



HEEL & TOE Online

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

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CLUB NEWS and RESULTS

** RUNNERS WORLD WINTER AWARDS 2022 – Congratulations to Marcus and Ela

Well done to **Marcus Wakim** and **Ela Uzun**, on winning this years Runners World Winter awards. Both young walkers were the standard setters in their age groups throughout the season, both in Victoria and nationally, and both were voted as winners by the VRWC Committee by a clear margin.

As there were fewer eligible candidates this winter, the Committee decided to use the Summer voting criteria in which there is no age restriction. (These criteria can be perused at <http://www.vrwc.org.au/vrwcrunners-world.shtml>)

Neil Ryan, proprietor of *Runner's World* sporting goods in Kew and longtime supporter of the VRWC, will make the award presentations to Marcus and Ela on our Summer championships day on Sunday 20 November at Middle Park.

A reminder that our **Summer championships** will be held on Sunday week. This will also see the presentation of the AV Winter trophies as well as the Runners World Winter awards.

A reminder also that the **Annual General meeting** has been postponed until **Sunday 15 January**, our next Club race day.

** Sunday 20 November **

Middle Park

VRWC Summer Championships & AV Trophy presentations

NOTE: Race entries close at 10am on **Friday 18 November**.

Enter via Club entry portal at <http://vrwc.org.au/wp1/>

8.30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.50am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.25am	1.5km VRWC c'ships	U12 Boys/Girls
	1km VRWC c'ships	U10 Boys/Girls
	1km	Open
9.45am	5km VRWC c'ships	U20 Men/Women
	3km VRWC c'ships	U16 Boys/Girls
	5km & 3km	Open
10.30am	Presentations	

**** A.V. WINTER PERPETUAL TROPHY WINNERS 2022 ****

We congratulate the following winners of these trophies, to which their names will now be added. The trophies will be presented on **Sunday 20 November**, following our Summer championships.

Norm Goble Trophy

Most points earned in

Men's AV Championships

Rhydian Cowley (*Glenhuntly AC*)

Betty Newman Trophy

AV Women's Walking Team Aggregate

Ballarat YCW (*Alanna Peart, Sarah Brennan*)

Avis Redman Trophy

Best U16 Girl

Ariana Pashutina (*Knox Athletics*)

Tom Daintry Trophy

Best U14 Girl

Ela Uzun (*Athletics Essendon*)

Bob Gardiner Shield

Best U14/U16 Boy

Riley Coughlan (*Knox Athletics*)

Simon Baker Shield

Best U18 Boy

Marcus Wakim (*Collingwood Harriers*)

*** BERYL JOAN O'NEILL ***

1930 – 2022

The VRWC offers its condolences to Committee man and longtime member **Terry O'Neill**, whose mother Beryl passed away on November 1st.

I attended the funeral on behalf of the VRWC on Tuesday, where I conveyed the Club's best wishes to Terry, Karyn and the family.

Stu Cooper

Issue # 45 ... an apology

To all readers,

In last week's issue (#45), I published an article of my own in the column 'THE COACHING POINT'. The article dealt with the importance of learning correct starting skills, to prevent rule breach and red card sanctions before a race has begun.

Regrettably, I made a serious error of judgment early in the article. To illustrate a point, I mentioned three walkers who'd suffered disqualification in the recent Victorian All Schools championships. I remarked that at least one of the walkers (not identified) had received a red card for an illegal start, which handicapped them for the rest of the race. (The article is available for perusal at <http://www.vrwc.org.au/newsletters/heelandtoe-2022-num45.pdf>)

To do this was both insensitive and unfair to the three walkers, breaking as it did the convention that disqualifications be kept low-key and not highlighted. While none of the walkers was mentioned by name, there was no possibility of safeguarding their anonymity. It has left them open to distress, self-doubt and even humiliation, as if I'd wanted to 'make an example' of them. This was never my intention. None of the three walkers had done any wrong, and I could have made my point adequately without mentioning them at all. Disqualifications should be accepted, learned from, then forgotten – a value that, on this occasion, I failed to honour.

I offer my unreserved apologies to the young athletes – who competed in good faith and were keen to do well – and to their parents. I hope they can put this behind them and go on to further progress and enjoyment in their walking.

I apologise also to our readers. The purpose of 'Heel & Toe Online' has always been to promote the positive and nurturing aspects of our sport and encourage walkers of all ages, and to be both an entertaining and educative weekly publication. Last week I fell short of maintaining those standards. I will do my best to ensure there is no reoccurrence.

Respectfully,

Stu Cooper
Editor

** WALKER OF THE WEEK **

Among the recently received summer results from the ACT was **Owen Toyne's** latest achievement: a 2022 World Junior 10km qualifying time of **43:48.18**, which was also a massive 2:22 PB and has earned him yet another WOTW award.

Racing on the Woden Park track in Canberra, Owen was accompanied early by Gwyllym Young and Kodi Clarkson in a high-powered trio before Owen springboarded to his qualifier. This is the latest in a string of fine results for the 15 year-old this year, for whom an international future beckons if the stars align for him.

Well done, Owen! All the best for your summer campaign and beyond.

**Honourable mentions:*

- **Heather Carr** (VIC) and **Iggy Jiminez** (QLD) – multiple Pan Pacific record setters on the Gold Coast last weekend.
- **Ela Uzun** (VIC) – claimed yet another VRWC Club record with her **9:34.5**, smashing the previous record by 43 seconds, in Saturday's AVSL meeting.
- **Bailey Housden** (QLD) – a very quick **12:33.9** and a 21sec PB in QA track competition last weekend.
- **Charlise McQueen** (VIC) and **Jaime Hvalica** (VIC) – huge improvements by 44 and 43 secs respectively over 2000m in AVSL on Saturday.



Owen at Fawkner Park last May

VICTORIA - METRO & REGIONAL



**** Metro Zone B: Round 4, Saturday 12 November – Duncan McKinnon Reserve, Murrumbena**

Marcus Wakim continues to edge closer to that elite sub-21 min 5000m, shaving another second from his PB to win easily in **21:18.9**. Behind him, **Eden Morgan** had another pleasing result for a clear second, with **Alejandro Stephens** finishing strongly in his first AVSL race.

5000m

Pl	Name	Club	Age	Time	Points	
1	Marcus Wakim	(COL)	M18	21:18.9h	538	PB 0:01
2	Eden Morgan	(KNA)	M18	24:26.3h	464	
3	Alejandro Stephens	(GHY)	MOP	25:20.6h	417	
4	Maddison Nash	(KNA)	F18	28:02.4h	444	
5	Grace Louey	(KNA)	F20	30:23.0h	364	
6	Michael Harvey	(WAM)	M60	33:27.9h	341	
7	Rupert Van Dongen	(MEN)	M45	38:51.3h	176	
-	Megan Szirom	(ALB)	F45	DNF		

The first 2000m heat saw **Riley Coughlan** in blistering form with **8:40.8** for the win, with **Ela Uzun** walking her best-ever track 2km for a new Club U12 record of **9:34.5**. **Jaime Hvalica's** **10:09.6** was a huge improvement and a sign of big things to come. **Emily Smith** had her strongest showing for some time with **10:51.2**, not far short of her PB.

2000m Heat 1

1	Riley Coughlan	(KNA)	M16	8:40.8h	532	
2	Ela Uzun	(ESS)	F14	9:34.5h	549	Club U12 rec 0:43
3	Jaime Hvalica	(DIV)	M14	10:09.6h	469	PB 0:43
4	Emily Smith	(KNA)	F18	10:51.2h	452	
5	David Smyth	(COL)	M50	11:06.0h	403	
6	Carolyn Rosenbrock	(ANW)	F60	11:10.3h	536	
7	Mietta Morgan	(KNA)	F14	11:22.2h	457	
8	Simon Evans	(BOH)	M60	11:23.4h	436	
9	Tayla Borg	(DIV)	F18	11:32.4h	412	
10	Havana Ali	(ESS)	F14	11:51.9h	430	
11	Donna-Marie Elms	(PTN)	F60	12:07.9h	495	
12	Bernie Keirl	(DIV)	M55	12:10.5h	364	
13	Phillip Dunstone	(WES)	M50	13:02.6h	279	

- Ralph Bennett (GHY) M70 DQ
- Timothy Erickson (COB) M70 DQ

Char Hay and **Daniel Pashutin** had a tight battle in Heat 2, clearing away from the field early and finishing within 6 secs of each other. **Daniel**, ever improving, scored another PB with his **9:59.8**, squeaking under 10mins for the first time.

2000m Heat 2

1	Char Hay	(MUU)	F20	9:53.3h	494	
2	Daniel Pashutin	(KNA)	M14	9:59.8h	477	PB 0:04
3	Ariana Pashutina	(KNA)	F16	10:35.6h	482	
4	Brian Anderson	(ESS)	M60	13:44.5h	299	
5	Ross Reid	(COL)	M65	13:50.1h	334	
6	Clyde Riddoch	(WAM)	M65	14:06.7h	318	
7	Emilie Garside	(YRA)	FOP	14:17.1h	219	
8	Kim Peak	(DAC)	F55	14:42.2h	312	
9	Tracy Colbert	(PTN)	F50	14:43.8h	279	

**** Ballarat Zone: Round 4, Saturday 12 November – Llanberris Stadium, Ballarat**

Sarah Brennan and **Danny Hawksworth** were the standouts from the small field at Ballarat. Sarah set her 2000m PB of **10:01** ten years ago, so her **10:21.68** shows how little of her speed she's lost in the interim.

2000m

1	Sarah Brennan	(BYC)	F45	10:21.68	511	
2	Danny Hawksworth	(ESS)	M40	10:47.05	372	
3	Leigh Benbow	(EKA)	M14	14:24.69	233	
4	Roslyn Ireland	(BWK)	FOP	15:34.10	175	
5	Olive Ireland	(BWK)	F60	16:46.91	251	

**** Bendigo Zone: Round 4, Saturday 12 November – Latrobe Uni Athletics Track, Flora Hill**

Charlise McQueen proved one of the round's big improvers with her **11:33.58** taking her well under the 12min mark for the 2000m. Brother **Tate** was an emphatic winner in **11:08.30**, while consistent **Kate Wilson** posted another good result for second.

2000m

1	Tate McQueen	(EAG)	M14	11:08.30	419	
2	Kate Wilson	(EAG)	F14	11:26.05	454	
3	Charlise McQueen	(EAG)	F14	11:33.58	447	PB 0:44
4	Annette Major	(EAG)	F60	13:27.24	431	
5	Claire Noonan	(EAG)	F20	14:07.58	227	
6	Annette Curtis	(SBE)	F65	15:52.26	335	
7	John Watson	(BGO)	M70	16:14.18	257	
8	Wendy Ennor	(EAG)	F65	17:36.67	253	

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

The AVSL Metro walks travel north to Meadowglen Stadium in Epping this Saturday. Metro, Bendigo and Ballarat all have 1500m and 3000m distances scheduled at the times listed below.

Metro – Meadowglen	1.00pm	1500m, 3000m walk (all ages)
Ballarat region	3.30pm	1500m, 3000m walk (all ages)
Bendigo region	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/>



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. Questions regarding *organisation* of the seminar should also be addressed to Di.

To assist with pre-planning, Zoe has requested that attendees send any *course content* questions they wish to raise in advance, along with any items in particular they want covered, to her at zeb@esc.net.au.

A.C.T. ACT Masters/ACTRFWC combined races, 20 Oct-10 Nov – Woden Park

Welcome ACT walkers to the pages of *H&T Online* for the first time this summer. Thanks to **Helen Toyne** for providing us with details of the ACTRFWC activities so far.

** ACT Masters meet 20th October 2022

Place	Name	Distance	Time	Notes
1	Michelle Bray	1000m	5:21.74	
2	Hana Jugovic	1000m	5:27.49	Junior, PB
3	Ewen Thompson	1000m	6:37.00	
1	Michael Smith	3000m	16:56.52	
2	Peter Baker	3000m	18:22.07	
3	Jill Pearson	3000m	22:09.74	
1	Bryan Thomas	3000m	23:27.07	Fitness walker
2	Jennifer Gilchrist	3000m	25:54.50	Fitness walker
3	Lorna England	3000m	26:30.06	Fitness walker
4	Robert Kennelly	3000m	28:40.00	Fitness walker

** ACT Masters meet 27th October 2022

1500m Handicap				
1	Michelle Bray	8:08.4		
2	Julia Grocott	8:20.5	Junior	
3	Peter Baker	8:38.5		
4	Robert Kennedy	12:40.9	Fitness walker	
5	Owen Toyne	5:40.9	Junior – fastest time	
6	Michael Smith	7:41.1		
7	Lorna England	12:42.2		
8	Jim White	10:47.8	Fitness walker	
9	Bryan Thomas	11:09.1	Fitness walker	

** ACT Masters meet 3rd November 2022

10,000m				
1	Owen Toyne	43:48.18	World Juniors qualifier	PB 2:22
2	Gwyllym Young	45:05.91		
3	Kodi Clarkson	50:05.30		
4	Scott Hyland	52:07.81		
5	Michael Smith	59:14.97		
6	Ann Staunton Jugovic	59:35.18		
7	Hana Jugovic	1:04:56.0		
8	Bryan Thomas	1:22:10.0	Fitness walker	
5000m				
1	Nicholas Christian	27:55:83		
2	Jillian Ryan	29:09.62		

Helen: I believe Ann walked a very good race, perhaps a Masters record, and Hana completed her first 10000m. Nicholas and Jillian completed solid 5000ms in the lead up to All Schools. **Owen Toyne** had a better race, going under the world junior qualifying time for the first time. Robert kept us all entertained and Brian finished before someone turned out the lights, so a good time was had by all.

**** ACT Masters meet Thursday 10th November 2022**

3000m Perry Handicap

1	Kodi Clarkson	13:38	
2	John Kennedy	17:47	Fitness walker
3	Susan Archer	20:39	
4	Jill Pearson	22:13	
5	Bryan Thomas	23:49	Fitness walker
6	Doug Barrett	25:21	
7	Lorna England	25:24	
8	Robert Kennelly	25:44	Fitness walker

**** Athletics ACT Summer series number 5 Saturday 12th November**

1500m

1	Emma Grocott	7:10.7
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5000m

1	Julia Grocott	31:44.7
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QUEENSLAND QA Shield Series #4: Joanna Stone Shield, 12 November – QSAC, Brisbane

In hot, sunny conditions, **Bailey Housden** provided the speed show of the round with a big PB of 12:33.90 for 3000m. **Katie Hayward** is also approaching top form, her 5000m time of **21:55.36** just 14secs shy of her best.

Women 5000m walk

1	Katie Hayward	QA	21:55.36
2	Lyla Williams	GCV	27:00.41

Men 5000m walk

1	Alex Bradley	QRW	24:59.32
2	Sam McCure	GCV	26:08.23

Women W55 5000m walk

1	Erika Woodward	QMA	30:04.01
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Men 3000m walk

1	Bailey Housden	QRW	12:33.90	PB 0:21
2	Kai Norton	QA	14:53.03	
3	Roel Wheeley	SAS	15:05.42	
--	Noah Wheeley	RED	DQ	

Men M65 5000m walk

1	Peter Bennett	QMA	33:22.66
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SOUTH AUSTRALIA ASA Interclub, 12 November – Salisbury

No results, unfortunately. All competition was cancelled owing to storms and rain.

TASMANIA Athletics South interclub results, 12 November – Domain AC, Hobart

Results courtesy **David Moore** and **Rosemary Coleman**:

Accolades this week for an impressive 20 second PB from OVA's **Oliver Morgan** at this week's Athletics South Interclub 3000m, a PB too from occasional race walker **Nathan Wass**.

Results 3000m Walk

1.	Oliver Morgan	OVA	13:49.67	PB
2.	Macy Devine	ES	18:36.69	
3.	Nathan Wass	ES	19:28.85	PB
4.	Elizabeth Leitch	TMA	20:45.56	
5.	Wayne Fletcher	NS	24:35.22	
6.	Dave Moore	TMA	26:43.82	

Tas Masters T&F, 9 November - Domain Athletics Centre Hobart

Results 5000m Walk

1.	Wayne Fletcher	NS	43:13
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INTERNATIONAL NEWS

QUEENSLAND 2022 Pan Pacific Masters Games, 5-7 November – Gold Coast Performance Centre

International Masters competition returned to Australia post-pandemic with the Pan-Pacific Games, held on the Gold Coast. Three walks – two track and one road – were held on the first weekend, in what appears to have been hot conditions. Victoria was well represented by **Heather Carr, Kylie Irshad, Pramesh Prasad** and **Simon Evans**, with Heather setting two Pan-Pac records (and possibly three, including her 10km road result.)

The Games had a modest number of overseas athletes in attendance, with India being creditably represented in the walks.

5000m Track walks

M45 5000m Walk

1 Pramesh Prasad M48 AUS 29:36.45

M55 5000m Walk

1 Ignacio Jimenez Solis M57 AUS 24:46.86P

M60 5000m Walk

1 Garry Hastie M61 AUS 29:52.46
2 Simon Evans M62 AUS 30:12.57
3 Gregory Rowe M61 AUS 40:49.12

M65 5000m Walk

1 Colin Heywood M68 AUS 30:17.84
2 Peter Bennett M66 AUS 32:16.07
3 Christopher Worsnop M65 AUS 48:56.27

M70 5000m Walk

1 Douglas Barrett M70 AUS 37:41.38
-- Tuck Yuen M74 AUS DQ

M75 5000m Walk

-- Klaus Maurer M79 AUS DQ

M80 5000m Walk

-- Bryan Thomas M81 AUS DQ

W40 5000m Walk

1 Wendy Pannach W43 AUS 32:57.35

W50 5000m Walk

1 Kylie Irshad W50 AUS 29:36.89
2 Joy Dale W51 AUS 40:34.11

W55 5000m Walk

1 Nyle Sunderland W55 AUS 33:30.19
2 Elizabeth Sheridan W59 AUS 34:32.66

W60 5000m Walk

1 Anne Weekes W60 AUS 35:49.12
2 Sandra Riches W62 AUS 36:30.12

W70 5000m Walk

1 Heather Carr W73 AUS 32:59.98P
-- Swee Yuen W74 AUS DQ
-- Mary Leitch W73 AUS DQ

W80 5000m Walk

1 Noela McKinven W80 AUS 46:30.50

3000m Track walks

M45 3000m Walk

1 Pramesh Prasad M48 AUS 17:32.04

M55 3000m Walk

1 Peter Baker M58 AUS 20:07.94

M60 3000m Walk

1 Garry Hastie M61 AUS 16:34.45
2 Simon Evans M62 AUS 17:31.28
3 Gary Snow M63 AUS 23:08.28
-- Gregory Rowe M61 AUS DQ

M65 3000m Walk

1 Peter Bennett M66 AUS 19:35.06
2 Peter Wyatt M65 AUS 23:37.22
3 Christopher Worsnop M65 AUS 29:45.69
-- Rajashekhar Turamari M66 IND DQ

M70 3000m Walk

1 Jayaramappa Nanjappa M70 IND 22:16.62
2 Douglas Barrett M70 AUS 22:47.92

W35 3000m Walk

1 Dash Newington W38 AUS 19:57.88

W40 3000m Walk

1 Wendy Pannach W43 AUS 19:01.11

W45 3000m Walk

1 Kulwinder Kaur W45 IND 25:01.49

W50 3000m Walk

1 Kylie Irshad W50 AUS 17:38.80
2 Jay Dale W51 AUS 24:15.84

W55 3000m Walk

1 Elizabeth Sheridan W59 AUS 19:26.76
2 Nyle Sunderland W55 AUS 19:53.40
-- Sonya Pollard W55 AUS DQ

W60 3000m Walk

1 Anne Weekes W60 AUS 20:59.50
2 Sandra Riches W62 AUS 21:38.32

3 Tuck Yuen	M74	AUS	27:29.70	3 Deborah Engeler	W60	AUS	27:03.10
-- Thai Sessa Chalapathy	M72	IND	DNF				
-- Harsharn Singh Grewal	M70	AUS	DQ				
M80 3000m Walk				W70 3000m Walk			
-- Bryan Thomas	M81	AUS	DQ	1 Heather Carr	W73	AUS	19:24.16P
				2 Swee Yuen	W74	AUS	34:12.62
M85 3000m Walk				W80 3000m Walk			
-- Jagjit Singh Kathuria	M85	IND	DQ	1 Noela McKinven	W80	AUS	30:31.17

10000m Road walks

M45-49 10km Road Walk				W45-49 10km Road Walk			
1 Pramesh Prasad	AUS	1:07.29		1 Brenda Gannon	AUS	1:02.01	
M55-59 10km Road Walk				W50-54 10km Road Walk			
1 Ignacio Jiminez Solis	AUS	53.26		1 Kylie Irshad	AUS	1:05.32	
M60-64 10km Road Walk				2 Joy Dale	AUS	1:23.39	
1 Simon Evans	AUS	1:03.09		3 Jodie Holloway	AUS	1:37.58	
2 Mohinder Virk	IND	1:05.48		W55-59 10km Road Walk			
-- Paul Emnerson		DQ		1 Elizabeth Sheridan	AUS	1:06.07	
M65-69 10km Road Walk				2 Nyle Sunderland	AUS	1:09.52	
1 Colin Heywood	AUS	1:01.41		W60-64 10km Road Walk			
2 Peter Bennett	AUS	1:09.25		1 Anne Weekes	AUS	1:20.08	
3 Christopher Worsnop	AUS	1:42.23		W70-74 10km Road Walk			
M75-79 10km Road Walk				1 Heather Carr	AUS	1:12.26	
-- Klaus Maurer		DQ		W80-84 10km Road Walk			
				1 Noela McKinven	AUS	1:36.55	

FRANCE: Meeting d'Automne, 13 November – Nogent-sur-Marne

Here is **Emmanuel Tardi's** latest report on French autumn walks competition:

I was judge this Sunday in Nogent-sur-Marne (south suburb of Paris) for the Autumn meeting. There was a 10k and a 20k on the track .Very good weather with 17°C at the start of the race (10am) .

In the 10k, **Melwan Chevassus** and **Sabrina Bouissou** easily won the race. In the women's 20k, **Caroline Osmont** also won easily in her first 20k since 2019.

In the men's 20k, there was a match between **Delecolle** and **Denoncin**. Denoncin had stomach problems and needed a long stop. Delecolle won the race despite a very difficult end of the race.

10000m

1	CHEVASSUS Melwan	Asfi Villejuif atletisme	JUM	54'37''1
2	SALAUN Yann	Athle 92	MAM	56'24''4
3	TURLET Albert	Athletic clubs 92	MAM	58'34''5
4	TOUTAIN Eric	Us Ivry	MAM	1h00'01''5
5	NOGRE Yannick	Es Montgeron	MAM	1h00'22''2
6	QUESNEL Stephane	Es Sucy-en-Brie	MAM	1h01'45''6
7	BOUISSOU Sabrina	Es Sucy-en-Brie	MAF	1h03'43''8
8	LEVESQUE Cyrille	Uai Nogent-sur-Marne	MAM	1h06'02''3
9	RIBEIRO Emma	Athletic club pays de l ourcq	JUF	1h06'21''2
10	POITRENAUX Jean-Marie	Ca Vierzon	MAM	1h07'52''5
11	RIVIERE Sylvain	Spn Vernon	MAM	1h09'53''2
12	BEAUDET Guy	Club athle Plessis 94	MAM	1h10'28''1
13	GALTIER Marie-Christine	Marne et gondoire atletisme	MAF	1h10'43''2
14	BENIGNI Sandrine	Stade francais	MAF	1h14'37''9
15	GALLIOT Emmanuelle	Uai Nogent-sur-Marne	MAF	1h15'19''2
16	MONTIGNY Patrick	Us Ivry	MAM	1h39'13''2

20000m

1	DELECOLLE Sebastien	Rc Arras	MAM	1h51'54''8
2	DENONCIN David	As Villejuif	MAM	1h52'31''1

3	OSMONT Caroline	As tourlaville	SEF	1h54'47''6
4	DELHON Vincent	Asfi Villejuif athletisme	MAM	1h57'08''1
5	BROU Florent	Ac paris-joinville	SEM	1h59'52''7
6	STEFANELLY David	As Mantes	MAM	2h00'00''4
7	DELAUNAY Dorothee	Sc universitaire de France	SEF	2h01'01''6
8	BIZARD Lucie	Stade francais	SEF	2h02'21''3
9	CHOCHOY Christine	Dynamic Aulnay club	MAF	2h06'52''4
10	VERGNAUD Serge	Athle 78	MAM	2h13'35''2
11	LABROUSSE Stephane	Athletic clubs 92	MAM	2h13'43''2
12	VANDENBERGHE Renaud	Marne et gondoire athletisme	MAM	2h15'45''1
13	DORE Sophie	Uai Nogent-sur-Marne	MAF	2h20'51''2
14	BIZARD Claudie	Thiais ac	MAF	2h26'35''3



Bouissou



Chevassus and Delecolle



Osmont

(Photos: Emmanuel Tardi)

FRANCE: 42^{eme} (42nd) Voie Sacrée, 11 November – Verdun
83^{eme} (83rd) Montee du Mont Sainte-Odile, 11 November – Klingenthal to Mont Sainte-Odile

As most will know, November 11 is one of the most sacred of days on the French calendar, as no other country suffered so horrifically in the First World War. **Emmanuel Tardi** reports on two annual commemorative walking events, one held on the site of one of the bloodiest battles of the war.

November 11th is a non working day in France because it marks the end of the First World War. Two walking races have been organised on this date for many years.

The first, the **Grand Prix de la Voie Sacrée**, is a 55km-long race between Bar le Duc and Verdun. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc.

The road used is a memorial road. It is the only road in France who doesn't have a number - it's only named "La Voie Sacrée". It was along this road that more than one million soldiers travelled to the famous awful Battle of Verdun in 1916. Most of them never came back.

At each kilometre of the road, there is a memorial milestone, with soldier's helmet on it.

The history of this road (in French) here :

http://fr.wikipedia.org/wiki/Voie_sacr%C3%A9e_%28Verdun%29

(NOTE: If you open the above link in Google Chrome, you can translate the article to English by right-clicking on any empty space. A drop-down window will give you a 'Translate to English' option.)

Unfortunately, there were only 7 starters this year, a very small number for this walk.

At 9AM for the start, the temperature was already 14°C, and sun stayed for all of the race. It was great weather for walkers.

After 8,5km (53'38'') **Florian Letourneau** was the leader (**Erard** was 2nd 54'10''). Florian Letourneau increased his leadership. **Fabrice Henry** caught the 2nd placed competitor after 35km. Florian Letourneau won the race for the 3rd time (2018-2019-2022).

Nadia Ducruet was the only woman, and she won that race.

There was an ancillary event from Souilly to Verdun (20km). Start was at 12am.

Master **Philippe Bonneau** (57 years old) won this event easily in **1h44'12''** . **Herida** (winner in 2021) finished 2nd . **Demon** won the women event (1h52'36'') with a big gap to **Valérie Boban** (2h03'08'')

Bar le Duc - Verdun		54km			
1	Letourneau Florian	M	AC Château-Thierry	5h36'08	
2	Henry Fabrice	M	Frijep Verdon	5h48'19	
3	Erard Christophe	M	ASM Bar le Duc	6h06'26	
4	Olivares Mathieu	M	Neuilly-sur-Marne Athlétisme	6h39'21	
5	Michelot Rémi	M	Es Thaon	6h57'56	
6	Pellerin Alain	M	Ac Chateau Thierry	7h23'32	
7	Ducruet Nadia	F	Ac Chateau Thierry	7h00'02	49km

Souilly-Verdun		20km		
1	Bonneau Philippe	M	Antony Athlé 92	1h44'12
2	Herida Nadir	M	Efsra Reims	1h47'12
3	Demon Sonia	F	Efsra Reims	1h52'36
4	Florentin Thierry	M	Avec-Mirecourt	1h55'03
5	Bonnomet Arthur	M	Efsra Reims	1h56'00
6	Boban Valérie	F	Avec-Remiremont	2h03'08
7	Florentin Catherine	F	Avec-Mirecourt	2h05'34
8	Mougenot Patrick	M	Marne et Gondoire	2h19'25
9	Guillot Mickael	M	AC Château-Thierry	2h30'16
10	Frizon André	M	Wissembourg	2h30'16
11	Thomas Michel	M	Bar Le Duc	3h18'10



Fabrice, Ducruet, Bonneau ... and 3-time Voie Sacree winner Letourneau

The second race is shorter - only 8.5km - but very hard. The goal is to climb to the summit of **Mont Sainte-Odile**, a peak of the Vosges Mountains in Alsace . The race starts at Klingenthal (280m altitude) at 9:30AM and finishes at the convent of Mont-Sainte-Odile (750m altitude). The first 2 kilometers are not too bad but, after that, there is a consistent slope of around 7% to the summit.

It is the oldest racewalking event in France (the first edition was held in 1931) and the best time of 45:37 was set in 1981 by belgian walker Gérard Goujon .

This year, only 37 walkers started the race, with the temperature a cool 10°C with some fog. The winner was 26 year old **Florian Mayer** who won for the 8th time in row (the record is 9 in row for Louis Lichté 1931-1938, then 1946) **Marie-Christine Schatz** won the women race. You can note that she had already won the race in 1981 !!!!



Who said pictures never lie? Florian Meyer is climbing – hard – to his 8th successive win. (Photos: Emmanuel Tardi)

UNITED KINGDOM: The passing of UK Olympian John Webb (1936-2022)



(Photo: Basildon AC)

Legendary Essex race walking Olympian John Webb passes away

By Lewis Berrill (Basildon Echo - November 13)

TRIBUTES have poured in for a legendary south Essex Olympian loved dearly by his peers, competitors and family.

John Albert Webb passed away aged 85 on Wednesday, November 9 after a lengthy period of ill health.

Mr Webb, born in Dagenham on December 12, 1936, was Basildon Athletic Club's first Olympian, competing in the 1968 Mexico Olympics in the 20-kilometre walk – the club still issues an award in his name every year.

The inspirational athlete, who moved to Essex as a young adult, finished 22nd out of a field of 34 competitors from 20 nations.

Finishing just two places behind him, was fellow countrymen Robert Hughes who has paid tribute to his good friends.

“He was one of the best guys you could wish to meet,” Mr Hughes said.

“Johnny Webb came to my wedding along with one or two other notable walkers, way back in November 1969.

“I had a few battles with both and also suffered in a few races with him, but we always went back for more, sometimes taking in turn to be the victors.”

Mr Webb made eight international appearances for Britain between 1966 and 1972, competing in the European Championships in 1966 and 1969, according to records provided by statistician Peter Matthews.

Mr Webb made eight international appearances for Britain between 1966 and 1972, competing in the European Championships in 1966 and 1969, according to records provided by statistician Peter Matthews.

He won his first senior national title in the 10 miles championship over a one-lap course at Leyland in 1973.

At the time, competitive walking was a fledgling sport, and Mr Webb's appearance on the world's largest stage inspired a host of people across Essex and east London to follow in his footsteps.

Pal Warburton, a former member of Southend-on-Sea Athletic Club, recalled how he was inspired to take up race walking by Mr Webb.

“He was the first race walker I saw in the flesh,” he said. “He used to train past the house each night. His passing is so very sad.”

Sandra Brown, 73, a former international race walker who holds several world records, said: “John lived near the Bristol to Bath old railway path and said that he did all his training up and down that excellent recreational route.

“We always speak of him whenever we walk on the old railway path, as we did recently.”



John Webb in his Olympic uniform in Mexico, 1968

(Photo: Sarah Webb)

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.

- 08/11/2022 The updated women history reports after Eugene, Oregon 2022 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4493 (Men's and Women's World championship histories and stats are provided here. Note that the text for each report is in Italian. Follow the 'O Marchador' procedure described below for an English version.)

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.

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.

- Wednesday, November 16, 2022 - Mansi Negi breaks India's under-20 record in 10,000 m walk (Guwahati 2022) <http://omarchador.blogspot.com/2022/11/mansi-negi-bate-recorde-sub-20-da-india.html>
- Tuesday, November 15, 2022 - Autumn Meeting 2022 in Nogent-sur-Marne, France (results) <http://omarchador.blogspot.com/2022/11/meeting-de-outono-2022-em-nogent-sur.html>
- Monday, November 14, 2022 - João Vieira and Vitória Oliveira win in Alvaiázere <http://omarchador.blogspot.com/2022/11/joao-vieira-e-vitoria-oliveira-vencem.html>

And it looks like there was some drama after the above meet ...

- Monday, November 14, 2022 - Irregularities at the Alvaiázere Marching Grand Prix (2022) <http://omarchador.blogspot.com/2022/11/irregularidades-no-grande-premio-de.html>
- Sunday, November 13, 2022 - Birmingham to host the European Athletics Championships in 2026 <http://omarchador.blogspot.com/2022/11/birmingham-vai-receber-os-campeonatos.html>
It looks as if their successful hosting of the Commonwealth Games has boosted their stocks in the eyes of WA.
- Friday, November 11, 2022 - USATF Connecticut Walking Championships in Clinton (Results) <http://omarchador.blogspot.com/2022/11/campeonato-de-marcha-da-usatf.html>

- Thursday, November 10, 2022 - Athletics SA «Copyworld Toshiba Interclub 1» in Salisbury (results) <http://omarchador.blogspot.com/2022/11/copyworld-toshiba-interclub-1-da.html> Take a bow, South Australia ... your interclub walks have made international news!
- Wednesday, November 9, 2022 - The athletic march at the Brasil Master Cup (2022), in Bragança Paulista – results <http://omarchador.blogspot.com/2022/11/a-marcha-atletica-na-taca-brasil-master.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 19 Nov 2022	AVSL Rd 5 walks (1500m, 3000m) – Zone A – Meadowglen Int. Ath. Stadium, Epping
Sun 20 Nov 2022	VRWC Summer c'ships, inc. 'Gus Theobald' 20km – Middle Park
Sat 3 Dec 2022	AA Walk Judging Seminar – Cathy Freeman Room, Lakeside Stadium (<i>see advert in this issue</i>)
Sat 3 Dec 2022	AVSL Rd 6 walks (1500m, 3000m) – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
Sun 4 Dec 2022	AA 35km Road walk c'ship – Fawkner Park
Fri-Sun 9-11 Dec 2022	AA All-Schools T&F c'ships – Adelaide
2023	
Fri 6 Jan 2023	Race Supernova #1 (WA RW Tour Silver) – Canberra
Thu 2 Feb 2023	Race Supernova #2 (WA RW Tour Silver) – Canberra
Sat 11 or Sun 12 Feb 2023	TBC AA 20km Road walking c'ship – Fawkner Park
Fri-Mon 10-13 Mar 2023	AMA Masters T&F c'ships – Sydney

International Dates

TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER

(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.

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***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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***SPECIAL REQUEST**

Attached to the email carrying this issue is a poster. It is the same one that has been embedded at the end of 'H&T' issues up until this week, but of better print quality.

We are asking all VRWC members and friends to copy, or print and circulate it as widely as they can.

If the poster succeeds in attracting even **one** new member to the Club ... *so have you!*