

VRWC COMMUNICATIONS AND THE FAMOUS 'HEEL & TOE' MAGAZINE

The 'Heel and Toe' magazine made its first appearance in June 1933 and the first editor was R.L. Cecil. It was issued monthly and cost 3d. We have a small number of these in our club archives:

Vol 1 No 4. Sept 1933
 Vol 1 No 5. May 1934
 Vol 1 No 6. June 1934
 Vol 1 No 7. July 1934
 Vol 1 No 8. Aug 1934
 Vol 1 No 9. Sept 1934
 Vol 1 No 10. Oct 1934

The next reference I can find is in 1961 when it was launched once again by Jim Henderson and Alan Hancock. The first issue was dated 22 March 1961. It was issued weekly with about 40 issues per year. Price was 6 pence (later became 5 cents). It continued as a standalone 1 or 2 page weekly bulletin right through to late 1967 when the format changed. In that time, it had various editors – Jim Henderson, Alan Hancock, Alan Lucas, Alan Viney and Justin Coxhead.

Vol 1 No 1 – 42 22 Mar 1961 - 14 Mar 1962
 Vol 2 No 1 – 42 7 Apr 1962 - 20 Mar 1963
 Vol 3 No 1 – 41 20 Apr 1963 – 11 Mar 1964
 Vol 4 No 1 – 42 4 Apr 1964 – 17 Mar 1965
 Vol 5 No 1 – 38 24 Apr 1965 – 16 Mar 1966
 Vol 6 No 1 – 38 1 Apr 1966 – 15 Apr 1967
 Vol 6 No 39 – Vol 7 No 56 22 Apr 1967 – 30 Sept 1967

Vol 7 No 56 saw the last edition of the Heel & Toe in its then current format. From the beginning of the 1967/68 track season, a new National Magazine, 'The Australian Race Walker' was started. This was the official magazine of the Federation of Australian Race Walking Clubs and was issued monthly, starting with a November 1967 edition. John McDougall was the editor (John had previously been publishing the NSW Walking Club magazine 'the Walker') and the new magazine contained contributions from NSW, Victorian, Canberra, Queensland and South Australian walking clubs. This therefore incorporated what had been previously known at the 'Heel and Toe'.

In all, 13 editions of this magazine were issued with the final one dated Feb 1969. At that stage, John McDougall was forced to stand down due to family and study pressures and, with no replacement editor forthcoming, the concept petered out.

Justin Coxhead had started writing the Victorian content for this magazine from edition 3 (Jan 1968) so when it ceased, he continued the monthly format and, from May 1969, 'Heel and Toe' reappeared with him as the editor. It came out about 7-8 times per year and was an enthusiastic multi page periodical.

Vol 1 No 1	May 1969	Vol 2 No 1	Apr 1970	Vol 3 No 1	Apr 1971
Vol 1 No 2	June 1969	Vol 2 No 2	May/June 1970	Vol 3 No 2	May 1971
Vol 1 No 3	June 1969	Vol 2 No 3	July 1970	Vol 3 No 3	May 1971
Vol 1 No 4	Sept 1969	Vol 2 No 4	Aug/Sept 1970	Vol 3 No 4	June 1971
Vol 1 No 5	Nov 1969	Vol 2 No 5	Jan/Feb 1971		
Vol 1 No 6	Dec 1969	Vol 2 No 6	Mar 1971		
Vol 1 No 7	Jan 1970				
Vol 1 No 8	Feb 1970				
Vol 1 No 9	Mar 1970				

Justin commented in 2004 on his time as editor

When I look back and think how hard it was to produce such a magazine compared to today with computers and modern technology. I used to have an oldvery, very old Remington typewriter which would be a museum piece now. I used to type (cut) my own stencils and take them down to the VAAA office in McKillop St, where Mabel Robinson would duplicate the edition. I would pick them up after work and then collate and staple them for either Sat or Wed eve depending on the season. In addition I was the handicapper for quite awhile so used to do that job and type up the handicaps for approx 100 people (you would have a lot of active walkers over a season although not all on the same day).

In July 1971, Justin injured his hamstring enough to put him out of competitive walking and the club was in need of a new editor.

Claude Martin came forward to fill the breach and produced the club magazine during the next 2 years.

No 1/72 - April 1972	No 1/73 - Feb 1973
No 2/72 - May 1972	No 2/73 - Mar 1973
No 3/72 - May 1972	No 3/73 - May 1973
No 4/72 - July 1972	No 4/73 - May 1973
No 5/72 - Sept 1972	No 5/73 - July 1973
	No 6/73 - Aug 1973

In Feb 1974, Stu Cooper took over 'Heel and Toe' as a monthly newsletter costing 10 cents per issue and intermittent issues per year were produced over the next couple of years

1974	Feb, March, April
1975	May, June

At the start of the 1977 season, Stu was joined by Tim Erickson and the issues became more regular with Stu doing the front cover and editorial and Tim doing the reporting and news and typing and printing. The combination lasted some 2 years with the last issue being in 1979.

1977	April, May, June, July, August
1978	Feb, March, April, May, June, July, Nov/Dec,
1979	Jan

In 1988, Tony Barrett took up the challenge and started the Heel & Toe once again with a very professional looking monthly magazine which included photos and results and historical items of interest. Tony continued in the role of editor for 11 years. During this time, Heel & Toe was free.

1988	May, June, Aug, Oct, Dec
1989	Feb, April, June, Aug, Oct, Dec
1990	Feb April, June, August, Oct
1991	Apr, June, Aug, Oct, Dec
1992	Feb, April, June, Aug, Oct, Dec
1993	Feb, April, June, Oct/Nov
1994	Mar, May, June, Oct
1995	Feb, Aug, Oct,
1996	Feb, June
1997	Feb
1998	May, June, Aug

Ray Smith took up the challenge in late 1998 with the 'VRWC News' which is produced monthly in the summer and weekly during the winter season. This is now in its sixth year and is issued free.

In November 2000, Tim Erickson (the Club Secretary) started an internet email based newsletter which augmented the VRWC News. 19 issues were produced during the first year of production and by 2004 it had built up to some 40 editions per year.

In 2002, Ray Smith changed the name of his VRWC News to 'VRWC Times' and Tim Erickson named his email based newsletter to 'Online Heel & Toe'.

IN 2005, Ray stopped production of his weekly 'VRWC News' but the 'Hell and Toe' continued on and is still going as I write this in late 2009. It is now published weekly and for the past 2 years, a full 52 issues have been produced.

Tim Erickson
9 October 2009