



HEEL & TOE Online

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au

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VAWC-VRWC CENTENARY

2021



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CLUB NEWS and RESULTS

VICTORIAN RACE WALKING CLUB ANNUAL GENERAL MEETING

Sunday 15 January 2023, 11.00am (postponed from 20 November)
at
Club HQ, Middle Park Bowling Club

The following Executive and Committee positions will be declared open:

EXECUTIVE

President
Senior Vice-president
Secretary
Treasurer

Club Captain – Men
Club Captain – Women
Club Captain – Junior Men
Club Captain – Junior Women
AV Delegate

GENERAL COMMITTEE

Assistant Secretary/Treasurer
Race Secretary/Meet Director
Publicity Officer
Handicapper
Uniforms Steward

Judging Coordinator
Club Coach/Coaching Coordinator
Prizes/Awards Secretary
RWA Liaison Officer
Club Records Officer
First Aid Officer
General members members (up to 2)

Anyone wishing to nominate should do so via the **nomination form** which will be issued to all members via email – and published in 'Heel & Toe' – in the next couple of weeks.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by **8th January**.

All members are welcome to attend the AGM and new committee members are also welcomed. However, voting is restricted to those who are Life members or who have been Financial members in the year immediately preceding the Annual General Meeting (i.e. from April 1 2022).

Stu Cooper
President

****Next VRWC races***

We now go into the Christmas and New Year break until **Thursday 12 January 2023**. Summer racing resumes on that date at Aberfeldie track, with the first Middle Park road races of 2023 taking place on **Sunday 15 January** (followed by the Annual General Meeting. Formal notification of this will appear in the next issue.)

- **Thursday 12 January**, Aberfeldie track: **(7:00pm)** 1100m, 1500m **(7:15pm)** 5000m, 3000m
- **Sunday 15 January**, Middle Park: **(8:30am)** 20km, 15km, 10km **(9:15am)** 5km, 3km **(9:40am)** 2km, 1km **(11:00am)** Annual General Meeting

**** AUSTRALIAN ALL SCHOOLS: SMALL VICS TEAM SHINES IN ADELAIDE**



What a unit! Mietta, Eden, Maddie, Marcus, Scott and Riley enjoy the shade. (Photo: BRWC)

It was a successful All Schools campaign for the small but highly committed Victorian contingent in Adelaide last weekend. Well done to all our walkers, medallists or not, who put it all out there against the best in the country. We're proud of you all! Well done also to the coaches and parents, whose work and support, as always, helped make it happen.

Marcus Wakim	Gold – U17 5000m (21:21.17 ... new Meet record)
Maddison Nash	Bronze – U17 5000m (27:03.52)
Riley Coughlan	Bronze – U16 3000m (12:55.89)
Scott Peart	Bronze – U18 5000m (24:17.22 – PB)
Max Davidson	Bronze – U14 3000m (15:31.94)
Eden Morgan	4 th – U18 5000m (24:37.76)
Brooklyn Towler	5 th – U16 3000m (18:02.65)
Kate Wilson	6 th – U14 3000m (17:20.19 – PB)
Mietta Morgan	7 th – U14 3000m (17:28.22)



VICTORIA - METRO & REGIONAL

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


AVSL walks competition resumes with Round 7 this Saturday, the last before the Christmas/NewYear break. Metro walks will take place at **Moonee Valley Athletics Centre** in Aberfeldie.

** Note the later than normal start time for Metro listed below:

Metro – Aberfeldie	4.00pm	2000m, 5000m walk (all ages)
Ballarat region		<i>No walks scheduled</i>
Bendigo region	1.45pm	1500m (U14/U16), 3000m walk (U18 & up)

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

** WALKER OF THE WEEK **

The country’s walking focus last weekend centred on the Australian All Schools championships at Adelaide’s new Mile End stadium, from which this issue’s WsOTW – all having set new Meet records – have been selected.

Isaac Beacroft (NSW, 15) produced the result of the season so far with a mind-boggling **12:04.09**, smashing the Meet record and eclipsing Troy Sundstrom’s 27yo national U17 record into the bargain. Isaac, a winner here two weeks ago after breaking 12mins in the NSW All Schools titles, is a huge future prospect, and it’s to be hoped the allure of an international career will see him realise his full potential as he enters the senior ranks.



*All Schools Meet record breakers Marcus, Isaac and Matilda.
 (Photos: Kerrie Peart, Athletics Australia, OLMC Parramatta)*

Marcus Wakim (VIC, 16), who has raced more frequently than Isaac this year, added another string to his impressive bow by shattering the existing U17 5000m Meet record by 54secs, after an intriguing duel with Tasmania’s Will Bottle (U18). Like Isaac, Marcus took full control in the middle stages and simply burned off his opposition to record **21:21.17** – a record that will take some beating.

These days, about the only vulnerable thing about Jemima Montag in this country is the records she set as a junior. She lost another one on Sunday, with 13yo **Matilda Webb** (NSW) chipping 4secs from Jemima’s U14 Meet record to clock a brisk **14:21.15** in a dominating performance. Matilda is another NSW walker with huge potential and one of Australia’s bright future prospects.

Congratulations to Isaac, Marcus and Matilda. We wish you all every success in the future.

***Honourable mentions**

- **Owen Toyne** (ACT) – the consistently fast Canberran’s time of **12:19.03** would have been a Meet record in its own right but for Isaac Beacroft.
- **Will Bottle** (TAS) – another PB performance in winning the U18 5000m by over 2mins in **21:46.12**.

- **Kodi Clarkson** (ACT) – a great double-feature in hot conditions in Adelaide: 2nd in the U17 5000m (23:14.13), then 1st in the U15 3000m (13:24.12) the following day
- **John Ronan** (WA) – smashed 13mins in his first time under the barrier for 3000m in WA Interclub, recording 12:35.66, a possible new WA record.



Australian All Schools T&F Championships 2022
Friday 9 to Sunday 11 December - SA Athletics Stadium, Mile End, Adelaide

Fiercely hot conditions met the walkers for the first two days of these championships. Normally this would have been expected and prepared for, but an unaccountable string of low pressure systems across the south of the country in recent weeks had left many athletes unacclimatised for summer heat or humidity and the times generally reflected this. Nevertheless, class will out, and there was class aplenty on show over the three days.

Heavy rain gave some relief to the U14 competitors prior to their race on Sunday morning.

Friday 9 December

The combined Girls U18/U17 5000m saw convincing wins to **Nellie Langford** (SA, U18) and **Aiva Pinches** (NSW U17), which saw four U17 PBs despite heat which tested the stamina of all competitors. Hometowneer Langford, slightly better adjusted to the conditions, gradually gained the upper hand over a determined Pinches whose U17 win also earned her a PB.



Underway in the Women's U17/U18 5000m (Photo: BRWC)

The Boys event saw another instalment of the **Marcus Wakim–Will Bottle** rivalry, with Wakim walking a tactical race before stepping on the gas with 2000m remaining to set a new U17 Meet record of 21:21.17. Bottle, taking it right up to the Victorian but unable to match that surge, still finished strongly for a new PB and the U18 title. It was a quinella for the Tassie lads with **Oliver Morgan** taking silver in a PB time of 23:54.83 and Victorian **Scott Peart** also staking out some PB territory for bronze. **Kodi Clarkson** was giving his U17 competition two years in age yet easily took the silver in 23:14.13.



Mens U17/U18 start: The pace was as hot as the air. (Photo: BRWC)

Women U18 5000m Race walk

1 Nellie Langford	05	SA	25:22.76
2 Darcey Roberts	07	ACT	26:26.54
3 Anika Clarke	05	QLD	26:39.12
4 Emma Thomas	05	NSW	26:56.66
5 Tara Laytham	05	NSW	28:43.83
6 Mia Bergh	05	QLD	29:38.82
7 Brooke Mortimore	05	WA	31:23.46

Women U17 5000m Race walk

1 Aiva Pinches	06	NSW	25:45.58	PB
2 Daisy Braithwaite	06	SA	26:04.63	PB
3 Maddison Nash	06	VIC	27:03.52	
4 Lyla Williams	07	NSW	28:08.09	
5 Amber Norton	06	QLD	28:33.73	
6 Ashanti Heap	06	QLD	29:53.01	
7 Julia Grocott	06	ACT	30:02.49	PB
8 Hana Jugovic	06	ACT	30:06.64	PB
9 Matilda Gourlay	07	SA	31:14.13	

Men U18 5000m Race walk

1 Will Bottle	05	TAS	21:46.12	PB
2 Oliver Morgan	07	TAS	23:54.83	PB
3 Scott Peart	06	VIC	24:17.22	PB
4 Eden Morgan	05	VIC	24:37.76	
5 Seth Wasson	05	QLD	24:57.94	
6 Kai Norton	05	QLD	26:27.89	
7 Brendan Popischil	05	NSW	26:52.94	PB
8 Cooper Rech	07	SA	29:54.89	

Men U17 5000m Race walk

1 Marcus Wakim	06	VIC	21:21.17	MR
2 Kodi Clarkson	08	ACT	23:14.13	
3 Darcy Bell	06	NSW	25:51.34	
4 Alex Bradley	06	QLD	26:18.14	
5 Anthony Tana	06	SA	27:37.19	



U17 podium: Kodi, Marcus and Darcy



U18 podium: Oliver, Will and Scott

(Photos: BRWC)

Saturday 10 December

It was hard to describe – you had to see it. **Isaac Beacroft** turned on one of the most astonishing displays ever in a junior race walking event, breaking Troy Sundstrom's 27-year old U16 3000m National record by 5 secs and setting a new mark of **12:04.09**. Pulling away from the pack at the gun with **Owen Toyne, Bailey Housden and Riley Coughlan** in attendance, Beacroft soon had only Toyne for company as he began to assert his dominance. At around 1500m he simply changed gear, powering away with amazing leg speed and excellent technique to re-write the record books. Toyne – who but for his NSW rival would have had a Meet record of his own with his **12:19.03** – never gave up the ghost and came home a mere 15secs adrift for the silver, while Coughlan held it together to wear down a gritty Housden for the bronze in the highest-standard race of the Meet.

The Girls U16 3000m saw the ongoing quest for supremacy between NSW teammates **Zoe Woods** and **Sienna Pitcher**, pretty much with daylight third. There would be no contest on this occasion as Woods stamped her authority on the race from the gun, winning by nearly half a minute in **14:27.76**.

Kodi Clarkson, backing up from his fine silver medal effort in Friday's torrid 5000m, made no mistake in the Boys U15 3000m to win by 22 secs over **Sam Lindsay**, whose PB of **13:46.06** would have been even faster had his shoe not been trodden off in the first lap.

Grace Beck was untroubled to win the Girls U15 event in **16:26.92**, emphasising once again the depth in NSW junior walking. **Elise Scott** and **Milly Sharpe** took the minor medals after a sprint to the line that saw Scott just get the nod.

Women U16 3000m Race walk

1 Zoe Woods	07	NSW	14:27.76
2 Sienna Pitcher	07	NSW	14:51.61
3 Rebecca Teahen	07	QLD	15:58.27
4 Emily Lynch	07	SA	17:34.13
5 Brooklyn Towler	07	VIC	18:02.65
-- Katie De Ruvo	07	SA	DQ TR54.7.1

Women U15 3000m Race walk

1 Grace Beck	08	NSW	16:26.92	
2 Elise Scott	08	SA	16:59.38	
3 Milly Sharpe	08	QLD	16:59.73	
4 Angelina Legrand	08	SA	17:46.56	
5 Danelia Samuel	08	NSW	17:49.88	
6 Kaytee Bogaers	08	WA	17:58.22	
7 Katie Bray	08	QLD	18:29.51	
8 Asha Freeman	08	WA	18:31.44	PB

Men U16 3000m Race walk

1 Isaac Beacroft	07	NSW	12:04.09	NR
2 Owen Toyne	07	ACT	12:19.03	
3 Riley Coughlan	07	VIC	12:55.89	
4 Bailey Housden	07	QLD	13:10.89	
5 Oliver Morgan	07	TAS	14:01.73	
6 Myles Ashby	07	NSW	14:21.71	PB
7 Roel Wheeley	07	QLD	15:16.38	
8 Cooper Rech	07	SA	18:30.30	
-- Xavier Bernard	07	WA	DQ TR54.7.1	

Men U15 3000m Race walk

1 Kodi Clarkson	08	ACT	13:24.12	
2 Samuel Lindsay	08	TAS	13:46.06	PB
3 Dylan Allabush	08	NSW	14:56.67	
4 Kai Dale	08	QLD	17:08.85	
-- Alexander Sinnott	08	NSW	DNF	

Sunday 11 December

This race was a combined Mens and Women’s event. As reported above, **Matilda Webb** sundered Jemima Montag’s 9 year-old Meet record with an outstanding performance to set a new mark of **14:21.15**. Teammate **Jessica Loring** was not to be denied, claiming a PB of her own with **14:39.43** for a clear second.

Nicholas Christian shook off **Samuel Wilks** early and looked set for a big going-away win. Wilks, however, had other ideas, turning on a speedy last lap to make it an unexpected home-straight contest. Christian found a final surge to open a small gap at the finish, **14:13.79** to **14:16.28**.

The cooler morning conditions clearly agreed with the walkers, with 8 new PBs being set across the mixed field.

Women U14 3000m Race walk

1 Matilda Webb	09	NSW	14:21.15	MR PB
2 Jessica Loring	09	NSW	14:39.43	PB
3 Emma Grocott	09	ACT	15:48.96	
4 Jillian Ryan	10	ACT	16:20.49	
5 Makenna Clarke	09	QLD	16:48.63	
6 Kate Wilson	09	VIC	17:20.19	PB
7 Mietta Morgan	09	VIC	17:28.22	
8 Chelsey Ireland	09	WA	17:33.50	PB
9 Macie Devine	10	TAS	18:37.31	
10 Alexis Thiele	10	SA	18:40.01	PB
11 Eva Parker	10	TAS	18:42.01	PB
-- Destinee Pickvance-Yee	09	QLD	DNF	
-- Matilda Rech	10	SA	DQ TR54.7.1	
-- Ruby Lee-Morrison	10	NQ	DQ TR54.7.1	

Men U14 3000m Race walk

1 Nicholas Christian	09	ACT	14:13.79	PB
2 Samuel Wilks	10	SA	14:16.28	PB
3 Max Davidson	09	VIC	15:31.94	
4 Jaxson Horton	09	NSW	15:49.09	PB
5 Alexander Braendle	10	NSW	16:23.43	
6 Korbyn Bricknell-Hewitt	09	QLD	19:36.18	PB

QUEENSLAND QRWC Handicap #1, Saturday 30 April – Aurora Park, North Lakes

Latest results from QLD Masters. Not often you see a Mile walk result these days. (Ahh, memories ...)

W45 3000m Race walk

1 Brenda Gannon	W48	17:21.64
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W30 1 Mile Race walk

1 Roslyn Kirwin	W33	12:05.78
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W50 1 Mile Race walk

1 Jodie Craswell	W54	11:15.74
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W55 1 Mile Race walk

1 Erika Woodward	W56	8:55.36
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W80 1 Mile Race walk

1 Noela McKinven	W80	13:52.21
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M55 3000m Race walk

1 Iggy Jiminez Solis	M57	14:15.84
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M65 3000m Race walk

1 Peter Bennett	M67	18:53.02
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M55 1 Mile Race walk

1 Iggy Jiminez Solis	M57	7:33.06
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M65 1 Mile Race walk

1 Peter Bennett	M67	9:55.00
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TASMANIA Tas Masters results, 7 December – Domain AC, Hobart

David Moore reports on the latest Masters results from Hobart:

Another Wednesday night drenching for our **Wayne Fletcher** and **Ron Foster**. **Wayne’s** 10000m gives him 121,000km Raced over 2022 and a 6km buffer over **Ron** with 115,000km raced for the most kilometres by our Masters walkers for the year.

Results

10000m Walk

1. Wayne Fletcher	NS	90:15
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3000m Walk

1. Ron Foster	NS	24.03
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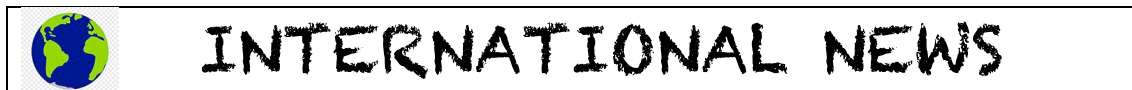
WESTERN AUSTRALIA Athletics West results, 11 December - ECAC, Perth

Thanks to **Mike Reid** for these results from WA Interclub.

The most notable performance came from **John Ronan** who broke the State Record (pending) by 20 seconds. John's result, added to three other sub-13min efforts in the All Schools U16 Boys race in Adelaide, demonstrates an exciting cohort of young prospects in this age division.

3000m Race walk

1 John Ronan	12:35.66	WA record (pending)	1 Katica Borsic	17:52.49
2 Bradley Mann	15:10.41		2 Aleeah Pike	18:19.81
3 Keenan Munro	17:57.39		3 Charlotte Burgess	18:20.35 PB



From the *O Marchador* blogspot:

Paris 2024 Olympic Games: 35 km mixed and team walk

Wednesday, December 7, 2022

While waiting for detailed information on the walking events to be part of the program for the next Olympic Games in Paris 2024, behold, the virtual website called «Tickets.Paris2024» [here] [presents](#) packages of tickets to attend all the sports, particularly athletics.



It is here that the said «site» announces the following program for race walking:

8/1/2024 - from 7:30 am to 11:45 am - Men's 20 km and Women's 20 km (finals);
7/8/2024 - from 7:30 am to 11:00 am - **35 km mixed by teams (final)**.

After the elimination of the traditional men's 50 km event from the Olympic program, everything indicates that it will be replaced by the new distance of 35 km in a mixed format and by teams, contrary to what happened this year in the Eugene and Munich world championships, with individual competitions for men and women.

However, the Executive Board of the International Olympic Committee has been meeting since Monday (5/12) and until today, in Lausanne, Switzerland, and more information is expected, especially with regard to the process of qualifying athletes/teams.

This has been a 'worst-kept secret' for some time and has not been greeted with wide acclaim amongst the world race walking fraternity. Not surprising that Spain, Italy and other countries have been trialling the format in domestic competitions at the highest level. Fine if your elite walking strength is spread evenly across the genders, but ...

The fact that a ticketing agency, of all sources, appears to have been the first to break the news ahead of an official IOC announcement, only adds to the disquieting level of secrecy with which the Olympic body has approached this issue.

UNITED KINGDOM: Sarnia Walking Clubs results, various dates and locations - Guernsey

Thanks to David Ainsworth for passing on this report from **Rob Elliott**:

Kevin Le Noury ends year on a high

Kevin Le Noury ended the Sarnia Walking Clubs racing year with a win in the annual Le Val des Terres Hill Climb and a lead in the Bob Wright Handicap Series which resumes in January. Only two competitors took part in the traditional end of year Hill Climb, both of these well past their best years. Kevin, winner back in 1996, set off first with course record holder **Rob Elliott** a minute later. As Elliott crossed the line neither walker knew who had won. Both knew it was close but were kept waiting as the timekeeper went back to the start, with both walkers strolling back down the hill. Results announced and Le Noury finished in first place with 6.58 and Elliott four seconds behind.

The third race of the handicap series was over 1 mile on the track, with **Mick Le Sauvage** losing his lead in the final 50 yards as Kevin Le Noury went past, only to have fast finishing son **Stuart** take the lead seconds later. Elliott then went past Le Sauvage to claim third place. A close finish for the handicapper to bring four walkers over the line in five seconds. Race four over 5 kilometres saw a win for **Stuart Le Noury** with a 26.35 clocking.

Sunday November 13th 2022

Bob Wright Handicap Series Race Three, 1 mile track – Footes Lane

- 1 Stuart Le Noury M35 12.27 (watch time) / 4.30 (handicap) / 7.57 (actual time)
- 2 Kevin Le Noury M65 12.29 / 1.15 / 11.14
- 3 Rob Elliott M60 12.31 / 1.45 / 10.46
- 4 Mick Le Sauvage M80 12.33 / 0.00 / 12.33

Sunday November 27th 2022

Bob Wright Handicap Series Race Four, 5 kilometres road walk – Les Amarreurs, Vale

- 1 Stuart Le Noury M35 26.35
- 2 Rob Elliott M60 37.39
- 3 Kevin Le Noury M65 38.04
- 4 Mick Le Sauvage M80 45.22

Handicap result 1 S Le Noury 42.50, 2 K Le Noury 44.04, 3 R Elliott 45.09, M Le Sauvage 45.22

Sunday December 11th 2022

Le Val des Terres Hill Climb, 815 metres

- 1 Kevin Le Noury M65 6.58
- 2 Rob Elliott M60 7.02

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has no new reports this 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.

- Tuesday, December 13, 2022 - Spanish Winter Walking Championships (Promotion) 2022 – results <http://omarchador.blogspot.com/2022/12/campeonatos-de-espanha-de-marcha-de.html>
- Monday, December 12, 2022 - João Vieira and Vera Santos win Grand Prix de Natal de March 2022 <http://omarchador.blogspot.com/2022/12/joao-vieira-e-vera-santos-vencem-grande.html>
- Sunday, December 11, 2022 - South American School Games in Asunción (2022), Paraguay – results <http://omarchador.blogspot.com/2022/12/jogos-sul-americanos-escolares-em.html>

- Thursday, December 8, 2022 - Rui Coelho and Vitória Oliveira win again in Celorico da Beira
<http://omarchador.blogspot.com/2022/12/rui-coelho-e-vitoria-oliveira-voltam.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 17 December AVSL Rd 7 walks (2000m, 5000m) – Zone A – Moonee Valley Athletics Centre, Aberfeldie

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-Sun 24-26 Feb 2023 AV T&F c'ships U14-16 – Lakeside Stadium
 Fri-Sun 3-5 Mar 2023 AV T&F c'ships U18-Open – Lakeside Stadium
 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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***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!*