



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club,
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** WALKER OF THE WEEK **



Isaac racing at the NSW All Schools titles.

(Photo: ANSW)

The latest winner of the WOTW award comes from November 12, Round 5 of the ANSW Treloar Shield, where 15yo **Isaac Beacroft** turned on a scorching display to take the U18 3000m in **11:47.34** – a PB of 0:53. (He had walked 12:40 on two previous occasions this year.)

Although it's unlikely, unfortunately, that his time will be considered for a record owing to the presence of only three judges, Isaac has made a huge statement along with huge progress, and it's clear that the record is there for the taking if all conditions are met. It's interesting that Isaac's father, David, was also a top junior 24 years ago. Indeed, one of Isaac's 12:40s came in September at the NSW All Schools – the same meet at which his dad also broke walking records in the 90s.

Well done, Isaac! We will watch your progress over the summer with great interest.

*Honourable mentions

- **Elizabeth McMillen** (NSW) – a 45sec PB for 5000m in the same Treloar Shield meet, clocking in at an excellent **22:41.66**. A hard winter's racing is paying off!
- **Marcus Wakim** (VIC) – Marcus's 5km road time of **21:22.1** last Sunday will be new AA U16 and U18 records if ratified. Oh, and a PB for 3000m at AVSL the previous day for good measure!
- **Jaime Hvalica** (VIC, U14) – a near-2min PB at any distance is impressive, more so over 3000m in your first AVSL season!
- **Will Thompson** (VIC) – an 18sec PB for 10km on Sunday, recording **40:42** after an injury-affected year.

- **Sophie Polkinghorne** (NSW, 12yo) – Smashed her 3000m PB by 35secs at the Treloar meeting, recording **14:16.91**
- **Nellie Langford, Sam Findlay, Sebastian Richards** (SA) and **Oliver Morgan** (TAS) – all recorded strong PBs in their respective Interclub comps at the weekend.



CLUB NEWS and RESULTS

VRWC 2022-23 Summer championships, 20 November – Middle Park

Between the overnight deluge and the midday squalls, a window of reasonable (if chilly) weather permitted us to hold the Summer championships unimpeded. After a delayed start owing to the need to clear a flooded stretch of the course (thanks

Madeleine and Gerard for your broom work), events got underway for the 24 starters without further hitches.

Sarah Brennan and **Alejandro Stephens** took out the two Senior titles – the Heather Carr and Gus Theobald championships – with strong performances of **56:40** (10km) and **1:57:42** (20km) respectively. **Marcus Wakim** backed up after his 3000m PB effort at Meadowglen the previous day by posting his best 5km road time of **21:22.2** which, if ratified, will set new Australian U16 and U18 records. **Riley Coughlan** took advantage of Marcus’s company to slingshot away for the U16 3km title in **12:38**, while 12yo **Matilda Read**, walking 3km for the first time, clocked a good first-up **18:48** in the Girls U16 race.

In winning the U12 1.5km championship with **7:10**, **Ela Uzun** seized the last two Club records for the distance she had yet to break. (The next is held by Heather Carr in the W65+ age group, and I think Heather has little to fear for a while.) **Levi Robertson** claimed the Boys title with a 9sec PB of **8:02**, while the U10 1km championships went to **Haris Ali** in **7:22**, and **Jaida Robertson** in **6:10**.

Finally, we were pleased to welcome newcomer **Mackenzie Davis**, who made the long trip from Shepparton to try out with us and went home with a 1.5km bronze medal. We hope to see Mackenzie at Middle Park again before long.

20km Open Men’s VRWC Gus Theobald Championship

1 Alejandro Stephens 1:57:42

10km Masters Women VRWC Heather Carr Championship

1 Sarah Brennan 56:40
2 Kylie Irshad 1:02:45

5km Un20 VRWC Championship

1 Marcus Wakim 21:22.1 Possible AA U16, U18 records
1 Ariana Pashutina 28:14

3km Un16 VRWC Championship

1 Riley Coughlan 12:38
2 Daniel Pashutin 16:04
1 Matilda Read 18:48 First 3km



Start of the 1.5km and 1km. Luckily those clouds merely looked ominous ...

1.5km Un12 VRWC Championship

1 Ela Uzun 7:10 Club U12, U13 recs, PB 0:05

2	Havana Ali	8:06	
3	Mackenzie Davis	10:35	New walker
1	Levi Robertson	8:02	PB 0:09
1km Un10 VRWC Championship			
1	Haris Ali	7:22	
2	Aydin Uzun	9:37	
1	Jaida Robertson	6:10	
2	Pippa Read	6:51	

Three Open races were held along with the Club championships, most notably the 10km in which **Will Thompson** returned after a disappointing year, making up for lost time big-time with an 18sec PB of **40:42**. **Dec Tingay** kept Will company for 2km before Will surged away and Dec settled into what was, for him, tempo training mode.

Open 10km race			
1	Will Thompson	40:42	PB 0:18
2	Declan Tingay	41:37	
3	Simon Evans	1:05:26	
Open 5km race			
1	Donna-Marie Elms	33:44	
1	Kevin Cassidy	27:53	
2	Gerard Feain	33:30	
Open 3km Race			
1	Heather Carr	21:22	
2	Merilyn Thompson	22:17	

Many thanks to those who officiated and helped with the numerous tasks required to provide the best possible racing conditions for our walkers. If you assisted and are not mentioned below, be assured that we appreciate your contribution.

Officials:	Mark Donahoo, Ian Laurie, Madeleine Feain, Tim Erickson
Judges:	Gordon Loughnan (Chief), David Cash, Stu Cooper, Peter Price, Terry O'Neill, Anthony Doran, Ralph Bennett
Set up & Pack up:	Stu Cooper, Gerard Feain, Madeline Feain, Mark Donahoo, Ian Laurie, Tim Erickson, Gordon Loughnan
Bike Rider:	Tim Erickson
Canteen:	Donna-Marie Elms
Photographer:	Ece Uzun
Walkers:	24

Our final Club race meeting for 2022 takes place on **Thursday 1 December**, at Mentone. Online entries are now open:

**** VRWC Club races (inc. 'Come and Try')**
Thursday 1 December
Mentone track
Dolomore Reserve, Queen St, Mentone

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 Wednesday 30 November

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

**** PRESENTATIONS ... AV Winter trophies, Runners World & VRWC Summer championships**



Left: Bob Gardiner presents the shield named for him to Riley

Left: Ela - Tom Daintry Trophy (Best U14 Girl)

Right: Marcus – Simon Baker Shield (Best U18 Boy)



Left: Ela and Marcus – with Runners World proprietor Neil Ryan, who presented them with their winter awards.

Right: And in return ... in recognition of his support for the VRWC, Ela presented Neil with his Centenary mug.



Right: Alejandro – Club summer 20km champion with the Gus Theobald trophy

Centre: Kylie – runner-up, Heather Carr 10km trophy

Far right: Riley and Matilda – Club 3km summer champions



Mackenzie, Havana and Ela – VRWC 1.5km



Pippa, Aydin and Haris – VRWC 1km



Club record breakers Havana and Ela ... there are more of those to come.

(Photos: Ece Uzun)



A bad break for Will

We're sorry to have to report that, after his wonderful PB effort over 10km on Sunday morning, **Will Thompson's** day turned decidedly sour when, while riding his bike that afternoon, his rear wheel went from under him on a turn and sent him sprawling to the road. Will was hospitalized with a fractured radius (forearm bone), adding another injury setback to what has already been a frustrating year.

Despite this, Will has regained his fine form of earlier in the year and it is to be hoped that his healing this time around goes according to plan, so that he can quickly resume his climb to the top.

All the best from all of us, Will!

VICTORIA - METRO & REGIONAL



**** Metro Zone A: Round 5, Saturday 19 November – Meadowglen Int. Stadium, Epping**

Meadowglen, notorious for its north winds at the best of times, turned on a doozie last Saturday – much to the frustration of the officials struggling valiantly to keep paperwork and equipment from ending up on the M80 Ring road. That said, many of the walkers seemed to appreciate having something to push against, with several PBs resulting on a day not ideal for them.

Of these, **Jaime Hvalica's** was the walk of the day, his **15:57.5** for 3000m an enormous 1:53 improvement over a distance he'd walked only once before, in October. **Marcus Wakim** and **Jade Chitty** also defied the gale to produce their best 3000 results. Marcus's **12:31.3** would be the first leg of an impressive weekend double, completed the following morning at Middle Park. **Char Hay** produced her usual attacking effort to dip under 15mins for 2nd.

Riley Coughlan again won clearly, this time over 1500m. Behind him, **Mya McClure** impressed in her first AVSL race with a 4 sec PB time of **7:47.4**.

1500m

Pt	Name	Club	Age	Time	Points	
1	Riley Coughlan	(KNA)	M16	6:31.5h	519	
2	Mya McClure	(BOH)	F14	7:47.4h	501	PB 0:04
3	Trenton Hawkins	(PTN)	M40	8:01.2h	363	
4	Emily Smith	(KNA)	F18	8:06.2h	428	
5	Beau McKinnon	(KNA)	M14	8:31.5h	395	
6	Kerryn Walshe	(KSB)	F60	8:33.2h	517	
7	Paul Kennedy	(KSB)	M65	8:53.6h	430	
8	Lewis McLennan	(DAC)	M14	8:53.9h	361	
9	Donna-Marie Elms	(PTN)	F60	8:55.8h	495	
10	Laura McLennan	(DAC)	F45	9:13.3h	392	
11	Brian Anderson	(ESS)	M60	9:21.6h	363	
12	Hamish McLennan	(DAC)	M14	9:35.9h	298	
13	Duncan Knox	(ESS)	M60	9:38.6h	339	
14	Rhodri Whelan	(DIV)	M16	9:44.0h	263	
15	Emilie Garside	(YRA)	FOP	9:57.4h	258	
16	Janice Hodgart	(WES)	F55	10:12.8h	371	
17	Kate Ryan	(DIV)	F40	10:14.4h	269	
18	Debbie McKenzie	(DIV)	F50	10:25.9h	308	
19	Kim Peak	(DAC)	F55	10:28.5h	346	
20	Clyde Riddoch	(WAM)	M65	10:28.8h	310	
21	Jo Moxon	(DIV)	F55	11:25.6h	272	
22	Brenda Cashin	(WES)	F55	13:27.4h	174	
23	Sarah Gittins	(DIV)	F50	13:48.0h	144	

3000m

1	Marcus Wakim	(COL)	M18	12:31.3h	546	PB 0:17
2	Char Hay	(MUU)	F20	14:57.5h	484	
3	Maddison Nash	(KNA)	F18	15:42.8h	469	
4	Jaime Hvalica	(DIV)	M14	15:57.5h	453	PB 1:53
5	Jade Chitty	(WES)	F20	15:57.7h	444	PB 0:11
6	Kylie Irshad	(GHY)	F50	17:03.7h	475	
7	Simon Evans	(BOH)	M60	17:10.3h	443	
8	Andrew Jamieson	(OSC)	M70	17:12.2h	494	
9	Tayla Borg	(DIV)	F18	18:13.7h	360	First 3km
10	Natalie Laurie	(ANW)	FOP	18:32.7h	319	
11	Heather Carr	(GHY)	F70	19:36.8h	508	
12	Sarah Papadopoulos	(DIV)	FOP	20:12.8h	255	
13	Gwen Steed	(GHY)	F70	21:41.7h	449	
14	Geoffrey Barrow	(MEN)	M70	21:44.9h	353	
15	Joanna Margiolis	(ESS)	FOP	21:44.9h	202	

**** Ballarat Zone: Round 5, Saturday 19 November – Llanberris Stadium, Ballarat**

Cody Wapshott was the clear 1500m winner at Ballarat, while **Fraser Saunderson** time-trialled his way to a 3000m result that was just 8secs shy of his PB. Bring on some competition!

1500m

1	Cody Wapshott	(EKA)	M14	10:01.6h
2	Roslyn Ireland	(BWK)	FOP	11:49.6h
3	Olive Ireland	(BWK)	F60	12:22.2h

3000m

1	Fraser Saunderson	(BYC)	M20	13:03.2h
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**** Bendigo Zone: Round 5, Saturday 19 November – Latrobe Uni Athletics Track, Flora Hill**

In the absence of the McQueens and Kate Wilson, **Amber Fox** had a good win over **Annette Major** with her whisker-width PB time of **9:44.59**.

1	Amber Fox	(SBE)	F16	9:44.59	PB 0:01
2	Annette Major	(EAG)	F60	9:54.03	
3	John Watson	(BGO)	M70	12:01.33	
4	Wendy Ennor	(EAG)	F65	12:49.69	

Club codes		
<i>ANW – Athletics Nunawading</i>	<i>DIV – Diamond Valley</i>	<i>MUU – Melbourne University</i>
<i>BGO – Bendigo</i>	<i>EAG – Eaglehawk</i>	<i>PTN – Preston</i>
<i>BOH – Box Hill</i>	<i>EKA – Eureka</i>	<i>SBE – South Bendigo</i>
<i>BWK – Brunswick</i>	<i>ESS – Essendon</i>	<i>WAM – Waverley</i>
<i>BYC – Ballarat YCW</i>	<i>GHY – Glenhuntly</i>	<i>WES – Western Athletics</i>
<i>COB – Coburg</i>	<i>KNA – Knox Athletics</i>	<i>WYN – Wyndham</i>
<i>COL – Collingwood Harriers</i>	<i>KSB – Keilor St Bernards</i>	<i>YRA – Yarra Ranges</i>
<i>DAC – Doncaster</i>	<i>MEN – Mentone</i>	

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

The **Victorian Relay Championships** are being held on Saturday 26 November. No walks are scheduled.



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 results & Athletics ACT Summer Series #5, 17 & 19 November – Woden Park

Results courtesy of **Helen Toyne**:

Owen Toyne and **Kodi Clarkson** were the pace setters as usual, while **Nicholas Christian** and **Jillian Ryan** continue to improve their track times after a good winter season.

ACT Masters results – 17/11/22

800m walk	
1 Jim White (F)	5:49.13
2000m walk	
1 Kodi Clarkson	8:25.03
2 Ann Staunton-Jugovic	11:25.22
3 Hana Jugovic	12:01.66
4 John Kennedy (F)	12:41.43
5 Bryan Thomas (F)	15:16.90

Athletics ACT Summer Series – 19/11/22

3000m walk	
1 Owen Toyne	12:07.1
2 Kodi Clarkson	13:16.9
3 Hana Jugovic	18:25.3
1500m walk	
1 Nicholas Christian	6:48.4 PB
2 Jillian Ryan	7:16.5 PB

(F) – *Fitness walker*

NEW SOUTH WALES ANSW Relay c'ships, 19 November - Campbelltown

Thanks to **Frank Overton** for sending through these results. The Track relay format has a lot of appeal if you have the numbers to make up teams.

Unfortunately, individual times were available only for the two Open races and the Men's U18.

Men Open 4 X 1500m

1 Coasts/Hunter	24:54.60	Dylan Richardson	5:58
		Carl Gibbons	5:48
		Jack McGinniskin	6:17
		Myles Ashby	6:51.6

2 Wests "A"	29:13.98		
3 Westfield "A"	31:02.92		

Mens U18 4 X 1500m

-- Hunter Region	DQ	Grady Platt	6:05
		Raven Pyda	6:20

Women Open 4 X 1500m

1 Coast/Hunter	28:52.23	Hannah Mison	6:34
		Sienna Pitcher	7:01
		Caetlin Ashby	8:06
		Allanah Pitcher	7:11
2 Adamstown	31:42.54	Molly O'Neill	7:41
		Stella Pinches	8:24
		Madeleine Platt	8:23
		Aiva Pinches	7:14.54

Women U18 4 X 1500m

1 Hills District	31:25.73		
2 Winston Hills	32:28.66		
3 Wests	33:13.12		
4 Nepean	34:29.43		

Women U14 4 X 1500m

1 Westfields	37:06.90		
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NEW SOUTH WALES ANSW Treloar Shield Round 5, 12 November – Barden Ridge

The 5th round of Athletics NSW's summer track competition produced several great walking performances. **Isaac Beacroft** made a quantum leap into elite territory with his **11:47.34** for 3000m, while **Elizabeth McMillen** was another to break new ground, going under 23mins for the first time over 5000m with 22:41.66. 12yo **Sophie Polkinghorne** also took a step up in class, her 3000m time of **14:16.91** auguring well for a big future.

Womens 3000m U14

1 Sophie Polkinghorne	12 Hills Distri	14:16.91
2 Maisie Mitchell	13 Wests Track	15:50.84
3 Emma Hearnden	13 Macquarie Hu	16:21.89
4 Emma Hoskins	12 Hills Distri	16:44.55
5 Gemma Dixon	11 Sydney Athle	16:52.75
6 Caetlin Ashby	13 Gosford Alls	17:04.10
7 Erin Cassilles	11 Westfields A	17:15.77
8 Lilly Twigden	12 Westfields A	17:36.62
9 Imogen Cochrane	13 Wests Track	18:19.93
-- Lily Horne	12 Wests Track	DQ WA 54.7.1

Womens 3000m U18

1 Sienna Pitcher	15 Mingara Regi	14:18.91
2 Evie Armstrong Reading	14 Randwick Bot	16:29.96
3 Danelia Samuel	14 Winston Hill	16:30.74

Womens 5000m Open

1 Elizabeth McMillen	18 Sydney Pacif	22:41.66
2 Hannah Mison	21 Mingara Regi	23:01.71
3 Zoe Woods	15 Wests Track	25:00.32
4 Emma Blanch	19 Sydney Unive	25:14.67
5 Bridget Bell	20 Wests Track	27:06.63
6 Ciara Cassilles	15 Westfields A	27:12.25
7 Laelia Byatt	16 Girraween At	29:08.28
8 Lilah Norden	15 Kembla Joggers Inc.	30:15.63
9 Laura Corvalan Sotomayor	14 Girraween At	33:07.03

Mens 3000m U14

1 Alexander Braendle	12 Wests Track	16:03.38
2 Jaxson Horton	13 Westfields A	16:09.89
-- Callum Martin	11 Adamstown Ne	DQ WA 54.7.1

Mens 3000m U18

1 Isaac Beacroft	15 Hills Distri	11:47.34
-- Kane Robson	14 Hills Distri	DNF

Mens 5000m Open

1 Dylan Richardson	22 Mingara Regi	22:00.15
2 Jack McGinniskin	20 Mingara Regi	22:24.52
3 Myles Ashby	15 Gosford Alls	24:47.67
4 Darcy Bell	16 Wests Track	24:51.75
5 Raven Pyda	18 Westfields A	24:58.84
6 Brodie Spamer	15 Macquarie Hu	28:20.93
-- Peter Charlton	15 Eastlakes At	DQ WA 54.7.1
-- Jack Robson	17 Hills Distri	DQ WA 54.7.1

QUEENSLAND QMA results, 16 November – QSAC, Brisbane

No Masters walkers in action this week but three juniors presented for the 3000m:

W29&U 3000m walk

1 Bec Teahan	W15	QMA	DNF
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M29&U 3000m walk

1 Roel Wheeley	M15	QMA	14:45.67
2 Noah Wheeley	M13	QMA	22:23.38

SOUTH AUSTRALIA ASA Interclub, 19 November – Salisbury

Wet and windy conditions prevailed at Salisbury last Saturday, as they did across most of eastern Australia. In the 3000m **Kim Mottrom** and **Sebastian Richards** went out hard early – as did **Nellie Langford** and **Sam Findlay** in the 1500m – resulting in several PBs and fast times despite the weather.

Open 3000m

Kim Mottrom	SA Masters	12:26.41	
Sebastian Richards	Southern Athletics Club	13:58.35	PB
Anthony Tana	Southern Athletics Club	14:45.25	PB
Sam Wilks	Pembroke	15:07.00	PB
Daisy Braithwaite	Saints Athletics Club	15:24.02	
Cooper Rech	Coastal Districts	16:09.73	
Rhiannon Lovegrove	Port Adelaide	16:21.24	
Katie De Ruvo	Western Districts	16:24.58	
Angelina Legrand	Pembroke	17:01.81	
Elise Scott	Salisbury	17:28.24	
Mel Grantham	SA Masters	17:58.62	
Matilda Rech	Coastal Districts	19:14.68	

Open 1500m			
Nellie Langford	Southern Athletics Club	6:34.97	PB
Sam Findlay	Southern Athletics Club	6:38.96	PB
Matilda Gourlay	Southern Athletics Club	7:59.93	
Orlando Grantham	Saints Athletics Club	8:31.20	
Alexis Thiele	Flinders	9:34.01	
Alex McEwan	Tea Tree Gully	10:40.99	

TASMANIA Tas Masters & Athletics South interclub results, 16 & 19 November – Domain AC, Hobart

David Moore and Rosemary Coleman report on the latest Masters and Interclub racing in Hobart.

Mid-week, our Masters walkers **Wayne Fletcher** and **Ron Foster** endured a bitterly cold drenching as the heavens opened up at the start of their races. More than a little bit soaked, they still managed season bests.

Tas Masters T&F - 16/11/22

Result 5000m Walk

1. Wayne Fletcher NS 42:26

Results 3000m Walk

1. Ron Foster NS 23:04

At the Athletics South Interclub, **Oliver Morgan** blitzed the field with another PB in a month where he has really begun to shine. **Nathan Wass** also chipped in for another PB, taking some 20 seconds off his previous best over 1500m.

Athletics South Interclub - 19/11/22

Result 3000m Walk

1. Wayne Fletcher NS 24:27.23

Results 1500m Walk

1. Oliver Morgan OVA 6:29.57 **PB**

2. Nathan Wass ES 8:41.43 **PB**

3. Lily Carr OVA 9:33.34

4. Elizabeth Leitch TMA 10:12.95

5. Dave Moore TMA 13:15.24

WESTERN AUSTRALIA AW interclub results, 20 November – ECAC, Perth

Results courtesy of **Terry Jones**. Weather was fine with little wind, about 20°C.

Women 5000 Meter Walk

1 Brooke Mortimore Athletics West 30:29.62

Men 5000 Meter Walk.

1 John Ronan Kingsway Athletic 22:54.43

2 Xavier Bernard Perth Track 26:11.17



INTERNATIONAL NEWS

UNITED KINGDOM: Bernie Hercock & 95th Enfield Open 7, 13 November - Enfield

Thanks to **Ron Wallwork** for this latest report on a key fixture on the ERWL program. A race lasting for 95 editions indicates some status, and one can imagine many of the luminaries of UK walking who'd have contested the event over many decades.

In near perfect conditions Daniel Saunders (Bernie Hercock's grandson) sent the twenty-six walkers

on their way. **George Wilkinson** and **Dave Annetts** sped ahead of the main field passing the mile marker in 7.43 with two-time Olympian **Neringa Masilioneon** (nee' Aidietyte), the RWA Long distance champion **Jonathan Hobbs**, **Jacqueline Benson** and Masters' champion **Ian Richards** a quarter of a minute behind. Wilkinson pulled away over the last mile and a half to join his brother **Callum** as a winner of this event.

In the Mixed Team race only two closed in; Ilford AC through Masilioneon, Emma Dyos, John Arthur and Simon Morgan. Enfield were second.

7 miles	1	George Wilkinson	<i>Enfield & HAC</i>	U20	54.24	
	2	Dave Annetts	<i>North Herts RR)</i>	M55	55.10	
	3	Jonathan Hobbs ©	<i>Ashford AC</i>	SM	57.18	
	4	Neringa Masilioneon	<i>Ilford AC</i>	W35	58.11	
	5	Ian Richards ©	<i>Steyning AC</i>	M70	63.51	
	6	Jacqueline Benson	<i>Ashford AC</i>	SW	65.46	W1
	7	Trevor Jones	<i>Steyning AC</i>	M65	65.49	
	8	Melanie Peddle	<i>Loughton AC</i>	W50	67.14	W2
	9	Emma Dyos	<i>Ilford AC</i>	W45	69.15	
	10	Maureen Noel	<i>Belgrave H</i>	W55	71.17	W3
	11	Richard Emsley	<i>Corby AC</i>	M70	71.42	W4
	12	John Arthur	<i>unattached</i>	M60	72.11	W5
	13	Simon Morgan	<i>Ilford AC</i>	M55	75.49	
	14	John Borgars ©	<i>Loughton AC</i>	M75	76.24	
	15	Stuart Bennett ©	<i>Ilford AC</i>	M60	76.47	
	16	Fiona Bishop	<i>Enfield & HAC</i>	W60	76.49	W6
	17	Sue Barnett	<i>Enfield & HAC</i>	W70	77.40	W7
	18	Tony Wilkinson	<i>unattached</i>	M60	79.50	
	19	Lesley Morris	<i>Ilford AC</i>	W60	79.58	W8
6 miles		David Hoben	<i>Surrey WC</i>	M70	74.25	
		Chris Flint ©	<i>Surrey WC</i>	M75	74.29	
5 miles		Christine Amalia daSilver	<i>Belgrave H</i>	W55	58.12	
		Brian Balcin	<i>unattached</i>	SM	58.24	
4 miles		Tom Casserley	<i>Enfield & HAC</i>	M80	48.30	
		Shaheda Arthur	<i>Ilford AC</i>	W60	56.45	
3 miles		Dave Ainsworth ©	<i>Ilford AC</i>	M70	46.55	



Enfield's second-placed team with Bernie's grandchildren who kindly started the race presented the prizes. George Wilkinson, Fiona Bishop, Michael Saunders, Sue Barnett, Daniel Saunders and Tom Casserley

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has had no updates since last week.

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.

- Monday, November 21, 2022 - FPA Selection Criteria for Podebrady 2023 exclude Grand Prix Internacional de Rio Maior <http://omarchador.blogspot.com/2022/11/criterios-de-selecao-da-fpa-para.html> It seems this major 'Gold' category meet falls outside the qualification period set for Podebrady.
- Sunday, November 20, 2022 - Matheus Gabriel Correa and Bruna Batista de Oliveira win at JASC 2022 <http://omarchador.blogspot.com/2022/11/matheus-gabriel-correa-e-bruna-batista.html> Latest results from Brazil.
- Saturday, November 19, 2022 - Grand Prix of La Voie Sacrée (France) – results <http://omarchador.blogspot.com/2022/11/grande-premio-de-la-voie-sacree-franca.html> Reported on last week by Emmanuel Tardi.
- Friday, November 18, 2022 - India U-16 Nationals in Guwahati 2022 (Results) <http://omarchador.blogspot.com/2022/11/nacionais-sub-16-da-india-em-guwahati.html>
- Thursday, November 17, 2022 - Florian Mayer and Marie-Christine Schatz win Mont Sainte-Odile Climb <http://omarchador.blogspot.com/2022/11/florian-mayer-e-marie-christine-schatz.html> Also reported on by Emmanuel last week – however, the full list of entrants and finishers is provided here.
- Thursday, November 17, 2022 - India U-18 Nationals in Guwahati 2022 (Results) <http://omarchador.blogspot.com/2022/11/india-nacionais-sub-18-em-guwahati-2022.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

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

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*With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc).
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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!*

