



HEEL & TOE Online

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

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** Vale Neale Daniher 1961 – 2026 **



It's uncertain whether Neale Daniher ever had any contact with race walking. (If he had, it was likely either at a Little Athletics centre in the Riverina or in response to his teachers' commands not to run to the gate for the swimming bus.) He most certainly did, however, reach the status of elite athlete in the late 70s with VFL side Essendon, at around the same time as the VAWC's Willi Sawall, Tim Erickson, Dave Smith and Sue Cook were forging their own identities internationally. A fearless and formidable weapon for the Dons on the half-back line, he would succumb prematurely

to knee injuries that saw him recast himself as a coach and take the struggling Melbourne Demons into the 2000 AFL grand final against his old side – unsuccessfully as it happened, but it was he who piloted them there.

This is where the story of Neale Daniher, athlete and athlete's mentor, pretty much ends. The story that followed is far better known – that of a humble and courageous man who became universally loved, staring terminal illness – motor neurone disease – and his own mortality in the face, marking them with one grab, reshaping them into an engine fuelled by the life remaining to him and kicking goals for fellow sufferers (present and future) right up until the end of his days. Those goals amounted to more than \$140 million for MND research and have done more to unify the diverse, often polarised elements of this country than perhaps any other cause.

I was driving home from Canberra after another LBG walking carnival in 2016, listening to the broadcast of one of Neale's great fundraising initiatives – the Big Freeze – taking place prior to the Melbourne-Collingwood game at the MCG. It is now a permanent feature at the King's Birthday holiday match, one that has spawned countless money-raising spinoffs and will surely continue to generate funds for FightMND long after Neale's passing, in the quest for a cure for this appalling disease. The sales of the ubiquitous, smurf-like Big Freeze beanies will continue to proliferate, one hopes, for as long as or even longer than the annual plunge into the ice at the 'G. For most they're a lot less daunting to face.

The VRWC salutes a battler from the bush who took on a horrific prognosis and bent it to his will, for the benefit of others (and for his own). We offer our condolences to Neale's family, to his mother and brothers and their loved ones, friends and others who are grieving his loss. They – and we, as a community – can take heart and learn much from his example. We're only on this earth for a limited time – and that time encompasses any opportunities we have. Neale knew it, and his determination to make the utmost positive difference he could in our lives, while he still had his own, stands as a beacon for us all.

'Play on ...'

***The Deadline is here**

for
LBG Carnival race and coaching/judging session entries:

Friday 29 May, 6.00pm

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

No late entries accepted, so finalise yours now.

***H&T Notice Board – Page 19**

- **2026 Race Season summary**
- **Membership, Uniform & Race fees**
- **LBG Carnival ... name change**

VOLUNTEERS STILL NEEDED FOR CANBERRA!

Our allocated roles and Session times (outlined in the email sent last week and Issue 18) are **lap scoring, call room, red card collection (bike riding) and help with set-up/pull down on Saturday and Sunday afternoons**. The ACT club are doing the lion's share of organising and supply, but they cannot do all the hands-on tasks. Any help the interstate clubs (including us) can give will be vital if the carnival is to succeed for the athletes.

Once again, if you can assist with any of the above jobs, however briefly (but the longer the better), please contact me ASAP. Specify the Session time you are available.

Stu

WALKER OF THE WEEK

Congratulations to **Ela Uzun (VIC)** and **Callum Martin (NSW)** on winning the U18 5000m titles at the *Oceania Athletics Championships* in Darwin last Friday. Their performances earn both the joint WOTW award for this week.

Ela won with a time of **23:35.32** (a new Meet record). While Ela's win was not without its moments of nail-biting (she had a shoe mishap in the last lap and suffered a 30sec time penalty), she'd built up enough lead over team mate Matilda Webb to ensure the gold medal would be hers.

Ela's performance also earned her the Lesley Cantwell Trophy, the story of which appears below:

*'Lesley Cantwell was a New Zealand racewalker. Cantwell won the Gold Medal in the women's 5000m race walk at the 2013 Oceania Athletics Championships in Tahiti on 4 June 2013. While waiting for the medal ceremony, she felt unwell and collapsed. She was taken to a local hospital where she passed away. This Memorial Trophy is presented to the best walker at the Oceania Championships: Ela Uzun - 5000m Race Walk 23:35.32.'*¹

This is a great honour for a young athlete competing in her first international championship. We hope to see Ela wearing the green and gold often in the years to come.



Callum's win in **22:11.60** in a field of 4 was perhaps more meritorious than it might look, given the gruelling conditions and the determined challenge of Noah Cooke (QLD), who would finish only 40secs in arrears. But all you can do is win in any situation, and winning gold in your first international race, whatever the opposition, is worthy of a gong. Well done, Callum!

*Honourable mentions:

- **Will Thompson** and **Jemima Montag (VIC)** – both State title winners over the new Half Marathon distance, **Will** prevailing after an arm wrestle with Rhydian Cowley and **Jemima** confident enough in her recovered hamstring to pull away from Bec Henderson for a fast finish.
- **Matilda Webb (NSW)** – finished only 31 secs outside her 5000m PB in taking silver in Darwin, joining Ela as a Meet record breaker.
- **Noah Cooke (QLD)** – it's unfortunate that the livestream only began after the walks on Day 5 were over (imagine our surprise), so we couldn't observe what may have been an interesting encounter between Noah and Callum. The Queenslander's **22:51.45** for silver was just 43secs outside his PB and suggests he was intent on closing the gap.
- **Fletcher Reid (VIC, 11yo)** – walking in his first School championship, tore 1:27 from his 3km PB to win the U14 title in **15:35**.
- **Lunah Ibrahim (VIC)** – a PB by nearly a minute to take bronze in the U16 Schools title with her first sub-18:00 time.
- **Anouk Morgan** and **Abby Fowler (VIC)** – also posted huge PBs in their school races, **Anouk** by 2:54 and **Abby** by 3:13 to give them their first sub-20min 3km results.

¹ <https://www.facebook.com/photo?fbid=1572032104923305&set=pb.100063495913239.-2207520000>

- **Grayson Allison (VIC, 9yo)** – Grayson has obviously flourished under Eden Morgan’s guidance. A PB by 1:25 for a sub-6:00 result over 1km is big progress.
- **Daisy Hooper (VIC, 9yo)** – yet another big improvement over 1km, this time for the VRWC championship, shows Daisy is within reach of her first sub-5:00 result.
- **Saxon King and Amaya Cowling (SA)** – both recorded PBs by nearly 2mins in SARWC competition, over 3km and 4km.



CLUB NEWS and RESULTS

This weekend:

Our Points competition continues next Saturday. The 8km, 6km, 4km 2km and 1km races provide a good opportunity for a speedy hit-out with the LBG Carnival coming up the following weekend.

Saturday 30 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 29 May Enter online at <https://www.revolutionise.com.au/vrwc/>

VRWC AV/VMA/VRWC Half-Marathon, AV Schools & Club c’ships, 24 May – Middle Park

While cold, overcast conditions gave us a taste of what’s ahead in coming months, it suited the walkers vying for championship honours quite nicely. The Half-marathoners in particular appreciated the cool weather, especially the absence of wind.

It was a boost for the young Schools and Club championships walkers to be sharing the road with five Olympians, four of whom – **Jemima Montag, Rhydian Cowley, Bec Henderson** and **Will Thompson** – are still competing at elite level. You couldn’t hope for better inspiration that to watch them speed past in their races whilst attacking your own. **Bob Gardiner** is, of course, a triple Olympian of the 60/70s and now, at 90 years of age, is an inspiration to anyone.



The Half-marathon got underway at 8.30am with its ‘Mickey Mouse’ first 97m. Ahead lay 21 laps with Cowley and Thompson going neck-and-neck for the first 15. **Dylan Richardson** was intent on surrendering as little ground as possible to the pair, with **Alejandro Stephens** walking to his own schedule. Meanwhile it was a lactate threshold session for Montag and Henderson who were likewise each other’s shadows, while **Jia Wen Heng** and **Carolyn Rosenbrock** went about reeling off steady laps.

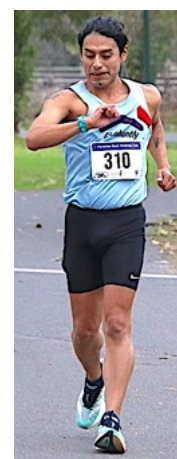
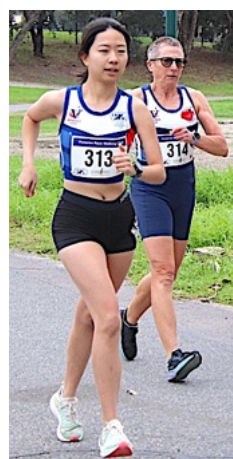
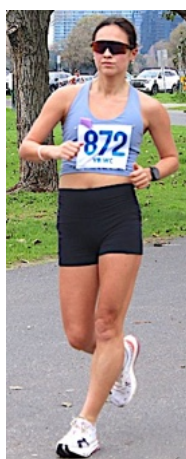
Will’s younger legs had their say over the final 6km, carrying him to his 3rd AV open title in **1:30:41**. Rhydian crossed 46 secs later with Dylan 2:15 behind in 3rd, having lost substantial ground only in the final 3km, with Alejandro taking the AV official bronze and pleased with his result with Canberra approaching.

After being virtually glued to her for 17km, Bec found Jemima's finishing surge a tad too much as the Olympic bronze medallist pulled away to take the title by 17 secs. Jia had encountered difficulties and withdrawn, leaving Carolyn to come home with two Masters wins and a VRWC silver. All in all, a pleasing finish to the Half-marathon's debut at Middle Park.

***AV Half Marathon Championship (WA event)**

			AV c'ship	VRWC c'ship	VRWC Masters c'ship	VMA c'ship
Male						
1 Will Thompson	Mornington Pen. AC	1:30:41	1	1 inv.		
2 Rhydian Cowley	Glenhuntly AC	1:31:27	2	1		
3 Dylan Richardson	NSW	1:33:42F	3 inv.			
4 Alejandro Stephens	Glenhuntly AC	1:55:03F	3	2		
Female						
1 Jemima Montag	MUAC	1:34:41F	1			
2 Rebecca Henderson	MUAC	1:34:58	2	1		
3 Carolyn Rosenbrock	VRWC	2:18:52F		2	1	1
.. Jia Wen Heng	VRWC	DNF		DNF		

(F – first Half marathon)



The AV Schools championships saw the best fields we've had for a number of years, particularly in the girls' races. National track champions **Mya McClure** and **Matilda Read** had their first road races for the season to take gold and silver in the U18 5km, with **Mietta Morgan** relishing her return to racing with a PB for bronze. The best contest for gold came in the female U16 3km, with **Havana Ali** just managing to hold off **Addison Frenken** who had what was probably her best result of the year so far. **Lunah Ibrahim's** bronze was earned with a 58sec PB which will give her plenty of confidence for the races coming up.

The female U14 3km had the biggest field, with **Alaska Bremner** holding off a fast-finishing **Indigo Marshall-Moodie** for the win. There's nothing like doing well in school colours to please the Principal, as **Abby Fowler** and **Anouk Morgan** demonstrated with multi-minute PBs. (I'm sure Anouk will agree that it doesn't hurt if your principal is also your mum!)

Fletcher Reid was the best-performed of the boys, smashing his 3km PB by 1:27 to take the U14 title. **Felix Skurka** had his first race over 3km and turned on an impressively speedy finish to place third.



***AV Schools Championships**

5km U18

Female

1 Mya McClure	Hazel Glen College	26:01
2 Matilda Read	Kurnai College	26:52
3 Miatta Morgan	VRQA - Homeschool	28:22*
.. Aangi Shah	MacRobertson GHS	DNF

*PB – Miatta 0:18

Male

1 Arthur Robinson	Bayside college	34:01
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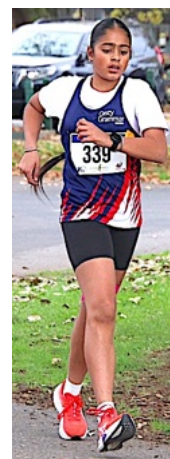
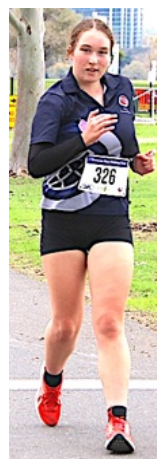
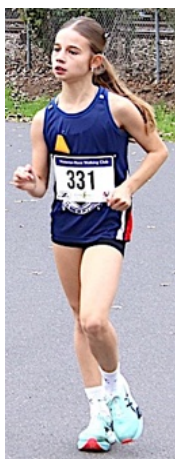
3km U16

Female

1 Havana Ali	St Monica's College	16:45
2 Addison Frenken	Crest Education	16:47
3 Lunah Ibrahim	Al Iman College	17:56*
4 Caitlyn Shipham	Alkira Sec. College	18:15

Male

1 Fiete Diers	Albert Park Coll	19:10
2 Tate Jardine	P'leigh & Ess GS	19:40



3km U14

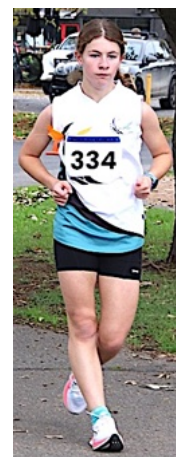
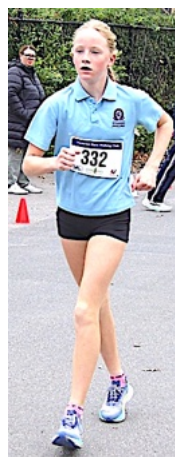
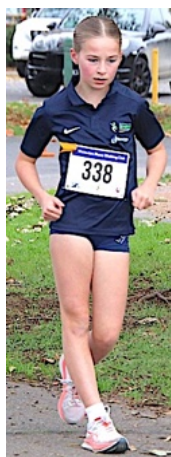
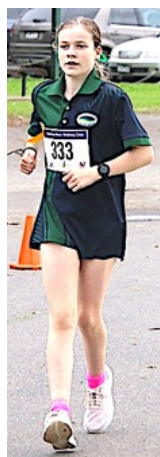
Female

1 Alaska Bremner	St Mary's Hamilton	15:48
2 Indigo Marshall-Moodie	Peninsula Grammar	16:00
3 Ella Harris	VU Sec. College	17:05
4 Erlyn Singh	Casey Grammar Sch	17:29
5 Pippa Read	Kurnai College	18:53
6 Kobe Lewis	Home school	19:03
7 Anna Dubar	St Columba's PS	19:07
8 Anouk Morgan	VRQA - Homeschool	19:26*
9 Abby Fowler	Brookside College	19:33*

*PBs – Abby 3:13; Anouk 2:54; Fletcher 1:27; Luna 0:58

Male

1 Fletcher Reid	OLSOS Ocean Gr	15:35*
2 Logan Allison	St Josephs FTGully	16:38
3 Felix Skurka	Chelsea Heights PS	18:06F
4 Charlie Wright	Ballarat Clarendon	24:12



The Club U12 and U10 championships saw 10 PBs come from the 15 starters, an excellent return. **Lily Bowkett** dominated the U12 1.5km with a clear win over two new country members, **Harper O'Toole** and **Harper de Sachau**, both of whom walked impressively for their place medals. Ruby Nicholls was the biggest improver, taking 29 secs from her best.

Ryder Reid has a fight on his hands in the U10 1km, outlasting **Grayson Allison** by 4 secs with **Jaxon Connell** third. **Daisy Hooper** led clearly early yet needed her 14 sec PB to keep at bay a tenacious **Taylah Bremner** who improved by 32 secs, with another new member **Sadie Mathiesen** taking bronze. **Holli Burrell's** PB may have been by 'only' one second but it was still well earned.

*VRWC Club c'ships

1.5km U12

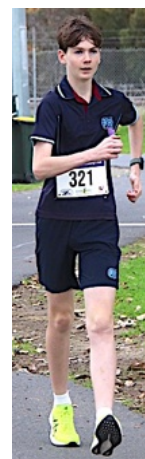
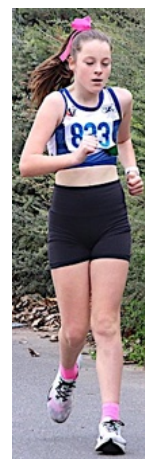
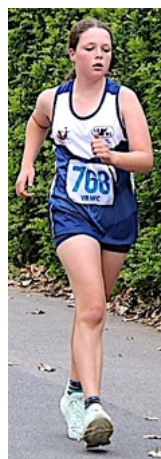
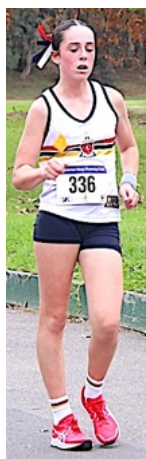
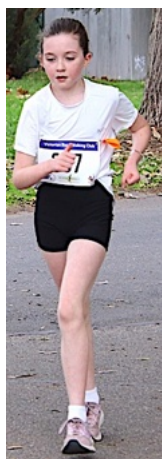
1 Lily Bowkett	8:53
2 Harper O'Toole	9:30
3 Harper de Sachau	9:45
4 Ruby Nicholls	10:04*
5 Abigail Verity	10:06*
6 Cory Lewis	10:20
7 Ava Pravednikov	10:33*

1km U10

1 Ryder Reid	5:14*
2 Grayson Allison	5:19*
3 Jaxon Connell	5:52*
4 Avery Allison	7:15
1 Daisy Hooper	5:06*
2 Taylah Bremner	5:14*
3 Sadie Mathiesen	5:52*
4 Holli Burrell	7:10*

* PBs –

1.5km: Ruby 0:29; Abigail 0:13; Ava 0:03
 1km: Grayson 1:25; Taylah 0:32; Ryder 0:22; Daisy 0:14; Sadie 0:04;
 Jaxon 0:01; Holli 0:01



VRWC Non-c'ships

8km

1 Kate Siviour 42:34

2km

1 Erin Reid 12:02
 2 Sarah Bevin 12:42
 3 Donna-Marie Elms 13:12
 4 Zoe Bowkett 13:24

4km

1 Robert Gardiner 31:51

1 Megan Szirom 21:14
 .. Emily Smith DQ

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

Ryder, Bec, Havana, Zoe, Anouk, Caitlyn, Bob, Jia, Pippa, Grayson, Mya, Logan, Anna, Dylan, Rhydian, Ella, Fieta, Taylah, Kate, Alaska, Daisy, Lunah, Will, Tate, Jemima, Abby, Matilda, Carolyn, Mietta, Indigo, Addison, Arthur, Alejandro, Fletcher, Erlyn, Aangi



'Sorry Dunc ... fail. Three zeros.'



'Yeah, thanks mate. I'll just go hire a cherry picker.'

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 of the meet:	Mark Donahoo
Referee:	Peter Westwood (AV)
Jury of Appeal:	Mark Donahoo, Tim Erickson, Duncan Knox
Check in:	Mark Donahoo
Recorders:	Ben Shurka, Troy Jardine, Jackie Fowler, Duncan Knox, Sandra Harris, Deanne McClure, Tim Erickson
Timekeepers:	Ian Laurie, Jackie Fowler, Alan McClure,
Judges:	Scott Nelson <i>Silver</i> (Chief), Gordon Loughnan <i>Bronze</i> , Brenda Felton <i>Bronze</i> , Kathleen Marsh <i>Bronze</i> , David Cash
Posting board	Stu Cooper
Judges Recorder	Stu Cooper
Penalty area	Stu Cooper
Set up, during, Pack up:	Ian Laurie, Stu Cooper, Simon Baker, Tim Erickson, Duncan Knox, Bob Gardiner, Carolyn Rosenbrock
Bike rider	John Lyons
Photos	Therese Smith
Canteen	Donna Marie Elms
Presentations:	Mark Donahoo, Tim Erickson, Jemima Montag
Red cards collector	John Lyons
Feed Table	Simon Baker, Merylyn Reynolds
Walkers:	53



Oceania Athletics Championships, 18-23 May – Darwin

Conditions were tough for athletes from more temperate climates, most of whom would have been competing in Darwin for the first time. One family declared they had never felt heat and humidity like it. All the more credit to the athletes who gave it their all in their nations' colours. PBs were understandably hard to come by but the times produced were, in many cases, not far off.

With far more entries in the walks than any other nation, the Australians swept the podium in all but one race. Leading the way was 15yo **Ela Uzun** whose win in the U18 5000m earned her the Lesley Cantwell trophy for best Oceania Championship walker. **Callum Martin** was the standout among the men, winning handsomely in the U18, while New Zealand's **Ari Bennett** prevented a complete green & gold wash by taking the Senior championship.

Australia's **Anne Weekes** doubled in the Masters 3000m and 5000m with strong times for her two golds.

Women 5000mRW U18

1 Ela Uzun	AUS	23:35.32 MR	TR54.7.4
2 Matilda Webb	AUS	23:55.19 MR	
3 Sophie Polkinghorne	AUS	25:42.60	
4 Alysa Brown	NZL	28:21.12	
5 Eva Parker	AUS(R)	29:21.77	
6 Annabelle Grant	NZL	30:06.39	

Women 5000mRW Senior

1 Milly Sharpe	AUS(R)	26:03.11	
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Women 3000mRW 30-89yrs

1 Anne Weekes	AUS	60-64y	18:25.14
2 Joy Dale	AUS	50-54y	22:46.54
3 Donna Palmer	AUS	50-54y	23:39.26
.. Liz Neubacher	AUS	75-79y	DQ TR54.7.5
.. Dash Newington	GBR	40-44y	DNF

Women 5000mRW 30-89yrs

1 Anne Weekes	AUS	60-64y	31:34.33
2 Joy Dale	AUS	50-54y	39:07.75

Men 5000mRW U18

1 Callum Martin	AUS	22:11.60
2 Noah Cooke	AUS	22:51.45
3 Koby Irvine	AUS(R)	24:08.01
4 Christopher Nilon	AUS	25:00.34

Men 5000mRW Senior

1 Ari Bennett	NZL	24:04.46
2 Alex Bradley	AUS(R)	24:30.07

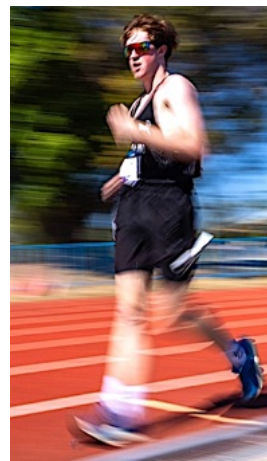
Men 3000mRW 30-89yrs

1 Andrew Duncan	AUS	55-59y	17:18.39
2 Adam Patterson	AUS	50-54y	20:41.74
3 Chris Pollard	AUS	65-69y	24:11.69
4 Andrew Bone	AUS	55-59	DQ TR54.7.5

Men 5000mRW 30-89yrs

1 Adam Patterson	AUS	50-54y	37:21.52
2 Chris Pollard	AUS	65-69y	42:01.05
.. Mike Roberts	AUS	75-79y	DQ TR54.7.5

AUS(R) – Regional Australia



Matilda, Ela and Sophie model their bling, while Ari appears in a hurry for his. (Photos: Ece Can, Oceania Athletics)

NEW SOUTH WALES Kevin Stone Memorial Nepean Open results, 16 May – Chipping Norton

Thanks to **Kirsten Crocker** for these results:

Medium 6km

1	Christopher	Nilon	31.27
INV	Claire	Gauci	51.45

16yrs 4km

1	Avia	Luketic	19.28
2	Nate	Appleyard	20.59
3	Chloe	Farrugia	29.33
4	Luke	Challinor	30.53

14yrs 3km

1	Darcy	Dennis	14.44
2	Oliver	Masik	15.16
3	LilyEve	Everson	16.17
4	Rhys	Straub	16.36
5	Addison	Jenkins	18.23
6	Hugo	Siciliano	18.26
7	Veronica	Dennett	20.52
8	Ivy	Allen	21.19

10yrs 1km

1	Carsen	Luketic	5.15
2	Elijah	Manalili	5.51
3	Norah	Edwards	5.55
4	Suvir	Jain	6.10
5	Isabelle	Masik	7.14
6	Eloise	Colman	7.41
7	Clementine	Colgan	7.43
8	Elyse	Thornburn	11.08

Short 3km

1	MiaRose	Everson	15.45
2	Hannah	Hewitt	17.06
3	Madeline	Colgan	20.44
4	Carmel	Parker	21.42
5	Emily	Challinor	26.41
6	Sarah	Challinor	26.42
7	Nicolle	Challinor	27.28

12yrs 2km

1	Eric	Colgan	9.38
2	Daniel	Smart	9.42
3	Jaiden	Chahal	10.52
4	Tahlia	Hunt	11.02
5	Melody	Latta	11.39
6	Patrick	Yeldham	11.54
7	Levi	Thomas	12.28
8	Cooper	Edwards	12.42
9	Amelia	Mair	13.17
10	Nasrin	Hewitt	13.52
11	Huxley	Jones	14.10

And a late one ...

NEW SOUTH WALES NSW Junior, Open & LANSW T&F c'ships, 12-22 March – SOPAC, Sydney

I received this from **Frank Overton** yesterday, confessing to one of those 'whoops!' moments. All is forgiven, Frank!

Hi Stuart,

I have been checking results and PB performances at NSW State Championships and I find that when I sent you the NSW State Junior results I only sent the 3,000m walks results and did not send the 5,000m results which were held on the same night.

There were a few PB performances in the 5,000m and it would be sad for the athletes to not have their performances recorded in the Race Walking Australia listings.

Cheers, Frank O.

Women's U16 years 5,000m walk:

1. Lexie Beacroft	28:00.80
2. Ashleigh Farrugia	28:28.25

Men's U16 years 5,000m walk:

1. Rhys Chandler	26:58.07
2. Luke Challinor	40:03.32

Women's U17 years 5,000m walk:

1. Jessica Loring	26:39.12
2. Maisie Mitchell	28:49.64
3. Emma Hearnden	30:59.64
4. Caetlin Ashby	32:51.71

Men's U17 5,000m walk:

1. Christopher Nilon	25:45.32
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Women's U20 years 5,000m walk:

1. Lilah Norden	27:01.84
2. Laura Corvalan Sotomayor	31:36.71
3. Sarah Challinor	41:30.22

Men's U20 years 5,000m walk:

1. Isaac Beacroft	19:42.80
2. Alexander Sinnett	24:16.84
3. Aiden Pospischil	29:01.00
4. Peter Charlton	35:52.75

SOUTH AUSTRALIA SARWC Long Club c'ships, 23 May – South Parklands

Thanks to **Cooper Rech** for his latest report from the SARWC:

Perfect weather for our Long Club Championships, where most athletes will race their furthest distance for the year. As a result, **Saxon King** and **Amaya Cowling** both took almost two minutes off their respective PBs, while three further walkers finished their furthest ever walks. Congratulations also to **Tristan Camilleri**, who won the 25km, and so wins the Jack Webber Trophy for the furthest race of the SARWC season.

25km

Tristan Camilleri	2:16:31
Peter Crump	3:14:05

15km

Cooper Rech	1:25:11
Marie Maxted	1:49:56

6km

Liliana Templer	37:27 FT
Orlando Grantham	48:42 FT

4km

Amaya Cowling	29:13 PB 1:54
Anthony Crabb	DQ

3km

Saxon King	18:38 PB 1:59
Amity Cowling	22:42 FT
Robert Crabb	24:55

2km

Matilda Wood	DNF
Martin Crabb	DQ

TASMANIA TRWC results, 23 May – Wentworth Park

Conditions at Montrose Bay in Hobart can get pretty rugged in mid-winter, but luckily the Tassie walkers were spared this on Sunday. **David Moore** reports:

A fine mild morning with a light breeze for our Walks at Montrose Bay, the conditions begged for PB's and our Walkers didn't disappoint.

The 1.5km event saw some tight racing for the minor placings, locked together across the finish line in a tie for second place and both achieving PB's were **Gabe Dix** and **Mackenzie Bird** with 3rd place **Dot Susmilch-Leitch** a mere one second behind them in 3rd place followed home by **Sophia Carr** also slicing big numbers off her previous best.

Sam Leitch also chipped in with another PB - late Autumn is proving very fertile ground for improvement for Sam.

We also welcomed **Scott Hennessey** for his first Race Walk. We hope you'll join us again Scott, despite those sore shins!

1km

1. Scott Hennessey	TRWC	9:06 first one
2. Anne Travis	UTAS	11:25

1.5km

1. Grace Hennessey	Kingston LA	12:33 first one
2. Gabe Dix & Mackenzie Bird		12:57 Tied & both PB's
3. Dot Susmilch-Leitch	Hobart LA	12:58
4. Sophia Carr	KingstonLA	13:56 PB

2km		
1. Austin Huckler	Huon LA	16:26
2. Dave Moore	TMA	19:40
3km		
1. Charlotte Dix	ESAC	19:19
2. Sam Leitch	TMA	20:54 PB
3. Elizabeth Leitch	TMA	21:27
4. Sam Huckler	Huon LA	23:23
4km		
1. Sara Leitch	TMA	39:56
5km		
1. Eugene Gerlach	OVA	36:01
2. Wayne Fletcher	NSAC	45:45



The COACHING POINT

**Strength and Flexibility drills for young walkers*

Ainhoa Pinedo González, a Spanish international walker (best competitive results: 20km – 1:31:28; 50km – 4:30:02)

who now coaches, has posted a wealth of instructional video clips on her Facebook page, containing many useful training drills which would assist in instilling the essential ingredients of sound technique in the novice and emerging walker ... balance, flexibility and strength. Many of these drills will be familiar to coaches, others may be eye-openers.

Check out the sample in this clip: <https://www.facebook.com/reel/1485562422757189> . Here, rods are used to enhance core strength and stability and aid hip rotation.



(Photo source: Ainhoa Pinedo González FB)

To see more of Ainhoa's material, visit her FB page at <https://www.facebook.com/ainhoa.pinedogonzalez>

'The Coaching Point' is aimed at providing a forum for coaches and aspiring coaches of race walkers, where they can share views, training methods, racing strategies, matters of historical interest and other items of interest to those preparing walkers for competition.

*Contributions, however, are not restricted to coaches alone. Walkers (at all levels), parents of walkers, coaches in other fields and anyone with an interest in the three key elements of racewalking development – **technique, fitness and racing** – are welcome to share their insights, ask questions, make suggestions, refer readers to relevant outside material or otherwise contribute for the benefit of walkers everywhere.*

VIEWPOINTS

Hi Stuart,

Thanks for your usual H&T Online number 18.

I've read very carefully, in particular, George White's analysis of the bent knee problem in Masters, especially in categories above M65.

We, too, in Italy, have had this problem and have more or less followed the guide-line proposed by George White.

At the beginning, we struggled to convince our fellow judges that we couldn't afford to penalize all the older Masters, who competed with the sole goal of completing a race to continue to feel part of the "same family" of their youth.

Finally after 2010, following pressure from myself and my colleague Lamberto Vacchi (whom many of you met at Sydney 2000) we reached the following conclusions:

1. For M55-60, the standard rule 54.2 applies.
2. From M65 and up, rule 54.2 applies only if the athlete who broke it has obtained an "advantage" over other athletes of the same age (therefore very similar to that proposed by George White).
3. For M60-65, we left it up to the individual judge to decide whether to apply the rule in point 1 or the one in point 2.
I must tell you that everyone has understood the concept and has aligned themselves with the application of the "advantage" rule in point 2.

These rules, however, only apply to Masters races (including those specific to their championships, both on road and track, and even short track).

Since then, most older Masters athletes seem to be more relaxed.

If, however, the Masters athlete (regardless of age) wishes to compete in a FIDAL federal race (for example, a Regional/National Club Championship or Individual), those rules do not apply and the standard rules apply.

Things seem to be going well with our Masters now. We'll see how long that lasts.

I wonder if this will help you make your choices, but I felt compelled to let you know.

Kind regards,

Nicola Maggio
Trieste, Italy

Hello Nicola,

Many thanks for your contribution and clear explanation of Italy's approach to Masters judging. It's a thorny issue in Australia, particularly amongst judges who feel ill-equipped to make an objective call as to whether an ageing walker is gaining 'advantage' or not with a bent knee action. There is, as far as I know, no training module for judges to equip them for this ... at least, not at World Athletics level.

Your point about Italy's special rules applying only to Masters competition would indicate that, if a Masters walker of any age wanted to compete in a race in which TR54.2 applies (i.e. open age races), then they are expected to comply with it. This would find agreement with our judges, unhappy with having to apply two sets of rules. Some older walkers, however, as George has pointed out, simply cannot physically comply with 54.2. The VRWC has had in place for several years a 'yellow number' option for such walkers, alerting judges to forego the knee rule in their case (contact still applies). This has had a mixed reception, in part because of 'labelling' and the fact that Club trophy points can't be earned if a yellow number is worn, thus restricting their engagement in our activities.

As I see it, it comes down to two things: (1) a well-communicated, consensus-based set of rules that accommodate the needs of older walkers whilst safeguarding the integrity of the sport, and (2) consistent training of judges in the application of these rules. If judges are to be required to make subjective decisions about whether a walker has derived advantage by breaking 54.2, they need to be taught how.

Stu



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

SPAIN: 39th Gran Premio Internacional de Marcha Cantones de A Coruña, 23 May – La Coruña

Nicola Maggio would normally have produced these reports himself but, still being in transit from Spain, he has passed on the texts of reports written by **Emeterio Valiente** for World Athletics.

Gonzalez prevails in tight H-M contest

Mexico's **Alegna González** and China's **Shi Shengji** were victorious at the Gran Premio Cantones, a World Athletics Race Walking Tour Gold meeting, held in La Coruña on Saturday (23). Contesting the half marathon, world 20km silver medallist González achieved her first win in Cantones, while 19-year-old Shi became the first Chinese race walker to triumph in the Spanish coastal city since Wang Zhen in 2016.

Half marathon women

The women's contest opened with an early lead by **Antía Chamosa**, Spain's world 20km race walk seventh-place finisher. The 26-year-old gave the local fans something to cheer about over the new circuit as she took command of the race to become a solo leader from the gun.



(Photo: Nicola Maggio)

Chamosa, who is a training partner of double world champion **María Pérez**, set a 4:25 cadence to progressively build a strong margin over the favourites including **González**, **Pérez**, the Italian pair of **Antonella Palmisano** and **Sofia Fiorini**, and Peru's **Kimberly García**. The Spaniard had created a lead of 22 seconds on the chasing group by the 5km checkpoint, which was reached in 22:07. China's Yang Liujing fulfilled most of the pacing duties in the chase group, 10 seconds behind Chamosa (44:21/44:31) at 10km, and they caught the local athlete with the clock reading 50:45. The fireworks came during the 15th lap when González increased her pace to cover that circuit in 4:18, still with Pérez, Palmisano, Fiorini, Yang, Mexico's Alejandra Ortega and Japan's world bronze medallist Nanako Fujii tucked behind the Mexican.

The in-form González won last Saturday in Rio Maior and seemed determined to maintain her winning streak as her relentless 4:17 rhythm began to pay dividends. First Yang and then Fujii lost contact before an even quicker 4:14 18th lap saw Pérez and Ortega drop back, while the surprising Fiorini still remained at González's shoulder. The 21-year-old Italian, who placed runner-up at last month's World Athletics Race Walking Team Championships in Brasília in the marathon, tried to follow in González's footsteps but she finally began to lose ground some 1.4km from home as the Mexican flew over the penultimate lap to clock 4:12. González kicked again to cover the final kilometre in 4:06 to secure her first win in Cantones in 1:32:24 following her second-place finishes in 2021, 2024 and 2025, plus a third place in 2023. Fiorini clocked 1:32:36 and last year's victor Pérez – making her competitive debut over the half marathon distance – recorded 1:32:51 to complete a quality podium.

"I'm more than happy as I had always made the podium here, but I had never won. Fortunately, today I managed that feat," said González. "I felt very comfortable throughout and over the last laps I thought: 'It's my turn'. I liked the new circuit and we were lucky as it was a windless day. I'll next compete in Madrid next Sunday (31), while my primary goal for this summer season is to shine at the Central American and Caribbean Games in Santo Domingo."

1.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:32:24
2.	Sofia FIORINI	19 AUG 2004	ITA	1:32:36
3.	María PÉREZ	29 APR 1996	ESP	1:32:51
4.	Alejandra ORTEGA	08 JUL 1994	MEX	1:32:59
5.	Liujing YANG	22 AUG 1998	CHN	1:33:22
6.	Nanako FUJII	21 JUL 2006	JPN	1:33:27
7.	Karla Ximena SERRANO	14 APR 2004	MEX	1:33:31
8.	Paula Milena TORRES	17 OCT 2000	ECU	1:33:31
9.	Antonella PALMISANO	06 AUG 1991	ITA	1:33:38
10.	Alexandrina MIHAI	27 MAY 2003	ITA	1:33:51
11.	Antia CHAMOSA	07 OCT 1999	ESP	1:33:54
12.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:33:54
13.	Yunyan JIANG	15 FEB 2003	CHN	1:34:00
14.	Evelyn INGA	16 APR 1998	PER	1:34:01
15.	Maocuo DOU	29 FEB 2004	CHN	1:34:41
16.	Jinlin NING	26 MAR 2004	CHN	1:35:17
17.	Pauline STEY	09 SEP 2001	FRA	1:35:17
18.	Ilse GUERRERO	24 MAR 1993	MEX	1:36:58

19.	Laura Cristina MOJICA CHALARCA	20 JUN 2000	COL	1:37:16
20.	Michelle CANTO	14 JUL 2005	ITA	1:37:28
21.	Giada TRAINA	17 APR 2004	ITA	1:38:17
22.	Glenda MOREJÓN	30 MAY 2000	ECU	1:38:18
23.	Na GUO	22 JUN 1999	CHN	1:38:48
24.	Lingfen ZHANG	22 OCT 2001	CHN	1:39:48
25.	Valeria FLORES	17 FEB 2006	MEX	1:39:52
26.	Raquel GONZÁLEZ	16 NOV 1989	ESP	1:40:09
27.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:40:12
28.	Zhuoma BAIMA	20 MAY 2005	CHN	1:40:31
29.	Hana ČERNÁ	03 NOV 2000	SVK	1:40:42
30.	Sharon Lisseth HERRERA SOTO	27 MAY 2004	CRC	1:41:18
31.	Júlia SUÁREZ PIZÀ	05 NOV 2006	ESP	1:41:37
32.	Johana ORDÓÑEZ	12 DEC 1987	ECU	1:42:22
33.	Giulia GABRIELE	11 NOV 2005	ITA	1:42:38
34.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:42:45
35.	Xiaofan LA	19 AUG 2005	CHN	1:43:11
36.	Martina SCIANNAMEA	23 JAN 2005	ITA	1:43:18
37.	María Fernanda PEINADO	12 NOV 2001	GUA	1:43:39
38.	Yaquelin Mishell TELETOR JERÓNIMO	19 NOV 2004	GUA	1:43:39
39.	Joana PONTES	22 MAR 2000	POR	1:49:19
40.	Elvina CARRÉ	06 FEB 2003	FRA	1:50:37
41.	Arely ENRÍQUEZ	16 NOV 1998	MEX	1:52:56
42.	Milángela Francesca ROSALES	21 FEB 1987	VEN	1:54:37
	Quanming WU	16 NOV 2001	CHN	DNF
	Haiying JI	25 FEB 2000	CHN	DNF
	Ana DELAHAIE	13 MAY 2004	FRA	DNF
	Lidia SANCHEZ-PUEBLA	17 JUL 1996	ESP	DNF
	Xizhen YANG	11 MAR 2006	CHN	DNF
	Camille MOUTARD	11 JUL 2001	FRA	DNF
	Clémence BERETTA	22 DEC 1997	FRA	DNF
	Nicole COLOMBI	29 DEC 1995	ITA	DNF
	Griselda SERRET	09 JUL 2005	ESP	DNF
	Rubi Dayana SEGURA GARCIA	27 FEB 2006	COL	DNF
	Valeria ORTUÑO	27 MAY 1998	MEX	DNF
	Isa FERREIRA	08 SEP 2006	POR	DNF
	Bianca Maria DITTRICH	06 JUL 1993	GER	DNF

Congratulations Alegna, well done Sofia for your beautiful battle in the temple of race walking

by Nicola Maggio

La Coruña is always fascinating, and returning is always something new. Even for someone like the writer, who has had La Coruña as a travel destination since 1994. I was only away for two years, but I soon made up for it with other “Cantones” visits for friends’ birthdays. Dear readers, some of my dearest friends were met in this beautiful port city on a promontory in Galicia, known for its stunning roman lighthouse (the Torre del Hercules), which offers a stunning panoramic view of the coast.

It was in this city that Sergio Vazquez, passed away four years ago, conceived the “**Gran Premio Internacional Cantones de La Coruña**” on May 16, 1987, at 7:00 PM, after a year of tireless efforts and equally demanding organisational work.

A World Race Walking Cup (now World Team Race Walking Championships) was also held here in 2006, and I still have that extraordinary evening in my mind when Liu Hong set the world record for the 20km road walk at 8:24:37 PM in June 6, 2015.

All the greatest race walkers in history, both men and women, have passed through here, and it remains a beacon of excellence today, being the oldest meeting in the World Athletics Gold Race Walking Circuit. It is precisely for this reason that World Athletics honored the Gran Premio Internacional Cantones as a World Heritage Site for Athletics on March 29, 2019.

This year’s edition, after the one of Liu Hong’s world record, was the most exciting and the most impressive, thanks once again to a handful of beautiful female representatives. Local hero **Antia Chamosa** (ESP) took the lead until almost 14km, then **Antonella Palmisano** (ITA), **Paula Milena Torres** (ECU), **Nanako Fujii** (JPN), **Kimberly Garcia Leon** (PER), **Yang Liuqing** (CHN), and **Alejandra Ortega Solis** (MEX) tried. No way, they won’t make it to the podium.

At 18km, last year’s first and second place finishers **Maria Perez** and **Alegna Gonzalez** remain, along with a newcomer tiny woman who burst into the walking elite at the World Team Race Walking Championships Marathon in Brasilia just over a month ago, where she took silver behind **Paula Milena Torres**.

From one side of the course, she can hear the shouts of her coach Alessandro Gandellini, who is also hopping around like a cricket. Meanwhile, I moved toward the finish line for some photos. I wonder what this tiny woman is doing between these two giants.

Incidentally, the night before the race, at dinner with friends, I was asked to bet a coffee at the airport the next morning on

the winner of this Half Marathon: one friend of mine said Alegna, and I (frankly, I was thinking of Alegna, too) said Maria. When this bet came to mind then I thought again: what **Sofia Fiorini** is doing among them. As they pass, I see Sofia turn toward the barriers and hear shouts: “*Stay with Alegna, don’t let she go, that’s where the race is.*” I will never say who shouted, not even under torture.

The next lap, only two remain: Alegna and Sofia. Maria is a handful of seconds behind. I hear that croaking voice again, as if coming from a Dantesque pit, shouting: “*Stay behind her!*” (actually, he used another term that fair play requires politely summarised). Now I realise that I’m watching two beautiful technical feats battle shoulder to shoulder. I already know I’ve lost my bet because Maria will never make it back. These girls are going too fast, and they’re walking too well, that no one judge will stop them. Impossible to stop this race walking !

The bell rings, and now two seconds separate the gorgeous Mexican walker from the tiny Italian. “*It’s not possible,*” I say to myself. “*I don’t believe it.*” I can no longer hear the screams coming from the Dantesque pit.

I wait less than five minutes and then I see them arrive, one waiting for the other, and then they embrace. Congratulations, Alegna, on your first victory at the Cantones. Welcome, Sofia, on the Cantones podium. In a few days, you’ll understand that perhaps what you’ve achieved is almost as valuable as Inter’s shield.



(Photo: Juan Ferngran)

Chinese quinella Men’s H-M at La Coruña

Half Marathon men

The men’s race kicked off at a moderate pace, the opening two kilometres covered in a comfortable 8:13. A large Chinese squad was at the helm alongside the other favourites including Japan’s **Kento Yoshikawa** and Spain’s world bronze medallist **Paul McGrath**.



(Photo: Nicola Maggio)

Surprisingly, shortly after the third kilometre which was covered in a much brisker 3:58, Brazil's world 20km champion **Caio Bonfim** began to lose ground. By the fifth kilometre (20:06) the front group was led by China's **Yang Kaiyuan, Li Chenjie** and **Shi** plus the Japanese duo of **Tomohiro Noda** and **Keisuke Hara** while Bonfim travelled outside the top 20, some nine seconds in arrears.

To the delight of the home crowd, McGrath moved to the front some 25 minutes into the race, the 24-year-old local hero setting the rhythm for a couple of laps to open a shy lead before being reeled in. China's Qian Haifeng then broke away to build a 10-second advantage on Shi, Yang and Mexico's **Ricardo Ortiz**. The 10km mark was reached by the leaders in 39:59 while Bonfim edged towards the chasing group. Following several circuits in the 3:56/3:58 range, Shi effectively ended the competition as he unleashed a devastating kick to cover the 15th lap in 3:48. Only Li and Hara could live with that pace, but Shi continued to accelerate to produce the quickest kilometre – 3:46 – for the next circuit. Noda began to falter but Li managed to remain at his compatriot's shoulder. Yet his resistance came to an end some 1:06:30 into the race when Shi finally managed to lose Li thanks to another 3:48 17th lap. Shi maintained 3:50 pace over the final few laps which was enough to keep Li at bay, while Hara was a lonesome third way back.

Shi crossed the finish line in 1:23:23 to Li's 1:23:25, while Hara completed a classy podium 29 seconds behind the winner. Loyal to his usual tactics of finishing strongly, Bonfim maintained a sub-4:00 cadence throughout the race to overtake all but the first three race walkers. He finished fourth in 1:24:08 after passing Ecuador's David Hurtado and China's Qian over the last couple of laps.

1.	Shengji SHI	19 JAN 2007	CHN	1:23:23
2.	Chenjie LI	05 MAY 2005	CHN	1:23:25
3.	Keisuke HARA	04 MAR 2002	JPN	1:23:52
4.	Caio BONFIM	19 MAR 1991	BRA	1:24:08
5.	Haifeng QIAN	08 JUL 2000	CHN	1:24:14
6.	David HURTADO	21 APR 1999	ECU	1:24:17
7.	César HERRERA	28 JAN 1999	COL	1:24:38
8.	Tomohiro NODA	24 JAN 1996	JPN	1:24:53
9.	Ivan Dario OÑA COLCHA	25 FEB 2006	ECU	1:24:54
10.	Hayato KATSUKI	28 NOV 1990	JPN	1:24:57
11.	Ricardo ORTIZ	07 FEB 1995	MEX	1:24:59
12.	Paul MCGRATH	07 MAR 2002	ESP	1:25:20
13.	Roberto VASQUEZ	05 JUN 1998	MEX	1:25:24
14.	Kaiyuan YANG	06 AUG 2006	CHN	1:25:25
15.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:25:51
16.	Andres Eduardo OLIVAS NÚÑEZ	27 MAY 1998	MEX	1:26:24
17.	Maher BEN HLIMA	24 JUL 1989	POL	1:26:36
18.	Killian LEBRETON	23 AUG 2000	FRA	1:27:18
19.	Saul WAMPUTSRIK	12 OCT 2004	ECU	1:27:20
20.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:27:22
21.	Lihong CUI	13 MAY 1999	CHN	1:27:35
22.	Congshan BI	09 OCT 2007	CHN	1:27:38
23.	Oscar MARTINEZ	28 SEP 2003	ESP	1:27:40
24.	Kazuya IWAI	24 MAR 2002	JPN	1:27:45
25.	Teodorico CAPORASO	14 SEP 1987	ITA	1:27:50
26.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:28:05
27.	Emiliano BRIGANTE	27 MAY 2003	ITA	1:28:39
28.	Giuseppe DISABATO	01 NOV 2006	ITA	1:28:47
29.	Shuo DING	21 DEC 2002	CHN	1:29:25
30.	José Alejandro BARRONDO	16 SEP 1996	GUA	1:29:28
31.	Zhaozhao WANG	01 SEP 1999	CHN	1:29:32
32.	Cristhian JUÁREZ LÓPEZ	02 DEC 2002	MEX	1:29:56
33.	Kento YOSHIKAWA	09 AUG 2001	JPN	1:29:56
34.	Erick Bernabé BARRONDO	14 JUN 1991	GUA	1:30:11
35.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	1:30:30
36.	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	1:30:32
37.	Jhoshua MONTERROSO ORTÍZ	10 SEP 2005	GUA	1:30:38
38.	Xiangfei ZHAO	27 SEP 2002	CHN	1:30:45
39.	Carlos MERCENARIO	26 JUL 2000	MEX	1:31:02
40.	Pablo POSTIGO	06 FEB 2005	ESP	1:31:44
41.	José Eduardo ORTIZ	08 MAR 2000	GUA	1:31:51
42.	Xinrui ZHANG	30 DEC 2004	CHN	1:32:02
43.	Tiancai CHEN	15 JAN 2001	CHN	1:32:08
44.	Pablo RODRIGUEZ ROJAS	18 DEC 2004	ESP	1:32:24
45.	Javier DE ARRIBA CASTILLA	25 FEB 2005	ESP	1:32:57
46.	Yifeng WANG	29 DEC 2003	CHN	1:33:02
47.	Bernardo Uriel BARRONDO	05 JUN 1993	GUA	1:33:05
48.	Adrian MOLINA	20 NOV 2005	ESP	1:33:25
49.	Daniel JIMENO	11 DEC 2000	ESP	1:33:29
50.	Brandon PÉREZ	14 OCT 2003	MEX	1:33:57
51.	Luis Ángel LÓPEZ LÓPEZ	03 MAR 1991	PUR	1:34:29

52.	Lucas MAZZO	19 MAY 1994	BRA	1:35:04
53.	Max Batista GONCALVES DOS SANTOS	09 OCT 1994	BRA	1:35:44
54.	Caballero HODEI	14 MAR 2003	ESP	1:35:57
55.	Ivan MOLINA	19 JAN 2006	ESP	1:37:38
56.	Gonzalo Antonio BUSTAN JAPON	15 JUL 2000	ECU	1:40:49
57.	Pablo SANZ RILLO	09 NOV 2002	ESP	1:43:28
	Daniel CHAMOSA	04 MAY 1997	ESP	DNF
	Diego GARCÍA CARRERA	19 JAN 1996	ESP	DNF
	Julio César SALAZAR	08 JUL 1993	MEX	DNF
	César CÓRDOVA FERNÁNDEZ	20 OCT 2002	MEX	DNF
	Noel CHAMA	15 SEP 1997	MEX	DNF
	Daniel MONFORT	25 JAN 2006	ESP	DNF
	Jassam ABU EL Wafa	03 JUL 2004	GER	DNF
	Iván LÓPEZ	29 MAR 1997	ESP	DNF
	Eduardo CAMARATE	17 NOV 2006	POR	DNF
	Carlos Alberto OLIVARES	28 OCT 2005	MEX	DNF
	Miguel Arcangel PEÑA	07 AUG 2004	COL	DNF
	Daniel MORILLA	14 SEP 2005	ESP	DNF
	Miguel ESPINOSA	30 JAN 2006	ESP	DNF
	Yuta KOGA	15 JUL 1999	JPN	DQ
	Michele ANTONELLI	23 MAY 1994	ITA	DQ
	Alejandro Ignacio GONZÁLEZ	22 JAN 1993	MEX	DQ

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 25, 2026 - **ACR Senhora do Desterro and EA Moita Tejo win the Portuguese Race Walking Cup – Braga 2026** <https://omarchador.blogspot.com/2026/05/acr-senhora-do-desterro-e-ea-moita-tejo.html>
- Sunday, May 24, 2026 - **Alegna González triumphs in spectacular half-marathon race walk in A Coruña.** <https://omarchador.blogspot.com/2026/05/alegna-gonzalez-triunfa-em-prova.html>
- Sunday, May 24, 2026 - **Sheigji Shi wins men's half marathon in A Coruña.** <https://omarchador.blogspot.com/2026/05/sheigji-shi-vence-meia-maratona.html>
- Thursday, May 21, 2026 - **The Race Walking Judges at the Rio Maior International Grand Prix (2026)** <https://omarchador.blogspot.com/2026/05/os-juizes-de-marcha-no-grande-premio.html>
- Thursday, May 21, 2026 - **Promotional trials at the Rio Maior Grand Prix of Marching (2026) – results** <https://omarchador.blogspot.com/2026/05/provas-de-promocao-no-grande-premio-de.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

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 30th 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 6th/7th June

Saturday 13th June

RWA 59th Annual Lake Burley Griffin Carnival,
VRWC events. & LA Vic Championships,

Canberra
Middle Park

Saturday 13th June	Judging course and Coaching seminar	Middle Park
Saturday 20th June	VRWC Points races	Middle Park
Saturday 27th June	VRWC Points races & Prize Day	Middle Park
<u>JULY</u>		
Saturday 4th July	Racewalking Australia Postal Challenge event & VMA 10km C'ship	Middle Park
Saturday 11th July	VRWC Points races	Middle Park
Saturday 18th July	VRWC Points races and Interval races	Middle Park
Sunday 26th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
<u>AUGUST</u>		
Saturday 1st August	VRWC Points races	Middle Park
Saturday 8th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15th August	VRWC Last points race	Middle Park
Sunday 23rd August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29th August	VRWC non points race day	Middle Park
<u>September</u>		
Saturday 5th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

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

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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