



# HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.  
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### \*H&T Notice Board – Page 12

- *Notice of Annual General Meeting – Sunday 16 November*
- *VRWC Summer fixture - final*
- *Dogs off leash*
- *\*\* VACANCY – Club Treasurer*

### \*\*WALKER OF THE WEEK\*\*

Often a life-changing loss, in the form of a family bereavement, can bring out the best in an athlete, at a time when it is reasonable to assume the opposite might occur. In the case of **Phoebe Chadwick (QLD)**, the recent death of her father at the age of 41 appears to have motivated her to the extent of clocking two big PB times in two days, the first just 3 days after the funeral. This has earned Phoebe this issue's WOTW.

According to her coach of seven years, Shane Pearson, Phoebe's dad Mick was her biggest and most vociferous supporter. Whether his untimely passing was sudden or expected, and while his loss will have left family and friends grief-stricken, it's easy to imagine Phoebe carrying Mick's encouraging voice inside her as she tackles life's challenges, of which her walking goals will be among the foremost. If this is so, Phoebe had added incentive with which to set new 1500m and 3000m PB times of **7:31.50** (0:27) and **15:41.33** (1:10). These are substantial improvements, borne of consistent hard training and a desire to progress that she will now be even more determined to fulfill.

Well done, Phoebe. While most of us never met your dad, we're sure he was proud of you and your achievements. We wish you every success in walking and in life.



#### \*Honourable mentions

- **Noah Cooke (QLD)** and **Callum Martin (NSW)** – Two breakthrough results over 3000m that saw both boys break 13 minutes. According to Racewalk Australia, this was the first sub-13 for both, **Callum** clocking **12:54.60** (0:16) and **Noah** **12:59.26** (0:19).
- **Sienna Wade (NSW)** – took a huge 0:41 slice from her 1500m PB with a time of **7:18.15** at the Treloar Shield meet on 25 October.



## CLUB NEWS and RESULTS

### \*NOMINATION AND PROXY VOTING FORMS FOR AGM

Everyone will now have received via email copies of the **Committee Nomination** and **Proxy Voting forms**, with which they can nominate financial members for positions on the committee and have someone vote for you in your absence.

The forms were embedded in the body of the email (no attachment facility) so printing may be difficult. Either write to me or Terry Swan for a copy by return email, or follow the wording on the form in submitting your nomination to Terry. Remember to sign and date it.

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# VICTORIA - METRO & REGIONAL



## \*SUCCESSFUL CLINIC AND RACES AT MENTONE

Last Wednesday evening saw 19 young walkers gather at Dolamore Reserve track in Mentone for the first of two combined coaching clinics and races, planned for the pre-Christmas period for Southern Region athletes but not restricted to them. Coaching was provided by **Rupert Van Dongen** (Mentone LAC) and **Ben Skurka** (Chelsea LAC). Rupert's input was centred around essential technique, warm-up and drills, while Ben gave assistance during the races.

In addition, LA race judges **Wally Horsman** and **Therese Smith** were joined by VRWC judge **Stu Cooper**, who advised the young athletes on what a judge looks for and how to respond to yellow and red card notifications.

Following the coaching, races of 700m and 1100m were held. Results:

### 700m Walk

1 Axel Hobson	Cockatoo	5:31	6 Harvey Flegg	Mentone	7:04
2 Milla Smith	Cranbourne	5:43	7 Emily Allan	Mentone	7:08
3 Milly Simmons	Moorabbin	6:44	8 Ruby Nicholls	Cranbourne	7:15

### 1100m Walk

1 Anna Dubar	Brighton	6:17	10 Archie McDonald	Mentone	7:28
2 Daisy Hooper	Box Hill	6:24	11 Ashton Fletcher	Mentone	7:29
3 Emma Ward	Berwick	7:01	12 Charlotte Read	Chelsea	7:43
4 Noah Joksimovic	Cranbourne	7:01	13 Domingo Monotti	Mentone	8:28
5 Felix Skurka	Chelsea	7:01	14 Zahara Fletcher	Mentone	10:01
			15 Zeddy Simmons	Moorabbin	11:07

A special 'well done' to LAVic's **Brett Johnstone** (Competition manager) and **Nathan McConchie** – as well as parents and helpers – who worked to provide a valuable evening of walks education for the kids. We now turn our focus to the second session on **Wednesday 10 December**, again at Mentone. Watch for the entry details in future issues.



## AVSL – News, results

It's back to business as usual with the conclusion of the All Schools championships. Next Saturday sees AVSL resume with Round 3, with Metro walks happening at Keilor (Zone A).

### \*AVSL Round 3 – Saturday 8 November

*All races open to Male and Female competitors*

<b>Metro</b> – Keilor (Zone A)	1.00pm	2000m walk (all ages)
	1.00pm	5000m walk (all ages)
<b>Ballarat region</b> – Llanberris Stadium		No walks
<b>Bendigo region</b> – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	1500m walk (all ages)
		3000m walk (all ages)

**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/athleticsvic/events/>

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

*Entries close at 12.00 noon on Wednesday 5 November*

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# AROUND THE COUNTRY

## A.C.T. ACTRFWC track results, 30 October - Woden

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

### 1500m Race Walk

1.	Hana Jugovic	6:59
2.	Zac Anderson-Rule	8:53
3.	Sebastian Ryan	8:54
4.	Clare Rice	9:39

### 700m Race Walk

1.	Jillian Ryan	3:23
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## NEW SOUTH WALES NSW Treloar Shield #3 results, 25 October – Mingara AF

The partnership between NSW and Little Athletics NSW again showed benefits, with 56 young walkers converging on the Mingara Athletic Field on the Central coast for some high-powered and valuable competition.

I haven't managed to check all the times for PBs but there are some stand-outs, notably **Sophie Polkinghorne's** 0:43 improvement over 5000m, **Callum Martin's** sub-13:00 in the 3000m and **Sienna Wade's** huge 41 sec PB for 1500m.

### Girls 1500mW 10-12

1	Lilyeve Everson	Ryde AC	7:18.61
2	Stella Wade	Ryde AC	7:29.77
3	Addison Jenkins	Parramatta City Ath	8:10.84
4	Antonia Powter	Emu Plans LAC	8:23.76
5	Veronica Dennett	Hawkesbury City AC	8:38.35
6	Piper Marshall	Manly Warringah	8:43.77
7	Nasrin Hewitt	Bankstown Sports A	9:23.81

### Girls 1500mW 13-14

1	Grace Fleming	Balmain AC	9:19.06
2	Arlya Rees	Mingara Regional	9:39.05

### Women 1500mW 15-17

1	Sienna Wade	Ryde AC	7:18.15
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### Girls 3000mW 13-14

1	Avia Luketic	Balmain AC	14:37.41
2	Ashleigh Mansell	Cherrybrook SLA	15:14.15
3	Hannah Hewitt	Bankstown Sports A	15:54.54
4	Kira Ekers	Ryde AC	15:59.44
5	Ivy Murray	Riverstone AC	16:34.55

### Women 3000mW 15-17

1	Miarose Everson	Ryde AC	15:54.21
2	Lexie Beacroft	Hills District SAC	16:06.66
3	Erin Cassilles	Westfields AC	16:59.39
4	Nikki Hearnden	Cardiff & Dist LA	19:04.99

### Women 3000mW 50+

1	Antoinette Woodward	UTS Northern Subs	19:57.48
2	Melissa Chandler	Ryde AC	21:41.72
3	Sandy Hoy	UTA Northern Subs	23:22.65

### Women 5000mW Open

1	Hannah Bolton	Mingara Regional	22:14.89
2	Zoe Woods	Hills District	22:58.19
3	Sophie Polkinghorne	Hills District	24:03.90
4	Sienna Pitcher	Mingara Regional	24:27.61
5	Chelsea Roberts	Sydney Uni AC	25:57.36
6	Laura Corvalan S'mayor	Girraween AC	29:20.68

### Boys 1500mW 10-12

1	Darcy Dennis	Balmain AC	7:20.81
2	Eric Colgan	Hornsby Dist	7:30.56
3	Daniel Smart	North Rocks Carl	7:35.06
4	Jacob Hearnden	Cardiff & Dist LA	7:52.69
5	Patrick Yeldham	Northern Suburbs	8:40.13
6	Tyler Tabrett	Cherrybrook SLA	8:51.70
7	Ethan Carlton	Hornsby Dist	10:05.51
8	Tyler Holdsworth	Hornsby Dist	10:39.10
9	Hugo Jordan	Cherrybrook SLA	12:46.79

### Boys 1500mW 13-14

1	Nate Appleyard	Winston Hills	6:40.44
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### Boys 3000mW 13-14

1	Lincoln Moore	Bankstown Sports	15:21.61
2	Liam Meale	Gosford LAC	15:26.15
3	Mathias Hutchens	Hornsby Dist	15:53.48
4	Hugo Siciliano	Girraween LAC	16:09.61
5	Joshua Waddington	Winston Hills	16:12.84
6	Alexander Dennett	Hawkesbury City	16:32.55
7	William Pratt	Gosford LAC	18:23.12
8	Julian Ciano	Manly Warringah	18:23.18

### Men 3000mW 15-17

1	Callum Martin	Adamstown NL	12:54.60
2	Noah Vella	Nepean Dist AC	14:34.91
3	Michael Mathison	Westfields AC	15:48.12
4	Patrick Waddington	Winston Hills	16:22.61

### Men 3000mW 35-49

1	Andrew Jordan	Cherrybrook SLA	22:24.39
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### Men 5000mW Open

1	Jack McGinniskin	Mingara Regional	22:06.80
2	Dylan Allabush	Ku-Ring-Gai LAC	23:55.69
3	Alexander Braendle	Northern Districts	26:05.59
4	Rhys Chandler	Ryde AC	26:14.99
5	Christopher Nilon	North Rocks Carl	28:08.55

## QUEENSLAND Gary Brown Shield interclub results, 1 November – QSAC, Brisbane

The QA Gary Brown Shield saw few entrants and even fewer attendees, no doubt owing to the storm forecasts which, thankfully for those who did turn up, didn't eventuate. **Phoebe Chadwick** clocked a 1:00-plus PB while **Noah Cooke** dipped below 13:00 for the first time in another speedy performance. Thanks to **Robyn Wales** for the results.

### 3000m men

1 Noah Cooke	QRWC	12:59.26
2 Koby Irvine	Bundaberg	13:58.19 (15y)
3 Cory Lockwood	GCA	15:56.80 (14y)
4 Kai Dale	QRWC	16:16.11 (17y)
5 Leo Ramsay	QA	17:57.81 (13y)
.. Lachlan Moore	Ignition	DNF (14y)

### 3000m Women

1 Phoebe Chadwick	QRWC	15:41.33 (19y)
2 Eliza Kelly	QRWC	16:12.49 (15y)
3 Violetta Boyd	GCA	17:14.08 (13y)

## QUEENSLAND UQ 1500m Classic results, 30 November – St Lucia

Robyn has also supplied walk results from the 1500m Classic meet held at the QLD University track two days earlier.

### Women 1500 Metre Race Walk

1 Boulton, Olivia	GCA	6:53.13
2 Chapman, Taylor	USC	7:03.29
3 Kelly, Eliza	QRWC	7:29.60
4 Chadwick, Phoebe	QRWC	7:31.50
5 Sansom, Bella	DEC	8:30.64
6 Conway, Violet	QRWC	8:39.78
7 Hibbs, Patricia	QRWC	9:07.72
8 Chu, Lilli	BOR	9:07.76
9 Kelly, April	QRWC	10:12.51

### Men 1500 Metre Race Walk

1 Housden, Bailey	QRWC	5:55.75
2 Cooke, Noah	QRWC	6:04.82
3 Moore, Lachlan	IGN	6:33.31
4 Robertson, Hayden	QRWC	7:26.85
5 Ramsay, Leo	QA	8:27.68

## TASMANIA Tasmanian All Schools T&F c'ships, 1 & 2 November – St Leonards

David Moore reports from Launceston:

Hot conditions at the Northern Tasmanian Athletic Centre in St Leonards for both days of The Tasmanian All Schools Championships with the Walks conducted under the full sun of midday and late morning.

**Samuel Lindsay** had the onerous task of walking the 5000m on Day 1 of the Championships by himself but still managed a classy, sharply walked performance.

Day 2 saw the U/16 and U/14 3000m events start together. U/16 National Junior Road Walk Medallist **Eva Parker** left the U/14's in her wake to notch up a 4 second PB in a strong effort from this emerging talent.

The U/14 Race was a tightly contested affair between **Adele Woodward**, **Kailyn Jones** and **Charlotte Dix** with multiple lead changes throughout the race between Kailyn and Charlotte. Waiting in the wings for them to tire themselves out was Adele Woodward who sensed the right moment to take the lead with 200 metres to go and reach the finish line first to claim the Gold.

### U14 Girls 3000mW

1. Adele Woodward	St Aloysius	19:34.86
2. Kailyn Jones	Lady of Lourdes	19:43.97
3. Charlotte Dix	Montagu Bay PS	20:11.65
4. Charlotte Turley	Scotch Oakburn	22:23.45
.. Alexandra Summers	Summerdale PS	DQ

### U18 Boys 5000mW

1. Samuel Lindsay	St Patricks Col	21:17.02
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### U16 Girls 3000mW

1. Eva Parker	Reece HS	15:17.08 PB
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U14 action ... Charlotte leads from Kailyn and Adele. (Photo: Elizabeth Leitch)



**Result 3000m Walk**

1. Wayne Fletcher M78 27:30

**WESTERN AUSTRALIA Aths West All Schools T&F c'ships, 31 October – WAAS, Perth**

Thanks to **Terry Jones** for sending through these results.

**3000m Walk Women · U14**

1 Makenzie SILLITTO 16:15.71  
 2 Scarlett NUNN 16:52.39  
 3 Willow WHEELER 16:53.08  
 4 Hannah CLAUSNITZER 16:56.68  
 5 Chloe BEVIS 19:29.02

**3000m Walk Women · U15**

1 Tory D'ALESSIO 16:10.12

**3000m Walk Women · U16**

1 Trinity DOULIS 16:15.07  
 2 Sierra THOMPSON 19:26.19  
 3 Lauren DAVIS 19:51.59

**5000m Walk Women · U18**

1 Kaytee BOGAERS 27:17.63

**3000m Walk Men · U14**

1 Tayte MOORE 17:03.60  
 2 Tom MURPHY 18:34.66

**3000m Walk Men · U15**

1 Dylan SARDELICH 17:11.50  
 2 Orlando FOLLINGTON 17:13.14

**3000m Walk Men · U16**

1 Keenan MUNRO 15:16.55

**5000m Walk Men · U17**

1 Ali ZNAD 25:28.66

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 **INTERNATIONAL NEWS**

**CZECHIA: One Hour Clock walk, 1 November – Prague**

**Emmanuel Tardi** ventured to the Stade Radotin in Prague at the weekend, this time to join with other competitors in squeezing the most meterage out of an hour:

This weekend I was in Prague for the 12th edition of a competition, organized over the unusual distance of one hour. Organizer was Josef Smola, a local company director and very famous local racewalker (he walked 9h40 for 100km in Rivera – Switzerland). The race took place in Radotin Stadium which is located in the south suburbs of Prague close to Smola manufactory.

Due to very large number of entries , organizers had to change the initial timetable and added a second heat for the one hour race.

The 2000m and 3000m were at 10am, 5000m at 10:30, 1 hour for slower walkers at 11:30, 1 hour for faster at 12:45.

Walkers came from 8 countries ( CZE SVK GRE USA FRA GER POL GBR)

Frederic Bianchi ( Switzerland ) was added to the local team of judges . The weather was beautiful

In the fastest heat, **Linke, Cerny** and **Christie** started together and stayed in the front of the pack the first 5km. Then Linke sped up. He reached the 10k point around 41'55'' and won the race with **14.462km**.

It was the same scenario for the women race, **Papadopoulou, Hacundova** and **Cerna** walked together the first 5k with **Martin Nedvidek**. Then Papadopoulou sped up, reaching 10k point around 46'57'' and won the race with **12.829km**.

	1 Heure		YOB		10km	Metres
1	19	Linke Christopher	88	SC Potsdam	41:33.12	14462
2	21	Dominik Černý	97	ŠK Dukla o.z. Banská Bystrica	42:10.96	14209
3	16	Nick Christie	91	U.S Air Force / New York Ac	42:27.73	14013
4	9	Albert Kukla	5	VSK Univerzita Brno	43:36.10	13570
5	7	Adam Zajíček	3	OSTRAVA WALKING PROJECT	46:42.10	12997
6	67	Lukáš Gdula	91	Hvězda Pardubice z.s.	47:08.25	12907
7	32	Christina Papadopoulou	96	Panelinios	46:56.95	12829
8	30	Ema Hačundová	99	ŠK Dukla o.z. Banská Bystrica	47:35.98	12646
9	22	Hana Černá	0	ŠK Dukla o.z. Banská Bystrica	47:42.53	12531
10	5	Rostislav Kolář	87	SK Hranice	51:08.35	11815
11	27	Steffen Borsch	73	SV Halle	51:10.35	11760
12	17	Martin Nedvidek	75	AC Rumburk	47:43.27	11690
13	34	Filip Hejkrlík	79	SABZO	56:57.77	10571

14	20	Brit Schröter	74	LG Vogtland	56:59.96	10514
15	35	Uwe Schröter	59	LG Vogtland	57:11.75	10495
16	1	Josef Smola	64	SMOLA CHŮZE Praha	58:29.01	10305
17	72	Dagmara Holecová	83	ŠK BCF Dukla BB	58:53.48	10206
18	12	Marek Slaměník	75	AK Slovan Duchcov	59:18.78	10160
19	4	Miroslaw Łuniewski	57	UKS Jedyńka Reda		9923
20	53	Miroslav Fliegl	54	PSK Olymp Praha		9907
21	31	Lenka Borovičková	73	SK Nové Město n. Metují		9889
22	26	Steve Allen	56	Barnet & District AC		9807
23	60	Tereza Pittnerová	4	AC Turnov		9323
24	29	Dick Gnauck	63	ASV Erfurt		9014
25	44	Evertz Günter	57	PSV Berlin		9004
26	69	Andreas Wild	82	ASV Erfurt		8931
27	6	Štěpánka Pohlová Kučerová	87	TJ Sokol Hradec Králové		8785
28	18	Langhammer Reinhard	52	ASV Erfurt		8782
29	45	Lehmann Stefan	51	PSV Berlin		8581
30	28	Kruse Cora	57	MLV Einheit Magdeburg		8385
31	43	Hölters Bernd	46	PSV Berlin		8380
32	70	Miloš Němec	59	SK Nové Město nad Metují		8164
33	24	Jan Zajíc	53	Hvězda Pardubice z.s.		7882
34	63	Jiří Kovanda	46	Lokomotiva Beroun		7540
35	73	Jaroslav Pták	47	AK Bilina		7533
36	40	Emmanuel Tardi	67	LP Longjumeau		7509
37	62	Libuše Vlachynská	62	SABZO Praha		7218
<b>5000m</b>						
1	36	Vojtěch Vejvančický	8	AC Rumburk	22:34.06	
2	57	Stanislav Borissov	91	AC Rumburk	23:00.90	
3	11	Arnošt Slaměník	9	AK Slovan Duchcov	24:06.04	
4	52	Marek Rösler	8	AC Mladá Boleslav	24:45.02	
5	56	Noemi Maják	9	Běžecký klub F - C Kadaň	27:06.10	
6	75	Ondřej Sedláček	82	SC Radotín	29:02.22	
7	76	Tomáš Vojtíšek	73	AC Moravská Slávia Brno	31:51.72	
8	98	Jiří Janoušek	51	TJ Jiskra Otrokovice	33:23.41	
9	78	Jaroslava Pokorová	72	Báječné ženy v běhu	34:24.61	
10	83	Nikol Radová	8	TJ Lokomotiva Veselí nad Lužnicí	35:57.22	
11	71	Kateřina Rybáčková	8	Lokomotiva Beroun	42:31.82	
12	15	Tomáš Mířejovský	61	Spartak Praha 4	44:24.23	
13	48	Miroslav Kapusta	53	ŠK BCF Dukla BB	46:07.63	
<b>3000m</b>						
1	13	Jakub Weis	10	AK Slovan Duchcov	13:32.03	
2	59	Nina Lasicová	11	Junior club Borský Mikuláš	16:23.09	
3	54	Matyáš Dražan	11	TJ LIAZ Jablonec nad Nisou	17:57.01	
4	55	David Ráček	10	TJ LIAZ Jablonec nad Nisou	18:06.02	
5	38	Anežka Halasová	11	AHA Vyškov	18:21.04	
6	49	Tereza Lahodová	10	SC Radotín Praha	19:40.26	
<b>2000m</b>						
1	74	Míchal Benčík	13	ŠK BCF Dukla BB	09:27.36	
2	50	Nela Ščibranová	13	ŠK ŠOG Nitra	09:58.62	
3	58	Gabika Pikálková	12	AK Junior Holíč	10:56.43	
4	51	Adéla Hůlková	12	AC Mladá Boleslav	11:35.21	
5	81	Jan Krabec	12	TJ Baník Stříbro, spolek	11:57.93	
6	37	Alena Kalubová	13	AC Rumburk	12:10.64	
7	39	Matěj Halas	13	AHA Vyškov	12:15.14	
8	10	Emma Viktorinová	13	Orel Vyškov	12:16.33	
9	88	Šimon Dobeš	12	SK Jeseniova	12:33.34	
10	61	Petra Pípalová	13	TJ Lokomotiva Veselí nad Lužnicí	12:56.42	
11	86	Anna Hiršová	13	TJ Lokomotiva Veselí nad Lužnicí	13:03.11	
12	66	Yelizaveta Chornozubenko	13	AC Rumburk	14:41.79	
13	14	Bořivoj Slaměník	13	AK Slovan Duchcov	15:22.10	



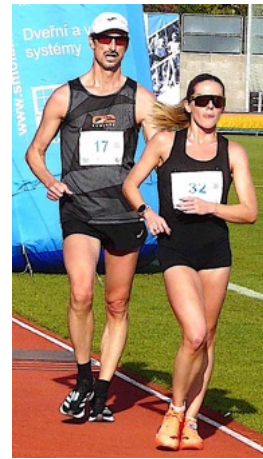
Linke (19), Cerny



Christie



Hacundova (22), Cerna



Papadopolou, Nedvidek



... and not forgetting 'l'homme lui-même'.

(Photos: Emmanuel Tardi)

## GERMANY: Lusatian International Race Walk meeting, 25 October – Zittau

Links to *O Marchador's* reports on this meeting appeared in the last issue. In addition, here is *European Athletics's* summary of the key races:

### **Zdzieblo and Gabriele take the plaudits over new race walking distances in Zittau**

(reprinted from *European Athletics News* – 27 October)

Former world and European silver medallist **Katarzyna Zdzieblo** from Poland was among the winners at the Lusatian Race Walking International meeting, a World Athletics Race Walking Tour Silver event, in Zittau on Saturday (25).

The 29-year-old, who won silver medals in both the 20km and 35km race walk at the 2022 World Athletics Championships, stepped up in distance to win the newly-established marathon race walk in **3:24:19** by almost ten minutes from Ecuador's **Magaly Beatriz Bonilla** in **3:34:11**.



Agrusti (Photo: Wikipedia)



Zdzieblo (Photo: European Athletics)

In a more competitive men's marathon, Italy's **Andrea Agrusti** took the plaudits in **3:03:55**, winning by just over one minute from Germany's **Karl Junghanns (3:04:51)** with Hungary's **Mate Helebrandt (3:07:26)** with Poland's **Maher Ben Hlima** fourth in **3:07:51**.

Italian teammate **Giulia Gabriele**, a medallist at both the European Athletics U20 and U23 Championships, won the women's half marathon in **1:38:16** ahead of fellow 19-year-old **Mina Stankovic** from Serbia in **1:39:10** while **Roberto Vasquez** led a Mexican clean sweep in the men's half marathon, winning in **1:25:26**.

The half marathon and marathon race walking events will be part of the programme at the 2026 European Athletics Championships in Birmingham, replacing the 20km and 35km race walking events.

The changes to the competition programme were formally approved at the European Athletics Congress in Batumi, Georgia on Saturday morning.

#### Men Marathon Walk

1.	Andrea AGRUSTI	ITA	3:03:55
2.	Karl JUNGHANNß	GER	3:04:51
3.	Máté HELEBRANDT	HUN	3:07:26
4.	Maher BEN HLIMA	POL	3:07:51
5.	Jaromír MORÁVEK	CZE	3:08:10
6.	Raivo SAULGRIEZIS	LAT	3:09:31
7.	Carl DOHMANN	GER	3:09:55
8.	Adam ZAJÍČEK	CZE	3:13:33
9.	Nathaniel SEILER	GER	3:13:54
10.	Georgios KELEPOURIS	GRE	3:29:23
11.	Lorenzo Antonio DAVILA RUIZ	MEX	3:43:56
12.	Denis FRANKE	GER	4:23:23
	Arkadiusz SCHIEDEL	POL	DNF
	Dawid TOMALA	POL	DNF
	David KUSTER	FRA	DQ
	Georgios KRITOULIS	GRE	DQ
	Teodorico CAPORASO	ITA	DQ

#### Women Marathon Walk

1.	Katarzyna ZDZIEBŁO	POL	3:24:19
2.	Magaly Beatriz BONILLA	ECU	3:34:11
3.	Agnieszka ELLWARD	POL	3:37:03
4.	Ada JUNGHANNß	GER	3:43:26
5.	Kinga WALERIAŃCZYK	POL	3:54:34
6.	Anna ZDZIEBŁO	POL	3:58:49
7.	Bianca SCHENKER	GER	4:25:18
	Bianca Maria DITTRICH	GER	DNF
	Anett TORMA	HUN	DQ

#### Men Half-Marathon Walk

1.	Roberto VASQUEZ	MEX	1:25:26
2.	Isaac PORCAYO	MEX	1:29:23
3.	Brandon PÉREZ	MEX	1:29:31
4.	Nick CHRISTIE	USA	1:29:39
5.	Ellis BATIFOL	FRA	1:29:58
6.	Albert KUKLA	CZE	1:33:07
7.	Norbert TÓTH	HUN	1:33:49
8.	Vít HLAVÁČ	CZE	1:33:58
9.	Dominik ČERNÝ	SVK	1:34:54
10.	Konstantinos NTENTOPOULOS	GRE	1:36:36
11.	Ernest PRZESTRZELSKI	POL	1:36:42
12.	Florent BEAUVAL	FRA	1:37:09
13.	Bastien PICART	FRA	1:38:57
14.	Martin NEDVÍDEK	CZE	1:42:25
15.	Roman HANYK	CZE	1:42:44
16.	Péter SCHWARCZ	HUN	1:44:25
17.	Imre CSONTOS	HUN	1:44:56
18.	Pierre GERBAUD-BLIN	FRA	1:48:39
19.	Rostislav KOLÁŘ	CZE	1:52:20
20.	Jaromír HLOCH	CZE	1:53:40
21.	PSŮTKA JINDŘICH	CZE	2:06:28
22.	Reinhard KRÜGER	GER	2:16:31
23.	Reinhard LANGHAMMER	GER	2:24:41
	Jason Jya Hsin CHERNG	USA	DNF
	Mateusz NOWAK	POL	DQ
	Lukáš GDULA	CZE	DQ

#### Women Half-Marathon Walk

1.	Giulia GABRIELE	ITA	1:38:16
2.	Mina STANKOVIĆ	SRB	1:39:10
3.	Christina PAPADOPOULOU	GRE	1:39:57
4.	Magdalena ŽELAZNA	POL	1:40:39
5.	Austėja KAVALIAUSKAITĖ	LTU	1:42:47
6.	Ema KLIMENTOVÁ	CZE	1:43:03
7.	Ema HAČUNDOVÁ	SVK	1:43:18
8.	Tabea KIEFER	GER	1:44:07
9.	Theresia Emma MOHR	AUT	1:44:28
10.	Kylie GARREIS	GER	1:45:47
11.	Izabela KRZYŻANOWSKA	POL	1:48:36
12.	Alžběta FRANKLOVÁ	CZE	1:49:38
13.	Anna-Maria GABRIEL	GER	1:53:57
14.	Nika Helene ILLING	GER	1:56:46
15.	Lysa PICART	FRA	2:02:45
16.	Kathrin SCHULZE	AUT	2:04:56
17.	Martina NETOLICKÁ	CZE	2:20:07

#### Men 10Km Walk Open

1.	Jakub BÁTOVSKÝ	SVK	42:22
2.	Arvid KOCKEL	GER	44:42
3.	Mohamed RAGAB	EGY	45:03
4.	Stanislav BORISSOV	KAZ	48:48
5.	Eckart APEL	GER	56:28
6.	Andreas RITZENHOFF	GER	59:10
7.	Jacques VAN BREMEN	NED	59:29
8.	Stephen ALLEN	GBR	1:01:12

#### Women 10km Walk Open

1.	Brit SCHRÖTER	GER	55:16
2.	Britta BAUER	GER	57:03
3.	Ines HAMMERL	GER	59:29
4.	Erika PONTAROLLO	ITA	1:01:39
5.	Lenka BOROVIČKOVÁ	CZE	1:02:03
6.	Yvonne BONNES	GER	1:03:37
7.	Gudrun KLOSE	GER	1:08:29
8.	Cora KRUSE	GER	1:11:41



9.	Mirosław LUNIEWSKI	POL	1:01:16	9.	Birgit KOMOLL	GER	1:12:41
10.	Josef KALAT	CZE	1:04:00		Ewelina CYMBALIŃSKA	POL	DNF
11.	Waldemar MALECKI	POL	1:04:35				
12.	Günter EVERTZ	GER	1:06:28				
13.	Uwe TOLLE	GER	1:08:29				
14.	Han HOLTSLAG	NED	1:09:52				
15.	Stefan LEHMANN	GER	1:11:20				
16.	Bernd Ocker HÖLTERS	GER	1:12:40				

#### Men 10Km Walk U20

1.	Nick Joel RICHARDT	GER	41:23
2.	Jakub MAŽGÚT	SVK	44:01
3.	Matti SCHMIDT	GER	45:29
4.	Vojtěch VEJVANČICKÝ	CZE	46:35
5.	Dániel SZÓNOK	HUN	48:02
6.	Jákob PŐCZE	HUN	50:14
7.	Jiří ARNOŠT	CZE	51:34
8.	Samuel HARMAN	SVK	51:48

#### Women 10Km Walk U20

1.	Mia BANDOLY	GER	50:27
2.	Maria-Lena CARNIEL	GER	51:32
3.	Laura VÖLKE	GER	52:29
4.	Lara ACKERMANN	GER	53:59
5.	Marlen STAUDACHER	AUT	54:36
6.	Julia SALLINGER	GER	54:54

Full age group results available at <https://worldathletics.org/competition/calendar-results/results/7219069>

## 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, November 3, 2025 - **Ruby Dayana Segura (Colombia) triumphs in the 5,000-meter race walk at the South American U20 Championships in Peru.** <https://omarchador.blogspot.com/2025/11/ruby-davana-segura-colombia-triunfa-nos.html>
- Sunday, November 2, 2025 - **Ecuadorian Ivan Oña wins the gold medal at the South American Under-20 Championships in Lima, Peru.** <https://omarchador.blogspot.com/2025/11/equatoriano-ivan-ona-conquista-medalha.html>
- Saturday, November 1, 2025 - **Victories for under-20 walkers Giuseppe Disabato and Liping Pang in the 20km race in Alessandria, Italy.** <https://omarchador.blogspot.com/2025/11/vitorias-dos-sub-20-giuseppe-disabato-e.html>
- Friday, October 31, 2025 - **Chinese athletes Shiyi Liu and Haoze Zhang stand out at the Asian Youth Games in Bahrain (2025)** <https://omarchador.blogspot.com/2025/10/chineses-shiyi-liu-e-haoze-zhang-em.html>
- Thursday, October 30, 2025 - **Brazilian Under-16 Athletics Championships – João Pessoa 2025 (results)** <https://omarchador.blogspot.com/2025/10/campeonatos-brasileiros-de-atletismo.html>

The inaugural Japanese championships over the Marathon and Half-marathon distances would naturally be of broad interest. As he explains here, 50km specialist Katsuki relished a distance closer to his 'pet' distance.

- Wednesday, October 29, 2025 - **Hayato Katsuki and Miyu Naito triumph in the Takahata Walking Marathon** <https://omarchador.blogspot.com/2025/10/hayato-katsuki-e-miyu-naito-triunfam-na.html>
- Tuesday, October 28, 2025 - **Sotaro Osaka and Yua Nagai stand out at the Takahata Walking Half Marathon** <https://omarchador.blogspot.com/2025/10/sotaro-osaka-e-yua-nagai-em-plano-de.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.*

## \*FURTHERMORE ...

**David Ainsworth** has forwarded an illuminating and entertaining piece, prepared by 5-time UK Olympian Chris Maddocks, on one of Britain's most inspirational walking personalities – Edmund Shillabeer.

Here's a feature written last month by Chris Maddocks BEM - our only British male athlete to have appeared in 5 Olympic Games (1984/88/92/96/2000). It features still-active 85 year old **Ed Shillabeer** (London Vidarians/Dawlish & South Devon WC/Plymouth City Walkers/Ilford AC/Centurions) who raced in October's European Masters' Championship in Madeira. Ed's still a reigning UK record holder, as you'll read in this feature article (see attachment). The article mentions

his 3 "kids" (to use Ed's words) - but their names were omitted - Ed requests they be stated as Diane, Andrew and Helen (in birth order). *Happy reading.*

## **\*ED SHILLABEER – THE RACE WALKING VETERINARIAN**

By Chris Maddocks

I've known **Edmund Shillabeer** for the best part of 50 years. He was a positive influence throughout my 20-year Olympic racing career. I am proud to call him a close friend. Respected by all who know him; people smile and are most likely to use all manner of superlatives when describing him...legend, superman, mad but fabulous. His positive attitude is infectious, his longevity, his consistency, his achievements, 'Edbanger' is a doer blessed with innate determination. From dawn to dusk and beyond he spins so many plates. 60 years a veterinary surgeon, he finally retired in 2024.

Throughout his life he has been a member of many organisations, patron of this, President of that, even a staunch political supporter. A family man with three grown up children, a son and two daughters who, whilst being immensely proud, may sometimes have cringed at their dad's attire and wonderfully eccentric personality. Proudly British, any opportunity to wear red, white and blue and he will carry it off with a certain panache. He is synonymous for wearing union jack shorts whilst racing and undertaking numerous fundraising challenges. Three years ago, he thought nothing of travelling on his own to London, queue for 11 hours, pay brief respects to our late Queen lying in State, back to Plymouth ready for surgery work in his veterinary practice the next day.

Ed has dedicated much of his life to helping people and animals often with the kind of physical challenges few other people would even contemplate. Taking all necessary precautions, at the height of the Covid pandemic and lockdown, he kept his practice open where others closed. Personal difficulties did not stop him thinking of those less fortunate. In March 2022 Rotary club activities included helping to organise a consignment of essentials delivered to the Devon Rotary hub for onward travel to a major warehouse in Poland from where the distribution to Ukraine was made. He continues to help facilitate mercy missions to the war-torn areas. Instrumental in this is Maksym Litvinov, son of the late Ukrainian athletics coach, Nicolai, who Edmund had known for decades during his competition travels. Maksym, his wife and teenage son now live with the Shillabeer family in Plymouth and credits Edmund with helping to save their lives. Undeterred, the brave young man has driven back several times to his homeland with donated food and medical supplies. This charitable humanitarian effort is just the tip of the iceberg when it comes to Edmund's desire to help others.

He's completed more Plymouth marathons than any other and, at the last count, he has completed 26 London marathons, each time raising funds for worthy causes, often in amusing fancy dress costume. London 1997 was so nearly different. The M5 road traffic accident could've been fatal. From their swerving motorhome vehicle Edmund was vigorously jolted out of his rear passenger seat through an open side window and tumbled 100 metres down the motorway. He was rescued and airlifted by helicopter to Bristol infirmary. Miraculously he toed the London marathon start line a few weeks later determined to fulfil a promise to raise funds for the Cats Protection League – Edmund attributes the full-bodied black & white catsuit to helping protect serious skin graft wounds to his arm and legs from that years' scorching sun.

In race walking he is a proud Centurion C590. I have fond memories of being one of his attendants during his 100-mile 1989 national win at Hendon clocking 18 hours 11 minutes. Other regular helpers have included wife Barbara who he met as a Bristol university student and, Richard Pannell and his son Greg. A few years earlier in 1985 the UK national 24-hour track race at Colchester incorporated the 100km championships. Edmund set a track record of 9 hours 41 minutes 50 seconds, a mark that still stands today. With his 250 laps done, I recall him entering a large trackside marquee and proceeding to dance to the music being played over the tannoy while Richard and I slumped to our knees exhausted.

Edmund notoriously required a lot of attention to get his best ultra-distance results. The 1991 Bazencourt 200km / 24-hour road race saw him become the oldest British athletics debutant at 51 years. Whilst nighttime temperatures plummeted to -7C, Ed wanted more sugar added to his porridge. It was around 2am and his preferred race fuel was already sweet. A few kilometres later and at the third time of asking I finally got it right, I was tired and agitated so shovelled an excess of sugar into the bowl of stodgy cereal. It was snatched from my grasp. Our man strode on, proclaiming at the top of his voice, 'Perfect...that's perfect!' It was disgusting, it was ghastly sweet, but it seemed to help and, after 23 hours 50 minutes, he became one of 13 walkers from 52 starters to reach the 200km distance.

Edmund has since climbed on the podium of many European and World Masters race walking events, sometimes the top tier with medals won at numerous distances from 3kms to 30kms. He and his dad, Eric Shillabeer were instrumental in helping to form Dawlish & South Devon racing club in the mid 1970's which would later evolve into Plymouth City Walkers, their key events being the annual Plymouth to Dawlish 42-mile road race with the extra inducement of a delicious free cream tea at the finish, with Ed tasting victory in 1983. When traffic became potentially hazardous, that popular point – point race switched to the picturesque 5.8km Burrator reservoir circuit up until the late 1990's, where distances varied from 10kms – 100kms. During the new millennium he joined Ilford AC for the next chapter of his racing life. Before that...

### ***How did it all begin?***

As a City Of Plymouth Athletic Club member, I was competing in as many events as possible to get points. Most efforts were one point for last, but when I came third out of nine in the 3km walk it got me thinking.

***Who were the people in race walking that helped you develop as an athlete whilst acknowledging in the mid 1960's you were a newly qualified veterinary surgeon?***



(Photo: BBC)

Jim Hurley RIP saw me win in the next fixture and join me up into the London Vidarians walking club. The club captain none other than that race walking colossus, Dave Ainsworth made sure that we were entered and arrived at start lines in time for the races. My dad ERIC, organiser extraordinaire, was my biggest supporter and motivator. Then, as I moved into veteran athletics, Colin Young RIP who gave me valuable advice.

***Had you tried race walking earlier in your sports career what more might you have achieved?***

Speculation is difficult but if my peak had been my late 20s instead of late 40s, I am sure that I could have been operating at a higher level.” Understandably modest. In my opinion...without doubt, an Olympian.

***Who were your racing rivals through the decades?***

Rivals were legion! In the mid-70s it was briefly Chris Maddocks but he was soon out of sight! In the 80s and 90s, British rivals included: Bob Dobson, Denis Jones, Geoff Tranter, Peter Worth, John Eddershaw, Derek Harrison, Allan Callow, other Manxmen, Colin Bradley, Dave Stevens, Bob Gardner, Bob Care, Martyn Jones, Mike Smith, Daz Thorn, Alan King, Dave Ratcliffe, Dave Rowland, Steve Johnson, Chris Berwick, Adrian James, Martin Bell, Tony Geal, Graham Morris, Paul Nunn, Steve Till, Arthur Eddleston. In international racing, Dieter Zschiesche, Bernard Caudron, Romolo Pelicella, Ad Leermakers, Claudio Sterpin, the Gouveneaux twins (in the same race!) Zdenek Simon, Ferenc Danovsky, Harold van Beek. I’ve graced the start line with Alexander Potashov, Zoltan Czukor, Mrazek, Blazek, and beaten the Mexico Olympics 50km gold medallist, Gerd Weidner .

***How did you balance all your various interest and commitments?***

With intensity and high tempo in every activity coupled with a strict routine. Training before breakfast. Sacrosanct hour for family tea, otherwise veterinary practice 9am to 7:30/8:00pm Monday to Friday, Saturday 9:00-1:00pm except when a locum covered it for race days etc. Sunday morning a longer training before a roast dinner and family time.”

***What top 5 race results gave you the most satisfaction?***

In no particular order:

1. National 35km 1986. 7th in a class field in 2:58:04 and Dawlish and South Devon RWC (with a certain Chris Maddocks leading the way!) won bronze for third club to close in four with teammates, Andy Bainborough and Gareth Davies excelling themselves as well.
2. European Masters 30km champion (20k in 2:22:22) in Portugal, beating the German Mexico Olympics 50km champion Gerd Weidner.
3. World Masters 20km champion, Sacramento 2011.
4. Quadrathlon bronze (81 starters, 64 finished, oldest competitor) in 1983.
5. Roubaix 28 hours’ bronze (furthest distance of any British athlete ever).
6. GB 100km track record aided by Chris! *Six? Edmund can’t count!*

***How have you overcome some significant health problems?***

Positive mental attitude aided by leaning on the Lord; superb skills of the NHS medical teams; comprehensive supplementation, unstinting support of family, friends, and Mary my Practice nurse/manager.”

***What were your peak years and how did a typical training week pan out?***

Definitely the mid-eighties. All walking training was maximum intensity Monday through Saturday. Sunday varied; when Steve Hollier joined me, we would do a tough hilly big effort on the moorland lanes, sometimes an easier recovery outing. When Mad Max and I used the tough one-mile Central Park triangle around Plymouth Argyle’s Home Park stadium it was eyeballs out in opposite directions - 5laps to my 3!! Sneaking an hour off before teatime to use the local gym or have a second session blast was the icing on the cake!

The Sacramento success (6th in 5km track, 3rd in 10km, 1st in 20km) owe a lot to the extra sharpness of daily track workouts, a 15-minute walk from son, Andrew’s home with about an hour of 400m flat out, 200m at recovery pace, straight into the next rep. Happy days!”



*Ed (not sure which one he is) contesting the 1980 50km Olympic trial (Photo : Plymouth Live)*

***Tell us your 3 favourite music choices? Your 3 favourite TV and 3 best film choices?***

Music: Freddie Mercury and Montserrat Caballe’s ‘Barcelona’ duet with the fountains and lights show on Montjuic hill in 1992.

Andrea Bocelli ‘Con te Partira’ at the Birmingham NEC; and ‘Elizabethan Serenade attributed to King Henry VIII. TV favourites: Fawlty Towers. Morecambe and Wise. Strictly Come Dancing, when Bruce Forsyth compered it. Film favourites: Lawrence of Arabia. The Ladykillers. Dunkirk.



Ed racing against German legend Christoph Hohne at the World Masters championships in Perth (AUS), 2016. (Photo:BBC)

**Tell readers something most people won't know about you.**

I've become a sweet wine drinker with specific likes: Blandy's Madeira.

Hungarian Tokaji (a name given to one of my past lurches) Cyprus Commandaria. Italian Occhio di Perenice. Hungarian Feher Arany. Ice crystal, Mundana, Murdei. I also keep the ashes of only 'the special one,' Tippy the Jack Russell, of the many pets who have been close to my heart, in a wooden casket in my study."

(Chris: That's two things; confirmation Ed can't count! I can testify however, that Tippy had amazing football skills as seen on the pitch by thousands at half-time during an Argyle league

In the summer of 2024, Ed retired as a veterinary surgeon after 60 years in solo practice. Now, at 86 years young, 'Edbanger' Shillabeer recently competed in Madeira at the European masters. It seems wearing red, white and blue is still in his plans.

Chris Maddocks

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

VICTORIAN RACE WALKING CLUB  
**ANNUAL GENERAL MEETING**

**Sunday 16 November 2025, 11.00am**

at

Club HQ, Middle Park Bowling Club

All Executive and Committee positions\* will be declared open:

**EXECUTIVE**

President  
 Senior Vice-president  
 Secretary  
 Treasurer

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

**GENERAL COMMITTEE**

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

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

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

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

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

Stu Cooper  
 President

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

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



VRWC Committee

**\*\*Vacancy – Club Treasurer**

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

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

The job entails:

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

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

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill ([treasurer@vrwc.org.au](mailto:treasurer@vrwc.org.au)) ASAP.



**LAVic Southern Metro Region Racing & Coaching nights**

With the LAVic 2025-26 track season now underway, Mentone LAC is holding two Wednesday night coaching and racing sessions at its track at Dolamore Reserve, Mentone. Both meetings will be conducted under the rules and procedures of Little Athletics Victoria.

The dates for the next session is **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.

Coaches **Rupert van Dongen** (Mentone), **Ben Skurka** (Chelsea) and **Mark Donahoo** (VRWC) will conduct the coaching session.

**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 16<sup>th</sup> 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	<a href="#">1km: Non championship</a>	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 29<sup>th</sup> 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 7<sup>th</sup> 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 18<sup>th</sup> 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, 25<sup>th</sup>- 26<sup>th</sup> January 2026, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT**

**[Sunday 15<sup>th</sup> 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](http://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**

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# WHAT'S UP AHEAD?

## AVSL Round Dates – 2025/2026

(NOTE: Venues and race distances are as listed by AV on 15/9/2025. Changes may occur.)

Sat 8 Nov 2025	AVSL Rd3 – Keilor (2000m, 5000m)
Sat 15 Nov 2025	AVSL Rd4 – Murrumbreena (1500m, 3000m)
Sat 22 Nov 2025	AVSL Rd5 – Aberfeldie (1500m, 3000m)
Sat 29 Nov 2025	AVSL Rd6 – Murrumbreena (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

Sun 16 Nov 2025	VRWC Summer c'ships (inc. Gus Theobald Memorial & Heather Carr trophies); VRWC Annual General Meeting – Middle Park
Sat 22 Nov 2025	QA 10,000m track walk – QSAC, Brisbane QLD
Sat 29 Nov 2025	AA Marathon Race Walking c'ships (WA Tour Bronze) – Stromlo Park, Canberra ACT
Thu 4-Sun 7 Dec 2025	AA All Schools T&F c'ships – Lakeside Stadium, Melbourne VIC
Sun 7 Dec 2025	VRWC Road races – Middle Park
Thu 11 Dec 2025	ANSW 10,000m track walk c'ships – SOPAC (warm-up track), Sydney NSW
Sun 18 Jan 2026	VRWC Road races – Middle Park
Sat-Mon 24/26 Jan 2026	AV Country T&F c'ships – Albury NSW
Sun-Mon 25-26 Jan 2026	AA 10,000m Walk c'ship/Supernova – AIS track, Bruce ACT
Fri-Sun 13/15 Feb 2026	AV Junior T&F c'ships – Lakeside Stadium
Sun 15 Mar 2026	AA Half-Marathon Race walk c'ships – Adelaide SA
Thu-Sun 19/22 Mar 2026	AV U20, Open & Overage T&F c'ships – Lakeside Stadium

## International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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