



HEEL & TOE Online

Vol. 2022
Issue No. 48
Tuesday
29 November
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>

* HELPERS NEEDED – AA 35km Road Walk championships, Fawkner Park – Sunday 4 December

Are you free to assist with the conducting of this important event?

We need people to help with (1) setting up the course (2) packing up afterwards (3) timekeeping - 1 person needed (4) Red card bike riding - 2 people (5) lap scoring ... and other tasks as needed.

If you can help in one or more of these roles, contact Terry Swan at secretary@vrwc.org.au as soon as possible.

We'll be starting at **6.30am**. The closer helpers can arrive to that time, the better. Many thanks!

Stu Cooper

** WALKER OF THE WEEK **

This week, **Jemima Montag** adds yet another notch to her WOTW bow, on the strength of a brace of well-deserved accolades.

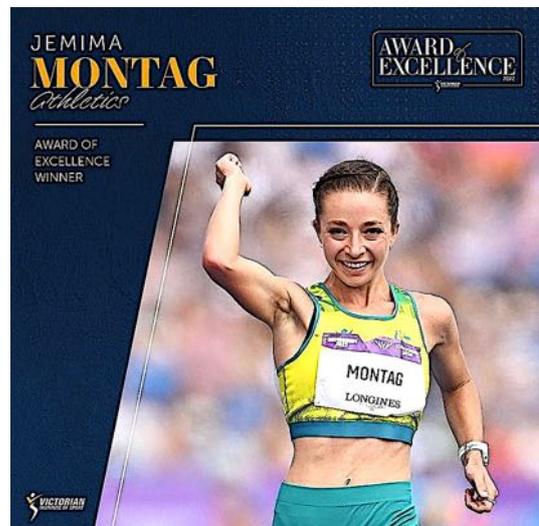
Thanks to Denice Smith (*Racewalkers Across Australia*) for posting this item on the RAA Facebook page:

Jemima Montag has been awarded twice by her state for her efforts in 2022.

The **Victorian Institute of Sport** has given Jemima the *Award of Excellence*, and **Universities Australia** the *Open Universities Australia Performance Lifestyle Award*.

Jemima came 4th at the World Athletics Championships, Oregon 2022 in the 20km race walk. I believe this is her best ever result. In the same year she travelled to Birmingham for the Commonwealth Games and won gold in the 10,000m race walk.

We congratulate Jemima for the recognition she has earned, not simply through her fine competitive results but also for her efforts (as part of the IOC's Young Leaders program) to promote sport and healthy lifestyles – amongst girls and women in particular – after two years of pandemic-driven curtailment of organised physical activity. *Well done, Jemima!*



*Honourable mentions

- **Hannah Mison** (NSW) – winner of the NSW Track 10,000m title with a new track PB of **48:58.74**.
- **Carl Gibbons** (NSW) – male winner at the same 10,000m championships in **42:56.83**, having overcome injury.
- **Dylan Richardson** (NSW) – runner-up behind Carl with a track PB time of **43:43.68**.
- **Oliver Morgan** (TAS) – a solo effort in recording a PB of **13:37.0** at Tas Masters last week.



CLUB NEWS and RESULTS

Our final Club races for 2022 take place on **Thursday 1 December**, at Mentone track. Online entries are now open:

**** VRWC Club races (inc. 'Come and Try')**
Thursday 1 December
Mentone track
Dolomore Reserve, Queen St, Mentone

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

Enter via the portal at <http://vrwc.org.au/wp1/race-entries/>
no later than 10am on Wednesday 30 November

* To see the full VRWC Summer program, visit <http://www.vrwc.org.au/vrwcs23.shtml>

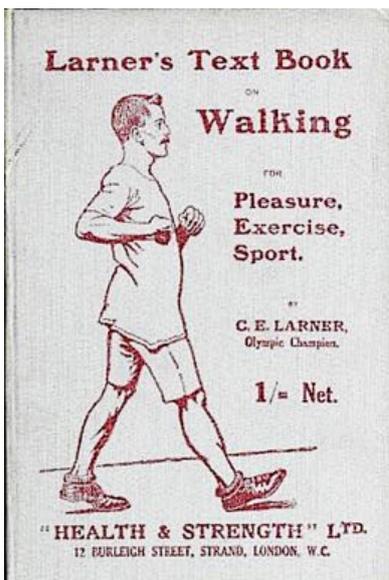


DOWN MEMORY LANE

with *Tim*

Time for another book, this time **George Larners** 1909 classic, titled *Larner's Text Book On Walking*. Written the year after he won golds in both walks at the 1908 Olympics, it is now considered as the first serious book on racewalking.

Chapters read as follows:



- I. A Definition of Walking
- II. How to Walk Both Fast and Far
- III. Road Walking
- IV. Track Walking
- V. Training
- VI. On Judging
- VII. Which Deals with Walking as a Pastime and a Few Suggested Rambles
- VIII. The Care of the Feet

This book sells for big money on eBay and, if you are lucky enough to have a copy, it is a real collector's item.

Read my biography of our first Olympic racewalking gold medallist at <http://www.vrwc.org.au/tim-archive/articles/wo-george-larner.pdf>. And check out the book at <http://www.vrwc.org.au/vrwcbooks.shtml>.

*TOM DAINTRY ... THE MAN BEHIND THE AWARD

Last Sunday at the AV Winter trophy presentations, **Ela Uzun** was presented with the **Tom Daintry Trophy** for Best U14 Girl. Tom – had he still been with us – would have delighted in Ela's progress as a young up-and-coming walker, and nothing would have pleased him more than to present her with the award that bears his name.

I'm confident that VRWC, Masters and AV members, past and present, who still remember Tom Daintry would recall a man we'd wish had been known to everybody. He'd be remembered just as affectionately. Tom combined the relentless competitiveness of a champion with the grace, generosity and warmth of a true gentleman. He loved the sport, loved the club

and valued the people in it, and he was never backward in expressing his appreciation of the achievements and efforts of his fellow members – particularly the younger ones – before his own.

A recent post on the VRWC Facebook page from Maree Stanway Tomkins (daughter of Life member, the late Marlaime Stanway) included the front page of the May 1986 issue of *'The Veteran Athlete'*, then-official publication of the Victorian Veterans Athletics club (later Victorian Masters Athletics). "I loved watching Tom and my mother, Marlaime Stanway, train together in the early days," remarked Maree. "Such a gentleman and a great race walker, which comes with the best and fairest style award in my eyes." None who knew him, or saw him race, would disagree.

The lead article on that front page is reproduced here:

Tom Daintry Breaks World Record - the ageless walker set to re-write record books -

Tom Daintry, 75, the ageless wonder of walking, literally shattered the existing single age World record for the 20km Walk by well over 9 mins at Albert Park on Sunday, 22nd June.

Breaking Britain's Alf Roberts' nine year old mark of 2hrs 08mins 43secs, Tom's winning time of **1:59.20** was even more amazing when it was revealed his unofficial split times were all world bests! : 5k – 28:35; 10k – 58:29; 15k – 1:28.46; 20k – 1:59.20.

Tom, under the astute guidance of Melbourne coach Betty Newman (Tom's wife), looks set to completely re-write the State, National and World record books, having just advanced to a new M75-79 age group.

Already holder of a seemingly endless array of walking records, at all levels, he possibly holds more than any Australian athlete still competing. Tom has been racewalking for well over 60 years, setting times with monotonous regularity that may never be broken.

The quiet man of Veteran Athletics, Tom is truly one of nature's gentlemen. However, his placid disposition takes on a new dimension at the sound of the starter's pistol, when the opposition experience the full extent of his disciplined, relentless determination to extract the last ounce of energy from his ageing frame.

If Tom can maintain his current form through to the World Games to be held in Melbourne next year, it would certainly set the seal on a truly remarkable career and provide this country with yet another fine World Champion.*



In his reply to Maree's Facebook post, Alan Lucas remarked, *"It's only when you get to be 75 that you truly appreciate what a great time that was by Tom. He helped me a lot in my younger years and was a true gentleman."* Tom helped so many of us when we were starting out – me included – and his encouragement of us was unwavering. He wanted us all to succeed, as much as he wanted to himself.

Read Tim Erickson's fine biographical piece on Tom Daintry at <http://www.vrwc.org.au/tim-archive/articles/wv-tom-daintry.pdf> It's an entertaining and uplifting summary of the life of an exemplary athlete and a beautiful man.



**And it did exactly that. Tom would go on to win the M75 5km Track walk in 28:02.26, after taking silver in the M75 20km Road race four days earlier. Tom is seen here on route to that silver, walking (right) alongside 255. (Can someone help me out here?)*



VICTORIA - METRO & REGIONAL

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

AVSL walks competition resumes with Round 6 this Saturday, with Metro meeting at **Yarra Ranges Athletics Track** in Mt Evelyn.

** Note the later than normal start time for Metro listed below:

Metro – Yarra Ranges	3.15pm	1500m, 3000m walk (all ages)
Ballarat region	3.10pm	1500m, 3000m walk (all ages)
Bendigo region	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



AA 35km ROAD WALK C'SHIPS 2022

Sunday 4 December, Fawkner Park

START TIMES

Women 35km Open	7.30am
Men 35km Open	7.30am
Women 20km Open	7.30am
Men 20km Open	7.30am
Women 10km U20	8.00am
Men 10km U20	8.00am

35 Kilometres

This is shaping up as an exciting morning of top-class racing, with four of our internationals taking on their maiden 35km races and two overseas entrants seeking to benefit from competing with a high-quality field. **Jemima Montag** and **Bec Henderson**, experienced 20km racers, will have their first attempts at going nearly double the distance, as will **Kyle Swan** and **Declan Tingay**.

We've seen from overseas results this year that success in the 35km goes invariably to those who can sustain high 20km speed for longest while losing the least to fatigue, in contrast to the attritional wearing down of the opposition that was the hallmark of the 50km. Only **Rhydian Cowley**, **Carl Gibbons** and **Kim Mottrom** of the Australians know first-hand the 35's demands and, as 50km men, they come to it with experience of how to handle growing fatigue. As for the others, it will be an essential marker in their careers to pit themselves for the first time against what may prove to be a pot of gold ... or a 'heart of darkness'. Whichever it is, they'll learn plenty.

20 Kilometres

It'll be the first time since Muscat in March that **Olivia Sandery**, **Alanna Peart** and **Allanah Pitcher** have raced together. All have been preparing for this race, twice as far as last time. Sandery, already with a sub-1:35 under her belt, will be aiming to match it with **Katie Hayward**, while Peart, Pitcher and **Hannah Mison** look like battling it out for third.

The glamour of the Men's 20km as a contest has dulled slightly with the latest injury to **Will Thompson**, but there is still quality aplenty and any one of five could come out on top. On paper it's **Tim Fraser's** race to lose, while **Mitch Baker** and **Tristan Camilleri** will provide another close contest if they're in form.

10 Kilometres U20

The focus here will be on **Marcus Wakim** and **Elizabeth McMillen**, both in great form. Wakim has concentrated on shorter races in the first part of summer and will look to channeling his speed into a quick 10k. McMillen has also shown plenty of toe over 5km and should translate this into a similar 10km result if conditions suit. **Fraser Saunder** is coming back after a quiet winter due to his studies and this race will be a good test of his current fitness.

START LISTS

Women 35km Race Walk Open

Jemima Montag (VIC)
Rebecca Henderson (VIC)
Siu Nga Ching (HKG)
Anett Torma (HUN)

Women 20km Race Walk Open

Katie Hayward (QLD)
Olivia Sandery (SA)
Allannah Pitcher (NSW)
Alanna Peart (VIC)
Hannah Mison (NSW)
Samantha Findlay (SA)
Bridget Bell (NSW)

Women 10km Race Walk U20

Elizabeth McMillen (NSW)
Gabiella Hill (NSW)
Char Hay (VIC)

Men 35km Race Walk Open

Rhydian Cowley (VIC)
Carl Gibbons (NSW)
Kim Mottrom (SA)
Kyle Swan (VIC)
Declan Tingay (WA)

Men 20km Race Walk Open

Will Thompson (VIC)
Tim Fraser (ACT)
Mitchell Baker (ACT)
Tristan Camilleri (SA)
Dylan Richardson (NSW)
Gwyllym Young (ACT)
Jack McGinniskin (NSW)
Geromi Tucker (VIC)

Men 10km Race Walk U20

Marcus Wakim (VIC)
Fraser Saunder (VIC)

NOTE: Details of entries – competition numbers, birth years, seed times – can be found at <https://cdn.revolutionise.com.au/cups/aa/files/spoiltm9oaziheir.pdf>

***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 to 12noon 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.

This is the final notice regarding the **Judges Seminar**. If you haven't considered participating up to now but are in a position to do so, the Seminar is open to:

- Judges who wish to upgrade their qualifications;
- Those interested in taking up Walk judging, at any level;
- Those not interested in being judges but who would like an insight into what a judge looks for and how they perform their role.

A.C.T. ACT Masters results, 23 November – Woden Park

The latest from Canberra, courtesy of **Helen Toyne**:

1500m	
Mike Smith	8:05.40
Hana Jugovic	8:30.40
Brian Thomas (f)	11:24.93

And an accolade for one of the country's senior judges:

Special congratulations and thanks to **Lisa Colquhoun** for her appointment as Chief walks and field judge for the upcoming All Schools Championships in Adelaide, *and* for being appointed the Call Room Chief Judge for the WORLD CROSS COUNTRY CHAMPIONSHIPS.

Frank Overton reports that the day was warm, but as race time came close, it was a beautiful cool evening that was ideal for racing. The championship was combined Men and Women which included U20 years.

Frank has passed on the following race report by ANSW's David Tarbotton:

NSW 10,000m walk championships: Mison on a Mission

Rising star **Hannah Mison** and world championship representative **Carl Gibbons** were crowned NSW 10,000m track walk champions in Sydney last evening.

In still and mild conditions at Homebush, **Hannah Mison** (Mingara) was locked in a battle for the **NSW women's 10,000m walk** title with leading Australian junior **Lizzy McMillen**. Hannah led early building up a 30m lead over Lizzy. But mid race, around lap 11, Lizzy caught Hannah and took the lead. But Hannah was determined she was not done yet. "In my head I thought don't give the race away yet," said Hannah.

"I had a mental switch – don't end the race half-way through. I threw the time goal out the window and just started racing strategically."

Hannah was back in the race, passing Lizzy a couple of laps later and pushing on for a comfortable win in a track PB time of **48:58.74**.

Formerly from Wagga, Hannah has relocated to Newcastle to train with Frank Overton, whom she has been coached by since she was 16. She has also just completed her first year of a Psychology degree at Newcastle University.

Hannah, who won the NSW 5000m walk title earlier in the year, has compiled an impressive series of performances in 2022, setting numerous PBs across the four distances she contests and claimed a number of State titles.

"This year has been pretty good and hopefully I can recreate this year again and maybe even better and have the same gains I had this year again next year," she said.

In second place was Wests Track athlete **Bridget Bell** with **53:21.12**, ahead of 14-year-old **Sienna Pitcher** (Mingara) who recorded **53:44.72**. Sienna also won the junior title.

Women 10000 Metre Walk Open

1	Hannah Mison	21	Mingara Regi	48:58.74
2	Bridget Bell	20	Wests Track	53:21.12
3	Sienna Pitcher	15	Mingara Regi	53:44.72
4	Ciara Cassilles	15	Westfields A	57:08.16
5	Grace Beck	14	Wests Track	58:41.13
6	Alannah Hickson	17	Wests Track	1:01:55.10
7	Anne Weekes	60	Illawong Rev	1:13:25.44
--	Elizabeth McMillen	18	Sydney Pacif	DNF
--	Hannah Parker	20	Sydney Unive	DNF
--	Emma Blanch	19	Sydney Unive	DNS
--	Tara Laytham	17	Sydney Pacif	DNS



Hannah Mison heading for a track PB.



Carl Gibbons held off Dylan Richardson to take the Men's title.

(Photos: David Tarbotton)

In the **men's 10,000m walk**, world championship representative, **Carl Gibbons** (Westlakes) enjoyed a good tussle with training partner **Dylan Richardson** (Mingara) until the second half of the race, where he strode away for a win in **42:56.83**, ahead of Dylan's **43:43.68**. Teenager **Jack McGinniskin** (Mingara) placed third in **45:54.36** in what he regarded was his best performances for three years.

“I wasn’t looking for any PBs tonight as I have the National 35km next week in Melbourne,” said Carl Gibbons. He is still returning to form after battling a tibialis anterior injury at the world championships.

“I’m probably not at peak fitness for next weekend as I’m slowly coming back and still trying to get that right,” he said. But Carl drew tons of positives after competing at the World Championships in Eugene and World Race Walking Teams Championship in Oman in March.

“It gave me huge motivation, experiencing the championships and the team environment.”

The under-20 championships was won by a new rising star, 15-year-old Myles Ashby (Gosford) who clocked 51:41.95.

Men 10000 Metre Walk Open

1	Carl Gibbons	26	Westlakes At	42:56.83
2	Dylan Richardson	22	Mingara Regi	43:43.68
3	Jack McGinniskin	20	Mingara Regi	45:54.36
4	Myles Ashby	15	Gosford Alls	51:41.95
5	Raven Pyda	18	Westfields A	53:03.70
6	Brendan Pospischil	17	Winston Hill	1:01:52.75

TASMANIA Tas Masters results, 23 November – Domain AC, Hobart

David Moore reports that walking in the Apple Isle will be fairly quiet in the coming weeks, with southern interclub not resuming until December 17 and the Northern track unavailable for athletics. It’s pleasing, therefore, to see **Oliver Morgan** join the Masters competition last Wednesday night and use the opportunity to post another 3000m PB.

Results 3000m Walk

1. Wayne Fletcher	NS	22:53
2. Ron Foster	NS	22:53

By Invitation

Oliver Morgan (U16)	OVA	13:37	PB 0:12
---------------------	-----	-------	---------

WESTERN AUSTRALIA AW interclub results, 20 November – ECAC, Perth



INTERNATIONAL NEWS

FRANCE: 8 Hours d’Etampes sur Marne, 27 November – Etampes sur Marne

Emmanuel Tardi reports of the latest of the French autumn ultra-distance races.

I was in Etampes sur Marne, 100km east of Paris, for their annual 8 hours race on Sunday. There were 48 walkers, including 2 teams, for the 8AM start. The weather was very good, with no wind, and the temperature between 5°C and 12°C.

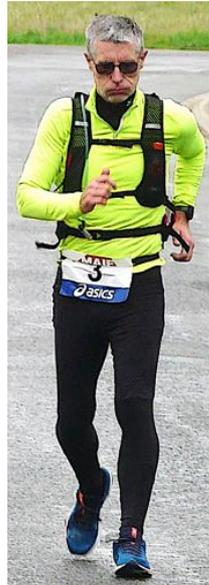
The only negative was the 2.5km road loop which included a terrible hill (34m height rise in 400m). In the men’s event **Florian Letourneau** was the only leader. He finished the first lap with more than 1 minute’s gap. He reached the 50k milestone in less than 5h and won the race for the 5th time with a very good distance of **78.084km**.

In the women’s event, a newcomer won the race. **Chloé Raes Maure** walked all the race with her husband and did 5km more than the second woman.

As usual, there was an ancillary event (10k) with 16 starters, won by **David Stefanelly**.

Men

Pl	Concurrent	Club	Distance	Vitesse
1	LETOURNEAU Florian	Ac Chateau Thierry	78k084	9.761 km/h
2	HENRY Fabrice	Frijep Verdon	74k508	9.314 km/h
3	MALFONDET Alain	Nl Paris	71k339	8.917 km/h
4	MOREL Philippe	Nl Chalons En Champagne	69k982	8.748 km/h
5	ARNAULT Jacques	Neuilly Sur Marne Athletisme	69k782	8.723 km/h
6	JOSE MORA Bernardo	Ca Siurell - Esp	67k612	8.452 km/h
7	LEIJTENS Frans	Wv Rotterdam Ned	67k021	8.378 km/h
8	MAURE Rene-jean	Neubourg Ac	65k796	8.225 km/h
9	VARAIN Cedric	Ac Chateau Thierry	65k613	8.202 km/h
10	MICHELOT Remi	Es Thaon	64k389	8.049 km/h
11	HIRSINGER Christian	Ultra Marathon France	64k196	8.025 km/h
12	SIBOUT Daniel	Neubourg Ac	63k531	7.941 km/h
13	MARECHAL Pascal	Ac Chateau Thierry	63k456	7.932 km/h
14	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	62k614	7.827 km/h
15	VANDENBERGHE Renaud	Marne Et Gondoire Athletisme	62k335	7.792 km/h
16	LABARRE Bertrand	Nl Saint Brice	62k320	7.790 km/h
17	JOFFROY Jean-nicolas	Athletic Vosges Entente Clubs	61k125	7.641 km/h
18	PORCHER Claude	Nl Saint Eloi	60k364	7.546 km/h
19	VICTOR Etienne	Arnouville Gonesse Villiers	59k531	7.441 km/h
20	DELANGUE Dominique	Aj Auxerre	59k050	7.381 km/h
21	FAUBERT Stephane	Nl Longueville	58k919	7.365 km/h
22	GIRAUDEAU Denis	Ulac Pays Fouesnantais	58k469	7.309 km/h
23	PANNIER Josiane	Havre Ac	58k247	7.281 km/h
24	TILLIER Ludovic	Le Chesnay 78 Ath	57k157	7.145 km/h
25	DELARUE Jean-michel	Ac Cauffry	57k069	7.134 km/h
26	ESTEVEs Jean-marc	Chierry J Y Cours	56k315	7.039 km/h
27	VINCENT Robert	Ac Chateau Thierry	56k086	7.011 km/h
28	FILLIEUX Christian	Caf	55k580	6.948 km/h
29	CECCALDI Georges	Entente Chalon/saone Athl.	55k062	6.883 km/h
30	BERTUCCHI Lionel	Chierry J Y Cours	54k541	6.818 km/h
31	NICOLAS Alain	Falcon Racing	53k815	6.727 km/h
32	HAGHEBAERT Eric	Ac Chateau Thierry	53k638	6.705 km/h
33	RUIN Herve	Efs Reims	53k397	6.675 km/h
34	PICOT Gerard	Pass Running	53k181	6.648 km/h
Ab	PELLERIN Alain	Ac Chateau Thierry	27k500	
Ab	CATRY Thierry	Cm Roubaix	20k000	
Ab	GUILLOT Mickael	Ac Chateau Thierry	10k000	



Men's placegetters – Letourneau, Fabrice and Malfondet

Women

1	RAES-MAURE Chloe	Neubourg Ac	65k796	8.225 km/h
2	SILVI Nathalie	Nl Barzy Sur Marne	60k929	7.616 km/h
3	BIZARD Claudie	Thiais Ac	59k550	7.444 km/h
4	PANNIER Josiane	Havre Ac	58k247	7.281 km/h
5	TOP Virginie	Baskets Aux Pieds	55k716	6.965 km/h

6	ARNAULT Francoise	Neully Sur Marne Athletisme	55k211	6.901 km/h
7	RODIER Nicole	Efs Reims	54k340	6.793 km/h
8	GALMICHE Catherine	Arnouville Gonesse	53k932	6.742 km/h
9	SIBOUT Regine	Neubourg Ac	53k421	6.678 km/h



Raes-Maure, Silvi and Bizard were the female medallists (Photos: Emmanuel Tardi)

Teams

	Equipe	Noms	Distance	Vitesse
1	Avia Club	Labrousse Stephane - Turlet Albert	71k399	8.925 km/h
2	Les Gazelles	Houplon V - Ducruet Nadia - Beaumont Didier	60k901	7.613 km/h

10 kilometres

1	STEFANELLY David	As Mantes	57'17''
2	TOUTAIN Eric	Us Ivry	1h00'08''
3	MARIE Frederic	As Mntes	1h00'50''
4	CHRISMENT Gilles Pascal	Marne Et Gondoire Athletisme	1h03'37''
5	BODROS Gaetan	Ac Chateau Thierry	1h03'43''
6	PLAYE Christophe	Ni Gland	1h09'13''
7	RIVIERE Sylvain	Spn Vernon	1h12'02''
8	HAGHEBAERT Patrick	Nel Etampes	1h13'12''
9	BORDIER Daniel	Ac Chateau Thierry	1h20'23''
10	BLIN Guy	Ac Chateau Thierry	1h24'13''
11	TRIGOT Corinne	Cm Roubaix	1h24'13''
12	NITAGOVSKAYA Liudmila	Tv Forst - Ger	1h26'08''
13	TARDI Emmanuel	La Postillonne Longjumeau	1h27'19''
14	SAUNEUF Lola	Marne Et Gondoire Athletisme	1h27'59''
15	MONTIGNY Patrick	Us Ivry	1h40'54''
16	TILLIER Marie	Le Chesnay 78 Ath	2h25'08''

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.

- 26/11/2022 Riccione (ITA): Technical seminar of the Italian Race Walking Judges Panel http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4495 (With our own Judging seminar coming up this weekend, news of this Italian seminar is timely. Among the aims of the activity was to assist with understanding of 'the differences of views on technique and how these interface with judgement.' It also featured the viewing of several video clips ranked from 'easiest' to 'most difficult' to judge, with what sounds like a 'full and frank' exchange of opinions.)

- 24/11/2022 Leone, first child of Eleonora Giorgi and Matteo Giupponi was born in Milan today
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4494

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 28, 2022 - João Vieira and Juliana Galvão win the 20 km march in Sismaria
<http://omarchador.blogspot.com/2022/11/joao-vieira-e-juliana-galvao-vencem-20.html>
- Sunday, November 27, 2022 - Carl Gibbons and Hannah Mison Win Track Championships in New South Wales, Australia
<http://omarchador.blogspot.com/2022/11/carl-gibbons-e-hannah-mison-vencem.html> (Wonder if Hannah and Carl are aware they actually live in 'Nova Gales do Sul' ?)
- Saturday, November 26, 2022 - Japan on track for the 2023 Budapest World Cup
<http://omarchador.blogspot.com/2022/11/o-japao-no-bom-caminho-para-os-mundiais.html> Japan's walkers are not resting on their 2022 laurels.
- Friday, November 25, 2022 - South American Master - Bogotá 2022: 5,000 m walk (results)
<http://omarchador.blogspot.com/2022/11/sul-americano-master-bogota-2022-5000-m.html>
- Thursday, November 24, 2022 - Polytechnic University of Catalonia is looking for an Electronic Engineering Technician for a project on Athletic Walking <http://omarchador.blogspot.com/2022/11/universidade-politecnica-da-catalunha.html>
- Wednesday, November 23, 2022 - South American Master - Bogotá 2022: 10 km walk (results)
<http://omarchador.blogspot.com/2022/11/sul-americano-master-bogota-2022-10-km.html>
- Tuesday, November 22, 2022 - «Campionat de Marxa Ciutat de Barberà 2022» - results
<http://omarchador.blogspot.com/2022/11/campionat-de-marxa-ciutat-de-barbera.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

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-Sun 24-26 Feb 2023	AV T&F c'ships U14-16 – Lakeside Stadium
Fri-Sun 3-5 Mar 2023	AV T&F c'ships U18-Open – Lakeside Stadium
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)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER

(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**

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!*

