



# 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 14

- **\*\* VACANCY – Club Treasurer**

## \*\* TIME TO RE-REGISTER!

See the notice on Page 3 for fees and other details.

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

Another 3-way WOTW share this week. **Rebecca Henderson (VIC)**, no stranger to this award, collects her latest on the basis of an excellent win in the inaugural Australian Half Marathon Walk championship in Adelaide on Sunday. While Bec has many impressive 20km times to her credit, this was her first H-M race. Her winning time of **1:32:25** also saw her eclipse her previous 20km PB.

While Bec has won national titles before, of course, these have tended to be over the longer distances to which she is best suited. Thus her success on Sunday will have an added touch of sweetness about it. Well done, Bec!

It's not insignificant that Bec's win came against her co-WOTW, **Olivia Sandery (SA)**. Olivia's award this week is partly retrospective. It was after the previous issue had gone out that I learned of her win in the South Australian 5000m track title with a 97.05% age grading time of **20:22.06**, a new State record. She backed this up on Sunday with a H-M time of **1:34:09** for silver behind Bec, in what was also her first outing at the distance. Congratulations, Liv!

Both women are superbly conditioned through specializing in 35km and similar, and to have tapped into speed reserves as they did on Sunday makes them formidable opposition.



*Bec (49) and Olivia match strides before the Victorian forged ahead to win.*



*Will (right) and Declan celebrate on Sunday.*

The third corner of the triangle is **Will Thompson (VIC)**, who led most of the way in the Men's Half-Marathon before being overhauled in the last couple of km by Dec Tingay. Will's 2<sup>nd</sup> place in **1:24:04** – a significant way ahead of Olympic bronze medallist Rhydian Cowley – came after he laid everything on the line in his quest for a maiden national title, which will surely come before too long. Will's 20km PB is 1:19:56, so it's likely he joined Bec in setting a new one there, too. Well done, Will!

### \*Honourable mentions

- **Chelsea Roberts (NSW)** – a 12:18 PB? That's one to tell the grandkids.
- **Sophie Polkinghorne, Matilda Webb and Joel Byatt (NSW)** – huge improvements over 10km in Adelaide.
- **Tim Fraser (ACT)** – a 5:25 PB in finishing 4<sup>th</sup> in the Half-Marathon in Adelaide.
- **Elizabeth McMillen (NSW)** – a retrospective one for Lizzy, following her **20:39** in the South Australian 5000m titles, a distance she seldom

aces these days. If my research stacks up, this was a PB by well over a minute.

- **Liam Freundt (SA)** – took advantage of the occasion and his home course to rip 4:16 from his 10km PB on Sunday.
- **Mya McClure (VIC, 14yo)** – another retro one. Mya joined Angus Shuttleworth in breaking a long-standing Victorian Little Athletics Best performance time with her **6:26.59** for 1500m the previous weekend. (See *Member News*, p4)
- **Mitchell Baker (ACT)** – a PB by over 10mins for the Marathon Walk in Nomi, Japan, clocking **3:15:25.0**.



# CLUB NEWS and RESULTS

## \*THE 2026 WINTER PROGRAM IS HERE

The weather has turned somewhat chilly which, as we know, means two things:

1. Footy season is here (who cares?)
2. The **2026 Road season is not far away!** (*We do!!!!*)

The outline of the **2026 Winter Season racing fixture** is included below. Once again, many thanks to Race director/Handicapper **Mark Donahoo** for his fine work in putting the program together. It should be borne in mind that drafting a new season's program isn't simply a matter of changing the dates on last year's. It involves negotiating with Athletics Victoria, Parks Victoria, Australian Athletics, Race Walking Australia, Little Athletics Victoria and other organisations, to mesh our desired race dates with their calendars. Matters such as course availability, resolution of any organisational issues arising from 2025's program, changes to race distances and the appropriate scheduling of them must also be dealt with, all well before the season opener in April. Mark's experience in navigating these waters year after year is a priceless asset for our Club's athletes. Well done, Mark!

The detailed fixture has been passed by Committee and will now be forwarded to Tim Erickson for posting on the website. Members will also receive the full program (including fees, race entry procedures, Code of Conduct and related Club policies) via email.

Key meetings on the program:

### **\*59th LBG Canberra Carnival inc. RWA & AA Championships– 6/7 June** (See Page 5)

Victoria's involvement in this classic event has been a lynchpin of the Carnival's success since its inception in 1967. Since the disastrous Covid years (we had no significant presence in 2021), the VRWCs' involvement in the LBG has been on a steady increase along with a growing membership, especially at Junior level. Last year we finished **five** teams at Stromlo Sport Park, as opposed to just one the previous year. We are eager to finish teams in most if not all the Team races this year, thereby making us seriously competitive for the 2026 RWA Brennen Shield.

### **ENTRIES and VOLUNTEERS** – The deadline for the LBG is **Friday 29May. No late entries will be accepted!**

We all know how dates can creep up on us, especially when they seem far off. Don't let yourself miss out. Check the notice on Page 5 for an overview of the Information pack and how to access it. Please read the notice requesting **Volunteers** and consider being one.

To enter now, go to <https://www.revolutionise.com.au/vrwc/events/342804>

### **\*LAVic Road Walk championships – 13 June**

The third staging of what happily is now an established fixture for our younger members in the colours of their local Little Aths centres. We hope for another large entry across all the age groups in 2026. If you are an LAVic parent, please publicize this meeting for us.

### **\*VRWC and AV road championships – throughout season**

Sadly, in line with the wider race walking world, we bid farewell to the historic 20 kilometres as a championship distance. In its place is the **AV & VRWC Half-marathon Road walk championships**. This meeting on Sunday 24 May will include the VMA Half Marathon, AV Schools and short distance VRWC championships.

Other AV and VRWC Club championships are scheduled for May, July, August and September.

## 2026 WINTER SEASON FIXTURE

### **APRIL**

Saturday 25 <sup>th</sup> April	AV 10km & VRWC CHAMPIONSHIPS	Mentone Track
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### **MAY**

Saturday 2 <sup>nd</sup> May	VRWC Points races	Middle Park
Saturday 9 <sup>th</sup> May	VRWC Points races	Middle Park
Saturday 16 <sup>th</sup> May	VRWC Points races	Middle Park
<b>Saturday 16<sup>th</sup> May</b>	<b>Coaching seminar for parents, athletes and coaches</b>	<b>Middle Park</b>
Sunday 24 <sup>th</sup> May	AV, AV SCHOOLS & VRWC CHAMPIONSHIPS	Middle Park
Saturday 30 <sup>th</sup> May	VRWC Points races	Middle Park

### **JUNE**

Sat/Sun 6th/7th June	RWA 59th Annual Lake Burley Griffin Carnival,	Canberra
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Saturday 13th June	VRWC events. & LA Vic Championships,	Middle Park
<b>Saturday 13th June</b>	<b>Judging course and Coaching seminar</b>	<b>Middle Park</b>
Saturday 20th June	VRWC Points races	Middle Park
Saturday 27th June	VRWC Points races & Prize Day	Middle Park

### JULY

Saturday 4th July	Racewalking Australia Postal Challenge event & VMA 10km C'ship	Middle Park
Saturday 11th July	VRWC Points races	
Saturday 18th July	VRWC Points races and Interval races	Middle Park
Sunday 26th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

### AUGUST

Saturday 1st August	VRWC Points races	Middle Park
Saturday 8th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15th August	<b>VRWC Last points race</b>	Middle Park
Sunday 23rd August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29th August	VRWC non points race day	Middle Park

### September

Saturday 5th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13th September	VRWC relay race and <a href="#">Seasons Presentations</a>	Middle Park

## **\*ATTENTION ALL MEMBERS: IT'S TIME TO RE-REGISTER**

A timely reminder to our members that the new VRWC Financial year begins on **Wednesday 1 April**. We urge returning members to sign up and pay their subscriptions as soon as possible. Many thanks to those who've already done so.

### **\*\* VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2026:

**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.

(The **outside ring** of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington.)

\***Country members** ... pay **50%** of the annual fee.

Municipalities/districts beyond the outside ring are considered country areas.

To re-register – or to register for the first time – go to <https://www.revolutionise.com.au/vrwc/registration>

Increases in our Club rooms rental as well as the cost of Club championship medals have made it necessary to raise our race fees. There is now a flat charge of \$15.00 for all entrants.

The 12-month Season ticket charge will increase to \$150.00. This means that, by purchasing a Season ticket, members can enter up to 23 races over 12 months for the price of 10 entries. Sounds like a good deal to me.

### **\*\* VRWC RACE FEES**

**Seasons ticket 12 months:** Financial members: \$150.00 paid by the **end of May**.

**VRWC Club Races:** Race fee: \$15.00.

**VRWC Championships:** Race fee: \$15.00

**Season's ticket:** All VRWC races only ... **not** Little Athletics, AV, VMA or RWA.

**\*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.

## Member News

- As reported in the last issue, Angus Shuttleworth broke a long-standing Victorian Best Performance (VBP) time with a new PB time of 5:53.45 in the U15 1500m walk at the recent LAVic State championships. What had escaped my notice, however, is that **Mya McClure** achieved a similar result – a new Little Aths VBP with her PB time of **6:26.59**, breaking Jemma Peart’s 10-year old mark by just under 3 secs in taking the Girls U15 title.

To rub further salt in, it’s embarrassing to admit that this has happened to Mya twice! At last year’s LAVic State championships, she won with a new U14 VBP and PB of **6:31.05** – an astonishing time for a 13yo – yet while the dominance of her win was noted her VBP wasn’t – because I was unaware of it at the time! My apologies, Mya, for both oversights, and congratulations on your two fine achievements. I know all your VRWC club mates will join with me in wishing you every success in the coming Australian T&F titles, and beyond.



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## VICTORIA - METRO & REGIONAL



### VMA Masters 30+ Track & Field championships, 14/15 March - Doncaster

The Masters walkers who gathered at Tom Kelly track on Saturday morning were greeted by fine if slightly crisp conditions for their 3000m championships. With numbers a little down on previous years, the male and female races were combined.

Some tight contests were seen within and across the age groups. Of particular interest was the duel between **Pramesh Prasad** and **Shaun Lewis**, with Pramesh holding the upper hand early before Shaun turned the tables with a powerful second half. Pramesh was left to hold off a strong finish from **Kevin Cassidy** with a mere 3 secs separating them.

As most were single entrants in their age groups, the women’s incentives came in the form of how many up ahead (of both sexes) they could beat or stay with. **Michelle Horne** turned on a stylish display for line honours, while **Ros Lording** and **Sarah Bevin** mounted the tightest finishing contest.

#### **W80-84 3000mW**

1 Gwen Steed                      Mentone                      22:23.10

#### **W70-74 3000mW**

1 Karyn O’Neill                      GlenEira G’huntly                      21:44.69

#### **W65-69 3000mW**

1 Arlene D’Monte                      Casey Cardinia                      24:24.00

#### **W60-64 3000mW**

1 Donna-Marie Elms                      Mentone                      20:22.98

#### **W55-59 3000mW**

1 Michelle Horne                      Collingwood                      18:07.03  
2 Kim Peak                      Doncaster                      23:38.00

#### **W50-54 3000mW**

1 Ros Lording                      E.Burwood Nuna.                      19:48.16

#### **W45-49 3000mW**

1 Laura McLennan                      Doncaster                      20:37.36

#### **W40-44 3000mW**

1 Sarah Bevin                      Collingwood                      19:52.44

#### **W35-39 3000mW**

1 Sarah Papadopoulos                      Diamond Valley                      22:06.11

#### **W30-34 3000mW**

1 Emilie Garside                      Knox                      19:27.19

#### **M75-79 3000mW**

1 Geoff Barrow                      Mentone                      22:52.76  
.. Scott Murdoch                      Mentone                      DQ TR54.7.1

#### **M70-74 3000mW**

1 Andrew Cochrane                      Aberfeldie Ess                      18:30.82  
2 Colin Heywood                      Collingwood                      19:13.47  
3 Terry O’Neill                      GlenEira G’hunly                      19:47.55

#### **M65-69 3000mW**

1 Kevin Cassidy                      Mentone                      16:44.94  
2 Simon Evans                      Doncaster                      17:02.48  
3 Chris Pollard                      Bendigo                      23:36.00  
.. Paul Moritz                      Croydon                      DQ TR54.7.1

#### **M50-54 3000mW**

1 Pramesh Prasad                      Casey Cardinia                      16:41.18

#### **M45-49 3000mW**

1 Shaun Lewis                      Williamstown                      16:13.43

Sunday morning saw most of Saturday's fields – in company with others – line up for the 1500s. In the men's race **Pramesh Prasad** and **Kevin Cassidy** took 1<sup>st</sup> and 2<sup>nd</sup> across the line with, coincidentally, the same 3-sec gap as the previous day. **Michelle Horne** again showed the way in the women's, albeit with **Sandra Geisler** snapping at her heels this time.

**W80-84 1500mW**

1 Gwen Steed                      Mentone                      11:01.66

**W75-79 1500mW**

1 Hearther Carr                      Frankston Penins.                      10:20.55

**W70-74 1500mW**

1 Donna Clarke                      E.Burwood Nuna.                      12:04.78

**W65-69 1500mW**

1 Arlene D'Monte                      Casey Cardinia                      12:09.96

**W60-64 1500mW**

1 Dee Holohan                      Mentone                      8:49.05

2 Donna-Marie Elms                      Mentone                      9:36.10

3 Grace Broadway                      Knox                      10:16.08

4 Kathie Williamson                      E.Burwood Nuna.                      12:59.07

**W55-59 1500mW**

1 Michelle Horne                      Collingwood                      8:18.37

2 Elizabeth Clennell                      Knox                      10:47.21

3 Kim Peak                      Doncaster                      11:16.10

**W50-54 1500mW**

1 Ros Lording                      E.Burwood Nuna.                      9:07.52

2 Hsien Chiam                      Casey Cardinia                      9:33.83

3 Kym Boekel                      GlenEira G'huntly                      9:37.72

**W45-49 1500mW**

1 Sandra Geisler                      Croydon                      8:24.32

2 Laura McLennan                      Doncaster                      9:51.60

3 Rowena Simmons-Curtis                      Throwers                      13:37.25

**W40-44 1500mW**

1 Sarah Bevin                      Collingwood                      9:41.26

**W35-39 1500mW**

1 Sarah Papadopoulos                      Diamond Valley                      10:42.82

**W30-34 1500mW**

1 Emilie Garside                      Knox                      9:16.87

**M80-85 1500mW**

.. Neville Gardner                      Croydon                      DQ TR54.7.1

**M75-79 1500mW**

1 Geoff Barrow                      Mentone                      11:03.07

2 Scott Murdoch                      Mentone                      11:06.12

**M70-74 1500mW**

1 Andrew Cochrane                      Aberfeldie Ess                      8:58.81

2 Frank Prowse                      Doncaster                      12:19.86

**M65-69 1500mW**

1 Kevin Cassidy                      Mentone                      7:59.46

2 Simon Evans                      Doncaster                      8:14.68

3 Chris Pollard                      Bendigo                      12:00.68

.. Paul Moritz                      Croydon                      DNF

**M55-59 1500mW**

1 Wayne Seear                      Gippsland                      11:16.36

**M50-54 1500mW**

1 Pramesh Prasad                      Casey Cardinia                      7:56.25

**M45-49 1500mW**

1 Ben Skurka                      Mentone                      11:27.07

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**\*\* A.C.T. 59<sup>th</sup> Lake Burley Griffin Carnival**

Saturday & Sunday 6/7 June

**Stromlo Forest Park, Canberra**

*Hosted by the ACT Race & Fitness Walking Club Inc.*

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invites race walkers, fitness walkers, coaches, judges and other officials to participate in this year's Annual **LBG Walking Carnival** to be held on the 6th and 7th June 2026. All athletes are welcome – from elite to novice, and everyone in between!

This year, the organising committee has shifted the emphasis from being a single day event to a two-day walking carnival where athletes, judges and coaches can refine their craft on the Saturday and then compete or officiate on the Sunday. The Saturday expert run activities will be conducted at the Australian Institute of Sport track (AIS).

All races will be conducted on a certified 1 kilometre circuit on the cycling criterium track at Stromlo Forest Park, affording walkers a smooth surface with a minimal rise at one end and spectators a view of the walkers for most of the course. All race walking events of 5km or longer are World Rankings Competition events.

While all race and fitness walkers are invited to participate, only participants representing Race Walking Federation affiliated clubs are eligible to win Race Walking Federation or ACT Walkers Club trophies, Handicap trophies or participate in teams competitions. They will also not earn any state points – they will instead be eligible for ACT Walkers Club medals.

### **LBG 2026 Information Pack**

This contains all the required information for athletes, families, officials, coaches and supporters. It covers:

- Saturday's coaching and judging education sessions
- Sunday's race schedule
- Competition rules and Race organisation
- Team events
- Protests
- Race numbers and judging
- First Aid
- Refreshment station
- Canteen
- Uniforms
- Event check-in
- Presentations

You can download your copy of the Information Pack from <https://www.revolutionise.com.au/vrwc/events/342804>

**Dinner:** The organising committee is finalising plans for an after-event dinner and securing a preferred accommodation provider. Details will be provided closer to the event.

**\*Entries close at 6pm on Friday 29 May 2026.** Late entries will not be accepted.

Capital Athletics athletes will enter via the CA online entry portal (available in mid-March 2025).

<https://www.capitalathletics.au/events/list/>

All other competitors must complete an online entry via the VRWC online entry portal.

<https://www.revolutionise.com.au/vrwc/events/342804>. This applies to both race walks and fitness walks.

### **SATURDAY EDUCATION SESSIONS**

There will be three sessions:

#### **Session 1 – Racewalking: A Practical Coaching Course for Coaches**

(Mark Donahoo – ATFCA Level 5 coach)

#### **Session 2 – Race Walking Judging Seminar**

(Zoe Eastwood-Bryson & Kirsten Crocker – WA Gold Race Walk judges)

#### **Session 3 – Race Walking Masterclass**

(David Beacroft – internationally successful coach)

Details of the time, focus and content of each of these sessions are available in the Information Pack. (Page 4)

Please sign up for Saturday sessions via the VRWC online entry portal.

<https://www.revolutionise.com.au/vrwc/events/345945>

### **VOLUNTEERS NEEDED!**

An event of this magnitude requires many hands to the wheel – more than a single club can manage. To ensure we can conduct the carnival we will need lots of help from volunteers, from interstate as well as local. Your club will be in touch to see how you can assist. Roles we will need include:

*Announcer, start line coordinator/assistant, starter, finish line marshals, finish line recorders, red card collectors, results assistant, water table assistant, officials & volunteers welfare, presentation assistants.*

## AUSTRALIA'S BEST WALKERS SHINE IN BEAUTIFUL CONDITIONS IN ADELAIDE

by **Luke Dennehy** (reprinted from *Australian Athletics news* – 15 March)

The inaugural Australian Athletics Half Marathon Race Walking Championships have taken place in Adelaide with some impressive times from the country's best walkers.

In the men's half marathon walk it was a Victorian sweep on the podium, with **Declan Tingay** (VIC) taking out the win with a time of 1.23.59, with **Will Thompson** (VIC) in second with a time of 1.24.04, and **Rhydian Cowley** (VIC) third in 1.24.52. It was a return to the podium for Tingay at a national championships. He was second all the way but took over Thompson in the last lap.

"I'm super stoked," he said. "It feels awesome to come back after a few years out and immediately get back on to the podium. I'm proud of myself for getting back out here and mixing it up with these super fast guys and taking out the win."

In the women's half marathon walk, another Victorian took out the win with **Rebecca Henderson** (VIC) dominating for the start with a time of **1.32.25**, with **Olivia Sandery** (NSW) in second with a time of **1.34.09**, and **Allanah Pitcher** (NSW) third with a time of **1.42.32**.

"It feels really good, this is my first national championship win in the shorter distance, I'm just really excited to get the win with a pretty good time," Henderson said. "I ran\* a 40 second PB through 20km, so I'm really happy with that."

"I have been training much better than I ever have and much more consistently as well, so it was good for that to show up during today's race."



The first national Half-Marathon podium: Will, Declan, Rhydian, Olivia, Bec and Allanah. (Photo: AA)

In the men's U20 10km walk, **Isaac Beacroft's** (NSW) impressive year continued, he easily won with a time of **40.39**, followed by **John Ronan** (WA) in second with a time of **40.56**, and **Owen Toyne** (ACT) third, with a time of **42.46**.

To finish the day in the women's U20 10km walk **Zoe Woods** (NSW) took out the win with a time of 48.08, followed by **Sophie Polkinghorne** (NSW) in second with a time of **48.36**, and **Matilda Webb** (NSW) third in **49.08**.

The next big event for our walkers will be the World Athletics Race Walking Team Championships in Brazil, which start on April 12.

(\* Cut her some slack ... it's hard to choose the right words when you're wrung out!)

### Men Half-Marathon Walk

1 Declan Tingay 1999	VIC	1:23:59
2 Will Thompson 2002	VIC	1:24:04 FT
3 Rhydian Cowley 1991	VIC	1:24:52 FT
4 Timothy Fraser 2000	ACT	1:26:20 PB 5:25
5 Kyle Swan 1999	VIC	1:28:13 FT
6 Jack McGinniskin 2002	NSW	1:40:11 FT
7 Marcus Wakim 2006	VIC	1:46:34
8 Bradley Mann 1999	WA	1:46:55 FT
9 Kim Mottrom 1984	SA	1:49:21
10 Alex Bradley 2006	QLD	1:55:51 PB 1:40
.. Cooper Rech 2007	SA	DQ TR54.7.5

### Women Half-Marathon Walk

1 Rebecca Henderson 2001	VIC	1:32:25 FT
2 Olivia Sandery 2003	SA	1:34:09 FT
3 Allanah Pitcher 2003	NSW	1:42:32 FT
4 Chelsea Roberts 2006	NSW	1:42:37 PB 12:18
5 Hannah Mison 2001	NSW	1:44:55 FT
6 Samantha Findlay 1997	SA	1:45:08 PB 2:33
7 Laura Langley 1997	NZL	1:45:35 FT?
8 Nellie Langford 2005	SA	1:45:57 FT
9 Kate Siviour 2000	VIC	1:48:31 FT
.. Kirstin Shaw 1991	QLD	DNF

### Men U20 10 Kilometres

1 Isaac Beacroft 2007	NSW	40:39
2 John Ronan 2007	WA	40:56 PB 0:25
3 Owen Toyne 2007	ACT	42:46
4 Joel Byatt 2007	NSW	43:13 PB 2:45
5 Riley Coughlan 2007	VIC	44:16
6 Sebastian Richards	SA	45:35 PB 0:33
7 Myles Ashby 2007	NSW	50:13
8 Liam Freundt 2009	SA	50:16 PB 4:16
9 Dylan Allabush 2008	NSW	51:29 PB 0:10

### Women U20 10 Kilometres

1 Zoe Woods 2007	NSW	48:08 PB 0:09
2 Sophie Polkinghorne 2010	NSW	48:36 PB 3:38
3 Matilda Webb 2009	NSW	49:08 PB 4:08
4 Milly Sharpe 2008	QLD	49:43 PB 0:06
5 Sienna Pitcher 2007	NSW	51:36
6 Grace Beck 2008	NSW	54:13 PB 2:09
7 Jessica Loring 2009	NSW	55:40 PB 0:17
8 Kaytee Bogaers 2008	WA	57:16



Adelaide action: Isaac, John, Chelsea, Allanah, Grace, Milly, Sienna and Sophie



A big PB for Liam ...



... and another big win for Zoe.

(Photos: AA)

### \*Mitch 9<sup>th</sup> with big PB in Nomi

Foregoing the Half Marathon titles in Adelaide, **Mitchell Baker (ACT)** and **Dylan Richardson (NSW)** ventured to Nomi (JPN) to try their luck in the Marathon walk at the *Asian Race Walking championships*. It was a fruitful excursion for Mitch, who blew away his PB by 10:22 in clocking **3:15:25.0** to take 9<sup>th</sup> place among 18 finishers.

Dylan, unfortunately, wasn't so fortunate, being unable to finish on this occasion. His next opportunity at the distance will come on June 8 at Stromlo Sports Park.

## QUEENSLAND QMA Masters results, 28 February – QSAC, Brisbane

#### M50 800m RW

1 David Rapaport M51 QMA 5:02.59

#### M70 800m RW

1 Peter Bennett M70 QMA 4:44.12

#### M29&U 3000m RW

1 Alex Bradley M19 Unat. 14:30.05

#### W80 800m RW

1 Noela McKinven W83 QMA 7:25.22

#### W50 3000m RW

1 Brenda Gannon W51 QMA 17:54.35

#### W80 3000m RW

1 Noela McKinven W83 QMA 26:59.86

**M50 3000m RW**

1 David Rapaport M51 QMA 19:42.59

**M60 800m RW**

1 Ignacio Jiminez Solis M60 QMA 14:43.37

**M70 800m RW**

1 Peter Bennett M70 QMA 19:25.08

**TASMANIA TMA Masters 5000m Walk c'ships, 11 March – Domain AC, Hobart**

David Moore reports:

This week saw the first of our Track Championships for our Masters Athletes over 5000m.

Tassie hasn't seen much rain all summer, but two laps into their 5000m our hardy trio copped a thorough drenching – 10 laps to go with sodden shoes and saturated clothing, but that didn't deter **Elizabeth Leitch** from crossing the line first in a season best, followed in by son **Sam Leitch** with a 45 second PB and a gritty performance from **Wayne Fletcher** who has been carefully managing a hamstring injury.

*Wayne (front), Sam and Elizabeth ... three's a crowd on that podium!*



1. Elizabeth Leitch	35:49.27 <b>SB</b>	1 <sup>st</sup> W70
2. Sam Leitch	38:44.84 <b>PB</b>	1 <sup>st</sup> M45
3. Wayne Fletcher	44:49.46	1 <sup>st</sup> M75

**\*Athletics South Interclub March 14, 2026, Domain AC, Hobart****Result 1500m Walk**

1. Oliver Morgan	SB	7:08.55
2. Charlotte Dix	ESAC	9:52.11
3. Elizabeth Leitch	TMA	10:26.02
4. Sam Leitch	TMA	11:09.10
5. Dot Sussmilch- Leitch	ESAC	12:58.47
6. Wayne Fletcher	NS	13:51.09

**WESTERN AUSTRALIA Aths West interclub results, 13 March – WAAS, Perth**

**Terry Jones** reports that the weather was a little windy with temperature in the mid 20s. This was the last scheduled walks event for the summer season in Perth, which might account for the low numbers.

**5000m Walk Women**

1 Tory D'ALESSIO	29:14:32
2 Chelsey IRELAND	31:01:14
3 Sierra THOMPSON	33:55:63

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**ITALY: Italian National Half-Marathon c'ships, 8 March – Alessandria**

## **Riccardo Orsoni and Sofia Fiorini crowned Italian Half Marathon Race Walking Champions**

(reprinted from [O Marchador](#) blogspot – 12 March)

In what was the first half-marathon race walking event in Italy, held in Alessandria last Sunday (March 8), **Riccardo Orsoni** and **Sofia Fiorini** completed the 21.097 kilometers in first place, making history as the first Italian champions in the new official distance, which will make its Olympic debut in Los Angeles 2028.

In the men's race, Orsoni, a native of Piadena (Cremona) and a student at the University of Parma, won with a time of **1:24:30**. The decisive moment came around kilometer 17, when he launched an attack that allowed him to break away from his teammate (Fiamme Gialle), **Gianluca Picchiottino**, from Livorno — a place that means a lot to us —, who won the silver medal with a time of **1:25:27**.

For Orsoni, who recently won the bronze medal in the 5,000-meter race walk at the Italian Short Track Championships in Ancona, this was his third senior national title, following his triumphs in the 35km race walk in 2023 and 2025. **Michele Antonelli** finished in third place, while **Giuseppe Disabato** was crowned under-23 champion with a time of **1:29:37**, ahead of **Matteo Giuppone** (**1:29:51**) and **Luigi Reis** (**1:30:25**).

It is also worth highlighting the participation of the Olympic champion in the 50km race walk in Beijing 2008, **Alex Schwazer**, who ended up being disqualified (four faults) after passing through the penalty zone.

In the women's race, 21-year-old **Sofia Fiorini** won the title in this distance, after having previously triumphed in the Marathon Championships. Fiorini completed the race in **1:34:20**, very close to her personal best of 1:34:00. **Alexandrina Mihai** finished in second place with **1:36:45** — she was the European under-23 champion last season and was now returning after injury — while **Michelle Cantò** took third place on the podium with **1:38:52**.

It is also important to highlight that the two new Italian champions, Orsoni and Fiorini, are trained by Alessandro Gandellini, a former high-quality athlete on the world stage, remembered, for example, for his triumph in the Rio Maior Grand Prix in 2004. Both are now aiming for the World Nations Championships, which will take place in Brasília on April 12th, where they will compete in the Race Walking Marathon event.

In the youth categories, in the under-20 (10 km) men's race, **Alessio Coppola** was the fastest with **40:59**, followed by **Nicolò Vidal** (**41:39**) and **Giuseppe Marchionno** (**43:50**). In absolute terms for the same distance, **Cristian Cecchetto** stood out, winning with **42:21**.

In the women's sector, the technically very consistent **Serena Di Fabio** confirmed her status as favorite by winning with a time of **44:17**, just nine seconds off her own Italian under-20 record. The podium was completed by **Valentina Adamo** (**46:48**) and **Francesca Buselli** (**47:02**). In the under-18 category, victory went to **Rebecca D'Alessandro**, with **47:36**.

As is customary at major Italian national events, an interesting conference was also held on the theme "The Right Step: Marching Towards the Future". Speakers included the National Technical Director, Antonio La Torre, the head of the Race Walking Sector at FIDAL, Riccardo Pisani, and coaches Gaspare Pavei and Stefano Serranò. There was also a presentation by Sandro Damilano, a coach associated with numerous international successes, both with Italian and Chinese race walkers.

### **Men Half marathon championship**

1.	Riccardo ORSONI	1:24:30
2.	Gianluca PICCHIOTTINO	1:25:27
3.	Michele ANTONELLI	1:29:07
4.	Giuseppe DISABATO	1:29:37
5.	Matteo GIUPPONI	1:29:51
6.	Luigi REIS	1:30:25
7.	Omar MORETTI	1:31:24
8.	Gabriele GAMBA	1:31:42
9.	Nicolo IZZO	1:32:19
10.	Francesco BENVENUTO	1:34:18
11.	Davide FINOCCHIETTI	1:35:25

### **Women Half marathon championship**

1.	Sofia FIORINI	1:34:20
2.	Alexandrina MIHAI	1:36:45
3.	Michelle CANTÒ	1:38:52
4.	Elisa MARINI	1:40:48
5.	Giulia MICONI	1:46:14
6.	Bianca ZOBOLI	1:47:46
7.	Alessandra COSI	1:49:01
8.	Martina CASIRAGHI	1:50:48
9.	Agnese ZANATTA	1:54:34
10.	Lucrezia NIERI	1:56:35
11.	Beatrice FORESTI	2:00:09

12.	Cristian SERRA	1:35:48	12.	Ginevra NIERI	2:01:33
13.	Lorenzo MORTARI	1:36:19	13.	Gloria LILA	2:03:07
14.	Giulio SCOLI	1:36:57	14.	Gloria GUERRETTA	2:04:44
15.	Alessio CICCARESE	1:38:30	15.	Vittoria BELLINI	2:05:35
16.	Ivan RAGOZZINO	1:39:36	16.	Ines GRILLO	2:05:59
17.	Matteo PIERVINCENZI	1:39:59	17.	Elisa RAIÀ	2:06:31
18.	Matteo ARISI	1:41:37	18.	Maria Serena MATTIACE	2:06:59
19.	Samuele MANNO	1:45:05	19.	Matilde PONTI GONELLI	2:08:04
20.	Alessio CIRIOTTI	1:45:08	20.	Margherita MOTTILLO	2:09:13
21.	Federico CIASCHETTI	1:46:56	21.	Silvia BOIDI	2:09:25
22.	Ettore GRILLO	1:48:40		Giulia LUCENTINI	DNF
23.	Cristian IMPROTA	1:50:57		Anita LAIOLO	DNF
24.	Alessandro TATINI	1:53:49		Rosetta LA DELFA	DNF
25.	Tommaso DE STEFANO	1:55:26		Vittoria BOLLANO	DNF
26.	Vincenzo PONTRANDOLFO	1:59:03		Sharol MAROSO	DNF
27.	Sebastiano BARONE	1:59:14		Alessia GALLINO	DQ
	Alessandro REBOSIO	DNF		Giada TRAINA	DQ
	Aldo ANDREI	DNF			
	Nicola LOMUSCIO	DNF			
	Davide BENINI	DQ			
	Alex SCHWAZER	DQ			
	Giuseppe Gaetano DINO	DQ			

#### Men U18 10km championship

1.	Cristian CECCHETTO	42:21
2.	Lucio DI LIZIO	42:27
3.	Riccardo RABAI	43:07
4.	Ettore CORSARO	43:34
5.	Gabriele AIELLO	44:03
6.	Adriano CAFERRA	44:41
7.	Manuel AZZOLINI	44:48
8.	Gianluca MAGGI	44:56
9.	Simone FORLANELLI	46:09
10.	Leonardo INNOCENTI	46:39
11.	Davide RIZZO	47:44
12.	Lorenzo BENINCASA	47:51
13.	Riccardo CAPANO	47:51
14.	Leonardo BISCEGLIE	48:00
15.	Niccolo' SANTONI	48:11
16.	Giacomo TRAINA	48:37
17.	Cristian LIBRANDI	49:33
18.	Lorenzo POMA	49:42
19.	Riccardo CAMPORESI	49:57
	Felice MASTRANDREA	DNF

#### Women U18 10km championship

1.	Rebecca D'ALESSANDRO	47:36
2.	Anita MARCHI	49:16
3.	Caterina CARISSIMI	49:40
4.	Vittoria GIANNONE	51:04
5.	Maria C PONTRANDOLFO	51:47
6.	Lucia CRISAFI	51:49
7.	Aurora IERARDI	52:04
8.	Stefania AVITTO	52:07
9.	Sofia CREMONA	52:11
10.	Viola DE SCALZI	52:32
11.	Emma DERIONI	52:35
12.	Noemi ICARDI	53:18
13.	Giorgia RICCERI	54:17
14.	Francesca MARTINO	54:25
15.	Aurora DOMINICI	54:30
16.	Costanza CREMONA	54:47
17.	Anita MAROGNA	55:04
18.	Maria Beatrice NIETO	55:05
19.	Anna COMIN	55:17
20.	Sara GALANELLO	56:13
21.	Nina CAGLIERO	56:17
22.	Laura BLASEVICH	56:17
23.	Sofia BOMPADRE	56:41
	Alice LISCI	DNF

### SPAIN: Spanish National Half-Marathon c'ships, 8 March – Cieza

## ***Antía Chamosa and Diego García, first Spanish half marathon champions***

(by **Joan Pelayo**. Reprinted from [O Marchador](#) blogspot – 12 March)

Last Sunday, the town of Cieza in Murcia hosted the first edition of the Spanish Half Marathon Championship. Three weeks earlier, the marathon race had also been held there on a one-kilometer circuit, which proved quite challenging for race walkers.

National champions Laura Monje and José Manuel Pérez were absent, having achieved the qualifying standard for the European Championships in Birmingham the previous day in Dudince, as was Beatriz Cantero, who also competed in the Slovakian town. María Pérez (who will compete very little this year) and Raquel González (injured) were also absent.

The race started at ten o'clock in the morning. The walkers set off quite slowly, and local athlete **Manuel Bermúdez** took advantage of this to lead the race. The Murcian athlete dominated the course until the fifth split (21:26), followed by all the favorites: the three **López** brothers (**Iván**, **Miguel Ángel**, and **Álvaro**), **Diego García**, **Paul McGrath**, **Daniel Chamosa**, and the under-23 athlete **Dani Monfort**. **Joan Querol**, the European under-20 track champion, had to withdraw shortly afterward due to a fall.

At 10:15, the women set off. **Antía Chamosa** completed the entire race solo, covering two kilometers in under four and a half minutes. Following her closely were the young athletes **Lucía Redondo**, **Sofía Santacreu**, and **Aldara Meilán**, along with the seasoned Madrid race walker **Lidia Sánchez-Puebla**, who had been through countless races. About fifteen seconds behind (Chamosa's split was 22:23), they were set to battle for the other two podium places. Barring a major upset, the women's title was already decided: the protégé of Jacinto Garzón.

At kilometer seven, Daniel Chamosa, like Bermúdez, gradually lost ground. They were likely feeling the effects of the marathon several weeks earlier, although only Chamosa finished it. Halfway through the race, McGrath fell behind (perhaps due to insufficient preparation or having accumulated two red cards), with Diego and Alvaro setting the pace. They were accompanied by Miguel Ángel, Monfort, and Iván López. A kilometer later, José Antonio Quintana's two protégés pulled ahead, and at kilometer 13, Iván López had to enter the penalty area with three red cards. His chances of a podium finish vanished.

Diego García (the organizer of the Madrid Marcha event) took the lead, but Álvaro wouldn't give way. Miguel Ángel López remained in third place, about twenty seconds behind, while Daniel Monfort from Castellón saw world medalist McGrath overtake him. In the final two laps, Diego broke the four-minute barrier, securing his first-ever Spanish half-marathon race walk title. His time was **1:26:07**, compared to Álvaro's **1:26:21**. Miguel Ángel López, competing on home soil, took the bronze medal at 37 years old with a time of **1:26:37**. Paul finished fourth with **1:27:48**, and five seconds later, Monfort crossed the finish line, claiming the under-23 title.

In the women's race, Antía's pace of around 4:25 per kilometer allowed her to finish a minute ahead of her pursuers. Her final time was 1:33:45. At kilometer fifteen, Lucía Redondo dropped back, followed by Lidia, leaving the battle for second place between Meilán and Santacreu. It was a thrilling race; the final lap saw both racers break the 4:10 pace, and they crossed the finish line with the same time: **1:34:44**. A bright future awaits them both, as they are first-year under-23 athletes. Lidia finished fourth with a time of **1:36:58**, securing her place at the World Race Walking Team Championships, while another very young race walker, **Griselda Serret** (born in 2005), finished fifth with a time of **1:38:47**.

The head judge of the competition was Alicia Ruano (WA Silver), and the judges included two World Athletics Gold judges (Guillermo Sandino and Sergio Solana), one WA Silver judge (Adrià Galín), and two Bronze judges (Javier Sidrach and Antonio Belmonte). The other judges were local members of the national panel: Juana García, José Antonio Muñoz, and Jesús Sánchez. The secretary was Enrique Delgado.

In summary, one title for Jacinto Garzón (Antía Chamosa) and another for Quintana (Diego García) and the excellent future that exists in the women's event, with three walkers in the under-23 age group.

#### Men Half-Marathon championship

1.	Diego GARCÍA CARRERA	1:26:07
2.	Álvaro LÓPEZ	1:26:21
3.	Miguel Ángel LÓPEZ	1:26:37
4.	Paul MCGRATH	1:27:48
5.	Daniel MONFORT	1:27:53
6.	Iván LÓPEZ	1:29:48
7.	Manuel BERMÚDEZ	1:32:54
8.	Javier DE ARRIBA CASTILLA	1:33:15
9.	Ivan MOLINA	1:33:29
10.	Daniel JIMENO	1:33:47
11.	David MORAL	1:34:24
12.	Adrian MOLINA	1:34:51
13.	Elies BALLESTER TATARET	1:35:47
14.	Daniel MORILLA	1:38:32
15.	Carlos MUÑOZ	1:39:29
16.	Franklin Eduardo MINCHALA	1:40:11
17.	Francisco ARCILLA	1:41:48
18.	Alejandro BAÑASCO	1:41:57
19.	Juan Manuel MORALES	1:42:24
20.	Jorge TONDA	1:42:44
21.	Urien FERNANDEZ	1:43:31

#### Women Half-Marathon championship

1.	Antia CHAMOSA	1:33:45
2.	Aldara MEILÁN	1:34:44
3.	Sofía SANTACREU	1:34:44
4.	Lidia SANCHEZ-PUEBLA	1:36:58
5.	Griselda SERRET	1:38:47
6.	Lucia REDONDO	1:42:18
7.	Elvira BARRON	1:49:02
8.	Mar CHILLON	1:49:16
9.	Marta JIMÉNEZ	1:51:14
10.	Maria MUÑOZ	1:51:33
11.	Alexia PALOMERO	1:52:14
12.	Maria BONILLA	1:53:40
13.	Lydia BALLESTEROS	1:54:15
14.	Iria TEIJEIRO	1:54:52
15.	Paula GOMEZ	1:55:50
16.	Noelia RODRIGUEZ	1:55:56
17.	Silvia VILLAR NIETO	1:57:07
18.	Marta NOGUEIRA	1:57:10
19.	Monica ANTON	1:58:30
20.	Claudia SANCHEZ	2:03:27
21.	Iria Andrea HERRAEZ CABEZAS	2:03:47
22.	Sarai MESTRE	2:04:31

### FRANCE: French National Half-Marathon c'ships, 8 March – Lens

## **Pauline Stey and Kilian Lebreton, French Half Marathon champions**

(reprinted from *O Marchador* blogspot – 10 March)

After excellent performances in the national short track championships a week ago in Aubière, this time in Lens (8/3), in the inaugural edition of the French Road Walking Championships over the Half Marathon distance (21.098 km), Pauline Stey added another national title this season and Kilian Lebreton now reached the top of the overall podium.

In the women's race, **Pauline Stey**, representing Rohan Athleticsme Saverne, who found herself in the lead early on (around the 3km mark), sought to maintain a steady pace to complete the new distance in **1:33:54**, a time that qualifies her directly for the European Championships in Birmingham this year (1:36:20). Unlike in some countries, the French Federation only ratifies national records for this distance from September 1st onwards.

With the national 20km record holder, **Clémence Beretta**, withdrawing from the race early due to health reasons, second place was taken by the winner of the Marathon Race Walk in Salaise-sur-Sanne (Nov. 2025), **Camille Moutard**, from Dijon UC, with a time of **1:37:20**, and **Liv Masson**, from Stade Bordelais Athlétisme, with **1:40:07**. In fourth place, and with the national under-23 title, was **Nelly Lagrange**, from Athle 66 - S/I Union Perpignan, who achieved a time of **1:42:47**. A total of 35 athletes lined up at the start of the race.

In the men's race, with **Aurélien Quinion** initially absent but later dropping out due to physical difficulties – he had competed in the Marathon in Dudince the previous day (abandoning after 36 km and entering the penalty zone) – **Kilian Lebreton** won the overall national title with relative ease, achieving a time of **1:29:01**. He was joined on the overall podium by **Bastien Picart**, from ACL 44 - S/I Cote de Jade Athletic Club, who finished second with **1:30:52** and won the national under-23 title. Rounding out the podium was **Dimitri Durand**, from HBA - S/I Ta Rennes, with a time of **1:31:12**. 41 athletes participated.

Also noteworthy is the simultaneous competition of the National Spring Criteria (Youth), highlighting in the under-20 10km races the breaking of the men's national record by **Clément Rabreau**, from Val-de-Reuil AC, with **40:49** (previously, David Kuster with 41:02 in Taicang-2018), and, in the women's race, the record of the winner, **Chloé Le Roch**, from CJF Saint-Malo, with **44:16** (holds the national record with 44:02 in Podebrady-2025), and also of the second-placed under-18 **Daphne Gateau-Fernez**, from Entente Poitiers Athle 86, in her debut in the distance, with **45:06**, the best French time ever in the category.

#### Men Half-Marathon championship

1.	Killian LEBRETON	1:29:01
2.	Bastien PICART	1:30:52
3.	Dimitri DURAND	1:31:12
4.	Quentin CHENUET	1:31:19
5.	Ellis BATIFOL	1:33:01
6.	Aymeric HUE	1:33:17
7.	Florent BEAUVAL	1:33:37
8.	Kyrian VALLEE	1:37:12
9.	Maxime MAZURE	1:37:48
10.	Come MARTIN	1:39:02
11.	Martin GAUDRE	1:39:24
12.	Roland LANDRON	1:39:32
13.	Simon BAZZO BORTOT	1:40:14
14.	Hugo KOWALCZYK	1:40:18
15.	Pierre-Alexandr FOUGERON	1:40:31
16.	Sebastien BONTEMPS	1:40:33
17.	Alexis CROSNIER	1:41:28
18.	Nicolas PICARD	1:41:30
19.	Fabian FESSELIER	1:42:52
20.	Ludovic HADULA	1:44:57
21.	Dorian LOMONIER	1:45:38
22.	Hugo HERGEL	1:46:06
23.	Shamseddine MONAYAJO	1:46:19
24.	Mickael THOMAS	1:46:58
25.	Pierre GERBAUD-BLIN	1:47:27
26.	Raphael BESSONIER	1:52:35
27.	Lilian ROTTIER	1:53:03
28.	Steeve COIS	1:53:05
29.	Laurent LEGENTIL	1:53:22
30.	David DURAND-PICHARD	1:59:22
31.	Vincent BOLLINGER	1:59:28
32.	Manuel AVICE	1:59:54
	Aurélien QUINION	DNF
	Lucas DREVILLE	DNF
OC	David SÁNCHEZ (ESP)	1:58:37
	Florent BROU	DQ

#### Women Half-Marathon championship

1.	Pauline STEY	1:33:54
2.	Camille MOUTARD	1:37:20
3.	Liv MASSON	1:40:07
4.	Nelly LAGRANGE	1:42:47
5.	Vanessa DENISSELLE	1:43:58
6.	Marine MERBITZ	1:44:02
7.	Lisa GUILLARD	1:44:18
8.	Juliette HANNOT	1:45:05
9.	Maële BIRÉ-HESLOUIS	1:45:47
10.	Angele MILLE	1:47:17
11.	Lily THEOLIER	1:48:50
12.	Bertille PESLERBE	1:50:15
13.	Emelie CHEZE	1:52:00
14.	Agathe MOTIR	1:53:18
15.	Leonie IUND	1:53:19
16.	Pauline CAMARD	1:54:03
17.	Clara SERRAND	1:54:17
18.	Ophelie BASSET	1:56:13
19.	Emmanuelle DEKINDT	1:59:05
20.	Elodie VAROQUIER	1:59:35
21.	Amélie LHERITIER	1:59:57
22.	Rachel BOUQUIN	2:00:25
23.	Mathilde MAXENCE	2:00:55
24.	Lysa PICART	2:02:28
25.	Blanche TRICOT-LAPIERE	2:06:52
26.	Helene COTTREAU	2:07:37
27.	Laurence SINA	2:07:46
28.	Lucie BIZARD	2:08:22
	Adele DUCLOS	DNF
	Clémence BERETTA	DNF

### ‘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.

- Sunday, March 15, 2026 - **Lauren Harris, with a national record, and Nick Christie win the Half Marathon "Trials"** – Gainesville 2026 <https://omarchador.blogspot.com/2026/03/lauren-harris-com-recorde-nacional-e.html>
- Saturday, March 14, 2026 - **Mykola Rushchak and Hanna Shevchuk with Ukrainian Half Marathon titles – Uzhhorod 2026** <https://omarchador.blogspot.com/2026/03/mykola-rushchak-e-hanna-shevchuk-com.html>
- Friday, March 13, 2026 - **National Veterans Short Track Championships 2026 – Jamor (results)** <https://omarchador.blogspot.com/2026/03/campeonatos-nacionais-de-veteranos-em.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.*

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

### VRWC Committee

## \*\*Vacancy – Club Treasurer

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.

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2025/2026

Thu-Sun 19/22 Mar 2026	<b>AV U20, Open &amp; Overage T&amp;F c'ships</b> – Lakeside Stadium
Thu-Sun 9/12 Apr 2026	<b>AA Open (exc. Walks) &amp; U20 (combined events only) T&amp;F c'ships</b> – Sydney NSW
Mon-Tue 13/14 Apr 2026	<b>2026 Coles Australian Little Athletics Championships</b> – Brisbane QLD
Wed-Mon 15/20 Apr 2026	<b>AA Junior T&amp;F Championships</b> – Brisbane QLD

### International Dates

12 Apr 2026	<b>2026 World Athletics Racewalking Team c'ship</b> – Brasilia, BRA
18-23 May 2026	<b>2026 Oceania Athletics C'ships</b> – Darwin NT, AUS
31 Jul 2026	<b>Commonwealth Games 10,000m Walk finals</b> – Glasgow, SCO
4-9 Aug 2026	<b>World U20 Athletics Championships</b> – Eugene OR, USA
22 Aug-3 Sep 2026	<b>World Masters Athletics Championships</b> – Daegu, KOR
30 Oct-15 Nov 2026	<b>Youth Olympic Games</b> – Dakar, SEN

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