



HEEL & TOE Online

Vol. 2022
Issue No. 43
Tuesday
25 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/235649459888840>

VALE BARBARA GARDINER



I am deeply saddened to have to inform members that club Life member **Barb Gardiner**, beloved wife of Club legend Bob and devoted mother to Scott and Kelly, passed away this morning after an extended period of illness.

Barb will live on in the memories of many present and past VRWC members as a tireless worker for the Club for over 40 years. Alongside Elsie Jacobsen, Joyce Summers, Kate Suich, Marlane Stanway and others, Barb was crucial in running the Canteen and organizing social functions and fundraisers. The healthy financial position in which the VRWC finds itself today is due in no small part to the work of this sweet and energetic lady.

The VRWC extends its sincere sympathy to Bob, Scott, Kelly, their wider family and friends. I will issue a detailed notice of funeral arrangements as soon as I hear of them.

In the meantime, I recommend reading Barb's Life membership bio for a fuller picture of her contribution to our Club, at <http://www.vrwc.org.au/vrwcclifebgardiner.shtml>

Stu Cooper

** WALKER OF THE WEEK **

This week's WOTW goes to Collingwood's **Marcus Wakim**. After a year of terrific progress across all distances, Marcus, 16, produced his fastest-ever 5000m at Doncaster last Saturday, ripping 27secs from his PB to record **21:19.0** in yet another big step towards the big time.

In recent times Marcus has seldom had anyone of his speed or better to push him throughout a race, yet the opportunity came this time in the form of Kyle Swan (the race winner in 20:28.3) Marcus took full advantage, keeping the Olympian in sight and slipping back only gradually. A sub-21min is surely within reach for him before the season is over.

Well done, Marcus ... and all the best for the rest of the summer.

**Honourable mentions:*

- **Gwen Steed** (VIC) – two more W80 Masters records (VMA and VRWC), this time over 2000m at Doncaster with her time of **14:17.8**
- **Daniel Pashutin** (VIC) – first male home in Heat 1 of the Doncaster 2000m with a 24sec PB of 10:03.3.
- **Mietta Morgan** (VIC) – a big 21sec improvement over 2000m in recording **10:54.8**.





CLUB NEWS and RESULTS

* CLUB RECORDS RATIFIED *

Congratulations to **Gwen Steed** and **Ela Uzun** on the ratification of their recent Club records, set during the first two rounds of AVSL track competition:

Gwen Steed:	W80 1500m – 10:48.2 (Aberfeldie 8/10/22)	Also new AMA record
	W80 3000m – 21:41.3 (Murrumbeena 15/10/22)	Also new AMA record
Ela Uzun:	U12 & U13 3000m – 14:32.0 (Aberfeldie 8/10/22)	
	U12 & U13 3000m – 14:19.01 (Murrumbeena 15/10/22)	New Victorian U13 record

There are also several record claims from the Winter season awaiting ratification, posted by **Andrew Jamieson**, **Ela Uzun** and **Havana Ali**. There is also a retrospective record for the 35km by **Dion Russell**. All will be considered by the committee before the end of the year.



VICTORIA - METRO & REGIONAL



AVSL RESULTS

** Metro Zone A: Round 3, Saturday 22 October – Tom Kelly track, Doncaster

The morning deluge lifted sufficiently at Doncaster to allow a full program of events to take place, albeit in high humidity which challenged walkers and distance runners alike – but, better than more deluge!

As reported in WOTW, **Marcus Wakim** kept **Kyle Swan** in sight and posted a huge PB of his own with **21:19.0** in what was the performance of the day. The conditions took their toll on the rest of the 5k field but all stuck to the task in what became an endurance test.

A huge entry of 45 for the 2000m required holding two heats, with **Char Hay** and **Kylie Irshad** taking line honours in **9:47.1** and **10:49.4** respectively. Heat 1 saw **Daniel Pashutin** and **Mietta Morgan** have excellent races, posting big PB times of **10:03.3** and **10:54.8**. Diamond Valley's **Jaime Hvalica** posted a very promising first up 2k time of **10:52.0**, while the **McLennan** brothers also joined the PB party. Good to see **David Smyth** returning to form with **11:22.8** after a troublesome period of health issues.

Heat 2 was notable for yet another record-setting effort from **Gwen Steed**, whose **14:17.8** posted inaugural W80 marks for both VMA and VRWC. Well done, Gwen ... they'll take some breaking.

5000m

Pl	Name	Club	Age	Time	Points	
1	Kyle Swan	(ANW)	MOP	20:28.3h	533	
2	Marcus Wakim	(COL)	M18	21:19.0h	538	PB 0:27
3	Riley Coughlan	(KNA)	M16	23:01.3h		
4	Mark Blackwood	(KNA)	M45	23:37.4h	483	
5	Eden Morgan	(KNA)	M18	24:34.4h	461	
6	Ariana Pashutina	(KNA)	F16	28:27.4h		
-	Jade Chitty	(WES)	F20	DQ		
-	Kaitlyn Siviour	(WES)	FOP	DQ		
-	Rupert Van Dongen	(MEN)	M45	DQ		

2000m Heat 1

1	Char Hay	(MUU)	F20	9:47.1h	500	
2	Daniel Pashutin	(KNA)	M14	10:03.3h	474	PB 0:24
3	Maddison Nash	(KNA)	F18	10:22.8h	479	
4	Danny Hawksworth	(ESS)	M40	10:33.9h	388	

5	Emily Smith	(KNA)	F18	10:44.4h	459	
6	Jaime Hvalica	(DIV)	M14	10:52.0h	433	First 2000m
7	Trenton Hawkins	(PTN)	M40	10:54.3h	363	
8	Mietta Morgan	(KNA)	F14	10:54.8h	482	PB 0:21
9	Natalie Laurie	(ANW)	FOP	11:04.6h	423	
10	Jonathan Ho	(WYN)	M20	11:13.8h	343	First 2000m
11	Beau McKinnon	(KNA)	M14	11:15.5h	413	
12	Simon Evans	(BOH)	M60	11:21.9h	437	
13	David Smyth	(COL)	M50	11:22.8h	385	
14	Kerryn Walshe	(KSB)	F60	11:26.5h	524	
15	Tayla Borg	(DIV)	F18	11:40.6h	404	
16	Timothy Erickson	(COB)	M70	11:51.9h	468	
17	Donna-Marie Elms	(PTN)	F60	12:07.7h	495	
18	Bernie Keirl	(DIV)	M55	12:12.5h	361	
19	Heather Carr	(GHY)	F70	12:18.3h	541	
20	Lewis McLennan	(DAC)	M14	12:25.2h	339	PB 0:58
21	Laura McLennan	(DAC)	F45	12:34.3h	388	
22	Duncan Knox	(ESS)	M60	12:55.7h	351	
23	Sarah Papadopoulos	(DIV)	FOP	13:05.1h	280	
24	Hamish McLennan	(DAC)	M14	13:07.7h	294	PB 0:35
25	Phillip Dunstone	(WES)	M50	13:16.9h	267	
26	Clyde Riddoch	(WAM)	M65	14:06.7h	318	
27	Ross Reid	(COL)	M65	14:16.4h	308	
28	Merilyn Thompson	(MPA)	F55	14:19.7h	338	
29	Geoffrey Barrow	(MEN)	M70	14:30.3h	339	
-	Giles Debeljak	(OSC)	M16	DQ		

2000m Heat 2

1	Kylie Irshad	(GHY)	F50	10:49.4h	508	
2	Paul Kennedy	(KSB)	M65	12:11.4h	425	
3	Jeevi Siva	(PTN)	M40	13:41.8h	199	First 2000m
4	Emilie Garside	(YRA)	FOP	13:50.3h	242	
5	Janice Hodgart	(WES)	F55	14:11.8h	348	
6	Gwen Steed	(GHY)	F70	14:17.8h	461	VMA/VRWC Club rec W80
7	Kim Peak	(DAC)	F55	14:26.8h	330	
8	Kate Ryan	(DIV)	F40	14:48.5h	225	
9	Jo Moxon	(DIV)	F55	15:24.6h	277	
10	Brenda Cashin	(WES)	F55	17:25.6h	194	
11	Arunan Arumainayagam	(DIV)	M45	17:47.3h	117	
-	Aylaa Arunan	(DIV)	F14	DQ		
-	Ben Hodgart	(WES)	MOP	DQ		
-	Darren Corden	(DIV)	M50	DQ		
-	Joshua Corden	(DIV)	M14	DQ		

**** Ballarat Zone: Round 3, Saturday 22 October – Llanberris Stadium, Ballarat**

The Llanberris track is seldom 'Peart-less' in the summer. This being one of those times, **Fraser Saunder** and **Sarah Brennan** found themselves in time trial mode. (Keep working at it, Cody!)

3000m

1	Fraser Saunder	(BYC)	M20	13:05.12	
-	Cody Wapshott	(EKA)	M14	DQ	

1500m

1	Sarah Brennan	(BYC)	F45	7:33.90	
---	---------------	-------	-----	---------	--

**** Bendigo Zone: Round 3, Saturday 22 October – Latrobe Uni Athletics Track, Flora Hill**

Bendigo events were cancelled due to heavy rain.

Club codes

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

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



***AV All Schools T&F c'ships 29 & 30 October – Lakeside Stadium**

11.45am	3000mW	U14 Boys & Girls
12.15am	3000mW	U16 Boys & Girls
1.45pm	5000mW	U20, U18, U17 Boys U20, U17 Girls



AROUND THE COUNTRY

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

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.

NEW SOUTH WALES ANSW Treloar Shield Round 2, 15 October – The Crest AC, Georges Hall

The NSW track season is underway, with a full program of walks on offer in the 2nd round of the Treloar Shield. **Elizabeth MacMillen** and **Dylan Richardson** were clear winners in the Open 5000m, both showing good form after strong winter campaigns.

Women 3000 Metre Race Walk Under 18

1 Grace Beck	14 Wests Track	15:37.50
2 Jessica Loring	13 Parramatta C	15:43.94
3 Danelia Samuel	14 Winston Hill	16:34.25
4 Caetlin Ashby	13 Gosford Alls	16:38.48
5 Stella Pinches	13 Adamstown Ne	16:58.71
6 Amelia Crocker	16 Sutherland D	17:39.81

Women 5000 Metre Race Walk Open

1 Elizabeth McMillen	18 Sydney Pacif	23:26.49
2 Bridget Bell	20 Wests Track	26:11.17
3 Ciara Cassilles	15 Westfields A	26:19.62
4 Aiva Pinches	16 Adamstown Ne	26:37.88
5 Chelsea Roberts	16 Wests Track	27:49.16
6 Ella Munroe	16 Hills Distri	29:13.63
7 Lilah Norden	15 Kembla Joggers	30:54.58
8 Jessey Bektas	15 Nepean Distr	31:04.95
9 Abbey Bektas	15 Nepean Distr	31:04.99
10 Laura Corvalan Sotomayor	14 Girraween At	32:30.80
-- Lily Horne	12 Wests Track	DQ

Women 3000 Metre Race Walk Masters 50+

1 Anne Weekes	60 Illawong Rev	21:05.13
-- Heather Lee	96 NSW Masters	DNF
-- Deborah Engeler	60 Illawong Rev	DNF

Men 3000 Metre Race Walk Under 18

1 Dylan Allabush	14 Wests Track	14:51.17
2 Alexander Sinnett	14 Wests Track	15:26.62
3 Jaxson Horton	13 Westfields A	16:29.34
4 Aidan Pospischil	15 Winston Hill	17:56.48
5 Kane Robson	14 Hills Distri	18:33.53

Men 5000 Metre Race Walk Open

1 Dylan Richardson	22 Mingara Regi	22:08.58
2 Carl Gibbons	26 Westlakes At	22:43.87
3 Jack McGinniskin	20 Mingara Regi	23:05.46
4 Raven Pyda	18 Westfields A	25:05.34
5 Myles Ashby	15 Gosford Alls	25:12.66
6 Jack Robson	17 Hills Distri	26:24.42
7 Brendan Pospischil	17 Winston Hill	29:27.23
8 Brodie Spamer	15 Macquarie Hu	29:38.81
-- Darcy Bell	16 Wests Track	DNF
-- Alexander Braendle	12 Wests Track	DQ

Men 3000 Metre Race Walk Masters 50+

1 Brendon Hyde	77 Sydney Unive	26:34.50
-- Geoff Darby	68 Sutherland D	DQ

SOUTH AUSTRALIA ASA Track meeting, 22 October – Elizabeth

According to **Kim Mottrom**, conditions were humid and wet during during the races at Elizabeth, but some good times were recorded.

Open 3000m

Kim Mottrom	SA Masters	13:37.30
Sebastian Richards	Southern Athletics Club	14:17.40
Anthony Tana	Southern Athletics Club	15:31.70
Rhiannon Lovegrove	Port Adelaide	16:04.00
Cooper Rech	Coastal Districts	16:11.30
Katie De Ruvo	Western Districts	16:13.10
Samuel Wilks	Pembroke	17:16.70
Melissa Grantham	SA Masters	17:29.00
Peter Crump	Saints	18:19.50
Jordan McKenna	Unattached	19:24.70

Open 1500m

Orlando Grantham	Saints	8:04.00
Matilda Gourlay	Southern Athletics Club	8:08.00
Matilda Rech	Coastal Districts	9:47.50
Di Camilleri	Coastal Districts	11:36.20

TASMANIA Tas Masters T&F, 19 October – Domain Ath Centre, Hobart

Report from **David Moore** and **Rosemary Coleman**:

With no Walks at Interclub this week, **Wayne Fletcher** strode home for a comfortable solo effort at Masters on Wednesday night.

October 2022 is a special month for **Wayne**, with it being the start of his 60th consecutive season of Athletics (which also coincides with the 60th Anniversary of Wayne's Club, the Northern Suburbs Athletics Club).

Wayne estimates he has represented his Club across some 6700 events (across all disciplines) over the 60 years. This is as well as officiating from Club level through to the Olympic Games.

The TRWC congratulates Wayne on a lifetime in Athletics.

Results 3000m Walk

1. Wayne Fletcher NS 26:13

(EDITOR'S NOTE: The Victorian Race Walking Club also congratulates Wayne on his long career of service, in particular having reached the heights of walk judging at International level. Well done, Wayne!)



WESTERN AUSTRALIA WARWC results, 23 October – Perry Lakes, Perth

Terry Jones reports that conditions were overcast but fine for the first WARWC fixture of the summer. Following the races, the club held its Winter trophy presentations.

Some of the distances in today's races were held on a short course, resulting in deceptively fast times. The 1.5km and 3km times were thus notionally calculated.

10k

Andrew Duncan	51.36
Xavier Bernard	54.30
Karyn Tolardo	1:03:19
Wendy Farrow	1:08:17
Marcela Ruiz	1:14:42

5K

John Ronan	22.46
Fiona Van Heerwaarden	33.47
Glenys Duncan	48.11

3K

Kaytee Bogaers	16.31
Ashlyn Spence	17.50
Isabelle Curtis	18.26

1.5K

Lachlan Nichols	7.09
Dylan Sardelich	7.09
Gabriel Van Heerwaarden	7.40
Hunter Sardelich	9.39



NATIONAL ALL-TIME LISTS – 3000m Track walk

With the 2022-23 Track season now in full swing, it is timely to look at the most recent all-time lists of best performances for the standard track walking distances. They make interesting reading from an historical perspective and, hopefully, as an incentive for further progress in our current walkers.

We start with the **3000m track** lists, male and female. These are current as of 19 October 2022, as compiled by AA statistician **Paul Jenes**.

3000m Track Walk Men

10.54.70	Dane Bird-Smith	Q	150792	Brisbane	11 Feb 2017
10.56.22	Andrew Jachno	V	130462	Melbourne	7 Feb 1991
10.59.04	Luke Adams	N	221076	Cork, IRL	3 Jul 2010
11.00.56	Dave Smith	V	240755	Perth	24 Jan 1987
11.11.45	Nick A'Hern	N	060169	Melbourne	7 Feb 1991
11.13.77	Jared Tallent	V	171084	Sydney	28 Feb 2009
11.16.2h	Troy Sundstrom	N	300581	Sydney	27 Nov 1999
11.17.0h	Nathan Deakes	V	170877	Melbourne	10 Dec 1998
11.21.86	Adam Rutter	N	241286	Sydney	28 Feb 2009
11.23.2h	Steve Beecroft	V	140371	Melbourne	13 Jan 1994
11.26.0h	Simon Baker	V	060258	Sollentuna, SWE	7 Jul 1989
11.27.0h	Michael McCagh	W	160486	Sydney	17 Feb 2007
11.28.2h	Willi Sawall	V	071141	Melbourne	15 Mar 1980
11.28.83	Chris Erickson	V	011281	Sydney	18 Feb 2012
11.29.7h	Brent Vallance	N	300472	Sydney	6 Dec 1997
11.32.9h	Doug Connolly	N	301082	Sydney	27 Nov 1999
11:33.03	Declan Tingay	W	060299	Perth	6 Nov 2020
11.33.10	Rhydian Cowley	V	040191	Brisbane	14 Feb 2015
11.38.8h	Liam Murphy	S	050679	Adelaide	13 Nov 1999
11.42.7h	Damien O'Mara	N	031075	Sydney	4 Jan 1997
11.45.5h	Paul (Copeland) van Kopplen	V	250467	Melbourne	16 Jan 1992
11.46.09	Anthony Miles	Q	301171	Brisbane	16 Nov 1991
11.47.2h	Jon Gawley	N	080580	Sydney	16 Jan 1999
11:47.5h	Kyle Swan	V	280399	Melbourne	18 Dec 2021
11.47.6h	Dion Russell	V	080575	Melbourne	2 Dec 1993
11.49.53	Ian Rayson	N	040288	Canberra	7 Feb 2014
11.49.7h	Travis Harbour	V	121275	Melbourne	1 Feb 1997
11.50.2h	Darren Bown	S	300674	Adelaide	30 Oct 1999
11.50.6h	Mike Harvey	V	051262	Melbourne	1 Mar 1986
11.51.0h	Greg Robertson	T	231269	Hobart	19 Jan 1991
11.52.3h	Craig Brill	V	101167	Melbourne	15 Nov 1990
11:52.34	Carl Gibbons	N	190696	Mingara	26 Feb 2021
11.53.3h	Tim Erickson	V	231150	Melbourne	15 Nov 1980
11:54.43	Tristan Camilleri	S	140201	Adelaide	6 Feb 2021
11.54.75	Noel Wooler	Q	190575	Brisbane	25 Jan 1996
11.56.73	Brendan Reading	A	260189	Canberra	18 Nov 11
11.58.3h	Rob McFadden	S	150366	Adelaide	6 Jan 88
11.58.4h	Daniel Thorne	V	191279	Geelong	27 Oct 01
11.58.8h	Craig Jeffery	V	120568	Melbourne	30 Jan 92
12.00.0h	Mark Blackwood	V	251177	Melbourne	11 Feb 97
12.00.3h	Mike Woods	N	111062	Sydney	13 Mar 82
12.00.5h	Dominic McGrath	V	040672	Melbourne	7 Nov 96
12.01.69	Dariusz Wojcic	V	240959	Melbourne	10 Dec 91
12.01.9h	Ian Waters	V	010467	Melbourne	2 Dec 93
12.02.1h	Mark Donahoo	V	270558	Melbourne	2 Dec 1993

12:02.11	Tyler Jones	N	080498	Maitland	28 Nov 2021
12:02.41	Brad Aiton	Q	200694	Brisbane	6 Nov 2010
12:03.0h	Rohan Best	T	240273	Hobart	2 Feb 1991
12:03.15	Carl Gibbons	N	190696	Mingara	30 Jan 2021
12:04.9h	Owen Toyne	A	190607	Canberra	15 Oct 2022
12:08.1h	Jarred Russell	V	120680	Melbourne	27 Jan 2000
12:08.58	Matt Golebiowski	N	200480	Hobart	12 Dec 1997
12:09.7h	Paul Kennedy	V	030457	Melbourne	15 Jan 1994
12:10.11	Jesse Osborne	Q	210195	Brisbane	12 Nov 2011
12:10.2h	Brad Malcolm	V	070878	Melbourne	15 Feb 2001
12:10.55	Sean Fitzsimons	W	150192	Canberra	18 Sep 2011
12:10.71	Tom Barnes	V	220982	Melbourne	10 Jan 2009
12:11.4h	Alan Muir	N	151064	Sydney	13 Mar 1982

3000m Track Walk Women

11:51.56	Kerry Saxby-Junna	N	020661	Melbourne	7 Feb 1991
12:10.17	Katie Hayward	Q	230700	Brisbane	23 Mar 2019
12:22.09	Gabrielle Blythe	V	090369	Melbourne	24 Feb 1994
12:26.87	Anne (Pembroke) Manning	N	131159	Melbourne	24 Feb 1994
12:27.73	Tanya Holliday	S	210988	Adelaide	19 Jan 2013
12:27.74	Jane Saville	N	051174	Melbourne	25 Feb 1993
12:36.21	Natalie Saville	N	070978	Sydney	9 Dec 1995
12:36.82	Jess Rothwell	V	180689	Sydney	28 Feb 2009
12:40.84	Teresa Letherby	Q	050472	Melbourne	29 Feb 1996
12:42.1h	Sue (Orr) Cook	V	230458	Canberra	10 Mar 1984
12:43.0h	Michelle French	N	010482	Sydney	8 Nov 1997
12:45.95	Beki Lee	N	251186	Sydney	18 Feb 2012
12:46.29	Cheryl Webb	N	031076	Sydney	28 Feb 2009
12:46.76	Jenny (Jones) Billington	Q	200467	Brisbane	14 Nov 1992
12:48.76	Lorraine (Young) Jachno	V	210959	Melbourne	25 Feb 1992
12:48.87	Claire Woods	S	060781	Canberra	27 Jan 2009
12:49.2h	Linda Coffee	N	310777	Sydney	13 Jan 1996
12:51.56	Wendy Muldoon	V	270571	Melbourne	29 Feb 1996
12:51.6h	Louise Nicholson	V	261266	Melbourne	20 Feb 1992
12:55.13	Olivia Sandery	S	220103	Adelaide	11 Dec 2021
12:56.6h	Jane (Lewry) Barbour	S	270766	Adelaide	5 Mar 1994
12:58.85	Kelly Ruddick	V	190473	Ballarat	9 Jan 2016
12:59.4h	Bev (Wilkins) Hayman	N	090561	Sydney	21 Jan 1989
13:01.52	Clara Smith	Q	090398	Brisbane	6 Nov 2021
13:02.71	Sally Pierson	V	100363	Melbourne	21 Feb 1982
13:03.99	Jantien Saltet	N	240172	Brisbane	31 Jan 1993
13:06.03	Simone Wolowiec	V	120274	Melbourne	24 Feb 1994
13:06.57	Stephanie Stigwood	T	211090	Hobart	20 Dec 2014
13:06.7h	Regan Lambie	V	141091	Melbourne	3 Dec 2016
13:08.58	Alanna Peart	V	060903	Ballarat	4 Dec 2021
13:09.85	Nicole Fagan	N	240789	Sydney	18 Feb 2012
13:10.80	Laura Johnson	N	310884	Nassau,BAH	12 Jul 2002
13:11.8h	Simone McInnes	V	271191	Melbourne	18 Feb 2018
13:12.13	Jessica Pickles	Q	060294	Brisbane	30 Nov 2013
13:13.32	Jemima Montag	V	150298	Melbourne	27 Oct 2013
13:13.7h	Sharon Schnyder	V	010764	Melbourne	14 Nov 1991
13:14.0h	Tracy Rosengrave	V	250877	Melbourne	4 Mar 2000
13:14.0h	Megan (Peters) Szirom	V	180877	Melbourne	8 Dec 2007
13:17.61	Elizabeth McMillen	N	100404	Sydney	7 Sep 2022
13:18.48	Renee McAskill	N	110382	Sydney	22 Feb 1998
13:19.46	Jillian Hosking	A	120287	Sydney	28 Feb 2009
13:21.45	Natalie Camplin	Q	260369	Brisbane	1 Feb 1992
13:21.5h	Kellie Wapshott	V	230881	Melbourne	2 Dec 1999
13:24.87	Tanya Holliday	S	210988	Melbourne	29 Nov 2005
13:26.32	Celia (Massie) Bertei	V	180166	Melbourne	24 Feb 1994



INTERNATIONAL NEWS

UNITED KINGDOM: 2022 ERWL 'Easley Hour Race', 15 October - Enfield

Results from the Enfield League courtesy of **Ron Wallwork**:

				Dist.					Dist.
1	George Wilkinson	<i>Enfield HAC</i>	SM	12.309	1	Melanie Peddle	<i>Loughton AC</i>	W50	10.148
2	Dave Annetts	<i>North Herts R</i>	M55	12.058	2	Jaqueline Benson	<i>Ashford AC</i>	SW	10.025
3	Richard Emsley	<i>Corby AC</i>	M70	9.434	3	Maureen Noel	<i>Belgrave H</i>	W55	9.446
4	John Arthur	<i>Ilford AC</i>	M60	9.319	4	Leslie Morris	<i>Ilford AC</i>	W60	8.535
5	Simon Morgan	<i>Ilford AC</i>	M50	9.017	5	Sue Barnett	<i>Enfield H AC</i>	W70	8.527
6	John Ralph	<i>Enfield HAC</i>	M65	8.759	6	Amalia da Silva	<i>Belgrave H</i>	W55	8.384
7	Dave Kates ©	<i>Ilford AC</i>	M70	8.705	7	Fiona Bishop	<i>Enfield H AC</i>	W60	7.733
8	Tony Wilkinson	<i>unattached</i>	M60	8.434	8	Sandy Campbell	<i>Nuneaton H</i>	W50	7.149
9	Dave Hoben	<i>Surrey WC</i>	M65	7.723	9	Saheda Arthur	<i>Ilford AC</i>	W60	5.782

10km times:	George Wilkinson	48.36	Melanie Peddle	59.03
	Dave Annetts	49.31	Jacqueline Benson	59.54

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.

- 23/10/2022 Takahata (JPN): Yuta Hoga and Miyu Naito win the 59th All Japan 20km Race Walk Takahata
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4484
- 23/10/2022 Takahata (JPN): Toshikazu Yamanishi and Serena Sonoda win the 59th All Japan 35km Race Walk Takahata
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4483
- 22/10/2022 Bangalore (IND): Ram Baboo and Payal are the winners the 35km of the 61st Indian Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4486
- 17/10/2022 Bangalore (IND): Suraj Panwar and Ravina are the winners the 20km of the 61st Indian Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4485

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.

Note: The O Marchador blog is written in Portuguese. 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.

- Monday, October 24, 2022 - João Vieira and Vera Santos win the 18th League of March of St.º António dos Cavaleiros
<http://omarchador.blogspot.com/2022/10/joao-vieira-e-vera-santos-vencem-18.html>
- Friday, October 21, 2022 - Romolo Pelliccia (10 km, M85) and Rosetta La Delfa (20 km, W45) break world and European records at Grottammare <http://omarchador.blogspot.com/2022/10/romolo-pelliccia-10-km-m85-e-rosetta-la.html>
- Friday, October 21, 2022 - Italian Under-18 and CDS Walking Championships (road) – results
<http://omarchador.blogspot.com/2022/10/campeonatos-de-italia-sub-18-e-cds-de.html>
- Thursday, October 20, 2022 - Austrian 35 km March Championships (2022) – results
<http://omarchador.blogspot.com/2022/10/campeonatos-da-austria-de-35-km-marcha.html>
- Wednesday, October 19, 2022 - Ivana Renić breaks Croatian record of 20 km walk
<http://omarchador.blogspot.com/2022/10/ivana-renic-bate-recorde-da-croacia-de.html>
- Tuesday, October 18, 2022 - Championships of Ukraine 20 and 35 km march in Ivano-Frankivsk (2022) – results
<http://omarchador.blogspot.com/2022/10/campeonatos-da-ucrania-de-20-e-35-km.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

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, Murrumbena
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, inc. 'Gus Theobald' 20km – 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
Fri-Sun 9-11 Dec 2022	AA All-Schools T&F c'ships – Adelaide
2023	
Fri 6 Jan 2023	Race Supernova #1 (WA RW Tour Silver) – Canberra
Thu 2 Feb 2023	Race Supernova #2 (WA RW Tour Silver) – Canberra
Sat 11 or Sun 12 Feb 2023	TBC AA 20km Road walking c'ship – Fawkner Park
Fri-Mon 10-13 Mar 2023	AMA Masters T&F c'ships – Sydney

International Dates

Sat 29 Oct 2022	Lusatian International Race Walking Meeting (Bronze) – Zittau, GER
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

(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, or 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 11 th Oct 2022	Distances: 7.00p: 1100m, 1500m. 7.15pm 3000m, 5000m	Aberfeldie Track
Sunday 16 th Oct 2022	Distances: 8.30a: 10k, 15k, 20k. 9.15a: 3k, 5k. 9.40am: 1km, 2km	Middle Park

November 2022

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

December 2022

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

January 2023

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

February 2023

Tuesday 7 th 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

