



HEEL & TOE Online

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

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*H&T Notice Board – Page

- VRWC Summer fixture - final
- Dogs off leash
- ** VACANCY – Club Treasurer

WALKER OF THE WEEK



Round 4 of AVSL saw some impressive walking from our younger members, particularly in the 3000m. This week, **Ela Uzun** and **Logan Allison (VIC)** share the WOTW award for especially eye-catching performances at Murrumbidgee on Saturday.

Ela, with her PB time of **13:11.5**, set eight new records – four Victorian and four VRWC. Benefiting from a race-long duel with Angus Shuttleworth, Ela relieved Jemima Montag (U16) and 1992 Olympian Gabrielle Blythe (U18, U17) of their long-standing marks, cutting down her own U15 records along the way. There is no stopping her at present, and her appearance in the national All Schools at Lakeside will be keenly awaited.

Logan, 11yo, earned his share of the gong by posting by far the biggest PB of the weekend. Racing in an AVSL season for the first time, the young Knox up-and-comer tore 1:05 from his previous best



3000m time to clock **16:27.9**. Logan is one of Fran Attard's coaching squad and has gained attention as an attacking athlete who is keen to progress. We look forward to seeing more of his results over the summer.

Well done, Ela and Logan!

*Honourable mentions

- **Angus Shuttleworth (VIC)** – came to within 7 secs of breaking the 13:00 barrier in winning the AVSL 3000m with a 14 sec PB time of **13:06.8**.
- **Abigail Verity (VIC)** – a huge improver over 1km with a 36 sec PB time of **6:11** in the VRWC Summer championships.
- **Caitlyn Shipham (VIC)** – an attacking performance all the way in the U14 2km VRWC championship, clocking **11:25** with yet another big PB.



CLUB NEWS and RESULTS

PRESIDENT'S REPORT ... 2024-25

It's been another successful year for the VRWC, in which membership continued to grow along with increased race entries during the Winter road season, compared to 2024. This followed two years of cooperation with Little Athletics

Victoria to raise the profile of the sport and highlight its assets and its successes. The falling away of numbers at senior, U20 and Masters level remains a concern.

The Club was represented at two international championship meetings this year, with **Rebecca Henderson, Rhydian Cowley, Will Thompson** and **Corey Dickson** maintaining the VRWC's input at the top level:

***World University Championships – Borchum GER**

Will Thompson	5th	20 kilometres	1:21:01
Corey Dickson	19th	20 kilometres	1:25:58
Rebecca Henderson	DNF		

Will and Corey were also part of the Men's team that won silver in the Teams competition.

***World Athletics T&F Championships – Tokyo JAP**

Rebecca Henderson	9th	35 kilometres	2:50:03 <i>(maintained Australia's record of top 10 placings)</i>
	21st	20 kilometres	1:31:05 <i>(fastest 20km time in international competition)</i>
Rhydian Cowley	11th	35 kilometres	2:33:28 <i>(best placing out of 6 World Championship appearances)</i>
	20th	20 kilometres	1:21:18
Will Thompson	25th	35 kilometres	2:40:19

It was unfortunate that a hamstring injury kept **Jemima Montag** from the chance of repeating her Budapest and Paris podium successes in Tokyo. Happily, she has made a full recovery from surgery and is well on the way back to top form. In the meantime, congratulations to Bec, Rhydian, Will and Corey on their efforts in the green and gold.

On the home front, the Club's membership continued its steady climb, reaching 100 before mid-season. It's been several years since we've 'cracked the ton' so this was encouraging. The growth is chiefly at the junior end, with more youngsters trying their hand at road racing and, in most cases, coming back for more. One challenge now is to see this membership growth extend to older recruits, Open and Masters.

An area of concern is the thinning of the ranks in the mid-to-late teen years, particularly among the males. This is a trend that needs to be addressed for the sake of the sport's place at the top level of athletics. Girls outnumber boys even in the preteen age groups – as a glance at the finish lists from the LAVic State track and Road championships will show – and the gender gap widens as they move into and beyond adolescence. The recent Victorian All Schools U17-U18-U20 5000m championship had just one boys' entrant (there were 3 girls). While it's expected that interest will wane as teenagers' lives get busier, it's in the interest of not just the walking community but of state and national athletics as a whole to work together to turn around the drop-off in young male participation and progression.

We saw race attendances in the 30's – 40's on most weekends across the winter. As a result of the larger fields, the Time and Handicap points competitions saw close contests in several age divisions. Encouragingly, numbers did not fall away sharply with the end of the Points comps in August.

June also saw a much healthier VRWC attendance than last year at the LBG Walks Carnival in Canberra, with our Club finishing five teams compared to just one in 2024. Regrettably, the decision by Australian Athletics to tie a Junior road walks championship in with the national cross-country titles in Ballarat this year and to lock this in until at least 2027 has probably sounded the death knell for the Race Walking Australia road championships (held successfully by us at Middle Park last year), as AA will not countenance any inclusion of Open, Masters or Under 10 on their program and will not communicate with RWA on the matter.

Our judging resources were augmented this year with the addition of two new judges (both of them parents) to the panel. This enabled us to make more frequent use of the favoured 2km course for longer races. The Club continued to promote judging through education sessions and offered opportunities to 'shadow' experienced judges with the aim of clarifying correct practice, as well as dispelling doubts and inaccurate notions on the way to gaining proficiency at this indispensable role. Again, valuable liaison with LAVic has reaped benefits in this area. Stu Cooper and international judge Zoe Eastwood-Bryson both conducted judge education sessions for Little Athletics personnel during the year.

The need for more coaches is no less crucial, at all levels, and more challenging to address. Club coach Mark Donahoo's development of a coach training model for Levels 2 and 3 and its acceptance by AV and AA were important steps in the right direction. Mark conducted coach education sessions in Brisbane and locally which were well received, as well as two pre-race clinics for walkers during the season. One aim is to compile a data base of active walk coaches at all levels across the state, to whom aspiring walkers can be referred if they have no current coach.

The VRWC's engagement with LAVic continues and the lines of communication are well set, with the LAVic Winter Road walk championships now an ongoing fixture and summer clinics successfully commenced at Mentone. Promotion of the sport and the Club at school level (through such agencies as School Sport Victoria) is an initiative we have yet to investigate. With our improved profile among the LAVic community, the schools are a potentially rich recruiting ground publicise the sport and the Club there and be confident of providing coaching and judging assistance.

Little investigation has been done as yet in regard to senior and Masters recruiting. Yet here there is also fertile ground, particularly among older track 'n' field athletes, those carrying injuries that have curtailed running, and players

of other sports looking for a new challenge. A leafleting campaign begun a few years ago had little success, but further efforts along these lines should be made.

Off the course, the Club needs new blood at committee level. Fresh ideas in relation to competition, officiating and the general running of the Club are vital for its future health and relevance. Happily, we've welcomed a number of new, younger adult members and their children in the past couple of years. We value the energy and enthusiasm they've brought in judging and race officiating, and we hope to add to their ranks next year. We hope, also, that one or more new members will find the time and interest to join the committee, participate in decision making and have their say in planning for the future. The Club needs you.

In closing, I offer my usual thanks to a raft of valuable people, without whose input the VRWC would be a far weaker organisation. To Terry Swan (Club secretary), Mark Donahoo (Club coach, Race secretary, Competition director and handicapper), Karyn O'Neill (Treasurer), committee members Terry O'Neill, Donna-Marie Elms, Heather Carr, Emilie Garside, Bob Gardiner and Michael Bodey. Also to Tim Erickson (Club Records overseer, historian, manager of the Club website and Racewalking Australia database) and Simon Evans (Club auditor). Thanks also to Donna-Marie and Gwen Steed (canteen), Karyn and Terry (BBQ), race day officials Ian Laurie (Chief timekeeper), Bob Gardiner, Kris Shipham, Alla Pashutina, Melanie di Benedetto, Duncan Knox, Deanne McClure, Dylan Shuttleworth and Gerard Feain. To our intrepid race judges who stood for hours in all weathers: Gordon Loughnan, Brenda Felton, David Cash, Di Lowden, Kathleen Marsh, Bec Lewis, Tony Doran, Terry O'Neill, Dannielle Clarke, Michael Bodey, Scott Nelson, Karyn O'Neill (Penalty zone) Shane Bicknall and (before his return to the UK) Mark Wall. And a special shout out to Therese Smith who exercised her photographic talents admirably in Terry Swan's absence. Finally, to others who helped out in any way, even just once – thank you. You all made a difference.

*Stu Cooper
President.*



At the Annual General Meeting last Sunday, the 2024-25 Committee was elected unopposed to serve a new term for the coming year.

We are delighted to welcome **Kevin Cassidy** onto the General committee. Kevin has been a regular competitor in the Masters ranks over the past decade and, when not racing, has frequently served as an official in the roles of recorder and timekeeper, as well as assisting with setting up and packing away on race days.

Congratulations to Kevin and thanks to all on the Committee for their continued interest and service to the VRWC. And again, many thanks to **Karyn O'Neill** for her 8 years at the helm of the vital Treasurer position.

**** A reminder that the position of Treasurer is now vacant. See the Notice Board for details of the job description, and please consider whether you can assist in sourcing a suitable person to fill this vital Club role.**

EXECUTIVE

President	Stu Cooper	Publicity Officer	Stu Cooper
Vice President	Mark Donahoo	Club Captain – Women	Heather Carr
Treasurer	VACANT	Club Captain - Men	Terry O'Neill
Secretary	Terry Swan	Club Captain – Jun. Women	Emily Smith
		Club Captain – Jun. Men	Marcus Wakim
		Racewalking Australia Liaison	Mark Donahoo
		Club Records	Tim Erickson
		First Aid Officer	Michael Bodey
		Non-office holders	Harry Summers
			Bob Gardiner
			Donna-Lee Elms
			Michael Bodey
			Emilie Garside
			Madeleine Feain
			Kevin Cassidy
		Auditor	Simon Evans

VRWC Club Summer championships & VMA 5km c'ships, 16 November – Middle Park

A coolish to mild Sunday morning greeted the 34 walkers who fronted for the Club summer championships, with the forecast wet and wild conditions thankfully waiting until the end of the annual General Meeting to lower the boom.

NSW's **Dylan Richardson** clearly has a liking for our racing programs, taking the Gus Theobald Shield to go with the AV all-comers gold he won in the State 15km title in August. Using the race in company with **Rhydian Cowley**, **Bec Henderson**, **Declan Tingay** and a fit, recovered **Jemima Montag** as preparation for the AA Marathon Walk championship in Canberra,

Dylan decided to stretch out at 4km, seemingly determined to take line honours. Bec, however, had her own plans, striking out after 10km and steadily reeling Dylan back in, catching him in the last lap to cross in **1:35:39** to **1:36:05**. Jemima, Rhyd and Declan socialised their way around the 20 laps before setting off to build up mileage for Canberra.



Jemima, Declan, Bec and Rhydian – a training session with a race thrown in!



Dylan – heading for the Gus Theobald Shield.



If it's an 'Australian Idol' you're after ...

Not many clubs are blessed with the good fortune to have four Olympians on the course, contesting their Club championships on a quiet Sunday. A great sight and inspiration for our younger walkers!

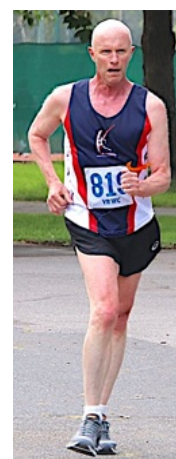
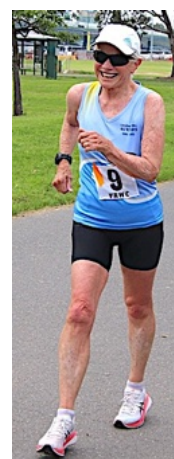
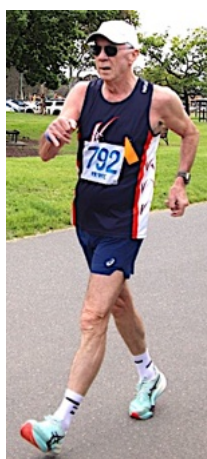
20km Open Mens VRWC Gus Theobald C'ship

	Time	5km	10km	15km
1 Dylan Richardson (NSW)	1:36:05	24:07	47:56	1:11:24
E2 Rhydian Cowley	1:39:46	25:00	50:00	1:15:04
E2 Declan Tingay	1:39:46	25:00	50:00	1:15:04
4 Alejandro Stephens	1:44:54	24:59	50:41	1:18:10

20km Open Women VRWC C'ship

	Time	5km	10km	15km
1 Rebecca Henderson	1:35:39	25:00	50:00	1:12:52
2 Jemima Montag	1:39:46	25:00	50:00	1:15:04

A line-up of 14 'silver stalwarts' contested the VMA and VRWC Masters 5km titles, with **Erin Reid** taking out the prestigious VRWC Heather Carr Shield with a creditable **31:57**. Meanwhile, the Men saw four of their number break 30:00 with the best duel of the day being won by **Kevin Cassidy** over **Simon Evans**.



5km Men VMA & VRWC Masters C'ships

1 Mark Thomas
2 Shaun Lewis
3 Kevin Cassidy
4 Simon Evans
5 Andrew Jamieson
6 John Nottle
7 Colin Heywood
8 Robert Gardiner
9 Steven Stern

27:27
28:46
29:06
29:30
32:27
32:53
34:38
39:40
53:52

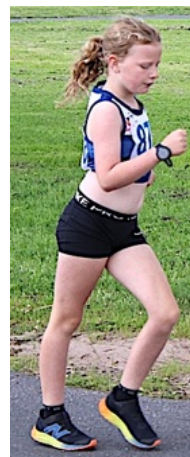
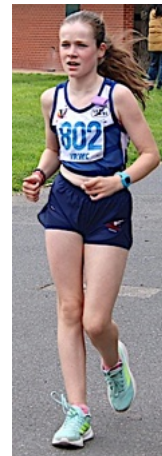
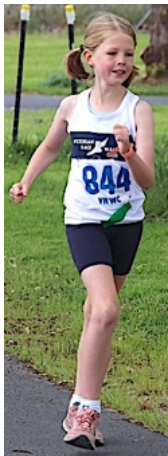
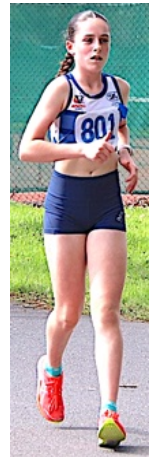
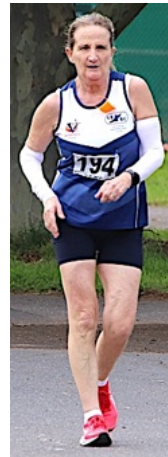
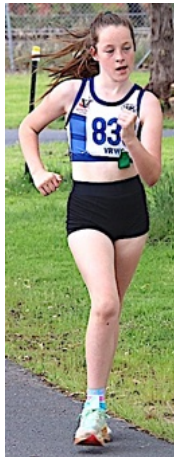
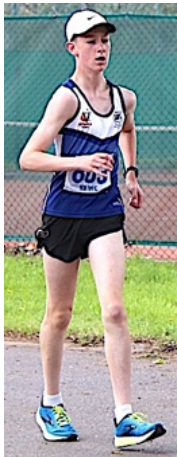
VMA Age placing

1 60-64
1 45-49
1 65-69
2 65-69
1 75-79
2 75-79
1 70-74
1 85-89
70-74 (Y)

5km Women VMA & VRWC Heather Carr Masters C'ships

1 Erin Reid	31:57	1 40-44
2 Donna-Marie Elms	35:20	1 60-64
3 Karyn O'Neill	36:25	1 70-74
4 Gwen Steed	38:07	1 80-84
5 Heather Carr	39:30	1 75-79

In the age-group titles, **Angus Shuttleworth** backed up well from his big AVSL effort the day before, his **13:20** in the U16 3km underlining his current form. **Harrison Ryan** and **Caitlyn Shipham's** close battle saw Harrison just getting home by 4 secs in the U14 2km. The last race, the U10, showed the importance of never giving up with **Abigail Verity** and **Cory Lewis** fighting it out right to the line for equal 3rd.



5km Un20 VRWC Championship

Full name	M/F	Time	Age Gp
1 Emily Smith	F	28:46	20

5km Un18 VRWC Championship

1 Arthur Robinson	M	34:55	18
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3km Un16 VRWC Championship

1 Angus Shuttleworth	M	13:20	16
1 Indigo Marshall-Moodie	F	16:33	16
2 Addison Frenken	F	16:50	16

2km Un14 VRWC Championship

1 Harrison Ryan	M	11:21	14
1 Caitlyn Shipham	F	11:25	14 PB 0:23
2 Kobe Lewis	F	12:21	14

1.5km Un12 VRWC Championship

1 Manendu Rohanachandra	M	10:40	12
1 Lily Bowkett	F	8:35	12
2 Abby Fowler	F	9:35	12

1km Un10 VRWC Championship

1 Daisy Hooper	F	5:48	10
2 Summer Patten	F	6:03	10
E3 Abigail Verity	F	6:11	10 PB 0:36
E3 Cory Lewis	F	6:11	10 PB 0:14

***Action models**

Summer, Jemima, Mark, Cory, Dylan, Andrew, Kobe, Bec, Daisy, Indigo, Harrison, Lily, John, Caitlyn, Manendu, Bob, Addison, Donna-Marie, Abby, Heather, Declan, Erin, Jonathan, Abigail, Rhydian, Angus, Gwen.

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

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

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo
Timekeeper	Ian Laurie
Recorders	Tim Erickson, Dylan Shuttleworth, Kris Shipham, Ralph Bennett, Mark Donahoo
Judges:	Gordon Loughnan- <i>Bronze</i> (chief), Stu Cooper- <i>Bronze</i> , David Cash, Brenda Felton, Anthony Doran, Terry O'Neill, Terry Swan- <i>Bronze</i>
Judges recorder, DQ Board	Bec Lewis, Michael Bodey
Set up, Pack up:	Karyn O'Neill, Stu Cooper, Gordon Loughnan, Ian Laurie, Terry Swan, Robert Gardiner,
Photos	Therese Smith
Canteen	Donna Marie Elms, Gwen Steed
Presentation	Mark Donahoo, Stu Cooper, Rebecca Henderson, Declan Tingay, Terry O'Neill
Walkers:	38



AVSL – News, results

**** Metro Zone: Round 4, Saturday 15 November – Duncan McKinnon Reserve, Murrumbidgee**

Finally, a day of reasonable weather greeted the 31 walkers who converged on Glenhuntly AC's home track to get the AVSL point-scoring campaign back into gear after two weeks of All Schools competition followed by last week's washout.

Unusually, on this occasion the under-age competitors favoured the 3000m and the 1500m field was predominantly of the Masters age groups, with just three youngsters contesting the 3¼ laps. One of them, 11yo **Anna Dubar** produced the only 1500 PB of the day, while **Megan Szirom** made one of her infrequent visits from Albury and showed she is still in cracking form. **Alejandro Stephens** used his first go at the distance as a quick warm up before racing 20km the next day.

Pl	Name	Club	Age	Time	Points	
1500m						
1	Alejandro Stephens	(GHY)	MOP	6:43.9h	383	First 1500m
2	Megan Szirom	(ALB)	F45	7:36.5h	429	
3	Andrew Duncan	(WAM)	M55	8:11.0h	360	
4	Anna Dubar	(GHY)	F14	8:27.7h	365	PB 0:07
5	Carolyn Rosenbrock	(YRA)	F60	8:33.6h	434	
6	Kobe Lewis	(WTN)	F14	8:40.6h	351	
7	Dee Holohan	(MEN)	F60	9:21.9h	384	
8	Jack Greyling	(CCA)	M14	9:43.2h	236	
9	Donna-Marie Elms	(PTN)	F60	10:04.5h	345	
10	Stephen Murphy	(RIC)	M60	10:36.3h	243	
11	Heather Carr	(GHY)	F70	10:39.5h	373	
12	Gwen Steed	(GHY)	F70	10:39.8h	373	
13	Merilyn Reynolds	(MPA)	F60	11:08.1h	289	
14	Geoff Barrow	(MEN)	M70	11:17.3h	258	
15	Robert Gardiner	(COL)	M70	11:18.4h	258	
16	Clyde Riddoch	(WAM)	M70	11:26.4h	254	
17	Kim Peak	(DAC)	F55	11:36.7h	245	
-	David Sommers	(ANW)	M65	DQ		

The 3000m was where the heavy hitting was, with five new PBs eventuating. **Angus Shuttleworth** blitzed the new personal mark he'd set in the All Schools a fortnight earlier, being pushed relentlessly by **Ela Uzun** whose **13:11.5** set four new Victorian state records – U18, U17 (Gabrielle Blythe), U16 (Jemima Montag) and U15 (Ela's) – which are now new VRWC club records as well. Biggest improver of the day was **Logan Allison** who ripped over a minute from his previous best, while **Caitlyn Shipham** saw the 18min barrier just elude her on the way to the latest of her conga line of PBs for the year.

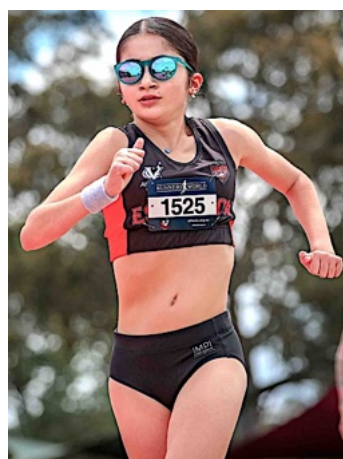
3000m						
1	Angus Shuttleworth	(KNA)	M16	13:06.8h	464	PB 0:14
2	Ela Uzun	(ESS)	F16	13:11.5h	485	PB 0:10* (Four AV & VRWC records)
3	Mya McClure	(WCA)	F16	14:12.3h	446	
4	Jade Chitty	(WES)	FOP	15:39.4h	370	
5	Havana Ali	(ESS)	F16	16:00.1h	379	
6	Shaun Lewis	(WTN)	M45	16:06.8h	349	
7	Lily Lambert	(MEN)	F16	16:14.6h	371	PB 0:02
8	Mietta Morgan	(KNA)	F18	16:23.5h	353	
9	Logan Allison	(KNA)	M14	16:27.9h	352	PB 1:05
10	Emily Smith	(MUU)	F20	16:39.4h	336	
11	Jia Wen Heng	(MEN)	FOP	17:50.0h	296	First 3000m
12	Caitlyn Shipham	(KNA)	F14	18:00.8h	330	PB 0:12
13	Michael Harvey	(WAM)	M60	20:41.7h	280	



AVSL action at Murrumbidgee



(Photos: AV Facebook)



**** Geelong Zone: Round 4, Saturday 15 November – Landy Field, Geelong**

It's a treat to see the return of AVSL race walking to Geelong, after a run of lean seasons in which the lack of judges made holding the event unfeasible. Thanks to work done by Scott Nelson and others, the drought broke on Saturday, with **Jonathan Ho** celebrating with a shiny new PB. Great to see **Zoe Bowkett** out there, representing the historic Geelong Guild club.

Round 6 on November 29 will see further walks held at Geelong. Hopefully they will attract a larger entry.

1	Jonathan Ho	(WYN)	MOP	7:18.57	290	PB 0:11
2	Zoe Bowkett	(GLG)	F14	9:32.00	298	

**** Ballarat Zone: Round 4, Saturday 15 November – Llanberris Stadium, Ballarat**

2000m

1	Danny Hawksworth	(ESS)	M45	11:31.74	305
2	Stephen McLennan	(WEN)	M60	13:05.91	308
3	Phillip McLennan	(WEN)	M55	13:36.90	262
-	Charlie Wright	(EKA)	M14	DNF	

**** Bendigo Zone: Round 4, Saturday 15 November – Lar Birpa Athletics Track, Flora Hill**

1500m

1	Lachlan Carr	(BGO)	MOP	10:59.66
2	Chris Pollard	(EAG)	M65	11:02.73
3	Michelle Carr	(UNA)	F50	11:05.53
4	John Watson	(BGO)	M70	13:19.38

Next weekend ...

***PLEASE NOTE:** The Zone A (walks) venue has been changed from Aberfeldie to **Keilor Athletics Centre**, Stadium Drive, Keilor Park. This will allow north-west-based athletes the chance they lost to compete at their local facility, owing to the Round 3 cancellation.

***AVSL Round 5 – Saturday 22 November**

All races open to Male and Female competitors

Metro – Keilor (Zone A)	1.00pm	1500m walk (all ages)
	1.20pm	3000m walk (all ages)
Ballarat region – Llanberris Stadium	10.00am	1500m walk
		3000m walk
Bendigo region – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	2000m walk (all ages)
		5000m walk (U18 and older)

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

A.C.T. Capital Athletics interclub results, 25 Oct & 8 Nov – AIS & Woden

Thanks to **Ann Jugovic** for these results. Good PB times by **Katharina Johnson**, **Sebastian Ryan** and **Jillian Ryan**, who also walked her fastest 1500m for a couple of years.

Capital Athletics Walk Results 25/10/25 AIS Track**1500m Race Walk**

1.	Owen Toyne	6:55
2.	Jillian Ryan	6:56
3.	Katharina Johnson	8:53 PB
4.	Indira Beales	11:20

Capital Athletics Walk Results 8/11/25 Woden Track**1500m Race Walk**

1.	Sebastian Ryan	8:12 PB
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3000m Race Walk

1.	Jillian Ryan	14:51 PB
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**** ACTFRWC Results 13/11/2025 - Woden Athletics Track****1000m Race Walk**

1.	Clare Rice	6:11
2.	Jess Robson	7:32

3000m Race Walk

1.	Sebastian Ryan	17:32
2.	Jillian Ryan	17:32

QUEENSLAND QMA results, 10 October – SAF, Nathan**W35 3000mRW**

1 Roslyn Kirwin	W36	20:18.50
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W35 1500mRW

1 Roslyn Kirwin	W36	9:40.40
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W50 3000mRW

1 Joy Dale	W54	22:22.50
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W45 1500mRW

1 Joanne Molloy	W45	11:26.20
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W80 3000mRW

1 Noela McKinven	W83	26:54.40
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W50 1500mRW

1 Joy Dale	W54	10:54.10
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M29&U 3000mRW

1 Leo Ramsay	M13	16:43.60
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W80 1500mRW

1 Noela McKinven	W83	13:42.50
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M55 3000mRW

1 Simon Cartwright	M56	22:44.90
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M55 1500mRW

1 Simon Cartwright	M56	10:30.80
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M60 3000mRW

1 Iggy Jiminez	M61	14:37.80
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M60 3000mRW

1 Iggy Jiminez	M61	6:58.00
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M65 3000mRW

1 Peter Bennett	M69	18:59.00
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M65 3000mRW

1 Peter Bennett	M69	9:19.40
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M85 3000mRW

1 Patrick Sela	M86	26:41.20
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M85 3000mRW

1 Patrick Sela	M86	13:13.80
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SOUTH AUSTRALIA

Thanks to **Kim Mottrom** for the results. There were some good results from the kids in SA on Saturday and their biggest turn out in a while.

Open 3000m

1 Liam Freundt	13:58.11	8 Kate Hamlyn	19:36.44
2 Cooper Rech	14:38.12	9 Peter Crump	19:59.31
3 Angelina Legrand	15:18.79	10 Orlando Grantham	21:30.64
4 Liliana Templer	17:11.01	11 Rachel Pemberton	22:41.60
5 Jack White	17:37.81	12 Alex McEwan	23:32.49
6 Melissa Grantham	18:00.78	... Zachery Freundt	DNF
7 Jessica Clelland	19:29.42		

TASMANIA

Athletics South Interclub, 15 November – Domain AC

David Moore reports:

Mild conditions for the 1500m Walk at Athletics South Interclub saw **Oliver Morgan** stride to a comfortable victory in a welcome return to our ranks as a Race Walker after a winter of multi- sport activity (AFL & Netball). Further back in the field, **Adele Woodward**, appears for the moment to have the edge on **Charlotte Dix** and **Dot Sussmilch-Leitch** chipped in for another healthy 30 second PB – well done Dot!

Result 1500m Walk

1. Oliver Morgan	SB	7:42.37
2. Adele Woodward	OVA	9:38.75
3. Charlotte Dix	ESAC	9:48.05
4. Elizabeth Leitch	TMA	10:25.58
5. Sam Leitch	TMA	10:59.92
6. Elsie Woodward	OVA	11:09.88
7. Dot Sussmilch- Leitch	ESAC	13:10.51 PB

Tas Masters T&F, 12 November - Domain AC*Result 5000m Walk**

1. Wayne Fletcher	M78	48:59
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**INTERNATIONAL NEWS****FRANCE: French Marathon Walk Championships, 16 November – Salaise-sur-Sanne**

It was France's turn to hold national Marathon Walk championship, and **Emmanuel Tardi** was in charge of the judging team for their titles on Sunday:

I was appointed as chief judge for our national championship of marathon racewalking in Salaise sur Sanne (a small village, 600km to the south of Paris).

France had already organized racewalking championships over this distance from 1926 to 1930. The race took place on a flat road, the loop was 1km long. The Marathon Walk started at 9am.

The weather was awful. It rained very hard, and there were very large puddles. The rain stopped around 10:30am. Everybody started cautiously. **Madeline Degy** (for men) and **Moutard** (for women) led for all of the race. **Duc** walked with **Lebreton**, and **Rottier** walked with **Carré** for places 2-3.

Lebreton had problems and needed to stop because of vomiting. Carré stopped for a few seconds in the toilet. Duc and Rottier finished 2nd.

The Men's Half marathon was won by **Martin Gaudre** (despite 3 red cards and a stay in the Penalty area) and **Souad Azzi** (from Algeria) won the Women's race.

Marathon Hommes

1	MADLINE-DEGY Martin	SEM/01	Blagnac Sc	3h05'34"
2	DUC Matteo	SEM/01	As Aix-Les-Bains	3h10'12"
3	LEBRETON Kilian	SEM/00	Ta Rennes	3h14'43"
4	CHENUET Quentin	ESM/05	Athle 91	3h22'32"
5	FOUGERON Pierre-Alexandre	SEM/03	Ec Orleans Cercle Jules Ferry	3h44'32"
6	LANDRON Roland	MAM/78	Ca Beglais	3h45'35"
7	THOMAS Mickael	MAM/78	Ea Bourg-En-Bresse	4h04'31"
8	DEBASLY Benoit	MAM/73	Caen Athletic Club	4h19'41"
9	SEFFARI Abdelaziz	MAM/58	Afa Feyzin-Venissieux	4h55'00" 40,2km
10	TURLET Albert	MAM/81	Avia Club Athletisme	4h57'00" 40,2km
-	ANDRIEU Hugo	SEM/92	Uavh Aubagne	DNF
-	BONNOMET Arthur	SEM/00	Club Seynois Multi-Sports	DNF
-	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	DQ

Marathon Femmes

1	MOUTARD Camille	SEF/01	Dijon Uc	3h33'38"
2	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	3h44'42"
3	CARRE Elvina	SEF/03	As Tournus	3h45'55"
4	DE BONTIN Laura	MAF/90	Ea Cergy	4h21'13"
5	BRASTEL Adeline	MAF/78	Efs Reims	4h42'40"

Semi-Marathon Hommes

1	GAUDRE Martin	ESM/04	Efs Reims	1h39'54"
2	VALLEE Kyrian	SEM/94	Blagnac Sc	1h42'04"
3	PASCALE Julien	SEM/95	Cs Bourgoin-Jallieu	1h42'11"
4	RAFFANEL David	MAM/76	Ecla Albi	1h47'03"
5	CROSNIER Alexis	SEM/99	Aix Athle Provence	1h47'06"
6	TIRABASSI Ange	ESM/05	As Aix-Les-Bains	1h49'33"

7	BESSONNIER Raphael	SEM/00	Aj Blois-Onzain	1h55'52"
8	SANCHEZ MONTOYA David (ESP)	MAM/84	Ca Montreuil 93	2h00'39"
9	GLOAGUEN Thomas	SEM/96	Aix Athle Provence	2h02'28"
	LUCIANO Albert	MAM/73	Nice Metropole Athletisme	DQ



Madeline Degy, Moutard, Gaudre and Azzi



Duc leads Lebreton; Carre and Rottier

(Photos: Emmanuel Tardi)

Semi-Marathon Femmes

1	AZZI Souad (ALG)	SEF/		1h41'04"
2	LAGRANGE Nelly	ESF/04	Athle 66	1h43'03"
3	THEOLIER Lily	SEF/00	As Aix-Les-Bains	1h52'51"
4	CHEZE Emelie	ESF/06	Union Club Athletisme	1h54'30"
5	IUND Leonie	ESF/06	As Aix-Les-Bains	1h55'00"
6	MOLIST Lucille	SEF/01	Cs Bourgoin-Jallieu	1h59'52"
7	VAROQUIER Elodie	MAF/83	Ea Romans-Bourg De Peage	2h03'58"
8	MAXENCE Mathilde	SEF/99	Athletic Club Salonais	2h04'26"
9	DEKINDT LANDRON Emmanuelle	MAF/79	Ca Beglais	2h05'35"
10	SERAKI Patrizia	MAF/63	Avia Club Athletisme	2h15'17"
11	LANGLOIS Cloe	SEF/97	Livry Gargan Athletisme	2h17'37"
12	HON Marie-Helene	MAF/68	Ca Moirans	2h27'25"

10km Hommes

1	BATIFOL Ellis	SEM/03	Asvel Villeurbanne	41'56"
2	ARISI Matteo (ITA)	ESM/		44'00"
3	LEBRETON Julien	JUM/08	Amberieu Ac	46'33"
4	MUNOZ Brian	MAM/73	Francheville Ac	51'44"
5	TOUBOUL Timeo	JUM/07	Athletic Club Salonais	53'06"
6	DECOUD Philippe	MAM/64	Grenoble Uc	57'39"
-	BESLU Lucas	JUM/08	Asvel Villeurbanne	DQ

10km Femmes

1	RILOS Meline	JUF/07	Asvel Villeurbanne	52'35"
2	PONCET Violette	JUF/08	Ac Ondaine Firminy	53'49"
3	GALLI Livia	JUF/08	Asvel Villeurbanne	56'11"
4	MARTIN Ingrid	MAF/91	Ca Balma	57'08"

5	MAISONNEUVE Valentine	JUF/08	Earv	57'23"
6	SINA Laurence	MAF/69	Pierre Benite Athletisme	57'41"
7	BONHOMME Anae	JUF/08	Cs Bourgoin-Jallieu	1h00'23"
8	AL FAHEL Yasmina	MAF/62	Athletic Club Salonais	1h01'46"
9	BERNAUD Noemie	JUF/08	Coquelicot 42	1h02'17"
10	NALINE Julie	JUF/08	Decines Meyzieu Athletisme	1h03'21"
11	MARTIN MAUCCI Magali	MAF/79	Sc Privas	1h10'28"
12	CASSONE Silvia	MAF/77	Sc Privas	1h11'17"
13	FAYOLLE Isabelle	MAF/61	As Villefontaine	1h16'53"

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 17, 2025 - **João Vieira and Vera Santos triumph in the Vila da Moita Race Walking Trophy 2025**
<https://omarchador.blogspot.com/2025/11/joao-vieira-e-vera-santos-triunfam-no.html>
- Sunday, November 16, 2025 - **"The Best of Chile 2025" in San Carlos de Apoquindo, Santiago (results)**
<https://omarchador.blogspot.com/2025/11/los-mejores-de-chile-2025-em-san-carlos.html>
- Saturday, November 15, 2025 - **"2025 Brazilian Masters Athletics Cup" in Bragança Paulista (results)**
<https://omarchador.blogspot.com/2025/11/taca-brasil-master-de-atletismo-2025-em.html>
- Thursday, November 13, 2025 - **Jun Zhang stands out in the men's 20km race walk at the Chinese National Games (2025).** <https://omarchador.blogspot.com/2025/11/jun-zhang-destaca-se-nos-20-km-marcha.html>
- Wednesday, November 12, 2025 - **Jiayu Yang won the women's 20km race walk at the Chinese National Games (2025).** <https://omarchador.blogspot.com/2025/11/jiayu-yang-ganhou-os-20-km-marcha-dos.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.



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:

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.

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.

Sat 29th 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 7th 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 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 22 Nov 2025	AVSL Rd5 – Keilor (1500m, 3000m)
Sat 29 Nov 2025	AVSL Rd6 – Murrumbidgee (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

Sat 22 Nov 2025	QA 10,000m track walk – QSAC, Brisbane QLD
Sat 29 Nov 2025	AA Marathon Race Walking c'ships (WA Tour Bronze) – Stromlo Park, Canberra ACT
Thu 4-Sun 7 Dec 2025	AA All Schools T&F c'ships – Lakeside Stadium, Melbourne VIC
Sun 7 Dec 2025	VRWC Road races – Middle Park
Thu 11 Dec 2025	ANSW 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
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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