



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



VALE JUDITH ANN MASON

1939 - 2022

It is with sadness that we have to inform readers of the passing of another of the VRWC's Life members, **Judy Mason**, who died early on Monday morning after a period of declining health.

Judy was associated with VRWC since the mid 1980s and, along with her late husband Harry, she fulfilled a variety of official positions within the club. In particular, she was Race Secretary for 6 years, from 1988 to 1994. Her weekly typed race reports from that period form an important part of the club archive, especially since our 'Heel & Toe' newsletter was only produced intermittently during that time.

While she was helping run the day-to-day activities of the club, Harry fulfilled the position of Vice President (1991-1994).

Although they stepped down from the committee in the mid 1990's, they both remained involved in the club, Harry as an official (and our official course measurer) and Judy as a judge and general helper. They were also deeply involved at both the AV and AA levels and were fittingly joint winners of the AV Official of the Year for 2006.

A highpoint of Judy's career as a judge and official would have to have been her role as part of the Olympic judging panel at the 2000 Games in Sydney. (Thanks to Judy's daughter Marilla for sending us the photo below.)

On behalf of all at the VRWC, I have contacted Marilla to offer our condolences to the Mason family and their friends. We wish them peace, togetherness and the comfort to be found in shared reminiscences during what will be, for them, a very different Christmas. In turn, Marilla has asked me to convey to our members the family's appreciation of the high regard in which her mother was remembered at the Club.

In accordance with Judy's wishes, there will be no funeral or memorial service. Instead, the family has requested that donations be made to Dementia Australia. This can be done by following this link:

<https://www.dementia.org.au/get-involved/ways-donate>

Peace to everyone,

Stu Cooper



Judy and her team manning the Men's 50km DQ board during the Sydney Olympics.

****Next issue of 'H&T Online' out on January 10***

As the year heads towards its conclusion, I am taking a break for a couple of weeks. 'Heel & Toe Online' will return with Vol 1/2023 on Tuesday 10 January.

I'd like to wish all our readers and their families a happy, warm and peaceful Christmas and a 2023 of fulfilled promise. Take care and stay safe.

Stu

****Next VRWC races***

Thursday 12 January

Aberfeldie Track, Moonee Ponds

7:00pm 1100m, 1500m Open

7:15pm 5000m, 3000m Open

To pre-enter, go to <http://vrwc.org.au/wp1/>

Entries close Wednesday 11 January, 10.00am

Sunday 15 January - Middle Park

8:30am 20km, 15km, 10km

9:15am 5km, 3km

9:40am 2km, 1km

11:00am Annual General Meeting

To pre-enter, go to <http://vrwc.org.au/wp1/>

Entries close Friday 13 January, 10.00am

Annual General Meeting

Sunday 15 January

Nomination and Proxy forms for Committee positions were distributed to members last week. Copies are also attached to the email carrying this issue.

****HAVE YOU COMPLETED YOUR MEMBER SURVEY YET ?***

Remember ... the deadline is **Friday 6 January**

If you did not receive the link by email, contact me at stuwalks@yahoo.com.au and I will send it to you.

- Stu Cooper



VICTORIA - METRO & REGIONAL



AVSL RESULTS

***** Metro Zone A: Round 7, Saturday 17 December – Moonee Valley Athletics Centre, Aberfeldie***

32 walkers assembled at Aberfeldie in warm but agreeable conditions for the first twilight AVSL meeting of the season, also the final round before the Christmas break.

Emily Smith and **Mya McClure** made their intentions clear in the 2000m with fast starts, before being joined by **Danny Hawksworth**. Danny edged ahead to win in **10:21.9**, with Mya just 5secs adrift and Emily fighting off a fast-finishing **Trenton Hawkins**. Among the VRWC walkers, **Gwen Steed** was the standout, having set an inaugural Club W80 record with her **14:19.4**.



Left: Start of the 2000m. Winner Danny Hawksworth 2nd from left.

Right: The evergreen Andrew Jamieson

(Photos: Shaun Sharp)

2000m

Pl	Name	Club	Age	Time	Points	
1	Danny Hawksworth	(ESS)	M40	10:21.9h	402	
2	Mya McClure	(BOH)	F14	10:26.7h	507	
3	Emily Smith	(KNA)	F18	10:43.6h	459	
4	Trenton Hawkins	(PTN)	M40	10:47.5h	372	
5	Kylie Irshad	(GHY)	F50	11:09.7h	491	
6	Kerryn Walshe	(KSB)	F60	11:24.4h	526	
7	David Smyth	(COL)	M50	11:35.9h	370	
8	Brian Anderson	(ESS)	M60	12:23.4h	385	
9	Donna-Marie Elms	(PTN)	F60	12:27.0h	479	
10	Heather Carr	(GHY)	F70	12:30.8h	533	
11	Sarah Papadopoulos	(DIV)	FOP	12:48.7h	294	
12	Duncan Knox	(ESS)	M60	13:10.3h	335	
13	Emilie Garside	(YRA)	FOP	13:38.0h	252	
14	Janice Hodgart	(WES)	F55	14:06.9h	353	
15	Debbie McKenzie	(DIV)	F50	14:07.1h	311	
16	Merilyn Thompson	(MPA)	F55	14:13.3h	346	
17	Gwen Steed	(GHY)	F70	14:19.4h	460	W80 Club record
18	Geoffrey Barrow	(MEN)	M70	14:21.5h	347	
19	Clyde Riddoch	(AWA)	M65	14:27.1h		
20	Geza Benke	(OLM)	M65	14:31.8h	295	
21	Kim Peak	(DAC)	F55	15:09.8h	288	
22	Joanna Margiolis	(ESS)	FOP	15:53.7h	166	
23	Jo Moxon	(DIV)	F55	15:55.2h	255	
-	Ian Handasyde	(OSC)	M65	DQ		
-	James Moore	(COB)	M14	DQ		
-	Paul Kennedy	(KSB)	M65	DQ		
-	Tracy Colbert	(PTN)	F50	DNF		

The small 5000m field provided a keen contest between **Char Hay** and **Alejandro Stephens**. Char led hard for most of the way before Alejandro struck with a winning surge for **25:31.9** to **26:12.9**. **Maddie Nash**'s **27:06.3** was virtually a carbon copy of her Adelaide bronze medal result last week (albeit in kinder conditions), while **Andrew Jamieson** made the 6-hour round trip from Fish Creek to earn Old Scotch valuable points with his **29:49.5**.

5000m

1	Alejandro Stephens	(GHY)	MOP	25:31.9h	413
2	Char Hay	(MUU)	F20	26:12.9h	471
3	Maddison Nash	(KNA)	F18	27:06.3h	465
4	Andrew Jamieson	(OSC)	M70	29:49.5h	477
-	David Martini	(OLX)	M45	DQ	

**No walks events were conducted at the Ballarat or Bendigo venues last weekend.*

Club codes		
ANW – Athletics Nunawading	DIV – Diamond Valley	MUU – Melbourne University
BGO – Bendigo	EAG – Eaglehawk	OLX – Old Xaverians
BOH – Box Hill	EKA – Eureka	PTN – Preston
BWK – Brunswick	ESS – Essendon	SBE – South Bendigo
BYC – Ballarat YCW	GHY – Glenhuntly	WAM – Waverley
COB – Coburg	KNA – Knox Athletics	WES – Western Athletics
COL – Collingwood Harriers	KSB – Keilor St Bernards	WYN – Wyndham
DAC – Doncaster	MEN – Mentone	YRA – Yarra Ranges



AROUND THE COUNTRY

** WALKER OF THE WEEK **



After a noteworthy year of walking achievements, including a succession of shared WOTW wins and honourable mentions, Tasmania's **Will Bottle** has won the award outright this week with a lightning-fast **5:47.02**, taking fastest time honours in the Albert Johnson Memorial 1500m Handicap in Hobart.

Will's time, a PB by 18secs, comes off the back of his strong PB result in Adelaide last week over 5000m against Victoria's Marcus Wakim. 1500m races are infrequently walked by top juniors or seniors these days, so this result serves as a vivid indicator of the natural speed Will has at his disposal with the big occasion summer races coming up in the next three months.

Well done, Will!

*Honourable mention

- **Gwen Steed** (VIC) – Club W80 record of **14:19.4** for 2000m at the AVSL Round 7 meet.

A.C.T. Christmas 1km relay, 17 December – Lennox Gardens

From ACT Race and Fitness Walking club update 19/12/22:

Team "C" First place

Hana Jugovic 5:21
Emma Grocott 4:58
Sue Archer 6:57
Bob Parker 7:24
Total time 24.39

Team B Second Place

Kodi Clarkson 4:02
Rosemary Parker 7:34
Rod Gilchrist 7:36
Ann Jugovic 5:30
Total time 24.42

Team C Third place

Owen Toyne 4:02
Jim White 7:18
Jenny Gilchrist 8:18
Paul Archer 8:05
Total time 27:43

**Athletics ACT Meet, 17 December – Woden Park

1 Kodi Clarkson	13:13.71
2 Hana Jugovic	17:17.49 PB
3 Julia Grocott	17:56.20 PB

TASMANIA Albert Johnson Memorial 1500m Walk Sealed H'cap, 17 December – Domain AC, Hobart

David Moore and **Rosemary Coleman** report from Hobart:

Today saw cool conditions for the Albert Johnson Memorial 1500m Walk at the Domain Athletics Centre. In a repeat of last year's result **Elizabeth Leitch** and **Will Bottle** took out the sealed handicap but it took a Season Best on the part of Elizabeth and a PB on the part of Will to do so, with the time differences from 2nd to 7th being very tight.

The real time efforts of our Walkers saw them seeing off 2022 on a high note, with **Will Bottle** and **Adele Woodward** all achieving PB's while **Macy Devine** and **Lily Carr** did Season Bests.

Scaled H'Cap Placings and Times

1. Eliz Leitch	TMA	5:41
2. Will Bottle	Newstead AC	5:47
3. Lily Carr	OVA	5:50
4. Adele Woodward	OVA	5:52
5. Macy Devine	ESAC	5:57
6. Nathan Wass	ESAC	6:01
7. Oliver Morgan	OVA	6:05
8. Dave Moore	TMA	6:57

Real Time Result

1. Will Bottle	Newstead AC	5:47.02 PB
2. Oliver Morgan	OVA	6:45.77
3. Macy Devine	ESAC	8:25.03 SB
4. Nathan Wass	ESAC	8:51.98
5. Lily Carr	OVA	9:05.27 SB
6. Elizabeth Leitch	TMA	10:01.17
7. Adele Woodward	OVA	10:22.02 PB
8. Dave Moore	TMA	13:37.00

**Tas Masters T&F - Domain Athletics Centre, Hobart 14/12/22*

3000m Walk

1. Wayne Fletcher	NS	23.43
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(NOTE: David also wishes to correct his report in the last issue, which stated that Wayne Fletcher had surpassed 121,000km for the year. It should have been 121,000m. '121,000km would be a third of the way to the moon', he quipped.)



INTERNATIONAL NEWS

UNITED KINGDOM: Surrey WC Xmas Cup results, 19 November – Tonbridge School, Tonbridge

It took a while to get these results, but I finally managed to do so via the December edition of *Race Walking Record*.

This annual event was the first 'A' judged race for a number of months and attracted a good field, including a healthy number of younger athletes. The weather was ideal, cool with very little wind.

Luc Legon, as in 2021, was the overall winner of the 5000m, lapping all but second place, training partner **Matthew Crane**. First woman was **Abigail Jennings** with a personal best time. **Mark Ashby** was the first male veteran, in his debut over 5000m.

Ashford's **Jessica Wilton** removed over three minutes from her previous best for the distance finishing one second behind the first veteran athlete **Grazia Manzotti**, who also recorded a personal best.

In the 3000m all athletes achieved personal bests with **Charlie Perry** just staying clear of **Matthew Tootell** to take the win.

Mixed 5000m

1 Luc Legon	SENM	Bexley Athletic Club	21:54.8 [SB]
2 Matthew Crane	U23M	Bexley Athletic Club	22:59.5 [SB]
3 Jonathan Hobbs	SENM	Ashford Athletic Club	24:26.5 [SB]
4 Abigail Jennings	U23W	Aldershot Farnham & D.	25:11.3 [PB]
5 Hannah Hopper	U20W	Cambridge Harriers	26:38.9 [SB]
6 Grazia Manzotti	W50	Tonbridge Athletic Club	27:12.1 [PB]
7 Jessica Wilton	U20W	Ashford Athletic Club	27:13.3 [PB]
8 Jonathan Ellerton	U20M	Blackheath & Bromley	27:50.8
9 Emily Ghose	SENW	Tonbridge Athletic Club	28:47.6 [SB]
10 Mark Ashby	M60	Cambridge Harriers	30:34.3 [PB]
11 John Arthur	M60	Ilford Athletic Club	31:20.3
12 Colin Harle	M60	Belgrave Harriers	31:25.7
13 Mark Culshaw	M55	Belgrave Harriers	31:33.5 [SB]
14 Penelope Cummings	W45	Herne Hill Harriers	32:09.9 [SB]

15 Matthew Ellerton	M45	Blackheath & Bromley	32:12.4 [PB]
16 Ian Statter	M65	Surrey Walking Club	34:38.7 [SB]
17 Glen Keegan	M55	Herne Hill Harriers	37:57.1 [PB]
18 Sian Baum	W55	Herne Hill Harriers	38:25.0 [PB]
-- Shaheda Arthur	W60	Ilford Athletic Club	DQ

3000m

1 Charlie Perry	U15B	Lewes Athletic Club	19:55.2 [PB]
2 Matthew Tootell	U13B	Blackheath & Bromley	19:58.6 [PB]
3 Trejan Checheku-B	U15B	Blackheath & Bromley	20:27.0 [PB]



Luc Legon, Abigail Jennings, Matthew Crane, Hannah Hopper and Charlie Perry

(Photos: Mark Easton)

MORE ON GEORGE LARNER – THE FIRST OLYMPIC WALKS GOLD MEDALLIST

In Issue 48, Tim Erickson informed us of yet another priceless book on race walking in his collection – on this occasion, *Larner's Textbook on Walking* by pioneer race walking Olympic champion **George Larner**. Tim has already written an biographical article on Larner which can be found at <http://www.vrwc.org.au/tim-archive/articles/wo-george-larner.pdf>. In it, he makes reference to another article by Sussex walker Alan Buchanan, whose research into that southern county's athletic past led him to write this fascinating article on race walking first-ever Olympic gold medallist.

My thanks to Tony Taylor (Lancashire WC) for revisiting this story – and including the link to Alan's article – in the Lancashire Walking Club's newsletter.

GEORGE LARNER - SUSSEX'S FIRST OLYMPIC CHAMPION

by Alan Buchanan (reprinted from *sussexathletics.net*)



At the 1908 London Olympics, **George Larner** of Brighton and County Harriers, won the 3,500m Walk and the 10 miles Walk. Those distances were never raced again, so to this day Sussex has a club athlete who holds the two Olympic gold medals and the Olympic records.

I switched from running to race walking in 1966, encouraged by Arthur Jones, who two years later was selected for the 20km at the Mexico City Olympics, along with Brighton and Hove AC club mates Chris Carter (800m) and Andy Todd (4 x 400m relay). I worked for the Brighton and Hove Herald through the sixties and researched their archives at the time to write an article on George Larner for the *Race Walking Record*.

Although born in Berkshire in 1875, he took up walking with the club in 1903, aged 28 and soon showed an aptitude for the event, winning four AAA titles in the following couple of years, including nine world records. He was a Brighton Police Constable and soon found that his duties prevented him from serious walk training. The Chief Constable was made aware of this and in 1906 the County Borough of Brighton Watch Committee gave Larner special dispensation, to train for the London Olympic Games, which were to be held in 1908.

In his first race back in the AAA 7 miles championship, he was disqualified for lifting but writers at the time were complimentary of his long striding technique, and he put this aside to go on and win both golds with the added bonus of a 75.57.4 World record in the 10 miles.

I spoke to those who had seen Larner walk at the time, including former Argus correspondent Jack "Jackdaw" Davis. He had been present when Larner set the World 3 miles and 4 miles records, on the grass track within the cycle track at

Brighton's Preston Park, in August 1905. Jack was not too complimentary of Larner's technique describing it, "like a shuffle," but others, including Ernest Neville, who was in that race and would go on to be a top class AAA timekeeper and founder of the Road Runners Club, were quite happy and admired him.

After the games, Larner went back onto the Brighton beat and I recollect reading about his involvement in a Brighton house fire rescue, while reading the Herald Archives. He went back to running with the Brighton club and a few years later he moved to London, here he returned to walking with Highgate Harriers winning the 1911 AAA 7 miles title. George Larner died in Brighton in 1949 aged 73.

In 1967 I raced in a one mile track walk at Walton on Thames, in an attempt by Arthur Jones to beat Larner's British Record of 6:26 - but he failed. It was Roger Mills who eventually took the record at Crystal Palace a few years later.

My good friend, Keith May, wrote the story of the great runner Alf Shrubb, who in the early 1900s set 10 World Records. In the same era, George Larner also set 10 world records. Thus, between 1903 and 1908, Sussex had two outstanding multiple World Record holders.

For the record, Larner's achievements were:

- 3 miles in 20.25.8
- 4 miles - 27.14.0
- 5 miles - 36.00.2
- 6 miles - 43.26.2
- 7 miles in 50.50.8
- 8 miles - 58.18.4
- 9 miles in 1.07.37.8
- 10 miles in 1.15.57.4
- 13,275m in a one hour track race.

Race Walking was for many years well supported in Sussex and the rest of England but nowadays the top walkers have become so fit that, in my view, they are too fast for the rules. No longer able to compete on open roads, the event has faded out in Britain, with only a small number of participants in few races.

I was fortunate to have competed during the best years in the 1970s when the 'Larner Legacy' was still alive in British walking.

Few sportspersons can expect to have the honour of their name emblazoned on their local bus.

When George Larner was born in 1875, there was no such thing as a motor car as we know it, let alone a double decker bus. He however, is celebrated on one of the Brighton & Hove buses, and is one of the only sportspersons and is the only athlete who rubs shoulders, metaphorically, with the great and good associated with the City.



George Larner on his way to winning the 3500m Gold medal at the 1908 London Olympics.

(Photos: sussexathletics.net)

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.

- 18/12/2022 Dublin (IRL): Aurelien Quinion (FRA) and Mayara Vicentainer (BRA) are the winners of 35km open Irish Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4497

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.

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.

- Monday, December 19, 2022 - Highlights in Dublin for Partanen and Feige (20 km) and Quinion and Vicentainer (35 km) <http://omarchador.blogspot.com/2022/12/destaques-em-dublin-para-partanen-e.html>
- Sunday, December 18, 2022 - On the (death) of Manuel Arons de Carvalho (1947-2022) <http://omarchador.blogspot.com/2022/12/no-desaparecimento-de-manuel-arons-de.html>
- *Thursday, December 15, 2022 - Australian School Championships 2022, Adelaide (Results) <http://omarchador.blogspot.com/2022/12/campeonatos-escolares-australianos-2022.html>
- Wednesday, December 14, 2022 - Álvaro Martín and Sara Ammour triumphed at the Club Athleo Cieza Grand Prix <http://omarchador.blogspot.com/2022/12/alvaro-martin-e-sara-ammour-triunfaram.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2023

Fri 6 Jan 2023	Race Supernova #1 (WA RW Tour Silver) – Canberra
Thu 2 Feb 2023	Race Supernova #2 (WA RW Tour Silver) – Canberra
Sat 11 or Sun 12 Feb 2023 TBC	AA 20km Road walking c'ship – Fawkner Park
Fri-Sun 24-26 Feb 2023	AV T&F c'ships U14-16 – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	AV T&F c'ships U18-Open – 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

International Dates

TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
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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****SPECIAL REQUEST***

Attached to the email carrying this issue is a poster. It is the same one that has been embedded at the end of 'H&T' issues up until this week, but of better print quality.

We are asking all VRWC members and friends to copy, or print and circulate it as widely as they can.

If the poster succeeds in attracting even **one** new member to the Club ... *so have you!*

