



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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*H&T Notice Board – Page 8

- AA Junior Road walk Championships – timetable, entry details **DEADLINE – TODAY 5pm !**
- Australian Athletics Event Group Advisory Panel for Race Walks
- Dogs off leash
- Fees - Membership and racing.
- 2025 Winter fixture summary

WALKER OF THE WEEK



It's another three-way split for WOTW this time around, with the gong being shared by **Ela Uzun (VIC)**, **Avia Luketic** and **Nate Appleyard (NSW)** following exceptional road performances over 2km and 1.5km.

First, to **Ela**. The 14yo VRWC speed queen earned her share, not so much for breaking seven Club 2km records – five of which she held anyway – but for the final two, at U23 and Open levels. This winter saw Ela break into U23 Club record territory for the first time – in the AV All Schools 3km. Now, last Saturday's clocking of **8:37** sees her take the U23 and Open records, thus giving her every Club 2km mark outside of the Masters – and of course, the only barrier to her there is eligibility. Otherwise, that 2km table would be Ela Uzun wallpaper!

It's well known that the NSW junior ranks are a wellspring of racewalking talent, and recent interstate competitions – including the AA

Track titles in Perth and the LBG carnival in Canberra – showed just how deep that well runs. Two of the most eye-catching young Sky Blues, **Nate** and **Avia**, both still 11yo, take their share of the award having posted 'class above' results in the recent NSW Long Course road walk titles in Sydney.

Nate, possessing an exceptionally efficient technique and a rapid cadence that easily overcomes any size disadvantage, took 11 secs from his 1.5km/1500m PB to clock a stunning **6:41** in winning the 12y title. For her part, **Avia** broke through the 7:00 barrier for the first time with a time of **6:53**, taking 24 secs from her own previous best. It's clear that both of these exceptional young athletes love the challenges of competition and self-improvement, and we hope that they, along with Ela and others, keep deriving reward and the motivation to stay in the sport and reach for the heights of national representation.

Well done, Ela, Avia and Nate. We wish you continued success in your walking careers.



(Photo: Danielle Sibenaler)

*Honourable mentions

- **Sam Lindsay (TAS)** – 20km is a very different beast from 10km, yet Sam stared it down to post his inaugural time of **1:38:49**, placing him at No 8 on the Tasmanian All Time 20km list.
- **Eva Parker (TAS)** – a terrific 2:34 improvement on her 5km time, clocking **26:55** at Devonport yesterday.
- **Lily Bowkett** and **Shaun Lewis (VIC)** – each made huge improvements, Lily by 1:22 over 2km and Shaun by 1:14 in the 4km.
- **Aria di Benedetto (VIC)** – Aria's winter of progress continues, this time with a big 45 sec improvement over 2km that saw her very nearly punch through the 11:00 barrier.



CLUB NEWS and RESULTS

*Next weekend ...

The final AV and VRWC road championships for the season will be held next week. Along with the Open AV 15km Championship, the Club will honour the memory two of its most venerated members, **Alf and Mabel Robinson**, by awarding the trophies named for them to the male and female winners of the VRWC Club 10km road championships.

IMPORTANT: Please note that the starting time for the 15km is **1.00pm** ... NOT 2pm as posted on the AV portal.

1.00pm	15km	AV Championship	Open Women
	15km	AV Championship	Open Men
	10km	VRWC C'ship – Alf Robinson Trophy	Open Men
	10km	VRWC C'ship – Mabel Robinson Trophy	Open Women
2.00pm	5km	VRWC Championship	Masters Men
	5km	VRWC Championship	Masters Women
	5km	VRWC Championship	U20 Men
	5km	VRWC Championship	U20 Women
	5km	VRWC Championship	U18 Men
	5km	VRWC Championship	U18 Women
	3km	VRWC Championship	U16 Men
	3km	VRWC Championship	U16 Women
	3km	Non-championship	Open
2.25pm	2.5km	VRWC Championship	U14 Boys/Girls
	2.5km	VRWC Championship	U12 Boys/Girls
2.45pm	2km	VRWC Championship	U10 Boys/Girls
	2km	Non-championship	Open
3.00pm	Presentations		

BIKE RIDER NEEDED!

As Saturday's races are championships, we require a **bike (or trike) rider** to collect red cards on a regular basis so as to keep the Posting board and summary sheet up to date.

If you can help out (even if you're not an experienced tricyclist but are keen to learn), please contact Stu or Mark Donahoo ASAP.

VRWC

Club points results, 2 August – Middle Park

If PB times were made of hay, you'd figure the sun had to have been shining on Saturday, and you'd be right. On a day on which, unfortunately, dangerous weather washed out competition in both NSW and WA, the 42 walkers (20 more than at the same time last year) who fronted at Middle Park were gifted glowing sunshine, without wind or wind chill, and twenty went home with new best or equal best times. Talk about proving a proverb true!



The 2km 'mega-field' sets off.

Performer of the day had to be **Ela Uzun, 14**, an infrequent racer of late who – when she does race – can usually be counted on to do something special. It doesn't come much 'specialer' (?) that setting *seven* Club records over the one distance with her fantastic 2km time of **8:37**. Ela now holds every VRWC 2km road record outside of the Masters categories, although she has a little way to go before she can grab them as well! Ela's cousin **Havana Ali** had a speed statement of her own to make, setting a big PB with **9:53** for second place.



Lily Bowkett, a welcome returner to regular racing, produced the day's biggest improvement, ripping a huge 1:22 from her 2km best to clock **11:14**. Behind Lily, **Aria di Benedetto**, **Anna Dubar** and **Fletcher Reid** also shed sizable chunks from their PBs. Among the 1km racers, **Summer Patten** and **Daisy Hooper** were the improvers while **Ryder Reid** joined **Addison Frenken** in adapting an old adage – 'If you can't beat 'em, equal 'em.'

The 4km field reaped a fine harvest, with all but one of their number setting PBs**. This, along with the 2km progression, is very encouraging with the Australian Junior championships coming up soon. **Mya McClure**, **Emily Smith** and **Angus Shuttleworth** made big inroads, as did **Shaun Lewis** who has struck a rich vein of form lately, this time blowing his old PB away by 1:15.

The 6km and 8km starters got to enjoy the sunshine a while longer with VMA treasurer **Simon Evans** going sub-50:00 in the 8km. **Terry O'Neill** posted his best 8km result thus far for the season and wife **Karyn** her second best, while **Mark Blackwood** got close to sub-5:00 kilometres over 6k.



194: "Hey! We're supposed to be on THAT side of the cones!"

815: "Who cares?"

8km Female

1	Emilie Garside	Open	57:45
2	Karyn O'Neill	M60+	58:08

6km Female

1	Donna-Marie Elms	M60+	41:34
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4km Female

1	Mya McClure	Un14	19:30 PB 0:21
2	Emily Smith	Un20	21:34 PB 0:26
3	Grace Louey	Open	23:00 PB 0:07

2km Female

1	Ela Uzun	Un14	8:37 PB 0:10*
2	Havana Ali	Un14	9:53 PB 0:31
3	Matilda Read	Un16	10:12
4	Addison Frenken	Un14	10:39 eq PB
5	Pippa Read	Un12	10:52
6	Aria Di Benedetto	Un12	11:00 PB 0:45
7	Lily Bowkett	Un10	11:14 PB 1:22
8	Anna Dubar	Un12	11:34 PB 0:34
9	Kobe Lewis	Un14	11:50 PB 0:06
10	Caitlyn Shipham	Un14	11:57 PB 0:08
11	Erin Reid	M40+	12:12
12	Abby Fowler	Un12	12:48
13	Erlyn Singh	Un12	12:53

8km Male

1	Simon Evans	M60+	48:27
2	Terry O'Neill	M60+	52:00
3	Andrew Jamieson	M60+	52:46

6km Male

1	Mark Blackwood	M40+	30:19
2	Gerard Feain	M60+	39:07

4km Male

1	Angus Shuttleworth	Un14	20:16 PB 0:41
2	Shaun Lewis	M40+	21:57 PB 1:15
3	John Nottle	M60+	25:35 PB 0:14
4	Arthur Robinson	Un18	27:20 PB 0:11
5	Robert Gardiner	M60+	31:17

2km Male

1	Fletcher Reid	Un12	10:16 PB 0:23
2	Logan Allison	Un12	10:50 PB 0:11
3	Harrison Ryan	Un14	11:48

1km Male

1	Ryder Reid	Un10	5:45 eq PB
2	Grayson Allison	Un10	6:45
3	Avery Allison	Un10	7:26
..	Bowie Clarke	Un10	DQ

14	Merilyn Reynolds	M40+	14:15
15	Cory Lewis	Un10	15:16

1km Female

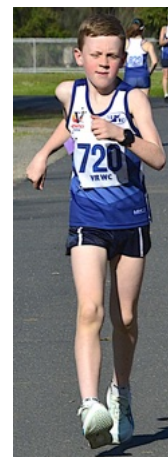
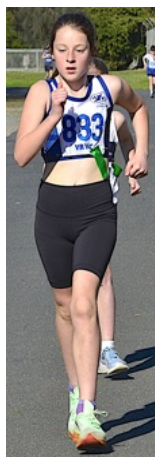
1	Daisy Hooper	Un10	5:36 PB 0:09
2	Summer Patten	Un10	5:48 PB 0:12
3	Ava Pravednikov	Un10	7:07

** Ela's 8:37 set new 2km Club records at U15, U16, U17, U18, U20, U23 and Open age groups.*

*** The 'laggard' on this occasion was Bob Gardiner. However, we can cut Bob some slack since he'd have set his 4km PB back in the 60s/70s! Besides, if there were a M85+ club record for 4km there'd be only one challenger to Gus Theobald ...*

***Handicap results**

Merilyn Reynolds	FM40+	1	Shaun Lewis	MM40+	1
Erin Reid	FM40+	1	Mark Blackwood	MM40+	2
Donna-Marie Elms	FM60+	1	Gerard Feain	MM60+	1
Karyn O'Neill	FM60+	2	Terry O'Neill	MM60+	2
Grace Louey	FOpen	1	John Nottle	MM60+	3
Emilie Garside	FOpen	2	Robert Gardiner	MM60+	4
Cory Lewis	FUn10	1	Andrew Jamieson	MM60+	5
Lily Bowkett	FUn10	2	Bowie Clarke	MUn10	DQ
Daisy Hooper	FUn10	3	Ryder Reid	MUn10	1
Summer Patten	FUn10	4	Grayson Allison	MUn10	2
Ava Pravednikov	FUn10	5	Avery Allison	MUn10	3
Aria Di Benedetto	FUn12	1	Fletcher Reid	MUn12	1
Anna Dubar	FUn12	2	Logan Allison	MUn12	2
Abby Fowler	FUn12	3	Angus Shuttleworth	MUn14	1
Pippa Read	FUn12	4	Harrison Ryan	MUn14	2
Erlyn Singh	FUn12	5	Arthur Robinson	MUn18	1
Havana Ali	FUn14	NPT			
Ela Uzun	FUn14	NPT			
Addison Frenken	FUn14	1			
Kobe Lewis	FUn14	2			
Caitlyn Shipham	FUn14	3			
Mya McClure	FUn14	4			
Matilda Read	FUn16	1			
Emily Smith	FUn20	1			



***This week's action models:**

Logan, Caitlyn, Anna, Fletcher, John, Emily, Grayson, Pippa, Havana, Donna-Marie, Daisy, Terry, Matilda, Gerard, Mark, Andrew, Arthur, Shaun, Lily

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

Manager	Mark Donahoo
Referee:	Terry Swan
Race check in	Mark Donahoo

Timekeeper	Ian Laurie, Mark Donahoo
Recorders	Duncan Knox, Kris Shipham, Melinda Di Benedetto, Therese Smith, Deanne McClure
Judges:	David Cash (chief), Di Lowden, Gordon Loughnan, Kathleen Marsh, Bec Lewis, Stu Cooper, Dannielle Clarke
Set up, Pack up:	Stu Cooper, Terry O'Neill, Karyn O'Neill, Duncan Knox, Gerard Feain, Ian Laurie
Bike rider	Terry Swan
Photos	Terry Swan
Canteen	Donna Marie Elms
Walkers:	40



AROUND THE COUNTRY

NEW SOUTH WALES ANSW Long Walks C'ships, 27 July – Chipping Norton

Results from ANSW website:

Men 20km Open

1 Kyle Swan	VIC	1:22:43
2 Jack McGinniskin	Mingara Regional	1:32:56
3 Brendan Pospischil	Winston Hills	1:54:42

Men 15km U20

1 Joel Byatt	Girraween AC	1:13:29
.. Aidan Pospischil	Winston Hills	DQ TR54.7.5

Men 15km 65-69 Masters

.. Robert Osborne	Dubbo AC	DQ TR54.7.5
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Men 8km U18

1 Alexander Sinnett	Wests T&F	42:23
2 Christopher Nilon	North Rocks Carl	45:33

Boys 1500m 11y

1 Darcy Dennis	Balmain AC	7:17
2 Oliver Masik	Hills District	7:21
3 Rhys Straub	Doonside LA	7:32

Boys 1500m 12y

1 Nate Appleyard	Winston Hills	6:41
2 Liam Meale	Gosford LA	7:33
3 Joshua Waddington	Winston Hills	7:57
4 Hugo Siciliano	Girraween LAC	8:22
.. William Pratt	Gosford LA	DQ TR54.7.1

Boys 1000m 10y

1 Archer Lane	Manly Warringah	5:18
2 Eric Colgan	Hornsby District	5:22

Boys 1000m 9y

1 Jaiden Chahal	North Rocks Carl	4:58
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Women 20km Open

.. Antoinette Woodward	UTS Northern S	DQ TR54.7.5
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Women 15km U20

1 Zoe Woods	Hills District	1:16:39
2 Sienna Pitcher	Mingara Regional	1:23:43
3 Laelia Byatt	Girraween AC	1:27:20
4 Lilah Norden	Kembla Joggers	1:29:09
.. Ciara Cassilies	Westfields AC	DNF

Women 8km U18

1 Grace Beck	Ku-Ring-Gai	43:40
2 Daniela Samuel	Winston Hills	45:00
3 Laura Corvalan Sotomayor	Girraween	53:02
.. Maisie Mitchell	Wests T&F	DNF

Girls 1500m 11y

1 Lilyeve Everson	Ryde AC	7:23
2 Stella Wade	Ryde AC	7:26
3 Addison Jenkins	Girraween LAC	8:19
4 Antonia Powter	Emu Plains LAC	8:38
5 Veronica Dennett	Hawkesbury City	9:13
6 Chelsea Sharpe	Revesby Workers	10:36
7 Olivia Baxter	Manly Warringah	11:13

Girls 1500m 12y

1 Avia Luketic	Balmain AC	6:53
2 Kira Ekers	Ryde AC	8:04

Girls 1000m 10y

1 Nasrin Hewitt	Bankstown Sports	5:34
2 Matilda Beck-White	Taree AC	5:42

Girls 1000m 9y

1 Imogen Martin	Adamstown NL	5:35
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2 Kostya Peart	Port Hacking LA	4:58	2 Rhyleiana Barnett-Palmer	Ryde AC	6:43
3 Patrick Yeldham	Northern Suburbs	5:27	.. Lola Dixon	Hills District LA	DQ TR54.7.1
4 Ivri Sat	Ryde AC	6:27			
5 Oren Smith	Macquarie Hunter	6:30			
.. Felix Cianci	Mingara Regional	DQ TR54.7.1			
.. Suvir Jain	Riverstone AC	DQ TR54.7.1			
.. Samuel Waddington	Winston Hills	DQ TR54.7.1			

Men 5km U16

1 Callum Martin	Adamstown NL	24:12
2 Noah Vella	Nepean District	24:14
3 Sagan Jones	Hills District	26:20
4 Patrick Waddington	Winston Hills	27:34
5 Michael Mathison	Westfields AC	27:38
.. Alexander Braendle	Northern Districts	DNF

Women 5km U16

1 Madeline Kot	Westfields C	31:00
2 Miarose Everson	Ryde AC	37:38 (P30s)

Boys 3km U14

1 Lincoln Moore	Glenbrook LAC	16:23
2 Mathias Hutchens	Hornsby District	17:50
3 Alexander Dennett	Hawkesbury City	18:26

Girls 3km U14

1 Ashleigh Mansell	Cherrybrook SLA	15:45
2 Hannah Hewitt	Bankstown Sports	16:39
3 Molly Miller	Manly Warringah	16:52

TASMANIA AthsTas Long Course road & TMA Masters 5km c'ships, 3 August - Howrah

It was a busy weekend for the Tasmanians as they contested their road titles at Howrah, on the Derwent estuary. The day before, the north-western LA walkers had their own races in Devonport. Thanks to **David Moore** for the report and results.

Good to see that **Sam Lindsay** has followed not far behind WA's John Ronan in posting his first 20km result.

The weather Gods were kind to us again today for our Long Course Championships at Wentworth Park today.

First up and enjoying brilliant winter sunshine were our Tasmanian Masters Athletes competing in their 5km Road Walk Championship.

Elizabeth Leitch was initially a doubtful starter due to a health scare earlier in the week but shrugged it off as if nothing had happened and powered home to be first across the line and claim new TMA M70 for her 5km. Next home was **Sam Leitch** (yes, her son) who broke 40 minutes for the first time in his first season of Race Walking. Following Sam in was **Wayne Fletcher** who kept going after the 5km mark to add the O/40 Athletics Tas title to his very long Athletics CV. Next home was **Sara Leitch** (Liz's daughter) with a determined effort to do her first 5km for the season and be presented with TMA's newly designed Gold Medal.

Next up was **Sam Lindsay** doing his first ever 20km, In fact it was the first time an athlete has contested the 20km in Tasmania for close to ten years. Sam did a very disciplined even paced effort to coincide with his current training block – even so he has still managed to break into the Tasmanian All Time 20km performance list at number 8 and we are sure he will catapult to a higher ranking at the time of his choosing.

Last to set foot on our course for their races were our younger brigade.

The U/14 2km pitted the experienced **Adele Woodward** against first year walker **Charlotte Dix**, the first km was fairly tight and at the 2km mark Charlotte was within striking distance of Adele, but early in the 3rd km Adele's lead was unassailable. In the U/12 2km **Elsie Woodward** led the field home by a comfortable margin, next to cross the line was Boys U/12 winner **Sam Hucker** followed home by **Bianca Sugiarto**.

The U/11 2km was contested by first year walkers **Austin Hucker** and **Dot Sussmilch Leitch** who have another year in this age group, both did very well over a distance which won't seem so long for them next year.

*Road Championships Results

Senior Men 20km

1.Samuel Lindsay	Newstead	1:38:49 FT
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U14 3k Girls

1. Adele Woodward	OVA	19:54
2. Charlotte Dix	ESAC	21:03 PB

U12 2k Boys

1.Samuel Hucker	OVA	16:31
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U12 2k Girls

1. Elsie Woodward	OVA	15:01
2. Bianca Sugiarto	Huon LA	17:40

U11 2k Boys

1.Austin Hucker	Huon LA	18:11 PB
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U/11 2k Girls

1.Dot Sussmilch Leitch	Hobart LA	20:17
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O/40 Men 10k

1.Wayne Fletcher	NS	1:43:67
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*TMA 5km Road Walk Championship

1.Elizabeth Leitch	1 st W70	36:13 (W70 TMA rec.)
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2. Sam Leitch	1 st M40	39:27 PB
3. Wayne Fletcher	1 st M75	50:45
4. Sara Leitch	1 st W40	52:09 FT

TASMANIA North West walks results, 2 August - Devonport

Thanks to **Chantelle Parker** for this report:

On a beautiful sunny day reaching about 15 degrees at The Bluff in Devonport. It was a great attraction for the residents of Devonport to see kids doing race walking and to hear the positive comments of how good they looked,

Solid personal bests were achieved by **Alexis Turley** (1km) and **Charlotte Turley** (2km) each getting just under a 2-minute PB, **Eva Parker** followed suit in her 5km slicing 2 minutes and 34 seconds from her previous best.

Looks like a lovely sport for a race walk!

(Photo: Chantelle Parker)



1km

1. Alexis Turley (U/11) Devonport LA 7:52 PB

2km

1. Kailyn Jones (U/13) Devonport LA 13:07

2. Charlotte Turley (U/13) Devonport LA 14:42 PB

3km

1. Rose Holland (U/14) Devonport LA 21:23

2. Veronica Kelly (U/14) Devonport LA 22:01

5km

1. Eva Parker NWAC 26:55 PB



INTERNATIONAL NEWS

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, August 4, 2025 - Viviane Lyra, with a South American record, and Max Batista win national titles in the 35,000-meter walk at the Brazil Trophy (São Paulo 2025) <https://omarchador.blogspot.com/2025/08/viviane-lyra-com-recorde-sul-americano.html>
- Monday, August 4, 2025 - João Vieira and Vitória Oliveira dominate the Portuguese Championships - Braga 2025 <https://omarchador.blogspot.com/2025/08/joao-vieira-e-vitoria-oliveira-dominam.html>
- Sunday, August 3, 2025 - Perseus Karlström and Monica Svensson win national titles at the Swedish championships (Karlstad + Kil 2025) <https://omarchador.blogspot.com/2025/08/perseus-karlstrom-e-monica-svensson.html>
- Friday, August 1, 2025 - Caio Bonfim and Viviane Lyra in great evidence in the 20,000 meter walk of the Brazil Trophy (São Paulo 2025) <https://omarchador.blogspot.com/2025/08/caio-bonfim-e-viviane-lyra-em-grande.html>

- Thursday, July 31, 2025 - Polish U20 Athletics Championships in Włocławek (results) <https://omarchador.blogspot.com/2025/07/campeonatos-de-atletismo-sub-20-da.html>
- Tuesday, July 29, 2025 - Sofia Santacreu and Daniel Monfort win Spanish under-20 titles in Villafranca de los Barros (2025) <https://omarchador.blogspot.com/2025/07/sofia-santacreu-e-daniel-monfort.html>
- Monday, July 28, 2025 - Eduardo Camarate and Isa Ferreira succeed themselves in the national under-20 titles (Seixal 2025) <https://omarchador.blogspot.com/2025/07/eduardo-camarate-e-isa-ferreira-sucedem.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 **



2025 Australian Junior Race Walking Championships **Sunday 24 August – Victoria Park, Ballarat**

The schedule for the AA Junior Road walks championships has been released:

09:00	Under 20 10km Race Walk - Men
09:00	Under 20 10km Race Walk - Women
10:00	Under 18 5km Race Walk - Men
10:00	Under 18 5km Race Walk - Women
10:00	Under 16 5km Race Walk - Men
10:00	Under 16 5km Race Walk - Women
10:30	Under 14 3km Race Walk - Men
10:30	Under 14 3km Race Walk - Women
10:50	Under 12 2km Race Walk - Men
10:50	Under 12 2km Race Walk - Women

***Entry information:**

The deadline for entries is **Tuesday 5 August**, at 5:00pm. No late entries will be accepted!

To enter, go to <https://meets.rosterathletics.com/public/competitions/details/about?id=26194>



***AA Event Group Advisory Panel for Race Walks**

Jared Tallent advises that AA is now inviting inquiries from applicants with relevant expertise for the abovementioned panel. The kind of *expertise* referred to is as follows:

The members of the Event Group Advisory Panel should have a high level of expertise in Athletics, such as:

- A retired athlete who has competed at an international level
- A coach who has coached athletes to an international level
- An international level official
- An event group expert, for example a performance support provider (e.g. therapist, scientist etc) that has supported a specific Event Group athlete/coach's senior Championship preparation.

The Expression of Interest (EOI) for the **Australian Athletics Event Group Advisory Panel for Race Walks** is now available on the Australian Athletics website:

<https://www.athletics.com.au/participant-hub/high-performance-coaching/>

Direct link to the EOI document:

<https://www.athletics.com.au/wp-content/uploads/2025/07/Australian-Athletics-Event-Group-Panels-Race-Walks-EOI.pdf>

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**** VRWC RACE FEES**

Seasons ticket 12 months:

Financial members: \$110.00 paid by the **end of May**.

VRWC Club Races:

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

VRWC Championships:

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA or RWA.

**** VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2025:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races

throughout the year): \$ 0.00

Family membership: \$50.00

Annual Subscriptions are due on **April 1st** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

***UNIFORMS** - Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$45. (Families: \$45 for the first child, \$35 for siblings.)

DOGS OFF LEASH

It is a Parks Victoria regulation that dogs must be on leash in all areas of the Albert Park/Middle Park public use precinct, except for designated off-leash zones.

VRWC members, supporters and parents who notice dogs off leash near our race courses or official/assembly areas should notify myself, Mark Donahoo or Terry Swan.

Stu Cooper
President

2025 WINTER SEASON FIXTURE

AUGUST

Saturday 9th August

Saturday 16th August

Sunday 24th August

AV 15km Championship & VRWC Championships & events

VRWC **Last points race**

Australia Athletics championships

Middle Park

Middle Park

Ballarat

Saturday 30 th August	VRWC non points race day	Middle Park
<u>September</u>		
Saturday 6 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 14 th September	VRWC relay race and Seasons Presentations	Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 9 Aug 2025	AV 15km & VRWC c'ships (Alf Robinson & Mabel Robinson trophies) – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat
Sat 6 Sep 2025	AV 5000m Teams c'ship & Club races – Mentone
Sun 14 Sep 2025	Relay race, BBQ lunch, Winter presentations – Middle Park

International Dates

13-21 Sep 2025	20 th World Athletics Championships – Tokyo, JPN
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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