



HEEL & TOE Online

Vol. 2022
Issue No. 42
Tuesday
18 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 **



This week's WOTW is shared by two members in hot form, each of whom claimed 3 new records in last weekend's AVSL Round 2 walks at Murrumbena.

Gwen Steed, not content with winning WOTW for setting three new W80 1500m records in Round 1, repeated the feat over 3000m by clocking **21:41.3**. This earned her new Australian and Victorian Masters and VRWC W80 records and came to within 0:33 of a new World record. Another mighty effort by Gwen!

At the opposite end of the age scale, **Ela Uzun**, whose appetite for ever-faster times is voracious, set new Victorian and VRWC U13 records (previously held by Jemima Montag) and eclipsed her own Club U12 mark to boot, with a terrific time of **14:19.01**.

Well done, Gwen and Ela. We look forward to watching your summer season progress and prosper.

*Honourable mentions

- **Bailey Housden** (QLD) – recorded a 31sec PB over 3000m in QLD Shield competition, dipping under 13min for **12:54.73**.
- **Kim Mottrom** (SA) – a dominant effort in SA Interclub, recording **12:30.9** for 3000m, an 87% age-graded result.
- **Andrew Jamieson** (VIC) – **17:07.8** in the AVSL 3000m, an age-graded 92.99% result.



CLUB NEWS and RESULTS

***NOTICE TO MEMBERS: AGM POSTPONED**

Owing to the unavoidable absence of key personnel, it is necessary to postpone the **Annual General Meeting** that was scheduled for Sunday 20 November.

The new AGM date, subject to confirmation, is **Sunday 15 January** at 11.00am.

Please note that the **VRWC Summer championships** will go ahead as planned on Sunday 20 November.

Stu Cooper
President

VRWC Club summer races #1, Tuesday 11 October - Aberfeldie

Low numbers last Tuesday night, while disappointing, were not completely unexpected. Finding weeknight track venues that are convenient for the optimum number of members was going to require some experimentation. This will hopefully produce more positive outcomes as the season progresses.

Marcus Wakim and **Riley Coughlan** needed only each other to springboard themselves to fast times, Marcus covering 5000m in **21:46** and Riley 3000m in **13:10**. **Cody Wapshott** had his first crack at a 3k, produced a creditable time of **20:45**. In the 1500m, **Amelia Vernal** posted the only PB of the night with her **9:10**, showing the benefit of a winter's road racing.



Sadly, it'll be a while before we see the Aberfeldie track like this again. Marcus, Donna, Kylie, Amelia, David, Riley and Cody made the most of it while they could. (Photos: Terry Swan)



The same scene, three days later. (Photo: Mark Donahoo)

5000m Walk Open

Marcus Wakim 21:46

3000m Walk Open

Riley Coughlan 13:10

Kylie Irshad 16:45

David Smyth 18:15
 Cody Wapshott 20:45 1st 3km

1500m Walk Open

Donna Marie Elms 8:55
 Amelia Vernal 9:10 PB 0:12

1100m Walk Open

Ethan White Ab

Thanks to our officials and judges:

Officials: Terry Swan, Narelle Coughlan, Duncan Knox, Kevin Cassidy
Judges: Kathleen Marsh(Chief), Mark Donahoo, Ezo Ali,
Walkers: 8



**** Metro Zone B: Round 2, Saturday 15 October – Duncan McKinnon Reserve, Murrumbena**

More fast efforts were on show at Duncan McKinnon track on Saturday, with **Riley Coughlan** posting another sub-13 for **12:43.8** in the 3000m. Behind him, **Ela Uzun** and **Gwen Steed** were each on a record-breaking spree (see 'Walker Of The Week'), while **Andrew Jamieson's 17:07.8** carried a 92.99% age grading! Another to fly the Masters flag was **Heather Carr** whose **18:48.6** was rated at 89.05%.

Emily Smith was first home in the 1500m in **7:52.4**, while Shield newcomer **Jaime Hvalica** showed a lot of promise with his **8:15.3**, finishing 2nd overall.

Pl	Name	Club	Age	Time	Points
3000m					
1	Riley Coughlan	(KNA)	M16	12:43.8h	554
2	Mark Blackwood	(KNA)	M45	13:36.2h	500
3	Eden Morgan	(KNA)	M18	13:45.1h	493
4	Ela Uzun	(ESS)	F14	14:19.01	546
5	Damian Baldy	(KNA)	M14	15:12.6h	478
6	Char Hay	(MUU)	F20	15:22.3h	468
7	Daniel Pashutin	(KNA)	M14	15:48.6h	458
8	Ariana Pashutina	(KNA)	F16	15:56.7h	475
9	Kylie Irshad	(GHY)	F50	16:33.8h	493
10	Maddison Nash	(KNA)	F18	16:36.3h	434
11	David Smyth	(COL)	M50	16:57.1h	403
12	Carolyn Rosenbrock	(ANW)	F60	17:02.4h	524
13	Havana Ali	(ESS)	F14	17:07.4h	450
14	Andrew Jamieson	(OSC)	M70	17:07.8h	496
15	Grace Louey	(KNA)	F20	17:21.1h	384
16	Mietta Morgan	(KNA)	F14	17:58.7h	418
17	Heather Carr	(GHY)	F70	18:48.6h	528
18	Bernie Keirl	(DIV)	M55	19:33.7h	321
19	Ross Reid	(COL)	M65	21:22.0h	324
20	Gwen Steed	(GHY)	F70	21:41.3h	449
21	Clyde Riddoch	(AWA)	M65	22:00.6h	
-	Geoffrey Barrow	(MEN)	M70	DQ	
-	Rupert Van Dongen	(MEN)	M45	DQ	
1500m					
1	Emily Smith	(KNA)	F18	7:52.4h	446
2	Jaime Hvalica	(DIV)	M14	8:15.3h	415
3	Tayla Borg	(DIV)	F18	8:20.1h	409
4	Isabella Finlayson	(FKN)	F16	8:26.2h	433

5	Donna-Marie Elms	(PTN)	F60	8:52.7h	498
6	Timothy Erickson	(COB)	M70	8:58.5h	454
7	Olin Buisman	(GHY)	F14	9:30.9h	362
8	Emilie Garside	(YRA)	FOP	9:45.8h	271
9	Dee Holohan	(SAN)	F55	10:24.2h	353

**** Ballarat Zone: Round 2, Saturday 15 October – Llanberris Stadium, Ballarat**

It was good to see **Fraser Saunder** back in action after a winter focused on his studies. It's been almost two years since Fraser walked a 1500m, so a 19-sec PB of **6:17.38** was little surprise. **Scott Peart** again went at his own best time with a potato peeler rather than a knife, while his sisters **Alanna** and **Gemma** socialised early in the 3000m before Alanna put the foot down for a good finish time of **13:59.2**.

3000m

1	Alanna Peart	(BYC)	F20	13:59.52	520
2	Jemma Peart	(BYC)	FOP	15:08.17	477
-	Cody Wapshott	(EKA)	M14	DQ	

1500m

1	Fraser Saunder	(BYC)	M20	6:17.38	495	
2	Scott Peart	(BYC)	M18	6:46.99	456	PB 0:01
3	Sarah Brennan	(BYC)	F45	7:45.00	503	
4	Stephen McLennan	(WEN)	M55	9:23.07	325	
5	Kevin Ruddick	(BHA)	M70	9:56.70	396	
6	Leigh Benbow	(EKA)	M14	11:11.56	197	PB 0:25
7	Peter Roberts	(BHA)	M55	11:44.76	185	
8	Roslyn Ireland	(BWK)	FOP	11:45.89	164	
9	Olive Ireland	(BWK)	F60	12:27.69	245	



Left: Alanna and Gemma ... channeling Pharrell Williams? Right: Fraser and Scott lead out the 1500 field.

(Photos: Kerrie Peart)

**** Bendigo Zone: Round 2, Saturday 15 October – Latrobe Uni Athletics Track, Flora Hill**

At Bendigo, **Tiffany Bussem Jorgensen** didn't have things all her own way, prevailing by 5secs over young Tate McQueen who scored the sole PB of the day with his **8:15.31** to Tiffany's **8:10.31**. Kate Wilson and Charlise McQueen again had a keen duel, with Charlise cutting Kate's margin of last week to 3 secs. We await Round 3's results!

1500m

1	Tiffany Bussem Jorgensen	(BGO)	FOP	8:10.44	422	
2	Tate McQueen	(EAG)	M14	8:15.31	415	PB 0:16
3	Kate Wilson	(EAG)	F14	9:03.43	407	
4	Charlise McQueen	(EAG)	F14	9:06.45	403	

5	David Lonsdale	(BEU)	M50	9:35.88	279
6	Jennifer Payne	(SBE)	F65	9:45.79	473
7	Annette Major	(EAG)	F60	10:13.81	410
8	Leigh Browell	(SBE)	M45	11:13.31	174
9	Annette Curtis	(SBE)	F65	11:41.64	334
10	John Watson	(BGO)	M70	11:53.85	260
11	Wendy Ennor	(EAG)	F65	12:46.14	264
-	Geoffrey Major	(EAG)	M70	DNF	

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	YRA – Yarra Ranges
COL – Collingwood Harriers	KSB – Keilor St Bernards	
DAC – Doncaster	MEN – Mentone	

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



***AVSL Round 3 – Saturday 22 October**

***** NOTE: Change of Metro venue:**

Owing to the flood damage at Aberfeldie, all Zone A events for Round 3 have been relocated to **Tom Kelly track (Reischek's Reserve), George St, Doncaster.**

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 3 close on **Wednesday 19 October at 12 noon.**

Metro – Doncaster	1.00pm	2000m, 5000m walk (all ages)
Ballarat region	3.10pm	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://bracballarat.com.au/>

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



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.

QUEENSLAND QA Shield Series #2: Benita Willis Shield, 8 October – QSAC, Brisbane

The second round of Queensland Athletics shield season saw **Katie Hayward** and **Bailey Housden** set the track alight with fast sub-13min performances, Bailey knocking 29secs off his best for **12:54.73**.

Women 3000m Walk

1 Katie Hayward	QA	12:45.40
2 Anika Clarke	RED	16:03.63
3 Phoebe Chadwick	QRW	17:19.18
4 Olivia Boulton	GCA	17:20.35
5 Mikaela McDonald	QRW	17:51.10
6 Katie Bray	ASR	18:39.53
7 Lily Goulding	QRW	18:56.32
8 Korey Brady	QRW	19:47.18
9 Skye Presland	Mayne Harriers	20:57.61
- Amber Norton	Athletics North	DNF
- Summer Millard	QRW	DQ

Men 3000m Walk

1 Bailey Housden	QRW	12:54.73
2 Kai Dale	QRW	15:37.28
3 Kai Norton	QA	16:19.37
4 Roel Wheeley	SAS	17:46.35
5 Thomas Aghatanious	FTA	21:27.85
- Noah Wheeley	RED	DQ

Women 5000m Walk

1 Jayda Anderson	QCA	25:55.65
2 Mia Bergh	QCV	29:23.19
3 Erika Woodward	QLD Masters	30:46.70
4 Torryn Fisher	QRW	32:45.18

SOUTH AUSTRALIA ASA Track meeting, 15 October – Elizabeth

Coming off a successful winter road season, **Kim Mottrom** carried his good form onto the track with an excellent 3000m effort of **12:30.9**. **Sebastian Richards** and **Sam Findlay** also appear to be gearing up for strong summer campaigns after months of building their condition on the road.

Open 3000m

Name	Club	Time	Notes
Kim Mottrom	SA Masters	12:30.90	
Sebastian Richards	Southern Athletics Club	14:16.96	
Sam Findlay	Southern Athletics Club	14:19.00	
Nellie Langford	Southern Athletics Club	14:35.57	
Rhiannon Lovegrove	Port Adelaide	16:38.84	
Cooper Rech	Coastal Districts	17:04.94	
Matilda Rech	Coastal Districts	18:58.32	PB

Open 1500m

Zayden Kamish	Southern Athletics Club	8:11.76	
Lucas Cummins	Salisbury	10:20.53	PB
Di Camilleri	Coastal Districts	11:41.13	

TASMANIA Aths South interclub, 15 October – Domain Ath Centre, Hobart

Summer athletics is underway south of Bass Strait. Thanks to **David Moore** and **Rosemary Coleman** for these results.

An all-seasons weather day for the Track Season opener, with our Walkers copping a drenching while warming up, and later, a stiff breeze and bright sunshine to dry them out during their race.

Accolades today for **Oliver Morgan** and **Adele Woodward** who have started the season with PB's, nice walking also from **Lily Carr**, whilst a looming contest at the back of the field between **Dave Moore** and **Wayne Fletcher** was scuttled by a twinge in Wayne's hamstring early in the race.

Results 1500m Walk

1. Oliver Morgan	OVA	6:36.04	PB
2. Lily Carr	OVA	9:30.00	
3. Elizabeth Leitch	TMA	10:09.69	
4. Adele Woodward	OVA	10:25.84	PB
5. Dave Moore	TMA	13:15.24	
6. Wayne Fletcher	NSAC	14:33.79	

**** Tas Masters T&F, 12 October – Domain Ath Centre, Hobart**

Results 5000m Walk

1. Wayne Fletcher	NS	45:00
-------------------	----	-------

WESTERN AUSTRALIA Athletics West results, 16 October – Ern Clarke AC, Perth

Terry Jones reports that conditions were perfect – no wind, no rain, cool temperature, a perfect spring morning – at Ern Clarke Athletics Centre, which is being used till end of December while the WAAS track is being replaced with a new surface.

Men 5K

John Ronan Kingsway AC 23:53.73

Women 5K

Alexandra Griffin UWA AC 26:24.53



INTERNATIONAL NEWS

FRANCE: 8th Grand Prix de Lisses & Ile de France 20km c'ship – Lisses

Emmanuel Tardi reports from Paris:

I was one of the organizers of this race. It took place in Lisses, 40km in the south of Paris. There were 40 starters for the two races (10k and 20k). Start time was at 9:30am.

The loop was 2km long and totally flat. The 20k was easily led by **Florent Beauval** but he stopped after 12k because of a calf injury. Then **Ryan Gognies** led but was caught by **Pierre Gerbaud-Blin** 4km before the end.

In women's 20km, **Celia Franchin** led for the whole race. In the 10km, it was easy victories for **David Denoncin** and **Emma Ribeiro**.

10km Marche

1	DENONCIN David	SEM/88	As Villejuif - Asv	52'41"
2	CHEVASSUS Melwan	JUM/04	Asfi villejuif athletisme	54'49"
3	SALAUN Yann	MAM/84	Athle 92	56'26"
4	MARIE Frederic	MAM/61	Grand paris seine & oise athletisme	58'58"
5	RIBEIRO Emma	JUF/04	Athletic club pays de l ourcq	1h00'07"
6	REAUD Delphine	MAF/82	Ac paris-joinville	1h01'42"
7	MARQUIS Cecile	MAF/71	Athletic clubs 92	1h02'54"
8	CHRIMENT Gilles Pascal	MAM/54	Marne et gondoire athletisme	1h04'59"
9	LAMIRAULT Philippe	MAM/69	Lisses ac	1h05'00"
10	DORE Sophie	MAF/77	Uai nogent-sur-marne	1h05'26"
11	BRUCH Jean-Frederic	MAM/59	Athle chartres luce asptt mainvilliers	1h08'07"
12	BEAUDET Guy	MAM/55	Club athle plessis 94	1h08'19"
13	LEMONNIER Dominique	MAF/56	Marne et gondoire athletisme	1h09'11"
14	RIVIERE Sylvain	MAM/67	Spn vernon	1h09'29"
15	VERGNOLLE Laurent	MAM/65	Acsam	1h11'17"
16	BONAVENTURE Sylvie	MAF/66	Lisses ac	1h11'27"
17	GUERY Anthony	MAM/75	Marne et gondoire athletisme	1h19'09"
18	SAUNEUF Lola	MAF/46	Marne et gondoire athletisme	1h24'54"
19	MONTIGNY Patrick	MAM/49	Us ivry	1h31'33"

20km Marche

1	GERBAUD-BLIN Pierre	SEM/95	Ec orleans cercle jules ferry	1h49'16"
2	GOGNIES Ryan	SEM/00	Ca montreuil 93	1h51'14"
3	FRANCHIN Celia	MAF/87	Grand paris seine & oise athletisme	1h57'50"
4	STEFANELLY David	MAM/76	Grand paris seine & oise athletisme	2h00'02"
5	DUCLOS Eddy	MAM/69	Us Champagne-sur-Seine	2h00'15"
6	DELHON Vincent	MAM/75	Asfi villejuif athletisme	2h01'15"
7	BIZARD Lucie	SEF/90	Stade francais (paris)	2h01'25"
8	BRASTEL Adeline	MAF/78	Efs Reims	2h03'37"
9	TURLET Albert	MAM/81	Athletic clubs 92	2h07'59"
10	TOUTAIN Eric	MAM/63	Us ivry	2h08'39"
11	NOGRE Yannick	MAM/59	Es montgeron	2h11'22"
12	STEINVILLE Nathalie	MAF/64	Asfi villejuif athletisme	2h13'12"
13	VANDEBERGHE Renaud	MAM/70	Marne et gondoire athletisme	2h19'31"
14	ROTTEMBOURG Benoit	MAM/65	Athletic clubs 92	2h22'08"
15	BIZARD Claudie	MAF/59	Thiais ac	2h28'25"

16	DELEUZE Cecile	SEF/96	Fc laon	2h29'30"
17	BECRET Maxence	SEM/98	Fc laon	2h32'50"
	BEAUVAL Florent	SEM/	Stade sottevillais 76	DNF
	VERGNAUD Serge	MAM/61	Athle 78	DQ

Walk judges: Bodin Alexia (Chief) , Tardi Emmanuel (Chief judge Adjoint) Swidzinski Eric, Bazin Berangere, De Bisschop Lorene, Bollinger Vincent, Nuissier Christine (Mentor : Thorel Daniel), Labrousse Michel (Examiner : Dominique Leclercq).



The winners at Lisses – Gerbaud-Blin, Franchin, Ribeiro and Denoncin

(Photos: Emmanuel Tardi)

SWITZERLAND: Swiss National 10km & 5km c'ships, 8 October - Monthey

This weekend found **Emmanuel Tardi** in neighbouring Switzerland, pulling on the shoes twice.

This weekend I was in Switzerland where I competed in two races.

On Saturday in Monthey (start at 5:30pm) there was the National championship for 10k men and 5k women. There was also an open 10k, 5k and 3k.

The event had an international label. Three international judges were there (Frederic Bianchi, who live in this city, Martin Skarba and Stefan Alexandru).

The 10k Men was easily won by Hungarian **Norbert Toth**, and the Women's race by Ireland's **Kate Veale**.

10000m Track Men

- 1/ Toth Norbert 2001 GYAC / Hungary 43'43"
- 2/ Bonzon Nathan 2000 CM Monthey 58'38" **Champion Swiss**
- 3/ Gavillet Patrick 1968 CM Cour Lausanne 1'01'00"
- 4/ * Balharry Gavon 1945 CM Cour Lausanne 1'14'08"

10000m Track Women

- 1/ Veale Kate 1994 West Waterford A.C. / IRL 53'08"
- 2/ Delahunt Eva 2001 Sligo A.C / IRL 1'02'00"

5000m Track Men

- 1/ Smola Josef 1964 Smola Chuze Prague / CZ 27'58"
- 2/ Penolazzi Claudio 1955 Athletica Lonato / IT 30'30"
- 3/ Meier René 1957 BTV Basel 31'12"
- 4/ Briere Régis 1968 Doubs Sud Athlé. Pontarlier / FR 35'10"
- 5/ Bianco Joseph 1941 CM Monthey 41'41"
- 6/ Tardi Emmanuel 1967 La Postillonne Longjumeau / FR 42'18"
- 7/ Duplan Kevin 2005 CM Monthey 42'27"

5000m 10000m Track Women

- 1/ Torma Anett 1984 GYAC / Hungary 26'46"
- 2/ Polli Marie 1980 SAL Lugano 29'54" **Championne Swiss**
- 3/ Briere Dora 1959 CM Cour Lausanne 31'30"
- 4/ Anxionnat Claudine 1951 AVEC Pays de Bruyères /FR 35'49"
- 5/ Baptiste Helene 1950 CM Yverdon-les-Bains 40'53'

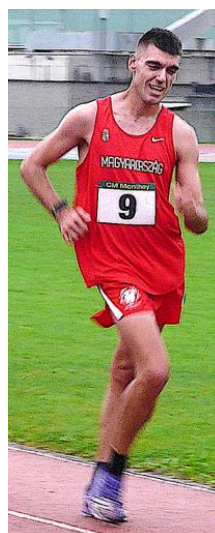
3000m Track Men

1 22 Andreotti Piergiorgio 1940 Kronos Roma / IT 24'40"

Walking (non judged walkers)

Aeberhard Nadia 1993 CM Monthey / 5'000m. 39'32"

Fossérat Joseph 1978 CM Monthey / 3'000m. 30'05"



Monthey action: Veale, Bonzon and Toth

*GAVON BALHARRY

While perusing the above results from Monthey, something caught my eye – a name from the past that I would never have expected to see in a European race walk report in 2022.

Gavon Balharry (4th in the Men's 10,000m track race) was a member of the South Australian Amateur Walkers Club in the late 1960s. I never met Gavon but I saw his name frequently in SAAWC race reports during that time.

Curious to know if it was merely a coincidence, I contacted Bob Cruise who confirmed that Gavon had indeed raced with the SAAWC. Further investigation revealed that, alongside race walking, Gavon was a keen orienteer and rogainer. The *Australian Rogaining Association* website carries this news item from '[History: Intersvarsity 1968](#)':

'ARA was recently contacted by Gavon Balharry, who won the Intersvarsity 24 Hour Walk in 1967 and 1968.

Gavon is now retired and resident in Switzerland. Gavon related that in the 1960's he and David Moriarty were postgraduate students at the Waite Institute at Adelaide University.' Gavon has kindly sent a copy of the 1968 Intersvarsity results and his trophy.¹

In addition to Gavon's rogaining affiliations, I received the following item from Bob Cruise, from his book '*History of Race Walking in South Australia*':



'August began with the 50 Kilometres State Championship held over last year's Australian Championships course at Elizabeth. Dean Knight broke the best-ever time for the distance in 4 hr 55 secs with Gavon Balharry second and Jack Webber third. Gavon's time, 5hr 23min 13secs was excellent for his first effort over the marathon distance.'

Left: Gavon Balharry showing an energetic arm action

(*Modern Athlete & Coach* 1968)

Right: The 24hour Walk trophy won by Gavon with David Moriarty in 1968.



¹ Australian Rogaining Association website 2022

SWITZERLAND: 8km Hill climb, 9 October - Epinassey

Emmanuel's report continues.

On Sunday, it was the 8km hill climb race. The race started in Epinassey (alt 416m) and finished at Mex (alt 1128m). So there was a 712m difference in 8k (7k in reality because the first km ascended only 10m.)

Winners were the same as on Saturday.

8km Men

- 1/ Toth Norbert 2001 GYAC / H 51'51"
- 2/ Smola Josef 1964 Smola Chuze Prague / CZ 1:01'05"
- 3/ Ponzio Roby 1947 GAB Bellinzona 1:02'07" **Champion Swiss**
- 4/ Briere Régis 1968 Doubs Sud Athlé. Pontarlier / FR 1:04'05"
- 5/ Bonzon Nathan 2000 CM Monthey 1:05'32" **Vice-Champion Swiss**
- 6/ Riepl Frank 1967 LC Breisgau / D 1:08'36"
- 7/ Bianchi Olivier 1973 CM Monthey 1:18'32" **3rd Swiss**
- 8/ Berner Claude 1963 CM Ecureuil 1:18'42"
- 9/ Jomini Michel 1951 CM Ecureuil 1:22'20"
- 10/ Duplan Kevin 2005 CM Monthey 1:30'38"
- 11/ Tardi Emmanuel 1967 La Postillonne Longjumeau / FR 1:33'19"

8km Women

- 1/ Veale Kate 1994 West Waterford A.C. / IRL 57'46"
- 2/ Torma Anett 1984 GYAC / H 1:00'26"
- 3/ Briere Dora 1959 CM Cour Lausanne 1:03'25" **Championne Swiss**
- 4/ Delahunt Eva 2001 Sligo A.C / IRL 1:07'51"
- 5/ Polli Marie 1980 SAL Lugano 1:13'52" **Vice-championne Swiss**
- 6/ Anxionnat Claudine 1951 AVEC Pays de Bruyères /FR 1:21'25"
- 7/ Baptiste Helene 1950 CM Yverdon-les-Bains 1:22'39" **3rd Swiss**



Start of the Hill race ... the easy bit.

(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.

- 17/10/2022 Ivano Frankivsk (UKR): The 35km and 20km Ukrainian National Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4482
Yes, despite everything they still managed to hold their championships. These are results only. Good to see Valeriya Sholomitska was back racing on her home soil.
- 17/10/2022 Pecs (HUN): the annual Hungarian Márcz Róbert Emlékverseny
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4480

- 17/10/2022 Lisses (FRA): the 8th edition of the Grand Prix de Lisses valid as Ile de France Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4481 See also Emmanuel Tardi's report above.
- 16/10/2022 Grottammare (ITA): Victories of Gabriele Gamba and Eleonora Dominici in senior and Emiliano Brigante and Alexandrina Mihaï in U20. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4479 The final major walk of the Italian 2022 season.
- 15/10/2022 Banska Bystrica (SVK): Dominik Černý and Hana Burzalová win the 20.000m track walk of Slovak Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4478
- 14/10/2022 The head coach of the Slovak Athletics Federation, Martin Pupiš, will retire from this position on 31 October after ten years. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4477
- 14/10/2022 Asuncion (PAR): Caio Bonfim (BRA) and Viviane Santana Lyra (BRA) are the winner of 20km walk of the 12th edition of the South American Games http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4476
- 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

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 17, 2022 - Dominik Černý and Hana Burzalová win 20,000 m March Championships in Slovakia <http://omarchador.blogspot.com/2022/10/dominik-cerny-e-hana-burzalova-vencem.html>
- Saturday, October 15, 2022 - Viviane Lyra wins the gold medal in the 35 km march of the ASU 2022 South American Games <http://omarchador.blogspot.com/2022/10/viviane-lyra-com-medalha-de-ouro-nos-35.html>
- Friday, October 14, 2022 - Caio Bonfim (Brazil) triumphs in the 35 km march of the ASU 2022 South American Games <http://omarchador.blogspot.com/2022/10/caio-bonfim-brasil-triunfa-nos-35-km.html>
- Thursday, October 13, 2022 - Sabrina Arziyeva (Kazakhstan), Asian U18 Champion - Kuwait 2022 <http://omarchador.blogspot.com/2022/10/sabrina-arziyeva-cazaquistao-campea.html>
- Thursday, October 13, 2022 - Glenda Morejón (Ecuador) in the spotlight at the ASU 2022 South American Games <http://omarchador.blogspot.com/2022/10/glenda-morejon-equador-em-grande.html>
- Wednesday, October 12, 2022 - Brian Pintado (Ecuador) wins gold at the ASU 2022 South American Games <http://omarchador.blogspot.com/2022/10/brian-pintado-equador-conquista-o-ouro.html>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

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, 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
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
Sunday 16th Oct 2022 Distances: **8.30a:** 10k, 15k, 20k. **9.15a:** 3k, 5k. **9.40am:** 1km, 2km 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 Distances: **7.00p:** 1100m, 1500m. **7.15pm** 3000m, 5000m Mentone Track
Sunday 4th Dec 2022 Australian 35km Championship program Falkner 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'Neill- treasurer@vrwc.org.au

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

