



HEEL & TOE Online

Vol. 2026
Issue No. 28
Tuesday
21 July 2026

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

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*H&T Notice Board – Page 16

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



Men 10,000m Race walk
Sat 1 August – from 3.30am AEST
Women 10,000m Race walk
Sat 1 August – from 7.00pm AEST
Live streamed on 7Plus

WALKER OF THE WEEK



Sharing WOTW this week are **Abigail Verity** and **Harper O'Toole (VIC)**, whose performances last Saturday were notable examples of perseverance and big progress within a very short time.

10yo **Abigail**, in just her second road season, surprised many by leaping in with the 'big guys' and tackling the 2km Intervals race, sticking it out for repetitions of **13:40**, **14:22** and **15:00**. Her first rep was only 15secs slower than her 2km PB, leaving her to tough it out gamely against fatigue over the next two legs for her longest competitive walking effort thus far.

In her first walking season under the guidance of Kerrie Peart, Ballarat-based **Harper's** progress has been rapid. Having walked her first-ever 3km race at Stromlo Park (Canberra) in June, on Saturday Harper tore a 2:28 chunk from that initial time to blast through the 20min barrier, clocking **19:31**. Increasing in confidence with every race, Harper (along with her schoolmate and namesake, Harper de Sachau) is a welcome and worthy



addition to Ballarat's estimable pantheon of racewalkers (not to mention the VRWC's) and is sure to keep improving. Congratulations to Abigail and Harper. Keep up the great work, girls!

*Honourable mentions

- **Ava Pravednikov** and **Aria di Benedetto (VIC)** – recorded PBs by 1:14 (2km) and 3km (1:13) respectively. For good measure, Ava walked a second 2km leg in a time faster than her old PB.
- **Amity Cowling (SA)** – also made a 1:13 improvement, over 2km in SARWC competition.
- **Fletcher Walters (VIC)** – had the most consistent rep splits in the Interval race, walking a negative-split second leg.
- **Holly Brooks (VIC)** – improved her 2km time by almost a minute, showing she's getting the hang of the sport.
- And finally, while not for walking achievements *per se*, well done to **David Moore** and **Rosemary Coleman (TAS)**, whose dedicated work for Tasmanian athletes over several decades has led to their being made Life members of Athletics Tasmania. (See 'Around The Country'). Well done, Dave and Rosemary!



CLUB NEWS and RESULTS

*This weekend:

Next Sunday morning features the major **Athletics Victoria State Road walk championships**, along with associated VRWC titles. This is a World Athletics-listed meeting, with results from 5km upward being posted on the WA results site.

Following the races, competitors and other attendees are invited to partake of a **BBQ sausage** or two (gluten-free), prior to the Medal presentations.

Sunday 26 July – Middle Park			
*AV Open 30km, AV & VRWC Age group Road walk Championships			
8.00am	30km	AV C'ship & Jared Tallent Trophy	Open Male
	30km	AV Championship	Open Female
8.40am	10km	AV Championship	U20 Male
	10km	AV Championship	U20 Female
	10km	AV Championship	U18 Male
	10km	VRWC Championship	U20 Male
	10km	VRWC Championship	U20 Female
	10km	VRWC Championship	U18 Male
9.15am	5km	AV Championship	U18 Female
	5km	AV Championship	U16 Male
	5km	AV Championship	U16 Female
	5km	VRWC Championship	U18 Female
	5km	VRWC Championship	U16 Male
	5km	VRWC Championship	U16 Female
	5km	Non-championship	Open
9.55am	3km	AV Championship	U14 Male
	3km	AV Championship	U14 Female
	3km	VRWC Championship	U14 Male
	3km	VRWC Championship	U14 Female
10.30am	1.5km	VRWC Championship	U10 Male
	1.5km	VRWC Championship	U10 Female
10.45am	2km	VRWC Championship	U12 Male
	2km	VRWC Championship	U12 Female
	2km	Non-championship	Open
11.00am	BBQ brunch		
11.30am	Medal presentation		
<i>Entries for AV championships close Thursday 23 July, at 11.59am</i> <i>Applicants must be currently registered AV members. Enter through AV portal at</i> https://members.athsvic.org.au/events/353475 <i>Entries for VRWC Club championships and non-championship races close on</i> <i>Friday 24 July, at 6.00pm. Enter via Club portal at</i> https://www.revolutionise.com.au/vrwc/events/364901			

***Do you have specific food needs?**

If you have a special request regarding BBQ food – vegetarian, vegan, allergen-free etc – please contact **Karyn O'Neill** at toneill8@bigpond.com, to let her know for the ordering. You are welcome to provide your own food for the hot plate if you prefer.



VRWC Intervals race & non-points race results, 18 July – Middle Park

A day as close to perfect as you could wish for greeted the 32 walkers who fronted for the annual Intervals and non-points scratch races, the relatively modest turnout this week being due partly to illnesses and the coinciding LAVic Regional cross-country championships. On the positive side of the ledger it was a delight to welcome back another prodigal, **Gerard Feain**, for his first road race since last year.

The 19 starters who set off on the first of 5 possible 2km legs (to be done within 17:00 each) had had experience with the 'time circuit' format that ranged from considerable to none at all, with some having done it in training but over much shorter repetition distances. Many found it a challenge to keep times consistent across their reps, while others simply put in hard first reps and were prepared to pay the bill over the next ones.

The **5X2km** saw **Jonathan Ho** turn out the fastest set of reps for a 21-sec variation in clocking a total 10km time of **53:08**. **Shaun Lewis's** differential was barely greater, 23 secs across the 5 laps, while **Kevin Cassidy** was another to range over less than 30 secs. If you discount **Karyn O'Neill's** fourth lap (in which she was 'shepherding' a younger athlete), her variation was 12 secs, leaving the lads in the shade!

Nobody took the 4X2km option, but in the **3X2km** it was **Grace Louey** who edged out **Mya McClure** on rep time spread, 18secs to 20secs, although Mya clocked the fastest 6km aggregate. An especially pleasing showing was that of 10yo **Abigail Verity**, whose three legs for a 6km total – by far the most she’s covered in a race to date – was a plucky effort indeed.



Not mere shadows of themselves, the Intervals walkers get stuck into the next rep.

The **2X2km** had 9 finishers. **Erlyn Singh’s** first 2km was just 4secs shy of her own PB with the second being a tougher ask, but still only 27secs slower, while **Emily Smith’s** differential was a reasonable 22 secs. 10yo **Fletcher Walters** was the only one in the field to negative-split his laps, also clocking the best variation of the day – a mere 6 seconds! Two other young leapers into the unknown, **Ava Pravednikov** and **Bowie Clarke**, clocked the only PBs in the Intervals race by margins of 1:14 and 0:14 respectively. Ava’s second rep also beat her old time by a second. Now that’s a good day’s work!

5X2km	Gn	Total Time	1st Int.	2nd int.	3rd Int.	4th Int.	5th Int.
Jonathan Ho	M	53:08	0:10:37	0:10:50	0:10:40	0:10:32	0:10:29
Shaun Lewis	M	54:00	0:10:39	0:10:35	0:10:54	0:10:58	0:10:54
Kevin Cassidy	M	57:58	0:11:22	0:11:23	0:11:41	0:11:49	0:11:43
Paul Kennedy	M	DQ	0:12:55	0:12:57	0:12:48	0:12:55	0:12:42
Karyn O'Neill	F	1:12:55	0:14:35	0:14:23	0:14:27	0:15:02	0:14:28



3X2km					
Mya McClure	F	29:39	0:09:45	0:09:49	0:10:05
Grace Louey	F	33:28	0:10:59	0:11:12	0:11:17
Kobe Lewis	F	37:40	0:12:03	0:12:40	0:12:57
Donna-Marie Elms	F	40:45	0:13:08	0:13:21	0:14:16
Abigail Verity	F	43:02	0:13:40	0:14:22	0:15:00

2X2km				
Emily Smith	F	22:06	0:10:52	0:11:14
Erlyn Singh	F	22:15	0:10:54	0:11:21

Georgia Walters	F	23:03	0:10:38	0:12:25	
Harper de Sachau	F	28:13	0:13:14	0:14:59	
Heather Carr	F	29:15	0:14:24	0:14:51	
Ava Pravednikov	F	30:53	0:14:46*	0:16:07	*PB 1:14
Fletcher Walters	M	23:02	0:11:34	0:11:28	
Bowie Clarke	M	24:38	0:11:46*	0:12:52	*PB 0:14
Arthur Robinson	M	25:36	0:12:19	0:13:17	



The three scratch races were highlighted by three massive PB performances, the most substantial being that of **Harper O'Toole** who ripped 2:28 from her only previous 3km time. For her part, **Aria di Benedetto** had also raced 3km only once before, reducing that time by 1:13 to win in **17:08**. The other PB effort of the day came in the 2km via another newcomer, **Holly Brooks**, who demolished her first time at the distance by nearly a minute with **15:20**. Very encouraging to see such huge leaps of improvement in our young members.

3km Open

Gerard Feain	M	21:48	
Aria Di Benedetto	F	17:08	PB 1:13
Harper O'Toole	F	19:31	PB 2:28
Sylvia Ivanova	F	20:15	
Abby Fowler	F	20:17	

2km Open

Anna Wallace	F	13:55	
Summer Patten	F	14:14	
Cory Lewis	F	14:19	
Merilyn Reynolds	F	15:02	
Holly Brooks	F	15:20	PB 0:56

1km Open

Savannah Brooks	F	7:25	
Gwen Steed	F	7:39	
Eden Patten	F	8:10	

*Action models:

Donna-Marie, Grace, Ava, Erlyn, Arthur, Gwen, Jonathan, Bowie, Paul, Harper D, Georgia, Karyn, Mya, Kobe, Fletcher.

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

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

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Bill Carr
Timekeeper	Ian Laurie
Recorders	Melinda Di Benedetto, Jackie Fowler, Bob Gardiner, John Lyons
Judges:	Terry O'Neill (chief), Brenda Felton, David Cash, Di Lowden, Kathleen Marsh, Stu Cooper, Tony Doran, Bec Lewis
Set up, Pack up:	Ian Laurie, Karyn O'Neill, Terry Swan, Shaun Lewis, Stu Cooper, Bob Gardiner
Bike rider	Terry Swan
Photos	Terry Swan (https://www.facebook.com/media/set/?set=oa.2125849474664144&typ)
Canteen	Donna Marie Elms, Gwen Steed
Walkers:	32



AROUND THE COUNTRY

AUSSIE RACE WALKERS SET TO GO FOR GOLD IN OREGON FOR THE WORLD ATHLETICS U20 CHAMPIONSHIPS

by **Luke Dennehy** (reprinted from Australian Athletics news – 16 July)

Race walker **Zoe Woods** can pick the time she decided to chase her Olympic dream, in a discipline that Australia has a very proud tradition in.

“I understood the immense commitment, sacrifice and years of dedication required to reach that level, and I wasn’t ready to promise myself or anyone something I wasn’t completely certain I wanted it,” she told Australian Athletics.

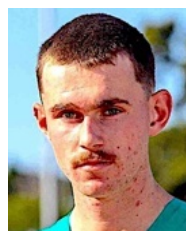
“When I was 16, I woke up on May 23rd, 2024, and just knew in my heart that being an elite athlete is what I wanted to do and I decided from that date to chase the Olympic dream.”

A big part of that Olympic dream, including aiming for Brisbane 2032, will be competing for Australia in the World Athletics U20 Championships in Eugene, Oregon, the United States next month.

Woods, 18 (NSW, David Beacroft) will go into the 5000m race walk as the No.2 ranked walker in the U20 women’s race in the world.

She is part of a very strong walking team, undoubtedly one of Australia’s best, who will race in Eugene at the famous Hayward Field.

Joining her will be **Isaac Beacroft** (NSW, David Beacroft) who will be racing in his second U20 World Championships, **Owen Toyne** (ACT, David Beacroft) and **Sophie Polkinghorne** (NSW, David Beacroft) in the red-hot Australian team.



(Photos: Australian Athletics)

Woods is going to relish every single moment of the World Athletics U20 Championships as she tried two years ago to make it when she was 16, but suffered an injury that prevented her to race her best at the trials and she missed out.

“After missing out last time I made a commitment to myself that I wouldn’t just qualify for the next World Championships, I would also be a strong contender in the race” she said.

The World Athletics U20 Championships are perfect timing for Woods. She is in her gap year and will next year start a Law and Journalism degree at the University of Technology in Sydney.

As for Beacroft, he is the only Australian athlete who will compete in both the Commonwealth Games (10,000m race walk) and the U20 World Championships (5000m race walk). He is currently in Europe preparing for his first big race in his double attempt, which takes place in Glasgow on Saturday, August 1.

“It was a tough decision, but the right decision I think for me to race both events,” he said. “I thought ‘I’ve got the capacity to do both’, and it was hard to choose just one so I thought I’d go for it. It’s going to be a challenge, but I’m prepared for it.”

Beacroft finished fourth at the last World Athletics U20 Championships in Peru and he has only got better and more experienced since. He has the World U20 10,000m race walk world record to his name. In Eugene he will race the 5000m, the only walking race on the schedule of events. At only 18, this will be his sixth Australian team which is a remarkable achievement.

Beacroft has had a long history in the sport of athletics. He was a very handy AFL footballer, but thankfully for the sport, he has chosen race walking and he has huge ambitions.

“There is a strong history of athletics in my family which saw me register to start when I was four years old in (Little Athletics) Tiny Tots,” he said. “My Dad and his three brothers all went through the Little Athletics pathway with great success.”

Beacroft continued with athletics, and AFL football, and recently chose race walking and started to focus seriously on the sport, with brilliant success. He is going to soak up every moment in Oregon, in what will be his last major junior event.

“The last U20s was such a great experience, it kicked off my international career,” he said. “I made great friends and embraced the team environment as much as I could.

“I can’t wait to get there.”

The World Athletics U20 Championships kicks off in Eugene, Oregon, the United States on August 5 to August 9. Events can be viewed via 7Plus livestream.

A.C.T. ACTRFWC results, 18 July – Weston Park

Thanks to **Ann Jugovic** for these results from Weston Park ... still one of the best racewalking venues in the country.

6km Walk

1. Jill Pearson 44:22

2km Walk

1. Michelle Bray 12:43
 2. Clare Rice 12:45
 3. Jessica Robson 14:42
 4. Jim White 17:14

NEW SOUTH WALES NSWRC results, 18, 11 & 4 July – Chipping Norton

Thanks to **Kirsten Crocker** for these results. Some of the times recorded over three weeks from U16 down indicate that the Sky Blues will be their usual powerful force at the National junior titles in August.

Long 10km

1 Aidan Pospischil 64.09

Medium 8km

1 Christopher Nilon 47.21
 ... Brendan Pospischil (inv) DNF

Short 4km

1 Noah Vella 20.17
 2 MiaRose Everson 21.59
 3 Madeline Colgan 26.18
 4 Hannah Hewitt 27.24
 5 Nicolle Challinor 33.50
 6 Emily Challinor 35.30
 7 Sarah Challinor 35.31
 8 Claire Gauci 38.27

16yr 3km

1 Nate Appleyard 14.03
 2 Avia Luketic 14.14
 3 Alexander Dennett 19.26
 4 Chloe Farrugia 21.06
 5 Luke Challinor 24.45

14yr 2km

1 LilyEve Everson 10.01
 2 Darcy Dennis 10.05
 3 Rhys Straub 10.14
 4 Stella Wade 10.23
 5 Oliver Masik 10.35
 6 Beth Cochran 10.52
 7 Hugo Siciliano 11.28
 8 Veronica Dennett 13.38

12yr 1.5km

1 Eric Colgan 7.01
 2 Jaiden Chahal 8.15
 3 Nasrin Hewitt 9.36
 ... Huxley Jones DQ

10yr 0.750km

1 Carsen Luketic 3.44
 2 Elijah Manalili 3.47
 3 Isabelle Masik 4.12
 4 Norah Edwards 4.22
 5 Clementine Colgan 4.48
 6 Eloise Colman 5.00
 7 Elyse Thorburn 7.49

*NSWRC results, 11 July – Chipping Norton

Long 8km

1 Brendan Pospischil 45.34
 2 Aidan Pospischil 51.20

Medium 6km

1 Christopher Nilon 36.01

Short 3km

1 Noah Vella 14.36
 2 Sagan Jones 15.00
 3 Ashleigh Mansell 15.52
 4 Madeline Colgan 19.32
 5 Nicolle Challinor 26.23
 6 Sarah Challinor 26.51
 7 Emily Challinor 26.51
 8 Erin Mansell 29.33

16yr 4km

1 Nate Appleyard 19.03
 2 Avia Luketic 19.08

14yr 3km

1 Darcy Dennis 15.50
 2 Rhys Straub 16.04
 3 Stella Wade 16.15
 4 Antonia Powter 17.42
 ... Hugo Siciliano DNF

12yr 2km

1 Eric Colgan 9.35
 2 Patrick Yeldham 11.27
 3 Levi Thomas 11.30
 4 Melody Latta 12.27
 5 Huxley Jones 14.21
 ... Cooper Edwards DQ

10yr 1km

1 Carsen Luketic 4.59
 2 Elijah Manalili 5.37
 3 Norah Edwards 5.57
 4 Clementine Colgan 6.31

3	Chloe	Farrugia	28.23	5	Eloise	Colman	6.36
4	Luke	Challinor	38.38				

***Parramatta City AC Open, 4 July – Chipping Norton**

Long 12km

1	Aidan	Pospischil	77.06
2	Laura	Sotmayer	85.43

Medium 10km

1	Christopher	Nilon	62.23
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Short 5km

1	Noah	Vella	25.43
2	Sagan	Jones	29.47
3	Hannah	Hewitt	31.11
4	Madeline	Colgan	33.16
5	Carmel	Parker	37.05
6	Nicolle	Challinor	39.57
7	Claire	Gauci	45.33
8	Sarah	Challinor	46.48
9	Emily	Challinor	46.49

16yr 3km

1	Nate	Appleyard	14.12
2	Avia	Luketic	14.16
3	Alexander	Dennett	18.30
4	Chloe	Farrugia	21.11
5	Luke	Challinor	24.02

14yr 2km

1	Darcy	Dennis	9.45
2	Rhys	Straub	9.50
3	Addison	Jenkins	11.17
4	Antonia	Powter	11.38
5	Veronica	Dennett	12.13
6	Hugo	Siciliano	12.22

12yr 1.5km

1	Eric	Colgan	7.02
2	Cooper	Edwards	7.51
3	Jaiden	Chahal	8.04
4	Melody	Latta	8.22
5	Tahlia	Hunt	8.29
6	Nasrin	Hewitt	9.51
7	Huxley	Jones	10.19

10yr 0.750km

1	Carsen	Luketic	4.00
2	Elijah	Manalili	4.12
3	Norah	Edwards	4.21
4	Eloise	Colman	5.09
5	Clementine	Colgan	5.11
6	Elyse	Thorburn	7.35

QUEENSLAND QRWC Postal Challenge, QMA Short Cse c'ships, Sunday 19 July – Logan River Parklands

Thanks to **Robyn Wales** for the latest QRWC and QMA results:

10km

Open Men:

(1) Alex Bradley	50.59
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Masters:

1 (61) Ignacio Jimenez Solis	54.29
2 (71) Peter Bennett	1.07.36

Open Women:

(1) Phoebe Chadwick.	1.05.48
Visitor. Angelina Legrand	56.06

Masters :

1 (32) Jodie Wilson	1.08.34
2 (55) Joy Dale	1.22.55
3 (84) Noela McKinven	1.33.11

U20 Men:

1 Kai Dale	1.11.52
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U16 5km

Men:

(1) Leo Ramsay	29.23
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U12 2km

Men:

(1) Yoshua Lee	13.08
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Women:

(1) Clara Hermus	11.24
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U18 8km

Women:

(1) Eliza Kelly	46.05
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U14 3km

Men:

(1) Caleb Lee	21.43
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Women:

(1) Amelia Chisholm	16.30
(2) Violet Conway	18.29

U10 1.5km

Men:

(1) Noah Scott	11.04
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Women:

(1) Mikayla Lee	9.46
(2) Cassandra Cohoner	9.56
Invitation: Billie Henry	11.56

***QMA Short Course Championships**

Open Women 5km

W30-34

1 Jodie Wilson	30.19*
2 Trish Hibbs	30.43

W50-54

1 Joy Dale	41.40*
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W60-64

1 Anne Weekes	30.09
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W80-84

1 Noela McKinven	46.10*
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* 5km in 10km race

Open Men 10km

M60-64

1 Ignacio Jimenez	54.29
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M70-74

1 Peter Bennett	1.07.36
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SOUTH AUSTRALIA SARWC Interstate Challenge results, 18 July – South Parklands

Cooper Rech reports:

Beautiful weather this weekend for our Interstate Challenge meet, with many great results to show for it. Both **Caleb Camilleri & Amaya Cowling** took on the 3km for the first time (although Amaya has done further before), while Amaya's sister **Amity** took over a minute off her 2km PB.

10km

Sam Findlay	48:45
Tristan Camilleri	53:24
Cooper Rech	55:55
Peter Crump	1:09:53
Greg Metha	1:11:19
Alex McEwan	1:15:07

2km

Saxon King	11:25
Amity Cowling	12:50 PB 1:13
Robert Crabb	16:55
Di Camilleri	19:05
Anthony Crabb	19:30

3km

Caleb Camilleri	18:56 FT
Amaya Cowling	21:22 FT

1.5km

Martin Crabb	15:00
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Challenge? Bring it on!

(Photos: Bob Cruise)

TASMANIA TRWC road results, 12 July – Brighton

Thanks to **David Moore** for the following reports ... and congratulations to David and **Rosemary Coleman**!

Fine conditions for our Walks on the Domain this morning. The Domain with a pesky hill at the turn and uncomfortable camber make it poor territory for PB's but **Sam Leitch** in the 1.5km and **Austin Hucker** in the 2km managed to do just that – well done to both on their new PB's.

1.5km

1 Charlotte Dix	ESAC	9:19
2 Sam Leitch	TMA	10:18 PB
3 Dot Sussmilch Leitch	ESAC	12:21
4 Gabe Dix	ESAC	13:35
5 Sophia Carr	Kingston LA	14:56

2km

1. Sam Hucker	OVA	15:16
2 Austin Hucker	Huonville LA	15:40 PB
3 Dave Moore	TMA	19:32
4 Sara Leitch	TMA	20:06

3km

1 Kate Dix	TMA	22:50 first one
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5km

1 Adele Woodward	OVA	35:55
2. Wayne Fletcher	NS	49:52

Special congratulations are in order too, for Club Members **Rosemary Coleman & Dave Moore** who were awarded Athletics Tasmania Life Membership on Saturday night along with Jarrod Gibson who was a key Official for the Aust Athletics Half Marathon & Marathon Road walk Championship in Canberra in June.

From Wayne Fletcher:

*'Yesterday at the Athletics Tasmania AGM, **David Moore** and **Rosemary Coleman** were made LIFE MEMBERS. I have attached their nominations. This morning, being the Senior AT Life Member (2001), I congratulated them.'*

A delighted Rosemary wrote on the TRWC Facebook page:

'Dave Moore and myself would like to thank Athletics Tasmania for bestowing on us the prestigious Life Member Athletics Tasmania. We are both extremely delighted to have achieved this award.'

The VRWC adds its congratulations to David and Rosemary on earning this accolade through decades of work for race walking and athletics in Tasmania and nationally. Honours thoroughly deserved.



Wayne (right) welcomes David and Rosemary to the AT Life Members fold.

WESTERN AUSTRALIA WARWC results, 19 July – Woodbridge

The weather was overcast at times, mild, with very little wind for the Westies' Sunday fixture. Thanks to **Terry Jones** for the results.

10K

Bradley MANN	58:07
Kaytee BOGAERS	58:09
Karyn TOLARDO	1:07:46
Wendy FARROW	1:14:22

5K

Chelsey IRELAND	30:30
Sierra THOMPSON	31:34
Lauren DAVIS	37:40
Lynne SCHICKERT	46:13
Glenys DUNCAN	51:12

3K

Hannah CLAUSNITZER	16:53
Rahni FOWLER	16:54
Fiona VAN HEERWAARDEN	19:55

2K

Joel LIM	12:58
Dante VAN HEERWAARDEN	13:20
Hugo BELL	13:23
Carly HOOD	12:29
Zoe FOWLER	12:34
Grace BALL	14:06

1.5K

Symphony SCOTT	9:10
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INTERNATIONAL NEWS

FRANCE: National Cadet and Junior championships, 19/20 July – Stade Charlety (Paris)

Emmanuel Tardi was back in the judging 'driver's seat' last weekend, overseeing one of the key championship fixtures on the French program.

I was appointed this week end as chief judge in our national Championship for Cadet (U18) and Junior (U20). Competition took place in Charlety stadium, in Paris .

Cadets walked on Saturday morning at 8.50 and 9.30am. The Juniors walked on Sunday morning at 8.40 and 9.20am.

Note that our best cadets (2 women + 1 men) were in Rieti for European championship. Our best juniors had just come back from altitude training camp, before going to Eugene for the world championships.

In the *cadet* race (male), there was a battle between **Duclos** and **Perdereau**. Duclos won in the second half of the race.

In the *cadettes*, **Macabrey** led the race for the first 2 kilometres , but finally **Chatreaux** won.

In the *junior*e,s **Chloé Le Roch** beat the French record in a great **21'41"**

In the *junior*, **Rabreau** started at 4:00 at the first kilometer , but didn't feel good and finished the race for an easy win.

Cadets

Pl	Nom	Infos	Club	Résultat
1	DUCLOS Elouan	CAM/09	Us Champagne-Sur-Seine	21'48"63
2	PERDEREAU Gwenole	CAM/09	La Vigilante Fougères	21'55"74
3	DEPIERRE Gauthier	CAM/10	Athletic Club Secteur Monistro	22'09"80
4	ROCHER Gaspard	CAM/10	Assp Vergeze	22'48"22
5	TREHOREL Pol	CAM/09	Tregueux Langueux Athletisme	23'02"78
6	CARLE Hugo	CAM/10	Coquelicot 42	23'13"67
7	KLEIN Achille	CAM/10	Athle 21	23'33"17
8	AYROULET Mathis	CAM/10	Us Le Pontet	23'34"64
9	AUGERON Lois	CAM/09	Entente Poitiers Athle 86	23'40"33
10	FARISSIER Robin	CAM/09	Athletic Club Secteur Monistro	23'41"65
11	THEOTIME Hugo	CAM/09	Ta Rennes	23'42"37
12	PEJOT-GUILLARME Timeo	CAM/10	Ea Gillonnay-La Cotte	23'48"49
13	VEJUX Maxime	CAM/09	Fc Sochaux Montbeliard	23'48"56
14	PARIS BORDENEUVE Antonin	CAM/10	Ea Macon	23'57"60
15	LOMBARD Lucas	CAM/09	Asptt Dijon Athletisme	24'14"22
16	CZABAN Robin	CAM/10	Froissy Athletic Club	24'17"27
17	GUITTARD Valentin	CAM/09	Ea Macon	24'29"18
18	DENIS Axel	CAM/09	As Aix-Les-Bains	24'45"50
19	AUDOUIN Hector	CAM/10	Pont-Audemer Ac	25'04"98
20	KECHACHA Aymen	CAM/09	Blagnac Sc	25'43"90
21	LORRE Aubin	CAM/10	Entente Des Mauges	26'29"92
-	RENAUDIN Sasha	CAM/10	Ac Roche-Sur-Yon	DQ

Cadettes

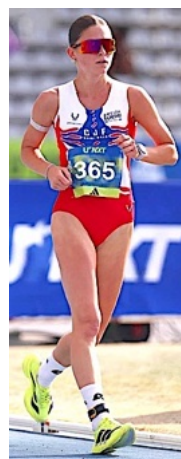
Place	Nom	Infos	Club	Résultat
1	CHATREAUX Emma	CAF/10	Athlé Saint Barthelemy	24'54"36
2	MACABEY Ines	CAF/10	Asptt Dijon Athletisme	25'12"98
3	CLAYRAC Cloe	CAF/10	Ac Pontarlier	25'26"08
4	ROUYER Elsa	CAF/10	Ac Haute Vilaine	25'46"07
5	MAZARS Chloe	CAF/10	Union Club Athle	25'50"45
6	DUMORTIER Chloe	CAF/09	Athle Halluin-Val-De-Lys	25'59"88
7	BOUQUIN Cyrielle	CAF/10	Racing Club Nantais	26'03"28
8	TADJ Emilie	CAF/09	Elan Sportif De Trelissac	26'07"98
9	IUND Heloise	CAF/10	As Aix-Les-Bains	26'39"47
10	CERON Lili	CAF/09	Reveil Sportif De St Cyr/loire	27'00"65
11	GIFFARD Violaine	CAF/09	Ac St Gratien-Sannois	27'34"78
12	SAULNIER Lucie	CAF/10	Athletisme Sud 22	27'56"85
13	ANDLER DO MONTE Sara	CAF/09	Ea Pays De Broceliande	28'47"84
14	POULIZAC Anouk	CAF/10	Grand Angoulême Athletisme	29'56"83
15	MOALIGOU Romane	CAF/10	Asa Maisons-Alfort	30'06"00
16	DIZI Ana	CAF/10	La Postillonne Longjumeau	30'07"18
-	DEUTSCH Lucile	CAF/09	Us Champagne-Sur-Seine	AB



Duclos



Chartreux



Le Roche



Junior podium at Stade Charlely.

(Photos: Monayayo)

Junior

Place	Nom	Infos	Club	Résultat
1	RABREAU Clement	JUM/07	Val-De-Reuil Ac	21'13"16
2	GAVART Leo	JUM/08	Cote De Jade Athlé	21'18"55
3	LEBRETON Julien	JUM/08	Amberieu Ac	21'27"02
4	HENNEGUIER Teo	JUM/07	Stade Bordelais Athletisme	22'28"48
5	PHILIPPARIE Leo	JUM/07	As Libourne	23'00"35
6	LAQUITTANT Victor	JUM/07	Ac Du Pays D Ancenis	24'00"28
7	MORIN Sacha	JUM/07	Stade Lavallois	24'04"82
8	TOUBOUL Timeo	JUM/07	Athletic Club Salonais	24'18"34
9	BRUNEAU Manec	JUM/07	Ea Pays De Broceliande	24'19"16
10	SANCHO--LORY Alexandre	JUM/07	Usm Audonniennne	24'37"03
11	STOLL Matthias	JUM/08	Ill Bruche A Lingolsheim	24'49"81
12	LE GUELTE Antoine	JUM/08	Estuaire De La Dive	25'16"70
13	LEMONNIER Leo	JUM/07	Caen Athletic Club	25'20"48
14	BESLU Lucas	JUM/08	Asvel Villeurbanne	27'53"59
-	PAGES Benjamin	JUM/07	Evolution Sportive Et Culturel	DQ

Juniores filles

Place	Nom	Infos	Club	Résultat
1	LE ROCH Chloe	JUF/07	Cjf Saint-Malo	21'41"80
2	CHARPENTIER Lison	JUF/08	Ac Romorantin	22'59"56
3	COSQUERIC Yaelle	JUF/07	Ulaac Pays Fouesnantais	23'04"14
4	MACABEY Zoe	JUF/08	Asptt Dijon Athletisme	24'05"90
5	FENOULLERE Clea	JUF/07	Ba Coutances	24'25"39
6	LEBEAU Julia	JUF/08	Racing Club Nantais	24'42"53
7	CALAS Anouk	JUF/07	Eba	24'49"97
8	GUERNIER Camille	JUF/07	Nancy Athlé	24'55"72
9	GALLI Livia	JUF/08	Asvel Villeurbanne	25'04"03
10	DURY Jade	JUF/07	Ua Charolais Brionnais	25'14"85
11	MAISONNEUVE Valentine	JUF/08	Ea Tain-Tourn	25'20"96
12	BOULITEAU JUMIN Maeva	JUF/08	Us Marmande Athletisme	25'22"78
13	MARIE Peggy	JUF/07	Racing Club Nantais	26'21"31
14	BRAS Clara	JUF/07	Evreux Ac	26'58"26

15	ERBELDING Louane	JUF/08	Ca Mayenne	27'22"11
16	ALLARD Cali	JUF/08	Es Segre Haut Anjou	27'31"76
17	LOPES BAPTISTA DA CO Eva	JUF/08	Dreux Athletic Club	28'48"79
-	RILOS Meline	JUF/07	Asvel Villeurbanne	DQ

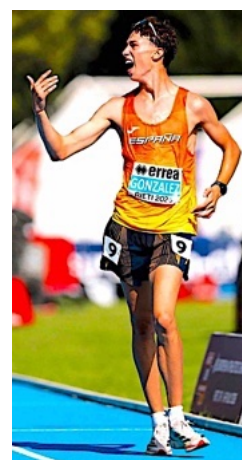
MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

ITALY: European U18 Athletics championships, 18/19 July – Rieti

Nicola Maggio reports from the 5th edition of the European U18 titles, the walks having just concluded:

Final of 5.000m track race walk U18 boys

Nineteen boys at the start representing following Countries: CRO (1), ESP (2), FIN (1), FRA (2), GER (2), HUN (1), IRL (1), ITA (2), POR (2), ROU (1), TUR (2), UKR (2). The only athlete with a personal/season best under 20:00.00 is Gabriel Gonzalez (ESP – 19:57.58) and four more athletes entered with a personal/season best under 21:00.00. They are Vitalii Tarasiuk (UKR – 20:41:12), Marcos Lopez (ESP – 20:31.29), Patrik Pivarski (CRO – 20:24.43) and Muhammed Emir Isik (TUR – 20:38.05).



Report of the race

If there was any doubt about who would stand on the top step of the podium, it was immediately dispelled by the turn to the 1,000m. **Gabriel Gonzalez (ESP)** was firmly in command in 3:58.7, already 10.9 seconds ahead of **Davide Sorressa (ITA)** – 4:09.6).

The next turn to the 2,000m saw the Spanish champion still firmly in command in 8:03.0 (with a turn to the second 1,000m in 4:04.3), while the Italian champion passed in 8:21.7 (with a turn to the second 1,000m in 4:12.1), his gap to the leader increasing to 18.7 seconds.

At 3,000m, Gonzalez passed in 12:14.8 (with a third-place finish at 1,000m in 4:11.8), while Sorressa slipped to fourth (12:36.1).

Second place now belongs to another Spaniard, **Marcoz Lopez (ESP)**, in 12:34.7 (4:10.5 – 8:22.8 – 12:34.7), followed by **Patrik Pivarski (CRO)** in 12:35.8 (4:10.5 – 8:23.5 – 12:35.8), 19.9 seconds and 21.0 seconds behind the leader, respectively.

During the fourth kilometer, Gabriel Gonzalez continued his pace and excellent technique. His 4,000m split time was 16:29.0 (with a third-km split in 4:11.8). Matteo Henault (FRA – 16:41.1) moved into second place, while Sorressa (16:44.0) and Pivarski (16:44.8) finished third and fourth, respectively. The battle for the podium heats up.

In the final 1,000m, Gabriel Gonzalez is unstoppable, completing a final 1,000m walk in 4:04.76 to easily win the gold medal.

The battle for silver is decided in the final meters of the race.

With 100m to go, Patrik Pivarski (20:19.2) is still ahead of Davide Sorressa (20:19.7), who makes a final effort and passes him on the home straight.

Silver went to the Italian in 20:40.16 (a new personal best) and bronze to the Croatian (20:40.66).

Riccardo Rabai (ITA) finished fourth in 20:43.22, while **Matteo Henault (FRA)** gradually lost ground after the fourth kilometer and had to settle for fifth place in 20:56.62, which still represents his new personal best.

1.	Gabriel GONZALEZ	11 FEB 2009	ESP	20:33.76
2.	Davide SORRESSA	23 OCT 2010	ITA	20:40.16
3.	Patrik PIVARSKI	21 OCT 2009	CRO	20:40.66
4.	Riccardo RABAI	10 JUL 2009	ITA	20:43.22
5.	Matteo HENAUULT	04 JAN 2009	FRA	20:56.62

6.	Vitalii TARASIUK	30 NOV 2009	UKR	21:10.40
7.	Marcos LÓPEZ	20 OCT 2009	ESP	21:24.76
8.	Muhammed Miraç ŞAHİN	19 JUL 2009	TUR	21:26.77
9.	Etienne KANEL	02 JUN 2010	FRA	21:30.29
10.	Roman CHYRVA	27 FEB 2009	UKR	21:46.01
11.	Dávid LIGETI	24 APR 2009	HUN	21:50.01
12.	Alexander SCHWARZ	22 NOV 2010	GER	21:52.08
13.	Muhammed Emir IŞIK	20 JAN 2009	TUR	22:12.71
14.	Valentin KRÁLING	08 MAY 2010	GER	22:13.32
15.	Daniel GLENNON	01 NOV 2009	IRL	22:52.49
16.	Lucas SANTOS	08 APR 2010	POR	22:56.32
17.	Afonso LINDEZA	31 MAY 2010	POR	23:11.85
18.	Dragoş Ionuţ FÎRĂ	06 JUN 2009	ROU	23:17.53
19.	Yrjänä RENVALL	22 JAN 2009	FIN	23:42.60

Final of 5.000m track race walk U18 girls

Twenty-four girls at the start representing following Countries: CRO (1), ESP (2), FIN (2), FRA (2), GRE (2), HUN (2), IRL (1), ITA (2), LTU (1), POL (2), POR (2), SVK (1), TUR (2), UKR (2). The only athletes with a personal/season best under 23:00.00 are Caterina Carissimi (ITA – 22:45.79), Rebecca D'Alessandro (ITA – 22:50.91) and Paula Elvira (ESP – 22:59.51).

Five more girls entered with a personal/season best under 24:00.00. They are: Ana Gonzalez (ESP – 23:05.23), Chara Gerou (GRE – 23:29.44), Andreane Sainson (FRA – 23:35.79), Justė Andrijauskaite (LTU – 23:38.91) and Eleonore Brenney (FRA – 23:43.93).



(Photos: Marcia dal Mondo)

Report of the race

Start time is perfect at 9:00. One of the two representatives of Spain, **Ana Gonzalez**, immediately takes the lead of the group and sets the pace. First 400m are covered in 1:55.8 and the transition to the 800m is 3:45.4 (seconds 400m covered in 1:49.6)

9:04:40 a.m.: the leading pack composed by 11 girls cover first 1.000m. The leader is Ana Gonzalez, followed by the team mate **Paula Elvira**, both the Italian girls **Rebecca D'Alessandro** and Caterina Carissimi, Dominika Pernická (SVK), both the French girls Eleonore Brenney and Andreane Sainson, Rosário Borges (POR), Sára Kata Alföldi (HUN), Chara Gerou (GRE) and Daryna Kozka (UKR).

9:09:16 a.m.: Still Ana Gonzalez (ESP) set the pace at the passage of 2.000m (split time is 9:16.36 with the second 1.000m were covered by the leader in 4:36.8).

The pack is now composed by both the Spanish and the Italian girls and includes Dominika Pernická (SVK), Eleonore Brenney (FRA), Sára Kata Alföldi (HUN) and Chara Gerou (GRE). The others lost about ten meters.

9:13:07 a.m.: At 2.800m, the lead changes at the head of the pack. Rebecca D'Alessandro takes the lead. She doesn't know it yet, but she won't be caught again.

9:13:58 a.m.: Rebecca D'Alessandro is leading the pack at 3.000m in 13:57.9 (the third 1.000m were covered by the leader in 4:41.5).

In second position now is the other athlete of RFEA Paula Elvira who passes at 3.000m in 14:02.1 detached from the leader by 4.2 seconds. Ana Gonzales is third and passes at 3.000m in 14:02.2 detached from the leader by 4.4 seconds. Following: Eleonore Brenney (FRA) in fourth position in 14:02.2 detached from the leader by 4.4 seconds and Caterina Carissimi (ITA) in fifth position in 14:02.7 detached from the leader by 4.8 seconds.

In the sixth position we find Chara Gerou (GRE) in 14:02.8 detached from the leader by 4.8 seconds but charged by two red cards.

9:18:29 a.m.: Rebecca D'Alessandro force again her pace is leading at 4.000m in 18:28.7 (the fourth 1.000m were covered by the leader in 4:30.8).

The fight for silver and bronze is now restricted between Eleonore Brenney (FRA) in 18:49.1 detached from the

leader by 20.4 seconds shoulder to shoulder with Paula Elvira who passes at 4.000m in 18:49.5 detached from the leader by 20.8 seconds and Caterina Carissimi (ITA).

Between 9:18:29 and 9:22:58 a.m.: Rebecca D'Alessandro continues her solo walk, aiming to finish the race with a new personal best. Despite running the final 1,000m in 4:30.25, she unfortunately falls short. Her final time is 22:58.95, and unfortunately, by 8.01 seconds, she misses out on her personal best. The battle for silver is won by Paula Elvira (ESP) in front of the other Italian Caterina Carissimi.

In fourth place Dominika Pernická (SVK) overtakes Eleonore Brenney (FRA) in the final straight.

Arrival order

- 1.- Rebecca D'Alessandro (ITA): 22:58.91
- 2.- Paula Elvira (ESP): 23:18.98
- 3.- Caterina Carissimi (ITA): 23:21.37
- 4.- Dominika Pernická (SVK): 23:33.19 PB
- 5.- Eleonore Brenney (FRA): 23:35.72
- 6.- Rosário Borges (POR): 23:41.64
- 7.- Ana Gonzalez (ESP): 23:42.46
- 8.- Sára Kata Alföldi (HUN): 23:49.06

Interview with the winner

"An extraordinary experience, I still can't believe it," D'Alessandro exults. "This gold medal came thanks to many people, especially my coach Nicola Piro, who believed in me from the beginning. In my early years of walking, I always came in last, but he always believed I could do it. And then I want to thank my family, my mother, my father, my grandmother, and my training partners, starting with Serena Di Fabio, who was my inspiration. Not everyone has that, and I have this privilege. A great group. I realised I had won in the last 200 meters: I'm a person who is never convinced. Someone else could have overtaken me. But in the final meters, I felt the void behind me, and I did it. At the finish line, I experienced a thousand emotions. The national team jersey weighs heavily, let's support the Italian team in these final races."

1.	Rebecca D'ALESSANDRO	29 JUL 2009	ITA	22:58.95
2.	Paula ELVIRA	16 JUN 2010	ESP	23:18.98
3.	Caterina CARISSIMI	16 APR 2010	ITA	23:21.37
4.	Dominika PERNICKÁ	03 MAY 2010	SVK	23:33.19
5.	Eleonore BRENNEY	11 JAN 2009	FRA	23:35.72
6.	Rosário BORGES	07 MAR 2009	POR	23:41.64
7.	Ana GONZALEZ	30 AUG 2010	ESP	23:42.46
8.	Sára Kata ALFÖLDI	08 JUL 2009	HUN	23:49.06
9.	Chara GEROU	19 JUL 2009	GRE	24:03.24
10.	Daryna KOZKA	07 MAR 2010	UKR	24:07.69
11.	Andreane SAINSON	04 JAN 2009	FRA	24:09.54
12.	Despoina KOUTSIDOU	08 FEB 2009	GRE	24:14.84
13.	Anna BORYSIUK	13 SEP 2009	UKR	24:15.85
14.	Justė ANDRIJAUSKAITE	02 OCT 2009	LTU	24:23.32
15.	Güler TEKBAŞ	15 MAR 2010	TUR	24:33.82
16.	Leah O'GARA	22 SEP 2009	IRL	24:44.70
17.	Helena RODRIGUES	30 JUL 2009	POR	25:06.51
18.	Zehra KÜRKLÜ	23 JUN 2010	TUR	25:19.30
19.	Lucija SARAČEVIĆ	12 AUG 2010	CRO	25:36.77
20.	Hanna CHODUR	20 FEB 2009	POL	25:41.27
21.	Zofia GIERASIK	20 JUL 2010	POL	26:03.17
22.	Bernadett KELEMEN	06 FEB 2010	HUN	26:12.48
23.	Peppi HAAPARANTA	11 MAR 2010	FIN	26:30.83
24.	Ella IKÄHEIMONEN	18 JUN 2009	FIN	28:13.23

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, July 20, 2026 - **Tiago Sucena and Isa Ferreira are national under-23 champions. Pedro Callado wins the men's event (Seixal 2026).** <https://omarchador.blogspot.com/2026/07/tiago-sucena-e-isa-ferreira-sao.html>
- Sunday, July 19, 2026 - **Rebecca d'Alessandro is the new European under-18 race walking champion.** <https://omarchador.blogspot.com/2026/07/rebecca-dalessandro-e-nova-campea.html>
- Saturday, July 18, 2026 - **Gabriel González, European Under-18 Champion in the 5000m race walk.** <https://omarchador.blogspot.com/2026/07/gabriel-gonzalez-campeao-europeu-sub-18.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.

*FURTHERMORE ...

JUDGING



Not that we're trying to plug this item, but it never hurts to keep up with developments in the equipment area. Reprinted from the *O Marchador* blogspot:

RWPaddle - new racket kit aims to make the work of race walking judges easier.

MATTERS

Race walking judges often face difficulties in acquiring judging paddles, essential equipment for performing their duties in competition. Used to signal technical infractions or, in the case of the red paddle, to communicate disqualifications by the Chief Judges, these tools are crucial in judging the discipline.

It was precisely to meet this need that RWPaddle emerged, a new racket kit developed in Italy and recently presented to several international judges during the Rio Maior International Grand Prix, an event integrated into the World Athletics Gold circuit.

On that occasion, the Italian international judge Giovanni Molè offered each of his colleagues a set consisting of two yellow rackets, one red racket, and a carrying case, allowing them to try out the equipment in a competition setting.

Specifically designed for judging race walking, the RWPaddle features a handle with a non-slip surface for greater comfort during extended use, a matte finish that reduces light reflection, and a reinforced carabiner fastening system. The rackets are produced using 3D printing, a solution that, according to the manufacturers, guarantees high durability and good legibility of the symbols.



Before its commercialization, the equipment was tested by several international judges in high-level competitions. Among the users is José Ganso, a World Athletics Gold international judge, who considers it "a very practical and important work tool". Greek judge Zoe Gkini (Silver WA) also stated that "the rackets are really very useful", while German Jens Grünberg (Gold WA) highlighted that it is a "practical, functional and fairly priced" set.

The project was born with a well-defined objective: to facilitate access for judges, especially younger ones, to specific equipment for judging race walking events, preventing them from having to individually bear the costs of its acquisition.

Produced in Lamezia Terme, in southern Italy, by the company Printshapes (MEGADV), the RWPaddle kit is available for 35 euros (VAT included), with shipping available to any country.

The company also offers special conditions for clubs, referees' associations, federations and organizing committees, including the customization of cases with logos, inscriptions or QR codes.

More information about the RWPaddle can be found on the *Printshapes* website or by emailing info@printshapes.it

Collaboration: Giovanni Molè.

** 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 do 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

Sunday 26 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
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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

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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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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