



HEEL & TOE Online

Vol. 2022
Issue No. 41
Tuesday
11 October 2022

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

Editor: Stu Cooper stuwalks@yahoo.com.au

1921 VAWC-VRWC CENTENARY 2021



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/23564945988840>

** WALKER OF THE WEEK **



Gwen in action last May

Sometimes in athletics (as in other sports), it pays to be reminded that the best performances on a given day aren't necessarily done by the fastest in the field. Nowhere is this more the case than in the Masters ranks, where the natural speed of youth is an ever-receding memory for most. The focus tends to be, quite naturally, on the young turks with bright futures burning up the track out in front, while the older, slower athletes only come into shot when being lapped by them. Clock speed aside, however, those older walkers are every bit as (and sometimes more) competitive and keen to push themselves to the limit, and their successes against both their age peers and the limitations imposed on them by Father Time are as noteworthy as those of much younger athletes bearing no such stresses.

Readers and club members are already familiar with the achievements of the VRWC's Andrew Jamieson and Heather Carr on the Masters front. Now, stepping up to take her turn in the limelight (and this week's WOTW) is **Gwen Steed**, whose 1500m time of **10:48.2** – recorded last Saturday at Aberfeldie – will, when ratified, be a new Australian, Victorian and Club record in the W80-84y age group. Gwen's performance is even more remarkable given that health issues prevented her from competing in much of the Club's winter racing program this year. This time, however, she found a window open and dived through it, showing the grit and determination we know so well at the VRWC to set a new benchmark.

Congratulations, Gwen! We hope that all boxes are ticked and this new 1500m time can take its place beside your national 2000m and 3000m records.

(NOTE: A fine bio on Gwen – penned by her friend and Glenhuntly clubmate Heather Carr – can be found at <http://www.vrwc.org.au/tim-archive/articles/footprints%20-%20GWEN%20STEED.pdf>)

*Honourable mentions

- **Eden Morgan** (VIC) – a huge improvement over 3000m, ripping 1:13 from his PB to record **13:38.0**.
- **Riley Coughlan** (VIC) – smashed through the 13min barrier for the first time in **12:27.0**, which would have been a new Victorian U16 record had sufficient timekeepers been present. Next time ...
- **Ela Uzun** (VIC) – set new U12 and U13 Club records for 3000m with her time of **14:32.0**.



VICTORIA - METRO & REGIONAL



AVSL RESULTS

**** Metro Zone A: Round 1, Saturday 8 October – Moonee Valley Athletics Centre, Aberfeldie**

The new AVSL season got off to a bright start at Aberfeldie with 39 walkers in total toeing the line for the two races on offer. There were fireworks aplenty in the 3000m. **Kyle Swan** came to within a second of going sub-12mins. **Riley Coughlan 12:27.0** smashed through the 13min barrier for the first time, while **Eden Morgan 13:38.0** and **Kate Siviour 14:40.0** blitzed their PBs by more than 1min and 2mins respectively. 11yo **Ela Uzun** may have added another of Jemima Montag's Club records to her own tally, as well as breaking one of her own, with her **14:32.0**.

In the 1500m, the remarkable **Gwen Steed** inaugurated a new Club record in the Women's 80-84y age group – as well as setting new Australian and Victorian Masters records – with her time of **10:48.2**. Both Gwen's and Ela's records now await ratification, subject to whether sufficient timekeepers were present. We hope to report soon that all requirements were met.

3000m

Pl	Name	Club	Age	Time	Points	
1	Kyle Swan	(ANW)	MOP	12:00.0h	542	
2	Riley Coughlan	(KNA)	M16	12:27.0h	566	PB 0:39
3	Eden Morgan	(KNA)	M18	13:38.0h	497	PB 1:13
4	Ela Uzun	(ESS)	F14	14:32.0h	539	VRWC club rec U12, U13*
5	Kaitlyn Siviour	(WES)	FOP	14:40.0h	496	PB 2:14
6	Char Hay	(MUU)	F20	15:06.4h	478	
7	Daniel Pashutin	(KNA)	M14	15:36.6h	465	
8	Ariana Pashutina	(KNA)	F16	15:44.2h	483	
9	Jade Chitty	(WES)	F20	16:15.1h	432	
10	Havana Ali	(ESS)	F14	16:39.2h	467	
11	Danny Hawksworth	(ESS)	M40	16:40.9h	361	
12	Mietta Morgan	(KNA)	F14	17:07.9h	450	
13	Beau McKinnon	(KNA)	M14	17:18.5h	408	PB 0:20
14	Simon Evans	(BOH)	M60	17:28.0h	434	
15	David Smyth	(COL)	M50	17:38.9h	372	
16	Paul Kennedy	(KSB)	M65	18:29.4h	429	
17	Heather Carr	(GHY)	F70	18:42.6h	531	
18	Sarah Papadopoulou	(DIV)	FOP	20:08.4h	257	
19	Geoffrey Barrow	(MEN)	M70	21:50.1h	350	
-	Jaime Hvalica	(DIV)	M14	17:50.0h		

1500m

1	Emily Smith	(KNA)	F18	7:54.0h	444	
2	Trenton Hawkins	(PTN)	M40	8:17.8h	336	
3	Kerryn Walshe	(KSB)	F60	8:29.6h	520	
4	Donna-Marie Elms	(PTN)	F60	8:48.4h	503	
5	Timothy Erickson	(COB)	M70	8:52.3h	460	
6	Lewis McLennan	(DAC)	M14	9:05.3h	344	PB 0:47
7	Duncan Knox	(ESS)	M60	9:38.2h	340	
8	Emilie Garside	(YRA)	FOP	9:54.2h	262	
9	Laura McLennan	(DAC)	F45	10:08.1h	299	
10	Hamish McLennan	(DAC)	M14	10:19.5h	251	
11	Janice Hodgart	(WES)	F55	10:20.1h	359	
12	Clyde Riddoch	(WAM)	M65	10:26.2h	313	
13	Mark Tapping	(DIV)	M55	10:31.7h	244	
14	Gwen Steed	(GHY)	F70	10:48.2h	445	AMA, VMA & Club W80/84 recs*
15	Kim Peak	(DAC)	F55	10:50.9h	311	
16	Stephen Murphy	(ESS)	M60	10:52.8h	252	
17	Jo Moxon	(DIV)	F55	12:08.8h	230	
18	Brenda Cashin	(WES)	F55	13:36.5h	169	
-	Sarah Gittins	(DIV)	F50	DQ		

* subject to ratification



Aberfeldie action: Kyle and Riley take charge early, while Ela, Eden, Char, Havana, Beau, Ariana and Mietta also mean business.

(Photo: Ezo Ali)

**** Ballarat Zone: Round 1, Saturday 8 October – Llanberris Stadium, Ballarat**

It was the **Peart** Parade in the 3000m at Llanberris, with **Alanna** gradually returning to form after a break to win in **13:43.9** and **Scott** taking a sliver from his PB for **14:28.33**. Eureka's **Cody Wapshott** was a clear winner in the 1500m.

3000m

1	Alanna Peart	(BYC)	F20	13:43.90	
2	Scott Peart	(BYC)	M18	14:28.33	PB 0:01
3	Jemma Peart	(BYC)	FOP	15:21.83	
4	Sarah Brennan	(BYC)	F45	16:15.97	

1500m

1	Cody Wapshott	(EKA)	M14	9:38.92	
2	Leigh Benbow	(EKA)	M14	11:36.58	
3	Roslyn Ireland	(BWK)	FOP	12:02.54	
4	Olive Ireland	(BWK)	F60	12:29.41	

**** Bendigo Zone: Round 1, Saturday 8 October – Latrobe Uni Athletics Track, Flora Hill**

Following two impressive road walks at Middle Park in the winter, **Tate McQueen** has carried his good form onto the track with a strong win over 1500m recording **8:31.58** in his first outing over the distance. It'll be interesting to see his future results as the season progresses. It was a day for the young walkers in Bendigo with Tate's sister **Charlise** giving **Kate Wilson** a good contest, **9:07.24** to **9:02.24** respectively.

1500m

1	Tate McQueen	(EAG)	M14	8:31.58	First 1500m
2	Kate Wilson	(EAG)	F14	9:02.95	
3	Charlise McQueen	(EAG)	F14	9:07.24	
4	Amber Fox	(SBE)	F16	10:13.63	
5	John Watson	(BGO)	M70	12:16.77	
6	Wendy Ennor	(EAG)	F65	12:53.77	

Club codes

<i>ANW – Athletics Nunawading</i>	<i>DIV – Diamond Valley</i>	<i>MUU – Melbourne University</i>
<i>BGO - Bendigo</i>	<i>EAG – Eaglehawk</i>	<i>PTN – Preston</i>
<i>BOH – Box Hill</i>	<i>EKA – Eureka</i>	<i>SBE – South Bendigo</i>
<i>BWK – Brunswick</i>	<i>ESS – Essendon</i>	<i>WAM – Waverley</i>
<i>BYC – Ballarat YCW</i>	<i>GHY – Glenhuntly</i>	<i>WES – Western Athletics</i>
<i>COB – Coburg</i>	<i>KNA – Knox Athletics</i>	<i>YRA – Yarra Ranges</i>
<i>COL – Collingwood Harriers</i>	<i>KSB – Keilor St Bernards</i>	
<i>DAC - Doncaster</i>	<i>MEN – Mentone</i>	

**** Coming up this weekend ...**



***AVSL Round 2 – Saturday 15 October**

Entries for each round will open at 5pm on the Wednesday of the week prior to that round. Those entries will close at 12.00 noon on the following Wednesday. Note that entries for Round 2 close on **Wednesday 12 October at 12 noon**.

Metro – Murrumbidgee	1.00pm	1500m, 3000m walk (all ages)
Ballarat region	2.30pm	1500m, 3000m walk (all ages)
Bendigo region	1.45pm	1500m, 3000m walk (all ages)

ENTRIES

Metro – enter via Members Portal at <https://members.athsvic.org.au/events/>

Ballarat – enter via <https://bracbballarat.com.au/>

Bendigo – enter via <https://www.athleticsbendigo.org.au/>



CLUB NEWS and RESULTS

Sunday 16 October races ~~CANCELLED~~

We're sorry to have to inform members that, owing to inadequate entry numbers, the decision has been made to cancel the meeting this coming Sunday.

We now look ahead to our next Sunday race meeting – on 20 November – which is also our Annual General Meeting and Winter trophies day. Let's see a big turnout on the 20th!



AROUND THE COUNTRY

***JUDGES SEMINAR ... Saturday 3 December**

(Please note that this notice has been updated from the one posted in the last issue.)

With the Australian 35km championship taking place the following day at Fawkner Park, international judge **Zoe Eastwood-Bryson** will conduct the customary pre-race Judges seminar from 9.00am in the Cathy Freeman Room at Lakeside Stadium. (The early start is to enable judges rostered to judge at AVSL that afternoon sufficient time to reach the race venue.)

Applicants for the seminar should contact Di Lowden at dilowden39@gmail.com. Questions regarding *organisation* of the seminar should also be addressed to Di.

To assist with pre-planning, Zoe has requested that attendees send any *course content* questions they wish to raise in advance, along with any items in particular they want covered, to her at zeb@esc.net.au.



INTERNATIONAL NEWS

NETHERLANDS: Dutch and Belgian national championships, 2 October – Tilburg

Emmanuel Tardi reports from the Netherlands:

I was appointed as judge this Sunday in Tilburg for the Netherlands and Belgium national championships (35k for men and 20k for women.)

The race took place on the usual roller skating circuit. No elevation and a perfect road with a very large turn. Each loop was 1,564m long.

German **Nathaniel Seiler** easily won the 35k despite of 3.5 minutes in the penalty area.

In the women's 35k, the Polish walker **Agnieszka Ellward** led very easily the first 20k but suddenly decelerated and stopped. The German **Bianca Dittrich** won the race.

Anne Van Andel became Netherlands national champion for 20k.

Below is the main ranking. Note that the 'P' means non-judged racewalker.

35km Men

- 1/ Nathaniel Seiler GER 96 TV Bühlertal 2:43:32
- 2/ Rob Tersteeg NED 76 RWV 3:20:10 [NATIONAL CHAMPION](#)
- 3/ Peter Van Hove BEL 81 AC Herentals 3:27:55 [NATIONAL CHAMPION](#)
- 4/ Wilfried van Bremen NED 87 RWV 3:36:06
- 5/ Benjamin Leroy BEL 73 RACL 3:44:48
- 6/ André van Slooten NED 78 RWV 3:49:47
- P/ Rinus Meijers NED 59 HvB 4:02:18
- P/ Dick van Peer NED 63 HvB 4:02:46
- 7/ Arjan Lukken NED 67 DAK 4:19:32 (33km435)
- P/ Ronnie Timmermans NED 82 RWV 4:26:26 (33km435)
- DNF Michiel Tamerius NED 76 DAK
- DNF Olivier Colette BEL 88 CABW

35km Women

- 1/ Bianca Maria Dittrich GER 93 EHA-US 3:10:26
- 2/ Katrin Schusters GER 97 PSV Berlin 3:14:25
- P/ Anita de Roo NED 60 RWV 0:40:23 1:23:06 2:05:57 2:50:19 3:20:00 4:20:28 (30km306)
- DNF Agnieszka Ellward POL 89 WSK Flota Gdynia
- DNF Anett Torma HUN 84 V GYAC

20km Men

- 1/ Pascal Artus GER 88 Eintracht Frankfurt 1:50:03
- 2/ Theo Koenis NED 51 Hollandia 2:18:03
- 3/ Reinhard Krüger GER 60 PSV Berlin 2:18:42
- 4/ Stefan Lehmann GER 51 PSV Berlin 2:21:15

20km Women

- 1/ Anne van Andel NED 90 DAK 1:52:23 [NATIONAL CHAMPION](#)
- 2/ Loes van Bremen NED 86 RWV 2:09:26
- 3/ Jacqueline van Drongelen NED 69 DAK 2:15:33
- 4/ Larissa Droogendijk NED 72 RWV 2:18:22
- 5/ Antje Köhler GER 61 Droste Running Team 2:19:28
- 6/ Liesbet De Smet BEL 82 Duffel AC 2:27:30 [NATIONAL CHAMPION](#)
- 7/ Ellen Piedfort BEL 82 AC Herentals 2:32:11
- 8/ Muriel Oger BEL 64 SMAC 2:35:50
- 9/ Sandra Maas NED 85 RWV 2:43:35

10km Men

- 1/ Norbert Toth HUN 01 H.Jzondi 42:40
- 2/ Remco de Bruin NED 64 RWV 55:53
- 3/ Henk Plasman NED 57 Generaal Michaelis 58:25
- 4/ Bernd Ocker Hölter GER 46 PSV Berlin 1:12:42
- 5/ Otmar Seul GER 43 LAZ Birkenfeld 1:26:14

10km Women

- 1/ Kate Veale IRL 94 West Waterford 49:14
- 2/ Britta Bauer GER 83 VFL 1860 Marburg 59:41

3/ Renate Köhler GER 49 TV Jahn Delmenhorst 1:17:28
4/ Helga Dräger GER 39 LG Esslingen 1:41:23



Seiler



Veale and Tersteeg



Toth



Van Aniel



Van Hove

(Photos: Emmanuel Tardi)

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.

- 09/10/2022 Monthey (SUI) - Swiss Track Championships and Epinassay – Mex
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4474
- 09/10/2022 Takahata (JPN): October 23 will host the 59th All Japan 35km Race Walk Takahata
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4473
- 07/10/2022 Kimberly Garcia and Perseus Karlstrom are the winners of the World Race Walking Tour 2022
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4472
The women's top 10 list of pointscorers is of interest to Aussie walking fans:

1st: Kimberly Garcia Leon (PER), 4.030 points
2nd: Shenjie Qieyang (CHN), 3.989
3rd: Jemima Montag (AUS), 3.854
4th: Katarzyna Zdzieblo (POL), 3.843
5th: María Pérez (ESP), 3.746
6th, Laura Garcia-Caro (ESP), 3.740
7th: Li Maocuo (CHN), 3.725
8th: Viviane Lyra (BRA), 3-638
9th: Viktória Madarász (HUN), 3.535
10th: Ana Cabecinha (POR), 3.523

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.

- Monday, October 10, 2022 - Norbert Tóth and Kate Veale, double winners in walking events in Switzerland.
<http://omarchador.blogspot.com/2022/10/norbert-toth-e-kate-veale-duplos.html>
- Sunday, October 9, 2022 -Canada - "Fall Classic" Race Walks & Ontario 20Km (results)
<http://omarchador.blogspot.com/2022/10/canada-fall-classic-race-walks-ontario.html>
- Saturday, October 8, 2022 - Colombia - ASCUN 2022 University Games (results)
<http://omarchador.blogspot.com/2022/10/colombia-jogos-universitarios-ascun.html>

- Friday, October 7, 2022 - Kimberly García (Peru) and Perseus Karlström (Sweden) win the 2022 World Race Walking Tour <http://omarchador.blogspot.com/2022/10/kimberly-garcia-peru-e-perseus.html> Another report on the World Tour rankings for 2022.
- Thursday, October 6, 2022 - Andrea Cosi and Alexandrina Mihai victorious at the Club Championships of Italy (U23) in Modena <http://omarchador.blogspot.com/2022/10/andrea-cosi-e-alexandrina-mihai.html>
- Wednesday, October 5, 2022 - Victories of José Manuel Pérez and Ainhoa Pinedo in the «Trofeo de Marcha Villa de Nerja» 2022 <http://omarchador.blogspot.com/2022/10/vitorias-de-jose-manuel-perez-e-ainhoa.html>
- Tuesday, October 4, 2022 - Ram Baboo broke India's national record in the 35km march <http://omarchador.blogspot.com/2022/10/ram-baboo-bateu-o-recorde-nacional-da.html>

BOOKS, FILM, DOCUMENTARIES

Steve Barry's Brisbane triumph remembered

Thanks to David Ainsworth for passing on this item, which he received from Bill Sutherland, on the 1982 Brisbane Commonwealth Games 30km:

The 7th October marked 40 years since **Steve Barry** triumphed for Wales in winning the 30 Kms Walk at Brisbane, Australia in a brilliant 2 hrs 10 mins 16secs. He was 31 and always an exciting walker to watch in action displaying a very fair and aggressive style. Taking the lead at the 5 kms water station was a brave action against strong opposition, but from thereon he never faltered. He came from a Boxing family background with his outstanding father being Dai Barry. From my personal point of view those many trips to Wales and Roath Labour Club in particular were greatly enjoyed by myself and so many others. Certainly deserves a special mention in Essex Walker and beyond!

With **Willi Sawall** spearheading the green 'n' gold challenge in Brisbane, accompanied by **Tim Erickson** and international newcomer **Andrew Jachno**, Australian walks fans had high hopes for success in that race. That things did not go as planned for the Aussies, while disappointing for us, didn't detract one iota from the display of raw power turned on by Welshman Barry in winning the gold medal so convincingly, nor from the walks of the Canadians **Marcel Jobin** and **Guillaume Leblanc** in grabbing the placings.

The YouTube clip below provides the best available footage I have seen of Barry's pugnacious technique and the duel between himself and Sawall early on. (In April of that year I had witnessed – from the unique perspective of the lapped walker – Steve Barry winning the English 10 miles championship, and I anticipated a battle royal between him and Willi in Brisbane.)

So – click on the link below and treat yourself to an awesome display of race walking dominance.

<https://www.youtube.com/watch?v=DPfDg9dnPro>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 15 Oct 2022	AVSL Rd 2 walks (1500m, 3000m) – Zone B – Duncan McKinnon Res, Murrumbeena
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, Murrumbeena
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	AA Walk Judging Seminar – Cathy Freeman Room, Lakeside Stadium (<i>see advert in this issue</i>)

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
2023
Fri 6 Jan 2023 Race Supernova #1 (WA RW Tour Silver) – Canberra ACT
Thu 2 Feb 2023 Race Supernova #2 (WA RW Tour Silver) – Canberra ACT
Sat 11 or Sun 12 Feb 2023 TBC AA 20km Road walking c'ship – Fawkner Park

International Dates

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

(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 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

****SPECIAL REQUEST***

As with last week, below is a poster we are asking all VRWC members and friends to copy/print and circulate as widely as they can.
If the poster succeeds in attracting even **one** new member to the Club ... *so have you!*

Come and try **Racewalking
with the*



Victorian Race Walking Club

This summer, the Victorian Race Walking Club is holding both track and road walks.
Come along, try racing with the club that has had an Olympic Representative since 1948.

- There is no entry fee for first time walkers to the club.
 - Returning walkers only pay \$10 to race.
- Everyone can race, including Little Athletic Club walkers, AV walkers and Master's walkers.
 - Those who are new to racewalking are also most welcome
- Pre-enter on the website or enter on the day, up to 30 minutes before the event
 - More details are on our website: www.vrwc.org.au

Season program 2022- 2023

October 2022

Tuesday 11th Oct 2022 Distances: 7.00p: 1100m, 1500m. 7.15pm 3000m, 5000m Aberfeldie Track

November 2022

Sunday 20th Nov 2022 Distances: 8.30a: 20k. 8.50am: 10km 9.25a: 1k, 1.5k. 9.45am: 3km, 5km Middle Park

December 2022

Thursday 1st Dec 2022 Distances: 7.00p: 1100m, 1500m. 7.15pm 3000m, 5000m Mentone Track
Sunday 4th Dec 2022 Australian 35km Championship program Fawkner Park, Toorak

January 2023

Thursday 12th Jan 2023 Distances: 7.00p: 1100m, 1500m. 7.15pm 3000m, 5000m Aberfeldie Track
Sunday 15th Jan 2023 Distances: 8.30a: 10k, 15k, 20k. 9.15a: 3k, 5k. 9.40am: 1km, 2km Middle Park

February 2023

Tuesday 7th Feb 2023 Distances: 7.00p: 1100m, 1500m. 7.15pm 3000m, 5000m Mentone Track



President: Stuart Cooper- stuwalks@yahoo.com.au
Treasurer: Karyn O'Neil- treasurer@vrwc.org.au

Secretary: Terry Swan- secretary@vrwc.org.au
Registrar: Mark Donahoo- 0428331550

**Come and try Racewalking with the*



Victorian Race Walking Club

This summer, the Victorian Race Walking Club is holding both track and road walks. Come along, try racing with the club that has had an Olympic Representative since 1948.

- There is **no entry fee** for **first time** walkers to the club.
 - Returning walkers only pay \$10 to race.
- Everyone can race, including Little Athletic Club walkers, AV walkers and Master's walkers.
 - Those who are new to racewalking are also most welcome
- Pre-enter on the website or enter on the day, up to 30 minutes before the event
 - More details are on our website: www.vrwc.org.au

Season program 2022- 2023

October 2022

Tuesday 11th Oct 2022
Sunday 16th Oct 2022

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m
Distances: **8.30a:** 10k, 15k, 20k. **9.15a:** 3k, 5k. **9.40am:** 1km, 2km

Aberfeldie Track
Middle Park

November 2022

Sunday 20th Nov 2022

Distances: **8.30a:** 20k. **8.50am:** 10km. **9.25a:** 1k, 1.5k. **9.45am:** 3km, 5km

Middle Park

December 2022

Thursday 1st Dec 2022
Sunday 4th Dec 2022

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m
Australian 35km Championship program

Mentone Track
Fawkner Park, Toorak

January 2023

Thursday 12th Jan 2023
Sunday 15th Jan 2023

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m
Distances: **8.30a:** 10k, 15k, 20k. **9.15a:** 3k, 5k. **9.40am:** 1km, 2km

Aberfeldie Track
Middle Park

February 2023

Tuesday 7th Feb 2023

Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m

Mentone Track



President: Stuart Cooper- stuwalks@yahoo.com.au
Treasurer: Karyn O'Neill- treasurer@vrwc.org.au

Secretary: Terry Swan- secretary@vrwc.org.au
Registrar: Mark Donahoo- 0428331550