



HEEL & TOE Online

Vol. 2025
Issue No. 40
Tuesday
7 October 2025

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

*H&T Notice Board – Page 9

- *VRWC Summer fixture - final*
- *LAVic Community Officials: Race walk judging education session – Sunday 12 October (entries close Wednesday 8 October)*
****NOTE CHANGE OF VENUE – now at Willinda Park (Diamond Valley LAC)**
- *Little Athletics Victoria – SMR Wednesday night races and coaching at Mentone*
- *Dogs off leash*
- **** VACANCY – Club Treasurer**

** A reminder that *registrations for this important educative activity close this Wednesday!*

Enter via this link: <https://events.mygameday.app/event/communityofficialsracewalking12oct25> Full details on the Notice Board, page 9.

**COMMUNITY OFFICIALS
RACE WALKING**

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.

Date: Sunday 12th of October 2025
Time: 11am - 3pm
Location: Willinda Park Athletics Track
Reg Close: Wed 8th of October (midnight)

**CLICK HERE
TO REGISTER**

WHATEVER HAPPENED TO THE RWECS CHIP?

An article appeared recently in the blog **Tokyo Sports WEB**, entitled *'Another questionable decision: Red card in race walking sparks controversy, with some saying "It's better to let AI do it."'*¹, in which the penalizing of local hero Toshikazu Yamanishi in the men's 20km walk was held up as 'another questionable decision' by officials at the World Track and Field Championships, just concluded in Tokyo.

It's inevitable these days that, like blowflies at a barbecue, major athletics championships that feature race walks (and thus attract TV coverage and roadside crowds) will attract blogs, mainstream press articles or social media posts carrying images of walkers with their feet off the ground (or, more rarely, with bent knees during the support phase), these being used invariably to challenge the legitimacy and integrity of the sport. In this case, however, the writer seems not to attack the sport itself so much as raise the time-worn issue of human frailty in officiating it, although it's arguable as to whether the article would have been written at all had Yamanishi survived the penalty zone and won the race.



The piece quoted two readers' posts that caught my eye, stating that *"It would be better to let AI determine whether a race walker is walking or running. If it's judged by a human, the athletes won't be satisfied."* Also: *"I wonder if it's about time that AI judges race walkers' warnings using cameras. At least at the big tournaments. Even I, a complete amateur, can't be satisfied with it. The human eye is the most suspicious thing."*

These statements, both respectful and aimed at solving a problem, reminded me of something – the trial of the **Race Walking Electrical Contact System (RWECS)** shoe chip at the Madrid Marcha 10km event back in June. Details of the device and the then-forthcoming Madrid trial (along with the results of that race) were outlined in an article, *'VAR meets race walking: the tiny Spanish chip designed to expose cheating'*, by Luca Saez-Bravo, published in *El Mundo America*² and reprinted in *H&T Online Issue #22* on June 3. (see <https://vrwc.org.au/newsletters/heelandtoe-2025-num22.pdf>).

Devised by Spanish researcher Javier Rosell, this small, lightweight transponder promised to solve most, if not all, of the difficulties associated with previous bulky, unreliable sensor equipment that no walker would wish to carry. Tested successfully on the track and in local meets, the RWECS was now ready for a major race trial. Hopes were high. "It will allow athletes to compete with peace of mind because we are competing in a fair sport," said Spanish ace Diego Garcia Carrera. "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."

Unfortunately, that was the last we heard of this potential 'silver bullet' in the struggle to bring race walk judging into the 21st century. Post-race? Nothing. Google searches proved fruitless - the trail had gone cold. All that was left were questions:

Didn't it work? Was it a dud? Back to the drawing board?

If so, why not say so? Why the silence?

Did it work *too* well and scare the wits out of the testers? Did disclosure of the results spell the end for the sport? (Hardly likely, since out of the men's and women's fields, only Marc Tur got tossed. No wholesale slaughter, in other words.)

It was time to dig. So, out with the email shovel.

In short order, I was contacted by US coach and WA Gold judge Jeff Salvage. Jeff is on the working party for the RWECS project and is across its development. It turns out that the shoe chip test in Madrid was successful, but that it had never been the intention to use it for judging purposes in that race. Rather, it was simply to see if it worked technically, in compliance with protocols on data gathering. As far as that went, the chip worked as expected.

Furthermore, the publicity about the chip back in June in the WA article appears to have occurred as a result of leaked (and inaccurate) information as to the purpose of the Madrid test, which was about logistics and not about 'catching' anyone, despite the byline on the *El Mundo America* article that its purpose is to 'expose cheating'. More information will be released on the RWECS – now known simply as the Race Walk Chip – once some loose ends are tied up and the device is ready for distribution.

As for AI ... well, perhaps that has a role too, depending on what form it takes and whether it can be relied upon. The acceptance of either technology by the athletes will hang on how effectively, efficiently and economically it serves them, and the sport.

Stu Cooper

***How did the Race Walk Chip work?**

Jeff Salvage has just sent me a link to a specialty Facebook page, ***Theracewalkchip***,* which as the name suggests is dedicated to propagating news of the development and use of what was formerly known as the RWECS chip. It contains the following information regarding the Madrid Marcha trial:

¹ https://www.tokyo-sports.co.jp/articles/-/360400?fbclid=IwY2xjawM81zxleHRuA2FlbQIxMQBicmlkETFabWxTZkpsMHRjak5XNVhZAR7WnZ0IAP1B17dIhSPLZ3Vkdj3f6mA_OoQw29aNpt_zSyW8rPOwCwxi9aSHRg_aem_8CFtHs4yUTqhlqu4abDUNw

² <https://www.mundoamerica.com/news/2025/05/29/6838630ce4d4d812158b45f1.html>

The purpose of this test was to validate the system's protocol robustness on a road course. The test was not set up to assess athletes' loss of contact or judges' calls. The system was evaluated using two approaches to collecting real-time athlete data:

1. Using 6 antennas and 2 repeaters placed around the 1km course
2. A single (1) antenna placed at the start-finish area.

Both methods proved effective.

The antennas functioned as expected, and the data were transmitted and received properly.

One of the repeaters suffered from interference, but this did not impact the timely collection of data (which were recorded and transmitted from the next antenna).

Data from all activated chips were collected and assessed in real-time, and all steps of the athletes wearing chips were monitored successfully.

The test demonstrates ongoing progress for the RWECS toward deployment in road competitions, extending its previously demonstrated success in track events to the monitoring of racewalking athletes.

* <https://www.facebook.com/profile.php?id=61579896472411>

WALKER OF THE WEEK

The NSW All Schools championships were held during the recent term holidays, in fierce 33C heat which had a slowing effect on all but the best conditioned athletes. Few are better conditioned than **Zoe Woods (NSW)**, as she proved by setting a new championship record of **23:18.85** in the U19 5000m Walk and earning this week's WOTW award.

Zoe's fine result garnered a special accolade from David Tarbotton in the ANSW News site, and it's a pleasure to include it here:

Woods walking into our future

*Following the recent resurgence in NSW women's race walking through the achievements of Allannah Pitcher and Lizzy McMillen, Abbotsleigh's **Zoe Woods** is the next big hope to continue the progress. In warm conditions, mid-afternoon, she delivered the fastest 5000m race walking time in the history of the NSW All Schools Championships, although granted the fact in the Saville/Coffee/Webb era, the longest walk was 3000m.*

*Woods today broke McMillen's 19-years 5000m walk record with a time of **23:18.85** – 18 seconds under the previous best mark.*

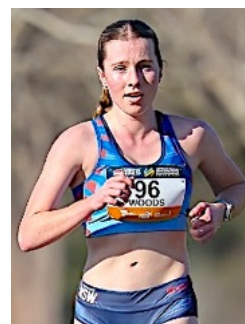
"I took 10 seconds off my PB so, all considering that's a very good time." It is the start of an important 12 months for Woods.

"I'll be aiming to qualify for the World Race Walking Teams (in March) and World Juniors (July)."

McMillen, who won the World University Games title this year, and then competed at the World Championships, is setting a pathway for athletes like Woods.

"I've seen her progress to winning World Unis, it's been phenomenal to watch her."

Next year Woods is thinking of studying journalism part time at UTS.



(Photo: Athletics NSW)

Congratulations, Zoe. From news maker to news reporter sounds like an appropriate segue – once you've hit some more of your racing goals!

***Honourable mention**

- **Rhys Chandler (NSW)** – on a day when the heat would have laid most PB plans to waste, Rhys sliced 16 secs from his 3000m best in winning the U15 All Schools title in **14:13.93**.

VICTORIA - METRO & REGIONAL



Here it is! Time to lace up those track walking shoes and head to the right venue for Round 1 of the **2025-26 AVSL season**. We wish all of our VRWC members, and walkers of other clubs, good racing and lots of fun. We look forward to posting your results throughout the summer. (*Round 1 timetable below.*)

*AVSL Round 1 – Saturday 11 October

All races open to Male and Female competitors

Metro – Knox	1.15pm	2000m walk (all ages)
	1.45pm	5000m walk (U18 and older)
Ballarat region – Llanberris Stadium	3:00pm	1500m, 3000m walk (all ages)
Bendigo region – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	1500m walk (U14, U16) 3000m walk (U18 and older)

NOTE: All of the above start times are subject to late change. Plan accordingly.

ENTRIES

Metro & Ballarat – enter via AV Members Portal at <https://www.revolutionise.com.au/athleticvic/events/>

Bendigo – enter via <https://eventplus.net/abs26>

Entries close at 12.00 noon on Wednesday 8 October



AROUND THE COUNTRY

NEW SOUTH WALES 2025 NSW All Schools T&F c'ships, 27-30 September – SOPAC, Sydney

Sydney – which probably holds the Australian patent on meteorological meanness – didn't hold back on the schoolkids who tackled their state All Schools championships on a blazing Tuesday morning last week. It didn't stop **Zoe Woods** and **Rhys Chandler** from posting new PBs, and in Zoe's case a new Meet record. A pat on the back to others who achieved PB times or even approached them in the 33C heat.

Girls U19 5000mW

1 Zoe Woods	Abbotsleigh	23:18.85 CR
2 Sienna Pitcher	Terrigal HS	24:53.06
3 Lilah Norden	Shellharbour	28:07.63

Boys U19 5000mW

1 Joel Byatt	Wyndham Col	22:39.17
2 Myles Ashby	Oakhill Col	23:51.84
3 Aidan Pospischil	Parramatta MH	31:56.66
4 Peter Charlton	Belmont HS	41:36.41

Girls U17 5000mW

1 Grace Beck	Pymble LC	26:53.27
2 Daniela Samuel	Chatswood H	30:32.46
3 Matilda Olsen	Glenwood H	31:31.39
4 Laura Corvalan S'or	Wm Clarke C	34:26.31

Boys U17 5000mW

1 Alexander Sinnett	Arndell AC	25:08.74
---------------------	------------	----------

Girls U16 5000mW

1 Sophie Polkinghorne	Mt St Benedict	25:32.86
2 Jessica Loring	Wm Clarke C	26:28.95
3 Stella Pinches	Lambton HS	30:42.00
4 Ashleigh Farrugia	Greystanes H	31:22.18
5 Emma Hearnden	Glendale THS	31:45.06
6 Caetlin Ashby	Brigidine Col	34:57.37

Boys U16 5000mW

1 Christopher Nilon	St Patricks MC	28:28.62
2 Alexander Braendle	Wahroonga AS	29:29.26

Girls U15 3000mW

1 Lexie Beacroft	RouseHill AC	16:48.24
------------------	--------------	----------

Boys U15 3000mW

1 Rhys Chandler	Epping Boys H	14:13.93
2 Michael Mathison	Westfields SHS	16:36.72
3 Sagan Jones	The Hills GS	18:02.86

Girls U14 3000mW

1 Nikki Hearnden	Glendale THS	16:51.89
2 Miarose Everson	CheltenhamG	16:54.94

Boys U14 3000mW

1 Callum Martin	Hunter SHS	13:59.25
2 Noah Vella	Cranebrook HS	15:30.59

3 Grace Delander	Menai HS	16:58.11
4 Erin Cassilles	Westfields SHS	18:01.26
5 Mia Graham	CheltenhamG	23:11.12

3 Tyler Cousins	Glendale THS	16:04.61
4 Mitchell McCarthy	HolyCross Col	16:58.08

Girls U13 3000mW

1 Ashleigh Mansell	Northolm GS	15:50.11
2 Audrey Russell	HunterValley G	16:23.67
3 Molly Miller	PittwaterHouse	16:37.69
4 Hannah Hewitt	BankstownGHS	17:16.45
5 Ivy Murray	Arndell AC	19:44.56
6 Louisa McCrae	StMarys CC	23:09.41

Boys U13 3000mW

1 Lincoln Moore	Penola CC	16:42.75
2 Alecander Dennett	Hawkesbury HS	17:50.31
3 Mathias Hutchens	PennantHills H	18:47.01
4 Macarthur Davis	Bomaderry HS	19:25.15
5 Juian Ciano	NorthernBeaches	20:27.15

Girls U12 3000mW

1 Felicity Rudd	StScholastica's	18:40.39
2 Arlya Rees	Wyong Chr C	23:03.30

Boys U12 3000mW

1 Ethan Lally	St Ives HS	20:54.71
---------------	------------	----------

TASMANIA NW Tasmania results, 4 October – Devonport

Chantelle Parker reports that there were terrible head winds again for the Walks at Devonport Bluff on Saturday, another PB for **Alexis Turley** over 1km, but very tough going for the walkers in the 3km event. But a race into head wind can be as good as a hill session and the walkers will have gained strength. Well done, everyone.

1km

1. Alexis Turley	Devonport LA	7:41 PB
------------------	--------------	---------

3km

1. Eva Parker	NWAC	16:10
2. Mason Yates	Devonport LA	21:31
3. Charlotte Turley	Devonport LA	21:58
4. Sienna Yates	Devonport LA	24:30



Eva challenges the wind to try and stop her. Behind her, Mason walked solidly for second.

 **INTERNATIONAL NEWS**

David Ainsworth forwarded this informative piece on the UK's sole representative in the Tokyo walks, **Cameron Corbishley**, in particular his challenges balancing the life of an elite athlete with that of a crucial essential services worker.

Corbishley: 'My ambulance job puts athletics into perspective'

by **James Dunn**, BBC South East sports reporter – reprinted from bbc.com/news, 4 October)

After one of the most gruelling races of his life in Tokyo, athlete **Cameron Corbishley** was back on shift with the Yorkshire Ambulance Service within four days.

He's the British record holder in the 35km racewalk and hopes to compete at the Los Angeles Olympics in 2028. However his job, which involves arranging transport for patients, keeps him grounded, he says.

"At the World Champs, for that moment it is the biggest thing in your life, but here, you realise there are...other priorities, the things people have going on in their lives put things into perspective," said Corbishley, who grew up in Sittingbourne, Kent, but now lives in Leeds.

Corbishley started at Maidstone and Medway Athletics Club, where a racewalking coach spotted his talent, and then went on to the Team GB pathway. Last year he broke the British record for the 35km racewalk with a time of 2 hours, 31 minutes and 34 seconds.

But he balances athletics with his job as a logistics team leader, often training twice a day, before and after work. "You have to either be up very early or be out late at night, which starts to take away from your sleep and recovery, so it's a balancing act," he said.

"I do feel proud of working here, you feel you are giving back in some way, being able to help and support people. Going out with the crews, you see it first hand, there are a number of people who, without our help, wouldn't be able to get the help they need."

Corbishley spent three weeks using heat acclimatisation equipment to prepare for Tokyo temperatures. But it was the 80% humidity he struggled with, placing 34th in a race he said was "a mission to finish".



Cameron Corbishley described the Tokyo World Athletics Championships as "the hardest race that I've done."



He has to balance athletics with his job as a logistics team leader, often training twice a day, before and after work.

(Photos: Reuters; BBC)

Racewalkers must keep contact with the ground at all times and keep the leading leg straight. They get a red card for any infraction and are disqualified after three.*

"In a marathon you see people really struggling but they don't have to keep their technique," he said. "I'm struggling just as much as they are but I've got to keep one foot on the ground and I've got to keep my knees straight otherwise I'm getting disqualified."

He's now aiming for the Commonwealth Games, and ultimately the Olympics in 2028. "I've been close on two occasions before...all the training and focus is building towards trying to qualify for those games and be as competitive as I can when I am there," he added.

**This is the only discrepancy in an otherwise entertaining article. Still some work to do to educate the media – and the public at large – about the penalty zone rule in championship races.*

UNITED KINGDOM: Ryan Cup (Police v Civil Service) results, 24 September - Evesham

Thanks to **David Ainsworth** for forwarding these results. Reminiscent of the days when contests between teams from services, trades and professions were a regular feature of the British race walking scene. (Anyone for a Software designers v. Data programmers 10km?)

PSUK Race Walk Championships (10km)

Police – v – Civil Service (Ryan Cup)

Civil Service Championships (10km)

Evesham Velo Park, Evesham, Worcs. – Wednesday 24th.September 2025.

<u>C/Service</u>	<u>PSUK</u>	<u>Pos.</u>	<u>Name</u>	<u>Force/Service</u>	<u>Time</u>
1		1	Jonathan Hobbs	HMRC	54.25
2	1	2	Martin Slevin	Dyfed Powys Police/MOJ	61.38
3			Steve Allen	GUEST	61.44
	2	4	Colin Harle	Met Police	62.31
3		5	Mark Culshaw	HASSRA	68.58
4		6	Jason Holt	HMRC	71.41
	3	7	Steve Broadbent	Lancashire Police	75.09
5		8	Jason Brewer	HMRC	77.31
	4	9	David Watkinson	Lancashire Police	79.31
6		10	Martin Brasher	DEFRA	85.22
7		11	John Hall	DEFRA	90.06

Ryan Cup.

1st. Civil Service 1, 4, 5, 7, = 17pts
 2nd. PSUK 2, 3, 6, 8. = 19pts

P.S.U.K. No Teams Closed in.

Civil Service : 1st team- HMRC 10pts

2nd. Team (2 scoring) DEFRA 13pts.

Martin Slevin (2nd.) Qualifies also for Civil Service (Ministry of Justice) but not scoring for Ryan Cup.

5km Championships (Women)

1	Alexsandra Majewska-Ani	HMRC	29.51
2	Maureen Noel	M.O.D.	31.57
3	Amy Marsh	DEFRA	37.05
4	Celia Cordran	Met Police	37.26

5	Pamela Abbott	DEFRA	38.16
6	Sue Harrison	Lancashire Police	41.03
7	Geraldine Legon	HASSRA	42.13
8	Ann Crofts	Lancashire Police	46.06

Civil Service Teams - 1st. DEFRA 7pts

Glyn Jones

PSUK Athletics Section (Race Walking)

NETHERLANDS: Netherlands National championships results, 5 October - Tilburg

Emmanuel Tardi had his second judging assignment in Tilburg (NED) for the year – in somewhat less agreeable conditions this time!

I was appointed as judge last Sunday in Tilburg for Nederland National Championship (35k Men, 20k women). The races were scheduled at 11am for 35k and 12am for 20k .

The weather was very windy, and sometimes there was hard and cold rain. There were around 60 starters including many German racewalkers.

In the 35k, **Junghanns** and **El Wafa** walked together at a good speed (10k: 45.20, 20k: 1h30.47, 30k: 2h16.15). They crossed the finish line together in **2h39.21**.

Edwin Van Wijngaarden won the Nederland Championship. He walked with **Jansen**, but Jansen was in the 10k race.

The 20k was won by **Kylie Garreis** who was very far in front of the pack, but after 15km, she battled against the wind and **Anne Van Andel** was very close to catching her in the last 2 laps.

The 10k races were won by British walkers **Luc Legon** and **Hannah Hopper**.

Judges

Marcel Van Gemmert (NED)

Jens Grunberg (GER)

Emmanuel Tardi (FRA)

Rob Tersteeg (NED)

Truus van Wijnen (NED)

Yvonne Grootswagers (NED)

35km

1/Karl Junghanns	2:39:21
2/Jassam Abu El Wafa	2:39:22
3/Mathias Holtermann	3:19:30
4/Edwin Van Wijngaarden (Champion)	3:21:56
5/Liesbet De Smet	4:11:51
6/Arjan Bogerd	4:50:14
...Annelies Sarrazin	DNF
...Wilfried Van Bremen	DNF
...Daan Max Van Dongen	DNF
...Leon Pullens 3h59.09 (non-judged)	3:59:09NJ

20km

1/Kyllie Garreis	1:47:54
2/Anne Van Andel (Championne)	1:48:21
3/Emily Ghose	1:55:25
4/Ulrich Brämer	1:58:27
5/Andreas Ritzenhoff	2:07:07
6/Ines Hammerl	2:10:41
7/Katrin Schusters	2:12:36
8/Jacqueline Van Drongelen	2:16:44
9/Loes Van Bremen	2:23:50
10/Larissa Groogendijk	2:27:40
11/Sandra Mas	2:50:55
12/Joachim Bauer	2:52:57

10km

1/Luc Legon 46.52	46:52
2/Remco De Bruin 51.47	51:47
3/Hannah Hopper 52.48	52:48
4/Paul Jansen 55.01	55:01
5/Elisabeth Holding 1h01.04	1:01:04
6/Henk Plasman 1h02.18	1:02:18
7/Jil Lilly Asmus 1h08.54	1:08:54
8/Han Holstag 1h09.12	1:09:12
9/Stefan Lehman 1h09.25	1:09:25
10/Theo Koenis 1h09.27	1:09:27
11/UweTolle 1h09.36	1:09:36
12/Birgit Komoll 1h13.21	1:13:21
13/Bernd Ocker Hölter 1h14.02	1:14:02
14/Wolf Dieter Giese 1h14.02	1:14:02
15/Hartmut Bonness 1h22.35	1:22:35
16/Otmar Seul 1h32.16	1:32:16
...Dietmar Seel	DNF



Garreis, Van Wijngaarden (1), Van Anandel, Junghanns, El Wafa, Hopper.

Judges

Marcel Van Gemmert (NED)
 Jens Grunberg (GER)
 Emmanuel Tardi (FRA)
 Rob Tersteeg (NED)
 Truus van Wijnen (NED)
 Yvonne Grootswagers (NED)

Sounds like they all earned their hot chocolate ...



(Photos: Emmanuel Tardi)

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, October 6, 2025 - **Dutch Race Walking Championships (35km men/20km women) – Tilburg 2025** <https://omarchador.blogspot.com/2025/10/campeonatos-de-marcha-dos-paises-baixos.html>
- Sunday, October 5, 2025 - **Ruby Dayanna Segura (Colombia) and Ivan Dario Oña (Ecuador) stand out at the Pan American U20 Athletics Championships – Bogotá 2025** <https://omarchador.blogspot.com/2025/10/ruby-dayanna-segura-colombia-e-ivan.html>
- Saturday, October 4, 2025 - **International Under-16 Meeting HUN-CRO-CZE-SVK-SLO in Kaposvár (2025) – results** <https://omarchador.blogspot.com/2025/10/encontro-internacional-sub-16-hun-cro.html>
- Friday, October 3, 2025 - **Estrella Rojas and José Duvan Coscco win Peruvian under-20 championships (La Videna 2025)** <https://omarchador.blogspot.com/2025/10/estrella-rojas-e-jose-duvan-coscco.html>
- Thursday, October 2, 2025 - **Luc Legon and Anne van Anandel win 16th Sprint Triathlon in Race Walking** <https://omarchador.blogspot.com/2025/10/luc-legon-e-anne-van-andel-vencem-16.html>
- Wednesday, October 1, 2025 - **Nitin Gupta and Munita Prajapati in the spotlight at the 64th All India Championships (Ranchi 2025)** <https://omarchador.blogspot.com/2025/10/nitin-gupta-e-munita-prajapat-em.html>
- Tuesday, September 30, 2025 - **Dayana Segura and Juan Pablo Rojas win Colombian under-20 track championships (Bogotá 2025)** <https://omarchador.blogspot.com/2025/09/dayana-segura-e-juan-pablo-rojas-vencem.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.

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!



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.

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 – 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)

*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

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***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.

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au

