



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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*H&T Notice Board – Page 6

- **Volunteers for LBG needed – also Volunteer Coordinator**
- **2026 Race Season summary**
- **Membership, Uniform & Race fees**
- **LBG Carnival ... name change**
- **Club Treasurer** - announcement soon!

WALKER OF THE WEEK

There were several noteworthy WOTW contenders to come out of the AA Junior T&F championships, just concluded in Brisbane. Of these, **Callum Martin (NSW)** stands out as a model of two things - sheer excellence and fine sportsmanship.

Callum's U16 win in **12:00.96** set a new championship record by 24 secs and came within 2 secs of the 11:58 PB he set in March. That, coupled with his win in the U18 5000m on Thursday, would have placed him at the shortest of odds for the award. What tipped it in his favour, however, was his gesture at the end of the 3000m, not simply of shaking hands with every one of his trailing rivals but speaking to each individually. The livestream commentator remarked as the final walker came in: "(Callum) finished seven minutes ago, and he's waited out here for all our competitors. First to go to them as well. I absolutely love that."

So do we, Callum. It's part of why we take up sport in the first place. Well done.



(Photo: ANSW)

*Honourable mentions

- **Ela Uzun (VIC)** – set the other championship record of the meet in the U18 5000m with her time of **22:42.12**, sundering Clara Smith's 11-year old U18 mark by 26 secs ... at age 14!
- **Taylor Chapman (QLD)** – punched through the 14:00 barrier for the first time in the U14 3000m in Brisbane to win her first national track title in **13:51.82**.
- **Nate Appleyard (NSW)** – came to within 7 secs of Callum Martin's U14 championship record in clocking **13:39.61**.
- **Audrey Russell (NSW)** and **Isabella Welch (QLD)** – put on the closest contest of the championships with a mere 0.24 of a second separating gold (Audrey) from silver (Isabella) in the U15 3000m.
- **Mya McClure and Matilda Read (VIC)** – both gave dominant displays in winning the U16 3000m and U17 5000m respectively.
- **Lincoln Moore (NSW)** – scored a 45 sec PB in winning the U15 3000m by ¾ of a minute.



CLUB NEWS and RESULTS

***HAVE YOU REGISTERED FOR 2026/27 YET?**

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

Winter season 2026 gets underway this weekend, at Mentone track. If entering the **AV 10,000m championship**, make sure your entry is lodged with AV by 11.59 on **Wednesday 22 April**.

Make sure you're financial. Register now, so that you can enter for the VRWC Championships at Mentone.

***Saturday 25 April – Dolamore Res, Mentone**

1.30pm	10000m	AV Track c'ship	Open Male*
1.30pm	10000m	AV Track c'ship	Open Female
1.30pm	10000m	VRWC Championship	Open Male
1.30pm	10000m	VRWC Championship	Open Female
1.45pm	1500m	VRWC Championship	Open Male
1.45pm	1500m	VRWC Championship	Open Female
2.00pm	3000m	VRWC Championship	Open Male
2.00pm	3000m	VRWC Championship	Open Female
2.25pm	5000m	VRWC Championship	Open Male
2.25pm	5000m	VRWC Championship	Open Female
3.00pm	Presentations		

(*Open Male winner will receive C.H. Gardiner Medal)

Entries will be accepted up until 6pm on Friday 24 April

. Enter online at <https://www.revolutionise.com.au/vrwc/>

Entries now open for the
**59th LBG Mt Stromlo
Race Walking Carnival**

Sunday 7 June
Stromlo Forest Park
David McInnes Rd, Stromlo ACT

Registrations close **Friday 29 May** at
6pm. Note that ages are now listed as
of 31 December 2026.

Register now at

[https://www.revolutionise.com.au/vrwc/
events/342804](https://www.revolutionise.com.au/vrwc/events/342804)

We return to our home base at Middle Park on **Saturday 2 May** for the first of our Club points races. You can also purchase new uniforms (\$45 for tops) on the day.

**** LAKE BURLEY GRIFFIN RWA CARNIVAL, CANBERRA**

While there was an encouraging boost to our numbers at the LBG Carnival in 2025, the VRWC needs an even stronger presence at Stromlo Sports Park this year, to mount a serious challenge for the RWA Brennen Shield. So make use of the June long weekend and see the sights in the nation's Capital ... and have a race or two while you're at it. (See the advert on Page for the entry link. Remember to download your Information Pack.)



- Congratulations to our members who ventured to QSAC in Brisbane for the AA Junior T&F championships. Medals were hard to come by in the pressure cooker competition, but those the VRWC did win were won emphatically. **Ela** never lets an opportunity for a record pass her by (nor anything else), and a new U18 Championship record fit the bill nicely. **Angus**, for his part, made it two silvers from two starts, while **Mya** and **Matilda** were head and shoulders above their rivals (no small achievement in Matilda's case ...)



GOLD	Ela Uzun	U18 5000m – 22:42.12 (CR)
	Matilda Read	U17 5000m – 24:38.02
	Mya McClure	U16 3000m – 14:10.77
SILVER	Angus Shuttleworth	U18 5000m – 22:33.78
	Angus Shuttleworth	U16 3000m – 12:28.49

Lewis McClelland was the best-performed of the non-podium Vics, taking 5th in the U16 3000m with a huge PB. Well done also to **Indigo, Charlie, Tate M, Bethany, Tate J, Ella, Pippa, Harper, Havana** and **Addison**, every

one of whom gave their all. A special nod to Havana who fell quite sick the night before the race and deserves credit for being out there at all, regardless of the outcome.



***Vics in action:**

Pippa, Ela, Lewis, Angus, Harper, Havana, Mya, Indigo, Matilda, Ella, Charlie

(Photos: AV)

AROUND THE COUNTRY



***AA JUNIOR TRACK & FIELD CHAMPIONSHIPS, 15-20 APRIL – BRISBANE**

The country’s young walkers showed their hardiness in the exacting QLD heat at Brisbane’s QSAC stadium over five days. It’s regrettable that no replays of the U14 3000m races seem to be available on 7-Plus, as the battle between rising stars **Taylor Chapman** and **Avia Luketic** would have been something to see. Chapman’s win brought her to within 3.4secs of Ela Uzun’s championship record and, being still 12yo, she’ll have another opportunity in 2027. For those lucky enough to have a screen handy, the livestream of the Boys race did happen, showing **Nate Appleyard** giving a riveting exhibition of speed and technique. Had the diminutive Appleyard slightly longer legs, the 6 sec buffer between his time and Callum Martin’s championship record might have been reduced to nothing.

Conditions seem to have been more agreeable on Sunday for the U15/U16s, with an amazing tally of 18 PBs being set. The aforementioned **Callum Martin**, in a class of his own, made short work of Kodi Clarkson’s U16 championship record, wiping 24 secs from it, while behind him **Angus Shuttleworth** missed it by a bare 4 secs. **Audrey Russell** and **Isabella Welch** turned on the duel of the meet in the U15s, giving no quarter over the 7½ laps before Welch edged away in the home straight, only to be caught on the line by Russell in a test of ticker and technique.

Mya McClure and **Lincoln Moore** won their first AA championship titles by big margins, each setting the standard in their divisions.

GU14 3000mRW

- 1 Taylor Chapman
- 2 Avia Luketic
- 3 Amelia Chisholm
- 4 Kira Ekers

- QLD 13:51.82*
- NSW 13:59.62
- QLD 15:41.70*
- NSW 16:08.23

BU14 3000mRW

- 1 Nate Appleyard
- 2 Liam Meale
- 3 Hugh Siciliano
- 4 William Pratt

- NSW 13:39.61
- NSW 15:02.92*
- NSW 16:55.90
- NSW 17:11.75*

5 Isla Banks	NSW	16:19.96
6 Indigo Marshall-Moodie	VIC	16:29.79
7 Makenzie Sillitto	WA	16:41.36
8 Hannah Clausnitzer	WA	17:23.47
9 Gabriella John	WA	17:33.05
10 Ella Harris	VIC	17:37.39
11 Kate Hamlyn	SA	17:42.89*
12 Pippa Read	VIC	17:44.73
13 Felicity Rudd	NSW	17:46.09
... Willow Wheeler	WA	DNF

DQs - 2

GU15 3000mRW

1 Audrey Russell	NSW	14:21.42*
2 Isabella Welch	QLD	14:21.66*
3 Ashleigh Mansell	NSW	15:12.62
4 Molly Miller	NSW	15:20.58
5 Liliana Templer	SA	15:54.56*
6 Bethany Franzke	VIC	16:25.84
7 Ivy Murray	NSW	16:40.22
8 Violetta Boyd	QLD	17:22.25
9 Charlotte Don*	QLD	18:00.53*

DQs - 3

GU16 3000mRW

1 Mya McClure	VIC	14:10.77
2 MiaRose Everson	NSW	15:18.11*
3 Grace Delander	NSW	15:25.08*
4 Tory D'Alessio	WA	15:37.13
5 Mackenzie Bandidt	QLD	17:18.88
6 Addison Roots	WA	17:28.73
7 Nikki Hearnden	NSW	17:42.46 FT
8 Harper Cassidy	VIC	18:31.56

DQs - 1

***PBs 3000m** – *Leo 1:04; Kate 1:01; Sagan 1:00; Patrick 0:55; Lewis 0:49; Charlotte 0:48; Lincoln 0:45; Vinal 0:43; Michael 0:33; Taylor 0:32; Sebastian 0:27; Grace 0:26; Audrey 0:23; Mathias 0:18; Isabella 0:15; Charlton 0:15; Mitchell 0:13; Liliana 0:10; Liam 0:05; William 0:05; MiaRose 0:03; Angus 0:01; Amelia eq.*

The U18 5000m saw **Ela Uzun** go sub-23:00 for the sixth time for the meet's third Championship record. Taking silver was **Matilda Webb** who, despite having raced in Brasilia's heat over 10km the previous Sunday, showed impressive powers of recovery. **Matilda Read** stamped her authority firmly on the U17 race, while **Bethany Moore-Kirkland** and **Jillian Ryan** rounded out the podium with huge PB performances.

The smaller combined men's field saw **Noah Cooke** and **Callum Martin** dominate, making it two golds for Martin for the meet and two silvers for **Angus Shuttleworth**.

WU17 5000mRW

1 Matilda Read	VIC	24:38.02
2 Bethany Moore-Kirkland	QLD	25:17.57*
3 Jillian Ryan	ACT	26:04.39*
4 Eliza Kelly	QLD	26:30.60*
5 Eva Parker	TAS	27:26.06
6 Lexie Beacroft	NSW	27:41.17*
7 Lily Lambert	VIC	27:48.91*
8 Trinity Doulis	WA	29:13.44
9 Ashleigh Farrugia	NSW	29:46.47
10 Jessica Clelland	SA	32:10.50
11 Sierra Thompson	WA	33:05.56

DQs - 1

WU18 5000mRW

1 Ela Uzun	VIC	22:42.12 CR
2 Matilda Webb	NSW	23:42.27
3 Jessica Loring	NSW	26:00.69
4 Olivia Boulton	QLD	26:10.78
5 Maisie Mitchell	NSW	26:40.21
6 Katica Borsic	WA	28:48.40
7 Chelsey Ireland	WA	29:40.02*

5 Tayte Moore	WA	18:41.22
6 Charlie Wright	VIC	18:48.59

DQs - 3

BU15 3000mRW

1 Lincoln Moore	NSW	14:35.74*
2 Vinal Liyanage	NSW	15:17.46*
3 Charlton Maxwell	NSW	15:19.92*
4 Mathias Hutchens	NSW	15:35.32*
5 Leo Ramsay	QLD	15:39.79*
6 Tate McQueen	VIC	15:49.25
7 Sebastian Ryan	ACT	15:57.92*
8 Alexander Dennett	NSW	16:11.81
9 Tom Murphy	WA	16:46.98
10 Julian Ciano	NSW	17:27.01

BU16 3000mRW

1 Callum Martin	NSW	12:00.96 CR
2 Angus Shuttleworth	VIC	12:28.49*
3 Noah Vella	NSW	14:16.68
4 Sagan Jones	NSW	14:19.67*
5 Lewis McLennan	VIC	14:21.16*
6 Michael Mathison	NSW	14:22.62*
7 Mitchell McCarthy	NSW	15:22.00*
8 Patrick Waddington	NSW	15:27.59*
9 Tate Jardine	VIC	18:57.66

DQs - 2

MU17 5000mRW

1 Noah Cooke	QLD	22:25.91
2 Koby Irvine	QLD	23:16.82*
3 Keenan Munro	WA	24:51.77*
4 Rhys Chandler	NSW	26:47.32

MU18 5000mRW

1 Callum Martin	NSW	21:44.36
2 Angus Shuttleworth	VIC	22:33.78
3 Liam Freundt	SA	22:59.89*
4 Christopher Nilon	NSW	25:24.66*

8 Emma Hearnden	NSW	31:20.95 FT
9 Caetlin Ashby	NSW	32:09.91
10 Aangi Shah	VIC	32:51.46

DQs - 1

*PBs 5000m – Jillian 1:00; Bethany 0:49; Eliza 0:29; Lily 0:28; Keenan 0:28; Lexie 0:26; Christopher 0:18; Chelsey 0:14; Liam 0:11; Koby 0:09

SOUTH AUSTRALIA SARWC results, 18 April – South Parklands

Thanks to **Cooper Rech** for the latest SARWC results. A lower turnout from the juniors was seen due to the AA Junior Championships, but still a healthy sized group towed the line. Impressive walk from **Saxon King** again, who lowered his 2km PB by over a minute, while **Alex McEwan** also achieved a PB in the 12km.

12km		3km	
Peter Crump	1:31:11	Rachel Pemberton	21:43
Alex McEwan	1:33:31 PB	Anthony Crabb	DQ
10km		2km	
Cooper Rech	53:39	Saxon King	11:19 PB 1:15
Nellie Langford	57:06	Robert Crabb	16:38
Marie Maxted	1:12:44		
6km		1.5km	
Bill Starr	52:20	Martin Crabb	DQ
5km			
Orlando Grantham	34:24		

 **INTERNATIONAL NEWS**

MARCIA DAL MONDO & ‘O MARCHADOR’ ROUNDUP

The Portuguese race walking blog *O Marchador* posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, April 20, 2026 - **Adam Zajiček and Jana Zikmundová triumph in Olomouc, Czech Republic** <https://omarchador.blogspot.com/2026/04/adam-zajicek-e-jana-zikmundova-triunfam.html>
- Sunday, April 19, 2026 - **Saúl Wamputsrik and Magaly Bonilla win at the Ecuadorian National Athletics Championships – Quito 2026** <https://omarchador.blogspot.com/2026/04/saul-wamputsrik-e-magaly-bonilla-vencem.html>
- Saturday, April 18, 2026 - **Georgios Kritoulis and Christina Papadopoulou win the Greek half-marathon race walking championships – Preveza 2026** <https://omarchador.blogspot.com/2026/04/georgios-kritoulis-e-christina.html>
- Friday, April 17, 2026 - **Race Walking Judges at the World Race Walking Team Championships – Brasilia 2026** <https://omarchador.blogspot.com/2026/04/os-juizes-de-marcha-nos-campeonatos-do.html> A glimpse under the hood at the judging structure and processes in Brasilia.
- Thursday, April 16, 2026 - **Stage 2 of the Chinese Race Walking Grand Prix - Huangshan 2026 (results)** <https://omarchador.blogspot.com/2026/04/etapa-2-do-grande-premio-de-marcha-da.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven’t already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

**** A.C.T. 59th Lake Burley Griffin Carnival, 7 June**

***VOLUNTEERS NEEDED for
LBG CANBERRA CARNIVAL 2026**

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 successfully for the athletes, we will need lots of volunteer help, from interstate as well as local.

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.

If you can assist with any of these roles – even if only for a limited time – please contact Mark, Stu or Terry.

**LBG CANBERRA CARNIVAL 2026
VOLUNTEERS COORDINATOR**

Each state has been asked to appoint a person or persons to organize volunteers from their clubs for the Carnival.

The Coordinator's duties will involve being the main point of contact for confirming and organising volunteers from the VRWC, as well as their time availability and preferred roles on the day. The Coordinator will be asked for their name, email address and contact phone number, so as to receive communications from the Race Walking Australia organising committee.

Please contact Stu or Mark Donahoo if you are able to fill this position, or if you have any questions.

Stu Cooper

LBG Carnival name change ... ideas sought

As many of you would be aware, the LBG Carnival was named after the Lake Burley Griffin location where the event was held for ~50 years. Due to difficulties in security government approval for the event, the carnival moved to the Stromlo Forest Park location where it continues today.

The RWA Committee in conjunction with the states has decided that 2026 will be the last year the carnival is called LBG, and we will introduce a new name from 2027 onwards. That will also mark the carnivals 60th anniversary which we think is fitting.

We are looking to the broader walking community to come up with the new name, and are running a competition. Name can be submitted at [this website](#) and there is no limit to the number of submissions that anyone can provide.

Submissions close on the 31 May 2026, and the new name will be announced during the final presentation session at this years carnival. The person or people that propose the name will be recognised during the presentation, and forever have bragging rights.

*Kai Ryan
President, ACTRFWC*

**** 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>

** 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.

VRWC Committee

Club Treasurer

After months of searching and a couple of false starts, the Club hopes shortly to announce the appointment of a new Treasurer. Stay tuned!



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

APRIL

Saturday 25th April AV 10km & VRWC CHAMPIONSHIPS Mentone Track

MAY

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

** A.C.T. 59th 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 th June	VRWC Points races & Prize Day	Middle Park

JULY

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

AUGUST

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

September

Saturday 5 th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13 th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

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	59th 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

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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