



# 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)



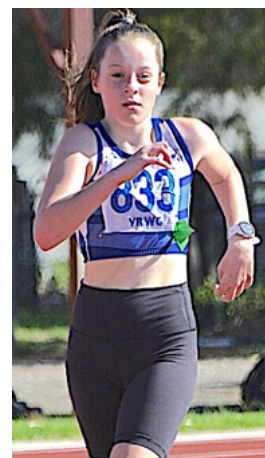
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## \*H&T Notice Board – Page 10

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

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



It's a three-way split this week, with the AV and VRWC track championships opening the year's winter action and providing numerous candidates for WOTW consideration. Club title walkers **Angus Shuttleworth**, **Erlyn Singh** and **Daisy Hooper** share the award this week on the basis of big PB results or outstanding competitive efforts – or both.

**Angus** won his share after shattering his 5000m PB by 34 secs, an improvement that took him below 22:00 for the first time (**21:48**). After a summer of hard work and amazing progress (not to mention two more WOTWs), this latest performance indicates that Angus is set to make as big a splash in the upcoming winter road championships.

**Erlyn's** PB margin was much more slender (2 secs), but she is sharing this award having won her first-ever Club title, over 1500m, after an uncompromising battle with Daisy Hooper. Erlyn's time of **8:06** will surely drop below 8:00 before long but, as we know, the stopwatch is only part of the equation in athletics. On Saturday Erlyn showed her quality as a competitor, not giving a millimetre of ground and earning her first Club gold medal.

**Daisy**, 9, has already earned her stripes as a lead-from-the-front competitor and never misses an opportunity to go for a win. She readily took on Erlyn, nearly 13, and came to within a second of taking that gold off her with a massive 53 sec PB time of **8:07**. Daisy learned a lot in her first season in 2025 and her technique has increased in efficiency, enabling her to employ her natural speed and strength to good effect. She's set for another productive season.

Well done to Daisy, Erlyn and Angus. It was a pleasure to watch you work at Mentone!

### \*Honourable mentions

- **Jemima Montag (VIC)** – any doubts Jemima had as to whether that hamstring would stand up to a hard 10,000m were laid to rest in emphatic terms, as her **43:36** not only won her the AV title and the Bert Gardiner medal, but served notice that, with the Commonwealth Games on the horizon, she's back and ready to defend her title.
- **Abigail Verity (VIC)** – now this is what real improvement looks like! One of our pint-sized brigade, with only half a VRWC season behind her, Abigail smashed her 1500m PB by 2:01 to clock **10:19** and finish in front of Heather Carr!
- **Aangi Shah (VIC)** – like Angus, Aangi posted a 34 sec PB in taking 3000m silver in **19:48** in the Club titles.
- **Rebecca Henderson (VIC)** – made the most of a rare chance to race a track 1500m, posting a 29 sec PB time of **5:59** and giving her fellow 1500 racers a clinic in speed walking.



## CLUB NEWS and RESULTS



- **NEW MEMBERS** – It's a pleasure to welcome the following new members to the VRWC fold:

John Zeleznikow	Open/Masters
Sadie Mathieson	U16
Lydia Stott	U16
Nashe Chengeta	U16
Sarah Bevin	Open/Masters
Penelope Mallard	U16
Alana Lamberton	U16
Jake Howard	U16
Lunah Ibrahim	U16
Tamai Bremner	U16
Alaska Bremner	U16
Taylah Bremner	U16
Andrew Cochrane	Open/Masters
Jia Wen Heng	Open/Masters
Sylvia Ivanova	Open/Masters
Eve Lambert	U16
Jaxon Connell	U16
Marina Carpinelli	Open/Masters

Perhaps Tim Erickson can confirm or refute this (if *he* can't, who can?), but I would say this is possibly the largest number of new sign-ons we've had at the start of a winter season. It's possible that the list will have grown by the time the issue goes out. If you add it to the members who've re-registered, our membership looks pretty healthy.

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

After 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 11** for the entry link. Remember to download your Information Pack.)

### **\*This weekend ...**

After the season opener, played 'away' at Mentone, we're back on our home course at Middle Park this Saturday for the first of our Club points rounds. The quest for the Time and Handicaps points trophies begins this weekend.

#### **Saturday 2 May – Middle Park**

2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.15pm	2km	Points race	Open
2.15pm	1km	Points race	Open

Entries will be accepted up until 6.00pm on Friday 1  
May Enter online at

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

#### ***\*TIMEKEEPERS NEEDED!***

This Saturday will see us short-handed by three on the timing table.

Volunteers are called for to assist with this essential job for our athletes.

Never done it before? Never fear! We provide expert on-the-job training. Contact Stu ([stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)) or Mark ([neerims8@gmail.com](mailto:neerims8@gmail.com)) if you can help.

Competition manager **Mark Donahoo** will, as usual, engage in the season-long task of setting handicaps for all Club walkers and calculating progressive points in both competitions. These will be available for members to track on the website over the season.

For our newer members, who may not be familiar with how the Points competitions work, here's a guide:

### The Handicap Competition

Handicap Points will be allocated in the following divisions: U10, U12, U15, U20, Open, Masters to 59yrs, Master 60 yrs + .

Each athlete who is financial and has previously walked the distance or a similar one in the current season or the previous season will be given a handicap time. This time will be deducted from the finish time of the athlete to determine the net handicap time.

- To receive a handicap times for 1km, 1.5km, 2km or 2.5km, you need to have raced one of these distances.
- To receive a handicap times for 3km, 4km, 5km or 6km, you need to have raced one of these distances.
- To receive a handicap times for 8km, 10km or 12km, you need to have raced one of these distances.

Points are then awarded to all walkers, in their respective divisions. Non-members and unfinancial members are permitted to start in these races, but will not receive points.

Handicap points are awarded as follows:

- All walkers receive 1 point for starting.
- All walkers receive 1 point for finishing.
- 1st place in the handicap receives 3 additional points, giving them 5 points
- 2nd place in the handicap receives 2 additional points, giving them 4 points
- 3rd place in the handicap receives 1 additional points giving them 3 points
- No other finishers receive additional points, so they end up with their basic 2 points
- Those who either do not finish or are disqualified get 1 point for starting.

### The Actual Times Competition

Actual Times Points will be allocated in the following divisions: U10, U12, U14, U18, Open, Masters to 59yrs, Master 60 yrs +.

Actual Time points are awarded as follows:

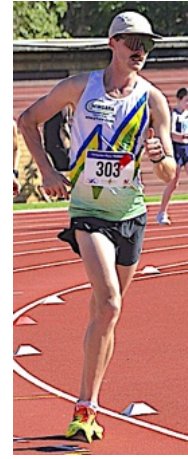
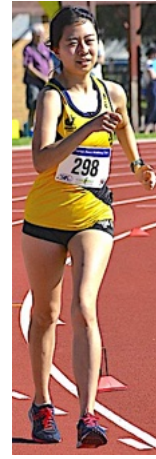
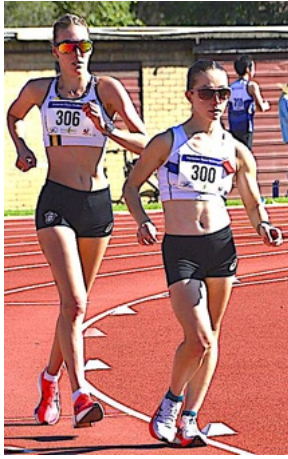
- All walkers receive 1 point for starting.
- All walkers receive 1 point for finishing.
- Fastest time walker receives 3 points, giving them 5 points.
- 2nd fastest time walker receives 2 points, giving them 4 points.
- 3rd fastest time walker receives 1 point, giving them 3 points.
- No other finishers receive additional points, so they end up with their basic 2 points
- Those who either do not finish or are disqualified get 1 point for starting.

## VRWC AV 10,000m & VRWC Track c'ships, 25 April - Mentone

A gloriously sunny, warm Saturday afternoon saw the biggest turnout for a season opener we can recall for a long time, certainly at Mentone track. A mightily impressive field of 43 faced the starter for a program of AV and Club championship races, sprinkled with a welcome contingent of interstate elite level walkers as well as an encouraging batch of new members.

First cab off the rank was the 10,000m AV and VRWC championships, which also featured the awarding of the Bert Gardiner medal to the AV winner. Hitherto this has been a male, but on this occasion it was a delight to see Bert's son Bob hand the medal to **Jemima Montag**. Back from long-term injury in her first serious hit-out since Taicang in March 2025, Jemima was after a fast time with Glasgow coming up. She got it emphatically with **43:36**, the fastest of the day, thanks in no small part to **Olivia Sandery's** close attendance over the first 7km. **Kate Siviour** and **Jia Wen Heng** rounded out the podium with good season-opening results.

It was unfortunate that there was no Victorian male winner of the State title, **Will Thompson** having stopped after a blistering start. NSW's **Dylan Richardson** filled the gap admirably with a solid **44:30**. (Will, only recently returned from finishing 12<sup>th</sup> in the Brasilia Half marathon, would do the honours later at the presentations.)



**AV 10000m Track Championship Open (inc. CH Gardiner Medal)**

1 Jemima Montag	F	MUAC	43:36
2 Kate Siviour	F	Western Athletics	52:59
3 Jia Wen Heng	F	Mentone AC	1:01:21
.. Hannah Mison	F	NSW- Invitation	DNF
1 Dylan Richardson	M	NSW- Invitation	44:30
.. Will Thompson	M	Mornington Peninsula AC	DNF

**AV 10,000m Track Championship 50+**

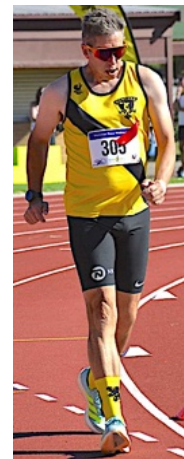
1 Carolyn Rosenbrock	F	Yarra Ranges AC	1:08:11
1 Rupert Van Dongen	M	Mentone AC	1:15:08

The Club championships' fields were collectively bell-shaped ... thin to crowded with the shortening of distances. I can't recall ever seeing a field of 19 at our track 1500's before. What a great sight!\* Let's hope we see them all, and more, at Middle Park next week.

Fresh from a very successful AA Juniors campaign in Brisbane, **Angus Shuttleworth** underlined his great form with a 34 sec PB time of **21:48** in winning the 5000m title. It was heartening also to see **Mietta Morgan** back into PB form after a terrible run of illness that effectively cost her two seasons. Her **28:40** is surely a sign of better to come now that she can train consistently. Albury's **Bethany Franzke**, who made the long trip to Melbourne several times over summer to race, had her first 5000m outing and returned a promising time of **29:51**.

Speaking of long trips, they don't come much longer than from Warrnambool, home of the **Bremner** family. We've seen **Alaska** race at Middle Park before, in Schools and LAVic championships, and it's great that she, sister **Taylah** and mum **Tamai** have now joined the VRWC. Alaska, winner of eight AA/AV/LAVic titles in 2025/26, made good her grasp on the women's 3000m Club title with **16:54**, ahead of **Aangi Shah** who took 34 secs from her PB in taking silver. And a special nod to new member **Sylvia Ivanova** who had the biggest PB of the day, by almost 3 mins, with her time of **20:45**. **Jonathan Ho** showed good form to take the men's title and is looking forward to a full season with his VCE studies now behind him.

(\* Great if you weren't a lap scorer, that is ...)



**VRWC 10000m Track C'ship**

1 Jemima Montag	F	Op	43:36	1 Terry O'Neill	M	Op	1:09:07
2 Olivia Sandery (inv)	F	Op	44:00	.. Paul Moritz	M	Op	DNF

.. Karyn O'Neill F Op DQ

**VRWC 5000m Track C'ship**

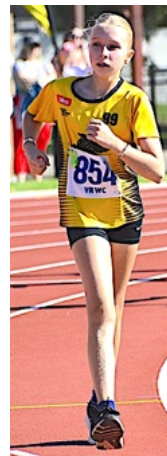
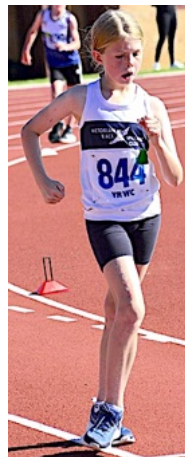
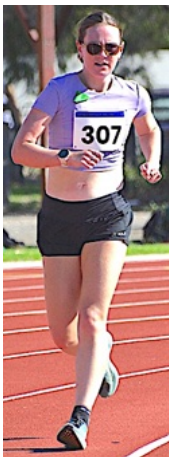
1 Mietta Morgan	F	18	28:40 PB 0:08	1 Angus Shuttleworth	M	16	21:48 PB 0:34
2 (inv) Bethany Franzke	F	16	29:51 FT	2 Arthur Robinson	M	18	35:33

**VRWC 3000m Track C'ship**

1 Alaska Bremner	F	14	16:54	1 Jonathan Ho	M	Op	16:04
2 Aangi Shah	F	18	19:48 PB 0:34	2 Kevin Cassidy	M	60	16:32
3 Sarah Bevin	F	40	20:01	3 Geoff Barrow	M	60	23:12
4 Donna-Marie Elms	F	60	20:35				
5 Sylvia Ivanova	F	40	20:45 PB 2:57				
6 Marina Carpinelli	F	40	24:30 FT				

After her brilliant 5<sup>th</sup> place in the Half-Marathon at the World teams titles in Brasilia, who would begrudge **Bec Henderson** a bit of speed fun over 1500m, a distance she hasn't raced at since she was a high school student in 2019? Bec dropped her PB (not to mention a multitude of young jaws as she blasted past) by 29 secs to record **5:58**, giving her the overall win although not the title as she was not yet financial.

The women's race saw 15 starters going for it, with several tight contests. **Erlyn Singh**, commencing her fifth road season, nailed her first Club title with a PB of **8:06** after a no-quarter battle with 9yo **Daisy Hooper** who ripped nearly a minute from hers, clocking **8:07**. While the males' race had far fewer entrants, they were no less committed than the ladies, with new members **Jaxon Connell** and **Jake Howard** racing 1500 for the first time and posting fine initial results.



**VRWC 1500m Track C'ship**

1 (inv) Rebecca Henderson	F	Op	5:58 PB 0:29	1 Jaxon Connell	M	10	8:36 FT
1 Erlyn Singh	F	14	8:06 PB 0:02	2 Jake Howard	M	10	8:41 FT
2 Daisy Hooper	F	10	8:07 PB 0:53	3 Felix Skurka	M	12	9:15
3 Lily Bowkett	F	12	8:28	4 Ben Skurka	M	40	11:08
4 Anouk Morgan	F	12	8:30 PB 0:08				
5 Anna Dubar	F	12	8:33				
6 Caitlyn Shipham	F	14	8:38				
7 Taylah Bremner	F	10	8:48 FT				
8 Summer Patten	F	10	9:11 PB 0:18				

9 Abby Fowler	F	12	9:23
10 Zoe Bowkett	F	14	9:24
11 Eve Lambert	F	14	9:37 FT
12 Abigail Verity	F	10	10:19 PB 2:01
13 Heather Carr	F	60	10:24
14 Ava Pravednikov	F	12	10:41 FT

**\*This week's action models:**

*Jaxon, Lily, Jemima, Rupert, Caitlyn, Jake, Bec, Mietta, Taylah, Will, Anna, Erlyn, Dylan, Aangi, Ben, Bethany, Hannah, Summer, Eve, Sylvia, Carolyn, Jia, Abby, Jonathan, Geoff, Kate, Zoe, Alaska, Olivia.*

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Mark Donahoo
<b>Race check in</b>	Mark Donahoo
<b>Timekeeper</b>	Ian Laurie, Dylan Shuttleworth
<b>Recorders</b>	Duncan Knox, Bob Gardiner, Louise Lambert, Jackie Fowler, Paul Moritz, Bill Carr, Kris Shipham
<b>Starters</b>	Mark Donahoo
<b>Judges:</b>	Scott Nelson, Chief (Silver), Gordon Loughlan (Bronze), Brenda Felton (Bronze), Stu Cooper (Bronze), Tony Doran, David Cash
<b>Judges's Recorder</b>	Di Lowden (Bronze)
<b>Penalty Zone</b>	Terry Swan
<b>Red cards collector</b>	Lily Lambert
<b>Set up, Pack up:</b>	Stu Cooper, Terry Swan, Duncan Knox, Ian Laurie, Bob Gardiner, Rupert Van Dongan, Ben Skurka
<b>Photos</b>	Terry Swan
	<i>(See Terry's full album at <a href="https://www.facebook.com/media/set/?set=oa.903397429391011&amp;type=3">https://www.facebook.com/media/set/?set=oa.903397429391011&amp;type=3</a>)</i>
<b>Canteen</b>	Donna Marie Elms, Gwen Steed
<b>Presentation</b>	Mark Donahoo, Will Thompson
<b>Walkers:</b>	43



\*AV 10,000m c'ship (Bert has Jemima collared.)



\*AV 50+ & VRWC 10,000m c'ship



\*VRWC 5000m c'ship



\*VRWC 3000m c'ship



\*VRWC 1500m c'ship

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# AROUND THE COUNTRY

## SOUTH AUSTRALIA SARWC results, 25 April – South Parklands

Thanks to **Cooper Rech** for this week's results from Adelaide:

Warmer weather greeted the 13 walkers who started today, providing difficult conditions with few PBs registered. **Matilda Rech** stepped up to 6km for the first time, while **Rachel Pemberton** and **Anthony Crabb** recorded PBs in the 2km.

<b>8km</b>		<b>2km</b>	
Mel Grantham	55:25	Saxon King	12:25
Peter Crump	58:49	Rachel Pemberton	13:53 PB 0:10
Kristy Templer	DNF	Anthony Crabb	19:26 PB 0:44
Alex McEwan	DQ		
<b>6km</b>		<b>1.5km</b>	
Cooper Rech	33:48	Robert Crabb	12:40
Matilda Rech	44:36 FT		
<b>3km</b>		<b>1km</b>	
Liliana Templer	19:44	Martin Crabb	10:39
Orlando Grantham	19:46		

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# INTERNATIONAL NEWS

## GERMANY: German Marathon & Half-marathon Walk c'ships, 26 April – Kelsterbach

**Nicola Maggio** has forwarded this report by Jan-Henner Reitze (DLV) on the 2026 German walking championships over the Marathon and Half-marathon distances:

Race walker **Christopher Linke** (Eintracht Frankfurt) has won more than a dozen German championship titles in his career. On Sunday, he added a victory in the new half-marathon distance to his list of achievements. The 37-year-old secured a clear victory in Kelsterbach with a time of **1:28:04**. After two marathons this season outdoors, this was the veteran's first race at this newly introduced distance.

The podium was completed by a different generation of athletes: 20-year-old **Frederick Weigel** (OSC Potsdam) finished second with a time of **1:30:42**. This was also his first half-marathon, as was **Jassam Abu El Wafa** (SV Halle; 1:31:35), who placed third. The two also topped the Under-23 standings. The fastest German walker ever over the half-marathon, Leo Köpp (LG Nord Berlin; 1:27:50), did not participate.

In the women's race, the top three athletes in the overall standings were still in the U23 category. **Lena Sonntag** (SC Potsdam; **1:43:23**) finished ahead of **Kylie Garreis** (LG Vogtland; **1:46:26**) and **Anna-Maria Gabriel** (OSC Potsdam; **1:51:10**).

In the men's marathon, **Jonathan Hilbert** (LG Ohra Energie) maintained a steady pace, covering the kilometers in under 4 minutes and 30 seconds. However, the 2021 Olympic silver medalist in the 50 km race withdrew after about an hour and 13 kilometers. The 31-year-old had already failed to finish the race in March, at the meeting in Dudince, Slovakia. Karl Junghannß (Race Erfurt) had recorded a time of 3:04:33. He was also registered for the Kelsterbach race, but withdrew from the competition.

It was then 41-year-old **Alex Schwazer** (Italy) who, as an international competitor, completed the course in the fastest time, with 3:01:55. Among the women, **Bianca Maria Dittrich** (Spiridon Frankfurt; **3:45:46**) became the German champion.



(Photo: Hagen Pohle)

**Emmanuel Tardi** attended the championships and added his own insights:

I was in Kelsterbach ( near Frankfurt airport ) this Sunday for the international meeting and the German Masters championship.

The race took place on 1km loop (500m one way, 500m the other way ) on a straight and flat road. The Marathon started at 8:45am and the Half marathon at 10am.

It was a great popular event with maybe 150 walkers on the road. I stayed at the refreshment area , just in front of marathon line start.

In the Marathon, three guys led the pack over the first 3km (reached in 13.22): **Matteo Duc, Jonathan Hilbert** and **Alex Schwazer**.

Then, Alex Schwazer accelerated and won easily in a great time, **3:01:55**. Splits were:

- 10k in 44.07
- 20k in 1h27.35
- half in 1h32.14
- 30k in 2h10.12
- 35k in 2h31.20
- 40k in 2h52.29

In the women's event, **Bianca Dittrich** walked with **Anett Torma** for the first lap, then Anett decelerated and Bianca won with a very large margin.

In the Half marathon, victors were **Lena Sonntag** and **Christopher Linke**.

### Men Half-Marathon Walk

1.	Christopher LINKE	24 OCT 1988	GER	1:28:04
2.	Frederick WEIGEL	08 MAY 2005	GER	1:30:42
3.	Jassam ABU EL Wafa	03 JUL 2004	GER	1:31:35
4.	Nick Joel RICHARDT	04 DEC 2006	GER	1:33:26
5.	Carl DOHMANN	18 MAY 1990	GER	1:34:16
6.	Arvid KOCKEL	21 SEP 2005	GER	1:36:01
7.	Joachim MAIER	08 FEB 1970	GER	2:17:01
OC	David KUSTER	25 MAR 1999	FRA	1:41:32

### Men Marathon Walk

1.	Matthias HOLTERMANN	1981	GER	4:09:47
	Jonathan HILBERT	21 APR 1995	GER	DNF
OC	Alex SCHWAZER	26 NOV 1984	ITA	3:01:55

OC	Michal DUDA	04 MAR 2004	SVK	3:27:14
OC	Joe MOONEY	27 APR 1998	IRL	3:29:14
OC	Mattéo DUC	25 MAR 2001	FRA	DNF

#### Women Half-Marathon Walk

1.	Lena SONNTAG	01 OCT 2004	GER	1:43:23
2.	Kylie GARREIS	20 JUL 2005	GER	1:46:24
3.	Anna-Maria GABRIEL	25 JUN 2005	GER	1:51:10
4.	Julia SCHMIDT	10 DEC 2004	GER	1:54:40
5.	Elisabeth OLDING	2004	GER	2:20:59
6.	Katrin SCHUSTERS	04 AUG 1997	GER	2:23:17
7.	Jil ASMUS	2003	GER	2:28:53
8.	Johanna WAX	2000	GER	2:29:05

#### Women Marathon Walk

1.	Bianca Maria DITTRICH	06 JUL 1993	GER	3:45:46
OC	Anett TORMA	02 APR 1984	HUN	4:25:09 (Source: World Athletics)

## 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 27, 2026 - **Alegna González and Nick Christie repeat their victories in the 2026 Penn Relays.** <https://omarchador.blogspot.com/2026/04/alegna-gonzalez-e-nick-christie-repetem.html>
- Sunday, April 26, 2026 - **Alicia Ruano, the best judge of 2025 in Spain.** <https://omarchador.blogspot.com/2026/04/alicia-ruano-melhor-juiza-de-2025-em.html> The Spanish Athletic Association recognises best Walk judge of the year.
- Saturday, April 25, 2026 - **Serres, Greece, will host the next European Race Walking Championships (2027).** <https://omarchador.blogspot.com/2026/04/serres-na-grecia-vai-receber-os.html>
- Friday, April 24, 2026 - **Peruvian George Espinoza wins race walking at the South American Youth Games – Panama 2026** <https://omarchador.blogspot.com/2026/04/peruano-george-espinoza-vence-marcha.html>
- Thursday, April 23, 2026 - **Australian Junior Athletics Championships - Brisbane 2026 (results)** <https://omarchador.blogspot.com/2026/04/campeonatos-australianos-de-atletismo.html>
- Wednesday, April 22, 2026 - **Rivers Williams and Zelda Botha are crowned South African half-marathon champions – Stellenbosch 2026** <https://omarchador.blogspot.com/2026/04/rivers-williams-e-zelda-botha-sagram-se.html>
- Tuesday, April 21, 2026 - **«Copa Nacional de Clubes de Mayores 2026» in Buenos Aires, Argentina (results)** <https://omarchador.blogspot.com/2026/04/copa-nacional-de-clubes-de-mayores-2026.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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**\*\* A.C.T. 59<sup>th</sup> 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 1<sup>st</sup> April 2026:

<b>Senior (Open and Masters)</b>	\$30.00
<b>Under 20:</b>	\$25.00
<b>Under 16:</b>	\$15.00
<b>Associate (Officials who assist with races throughout the year):</b>	\$ 0.00
<b>Family membership:</b>	\$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:** 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.

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# WHAT'S UP AHEAD?

**2026 WINTER SEASON FIXTURE**

**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

**\*\* 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
<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 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

Sun 24 May 2026	<b>AV, VMA &amp; VRWC Half Marathon, AV Schools C'ships</b> – Middle Park
Sun 7 Jun 2026	<b>59<sup>th</sup> LBG Walking Carnival (inc. AA &amp; RWA Marathon &amp; H-M c'ships)</b> – Canberra ACT
Sat 13 Jun 2026	<b>LAVic Road walk Championships</b> – Middle Park
Sat 4 Jul 2026	<b>VMA 10km Road walk Championship &amp; RWA Challenge</b> – Middle Park
Sun 26 Jul 2026	<b>AV 30km C'ship inc. Jared Tallent Trophy &amp; VRWC c'ships</b> – Middle Park
Sat 8 Aug 2026	<b>AV 15km Championships &amp; VRWC c'ships</b>
Sun 23 Aug 2026	<b>AA Junior Road walk Championships</b> – Ballarat VIC
Sat 5 Sep 2026	<b>AV 5000m Teams &amp; VMA Championships</b> - Mentone

## International Dates

18-23 May 2026	<b>2026 Oceania Athletics C'ships</b> – Darwin NT, AUS
23 May 2026	<b>XXXIX Gran Premio Cantones de A Coruna de Marcha (WA Tour Gold)</b> – La Coruna, ESP
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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**\*DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

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