



# HEEL & TOE Online

Vol. 2025  
Issue No. 32  
Tuesday  
12 August 2025

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

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



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

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

## **\*H&T Notice Board – Page 11**

- *Australian Athletics Event Group Advisory Panel for Race Walks*
- *Dogs off leash*
- *Fees - Membership and racing.*
- *2025 Winter fixture summary*

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

NSW walkers seem to be attacking WOTW from all points of the globe lately: from Germany (Lizzy McMillen), Sydney (Avia Luketic and Nate Appleyard) and now from the VRWC's own backyard! **Dylan Richardson (NSW)** takes the award this week following a fine from-the-front display in which he took line honours in the **AV 15km Road championship** with a time of **1:03:42**, smashing his PB by 1:22 in the process.

Dylan, one of the country's most dedicated walkers, rarely misses an opportunity to venture south of the Murray to race at Middle Park on our State championship days, and on Saturday it was his turn to shine. He made the most of it, winning clearly by 38 secs over Collingwood's emerging star Marcus Wakim.

In 2019, as an U20 member of Frank Overton's Central Coast squad, Dylan drew attention with an excellent debut over the then-very-much-alive 50km distance in the National title event at Fawkner Park, clocking 4:22:44. It seemed that the 50 would be his key event in senior ranks. However, as fate (and the IOC/IAAF/World Athletics bloc) would have it, Dylan was one of many budding 50km walkers to see 'their' distance kicked from beneath them, forcing him to remodel himself as a 20-35km man in a field already jam-packed with speedier specialists.

Dylan accepted the challenge. Building up his competitive resources with hard races in Asia, Europe and at home, he steadily honed his speed to the point where, in 2023, he set three big PBs over 20km, 30km and 35km. He's encountered some tough times since, but his performance in the AV 15km might be a sign that he's back on track and that further success amongst the upper echelon lies ahead.

Well done, Dylan. Your walk on Saturday was great to watch ... not least for the younger ones!



### **\*Honourable mentions:**

- **Noah Cooke (QLD)** – a PB performance over 5km to bring him to the edge of sub-23:00 with the AA Junior championships looming.
- **Arthur Robinson (VIC)** – a huge improvement by 1:33 over 5km, showing his focus on this distance is paying off.
- **Marcus Wakim (VIC)** – took the AV 15km title with a new PB after keeping up a relentless chase of Dylan Richardson throughout the race.
- **Summer Patten (VIC, 9yo)** – rewarded for her consistent racing with an enormous 1:20 PB over 2km.
- **Nellie Langford (SA)** – a substantial improvement over 10km by nearly a minute to clock **47:52**, her best result for some time.
- **Sebastian Richards (SA)** – a 22 sec PB in clocking 22:17 for 5km. A sub-22:00 in Ballarat isn't off the radar.



# CLUB NEWS and RESULTS

## 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:

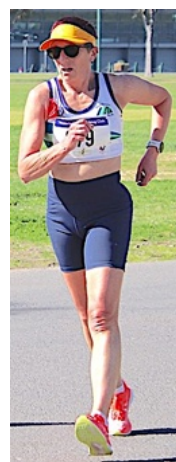
- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

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.

## VRWC

AV 15km & VRWC championships, 9 August – Middle Park



Another sunny winter afternoon was enjoyed by the 40 walkers, officials and supporters on the final championships day for the season. The marquee races were the AV 15km Road walk championship, along with the VRWC 10km Alf Robinson and Mabel Robinson trophies, with age-group Club championships being hotly contested.

**Marcus Wakim (Collingwood)** took the Men's AV title with a PB clocking of **1:04:20**, a mere 38 secs adrift of overall race winner **Dylan Richardson (NSW)**. Dylan's Mingara clubmate **Jack McGinniskin** was up with the first two early before falling back and walking his own race for 3<sup>rd</sup> in **1:10:22**.

**Jai Wen Heng (Mentone)**, racing in her third State championship race for the year, found it was third time lucky after a solid performance to hold off **Carolyn Rosenbrock (Yarra Ranges)** and take her first AV title with **1:32:25**. Carolyn produced her usual consistent effort, clocking **1:33:38** for silver.

#### AV 15km C'ship Men

1 Dylan Richardson	NSW	1:03:42	PB 1:22
2 Marcus Wakim	Collingwood H	1:04:20	PB 0:18
3 Jack McGinniskin	NSW	1:10:22	

#### AV 15km C'ship Women

1 Jia Wen Heng	Mentone	1:32:25	First 15km
2 Carolyn Rosenbrock	Yarra Ranges	1:33:38	

**Marcus's** and **Carolyn's** intermediate 10km times were the basis for their wins in the Alf and Mabel Robinson trophy competitions.



*The 5km and 3km fields set out.*

The Club Masters 5km championships saw clear wins to **Mark Blackwood** and **Donna-Marie Elms**, while the keenest battle was staged by **John Nottle** who held off **Gerard Feain** by 10 secs after an arm wrestle throughout the race.

**Maddie Nash** was dominant in the U20 5km Club title, her **25:27** showing her steady return to form is on track. **Arthur Robinson** was the only male 5km starter, making good use of the conditions to swipe 1:33 from his previous best. Under normal circumstances, the U16 3km would have seen an engrossing battle between **Mya McClure** and **Matilda Read**, but both girls can be pleased with their results as Matilda is making progress in her post-illness return, while Mya finished a mere 0:13 outside her PB time.



#### **10km VRWC Alf Robinson Open Men C'ship**

1 Marcus Wakim	42:59
2 Andrew Jamieson.	1:05:26

#### **5km VRWC Masters Men C'ship**

1 Mark Blackwood	24:36
2 Shaun Lewis	27:17
3 Simon Evans ( <i>n-cm</i> )	29:14
3 Kevin Cassidy	30:36
5 John Nottle	32:23
6 Gerard Feain	32:33
.. Ben Skurka	DQ

(*n-cm* – non-club member)

#### **5km VRWC Un18 Men C'ship**

1 Arthur Robinson	33:51	PB 1:33
-------------------	-------	---------

#### **10km VRWC Mabel Robinson Open Women C'ship**

1 Carolyn Rosenbrock	1:02:28
2 Emilie Garside	1:11:00

#### **5km VRWC Masters Women C'ship**

1 Donna-Marie Elms	34:33
2 Karyn O'Neill	36:07
3 Gwen Steed	38:59

#### **5km VRWC Un20 Women C'ship**

1 Maddison Nash	25:37
2 Ariana Pashutina	26:34
3 Emily Smith	27:13

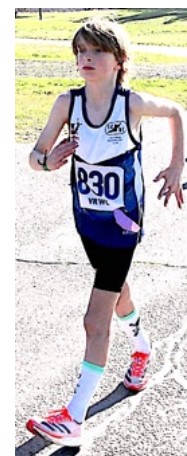


### 2.5km VRWC Un14 Boys C'ship

1 Angus Shuttleworth	12:10	First 2.5km
2 Harrison Ryan	14:39	First 2.5km

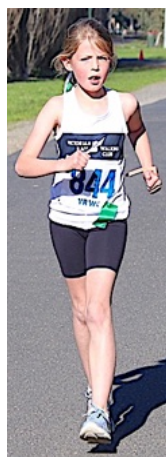
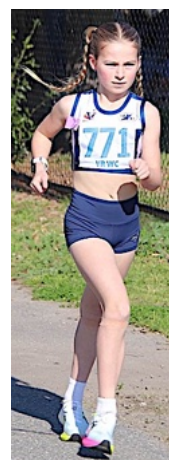
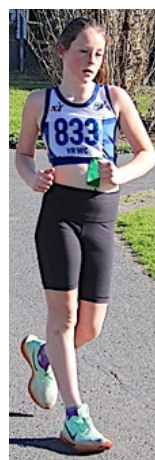
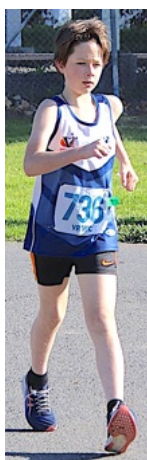
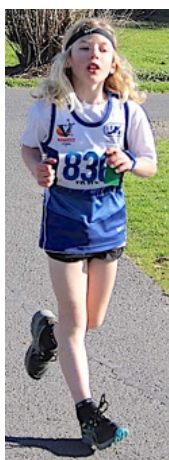
### 3km VRWC Un16 Women C'ship

1 Mya McClure	14:21
2 Matilda Read	17:27



The seldom-raced 2.5km distance gives young walkers a chance to step up from their usual 1km and 2km distances (raced earlier in the season as Club championships) and test their endurance. Not surprisingly, all bar one of the starters were tackling the 2.5 for the first time. A common inquiry at the timekeepers' table afterwards might have been *'What was my time at 2k?'*

**Angus Shuttleworth**, himself a 2.5 debutant, produced the fastest result with a quick **12:10**, while **Harrison Ryan's** **14:39** might have seen him get close to a sub-17:00 3km. Meanwhile, **Pippa Read** – her own illness woes behind her – is certainly making up for lost time, ripping 0:39 from her PB to post a winning U12 time of **14:06**. We rarely see **Ella Harris** at Middle Park these days, but her win in the U14 in **14:43** shows she's maintained her fitness and we hope to see more of her. This race provided a tight contest overall, with only 7 seconds separating **Kobe Lewis** and **Caitlyn Shipham** for silver and bronze. And a pat on the back to **Felix Skurka**, tackling a distance well beyond his previous experience and toughing it out with good technique to take the U12 title.



All except one starter in the U10 2km championship either clocked a big PB or their first result at the distance – so hats off to you all! The gloves were off for **Lily Bowkett** and **Dimitri Pashutin** with only 2 secs separating them at the end, while **Bowie Clarke** proved himself the 'comeback kid' from last week with a 50 sec PB. That's the kind of bounce back we like to see in a walker!

The best U10 result of the day came from **Summer Patten**, who demolished her 2km PB by 1:20 for 3<sup>rd</sup> place, while **Cory Lewis** thought it the right moment to post a PB of her own. 2km was twice the distance **Ava Pravednikov** and **Daisy Hooper** had ever raced, and both girls showed themselves more than equal to the challenge. The tidal wave of improvement from our younger brigade continues unabated.





**2.5km VRWC Un12 Boys C'ship**

1 Felix Skurka	17:15	First 2.5km
----------------	-------	-------------

**2.5km VRWC Un14 Girls C'ship**

1 Ella Harris	14:43	First 2.5km
2 Kobe Lewis	14:57	First 2.5km
3 Caitlyn Shipham	15:04	First 2.5km
.. Erlyn Singh	DNF	

**2km VRWC Un10 Boys C'ship**

1 Dimitri Pashutin	11:37	PB 0:36
2 Bowie Clarke	12:21	PB 0:50

**2.5km VRWC Un12 Girls C'ship**

1 Pippa Read	14:06	PB 0:39
2 Abby Fowler	16:53	First 2.5km

**2km VRWC Un10 Girls C'ship**

1 Lily Bowkett	11:35	
2 Daisy Hooper	12:08	First 2km
3 Summer Patten	12:31	PB 1:20
4 Cory Lewis	14:02	PB 0:14
5 Ava Pravednikov	16:08	First 2km

**3km Non-championship**

1 Marilyn Reynolds	22:02
--------------------	-------

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

*Summer, Dylan, Emily, Cory, Jia, Gerard, Kobe, Angus, Marcus, Matilda, Kevin, Abby, Karyn, Jack, Carolyn, Daisy, Gwen, John, Ella, Andrew, Maddison, Dimitri, Caitlyn, Felix, Shaun, Bowie, Pippa.*



AV 15km Men



AV 15km Women



VRWC Alf &amp; Mabel Robinson 10km



VRWC Masters 5km Men



VRWC Masters 5km Women



VRWC U20&amp;U18 5km



VRWC U16 3km



VRWC U14 2.5km



VRWC U12 2.5km



VRWC U10 2km

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>	Pam Noden (AV)
<b>Jury of Appeal</b>	Mark Donahoo, Ian Laurie, Tim Erickson
<b>Race check in</b>	Mark Donahoo
<b>Recorders</b>	Robert Gardiner, Duncan Knox, Alla Pashutina, Deanne McClure, Alan McClure, Tim Erickson,
<b>Timekeeper</b>	Ian Laurie, Kris Shipham, Mark Donahoo
<b>Judges:</b>	Kathleen Marsh (Bronze)(C), Stu Cooper (Bronze), Shane Bicknell (Bronze), Scott Nelson (Silver), Gordon Loughnan (Bronze), Terry Swan (Bronze), Bec Lewis (emerg)
<b>Judes Recorder</b>	Di Lowden, David Cash
<b>DQ board:</b>	David Cash
<b>Penalty Area</b>	Anthony Doran
<b>Set up, Pack up:</b>	Stu Cooper, Terry O'Neill, Karyn O'Neill, Robert Gardiner, Terry Swan, Ian Laurie, Carolyn Rosenbrock
<b>Bike rider</b>	Terry O'Neill
<b>Photos</b>	Therese Smith
<b>Presentation</b>	Mark Donahoo, Stu Cooper, Emily Smith
<b>Walkers:</b>	40

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

This weekend sees the **final Points races** for 2025, and therefore the last opportunity to boost your Times and Handicap totals before the competitions close for final tallying.

#### **Saturday 16 August – Middle Park**

##### **\*\*Final points round**

2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.15pm	2km	Points race	Open
2.15pm	1km	Points race	Open

Entries will be accepted up until 11.59pm on  
Friday 15 August. Enter online at  
<https://www.revolutionise.com.au/vrwc/>

#### **Advance notice**

### **\*Relay race**

**Sunday 14 September**

*followed by BBQ and Winter presentations*

Entries for this event are now open on the  
portal.

The deadline for entries is Sunday 31 August.

**DON'T MISS OUT ... ENTER NOW!**

\*\*\*\*\*



# AROUND THE COUNTRY

## \*TIMETABLE CHANGES FOR AA JUNIOR ROAD WALK TITLES

Those planning on attending the **AA Junior Racewalking Championships** at Ballarat on Sunday 24 August should take note of the following timetable changes:

08:45	Under 20 10km Race Walk - Men - NEW TIME
08:45	Under 20 10km Race Walk - Women - NEW TIME
09:30	Under 18 5km Race Walk - Men - NEW TIME
09:30	Under 18 5km Race Walk - Women - NEW TIME
09:30	Under 16 5km Race Walk - Men - NEW TIME
09:30	Under 16 5km Race Walk - Women - NEW TIME
10:30	Under 14 3km Race Walk - Men
10:30	Under 14 3km Race Walk - Women
10:50	Under 12 2km Race Walk - Men
10:50	Under 12 2km Race Walk - Women

## A.C.T. ACTRFWC results, 10 August – Diddams Close

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

### 8km

1 Bryan Thomas Fitness Masters M 1:13:06

### 5km

1 Caroline Campbell Fitness Masters F 42:41

2 Geoff Barker Fitness Masters M 50:27

### 2km

1 Sebastian Ryan Race U14m 13:20

2 Clare Rice Race U14F 13:26

3 Indira Beales Race U12F 16:52

4 Kai Ryan Fitness Masters M 16:54

5 Jeanette Ryan Fitness Masters F 16:59

## NEW SOUTH WALES Parramatta Athletics Open results, 9 August – Chipping Norton

Thanks to **Kirsten Crocker** for the latest NSW RWC results. Some fast times recorded here, with **Avia Luketic** equalling her 2km PB and **Rhys Straub** headed for his first sub-10:00 before too long.

### Short 5km

1 Sophie Polkinghorne 24.50

2 Ashleigh Mansell 29.04

3 Christopher Nilon 36.26

4 Nicolle Challinor 38.00

5 Emily Challinor 42.38

5 Sarah Challinor 42.38

7 Claire Gauci 45.54

Inv. Audrey Russell 30.02

Inv. Ciara Cassilles 31.33

### 16yrs 3km

1 Sagan Jones 15.43

2 Sienna Wade 16.20

3 Ashleigh Farrugia 16.52

4 Hannah Hewitt 17.56

5 Luke Challinor 22.33

### 14yrs 2km

1 Avia Luketic 9.30

2 Rhys Straub 10.14

3 Alexander Dennett 10.41

4 Hugo Siciliano 10.46

5 Veronica Dennett 12.03

6 Addison Jenkins 12.30

### 12yrs 1.5km

1 Darcy Dennis 7.19

2 Oliver Masik 7.28

3 Stella Wade 7.30

4 Beth Cochrane 7.54

5 Daniel Smart 8.10

6 Antonia Powder 8.48



Inv. Eric	Colgan	10.16	7 Melody	Latta	8.49
			8 Chloe	Farrugia	9.05
			9 Nasrin	Hewitt	9.41

#### 10yrs 0.750km

1 Eric	Colgan	3.45
2 Carsen	Luketic	3.54
3 Jaiden	Chahal	4.00
4 Patrick	Yeldham	4.04
5 Lola	Dixon	4.18
6 Amelia	Mair	4.42
7 Huxley	Jones	4.54
.. Jack	Cordina	DQ
Inv. Daniel	Smart	3.42

## QUEENSLAND QRWC 15km c'ship and Handicap #9 results, 10 August – Capalaba

The performances of the day came from **Noah Cooke** and **Ignacio Jimenez**. Iggy produced a strong showing over 15km, while Noah, with a 5 sec PB over 5km that brought him oh-so-close to his first sub-23:00, appears to be sharpening his horns for Ballarat.

Thanks to **Robyn Wales** for these results.

#### A Grade Men 15km championship

##### Men:

(1) Ignacio Jimenez	1:22:04
(2) Kai Dale	1:38:05
(3) Peter Bennett	1:42:31

#### Women 15km championship

##### Women:

(1) Joy Dale	2:08:48
... Noela McKinven	DNF

#### A Grade Women 10km

##### Women:

(1) Joy Dale	1:24:57
(2) Noela McKinven	1:33:46

#### B Grade 8km

##### Men:

(1) Simon Cartwright	1:01:36
----------------------	---------

#### C Grade 5km

##### Men:

(1) Noah Cooke	23:03 PB
----------------	----------

##### Women:

(1) Kiara Waterman	35:25
--------------------	-------

#### D Grade 3km

##### Men:

(1) Lachlan Moore	14:26
(2) Leo Ramsay	18:41

##### Women:

(1) Clara Remus	18:38
-----------------	-------

#### E Grade 2km

##### Girls:

(1) Harper Waterman	19:36
---------------------	-------

#### F Grade 1km

##### Men:

(1) Yoshua Lee	6:08 SB
----------------	---------

##### Women:

(1) Lilli Chu	6:06
---------------	------

## SOUTH AUSTRALIA SARWC results, 9 August – South Parklands

It looks as if **Sebastian Richards** and **Cooper Rech** are gearing up for the AA championships in Ballarat, each having set new PBs at the weekend, while **Nellie Langford** took a big stride of her own with a 10km improvement of nearly a minute. Thanks to **Peter Crump** for the results.

#### 10km

Nellie Langford	47:52 * PB 0:57
Cooper Rech	51:57 * PB 0:15
Peter Crump	68:00

#### 8km

Alex McEwan	65:12
-------------	-------

#### 5km

Sebastian Richards	22:17 * PB 0:22
Liliana Templer	33:21
Bill Starr	44:16



**2km**  
Rachel Pemberton 14:20

**1.5km**  
Saxon King 9:17  
Robert Crabb 10:46  
Anthony Crabb DQ  
Martin Crabb DQ

## TASMANIA TRWC results, 10 August – Wentworth Park

David Moore reports from Hobart:

Cloudy and still for our Walks on the Wentworth Park. Accolades today for **Sam Leitch** slicing close to 2 minutes off his previous best for 3km, **Ausin Hucker** also took off over a minute from his previous best for 2km, whilst older brother **Sam** improved his 2km time by a slender 5 seconds.

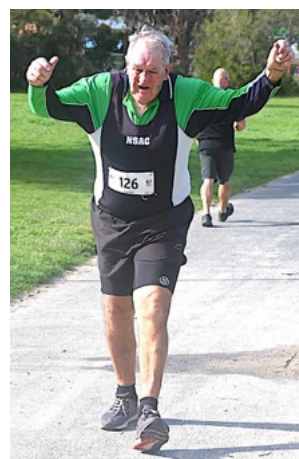
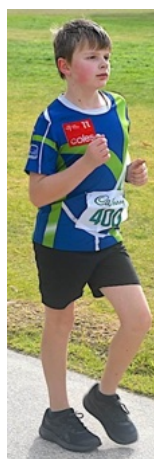
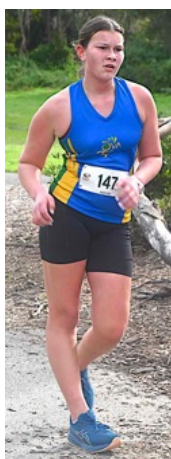
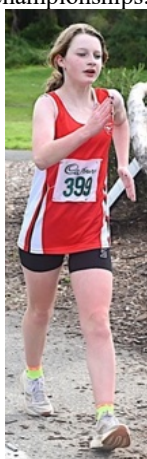
**1km**  
1. Gabe Dix Clarence LA 10:17  
2. Anne Travis UTAS 11:01

**2km**  
1. Sam Hucker Huon LA 15:27 PB  
2. Austin Hucker Huon LA 17:07 PB  
3. Dot Sussmilch-Leitch Hobart LA 19:34  
4. Dave Moore TMA 19:39  
5. Sara Leitch TMA 20:19

**3km**  
1. Adele Woodward OVA 19:46  
2. Sam Leitch TMA 22:51 PB

**5km**  
1. Wayne Fletcher NSAC 46:39

And thanks to **Wayne Fletcher** and **Anne Travis** who provided the following action photos from last week's AT championships:



## WESTERN AUSTRALIA WARWC handicap results, 10 August – Perry Lakes

Terry Jones reports that the WA walkers had partly sunny, cool and calm conditions for their races ... not much to complain about there!

**5K handicap**  
Lauren Davis 36:37  
Sierra Thompson 33:57

Steve Travell	51:36
Melissa Lewis	35:25

### 3K handicap

Mackenzie Sillitto	16:43
Tayte Moore	17:50
Hannah Clausnitzer	17:45
Chloe Bevis	20:10
Rahni Fowler	19:13

### 1.5K handicap

Sierra Thompson	8:52
Ruby Kilworth	10:46
Zoe Fowler	10:58
Kaytee Bogaers	8:06



## INTERNATIONAL NEWS

### UNITED KINGDOM: UK Athletics Championships, 3 August - Birmingham

**Cameron Corbishley** and **Hannah Hopper** were the winners of the 5,000m walk events at the UK Athletics Championships held on weekend 2 and 3/8 at the Alexander Stadium track in Birmingham, the venue that will host the European Championships in 2026.

With the races starting within a minute, the men were the first to get into action. Corbishley, of Medway & Maidstone AC, quickly pulled away from his opponents (1,000m in 3:54.79 and 3,000m in 11:48.26) to finish strong and claim his first championship title in **19:51.83**, close to his personal best (19:40.10 in Cardiff 2024). He was joined on the podium by **Christopher Snook**, of Aldershot Farnham & District, with **21:38.67**, and **Luc Legon**, of Bexley AC, with **23:19.99**.

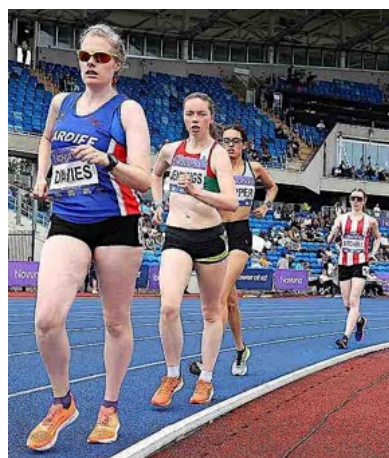
In the women's event, 22-year-old **Hannah Hopper** added a new personal best time of **24:24.42** to her overall title, beating her previous best time (24:46.43 in Manchester-2023) by 22 seconds. Second place went to **Bethan Davies**, Cardiff AC, who recently returned to the sport after maternity leave, achieving **24:47.93**, the championship record holder with 21:21.52 in 2017. In third place was **Abigail Jennings**, with **24:54.66**, her best time of the season. *(Report courtesy of [O Marchador](#))*

#### Men 5000m Walk

1 Cameron Corbishley	Medway&Maidstone	19:51.83
2 Christopher Snook	Aldershot Farnham	21:38.67
3 Luc Legon	Bexley AC	23:19.99
4 Fraser Higginson	Bridgend Athletics	28:39.56
.. Jonathon Ellerton	Blackheath&Bromley	DQ

#### Women 5000m Walk

1 Hannah Hopper	Cambridge Harriers	24:24.42 PB
2 Bethan Davies	Cardiff AC	24:47.93
3 Abigail Jennings	Aldershot Farnham	24:54.66 SB
4 Natasha Mitchell	Southampton AC	26:51.60



*(Photos: Mark Easton)*

### 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.

- Tuesday, August 12, 2025 - **Svitlychnyy and Sholomitska become champions of Ukraine on the track – Lviv 2025** <https://omarchador.blogspot.com/2025/08/svitlychnyy-e-sholomitska-sagram-se.html>
- Sunday, August 10, 2025 - **Joan Querol beat the odds and became European under-20 race walk champion** <https://omarchador.blogspot.com/2025/08/joan-querol-derrotou-as-previsoes-e.html>
- Saturday, August 9, 2025 - **Sofia Santacreu revalidates European under-20 race walking title** <https://omarchador.blogspot.com/2025/08/sofia-santacreu-revalida-titulo-europeu.html>
- Friday, August 8, 2025 - **NACAC-record-setting Lauren Harris and Nick Christie win 20,000m walk at the U.S. Championships – Eugene, OR (2025)** <https://omarchador.blogspot.com/2025/08/lauren-harris-com-recorde-nacac-e-nick.html>
- Thursday, August 7, 2025 - **Eider Arévalo shines at the Colombian Athletics Championships (Armenia 2025)** <https://omarchador.blogspot.com/2025/08/eider-arevalo-brilhar-nos-campeonatos.html>
- Wednesday, August 6, 2025 - **Francesco Fortunato and Federica Curiazzi were crowned Italian champions in the 10km walk (Caorle 2025)** <https://omarchador.blogspot.com/2025/08/francesco-fortunato-e-federica-curiazzi.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 \*\*



### **\*AA Event Group Advisory Panel for Race Walks**

**Jared Tallent** advises that AA is now inviting inquiries from applicants with relevant expertise for the abovementioned panel. The kind of *expertise* referred to is as follows:

The members of the Event Group Advisory Panel should have a high level of expertise in Athletics, such as:

- A retired athlete who has competed at an international level
- A coach who has coached athletes to an international level
- An international level official
- An event group expert, for example a performance support provider (e.g. therapist, scientist etc) that has supported a specific Event Group athlete/coach's senior Championship preparation.

The Expression of Interest (EOI) for the **Australian Athletics Event Group Advisory Panel for Race Walks** is now available on the Australian Athletics website:

<https://www.athletics.com.au/participant-hub/high-performance-coaching/>

Direct link to the EOI document:

<https://www.athletics.com.au/wp-content/uploads/2025/07/Australian-Athletics-Event-Group-Panels-Race-Walks-EOI.pdf>

**Jared Tallent** advises that AA is now inviting inquiries from applicants with relevant expertise for the abovementioned panel. The kind of *expertise* referred to is as follows:

The members of the Event Group Advisory Panel should have a high level of expertise in Athletics, such as:

- A retired athlete who has competed at an international level
- A coach who has coached athletes to an international level
- An international level official
- An event group expert, for example a performance support provider (e.g. therapist, scientist etc) that has supported a specific Event Group athlete/coach's senior Championship preparation.

The Expression of Interest (EOI) for the **Australian Athletics Event Group Advisory Panel for Race Walks** is now available on the Australian Athletics website:

<https://www.athletics.com.au/participant-hub/high-performance-coaching/>



Direct link to the EOI document:

<https://www.athletics.com.au/wp-content/uploads/2025/07/Australian-Athletics-Event-Group-Panels-Race-Walks-EOI.pdf>

## **\*\* VRWC RACE FEES**

### **Seasons ticket 12 months:**

Financial members: \$110.00 paid by the **end of May**.

### **VRWC Club Races:**

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

### **VRWC Championships:**

Race fee: \$17.00 Family: \$34.00

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

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

## **\*\* VRWC ANNUAL FEES**

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

**Senior (Open and Masters)** \$30.00

**Under 20:** \$25.00

**Under 16:** \$15.00

**Associate (Officials who assist with races throughout the year):** \$ 0.00

**Family membership:** \$50.00

Annual Subscriptions are due on **April 1<sup>st</sup>** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

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

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

## **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**

### **AUGUST**

Saturday 16<sup>th</sup> August

Sunday 24<sup>th</sup> August

Saturday 30<sup>th</sup> August

VRWC ***Last points race***

Australia Athletics Junior road walk championships

VRWC non points race day

Middle Park

Ballarat

Middle Park

### **September**

Saturday 6<sup>th</sup> September

Sunday 14<sup>th</sup> September

AV 5km teams championship, VMA 5km track championship & VRWC events

VRWC relay race and **Seasons Presentations**

Mentone Track

Middle Park

\*\*\*\*\*



# WHAT'S UP AHEAD?

## Victorian & National Key Dates – 2024/2025

Sun 24 Aug 2025	AA Junior road championships – Ballarat
Sat 6 Sep 2025	AV 5000m Teams c'ship & Club races – Mentone
Sun 14 Sep 2025	Relay race, BBQ lunch, Winter presentations – Middle Park

## International Dates

6-10 Sep 2025	Oceania Masters Athletics Championships – Brisbane QLD
13-21 Sep 2025	20 <sup>th</sup> World Athletics Championships – Tokyo, JPN
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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

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

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

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