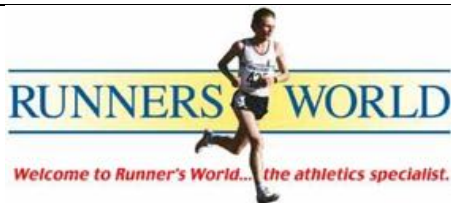




HEEL & TOE Online

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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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*** WALKER OF THE WEEK ***



We head interstate once again for this week's WOTW, this time to northern Tasmania where the award goes to 13yo **Samuel Lindsay**. Coached by James Anderson, Samuel has made impressive progress over the past two years. Last week saw his break-out performance, setting a new Tasmanian U14 record for 3000m of **14:14.37**, to go with a strong PB over 5000m of **25:36.99** the previous week. (See *David Moore's report below.*)

What should also be borne in mind is that, in the absence of competitive fields to race against, Samuel's performances have been lone efforts against the clock, making them all the more meritorious.

Well done, Samuel. We look forward to seeing you racing on the national stage in 2022.

(Photo: Athletics Tas)



CLUB NEWS and RESULTS

** Rhydian and Amelia tie the knot **



Don't argue with the gatekeeper!

The VRWC takes great pleasure in congratulating *Amelia and Rhydian Cowley*, on the occasion of their wedding in Saturday 27 November, in the Dandenong Ranges.

The happy couple will now embark on their honeymoon, during which Rhydian says they hope to 'get a few scenic walks and runs in along the way.' (Just shows, you can take the man out of athletics, but ...)

We wish Rhydian and Amelia every happiness in their life together, and we look forward to seeing them back with us at Middle Park in the new year.



A lovely day for a lovely couple.

**** HAVE YOU ENTERED YET FOR TOMORROW NIGHTS RACES AT COLLINGWOOD?**


If not, you have until 12.00 midnight tonight to do so, at

<http://vrwc.org.au/wp1/>

7.00: 1500m

7:15: 3000m & 5000m

These are our last VRWC races until January 16. Don't miss out!

 **VICTORIA - METRO & REGIONAL**



A.V. NEWS

**** VIRTUAL WALKS SEMINAR RE-SCHEDULED ! ****

Hi everyone

Apologies everyone in advance, but due to our Presenter – Kirsten Crocker – being unwell at the moment, we have had to **re-schedule** the **Virtual Walks Seminar** from tomorrow evening to **Wednesday 8 December**.

An email from Zoom would have already been sent to you with the **amended date** included.

Everything else remains unchanged.

“Doors” will open at **7 pm** – Melbourne time – to allow Officials the opportunity to chat with fellow Officials, and then the seminar will commence at **7.30 pm** – Melbourne time.

Also attached for your reference are various documents relating to the Virtual Walks Seminar.

Thank you for your understanding with this change and we look forward to virtually seeing you all **next Wednesday** evening.

Apologies once again for any inconvenience this may cause.

Thanks.
Andrea

Andrea Hallett

Officials Training & Accreditation Manager

andrea@athsvic.org.au

NOTE: If you missed out on registering for this Seminar, you can do so by contacting Andrea at the above address.



AVSL RESULTS

**** Metro Zone A&B: Round 3, Saturday 27 November – Lakeside Stadium, Albert Park**

Fast times were the order of the day at Lakeside, despite a headwind in the home straight that had everybody trying to imitate *Flat Stanley*. **Kyle Swan**, who rarely races over 2km these days, ripped half a minute from his best, with seven others setting or equaling PBs. **Jade Chitty** was another big improver, with sub-10 being very much in the frame soon. **Evie Rosa** must also have been encouraged by her 1:10 PB effort.

2000m – Heat 1

1	Kyle Swan	(ANW)	MOP	7:54.3h	540	PB 0:34
2	Marcus Wakim	(COL)	M16	8:24.1h	550	Eq PB
3	Riley Coughlan	(KNA)	M16	8:52.8h	518	
4	Adam Garganis	(COL)	MOP	9:02.3h	467	
5	Charlotte Hay	(KNA)	F20	9:59.7h	488	
6	Ariana Pashutina	(KNA)	F16	10:00.8h	513	
7	Maddison Nash	(KNA)	F16	10:03.6h	511	PB 0:10
8	Jade Chitty	(WES)	F18	10:19.1h	483	PB 0:24
9	Zachary Matters	(BOH)	M16	10:29.5h	429	PB 0:05
10	Daniel Pashutin	(KNA)	M14	10:37.4h	445	
11	Scott Nelson	(WYN)	M50	10:49.5h	444	
12	Emily Smith	(KNA)	F16	10:53.6h	465	
13	Simon Evans	(BOH)	M60	10:59.7h	483	
14	Grace Louey	(KNA)	F20	11:02.5h	425	Eq PB
15	Kylie Irshad	(GHY)	F50	11:06.4h	496	
16	David Smyth	(COL)	M50	11:22.8h	416	
17	Kerryn Walshe	(KSB)	F55	11:26.5h	503	
18	Paul Kennedy	(KSB)	M60	11:31.5h	459	
19	Bernie Keirl	(DIV)	M55	11:44.6h	423	
20	Tayla Borg	(DIV)	F16	11:46.5h	415	
21	Timothy Erickson	(COB)	M65	11:49.2h	473	
22	David Sommers	(ANW)	M60	11:58.8h	438	
23	Donna-Marie Elms	(PTN)	F60	12:47.4h	465	
24	Phillip Dunstone	(WES)	M50	13:35.1h	283	

2000m – Heat 2

1	Kyle Bird	(MPA)	MOP	11:18.1h	317	
2	Andrew Jamieson	(OSC)	M65	11:33.5h	484	
3	Laura McLennan	(DAC)	F45	12:47.1h	371	
4	Sarah Papadopoulos	(DIV)	FOP	13:08.3h	277	
5	Duncan Knox	(ESS)	M60	13:16.5h	373	
6	Merilyn Thompson	(MPA)	F55	13:23.8h	405	PB 0:08
7	Evie Rosa	(COL)	FOP	13:29.1h	260	PB 1:10
8	Stephen Murphy	(ESS)	M60	13:34.8h	354	
9	Lewis McLennan	(DAC)	M14	13:35.8h	272	
10	Janice Hodgart	(WES)	F55	13:42.5h	385	
11	Gwen Steed	(GHY)	F65	13:50.1h	450	
12	Anthony Doran	(GHY)	M65	14:17.0h	356	
13	Emilie Garside	(YRA)	FOP	14:19.1h	217	
14	Geoffrey Barrow	(MEN)	M65	14:24.8h	348	
15	Chloe Kaufman	(GHY)	F18	14:49.9h	209	
16	Jill Jeanes	(DSA)	F40	14:53.0h	217	
17	Kim Peak	(DAC)	F55	15:33.8h	273	
18	Jo Moxon	(DIV)	F55	15:44.1h	265	
19	Brenda Cashin	(WES)	F55	15:51.6h	260	
20	Anne-Marie Ebbels	(YRA)	F45	19:48.7h		
-	Christopher Worsnop	(OLX)	M60	DQ		
-	Patrick Kaufman	(GHY)	M60	DQ		

**** Ballarat Zone: Round 3, Saturday 27 November – Llanberris Stadium, Ballarat**

Fraser Saunder and Scott Peart continue to whittle (Fraser) and hack (Scott) at their best performances, while Kelly Ruddick can still rip out a fast one when she wants to.

2000m

1	Fraser Saunder	(BYC)	M18	8:33.79	522	PB 0:05
2	Kelly Ruddick	(BHA)	F45	9:00.13	576	
3	Scott Peart	(BYC)	M16	9:41.95	529	PB 0:24
4	Sarah Brennan	(BYC)	F45	10:38.00	497	
5	Kaylah Heikkila-Dubowik	(BEL)	F18	12:32.24	337	
6	Charlotte Macdonell	(BYC)	F14	13:02.71	353	
7	Stephen McLennan	(WEN)	M55	13:22.20	328	
8	Roslyn Ireland	(BWK)	FOP	15:30.02	176	
9	Mark Ireland	(BWK)	MOP	15:59.30	138	
10	Olive Ireland	(BWK)	F60	16:36.97	260	

**** Bendigo Zone: Round 3, Saturday 27 November – Latrobe Uni Athletics Track, Flora Hill**

Some close racing was on show at Bendigo, with Tiffany Bussem Jorgensen and Charlise McQueen again scoring PBs and leading the field home.

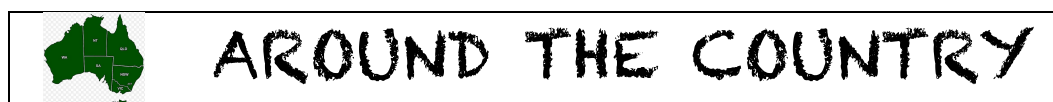
2000m

1	Tiffany Bussem Jorgensen	(BGO)	FOP	11:01.41	FOP	PB 0:18
2	Charlise McQueen	(EAG)	F14	12:29.90	F14	PB 0:08
3	David Lonsdale	(BEU)	M50	12:38.27	M50	Eq PB
4	Jennifer Payne	(SBE)	F65	12:47.12	F65	
5	Leigh Browell	(SBE)	M45	13:25.49	M45	
6	Claire Noonan	(EAG)	F18	13:56.34	F18	
7	Annette Major	(EAG)	F55	14:29.33	F55	
8	Annette Curtis	(SBE)	F65	16:45.61	F65	
9	Wendy Ennor	(EAG)	F60	17:02.72	F60	
10	Peter Savage	(EAG)	M65	18:36.47	M65	

** AVSL – Round 4 Metro venues and start times – Saturday 4 December

Zone A: Keilor	1.30pm:	1500m Walk 3000m Walk
Zone B: Knox	1.30pm:	1500m Walk 3000m Walk

*Schedule correct as at 8 November 2021. For possible changes, visit <https://athsvic.org.au/wp-content/uploads/2021/11/AVSL-Metro-Timetables-DRAFT-2021-11-08.pdf>



A.C.T. ACT Athletics meeting, 27 November – Woden Park Athletics Park, Woden

Mark Roberts reports:

Our Masters walks were cancelled this week due to rain, so all the action was on Saturday at ACT Athletics. The walkers on Saturday enjoyed perfect conditions.

It was wonderful to see **Casey Smith** from NSW here competing and also to have **Darcey Roberts** back on the

track for her first walk of the season. She did not disappoint, being on target for an all time PB. Unfortunately, due to a spike injury in a previous running race she had to pull out as a precaution.

So the highlight of the day must go to **Eloise Smith** with a one minute PB. She has only been back walking for a few months now and is looking better and faster every time she walks. Well done, Eloise.



Girls 12-13 3000 Metre Race Walk

1 Smith, Eloise 13 Ginninderra 17:26.8h

Women 14-15 3000 Metre Race Walk

-- Roberts, Darcey 14 North Canberra DNF

Women 16-17 3000 Metre Race Walk

1 Smith, Casey 17 New South Wales 17:56.4h

Walkers pre-race briefing – ACT style!



Casey, Eloise and Darcey striding out in Canberra.

(Photos: Mark Roberts)

NEW SOUTH WALES Hunter Region Summer series, 28 November – Maitland Regional Aths Centre

Frank Overton reports:

The following are the results of the Open mixed 3000m walk held at the Hunter Summer Track Series held at Maitland.

It was windy with strong head winds in the home straight. However there was some good racing and times. Five athletes recorded PB's.

The first four competitors capped off a solid weekend of training, recording good times:

1 Gibbons, Carl	M25 Westlakes	12:02.09	
2 Jones, Tyler	M23 Mingara Athl	12:02.11	PB
3 Richardson, Dylan	M23 Mingara Athl	12:31.81	
4 McGinniskin, Jack	M19 Mingara Athl	14:01.12	
5 Bonham, Ryan	M15 Macquarie Hu	14:43.41	
6 Pitcher, Sienna	W14 Gosford	14:49.06	PB
7 Ashby, Myles	M14 Gosford	14:57.57	PB
8 Bolton, Hannah	W18 Mingara Athl	15:31.50	
9 Bell, Bridget	W19 Asics Wests	17:12.52	
10 Pincher, Stella	W12 Adamstown N.Lambton	17:35.42	PB
11 Hearnden, Emma	W12 Macquarie Hunter	17:40.01	
12 Ashby, Caetlin	W12 Gosford	18:45.44	
13 Maxwell, Madeleine	W12 Macquarie Hu	19:15.69	PB
14 Charlton, Peter	M14 Eastlakes	24:49.29	

QUEENSLAND QLD Masters meeting, 27 November – QSAC, Brisbane

Latest results from QLD Masters:

W30 3000 Metre Race Walk

1. Roslyn Kirwin QMA W32 24:30.05 47.28%

M80 3000 Metre Race Walk

1. Patrick Sela QMA M82 24:54.06 67.76%

W30 1609 Metre Race Walk 1 mile

1. Roslyn Kirwin QMA W32 11:23.64

M80 1609 Metre Race Walk 1 mile

1. Patrick Sela QMA M82 13:37.23

W55 1609 Metre Race Walk 1 mile

1. Erika Woodward QMA W55 9:00.49

SOUTH AUSTRALIA Interclub meet #4, Sat 27 November – SA Athletics Stadium, Adelaide

Kim Mottrom reports from Adelaide:

Zoe Eastwood-Bryson (National judging coordinator) held a 3.5 hour judging seminar 9-12:30 (which was great and very well attended) and then Interclub 4 today started at 2pm at SA Athletics Stadium. Warm conditions but some good times for a couple of people.

Open 5000m

1 Kim Mottrom	(SA Masters)	22:14.70
2 Emily Lynch	(Saints)	29:19.95
3 Cooper Rech	(Coastal Districts)	29:59.83
4 Greg Metha	(SA Masters)	30:40.30
Nellie Langford	(Southern Athletics Club)	DNF

Open 1500m

1 Sebastian Richards	(Southern Athletics Club)	6:58.96
2 Daisy Braithwaite	(Saints)	7:37.09
3 Angelina Legrand	(Pembroke)	7:49.82 PB
4 Katie DeRuvo	(Coastal Districts)	8:13.16
5 Mel Grantham	(SA Masters)	9:17.43 PB
6 Stephanie White	(Enfield)	10:12.41 PB
7 Elizabeth Rieger	(Adelaide Harriers)	10:50:11

TASMANIA Northern Aths interclub, 17&24 Nov – St Leonards Northern Athletics Centre, Launceston

David Moore has provided an entertaining report on one of the Apple Isle's impressive young up-and-comers:

November has been a big month for Newstead Athletics walker **Samuel Lindsay**. Samuel was recently awarded 2020-2021 **Athletics Tasmania's Athlete of the Year for U/14 Men for 2020 -2021**.



*L-R: AJ Creak (Sprints) Sandra Speers (Athletics Tas) and Samuel Lindsay (Race Walking)
All smiles, after receiving their Athlete of Year Trophies
(Photo: Athletics Tas.)*

Samuel's form on the track over the last two weeks have been eye catching, firstly with a PB over 5000m, but more impressively last Wednesday night with a **new U/14 State Record** for the 3000m walk. Samuel smashed the previous record held by **William Robertson** by some 45 seconds.

This performance didn't come out of the blue but is the result of two solid years of Samuel participating in TRWC Road Walks and some very good coaching from **James Anderson**. James is putting together a very good group of walkers in northern Tasmania. I think we are going to see a lot of them in the near future.

**** Northern Athletics Interclub, 17 November – St Leonards Northern Athletics Centre**

Results 5000m Walk

1. Samuel Lindsay	Newstead AC	25:36.99 (PB)
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**** Northern Athletics Interclub, 24 November – St Leonards Northern Athletics Centre**

Results 3000m Walk

1. Samuel Lindsay Newstead AC 14:14.37 (New Tas. U/14 Record)

**** Tas Masters T&F, 24 November – Domain Athletics Centre, Hobart**

With no Walk on the Athletics South T&F Programme this week, Oliver Morgan and Wayne Fletcher rocked up for the Masters 3000m with Oliver showing a pleasing upward trajectory in his performance and with Wayne being a model of consistency with another 3k sitting close to 24 minutes.

Results 3000m Walk

1. Oliver Morgan OVA 15:19 (U/16)
2. Wayne Fletcher NS 24:15

WESTERN AUSTRALIA Interclub meet, 27 November – WAAS, Perth

Terry Jones reports from yesterday's WA interclub that **Declan Tingay** created much interest as he whipped around the track, lapping the whole field bar one at least once (John Ronan being the only one to escape this 'fate' with his own strong result.)

The announcer gave a spirited commentary on Declan in the last few laps, in anticipation of him breaking Michael McCagh's **WA 3000m record** of **11:27.0**. As it happened, Dec fell some way short, but that mark is still very much in danger. (For interest's sake, the State All-comers record is **11:00.56**, set by David Smith in 2004. A tough ask, but not out of reach for Dec by any means!)

Women 3000 M Walk

1 Kaytee Bogaers	Mandurah Roc	16:27.32
2 Brooke Mortimore	Athletics West	17:16.59
3 Hannah Ireland	Mandurah Roc	17:48.93
4 Chelsey Ireland	Mandurah Roc	18:13.10
Katica Borsic	Athletics West	DQ TR54.4.7

Men 3000 M Walk

1 Declan Tingay	UWA Athletics Club	11:50.25
2 John Ronan	Kingsway Ath	13:28.79
3 Keaton Bailey	Kingsway Ath	16:28.17
4 Harry Gordon	Cockburn Ath	18:13.86



INTERNATIONAL NEWS

FRANCE: 8 Hour Walk, 28 November - Etampes-sur-Marne

Emmanuel Tardi gives another in-depth account from the formidable French ultra-distance scene, held in conditions that ... well, let's just say they breed them tough there!

This Sunday I was in the small city (1500 people) of **Etampes-sur-Marne**, located at 100km to the east of Paris. They organised, for the 20th time, an **8 hours walk event**.

The loop was 2,5km long during the first 7 hours and was reduce to 600m in the last hour. The 2.5km loop was very hard, it included the climb of a hill (on 420m, you ascended 34 meters). The weather was awful. Temperature was around 2°C, it rained for 7 hours, and there was a very cold wind.

Nevertheless, 34 walkers were on the start line at 8am, ready to walk and to fight against the temperature and the wind.

In the men event, **Letourneau** and **Henry** walked together the first two hours. Then Henry tried to speed and walk 100m in front of **Florian** for 3 laps. Letourneau came back, then Henry gave up .

In the women event, **Veronique Bessot** was the leader from the beginning to the end. **Bizard-Planchot** and **David** walked together for 6 hours, then **Bizard-Planchot** made the difference in the last 2 hours.

There was an ancillary event on 10k (4laps) .

Men

1	LETOURNEAU Florian	Ac Chateau Thierry	75k145	9.393 km/h
2	ARNAULT Jacques	Neuilly Sur Marne Athletisme	70k286	8.786 km/h
3	VARAIN Cedric	Ac Chateau Thierry	67k736	8.467 km/h
4	DELANGE Dominique	Aj Auxerre Section Marathon	66k177	8.272 km/h
5	HARDEL Claude	Essonne Athletic	64k124	8.016 km/h
6	TINTIN Ronald	Ao Charenton	64k024	8.003 km/h
7	RIGAL Jean-marc	Domont Athletisme	63k626	7.953 km/h
8	LINARD Benoit		61k457	7.682 km/h
9	RAUCH Jean-francois	Efs Reims	60k735	7.592 km/h
10	CECCALDI Georges	Entente Chalon/saone Athl.	59k946	7.493 km/h
11	TOUTAIN Eric	Us Ivry	59k357	7.420 km/h
12	ROCHA Fernando	Athletic Vosges Entente Clubs	58k120	7.265 km/h
13	FILLIEUX Christian	Caf Belgique	57k197	7.150 km/h
14	HAGHEBAERT Eric	Ac Chateau Thierry	55k267	6.908 km/h
15	DELARUE Jean-michel	Ac Cauffry-liancourt	54k485	6.811 km/h
16	ROBERT Jean-pierre	Villeneuve D Ascq Fretin Athle	53k557	6.695 km/h
17	TILLIER Ludovic	Le Chesnay Rocquencourt	52k926	6.616 km/h
18	DEPARDAY Fabien	Saint-brieuc Athletisme	51k550	6.444 km/h
19	KESSELMARK Patrick	Fs Esbly Coupvray Athletisme	35k200	
Ab	HENRY Fabrice		40k	
Ab	LANEAU Maxime	Us Camon	40k	
Ab	HENIN Jean-marc		37,5k	
Ab	RUIN Herve	Efs Reims A	30k	



Florian Letourneau



Cedric Varain



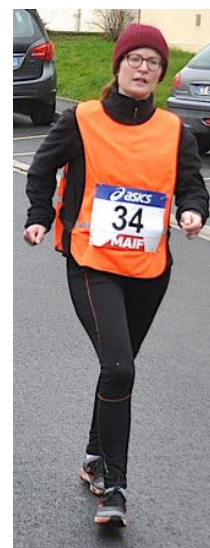
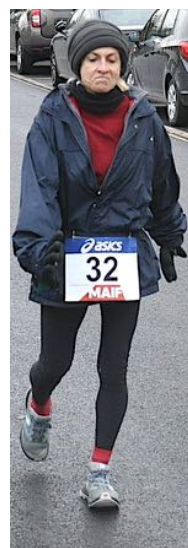
Jacques Arnault



Veronique Bessot

Women

1	BESSOT Veronique	Domont Athletisme	66k177	8.272 km/h
2	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athlé	62k161	7.770 km/h
3	DAVID Christine	Essonne Athletic	60k872	7.609 km/h
4	PANNIER Josiane	Havre Ac	59k668	7.459 km/h
5	SILVI Nathalie		58k222	7.278 km/h
6	BIZARD Claudie	Thiais Ac	58k113	7.264 km/h
7	ARNAULT Francoise	Neuilly Sur Marne Athlé	56k293	7.037 km/h
8	POUVREAU Manuella	Domont Athletisme	55k939	6.992 km/h
9	RODIER Nicole	Efs Reims	54k245	6.781 km/h



Christine David and Emilie Bizard Planchot ... 3rd and 2nd placegetters.
You can almost feel the numbness in their toes!

(Photos: Emmanuel Tardi)

Teams

Pl	Concurrent	Club	Distance	Vitesse
1	Les Vieilles Canailles	MOREL P - LABARRE B - PLAYE C	68k876	8.610 km/h
2	Les Gazelles	DUCRUET N - MAURICE F - HOUPLON V	58k901	7.363 km/h

10km

1	STEFANELLY David	Grand Paris Seine	58 mn 11 s
2	OLIVARES Mathieu	Neully Sur Marne Athlé	1 h 07 mn 28 s
3	GALTIER Marie-christine	Ac Du Pays De Meaux	1 h 09 mn 13 s
4	VANDENBERGHE Renaud	Ac Du Pays De Meaux	1 h 09 mn 15 s
5	MARECHAL Pascal	Ac Chateau Thierry	1 h 12 mn 55 s
6	BORDIER Daniel	Ac Chateau Thierry	1 h 16 mn 39 s
7	PANNIER PILLE Magali	Havre Ac	1 h 18 mn 49 s
8	TARDI Emmanuel	Essonne Athletic	1 h 26 mn 26 s
9	PLAYE Alexandre		1 h 34 mn 04 s



Emmanuel ... rugged up and firing!

(Photo: *Qui sait?*)

UNITED KINGDOM: Surrey WC Christmas Cup 5km (track), 20 November, Tonbridge

Surrey Walking Club Press secretary Peter Hannell has provided details of their club's latest event. Thanks, Peter.

This Annual Christmas Cup is always run as a fully judged 'A' race and so attracts a good number of visitors, especially from the younger age groups. This in turn brings in parents and friends and provides a good crowd.

The weather was ideal as it ended a string of unseasonably warm days. The winner of the main event, Luc Legon from Bexley AC, one of the top British walkers, unsurprisingly lapped the field with an impressive if relaxed performance.

Surrey Walking Club's first home was David Crane in 3rd after a slightly isolated race and little below his target but enough for a narrow win of the handicap. Easily the best performance came from Blackheath and Bromley's Abi Smith with a half-minute personal best.

Covid regulations deprived us of the usual hospitality and indoor comforts post-race, but at least we can hold our regular events with some normality.

5km Men

1. L.Legon	(Bex M)	23 min 19 sec;
2. C.Hopper	(Camb H U17B)	25 min 40.3 sec;
3. D.Crane	(Sy WC M40)	26 min 26.8 sec;
4. J.Arthur	(Unatt M50)	33 min 34.5 sec;
5. D.Hoben	(Sy WC M65)	37 min 21.1 sec;
6. C.Flint	(Sy WC M75)	37 min 58.8 sec.

5km Women

1. M.Peddle	(Loughton W50)	27 min 32.2 sec;
2. G.Manzotti	(Ton W50)	27 min 52 sec;
3. A.Smith	(B&B U20G)	27 min 53.6 sec;
4. L.Hall	(Ashf W65)	35 min 27 sec;
5. J.Carder	(B&H W50)	36 min 54 sec.

2km Mixed

1. A.Chappell	(Ashf U13G)	11 min 44.5 sec;
2. C.Perry	(Lewes U13B)	12 min 8.2 sec.

3km Mixed

1. L.Burr	(Ton U15B)	19 min 42.7 sec;
2. C.Stone	(B&B U15B)	20 min 24 sec;
3. G.Legon	(Bexley W60)	22 min 59.8 sec.

5km Christmas Cup SWC Handicap

(Actual/Net Times)

1. D.Crane	26 min 26.8 sec/ 23 min 26.8 sec;
2. C.Flint	37 min 58.8 sec/ 23 min 28.8 sec;
3. D.Hoben	37 min 21.1 sec/ 23 min 31.1 sec.



Tonbridge winner Luc Legon
(Photo: *Mark Easton*)

UNITED KINGDOM: 'Up and Running' Winter walking league, 28 November – Andreas, IOM

Many thanks to Bridget (Manx Harriers) for these results from the Isle of Man – a genuine home of UK race walking.

5km results

Pos'n	Name	Age Group	H'cap Time	Actual Time
1	Anthony Collis	M50	(39:41)	39:41
2	Phil Swales	M50	(44:11)	33:11
3	Vicki Heavey	W45	(44:21)	34:01
4	Melissa Lines	W40	(44:40)	39:13
5	Angie Robinson	W50	(46:26)	35:06

10km results

Pos'n	Name	Age Group	H'cap Time	Actual Time
1	Dick Callin	M60	(75:43)	64:20
2	Chloe Spooner	SW	(75:58)	67:38
3	Diane Brown	W50	(76:07)	72:29
4	Hannah Moore	SW	(76:09)	65:59
5	Stewart Jones	M50	(76:42)	54:07
6	Michelle Turner	W40	(76:52)	60:20
7	Lorna Gleave	W30	(76:56)	60:24
8	Frank Dunne	M55	(77:00)	66:50
9	Adam Killip	SM	(77:10)	55:07
10	Mia Dunwell	W	(77:15)	55:43
11	James Quirk	M40	(77:17)	58:45
12	Alan Gault	M65	(77:23)	77:23
13	Adam Cowin	SM	(77:32)	53:00
14	Pat Begazzi	M50	(77:35)	61:33
15	Jock Waddington	V55	(77:43)	55:58
16	Jayne Farquhar	W50	(77:49)	64:12
17	Andy Baxendale	M50	(78:09)	69:37
18	Kerry Palmer	W50	(78:16)	71:15
19	Tony Edwards	M55	(78:32)	58:04
20	Maura Kelly	W50	(78:52)	70:20
21	Gordon Erskine	V75	(79:09)	77:49
22	Simon Gawne	SM	(79:34)	56:02
23	Mason Prince	sm	(80:40)	61:08
24	Ron Kelly	M60	(82:42)	74:10
~	Gianni Epifani	M0	DQ	DQ

Juniors

2km

1. Timothy Perry 11.53 PB

1km

1. Lilee Fletcher-Merryweather 5.24 PB

2. Charlie Coole 6.32 PB

3. Jay Jay Fletcher-Merryweather 7.13 PB



The **COACHING POINT**

'The Coaching Point' is aimed at providing a forum for coaches and aspiring coaches of race walkers, where they can share views, training methods, racing strategies, matters of historical interest and other items of interest to those preparing walkers for competition.

*Contributions are not restricted to coaches alone. Walkers (at all levels), parents of walkers, coaches in other fields and anyone with an interest in the three key elements of race walking development – **technique, fitness and racing** – are welcome to share their insights, ask questions, make suggestions, refer readers to relevant outside material or otherwise contribute for the benefit of walkers everywhere.*

**UNITED KINGDOM: European Endurance Conference –
'ACHIEVING EXCELLENCE IN HEALTHY ENDURANCE ENVIRONMENTS'
12-14 November – Leeds Beckett University, Leeds**

Mark Wall (expat Aussie, former Box Hill AC/VRWC member, Australian Centurion #59, now a coach, commentator and academic/researcher based in Northampton, England) recently attended this Conference in Leeds. Here he shares his reflections on the event:

I recently attended the European Endurance Conference - **ACHIEVING EXCELLENCE IN HEALTHY ENDURANCE ENVIRONMENTS** held on November 12-14, at Leeds Beckett University. LBU have hosted two previous European Walks conferences.

I won't list the whole program, please check it out. It can be found at: <https://www.leedsbeckett.ac.uk/events/conferences-and-symposiums/european-endurance-conference-2021>

Apart from myself (identifying as an Australian), Michael Lane, Jamie Costin and Pat Ryan from Ireland, there were four to five Portuguese walking coaches.

The presentations on Physiology including assessment and preparation, strength and conditioning, LBU's protecting the integrity of athletics and the welfare of athletes and coaches, by **Professor Sue Backhouse** (a leading light at world level in the fight against doping), biomechanics and the walk specific sessions were both informative and valuable. There was a distance running focus, but transferable skills are involved.

Beside Professor Backhouse, some world renowned and expert academics presented. Here I will make mention of **Dr Brian Hanley**, who is not only the leading figure in walks biomechanics but organiser of the conference. A weekend well spent.

The 'In Conversation' sessions were enjoyable and enlightening. I will mention two. The first was with **Alex Bell**, a women's 800m finalist at Tokyo, showed how one must be resilient. A late call-up to the Olympic team (she has missed teams before) saw her come through, despite her setbacks.

The other, was with Kenyan, **Bernard Ouma** via weblink. Bernard is coach to a number of top athletes including world champion at 1500m, **Timothy Cheruiyot**. Ouma established his own centre near Nairobi, where your ethics, the measure of you as a person, gets you into the club – not your raw ability. It was a highly entertaining and, at times, humorous interview with Timothy present with him and responding when required.

- *Mark Wall*

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.

- 26/11/2021 - El Prat de Llobregat (ESP) - Grand prix Moisés and Jordi Llopart
Some good 10km results in this memorial meeting honouring Spain's Moscow Olympic 50km silver medallist and his father. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4229
- 23/11/2021 - Updated the history of the best active Italian female athletes (walkers) and those of the Hall of Fame. <http://www.marciadalmondo.com/eng/news.aspx?anno=2021>

The Portuguese race walking blog **O Marchadore** 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 Marchadore blog is written in Portuguese, as are the articles therein. 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?

Victorian & National Key Dates – 2021/22

Wed 1 Dec 2021	VRWC Summer season Meet 2 – Collingwood – 7.00pm
Sat 4 Dec 2021	AV Summer T&F season (AVSL Round 4) season – Keilor (Zone A), Knox (Zone B) Ballarat, Bendigo, Geelong
Sun 16 Jan 2022	VRWC Summer championships, 2021 Winter presentations, Annual General Meeting – Middle Park
Fri 28 Jan 2022	Victorian Country T&F championships – Latrobe Uni track, Bendigo
Fri 28 Jan 2022	ACT Athletics 10,000m Track walk championships – AIS track, Canberra
Fri 18 Feb 2022	Victorian Track & Field championships (Week 1) – Lakeside Stadium
Fri 25 Feb 2022	Victorian Track & Field championships (Week 2) – Lakeside Stadium
Sun 24 Apr 2022	AV ‘Run The Tan’ – Kings Domain, Melbourne

International Dates

Mar 1 – 6, 2022	29th World Athletics Race Walking Teams Championship – Muscat, Oman (postponed from 2020)
Jun 26 – July 7, 2022	World University Summer Games – Chengdu, CHN (postponed from 2020)
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18th World Athletics Championships – Eugene OR, USA
Jul 22 – Aug 7, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships – Cali, COLOMBIA
TBA, 2023	24th World Masters T&F Championships – Gothenburg, SWE
Aug 2023 (TBC)	19th World Athletics Championships – Budapest, HUN

(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 give 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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