



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 11**

- **Dogs off leash**
- **Fees** - Membership and racing.
- **2025 Winter fixture summary**

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



It's another joint WOTW this time around, with **Will Thompson** and **Angus Shuttleworth (VIC)** sharing the honours on the basis of breakthrough performances at last Sunday's AV road walk championships.

Will's winning 20km performance, producing his inaugural sub 1:20:00 time with **1:19:56**, is the latest in a series of results that herald a career on the rise. With two big internationals – the World University Games and WA World Athletics championships – approaching, Will has followed a measured training build-up and appears ready to peak at his chosen time. His display on Sunday was a dominant one, showing him to be well-equipped to take on the world best.

We've seen little of **Angus** at Middle Park so far this winter, but he's obviously made good use of his training time. Three big PB performances over 3km (Canberra), 2km (LAVic titles) and 5km (Club points) turned out to be the lead-up to what must be his best result since joining the VRWC



– a new U14 Club record for 5km of **23:23** which tore 1:28 from the time he set a fortnight ago. Angus will now have his sights set on the AA Road championships in August, and we hope he is able to maintain and build on his form for another great result in Ballarat.

Congratulations, Will and Angus, and all the best for the races to come.

***Honourable mentions**

- **Alejandro Stephens (VIC)** – came away from Middle Park with his first sub-1:40:00 20km and four other PBs to boot.
- **Ela Uzun (VIC)** – but for a timekeeping 'technical' would have had yet another Australian record after blitzing 5km in **23:05**, for a 27 sec PB and a new Club record.
- **Havana Ali (VIC)** – one of the day's big improvers, stripping 1:15 from her 5km PB in clocking **27:10**.
- **Jia Wen Heng (VIC)** – a valiant and successful first attempt over the tough 20km distance.
- **Elsie Woodward (TAS)** – a steady improver, Elsie took 12 secs from her 1km time on this occasion and should soon go under 6:00.



CLUB NEWS and RESULTS

VRWC

AV, VMA & VRWC 20km & Age group Championships, 6 July – Middle Park

A pleasant, wind-free winter Sunday morning greeted the 51 starters who lined up for the AV, VMA and VRWC Winter road championships. Spared the icy gale that impacted the previous AV and Little Aths titles, the Aughtie Drive loop provided its usual opportunities for fast times and many excellent results were achieved.



20 laps to go!

Will Thompson had the perfect send-off for the World Uni Games in Bochum (GER), winning the Men's AV 20km and the VRWC **Ray Smith Trophy** with a negative split PB of **1:19:56**, his first result below 80 minutes. Facing elite opposition in Germany in a few weeks, he couldn't be better prepared. Will had his work cut out shaking off the ever-determined **Rhydian Cowley**, who finished 9 secs ahead of **Kyle Swan** for silver in **1:20:30**. Kyle built a long lead from the gun and was on track to give his PB a nudge at 10km, only surrendering the lead in the last 5km to take bronze in **1:20:39**.

For **Alejandro Stephens** it was a productive morning, setting PBs at 8, 10, 12 and 15km en route to his long-awaited first sub-100min result of **1:38:37**. **Marcus Wakim** also joined the PB party, sneaking past the bouncers with a 5 sec improvement, while QLD's **Sam McCure** would have got in as well but for three of those pesky red tickets. Next time, Sam!

AV 20km Road walk c'ship

Name	Club/affiliation	Finish time	5km	10km	15km
Men					
1 Will Thompson	Mornington Peninsula AC	1:19:56 PB 0:38	0:20:26	0:40:36	1:00:17
2 Rhydian Cowley	Glenhuntly	1:20:30	0:20:27	0:40:39	1:00:44
3 Kyle Swan	Nunawading	1:20:39	0:19:46	0:39:43	0:59:51
4 Marcus Wakim	Collingwood Harriers	1:27:57 PB 0:05	0:21:20	0:43:00	1:05:40
5inv Sam McCure	Queensland	1:30:42 (Pen 2:00)	0:21:51	0:44:01	1:06:11
5 Alejandro Stephens	Glenhuntly	1:38:37 PB 1:45	0:24:08	0:48:26	1:13:19

Alanna Peart, now resident in Adelaide and competing by invitation, started conservatively in the women's 20km before hit stepping up a gear for her own negative split result of **1:35:47**, just shy of the PB she set in February, earning her the VRWC **Elsie Jacobson Trophy**. Allannah's SA club mate **Nellie Langford** had to tough it out over the last 8km but her **1:42:13** missed her own PB by less than half a minute. Of the AV contestants, **Carolyn Rosenbrock's 2:07:43** won her four titles: AV, VMA, VRWC and VRWC Masters – a fine reward for leaving a warm doona on a Sunday! Mentone's **Jia Wen Heng's** lack of distance experience did not overcome a sound technique and a sensible approach that saw her successfully complete her first 20km.

Terry O'Neill felt confident enough to tackle another Masters 20 and was vindicated, walking a well-paced race for the Men's VMA gold.



Elsie and Ray are in good hands!

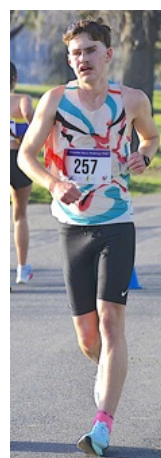
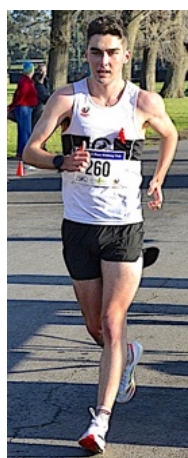
Women

1inv Alanna Peart	South Australia	1:35:47	0:24:07	0:48:13	1:12:08
2inv Nellie Langford	South Australia	1:42:13	0:24:46	0:50:10	1:15:47
1 Carolyn Rosenbrock	Yarra Ranges	2:07:43	0:30:40	1:02:14	1:34:32
2 Jia Wen Heng	Mentone	2:10:48 First 20km	0:31:28	1:03:07	1:35:54
... Hannah Bolton	New South Wales	DNF	0:24:07	0:49:26	-

... Rebecca Henderson Melbourne University DNF - - -

VMA 20km c'ship

Men		Age group		5km	10km	15km
1	Terry O'Neill	65-69y	2:15:18	0:33:29	1:07:06	1:47:29
Women						
1	Carolyn Rosenbrock	60-64y	2:07:43	0:30:40	1:02:14	1:34:32



Unfortunately, as we know, numbers have fallen away in the mid-late teenage years, and we are working to turn this trend around. **Ariana Pashutina's 54:11** was close to a 10km PB, while it was pleasing to see **Mietta Morgan** back at Middle Park and taking gold on the U18 5km.

The U16 5km produced the best results of the Age-group races, with **Ela Uzun's 23:05** wiping out Alanna Peart's Club U15 record. Getting in on the act was **Angus Shuttleworth** who showed the door to Nathan Brill's Club U14 record with a new mark of **23:23**. Also noteworthy was **Havana Ali** who clocked a huge 1:17 PB with her **27:09** for silver behind cousin Ela.

Wins to **Tate McQueen** and **Alaska Bremner** in the U14 3km, with times of **16:00** and **16:34**, continued a fruitful winter for both these country youngsters, and we hope to see as much of them as travel time will permit in the remaining months. The 3km results were a PB harvest, with four of the 6 finishers setting new bests.

AV & VRWC U20 10km Road walk c'ship

Women			5km
1	Ariana Pashutina	Knox AC	54:11
..	Emily Smith	Knox AC	DQ



5km start ... Angus and Ela launch their attack on the record book.

AV U18 5km Road walk c'ship

Women		
1	Mietta Morgan	Knox AC
		29:13

AV U16 5km Road walk c'ship

Boys		
1	Angus Shuttleworth	Knox AC
		23:23 PB 1:28 VRWC U14 rec

Girls

1 Ela Uzun	Essendon	23:05	PB 0:27 VRWC U15 rec
2 Havana Ali	Essendon	27:08	PB 1:15
3 Lily Lambert	Mentone	31:20	First 5km

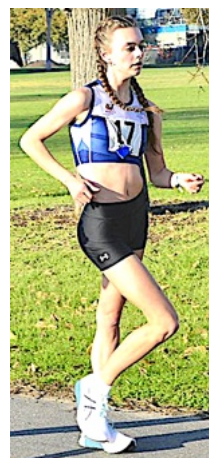
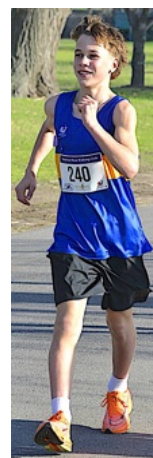
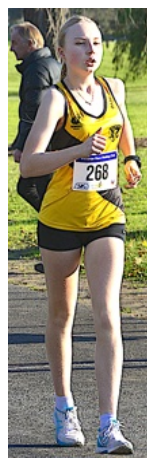
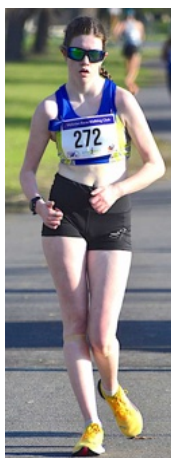
AV U14 3km Road walk c'ship

Boys

1 Tate McQueen	Eaglehawk	16:00	
2 Fiete Diers	Williamstown	17:32	PB 1:20
3 Harrison Ryan	Whittlesea City	18:57	PB 0:22

Girls

1 Alaska Bremner	Aths South West	16:34	PB 0:20
2 Addison Frenken	Casey	16:38	PB 0:31
3 Kobe Lewis	Williamstown	19:29	



*VRWC Club championships

The youngest Club members' progress continues unabated, with 10 of the 13 starters setting new PBs or stepping up to new distances. **Lily Bowkett** and **Aria di Benedetto** were convincing winners in their age groups, with **Felix Skurka** clocking the biggest PB of the day.

Nor is it just the 'titchies' cutting down their times. **Jordan Galbraith**, who smashed his 5km PB in the Non-championship race with **25:22**, is improving with virtually every start and breathing welcome life into our senior Club ranks.

VRWC 20km c'ship & Ray Smith Trophy

1 Will Thompson	1:19:56
2 Rhydian Cowley	1:20:30
3 Kyle Swan	1:20:39
4 Marcus Wakim	1:27:57
5 Dylan Richardson	1:28:04 (inv)
6 Alejandro Stephens	1:38:37
7 Terry O'Neill	2:15:18

VRWC U16 Boys 5km c'ship

1 Angus Shuttleworth	23:23
2 Arthur Robinson	37:14

VRWC U14 Boys 3km c'ship

1 Tate McQueen	16:00
2 Harrison Ryan	18:57

VRWC U12 Boys 2km c'ship

VRWC 20km c'ship & Elsie Jacobson Trophy

1 Alanna Peart	1:35:47
1 Carolyn Rosenbrock	2:07:43
.. Rebecca Henderson	DNF

VRWC U16 Girls 5km c'ship

1 Ela Uzun	23:05
2 Havana Ali	27:08
3 Lily Lambert	31:20
4 Aangi Shah	34:31

VRWC U14 Girls 3km c'ship

1 Addison Frenken	16:38
2 Indigo Marshall-Moodie	17:33
3 Caitlyn Shipham	19:00
4 Kobe Lewis	19:29

VRWC U12 Girls 2km c'ship

1 Aria di Benedetto	11:45	PB 0:08
2 Anna Dubar	12:20	
3 Erlyn Singh	12:30	
4 Abby Fowler	13:31	
5 Ruby Nicholls	13:59	First 2km

1 Felix Skurka 13:13 PB 0:49

VRWC U10 Boys 1.5km c'ship

1 Ryder Reid 9:05 First 1.5km
DQ's - 1

VRWC U10 Girls 1.5km c'ship

1 Lily Bowkett	8:17	PB 0:24
2 Daisy Hooper	9:00	PB 0:35
3 Summer Patten	9:29	First 1.5km
4 Cory Lewis	9:37	First 1.5km
5 Sophie Menz	10:40	
6 Alaska Marshall-Moodie	10:57	First 1.5km
7 Abigail Verity	12:20	First 1.5km

***VRWC Non-championship races**

5km Open Men

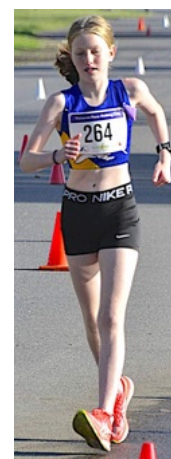
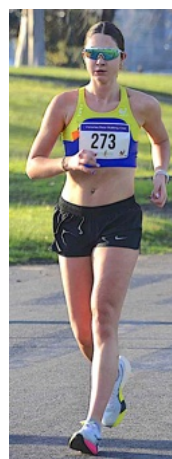
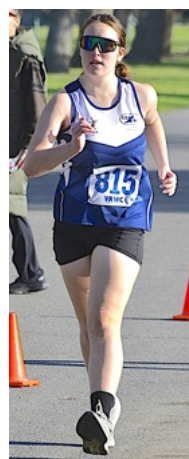
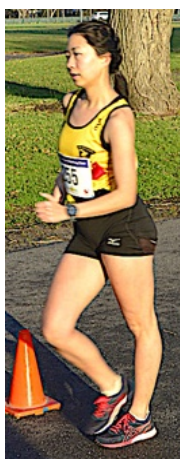
1 Jordan Galbraith 25:22 PB 1:29

5km Open Women

1 Maddison Nash	25:45
2 Emilie Garside	32:47

2km Open Women

1 Erin Reid 12:35



The U10s set about making quick work of the 1.5km

***This week's action models**

Tate, Sam, Fiete, Alanna, Jia, Terry, Caitlyn, Addison, Alejandro, Kobe, Carolyn, Havana, Mietta, Ariana, Lily, Maddison, Hannah, Harrison, Marcus.

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 of the meet:	Mark Donahoo
Referee:	Andrew Duncan
Jury of Appeal:	Duncan Knox, Mark Donahoo, Tim Erickson

Race Director:	Mark Donahoo
Check in:	Mark Donahoo, Bill Carr
Recorders	Duncan Knox, Tim Erickson, Alla Pashutina, Paul Moritz, Kris Shipham, Dylan Shuttleworth, Kevin Cassidy
Timekeeper	Ian Laurie
Judges:	Gordon Loughnan- Bronze (Chief) Scott Nelson- Silver Level, Lorraine Morgan- Bronze, Kathleen Marsh- Bronze, Stu Cooper - Bronze, David Cash
Posting board	Bec Lewis
Judges Recorder	Di Lowden- Bronze
Penalty area	Bec Lewis
Set up, during, Pack up:	Terry Swan, Tim Erickson, Ian Laurie, Duncan Knox, Stu Cooper, Paul Moritz, Terry O'Neil, Karyn O'Neill
Bike rider	Terry Swan, Ben Skurka
Photos	Terry Swan
Canteen	Donna Marie Elms,
BBQ	Karyn O'Neill, Emilie Garside
Presentations:	Stu Cooper, Mark Donahoo, Emily Smith
Red cards collector	Terry Swan, Ben Skurka
Walkers:	51

***Next weekend ...**

***VRWC Intervals race – Saturday 12 July, Middle Park**

2.00pm	Intervals Race – 6km, 8km, 10km Open
2.15pm	3km Open
2.15pm	2km Open

*Enter by no later than **6.00pm, Friday 11 July***
<https://www.revolutionise.com.au/vrwc/events/302206>

The **Intervals race** is another of our popular ‘special’ races – in fact it’s a mixture of race and speed training session. There are several approaches, including setting one’s own pace goals and lap target times, or going out hard and hanging on for as long as you can.

In the Intervals Race, walkers choose to walk either **6km, 8km or 10km** in 2km intervals.

To walk in this event, you must be able to complete each leg in **less than 17 minutes**. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue.

The **start times** for the 2km legs are as follows:

<i>Start time</i>	<i><u>2X2km Race legs</u></i>	<i><u>3X2km Race legs</u></i>	<i><u>4X2km Race legs</u></i>	<i><u>5X2km Race legs</u></i>
2.00pm	1	1	1	1
2.17pm	2	2	2	2
2.34pm		3	3	3
2.51pm			4	4
3.08pm				5

Your 2km repetition times will be added to give you your final aggregate time for the race distance you complete.

If you prefer a scratch race instead, 2km and 3km are on offer.



AROUND THE COUNTRY



*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>

A.C.T. ACTRWC Points 8 results, 5 July – Gungahlin

Thanks to **Helen Toyne** for these results. Looks like another strong 10km effort from **Michelle Bray**.

10km				
1 Michelle Bray	Race	Masters F	58:49	
3km				
1 Hana Jugovic	Race	u20 F	15:46	
2 Indira Beales	Race	u12 F	23:34	
3 Caroline Campbell	Fitness	Masters F	24:57	
4 Jim White	Fitness	Masters F	25:22	
1km				
1 Zac Anderson-Rule	Race	u12 M	6:11	

QUEENSLAND QRWC Handicaps #7, 6 July – North Lakes

Thanks to **Robyn Wales** for these results. Numbers may have been affected by several members attending the Gold Coast marathon.

A Grade 10km

Men:

(1) Ignacio Jimenez	54:26
(2) Kai Dale	59:14 SB
(3) Peter Bennett	1:08:51

Women:

(1) Phoebe Chadwick	1:01:12
(2) Brenda Gannon	1:04:08 SB
(3) Joy Dale	1:18:15 SB
(3) Noela McKiven	1:38:00

C Grade 3km

Men:

(1) Lachlan Moore	14:43
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Women:

(1) Taylor Chapman	16:00
(2) Kiara Waterman	20:10

B Grade 5km

Men:

(1) Simon Cartwright	36:48
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Women:

(1) Eliza Kelly	29:21
(2) Trish Hibbs	34:14 SB
(3) Anne Weekes	35:17
	35:34 SB

D Grade 2km

Girls:

(1) Clara Hermus SB,	11:45
Bella Sansom SB,	
(3) Jessica Gorham	14:17
(4) Willa Sio.	14:28 SB

SOUTH AUSTRALIA SARWC Long Club c'ships, 5 July – South Parklands

Good to see a return of SA results after a few weeks away. Thanks to **Jared Tallent** for sending these from their longer distance championships. Of special note was **Angelina Legrand's** PB effort for 15km of **1:26:52**, while **Sebastian Richards** looks to be in good touch, too.

Open/O35 Men's 25km		Time	Notes
1	Kim Mottrom	2:02:37	
2	Peter Crump	2:57:50	
Men O50		Time	
1	Greg Metha	1:06:40	10km Distance
2	Alex McEwan	49:12	6km Distance
Men Under 20 15km		Time	
1	Cooper Rech	1:23:13	
Women U20 15km		Time	
1	Angelina Legrand	1:26:52	PB 39secs
Men U18 10km		Time	
1	Sebastian Richards	47:53	
Women U14 4km		Time	
1	Liliana Templar	23:27	
2	Rachel Pemberton	31:06	
Men U12 3km		Time	
1	Saxon King	22:24	
2	Robert Crabb	23:19	
	Anthony Crabb	DQ	
Men U10 2km		Time	
1	Martin Crabb	20:43	

TASMANIA TRWC Road walk results, 6 July – Kingston Park

David Moore reports from Hobart:

A very cool, still and sunny morning for our events at Kingston Park today. Especially nice walking from **Charlotte Dix** with a 35 second PB for her 2km distance and a zippy performance from **Elsie Woodward** to lower her 1km time by 12seconds.

1km			
1.	Elsie Woodward	OVA	6:08 PB
2.	Austin Hucker	Huon LA	8:41
3.	Gabe Dix	Clarence LA	10:25
4.	Kate Dix	TMA	10:25
5.	Anne Travis	UTAS AC	10:59
6.	Sophia Carr	Kingston LA	12:39
2km			
1.	Charlotte Dix	ESAC	13:08 PB
2.	Samuel Hucker	Huon LA	16:18
3.	Dave Moore	TMA	22:14
3km			
1.	Adele Woodward	OVA	20:17
2.	Wayne Fletcher	NSAC	27:07
3.	Sara Leitch	TRWC	30:32

WESTERN AUSTRALIA WARWC results, 6 July – Perry Lakes

The WA walkers had overcast and cool conditions, with a little drizzle, for their Sunday races. Thanks to **Terry Jones** for the results:

14K Handicap		8K Handicap	
Kaytee Bogaers	1:26:54	Marcela Ruiz	1:03:57
Wendy Farrow.	1:38:37	Victor Munoz	55:00
		Steve Travell	1:19:08

4K Handicap

Glenys Duncan	39.00
Karyn Tolardo	26.20
Darcy Bramwell-Keys	24.05
Lauren Davis	28.36
Savannah Carnaby	DNF

2K Handicap

Rahni Fowler	12.13
Ruby Kilworth	14.28
Hannah Clausnitzer	11.20

3K Handicap

Karyn Tolardo	19.25
Mackenzie Sillitto	17.06
Brooke Mortimore	17.23
Tayte Moore	17.32
Cloe Bevis	20.37
Lauren Davis	20.42



INTERNATIONAL NEWS

FRANCE: Race walk meeting, 5 July – Remiremont

Emmanuel Tardi reports from the east of the country, in the home town of one of the country's walking stars.



Before 'le grand depart' ...

On Saturday I was in Remiremont (400km to the East of Paris) taking part in the local meeting. Remiremont is the city of our champion, **Clémence Beretta**.

Clemence was on the start line of the 5000m racewalking with 10 others walkers (including me). The start of the race was at 8:15pm to avoid the hot temperature.

Clemence was the leader for all the race, followed by **Martin Gaudre**. The kilometres were reached in 4.13 - 8.35 - 12.55 - 17.20. Martin tried to overtake Clemence in the last lap, but finally, they finished together.

1	BERETTA Clemence	SEF/97	Athle Vosges Pays De Remiremont	21'39"22
2	GAUDRE Martin	ESM/04	Efs Reims	21'39"30
3	DURAND-PICHARD David	MAM/72	St Max Essey Club Athletic	25'13"27
4	TOUSSAINT Alberic	MAM/85	Avec Pays D'epinal	25'49"32
5	BOBAN Valerie	MAF/68	Athle Vosges Pays De Remiremont	28'39"19
6	MONMESSIN Marie-Astrid	MAF/56	Es Thaon	29'43"81
7	SIEGENFUHR Daniel	MAM/50	Es Thaon	32'37"56
8	JOURDE Pascal	MAM/67	Athletisme Metz Metropole	35'05"51
9	BROT Daniel (SUI)	MAM/53	Avec Pays De Bruyeres	40'02"18
10	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	40'09"19
11	BROT Ginette (SUI)	MAF/56		42'29"68



David, Martin and Alberic



Martin and Clemence



Valerie, Clemence and Marie-Astrid

(Photos: Emmanuel Tardi)

UNITED KINGDOM: ERWL League Moulton walks, 5 July – Moulton, Sussex

Thanks to **Tracey Wilkinson** for this report and results.

This year's walks were started by Centurion and co-founder Ian Garmston.

In almost perfect conditions 28 walkers completed the scenic, undulating 5-mile course. Newcomers to the event **Miraiker Wallace**, **Georgina Benson**, **Chik Ha 'Billie' Kwok** and **Man Biu 'Bill' Lam** all completed the challenge of walking 5 miles in under the hour.

Philip Barnard (Ilford AC) improved on last year's third place by just over 2 minutes finishing in **42.08** to become the o

verall race winner and men's champion. **Grazia Manzotti** (Tonbridge AC) finished in 44.58 taking second place and retaining her title of women's race champion. In third place and retaining the Kingston Cup was **George Wilkinson** (Newmarket Joggers) in 47.03.

The 3km walk winner was **Sophie Blundell** (Newmarket Joggers) in 18.50. **Elijah Barnard** finished second in 21.01 and **Lily-Ann Cooper** (Newmarket Joggers) was third in 22.00. Presentations were made by double Olympian **Callum Wilkinson**.



3km Podium

1. Sophie Blundell
2. Elijah Barnard
3. Lily-Ann Cooper



Women's Podium

1. Grazia Manzotti
2. Melanie Peddle
3. Billie Kwok



Men's Podium

1. Philip Barnard
2. George Wilkinson
3. Colin Harle

Photographs courtesy of Tony Wilkinson

5 Mile Walk

1	82	Philip Barnard	Ilford AC	42.08
2	91	Grazia Manzotti	Tonbridge AC	44.58
3	98	George Wilkinson	Newmarket Joggers	47.08
4	95	Melanie Peddle	Loughton AC	47.42
5	87	Colin Harle	Belgrave Harriers	50.11
6	88	Chik Ha Kwok	Veterans AC	50.23
7	90	Aleksandra Majewska-Ani	Charnwood AS	50.48
8	89	Man Biu Lam	Veterans AC	51.37
9	83	Jacqueline Benson	Ashford AC	51.55
10	85	Mark Culshaw	Belgrave Harriers	52.14
11	93	Hardeep Minhas	Leicester Walking Club	52.29
12	94	Simon Morgan	Brentwood Beagles	53.10
13	80	John Arthur		55.04
14	97	Miraiker Wallace	Cambridge & Coleridge AC	55.22
15	202	Fiona Bishop	Enfield & Haringey AC	56.09
16	92	Helen Middleton	Enfield & Haringey AC	58.20
17	201	Susan Barnett	Enfield & Haringey AC	58.59
18	84	Georgina Benson		59.13

19	81	Suzanne Bailey	Newmarket Joggers	60.02
20	208	Malcolm Smith		60.26
21	86	Trevor Diack		61.37
22	206	David Hoben	Surrey Walking Club	62.18
23	203	Diana Braverman	Enfield & Haringey AC	62.25
24	96	John Turner	Ely Runners	64.02
25	204	Paul Firmage	Ryston Runner	64.02
26	205	Paul Forshaw	Fetch Everyone	70.18
27	210	Elizabeth Edgell	Moulton Wanderers	73.30
28	207	Viv Houghton	Moulton Wanderers	74.04

3Km Walk

1	34	Sophie Blundell	Newmarket Joggers	18.50
2	36	Elijah Barnard		21.01
3	32	Lily-Ann Cooper	Newmarket Joggers	22.00
4	33	Shaheda Arthur		34.18

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, July 7, 2025 - **More national under-23 titles for Tiago Ramos and Inês Mendes (Coimbra 2025)**
<https://omarchador.blogspot.com/2025/07/mais-titulos-nacionais-sub-23-para.html>
- Sunday, 6 July 2025 - **IAADS European Athletics Championships – Prague 2025 (results)**
<https://omarchador.blogspot.com/2025/07/iaads-campeonato-da-europa-de-atletismo.html> Championships for athletes with intellectual disabilities. Walks distances are 800m and 1500m.
- Saturday, 5 July 2025 - **U18 CZE – HUN – POL – SVK match in Brno (2025) – results**
<https://omarchador.blogspot.com/2025/07/encontro-sub-18-cze-hun-pol-svk-em-brno.html>
- Saturday, July 5, 2025 - **CONADE 2025 - Tlaxcala, Mexico (U-20 and U-23 results)**
<https://omarchador.blogspot.com/2025/07/conade-2025-tlaxcala-mexico-resultados.html>
- Thursday, 3 July 2025 - **Various racewalking events in France (Rennes, Caen, Dole and Le Pontet) – results (2025)**
<https://omarchador.blogspot.com/2025/07/eventos-varios-de-marcha-atletica-em.html>
- Wednesday, July 2, 2025 - **Nicolò Vidal and Valentina Adamo, the best in the Italian Under-18 Championship – Rieti 2025** <https://omarchador.blogspot.com/2025/07/nicolo-vidal-e-valentina-adamo-os.html>
- Tuesday, July 1, 2025 - **Santa Catarina Athletics Championships - Jaraguá do Sul 2025 (results)**
<https://omarchador.blogspot.com/2025/07/campeonatos-de-atletismo-de-santa.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 ****

DOGS OFF LEASH

At our championships day on Sunday 18 May, one of our race judges had cause to lodge a formal report concerning several dogs whose owners had seen fit to let them run untethered in a 'KEEP DOGS ON LEASH' area, very close to the northern turn of our course. At least one dog had been free to roam onto the path itself.

There is official signage on the path next to the Bowling Club fence in that area, requiring that dogs be kept on leash. Whether it was unseen or ignored by the dog owners, it resulted in a safety risk and was a source of anxiety for our competitors.

The incident was reported to Parks Victoria, who will advise their rostered rangers to patrol the area and undertake dog education measures if necessary.

VRWC members, supporters and parents who notice similar incidents should notify myself, Mark Donahoo or Terry Swan.

Stu Cooper
President

** 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.)

2025 WINTER SEASON FIXTURE

JULY

Saturday 12th July VRWC Points races and Interval races Middle Park

Saturday 19th July VRWC Points races

Saturday 19th July Coaching seminar for parents, athletes and coaches Middle Park

Saturday 26th July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

AUGUST

Saturday 2nd August VRWC Points races Middle Park

Saturday 9th August AV Championship & VRWC Championships & events Middle Park

Saturday 16th August VRWC **Last points race** Middle Park

Sunday 24th August Australia Athletics championships Ballarat

Saturday 30th August VRWC non points race day Middle Park

September

Saturday 6th September AV 5km teams championship, VMA 5km track championship & VRWC events Mentone Track

Sunday 14th September VRWC relay race and **Seasons Presentations** Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 19 Jul 2025	Coaching seminar (athletes, parents, coaches) & Points races – Middle Park
Sat 26 Jul 2025	RWA Postal Challenge & VMA 10km c'ship – Middle Park
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

16-27 July 2025	World University Games – Bochum, GER
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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***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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