



HEEL & TOE Online

Vol. 2023
Issue No. 39
Tuesday
3 October 2023

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

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



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: *RUNNERS WORLD* 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>



CLUB NEWS and RESULTS

VICTORIAN RACE WALKING CLUB ANNUAL GENERAL MEETING

Sunday 12 November 2023, 11.00am

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

GENERAL COMMITTEE

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

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'.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by

Sunday 5th November.

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 2023).

Stu Cooper
President

**** Do you know what to do (or not to do) in the case of an accident or health incident ... either at the Club or elsewhere?
Do you feel equipped to carry out an appropriate first response to an emergency?**

If you answered 'No', or 'Not sure',
consider signing up for a *VRWC-subsidised

1 DAY FIRST AID COURSE.

This course is conducted by St John's Ambulance. If there is sufficient interest, a group course can be booked, to be held at the Club. Alternatively, you may book individually at a venue and time of your choice.

*(*The subsidy will apply to financial members or Life members who declare their willingness to assist if called upon on days of VRWC activity.)*

Further details will be announced soon.



Two-time Olympian and VRWC member **Rhydian Cowley** is one of over 100 athletes who have turned their focus to a range of charity initiatives and sought funding from the 'Athletes For Good' program in order to pursue their work in these fields. Of those athletes, Rhydian is one of just 20 who've been successful so far.

Below is a press release from **Athlete365**, followed by Rhydian's own story.

P&G AWARDS LATEST 'ATHLETES FOR GOOD' CHARITABLE GRANTS AHEAD OF PARIS 2024¹

A joint initiative from the IOC, IPC and Worldwide Olympic Partner P&G, the 'Athletes for Good' programme champions Olympic and Paralympic athletes from around the globe and the charitable causes important to them.

Ahead of the Olympic and Paralympic Games Paris 2024, Worldwide Olympic and Paralympic Partner P&G has chosen 20 athletes who will be honoured in the latest edition of the Athletes for Good programme, which awards grants worth USD 24,000 to charitable organisations supported by each athlete.

As the world counts down to the Games, these athletes from around the globe are not only dedicating themselves to training and preparation for one of the most meaningful events of their careers – their pursuit of greatness also extends beyond the field of play and out into their communities as they champion the causes they care about.

More than 100 athletes from around the world applied for grant funding through the Athletes for Good programme for Paris 2024, with the 20 recipients being selected based on several criteria, including their passion for and personal impact on their chosen charity partner.

The recipients represent 11 different nationalities across 12 sports, including Olympic and Paralympic medallists, elite athletes, and Paris hopefuls, with each of their chosen charity partners receiving a USD 24,000 grant.

Recipients include US surfer **Griffin Colapinto**, who started supporting *To Write Love on Her Arms (TWLOHA)* – a non-profit that supports young people struggling with depression, addiction, suicidal ideation and self-injury – after dealing with his own mental health issues. The grant will provide 96 high schools with TWLOHA's week-long mental health curriculum.

¹ <https://olympics.com/athlete365/voice/pg-awards-latest-athletes-for-good-charitable-grants-ahead-of-paris-2024/>

Three-time Olympian representing Great Britain in athletics, **Eilish McColgan** will also receive a grant after founding *Giving Back to Track* – a non-profit that provides support to young people to alleviate the financial burdens of competing in athletics. The grant will enable the expansion of its free after-school clubs and start a fund to source trainers for deserving athletes.

The recipients also include Italian Paralympic swimmer **Carlotta Gilli**, who joined forces with *ToSwim*, whose mission to enhance swimming accessibility for the underserved and people with disabilities inspired her to become an ambassador for the company in 2019. *ToSwim* is an integrated SuperApp that digitises the world of swimming and creates a new experience for all swimmers by involving them in a community where they can communicate, inform, play, compete and become active fans in competitions and aquatic events. The grant will allow ToSwim to install LED systems – which induce stimulation through sensory channels and facilitate the psychological, psychotherapeutic, and rehabilitative well-being of people with physical and or mental disabilities – in six pools, impacting 600 people per week, per pool.

To highlight the philanthropic efforts of their chosen charity partners, P&G will tell the stories of the Athletes for Good recipients in the lead-up to Paris 2024 in local markets around the world through brand partnerships, social media and retail partner activations.

The 'Athletes for Good' programme is helping athletes give back in their communities around the world.



Rhydian Cowley, Athletics Australia

• **Charity:** Bush Heritage Australia

• **Story:**

Following the Black Summer Bushfires in Australia in 2019 and 2020, Rhydian Cowley became motivated to get more involved in protecting his country's land. At that time, he started collaborating with Bush Heritage Australia, a leading conservation organization that protects ecosystems and wildlife across the continent. They use the best science, conservation and rightway knowledge to deliver landscape-scale impact while working with Aboriginal and Torres Strait Islander people and the agricultural sector to ensure their impact is deep, sustainable and collaborative.

Rhydian is an employee of Bush Heritage Australia, working in the 'Gifts in Wills' team to help fundraise for its conservation activities, and he is a member of the organization's 'Green Team', which aims to reduce the environmental impact of the organization's activities.

• **How the AFG grant will support the charity:**

The grant will allow Bush Heritage Australia to support on-the-ground conservation work at one of their 42 reserves or fund their partnership work with Indigenous ranger groups.

(** All 20 case stories can be read at <https://olympics.com/athlete365/app/uploads/2023/09/AFG-Paris-2024-Athlete-Stories-09-26-23.pdf>)

Congratulations to Rhydian on securing this substantial grant for a project that – especially given Australia's vulnerability to the extremes of an *El Nino* climatic cycle – is of increasingly vital importance.

At my request, Rhydian has graciously provided a brief explanation of what motivated him to engage with this particular initiative:

Climate change is already making extreme heat much more likely at summer Championships (and during our own domestic summer seasons) - Budapest's heatwave during August's World Championships being the most recent example.

Having had some extra time to sit and think during the Covid lockdown in 2020, and straight off the back of Australia's Black Summer fires and the disruption of trying to train through toxic levels of smoke, I decided I needed to actively put more time and energy into my response to climate change, and more broadly into demonstrating and living my values - knowing that as an Olympian I am privileged to be a role model in the community, and so in a position to lead by example.

One of those ways to live my values was to financially support organisations working in conservation, of which Bush Heritage Australia was one. Through a network of reserves and partnerships around Australia, they work to protect and restore the health of over 11 million hectares of land. At the end of 2022, I was also lucky enough to land a job at Bush Heritage, helping on the fundraising administration side, and occasionally getting to join guided reserve visits to see the work on the ground first hand. I hope that this grant will contribute towards a project on one of Bush Heritage's reserves.

Other ways I am active include joining local litter clean-ups, volunteering at my local community garden, writing to my local council and MP's, and being a part of a local climate action group.

VICTORIA - METRO & REGIONAL



A.V. NEWS

*AVSL Round 1 – Saturday 7 October

Metro – Glenhuntly	1.00pm	1500m, 3000m walk (all ages)
Ballarat region	3:15pm	1500m, 3000m walk (all ages)
Bendigo region	1:45pm	1500m, 3000m walk (all ages)

ENTRIES

Metro – enter via Members Portal at
<https://www.revolutionise.com.au/athleticsvic/events/>

The draft timetables for the AVSL 2023-24 season are now available for perusal at <https://athsvic.org.au/avsl/>

AROUND THE COUNTRY

**WALKER OF THE WEEK **

It was another quiet weekend around the country walking-wise, yet not quiet enough to blank out at least one fine performance. Thus, the WOTW honour for this issue goes to young QLD speedster **Sam McCure**.

Competing at a pre-meeting before the QLD All Schools championships, Sam took a huge step up the ladder with a 1:07 PB for 5000m, clocking an excellent time of **21:42:12**. With times in the 22:00s and 23:00s, Sam has been flying (so to speak) as wingman to Bailey Housden for several seasons, showing promise of his own breakthrough into the upper echelon of Australian U16-U18 men. On Saturday he achieved it, and this performance opens the door to a rich and productive summer season if his training and racing continue to progress.

Congratulations, Sam. We wish you all the best for season 2023-24 and beyond.



QUEENSLAND QA All Schools Pre Meet, 30 September – Uni QLD, St Lucia

Saturday saw the young QLD walkers gearing up for their coming All Schools competition at the University of QLD track. Highlight of the day was **Sam McCure's** 5000m win in the 5000m with a 1:07 PB.

Thanks to Robyn Wales for sending through the results.

Women 3000m Race Walk U18

-- Amber Norton DNF

Women 3000m Race Walk U14

1 Kiara Waterman 18:54.46
 2 Bethany Moore-Kirkland 19:06.58
 3 Mackenzie Bandidt 20:11.39

Men 3000m Race Walk U14

1 Noah Cooke 17:01.97
 2 Lachlan Moore 17:03.17

Men 5000m Race Walk U18

1 Sam McCure 21:42.12

Women 3000m Race Walk U16

1 Makenna Clarke 18:43.63

Men 3000m Race Walk U16

1 Kai Dale 16:12.06
 -- Noah Wheelley DQ

Women 5000m Race Walk U18

1 Phoebe Chadwick 30:49.50
 -- Lily Housden DNF
 -- Lyla Williams DQ

2 Alex Bradley
3 Roel Wheeley
-- Bailey Housden

25:21.70
28:28.59
DQ



NATIONAL RACE WALKING RANKINGS

3000m & 5000m Track U20/U18 - to 27 September

The Track season is almost upon us, which means the regular 3000m and 5000m distances will be hotly contested at all levels, but especially in the junior ranks.

Below are the lists of the year's top Under 20 and Under 18 performances on the track in both distances, up to the end of September. The lists were compiled by AA statistician **Paul Jenés**, based upon race results reported to him:

Men 3000m Walk

Under 20

12:18.73	John Ronan	W	Perth	10-Mar
12:21.56	Owen Toyne	A	Canberra	10-Feb
12:21.73	Kodi Clarkson	A	Canberra	10-Feb
12:30.40	Fraser Saunder	V	Ballarat	4-Feb
12:40.7h	Riley Coughlan	V	Melbourne	4-Feb
12:56.29	Samuel Lindsay	T	Launceston	4-Feb
13:31.7h	Eden Morgan	V	Melbourne	4-Feb
13:35.36	Scott Peart	V	Geelong	27-Jan
14:00.44	Ashby Myles	N	Dubbo	20-Jan
14:20.14	Nicholas Christian	A	Brisbane	14-Apr
14:20.15	Dylan Allabush	N	Sydney	25-Feb
14:28.27	Anthony Tana	S	Adelaide	18-Mar
14:40.36	Oliver Morgan	T	Hobart	14-Jan

Under 18

12:18.73	John Ronan	W	Perth	10-Mar
12:21.56	Owen Toyne	A	Canberra	10-Feb
12:21.73	Kodi Clarkson	A	Canberra	10-Feb
12:40.7h	Riley Coughlan	V	Melbourne	4-Feb
12:56.29	Samuel Lindsay	T	Launceston	4-Feb
13:35.36	Scott Peart	V	Geelong	27-Jan
14:00.44	Myles Ashby	N	Dubbo	20-Jan
14:20.14	Nicholas Christian	A	Brisbane	14-Apr
14:20.15	Dylan Allabush	N	Sydney	25-Feb
14:28.27	Anthony Tana	S	Adelaide	18-Mar
14:40.36	Oliver Morgan	T	Hobart	14-Jan

Men 5000m Walk

Under 20

19:51.81	Isaac Beacroft	N	Brisbane	15-Apr
20:13.51	Marcus Wakim	V	Melbourne	25-Feb
20:21.89	Owen Toyne	A	Sydney	23-Sep
20:40.25	Will Bottle	T	Melbourne	5-Mar
20:48.78	John Ronan	W	Brisbane	15-Apr
20:53.21	Riley Coughlan	V	Melbourne	25-Feb
21:12.60	Bailey Housden	Q	Brisbane	15-Apr
21:33.00	Kodi Clarkson	A	Brisbane	15-Apr
21:36.84	Samuel Lindsay	T	Brisbane	15-Apr
21:49.17	Fraser Saunder	V	Melbourne	5-Mar
21:53.24	Sam McCure	Q	Brisbane	15-Apr
23:10.43	Myles Ashby	N	Sydney	23-Sep
23:15.22	Scott Peart	V	Brisbane	15-Apr
23:28.54	Joel Byatt	N	Sydney	23-Sep
23:38.69	Raven Pyda	N	Sydney	24-Feb
23:44.0h	Eden Morgan	V	Melbourne	2-Sep

Under 18

19:51.81	Isaac Beacroft	N	Brisbane	15-Apr
20:13.51	Marcus Wakim	V	Melbourne	25-Feb
20:21.89	Owen Toyne	A	Sydney	23-Sep
20:48.78	John Ronan	W	Brisbane	15-Apr
20:53.21	Riley Coughlan	V	Melbourne	25-Feb
21:12.60	Bailey Housden	Q	Brisbane	15-Apr

Women 3000m Walk

Under 20

13:45.73	Ela Uzun	V	Melbourne	24-Feb
13:48.01	Nellie Langford	S	Adelaide	17-Feb
14:04.75	Sienna Pitcher	N	Dubbo	20-Jan
14:11.07	Sophie Polkinghorne	N	Sydney	25-Feb
14:26.66	Daisy Braithwaite	S	Adelaide	4-Feb
14:28.09	Matilda Webb	N	Brisbane	14-Apr
14:36.24	Jessica Loring	N	Brisbane	14-Apr
14:42.11	Emma Grocott	A	Brisbane	14-Apr

Under 18

13:45.73	Ela Uzun	V	Melbourne	24-Feb
14:04.75	Sienna Pitcher	N	Dubbo	20-Jan
14:11.07	Sophie Polkinghorne	N	Sydney	25-Feb
14:26.66	Daisy Braithwaite	S	Adelaide	4-Feb
14:28.09	Matilda Webb	N	Brisbane	14-Apr
14:36.24	Jessica Loring	N	Brisbane	14-Apr
14:42.11	Emma Grocott	A	Brisbane	14-Apr
15:03.24	Grace Beck	N	Brisbane	14-Apr
15:14.33	Jessica Loring	N	Sydney	25-Feb
15:15.25	Jillian Ryan	A	Brisbane	13-Apr
15:16.88	Maisie Mitchell	N	Brisbane	14-Apr
15:25.57	Elise Scott	S	Brisbane	14-Apr
15:29.31	Emma Hearnden	N	Brisbane	14-Apr
15:31.67	Kaytee Bogaers	W	Brisbane	14-Apr
15:40.9h	Mya McClure	V	Melbourne	4-Feb
15:46.66	Milly Sharpe	Q	Brisbane	25-Feb

Women 5000m Walk

Under 20

21:43.17	Elizabeth McMillen	N	Sydney	24-Feb
23:24.30	Zoe Woods	N	Sydney	24-Feb
23:44.60	Alexandra Griffin	W	Perth	17-Feb
23:52.46	Sienna Pitcher	N	Sydney	24-Feb
23:58.33	Nellie Langford	S	Adelaide	3-Mar
24:01.75	Daisy Braithwaite	S	Adelaide	24-Mar
25:01.13	Aiva Pinches	N	Brisbane	16-Apr
25:13.28	Maddison Nash	V	Brisbane	16-Apr
25:57.13	Kaytee Bogaers	W	Perth	10-Feb

Under 18

23:24.30	Zoe Woods	N	Sydney	24-Feb
23:52.46	Sienna Pitcher	N	Sydney	24-Feb
24:01.75	Daisy Braithwaite	S	Adelaide	24-Mar
25:01.13	Aiva Pinches	N	Brisbane	16-Apr
25:13.28	Maddison Nash	V	Brisbane	16-Apr
25:57.13	Kaytee Bogaers	W	Perth	10-Feb
26:08.73	Ciara Casilles	N	Sydney	24-Feb

21:33.00	Kodi Clarkson	A	Brisbane	15-Apr
21:36.84	Samuel Lindsay	T	Brisbane	15-Apr
21:53.24	Sam McCure	Q	Brisbane	15-Apr
23:10.43	Myles Ashby	N	Sydney	23-Sep
23:15.22	Scott Peart	V	Brisbane	15-Apr
23:28.54	Joel Byatt	N	Sydney	23-Sep

INTERNATIONAL NEWS

CHINA: 19th Asian Games, 29 September - Hangzhou

China dominate men's, women's 20km race walk at Hangzhou Asiad

(reprinted from Xinhua – 29 September 2023)

HANGZHOU, Sept. 29 (Xinhua) -- China swept both gold and silver medals in the 20km race walk at the Asian Games here on Friday, with **Zhang Jun** and **Wang Zhaozhao** finishing first and second respectively in the men's event, and **Yang Jiayu** defending her title in the women's race followed by **Ma Zhenxia**.

The victories from Zhang and Yang mark China's fifth consecutive win in the men's event and the sixth gold in a row in the women's race at the Asian Games.

Zhang, the second fastest men's 20km race walker this season, broke away from Wang with 4km left to win his first-ever major title in **1:23:00**.

Wang finished second in 1:24:08, followed by newly-crowned Asian champion **Yutaro Murayama** of Japan in **1:24:41**. Zhang's finishing time was 13 seconds faster than his result at last month's World Championships in Budapest, where Chinese race walkers failed to secure any medals.

"I've learned a lot from Budapest and have trained hard in the past month," said Zhang. "Today I just stuck to my plan, saving my energy in the first 15km and accelerating in the final 5km," he added.



(Photo: hangzhou2022.cn)



(Photo: Xinhua/Song Yanhua)

The women's event saw a showdown between world record holder Yang and Youth Olympic champion Ma. The duo led the whole race and pushed themselves forward with 5km to go. At the last refreshment station, one of Yang's shoes became loose, forcing her to an unexpected halt.

"For a moment I was thinking about just walking on like that, but then I realized I couldn't speed up in the final phase with my shoe problem, so I stopped to fix it and then caught up with Ma," Yang recalled after the race.

The pair were neck and neck until the final meters of the race. Ma overtook Yang with 10m to go, but the defending champion made a miraculous comeback just before the line, clocking **1:30:03** to seize the gold.

"To be honest I haven't been in good form since Budapest. I was even unable to complete the training plan a week before the Asiad. Today's weather is hot and humid, which also created more difficulties," said Yang, attributing her victory to her mental strength and her execution of the race.

Ma settled for silver, just one second behind Yang. The 25-year-old was the highest-ranked Chinese race walker at the World Championships in Budapest, finishing seventh in the women's 20km event.

The bronze medal went to Japan's **Nanako Fujii**, who finished in **1:33:49**.

Men 20km Road Walk

1.	<u>Jun ZHANG</u>	CHN	1:23:00
2.	<u>Zhaozhao WANG</u>	CHN	1:24:08
3.	<u>Yutaro MURAYAMA</u>	JPN	1:24:41
4.	<u>Tomohiro NODA</u>	JPN	1:27:08
5.	<u>Vikash SINGH</u>	IND	1:27:33
6.	<u>Byeongkwang CHOE</u>	KOR	1:29:18
7.	<u>Chia-Wei HSU</u>	TPE	1:31:19
8.	<u>Georgiy SHEIKO</u>	KAZ	1:32:40
9.	<u>Hendro HENDRO</u>	INA	1:36:17
10.	<u>Man Kit CHIN</u>	HKG	1:37:43
	<u>Sandeep KUMAR</u>	IND	DQ

Women 20km Road Walk

1.	<u>Jiayu YANG</u>	CHN	1:30:03
2.	<u>Zhenxia MA</u>	CHN	1:30:04
3.	<u>Nanako FUJII</u>	JPN	1:33:49
4.	<u>Yukiko UMENO</u>	JPN	1:39:44
5.	<u>PRIYANKA</u>	IND	1:43:07
6.	<u>Siu Nga CHING</u>	HKG	1:43:27
7.	<u>Galina YAKUSHEVA</u>	KAZ	1:46:23
8.	<u>Violine Intan PUSPITA</u>	INA	1:53:14

NETHERLANDS: Dutch National and Belgian National Walking c'ships, 1 October - Tilburg**Emmanuel Tardi reports:**

I was appointed as judge last Sunday in Tilburg (Nederland) for the National championship of both Nederland and Belgium. It was a perfect road (used generally for cycling and skating), totally flat with no turning points (only very large curves). The weather was perfect too, and results were strong .

In the 10k, Hungarian **Norbert Toth** beat his U23 national record with a strong **40:39**. Remco De Bruin beat his national M55 record.

In the 20k, **Michele Antonelli** produced a strong **1:22:57**.

35km Men

1.	Edwin Van Wijngaarden	NED	3:20:22
2.	Peter Van Hove	BEL	3:39:05
3.	Benjamin Leroy	BEL	3:46:50
4.	Paul Janssen	NED	3:53:13
5.	Peter Asselman	BEL	4:02:29
6.	Renaud Vandenberghe	BEL	4:12:42
7.	Cedric Bouele	SUI	4:16:47
8.	Stephane Labrousse	FRA	4:25:00

35km Women

1.	Anne Van Anandel	NED	3:40:09
----	------------------	-----	---------

20km Men

1.	Michele Antonelli	ITA	1:22:57
2.	Guy Thomas	GBR	1:38:37
3.	Neil Wade	GBR	1:52:13
4.	Henk Plasman	NED	2:06:53
5.	Ulrich Bramer	GER	2:11:45

20km Women

1.	Abigail Jennings	GBR	1:46:15
2.	Erika Kelly	GBR	1:53:24
3.	Annelies Sarrazin	BEL	2:02:16
4.	Emily Ghose	GBR	2:03:49
5.	Jacqueline Van Drongelen	NED	2:14:48
6.	Loes Van Bremen	BEL	2:18:11
7.	Liesbet De Smet	NED	2:20:31
8.	Larissa Droogendijk	BEL	2:29:15
9.	Ellen Piedfort	BEL	2:44:44
10.	Muriel Oger		

10km Men

1.	Norbert Toth	HUN	40:39
2.	Remco De Bruin	NED	51:37
3.	Jasper Van Hove	NED	57:33
4.	Lasse Rohrssen	GER	59:29
5.	Albert Turlet	DMA	1:00:30
6.	Theo Koenis	NED	1:08:46
7.	Han Holstag	NED	1:10:19

10km Women

1.	Hannah Hopper	GBR	53:44
2.	Jessica Wilton	GBR	57:02
3.	Britta Bauer	GER	59:06

5km Men

1.	Kristoffer Randall	NOR	24:41
2.	Robin Van Hove	NED	35:28
3.	Arjan Bogerd	NED	35:31

5km Women

1.	Anett Torma	HUN	25:49
----	-------------	-----	-------



Antonelli, Jennings and Toth ... all three showing sound technique at Tilburg.



First home in the 'big one' ... Van Wijngaarden celebrates.

(Photos: Emmanuel Tardi)

UNITED KINGDOM: Ryan Cup match (Police v. Civil Service), 27 September - Birmingham

Ron Wallwork has forwarded the latest results from the traditional walking contest between Police and Civil Service. Race walking contests between various professions have a long tradition in British sport. Not surprisingly, the Postal services regularly featured and attracted large fields, as did the London Stock Exchange (who even had their own London-Brighton race!)

The following report and results were compiled by **Glyn Jones** of the UK Police:

The British Police Championship and the Civil Service Championship and Ryan Cup Match (Police v CS) went ahead yesterday on the established lap course of the perimeter path in Cannonhill Park, Edgbaston, Birmingham. Entries were not large by any standards but the regular stalwarts and officials were present to make it happen once again.

This year the Police won the Ryan Cup. It maybe a fitting finale as the Police Sports Club from where it is held is being transformed into a Public Order training facility as from November this year. Hence it will no longer be a Sports Club building and facilities to hold a similar fixture will probably not be available. In view of this development I did advise everyone at the presentation that we (PSUK and Civil Service) should be looking for a new venue if this historic fixture is to continue next year.

<u>C/Service</u>	<u>PSUK</u>	<u>Pos.</u>	<u>Name</u>	<u>Force/Service</u>	<u>Time</u>
	1	1	Matthew Henney	West Midlands	59.44
1	2	2	Martin Slevin	Dyfed - Powys	60.12
	3	3	Colin Harle	Met Police	61.51

2		4	Mark Culshaw	Land Registry	63.24
	4	5	Stuart Bennett	Met police	65.31
3		6	Jason Brewer	HMRC	66.24
4		7	Ian Wright	HMRC	66.46
5		8	Jason Holt	HMRC	66.49
	5	9	Steve Broadbent	Lancashire Police	67.50
	6	10	Dave Wilkinson	Lancashire Police	70.09
6		11	Dave Evans	HMRC	72.41
7		12	John Hall	DEFRA	72.45
	7	13	Glyn Jones	West Midlands	73.10
	8	14	Chris Flint	Met Police	78.43
8		15	Bill Kingston	HMRC	79.58
	9	16	David Watkinson	Lancashire Police	88.21

Ryan Cup.

1st. P,S,U,K 1, 2, 3, 5, = 11pts
 2nd. Civil Service 4, 6, 7, 8 = 25pts

P.S.U.K. 1st Team – Met Police 22pts
2nd.Team – Lancashire Police – 35pts
Civil Service : 1st team- HMRC 21pts

Martin Slevin (1st.) Qualifies also for Civil Service (Ministry of Justice) but not scoring for Ryan Cup.

5km Championships (Women)

1	Alexsandra Majewska-Ani	HMRC	32.56
2	Jane Hodge	HMRC	37.46
3	Cecilia Woods	DWP	37.47
4	Geraldine Legon	DWP	41.52
5	Ann Crofts	Lancashire Police	43.35

MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, October 2, 2023 - EMACS Pescara 2023 - 20 km men's march M35-55 (results) http://omarchador.blogspot.com/2023/10/emacs-pescara-2023-20-km-marcha_01005456906.html The first in a string of results from the European Masters championships in Pescara, Italy.
- Sunday, October 1, 2023 - EMACS Pescara 2023 - 20 km women's walk W35+ (results) http://omarchador.blogspot.com/2023/10/emacs-pescara-2023-20-km-marcha_1.html
- Sunday, October 1, 2023 - EMACS Pescara 2023 - 20 km men's march M60+ (results) <http://omarchador.blogspot.com/2023/10/emacs-pescara-2023-20-km-marcha.html>
- Saturday, September 30, 2023 - Ronald Weigel is “Coach of the Year” in Germany <http://omarchador.blogspot.com/2023/09/ronald-weigel-e-o-treinador-do-ano-na.html> World 50km champion and Olympic medallist, one-time coach of Jane Saville, father of junior champion Frederik Weigel and now coach of Christopher Linke, Ronald has earned another gong.
- Friday, September 29, 2023 - Jiayu Yang (China) triumphed in the women's 20km walk at the Asian Games in Hangzhou <http://omarchador.blogspot.com/2023/09/jiayu-yang-china-triunfou-nos-20-km.html>
- Friday, September 29, 2023 - Jun Zhang (China) won the gold medal in the men's 20km walk at the Asian Games in Hangzhou <http://omarchador.blogspot.com/2023/09/jun-zhang-china-conquistou-medalha-de.html>

- Thursday, September 28, 2023 - Maria Orlete Mendes receives distinction from EMA in Pescara, Italy <http://omarchador.blogspot.com/2023/09/maria-orlete-mendes-recebe-distincao-da.html> Named as best European Masters race walker in 2022.

More European Masters results from Pescara:

- Wednesday, September 27, 2023 - EMACS Pescara 2023 - Men's 10km walk (results) http://omarchador.blogspot.com/2023/09/emacs-pescara-2023-10-km-marcha_27.html
- Wednesday, September 27, 2023 - EMACS Pescara 2023 - 10 km women's walk (results) <http://omarchador.blogspot.com/2023/09/emacs-pescara-2023-10-km-marcha.html>

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.



WHAT'S UP AHEAD?

VRWC SUMMER FIXTURE 2023-24

Sun 22nd October 2023, VRWC Road Races **Middle Park**

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

Sun 12th November 2023, VRWC Summer Championships and AGM **Middle Park**

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 Championship	Under 12 B & G
	1km VRWC Championship	Under 10 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	2km & 5km	Open
10.30am	Presentations	
11.00am	Annual General Meeting	

Sun 14th January 2024, VRWC Road Races **Middle Park**

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

Victorian & National Key Dates – 2023

Sat 7 Oct 2023	AVSL Rd #1 – walks at Glenhuntly
Sat 14 Oct 2023	AVSL Rd #2 – walks at Doncaster
Sat 21 Oct 2023	AVSL Rd #3 – walks at Aberfeldie
Sun 22 Oct 2023	VRWC Summer races #1 – Middle Park
Sat/Sun 28/29 Oct 2023	AV All Schools T&F c'ships Wk 1 – Lakeside Stadium
Sat/Sun 4/5 Nove 2023	AV All Schools T&F c'ships Wk 2 – Lakeside Stadium
Sat 11 Nov 2023	AVSL Rd #4 – walks at Yarra Vly, Mt Evelyn
Sun 12 Nov 2023	VRWC Summer c'ships & Annual General Meeting – Middle Park
Sat 18 Nov 2023	AVSL Rd #5 – walks at venue TBC
Fri 1 Dec 2023	AVSL Rd #6 (twilight) – walks at Doncaster & Glenhuntly
Fri 8-Sun 10 Dec 2023	AA All Schools T&F c'ships – Perth WA

Victorian & National Key Dates – 2024

Sat 13 Jan 2024	AVSL Rd #8 – walks at Doncaster
Sun 14 Jan 2024	VRWC Summer races #3 – Middle Park
Sat 20 Jan 2024	AVSL Rd #9 – walks at Werribee
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium
Sat 9-Sun 10 Mar 2024	LAVic State T&F c'ships – venue TBC
Sat 16-Sun 17 Mar 2024	Victorian Masters T&F c'ships – venue TBC
Fri 29 Mar-Mon 1 Apr 2024	Aust. Masters T&F c'ships – Hobart TAS
Thu 11-Fri 19 Apr 2024	AA Aust Athletics c'ahips – Adelaide SA

International Dates

Sun 21 Apr 2024	WA Race walking Teams c'ship – Antalya TUR
Sat 4 May 2024	3rd Korzienowski Warsaw Race walking Cup (WA Gold) – Warsaw POL
Sat 11 May 2024	31st Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold) – Rio Maior POR
Sat 18 May 2024	XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold) – La Coruna ESP
Sun 26 May 2024	III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold) – Madrid ESP
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER (*Lima withdrew in April but has since been reinstated.)
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar SEN

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au

