



# HEEL & TOE Online

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

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



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## \*H&T Notice Board – Page 13

- LAVic Community Officials: Race walk judging education session – Sunday 12 October
- Dogs off leash
- Fees - Membership and racing.
- 2025 Winter fixture summary

## VACANCY – Club Treasurer

See advert on Notice Board page 13

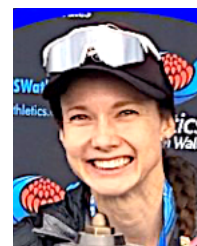
## \*\*WALKER OF THE WEEK\*\*

This week, WOTW ventures back to Brisbane – the scene of the Oceania Masters Athletics championships currently in progress. With two walk events completed and just the 5000m track walk to come, we have no hesitation in naming **Michelle Bray (ACT)** as this issue's winner, alongside **Iggy Jiminez (QLD)** who is backing up from last week's win.

**Michelle** wins the award on the back of her win in the W40-44 section of the 1500m with a time of **6:51.42**, an 18-sec PB and just 6 seconds shy of the national record set by Heather McDonald (Carr) way back in 1990. Michelle commenced race walking as an ACT Master only in 2022 and is obviously a serious, dedicated trainer. Some of those records could be in jeopardy if she holds her form and keeps progressing.

It would have been a bit much to expect **Iggy** to repeat or beat last week's **49:51** in the QMA Masters 10km championship, but his **51:17** on Saturday was the standout performance among the male Masters in Brisbane. Nor was his 1500m victory in **6:59.87** approachable by anyone in the field, let alone the M60-64 contenders. And here we come to the third reason Iggy is sharing this award with Michelle: it's the least I can do to make amends, having robbed him of 10 years of his life last week by stating he'd just turned 70! My apologies, Iggy! It doesn't detract from your fine result last week, anyway.

Congratulations, Michelle and Iggy. If you're competing in the 5000, we look forward to seeing your results.



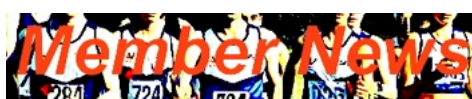
## \*Honourable mention

- **Ela Uzun (VIC)** – another VRWC Club record, this time U15, plus an Essendon AC club record with her 22:58.1 for 5000m.

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## CLUB NEWS and RESULTS



- Once you become a VAWC/VRWC member, you remain one in perpetuity – in the sense that, having engaged with other members, raced, officiated and bonded with them, you stay in their recollections as clubmates long after you cease active association with the club. Even if nobody now at the club remembers you, you'll be referred to in print or

in photos, more often than not stirring fond memories. Such is the case with two members who recently departed this life – **Claude Martin** and **Alan Johnson** – both of whom are warmly remembered by many of us.

Tim Erickson has compiled the following profile on Claude, who would still be remembered by those connected with the VAWC in the 60s and 70s. The profile, originally created for Claude's entry in the Australian Centurions' roll of honour, has been adapted by Tim for this tribute:



## DOWN MEMORY LANE

with *Tim*

### VALE CLAUDE MARTIN: 1935 - 2025

*Aust. Centurion 14.*

**Claude Martin (15.09.35)**

08-09 October 1977

22:42:53.6

George Knott Athletic Field, Clifton Hill, Victoria

**Claude Martin**, who was born in Switzerland on 15<sup>th</sup> September 1935, emigrated to Australia as a young man and settled in Melbourne.

An enthusiastic sportsman, he eventually found the sport of Athletics, joining the famous Collingwood Harriers club and testing himself out in various events. He soon found his event of choice, namely racewalking. His first major test was in the 1961 Victorian 20km Roadwalk Championship at Albert Park, where he finished 15<sup>th</sup> in a time of 1:58:14. From then on, he was a regular competitor in all the major Vic Champs until he stepped back in 1984, just short of 50 years of age.

His best Victorian Championship results were silver in the 1975 Victorian 50km Championship (5:35:01) and bronze in the 1976 Victorian 50km Championship (5:13:06). It is fair to say that Claude was a stayer rather than a sprinter.



*In action in the 1978 Victorian 30km Championship at Albert Park  
From left: Bruce Dudon, Jim Bannon, Claude (with headband) and Ken Hall*

Apart from racing with Collingwood Harriers at the State level, Claude was also an enthusiastic member of the Victorian Amateur Walkers' Club (VAWC) and regularly raced in their teams in various Australian Federation of Race Walking Club (AFORWC) championships, especially in the annual Lake Burley Griffin 20 Mile Classic which was held in Canberra each June. There he had 8 appearances between 1974 and 1983, his best being 13<sup>th</sup> in 1980 with a time of 2:58:06.

His first centurion attempt was in October 1976 in Adelaide. His form was good - he had recently completed the City of Mordialloc 50 miles at Mentone in second place behind Tim Thompson, with a time of 9:27:27. However, like the rest of the

field in Adelaide, he suffered with the springy synthetic track and was forced to retire in the early hours of the Sunday morning, a few miles short of 50 miles. On that occasion, Tim Erickson was the only centurion qualifier. Come 1977 and the VAWC opted to stage a 24 hour racewalk at the Collingwood Harriers track, the venue used successfully for the 1975 Centurions qualifying event. The main contender was Claude, who had just completed a successful winter season of walking and was hopeful of success in his second attempt.

He started out confidently but was shadowed by 16 year old Bill Dyer; they were never separated by more than a handful of laps. The 50 mile splits (10:32:24 for Claude and 10:42:04 for Bill) illustrate this fact. The last few hours of the race proved very interesting with a strong Bill gradually closing the gap on his older opponent. Claude was, however, able to rally, holding out the fast finishing youngster to become Australian Centurion 14 with his time of 22:42:53.6. Bill finished just over 8 minutes behind with 22:50:33.5.



*Claude and Bill congratulate each other after their successful centurion walks in 1977*



*Centurions at the 1977 event at Clifton Hill*

*Back: Stuart Cooper (C5), Dudley Pilkington (C7), Bill Dyer (C15), Jim Gleeson (C3), Claude Martin (C14) and Tim Thompson (C6)  
Front: John Harris (C12), Mike Porter (C9) and Clarrie Jack (C4)*

Interestingly, Claude was the first person to complete the double of the 100 mile walk and the 100 mile run. He did his 100 mile

run at the Aberfeldie Track at Essendon (Victoria) on Australia Day in 1987 with a time a few minutes slower than he did for his walk in 1977. Within a period of less than 2 years, Jim Turnbull, George Audley and Stan Miskin would join him in the run/walk double.

On his retirement, Claude moved to Queensland, settling in Gordonvale, just outside Cairns. The tropical climate suited him and he remained fit and active into his older years, the bicycle becoming his preferred mode of fitness training.

Although now separated from his old walking mates in Melbourne by some 2,500km, he remained interested in the Centurions and regularly corresponded with me and followed all the news.

In 2022, aged 86, his many years of long distance walking finally caught up with him and he returned to Melbourne for hip replacement operations.

Claude passed from us on Wednesday 27<sup>th</sup> August, just shy of his 90<sup>th</sup> birthday. Although now gone from us, we will cherish our memories of him as a person, as a family man and as a fellow racewalker and centurion.

A service will be held at Werribee LePines at 10am on Saturday 13<sup>th</sup> September to honour his life.

To his children Jo-Anne, Alain and Trevor and to their families, we pass on our deepest condolences.

*Tim Erickson*

*Saturday 30<sup>th</sup> August 2025.*

### **\*VALE ALAN JOHNSON\***



*Alan Johnson ... RIP*

- The second sad departure is that of VRWC Life member **Alan Johnson**. I last spoke to Alan by phone back in July 2022, to invite him to our Club Centenary celebrations which, unfortunately, he couldn't attend. I was informed last weekend by Fran Attard that Alan passed away two months ago. There had been no funeral.

Alan was one of the first VAWC members I met on joining the club in 1967. At that time he was active as a competitor with the Walkers club as well as the now-defunct Melbourne Harriers. I remember his anecdote about his experiences when, having moved out to one of the then newer north-east suburbs, he'd go out on training walks and mothers would rush out to bring their children inside as he strolled past!

Devoted to nurturing young talent in the sport, Alan was a founder member of the Knox Little Athletics Club and began coaching young walkers at around that time. He also became a judge at the VAWC. **Tim Erickson** created the following profile of Alan for the VRWC archives to honour his Life membership award in 1998, outlining his estimable coaching and judging record:

Alan joined the club in 1958 as a competitor and he competed for 20 years. He had his last walk in 1978 but by then he had already established himself as both a coach and a walking judge. In the intervening years, he has been very successful on both fronts.

On the judging front, he started judging in 1968 when the Little Athletics Association first started. He became a VAWC Grade 3 Judge in 1970 and over the next 10 years, rose to become one of our best known and most respected judges. He was rewarded in 1981 with the ultimate judging accolade – he became an IAAF International judge. He retained this position till 1997 and, during this 17 year period, he travelled all around Australia, regularly filling the position of chief judge at Australian Championships and Selection Trials and Interstate walking matches. He also judged at the World Junior Championships in Canberra in 1996.

He has also enjoyed a long career as a coach and has specialised in developmental coaching. He has consistently produced top young walkers who have gone on to have very successful careers at the senior level.



Alan started coaching in 1968 and his coaching career has lasted over 30 years and is still going strong. He can boast 31 Australian championship and 230 State championship wins by his walkers.

Alan has always been a clubman. He has regularly judged at Albert Park for most of the past 30 years. His life membership award in 1998 was in recognition of his many years of service to both VRWC and Victorian walking in general. He is still a regular judge at VRWC races and his walkers still compete with distinction at the State and National level.

I reproduce part of a letter that Alan wrote to me in September 2009, towards the end of his active career as a coach and as a judge:

*October this year brings up my 41st year of continuous walk coaching. During that whole time, I have never been without at least three or four walkers on my books.*

*Also I am proud to see people I used to coach now working as coaches. Ones I can think of are Bill Dyer, Wendy Muldoon, Elke Raselli, Louise Oakley and Carolyn Vanstan. I have been helping one of two of these with some style problems so feel there are bits of me walking round at the club all the time.*

*I have sometimes queried both volume and intensity at some training sessions, only to have my former athlete - now a coach - say "That's what you made us do!"*

*Best wishes*

*Alan*

Farewell, Alan. And thank you for what you brought to the sport, the VAWC/VRWC and the lives of the athletes for whom you worked with such commitment and dedication.

- The **World Athletics Championships** commence in Tokyo this Saturday. Once again, the VRWC is well represented through **Rebecca Henderson** and **Rhydian Cowley\*** (35km and 20km) and **Will Thompson** (35km). The honour of having three Club members among the eight walkers selected is something to be celebrated, if tempered by knowing it would have been four but for an untimely hamstring injury to Olympic bronze medallist **Jemima Montag**.

We wish the best of luck to Bec, Rhyd, Will and their team mates, and a speedy recovery and return to top form for Jemima.

(\*See AA article on Rhyd in 'Around The Country')

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## VRWC AV 5000m Teams race & Club results, 6 September – Mentone



*The 5000m Teams races set out in the sunshine.*

Warm sunshine clashed with chilly northerly gusts at Dolamore Reserve track on Saturday, testing the 31 starters, and PBs were hard to come by. All credit to **Caitlyn Shipham** and **Fletcher Reid** who managed it, and to **Daisy Hooper** who almost did.

Encouragingly, the AV 5000m Teams race saw, for the first time in several seasons, a genuine contest for the medals with Knox AC, Athletics Essendon and Mentone AC all getting into the ring in the Women's race. Notwithstanding the efforts of **Rupert** and **Ben**, it was dispiriting to see only two male starters, and a bit of legwork is in order to boost the guys' participation next year.

**Ela Uzun** set out on another record chase, succeeding in breaking her own Club U15 mark while just missing the 5km PB she set in Ballarat two weeks ago. It was a work day on the warm track for the rest of the field, with the racing condition of

the Knox squad the deciding factor over the 'home side', Mentone. It's a pity for Ela and **Havana Ali** that they had no third team member, as it would have made the battle for podium placings quite interesting.

#### Women 5000m TR

1 Ela Uzun	Aths Essendon	22:58.1 VRWC U15 rec
2 Ariana Pashutina	Knox AC	28:00
3 Grace Louey	Knox AC	28:08
4 Havana Ali	Aths Essendon	28:37
5 Mietta Morgan	Knox AC	28:56
6 Jia Wen Heng	Mentone AC	29:48
7 Lily Lambert	Mentone AC	30:25
8 Dee Holohan	Mentone AC	35:01
.. Aangi Shah	Mentone AC	DNF

#### Team results:

- 1 Knox AC
- 2 Mentone AC
- 3 Aths Essendon

#### Men 5000m TR

1 Rupert Van Dongen	Mentone AC	36:04
.. Ben Skurka	Mentone AC	DQ

#### Team results:

- 1 Mentone AC

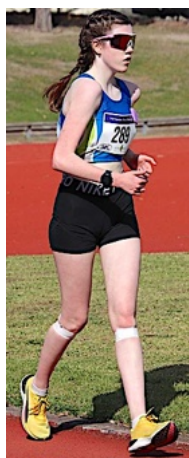
#### \*VRWC Races

The 'distance in a time' races are now a regular feature on the calendar, and on this occasion it was **Carolyn Rosenbrock** and **Alejandro Stephens** carrying the bean bag as far as the clock allowed in the 1 Hour race. Alejandro was one of several who'd been stuck in heavy traffic on the way and had had little chance to warm up properly, so missing last year's distance by only 211m was a decent result.

It was a pleasant surprise to welcome NSW Central coaster **Carl Gibbons** to Mentone. Carl had missed the 10,000m start and set off with the 1500m field, and although a DNF he showed enough to give the youngsters a glimpse of another international rep at work. The more of that they see, the better.

**Caitlyn Shipham** posted one of the only two PBs of the day, taking 15 secs from her 3000m time, and she looks set for a productive AVSL season. Line honours were easily claimed by **Mya McClure** with her **14:27**.

After completing the gruelling 2-Hour walk in both 2023 and 2024, **Jonathan Ho** – whose studies have curtailed his racing opportunities this season – was kind to himself on this occasion, posting his first time at the other extreme – 1500m. **Fletcher Reid** shaved 2 secs from his PB to clock **7:56**, while **Daisy Hooper** couldn't quite break through the membrane of her **9:00** best. Next time! **Anna Dubar**, recovering from a bug, was able to hold off a strong finish from **Erlyn Singh** to win by 5 secs. **Bowie Clarke** was another stranded in traffic, missing the 1500m start but completing a solo time trial on his arrival to clock his first 1500m time.





**1 Hour race Open**

1 Carolyn Rosenbrock 8.729km

1 Alejandro Stephens 11.583km

.. Robert Gardiner DNF

**10000m Open**

.. Carl Gibbons (NSW) DNF

**3000m Open**

1 Mya McClure 14:27  
 2 Addison Frenken 16:54  
 3 Caitlyn Shipham 18:30 PB 0:15  
 4 Emilie Garside 19:30  
 5 Marilyn Reynolds 22:40  
 .. Emily Smith DNF

1 Arthur Robinson 20:00

**1500m Open**

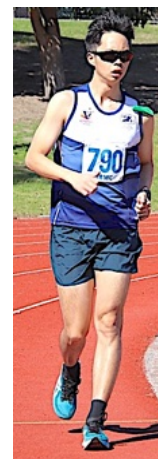
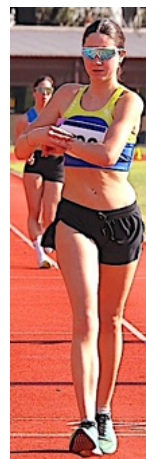
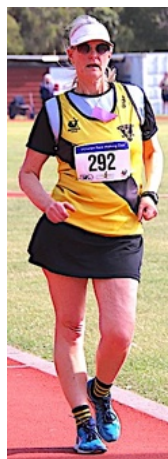
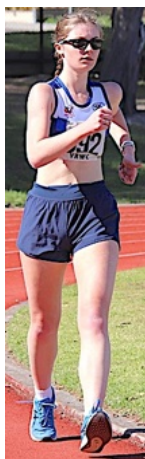
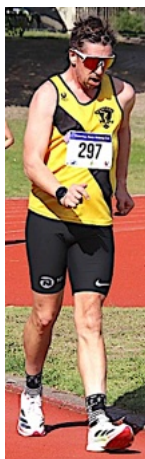
1 Anna Dubar 8:40  
 2 Erlyn Singh 8:45  
 3 Daisy Hooper 9:00 Eq PB  
 4 Erin Reid 9:11  
 5 Summer Patten 9:33  
 6 Abby Fowler 9:58

1 Jonathan Ho 7:29 First 1500m

2 Fletcher Reid 7:56 PB 0:02

3 Ryder Reid 9:08

4 Bowie Clarke 10:15 First 1500m

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

Emily, Daisy, Abby, Ryder, Jonathan, Fletcher, Dee, Carolyn, Mya, Addison, Alejandro, Mietta, Rupert, Caitlyn, Anna, Carl, Ariana, Bowie, Bob

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>	Kirsteen Farrance
<b>Race check in</b>	Mark Donahoo
<b>Recorders</b>	Duncan Knox, Tim Erickson, Alla Pashutina, Kris Shipham, Alan McClure, Deanne McClure, Ece Uzun
<b>Judges:</b>	Gordon Loughnan(C-B), Stu Cooper (B), Di Lowden (B), Tony Doran, Lorraine Morgan (B)
<b>Set up, Pack up:</b>	Mark Donahoo, Bob Gardiner, Rupert Van Dongen, Stu Cooper, Ian Laurie
<b>Timekeeper</b>	Ian Laurie
<b>Bell monitor</b>	Emilie Garside
<b>Calling of numbers</b>	Carolyn Rosenbrock
<b>Photos</b>	Therese Smith
<b>Canteen</b>	Emilie Garside
<b>Presentation</b>	Mark Donahoo, Stu Cooper
<b>Walkers:</b>	31

**\*Next weekend ...**

We look forward in anticipation to sunny spring weather next Sunday morning for our season closer, the popular Handicap Relay race. We also wish Race director **Mark Donahoo** the satisfying outcome of a close and exciting finish as reward for the work he has put in to weighting and balancing the teams with that end in mind.

(\*Team lists below ... *note that there have been some changes to the lists sent out in the email!*)

Remember that, immediately following the Relay and two Open scratch races, Terry and Karyn O'Neill will be providing a BBQ lunch for us, prior to the Winter presentations in the Main Hall of the Bowling club.

Sunday 14 September – Middle Park Relay Race & Open races		
11.00am	Relay event (teams of up to 5 walkers)	Open
11.20am	4km	Open
11.20am	1km	Open
12.15pm	BBQ lunch	
12.30pm	<b>Winter presentations</b>	
<i>Relay entries closed. Entries for VRWC Open events will be accepted up until 6pm on Friday 12 September. Enter online at <a href="https://www.revolutionise.com.au/vrwc/">https://www.revolutionise.com.au/vrwc/</a></i>		

### **\*\* Teams for VRWC Relay race- Sunday 14th Sept 2025**

<b>Team 1 (RED)</b>		<b>Start time</b>	<b>0:00:00</b>	<b>Team 5 (BLUE)</b>		<b>Start time</b>	<b>0:01:20</b>
1km	Kobe	Lewis	831	1km	Cory	Lewis	875
2km	Fletcher	Reid	838	2km	Indigo	Marshall-Moodie	801
3km	Kobe	Lewis	831	3km	Mark	Blackwood	534
1km	Anna	Dubar	832	1km	Bowie	Clarke	836
2km	Erlyn	Singh	998	2km	Arthur	Robinson	318
<b>Team 2 (PURPLE)</b>		<b>Start time</b>	<b>0:00:20</b>	<b>Team 6 (YELLOW)</b>		<b>Start time</b>	<b>0:01:30</b>
1km	Emilie	Garside	789	1km	Matilda	Read	743
2km	Emily	Smith	692	2km	Grace	Louey	601
3km	Emilie	Garside	789	3km	John	Nottle	792
1km	Pippa	Read	771	1km	Grace	Louey	601
2km	Emily	Smith	692	2km	Matilda	Read	743
<b>Team 3 (ORANGE)</b>		<b>Start time</b>	<b>0:00:20</b>	<b>Team 7 (BLACK)</b>		<b>Start time</b>	<b>0:01:35</b>
1km	Shaun	Lewis	852	1km	Aria	Di Benedetto	812
2km	Caitlyn	Shipham	815	2km	Erin	Reid	871
3km	Shaun	Lewis	852	3km	Angus	Shuttleworth	803
1km	Caitlyn	Shipham	815	1km	Summer	Patten	844
2km	Ryder	Reid	857	2km	Aria	Di Benedetto	812
<b>Team 4 (GREEN)</b>		<b>Start time</b>	<b>0:00:50</b>				
1km	Abigail	Verity	849				
2km	Donna-Marie	Elms	194				
3km	Alejandro	Stephens	764				
1km	Abby	Fowler	802				
2km	Alejandro	Stephens	764				

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### **\*AA APPOINTS NEW RACE WALKS ADVISORY PANEL\***

**Jared Tallent** reports that Australian Athletics has recently completed a process to establish Event Group Advisory Panel for Race Walks. As a result of the process the following appointments have been made:

- Jared Tallent (Panel Coordinator)
- Megan Szirom
- Shane Pearson
- Lauren Richardson
- David Beacroft
- Jess Rothwell
- Nicole Fagan
- Brent Vallance
- Terry Swan



Jared describes the rationale of the exercise thus: “Guided by the overarching statement of ‘Australia versus the Rest of the World,’ the fundamental purpose of the Event Group Panel is to bring together coaches and experts to discuss ways to improve the ‘Spirit of the Event Group’, along with establishing both short and long-term plans to upskill coaches and enhance Australia’s capability to achieve sustainable success.”

Congratulations to the panellists on their appointment. The depth of experience and knowledge that all parties possess is considerable, and we look forward to seeing the benefits to walkers and coaches that will arise from their deliberations.

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## ***WALKING INTO HISTORY: RHYDIAN COWLEY***

By **Sascha Rayner** (reprinted from *Australian Athletics news* – 6 September)

For more than a decade, Olympic medallist **Rhydian Cowley** has been the quiet constant of Australian race walking. Steady, determined and never one to court the spotlight, he has let his steps tell the story.

Now, with his selection for the World Athletics Championships in Tokyo next week, Cowley, 34, steps into rarified air, joining the pantheon of Australian greats who have been named to a record number of teams, six, for the championships. It’s a roll call that reads like the history of athletics itself: Steve Moneghetti, Jared Tallent, Tamsyn Lewis-Manou, Sally Pearson, Jane Saville, Kerry Saxby-Junna, Dani Stevens, and now, Cowley. It’s a testament to a career defined by persistence, resilience and an unwavering belief in the power of steady progress.



“I’ve definitely walked a lot of Ks in those years,” Cowley chuckles, casting his mind back to his debut in Moscow in 2013. “I’m a much better trained athlete than I was then, and I just know a lot more about how to get the best out of myself and what’s required to do that on the big stage.”

Longevity, he insists, comes from balance.

“It’s been really important for my longevity to have other things in my life outside of sport. And to keep having fun. There’s been times where things have been tough but ultimately just going back to enjoying the sport has kept me in love with it.”

It’s that approach which has seen him not only endure but become an Olympic medallist last year in Paris, and the Australian record holder at 35km.

“To reach six teams, I’m really just proud of the resilience it shows. So many good athletes miss teams because of injury or circumstance. I count myself lucky to have kept at that level and kept improving. Hopefully number six can be the best one yet.”

Standing alongside the likes of the most famous and most decorated names in Australian athletics still feels surreal.

“When I was in high school I was watching Jared (Tallent) win his first Olympic medal. When I was in primary school, I remember watching Mona run the marathon at the Sydney Olympics. You still picture those guys as the heroes you were watching growing up. It’s kind of crazy to feel like maybe there might be someone out there that looks at me in the same way.”

That humility runs deep. “I don’t know if I’ll ever feel like I belong on the same level as those guys. Maybe that imposter syndrome keeps me humble.”

Cowley’s influence now stretches beyond the race walk course. He has served on Australian Athletics’ Athletes’ Advisory Committee and recently joined the Victorian Institute of Sport’s advisory group, determined to contribute to the sport’s future. “Hopefully I can leave the sport in good shape, not just in terms of my performances but also off the field.”

As much as this milestone reflects the past, Cowley is not done yet. He laughs off the idea of slowing down. “I can’t afford to slow down. There’s a great group of young walkers coming through and they’re definitely keeping me honest. It means I can’t rest of my laurels but that’s a good thing. It keeps me fresh.”

Tokyo may be his sixth, but Cowley walks with the hunger of a debutant and the wisdom of a veteran. It’s the balance that has carried him this far and what might make his greatest moment still to come.



## \*Tokyo 2025 – Race walks schedule

### \*Saturday 13 September

35km M 9.00am AEST *Rhydian Cowley (V), Will Thompson (V), Mitchell Baker (A)*  
 35km W 9.00am AEST *Olivia Sandery (S), Rebecca Henderson (V) Allannah Pitcher (N)*

### \*Saturday 20 September

20km W 8.30am AEST *Rebecca Henderson (V), Elizabeth McMillen (N), Alexandra Griffin (W)*  
 20km M 10.50am AEST *Rhydian Cowley (V), Declan Tingay (V/W), Tim Fraser (A)*

As mentioned above, **Rhydian Cowley** will join an elevated group of Australian athletes who have competed in six World track and field championships. At the other end of the scale, our Walks squad will feature five debutants – **Elizabeth McMillen, Alexandra Griffin, Tim Fraser, Mitchell Baker** and **Will Thompson**. However, none of the five are totally green in terms of international experience. Lizzie's confidence, in particular, will be supercharged after her World Uni Games win, and all have travelled, trained and raced overseas enough to meld together with the 'veterans' to create a supportive, tough and well-prepared unit ready to give of their very best on the big occasion. While **Jemima's** absence is unfortunate, and hopefully not long-term, there is plenty to like about this edition of the 'Walkeroos'<sup>1</sup> with its fresh injection of youth. We wish them every success!

**\*Live coverage:** SBS On Demand Sport will livestream the whole Championships, starting on Day 1 (Saturday 13<sup>th</sup>) at <https://www.sbs.com.au/ondemand/sports-program/morning-day-1-live-stream-world-athletics-champion/2444441155643>

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## Oceania Masters Athletics Championships, 6-10 September - Brisbane

Our Masters walkers are currently up north for the Oceania titles, and some eye-catching results have emerged in the 10km road and 1500m track races. **Michelle Bray** and **Iggy Jiminez** have produced the fastest overall times by considerable margins, with Michelle's 6:51.42 in the 1500 bringing her to within 6 sec of Heather McDonald's (Carr's) national W40-44 record.

The 5000m track walk is scheduled for Wednesday 10<sup>th</sup>. Results will be posted in the next issue.

### Women 10km Road walk

1 Michelle Bray	AUS	G40-44	53:59
2 Ann Jugovic	AUS	G60-64	1:01:56
3 Brenda Gannon	IRL	G50-54	1:02:10
4 Nyle Sutherland	NZL	G55-59	1:06:52
5 Anne Weekes	AUS	S60-64	1:09:56
6 Antoinette Woodward	AUS	G65-69	1:11:16
7 Roslyn Kirwin	AUS	G35-39	1:13:07
8 Karyn O'Neill	AUS	G70-74	1:13:28
9 Donna-Marie Elms	AUS	B60-64	1:13:55
10 Jacqueline Wilson	NZL	G75-79	1:14:56
11 Joy Dale	AUS	S50-54	1:17:01
12 Gwen Steed	AUS	G80-84	1:19:23
13 Kate Morris	QMAT	G45-49	1:21:49
14 Vicky Jones	NZL	S45-49	1:25:31
15 Daphne Jones	NZL	S80-84	1:31:35
16 Noela McKinven	AUS	B80-84	1:34:56

### Men 10km Road walk

1 Ignacio Jiminez Solis	AUS	G60-64	51:17
2 Pramesh Prasad	AUS	G50-54	59:58
3 Peter Bennett	AUS	G65-69	1:05:40
4 Paul Lindenberg	AUS	S60-64	1:05:49
5 Andrew Jamieson	AUS	G75-79	1:06:20
6 Terry O'Neill	AUS	S65-69	1:06:24
7 Eric Kemsley	NZL	G70-74	1:07:25
8 Dean Nipperess	AUS	G50-54	1:07:44
9 Argenis Guevara	AUS	G55-59	1:08:04
10 John Nottle	AUS	S70-74	1:08:13
11 George White	AUS	G80-84	1:10:02
12 Chris Pollard	AUS	B65-69	1:24:16
13 Patrick Sela	AUS	G85-89	1:34:58

### Women 1500m Walk 60+

1 Ann Jugovic	AUS	G60-64	8:23.35
2 Donna-Marie Elms	AUS	S60-64	9:32.28
3 Anne Weekes	AUS	B60-64	9:35.28
4 Antoinette Woodward	AUS	G65-69	9:42.20
5 Alison Newall	NZL	S65-69	10:05.57
6 Karyn O'Neill	AUS	G70-74	10:12.69
7 Jacqueline Wilson	NZL	G75-79	10:17.23
8 Julie Wilson	AUS	S70-74	10:37.24
9 Gwen Steed	AUS	G80-84	10:48.26
10 Marlene White	NZL	S75-79	11:30.36

### Men 1500m Walk 60+

1 Ignacio Jiminez Solis	AUS	G60-65	6:59.87
2 Simon Evans	AUS	G65-69	8:07.04
3 Peter Bennett	AUS	S65-69	8:48.35
4 Andrew Jamieson	AUS	G75-79	9:01.39
5 John Nottle	AUS	G70-74	9:05.69
6 Eric Kemsley	NZL	S70-74	9:19.05
7 Terry O'Neill	AUS	S65-69	9:19.95
8 George White	AUS	G80-84	9:31.69
9 Chris Pollard	AUS	B65-69	11:14.77
10 Patrick Sela	AUS	G85-89	13:52.31

<sup>1</sup> Yes, I made it up. Happy to give it up for something less 'contradictory', though!

11 Daphne Jones	NZL	S80-84	12:02.48
12 Lynne Schickert	AUS	B80-84	12:15.62
13 Liz Neubauer	AUS	B70-74	12:20.57
14 Noela McKinven	AUS	4 <sup>th</sup> 80-84	13:37.57

11 Tapendra S Sokhi	NZL	B70-74	16:09.50
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#### Women 1500m Walk 30-59

1 Michelle Bray	AUS	G40-44	6:51.42
2 Trish Hibbs	AUS	G30-34	8:45.78
3 Jodie Wilson	AUS	S30-34	9:00.12
4 Nyle Sutherland	NZL	G55-59	9:13.59
5 Dash Newington	GBR	S40-44	9:20.17
6 Roslyn Kirwin	AUS	G35-39	9:39.23
7 Kate Morris	QMAT	G45-49	10:32.05
8 Joy Dale	AUS	G50-54	10:38.57
9 Sandy Hoy	AUS	S55-59	10:53.29
10 Jodie Crasswell	AUS	B55-59	11:07.52
11 Melissa Percy	AUS	B40-44	11:12.16
12 Cassie Neubauer	AUS	S45-49	11:21.97
13 Jess Dux	AUS	4 <sup>th</sup> 40-44	11:24.51
14 Donna Palmer	AUS	S50-54	11:25.15
15 Kim Peak	AUS	4 <sup>th</sup> 55-59	11:28.55
16 Vicki Jones	NZL	B45-49	11:28.88

#### Men 1500m Walk 30-59

1 David Styles	AUS	G45-49	7:16.01
2 Pramesh Prasad	AUS	G50-54	7:31.79
3 Dean Nipperess	AUS	S50-54	8:14.20
4 Shane Pearson	QMAT	B50-54	9:38.76
5 Grant Murfett	AUS	G55-59	9:48.86
6 Peter Sharpe	GBR	S55-59	10:58.43
7 Arunan Arumainayagam	AUS	S45-49	16:08.59



*Some of the happy home team ... plus one interloper!*

*(Photo: Karyn O'Neill)*

### **A.C.T.** ACTRFWC results, 6 September – Lennox Gardens

Thanks to **Helen Toyne** for these results:

#### **6km**

1 Bryan Thomas	Fitness	Masters M	53:50
2 Jill Pearson	Race	Masters F	44:05

#### **3km**

1 Katharina Johnson	Race	U14F	19:27
2 Jim White	Fitness	Masters M	25:20
3 Caroline Campbell	Fitness	Masters F	27:55
4 Geoff Barker	Fitness	Masters M	33:42

#### **1.5km**

1 Jillian Ryan	Race	U16F	7:46
2 Sebastian Ryan	Race	U14M	8:48
3 Tindra Helgstedt	Race	U14F	9:00
4 Michelle Timkiw	Fitness	Masters M	10:46



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## INTERNATIONAL NEWS

### **7 countries have all the places available for the race walking events at the Tokyo 2025 World Championships**

(reprinted from *O Marchador* blogspot – 7 September)

The final entry lists for the World Athletics Championships, the biggest event of the year in the sport and which will take place in Tokyo, from 13 to 21 September, are now known, with nearly 2,200 athletes having been selected representing nearly 200 national teams.

In the four walking events, to be held over distances of 20 and 35 km, which will certainly take place for the last time in major international events, as they will be replaced by the half-marathon walking (21.0975 km) and the marathon walking (42.195 km), the shortest to be represented at the Los Angeles Games, there are seven countries that fill the maximum athlete quotas.

Indeed, from the European continent, Spain and Italy are the countries that fill all the spots, with the neighbouring country adding one more athlete in the 20 km race on top of the three, given the "Wild Card" awarded to the current two-time world champion in race walking, María Pérez (Budapest 2023). From Asia, we have the host country—Japan—and China; from Oceania, Australia; and from the Americas, Mexico and Brazil.

In addition to the great world powers of race walking and with traditions of great results achieved in the Olympic Games, Spain with 6 medals, two in the last Games, Italy with no less than 19, Japan with 3, China with 15, Australia with 10 and Mexico with another 10, we have the paradigmatic case of Brazil, which in the Paris Games won the unprecedented silver medal through Caio Bonfim.

Nilton Ferst, World Athletics Gold Level International Racewalk Judge, gives us his vision of the historic moment that Brazilian racewalking is going through, believing that great athletes of the past are responsible for the current results, among them, Marcelo Palma, Sérgio Vieira Galdino, Ivana Rubia Henn, Gianetti Sena Bonfim and Cláudio Richardson dos Santos, up to the great Brazilian walkers of today – Caio Bonfim, Érica Sena, Viviane Lyra, Max Batista, Matheus Correa, Gabriela Muniz, Elianay Barbosa and Mayara Vicentainer.

*"The constant training and development of coaches in the field of walking, the proximity and exchange, during altitude training, with athletes and other relevant countries in South America, such as Peru, Ecuador and Colombia, along with the greater media coverage of race walking to the general public, based on recent successes achieved at an international level, has contributed to an ever-increasing demand for athletes to walk,"* added Nilton, aware that the growth of the specialty also generates greater and constant accountability for the work done in refereeing, in the constant search for team and individual accuracy in judgments.



### **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, September 8, 2025 - Mateus dos Santos and Maria Luiza Rabelo win Brazilian titles in the Under-20s – Recife 2025 <https://omarchador.blogspot.com/2025/09/mateus-dos-santos-e-maria-luiza-rabelo.html>
- Saturday, September 6, 2025 - Bolivia U20 Athletics Championships – Cochabamba 2025 (results) <https://omarchador.blogspot.com/2025/09/campeonato-de-atletismo-sub-20-da.html>
- Friday, September 5, 2025 - Balkan Masters Athletics Championships – Varaždin 2025 (results) <https://omarchador.blogspot.com/2025/09/campeonatos-de-atletismo-master-dos.html>
- Thursday, September 4, 2025 - Cropp and Langley win New Zealand 10km walk titles – Cambridge 2025 <https://omarchador.blogspot.com/2025/09/cropp-e-langley-conquistam-titulos-da.html>
- Wednesday, September 3, 2025 - Ecuadorian race walker Jhonatan Amores suspended for 1 year and 8 months <https://omarchador.blogspot.com/2025/09/marchador-equatoriano-jhonatan-amores.html>
- Tuesday, September 2, 2025 - Portuguese racewalking at the Tokyo 2025 World Championships <https://omarchador.blogspot.com/2025/09/a-marcha-atletica-portuguesa-nos.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.*

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## \*\* 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](mailto:treasurer@vrwc.org.au)) ASAP.



## 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 on **Sunday 12 October** 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!

### **\*\* 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.)

### **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**

Sunday 14<sup>th</sup> September

VRWC relay race and [Seasons Presentations](#)

Middle Park

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# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2024/2025

Sun 14 Sep 2025

Relay race, BBQ lunch, Winter presentations – Middle Park

## International Dates

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.*

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Stu Cooper - editor

0421 470 949

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