



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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*H&T Notice Board – Page 10

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

WALKER OF THE WEEK



There were many wonderful walking performances at the national All Schools T&F championships at the weekend, any of which would have been worthy of WOTW consideration. Standing tallest, however, were **Sam Lindsay (TAS)** and **Sebastian Richards (SA)**, whose efforts in the U18 5000m championship earned both a qualifier for the World U20 T&F championships in Eugene, Oregon (USA) next August.

Sam, with two sub-21:00s to his credit already, could hardly have believed his luck when the Melbourne weather gods handed him the gift of a dramatic cool change after the gruelling heat the U14s had endured. Suddenly, a record was within reach and he grasped it, consigning Declan Tingay's championship mark to history with a time of **20:07.71**. With the Australian U20 5000m titles scheduled to be on the Supernova program in Canberra on January 25/26, Sam won't have to wait long for his chance to join the 19:00+ brigade!

Sebastian's progress in recent months has been remarkable. With a modest, though respectable, track PB of 22:39, set in April, he gave little indication during winter of what was coming apart from a 21:47 road PB in Ballarat. He



has obviously committed to hard training and he served notice in October with a 12:29 for 3000m in ASA interclub. Like Sam, he seized the favourable racing conditions at Lakeside, posting a 1:03 PB time of **20:44.91** – an outstanding improvement that earned him his own WA qualifier.

Congratulations, Sam and Sebastian. Both of you are in the vanguard of the next generation of Australian walking reps – and deservedly so.

(Photos: Athletics Tas; Stu Cooper)

*Honourable mentions

- **Ela Uzun (VIC)** – completely dominant in the U17 5000m championship, posting a Meet record time of **22:55.80**.
- **Max Davidson (VIC)** – a class above everyone except Lindsay and Richards (who are a year older), winning the boys' U17 title with **21:56.83**, a 55 sec PB.
- **Callum Martin (NSW)** – continues to be the yardstick in the mid-teens cohort across the country, also setting a new Meet record for the U15 3000m of **12:21.14**.
- **Angus Shuttleworth (VIC)** – recorded his first sub-13:00 time for **3000m** with **12:52.51**, followed by **49:40** in his debut 10km the next morning.
- **Koby Irvine (QLD)** – silver with a PB in the U16 3000m, backed up with a huge 2:45 improvement over 10km the following morning with **49:51**.
- **Olivia Boulton (QLD)** and **Chelsey Ireland (WA)** – clocked the hardest-earned PBs of the meet, slogging through debilitating early heat in the 5000m before beating their best times by 0:13 and 0:11 respectively.
- **Ashleigh Mansell** and **Lincoln Moore (NSW)** – emphatic winners in the cauldron of the U14 races, recording virtually the same times!
- **Jade Chitty (VIC)** – came to Middle Park on Sunday ready to rock, posting a 1:04 PB for 10km with **54:07**.
- **John Ronan (WA)** – mounted a solo time trial to clock **19:53.81** for 5000m in Aths West interclub.



CLUB NEWS and RESULTS

Member News

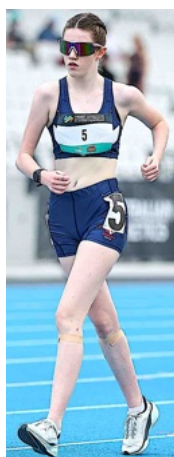
Congratulations to our young members who competed in the AA All Schools T&F championships last Thursday and Saturday. A return of two Meet records, 4 gold and 3 place medals – not to mention 5 PBs – was a wonderful return for our team and a credit to the athletes, their coaches and parents.

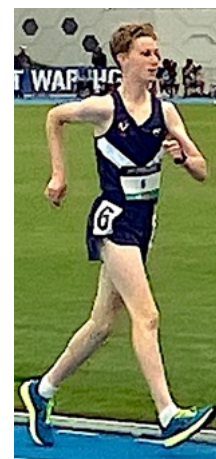
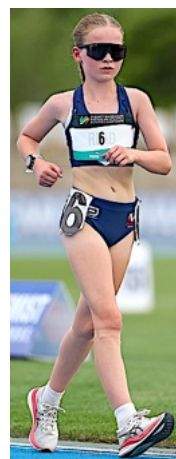
A special pat on the back to the U14s and the U17 girls, who toiled gamely in energy-sapping heat. Fast times were like hen's teeth in those conditions, with only Ela finding the key to the chook house. But then, most people can do well when the porridge is just right. It takes grit to tough it out when it's anything but. And grit is what they (and their rivals) showed.

Results:

Ela Uzun	1st	U17 5000m	22:55.80 MR
Max Davidson	1st	U17 5000m	21:56.83 PB
Mya McClure	1st	U15 3000m	13:43.13 PB MR
Matilda Read	1st	U16 3000m	13:45.44 PB
Tate McQueen	2nd	U14 3000m	16:38.05
Angus Shuttleworth	2nd	U15 3000m	12:52.51 PB
Havana Ali	3rd	U15 3000m	15:39.93
Indigo Marshall-Moodie	5th	U14 3000m	17:12.39
Lily Lambert	6th	U16 3000m	15:36.67 PB
Pippa Read	7th	U14 3000m	17:28.94
Mietta Morgan	7th	U17 5000m	32:43.14
Fiete Halvar Diers*	...	U14 3000m	DNF

*Commiserations to Fiete, who was in the medal hunt until he just ran out of everything with 1.5 laps to go.





Tay-Tay may have a bigger fan base, but no way does she have a better one! (Photos: AV Facebook, Stu Cooper)

VRWC Club Summer race results, 7 December – Middle Park

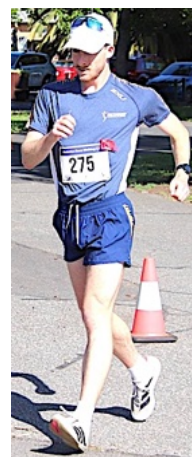
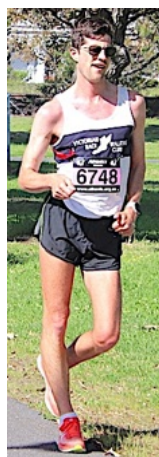
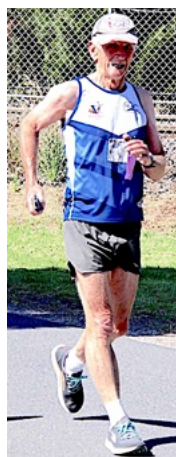
There had been some concern that our second summer race fixture, which had already needed to be put back from October owing to a clash with the Melbourne Marathon, would now be impacted by the AA All Schools titles being held on the same December weekend. Not the case as it turned out, with a good lineup of 30 entrants bolstered by four Queensland visitors – **Phoebe Chadwick**, **Noah Cooke**, **Eliza Kelly** and **Koby Irvine**, along with **Eva Parker** (TAS) – whose welcome attendance added interest and colour to the races. Notably, Noah, Koby, Eva and **Angus Shuttleworth** had all clocked PBs in hard 3000m Schools races the evening before and were backing up for a 10km road race (as in ‘race’, not recovery walk.) Now that is commitment!

The proceedings opened with the 20km and 15km races, and it was good seeing several of our elite walkers enjoying a 20k training session together ... apart from **Rhydian Cowley** who preferred a 15km time trial that would have given him a 20k in around 83+ minutes. (I’m not sure that Rhyd actually gets the concept of ‘down time’ ...)

The 10km was the most productive race, with two PBs and two first-timers posting great results. **Angus** debuted over the distance with a sub-50:00 to go with his first sub-13:00 the day before, while **Koby** made good use of the Victorian’s company and flew back to Bundaberg with two PBs for the weekend. **Jade Chitty** negative-split on the way to a 1:04 PB and looked strong throughout, while **Eliza’s 57:51** was an excellent first-up result and there should be some good 10k racing between her and Phoebe Chadwick in the future. It was a tough grind for **Eva** who nevertheless managed to add another valuable 10km experience to her resume.

20km Open		20km	5km	10km	15km
1 Marcus Wakim	M	1:44:54	26.57	52.17	1:19.45
2 Dylan Richardson	M	1:44:55	26.56	52.17	1:19.45
3 Declan Tingay	M	1:53:07	28.40	57.51	1:25.22
15km Open		15km	5km	10km	
1 Rhydian Cowley	M	1:02:51	21.58	42.37	
10km Open		10km	5km		
1 Angus Shuttleworth	M	49:40*	25.08	First 10km	

2 Koby Irvine	M	49:51*	25.07	PB 2:45
3 Noah Cooke	M	53:40	26.50	
4 Andrew Jamieson	M	1:06:21	32.32	
1 Jade Chitty	F	54:07*	27.38	PB 1:04
2 Phoebe Chadwick	F	57:10	27.57	
3 Eliza Kelly	F	57:51*	28.50	First 10km
4 Eva Parker	F	1:03:40	31.20	



The four shorter races saw clear wins go to **Jordan Galbraith, Emily Smith, Addison Frenken, Lily Bowkett** and **Abby Fowler**. We were also pleased to welcome **Katherine Choo**, a Masters walker from Singapore, who visits Melbourne often and hopes to race regularly at Middle Park next year. Great to have you with us, Katherine!

And thank you, Abigail, for your Christmas card to the Club. It's up on the wall in the rooms.

5km Open

1 Jordan Galbraith	M	26:19
2 Kevin Cassidy	M	28:31
3 Arthur Robinson	M	34:36
4 Steven Stern	M	50:55
.. Robert Gardiner	M	DNF

1 Emily Smith	F	29:45
2 Donna-Marie Elms	F	34:54
3 Karyn O'Neill	F	36:55

1km Open

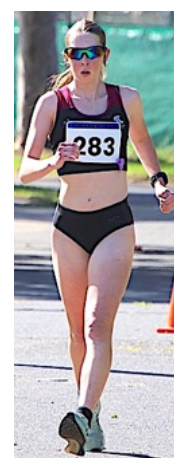
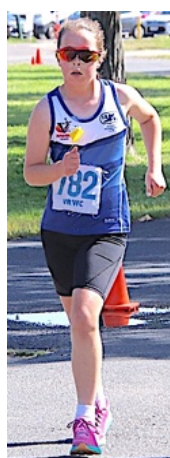
1 Abby Fowler	F	6:12
2 Abigail Verity	F	6:57

3km Open

1 Addison Frenken	F	16:49
2 Kobe Lewis	F	20:02
3 Heather Carr	F	22:04

2km Open

1 Lily Bowkett	F	11:32
2 Anna Dubar	F	12:13
3 Daisy Hooper	F	12:15
4 Cory Lewis	F	14:14
5 Katherine Choo	F	16:24





***Action models:**

Cory, Andrew, Koby, Eva, Marcus, Anna, Eliza, Jade, Heather, Arthur, Noah, Rhydian, Phoebe, Kevin, Emily, Lily, Dylan, Angus, Addison, Declan.

The morning concluded with the presentation to **Marcus Wakim** and **Matilda Read** of the **2025 Runner's World U23 Development** award, by RW proprietor Neil Ryan. The award is voted on by the VRWC committee based on performance criteria met over the previous 12 months, and consists of a cash award plus a voucher for *Runners World* sports merchandise.

Marcus and Matilda, two young athletes of the highest level of dedication and achievement in their age groups, are worthy winners, and we wish them every success in the coming year.

Once again, we thank Neil for his unfailing support, both for our club and the sport of race walking in Victoria. If you are in need of new gear, why not make *Runners World* your first port of call?



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
Recorders:	Ian Laurie, Mark Donahoo, Dylan Shuttleworth, Bill Carr
Judges:	Stu Cooper (B - Chief), Tony Doran, Bec Lewis, Terry O'Neill, Terry Swan (B), Shane Pearson (B)
Judges recorder:	Kathleen Marsh
Red cards collector:	Milly Sharpe, Peter Sharpe
Set up, Pack up:	Terry Swan, Stu Cooper, Ian Laurie, Terry O'Neill, Karyn O'Neill
Photos:	Therese Smith (see Therese's full album at https://www.facebook.com/media/set?set=oa.878770121222235&type=3)
Canteen:	Donna Marie Elms
Presentation:	Stu Cooper
Walkers:	30

VICTORIA - METRO & REGIONAL



LAVic Southern Metro Region Racing & Coaching night Wednesday 10 December - Mentone

Mentone LAC is holding the second of two Wednesday night coaching and racing sessions at its track at Dolamore Reserve, Mentone, on **Wednesday 10th December**. The proposed schedule for the night is:

5. 40pm-6.00pm	Coaching session for the walkers who would like to learn more about the event.
6.10pm:	700m race for under 9s and below.
6.25pm:	1100m race for athletes over 9.

This meeting will be conducted under the rules and procedures of Little Athletics Victoria.

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

To pre-enter, visit the following link:

<https://form.jotform.com/252842251267861>



AROUND THE COUNTRY



AA All Schools T&F Championships, 4-7 December – Lakeside Stadium, Melbourne

Two World U20 championship qualifiers, four Meet records and 24 personal best times headed the fine harvest reaped by the 61 walkers who contested the national Schools titles at the weekend. Not surprisingly, the lion's share of this speed bounty was claimed by those lucky enough to enjoy the cool conditions of Saturday evening, in comparison to Thursday's 30C oven which saw the U14s and the U17/18 5000m girls return times over a minute slower than their bests in some cases. By Saturday it was genuinely chilly and ideal for fast walking times.

*U17/U18 5000m

A wind-driven temperature drop provided the girls with some relief in the latter laps of their contest, though by then the damage was done as far as times were concerned. In such circumstances it's resilience and conditioning that prove the telling factors, and so it proved.

The taxing heat made little if any difference to **Ela Uzun**, whose **22:55.80** sundered the 19-year old championship record by a full minute. **Olivia Boulton** latched onto team-mate **Milly Sharpe** for the U17 silver and one of the only two girls' PBs, while Sharpe notched up a win over regular rival **Angelina Legrand** to take the U18 title.

The boys were able to race their full 5000m in much cooler conditions, a tonic to **Sam Lindsay** whose U18 record time of **20:07.71** (eclipsing that of Declan Tingay) must surely secure him a place on the start line in Eugene come August. Joining him should be **Sebastian Richards**, who destroyed his PB by over a minute to clock **20:44.91** in what has to be the result of his life to date. The U17 race saw **Max Davidson** add another national title to his resume, this time with a huge PB of his own, with **Liam Freundt** walking strongly to take the silver over **Christopher Nilon**, another improver.

Girls U17 5000mRW

1 Ela UZUN	VIC	22:55.80 MR
2 Olivia BOULTON	QLD	25:47.75*
3 Katica BORSIC	WA	28:38.23
4 Stella PINCHES	NSW	29:19.63
5 Chelsey IRELAND	WA	29:54.73*
6 Ashleigh FARRUGIA	NSW	31:18.65
7 Mietta MORGAN	VIC	32:43.14

Girls U18 5000mRW

1 Milly SHARPE	QLD	25:43.53
2 Angelina LEGRAND	SA	26:17.66
3 Grace BECK	NSW	27:33.23
4 Jillian RYAN	ACT	28:08.98
5 Laura Corvalan SOTOMAYOR	NSW	32:46.30

Boys U17 5000mRW

1 Max DAVIDSON	VIC	21:56.83*
2 Liam FREUNDT	SA	23:58.64
3 Christopher NILON	NSW	25:42.38*
4 Ali ZNAD	WA	26:41.43

Boys U18 5000mRW

1 Samuel LINDSAY	TAS	20:07.71*MR WQ
2 Sebastian RICHARDS	SA	20:44.91*WQ
3 Alexander SINNETT	NSW	25:19.46
4 Kai DALE	QLD	27:53.11

*PBs (margins based on data provided at racewalkaustralia.com):

Sebastian 1:03; Max 0:55; Samuel 0:25; Olivia 0:13; Christopher 0:13; Chelsey 0:11

MR – Meet record

WQ – World U20 qualifier

***U14 3000m**

These youngsters did it tough, in the hottest part of the day, as shown by the fact that the 15 finishers produced only 2 PBs and nobody else was close. If they gained nothing else it was valuable experience in how to produce the best they had in adverse conditions.

Ashleigh Mansell and **Lincoln Moore** earned their titles, both leading throughout and clocking almost identical times. **Isabella Welch** stayed on Mansell's shoulder in the early laps and dropped away only gradually, while **Makenzie Sillito** walked an attacking race for bronze. These three girls proved a class above their opposition on the day.

There was no such challenge to the leader in the boys' race, with Moore a clear standout. **Tate McQueen** walked a smart race, taking stock of the situation early before slowly forging into 2nd and hanging on against a fast finish from **Alex Dennett**. That **Sebastian Ryan** was able to improve by 22 secs is an example of how the big occasion can fire you up, whatever the conditions may be.

Girls U14 3000mRW

1 Ashleigh MANSELL	NSW	15:59.55
2 Isabella WELCH	QLD	16:16.77
3 Makenzie SILLITTO	WA	16:24.53
4 Liliana TEMPLER	SA	17:01.98
5 Indigo MARSHALL-MOODIE	VIC	17:12.39
6 Violetta BOYD	QLD	17:20.79
7 Pippa READ	VIC	17:28.94
8 Kate HAMLYN	SA	21:40.06
9 Adele WOODWARD	TAS	21:53.50
.. Charlotte DIX	TAS	DNF

Boys U14 3000mRW

1 Lincoln MOORE	NSW	15:59.68
2 Tate MCQUEEN	VIC	16:38.05
3 Alexander DENNETT	NSW	16:41.13
4 Sebastian RYAN	ACT	17:05.49*
5 Tayte MOORE	WA	17:20.96
6 Leo RAMSAY	QLD	17:38.96*
.. Fiete Halvar DIERS	VIC	DNF

***U15/16 3000m**

With a cool, almost cold evening and each other's attacking approach to spur them on, the scene was set for **Mya McClure** (U15) and **Matilda Read** (U16) to produce something special in the combined girls' race. McClure, who'd been knocking on that 13:00 door for so long she had sore knuckles, kicked it down instead with a 25 sec PB for a new championship record of **13:43.13**, while **MiaRose Everson** added yet another silver medal to the NSW haul. Local fans were delighted with **Havana Ali**'s bronze, her first podium on the big stage of a national championship.

Read, for her part, shadowed McClure like a wasp, responding to her surges and reeling her back in with a steely resolve, to take the U16 title in **13:45.44**, a 13 sec PB. Up-and-coming **Bethany Moore-Kirkland** kept the two Victorians in her sights throughout to clock the equal-biggest PB of the night with **14:09.80**. ACT's **Jillian Ryan**, in her second race of the meet following her tough 5000m on Thursday, prevailed over improving **Eva Parker** for the bronze.

Callum Martin followed his usual strategy of an explosive start to build a daunting lead quickly, leaving **Angus Shuttleworth** (U15) and **Noah Cooke** (U16) with a mountain to climb. Martin's **12:21.14** wiped out Kodi Clarkson's championship record by 1:03, and we wait eagerly for his arrival in the late teen ranks. Shuttleworth's **12:52.51** cut his previous best by 18 secs, while Cooke equalled his own with the third sub-13:00 of the day to win the U16 title.

Girls U15 3000mRW

1 Mya MCCLURE	VIC	13:43.13* MR
2 MiaRose EVERSON	NSW	15:21.05*
3 Havana ALI	VIC	15:39.93
4 Nikki HEARNDEN	NSW	17:32.02 FT
5 Lani EML01	QLD	17:43.86
.. Tory D'ALESSIO	WA	DQ TR54.7.1

Boys U15 3000mRW

1 Callum MARTIN	NSW	12:21.14* MR
2 Angus SHUTTLEWORTH	VIC	12:52.51*
3 Lachlan MOORE	QLD	14:03.76*
4 Noah VELLA	NSW	14:10.01*
.. Orlando GRANTHAM	SA	DQ TR54.7.1
.. Cory LOCKWOOD	QLD	DQ TR54.7.1

Girls U16 3000mRW

1 Matilda READ	VIC	13:45.44*
2 Bethany MOORE-KIRKLAND	QLD	14:09.80*
3 Jillian RYAN	ACT	15:00.12
4 Eva PARKER	TAS	15:08.37*
5 Eliza KELLY	QLD	15:28.59*
6 Lily Rose LAMBERT	VIC	15:36.67*
7 Trinity DOULIS	WA	15:55.46
8 Lexie BEACROFT	NSW	15:58.51*
9 Matilda RECH	SA	17:29.32
10 Sierra THOMPSON	WA	18:36.23*

Boys U16 3000mRW

1 Noah COOKE	QLD	12:59.90*
2 Koby IRVINE	QLD	13:35.45*
3 Rhys CHANDLER	NSW	14:14.96
4 Michael MATHISON	NSW	15:23.05*

*PBs: *Bethany 0:38; Lily 0:38; Mya 0:25; Michael 0:25; Noah V 0:24; Sebastian 0:22; Eliza 0:21; Angus 0:18; Matilda 0:13; Lachlan 0:12; Eva 0:09; Lexie 0:08; Koby 0:08; Callum 0:05; Sierra 0:04; MiaRose 0:01; Noah C eq. (Leo – no previous time listed)*

QUEENSLAND QMA Masters results, November 29 – QSAC, Brisbane

W50 1500m RW

1 Brenda Gannon	W51	QMA	9:03.75
2 Joy Dale	W54	QMA	11:30.08

W50 5000m RW

1 Brenda Gannon	W51	QMA	31:33.73
2 Joy Dale	W54	QMA	39:45.11

M70 1500m RW

1 Peter Bennett	M70	QMA	9:34.17
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M60 5000m RW

1 Ignacio Jimenez Solis	M60	QMA	25:41.40
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M85 1500m RW

1 Patrick Sela	M86	QMA	13:28.42
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M85 5000m RW

1 Patrick Sela	M86	QMA	45:19.81
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WESTERN AUSTRALIA WARWC results, 21 November – Perry Lakes

The weather was very pleasant, fine with temperature in low 20s, but with a variable slightly gusty sea breeze. Unfortunately, there were only two starters, but one DNF, so John was the only finisher. There were three Ethiopian walkers in the start list, but they did not turn up ... pity.

5000m Race Walk Men

John RONAN 19:53.81



INTERNATIONAL NEWS

World Athletics has published the schedule for the World Race Walking Team Championships in Brasilia 2026.

(Reprinted from [O Marchador](#) blogspot – 4 December)

At the World Athletics Executive Council meetings held on the 2nd and 3rd of this month in Monaco, chaired by its president, Sebastian Coe, among other matters discussed, it was decided to approve the competitive program for the World Race Walking Team Championships, to be held in Brasília on April 12, 2026.

Thus, the first starting shot will take place at 7:00 am on Sunday (local time) with the Marathon Race Walking event (men's and women's), and while this event continues, the athletes in the Under-20 category will take to the track, the men at 7:30 am and the women at 8:30 am, both competing in the 10 km distance. At 11:05 am the men will start the Half Marathon Race Walking event and at 12:50 pm it will be the women's turn to compete in the same distance.

Note that the Brazilian calendar for this sport has established that the Loterias Caixa Brazil Race Walking Cup will be held at the Esplanada dos Ministérios in Brasília, an event that will take place on January 25th and will be included in the World Athletics World Tour, in the Bronze category, constituting a test event for the World Team Race Walking Championships and where athletes will have the opportunity to experience it.

Preparations for the World Championships are progressing well. In November, World Athletics, represented by Pierce O'Callaghan of WA Competitions, and Alessia Peleson and Thomas Chatin of WA Events, conducted a technical visit that also included the presence and interaction of, among others, Wlamir Motta Campos, president of the CBAt (Brazilian Athletics Confederation), and Helio Gesta de Melo, president of the South American Federation, learning about the logistical and technical aspects of what will be a memorable event, taking place for the first time in South America since its creation in 1961.

TIMETABLE		
SUNDAY 12 APR 2026		
7:00	MARATHON RACE WALK	M/W
7:30	U20 10KM RACE WALK	M
8:30	U20 10KM RACE WALK	W
11:05	HALF MARATHON RACE WALK	M
12:50	HALF MARATHON RACE WALK	W



FURTHERMORE ...



COACHING POINT

This one has been around the Facebook traps for a while, but it's of interest as a reminder to keep things in focus and perspective as an athlete ... and as a coach.

Athlete: *Coach... I think I want to quit.*

Coach: Okay. Let's talk about why.

A: *I'm tired. Early mornings, the pain, the pressure... sometimes I wake up and wonder why I'm even doing this.*

C: That's not quitting. That's being human. Doubt shows up when you're close to something that matters.

A: *But... I'm not sure I'm good enough. Everyone else seems stronger, faster, happier.*

C: Comparison is a liar. You see their surface, never their struggle. You don't need to be better than them. Be better than yesterday.

A: *And if I never win? What if I give everything and still fall short?*

C: Then you'll gain something most never do—truth. The kind you find only when you've given everything to something bigger than comfort.

A: *So... I should keep going?*

C: You already know the answer. You wouldn't be having this conversation if you truly wanted to stop. You just need a reminder that it's worth it.

A: *It hurts, Coach. Some days, it really hurts.*

C: Good. That means you care. Nothing worth having comes without pain. Now breathe. You've survived every hard day so far. Don't quit before the breakthrough.

(Source: Running State Facebook page)

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, December 8, 2025 - **João Vieira and Vera Santos win the Christmas Race Walking Grand Prix (AAL) – Jamor 2025** <https://omarchador.blogspot.com/2025/12/joao-vieira-e-vera-santos-impoem-se-no.html>
- Sunday, December 7, 2025 - **César Herrera (Colombia) victorious in the Race Walking Marathon at the Bolivarian Games - Lima 2025** <https://omarchador.blogspot.com/2025/12/cesar-herrera-colombia-vitorioso-na.html>
- Wednesday, December 3, 2025 - **«Cidade de Llerena» Trophy 2025 and Extremadura Road Walking Championship (results)** <https://omarchador.blogspot.com/2025/12/trofeu-cidade-de-llerena-2025-e-camp.html>
- Tuesday, December 2, 2025 - **María Pérez, Best of the Year (2025) in road races** <https://omarchador.blogspot.com/2025/12/maria-perez-melhor-do-ano-2025-em.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**

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) ASAP.

FIXTURE 2025-2026 SUMMER SEASON - final

All the races below are Come and Try races, if you have an interest in racewalking, come and try.

Sun 18th January 2026, VRWC Road Races		Middle Park
8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am	5km, 3km	Open
9.50am	2km, 1km	Open

Sunday- Monday, 25th– 26th January 2026, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT

Sunday 15th March 2026, Australian Athletics Half Marathon Race Walking Championships War Memorial Drive, Adelaide, South Australia

VRWC Race Entries

- Walkers are asked to enter online, entries close 6.00pm Friday.
- Entries may be taken on the day
- To enter online, go to the club webpage: www.vrwc.org.au
- Then click on the left side tab: [VRWC Membership and Race Entry](#)
- A new page will open.
- From the menu at the top of the page, click on 'Events'
- On the new page, select 'ALL' then 'Search'. All the races that are available can be viewed.
- Register for the event you wish to race in.
- If there are problems then email the club secretary or text the race registrar 0428 331 550
- Entries for **AA, AV and Little Athletics Victoria Championships** **MUST** be completed online, through the organisations website.

Check in before races

- Check in at least 20 minutes before their race.
- In-person check-in closes 30 minutes before their race.

RACE ENTRY FEE: \$12.00



WHAT'S UP AHEAD?

AVSL Round Dates – 2025/2026

(NOTE: Venues and race distances are as listed by AV on 15/9/2025. Changes may occur.)

Sat 17 Jan 2026	AVSL Rd7 – Meadowglen, Epping (2000m, 5000m)
Sat 31 Jan 2026	AVSL Rd8 – Mount Evelyn (1500m, 3000m)
Sun 8 Feb 2026	AVSL – RESERVE ROUND
Sat 21 Feb 2026	AVSL Rd9 – Doncaster (1500m, 3000m)
Sat 28 Feb 2026	AVSL Rd10 – Casey (2000m, 5000m)

*Country venues – Ballarat, Bendigo, Geelong. Race distances may differ from those of Metro venues.

Victorian & National Key Dates – 2025/2026

Thu 11 Dec 2025	ANSL 10,000m track walk c'ships – SOPAC (warm-up track), Sydney NSW
Sun 18 Jan 2026	VRWC Road races – Middle Park
Sat-Mon 24/26 Jan 2026	AV Country T&F c'ships – Albury NSW
Sun-Mon 25-26 Jan 2026	AA 10,000m Walk c'ship/Supernova – AIS track, Bruce ACT
Fri-Sun 13/15 Feb 2026	AV Junior T&F c'ships – Lakeside Stadium
Sun 15 Mar 2026	AA Half-Marathon Race walk c'ships – Adelaide SA
Thu-Sun 19/22 Mar 2026	AV U20, Open & Overage T&F c'ships – Lakeside Stadium

International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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***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.

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