



# HEEL & TOE Online

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

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## 1921 VAWC-VRWC CENTENARY 2021



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*Hello readers,*

This issue marks twelve months since I took the reins as editor of 'Heel & Toe Online'. Where has the time gone? It's hard to believe that 52 issues have gone out on my watch. I've enjoyed the experience greatly, despite some of the challenges, and I hope the results have been pleasing for all. Tim Erickson's shoes were always going to be big ones to fill, but his encouragement and help have been invaluable as I set about tackling a responsibility I'd last taken on in the 1970s!

So too has the support of the many contributors, here and overseas, who have provided informative and often fascinating material for these pages. With so much happening internationally and locally on the race walking front, it was always going to be a busy year with plenty of news, results and items of interest. And that is surely the way we wanted it after the last benighted two years.

As I am currently on a holiday trip and with little local activity to report, this issue will be a short one. I look forward to a productive and enjoyable second year of bringing you regular race walking news. Remember, all contributions that further interest in our sport are welcome.

*Stu*



## VICTORIA - METRO & REGIONAL

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



**AVSL 2022-23 begins on Saturday**

The Summer racing for 2022-23 gets underway at Aberfeldie this Saturday with Round 1 of the AVSL track & field competition. Walkers should bear in mind that AV have introduced a number of changes to walks events in the program:

- While there will be walks featured in all 10 Rounds and the playoffs, these will be held at only ONE venue per week. This is to ensure sufficient judge availability.
- The allocated Walks venues will alternate each week between Zone A (north and west) and Zone B (south and east.) Because of the extra travelling time this will involve for many competitors, most rounds will be held at venues as close to inner Melbourne as possible.

Entries for each round will open at 5pm on the Wednesday of the week prior to that round. Those entries will close at 12.00 noon on the following Wednesday. Note that entries for Round 1 close on **Wednesday 5 October at 12 noon.**

**\*AVSL Round 1 – Saturday 8 October**

<b>Metro – Aberfeldie</b>	1.00pm	1500m, 3000m walk (all ages)
<b>Ballarat region</b>	3:15pm	1500m, 3000m walk (all ages)
<b>Bendigo region</b>	1:45pm	1500m, 3000m walk (all ages)

**ENTRIES**

Metro – enter via Members Portal at <https://members.athsvic.org.au/events/>  
 Ballarat – enter via <https://bracballarat.com.au/>  
 Bendigo – enter via <https://www.athleticsbendigo.org.au/>



## CLUB NEWS and RESULTS

Alongside AVSL’s resumption, the VRWC’s Summer program gets underway on Tuesday evening at Aberfeldie track. Details below:


**\*\* VRWC Club races (inc. ‘Come and Try’)**  
**Tuesday 11 October**  
**Aberfeldie track**

7.00pm	1100m, 1500m Open
7.15pm	5000m, 3000m Open

Enter via the portal at <http://vrwc.org.au/wp1/race-entries/>  
 no later than 10am on Monday 10 October

\* To see the full VRWC Summer program, visit <http://www.vrwc.org.au/vrwcs23.shtml>

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## AROUND THE COUNTRY

**\*JUDGES SEMINAR ... Saturday 3 December**

With the Australian 35km championship taking place the following day at Fawkner Park, international judge **Zoe Eastwood-Bryson** will conduct the customary pre-race Judges seminar from 9.00am in the Cathy Freeman Room at Lakeside Stadium. (The early start is to enable judges rostered to judge at AVSL that afternoon sufficient time to reach the race venue.)

Applicants for the seminar should contact Di Lowden at [dilowden39@gmail.com](mailto:dilowden39@gmail.com) .

To assist with pre-planning, Zoe has requested that attendees send her any questions they wish to raise in advance. Address questions and other issues you may have to Zoe at [zeb@esc.net.au](mailto:zeb@esc.net.au) .

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# INTERNATIONAL NEWS

## UNITED KINGDOM: Ryan Cup & Civil service c'ships, 28 September - Birmingham

One of the intriguing features of British race walking has always been the competitions held outside the conventional club structure – namely, the classic races featuring employees of the Police, emergency services, civil service and even the Stock exchange. These races have an historical base and carried huge weight in the days of large participation, and many of them featured walkers of international standing. Numbers may have fallen away in the 21<sup>st</sup> century but it's heartening to see that these competitions are still held.

Thanks to **David Ainsworth** for these results.

### PSUK Race Walk Championships (10km)

#### Police – v – Civil Service (Ryan Cup)

#### Civil Service Championships (10km)

Cannon Hill Park, Birmingham – Wednesday 28<sup>th</sup>.September 2022.

<u>C/Service</u>	<u>PSUK</u>	<u>Pos.</u>	<u>Name</u>	<u>Force/Service</u>	<u>Time</u>
	1	1	Martin Slevin	Dyfed Powys	57.56
1		2	Steve Uttley	M.O.J.	61.46
2		3	Jonathan Moon	HMRC	61.59
	2	4	Colin Harle	Met Police	63.04
3		5	Stephen Shanks	HMRC	63.42
4		6	Jason Brewer	HMRC	64.19
5		7	Manuel Nicolaus	DEFRA	65.33
6		8	Jason Holt	HMRC	65.35
7		9	John Llewellyn	DEFRA	66.08
	3	10	Stuart Bennett	Met Police	67.40
	4	11	Dan Maskell	Sussex	69.55
	5	12	Glyn Jones	West Mids Police	70.21
8		13	John Hall	DEFRA	72.02
		14	John Gordon	GUEST (ex.MOD)	72.05
	6	15	Chris Flint	Met Police	77.46
		16	Bill Kingston	HMRC	<b>DNF</b>
		17	Gary Smith	Met Police	<b>DNS</b>

### Ryan Cup.

1st. Civil Service 2, 3, 5, 6, = 16pts  
2nd. Police 1, 4, 10, 11 = 26pts

**P.S.U.K. 1<sup>st</sup> Team – Met Police 11pts**

**Civil Service : 1<sup>st</sup> team- HMRC 14pts**

**2<sup>nd</sup> Team – DEFRA 29pts**

**3<sup>rd</sup> Team – M.O.J. 3pts (2 scoring) Martin Slevin (1<sup>st</sup>)** Qualifies also for Civil Service but not scoring for Ryan Cup.

### 5km Championships (Women)

1	Maureen Noel (Vet)	M.O.D.	30.55
2	Michelle O'Neil-Hall	HMRC	33.14
3	Alexsandra Majewska-Ani	HMRC	33.45
4	Jane Hodge	HMRC	34.39
5	Geraldine Legon	Post Office	37.17
6	Ann Crofts	Lancashire Police	44.45

## 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.

- 02/10/2022 Modena (ITA): Victories of U23 Clubs Championships to Andrea Cosi and Alexandrina Mihai  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4471](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4471)

- 01/10/2022 Serena Di Fabio and Alessio Coppola are the winners of the Italian U16 Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4470](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4470)
- 30/09/2022 Surgery for the Olympic champion of the 20km walk Antonella Palmisano [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4469](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4469)
- 29/09/2022 Whiting, New Jersey (USA): Maria Michta-Coffey and Jason Jya Hsin Cherng winners of the USA National Championships [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4468](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4468)

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.

- Monday, October 3, 2022 - Nathaniel Seiler and Bianca Maria Dittrich win 35 km in Tilburg <http://omarchador.blogspot.com/2022/10/nathaniel-seiler-e-bianca-maria.html>
- Sunday, October 2, 2022 - Devender Singh and Munita Prajapati win 20km march at Indian Games - Gujarat 2022 <http://omarchador.blogspot.com/2022/10/devender-singh-e-munita-prajapati.html>
- Saturday, October 1, 2022 - Paula Milena Torres (Ecuador) won the South American title (U-23) in the 20,000 meters walk <http://omarchador.blogspot.com/2022/10/paula-milena-torres-equador-conquistou.html>
- Saturday, October 1, 2022 - Paulo Henrique Ribeiro (Brazil) featured in the South American Under-23 march <http://omarchador.blogspot.com/2022/10/paulo-henrique-ribeiro-brasil-em.html>
- Friday, September 30, 2022 - Michta and Cherng Win USATF Championships (5K) in Whiting, New Jersey <http://omarchador.blogspot.com/2022/09/michta-e-cherng-vencem-campeonatos.html>
- Thursday, September 29, 2022 - Italy Under-18 Club Championships - A and B finals (results) <http://omarchador.blogspot.com/2022/09/campeonatos-de-clubes-de-italia-sub-18.html>
- Wednesday, September 28, 2022 - BAMACS 2022 (Balkan Masters Athletics) - Thessaloniki, Greece (results) <http://omarchador.blogspot.com/2022/09/bamacs-2022-salonica-grecia-resultados.html>

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2022

Sat 8 Oct 2022	<b>AVSL Rd 1 walks (1500m, 3000m)</b> – Zone A – Moonee Vly Ath Centre, Aberfeldie
Sat 15 Oct 2022	<b>AVSL Rd 2 walks (1500m, 3000m)</b> – Zone B – Duncan McKinnon Res, Murrumbena
Sat 22 Oct 2022	<b>AVSL Rd 3 walks (2000m, 5000m)</b> – Zone A – Moonee Vly Ath Centre, Aberfeldie
Sat 29-Sun 30 Oct 2022	<b>AV All Schools T&amp;F c'ships Week 1</b> – Lakeside Stadium
Sat 5-Sun 6 Nov 2022	<b>AV All Schools T&amp;F c'ships Week 2</b> – Lakeside Stadium
Sat 12 Nov 2022	<b>AVSL Rd 4 walks (2000m, 5000m)</b> – Zone B – Duncan McKinnon Res, Murrumbena
Sat 19 Nov 2022	<b>AVSL Rd 5 walks (1500m, 3000m)</b> – Zone A – Meadowglen Int. Ath. Stadium, Epping
Sun 20 Nov 2022	<b>VRWC Summer c'ships &amp; Annual General Meeting</b> – Middle Park
Sat 3 Dec 2022	<b>AVSL Rd 6 walks (1500m, 3000m)</b> – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
Sun 4 Dec 2022	<b>AA 35km Road walk c'ship</b> – Fawcner Park

### International Dates

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

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*\*Come and try **Racewalking**  
with the*



## **Victorian Race Walking Club**

This summer, the Victorian Race Walking Club is holding both track and road walks.  
Come along, try racing with the club that has had an Olympic Representative since 1948.

- There is **no entry fee** for **first time** walkers to the club.
  - Returning walkers only pay \$10 to race.
- Everyone can race, including Little Athletic Club walkers, AV walkers and Master's walkers.
  - Those who are new to racewalking are also most welcome
- Pre-enter on the website or enter on the day, up to 30 minutes before the event
  - More details are on our website: [www.vrwc.org.au](http://www.vrwc.org.au)

### **Season program 2022- 2023**

#### **October 2022**

Tuesday 11<sup>th</sup> Oct 2022  
Sunday 16<sup>th</sup> Oct 2022

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m  
Distances: **8.30a:** 10k, 15k, 20k. **9.15a:** 3k, 5k. **9.40am:** 1km, 2km

Aberfeldie Track  
Middle Park

#### **November 2022**

Sunday 20<sup>th</sup> Nov 2022

Distances: **8.30a:** 20k. **8.50am:** 10km. **9.25a:** 1k, 1.5k. **9.45am:** 3km, 5km

Middle Park

#### **December 2022**

Thursday 1<sup>st</sup> Dec 2022  
Sunday 4<sup>th</sup> Dec 2022

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m  
Australian 35km Championship program

Mentone Track  
Fawkner Park, Toorak

#### **January 2023**

Thursday 12<sup>th</sup> Jan 2023  
Sunday 15<sup>th</sup> Jan 2023

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m  
Distances: **8.30a:** 10k, 15k, 20k. **9.15a:** 3k, 5k. **9.40am:** 1km, 2km

Aberfeldie Track  
Middle Park

#### **February 2023**

Tuesday 7<sup>th</sup> Feb 2023

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m

Mentone Track



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