



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 11

- **Dogs off leash**
- **Fees** - Membership and racing.
- **2025 Winter fixture summary**

WALKER OF THE WEEK

A thumping 3:16 improvement on her best 8km time has given **Jade Chitty (VIC)** this week's WOTW award. Jade's time – **42:22** – easily eclipsed the time she set to win WOTW in June of last year. Jade had raced only twice this season prior to Saturday, but it's obvious she has maintained and built upon her condition. (One of her other starts was the Open 10km at the LBG in Canberra, where she set a PB time of 55:11.) The middle distances clearly suit her, and if life's demands allow her the time to put in the speed work to complement her endurance training, she could be set for a very successful summer of racing.

Congratulations, Jade ... great to see you back out there!



*Honourable mentions

- **Emily Smith and Shaun Lewis (VIC)** – see 'The PBs that got away' on Page 6.
- **Shaun** again ... another 2:00+ wallop, this time of his 6km PB.
- **Addison Frenken (VIC)** – almost a minute's improvement on her previous 4km time. Well done, Addi!
- **Grace Louey and Arthur Robinson (VIC)** – both cut their 4km PB times by 40+ secs.
- **Anna Dubar (VIC)** – ripped almost half a minute from her PB in winning the Open 2km race in **11:06**.



CLUB NEWS and RESULTS

** VRWC 2025 FASTEST TIMES & HANDICAP COMPETITIONS – FINAL POINTS

The final points are in, the tables completed and the 2025 trophy and certificate winners identified.

Well done to **Mark Donahoo** on yet another mammoth job of setting up, overseeing and finalising our Club Handicap and Time points competitions for 2025. Mark's job, of course, isn't done yet, as he will now set September 14's Relay race teams on the basis of times registered by all entrants during the season. Don't forget that 31 August deadline!

Congratulations to all walkers who placed in the two competitions, and to those who finished outside the top three but supported the Club's winter program to the extent they were able.

Final Points tables below:

FEMALE	H'cap placing	Name	H'cap Points	Actual times placing	Name	Actual pts
Masters 40-59	1	Erin Reid	32	1	Erin Reid	26
Masters 40-59	2	Merilyn Reynolds	25	2	Merilyn Reynolds	12
Masters 60+	1	Karyn O'Neill	34	1	Karyn O'Neill	33
Masters 60+	2	Donna-Marie Elms	32	2	Donna-Marie Elms	29
Masters 60+	3	Heather Carr	28	3	Carolyn Rosenbrock	24
VRWC Open	1	Emilie Garside	34	1	Emilie Garside	32
VRWC Open	2	Grace Louey	22	2	Grace Louey	23
VRWC Open	3	Kate Sandford	11	3	Kate Sandford	13
VRWC Under 10	1	Cory Lewis	34	1	Daisy Hooper	23
VRWC Under 10	2	Ava Pravednikov	30	1	Cory Lewis	23
VRWC Under 10	3	Summer Patten	29	1	Ava Pravednikov	23
VRWC Under 10	4	Daisy Hooper	23	4	Summer Patten	22
VRWC Under 10	5	Lily Bowkett**	17	5	Lily Bowkett**	21
VRWC Under 12	1	Aria Di Benedetto	34	1	Anna Dubar	33
VRWC Under 12	2	Abby Fowler	33	2	Aria Di Benedetto	28
VRWC Under 12	3	Anna Dubar	30	3	Abby Fowler	24
VRWC Under 12	4	Erlyn Singh**	26	4	Erlyn Singh**	15
VRWC Under 14	1	Caitlyn Shipham	43	1	Addison Frenken	35
VRWC Under 14	2	Addison Frenken	35	2	Kobe Lewis	27
VRWC Under 14	3	Kobe Lewis	26	3	Caitlyn Shipham	26
VRWC Under 16	1	Aangi Shah	23	1	Aangi Shah	17
VRWC Under 16	2	Matilda Read**	5	2	Matilda Read**	3
VRWC Under 18	1	Amelia Vernal	10	1	Amelia Vernal	5
VRWC Under 20	1	Emily Smith	43	1	Emily Smith	43
VRWC Under 20	2	Ariana Pashutina	28	2	Ariana Pashutina	30

MALE	H'cap placing	Name	H'cap Points	Actual times placing	Name	Actual pts
Masters 40-59	1	Shaun Lewis	46	1	Shaun Lewis	41
Masters 40-59	2	Mark Blackwood	10	2	Mark Blackwood	15
Masters 40-59	3	Ben Skurka	6	3	Ben Skurka	6
Masters 60+	1	John Nottle	39	1	Terry O'Neill	36
Masters 60+	2	Terry O'Neill	26	2	John Nottle	32
Masters 60+	3	Gerard Feain	18	3	Gerard Feain	18
Masters 60+	3	Robert Gardiner	18			
VRWC Open	1	Jordan Galbraith	21	1	Jordan Galbraith	23
VRWC Open	2	Alejandro Stephens	13	2	Alejandro Stephens	14
VRWC Under 10	1	Bowie Clarke	34	1	Ryder Reid	31
VRWC Under 10	2	Ryder Reid	31	2	Bowie Clarke	29
VRWC Under 10	3	Dimitri Pashutin	22	3	Dimitri Pashutin	21
VRWC Under 10	4	Grayson Allison**	16	4	Grayson Allison**	10
VRWC Under 10	5	Avery Allison**	12	4	Fletcher Walters**	10
VRWC Under 12	1	Fletcher Reid	38	1	Fletcher Reid	41
VRWC Under 12	2	Logan Allison	21	2	Logan Allison	21
VRWC Under 12	2	Oliver Crowl	7	3	Oliver Crowl	10
VRWC Under 14	1	Harrison Ryan	16	1	Harrison Ryan	17
VRWC Under 14	2	Angus Shuttleworth	15	2	Angus Shuttleworth	15
VRWC Under 14	3	Brodie Welsh**	4	3	Brodie Welsh**	4
VRWC Under 18	1	Arthur Robinson	48	1	Arthur Robinson	30
VRWC Under 18	2	Max Davidson	6	2	Max Davidson	7

** Will be awarded certificates

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) ASAP.



- Our younger VRWC members will have their time to shine on the national stage at the **Australian Junior Racewalking Championships** in Ballarat this coming Sunday. They will be joined by other Victorian entrants, and we wish them all the best of good fortune against tough opposition from interstate:

U20 10km - Riley Coughlan, Maddison Nash, Marcus Wakim, Ariana Pashutina

U18 5km - Max Davidson

U16 5km - Angus Shuttleworth, Ela Uzun, Havana Ali, Lily Lambert

U14 3km - Tate McQueen, Addison Frenken, Brodie Welsh, Kobe Lewis, Fiete Halvar Diers, Harrison Ryan

U12 2km - Oliver Crowl, Lily Bowkett, Fletcher Reid, Anna Dubar, Aria di Benedetto, Alaska Bremner, Jack Greyling, Sophie Menz

If you've nothing else planned for Sunday, why not make a day of it (or a weekend), travel to Victoria Park in Ballarat and give the young Vics some support?

- Following the AV and VRWC championships held on Saturday 9 August, the results achieved by **Marcus Wakim, Maddison Nash, Ariana Pashutina** and **Emily Smith** are now listed on the World Athletics results page at <https://worldathletics.org/competition/calendar-results/results/7229645> . Well done, team.

VRWC

Club points results, 16 August – Middle Park

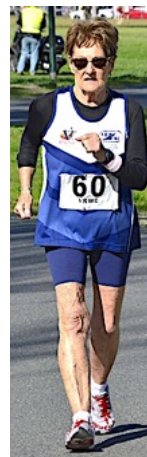
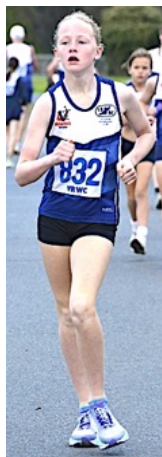
The dreaded wet and windy 12C day that was forecast for Saturday did not eventuate, allowing the 36 starters to contest the season's final Points competition races in chilly but pleasant sunshine. The 'last chance' stimulus clearly worked with 19 walkers achieving PB times, most of which were substantial (and yes, I got them all this week!)



Underway in the 8, 6 and 4km events.

Jade Chitty produced the day's biggest PB and arguably her best-ever VRWC result, lopping 3:16 from her 8km time to clock **42:22**, while **Shaun Lewis's** improvement, pro rata, would not have been much less in a 2:12 demolition of his 6km mark. **Terry O'Neill** was left lamenting the depredations of Father Time yet still managed to produce his familiar attacking effort. Meanwhile, **Mya McClure** was the beneficiary of a solid duel with **Mark Blackwood**, which earned her another PB

Addison Frenken, **Grace Louey** and **Arthur Robinson** took big chunks from their 4km times, while **John Nottle** is maintaining his impressive season, adding a 22 sec improvement to his resume. Any PB is a good one, and credit to **Aangi Shah** who is putting together some consistent results in the second half of the season.



8km Open F

1 Jade Chitty	Open	42:22 PB 3:16
2 Carolyn Rosenbrock	M60+	48:43
3 Emilie Garside	Open	54:55
4 Karyn O'Neill	M60+	58:14

8km Open M

1 Terry O'Neill	M60+	51:22
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6km Open M

1 Shaun Lewis	M40+	33:12 PB 2:12
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4km Open F

1 Mya McClure	Un14	19:26 PB 0:04
2 Emily Smith	Un20	21:52
3 Grace Louey	Open	22:16 PB 0:44
4 Addison Frenken	Un14	23:07 PB 0:52
5 Aangi Shah	Un16	26:47 PB 0:01
6 Gwen Steed	M60+	31:13

4km Open M

1 Mark Blackwood	M40+	19:24
2 John Nottle	M60+	25:17 PB 0:22
3 Arthur Robinson	Un18	26:34 PB 0:46



With Ballarat now firmly on the horizon, there was plenty of added incentive for our younger brigade to set their sights on new PBs. The 2km – which the U12s will contest in the Nationals next Sunday – provided the most dramatic racing with **Anna Dubar** producing a withering burst to take female line honours with a 28 sec improvement. Three of the next four finishers also earned PBs and were joined by **Logan Allison** in the males' race.

It was heartening indeed to see six of the eight 1km starters improve their times, with **Ava Pravednikov** and **Fletcher Walters** making the biggest inroads and **Cory Lewis** not far behind.



2km Open F

1 Anna Dubar	Un12	11:06 PB 0:28
2 Lily Bowkett	Un10	11:09 PB 0:05
3 Ella Harris	Un12	11:17 PB 0:14
4 Aria Di Benedetto	Un12	11:25
5 Caitlyn Shipham	Un14	11:49 PB 0:08
6 Georgia Walters	Un12	11:56
7 Erlyn Singh	Un12	12:17
8 Erin Reid	M40+	12:36
9 Merilyn Reynolds	M60+	14:36

2km Open M

1 Fletcher Reid	Un12	10:19
2 Logan Allison	Un12	10:40 PB 0:10
3 Harrison Ryan	Un14	13:03
4 Bowie Clarke	Un10	13:07

1km Open F

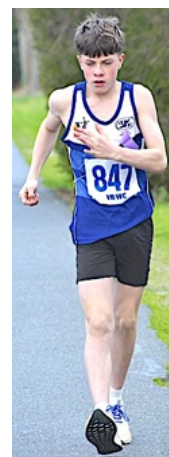
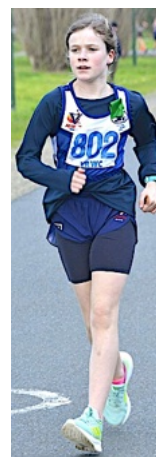
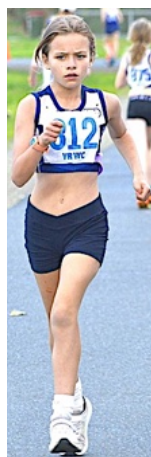
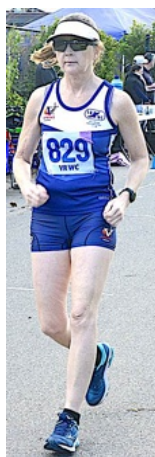
1km Open M

1 Kobe Lewis	Un14	5:42
2 Abby Fowler	Un12	5:58 PB 0:07
3 Summer Patten	Un10	6:22
4 Cory Lewis	Un10	6:25 PB 0:10
5 Ava Pravednikov	Un10	6:49 PB 0:14
6 Abigail Verity	Un10	6:50 PB 0:02

1 Fletcher Walters	Un10	5:34 PB 0:15
2 Ryder Reid	Un10	5:36 PB 0:09

***Handicap results**

Name		Gn	Age	G	Pl	Name		Gn	Age	G	Pl
Erin	Reid	F	M40+		1	Shaun	Lewis	M	M40+		1
Carolyn	Rosenbrock	F	M60+		1	Mark	Blackwood	M	M40+		2
Karyn	O'Neill	F	M60+		2	Terry	O'Neill	M	M60+		1
Merilyn	Reynolds	F	M60+		3	John	Nottle	M	M60+		2
Gwen	Steed	F	M60+		4	Fletcher	Walters	M	Un10		1
Jade	Chitty	F	Open		1	Ryder	Reid	M	Un10		2
Emilie	Garside	F	Open		2	Bowie	Clarke	M	Un10		3
Grace	Louey	F	Open		3	Fletcher	Reid	M	Un12		1
Lily	Bowkett	F	Un10		1	Logan	Allison	M	Un12		2
Ava	Pravednikov	F	Un10		2	Harrison	Ryan	M	Un14		3
Abigail	Verity	F	Un10		3	Arthur	Robinson	M	Un18		1
Cory	Lewis	F	Un10		4						
Summer	Patten	F	Un10		5						
Anna	Dubar	F	Un12		1						
Ella	Harris	F	Un12		2						
Erlyn	Singh	F	Un12		3						
Aria	Di Benedetto	F	Un12		4						
Abby	Fowler	F	Un12		5						
Georgia	Walters	f	Un12		6						
Caitlyn	Shipham	F	Un14		1						
Mya	McClure	F	Un14		2						
Addison	Frenken	F	Un14		3						
Kobe	Lewis	F	Un14		4						
Aangi	Shah	F	Un16		1						
Emily	Smith	F	Un20		1						



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

Ella, Summer, Shaun, Emily, Abby, Logan, Jade, Lily, Fletcher W, Georgia, Anna, Merilyn, Harrison, Gwen, Abigail, Mark, Ava, Fletcher R, Cory, Aria, Addison, Mya, Grace, Caitlyn.

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:	Terry Swan
Race check in	Mark Donahoo
Timekeepers	Mark Donahoo, Kris Shipham
Recorders	Duncan Knox, Alan McClure, Melinda Di Benedetto, Deanne McClure, John Lyons
Judges:	Stu Cooper (chief), Kathleen Marsh, Bec Lewis, Anthony Doran, David Cash

Set up, Pack up:	Stu Cooper, Terry O'Neill, Karyn O'Neill, Duncan Knox, Terry Swan
Bike rider	Terry Swan
Photos	Terry Swan
Canteen	Gwen Steed
Walkers:	36

The PBs that got away

It pays to do one's homework ... and it's even better to finish it.

Last week, my research turned up six PBs from that weekend's championship races. It should have been eight! **Emily Smith** (5km PB by 0:42) and **Shaun Lewis** (5km PB by 2:18) were the unfortunates whose achievements were missed. I apologise to Em and Shaun and say 'Well done!'

For Emily it was a particularly regrettable omission, not just because she smashed her previous best (27:55) by 0:42 but because she set that one in 2019 and had equalled it twice since, in 2021 and 2023. It was shaping up as her personal 4-minute mile barrier! Now that she has broken through we hope she will go on to faster 5km times.

In Shaun's case, a PB by well over 2mins (27:17) is not something that should be overlooked, ever! Sorry, Shaun!

***Next weekend ...**

There are no VRWC races scheduled for next weekend, owing to the AA Junior Road walk Championships in Ballarat.

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!

**** POSTPONED:**

VMA Masters 5000m Championship

Owing to a clash with the Oceania Masters Athletics championships, the 5000m titles set for Saturday 6 September have been postponed to a later date, yet to be announced.

Mark Donahoo – Competition director



AROUND THE COUNTRY



AA Junior Racewalking Championships, 24 August – Ballarat **START LISTS and PREVIEW**

Next Sunday will see most of the country's best young walking talent converge on Victoria Park, Ballarat, to contest the **AA Junior Racewalking titles**. For many, it will be their first experience of competition at this level, while others are already hardened 'veterans' who know what is required in order to excel. With most coming from far afield, one can be assured ... that all will be determined to produce their best on the day. Good luck to everyone!

***U20 10 kilometres**

The group from which our next crop of senior internationals is expected to emerge, several already having earned green & gold as junior reps. **Isaac Beacroft**, with three sub-40:00 10kms to his credit, is unbackable here, so the interest will be in the time he records and who will fill out the podium. On season best times so far, only 2:30 separates **Marcus Wakim**, **Owen Toyne**, **Riley Coughlan**, **Sam Lindsay** and **Sam McCure**, and an engrossing contest is assured. Despite having had a quiet year up to now, **Bailey Housden** has a fine record at this distance and can't be discounted. With such depth, this could be the race of the meet.

On paper, the Women's U20 looks like a return to the shootouts of old with **Zoe Woods** again likely to have a slight edge over longtime rival **Sienna Pitcher**. But Pitcher is tenacious and will be quick to sniff any weakening in her NSW team mate. The bronze medal contest should be between **Maddison Nash**, **Hana Jugovic** and **Ariana Pashutina**, any of whom could surprise by challenging for a higher place.

Men U20 10km – 8.45am			Women U20 10km – 8.45am		
	Bib			Bib	
Sam MCCURE	44	SA	Zoe WOODS	96	NSW
Isaac BEACROFT	39	NSW	Maddison NASH	93	VIC
Riley COUGHLAN	41	VIC	Phoebe CHADWICK	90	QLD
Bailey HOUSDEN	42	QLD	Ariana PASHUTINA	94	VIC
Owen TOYNE	46	ACT	Sienna PITCHER	95	NSW
Peter CHARLTON	40	NSW	Kaytee BOGAERS	89	WA
Samuel LINDSAY	43	TAS	Hana JUGOVIC	91	ACT
Cooper RECH	45	SA	Taylah MORRIS	92	QLD
Marcus WAKIM	47	VIC			

*U16 5 kilometres

In the Boys race, **Callum Martin** would normally be the hands-down favourite. However, in recent months **Noah Cooke** and **Angus Shuttleworth** have posted superior PB times with Cooke almost going sub-23:00 two weeks ago. Martin, on the other hand, is a formidable from-the-front racer and is sure to follow this approach at Victoria Park, defying his rivals to challenge him. As a 'roughie', **Noah Vella** could seize the opportunity if one of the top three has a bad day.

The concept of a 'bad day' seems alien to **Ela Uzun**, who bar a serious mishap will have the Girls title wrapped up. Behind her, **Havana Ali**, **Bethany Moore-Kirkland** and **Eliza Kelly** should fight it out for the minor medals, with the improving **Eva Parker** a possible dark horse.

Boys U16 5km – 9.30am			Girls U16 5km – 9.30am		
Lachlan MOORE	31	QLD	Sierra THOMPSON	83	WA
Michael MATHISON	30	NSW	Eva Grace PARKER	81	TAS
Noah VELLA	33	NSW	Bethany MOORE-KIRKLAND	80	QLD
Noah COOKE	27	QLD	Lily Rose LAMBERT	79	VIC
Callum MARTIN	29	NSW	Havana ALI	77	VIC
Angus SHUTTLEWORTH	32	VIC	Eliza May KELLY	78	QLD
Koby IRVINE	28	QLD	Matilda RECH	82	SA
			Ela UZUN	84	VIC

*U18 5 kilometres

Max Davidson has been injured for much of this year, but we hope he makes it to Ballarat for a clash with **Sebastian Richards** who, on times, would be slight favourite. **Dylan Allabush** has a 23:17 to his credit this year and should certainly stake a claim to a podium spot.

Milly Sharpe is the class of the tiny Girls field and should win easily. Meanwhile, only 20 secs separate her three rivals on season bests and the minors will be closely contested.

Boys U18 5km – 9.30am			Girls U18 5km – 9.30am		
Christopher NILON	37	NSW	Grace BECK	85	NSW
Kai DALE	35	QLD	Emma Paige GROCOTT	87	ACT
Max DAVIDSON	36	VIC	Olivia BOULTON	86	QLD
Sebastian RICHARDS	38	SA	Milly SHARPE	88	QLD
Dylan ALLABUSH	34	NSW			

*U14 3 kilometres

With a season best time 1:40 clear of that of his nearest rival, **Nate Appleyard** is – like his older NSW team mate Isaac Beacroft – the unbackable favourite to take this title. Bendigo's **Tate McQueen** has proven a big occasion racer this year and should take silver, while **Mathias Hutchens** could be duelling with team mate **Liam Meale** for bronze.

An equally bright standout to Appleyard in the Girls race is **Avia Luketic**, who recently punched through the 14:00 barrier and has nobody within cooee of her on times. Silver and bronze could see a duke-out between **Audrey Russell** and **Isabella Welch**, with **Addison Frenken**, **Makenzie Sillito** and **Scarlett Nunn** ready to crumb the packs if any of the top three falter.

Boys U14 3km – 10.30am			Girls U14 3km – 10.30am		
Fiete Halvar DIERS	19	VIC	Molly MILLER	68	NSW
Brodie WELSH	26	VIC	Avia LUKETIC	67	NSW
Tate MCQUEEN	22	VIC	Chloe BEVIS	63	WA
Harrison RYAN	24	VIC	Rachel PEMBERTON	70	SA
Nate APPELYARD	18	NSW	Audrey RUSSELL	72	NSW
Leo HYDE	21	QLD	Scarlett NUNN	69	WA
Liam MEALE	23	NSW	Addison FRENKEN	64	VIC
Hugo SICILIANO	25	NSW	Kobe LEWIS	66	VIC
Mathias HUTCHENS	20	NSW	Isabella WELCH	74	QLD
			Felicity RUDD	71	NSW
			Adele WOODWARD	76	TAS
			Makenzie SILLITTO	73	WA
			Willow WHEELER	75	WA

***U12 2 kilometres**

Short, sharp and swift! There'll be no quarter given in the morning's final race as techniques and white muscle fibre are put to the test. Heading the Boys' charge will be **Darcy Dennis** whose July PB of 9:28 appears to put an ocean between him and his opposition. **Oliver Crowl** has made huge progress this year and came to within 3 secs of breaking 10:00 at the LBG, while **Eric Colgan** and **Fletcher Reid** are evenly matched on times. These three should fight it out for the placings.

Stella Wade has continued her supremacy in this age group and has a 10:10 to her credit this season. However, she may not have things her own way against Warrnambool's pocket rocket **Alaska Bremner**, who makes the most of every racing opportunity she gets and has posted excellent results in AV and LAVic championships. **Beth Cochrane**, **Lily Bowkett**, **Anna Dubar** and **Aria di Benedetto** will all be vying for sub-11:00 results, which will make for a fascinating medal contest.

Boys U12 2km – 10.50am

Darcy DENNIS	12	NSW
Hayden ROBERTSON	17	QLD
Oliver CROWL	11	VIC
Fletcher Brett REID	16	VIC
Jack GREYLING	13	VIC
Samuel HUCKER	15	TAS
Blair Michael HOSKING	14	VIC
Eric COLGAN	10	NSW

Girls U12 2km – 10.50am

Ruby KILWORTH	56	WA
Lily BOWKETT	49	VIC
Jessica GORHAM	55	QLD
Anna DUBAR	53	VIC
Nina TRICKEY	59	QLD
Stella WADE	60	NSW
Rahni FOWLER	54	WA
Sophie MENZ	57	VIC
Savannah NUNN	58	WA
Elsie WOODWARD	62	TAS
Izzy BLACKBURN	48	QLD
Alaska May BREMNER	50	VIC
Aria DI BENEDETTO	52	VIC
Beth COCHRANE	51	NSW

A.C.T. ACTRWC results, 16 August – Weston Park

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

8km

1 Michelle Bray	Race	Masters F	43:50
2 Jill Pearson	Race	Masters F	1:00:10
3 Caroline Campbell	Fitness	Masters F	1:10:31
4 Bryan Thomas	Fitness	Masters M	1:12:14

4km

1 Jim White	Fitness	Masters M	34:27
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1km

1 Hana Jugovic	Race	U20 F	4:41
2 Tindra Helgstedt	Race	U14F	5:37
3 Katharina Johnson	Race	U14F	5:48
4 Clare Rice	Race	U14F	6:18
5 Estrid Helgstedt	Race	U12F	6:51
6 Josie Rice	Fitness	U10F	10:36
7 Jess Rice	Fitness	Masters M	10:37
8 Lee Rice	Fitness	Masters M	10:41

NEW SOUTH WALES NSWRC Championships results, 16 August – Chipping Norton

Thanks to **Kirsten Crocker** for sending these results. Not surprisingly, the young NSW speedsters appear to be keeping their powder dry for next Sunday.

Short 4km

Ashleigh	Mansell	22.42
Christopher	Nilon	24.32
Carmel	Parker	29.12
Nicolle	Challinor	31.23
Emily	Challinor	33.13
Sarah	Challinor	33.13
Claire	Gauci	33.27

16yrs 4km

Noah	Vella	20.28
Sagan	Jones	21.57
Sienna	Wade	22.36
Hannah	Hewitt	23.12
Ashleigh	Farrugia	25.24
Luke	Challinor	32.17

14yrs 3km

Nate	Appleyard	14.33
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12yrs 2km

Darcy	Dennis	10.01
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Avia	Luketic	14.34	Stella	Wade	10.24
Rhys	Straub	16.42	Oliver	Masik	10.32
Hugo	Siciliano	17.16	Beth	Cochrane	10.49
Alexander	Dennett	18.20	Daniel	Smart	11.42
Addison	Jenkins	18.42	Chloe	Farrugia	12.53
Veronica	Dennett	20.07	Nasrin	Hewitt	14.11

10yrs 1km

Eric	Colgan	4.49
Archer	Lane	4.53
Carsen	Luketic	5.21
Patrick	Yeldham	5.51
Huxley	Jones	6.38
Lola	Dixon	6.59
Clementine	Colgan	10.13

QUEENSLAND QRWC Handicap #10 results, 17 August – Kalinga Park

It looks as if **Iggy Jimenez** is well primed for a sub-50:00 10km result at the Oceania Masters, to be held on home territory. **Robyn Wales** reports:

We have had a good weekend with a well-attended judging course held yesterday with Zoe Eastwood Bryson. As always Zoe did a great job and several new judges hope to join the ranks of qualified judges. We also had a nutrition talk which has inspired Zoe to add some nutrition to the Judges' course.¹

A Grade 10km

Men:

(1) Ignacio Jimenez	50:11 SB
(2) Kai Dale	1:01:43
(3) Peter Bennett	1:06:11 SB

Women:

(1) Phoebe Chadwick	1:03:02
(2) Joy Dale	1:18:04
(3) Noela McKinven	1:40:54

C Grade 5km

Men:

(1) Noah Cooke	25:07
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Women:

(1) Kiara Waterman	35:01
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E Grade 2km

Girls:

(1) xxxxx	
(2) Violet Conway	13:07
(3) Harper Waterman	19:40

B Grade 8km

Men:

(1) Simon Cartwright	1:09:01
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Women:

(1) Anne Weekes	58:32
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D Grade 3km

Men:

(1) Lachlan Moore	14:37
(2) Leo Ramsay	18:26

Women:

(1) Lyla Williams (VIS)	18:13
... Freya Williams	DQ

F Grade 1km

Men:

(1) Yoshua Lee	6:44
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Women:

(1) Lilli Chu	6:41
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SOUTH AUSTRALIA SARWC results, 16 August – South Parklands

Thanks to **Jared Tallent** for these results. A number of juniors were resting up for Ballarat next week, hence the small attendance here.

12km	Cooper Rech	1:05:50
	Peter Crump	1:21:21
10km	Alex McEwan	1:22:22
6km	Bill Starr	52:18
3km	Liliana Templer	18:05
	Rachel Pemberton	22:37

¹ As a judge I'm not averse to a bit of carbo loading myself – before, after ... during ...

2km	Saxon King	12:34
	Robert Crabb	14:54
1.5km	Martin Crabb	DQ TR54.7.1

TASMANIA TRWC results, 17 August – Kingston Park

David Moore reports from Hobart:

Fine, still and cold for our Walk at Kingston Park this morning, conditions were ripe for good performances. Taking their best form to Ballarat next week are **Elsie Woodward** and **Samuel Hucker** with PB's for their efforts in today's 2km event, continuing with a very good first season is **Austin Hucker** who also chipped in with a PB for the 2k.

1km		
1. Anne Travis	UTAS	10:52
2km		
1. Elsie Woodward	OVA	14:01 PB
2. Sam Hucker	OVA	15:02 PB
3. Austin Hucker	Huon LA	16:58 PB
4. Wayne Fletcher	NSAC	17:58
5. Dot Sussmilch Leitch	Hobart LA	18:59
6. Sara Leitch	TMA	19:27
7. Dave Moore	TMA	19:28
3km		
1. Adele Woodward	OVA	19:34



Action at Kingston Park. (Photos: Wayne Fletcher)

WESTERN AUSTRALIA WARWC handicap results, 17 August – Perry Lakes

Terry Jones reports that conditions were cool, calm and overcast on Sunday for the club's handicap races.

16K handicap		2K handicap	
John Ronan	1:17:48	Fiona van Heerwaarden	12:00
8K handicap		Chloe Bevis	12:54
Kaytee Bogaers	46:19	Darcy Bramwell-Keys	11:16
Andrew Duncan	46:23	Rahni Fowler	12:04
Melissa Lewis	55:01	Andrew Duncan	11:44
4K handicap		1K handicap	
Sierra Thompson	26:45	Lauren Davis	6:31
Steve Travell	39:29		
Glenys Duncan	39:28		
Lauren Davis	26:57		
Fiona van Heerwaarden	27:33		
Trinity Doulis	26:00		



INTERNATIONAL NEWS

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, August 18, 2025 - **Rachelle de Orbeta (Puerto Rico) and Érick Barrondo (Guatemala) win titles at the NACAC Championships – Freeport, Grand Bahama 2025** <https://omarchador.blogspot.com/2025/08/rachelle-de-orbeta-porto-rico-e-erick.html>
- Saturday, August 16, 2025m - **The 1st National Youth Games (China) took place in Shenyang** <https://omarchador.blogspot.com/2025/08/os-1s-jogos-nacionais-da-juventude.html>
- Friday, August 15, 2025 - **Bence Venyericsán and Tiziana Spiller, with national under-23 record (5,000m), win Hungarian titles – Budapest 2025** <https://omarchador.blogspot.com/2025/08/bence-venyericsan-e-tiziana-spiller-com.html>
- Thursday, August 14, 2025 - **Erick Barrondo and Mirna Ortiz win at the Central American Athletics Championships (CADICA) – Managua 2025** <https://omarchador.blogspot.com/2025/08/erick-barrondo-e-mirna-ortiz-vencem-nos.html>
- Wednesday, August 13, 2025 - **Kenny and Veale claim Irish track titles – Santry 2025** <https://omarchador.blogspot.com/2025/08/kenny-e-veale-somam-titulos-irlandeses.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 RACE FEES**

Seasons ticket 12 months:

VRWC Club Races:

VRWC Championships:

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

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

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 1st 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 1st** 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

Sunday 24th August

Australia Athletics Junior road walk championships

Ballarat

Saturday 30th August

VRWC non points race day

Middle Park

September

Saturday 6th September

AV 5km Teams c'ship & VRWC events

Mentone Track

Sunday 14th September

VRWC relay race and [Seasons Presentations](#)

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

20th 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

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

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