



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 9

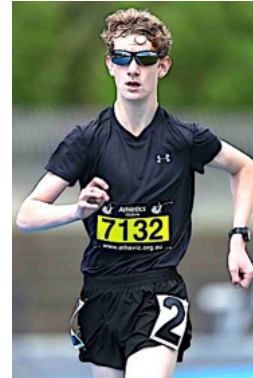
- Notice of Annual General Meeting – Sunday 16 November
- VRWC Summer fixture - final
- Little Athletics Victoria – SMR Wednesday night races and coaching at Mentone.
See full entry details and official flyer (Pages 7 & 8)
- Dogs off leash
- ** VACANCY – Club Treasurer

WALKER OF THE WEEK

It's that time of the year when students around the country take time out from exams etc., to lock horns in their state All Schools athletics championships. It's Victoria's turn right now, with added weight in the results this year since Melbourne will host the national All Schools titles in December. In the walkers' vanguard will be **Angus Shuttleworth (VIC)**, whose performance in last Sunday's AV All Schools U15 3000m walk saw him take a huge step up to place himself in contention for the national title. It also earns him this week's WOTW award.

Angus, 14, has been a regular racer at Middle Park until this year, which has seen him pick and choose his races while focusing, presumably, on training. It's been a successful strategy, for his results have been impressive, culminating in Sunday's title race in which he ripped 50 secs from his PB to clock **13:20.25**. This places Angus 4th on the Australian U18 rankings for the year and 7th on the U20 list. Certainly he'll have his sights on that 13:00 barrier when he lines up among a quality field at Lakeside on 6 December.

Well done, Angus. All the best for the national All Schools, and beyond.



(Photo: AV)

*Honourable mentions

- **Ela Uzun (VIC)** – another PB and record, clocking **22:42.45** in the All Schools U17 5000m. She's still 14!
- **Declan Tingay (WA)** – Dec doesn't get to race 3000m often these days, but managed an interclub race in Perth for a 29 sec PB of **11:09.48**.
- **Liam Freundt (SA)** – a huge 1:09 PB in the SA All Schools 5000m, clocking **24:35.78**.
- **Lily Lambert (VIC)** – having her best walking season so far, Lily lopped a 1:42 chunk from her best time in clocking **16:16.32** for silver in the U16 3000m title.
- **Ella Harris (VIC)** – a promising 3000m debut, clocking **17:02:45**.



CLUB NEWS and RESULTS





Following Committee voting in the **Runners World U23 Development Award** for 2024-25, it's my pleasure to announce this year's winners: **Marcus Wakim** and **Matilda Read**.

These two dedicated young athletes are among the top-ranked walkers in the country, and with good reason. Marcus, who already has international experience, is one of Australia's best prospects for senior ranks and is aiming for a long career at the top. Matilda was unlucky to fall ill for a large chunk of the road season but had built up impressive credentials before then, capped by a breakout



performance at the Junior national T&F titles in Perth in March.

Congratulations, Matilda and Marcus! An honour thoroughly deserved by you both.

VICTORIA - METRO & REGIONAL



AV All Schools T&F championships, 26 October – Lakeside Stadium

Anybody running an athletics championship has to be ready for anything, and capable of some fancy re-scheduling footwork. Such was the case with the AV All Schools titles on Sunday, where unforeseen access issues, due to a clash with the Around The Bay bike rides, joined with heavy rain and thunderstorms to knock the competition timetable to blazes. Thankfully, the walkers managed to get their races (combined into a single start to minimize program disruption) done before the lightning struck, notwithstanding the wet track being hit by a burst of warm sun that turned the stadium into a sauna.

Another kind of lightning struck in the form of **Angus Shuttleworth**, whose 50 sec PB time of **13:20.25** for 3000m saw him continue his inexorable climb toward the upper levels. It seems that, for **Ela Uzun**, it wouldn't be a championship worthy of the name if she didn't come away with at least one record, and her **22:42.45** for in the U17 5000m (two years above her age group) saw her cut the U15 VRWC club record and threaten Jemima Montag's hold on two others. **Max Davidson** found himself on the receiving end from Ela this time but showed he is gearing up for another leap of progress, finishing just 2 secs shy of his winning AA road time set in August.

The U16 3000m showed that **Matilda Read** is regaining top form at an impressive rate and could be back to her best in time for the national All Schools in December. Meanwhile, big PBs were clocked by **Lily Lambert** (1:42) who has made notable progress over the winter, and **Harper Cassidy** (1:57) who'd raced 3000m only once before. **Indigo Marshall-Moodie** took a 39-sec slice from her PB in winning the U14 title while **Cruze Marsh's** tight duel with **Tate McQueen** saw him lift to another level with a 1:01 improvement. **Fiete Diers'** own PB saw him take his first AV title with **15:37.69**.

Girls U17 5000m Walk

1 Ela Uzun	(STMC)	22:42.45	PB 0:15*
2 Mietta Morgan	(VRQA)	29:23.83	
3 Aangi Shah	(MRGH)	35:31.21	

Boys U17 5000m Walk

1 Max Davidson	(DIVC)	22:53.82	
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Girls U16 3000m Walk

1 Matilda Read	(KRNC)	14:25.73	
2 Lily Lambert	(JNPC)	16:16.37	PB 1:42
3 Hannah Matthews	(MTCC)	16:49.99	

Boys U16 3000m Walk

1 Damian Baldy	(HBYC)	17:15.58	
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Girls U15 3000m Walk

1 Mya McClure	(HZGC)	14:19.38	
2 Havana Ali	(STMC)	15:40.02	
3 Harper Cassidy	(GBVG)	18:09.99	PB 1:57

Boys U15 3000m Walk

1 Angus Shuttleworth	(BBNH)	13:20.25	PB 0:50
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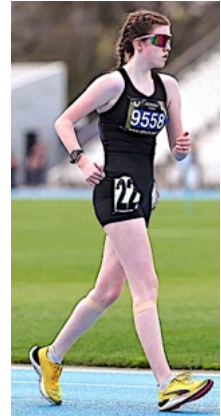
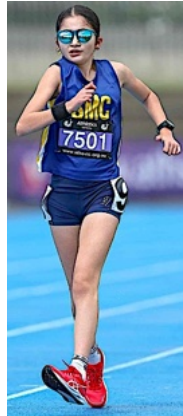
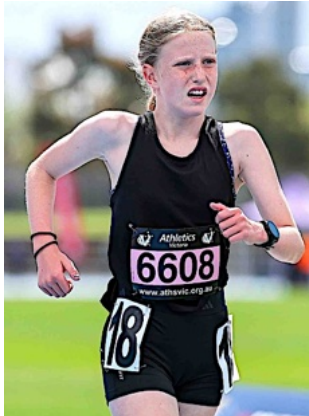
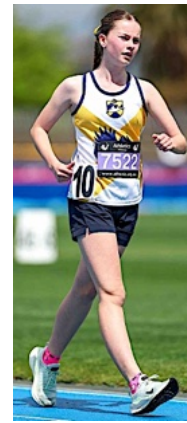
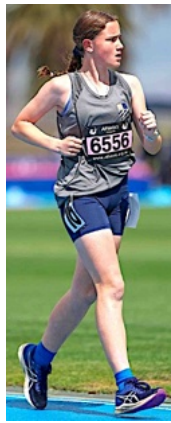
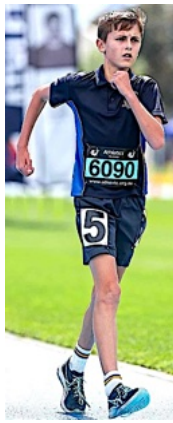
Girls U14 3000m Walk

1 Indigo Marshall-Moodie	(KYGp)	16:24.68	PB 0:39
2 Pippa Read	(MBNP)	16:46.77	
3 Addison Fenken	(CSTE)	16:59.68	
4 Ella Harris	(CLPP)	17:02.45	First 3000m
5 Caitlyn Shipham	(AKSC)	18:16.46	
6 Lunah Ibrahim	(ALIC)	18:54.74	PB 0:21
7 Kobe Lewis	(VRQA)	19:25.00	
8 Catherine Orr	(PEGS)	22:31.54	First 3000m

Boys U14 3000m Walk

1 Fiete Diers	(ABPC)	15:37.69	PB 0:12
2 Tate McQueen	(MRCB)	15:55.35	
3 Cruze Marsh	(WNTC)	15:57.18	PB 1:01

* Ela's time broke her own U15 VRWC club record.



AV photographer **Scott Sidley** captured some great action shot from Sunday's school races. Featured in this selection are:
Hannah, Max, Mietta, Havana, Harper, Damien, Tate, Kobe, Fiete, Addison, Ela, Lily, Mya.

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



AROUND THE COUNTRY

**** ZOE EASTWOOD-BRYSON EARNS AA LIFE MEMBERSHIP ****

(Reprinted from *Australian Athletics news* – 24 October)

In a fitting recognition of five decades of service to Australian athletics, **Zoe Eastwood-Bryson (SA)** has today been awarded Life Membership of Australian Athletics at the organisation's Annual General Meeting.



New AA Life member Zoe, flanked by Brian Roe and Helen Roberts in Budapest 2023. (Photo: AA)

The honour marks a milestone 50th year of involvement in the sport for Eastwood-Bryson, whose distinguished career has spanned officiating, administration, and advocacy at both the national and international level. Over that time, she has been a respected presence on the track and in technical circles, helping shape the standards and professionalism of athletics in Australia and beyond.

Such is her standing in world athletics that next month, Eastwood-Bryson will travel to China to serve as a judge at the prestigious Chinese National Games – the largest and most celebrated sporting event in the country.

**The following Citation was written by Brian Roe for Australian Athletics:*

Zoe Eastwood-Bryson first participated in athletics as a member of the Central Districts (later Elizabeth) AAC in 1976, competing in throwing events and has been actively involved in the administration, officiating and promotion of race walking in South Australia, and eventually across Australia and beyond, since 1980.

As well as her involvement in the discipline of race walking, Zoe has provided her enthusiastic and skilled services as an official for Athletics South Australia (ASA), and similarly beyond, since the late 1990s.

Zoe's first interaction with race walking came in 1979 as a result of being "a bit bored" watching longer events involving her then partner – so she picked up a lap board and stopwatch and began a to-date 45 year plus commitment to her sport and South Australian Walkers Club (SAWC). This has included judging, recording, timekeeping and holding office and the coordination of the judging panels.

Zoe was president of SAWC from 2006 to 2023 and previously held the position of secretary from 1994 to 1999 and also in 2002. As a result of her continuous involvement with the SAWC, Zoe was awarded life membership in 2005. As president of SAWC, Zoe ensured that the activities of the club were supportive of all members and provided an inclusive environment for participation of walkers of all ages and abilities. She remains judging coordinator and child-safeguarding officer.

Zoe had a significant influence on the process that saw collaboration between SAWC and SA Little Athletics (SALA) leading to a resumption of joint activities in 2017. She has assisted in officiating and providing instruction at SALA events over a number of years to provide children and their parents with insight into walking as an athletics pursuit – resulting in many maintaining their involvement with race walking into the SAWC and ASA seasons.

By 1998 it was time for Zoe to get even more serious about her engagement with the sport more broadly – gaining her first qualifications in jumps, throws, race walking and administration. By then she was a state selector and a competition announcer in SA. Very quickly there was involvement in national level meets and championships and appointment as a judge for the 2000 Paralympic Games in Sydney – her first of now many appointments to international competitions.

Zoe has officiated as a judge at Australia Athletics race walking events since 2003 and as chief judge on many occasions since 2006.

Zoe did not hold back on both gaining further education and qualifications and immersing herself in competitions at all levels. Her next international opportunity came as a call room judge for the 2006 Commonwealth Games in Melbourne, followed by a range of appointments in the call room and as a race walking judge for the Pacific Mini Games and other Oceania meets and championships

After being encouraged and mentored by international judge Bob Cruise through the various national qualifications, Zoe passed the evaluation to become an area (now known as silver) race walking in 2010 – serving on the Oceania Panel for the four-year period ending in 2013. At the 2014 evaluation, Zoe was advanced to the international (now gold) panel – of which she remains a highly regarded member in 2025.

This led to Zoe being regularly appointed to major international events as a race walking judge beginning with the World Championships in Beijing in 2015 and then the World Under 18 Championships in Nairobi two years later. In 2018 came appointments as chief race walking judge for the 2018 Commonwealth Games on the Gold Coast and as a judge for the World Teams Championships in Taicang, China.

Many other appointments have followed including two more world championships – Budapest in 2023 where she was the first ever female chief judge and Tokyo in 2025 and also the 2020 Olympics.

Zoe's commitment to training and mentoring other race walking judges extends from her home base in Adelaide throughout Australia, Oceania and beyond. She is regularly sought after as a judge for national championships and circuit races in Asia.

Zoe has previously been recognised with life membership of Athletics SA in 2018 and with the AA Platinum Pin acknowledging 40 years of service in 2020. Zoe was vice president of Race Walking Australia in both 2014-15 and 2015-16 and was awarded their 25 years' merit award service pin recognition in 2021.

She remains a regular attendee at national championships – in and out of stadium, is a current member of the Australian Athletics Technical Committee and was call room chief judge for the 2023 World Cross Country Championships in Bathurst. Zoe was the Australian Athletics Official of the Year in 2019

Zoe's service and commitment to her sport continues with a passion and provided the strongest credentials for her election today as a Life Member of Australian Athletics.

A.C.T. ACTRWC results, 16 & 23 October - Woden

Thanks to **Ann Jugovic** for these results:

Thursday 16 October

700m Fitness Walk

1. Jim White 5:27

1500m Racewalk

1. Michelle Bray 6:50 (PB)
2. Scott Hyland 6:58
3. Jillian Ryan 6:58
4. Hana Jugovic 7:12
5. Sebastian Ryan 8:14 (PB)
6. Clare Rice 9:18 (PB)
7. Jill Pearson 10:05
8. Jess Robson 11:38

1500m Fitness Walk

1. Caroline Campbell 11:54
2. Bryan Thomas 11:56
3. Doug Fitzgerald 12:57
4. Lorna England 13:38
5. Geoff Barker 14:02

Thursday 23 October

1000m Racewalk

1. Jess Robson 7:37

3000m Racewalk

1. Jillian Ryan 15:00 (PB)
2. Clare Rice 19:47

3000m Fitness Walk

1. Doug Fitzgerald 26:47
2. Lorna England 26:57
3. Geoff Barker 28:19

5000m Racewalk

1. Hana Jugovic 24:56 (PB)

SOUTH AUSTRALIA ASA All Schools T&F c'ships, 26 October – Mile End stadium

Thanks to **Kim Mottrom** for these results. Conditions were humid after thunderstorms, but a couple of PBs were recorded, notably by **Liam Freundt** who shed 1:09 from his 5000m best.

U14 girls 3000m

1 Liliana Templar 16:56.17
2 Kate Hamlyn 21:04.94
3 Email Tunn 25:18.73

U14 boys 3000m

.. Zachary Freundt DQ

U16 girls 3000m

1 Matilda Rech 18:24.70
2 Jessica Clelland 18:41.10 PB 0:13

U15 boys 3000m

1 Orlando Grantham 19:11.12
2 Riley Hill 21:39.90

U18 girls 5000m

1 Angelina Legrand 27:29.20

U18 boys 5000m

1 Sebastian Richards 22:40.46

U17 boys 5000m

1 Liam Freundt 24:35.78 PB 1:09

TASMANIA Athletics South Interclub #1, 23 October – Domain AC

David Moore reports from the opening Interclub round in Hobart for the season:

The first Walks of The Athletics South T&F calendar took place on the Hobart Show Day public holiday in cool and still conditions.

In the 3000m event **Adele Woodward** took the lead from the start and looked the likely winner with a 15-20 metre gap over **Charlotte Dix**, but with two laps to go the gap had narrowed and a seemingly predictable outcome had been turned upon its head. With 600m to go Charlotte took the lead and made a big effort to put space between her and Adele but would not be first over the line even with a 90 second PB, for, waiting in the wings was first time race walker, Sandy Bay's **Nick Tinning** (M35) who overtook the two energy-spent youngsters with 80m to go and surprised himself by winning his first ever race.

In the 1500m **Dot Susmilch-Leitch** walked nicely to surpass her Road 1500m PB by 38 seconds.

3000m Walk

1. Nick Tinning	SB	19:26 47 First 3000m
2. Charlotte Dix	ESAC	19:32.32 PB
3. Adele Woodward	OVA	19:52.79
4. Elizabeth Leitch	TMA	21:44.64

5. Sam Leitch

TMA

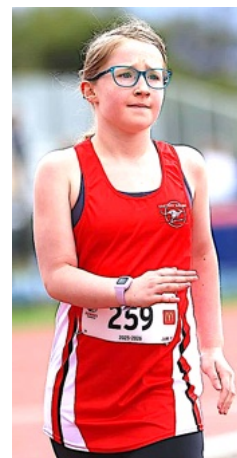
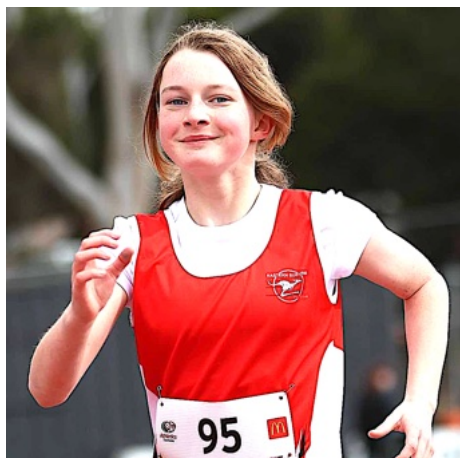
22:30.00

1500m Walk

1. Dot Sussmilch- Leitch

ESAC

13:40.22 PB



Two PBs plus a win with a first-up race were good returns at Athletics South interclub. (Photos: David Moore)

WESTERN AUSTRALIA WARWC results, 26 October – Perry Lakes

Terry Jones has forwarded the first WARWC club results for the summer season. The weather was fine, mild and calm.

10K

Karyn Tolardo 1:09:25
Marcela Ruiz 1:18:25

5K

Kaytee Bogaers 29.18
Andrew Duncan 30.41
Wendy Farrow 35.26
Steve Travell 44.23
Lynne Schickert 44.36
Glenys Duncan 49.40

3K

Makenzie Sillitto 17.11
Addison Roots 17.34
Trinity Doulis 17.34
Rahni Fowler 19.14

2K

Zoe Fowler 15.24
Ruby Kilworth 14.44

1K

Carly Hood 7.27

WESTERN AUSTRALIA Athletics West Interclub results, 17 & 24 October – WAAS, Perth

Friday 17 October

According to Terry, Aths West are breaking in a new recording system for their interclub program which means their results are currently playing catch-up. It appears they weren't the only ones, with **Declan Tingay** making a rare appearance at his hometown interclub comp and clocking a thumping 0:24 PB over 3000m and leaving the field in his wake. This, in tandem with **John Ronan's 11:42.69**, would have given the Friday night onlookers at the WA Athletics stadium a spectacle of elite speed walking to feast on.

3000m Race Walk Women

1 Kaytee BOGAERS 15:42.64
2 Makenzie SILLITTO 15:55.87
3 Trinity Jade DOULIS 16:01.03
4 Tory D'ALESSIO 16:22.48
5 Darcy Jean BRAMWELL-KEYS 16:47.15
6 Hannah CLAUSNITZER 16:55.61
7 Chelsey IRELAND 17:40.08
8 Addison ROOTS 18:25.25
9 Willow WHEELER 18:49.94
10 Rahni FOWLER 19:07.71
11 Sierra THOMPSON 19:43.51

3000m Race Walk Men

1 Declan TINGAY 11:09.48 PB 0:24
2 John RONAN 11:42.69
3 Bradley MANN 14:15.72
4 Dylan SARDELICH 16:50.67
5 Tayte MOORE 16:56.14
6 Tom MURPHY 17:56.62

Friday 24 October

Declan and **John** turned on another master class of track speed at AW's second interclub round, this time over 5000m, prior to Dec's return to the east coast after a family visit. Meanwhile, **Kaytee Bogaers** and **Katica Borsic** appear to have had a close tussle for line honours, with Kaytee prevailing narrowly.

5000m Walk Women

1 Kaytee BOGAERS	28:44.24
2 Katica BORSIC	28:51.10
3 Trinity Jade DOULIS	29:45.68
4 Chelsey IRELAND	31:37.12
5 Addison ROOTS	32:16.10
6 Sierra THOMPSON	35:13.72

5000m Walk Men

1 Declan TINGAY	19:14.16
2 John RONAN	19:44.75
3 Ali ZNAD	25:38.03
4 Keenan MUNRO	27:33.37



INTERNATIONAL NEWS

Spotlight on Maria Pérez : Women's European Athlete of the Year finalist

By Steven Mills (reprinted from [European Athletics news](#) – 22 October)

Ahead of the 2025 Golden Tracks awards night in Batumi, Georgia on 25 October, we put the spotlight on Maria Pérez who has once again been the world's dominant race walker in 2025.

Having also been a finalist in 2023, will Pérez be crowned women's European Athlete of the Year for 2025?

2025 highlights

- World 20km and 35km race walk champion
- European Race Walking Team Championships 35km winner
- World leader in the 35km race walk with 2:38:59

Spain's Maria Pérez has been in unstoppable form this year, winning all seven of her races over a range of distances in the race walking events.

Pérez gave notice to her form with a commanding continental victory in the 35km race walk at the European Race Walking Team Championships in Podebrady where she won in a world lead of 2:38:59 despite stopping on two occasions.

And at the World Athletics Championships, it was business as usual with Pérez defending both her 20km and 35km race walk titles. Seemingly impervious to the hot and humid conditions, Pérez won the 35km race walk title - the first gold medal to be awarded in Tokyo - in 2:39:01 by over three minutes before

And while Pérez couldn't quite improve her world record of 2:37:15 in the 35km race walk, the Spaniard closes the year with ownership of five of the 12 fastest times in history in the event.



(Photo: European Athletics)

What she said

*On winning gold in the 35km race walk

"I wanted to win medals in two races here so I am happy. I was aiming for the world record but the weather made it difficult. I want to thank all the Japanese fans - they learned my name and cheered on the last lap. Even far from home, it felt like home."

*On defending both of her world titles

"I have been to five World Championships and this is my fourth medal. I am the happiest woman in the world. I did not come here today to make history in women's sport. I just came to improve myself and not focus on the time."

Did you know?

Maria Pérez's first major title dates back to the 2018 European Athletics Championships in Berlin where she won the 20km race walk title at the age of 22.

After being disqualified from the 20km race walk in 2022 and missing the 2024 European Athletics Championships in Rome due to injury, Pérez will have two shots of winning gold at the 2026 European Athletics Championships in Birmingham.

The programme in Birmingham 2026 includes the first ever iterations of the half marathon and marathon race walking events which will replace the 20km and 35km race walk events.

Last 10 women's European Athlete of the Year winners

2024 - Yaroslava Mahuchikh (UKR)

2023 - Femke Bol (NED)

2022 - Femke Bol (NED)
 2021 - Sifan Hassan (NED)
 2020 - not held
 2019 - Mariya Lasitskene (ANA/RUS)
 2018 - Dina Asher-Smith (GBR)
 2017 - Katerina Stefanidi (GRE)
 2016 - Ruth Beitia (ESP)
 2015 - Dafne Schippers (NED)
 2014 - Dafne Schippers (NED)

UKRAINE: Ukraine Marathon & Half-Marathon race walk c'ships, 18 October – Ivano-Frankivsk

The Ukrainian Marathon (42.195 km) and Half Marathon (21.0975 km) championships took place this Sunday (October 18) in Ivano-Frankivsk, in a day that also included the Ukrainian team championships for various age groups, with the involvement of physical education and sports institutions.

Ukraine is a country with great traditions in the discipline, remembering especially Vladimir Golubnichi (Volodymyr Holubnychy), born in Sumy, a city where until a few years ago, national championships were held in his honor, a magnificent athlete who won 4 Olympic medals, two gold, one of them in the mythical 20 km walk race in Mexico City, in 1968, with a victory “wrestled by irons” against the Mexican Jose Pedraza.

In the men's Marathon race, with four athletes lining up at the start, victory went to **Serhii Svitlychnyi (3:04:49)** while **Maryan Zakalnytskyi (3:05:14)** took second place and **Ivan Banzeruk (3:09:50)** took third place.

In the men's Half Marathon, the highlight was the victory of **Ihor Hlavan**, a regular at these events, especially over long distances, and a former medallist at the World Athletics Championships. He set the victory in **1:25:48**, with the podium completed by the performances of **Mukola Rushchak (1:27:25)** and **Yevhen Soldatenko (1:39:43)**.

In the same distance, now in the women's sector, our already well-known **Lyudmila Olyanovska** (medal winner in major international events) prevailed, completing the race in a time of **1:36:03**, 1 minute and 19 seconds more (*sic*) than **Olena Sobchuk (1:37:42)**, on a podium that was closed by **Tamara Havrylyuk (1:53:13)**.

In the Under-20 category, victories in the women's category went to **Anastasia Falchyk (54:38)** and in the men's category to **Roman Tsemyk (48:14)**.

It was the first time that race walks over the Marathon and Half Marathon distances took place in Ukraine, which, by decision of World Athletics, replaced the 35 and 20 km walks and which next year, in Brasilia, at the World Race Walking Team Championships, on April 12, will be part of the competitive program and where the presence in the sister country of a significant Portuguese delegation is expected to be able to cover the aforementioned distances as well as the 10 km for the Under-20 category.

(Reprinted from **O Marchador** – 22 October)

Men Marathon Walk c'ship

1.	Serhii SVITLYCHNYI	13 JUL 1994	3:04:49
2.	Maryan ZAKALNYTSKYI	19 AUG 1994	3:05:14
3.	Ivan BANZERUK	09 FEB 1990	3:09:50
	Yehor SHELEST	13 JUL 2002	DQ

Men Half-Marathon Walk c'ship

1.	Ihor HLAVAN	25 SEP 1990	1:25:48
2.	Mukola RUSHCHAK	30 OCT 2003	1:27:25
3.	Yevhen SOLDATENKO	25 JUN 2005	1:39:43
4.	Volodymyr SEMENENKO	11 JAN 2002	2:07:54
	Nazarii PARKHOMUK	24 MAR 2005	DNF
	Eduard ZABUZHENKO	18 APR 1998	DQ

Women Half-Marathon Walk c'ship

1.	Lyudmila OLYANOVSKA	20 FEB 1993	1:36:03
2.	Olena SOBCHUK	23 NOV 1995	1:37:42
3.	Tamara HAVRYLYUK	14 DEC 1995	1:53:13
4.	Nataliya OKUSHKO	31 MAR 2003	1:53:14
5.	Viktoriiia DIZHAK	23 AUG 2005	1:56:52
6.	Viktoriiia FALCHYK	27 OCT 2005	2:02:52
	Yuliia LUTSKA	18 AUG 2004	DNF

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 28, 2025 - **Victories by Eduardo Camarate and Isa Ferreira in the opening of the season in the Santo António dos Cavaleiros/Loures League (2025)** <https://omarchador.blogspot.com/2025/10/vitorias-de-eduardo-camarate-e-isa.html>
- Monday, October 27, 2025 - **Erick Barrondo wins 20km race walk at the Central American Games – Guatemala 2025** <https://omarchador.blogspot.com/2025/10/erick-barrondo-vence-20-km-marcha-nos.html>
- Monday, October 27, 2025 - **Katarzyna Zdziebło (Poland) and Andrea Agrusti (Italy) with triumphs in the Zittau Race Walk Marathon (2025)** <https://omarchador.blogspot.com/2025/10/katarzyna-zdzieblo-polonia-e-andrea.html>
- Sunday, October 26, 2025 - **Roberto Vasquez (Mexico) and Giulia Gabriele (Italy) win the Zittau Race Walk Half Marathon (2025)** <https://omarchador.blogspot.com/2025/10/roberto-vasquez-mexico-e-giulia.html>
- Saturday, October 25, 2025 - **Takahata hosts the National Marathon and Half Marathon Race Walking Championships this Sunday** <https://omarchador.blogspot.com/2025/10/takahata-acolhe-este-domingo-os.html>
We'll look forward to posting the results of this key race next week.
- Friday, October 24, 2025 - **Young Japanese walkers (under-18) in Ise – results** <https://omarchador.blogspot.com/2025/10/jovens-marchadores-japoneses-sub-18-em.html>
- Thursday, October 23, 2025 - **The performance of the Walk Judges at EMACS Madeira 2025** <https://omarchador.blogspot.com/2025/10/a-atuacao-dos-juizes-de-marcha-nos.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 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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***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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