



HEEL & TOE Online

Vol. 2025
Issue No. 41
Tuesday
14 October 2025

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

***H&T Notice Board – Page 11**

- *VRWC Summer fixture - final*
- *Little Athletics Victoria – SMR Wednesday night races and coaching at Mentone*
- *Dogs off leash*
- *** VACANCY – Club Treasurer*

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



This week's WOTW award heads in a westerly direction, stopping in Adelaide to honour **Sebastian Richards** and **Liam Freundt** (SA) following impressive performances at ASA's interclub opening round at Mile End stadium last Saturday.

Sebastian, 17, got his season off to a rocketing start with an 18sec PB over 3000m that saw him clock **12:29.51**, stamping himself as a definite podium prospect for the national All Schools championships in Melbourne if he's there. If not, he'll be gearing up for more eye-catching results in the later major events of the summer.

Liam, 16, earned his share of the award with a thumping 1:13 PB time of **13:35.40** in the same race. An improvement of this nature is not only 'new level' but also usually a huge confidence booster, and we look forward to seeing further reduction in Liam's times as the season progresses towards championship time.

Well done, Sebastian and Liam. Great results for hard work.



****Honourable mentions:***

- **Kim Mottrom (SA)** – another State M40 record for his collection, with a 3000m time of **12:45.86**. Still plenty of speed in that wiry frame!
- **Isaac Beacroft (NSW)** – A sub-20min 5000m usually rates higher than an honourable, but Isaac is making a habit of this sort of thing! Lucky spectators at ANSW's Treloar Shield comp were treated to something special on Saturday as Isaac whipped around the 12.5 laps in **19:51.45**.
- **Michelle Bray (ACT)** – showed the fruits of a solid winter season with a 44 sec PB over 2000m in the ACTRWFC summer opener, clocking **9:39**.
- **Lily Lambert (VIC)** – took 1:30 from her best over 2000m to clock **10:56.51** at AVSL, confirming her improvement over the winter.
- **Eva Parker (TAS, 15y)** – successfully completed her first 10km race, breaking the hour with **59:41**.



CLUB NEWS and RESULTS

VICTORIAN RACE WALKING CLUB ANNUAL GENERAL MEETING

Sunday 16 November 2025, 11.00am

at

Club HQ, Middle Park Bowling Club

All Executive and Committee positions* will be declared open:

EXECUTIVE

President
Senior Vice-president
Secretary
Treasurer

Club Captain – Men
Club Captain – Women
AV Delegate
Judging Coordinator
Club Coach/Coaching Coordinator
Prizes/Awards Secretary
RWA Liaison Officer
Club Records Officer
First Aid Officer
General members (up to 2)

GENERAL COMMITTEE

Assistant Secretary/Treasurer
Race Secretary/Meet Director
Publicity Officer
Handicapper
Uniforms Steward

(* The position of Club Junior captain will remain occupied and not declared open.)

Anyone wishing to nominate should do so via the **nomination form** which will be issued to all members via email.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by
Sunday 9th November.

All members are entitled to attend the AGM and **new committee members are welcome**. However, voting is restricted to those who have been **financial members** in the year immediately preceding the Annual General Meeting (i.e. from April 1 2025), or those who are Life members.

Stu Cooper
President

Many of our parents and other helpers might have new ideas and suggestions in setting the direction of the Club, boosting membership and contributing to its future long-term.

If you are one of these people, we would urge you to consider joining the Committee (no pressure!) for 2025-26. We hold meetings monthly, held either after races or online on midweek evenings, depending on availability. Your attendance and input would be invaluable and very welcome.



- **Rhydian Cowley** has shared a couple of his 'bucket filling' moments during his time in Japan:

'It was great to take part in a sustainability day event at the 2025 World Athletics Championships in Tokyo alongside the **Athlete Refugee Team (ART)**. The ART was founded in 2016 for the Rio Olympics, and is the world's only year-round full-time refugee team programme. It is composed of athletes who have fled violence, conflict and injustice at home, and its members are supported by @worldathletics. The ART is a part of World Athletics' broader Athletics for a Better World Programme, along with their sustainability and safeguarding initiatives. I've been a fan of the ART for some time, so it was wonderful to meet and work together with the athletes and coach for the first time. I hope the spectators who joined the session also enjoyed it.'



‘During an end of season holiday, I made a school visit. Two years ago, with the connection made by @ecoathletesteam, I took part in a virtual Green Sports Day summit with Hamamatsu Kaiseikan High School, supporting their students’ exploration of how climate change and sport intersect. Having kept in touch, it was nice to find time while in Japan to visit and meet those same students and teachers in person, and explore that topic further. I even got to meet the principal. This was my first time doing a school talk outside Australia - I hope they enjoyed the experience as much as I did. It certainly seemed like it from the detailed questions I was asked.’



- One of our young members, **Addison Frenken**, has been selected as one of 36 athletes to take part in LAVic’s **2026 New Zealand Development Tour**. Addison and her fellow squad members will head for Tauranga (North Is.) to represent Victoria from January 7 to 14 at the North Island Colgate Games. Congratulations on your selection, Addi. We wish you and the team every success.

VICTORIA - METRO & REGIONAL



AVSL – News, results

*From AV online newsletter ‘Off The Track’: **Home Zone Entry Priority**

For the first time, athletes will receive priority entry when competing in their home zone.

This change comes after strong feedback from AVSL committees and clubs across multiple seasons. The update has been made possible through collaboration between the Sport Delivery and Sport Development teams, who have enhanced the Members Portal to automatically assign athletes to their home zone based on their club.

AV Clubs are assigned to home zones as follows:

<u>METROPOLITAN ZONES</u>	
<i>Zone A</i>	<i>Zone B</i>
ESS - Athletics Essendon	ANW - Athletics Nunawading
BWK - Brunswick Athletic Club	WAM - Athletics Waverley/Malvern
COB - Coburg Harriers Athletic Club	BOH - Box Hill Athletic Club
COL - Collingwood Harriers Athletic Club	CCA - Casey Cardinia Athletics
DIV - Diamond Valley Athletic Club	DSA - Dandenong Springvale Athletics
DAC - Doncaster Athletic Club	FAC - Frankston Athletic Club
IVA - Ivanhoe Harriers Athletic Club	GHY - Glenhuntly Athletic Club
KSB - Keilor St Bernards Athletic Club	KNA - Knox Athletic Club
MUU - Melbourne University Athletic Club	MAC - Maccabi Athletic Club
OLM - Old Melburnians Athletic Club	MEN - Mentone Athletic Club
PTN - Preston Athletic Club	MPA - Mornington Peninsula Athletic Club
RIC - Richmond Harriers Athletic Club	OSC - Old Scotch Athletic Club
SME - South Melbourne Athletic Club	OLX - Old Xaverians Athletic Club
WES - Western Athletics	RWD - Ringwood Athletic Club
WCA - Whittlesea Athletic Club	SANSandringham Athletic Club
WTN - Williamstown Athletic Club	SCA - South Coast Athletics**
	STK - St Kevins Amateur Athletic Club
	YRA - Yarra Ranges Athletics
<u>REGIONAL ZONES</u>	
<i>Ballarat</i>	<i>Geelong</i>
BHA - Ballarat Harriers Athletic Club	CHI - Athletics Chilwell
BYC - Ballarat YCW Harriers Athletic Club	ASW - Athletics South West
EKA - Eureka Athletic Club	BEL - Bellarine Athletics T&F Club
WEN - Wendouree Athletic Club	COR - Corio Athletic Club
	DKN - Deakin Athletic Club
	GLG - Geelong Guild Athletic Club
	SBW - South Barwon Athletic Club
	WYN - Wyndham Track & Field Club*
<i>Bendigo</i>	
BGO - Bendigo Harriers Athletic Club	
BEU - Bendigo University Athletic Club	
EAG - Eaglehawk Athletic Club	
MFD - Mansfield Athletic Club	
SPA - Shepparton Athletic Club	
SBE - South Bendigo Athletic Club	
EMA - Echuca Moama Athletics	

This is unlikely to be a concern for walkers, as they have no impact on lane draws and not much on event running times. However, if you plan to compete in other events, such as field games, it's useful to keep this in mind.

**** Metro Zone: Round 1, Saturday 10 October – Knox Athletics Centre, Scoresby**

Blustery conditions greeted the 26 walkers who fronted at Knox for the AVSL opener, with PBs thin on the ground as everyone adjusted to the cut and thrust of quick-fire track racing. **Angus Shuttleworth** and **Mya McClure** resumed their winter season duelling to set the standard in the 2000m, while **Lily Lambert** would be rightfully delighted with her huge improvement after her own winter road racing. The 5000m saw **Alejandro Stephens** and **Jade Chitty** make solid starts to the new season, both taking line honours.

Pl	Name	Club	Age	Time	Points
2000m					
1	Angus Shuttleworth	(KNA)	M16	9:09.78	437
2	Mya McClure	(WCA)	F16	9:14.09	459
3	Oliver Cowl	(KNA)	M14	10:31.33	379

4	Natalie Laurie	(ANW)	FOP	10:36.91	360	PB 1:30
5	Grace Louey	(KNA)	FOP	10:39.67	358	
6	Emily Smith	(MUU)	F20	10:49.20	350	
7	Lily Lambert	(MEN)	F16	10:56.51	365	
8	Logan Allison	(KNA)	M14	10:59.56	353	
9	Simon Evans	(BOH)	M65	11:02.26	445	
10	Sandra Geisler	(RWD)	F45	11:32.96	357	
11	Carolyn Rosenbrock	(YRA)	F60	11:56.29	407	
12	Caitlyn Shipham	(KNA)	F14	12:06.24	326	
13	Bernie Keirl	(DIV)	M60	12:08.06	356	
14	Jack Greyling	(CCA)	M14	12:47.13	265	
15	Donna-Marie Elms	(PTN)	F60	13:29.24	342	
16	Gwen Steed	(GHY)	F70	14:44.88	353	
17	Heather Carr	(GHY)	F70	14:45.59	352	
18	Clyde Riddoch	(WAM)	M70	15:46.70	267	
19	Jo Moxon	(DIV)	F60	16:31.40	237	
20	Kim Peak	(DAC)	F55	17:11.95	192	

5000m

1	Alejandro Stephens	(GHY)	MOP	24:33.0h	353
2	Jade Chitty	(WES)	FOP	26:35.8h	378
3	Ariana Pashutina	(KNA)	F20	27:43.1h	355
4	Jia Wen Heng	(MEN)	FOP	30:17.8h	302
5	Aangi Shah	(MEN)	F18	35:05.1h	235
6	Michael Harvey	(WAM)	M60	36:55.8h	247

**** Ballarat Zone: Round 1, Saturday 10 October – Llanberris Stadium, Ballarat**

It was a pretty competitive 1500m at Llanberris with young **Charlie Wright** just prevailing over **Abby Fowler**, gaining a big PB in the process. Abby, wearing Seagull colours for the AVSL comp, did well to hold off old-stager **Stephen McLennan** at the finish. **Kelly Ruddick** had a fair hit-out over 3000m with **Kobe Lewis** just missing a PB that will surely come soon.

1500m

1	Charlie Wright	(EKA)	M14	9:17.09	252	PB 1:02
2	Abby Fowler	(WTN)	F14	9:19.94	310	
3	Stephen McLennan	(WEN)	M60	9:21.07	285	
4	Phillip McLennan	(WEN)	M55	10:07.37	243	
5	Kevin Ruddick	(BHA)	M70	10:19.10	287	
6	Graeme Dehnert	(BWK)	M60	12:07.99	194	
7	Roslyn Ireland	(BWK)	F40	12:09.70	161	
8	Olive Ireland	(BWK)	F65	12:41.81	249	

3000m

1	Kelly Ruddick	(BHA)	F50	15:16.64	449
2	Shaun Lewis	(WTN)	M45	18:38.50	265
3	Kobe Lewis	(WTN)	F14	18:42.59	308

**** Bendigo Zone: Round 1, Saturday 10 October – Lar Birpa Athletics Track, Flora Hill**

Tate McQueen, the only Bendigo starter from south of the voting age, claimed a new 1500m PB while his coach, **Annette Major**, showed she still can still stride out well at the head of the local Masters.

1500m

1	Tate McQueen	(EAG)	M14	7:34.82	387	PB 0:09
2	Annette Major	(EAG)	F60	10:57.85	296	
3	Chris Pollard	(EAG)	M65	11:21.70	237	
4	Annette Curtis	(SBE)	F65	12:14.42	268	
5	John Watson	(BGO)	M70	12:45.58	215	
-	Wendy Ennor	(EAG)	F65	DNF		
-	Lachlan Carr	(BGO)	MOP	DQ		

****Next round:**

1 races open to Male and Female competitors

Ballarat region – Llanberris Stadium No walks

NOTE: All of the above start times are subject to late change. Plan accordingly.

Entries close at 12.00 noon on Wednesday 15 October

The Race walks are scheduled for **Sunday 26 October**. Provisional timetable below:

We wish our young walkers all the best in this, their first championship race of the summer season.



Thanks to **Ann Jugovic** for the first ACT summer results. **Scott, Michelle** and **Hana** wasted no time in showing their speed.

6

NEW SOUTH WALES 2025 Treloar Shield Rd 1, 11 October – SOPAC, Sydney

The NSW 2025 Track & field season got underway at Sydney's Olympic Park, with 39 walkers lining up. **Zoe Woods** and **Isaac Beacroft** were the standouts over 5000m, while at the younger extreme **Addison Jenkins** and **Darcy Dennis** put on good displays not far from their PB times.

Women Open 5000mW

1 Zoe Woods	Hills District SAC	23:41.74
2 Sophie Polkinghorne	NorthRocks Carl LA	25:06.01
3 Lilah Norden	Kembla Joggers	27:22.18
4 Ciara Cassilles	UTS Northern Subs	30:13.35
5 Ashleigh Farrugia	Girraween LAC	32:32.95
.. Chelsea Roberts	Sydney Uni AC	DNF

Women 50+ 3000mW

1 Antonette Woodward	UTS Northern Subs	21:20.79
2 Sandy Hoy	UTS Northern Subs	24:33.31

Women 15-17 3000mW

1 Grace Delander	Revesby Workers LA	16:55.72
2 Erin Cassilles	Westfields AC	17:25.94

Women 15-17 1500mW

1 Ruby Penn	Cherrybrook SLA	9:51.08
-------------	-----------------	---------

Girls 13-14 1500mW

1 Grace Fleming	Balmain AC	10:21.64
-----------------	------------	----------

Girls 10-12 1500mW

1 Addison Jenkins	Parramatta City A	8:28.95
2 Antonia Powter	Emu Plains LAC	8:45.09
3 Veronica Dennett	Hawkesbury City AC	8:51.68
4 Bailey Lathlean	The Ponds LAC	8:54.37
5 Rhyleiana Barnett-Palmer	Ryde AC	10:19.53
6 Chelsea Sharpe	Revesby Workers LA	10:54.25

Men Open 5000mW

1 Isaac Beacroft	QuakersHill LA	19:51.45
2 Rhys Chandler	Ryde AC	27:32.16

Men 50+ 3000mW

1 Peter Kidd	Aths Wollongong	23:15.72
2 Brendon Hyde	NSW Masters	29:33.95

Men 35-49 3000mW

1 Jonathan Hutchens	Hornsby Dist AC	22:36.85
.. James Fleming	Balmain AC	DQ

Men 15-17 3000mW

1 Sagan Jones	Hills District LA	16:05.89
2 Michael Mathison	Westfields AC	16:47.80
3 Mitchell McCarthy	Ryde AC	17:09.87

Boys 13-14 3000mW

.. William Pratt	Gosford LA	DQ
.. Sebastian Hutchens	Hornsby Dist AC	DQ

Boys 13-14 1500mW

.. Noam Sat	Ryde AC	DQ
-------------	---------	----

Boys 10-12 1500mW

1 Darcy Dennis	Balmain AC	7:17.54
2 Rhys Straub	Doonside LA	7:43.32
3 Daniel Smart	NorthRocks Carl	9:01.53
4 Jaiden Chahal	NorthRocks Carl	9:15.74
5 Ethan Carlton	Hornsby Dist AC	11:33.52
6 Hugo Jordan	Cherrybrook SLA	13:12.61
7 Dashiell Mansfield	Hornsby Dist AC	14:21.71
.. Ivry Sat	Ryde AC	DQ
.. Charlie Crump	RouseHill Rams	DNF

QUEENSLAND QLD All Schools T&F c'ships, 2 October – QSAC, Brisbane

Although PB times were elusive, the QLD All Schoolers were in hot form, with no fewer than six Championship records being set.

Girls U18 5000mW

1 Milly Sharpe	Toolooa SHS	26:00.68CR
----------------	-------------	------------

Boys U18 5000mW

1 Kai Dale	Pimpana SSC	28:21.13
------------	-------------	----------

Girls U17 5000mW

1 Olivia Boulton	Marymount Col	26:56.00CR
------------------	---------------	------------

Boys U16 3000mW

1 Noah Cooke	Northside CC	13:49.13CR
2 Koby Irvine	Shalom Col	14:24.10

Girls U16 3000mW

1 Bethany Moore-Kirkland	St Ursula's C	15:22.27CR
2 Eliza Kelly	Bundamba SSC	16:53.32

Boys U15 3000mW

1 Lachlan Moore	Ormiston Col	14:41.35CR
2 Cory Lockwood	Marymount Col	16:10.05

Girls U15 3000mW

1 Lani EML01	UNA	X17:18.32
2 Mackenzie Bandidt	St Peters LC	18:48.27
.. Kiara Waterman	Northpine CC	DQ

Boys U14 3000mW

1 Leo Ramsay	Carmel Col	18:36.04
--------------	------------	----------

Girls U14 3000mW

1 Taylor Chapman	Mountain Creek	15:18.86CR
2 Isabella Welch	John Paul Col	16:22.74
3 Elspeth Hooper	All Saints AS	16:41.28

4 Violetta Boyd	PalmBeach-Curr	17:47.82
5 Violet Conway	Caboolture SHS	18:12.46
6 Amelia Chisholm	Edens Landing	18:19.83
7 Savannah Dunleavy	Narangba SHS	19:45.30
.. Charlotte Don	Wavell SHS	DQ

SOUTH AUSTRALIA ASA Interclub results, 11 October – Mile End stadium, Adelaide

It was good to hear from **Kim Mottrom** once again, with a report on SA's summer competition opener. Only a tiny field of 7 walkers turned out, but the results produced were high quality indeed! **Sebastian Richards'** time of **12:29.51** for 3000m, at age 17, takes him to a new level as does **Liam Freundt's** 1:13 PB time of **13:35.40**.

Open 3000m		
Sebastian Richards	12:29.51	(PB 0:18)
Kim Mottrom	12:45.86	(M40 state record)
Liam Freundt	13:35.40	(PB 1:13)
Cooper Rech	14:13.55	
Matilda Rech	17:14.29	(PB 0:36)
Jessica Clelland	18:57.21	(PB 1:23)
Alex McEwan	22:41.43	

TASMANIA NW Tasmania results, 12 October – Devonport

Chantelle Parker reports from Devonport Bluff, where the weather finally gave the young walkers a break!

Sunshine and almost no wind made for very pleasant conditions for our Walk on the Devonport Bluff today. The 2km event saw some tight racing and a close finish with **Rose Holland** holding sway over **Mason Yates** and **Veronica Kelly**.

Eva Parker made use of the good conditions to complete her first outing over 10km.

2km		
1. Rose Holland	Devonport LA	14:39
2. Mason Yates	Devonport LA	14:47
3. Veronica Kelly	Devonport LA	14:56
4. Sienna Yates	Devonport LA	17:07
5. Alexis Turley	Devonport LA	17:09

3km		
1. Kailyn Jones	Devonport LA	21:46
2. Alexis Turley	Devonport LA	24:01

10km		
1. Eva Parker	NWAC	59:41 First 10km



Start of a race walk ... or 'You wanna make somethin' of it?'"



INTERNATIONAL NEWS

FRANCE: Grand Prix de Lisses, 12 October - Lisses

Emmanuel Tardi reports on a local club event near Paris.

I was judge this Sunday in Lisses, a southern suburb of Paris. The local club organized a road racewalking event for the 11th time. The loop was 1k667 long, and two races were scheduled: 10k and 20k. There were 31 walkers on the start line at 9am.

Immediately, **Marine Rottier** led the pack. She tried to help her young brother to realize a strong mark. Twice in the first half, we could see that she waited for him. They reached the 10k point together, then **Lilian** decelerated. Marine and Lilian won the race easily in **1h40** and **1h44**.

In the women's race, **Angele Mille** finished 2nd with a very good **1h47'59"**.

Victory in the 10k went to **Patrizia Seraki** (62 yo) and **Fabien Gouley**.

20km Marche Hommes

1/ROTTIER Lilian	1h44'09'' (50'06'')
2/FAURET Antonin	1h51'01'' (53'02'')
3/DENONCIN David	1h54'17'' (57'56'')
4/BOYER Nicolas	1h57'47'' (57'56'')
5/QUENTIN David	1h58'25'' (56'36'')
6/BLANCHARD Mickael	1h59'01'' (59'49'')
7/STEFANELLY David	2h05'43'' (1h00'06'')
8/MARIE Frederic	2h11'12'' (1h04'26'')
.. LEFEVRE Marc	DNF
.. KERVELLA Cedric	DQ
.. VANDENBERGHE Renaud	DQ

20km Marche Femmes

1/ROTTIER Marine	1h40'05'' (50'04'')
2/MILLE Angele	1h47'59'' (53'09'')
3/BIZARD Lucie	2h02'10'' (59'28'')
4/DAFNIET Romane	2h12'07'' (1h04'23'')
5/STEINVILLE Nathalie	2h15'36'' (1h07'53'')
6/KOROTKEVITCH Nadia	2h24'18'' (1h09'41'')
7/BIZARD Claudie	2h30'03'' (1h14'04'')

10km Marche Hommes

1/GOULEY Fabien	52'55''
2/BABOIN Michel	1h00'26''
3/NOGRE Yannick	1h00'41''
4/LAMIRAULT Philippe	1h03'44''
5/BRUCH Jean-frederic	1h07'22''
6/RIGAL Jean-Marc	1h15'41''
7/MONTIGNY Patrick	1h37'28''

10km Marche Femmes

1/SERAKI Patrizia	1h00'20''
2/BOUISSOU Sabrina	1h01'32''
3/POUVREAU Manuella	1h15'41''
4/SIMEON Elisabeth	1h23'34''
5/LOURENCO Anabela	1h26'04''
.. GARRET Cecile	DQ



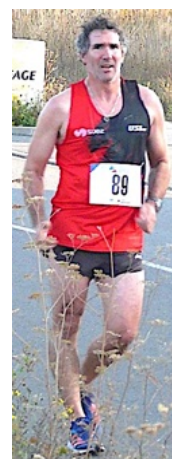
Marine & Lilian Rottier



Mille



Seraki



Gouley



Nobody's getting away with anything today ... ! (Photos: Emmanuel Tardi)

UNITED KINGDOM: 10th Jack Fitzgerald Memorial walks, 11 October – Crawley

Report courtesy of **David Ainsworth**:

Veterans AC were pleased to host the tenth running of this event on a lakeside course once used as the test bed for Britain's water speed record round popular beauty spot Campbell's lake, formerly a mediaeval hammer pond. The weather was dry and mild, with cloud cover almost throughout. In a smaller than average field of mainly Steyning AC walkers, it was good to see **Anne Jones** back in the results as leader of the pack in the 3 miles; the leaders of the 6 miles, **Trevor Jones** and **Peter Gregoire** posted times only about 2 minutes slower than the previous week's track race, a good result given that it was 325 metres longer and in shared space with other park users. The race was held to raise funds for the RAF Benevolent Fund, as a tribute to RAF fighter pilot Jack Fitzgerald.

Results

5.9km mixed

1	Anne Jones	W70	Steyning AC	46:27
2	Judith Carder	W65	Portslade Hedgehoppers	49:38
3=	John Killick	M75	Steyning AC	50:30
3=	Carol Killick	W80	Steyning AC	50:30

10.325km mixed

1	Trevor Jones	M65	Steyning AC	1:02:37
2	Peter Gregoire	M50	Steyning AC	1:03:41
3	Michael George	M55	Unattached	1:09:41
4	Graeme Heaton	M65	Heathfield Rd Runners	1:20:25

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, October 13, 2025 - EMACS Madeira 2025 – Women's 5,000m W35+ (results) <https://omarchador.blogspot.com/2025/10/emacs-madeira-2025-5000-m-femininos-w35.html>
European Masters T&F championships results.
- Sunday, October 12, 2025 - EMACS Madeira 2025 – Men's 5,000m M35+ (results) <https://omarchador.blogspot.com/2025/10/emacs-madeira-2025-5000-m-masculinos.html>
- Saturday, October 11, 2025 - Victories by José Manuel Pérez and Julia Suárez in the 2025 Villa de Nerja Race Walk Trophy <https://omarchador.blogspot.com/2025/10/vitorias-de-jose-manuel-perez-e-julia.html>
- Friday, October 10, 2025 - Training and Certification of March Judges for National Panels – Seixal 2025 <https://omarchador.blogspot.com/2025/10/formacao-e-certificacao-de-juizes-de.html>
- Thursday, October 9, 2025 - The Spanish Under-16 Autonomous National Team Championships were held in La Nucía (2025) <https://omarchador.blogspot.com/2025/10/campeonato-de-espanha-de-selecoes.html>
- Tuesday, October 7, 2025 - Cristian Cecchetto and Caterina Carissimi, the best in the Italian U16 Championship – Viareggio 2025 <https://omarchador.blogspot.com/2025/10/cristian-cecchetto-e-caterina-carissimi.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 **

VRWC Committee

**Vacancy – Club Treasurer

After years of service, **Karyn O'Neill** is stepping down as VRWC Treasurer. We thank Karyn for all her work in managing the Club's finances.

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.



LAVic Southern Metro Region Racing & Coaching nights

With the LAVic 2025-26 track season about to commence, 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 these sessions are **Wednesday 29th October** and **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. |

Mentone coaches **Rupert van Dongen** and **Ben Skurka** will conduct the coaching sessions, with VRWC coach **Mark Donahoo** also involved on 10th December.

Details regarding race entries will be announced when finalised.

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 16 th November 2025, VRWC Summer Championships and AGM		Middle Park
8.30am	20km Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	20km VRWC Championship	Open Female
8.30am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km VMA Masters championship	Masters Males
8.45am	5km Heather Carr Trophy VRWC Championship	Masters Female
8.45am	5km VMA Masters championship	Masters Female
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female

8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
10.30am	Presentations	
11.00am	Annual General Meeting	

Sat 29th November 2025, Australian Athletics Marathon Race Walking Championships, Stromlo Forest Park, Canberra

7.00am	AA Marathon Racewalk	Open Males
7.00am	AA Marathon Racewalk	Open Females
7.01am	Half Marathon Racewalk: Non championship	Open Males
7.01am	Half Marathon Racewalk: Non championship	Open Females

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 18 Oct 2025	AVSL Rd2 – Doncaster (1500m, 3000m)
Sat 8 Nov 2025	AVSL Rd3 – Keilor (2000m, 5000m)
Sat 15 Nov 2025	AVSL Rd4 – Murrumbena (1500m, 3000m)
Sat 22 Nov 2025	AVSL Rd5 – Aberfeldie (1500m, 3000m)
Sat 29 Nov 2025	AVSL Rd6 – Murrumbena (2000m, 5000m)
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

Sat-Sun 25/26 Oct 2025	AV All Schools T&F c'ships Week 1 – Lakeside Stadium
Sat-Sun 1/2 Nov 2025	AV All Schools T&F c'ships Week 2 – Lakeside Stadium
Sun 16 Nov 2025	VRWC Summer c'ships (inc. Gus Theobald Memorial & Heather Carr trophies); VRWC Annual General Meeting – Middle Park
Sat 22 Nov 2025	QA 10,000m track walk – QSAC, Brisbane QLD
Sat 29 Nov 2025	AA Marathon Race Walking c'ships (WA Tour Bronze) – Stromlo Park, Canberra ACT
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
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au