



HEEL & TOE Online

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

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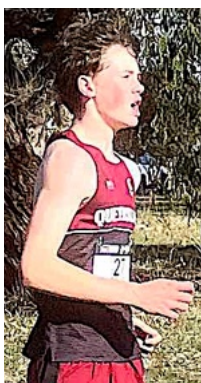
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*H&T Notice Board – Page 8

- VRWC Summer fixture - final
- Dogs off leash
- LAVic Southern Metro Region Coaching and Racing night – Wednesday 10 December
- ** VACANCY – Club Treasurer

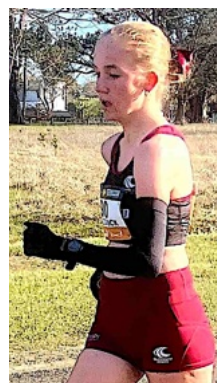
WALKER OF THE WEEK



WOTW this week takes us, once more, to Brisbane, where a special track 10,000m walk was held during a QA night meeting.

The race saw **Noah Cooke (QLD, 15yo)** make his first attempt at the distance and stamp himself as a definite prospect for the elite ranks with a wonderful initial time of **48:05.50**. Launching into a duel from the gun with international rep Tayla Billington, Noah was able to draw away in the final stages for a clear win. A fine debut and a perfect lead up to the All Schools titles in Melbourne.

Three WOTW awards in four weeks must be some kind of a record, but how could one not select **Phoebe Chadwick (QLD)** for her 3rd one, given the improvement curve she is on right now? Competing in the same QA 10,000m, Phoebe seized the opportunity presented by a cool breeze after a humid day to set an amazing 3:30 PB with her time of **56:13.71**. This is the largest in a string of bests she has posted over the past month and is the



outcome of a resolute focus and diligent training.

Well done, Noah and Phoebe. Your progress and results demonstrate your commitment to the sport.

*Honourable mentions

- **Owen Toyne (ACT)** – clocked his second sub-20:00 5000m with a 0:19 PB time of **19:39** in Capital Athletics interclub.
- **Liam Freundt (SA)** – another who is on an improvement streak, Liam slashed his 5000m time by 56 secs to record **23:39.66** in ASA interclub competition.



CLUB NEWS and RESULTS



*VRWC 2025 SUMMER CHAMPIONSHIPS ... Photo Gallery

Time didn't permit the inclusion of these pics in last week's issue, so here they are now. Many thanks once again to Therese Smith for her fine photography. Thanks also to Bec and Declan for officiating with the presentations.



U10 1km



U16 3km



Open 20km. Look after Gus, won't you Dylan?



VRWC Masters 5km (Terry holding Heather Carr trophy for winner Erin Reid.)



U18 5km



U14 2km



VMA Masters Women 5km



U12 1.5km



VMA Masters Men 5km

- Last week, Australian Athletics' **Lachlan Moorhouse** published on AA's website a short summary on each of five Victorian athletes who will compete in the coming Australian All Schools Championships at Lakeside Stadium on December 4-7. Under the heading 'Ones To Watch', the featured athletes are **Kirra Wright** (Assumption College, U20 Para 100m, 200m, 400m, Shot Put); **Lucas Chis** (Waverley Christian College, U18 1500m); **Jamison Harding** (Yarra Valley Grammar, U17 Pole Vault, 100m Hurdles); **Karla Boras** (Sacred Heart College Geelong, U18 Triple & Long Jump); and **Ela Uzun** (St Monica's College, U17 5000m Race Walk.)

Lachlan has published five previous 'Ones To Watch' selections, from ACT, NT, NQ, SA and WA (NSW, QLD and TAS have yet to be featured). So far, Ela is the only walker to make a list.

Congratulations Ela. We'll be cheering you on at Lakeside on December 4.

ELA UZUN

School: St Monica's College

Coach: Ece Uzun

Club: Athletics Essendon

Events: U17 5000m Race Walk

Setting an Under 16 national record of 22:57 over the 5km Race Walk in Ballarat earlier this year, Ela Uzun continues to blaze her way through the junior race walking ranks. The 14-year-old set a personal best 22:42.45 at the Victorian All Schools Championships last month, with the St Monica's College student putting her name forward as one of the athletes to beat in Melbourne.

By Lachlan Moorhouse, Australian Athletics
Posted 19/11/2025

VICTORIA - METRO & REGIONAL



AVSL – News, results

**** Metro Zone: Round 5, Saturday 22 November – Keilor Athletics Centre, Keilor**

A warm afternoon – with heat coming off the track as well as down from above – made new PBs elusive for the 30 walkers at Keilor. Kudos to young **Abby Fowler** who achieved just that, holding off determined veteran **John Nottle** to cut her 1500m time by 12 secs.

Pl	Name	Club	Age	Time	Points
1500m					
1	Andrew Duncan	(WAM)	M55	8:07.6h	371
2	Ella Harris	(ESS)	F14	8:28.7h	364
3	Kerryn Walshe	(KSB)	F60	8:42.2h	425
4	Abby Fowler	(WTN)	F14	9:05.7h	325 PB 0:12
5	John Nottle	(COL)	M70	9:07.4h	414
6	Bernie Keirl	(DIV)	M60	9:14.2h	288
7	Paul Kennedy	(KSB)	M65	9:27.7h	297
8	Donna-Marie Elms	(PTN)	F60	9:51.4h	357
9	Sarah Bevin	(COL)	F40	10:00.1h	263 PB 0:30
10	Sarah Papadopoulos	(DIV)	FOP	10:09.9h	231 PB 0:08
11	Janice Hodgart	(WES)	F60	10:16.9h	333
12	David Martini	(OLX)	M45	10:28.5h	199
13	Heather Carr	(GHY)	F70	10:31.2h	380
14	Faith Newman	(MUU)	FOP	10:44.9h	200
15	Gwen Steed	(GHY)	F70	11:04.8h	352
16	Geoff Barrow	(MEN)	M70	11:23.9h	255
17	Jo Moxon	(DIV)	F60	11:27.8h	275
18	Clyde Riddoch	(WAM)	M70	11:43.2h	246
19	Kim Peak	(DAC)	F55	11:54.3h	231
20	Brenda Cashin	(WES)	F60	12:14.6h	241
21	Elena Thode Minguet	(MUU)	FOP	12:31.9h	
22	Jenny-Rose Suzhai-Andrews	(BWK)	F60	13:03.2h	207

Alejandro Stephens and **Mya McClure** dropped the clutch at the gun in the 3000m and were soon joined by **Max Davidson**, who surged away for a strong win in **13:07.1**. Max looks to be in good shape with the All Schools on the horizon, as does Mya who was only 7 secs outside her best.

3000m					
1	Max Davidson	(DIV)	M18	13:07.1h	446
2	Alejandro Stephens	(GHY)	MOP	13:49.3h	384
3	Mya McClure	(WCA)	F16	14:15.5h	443
4	Lily Lambert	(MEN)	F16	16:41.1h	356
5	Danny Hawksworth	(ESS)	M45	17:08.9h	311
6	Emily Smith	(MUU)	F20	17:35.7h	304
7	Pippa Read	(WEL)	F14	17:51.6h	
8	David Armstrong	(DIV)	M70	21:24.1h	323

**** Ballarat Zone: Round 5, Saturday 22 November – Llanberris Stadium, Ballarat**

Box Hill Master **Simon Evans** was one of three Melbournites who ventured to the goldfields for this week's AVSL rounds, coming away with a good 1500m win. Ballarat also proved to be rich PB diggings for **Caitlyn Shipham**, whose improvement streak shows no sign of ending.

1500m					
1	Simon Evans	(BOH)	M65	8:15.04	443
2	Caitlyn Shipham	(KNA)	F14	8:34.81	358 PB 0:22
3	Phillip McLennan	(WEN)	M55	9:01.24	281
4	Kobe Lewis	(WTN)	F14	9:26.06	304
5	Stephen McLennan	(WEN)	M60	9:36.72	276
6	Kevin Ruddick	(BHA)	M70	10:45.17	274
3000m					

1	Kelly Ruddick	(BHA) F50	14:39.76	471
2	Charlie Wright	(EKA) M14	18:22.94	287 First 3000m

**** Bendigo Zone: Round 5, Saturday 22 November – Lar Birpa Athletics Track, Flora Hill**

2000m

1	Lachlan Carr	(BGO) MOP	14:40.21	
2	Leigh Browell	(SBE) M50	14:45.97	196
3	Annette Major	(EAG) F60	14:49.18	290
4	Michelle Carr	(UNA) F50	14:56.97	INV
5	Chris Pollard	(EAG) M65	15:27.97	247
6	Annette Curtis	(SBE) F65	16:48.03	255

Next weekend ...

This will be the last AVSL round before New Year. We expect many of the younger ones to test their speed for the Australian All Schools championships, coming up the following week.

***AVSL Round 6 – Saturday 29 November**

All races open to Male and Female competitors

Metro – Murrumbreena (Zone B)	1.00pm	2000m walk (all ages)
	1.15pm	5000m walk (U18 & older)
Ballarat region – Llanberris Stadium		No walks
Bendigo region – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	1500m walk (all ages) 3000m walk (U18 and older)
Geelong region – Landy Field	1.15pm	1500m walk (all ages) 3000m walk (all ages)

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

ENTRIES

Metro, Geelong & Ballarat – enter via AV Members Portal at
<https://www.revolutionise.com.au/athleticsvic/events/>

Bendigo – enter via <https://eventplus.net/abs26>

Entries close at 12.00 noon on Wednesday 26 November



AROUND THE COUNTRY



2025 AUSTRALIAN ATHLETICS MARATHON RACE WALKING CHAMPIONSHIPS – Saturday 29 November, Canberra

Australian racewalking history will be made at the Stromlo Sports Park in Canberra on Saturday 29, when a *bona fide* Marathon Race walk title will be contested for the first time. Now mandated by WA as the championship distance race for walking, the MRW's appearance as our long national championship (replacing the 50km and 35km) will be among the first for this controversial event anywhere in the world, and it's likely that observers of the sport will take a keen interest in the results out of Canberra.

The fields are large enough for effective competition and loaded with talent – talent which is rapidly being matched by experience. A background in 35km racing will be an asset. More advantageous still will be having raced over 50km, enjoyed (if that's the word) by five entrants – **Rhydian Cowley, Dylan Richardson, Kelly Ruddick, Carl Gibbons and Kim Mottrom**. Cowley is by far the best-credentialed, with an Olympic top-10 finish (8th) in 2021. For the others, time may have blurred the memory somewhat (all bar Cowley last raced the 50 in 2019 or earlier) but that last 7km on those banked Stromlo

bends is sure to raise a zombie or two. It's hard to see Rhydian being headed here, but fellow Vic **Will Thompson** has thrown out challenges to him over 35km and will bear watching. Likewise, **Dylan Richardson** will relish a distance closer to his heart (where the 50km lived) and will be out to post a strong result.

Olivia Sandery should have a lock on the women's title, while the distribution of minor medals may hinge simply on who can last longest, this being alien territory for everyone except Ruddick. **Lizzy McMillen** will be Sandery's main challenger and is the only other one here with a proven 35km record.

Marathon Walk - Men	Bib	State	Marathon Walk - Women	Bib	State
Jack MCGINNISKIN	18	NSW	Nellie LANGFORD	17	SA
Dylan RICHARDSON	22	NSW	Alanna PEART	21	VIC
Will THOMPSON	26	VIC	Kelly RUDDICK	24	VIC
Kim MOTTROM	20	SA	Elizabeth MCMILLEN	19	NSW
Mitchell BAKER	10	ACT	Hannah BOLTON	11	NSW
Rhydian COWLEY	13	VIC	Olivia SANDERY	25	SA
Carl GIBBONS	16	NSW			

An invitational Half-Marathon Road walk replaces the usual 20km distance, with a modest entry of seven. Declan Tingay and Tim Fraser should square off in the early stages at least, but the West Australian's second half is close to irresistible. The women's race could be a close one between **Zoe Woods** and **Chelsea Roberts**, with Woods favoured on the basis of strong recent results over shorter distances.

Half-Marathon Walk - Men			Half-Marathon Walk - Women		
Alex BRADLEY	12	QLD	Chelsea ROBERTS	23	NSW
Marcus WAKIM	28	VIC	Zoe WOODS	29	NSW
Declan TINGAY	27	VIC	Samantha FINDLAY	14	SA
Timothy FRASER	15	ACT			

A.C.T. Capital Athletics Summer Series Rd5, 22 November – AIS, Canberra

It was a productive round of CA Summer walking, with 3 out of 4 competitors registering PBs.

Women 18-19 5000m Race Walk

1. Hana Jugovic 24:48 PB

Men 18-19 5000m Race Walk

1. Owen Toyne 19:39 PB

Women 14-15 1500m Race Walk

1. Jillian Ryan 7:00

Boys 10-13 1500m Race Walk

1. Sebastian Ryan 7:56 PB

****ACTFRWC Results 20/11/2025 - Woden Athletics Track***

2000m Race Walk

1. Hana Jugovic 9:32 PB
2. Jillian Ryan 9:53 PB
3. Sebastian Ryan 11:33
4. Clare Rice 12:45
5. Jill Pearson 13:37
6. Jess Robson 14:22

2000m Fitness Walk

1. Caroline Campbell 16:35
2. Bryan Thomas 16:49

800m Race Walk

1. Michelle Bray 3:24

800m Fitness Walk

1. Jim White 6:22

QUEENSLAND QA 10,000m Track walk, 22 November – QSAC, Brisbane

Robyn Wales reports:

On Saturday night, QA put on a rare 10000m walk event after a hot humid day the six walkers who fronted up were met with a cool breeze.

Tayla Billington went to the lead with 15y old **Noah Cooke** in close pursuit. These two swapped the lead a few times with Noah managing to pull away in the final stages for the **48:05.50** win which is pretty good for a first attempt. Also on his first attempt **Koby Irvine**, 15, had made the long trip from Bundaberg to finish in **52:36.21**. Unfortunately the other first timer, **Eliza Kelly**, was disqualified after a very brave sub 60 minutes. PB queen **Phoebe Chadwick** smashed out a 3.30 improvement finishing in **56:13.71**.

Women 10,000m track walk

1 Tayla Billington	QRWC	48:21.70
2 Phoebe Chadwick	QRWC	56:13.71
.. Eliza Kelly	QRWC	DQ

Men 10,000m track walk

1 Noah Cooke	QRWC	48:05.50
2 Koby Irvine	Bundaberg	52:36.21
3 Kai Dale	QRWC.	1:02:49.86

SOUTH AUSTRALIA ASA Interclub results, 22 November – Mile End stadium

Kim Mottrom reports that extremely wet in Adelaide didn't prevent some decent times and a big PB for **Liam Freundt**, who appears to be having his best-ever season.

Open 5000m

Kim Mottrom	21:44.39
Liam Freundt	23:39.66 PB 0:56
Cooper Rech	25:50.53
Angelina Legrand	26:12.73
Jack White	29:41.60
Alex McEwan	39:15.37

Open 1500m

Liliana Templar	7:55.38
Jessica Clelland	9:08.01
Zachary Freundt	9:31.40
Orlando Grantham	10:30.21
Rachel Pemberton	10:46.88

TASMANIA TMA Masters results, 19 November – Domain AC

Tassie Masters flew the flag for the sport below Bass Strait last week. Thanks to **David Moore** for the results.

Result 3000m Walk

1. Sam Leitch	M44	22:19 PB
2. Wayne Fletcher	M78	26:51

WESTERN AUSTRALIA Aths West interclub results, 21 November – WAAS, Perth

Terry Jones reports that Friday evening was mild and good for fast times, with many achieving PBs.

3000m Race Walk Women

1 Kaytee BOGAERS	15:42.59
2 Makenzie SILLITTO	15:48.51*
3 Tory D'ALESSIO	16:12.58
4 Darcy Jean BRAMWELL-KEYS	16:22.81
5 Trinity DOULIS	16:33.08
6 Chelsey IRELAND	17:22.90
7 Willow WHEELER	17:24.99
8 Rahni FOWLER	18:33.13*
9 Sierra THOMPSON	18:40.62*

3000m Race Walk Men

1 John RONAN	11:33.42
2 Bradley MANN	13:56.25
3 Keenan MUNRO	15:29.22
4 Dylan SARDELICH	16:45.74*
5 Tom MURPHY	17:03.62
6 Tayte MOORE	17:21.59

*PBs: Rahni 0:30; Makenzie 0:07; Sierra 0:07; Dylan 0:01



INTERNATIONAL NEWS

NEW ZEALAND: Dame Yvette Williams Memorial Meet, 22 November - Dunedin

Jonah Cropp and Laura Langley win race walking in Dunedin, New Zealand.

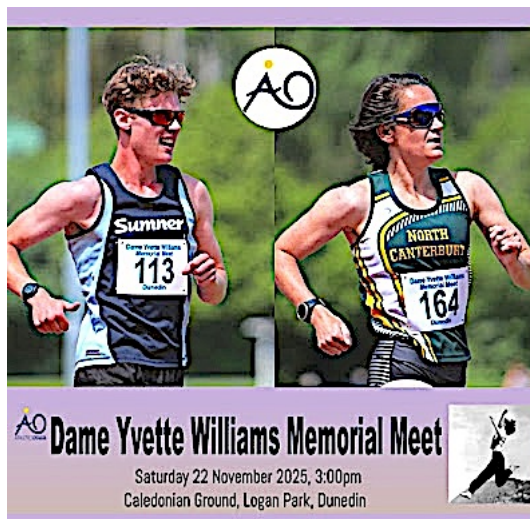
(reprinted from [*O Marchador*](#) blogspot – 24 November)

In New Zealand, international athletes **Jonah Cropp** and **Laura Langley** were the winners of the 5,000-meter track walk event, which was part of the pre-program of the "Memorial Dame Yvette Williams" Athletics Meeting, named after the first New Zealand woman to win an Olympic gold medal (Helsinki-1952, long jump). The event took place last Saturday (November 22nd) in Dunedin, in the Otago region.

In the men's race, 20-year-old Jonah Cropp, representing Sumner Running Club, won with a time of **21:13.55**, his best time in the distance being 20:57.60 in Christchurch/2024. Second place went to under-20 runner **Toby O'Rorke** of Egmont Athletics,

with a personal best of **22:30.69**, while third place went to **Alexander Brown** of Caversham Harrier & Athletics Club, with **26:26.63**.

In the women's race, 28-year-old **Laura Langley** of North Canterbury Athletic Club achieved a resounding victory with a new personal best of **22:35.36**. It's worth remembering that last June in Canberra, she set her country's best time in the 35km (3:14:33). Following her were the very young **Alysa Brown Selwyn** (16 years old) of Athletic Club and **Annabelle Grant** (15 years old) of Papanui ToCH Athletic Club, with times of **28:59.76** and **30:49.71**, respectively.



(Photos: Timothy Dawbin/Athletics Otago. Montage: O Marchador)

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.

- Friday, November 21, 2025 - **Ismail Benhammouda wins race walk at the Islamic Games – Riyadh 2025** <https://omarchador.blogspot.com/2025/11/ismail-benhammouda-vence-marcha-nos.html>
- Wednesday, November 19, 2025 - **Martin Madeline-Degy and Camille Moutard, champions of France in the Marching Marathon in Salaise-sur-Sanne** <https://omarchador.blogspot.com/2025/11/martin-madeline-degy-e-camille-moutard.html>
- Tuesday, November 18, 2025 - **Beijing's triumph in the Mixed Race Walking Relay at the China National Games (2025)** <https://omarchador.blogspot.com/2025/11/triunfo-de-pequim-na-estafeta-mista-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.

** H&T Online - NOTICE BOARD **



LAVic Southern Metro Region Racing & Coaching nights

With the LAVic 2025-26 track season now underway, 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 the next session is **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. |

Coaches **Rupert van Dongen** (Mentone), **Ben Skurka** (Chelsea) and **Mark Donahoo** (VRWC) will conduct the coaching session.

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) 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.

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 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 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
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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