



HEEL & TOE Online

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

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*H&T Notice Board – Page 6

- Notice of Annual General Meeting – Sunday 16 November
- VRWC Summer fixture - final
- Little Athletics Victoria – SMR Wednesday night races and coaching at Mentone.
See full entry details and official flyer (Pages 7 & 8)
- Dogs off leash
- ** VACANCY – Club Treasurer

WALKER OF THE WEEK



(Photo: AV)

Fraser Saunderson and Ela Uzun (VIC) made the most of the fast Tom Kelly track at Doncaster to post great results in AVSL Round 2 competition and earn this week's WOTW awards.

Fraser, who has been resident in Adelaide over the winter for university studies and training under coach Jared Tallent, made a big breakthrough to dip under 12 minutes for 3000m for the first time, clocking **11:58.5**. With the national Marathon Walk championships coming up at the end of November and high-level 10,000m races in the new year, Fraser's confidence in his speed is sure to be enhanced by this result.

It seldom takes long for Ela to take out another WOTW once the AVSL season hits. Her 1500m time of **6:11.2**,

over a minute ahead of the rest of the field, means she has wallpapered all the non-Masters VRWC club records including five she hadn't owned already (U17 to Open) and saw club legends Gabrielle Blythe and Sue Cook relinquish their hold on them. Ela has next Sunday's AV U16 3000m All Schools title in her sights, and the incentive of more records beckons.

Well done, Fraser and Ela. We wish you both success and good fortune over the summer months and beyond.



(Photo: AV)

*Honourable mentions

- Havana Ali (VIC) – showed herself a class above everyone bar her cousin Ela, clocking a 19 sec PB of **7:14.1** in the 1500m.
- Shaun Lewis (VIC) – a 39 sec PB over 3000m is never negligible. Shaun achieved this with a time of **15:51.0**.

VICTORIA - METRO & REGIONAL

Little Athletics Victoria CEO Nathan McConchie has provided us with a brief report on the recent *Community Officials Race Walking* seminar, conducted by international walks judge Zoe Eastwood-Bryson.

JUDGING



MATTERS

*ZOE GIVES YET ANOTHER FINE WORKSHOP

Little Athletics Victoria were thrilled to welcome **Zoë Eastwood-Bryson** to Willinda Park earlier this month for a **Community Officials: Race Walking** workshop.

Traveling from South Australia, Zoë is a World Athletics Gold-Level Race Walking Judge and highly respected official and educator, who brought decades of experience and knowledge to an enthusiastic group of sixteen. The workshop saw participants explore key officiating procedures, ethical standards, and practical strategies for applying race walking rules with confidence and consistency, spanning Little Athletics events through to international senior competition.

Participants also gained hands-on experience by completing a judge's summary sheet, applying the principles and learnings of the workshop.

Little Athletics Victoria extends sincere thanks to Zoë and all attendees for their dedication to maintaining excellence in officiating and supporting the ongoing development of our sport.

- Nathan McConchie



Zoe (6th from right) with her enthusiastic and inspired attendees.

***Editor's note:** Nathan informed me that key amongst the content of Zoe's seminar was something that should be highlighted in walk judge training from Day One, and reiterated constantly ... that *judges are there to help you stay in the race, and in the sport*. They are NOT out to 'get' you!

In emphasising this, Zoe has identified one of the demons that confront a novice or inexperienced judge, and often frighten away anyone considering taking it up – confusion and misunderstanding about a judge's role. While it is true that, during a race, a judge's job is a policing one in the sense of ensuring rule compliance, they're not big game hunters with paddles for guns, looking to fill up kill bags of rule breakers. A judge who can, in all good conscience, hand back a clean report sheet at race's end is a happy judge, as happy as a track umpire who can wave 'all clear' to the referee after a track race. To do this, however, they need to *see* compliant walking. When they don't, they have to say so, with yellow (caution) and/or red (report) notifications. It's their job.

This is where the second part of a judge's role comes in – that of educator. No athlete is more dependent for their success upon competent, honest and confident officiating than the race walker. That confidence and honesty (and the confidence to be honest) are key elements in a good judge's toolkit, not just in taking action during a race, but in welcoming approaches from athletes who have attracted yellow paddles or disqualification and are seeking an explanation or advice. The helpful judge is vital at any tier of race walking, but nowhere more so than at junior level, where a young athlete's decision to stay in the sport or to drop out and do something else may hinge upon their early experiences with judges and judging.

From what Nathan said, this aspect of Zoe's presentation created the biggest buzz, as if it were a revelation. How sorely needed that message is to many Little Athletics centres out there, where moves to start race walking programs have been stillborn through want of understanding as to what a judge should and shouldn't do. For an aspiring judge, learning and experience have to start somewhere and, as with all true learning, mistakes will be made. It takes years to develop the competency and confidence to judge well, and you learn by doing. One thing, though, is paramount: your reason for being a judge in the first place. If it's to help the sport and the athletes in it, whatever their age or level – you're needed.



AVSL – News, results

**** Metro Zone A: Round 2, Saturday 18 October – Reischek's Reserve, Doncaster**

The Tom Kelly track at Doncaster clearly agrees with race walkers, especially those of a speedier bent. The 47 walkers who lined up in warm, still conditions reaped nine PBs for their efforts, with **Ela Uzun**, **Marcus Wakim** and **Fraser Saunderson** being the standouts.

The 1500m saw the first four beating their previous bests, a timely sharpening up for next Sunday's All Schools titles. Ela Uzun – whose winning time of **6:11.2** set seven new VRWC club records – will have her sights set on her own U15 and Jemima Montag's U16 State 3000m records, and this result will have done her chances no harm at all. **Havana Ali's 7:14.1** was also a big improvement and reward for her tenacity, while **Indigo Marshall-Moodie's** result has set her up for a good 3000m on Sunday.

Pl	Name	Club	Age	Time	Points	
1500m						
1	Ela Uzun	(ESS)	F16	6:11.2h	519	PB 0:09 VRWC U15-Open recs
2	Havana Ali	(ESS)	F16	7:14.1h	435	PB 0:19
3	Indigo Marshall-Moodie	(MPA)	F14	7:42.9h	415	PB 0:08
4	Logan Allison	(KNA)	M14	7:47.6h	341	PB 0:01
5	Danny Hawksworth	(ESS)	M45	7:49.5h	298	
6	Ella Harris	(ESS)	F14	8:02.1h	392	
7	Andrew Duncan	(UNA)	M55	8:05.3h		
8	Sandra Geisler	(RWD)	F45	8:10.8h	388	
9	Trenton Hawkins	(PTN)	M45	8:29.5h	273	
10	Kerryn Walshe	(KSB)	F60	8:49.7h	416	
11	Abby Fowler	(WTN)	F14	9:29.0h	300	
12	Paul Kennedy	(KSB)	M65	9:45.0h	288	
13	Debbie McKenzie	(DIV)	F55	9:50.5h	331	
14	Donna-Marie Elms	(PTN)	F60	9:55.2h	353	
15	Christal Xie	(DAC)	FOP	9:57.8h	242	First 1500m
16	Catherine Orr	(ESS)	F14	9:59.0h	275	
17	Janice Hodgart	(WES)	F60	10:13.8h	336	
18	Sarah Bevin	(COL)	F40	10:30.1h	238	
19	Gwen Steed	(GHY)	F70	10:44.9h	369	
20	Heather Carr	(GHY)	F70	10:49.7h	365	
21	Merilyn Reynolds	(MPA)	F60	10:52.7h	300	
22	Jo Moxon	(DIV)	F60	11:14.1h	285	
23	Clyde Riddoch	(WAM)	M70	11:17.6h	258	
24	Robert Gardiner	(COL)	M70	11:21.9h	256	
25	Geoff Barrow	(MEN)	M70	11:26.5h	254	
26	Brenda Cashin	(WES)	F60	11:42.7h	264	
27	Jessica Dux	(DAC)	F40	11:56.4h	170	
-	Anna Dubar	(GHY)	F14	8:45.4h	Inv.	
-	David Clark	(BWK)	M55	DQ		
-	Eero Keranen	(WTN)	M70	DQ		
-	Bernie Keirl	(DIV)	M60	DNF		

Marcus Wakim was intent on making a statement in the 5000m and fell just 3 secs short of his PB with **11:39.4**. **Fraser Saunder** seized the chance of another track duel with his long-time rival, ripping 0:24 from his own PB to post his first sub-12:00 time. **Shaun Lewis** showed the benefit of a hard winter's road racing with a 39 sec PB with **Jade Chitty**, **Grace Louey** and **Caitlyn Shipham** also showing substantial improvement.

3000m						
1	Marcus Wakim	(MUU)	M20	11:39.4h	500	
2	Fraser Saunder	(BYC)	MOP	11:58.5h	471	PB 0:24
3	Max Davidson	(DIV)	M18	13:46.4h	415	
4	Mya McClure	(WCA)	F16	14:28.9h	435	
5	Jade Chitty	(WES)	FOP	14:46.4h	400	PB 0:13
6	Matilda Read	(WEL)	F16	15:09.2h		
7	Shaun Lewis	(WTN)	M45	15:51.0h	359	PB 0:39
8	Grace Louey	(KNA)	FOP	16:11.2h	352	PB 0:20
9	Emily Smith	(MUU)	F20	16:32.9h	339	
10	Mietta Morgan	(KNA)	F18	16:44.5h	341	
11	Addison Frenken	(CCA)	F14	17:07.6h	359	
12	Pippa Read	(WEL)	F14	17:31.1h		
13	Caitlyn Shipham	(KNA)	F14	18:12.9h	324	PB 0:18
14	Kobe Lewis	(WTN)	F14	19:12.6h	294	
15	Michael Harvey	(WAM)	M60	20:50.3h	276	
16	Sarah Papadopoulos	(DIV)	FOP	22:31.0h	178	

**** Bendigo Zone: Round 2, Saturday 18 October – Lar Birpa Athletics Track, Flora Hill**

The Lar Birpa track saw the only walks action in country AVSL, with **Chris Pollard** leading home three Masters rivals in the 1500m with **11:26.79**.

1500m

1	Chris Pollard	(EAG)	M65	11:26.79
2	Lachlan Carr	(BGO)	MOP	11:26.86
3	Michelle Carr	(BGO)	F50	11:42.79
4	Annette Curtis	(SBE)	F65	12:28.92

The next two weeks ...

The weekends of October 25/26 and November 1/2 see the holding of the **AV All Schools Track & Field Championships** at Lakeside Stadium.

The Race walks are scheduled for **Sunday 26 October**. Provisional timetable below:

12.00pm	3000mW	U14, U15, U16 Boys
	3000mW	U14, U15, U16 Girls
2.10pm	5000mW	U20, U18 Boys
	5000mW	U20, U18 Girls

We wish our young walkers all the best in this, their first championship race of the summer season.

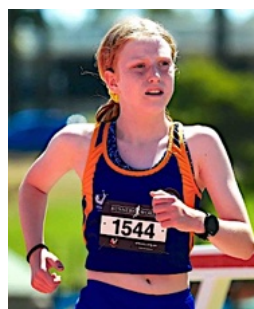
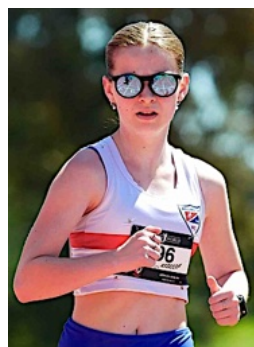
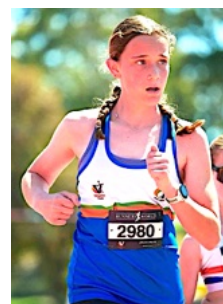
AVSL Round 3 will be held on **Saturday 8 November**, with the Walks (5000m, 2000m) at Keilor Park track.



CLUB NEWS and RESULTS

***VRWC WALKERS IN ACTION AT DONCASTER AVSL** (Photos: Blair Douglas, AV)

Not surprisingly, VRWC members dominated the upper placings in the 1500m and 3000m races at AVSL on Saturday. On this occasion AV had a photographer in place in time for the walks, and it's a pleasure to feature some of our walkers hard at work at Doncaster.



***Action models:** Mya, Marcus, Mietta, Caitlyn, Addison, Max, Matilda, Kobe, Emily



- A somewhat embarrassing note, this one. Last month, following advice I'd received, I announced that Life member **Alan Johnson** had passed away. It's since been discovered that this is not the case, that Alan is still with us and living in aged care in the foothills of the Dandenongs.

If Alan should see this ... Alan, we sincerely apologise and hope you are enjoying a restful life after having given so much wonderful service to Victoria's athletes.





AROUND THE COUNTRY

QUEENSLAND 2025 VIRTUS World Athletics c'ships, 11-14 October – QSAC, Brisbane

The VIRTUS movement – which governs elite sport for athletes with an intellectual impairment – has just wound up its World Athletics championships, held this year in Brisbane. Race walking was represented over the 1500m and 5000m distances.

Women 1500m Walk II-2

...	Katerina Gerbelova	CZR	DQ TR54.7.3
...	Tarunika Ghosh	IND	X11:41.11

Men 1500m Walk II-2

1	Nando D'Agostini	ITA	9:47.98
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Women 5000m Walk II-1

1	Regina Adushkina	Neutral	26:44.28
...	Virginie Dreux	FRA	DQ TR54.7.1

Men 5000m Walk II-1

1	Benjamin Bluemond	USA	34:13.98
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Women 5000m Walk Non-c'ship

...	Rhodah Kakai	KEN	DQ TR54.7.1
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QUEENSLAND North QLD Athletics c'ships, 26-28 September – Townsville

Some late results from the North QLD T&F titles, held in September.

Men 5000mRW Open

1	John Wood	Central QLD AC	34:43.02
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Women 5000mRW Open

1	Joy Dale	QMA	35:44.13
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Men 5000mRW U20

1	Alex Bradley	QRWC	24:51.11
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Women 5000mRW U18

1	Milly Sharpe	Gladstone AC	27:02.93
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Men 5000mRW U18

1	Kai Dale	QRWC	28:57.09
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Women 3000mRW U15

1	Lani EML01	Emerald & Dist	17:32.15
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Boys 1500mRW U12

...	Jaiden Daniels	Normanton Aths	DQ TR54.7.1
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Women 1500mRW 50+

1	Joy Dale	QMA	11:16.90
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Boys 800mRW U11

1	Braxten Boulton	North Mackay A	9:07.31
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Women 1500mRW 30-49

1	Dash Newington	Central QLD AC	9:58.49
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Girls 1500mRW U12

1	Nina Trickey	ANQ Schools	9:26.87
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TASMANIA TMA Masters T&F results, 15 October – Domain AC, Hobart

Former international judge **Wayne Fletcher** started his 63rd Track & Field Season with a 3000m Walk in cool, windy conditions. Results courtesy of David Moore.

Result 3000m Walk

1.	Wayne Fletcher	M78	30:0
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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.

- Tuesday, October 21, 2025 - **EMACS Madeira 2025 – 20 km women M35+ (results)**
<https://omarchador.blogspot.com/2025/10/emacs-madeira-2025-20-km-femininos-m35.html>
The European Masters women mustered 44 starters in the 20km, with 42 finishers.
- Monday, October 20, 2025 - **EMACS Madeira 2025 – 20 km men M35+ (results)**
<https://omarchador.blogspot.com/2025/10/emacs-madeira-2025-20-km-masculinos-m35.html>
... while the men numbered 87 (with 83 finishers.)
- Sunday, October 19, 2025 - **Nicolò Vidal and Beatrice Palmonari with Italian under-18 titles (10 km) in Grottammare (2025)** <https://omarchador.blogspot.com/2025/10/nicolo-vidal-e-beatrice-palmonari-com.html>
- Saturday, October 18, 2025 - **Rottier brothers (sic) win 20km at the 11th Grand Prix de Marche de Lisses, France**
<https://omarchador.blogspot.com/2025/10/irmaos-rottier-vencem-20-km-no-11.html>
Could it be that Google Translator doesn't get the word 'siblings'?
- Friday, October 17, 2025 - **EMACS Madeira 2025 – 10 km women W35+ (results)**
https://omarchador.blogspot.com/2025/10/emacs-madeira-2025-10-km-masculinos-m35_17.html
- Thursday, October 16, 2025 - **EMACS Madeira 2025 – Men's 10km M35+ (results)**
<https://omarchador.blogspot.com/2025/10/emacs-madeira-2025-10-km-masculinos-m35.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 ****

VICTORIAN RACE WALKING CLUB **ANNUAL GENERAL MEETING**

Sunday 16 November 2025, 11.00am

at

Club HQ, Middle Park Bowling Club

All Executive and Committee positions* will be declared open:

EXECUTIVE

President
Senior Vice-president
Secretary
Treasurer

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

GENERAL COMMITTEE

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

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

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

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

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

Stu Cooper
President

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

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

VRWC Committee

****Vacancy – Club Treasurer**

After years of service, **Karyn O'Neill** is stepping down as VRWC Treasurer. We thank Karyn for all her work in managing the Club's finances.

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

The job entails:

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

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

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) 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 these sessions are **Wednesday 29th October** and **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. |

Mentone coaches **Rupert van Dongen** and **Ben Skurka** will conduct the coaching sessions, with VRWC coach **Mark Donahoo** also involved on 10th December.

To enter, use this link: <https://www.jotform.com/form/252842251267861> .



The Road to Brisbane Starts Now!
LAVic Racewalking Roadshow

Open to all registered Little Athletes from the U9 to U17 age groups from any Centre who would like to improve their Racewalking skills. Come along for a training clinic followed by a short race to practice your new skills under the eye of experienced judges and coaches. New and experienced walkers all welcome.

As an official LAVic event, attendees must be currently registered with an LAVic Centre and in the U9 to U17 age group.

Date: Wednesday 29th of October 2025
Time: 5:40pm - 6:40pm
Location: Mentone LAC, Dolamore Oval, Queen St, Parkdale
Cost: Free
Registrations Close: 5pm Tuesday 28th of October

[CLICK HERE TO REGISTER](#)

*To enter, use this link: <https://www.jotform.com/form/252842251267861>.

FIXTURE 2025-2026 SUMMER SEASON - final

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

Sun 16th November 2025, VRWC Summer Championships and AGM		Middle Park
8.30am	20km Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	20km VRWC Championship	Open Female
8.30am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km VMA Masters championship	Masters Males
8.45am	5km Heather Carr Trophy VRWC Championship	Masters Female
8.45am	5km VMA Masters championship	Masters Female
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female
8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female

9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
10.30am	Presentations	
11.00am	Annual General Meeting	

Sat 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 8 Nov 2025	AVSL Rd3 – Keilor (2000m, 5000m)
Sat 15 Nov 2025	AVSL Rd4 – Murrumbena (1500m, 3000m)
Sat 22 Nov 2025	AVSL Rd5 – Aberfeldie (1500m, 3000m)
Sat 29 Nov 2025	AVSL Rd6 – Murrumbena (2000m, 5000m)
Sat 17 Jan 2026	AVSL Rd7 – Meadowglen, Epping (2000m, 5000m)
Sat 31 Jan 2026	AVSL Rd8 – Mount Evelyn (1500m, 3000m)
Sun 8 Feb 2026	AVSL – RESERVE ROUND
Sat 21 Feb 2026	AVSL Rd9 – Doncaster (1500m, 3000m)
Sat 28 Feb 2026	AVSL Rd10 – Casey (2000m, 5000m)

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

Victorian & National Key Dates – 2025/2026

Sat-Sun 25/26 Oct 2025	AV All Schools T&F c'ships Week 1 – Lakeside Stadium
Sat-Sun 1/2 Nov 2025	AV All Schools T&F c'ships Week 2 – Lakeside Stadium
Sun 16 Nov 2025	VRWC Summer c'ships (inc. Gus Theobald Memorial & Heather Carr trophies); VRWC Annual General Meeting – Middle Park
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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