



HEEL & TOE Online

Vol. 2023
Issue No. 40
Tuesday
10 October 2023

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

Editor: Stu Cooper stuwalks@yahoo.com.au



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>



CLUB NEWS and RESULTS

*ANNUAL GENERAL MEETING 2023

CLARIFICATION – I believe that last week's notification of this year's AGM, to be held on Sunday 22 November, wasn't clear as to the vacating of positions. ALL Committee positions (with the exception of Junior Club captains) – Executive and General committee – will be declared vacant at the meeting and therefore open to nominations from Club financial members and Life members.

Attached to the email alongside this issue of H&T are two forms: a NOMINATION form and a PROXY VOTING form. The Nomination form is for nominating a candidate for a Committee position, while the Proxy form is to authorize another person to vote for or against a motion on your behalf in your absence.

Further guidelines for nomination and voting will be issued prior to the deadline (Sunday 15 November).

VICTORIA - METRO & REGIONAL

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

The 2023-24 summer season has arrived, and it didn't take long for 12yo **Ela Uzun** to put a lock on her latest WOTW award, the occasion being Round 1 of AVSL competition at Murrumbeena track. Competing against the big guys in the 3000m Walk, Ela took 3rd place behind Riley Coughlan and Mark Blackwood. In doing so, she relieved Jemima Montag of two more records (Victorian state and VRWC U15) with her astonishing time of **13:36.1**, which also broke her own U14 State and VRWC U13 and U14 records.

Whilst not having done much walk racing during the past Winter, Ela has clearly been training well under Simon Baker's guidance and has kept her hunger for improvement burning bright. One wonders what she'll be doing once championship time rolls around in February/March.

Well done Ela! May you keep loving it and cutting down those times.

*Honourable mentions

- **Gwen Steed (VIC)** – Gwen added another VRWC Club record to her tally with **10:39.7** for a new W80 1500m mark.
- **Myles Ashby (NSW, 16)** – A big 1:16 PB in the Central Coast Run/Walk 10km, clocking **50:25**.



AVSL RESULTS

**** Metro Zone: Round 1, Saturday 7 October – Duncan McKinnon Reserve, Murrumbena**

A healthy total of 37 walkers turned out in cool, overcast conditions for the AVSL Round 1 3000m and 1500m walks at Murrumbena.

The 3000m was highlighted by a record-shattering **13:36.1** by 12yo **Ela Uzun**, who claimed new Victorian state and VRWC Club records in the U13, U14 and U15 age groups. Not to be outdone, **Gwen Steed** continued her fine form to break her own VRWC W80 1500m mark with **10:39.7**.

Riley Coughlan came tantalizingly close to a 3000m PB, stamping his authority on the race with his **12:28.8**. **Mark Blackwood** showed he has plenty of fire in the legs this season, clocking his fastest time in two years with **13:10.8**.

Little Aths walker **Mackenzie Turner**, stepping up to the AVSL comp for the first time, scored a good 1500m win in **8:43.7**, narrowly holding off **Donna-Marie Elms** and **Andrew Cochrane**.

3000m Walk

Pl	Name	Club	Age	Time	Points	
1	Riley Coughlan	(KNA)	M18	12:28.8h	539	
2	Mark Blackwood	(KNA)	M45	13:10.8h	533	
3	Ela Uzun	(ESS)	F14	13:36.1h	560	Vic. U14 U15, VRWC U13 U14 U15 recs
4	Alejandro Stephens	(GHY)	MOP	14:01.0h	444	PB 0:08
5	Angus Shuttleworth	(KNA)	M14	15:11.7h	466	
6	Max Davidson	(DIV)	M16	15:18.8h	439	
7	Daniel Pashutin	(KNA)	M16	15:26.3h	435	
8	Jade Chitty	(WES)	F20	15:28.5h	449	PB 0:12
9	Ariana Pashutina	(KNA)	F18	15:36.5h	452	
10	Char Hay	(MUU)	FOP	15:45.3h	437	
11	Matilda Read	(WEL)	F14	15:50.9h		
12	Havana Ali	(ESS)	F14	16:14.0h	462	
13	Emily Smith	(KNA)	F18	16:23.8h	419	
14	Grace Louey	(KNA)	FOP	16:25.8h	408	PB 0:07
15	Carolyn Rosenbrock	(YRA)	F60	16:29.2h	532	
16	David Smyth	(COL)	M50	16:35.6h	425	
17	Jaime Hvalica	(DIV)	M14	17:06.2h	399	
18	Sandra Geisler	(RWD)	F45	17:16.9h	428	
19	John Nottle	(GHY)	M70	19:55.5h	435	First 3000m
20	Michael Harvey	(WAM)	M60	19:58.5h	356	
21	Heather Carr	(GHY)	F70	20:17.2h	477	
22	Rupert Van Dongen	(MEN)	M45	21:31.4h	202	
-	Merilyn Thompson	(MPA)	F55	DQ		

1500m Walk

1	Mackenzie Turner	(KNA)	F16	8:43.7h	381	
2	Donna-Marie Elms	(PTN)	F60	8:44.4h	496	
3	Andrew Cochrane	(OSC)	M65	8:47.5h	453	
4	Bernie Keirl	(DIV)	M60	8:55.7h	415	
5	Emilie Garside	(YRA)	FOP	9:05.1h	298	
6	Natalie Laurie	(ANW)	FOP	9:12.0h	289	
7	Olin Buisman	(GHY)	F16	10:35.4h	215	
8	Gwen Steed	(GHY)	F70	10:39.7h	439	VRWC W80 rec.
9	Hridhika Thadani	(WAM)	F14	10:43.8h	228	
10	Geoffrey Barrow	(MEN)	M70	10:50.2h	348	
11	Kim Peak	(DAC)	F55	12:10.3h	201	
12	Robert Gardiner	(COL)	M70	13:07.3h	207	
13	Amanda Moulding	(OSC)	F50	15:10.4h		
-	Ian Handasyde	(OSC)	M70	DQ		

**** Ballarat Zone: Round 1, Saturday 7 October – Llanberris Stadium, Ballarat**

A very small field turned out at Ballarat, and we hope numbers will build as the season progresses. **Sarah Brennan** was untroubled to take line honours in the 1500m, clocking **7:54.9**.

1500m Walk

1	Sarah Brennan	(BYC)	F45	7:54.90
2	Cody Wapshott	(EKA)	M14	9:50.27
3	Roslyn Ireland	(BWK)	F40	12:07.24
4	Olive Ireland	(BWK)	F60	12:33.14
-	Scott Peart	(BYC)	M18	

**** Bendigo Zone: Round 1, Saturday 7 October – Latrobe Uni Athletics Track, Flora Hill**

It was a **McQueen** family quinella at Bendigo, with **Tate** scoring a big 1500m PB in **7:55.47** and **Charlise** coming home a clear 2nd in **8:39.55**. Evergreen **Annette Major** tied for 3rd with **Claire Noonan**.

1500m Walk

1	Tate McQueen	(EAG)	M14	7:55.47	PB 0:20
2	Charlise McQueen	(EAG)	F14	8:39.55	
3	Annette Major	(EAG)	F60	9:57.18	
3	Claire Noonan	(EAG)	F20	9:57.18	
5	Leigh Browell	(SBE)	M45	10:46.47	
6	Annette Curtis	(SBE)	F65	11:57.13	
7	John Watson	(BGO)	M70	12:12.04	
8	Wendy Ennor	(EAG)	F65	13:10.26	

Next round ...

***AVSL Round 2 – Saturday 14 October**

Metro – Doncaster	1:00pm	2000m, 5000m walk (all ages)
Ballarat region	2:30pm	1500m, 3000m walk (all ages)
Bendigo region	1:45pm	1500m, 3000m walk (all ages)

ENTRIES

Metro – enter via Members Portal at

<https://www.revolutionise.com.au/athleticsvic/events/>

The draft timetables for the AVSL 2023-24 season are now available for perusal at <https://athsvic.org.au/avsl/>



AROUND THE COUNTRY

NEW SOUTH WALES Central Coast 10km/1 Hour Run/Walk c'ship, 3 October - Mingara

Frank Overton reports on what appears to have been a fascinating event in which runners and race walkers rubbed together, thereby giving the walkers some very welcome exposure. That three of them – **Allanah Pitcher**, **Carl Gibbons** and **Dylan Richardson** – were international reps this year, would have done the sport's cause no harm at all.

The NSW Central Coast 10km/1 hour Run/Walk Championship was held on Tuesday night 3rd October, 2023 at the Central Coast Mingara Regional Athletics Center.

There was an excellent turnout for the 10km/1 hour Run/Walk champs tonight at the Mingara Regional Athletics Track. Conditions were a bit humid at start time of 6.45pm but thankfully much cooler than during the day.

Thank you to all of the wonderful lap scorers who came out. Judges and Drink station attendants. We couldn't have done it without you all!!

There were some good walk results which can be seen in the following results from the night's race.

Summary of the night and Individual results.

Central Coast 10km/1 hour championship

Presented by Terrigal Trotters, Mingara Athletics and Coast Runners Shop.

Overall 10km winners

Runners:

Male

1. Wade Barr – 32.49
2. Joseph McGrath – 32.53
3. Tom Lovegrove – 33.09

Female

1. Skye Sadler – 39.47 *PB
2. Michelle O'Brien – 44.10
3. Jane Kuchin – 48.05

Teams

Male/Male

1. Zac George and Luke Said

Male/Female

1. Jane and Isaac Wegner

Female/Female

1. Monica Luderiks and Stacey Bremner

Race Walkers:

Male

1. Carl Gibbons – 43.45
2. Owen Toyne – 44.46
3. Dylan Richardson – 44.49

Female

1. Hannah Mison – 48.29
2. Allannah Pitcher – 48.52
3. Hannah Bolton – 49.30

1 hour champion runner: Logan Cook - 15.846 kms

Full 10km / 1 hour - INDIVIDUAL RESULTS

Male Runners:

1. Wade Barr 32.49
2. Josef McGrath 32.53
3. Tom Lovegrove 33.09
4. Logan Cook 37.54
5. Andrew Hogg 38.12
6. Luke Gibbons 38.49

Female Runners:

1. Skye Sadler 39.47 **PB
2. Michelle O'Brien 44.10
3. Jane Kuchin 48.05

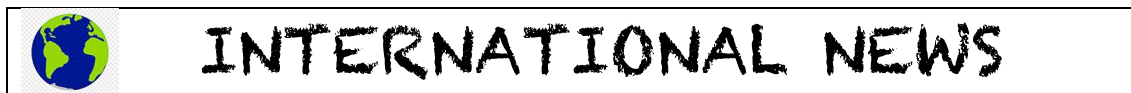
Male Race Walkers:

1. Carl Gibbons 43.45
2. Owen Toyne 44.46
3. Dylan Richardson 44.49
4. Myles Ashby 50.25

Female Race Walkers:

1. Hannah Mison 48.25
 2. Allannah Pitcher 48.52
 3. Hannah Bolton 49.30
 4. Bridget Bell 56.31
 5. Chelsea Roberts 57.50
- Caetlyn Ashby 42.46 (6kms)

17 other runners finished, in times ranging from 39:02 to 55:33.



A legend of Italian sport turns 90 today

By Roberto De Benedittis (L'Atletica)

If we want to give Ugo Frigerio the palm of the founder of the Italian March, and Pino Dordoni the title of "master" who gave birth to the "school" of Italian March, **Abdon Pamich** is certainly responsible for the link between the March "hard and pure" to the modern one of Maurizio Damilano and those who came after him.

The athletic and human longevity of Pamich, to whom we send our best wishes for his wonderful 90 years, denotes the strong character of the walker from Rijeka whose life could be well represented by a film.

All enthusiasts know the vicissitudes of Pamich, from the escape together with his brother Giovanni from Fiume¹, the city of his birth, to the refugee camp of Novara, and then starting to practice that beautiful specialty called *Marcia* (race walking).

He was initially destined for boxing, thanks to his uncle who organized matches. He could have had a career as a Goalkeeper, but he didn't show up at the audition. In the end his love for athletics and in particular for Walking prevailed over everything, and it is known, the Heart cannot be commanded.

Born on 3 October 1933, he made his debut at the Pavesi Trophy in 1952, winning it and moving on to the national team jersey within two years. Born in his fifties (*sic*), with resistance in his DNA, fortified by long walks in the mountains, but who was also able to highlight himself in the 20 km.

He won the Olympic gold in Tokyo in 1964, despite a "technical" stop which did not prevent him from making a comeback over his great rival, the Britisher Nihill. His biggest regret is linked to Melbourne 1956 where he could have easily achieved the podium if he had not arrived there with an overload of training which prevented him from finishing better than fourth place.

In Rome, '60, "at home", he won a bronze, which was a bit narrow there too, then the



(Photo: L'Atletica)

¹ The Italian name for Rijeka, third largest city in Croatia

triumph in Japan four years later in a race with very high technical content.

His career also took him to Mexico City 1968 and Munich 1972 where he was standard bearer, but with little luck. He retired in Mexico and was disqualified in Bavaria.²

He always competed for the colours of ESSO, the company he worked for. It is estimated that he has travelled at least twice the circumference of the globe.

In his *palmares* there are also two European titles (Belgrade '62 and Budapest '66), a European silver (Stockholm '58), a world record in the 50 km. on the track achieved at the Olympics in Rome in 1961, an Olympic record in the victorious race in Tokyo **4h11'12"4**. He also won the Mediterranean Games 3 times (Barcelona '55, Naples '63, Izmir '71).

A lover of hard work and a healthy lifestyle, he also showed up at the 1985 World Masters Championships in Rome at the age of 52, winning the 5km. of march.

A curiosity: Pamich competed, walking, in the first 5 editions of the Roma Ostia, (28 km) from 1974 to 1978 and then returned to compete again in the Roma Ostia, on the half marathon distance in 2014, walking under three hours.

HAPPY BIRTHDAY ABDON! - Roberto De Benedittis



In pouring rain, Abdon Pamich strides to gold in the 1964 Olympic 50km in Tokyo, having finally dropped Paul Nihill (GBR) who would take silver. (Finishing 6 mins back in 5th place would be Australia's Bob Gardiner.)

Pamich, long retired but still looking fit, among his fellow Italian Olympic athletics champions.

(Photos: La Marcia)



The blog *O Marchador* has added its own tribute to Pamich on the occasion of his 90th birthday. It provides further insight into what made many champions of that 50s/60s era so mentally tough:

One of the great names in Italian sport, Abdon Pamich, who was the world record holder in the 50 km march in 1960, Olympic champion at the Tokyo Games in 1964, European champion in 1962 and 1966, always at that distance, 43 times capped for his country and which led him to be its flag bearer at the Munich Olympic Games in 1972, is 90 years old, which is why the "O Marchador" team congratulates him!

Born in Fiume, today called Rijeka, now Croatia, then under Italian jurisdiction, Pamich is still considered one of the best Italian walkers of all time in transalpine athletics. He participated in 5 Olympic Games, consecutively, and in addition to the gold medal in Tokyo, he began by winning the bronze medal at the 1960 Olympic Games in Rome, having also triumphed in the 50 km of the 1961 Walking World Cup. Domestically, he won 40 titles, in the period from 1955 to 1968.

² Home state of Munich

After ending his sporting career, he graduated in psychology and sociology, worked for the Italian Handball Federation as a psychologist and was also a race walking coach and manager of the Federal Tennis Center of Latina.

But Pamich does not forget his past as a refugee when, in the company of his brother, Giovanni, he had to flee the war, in Tito's Yugoslavia, in September 1947, traveling at night and for several hours on the train tracks between Rijeka and Divaccia, in total darkness, in freezing cold with a simple shirt and shorts and with the risk of being discovered by the searchlights of the soldiers, who shot into the void, finally catching the train to Trieste, settling in Genoa, where already there was their father. He himself, one day, when answering a question about what was the most difficult race in his career, would answer that it was certainly not the 50 km of Tokyo, but his escape at the age of 13 in those extremely difficult conditions.

- O Marchador

CHINA: 19th Asian Games, 4 October - Hangzhou

**China wins gold medal in the 35 km walk (mixed team)
at the Asian Games in Hangzhou**

(reprinted from O Marchador blog)

Held for the first time at the Asian Games, the unprecedented **35 km mixed team race**³ took place at 7:00 am yesterday (4/10), in Qiantang River Green Belt, Hangzhou, with the Chinese team standing out, which won comfortably with an advantage of almost 6 minutes over the second-placed Japanese team, on a podium that was completed with the Indian team winning the bronze medal.

Each team was made up of a maximum of 4 athletes (two of each sex) with the final result being determined by the sum of the times of the best male athlete and the best female athlete.

In the men's sector, shortly after the start of the race, **Xianghong He** took the lead, gradually increasing his advantage over the competition, a boldness that cost him dearly as at the 20 km mark he would be overtaken by his compatriot **Qin Wang** and the Japanese **Tan Ishida**, who, two kilometers later, took the lead alone. Ishida would reach the finish line with a time of 2:31:12 while Huang completed the race with a time of **2:31:28** and He in **2:33:24**.

In the women's sector, the company's star, Chinese **Shijie Qieyang**, of Tibetan origin (Olympic champion in London 2012 and with 5 medals in World Championships) showed all her class by leading the race alone halfway through. She finished with a time of **2:45:13** with her compatriot **Xueying Bai** coming in second place with **2:48:13** and Japanese **Masumi Fuchise** in third place with the clock showing **2:50:59**.

On a global level, which was what was fundamentally important for this new Asian Games event, **China** won the gold medal with a time of **5:16:41**, **Japan** the silver medal with **5:22:11** and **India** the bronze medal with **5:51:14**.

Shijie Qieyang was very satisfied with the collective title, placing emphasis on increasing motivation for future international competitions, especially since, in a moment of acceleration, her technique could be positively evaluated by the international judges who attended the event, which, According to her, it was very positive. The race also marked her farewell to the distance, which will be discontinued. Closing the curtain on the 2023 Asian Games, next Sunday (8/10), the next edition, the 20th, is already scheduled for Japan, in 2026, from September 19th to October 4th, taking place in the cities of Aichi and Nagoya, being the third time that the country of the rising sun hosts the event after the 1958 (Tokyo) and 1994 (Hiroshima) editions.

1st, CHN - China, 5:16:41
 M: Qin Wang (1994) 2:31:28
 F: Shijie Qieyang (1990) 2:45:13
 M: Xianghong He (1998) 2:33:24
 F: Xueying Bai (2000) 2:48:13

2nd, JPN - Japan, 5:22:11
 M: Subaru Ishida (1999) 2:31:12
 F: Masumi Fuchise (1986) 2:50:59
 F: Maika Yagi (1999) 2:59:52
 M: Hayato Katsuki (1990) DNF

3rd, IND - India, 5:51:14
 M: Ram Baboo (1999) 2:42:11
 F: Manju Rani (1999) 3:09:03



*The last 35km podium ... ? Fuchise, Ishida, Qieyang, He, Rani and Baboo
(Photo: Xinhua)*

³ Check out the results for 4 October of the Asian Games as listed on the World Athletics website at <https://worldathletics.org/competition/calendar-results/results/7147637?day=6> and see if you can find any reference to the Mixed 35km teams race walk in Hangzhou. I couldn't. It's as if the decision to hold it was a local one, unsanctioned by WA who won't recognize it even in the Games results. Apparently, as far as WA is concerned, it's the 'Mixed marathon walk relay' or nothing ...

4th, Hong Kong, China, 5:57:04

M: Man Kit Chin (1991) 2:52:45

F: Siu Nga Ching (1987) 3:04:19

5th, INA - Indonesia, 6:22:06

M: Hendro Hendro (1990) 2:53:36

F: Puspita Violine Intan (2000) 3:28:36

FRANCE:

- Meeting de Thiais, 7 October – Thiais (Paris)
- Meeting de Lisses, 8 October – Lisses (Paris)

Another busy weekend for **Emmanuel Tardi** – fortunately, no major travelling was required this time. He probably didn't even need the *Peripherique* (Paris ring road) !

On Saturday afternoon, I was judge in **Thiais** (south suburb of Paris).

This club has promoted racewalking by organising an event for a long time. My first entry here was in 1999. The 5km was scheduled at 2:30pm and the 3km at 3pm. There were only a few starters in the 5k and an easy victory for **Nicolas Boyer**.

In the 3km, we were able to see in action 2 previous international racewalkers who walked in the Naumburg World Cup in 2004: **Fabienne Chanfreau** and **Patricia Garnier**. Fabienne won the race easily.

3000m

1	RINERO CHANFREAU Fabienne	MAF/80	Ca Montreuil	15'06''60
2	BIZARD Lucie	SEF/90	Stade Francais	15'43''40
3	GARNIER Patricia	MAF/67	Ca Montreuil	18'25''41
4	BOUISSOU Sabrina	MAF/78	Es Sucy-en-brie	18'47''84
5	PIC Charlotte	SEF/01	Ea Cergy	19'27''93
6	DORE Sophie	MAF/77	Uai Nogent-sur-marne	19'29''92
7	BENIGNI Sandrine	MAF/72	Stade Francais	21'15''70
8	BIZARD Claudie	MAF/59	Thiais Ac	21'21''31
9	DUREY Catherine	MAF/68	Us Vesinet	21'26''50
10	GALLIOT Emmanuelle	MAF/66	Uai Nogent-sur-marne	23'06''90
11	PETEL Annie	MAF/42	Avia Club Athletisme	28'39''12

5000m

1	BOYER Nicolas	MAM/77	Us Champagne-sur-seine	25'54''70
2	TURLET Albert	MAM/81	Avia Club Athletisme	29'13''11
3	BLONDIN David	MAM/69	Ea Cergy	32'07''84
4	COURTEJAIRE Pierre	MAM/42	Ua Versailles	41'53''63
5	MONTIGNY Patrick	MAM/49	Us Ivry	47'21''03



Rinero, Bizard and Boyer

I was judge in **Lisses** in the South suburb of Paris this Sunday morning. The local club organized a road event. The loop was totally flat and was 1,250km long. 30 walkers were on the start line at 9:30am for a 10k and a 20k. Weather was fresh in the morning, but at the end of the race, there was a temperature around 25°C .

Marion Manaresi (1 time in the French team in 2022) won the race easily. She reached the 5k in 24'38", 10k in 49'10", 15k in 1h13'47". Her finish time was **1h38'22"**.

In the men 20k, **Ryan Gognies** (who was in the junior French team a few years ago) won. **Elisabeth Simeon** walked **1h18.09** for 10k at 81years old.

20 km Hommes

1/Gognies Ryan	1 :41 :58
2/Gaudin Dominique	1 :53 :27
3/Brou Florent	2 :03 :15
4/Stefanelly David	2 :06 :43
5/Vandenberghe Renaud	2 :18 :35
6/Rivière Sylvain	2 :20 :25 (17.5km)
-- Verganud Serge	DQ
-- Vanniere Mathieu	DQ

20km Femmes

1/Marion Manaresi	1 :38 :22
2/Caroline Osmont	1 :50 :00
3/Lucie Bizard	1 :54 :04
4/Chochoy Christine	2 :07 :13

10 km Hommes

1/Munoz Brian	54 :39
2/Marie Frederic	1 :01 :36
3/Lamirault Philippe	1 :06 :30
4/Labrousse Michel	1 :06 :39
5/Naline Emmanuel	1 :16 :18
6/Tillier Ludovic	1 :31 :29

10km Femmes

1/Seraki Patrizia	1 :04 :41
2/Rigault Clotilde	1 :06 :39
3/Cruet Sandra	1 :07 :39
4/Dore Sophie	1 :10 :47
5/Marmet Marie-Anne	1 :13 :22
6/Bizard Claudie	1 :13 :35
7/Pouvreau Manuella	1 :13 :57
8/Bonaventure Sylvie	1 :14 :56
9/Naline Armelle	1 :18 :02
10/Weiss Fabienne	1 :18 :03
11/Simeon Elisabeth	1 :18 :09
-- Tillier Marie	DNF



Seraki (306)



Gognies (235) and Manaresi (232) lead early



Munoz (314)



Watch yourselves, you bouncy lot!

(Photos: Emmanuel Tardi)

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.marciadalamondo.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.

- Sunday, October 8, 2023 - Nick Christie and Maria Michta-Coffey win US Race Walking Mixed Relay - Hauppauge, NY (2023) <http://omarchador.blogspot.com/2023/10/dupla-nick-christie-e-maria-michta.html>
Foe the first time, the US holds a Mixed Marathon Walk relay as a qualifier with Paris 2024 in their sights.
- Saturday, October 7, 2023 - Diego García and Raquel González prevail in the «Trofeo de Marcha Villa de Nerja 2023» <http://omarchador.blogspot.com/2023/10/diego-garcia-e-raquel-gonzalez-impoem.html>
- Friday, October 6, 2023 - Nick Christie and Maria Michta-Coffey Triumph at US 5K Walking Championships - Whiting, NJ (2023) <http://omarchador.blogspot.com/2023/10/nick-christie-e-maria-michta-coffey.html> This was both an Open and Masters road championship. Not often we see a national 5km title meeting that's not held on a track.

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.

OTHER NEWS

- From Rags to Riches in barely a month. Bravo, Ken! - <https://lancswalkingclub.com/2023/10/08/from-rags-to-riches-in-barely-a-month-bravo-ken/> From the Lancashire Walking Club, an entertaining report in a familiar vein to us ... a long time runner who converts to race walking.
- Domici, Arthur, and Fiadzomor Triumph in 20km Race Walking Event - https://kessbenonline.com/2023/09/26/domici-arthur-and-fiadzomor-triumph-in-20km-race-walking-event/?fbclid=IwAR2e5hWIFuwLYPcuYm31_OTj_vml_gW-phQrgWC7GTXn9N9W6aQiNP5xBbk We don't see many race walking reports from western Africa, so this, from Ghana, is an interesting one. (No times given, unfortunately.)



WHAT'S UP AHEAD?

VRWC SUMMER FIXTURE 2023-24

Sun 22nd October 2023, VRWC Road Races **Middle Park**

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

Sun 12th November 2023, VRWC Summer Championships and AGM **Middle Park**

8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.50am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.25am	1.5km VRWC Championship	Under 12 B & G
	1km VRWC Championship	Under 10 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	3km VRWC Championship	Under 16 B & G
	2km & 5km	Open
10.30am	Presentations	
11.00am	Annual General Meeting	

Sun 14th January 2024, VRWC Road Races **Middle Park**

8.30am	20km, 15km, 10km	Open
9.15am	5km, 3km	Open
9.40am	2km, 1km	Open

Victorian & National Key Dates – 2023

Sat 14 Oct 2023	AVSL Rd #2 – walks at Doncaster
Sat 21 Oct 2023	AVSL Rd #3 – walks at Aberfeldie
Sun 22 Oct 2023	VRWC Summer races #1 – Middle Park
Sat/Sun 28/29 Oct 2023	AV All Schools T&F c'ships Wk 1 – Lakeside Stadium
Sat/Sun 4/5 Nove 2023	AV All Schools T&F c'ships Wk 2 – Lakeside Stadium
Sat 11 Nov 2023	AVSL Rd #4 – walks at Yarra Vly, Mt Evelyn
Sun 12 Nov 2023	VRWC Summer c'ships & Annual General Meeting – Middle Park
Sat 18 Nov 2023	AVSL Rd #5 – walks at venue TBC
Fri 1 Dec 2023	AVSL Rd #6 (twilight) – walks at Doncaster & Glenhuntly
Fri 8-Sun 10 Dec 2023	AA All Schools T&F c'ships – Perth WA

Victorian & National Key Dates – 2024

Sat 13 Jan 2024	AVSL Rd #8 – walks at Doncaster
Sun 14 Jan 2024	VRWC Summer races #3 – Middle Park
Sat 20 Jan 2024	AVSL Rd #9 – walks at Werribee
Sat 3 Feb 2024	AVSL Rd #10 – walks at Glenhuntly
Sat 10 Feb 2024	AVSL Rd #11 – walks at Sandringham
Sat 17 Feb 2024	AVSL Rd #12 – walks at Doncaster
Fri 23-Sun 25 Feb 2024	AV T&F c'ships (Week 1) – Lakeside Stadium
Fri 1-Sun 3 Mar 2024	AV T&F c'ships (Week 2) – Lakeside Stadium

Sat 9-Sun 10 Mar 2024 **LAVic State T&F c'ships** – venue TBC
Sat 16-Sun 17 Mar 2024 **Victorian Masters T&F c'ships** – venue TBC
Fri 29 Mar-Mon 1 Apr 2024 **Aust. Masters T&F c'ships** – Hobart TAS
Thu 11-Fri 19 Apr 2024 **AA Aust Athletics c'ahips** – Adelaide SA

International Dates

Sun 21 Apr 2024 **WA Race walking Teams c'ship** – Antalya TUR
Sat 4 May 2024 **3rd Korzienowski Warsaw Race walking Cup (WA Gold)** – Warsaw POL
Sat 11 May 2024 **31st Grande Premio Internacional de Rio Maior em Marcia Atletica (WA Gold)** – Rio Maior POR
Sat 18 May 2024 **XXXVII Gran Premio Cantones da A Coruna de Marcha (WA Gold)** – La Coruna ESP
Sun 26 May 2024 **III Gran Premio Internacional Finetwork Madrid Marcha (WA Gold)** – Madrid ESP
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 (**Lima withdrew in April but has since been reinstated.*)

13-21 Sep 2025 **20th World Athletics Championships** – Tokyo, JAP
30 Oct-15 Nov 2026 **Youth Olympic Games** – Dakar SEN

(EDITOR'S NOTE: When submitting contributions taken from another publication, 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