

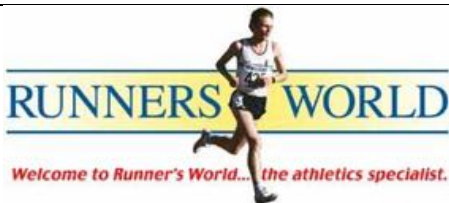


HEEL & TOE Online

Vol. 2022
Issue No. 16
Tuesday
19 April 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>



CLUB NEWS and RESULTS

** MEMBERSHIP **

Registration for Season 2022-23 is now open

Details of membership types, applicable fees and links to registration forms are now available at:

<http://vrwc.org.au/VRWCMembershipApplication.shtml>

55th LAKE BURLEY GRIFFIN CARNIVAL Sunday 12 June, Mt Stromlo Park, Canberra

Please note that the race details and schedule listed in the 2022 Winter fixture for this Carnival have been updated.

Entries are now open through the VRWC Entry portal at <http://vrwc.org.au/wp1/>, which lists the updated events.

See the amended Fixture on the VRWC website.



AV Country Road Walk C'ships, Sunday 1 May – Victoria Park, Ballarat

A reminder to make sure your entries for these championships are lodged with **Athletics Victoria** through their Entry Portal (*see link below.*)

NOTE: Entries for the VRWC championship and non-championship races can be lodged via the VRWC Entry portal at <http://vrwc.org.au/wp1/race-entries/race-entry-sun-01-may-2022/>.

10.00am	10km AV Championship (C.H. 'Bert' Gardiner Medal) 10km AV Country Championship 10km AV Championship 10km AV Country Championship 10km non-c'ship	Open, 40+, 50+ Men Open Men Open, 40+, 50+ Women Open Women Open Men/Women
10.30am	5km AV Country Championship 5km VRWC Championship 5km AV Country Championship 5km VRWC Championship 5km non-c'ship	U20 Men/Women U20 Men/Women U18 Men/Women U18 Men/Women Open
11.00am	3km AV Country Championship 3km VRWC Championship 3km AV Country Championship 3km VRWC Championship 3km non-c'ship	U16 Men/Women U16 Men/Women U14 Men/Women U14 Men/Women Open
11.15am	1km VRWC Championship 1km VRWC Championship 1km non-c'ship	U10 Boys/Girls U12 Boys/Girls Open
11.30	Presentations	

**** NOTE:** Entry for **all AV Championships** must be done through the **AV portal** at <https://www.revolutionise.com.au/athleticsvic/events/138813/>
Registration for this event closes at *Thurs 28 Apr 2022 at 11:59pm.*

*** WE NEED MORE JUDGES ***



Interested in becoming a walks judge? Willing to give it a try and see?

Sign up for the

WALK JUDGING SEMINAR

on **Saturday 14 May**, at **Middle Park Bowling Club (VRWC HQ)**

For beginners and upgrading judges

See application form below on Page 12



Sunday 24 April

There's still time to enter the **'Run The Tan'** in the *Public Fun Run* category. Register now at <https://runthetan.net>
We still need to see **more VRWC singlets** out there. Join up now for a new experience – and assist those in need of mental health care.
Schedule for the day is as follows:

**** ELITE WALKERS** – This is a powerful squad who will present the sport at its best:

Jemima Montag
Rhydian Cowley
Alanna Peart
Will Thompson
Fraser Saunder
Marcus Wakim
Bec Henderson
Declan Tingay
Tim Fraser

7:30am to 8:30am – Race BIB pick up and same day registrations

8:45am – Official Opening

9:00am – 10:00am – **Public Fun Run** (Waves in Pulse Starts 30 seconds apart)

** Non-elite walkers also start here.*

10:00am – Battle of the Schools

10:10am – 10:25am – Presentations for Public Fun Run Place Getters
and Age Category place Getters

10:30am – Emergency Services

10:35am – Celebrity Challenge

11:15am – **Elite – Race Walkers**

11:20am – Elite – Paras

11:25am – Elite – Men (Able Bodied)

11:45am – Elite – Women (Able Bodied)

12:15pm – 12:30pm – Presentations for Elites, Celebs, Schools,
Emergency Services and King & Queen of the Mountain

12:30pm – Live Entertainment

12:45pm – Event Finishes

Start and Finish Line - Pillars of Wisdom, Tan Track, Melbourne (near the junction of Olympic Boulevard and Alexandra Avenue).



AROUND THE COUNTRY



NATIONAL RACE WALKING RANKINGS – 2022

As the 2021-22 Summer season has ended with the National track walking titles in Sydney, AA statistician **Paul Jenes** has compiled season rankings for the Open 5000m and 10,000m track distances:

Women 5000m

20:17.35	Jemima Montag	V	150298	Melbourne	26-Feb
21:30.86	Clara Smith	Q	090398	Melbourne	26-Feb
21:42.44	Rebecca Henderson	V	040701	Melbourne	26-Feb
21:49.41	Olivia Sandery	S	220103	Adelaide	18-Feb
22:47.17	Kelly Ruddick	V	190473	Melbourne	26-Feb
23:16.55	Hannah Mison	N	141101	Sydney	19-Feb
23:28.87	Alanna Peart	V	060903	Melbourne	19-Feb
23:45.43	Elizabeth McMillen	N	100404	Sydney	25-Feb
23:46.51	Emma Blanch	N	010403	Sydney	19-Feb
23:51.33	Allanah Pitcher	N	190903	Sydney	19-Feb
24:03.15	Alexandra Griffin	W	100605	Sydney	31-Mar
24:18.53	Zoe Woods	N	221007	Sydney	31-Mar
24:22.68	Hannah Bolton	N	291203	Sydney	25-Feb
24:32.84	Milly Boughton	N	030206	Sydney	25-Feb
24:36.10	Nellie Langford	S	010605	Sydney	31-Mar
24:40.80	Jayda Anderson	Q	100805	Sydney	31-Mar
24:56.63	Sienna Pitcher	N	271107	Sydney	31-Mar
24:52.14	Char Hay	V	011203	Melbourne	26-Feb
25:09.75	Samantha Findlay	S	230897	Adelaide	18-Feb
25:17.37	Megan Szirom	V	180877	Bendigo	29-Jan
25:36.22	Jemma Peart	V	150601	Melbourne	26-Feb
25:54.27	Maddison Nash	V	011206	Melbourne	19-Feb

Women 10000m track

42:39.2h	Jemima Montag	V	150298	Canberra	22-Jan
44:27.80	Katie Hayward	Q	230700	Sydney	30-Mar
44:40.09	Rebecca Henderson	V	040701	Sydney	30-Mar
45:28.96	Olivia Sandery	S	220103	Sydney	30-Mar
45:36.1h	Clara Smith	Q	090398	Canberra	22-Jan
46:41.03	Kelly Ruddick	V		Sydney	30-Mar
47:35.43	Katie Hayward	Q	230700	Brisbane	6-Mar
48:18.9h	Alanna Peart	V	060903	Canberra	22-Jan
48:58.32	Elizabeth McMillen	N	100404	Sydney	30-Mar
49:17.7h	Allanah Pitcher	N	190903	Canberra	22-Jan
49:49.41	Hannah Mison	N	141101	Sydney	30-Mar
50:10.78	Camryn Novinetz	Q	031003	Sydney	30-Mar
50:27.08	Emma Blanch	N	010403	Sydney	30-Mar
51:55.09	Char Hay	V	011203	Sydney	30-Mar
52:29.14	Hannah Bolton	N	291203	Sydney	30-Mar
52:46.54	Samantha Findlay	S	230897	Adelaide	20-Feb
53:52.58	Nellie Langford	S	010605	Adelaide	20-Feb
55:27.86	Hannah Parker	N	221002	Sydney	30-Mar
55:36.59	Anika Clarke	Q	011105	Sydney	30-Mar
57:34.02	Zoe Woods	N	221007	Sydney	15-Jan
57:38.19	Bridget Bell	N		Sydney	30-Mar
58:27.94	Summer Millard	Q	210405	Sydney	30-Mar
58:43.26	Sienna Pitcher	N	271107	Sydney	15-Jan

Men 5000m

18:24.50	Declan Tingay	W	060299	Melbourne	26-Feb
19:12.20	Rhydian Cowley	V	040191	Melbourne	26-Feb
19:25.97	Will Thompson	V	181102	Melbourne	26-Feb
19:46.29	Tyler Jones	N	080498	Sydney	19-Feb
19:47.40	Kyle Swan	V	280399	Melbourne	26-Feb

19:47.65	Carl Gibbons	N	190696	Sydney	19-Feb
20:28.47	Dylan Richardson	N	171000	Sydney	19-Feb
20:55.70	Tristan Camilleri	S	140201	Adelaide	18-Feb
21:04.99	Kim Mottrom	S	270984	Adelaide	18-Feb
21:56.98	Marcus Wakim	V	030506	Sydney	1-Apr
21:59.30	Owen Toyne	A	190607	Sydney	1-Apr
22:10.75	Mark Blackwood	V	250177	Melbourne	26-Feb
22:16.85	Fraser Saunder	V	190804	Melbourne	19-Feb
22:24.96	Riley Coughlan	V	140107	Sydney	1-Apr
22:35.85	Jack McGinniskin	N	261202	Sydney	19-Feb
22:39.92	Kodi Clarkson	A	100208	Sydney	1-Apr
22:58.96	Will Bottle	T	220505	Sydney	1-Apr
23:07.12	John Ronan	W	021107	Sydney	1-Apr
23:30.07	Sam McCure	Q	180806	Sydney	1-Apr
23:32.22	Bailey Housden	Q	041007	Sydney	1-Apr
23:50.46	Grady Platt	N	110706	Sydney	1-Apr

Men 10000m track

39:01.3h	Declan Tingay	W	060299	Canberra	22-Jan
39:22.0h	Kyle Swan	N	280399	Canberra	22-Jan
40:28.1h	Rhydian Cowley	V	040191	Canberra	22-Jan
40:36.0h	Quentin Rew (NZL)	V	160784	Canberra	22-Jan
41:00.3h	Will Thompson	V	181102	Canberra	22-Jan
41:30.8h	Mitchell Baker	A	060701	Canberra	22-Jan
41:39.0h	Tyler Jones	N	080498	Canberra	22-Jan
42:26.2h	Carl Gibbons	N	190696	Canberra	22-Jan
42:58.6h	Tim Fraser	A	220200	Canberra	22-Jan
43:42.7h	Tristan Camilleri	S	140201	Canberra	22-Jan
43:50.7h	Corey Dickson	V	190702	Canberra	22-Jan
43:53.22	Dylan Richardson	N	171000	Sydney	30-Mar
43:56.14	Kim Mottrom	S	270984	Adelaide	20-Feb
46:52.10	Jack McGinniskin	N	261202	Sydney	30-Mar
47:15.49	Fraser Saunder	V	190804	Sydney	30-Mar
50:20.81	Ben Reid	W	300501	Sydney	30-Mar



RWA 35km TEAMS CHALLENGE, Sunday 15 May - Fawkner Park

As part of the AA 35km Road Championship on Sunday 15 May, notice is given that a **Teams Challenge** will take place over the 35km distance. Details of this event are as follows:

Race Walking Australia 35km Team Challenge

- Athletes must enter and meet the entry rules (including entry standard) for the Australian and Oceania 35km Race Walking Championships before entering the RWA 35km Team Challenge. You cannot enter the team challenge unless you have entered individually before the close off date.
- Teams of 3 or more athletes, up to five, points are awarded for the best 3 performances and the team with highest (or lowest) wins, same as WWTC. All Team members will be awarded RWA medals/trophy, regardless of finish status.
- Teams can be mixed.
- Teams can be geographically based, coach-based, state-based, beer flavor-based, dog breed, colour..... anything.
- Entries must be made on the AA portal, teams are self-organising after event entry.
- Race Walking Australia will collate and advertise teams via its website, each team should nominate a manager and communication will be between RWA and the team. Teams must advise secretary@rwa.org.au before 8th May
- Team placing will have no bearing on the individual placing and there is NO correlation between them.
- Individual entries do not have to join a team.
- Questions to secretary@rwa.org.au

See <https://www.athletics.com.au/events/139081/> for further details.

**** NATIONALS GALLERY - 2022 ****

This week, in lieu of a **Walker Of The Week** award, we are revisiting the National championships in Sydney through the many images taken, since they feature the best young (and not quite so young) talent from around the country.

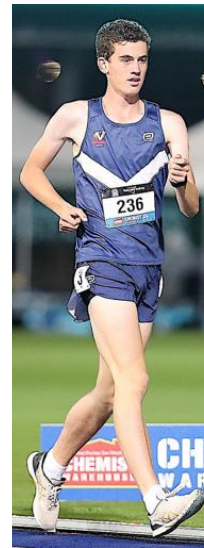
(Photos courtesy of *Therese Smith, Kerrie Peart, Racewalk Across Australia, Athletics Victoria, Athletics NSW, Athletics West.* Apologies to anyone overlooked.)



Char and Kelly



Elizabeth



Fraser



Kyle



Alanna leads from Allannah, Emma and Camryn



Alexandra, Jayda and Zoe



John (220) and Marcus lead early



BFFs: Ariana, Maddison and Emily



Scott



All's good ... coach Fran is there!



Hannah



Will leads from Quentin, Tim and Tyler



Carl



Dylan



Olivia



Jack



The big V, times V ... Zac, Scott, Marcus, Riley and Eden



And one from Brisbane: Heather, Erika and Kylie



INTERNATIONAL NEWS

FRANCE: Chateau-Thierry 24 Hours, 16/17 April – Chateau-Thierry

Emmanuel Tardi reports from what was obviously a busy weekend for him! With our own Centurion qualifying event held seven days earlier, it's timely to receive this report on a race that has achieved classic status in World ultra-distance walking.

I was in Chateau-Thierry (100km east of Paris) for the annual '24 hours in Racewalking' event.

There are less and less starters in this kind of event, and organizers decided to organize lots of ancillary events.

On Saturday, there was a 2x6 hours (1pm to 7pm , then 7am to 1pm), a 6 hours (1pm to 7pm) and a 20km. On Sunday, there was another 6hours (7am to 1pm) and a 10km.

Only 20 starters in the main event (24 hours), but with the others events, we had 45 on the start line, in front of the City hall, on Saturday at 1pm. There were 6 small loops in front of the city hall, then walkers went on the main loop (2k375 long). In the final hour, loops were 400m long. It is a hard race with 32m of height difference in each lap. But the weather was very sunny, the night was cool, and there was no rain.

Florian Letourneau was the leader of the race from the beginning to the end. He walked with **Dominique Delange** (2x6h) and **Maxime Laneau** (6h) in the first part of the race. Florian reached more than 52km in the first 6 hours, then 100km in 11h 38m and 150k in 17h 40m on the road to produce the first over-200k mark since 2014.

With the sunrise and the start of others races in the morning, he received lots of support and finished the race with **201k.254m**. By my count, he became the 156th French walker to reach this mark.

In the women's 24h, **Véronique Bessot** was an easy leader (10km gap) when she had to stop in the middle of the night because of a stomach problem. She stopped for the full night for recovering. The local walker, **Nadia Ducruet**, finally won the race.

In others races, **Dominique Delange** and **Claudie Bizard** easily won the 2x 6hours. **Christophe Erard** and **Emilie Bizard** won the 6 hour race.

In the 20km, **Laurent Legentil** walked 1h 44' 56", a very good mark with regards to the profile of the race.



Maxime Laneau and the winner, Florian Letourneau



Nadine Ducruet



Christophe Erard

24 Heures Marche Men

- 1 LETOURNEAU Florian
- 2 OLIVARES Mathieu
- 3 MALFONDET Alain
- 4 LINARD Benoit
- 5 RIGAL Jean-marc
- 6 DELARUE Jean-michel
- 7 GIRAUDEAU Denis
- 8 FAUBERT Stephane
- 9 ARNAULT Jacques
- 10 NICOLAS Alain
- 11 RASSAIND Andre
- 12 BOUELE Cedric
- Ab HIRSINGER Christian
- Ab CM Roubaix

16-17.04.2022

Ac Chateau Thierry	201k254
Neuilly Sur Marne Athletisme	180k231
NI Paris	168k449
NI Neuvy-les-2-clochers	157k576
Domont Athletisme	151k378
Ac Cauffry-Liancourt	145k600
Ulaç Pays Fouesnantais	143k788
NI Longeville	133k377
Neuilly Sur Marne Athletisme	115k112
NI Domptin	112k953
Al Voiron	107k932
Delemont Athletisme	69k789
Ultra Marathon France	80k976
Fauqueur C - Fauqueur R	52k440

Ab	RUIH Herve	Efs Reims	28k660
Ab	HENRY Fabrice	Frijep Cor. Margny Verdon	21k526

24 Heures Marche Women

1	DUCRUET Nadia
2	SONNOIS Martine
3	BESSOT Veronique
4	POUVREAU Manuella

6 Heures Marche

1	ERARD Christophe
2	MALDEME Damien
3	MICHELOT Remi
4	TILLIER Ludovic
5	CECCALDI Georges

6 Heures Marche

1	LANEAU Maxime
2	BIZARD PLANCHOT Emilie
3	VARAIN Cedric
4	ANXIONNAT Claudine
5	MARECHAL Pascal
6	MOUGENOT Patrick
7	DENZEZ Samuel

2x6 Heures Marche

1	DELANGE Dominique
2	BALLAND Johann
3	SIMIAND Frederic
4	BIZARD Claudie
5	PANNIER Josiane
6	DALOZ Robert
7	HAGHEBAERT Eric
8	MAURICE Fabienne
9	RODIER Nicole
10	BIZARD Jackie
11	ARNAULT Francoise

16-17.04.2022

Ac Chateau Thierry	150k282
Racing Club Haut-jura Morez	145k907
Domont Athletisme	121k208
Domont Athletisme	112k930

17.04.2022

Asm Bar-le-duc	54k643
Athletic Vosges Entente Clubs	48k130
Es Thaon	45k288
Le Chesnay-rocquencourt 78 Ath	43k273
Entente Chalonsaone Athl.	42k641

16.04.2022

Us Camon	52k833
Neuilly Sur Marne Athletisme	45k461
Ac Chateau Thierry	45k259
Athletic Vosges Entente Clubs	41k137
Ac Chateau Thierry	40k489
Marne Et Gondoire Athletisme	38k115
NI Grisy Suines	36k578

16-17.04.2022

Aj Auxerre Section Marathon	95k981
Athletic Vosges Entente Clubs	88k973
Cjf Saint-malo	88k822
Thiais Ac	85k947
Havre Ac	83k606
Neuilly Sur Marne Athletisme	80k928
Ac Chateau Thierry	79k805
Ac Chateau Thierry	78k019
Efs Reims	77k425
NI Choisy-le-roi	75k383
Neuilly Sur Marne Athletisme	42k928



Dominique Delange



Laurent Legentil and the Langois sisters



Claudie Bizard

(Photos: Emmanuel Tardi, Guy Destre)

20km Marche

1	LEGENTIL Laurent
2	TROADEC Matthieu
3	LANGLOIS Cloe
4	LANGLOIS Lise
5	ROSSI Armand
6	BORDIER Daniel
7	TARDI Emmanuel

10km Marche

1	RIBEIRO Emma
2	VANDEBERGHE Renaud
3	LANGLOIS Lexane
4	CHIGNARDET Eulalie
5	ANXIONNAT Claudine
6	TARDI Emmanuel

16.04.2022

Dynamic Aulnay Club	1h44mn56s
Dynamic Aulnay Club	1h59mn07s
Dynamic Aulnay Club	2h26mn42s
Dynamic Aulnay Club	2h27mn20s
Us Metro	2h38mn51s
Ac Chateau Thierry	2h51mn06s
LP Longjumeau	2h55mn45s

17.04.2022

Athletic Club Pays De L Ourcq	1h03mn54s
Ac Du Pays De Meaux	1h07mn
Ac Chateau Thierry	
Ac Chateau Thierry	
Athletic Vosges Entente Clubs	1h21mn
LP Longjumeau	1h24mn26s

UNITED KINGDOM: Veterans AC 5km Walk, 5 April – Battersea Park, London

Thanks to David Ainsworth for forwarding this report from David Hoben:

The first of the regular Battersea Park races had a reasonable field with fair weather, and with little breeze good racing conditions.

The course was 5k to start the season.

The men's winner was regular VAC member **Dave Annetts** from North Herts RR, only a few seconds slower than his personal best.

The ladies winner was **Melanie Peddle** from Loughton AC in another good time, both Dave and Melanie had raced at the SCVAC indoor champs just 3 days before.

Ever presents Maureen Noel (Belgrave) and Fiona Bishop (Woking AC) represented the rest of the ladies and produced their usual respectable times.

VAC were pleased to have two complete newcomers to the event and to race walking, in particular Artur Olszewski had not come from a walking or running background and was only just outside 12 minute miling and with no style problems. VAC congratulate Mark Culshaw who has attended this event for many years as athlete and judge on his qualification to the next grade for judging.

Place	Name	Age Group	Club	Time
1	David Annetts	M55	N Herts Road Runners/Veterans AC	24:17
2	Melanie Peddle	W50	Loughton AC	28:10
3	Stuart Bennett	M60	Ilford AC/Veterans AC	31:08
4	Maureen Noel	W55	Belgrave Harriers/Veterans AC	33:06
5	Fiona Bishop	W60	Woking AC/Veterans AC	33:59
6	David Hoben	M65	SyWC/Veterans AC	38:03
7	Christopher Flint	M75	SyWC/Veterans AC	38:14
8	Artur Olszewski	M40	Unattached	38:16
9	Peter Hannell	M75	SyWC/Veterans AC	40:11
	David Hinds	M70	Serpentine AC/Veterans AC	DQ

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.

- 18/04/2022 Mardin (TUR): First edition of the inter-league race waling concentration. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4349
- 17/04/2022 Hangzhou (CHN): Ma Zhenxia wins the 10km on Wu Quanming and Yang Jiayu http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4348
- 17/04/2022 Wajima (JPN): Masatora Kawano and Serena Sonoda win the 35km excellent performance by Koki Ikeda on 20km. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4347
- 16/04/2022 In search of lost time. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4346 .
This is a thought-provoking article which – allowing for some challenges presented by the translation – appears to mirror many concerns shared around the world in relation to the lack of a unified vision of what the sport is, how it should be done, and how it should be taught and policed, regardless of level.
- 15/04/2022 Olomouc (CZE): Another Bronze Level stage of the World Athletics Race Walking Tour. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4345
- 15/04/2022 Eugene World Championships at risk for Antonella Palmisano. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4344
- 14/04/2022 Wajima (JPN): Sunday the 106th edition of the National Championships of Japan (50km) for the first time on 35km. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4342
- 13/04/2022 There are ten days to go to the 41st Dudinska Patdesiatka. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4341

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.

- Saturday, April 16, 2022 - Palmisano forced to withdraw from Eugene's World Athletics Championships <http://omarchador.blogspot.com/2022/04/palmisano-forcada-abdicar-dos-mundiais.html>
- Friday, April 15, 2022 - Korzeniowski Cup 2022 in Warsaw (results) <http://omarchador.blogspot.com/2022/04/taca-korzeniowski-2022-em-varsovia.html>
- Tuesday, April 12, 2022 - Italian Club Championships in Alessandria, Prato and Bari <http://omarchador.blogspot.com/2022/04/campeonatos-de-clubes-de-italia-em.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.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat/Sun 23/24 Apr 2022	Australian Little Athletics championships – Melbourne
Sun 24 Apr 2022	AV 'Run The Tan' – Kings Domain, Melbourne
Sun 1 May	AV Country 10km c'ship & VRWC Winter season opener – Ballarat
Sun 7 May	VRWC Club races Week 2 – Middle Park
Sun 15 May 2022	Oceania & Australian 35km Race walking championship & Team Challenge – Melb. (Fawkner Park)
Sun 12 Jun 2022	56th Annual Lake Burley Griffin Carnival & Racewalking Australia AGM – Canberra ACT
Sun 11 Sep 2022	AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park

(NOTE: Full details of the **VRWC 2022 Winter Road season fixture** available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

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

(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



WALK JUDGING SEMINAR



Venue: VRWC Headquarters,
Middle Park Bowling Club
Canterbury Rd Middle Park

Date : Saturday 14th May 2022

Athletics Australia, Athletics Victoria and the Victorian Race Walking Club will be conducting a Walk Judging Seminar on **Saturday 14th May**. The Seminar will be held by Zoe Eastwood-Bryson.

It is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Tea and coffee will be provided.

AGENDA:

Saturday 14th May

9.00am	Registration
10.00am	Racewalk Rules
11.30 am	Break
11.45pm	Paperwork
12.45pm	Lunch
13.30pm	Video
14.30pm	Finish

No late or on the day applications

Please bring Stationery, pencils, pens, paper and current World Athletics handbook with you.

Sunday 15th May 2022

Australian 35km Walks Championships – Fawkner Park 7.00am (start)

Name: _____

Address: _____

Mobile: _____

Current Walks Grading (if applicable) _____

Attending:

Yes / No

Please return no later than 6th MAY 2022

Diane Lowden email: dilowden39@gmail.com

Glengollan Village

13/131 Forest Rd Ferntree Gully

Ph 8756 4283 Mobile 0413708085

