



HEEL & TOE Online

Vol. 2025
Issue No. 17
Tuesday
29 April 2025

The official organ of the Victorian Race Walking Club, Inc.
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*H&T Notice Board – Page

- **Re-registration and new registration** – important letter from the Secretary
- **Fees** - Membership and racing.
- **RWA notice** – Age group changes

WALKER OF THE WEEK



(Photos: littleathleticsaust Instagram; LAVic Facebook)

For the second successive week, Adelaide's Mile End stadium has produced our successful WOTW candidate – three of them, in fact – albeit from a very different competition. Last week it was the AMA Masters T&F titles. This week they come from the Australian Little Athletics Championships (ALAC) – well south of the voting age!

Mya McClure (VIC), **Lachlan Moore (QLD)** and **Matilda Read (VIC)** share this week's award following convincing wins in which they each broke the existing championship record in their 1500m event. **Mya** also claimed the honour of posting the fastest time across all races – **6:31.56** – as well as the biggest winning margin of 1:33. A huge result!

Last year, **Lachlan** won the U13 championship here with an enormous sub-7:00 PB. This time he reduced that further to clock **6:37.87**, the second fastest time of the day, thus closing a summer of progress on a grand note and a fitting reward for hard work.

Three weeks ago in Perth, **Matilda** walked the race of her life to push Sophie Polkinghorne all the way to the line in the national U15 3000m title. Matilda has always had untapped speed that her stature has disguised somewhat, but to this she has now added a reservoir of strength that carried her to a record win on Saturday in **6:44.82**, a perfect companion piece to her Perth result of **13:58.83**.

In a touch of irony, both Mya and Matilda 'embarrassed' themselves by recording the worst results of all in the PB list! Neither could break hers, having to settle for equalling it. Lachlan beat his by 10 secs.

Congratulations to Mya, Lachlan and Matilda. The ALAC records now bear your names and whoever breaks them will have to earn it!

*Honourable mentions

- **Lewis McLennan (VIC)** – clocked a huge 30 sec PB in the U14 3000m at ALAC in Adelaide to be the only 2nd placegetter who also went under the championship record.
- **Bob Gardiner (VIC), Kim Mottrom (SA) and Gwen Steed (VIC)** – on the subject of 1500m championship records, these three each broke one in last week's AMA Masters championships. Unfortunately, this wasn't reported in the last issue (See 'Around the Country'.)
- **Heather Carr (VIC)** – claimed a championship record of her own in the AMA W75-79 10km road race last week. This came to my notice mid-week.
- **Rebecca Henderson (VIC)** – also in championship record mode, won the UniSports 5000m title with a new CR and PB time of **21:41.03**.



CLUB NEWS and RESULTS

***HAVE YOU REGISTERED FOR 2025-26 YET??**

If not, do so right away by going to <https://www.revolutionise.com.au/vrwc/registration>.

LAKE BURLEY GRIFFIN RWA CARNIVAL, CANBERRA

We want a good VRWC presence at Stromlo Forest Park this year, to mount a serious challenge for the RWA Brennen Shield. So make use of the June long weekend and see the sights in the nation's Capital ... and have a race or two while you're at it.

Entry portal is at <https://www.revolutionise.com.au/vrwc/events/287244>

***NEW MEMBERS**

We bid a warm welcome to the following athletes who have joined us for the first time:

Grayson Allison, Bowie Clarke, Anna Dubar, Milana Fernando, Jordan Galbraith, Daisy Hooper, Lily Lambert, Cory Lewis, Alaska Marshall-Moodie, Ava Pravednikov, Fletcher Reid, Ryder Reid, Manendu Rohanachandra, Harrison Ryan, Aangi Shah, Ben & Felix Skurka, Steven Stern, Rupert Van Dongen and Annette Webb.

And welcome back to a few we haven't seen in a while:

Tate McQueen, Scott Murdoch, Arnika Nelson and Erin Reid (*nee Adamcewicz*).

We wish you all happy companionship and successful racing at the VRWC.



- Well done to our young members and their Victorian team mates who contested the 1500m walks at the Australian Little Athletics Championships (ALAC) – **Mya McClure, Matilda Read and Damian Baldy (Gold), Lewis McLennan, Brienna Coffey and Harrison Ryan (Silver), Julia Baldy and Cody Wapshott (Bronze)**. And a special fist-pump to Mya and Matilda, both of whom broke the Championship record in their races.
- The annual UniSport Nationals Athletics championships have just wound up at the Gold Coast Performance Centre at Runaway Bay, with the VRWC represented in the 5000m walks by **Bec Henderson, Marcus Wakim, Char Hay, Eden Morgan and Emily Smith**. Congratulations to **Bec and Marcus**, who were both clear winners – Bec with a new Championship record and PB. See the full results in 'Around The Country'.
Bec was also honoured with the following great write-up on the UniSport website (Marcus cracked a mention, too):

Gold Medals Shine as more Records Broken on Day Two of UniSport Nationals Athletics

The second day of the UniSport Nationals Athletics Championship wrapped up yesterday, delivering an action-packed afternoon on the Gold Coast with a series of standout performances, personal bests, and even a new championship record.

Leading the charge was **Rebecca Henderson** from The University of Melbourne, who produced a sensational performance in the women's 5000m Race Walk. The Olympian crossed the finish line in **21:41.03**, setting a new championship record and achieving a personal best.

Henderson, currently completing a Doctor of Medicine and whose impressive résumé includes representing Australia at two Olympics, praised the atmosphere of the meet:

"It is a great event. The Gold Coast has a holiday, relaxing and fun vibe. Hopefully I will be back next year."

[Read more about Rebecca Henderson](#) here.

In a great day for The University of Melbourne, **Marcus Wakim** matched Henderson's success in the men's 5000m Race Walk, winning gold with a season-best 20:40.32 and sealing a double podium for the university in the discipline.



Gold Coast, gold medals, golden smiles.
(Photos: UniSport)

- Speaking of championship records ... I learned during the week that **Bob Gardiner, Gwen Steed** and **Heather Carr** each set one (Bob and Gwen in the 1500m, Heather in the 10km) at the recent Australian Masters titles in Adelaide. (See the report below in 'Around The Country'.) Well done to Bob, Gwen and Heather.



The COACHING POINT



**** Coaching Session: May 10th 2025**

Timetable for the day

- 12.15pm Coaching clinic: Coaching information session coaches
 12.45pm Coaching clinic: Coaching session for athletes, parents and coaches

Races

2.00pm	8km	Points Race	Open
2.00pm	6km	Points Race	Open
2.00pm	4km	Points Race	Open
2.15pm	2km	Points Race	Open
2.15pm	1km	Points Race	Open

Details for the Sessions

- Coaching information session beginning at 12.15pm – 12.45pm is for coaches to discuss issues with coaching athletes.
 The purpose of this session is to have a discussion between coaches on concerns or information on style issues, athlete's programs, preparing for events to name just a few items. The session is open to all coaches.
 There is no cost to attend.

- Coaching clinic beginning at 12.45pm-1.30pm, Focus is on all walkers from little athletes and junior athletes to master's walkers, including parents of up and coming athletes.
The topic for this session will be:

“What do I do as an athlete if I receive a caution or a red card?”

Stu Cooper, VRWC President and judge will discuss judging for races.
Mark Donahoo, VRWC Club coach, will discuss what to do if an athlete receives a warning or red card, including why the athlete may receive the card at a certain part of a race.
It will be a combined theory and practical session.
There is no cost involved.

VRWC VRWC Club Track c'ships, 26 April - Mentone

Overnight showers had long cleared by the time our championship races got underway at Dolomore Reserve track. It was a pleasure to welcome several new members among the 29 starters who contested the 4-race program. These championships were distance-based, not according to ages, so it can be said they were truly on for young and old.

The meet started almost sedately with only two 10,000m contestants, but **Alejandro Stephens** lost no time in slipping into time trial mode and coming away with a big PB. **Carolyn Rosenbrock** also blew out the cobwebs with a good training hit-out. Meanwhile, **Karyn** and **Terry O'Neill** made a family affair of the 5000m titles.



Start of the 3000m championship.

The 3000m and 1500m were where the action was, with the medals keenly contested over both distances. New member **Lily Lambert**, a Mentone LAC walker, obviously appreciated racing on her home track and took the 3000 title with a PB, one of nine recorded on the day, while **Addison Frenken** gave Lily a good chase for the silver. Two Masters, **Pramesh Prasad** and **Shaun Lewis**, took gold and silver in the Men's race ahead of big improver **Logan Allison**.

The 1500m saw **Natalie Ramirez** rip a huge chunk from her PB to win a competitive race over **Kobe Lewis** who took home a silver medal to match her dad's. Newcomers **Anna Dubar** and **Daisy Hooper** were next home in their first outing over the distance with each clocking a promising time. Young **Felix Skurka** took the male title after a tight battle with Natalie, while dad **Ben** placed 3rd with a 1:04 PB, so I guess they shared the bragging rights on the way home.

10000m Track c'ship Women

1 Carolyn Rosenbrock M60+ 1:03:36

5000m Track c'ship Women

1 Karyn O'Neill M60+ 35:39

3000m Track c'ship Women

1 Lily Lambert U16 17:58 PB 0:07
 2 Addison Frenken U14 18:08
 3 Emilie Garside Open 19:14
 4 Caitlyn Shipham U14 19:42 PB 0:31
 5 Aangi Shah U16 20:22 PB 0:52
 6 Donna-Marie Elms M60+ 20:23
 7 Gwen Steed M60+ 22:12

10000m Track c'ship Men

1 Alejandro Stephens Open 50:07 PB 0:40

5000m Track c'ship Men

1 Terry O'Neill M60+ 33:08

3000m Track c'ship Men

1 Pramesh Prasad M40+ 16:00
 2 Shaun Lewis M40+ 16:48 PB 0:18
 3 Logan Allison U12 17:32 PB 0:38
 4 Arthur Robinson U18 20:53 PB 0:25
 5 Geoff Barrow M60+ 23:36

1500m Track c'ship Women

1 Natalie Ramirez	U12	8:38	PB 0:48
2 Kobe Lewis	U14	8:49	
3 Anna Dubar	U12	9:29	First 1.5k
4 Daisy Hooper	U10	9:35	First 1.5k
5 Abby Fowler	U12	9:59	
6 Heather Carr	M60+	10:06	
7 Merilyn Reynolds	M40+	11:08	
8 Milana Fernando	U12	13:27	

1500m Track c'ship Men

1 Felix Skurka	U10	8:41	First 1.5k
2 Robert Gardiner	M60+	10:34	
3 Ben Skurka	M40+	10:43	PB 1:04

Disqualifications - 2



*Action models:

Alejandro, Shaun, Geoff, Donna-Marie, Arthur, Daisy, Carolyn, Lily, Caitlyn, Felix, Bob, Emilie, Abby, Addison, Pramesh, Anna, Logan, Natalie, Kobe.

(Thanks to Therese for the great photos.)

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.

Manager	Mark Donahoo
Referee:	Stu Cooper
Race check in	Mark Donahoo,
Timekeeper	Kris Shipham, Tim Erickson
Recorders	Duncan Knox, Louise Lamber, Eve Lambert, Dean Lambert, Kris Shipham, Tim Erickson, Kevin Cassidy
Starters	Kevin Cassidy, Mark Donahoo
Judges:	Gordon Loughnan (Chief), Mark Wall, Di Lowden, Brenda Felton, David Cash, Anthony Doran
Set up, Pack up:	Tim Erickson, Duncan Knox, Kris Shipham
Photos	Therese Smith
Canteen	Donna Marie Elms, Gwen Steed
Presentation	Mark Donahoo, Tim Erickson
Transport (equipment)	Mark Donahoo, Stu Cooper
Walkers:	29

**Next week* sees us back at 'home-sweet-home' for the first time this season. We'll be commencing our Points competitions (Times and Handicaps), to which walkers will add points progressively as they compete over the winter.

Note that although all distances are Open entry, points are allocated to walkers according to their age groups.

Saturday 3 May – Middle Park

2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.15pm	2km	Points race	Open
2.15pm	1km	Points race	Open

Entries will be accepted up until 11.59pm on Friday 2 May. Enter online at <https://www.revolutionise.com.au/vrwc/>

UNIFORMS

New Club uniforms will be on sale for \$40 (singlets, racing tops, crop tops) from this Saturday. Please be aware that Club uniform is expected of all walkers to be eligible for points, championship medals and VRWC team inclusion (Canberra etc)

OLD UNIFORMS

These are useful as training tops and will serve to publicise the Club. They are on sale for \$5 each. (Cotton singlets are free to a good home!)



AROUND THE COUNTRY

A.C.T. 58th Lake Burley Griffin Carnival – Information Pack for attendees

58th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL

SUNDAY 8TH JUNE 2025 – STROMLO FOREST PARK CANBERRA



The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite members of affiliated race walking clubs and race walkers affiliated with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival to be held on Sunday 8th June 2024.

All events will be conducted on a certified 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course. The 5km, 10km, 15km and 35km race walking events are all World Rankings Competition events.

Race walking event participants must be members of

- a club affiliated with Race Walking Australia (State or territory race walking club) OR
- an overseas World Athletics affiliated athletic club OR
- a Capital Athletics affiliated club (U10-18 events only) OR
- the ACT Masters Athletics club (all fitness walking events, 5km & 10km race walk events only)

Only event participants representing Race Walking Federation affiliated clubs are eligible to win Race Walking Federation or ACT Walkers Club trophies, Handicap trophies or participate in teams competitions. They will also not earn any state points. They will instead be eligible for ACT Walkers Club medals.

Entry procedures and details relating to volunteers and the general conduct of the Carnival follow.

Venue

The venue for all events is [Stromlo Forest Park](#), Opperman Avenue / Dave McInness Road. There are women's and men's toilets & showers located in the centre of the building near the track, and ample car parking.

Please note there is now a charge for parking which is a maximum of \$3.90. All parking funds are reinvested back into the facility.

Note that our headline events, the **Robin Whyte Classic** and **Val Chesterton Classic** are continuing to race over 35km to reflect the race distance World Athletics has announced for the World Championships in Japan for 2025. These events will be recognised as qualifying events under World Athletics Bronze requirements.

Events

Events marked with an * are recognised as World Athletics Bronze Level events, and may be used for World Athletics points/ qualifying purposes.

No.	Event	Start Time	Handicap Base Time
1*	Robin Whyte Classic Men 35 km	7:30 AM	127mins
2*	Val Chesterton Classic Women 35km	7:30 AM	127mins
3	ACT Fitness 35 km	7:30 AM	Non Hcp/Judged contact only
4*	RWA Open Women's 15 km	8:00 AM	69 mins-Includes RWA Masters 15km
5*	RWA Open Men's 15 km	8:00 AM	65 mins-Includes RWA Masters 15km
6	ACT Fitness 15 km	8:00 AM	Non Hcp/Judged contact only
7	ACT Fitness 8 km	9:15 AM	Non Hcp/Judged contact only
8*	Athletics ACT/ RWA Men's U20 10 km	9:45 AM	42 mins
9*	ACT Open (Over 19 years) 10 km	9:45 AM	Non Handicap Event
10*	Athletics ACT/RWA Women's U20 10 km	9:45 AM	47 mins
	Morning presentations - 8/10/15km races	11:30 AM	
11	RWA Boys Under 10 1 km	12:00 PM	4 mins 30 secs
12	RWA Girls Under 10 1km	12:00 PM	4 mins 30 secs
13	RWA Boys Under 12 2km	12:30 PM	9 mins 20 secs
14	RWA Girls Under 12 2km	12:30 PM	9 mins 20 secs
15	RWA Boys Under 14 2km	1:00 PM	9 mins 20 secs
16	RWA Girls Under 14 2km	1:00 PM	9 mins 20 secs
	Presentations - 35km races, U10 & U12	1:20 PM	
17	RWA Boys Under 16 3km	1:50 PM	13 mins
18	RWA Girls Under 16 3km	1:50 PM	13 mins
19*	RWA Boys Under 18 5km	2:20 PM	22 mins
20*	RWA Girls Under 18 5km	2:20 PM	23 mins
	Presentations - U14 & U16	3:00 PM	
21*	RWA Women's Open 5km	3:20 PM	20 mins
22*	RWA Men's Open 5km	3:20 PM	20 mins
	Presentations - U18 and Open 5km	4:10 PM	

NOTES:

- Events 1, 2, 4, 5, 8, 10 and 11 to 22 inclusive are Race Walking Australia (Federation) individual and team events.
- Events 4, 5, 21 & 22 incorporate a Race Walking Australia Master's individual competition.
- Minimum age for participants in the 15 & 35 kilometres events is 16 years.
- Age for all events is age at 31 December 2025. Please note this requirement replaces the previous "age on the day" and has been endorsed by Race Walking Australia to ensure consistency with other athletics competitions.
- If events are held concurrently, walkers may only participate in ONE of the events on offer.**

Entries

Entries will close at 6pm Friday 23rd May 2025. Late entries will not be accepted.

All Competitors must complete an online entry via the [entry portal](#). This applies to both race walks and fitness walks.

Entry Fees

\$25 per event, capped at \$50. Entry fees are non-refundable.

We are using chip timing again this year to ensure the event runs as smoothly as possible.

[Coaching Clinics with David Beacroft](#)

David Beacroft, the highly experienced coach from NSW, will be conducting two race walking clinics on the **7th June 2025** (the day before the LBG Carnival) at the Stromlo Forest Park Criterion Track. We are expecting the masterclass to sell out, so get in quickly.

Session 1 - Learn to race walk

For: Athletes from 9-11 and older children/adults who are new to race walking

Time: 2pm-2:40pm

Number of spaces available: Unlimited

Cost: \$5

Session 2 - Race walking masterclass

For: Experienced race walkers (12 and older) (LBG athletes will receive first preference)

Time: 2:45pm-3:30pm

Number of spaces available: ~20

Cost: \$15

[Dinner Sunday Night](#)

The LBG Carnival dinner will again be held after the event at the [Statesman Hotel](#), Corner Strangway and Theodore St Curtin ACT. Diners are welcome to arrive between 6pm-7:30pm and it will be on a pay on the night basis, with almost the entire standard menu available.

Vegan and gluten free options are available as well as a \$16 children's menu. Main meals range from \$24-\$42 with most items under \$30.

We will reach out to all registered participants, officials and volunteers prior to the event to confirm dinner attendance.

Anyone else wishing to attend the dinner can register their interest by emailing lbgcarnival@gmail.com.

[Accommodation](#)

The Statesman Hotel has also provided a discount for walkers who choose to stay there, as follows:

Booking Code: LBGRW – will entitle guests to 10% off the Best Available Rate for the room type booked between 6-8 June 2025. Only valid for booking made directly with the hotel by either email or phone as provided below.

Booking contact details: reception@statesmanhotel.com.au or 02-6281 1777

Alternative accommodation options can be found on this website: <https://visitcanberra.com.au/accommodation>

Volunteers

To ensure we can conduct the carnival we will need lots of help from volunteers. Your club will be in touch to see how you can assist. Some of the roles we will need include:

Announcer, start line coordinator/assistant, starter, finish line marshals, finish line recorders, red card collectors, results assistant, water table assistant, officials & volunteers welfare, presentation assistants.

Race Walking Judges - WE NEED YOU. Please note, Fitness Walkers will be wearing a **YELLOW** race number and that they are to be judged for loss of contact only. Walk Judges are encouraged to bring their own paddles but this is not a requirement.

Handicap Times

Clubs should refer to the RWA policy regarding determining expected finishing times.

Competition status

Athletes from overseas, Capital Athletics or ACT Masters Athletics will compete as individuals and will not be eligible for:

- Federation or ACT Walking Club trophies
- Handicap trophies
- Team results
- State points

If a non-member places in the top 3, they will receive an ACT walkers medal. However, non-members will be excluded from calculations for individual race results, team results, and points scoring.

Example: If a non-member wins a race, they will receive an ACT walkers gold medal. The first federation member across the line is considered the race winner and will receive a Race Walking Australia gold medal.

Team Events

Team events will be conducted in conjunction with all Racewalking Australia events except for the Masters Women's & Masters Men's 15 kilometres.

The first three (3) competitors of each Club to finish without disqualification will constitute TEAM 1, the next three (3) to finish TEAM 2 and so on.

An exception will be to the Open 35 kilometres and the 15 kilometres for Women. This may be scored differently in that two (2) finishers can make a team, providing that there are three (3) or more starters.

The Brennen Trophy is contested for by the number one team of each club.

Protests

Protests must be lodged in writing with the event manager within 20 minutes of the completion of the event in dispute and accompanied by a fee of \$20.00 (cash or eftpos). The 20 minute timeframe will allow for any disputes to be resolved prior to the presentation ceremony.

Race Numbers and Judging

Race numbers will be supplied by ACT Walkers and will be given to the state Team Managers together with the program of events on the Saturday afternoon or Sunday morning.

This year athletes will only be given one set of bibs (front and back) for all events. All racewalking events including junior events are judged against world athletics standards. Please note no protests can be entered into on the basis of judging decisions.

A **YELLOW** race number will be issued to Fitness Walkers to enable clear identification of non-race walking participants.

First Aid

First Aid will be provided by a qualified practitioner (Above First Aid) from 8am until the completion of the race program. Please note that should anyone attending the carnival require an ambulance or ongoing medical attention this is at the cost of the person, not the ACT Race Walk and Fitness Club.

Refreshment Station

A Refreshment Station for the 15 and 35 kilometres will be located on the far side of the track. Team Managers are responsible for their competitors for the duration of the event. Special drinks must be given to the official at the Feed Station 15 minutes prior to each race. The acceptance of food or drink at other places on the course could result in disqualification.

A Water Drink Station ONLY will also be set up nearby for the 10 kilometres event.

Canteen

A canteen will be operated by ACT Race and Fitness Walking Club throughout the day. There will be a BBQ and drinks available. Coffee will be available from the Handlebar Café located adjacent to car park.

Uniforms

All competitors MUST wear the uniform of their Club. Failure to do so may result in disqualification.

Event check in

All athletes will need to check in 15 minutes prior to their race. Where an athlete is planning on competing in two back to back events, they must check in for both events prior to the first race. They will be allowed to withdraw from the second event prior to the race.

Presentation of Awards

In response to feedback from the 2024 carnival, there are now four presentation ceremonies held throughout the day. Please see the schedule for presentation times.

Special commemorative certificates will be presented in addition to trophies / medals to first place finishers only (excludes international, Capital Athletics and ACT Masters Athletics athletes).

Acknowledgements

The ACT Race and Fitness Walking Club would like to thank Terry Swan and the VRWC for establishing and hosting the entry portal, and for facilitating the World Athletics permits. Special thanks also to Shane Pearson, Walking Federation President for his tireless assistance throughout event preparations.

All questions/ queries to lbgcarnival@gmail.com

SOUTH AUSTRALIA



LA Aust U13-15 1500m championships, 26/27 April – Mile End Stadium, Adelaide

The Mile End stadium track has had little rest of late, having again to put up with feet rather than putting its feet up after a hot, busy summer. This time, hot on the heels of the Masters championships, it was the representative Little Athletics teams' turn to strike out for podium honours.

Saturday saw 39 walkers take the track, for an excellent return of three new Championship records, courtesy of Victorians **Matilda Read** and **Mya McClure**, along with QLD's **Lachlan Moore**. Another Vic, **Lewis McLennan** also went under the old U14 record. An impressive tally of 17 personal bests were also set.

Girls U15 1500m RW

1 Matilda Read	VIC	6:44.82 CR*
2 Bethany Moore-Kirkland	QLD	7:22.17
3 Eliza Kelly	QLD	7:51.80
4 Jessica Cleland	SA	8:51.88
5 Ava Plant	VIC	10:52.79

Boys U15 1500m RW

1 Damian Baldy	VIC	6:38.85*
2 Koby Irvine	QLD	6:42.42*
3 Cody Wapshott	VIC	8:29.71



Record breakers Matilda and Lachlan, joined in celebration by Bethany, Eliza, Lewis and Cory.

(Photos: LAVic)

Girls U14 1500m RW

1 Mya McClure	VIC	6:31.56 CR*
2 Brienna Coffey	VIC	8:04.29*
3 Zoe Renton	QLD	8:10.01
4 Rachel Giason	ACT	8:20.83
5 Kiara Waterman	QLD	8:38.49

Boys U14 1500m RW

1 Lachlan Moore	QLD	6:37.87 CR*
2 Lewis McLennan	VIC	6:48.89*
3 Cory Lockwood	QLD	7:26.30*
4 Anantpreet Singh S.	SA	8:03.56
5 Orlando Grantham	SA	8:26.17
6 Oscar Nichols Howe	TAS	9:32.27

Girls U13 1500m RW

1 Audrey Russell	NSW	7:02.87*
2 Isabella Welch	QLD	7:17.78
3 Julia Baldy	VIC	7:21.70*
4 Bethany Franzke	VIC	7:24.33*
5 Liliana Templer	SA	7:44.08*
6 Elspeth Hooper	QLD	8:09.08
7 Adele Woodward	TAS	9:01.40
8 Summer Maxwell	SA	9:33.57
9 Saleena Ramboer	ACT	9:40.63
10 Charli Smith	TAS	9:41.38
11 Madison Tabrett	NSW	9:44.71

Boys U13 1500m RW

1 Lincoln Moore	NSW	7:10.65*
2 Harrison Ryan	VIC	7:27.51*
3 William Kenney	SA	7:28.46*
4 Sebastian Ryan	ACT	8:08.92*
5 Leo Ramsay	QLD	8:28.92*
6 James Sadler	NSW	8:41.47
7 Lachlan Weeding	TAS	8:50.01
8 Ryan Thomas	TAS	11:29.53
9 Saxon Cranefield.	QLD	12:57.38
		<i>1 DQ</i>

**PBs – Damian 0:45; Leo 0:37; Lewis 0:30; Harrison 0:23; Bethany 0:20; Lincoln 0:15; Liliana 0:14; Sebastian 0:11; Julia 0:10; Lachlan 0:10; Brienna 0:09; Koby 0:08; Cory 0:08; William 0:08; Audrey 0:04; Mya eq; Matilda eq.*



Australian Masters T&F Championships, 18-21 April – Mile End stadium, Adelaide

Curse of the Missing Fifteen!

So there I was, sitting smug in my confidence that I'd got all of the results of the AMA Walks championships – 5000m and 10km – formatted and ready to go in last week's issue. Hit SEND, sigh of relief. So, when I checked the mail the following morning and saw messages howling "*What about the 1500m? Bobby set a new record in it!*" ... well, does anyone else from the snail-mail era remember the feeling that time they posted an urgent payment letter and later discovered the cheque still stuck in their cheque book? (Don't laugh, I still use 'em on occasion. Okay, laugh ... what do I care?)

Anyway, my apologies to all who contested the 1500m Walks on Good Friday. I realised how the oversight had occurred when I saw the walks results buried at the very tail of the list. The walks are usually held first, or near to first, while the 1500 run is held later in the day and ... well, that's my story, so –

As it happens, there were many notable performances on the day. Championship records were set by **Bob Gardiner** (M85-89 in **10:45.41**), **Kim Mottrom** (M40-44 in **6:00.58**), **Gwen Steed** (W80-84 in **10:42.43**).

A further footnote ... Kim and **Heather Carr** both set Championship records on the 10km road walks, listed last week. Thanks to Clyde Riddoch for alerting me to this. Well done to all our new AMA championship record setters.

Is that it? Can I put the chequebook away now?

Women 1500m 30-64

1 Michelle Bray	ACTMA	1 40-44	7:09.48
2 Kerryn Walshe	VMA	1 60-64	8:38.09
3 Marie Maxted	SAMA	2 60-64	9:18.04
4 Donna-Marie Elms	VMA	3 60-64	9:26.86
5 Laura McLennan	VMA	1 45-49	9:35.79
6 Marcela Ruiz	MAWA	4 60-64	10:33.46
7 Roslyn Kirwin	QMA	1 35-39	10:52.09
8 Sandy Hoy	NSWMA	1 55-59	11:03.17
9 Lindsay Crump	NSWMA	2 40-44	12:12.97
10 Cassie Neubauer	SAMA	2 45-49	12:15.61
11 Donna Palmer	SAMA	1 50-54	12:53.71
... Julie Jones	QMA	.. 55-59	DQ

Women 1500m 30-64

1 Antoinette Woodward	NSWMA	1 65-69	9:38.29
2 Heather Carr	VMA	1 75-79	10:17.97
3 Julie Wilson	MAWA	1 70-74	10:39.54
4 Susan Archer	ACTMA	2 75-79	10:39.65
5 Gwen Steed	VMA	1 80-84	10:42.43*
6 Kerry Bray	NSWMA	2 80-84	10:44.86
7 Anne Boyd	NSWMA	3 75-79	10:46.82
8 Trish Stallard	NSWMA	2 65-69	11:15.43
9 Liz Downs	SAMA	3 65-69	11:22.44
10 Peggy Macliver	MAWA	3 80-84	11:32.04
11 Margaret McIntosh	SAMA	2 70-74	11:42.07
12 Valmai Padget	SAMA	4 80-84	12:06.35
13 Liz Neubauer	SAMA	3 70-74	12:10.55

Men 1500m 30-64

1 Kim Mottrom	SAMA	1 40-44	6:00.58*
2 Mark Thomas	VMA	1 60-64	7:09.48
3 Kevin Cassidy	VMA	2 60-64	8:09.81
4 Pramesh Prasad	VMA	1 50-54	8:16.68
5 Peter Baker	ACTMA	3 60-64	8:19.50
6 Garry Hastie	MAWA	4 60-64	8:25.11
7 David Styles	VMA	1 45-49	8:35.11
8 Alex McEwan	SAMA	1 55-59	11:39.99

Men 1500m 30-64

1 Simon Evans	VMA	1 65-69	8:06.92
2 John Nottle	VMA	1 70-74	9:13.83
3 Victor Munoz	MAWA	2 70-74	9:17.57
4 Albin Hess	VMA	2 65-69	9:30.96
5 John Russell	SAMA	3 70-74	9:33.85
6 George White	SAMA	1 75-79	9:47.98
7 Robert Gardiner	VMA	1 85-89	10:45.41*
8 Gil McIntosh	SAMA	4 70-74	10:54.92
9 Christopher Pollard	VMA	3 65-69	11:29.36
10 Bryan Thomas	ACTMA	1 80-84	11:39.34

**New Championship records.*

NEW SOUTH WALES NSWRC results, 12 & 19 April – Chipping Norton

The NSW walkers have their 2025 road season underway, with a healthy attendance of 45 starters at their first fixture and 33 the following week.

**Saturday 12 April

Medium 6km

1 Jessica Loring	37:10
2 Aidan Pospischil	37:50
3 Antoinette Woodward	41:42

Short 3km

1 Sophie Polkinghorne	15:53
2 Christopher Nilon	16:27
.. Hannah Hewitt <i>INV</i>	18:03
3 Jodie Barakat	19:49
4 Claire Gauci	26:55
4 Nicole Challinor	26:55
6 Sarah Challinor	28:06
6 Emily Challinor	28:06
.. Nasrin Hewitt	DNF

U16 3km

1 Noah Vella	15:58
2 Sienna Wade	17:54
3 Sagan Jones	18:23
4 Ashleigh Farrugia	19:49
5 Luke Challinor	27:45

U10 0.750km

1 Kostya Peart	4:02
2 Lola Dixon	4:18
3 Carsen Luketic	5:08
4 Samuel Waddington	5:15
5 Amelia Mair	5:18
6 Huxley Jones	5:25
7 James Barakat	6:23

U14 2km

1 Nate Appleyard	9:30
2 Avia Luketic	10:14
3 Patrick Waddington	10:26
4 Lincoln Moore	10:27
5 Rhys Straub	11:03
6 Alexander Dennett	11:21
7 Addison Jenkins	12:14
8 Veronica Dennett	13:26
9 Hugo Sililiano	15:23
10 Luca Barakat	16:46

U12 1.5km

1 Darcy Dennis	7:26
2 Stella Wade	8:05
3 Joshua Waddington	8:15
4 Daniel Smart	8:16
5 Beth Cochrane	8:34
6 Melody Latta	9:41
7 Chloe Farrugia	9:45
8 Olivia Bexter	10:34
9 Chelsea Sharpe	11:39
10 Amelie Barakat	11:58
... Antonia Powter	DNF

**Saturday 19 April

Medium 8km

.. Alexander Sinnett	DNF
.. Matilda Olsen	DNF

U16 4km

1 Noah Vella	22:39
2 Mia Rose Everson	23:41
3 Sienna Wade	23:56
4 Ashleigh Farrugia	24:25
5 Sagan Jones	24:50
6 Jessica O'Harae	30:34
7 Luke Challinor	37:52

U12 2km

1 Lillyeve Everson	11:06
2 Stella Wade	11:26
3 Beth Cochrane	11:38
4 Chloe Farrugia	14:13
5 Chelsea Sharpe	14:39

Short 4km

1 Christopher Nilon	24:43
2 Mitchell McCarthy	26:08
3 Emma Hoskins	28:52
4 Carmel Parker	30:03
5 Nicolle Challinor	35:54
e6 Sarah Challinor	39:33
e6 Emily Challinor	39:33

U14 3km

1 Nate Appleyard	14:37
2 Avia Luketic	15:42
3 Alexander Dennett	18:53
4 Hugo Sililiano	20:56
5 Veronica Dennett	21:25

U10 1km

1 Archer Lane	5:40
2 Kostya Peart	5:52
3 Lola Dixon	5:55
4 Jack Cordina	6:04
5 Emerson Lane	6:44
6 Huxley Jones	6:59
7 Carsen Luketic	7:32

QUEENSLAND Aust. UniSport Athletics championships, 23 April – Runaway Bay

The UniSports championships on the Gold Coast saw a well-supported Women's race and excellent results, including a Championship record (there's been a lot of that this week) plus 5 PBs. Well done to **Rebecca** and **Marcus** on their wins, and to all who went up and flew the race walking colours among the student gathering who, although athletes themselves, may not have seen too much of our sport, and certainly not at top level.

Women 5000m RW

1 Rebecca Henderson	UMelb	21:41.03 CR, PB
2 Hannah Bolton	ACU	22:49.92
3 Chelsea Roberts	USyd	23:12.39 PB
4 Nellie Langford	UniSA	23:30.90 PB
5 Hana Jugovic	UC	25:44.67
6 Char Hay	UMelb	26:52.73
7 Ciara Cassilles	UTS	27:00.44
8 Mia Bergh	GU	27:43.81
9 Phoebe Chadwick	UniSC	28:57.49
10 Summer Millard	UniSC	30:02.24
11 Taylah Morris	MON	30:45.95 PB

Men 5000m RW

1 Marcus Wakim	UMelb	20:40.32
2 Alex Bradley	UniSQ	24:32.71
3 Rain Langford	FU	25:10.38
4 Brendan Pospischil	UTS	25:45.94

1 DNF, 2 DQs

QUEENSLAND QRWC results, Sunday 27 April – Beenleigh

The QRWC's season proper commenced on Sunday at the Logan River Parklands, with **Iggy Jiminez** in particular looking to be ready for a good road season. Thanks to **Robyn Wales** for the results.

A Grade: 10kms

Men –	
1. Iggy Jiminez	54:38
2. Kai Dale	1:03:27
3. Peter Bennett	1:07:59
4. Paul Lindenberg	1:08:28
Women:	
1. Nyle Sunderland	1:09:22
2. Phoebe Chadwick	1:11:52
3. Joy Dale	1:25:23
4. Noela McKinven	1:34:37

B Grade: 5kms

Men –	
1. Simon Cartwright	42:30
Women –	
1. Deb Lindenberg	40:43
2. Anne Weekes	43:35

C Grade: 3kms

Women –	
1. Izzy Blackburn	22:49

D Grade: 2kms

Men –	
1. Hayden Robertson	11:43
Women –	
1. Clara Hemmus	13:11
2. Jessica Gorham	13:24
3. Violet Conway	15:59

E Grade: 1km

Men –	
1. Connor Robertson	8:20
Women-	
1. Lilli Chu	8:04

SOUTH AUSTRALIA SARWC results, 26 April – South Parklands

Adelaide's South Parklands is once again the venue for the SARWC's winter racing. **Kim Mottrom** kicked off the new season well by handsomely beating Peter Fullager's M40 5000m record.

Open 5km	Time	
Kim Mottrom	21:39	M40 record by 1:11
Sam Findlay	24:25	
Sam McCure	26:06	
Tristan Camilleri	26:19	
Cooper Rech	27:20	
Angelina Legrand	28:01	

Mel Grantham	31:05
Peter Crump	33:55
Alex McEwan	40:48
Bill Starr	43:51

Open 3km

Sebastian Richards	15:33
Matilda Rech	22:04

Open 1.5km

Rachel Pemberton	12:20
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Open 1km

Saxon King	6:25
Robert Crabb	7:08
Anthony Crabb	7:51
Frederick Sullivan	8:14
Martin Crabb	11:18



FRANCE: Grand Prix de Mehun-sur-Yevre, 27 April – Mehun-sur-Yevre

Emmanuel Tardi reports from one of the many historic areas of France, close by the Loire River, for another annual walks meet.

This Sunday I was in Mehun-sur-Yevre (200km in the south of Paris) for the annual road racewalking competition.

The loop was 1km long along the Yevre, the local river, with two bridges to cross.

The 10k and 20k started at 9am, the 3and 5k at 10.30am.

30 walkers came and competed. The weather was cloudy.

Easy victories for **Sébastien Bontemps** and **Delphine Réaud** in the 20km.

3km

1	SAINSON Andreane	CAF/09	Lb Chateauroux	17'00"
2	DUFOUR Delphine	MAF/74	Lb Chateauroux	20'15"
3	FELIPE Fabienne Marie	MAF/62	Ca Vierzon	22'25"
4	BERNERON Isabelle	MAF/68	Us Berry Athletisme	22'44"
5	MOREIRA Brigitte	MAF/65	Ca Foecy	25'22"

5km

1	BESLU Christophe	MAM/79	Lb Chateauroux	27'41"
2	CERON Lili	CAF/09	As Fondettes	27'43"
3	GRANDJEAN Eric	MAM/		30'09"
4	LUQUET Christophe	MAM/71	Us Berry Athletisme	31'18"
5	GRAVELET Marie	MAF/79	Gien Athle Marathon	31'48"
6	COPPIN Bernard	MAM/66	Ao Nivernaise	33'06"
7	BLINET Pierre	MAM/62	Toucy Athletisme	33'50"
8	PRAT Christophe	MAM/63	Athle Chartres Luce Mainvilliers	36'19"
9	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	38'27"
10	NOUGUES Jean-Claude	MAM/44	Ao Nivernaise	38'47"
11	GRANDJEAN Sarah	MAF/		39'29"
12	NGUYEN Jean-Luc	MAM/56	Sam Paris 12	39'39"

10km

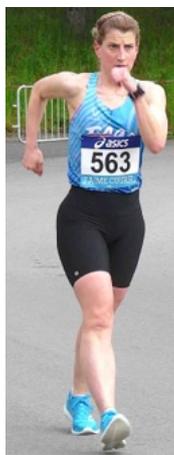
1	BOUTRAIS Andy	SEM/91	Us Talence	53'43"
2	LE NOIR Gael	JUM/07	Gien Athle Marathon	58'17"
3	SEVELLEC Sylvie	MAF/64	Ac Cesson	58'18"
4	BROU Florent	SEM/93	Ac Paris-Joinville	59'54"
5	RUBLON Olivier	MAM/65	Gien Athle Marathon	1h04'18"
6	BRUCH Jean-Frederic	MAM/59	Athle Chartres Luce Mainvilliers	1h08'55"
7	CONFRERE Jules	JUM/07	Ca Vierzon	1h15'08"
8	BEGUIN Nathalie	MAF/67	Ca Vierzon	1h26'19"

20km

1	BONTEMPS Sebastien	MAM/90	Gien Athle Marathon	1h39'29"
2	GERBAUD-BLIN Pierre	SEM/95	Ec Orleans Cercle Jules Ferry	1h45'04"
3	BODROS Gaetan	MAM/60	Ac Chateau Thierry	2h03'33"
4	REAUD Delphine	MAF/82	Ac Paris-Joinville	2h06'54"
5	VARENNE Julie	MAF/86	Vierzon-Vignoux-Foecy Athlé	2h10'59"
6	TAILLANDIER Patrick	MAM/76	Ca Vierzon	2h20'40"



Bontemps



Reaud



Sevellec



Boutrais

(Photos: Emmanuel Tardi)

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.

- Sunday, April 27, 2025 - **Luis Henry Campos (Peru) and Viviane Lyra (Brazil) were crowned South American champions in the 20 km walk – Mar del Plata 2025** <https://omarchador.blogspot.com/2025/04/luis-henry-campos-peru-e-viviane-lyra.html>
- Thursday, April 24, 2025 - **Mixed relay race at the China Championships in Huangshan (2025) – results (day 2)** <https://omarchador.blogspot.com/2025/04/a-estafeta-mista-de-marcha-nos.html> It seems China still sees a future for the Marathon Walk relay. At least they're exploring further avenues for their walkers, which is admirable.
- Wednesday, April 23, 2025 - **20km race walk at the China Championships in Huangshan (2025) – results (day 1)** <https://omarchador.blogspot.com/2025/04/os-20-km-marcha-nos-campeonatos-da.html>
- Tuesday, April 22, 2025 - **Final of the «Mario Gatti» Race Walking Challenge in Redon, France (results)** <https://omarchador.blogspot.com/2025/04/final-do-challenge-de-marcha-mario.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.

FURTHERMORE ...

It's no surprise that the extinction of a second walk from future Olympics – the only athletic event to have been 'pruned' by the IOC – has given rise to a lot of bitterness, along with a deep sense of injustice, among walkers and supporters the world over. In the article below, published by Spanish sports blog *La Marca*, Spain's elite walkers and two of their coaches give vent to their feelings on the matter.

The Walk, after learning about the Olympic program: "It's a shame they're mistreating this sport like this, a blow."

By *Begoña Fleitas* (reprinted from *La Marca* – 10 April)

Race walking is the athletic discipline that has undergone the most changes in its distances across the various championships in recent years. First, the 50 km race walk disappeared from the European Championships, World

Championships, and Olympic Games and was replaced by the 35 km race. Later, the mixed relay was included in the Paris Olympics, almost at the last minute, in which **María Pérez** and **Álvaro Martín** won gold.

The World Athletics Council then adopted further modifications: replacing the 20-kilometer race with a half marathon (21.095 km) and eliminating the 35-kilometer walk, which will become a marathon (42.195 km), starting in 2026. The latest change, unexpected for the world of walking, was the announcement of the new program for the 2028 Los Angeles Games. The mixed relay will be eliminated and there will be only one race walking event, a half marathon, compared to the initial proposal for three.

For this reason, coaches and race walkers have expressed their weariness with so many changes and their displeasure with the inclusion of only one event in the Olympic program. "We've been experiencing continuous changes for a long time, both at the IOC and at World Athletics," coach José Antonio Quintana told MARCA. "It's a shame that they're mistreating a discipline that started at the first Games. The mixed relay may not have been the best idea, but leaving only one distance when sprinters can do several, just like long-distance runners, seems to me to be mistreating the sport."

'The mixed relay may not have been the best idea, but leaving only one distance when sprinters can do several, just like long-distance runners, seems to me to be mistreating the specialty.'

José A. Quintana, coach

For his part, **Álvaro Martín**, Olympic mixed relay champion alongside María Pérez, assured MARCA that "we sensed that the relay had little potential; it was a hasty experiment, although after the race it seemed to have been well received." And regarding the IOC's decision, the former race walker noted that "the IOC has every legitimacy to do whatever it wants; no one disputes that. It's their business, their product. Of course, what I hold against them is that they take off their masks and stop acting hypocritically because they sell the idea that this is something more than just a business, when everything is. In this way, they have taken off that mask; they are administrators of a company that wants to sell their product: the Games. Citius, Altius, Fortius sounds great, but what prevails is not the values of sport but its commercialization."

Thus, **María Pérez**, also an Olympic champion, stated that "I cannot hide my sadness and disappointment at the decision to eliminate the mixed relay from the Olympic program. This event represented much more than a sporting opportunity. It was a symbol of progress, of equality, of teamwork between men and women, of cultural diversity..."

The Olympic champion emphasized that "we are witnessing how, little by little, it is being relegated and pushed aside. I can't help but think of the colleagues who made history before me and of future generations, as well as the coaches. This decision is disrespectful to them and to everyone. It is one of the disciplines that has brought the most success and medals to Spanish athletics (...). Eliminating events is a step backward. Today it's the mixed relay... and tomorrow? Will they eliminate competitions as has happened in innovative competitions?"

'The IOC has taken off its mask. The "Citius, Altius, Fortius" sound good, but what prevails is not the values of sport but its commercialization.'

Álvaro Martín, former race walker

Coach **Jacinto Garzón** expressed surprise. "It took us all by surprise, as has been the norm in recent years. It's a huge blow because we've been working for many years, including to integrate the electronic system, which will be positive for walking. The audience ratings for the walk were very good, so walking is in fashion. It's one of the disciplines with the greatest variety of countries in its medal table, with finalists also from Africa... But we have to keep working," he told MARCA. "Walking is alive, within us, and we have to grow as much as we can and be self-sufficient. Walking is a universal sport and activity."

Thus, Garzón believes that "the IOC has become a company that selects sports modalities to help the host country win more medals. It's sad. In the United States, race walking isn't integrated into schools or universities, and there are hardly any technical staff, but they do promote walking as a healthy activity." In this regard, Quintana asserts that "we'll have to be optimistic and think that in Australia, which has a longer race walking tradition, they might offer two events."

'I can't hide my sadness and disappointment at the decision to eliminate the mixed relay. This event represented much more than a sporting opportunity. It was a symbol of progress, of equality.'

María Pérez, walker

Diego García Carrera, silver and bronze medalist at the continental championships, was also critical after learning of the IOC's decision. "It smells like betrayal here. Once again," he asserted.

For his part, race walker **Paul McGrath**, runner-up at the 20km European Championships in Rome, stated on social media that "it's absurd and completely inconsistent on the part of the IOC, as well as ANOTHER lack of respect for race walking. Now, I'd like to know what new excuse they'll give us to justify this change of discipline."

In this regard, McGrath emphasized that "I think it's a serious mistake to eliminate a race walking event, as it's one of the most global events at the Games. Even though the ideal event would be the marathon, not the relay, at this rate there will only be Olympic events that last 60 minutes and can be watched in their entirety on TikTok."

- 18th April 2025 - **One month to go to the 2025 European Race Walking Team Championships** <https://www.european-athletics.com/news/one-month-to-go-to-the-2025-european-race-walking-team-championships> Europe's finest race walkers will compete in the Czech spa town of Pödebrady again for the 2025 European Race Walking Team Championships which takes place one month from today (18) on 18 May.
- 23rd April 2025 - **Ukraine selects 18 athletes for 2025 European Race Walking Team Championships** <https://www.european-athletics.com/news/ukraine-selects-18-athletes-for-2025-european-race-walking-team-championships?fbclid=IwY2xjawJ3FHxlHRuA2F1bQlXMQBicmlkETFKRjZITHdNcUNvQ2hmRXVkarAR7WYsBwOXub>

[liod2NsRI1B1QSHuwKMFMPtoZWnJya8JgMAQv4BiH-o5XWc_qw_aem_yO8jusG-SiUwJcjIM-18Gg](#) Ukraine has named a team of 18 athletes for the 2025 European Race Walking Team Championships in Podebrady, Czechia on 18 May. The 2025 European Race Walking Team Championships will be streamed live on the European Athletics YouTube channel and accompanied by expert English-language commentary.



- Here’s an entertaining clip of **Evan Dunfee**, training in company with **Kyle Swan** and **Tim Fraser** against a sensational backdrop. Perhaps someone can enlighten me as to the location?
<https://www.facebook.com/reel/1449048882741643>
- And another newsreel clip from Stefano Malaspina, showing 1964 Olympic champion **Abdon Pamich** winning the Premio San Paulo 50km in 1960, prior to placing 3rd in that event at the Rome Olympics that year. Another example of how techniques have evolved over the years.
<https://www.facebook.com/stefano.malaspina.3/videos/1452236076153385/?idorvanity=116766962318792>

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

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

**** VRWC RACE FEES**

<u>Seasons ticket 12 months:</u>	Financial members: \$110.00 paid by the end of May.
<u>VRWC Club Races:</u>	Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00
<u>VRWC Championships:</u>	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 \$40. (Families: \$40 for the first child, \$35 for siblings.)



NOTICE TO ALL RWA CLUBS: *Changes to Age Groupings

At a special meeting held last Wednesday, the decision was made to correct what appears to be an anomaly in the Age groupings used up to now for Federation events.

Effective immediately, the policy of using 'age on the day' for race entries will cease. This will be replaced by '**age as of 31 December**', bringing us into line with Australian Athletics and Little Athletics Australia policy.

Thus, for example, a walker aged 11 when entering an event held on 8 June who will turn 12 on 9 June or later that year, would be listed as Under 13 or Under 14 for that event, depending on the age groups offered.

This will, of course, apply to entrants for this year's Lake Burley Griffin carnival and Postal Challenge, as well as for the second 2025 Federation event in whatever form it takes. (Discussions are still in progress as to how this will be managed in the light of AA's decision to hold a national Junior (U12-U20) road championship in August, exclusive of Open, Masters or U10 events.)

Stu Cooper (for Race Walking Australia committee)

2025 WINTER SEASON FIXTURE

<u>APRIL</u>		
Saturday 26 th April	VRWC CHAMPIONSHIPS	Mentone Track
<u>MAY</u>		
Saturday 3 rd May	VRWC Points races	Middle Park
Saturday 10 th May	VRWC Points races	Middle Park
Saturday 10 th May	Coaching seminar for parents, athletes and coaches	Middle Park
Sunday 18 th May	AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS & VRWC Events, incorporating AV Jared Tallent Trophy 30km	Middle Park
Saturday 24 th May	VRWC Points races	Middle Park
Saturday 31 st May	VRWC Points races	Middle Park
<u>JUNE</u>		
Sunday 8 th June	RWA 58th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 14 th June	A.V. & LA Vic Championships, Incorporating AV Bert Gardiner 10km winter championship	Middle Park
Saturday 14 th June	Judging course and Coaching seminar	Middle Park
Saturday 21 st June	VRWC Points races	Middle Park
Saturday 28 th June	VRWC Points races & Prize Day	Middle Park
<u>JULY</u>		
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	Middle Park
Saturday 19 th July	Coaching seminar for parents, athletes and coaches	Middle Park
Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
<u>AUGUST</u>		
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
<u>September</u>		
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 18 May 2025	AV, AV Schools & VRWC championships – Middle Park
Sun 8 Jun 2025	RWA 58 th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat

International Dates

4 May 2025	4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL
18 May 2025	European Race Walking Team Championships – Podebrady, CZE
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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