



HEEL & TOE Online

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



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***H&T Notice Board – Page 14**

- **2026 Race Season summary**
- **Membership, Uniform & Race fees**
- **NSW c'ships – entry details**

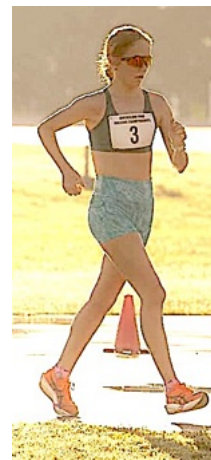
****WALKER OF THE WEEK****



Two excellent Half-marathon performances have earned **Milly Sharpe** and **Phoebe Chadwick (QLD)** this week's WOTW award, both earned in testing 24C heat at the QA Road walk championships on the Murrarie cycle track.

Milly, 18, who had never raced beyond 10km before and decided to do the H-M only five weeks ago, was on a steep learning curve here. Setting an ambitious target of 1:55:00, she was well prepared fitness-wise. However, coping with the conditions and the requirements of correct feeding and hydration (and the objections of a rebellious stomach) and fighting fatigue in the latter stages added up to a gruelling introduction to the H-M. Milly's finish time of **2:02:31** was nevertheless a respectable debut, likely going through 20km in the mid-1:50s.

Phoebe had her first H-M baptism of fire (ice, actually!) at Stromlo Park in Canberra last June, so she knew what to expect. Times became irrelevant that day as she battled to finish the course. She put that first experience to good use on Sunday, tearing a huge 19:39 chunk from that first time to clock **2:03:24**. She too would have been sub-2 hours at 20km and was probably gaining on



Milly at the finish. Phoebe's forte appears to lie in the longer distances, and we look forward to watching her progress in future Half-marathons – and beyond.

Congratulations to Milly and Phoebe. We hope these results have opened new doors for you both.

(Photos: Kylie Nyssen)

***Honourable mentions**

- **Katya Roche (QLD)** – another H-M debutante, Katya's time of **2:13:01** was borne of excellent even pace judgement.
- **Alex Bradley** and **Brenda Gannon (QLD)** – good endurance efforts in the conditions, clocking H-M times of **1:57:50** and **2:14:49** respectively.
- **Ela Uzun (VIC)** – with her **13:02** on Saturday, Ela now holds every road 3km Club record from U9 to Open women.
- **Tex Reid (VIC, 6yo)** – an enormous 1km PB by 1:06, showing how much he has progressed in technique and racing knowledge in a mere month.
- **Fletcher Reid (VIC, 11yo)** – a genuine pocket rocket, Fletcher's 3km in **15:06**, a 29 sec PB, indicates that he'll be sub-15:00 before too long.
- **Aria di Benedetto, Jordan Galbraith** and **Shaun Lewis (VIC)** – all achieved 40-plus second PB times on Saturday.
- **Anthony Crabbe (SA)** – sliced 2:04 from his 2km PB in SARWC competition at the weekend, while **Jack White (SA)** improved further over 8km with a 1:06 PB.



- Thanks to **Gwen Steed**, who has provided this entertaining piece on her recent holiday trip to Canada and Alaska with **Tony Doran** ... an experience 'not to be forgotten.'. I suggest reading it with an atlas in your hands, to follow their journey with fingertips. (You Gen-Zedders who think an atlas is something on Netflix starring Jennifer Lopez, ask your Nanna if she still has the one your mum or dad left behind when they moved out. Or just try Google Maps.)

'After flying from home to Brisbane with changeovers in Vancouver, Anchorage and Fairbanks – a total of over 30 hours – we were totally spent, as you may say. The first week was mainly coach tours with one full day by train. We travelled from Fairbanks to Denali to Anchorage, Homer and then to Whittier before boarding our ship to cruise down (the) inside passage to Vancouver. Unfortunately, while in Denali National Park we didn't get to see a glimpse of Mt McKinley (the highest mountain in North America) due to cloud cover.

While in Fairbanks we saw the dog sled display, did some sluicing for gold and came home rich ... well, a little richer. The effort involved was worth it. Our train trip from Denali to Anchorage on the McKinley Explorer was scenic, enjoyable and relaxing.

Once boarding our ship to Whittier it took 7 days to Vancouver with day stops at Juneau, Skagway and Ketchikan. Juneau, being capital of Alaska is surprisingly small with no way in by road – only boat or air access. Our full day in Skagway involved a coach tour to the Yukon, crossing over two borders – BC and Yukon. This day was bitterly cold, with snow on the way home, but far from the minus-40 that it can be in winter. In Ketchikan we attended the lumberjack show which was quite enjoyable and fun.



Our stay in Vancouver was for 3 days with a lot of walking and sightseeing. On our last day we did a tour of City, Capilano Suspension Bridge and Granville Island, then transferred to Airport for our long journey home. To finish off travelling at this time of year was worthwhile, being the start of the summer season with very few tourists. A journey well worth it.'

Again, thanks Gwen for this report. I imagine a few buckets out there have become heavier by one more list item.

- An update on **Tim Erickson**. Following surgery to clear a bile duct obstruction, Tim has been discharged and is staying in Sydney with fellow Centurion Sabina Hamaty and her husband while he awaits a post-op appointment on Thursday. He'll then fly home next Monday from Canberra after a couple of days with son Paul, also with Andrew and Lorraine Jachno. We should see him back on deck in time for the AV and VRWC championships on Sunday 26 July. Life of leisure for you for the time being time, Tim ... we know that 'L' word is, of course, foreign to you!
- And still on things medical, it appears **Di Lowden** can't resist blessing the local hospital with her presence – but doing it on your 87th birthday is going a bit far, don't you think? Di had to overnight there after complications with her medication, but fortunately was able to return home to a celebratory gathering with family. Many happy returns, Di ... see you roadside at Middle Park next weekend.

****This weekend:***

Another of our popular ‘special’ races, the **Intervals race** (repetitions of 3X2km, 4X2km or 5X2km on 17min cycles) doubles as a competitive race and a speed endurance session. For those who prefer a scratch race, you’re also catered for with 1km, 2km and 3km distances.

***VRWC Intervals race – Saturday 18 July,
Middle Park**

2.00pm 2km Intervals Race – 6km, 8km, 10km Open
2:10pm 1km Open (500m lap)
2.20pm 3km Open
2.20pm 2km Open

Enter by no later than **6.00pm, Friday 17 July**

<https://www.revolutionise.com.au/vrwc/events/364899>

NOTE: The Portal will close at 6:00 sharp! So don't miss out.

***ADVANCE NOTICE**

Sunday 26 July – Middle Park

**A.V./ VRWC 30km Open
(Jared Tallent trophy)
& Age group championships**

Register for AV c'ships through the AV portal.

Register for VRWC c'ships at

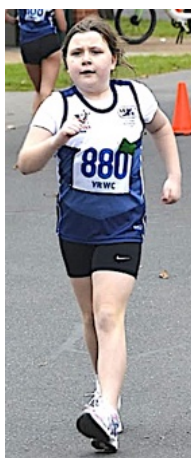
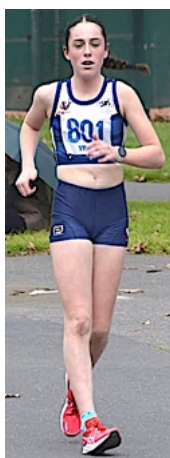
<https://www.revolutionise.com.au/vrwc/events/364901>

VRWC Club Points results, 11 July – Middle Park

Another encouraging field of 50, although buffeted by a freezing nor'westerly headwind each lap, managed to return 11 PBs amongst them. Best way to keep warm! **Ela Uzun** was certainly in no mood to let the wind push her around, claiming the Club U16 to Open Women's road 3km records with her **13:02**. She now has a lock on every one of them from U9 to Open. Other big improvers were **Jordan Galbraith** (0:49), **Shaun Lewis** (also 0:49), **Aria di Benedetto** (0:41) and newcomer **Savannah Brooks** (0:44 in her second race with us.) Savannah hails from Camperdown and raced in the recent LAVic road titles, and we look forward to seeing more of her as the season unfolds. Six-year-old **Tex Reid** is making huge progress and a 1:06 PB over 1km was a fine result.



The 5km saw **Indigo Marshall-Moodie** and **Lunah Ibrahim** make their first tries at the distance for good first-up times of **28:59** and **30:53**, with **Aangi Shah** bringing home a 23-sec PB, despite the wind offering no help. Meanwhile, **Fletcher Reid** and **Bowie Clarke** took big steps up over 3km, reflecting their commitment to progressing. **Caitlyn Shipham** and **Holli Burrell** each shaved 11 secs from their 1km bests, showing the benefit of regular racing.



12km Open

1 Simon Evans	M60+M	1:13:46
2 Terry O'Neill	M60+M	1:22:53

1 Jia Wen Heng	OpF	1:14:54
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5km Open

1 Angus Shuttleworth	U16M	24:43
2 Alejandro Stephens	OpM	26:16
3 Shaun Lewis	M40+M	26:28 PB 0:49

1 Mya McClure	U16F	25:47
2 Grace Louey	OpF	28:46
3 Indigo Marshall- Moodie	U14F	28:59 First 5km
4 Emily Smith	U20F	29:11
5 Lunah Ibrahim	U14F	30:53 First 5km

6 Ella Harris	U14F	31:26
7 Aangi Shah	U18F	31:34 PB 0:23
8 Kobe Lewis	U14F	31:59
9 Heather Carr	M60+F	40:22

1km Open

1 Fletcher Walters	U12M	5:24 eq PB
2 Jaxon Connell	U10M	6:26
3 Tex Reid	U10M	8:47 PB 1:06

1 Erlyn Singh	U14F	5:11
2 Caitlyn Shiphram	U14F	5:30 PB 0:11
3 Summer Patten	U10F	5:59
4 Sadie Mathiesen	U10F	6:00
5 Abigail Verity	U10F	6:20
6 Abby Fowler	U12F	6:31
7 Nashe Chengeta	U12F	6:35
8 Savannah Brooks	U10F	6:38 PB 0:44
9 Ava Pravednikov	U12F	6:52
10 Holli Burrell	U10F	6:58 PB 0:11
11 Anna Wallace	M40+F	7:18
12 Gwen Steed	M60+F	7:49
13 Eden Patten	U10F	8:00

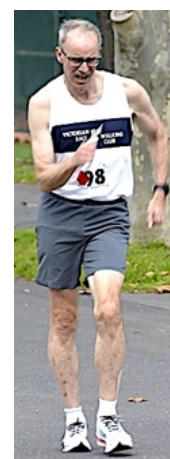
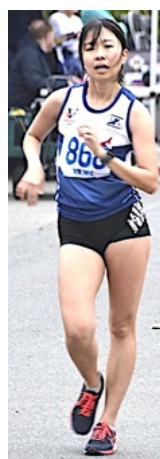
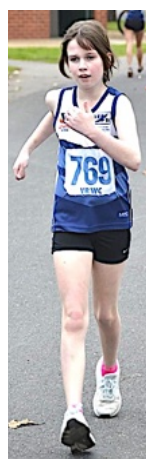
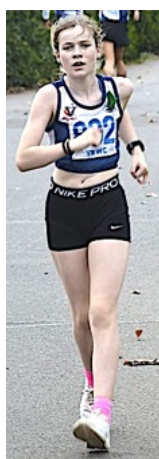
**10km Open**

1 Karyn O'Neill	M60+F	1:14:19
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3km Open

1 Jordan Galbraith	OpM	14:07 PB 0:49
2 Fletcher Reid	U12M	15:06 PB 0:29
3 Kevin Cassidy	M60+M	17:35
4 Ryder Reid	U10M	17:42
5 Bowie Clarke	U10M	18:44 0:23
6 Arthur Robinson	U18M	19:58

1 Ela Uzun	U16F	13:02 U16-Op CbRs PB 0:09
2 Havana Ali	U16F	16:14
3 Georgia Walters	U12F	16:56
4 Addison Frenken	U14F	17:21
5 Aria Di Benedetto	U12F	17:40 PB 0:41
6 Erin Reid	M40+F	17:53
7 Harper de Sachau	U12F	19:54
8 Donna-Marie Elms	M60+F	19:57
9 Kylie Irshad	M40+F	20:26
10 Emilie Garside	OpF	21:30
11 Cory Lewis	U10F	21:30

***Action models:**

Eden, Lunah, Indigo, Simon, Ella, Alejandro, Kobe, Abby, Fletcher R, Jordan, Erlyn, Mya, Jia, Havana, Tex, Ava, Aria, Shaun, Jaxon, Angus, Harper, Savannah, Nashe, Bowie, Aangi, Kobe, Ela, Anna,

***Handicaps**

Name	Gd	AGp	HPI	Name	Gd	AGp	HPI
Erin Reid	F	M40+	1	Aria Di Benedetto	F	U12	1
Anna Wallace	F	M40+	2	Nashe Chengeta	F	U12	2
Michelle Horne	F	M40+	DNF	Ava Pravednikov	F	U12	3
Kylie Irshad	F	M40+	YN	Georgia Walters	F	U12	4

Shaun	Lewis	M	M40+	1	Harper	de Sachau	F	U12	5
Donna-Marie	Elms	F	M60+	1	Abby	Fowler	F	U12	6
Gwen	Steed	F	M60+	2	Fletcher	Reid	M	U12	1
Karyn	O'Neill	F	M60+	3	Fletcher	Walters	M	U12	2
Heather	Carr	F	M60+	4	Lunah	Ibrahim	F	U14	1
Kevin	Cassidy	M	M60+	1	Addison	Frenken	F	U14	2
Terry	O'Neill	M	M60+	2	Indigo	Marshall- Moodie	F	U14	3
Simon	Evans	M	M60+	NPT	Erlyn	Singh	F	U14	4
Grace	Louey	F	Op	1	Caitlyn	Shipham	F	U14	4
Jia Wen	Heng	F	Op	2	Kobe	Lewis	F	U14	6
Emilie	Garside	F	Op	3	Ella	Harris	F	U14	7
Jordan	Galbraith	M	Op	1	Ela	Uzun	F	U16	1
Alejandro	Stephens	M	Op	2	Havana	Ali	F	U16	2
Savannah	Brooks	F	U10	1	Mya	McClure	F	U16	3
Holli	Burrell	F	U10	2	Angus	Shuttleworth	M	U16	1
Abigail	Verity	F	U10	3	Aangi	Shah	F	U18	1
Summer	Patten	F	U10	4	Arthur	Robinson	M	U18	1
Sadie	Mathiesen	F	U10	5	Emily	Smith	F	U20	1
Eden	Patten	F	U10	6					
Cory	Lewis	F	U10	7					
Tex	Reid	M	U10	1					
Bowie	Clarke	M	U10	2					
Ryder	Reid	M	U10	3					
Jaxon	Connell	M	U10	4					

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	Stu Cooper
Referee:	Terry Swan
Race check in	Bill Carr
Starter:	Stu Cooper
Timekeeper	Ian Laurie, Bill Carr
Recorders	Robert Gardiner, Melinda Di Benedetto, Jackie Fowler, Dylan Shuttleworth,
Judges:	Brenda Felton (Chief), David Cash, Gordon Loughnan, Kathleen Marsh, Bec Lewis, Danielle Clarke
Set up, Pack up:	Karyn O'Neill, Terry O'Neill, Terry Swan, Ian Laurie, Bob Gardiner. Kevin Cassidy, Shaun Lewis,
	Stu Cooper
Bike rider	Terry Swan
Photos	Terry Swan
Canteen	Donna Marie Elms, Gwen Steed
Walkers:	50



AROUND THE COUNTRY

*TO ALL RWA CLUBS

As you'll be aware, July is **Postal Challenge** month.

With the loss of a second RWA championship, the Postal Challenge is now the only interstate competition besides the Canberra Carnival. We need all clubs to participate in order to make the exercise meaningful.

Please remember to get your club's results to Mark Donahoo as soon as possible after holding your Challenge events. Contact Mark if you run into difficulties in doing so.

Looking forward to publishing your results,

Stu

A.C.T. ACTRFWC results, 30 May & 4 July – Woden & Lennox Gardens

Thanks to **Ann Jugovic** for the following results:

***30 May 2026 – Woden**

10km

Bryan Thomas 44:27

5km

Jess Robson 33:33
Caroline Campbell 44:18

4km

Doug Fitzgerald 36:11

3km

Jillian Ryan 17:42
Sebastian Ryan 17:50

2km

Michelle Bray 9:40
Claire Rice 11:49

***4 July 2026 – Lennox Gardens**

5km

Jess Robson 35:15
Michelle Bray 24:46

3km

Jill Pearson 22:56
Jim White 26:47
Claire Rice 18:26
Jillian Ryan 17:00
Katharina Johnson 22:26

QUEENSLAND QA Road walk Championships, Sunday 12 July – Murarrie

Robyn Wales provides the results from the QLD walkers' major meet of the season – the State road titles, highlighted by impressive Half-marathon performances from **Milly Sharpe** and **Katya Roche** (first ones) and **Phoebe Chadwick** (a 20min PB – phew!). **Alex Bradley** had the day's fastest time, only slightly slower that he did in Canberra's icy cold, while **Brenda Gannon** flew the Masters flag.

Here are the results of yesterday's road walks held at the revamped Murrarie cycle track in hot 24 degrees. The facility is awesome.

Women Half-Marathon Open

1 Milly Sharpe	GLD	2:02:31
2 Phoebe Chadwick	QRW	2:03:24
3 Katya Roche	QRW	2:13:01
4 Brenda Gannon	QMA	2:14:49
.. Angelina Legrand	SA	DQ TR54.7.5

Men Half-Marathon Open

1 Alex Bradley	QRW	1:57:50
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Men 10000mRW U20

1 Kai Dale	QRW	1:14:46
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Women 10000mRW 30-39

1 Patricia Hibbs	QRW	1:08:30
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Women 10000mRW 50-59

1 Joy Dale	QRW	1:23:00
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Women 10000mRW 80-89

1 Noela McKinven	QRW	1:41:07
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Men 5000mRW U18

1 Noah Cooke	QRW	24:39
2 Koby Irvine	Bundaberg	24:50

Women 5000mRW U18

1 Bethany Moore-Kirkland	DDowns	26:30
2 Olivia Boulton	QRW	26:52
3 Eliza Kelly	QRW	28:19

Women 5000mRW U16

1 Isabella Welch	QRW	28:00
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Women 3000mRW U14

1 Taylor Chapman	USC	15:06
2 Amelia Chisholm	GCV	17:03
3 Violet Conway	QRW	18:17
4 Zoe Frost	MayneH	18:39

Girls 2000mRW U12

1 Claire Hermus	QRW	11:07
2 Bella Sansom	QRW	11:33
3 Lilli Chu	QRW	13:04
4 Eliza Park	QRW	13:51

Men 5000mRW U16

1 Leo Ramsay	QRW	35:30
.. Cory Lockwood	GCA	DQ TR54.7.5

Women 10000mRW 60-69

1 Anne Weekes	NSW	1:01:07
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Men 3000mRW U14

1 Hayden Robertson	QRW	16:01
2 Lachlan Miers	ToowongH	16:15
3 Caleb Lee	QRW	16:22
4 Jett Irvine	QRW	21:39

Boys 2000mRW U12

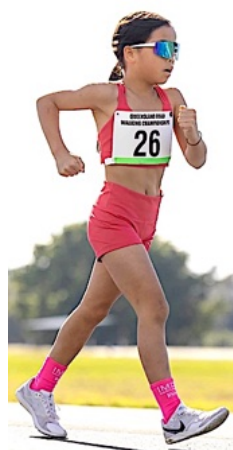
1 Yoshua Lee	QRW	12:24
2 Conor Gangea	ToowongH	13:27
3 Max Matthews	ToowongH	13:29

**Girls 1000mRW U10**

1 Tilly Verse	QRW	5:48
2 Mikayla Lee	QRW	5:49
3 Cassandra Cohoner	QRW	6:01
4 Ruby Matthews	ToowongH	6:43
5 Alyssa Miers	ToowongH	6:48
6 Billie Henry	QA	7:53

Boys 1000mRW U10

1 Noah Scott	QRW	7:10
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***Action models:**

Koby, Mikayla, Bethany, Phoebe, Noah, Milly, Isabella, Olivia, Eliza.

(Photos: Kylie Nyssen. Source: QRWC Facebook)

SOUTH AUSTRALIA LASA c'ships & SARWC results, 11 July – South Parklands

Cooper Rech reports on a day when resilience was the prime asset owing to cold, wet weather, with both morning and afternoon competitions to manage.

After a wet, but successful, Little Athletics Championships, our seniors and doubling juniors got a chance to try their hand at the trying conditions. A total of 4 PBs were walked in the SARWC meeting, with the best performance of the day coming from **Anthony Crabb**, who broke his 2km PB in two consecutive races on the same day. Also **Jack White** took yet another minute off a PB, this time in the 8km.

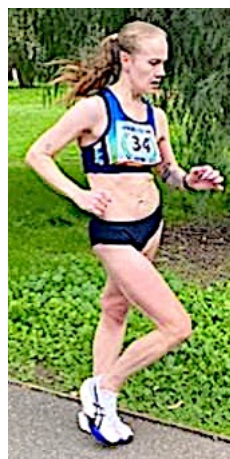
****SA Little Athletics Road championships**

1km			2km		
U9 Boys			U12 Boys		
1	Martin Crabb	9:13	1	Jett Kozak	12:19
1	Theo Roberts	9:13	2	Anthony Crabb	17:34
U9 Girls			U12 Girls		
1	Maya O’Keeffe-Barry	5:26	1	Amaya Cowling	12:56
2	Harper Di Cicco	5:55	2	Hayley Fenna	14:10
3	Oceá Janyckyj	6:21			
4	Matilda Grace Wood	6:50	U13 Boys		
5	Grace-Ella Newman	7:15	1	Caleb Camilleri	12:11
U10 Boys			U13 Girls		
1	Jordan Sandercock	5:22	1	Kate Hamlyn	12:20
2	Leonidas Katsoulidis	6:19	2	Emmi Tunn	12:48
3	Olyver Neos	7:41	3	Rachel Pemberton	14:15
4	Seth Cutting	7:58			
U10 Girls			U14 Girls		
1	Harper Ferguson	5:47	1	Liliana Templer	11:29
2	Lucy Flint	6:14	2	Lara Hutchinson	12:28
3	Arielle Koufalas	6:31			
4	Shaylee Williamson	6:48	U15 Boys		
	Harriet Jaensch	DQ	1	Orlando Grantham	11:50
U11 Boys					
1	Saxon King	5:13			
2	Robert Crabb	7:51			
U11 Girls					
1	Amity Cowling	5:38			
2	Layla Trako	7:11			

****SARWC results**

8km			2km		
Cooper Rech	40:38	PB 0:49	Caleb Camilleri	12:02	PB 0:12
Jack White	46:35	PB 1:06	Anthony Crabb	16:47	PB 2:04
Mel Grantham	53:14				
Peter Crump	53:59		1.5km		
Greg Metha	54:04		Saxon King	8:42	
Alex McEwan	1:00:52		Robert Crabb	12:08	
Kristy Templer	1:18:12				
3km			1km		
Liliana Templer	19:56		Martin Crabb	10:04	
Orlando Grantham	19:58				

*Here are some photos from last week’s ASA State road titles, courtesy of Bob Cruise. (Action models: *Cooper, Peter, Liliana, Alex, Greg, Kate, Liam, Samantha.*)



TASMANIA TRWC road results, 12 July – Brighton

Thanks to **Rosemary Coleman** and **David Moore** for the latest report and results from Tassie.

Despite the weather today, our new course at Brighton was an absolute hit with all who attended.

Unfortunately, as snow is predicted the winds were extremely strong and cold which the whole State is experiencing today.

Low numbers compared to usual due to school holidays and sickness, but all had a great time in such hideous conditions. The course itself was a hit, wide paths and viewed from all aspects.

(Report source: TRWC Facebook)

1km

1 Elsie Woodward	OVA	6:43
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1.5km

1 Sophia Carr	Kingston LA	13:33
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2km

1 Adele Woodward	OVA	13:52
2 Samuel Hucker	OVA	14:08
3 Austin Hucker	Huonville LA	16:08
4 Dave Moore	TMA	19:46

3km

1 Eugene Gerlach	OVA	21:09
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*Some shots from last week's racing at Kingston Park, courtesy of David Moore. (Action models: *Gabe, Sara, Charlotte, Austin, Sam*)



WESTERN AUSTRALIA WARWC & Masters c'ship results, 12 July – Perry Lakes

Terry Jones is back from a holiday in Alaska (is there a theme going down in this issue?), and we thank him for these results from Perry Lakes:

Masters 10km State C'ship

W35 Melissa Lewis	1:01:53
W55 Wendy Farrow	1:12:13
W60 Karyn Tolardo	DNF
M60 Andrew Duncan	57.06
M65 Wayne Taylor	1:30:13
M70 Steve Travell	1:39:36
M75 John McDonagh	1:17:07
M80 Johan Hadeooren	1:25:50

3K

Hannah Clausnitzer	17.28
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1.5K

Symphony Scott	10.10
Hugo Bell	10.16
Foina van Heerwaarden	11.20

5K

Sierra Thompson	33.06
Glenys Duncan	49.40



INTERNATIONAL NEWS

FRANCE: Open de France, 12 July – Blois

Last weekend, **Emmanuel Tardi** was able to kick back and enjoy the racing in the Loire valley city of Blois.

I was in Blois (150km to the south of Paris) yesterday. For once I had no official role! Just a spectator.

It was Open de France. It's an official competition organized by our federation for "2nd level walkers." The competition is forbidden for walkers who are qualified for our national championship.

The 10k women was scheduled at 7.45am and the 10k Men at 9am.

In the women event, it was a battle between **Mollist** and **Cheze** who walked together for 8k.

In the men event, **Aymeric Hue** won easily. **Martin Gaudre** and **Ryan Gognies** seemed to finish on the podium but were disqualified in the 2nd part of the race.

Pl.	Athlète	Infos	Club	Perf	
1	MOLLIST Lucille	SEF/01	Ea Gillonnay-La Cote	49'07"56	PB
2	CHEZE Emelie	ESF/06	Union Club Athletique	49'47"93	
3	PESLERBE Bertille	SEF/98	Ea Pays De Broceliande	50'04"89	SB
4	SERRAND Clara	ESF/06	Ta Rennes	51'00"13	PB
5	CAMARD Pauline	SEF/03	Tregor Goelo Athletisme Guingamp	52'01"56	
6	MOTIR Agathe	ESF/05	Caen Athletic Club	52'17"50	
7	MARTIN Ingrid	MAF/91	Ca Balma	53'08"96	PB
8	BOUQUIN Rachel	ESF/04	Racing Club Nantais	54'19"98	
9	MAXENCE Mathilde	SEF/99	Athletic Club Salonais	55'03"69	PB
10	HOUSAYE Roxane	ESF/05	Sco Ste-Marguerite Marseille	55'45"59	PB
11	VARENNE Julie	MAF/86	Vierzon-Vignoux-Foecy Athle	58'30"38	PB
12	BIZARD Lucie	MAF/90	Stade Francais (Paris)	59'06"37	

13	MOULLEC Benedicte	SEF/95	Tregueux Languieux Athletisme	1h00'16"82
14	PIC Charlotte	SEF/01	Ea Cergy Pontoise Athletisme	1h00'41"24
	PICARD Axelle	SEF/99	Nancy Athletisme Metropole	DQ
	FENOUILLERE Clea	JUF/07	Ba Coutances	AB

Pl.	Athlète	Infos	Club	Perf	
1	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	42'54"92	SB
2	BAZZO BORTOT Symon	SEM/96	Nouveau St Amand Etudiant Club	45'27"10	SB
3	MONAYAJO Shamseddine	SEM/99	Ea Cergy Pontoise Athletisme	46'00"87	PB
4	FOUGERON P-Alexandre	SEM/03	Ec Orleans Cercle Jules Ferry	47'07"08	SB
5	ROTTIER Lilian	SEM/03	La Postillonne De Longjumeau	47'15"27	PB
6	VISSEQ Adrien	SEM/03	Saran Loiret Athletic Club	48'55"37	SB
7	PICARD Nicolas	MAM/80	As Tourlaville	49'15"98	
8	KOWALCZYK Hugo	SEM/03	As Marck	49'40"24	
9	GERBAUD-BLIN Pierre	SEM/95	Ec Orleans Cercle Jules Ferry	51'07"11	
10	COIS Steeve	MAM/89	Asc Le Havre	52'10"10	SB
11	GOULEY Fabien	MAM/83	Union Sportive Ivry Athletisme	52'51"40	SB
	GAUDRE Martin	ESM/04	Efs Reims	DQ	
	GOGNIES Ryan	SEM/00	Ca Montreuil 93	DQ	
	FAURET Antonin	SEM/94	Metro Athle Antony	DQ	
	BONTEMPS Sebastien	MAM/90	Gien Athle Marathon	AB	
	PASCALE Julien	SEM/95	Cs Bourgoin-Jallieu	AB	



Hue



Mollist leads Cheze



Bazzo Bortot

(*See more of Emmanuel's Blois photos at <https://photos.app.goo.gl/rSY1skmkwyA1LOCz9>)

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

ITALY: National U23 championships, 10 July – Molfetta (Bari)

Italian U23 National Championships – Victories of Giulia Gabriele in 43:44:65 and Ivan Ragazzino in 40:33.49

by Nicola Maggio

On the evening of Friday, July 10, 2026, the two race walking events for the Individual Track Championships for the U23 category, currently underway in Molfetta (Bari), took place.

Women's 10.000m Track Walk

The 2026 season was supposed to be a confirmation of **Giulia Gabriele's** international prowess in the U23 category, which had already been confirmed in the lower categories.

After finishing second in the first round of the Club Road Walking Championships on January 25, 2026 in Acquaviva delle Fonti in 1:43:27, the athlete coached by Lorenzo Dessì was expecting a positive performance in the Brasilia race that would allow her to compete for a place at the European Championships in Birmingham, but in Brazil she was forced to withdraw due to stomach problems.

The subsequent race in La Coruña, which saw her improve her time by almost a minute (1:42:38), left her with no choice in terms of placing, relegating her to only 33rd place.

The young athlete from Lazio's desire to demonstrate her true condition was evident in Madrid in the 10km race for the Race Walking Tour – Gold Label on May 31, 2026, where she finally achieved a respectable mark (45:43) on a course

that was slightly more difficult than the one in Antalya 2024, where Gabriele had set her personal best of 45:26 on April 21, 2024.

Today, a smile finally returned to her face after the convincing victory at the 2026 Italian Individual Championships in Molfetta with a solo performance that left no doubt.

Her final time of 43:44:65 represents the best Italian U23 performance.

Here are her split times:

1.000m: 4:17.3

2.000m: 8:27.5 (4:10.2)

3.000m: 12:55.6 (4:19.9)

4.000m: 17:16.7 (4:21.1)

5.000m: 21:39.4 (4:22.7)

6.000m: 25:35.7 (3:54.3)

7.000m: 29:36.1 (4:00.4)

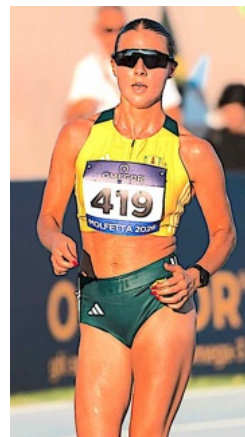
8.000m: 33:27.1 (3:51.0)

9.000m: 37:28.5 (4:01.4)

- last 1.000m: 4:16.15

Silver went to **Elisa Marini** in 44:58.79, just shy of her personal best of 44:57.15, set in Prato (Florence) on April 25, 2026.

Bronze went to **Giada Traina** in 46:13.38.



Men's 10.000m Track Walk

The men's race was all to play for between the two contenders with the season's best times: **Omar Moretti** (40:23.65) and **Giuseppe Disabato** (41:17.59), while the leading contender for third place on the podium was **Ivan Ragozzino** (44:04.38). Ragozzino obtained on May 16, 2026 in Teramo at the Regional Individual Championships of Abruzzo the time of 41:48.55. This results in not included in World Athletics list because the competition wasn't included in World Athletics Global Calendar.

The first half of the race saw the three title contenders in the lead with the following split times:

1.000m: 4:09.3

2.000m: 8:18.5 (4:09.2)

3.000m: 12:22.1 (4:03.6)

4.000m: 16:25.6 (4:03.2)

5.000m: 20:36.4 (4:11.8)



The surprise came shortly after the halfway point when the least likely of the three, Ivan Ragozzino, pushed the pace and advanced to the 6.000m in 24:38.8, with a split time of 4:02.4 in the final 1,000m. Of the two, the one struggling the most seems to be the local athlete, Giuseppe Disabato, silver medalist at the 2025 European U20 Championships in Tampere, who no longer seems to be the same athlete he was last season.

The second half of the race continues with a surprising Ivan Ragozzino, who sets the pace with the following splits, and his lead continues to increase:

- 7.000m: 28:38.5 (3:59.8)

- 8.000m: 32:37.1 (3:58.9)

- 9.000m: 36:38.4 (4:01.3)

- last 1.000m: 3:55.09

An incredible victory in 40:33.49 for the athlete coached by Nicola Piro, who shattered his personal best, which until yesterday was 43:56.03 and set in Grosseto on July 5, 2025. An improvement of 3:22.54 (which in metric terms translates to about 850m) isn't an everyday occurrence. The improvement would have been only of 1:15.08 if we consider the result not recognized by World Athletics as a personal best. Congratulations!

Silver went to **Omar Moretti** in 41:16:26, also a bit below his personal best.

Bronze was a bit of a disappointment for **Giuseppe Disabato** in 41:50.50. This year, the strong athlete from Puglia hasn't been able to perform at the level of recent seasons.

Men U23 10,000m c'ship

1.	Ivan RAGOZZINO	2005	ITA	40:33.49
2.	Omar MORETTI	26 AUG 2006	ITA	41:16.26
3.	Giuseppe DISABATO	01 NOV 2006	ITA	41:50.50
4.	Cristian SERRA	23 AUG 2005	ITA	42:26.06
5.	Giuseppe Gaetano DINO	10 DEC 2004	ITA	43:51.04
6.	Lorenzo MORTARI	2006	ITA	44:41.47
7.	Matteo ARISI	20 DEC 2006	ITA	45:05.84
8.	Federico CIASCETTI	04 DEC 2005	ITA	45:17.16
9.	Alessio CIRIOTTI	30 DEC 2004	ITA	46:31.25
10.	Matteo DAL BO'	2006	ITA	46:31.49
11.	Cristian IMPROTA	23 MAY 2005	ITA	49:44.73
	Nicolo IZZO	15 FEB 2005	ITA	DNF

Women U23 10,000m c'ship

1.	Giulia GABRIELE	11 NOV 2005	ITA	43:44.65
2.	Elisa MARINI	03 MAR 2006	ITA	44:58.79
3.	Giada TRAINA	17 APR 2004	ITA	46:13.38
4.	Verdiana CASCIOOTTI	27 JUL 2004	ITA	47:32.05
5.	Giulia LUCENTINI	16 NOV 2005	ITA	48:31.34
6.	Agnese ZANATTA	2004	ITA	53:56.46
7.	Aurora MORENI	2005	ITA	54:27.86
8.	Arianna CIPRIANI	2005	ITA	57:13.33
9.	Ines GRILLO	2006	ITA	59:14.28
10.	Gloria LILA	2006	ITA	59:56.22
	Alessandra COSI	18 DEC 2006	ITA	DNF
	Ginevra NIERI	2004	ITA	DNF

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, July 14, 2026 - **Giulia Gabriele breaks Italian under-23 10,000 meter record at the National Championships in the category – Molfetta 2026** <https://omarchador.blogspot.com/2026/07/giulia-gabriele-bate-recorde-italiano.html>
- Monday, July 13, 2026 - **Celestino Pacheco and Isabel Luis win national under-20 titles – Caldas da Rainha 2026** <https://omarchador.blogspot.com/2026/07/celestino-pacheco-e-isabel-luis.html>
- Sunday, July 12, 2026 - **Ile-de-France Championships under-18 and under-20 – Montgeron 2026 (results)** <https://omarchador.blogspot.com/2026/07/campeonatos-da-ilha-de-franca-sub-18-e.html>
- Friday, July 10, 2026 - **Camarate wins the 5,000 meters race walk at the Coimbra City Meeting (2026)** <https://omarchador.blogspot.com/2026/07/camarate-vence-os-5000-metros-marcha-no.html>
- Thursday, July 9, 2026 - **The Spanish Under-18 Championships (2026) took place in Castellón (results).** <https://omarchador.blogspot.com/2026/07/campeonatos-de-espanha-de-sub-18-2026.html>
- Wednesday, July 8, 2026 - **VIRTUS European Summer Games – Bydgoszcz 2026 (results)** <https://omarchador.blogspot.com/2026/07/jogos-europeus-de-verao-virtus.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 **

The **ANSW State Long Walks championships** are being held on **Saturday 25 July 2026** at the Lions Park, Woy Woy.

Lions Park, Lions Park, 2 North Burge Rd, Woy Woy NSW 2256

Full details can be seen on the NSW Athletics site.

Eligible Age Groups: 9's and above.

Please see NSW Athletics site for full details at <https://www.nswathletics.org.au/events/342897>

Registration for this event closes at 12:00 noon on *Thursday 23 July, 2026*.

***DRAFT TIMETABLE**

12:00pm Open Men 20km & Open Women 20km

12:30pm U20 Men 15km & U20 Women 15km

12:30pm Master's Men 15km & Master's Women 15km

1.30pm 16s & 17s Men 8km & 16s & 17s Women 8km

2.20pm 11s & 12s Men & Women 1.5km

2.35pm 9s & 10s Boys & Girls 1km

2.45pm 14s & 15s Boys 5km & 14s & 15s Girls 5km

3.15pm (*updated from 2.45pm*) 13s Boys 3km

3.15pm 13s Girls 3km

***SAFETY IN RACING: HOLD YOUR LINE ... AND KEEP THOSE ELBOWS IN!**

All club members are reminded that we are bound – as are all clubs – to comply with Australian Athletics Member Protection policy to ensure that our conduct, both in and out of races, is respectful, safe and fair to all persons.

In the intensity of a race, when energy levels and emotions are high and space is limited, accidental contact with body, arms, elbows and feet can and does happen. If you are responsible for this, remember that a quick 'Sorry ... are you okay?' is usually enough to appease the victim. Remember, also, that it is your responsibility to ensure you keep your elbows etc. under control. *Never use them to block or impede another walker.* You have a right to the space you are in ... and so have they!

Likewise, if a walker wishes to pass you, you must hold your line and not veer into their path to stop them. If you wish to pass someone, make sure you have enough space to do it without touching them.

Happy and safe racing.

** 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.

** 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>

***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. (Note: some second-hand tops are available for \$20).



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

JULY

Saturday 18th July
Sunday 26th July

VRWC Points races and Interval races
AV & VRWC CHAMPIONSHIPS & EVENTS

Middle Park
Middle Park

AUGUST

Saturday 1st August
Saturday 8th August
Saturday 15th August
Sunday 23rd August
Saturday 29th August

VRWC Points races
AV Championship & VRWC Championships & events
VRWC **Last points race**
AA JUNIOR CHAMPIONSHIPS
VRWC non points race day

Middle Park
Middle Park
Middle Park
Ballarat
Middle Park

September

Saturday 5th September
Sunday 13th September

AV 5km teams, VMA 5km track c'ship & VRWC events
VRWC relay race and [Seasons Presentations](#)

Mentone Track
Middle Park

Victorian & National Key Dates – 2025/2026

Sun 26 Jul 2026
Sat 8 Aug 2026
Sun 23 Aug 2026
Sat 5 Sep 2026

AV 30km C'ship inc. Jared Tallent Trophy & VRWC c'ships – Middle Park
AV 15km Championships & VRWC c'ships
AA Junior Road walk Championships – Ballarat VIC
AV 5000m Teams & VMA Championships - Mentone

International Dates

31 Jul 2026
4-9 Aug 2026
22 Aug-3 Sep 2026
30 Oct-15 Nov 2026

Commonwealth Games 10,000m Walk finals – Glasgow, SCO
World U20 Athletics Championships – Eugene OR, USA
World Masters Athletics Championships – Daegu, KOR
Youth Olympic Games – Dakar, SEN

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