



HEEL & TOE Online

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

Editor: Stu Cooper stuwalks@yahoo.com.au



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- VRWC entries lists for Canberra
- Dogs off leash
- Re-registration and new registration
- Fees - Membership and racing.
- 2025 Winter fixture summary

International News

*ELECTRIC WALKING?



*LBG CARNIVAL – Judges and volunteers required!

With the Canberra carnival on Sunday 8 June drawing ever closer, the need for helpers and officials remains acute. If you are making the trip – or might be – please consider helping out even for a brief time. Help is required across the day but especially in the afternoon.

In particular, they urgently need **Walk judges** for the afternoon races!

Some of the other jobs that need filling include:

*Announcers
*Red card collectors

*Lap scorers
*Photographers

*Timekeepers and assistants
*Line marshals

Volunteers are asked to register their job choice and availability time via the **SignUpGenius** portal. If you can assist, even for a short while, go to <https://www.signupgenius.com/go/10C054FABAB2CA3FCC61-56640561-58th#/>, scan the jobs, make your choices and sign up.

Many thanks for your support!

WALKER OF THE WEEK

Declan Tingay (WA/VIC) is no stranger to the WOTW award, having earned a truckload throughout his career. His latest gong comes off his 8th place in last Sunday's prestigious Madrid Marcha 10km race along the famous Calle Gran Via in the Spanish capital. (See report in *International News*.) With the whole field appearing to take a measured approach as regards pace – presumably due to the wearing of the new RWECS shoe chips – Dec's finish time of **39:53** might have been conservative by his standards, but a top 10 finish against a field containing the likes of Yamanishi, Bonfim, Karlstrom, Fortunato, Linke, Dunfee, Junghannss and Diego Carrera was always going to put his candidacy front and centre.

This Saturday, Declan will venture to the north of Spain to start in the World Tour Gold 20km event at La Coruna. We wish you every success, Dec, in this important marker race for Tokyo in September.

*Honourable mentions

- **Lachlan Moore (QLD)** – a fast PB time of **9:21** for 2km in the Gold Coast championships.



(Photo: The West Australian)

- **Erlyn Singh (VIC)** – the biggest improver among the VRWC walkers at the weekend, by over a minute in the 3km.
- **Bob Gardiner (VIC)** – inaugurated a new M85 Club record for the 5km road walk of **38:28**.



CLUB NEWS and RESULTS

****WANTED ... Victorian team manager for LBG***

Every state team requires a Team manager.

Their job is a simple one ... arrive early, collect bib numbers for their walkers from the Meet director, greet their athletes on arrival, hand numbers and pins out, acquaint them with the marshalling area and direct them there when their race is called.

The Team manager should remain in the designated VRWC location until all bib numbers have been handed out.

This job is normally performed by Tim Erickson. Unfortunately, Tim cannot attend this year, meaning that the role needs to be reassigned. If you can assist, or share the job with another, please contact Stu at stuwalks@yahoo.com.au

****This week ...***

Owing to the LBG Carnival being held next Sunday, there will be no VRWC races this weekend.

Our next fixture at Middle Park will be on Saturday 14 June – the **AV 10km Championships** (inc. the Bert Gardiner Medal), Coaching and Judging sessions, followed by the **LAVic Road walk Championships**. Another big day!



LAVic Road Walk championships, 14 June – Middle Park

*Entries for the **LAVic championships** close on **Tuesday 10 June, at 11.00am**. No late entries can be accepted. Enter via the LAVic portal at <https://lavic.com.au/event/2025-state-race-walk-road-championships/>

And while you're at it ... why not pick up one of these snappy new Event shirts? Orders are open until Thursday 12 June, two days after the closure of race entries.



**** JUDGING AND COACHING CLINICS FOR LAVic ATTENDEES ****

Saturday 14 June at 11.00am

Request for LAVic judges and helpers at the races

Prior to the LAVic Road walk Championships to be held in the afternoon, the VRWC will conduct a **Judging Clinic** for current Little Athletics walks judges, as well as anyone involved in LAVic competition (parents, coaches, officials) who wishes to become a walks judge.

The session will cover the essential elements of judging:

- World Athletics Technical Rule 54.2
- Judging procedures before, during and after a race
- Materials used
- Documentation and how to complete it
- What a judge sees and looks for
- What a judge DOESN'T do
- The many roles of judges (inc. race judging, Chief judge, Chief judge assistant, recorder, liaison with referee and/or meet director.)
- How a judge can be of assistance to a walker, after a race.

This session is suited to those who:

- need clarification on judging practices
- are not yet judges, and want to commence their own judging journey
- seek advice on how better to facilitate walking at their centres
- come from centres with insufficient judges, or none

If you are interested in attending, please contact Stu Cooper at stuwalks@yahoo.com.au

**** Coaching clinics:**

At 11.00am (concurrent with the Judging clinic, Mark Donahoo will conduct a **Coaching information session** for current and aspiring coaches.

At 11.45am, Mark will hold a practical **Coaching session** for walkers.

**** Judges and officials requested for LAVic Road walks championships – Saturday 14 June.**

We need qualified LAVic judges as well as officials and helpers for the running of this key event.

If you can assist in any of these roles on the day, please contact Stu Cooper and Mark Donahoo (neerims8@gmail.com) by **Wednesday 4 June at 11.59pm**. If you miss this deadline but are still available, please register your interest anyway with Stu and Mark.

We look forward to seeing you at the Judging Clinic, at the races, or both!

*Stu Cooper
President & Judging coordinator
Victorian Race Walking Club*



- Is there any aspect of athletics, especially race walking, in which **Di Lowden** has NOT made a significant contribution? It seems not, judging by the parade of recognition ceremonies honouring her. This time it's the turn of Oceania Athletics to bestow an accolade upon our esteemed Judge and Life Member.

OAA's tribute reads as follows:

Diane Lowden Honoured with OAA Merit Award for Outstanding Service to Race Walking

*The Oceania Athletics Association (OAA) has recognised **Diane Lowden** of Australia with the prestigious OAA Merit Award for 2025, in celebration of her lifelong contribution to race walking and athletics officiating across the region and beyond.*

A pioneer in her field, Diane was among the inaugural members of the IAAF Area Race Walk Judges Panel and quickly became a first-choice appointment at national competitions. Since 2009 alone, she has officiated at more than 60 national and Oceania-level events, a testament to her consistency, professionalism, and deep understanding of the sport.

Her impact has not been limited to the region. Diane has been appointed to officiate at some of the world's most significant athletics events, including the World Junior Championships in 1996, the Sydney Olympic and Paralympic Games, the Commonwealth Games in both 2006 and 2018, and multiple IAAF Grand Prix and Goodwill Games—most recently in Suva in 2024.

Diane's versatility as a technical official is also unmatched. In addition to her race walking duties, she has judged field events such as throws and jumps and served as the Call Room Referee at the Oceania Championships across multiple years.

Beyond officiating, Diane has dedicated more than 30 years to education and mentoring in athletics. As National Officials Education Liaison Officer, she has played a vital role in developing and sustaining a pipeline of qualified race walk judges throughout Australia and Oceania.

Her commitment to athletics is further exemplified through her 46-year membership with Athletics Victoria. A regular presence at state, national, and interclub events, Diane was awarded the Athletics Victoria Merit Award in 2011 and holds Life Membership with Australian Athletics.

With her unmatched expertise, tireless dedication, and passion for the sport, Diane Lowden has not only shaped the race walking community but inspired generations of officials to follow in her footsteps. The OAA Merit Award is a fitting tribute to her enduring legacy.



Congratulations once again, Di. We at the VRWC have been, and remain, extremely lucky to have you at the service of our walkers.

- Ballarat speedster **Alanna Peart** is to be the recipient of a scholarship awarded by the South Australia Sports Institute's new Race Walks Centre of Excellence, together with Elizabeth McMillen (NSW) and Olivia Sandery (SA) who are also members of Jared's coaching squad. The formal announcement will be made on 30 June. Things are looking up at last for Alanna, whose progression alongside Olivia (with whom she raced so well at the 2022 World Junior championships in Cali, Colombia) has been seriously curtailed by injury. Hopefully that is now behind her. This award will provide added incentive for Alanna to continue on her road back to the top levels. Well done, Alannah!
- Finally, good luck to our 29 VRWC entrants for the LBG carnival on Sunday. We wish you happy and safer travels, plus enjoyable and productive racing!

VRWC Club points results, 24th May – Middle Park

Another cool but fine day, minus last week's stiff winds, saw 31 walkers toe the line on Saturday. All but the 1km walkers used the 2km course, taking advantage of its long stretches while they could.

The 12km saw **Arnika Nelson** have her race over the distance, while **Terry O'Neill** showed his appreciation of the longer course to continue his good racing form. **Emilie Garside** was another to venture into unknown territory, tackling her first 10km, while **Carolyn Rosenbrock** took line honours in the 10.

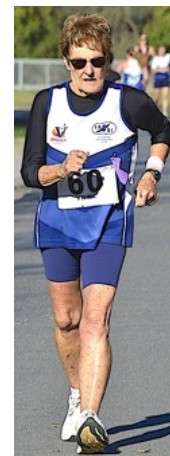


Start of the 12, 10 and 5km.

Max Davidson was on target for a strong 5km result before an injury recurrence stopped him in the last 1k. We hope you'll be recovered in time for Canberra, Max. The best 5km result on the day was **Bob Gardiner's**, his **38:28** setting an inaugural M85 Club record. Great work, Bob!

Erlyn Singh smashed her 3km PB by over a minute to take 3rd place with 19:14, while **Emily Smith** got to within 2 secs of her own in clocking the fastest time with **15:56**. With Canberra on the horizon, **Aria di Benedetto** and **Anna Dubar** tried their hand at 3km for the first time and made the most of it, clocking **18:21** and **19:31** apiece. Arthur Robinson continued his steady improvement, this time slicing a healthy 35secs from his previous best.

The 1km PB harvest continues unabated. Of the 12 starters, 10 recorded new bests – a terrific result. Leading the charge was **Ryder Reid** with a 30sec improvement, with mum **Erin** not far behind with a 25 sec PB. For once, **Fletcher Reid** had a speed peer to contend with in **Harrison Ryan**, who relished the chance to race a tough opponent, prevailing by a bare 1 sec, **5:07** to **5:08**. It's heartening to see so many new youngsters, not only turning up each week, but improving with every start by significant margins. It'll make for a very exciting LAVic road championships in a couple of weeks.



12km Open

1 Terry O'Neill	MM60+	1:18:36	
1 Arnika Nelson	FOp	1:07:55.	First 12km

5km Open

1 Kevin Cassidy	MM60+	29:38	
2 Robert Gardiner	MM60+	38:28.	Club M85 rec.
.. Max Davidson	MUn18	DNF	
1 Ariana Pashutina	FUn20	26:10	
2 Donna-Marie Elms	FM60+	33:15	
3 Aangi Shah	FUn16	34:20	First 5km

1km Open

1 Shaun Lewis	MM40+	4:48.	First 1km
2 Harrison Ryan	MUn14	5:07.	First 1km
3 Fletcher Reid	MUn12	5:08	

10km Open

1 John Nottle	MM60+	1:05:14	
1 Carolyn Rosenbrock	FM60+	1:02:57	
2 Emilie Garside	FOp	1:09:30	First 10km
3 Karyn O'Neill	FM60+	1:12:32	

3km Open

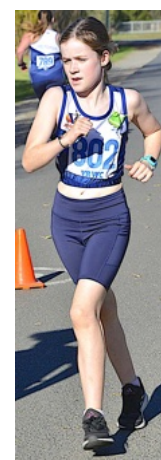
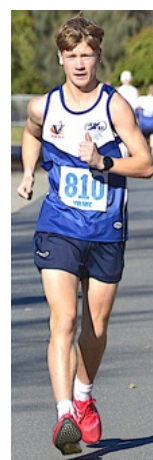
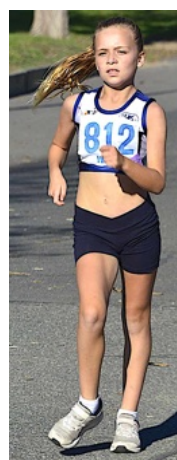
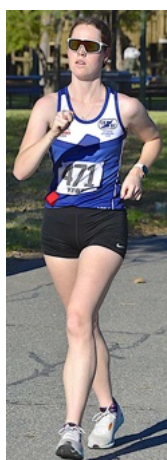
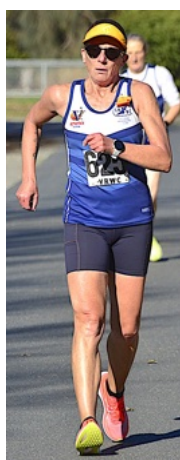
1 Arthur Robinson	MUn18	20:18.	PB 0:35
1 Emily Smith	FUn20	15:56	
2 Aria di Benedetto	FUn12	18:21.	First 3km
3 Erlyn Singh	FUn12	19:14	PB 1:06
4 Anna Dubar	FUn12	19:31.	First 3km
5 Caitlyn Shipham	FUn14	19:49	
6 Heather Carr	FM60+	21:08	
7 Gwen Steed	FM60+	23:12	

4 Dimitri Pashutin	MUn10	5:32.	PB 0:13
5 Bowie Clarke	MUn10	6:03.	PB 0:13
6 Ryder Reid	MUn10	6:14.	PB 0:30
7 Andrew Dubar		7:12	
1 Kobe Lewis	FUn14	5:30.	PB 0:16
2 Erin Reid	FM40+	5:51.	PB 0:25
3 Abby Fowler	FUn12	6:15.	PB 0:09
4 Cory Lewis	FUn10	6:42.	PB 0:10
5 Ava Pravednikov	FUn10	7:16.	PB 0:17

HANDICAP RESULTS

Walkers can receive handicaps only if they have had a recent time over the same or similar distance, from which a handicap can be calculated. The notation NPT means 'no previous time'.

Name		Gdr	Age Gp	Hcp	Name		Gdr	Age Gp	Hcp
Erin	Reid	F	M40+	1	Shaun	Lewis	M	M40+	1
Heather	Carr	F	M60+	1	John	Nottle	M	M60+	1
Donna-Marie	Elms	F	M60+	2	Robert	Gardiner	M	M60+	2
Carolyn	Rosenbrock	F	M60+	3	Kevin	Cassidy	M	M60+	3
Karyn	O'Neill	F	M60+	4	Terry	O'Neill	M	M60+	4
Gwen	Steed	F	M60+	5	Bowie	Clarke	M	Un10	1
Emilie	Garside	F	Op	1	Dimitri	Pashutin	M	Un10	2
Arnika	Nelson	F	Op	2	Ryder	Reid	M	Un10	3
Cory	Lewis	F	Un10	1	Fletcher	Reid	M	Un12	1
Ava	Pravednikov	F	Un10	2	Harrison	Ryan	M	Un14	NPT
Erlyn	Singh	F	Un12	1	Arthur	Robinson	M	Un18	1
Abby	Fowler	F	Un12	2	Max	Davidson	M	Un18	Ab
Aria	Di Benedetto	F	Un12	NPT					
Anna	Dubar	F	Un12	NPT					
Caitlyn	Shipham	F	Un14	1					
Kobe	Lewis	F	Un14	2					
Aangi	Shah	F	Un16	1					
Ariana	Pashutina	F	Un20	1					
Emily	Smith	F	Un20	2					



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

Aria, Cory, Bob, Max, Gwen, Erlyn, Kobe, Harrison, Abby, Fletcher, Carolyn, Dimitri, Arnika

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.

Manager	Mark Donahoo
Referee:	Terry Swan
Race check in	Mark Donahoo
Timekeeper	Ian Laurie, Mark Donahoo
Recorders	Duncan Knox, Melinda Di Benedetto, Mark Donahoo, Kris Shipham, Alla Pashutina
Judges:	David Cash (Chief), Gordon Loughnan, Brenda Felton, Tony Doran, Stu Cooper, Scott Nelson, Bec Lewis
Set up, Pack up:	Terry Swan, Ian Laurie, Stu Cooper, Bob Gardiner, Karyn O'Neill, Jim Leppik, Duncan Knox
Bike rider	Tim Erickson, Terry Swan



AROUND THE COUNTRY



PAGE AND SCREEN



Movie, 'Racewalkers', screening at Sydney Film Festival



Last week, Tim Erickson was contacted by the Marketing director of the Sydney Film Festival, seeking to promote a particular film on their program. He duly circulated it among certain senior race walking figures, including myself, for our opinions. The film, *'Racewalkers'* – a Canadian offering in which two of the writers play key roles – is the first I've come across that features our sport as integral to its narrative. Tick that box.

Now ... what's it about? The SFF website summary describes the plot thus:

*'Being of short stature, Will (Phil Moniz) could never compete in the sport he loved: racewalking. When he sets his sights on channelling his passion into coaching instead, everyone is quick to write him off – not least the national walking champ, Ched, a himbo coached by Will's own volatile uncle. Enter Matt (Kevin Claydon), a burnt-out baseball pitcher who happens to have an ideal racewalking stride. He and Will team up to take on Ched and all those who would dismiss them.'*²

A 'surmounting the odds' story, then ... something that would resonate with all endurance athletes, only this time it's race walking – not marathoning, Ironman or Tour de France – that provides the platform for heroic redemption. What's not to like?

I very much want to answer, 'Nothing. It's about time. Bring it on!' However, I confess to some misgivings, which are the result of what else appears on the summary:

'This hilarious yet heartfelt comedy pits a struggling racewalking coach and his unlikely protégé, a washed-up pro baseball player, against the himbo champion.'

And these review straps:

"It's a must-watch for anyone in need of a laugh and a little heart." – Kirsty Strouse, *Film Enquiry*

"Racewalkers celebrated both its titular sport and the power of male friendship with organic comedy." – Peter Gray, *the AU Review*

The words 'laugh', 'hilarious' and 'comedy' immediately put me on guard, amid a wash of disappointment. Had that first box tick been premature? Was this more of the same ... the latest example of what lovers of the sport have come to despise as wider society's contempt for it, a contempt fuelled by popular media's predilection for scatological, homophobic 'humour', hand-in-hand with phonecam 'proof' that all race walkers are cheats? Okay, I wasn't expecting 'Rocky' or 'Chariots Of Fire', but even 'Cool Runnings' upheld the dignity of bobsled whilst mining the humour generated by the main characters' predicament.

In fairness, perhaps *'Racewalkers'* does this too. I haven't seen it, nor will I get the chance to unless it's released in Melbourne. I'd like to approach it with an open mind, to appraise it as a story, and to discover that it is free of the usual tired, derisory tropes which have come to define race walking on screen, which no other sporting endeavour has to suffer. The brief trailer – all 0:30 of it – is

² <https://www.sff.org.au/program/event/racewalkers/>

indecisive on this, one way or the other, but it does suggest some dramatic tension. And if it's funny, too ... well, so was 'Bend It Like Beckham'. You Sydneysiders will have to see it and enlighten the rest of us. We look forward to your reviews.

And it's probably best for us in the walking community not to take ourselves too seriously. Simon Baker and Andrew Jachno certainly didn't. Funny things happen in other sports movies, too. Besides, films *about* race walking aren't that thick on the ground for us to be too sniffy when one does appear.



(Photos: Sydney Film Festival website)

Screenings:

- Friday 6 June, 6pm – Dendy Newtown, Cinema 2
- Saturday 7 June, 6.15pm – Ritz Cinemas Randwick, Cinema 5
- Friday 13 June, 6.30pm – Dendy Newtown, Cinema 2

Tickets: <https://www.sff.org.au/program/event/racewalkers/>

A.C.T. ACTRFWC Points races #5 results, 31 May – Kaleen

Thanks to **Helen Toyne** for this weekend's results. Now for the big day next Sunday!

10km

1 Michelle Bray	Race	Masters F	55:26
2 Sue Archer	Fitness	Masters F	1:15:31
3 Bryan Thomas	Fitness	Masters M	1:28:15

3km

1 Owen Toyne	Race	u20 M	15:23
2 Jillian Ryan	Race	u16 F	15:27
3 Katharina Johnson	Race	u14 F	20:34
4 Jill Pearson	Race	Masters F	22:21
5 Caroline Campbell	Fitness	Masters F	26:29

2km

1 Sebastian Ryan	Race	u14 M	12:08
2 Clare Rice	Race	u14 F	12:21
3 Zac Anderson-Rule	Race	u12 M	13:39
4 Jim White	Fitness	Masters M	16:54

QUEENSLAND Gold Coast Road Walking c'ships, 1 June – Mudgeeraba

Robyn Wales reports:

We had a good attendance of 35 walkers today for the Annual Gold Coast Road Walking Championships. Rain had threatened to spoil the day but it cleared up in time for a good event. **Lachlan Moore, Noah Cooke** and **Taylor Chapman** were best performers today.

We were able to hold a sausage sizzle thanks to a gift of \$500 from Woolworths so all appreciated that.

Open 10km

Men:

(1) Ignacio Jimenez	53:22
(2) Paul Lindenberg	1:07:08
(3) Peter Bennett	1:09:42
Simon Cartwright	1:15:59

U20 5km

Women:

(1) Phoebe Chadwick	28:41
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Women:

(1) Brenda Gannon	1:04:07
(2) Kate Morris	1:19:05
(3) Joy Dale	1:19:07

U18 5km**Men:**

(1) Kai Dale	29:21
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Women:

(1) Olivia Boulton	29:49
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U16 3km**Men:**

(1) Noah Cooke	13:18
(2) Cory Lockwood	16:50

Women:

(1) Eliza Kelly	16:55
(2) Kiara Waterman	19:17

U14 2km**Boys:**

(1) Lachlan Moore	9:21
(2) Leo Ramsay	12:14

Girls:

(1) Taylor Chapman	10:14
(2) Isabella Welch	11:01
(3) Elspeth Hooper	11:51
Mackenzie Wormald	14:03

U12 2km**Boys:**

(1) Leo Hyde	11:05
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Girls:

(1) Amelia Chisholm	12:05
(2) Jessica Gorham	12:18
(3) Izzy Blackburn	12:30
Violet Conway	12:37

U10 1km**Boys:**

(1) Yoshua Lee	6:18
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Girls:

(1) Lilli Chu	6:07
(2) Luna Boyd	6:20
(3) Mable Watts	7:03
Eliza Park	7:17
Harper Waterman	8:43

U8 0.5km**Girls:**

(1) Mikayla Lee	3:44
(2) Ebony Park	4:42

SOUTH AUSTRALIA SARWC results, 31 May – South Parklands

Jared Tallent reports that they had a smaller turnout before Canberra, but the Little Aths Meet an hour earlier had nearly 30 participants, which was fantastic.

Open and O35 12km

Peter Crump (O50)	1:22:53
Mel Grantham (O35)	1:15:57
Alanna Peart (Invitation)	1:03:47

O50 and U20 10km

Cooper Rech (U20)	57:04
Greg Metha (O50)	1:08:34
Alex McEwan (O50)	1:24:52
Bill Starr (O50)	DNF

U14 3km

Liliana Templer (U14)	18:44
Rachel Pemberton (U14)	24:09

U12 1.5km

Saxon King (U12)	9:48.0
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TASMANIA TRWC results, 1 June – Kingston Park

The TRWC's Sunday fixture attracted a healthy turn-out of 21 walkers. **David Moore** reports:

A fine calm morning for our Walk at Kingston Park on the first day of winter. We welcomed **Grace Hennessey** for her first walk with us.

Accolades this week again to **Anne Travis** with a new PB for her 1km, **Charlotte Dix** and **Sam Hucker** with new PB's for 2km and a nice first up 5km from **Tina Barros**.

1. Sophia Carr	Kingston LA	-
2. Grace Hennessey	TLA G8	First race

1km

1. Bianca Sugiarto	Huon LA	8:16
2. William Sugiarto	Huon LA	8:34
3. Gaberiel Dix	Clarence LA	9:06
4. Austin Hucker	Huon LA	9:16
5. Dot Sussmilch -Leitch	Hobart LA	9:17
6. Amy Hucker	TRWC	9:18
7. Anne Travis	UTAS	10:06 PB
8. Aida Sugiato	TRWC	12:52

2km

1. Charlotte Dix	ESAC	13:50 PB
2. Elsie Woodward	OVA	14:51
3. Samuel Hucker	Huon LA	16:19
4. Sara Leitch	TMA	19:20
5. Dave Moore	TMA	19:24

3km

1. Adele Woodward	OVA	21:30
2. Sam Leitch	ESAC	24:14 First 3km
3. Teo Rossi	Hobart LA	24:24 First 3km
4. Wayne Fletcher	NSAC	28:19

4km

1. Elizabeth Leitch	TMA	28:54
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5km

1. Tina Barros	TMA	41:28 First 5km
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Since at least the 1960s, hopes of a solution to the contact issue via electronic shoe attachments and implants to determine contact loss have risen and sunk with the frequency of a western nation's exchange rate. Much has been promised, and spent, in order to make it reality ... until now with little reward. Issues such as size, cost, design, weight, comfort, reliability, practicality and access have presented as huge barriers, while hostility towards the sport as a result of its perceived inability to police its own rules has gathered strength.

On Sunday, however, technology finally presented an artifact ready for testing in a major race. The laboratory was the annual Madrid Marcha 10km. On the eve of the event, **Lucas Saez-Bravo** presented the following background on what might, just might, be the solution to a problem as old as race walking itself.

VAR meets race walking: the tiny Spanish chip designed to expose cheating

by **Lucas Saez-Bravo** (reprinted from *El Mundo America* - 29 May)

The International Grand Prix of Madrid introduces the RWECS, a system that perceives what the human eye cannot see. "We will have to compete a little slower to make the technique 100% perfect," celebrates Diego García Carrera.

"The only track and field specialty that incorporates the subjective value of a judge's opinion on technique remains race walking," says Olympic athlete **Diego García Carrera**, determined to promote a specialty that has been belittled and doubted, a permanent refuge and cliché for those inclined to mistrust, in the controversy of 'that one is running'. And what better than technology. And what better than the test driven by the Madrid racewalker, sixth in Tokyo 2020, in the heart of his city. At the International Grand Prix Madrid Race Walking Silbo Telecom, which will celebrate its fourth edition this Sunday, not only will the world's best be present; also the chip that aims to change everything.

The **Race Walking Electronic Control System** (RWECS), or race walking VAR, is a laboratory product. A small device weighing less than 15 grams, attached to the shoelaces, detects what the human eye cannot: if an athlete loses contact with the ground in their stride and therefore should receive a warning from the judge. "An objective technology that does not depend on the judges' criteria. A more equitable system for race walkers," points out its ideologist, **Javier Rosell**, a researcher in Biomechanical Engineering and professor at the Department of Electronic Engineering of the Polytechnic University of Catalonia (UPC).



(Photo: El Mundo America)

This is not Rosell's first attempt, although it seems to be the definitive one. This Sunday in Madrid, it will finally be tested "in parallel with the decisions of the official judges." A decade ago, they were already applying the use of an intelligent insole that detected if a participant's walking was irregular. But the project was interrupted by the pandemic and the logistical complexity of introducing insoles into the walkers' shoes.

The RWECS does not have that problem, and that is why they hope that World Athletics will eventually adopt it. For this, the Madrid Grand Prix, a World Race Walking Tour event, will be crucial. "Afterwards, an anonymous report will be made to avoid influencing future participation of race walkers in other competitions," says Rosell, whose device is based on a series of sensors capable of providing a number indicating the time of loss of contact of both feet, which normally ranges from 0.002 to 0.004 seconds, imperceptible to the human eye. "The system detects when the toe stops touching the ground and when the heel impacts the ground, what we call 'time in the air of each foot.' From there, we detect the loss of contact with the ground," explains the researcher.

Precisely because of those controversial 'flights' that, among other things, have cast doubt on traditional race walking. "In race walking, we can be disqualified for not extending the advancing leg (at ground contact, it must be extended 180°) or for losing contact with both feet on the ground visibly. That's where this system can help us, necessary to detect those who intend to deceive," assures **José Antonio Quintana**, a national guru of the specialty.

Because there is a moment, approximately 45 milliseconds (at competition pace), in which neither of the walker's feet is in contact with the ground. García Carrera not only praises the arrival of VAR in his sport to resolve doubts but also predicts radical changes if the International Federation agrees in the future to adapt its regulations: "Race walkers are going to be judged much more strictly, so we will have to tighten our belts, even consider having to compete a little slower to make the technique 100% perfect. We are in favor," he tells EL MUNDO. "It will allow athletes to compete with peace of mind because we are competing in a fair sport. You won't have the frustration of being beaten by someone you have doubts about. And in general, to eliminate the number one criticism of our specialty: that the judges' criteria cannot be determined 100%. It's all benefits," he rejoices.

"The RWECS system, which has already been tested in controlled environments such as track competitions or amateur events, needed to make the leap to a real competition with professional athletes. However, it is not without complexity, as we are talking about an urban circuit of 1,000 meters, with a large audience, multiple technological interferences, and a high number of participants," he adds.

The race walking VAR will be present on Sunday on Gran Vía in the feet of the world's best: **Perseus Karlström, Yang Jiayu, Antigoni Ntrismpioti, Evan Dunfee, Francesco Fortunato, Caio Bonfim, Alegra González, Raquel González Campos, Paul McGrath, Marc Tur...**

SPAIN: GP Internacional Madrid Marcha Silbo Telecom, 1 June - Madrid

Yamanishi and Gonzalez take the spoils in Madrid

by **Emeterio Valiente** (reprinted from *World Athletics* news – 2 June)

Japan's **Toshikazu Yamanishi** and Mexico's **Alegna Gozalez** were the winners at the GP Internacional Madrid Marcha Silbo Telecom, the sixth Gold leg of the **World Athletics Race Walking Tour**, held over 10km in the Spanish capital on a sunny morning on Sunday (1).

Yamanishi, the 20km world record-holder, lived up to his billing as the men's favourite by unleashing a lethal attack in the final kilometre to get the better of Brazil's Olympic silver medallist **Caio Bonfim** while Gonzalez was a dominant winner, finishing 45 seconds ahead of Peru's Evelyn Inga.

The men's event started at a moderate pace, the first kilometre covered in 3:57 with a large pack headed by Mexico's **Ricardo Ortiz** and national 35km record-holder **Andrés Olivas**, while pre-race favourites Yamanishi, Bonfim and Italy's 2023 winner **Francesco Fortunato** were a few strides behind. The pace increased on the second lap as Ortiz and Olivas covered it in 3:48, but the rhythm then slowed back down. Midway through the fourth lap, Bonfim sped away from the pack and reached the halfway point in 19:25 with a two-second lead over Ortiz and Japan's **Maruo Satoshi**, while Yamanishi and Fortunato were a stride behind.

Bonfim was reeled in by his chasers on the sixth lap. By 7km (27:16), Ortiz pushed hard but Bonfim and Yaminishi stayed comfortably at his shoulder, six seconds ahead of Fortunato and Mexico's **Julio Cesar Salazar**.

In a thrilling final three kilometres, Bonfim moved to the front to try to get rid of Ortiz and Yamanishi. Ortiz began to lose ground just before the bell, but two-time world champion Yamanishi made his move with about 700 metres to go and produced the quickest lap of the race (3:45) to finish in **38:50**, just eight seconds shy of the course record. Bonfim took the runner-up spot in **38:55** to get his third podium places in as many appearances with Ortiz completing the podium four seconds behind, beating European 20km bronze medallist Fortunato and former world 35km record-holder Dunfee.

"I feel in good shape and was able to retain my title but it was not easy," said Yamanishi, who will compete over 20km next week in La Coruña.



(Photo: World Athletics)

Men 10 kilometres

1.	Toshikazu YAMANISHI	15 FEB 1996	JPN	38:50
2.	Caio BONFIM	19 MAR 1991	BRA	38:55
3.	Ricardo ORTIZ	07 FEB 1995	MEX	38:59
4.	Francesco FORTUNATO	13 DEC 1994	ITA	39:06
5.	Evan DUNFEE	28 SEP 1990	CAN	39:22
6.	Álvaro LÓPEZ	24 MAR 1999	ESP	39:32
7.	Satoshi MARUO	28 NOV 1991	JPN	39:38
8.	Declan TINGAY	06 FEB 1999	AUS	39:53
9.	Chenjie LI	05 MAY 2005	CHN	40:08
10.	Julio César SALAZAR	08 JUL 1993	MEX	40:10
11.	Hayato KATSUKI	28 NOV 1990	JPN	40:10
12.	Christopher LINKE	24 OCT 1988	GER	40:14
13.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	40:28
14.	Xuanfei HU	17 OCT 2003	CHN	40:29
15.	Kazuki TAKAHASHI	17 JUN 1996	JPN	40:29
16.	Tomohiro NODA	24 JAN 1996	JPN	40:33
17.	Karl JUNGHANNß	06 APR 1996	GER	40:34
18.	Li XINGFU	18 JUL 2002	CHN	40:40
19.	Peiyang HUANG	10 JUN 2003	CHN	40:40
20.	Noel CHAMA	15 SEP 1997	MEX	40:43
21.	Jun ZHANG	20 JUL 1998	CHN	41:06
22.	Miguel ESPINOSA OLIVARES	30 JAN 2006	ESP	41:12
23.	Lin LI	13 JUN 2001	CHN	41:13
24.	Manuel BERMÚDEZ	12 DEC 1997	ESP	41:18
25.	Roberto VASQUEZ	05 JUN 1998	MEX	41:23
26.	Pablo PASTOR	31 MAR 2003	ESP	41:25
27.	Haifeng QIAN	08 JUL 2000	CHN	41:36
28.	Nathaniel SEILER	06 APR 1996	GER	41:45
29.	Sohail Abderahmane ALOUI	12 DEC 2002	ALG	42:43
30.	Yingcheng ZHOU	06 OCT 2000	CHN	42:54
	Marc TUR	30 NOV 1994	ESP	DQ



Like the men's race, the women's contest started at a moderate pace, the first lap being covered in 4:24. **Gonzalez** and her Mexican compatriot **Ilse Herrero** made most of the early pace, closely followed by China's **Peng Li** and Peru's **Evelyn Inga**.

Peng increased the cadence for the second lap (4:16) before reducing her speed to 4:22 and 4:27 for the following circuits.

About 4.5km into the race, Gonzalez took the lead and reached the halfway point in 21:44 with only Peng for company as Inga had lost a couple of seconds.

After another 4:16 lap, Gonzalez's relentless pace paid off as Peng was unable follow in the Mexican's footsteps and was soon caught by Inga. Gonzalez built a 36-second advantage with 2km to go and went on to win in a race record of **43:06**. Inga was second in **43:51**, four seconds ahead of Peng.

"I felt strong throughout, despite having suffered a tear in my abdomen some months ago which made me lose six weeks of training," said Gonzalez, who will also compete in La Coruna next week before making her 35km debut in Ireland in July.

(Photo: X @madridmarcha)

Women 10 kilometres

1.	Alegna GONZÁLEZ	02 JAN 1999	MEX	43:06
2.	Evelyn INGA	16 APR 1998	PER	43:51
3.	Li PENG	27 AUG 2002	CHN	43:55
4.	Antia CHAMOSA	07 OCT 1999	ESP	44:17
5.	Ilse GUERRERO	24 MAR 1993	MEX	44:32
6.	Yunyan JIANG	15 FEB 2003	CHN	44:42
7.	Liujing YANG	22 AUG 1998	CHN	44:56
8.	Clémence BERETTA	22 DEC 1997	FRA	44:56
9.	Magaly Beatriz BONILLA	08 FEB 1992	ECU	44:59
10.	Nanako FUJII	07 MAY 1999	JPN	45:03
11.	Karla Ximena SERRANO	14 APR 2004	MEX	45:12
12.	Zhuoma BAIMA	20 MAY 2005	CHN	45:13
13.	Raquel GONZÁLEZ	16 NOV 1989	ESP	45:26
14.	Yuxia SHI	28 JAN 1999	CHN	45:26
15.	Haiying JI	25 FEB 2000	CHN	45:53
16.	Valeria FLORES	17 FEB 2006	MEX	45:57
17.	Jekaterina MIROTVORTSEVA	17 NOV 2002	EST	46:15
18.	Sharon Lisseth HERRERA SOTO	27 MAY 2004	CRC	46:21
19.	Alicia SÁNCHEZ	15 MAY 2000	ESP	46:28
20.	Na WANG	29 MAY 1995	CHN	46:51
21.	Johana ORDÓÑEZ	12 DEC 1987	ECU	47:18
22.	Gabriela DE SOUSA	12 JUN 2002	BRA	47:22
23.	Zhuoma RENQING	15 SEP 2002	CHN	47:29
24.	Liv MASSON	30 OCT 2003	FRA	47:39
25.	Eva RICO	18 JUN 2003	ESP	48:13
26.	Griselda SERRET	09 JUL 2005	ESP	49:47
	Lucia REDONDO	03 AUG 2003	ESP	DNF
	Elvina CARRÉ	06 FEB 2003	FRA	DNF

SOUTH KOREA: 26th Asian Athletics Championships, 27-31 May – Gumi

Zhaozhao Wang and Han Yin win the 20km walks at the Asian Championships

(reprinted from *O Marchador* – 27/28 May)

China's **Zhaozhao Wang** achieved a time of **1:20:37**, winning the gold medal in the 20km race walk at the Asian Athletics Championships (27-31/5), in the first event of the competition, which takes place in South Korea, this one held at the Nakdonggang Sports Park, in Gumi, Gyeongbuk province.

Wang broke the championship record by almost a minute, which had been held by his compatriot Yucheng Han (1:21:12) since the 2003 edition, held in Manila, Philippines.

The championship podium was established with second place for Japanese **Kento Yoshikawa**, with **1:20:46**, and third place for Indian **Servin Sebasthiyan**, with **1:21:14**.



Chinese **Hang Yin** won the Asian (women's) title this morning by winning the 20 km race walk in a time of **1:30:44**, in a clear dominance by the Chinese team that also saw **Li Ma** come in second place on the podium, completing the twenty laps of the circuit in a time of **1:32:08**.

Hang Yin, it should be noted, won the silver medal at the 2017 World Athletics Championships in London, in the 50 km distance, the same event that crowned Portuguese Inês Henriques with the world title.

Also in this same event, **Yasmina Toxanbayeva**, an athlete from Kazakhstan, deserves special mention, winning the bronze medal with a time of **1:32:22**, a new personal record.

(Photo: Asian AA)

Men 20km Championship

1.	Zhaozhao WANG	01 SEP 1999	CHN	1:20:37
2.	Kento YOSHIKAWA	09 AUG 2001	JPN	1:20:46
3.	Servin SEBASTIAN	26 NOV 1999	IND	1:21:14
4.	Ryo HAMANISHI	24 APR 2000	JPN	1:21:58
5.	AMIT	25 DEC 2003	IND	1:22:15
6.	Jingrui ZHANG	24 AUG 2001	CHN	1:22:54
7.	Hyunmyeong JOO	31 MAY 1997	KOR	1:23:57
8.	Georgiy SHEIKO	24 AUG 1989	KAZ	1:25:18
9.	Dongmin LIM	22 JUL 2000	KOR	1:27:54
10.	Yung-Kuei CHAN	14 DEC 2002	TPE	1:29:43
11.	Hendro HENDRO	25 JAN 1990	INA	1:29:50
12.	Man Kit CHIN	20 JUL 1991	HKG	1:30:55
13.	Chia-Wei HSU	12 SEP 2000	TPE	1:34:16
14.	Carlos DE IMUS	01 NOV 2000	PHI	1:35:28
15.	Lin Tun NAING	28 MAR 2007	MYA	1:36:36
16.	Khor Jing HONG	08 FEB 2005	MAS	1:37:05
17.	Phyo Tun PYAE	03 DEC 1999	MYA	1:37:27
	Rasulbek DILMURODOV	22 SEP 2000	UZB	DQ
	Byeongkwang CHOE	07 APR 1991	KOR	DQ

Women 20km Championship

1.	Hang YIN	07 FEB 1997	CHN	1:30:44
2.	Li MA	15 JAN 2000	CHN	1:32:08
3.	Yasmina TOXANBAYEVA	16 NOV 2004	KAZ	1:32:22
4.	Ayane YANAI	24 DEC 2003	JPN	1:33:15
5.	Yukiko UMENO	08 JAN 2003	JPN	1:36:31
6.	Se-ha LEE	08 NOV 1996	KOR	1:37:03
7.	Jeong-eun LEE	13 SEP 1994	KOR	1:40:09
8.	Violaine Intan PUSPITA	22 SEP 2000	INA	1:47:24
9.	May Htet ZIN	09 MAY 2000	MYA	1:53:35
10.	Halida ULFAH	04 OCT 1999	INA	1:55:52
	Minji KIM	31 JAN 1997	KOR	DQ

UNITED KINGDOM: ERWL Ken Livermore 10,000m Relay, 31 May - Enfield

Thanks to **David Ainsworth** for this report on an intriguing competition – a paired relay over 10,000m. It isn't stated how many stages each member of a pair walked, or how far, so perhaps David can enlighten us?

After the success of last year's event the 2025 ERWL Ken Livermore relay was held at the QE11 Stadium, Enfield with Margaret and the Livermore Family again supporting the event.

Coral, Ken's daughter presented the awards and his son and grandson Neal and Jake took part.

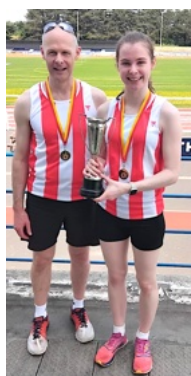
Family pairings occupied the top two positions in this the second edition of the Relay, and the winners surpassed the event record (54.05) by a good margin.

The warm and humid conditions were challenging for the walkers but didn't deter their competitive spirits. The field was made up of new and returning participants, a range of age and abilities and made for an entertaining and enjoyable event. A number of leaguers took part including Fiona Bishop who was celebrating her birthday.

This year's top 3 teams were all new to the event. Trophy winners were **Natasha and David Mitchell (51.18)**, silver medallists were **Jonny and Matt Ellerton (54.22)** and bronze medallists were **Grazia Manzotti and Florence Watson (56.03)**.

Family Pairings Dominate Livermore Relay

1 Southampton AC	Natasha & David Mitchell	51.18
2 Blackheath & Bromley	Jonny & Matt Ellerton	54.22
3 Tonbridge & Bromley	Grazia Manzotti & Florence Watson	56.03
4 Aldershot F&D	Abigail & Ian Jennings	57.35
5 Newmarket Joggers	Suzanne Bailey & George Wilkinson	59.00
6 Veterans AC	Chik Ha Kwok & Man Biu Lam	60.10
7 Loughton AC	John Borgars © & Melanie Peddle	61.03
8 Belgrave & Moulton	Mark Culshaw & Tony Wilkinson	62.26
9 Brentwood Beagles	Stuart Bennett © & John Taylor	62.56
10 Aldershot F&D (<i>The Blue Lobsters</i>)	Grace Andrews & Marissa Morley	65.31
11 BERTS (<i>Bedford & Herts</i>)	Sheila Leavy & Helen Middleton	67.51
12 Enfield H AC	Sue Barnett & Fiona Bishop	69.51
13 Cambridge & Surrey	David Hoben & Taro Tyson	72.01
14 Livermore Family	Neal & Jake Livermore	83.00



(Photos: Mark Culshaw & Tony Wilkinson)

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.

Birmingham – the setting for next year's European Athletics Championships – will see what will likely be the first Marathon Race Walk at a major meet. The required standards are set out below:

European Athletics Championships in Birmingham (2026): new distances and minimum entry requirements

(reprinted from *O Marchador* – 1 June)

The European Athletics (EA) Council, which met at the beginning of last month (2nd to 4th May) in Sarajevo, the capital of Bosnia and Herzegovina, approved changes to the programme of the European Athletics Championships, particularly in the race walking events for men and women, which, as expected, will now be held over the half marathon and marathon distances.

EA also clarifies that when the championships are held in an Olympic year, only the half marathon walking event will take place, as it is already known that in Los Angeles 2028 there will be no marathon walking on the Olympic Games program!

Therefore, for the next edition of the European Athletics Championships in Birmingham (10 to 16 August 2026), the minimum participation requirements for the new walking distances have already been defined, which are as follows:

Half marathon (max. 35 athletes)

Male, 1:26:15; female, 1:36:20

Marathon (max. 35 athletes)

Male, 3:11:00; female, 3:40:00

The qualification system is the one followed by World Athletics (“Wild Cards”, direct minimums, classifications in certain competitions and “World Rankings”), with the period for obtaining marks running from January 25, 2025 (without any official event at the aforementioned distances, so far!) to July 26, 2026.

The full European Athletics document on the subject, dated May 2025, can be found [here](#).

- Monday, June 2, 2025 - Yildiz and Bekmez win Turkish 10,000 m walking championships (Izmir 2025) <https://omarchador.blogspot.com/2025/06/yildiz-e-bekmez-vencem-campeonatos.html>
- Friday, May 30, 2025 - Nicolò Vidal breaks Italian under-18 record for the 5,000 m march at Brixia Next Gen (Bressanone 2025) <https://omarchador.blogspot.com/2025/05/nicolo-vidal-bate-recorde-italiano-sub.html>
- Thursday, May 29, 2025 - Yushuai Tang and Li Peng triumph in the 20km of the Chinese Grand Prix – Chongqing 2025 <https://omarchador.blogspot.com/2025/05/yushuai-tang-e-li-peng-triunfam-nos-20.html>
- Wednesday, May 28, 2025 - Jessica Groenewald breaks South African record for 35km walk <https://omarchador.blogspot.com/2025/05/jessica-groenewald-bateu-recorde-da.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 **

****Lake Burley Griffin carnival – VRWC final entry list***

R1: Robin Whyte Classic Men 35km – 7.30am Fraser Saunder Kyle Swan	R2: Val Chesterton Classic Women 35km – 7.30am Rebecca Henderson	R4: RWA Open Women 15km – 8.00am Alanna Peart	R5: RWA Open Men 15km – 8.00am Corey Dickson Will Thompson Marcus Wakim Rhydian Cowley David Smyth
R8: Athletics ACT/RWA Men U20 10km – 9.45am Riley Coughlan	R9: ACT Open (Over 19y) 10km – 9.45am Jade Chitty	R10: Athletics ACT/RWA Women U20 10km – 9.45am Ariana Pashutina	R11: RWA Boys U10 1km – 12.00pm Bowie Clarke
R12: RWA Girls U10 1km – 12.00pm Daisy Hooper Cory Lewis	R13: RWA Boys U12 2km – 12.30pm Bowie Clarke Oliver Crowl	R14: RWA Girls U12 2km – 12.30pm Aria di Benedetto Abby Fowler Daisy Hooper Pippa Read Anna Dubar	R15: RWA Boys U14 2km – 1.00pm Harrison Ryan Oliver Crowl Tate McQueen
R16: RWA Girls U14 2km – 1.00pm Pippa Read Kobe Lewis Addison Frenken	R17: RWA Boys U16 3km – 1.50pm Angus Shuttleworth Oliver Crowl	R18: RWA Girls U16 3km – 1.50pm Pippa Read Matilda Read Addison Frenken	R19: RWA Boys U18 5km – 2.20pm Max Davidson Angus Shuttleworth
R20: RWA Girls U18 5km – 2.20pm Matilda Read	R21: RWA Women Open 5km – 3.20pm Jemma Peart Alanna Peart Matilda Read Ariana Pashutina	R22: RWA Men Open 5km – 3.20pm Corey Dickson Will Thompson Marcus Wakim Angus Shuttleworth Riley Coughlan Rhydian Cowley Shaun Lewis	



From the Secretary ... REGISTRATION

The registration portal is open for renewal and new memberships for season 2025.

The portal is here:

<https://www.revolutionise.com.au/vrwc/registration>

I have also completed the first series of races for entry for members to enter. (NOTE - *If you intend to buy a Season pass, see note below before entering.*)

First 3 race days here:

<https://www.revolutionise.com.au/vrwc/events>

Season Pass at \$110

<https://www.revolutionise.com.au/vrwc/shop>

When purchasing an SP, please wait 48 hours for your unique code to be sent via email. *Do not enter any races until you have received your code.*

Terry Swan

DOGS OFF LEASH

At our championships day on Sunday 18 May, one of our race judges had cause to lodge a formal report concerning several dogs whose owners had seen fit to let them run untethered in a 'KEEP DOGS ON LEASH' area, very close to the northern turn of our course. At least one dog had been free to roam onto the path itself.

There is official signage on the path next to the Bowling Club fence in that area, requiring that dogs be kept on leash. Whether it was unseen or ignored by the dog owners, it resulted in a safety risk and was a source of anxiety for our competitors.

The incident was reported to Parks Victoria, who will advise their rostered rangers to patrol the area and undertake dog education measures if necessary.

VRWC members, supporters and parents who notice similar incidents should notify myself, Mark Donahoo or Terry Swan.

Stu Cooper
President

**** VRWC RACE FEES**

Seasons ticket 12 months:

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

VRWC Club Races:

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

VRWC Championships:

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.)

2025 WINTER SEASON FIXTURE

JUNE

Sunday 8 th June	RWA 58th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 14 th June	A.V. & LA Vic Championships,	Middle Park
	Incorporating AV Bert Gardiner 10km winter championship	

Saturday 14th June	Judging course and Coaching seminar	Middle Park
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Saturday 21 st June	VRWC Points races	Middle Park
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Saturday 28 th June	VRWC Points races & Prize Day	Middle Park
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JULY

Sunday 6 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
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Saturday 12 th July	VRWC Points races and Interval races	Middle Park
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Saturday 19 th July	VRWC Points races	
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Saturday 19th July	Coaching seminar for parents, athletes and coaches	Middle Park
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Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
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AUGUST

Saturday 2 nd August	VRWC Points races	Middle Park
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Saturday 9 th August	AV Championship & VRWC Championships & events	Middle Park
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Saturday 16 th August	VRWC Last points race	Middle Park
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Sunday 24 th August	Australia Athletics championships	Ballarat
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Saturday 30 th August	VRWC non points race day	Middle Park
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September

Saturday 6 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 14 th September	VRWC relay race and Seasons Presentations	Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sun 8 Jun 2025	RWA 58 th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat

International Dates

7 June 2025	La Coruna WR Walking Tour Gold meet – La Coruna, ESP
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20 th 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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<p>*DISCLAIMER: <i>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.</i></p>
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Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au