



HEEL & TOE Online

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

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** WALKER OF THE WEEK **

Only one race walking competition of significance – as part of the NSW All Schools championships – took place around the country this week, with the walk results just making it in before the deadline. Thankfully, the meet also provided the WOTW for this issue, through the agency of 13yo **Callum Martin** (NSW) who blitzed the 13yo 3000m title with a new meet record of **13:30.83** – a PB by 3 seconds into the bargain.

Callum, who won the U13 boys 3000m title at the Australian championships in Adelaide last April, has clearly maintained a high fitness level over the winter and is set for a big summer, having picked up from where he left off in Adelaide.

A natural athlete, Callum takes a special delight in walking. “When I started walking I’d get a feeling of joy and happiness,” he says. “It’s just something I love doing.”¹ That love has paid off, motivating him through rigorous training and inspiring him to strive for further improvement.

Congratulations, Callum ... we hope you keep experiencing that joy, and climbing that ladder.



(Photo: Newcastle Weekly)

*Honourable mentions

- **Hana Jugovic** (ACT) – a huge PB by 1:13 while competing in the NSW All Schools 19y 5000m, finishing 2nd behind Chelsea Roberts in **25:39.30**.
- **Isaac Beacroft** (NSW) – set a new meet record of **21:01.21** in the NSW All Schools 17y 5000m. While this was slower than his 5km splits in his two international 10km races this year, Isaac’s time still set a yardstick in school competition that seems likely to hang around for a fair while.



CLUB NEWS and RESULTS

*Race day ... Sunday 20 October

Now that we’ve ticked over into October, our first summer race fixture will be upon us soon. Distances:

- 8.30am – 20km, 15km Open
- 8.45am – 10km Open
- 9.10am – 5km, 3km Open
- 9.50am – 2km, 1km Open

The entry portal is now open. Go to <https://www.revolutionise.com.au/vrwc/events>
Deadline for entries: Friday 18 October at 6pm

Advance notice:

ANNUAL GENERAL MEETING
Sunday 10 November at 11.00am
Middle Park Bowling Cub

All positions will be declared vacant.
Nomination forms for Committee positions will be issued shortly.

Stu Cooper
President

¹ Riddle, Rebecca - *Charlestown junior athletics star Callum Martin walking into record books* – Newcastle Weekly 20 April 2024

Member News

By chance, I recently came across a Reddit discussion thread posted three years ago, by someone under the handle of ‘pedestrian11’. This happened to be none other than **Rhydian Cowley**, who is a member of the Reddit group *Advanced Running*. The thread was set up after the Olympic walks in Sapporo in 2021, so it’s probably old news to those within his social circle but perhaps no so widely known beyond it. (I’m always behind the game when it comes to social media, so my mantra is usually ‘better late than never’.)

The discussion, in which Rhydian invited his fellow *Advanced Running* members to question him re his Sapporo experience and race walking in general, produced a stream of pertinent, interesting questions which Rhyd obviously enjoyed replying to, knowing it was for the benefit of fellow athletes.

At the time he set up the discussion Rhydian was in quarantine following his return from Sapporo, so had plenty of time on his hands to compensate for a reduction on his feet. The results were both enlightening and entertaining.

A few examples of the Q&A follow:



(Photo: AOC)

- kriegerbahn** What is your cadence when walking compared to running at the same pace?
- pedestrian11** *Walking cadence is usually a bit higher than running cadence for the same distance. My average across the 50km walk in Tokyo was 189 steps per minute, but over 20km races and shorter my cadence will be 200+.*
- exzachlee** 1. Do you (and other race walkers) run as well? If so, what’s your normal pace compared to race walking? If not, why?
2. What are the best tips you can share to getting and keeping your hips so mobile?
3. How did you get into race walking!?
- pedestrian11** *I love to run, for cross training and just the social aspect of racing. I'm proud to be my local parkrun record holder. Some walkers are good runners, others are pretty ordinary - even if you have a good and economical aerobic engine, you still need to do get the specificity of training, and some walkers' physiology just doesn't translate to fast running.*
My easy walking pace is between 4:50-5:10 per km, while my easy running pace is more like 4:00 - 4:40 per km. At race paces I've walked a 20km in 1:20:19, while my half marathon PB is 1:07:26, so I'm a bit quicker when I run.
I'm not an especially flexible person (distance athlete problem), so I think regarding hip movement, that would be a result of training specificity over a number of years. I've been doing racewalking to some level or other since I was 8 years old, as it is a part of the program at Little Athletics in Australia (an organisation which is track and field for children). That said, it's also important to deload sometimes, so my physio will often get their elbows (or needles) into my hips to free them up.
- nickinthemud** That’s insane!! I never knew you guys walk that fast!! You’re doing 4 minutes per km in a race! I am shocked. Your walking pace is faster than my running pace. Wow. Sorry I sound over the top. I’m really so surprised.
- pedestrian11** *It's ok, it is pretty surprising/insane. The Men's 20k WR is 1:16:36, which is even crazier, and the Men's 50km WR is 3:32, which is a sub 3hr marathon split.*
- calvinbsf** Do you think the sport would be improved or made worse by automatic loss-of-contact detection?
Forgive my ignorance but I’m under the impression that racewalking is filled with micro infractions quicker than human judges can see, and to an extent that limits my interest in the sport. Do you not feel like it becomes a contest of “who can get away with the most?”
Nothing but respect for you and the other athletes, race walkers would all kick my butt in terms of talent and work ethic.
- pedestrian11** *There's been research into that technology, but it hasn't really progressed well, and doesn't seem close to being able to be implemented at event levels. Plus it's a big*

added expense for organisers. It is a challenge explaining the 'to the naked eye' aspect of judging to non-walkers though, so an innovation like that could on one hand be useful, but on the other hand in slowing everyone down to ensure no loss of contact (in combination with the knee rule), I don't think it does anything to make the sport more interesting to outsiders.

To an extent walking might be considered a 'who can get away with it' competition, but judges are highly trained, so getting away with losing contact is still within a bound - the bound just happens to be the physiological limit of when the eye can detect loss of contact, rather than the actual loss of contact itself.

There is much more. You can read the whole discussion (which has now been archived and is no longer open for questions) by going to:

https://www.reddit.com/r/AdvancedRunning/comments/p4g76j/i_am_dual_olympian_and_50km_racewalker_rhydian/

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VICTORIA - METRO & REGIONAL



A.V. NEWS

*AVSL Round 1 – Saturday 5 October

All races open to Male and Female competitors

Metro – Casey Fields	1.30pm	2000m walk (all ages) 5000m walk (U18 and older)
Ballarat region – Llanberris Stadium	3:15pm	1500m, 3000m walk (all ages)
Bendigo region – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	1500m walk (U14, U16) 3000m walk Me (U18 and older)

ENTRIES

Metro & Ballarat – enter via AV Members Portal at <https://www.revolutionise.com.au/athleticvic/events/>

Bendigo – enter via <https://eventplus.net/ABB24>
Entries close at 12.00 noon on Wednesday 2 October

AROUND THE COUNTRY

*RANKINGS

3000m & 5000m Track walk best times for 2024
as at 25 September
Compiled by Paul Jenés (AA statistician)

With the 2024-25 summer season proper about to commence (and with times in schools championships already being posted), let's examine those track times posted across 2024 over the key AA record distances of 3000m and 5000m. Most who are on these lists will be seeking to climb the ladder with new PBs between now and December 31, and we expect them to be joined by improving newcomers in the junior ranks especially.

Note that AA statistician Paul Jenes compiles these lists from every set of results he receives. Consequently, if names or performances are not listed (or are inaccurate), it will only be because of incorrect information sent to him, or results omitted. If you have a result that should be on the list or needs adjusting, contact me with full details and I'll pass them on to Paul.

Men 3000m Walk

11:25.70	Bailey Housden	Q	Brisbane	3-Feb
11:59.25	Sam McCure	Q	Brisbane	3-Feb
12:35.78	Samuel Lindsay	T	Launceston	20-Mar
13:18.01	Kim Mottrom	S	Adelaide	3-Feb
13:33.5h	Alejandro Stephens	V	Melbourne	13-Jan
13:33.60	Callum Martin	N	Adelaide	17-Apr
13:46.80	Mark Blackwood	V	Melbourne	16-Mar
13:52.29	Max Davidson	V	Adelaide	17-Apr
14:14.35	Sebastian Richards	S	Adelaide	2-Mar
14:18.31	Cooper Rech	S	Adelaide	2-Mar
14:23.7h	Eden Morgan	V	Melbourne	13-Jan
14:33.03	Tyler Cousins	N	Adelaide	17-Apr
14:36.96	Noah Cooke	Q	Adelaide	17-Apr
14:41.23	Bradley Mann	W	Perth	12-Jan

Women 3000m Walk

13:36.8h	Ela Uzun	V	Melbourne	13-Jan
14:01.82	Gemma Dixon	N	Adelaide	17-Apr
14:07.16	Sophie Polkinghorne	N	Adelaide	18-Apr
14:08.80	Mya McClure	V	Adelaide	17-Apr
14:11.55	Kelly Ruddick	V	Ballarat	20-Jan
14:28.88	Matilda Webb	N	Adelaide	18-Apr
14:34.41	Maisie Mitchell	N	Adelaide	18-Apr
14:41.64	Jessica Loring	N	Adelaide	18-Apr
14:45.41	Lyla Williams	Q	Brisbane	3-Feb
14:54.42	Hana Jugovic	A	Canberra	22-Sep
14:55.4h	Arnika Nelson (NZ)	V	Melbourne	20-Jan
14:55.56	Kaytee Bogaers	W	Perth	15-Mar
14:59.7h	Jade Chitty	V	Melbourne	13-Jan

Men 5000m Walk

18:28.47	Rhydian Cowley	V	Melbourne	24-Feb
18:33.63	Kyle Swan	V	Melbourne	24-Feb
19:23.96	Isaac Beacroft	N	Sydney	14-Mar
19:38.78	Corey Dickson	V	Melbourne	24-Feb
19:50.04	Will Bottle	T	Hobart	16-Mar
19:56.98	Marcus Wakim	V	Melbourne	24-Feb
19:57.06	Carl Gibbons	N	Sydney	14-Mar
20:17.94	John Ronan	W	Perth	2-Feb
20:35.85	Fraser Saunder	V	Ballarat	26-Jan
20:42.75	Bailey Housden	Q	Adelaide	16-Apr
20:52.26	Owen Toyne	A	Canberra	16-Feb
20:54.69	Riley Coughlan	V	Melbourne	3-Mar
21:13.24	Sam McCure	Q	Brisbane	9-Mar
21:17.27	Jack McGinniskin	N	Sydney	14-Mar
21:24.57	Dylan Richardson	N	Sydney	14-Mar
21:24.99	Kodi Clarkson	A	Adelaide	16-Apr
21:59.82	Samuel Lindsay	T	Walton OT, GBR	11-Aug
22:22.52	Joel Byatt	N	Adelaide	16-Apr
22:27.05	Scott Peart	V	Melbourne	3-Mar
22:44.48	Kim Mottrom	S	Adelaide	17-Feb
22:52.90	Myles Ashby	N	Sydney	8-Mar

Women 5000m Walk

21:42.01	Rebecca Henderson	V	Melbourne	24-Feb
21:49.49	Allanah Pitcher	N	Sydney	14-Mar
22:00.19	Elizabeth McMillen	N	Sydney	14-Mar
22:33.42	Hannah Mison	N	Sydney	14-Mar
22:37.00	Hannah Bolton	N	Sydney	14-Mar
22:38.67	Alanna Peart	V	Melbourne	24-Feb
23:05.73	Tayla Billington	Q	Brisbane	20-Jan
23:07.07	Zoe Woods	N	Sydney	8-Mar
23:32.0h	Ela Uzun	V	Melbourne	7-Sep
23:33.98	Chelsea Roberts	N	Sydney	14-Mar
23:39.49	Sienna Pitcher	N	Sydney	14-Mar
24:21.48	Bridget Bell	N	Sydney	14-Mar
24:23.57	Maddison Nash	V	Melbourne	3-Mar
25:17.07	Char Hay	V	Ballarat	26-Jan
25:27.00	Arnika Nelson (NZ)	V	Ballarat	26-Jan
25:30.98	Matilda Webb	N	Sydney	8-Mar
25:38.66	Kaytee Bogaers	W	Perth	2-Feb
25:47.98	Lyla Williams	Q	Sydney	8-Mar
25:55.49	Mia Bergh	Q	Brisbane	9-Mar

A.C.T. *Request for judges – Australian Transplant Games

This is a late notice to Walk judges in or around the Canberra area (or beyond if they can travel), for anyone who is free to judge at the **Australian Transplant Games**, to be held this Thursday (3 October) at the AIS.

There are two events (3k and 5k) at 9am and 9:20. There are apparently 30 athletes across the two races.

If you are able to assist, contact Kate on +61 417 315 116.

NEW SOUTH WALES NSW All Schools T&F c'ships, 1 October – SOPAC, Sydney

The first of this summer's state All Schools' championships took place in Sydney this week, with the walks all held today.

Callum Martin and **Isaac Beacroft** had the most successful races with each setting new Meet records and Callum a 3 sec PB. The ACT's **Hana Jugovic**, competing by invitation, had an excellent result in the 5000m with a 1:13 personal best.

Girls 13y 3000m Walk

1	Ashleigh Mansell	Northholm GS	15:53.53
2	Nikki Hearnden	Glendale THS	16:03.86
3	Erin Cassilles	Westfields SHS	16:10.76
4	Lilly Gasper	Sydney SC	16:46.76
5	Brooke Cross	Inaburra Sch	16:47.08
6	Madeline Kot	Westfields SHS	17:45.69

Boys 12y 3000m Walk

...	Caelan Drysdale	Knox GS	DQ TR 54.7.1
...	Vinal Liyanage	The King's Sch	DQ TR 54.7.1

7 Georgia Watson	Westfields SHS	18:24.76
8 Chloe Gasper	Sydney SHS	18:50.05
9 Emily Gasper	Sydney SHS	20:11.03
... Miarose Everson	Cheltenham GH	DQ TR 54.7.1

Boys 13y 3000m Walk

1 Callum Martin	Hunter Sports HS	13:30.83 MR
2 Tyler Cousins	Glendale THS	15:05.14
3 Mitchell McCarthy	Holy Cross C	17:40.03
4 Patrick Waddington	Oakhill College	18:01.01
... Noah Vella	Cranebrook HS	DQ TR 54.7.1
... Darcy Waring	St Columba's CC	DQ TR 54.7.1

Girls 14y 3000m Walk

1 Sophie Polkinghorne	Mt St Benedict	14:31.28
2 Lexie Beacroft	Rouse Hill AC	16:39.91
3 Ashleigh Farrugia	Greystanes HS	17:13.41
4 Emma Hoskins	The Hills SHS	17:50.61

Boys 14y 3000m Walk

1 Riley Breckon	Leumeah HS	15:05.70
2 Alexander Braendle	Wahroonga Ad S	16:13.17
3 Sagan Jones	The Hills GS	16:15.75
4 Michael Mathison	Westfields SHS	16:37.34
5 Miller Farrington	St Joseph's	18:32.48
6 Liam Wamsley	Gloucester HS	21:06.24

Girls 15y 3000m Walk

1 Matilda Webb	OL of Mercy	14:57.41
2 Maisie Mitchell	Colo HS	15:40.89
3 Stella Pinches	Lambton HS	16:41.32
4 Caetlin Ashby	Brigidine Co	18:25.22

Boys 15y 3000m Walk

1 Christopher Nilon	St Patrick's	15:25.32
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Girls 16y 5000m Walk

1 Grace Beck	Pymble LC	26:44.55
2 Jessica Loring	Wm Clarke Col	26:56.59
3 Danelia Samuel	Chatswood HS	27:31.32
4 Evie Armstrong Reading	Inner Sydney H	28:23.99
5 Matilda Olson	Glenwood HS	30:52.54
6 Laura Corvalan Sotoma	Wm Clarke Col	33:05.14

Boys 16y 5000m Walk

1 Alexander Sinnott	Arndell Ang Coll	25:43.91
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Girls 17y 5000m Walk

1 Sienna Pitcher	Terrigal HS	24:37.61
2 Lyla Williams	Lindisfarne Ang	26:29.81
3 Lilah Norden	Shellharbour A	27:52.03
4 Ciara Cassilles	Westfields SHS	29:51.47
5 Summer Sivaraj	Abbotsleigh	29:58.66

Boys 17y 5000m Walk

1 Isaac Beacroft	Oakhill College	21:01.21 MR
2 Joel Byatt	Wyndham Coll	22:58.78
3 Myles Ashby	Oakhill College	23:13.46*
4 Brodie Spamer	Cardiff HS	25:54.24
5 Aidan Pospischil	Parramatta MHS	30:34.10
6 Peter Charlton	Belmont HS	37:57.84

*TR 54.7.4

Girls 19y 5000m Walk

1 Chelsea Roberts	Bede Polding C	25:22.63
2 Hana Jugovic	ACT	X25:39.30
3 Laelia Byatt	The Hills SHS	29:56.89



Race walker Gathimba looks to Dublin to secure World Championship slot

by **Teddy Mulei** (reprinted from [The Star](#), 12 September)²

Two-time African Championships race walk gold medallist **Samuel Gathimba** is looking to compete in a series of races in Dublin, Ireland, to secure his spot for the 2025 World Championships.

The entry standard in the men's 20km race for the Tokyo World Championships is 1:19:20 with the qualification period spanning from February 25, 2024, to August 24, 2025. Gathimba's fastest time this year is 1:21:26, set at the Paris Olympics, where he finished 22nd.

² https://www.the-star.co.ke/sports/athletics/2024-09-12-race-walker-gathimba-looks-to-dublin-to-secure-world-championship-slot/?fbclid=IwY2xjawF12NNleHRuA2FlbQIxMQABHdi1BEMqN2i0ANBj177G6GOEQvgh76YzaL1dAZ5lfjnukYnbdosYOZW5mg_aem_rK0wh9x4BE_Egkt74nj9AqQ

In an interview, Gathimba said after a dismal show in Paris, he is focused on attaining the World Championships qualification with his sights set on races in Dublin.

“Paris didn’t go as planned. I failed to meet the entry standard but I’m determined to qualify before the year ends. Race walkers need to secure qualification early to enable us to shift focus to training,” Gathimba said.

Reflecting on his Paris performance, Gathimba cited late travel as a factor. “I arrived in Paris a week before the race, which wasn’t enough time to acclimatise. Many of my competitors had already adjusted to the heat. However, I picked up invaluable experience from my second Olympic appearance,” he explained.

Gathimba believes Dublin’s favourable weather will be key to his success. “The conditions in Dublin are perfect for qualification. We had solid results earlier this year during the mixed relays,” he added.

In June, Gathimba and African champion Emily Ngii entered the Irish Marathon mixed relay Olympic trials, finishing second in 3:04:23, just behind the Czech team of Vit Hlavac and Eliska Martinkova (3:02:09). The 36-year-old exuded confidence in attaining the entry mark.

“Right now I am more confident than ever as far as attaining the World Championship qualification is concerned. My body is in perfect condition and feels up to the task ahead,” he noted.

After attaining qualification, Gathimba said his past World Championships performances will fuel his ambition for a podium finish.

“I generally tend to do well at the World Championships. From my previous results in the World Championships, I am optimistic I will be able to push for a podium finish this time round,” he added.

During the 2023 World Championships in Budapest, Hungary, Gathimba placed ninth in the 20km race in 1:18:34. Spain’s Alvaro Martin (1:17:32), Sweden’s Perseus Karlstrom (1:17:39) and Brazil’s Caio Bonfim (1:17:47) secured the podium in the Hungarian Capital.

At the 2022 edition in Eugene, Oregon, he narrowly missed out on the podium, placing fourth with a time of 1:19:25—trailing the Japanese duo of Toshikazu Yamanishi (1:19:07) and Koki Ikeda (1:19:14) with Karlstrom (1:19:18) sealing the podium.

Gathimba highlighted the importance of securing a medal at the Championships to add to his rich trophy cabinet.

“Winning a medal in Tokyo will be one of the highlights of my career. It is something I have been dreaming about,” he noted.

His focus during training will be on speed work. “I want to focus more on speed work with my coach. I have the endurance already.”



Samuel Gathimba matching strides with Koki Ikeda in Paris. “I’m determined to qualify before the year ends.” (Photo: HANDOUT)

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, September 30, 2024 - **The march at the U16 CRO-CZE-HUN-SLO-SVK Meeting in Zagreb (2024) – results** <https://omarchador.blogspot.com/2024/09/a-marcha-no-encontro-sub-16-cro-cze-hun.html>
- Sunday, September 29, 2024 - **2017, two world records for Inês Henriques** <https://omarchador.blogspot.com/2024/09/2017-dois-records-mundiais-para-ines.html>
- Saturday, September 28, 2024 - **Colombians Miguel Peña and Natalia Pulido dominate the racewalking events at the South American U23 Championships (Bucaramanga 2024)** <https://omarchador.blogspot.com/2024/09/colombianos-miguel-pena-e-natalia.html>
- Thursday, September 26, 2024 - **Aleksi Ojala ends career with 35km national title in Pori, Finland** <https://omarchador.blogspot.com/2024/09/aleksi-ojala-termina-carreira-com.html>

- Wednesday, September 25, 2024 - **Japan University Students in Kawasaki (2024) – Results**
<https://omarchador.blogspot.com/2024/09/universitarios-do-japao-em-kawasaki.html>
- Tuesday, September 24, 2024 - **Francesco Fortunato and Nicole Colombi with triumphs in the Italian Golden League - Modena 2024** <https://omarchador.blogspot.com/2024/09/francesco-fortunato-e-nicole-colombi.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.

FURTHERMORE ...

- 29/9/24 - **The Madrid Grand Prix announces its stars: Paul McGrath and Karlström join the race walk party**
https://www.runnersworld.com/es/noticias-running/a62420791/gran-premio-madrid-estrellas-paul-mcgrath-karlstrom-marcha/?fbclid=IwY2xjawFmz6dleHRuA2FlbQIxMQABHc4osc7AiDKAJEp6ZXsFETtJy-SIV4ISdu-5UzMISMVc5pxKJxQw7DDSwg_aem_98o0sC0cUcDvQBh19F4WQA
Diego Garcia's brainchild has attracted another crack field to its 3rd edition, to be held on Madrid's famous Gran Via on 6 October.
- 2/8/24 - **From the hospital... to Trocadero, Aurelien Quinion marches in the Olympic Games after becoming a father: "I slept for half an hour".** <https://www.runnersworld.com/es/noticias-running/a61765778/del-hospitala-trocadero-aurelien-quinion-compite-en-los-juegos-olimpicos-tras-ser-padre-dormi-media-hora/>
You have to admit, it's a novel way of preparing for the biggest race of your life!

(These articles are in Spanish. Use the Google translator as in O Marchador for an English version.)

** H&T Online - NOTICE BOARD **

Racewalking Coaches Wanted

Club coach **Mark Donahoo** is currently working with Athletics Victoria and Athletics Australia to develop a **Level 1 Racewalking course** for coaches and non-coaches.

The course would be held in Melbourne and would probably be a half-day course which would include both theory and practical elements.

The course would cover the areas of:

- Racewalking Rule
- Racewalking technique
- Exercises for racewalkers
- Setting basic programs for walkers of all ages, including peaking and rest phases.
- Training techniques
- Other topics may be included

As a beginning for to this process, Mark is asking for anyone who is interested in attending a racewalk coaching course to contact him via email. The email does not lock anyone into doing the course but is to be used as a way of finding out if there is much interest in the course. There is no date or time set for a course yet.

Spread the word amongst those who are racewalking. The more interest shown, the better the opportunity will be to conduct this course.

Contact **Mark Donahoo**, VRWC racewalking coach on: Neerims8@gmail.com



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 5 Oct 2024	AVSL Round 1 – Casey Fields (Metro), Ballarat & Bendigo
Sun 20 Oct 2024	VRWC Summer program races #1 – Middle Park
Sat-Sun 26-27 Oct 2024	AV All Schools T&F c'ships (Week 1) – Lakeside Stadium
Sat-Sun 2-3 Nov 2024	AV All Schools T&F c'ships (Week 2) – Lakeside Stadium
Sun 10 Nov 2024	VRWC Summer championships, Annual General Meeting – Middle Park
Fri-Sun 6-8 Dec 2024	AA All Schools T&F c'ships – QSAC, Brisbane, QLD
Sun 12 Jan 2025	VRWC Summer program races #3 – Middle Park
Fri-Sun 14-16 Feb 2025	AV T&F championships Week 1 (U17-U20, 40+ & 60+) – Lakeside Stadium
Fri-Sun 21-23 Feb 2025	AV T&F championships Week 2 (Open, U13-U16) – Lakeside Stadium
Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA

International Dates

1-10 Nov 2024	Pan Pacific Masters Games – Gold Coast, AUS
21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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