



HEEL & TOE Online

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

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***H&T Notice Board – Page 5**

Race Walking Coaches Practical course (Mark Donahoo)
Saturday 1 March – Mentone

** WALKER OF THE WEEK **

The weekend's Supernova World Tour 10,000m in Canberra produced its usual high quality results from a top level field, and it's from this meet that this issue's two WsOTW are drawn.

Sam Lindsay (TAS) and **Sebastian Richards (SA)** made huge leaps in standard amongst some of the world's top internationals. **Sam's 44:07.20** wiped close to a minute from his previous best and sees him continuing from where he left off in 2024. This looks like being another landmark year for the Launceston young gun.

For **Sebastian**, who'd not previously gone sub-50 mins, his **47:10.94** was a PB par excellence. The ability has always been there, but perhaps a special kind of spark was needed to ignite it. Whatever it was, he found it on Monday. This breakthrough should give him the incentive he needs to hit the improvement trail in earnest and join a mid-teen cohort already rich in talent.

*Honourable mentions

- **Milly Sharpe (QLD)** – had the biggest PB improvement on the day at Supernova, hacking 3:29 from her previous best to post a new time of **53:19.02**.
- **Joel Byatt (NSW)** – another who is ploughing a consistent field of improvement, on this occasion taking a big slice of 1:14 to clock an impressive **46:24.15**.
- **Matilda Read, Pippa Read and Kobe Lewis (VIC)** – all produced PBs of over 20 secs in their AV Country championship races, with the Read girls easily winning gold.

VICTORIA - METRO & REGIONAL



AV Country Track & Field C'ships, Friday 27 January – Bendigo

Temperatures hovered around the 30C mark at Lar Birpa Athletics Centre on Saturday, making for testing though not unbearable racing conditions. Certainly, **Matilda** and **Pippa Read** had no difficulty in doing well, both returning big PBs. Young **Kobe Lewis** added a substantial PB of her own to the tally, while dad **Shaun** managed to shave some seconds from his 5000m best. **Kelly Ruddick** made it a productive day with two comfortable wins, hopefully stepping stones in her journey back from shoulder injury.

Women 5000m Open

1 Kelly Ruddick	Ballarat Harriers	24:21.55
2 Jemma Peart	Ballarat YCW	27:29.10
3 Juliet Heahleah	Eaglehawk	36:34.75

Men 5000m Open

1 Lachlan Carr	Bendigo	39:11.77
2 Christopher Pollard	Eaglehawk	39:50.88

Girls 3000m U16				Men 5000m Open			
1. Matilda Read	Wellington	14:42.98*		1 Shaun Lewis	Williamstown	29:43.94*	
2 Charlise McQueen	Eaglehawk	18:32.75		Boys 3000m U16			
3 Harper Cassidy	Shepparton	20:06.59		1 Tate McQueen	Eaglehawk	17:55.35	
Women 3000m 50+				Men 3000m 50+			
1 Kelly Ruddick	Ballarat Harriers	14:00.70		1 Leigh Browell	South Bendigo	24:00.30	
.. Dee Holohan	Mentone <i>inv.</i>	20:07.22		Men 1500m 60+			
Girls 1500m U14				1 Christopher Pollard	Eaglehawk	11:35.33	
1 Pippa Read	Wellington AC	8:08.75*					
2 Maya Ferrier	Geelong Guild	12:55.21					
.. Kobe Lewis	Williamstown <i>inv.</i>	8:26.82*					
Women 1500m 60+							
1 Annette Curtis	South Bendigo	12:33.76					
2 Wendy Ennor	Eaglehawk	14:52.39					

*PBs: Matilda 0:25; Kobe 0:24; Pippa 0:23; Shaun 0:09



*AVSL Round 9 – Saturday 1 February

Metro – Doncaster	1.00pm	1500m, 3000m walk (all ages)
Ballarat region	3.30pm	2000m, 5000m walk (all ages)
Bendigo region	6.15pm	1500m, 3000m walk (all ages)

ENTRIES

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



A.C.T. Capital Athletics c'ships & Supernova World Race Walking Tour (Silver), 26/27 January - AIS

The Supernova track 10,000m, a World Athletics Tour Silver event, has become the first major competition on the calendar. It attracts elite international racers and the cream of up and coming local talent, and it culminates an intensive training camp conducted by AA Walks coach Brent Vallance. This year the races were held in conjunction with the ACT Open and U20 track & field championships, and were held at the Australian Institute of Sport athletics facility in Canberra.

Evan Dunfee (CAN) and **Jemima Montag (VIC)** made the most of the chance to race against quality opposition early in the year with convincing wins, Evan taking home a PB to boot. **Bec Henderson (VIC)** and **Sandra Lorena Arenas (COL)** pushed each other into PB territory, while **Will Thompson (VIC)** may well have felt a monkey losing its grip on his neck after finally wiping that 40:00 from his PB list.

Of the non-elite (yet) contingent, **Milly Sharpe (QLD)** and **Sebastian Richards (SA)** showed the biggest improvement with PBs by well over 3 mins. Tasmania used this meet as its State 10,000m championship, with **Sam Lindsay** taking the gold as well as posting a State U17 record with a big 49 sec PB. It was encouraging to see numerous younger walkers take advantage of the presence of so many stars to improve their own best times. It doesn't happen every week, so when it does, plunge into the deep.

Men 10,000m track walk

1 Evan Dunfee	90	CAN	38:08.50 PB
2 Declan Tingay	99	WA	38:31.24
3 Kyle Swan	99	VIC	39:15.16
4 Rhydian Cowley	91	VIC	39:23.75
5 Timothy Fraser	00	ACT	39:36.05

Women 10,000m track walk

1 Jemima Montag	99	VIC	43:24.67
2 Olivia Sandery	03	SA	43:54.92
3 Lorena Arenas	93	COL	44:36.58 PB
4 Rebecca Henderson	01	VIC	44:38.24 PB
5 Antigoni Ntrismpioti	84	GRE	44:46.41

6 Will Thompson	02	VIC	39:48.04 PB	6 Elizabeth McMillen	04	NSW	44:57.37
7 Isaac Beacroft	07	NSW	41:08.66	7 Allanah Pitcher	03	NSW	45:41.73
8 Carl Gibbons	96	NSW	42:04.35	8 Clemence Beretta	97	FRA	45:53.26
9 Marcus Wakim	06	VIC	42:16.46	9 Alexandra Griffin	05	WA	46:05.37
10 Bailey Housden	07	QLD	42:34.46	10 Alanna Peart	03	VIC	47:58.53
11 Riley Coughlan	07	VIC	43:08.62	11 Samantha Findlay	97	SA	47:58.87
12 Owen Toyne	07	ACT	44:07.04	12 Mansi Negi	03	IND	48:30.61
13 Samuel Lindsay	08	TAS	44:07.20 PB	13 Chelsea Roberts	06	NSW	48:37.75
14 Kodi Clarkson	08	ACT	44:11.19 PB	14 Nellie Langford	05	SA	52:06.00
15 Gwyllym Young	02	ACT	44:34.14	15 Angelina Legrand	08	SA	52:38.01 PB
16 Sam McCure	06	SA*	44:44.15	16 Hana Jugovic	06	ACT	52:58.81
17 Jonah Cropp	05	NZL	45:34.33	17 Milly Sharpe	08	QLD	53:19.02 PB
18 Dylan Richardson	00	NSW	45:36.62	18 Hannah Parker	02	NSW	55:50.41 PB?
19 Fraser Saunder	04	VIC	45:38.04	19 Mia Bergh	05	QLD	56:45.11
20 Jack McGinniskin	02	NSW	46:17.29	20 Lilah Norden	07	NSW	58:58.21
21 Joel Byatt	07	NSW	46:24.15 PB	21 Jessey Bektas	07	NSW	1:01:08.36 PB
22 Sebastian Richards	08	SA	47:10.94 PB	22 Summer Sivaraj	07	NSW	1:01:37.28 PB?
23 Toby O'Rorke	06	NZL	47:31.85 PB	... Hannah Bolton	03	NSW	DNF
24 Myles Ashby	07	NSW	51:03.88	... Hannah Mison	01	NSW	DNF
25 Alex Bradley	06	QLD	51:10.58	... Sienna Pitcher	07	NSW	DNF
... John Ronan	07	WA	DNF				

Aussie PBs – Milly 3:29; Sebastian 3:12; Joel 1:14; Jessey 1:12; Samuel 0:49; Angelina 0:21; Will 0:12; Kodi 0:05; Bec 0:02
PB? – These walkers have faster 10km times listed on the Racewalk Australia website. Hannah's may have been a road time.



The best at work: Jemima, Evan, Kyle, Lorena, Bec, Declan and Olivia

(Photos: Athletics Australia)

QUEENSLAND QA Interclub: Alana Boyd Shield results, 18 January – QSAC, Brisbane

Results courtesy of Robyn Wales:

Men 3000m Walk Open

1 Lachlan Moore	IGN	15:16.01
2 Koby Irvine	BUN	15:55.42
3 Cory Lockwood	GCA	16:31.90
4 Leo Hyde	QRWC	17:29.31
5 Eli Melinz	NAC	18:14.52

Men 5000m Walk Open

1 Kai Dale	QRWC	26:57.91
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Women 3000m Walk Open

1 Isabella Welch	IGN	15:33.58
2 Amelia Chisholm	GCV	18:18.09
.. Kiara Waterman	QRWC	DNF

Women 3000m Walk Open

1 Olivia Boulton	GCA	26:27.65
2 Taylah Morris	GCV	33:00.28
3 Phoebe Chadwick	QRWC	34:54.09

SOUTH AUSTRALIA ASA Interclub results, 26 January – Mile End Stadium

Kim Mottrom reports that it was 29C at Mile End on Saturday, a bit cooler than in recent weeks, but no PBs. These will surely come as the young SA walkers head into championships time.

Open 5000m	Time
Kim Mottrom	22:57.53
Rain Langford	25:17.05

Cooper Rech	27:41.32
Liam Freundt	29:03.78
Peter Crump	33:53.59
Alex McEwan	43:37.59

Open 1500m

Jessica Clelland	9:47.52
Zachery Freundt	10:00.05
Ross Hill-Brown	12:25.10

TASMANIA Athletics North West interclub, 16 January – Penguin

David Moore reports:

Extremely windy conditions at Penguin did not prevent North West’s AC Walker **Eva Parker** starting 2025 on a positive note, Eva achieved a PB for her 1500m.

In the South of the State **Wayne Fletcher** flew the flag for Race Walkers mid-week at Tas Masters

**** Athletics North West Interclub January 16th 2025 Dial Regional AC, Penguin**

Result 1500m Walk

1. Eva Parker	NWAC	7:28.13
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**** Tas Masters T&F, January 22nd 2025 Domain AC, Hobart**

Result 3000m Walk

1. Wayne Fletcher	M77	28:40
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Meanwhile in Canberra ... Sam Lindsay is congratulated by Rosemary Coleman on winning the Tasmanian 10,000m title with a new State record and yet another big PB. (Photo: TRWC Facebook)

WESTERN AUSTRALIA AW Interclub results, 24 January – WAAS, Perth

Terry Jones reports that Perth was subject to widespread blackouts last Friday, and that as AW had published no interclub results on their website by Sunday, he assumed the meet had been cancelled. On Monday, lo and behold – there they were! So, here they are.

Women 3000 Metre Walk

1 Melissa Lewis	16:06.43
2 Tory D'Alessio	16:28.78
3 Trinity Doulis	17:12.22
4 Savannah Carnaby	17:25.49
5 Mackenzie Sillitto	17:52.82
6 Liliana Martin	19:28.28
7 Sierra Thompson	20:41.00

Men 3000 Metre Walk.

1 Bradley Mann	13:42.05
2 Keenan Munro	15:11.85
3 Tayte Moore	18:17.27



INTERNATIONAL NEWS

MARCIADALMONDO & O MARCHADOR ROUNDUP

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

- Monday, January 27, 2025 - **Evan Dunfee breaks Canadian (and NACAC) national record in 10,000m at Supernova 2025** <http://omarchador.blogspot.com/2025/01/evan-dunfee-bate-recorde-nacional-do.html>
- Monday, January 27, 2025 - **Jemima Montag takes another win at Supernova (Canberra 2025)** <http://omarchador.blogspot.com/2025/01/jemima-montag-com-nova-vitoria-no.html>
- Sunday, January 26, 2025 - **Corbishley and Hopper win England Indoor Championships – Sheffield 2025** <http://omarchador.blogspot.com/2025/01/corbishley-e-hopper-vencem-campeonatos.html>
- Saturday, January 25, 2025 - **Elies Ballester and Griselda Serret win in Viladecans, Spain** <http://omarchador.blogspot.com/2025/01/elies-ballester-e-griselda-serret.html>
- Friday, January 24, 2025 - **Portugal Indoor Championship – ANDDI 2025 (results)** <http://omarchador.blogspot.com/2025/01/campeonato-de-portugal-de-pista-coberta.html>
- Thursday, January 23, 2025 - **Impressive results from Chloé Le Roch (national under-20 record) and Gabriel Bordier on the short track in France** <http://omarchador.blogspot.com/2025/01/expressivos-resultados-de-chloe-le-roch.html>
- Wednesday, January 22, 2025 - **Sherkhan Egizbay breaks Kazakhstan under-18 short track record** <http://omarchador.blogspot.com/2025/01/sherkhan-egizbay-bate-recorde-sub-18-do.html>
- Tuesday, January 21, 2025 - **Aveiro/Castelo de Paiva District Marching 2025 (results)** <http://omarchador.blogspot.com/2025/01/distrital-de-aveirocastelo-de-paiva.html>
- Tuesday, January 21, 2025 - **Ivan Pajuelo (1993-2025)** <http://omarchador.blogspot.com/2025/01/ivan-pajuelo-1993-2025.html> After the news of Aigars Fadejevs' untimely passing last year, similar news from Spain of a top walker's death at too young an age.
- Monday, January 20, 2025 - **Walkers from CD Póvoa and CDCJ Ilha Verde were the best in qualifying for the National Division III (short track 2025)** <http://omarchador.blogspot.com/2025/01/marchadores-do-cd-povoa-e-cdcj-ilha.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.

** H&T Online - NOTICE BOARD **

To all present and aspiring Race Walking coaches

I am writing to you to inform you that Athletics Victoria have assigned a **Racewalking Practical Coaching course** as part of their coaching courses. It can be accessed through the AV members portal, search under Coaching courses. The heading about is also a link to the information page. The course will be conducted at Mentone athletic track on **Saturday 1st March from 1.00 – 4.30pm**.

The Racewalking course is designed to enhance your coaching expertise, focusing on both technical and practical aspects of the discipline. It covers key aspects of coaching, including mastering correct technique, implementing drills to refine mechanics, addressing common technical faults, understanding biomechanics to improve performance and prevent injuries, and planning training programs tailored to

athletes' needs and goals. This course will equip you with the tools and knowledge to coach race walkers effectively, improving their technical proficiency and competitive performance.

This course is open to accredited coaches and contributes credits toward Level 3 Performance Coach accreditation. Eligibility for the course is anyone who has a Level 1 or Level 2 coaching qualification.

For those who would like to begin their coaching journey and be able to attend the racewalking practical course, there are a few courses being conducted by Athletics Victoria that are available on their coaching page as part of the members portal. I would recommend applying for one of these courses before applying for the racewalk coaching course.

My recommendation is:

- **Level 2 Development coaching course** – This is mostly online and has a practical component on Saturday 9th February.

However, the other course options are:

- **Level 1 Youth course**
- **Recreational Running Course Level 1**

I am looking forward to seeing coaches at the first racewalking practical course for many years.

Mark Donahoo

Level 5 Racewalking Coach

VRWC Club coach

Editor's Note:

Club coach **Mark Donahoo** has done an enormous amount of work to get a **practical** coaching course, specifically for race walking, up and operating under the auspices of Athletics Victoria and, by extension, Athletics Australia.

This is something of which aspiring and practicing coaches have been starved for well over a decade ... a development pathway for present race walking coaches and a means of introducing the basics of race walk coaching to novice coaches, so that they may start their own development journey.

There is no way to be sure of how many prospective walkers out there (especially at Little Athletics level) have withered on the vine for want of informed coaches and mentors. Some are noticed at their centres and are clearly 'naturals', or are at least good at it or just want to do more. LAVic centres with little or no race walk coaching expertise in their ranks are urged to avail themselves of this opportunity by advertising it around their clubs.

Nor are the youngsters the only ones in need. Adults of all ages, including those eligible for Masters competition, need proper coaching advice to help them get a foot in the door to our sport, especially if time, injury or circumstance have excluded them from whatever sports they played before. We have to reach these budding walkers and help them grow. Mark's course outline below will help you to embark upon that journey:



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Fri-Sun 14-16 Feb 2025	AV T&F championships Week 1 (U17-U20, 40+ & 60+) – Lakeside Stadium
Sun 16 Feb 2025	Australian 20km Road walk Championships – venue TBC
Fri-Sun 21-23 Feb 2025	AV T&F championships Week 2 (Open, U13-U16) – Lakeside Stadium
Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA

International Dates

21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
4 May 2025	4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL
18 May 2025	European Race Walking Team Championships – Podebrady, CZE
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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