



HEEL & TOE Online

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

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*H&T Notice Board – Page 10

- **VRWC Summer fixture - final**
- **LAVic Southern Metro Region Coaching and Racing night – Wednesday 10 December**
- **** VACANCY – Club Treasurer**

WALKER OF THE WEEK

On an historic day in which the first-ever official times for a race-walked marathon (42.195km) were posted in this country, **Mitchell Baker (ACT)** charged into unknown waters in a quest for his first national senior title at Stromlo Sports Park, Canberra. While it eluded him – in this case, due to severe cramps that struck with 6km to go – he fought back gamely to clinch 3rd place with a time of **3:25:46**.

Mitchell takes this week's WOTW award for his combativeness in putting himself on the line against triple Olympian Rhydian Cowley, taking the lead and holding it until the dreaded cramps struck. It was probably his best performance in what's been a testing year for Mitch, one which saw his two international representative races blighted by the posting board (a DQ in Germany and a close call in Japan). Hardly an acceptable return for years of dedicated work, and hardly surprising that he resolved to put it all out there in pursuit of a victory that, against Cowley, would have seemed unlikely but which, until the final 6km, he was within sight of.

Congratulations, Mitch. A fine exhibition of toughness under pressure.



(Photo: AA Facebook)

*Honourable mentions

- **Olivia Sandery (SA)** and **Rhydian Cowley (VIC)** – inaugural Australian champions in the Marathon Race Walk.
- **Dylan Richardson (NSW)** – welcomed the extra race distance, finishing strongly for silver in the Marathon Walk.
- **Hannah Bolton (NSW)** and **Alanna Peart (VIC)** – raced further than ever before, taking silver and bronze respectively at Stromlo with sub-4 hour efforts.
- **Bob Gardiner (VIC, 89yo)** – set new M85 Australian, Victorian and VRWC Masters records over 2000m with a time of **15:06.0**.



CLUB NEWS and RESULTS

We finish off our Middle Park action this coming Sunday. There will be no further racing until mid-January, so come and take advantage of this final opportunity to post a time.

Also, we'd like to see a good audience present to commend **Matilda Read** and **Marcus Wakim**, who will be presented with their **Runners World U23 Development awards**. They deserve the sound of many hands clapping.

We also expect to be welcoming some of the QLD walkers, who will be having an extra race before catching the plane home having finished their All Schools events.

***Sunday 7 December - Middle Park**

8:30am	20km, 15km	Open M & W
9:00am	10km	Open M & W
9:15am	5km, 3km	Open M & W
9:45am	2km, 1km	Open M & W

To pre-enter, go to

<https://www.revolutionise.com.au/vrwc/events/323261>

Entries close Friday 5 December, at 6.00pm



- We wish our young VRWC club members – **Pippa Read, Indigo Marshall-Moodie, Tate McQueen, Mietta Morgan, Ela Uzun, Fiete Halvar Diers, Max Davidson, Havana Ali, Mya McClure, Lily Lambert, Matilda Read and Angus Shuttleworth** every success in the coming Australian All Schools Championships. It's rare these days for Victorian athletes to be able to contest these titles at home, and this is sure to provide added incentive to perform at their best.

Good luck, everyone, and happy walking!

VICTORIA - METRO & REGIONAL



AVSL – News, results

**** Metro Zone: Round 6, Saturday 29 November – Duncan McKinnon Reserve, Murrumbidgee**

Round 6 saw the incomparable **Bob Gardiner** reap a 3-record harvest in the 2000m, clocking **15:06.0** to set new Australian, Victorian and VRWC M85 marks. It also saw the welcome return to walking of **Jason Kozica**, whose 2000m win in **9:51.4** showed he still has plenty of zip. We hope to see more of him over the summer. The day's biggest improver was **Lily Lambert** who, like **Caitlyn Shiphram**, gets better with every race, their results bringing 22 and 19 sec PBs respectively. Young **Ella Harris** is known for her fast finishes, on this occasion carving 16 secs from her PB with a big last-lap surge. In one of those delectable mathematical moments, Abby Fowler and John Nottle recorded the same PB margin in finishing neck-and-neck with practically the same times, the only real differences between them being age (U14 and M70) and height! (John, a bit of a beanstalk, had to watch not to step on her.)

Angus Shuttleworth had a good tune-up for the All Schools titles next week, winning the 5000m with a PB time of **23:22.2**. **Carolyn Rosenbrock** and **Andy Jamieson** relish the longer races, turning in their usual solid efforts.

Pl	Name	Club	Age	Time	Points	
2000m						
1	Jason Kozica	(MAC)	MOP	9:51.4h	345	
2	Lily Lambert	(MEN)	F16	10:34.5h	382	PB 0:22
3	Emily Smith	(MUU)	F20	10:48.0h	351	
4	Natalie Laurie	(ANW)	FOP	10:52.0h	348	
5	Ella Harris	(ESS)	F14	11:01.3h	377	PB 0:16
6	Anna Dubar	(GHY)	F14	11:23.4h	359	
7	Caitlyn Shiphram	(KNA)	F14	11:29.2h	355	PB 0:19
8	Abby Fowler	(WTN)	F14	12:12.3h	321	PB 0:11
9	John Nottle	(COL)	M70	12:12.4h	419	PB 0:11
10	Bernie Keirl	(DIV)	M60	12:15.1h	350	
11	Dee Holohan	(MEN)	F60	12:52.6h	367	
12	David Sommers	(ANW)	M65	12:57.3h	348	
13	Donna-Marie Elms	(PTN)	F60	13:12.2h	354	
14	Aangi Shah	(MEN)	F18	13:14.7h	252	
15	Kobe Lewis	(WTN)	F14	13:15.4h	278	
16	Heather Carr	(GHY)	F70	14:10.3h	374	
17	Gwen Steed	(GHY)	F70	14:37.0h	357	
18	Merilyn Reynolds	(MPA)	F60	14:43.7h	293	
19	Hailey Franz	(CCA)	F14	14:44.4h	225	
20	Kim Peak	(DAC)	F55	15:05.2h	259	
21	Robert Gardiner	(COL)	M70	15:06.0h	290	Aust, VMA, VRWC M85 recs

22	Clyde Riddoch	(WAM)	M70	15:14.5h	285	
23	Geoff Barrow	(MEN)	M70	15:19.7h	282	
24	Ian Handasyde	(OSC)	M70	15:39.8h	271	
-	Mya McClure	(WCA)	F16	9:01.3h		PB 0:01
-	Andrew Duncan	(WAM)	M55	DNF		

5000m

1	Angus Shuttleworth	(KNA)	M16	23:22.2h		PB 0:01
2	Alejandro Stephens	(GHY)	MOP	25:05.9h	340	
3	Carolyn Rosenbrock	(YRA)	F60	30:29.4h	406	
4	Andrew Jamieson	(OSC)	M70	32:06.0h	390	
5	Michael Harvey	(WAM)	M60	34:27.4h	284	

Country walking action took place at Bendigo and Geelong. **Tate McQueen** was one of many school-age athletes using the final round of AVSL to sharpen up for next week, and his **7:48.31** for 1500m indicates he's ready for a strong 3000m on Thursday. It's unfortunate that national U12 road champion **Alaska Bremner** won't be there, as her **16:18 43** (a 16 sec PB) at Geelong would have added spice to the U14 contest. Ah well, next year ...

Jonathan Ho is another making PB inroads with the benefit of post-exams training, adding another 1500m PB to his resume.

**** Bendigo Zone: Round 6, Saturday 29 November – Lar Birpa Athletics Track, Flora Hill**

1500m

1	Tate McQueen	(EAG)	M14	7:48.31	
2	David Lonsdale	(BEU)	M55	9:49.61	
3	Annette Major	(EAG)	F60	10:51.23	
4	Chris Pollard	(EAG)	M65	11:31.70	
5	John Watson	(BGO)	M70	13:14.16	
-	Leigh Browell	(SBE)	M50		

**** Geelong Zone: Round 6, Saturday 29 November – Landy Field, Geelong**

1500m

1	Jonathan Ho	(WYN)	MOP	7:20.33	PB 0:09
2	Danny Hawksworth	(ESS)	M45	7:46.93	
3	Jia Wen Heng	(MEN)	FOP	8:32.13	First 1500m

3000m

1	Alaska Bremner	(ASW)	F14	16:18.43	PB 0:16
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Next weekend ...

Put your feet up!



OLYMPIANS SANDERY AND COWLEY CHARGE TO INAUGURAL AUSTRALIAN MARATHON RACE WALK TITLES

by **Lachlan Moorhouse** (reprinted from *Australian Athletics news* – Saturday 29 November)

Olympians **Olivia Sandery** and **Rhydian Cowley** have been crowned the inaugural Australian champions in the Marathon Race Walk, lighting up an eventful morning in Canberra for the Chemist Warehouse Winter Series.

The 42.195km bout saw the Canberra skies throw down fierce sun and at times heavy rain, but through it all **Sandery** (SA) and **Cowley** (VIC) remained calm to stand on the top step of the podium after over three hours of racing.

At 22-years-old, Sandery was a comprehensive winner by a margin of almost 20 minutes following the withdrawal of training partner and race leader **Elizabeth McMillen** (SA) not long after halfway, leaving the Olympian to coast to victory in a time of **3:35:58**.



“My goal was to feel comfortable and in control, and I managed to do that. Things can fall apart quickly if you go out too fast or haven’t got your fuelling right, so I’m happy with today,” Sandery said.

“It’s a long way, so even if someone does get ahead of you, there is usually time to catch up. I will be looking more at the 10km and Half Marathon because those are the distances for the Commonwealth Games and World Championships going forward.”

Hannah Bolton (NSW) clinched the silver medal when stopping the clock in **3:55:19**, finishing ahead of **Alanna Peart** (VIC) who took home bronze in **3:56:50**.

Olympic medallist Cowley added another Australian title to his resume as his experience shone, biding his time before putting his rivals to the sword in the last 10km – completing the marathon circuit in **3:19:58**.

“It wasn’t easy today, just from where I’m at in my preparation after a long season. Some of it is just the training age and experience, one thing I’ve learned is that you have to stay calm and conserve your mental energy,” Cowley said.

“There was a point at about 30km where I thought that if I could get to 35km and then pull out, that would be good enough, but I got to that point and thought I guess I’m winning.”

Dylan Richardson (NSW) and **Mitchell Baker** (ACT) both launched attacks in an attempt to become the first ever national champion in the event, with Baker fighting valiantly in the lead before cramps struck in the final six kilometres. The local picked himself up to secure bronze in **3:25:46**, behind silver medallist Richardson in **3:22:17**.

In the Half Marathon Race Walk events, **Declan Tingay** (WA) and **Samantha Findlay** (SA) landed on top after 21 laps with times of **1:31:40** and **1:47:41** respectively.



The Portuguese blogspot *O Marchador* reported on the races as follows:

Cowley and Sandery win Australian Marathon Race Walking Championships – Canberra 2025

In the inaugural edition of the Australian Marathon Race Walking Championships this Saturday (29/11) in Canberra, an event held on a circuit set up in Stromlo Forest Park, **Rhydian Cowley** and **Olivia Sandery** confirmed their status as favorites and, looking ahead to their participation in the 2026 World Team Championships in Brasília, were crowned national champions of this new event.

With the joint start scheduled for 8:00 AM, the athletes were closely contested during the first 10 laps (10 km and 195 m), with the men's leader passing the gap in 48:15 and the women's in 52:44.

At the halfway point of the race, some changes begin to occur. In the men's race, **Dylan Richardson** challenges the competition, passing the mark in 1:39:00, while in the women's race, **Elizabeth McMillen** leads in 1:49:05, opening a 25-second gap over **Olivia Sandery**.

After completing 30 laps (30 km and 195 m), with Richardson* and McMillen no longer in the competition (they dropped out before the 25 km mark), Mitchell Baker leads the men's race with a time of 2:22:00, followed by Cowley and Richardson, while Sandery, unopposed, has a split time of 2:36:17.

The final 10 km were decisive for the men's race, with Rhydian Cowley taking advantage of his greater experience and winning with a time of **3:19:58**, followed by Dylan Richardson, who finished in **3:22:17**, and **Mitchell Baker**, with **3:25:47**.

In the women's category, Olivia Sandery's dominance was overwhelmingly evident, finishing the distance in **3:35:58**. Second place went to **Hannah Bolton**, with a time of **3:55:19**, which included 4 minutes of added penalties, and third place to **Alanna Peart**, who recorded **3:56:50**.

Also noteworthy is the simultaneous competition of the non-championship Half Marathon, whose winners were, in the men's category, **Declan Tingay**, with a time of **1:31:40**, just 5 seconds ahead of **Timothy Fraser** (**1:31:45**), and in the women's category, **Samantha Findlay**, with a time of **1:47:41**.

(*In fact it was Thompson and Gibbons who were the male DNFs.)

Men Marathon Walk

1 Rhydian COWLEY	VIC	3:19:58
2 Dylan RICHARDSON	NSW	3:22:17

Women Marathon Walk

1 Olivia SANDERY	SA	3:35:58
2 Hannah BOLTON	NSW	3:55:19 4:00 added

3 Mitchell BAKER	ACT	3:25:47	3 Alanna PEART	VIC	3:56:50
4 Kim MOTTROM	SA	3:54:45	4 Nellie LANGFORD	SA	3:59:48
.. Will THOMPSON	VIC	DNF	.. Elizabeth MCMILLEN	NSW	DNF
.. Carl GIBBONS	NSW	DNF			
.. Jack MCGINNISKIN	NSW	DQ TR54.7.1			

Men Half-marathon Walk

1 Declan TINGAY	VIC	1:31:40
2 Timothy FRASER	ACT	1:31:45
3 Marcus WAKIM	VIC	1:38:35
4 Alex BRADLEY	QLD	1:57:31

Women Half-marathon walk

1 Samantha FINDLAY	SA	1:47:41
2 Zoe WOODS	NSW	1:49:50
3 Chelsea ROBERTS	NSW	1:54:55

*A message from **Kirsten Crocker** (NSW ... international judge), posted on her Facebook page:

A massive thank you goes out to every Racewalking Judge who made the trip to Canberra for the inaugural Australian Marathon Race Walking Championships on November 29, 2025. It is only through the commitment of these dedicated individuals that our athletes can chase their dreams. We truly appreciate the Race Walk Judges and the entire team of officials for making this fantastic event possible!



*ALL SCHOOLS ACTION SET TO GO AT LAKESIDE

A total of 51 entrants, including many of the country's most promising young walkers, will descend on Albert Park this weekend to contest the national All Schools titles. Competition is sure to be fierce and we anticipate some keen battles as well as standout individual performances.

** AA All Schools Track & Field Championships – Thursday 4 to Sunday 7 December Lakeside Stadium – Albert Park, Melbourne

Thursday 4 December	5.15pm	3000m Walk Girls	U14
	5.40pm	3000m Walk Boys	U14
	6.05pm	5000m Walk Women	U18, U17
	7.05pm	5000m Walk Men	U18, U17
Saturday 6 December	5.10pm	3000m Walk Girls	U16, U15
	6.10pm	3000m Walk Boys	U16, U15

****PREVIEW**

3000m U14

The girls kick off the walks action on Thursday, with NSW's **Ashleigh Mansell** the clear favourite to win. The placings will be closely contested, with **Isabella Welch (QLD)**, **Makenzie Sillito (WA)** and **Pippa Read (VIC)**, all sub-16:00 walkers, ready to take a step up.

In the boys' race, **Tate McQueen (VIC)**, **Fiete Halvar Diers (VIC)** and **Lincoln Moore (NSW)** are evenly matched and seem most likely to fight it out for the title and podium.

5000m U17

With national record holder **Ela Uzun (VIC)** a good two laps ahead of her opposition on times, the silver and bronze will provide the competitive interest here. **Olivia Boulton (QLD)** and **Stella Pinches (NSW)** are favoured to contest these, with **Katica Borsic (WA)** a chance if sparked by the big occasion.

A small field of 4 will contest the boys' title. **Max Davidson (VIC)** could be facing a close duel for the title with emerging prospect **Liam Freundt (SA)**, who has improved markedly this year.

5000m U18

Both **Milly Sharpe (QLD)** and **Angelina Legrand (SA)** are big-occasion performers and will resume the battle they had in Brisbane last year, with Sharpe entitled to favouritism on current form. Legrand, however, is a smart racer who knows when to attack. **Grace Beck (NSW)** is capable of splitting the two.

In another 4-man field, sub-21:00 walker **Sam Lindsay (TAS)** is a class and a half above, while **Sebastian Richards (SA)** broke through 22:00 on the road this year and will be out to replicate that form at Lakeside.

3000m U15

It's hard to see anyone approaching **Mya McClure (VIC)** in this race, and her sights may be set on getting her first sub-14:00 result. **Tory D'Alessio (WA)**, **Havana Ali (VIC)** and **MiaRose Everson (NSW)** will make it a hot contest for the place medals.

Any 14yo with a season's best of 12:54 will look invincible on paper, and such is the case with **Callum Martin (NSW)**. However, **Angus Shuttleworth (VIC)** has come to within 6 secs of the 13:00 barrier this season and will relish the chance to duke it out with the talented Sky Blue. QLD's **Lachlan Moore** is another on a climb to the top and should be on the podium at race's end.

3000m U16

Matilda Read (VIC), the only entrant here with a sub-14:00 time to her credit, is at last approaching that form after a year disrupted by illness. Behind her should ensue possibly the closest contests of the meet with improvers **Bethany Moore-Kirkland (QLD)** and **Eva Parker (TAS)** likely to take out the placings.

Barring anything untoward, the boys' race will be a 2Q ... a 'Queensland quinella', with **Noah Cooke** and **Koby Irvine** both in hot form. Cooke has posted a sub-13:00 this year and will be out for another. Bronze should go to **Rhys Chandler (NSW)**.

***LIVESTREAM** (Posted by Australian Athletics – 2 December 2025)

Catch all four days of the 2025 Chemist Warehouse Australian Athletics All Schools Championships via the official livestream hosted on the SideLine Sports platform.

Options to watch include single-day passes for \$5.99 or championship passes for \$14.99 to catch all four days of action.

**Please note that spectators cannot pre-purchase single-day passes as they are activated at the time of purchase and expire at midnight.*

Broadcast Times

Thursday, December 4 - 5:00pm - 8:05pm (AEDT)

Friday, December 5 - 10:00am - 6:00pm (AEDT)

Saturday, December 6 - 10:30am - 6:30pm (AEDT)

Sunday, December 7 - 8:45am - 2:50pm (AEDT)

A link for Livestream access will be made available on day one of the competition.

(Posted by Australian Athletics – 2 December 2025)

QUEENSLAND QA Darren Thrupp Shield, November 29 – QSAC, Brisbane

Robyn Wales reports:

Last night QA held a 3000m racewalk at QSAC. There were several PBs which was pleasing for those going to Melbourne next week. Also, first timer **Elsa Chan** showed promise after contacting **Phoebe Chadwick** via Strava! She is now enjoying the training side of racewalking and has a great technique.

3000mRW Women

1 Olivia Boulton 16	GC Athletics	14:32.11
2 Bethany Moore Kirkland 15	Darling Dns	14:47.37
3 Phoebe Chadwick 19	QRWC	16:00.60
4 Eliza Kelly 15	QRWC	17:04.08
5 Amelia Chisholm 12	GoldCst Vic	17:05.12
6 Elsa Chan 22	Athletics Nth	17:16.59

3000m RW Men

1 Koby Irvine 15	Bundaberg	13:43.17
2 Cory Lockwood 14	GC Athletics	15:13.41
3 Kai Dale 17	QRWC	15:43.81
4 Leo Ramsay 13	QA	17:16.59

WESTERN AUSTRALIA WARWC results, 21 November – Perry Lakes

Terry Jones reports that the weather was very pleasant, fine with temperature in low 20s for the WARWC's Sunday races.

10K

Melissa Lewis	1:05:55
Fiona van Heerwaarden	1:07:20

3K

Tory Dalessio	16.48
Hannah Clausnitzer	16.49

Wendy Farrow	1:13:10	Tayte Moore	17.11
5K		Brad Mann	18.47
Andrew Duncan	30.38	Kaytee Bogaers	18.47
Addison Roots	32.17		
John McDonagh	37.46		
Judy Saunders	41.26		
Steve Travell	48.18		



INTERNATIONAL NEWS

UNITED KINGDOM: Surrey WC Open Track walks, 29 November – Tonbridge

'If the sun don't come, you get a tan from standing in the English rain' (*John Lennon*). Not too much standing (or tan, for that matter) at the Surrey Open track walks on Saturday, with the field using the best of their mobility to keep warm. **Abigail Jennings** just missed cracking 25:00 in winning the Area 5000m title. The junior events saw some competitive racing with **Spencer Gibson** the U15 standout, while **Trejan Checheku-Boamah** and **Ellen Brooke Wilson** were the picks of the bunch on the U17 3000m.

Many thanks to Mark Easton for his great action photos.

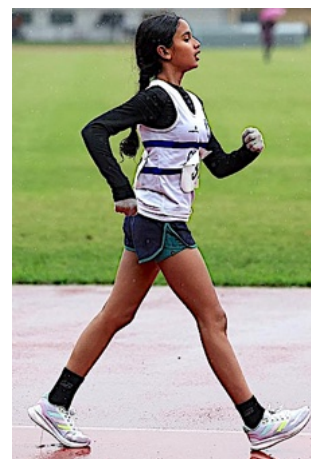
Surrey Walking Club Open Track Walks inc. Southern Area Championships and Surrey WC Christmas Cup Saturday 29th November 2025 - Tonbridge

Place	Bib	Athlete	AG	Event	Club	Result
1	32	Spencer Gibson	U15B	2000W	Aldershot Farnham & District	11:09.8
2	33	Seth William Muddle	U15B	2000W	Lewes AC	11:38.1
3	34	Rio McAndrew	U15B	2000W	Newmarket Joggers	11:38.6
4	36	Stanley John Charles Taylor	U15B	2000W	Lewes AC	11:52.0
5	31	Matthew David Tomsett	U15B	2000W	Ashford AC	11:54.2
6	35	Luke Eperon	U15B	2000W	Blackheath & Bromley Harriers AC	12:30.7
1	41	Amelia Emmett	U15G	2000W	Bexley AC	11:53.6
2	38	Sophie Blundell	U15G	2000W	Newmarket Joggers	12:03.1
3	37	Athira Nair	U15G	2000W	Cambridge & Coleridge AC	13:08.7
4	39	Amber Violet Rose Jackson	U15G	2000W	Thanet AC	13:24.8
	40	Marissa Morley	U15G	2000W	Aldershot Farnham & District	DNS



(Photo: Mark Easton)

1	42	Trejan Checheku-Boamah	U17M	3000W	Blackheath & Bromley Harriers AC	16:19.4
2	43	Charlie Perry	U17M	3000W	Lewes AC	16:31.0
1	45	Ellen Brooke Wilson	U17W	3000W	Ashford AC	16:35.8
2	46	Florence Watson	U17W	3000W	Blackheath & Bromley Harriers AC	17:11.8
3	47	Millicent Dorothy Steele	U17W	3000W	Ashford AC	18:10.0
4	44	Lily-Ann Jennifer Cooper	U17W	3000W	Newmarket Joggers	20:47.8



(Photos: Mark Easton)

1	49	David John Crane	SENM	5000W	Surrey Walking Club	26:52.0
2	48	Matthew Ellerton	SENM	5000W	Blackheath & Bromley Harriers AC	32:23.4
	50	Trevor Jones	SENM	5000W	Steyning Athletic Club	DNS
	51	Colin Harle	SENM	5000W	Belgrave Harriers	DNS
1	55	Abigail Jennings	SENW	5000W	Aldershot Farnham & District	25:00.1
2	53	Jessica Alexandra Wilton	SENW	5000W	Ashford AC	26:24.9
3	54	Emily Ghose	SENW	5000W	Tonbridge AC	27:54.7
4	52	Melanie Peddle	SENW	5000W	Loughton AC	28:47.4
5	56	Emma Keeley	SENW	5000W	Cambridge & Coleridge AC	31:38.6
	57	Geraldine Legon	SENW	5000W	Bexley AC	DQ TR54.7.5



Sometimes it pays to keep a sense of humour ...

FURTHERMORE ...

VRWC and VMA walker **Geoff Barrow** sent me this irresistible item recently. It will resonate with anyone who ever raced over 50km with a technique that had raised judges' eyebrows in the past:

Hi Stu

Please find attached a piece of walking poetry which walkers and walk judges may find interesting.

My friend John Kneen [Sandringham AC / Mentone Masters] found this little gem whilst sifting through memorabilia from his time working and running in Canada in the mid 60s.

Author: Ernie Sharpe, published in the Ontario Track Monthly, November 1967

I am sure all walkers of any distance will be able to relate to it.

Regards

Geoff

Thanks Geoff, for sending this. Anyone with 50km walk experience will be able to relate, whatever level they attained and whatever their technical skill. Rather than simply transcribe Ernie Sharpe's wonderful poem alone, I decided to include the images of the pages in their entirety, complete with John Kneen's margin notes. (Note his evident pleasure at having finished 3rd behind marathon star Jerome Drayton in a 10 miler.)

If **Evan Dunfee** reads this, he may find it of historic interest from a Canadian club athlete's POV. It was around this time – August 1967 – that the city of Winnipeg hosted the Pan-American Games, at which Canadian walkers **Felix Capella** and **Karl-Heinz Merschenz** raced in the 50km, and which also saw the appearances of future Olympic medallists **Larry Young** (USA) and **Jose Pedraza** (MEX) on the international scene.

THE 50 KILO WALK

The walker's life is one of strife
His fate is filled with woe
He must not bound and leave the ground
He has to heel and toe
The leg's thrust back is quite a knack:
That judges wish to see
At rapid rate he snaps it straight
And locks well back the knee
You'll hear of pain - of stress and strain
When athletes chance to meet
Of marathons by hardy sons
In blazing humid heat
But here's a race that's hard to face
Of which I'd like to talk
A lengthy grind that Hell designed
The 50 Kilo walk.
'Neath leaden skies to earn a prize
We strode off on our way
With heavy clouds like gloomy shrouds
Surrounding us all day
Again we heard the warning word
Before they let us go
"Walk fairly please and lock your knees
You have to heel and toe"
My hopes were high. The miles went by
The leaders drew ahead
Then thunder rolled, my heart went cold
My optimism fled.
The pace was fast, I hoped I'd last
I fought a western breeze
And heeled and toed along the road
With care I locked my knees
The gloomy shrouds of blackened clouds
Released their heavy load
With might and main, through driving rain
Determinedly I strode
And splashed with force along the course
So wet I seemed to freeze
While judges spy with eagle eye
to see I locked my knees

ONTARIO TRACK MONTHLY
NOV 1967

Winner Jerome Drayton
47-29.8 Bob Mave
JK-3rd, 2nd

As spirits dropped the downpour stopped
My hopes rose as before
The gloom was gone. I pounded on
But fate had more in store
For down came hail as sharp as nail
That stung like angry bees
But no-one cared, for judges stated
To see I locked my knees

My strength was low, my legs were slow
I drove them on and on
Through wind and rain through stabbing pain
Until my strength was gone.
The finish came, completely lame
I felt my muscles seize
A judge's word I faintly heard
"Good man! You locked your knees."

--- by Ernie Sharpe

FIXTURES

- DECEMBER 9 12 MILE WINTER ROAD RELAY, Maki Park, near Ottawa.
Contact Mrs. Roberta Arnold, 7 Harlows Crescent Ottawa 14.
- DECEMBER 16 HAROLD WEBSTER MEMORIAL 10 MILE SENIOR, 3 MILE JUNIOR AND 1 1/4 MILE LADIES' ROAD RACES, Hamilton
Contact Mr. W. Sheridan, 174 Main St South, Waterdown.
- DECEMBER 29) SASKATOON CENTENNIAL INDOOR GAMES
DECEMBER 30) Contact Jack Wells, Box 168, Saskatoon.
- JANUARY 6 EDMONTON INDOOR GAMES
Contact Ernie Westervhoe, 5918-118th Avenue, Apartment 4, Edmonton, Alberta
- JANUARY 13 ALBERTA INDOOR GAMES, Calgary.
Contact Doug Lyle, 233 Capri Avenue NW., Calgary.
- MARCH 1 TELEGRAM MAPLE LEAF INDOOR GAMES, Toronto
Contact John Hudson, 440 Front Street West, Toronto 2B, Ontario.

In addition to these Fixtures, there is a possibility that three Saturday morning Meets will be held, pending approval for the use of space existing at the Canadian National Exhibition Grounds in Toronto.

MARCIADALMONDO & O MARCHADOR ROUNDUP

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

- Monday, December 1, 2025 - **Jordy Jiménez** (Ecuador) wins gold in men's race walking at the Bolivarian Games.
<https://omarchador.blogspot.com/2025/12/jordy-jimenez-equador-conquista-o-ouro.html>

- Sunday, November 30, 2025 - **Kimberly García (Peru) victorious at the Bolivarian Games Lima-Ayacucho 2025** <https://omarchador.blogspot.com/2025/11/kimberly-garcia-peru-vitoriosa-nos.html>
- Friday, November 28, 2025 - **David Reyes and Ana González win the "Villa de Valverde" Race Walking Meeting, Spain.** <https://omarchador.blogspot.com/2025/11/david-reyes-e-ana-gonzalez-vencem.html>
- Thursday, November 27, 2025 - **African Masters Athletics Open Championships – Tunis 2025 (results)** <https://omarchador.blogspot.com/2025/11/campeonatos-abertos-de-atletismo-master.html>
- Wednesday, November 26, 2025 - **Matheus Corrêa and Mayara Vicentainer accumulate titles at the JASC – Chapecó 2025** <https://omarchador.blogspot.com/2025/11/matheus-correa-e-mayara-vicentainer.html>
- Tuesday, November 25, 2025 - **Vitória Oliveira and João Vieira repeat their victories at the "Antônio Gonçalves" Memorial in Alvaíazere.** <https://omarchador.blogspot.com/2025/11/vitoria-oliveira-e-joao-vieira-repetem.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.

** H&T Online - NOTICE BOARD **



LAVic Southern Metro Region Racing & Coaching nights

With the LAVic 2025-26 track season now underway, Mentone LAC is holding two Wednesday night coaching and racing sessions at its track at Dolamore Reserve, Mentone. Both meetings will be conducted under the rules and procedures of Little Athletics Victoria.

The dates for the next session is **Wednesday 10th December**. The proposed schedule for each night is:

- | | |
|-----------------------|--|
| 5. 40pm-6.00pm | Coaching session for the walkers who would like to learn more about the event. |
| 6.10pm: | 700m race for under 9s and below. |
| 6.25pm: | 1100m race for athletes over 9. |

Coaches **Rupert van Dongen** (Mentone), **Ben Skurka** (Chelsea) and **Mark Donahoo** (VRWC) will conduct the coaching session.

VRWC Committee

****Vacancy – Club Treasurer**

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) ASAP.

FIXTURE 2025-2026 SUMMER SEASON - *final*

All the races below are Come and Try races, if you have an interest in racewalking, come and try.

Sun 7th December 2025, VRWC Road Races Middle Park

8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am	5km, 3km	Open
9.50am	2km, 1km	Open

Sun 18th January 2026, VRWC Road Races Middle Park

8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am	5km, 3km	Open
9.50am	2km, 1km	Open

Sunday- Monday, 25th- 26th January 2026, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT

Sunday 15th March 2026, Australian Athletics Half Marathon Race Walking Championships War Memorial Drive, Adelaide, South Australia

VRWC Race Entries

- Walkers are asked to enter online, entries close 6.00pm Friday.
- Entries may be taken on the day
- To enter online, go to the club webpage: www.vrwc.org.au
- Then click on the left side tab: [VRWC Membership and Race Entry](#)
- A new page will open.
- From the menu at the top of the page, click on 'Events'
- On the new page, select 'ALL' then 'Search'. All the races that are available can be viewed.
- Register for the event you wish to race in.
- If there are problems then email the club secretary or text the race registrar 0428 331 550
- Entries for AA, AV and Little Athletics Victoria Championships **MUST** be completed online, through the organisations website.

Check in before races

- Check in at least 20 minutes before their race.
- In-person check-in closes 30 minutes before their race.

RACE ENTRY FEE: \$12.00



WHAT'S UP AHEAD?

AVSL Round Dates – 2025/2026

(NOTE: Venues and race distances are as listed by AV on 15/9/2025. Changes may occur.)

Sat 17 Jan 2026	AVSL Rd7 – Meadowglen, Epping (2000m, 5000m)
Sat 31 Jan 2026	AVSL Rd8 – Mount Evelyn (1500m, 3000m)
Sun 8 Feb 2026	AVSL – RESERVE ROUND
Sat 21 Feb 2026	AVSL Rd9 – Doncaster (1500m, 3000m)
Sat 28 Feb 2026	AVSL Rd10 – Casey (2000m, 5000m)

***Country venues – Ballarat, Bendigo, Geelong.** Race distances may differ from those of Metro venues.

Victorian & National Key Dates – 2025/2026

Thu 4-Sun 7 Dec 2025	AA All Schools T&F c'ships – Lakeside Stadium, Melbourne VIC
Sun 7 Dec 2025	VRWC Road races – Middle Park
Thu 11 Dec 2025	ANSW 10,000m track walk c'ships – SOPAC (warm-up track), Sydney NSW
Sun 18 Jan 2026	VRWC Road races – Middle Park
Sat-Mon 24/26 Jan 2026	AV Country T&F c'ships – Albury NSW
Sun-Mon 25-26 Jan 2026	AA 10,000m Walk c'ship/Supernova – AIS track, Bruce ACT
Fri-Sun 13/15 Feb 2026	AV Junior T&F c'ships – Lakeside Stadium
Sun 15 Mar 2026	AA Half-Marathon Race walk c'ships – Adelaide SA
Thu-Sun 19/22 Mar 2026	AV U20, Open & Overage T&F c'ships – Lakeside Stadium

International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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***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.

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