



# HEEL & TOE Online

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

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## CLUB NEWS and RESULTS

### VRWC 'Guess Your Time' results, 15 June – Middle Park

It may have been a miserable week in Melbourne weather-wise prior to Saturday, but warm(ish) sunshine greeted the 33 starters who estimated their likely finish times, then proceeded to try to hit them on the head (without watches or a digital clock to guide them, of course.) Prizes were on offer for the winning male and female over each distance.

**Paul Moritz** got closest, finishing just 1 second shy of his guess in clocking **41:54** for 6km. **Abby Fowler, Ariana Pashutina** and **David Smyth** showed that their radar wasn't much further off, each finishing with a 0:02 differential. Youngsters **Tate Jardine** and **Brodie Welsh** would also have impressed their maths (and phys ed) teachers with their estimating skills, getting to within 5 and 6 seconds of their guesses.

The GYT stimulus must have motivated a lot of starters to set high targets, judging by the number of PBs recorded. The best of these was by **Jade Chitty**, who belted her 8km time out of the park by 3:34 in clocking **46:18**. Other substantial improvers were **Aria di Benedetto** (1km), **Erlyn Singh** (2km) and **John Nottle** (6km), all of whom earned themselves an extra BBQ sausage. (Maybe they all just wanted to be first back for the food ...)

Speaking of the BBQ ... it was a treat to kick back with a snag or two (many thanks to **Karyn O'Neill, Narelle Campbell** and **Jackie Fowler**) and enjoy a chat in the sunshine, before adjourning to the Main Hall for the GYT prize presentation and raffle draw. Well done to prizewinners **Paul, Jade, Carolyn, David, Ariana, Tate, Caitlyn, Dimitri** and **Abby**.



Max and Ariana lead out the 8/6/4km field

<i>Name</i>	<i>Gen.</i>	<i>Age Gp</i>	<i>Place</i>	<i>Place Time</i>	<i>Diff. place</i>	<i>Difference</i>
<b>1km</b>						
Abby Fowler	F	Un10	1	6:40	1	0:02
Payton Welsh	F	Un10	3	7:47	2	0:19
Aria Di Benedetto	F	Un10	2	6:43	3	0:57 PB 0:36
Dimitri Pashutin	M	Un10	2	6:24	1	0:04
Logan Allison	M	Un12	1	5:38	2	0:12 PB 0:08
<b>2km</b>						
Caitlyn Shipham	F	Un12	6	13:36	1	0:06 PB 0:11
Indigo Marshall-Moodie	F	Un12	3	11:39	2	0:17 PB 0:18
Addison Frenken	F	Un12	1	11:10	3	0:20
Georgia Walters	F	Un10	5	13:31	4	0:24 First 2k
Erlyn Singh	F	Un12	4	12:55	5	0:50 PB 0:27
Mackenzie Turner	F	Un16	2	11:34	6	2:04
Anna Wallace	F	M40+	7	14:45	7	2:21
Tate Jardine	M	Un14	2	13:25	1	0:05 PB 0:05
Brodie Welsh	M	Un12	1	12:09	2	0:06
Arthur Robinson	M	Un16	3	14:01	3	0:27 PB 0:27
<b>4km</b>						
Ariana Pashutina	F	Un18	1	21:12	1	0:02
Gwen Steed	F	M60+	6	29:40	2	0:14
Donna-Marie Elms	F	M60+	5	26:15	3	0:15
Emilie Garside	F	Open	4	25:44	4	0:46 PB 0:20
Char Hay	F	Open	2	21:54	5	0:54
Aylwen Campbell	F	Un16	3	25:36	6	1:04 First 4k
Marnie Zakis	F	M40+	7	29:44	7	1:41
David Smyth	M	M40+	4	24:22	1	0:02
Jonathan Ho	M	Un20	3	22:39	2	0:17 First 4k
Angus Shuttleworth	M	Un14	2	21:07	3	0:20
Max Davidson	M	Un16	1	19:52	4	1:52
<b>6km</b>						
Carolyn Rosenbrock	F	M60+	1	35:08	1	0:09
Heather Carr	F	M60+	3	41:43	2	0:17
Grace Louey	F	Open	2	36:53	3	0:23
Paul Moritz	M	M60+	2	41:54	1	0:01 First 6k
John Nottle	M	M60+	1	41:07	2	0:37 PB 0:30
<b>8km</b>						
Jade Chitty	F	Un20	1	46:18	1	0:22 PB 3:34
Emily Smith	F	Un18	2	48:33	2	1:23



*This race walking ... it really drives you 'round the bend!'<sup>1</sup>*

<sup>1</sup> Good news: The H&T gag writer has been sacked. Bad news: Unfair dismissal laws ...

**\*Handicaps**

<u>FEMALE</u>			<u>MALE</u>		
<b>M60+</b>			<b>M60+</b>		
1	Donna-Marie	Elms	1	John	Nottle
2	Gwen	Steed	NPT	Paul	Moritz
3	Heather	Carr			
NPT	Carolyn	Rosenbrock	<b>M40+</b>		
			1	David	Smyth
<b>M40+</b>			<b>U20</b>		
1	Anna	Wallace	1	Jonathan	Ho
2	Marnie	Zakis			
<b>Open</b>			<b>U16</b>		
1	Emilie	Garside	1	Arthur	Robinson
2	Grace	Louey	2	Max	Davidson
3	Char	Hay			
<b>U20</b>			<b>U14</b>		
NPT	Jade	Chitty	1	Tate	Jardine
			2	Angus	Shuttleworth
<b>U18</b>			<b>U12</b>		
1	Ariana	Pashutina	1	Brodie	Welsh
2	Emily	Smith	2	Logan	Allison
<b>U16</b>			<b>U10</b>		
1	Aylwen	Campbell	1	Dimitri	Pashutin
NPT	Mackenzie	Turner			
<b>U12</b>					
1	Caitlyn	Shipham			
1	Indigo	Marshall-Moodie			
2	Addison	Frenken			
3	Erlyn	Singh			
<b>U10</b>					
1	Georgia	Walters			
2	Aria	Di Benedetto			
3	Payton	Welsh			
4	Abby	Fowler			

*NPT = no previous time*



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

*Marnie, Aylwen, Dimitri, Jade, Arthur, Logan, Emilie, John, Addison, Peyton, Erlyn, Brodie, David, Indigo, Georgia and Abby.*

As is always the case, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes. If you're not on the list, be assured that we appreciated your contribution:

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Mark Donahoo
<b>Race check in</b>	Mark Donahoo, Bill Carr
<b>Timekeeper</b>	Ian Laurie
<b>Recorders</b>	Bob Gardiner, Mark Donahoo, Ian Laurie, Alla Pashutina, Bill Carr, Narelle Campbell
<b>Judges:</b>	Gordan Loughnan (Chief), Terry O'Neill, Stu Cooper
<b>Set up, pack up:</b>	Terry Swan, Ian Laurie, Stu Cooper, Bob Gardiner, Terry O'Neill, Tim Erickson
<b>Bike rider</b>	Tim Erickson
<b>Photos</b>	Terry Swan
<b>Canteen</b>	Donna Marie Elms, Gwen Steed
<b>Presentation</b>	Mark Donahoo, Stu Cooper
<b>Walkers:</b>	33
<b>BBQ</b>	Karyn O'Neill, Narelle Campbell, Jackie Fowler

**\*This coming weekend ...**

	<p><b>Saturday 22 June – Middle Park</b>  <b>AV 15km Road walk championships</b></p>	
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This is the second of our World Athletics calendar championships for the year. With our top Victorians – Cowley, Montag, Swan and Henderson – all overseas and preparing for Paris, the field is wide open for new players to step up. **Corey Dickson** and **Will Thompson** should fight out the Men’s title, while **Marcus Wakim** will be after a place and **Fraser Saunder** could also figure if he is injury-free. **Alanna Peart** appears to have the Women’s title and the Elsie Jacobson Trophy in the bag, in which case the battle for the placings could be interesting with **Maddison Nash**, **Emily Smith** and possibly **Kate Siviour** entered. Ballarat Master **Sarah Brennan** always gives an impressive showing in this race and won’t be there just to make up the numbers if she starts.

<b>1.30pm</b>	<b>15km</b>	<b>AV Championship</b>	<b>Open Women</b>
	<b>15km</b>	<b>AV Championship</b>	<b>Open Men</b>
	<b>15km</b>	<b>VRWC C’ship – Elsie Jacobson Trophy</b>	<b>Open Women</b>
	<b>15km</b>	<b>VRWC Championship</b>	<b>U20 Men/Women</b>
<b>1.45pm</b>	8km	Non-points race	Open
	4km	Non-points race	Open
	1km	Non-points race	Open

*\*Remember that entries for the AV 15km close at 11.59pm on Wednesday 19 June. Enter via the AV portal at <https://athsvic.org.au/events/victorian-race-walking-club/>  
 Entries close for the VRWC Non-points races at 6pm on Friday 21 June. Enter via the VRWC portal at <https://www.revolutionise.com.au/vrwc/events/243188>*

	<p><b>LAVic Road walk Championships, Saturday 22 June – Middle Park</b></p>
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This is a first for the VRWC. While we have conducted championships on behalf of Athletics Victoria, Athletics Australia, Race Walking Australia and Victorian Masters Athletics for many years, this year we are cooperating with **Little Athletics Victoria** to conduct a **LAVic Road Walking championships** for the first time. Other states’ walking clubs have fruitful liaisons with their respective Little Athletics bodies, and it’s time we joined the party.

At close of race entries there were an astonishing **102** applications from Under 9 to Under 17, evidence that young walkers out there are keen for racing opportunities outside of summer programs. This partnership between LAVic and the VRWC offers Little athletes such opportunities, both via these championships and within the VRWC winter competition program.

Saturday’s activities will commence with two education sessions:

- **12.00 noon – Holding Race Walking Events at Your Centre.** For parents and Centre officials, this is an introductory session, covering the benefits of race walking, the walking rules, what a judge does and doesn’t do. It

also addresses introducing the sport to beginners, the importance of technique and basic coaching activities, and what's involved in putting on races. Conducted by Stu Cooper (VRWC president).

- **12.15pm – Coaching Session for Athletes.** How to race walk (including skills, drills and training tips), understanding judges and the warnings given. Conducted by Mark Donahoo (Club coach).

<b>1.50pm</b>	<b>3km</b>	<b>LAVic Championship</b>	<b>U17 Boys/Girls</b>
	<b>3km</b>	<b>LAVic Championship</b>	<b>U16 Boys/Girls</b>
	<b>3km</b>	<b>LAVic Championship</b>	<b>U15 Boys/Girls</b>
<b>2.15pm</b>	<b>2km</b>	<b>LAVic Championship</b>	<b>U14 Boys/Girls</b>
	<b>2km</b>	<b>LAVic Championship</b>	<b>U13 Boys/Girls</b>
	<b>2km</b>	<b>LAVic Championship</b>	<b>U12 Boys/Girls</b>
<b>2.35pm</b>	<b>1.5km</b>	<b>LAVic Championship</b>	<b>U11 Boys/Girls</b>
<b>2.40pm</b>	<b>1.5km</b>	<b>LAVic Championship</b>	<b>U10 Boys/Girls</b>
<b>2.55-2.59pm</b>	<b>1km</b>	<b>LAVic Championship</b>	<b>U9 Boys/Girls</b>
<b>3.15pm</b>		<i>Presentations</i>	

**\*COMPETITION OFFICIALS**  
**VICTORIAN ROADWALKING CHAMPIONSHIPS - AV, LAVic**  
**Saturday 22<sup>nd</sup> June 2024**

In conducting the AV and LAVic Roadwalking championships, and VRWC races on Saturday 22<sup>nd</sup> June 2024, there will need to be many hands at the wheel to make the day a success. The list below is of the key official positions.

**Officials**

**Competition Manager:** Mark Donahoo

**Race Director:** Mark Donahoo

**Referee:** Pam Noden

**Chief Walks Judge:** Scott Nelson

**Walk Judges:** Terry Swan, Gordon Loughlan, Di Lowden, Brenda Felton, Shane Dickson, Wally Horsman, Tony Doran, David Cash

**Recorder:** Terry O'Neill

**Posting Board:** Michael Bodey

**Penalty Area Referee/ timekeeper:** Karyn O'Neill

**Check-in for AV & VRWC/ Event Registration:** Bill Carr, Heather Carr

**Check-in for LAVIC:** Little Athletics officials

**Presentations:** Mark Donahoo, Anthony McIntosh (LAVIC CEO)

**Starter:** Tim Erickson

**Marshals and check in for LVAA athletes:** LAVIC people

**Finish Marshall for LAVic races & Token distribution:** Jonathan Ho, Ezo Ali

**Results Collation:** Mark Donahoo, Bill Carr

**Bike Rider:**

**Red Card Collector:** Michelle Frenken

**Canteen:** Donna Elms, Gwen Steed

**Course Setup:** Terry Swan, Ian Laurie, Stu Cooper, Gerard Feain, Terry O'Neill, Tim Erickson, Brett Johnstone

**Chief Timekeeper AV and VRWC:** Ian Laurie

**Chief Timekeeper LAVIC:** Stu Cooper

**Announcer:** Tim Erickson

**Feed Table:** Simon Baker,

**Photos:** Terry Swan

**First Aid:** Brett Johnstone, Caitlin Serle

**Child safe officer:** Brett Johnstone

### Course

The course is a 1km loop course at the back of the Pit buildings between the building and the lake. Walkers will start and head towards the city, walking in a clockwise direction. As the event will start in the middle of the course, the walkers racing 1.5km will do one full lap and the one ½ a lap.

The 2-way radio channel used for the event is channel 60.

It'll be a big day, and one we're all looking forward to. Let's hope some of the LAVic walkers will enjoy their experience at Middle Park enough to want more, and to join the Club.



- Last week I heard the unfortunate news that **Steve Haverly** had suffered a stroke and was recuperating at Royal Park Medical Centre. We wish Steve a speedy recovery and hope to see him back at Middle Park before long ... certainly in time for the *Twilight Trivia* which he never misses. All the best, Steve!

### ADVANCE NOTICES

**\*Twilight Trivia** – Saturday 27 July at 3.45, after the RWA Postal races.

**\*Judging Seminar** – Saturday 24 August at the Cathy Freeman Room, Lakeside Stadium (See application form on Page 11)

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## AROUND THE COUNTRY

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



(Photo: SARWC)

Two young improvers – **Angelina Legrand (SA)** and **Jade Chitty (VIC)** – share this week's WOTW award.

It was a busy day for **Angelina** at South Parklands, Adelaide. Competing first in a Little Athletics 2km in which she posted a 25sec PB, she then knuckled down to a 6 X 1km intervals race, clocking another PB (**4:58**) and averaging 5:04 across the six reps. Sustained endurance is the bedrock of success in this sport and Angelina (as she showed in Canberra last week) is building her endurance impressively.

**Jade** started her 8km race at Middle Park on Saturday as if on a mission, carving through the 8 laps with purpose and crossing with a time of **46:18** – a PB by a massive 3:34. Jade is another who has steadily built on her condition and stamina over several years and is now starting to express her natural speed to good effect.

Well done, Angelina and Jade. We'll look forward to seeing you both progress further as the season unwinds.



(Photo: VRWC)

#### \*Honourable mention

- Oliver Morgan (TAS)** – a PB by 2:40 in his first 10km for several years, clocking **55:59** in icy winter conditions.

### A.C.T. ACTRFWC results, 15 June – Weston Park

Thanks to **Helen Toyne** for these results, received via the ACTRFWC Newsletter. No doubt the hard-working Canberra officials were grateful for a quieter race day after the full-on LBG Carnival last week.

1	Estrid Helgstedt	1km	Race	7.49
1	Jillian Ryan	2km	Race	11.06
2	Sebastian Ryan	2km	Race	12.10
3	Julia Grocott	2km	Race	12.18
4	Tindra Helgstedt	2km	Race	15.04
5	Michelle Tymkiw	2km	race	15.22
6	Jim White	2km	Fitness	15.57
1	John Kennedy	4km	Fitness	26.29

## NEW SOUTH WALES

The NSWRC walkers, unfortunately, suffered the same fate as their WARWC counterparts did two weeks ago with last weekend's racing fixture being washed out. We all know that when it rains in Sydney it doesn't muck around, and we hope that they encounter no such further cancellations this winter.

## QUEENSLAND QRWC Handicap #6, Sunday 16 June – Mudgeeraba

Despite the early morning chill, the QRWC enjoyed fine, sunny conditions for their latest handicap fixture. Thanks to **Robyn Wales** for the results and photos:



*Taylah, Mia, Kai and Joy stride out at Mudgeeraba. (Photos: Julius Bergh)*

### A Grade 10km

#### Men:

(1) Peter Bennett 1:07:30

#### Women:

(1) Jasmine Rose McRoberts 1:18:17  
(2) Joy Dale 1:23:18 SB

### B Grade 5km

#### Men:

(1) Kai Dale 31:48

#### Women:

(1) Mia Bergh 27:06  
(2) Taylah Morris 33:30  
(3) Summer Millard 34:45  
(4) Noela McKinven 46:01

### C Grade 3km

#### Women:

(1) Eliza Kelly 18:55  
(2) Kiara Waterman 19:22 SB  
(3) Savannah Dunleavy 20:04

### D Grade 2km

#### Men:

(1) Leo Hyde 10:33 SB

#### Women:

(1) Amelia Chisholm 11:23 SB  
(2) Freya Williams 12:16

### E Grade 1km

#### Women:

(1) Izzy Blackburn 6:21  
(2) April Kelly 8:08

### F Grade 0.5km

#### Women:

(1) Piper Dunleavy 3:32  
(2) Harper Waterman 4:19

## SOUTH AUSTRALIA SARWC Intervals & SALA results, 15 June – South Parklands

**Kim Mottrom** reports ... showing, in the process, that his hard Canberra walks (35km plus a 5km) last Sunday did his speed no harm for this weekend.

Cold and wet here today and a busy one, with a Little Athletics meet followed by our annual post-Canberra Interval session. **Angelina Legrand** did a PB for both 1km and 2km across both meets, while **Cooper Rech** and **Liliana Templer** also did both meets.

**Sebastian Richards**, **Alex McEwan** and **Di Camilleri** all did PB's during the interval session. Very impressive effort from Liliana doing 6x1km after a 2km with little athletics, and **Jasmine Crabb** doing all of the 6x1500m reps.

***Interval day: 6x1km or 6x1500m off 12:00***

<b>Up to 6x1km</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>Average</b>
Sebastian Richards	04:22		04:34		04:31	04:27	<b>04:28</b>
Angelina Legrand	<b>4:58 PB 0:19</b>	05:03	05:09	05:08	05:06	05:05	<b>05:05</b>
Greg Metha	06:15	06:05	05:58	05:49	05:39	05:33	<b>05:53</b>
Liliana Templer	06:21	06:20	06:08	06:10	06:36	06:35	<b>06:21</b>
Robert Crabb	06:45	06:37	06:57				<b>06:46</b>
Alex McEwan	07:02	06:53	06:56	<b>6:51 PB 0:02</b>	07:07	06:52	<b>06:57</b>
Di Camilleri	07:20	<b>6:29 PB 0:30</b>	07:07	06:54	07:08	06:54	<b>06:58</b>
Lauren Richards	07:18	07:06		07:00		06:55	<b>07:04</b>
Martin Crabb	10:45						<b>10:45</b>

<b>Up to 6x1.5km</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>Average</b>
Sebastian Richards		<b>6:29 PB 0:03</b>					<b>06:29</b>
Kim Mottrom	06:27	06:27	06:45	06:52	06:49	06:51	<b>06:41</b>
Cooper Rech	07:41	08:01	08:10	08:20	08:44	08:51	<b>08:17</b>
Peter Crump	09:24	09:21	09:15	09:17	09:32	09:22	<b>09:21</b>
Jasmine Crabb	09:18	09:12	09:08	09:10	11:00	11:25	<b>09:52</b>

***Little Athletics Meet***

**U6-U8 500m**

Maleia King	3:27
Martin Crabb	4:23
Isabella Stratfold	4:25
Sedona Small	5:06

**U12-U17 2km**

Cooper Rech	9:36
Angelina Legrand	10:13 <b>PB 0:25</b>
Liliana Templer	12:54
Lara Hutchinson	15:05
Arizona Small	19:26

**U9-U11 1km**

Caleb Camilleri	6:08
Emmi Tunn	6:21
Jesaya Brandt	6:22
Saxon King	6:40
Aria Crispe	6:56
Anthony Crabb	7:50
Layla Trako	7:52
Mason Walden	8:56
Mackenzie Stratfold	9:39
Robert Crabb	DQ

**TASMANIA TRWC results, 15 June – Montrose Bay**

It looks as if winter has arrived in Hobart right on cue. **David Moore** reports:

Strong, chilly winds with the occasional showers made for a walk on the wild side at Montrose Bay today.

Newcomer **Isabelle Christensen Barrett** didn't let the conditions stand in the way of slicing over a minute from her 1.5km time. Meanwhile, **Oliver Morgan** chose a very tough day for his first 10km in over 2 years. **Oliver** managed to carve a very big slice of 2 minutes 40 seconds from his previous best for that distance.

**1km**

1. William Sugiarto TRWC 9:54

**1.5km**

1. Elsie Woodward Huon LA 12:05  
2. Isabelle Christensen Barrett TRWC 12:34 PB  
3. Bianca Sugiarto Huon LA 13:36

**2km**

1. Adele Woodward OVA 13:32

**3km**

1. Dave Moore TMA 30:06

**5km**

1. Wayne Fletcher NS 49:18

**10km**

1. Oliver Morgan SB 55:59



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# INTERNATIONAL NEWS

## MARCIADALMONDO & O MARCHADOR ROUNDUP

Nicola Maggio returns with his latest observations of the Paris Olympic Marathon Walk Relay, for which a final qualifying opportunity will be afforded in Dublin this coming Saturday:

### Paris 2024 Marathon Race Walk Relay

As of today (11 June – Ed), it is probably safe to say that 24 of the 25 places for the Paris Olympics have been decided.

As for the final (25th) place, there are only 13 seconds separating 3 teams, with Portugal currently sitting in the qualifying place:

- 25 **Portugal** Qualified by Top List\* 3:08:44 - Antalya (TUR) - 21 APR 2024
- 26 **Czechia** Next best by Top List 3:08:52 - Antalya (TUR) - 21 APR 2024
- 27 **United States** Next best by Top List 3:08:57 - CVEATC, Chula Vista, CA (USA) - 02 JUN 2024

The final opportunity for teams to qualify will be in the famous Morton Stadium, Santry, Dublin, Ireland on June 22. So far entries have been confirmed from the following teams:

- Ireland 
- Kenya 
- Kazakhstan 
- Czech Republic 
- Hong Kong 

With the below teams still to be confirmed:

- Finland 
- USA 
- Greece 

It seems qualification for the Marathon Race Walk Mixed Relay is as exciting and unpredictable as the event itself...



Olympic walks course map – as at 11 June. (Photo: Marcia dal Mondo Friends FB)

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, June 17, 2024 - Evelyn Inga and Luis Henry Campos triumph in international 10,000 meter walking events, in Lima <https://omarchador.blogspot.com/2024/06/evelyn-inga-e-luis-henry-campos.html>
- Sunday, June 16, 2024 - 2002, the calm that follows the storm <https://omarchador.blogspot.com/2024/06/2002-bonanca-que-sucedo-tempestade.html> Following a disastrous 2001 plagued by disqualifications, better results were seen in 2002 after much hard work of technique coaching.
- Saturday, June 15, 2024 - VIRTUS - European Athletics Championships - Uppsala (SWE) 2024 (results) <https://omarchador.blogspot.com/2024/06/virtus-campeonatos-da-europa-de.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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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024

Sat 22 Jun 2024	AV 15km & Little Athletics Victoria Road c'ships – Middle Park
Sun 14 Jul 2024	AV, VMA & VRWC c'ships – Middle Park
Sat 27 Jul 2024	RWA Postal Challenge – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	AV Country Road walk c'ships – Middle Park
Sat 24 Aug 2024	AA/RWA Walk judging course – Lakeside Stadium (Cathy Freeman Room)
Sun 25 Aug 2024	RWA 2 <sup>nd</sup> Carnival – Middle Park
Sat 7 Sep 2024	AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
Sun 15 Sep 2024	VRWC Relay race & Winter presentations – Middle Park

### International Dates

26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24 <sup>th</sup> World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20 <sup>th</sup> World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

#### \*\* 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, RWA.

#### \*\* VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> April 2024:

**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 1<sup>st</sup> 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.)

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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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A seminar for Walk Judges and anyone wishing to become a judge will be held on **Saturday 24 August**, in conjunction with the Racewalking Australia Championships, scheduled for Sunday 25 August.

The seminar will be presented by international judge **Zoe Eastwood-Bryson** and will consist of two sessions:

**SESSION 1** (10.00am – 12.00 noon)

- Rules of judging, for all age groups from Little Athletics to Seniors
- Operation of the Penalty Zone

**SESSION 2** (1.00pm – 3.00pm)

- Walk judge documentation, including Judge's Report form, Red cards, Chief Judge Summary sheet, Notification board.

If you wish to attend, please notify Di Lowden by 10 August, at [dilowden39@gmail.com](mailto:dilowden39@gmail.com)

## QUESTIONS

If you have prior questions or issues that you would like addressed at the seminar, please send them to Di Lowden who will pass them on to Zoe for consideration.

