

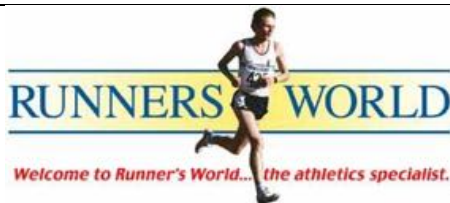


# HEEL & TOE Online

Vol. 2020/21  
Issue No. 65  
Tuesday  
28 December 2021

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

## \*\*\* WALKER OF THE WEEK \*\*\*



Anyone who went out training after Christmas lunch ...

(Photo: Lovin Dublin)



## CLUB NEWS and RESULTS

### VICTORIAN RACE WALKING CLUB ANNUAL GENERAL MEETING

Sunday 16 January 2022, 12.00pm

at

Club HQ, Middle Park Bowling Club

following the morning's races & 2021 Winter presentations

The following Executive and Committee positions will be declared open:

President	Coaching coordinator
Vice President	Judging coordinator
Secretary	Property & Requisites steward
Treasurer	Racewalking Australia Liaison officer
Asst Secretary/Treasurer	Uniforms steward
Club Captains (Male, female)	Club records officer
Race secretary/Meet director	Publicity officer
Handicapper	Maintenance sub-committee
Prizes/Awards secretary	Up to two General Committee
Delegate to AV	members

Anyone wishing to nominate should do so via the nomination form which is attached to the email carrying this issue of *H&T Online*.

Nominations or proxy voting forms must be forwarded to

Club secretary Terry Swan by **9<sup>th</sup> January**.

All members are welcome to attend the AGM and new committee members are also welcomed.

Stu Cooper  
President

## NEXT VRWC RACES

Sunday 16  
January 2022

8.30am 20km, 15km, 10km  
9.30am 5km, 3km  
10.00am 2km, 1km  
11.15am Winter presentations  
12.00pm Annual General Meeting

NOTE: Winter presentations and AGM will start earlier if all racing and equipment pack-up has been completed.

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\*\* Our last 'Question for Readers' (Issue #54) asked 'WHO'S DONE WHAT TO STAY FIT DURING LOCKDOWN?'. Some interesting responses came through, which were duly published. For this, the last issue of 2021, it's fitting to pose a new question. So here it is:

Question for Readers 2:

***'What was YOUR major race walking highlight for 2021?'***

With all racing activity on pause until the New Year, there's little to report on the domestic front. (Doubtless there will be a hardy bunch braving blizzard conditions somewhere in the northern hemisphere or, more likely, zipping around in relative comfort on an indoor track. Of course, we look forward to receiving reports of such activity.)

Lockdowns notwithstanding, 2021 saw a good deal of racing in Australia and around the world, with many highlights. So, we invite readers, wherever you are, to send in their answers to the following:

*'What was your major race walking highlight for 2021?'*

It might be a race result of your own. A local or international race. A race you witnessed or were involved in. A development connected with the sport. An aspect of training or racing that, for whatever reason, suddenly clicked. If there were more than one, send them in. They will be published in next week's and subsequent weeks' issues. (Note: Please indicate if you'd prefer to remain anonymous.) Photos are also welcome – credited, please.

\*\*\*\*\*

## VICTORIA - METRO & REGIONAL

**\*\* AVSL – Round 8 Metro venues and start times – Saturday 22 January**  
(NOTE: Round 7, 15 January – no walks)

<b>Zone A: Aberfeldie</b>	5.15pm:	1500m Walk 3000m Walk
<b>Zone B: Murrumbena</b>	5.15pm:	1500m Walk 3000m Walk

\*Schedule correct as at 8 November 2021. For possible changes, visit <https://athsvic.org.au/wp-content/uploads/2021/11/AVSL-Metro-Timetables-DRAFT-2021-11-08.pdf>

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## UK TRAINING AND COACHING BOOKS

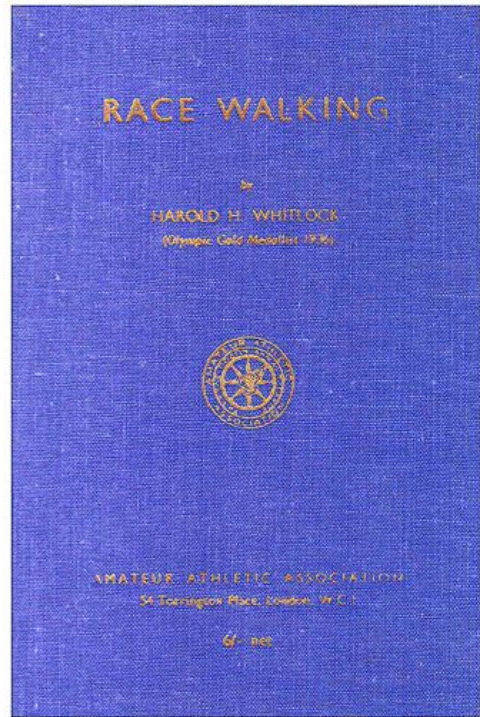
Tim Erickson

There have been three official racewalking training books published in England over the years, each called "**Race Walking**" and each targeting the racewalking audience of the period (see cover images opposite and below).

In **1957**, the Amateur Athletics Union (A.A.U.) in London published its first official coaching handbook for race walking. It was written by 1936 Olympic 50km champion **Harold Whitlock** and ran to 62 pages, focusing mainly on technique and training.

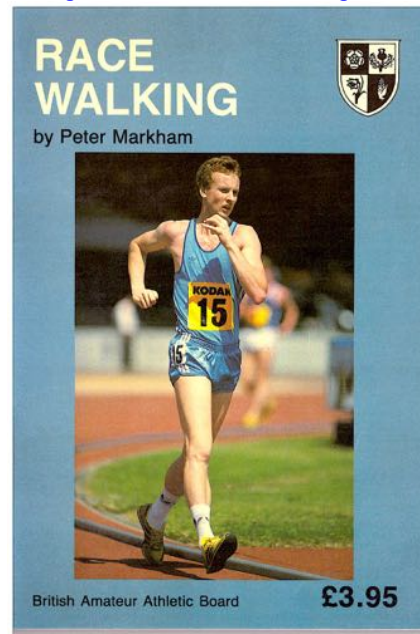
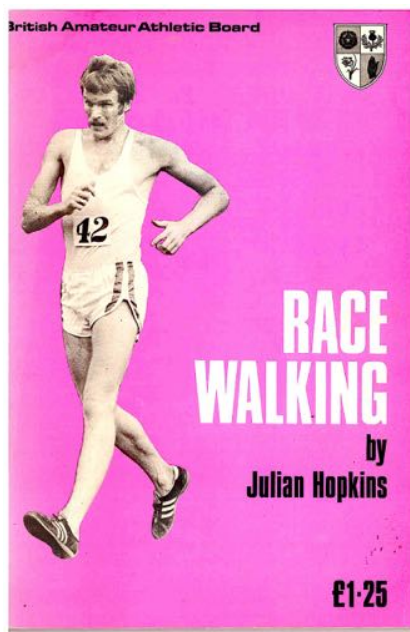
In **1976**, the British Amateur Athletic Board (B.A.A.B.) published a revamp of the book, **Race Walking**, written this time by National Event Coach **Julian Hopkins**. This edition was a complete reworking of Whitlock's book and added sample training and racing programs, season planning, nutrition, injury management and much more.

In **1989**, the B.A.A.B. published a further revamp of the basic training manual, this time written by the then event coach **Peter Markham**.



I am lucky enough to have all 3 books. Which is the best? In my opinion, the second one (1976) gets my tick of approval as the most comprehensive, and it still reads very well 45 years later. I have scanned and uploaded it for general review. Check it out at the link below:

<https://www.vrwc.org.au/books/Race%20Walking%20By%20Julian%20Hopkins%201976%20Book.pdf>



While you are checking it out, see the huge list of racewalking books documented at <https://racewalkingassociation.org.uk/Books.html>. I have quite a few of the very old and historically

important ones so may get around to putting a few more online as time permits.

Tim Erickson

(Editor's note: *I also have a copy of the Julian Hopkins book, much read and thumb-stained since I got it in the 70s. I recommend following the link Tim provided and perusing it, as much of the training advice is still useful. Fundamentals are fundamental, after all.*

*Something to consider is that, when Hopkins wrote the book, women's race walking had yet to appear on the international stage and there was no representation for female walkers in major championships or on world record lists. Hence, Margareta Simu of Sweden is shown as being the holder of several 'best performances' only. )*





# INTERNATIONAL NEWS

## \*\* Turkey's new U18 national record for 5.000m indoor walk

*reprinted from Marcia dal Mondo*

Boxing Day may not be a 'thing' in Turkey, but that doesn't mean their walkers won't come out swinging. Thanks to Nicola Maggio for the following report:

Istanbul (TUR), 26 December - The indoor season in Turkey has started in Istanbul.

Yesterday, Saturday 25 December, a 5,000m indoor walking competition (with timing also on 3000m indoor) for U18 boys and 3.000m indoor for U18 girls, took place in the Salon Rekor Deneme Yarismalari.

### 5.000m indoor walk U18 boys

The new names are those of the twin brothers Diyar and Ozan Bayram born on Sep. 18, 2004.

The victory went to **Diyar Bayram (TUR)** in **20:50.95**.

With this performance, the young Turkish athlete set Turkey's new national record for indoor U18s. The previous record (21:14:85) belonged to Mustafa Tekdal (TUR) who had also set it in Istanbul on 13.1.2019. Diyar Bayram also achieved the new national record in the indoor **3.000m** pass with a time of **12:17.42**.



(Photos courtesy Marcia dal Mondo)

### 3.000m indoor walk U18 girls

Nine athletes at the start:

Victory to **Tulin Ek (TUR)** in **14:24.59**

Second place to Ganime Çataltas (TUR) in 14:51.76

Third place to Era Bingol (TUR) in 14:55:84

Visit [http://www.marciadalmondo.com/admin/pdf/risultati/26122021349Istanbul\\_2021Dec25\\_Res.pdf](http://www.marciadalmondo.com/admin/pdf/risultati/26122021349Istanbul_2021Dec25_Res.pdf) for full results.

## 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.

- 22/12/2021 - Lorca (ESP) - Excellent result of Miguel Angel Lopes on the 5.000m track walk. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4238](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4238)  
According to Nicola's report, Lopes's time ranks him 4<sup>th</sup> in the world (2<sup>nd</sup> European) for 2021. Now, here is the top 5 list, which may be of some interest to us Down Under:

1	18:39.08	Evan DUNFEE	 CAN	Burnaby (CAN)	18 JUN 2021
2	18:49.92	Declan TINGAY	 AUS	Perth (AUS)	17 DEC 2021
3	19:07.64	Federico TONTODONATI	 ITA	Milano (ITA)	24 APR 2021
4	19:07.94	Miguel Angel LOPEZ	 ESP	Lorca (ESP)	27 FEB 2021
5	19:25.62	Rhydian COWLEY	 AUS	Melbourne (AUS)	27 JUN 2021

(Table courtesy Marcia dal Mondo)

The Portuguese race walking blog **O Marchadore** 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 Marchadore blog is written in Portuguese, as are the articles therein. 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.*

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2022

Sun 16 Jan 2022	<b>VRWC Summer championships, 2021 Winter presentations, Annual General Meeting</b> – Middle Park
Sat 22 Jan 2022	<b>AV Summer T&amp;F season (AVSL Round 8) season</b> – Aberfeldie (Zone A), Murrumbena (Zone B) Ballarat, Bendigo, Geelong
Fri 28 Jan 2022	<b>Victorian Country T&amp;F championships</b> – Latrobe Uni track, Bendigo
Fri 28 Jan 2022	<b>ACT Athletics 10,000m Track walk championships</b> – AIS track, Canberra
Sun 13 Feb 2022	<b>Oceania &amp; Australian 20km Race walking championship</b> - Adelaide
Fri 18/20 Feb 2022	<b>Victorian Track &amp; Field championships (Week 1)</b> – Lakeside Stadium
Fri 25/26 Feb 2022	<b>Victorian Track &amp; Field championships (Week 2)</b> – Lakeside Stadium
Sat/Sun 19/20 Mar 2022	<b>Victorian Masters Athletics T&amp;F championships</b> – Lakeside Stadium
Sat 26 Mar/Sun 3 Apr	<b>Australian Track &amp; Field championships</b> – Olympic Park, Sydney
Fri/Mon 1/4 Apr 2022	<b>Australian Masters Athletics T&amp;F championships</b> – Brisbane
Sat/Sun 23/24 Apr 2022	<b>Australian Little Athletics championships</b> - Melbourne
Sun 24 Apr 2022	<b>AV 'Run The Tan'</b> – Kings Domain, Melbourne
Sun 15 May 2022	<b>Oceania &amp; Australian 35km Race walking championship</b> – Melbourne (TBC)

### International Dates

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

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**\*\* Wishing all of our readers – and all who have an interest in race walking – a happy, safe, healthy and prosperous New Year, with maximum opportunity to enjoy our wonderful sport. \*\***

*(EDITOR'S NOTE: When submitting contributions taken from another publication – such as the one above – please remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are give appropriate credit.*

*With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.)*

**\*DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

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