



# 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 7

- Notice of Annual General Meeting – Sunday 16 November
- VRWC Summer fixture - final
- Dogs off leash
- \*\* VACANCY – Club Treasurer

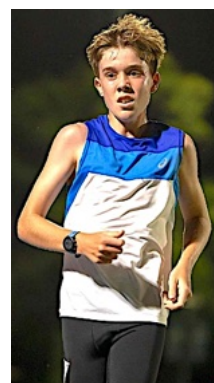
## \*\*WALKER OF THE WEEK\*\*



(Photo: VRWC)

She's at it again. **Phoebe Chadwick (QLD)** is obviously developing a taste for WOTW gongs. Not content with winning last week with two big PBs, Phoebe showed that her present good form is no flash in the pan with an enormous 2:11 improvement in the QA 5000m championships at the University of QLD track last Saturday night, crossing in **26:14.84**. For good measure, Phoebe also reduced her 3000m best (set the previous week) by 11 secs *en route*.

Sharing the award with Phoebe this time around is her QRWC clubmate, **Lachlan Moore (14yo)**. Also competing at the QA 5000m championships, Lachlan sliced nearly a minute from his PB to blast through the 25-min barrier in clocking **24:28.90**. One of a stream of lads from the Sunshine state – among them Noah Cooke, Koby Irvine and Hayden Robertson – who are climbing towards the top in the national rankings, Lachlan has built his racing fitness mainly over 3km/3000m with



(Photo: QRWC)

only occasional forays into the 5000m. It's an approach that has paid off, with Saturday's result showing his ability to extend his speed over the extra 2km without difficulty. We can expect to see Lachlan in action at the national All Schools at Lakeside in December, and on this form he looks headed for a big result.

Well done, Phoebe and Lachlan. It'll be great to follow your progress over the coming months.

### \*Honourable mention

- **Olivia Boulton (QLD)** – another big improver in the QA 5000m, just missing the 26:00 barrier by .04 of a sec for a 27 sec PB.

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## CLUB NEWS and RESULTS

The first of our Summer race meetings this year is a major one, incorporating a full program of championships followed by AV winter presentations and then the Annual General Meeting. We hope you can stay for both these important post-race activities.

The Runners World U23 Development award, which is normally presented at this meeting, will now be presented on Sunday 7 December. Let's be there to commend Matilda and Marcus on their achievement.

The AGM will see all Committee positions vacated, followed by elections for the 2025-26 Committee as required. No motions or agenda items have been presented to this point, but these can be raised on the day.

**\*Sunday 16 November - Middle Park**

|                |                                                                                                                                           |                |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>8:30am</b>  | 20km VRWC c'ship and Gus Theobald Memorial Trophy                                                                                         | Open Men       |
|                | 20km VRWC Championship                                                                                                                    | Open Women     |
|                | 10km Non-championship                                                                                                                     | Open           |
| <b>8:45am</b>  | 5km VRWC Championship                                                                                                                     | Masters Male   |
|                | 5km VMA Masters Championship                                                                                                              | Masters Male   |
|                | 5km Heather Carr Trophy VRWC Championship                                                                                                 | Masters Female |
|                | 5km VMA Masters Championship                                                                                                              | Masters Female |
|                | 5km VRWC Championship                                                                                                                     | U20, U18 M&F   |
|                | 5km Non-championship                                                                                                                      | Open           |
| <b>9:20am</b>  | 3km VRWC Championship                                                                                                                     | U16 M&F        |
|                | 3km Non-championship                                                                                                                      | Open           |
| <b>9:45am</b>  | 2km VRWC Championship                                                                                                                     | U14 M&F        |
| <b>10:00am</b> | 1.5km VRWC Championship                                                                                                                   | U12 M&F        |
| <b>10:15am</b> | 1km VRWC Championship                                                                                                                     | U10 M&F        |
|                | 1km Non-championship                                                                                                                      | Open           |
| <b>10:30am</b> | Presentations, followed by Annual General Meeting (11:00am)                                                                               |                |
|                | To pre-enter, go to <a href="https://www.revolutionise.com.au/vrwc/events/323261">https://www.revolutionise.com.au/vrwc/events/323261</a> |                |
|                | Entries close Friday 14 November, at 6.00pm                                                                                               |                |

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# VICTORIA - METRO & REGIONAL



## AVSL – News, results

Regrettably, foul conditions across the state in the form of high wind and rain forced the cancellation of AVSL Round 3 at both Metro venues and at Geelong. The Round has been rescheduled as the Reserve Round on February 8<sup>th</sup>.

Fortunately, the Bendigo and Ballarat venues were able to conduct their Round 3 events safely, if not quite comfortably.

### **\*\* Bendigo Zone: Round 3, Saturday 8 November – Lar Birpa Athletics Track, Flora Hill**

Things were likely pretty rugged in Bendigo, though not enough to deter the walkers. **Tate McQueen** produced a good 3000m result, following on from the recent All Schools championships.

| Pl           | Name           | Club  | Age | Time     | Points |
|--------------|----------------|-------|-----|----------|--------|
| <b>1500m</b> |                |       |     |          |        |
| 1            | Annette Major  | (EAG) | F60 | 10:37.15 | 315    |
| 2            | Leigh Browell  | (SBE) | M50 | 11:03.82 | 194    |
| 3            | Chris Pollard  | (EAG) | M65 | 11:37.66 | 229    |
| 4            | Annette Curtis | (SBE) | F65 | 12:21.59 | 263    |
| 5            | John Watson    | (BGO) | M70 | 13:07.72 | 204    |
| <b>3000m</b> |                |       |     |          |        |
| 1            | Tate McQueen   | (EAG) | M14 | 16:26.90 | 353    |
| 2            | Lachlan Carr   | (BGO) | MOP | 24:02.11 |        |

### **\*Next weekend ...**

### **\*AVSL Round 4 – Saturday 15 November**

*All races open to Male and Female competitors*

|                                    |        |                       |
|------------------------------------|--------|-----------------------|
| <b>Metro – Murrumbena (Zone B)</b> | 1.00pm | 1500m walk (all ages) |
|                                    | 1.20pm | 3000m walk (all ages) |

**Ballarat region** – Llanberris Stadium    2.40pm    2000m walk  
5000m walk

**Bendigo region** – Lar Birpa Athletics    1:45pm    1500m walk (all ages)  
Complex (formerly Latrobe Uni    3000m walk (all ages)  
Athletics Complex)

**NOTE:** All of the above start times are subject to late change. Plan accordingly.

#### ENTRIES

**Metro & Ballarat** – enter via AV Members Portal at  
<https://www.revolutionise.com.au/athleticsvic/events/>

**Bendigo** – enter via <https://eventplus.net/abs26>

Entries close at 12.00 noon on Wednesday 12 November

\*\*\*\*\*



## AROUND THE COUNTRY

### QUEENSLAND QA 5000m Walk c'ship results, 8 November – St Lucia

Thanks to **Robyn Wales** for the following report:

Last night QA held a 5000m walk Championship. With lightning flashing around the UQ track but not too close the event went ahead. Not the same luck for the T20 cricket at the Gabba which was cancelled giving India the win.

**Phoebe Chadwick** continued her massive PB streak with an improvement of over 2 minutes! No stopping this young lady. Pbs also to **Koby Irvine** and **Lachlan Moore** with a welcome visit home from **Sam McCure** who didn't quite get the time he was hoping for but it will come soon.

#### U20 Women

1 Phoebe Chadwick    QRWC    26:14.84\*

#### U18 Women

1 Olivia Boulton    GCA    26:00.03\*

#### U17 Women

1 Bethany Moore-Kirkland    Darling Dns    26:11.74  
2 Eliza Kelly    QRWC    27:44.14  
3 Kiara Waterman    QRWC    36:23.04

#### U20 Men

1 Sam McCure    QA    21:59.96

#### U18 Men

1 Kai Dale    QRWC    28:40.40

#### U17 Men

1 Noah Cooke    QRWC    23:09.97  
2 Koby Irvine    Bundaberg    24:05.98\*  
3 Lachlan Moore    Ignition    24:28.90\*

\*PBs – Phoebe 2:11; Lachlan 0:58; Olivia 0:27; Koby 0:04

### TASMANIA Athletics South Interclub, 8 November – Domain AC

David Moore reports from Hobart:

**Charlotte Dix** led from the start to the finish line at this weekend's Athletics South interclub meet.

Commiserations to UTAS athlete **Sarah Wise** who tried a Race Walk for the first time but was overcome by acute shin soreness and couldn't finish, a plight that many Race Walkers are familiar with.

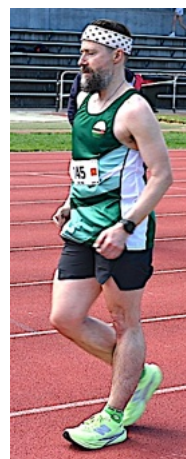
#### Results

##### 3000m Walk

|                     |      |          |
|---------------------|------|----------|
| 1. Charlotte Dix    | ESAC | 20:42.80 |
| 2. Elizabeth Leitch | TMA  | 21:29.97 |
| 3. Sam Leitch       | TMA  | 23:14.19 |
| ... Sarah Wise      | UTAS | DNF      |



*The 3000m walkers set off under the looming gaze of Kunyni/Mt. Wellington.*



*Sam Leitch shows good form.*

*(Photos: David Moore)*

**\*Tas Masters T&F, 5<sup>th</sup> of November 2025 Domain AC, Hobart**

**Wayne Fletcher** continues to fly the flag for Race walkers at mid-week Masters and his times have been getting better at each outing.

**Result**

**3000m Walk**

1. Wayne Fletcher      M78      27:16

**WESTERN AUSTRALIA** Aths West Interclub results, 7 November – WAAS, Perth

**Terry Jones** reports on last Friday night's interclub, as well as some judge education activity.

Weather conditions were very good for fast times last night.

Last weekend we had **Blake Steele** (World Athletics Silver judge) over here, conducting theory and practical judging sessions, for new and existing judges. Consequently, we had some volunteers shadow judging, which should help with judge numbers in the coming future.

**5000m Race Walk Women**

1 Kaytee BOGAERS      27:01.60  
2 Katica BORSIC      28:35.96  
3 Tory D'ALESSIO      29:56.24  
4 Chelsey IRELAND      31:35.95  
5 Sierra THOMPSON      34:11.42

**5000m Race Walk Men**

1 Bradley MANN      24:15.83

\*\*\*\*\*



**INTERNATIONAL NEWS**

**TONGA: Oceania Cup, 1 November – Nuku'alofa**

It's always stimulating to report on race walking activity in parts of the globe that don't normally make it into print. Such is the case with Oceania Athletics' Oceania Cup meet, held in the mid-Pacific nation of Tonga. This meeting saw Senior, Junior, Masters and Para athletes vying together for points. Walks were provided over 3000m and 5000m.

**Women Masters 3000mW**

1 Anne Weekes      AUS      20:31.89  
2 Donna Palmer      AUS      23:32.97

**Women Masters 3000mW**

1 Anne Weekes      AUS      34:50.97

**Men Masters 3000mW**

1 Alex Bradley (19)      AUS      15:02.83  
.. Tapendra Singh Soki      NZL      DQ

## UNITED KINGDOM: ERWL #9 Bernie Hercock & 98<sup>th</sup> Enfield Open 7 Mile, 8 November - Enfield

Thanks to **David Ainsworth** and **Tracey Wilkinson** for the following report:



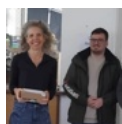
The final fixture of 2025 Enfield Race Walking League saw 26 walkers compete in bright, slightly chilly conditions. Thanks to the efforts of John Hall and Tony Wilkinson the course had been swept clear of leaves and conkers prior to the start!

The Newmarket Joggers team were all in attendance hoping to secure victory in the League team competition along with newcomer and U13 prize winner Rio McAndrew. Cerys Fitzpatrick again made the trip from Wales to participate in the Junior Competition and was awarded the U15 Prize.



The overall race winner was Melanie Peddle making it the third successive time a woman has taken the title. The runner up and taking the men's title was Trevor Jones. The prize for the first Centurion was awarded to Stuart Bennett.

Members of the Hercock family were in attendance to support the event and present prizes. Thank you to everyone who made this a successful event.



**Women's Race**  
1<sup>st</sup> Melanie Peddle  
2<sup>nd</sup> Jacqueline Benson  
3<sup>RD</sup> Emma Keeley



**Men's Race**  
1<sup>st</sup> Trevor Jones  
2<sup>nd</sup> Peter Gregoire  
3<sup>rd</sup> Colin Harle



**Junior Awards**  
U13 Rio McAndrew  
U15 Cerys Fitzpatrick

*Photos courtesy of Andy Cooper and Mark Cul*

Judges: John Hall (Chief), Shaun Lightman, Dave Annetts, Phil Blundell

Timekeeper: Phil Welch

Recorders: Pam Ficken, Tracey Wilkinson

Judges Runners: Sharon Harle, Mike Wallace

Clerk of the Course: Tony Wilkinson

Presentations: Bernie Hercock Jr, Michael Saunders

| 7 MILES A RACE | Name              | Age  | Club              | TIME  |
|----------------|-------------------|------|-------------------|-------|
| 1              | Melanie Peddle    | W55  | Loughton AC       | 68.00 |
| 2              | Trevor Jones      | M65  | Steyning AC       | 68.59 |
| 3              | Peter Gregoire    | M50  | Steyning AC       | 69.31 |
| 4              | Colin Harle       | M65  | Belgrave Harriers | 71.35 |
| 5              | Jacqueline Benson | WSEN | Ashford AC        | 74.40 |
| 6              | Stuart Bennett    | M65  | Brentwood Beagles | 74.50 |
| 7              | Michael George    | M55  |                   | 75.57 |

|                       |    |                   |      |                          |       |
|-----------------------|----|-------------------|------|--------------------------|-------|
|                       | 8  | Emma Keeley       | WSEN | Cambridge & Coleridge AC | 77.44 |
|                       | 9  | John Arthur       | M60  |                          | 79.30 |
|                       | 10 | Miraiker Wallace  | W60  | Cambridge & Coleridge AC | 80.26 |
| <b>7 MILES B RACE</b> | 1  | Maureen Noel      | w60  | Belgrave Harriers        | 72.59 |
|                       | 2  | John Borgars      | M75  | Loughton AC              | 81.07 |
| <b>6 MILES B RACE</b> | 1  | David Hoben       | M70  | Surrey Walking Club      | 77.26 |
|                       | 2  | Paul Firmage      | M70  | Ryston Runners           | 83.31 |
| <b>5MILES A RACE</b>  | 1  | Suzanne Bailey    | W60  | Newmarket Joggers        | 60.49 |
|                       | 2  | Susan Barnett     | W75  | Enfield&Haringey AC      | 62.26 |
| <b>5 MILES B RACE</b> | 1  | Diana Braverman   | W70  | Enfield&Haringey AC      | 63.28 |
| <b>4 MILES B RACE</b> | 1  | Shaheda Arthur    | W65  |                          | 81.20 |
| <b>3MILES A RACE</b>  | 1  | George Wilkinson  | MSEN | Newmarket Joggers        | 26.32 |
|                       | 2  | Cerys Fitzpatrick | U13  | Carmarthen&Dist Harriers | 30.40 |
|                       | 3  | Anne Jones        | W70  | Steyning AC              | 37.40 |
|                       | 4  | Sheila Leavy      | W70  | North Herts RRC          | 41.00 |
| <b>3 MILES B RACE</b> | 1  | Koryn George      | W55  |                          | 42.33 |
| <b>2 MILES A RACE</b> | 1  | Sophie Blundell   | U15  | Newmarket Joggers        | 20.16 |
|                       | 2  | Lily-Ann Cooper   | U15  | Newmarket Joggers        | 22.04 |
| <b>1 MILE RACE</b>    | 1  | Rio Mcandrew      | U13  | Newmarket Joggers        | 9.17  |

## 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, November 10, 2025 - **Perseus Kalström and Antía Chamosa stood out in the Toledana Race Walking Sword (2025)** <https://omarchador.blogspot.com/2025/11/perseus-kalstrom-e-antia-chamosa.html>
- Sunday, November 9, 2025 - **Pedro Callado and Isabel Luís win the 32nd Grande Prémio de Marcha das Galinheiras (2025)** <https://omarchador.blogspot.com/2025/11/pedro-callado-e-isabel-luis-vencem-no.html>
- Saturday, November 8, 2025 - **European Athletics releases the Birmingham 2026 program, now including race walking events.** <https://omarchador.blogspot.com/2025/11/european-athletics-divulga-o-programa.html>
- Thursday, November 6, 2025 - **Miguel Ángel López wins the FAMU Centenary Grand Prix 1925-2025** <https://omarchador.blogspot.com/2025/11/miguel-angel-lopez-vence-no-grande.html>
- Wednesday, November 5, 2025 - **Young Mexicans win race walking at the Central American and Caribbean School Games – Córdoba, Colombia (2025)** <https://omarchador.blogspot.com/2025/11/jovens-mexicanos-vencem-marcha-nos.html>
- Tuesday, November 4, 2025 - **Linke and Papadopoulou win the 1-hour race walk (track) in Radotín, Prague, Czech Republic.** <https://omarchador.blogspot.com/2025/11/linke-e-papadopoulou-vencem-1-hora.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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VICTORIAN RACE WALKING CLUB  
**ANNUAL GENERAL MEETING**

**Sunday 16 November 2025, 11.00am**

at

Club HQ, Middle Park Bowling Club

All Executive and Committee positions\* will be declared open:

**EXECUTIVE**

President  
Senior Vice-president  
Secretary  
Treasurer

Club Captain – Men  
Club Captain – Women  
AV Delegate  
Judging Coordinator  
Club Coach/Coaching Coordinator  
Prizes/Awards Secretary  
RWA Liaison Officer  
Club Records Officer  
First Aid Officer  
General members (up to 2)

**GENERAL COMMITTEE**

Assistant Secretary/Treasurer  
Race Secretary/Meet Director  
Publicity Officer  
Handicapper  
Uniforms Steward

(\* The position of Club Junior captain will remain occupied and not declared open.)

Anyone wishing to nominate should do so via the **nomination form** which will be issued to all members via email.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by  
**Sunday 9th November.**

All members are entitled to attend the AGM and **new committee members are welcome**. However, voting is restricted to those who have been **financial members** in the year immediately preceding the Annual General Meeting (i.e. from April 1 2025), or those who are Life members.

*Stu Cooper*  
*President*

Many of our parents and other helpers might have new ideas and suggestions in setting the direction of the Club, boosting membership and contributing to its future long-term.

If you are one of these people, we would urge you to consider joining the Committee (no pressure!) for 2025-26. We hold meetings monthly, held either after races or online on midweek evenings, depending on availability. Your attendance and input would be invaluable and very welcome.

**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.



## LAVic Southern Metro Region Racing & Coaching nights

With the LAVic 2025-26 track season now underway, Mentone LAC is holding two Wednesday night coaching and racing sessions at its track at Dolamore Reserve, Mentone. Both meetings will be conducted under the rules and procedures of Little Athletics Victoria.

The dates for the next session is **Wednesday 10th December**. The proposed schedule for each night is:

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

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

## 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.*

| <b>Sun 16<sup>th</sup> November 2025, VRWC Summer Championships and AGM</b> |                                                     | <b>Middle Park</b> |
|-----------------------------------------------------------------------------|-----------------------------------------------------|--------------------|
| 8.30am                                                                      | 20km Gus Theobald Memorial Trophy VRWC Championship | Open Male          |
| 8.30am                                                                      | 20km VRWC Championship                              | Open Female        |
| 8.30am                                                                      | 10km: Non championship                              | Open               |
| 8.45am                                                                      | 5km VRWC Championship                               | Masters Male       |
| 8.45am                                                                      | 5km VMA Masters championship                        | Masters Males      |
| 8.45am                                                                      | 5km Heather Carr Trophy VRWC Championship           | Masters Female     |
| 8.45am                                                                      | 5km VMA Masters championship                        | Masters Female     |
| 8.45am                                                                      | 5km: Non championship                               | Open               |
| 8.45am                                                                      | 5km VRWC Championship                               | Under 20 Male      |
| 8.45am                                                                      | 5km VRWC Championship                               | Under 20 Female    |
| 8.45am                                                                      | 5km VRWC Championship                               | Under 18 Male      |
| 8.45am                                                                      | 5km VRWC Championship                               | Under 18 Female    |
| 9.20am                                                                      | 3km: Non championship                               | Open               |
| 9.20am                                                                      | 3km VRWC Championship                               | Under 16 Male      |
| 9.20am                                                                      | 3km VRWC Championship                               | Under 16 Female    |
| 9.45am                                                                      | 2km VRWC Championship                               | Under 14 Male      |
| 9.45am                                                                      | 2km VRWC Championship                               | Under 14 Female    |
| 10.00am                                                                     | 1.5km VRWC Championship                             | Under 12 Male      |
| 10.00am                                                                     | 1.5km VRWC Championship                             | Under 12 Female    |
| 10.15am                                                                     | 1km: Non championship                               | Open               |
| 10.15am                                                                     | 1km VRWC Championship                               | Under 10 Male      |
| 10.15am                                                                     | 1km VRWC Championship                               | Under 10 Female    |
| 10.30am                                                                     | Presentations                                       |                    |
| 11.00am                                                                     | Annual General Meeting                              |                    |

## **Sat 29<sup>th</sup> November 2025, Australian Athletics Marathon Race Walking Championships, Stromlo Forest Park, Canberra**

|        |                                          |              |
|--------|------------------------------------------|--------------|
| 7.00am | AA Marathon Racewalk                     | Open Males   |
| 7.00am | AA Marathon Racewalk                     | Open Females |
| 7.01am | Half Marathon Racewalk: Non championship | Open Males   |
| 7.01am | Half Marathon Racewalk: Non championship | Open Females |

**Sun 7<sup>th</sup> December 2025, VRWC Road Races****Middle Park**

|        |             |      |
|--------|-------------|------|
| 8.30am | 20km, 15km, | Open |
| 9.00am | 10km        | Open |
| 9.15am | 5km, 3km    | Open |
| 9.50am | 2km, 1km    | Open |

**Sun 18<sup>th</sup> 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, 25<sup>th</sup>- 26<sup>th</sup> January 2026, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT**

**Sunday 15<sup>th</sup> 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](http://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**

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# 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 15 Nov 2025 | AVSL Rd4 – Murrumbena (1500m, 3000m)         |
| Sat 22 Nov 2025 | AVSL Rd5 – Aberfeldie (1500m, 3000m)         |
| Sat 29 Nov 2025 | AVSL Rd6 – Murrumbena (2000m, 5000m)         |
| 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**

|                        |                                                                                       |
|------------------------|---------------------------------------------------------------------------------------|
| Sun 16 Nov 2025        | <b>VRWC Summer c'ships (inc. Gus Theobald Memorial &amp; Heather Carr trophies);</b>  |
| Sat 22 Nov 2025        | <b>VRWC Annual General Meeting – Middle Park</b>                                      |
| Sat 29 Nov 2025        | <b>QA 10,000m track walk – QSAC, Brisbane QLD</b>                                     |
| Thu 4-Sun 7 Dec 2025   | <b>AA Marathon Race Walking c'ships (WA Tour Bronze) – Stromlo Park, Canberra ACT</b> |
| Sun 7 Dec 2025         | <b>AA All Schools T&amp;F c'ships – Lakeside Stadium, Melbourne VIC</b>               |
| Thu 11 Dec 2025        | <b>VRWC Road races – Middle Park</b>                                                  |
| Sun 18 Jan 2026        | <b>ANSW 10,000m track walk c'ships – SOPAC (warm-up track), Sydney NSW</b>            |
| Sat-Mon 24/26 Jan 2026 | <b>VRWC Road races – Middle Park</b>                                                  |
| Sun-Mon 25-26 Jan 2026 | <b>AV Country T&amp;F c'ships – Albury NSW</b>                                        |
| Fri-Sun 13/15 Feb 2026 | <b>AA 10,000m Walk c'ship/Supernova – AIS track, Bruce ACT</b>                        |
| Sun 15 Mar 2026        | <b>AV Junior T&amp;F c'ships – Lakeside Stadium</b>                                   |
| Thu-Sun 19/22 Mar 2026 | <b>AA Half-Marathon Race walk c'ships – Adelaide SA</b>                               |
|                        | <b>AV U20, Open &amp; Overage T&amp;F c'ships – Lakeside Stadium</b>                  |

### **International Dates**

|                    |                                                                     |
|--------------------|---------------------------------------------------------------------|
| 12 Apr 2026        | <b>2026 World Athletics Racewalking Team c'ship – Brasilia, BRA</b> |
| 18-23 May 2026     | <b>2026 Oceania Athletics C'ships – Darwin NT, AUS</b>              |
| 4-9 Aug 2026       | <b>World U20 Athletics Championships – Eugene OR, USA</b>           |
| 30 Oct-15 Nov 2026 | <b>Youth Olympic Games – Dakar, SEN</b>                             |

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