cergy Pontoise | 48'51" |
| 5 | NAU Louis | JUM/04 | Saran Loiret Athletic Club | 48'52" |
| 6 | PETER Anthony | CAM/06 | Entente Athletique De L'arve | 49'45" |
| 7 | FELLAH Clement | JUM/04 | Us Valenciennes Athletisme | 50'22" |
| 8 | DE BISSCHOP-THERY Maelys | CAM/06 | Entente Franconville Cesame | 52'01" |
| 9 | PETIOT Simon | JUM/05 | Athletic Club Secteur Monistro | 52'24" |
| 10 | TIRABASSI Ange | JUM/05 | As Aix-les-bains | 54'21" |

10km marche Juniores

| | | | | |
|----|-----------------|--------|--------------------------------|--------|
| 1 | DELAHAIE Ana | JUF/04 | Stade Bordelais Athletisme | 47'19" |
| 2 | MILLE Agathe | JUF/04 | Grac Athletisme | 49'35" |
| 3 | MERBITZ Marine | CAF/06 | Montbeliard Belfort Athletisme | 50'16" |
| 4 | LAGRANGE Nelly | JUF/04 | Athle 66 | 52'21" |
| 5 | BOUQUIN Rachel | JUF/04 | Racing Club Nantais | 53'42" |
| 6 | TARTRON Lea | JUF/05 | Beauvais Oise Union Club | 54'44" |
| 7 | LEMOINE Morgane | JUF/04 | Ac Barentin | 55'56" |
| 8 | VEJUX Laura | JUF/05 | Montbeliard Belfort Athletisme | 56'21" |
| 9 | ZIAT Alicia | JUF/05 | Grand Angouleme Athletisme | 57'21" |
| 10 | SANIEZ Zelie | JUF/04 | Us Talence | 57'55" |

Judges

Chief : Hervé Desmoulins

Jean-Pierre Dahm , Frederic Bianchi , Emmanuel Tardi , Gildas Sizorn , Gilles Sahuc , Jean-Jacques Dumas



The 'yeux d'aigle' (eagle eyes) at Aix les Bains. (Photos: Emmanuel Tardi)

MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, March 13, 2023 - Ntrispioti and Papamichail won Greek titles in the 20 km walk of Astros Kynourias <http://omarchador.blogspot.com/2023/03/ntrismpioti-e-papamichael-conquistaram.html>
- Monday, March 13, 2023 - César Moreno Bravo (1934-2023) passed away. <http://omarchador.blogspot.com/2023/03/faleceu-cesar-moreno-bravo-1934-2023.html>
- Monday, March 13, 2023 - Colombian Arévalo wins 20 km in Buarcos. Vieira and Cabecinha are crowned national champions <http://omarchador.blogspot.com/2023/03/colombiano-arevalo-vence-20-km-em.html>
- Sunday, March 12, 2023 - England Winter Championships 2023 and Molly Barnett Walks in Coventry (Results) <http://omarchador.blogspot.com/2023/03/campeonatos-de-inverno-de-inglaterra.html>
- Sunday, March 12, 2023 - Hungarian Master Indoor Championships (results) <http://omarchador.blogspot.com/2023/03/campeonato-da-hungria-master-em-pista.html>
- Sunday, March 12, 2023 - FADU – National University Indoor Championship 2023 (results) <http://omarchador.blogspot.com/2023/03/fadu-campeonato-nacional-universitario.html>
- Friday, March 10, 2023 - Narcis Mihaila and Mihaela (Acatrinei) Popa win 20 km in Timisoara, Romania <http://omarchador.blogspot.com/2023/03/narcis-mihaila-e-mihaela-acatrinei-popa.html>
- Thursday, March 9, 2023 - Central American Walking Championships - Managua 2023 (results) <http://omarchador.blogspot.com/2023/03/campeonatos-centro-americanos-de-marcha.html> (See 'PAGE AND SCREEN' below for YouTube footage from this event.)
- Wednesday, March 8, 2023 - Spain Master Indoor Championship - Antequera 2023 (results) <http://omarchador.blogspot.com/2023/03/campeonato-de-espanha-master-em-pista.html>
- **Wednesday, March 8, 2023 - Declan Tingay sets new Australia record in 5000m walk (18:12.52) in Melbourne** <http://omarchador.blogspot.com/2023/03/declan-tingay-com-novo-recorde-da.html>
- Tuesday, March 7, 2023 - Caio Bonfim and Gabriela Muniz win Brazilian titles in the 20 km walk <http://omarchador.blogspot.com/2023/03/caio-bonfim-e-gabriela-muniz-conquistam.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.



A couple of clips readers may find interesting ... especially if championship races on foreign soil, in languages other than English, take your fancy:

- Aurelian Quinon Champion of France over 20km <https://culturemarche.com/2023/03/12/aurelien-quinion-champion-de-france-du-20-km-marche/>
Culturemarche.com is a French webzine. In this edition a YouTube clip of the championships (written up earlier by Emmanuel Tardi) is available to view at the foot of the page. (Rug up before you watch it ... brrrr!) Included is a brief interview with Women's champion Clemence Beretta, who raced and trained in Canberra and Perisher as part of the Supernova study this year.
- Look what the 2023 Central American Sports Walking Championship left for Nicaragua <https://www.youtube.com/watch?v=Utol6nE6qw8>
Some good footage of techniques, in particular of the fluidity of movement so typical of Latin American walkers.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2023

| | |
|---------------------------|--|
| Sat 25 Mar 2023 | AVSL Playoffs Week 2 (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 |
| Sun 16 Apr 2023 | VMA 30+ Gift (1600m Walk) – Tom Kelly track, Doncaster |
| 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 |
| Sun 6 Aug 2023 | AMA Masters 20km road c'ship - Adelaide |

International Dates

| | |
|---------------------|---|
| 19 Mar 2023 | 17 th All Japan Universities 20km Race Walking c'ship – Nomi, JAP |
| 30 Apr 2023 | 2 nd Gran Premio Internacional Madrid Marca LaLiga – Madrid, ESP |
| 6 May 2023 | Grande Premio Internacional de Rio Major em Marca Atletica – Rio Major, ESP |
| 3 June 2023 | 36 th Gran Premio Cantones de La Coruna de Marcha – La Coruna, ESP |
| 28 Jul-8 Aug 2023 | World University Summer Games – Chengdu, CHN (now confirmed by FISU) |
| 19-27 Aug 2023 | 19 th World Athletics Championships – Budapest, HUN |
| 26 Jul- 11 Aug 2024 | XXXIII Summer Olympics – Paris, FRA |
| 13-25 Aug 2024 | 24 th World Masters T&F Championships – Gothenburg, SWE |
| 20-24 Aug 2024 | WA World Junior T&F Championships – Lima, PER |
| 13-21 Sep 2025 | 20 th World Athletics Championships – Tokyo, JAP |

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