



HEEL & TOE Online

Vol. 2022
Issue No. 39
Tuesday
27 September
2022

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

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WALKER OF THE WEEK

*See 'Around The Country' on Page 3.



CLUB NEWS and RESULTS

** FIXTURE 2022-2023 SUMMER SEASON **

Mark Donahoo has finalized the dates for the 2022-23 summer racing program, with only one venue and the date of the AA 20km championship in 2023 yet to be confirmed.

Note that all races this season are listed as 'Come and Try' events. We would ask all members to encourage anyone of their acquaintance, whatever their age (friends, family, workmates, AV/LAVic or Masters clubmates, gym buddies, next-door-neighbours etc) whom they think would enjoy a new exercise experience, to come down on one of our race days and have a go. You may just set them on a sporting path they won't want to leave!

There is no race fee charged for a 'Come-and-Tryer's' first race.

*Please take note of the important information below regarding race entries:

VRWC Race entries

- As the race sheets are drawn up before race day, walkers are asked to enter online.
Entries close **10.00am Friday** for weekend races and **10.00am the day before** weekday races.
- Entries will be taken on the day.
- To enter online, go to the club webpage: www.vrwc.org.au
- Then click on the left side tab: [Pre-entering VRWC races](#)
- Click on the three bars at the top left of the page and select the race day and distance.
- If there are problems then email or text the race registrar:
mdonahoo@optusnet.com.au or 0428 331 550
- Entries for AA and AV Championships **MUST** be completed online, through the organisations website.

Check in before races

- Online entry Check in – at least 20 minutes before their race.
- 'Entry on the day' check-in closes 40 minutes before their race.

**** FLYER:** If you are able to, please circulate the FLYER attached to the email alongside this issue, amongst anyone you feel would be interested in race walking.

All the races below are 'Come and Try' races. If you have an interest in racewalking, come and try.

Tues 11th October 2022, VRWC Track Races **Aberfeldie Athletic Track**

Venue: Corio St Aberfeldie

7.00pm	1500m, 1100m	Open
7.15pm	5000m, 3000m	Open

Sun 16th October 2022, VRWC Road Races **Middle Park**

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

Sun 20th November 2022, 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
	1km	Open
9.45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	5km & 3km	Open
10.30am	Presentations	
11.00am	Annual General Meeting	

Thurs 1st December 2022, VRWC Track Races **Mentone Athletic Track (*TBC)**

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone

7.00pm	1500m, 1100m	Open
7.15pm	5000m, 3000m	Open

Sun 4th December 2022 **Fawkner Park, Melbourne**

Australian 35km Championship program: entries via AA website.

Thurs 12th January 2022, VRWC Track Races **Aberfeldie Athletic Track**

Venue: Corio St, Aberfeldie

7.00pm	1500m, 1100m	Open
7.15pm	5000m, 3000m	Open

Sun 15th January 2023, VRWC Road Races **Middle Park**

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

Date to be decided **Venue to be decided**

Australian 20km Summer Roadwalk Championship

Tues 7th February 2023, AV 5km teams race & VRWC Track Races **Mentone Athletic Track (*TBC)**

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone

7.00pm	1500m, 1100m	Open
7.15pm	AV 5000m Teams Championship	
7.15pm	5000m, 3000m	Open

* 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 Athletics Victoria entry portal.

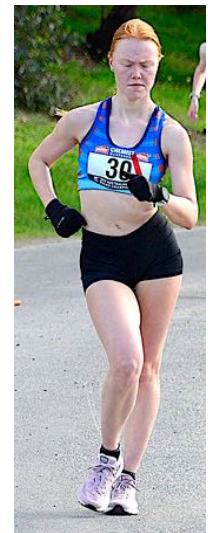
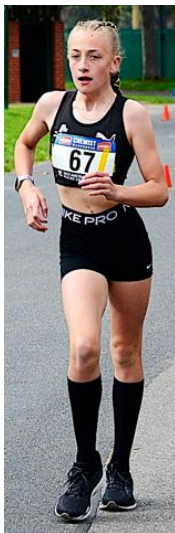


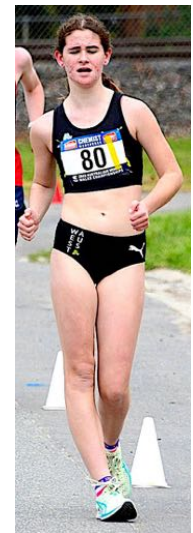
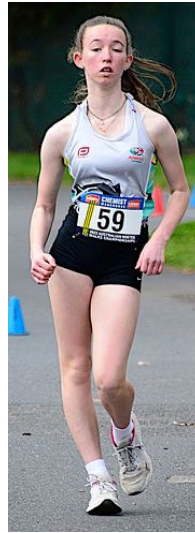
AROUND THE COUNTRY

** AA & RWA WINTER WALKS C'SHIPS - Photo Gallery **

In place of our usual Walker of the Week award, this week we feature a selection of VRWC photographer **Terry Swan's** images of some of the 120-plus walkers who attended the recent Winter Walks carnival at Middle Park. Among them are those who either won medals or just missed out, achieved PB performances or simply gave their all on the day. Each in their own way contributed to the colour, interest and success of the event, doing their bit to showcase our sport, and therefore deserves the WOTW accolade.

If your image isn't included in this gallery or amongst those in Issue 37, you should find it in the VRWC Facebook page (there are 4 albums dedicated to the championships).







***Our 'action' models (in mixed order) ...**

Marnie, Beau, Kaytee, Samuel, Lily, Mario, Makenna, Levi, Kodi, Sebastian, Donna-Marie, Emily, Alexander, Jillian, Alea, Ariana, Geromi, Natasha, Andrew, Mya, John, Xavier, Freya, Carolyn, Charlise, Milly, Kiara, Nicholas, Bridget, Oliver, Hana, Maya, Keenan, Hannah, Katie, Julia, Alejandro, Antoinette.

NEW SOUTH WALES

Last month we published results and pictures from two races in England, featuring young Aussies **Allanah Pitcher**, **Tim Fraser** and the VRWC's **Kate Siviour**. Back home again, Allanah is featured in this entertaining article from her hometown newspaper, *Coast Community News*:

Pitcher shines in UK race walking tour

by Terry Collins (reprinted from Coast Community News)

Allanah Pitcher, 18, of Terrigal continues to build her international race walking resume, scoring two firsts and a second place in the recent Australian U23 European tour, held in the UK.

Following her success at the 2022 World Race Walking Team Championships held in Oman in March, where she came seventh, Pitcher was one of 20 Australians selected to compete in the three-week European tour, with athletes from almost every discipline taking to the field.

The tour, which began on July 12, saw Pitcher compete in two races in England and one in Ireland.

Pitcher won the Under 23 English Championships, which was a 5km race walk held in Bedford.

She then competed in the AAI Games held in Ireland, coming second in the open 3km race walk. Returning to Bedford, Pitcher won the Open English Championships in a 5km race walk, recording a personal best time.



(Photo: Coast Community News)

“I really didn’t know what to expect,” she said. “It was unknown territory as we didn’t know who the other walkers would be. I really just had the goal of improving my own personal best – and I did that in the final race, where I completed the 5km in 23 minutes 39 sec, shaving eight seconds off my own PB.”

With the eventual goal of representing Australia at the Commonwealth Games and the Olympics in the future, Pitcher is concentrating for now on state and national competitions, with two coming up in Melbourne in September and December. “We have two seasons – the winter season on road and the summer season on track,” she said.

“I was really surprised to do so well in Oman, where I placed seventh in the Under 20 women’s race walk, as I was competing against athletes from all over the world. I would really like to qualify for the next World Championships in Oman, but this time in the Open division.”

Originally training as a runner, this is Pitcher's 10th year as a race walker. "As I was training with Frank Overton, I saw he also had athletes doing race walking and that really interested me," she said. "I really enjoy the group environment."

Pitcher continues to train with Overton on the Gosford track.

QUEENSLAND QMA results, Saturday 24 September – QSAC, Brisbane

5000m Race walk

Name	Age	Time	Age %
1 Brenda Gannon	W55	29:31.43	72.44
1 Erika Woodward	W56	30:22.43	77.07
1 Noela McKinven	W80	45:28.60	73.58
1 Peter Bennett	M66	32:29.63	72.73



INTERNATIONAL NEWS

FRANCE: 63rd Challenge Facoëtti-Dahm, 25 September – Montreuil, Paris

Emmanuel Tardi reports on the latest international competition held in France. The **Challenge Facoëtti-Dahm** is the oldest French race walking competition, becoming an international in 1965 and now with World Athletics elite status.

The blogspot **O Marchador** describes the meeting as "a beautiful event, organized excellently by the Club Athlétique de Montreuil 93, with the support of the city council and in which Jean-Pierre-Dahm, who is sentimentally very attached to the event, plays director, who lives very close to the (venue) and who continues a heritage that goes back to the times of Angelo Facoetti, the great inspirer of the competition and his father, Jean-Dahm, with the first edition taking place on April 12, 1959, passing in front of the "CAFÉ DU STADE", owned by Facoetti and with the victory of Albert Kratz, from CA Montreuil, internationalizing in 1965 with the 50 km and since 1997 it has been carried out in the distance of 20 km.

Emmanuel: 'I was appointed as racewalking judge this Sunday in Montreuil (an eastern suburb of Paris). It was the 63rd Challenge Facoëtti-Dahm (first was held in April 1959, it was not held in 2020 because of COVID). The race counts for the ranking of World Athletics Silver level. The initial kilometre took place on the track, then there were 19 laps (1km) on the road and in the stadium.

In the men's event, German **Hagen Pohle** started the faster (5k: 20'35", 10k: 41'13"), but **Aurelien Quinion** caught up with him at 17km. Unfortunately, he received a third red card and had to stay 2 minutes in the penalty area.

In the women race, it was an easy victory for Hungarian **Viktoria Madarasz**. 2nd was Italian **Alexandrina Mihai**. It was a new National record for 6th-placed Dutch walker **Anne Van Aniel**.

20km Men

Place	Name	Nat.	10k	20k
1.	Hagen POHLE	GER	41.13	1:22:45
2.	Aurélien QUINION	FRA	41.51	1:24:56
3.	Hugo ANDRIEU	FRA	45.09	1:32:54
4.	Jerome CAPRICE	MRI	46.39	1:33:16
5.	Tumisang PULE	RSA	46.02	1:33:33
6.	Come MARTIN	FRA	47.23	1:34:24
7.	Killian LEBRETON	FRA	46.40	1:34:31
8.	Aymeric HUE	FRA	46.02	1:34:47
9.	Roland LANDRON	FRA	47.23	1:35:53
10.	Hatem GHOULA	TUN	47.31	1:36:50
11.	Ludovic HADULA	FRA	48.06	1:37:48
12.	George WILKINSON	GBR	49.23	1:38:35
13.	Maxime MAZURE	FRA	50.06	1:39:32
14.	Benoit BERCHEBRU	FRA	50.17	1:39:38
15.	Vincent DE BONTIN	FRA	xx	1:42:03
16.	Sebastien BONTEMPS	FRA	52.12	1:45:18
17.	David ANNETTS	GBR	50.47	1:45:42
18.	Adrien ESCOFFIER	FRA	52.35	1:49:54
19.	Sebastian DELECOLLE	FRA	54.30	1:49:55
20.	David SÁNCHEZ	ESP	55.18	1:56:03

21.	Nicolas CHARBONNIER	FRA	56.34	1:58:01
22.	Philippe ROBIDOU	FRA	59.38	2:00:36
23.	Jocelyn BEURIER	FRA	58.08	2:01:37
24.	Didier TURETTE	FRA	59.16	2:05:17
	Pedro Luis SANTOS VILARIÑO	ESP	52.39	DNF
	David DURAND-PICHARD	FRA		DNF
	Florent BROU	FRA		DQ

20km Women

Place	Name	Nat.		20k
1.	Viktória MADARÁSZ	HUN	47.02	1:34:48
2.	Alexandrina MIHAI	ITA	48.01	1:35:59
3.	Jekaterina MIROTVORTSEVA	EST	49.28	1:38:14
4.	Vanessa DENISSELLE	FRA	50.34	1:42:43
5.	Paula JUAREZ	ESP	51.05	1:43:24
6.	Anne VAN ANDEL	NED	52.24	1:47:37
7.	Lucie CHAMPALOU	FRA	53.00	1:48:24
8.	Celia VIDALINC	FRA	59.09	1:54:32
9.	Jacqueline BENSON	GBR	59.17	1:59:47
10.	Melanie PEDDLE	GBR	59.46	2:00:11
11.	Myriam BEGEL	FRA	59.14	2:01:52
12.	Lucie BIZARD	FRA	59.16	2:05:19
13.	Christine CHOCHOY	FRA	62.55	2:08:56
	Adele DUCLOS	FRA	53.27	DNF
	Erika KELLY	GBR	54.07	DNF
	Dorothee DELAUNAY	FRA	58.13	DNF



20km medallists: *Pohle, Quinon, Madarasz and Mihai* (Photos: Guy Destre)

10km men U20

Place	Name	Nat.	10k
1.	Arvid KOCKEL	GER	44:28
2.	Jassam ABU EL WAFI	GER	45:52
3.	Nick Joel RICHARDT	GER	46:33
4.	Alan John COTTON	GER	50:03
5.	Ilyas MBARKI	MAR	50:52
	Eliot AUBRY	FRA	DNF

10km women U20

Place	Name	Nat.	10k
1.	Lena SONNTAG	GER	50:04
2.	Kylie GARREIS	GER	53:56
3.	Lea Anika OBENAU	GER	54:51
4.	Julia SCHMIDT	GER	54:51
5.	Lara Jolie FEIGL	GER	58:23
6.	Lucy STEFFEN	GER	58:49



The judges at Montreuil. (Emmanuel with blue arm band.)

BOOKS, FILM, DOCUMENTARIES

In ‘The Survivor,’ ESPN’s E:60 keeps up with Shaul Ladany’s long and dangerous walk through history

by *Michael Grant* (reprinted from *awfulannouncing.com*)



(Photo: ESPN)

On one hand, the word “lucky” seems woefully insufficient to describe the life of **Shaul Ladany**. On the other hand, it is accurate because the former Olympian racewalker has been extremely fortunate. At least three different times, Ladany could have died in historical and horrifying events. Yet, at the age of 86, he’s still here and still walking long distances. At the start of upcoming *E:60* installment *The Survivor*, Ladany matter-of-factly explains how he was able to persevere through the horrors of the Holocaust and the 1972 Munich Olympics Games.

“You did not need one lucky event to survive,” he said. “To survive, you needed a series of lucky events. Fortunately for me, I had them.”

Ladany is famous for having survived the World War II bombing of his childhood home in Yugoslavia by Germany at the age of five, being sent to the Bergen-Belsen concentration camp at the age of eight, and many years later narrowly avoiding being one of the 11 Israeli athletes killed by terrorists during the 1972 Olympic Games.

His multiple brushes with death have been discussed before. But they might be unknown to many. Ladany tells his life story to ESPN reporter *Jeremy Schaap* and producer/director Frank Saraceno, offering an updated perspective in time for *the 50th anniversary of the Munich massacre*.

In the *E:60* feature, it's extraordinary how vividly the octogenarian recalls the smallest of details. One of the memories that have stuck with him over the decades is him unsuccessfully straining to grab tomatoes. Tomato plants were growing between the concentration camp's two fences, just out of the reach of a starving child.

Bergen-Belsen had no gas chambers, but according to the Jewish Virtual Library website, "*an estimated 50,000 people died of starvation, overwork, disease, brutality, and sadistic medical experiments.*"

The Survivor thoroughly explains how a fortunate set of circumstances led to Ladany leaving Bergen-Belsen and eventually relocating to Israel. Terrible things happened and almost happened to Ladany, but his "luck" kept him one step ahead. That's the most compelling takeaway of his story.

Ladany's story includes an obscure sport. Most of us are familiar with track and field events like sprints, hurdles, and jumps. But *racewalking* is something that isn't widely watched. It seems like the only time it's discussed is during the Olympics. *The Survivor* gives a solid tutorial on racewalking and how it became Ladany's obsession. It's a test of mental and physical endurance, and Ladany excelled in it. He became a world-record holder and a two-time Olympian.

Participating in the 1972 Games in Germany, where he was once a child prisoner, must have been extremely gratifying. But those Olympics are forever remembered for the massacre. The details behind how Ladany managed to escape are stunning, and it's amazing to hear him discuss what happened.

In hindsight, it's surprising that the Games continued so soon after the tragedy. Following a 34-hour suspension of activities, International Olympic Committee president Avery Brundage said "The Games must go on."

The Israeli team left Munich. But one person didn't want to go. Ladany criticized Israel for pulling out of the Games. In *The Survivor*, Ladany still defends his position, calling Israel's departure the "wrong decision." Whether or not you agree with his opinion, it's fascinating to listen to Ladany remain firmly entrenched in his beliefs.

The Survivor also shows Ladany, accompanied by his granddaughter, returning to Bergen-Belsen and Munich. There is no moment where you see Ladany weeping uncontrollably. When Schaap asks him about his feelings at the moment, Ladany responds by saying "I'm not an emotional person. I'm a logical person."

Perhaps that's a way to cope with a lifetime of terrible moments. This is a meaningful story about an amazing person.



Shaul Ladany finishes the 50km at the Munich Olympics in 1972.

(Photo: *bbc.co.uk*)



Back in Germany after 50 years.

(Photo: *ESPN*)

(Editor's note:

The 'E:60' documentary can be seen on ESPN+. In the meantime, this link will lead to the source of the above article, which contains short YouTube trailers for the program. <https://awfulannouncing.com/olympics/the-survivor-e60-shaul-ladany-espn-walk-through-history.html>

If you cannot access ESPN+, there is another in-depth documentary on Shaul Ladany's life, made by *DW Documentary*. It is accessible at https://www.youtube.com/watch?v=D9-0N_awrCs

For a fascinating and entertaining read, there is a copy of Shaul's autobiography, *King Of The Road*, on the VRWC library shelf in the Clubroom.)

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.

- 25/09/2022 The 63rd edition of the Facchetti-Dahm Challenge
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4467
- 25/09/2022 Finals of the Italian U18 Clubs Championships: lights and shadows
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4466

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.

- Sunday, September 25, 2022 - Brasília competed in the 2022 Brazilian University Games (results)
<http://omarchador.blogspot.com/2022/09/brasil-ia-disputou-os-jogos.html>
- Friday, September 23, 2022 - Ladislav Moc (1931-2022) <http://omarchador.blogspot.com/2022/09/ladislav-moc-1931-2022.html>
The Czech Olympian, former world record holder and coach of Jozef Priblinec and Pavol Blazec has passed away.
- Thursday, September 22, 2022 = Máté Helebrandt and Viktória Madarász win walks of the Final de Clubes 2022 of Hungary. <http://omarchador.blogspot.com/2022/09/mate-helebrandt-e-viktoria-madarasz.html>
- Wednesday, September 21, 2022 - Gabriela Muniz and Paulo Henrique won the 20,000 meters march of the Brazilian Under-23 Championships - Cuiabá/2022 <http://omarchador.blogspot.com/2022/09/gabriela-muniz-e-paulo-henrique.html>

OTHER NEWS

- World Athletics places seven countries on competition manipulation watchlist.
https://www.bbc.com/sport/athletics/63011572?fbclid=IwAR1trpvgJ5G_xIirSxDzoiBPS4p5t_J7Dxc4vfPKLEyz-V0iSR2h4vLbtYI Following an investigation into what appears to be serious irregularities in reporting results for Olympic qualifying, seven countries - Albania, Armenia, Georgia, Kyrgyzstan, Moldova, Turkey and Uzbekistan - have been sanctioned.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 8 Oct 2022	AVSL Rd 1 walks (1500m, 3000m) – Zone A – Moonee Vly Ath Centre, Aberfeldie
Sat 15 Oct 2022	AVSL Rd 2 walks (1500m, 3000m) – Zone B – Duncan McKinnon Res, Murrumbreena
Sat 22 Oct 2022	AVSL Rd 3 walks (2000m, 5000m) – Zone A – Moonee Vly Ath Centre, Aberfeldie
Sat 29-Sun 30 Oct 2022	AV All Schools T&F c'ships Week 1 – Lakeside Stadium
Sat 5-Sun 6 Nov 2022	AV All Schools T&F c'ships Week 2 – Lakeside Stadium
Sat 12 Nov 2022	AVSL Rd 4 walks (2000m, 5000m) – Zone B – Duncan McKinnon Res, Murrumbreena
Sat 19 Nov 2022	AVSL Rd 5 walks (1500m, 3000m) – Zone A – Meadowglen Int. Ath. Stadium, Epping
Sun 20 Nov 2022	VRWC Summer c'ships & Annual General Meeting – Middle Park
Sat 3 Dec 2022	AVSL Rd 6 walks (1500m, 3000m) – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
Sun 4 Dec 2022	AA 35km Road walk c'ship – Fawkner Park

International Dates

TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC)	19 th World Athletics Championships – Budapest, HUN
13-25 Aug 2024	24 th World Masters T&F Championships – Gothenburg, SWE

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