



HEEL & TOE Online

Vol. 2025
Issue No. 39
Tuesday
30 September
2025

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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*H&T Notice Board – Page 5

- VRWC Summer fixture - final
- LAVic Community Officials: Race walk judging education session – Sunday 12 October
****NOTE CHANGE OF VENUE – now at Willinda Park (Diamond Valley LAC)**
- Dogs off leash
- **** VACANCY – Club Treasurer**

**Little Athletics Victoria – SMR
Wednesday night races and
coaching at Mentone**

Notice on Page 3



CLUB NEWS and RESULTS

WALKER OF THE WEEK

This week, as a slight departure from the usual WOTW presentation given that most states are having a well-earned break between seasons, it seems an opportune time to recognise the VRWC members who registered **personal best times** across the 2025 winter season. It's been a considerable success marker for the Club.

The number and range of PB times was especially encouraging, particularly in our younger members, with many clocking frequent bests either over one specific distance or several – or both. The table below contains the total number of PBs recorded by each walker in VRWC Winter club races and AV championships, according to information I've managed to glean from the *Racewalking Australia* website plus the season's *H&T Online* back issues. Some may have escaped my notice, as in the case of the AV 30km and Schools titles held in May, when time was against me.

The times listed below each distance raced are the **largest** PB margins a walker achieved for that distance.

Note that the PB totals do not include first attempts, times clocked *en route* in longer distances, or more than a few recorded at the LBG Canberra carnival or LAVic road championships. If you broke one by a bigger margin than listed here, let me know.

Members who posted 5 or more PBs obviously got value for effort (and money) across the season, as all raced extensively outside their PB races and consolidated both their condition and racing skills.

Arthur Robinson and **Caitlyn Shipham**, who clocked 10 PBs each, must rank among the most conscientious young walkers in the country, having raced practically every week and bested their times almost as often, thus warranting joint WOTW awards. Congratulations, Arthur and Caitlyn!

Honourable mentions go to Masters walker **Shaun Lewis** who cast his net wide from 1km to 10km in his first VRWC season and struck improvement gold, while two younger first-seasoners, **Ryder Reid** and **Anna Dubar**, grasped the season with both hands and made huge progress.

Rather than trying to name-check everyone, perhaps it's better to draw notice to some of the margins the improvers achieved. Many were by well over a minute, in some cases two minutes or more, and are indicative of significant leaps in standard. Examples include **John Nottle**, **Aria di Benedetto**, **Angus Shuttleworth**, **Abby Fowler**, **Lily Bowkett**, **Summer Patten**, **Mya McClure**, **Jade Chitty** and **Harrison Ryan**, to name a few.

Well done to all members! Remember that the Winter season may be done, but the year isn't. There is still the AVSL track season, plus the LAVic track competitions (including two Wednesday night racing and coaching sessions), the AV and AA All

Schools championships and, of course, the VRWC Summer road season to come. Keep training, and put that hard-gained winter fitness to good use!

<i>Name</i>	<i>PBs Total</i>	<i>1k</i>	<i>1.5k</i>	<i>2k</i>	<i>3k</i>	<i>4k</i>	<i>5k</i>	<i>6k</i>	<i>8k</i>	<i>10k</i>	<i>12k</i>	<i>15k</i>	<i>20k</i>
Arthur Robinson	10			1:11	0:35	1:10	1:33						
Caitlyn Shipham	10	0:09		0:13	0:31								
Shaun Lewis	9	0:01		0:25	0:18	1:15	2:18	2:12		4:41			
Ryder Reid	8	0:30	0:07	0:50									
Anna Dubar	7	0:42		0:34									
Aria di Benedetto	6	0:08		2:20									
John Nottle	6				0:45	0:57		0:25	2:31				
Summer Patten	6	0:34	0:17	1:20									
Abby Fowler	5	0:10		1:22									
Angus Shuttleworth	5			0:25	0:06	0:41	1:28						
Cory Lewis	5	0:10		0:14									
Daisy Hooper	5	0:18	0:35										
Fletcher Reid	5	0:15	0:02	0:23									
Grace Louey	5	0:28		0:14		0:44							
Lily Bowkett	5	0:01	0:24	1:22	0:20								
Aangi Shah	4				0:52	1:01	0:34						
Addison Frenken	4			Eq.	0:31	0:52							
Alejandro Stephens*	4								0:50	0:40			1:45
Dimitri Pashutin	4	0:13		0:37									
Erlyn Singh	4			0:20	1:06								
Mya McClure	4					0:21	1:57						
Abigail Verity	3	0:03	0:37										
Ava Pravednikov	3	0:17											
Bowie Clarke	3	0:19		0:50									
Emily Smith	3					0:26	0:42						
Jordan Galbraith	3			0:22	0:30		1:29						
Kobe Lewis	3	0:16		0:06	0:49								
Logan Allison	3			0:11	0:38								
Ela Uzun	2			0:10			0:27						
Felix Skurka	2			0:49									
Georgia Walters	2			0:33									
Grayson Allison	2	1:04											
Harrison Ryan	2				2:10								
Havana Ali	2			0:31			1:15						
Jade Chitty	2								3:16				
Kate Sandford	2							1:33					
Lily Lambert	2				0:07		1:10						
Marcus Wakim	2											0:18	0:05
Matilda Read	2	0:21		0:04									
Ruby Nicholls	2	0:08											
Ariana Pashutina	1									0:05			
Avery Allison	1	0:43											
Ben Skurka	1		1:04										
Ella Harris	1			0:14									
Emile Garside	1									0:42			
Erin Reid	1	0:25											
Harrison Parnes	1	0:56											
Indigo Marshall-Moodie	1			0:08									
Max Davidson	1						0:01						
Natalie Ramirez	1		0:48										
Pippa Read	1			0:39 (2.5k)									
Will Thompson	1												0:38

*Alejandro's four PBs included an improvement by 29:02 for 30km in the AV title in May. That's one I couldn't miss!

VICTORIA - METRO & REGIONAL



AVSL NEWS

The AVSL program for 2025-26 is now posted in draft form as at 15/9/2025, and can be perused at <https://athsvic.wpenginepowered.com/wp-content/uploads/2025/09/AVSL-Metro-TT-%E2%80%93-Draft-150925.pdf>. Note that this may be subject to change.

It's pleasing to see that walks are provided for all 10 rounds. Below is a summary of the walks venues and the distances provided for each round:

Sat 11 Oct 2025	AVSL Rd1 – Knox (2000m, 5000m)
Sat 18 Oct 2025	AVSL Rd2 – Doncaster (1500m, 3000m)
Sat 8 Nov 2025	AVSL Rd3 – Keilor (2000m, 5000m)
Sat 15 Nov 2025	AVSL Rd4 – Murrumbeena (1500m, 3000m)
Sat 22 Nov 2025	AVSL Rd5 – Aberfeldie (1500m, 3000m)
Sat 29 Nov 2025	AVSL Rd6 – Murrumbeena (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)



LAVic Southern Metro Region Racing & Coaching nights

With the LAVic 2025-26 track season about to commence, 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.

Details regarding race entries will be announced when finalised.



AROUND THE COUNTRY

TASMANIA

North-West walk results, 4 January – Domain AC, Hobart

David Moore has forwarded this report from **Chantelle Parker**, following the NW walkers' weekend competition. Not great conditions by the sound of it!

After a mild winter, spring has been just dreadful in Tasmania and almost none worse than for our Walks today at Devonport Bluff. 5 Walkers faced heavy rain and the wild winds coming from Bass Strait. The conditions resulted in slower than usual times for most except for our youngest walker **Alexis Turley** who achieved a new PB her 1km distance – well done, Alexis.

1km

1. Alexis Turley Devonport LA 7:49 PB

2km

1. Eva Parker	NWAC	11:10
2. Kailyn Jones	Devonport LA	14:06
3. Charlotte Turley	Devonport LA	14:57
4. Sienna Yates	Devonport LA	16:42



Kailin, Alexis, Charlotte, Eva and Sienna – ready to take on the Bass Strait beast! (Photo: Chantelle Parker)



INTERNATIONAL NEWS

First events of the World Athletics Race Walking Tour calendar for 2026 announced

(reprinted from *O Marchador blog* – 24 September)

The **World Racewalking Circuit**, an initiative of World Athletics and which has been in effect since 2021, providing an excellent opportunity to see the most outstanding walkers in action worldwide, has already defined its first events throughout 2026, which cover the Gold, Silver and Bronze categories.

It is a given that all of the following 6 events that comprised the elite category - Gold of the 2025 competitive program, will once again have the same status in 2026, a year marked for the discipline with the holding of the World Race Walking Team Championships, scheduled for April 12, 2026, in Brasília, in a period of great success for race walking in Brazil with the two medals (gold and silver) won by the athlete from Brasília, Caio Bonfim.

As is tradition, the first of the 6 events will take place in one of the most important racewalking hubs in China – Taicang, on March 1st and 2nd, a city that has already hosted the World Team Championships twice, in 2014 and 2028. The following series of Gold events will all be held in countries on the European continent, namely on March 7th in Dudince (Slovakia), on April 25th in Warsaw (Poland), on May 9th in Podebrady (Czech Republic), on May 16th in Rio Maior (Portugal), on May 31st in Madrid (Spain) and on June 6th in A Coruña (Spain), several of them with extensive experience in the specialty.

In Portugal, we highlight the most important competition of the specialty held annually in our country - next year the 33rd edition will follow, under the aegis of the Municipality of Rio Maior, in a city that saw the birth of great figures in national and international athletics for racewalking, such as: Inês Henriques (Gold at the World Championships in London 2017), João Vieira (Bronze in Moscow 2013 and Silver in Doha 2019) and Susana Feitor (Bronze in Helsinki 2005) and whose event deserves to be supported in a special way by the Portuguese Athletics Federation.

Still this year (2025) and for the aforementioned circuit, we will have, on 25/10 the Lusatian Race Walking, in Zittau (GER), on 26/10 the 62nd Japan Championships, in Takahata, on 29/11 the Australian Race Walking Championships at the Marathon distance, in Canberra, and on 14/12 the World Race Walking Tour - St Anne's Park, in Dublin (IRL).

Below is the list of competitions, known to date (several others will emerge), of the World Athletics Race Walking Tour for 2026:

GOLD

01-02/03: Chinese Grand Prix – Taicang (CHN)
07/03: 45th Dudinska 50 – Dudince (SVK)
25/04: 5th Korzeniowski Warsaw Race Walking Cup – Warsaw (POL)
09/05: 94th Podebrady Walking (CZE)
16/05: 33rd International Grand Prix of Rio Maior (POR)
05/31: 5th Gran Premio Internacional Madrid Marcha Silbo Telecom (ESP)
06/06: 38th Gran Premio Cantones de A Coruna de Marcha (ESP)

SILVER

25-26/01: Australian 10,000m Race Walk Championships – Canberra (AUS)

BRONZE

15/03: Australian Half Marathon Race Walk Championships – Adelaide (AUS)

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, September 29, 2025 - **Diego García and Bethan Davies win «Bosworth Mile 2025»**
<https://omarchador.blogspot.com/2025/09/diego-garcia-e-bethan-davies-vencem.html>
- Sunday, September 28, 2025 - **World Race Walking Championships Brasilia 2026 presented at COB EXPO 2025**
<https://omarchador.blogspot.com/2025/09/mundial-de-marcha-atletica-brasilia.html>
- Friday, September 26, 2025 - **Croatian Athletics U16 Cup – Karlovac 2025 (results)**
<https://omarchador.blogspot.com/2025/09/taca-de-atletismo-sub-16-da-croacia.html>
- Thursday, September 25, 2025 - **Argentina U-20 Championships – Rosario 2025 (results)**
<https://omarchador.blogspot.com/2025/09/campeonatos-sub-20-da-argentina-rosario.html>
- Tuesday, September 23, 2025 - **Uzbekistan Athletics Cup – Tashkent 2025 (results)**
<https://omarchador.blogspot.com/2025/09/taca-de-atletismo-do-uzbequistao.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

**** H&T Online - NOTICE BOARD ****

VRWC Committee

****Vacancy – Club Treasurer**

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.



Little Athletics Victoria Community Officials: Race Walking

Little Athletics Victoria CEO Nathan McConchie invites interested persons to attend a ***Race walk judging education*** session, held on **Sunday 12 October** as part of the LAVic *Community Officials* program.

CHANGE OF VENUE – *Message from Nathan McConchie

Hi everyone,

I hope that this finds you well.

I apologise for the inconvenience, but I am just writing to advise of a change of location for the upcoming Community Officials: Race Walking program, scheduled for October 12.

Due to a challenge for access with the Melbourne Marathon course, our race walking program will now be scheduled for Diamond Valley LAC (Willinda Park). All other details remain the same.

We will send out some further information ahead of the program but looking forward to seeing you soon.

Nathan

The session, to be conducted by international racewalk judge **Zoe Eastwood-Bryson**, is outlined below:

About The Event

Focusing on individual disciplines, the Community Officials program allows participants to pick an area of interest and undertake introductory studies, with a view to officiating. In the **Community Officials: Race Walking** program, participants will learn about race walking events and the judging process across multiple levels of the sport.

Led by esteemed international race walking judge, **Zoe Eastwood-Bryson**, on her return from the Japan World Athletics Championships, the program is ideal for all involved in our sport.

***** Location:** Willinda Park (Diamond Valley LAC centre) - *Note change of venue!*

Duration: 11.00am – 3.00pm

Cost: There is no cost to participate in a Community Officials program.

Registrations Close: Wednesday 8 October at 11.59pm, unless capacity reached prior.

Register via <https://events.mygameday.app/event/communityofficialsracewalking12oct25>

Program Inclusions: During the program, registrants will receive additional handouts. A certificate of completion will be emailed following successful completion. *Light refreshments will be provided.*

Important: All applicants will be emailed a PDF receipt upon completion of the registration, for your records. Additional information will be distributed via email to registrants in the days leading up to the program.

This is an opportunity not to be missed. We strongly urge anyone – whether or not they are part of a Little Athletics centre – with an interest in becoming a racewalk judge, or as a judge wishing to refresh or extend their skill base, to attend this activity. We cannot have enough experienced judges in our sport!

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 11 Oct 2025	AVSL Rd1 – Knox (2000m, 5000m)
Sat 18 Oct 2025	AVSL Rd2 – Doncaster (1500m, 3000m)
Sat 8 Nov 2025	AVSL Rd3 – Keilor (2000m, 5000m)
Sat 15 Nov 2025	AVSL Rd4 – Murrumbenna (1500m, 3000m)
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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
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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