



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

VRWC Club summer races #3, 14 January – Middle Park

Holidays, predictably, restricted entries for the first VRWC races for the year, with just 16 walkers facing the starter. The humid conditions kept times relatively slow. The fastest on the day was **Kelly Ruddick**, making another comeback, who just missed the 50:00 barrier in the 10km, while **Alejandro Stephens** was the only longer distance finisher with **1:19:33** in the 15km.

It was good to welcome **Adam Patterson** back to Middle Park. While he didn't finish the 5km on this occasion, Adam, now based in QLD and competing for Queensland Masters, showed he is still pretty fit. The morning's standout effort came from 10yo **Indigo Marshall-Moodie**, the only starter in the 2km, who used the 3km and 5km fields around her to good effect for a huge PB time of **12:00**.

15km Open

1 Alejandro Stephens 1:19:33
-- Paul Moritz DQ

10km Open

1 Jonathan Ho 56:58
2 Terry O'Neill 1:06:47

5km Open

1 Geoff Barrow 37:59
-- Adam Patterson DNF

1 Kelly Ruddick 50:03
2 Arnika Nelson 51:48
3 Char Hay 55:06

1 Ariana Pashutina 28:58
2 Emily Smith 29:56
3 Donna-Marie Elms 35:02

3km Open

1 Heather Carr 21:40
2 Gwen Steed 22:24

2km Open

1 Indigo Marshall-Moodie 12:00 PB 1:03

Thanks, as always, to the officials, judges and helpers whose efforts created another racing opportunity for our walkers:

Manager Mark Donahoo
Referee: Terry Swan
Race check in Mark Donahoo
Recorders Bob Gardiner, Karyn O'Neill, Bill Carr
Judges: Stu Cooper (Chief), David Cash, Scott Nelson, Brenda Felton, Diane Lowden, Gordan Loughnan
Set up, Pack up: Terry Swan, Tim Erickson, Stu Cooper, Bob Gardiner, Terry O'Neill
Photos Terry Swan
Canteen Donna Marie Elms, Brenda Felton
Red cards collector Mark Donahoo
Walkers: 16



*Action models: Donna-Marie, Adam, Char, Gwen, Arnika, Geoff, Kelly, Heather, Jonathan, Indigo and Ariana

VICTORIA - METRO & REGIONAL

AVSL RESULTS

**** Metro Zone B: Round 8, Saturday 13 January – Tom Kelly track, Doncaster**

AVSL race walks resumed at Doncaster with a fierce contest between Ela Uzun and Alejandro Stephens. Ela started at blistering pace and soon had her pursuers eating her dust as she went record-hunting. Inevitably tiring, she was gradually worn down by Alejandro who caught her in the final straight and towed her across the line with a 3sec gap. For the Glenhuntly man it was another PB; for Ela it was that – **13:36.8** – and six new records, two of them Jemima Montag’s U15 State and VRWC marks. What a prospect this girl is!

Jade Chitty, having her best AVSL season so far, scored a big PB of her own with **14:59.7**.

Pl	Name	Club	Age	Time	Points	
3000m walk						
1	Alejandro Stephens	(GHY)	MOP	13:33.5h	462	PB 0:14
2	Ela Uzun	(ESS)	F14	13:36.8h	560	AV & VRWC U13/14/15 rec, PB 0:05

3	Eden Morgan	(KNA)	M20	14:23.7h	443	
4	Jade Chitty	(WES)	F20	14:59.7h	469	PB 0:35
5	Char Hay	(MUU)	FOP	15:12.8h	460	
6	Havana Ali	(ESS)	F14	16:06.4h	467	
7	Carolyn Rosenbrock	(YRA)	F60	17:12.5h	510	
8	Sandra Geisler	(RWD)	F45	17:32.04	418	
9	Emily Smith	(KNA)	F18	17:40.1h	352	
10	Mietta Morgan	(KNA)	F16	18:29.8h	330	
11	Sarah Papadopoulos	(DIV)	FOP	20:47.3h	207	
12	Michael Harvey	(WAM)	M60	22:20.2h	268	

Encouragingly, a huge entry in the 1500m necessitated the holding of two heats. **Max Davidson**, another having his best summer season to date, chipped away at his personal best in winning the first heat easily, with another improver, **Lewis McLennan**, crossing second. Little Aths youngsters **Cruze Marsh** and **Brienna Coffey** were impressive in their first outings over the 1500m distance.

International Masters Athlete of the Year winner **Andrew Jamieson** is doing other things with life these days, yet it gladdened the heart to see him out there in Heat 2, still competitive and racing hard in his signature red Old Scotch singlet. Welcome back, Andy!

1500m walk – Heat 1

1	Max Davidson	(DIV)	M16	6:47.7h	483	PB 0:02
2	Lewis McLennan	(DAC)	M14	7:38.5h	443	PB 0:14
3	Danny Hawksworth	(ESS)	M40	7:40.1h	403	
4	Jaime Hvalica	(DIV)	M14	7:44.5h	435	
5	Simon Evans	(BOH)	M60	8:00.5h	475	
6	Trenton Hawkins	(PTN)	M40	8:04.5h	361	
7	Cruze Marsh	(KNA)	M14	8:15.3h	397	First 1500m
8	Emilie Garside	(YRA)	FOP	9:07.2h	295	
9	Brienna Coffey	(YRA)	F14	9:30.2h	323	First 1500m
10	Donna-Marie Elms	(PTN)	F60	10:08.3h	399	

1500m walk – Heat 2

1	Hamish McLennan	(DAC)	M16	8:47.7h	306	
2	Bernie Keirl	(DIV)	M60	9:08.5h	401	
3	John Nottle	(COL)	M70	9:16.2h	454	
4	Andrew Jamieson	(OSC)	M70	9:22.7h	448	
5	Brian Anderson	(ESS)	M65	9:23.7h	416	
6	Duncan Knox	(ESS)	M60	9:58.1h	327	
7	Debbie McKenzie	(DIV)	F50	10:07.6h	306	
8	Peter Wyatt	(MPA)	M65	10:21.2h	340	
9	Heather Carr	(GHY)	F70	10:28.0h	451	
10	Janice Hodgart	(WES)	F60	10:28.4h	365	
11	Kim Peak	(DAC)	F55	10:29.5h	313	
12	Tracy Colbert	(WES)	F50	10:45.0h	262	
13	Gwen Steed	(GHY)	F70	10:47.3h	431	
14	Geoffrey Barrow	(MEN)	M70	10:48.2h	351	
15	David Martini	(OLX)	M45	11:02.3h	180	
16	J R Szuhai-Andrews	(BWK)	F55	11:32.4h	241	
17	Jo Moxon	(DIV)	F55	12:05.7h	205	
18	Brenda Cashin	(WES)	F55	13:06.5h	169	
-	Christopher Worsnop	(OLX)	M65	DQ		
-	Laura McLennan	(DAC)	F45	DQ		
-	Paul Kennedy	(KSB)	M65	DQ		

**** Ballarat Zone: Round 8, Saturday 13 January – Llanberris Stadium, Ballarat**

Ballarat's AVSL comp was a night round this week, with **Sarah Brennan** walking a creditable 5000m in **28:34.0** and **Cody Wapshott** winning the 2000m.

2000m walk

1	Cody Wapshott	(EKA)	M14	14:32.66	199	
2	Roslyn Ireland	(BWK)	F40	16:23.81	156	
3	Olive Ireland	(BWK)	F60	17:07.04	210	

5000m walk

1	Sarah Brennan	(BYC)	F45	28:34.0h	443	
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***AVSL Round 9 – Saturday 20 January**

Metro – Werribee (VU stadium)	1.00pm	1500m, 3000m walk (all ages)
Ballarat region	3.15pm	1500m, 3000m walk (all ages)
Bendigo region	6.30pm	1500m, 3000m walk (all ages)

ENTRIES

Metro – enter via Members Portal at <https://www.revolutionise.com.au/athleticsvic/events/>

**** WESTGATE FREEWAY CLOSURE! ****

Owing to the ongoing 'Big Build' works, all lanes on the Westgate Freeway between Millers Rd and the M80 Ring Road will be closed on **Saturday 20 January**. This will affect all athletes living east of the Ring Road who wish to travel to Victoria University track in Werribee for AVSL Round 9.

See the Big Build website via this link – https://bigbuild.vic.gov.au/disruptions/disruptions-map?dateRange=&disruption=12971&lat=-37.825583187697625&lng=144.8301306767104&ordering=-priority%2C-updated_on&place=&project=&searchedPlace=&subtype=&type=&zoom=16 - for information re detours. Remember to allow yourself plenty of time in case of hold-ups.

 **AROUND THE COUNTRY**

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

For this year's first WOTW, it's impossible to go past 12yo **Ela Uzun (VIC)**, who clocked a terrific **13:36.8** in last Saturday's AVSL 3000m walk at Doncaster. Not only was this time another addition to Ela's impressive PB log, but with it she claimed six new records – three State and three VRWC – two of which she wrested from Jemima Montag (State and Club U15) while eclipsing her own marks with the other four.

Ela, who has had several busy racing seasons, has raced more sparingly over the past 12 months whilst training assiduously under coach Simon Baker. Still focused on the 1500, 2000 and 3000m distances, with the odd foray into 5km, Ela is highly dedicated and in cracking form for the championship races to come this season.

Well done, Ela! Good luck in the 'big' ones.



***Honourable mentions**

- **Alejandro Stephens (VIC)** – overtook Ela in the final 100m at Doncaster to post his own impressive 3000m PB.
- **Indigo Marshall-Moodie (VIC, 10yo)** – ripped over a minute from her 2km PB at Sunday's VRWC meeting.



**Australian and Oceania
20km Race Walking
Championships**
**World Walking Tour Silver
Level**
including the Australian Under 14,
Under 16, Under 18 and Under 20
Road Walk Championships
Sunday 11 February, Adelaide

Entries are now open for these championships.
The deadline is Sunday 28 January at 11.59pm.

Athletes wishing to enter can access the entry portal at:

<https://meets.rosterathletics.com/public/competitions/details/about?id=24430>



TASMANIA Athletics South Interclub, 13 January – Domain AC, Hobart

David Moore reports:

Brilliant sunshine for our walk at Interclub today with **Oliver Morgan** leading the field home in a nicely walked season best time, whilst our youngest walker, **Elsie Woodward**, sparkled with a strongly walked 30 second PB. We also welcomed back **Wayne Fletcher** who is making a cautious recovery from injury.

1500m Walk Result

1. Oliver Morgan	SB	6:35.73
2. Macy Devine	ES	8:44.13
3. Adele Woodward	OVA	9:55.46
4. Elizabeth Leitch	TMA	10:07.10
5. Elsie Woodward	HLA	11:18.97 PB
6. David Moore	TMA	13:57.05
7. Wayne Fletcher	NS	16:43.81

**Tas Masters T&F – 22/11/23, Domain Athletics Centre, Hobart

3000m Walk Result

By Invitation:

1. Oliver Morgan	SB	14:21
2. Adele Woodward	OVA	21:43

WESTERN AUSTRALIA Aths West interclub results, 6 January – WAAS, Perth

They're certainly taking it on the chin from the heat on the West coast. **Terry Jones** reports that the weather was warm for Friday night interclub after a 37C day with 41 forecast for Saturday.

Women 3000 Metres

1 Kaytee Bogaers	Mandurah Rockingham	15:44.01
2 Katica Borsic	Athletics West	19:15.89
3 Savannah Carnaby	Mandurah Rockingham	20:15.06
4 Chloe Bevis	Mandurah Rockingham	24:20.10

Men 3000 Metres

1 Bradley Mann	Perth Track	14:41.23
2 Liam Domoney	Athletics West	16:09.78

Women 5000 Metres

1 Leila Bevis	Mandurah Rockingham	32:44.90
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INTERNATIONAL NEWS

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.

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.

- Sunday, January 14, 2024 - 1980, walking events multiply <http://omarchador.blogspot.com/2024/01/1980-multiplcam-se-as-provas-de-marcha.html> Another instalment of the saga of Portuguese walking's rebirth.
- Saturday, January 13, 2024 - England Indoor Championships - Sheffield 2024 (results) <http://omarchador.blogspot.com/2024/01/campeonatos-de-inglaterra-em-pista.html>
- Thursday, January 11, 2024 – Jorge Salcedo nominated for the Paris 2024 Olympic Games <http://omarchador.blogspot.com/2024/01/jorge-salcedo-nomeado-para-os-jogos.html> Portuguese judge Salcedo joins the Paris panel.
- Wednesday, January 10, 2024 - 5th G. KNLTTS Marching Prize «Pepe Berlandino» - Mar Bella, Barcelona (results) <http://omarchador.blogspot.com/2024/01/5-g-premio-de-marcha-do-klnts-pepe.html>
- Tuesday, January 9, 2024 - ANAV - National Marching Championship 20 km - Porto de Mós/2024 (results) <http://omarchador.blogspot.com/2024/01/anav-campeonato-nacional-de-marcha-20.html> Portuguese national Masters 20km results.
- Monday, January 8, 2024 - João Vieira and Vitória Oliveira win 10 km championships in Porto de Mós <http://omarchador.blogspot.com/2024/01/joao-vieira-e-vitoria-oliveira-vencem.html>
- Sunday, January 7, 2024 - 1979, marching is part of the national athletics championships <http://omarchador.blogspot.com/2024/01/1979-marcha-integra-campeonatos.html> The year walking was included in the Portuguese national titles.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Sat 20 Jan 2024	AVSL Rd #9 – walks at Werribee
Sat/Sun 27/28 Jan 2024	Supernova: WA Race Walking Tour (Bronze) – AIS, Canberra
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sun 11 Feb 2024	2024 Australia & Oceania Race Walk c'ships – Adelaide SA
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	LAVic State T&F c'ships – venue TBC
Sat 16-Sun 17 Mar 2024	Victorian Masters T&F c'ships – venue TBC
Fri 29 Mar-Mon 1 Apr 2024	Aust. Masters T&F c'ships – Hobart TAS
Thu 11-Fri 19 Apr 2024	AA Aust Athletics c'ahips – Adelaide SA
Sun 28 Apr 2024	AV 10,000m Track walk c'ship (VRWC Winter season start) – Mentone

International Dates

Sun 18 Feb 2024	Japanese Walking c'ships (20km & 35km) – Kobe JPN
Sun 21 Apr 2024	WA Race walking Teams c'ship – Antalya TUR
Sat 4 May 2024	3 rd Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31 st Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold) – Rio Maior POR
Sat 18 May 2024	XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold) – La Coruna ESP

Sun 26 May 2024	III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold) – Madrid ESP
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER (*Lima withdrew in April but has since been reinstated.)
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

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