



HEEL & TOE Online

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

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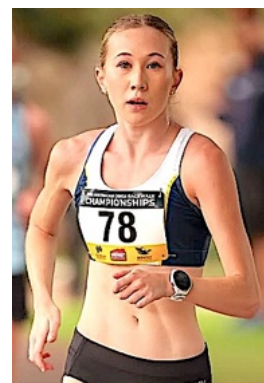
- [2026 Race Season summary](#)
- [Membership, Uniform & Race fees](#)

WALKER OF THE WEEK



This issue's WsOTW are a threesome: **Tim Fraser (ACT)** and **Chelsea Roberts (NSW)**, selected for their double victories at the LBG Carnival in Canberra last Sunday where they showed themselves emphatically to be the fastest male and female respectively at the carnival. The third winner is **Michelle Bray (ACT)**, following an astonishing performance in the Masters 10km race.

In the Half-Marathon, **Tim** wasn't as fast as he was in Adelaide last March, but back then he didn't have to spend 3 or 4km warming up. Once he got going here there was no stopping him, and his win in **1:30:57** placed him clear by over a minute. He would back up later in the Open 5km to win again,



this time smashing the 20:00 barrier to clock **19:34**. Not a bad recovery!

Chelsea also took a while to get her motor going in temperatures that fell to 1°C before half-way in the Half-Marathon, but hitting her stride she went on to win by nearly four minutes in **1:47:01**. Like Tim, she also followed this performance with complete dominance in the Open 5km that afternoon, clocking **23:06** for her second gold.

Michelle is known to be Australia's fastest Masters walker at present, but few would have expected her to rip over three minutes from her PB and set the quickest 10km time across all ages and both genders on the day. Her time of **50:35** takes her into new territory and the hope is that's she will dip under the 50:00 barrier before long.

Well done to Tim, Chelsea and Michelle. An excellent day's racing from you all.

*Honourable mentions

- **Rhydian Cowley (VIC)** and **Carl Gibbons (NSW)** – both scored huge PBs in taking gold and silver in the national Marathon Walk championship.
- **Dylan Richardson (NSW)** – two gritty efforts to finish second behind Tim Fraser in the H-M and Open 5km, each time by just over a minute.
- **Avia Luketic** and **Nate Appleyard (NSW)** – both won over 2km and 3km by clear margins in Canberra with barely a break in between races.
- **Daisy Hooper (VIC, 9yo)** – a PB by 1:01 over 2km in the U12 race, clocking **10:23** in a sign of things to come.



CLUB NEWS and RESULTS



- **The VRWC in Canberra** – Unfortunately, time did not permit a proper report on our members’ fortunes at the LBG Carnival for this issue. I will include it in the next one. Suffice to say, for now, well done to all the Vics on their efforts, whether as competitors, officials or volunteers.

This weekend:

After the long weekend, we return to our home base on **Saturday 13 June** for the *Little Athletics Victoria Road Walk championships*.

The racing will be preceded by three education sessions:

12.00pm: Coaching clinic: Coaching information session coaches ... the session is for coaches to discuss issues connected with coaching athletes. (30 min – Mark Donahoo)

12.00pm: Judging clinic: Introductory session for those who would like to begin judging racewalking. (45min – Stu Cooper)

12.30pm: Coaching clinic: Coaching session for athletes: how to racewalk, understanding judges and the warnings given. (45 min – Mark Donahoo)

*Club races

1.00pm **5km** VRWC non-points Open

1.00pm **2km** VRWC non-points Open

Enter by no later than Friday 12 June at 6.00pm, at

<https://www.revolutionise.com.au/vrwc/events/361968>

*Little Athletics Victoria Road walk Championships

1.45pm **1km** LAVic Championship **U9 Boys**

1.47pm **1km** LAVic Championship **U9 Girls**

2.00pm **1.5km** LAVic Championship **U10 Boys**

2.02pm **1.5km** LAVic Championship **U10 Girls**

2.20pm **1.5km** LAVic Championship **U11 Boys**

2.22pm **1.5km** LAVic Championship **U11 Girls**

2.40pm **2km** LAVic Championship **U12 Boys/Girls**

3.00pm **2km** LAVic Championship **U13 Boys/Girls**

3.00pm **2km** LAVic Championship **U14 Boys/Girls**

3.20pm **3km** LAVic Championship **U17 Boys/Girls**

3.20pm **3km** LAVic Championship **U16 Boys/Girls**

3.20pm **3km** LAVic Championship **U15 Boys/Girls**

Presentations for all LAVic events will be held shortly after each race finishes.



AROUND THE COUNTRY

A.C.T. 59th LBG Canberra Walking Carnival, 7 June – Stromlo Sports Park

Despite Canberra’s typically bitter early morning June temperatures, we were spared the icy squalls that made last year’s Canberra carnival so miserable, even enjoying warm sunshine in the afternoon. The Marathon and Half Marathon competitors found warming up to be a race aim in itself, as the winter chill provided incentive enough to keep things moving ...

The marquee event – the Australian & RWA Marathon Walk championship – while attracting only four starters, nevertheless produced an illuminating display of endurance walking, with Italian visitor **Teodorico Caporaso** giving a clinic in high-cadence endurance walking. A veteran of the 50km with a best time for that distance of 3:48:29, Teodorico had his best international result in 2016 where he finished 4th in the 50km at the World Teams Cup in Rome, helping Italy to team gold. Ten years on and

now a Masters athlete, he showed on Sunday that he appreciated a distance closer to his 50km speciality, clocking **3:08:30** in his first Marathon for an 8-min win over **Rhydian Cowley**. The Victorian walked most of the way with **Carl Gibbons** to take the national title with a 3:28 PB time of **3:16:30**, while Carl used the occasion to post a massive improvement of his own by 5:22 in clocking **3:17:31**. Kudos also to **Tristan Camilleri** who steadily ground out the 42 laps (including 84 inclines and 42 drops) for a gutsy finish time of **3:56:56**.

EVENT 1: Open Men Marathon (AA & RWA Championship)

1	Teodorico Caporaso	ITA	3:08:30
2	Rhydian Cowley	VIC	3:16:30
3	Carl Gibbons	IND/NSW	3:17:31
4	Tristin Camilleri	SA	3:56:56

Masters:

1	Teodorico Caporaso	Italy	3:08:30
2	Rhydian Cowley	VIC	3:16:30

Home townner **Tim Fraser**, never an easy nut to crack where speed is involved, took the inaugural men's LBG Half Marathon title by just over a minute from a determined **Dylan Richardson** who never lost his readiness to pounce should the possibility of an upset arise. Taiwanese visitor **Yu-Jen Cheng** found the Stromlo cold tough to handle but managed to hold off H-M debutant **Joel Byatt** whose excellent **1:36:39** would have had him at around the 90-91:00 mark for 20km. Meanwhile, **Peter Crump** was the sole Masters contender, flying the flag as he does every year for veteran endurance stalwarts everywhere.

EVENT 3: Open Men Half-Marathon

1	Tim Fraser	ACT	1:30:57
2	Dylan Richardson	NSW	1:32:07
3	Yu-Jen Cheng	TPE	1:36:30
4	Joel Byatt	NSW	1:36:39
5	Jack McGinniskin	NSW	1:37:53
6	Alejandro Stephens	VIC	1:58:38
7	Brendan Pospischil	NSW	2:09:34
8	Peter Crump	SA	2:36:41

Handicap:

1	Brendan Pospischil	NSW
2	Jack McGinniskin	NSW
3	Joel Byatt	NSW

Masters:

1	Peter Crump	SA	2:36:41
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TEAMS RESULTS

1	NSW1	7	Dylan Richardson, Jack McGinniskin
2	NSW2	11	Joel Byatt, Brendan Pospischil

Capital Athletics results

1	Tim Fraser	ACT	1:30:57
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While some way off her Adelaide performance in March, **Chelsea Roberts'** showing was a commanding one. She and **Kate Siviour** were the only ones among the six starters who had raced an H-M before, with **Hana Jugovic** stepping up in a big way and **Laelia Byatt** putting in a strong first half before battling the cold and fatigue later. Well done to Queenslanders **Brenda Gannon** and **Phoebe Chadwick** who were digging deep for whatever reserves they had by the end and will be stronger for the experience.

EVENT 4: Open Women Half-Marathon

1	Chelsea Roberts	NSW	1:47:01
2	Kate Siviour	VIC	1:50:43
3	Hana Jugovic	ACT	1:54:48
4	Laelia Byatt	NSW	2:01:57
5	Brenda Gannon	QRWC	2:17:12
6	Phoebe Chadwick	QRWC	2:23:03

Handicap:

1	Brenda Gannon	QRWC
2	Phoebe Chadwick	QRWC
3	Laelia Byatt	NSW

Masters:

1	Brenda Gannon	QRWC	2:17:12
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TEAMS RESULTS

1	NSW1	5	Chelsea Roberts, Laelia Byatt
2	QRWC1	11	Brenda Gannon, Phoebe Chadwick

Capital Athletics results

1	Hana Jugovic	ACT	1:54:48
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Fields were disappointingly thin in the U20 10km races, but turning up to race is half the battle and credit to those who did. **Cooper Rech** and **Milly Sharpe** were both convincing in winning their events.

The Masters and Fitness 10km races were better attended, with **Michelle Bray** proving the class of the day with an astonishing 3:04 PB in clocking **50:35**. On a more sympathetic course Michelle would surely go sub-50 and we hope she does it soon.

EVENT 5: Men U20 10km

1	Cooper Rech	SA	0:51:05
2	Alexander Sinnett	IND/NSW	0:53:18
3	Aidan Pospischil	NSW	0:59:22

EVENT 6: Women U20 10km

1	Milly Sharpe	QRWC	0:56:11
2	Jessica Loring	NSW	0:58:45
3	Ariana Pashutina	VIC	1:00:16
4	Laura Sotomayor	NSW	1:06:57

Handicap:

1	Laura Sotomayor	NSW
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TEAMS RESULTS

1	NSW1	6
	Jessica Loring, Laura Sotomayor	

EVENT 7A: Men Masters 10km

1	Andrew Duncan	WA	0:56:53
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EVENT 7B: Men Masters Fitness 10km

1	Richard Fletcher	ACT	1:17:57
2	Robert Kennelly	IND	1:37:42

EVENT 8A: Women Masters 10km

1	Michelle Bray	ACT	0:50:35
2	Anne Weekes	QRWC	1:02:25

Capital Athletics results

1	Michelle Bray	ACT	0:50:35
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EVENT 8B: Women Masters Fitness 10km

1	Caroline Campbell	ACT	1:32:11
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After a teeth-chattering morning, the afternoon that greeted the younger walkers was almost springlike. We saw some excellent racing, with standout winning performances, what must have been a slew of PBs across the program (regrettably I've had no time to research them) and generally strong techniques on display.

Several of the youngsters doubled with only a brief break between races, with NSW aces **Nate Appleyard** and **Avia Luketic** each going home with two golds from their 2km and 3km races.

EVENT 9: Boys U10 1km

1	Carsen Luketic	NSW	0:05:26
2	Arthur Green	ACT	0:06:07
3	Edward Pratt	NSW	0:08:19

TEAMS RESULTS

1	NSW1	4
	Carsen Luketic, Edward Pratt	

EVENT 10: Girls U10 1km

1	Taylah Bremner	VIC	0:05:13
2	Isabelle Masik	NSW	0:05:19
3	Norah Edwards	NSW	0:05:41
4	Cory Lewis	VIC	0:06:23
5	Clementine Colgan	NSW	0:07:39

Handicap:

1	Clementine Colgan	NSW
2	Cory Lewis	VIC

TEAMS RESULTS

1	VIC1	5
	Taylah Bremner, Cory Lewis	
2	NSW1	5
	Isabelle Masik, Norah Edwards	

EVENT 11: Boys U12 2km

1	Eric Colgan	NSW	0:10:04
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Handicap:

1	Huxley Jones	NSW
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2	Cooper Edwards	NSW	0:10:27	2 Levi Thomas	NSW
3	Zac Anderson-Rule	ACT	0:10:37	3 Bowie Clarke	VIC
4	Jaiden Chalal	NSW	0:10:52		
5	Patrick Yeldham	NSW	0:11:08		
6	Saxon King	SA	0:11:14		
7	Kosta Peart	NSW	0:11:20		
8	Levi Thomas	NSW	0:11:21		
9	Felix Cianci	NSW	0:11:44		
10	Elijah Manaliti	NSW	0:11:46		
11	Bowie Clarke	VIC	0:12:00		
12	Huxley Jones	NSW	0:12:47		

TEAMS RESULTS

1	NSW1	5	Eric Colgan, Jaiden Chalal, Kosta Peart
2	NSW3	10	Cooper Edwards, Levi Thomas, Huxley Jones
3	NSW2	14	Patrick Yeldham, Felix Cianci, Elijah Manaliti

Capital Athletics results

1	Zac Anderson-Rule	ACT	0:10:37
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EVENT 12: Girls U12 2km

1	Daisy Hooper	VIC	0:10:23
2	Aria Di Benedetto	VIC	0:10:37
3	Tahlia Hunt	NSW	0:10:54
4	Lucilla Cribbin	NSW	0:11:19
5	Laura Head	IND	0:12:23
6	Isabelle Masik	NSW	0:12:48
7	Willow Wiseman	ACT	0:13:08
8	Ruby Kilworth	WA	0:13:20

Handicap:

1	Willow Wiseman	ACT
2	Ruby Kilworth	WA
3	Lucilla Cribbin	NSW

TEAMS RESULTS

1	VIC1	3	Daisy Hooper, Aria Di Benedetto
2	NSW1	7	Tahlia Hunt, Lucilla Cribbin, Isabelle Masik

Capital Athletics results

1	Willow Wiseman	ACT	0:13:08
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EVENT 13: Boys U14 2km

1	Nate Appleyard	NSW	0:09:15
2	Eric Colgan	NSW	0:09:40
3	Oliver Masik	NSW	0:09:40
4	Rhys Straub	NSW	0:09:58
5	Liam Meale	NSW	0:10:12
6	Hugo Siciliano	NSW	0:11:34
7	Saxon King	SA	0:11:36
8	William Pratt	NSW	0:11:42
9	Patrick Yeldham	NSW	0:11:43

Handicap:

1	Saxon King	SA
2	Liam Meale	NSW
3	Rhys Straub	NSW

TEAMS RESULTS

1	NSW1	4	Nate Appleyard, Oliver Masik
2	NSW2	6	Eric Colgan, Rhys Straub, Liam Meale
3	NSW3	14	Hugo Siciliano, William Pratt, Patrick Yeldham

EVENT 14: Girls U14 2km

1	Avia Luketic	NSW	0:09:31
2	Alaska Bremner	VIC	0:10:05
3	Stella Wade	NSW	0:10:18
4	Kira Ekers	NSW	0:10:37
5	Ella Harris	VIC	0:10:53
6	Erlyn Singh	VIC	0:11:03
7	Clare Rice	ACT	0:11:18
8	Violet Conway	QRWC	0:11:25

Handicap:

1	Nina Trickey	QRWC
2	Abby Fowler	VIC
3	Harper O'Toole	VIC

9	Addison Jenkins	NSW	0:11:28
10	Antonia Powter	NSW	0:11:39
11	Anna Dubar	VIC	0:12:00
12	Veronica Dennett	NSW	0:12:03
13	Nina Trickey	QRWC	0:12:05
14	Izzy Blackurn	QRWC	0:12:12
15	Harper O'Toole	VIC	0:12:14
16	Abby Fowler	VIC	0:12:19
17	Harper de Sachau	VIC	0:12:51
18	Ava Jacobsen	VIC	0:13:31
19	Rachel Pemberton	SA	0:13:54
20	Anya Saeedi	ACT	0:20:32

TEAMS RESULTS

1	NSW1	4	Avia Luketic, Stella Wade, Kira Ekers
2	VIC1	7	Alaska Bremner, Ella Harris, Erlyn Singh
3	NSW2	19	Addison Jenkins, Antonia Powter

Capital Athletics results

1	Clare Rice	ACT	0:11:18
2	Anya Saeedi	ACT	0:20:32

EVENT 15: Men U16 3km

1	Nate Appleyard	NSW	0:14:15
2	Noah Vella	NSW	0:14:26
3	Sagan Jones	NSW	0:15:14
4	Darcy Dennis	NSW	0:15:35
5	Sebastian Ryan	ACT	0:15:38
6	Rhys Straub	NSW	0:15:44
7	Oliver Masik	NSW	0:16:17

Handicap:

1	Sebastian Ryan	ACT
2	Rhys Straub	NSW
3	Darcy Dennis	NSW

TEAMS RESULTS

1	NSW1	3	Nate Appleyard, Noah Vella, Sagan Jones
2	NSW2	11	Darcy Dennis, Oliver Masik

Capital Athletics results

1	Sebastian Ryan	ACT	0:15:38
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EVENT 16: Women U16 3km

1	Avia Luketic	NSW	0:14:54
2	Ivy Murray	NSW	0:17:08
3	Kira Ekers	NSW	0:17:36
4	Ella Harris	VIC	0:18:17
5	Violet Conway	QRWC	0:18:23
6	Kobe Lewis	VIC	0:18:31
7	Tahlia Hunt	NSW	0:18:38
8	Madison Hyland	ACT	0:19:16
9	Chloe Farrugia	NSW	0:19:50
10	Veronica Dennett	NSW	0:20:37
11	Izzy Blackburn	QRWC	0:20:59
12	Nina Trickey	QRWC	0:21:01
13	Harper de Sachau	VIC	0:21:13
14	Harper O'Toole	VIC	0:21:59

Handicap:

1	Kobe Lewis	VIC
2	Nina Trickey	QRWC
3	Chloe Farrugia	NSW

TEAMS RESULTS

1	NSW1	3	Avia Luketic, Ivy Murray, Kira Ekers
2	VIC1	10	Ella Harris, Kobe Lewis,
3	QRWC1	16	Violet Conway, Izzy Blackburn, Nina Trickey

Capital Athletics results

1	Madison Hyland	ACT	0:19:16
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EVENT 17: Men U18 5km

1	Koby Irvine	QRWC	0:24:32
2	Christopher Nilon	NSW	0:24:50
3	Luke Challinor	NSW	0:39:13

TEAMS RESULTS

1	NSW1	5
	Christopher Nilon, Luke Challinor	

EVENT 18: Women U18 5km

1	Jillian Ryan	ACT	0:26:59
2	Eliza Kelly	QRWC	0:27:34
3	Erin Cassilles	NSW	0:29:55
4	Ivy Murray	NSW	0:31:37
5	Matilda Rech	SA	0:33:26

Handicap:

1	Ivy Murray	NSW
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TEAMS RESULTS

1	NSW1	7
	Erin Cassilles, Ivy Murray	

Capital Athletics results

1	Jillian Ryan	ACT	0:26:59
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EVENT 19: Men Fitness 5km

1	John Nilon	NSW	0:41:54
2	Doug Fitzgerald	ACT	0:45:07
3	Geoff Barker	ACT	0:48:35

EVENT 20: Women Fitness 5km

1	Isabelle Nilon	NSW	0:35:39
2	Nicole Nilon	NSW	0:39:26

EVENT 21: Men Open & Masters 5km

1	Tim Fraser	ACT	0:19:34
2	Dylan Richardson	NSW	0:20:38
3	Jack McGinniskin	NSW	0:22:48
4	Christopher Nilon	NSW	0:26:27
5	Shaun Lewis	VIC	0:27:47
6	Peter Crump	SA	0:34:55

Handicap:

1	Peter Crump	SA
2	Shaun Lewis	VIC
3	Christopher Nilon	NSW

Masters:

1	Shaun Lewis	VIC	0:27:47
2	Peter Crump	SA	0:34:55

TEAMS RESULTS

1	NSW1	5
	Dylan Richardson, Jack McGinniskin, Christopher Nilon	

Capital Athletics results

1	Tim Fraser	ACT	0:19:34
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EVENT 22: Women Open & Masters 5km

1	Chelsea Roberts	NSW	0:23:06
2	Hana Jugovic	ACT	0:25:00
3	Jade Chitty	VIC	0:25:31
4	Phoebe Chadwick	QRWC	0:28:50
5	Ann Staunton	ACT	0:29:00
6	Brenda Gannon	QRWC	0:31:06
7	Ariana Pashutina	VIC	0:31:28
8	Jessica Robson	ACT	0:32:41
9	Trish Hobbs	QRWC	0:32:59
10	Madelaine Colgan	NSW	0:34:21
11	Nicolle Challinor	NSW	0:37:22
12	Rachel Pemberton	SA	0:38:40
13	Emily Challinor	NSW	0:39:56
14	Claire Chadwick	QRWC	0:47:24

Handicap:

1	Emily Challinor	NSW
2	Nicolle Challinor	NSW
3	Ann Staunton	ACT

Masters:

1	Ann Staunton	ACT	0:29:00
2	Brenda Gannon	QRWC	0:31:06

Masters Handicap:

1	Trish Hobbs	QRWC
2	Jessica Robson	ACT

3	Jessica Robson	ACT	0:32:41	3	Madelaine Colgan	NSW
4	Trish Hobbs	QRWC	0:32:59			
5	Madelaine Colgan	NSW	0:34:21			
6	Nicolle Challinor	NSW	0:37:22			
7	Claire Chadwick	QRWC	0:47:24			

TEAMS RESULTS (Open)

1	ACT1	7	Hana Jugovic, Ann Staunton, Jessica Robson
2	VIC1	10	Jade Chitty, Ariana Pashutina
2	QRWC	10	Phoebe Chadwick, Brenda Gannon

TEAMS RESULTS (Masters)

1	ACT1	4	Ann Staunton, Jessica Robson
2	NSW1	11	Madelaine Colgan, Nicolle Challinor

EVENT 23: Men U20 5km

1	Koby Irvine	QRWC	0:25:37
2	Cooper Rech	SA	0:26:42
3	Aiden Pospischil	NSW	0:29:16

EVENT 24: Women U20 5km

1	Milly Sharpe	QRWC	0:26:11
2	Eliza Kelly	QRWC	0:29:09
3	Ivy Murray	NSW	0:36:22
4	Sarah Challinor	NSW	0:39:35

Handicap:

1	Sarah Challinor	NSW
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TEAMS RESULTS

1	QRWC1	3	Milly Sharpe, Eliza Kelly
2	NSW1	7	Ivy Murray, Sarah Challinor

***PHOTOGRAPHS:** As yet, no photos from the Carnival action have become available for a gallery. Hopefully there will be a selection posted on the LBG Facebook page as there was last year. When there is, I will create one for the upcoming issue.

Finally, on behalf of the VRWC and all attendees, I would like that congratulate and thank **Kai Ryan** and his ACTRFWC team for their work in hosting the LBG Carnival once again, with all the heavy lifting it entailed. We all know it's a job that gets harder each year, which is why the RWA undertook to seek volunteers and helpers well in advance. Thanks and well done to all who answered the call.



**** RACE WALKING AUSTRALIA ****

A LETTER FROM THE PRESIDENT

To all members of Race Walking Australia,

As the sun sets on the 59th Edition of the LBG Race Walking Carnival, I would like to take this opportunity to express my sincere thanks and gratitude to all our members, volunteers, officials, supporters, and partners who contributed to making the weekend such a success.

Firstly, a huge thank you to **Kai Ryan**, who has been an absolute legend throughout the preparations leading up to and during the successful carnival on Sunday, 7 June 2026. His organisational expertise and experience were paramount to the success of the weekend. He constantly kept me on task, and I am incredibly grateful for everything he has committed to over the past nine months. Kai has also been the driving force behind the inclusion of additional events within the carnival, and I hope this marks the beginning of building even stronger relationships and opportunities for the future.

Thank you to the cast and crew from the **ACT Race and Fitness Walking Club**. Although Race Walking Australia assumed greater responsibility for the event this year, your support was outstanding and your execution of the day was exceptional.

Thank you to **Peter Crump** and **Peter Sharpe** for your continued support and for being actively involved in so many aspects of the planning and delivery of the carnival.

Thank you to **Jarrod Gibson** from Australian Athletics, who attended as their delegate to ensure we met all World Athletics accreditation requirements for our events.

Thank you to **Mark Donahoo**, our Meet Manager, who ensured every aspect of the carnival ran smoothly and on schedule throughout the day.

Thank you to the officials and volunteers from Capital Athletics, including **Norm Mackie, Gerard Ryan, Nigel England, Jordan Cowley, and David Boshier**. Your experience, professionalism, and willingness to assist throughout the carnival were outstanding. Your contribution played an important role in the smooth delivery and overall success of the event, and your support was greatly appreciated.

Thank you to our amazing photographer, **Danielle Sibenaler**. We are all looking forward to reliving the event through the outstanding images captured through her lens.

Thank you to **Bob Cruise** and **Claire Chadwick** for collecting and collating results so efficiently, ensuring they could be uploaded and finalised in time for presentations.

Thank you to **Jaki Fraser** for liaising with the results team and preparing all presentations, and to **Tim Fraser** for assisting with the presentation of medals and awards.

Thank you to **Alex Dreyer**, the man on the microphone. His commentary and announcements were first-class, informative, and added greatly to the atmosphere of the event.

Thank you to **Zoe Eastwood-Bryson, Kirsten Crocker**, and their team of judges and judging assistants for their professionalism and commitment throughout the carnival.

Thank you to our volunteer coordinators from each state: **Claire Chadwick, Shondy Anderson, Jenny Lingley, Stu Cooper, Di Camilleri, and Andrew Duncan**. Your efforts in organising volunteers were greatly appreciated.

To every volunteer who assisted with Saturday afternoon setup, early Sunday morning preparations, lap scoring, timekeeping, call room duties, red card collection, pack down, and every other task required throughout the weekend—thank you. Events of this magnitude simply cannot happen without your willingness to contribute your time and expertise.

Thank you to our event sponsors: **Mercure Belconnen, The Running Company, and Impi**. Your support is invaluable and greatly appreciated.

A special thank you to our education presenters **Mark Donahoo, Zoe Eastwood-Bryson, Kirsten Crocker, and David Beacroft** for generously giving their time to conduct coaching, judging, and training seminars on Saturday. Everyone I spoke with thoroughly enjoyed the sessions and found them highly informative and valuable.

Please accept my apologies if I have unintentionally missed anyone in this acknowledgement.

To all our members, volunteers, officials, and supporters, please accept my sincere appreciation and gratitude for your contribution to this year's LBG Carnival. Your support, expertise, dedication, and professionalism are invaluable. Sunday was a massive undertaking, and an event of this scale could not occur without the commitment of so many people working together toward a common goal.

As mentioned during the carnival, the LBG Carnival will be undergoing a name change. With this comes an exciting vision for the future as we continue to grow and develop this iconic

event. Preparations for next year's milestone **60th Carnival** will commence very soon, and we look forward to building on the success of this year's event.

I look forward to seeing many of you again and encourage you to consider your availability for next year's Long Weekend Carnival in Canberra, scheduled for **Saturday 12 June and Sunday 13 June 2027**.

Thank you once again for your support and commitment to Race Walking Australia.

With sincere thanks,

Shane Pearson
President
Race Walking Australia

JUDGING



MATTERS

***TO ALL OUR CANBERRA JUDGES – from Zoe and Shane**

Hi Everyone,
Hope you are all rested from the very busy Sunday.
Thank you once again for all your assistance. I believe that having extra judges on the events (from previous years) was a great success.

Please see the email below from Shane Pearson, President RWA.

Looking forward to seeing you in Canberra next June.

Zoë Eastwood-Bryson

Thank you so much to the amazing team of judges.

The feedback from the judging seminar was overwhelmingly positive, and several participants have expressed interest in shadowing our accredited judges at future events. This will provide them with valuable practical experience and hopefully create opportunities for them to progress further within the judging ranks.

I would also like to extend a huge thank you to all the judges who put their hands up to officiate at this year's LBG Carnival. A day like Sunday is a massive undertaking, and an event of that scale simply could not happen without the dedication, commitment, and professionalism of our judges and volunteers. To all our judges, please accept my sincere appreciation and gratitude for your contribution. Your support, expertise, and willingness to give your time are invaluable and are greatly appreciated by everyone involved.

*Thank you all once again. I look forward to seeing you at future events, and I encourage you to consider your availability for next year's Long Weekend Carnival in Canberra. By my research is scheduled for **Saturday 12 June and Sunday 13 June 2027**.*

With sincere thanks,

Shane Pearson
President
Race Walking Australia



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

Minimum standards have been set for the World Athletics Championships - Beijing 2027

(Reprinted from *O Marchador* - Sunday, June 7, 2026)

The minimum qualifying standards for direct participation in the 21st edition of the World Athletics Championships, which will take place next year (September 11-19, 2027) in Beijing, the capital of China, are now known. The program of events will include new distances for the half-marathon and marathon for men and women in the race walking discipline.

As recently announced by World Athletics (WA), the minimum participation requirements are as follows:

Half-marathon walking

Men's, 1:23:00;

Women's, 1:33:10.

Marathon walking

Men's, 3:01:00;

Women's, 3:28:00.

The demanding standards set are aimed at qualifying approximately 40% of the athletes, out of a maximum of 50 athletes in each specific race walking event.

The remaining 60% of athletes will qualify based on their final positions in specific competitions, special invitations known as "Will Cards*," and their final positions in the "World Rankings."

It should be noted that the qualification period for race walking runs from February 23, 2026 to August 22, 2027.

The detailed qualification system approved by WA for the aforementioned international event can be read (in English)

(*This may be in reference to 'wild cards'.)

SLOVAKIA: 57th Zahorakska Dvadsiatka, 6 June - Borsky Mikulas

Nicola Maggio reports on Saturday's international meet in Slovakia, where Massimo Stano proved to be still in hot form.

Today, June 6, 2026, the 57th edition of the Zahorakska Dvadsiatka took place in Borsky Mikulas (SVK). The day included the men's and women's half marathon races and the men's and women's 10km races.

Half Marathon Men

Immediately after the start, a small group of five athletes formed: **Massimo Stano (ITA)**, **Kazuki Takahashi (JPN)**, **Salih Korkmaz (TUR)**, **Karl Junghannss (GER)**, and Akshdeep Singh (IND), who gained a few meters of advantage over their closest pursuers. After covering the first kilometer and 0.95 meters in 4:33, they increased their pace each lap, completing the 5km in 20:39. The closest chaser was another Italian athlete, Gabriele Gamba, 1:01 behind (21:38).

At the halfway point, Stano, Takahashi, Korkmaz, and Junghannss are in the lead (20:16 – 40:55), while Singh has lost ground. During the next lap, the unexpected happens: Massimo Stano is forced to make a twenty-second stop for an unscheduled restroom break, while Takahashi and Korkmaz (burdened by two red cards) continue at a pace of 4:03, and Junghannss has given up and is running (*sic*) at 4:27/km.

At 15km, Takahashi is still leading the race (20:16 – 1:01:01), followed a few meters by Korkmaz. Stano is about 9 seconds behind and has already made up half of the time lost during the unscheduled stop. In the next three laps, Stano (3:58 – 3:54 – 3:57) caught Takahashi (4:03 – 3:59 – 3:59) and then overtook him in the final three laps, covering times of 3:54 – 3:54 – 3:56, while Takahashi had to settle for a good 4:02 – 4:05 – 4:05.

Victory to Massimo Stano (ITA) in 1:25:25.

Second place to Kazuki Takahashi (JPN) in 1:25:45.

Third place to Salih Korkmaz (TUR) in 1:27:19.

Fourth place to Karl Junghannss (GER) in 1:28:32.

Twenty-three athletes at the start; 17 finished, 5 DNF and 1 DQed.

Massimo Stano expressed his satisfaction after the race: *“In these two close races, I achieved the times I had in mind. Here, after the short break, I managed to catch up and overtake my opponents in progression.”*

Women’s Half Marathon

The women’s race was much less interesting, with only eight athletes at the start. A group of three athletes formed at the front of the race from the first kilometer: **Sofia Ramos Rodriguez (MEX)**, **Mina Stankovich (SRB)**, and **Johana Ordonez Lucero (ECU)**.

They passed the 5.095km mark in 22:25, and the 10.095km mark in 44:40 (+22:15). Between the 12km and 13km marks, the Mexican pushed the pace, dropping the young Serbian athlete coached by Aleksander Rakovic and sprinting to victory.

The winner’s final time was 1:39:21.

Mina Stankovich (SRB) took second place in 1:40:35.

Johana Ordonez Lucero (ECU) finished third in 1:41:49.

Fourth place went to Anastasia Antonopoulou (GRE) in 1:45:33.

Eight athletes at the start; six finished and 2 DNF

Men Half Marathon

1.	Massimo STANO	27 FEB 1992	ITA	1:25:15
2.	Kazuki TAKAHASHI	17 JUN 1996	JPN	1:25:45
3.	Salih KORKMAZ	01 JAN 1997	TUR	1:27:19
4.	Karl JUNGHANNß	06 APR 1996	GER	1:28:32
5.	Akshdeep SINGH	22 NOV 1999	IND	1:29:33
6.	Gabriele GAMBA	22 JAN 2002	ITA	1:29:43
7.	Georgios KRITOULIS	13 DEC 2004	GRE	1:29:51
8.	César CORDOVA FERNÁNDEZ	20 OCT 2002	MEX	1:29:54
9.	Aldo ANDREI	15 JUL 2001	ITA	1:29:55
10.	Isaac PALMA	26 OCT 1990	MEX	1:30:03
11.	Mazlum DEMIR	19 DEC 2003	TUR	1:30:39
12.	Carlos MERCENARIO	26 JUL 2000	MEX	1:31:17
13.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	1:32:16
14.	Ozan BAYRAM	18 SEP 2004	TUR	1:34:59
15.	Andreas PAPASTERGIOU	29 JUN 2003	GRE	1:36:21
16.	Jonathan EKBERG	17 OCT 2003	FIN	1:37:30
17.	Panagiotis MOUZAKIS	15 MAY 1991	GRE	1:54:16
	David KENNY	10 JAN 1999	IRL	DNF
	Cristian SERRA	23 AUG 2005	ITA	DNF
	Hayrettin YILDIZ	04 MAY 2004	TUR	DNF
	Matthew GLENNON	14 NOV 2003	IRL	DNF
	Konstantinos-A NTENTOPOULOS	01 MAY 1994	GRE	DNF
	Joni HAVA	14 JUN 1999	FIN	DQ

Women Half Marathon

1.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:39:21
2.	Mina STANKOVIĆ	23 JAN 2006	SRB	1:40:35
3.	Johana ORDÓÑEZ	12 DEC 1987	ECU	1:41:29
4.	Anastasia ANTONOPOULOU	27 OCT 2004	GRE	1:45:33
5.	Alexandra KOVÁCS	27 JAN 2006	HUN	1:45:55
6.	Alexandra KAFKOULA	13 SEP 1995	GRE	2:00:12
	Izabela KRZYŻANOWSKA	25 FEB 2004	POL	DNF
	Ainhoa PINEDO	17 FEB 1983	ESP	DNF

Men 10 kilometres

1.	Bence VENYERCSÁN	08 JAN 1996	HUN	39:54
2.	Norbert TÓTH	07 OCT 2001	HUN	41:28
3.	Dominik ČERNÝ	01 NOV 1997	SVK	42:39
4.	Rudolf COGAN	25 AUG 1971	CZE	45:23
5.	Michal DUDA	04 MAR 2004	SVK	45:31
6.	Mikail DERE	25 MAR 2004	TUR	46:12
7.	Gonzalo Antonio BUSTAN JAPON	15 JUL 2000	ECU	46:29
8.	Péter SCHWARCZ	09 NOV 2006	HUN	47:25
9.	Pekka PELTOLA	25 JUL 2006	FIN	50:54
10.	Milan RÍZEK	05 JAN 1978	SVK	51:17
11.	Šimon KROMPAŠČÍK	01 FEB 2008	SVK	55:00
	Florin DUMITRU	1974	ROU	DNF

Women 10 kilometres

1.	Christina PAPAPOULOU	05 SEP 1996	GRE	46:31
2.	Hana ČERNÁ	03 NOV 2000	SVK	47:05
3.	Kader DOST	01 JAN 2000	TUR	47:31

4.	Ciara WILSON-BOWEN	18 MAR 2005	IRL	51:37
5.	Irina BIRJUKOVA	1983	LAT	1:09:26

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.

- Tuesday, June 9, 2026 - Victories for Rodrigo Madaleno and Lara Svidruk in the National Under-16 Championships – Seixal 2026 <https://omarchador.blogspot.com/2026/06/vitorias-de-rodrigo-madaleno-e-lara.html>
- Friday, June 5, 2026 - Raivo Saulgriezis and Modra Liepina revalidate Latvian national titles (10 km) – Tukums 2026 <https://omarchador.blogspot.com/2026/06/raivo-saulgriezis-e-modra-liepina.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 **

** 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

<u>Seasons ticket 12 months:</u>	Financial members: \$150.00 paid by the end of May .
<u>VRWC Club Races:</u>	Race fee: \$15.00.
<u>VRWC Championships:</u>	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 \$4



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

JUNE

Saturday 13th June	VRWC events. & LA Vic Championships,	Middle Park
Saturday 13th June	Judging course and Coaching seminar	Middle Park
Saturday 20th June	VRWC Points races	Middle Park
Saturday 27 th June	VRWC Points races & Prize Day	Middle Park

JULY

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

AUGUST

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

September

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

Victorian & National Key Dates – 2025/2026

Sat 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

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most racewalking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***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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