



Vol. 2022 Issue No. 5 Tuesday 1 February 2022

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: RUNNERS WORLD 598 High St, East Kew 3102 (Melways 45 G4)

Telephone: 03 9817 3503

Hours: Monday-Friday: 9.30am - 5.30pm Saturday: 9.00am - 3.00pm

Website: http://www.runnersworld.com.au

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

*RACE WALKERS - TIME TO 'RUN THE 'TAN'!

(as walkers, of course ...)

And now, walkers – for something different.

The 'Run The Tan' organization has been holding the athletic event of the same name since 2019, as a community participation run, a showcase of elite runners (including Olympians) and a fundraiser for mental health charities (something of which thousands, stricken in so many ways by the pandemic, are in desperate need.)

This year, after a successful 2021 event, the 'Run The Tan 2022' organisers have extended their vision to include more categories: Celebrities; Emergency services; Schools and – Race walkers!

Our elite Victorian walkers (i.e. those with recent international qualifying times or performances) have received separate invitations. They also have their own spot on the schedule. Other walkers are invited to enter in the 'Public Fun Run' category which commences at 9.00am.

So ... what do we walkers do on the day? Exactly what the runners do, with one exception: we walk, keeping strictly to WA Walking Rule No 54. (We all know what that is ... yes? *Yes?*) A full explanation of the event can be found at the 'Run The Tan 2022' website at https://runthetan.net. Once there, click on the link 'EVENT' and follow the drop-down box for all details.

The page 'RACE INFORMATION' is especially important. It contains Start/Finish info, race distance (1 lap of the Tan track), start times and

Supporting Mental Health

Race Walkers
Sunday 24 April

cut-off for all categories, medal presentations, entry fees and what you get for them.)PLEASE NOTE: AS the event is a charity fundraiser, the amount of entry fee is reflected in that objective.)

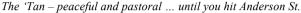
(Note also that the 'Early Bird' fee option is available only until *Friday 4 February*.)

The VRWC seldom gets a chance like this to engage in a meaningful community participation event, for a worthy cause. We want to see as many Victorian walkers (wearing the new VRWC race uniforms) in action as possible in this event. With electronic and print media present, there are few opportunities of this kind to get the Club's (and the sport's) profile out into the wider public view. Let's make the most of it!

To enter, go to https://runthetan.net and click on 'REGISTER' in the top right corner. Don't delay. Do it now!

(For further information, contact Stu Cooper or Terry Swan.)







Let's get some walkers in amongst this lot!
(Photos: Run The Tan)

** WALKER OF THE WEEK **



(Photo: Athletics Victoria)

Whereas in previous weeks the WOTW has been hard to pick amongst many outstanding performances, this week's is a no-contest. Over to Monday's post on the *VMA Facebook* page – they worded it perfectly!

'Victorian race walker 49 year old **Kelly Ruddick** broke the W45 5km Walk WR on Saturday 29/01/2022, clocking 23:14:48 for the distance. She started off lapping at 1:55:57, winding up all the way finishing off with a last lap of 1:42.

Her kilometre splits were 4.48, 4.47, 4.41, 4.33, 4.24.

A truly great performance, Kelly.

Now the wait for ratification.

Kelly took 28 seconds off the previous WR held by Lyn Ventris WA (23m42.4s)'.

Just when you think that, perhaps, Kelly has reached her goals and moved on to other pastures, out she comes with a performance like this! Beating any world record of Lyn Ventris's is a wonderful achievement. Smashing it by 28secs is a superb one.

Congratulations, Kelly. We eagerly await seeing you racing again in Melbourne!

CLUB NEWS and RESULTS

** NEXT VRWC RACES

Wednesday 7.00pm VRWC 1500m Open
2 February 7.15pm AV 5000m Teams race Open
Collingwood VRWC 5000m Open
(Geo Knott Res)

Sunday 8.45am VMA 5000m c'ship Women 9.30am VMA 5000m c'ship Men VMA 5000m c'ship Men VRWC 5000m & 3000m Open VRWC 1500m Open



VICTORIA - METRO & REGIONAL



AV Country Track & Field C'ships, Saturday 28 January - St Anne's, Bendigo

Undoubtedly the standout performance of the championships (of any competition around the country, for that matter) was **Kelly Ruddick's** new World W45 record for 5000m of **23:14.49**. If ratified as a new mark, this will be a 28sec improvement on Lyn Ventris's old record. So far as we know, all necessary criteria have been met, so we hope Kelly will receive the good news as soon as possible. Well done, Kelly!

Fraser Saunder continued his consistent season of strong performances, with his time in the Open and U20 5000m just 2secs shy of another PB.

It was encouraging to see a healthy turnout of walkers for these championships. Obviously we have all missed the chance to compete regularly over the past 24 months and are making up for lost opportunities.

5000m W40+		50	5000m M40+				
1	Megan Szirom	(ALB)	25:17.37	1	Leigh Browell	(SBE)	40:20.96
2	Sarah Brennan	(BYC)	27:10.30				
				50	00m MU20		
50	00m WU20			1	Fraser Saunder	(BYC)	22:26.15
1	Casey Smith	(NSW)	32:07.03	2	Geromi Tucker	(RWD)	26:16.21
-	Claire Noonan	(EAG)	DNS				
		,		50	00m MO		
50	00m WO			1	Fraser Saunder	(BYC)	22:26.14
1	*Kelly Ruddick	(BHA)	23:14.49 *WR W45	2	Leigh Browell	(SBE)	40:20.96
2	Jemma Peart	(BYC)	25:41.55			, , ,	
3	Tiffany Bussem Jorgensen	(BGO)	31:47.63	30	00m M50+		
	, c			-	David Smyth	(COL)	DNF
30	00m W50+				-		
1	Dee Holohan	(SAN)	20:19.83	30	00m MU16		
				1	Daniel Pashutin	(KNA)	16:58.73
30	00m WU16						
1	Ariana Pashutina	(KNA)	16:23.99	30	00m MU18		
2	Emily Lynch	(SA)	16:51.80	1	Scott Peart	(BYC)	15:07.28
30	00m WU18			15	00m M60+		
1	Emily Smith	(KNA)	17:31.64	1	Simon Evans	(BOH)	8:31.75
				2	Geoffrey Barrow	(MEN)	10:48.90
15	00m W60+			-	Peter Savage	(EAG)	DQ
1	Donna-Marie Elms	(PTN)	9:40.21				
2	Jennifer Payne	(SBE)	9:44.04	15	00m MU14		
3	Gwen Steed	(GHY)	10:36.09	1	Leslie Jagger	(SA)	9:00.78
4	Annette Curtis	(SBE)	11:47.76	-	Keelan McInerney	(BGO)	DQ
5	Wendy Ennor	(EAG)	13:37.73				
15	00m WU14						
1	Charlotte Macdonell	(BYC)	9:08.25				
2	Charlise McQueen	(EAG)	9:50.18				







Happy decoratees: Jemma & Scott Peart, Fraser Saunder, Charlotte MacDonnell, Sarah Brennan and Megan Szirom (Photos: Ballarat RWC)

** AVSL - Round 9 Metro venues and start times - Saturday 5 February

Zone A: Aberfeldie 1:30pm: 2000m Walk

5000m Walk

Zone B: Casey Fields 1:30pm: 2000m Walk

5000m 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



AROUND THE COUNTRY

A.C.T. AACT Open & U20 Championships, Friday 28 January - AIS

Thanks to Mark Roberts for this, his final report. A special 'well done', also, to Mark for last week's engaging photo essay on the Supernova #2 event.

We return to the AIS for the third 10,000m walk in January with a field of thirteen walkers from Tasmania to Queensland. The weather was - to put it simply - HOT, as the event should have been scheduled for later in the night.

20 06 05

OPEN 10,000m Race Walk c'ships

En 10,000 m race 110	in c sinps	
 Tim Fraser 	M22 South Canberra	44:37.30
Hannah Parker	W20 NSW	57:49.12
Bridget Bell	W20 NSW	1:03:48.14
Darcey Roberts	W15 North Canberra	DNF
Milly Boughton	W16 NSW	DNF
Hannah Manning	W20 North Canberra	DNF

U20 10,000m Race Walk c'ships

1. Kodi Clarkson	M14 Ginninderra	51:45.58
2. Char Hay	W19 VIC	54:49.52
3. Riley Whatmore	M19 NSW	56:58.11
4. Owen Toyne	M15 Ginninderra	59:05.34
Elizabeth McMillen	W18 NSW	DNF

5000M Race Walk Non-championship

1. Tara Laytham	I/ NSW	28:06.05
2. Lilah Norden	15 NSW	32:23.60
3. Julia Grocott	16 South Canberra	34:30.64

3000m Race Walk Non-championship

 Oliver Morgan 	M15 TAS	15:17.31
2. Eloise Smith	W14 Ginninderra	20:08.45

** ACT Masters Thursday 27th January – Woden Park

Last Thursday was the return of ACT Masters with eight walkers at the start line. A great walk by all.

3000m

2000111	
1 Michael Smith	16:56
2 Doug Barrett	21:26
3 Bryan Thomas	22:55
4 Sheryl Greathead	25:50
5 Peter Davies	25:53
6 Robert Kennelly	29:00
5000m	
1 Scott Hyland	24:45.
1000m	
1 Jim White	7:29.

QUEENSLAND QMA results, Friday 29 January – QSAC, Brisbane

W30 5000 Metre Race Walk

Name Age Team Finals Age-Grading 1 Kirwin, Roslyn W33 QMA 42:02.41 47.06%

M55 5000 Metre Race Walk

1 Jimenez Solis Ignacio M56 QMA 24:22.07 87.85%

W55 5000 Metre Race Walk

1 Woodward, Erika W55 QMA 30:55.01 75.72%

M65 5000 Metre Race Walk

1 Bennett, Peter M66 QMA 33:02.43 71.52%

W75 5000 Metre Race Walk

1 McKinven, Noela W79 QMA 43:42.62 69.82%

SOUTH AUSTRALIA

Kim Mottrom reports that there was a good turn out at SA Athletics Stadium on Saturday, with some pleasing times recorded.

•	20	201	n.
Open	- 41	1111	Im

(SA Masters)	12:33.55
(Southern AC)	14:40.24
(Southern AC)	14:50.44
(Southern AC)	15:28.48
(Coastal Districts)	16:13.68
(Saints)	16:17.24
(Coastal Districts)	17:04.98
(Port Adelaide)	17:25.77
(Southern AC)	17:43.15
(SA Masters)	18:13.47 PB
(SA Masters)	18:27.49
(Saints AC)	18:29.25
(Tea Tree Gully)	24:55.02
	(Southern AC) (Southern AC) (Southern AC) (Coastal Districts) (Saints) (Coastal Districts) (Port Adelaide) (Southern AC) (SA Masters) (SA Masters) (Saints AC)

Open 1500m

Anthony Tana (Southern AC) 6:55.94 PB Elise Scott (South Coast) 8:05.95 PB

WESTERN AUSTRALIA

Thanks to Terry Jones for the results from the WA Walkers club's latest races:

1	()	K
•	v	

Andrew Duncan 54.18

5K

Karyn Tolardo 32.15 Maecela Ruiz 37.38

3K

Kaytee Bogaers 17.48 Ashlyn Spence 18.09 Harry Gordon 21.47 Glenys Duncan 27.12

2K

Sylvia Byers 19.0



INTERNATIONAL NEWS

FRANCE: Meeting en salle (indoors), Saturday 29 January, Vittel

The indoor athletics season in France is producing some impressive results. Emmanuel Tardi reports:

On Saturday afternoon a national meeting was held in the city of Vittel (300km in the East of Paris). Women started at 17:00 and Men at 17:30 .

In the men's event Aurelien Quinion and Dimitri Durand produced PBs.

The women's event was won by local walker Clemence Beretta .

3000m Marche

5

6

3000	m Marche			
1	BERETTA Clemence	SEF/97	Athle Vosges	12'52''40
2	MOUTARD Camille	ESF/01	Athle 21	13'09"34
3	CARRE Elvina	JUF/03	Ast	13'34''70
4	TERREC Maele	ESF/01	St Max Essey Club Athlé	13'51"26
5	PICARD Axelle	SEF/99	St Max Essey Club Athlé	14'35''89
6	MILLE Angele	ESF/01	Grac Renwez	14'45"31
7	DEMON Sonia	MAF/72	Efs Reims	15'13''84
8	BERGER Alyssa	JUF/03	Ao Nevers	15'14"'38
9	BOBAN Valerie	MAF/68	Athle Vosges	15'28''63
10	BRASTEL Adeline	MAF/78	Efs Reims	15'53''42
11	DEMIR Evin (TUR)	ESF/01	Amiens Uc	16'27''85
	5000m Marche			
1	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	19'37''19
2	DURAND Dimitri	ESM/02	Athletic Club Montpellier	20'16"16
3	SENODUNCU Sahin (TUR)	SEM/94	Amiens Uc	20'16"'78
4	HUE Avmeric	ESM/01	Ec Orleans Cif	21'43''07

ESM/00

CAM/05

ESM/00



BEAUVAL Florent

CHENUET Quentin

GOGNIES Ryan





22'42"'91

22'44"23

DNF

Men's podium: Dimitri Durand, Aurelien Quinion and Sahin Senoduncu

MARCIADALMONDO & O MARCHADOR ROUNDUP

Stade Sottevillais 76

Gien Athle Marathon

Ca Montreuil 93

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.

More national 20km and 35km results feature this week.

• 31/01/2022 - Adler, Sochi (RUS): Great mark of Vasily Mizinov in the 20km of the All Russian Winter Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4285 (Unfortunately, the official results are in the Cyrillic alphabet, though you can probably glean the essential info along with the names if your talents run to linguistics.)

- 31/01/2022 Coatzalcoalcos (MEX): 5th edition of the Circuito Nacional de Caminata. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4286
- 30/01/2022 Lepe (ESP): Fireworks in the two 35km of the Spanish Championships. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4284
- 29/01/2022 New York (USA) 114th edition of Millrose Games. Some fast indoor results listed. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4283
- 27/01/2022 Japan: The team for Muscat (Oman).

 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4282 (The Japanese appear to have made their 35km selections on the basis of 50km times, rather than specific 35km trials.)
- 26/01/2022 San Jerónimo, Baja Verapaz (GUA): The 35km and 20km national championship of Guatemala. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4281
- 25/01/2022 Canberra (AUS) Supernova 2022. Nicola Maggio's own report on last week's events at the AIS. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4280

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.

<u>Note</u>: 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.



DOWN MEMORY LANE

with Tim

Tim Erickson, as energetic a race walking historian and researcher as ever, focuses mainly on the ultra-distance scene these days. He is voracious in his quest for compelling stories and personalities amongst those whose exploits inhabit the toughest, most obscure frontiers of our sport.

Tim has graciously shared with us this gem from the latest issue of 'Centurion Footnotes'. It's a fascinating account, not simply of a young girl's and boy's achievements, but of the historical social conditions within which those and similar achievements are framed. Enjoy.

** LILIAN SALKELD - YOUNG WALKING PIONEER **

I produced a small article on a couple of young and long forgotten walkers in one of my 2020 'H&T' newsletters. The article is captured at http://www.vrwc.org.au/tim-archive/articles/Lilian%20Salkeld%20and%20G.O.%20Edwards.pdf. The two walkers in question were 15 year old **Lilian Salked** and 10 year old **G. O. Edwards.** I have since been chatting with N.U.T.S. statistician and archivist Andy Milroy. Andy has been doing a lot of research on the 1920s and 1930s when women's distance walking became popular. In this context, he has been able to shed more light on the forgotten story of these two young walkers.

The story begins on 2nd October 1920, when two women started in the Manchester to Blackpool 51 mile walk. They were **Miss Winifred Green** from Bolton and **Miss D. Huntington** of Manchester and they started two hours before the male competitors from the Albert Street Police Station Parade Ground in Manchester. When the women reached Chorley at about 22 miles, Miss Huntington was forced to retire because of a heel injury, but Miss Green went on to complete the race in 12:32:35, in 24th place. She explained her participation in the 51 mile walk. "Women had taken part in tennis and golf competitions and why should they not go in for walking, the very simple exercise?"

Fast forward to 6th June 1921, when a 15 Miles Championship Walk for Girls was organised in Manchester. This race introduces us to **Lilian Salked** who won in 2:58:15 ahead of 14 year old **Barbara Halliday** (3:02:28) and 15 year old **Elsie Osman** (3:07). The race was organised by Albert Edwards, an experienced race walker. Edwards had a vested interest. His precocious son, **Georgie (G. O. Edwards)**, although only ten or so, was already competing. Teenage girls made good opposition as he built his son's reputation as a walker.

In late August that year, a 33 mile event was held in aid of the Stafford Hospital. Lilian covered the distance in 7:02:39. Two hours later Lilian and Georgie Edwards went head to head over a mile, tying in 9:44.

It may have been at this time that Albert Edwards began coaching Lilian. An obvious target for them was Winifred Green's time in the 1920 Manchester to Blackpool race and Liian and Georgie were both starters in the 1921 edition. Unfortunately Lilian had injured her foot three weeks before the Blackpool race and she was forced to drop out around the 33 mile mark because of her injury. Georgie continued on, finishing in a very impressive 11 hours and 43 minutes.

These 1921 performances of Lilian and Georgie have been captured captured for posterity in the British Pathe newsreel archives.

The first newsreel dated 06/06/1921, shows *Lilian* winning the 15 Miles Championship Walk for Girls in Manchester. See https://www.britishpathe.com/video/girls-walking-race. In fairness, the newsreel only shows the girls for the first 20 seconds (Lilian is wearing number 5). After that, it swaps to a display of Master G.O. Edwards walking in the later Manchester to Blackpool race. It seems a case of improper editing when the newsreel was created or recreated.

The second newsreel, dated 01/10/1921, is titled: *Wonder Boy Walker. Master G.O. Edwards* aged 10, establishes *World's record in walking 52 miles in 11 hours 43 minutes Manchester to Blackpool. Lancashire*. It shows Georgie striding along the road and then finishing. The second half of this newsreel is titled *Lillian Salkeld*, aged 16, gave up after going 38 miles and shows Lilian as she walks towards the camera and takes a drink from a bottle. Check it out at https://www.britishpathe.com/video/boy-walker-1.





By 1922 Lilian was looking for a new challenge and she set her sights on the London to Brighton Walk. A **Miss Doris Joel** had previously stated her intention to walk from London to Brighton, to demonstrate that girls were also able to perform long distance walks, but nothing had come of it. A **Miss Maud Brown** and **Miss Christina Wright** challenged Miss Joel to a contest over the course, and subsequently Lilian joined in, challenging the other three.



Lilian stated, "I expect to do the journey in about thirteen hours. My diet will be oranges, bananas, bread and butter and a tomato. My last meal before starting out was two eggs, bread and butter and an orange. I am practically a vegetarian, but not quite."

"I have already done 42 miles without feeling any the worse." This mark is not on the list of her known performances and suggest she also undertook the long standing Bradford to York race as well, which would have been good preparation for the London to Brighton.

On the day, Miss Joel, Miss Brown and Miss Wright seemed intimidated by the large crowd, described by some newspapers as a mob, apparently intent on stopping the women from racing. Despite that, the race started at 8:10 pm.

Lilian wore a short skirt, with ankle socks. The weather was bitterly cold and she later put on a jumper and warm, woollen gloves. Her long, firm stride particularly impressed the crowds lining the route. All through the night she maintained a brisk pace, walking in the glare of the headlights from the following car in which her mother rode, along with her father and her trainer Albert Edwards. The car had been lent by a London firm.

Her rests were few and brief. Once she changed her footwear, putting on racing shoes with light, leather rubber soles. Occasionally she stopped to eat a banana or a tomato and to have her face sponged with eau de Cologne by her mother.

Perhaps the most extraordinary feature of the race was that Miss Brown and Miss Wright covered the whole distance in "everyday attire" and wearing shoes with heels. Before they set out they had finished a full day's work at the Gamages store. As they made their way to Brighton they halted for five minutes every hour. (As shop assistants they would have been used to spending many hours each day on their feet.)

They commented before the race "Our biggest effort was over fifty-eight miles the year before from Brentwood to Clacton." Miss Wright had proclaimed "We shall do it, you bet!"

Lilian strode out, accompanied by the young Georgie Edwards who was to retire at 30 miles with blisters. Doris Joel did not actually start and Miss Brown and Miss Wright were soon overtaken by the young girl from Manchester.

Lilian was well ahead by Croydon Town Hall, 10:06 pm to the 10:21 pm of the following pair, who walked together, occasionally chatting but showing nothing like the firecracker determination of their Manchester rival. By Redhill, the leader was timed at 12:20am with the chasing pair passing at 1:09am. She passed Horley (25.25 miles) in 5:20:30. She stopped once to change into goloshes after 35 miles.

At 41.25 miles, the challenging Dale Hill, Lilian was timed at 10:37:58. When Lilian finally saw her goal of Brighton Aquarium she was walking well but looked rather fatigued. She finished in 12:20:40.8 and was given a rousing reception by the assembled crowd of women and girls. She then went and had a substantial breakfast at the Bed & Breakfast establishment where her family were to be staying. Her comment at the finish shows the motivation behind the walk, "It shows that what men can do, girls can do also."

Miss Maud Brown and Miss Christina Wright finished in 15 hours 20 minutes. One of them commented at the finish that they were longing for a square meal.

Lilian's London to Brighton walk is also captured on newsreel, dated 04/05/1922 and titled *Wonderful Girl Walker - 16 year old Miss Lilian Salkeld accomplishes London to Brighton walk in 12 hours 20 minutes.* A 53 mile walk, done in a little over 12 hours, not a bad effort in anyone's measure! See

 $\frac{https://www.britishpathe.com/video/lilian-salkeld-aka-wonderful-girl-walker.}{}$

Andy Milroy believes that Lilian's mark was influential in the development of Women's long distance racing. The British Pathe Newsreel would have been widely shown in the rapidly growing cinema theatres across Britain. Thanks to the telegraph, news of her performance would have gone around the world.



However he suspects that sharing a car for over 12 hours with the opinionated Albert Edwards, her coach, was probably too much for Mr and Mrs Salkeld. Although there was some talk of her attempting the slightly shorter Manchester to Blackpool race subsequently, it does not appear to have happened that year.

The following year, in April 1923, a race from London to Brighton, organised by the Ministry of Pensions Walking club, was held, with fifteen girl clerks, many wearing silk stockings and walking shoes and everyday frocks, competing with nineteen men. The women had two and a half hours start, leaving Big Ben at 7 pm. The race was won by H V Henry. In third place was **Miss Doris Grasty** in 12:02, eighteen minutes faster than Lilian had done in 1922.

When asked where the men were, her reply was a dismissive "Oh, I believe they're coming along." She also commented "In my mind all the way was to beat the men". She had had a two and half hour start on the men. The male walkers took the hint and the following year the women had just a half hour start over the men.

Lilian's next documented race was as an unofficial competitor in the 1926 Manchester to Blackpool race, on 2nd October 1926. Not content with merely competing, she covered the 51 mile course in the fastest time yet by a woman, setting a new standard for the 50 mile distance – 11 hour and 22 minutes. Although her performance was unofficial, it was recognised by the civic authorities and when asked what prize she would like, Miss Salkeld asked for the works of Charles Dickens.

By the end of the 1920s, the wider society of women had well and truly discovered the joys of walking. In 1928 a newspaper reported noted that twice as many women as men took part in rambling societies and that many London offices had their own groups. The gender imbalance following the carnage of the First World War meant many women went out to work and then sought their leisure pursuits in a less restrictive environment.

By way of postscript, Lilian married South London-born Reginald Thomas Castell in Manchester in 1941 (the exact date of their wedding is not known.) Their ages at marriage were unusual for the period. In 1939 the average age at marriage was 26.5 years for men and 24.2 years for women. They were 35 or 36.

Lilian died in Blackpool, aged 87, on the 21st December 1992, probably the last representative of the young women pioneer walkers of the 1920s and 1930s, whose efforts have been largely forgotten.

- Tim Erickson, Monday 31st January 2021 (With thanks to Andy Milroy for his comprehensive investigations.)



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Wed 2 Feb 2022

AV 5000m Walk Teams race & VRWC Summer comp races—Collingwood (Geo. Knott Res)

Sat 5 Feb 2022

AV Summer T&F season (AVSL Round 8) season—

Aberfeldie (Zone A), Murrumbeena (Zone B)

Ballarat, Bendigo, Geelong

Sun 13 Feb 2022
Fri 18/20 Feb 2022
Fri 25/26 Feb 2022
Sat/Sun 19/20 Mar 2022
Sat/Sun 1/4 Apr 2022
Sat/Sun 23/24 Apr 2023

Sat/Sun 23/24 Apr 2022 **Australian Little Athletics championships** - Melbourne Sun 24 Apr 2022 **AV 'Run The Tan'** - Kings Domain, Melbourne

Sun 15 May 2022 Oceania & Australian 35km Race walking championship – Melbourne (TBC)

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

Jul 15 – 24, 2022

Jul 22 – Aug 7, 2022

Aug 11 – 21, 2022

Jul 22 – Aug 7, 2022

Aug 11 – 21, 2022

Jul 22 – Aug 7, 2022

Aug 11 – 21, 2022

Z3rd World Masters T&F Championships – Tampere, FIN 18th World Athletics Championships – Eugene OR, USA XXII Commonwealth Games – Birmingham, GBR 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 19th World Athletics Championships – Budapest, HUN

(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.

Stu Cooper - editor 0421 470 949 stuwalks@yahoo.com.au