



HEEL & TOE Online

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

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- Dogs off leash
- Re-registration and new registration
- Fees - Membership and racing.
- 2025 Winter fixture summary

WALKER OF THE WEEK

Improvements by over a minute in 3km races are always welcome. When it's by well over two minutes, that's something special. Add to the mix that it was done by someone in only their sixth-ever race walk (five of those being done this year) and you have someone to consider for WOTW. Such is the case with 12yo **Taylor Chapman (QLD)**.

Taylor walked her first official race two years ago, winning the U10 1.1km title at the LAQ championships. Cross-border, nothing more was heard of her until the National Little Aths titles in March when she won the U12 1500m title in a pacy 7:11. Stepping up to 3km in QRWC road competition, her 17:25 was a reasonable debut, but it was her next two races, over 2km in 10:14 and 10:11 (the latter earning her silver in the LBG U14 race behind Avia Luketic) that indicated her talent and potential. These took centre stage in the QA All Schools U14 3km last Sunday, which she won with a huge 2:22 PB in a time of **15:03**. Given her youth and the fact that she has just begun her race walking journey, we hope that Taylor develops a lasting love for the sport and the desire to achieve high in it.

Congratulations, Taylor. May you go on to further success this year, and beyond.

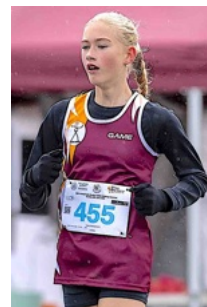


Photo: Danielle Sibenaler

*Honourable mentions

- **Angus Shuttleworth (VIC)** – another to register a big improvement with a 51 sec PB over 5km in **24:51**.
- **Fletcher Reid (VIC, 10yo)** – achieved a most impressive result in his first-ever 3km race, clocking **17:02**.



CLUB NEWS and RESULTS



June's been an exciting month for VRWC members so far. First, many of us gathered in Canberra for the 58th LBG Carnival on the King's Birthday weekend, seeing an encouraging boost in Victorian representation from the previous year. This was followed a week later by the AV 10km championship and the keenly-awaited LAVic Road walk titles, in which our young Club walkers were heavily involved and, unsurprisingly, quite successful.

Impressive as the tallies of medallists in both meetings are, the lists of those who finished off the podium are also pleasing, reflecting as they do the growing depth in numbers and quality of our membership. Well done, everyone!

LBG Carnival, Canberra – Sunday 8 June

GOLD	Rebecca Henderson	Open 35km	2:46:55
	Alanna Peart	Open 15km	1:12:50
	Alanna Peart	Open 5km	22:58
	Max Davidson	U18 5km	23:22
	Team 1: Men 15km Open		
	Team 1: Women 5km Open		
SILVER	Will Thompson	Open 15km	1:01:14
	Riley Coughlan	U20 10km	44:44
	Ariana Pashutina	U20 10km	54:22
	Jade Chitty	O19 10km	55:11
	Daisy Hooper	U10 1km	n/t
	Oliver Crowl	U12 2km	10:02
	Shaun Lewis	Masters 5km	29:35
BRONZE	Fraser Saunder	Open 35km	3:16:05
	Rhydian Cowley	Open 15km	1:01:26
	Rhydian Cowley	Open 5km	19:13
	Angus Shuttleworth	U16 3km	14:16
	Team 1: Girls U12 2km		
	Team 2: Men 5km Open		

4th place	Corey Dickson	Open 15km	1:01:52
	Bowie Clarke	U10 1km	n/t
	Tate McQueen	U14 2km	10:40
	Ariana Pashutina	Open 5km	27:04
	Will Thompson	Open 5km	19:33
5th place	Marcus Wakim	Open 15km	1:05:08
	Aria di Benedetto	U12 2km	12:05
	Addison Frenken	U14 2km	11:11
6th place	Corey Dickson	Open 5km	19:36
	Anna Dubar	U12 2km	12:14
7th place	Riley Coughlan	Open 5km	21:03
	Jemma Peart	Open 5km	27:41
8th place	Marcus Wakim	Open 5km	21:49
	Bowie Clarke	U12 2km	13:11
10th place	Kobe Lewis	U14 2km	13:09
	Angus Shuttleworth	Open 5km	26:18
12th place	Abby Fowler	U12 2km	13:27
	Addison Frenken	U16 3km	17:46
13th place	Shaun Lewis	Open 5km	29:35

LAVic Road championships – Saturday 14 June

GOLD	Daisy Hooper	U9 1km	5:56
	Fletcher Walters	U9 1km	5:57
	Lily Bowkett	U10 1.5km	8:31
	Fletcher Reid	U10 1.5km	7:58
	Georgia Walters	U11 1.5km	7:57
	Logan Allison	U11 1.5km	7:49
	Indigo Marshall-Moodie	U12 2km	11:13
	Brodie Welsh	U12 2km	11:55
	Addison Frenken	U13 2km	11:00
SILVER	Angus Shuttleworth	U14 2km	9:08
	Arthur Robinson	U16 3km	19:51
	Summer Patten	U9 1km	6:20
BRONZE	Bowie Clarke	U9 1km	6:08
	Aria di Benedetto	U10 1.5km	8:44
	Caitlyn Shipham	U13 2km	12:05
	Tate McQueen	U13 2km	10:37
BRONZE	Felix Skurka	U10 1.5km	8:30
	Anna Dubar	U11 1.5km	8:34
	Harrison Ryan	U13 2km	10:37

4th place	Payton Welsh	U10 1.5km	9:21
	Dimitri Pashutin	U10 1.5km	9:11
	Natalie Ramirez	U11 1.5km	9:10
5th place	Kobe Lewis	U12 2km	12:11
	Harrison Parnes	U9 1km	6:40
	Abby Fowler	U11 1.5km	9:17
6th place	Erlyn Singh	U12 2km	12:16
	Grayson Allison	U9 1km	6:44
	Zoe Bowkett	U12 2km	12:35
8th place	Ava Pravednikov	U9 1km	7:09
	Shaylee Barker	U10 1.5km	10:18
9th place	Avery Allison	U9 1km	7:10
	Ruby Nicholls	U10 1.5km	10:33

VRWC Club points results, 21 June – Middle Park

It was Winter solstice Saturday at Middle Park, with the shortest day of the year seeing a return of the Points competition and a bright, sunny afternoon. Another icy breeze brought jacket collars up into operational position, though on nothing like the level of last week's gale.

Angus Shuttleworth has struck a fruitful vein of form, slicing close to a minute from his 5km PB for **24:51**, the best performance of the day. **Caitlyn Shipham**, like Angus, backed up from a LAVic PB last week with another improvement, this time over 3km by 30 secs, with **Jordan Galbraith** and **Ryder Reid** having similar improvements. **Fletcher Reid** has his first try at 3km and showed he has stamina along with blitzing speed, clocking a great first-up **17:02**.

We were pleased to welcome three faces to the Club course – one new one and two 'long lost' ones. **Harry Wark**, from Williamstown, joined us for the first time and had his first 1km race. **Lily Bowkett**, although absent for a couple of winters along with sister **Zoe**, has been prominent in Little A's competition and it took her no time to stamp her authority on the 1km field on Saturday. And it was great to see **Gerard Feain** back racing after a debilitating upper leg injury sidelined him for most of the past twelve months. We hope all that's behind you, Gerard ... in both senses.

10km Open

1 Karyn O'Neill FM60+ 1:12:42

5km Open

1 Emily Smith FUn20 28:28
 2 Grace Louey FOp 28:39
 3 Donna-Marie Elms FM60+ 34:47
 4 Gwen Steed FM60+ 38:17
 .. Aangi Shah FUn16 Ab

12km Open

1 Terry O'Neill MM60+ 1:19:31

1 Angus Shuttleworth MUn14 24:51 PB 0:51
 2 Gerard Feain MM60+ 33:18
 .. Bob Gardiner MM60+ Ab
 .. Max Davidson MUn18 Ab

3km Open

1 Addison Frenken	FUn14	17:09 PB 0:03	1 Jordan Galbraith	MOp	14:56 PB 0:30
2 Caitlyn Shipham	FUn14	18:54 PB 0:30	2 Shaun Lewis	MM40+	16:30 PB 0:18
3 Aria Di Benedetto	FUn12	18:56	3 Fletcher Reid	MUn12	17:02 First 3km
4 Erlyn Singh	FUn12	19:41	4 Arthur Robinson	MUn18	20:30
5 Kobe Lewis	FUn14	20:20			
6 Heather Carr	FM60+	21:05			
.. Anna Dubar	FUn12	Ab			
.. Erin Reid	FM40+	Ab			

1km Open

1 Lily Bowkett	FUn10	5:32 PB 0:01	1 Bowie Clarke	MUn10	5:44 PB 0:19
2 Daisy Hooper	FUn10	5:47	2 Ryder Reid	MUn10	5:45 PB 0:29
3 Abby Fowler	FUn12	6:05 PB 0:10	3 Harry Wark	MUn12	6:11 First 1km
4 Summer Patten	FUn10	6:27			
5 Cory Lewis	FUn10	6:43			
6 Ava Pravednikov	FUn10	7:19			

Handicaps results

Erin	Reid	F	M40+	Ab
Shaun	Lewis	M	M40+	1
Heather	Carr	F	M60+	1
Karyn	O'Neill	F	M60+	2
Gwen	Steed	F	M60+	3
Donna-Marie	Elms	F	M60+	4
Terry	O'Neill	M	M60+	5
Robert	Gardiner	M	M60+	Ab
Gerard	Feain	M	M60+	NPT
Grace	Louey	F	Op	1
Jordan	Galbraith	M	Op	1
Summer	Patten	F	Un10	1
Cory	Lewis	F	Un10	2
Daisy	Hooper	F	Un10	3
Ava	Pravednikov	F	Un10	4
Lily	Bowkett	F	Un10	NPT
Bowie	Clarke	M	Un10	1
Ryder	Reid	M	Un10	2
Erlyn	Singh	F	Un12	1
Abby	Fowler	F	Un12	2
Aria	Di Benedetto	F	Un12	3
Anna	Dubar	F	Un12	Ab
Fletcher	Reid	M	Un12	NPT
Caitlyn	Shipham	F	Un14	1
Addison	Frenken	F	Un14	2
Kobe	Lewis	F	Un14	3
Angus	Shuttleworth	M	Un14	1
Aangi	Shah	F	Un16	Ab
Arthur	Robinson	M	Un18	1
Max	Davidson	M	Un18	Ab
Emily	Smith	F	Un20	1

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

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

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

Timekeeper
Recorders
Judges:

Ian Laurie, Mark Donahoo
Mark Donahoo, Kris Shipham, Tim Erickson, Dylan Shuttleworth
Brenda Felton (Chief), Anthony Doran, Stu Cooper, Di Lowden, Bec Lewis.

Learning: Danielle Clarke

Set up, Pack up:

Ian Laurie, Stu Cooper, Bob Gardiner, Karyn O'Neill, Terry O'Neill, Gerard Feain

Canteen

Donna Marie Elms, Gwen Steed

Cleaning:

Gwen Steed, Heather Carr

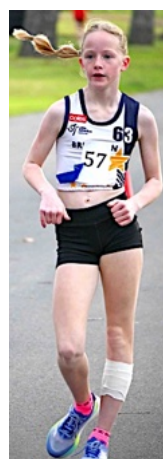
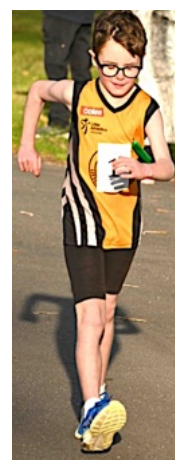
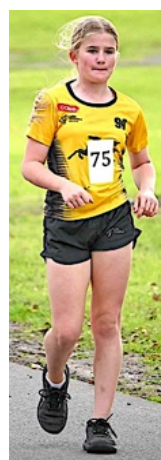
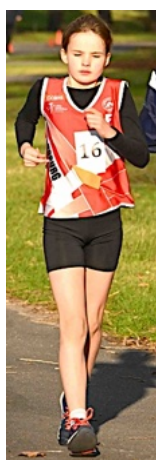
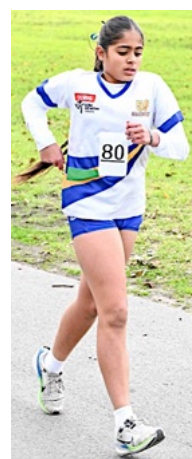
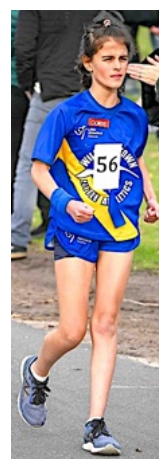
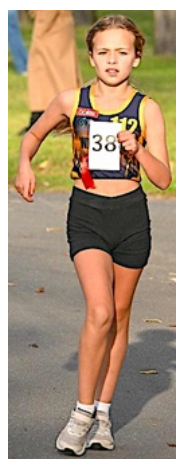
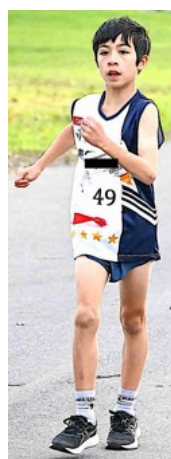
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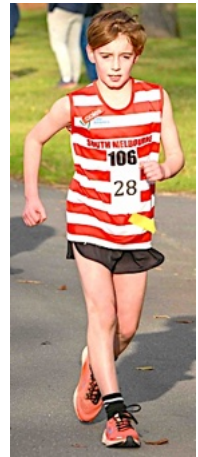
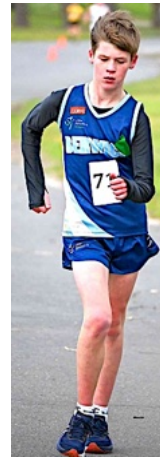
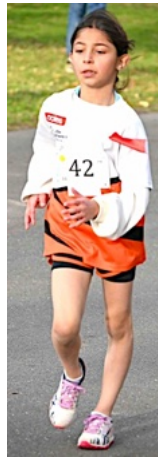
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***PHOTOS:** Sadly, neither Terry nor Therese was available for action photography on Saturday. Luckily, we had a good stockpile of images from last week's *LAVic road championships*, from which we've selected the following gallery:

***More ACTION MODELS from LAVic Championships ... 14 June**

(Photos: Therese Smith, Andrew Pryn)





*And, of course, you can never see too many happy bling racks!

***LAVic podium ... 14 June**

(Photos: Andrew Pryn)





***This weekend ...**

Saturday 28 June features our first Prizes fixture for the season – the popular ‘Guess Your Time’ races. Nominate your guessed finish time, then race to see how close you get to it. *No watches or time calls allowed.*

Prizes are on offer for those in each distance who get to within the closest margin of their guess-timed time.

Saturday 28 June – Middle Park

2.00pm	8km	Guess your finish time & Points race	Open
2.00pm	6km	Guess your finish time & Points race	Open
2.00pm	4km	Guess your finish time & Points race	Open
2.15pm	2km	Guess your finish time & Points race	Open
2.15pm	1km	Guess your finish time & Points race	Open

Entries will be accepted up until 6 on Friday 27 June. Enter online at <https://www.revolutionise.com.au/vrwc/>



AROUND THE COUNTRY

A.C.T. ACTRFWC Points 6 results, 21 June - Ginninderra

Results from ACTRFWC newsletter:

12km

1 Michelle Bray	Race	Masters F	1:08:31
2 Michael Smith	Race	Masters M	1:19:13
.. Bryan Thomas	Fitness	Masters M	DNF (9km)

4km

1 John Kennedy	Fitness	Masters M	28:43
2 Jill Pearson	Race	Masters F	29:11
3 Caroline Campbell	Fitness	Masters f	36:23
4 Geoff Barker	Fitness	Masters M	39:59

2km

1 Jillian Ryan	Race	u16 F	10:26
2 Sebastian Ryan	Race	u14 M	12:25
3 Jim White	Fitness	Masters M	16:47
4 Indira Beales	Race	u12 F	16:56

Club president **Kai Ryan** has completed the following review of the 58th LBG Carnival:

LBG Walking Carnival 2025

The LBG Carnival was held on 8 June 2025 at Stromlo Forest Park in Canberra. There were 165 competitors registered across 22 events, with approximately 1/3 competing in two events. This included 10 international athletes who travelled from Japan, New Zealand and Kazakhstan.

All events were held on a certified 1 kilometre circuit on the cycling criterium track. The 5km, 10km, 15km and 35km race walking events were World Rankings Competition events.

Thank you to everyone who helped to plan and then run the event, including extraordinary efforts from the Club's committee who worked tirelessly to deliver a highly successful event - both in the months leading up, and then over the entire event weekend. Most of us were on duty for the entire event including Helen Toyne who was a driving force both on the track and on social media.

Special thanks also to:

- Terry Swan for managing the athlete and clinic registration process
- Shane Pearson for his coordination efforts
- Danielle Sibenaler for her flying in from Queensland to volunteer her extraordinary photography skills through the entire day. There are now 800 photographs on Facebook!
- Lisa Colquhoun and Zoe Eastwood-Bryson for coordinating judging, and also for judging on the day
- Ian Colquhoun and Peter Boden for their work as Event Referees
- Alex Dreyer for his amazing commentary throughout the day. It created an incredible atmosphere
- Stuart Cooper for helping to collate the event results

Finally, thank you to our raffle sponsors. The 2025 raffle was incredibly successful with 10 highly sought after prizes:

- Rhydian Cowley for donating Australian Olympic and Commonwealth Games uniforms
- Steigen for donating socks and bags (www.steigen.com.au)
- The Runners Shop (Canberra) for donating gift vouchers (therunnersshop.com.au)
- Live Better Nutrition for donating Rebel gift vouchers (livebetternutrition.com.au)

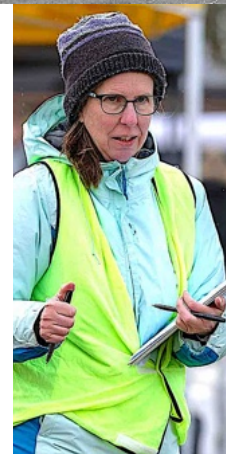
We look forward to seeing everyone again in 2026.

Kai Ryan

Race Director & President, ACT Race and Fitness Walking Club

Danielle Sibenaler's race photographs can be seen at facebook.com/DanielleSPhotography38 . To whet the appetite, here's a sample. There are hundreds more, in five galleries:





QUEENSLAND

QA Road walk c'ships (inc. Qld All Schools c'ships), 22 June – QSAC, Brisbane

Queensland Athletics combined its Road walk titles with its All Schools championships last Sunday. Races were held under the grandstands at the Queensland Sports and Athletics centre. **Taylor Chapman** had the standout performance, consigning her PB to another era with a 2:22 improvement in the U14 3km.

Men 20km RW Open

1 Alex Bradley QRWC 1:51:10

Men 50-59 20km RW Masters

.. Simon Cartwright QMA DQ

Men 10km RW U20

1 Bailey Housden QRWC 49:25

Women 50-59 10km RW Masters

1 Brenda Gannon QMA 1:04:40
2 Joy Dale QMA 1:20:00
.. Nyle Sutherland QRWC DQ

Women 80-89 10km RW Masters

1 Noela McKinven QMA 1:46:21 (P60)

Women 5km RW U18

1 Milly Sharpe QRWC 26:47
2 Olivia Boulton GCA 27:40

Women 5km RW U16

1 Eliza Kelly QRWC 30:12
2 Kiara Waterman QRWC 34:27

Women 20km RW Open

1 Brenda Gannon QMA 2:13:09

Women 10km RW U20

1 Phoebe Chadwick QRWC 59:43

Women 30-39 10km RW Masters

1 Patricia Hibbs QRWC 1:12:11

Women 60-69 10km RW Masters

1 Anne Weekes QA 1:13:49

Men 60-69 10km RW Masters

1 Ignacio Jiminez Solis QMA 53:56

Men 5km RW U18

1 Kai Dale QRWC 30:05

Men 5km RW U16

1 Noah Cooke QRWC 24:36
2 Lachlan Moore QRWC 25:45
3 Koby Irvine Bundaberg 26:08

Women 3km RW U14

1 Taylor Chapman	QRWC	15:03
2 Isabella Welch	QRWC	16:02
3 Elspeth Hooper	GCV	18:02
4 Violetta Boyd	QRWC	19:04
5 Violet Conway	QRWC	20:43
6 Mackenzie Wormald	GCV	21:07

Girls 2km RW U12

1 Freya Williams	Kingscliffe	11:21
2 Bella Sansom	QRWC	11:50
3 Clara Hermus	QRWC	12:19
4 Jessica Gorham	QRWC	12:27
5 Luna Boyd	QRWC	12:32
6 Izzy Blackburn	QRWC	12:43
7 Nina Trickey	QA	13:09
8 Willa Sio	QRWC	14:49

Men 3km RW U14

1 Leo Ramsay	QRWC	18:43
.. Dylan Moore	QRWC	DQ

Boys 2km RW U12

1 Hayden Robertson	QRWC	11:43
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Girls 1km RW U10

1 Lilli Chu	QRWC	5:55
2 Eve Schipplock	Starfish Tr	6:14
3 Eliza Park	QRWC	7:13

Boys 1km RW U10

1 Yoshua Lee	QRWC	6:13
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TASMANIA**AT All Schools & Short Course Road Walk c'ships, 22 June – Queen's Domain**

David Moore reports on a big Sunday of championship activity at Queen's Domain in Hobart:



Richie Porte territory ... how many walks championships start on a climb like this? (Photo: Aida Sugiarto)

The first of our Winter Championships, the **Tasmanian All Schools and Aths. Tas Short Course Championships** were held today in mild, sometimes sunny conditions. PB's aplenty from our All Schools competitors. Well done to **Eva Parker** 3km, **Adele Woodward** 2km, **Elsie Woodward** 1.5km and **Bianca Sugiarto** for achieving new marks for their respective distances.

Plaudits also to our walkers doing their first ever Championship, well done to **Sam** and **Austin Hucker**, **Charlotte** and **Gabriel Dix** and **Teo Rossi** – we hope it has whetted your appetite for more.

Elizabeth Leitch stormed home in the O/40 5km, but the day was more than a celebration of a championship win, but an occasion when 3 generations were competing in the same Championship with Elizabeth's son **Sam** (a former Tasmanian 100m & 200m champion) competing in the O/40 Men's 5k and grandchildren **Charlotte** and **Gabriel** putting their best feet forward in their All Schools events, a day to be treasured for sure.

Accolades also to **Eugene Gerlach** who won the O/40 Men's 5km for the twelfth time.

The Tasmanian Race Walking fraternity were delighted to have RWA President **Shane Pearson** make the presentations of Championship medals to our athletes.

David Moore (right) with his new badge for 40 years of service as an AA official, presented by RWA president Shane Pearson.



(Photo: Aida Sugiarto)

**** All Schools Championships Results**

U20 Men 5 k

1 Samuel Lindsay St Patricks College 23:02

U16 3k Girls

1 Eva Parker Reece High School 15:21 PB

U14 2k Girls

1 Adele Woodward St Aloysius 12:33 PB
2 Charlotte Dix Montagu Bay Primary 13:43

U12 1.5k Boys

1 Samuel Hucker Huonville Primary 11:42

Under 12 1.5 Girls

1 Elsie Woodward St Aloysius 10:36 PB
2 Bianca Sugiarto Huonville Primary 12:40 PB

U11 1.5k Boys

1 Teo Rossi Tas. Primary 12:10
2 Austin Hucker Huonville Primary 12:48
3 Gabriel Dix Montagu Bay Primary 14:51

**** Athletics Tasmania Championship Results**

O/40 Women 5k

1 Elizabeth Leitch TMA 35:31

O/40 Men 5k

1 Eugene Gerlach OVA 37:09
2 Sam Leitch ES 40:30 FT
3 Wayne Fletcher NS 45:49



Happy medallists at Queen's Domain, flanked by Eva and Samuel in action.

(Photos: Aida Sugiarto)

WESTERN AUSTRALIA WARWC handicap results, 22 June – Perry Lakes

Terry Jones reports that the weather at Perry Lakes on Sunday was overcast, cool, with a light shower towards the end of the last event. Ideal winter racing conditions, then ...

10K Handicap

John Ronan 49.06
Wendy Farrow 1:10:02
Andrew Duncan 1:00:12
Fiona van Heerwaarden 1:09:33

5K Handicap

Kaytee Bogaers 30.16
Addison Roots 34.34
Steve Travell 49.21
Brad Mann 30.05

3K Handicap

Wendy Farrow	21.08
Mackenzie Sillitto	16.59
Rahni Fowler	19.03
Brooke Mortimore	18.01
Hannah Clausnitzer	17.26
Chloe Bevis	20.02

1.5K Handicap

Zoe Fowler	9.52
Ruby Kilworth	9.51



INTERNATIONAL NEWS

GREECE: Greek Spring Race Walking Championships (track), Friday 20 June - Trikala

Spring Championships in Trikala – Papamichail and Fiaska win

(reprinted from *O Marchador* – 20 June)

The National Athletics and Spring Championships of 10,000m walk (track) took place this Sunday (15/06), in the city of Trikala, in central Greece, in the senior and U-23 categories, held under high temperatures (33°C) and some humidity, but that did not prevent personal records from being broken.

In the men's event, **Alexandros Papamichail** (Pammiliakos), once again the best Greek race walker of the moment, won the race, always in a “time trial” and at a good pace, achieving a time of **40:57.05**. In second place was the 20-year-old **Georgios Kritoulis** (AGES Kamiros) with **42:45.18**, a personal best and minimum for the European U23 Championships, and closing the podium was the very experienced **Konstantinos-Alexandros Ntentopoulos** (Olympias Patras) with **43:19.28**.

Also in this event, reference is made to two other athletes who earned the right to participate in the European Championships in their age groups, in this case, **Elissaios Bardakis** (Olympias Patras), in the U-20 - **44:45.46** and **Aristotelis Bousdas** (Fokianos Karditsas), in the U-23 - **44:48.22**.

In the women's event, **Olga Fiaska** (Athlokinisi Mytilini) who returned to the race won easily after her less successful performances at the Balkan Championships. She clocked **46:40.29**, her second best time over the distance. **Anastasia Antonopoulou** (Ikaros Neas Ionias), preparing for the European Under-23 Championships, broke her personal best with a time of **50:18.86**. And in third place in the overall standings (not counting towards the Greek Championships), the new revelation of Greek racewalking, **Chara Gerou** (AO Prevezas), stood out. At just 16 years of age, she clocked **50:31.90**, the minimum time for the European Under-20 Championships. The bronze medal at the Championships was won by **Sofia Alikanioti** (Panaxiakos AO) with **50:53.39**.

The race walk judging team included three internationals from the World Athletics Panels, namely Mara Baleani (Italy), Gold Panel, George Papanikolaou (Greece), Silver Panel, and Zoe Gini (Greece), Bronze Panel.

Men 10,000m c'ship

1.	Alexandros PAPAMICHAIL	18 SEP 1988	40:57.05
2.	Georgios KRITOULIS	13 DEC 2004	42:45.81
3.	Konstantinos-Alexandros NTENTOPOULOS	01 MAY 1994	43:19.28
4.	Andreas PAPASTERGIOU	29 JUN 2003	43:37.26
5.	Elissaios BARDAKIS	23 MAY 2006	44:45.46
6.	Aristotelis BOUSDAS	02 SEP 2003	44:48.22
7.	Georgios KELEPOURIS	22 JAN 1992	44:56.48
8.	Panagiotis MOUZAKIS	15 MAY 1991	49:33.33
9.	Marinos LYTRAS	14 APR 1980	51:10.22

Women 10,000m c'ship

1.	Olga FIASKA	09 NOV 2001	46:40.29
2.	Anastasia ANTONOPOULOU	27 OCT 2004	50:18.86
3.	Sofia ALIKANIOTI	27 APR 1998	50:53.39
4.	Chrysanthi ARVANITAKOU	10 JUL 2004	52:02.14
5.	Anna ADAMI	17 JAN 2005	52:39.83
6.	Sevastiani ASLANIDOU	17 APR 2006	54:30.98
7.	Charalampia ZACHAROPOULOU	21 JUN 2006	58:04.31

***CORRECTION – Netherlands Road walk Championships results**

In the last issue, the results of the Dutch road championships were improperly formatted, resulting in a scrambling of the data. Below is a revised table. My apologies to the affected athletes:

20km

1/André Van Slooten 1978	1:47:51
2/Edwin Van Wijngaarden 1977	1:50:52
3/Remco De Bruin 1964	1:54:59
4/Wilfried Van Bremen 1987	2:07:42
-/Maurits Drag 1991	DQ
P/Martin Vos 1969	2:19:43

10km Women

1/Aisling Lane (IRL) 2005	50:28
2/Eabha de Faoite (IRL) 2004	51:23
3/Anne Van Andel 1990	53:24
4/Emily Ghose (GBR) 1999	56:21
5/Loes Van Bremen 1986	1:05:46
6/Jacqueline Van Drongelen 1969	1:06:43
7/Jennifer Van Avendonk 1969	1:14:26
8/Larissa Droogendijk 1972	1:19:23
-/Hannah Hooper (GBR) 2003	DNF
P/Corina Riezebos 1965	1:12:48

10km Men

1/Matthew Glennon (IRL) 2003	43:09
2/Kristoffer Randall (NOR) 2007	47:49
3/Luc Legon (GBR) 1997	47:56
4/Oisin Lane (IRL) 2002	50:29
5/Thomas Pauwels (BEL) 2000	53:12
6/David Durand-Pichard (FRA) 1972	54:26
7/Henk Plasman 1957	1:03:40
-/Han Holstag 1957	DNF

5km

1/Liesbet De Smet (BEL) 1982	30:42
2/Hans Van Wakeren 1949	37:30

1km

1/Mick Van Bremen 2016	8:34
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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, June 23, 2025 - **Spanish Under-18 Championships of Autonomous Federations in Palafrugell, Girona (results)** <https://omarchador.blogspot.com/2025/06/campeonatos-de-espanha-de-sub-18-de.html>
- Sunday, June 22, 2025 - **Youth racewalking at the Federal Athletics Meeting in Fez, Morocco (results)** <https://omarchador.blogspot.com/2025/06/marcha-atletica-jovem-no-meeting.html>
- Saturday, June 21, 2025 - **Černý and Burzalová victorious in the «Kritérium SNP» in Banská Bystrica (SVK)** <https://omarchador.blogspot.com/2025/06/cerny-e-burzalova-vitoriosos-no.html>
- Wednesday, June 18, 2025 - **Liping Pang and Francesco Fortunato triumph in the top division of the Italian Club Championships – Brescia 2025** <https://omarchador.blogspot.com/2025/06/liping-pang-e-francesco-fortunato.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.



From the Secretary ... REGISTRATION

The registration portal is open for renewal and new memberships for season 2025.

The portal is here:

<https://www.revolutionise.com.au/vrwc/registration>

I have also completed the first series of races for entry for members to enter. (NOTE - *If you intend to buy a Season pass, see note below before entering.*)

First 3 race days here:

<https://www.revolutionise.com.au/vrwc/events>

Season Pass at \$110

<https://www.revolutionise.com.au/vrwc/shop>

When purchasing an SP, please wait 48 hours for your unique code to be sent via email. *Do not enter any races until you have received your code.*

Terry Swan

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

JUNE

Saturday 21 st June	VRWC Points races	Middle Park
Saturday 28 th June	VRWC Points races & Prize Day	Middle Park

JULY

Sunday 6 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 12 th July	VRWC Points races and Interval races	Middle Park
Saturday 19 th July	VRWC Points races	
Saturday 19th July	Coaching seminar for parents, athletes and coaches	Middle Park
Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park

AUGUST

Saturday 2 nd August	VRWC Points races	Middle Park
Saturday 9 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 16 th August	VRWC Last points race	Middle Park
Sunday 24 th August	Australia Athletics championships	Ballarat
Saturday 30 th August	VRWC non points race day	Middle Park

September

Saturday 6 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 14 th September	VRWC relay race and Seasons Presentations	Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sun 6 Jul 2025	AV & VMA 20km, AV age group & VRWC Club c'ships – Middle Park
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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<p>*DISCLAIMER: <i>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.</i></p>
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