



# 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 7

- VRWC Summer fixture - final
- \*\* VACANCY – Club Treasurer



That's it for 2025 ... 50 more issues done and it's time for a break. *Heel & Toe Online* will be in holiday recess until Tuesday 13 January, when Issue #1 of 2026 will hit your screens.

Many thanks to all our correspondents – local, interstate and overseas – who've kept me supplied with so much interesting material over the course of 2025. Please keep the news, results, articles, photos and other items flowing in over the break.

I wish all of our readers a merry Christmas and a prosperous new year, full of good racewalking news and exploits.

A final thought. This year is ending sadly and badly for countless thousands of good people, both within our shores and abroad. In many cases their prospects for 2026 are bleak. At such times one may feel powerless to do anything to help. If, however, somebody's life can be brightened a little because we were in it, however briefly and in whatever way, even if we never knew them – perhaps that's enough.

Take care, everyone.

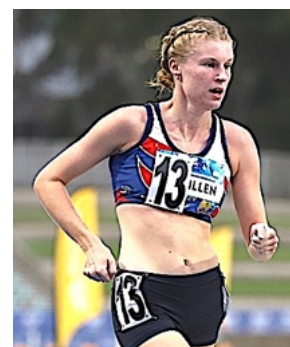
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## \*\*WALKER OF THE WEEK\*\*



What a night of racing it was on the Sydney Olympic Park warm-up track at the NSW 10,000m track walk titles last Thursday! A new world record, the 2<sup>nd</sup> fastest-ever 10 by an Australian woman, 12 international championship qualifiers and 12 PBs.

Those lucky enough to be present were certainly treated to a night to remember. And not to be readily forgotten was the feat of **Isaac Beacroft (NSW)** in setting a new World Junior 10,000m record of **38:02.68**. While still awaiting ratification, Isaac's time will smash the old record by some 0:44 if approved. It also relieves Declan Tingay of his national Open and All Comers record. Aged only 18, there is simply no



(Photos: ANSW)

stopping the guy at present ... and why would we want to?

One would think a world record by such a margin would guarantee its setter sole claim to the WOTW award, and normally it would. However, we doubt Isaac will mind sharing on this occasion with **Elizabeth McMillan (NSW)**, who placed her own star in the heavens of international athletics by winning the title with a 0:45 PB time of **42:15.68**, ranking her second only on the all-time Australian list behind Kerry Saxby-Junna and 15<sup>th</sup> on the World all-time women's list and guaranteeing

her a start at the Glasgow Commonwealth Games. It caps a superb year for Lizzy, one which saw her win her first international title against well-credentialled rivals at the World University games in Bochum, Germany. With a local summer to prepare in for the World Team Walks championships – fortuitously being held in April in southern hemisphere Brasilia – Lizzy could be set for another big international result.

Congratulations, Isaac and Lizzy. Through your efforts, Australian walking is maintaining its place of prominence on the world athletics stage.

**\*Honourable mentions:**

- **Bec Henderson (VIC)** – annihilated her previous 10,000m PB by 1:43 in Sydney, clocking **42:55.08** for a Commonwealth Games qualifier.
- **Declan Tingay (WA)** and **Kyle Swan (VIC)** – also achieved CG qualifiers with times of **38:23.06** and **38:35.55**, behind the rampant Isaac.
- **Will Thompson (VIC)**, **Joel Byatt (NSW)**, **Dylan Allabush (NSW)** and **Jessica Loring (NSW)** – all record sizeable PB times for 10,000m in Sydney, **Jessica** taking the cake with a 2:04 improvement.
- **Nellie Langford (SA)** – a substantial 0:34 PB for 5000m t ASA interclub, clocking **22:56.05**.

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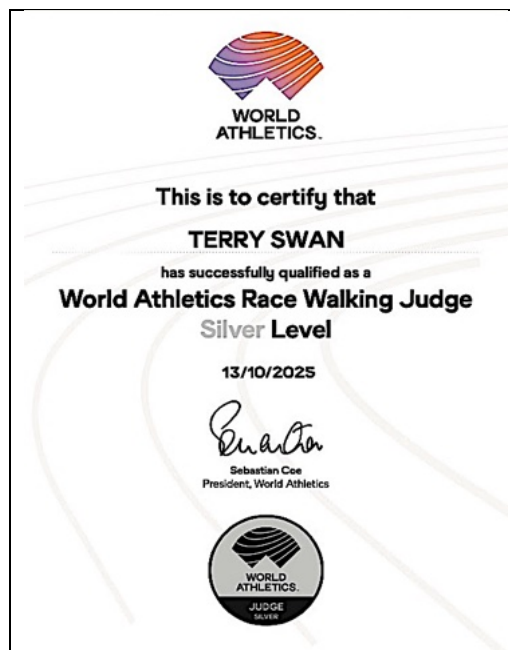


## CLUB NEWS and RESULTS



- I'm pleased to share the news that our Secretary/Life member, **Terry Swan**, has passed the required examination and is now an accredited **World Athletics Race Walk Judge – Silver Level**. Terry is now qualified to judge at any local or international competition at which a World record is either achieved or expected.

It was a successful week for the Swans, with son **Kyle** joining **Bec Henderson** in recording a Commonwealth Games qualifier at the NSW track 10,000m championship last Thursday. Kyle and Bec have great prospects of being selected for the 2026 Games in Glasgow, Scotland. If successful they will attend their second CG, having also competed in Birmingham in 2022. Well done, Vics!



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# AROUND THE COUNTRY

**NEW SOUTH WALES** NSW 10,000m Track walk c'ships, 11 December – SOPAC, Sydney

## World Record for Beacroft and #2 Aussie All-time for McMillen

By David Tarbotton (reprinted from *Athletics NSW News* – 12 December)

The NSW halcyon race-walking days of the 90s could be ready to return following two world class performances last night at the NSW 10,000m Race Walking Championships at Homebush. Heading the performances were teenager **Isaac Beacroft** who broke the World U20 Record, while in the women's race **Lizzy McMillen** clocked the second fastest time in Australian history and the fastest by an Aussie for 35 years.



(Photo: ANSW)

### MEN 10,000M WALK

In cool weather with light winds, excellent conditions for an endurance event, 18-years-old Isaac Beacroft and dual Olympian **Declan Tingay**, broke away from the gun. Over the next 8km Tingay didn't move from Beacroft's tail.

After settling into laps of 90s to 92, on lap 21, at about 8km, Beacroft stepped it up slightly, with a 90 seconds lap, but it would be too much for Tingay who produced a 94 seconds lap. Over the next three laps Beacroft put five seconds a lap into the lead over Tingay. At the bell, Beacroft knew the world junior record was easily within his grasp, but he also now had his sight on the Australian open record, held by Declan Tingay. On the last lap Beacroft nailed his fastest time of the 25-lap race – 89.11 seconds, to finish in a record shattering time of **38:02.68** – one second under Tingay's National open and all comers record.

Beacroft's fast start in the race was not planned. "I was meant to go a lot slower, more cautionary, so I didn't blow up in the back end," he recalled. "I'll be honest, for a minute there in the middle 5k I was feeling like 'Oh s\*\*\*, I've completely blown it out here' but I just tried to really say 'Oh well, I did it myself so I'm gonna have to grit my teeth here and go for it.'"

But as the splits revealed, Beacroft was able to maintain the demanding pace and eventually wore down Tingay who could not match his consistency.

Another key achievement for Beacroft was going well under the standard for the Glasgow Commonwealth Games (38:50 minutes). It was just step one towards selection as he will now need to secure a team berth at the trials in January in Canberra. Beacroft, who surpassed Declan Tingay's national record, paid tribute to him.

"He's been phenomenal and been the number one for the past five to six years. He's been the guy that you always look up to on those training camps. I've always been lucky enough to be out there with him. He's been the benchmark who we've been working towards."

Going into the event, Isaac Beacroft was in a dilemma. Should he be bold enough to inform NSW Athletics he was going for the record, as they would need to put some conditions in place?

"I was thinking about it for a while. There's no harm in asking. I would hate to have the record not ratified." In support of the potential record, the race needed three silver/gold level race walking judges and therefore ANSW needed to fly in a judge from Queensland and Victoria to ensure the judging panel was sufficient to have the record ratified.

There were a host of other qualifiers in the race:

**Commonwealth Games (38:50):** Isaac Beacroft (38:02.68), Declan Tingay VIC (38:23.06), Kyle Swan VIC (38:35.55)

**World U20 Championships 43:30:** Isaac Beacroft (38:02.68), Owen Toyne ACT 41:13.90

**World Race Walking Teams Championship (U20 10km event) 43:00:** Isaac Beacroft (38:02.68), Owen Toyne ACT 41:13.90

### WOMEN 10,000M WALK

Conducted just after the men's race, and the excitement of a world record, the performance of **Lizzy McMillen** went under the radar, but was equally stunning. Since sorting out some health issues, it has been a spectacular 12 months of performances from the northern beaches athlete who is studying Political Science, Criminology and Criminal Justice.

She arrived at these championships already with a solid PB of 43:00.01, but went on to blitz that clocking **42:15.68**, defeating dual Olympian **Bec Henderson** by 40 second, She clocked a two minute PB time of **42:55.08**.

McMillen's time elevated her to number two in Australian history, and second only to Kerry Saxby-Junna. McMillen clocked the world leading time in 2025 and moved to #15 on the world all-time list.

"I was chasing a Commonwealth Games qualifier, so we were just going for 43.50; so, to get that time was pretty impressive," McMillen said.



"I felt really good beforehand and I knew like 1:42s would have been kind of where I wanted to be. So, when I went through the first 400 in, like, 1:39 or something, and I felt like it was pretty breezy. I was like, okay, so we kind of keep this pace going."

(Photo: ANSW)

With McMillen's fast pace, she quickly broke away from Bec Henderson, 10 second ahead by one mile. McMillen was clocking 140s regularly, occasionally drifting to 143s. Such was the early pace, she went through 5,000m in about 20:56, incredibly on track for sub-42. She did drift slightly clocking 21:20 for the second 5k.

"I just wanted to do a negative split; so there's definitely room for improvement towards the second half, especially the last two and a half K. I'd really like to be able to kick down."

The next target is very clear for McMillen.

"We've got a couple of weeks until Supernova, which is the Commonwealth Games trials."

McMillen's time was also the fastest by an Aussie for 35-years and smashed the Australian allcomers record.

Other qualifiers from the race included:

**Commonwealth Games (43:50):** Lizzy McMillen (42:15.68), Bec Henderson (42:55.08)

**World U20 Championships (49:20):** Zoe Woods (48:39.65)

**World Race Walking Teams Championship (U20 10km event) 50:00:** Zoe Woods (48:39.65), Sienna Pitcher (49:49.59)

#### Men 10,000m RW c'ship

1.	Isaac BEACROFT	18 JUL 2007	NSW	38:02.68	WJR* PB 0:53
2.	Declan TINGAY	06 FEB 1999	WA	38:23.06	
3.	Kyle SWAN	28 MAR 1999	VIC	38:35.55	PB 0:11
4.	Will THOMPSON	18 NOV 2002	VIC	39:09.62	PB 0:39
5.	Owen TOYNE	19 JUN 2007	ACT	41:13.90	
6.	Carl GIBBONS	19 JUN 1996	NSW	41:15.04	PB 0:04
7.	Jack MCGINNISKIN	26 DEC 2002	NSW	44:22.43	
8.	Joel BYATT	2007	NSW	45:58.76	PB 0:26
9.	Riley COUGHLAN	14 JAN 2007	VIC	47:01.73	
10.	Myles ASHBY	28 SEP 2007	NSW	48:01.15	
11.	Dylan ALLABUSH	2008	NSW	51:39.71	PB 0:53
12.	Brendan POSPISCHIL	2005	NSW	51:57.91	PB 0:05
	Alexander SINNETT	2008	NSW	DNF	

#### Women 10,000m RW c'ship

1.	Elizabeth MCMILLEN	10 APR 2004	NSW	42:15.68	PB 0:45
2.	Rebecca HENDERSON	04 JUL 2001	VIC	42:55.08	PB 1:43
3.	Chelsea ROBERTS	25 OCT 2006	NSW	47:35.55	
4.	Zoe WOODS	22 OCT 2007	NSW	48:39.65	
5.	Sienna PITCHER	27 NOV 2007	NSW	49:49.59	
6.	Sophie POLKINGHORNE	22 MAY 2010	NSW	52:14.53	First 10km/10,000m
7.	Hana JUGOVIC	2006	ACT	52:15.33	PB 0:02
8.	Jessica LORING	23 NOV 2009	NSW	55:57.93	PB 2:04
	Lilah NORDEN	2007	NSW	DQ	

### QUEENSLAND QMA Masters results, 6 December – QSAC, Brisbane

#### W35 800m RW

1 Roslyn Kirwin W36 QMA 4:37.59

#### W45 800m RW

1 Tracey Hollis W45 QMA 6:28.40

#### W50 800m RW

1 Joy Dale W54 QMA 5:38.16

#### W80 800m RW

1 Noela McKinven W83 QMA 7:18.98

#### M70 800m RW

1 Peter Bennett M70 QMA 4:39.33

#### W35 3000m RW

1 Roslyn Kirwin W36 QMA 20:49.90

#### W50 3000m RW

1 Brenda Gannon W51 QMA 18:07.12  
2 Joy Dale W54 QMA 22:23.12

#### W80 3000m RW

1 Noela McKinven W83 QMA 27:42.72

#### M70 3000m RW

1 Peter Bennett M70 QMA 19:24.43

## SOUTH AUSTRALIA ASA Interclub results, 13 December – Mile End stadium

**Kim Mottrom** reports that it was nice to have some of the faster athletes out last week for the last Interclub race of 2025. Three new PB's were recorded.

Open 5000m			Open 1500m		
1 Kim Mottrom	22:22.97		1 Liliana Templer	7:51.31	
2 Nellie Langford	22:56.05	PB 0:34	2 Zachery Freundt	8:57.37	
3 Samantha Findlay	23:29.20		3 Orlando Grantham	9:11.39	
4 Liam Freundt	24:45.31		4 Rachel Pemberton	10:38.32	PB 0:08
5 Cooper Rech	25:25.37				
6 Angelina Legrand	26:33.53				
7 Jack White	29:11.67	PB 0:30			
8 Jessica Clelland	34:10.33				
9 Alex McEwan	38:45.40				

## TASMANIA Athletics South interclub results, 13 December – Domain AC

**David Moore** reports from Hobart:

With many of our younger brigade walking at a Little Athletics State meet at the same venue earlier in the day (the results of which are not yet available) numbers at Interclub were sparse.

Results 1500m Walk			
1. Oliver Morgan	SB	6:59.50	
2. Elizabeth Leitch	TMA	10:28.00	
3. Sam Leitch	TMA	11:00.92	

### \*Tas Masters T&F, 3 December – Domain AC

Result 3000m Walk			
1. Wayne Fletcher	M78	27:54	

### \*Tas Masters T&F, 10 December – Domain AC

Result 5000m Walk			
1. Wayne Fletcher	M78	49:28	

## WESTERN AUSTRALIA WARWC results, 14 December – Perry Lakes

**Terry Jones** reports that the weather at Perry Lakes was pleasant, fine with temperature in mid to high 20s, and with a variable easterly breeze. They completed all events well before the forecast 40 degrees for today, which is why they start at 7:30am in the summer months. A sound policy by the sound of it.

These are the last walks results for this year, so a Merry Christmas and a Happy New Year from the WARWC.

10K		2K	
Brad Mann	55.24	Hannah Clausnitzer	10.59
5K		Grace Ball	13.17
Wendy Farrow	35.38	Carly Hood	15.18
Fiona van Heerwaarden	35.38	Ruby Kilworth	15.32
3K		1K	
Judy Saunders	26.48	Jack Ball	7.48
Glenys Duncan	30.27		

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# INTERNATIONAL NEWS

## \*RANKINGS

### \*World Marathon Walk top lists for 2026

— as at 16 December

Source: World Athletics top lists

The last three months of the year saw the initial lists of accredited times for the Marathon Walk (male and female) published by World Athletics. Japan's **Hayato Katsuki** was the men's standout and the only one to break 3 hours to date. A sizeable number of those listed here also competed in the World Athletics Championships 35km in Tokyo in September, so it can be expected that Katsuki will have a bit of better-rested company in the sub-3's in 2026. Aussies **Rhydian Cowley**, **Dylan Richardson** and **Mitchell Baker** form a respectable lower mid-table bloc, while **Kim Mottrom** flies the Masters flag.

It was a bit closer at the top of the Women's ranks, with Polish ace **Katarzyna Zdziebło** only 35 secs ahead of Brazil's **Viviane Lyra** but with a gap of 9 and 8 mins on third place. For Australia the chart is a happy one. **Olivia Sandery** holds down 5<sup>th</sup> after her dominating performance at Stromlo Sports Park, while up-and-comers **Hannah Bolton**, **Alanna Peart** and **Nellie Langford** are also listed as a bloc.

#### Men –Marathon Walk

1	2:55:28	Hayato KATSUKI	JPN	Takahata (JPN)	26 OCT 2025
2	3:01:22	Kazuya IWAI	JPN	Takahata (JPN)	26 OCT 2025
3	3:03:55	Andrea AGRUSTI	ITA	Zittau (GER)	25 OCT 2025
4	3:04:22	Subaru ISHIDA	JPN	Takahata (JPN)	26 OCT 2025
5	3:04:37	Motofumi SUWA	JPN	Takahata (JPN)	26 OCT 2025
6	3:04:49	Serhii SVITLYCHNYI	UKR	Ivano-Frankivsk (UKR)	18 OCT 2025
7	3:04:51	Karl JUNGHANNB	GER	Zittau (GER)	25 OCT 2025
8	3:05:14	Maryan ZAKALNYTSKY	UKR	Ivano-Frankivsk (UKR)	18 OCT 2025
9	3:05:19	Kazuki TAKAHASHI	JPN	Takahata (JPN)	26 OCT 2025
9	3:05:19	Yutaro MURAYAMA	JPN	Takahata (JPN)	26 OCT 2025
11	3:05:34	Martin MADELINE-DEGY	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
12	3:07:26	Máté HELEBRANDT	HUN	Zittau (GER)	25 OCT 2025
13	3:07:42	Jonathan HILBERT	GER	Dublin (IRL)	14 DEC 2025
14	3:07:51	Maher BEN HLIMA	POL	Zittau (GER)	25 OCT 2025
15	3:08:10	Jaromír MORÁVEK	CZE	Zittau (GER)	25 OCT 2025
16	3:09:31	Raivo SAULGRIEZIS	LAT	Zittau (GER)	25 OCT 2025
17	3:09:50	Ivan BANZERUK	UKR	Ivano-Frankivsk (UKR)	18 OCT 2025
18	3:09:55	Carl DOHMANN	GER	Zittau (GER)	25 OCT 2025
19	3:10:12	Mattéo DUC	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
20	3:13:33	Adam ZAJÍČEK	CZE	Zittau (GER)	25 OCT 2025
21	3:13:48	Cameron CORBISHLEY	GBR	Dublin (IRL)	14 DEC 2025
22	3:13:54	Nathaniel SEILER	GER	Zittau (GER)	25 OCT 2025
23	3:14:43	Killian LEBRETON	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
24	3:15:49	César HERRERA	COL	Lima (PER)	06 DEC 2025
25	3:17:09	Luis Henry CAMPOS	PER	Lima (PER)	06 DEC 2025
26	3:18:41	Erick Bernabé BARRONDO	GUA	Lima (PER)	06 DEC 2025
27	3:19:58	<b>Rhydian COWLEY</b>	AUS	<b>Canberra (AUS)</b>	<b>29 NOV 2025</b>
28	3:21:38	Koutaro WAKE	JPN	Takahata (JPN)	26 OCT 2025
29	3:22:17	<b>Dylan RICHARDSON</b>	AUS	<b>Canberra (AUS)</b>	<b>29 NOV 2025</b>
30	3:22:32	Quentin CHENUET	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
31	3:23:52	Oscar PATÍN	ECU	Lima (PER)	06 DEC 2025
32	3:25:47	<b>Mitchell BAKER</b>	AUS	<b>Canberra (AUS)</b>	<b>29 NOV 2025</b>
33	3:28:11	Ren SATO	JPN	Takahata (JPN)	26 OCT 2025
34	3:28:35	Ten MATUI	JPN	Takahata (JPN)	26 OCT 2025
35	3:29:23	Georgios KELEPOURIS	GRE	Zittau (GER)	25 OCT 2025
36	3:33:05	Tatsuya TANAKA	JPN	Takahata (JPN)	26 OCT 2025
37	3:33:56	Takuma HACHIMURA	JPN	Takahata (JPN)	26 OCT 2025
38	3:37:12	Kyosuke KANAYA	JPN	Takahata (JPN)	26 OCT 2025
39	3:43:56	Lorenzo A DAVILA RUIZ	MEX	Zittau (GER)	25 OCT 2025
40	3:44:32	Pierre-Alex FOUGERON	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
41	3:44:56	Lucas MAZZO	BRA	Dublin (IRL)	14 DEC 2025
42	3:45:35	Roland LANDRON	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
43	3:46:44	Tomoya SENGIKU	JPN	Takahata (JPN)	26 OCT 2025
44	3:54:45	<b>Kim MOTTROM</b>	AUS	<b>Canberra (AUS)</b>	<b>29 NOV 2025</b>

#### Women –Marathon Walk

1	3:24:19	Katarzyna ZDZIEBŁO	POL	Zittau (GER)	25 OCT 2025
2	3:24:54	Viviane LYRA	BRA	Dublin (IRL)	14 DEC 2025
3	3:33:38	Camille MOUTARD	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025

4	3:34:11	Magaly Beatriz BONILLA	ECU	Zittau (GER)	25 OCT 2025
5	3:35:58	Olivia SANDERY	AUS	Canberra (AUS)	29 NOV 2025
6	3:37:03	Agnieszka ELLWARD	POL	Zittau (GER)	25 OCT 2025
7	3:43:26	Ada JUNGHANNß	GER	Zittau (GER)	25 OCT 2025
8	3:44:42	Marine ROTTIER	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
9	3:45:55	Elvina CARRÉ	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
10	3:47:51	Miyu NAITO	JPN	Takahata (JPN)	26 OCT 2025
11	3:49:43	Yuki YOSHIKUMI	JPN	Takahata (JPN)	26 OCT 2025
12	3:53:44	Mao TATSUMI	JPN	Takahata (JPN)	26 OCT 2025
13	3:54:13	Momoka NORITAKE	JPN	Takahata (JPN)	26 OCT 2025
14	3:54:34	Kinga WALERIAŃCZYK	POL	Zittau (GER)	25 OCT 2025
15	3:55:19	Hannah BOLTON	AUS	Canberra (AUS)	29 NOV 2025
16	3:56:50	Alanna PEART	AUS	Canberra (AUS)	29 NOV 2025
17	3:58:49	Anna ZDZIEBŁO	POL	Zittau (GER)	25 OCT 2025
18	3:59:48	Nellie LANGFORD	AUS	Canberra (AUS)	29 NOV 2025
19	4:21:13	Laura DE BONTIN	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025
20	4:25:18	Bianca SCHENKER	GER	Zittau (GER)	25 OCT 2025
21	4:42:40	Adeline BRASTEL	FRA	Salaise-sur-Sanne (FRA)	16 NOV 2025

## MARCIADALMONDO & O MARCHADOR ROUNDUP

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

- Monday, December 15, 2025 - **Jonathan Hilbert and Viviane Lyra win Walking Marathon in Dublin (2025)** <https://omarchador.blogspot.com/2025/12/jonathan-hilbert-e-viviane-lyra-vencem.html>
- Sunday, December 14, 2025 - **Grand Prix of Race Walking "Cidade de Castro Urdiales" 2025 (results)** <https://omarchador.blogspot.com/2025/12/grande-premio-de-marcha-cidade-de.html>
- Friday, December 12, 2025 - **Isaac Beacroft sets new under-20 world record in the 10,000m race walk in Sydney, Australia.** <https://omarchador.blogspot.com/2025/12/isaac-beacroft-estabelece-novo-recorde.html>
- Thursday, December 11, 2025 - **Impressive results at the Australian School Championships – Melbourne 2025** <https://omarchador.blogspot.com/2025/12/expressivos-resultados-nos-campeonatos.html>
- Wednesday, December 10, 2025 - **Rachelle de Orbeta and Brandon Segura win the Cupey Track Grand Prix in San Juan, Puerto Rico.** <https://omarchador.blogspot.com/2025/12/rachelle-de-orbeta-e-brandon-segura.html>
- Tuesday, December 9, 2025 - **Vitória Oliveira, for the 7th time, and Rui Magalhães, in his debut, win the Celorico da Beira Grand Prix (2025)** <https://omarchador.blogspot.com/2025/12/vitoria-oliveira-pela-7-vez-e-rui.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.*

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## \*\* H&T Online - NOTICE BOARD \*\*

### VRWC Committee

## \*\*Vacancy – Club Treasurer

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

The job entails:

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

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

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

## FIXTURE 2025-2026 SUMMER SEASON - *final*

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

<b>Sun 18<sup>th</sup> January 2026, VRWC Road Races</b>		<b>Middle Park</b>
8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am	5km, 3km	Open
9.50am	2km, 1km	Open

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

**Sunday 15<sup>th</sup> 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](http://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**

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# WHAT'S UP AHEAD?

## **AVSL Round Dates – 2025/2026**

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

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



Sat 28 Feb 2026

AVSL Rd10 – Casey (2000m, 5000m)

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

### **Victorian & National Key Dates – 2025/2026**

Sun 18 Jan 2026

**VRWC Road races** – Middle Park

Sat-Mon 24/26 Jan 2026

**AV Country T&F c'ships** – Albury NSW

Sun-Mon 25-26 Jan 2026

**AA 10,000m Walk c'ship/Supernova** – AIS track, Bruce ACT

Fri-Sun 13/15 Feb 2026

**AV Junior T&F c'ships** – Lakeside Stadium

Sun 15 Mar 2026

**AA Half-Marathon Race walk c'ships** – Adelaide SA

Thu-Sun 19/22 Mar 2026

**AV U20, Open & Overage T&F c'ships** – Lakeside Stadium

### **International Dates**

12 Apr 2026

**2026 World Athletics Racewalking Team c'ship** – Brasilia, BRA

18-23 May 2026

**2026 Oceania Athletics C'ships** – Darwin NT, AUS

4-9 Aug 2026

**World U20 Athletics Championships** – Eugene OR, USA

22 Aug-3 Sep 2026

**World Masters Athletics Championships** – Daegu, KOR

30 Oct-15 Nov 2026

**Youth Olympic Games** – Dakar, SEN

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