



HEEL & TOE Online

Vol. 2025
Issue No. 35
Tuesday
2 September 2025

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

Editor: Stu Cooper 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 15

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

VACANCY – Club Treasurer

See advert on Notice Board page 15

WALKER OF THE WEEK



Robyn Wales put it perfectly in her club report: “Iggy was on fire again today!” What a way to celebrate turning 70 ... a **49:51** for 10km, backing up from a 50:11 a fortnight earlier. It goes without saying (but we like saying it) that on the basis of these two world-class Masters performances, **Iggy Jiminez (QLD)** is this issue’s WOTW.

The last time Iggy was honoured with WOTW was in March 22, 2022, when he shared it with Victoria’s Mark Blackwood following wins in their respective state Masters track titles. It’s been a long time between drinks (energy drinks, surely?), as Iggy had had some time away from the sport and has only returned to serious racing this winter. This time he shared the award with no-one, having produced arguably the standout Masters walking performance of the year so far – certainly in the male category.

Congratulations, Iggy. Welcome back. We look forward to following your fortunes at the Oceania championships this coming weekend.

*Honourable mentions

- **Aangi Shah (VIC)** – a huge 1:08 improvement on her 4km PB, recording **25:40** with a strong finish.



CLUB NEWS and RESULTS

VRWC ‘Beat Your Season Best’ races, 30 August – Middle Park

With no points competition as an incentive, it was decided to revive the *Beat Your Best Time* concept for last Saturday. The BYSB races were a popular season closer in past years and it was nice to see it back for the last of our regular Middle Park races for 2025.

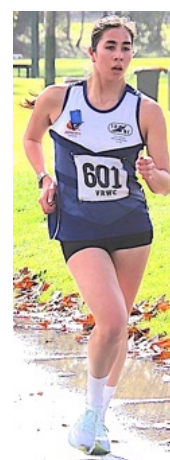
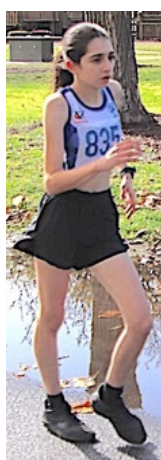
Icy wind gusts (though not the forecast rain) faced the 30 starters in their quests for fast times and, hopefully, some goodies at the end. Ten PBs were recorded on the day. **Aangi Shah** picked the right day to produce her best result of the season, laying waste to her 4km PB with **25:40**, a 1:08 improvement. **Erlын Singh** achieved her first sub-12:00 2km while **Anna Dubar** backed up from her Ballarat success last week with a 15 sec PB over 1km. **Caitlyn Shipham** had her first outing over 4km and made a good fist of it.

Shaun Lewis has made every post a winner of late as regards cutting times, his 4km in 21:43 shedding 14 secs from his PB. Meanwhile, it was great to see **Jonathan Ho** back in action after being absent all season, presumably due to studies.

Quite a few BYSB winners were unable to wait until the end of racing to collect their prizes. If that includes you, you can collect them at the Winter presentations on Sunday 14 September.



The final road 2km race for the year gets underway.



<i>Name</i>	<i>Time Pl.</i>	<i>Time</i>	<i>Prev SB.</i>	<i>Over</i>	<i>Under</i>	<i>Under or closest pl.</i>
1km Open						
Anna Dubar	1	5:20	5:35		0:15	1 PB 0:15
Daisy Hooper	2	5:31	5:36		0:05	2 PB 0:05
Ava Pravednikov	3	7:01	6:49	0:12		3
Fletcher Walters	2	5:37	5:34	0:03		1
Bowie Clarke	4	5:51	5:44	0:07		2
Fletcher Reid	1	5:06	4:59	0:07		2
Ryder Reid	3	5:44	5:36	0:08		4
2km Open						
Erlyn Singh	4	11:56	12:17		0:21	1 PB 0:20
Georgia Walters	3	11:37	11:49		0:12	2 PB 0:12
Cory Lewis	8	13:53	14:02		0:09	3 PB 0:09
Summer Patten	7	12:26	12:31		0:05	4 PB 0:05
Merilyn Reynolds	9	14:18	14:15	0:03		5
Addison Frenken	1	10:47	10:39	0:08		6
Kobe Lewis	5	12:00	11:50	0:10		7
Aria Di Benedetto	2	11:32	11:00	0:32		8
Emilie Garside	6	12:20				NPT
Harrison Ryan	1	11:54	11:42	0:12		1
Robert Gardiner	2	15:19				NPT
4km Open						
Aangi Shah	3	25:40	26:47		1:07	1 PB 1:08
Emily Smith	1	21:30	21:34		0:04	2 PB 0:04

Grace Louey	2	22:11	22:16		0:05	3 PB 0:05
Caitlyn Shipham	4	26:40				NPT
Donna-Marie Elms	5	27:37				NPT
Shaun Lewis	1	21:43	21:57		0:14	1 PB 0:08
Arthur Robinson	3	26:36	26:34	0:02		2
Jonathan Ho	2	23:12				NPT

6km Open

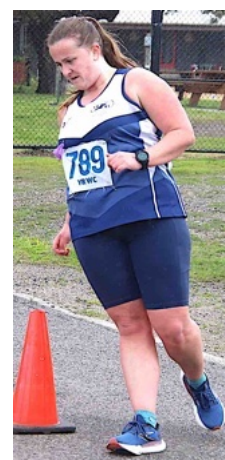
Gerard Feain	...	DNF				
--------------	-----	-----	--	--	--	--

8km Open

Karyn O'Neill	2	57:21	57:15	0:06		1
Carolyn Rosenbrock	1	49:46	48:43	1:03		2
Terry O'Neill	2	53:35	51:22	2:13		1
Alejandro Stephens	1	43:50	39:22	4:28		2

*Okay Boomers, fill in the missing lyric!

"To everything, ____, ____, ____, there is a season, ____, ____, ____."



*This week's action models:

Addison, Alejandro, Bob, Summer, Emily, Jonathan, Fletcher W, Aria, Grace, Anna, Aangi, Carolyn, Terry, Bowie, Georgia, Emilie, Daisy, Kobe, Harrison, Shaun, Donna-Marie, Ryder.

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

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

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

Timekeeper	Ian Laurie, Mark Donahoo
Recorders	Duncan Knox, Erin Reid, Mark Donahoo
Judges:	Kathleen Marsh (chief), Bec Lewis, Gordon Loughnan, Stu Cooper
Set up, Pack up:	Stu Cooper, Terry O'Neill, Karyn O'Neill, Duncan Knox, Gordon Loughnan, Ian Laurie, Robert Gardiner, Carolyn Rosenbrock
Photos	Therese Smith
Canteen	Donna Marie Elms
Walkers:	31

***Next weekend ...**

Our second-last meeting for the winter sees us back on the track at Dolamore Reserve, Mentone, for the **AV 5000m Teams race** plus Club races. Owing to a clash with the Oceania Masters championships in Brisbane, the VMA 5000m titles – normally held at this meeting – will be held in November as a road 5km event.

Saturday 6 September – Mentone track

1.00pm	2 hour	Open
1.00pm	1 hour	Open
1.00pm	10,000m	Open
1.30pm	1500m	Open
1.50pm	3000m	Open
2.15pm	AV 5000m Teams race	Men/Women

**Teams race entry: use the AV portal at
<https://athsvic.org.au/events/victorian-race-walking-club/>
 Deadline is Wednesday 3 September at 11.59am
 Entries for VRWC events will be accepted up until 6pm on
 Friday 5 September. Enter online at
<https://www.revolutionise.com.au/vrwc/events>*

***And the week after ...**

Entries for the **Handicap Relay Race** are now closed.
 However, you can still enter for the 1km and 4km Open races. Enter via the portal by 6pm on **Friday 12 September**.



Little Athletics Victoria **Community Officials: Race Walking**

Little Athletics Victoria CEO Nathan McConchie invites interested persons to attend a **Race walk judging education** session, held as part of the LAVic *Community Officials* program.

The session, to be conducted by international racewalk judge Zoe Eastwood-Bryson, is outlined below:

About The Event

Focusing on individual disciplines, the Community Officials program allows participants to pick an area of interest and undertake introductory studies, with a view to officiating. In the **Community Officials: Race Walking** program, participants will learn about race walking events and the judging process across multiple levels of the sport.

Led by esteemed international race walking judge, **Zoe Eastwood-Bryson**, on her return from the Japan World Athletics Championships, the program is ideal for all involved in our sport.

Location: Lakeside Stadium (Cathy Freeman Room)

Duration: 11.00am – 3.00pm

Cost: There is no cost to participate in a Community Officials program.

Registrations Close: Wednesday 8 October at 11.59pm, unless capacity reached prior.
Register via <https://events.mygameday.app/event/communityofficialsracewalking12oct25>

Program Inclusions: During the program, registrants will receive additional handouts. A certificate of completion will be emailed following successful completion. *Light refreshments will be provided.*

Important: All applicants will be emailed a PDF receipt upon completion of the registration, for your records.
Additional information will be distributed via email to registrants in the days leading up to the program.

This is an opportunity not to be missed. We strongly urge anyone – whether or not they are part of a Little Athletics centre – with an interest in becoming a racewalk judge, or as a judge wishing to refresh or extend their skill base, to attend this activity. We cannot have enough experienced judges in our sport!



OLYMPIC CHAMPION TO LEAD NEW NATIONAL RACE WALKING HUB IN SOUTH AUSTRALIA¹

(Reprinted from *SASI News* – 29 August)

Olympic Gold medallist **Jared Tallent** will spearhead a new initiative set to elevate Australia's legacy in race walking and drive medal success towards Brisbane 2032.

As one of Australia's most decorated race walkers, Tallent has been appointed as Head Coach of the National Race Walks and Endurance Hub – formed through a partnership between the South Australian Sports Institute (SASI), Australian Athletics and Athletics SA.

As a recent graduate of the Australian Institute of Sport's National Generation 32 (NatGen32) Coaching Program, Tallent said the program is a game changer for elite race walkers. "This is a huge boost for Australian race walking," Tallent said.

"For the first time ever, we have a dedicated national Hub at SASI, providing an unprecedented level of support for our athletes.

"I'm thankful for the opportunity to lead this program and to support the development of athletes with the goal of producing medal capable race walkers, ready to perform at major international events, including the Olympic Games."

The Hub will be based out of SASI's new world-class high-performance facility in Mile End where current SASI scholarship holders **Olivia Sandery** (Paris Olympian), **Elizabeth McMillen** and **Alanna Peart** are already training as part of the program.

At last month's World University Games, McMillen won gold in the 20km Race Walk in a Championship Record-equalling 1:28:18, and Sandery finished fifth to help secure silver in the team standings, capping off Australian Athletics' most successful campaign ever at the Games.

"For me, this Hub means getting to train with other really great athletes – we all push each other to be better and we get to do that in a world-class facility," Sandery said.

The aim is to double the number of scholarship holders by the end of 2025, with athletes continuing to relocate to Adelaide in the coming months.

Through this partnership, SASI will deliver leading-edge athlete performance support including exercise physiology, strength and conditioning, nutrition, sports medicine, physiotherapy, biomechanics and sports psychology - ensuring athletes are comprehensively prepared for international competition.

SASI High-Performance Senior Manager Kevin Tabotta said the partnership is a major step in continuing Australia's success in race walking and long-distance disciplines.

"Australia has a proud tradition in race walking, and we're thrilled to be working with Australian Athletics and Athletics SA to cement Adelaide as the home of elite race walking in this country," Tabotta said.

¹ https://www.sasi.sa.gov.au/news/2025/olympic-champion-to-lead-new-national-race-walking-hub-in-south-australia?fbclid=PAVERFWAMeKIVleHRuA2FbOIxMOABp_UUtmGIdKlvJSC-MuO7d9sglh82HgTvAa5JonKOBgQxmuF9TYFfus7ZPwx_aem_2mYMb2jmfjEQ4kvdLHx9MA

“With Jared Tallent’s leadership and the support of SASI’s world-class performance team, this Hub will play a crucial role in preparing athletes for Los Angeles 2028, Brisbane 2032 and beyond.”

Australia has consistently produced world-class race walkers, including **Jemima Montag**, **Rhydian Cowley**, **Jane Saville** and **Nathan Deakes**, with the nation participating in Olympic race walking since its inception.

Australian Athletics General Manager – High Performance, Andrew Faichney said the establishment of this new Hub ensures that proud legacy carries on into the future.

“Race walking has long been a cornerstone for success in Australian athletics, and this partnership ensures we remain a world force in the discipline,” Faichney said.

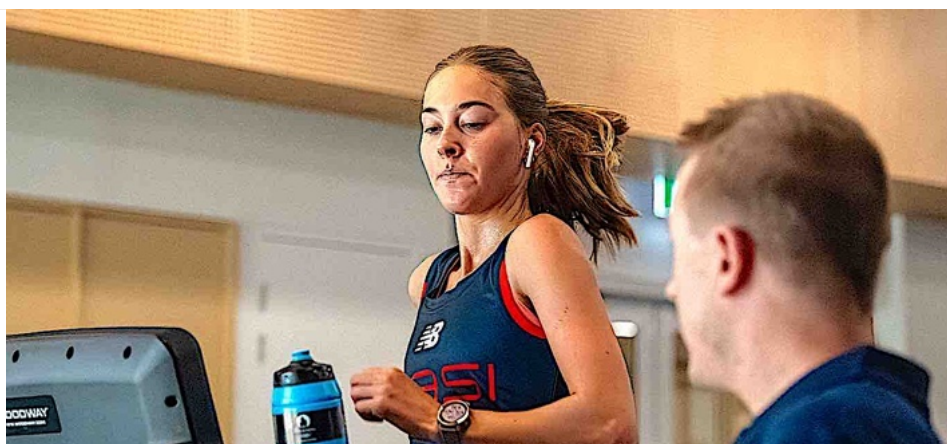
“With Jared at the helm and the backing of SASI’s performance expertise, we’re not only honouring a proud legacy but building the foundations for podium success in Brisbane and beyond.”

In addition to race walking, SASI’s individual road running endurance athletes will also be performance managed through the Hub, aligning expertise and resources across endurance disciplines.

Athletics SA CEO Shane Fuller said the Hub represents a bold and strategic commitment to nurturing the next generation of Australian race walking talent, where South Australia is leading the way.

“This is an exciting opportunity to expand on our strong relationship with SASI and Australian Athletics to create a new performance pathway that will strengthen the future of athletics in our State,” Fuller said.

“South Australia has a strong history of high-level performances in race walking and distance running events, and we look forward to supporting local athletes and welcoming athletic talent to Adelaide under this initiative.”



Olivia Sandery pounds the SASI treadmill under Jared’s watchful eye.

QUEENSLAND QRWC Handicap #1, Saturday 30 April – Aurora Park, North Lakes

Robyn Wales reports that the QRWC crew enjoyed sunny and warm conditions for their Club championships. “We have all thawed out after Ballarat,” she says. “**Iggy** was on fire again today! By the way, **Hayden Robertson** doesn’t have a walks coach. He has a triathlon coach who is obviously multi skilled!

Open & Masters 10km

Men

(1) Ignacio Jimenez	49:51
(2) Peter Bennett	1:06:02
(3) Dean Nipperess	1:06:10
(4) Simon Cartwright	1:22:26
(5) Patrick Sela	1:34:59

Women:

(1) Nyle Sunderland	1:05:37
(2) Trish Hibbs	1:12:28
(3) Joy Dale	1:17:30
(4) Kate Morris	1:24:55
(5) Noela McKinven	1:37:23

U18 6km

Men:

(1) Kai Dale	34:43
--------------	-------

Invitation:

Women:

Anne Weekes	40:38
-------------	-------

U20 8km

Men:

(1) Alex Bradley	42:27
------------------	-------

Women:

(1) Phoebe Chadwick	47:47
---------------------	-------

U16 4km

Men:

(1) Noah Cooke	19:15
... Corey Lockwood	DQ

Women:

(1) Eliza Kelly	22:16
(2) Kiara Waterman	28:11

U14 2km**Men:**

(1) Lachlan Moore	9:36
(1) Leo Ramsay	11:43

Women:

(1) Amelia Chisholm	11:26
(2) Elspeth Hooper	11:37
(3) Violetta Boyd	12:00
(4) Violet Conway	12:07
(5) Savannah Dunleavy	13:20
(6) April Kelly	14:48

U12 1.5km**Men:**

(1) Hayden Robertson	7:52
----------------------	------

Women:

(1) Clara Hermus	8:40
(2) Bella Sansom	8:42
... Izzy Blackburn	DQ

U10 0.75km**Men:**

(1) Yoshua Lee	4:10
(2) Connor Robertson	6:11

Women:

(1) Lilli Chu	4:09
(2) Luna Boyd	4:47
(3) Eliza Park	4:55
(4) Harper Waterman	6:54

SOUTH AUSTRALIA SARWC results, 30 August – South Parklands

Jared Tallent reports that, despite cold weather and only eight walkers, standout performances marked the day. **Cooper Rech** powered through the 10km with a swift 24:41 first 5km. **Saxon King** excelled in the 1500m with 9:14, while **Rachel Pemberton** came within a second of her 2km personal best.

Name	Distance	Time
Cooper Rech (U20)	10km	51:12
Peter Crump (O50)	10km	1:08:52
Alex McEwan (O50)	8km	1:04:55
Bill Starr (O50)	5km	43:00
Rachel Pemberton (U14)	2km	14:04
Saxon King (U12)	1.5km	9:14
Robert Crabb (U12)	1.5km	DQ
Martin Crabb (U10)	1.5km	DQ

TASMANIA TRWC Road walk results, 31 August – Montrose Bay

David Moore reports:

Our walkers faced the worst weather for our last event of the season at Montrose Bay today. Well done to everyone who braved the rain and Antarctic winds!!

1.5km

1. Austin Hucker	Huon LA	13:51
------------------	---------	-------

2km

1. Adele Woodward	OVA	12:31
2. Elsie Woodward	OVA	14:05
3. Sam Hucker	OVA	15:57
4. Dave Moore	TMA	20:08

3km

1. Elizabeth Leitch	TMA	22:27
---------------------	-----	-------

5km

1. Eugene Gerlach	OVA	37:04
2. Wayne Fletcher	NS	51:02

***Vale Jean Albury 28.09.2029 - 28.08.2025 – a personal reflection from Elizabeth Leitch**

Jean was an extraordinary Masters athlete who started as a runner and moved into race walking when she could no longer run. She started running in her fifties in Victoria with her husband Tom, but quickly outpaced him. She set many Masters records both Victorian, Tasmanian, Australian and world ones. These records were in both running and race walking.

In 1986 she set a world record in the W55, 5km run of **18:49:00**

Her 1986 1500m run Australian Masters W55 record was **5:15:70**.

In the 2000 Australian Masters Championships, she set another Australian record in the W70 5km Track Walk of **29:42:75**. I can still remember the cheers as she entered the home straight and the commentator informed the crowd she was setting a new record!

In that championship she also set an Australian W70, 10km road walk record of **1:02:31**.

She had an exceptional Race walking technique and was always very encouraging and humble in her great achievements. She is survived by her 5 daughters.

WESTERN AUSTRALIA WARWC Club road championships, 31 August - Woodbridge

The WARWC walkers had beautiful Sunday morning weather for their Club championships, with **Ali Griffin** on hand to present the medals. Thanks to **Mike Reid** for the results.

10km

John Ronan	44:42
Kaytee Bogaers	56:35
Andrew Duncan	58:19
Melissa Lewis	1:08:46
Brad Mann	54:56
Wendy Farrow	1:10:58
Ali Griffin	54:56

5km

Sierra Thompson	31:47
Steve Travell	43:17
Glenys Duncan	48:41
Lauren Davis	34:38
Fiona van Heerwaarden	29:58
Trinity Doulis	29:34
Addison Roots	31:39
Lynne Schickert	44:17

3km

Chloe Bevis	19:40
Makenzie Sillitto	16:14
Hannah Clausnitzer	17:27
Tayte Moore	17:21
Darcy Bramwell-Keys	DNF

2Km

Rahni Fowler	12:21
Ruby Kilworth	14:10

1.5km

Zoe Fowler	11:03
Dante van Heerwaarden	9:36



Glowing bling and smiles at Woodbridge.

(Photo: Mike Reid)

***CORRECTION**

In my report last week on the Australian U14 3km championship in Ballarat, I made an error based on misidentification. I remarked that Scarlett Nunn, having won bronze in that race, then competed in the U12 2km immediately afterwards. As it happens, Scarlett is already 12yo and could not have competed in the second race, even if that were allowed!

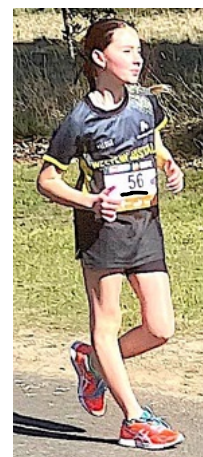
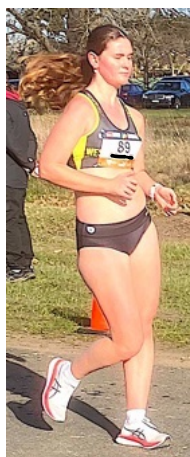
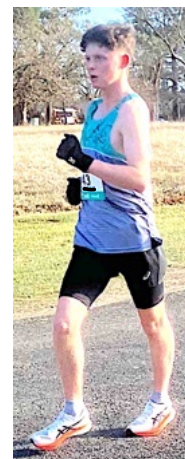
Either one of two things happened. One is that I misread the AA entry lists, mistaking Scarlett's name for Savannah Nunn's (I presume they are sisters.) The other is that AA erroneously listed Scarlett's name in the U12 start list, from which I cut and pasted the names for my own list in the issue before last. Either way, it was a bit of a muddle.

My apologies to both girls. I hope you were happy with your races in Ballarat.

Stu Cooper, editor

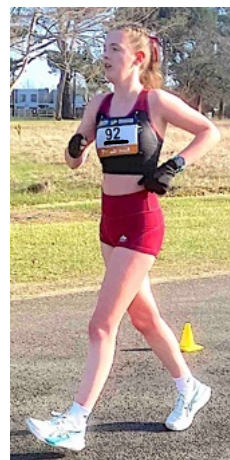
AA Junior Racewalking championships 2025

****BALLARAT GALLERY****



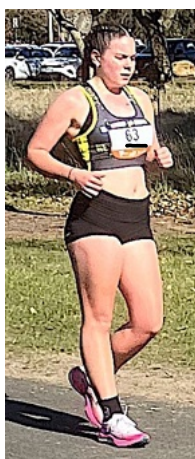
ACTION MODELS

Liam, Havana, Jessica, Ruby, Harrison, Angus, Eliza, Kaytee, Hugo, Matilda, Felicity, Phoebe, Adele, Makenzie, Kobe, Sam, Rahni, Koby.



ACTION MODELS

Peter, Payton, Taylah, Addison, Savannah, Riley, Willow, Kai, Beth, Sam H, Lily, Jack, Mollie, Sophie, Izzy, Brodie



ACTION MODELS

Chloe, Nina, Cooper, Aria, Michael, Sierra, Blair, Mathias, Rachel, Noah



INTERNATIONAL NEWS

Olympic champions Daniel Pintado and Massimo Stano to miss Tokyo World Championships

(reprinted from *O Marchador* blogspot – 29 August)

The last two Olympic champions in the 20km walk, Ecuadorian **Daniel Pintado** (Paris 2024) and Italian **Massimo Stano** (Tokyo 2020) recently announced that they will not be able to participate in the Tokyo World Championships, which will take place from the 13th to the 21st of next September, due to physical problems.

Ecuador's current top athlete, who won the gold medal in the 20km race walk in Paris, amidst magnificent views of the Eiffel Tower, underwent an astroscope hip replacement in April of this year, a procedure performed in Barcelona. He remained there for four months undergoing physical rehabilitation before returning to his hometown of Cuenca, where he continued his recovery toward his major goal of the year—participation in the Tokyo World Championships. However, in recent days, **Daniel Pintado** and his coach (Andrés Chocho) concluded that the recovery process, given the established goals, was not yet 100% complete, so it would be best to focus on next year.



(Photo montage: O Marchador)

As for Italian **Massimo Stano**, who won the 20km race at the Tokyo Games and the 35km race at the Eugene World Championships, we learned from the FIDAL website that he withdrew from the World Championships due to a left hamstring injury sustained in recent weeks. He has not yet fully recovered, preventing him from training properly over the past two months. In a decision shared with his coach (Patrizio Parcesepe), FIDAL and his club, Fiamme Oro, understood that due to the impossibility of competing for the top spots on the podium, risking aggravating the injury. It should be noted that this year he broke the world record for the 35km walk (2:20:43) and ran a time of 1:18:25 in the 20km race in A Coruña. Stano says goodbye to Tokyo, but his thoughts remain firmly focused on Los Angeles 2028.

Of the current two-time world champions (Budapest 2023), only Spain's **María Pérez** will defend her title, as her compatriot Álvaro Martín has decided to end his sporting career.

SWITZERLAND: 60th Anniversary walks, 30/31 August – Monthey & Epinassey

Emmanuel Tardi reports from Switzerland, where he officiated in one event and contested another over two days:

This weekend I was in Monthey (Switzerland) where the local club organized 2 events for its 60th anniversary.

**Track walks, 30 August - Monthey*

On Saturday there was a track event over 5000m at 5pm and a 10000m at 6pm.

I was appointed as judge with Jean-Pierre Dahm and Alexandru Stefan. The local judge, Frederic Bianchi, completed the team.

In the 5k, we saw an easy victory for **Marek Rossler** (Czech Republic) and **Caterina Carissimi** (Italy).

In the 10k, easy victories too for Hungarian **Norbert Toth** and French Olympian **Clemence Beretta**.

10000m Femmes

1	Beretta.	Clémence	1997	France	45'25"26
2	Klimentova.	Ema	2005	Tchéquie	51'58"00
3	Franklová.	Alžběta	2005	Tchéquie	55'06"30
4	Iund	Léonie	2006	France	55'10"80

10000m Hommes

1	Toth	Norbert	2001	Hongrie	42'36"18
2	Duc	Mattéo	2001	France	43'30"31
3	Mažgut	Jakub	2007	Slovaquie	44'04"99
4	Kukla	Albert	2005	Tchéquie	44'26"34
5	Martin	Côme	1995	France	46'32"47
6	Caprice	Jérôme	1983	Maurice	46'43"69
7	Nedvidek	Martin	1975	Tchéquie	47'49"40
8	Vejvancický	Vojtech	2008	Tchéquie	48'18"60
9	Plechacek	Ondrej	2008	Tchéquie	54'27"46
10	Gloser	Tomas	2006	Tchéquie	54'46"22
11	Allen	Steve	1956	GB & NI	64'56"37



Beretta and Toth ... 10,000m winners

5000m femmes

1	Carissimi	Caterina	2010	Italie	23'40"22
2	Scanziani	Sofia	1973	Suisse	28'14"12
3	Polli	Marie	1980	Suisse	28'41"22

4	Balini	Marta	2009	Italie	29'07"08
5	Iund	Héloïse	2010	France	29'50"61
6	Théolier	Lily	2000	France	26'31"00
7	Marzano	Rosalba	1966	Suisse	32'48"12
8	Baptiste	Hélène	1950	Suisse	39'41"22

5000m Hommes

1	Rösler	Marek	2008	Tchéquie	23'32"05
2	Alberto	Alberto	2009	Italie	25'44"28
3	Smola	Josef	1964	Tchéquie	28'56"37
4	Hauger	Georg	1957	Allemagne	30'42"50
5	Seipel	Hans Georg	1958	Allemagne	33'59"56
6	Penolazzi	Claudio	1955	Italie	34'24"02
7	Genet	Jérôme	1975	Suisse	34'31"03
8	Cossy	Bernard	1959	Suisse	35'06"72
9	Marclay	Sylvestre	1952	Suisse	37'03"69
10	Berner	Claude	1963	Suisse	37'34"06
11	Rouiller	André	1951	Suisse	39'37"52
12	Brot	Daniel	1953	Suisse	41'13"11
13	Bianco	Joseph	1941	Suisse	45'00"01



Carissimi (67) and Rossler (79) prominent early in the 5.

3000m Marche

1	Testa	Laura	2010	Italie	16'48"24
2	Nemcová	Eva	2011	Slovaquie	17'11"76
3	Homolová	Alexandra	2011	Slovaquie	17'23"55
4	Hůlková	Adéla	2012	Tchéquie	19'31"12
5	Andreotti	Piergiorgio	1940	Italie	28'25"14

2000m Marche

1	Petresini	Giorgio	2012	Italie	11'04"12
2	Vavassori	Martina	2013	Italie	11'35"80
3	Testori	Emma	2013	Italie	11'46"75

Judges :

Frederic Bianchi (SUI) Chef – Gold
Jean-Pierre Dahm (FRA) – Gold
Emmanuel Tardi (FRA) – Gold
Alexandru Stefan (ROU) – Silver

***Mountain Climb walk, 31 August - Epinassey**

On Sunday morning, it was a special event. You had to climb a mountain. You had 720m (difference of altitude) to climb in less than 8km.

We were 30 starters. The victory was for French walker **Côme Martin** and for Czech **Emma Klimentova**. After that, we had a common lunch in an altitude Chalet.



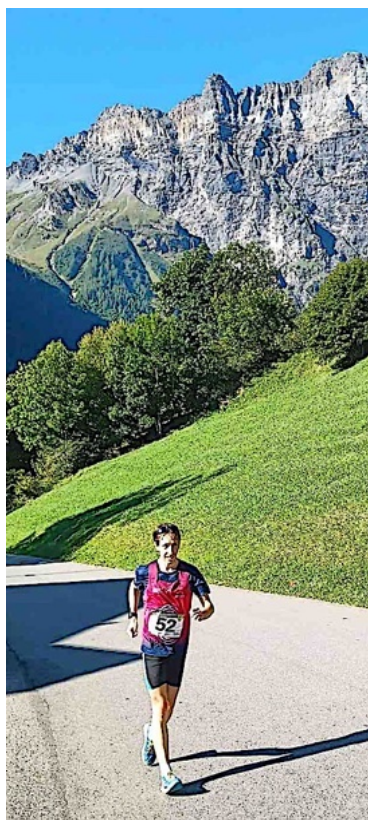
Are they 'up' for this?

8km en cote (+ 718m)

1	Martin	Côme	1995	H	France	00:50:14
2	Kukla	Albert	2005	H	Tchéquie	00:51:04
3	Toth	Norbert	2001	H	Hongrie	00:52:19
4	Duc	Mattéo	2001	H	France	00:53:44
5	Nedvídek	Martin	1975	VH	Tchéquie	00:57:29
6	Caprice	Jerôme	1983	H	Île Maurice	00:57:29
7	Mažgut	Jakub	2007	H	Slovaquie	00:57:29
8	Rösler	Marek	2008	JH	Tchéquie	00:58:38
9	Gloser	Tomas	2006	H	Tchéquie	00:58:48
10	Plechacek	Ondrej	2008	H	Tchéquie	01:02:21
11	Klimentova	Ema	2005	F	Tchéquie	01:02:21
12	Vejvancicky	Vojtech	2008	H	Tchéquie	01:04:56
13	Smola	Josef	1964	VH	Tchéquie	01:04:58
14	Gavillet	Patrick	1968	VH	Suisse	01:05:39
15	Henchoz	Corinne	1964	VF	Suisse	01:07:54
16	Ponzio	Roby	1947	VH	Suisse	01:09:14
17	Seipel	Hans Georg	1958	VH	Allemagne	01:09:29
18	Carissimi	Caterina	2010	CAF	Italie	01:10:15
19	Allen	Steve	1956	VH	GB & NI	01:10:16
20	Balini	Marta	2009	JF	Italie	01:10:18
21	Allieri	Alberto	2009	JH	Italie	01:10:18
22	Hauger	Georg	1957	VH	Allemagne	01:11:01
23	Briere	Régis	1968	VH	France	01:15:15
24	Cossy	Bernard	1959	VH	Suisse	01:15:20
25	Pasche	Daniel	1953	VH	Suisse	01:18:21
26	Berner	Claude	1963	VH	Suisse	01:19:49
27	Jomini	Michel	1951	VH	Suisse	01:26:20
28	Baptiste	Hélène	1950	VF	Suisse	01:28:09
29	Tardi	Emmanuel	1967	VH	France	01:29:39
	Franklová	Alžběta	2005	F	Tchéquie	DNF

2km en cote (+180m)

1	Testa	Laura	2010	Italie	00:16:23
2	Homolová	Alexandra	2011	Slovaquie	00:17:15
3	Nemcová	Eva	2011	Slovaquie	00:17:16
1	Vavassori	Martina	2013	Italie	00:16:24
2	Petresini	Giorgio	2012	Italie	00:16:56
3	Testori	Emma	2013	Italie	00:17:10
1	Penolazzi	Claudio	1955	Italie	00:19:21
2	Andreotti	Piergiorgio	1940	Italie	00:30:57



Martin on the long climb.

(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, August 31, 2025 - **Logo revealed for the World Race Walking National Team Championships - Brasilia 2026**
<https://omarchador.blogspot.com/2025/08/revelado-logotipo-do-campeonato-mundial.html>
- Saturday, August 30, 2025 - **Zittau (Germany) hosts international event with new distances**
<https://omarchador.blogspot.com/2025/08/zittau-alemanha-acolhe-evento.html>
- Thursday, August 28, 2025 - **Karlström and Nurmi repeat victories at the «Finnskampen» – Stockholm 2025**
<https://omarchador.blogspot.com/2025/08/karlstrom-e-nurmi-repetem-vitorias-no.html>
- Wednesday, August 27, 2025 – **Maher Ben Hlima and Katarzyna Zdziebło win Polish titles in the 10,000m walk (track) – Bydgoszcz 2025** <https://omarchador.blogspot.com/2025/08/maher-ben-hlima-e-katarzyna-zdzieblo.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 ****

VRWC Committee

****Vacancy – Club Treasurer**

After years of service, **Karyn O'Neill** is stepping down as VRWC Treasurer. We thank Karyn for all her work in managing the Club's finances.

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.

**** 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: \$12.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA or RWA.

**** VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2025:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races

throughout the year): \$ 0.00

Family membership: \$50.00

Annual Subscriptions are due on **April 1st** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

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

***UNIFORMS** - Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$45. (Families: \$45 for the first child, \$35 for siblings.)

DOGS OFF LEASH

It is a Parks Victoria regulation that dogs must be on leash in all areas of the Albert Park/Middle Park public use precinct, except for designated off-leash zones.

VRWC members, supporters and parents who notice dogs off leash near our race courses or official/assembly areas should notify myself, Mark Donahoo or Terry Swan.

Stu Cooper
President

2025 WINTER SEASON FIXTURE

September

Saturday 6th September

Sunday 14th September

AV 5km Teams c'ship & VRWC events

VRWC relay race and [Seasons Presentations](#)

Mentone Track

Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 6 Sep 2025
Sun 14 Sep 2025

AV 5000m Teams c'ship & Club races – Mentone
Relay race, BBQ lunch, Winter presentations – Middle Park

International Dates

6-10 Sep 2025
13-21 Sep 2025
4-9 Aug 2026
30 Oct-15 Nov 2026

Oceania Masters Athletics Championships – Brisbane QLD
20th World Athletics Championships – Tokyo, JPN
World U20 Athletics Championships – Eugene OR, USA
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