



# HEEL & TOE Online

Vol. 2025  
Issue No. 26  
Tuesday  
1 July 2025

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

Editor: Stu Cooper [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



**VRWC preferred supplier of shoes, cloths and sporting accessories**

Address: 598 High St, East Kew 3102 (Melways 45 G4)  
Telephone: 03 9817 3503  
Hours: Monday-Friday: 9.30am – 5.30pm  
Saturday: 9.00am – 3.00pm  
Website: <http://www.runnersworld.com.au>  
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

## \*H&T Notice Board – Page 8

- **Dogs off leash**
- **Fees** - Membership and racing.
- **2025 Winter fixture summary**

## Anybody seen June?

*It appears, to paraphrase 'Carousel', that June definitely did 'bust out' ... and vanish!*

*I just realised that May managed to outstay its lease and occupy June's space in the banner for all of last month's issues. Did anyone else notice? My apologies. As punishment, I've now got that song stuck in my head!*

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



It's a real pleasure to present this issue's WOTW award to **Abby Fowler (VIC, 10yo)**, one of the Club's most conscientious youngsters. Abby has earned this gong with two jaw-dropping improvements ... in Saturday's 2km 'Guess Your Time' race, in which she took over a minute – 1:04 to be precise – from her previous best time in recording **12:23**, and an even bigger 2km PB demolition three weeks ago in Canberra, where she hacked 1:22 from it in the bitter cold of Stromlo Park.

By any measure, these were big steps up. Joining the VRWC in May 2023 at the age of 8, Abby's learning curve has been a steep and, at times, daunting one as she slowly adapted to the demands of the sport, absorbing its skills and building her fitness. Frequently she found herself on her own, gamely plugging on long after bigger, older competitors had finished. Along the way she began to produce bursts of speed she found she could put to effective use, especially at the end of her races.

We've seen these bursts from Abby often this year, but little would have indicated the gains in endurance she has made to underpin that speed. In May her 2km times were in the 14:40s. Now, a mere month later, sub-12:00 is within her reach.

Congratulations, Abby! You are a model of perseverance and you deserve your success.

\*\*\*\*\*




## CLUB NEWS and RESULTS

### ***Can you help with loading, setting up and packing up on Sunday?***

If anyone is willing and able to get to the Club early this Sunday morning (i.e. at around 6:00am!) to help pack the trailer with essential equipment such as tents, tent weights, tables, chairs etc, then help set it up on the Aughtie Drive course for the **AV Championships**, your aid would be most valuable. Many hands make light work!

Please let **Terry Swan** or **Stu** know if you can be there.

**\*This weekend ...**

<b>Sunday 6 July – Middle Park</b> <b>*AV, VMA &amp; VRWC 20km &amp; Winter Championships</b> A World Athletics calendar event			
			
<b>8.30am</b>	<b>20km</b>	<b>AV Championship</b>	Open Men
	<b>20km</b>	<b>VRWC C'ship – Ray Smith Trophy</b>	Open Men
	<b>20km</b>	<b>VMA &amp; VRWC Championships</b>	Masters Men
	<b>20km</b>	<b>AV Championship</b>	Open Women
	<b>20km</b>	<b>VRWC C'ship – Elsie Jacobson Trophy</b>	Open Women
	<b>20km</b>	<b>VMA &amp; VRWC Championships</b>	Masters Women
	<b>20km</b>	<b>Non-championship</b>	Open
<b>8.40am</b>	<b>10km</b>	<b>AV Championship</b>	U20 Men
	<b>10km</b>	<b>AV Championship</b>	U20 Women
	<b>10km</b>	<b>AV Championship</b>	U18 Men
	<b>10km</b>	<b>VRWC Championship</b>	U20 Men
	<b>10km</b>	<b>VRWC Championship</b>	U20 Women
	<b>10km</b>	<b>VRWC Championship</b>	U18 Men
<b>9.15am</b>	<b>5km</b>	<b>AV Championship</b>	U18 Women
	<b>5km</b>	<b>AV Championship</b>	U16 Boys/Girls
	<b>5km</b>	<b>VRWC Championship</b>	U18 Women
	<b>5km</b>	<b>VRWC Championship</b>	U16 Boys/Girls
	<b>5km</b>	<b>Non-championship</b>	Open
<b>9.55am</b>	<b>3km</b>	<b>AV Championship</b>	U14 Boys/Girls
	<b>3km</b>	<b>VRWC Championship</b>	U14 Boys/Girls
<b>10.30am</b>	<b>1.5km</b>	<b>VRWC Championship</b>	U10 Boys/Girls
<b>10.45am</b>	<b>2km</b>	<b>VRWC Championship</b>	U12 Boys/Girls
	<b>2km</b>	<b>Non-championship</b>	Open
<b>11.00am</b>	<b>BBQ brunch</b>		
<b>11.30am</b>	<b>Presentations – in the Pavilion</b>		

\*Entry for all AV championships must be finalised by **11.59am** on **Wednesday 2 July**, via the AV Entry portal at <https://athsvic.org.au/events/victorian-race-walking-club/>

\*Entries for all VRWC and VMA events close on **Friday 4 July** at **6.00pm** at <https://www.revolutionise.com.au/vrwc/>

## **BBQ Cook Wanted !**

As it's approaching mid-winter and something hot on a cold Sunday morning is in order, we plan to provide a BBQ for our competitors, officials and anyone else who'd hungry this coming Sunday. But it won't happen without a cook.

### ***WE NEED SOMEONE TO TURN THE SNAGS!***

A couple of competitors have offered to assist before and after their races, and we thank them. However, as the races will be across at the Championship course, we really need a dedicated BBQ operator to ensure it all runs smoothly.

If you can help, or if you know someone who'd be happy to take it on, please contact Stu or Mark as soon as possible.



## **Do you have specific food needs?**

If you have a special request regarding BBQ food – vegetarian, vegan, allergen-free etc – please contact **Karyn O'Neill** at [treasurer@vrwc.org.au](mailto:treasurer@vrwc.org.au), to let her know for the ordering. You are welcome to provide your own food for the hot plate if you prefer.

Stu

## VRWC Club points results: 'Guess Your Time', 28 June – Middle Park

Great weather for our 'Guess Your Time' races last Saturday – a fine, crisp winter afternoon, free of wind! 32 starters assembled with the aim of hitting their guess time 'bull's eye' and snaffling some goodies.

For **Aria di Benedetto** and **Shaun Lewis** in the 2km it was double success, each collecting a nice, shiny PB along with their GYT prize. It was a different 'double' for **Anna Dubar** and **Cory Lewis**, with both girls landing within 2 secs of their guess times and thus taking a prize each in the 1km.

**Abby Fowler's** GYT radar probably needed a new battery, but who cares when you've destroyed your 2km PB by over a minute? Abby's guess time was an ambitious target but she's unlikely to have expected a result that good. Great work, Ab! Another to walk off with a big PB (by 50 secs) was **Alejandro Stephens** whose sub-40 8km was welcome after a frustrating run of near misses.

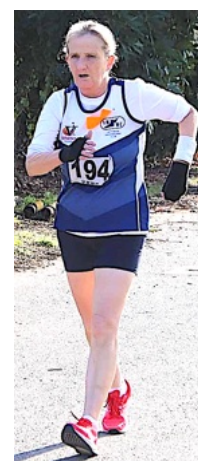
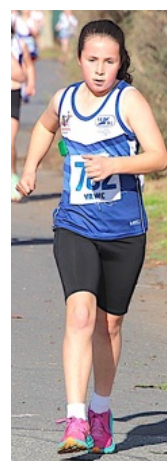
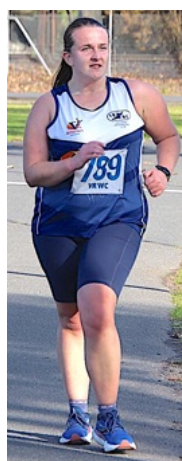
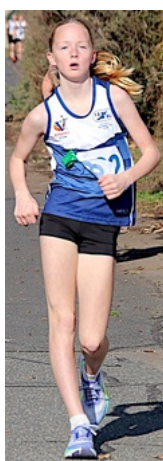
It was nice to welcome back two more 'prodigals', **Mya McClure** and **Andrew Jamieson**, for their first Club races of the season, with Mya announcing her return via a 4km PB. Andrew, a multiple Word Masters champion and record holder, is largely occupied with nature photography these days (his native bird shots are wonderful), so it's a treat to see him make even an occasional return to the VRWC 'nest'.



Our GYT winners: John, Aria, Anna, Dimitri, Karyn, Shaun, Emilie, Cory, Andrew, Emily, Jordan. (Yes, some missing.)



The 2km field hits its stride.



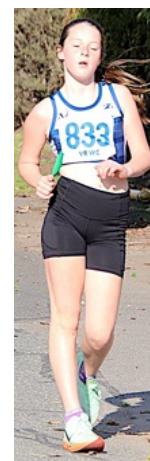
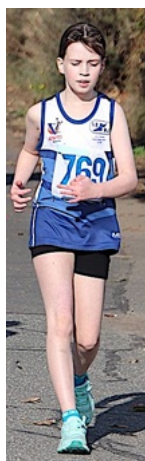
Name	Age Gr	Time	Diff	Pl.	Diff
<b>1km Open</b>					
1 Dimitri Pashutin	MU10	6:07	1		+0:14
1 Lily Bowkett	FU10	5:34	4		+0:17
2 Anna Dubar	FU12	5:43	e1		- 0:02
3 Daisy Hooper	FU10	5:48	7		+0:23
4 Ruby Nicholls	FU12	6:35	e5		- 0:20 PB 0:16



5 Cory Lewis	FU10	6:45	e1	+0:02
6 Summer Patten	FU10	6:45	e5	+0:20
7 Ava Pravednikov	FU10	7:25	3	+0:15

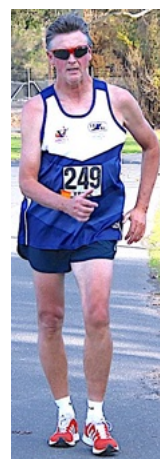
### 2km Open

1 Shaun Lewis	MM40+	10:24	1	- 0:16	PB 0:25
2 Harrison Ryan	MU14	11:42	3	+0:43	
3 Bowie Clarke	MU10	13:35	2	+0:25	
1 Indigo Marshall-Moodie	FU14	10:50	2	- 0:08	PB 0:08
2 Addison Frenken	FU14	11:06	4	- 0:10	
3 Aria Di Benedetto	FU12	11:53	1	- 0:07	PB 0:06
4 Caitlyn Shipham	FU14	12:19	7	+0:19	
5 Abby Fowler	FU12	12:23	8	- 0:37	PB 1:04
6 Kobe Lewis	FU14	12:24	5	- 0:11	
7 Heather Carr	FM60+	14:22	6	+0:12	
8 Marilyn Reynolds	FM40+	14:49	3	+0:09	



### 4km Open

1 Jordan Galbraith	MOp	20:17	1	+0:12	
2 Arthur Robinson	MU18	29:24	2	+0:28	
1 Mya McClure	FU14	19:51	2	+0:14	PB 0:04
2 Emily Smith	FU20	22:13	1	+0:03	
3 Gwen Steed	FM60+	31:24	3	+1:29	



### 6km Open

1 Andrew Jamieson	MM60+	39:39	1	+0:09	
2 Gerard Feain	MM60+	40:24	2	- 0:36	
1 Ariana Pashutina	FU20	36:51	3	+3:51	
2 Emilie Garside	FOp	41:17	1	+0:12	
3 Donna-Marie Elms	FM60+	42:44	2	+1:24	

### 8km Open

1 Karyn O'Neill	FM60+	57:15	1	0:00	
1 Alejandro Stephens	MOp	39:22	2	+0:56	PB 0:50
2 John Nottle	MM60+	53:40	1	+1:40	

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

*Mya, Gerard, Ava, Gwen, Alejandro, Harrison, Lily, Daisy, Dimitri, Ruby, Summer, Jordan, Emilie, Donna-Marie, Andrew, Anna, John, Emily, Cory, Ariana.*

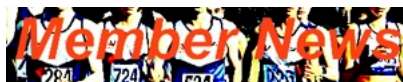
**\*Handicap results**

Female - Name		Age Gp	H pl	Male - Name		Age Gp	H pl
Merilyn	Reynolds	M40+	1	Shaun	Lewis	M40+	1
Karyn	O'Neill	M60+	1	John	Nottle	M60+	1
Heather	Carr	M60+	2	Gerard	Feain	M60+	2
Donna-Marie	Elms	M60+	3	Andrew	Jamieson	M60+	NPT
Gwen	Steed	M60+	4	Alejandro	Stephens	Op	1
Emilie	Garside	Op	1	Jordan	Galbraith	Op	2
Cory	Lewis	U10	1	Bowie	Clarke	U10	1
Daisy	Hooper	U10	2	Dimitri	Pashutin	U10	2
Summer	Patten	U10	3	Harrison	Ryan	U14	1
Lily	Bowkett	U10	4	Arthur	Robinson	U18	1
Ava	Pravednikov	U10	5				
Abby	Fowler	U12	1				
Aria	Di Benedetto	U12	2				
Ruby	Nicholls	U12	3				
Anna	Dubar	U12	4				
Indigo	Marshall-Moodie	U14	1				
Mya	McClure	U14	2				
Addison	Frenken	U14	3				
Caitlyn	Shipham	U14	4				
Kobe	Lewis	U14	5				
Emily	Smith	U20	1				
Ariana	Pashutina	U20	2				

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.

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Mark Donahoo
<b>Race check in</b>	Mark Donahoo
<b>Timekeeper</b>	Ian Laurie
<b>Recorders</b>	Duncan Knox, Kevin Cassidy, John Lyons, Kris Shipham
<b>Judges:</b>	Stu Cooper (Chief), Terry O'Neill, Bec Lewis, Brenda Felton, Danielle Clarke (Observer)
<b>Set up, Pack up:</b>	Ian Laurie, Stu Cooper, Terry O'Neill, Karyn O'Neill, Duncan Knox
<b>Photos</b>	Therese Smith
<b>Canteen</b>	Donna Marie Elms, Gwen Steed
<b>Presentation</b>	Mark Donahoo
<b>Walkers:</b>	<a href="#">32</a>



- We were sorry to hear that **Di Lowden**, who has appeared in this column on a couple of happy occasions owing to honours she has earned, was hospitalised last week for a cardiac procedure. Happily, Di is back home and likely to be at the Club on Sunday ... we hope she'll have the all-clear to enjoy a sausage and bread!

\*\*\*\*\*



# AROUND THE COUNTRY

## A.C.T. ACTRFWC Points 7 results, 21 June – Lake Tuggeranong

Results taken from ACTRFWC newsletter:

<b>7km</b>				<b>1km</b>			
1 John Kennedy	Fitness	Masters	49:35	1 Tindra Helgstedt	Race	U14F	6:01
				2 Katharina Johnson	Race	U14F	6:03
<b>3km</b>				3 Clare Rice	Race	U14F	6:08
1 Jillian Ryan	Race	U16F	17:01	4 Jess Robson	Fitness	Masters	8:13
<b>2km</b>							
1 Sebastian Ryan	Race	U14M	13:09				
2 Geoff Barker	Fitness	Masters	21:04				

## QUEENSLAND QRWC Handicaps #6, 29 June – Kalinga Park

Thanks to **Robyn Wales** for sending through the latest QRWC results:

<b>A Grade 10km</b>		<b>B Grade 5km</b>	
<b>Men:</b>		<b>Men:</b>	
(1) Ignacio Jimenez	53:13	(1) Simon Cartwright	43:43
(2) Kai Dale	1:02:07	<b>Women:</b>	
(3) Peter Bennett	1:08:50	(1) Eliza Kelly	31:20
<b>Women:</b>		(2) Nyle Sunderland	32:30
(1) Brenda Gannon	1:06:38	(3) Anne Weekes	35:29
(2) Joy Dale	1:18:26 SB	(4) Kate Morris	35:34 SB
(3) Noela McKinven	1:40:52		
... Phoebe Chadwick	DNF		
<b>C Grade 3km</b>		<b>D Grade 2km</b>	
<b>Men:</b>		<b>Girls:</b>	
(1) Leo Ramsay	18:31	(1) Jessica Gorham	13:25
		(2) Willa Sio	14:53
<b>F Grade 1km</b>			
<b>Boys:</b>			
(1) Yoshua Lee	6:31		
<b>Girls:</b>			
(1) Lilli Chu	6:05 SB		

## TASMANIA TRWC Road walk results, 29 June – Wentworth Park

David Moore reports from Hobart:

Spoilt again by very mild winter conditions for our Walk at Wentworth Park today. New PB's to **Elsie Woodward** 1km, **Gabriel Dix** 2km, and **Sam Leitch** 3km. Nice walks also from **Sophia Carr** and **Sara Leitch**, going beyond the distances they have walked up until today.

<b>1km</b>			<b>2km</b>		
1. Elsie Woodward	OVA	6:20 PB	1. Gabriel Dix	Clarence LA	19:19 PB
2. Anne Travis	UTAS	10:03	2. Dot Sussmilch -Leitch	Hobart LA	19:51
3. Sophia Carr	Kingston LA	12:34 FT	3. Dave Moore	TMA	22:51
<b>3km</b>			<b>4km</b>		
1. Adele Woodward	OVA	20:26	1. Elizabeth Leitch	TMA	29:02
2. Sam Leitch	ESAC	24:00 PB	2. Sara Leitch	TMA	38:48 FT
<b>7km</b>					
1. Wayne Fletcher	NSAC	64:33			



# INTERNATIONAL NEWS

## FRANCE: Track Race walk meeting, 29 June - Caen

**Emmanuel Tardi** reports from Caen, one of the Normandy cities pivotal in the liberation of France in WWII. From Emmanuel's message, it sounds as if it provided another kind of 'liberation' on Sunday.

I was in Caen (250km to the west of Paris, near the seaside), last Sunday. It was the only place in France where the sun was not too 'hard.'

The local club organised a racewalking meeting. It was one of the last opportunities to realize the standards for our national championship. Races took place on the track of Helitas Stadium.

In the 20k, **Vanessa Denisselle** walked with **Dorian Lomonier** for the first half, but decelerated in the second half. In the ancillary events, **Marine Rottier** (my teammate 😊) produced a very strong **22.19** for 5000m. She became No 6 in the French all-time list.

### 20000m : 8h00

1	LOMONIER Dorian	ESM/03	Esm Gonfreville L'orcher	1h39'42"08
2	DENISSELLE Vanessa	MAF/84	Val-De-Reuil Ac	1h44'39"99
3	BOUTRAIS Andy	SEM/91	Us Talence	1h48'42"17
4	MOTIR Agathe	ESF/05	Caen Ac	1h52'15"37
-	DEBASLY Benoit	MAM/73	Caen Ac	DQ

### 10000m : 8h00

1	LEMONNIER Leo	JUM/07	Caen Ac	52'54"82
2	CANU Manon	JUF/06	Caen Ac	57'53"65
3	RICHER Ninon	JUF/07	Stade Sottevillais 76	58'50"55
4	LEMOIS Carole	MAF/76	Caen Ac	1h00'20"85

### 5000m : 9h30

1	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	22'18"39
2	HANNOT Juliette	JUF/06	As Tourlaville	23'54"67
3	FOUCHARD Johnny	MAM/76	Athlé Marais Carentan	28'05"97
4	LE GUELTE Antoine	CAM/08	Caen Ac	28'48"08
5	BELLOC Herve	MAM/75	Aigle Mortagne 61	29'26"13
6	BELLANGER Stephane	MAM/61	Caen Ac	29'37"39
7	AMBLARD Victoria	MAF/80	Val-De-Reuil Ac	29'48"71
8	DUQUESNE Diane	SEF/95	As Tourlaville	30'53"96
9	ALDEBERT Sophie	MAF/67	Aigle Mortagne 61	31'25"31
10	ROGUE Jacques	MAM/61	Lc Bretteville Sur Odon	35'12"49

### 3000m : 10h16

1	COUSIN Garance	MIF/10	Stade Saint-Lo	14'43"66
2	RACINE Lena	MIF/11	Ac Barentin	16'16"55
3	HEUGHEBAERT Elsa	ESF/03	Ca Lisieux	17'10"35
4	GERALDES Felicie	CAF/08	Uso Mondeville	17'10"71
5	SORIN Veronique	MAF/62	Sc Herouville Athlé	17'56"60
6	FOUCHARD Anaëlle	CAF/09	Athlé Marais Carentan	20'52"46
7	BANCE Elyne	CAF/08	Ac Barentin	22'52"31
8	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	23'36"75

### 2000m : 10h16

1	DUCHEMIN Lino	MIM/11	As Tourlaville	9'21"84
2	JEANNE Marius	BEM/12	Stade Saint-Lo	10'38"96
3	BRIET MASSE Oceane	BEF/12	Stade Sottevillais 76	12'10"17
4	LE GUELTE Jeanne	BEF/12	Caen Ac	14'03"58





Marine Rottier



Lomonier and Denisselle

(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.

- Monday, June 30, 2025 - Celestino Pacheco and Ana Sofia Santos are national champions in under-18 race walking – Beja 2025 <https://omarchador.blogspot.com/2025/06/celestino-pacheco-e-ana-sofia-santos.html>
- Sunday, June 29, 2025 - CONADE 2025 - Tlaxcala, Mexico (under-16 and under-18 results) <https://omarchador.blogspot.com/2025/06/conade-2025-tlaxcala-mexico-resultados.html>
- Friday, June 27, 2025 - Nitin Gupta shines in Indian U-20 Championships – Prayagraj 2025 <https://omarchador.blogspot.com/2025/06/nitin-gupta-em-grande-destaque-nos.html>
- Thursday, June 26, 2025 - Saul Fernandes (1938-2025) passed away <https://omarchador.blogspot.com/2025/06/faleceu-saul-fernandes-1938-2025.html> A tribute to a much-revered official and worker for Portuguese walking.
- Wednesday, June 25, 2025 - César Herrera and Naomi Garcia excel in the 35,000m in Chula Vista, CA <https://omarchador.blogspot.com/2025/06/cesar-herrera-e-naomi-garcia-destacam.html>
- Wednesday, June 25, 2025 - Óscar Patín and Lauren Harris dominate in the 20,000m in Chula Vista, CA <https://omarchador.blogspot.com/2025/06/oscar-patin-e-lauren-harris.html>
- Tuesday, June 24, 2025 - Canadian 10,000m Race Walk Championships and Royal City Inferno 2025 (results) <https://omarchador.blogspot.com/2025/06/campeonatos-de-10000-m-marcha-do-canada.html> A regulation win and another title for Evan Dunfee.

*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 \*\***

### **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 1<sup>st</sup> 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 1<sup>st</sup>** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

**\*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

### JULY

Sunday 6<sup>th</sup> July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 12<sup>th</sup> July VRWC Points races and Interval races Middle Park

Saturday 19<sup>th</sup> July VRWC Points races

**Saturday 19<sup>th</sup> July Coaching seminar for parents, athletes and coaches Middle Park**

Saturday 26<sup>th</sup> July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

### AUGUST

Saturday 2<sup>nd</sup> August VRWC Points races Middle Park

Saturday 9<sup>th</sup> August AV Championship & VRWC Championships & events Middle Park

Saturday 16<sup>th</sup> August VRWC **Last points race** Middle Park

Sunday 24<sup>th</sup> August Australia Athletics championships Ballarat

Saturday 30<sup>th</sup> August VRWC non points race day Middle Park

### September

Saturday 6<sup>th</sup> September AV 5km teams championship, VMA 5km track championship & VRWC events Mentone Track

Sunday 14<sup>th</sup> 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 <sup>th</sup> 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

**(EDITOR'S NOTE:** When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

**\*DISCLAIMER:** The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.

Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)