



HEEL & TOE Online

Vol. 2023
Issue No. 2
Tuesday
17 January 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>

** WALKER OF THE WEEK **

One of the pleasures of searching for a WOTW is discovering an eye-catching performance from outside the customary cohort of elite walkers and speedy up-and-comers. The latest source of that pleasure is 7yo **Anouk Morgan** who, on a day when PBs were hard to come by, smashed her 1km best time by 59 secs to record **6:35** in her best VRWC performance yet, during last Sunday's club races. I'm pretty sure Anouk is the youngest WOTW we've had in a very long while.

Attending race days during the 2022 Winter season with older siblings Eden and Mietta, Anouk started her own VRWC career quietly, focusing on developing her technique, fitness and sticking power. It paid off on Sunday, and it was wonderful to see that her improvement has allowed real speed to emerge.

Well done, Anouk! We hope you have many more fast races this summer, and in the coming Winter months.



*Honourable mentions

- **Kylie Irshad** (VIC) and **Marnie Zakis** (VIC) ... two gritty 20km efforts in difficult conditions on Sunday.
- **Matilda Read** (VIC) – an 8 sec PB of **12:07** for 2km on a windy course.



CLUB NEWS and RESULTS



DENISE BANNON 1939 – 2022

Readers with a connection to the former Proclamation Park race walking club (based in Ringwood) will be saddened to hear of the passing of Denise Bannon.

Denise, whose daughter Noella raced for the Proc Park club alongside VRWC member Kylie Irshad, was a committee member for many years, serving up until the club's eventual demise.

The funeral was held on 10 January. Di Lowden and Irene Harris represented the race waling fraternity.

The VRWC offers its sincere condolences to Denise's family and friends and others who are grieving her loss.

** VRWC COMMITTEE MEMBERS 2023

At the VRWC's 2022 Annual General Meeting (postponed from November), the Office bearers and General committee were re-elected unopposed, with a few adjustments. The Executive – Stu Cooper (President), Terry Swan (Secretary), Karyn O'Neill (Treasurer) and Mark Donahoo (Vice-president) will continue in those roles in 2023.

We were pleased to welcome **Kylie Irshad** onto the Committee. Kylie is very keen to serve in this role and we will appreciate her energy and ideas.

Former Junior Captain Madeleine Feain is now a senior and was welcomed as a general committee member. The Junior captaincy is decided within the Committee and the selection process will begin shortly.

Stu Cooper and Peter Vysma will continue jointly to fill the positions of Judging coordinator and AV Delegate.

EXECUTIVE			
President	Stu Cooper	Publicity Officer	Stu Cooper
Vice President	Mark Donahoo	Club Captain – Women	Heather Carr
Treasurer	Karyn O'Neill	Club Captain - Men	Terry O'Neill
Secretary	Terry O'Neill	Club Captain – Jun. Women	TBA
		Club Captain – Jun. Men	TBA
		Racewalking Australia Liaison	Mark Donahoo
		Club Records	Tim Erickson
		First Aid Officer	Shane Dickson - TBC
		Non-office holders	Harry Summers
			Bob Gardiner
			Donna-Lee Elms
			Michael Bodey
			Kylie Irshad
			Madeleine Feain
GENERAL COMMITTEE			
Race Secretary/Meet Director	Mark Donahoo		
Property & Requisites	Heather Carr		
Prizes & Awards Sec.	Stu Cooper		
Judging Coordinator	Peter Vysma/Stu Cooper		
Uniforms Steward	Donna Dickson - TBC		
AV Delegate	Peter Vysma/Stu Cooper		
Coaching Coordinator	Mark Donahoo		
Handicapper/Points Coordinator	Mark Donahoo		
Canteen Coordinator	Not filled	Auditor	Simon Evans

ONLINE MEMBER SURVEY RESPONSES

Many thanks to members who participated in the online Member survey, conducted from December to 6 January. Many will be interested in the feedback provided, and I can give you some preliminary information.

We had 40 responses out of the 100 allowable by the Survey Monkey basic plan. Unfortunately, it turned out that this plan did not permit us to access more than 10 responses per question, which was very frustrating. Thankfully, Survey Monkey support has directed us to a cheap paid plan which should allow us to access all responses. Fingers crossed!

The 20% of responses we could access did yield some useful information, particularly as regards racing programs, what the Club is doing successfully and where improvements can be made. I won't go into detail now about data gleaned from each question, as the response return is still too small, but some of the MOST POSITIVE feedback came in regard to:

- Costs and fees (90%)
- Racing programs (80%)
- A sense of welcome and being valued (90%)
- Catering for member needs (90%)
- Recommending the VRWC to others (100%)
- Frequency of winter racing in future (80% weekly, 20% fortnightly.)

Note that responses yet to be accessed may see considerable variation in these percentages – but at present they're a useful snapshot.

VRWC Club races, Sunday 15 January – Middle Park

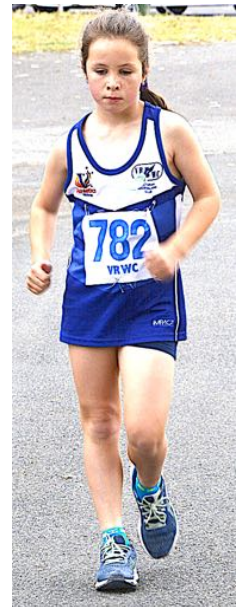
The temperature may have plummeted from Saturday's furnace 38C furnace, but the high humidity and strong wind made conditions oppressive for the 22 walkers who lined up for our first home races for 2023. This showed in the general slowness of the times, it being left to the Little Athletics 'mosquito fleet' to display the speed on the day.

The longer races were tougher than expected, with **Kylie Irshad** and **Marnie Zakis** grinding out hard-earned 20km times of **2:10:09** and **2:20:11** (Marnie missing her PB by less than half a minute.) **Alejandro Stephens** saw it through over 15km while **Riley Coughlan** had a good tempo session in winning the 10km in **49:00**. **Maddie Nash's 27:13** showed she has held form pretty well, with **Daniel Pashutin** also walking strongly to take the 3km in **15:27**.

Matilda Read scored one of the three PBs in the short, sharp races, winning the 2km easily in **12:07**, while **Zoe Bowkett** left the 1km field in her wake to record **5:54**. Massive improver of the day was **Anouk Morgan** who ripped nearly a minute from her PB to clock **6:35** and hold off **Pippa Read** who chased her all the way to the line for **6:48**.



Mark Donahoo ... no respecter of Sunday sleep-ins.



20km Open

Kylie	Irshad	F	2:10:09
Marnie	Zakis	F	2:20:11
Geromi	Tucker	M	Ab

15km Open

Alejandro	Stephens	M	1:32:26
-----------	----------	---	---------

10km Open

Riley	Coughlan	M	49:00
Eden	Morgan	M	53:17
Gerard	Feain	M	1:06:36
Karyn	O'Neill	F	1:16:19

5km Open

Maddison	Nash	F	27:13
Ariana	Pashutina	F	29:06
Emily	Smith	F	29:25

3km Open

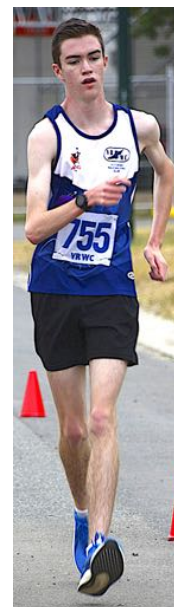
Daniel	Pashutin	M	15:27
Mietta	Morgan	F	18:09
Heather	Carr	F	20:16

2km Open

Matilda	Read	F	12:07	PB 0:08
Donna Marie	Elms	F	12:56	
Gwen	Steed	F	14:57	
Robert	Gardiner	M	16:27	

1km Open

Zoe	Bowkett	F	5:54	
Lily	Bowkett	F	6:13	eq. PB
Anouk	Morgan	F	6:35	PB 0:59
Pippa	Read	F	6:48	



*Action models:

Kylie, Maddison, Eden, Mieta, Marnie, Lily, Daniel, Matilda, Ariana, Gwen, Bob, Gerard.

Recorders:	Mark Donahoo, Madeleine Feain, Anthony Doran, Stu Cooper
Referee:	Terry Swan
Judges:	Gordon Loughnan (Chief), David Cash, Di Lowden, Peter Price, Terry O'Neill, Brenda Felton, Ralph Bennett
Photography:	Terry Swan
Set up & Pack up:	Stu Cooper, Gerard Feain, Madeline Feain, Dave, Terry Swan
Bike Rider:	Terry Swan
Walkers:	21

VRWC Club races, Thursday 12 January – Aberfeldie track

A micro-field of six walkers attended our first race meeting for the year in warm-hot conditions, blowing off the holiday cobwebs with future racing targets in their sights.

The highlight of the evening was seeing Club icon **Bob Gardiner** return to the start line – the first, we hope, of many appearances as the year unfolds.

5000m Walk Open

Alejandro	Stephens	M	26:15
-----------	----------	---	-------

3000m Walk Open

Kylie	Irshad	F	19:20
Merilyn	Thompson	F	22:25

2000m Walk Open
 Robert Gardiner M 16:21

1100m Walk Open
 Zoe Bowkett F 6:33
 Lily Bowkett F 6:44

Officials: Mark Donahoo, Kevin Cassidy
Judges: Kathleen Marsh (chief), Stu Cooper,
Walkers: 6

Our thanks to the judges and officials who helped with both of these meetings for our members' benefit.

 **VICTORIA - METRO & REGIONAL**



The AVSL season resumes this Saturday with walks programmed for Zone B at Duncan McKinnon Reserve, Murrumbeena. Races at all three venues are 2000m and 5000m.

Metro – Murrumbeena	1.00pm	2000m, 5000m walk (all ages)
Ballarat region (twilight)	6.30pm	2000m, 5000m 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://bracballarat.com.au/>
 Bendigo – enter via <https://www.athleticsbendigo.org.au/>

The following week, focus shifts to Landy Field in Geelong for the ...

**** AV Country T&F Championships
 Friday 27 January – Landy Field, Geelong**

8.30am	5000m Walk	Men Open, M40+, MU20
8.30am	5000m Walk	Women Open, W40+, WU20
1:40pm	3000m Walk	MU16, MU18, M50+
1:40pm	3000m Walk	WU16, WU18, W50+
5.50pm	1500m Walk	MU14, M60+
5.50pm	1500m Walk	WU14, W60+

 **AROUND THE COUNTRY**

QUEENSLAND Cathy Freeman Shield results, 14 January – QSAC, Brisbane

Thanks to Robyn Wales for the following results:

Women 3000 Meter Race Walk Open

1 Clarke, Makenna	09 RED	17:42.70
2 Brady, Korey	05 QRW	19:41.51

-- Pickvance-Y, Destinee	09 QRW	DNF	
-- Boulton, Olivia	09 GCA	DQ	TR 54.7.1
-- McDonald, Mikaela	10 QRW	DQ	TR 54.7.1

Men 3000 Meter Race Walk Open

1 Melinz, Eli	10 NAC	20:32.45	
-- Wheeley, Noah	09 RED	DQ	TR 54.7.1

Women 5000 Meter Race Walk Open

1 Millard, Summer	05 QRW	27:44.74	
2 Williams, Lyla	07 GCV	28:04.07	
3 Sharpe, Milly	08 GLD	28:34.81	
4 Gannon, Brenda	74 QMA	28:47.08	
5 Bray, Katie	08 ASR	30:00.46	
6 Chadwick, Phoebe	06 QRW	30:54.18	
7 Goulding, Lily	07 QRW	31:48.26	
8 Morris, Taylah	07 GCV	32:17.89	
9 Housden, Lily	06 QRW	34:50.64	
-- Norton, Amber	06 AthN	DQ	TR 54.7.1

Men 5000 Meter Race Walk Open

1 Housden, Bailey	07 QRW	22:42.08	
2 Jimenez Solis, Ignacio	65 QMA	23:55.60	
3 Wasson, Seth	05 Qrun	24:17.48	
4 Wheeley, Roel	07 SAS	27:17.82	

QUEENSLAND QMA results, Saturday 14 January – QSAC, Brisbane

M40 3000m Race walk

1 Scott Hyland	M42	QMA	14:08.29
----------------	-----	-----	----------

W55 3000m Race walk

1 Erika Woodward	W56	QMA	17:57.57
------------------	-----	-----	----------

M65 3000m Race walk

1 Peter Bennett	M67	QMA	18:26.14
-----------------	-----	-----	----------

W80 3000m Race walk

1 Noela McKinven	W80	QMA	27:23.48
------------------	-----	-----	----------

TASMANIA Athletics South & Tas Masters results, 4–15 January – Domain AC, Hobart

David Moore sent results from 2023's first races at Hobart's Domain Athletics Centre.

Athletics South Interclub, 7/01/23

Results 1500m Walk

1. Oliver Morgan	OVA	6:41.49
2. Macy Devine	ES	8:44.48
3. Nathan Wass	ES	8:54.76
4. Lily Carr	OVA	9:10.47
5. Elizabeth Leitch	TMA	10:10.38
6. Adele Woodward	OVA	11:30.82

Athletics South Interclub, 15/01/23

Results 3000m Walk

1. Oliver Morgan	OVA	14:40.36
2. Elizabeth Leitch	TMA	21:14.95
3. Wayne Fletcher	NS	26:38.47

Tas Masters T&F, 4/01/23

Results 5000m Walk

1. Oliver Morgan (M15)	OVA	25:17
2. Wayne Fletcher (M75)	NS	41:09

Tas Masters T&F, 11/01/23

Results 5000m Walk

- | | | |
|-------------------------|-----|-------|
| 1. Oliver Morgan (M15) | OVA | 25:05 |
| 2. Wayne Fletcher (M75) | NS | 42:59 |



INTERNATIONAL NEWS

UNITED KINGDOM: Vale Ray Middleton 1936 - 2023

The sad news is announced of the death of another of British walking's exemplars – **Ray Middleton**, 1964 Olympian and 1966 Commonwealth Games silver medallist.

The article below was published on 12 January in *Athletics Weekly*:

Olympic race walker Ray Middleton dies

Ray Middleton, the 1964 Olympian and 1966 Commonwealth silver medallist, has died aged 86 after a short illness. Regarded as one of Britain's all-time greats in race walking, the London-born athlete was 13th in the 50km at the 1964 Tokyo Olympics.

With British race walkers among the best in the world, those 1964 Games saw Ken Matthews strike gold in the 20km event, whereas Paul Nihill won silver behind Abdon Pamich of Italy in the 50km as another British race walker, Don Thompson, the 1960 Olympic champion, finished three places ahead of Middleton in 10th.

Sadly, Matthews died in 2019, Nihill in 2020 and Thompson in 2006.

Middleton earned silver in the 20 miles race walk at the 1966 Commonwealth Games in Kingston behind England team-mate Ron Wallwork.

During a long career he also set world walks bests including five in one race at New River Sports Centre in London in 1974 – 40 miles with 5:56:29, six hours with 64,905km, seven hours with 75.187km, 50 miles with 7:31:06 and eight hours with 85.618km.

His PBs included 3000m 13:25.0, 10,000m 46:59.0, 20km 1:34:06 and 50km 4:15:51.4. Domestically he won Race Walking Association titles in 1963 and 1965 and medalled on 14 occasions.

According to the Middleton family, the former athlete enjoyed a great Christmas but succumbed to illness early in the new year and after a brief stay in hospital died on Sunday (Jan 8) from suspected lung failure following an infection.

In a bad week for British race walking, former international Chris Smith also died aged just 64. The Leicester athlete's best performances included 1:28:34 for 20km and 4:31:52 for 50km and following his competitive period he became one of *AW's* contributors, supplying news and results from the race walking world for several years.

*With thanks to Peter Matthews from **Athletics International** for statistics.*

Tony Taylor, of the Lancashire Walking Club, has published in the latest LWC newsletter an excellent tribute to Ray Middleton by **Ron Wallwork**, his close friend and 1966 Kingston Commonwealth team-mate (Ron won Gold in that race ahead of Ray's silver.)

Ray Middleton RIP – the race walker's walker

by Ron Wallwork

In remembering the late Ray Middleton, an outstanding competitor and engaging character, what better way to begin than with these thoughts from his great friend, Ron Wallwork? Their athletic careers were closely intertwined.

My first recollected meeting with Ray was at Southgate in 1962 when we were among the 213 walkers who faced the starter in the National 10 miles championships. Ken Matthews won in 76.10. Although I knew of him this was the race that started our relationship. We were caught up in a great scrap as shown by the result; Paul Nihill 5th/79.09, Ray 6th/79.18, Rudy Haluza 7th/79.18, myself 8th/79.42, John Edgington 9th/79.49 and Peter Stableford 10th/79.51. It was the first time that I heard that loud, deep husky voice with the cockney accent and if memory serves, it wasn't enquiring about the race we were in, but what had won the Grand National which was being staged 200 miles away in Liverpool and he was more concerned about the horse he had drawn in a sweep-stake!

The following year he went out of his way along with Harold Whitlock and Charlie Fogg to reassure me after a disappointing 6th out of six in my international debut in the Lugano Cup qualifying match against France. With the likes of Ken Matthews, and Ray winning their respective events, my below-par performance didn't prevent GB from qualifying for the final. In the final Ray finished a splendid runner-up in the 50km and with Ken and Paul one-two-ing in the 20km the Lugano trophy was retained.

Over the ensuing years I met and spent time with Ray bi-annually on four occasions as we continued to gain selection for the Lugano Cup. Ray eventually notched up six appearances in this championship.

Peter Matthew's overview of Ray's career and the tribute by Tim Erickson* show just what a great walker for more than a decade that he was at a time when the strength of the event in Britain was so great.

Ray's wife Jean was like Ray, a character and anyone attending races in which Ray was competing was aware of her presence. I enjoyed their hospitality

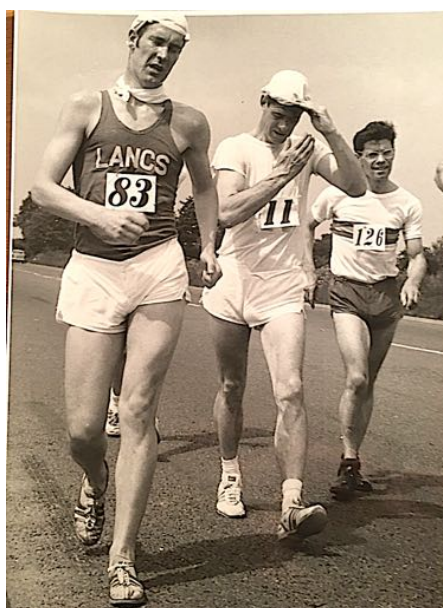
several times when needing overnight accommodation if I was racing in London. Of course, the most memorable time was the three and half weeks we room-shared at the University of the West Indies in Kingston, Jamaica for the eight Commonwealth and Empire Games in 1966. He was still looking out for me then and it was great that he was able to share the podium with me. We had another cross-the-Atlantic stay together on the occasion of the USA vs. the British Commonwealth in 1967. Sadly, Ray didn't get to race, but we had a great time in the six days we were in LA.

Over the years we met up several times at the Belgrave Seven and one memorable occasion was in the mid-'70s when Norman Read the 1956 Olympic 50km champion and Kingston Bronze medalist joined us.

In more recent times, he was a regular visitor to the Moulton 5 and over the years gave away some of his GB vest badges to young walkers in the race who he thought outstanding. He wasn't a bad judge! Callum Wilkinson was a recipient, who in 2021 joined Ray as a Tokyo Olympian and another was Jonathan Hobbs, the 2022 100 miles winner and National Long Distance champion.



Ray (right) with Ron in their 1966 Kingston accommodation. Any complainers about 'basic' digs on trips ... check this out!
(Photo: Lancashire WC)



The wonderfully atmospheric picture above was taken by Jim Coomber at the 1967 National 20 miles at Swindon. The winner wasn't one of the three Kingston participants shown here. – myself, Ray (11) and Don Thompson. The race was won by the Reverend Roy Lodge with Don taking second ahead of me. Also in the event that day was Johnny Todd at 2.55.26, Mike Hatton at 2.57.37 and Julian Hopkins at 3.05.38.

Lancs WC and Trowbridge tied on 52pts. However, Trowbridge's fourth scorer finished one place ahead of Julian and so they took the National Team title.

Tony Taylor: In his piece, Ron mentions the contributions of Peter Matthews and **Tim Erickson in remembering Ray's exploits and achievements.*

From the treasure trove of information collated by Peter Matthews, editor of [Athletics International & International Athletics Annual](#).

Raymond Christopher MIDDLETON (GBR) (b, 9 Aug 1936 Marylebone, London) died on January 8 aged 86. One of Britain's greatest walkers, he had 17 internationals 1961-73, mostly at 50k, at which he had a fine record in the Lugano/World Cup: 1961-63-65-67-70-73: 4/2/7/8/11/19. Also 13th 1964 Olympics, dnf 1962, 5th 1966 & 1969 Europeans. RWA 50k champion 1963 & 1965 (2nd 1961-2, 1964, 1966-7, 1970). At 20 miles he was 2nd at the 1966 Commonwealth Games and 2nd RWA 1965-6 (3rd 1961 & 1963), 3rd RWA 20k 1967, 3jrd AAA 7 miles 1962.

He set world walks bests at 50M 7:31:06 & 8hr 85.618m in 1974;

Personal Bests: 3000m 13:25.0 (1969), 2M 14:05.0 (1968), 10000m 46:59.0 (1969), 7M 52:02.0 (1968), 20k 1:34:06 (1968), 1:32:57 short (1970); 30k 2:26:46 (1969), 50k 4:15:51.4 (1972).

*The indefatigable **Tim Erickson** has put together an excellent survey of Ray's career on the Victoria Race Walking Club website – <https://www.vrwc.org.au/tim-archive/articles/wo-ray-middleton.pdf>*

Within its pages, Tim draws our attention to a highlight of Ray's career:

Five World Bests for Ray

(Excerpts from the Athletics Weekly report (October 12, 1974) – courtesy Rob Elliott, Sarnia RWC.)

In a race which produced sterling performances in plenty, constant fluctuations in fortune, courage, endurance and fortitude, the most satisfying aspect of the Accolade 8 Hours track walk was the involvement of everyone present. Organiser Bill Sutherland did a fantastic job and was rewarded with a record-breaking day in all ways... everyone had a great day, but no one more than **Ray Middleton**.

The epitome of the walker's walker, Ray had his finest race in a career already lasting almost two decades in the sport. Never experiencing a rough period, Ray says he was lifted by the encouragement and excitement of the crowds as he got amongst the records held by Harold Whitlock since 1935. Harold was there, very happy indeed to present the very cup he had received 39 years ago to Ray, who in turn was proud to have beaten the very fine records set by a man who has been an inspiration to all British walkers for the past four decades.

From the start, Ray made it clear he meant business by setting the pace, tracked by John Lees and Dave Boxall, the latter dropping away after 5 miles or so.

10 km splits: Middleton 53:04, Lees 53:05, Boxall 53:39, Lawton 54:32, Selby 55:02, Markham 55:27, Fogg 55:50, Michell 55:53, Holmes and Harrison 55:55, Harding 56:17, Young and Dowling 56:18, Casey 58:23, Vos 58:36, Moulinet 58:37.

John Lees then took over and proceeded to blaze the trail in no uncertain manner before being overhauled by Middleton at 26 miles. The 20 Mile splits were as follows

20 mile splits: Lees 2:50:59, Middleton 2:53:02, Selby 2:56:13, Lawton 2:56:17, Fogg 2:58:55, Harding 3:00:37, Markham 3:01:23, Boxall 3:02:37, Harrison 3:03:05, Holmes 3:03:10, Moulinet 3:03:17, Michel 3:04:29, Young 3:05:27, Dowling 3:15:30, Vos 3:16:23, Casey 3:18:23.

Ray's judgement and experience now paid off as Lees felt his great effort. Charley Fogg, walking a stormer, came into third with Harding, looking better and better, close behind.

50 km splits: Middleton 4:34:04, Lees 4:36:30 (personal best!), Fogg 4:39:26, Selby 4:40:15, Moulinet 4:44:50, Selby 4:47:51, Holmes 4:50:01, Michel 4:50:44, Lawton 4:51:38, Markham 4:52:02, Harrison 4:53:48, Boxall 4:55:52, Young 4:57:17.

With the records at his mercy, Ray went on relentlessly. Moulinet had roared through to such effect that he had virtually caught Lees at 40M and was to have a battle royal with John and Ken Harding for second as the latter closed up. First Lees recovered and dropped his rivals but finally it was super-vet Harding who finished strongest of all. Colin Young now was making inroads after having to make several pit stops early on.

40M: Middleton 5:56:29, Lees 6:04:04, Moulinet 6:04:22, Harding 6:04:49, Selby 6:13:25, Fogg 6:14:10, Michel 6:19:52, Young 6:23:07, Holmes 6:23:43, Boxall 6:23:57, Harrison 6:24:05

And so to the last gruelling miles. Ray swept on inspired, Ken never faltered, finally John Lees and Alain Moulinet slowed and Charley Fogg went berserk in a final effort and thought he had nailed third, only to discover he had to find another lap to get Lees. Closing strongly, Colin Young overtook Michell despite the latter's last-minute burst.

The generally cold weather with a strong breeze was responsible for the many short pit stops taken by several walkers, while some ultra-fast laps were put in when certain walkers heard their chosen favourite records played over

the loudspeaker system! Organiser Bill Sutherland had “The Sun Won’t Shine Any More” played just before the finish – the signal for a torrential downpour. All in all, a memorable day for everyone who was present.

Results (15 finishers from 16 starters)

1. Ray Middleton	Bel	53M 352Y / 85.618 km
2. Ken Harding	RSC	52M 645Y / 82.277 km
3. John Lees	B&H	51M 1353Y / 83.314 km
4. Charley Fogg	Enf	51M 1042Y / 83.029 km
5. Alain Moulinet	FRA	51M 817Y / 82.824 km
6. Peter Selby	Sy WC	51M 158Y / 82.223 km
7. Colin Young	Ex B	50M 89Y / 80.550 km
8. R Michell	B’th	49M 1491Y / 80.221 km
9. D. Harrison	Boundary	49M 950Y / 79.741 km
10. Dave Boxall	B&H	49M 221Y / 79.052 km
11. M Holmes	Yks	48M 1448Y / 78.573 km
12. Peter Markham	Leic	48M 1214Y / 78.360 km
13. J Vos	Neth	47M 486Y / 74.796 km
14. T Casey	RoI	44M 1456Y / 70.855 km
15. John Dowling	RoI	43M 693Y / 69.418 km



Callum Wilkinson and Ray Middleton – Callum had just been honoured with one of Ray’s GB vest badges.

(Photo: Athletics Weekly)



RAY MIDDLETON WINS 1970 EUROPEAN POSTMAN’S WALK TITLE

Tony Taylor continues with this fortuitous cinematic tidbit from Ray’s walking career, together with an appreciative nod to **Tim Erickson** for his article on a fascinating race walking tradition ... now, sadly, in the past:

In Tim Erickson’s splendid bio he includes a fascinating glimpse into the tradition of race walking in the Post Office. Wonderfully he includes a link to this film of Ray winning the 1970 European Postal Walking Championship contested by walkers from thirteen countries.

<https://www.youtube.com/watch?v=wygWpWzMTOE>

(Photo: YouTube)



Postman’s Races were a regular fixture in UK and Europe and there were even European Championships held in the sixties and seventies. The British based Postman’s Walks were held annually from 1961 to 2011. See a full discussion of these events at <http://www.vrwc.org.au/tim-archive/articles/Postman%20Walks.pdf>.

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.

- 16/01/2023 Santee, CA (USA): Nick Christie and Miranda Melville are the winners of the 35km USATF Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4509



- 16/01/2023 Porto de Mos (POR): Victories of Joao Vieira and Ines Henriques in 35km national championships of Portugal http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4508
- 15/01/2023 Dublin (IRL): National U20 and U23 indoor championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4507

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.

- Sunday, January 15, 2023 - North Indoor Championship 2023 - Braga (results) <http://omarchador.blogspot.com/2023/01/campeonato-do-norte-de-pista-coberta.html>
- Saturday, January 14, 2023 - US Championships 35K Walk (2023) in Santee, California <http://omarchador.blogspot.com/2023/01/campeonatos-dos-eua-de-35-km-marcha.html> This is a preview of the race held on Sunday 15 January.
- Friday, January 13, 2023 - Italy AICS Indoor Championship 2023 - Parma (results) <http://omarchador.blogspot.com/2023/01/campeonato-de-italia-aics-indoor-2023.html>
- Thursday, January 12, 2023 - Ray Middleton (1936-2023) <http://omarchador.blogspot.com/2023/01/ray-middleton-1936-2023.html>
- Tuesday, January 10, 2023 - The 20 km walk opens the track and field program at the Paris 2024 Olympic Games <http://omarchador.blogspot.com/2023/01/os-20-km-marcha-abrem-o-programa-do-do.html>

A brief but interesting overview of where the walks sit in the athletics program – also of the importance of the World Teams Championship (April/May) in 35km selection for Paris.

 A graphic titled "Paris 2024 Olympic Games Race Walk Timetable" from World Athletics. It features the Olympic rings logo and a silhouette of two race walkers. Below the title is a table of events.

Paris 2024 Olympic Games			
Race Walk Timetable			
WORLD ATHLETICS			
Thursday, Morning, 01/08			
7:30	20km Race Walk	M	Final
9:20	20km Race Walk	W	Final
Wednesday, Morning, 07/08			
7:30	35km RW Teams	X	Final

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 21 Jan 2023	AVSL Rd 8 walks (2000m, 5000m) – Zone B – Duncan McKinnon Res, Murrumbeena
Sat 4 Feb 2023	AVSL Rd 9 walks (1500m, 3000m) – Zone B – Yarra Ranges Ath. Track, Mt Evelyn
Thu 2 Feb 2023	Race Supernova #2 (WA RW Tour Silver) – AIS, Canberra
Tues 7 Feb 2023	AV 5000m Teams walk c'ship & VRWC Club events - Mentone
Sat-Sun 11-12 Feb 2023	VMA T&F c'ships – Tom Kelly track, Doncaster
Sun 12 Feb 2023	AA 20km Road walking c'ship – Fawkner Park
Sat 18 Feb 2023	AVSL Rd 10 walks (1500m, 3000m) – Zone A – Keilor Park Recreation Res, Keilor
Sat-Sun 18-19 Feb 2023	LAVic Region T&F Carnivals – various locations
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
Sat-Sun 11-12 Mar 2023	LAVic T&F championships – Lakeside Stadium
Fri-Mon 10-13 Mar 2023	AMA Masters T&F c'ships – Sydney
Thu-Sun 30 Mar-2 Apr 2023	AA Open-U20 T&F c'ships – QSAC, Brisbane
Thu-Sun 13-16 Apr 2023	AA U14-U18 T&F c'ships – QSAC, Brisbane
Wed-Fri 19-21 Apr 2023	UniSport National T&F c'ships – Gold Coast Performance Centre, QLD
Fri-Sun 21-23 Apr 2023	Coles Australian Little Athletics c'ships – Lakeside Stadium

International Dates

28 Jul-8 Aug 2023	World University Summer Games – Chengdu, CHN (now confirmed by FISU)
19-27 Aug 2023	19 th World Athletics Championships – Budapest, HUN
13-25 Aug 2024	24 th 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

