



# HEEL & TOE Online

Vol. 2022  
Issue No. 38  
Tuesday  
20 September  
2022

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

Editor: Stu Cooper [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

## 1921 VAWC-VRWC CENTENARY 2021



Welcome to Runner's World... the athletics specialist.

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>

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



**Ela Uzun**, 11, enjoying her best road season so far, brought it to a close in the best possible way at Mentone on Sunday with a Club record hat-trick – U12, U13 and U14 – to easily win this week's WOTW award.

Ela's 5000m track time of **25:17** not only set an inaugural Club U12 record ... it also wiped out Darcey Roberts's dual U13 and U14 marks by 14 secs. Confining her racing to the 1km to 3km distances (with occasional forays into 5km), Ela has formidable natural speed that she is using the shorter distances to hone to a keen edge. With a summer of track racing approaching, Ela has the potential to make serious inroads on records outside the VRWC's list. As long as she continues to love the sport and keeps learning, that potential can surely be realised.

*Congratulations, Ela! An excellent season of racing.*

#### \*Honourable mentions

- **Havana Ali** (VIC) – While often in the shadows of older cousin Ela, Havana has been quietly going about her own progression, on this occasion claiming a new U11 5000m record time.
- **Alejandro Stephens** (VIC) – recovering quickly from last week's hard 20km, Alejandro found a turn of speed and tore 3:32 from his PB with **24:29**. Great effort!



## CLUB NEWS and RESULTS

### **\*COVID ALERT !**

Two of our number at Mentone on Sunday (one Master, one official) have unfortunately gone down with COVID.

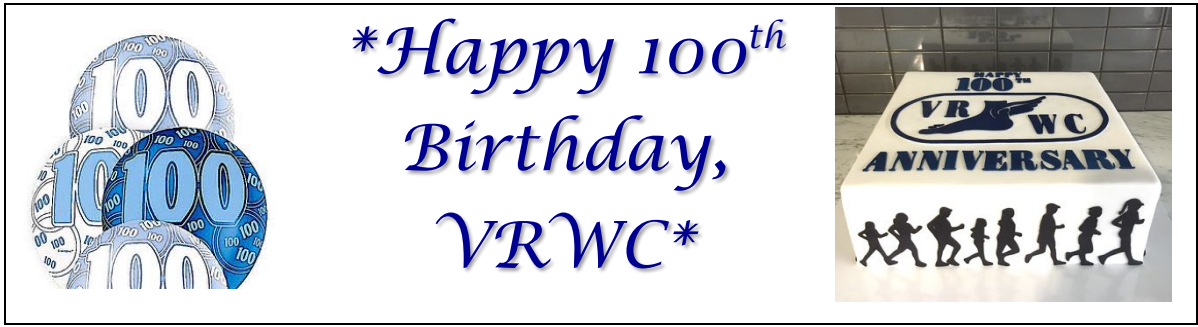
If you were there and you're feeling at all unwell or off-colour, or if you simply want to be on the safe side, please take a RAT test immediately. If the test is positive, follow it up by arranging a PCR at a testing centre. If possible, please notify anyone you came into close contact with at Mentone.

### **LOST**

A pair of **Apple AirPods** and their case, lost by one of our Interstate walkers last Sunday – either in the Bowling Club, in the grounds or out on the course area. Valuable item!  
Please contact Stu if you can help.

### **FOUND**

Two pairs of black Men's racing shorts (one with a black gaffa tape patch), left in Kevin Cassidy's bag in the Clubroom last Sunday. Not quite in the same league as the AirPods but may be missed. Contact Stu.



They came from near and far. Some looked older, some as young as they'd always been. Some looked trim and fit, others carried weight for age. All were smiling, delighted at meeting up with old friends and former club mates once more ... which is what the VRWC Centenary celebration lunch was all about: being in each other's company again for an occasion that – for those present, at least – will not occur again.

Postponed from 2021 (the Club's true centenary year) due to COVID restrictions, the 100<sup>th</sup> birthday celebration arrived right after presentations for the AA & RWA National Winter Walks championships, held that morning on our home course. It was fitting that the VRWC's 100<sup>th</sup> birthday was celebrated on a day when the Club was hosting athletes from all over the country. A number of interstate visitors, post-races, joined us for lunch, and no doubt more would have done but for the need to make plane flights home. Those who did stay added to the vibrant atmosphere of fellowship, camaraderie and reconnection.

The 150-plus attendees – including faces not seen for years and even decades, among them Varel Newmark, Allan and Suzanne Minter, Barry Birtchnell, Bill and Deb Dyer, Bruce Conboy, Clarrie Jack, Kellie Wapshott, Kevin Lowden, Willi Sawall and Murray Dickinson - enjoyed a superb and plentiful lunch, provided by Francesca and her Muse Events team, before resuming quizzes on each others' lives, introductions to new family members and tales of past walking feats, mishaps ('that judge always hated me!' etc) and shenanigans on trips.



*A hungry, happy lot, waiting for lunch*



*A team reunited; Geoff Barrow, Chris Lockwood and David Cash ... Sandringham's winning 15km team from 1977 (?)*



Of particular delight was the presence of VRWC judging coordinator **Peter Vysma**. Readers will have followed reports on Peter's recovery from a cycling fall last October that resulted in near fatal neural damage. Peter, now wheelchair-bound and cared for by his brother Robin, was unofficial guest of honour, chatting with numerous fellow judges and racing clubmates. In his signature white terry-towelling hat, he looked almost as if he'd never been away!

Many took time out from socializing to peruse the wealth of archival documents provided by Tim Erickson – scrapbooks of press clippings, biographies, old race reports, histories, race walking manuals and other books (most of them irreplaceable), framed photos of early club teams, file copies of 'Heel & Toe' going back to 1934 and its sometime successor, 'VRWC News' – along with letters of good wishes from invitees who couldn't make it.

Highly appreciated was a projected loop of photos Tim had prepared, containing images of individual walkers and teams in chronological order, from the Club's earliest years to the present, then back again. It was fun seeing viewers calling to friends in anticipation of one particular image or another that "should be up after this next one", piquing interest and evoking nostalgia for racing days now gone.



*Bob Gardiner (whose father Bert was the Club's co-founder in 1921) addresses the gathering*

A short series of addresses were given by **Stu Cooper** (reflecting on personages such as Alf Robinson, Norm Goble and Charlie Jacobsen, who ran the club when he'd first joined as a junior), **Bob Gardiner** (courses and racing venues through the years) and **Mark Donahoo**, who, as Club historian, was well placed to comment on the Club's life and what it has meant to him over the years. **Terry O'Neill** and **Varel Newmark** (one of the VAWC's top walkers in the 60s and 70s) added amusing anecdotes alongside their recollections of their best years in the sport and the club. Lastly came a piece-to-camera from Tim himself (who couldn't be at the proceedings owing to a prior commitment), expressing his own feelings about a club and sport that had been such a huge part of his life since 1966.



*The Cake Walk. The judges, on the line, went first (some dodgy technique there, folks!)*

There was one more commitment before cutting the birthday cake (prepared with wonderful professionalism by **Margaret Hay**). On a signal, all attendees were herded outside onto the course for a short 'cake walk', with all finishers receiving a mini-certificate that served as their ticket to a slice of Margaret's delicious creation. Bob Gardiner did the cutting honours, the eager throng waiting with only slowly diminishing impatience for their piece. Eventually, everyone left, taking with them a special commemorative coffee mug, full tummies and smiling, happy faces.



*Bob doing what he never did in his racing years – cutting a corner!*

The five men – **Frank O'Rourke, Bill Murray, Rex Merrick, Fred O'Grady and Bert Gardiner** – who, in 1921, met at Hooker's Café in Swanston St to revive the disbanded Victorian Amateur Walkers and Field Games Club, would scarcely have entertained any notion of the re-booted club lasting 100 years. Not all sporting clubs make it to a Centenary. That our Club has done it, despite the niche nature of our sport and the incessant assaults upon it, is testament to the enduring vision of those who, over a century, have held the reins at the VRWC. It is a commentary on the competitive and social structures built up and maintained by dedicated generations of hard-working officials and helpers, loyal and enthusiastic walkers of all standards and, of course, high-achieving athletes who've represented us and their country with distinction on the world stage. (As Mark Donahoo reminded us, if there is one particular crowning achievement among the international accolades our Club has earned, it may well be this ... that the VAWC/VRWC has had an Olympic representative *in every Olympics* since London 1948! If that's not a selling point, what is?)



*Who said race walking wasn't a mug's game?*

*(Photos: Wendy Cooper, Geoff Barrow, Ezo Ali, Pam Mews, Stu Cooper.)*

A day like this, of course, doesn't just happen. Therefore, my sincere thanks go to:

- the Centenary sub-committee – Michael Bodey, Tim Erickson, Donna-Marie Elms, Terry and Karyn O'Neill and Terry Swan – as well as Wendy Cooper, Gwen Steed, Tony Doran and anyone else who contributed in any way, however small, to what was a day of delight for all present;
- Margaret Hay – for creating a truly magnificent birthday cake for us;
- Lachlan McDonald of MinuteMan Press, for producing the wonderful mugs and flasks under time pressure;
- Francesca Fitzgerald and her team at Muse Events for cooking us a superb lunch;
- David and Nate at the Middle Park Bowling Club for their assistance.

Happy birthday, VRWC. Well done! Onward to Centenary 2121 - whoever is there to put it on – and another hundred successful years of doing what you do best.

*Stu Cooper*

*\*Visit the VRWC's website at [vrwc.org.au](http://vrwc.org.au), for links to all aspects of the Club's history.*

*Copies of 'History Of The Victorian Race Walking Club Incorporated' by Mark Donahoo, are on sale at the club.*

\*\*\*\*\*





*A windswept start to the Masters race as Donna-Marie leads them out.*

A cold northerly wind greeted the 19 walkers who gathered at Dolomore Reserve track in Mentone for the Vic Masters 5000m championships and Club races - our final winter fixture for 2022. Despite the small fields - which led to the men's and women's races being amalgamated into one – the Masters who attended were hard at it in the conditions and their results were well-earned.

**Kylie Irshad** and **Kevin Cassidy** easily took fastest times to win their divisions with **29:20** and **27:43** respectively. It was also good to see **Clyde Riddoch** back on the track after overcoming health issues, clocking **39:23**. **Heather Carr**, **32:11**, showed good form in the W70-74 and is no doubt gearing up for another successful track season.

5000m VMA Masters Championship				
1	Kylie	Irshad	W50-54	29:20
1	Donna-Marie	Elms	W60-64	32:43
1	Heather	Carr	W70-74	32:11
1	Julian	Boland	M55-59	34:56
1	Kevin	Cassidy	M60-64	27:43
2	Simon	Evans	M60-64	31:55
-	Greg	Hughes	M60-64	DQ
1	Clyde	Riddoch	M65-69	39:23
1	Frank	Prowse	M70-74	37:12
2	Geoff	Barrow	M70-74	38:55
1	Gunther	Ilgoutz	M80-84	40:59



*Masters Kevin, Heather, Julian (rear), Geoff, Clyde, Frank (rear) and Gunther.*





Start of the 5000/3000m – Ela and Riley set the pace.

The Club events saw some fast performances, none more eye-catching than that of 11yo **Ela Uzun** who stepped up to 5000m and claimed 3 club records (U12, U13 and U14) with an excellent **25:17**. Cousin **Havana Ali** inaugurated an U11 club record with her speedy **29:24** over a challenging distance against the strong wind. Alejandro Stephens, having built a solid condition base over the winter and now working on his speed, smashed his 5km PB with 24:29 with Grace Louey just sneaking in under the 30min barrier.

In the 3000m, **Maddison Nash's 16:45** was a creditable time that will come down considerably as she rebuilds her fitness over summer. **Kylie Irshad** doubled up after the Masters and her **16:52** shows she's in good form. **Riley Coughlan** was in sight of a 3000m PB for much of the way, in the end falling short by only 3secs with **13:09** although it would no doubt be his fastest track time to date.

**3000m race**

1	Maddison	Nash	16:45
2	Kylie	Irshad	16:52
3	Emily	Smith	17:04

1	Riley	Coughlan	13:09
2	Damian	Baldy	15:22

**5000m race**

1	Alejandro	Stephens	24:29	PB 3:32
1	Ela	Uzun	25:17	Club rec U12, U13, U14. PB 0:05
2	Havana	Ali	29:24	Club rec U11
3	Grace	Louey	29:59	



\*Club race action models: Emily, Alejandro, Grace, Damian, Havana, Kylie and Maddison

All of **Terry Swan's** photos will be available to be viewed at the website Photo Gallery, as well as on the VRWC Facebook page.

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

**Manager** Terry Swan  
**Referee:** Mark Donahoo  
**Recorders** Mark Donahoo, Rupert Van Dongen, Gwen Steed, Anthony Doran  
**Judges:** Stu Cooper (Chief), Gordon Loughnan, David Cash, Peter Price, Ralph Bennett  
**Set up & Pack up:** Stu Cooper, Terry Swan, Donna Elms, Gwen Steed.  
**Photos** Terry Swan  
**Walkers:** 19

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

*A well-earned rest! (And the Cats v. Swans, UCI road races in Wollongong ...)*

\*\*\*\*\*



## AROUND THE COUNTRY

**ERRATUM:** Last week **Maverick Grantham's** home club was given as QRWC. In fact he is from the SARWC. Apologies to Maverick.

### QUEENSLAND QA 'Road To 32' meet, 17 September – QSAC, Brisbane

Robyn Wales reports:

We had a busy weekend here in Qld with Zoe Eastwood Bryson presenting a very informative Walk Judging seminar to more than 20 attendees which included current judges, coaches, parents and athletes. A very welcome guest was Dane Bird Smith giving an interesting perspective as an elite athlete. Dane had a busy schedule on Saturday as he was attending his graduation in the Qld Fire Service that evening.

Qld Athletics scheduled 3000m and 5000m walks as part of their afternoon program so everyone could practice and receive excellent feedback from Zoe. After being in Melbourne the weekend before we cheered by how many athletes backed up to race in the Qld sun...the temperature was 29 which was a bit different to Melbourne!!

#### Women 3000 Metre Race Walk

1 Clarke, Anika	17 Redlands Aths	15:53.29
2 Clarke, Makenna	13 Redlands Aths	16:54.56
3 Sharpe, Milly	14 GLD	16:58.12
4 Gannon, Brenda	48 Qld Masters	17:22.02
5 Flahey, Natasha	13 Gold Coast Vict	18:05.76
6 Chadwick, Phoebe	16 QRW	18:25.40
7 McDonald, Mikaela	12 QRW	18:36.14
8 Bray, Katie	14 Ashgrove Rangrs	18:55.62
9 Presland, Skye	14 QRW	21:10.69
-- Barron, Maya	13 QRW	DNF
-- Boulton, Olivia	13 QRW	DNF

#### Women 5000 Metre Race Walk

1 Bergh, Mia	17 QRW	28:17.53
2 Williams, Lyla	15 Qrun	28:55.03
3 Heap, Ashanti	16 GCA	30:51.33
4 Fisher, Torryn	17 QRW	31:31.41
-- Brady, Korey	17 QRW	DNF

#### Men 3000 Metre Race Walk

1 Housden, Bailey	15 QRW	13:25.37
2 Dale, Kai	14 QRW	17:13.95

## Men 5000 Metre Race Walk

1 Wasson, Seth

17 QRW

28:24.95

On Sunday we were pleased to welcome Zoe as a guest presenter at our Annual Relays and Trophy Presentation which she graciously attended before heading back to the airport and flying home.



Left: Zoe Eastwood-Bryson presents a trophy to Lyla Williams

(Photo: Juanita Golden.)

Centre: Isabella Welch is pictured with the U12 perpetual trophy which also has the names of her coach, Katya Martin and training buddy Destinee Pickvance-Yee (as previous winners), also pictured.

Right: Katya sets off on her relay leg.

(Photos: Cassey Pickvance.)

## QUEENSLAND

QMA results, 17 September – QSAC, Brisbane

### W55 3000mW

1 Erika Woodward

QMA W56

17:27.94

78.19%

### W80 3000mW

1 Noela McKinven

QMA W80

26:39.88

71.76%

### M65 3000mW

1 Peter Bennett

QMA M66

18:43.09

74.22%

### M80 3000mW

1 Patrick Sela

QMA M83

25:44.98

65.53%

### W55 1500mW

1 Erik Woodward

QMA W56

8:36.06

76.83%



## INTERNATIONAL NEWS

### FRANCE:

69<sup>th</sup> 28 Heures de Roubaix, 17/18 September - Roubaix

*The start in Roubaix: Despite the clouds, Emmanuel enjoys his 'moment au soleil'*

The northern French industrial city of Roubaix has been the site of athletic challenges for decades – witness the famed (and feared) Paris-Roubaix pro cycling classic, for one. Roubaix has also been a longtime host of endurance race walking, with the esteemed 28 Hour ultra walking race attracting walkers from all over Europe (and beyond), keen to test their mettle. Here, **Emmanuel Tardi** reports on the latest edition of this classic race.



This weekend I was in Roubaix for the 69<sup>th</sup> **28 Heures de Roubaix**. The race was held in perfect conditions on a 2km lap in the Parc Barbieux. Start was Saturday at 11am.

The meet also included the French 100km Walk Championship. **Florian Letourneau** and **Fabien Deparday** (winner in 2019-2020-2021) walked together till 20km, then Deparday decelerated. Letourneau reached the 50k in 4h56, but reduced his speed after 60k. He won the 100k in **10h53.50**.

In the women 100km, **Morgane Ausello** (2018 50k champion and 2021 24h champion) easily won the race in a very good time (**11h46.40**).

When the 100k was finished, there were only the 28-hour walkers on the road. Local walkers **David Vandercoilden** and **Yves-Michel Kerlau** finished 1 and 2. In the women's 28 hours, **Sylvie Maison** walked more than 200km and finished 2<sup>nd</sup> in mixed ranking and won easily in women's ranking.



#### 24heures Hommes

1	VANDERCOILDEN David	Villeneuve D Ascq Fretin	215km388	28 h 00 mn 00 s
2	KERLAU Yves-michel	Cm Roubaix	204km944	28 h 00 mn 00 s
3	GROS Gildas	Es Thaon	196km430	28 h 00 mn 00 s
4	BALLAND Johann	Athletic Vosges Entente Cl	193km298	28 h 00 mn 00 s
5	DUTERTE Andre	Nl	192km699	28 h 00 mn 00 s
6	FORESTIERI Alexandre	Ust Courir A Saint Tropez	186km281	28 h 00 mn 00 s
7	SVENSSON Christer (SWE)		181km325	28 h 00 mn 00 s
8	RIGAL Jean-marc	Domont Athletisme	177km030	28 h 00 mn 00 s
9	GUILLOT Mickael	Ac Chateau Thierry	162km199	28 h 00 mn 00 s
10	DALUZ Robert	Neuilly Sur Marne Athl	158km937	28 h 00 mn 00 s
11	TRIZZULLA Giacomo (BEL)	Rfc Liege	157km175	28 h 00 mn 00 s
12	DELANGE Dominique	Aj Auxerre Section Marath	155km555	28 h 00 mn 00 s
13	GRADOS Stephane	Cm Roubaix	154km839	28 h 00 mn 00 s
14	STRUNC Pierre	Cm Roubaix	135km948	28 h 00 mn 00 s
15	JOSE MORA Bernardo (ESP)	Ca Siurell	134km585	28 h 00 mn 00 s
16	LANEAU Maxime	Us Camon	125km400	28 h 00 mn 00 s
17	HENRY Fabrice	Frijep Verdon	123km030	28 h 00 mn 00 s
18	PRUCKNER Jaroslav (CZE)		118km099	28 h 00 mn 00 s
19	DEPARDAY Fabien	Saint-brieuc Athletisme	111km307	28 h 00 mn 00 s
20	ROBERT Jean-pierre	Villeneuve D Ascq Fretin	104km960	28 h 00 mn 00 s
21	LETOURNEAU Florian	Ac Chateau Thierry	100km000	
21	MICHELOT Remi	Es Thaon	100km000	
21	MONTANI Alexandre	As Monaco	100km000	
21	BATTIST Bruno	Domont Athletisme	100km000	
Ab	ROCHA Fernando	Athletic Vosges Entente Cl	64km000	
Ab	TARDI Emmanuel	La Postillonne Longjumeau	20km000	



28 Hour podium finishers: Vandercoilden, Maison, Kerlau, Sonnois and Gros

### 24heures Femmes

1	MAISON Sylvie	Strasbourg Agglomeration Ath	209km554	28 h 00 mn 00 s
2	SONNOIS Martine	Racing Club Haut-jura Morez	166km782	28 h 00 mn 00 s
3	PANNIER Josiane	Havre Ac	150km279	28 h 00 mn 00 s
4	DEPREZ Celine	Cm Roubaix	118km568	28 h 00 mn 00 s
5	PANNIER PILLE Magali	Havre Ac	107km079	28 h 00 mn 00 s
6	BESSOT Veronique	Domont Athletisme	100km000	28 h 00 mn 00 s
6	AUSELLO Morgane	Nice Cote D'azur Athletisme	100km000	28 h 00 mn 00 s
6	BIZARD Claudie	Thiais Ac	100km000	28 h 00 mn 00 s
6	BIZARD Lucie	Stade Francais	100km000	28 h 00 mn 00 s
6	MULLER Cathy	Coeur de Lorraine	100km000	28 h 00 mn 00 s

### 2x6heures

1	SIMIAND Frederic	Cjf Saint-malo	94km185	12 h 00 mn 00 s
2	CAUDAL Claire		91km839	12 h 00 mn 00 s
3	MOUGENOT Patrick	Marne Et Gondoire Athl	82km395	12 h 00 mn 00 s
4	DUET Denis	JA Roncquoise	60km000	07 h 35 mn 20 s
5	BIEBUYCK Pascal		10km000	01 h 17 mn 21 s



French 100km Championship : Ausello, Letourneau (winners), Deparday and Bessot (2<sup>nd</sup>)

(Photos : Emmanuel Tardi)

### Championnat de France 100km Hommes

1	LETOURNEAU Florian	Ac Chateau Thierry	10 h 53 mn 50 s
2	DEPARDAY Fabien	Saint-Brieuc Athletisme	11 h 32 mn 52 s
3	HENRY Fabrice	Frijep Verdon	11 h 44 mn 21 s
4	LANEAU Maxime	Us Camon	11 h 44 mn 28 s
5	FORESTIERI Alexandre	Ust Courir A Saint Tropez	11 h 56 mn 52 s
6	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	11 h 58 mn 41 s



## Championnat de France 100km Femmes

1	AUSELLO Morgane	Nice Cote D'azur Athletisme	11 h 46 mn 40 s
2	BESSOT Veronique	Domont Athletisme	12 h 33 mn 44 s
3	MAISON Sylvie	Strasbourg Agglomeration Athle	12 h 48 mn 16 s
4	BIZARD Lucie	Stade Francais	13 h 27 mn 05 s
5	BIZARD Claudie	Thiais Ac	14 h 22 mn 03 s

## 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.

- 21/09/2022 Rieti (ITA): Next Saturday the final of Italian U18 Clubs Championships. The locations: Vittorio Veneto, Clusone, Abbadia San Salvatore, Molfetta  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4465](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4465)
- 20/09/2022 Debrecen (HUN): The Hungarian Club Championships Final  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4464](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4464)
- 19/09/2022 Manuel Teijeiro García (ESP) race walking photographer passed away past night  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4463](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4463)
- 18/09/2022 Brescia (ITA): Andrea Cosi obtains the best Italian (sixth European) performance of the 2022 season on 10,000m track walk [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4462](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4462)
- 13/09/2022 Győr (HUN): Final Super League 2022  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4458](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4458)
- 12/09/2022 Pescara (ITA): the 4th edition of the U23 Mediterranean Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4457](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4457)

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, September 20, 2022 - Manolo Teijeiro (1954-2022) passed away  
<http://omarchador.blogspot.com/2022/09/faleceu-manolo-teijeiro-1954-2022.html>
- Tuesday, September 20, 2022 - Andrea Cosi and Valentina Trapletti, the best in the Italian club championships  
<http://omarchador.blogspot.com/2022/09/andrea-cosi-e-valentina-trapletti-os.html>
- Monday, September 19, 2022 - India U18 Nationals (2022) - Men's 10,000 m march (results)  
<http://omarchador.blogspot.com/2022/09/nacionais-sub-18-da-india-2022-10000-m.html>
- Sunday, September 18, 2022 - India U18 Nationals (2022) - Women's 5,000 m march (results)  
<http://omarchador.blogspot.com/2022/09/nacionais-sub-18-da-india-2022-5000-m.html>
- Saturday, September 17, 2022 - Rob Tersteeg and Anne van Aniel victorious in Sprint Triathlon March 2022  
<http://omarchador.blogspot.com/2022/09/rob-tersteeg-e-anne-van-andel.html>
- Friday, September 16, 2022 - Bence Venyercsán and Barbara Oláh, the best in the Club Superliga (Hungary)  
<http://omarchador.blogspot.com/2022/09/bence-venyercsan-e-barbara-olah-os.html>
- Thursday, September 15, 2022 - Dominik Černý and Viktória Madarász triumph in the 5 km march of Nitra (Slovakia) <http://omarchador.blogspot.com/2022/09/dominik-cerny-e-viktoria-madarasz.html>
- Wednesday, September 14, 2022 - Hlaváč and Martínková win in the Czech Republic club championships  
<http://omarchador.blogspot.com/2022/09/hlavac-e-martinkova-vencem-nos.html>

- Tuesday, September 13, 2022 - Marius Žiūkas and Adrija Meškauskaitė win «Druskininkai 2022»  
<http://omarchador.blogspot.com/2022/09/marius-ziukas-e-adrija-meskauskaite.html>

\*\*\*\*\*



## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2022

Sat 8 Oct 2022	AVSL Rd 1 walks (1500m, 3000m) – Zone A venue TBA
Sat 15 Oct 2022	AVSL Rd 2 walks (1500m, 3000m) – Zone B venue TBA
Sat 22 Oct 2022	AVSL Rd 3 walks (2000m, 5000m) – Zone A venue TBA

### International Dates

TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC)	19 <sup>th</sup> World Athletics Championships – Budapest, HUN
13-25 Aug, 2024	24 <sup>th</sup> World Masters T&F Championships – Gothenburg, SWE

\*\*\*\*\*

*(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 given 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](mailto:stuwalks@yahoo.com.au)