

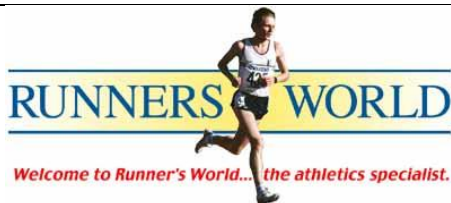


HEEL & TOE Online

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

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*** FROM THE (new) EDITOR ***

Hello readers,

It is with pleasure – and some trepidation – that I introduce myself as the new editor of 'Heel & Toe Online'.

Over the past two decades, Tim Erickson has built this publication from a simple information sheet for VRWC members into a weekly treasury of race-walking history, personalities, informative articles, opinion pieces, entertaining tidbits and the most comprehensive listings of race results from all over the globe – one with a worldwide circulation. Tim's passion for our sport and his commitment to those who practise it are evident in every page he wrote. His are massive shoes to fill. Now it's time for him to unlace them, kick them off, put his feet up and contemplate his other interests.

This is an appropriate point at which to include a tribute from the September-October 2021 edition of the English magazine, 'The Essex Walker'. It expresses sentiments that I know will be echoed wherever "H&T Online" was received and read:

TIM ERICKSON - OUR THANKS

Many of our readers also keenly read "Heel and Toe Online" the Victorian Race Walking Club of Australia's newsletter. Despite written from afar it has much UK news. On Monday morning it's often the place to look up weekend UK results. It's also - so often - the first publication revealing important news of interests to all. Many examples can be quoted, one such being when the "lid was lifted" when we were "stitched-up" at a behind closed doors meeting to ditch road walking (in favour of shorter track walks) at next year's Birmingham Commonwealth Games. Feature and historical articles are wonderfully penned. A main front page article states its Editor, **Tim Erickson**, is stepping down from his many race walking positions. He's done it all since a 1966 walking debut, including a 1978 Commonwealth Games 30K bronze medal behind Olly Flynn (gold) and fellow Australian Willie Sawall (silver), with English duo Brian Adams and Amos Seddon 4th and 5th respectively with Manxmen Graham Young, John Callow and Robbie Lambie also racing in Edmonton. Australian Centurion No.13 Tim, has fond memories of Essex as he led home our 1980 National 50K field in 4:10.33, winning by 6 minutes, around 5 circuits of an infamous Basildon Industrial Estate. He's participated in many UK events, including our memorable midweek 2012 Olympic Friendship race at Donkey Lane - the last time we saw a 3-figure turnout at a UK mainland walking meeting. Tim hopes someone will step forward to continue editing Heel and Toe. *It'll be a hard act to follow!* Cath Duhig wrote "I'd just read my copy of Heel and Toe and was still reeling from the shock. That's not a hole to be easily filled". We all wish Tim well as he steps down and profoundly thank him for 55 years' continuous **meritorious** service to race walking - throughout the world.

Tim writes:

*"Racewalking has been a major part of my life for so long now, especially following the career of my son Chris, of whom I am so proud. But all things come to an end and I feel that the time is right for me to now move on to other challenges and do a few other projects that have been on the backburner for many a day. After all, none of us are not getting any younger! I intend to keep competing with Coburg Harriers in our local T&F competition but, apart from that, am looking forward to having additional time overall for my family and friends and doing a bit more travelling. It's a lovely sunny day outside and I am soon heading out for a walk, to enjoy the colours of spring. Life is too short to waste. But keep me on the distribution list for Essex Walker. I really enjoy reading about the English walking scene which I remember with great fondness from my time there. With kind regards ... **Tim**"*

Well done, Tim, and thanks for all that reading pleasure we looked forward to each week for twenty years.

As you will know from his final issue (No 52), Tim and I worked together on 'Heel & Toe' in the 1970s, when copies were typed onto stencils and rolled off on a Gestetner machine. (Younger members, Google it.) No photos, spellcheck, fancy fonts or hypertext links back then. If you made a typo or spelling error, it stayed there – unless you had correcting fluid you had to apply like nail polish, then allow to dry! Frustrating, yes, but at the same time it imposed a discipline on you that made you a better typist in the long run.

Now, after all these years, I'm back in the chair, with all the wiz-bang technology of modern desktop publishing I could want at my disposal. (I even understand some of it.)

All I need is ... well ... walking stuff!

I urge all of Tim's regular contributors – local, interstate and overseas – to continue sending in their reports, photos, race results and other items of interest to the race walking fraternity. We all know the kind of material Tim published, and what his editorial policy was. Mine is the same – if it's relevant to race walking and walkers, accurate, original (or, if borrowed from elsewhere, duly acknowledged and notated), of historical interest, and fair to all parties, then it's acceptable. If in doubt, feel free to ask me. Send your contributions to stuwalks@yahoo.com.au, or to stukcooper@gmail.com. The first address is preferable, but either is fine. And please, send your items in the same formats as you did at Tim's request.

Now, as never before, the race walking community at large needs the bonds of communication to nurture it. Tim's work on 'H&T Online' performed a vital role in maintaining those bonds. The COVID-19 pandemic has been devastating for our sport at all levels and in all parts of the globe, impacting upon the professional, the up-and-coming junior, the social participant and the Masters stalwart alike. The Olympic walks, while sparking our interest, could not inspire or energise our own racing in the usual way since, in many cases, racing could not happen. Race walkers have suffered as have other sportspeople; training and racing has been curtailed, goals postponed and abandoned, long-term careers jeopardized and thrown into uncertainty. On a community level, with children unable to play sport or even attend school, the permanent loss of a sizeable proportion of young athletes has been a very real prospect, one which we have yet to see play out – and hopefully won't.

As the pandemic eventually recedes with increased vaccination rates, allowing more walking clubs and associations to emerge from hibernation and take to the tracks and roads once again, we will all benefit from knowing what each other is doing, now that we are free to do it. Many thanks to our contributors from interstate and overseas who, being able to keep their programs going, have kept us supplied with race reports, photos and other items. Keep them coming!

Stu Cooper

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



To my knowledge (and I stand to be corrected here), the man who instituted this popular award has never himself received one. If that is so, then it's high time the situation was rectified. (If not, so what? Another one won't kill him.)

My inaugural "Walker Of The Week" award as editor goes to **Tim Erickson OAM** ... obviously not for any recent walking exploits, but for his enduring record as a competitor; coach; mentor; driving force behind the Australian Centurions; AV and AA official; VRWC, Racewalking Australia and Athletics Victoria Life member; creator of Racewalking Victoria; writer, historian and archivist; fierce campaigner for justice for race walkers worldwide ... the list goes on. Suffice to say that a man who's worn his love of our sport like a jacket and poured so much of himself into furthering it, to the great benefit of so many in so many places, doesn't need to have pulled out a great performance last weekend in order to earn a WOTW. He's been doing it for 55 years!



Congratulations, Tim!

VICTORIA - METRO & REGIONAL

Currently, all is quiet in Victoria, NSW and ACT. Work proceeds in those jurisdictions to enable community sport and other activities to resume as soon as possible.



**** NEWS FROM ATHLETICS VICTORIA ****

Good morning,

We've made contacting Athletics Victoria easier. It is important to update any records you may have, as previous phone numbers are no longer connected.


You can now contact Athletics Victoria on 03 7032 8400.

From there, you will be presented with the following options:

- for Sport Delivery Press 1
- for Coaching Press 2
- for Accounts Press 3
- for Officials Press 4
- for Clubs Press 5
- for Membership Press 6
- press 0 for all other enquiries

To ensure we receive your enquiries, please only use the number listed above or the email address info@athsvic.org.au
Thank you for making these updates, and we look forward to hearing from you soon.

- The team at Athletics Victoria.



AROUND THE COUNTRY

QUEENSLAND - 'Road to 32' Series, Meet 4 QSAC, Brisbane, Saturday 2 October

Thanks to Robyn Wales for these results. Good to see Katie Hayward back on the track, the first of our Tokyo Olympians to race again after their return and quarantine.



Katie Hayward (18) with the field early before pulling away (right) with promising youngster Bailey Housden (12)

Women 3000m Race Walk

1. Makenna Clarke	12	Redlands Athletics	18.32.77
2. Skye Presland	13	QA	19.21.00
3. Piper Lawson	15	Redlands Athletics	19.22.40
4. Katie Bray	13	Ashgrove Rangers	19.27.00
5. Phoebe Chadwick	15	QRW	19.35.00
6. Lily Goulding	14	QRW	20.03.00
7. Lily Housden	15	QRW	21.11.16
8. Ava Wasson	13	Qrun	23.20.00

Men 3000m Race Walk

1. Bailey Housden	14	QRW	13.56.47
2. Kai Dale	13	QRW	16.46.79
-- Jack Bannister	15	USC	DQ

Women 5000m Race Walk

1. Katie Hayward	21	GCA	23.47.81
2. Anika Clarke	16	Redlands Athletics	28.48.94
3. Mia Bergh	16	Gold Coast Victory	31.15.38
4. Torryn Fisher	16	QRW	31.21.84
5. Korey Brady	16	QA	32.45.66

Men 5000m Race Walk

1. Seth Watson	16	Qrun	25.33.75
2. Alex Bradley	15	QRW	31.21.84
-- Kai Norton	16	QA	DQ

QUEENSLAND - QMA T&F Meet, SAF, Brisbane, Saturday 2 October

Australian international representatives Dane Bird-Smith and Clara Smith joined the Queensland Masters competing in Brisbane on Saturday, both competing in the 1500m walk.

Full meet results at https://ff6170a6-5fe7-4401-b008-2bca7bf77418.filesusr.com/ugd/b8b1f7_4300599007ed47efb0ba1d686e1ab7d1.pdf

Thanks to Erika Woodward for sending these through.

3000m Walk

Gannon, Brenda	W47	QMA	16:32.76	75.68%
Woodward, Erika	W55	QMA	17:41.57	77.19%
McKinven, Noela	W79	QMA	25:28.57	68.87%

1500m Walk

Bird-Smith, Dane	M29	QA	5:37.43	91.57%
Smith, Clara	W23	QA	6:08.40	91.48%
Woodward, Erika	W55	QMA	8:38.94	76.40%
McKinven, Noela	W79	QMA	12:30.24	66.65%



INTERNATIONAL NEWS

NETHERLANDS – Dutch 50km and 20km road championships, Tilberg Sunday 3 October

Emmanuel Tardi has sent this report and photos from the Netherlands. It sounds as if it was tough going at Tilberg for what may have been one of the last 50km championship races. We can only hope we're wrong.

I was appointed as international judge this Sunday in Tilburg (Nederland) for the National championship - 20km for the women and 50km for the men. It will be probably one of the last 50km in racewalking history.

Ancillary races were 35k and 10k .

The 10k, 35k and 50k started at 11am. The 20k started at 1pm.

The road was totally flat, and 1.569km kilometer long on a roller skating competition road . There was no turning point, only large curves.

Unfortunately the weather was very bad, with lots of rain, and lots of wind.

In the 50k, Paul Jansen was the leader for the full race and Larissa Droogendik was the only woman to start .

In the 35km, German Karl Junghans started very fast (44' for 10k) but stopped after 25k. David Kuster became the leader but was disqualified. Finally, the twins Dom and Dan King finished 1st and 2nd , despite staying 3 minutes in the penalty area

In the 20k, it was victory for German Katrin Schusters.

In the 10k, victory went to Kate Veale from Ireland and Frederik Weigel with very strong times.

50km Men championship

1. Paul Jansen	M 73	DAK	NED	4h 59.53
2. Christer Svensson	M 69	Vaxjo AIS	SWE	5h 04.21
3. Wilfried van Bremen	M 87	RWV	NED	5h 04.24
4. Rob Tersteeg	M 76	RWV	NED	5h 04.24
5. Remco de Bruin	M 64	De Lat	NED	5h 10.56
6. Edwin van Wijngaarden	M 77	DAK	NED	5h 11.17
7. Peter Van Hove	M 81	AC Herentals	BEL	*5h 14.38
8. Larissa Droogendijk	W 72	RWV	NED	6h 06.17
X Andre van Slooten	M 78	RWV	NED	DNF

6 hour performance walk

1. Cor Brassier	M 52	De Laatste Loodjes	NED	6h 00.17 (50km)
2. Anita de Roo	W 60	RWV	NED	5h 53.29 (40km?)
X Rinus Meijers	M 59	Hart van Brabant	NED	DNF (30km)
X Roel Hemmer	M 74	Daventria	NED	DNF (30km)

35km non-championship walk

1. Dominic King	M 83	Colchester Harriers AC	GBR	2h 50.06
2. Daniel King	M 83	Colchester Harriers AC	GBR	3h 00.00
3. Jerome Caprice	M 83		MRI	*3h 00.18
4. Albert Turllet	M 81	Athletic club 92	DMA	4h 03.52
X Karl Junghannss	M 96	LC TopTeam Thuringen	GER	DNF
X Herve Davaux	M 78	A3 Tours	FRA	DNF
X David Kuster	M 99		FRA	DQ

20km Women championship

1. Katrin Schusters	W 97	Polizei SV Berlin	GER	1h 52.28
2. Liesbet De Smet	W 82	Duffel AC	BEL	*2h 08.58
3. Han Holstag	M 57	DAK	NED	2h 16.07
4. Joachim Bauer	M 49	Polizei SV Berlin	GER	2h 26.36
X Florin Dumitru	M 74	Roemenie	NED	DQ

10km non-championship walk

1. Frederik Weigel	M 05	SC Potsdam	GER	43.59
2. Kate Veale	W 94	West Waterford Ireland	IRL	48.16
3. Anne van Andel	W 90	DAK	NED	53.33
4. Ada Junghannss	W 04	LAC Erfurt	GER	55.54
5. Ana Intihar Marulc	W 00	AD Kladivar	SLO	1h 01.05
6. Tristan Van Hove	M 03	AC Herentals	BEL	1h 02.47
7. Jacqueline can Drongeler	W 69	DAK	NED	1h 04.09
8. Benjamin Fritsch	M 80	SuS Phoenix Dortmund 09	GER	1h 05.11
9. Loes van Bremen	W 8 6	RWV	NED	1h 05.59
10. Theo Koenis	M 51	De Lat	NED	1h 06.07
11. Sandra Maas	W 85	RWV	NED	1h 06.55
12. Jenny van Avendonk Acu.	W 69	Attila	NED	1h 09.27
13. Peter Slevogt	M 54	Al. Aachen	GER	1h 10.04
14. Peter Schumm	M 46	Al. Aachen	GER	1h 10.31
15. Yvonne Grootswagers	W 78	DAK	NED	1h 11.58
16. Trygve Richter-Strunk	W 77	Al. Aachen	GER	1h 12.33
16. Richard Maichin	M 46	Al. Aachen	GER	1h 12.33
18. Renate Kohler	W 49	BTB Oldenburg	GER	1h 18.12
X Martin Vos	M 69	DAK	NED	DNF

* It appears that this meeting also served as national championships for Belgium and Mauritius. Peter Van Hove and Liesbet De Smet won the Belgian titles, while Jerome Caprice took the Mauritian championship.



Paul Jansen (50k winner), Christer Svensson, Katrin Schusters, Dominic King, Katie Veale and Frederik Weigel (son of the great Ron Weigel) all had good performances at Tilburg.

Comm Games silver medallist Alana Barber ready to walk away from athletics career

by **Ian Anderson** (reprinted from news website stuff.co.nz - Oct 3, 2021)

Alana Barber, New Zealand’s best-ever woman walker and frequent competitor in Australian road events, has now retired. We present this informative article on her career, published online by *Stuff (NZ)*.



(Photo: John Cowpland – Photosport)

Alana Barber wasn’t your ‘normal’ Commonwealth Games silver medallist.

Despite being the daughter of Commonwealth Games runner, Barber – who retired last month from a race walking career that delivered silver on the Gold Coast in 2018 – didn’t blaze a path as a youngster.

“It wasn’t the normal way.

“I didn’t go into the system, I wasn’t coached as a young athlete then came through at the age of 18,” said Barber, despite winning a Maadi Cup rowing medal and being a NZ Secondary School 800m finalist as a teen.

“I did always dream of being a professional athlete, I just needed the guidance and patience from others and myself.

“I’m glad it was different – it actually makes retirement now a lot easier because I’ve had a life before becoming an athlete. I had a full-time job, I have an identity outside being a full-time athlete, which I think, talking to other athletes, that’s been one of the biggest challenges when retiring, just feeling really empty.”

Barber worked in television production and post-production and said being an athlete always had to be worked around her work commitments, although she always had a strong passion to go to the Olympics.

“Around the age of 25 I realised I needed to prioritise being an athlete – it wasn’t just going to come through me keeping my full-time job and being an athlete outside of that.

“I had to make some sacrifices, and that was full-time work, and travelling, to find better ways of training, connecting with experts – I didn’t really have the guidance here in Auckland.”

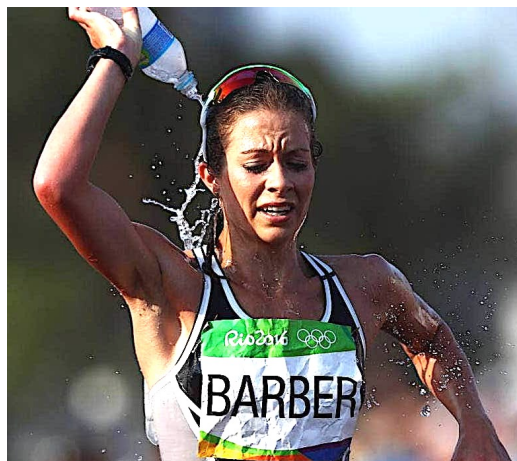
Barber moved to England in 2012 but was still a long way from being a New Zealand representative.

“One of my first international competitions in Lugano, Switzerland in 2013, I was embarrassed by my time of 1hr 55 minutes – despite it being a PB. A Portuguese Olympic coach at the post-race lunch asked me how I did and I mumbled ‘not that great one hour 55’. He replied with ‘Oooh, one hour 45 minutes that’s not good! Don’t worry you will have better races’,” Barber said on the Athletics NZ website.

She made progress in England before relocating to Melbourne, Australia, and in 2015, Barber set a national 20km race walk record of 1:35:07 in Adelaide. She made her world championship debut the same year in Beijing and surprised herself with an 18th-place finish in a NZ record time of 1:33:20.

Barber finished a meritorious 35th at the Rio Olympics the following year and two years later had her other major career highlight when she produced [a gutsy race to win silver at the Commonwealth Games in sapping heat](#) on the Gold Coast. She had planned to make a second Olympic appearance but the arrival of the Covid-19 pandemic threw her off her stride.

“Covid was really tough – because I relied on travelling so much. My training partners were all based overseas and my coach and partner – Polish race walker Damian Blocki – was also based in Europe. Because I was unsure with everything, I stayed in NZ for 14 months.



*Getting that core temperature down in Rio.
(Photo: Julian Finney-Getty images)*

“To qualify for the Olympic Games, I needed to do a personal best time, because the qualifying criteria was tougher than the previous Olympics. That was difficult – take away the people that help you the most in your sport, but now you’ve got to do the best you’ve ever done before.

“That’s why I was so proud I still did under IOC standard in not an ideal environment.”

Despite finishing 27th in extreme heat at the 2019 world champs in Doha and a best time of 1:32:40 in Hungary this year, Barber missed selection for Tokyo – effectively her career to an end.

“I was really proud that I was still able to qualify for the Olympics under the IOC regulations – even though I didn’t make the NZ Olympic criteria.”

A number of NZ athletes – most prominent among them the sprinters Zoe Hobbs and Eddie Osei-Nketiah – complained that the NZ Olympic Committee had made the country’s selection criteria for Tokyo too tough, with the benchmark of an expectation of a top-16 finish.

Barber believes there should be a wider scope given to athlete selection.

“It’s very tough – unexpected things can happen, just because you’re not ranked top16 you can still go to the event and place really well.

“I think it’s a shame New Zealand doesn’t capitalise on the opportunities of having more athletes at the Olympic Games. It’s such a big opportunity to promote sport, to develop sports, also for the athletes, the amount of opportunities that come out of the title of being an Olympian is huge.

“Zoe and Eddie were quite vocal about a missed opportunity and I agree with that too.”

One thing the 34-year-old won’t miss is the constant belittlement of her chosen sport.

“Isn't it a silly sport? Isn't it bad for you?”, those sort of questions. It's a shame that it has that reputation if you don't know the sport.

“I can appreciate it looks different, but all the high-performance race walkers I know have had relatively low injury rates, compared with other sports – you don't have the pounding that running does, you don't have the concussions like rugby.”

She's wary that the sport, like many others, faces an uncertain future at elite level – the longer 50km men's event had been contested at every Olympics since 1932 bar Montreal 1976, but won't be on the programme for Paris 2024. There are plans for a mixed team event.

“What makes race walking so spectacular is the endurance aspect of it – it [the 50km race] was the longest event on the Olympic calendar. Especially when you've got harsh weather conditions, it becomes quite a dramatic event.”



Alana – after the Gold Coast 20km ceremony (Photo: Scott Barbour-Getty images)

Barber is also pondering her future, but found a pathway to her next career while excelling as a walker.

“After becoming a carded High-Performance athlete, I was thankfully given a ‘life advisor’, she [Carolyn Donaldson] was the one that gave me the advice ‘your athletics is going well, is there something else you can be ticking along with, what are your other passions?’.”

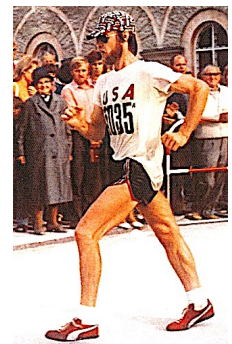
“I got a Prime Minister's scholarship for a university course, and I'd always wanted to do psychology. I'm finishing that degree now – and now's a really relevant time to have expertise in psychology. I'm hoping I can combine that with my sports background.”

EDITOR'S NOTE: We at the VRWC congratulate Alana on her career and achievements. Her attacking approach to her racing was her trademark and served as a model for young walkers everywhere. We wish her every success in her new life directions.

One footnote: The ‘belittlement’ of race-walking referred to is something all of us in the sport have experienced. If I may, I will quote US champion **Larry Young** (whose superb bio by Paul deMeester appeared in the last issue) on this matter:

“A good race walker has three essential attributes – the grace and control of a dancer, the strength and agility of a gymnast, and the endurance and perseverance of a marathoner. In the light of this, no race walker should ever feel inferior to other athletes.”

(Photo: Missouri Sport Hall of Fame)





WHAT'S UP AHEAD?

Victorian Key Dates – 2021

Yet to be announced, subject to ongoing lockdown measures or the lifting thereof. Stay tuned.

International Dates

Mar 1 – 6, 2022 **29th World Athletics Race Walking Teams Championship** – Muscat, Oman (postponed from 2020)
Jun 26 – July 7, 2022 **World University Summer Games** – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022 **23rd World Masters T&F Championships** – Tampere, FIN
Jul 15 – 24, 2022 **18th World Athletics Championships** – Eugene OR, USA
Jul 22 – Aug 7, 2022 **XXII Commonwealth Games** – Birmingham, GBR
Aug 11 – 21, 2022 **European Athletics Championships** – Munich, GER
TBA, 2022 **19th World Athletics U20 T&F Championships** – Cali, COLOMBIA
TBA, 2023 **24th World Masters T&F Championships** – Gothenburg, SWE
Aug 2023 (TBC) **19th World Athletics Championships** – Budapest, HUN

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