

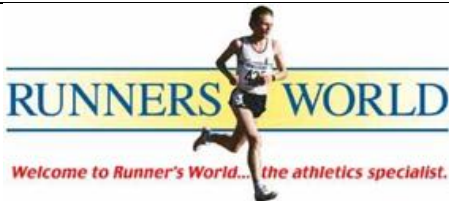


HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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* 2022: NO GUARANTEES BUT PLENTY OF HOPE ... AND WILL?

Welcome to Issue no. 1 of 'Heel & Toe Online' for 2022. In past years, each volume of the newsletter has commenced in the first week of October, coinciding with the start of the VRWC's financial and membership year. As the Club year now commences at the beginning of April, and to make archiving simpler, H&TO will now start its new volume at the beginning of the calendar year. This year, Issue #1 hits your inboxes at a time that, while no less turbulent than in the past two years, offers us somewhat better prospects. Whether those prospects can be realised is up to us.

As desperate as we all are for a return to normalcy at last – and an assurance of a lasting resumption of our lives (including our sporting activity) – there's no doubt that 2022 has begun with a level of foreboding that is all too familiar. The explosion of the Omicron variant of COVID-19, with as yet uncertain implications for athletics competition across the world, demonstrates that while we may be winning battles through vaccination, an end to the war is nowhere in sight. The successes and/or failures of government responses aside, we as individuals have to keep playing our part in containing the spread of the virus by whatever means we can – to keep each other safe and well, schools and businesses open, hospitals at sane admission levels, workers in jobs – and sport players out on the fields.

We've already seen the devastation that can be caused by those who are deaf to reason, who believe fervently in outright lies or who just don't care. Not much can be done about them (not legally, anyway) – but we who love our involvement in sport can each make our own investment in its continuance. The VRWC is in the midst of its summer racing program, alongside the AVSL track walks, State and National championships, Masters and Little Athletics competitions. After two years of severe disruption, we are all counting on seeing these busy schedules completed without a hitch, followed by similar success on the road courses in the coming winter.

Whether or not 2022 will allow uninterrupted training and competition to occur at 2019 levels will depend largely on each of us as individuals – on how prepared we are to contribute what Carlton premiership coach David Parkin called 'the 1%-ers' ... in this case, the mask-wearing, hand sanitizing, distancing, vaccination, use of QR codes, avoidance of large gatherings where possible. Government can do only so much to ensure a return to normal life for all. We all have a part to play – because we all have a stake.

Happy new year, and happy racing.

Stu Cooper



CLUB NEWS and RESULTS

NEXT VRWC RACES

Sunday 16
January 2022

8.30am 20km, 15km, 10km
9.30am 5km, 3km
10.00am 2km, 1km
11.15am Winter presentations
12.00pm Annual General Meeting

NOTE: Winter presentations and AGM will start earlier if all racing and equipment pack-up has been completed.

**** ADDITIONS TO SUMMER FIXTURE**

Wednesday 7.00pm VRWC 1500m Open
2 February 7.15pm AV 5000m Teams race Open
Collingwood VRWC 5000m Open
(Geo Knott Res)

***Rules for AV Teams Championships:**

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Sunday 8.45am VMA 5000m c'ship Women
6 March 9.30am VMA 5000m c'ship Men
Mentone track 10.10am VRWC 5000m & 3000m Open
(Dolamore Res) 10.40am VRWC 1500m Open

VICTORIAN RACE WALKING CLUB **ANNUAL GENERAL MEETING**

Sunday 16 January 2022, 12.00pm

at

Club HQ, Middle Park Bowling Club

following the morning's races & 2021 Winter presentations

The following Executive and Committee positions will be declared open:

President	Coaching coordinator
Vice President	Judging coordinator
Secretary	Property & Requisites steward
Treasurer	Racewalking Australia Liaison officer
Asst Secretary/Treasurer	Uniforms steward
Club Captains (Male, female)	Club records officer
Race secretary/Meet director	Publicity officer
Handicapper	Maintenance sub-committee
Prizes/Awards secretary	Up to two General Committee
Delegate to AV	members

Anyone wishing to nominate should do so via the nomination form which is attached to the email carrying this issue of *H&T Online*.

Nominations or proxy voting forms must be forwarded to

Club secretary Terry Swan by **9th January**.

All members are welcome to attend the AGM and new committee members are also welcomed.

Stu Cooper
President

** Our last ‘Question for Readers’ (Issue #54) asked ‘WHO’S DONE WHAT TO STAY FIT DURING LOCKDOWN?’. Some interesting responses came through, which were duly published. It’s time to pose a new question. So here it is:

Question for Readers 2:

‘What was your major race walking highlight for 2021?’

It might be a race result of your own. A local or international race. A race you witnessed or were involved in. A development or a personality connected with the sport. An aspect of training or racing that, for whatever reason, suddenly clicked. If there were more than one, send them in. They will be published in next week’s and subsequent weeks’ issues. (Note: Please indicate if you’d prefer to remain anonymous.) Photos are also welcome – credited, please. Send your responses to me at stuwalks@yahoo.com.au

VICTORIA - METRO & REGIONAL

**** AVSL – Round 8 Metro venues and start times – Saturday 22 January**
(NOTE: Round 7, 15 January – no walks)

Zone A: Aberfeldie	5.15pm:	1500m Walk 3000m Walk
Zone B: Murrumbena	5.15pm:	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>

INTERNATIONAL NEWS

MARCIADALMONDO & O MARCHADOR ROUNDUP

Japan lost no time in opening its 2022 race walking account with the latest edition of this popular event. Thanks to Nicola Maggio for his report:

Subaru Ishida and Nami Kumagai win the 70th New Year's Walking Tournament with new personal best (reprinted from Marcia dal Mondo)

TOKYO (JPN) 1 Jan - It was still night in Europe when the 70th New Year's Race Walking Tournament was held in Tokyo around the Jingu Gaien, Meiji Memorial Picture Gallery, also valid as the 84th Race Walking Tournament of the Tokyo Region Championship.

The scheduled races were:
- 3km youth: local time 8:50
- 20km: local time 9:20
- 10km: local time 11:20
- 5km master: local time 12:30

20km men

Entry:116 Start: 103 Finish: 81 DQ: 7 DNF: 15

Last year **Subaru Ishida** (JPN) finished second (1:21:25) in the 69th edition of the New Year's Race Walking Tournament which was won by Hiroto Jusho (JPN) in 1:20:46.

In this 70th edition, the university student of Juntendo University in Toyama who will celebrate his 23 years in three days (January 4) has made himself a nice birthday present in advance.

He won the 70th edition of the New Year's Walking Tournament with a time of **1:20:22**, also improving his previous personal best (1:20:39) established in the previous season on 21.2.2021 on the magical Kobe course (JPN).

Hiroto Jusho (JPN), the winner of the last edition, had to settle for second place in **1:21:09** which however represents the new personal best for him too.

Motofumi Suwa (JPN) takes third place in **1:21:12**, only 23 seconds above his personal best of 1:20:49 which had been achieved here in Tokyo in the 68th edition of the New Year's Race Walking Tournament on 1.1. 2020.

Then followed:

4th place to Haruki Manjiu (JPN) in 1:21:29

5th place to Yutaro Murayama (JPN) in 1:22:53

6th place to Mitsuki Murate (JPN) in 1:23:43

7th place to Rihito Ishida (JPN) in 1:23:49

8th place to Yuki Ito (JPN) in 1:24:30

who also won the 84th edition of the Tokyo Region New Year's Walking Tournament.

10km women

Entry: 36 Start: 31 Finish: 27 DQ: 1 DNF: 3

In the women's competition, **Nami Kumagai** (JPN) of Ibaraki and **Maika Yagi** (JPN) of Chiba battled up to the last meters.

Only three seconds divided the two on the finish line which saw the victory of **Nami Kumagai** in **45:35**, a new personal best (previous of 46:16 also obtained in Tokyo on the occasion of the New Year's Walking Tournament held on 1.1 .2019.)

Second place to **Maika Yagi** in **45:38**. Also for the not yet 23-year-old Japanese (she will have her birthday on January 21st) this result represents the new personal best on the distance (previous of 47:19 obtained in Wajima (JPN) on 14.4.2018.

Third place went to **Ching Siu Nga**, representing Hong Kong (HKG) in **45:54**

Then followed:

4th place to Mao Tatsumi (JPN) in 48:47

5th place to Yuki Yoshizumi (JPN) in 48:57

6th place to Yura Akimoto (JPN) in 49:09

7th place to Kae Sugiyama (JPN) in 49:29

8th place to Minami Matsumoto (JPN) in 49:51



Subaru Ishida was a clear winner in the men's 20km, while Nami Kumagai won a hard fight with Maika Yagi to take the Women's 10km by 3 secs.

(Photos: Marcia di Maggio)

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.

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 – 2022

Sun 16 Jan 2022	VRWC Summer championships, 2021 Winter presentations, Annual General Meeting – Middle Park
Sat 22 Jan 2022	AV Summer T&F season (AVSL Round 8) season – Aberfeldie (Zone A), Murrumbeena (Zone B) Ballarat, Bendigo, Geelong
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
Wed 2 Feb 2022	AV 5000m Walk Teams race – Collingwood (Geo. Knott Res)
Sun 13 Feb 2022	Oceania & Australian 20km Race walking championship - Adelaide
Fri 18/20 Feb 2022	Victorian Track & Field championships (Week 1) – Lakeside Stadium
Fri 25/26 Feb 2022	Victorian Track & Field championships (Week 2) – Lakeside Stadium
Sun 6 Mar 2022	Vic Masters 5000m track walk c'ships – Mentone (Dolamore Res)
Sat/Sun 19/20 Mar 2022	Victorian Masters Athletics T&F championships – Lakeside Stadium
Sat 26 Mar/Sun 3 Apr	Australian Track & Field championships – Olympic Park, Sydney
Fri/Mon 1/4 Apr 2022	Australian Masters Athletics T&F championships – Brisbane
Sat/Sun 23/24 Apr 2022	Australian Little Athletics championships - Melbourne
Sun 24 Apr 2022	AV 'Run The Tan' – Kings Domain, Melbourne
Sun 15 May 2022	Oceania & Australian 35km Race walking championship – Melbourne (TBC)

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

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