



# HEEL & TOE Online

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

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## 1921 VAWC-VRWC CENTENARY 2021



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## CLUB NEWS and RESULTS

A reminder that our **Summer championships** will be held on Sunday week. This will also see the presentation of the AV Winter trophies as well as the Runners World Winter awards.

A reminder also that the **Annual General meeting** has been postponed until **Sunday 15 January**, our next Club race day.

\*\* Sunday 20 November \*\*  
Middle Park  
**VRWC Summer Championships & AV Trophy presentations**

8.30am	<b>20km Gus Theobald Memorial Trophy</b> 20km	<b>Open Men</b> Open Women
8.50am	<b>10km Heather Carr Trophy</b> 10km	<b>Masters Women</b> Open
9.25am	<b>1.5km VRWC c'ships</b> <b>1km VRWC c'ships</b> 1km	<b>U12 Boys/Girls</b> <b>U10 Boys/Girls</b> Open
9.45am	<b>5km VRWC c'ships</b> <b>3km VRWC c'ships</b> 5km & 3km	<b>U20 Men/Women</b> <b>U16 Boys/Girls</b> Open
10.30am	Presentations	

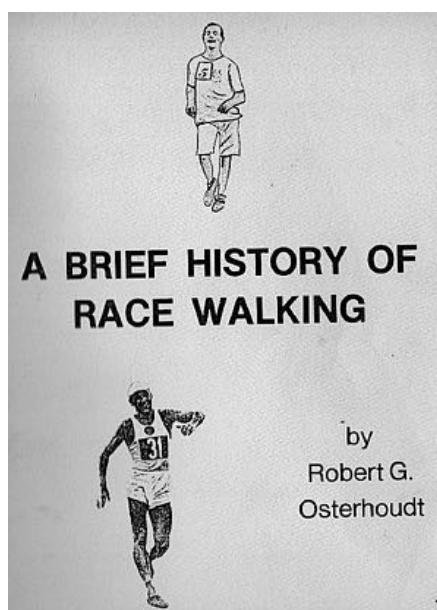
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### FROM THE WEBSITE - Books

Over the years, Club archivist and historian **Tim Erickson** has amassed a wealth of books, articles and other items on the subject of race walking. Many of these – if not most – are now out of print or were very lucky finds in the first place.

Below is a list of publications Tim has scanned and provided for reading at the VRWC website link <http://www.vrwc.org.au/vrwcbooks.shtml>. This is an ongoing labour of love for Tim, who is gradually scanning more such documents so that fans of the sport can benefit from them. As Tim donated several of his books for the enjoyment of attendees at the Centenary luncheon, I look forward eagerly to upcoming additions to the list

<a href="#">1929 Le sport de la Marche</a>	This one from Emmanuel Tardi and dating from 1929. Time to dust up on your French!
<a href="#">1975 A Brief History of Race Walking by Robert Osterhoudt</a>	An excellent history of racewalking, up till 1975 when this book was published by the Associate Professor of PE at the University of Minnesota.
<a href="#">1976 Race Walking by Julian Hopkins</a>	A comprehensive racewalking training manual by Julian Hopkins who was at that time the UK Head Coach, Racewalking.
<a href="#">1979 Olympic Heroes Vladimir Golubnichiy</a>	One of a series of Russian publications focusing on the Olympic Heroes. I suspect I have the only copy in Australia!



*Front cover of the latest addition to Tim's list of scanned books.*



## **\*\* PETER RETURNS FOR THE CENTENARY**

One of the high points of Winter season 2022 was Club judging coordinator **Peter Vysma's** return to visit us for the AA Road Championships and Centenary luncheon on September 11.

For we who have followed his path to recovery after a catastrophic cycling accident 13 months ago, seeing Peter (in his signature white terry toweling hat) propel his state-of-the-art wheelchair outdoors and, later, amongst the Centenary attendees was most heartening, as well as a huge relief to us all.

Peter has now left Royal Talbot Rehabilitation Hospital and is currently resident at Manor Lake Community House in Werribee, when his therapy continues. He is steadily regaining fine motor functions and is able to perform many actions (such as rubbing his nose!) that last year looked to be well beyond him. His engineer's mind is as keen as ever, and he has avidly followed the fortunes of the club this year, giving his insights on the race walking rules and their application along with other topics.

Peter communicates widely via voice operated text and email, and he can be contacted at [peter vysma@gmail.com](mailto:peter vysma@gmail.com)

You've been missed, Peter. It was great to have you back!



*A long-awaited return to the course.*



*Once a judge, always a judge ...*

*Peter chats with Michael Bodey at the luncheon.*

*(Photos: Robin Vysma)*



## VICTORIA - METRO & REGIONAL

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

AVSL resumes this weekend, with 2000m and 5000m distances offered at both Duncan McKinnon Reserve (Murrumbeena) and Larobe Uni Track, Bendigo. Ballarat has 1500m and 3000m distances scheduled.

<b>Metro – Murrumbeena</b>	1.00pm	2000m, 5000m walk (all ages)
<b>Ballarat region</b>	3.15pm	1500m, 3000m walk (all ages)
<b>Bendigo region</b>	1.45pm	2000m, 5000m 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/>

## AROUND THE COUNTRY

**\*\* WALKER OF THE WEEK \*\***

We're pretty flexible when it comes to eligibility for WOTW. For example, a winning performance doesn't need to have been done in the preceding seven days, nor does it have to have been conducted under strict application of WA Rule TR54 (although if the rule applied for that race, the candidate should have obeyed it.) It merely has to have been a standout effort in terms of speed, endurance, or both.

Robyn Wales contacted me a while back to inform me of just such an effort. Young Queensland walker **Mia Bergh**, 16, engaged as part of a school team in a multi-day endurance walk, the Kokoda Challenge – a test of resilience for the young with similarities to those of the Duke of Edinburgh’s award and Outward Bound movement. Robyn describes it thus:

*The Kokoda Challenge is a teams event and teams of 4 start and finish together. If one team member pulls out then the team can’t finish.*

*Mia was in a team of 4 plus one teacher from her school, Qld Academy of Health Science. They’ve been training for the past few months in the Nerang State Forest hiking up to 30kms in preparation.*

*The 96kms walk is the same as the Kokoda track in PNG and the event is based on mateship. There is a cut off time of 33 hours. Last year Mia’s team finished in 19 hours but this year they took 25 hours (bit longer than I thought). The teams have support crew who provide meals etc.*

*Having lived in PNG I think the actual Kokoda track is “easier” as you get to sleep at night!!*

The course, in the Nerang State Forest in QLD, replicates the Kokoda track, as do similar courses in other parts of Australia. While Mia completed this test back in July, it seems fitting to recognize her achievement in what certainly was a feat of walking endurance – bent knees or not!

Well done, Mia. You’ve a right to be proud of your effort in honour of a pivotal event in our history.



Mia with her parents at the finish of the Kokoda Challenge walk

(Photo: Robyn Wales)

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**SAVE THE LEAPS FOR THE LONG JUMP!**

It’s Track season again ... that time of the year when the focus of race walkers (particularly the young ones) turns to three things – speed, speed and speed.

Track racing over distances of 1500m, 2000m, 3000m and up poses its own challenges, among them how to keep within the rules as everyone scrambles for a good position in that first 100m (usually on a bend, with the outer competitors eager to reduce extra distance and the inner ones desperate not to be boxed in.) This is of particular concern during championships and finals, when the stakes are higher.

At the recent AV All Schools titles, three walkers suffered disqualification. At least one of those athletes incurred their first Red card *at the start line!* Called to the ‘On your marks’ position, they were seen to stand in a distance runner’s crouch with their weight almost fully on the front leg (rather than balanced between rear toe and front heel.) From that posture, there was virtually no chance of them starting fast without ‘leaping’ across the line – and so it proved. Unbeknownst to them, they would walk with that initial Red card handicap for the entire race.

Readers may recall the image below from our May 17 issue (see the full article at <http://www.vrwc.org.au/newsletters/heelandtoe-2022-num20.pdf>), when this matter was first addressed:



Of the eight numbered walkers here, only No 5 (and possibly No 7) can be said to have started correctly – that is, to be walking legally from the moment they entered the competition field. The others are either dubious at best, or clearly in bent-knee breach. As junior starts are usually fast, Nos 2 and 8 appear also to have left themselves open for a possible Red card sanction for loss of contact.

It should be stressed that what we're talking about here is poor habits and skill errors, not misconduct. None of the walkers above set out to race dishonestly, to 'cheat' (a much-misused and misunderstood word.) Most racing athletes want to get themselves into an advantageous (or at, least, unimpeded) position at the start, particularly if the course is narrow. Unlike other athletes, however, the problem for walkers is that no matter at what point they are in the race, they have to abide by those two immutable rules. In the hurly-burly of a fast race start this isn't easy, and it involves skills that have to be learned.

All walkers should be taught correct and legal race starts, as part of their ongoing technique training. In some cases it may happen on an 'as required' basis, such as if a walker is consistently being sanctioned by judges. With skill faults, however, while prevention is always better than cure, quick intervention is the next best thing. Illegal starting is like any other bad habit – the sooner it's corrected, the less likely it is to become ingrained, resulting in disappointment and heartbreak down the track.

In his article for the LAVic Race Walking Working Party document, 'Coaching', VRWC Club coach Mark Donahoo offers the following advice on starting properly, especially as regards the walker's initial standing posture:

*'When the gun goes off, it is important that the forward leg is straight and not bent as if you were starting a running race. The foot should be flat on the ground, without the toe being up. If the toe is up, this could lead to a false start if the toe touches the start line before the gun goes off. Additionally the second movement of the toe coming down is adding time to the athletes start, as the athlete needs to start moving forward.*

*Depending on the position draw, decide on the best line to take to the inside of the track:*

***Outside Draw***

*Stay outside until the scrimmage clears, then move safely into the inside.*

***In the Middle***

*Same procedure as above.*

***Inside Draw***

*The hardest position of all. An all-out effort must be made to hold the position and not be boxed in.'*<sup>1</sup>

These skills require practice. In addition to the above tips, having good balance (i.e. an even weight distribution) between front and rear legs at 'On your marks' is critical. The rear foot is the driver at the gun, so its ball must be able to exercise traction against the ground. Once that is achieved, it's for the walker to advance their front leg in such a way that its heel contacts the ground (with knee straight) before the driving foot leaves it. It's a precise bit of mechanics, one that comes easily to some but less so to others. So don't just assume you're doing it right. Work on doing it fast and correctly in training, with a critical eye watching you if possible. It may save you some grief later on. And let the long jumpers do the leaping!

(The two race start images on the next page are of interest. Try to examine them with a coach's eye ... and a judge's.)

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<sup>1</sup> Little Athletics Victoria Sep 2020 - *LAVic Race Walking – Race Walk Judging and Coaching Handbook* - pp28



'On your marks'. Who is showing the best pre-start posture? (Photo: racewalk.com)



'Go!' Who you think has started correctly here? (Photo: hsrw.net)

### \*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](mailto: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](mailto:zeb@esc.net.au).

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## **SOUTH AUSTRALIA** ASA Interclub, 5 November – Salisbury

Warmer than usual conditions at Bridgestone Aths centre on Saturday, accounting for the slower times.  
Results courtesy of **Kim Mottrom**.

#### **Open 3000m**

Kim Mottrom	SA Masters	12:44.30
Sebastian Richards	Southern Athletics Club	14:17.84
Samantha Findlay	Southern Athletics Club	14:20.69
Cooper Rech	Coastal Districts	16:15.21
Rhiannon Lovegrove	Port Adelaide	16:59.93
Angelina Legrand	Pembroke	17:21.75

Peter Crump	Saints Athletics Club	18:21.97
Jordan McKenna	Unattached	18:53.28

#### Open 1500m

Matilda Gourlay	Southern Athletics Club	8:06.09
Zayden Kamish	Southern Athletics Club	8:26.16
Alexis Thiele	Flinders	9:29.54 PB
Ross Hill-Brown	Flinders	11:57.18

## TASMANIA Tasmanian Masters results, 2 November – Domain Ath Centre, Hobart

The 3000m Walk on Wednesday night at Masters T&F provided the highlight of this week's competition in Tasmania with a battle to the finish line between **Wayne Fletcher** and **Ron Foster**.

1. Wayne Fletcher	NS	23:04
2. Ron Foster	NS	23:09
3. Dave Moore	TMA	27:35

## TASMANIA Tasmanian interclub results, 5 November – Hobart & Launceston

Interclubs at both ends of the state were a rather quiet affair, but there were with solid solo performances from **Samuel Lindsay** in the North and **Elizabeth Leitch** in the South.

#### Northern Tasmanian Athletics Interclub - Northern Athletics Centre St Leonards

##### Results 3000m Walk

1. Samuel Lindsay	Newstead	14.08.69
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#### Athletics South Interclub - Domain Athletics Centre Hobart

##### Results 5000m Walk

1. Elizabeth Leitch	TMA	35.17.62
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## NATIONAL ALL-TIME LISTS – 5000m Track walk

Two weeks ago we published the all-time best performances by Australians over 3000m, the shortest distance for which such lists are compiled. This week we turn our attention to the best-ever **5000m** track performances, as compiled by AA statistician **Paul Jenes**:

#### 5000m Track Walk Men

18:24.50	Declan Tingay	W	060200	Melbourne	26 Feb 2022
18:38.97	Dane Bird-Smith	Q	150792	Melbourne	5 Mar 2016
18:41.83	Jared Tallent	V	171084	Sydney	28 Feb 2009
18:45.19	Nathan Deakes	V	170877	Melbourne	9 Mar 2006
18:51.39	Nick A'Hern	N	060169	Auckland,NZL	21 Feb 1998
18:52.87	Dave Smith	V	240755	Canberra	21 Feb 1986
18:54.65	Adam Rutter	N	231286	Brisbane	7 Feb 2009
18:56.67	Luke Adams	N	221076	Sydney	27 Feb 2010
19:09.48	Rhydian Cowley	V	040191	Melbourne	27 Feb 2021
19:09.74	Andrew Jachno	V	130462	Sydney	23 Feb 1991
19:20.87	Brent Vallance	N	300472	Sydney	20 Feb 2000
19:23.72	Chris Erickson	V	011281	Melbourne	1 Mar 2015
19:24.12i	Simon Baker	V	060258	Budapest, HUN	5 Mar 1989
19:25.97	Will Thompson	V	181102	Melbourne	26 Feb 2022
19:31.24	Michael Hosking	V	161085	Melbourne	5 Mar 2016
19:36.84	Dion Russell	V	080575	Hobart	14 Feb 1997
19:38.22	Troy Sundstrom	N	300581	Sydney	19 Feb 2000
19:45.65	Willi Sawall	V	071141	Melbourne	31 Mar 1984
19:46.23	Jesse Osborne	V	210195	Melbourne	2 Mar 2014
19:46.29	Tyler Jones	N	080498	Sydney	19 Feb 2022
19:46.91	Steve Beecroft	V	140371	Melbourne	9 Feb 1992

19:47.40	Kyle Swan	V	280399	Melbourne	26 Feb 2022
19:47.65	Carl Gibbons	N	190696	Sydney	19 Feb 2022
19:48.57	Michael McCagh	W	160486	Geelong	17 Dec 2005
19:56.9h	Jon Gawley	N	080580	Sydney	6 Mar 1999
19:57.9h	Paul (Copeland) van Kopplen	V	250467	Melbourne	14 Dec 1989
19:58.65	Doug Connolly	N	301082	Sydney	9 Dec 1999
20:00.5h	Darren Bown	S	300674	Adelaide	16 Mar 2005
20:06.54	Noel Wooler	Q	190575	Brisbane	16 Feb 1996
20:08.02	Nathan Brill	V	240596	Sydney	19 Jan 2013
20:08.22	Duane Cousins	V	130773	Melbourne	9 Mar 2006
20:12.2h	Liam Murphy	S	050679	Adelaide	28 Jan 2000
20:12.60	Ian Rayson	N	040288	Sydney	18 Feb 2012
20:14.9h	Mike Harvey	V	051262	Melbourne	26 Nov 1991
20:16.26	Damien O'Mara	N	031075	Melbourne	20 Feb 1997
20:19.70	Brendon Reading	A	260189	Sydney	19 Mar 2011
20:22.5h	Dariusz Wojcic	V	240959	Melbourne	26 Nov 1991
20:22.78	Brad Aiton	Q	200694	Brisbane	9 Feb 2013
20:28.47	Dylan Richardson	N	171000	Sydney	19 Feb 2022
20:29.0h	Tim Fraser	A	220200	Canberra	4 Mar 2021
20:30.1h	Rob McFadden	S	150366	Adelaide	21 Mar 1992
20:30.87	Matt O'Donnell	N	181174	Sydney	12 Mar 1994
20:34.9h	Daniel Thorne	V	191279	Melbourne	13 Mar 2003
20:36.20	Tristan Camilleri	S	140201	Adelaide	13 Mar 2021
20:36.73	Tom Barnes	V	220982	Melbourne	24 Feb 2007
20:37.43	Blake Steele	S	270893	Sydney	19 Mar 2011
20:38.0h	Mark Donahoo	V	270558	Melbourne	22 Nov 1990
20:39.26	Nick Dewar	Q	130592	Sydney	9 Mar 2013
20:40.21	Brandon Dewar	Q	130592	Sydney	18 Feb 2012
20:40.8h	Jason Moore	Q	190374	Brisbane	12 Feb 1993
20:41.45	Greg Robertson	T	231269	Sydney	23 Feb 1991
20:42.9h	Craig Brill	V	101167	Melbourne	6 Dec 1990
20:44.4h	Brad Malcolm	V	070878	Melbourne	10 Feb 2000
20:45.92	Paul Kennedy	V	030457	Sydney	12 Mar 1994
20:47.74	Mark Thomas	V	231262	Melbourne	20 Feb 1997
20:48.0h	Anthony Miles	Q	301171	Brisbane	15 Oct 1989
20:49.14	Kyle Malone	N	250791	Brisbane	9 Feb 2013
20:51.18	Rohan Best	T	240273	Hobart	6 Jan 1991
20:54.56	Mike Woods	N	111062	Sydney	23 Feb 1985
20:54.7h	Marcus Dwyer	V	260377	Melbourne	19 Nov 1998
20:59.1h	Scott Hollaway	W	221283	Perth	6 Jan 2002
21:02.1h	Craig Jeffery	V	120568	Bendigo	25 Jan 1992
21:03.1h	Dominic McGrath	V	040672	Melbourne	22 Feb 2001
21:04.99	Kim Mottrom	S	270984	Adelaide	18 Feb 2022
21:06.38	Travis Harbour	V	121275	Melbourne	8 Feb 1997
21:06.4h	Graeme Nicholls	V	150548	Ballarat	17 Nov 1970

### 5000m Track Walk Women

20:03.0h	Kerry Saxby-Junna	N	020661	Sydney	11 Feb 1996
20:17.35	Jemima Montag	V	150298	Melbourne	26 Feb 2022
21:03.33	Jess Rothwell	V	180689	Melbourne	20 Feb 2009
21:19.19	Cheryl Webb	N	031076	Sydney	14 Feb 2009
21:19.46	Beki (Lee) Smith	N	251186	Melbourne	5 Mar 2016
21:19.55	Regan Lambie	V	141091	Milan, ITA	22 Apr 2016
21:21.25	Tanya Holliday	S	210988	Sydney	18 Feb 2012
21:25.6h	Anne (Pembroke) Manning	N	131159	Sydney	12 Feb 1994
21:29.12	Claire Woods	S	060781	Sydney	18 Feb 2012
21:30.86	Clara Smith	Q	090398	Melbourne	26 Feb 2022
21:32.26	Jane Saville	N	051174	Melbourne	1 Mar 1997
21:39.03	Katie Hayward	Q	230700	Brisbane	22 Oct 2016
21:42.44	Rebecca Henderson	V	040701	Melbourne	26 Feb 2022
21:44.6h	Natalie Saville	N	070978	Sydney	6 Jan 1996
21:45.16	Lisa (Sheridan) Paolini	N	101262	Sydney	20 Feb 2000
21:46.68	Kelly Ruddick	V	190473	Brisbane	29 Mar 2014
21:46.70	Kellie Wapshott	V	230381	Melbourne	9 Feb 2008
21:47.6h	Gabrielle Blythe	V	090369	Canberra	12 Mar 1993
21:49.41	Olivia Sandery	S	220103	Adelaide	18 Feb 2022
21:59.0h	Teresa Letherby	Q	050472	Sydney	11 Feb 1996
22:01.50	Linda Coffee	N	310777	Sydney	18 Feb 1996



22.04.42	Sue (Orr) Cook	V	230458	Melbourne	1 Apr 1984
22.05.76	Michelle French	A	010482	Melbourne	19 Feb 2006
22.08.5h	Jenny (Jones) Billington	Q	200467	Brisbane	6 Mar 1993
22:11.76	Jessica Pickles	Q	060294	Brisbane	6 Feb 2016
22:13.0h	Simone Wolowiec	V	120274	Melbourne	20 Nov 1997
22.15.0h	Sally Pierson	V	100363	Melbourne	27 Jan 1984
22.15.5h	Jane (Lewry) Barbour	S	270766	Adelaide	16 Feb 1994
22:15.5h	Michelle French	N	010482	Sydney	20 Dec 1997
22.17.32	Lorraine (Young) Jachno	V	210959	Sydney	4 Jan 1990
22.20.90	Megan (Peters) Szirom	V	180877	Melbourne	24 Feb 2007
22:23.04	Nicole Fagan	N	240789	Sydney	18 Feb 2012
22:24.9h	Wendy Muldoon	V	270571	Melbourne	9 Mar 1995
22.24.10	Stephanie Stigwood	T	211090	Hobart	22 Mar 2015
22.27.19	Nicole Fagan	N	24.0789	Sydney	1 Mar 2014
22.31.18	Lisa Grant	N	260485	Sydney	7 Jan 2006
22:34.30	Jo Strangman	A	171175	Canberra	17 Feb 1995
22.35.15	Jillian Hosking	A	120287	Canberra	30 Jan 2010
22:36.6h	Jantien Saltet	N	240172	Sydney	28 Nov 1992
22.37.8h	Bev (Wilkins) Hayman	N	090561	Sydney	5 Nov 1988
22.40.3h	Sharon Schnyder	V	010764	Bendigo	25 Jan 1992
22.41.2h	Louise Nicholson	V	261266	Melbourne	5 Jan 1992
22:44.6h	Celia (Massie) Bertei	V	180166	Melbourne	14 Mar 1991
22.44.66	Renee McAskill	N	110382	Sydney	7 Mar 1996
22:45.39	Rachel Tallent	V	200293	Brisbane	29 Mar 2014
22:45.96	Alanna Peart	V	060903	Melbourne	27 Feb 2021
22.49.3h	Jill (Barrett) Maybir	Q	130764	Sydney	10 Mar 1996
22:51.33	Stephanie Stigwood	T	211090	Melbourne	5 Mar 2016
22.52.70	Laura Johnson	N	310884	Darwin	28 Jun 2002
22:52.87	Simone McInnes	V	271191	Canberra	28 Jan 2018
22.57.67	Paige Hooper	S	090992	Ostrava, CZE	12 Jul 2007
22.59.19	Rachel Thompson	N	211162	Sydney	24 Feb 1985



## INTERNATIONAL NEWS

### 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.

- 05/11/2022 Toledo (ESP): Diego Garcia and Raquel Gonzalez win the Espada Toledana 2022  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4492](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4492)
- 03/11/2022 The updated World Championships history reports after Eugene, Oregon 2022  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4491](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4491)  
These updates so far are for the Men only. The Women's updated reports are planned to be available next week.

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, November 7, 2022 - Raquel González and Diego García win Espada Toledana (2022)  
<http://omarchador.blogspot.com/2022/11/raquel-gonzalez-e-diego-garcia-ganham.html>
- Sunday, November 6, 2022 - João Vieira and Vera Santos won the 29th G. Galinheiras March Award  
<http://omarchador.blogspot.com/2022/11/vitorias-de-joao-vieira-e-vera-santos.html>

- Saturday, November 5, 2022 - Transfers for the 2022/2023 season.  
<http://omarchador.blogspot.com/2022/11/transferencias-para-epoca-20222023.html> News on key Portuguese walkers changing clubs in 2022/23.
- Friday, November 4, 2022 - 29th CA Galinheiras Marching Grand Prix tomorrow, in Lisbon  
<http://omarchador.blogspot.com/2022/11/29-grande-premio-de-marcha-do-ca.html>

## AND TO CLOSE ... SOME GOOD PRESS FOR A CHANGE!

*Guardian Online* writer **Martin Love** has flown in the face of most print and digital journalism (many of whom seem to try to outdo themselves with sprays of derision and outright nonsense about race walking) and has picked up a flag for our sport with a short but well-considered and much needed article outlining its benefits.

The article – *‘A need for speed: if running is too risky, why not try race walking?’* – can be read at <https://www.theguardian.com/lifeandstyle/2022/oct/31/a-need-for-speed-if-running-is-too-risky-why-not-try-race-walking?fbclid=IwAR338LSTZB7eR8fyqTjkQA6PcQGHYZfl3dgxgPelcGgCZlrkDFHUnjs5AI>

(As the Guardian relies for its revenue on readers’ subscriptions and contributions, I’m happy just to give it a plug here. The article can also be sourced via the same link on our Facebook page. It’s worth the effort. And, if you know any injured runners out there ...)

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2022

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 – Fawcner 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 – Fawcner Park
Fri-Mon 10-13 Mar 2023	AMA Masters T&F c’ships – Sydney

### International Dates

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

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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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**\*SPECIAL REQUEST**

Attached to the email carrying this issue is a poster. It is the same one that has been embedded at the end of 'H&T' issues up until this week, but of better print quality.

We are asking all VRWC members and friends to copy, or print and circulate it as widely as they can.

If the poster succeeds in attracting even **one** new member to the Club ... *so have you!*

