



HEEL & TOE Online

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Inc.

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CLUB NEWS and RESULTS

**** TWILIGHT TRIVIA IS ON! ****

Thanks to all those who have signed up for this activity. While numbers are a little down on previous years owing to unavoidable absences, we will still be able to enjoy some quizzing fun post-race before going off on our various Saturday night endeavours (e.g. hitting the sack early before long Sunday morning training walks ... yes? No? Yeah/nah?)

Unlike other years, the Quiz will be held in the Main Hall of the Bowling club. Please bring your own snacks etc. Tea and coffee will be available, and of course there's the bar ...

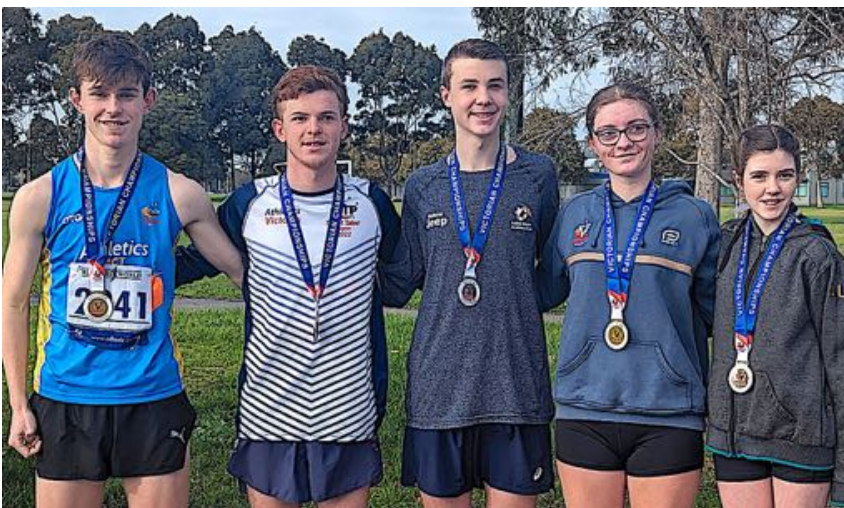
If you haven't yet signed up and would like to, there are plenty of places available at \$10 a head. Contact Stu.

See you all there!

Coaching clinic #2

A reminder that the second of our winter **Coaching Clinics** will be held on the morning before our final Points races for the season. Fran Attard, Simon Baker and Mark Donahoo will conduct the session.

See the advert on Page 3 for full details.



No races to report on in Victoria, so here are some happy podium snaps of our medalists from the AV and VRWC road championships, held on Sunday last week.

*AV U18 (10km, 5km), U165km:
Owen, Riley, Scott, Emily and Mietta

Right: Owen in action by the lake.





AV U14 3km: Mya, Ela, Havana, Tate and Angus



AV 20km: Char and Carolyn



VRWC U12 2km: Edith and Zoe



VRWC U10 2km: Lily, Anouk, Pippa and Logan



Victorian Race Walking Club

Coaching Clinic for athletes of all ages, parents and coaches: Saturday 12th August 2023

Coaching clinic beginning at 12.10pm-1.30pm, Focus is on little athletes and junior athletes, parents of up and coming athletes, general coach and planning a program for all.

The second clinic for this season will be held Saturday 12th August 2023, in the VRWC Clubrooms, Middle Park Bowling Complex, Middle Park.

Presenters for the clinic are

- Fran Attard, experienced coach of junior athletes
- Mark Donahoo, VRWC club coach
- Simon Baker, coach of athletes from juniors to Olympians

Outline of clinic

- 12.10pm: welcome to all participants in the clinic
- 12.15pm: Practical session with Mark Donahoo: looking at what to do to help keep a good style as you go through growth stages or changes due to injury or getting older
- 12.45pm: Simon will delve into the skills of racewalking.
- 1.05pm: Fran Attard will have a panel of mostly young athletes who will discuss their experiences as up and coming walkers
- 1.30pm: Conclusion of the session

Either

- Pre-registered your interest in attending by emailing the club secretary on secretary@vrwc.org.au.
- Turn up on the day and be part of the clinic.
- There is no charge.

It was announced last week in *O Marchador* that one of race walking's unlikely heroes, **Veniamin Soldatenko**, had passed away at the age of 84. Why unlikely? Because in the final decades of the Cold War, during which the 50km ace from Kazakhstan was at his peak, few athletes of the USSR presented as individualists. Conformity was expected and generally enforced.

Soldatenko was a welcome antidote to the stereotypic model of the emotionless machine in a red singlet that was most Westerners' impression of the Soviet athlete. He had a personality, and he expressed it. As Tim Erickson (who raced in the 1976 IAAF World 50km championship in Malmo, which Soldatenko won) put it in his standout tribute¹, "*In his cut down top that showcased his superb physique and with his fluent easy style, he was an awe inspiring walker who captured our attention as youngsters coming into the sport. With his black unruly curls and inevitable headband, he was known as the 'Alma Ata hippy' and could not have been more different from his Soviet compatriots in style of clothing, behaviour and outlook.*"

Soldatenko. The very name conjured an image of power and pugnacity to rival that of Rambo. *Soldatenko. Solid. Soldier.* Race walkers worldwide, perennially confined to the margins in athletics and sport generally, needed heroes – the kind other sports had, torchbearers who could and would punch through any obstacle to achieve their goals. "I can liken myself at various times to various walkers, thinking to myself that my style feels very strong," said British 50km walker Bob Dobson, as an example of self-motivation.² "Today I am Soldatenko out there on the Russian plains' or something like that." Dobson, himself the UK 50km record holder at the time, went on to say that Veniamin Soldatenko was the foreign walker he admired most. "A tremendously strong character, all blood and guts all the way."³ It didn't matter if no-one outside the sport knew who Soldatenko, or Christoph Hohne, or Vladimir Golubnichiy were. We walkers did, and that knowledge fired us up when the going got tough on those cold, wet training nights and in races where nothing was going right, or – as in Dobson's case – when everything was.



(Photo: Mike Street – Athletics Weekly)

In 1972, a few months before the Munich Olympics commenced, I was extremely fortunate to come across an issue of the Soviet English language pocket magazine *Sputnik*. Amongst an eclectic range of items – film reviews, poetry, interviews, fiction and topics covering a broad scope of life in the Eastern bloc, it contained a feature article on Veniamin Soldatenko, focusing on a watershed experience in 1968 that sparked his 50km career. I found it inspirational and, since the Munich Olympic 50km was coming up fast, very timely. Here it is:

The Crucial 38th Kilometre⁴

by Yevgeni Bogatyrev

(from the magazine *Lyogkaya Atletika*)

It was Soldatenko's first 50-km walk ever. The site was the shores of Lake Sevan in mountainous Armenia and the contest was the USSR championships – not exactly a second-rate affair.

Although he had won the 20km walk at the 1967 USSR National Games, his time gave him little hope of placing even 6th in Mexico (Olympics). The coaches of the Soviet Olympic squad suggested he should have a go at the 50km event, and if at Lake Sevan he won 3rd place at least, he would go to Mexico.

Following his usual tactics, Soldatenko took the lead right from the outset. The sun was burning hot. Added to that, the route lay at 2,000m above sea level which meant the athletes suffered from oxygen deficiency. The site for the contest had been chosen deliberately: its physical features are very close to those of Mexico City.

Twenty kilometres had been covered and Soldatenko was still among the first. He could see that many of his rivals were having a tough time of it. It was costing some considerable effort to keep moving.

"How long will I last?" he thought anxiously.

¹ <http://www.vrwc.org.au/tim-archive/articles/wo-veniamin-soldatenko.pdf>

² *Athletics Weekly* May 28 1977, p17

³ *ibid*, p18

⁴ *Sputnik Digest*, 1972 (date and issue number unknown)

The leading group of athletes was dwindling steadily. In the 35th kilometer Gennadi Agapov, a star walker, gave up. Suddenly Soldatenko felt terribly tired. He was gasping for air. His legs were leaden. With every step it was becoming more and more difficult to detach his feet from the sticky asphalt. Blue circles swam before his eyes. They merged into what looked like a giant body of water – just open your mouth and you'll have a cool drink. Soldatenko parted his lips for that cool drink, but instead he got a scorching breath of air ...

In the 38th kilometer Soldatenko stopped and sat down, exhausted at the side of the road. Athletes walked past. They were also tired, but they had more correctly evaluated their powers, had paced themselves better.

He did not go to the Mexico Olympics. Moreover, he did not know what to do next – to go on training for the '20' or switch over to the '50'. Soldatenko's coach, Anatoli Frukto, believed that his charge would be at his best in the 50km walk. Soldatenko was undecided for some time, but finally took his coach's advice. He was 29 at the time.

Soldatenko was helped to draw up a training schedule, and then he went home to Alma-Ata, capital of Kazakhstan. He began training with a vengeance. It was then that he became confident of success in the new event. His hurt pride was a considerable contributing factor – he was eager to show that he could handle the 50km walk.



(Photo: Sputnik)

In 1969 the same cheerful, jovial Soldatenko came to the national championships. However, not quite the same. There was a change: his face was more drawn, his eyes more deep-set. Besides, there was a noticeable improvement in his technique; his staying power was considerably greater, and he was stronger tactically. He won the walking race easily – he was head and shoulders above his rivals.

Later Soldatenko was 3rd in the European title race in Athens and twice won the national championship. And he went on training persistently. Although for a month or two he made a point of forgetting all about training. He plunged into cultural and social life – going to the theatre and cinema, attending concerts and jazz festivals, meeting friends. After that period of relaxation he resumed his rigorous training, once again becoming a familiar figure on the nearby highway.

When he began concentrating on the 50km walk, Soldatenko realized that for a long time he would have (East German) Christoph Hohne as his chief rival. For a number of years Hohne had been winning nearly all the races. Soldatenko competed against him three times and won only once.

The big event ahead was the 1971 European championships in Helsinki. Most experts predicted victory for Hohne.

Then came that memorable race. Soldatenko followed Hohne like a shadow, not letting him increase his lead by even one step. Half the distance was behind, but the athletes walked as if bound together.

After 35 kilometres through the streets of Helsinki Soldatenko was still on Hohne's heels. Soldatenko realized that it was time for him to take the lead if he wanted to win, but he could not quite make up his mind. Would he be able to hold the lead to the finish? Finally, he overcame his doubts and made a spurt.

Later, sportswriters noted that Soldatenko took the lead in the 38th kilometer and maintained it down to the finish. No one even recalled his 38th kilometer on the shores of Sevan.

Two months later Soldatenko started with Hohne in a USSR-GDR (East Germany) walking meet. Once again Soldatenko outpaced his opponent, and this time his result – 3:59:17.8 – was the second fastest in the history of Soviet track and field athletics.

At 33, Veniamin Soldatenko, an army officer, is a comparative newcomer to big-time sport. Others abandon sport at his age, but Soldatenko has enormous reserves of energy and a great zest for competition and victory, and most important – for overcoming "his" 38th kilometer.

Stirring stuff indeed. Enough fuel in there to propel anyone up the Anderson St hill at the 'Tan', lap after lap, on a wintry Melbourne night! This was the first in-depth article on any Soviet athlete I had seen, let alone on a race walker. Even more remarkable was that it appeared, not in an athletics or wider sports publication, but in what amounted to the Russian equivalent of *Reader's Digest*.

Before I read it, Veniamin Soldatenko – like his Soviet team-mate Vladimir Golubnichiy and German rivals Christoph Hohne (East) and Bernd Kannenberg (West) – was to me a mysterious master of the game, known to us aspiring Aussie walkers (long before the days of online blogs, YouTube and streaming services) only by the reports in foreign sports journals or recounted by our own international reps from their observations whilst racing overseas. They seemed almost god-like.

It was as if that *Sputnik* article suddenly whipped open a door nobody knew was there, or was meant to stay shut. It revealed a Soviet champion who was human, as prone to frailty and failure as any other mortal, yet with the grit and determination to learn from and use the humiliation of that experience at Lake Sevan to steel his body and mind to attain his goals. Inspiration? What more did you need? What sports player, of any age or standard, could not relate to the shock of one's body and mind suddenly failing them so totally, leaving them with nothing but emptiness and shattered dreams? Who would not have responded to the story's second half, showing not only new dreams arising but a roadmap to realizing them – if you had it in you to follow it?

Millions, in sport and other pursuits in life, have come up against their own '38th kilometer.' Many never proceed further. Others try again, only to face certain realities and set new goals. But some, fired by longing and self-belief, refuse to be beaten by it, putting in their own surge when again it confronts them and blasting through it. Soldatenko was one of those. He was no

superman or god, nor an inscrutable automaton from an Iron Curtain conveyor belt, but an ambitious man forced to answer a question put to him by failure – and doing so in a way that echoed the victories over self won by heroes the world over.

Vale Veniamin Soldatenko. And thanks from all those you – and others like you – inspired.

Stu Cooper



(Photos: Racewalking All Over The World FB)

AROUND THE COUNTRY

NEW SOUTH WALES NSWRC results, 22 July – Chipping Norton

It's good to have the latest NSW results from **Frank Overton**, who is back from his brief trip to the US. (I just wish he wouldn't refer to the 10km race as the 'Long Division'. It gives me nightmares ... not so much from my own Grade 6 experience as from trying to teach it!)

The weather was cool and overcast at 19 degrees. There was a good attendance with 49 walkers. There were many PBs recorded so the cooler weather certainly was good for walking.

Chelsea Roberts continues to cut her times and stepping up to the 10km has suited her.

Another good walk by **Joel Byatt** who has recorded several PBs this season and is showing signs for a good summer season to follow.

Jessey Bektas is another who is continuing to record PBs and is showing a desire to reduce her times even more.

The Under 10 years division continues to have good numbers and, judging, by the times some are recording, look out you older walkers.

Long Division 10km

- | | |
|------------------------|-------------|
| 1. Chelsea Roberts (F) | 57m05s (PB) |
|------------------------|-------------|

Medium Division 8km

- | | |
|---------------------------|--------|
| 1. Brendan Pospischil (M) | 46m16s |
| 2. Laelia Byatt (F) | 50m05s |
| 3. Anne Weekes (F) | 58m59s |

Short Division 4km

- | | |
|---------------------------------|-------------|
| 1. Joel Byatt (M) | 19m28s (PB) |
| 2. Aiden Pospischil (M) | 23m41s (PB) |
| 3. Jessey Bektas (F) | 23m44s (PB) |
| 4. Laura Corvalan-Sotomayor (F) | 25m00s (PB) |

Under 16 years 3km

- | | |
|--------------------------|--------------|
| 1. Matilda Webb (F) | 16m01s |
| 2. Jessica Loring (F) | 16m34s |
| 3. Christopher Nilon (M) | 16m 36s (PB) |
| 4. Olive Gauci (F) | 19m21s |
| 5. Michael Maithison (M) | 19m23s |
| 6. Katherine Farugia (F) | 24m39s |

Under 14 years 2km

- | | |
|----------------------------|-------------|
| 1. Sophie Polkinghorne (F) | 9m36s |
| 2. Mitchel McCarthy (M) | 10m24s (PB) |
| 3. Noah Vella (M) | 10m42s (PB) |

Under 12 years 1.5km

- | | |
|--------------------------|------------|
| 1. Nate Appleyard (M) | 7m42s |
| 2. Hannah Hewitt (F) | 7m54s (PB) |
| 3. Joshua Waddington (M) | 7m59s (PB) |

4. Emma Hoskins (F)	10m52s (PB)	4. Keira Gill (F)	8m17s (PB)
5. Sienna Wade (F)	10m57s (PB)	5. Isla Banks (F)	8m25s
6. Patrick Waddington (M)	10m58s	6. Molly Miller (F)	8m33s
7. Ashleigh Farugia (F)	11m27s (PB)	7. Luca Barakat (M)	9m58s (PB)
8. Sagan Jones (F)	11m41s (PB)	8. Matilda Hay (F)	10m06s
		9. Chloe Farrugia (F)	10m21s (PB)
		10. Alexander Dennett (M)	10m25s (PB)

Under 10 years 1km

1. Harrison Bouquet (M)	4m58s,
2. Stella Wade (F)	5m05s,
3. Beth Cochrane (F)	5m38s,
4. Addison Fahey (F)	5m40s,
5. Addison Jenkins (F)	5m40s (PB)
6. Antonia Powter (F)	5m54s (PB)
7. Veronica Dennett (F)	6m28s
8. Milana Sorokin (F)	6m41s
9. Amelie Barakat (F)	6m42s (PB)
10. Max Miller (M)	6m50s (PB)

QUEENSLAND Invitational track meet & QMA 10,000m c'ship, 23 July – UQ track, St Lucia

On Sunday the QLD walkers headed for the University of QLD track at St Lucia for the QMA 10,000m track championship and Invitation events. Thanks to **Robyn Wales** for the results.

10,000m

Men:	
(1) Scott Hyland	50.10
(2) Bailey Housden	51.32
(3) Adam Patterson	1.05.39
(4) Peter Bennett	1.05.40
(5) Roel Wheeley	1.14.58
(6) Patrick Sela	1.28.25
Women:	
(1) Lyla Williams	56.25
(2) Lily Housden	1.11.37
(3) Jasmine-Rose McRoberts	1.12.40
(4) Joy Dale	1.23.30
(5) Noela McKinven	1.28.25

3000m

Men:	
(1) Brock Miller	19.02
(2) Eli Melinz	19.06
Women:	
(1) Isabella Welch	16.30
(2) Summer Millard	17.31
(3) Kiara Waterman	18.16
(4) Makenna Clarke	18.29
(5) Savannah Dunleavy	18.33
(6) Eliza Kelly	20.14
(7) Mackenzie Bandidt	21.06
(8) Mackenzie Wormald.	22.57
-- Mikaela McDonald	DQ

1000m

Men:	
(1) Leo Ramsay	6.37
Women:	
(1) Makenna Clarke	5.44
(2) Brooke McRoberts	8.34

5000m

Men:	
(1) Kai Dale	30.11
(2) Noah Wheeley	42.56
Women:	
(1) Olivia Bolton	28.14
(2) Anika Clarke	29.31
(3) Lily Goulding	31.37
(4) Taylah Morris	33.05
(5) Korey Brady	34.47

1500m

Men:	
(1) Jake Dunleavy	9.18
Women:	
(1) Summer Millard	8.35
(2) Freya Williams	8.46
(3) Dakota Vicary	11.21

SOUTH AUSTRALIA SARWC Short championships, 22 July – South Parklands

Kim Mottrom reports that they ‘just avoided the rain’ for the SARWC’s Short distance championships. After the past few weeks it was only fair that the weather cut them a break.

SA Short Club Championships

Open 4km

Kim Mottrom	17:24	PB 0:07
Rhannon Lovegrove	21:40	

Over 35 4km

Mel Grantham	23:33	PB 0:55
Kristy Templer	33:21	PB 1:55

Over 50 4km

Peter Crump	23:12	
Greg Metha	23:34	PB 0:03
Di Camilleri	31:15	First 4km
Bill Starr	32:02	

U20 4km

Nellie Langford	20:24	PB 2:14
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U16 2km

Sebastian Richards	9:24	
Angelina Legrand	10:38	PB 0:15
Liliana Templer	12:45	

U18 3km

Daisy Braithwaite	14:55
Cooper Rech	15:28
Katie De Ruvo	18:16
Jasmine Crabb	21:21

U12 1km

Liliana Templer	5:46
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U14 1.5km

Orlando Grantham	8:33
Matilda Rech	9:03
Senna Cook	9:18

U10 1km

Robert Crabb	7:54
Maverick Grantham	7:55
Anthony Crabb	9:57
Martin Crabb	11:03

TASMANIA

- TRWC results, 15 July – Wentworth Park
- TRWC results, 22 July – Airport

Two weeks worth of results sent in by **David Moore** this time around:

***TWRC Results Saturday July 15 2023 - Wentworth Park**

Saturday the 15th at Wentworth Park proved to be a very good outing for the **Woodward** Sisters with both turning in **PB** performances, the younger of the two - **Elsie** - sliced an easy 15 seconds from her previous best over 2km while older sister **Adele** stormed home to take a very healthy 50 seconds from her 3km time.

2km

1. Elsie Woodward	Huon LA	15:44 PB
2. Lucas Carr	Kingston LA	15:50
3. Wayne Fletcher	NS	17:56

3km

1. Will Bottle	Newstead AC	14:37
2. Lily Carr	OVA	19:22
3. Adele Woodward	OVA	21:33 PB

***TWRC Results Saturday July 22 2023 - AIRPORT**

Mild conditions for today’s walk at our airport course, the 2km event saw a very tight finish with **Isla Direen** just holding sway over Huon LA clubmate **Elsie Woodward**, whilst our oldest athletes **Eugene Gerlach** and **Wayne Fletcher** re-familiarized themselves with the course that their O/40 10km State Title will be battled out for in two weeks’ time.

2km

1. Isla Direen	Huon LA	16:50
2. Elsie Woodward	Huon LA	16:53
3. Dave Moore	TMA	21:05

3km

1. Adele Woodward	OVA	22:04
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4km

1. Eugene Gerlach	ATW	28:40
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8km



INTERNATIONAL NEWS

FRANCE:

- **Grand Prix du Troussey (39th edition), 14 July - Troussey**
- **French Youth championships, 16 July - Chateauroux**

It was a busy holiday weekend for **Emmanuel Tardi**. On Bastille Day morning he travelled 300km to exchange paddles for pumps and compete in an annual celebratory race. Two days later he was wearing the CJ armband at the French Youth championships – this time 300km from home in another direction.

Last Friday I was in the small village of Troussey (443 residents), 300km east of Paris. It was our national day.

This village organizes a racewalking event each year. In the morning, there was the race for the usual walkers. In the afternoon, there were races for kids and for residents.

There were 7 laps (1430m long), in the center of the village. The start was at 10.30am. **Philippe Bonneau** won the race for the 12th time.

Emmanuel strides out alongside winner Philippe Bonneau in Troussey.



Pl	No	Nom	Année	Club	10km
1	66	BONNEAU Philippe	1965	Antony Athlé	50.41
2	76	HERIDA Nadir	1982	Efs Reims	54.05
3	68	BOBAN Valérie	1968	AVEC	58.27
4	65	FLORENTIN Thierry	1965	AVEC	1.00.31
5	67	FLORENTIN Catherine	1967	AVEC	1.00.58
6	62	GROS Gildas	1967	Es Thaon	1.01.44
7	61	GUERNIER Camille	2007	Nancy Athlé Metropole	1.02.37
8	69	SIEGENFUHR Daniel	1950	Es Thaon	1.04.14
9	92	GERARD Denis	1963	Troussey	1.05.31
10	85	TOURNOIS Pascal	1954	Asm Bar	1.09.15
11	63	CHAUMET Daniel	1949	Luneville	1.12.30
12	78	ANXIONNAT Claudine	1951	AVEC	1.12.42
13	70	SIEGENFUHR Yvette	1954	Es Thaon	1.14.00
14	86	PFISTER William	1963	Asm Bar	1.14.00
15	77	BROT Daniel	1953	AVEC	1.19.47
16	72	TARDI Emmanuel	1967	LP Longjumeau	1.28.24
17	71	THOMAS Michel	1948	NL	1.36.14

After the races in Troussey, I drove to Chateauroux (300km south of Paris). I was appointed by my federation as Chief-judge at our National Cadet and Junior Championship .

4 races were scheduled from 8.00 to 10.55am. Weather was fresh in the morning (12°C at 8am), but temperature increased to reach 27°C at 11am .

In Junior Men, there was a big battle with **Leo Benjelloun-Touimi** and **Quentin Chenuet**. They walked together for 9km. In the last kilometer, Leo sped up – last km in 4.04 – and won. They beat their PBs.

In Junior Women, **Ana Delahaie** walked 3km with Japanese guest **Ai Oyama**, Then Oyama sped up and won. Ana became French champion with a gap of 2 minutes on **Agathe Mille**. Next race for her will be European junior Championship in Jerusalem.

In the cadet races our 2 best walkers (Bastien Picard for Men and Lena Auvray for women) were not on the start line because there were selected to European Youth Olympic Festival (in Maribor next week)

Easy victory in the Cadets for **Chloé Le Roch** and **Maelys Thery-De Bisschop** .

Women - 5000m Cadettes 10:55

1	LE ROCH Chloé	CAF/07	Cjf Saint-malo	23'05''30
2	MERBITZ Marine	CAF/06	Fc Sochoux Montbeliard	23'39''41
3	HANNOT Juliette	CAF/06	As Tourlaville	24'59''68
4	VEGA GONZALEZ Irene (ESP)	CAF/07	Avia Club Athletisme	25'12''26
5	LANDRON Capucine	CAF/06	Ca Beglais	25'20''54
6	GUILLARD Lisa	CAF/06	Entente Angevine Athletisme	25'28''44
7	CHEZE Emelie	CAF/06	Uao 31	25'49''29
8	COSQUERIC Yaelle	CAF/07	Ulac Pays Fouesnantais	25'59''71
9	WROBLEWSKI Marie	CAF/06	Us Talence	26'19''33
10	FENOUILLEIRE Clea	CAF/07	Ba Coutances	26'41''96
11	IUND Leonie	CAF/06	As Aix-les-bains	27'15''88
12	MENEZ Anais	CAF/06	Tregor Goelo Athletisme	27'39''35
13	CALAS Anouk	CAF/07	Eba	27'40''75
14	SERRAND Clara	CAF/06	La Vigilante Fougères	27'41''22
15	BELIN Eline	CAF/06	Athle 21	27'54''16
16	BRAS Clara	CAF/07	Evreux Ac	28'06''79
17	AMOUSSOU Diane	CAF/06	Union Saint Bruno	28'21''70
18	OULD BOUALI Juliette	CAF/07	Esme Us Deuil	28'24''29
19	MARIE Peggy	CAF/07	Rcn Sainte Luce	28'44''27
-	FARDEAU-DAVID Lola	CAF/07	Racing Club Nantais	DQ

10000m Juniors 9:05

1	OYAMA Ai (Jpn)	JUF/	Japon	47'06''07
2	DELAHAIE Ana	JUF/04	Stade Bordelais Athletisme	48'22''57
3	MILLE Agathe	JUF/04	Grac Renwez	50'24''22
4	LAGRANGE Nelly	JUF/04	Union Perpignan	50'49''41
5	TRICOT-LAPIERE Blanche	JUF/04	Ac Villeneuve D'ascq	52'03''20
6	ZIAT Alicia	JUF/05	Grand Angouleme Athletisme	54'17''43
7	BOURIGAULT Jade	JUF/05	Ac Villeneuve D'ascq	55'08''24
8	LEMOINE Morgane	JUF/04	Ac Barentin	55'22''35
9	TARTRON Lea	JUF/05	Beauvais Oise Union Club	56'34''94
10	FAUCON Thais	JUF/04	Stade Saint-lo	56'43''14
11	BOUMEDJANE Jana	JUF/04	Blanc Mesnil Sport Ac	58'27''11
12	SURGA Elea	JUF/05	Rc Arras	58'45''30
13	MOTIR Agathe	JUF/05	Caen Athletic Club	1h01'10''90
14	VEJUX Laura	JUF/05	Fc Sochoux Montbeliard	1h01'41''86
15	FARIK CLOVIN Natasha	JUF/05	Stade Sottevillais 76	1h02'07''72
16	POMMEROL Fantine	JUF/04	Lannion Athletisme	1h03'41''48
-	BOUQUIN Rachel	JUF/04	Racing Club Nantais	DQ



Le Roch (483) and Merbitz



Delahaie



Junior 10km Women podium

Photos: Emmanuel Tardi

Men - 5000m Cadets 10:20

1	DE BISSCHOP-THERY Maelys	CAM/06	Ac St Gratien-sannois	22'43''55
2	CAILLE Maxime	CAM/06	Froissy Athletic Club	22'53''52
3	PETER Anthony	CAM/06	Ca Ambilly	24'33''98
4	DELBOS Remi	CAM/06	Us Bazas	24'52''03

5	BABIN Noe	CAM/06	Stade Niortais	25'08''77
6	THOMAS Anatole	CAM/06	Dole Ac	25'12''72
7	DULAK Clement	CAM/07	Athletic Club Salonais	25'22''03
8	LAQUITTANT Victor	CAM/07	Ac Du Pays D Ancenis	25'22''19
9	HENNEGUIER Teo	CAM/07	Lille Uc	25'26''25
10	MORIN Sacha	CAM/07	Stade Lavallois	25'57''50
11	MAZENQ Etienne	CAM/06	Coquelicot 42	26'01''48
10000m Juniors 8:00				
1	BENJELLOUN-TOUIMI Leo	JUM/04	Stade Bordelais Athletisme	43'23''41
2	CHENUET Quentin	JUM/05	Gien Athle Marathon	43'32''88
3	ELLUL Hugo	JUM/05	So Calais Athletisme	46'40''02
4	GAUDRE Martin	JUM/04	Herbauges Athle 44	46'57''75
5	PETIOT Simon	JUM/05	Ac Secteur Monistrol	49'31''55
6	AUBRY Eliot	JUM/05	Ea Cergy Pontoise	50'30''79
7	FELLAH Clement	JUM/04	Us Valenciennes Athletisme	52'58''61
8	NAU Louis	JUM/04	Saran Loiret Athletic Club	53'12''90
9	CHEVASSUS Melwan	JUM/04	Asfi Villejuif Athletisme	53'51''75



Emmanuel and his team

UNITED KINGDOM: Enfield RWC Fixture 6: Moulton Walks, 8 July – Moulton, Suffolk

Ron Wallwork reports on some encouraging numbers at this year's Moulton walks.

In the best turnout since Covid, hot humid conditions made the annual Moulton challenges even more challenging. Event regulars, including Olympians, former internationals and past winners of the event made for a great atmosphere. Prior to the start of the race there was a tribute to Mick Holmes a walking star of the 1970's who recently away.

Grazia Manzotti and Dave Annetts had things all their own way in their respective events. However there was a welcome re-appearance by Phil Barnard who repeated his 2008 runner-up position and making her debut in the race Grazia clocked the fourth fastest Ladies winning time.

There was some promising performances from the Young Newmarket Joggers and Robert Dobson emulated his father by winning the "Kingston Cup" for the first villager to finish and bettering the hour in the process. Callum Wilkinson started the races and presented the prizes.

1	Dave Annetts	N.Herts RR	39.50 M55	1	Grazia Manzotti	Tonbridge AC	45.03 W50
2	Philip Barnard	unattached	44.35 M35	2	Melanie Peddle	Loughton AC	47.14 W50
3	Mark Culshaw	Cambridge H	50.45 M60	3	Jaqui Benson	Ashford AC	50.01 SW
4	Hardeep Minhas ©	Leicester WC	51.49 M50	4	Maureen Noel	Belgrave H	53.23 W60
5	John Arthur	Ilford AC	52.48 M60	5	Sue Barnett	Enfield HAC	57.35 W70
6	Simon Morgan	Ilford AC	54.05 M55	6	Noel Blatchford	Abingdon AC	59.11 W70
7	Robert Dobson	Moulton (Suffolk 1)	55.24 M40	7	Kate James	Moulton (Suffolk 1)	61.25 SW
8	Chris Hobbs	Ashford AC	55.56 M65	8	Sue Clements ©	Cambs/Col'rdge	64.55 W65
9	Tony Wilkinson	Moulton (Suffolk 2)	57.18 M60	9	Anne Jones	Steyning AC	66.49 W65
10	Dave Hoben	Surrey WC	63.24 M70	10	Sheila Leavy	N.Herts RR	66.59 W70
11	Paul Firmage	Ryston R	64.58 M65	11	Viv Houghton	Moulton (Suffolk 2)	71.29 W70

12 Chris Flint ©	Surrey WC	65.30 M75	12 Elizabeth Edgell	Newmarket(Suffolk 3)	71.29 W60
13 Trevor Jones	Steyning AC	66.49 M65	13 Linda Warner	Moulton	71.29 W60
14 David Ainsworth ©	Ilford AC	79.50 M70	14 Shaheda Arthur	Ilford AC	89.18 W60

Youngsters mile

1 Cerys Bithell	Nkt Joggers	11.10 Gu16
2 Sophie Blundell	Nkt Joggers	11.58 Gu11
3 Lily Ann Cooper	Nkt Joggers	12.40 Gu13
4 Elijah Barnard	unattached	15.18 Bu11
Eq Joel Barnard	unattached	15.18 Bu7

Novice mile

1 Phil Blundell	Nkt Joggers	12.00 M45
3 Ellie Bithell	Nkt Joggers	12.06 W45

UNITED KINGDOM: Sarnia (Guernsey) WC results, June 11 & July 7/16 – various locations

Rob Elliott reports on recent walks activity on the isle of Guernsey:

Recent races in Guernsey resulted in two wins for **Stuart Le Noury** over 1 mile and 3 kilometres with times of 8.15 and 15.31 respectively. Rob Elliott, in the absence of Stuart winning over 2 kilometres in 13.18.

In the 3 kilometres walk at Cambridge Park, Donna Allan finished second in 18.36 followed by Rob Elliott in 19.27, his fastest time for a year or so. Mick Le Sauvage, in his mid 80s continues to rack up the miles with around 8,210 on the clock.

July 16th 2023

3 kilometres road walk Cambridge Park, Guernsey

1 Stuart Le Noury M35	15.31
2 Donna Allan W45	18.36
3 Rob Elliott M60	19.27
4 Kevin Le Noury M65	22.00
5 Mick Le Sauvage M80	27.51
DNF Dave Dorey M75	
2400 metres in	19.56

July 2nd 2023

1 mile road walk Les Amarreurs, Vale, Guernsey

1 Stuart Le Noury M35	8.15
2 Rob Elliott M60	10.00
3 Kevin Le Noury M65	11.13
4 Mick Le Sauvage M80	12.46
5 Dave Dorey M75	14.23

June 11th

2 kms road walk Delancey Park, Guernsey

1 Rob Elliott M60	13.18
2 Kevin Le Noury M65	14.31
3 Mick Le Sauvage M80	16.30

MARCIADALMONDO & O MARCHADOR ROUNDUP

Marcia Dal Mondo is no longer presenting news items, but will continue to post local (Italian) and international results until December 31. These are regularly updated and can be perused at <http://www.marciadalmondo.com/eng/risultati.aspx?anno=2023> , along with many other items of interest.

The Portuguese race walking blog **O Marchador** continues to post news reports and results. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, July 24, 2023 - Sporting CP walkers win in the 2023 I Division final
<http://omarchador.blogspot.com/2023/07/marchadores-do-sporting-cp-vencem-na.html>
- Sunday, July 23, 2023 - Polish Under-20 Championships - Lublin 2023 (results)
<http://omarchador.blogspot.com/2023/07/campeonatos-sub-20-da-polonia-lublin.html>
- Saturday, July 22, 2023 - Portuguese refereeing at the highest level in European and World Athletics Championships
<http://omarchador.blogspot.com/2023/07/arbitragem-portuguesa-ao-mais-alto.html>
- Saturday, July 22, 2023 - Spanish supremacy in the under-18 Iberian walk in Leiria
<http://omarchador.blogspot.com/2023/07/supremacia-espanhola-na-marcha-iberica.html>
- Thursday, July 20, 2023 - Winter Championships (2023) Victoria, Australia (results)**
<http://omarchador.blogspot.com/2023/07/campeonatos-de-inverno-2023-de-victoria.html>
- Wednesday, July 19, 2023 - France Under-18 and Under-20 Championships - Châteauroux 2023 (results)
<http://omarchador.blogspot.com/2023/07/campeonatos-de-franca-sub-18-e-sub-20.html>

- Friday, July 21, 2023 - Troussey Marching Grand Prix 2023 – results <http://omarchador.blogspot.com/2023/07/grande-premio-de-marcha-de-trousseey.html>
- Wednesday, July 19, 2023 - Lithuanians dominate march at Baltic under-18 championships - Šiauliai 2023 <http://omarchador.blogspot.com/2023/07/lituanos-dominam-marcha-nos-campeonatos.html>
- Tuesday, July 18, 2023 - Álvaro Martín and Lidia Sánchez-Puebla win in the Spanish championship by associations - Pamplona 2023 <http://omarchador.blogspot.com/2023/07/alvaro-martin-e-lidia-sanchez-puebla.html>

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.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2023

Sat 29 Jul 2023	VMA 10km c'ship & RWA Interstate Challenge; Twilight Trivia fundraiser – Middle Park
Sun 6 Aug 2023	AMA Masters 20km road c'ship – Adelaide VRWC Intervals race – Middle Park
Sat 12 Aug 2023	VRWC Club points races (final points comp for season) . Prizes for h'cap winners – Middle Park
Sun 27 Aug 2023	AV Country & VRWC Road walk c'ships - Ballarat
Sat 2 Sep 2023	AV 5000m Teams race, VMA 5000m c'ship, VRWC Time races (2hr, 1hr) - Mentone
Sat 9 Sep 2023	VRWC Relay event & scratch races; Winter presentations – Middle Park

International Dates

28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19th World Athletics Championships – Budapest, HUN
26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JAP

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