

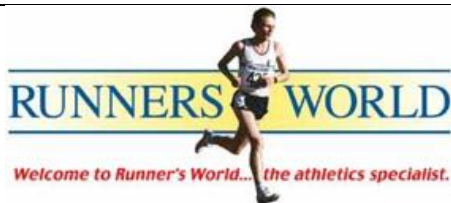


HEEL & TOE Online

Vol. 2022
Issue No. 25
Tuesday
21 June 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

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** WALKER OF THE WEEK **



It seems prizes were not the only stimulus to do well in the ‘Guess Your Time’ races at Middle Park. Many walkers used the GYT format to set improvement targets, with 13 out of the 38 starters gaining PBs.

Our two WsOTW this week were among this group, each smashing their previous 2km best by over a minute to share the award. **Violet Froom’s** 1:19 improvement for a time of **13:57** was a very impressive result, as was **Matilda Read’s** **12:15** – a PB of 1:09.

Both girls are in their second season at the VRWC. Violet is showing the benefit of having a walking group to train with this year. Matilda, from Gippsland, makes the most of a ‘correspondence’ training program, along with the company of sister Pippa, who has taken up the sport this year and become a keen training partner.



Well done, Matilda and Violet ... we wish you both further success and improvement during the season.

*Honourable mentions:

- **Geromi Tucker** (VIC) – backed up from his WOTW win last week with a 1:43 improvement over 8km.
- **Julia Baldy** and **Riley Coughlan** (VIC) – big PB’s (0:47 for 2km and 0:59 for 4km) respectively.
- **Sebastian Richards**, **Nellie Langford** and **Sam Findlay** (SA) – three impressive exhibitions of hard, even-paced walking in the SARWC’s Intervals race.



CLUB NEWS and RESULTS

VRWC ‘Guess Your Time’ races, Saturday 18 June – Middle Park



Lily (behind tent pole) appears to be looking for her human namesake at the start of the 1k and 2k race.

On a perfect winter afternoon, wind and cloud-free, 38 walkers gathered for this popular annual fixture in which each had to nominate their anticipated finish time, then try to nail it – or get closer to it than anyone else – for prizes. Outside of the GYT, handicap and fastest time competitions carried on as usual.

The **1km** provided the closest GYT contests, with 2nd place being equaled in both the Male and Female categories! **Havana Ali** outguessed cousin **Ela Uzun** and **Pippa Read** by a bare second, while brother **Haris** triumphed over **Tate Jardine** and **Aydin Uzun** to claim the goodies, as well as a handicap win. **Lily Bowkett** also had handicap success in just her second race.

(*p* = Personal best)

1km race

FT	Name		Age gp	Time	Guess	Diff.	Diff pl	Hcp
1	Ela	Uzun	FU12	4:28 _p	4:30	0:00:02	2	4
2	Havana	Ali	FU12	5:09 _p	5:10	0:00:01	*1	5
3	Donna-Marie	Elms	FMasters	5:55	6:05	0:00:10	5	5
4	Jaida	Robertson	FU10	6:09 _p	6:11	0:00:02	2	3
5	Zoe	Bowkett	FU10	6:35	6:04	0:00:31	6	7
6	Pippa	Read	FU10	6:42 _p	6:45	0:00:03	4	2
7	Lily	Bowkett	FU10	6:45	7:38	0:00:53	7	1
1	Haris	Ali	MU10	6:37	6:50	0:00:13	*1	1
2	Tate	Jardine	MU12	7:08 _p	7:30	0:00:22	2	2
3	Aydin	Uzun	MU10	9:08	9:30	0:00:22	2	3

PBs: *Ela 0:15; Havana 0:06; Jaida 0:22; Pippa 0:30; Tate 0:15*

Levi Robertson and **Mya McClure** each came to within less than 10secs of their estimates to take out the **2km** prizes. **Matilda Read** and **Beau McKinnon** won the handicaps with good performances.

2km race

1	Ariana	Pashutina	FU16	10:22	10:10	0:00:12	2	5
2	Mya	McClure	FU12	10:50 _p	10:42	0:00:08	*1	3
3	Julia	Baldy	FU10	12:13 _p	11:55	0:00:18	3	4
4	Matilda	Read	FU12	12:15 _p	13:00	0:00:45	5	1
5	Amelia	Vernal	FU16	13:01	12:20	0:00:41	4	6
6	Violet	Froon	FU12	13:57 _p	14:50	0:00:53	6	2
1	Daniel	Pashutin	MU14	10:35	10:25	0:00:10	2	4
2	Levi	Robertson	MU12	11:13 _p	11:16	0:00:03	*1	2
3	Beau	McKinnon	MU12	11:57	11:35	0:00:22	3	1
4	Albin	Hess	MMasters	14:02	14:40	0:00:38	4	3

PBs: *Mya 0:02; Julia 0:47; Matilda 1:09; Violet 1:19; Levi 0:30*



The **4km** was the most competitive distance in terms of numbers, with **Riley Coughlan** just tipping out **Pramesh Prasad** by a second to win the GYT and the handicap. Nobody got close to **Kylie Irshad** in the Women's, her estimate being just 3secs off. Kylie did have to share handicap honours with **Emily Smith**, however.

Only five stalwarts (including welcome newcomer **David Jeffrey-Costello**) took on the 6km and 8km challenge, with three of them – **Karyn O'Neill**, **Alejandro Stephens** and **Gerard Feain** – getting to choose from the prizes table and taking handicap wins for their trouble.

4km race

1	Char	Hay	FU20	20:44	21:00	0:00:16	2	4
2	Emily	Smith	FU16	22:22 <i>p</i>	22:03	0:00:19	3	1
3	Kylie	Irshad	FMasters	23:03	23:00	0:00:03	*1	1
4	Eva	Reid	FU16	24:36	23:00	0:01:36	6	3
5	Heather	Carr	FMasters	26:27	25:00	0:01:27	5	5
6	Marnie	Grace	FMasters	27:10	28:05	0:00:55	4	6
1	Riley	Coughlan	MU16	18:54 <i>p</i>	19:26	0:00:32	*1	1
2	Pramesh	Prasad	MMasters	20:22	20:55	0:00:33	2	2
3	Kevin	Cassidy	MMasters	20:25		No		4
4	Damien	Baldy	MU12	22:57	23:55	0:00:58	4	3
5	David	Smyth	MMasters	24:16	25:30	0:01:14	5	5
6	Bernie	Keirl	MMasters	25:43	24:15	0:01:28	6	NT
7	Steven	Haverly	MMasters	36:41	36:00	0:00:41	3	YN

6km race

1	Karyn	O'Neill	FMasters	42:52	44:00	0:01:08	*1	1
1	Alejandro	Stephens	MOpen	32:43	33:00	0:00:17	*1	1

8km race

1	Geromi	Tucker	MOpen	41:33 <i>p</i>	40:00	0:01:33	2	2
2	Gerard	Feain	MMasters	52:26	53:20	0:00:54	*1	1
3	David	Jeffrey-Costello	MMasters	56:15	50:00	0:06:15	3	Unf.

PBs: (4km) Emily 0:13; Riley 0:59 (8km) Geromi 1:43



** This week's action models: Alejandro, Lily, Gerard, Eva, Haris, Pramesh, Ela, David, Pippa, Daniel, Jaida, Bernie, Heather, Char, Beau, Ariana, Julia, Kylie, Tate, Kevin, Albin and Damian
Thanks, as always, to **Terry Swan** for the great photography.

Once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

***PLEASE NOTE:** Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.

Officials: Mark Donahoo, Ian Laurie, Tim Erickson, Darlene Swan, Stu Cooper, Terry Swan, Donna Dickson, Alla Pashutina
Judges: Shane Dickson (Chief), Stu Cooper, Kathleen Marsh, Peter Price, Michael Bodey, Terry O'Neill, Brenda Felton
Set up & Pack up: Stu Cooper, Gerard Feain, Donna Marie Elms, Terry Swan, Ian Laurie, Michael Bodey
Referee: Stu Cooper
Walkers: 38

**** Coming up this weekend ...**

Next weekend at Middle Park, we meet for the second of our Sunday championship race days for the season, with **AV 15km**, **AV Schools** and **VRWC** championship medals on offer. In addition, there are Open non-championship races for those not aligned with a school or an AV club.

*Entry for all **AV championships** must be finalised by **11.59pm** on **Thursday 23 June**, via the AV Entry portal at <https://members.athsvic.org.au/events/139950/>

*Entries for all **VRWC** events – both Championship and Non-championship – close on Wednesday 22 June at 11.59pm at <http://vrwc.org.au/wp1/>

9.00am	15km	AV Championship	Open Women
	15km	AV Championship	Open Men
	15km	VRWC C'ship – Elsie Jacobson Trophy	Open Women
	15km	VRWC Championship	U20 Men/Women
	15km	Non-championship	Open Men
9.45am	10km	AV Schools Championship	U20 Men/Women
	5km	AV Schools Championship	U18 Men/Women
	5km	VRWC Non-championship	Open
	3km	AV Schools Championship	U16 Boys/Girls
10.15am	3km	AV Schools Championship	U14 Boys/Girls
	3km	Non-championship	Open
10.30am	2.5km	Non-championship	Open
	2.5km	VRWC Championship	U12 Boys/Girls
	1.5km	VRWC Championship	U10 Boys/Girls
11.00am	Presentations		

STYLE AWARD SUSPENDED FOR 2022

After consultations between our Race judges and the Committee regarding the assessment procedures involved in awarding style points, it has been decided to suspend the Style Award for this year. As a result, the Keiko Bowyer Trophy will not be presented in 2022.

An announcement will be made regarding the future of the award following further discussions.

Stu Cooper, President

***REMINDER TO ALL WALKERS - Drinks**


Members are reminded that drinks can only be taken from the **designated refreshments table**, and only **once** per lap.

From 5km to 10km, **water only** may be taken.

For longer races, other refreshments may be taken.

*(See World Athletics
Technical Rule TR 54.10)*

Victorian Race Walking Club



**Saturday *9 July - after the '2km Intervals race'
4.00pm (heads down by 4.30pm) to 6.30pm**

at the Middle Park Bowling Club

(*NOTE: Date brought forward from advertised date in fixture)

\$15 per head, \$30 per family. BYO snacks and nibbles.
Drinks available at the Bowling Club bar. Tea and coffee provided.

**** Maximum numbers: 40** (owing to COVID restrictions, unless otherwise advised)


Make up tables of 6-8 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners-competitiveness * Socialising

**** Come and support our Club and our sport in this annual fundraiser.
Friends and quiz tragics welcome!**

**** Pre-booking deadline is Wednesday 6 July.** We need final numbers by this day.
Tickets can be pre-booked:

- at the check-in table on race days from Saturday 18th June, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay by direct transfer online or at any Commonwealth bank -
BSB: 063-143
Acc: 008 00455
Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

Have some fun wracking your brain... in good company!



IAN VANDERSTOEL 1941-2022

I received an email from Tony Barrett last week, informing me of the passing of former VAWC member **Ian Vanderstoel**.

There would be few members around now who'd remember Ian, who competed with us in the 1970s, and I have only a hazy recollection of him. But he was a good friend of Tony's, who has provided the following information on our departed former member:

'Ian was 15 when his father took him to the '56 Olympic Games, where he saw Vladimir Kuts win the 5,000 & 10,000 metre races. This started his lifelong love of athletics.

Although he started as a cross country runner, winning his school's (Mentone Grammar?) championship he concentrated his efforts into racewalking when he left school.

He was a member of the walking club many years ago, mostly in the seventies. He remembered competing against a 16 year old lad called Simon Baker at interclub. He was also a member of the Power House club that he competed for until their demise.

When I last visited him he still had an old Walker's Club teaspoon on his mantle that he won in a handicap race. He was quite proud of that trophy.

He would occasionally ride down to the club on his bike to cheer me on in later years.

Ian died on Saturday 4th June at age 81.'

The VRWC offers its sincere condolences to Ian's family and friends at this sad time.



Grumpy (?) old men ... Tony and Ian



AROUND THE COUNTRY

NSW AND VICTORIA NECK-AND-NECK IN BRENNEN TROPHY



The return of full interstate competition after two years saw the reopening of the Brennen Shield contest between all of Race Walking Australia's member organisations – with the traditional arm wrestle between the country's two most populous states continuing as if it had never ceased.

Last week's LBG Queen's Birthday carnival saw NSWRC, on the strength of the depth in their junior ranks, finish with their noses in front of the VRWC by a meagre 10 points. With the RWA Postal Challenge and the National Championships in Melbourne yet to be held, the final result for 2022 is far from settled and the scene is set for an exciting finish in September!

It was unfortunate that, owing to disparate Queen's Birthday calendars, Western Australia and Queensland could not fully participate in the LBG carnival. However, we look forward to seeing them and Tasmania featuring in the team tables in both the Postal Challenge and the September championships.

Points were tabled for the first-finishing teams in RWA races only.

Events	ACT	NSW	QLD	SA	TAS	VIC	WA
Outright 30km							
Masters Men 30km							
Masters Wmn 30km							
Outright Wmn 15km						22	
Masters Wmn 15km							
Outright Men 15km						22	
Masters Men 15km							
U20 Men 10km						22	
U20 Women 10km						22	
U10 Boys 1km		22				20	
U10 Girls 1km		22					
U12 Boys 2km		22					
U12 Girls 2km		22				20	
U14 Boys 2km		22				20	
U14 Girls 2km		22				20	
U16 Boys 3km		22					
U16 Girls 3km	20	22		19			
U18 Boys 5km		20				22	
U18 Girls 5km		22					
Outright Women 5km		22		19		20	
Outright Men 5km				22		20	
TOTAL	20	240	0	60	0	230	0

Many thanks to **Bob Cruise** for his work in compiling the Brennen table, as well as the Results lists published in the last issue.

QUEENSLAND QRWC Handicap #4, Sunday 19 April – Aurora Park, North Lakes

Results courtesy **Robyn Wales**:

A Grade 10km

Men: (1) Ignacio Jimenez 1.01.35 (2) Argenis Guevara 1.03.31 (3) Peter Bennett **SB** 1.12.29

Women: (1) Torryn Fisher 1.08.18 (2) Jennifer Stuckey **SB** 1.10.05 (3) Joy Dale **SB** 1.19.23
(4) Noela McKinven 1.31.14

B Grade 5km

Men: (1) Kai Dale 32.57

Women: (1) Lyla Williams 28.28 (2) Lily Goulding 33.14 (3) Korey Brady **SB** 34.37. Phoebe Chadwick DNS

C Grade 3km

Women: (1) Destinee Pickvance-Yeo 17.07 (2) Skye Presland 19.30

D Grade 2km

Men: (1) Lachlan Moore 11.10 (2) Hunter Sibenaler 14.38

Women: (1) Kiara Waterman 13.11 (2) Freya Williams **SB** 14.26 (3) Tully Fisher 16.34

U10 1km

Men: (1) Dylan Moore **SB** 7.24

Women: (1) Amelia Chisholm 7.12 (2) Willow Nelisi 7.35

SOUTH AUSTRALIA SARWC Intervals race, 18 June - South Parklands, Adelaide

Kim Mottrom reports that conditions in Adelaide were as agreeable as in Melbourne – just what’s needed in an Intervals race when you don’t want to be hanging around shivering before starting your next rep.

The SARWC’s Intervals race features 8 X 1km repetitions, during which the gun was fired every 9 minutes. Final placings were allocated according to average 1km times. It was a good day for young **Sebastian Richards** whose **4:22** average km time came off the back of six solid reps. **Nellie Langford** and **Sam Findlay** also lapped very consistently for their placings. At the other end of the age scale, evergreen **Bill Starr** showed he’s still got it with eight very even repetitions.

Name	1km	1km	1km	1km	1km	1km	1km	1km	1km	Avg
Sebastian Richards	4:29	4:23	-	4:16	4:23	-	4:11	4:34		4:22
Nellie Langford	4:47	4:43	4:40	4:41	4:42	4:42	4:39	4:35		4:41
Sam Findlay	4:47	4:48	4:47	4:49	4:52	4:54	4:50	4:57		4:50
Angelina Legrand	5:18	5:20	5:27	5:32	-	5:50	-	-		5:29
Daisy Braithwaite	5:21	5:27	5:41	-	5:26	-	-	-		5:28
Cooper Rech	5:17	5:34	5:34	5:36	5:38	5:39	5:37	5:31		5:33
Peter Crump	5:52	5:51	5:46	5:50	5:45	5:46	5:46	5:38		5:46
Katie De Ruvo	5:40	6:04	-	6:03	-	-	-	-		5:55
Greg Metha	5:58	6:01	5:56	6:04	6:07	6:05	6:08	5:40		5:59
Liz Downs	6:56	7:02	-	6:58	-	7:12	-	-		7:02
Di Camilleri	7:31	7:18	7:22	6:59	7:22	7:16	7:41	7:24		7:21
Bill Starr	7:57	7:59	7:56	7:58	7:56	7:56	7:57	7:53		7:56

TASMANIA TRWC results, Saturday 18 June – Seven Mile Beach (Surf Rd), Hobart

Results courtesy David Moore:

1.5km

- 1. Wayne Fletcher NSAC 12.25
- 2. Isla Direen Huon LA 12.41

2km

- 1. Lily Carr Kingston LA 14.02
- 2. Lucas Carr Kingston LA 17.49

3km

- 1. Dave Moore TMA 32.08

4km

- 1. Eugene Gerlach TMA 29.51

5km




- 1. Ron Foster NSAC 41.58



INTERNATIONAL NEWS

UNITED KINGDOM: British Masters 3000m Championships, 11 June - Derby

Results courtesy David Ainsworth:

1	188	David ANNETTS	M55	1	 VAC	14:28.28
2	534	Grazia MANZOTTI	W50	1	 SCVAC	16:15.54
3	466	Carolyn DERBYSHIRE	W40	1	 MMAC	16:59.08
4	383	Ian RICHARDS	M70	1	 VAC	17:03.89
5	284	Hardeep MINHAS	M60	1	 MMAC	18:20.45
6	244	Mark ASHBY	M60	2	 SCVAC	18:47.85
7	358	Ian TORODE	M65	1	 SWVAC	19:01.45
8	117	Raymond ROBINSON	M45	1	 REDCW	19:35.40
9	562	Michele O'NEILL-HALL	W55	1	 NEMAA	19:55.37
10	336	David KISSANE	M65	2	 XXIRL	20:11.34
11	623	Noel BLATCHFORD	W70	1	 SCVAC	20:59.38
12	357	Ray THOMSON	M65	3	 NMAC	23:31.99
	265	Colin HARLE	M60	3	 EMAC	DNF

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.

- 21/06/2022 - Volos (GRE): The U18 National Championships of Greece
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4404
- 20/06/2022 - Székesfehérvár (HUN): the 38th edition of the Honved Cup in Athletics
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4403
- 18/06/2022 - Jerez de la Frontera (ESP): Sofia Santacreu Calatayud and Daniel Morilla Garcia win the U18 Championship of Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4401
- 16/06/2022 - Espoo (FIN): excellent results at the Motonet Grand Prix
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4402
- 17/06/2022 - Milan (ITA): Giuseppe Disabato and Martina Sciannamea are the new Italian U18 Champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4400
- 15/06/2022 - The Italian "All Time" lists in the different distances of race walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4399 These rankings cover the following categories:
 - 3,000 meters track for women (with indication of whether obtained in an indoor or outdoor competition)
 - 5,000 meters track for women only outdoors
 - 5,000 meters track men (divided between performances obtained in indoor competitions and obtained in outdoor competitions)
 - 10,000 meters track for both men and women
 - 10km road for both men and women
 - 20km road for both men and women
 - 35km road for both men and women
 - 50km road for both men and women

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.

- Tuesday, June 21, 2022 - Veterans male at Nacional de Pista - Paul 2022 (results)
<http://omarchador.blogspot.com/2022/06/veteranos-masculinos-no-nacional-de.html>

- Tuesday, June 21, 2022 - Female veterans at Nacional de Pista - Paúl 2022 (results) <http://omarchador.blogspot.com/2022/06/veteranos-femininos-no-nacional-de.html>
- Sunday, June 19, 2022 - Rodrigo Araújo and Gabriela Santos are Portuguese national under-18 champions (2022) <http://omarchador.blogspot.com/2022/06/rodrigo-araujo-e-gabriela-santos-sao.html>
- Saturday, June 18, 2022 - Tom Bosworth and Enni Nurmi win Motonet GP in Espoo, Finland <http://omarchador.blogspot.com/2022/06/tom-bosworth-e-enni-nurmi-vencem-gp.html>
- Saturday, June 18, 2022 - Under-18 National Championships (track) in Viana do Castelo this weekend <http://omarchador.blogspot.com/2022/06/campeonatos-nacionais-sub-18-pista-em.html>
- Friday, June 17, 2022 - Paul McGrath (18:55.61) and María Pérez (21:03.11) with the best records in the 5,000 m march of the Spanish Club Championships <http://omarchador.blogspot.com/2022/06/paul-mcgrath-185561-e-maria-perez.html>
- Friday, June 17, 2022 - Colombia Under-20 National Championship in Ibagué (results) <http://omarchador.blogspot.com/2022/06/campeonato-nacional-sub-20-da-colombia.html>
- Thursday, June 16, 2022 - Evan Dunfee (Canada) and Miranda Melville (USA) won the Vancouver 10,000 meter march <http://omarchador.blogspot.com/2022/06/evan-dunfee-canada-e-miranda-melville.html>
- Wednesday, June 15, 2022 - Oceania Championships in Mackay - 5th day (results) <http://omarchador.blogspot.com/2022/06/campeonatos-da-oceania-em-mackay-5-dia.html>
- Monday, June 13, 2022 - Kenyans Samuel Gathimba and Emily Ngii won gold medals at the 2022 Africa Championships <http://omarchador.blogspot.com/2022/06/os-quenianos-samuel-gathimba-e-emily.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

Sun 26 Jun AV Schools c'ships, AV 15km c'ships & VRWC c'ships – Middle Park
 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 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 1- 6, 2022 19th World Athletics U20 T&F Championships – Cali, COLOMBIA
 Aug 11 – 21, 2022 European Athletics Championships – Munich, GER
 TBA, 2023 24th World Masters T&F Championships – Gothenburg, SWE
 TBA, 2023 World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
 Aug 2023 (TBC) 19th World Athletics Championships – Budapest, HUN

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*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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