



HEEL & TOE Online

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

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*H&T Notice Board – Page 11

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

WALKER OF THE WEEK

11yo **Georgia Walters (VIC)** takes the WOTW award this week, following a strong win against a competitive 2km field at Middle Park with her time of **10:55**, a PB by 42 secs. Georgia's result follows on from her 2nd in the LAVic State 1500m, where she set a PB time of 7:40 and backed it up with a 7:45 for 4th in the Australian ALAC 1500m championship in Brisbane's debilitating heat.

Now that Georgia has broken through the 11:00 barrier, she will be out to improve on that as the season progresses up until the Australian Junior road titles in August. The way she's improving, she'll be a tough nut to crack. Congratulations, Georgia!



*Honourable mentions

- **Erlyn Singh** and **Daisy Hooper (VIC)** – no less impressive in their PB margins than Georgia, beating their 2km times by 50 secs and 44 secs respectively.
- **Kobe Lewis (VIC)** – PBs have been elusive for Kobe for a while, so it was great to see her blast her best 4km time out of the park by 2:08 to clock **26:05**.
- **Chelsea Roberts (NSW)** and **Marcus Wakim (VIC)** – both dominant winners in the recent UniSports athletics championships 5000m at the Gold Coast, **Chelsea** getting a PB with her **22:28.21** and **Marcus** earning his second Uni title with **20:37.20**.
- **Hana Jugovic (ACT)** – a 32 sec PB for 5000m of **24:08.00** to take bronze at the UniSports meet.
- **Abigail Verity (VIC)** – a huge improver over 2km, clocking **13:36** for a 1:09 PB.
- **Rachel Pemberton (SA)** and **Grace Hennessy (TAS)** – both scored big improvements in their club road comps by margins of around 1:30 or better.



CLUB NEWS and RESULTS

*KEY DATES REMINDER FOR OUR JUNIORS:

AV Schools Under 14, 3km	24 th May	Middle Park	Enter by 21 st May 12.00pm at AV
RWA Canberra carnival	7 th June	Canberra	Enter by 29 th May 6.00pm at VRWC
LAVic Racewalking State Ch.	13 th June	Middle Park	Enter by 9 th June 11.00am at LAVIC

Don't let these important entry deadlines pass you by. Enter now to secure your place on the start line.

***This weekend ...**

Next Saturday sees the first of our 12km/10km programs for the year. The 12km in particular is useful for anyone aiming for the AV Half-Marathon championships on Sunday 24 May.

***IMPORTANT – Starting time change!**

Owing to last Saturday's large turnout for the 1km race and the use of the 250m loop for it amidst the longer races, lap scoring presented a problem. Therefore, the 1km will now start at **2.10pm**, ten minutes before the 3km.

We will assess the success or otherwise of this arrangement and make it permanent if it works for the officials.

Saturday 9 May – Middle Park

2.00pm	12km	Points race	Open
2.00pm	10km	Points race	Open
2.00pm	5km	Points race	Open
2.10pm	1km	Points race	Open
2.20pm	3km	Points race	Open

Entries will be accepted up until 6.00pm on Friday 8 May. Enter online at <https://www.revolutionise.com.au/vrwc/>

**** A.C.T. 59th Lake Burley Griffin Carnival, 7 June – Judges needed!**

LBG Judging coordinator **Zoe Eastwood-Bryson** has called for extra judges and assistants to fill gaps in the afternoon program:

*Thank you to the people who have volunteered to judge. Still looking for a few more for the afternoon events.
Also, need people to help with Posting Board and Penalty Zone for both the morning events and the 5km's in the afternoon.
Please let know if you can help.
Zoe*

Contact Zoe directly at zeb@esc.net.au if you are available to help.



- There's not much more we can add to the above, other than to say: We're proud of you, **Ela Uzun**. A fitting recognition of your talent, hard work and dedication. We wish you an amazing experience in your first outing in the green and gold. And, of course, a successful one.
- Few things ignite that inner glow as warmly as a well-deserved gong, and we always enjoy seeing VRWC members on the receiving end. This time we congratulate **Pramesh Prasad** on his Australian Masters Life membership award. Pramesh announced his accolade on his Facebook page as follows:



'I'm truly honoured to have received the Honorary Life Board Associate Member award from Australian Masters Athletics today at the Victorian Masters Athletics AGM, along with the presentation pin.

I would like to sincerely thank Australian Masters Athletics for this recognition, and Victorian Masters Athletics for presenting the award. It means a great deal to be acknowledged in this way, and I'm grateful for the ongoing support and community within Masters Athletics.

Thank you all.'



- Some late news from the Mentone races last week!
Up until Saturday 25th April, **Ela Uzun** had every VRWC Club 1500m record from U9 to Open Women under lock and key, so it may raise eyebrows to hear she's just lost one. Less astonishing is who relieved her of it.
Dual Olympian **Bec Henderson** wrested back the Open record from the young whippersnapper on Anzac Day with her **5:58.0**, making her the first female VRWC member to break 6:00 for a distance few elite walkers have time to indulge in. It's a delectable though as to what result a head-to-head between Bec and Ela, in their current form, would produce.
Nor was Bec the only one to 'claim a clubby.' **Angus Shuttleworth's** first sub-22:00 5000m time of **21:48.0** saw him smash the 31 year-old U15 Club record by 1:11. Ahead of him now stand the imposing U16 and U17 marks set by Nathan Brill, but one would advise those two to sleep lightly ...
Congratulations to Bec and Angus on their successes.

**** 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 12** for the entry link. Remember to download your Information Pack from there, too.)

VRWC Club points results, 2 May – Middle Park

We had a sunny if breezy day for our first Points races of 2026, with 40 walkers lining up to test their road form and get their points tallies started. It was good to see several new faces, showing their stuff in the Club colours.

As per last week, the lion's share of the entries were at the younger end with the 2km field providing the hottest competition. **Georgia Walters** punched through the 11:00 barrier to win with a big PB of **10:55**, while all three U10 starters set best times.

Georgia's brother **Fletcher** also won clearly in the boys's division of the 1km, while the girls' race produced some tougher contests. While **Lily Bowkett** won easily, the battle between **Summer Patten** and newcomer **Sadie Mathiesen** was as tight as they come. Sadie, who'd won the State LAVic U9 title in March, quickly made herself at home on the road and due credit to Summer for holding her off. Another newcomer to seize the chance to race well was **Nashe Chengeeta** who blitzed her previous best by over a minute ... a great start! And as if that wasn't impressive enough, how about tiny **Holli Burrell's** 2:05 PB? We hope to see more of her.

The 4km saw three good first efforts, two huge PBs and the return of a 'prodigal daughter.' After an absence of 10 years, **Michelle Horne** did a John le Carre and came in from the cold, showing her familiar copybook technique and posting a respectable time of **25:05**. Welcome back, Michelle. **Kobe Lewis** and **Alejandro Stephens** set big new 4km benchmarks, while **Ella Harris** and **Lunah Ibrahim** made light work of their first outings over the distance.

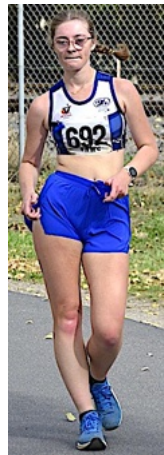


1km Open

1 Lily Bowkett	U12F	5:39
2 Summer Patten	U10F	5:55
3 Sadie Mathiesen	U10F	5:56 First 1km
4 Nashe Chengeeta	U12F	6:01 PB 1:01
5 Zoe Bowkett	U14F	6:09
6 Ava Pravednikov	U12F	6:39 PB 0:10
7 Holli Burrell	U10F	7:24 PB 2:05
1 Fletcher Walters	U12M	5:44
2 Bowie Clarke	U10M	5:59
3 Jaxon Connell	U10M	7:00

4km Open

1 Emily Smith	U20F	23:13
2 Michelle Horne	M40F	25:05
3 Lunah Ibrahim	U14F	26:01 First 4km
4 Ella Harris	U14F	26:02 First 4km
5 Kobe Lewis	U14F	26:05 PB 2:08
6 Sarah Bevin	M40F	26:49 First 4km
1 Alejandro Stephens	OpM	20:34 PB 1:23
2 Jonathan Ho	OpM	21:53
3 Kevin Cassidy	M60M	22:49
4 Arthur Robinson	U18M	28:00



2km Open

1 Georgia Walters	U12F	10:55 PB 0:42
2 Addison Frenken	U14F	11:01
3 Erlyn Singh	U14F	11:06 PB 0:50
4 Daisy Hooper	U10F	11:24 PB 0:44
5 Anouk Morgan	U12F	11:43 PB 0:02
6 Caitlyn Shipham	U14F	11:52
7 Anna Dubar	U12F	12:07
8 Aria Di Benedetto	U12F	12:13
9 Abby Fowler	U12F	13:33
10 Abigail Verity	U10F	13:36 PB 1:09
11 Cory Lewis	U10F	13:51 PB 0:02
12 Sylvia Ivanova	M40F	13:56 First 2km
13 Heather Carr	M60F	14:38
14 Merylyn Reynolds	M60F	15:09

6km Open

1 Shaun Lewis	M40M	35:15
1 Donna-Marie Elms	M60F	43:48

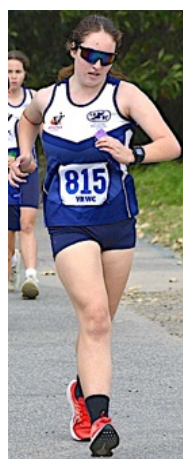
8km Open

1 Terry O'Neill	M60M	54:09
1 Carolyn Rosenbrock	M60F	52:45
2 Karyn O'Neill	M60F	59:18

***Handicap results**

_(NTY – no previous time.)

Name	Gr	Age G	Hcp time	Name	G	Age G	Hcp time
1 Sarah Bevin	F	M40+	4:34	1 Kobe Lewis	F	U14	3:14
2 Sylvia Ivanova	F	M40+	NTY	2 Erlyn Singh	F	U14	4:02
3 Michelle Horne	F	M40+	NTY	3 Caitlyn Shipham	F	U14	4:48
1 Heather Carr	F	M60+	4:17	4 Lunah Ibrahim	F	U14	4:48
2 Marilyn Reynolds	F	M60+	5:37	5 Addison Frenken	F	U14	5:07
3 Donna-Marie Elms	F	M60+	6:14	6 Zoe Bowkett	F	U14	5:17
4 Karyn O'Neill	F	M60+	6:14	.. Ella Harris	F	U14	NTY
5 Carolyn Rosenbrock	F	M60+	8:03	1 Emily Smith	F	U20	5:55
.. Emilie Garside	F	Op	NTY	1 Shaun Lewis	M	M40+	6:15
1 Abigail Verity	F	U10	3:43	1 Kevin Cassidy	M	M60+	4:48
2 Daisy Hooper	F	U10	3:58	2 Terry O'Neill	M	M60+	6:08
3 Cory Lewis	F	U10	4:15	1 Jonathan Ho	M	Op	4:32
4 Summer Patten	F	U10	4:58	.. Alejandro Stephens	M	Op	NTY
.. Sadie Mathiesen	F	U10	NTY	1 Bowie Clarke	M	U10	4:57
1 Georgia Walters	F	U12	4:08	2 Jaxon Connell	M	U10	6:38
2 Ava Pravednikov	F	U12	4:27	1 Fletcher Walters	M	U12	5:04
3 Anna Dubar	F	U12	4:59	1 Arthur Robinson	M	U18	5:33
4 Anouk Morgan	F	U12	5:02				
5 Abby Fowler	F	U12	5:17				
6 Lily Bowkett	F	U12	5:19				
7 Aria Di Benedetto	F	U12	5:23				
.. Nashe Chengeta	F	U12	NTY				



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

Karyn, Alejandro, Ella, Terry, Cory, Ava, Shaun, Donna-Marie, Abby, Lunah, Jonathan, Fletcher, Summer, Arthur, Kevin, Caitlyn, Anna, Holli, Bowie, Michelle, Anouk, Sadie, Emily, Jaxon, Nashe, Kobe, Sarah, Abigail, Sylvia

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.

Manager Mark Donahoo
Referee: Mark Donahoo
Race check in Mark Donahoo
Timekeeper Ian Laurie, Maeve Dubar
Recorders Bill Carr, Andrew Jamieson, Dannielle Clarke, Melinda Di Benedetto, Jackie Fowler, Theresa Smith, John Lyons
Judges: Brenda Felton (Chief), Gordon Loughnan, Kathleen Marsh, Stu Cooper, Bec Lewis, David Cash
Set up, Pack up: Terry Swan, Carolyn Rosenbrock, Karyn O'Neill, Terry O'Neill, Ian Laurie, Stu Cooper
Bike rider Terry Swan
Photos Terry Swan (See more of Terry's work at <https://www.facebook.com/media/set/?set=oa.1996616410931873&type=3>)
Canteen Donna Marie Elms
Walkers: 40



A.C.T. ACTRFWC results, 2 May – Lennox Gardens

The ACT walkers got their winter road season underway on Saturday with **Michelle Bray** standing out over 10km. Thanks to **Ann Jugovic** for the results.

10km Race Walk		2km Fitness Walk	
1. Michelle Bray	54:00	1. Geoff Barker	21:10
5km Fitness Walk		1km Race Walk	
1. Bryan Thomas	45:50	1. Jillian Ryan	5:38
3km Race Walk		2. Sebastian Ryan	5:44
1. Clare Rice	17:57	1km Fitness Walk	
2. Jess Robson	20:15	1. Jim White	8:13
3km Fitness Walk		2. Helen Toyne	8:47
1. Doug Fitzgerald	27:10		
2. Caroline Campbell	28:42		

NEW SOUTH WALES NSW RWC results, 11 & 18 April – Chipping Norton

The NSW walkers club saw the usual healthy numbers in their junior ranks in the first two rounds of their winter program. It's clear they'll again present a formidable obstacle in Canberra in the quest for the Brennen Shield, with **Avia Luketic**, brother **Carsen**, **Eric Colgan**, **MiaRose Everson** and **Darcy Dennis** already showing out strongly. Thanks to **Kirsten Crocker** for the results.

****Sat 11 April**

Long 8km		Medium 6km	
1 Aidan Pospischil	52.25	1 Christopher Nilon	35.59
Short 3km		16yrs 3km	
1 MiaRose Everson	15.14	1 Avia Luketic	14.26
2 Audrey Russell	15.56	2 Ivy Murray	16.04
3 Sagan Jones	16.44	3 Alexander Dennett	16.37
4 Ashleigh Mansell	16.45	4 Chloe Farrugia	20.04
5 Hannah Hewitt	17.24	5 Luke Challinor	28.44
6 Madeline Colgan	21.39	14yrs 2km	
7 Carmel Parker	22.08	1 Rhys Straub	10.56
8 Nicolle Challinor	27.34	2 Hugo Siciliano	11.18
9 Claire Gauci	27.34	3 Julian Cianco	11.36
10 Sarah Challinor	28.56	4 Addison Jenkins	12.01
11 Emily Challinor	28.57	5 Antonia Powter	12.08
12 Erin Mansell	29.49		

12yrs 1km				6	Veronica	Dennett	13.33
1	Eric	Colgan	6.24	7	Ivy	Allen	14.08
2	Archer	Lane	6.47	10yrs 750m			
3	Jaiden	Chahal	6.54	1	Carsen	Luketic	3.55
4	Lucilla	Cribbin	7.12	2	Elijah	Manalili	4.03
5	Tahlia	Hunt	7.14	3	Emerson	Lane	4.03
6	Cooper	Edwards	7.21	4	Norah	Edwards	4.20
7	Nasrin	Hewitt	8.12	5	Clementine	Colgan	6.25
8	Amelia	Mair	8.26	6	Elyse	Thornburn	6.50
9	Huxley	Jones	8.44				

****Sat 18 April**

Long 10km				Medium 8km			
1	Laura	Sotomayor	69.16	1	Christopher	Nilon	49.17
Short 4km				16yrs 3km			
1	Madeline	Colgan	28.04	1	Ashleigh	Farrugia	22.19
2	Nicolle	Challinor	35.56	2	Luke	Challinor	32.35
3	Sarah	Challinor	39.51	12yrs 2km			
4	Emily	Challinor	39.52	1	Eric	Colgan	10.12
14yrs 3km				2	Daniel	Smart	10.43
1	Darcy	Dennis	15.15	3	Jaiden	Chahal	11.41
2	Harrison	Bouquet	15.27	4	Tahlia	Hunt	11.53
3	Oliver	Masik	15.33	5	Patrick	Yeldham	12.08
4	Rhys	Straub	16.26	6	Cooper	Edwards	12.11
5	Beth	Cochrane	17.53	7	Amelia	Mair	13.48
6	Addison	Jenkins	18.53				
7	Antonia	Powter	19.03				
8	Veronica	Dennett	20.26				
	Ivy	Allen	DQ				
10yrs 1km							
1	Lachlan	Bouquet	5.32				
2	Elijah	Manalili	5.39				
3	Kostya	Peart	5.57				
4	Norah	Edwards	6.06				
5	Suvir	Jain	6.11				
6	Isabelle	Masik	7.17				
7	James	Barakat	8.09				
8	Eloise	Colman	8.18				
9	Clementine	Colgan	8.42				
10	Elyse	Thornburn	10.05				

QUEENSLAND AA UniSports championships, Saturday 23 April – Runaway Bay, GC

Thanks again to **Ann Jugovic**, this time for sending these results from this year's University Sports, held at the Gold Coast performance Centre. As seen below, Ann had good reason to be proud.

Well done to **Chelsea Roberts** on taking the women's crown after her bronze last year, and to **Marcus Wakim** on defending his men's title.

Women's 5000m Walk

1	Chelsea Roberts	USyd	22:28.21*
2	Nellie Langford	AU	22:56.15*
3	Hana Jugovic	UC	24:08.00*
4	Sienna Pitcher	ACU	25:18.42
5	Phoebe Chadwick	UniSC	25:34.03
6	Laelia Byatt	ACPE	26:53.60*
7	Summer Millard	UniSC	32:38.29
8	Taylah Morris	MON	37:40.98
..	Emily Smith	MELB	DQ TR54.7.1

Men's 5000m Walk

1	Marcus Wakim	MELB	20:37.20
2	Sam McCure	USyd	21:08.72
3	Jack McGinniskin	UON	21:40.38
4	Myles Ashby	UNSW	24:00.65
5	Alexander Sinnett	USyd	24:41.36
6	Alex Bradley	UniSQ	24:42.38
7	Brendan Pospischil	UTS	26:10.48
..	Cooper Rech	AU	DQ TR54.7.1

*PBs – Hana 0:32; Laelia 0:23; Chelsea 0:10; Nellie eq.

SOUTH AUSTRALIA SARWC results, 2 May – South Parklands

Cooper Rech reports from Adelaide:

12 walkers battled unrelenting drizzle for our longest non-championship program of the winter season. **Amaya** and **Amity Cowling** walked with the club for the first time, with Amaya joining after representing SA at this year's ALAC. Both girls walked impressive debuts in their furthest ever distances, while **Rachel Pemberton** also recorded a 1:29 PB in her 4km.

15km		8km	
Cooper Rech	1:22:15	Marie Maxted	57:12
Sam Findlay	1:22:45		
Nellie Langford	1:24:53	4km	
Peter Crump	1:47:52	Rachel Pemberton	29:37 PB 1:29
Mel Grantham	DNF	Amaya Cowling	31:07 FT
5km		2km	
Liliana Templer	32:40	Saxon King	12:01
Orlando Grantham	34:22	Amity Cowling	14:03 FT

TASMANIA TRWC results, 3 May – Kingston Park

David Moore reports on the opening races of the TRWC's road season:

Overcast, still and mild for our season opener at Kingston Park today, just ideal PB weather and our walkers didn't disappoint.

In the 1km event **Grace Hennessey** showed the benefits of having walked on the track during the summer with a 1:42 improvement on her 1km time from last winter whilst **Sophia Carr** also improved her 1k time by 30 seconds.

The biggest improvement of the day came from **Dot Sussmilch Leitch**, with a whopping 2mins 40 secs sliced off her previous 2km time.

The most stylish performance of the day came from **Charlotte Dix** who powered home for a 30 second PB in the 3km event.

1km		
1. Elsie Woodward	OVA	6:56
2. Grace Hennessey	Huon LA	7:05 PB
3. Gabe Dix	Clarence LA	9:08
4. Sophia Carr	Kingston LA	12:04 PB
2km		
1. Adele Woodward	OVA	13:42
2. Dot Sussmilch-Leitch	Hobart LA	15:37 PB
3. Austin Hucker	Huon L	17:17
4. Dave Moore	TMA	22:27
3km		
1. Charlotte Dix	ESAC	19:09
2. Elizabeth Leitch	TMA	21:49
3. Sam Hucker	Huon LA	23:14 First 3km
4. Sam Leitch	TMA	23:15
5. Sara Leitch	TMA	29:41
5km		
1. Wayne Fletcher	NSAC	48:36

WESTERN AUSTRALIA WARWC results, 3 May – Perry Lakes

Terry Jones reports from Perth:

Today we had our first walks of the winter season. The turnout was a little on the low side, but the morning was cool, calm and sunny.

10K		2K	
Brad Mann	59:04	Hannah Clausnitzer	11:11
Kaytee Bogaers	59:05	Rahni Fowler	11:47

		Carly Hood	13:15
		Zoe Fowler	13:19
5K		Ruby Kilworth	14:16
Siera Thompson	32:11	Lilliana Martin	14:22
Wendy Farrow	35:35		
Marcela Ruiz	39:38	1K	
Glenys Duncan	49:50	Symphony Scott	6:49



INTERNATIONAL NEWS

POLAND: Korzienowski Warsaw Race Walking Cup 2026, 25 April - Warsaw

POLISH HALF MARATHON WALKING CHAMPIONSHIPS

by Nicola Maggio (reprinted from *Marcia dal Mondo* blogspot)



(Photos source: *Marcia dal Mondo*)

The first Polish Half Marathon Race Walking Championships took place on Saturday. The event was hosted by Robert Korzeniowski, who once again organized a walking meeting in Warsaw, part of the prestigious World Athletics Race Walking Tour and specifically Silver Label.

Half Marathon Race Walking Women

The first to attempt the half marathon were the women, on Świętokrzyska Street in the capital. Among them was experienced **Katarzyna Zdziebło**. The athlete from Mielec chased down **Ilse Ariadna Guerrero Rodarte** (MEX), who had taken the lead in the early stages.

After overtaking her, she found herself battling for the next few kilometers against the strong gusts of wind that accompanied the walkers during the first stretch, the one heading west, where the road, which starts from the Warsaw embankment, climbs slightly.

"I feel tired. However, I must admit that what I lost by running against the wind, I made up for in the opposite direction. It also allowed me to rest a bit. I'm happy with another title at the Polish Championships. The crowd and the atmosphere were also fantastic" Katarzyna Zdziebło admitted at the finish line. Her time of **1:35:49** has been the Polish record since Saturday afternoon. The athlete from Krzysztof Kisiel improved her previous national record, set just two weeks ago at the World Team Championships in Brazil, by almost 5 minutes. Saturday's result guaranteed Katarzyna Zdziebło direct qualification for the European Championships in August. Second place on the line and in the national championship was taken by **Magdalena Żelazna** (1:40:43). Third place in the race to **Ilse Ariadna Guerrero Rodarte** (MEX), while third place of Polish Championships went to the experienced **Agnieszka Ellward** (1:45:00) sixth overall.

Men's Half Marathon Race Walking

The men's race was full of twists and turns. From the start, the Polish duo of **Mateusz Nowak** and **Maher Ben Hlima**, accompanied by **Vikash Singh** (IND), set the pace. After a few laps, the officials handed down a two-minute penalty to BenHlima, and the same fate took to Nowak who was subsequently disqualified. Meanwhile, Maher Ben Hlima caught the Indian with great determination and, after overtaking him, built up a considerable lead. He won with a Polish record time of **1:28:58**, while Vikash Singh stopped the clock in **1:31:49**. Third place went to **Cristhian Donovan Juarez Lopez** (MEX) in **1:32:26**.

The silver medal at the national championships was won by **Rafał Gołowski (1:38:29)**, fourth overall, and the bronze medal by **Kacper Łuc (1:39:42)**, fifth overall.

“Anything happened at this distance! I wanted to do the minimum for the European Championships, and if it hadn’t been for the penalty zone, I would have succeeded. After the restart, I had to accelerate while simultaneously controlling my technique to avoid raising objections from the judges. Overall, I’m very happy to have managed to win gold and break the Polish record” admitted Ben Hlima.

Women Half-Marathon

1.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	1:35:48 NR
2.	Magdalena ŻELAZNA	16 APR 2004	POL	1:40:43
3.	Ilse GUERRERO	24 MAR 1993	MEX	1:43:01
4.	Heta VEIKKOLA	23 MAY 2003	FIN	1:43:12
5.	Mayara Luize VICENTAINER	03 FEB 1991	BRA	1:44:04
6.	Agnieszka ELLWARD	26 MAR 1989	POL	1:45:00
7.	Maria Fernanda SANTIAGO	13 FEB 2004	MEX	1:46:17
8.	Anna ZDZIEBŁO	20 NOV 2001	POL	1:47:32
9.	Enni NURMI	04 JUL 1998	FIN	1:48:49
10.	Ewelina CYMBALIŃSKA	06 NOV 2004	POL	1:59:31
	Izabela KRZYŻANOWSKA	25 FEB 2004	POL	DNF
	Anna KOKKO	18 AUG 2004	FIN	DNF
	Magdalena CZWOJDRAK	07 FEB 2003	POL	DNF
	Aliisa KIISKI	11 MAR 2005	FIN	DQ

Men Half-Marathon

1.	Maher BEN HLIMA	24 JUL 1989	POL	1:28:58
2.	Vikash SINGH	06 JUL 1996	IND	1:31:49
3.	Cristhian JUÁREZ LÓPEZ	02 DEC 2002	MEX	1:32:26
4.	Rafał GOŁAWSKI	24 OCT 1988	POL	1:38:29
5.	Kacper ŁUC	10 MAR 2005	POL	1:39:42
6.	Gonzalo Antonio BUSTAN JAPON	15 JUL 2000	ECU	1:43:57
7.	Karol SROKA	02 APR 2006	POL	1:56:04
8.	Olaf RYNKIEWICZ	12 FEB 2002	POL	2:02:12
	Ernest PRZESTRZELSKI	23 SEP 2006	POL	DQ
	Mateusz NOWAK	06 MAY 1996	POL	DQ

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, May 4, 2026 - **Comfortable victories for Ukrainians Rushchak and Olyanovska in Alytus (Lithuania)**
<https://omarchador.blogspot.com/2026/05/folgados-triunfos-dos-ucranianos.html>
- Monday, May 4, 2026 - **EMACNS Catania 2026: Men's 20km M35+ (results)**
<https://omarchador.blogspot.com/2026/05/emacns-catania-2026-20-km-masculinos.html>
- Sunday, May 3, 2026 - **Venyercsán and Spiller win Hungarian 10,000 m walking championships – Bonyhád 2026**
<https://omarchador.blogspot.com/2026/05/venyercsan-e-spiller-vencem-campeonatos.html>
- Sunday, May 3, 2026 - **Dreville, Bire-Heslouis (half-marathon), Lebreton and Cosqueric (10 km) win the Final of the Challenge Gatti – Redon 2026**
<https://omarchador.blogspot.com/2026/05/dreville-bire-heslouis-meia-maratona.html>
- Sunday, May 3, 2026 - **EMACNS Catania 2026: Men's 10km M35 – M60 (results)**
https://omarchador.blogspot.com/2026/05/emacns-catania-2026-10-km-masculinos_0938574389.html
- Saturday, May 2, 2026 - **EMACNS Catania 2026: Men's 10km M65+ (results)**
<https://omarchador.blogspot.com/2026/05/emacns-catania-2026-10-km-masculinos.html>
- Saturday, May 2, 2026 - **EMACNS Catania 2026: Women's 10km W35+ (results)**
<https://omarchador.blogspot.com/2026/05/emacns-catania-2026-10-km-femininos-w35.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.

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

**** 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.



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

MAY

Saturday 9 th May	VRWC Points races	Middle Park
Saturday 16 th May	VRWC Points races	Middle Park
Saturday 16th 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.

Place your event entries and download your copy of the **Information Pack** from
<https://www.revolutionise.com.au/vrwc/events/342804>

JUNE

Sat/Sun 6 th /7 th June	RWA 59 th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 13 th June	VRWC events. & LA Vic Championships,	Middle Park
Saturday 13th June	Judging course and Coaching seminar	Middle Park
Saturday 20 th 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
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Victorian & National Key Dates – 2025/2026

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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***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.*

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