



# HEEL & TOE Online

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

Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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### \*H&T Notice Board – Page 14

- \*\* VACANCY – Club Treasurer
- VRWC 2026 Membership, Uniform & Race fees

### \*AUST. TEAM FOR BRASILIA ANNOUNCED

Page 4

Hefei (CHN) to host 2028 event – p14



## CLUB NEWS and RESULTS



### \*\*BOBBY GARDINER ... 90 YEARS YOUNG

- It's with delight that we celebrate **Bob Gardiner's** arrival at this rare life milestone – not on a walking frame or in a wheelchair, but on his two record-breaking legs which show no inclination to put their feet up any time soon. Bob turned 90 on Sunday, proving that if you're prepared to keep yourself in good physical shape across your life – not just in bursts followed by (well, we all know what), you can extend your allotted time and go on enjoying it. Walking is still central to Bobby's enjoyment of life, and it seems he is intent on rewriting the record books with the legendary Gus Theobald's hitherto untouchable M90+ marks now in sight.

Bob's international representation (including three Olympic selections) and other walking achievements are well known and are fully documented elsewhere<sup>1</sup>. What is perhaps less

known outside the VRWC is what a committed Club man he is. A Committee member over six decades (he first joined in around 1967, I believe), Bob has held the positions of President and Treasurer, as well as senior and junior Vice-presidents, while his late wife Barbara worked on the Club's Social committee. He has also spent several years serving as a general committee member. A dab hand with virtually any kind of tool, Bob is a problem solver *par excellence* who has designed, constructed and repaired many of the facilities the Club now enjoys. On race days, Bob can be seen with watch and clipboard in hand whenever he himself isn't on the course.

Outside of the sport, Bob's life centres around his family and his passion for local history, being a keen member of the Whitehorse Historical Society and engaging in researching and recording events and personages of that municipality's rich past.

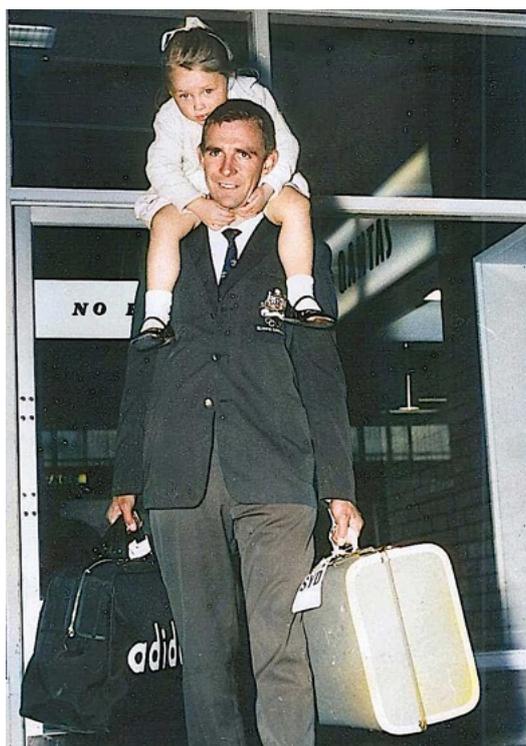
Above all, Bob is loved by all as the same smiling, affable and helpful bloke he has always been, one who appreciates the simple gestures and kindnesses that enrich life, even if for a moment. He readily gives kudos to those of any age for their efforts, and he welcomes those given him just as readily. I have known this quality in Bob from the first time I saw him race (I hadn't yet met him), at an interclub 2 mile race in 1968 where his speed reduced nearly everyone else in the field to witches' hats. As he left the track near me I called "Good walk." He smiled and replied "Thanks, mate" as he passed. What's notable about that seemingly unremarkable moment is that today, 58 years later, you'll be sure to get the same cheery "Thanks, mate" from Bob, for any assistance or kind gesture you show him. It's



<sup>1</sup> See an extensive archive of articles on Bobby at <https://www.vrwc.org.au/tim-archive/vw.shtml>

a priceless quality, borne of humility and a giving nature, and one that shouldn't be taken for granted in these times of suspicion and hardened attitudes.

Happy 90<sup>th</sup> birthday, Bob. We all hope to be around to help you celebrate the next big milestone ... in 2036?



*Bob arriving home from the Tokyo Olympics in 1964. Kelly is determined he won't escape again!*

- As a footnote to the above, we should also commend Bob on setting new Australian and Victorian Masters M85+ records for the 2000m Walk with his time of **14:57.4**, at the last AVSL competition on 28 February at Casey Fields. As self-effacing as ever, Bob pointed out that Tom Daintry and Gus Theobald were much faster than he at the same age but that they never raced over 2000m. Who cares, Bob? You have to be there to do it and you were. Well done!
- Congratulations to the following VRWC members who have earned selection for the *Little Athletics Australia ALAC Championships* in Brisbane, following their fine results in the LAVic State titles:  
**U12 – Oliver Crowl, Logan Allison, Georgia Walters, Anna Dubar**  
**U13 – Indigo Marshall-Moodie, Ella Harris, Pippa Read**  
Good luck also to non-VRWC members **Ardan Magaharan, Alaska Bremner, Cooper Clark and Charlie Wright**, who will join our members on the start line of the 1500m in Brisbane. It'd be great to see you all in VRWC colours, but for now we wish you all the best on April 13/14.
- **Late item:** Congratulations to **Rebecca Henderson, Rhydian Cowley, Declan Tingay, Will Thompson and Kyle Swan** on their selection for the Australian team to contest the WA World teams Walk Championships in Brasilia. We wish you all every success alongside your interstate team mates.

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



Following the recent ANSW State track titles, standout performances by **Joel Byatt** and **Callum Martin (NSW)** have earned them joint WOTW awards this week.

For **Joel**, it all came together with a win in the Open 5000m title with a time of **20:20.68**, a PB by 1:28. A young walker blessed with speed yet kept somewhat in the shadows by Isaac Beacroft, Joel took advantage of the latter's absence to make his own emphatic statement and serve notice that he will likely be the next to go under 20 mins.

Slightly less surprising yet no less impressive was **Callum's** performance in smashing by 0:23 the PB of 12:21 that he set at the All Schools last December, to post his first sub-12:00 time in winning the NSW U15 3000m title with **11:58.75**. In doing so he relieved Isaac Beacroft of his State U15 record. Perhaps Frank Overton or someone else in NSW can set me straight, but



*(Photos: ANSW)*

I'm wondering if this is the first of Isaac's major records that he's lost since he hit the headlines in Antalya?  
Congratulations to Joel and Isaac. Your results have added to an Australian walking future that's looking brighter by the week.

**\*Honourable mentions:**

- **Koby Irvine & Taylor Chapman (QLD)** – both set terrific QLD Best performance times for 1500m at the LAQ State championships, **Koby (15)** with his time of **6:07.66** and **Taylor (12)** with her **6:36.60**. What futures they have!
- **Jack McGinniskin & Chelsea Roberts (NSW)** – a 30 sec PB for Jack in going under 21:00 for the first time at the ANSW 5000m titles, while Chelsea's 34 sec PB in winning the Women's title came 4 days after her 12:00+ PB in the Half-marathon in Adelaide.
- **Jade Chitty (VIC)** – took almost a minute from her 5000m PB in the AV championships on Saturday and should soon go under 25:00.

# VICTORIA - METRO & REGIONAL



## AV Championships

**\*\* AV Open, U20 and Overage T&F championships, 21 March – Lakeside stadium**



*Bec leads the Women's 5000m field out.*

A fine, mild to warm autumn morning made ideal conditions for racing at Lakeside on Saturday. Despite the small numbers in the Open/U20 5000m, some impressive efforts still eventuated. **Bec Henderson**, fresh from her WOTW performance in winning the AA Half-Marathon last week, celebrated further with a 12 sec PB in an untroubled Open 5000m win. The best contest came from **Maddison Nash** and **Matilda Read**, who arm-wrestled for 3km before Maddie prised open a gap and extended it to the finish. Matilda, four years Maddie's junior yet whose fighting qualities are well known, kept the gap to under 10 secs at the finish. The first six finishers all recorded PBs, with **Jade Chitty** the biggest improver.

Like Bec, **Rhydian Cowley** took off on a solo speed trial for a comfortable win that almost netted him another sub-19:00 result. **Riley Coughlan** joined the PB party and inched closer to the 20:00 barrier.



*Mark gets straight down to business in the Overage 3000m. (Photos: Therese Smith)*

**Mark Blackwood** doesn't race a lot these days but when he does, he makes it count. He did in Saturday with an all-the-way win in the Overage 3000m championships. **Shaun Lewis** concluded his fine season with a 14 sec PB while **Andrew Duncan** fared even better, slashing 0:44 from his. **Carolyn Rosenbrock** led the small women's field home in **17:48.62**.

**Women 5000mW Open**

1 Rebecca Henderson	MelbUni AC	21:29.16*
2 Maddison Nash	Diamond Valley	24:07.27*
3 Matilda Read	Wellington AC	24:16.33*
4 Jade Chitty	Western Aths	25:21.09*
5 Emily Smith	MelbUni AC	27:12.45*
6 Grace Louey	Knox AC	27:23.19*
7 Lily Lambert	Mentone AC	28:43.22
8 Jia Wen Heng	Mentone AC	30:28.78

**Women 5000mW U20**

1 Ariana Pashutina	Knox AC	27:41.19
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**Women 3000mW 55-59**

1 Kim Peak	Doncaster AC	23:28.71
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**Women 3000mW 60-64**

1 Carolyn Rosenbrock	Yarra Ranges AC	17:48.62
2 Dee Holohan	Mentone AC	18:52.65
3 Danna-Marie Elms	Preston AC	20:53.11

**Men 5000mW Open**

1 Rhydian Cowley	Glenhuntly AC	19:08.97
2 Marcus Wakim	MelbUni AC	20:20.77
3 Alejandro Stephens	Glenhuntly AC	24:28.45

**Men 5000mW U20**

1 Riley Coughlan	Knox AC	20:22.70*
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**Men 3000mW 45-49**

1 Mark Blackwood	Knox AC	14:18.47
2 Shaun Lewis	Williamstown	15:37.25
3 Danny Hawksworth	Essendon Aths	16:28.99

**Men 3000mW 50-54**

1 Pramesh Prasad	South Coast AC	16:14.89
2 Rupert van Dongen	Mentone AC	21:29.23

**Men 3000mW 55-59**

1 Andrew Duncan	Waverly-Malv.	16:51.45
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**Men 3000mW 60-64**

1 Christopher Pollard	Eaglehawk AC	23:56.26
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\*PBs (5000m) – Jade 0:55; Matilda 0:25; Grace 0:25; Maddison 0:16; Bec 0:12; Riley 0:08; Emily 0:01



AV 5000m podium ... auditioning for a Colgate ad?

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 **AROUND THE COUNTRY**

**\*ROAD TO BRAZIL HEATS UP WITH AUSTRALIA'S PREMIER RACE WALKERS LOCKED IN**

By **Lachlan Moorhouse** (reprinted from *Australian Athletics* news – 24 March)

National champions **Declan Tingay** and **Rebecca Henderson** will lead Australia's charge on the road to Brasilia, Brazil for the Caixa World Athletics Race Walking Team Championships on April 12, with the 17-strong team including world record holder **Isaac Beacroft**.

The contingent will look to continue Australia's rich race walking history, boasting serious firepower across the program and marking the first global championships featuring the Half Marathon Race Walk (formerly 20km Race Walk) and Marathon Race Walk (formerly 35km Race Walk).

With both team and individual success on the line, the Men's Half Marathon Race Walk lineup form a strong bond as **Tingay** (WA) and Olympic bronze medallist **Rhydian Cowley** (VIC) prepare for battle, dreaming big in Brazil.

**Kyle Swan** (VIC) joining the party will ensure Australia has three of its five fastest men in history over the 20km race walk on the start line, setting the team up for a successful score.

“I’m feeling optimistic on our team medal chances. We just missed out in the 2022 edition and we’re coming back with an older, stronger, more mature team that I’m certain will be a contender for the podium,” Tingay said.

“What I like most about this competition is the team aspect. It’s a chance to showcase depth of talent and is in my opinion a better display of where a country is at when it comes to athletics.”

The Women’s Half Marathon Race Walk quartet is equally well-rounded, built around a young core with two-time Olympian **Rebecca Henderson** (VIC) the most experienced athlete at 24-years-old.

The inaugural national champion over the distance will be joined by **Sandery** (SA) and FISU World University Games champion **Elizabeth McMillen** (NSW) –three of the five fastest Australian women in history in the 20km race walk.

“This event is special because it’s less about individual performances and more about what the team can achieve as a whole,” Sandery said.

“Aussies are walking faster than they ever have at the moment, so I’m confident this strong domestic form will translate well in Brazil. Both our men’s and women’s teams are well experienced on the international stage, so it will be exciting to see how high up we can finish.”

Adding to the action in the 10km events, Under 20 world record holder **Isaac Beacroft** (NSW) will look to replicate his heroics from the 2024 instalment of the championships where he won gold, while **Zoe Woods** (NSW) will lead the way for the women.

The team will be supported by **Jared Tallent** (Team Leader), **Brent Vallance** (Team Coach), **Belinda Creer** (Team Manager), **Scott Smith** (Team Physio) and **Olivia Warnes** (Performance Support).

The 2026 World Athletics Race Walking Team Championships will be held on April 12 in Brasilia, Brazil.

## **\*AUSTRALIAN TEAM FOR THE 2026 WORLD ATHLETICS RACE WALKING TEAM CHAMPIONSHIPS**

**Under 20 Women’s 10km Race Walk** – **Sophie Polkinghorne** (NSW, David Beacroft), **Matilda Webb** (NSW, Luke Jobson), **Zoe Woods** (NSW, David Beacroft)

**Women’s Half Marathon Race Walk** – **Rebecca Henderson** (VIC, Simon Baker), **Elizabeth McMillen** (NSW, Jared Tallent), **Allannah Pitcher** (NSW, Frank Overton), **Olivia Sandery** (SA, Jared Tallent)

**Under 20 Men’s 10km Race Walk** – **Isaac Beacroft** (NSW, David Beacroft), **John Ronan** (WA, Mike Reid), **Owen Toyne** (ACT, David Beacroft)

**Men’s Half Marathon Race Walk** – **Rhydian Cowley** (VIC, Brent Vallance), **Timothy Fraser** (ACT, Jared Tallent), **Will Thompson** (VIC, Brent Vallance), **Declan Tingay** (WA, Brent Vallance), **Kyle Swan** (VIC, Jared Tallent)

**Men’s Marathon Race Walk** – **Mitchell Baker** (ACT, Jared Tallent), **Carl Gibbons** (NSW, Jared Tallent)

## **\*AA and LITTLE ATHLETICS AUSTRALIA are now unified**

*Announcement posted by Coles Little Athletics Australia at [littleathletics.com.au](https://www.littleathletics.com.au) – 19 March 2026*

Athletics in Australia has entered a new era, with **Australian Athletics** and **Little Athletics Australia** officially unifying at a national level. This historic milestone brings the sport together under one structure, creating stronger connections between grassroots participation and high performance, while supporting long-term growth.

The unification will deliver clearer pathways for athletes, enhanced support for centres/clubs and volunteers, and new opportunities for the sport as a whole—particularly as Australia looks ahead to the Brisbane 2032 Olympic and Paralympic Games.

**Media release:** Find out what this means for athletes, families and the future of athletics by reading the full media release here: [https://www.littleathletics.com.au/wp-content/uploads/2026/03/AA-LA-unification-media-release-FINAL2\\_MT.pdf](https://www.littleathletics.com.au/wp-content/uploads/2026/03/AA-LA-unification-media-release-FINAL2_MT.pdf)

### **FREQUENTLY ASKED QUESTIONS:**

#### **HOW IS TODAY’S ANNOUNCEMENT DIFFERENT FROM WHAT WAS ANNOUNCED IN DECEMBER LAST YEAR?**

In December 2025 AA and LAA announced key terms had been agreed in-principle to unify the sports at a national level. Since then, the two organisations have been diligently working through final details consistent with these terms. AA and LAA have now signed relevant final documents to make the unification a reality. Implementation will start on or around 20 April 2026.

#### **WHAT DOES IMPLEMENTATION MEAN IN PRACTICE?**

The staff of AA and LAA will now work as a single organisation, responsible for national oversight of the sport of athletics in Australia. The team will work from a single office in Melbourne at Athletics House, Lakeside. Under the single nationally

unified AA, the organisation will be responsible for strategic oversight of program delivery for Little Athletics, junior and opens athletics. This will include responsibility for technical standards, coaching, officiating and implementation of the National Integrity Framework. This body will be recognised by World Athletics, the AOC, PA, Commonwealth Games Australia, the Australian Sports Commission and Sports Integrity Australia.

#### **WHAT IS THE LEADERSHIP STRUCTURE OF THE NEW ENTITY?**

Jane Flemming OAM will continue as President of Australian Athletics. Sherrie Boulter will step down from her role as President of LAA to join the Board of AA. Simon Hollingsworth will be the CEO of AA and Myles Foreman will continue as the CEO of LAA for a 12-month transition period. During this time, the LAA CEO will continue to work closely with the AA CEO and State and Territory Member Associations to support the implementation of unification and to identify and maximise the opportunities that unification presents.

#### **WHY IS THIS HAPPENING NOW GIVEN PAST ATTEMPTS TO UNIFY WERE NOT SUPPORTED?**

In the last three years across Australia, State and Territory Member Associations of Australian Athletics (AA) and Little Athletics Australia (LAA) have evolved under a range of governance and operational models, reflecting differing historical, operational, and strategic contexts. These models include full unification into a single entity (Athletics West, Capital Athletics), partnership arrangements (NSW), selective alignment across specific functions (Tas), and independent operations with minimal formal integration. This has created momentum for national unification. Further, the AA and LAA Boards have a shared vision to see the sport grow and succeed particularly with Brisbane 2032 on the horizon and a renewed interest in athletics. The work undertaken to align the National Championships in 2026 provided a practical example of what can be achieved by working together.

#### **WHAT HAPPENS TO LITTLE ATHLETICS AUSTRALIA?**

The Company of Little Athletics Australia and the LAA Board will continue to provide governance oversight of the transition throughout the implementation phase, working with Member Associations until the implementation has been successfully completed.

Within six months of the implementation of unification, a Little Athletics Trust will be established to hold any residual funds of LAA. Trustees will be appointed by LAA in consultation with AA with funds made available for future growth of Little Athletics.

#### **WILL LITTLE ATHLETICS CONTINUE AFTER UNIFICATION?**

Little Athletics has a long and proud history as grassroots, volunteer-led foundation for sport in Australia, built on the belief that every child should be encouraged to Be Your Best. With a strong emphasis on Family, Fun, and Fitness, Little Athletics Centres and Clubs across the country have fostered inclusive participation, lifelong skills, and strong community connections for generations. This will not change. The programs delivered by Little Athletics Centres and Clubs will continue to build on the established strengths and values of Little Athletics. Under unification, Little Athletics will remain the primary centre and club-based athletics product for pre-school and primary school-aged children in Australia and will continue to be known, promoted, and marketed nationally as Little Athletics.

#### **WHAT CHANGES WILL OCCUR IN THE RULES AND SPECIFICATIONS?**

There will be no changes to rules and specifications for the 2025/26 competition season beyond what has already been announced for the aligned national championships in Brisbane in April 2026 (i.e. the Junior Nationals and ALAC). Opportunities to refine and align rules and specifications will be explored in the future to improve transition across ages and experience. These will be guided by World Athletics' technical specifications and rules as well as what is appropriate to continue to modify for younger children participating in the sport.

#### **WHAT CHANGES WILL OCCUR TO THE EVENTS BEING OFFERED?**

The most important change is the alignment of Junior Nationals and ALAC in April. These events are in the same place and run next to each other to allow greater opportunities to compete in both events and improve accessibility for families by avoiding having two competitions in different cities. Many States/Territories have (or are exploring) joint events and competition opportunities, and we are confident that unification will increase these opportunities into the future.

#### **WILL ALAC STILL BE OFFERED?**

Yes. ALAC will remain as a key teams-based national competition. From 2026 ALAC will be aligned with the Australian Junior Championships which are being held in Brisbane.

#### **WILL COLES REMAIN A SPONSOR OF LITTLE ATHLETICS AND CONTINUE COMMUNITY PROGRAMS?**

Coles, as the key national partner of Little Athletics, will continue in its role as the Little Athletics National Naming Partner following unification. All current Coles-supported programs and initiatives will remain in place, including, but not limited to: Coles Banana Donations, Coles Little Athletics Tiny Tots (where offered), the Coles Little Athletics Community Fund, Coles Community Round, the Coles Australian Little Athletics Championships, the Coles Little Athletics Hall of Fame, and the Coles Centre of the Year Program.

#### **WHAT ARE THE GOVERNANCE ARRANGEMENTS UNDER UNIFICATION?**

No amendments are required to the Constitutions of AA or LAA as part of the unification process, nor are any changes required to the Constitutions of State and Territory Member Associations or their affiliated Centres and Clubs.

Under unification, AA will become the single national body for athletics in Australia recognised by World Athletics, the Australian Sports Commission, the Australian Olympic Committee, Paralympics Australia, Commonwealth Games Australia and Sport Integrity Australia. AA's Constitution will continue to apply. AA will be responsible for strategic oversight of Little Athletics and ensuring the continued growth of this successful and much cherished athletics movement and program. LA Member Associations of LAA that were not previously affiliated with AA will become Associate Members of AA. Sherrie Boulter (current President of LAA) will join the AA Board, and the State/Territory Members will be represented in key forums, committees and programs. There is no change to the way Centres and Clubs affiliate with their respective State and Territory Member Associations. Similarly, there are no changes to State and Territory Member Association structures, staffing, or the services currently provided to Centres and Clubs.

#### **WHAT HAPPENS TO LAA OPERATIONAL STAFF?**

Upon unification LAA staff will be offered the opportunity to transfer to be employees of AA. In these roles they will continue the work of supporting Member Associations, Centres and Clubs to grow and advance Little Athletics.

#### **WILL THE FOCUS OF COMMUNITY GRASSROOTS SPORT REMAIN, OR SHIFT TOWARDS HIGH PERFORMANCE?**

Unification will see the sport grow and thrive in all parts of its operations. One major benefit of the unification will be improved integration and more seamless pathways that will attract and retain people in the sport and enable them to participate in ways that appeal to them. Higher participation will contribute to a greater pool of athletes that may go on to succeed in high performance, but the focus of unification is on bringing the sport together as one. Athletics will remain steadfastly focused on providing its participants, officials and volunteers a chance to be their best as part of a joined-up sport.

#### **DO STATE/TERRITORY MEMBER ASSOCIATIONS HAVE TO MERGE, OR IS THIS ONLY AT THE NATIONAL LEVEL?**

State/Territory Member Associations have unanimously supported this national unification. Each of these organisations is a separate independent body, so any decisions on state level unification is a matter for them. Similar unifications are not mandated or required within States, although AA and LAA would be supportive of such progress were it to occur.

#### **WHAT DOES THIS MEAN FOR MEMBERSHIP FEES?**

Membership fees are applied by State and Territory Member Associations. Any existing national registration charges will remain the same, other than for CPI increases which occur from time to time. Several States have made excellent progress on providing greater streamlining of registration fees across Little Athletics and State Junior Athletics – for example in NSW under its partnership model.

#### **WILL PATHWAYS CHANGE IN THE SPORT?**

LAA and AA have already taken significant steps to strengthen athlete pathways through increased collaboration. Building on this momentum, both organisations have been working closely to explore broader opportunities to strengthen and future-proof athletics in Australia. Following unification, a number of joint working groups will be established, drawing on the collective knowledge and experience across AA and LAA. These groups will focus on identifying and developing improved outcomes for athletes, with a particular emphasis on attracting, retaining, and supporting greater numbers of participants and volunteers across all levels of the sport.

Work will continue to explore greater alignment of age groups and specifications, building on progress already achieved at a national level through the aligned National Championships in April 2026, and on developments that have occurred to varying degrees across State and Territory Member Associations of both AA and LAA.

#### **WHAT HAPPENS TO LITTLE ATHLETICS LIFE MEMBERS AND AWARDS IN THE FUTURE?**

Little Athletics Australia Life Members and Hall of Fame Members will continue to be recognised as Little Athletics Life Members and Little Athletics Hall of Fame Members following unification. Members of the Little Athletics community will continue to be acknowledged and celebrated through existing and future recognition pathways, including Life Membership, Merit Awards, the Hall of Fame, and any other relevant awards categories established from time to time. All Little Athletics Australia records will continue to be formally recognised and maintained as Little Athletics records, preserving the history, achievements, and legacy of Little Athletics athletes.

#### **WHAT HAPPENS NEXT?**

Implementation of the unification will formally start on or around 20 April. From this date staff will be integrated and the national functions of the newly unified body will commence. An integration committee will be established to oversee the transition. Areas of focus over the next 12 months will include: growing participation and aligning pathways and technical regulations, development of a national digital strategy, integrity and safeguarding of children in the sport and facilities planning across different states and territories to meet growing demand. Over the coming months there will be opportunities across States and Territories for centres and clubs to hear directly from the AA leadership about the strategic vision for the sport in Australia.

**Frank Overton** reports on two days of race walking at the recent ANSW Championships

Athletics NSW held the Junior Track & Field Championships Race Walks on Thursday 12 March, at the main track SOP Homebush. It was a good night for racing, not just in one event but in all walk events.

I was mostly impressed by several PBs and especially a State record by **Callum Martin** in the 15s 3,000m walk, breaking Isaac Beacroft's previous mark in recording a sub-12:00 time of **11:58.75**. Great walking, Callum.

**Boys 3000mW13**

1 Nate Appleyard	13:35.95
2 Liam Meale	15:07.66
3 Hugo Siciliano	16:46.97
4 William Pratt	17:19.94
5 Joshua Waddington	17:35.84
.. Ethan Lally	DQ

**Boys 3000mW14**

1 Lincoln Moore	15:10.27
2 Charlton Maxwell	15:37.73
3 Alexander Dennett	15:41.89
4 Mathias Hutchens	16:21.47
5 Vinal Liyanage	17:16.69
.. Julian Ciano	DQ

**Boys 3000mW15**

1 Callum Martin	11:58.75 SR
2 Noah Vella	13:52.53
3 Tyler Cousins	14:45.50
4 Michael Mathison	14:55.96
5 Sagan Jones	15:19.99
6 Mitchell McCarthy	15:35.03
7 Patrick Waddington	16:28.95

**Girls 3000mW13**

1 Avia Luketic	14:11.59
2 Kira Ekers	15:47.57
3 Isla Banks	16:25.20
5 Felicity Rudd	17:58.35

**Girls 3000mW14**

1 Ashleigh Mansell	15:22.09
2 Molly Miller	15:43.56
3 Ivy Murray	15:47.57
4 Niesha Whiteman	19:15.71
5 Tamzin Watts	20:53.31
6 Lexi-Anne Nichols	24:35.04
.. Hannah Hewitt	DQ

**Girls 3000mW15**

1 Miarose Everson	15:33.38
2 Grace Delander	15:51.43
3 Nikki Hearnden	16:41.52
4 Erin Cassilles	17:15.36

The State Open 5,000m Race Walk Championship was held on Thursday 19 March, 2026, at the newly resurfaced SOP. The walk fields were low in numbers. However, the standard of walking was excellent.

The Men's Open was a great race with **Joel Byatt** taking the lead from the gun and holding it to the finish. **Jack McGinniskin** and **Callum Martin** challenged Joel, but the strength he displayed was good enough to drop Callum. Jack stayed close but was not able to close the gap on Joel.

Jack and Joel were backing up from the Australian Walk Champs in Adelaide last Sunday, Jack from the Half Marathon and Joel from the U/20 10km.

The Women's race was good with **Chelsea Roberts** leading from start to finish and being alone with no close competition so she just did what Chelsea does, by racing herself to another PB of **22:38.44**. This was following her great walk in the Australian Half Marathon in Adelaide where she missed the qualifying time for the World Race Walking Teams Championships in Brazil by only 37 seconds.

The Half Marathon was held only 4 days before so the performances here by Joel, Jack and Chelsea, with each of them recording PB times was a certain sign of more improvement in these athletes to come.

**Men 5,000mWOpen**

1. Joel Byatt	20:20.68
2. Jack McGinniskin	20:46.85
3. Callum Martin	21:30.49
4. Alexander Sinnett	24:14.80

**Women 5,000mWOpen**

1. Chelsea Roberts	22:38.44
2. Sienna Pitcher	24:18.67
3. Hana Jugovic	24:40.39
4. Ashleigh Mansell	26:32.12
5. Laelia Byatt	27:16.84
6. Lilah Norden	27:24.44

**Robyn Wales** sent through the QLD Little Athletics championship results. A couple of eye-openers among them!

LAQ State Championships were held this weekend. Plenty of pbs and a couple of QBPs (QLD Best performances ... no records are observed at Little A's).

Record breakers were **Koby Irvine** in the U16 boys 1500m walk with **6:07.66**, and **Taylor Chapman** in the U13 girls 1500m with **6:36.60**. Taylor also won the 400m and finished 2<sup>nd</sup> in the 800m. As mentioned previously Taylor is still only 12 so her future looks bright.

<b>Girls 1500mRW U17</b>		<b>Boys 1500mRW U16</b>		<b>Girls 1500mRW U16</b>	
1 Olivia Boulton	7:10.82	1 Koby Irvine	6:07.66 QBP	1 Eliza Kelly	7:27.27
2 Mia Stewart	7:56.43			2 Makayla McDonald	10:36.93
<b>Boys 1500mRW U15</b>		<b>Girls 1500mRW U15</b>		<b>Boys 1500mRW U14</b>	
1 Cory Lockwood	6:43.31	1 (Name not provided)	7:29.15	1 Leo Ramsay	7:48.87
		2 Hannah McKinnon	8:19.52		
		3 Kiara Waterman	8:56.77		
<b>Girls 1500mRW U14</b>		<b>Boys 1500mRW U13</b>		<b>Girls 1500mRW U13</b>	
1 Elspeth Hooper	7:43.31	1 Leo Hyde	7:34.54	1 Taylor Chapman	6:36.60 QBP
2 Violetta Boyd	7:47.00	2 Jonathan Myerthall	8:05.98	2 Amelia Chisholm	7:28.35
3 Charlotte Don	8:51.06	3 Caleb Lee	8:10.32	3 Violet Conway	7:58.98
4 Mackenzie Wormald	9:44.52	4 Luca Georgiou	9:42.66	4 Ariyah Aichin	8:35.99
5 Nataliyah Rooney	10:23.34	5 Patrick Moxham	10:57.69	5 Georgia Brady	9:26.18
		<i>DQs - 3</i>		6 April Kelly	9:44.11
				<i>9 finishers</i>	
<b>Boys 1500mRW U12</b>		<b>Girls 1500mRW U12</b>		<b>Boys 1100mRW U11</b>	
1 Lachlan Miers	8:01.70	1 Zoe Frost	8:15.82	1 Grayson Leggat	5:36.87
2 Jett Irvine	8:47.70	2 Indianna Keightley	8:24.48	2 Conor Geagea	6:04.70
3 Jackson Millar	9:11.05	3 Nina Trickey	8:28.26	3 Brock Marley	6:27.57
4 Austin Griffiths	9:31.82	4 Izzy Blackburn	9:10.74	4 Walter Miller	6:28.48
5 Lucas Dyer	10:09.35	5 Jessica Gorham	9:12.65	5 Thomas Churchill	6:30.22
6 Henry Pallentine	11:02.29	6 Saoirse Nelis	9:52.03	6 Tiam Ahwang-Moore	8:20.29
		<i>12 finishers. DQs - 4</i>		<i>DQs - 2</i>	
<b>Girls 1100mRW U11</b>		<b>Boys 1100mRW U10</b>		<b>Girls 1100mRW U10</b>	
1 Clara Hermus	5:42.11	1 Yoshua Lee	6:12.69	1 Juliet Sullivan	6:09.51
2 Bella Sansom	5:55.23	2 Xavier Dyer	6:19.40	2 Lilli Chu	6:09.53
3 Luna Boyd	6:21.36	3 Thomas Lindner	6:52.54	3 Sophia Watson	6:35.72
4 Emilia Field	6:46.22	4 Jack Tyssen	7:29.47	4 Eliza Park	7:03.78
5 Zoe Silk	6:46.88	5 Sydney Joseph Patterson	7:39.49	5 Kalea Irvine	7:14.41
6 Ruby Keightley	7:11.17	6 Malachi Ward	8:09.56	6 Layla Harmon	7:20.68
<i>11 finishers DQs - 1</i>		<i>10 finishers</i>		<i>13 finishers DQs - 2</i>	
<b>Boys 700mRW U9</b>		<b>Girls 700mRW U9</b>			
1 Tayo Schroer	4:18.80	1 Charlotte Foster	3:50.33		
2 Alby Negline	4:18.88	2 Tilly Verse	3:50.52		
3 Jasper Wang	4:23.65	3 Mikayla Lee	4:06.22		
4 Hugo Jardine	4:34.65	4 Ruby Matthews	4:13.20		
5 Archer Howse	4:34.87	5 Jayda McKendry	4:35.30		
6 Noah Scott	4:41.87	6 Cassandre Cohoner	4:35.85		
<i>14 finishers DQs - 2</i>		<i>20 finishers DQs - 1</i>			

## SOUTH AUSTRALIA SALA , 13 December – Mile End stadium

**Kim Mottrom** reports that the South Australian Little Athletics championships were held on Sunday morning with great weather and some great times.

Kim adds that as he personally coaches **Harper** (U9G), **Saxon** (U11B), **Connor** (U13B), **Zach & Callum** (U14B), **Jess** (U16G) and **Liam** (U17B), it was a good day for him!

### U9 Girls 700m

G Maya O'Keeffe-Barry	3:57.48*
S Oceá Janyckyj	3:59.28
B Harper Di Cicco	4:02.04
4 Sia Rensburg-Phillips	4:12.82
5 Matilda Wood	4:35.10
6 Jayda King	4:53.00
7 Eloise Fromm	4:56.75
8 Alice Jonas	4:59.81
9 Isabella Stratfold	6:00.50

(\*less than 0.2 outside the state record)

### U10 Girls 1100m

G Harper Ferguson	7:05.12
S Arielle Koufalas	7:06.87

### U9 Boys 700m

G Hugo Harrison	4:33.50
S Mattias Chin	4:48.93

### U10 Boys 1100m

G Jordan Sandercock	
S Walt Byrne	6:19.57

B Eliza Haines	7:25.26
4 Shaylee Williamson	7:41.60
5 Jessica Ratcliffe	7:41.74
6 Layla Turp	7:51.51
7 Seerat Kaur Sidhu	7:57.68
8 Maya Verbitskaya	8:00.84
.. Lucy Flint	DQ TR 54.17

B Jacob Daniell	7:21.53
.. Maverick Grantham	8:01.95
.. Olyver Neos	DQ TR 54.17
	DQ TR 54.17

**U11 Girls 1100m**

G Amity Cowling	6:33.52 PB
S Aria Crispe	6:39.63 PB
B Madilyn White	6:50.57 PB
4 Lucy Morrison	9:07.98

**U11 Boys 1100m**

G Saxon King	5:53.10 PB
S Caleb Barca	8:44.09

**U12 Girls 1500m**

G Harper Winterford	8:05.66
S Amaya Cowling	9:34.28
B Hayley Fenna	9:59.07
4 Scarlett Wood	DQ TR 54.17

**U12 Boys 1500m**

G Paxton Newman	8:31.14
S Jett Kozak	8:48.53
B Jude Errington	8:54.16
4 Harrison Young	10:52.75

**U13 Girls 1500m**

G Kate Hamlyn	8:20.63 PB
S Ruby Grieve	9:00.02 PB
B Emmi Tunn	9:27.04
4 Rachel Pemberton	9:49.05 PB
5 Abbey Craig	11:05.55

**U13 Boys 1500m**

G Connor Ratcliffe	8:51.47 PB
S Caleb Camilleri	9:44.19

**U14 Girls 1500m**

G Liliana Templer	7:25.20 PB
S Lara Hutchinson	9:25.79

**U14 Boys 1500m**

G William Kenny	7:54.67
S Zachery Freundt	8:39.36
B Callum Freundt	9:12.76

**U15 Girls 1500m**

G Kayley Petrony	8:44.63 PB
S Lucinda Kenny	9:46.75
B Claire Nokes	9:20.21 PB

**U15 Boys 1500m**

G Anantpreet Singh Sidhu	7:33.39 PB
S Orlando Grantham	8:27.32
B Riley Hill	9:44.90

**U16 Girls 1500m**

G Jessica Clelland	8:03.38 PB
B Lauren Barclay	8:43.18

**U17 Girls 1500m**

G Grace Marin	8:12.36
S Aaliah Giacopini	9:16.49

**17 Boys 1500m**

G Liam Freundt	6:24.88 PB
S Jayden Zammit	9:22.50
B Junsei Holmes	12:20.07

## TASMANIA Athletics Tasmania & TMA Masters T&F c'ships, 20-22 March– Domain AC, Hobart

David Moore reports:

The State Title Walk events were contested in brilliant sunshine on Day Two (Saturday March 21) of the Championships. Despite the small fields, there were several athletes who achieved important personal milestones –

**Oliver Morgan** – Oliver smoothly strode his way to his third Open title

**Sam Leitch** – Sam walked his way to a Silver Medal, his first at Open Championships since 2005 (and that was in a 200m event)!

**Elizabeth Leitch** – Chalked up her fifteenth Open State title, her first title win being in the year 2000.

**U/14 3000m Walk Girls**

1. Charlotte Dix	ES	20:09.02
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**U/15 3000m Walk Women**

1. Adele Woodward	OVA	19:53.21
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**Open 5000m Walk Women**

1. Elizabeth Leitch	TMA	36:32.23
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**Open 5000m Walk Men**

1. Oliver Morgan	SB	26:40.98
2. Sam Leitch	TMA	39:08.43

**Tasmanian Masters C'ship****1500m Walk**

1. Elizabeth Leitch	1 <sup>st</sup> W70	10:26.00
2. Sam Leitch	1 <sup>st</sup> M45	10:40.95 PB
3. Wayne Fletcher	1 <sup>st</sup> M75	13:36.04

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# INTERNATIONAL NEWS

## FRANCE: Criterium de Printemps, 22 March – Ivry-sur-Seine

**Emmanuel Tardi** makes a welcome return to these pages, with the latest set of French results:

I was judge this Sunday in Ivry sur Seine (on the southern border of Paris) for the usual 1 hour racewalking. Temperature was perfect ... 5° at 9am, climbing to 15° at 12. There were 40 starters for the two men's races and 20 young for ancillary events.

In the men event, **Lilian Rottier** and **Shamseddine Monayajo** walked together 3/4 of the race . They reached 6150m at halfway and 10k in 48'23". Rottier produced a very hard acceleration in the last 10 minutes and won with a large margin.

In the women event **Adele Duclos** walked easy at 5min per km and won the race easily. **Claire Bertand** finished 2nd. Many good results in youth races. **Clemence Flecher** beat the Ile de France record in the 3k.

<b>1Heure Femme 10h15</b>			<b>10000m</b>		
1	DUCLOS Adele	SEF/00	Ca Montreuil 93	49'52"9	12 025 m
2	BERTRAND Claire	MAF/81	Metro Athle Antony	55'46"9	10 767 m
3	BIZARD Lucie	MAF/90	Stade Français	58'59"0	10 179 m
4	VARENNE Julie	MAF/86	Vierzon-Vignoux-Foecy Athle	59'14"2	10 136 m
5	SERAKI Patrizia	MAF/63	Avia Club Athletisme		9 831 m
6	DAFIET Romane	SEF/00	Us Nemours St Pierre Athle		9 583 m
7	QUEUDRET Vanessa	MAF/74	Bussy St Georges Athletisme		9 388 m
8	STEINVILLE Nathalie	MAF/64	Asfi Villejuif Athletisme		9 236 m
9	KOROTKEVITCH Nadia	MAF/63	Bussy St Georges Athletisme		8 734 m
10	DUREY Catherine	MAF/68	Athle78		8 525 m
11	TRAQUE Lina	MAF/65	Bussy St Georges Athletisme		8 524 m
12	LAMOTTE Fabienne	MAF/63	Bussy St Georges Athletisme		8 116 m
13	BIZARD Claudie	MAF/59	Thiais Ac		8 043 m
14	SOBESTO Caroline	MAF/79	Bussy St Georges Athletisme		8 035 m
15	BENIGNI Sandrine	MAF/72	Stade Français		8 022 m
16	FELIPE Fabienne Marie	MAF/62	Ca Vierzon		7 805 m
17	CANDILORO Lena	JUF/07	Ca Montreuil 93		7 517 m
18	PETEL Annie	MAF/42	Avia Club Athletisme		5 117 m
<b>1 Heure Homme 9h00</b>			<b>10000m</b>		
1	ROTTIER Lilian	SEM/03	La Postillonne Longjumeau	48'23"0	12 508 m
2	MONAYAJO Shamseddine	SEM/99	Ea Cergy	48'27"0	12 264 m
3	PAGES Benjamin	JUM/07	Evolution Sportive	52'38"1	11 505 m
4	BOLLINGER Vincent	MAM/84	Ga Noisy Le Grand	52'29"2	11 450 m
5	SANCHEZ MONTOYA David (ESP)	MAM/84	Ca Montreuil 93	53'20"9	11 255 m
6	GOULEY Fabien	MAM/83	Union Sportive Ivry Athletisme	53'27"6	11 157 m
7	BROU Florent	SEM/93	Ca Montreuil 93	57'28"2	10 456 m
8	DUCLOS Eddy	MAM/69	Us Champagne-Sur-Seine	57'40"3	10 424 m
9	GRAJEZYK TAZI Jan	SEM/96	Ea Cergy	59'31"8	10 081 m
10	STEFANELLY David	MAM/76	As Mantes	59'43"4	10 049 m
11	NOGRE Yannick	MAM/59	Sc Brie-Comte Robert		9 974 m
12	FER Eric	MAM/65	Sc Brie-Comte Robert		9 557 m
13	TAILLANDIER Patrick	MAM/76	Ca Vierzon		9 551 m
14	TOUTAIN Eric	MAM/63	Us Ivry		9 475 m
15	AUDEBERT Jean-Philippe	MAM/75	Bussy St Georges Athletisme		9 335 m
16	BABOIN Michel	MAM/56	Saran Loiret Athletic Club		9 131 m
17	DI DONATO Fabien	MAM/66	Bussy St Georges Athletisme		8 992 m

18	TRAQUE Jocelyn	MAM/65	Bussy St Georges Athletisme	8 809 m
19	LEFEVRE Marc	MAM/65	Athle78	8 398 m
20	TCHMENIAN Yvan	MAM/72	Pays Basque Athlé	7 145 m
21	SCHWING Martin	MAM/89	Beauvais Ouc	7 007 m
22	MONTIGNY Patrick	MAM/49	Us Ivry	6 132 m
<b>2000m H et F 11h30</b>				
1	SAKHRI Ilyes	BEM/14	Athle 91	12'12"7
2	SADRANT Amaury	BEM/13	Ca Montreuil 93	12'13"7
3	MOINE Sohan	BEM/14	Bussy St Georges Athletisme	12'52"6
4	FERNANDES VIEIRA Leandro	BEM/14	Athle 91	13'07"6
5	BALDI Milla (ITA)	BEF/13	Stade Français	14'14"3
<b>3000m H et F 11h30</b>				
1	VERCHERE LATOUR Titouan	MIM/11	Elan 91	15'07"0
2	FLECHER Clemence	MIF/11	Athle78	15'07"9
3	AYROLE GONZALO Rafael	MIM/12	Athle 91	16'48"4
4	CHEVREUIL Samuel	MIM/12	Athle 91	17'06"2
5	BRUNIE Romane	MIF/11	Ea Cergy Pontoise Athletisme	17'07"4
6	DE TILLY Victor	MIM/12	Athle78	17'36"7
7	LE TOULLEC Leonie	MIF/12	Athle78	19'05"9
8	PIGOUREAU Erwan	MIM/12	Ga Noisy Le Grand	21'19"7
<b>5000m H et F 11h30</b>				
1	DEUTSCH Lucile	CAF/09	Us Champagne-Sur-Seine	27'03"7
2	DIZI Ana	CAF/10	La Postillonne Longjumeau	28'45"3
3	MARTEIL Lois	CAM/10	Thiais Ac	29'13"5
4	TAVERNIER Lola	CAF/10	Asfi Villejuif Athletisme	30'32"4
5	TREFLE Nina	CAF/09	Athle92	32'03"0
6	COURTET Amandine	CAF/10	Cosm Arcueil	33'18"7
7	ROCHETTE Alan	CAM/10	Ea Cergy	39'50"4



Bertrand



Monayajo, Rottier



Verchere Latour (55), Flecher



Duclos  
(Photos: Emmanuel Tardi)

## MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

Good news! After several weeks of believing we'd seen the last of the *Marcia Dal Mondo* website, I was contacted on Thursday by **Nicola Maggio** with news of its resurrection – appropriate given the time of year, I'd say. Nicola's announcement follows:

### AT RISK OF CLOSURE, BUT NOW IT'S REBORN: THE NEW "MARCIA DAL MONDO" WEBSITE IS ONLINE.

To our readers,

We left off towards the end of February this year with the closure of our *Marcia dal Mondo* website after nearly 20 years of activity. The decision wasn't an easy one for us, but it was almost inevitable. In fact, the Company that had designed the website and managed the hosting had decided to close this type of business, and we quickly had to decide whether to continue or abandon this adventure, dedicating ourselves solely to the Facebook group. The social network gave us the ability to communicate very quickly, but subsequent searches were more complicated for those who, like us, wanted to search for results over time and other news.

We almost decided to give up, when an unexpected offer arrived from Stefano La Sorda, offering us the opportunity to get back the history of Marcia dal Mondo and use his support for a new, leaner and more “friendly” website than the previous one, which contained many sections that had been barely consulted. Stefano La Sorda, for those unfamiliar with him, is also an International Silver Race Walking Judge, and he insisted that the history of the past not be lost; so we did. Today we can only say thank you, and from the bottom of our hearts.

You may have already realised that with the publication starting today, this new chapter begins, linking us to the Facebook Group solely for information purposes, while all results and news will be hosted on the new Marcia dal Mondo website. Initially, we will be operational with the Results of the most interesting races starting from February 2026 and with the History of the main “Major Events” over time. News, results, conference proceedings, and more will still be available through a dedicated menu item on the new website.

Finally, we’d like to inform you that a book co-authored by Sandro Damilano and others, will be presented in A Coruña during the 2026 Cantones. The book, titled “*The Fantastic Journey into the World of Race Walking – History, Statistics, and Key Players*” features fascinating interviews with athletes who have shaped the history of world race walking.

See you in A Coruña.

*Nicola Maggio & Sandro Damilano*

Welcome back, Nicola and Sandro! We eagerly await your news and historical offerings.

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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 22, 2026*

## *Medals presented by the World Race Walking Championships teams (Brasilia 2026)*

The Organizing Committee of the World Race Walking Championships for National Teams — Caixa World Athletics Brasília 2026 —, together with World Athletics, revealed the medals that will be awarded to the athletes who reach the podium in what promises to be a landmark competition.

Inspired by characteristic elements of Brazil, the medals highlight, in relief, the national identity, the main tourist attractions of the capital, and the notable works of architect Oscar Niemeyer. In collaboration with Lúcio Costa, Niemeyer was responsible for the planning and construction of Brasília, inaugurated in 1960. Throughout his 104 years of life, he left a legacy of approximately 600 works scattered around the world.

Regarding the event, Wlamir Motta Campos, president of the Brazilian Athletics Confederation, stated: “*Brasilia was built to unite the Brazilian nation, and we want the 2026 World Team Race Walking Championships to unite people in that same spirit.*”

Also noteworthy is the Brasília-born race walker Caio Bonfim, a leading figure in the sport and in Brazilian athletics. Son of coaches João Sena Bonfim and Gianetti de Oliveira Bonfim, the athlete will be one of the main protagonists of the competition, scheduled for April 12th. Among his main achievements are four medals in World Athletics Championships (bronze in 2017 and 2023, gold and silver in 2025), in addition to winning the silver medal at the Paris 2024 Olympic Games — the highest point of his career to date.



*(Photo: O Marchador)*

The event is organized by the Brazilian Athletics Confederation and World Athletics, with sponsorship from CAIXA and the Government of the Federal District, as well as support from the Athletics Federation of the Federal District and the Brazilian Olympic Committee.

*Source: CBA*

- Tuesday, March 24, 2026 - **Vitória Oliveira, overall champion of the Half Marathon with a national record – Porto de Mós 2026** <https://omarchador.blogspot.com/2026/03/vitoria-oliveira-campea-absoluta-da.html>

- Monday, March 23, 2026 - **João Vieira with national titles in the absolute category and M50 category of the Half Marathon – Porto de Mós 2026** <https://omarchador.blogspot.com/2026/03/joao-vieira-com-titulos-nacionais.html>
- Friday, March 20, 2026 - **Mayara Vicentainer and Matheus Corrêa shine in Timbó, Brazil, at the Santa Catarina Race Walking Championship (2026)** <https://omarchador.blogspot.com/2026/03/mayara-vicentainer-e-matheus-correa.html>
- Friday, March 20, 2026 - **Hefei, China, will host the World Team Race Walking Championships in 2028.** <https://omarchador.blogspot.com/2026/03/hefei-na-china-sediara-o-campeonato.html>
- Thursday, March 19, 2026 - **Türkiye dominates Balkan Race Walking Championships – Izmir 2026** <https://omarchador.blogspot.com/2026/03/turquia-domina-campeonatos-dos-balcas.html>
- Wednesday, March 18, 2026 - **Declan Tingay and Rebecca Henderson win Australian Half Marathon Championships – Adelaide 2026** <https://omarchador.blogspot.com/2026/03/declan-tingay-e-rebecca-henderson.html>
- Tuesday, March 17, 2026 - **Isa Ferreira and Eduardo Camarate retain their national university titles (short track) – CAR Jamor 2026** <https://omarchador.blogspot.com/2026/03/isa-ferreira-e-eduardo-camarate.html>
- Tuesday, March 17, 2026 - **Motofumi Suwa and Yukiko Umeno triumph in the Nomi Marathon Race Walk (2026)** <https://omarchador.blogspot.com/2026/03/motofumi-suwa-e-yukiko-umeno-triunfam.html>
- Monday, March 16, 2026 - **Masatora Kawano and Ting Zhang with the best times in the Asian Championships Half Marathon Race Walking – Nomi 2026** <https://omarchador.blogspot.com/2026/03/masatora-kawano-e-ting-zhang-com-as.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 ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> 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 1<sup>st</sup>** 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>

### \*\* VRWC RACE FEES

**Seasons ticket 12 months:**

**VRWC Club Races:**

**VRWC Championships:**

Financial members: \$150.00 paid by the **end of May**.

Race fee: \$15.00.

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.

**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.

\*\*\*\*\*



**WHAT’S UP AHEAD?**

**2026 WINTER SEASON FIXTURE**

**APRIL**

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

**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

Saturday 16<sup>th</sup> May **Coaching seminar for parents, athletes and coaches** Middle Park

Sunday 24<sup>th</sup> May AV, AV SCHOOLS & VRWC CHAMPIONSHIPS Middle Park

Saturday 30<sup>th</sup> May VRWC Points races Middle Park

**\*\* 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.*

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

**JUNE**

Sat/Sun 6th/7th June RWA 59th Annual Lake Burley Griffin Carnival, Canberra

Saturday 13th June VRWC events. & LA Vic Championships, Middle Park

Saturday 13th June **Judging course and Coaching seminar** Middle Park

Saturday 20th June VRWC Points races Middle Park

Saturday 27<sup>th</sup> June VRWC Points races & Prize Day Middle Park

**JULY**

Saturday 4<sup>th</sup> July Racewalking Australia Postal Challenge event & VMA 10km C’ship Middle Park

Saturday 11<sup>th</sup> July VRWC Points races Middle Park

Saturday 18<sup>th</sup> July VRWC Points races and Interval races Middle Park

Sunday 26<sup>th</sup> July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

## AUGUST

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

## September

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

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

Thu-Sun 9/12 Apr 2026	AA Open (exc. Walks) & U20 (combined events only) T&F c'ships – Sydney NSW
Mon-Tue 13/14 Apr 2026	2026 Coles Australian Little Athletics Championships – Brisbane QLD
Wed-Mon 15/20 Apr 2026	AA Junior T&F Championships – Brisbane QLD
Sat 25 Apr 2026	AV 10,000m track walk C'ships - Mentone
Sun 24 May 2026	AV, VMA & VRWC Half Marathon, AV Schools C'ships – Middle Park
Sun 7 Jun 2026	59 <sup>th</sup> LBG Walking Carnival (inc. AA & RWA Marathon & H-M c'ships) – Canberra ACT
Sat 13 Jun 2026	LAVic Road walk Championships – Middle Park
Sat 4 Jul 2026	VMA 10km Road walk Championship & RWA Challenge – Middle Park
Sun 26 Jul 2026	AV 30km C'ship inc. Jared Tallent Trophy & VRWC c'ships – Middle Park
Sat 8 Aug 2026	AV 15km Championships & VRWC c'ships
Sun 23 Aug 2026	AA Junior Road walk Championships – Ballarat VIC
Sat 5 Sep 2026	AV 5000m Teams & VMA Championships - Mentone

## **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
23 May 2026	XXXIX Gran Premio Cantones de A Coruna de Marcha (WA Tour Gold) – La Coruna, ESP
31 Jul 2026	Commonwealth Games 10,000m Walk finals – Glasgow, SCO
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)