



HEEL & TOE Online

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

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***H&T Notice Board – Page 15**

-Season summary 2026
-Membership, Uniform & Race fees
-Racewalking for Disabled & Para athletes: *feedback requested*

****AVSL CALENDAR ANNOUNCED**

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

Last Saturday, **Jonathan Ho (VIC)** clearly found the return to the Club 2km course to his liking. Able to maintain rhythm and employ the condition he's worked on over the longer stretches, Jonathan made good use of the opportunity to improve his 8km time, ripping 1:27 from his previous best to clock **44:13**. He will have another chance to reduce it further in two weeks' time, and we may see him tackle either the 1 hour or 2 hour track race at Mentone the week after that. (He already has a 2-hour result to his credit.)

Jonathan's ability to lap in consistent splits was evident in the recent 5X2km intervals race in which he had the smallest time variation. He applied this asset effectively on Saturday. Add to this a turn of speed he has developed through racing over shorter distances lately, and the extent of his latest improvement is not surprising. Well done, Jonathan!



***Honourable mention:**

- **Amity Cowling (SA)** – a big improvement over 2km in the SARWC races on Saturday, breaking 12:00 with a 48sec PB ... just in time for Ballarat.



CLUB NEWS and RESULTS

***2026 VRWC ACTUAL TIMES & HANDICAPS COMPETITIONS – Final points**

The final points are in, the tables completed and the 2026 trophy and certificate winners identified.

Listed below are the first 5 finishers in each age group for both categories, along with their total season points following last Saturday's races. To see the full final points tallies for all athletes, go to the **Points competitions** page at <https://www.vrwc.org.au/vrwcpointscmps.shtml>

Keep **Sunday 13 September** in your diaries for our Winter presentations, which will take place after our final winter event, the Relay race, and a BBQ lunch.

Once again, well done to **Mark Donahoo** on yet another mammoth job of setting up, overseeing and finalising our Club Handicap and Time points competitions for 2026. Mark's job, of course, isn't done yet, as he will now set the Relay race teams on the basis of times registered by all entrants during the season. **Don't forget that 29 August deadline for Relay entries!** Enter as early as possible to give Mark the best chance at setting up competitive teams.

Congratulations to all walkers who placed in the two competitions, and to those who finished outside the top three but supported the Club's winter program to the extent they were able.

ACTUAL TIMES - Female			ACTUAL TIMES - Male		
Age group	Name	Points	Age group	Name	Points
MASTERS 40+	Michelle Horne	32	MASTERS 40+	Shaun Lewis	35
MASTERS 40+	Erin Reid	19	MASTERS 40+	Gleb Belov	1
MASTERS 40+	Anna Wallace	14			
MASTERS 40+	Sarah Bevin	13	MASTERS 60+	Terry O'Neill	31
MASTERS 40+	Sylvia Ivanova	10	MASTERS 60+	Kevin Cassidy	20
			MASTERS 60+	Colin Heywood	11
MASTERS 60+	Karyn O'Neill	32	MASTERS 60+	Simon Evans	8
MASTERS 60+	Donna-Marie Elms	31	MASTERS 60+	Kennedy	7
MASTERS 60+	Carolyn Rosenbrock	29			
MASTERS 60+	Heather Carr	18	Open	Jonathan Ho	40
MASTERS 60+	Merilyn Reynolds	14	Open	Jordan Galbraith	25
			Open	Alejandro Stephens	13
Open	Grace Louey	26			
Open	Emilie Garside	21	U10	Ryder Reid	33
Open	Jia Wen Heng	14	U10	Bowie Clarke	26
Open	Jade Chitty	5	U10	Tex Reid	18
			U10	Jaxon Connell	17
U10	Summer Patten	29	U10	Louis Cai	8
U10	Abigail Verity	23			
U10	Daisy Hooper	21	U12	Fletcher Reid	38
U10	Cory Lewis	20	U12	Fletcher Walters	31
U10	Holli Burrell	14			
			U16	Angus Shuttleworth	15
U12	Aria Di Benedetto	31			
U12	Georgia Walters	25	U18	Arthur Robinson	30
U12	Ava Pravednikov	19			
U12	Nashe Chengeta	16	U20	Marcus Wakim	5
U12	Abby Fowler	14			
U14	Erlyn Singh	32			
U14	Ella Harris	26			
U14	Caitlyn Shipham	24			
U14	Addison Frenken	23			
U14	Kobe Lewis	21			
U16	Mya McClure	25			
U16	Havana Ali	18			
U16	Matilda Read	5			
U16	Ela Uzun	5			
U18	Mietta Morgan	9			
U18	Aangi Shah	9			
U20	Emily Smith	32			
U20	Ariana Pashutina	5			

HANDICAPS - Female			HANDICAPS - Male		
Age group	Name	Points	Age group	Name	Points
MASTERS 40+	Michelle Horne	29	MASTERS 40+	Shaun Lewis	40
MASTERS 40+	Erin Reid	28	MASTERS 40+	Gleb Belov	1
MASTERS 40+	Anna Wallace	26			
MASTERS 40+	Sarah Bevin	21	MASTERS 60+	Terry O'Neill	30
MASTERS 40+	Sylvia Ivanova	16	MASTERS 60+	Kevin Cassidy	25
			MASTERS 60+	Colin Heywood	12
MASTERS 60+	Donna-Marie Elms	36	MASTERS 60+	Simon Evans	7
MASTERS 60+	Karyn O'Neill	29	MASTERS 60+	Gerard Feain	5
MASTERS 60+	Heather Carr	27			
MASTERS 60+	Merilyn Reynolds	26	Open	Jonathan Ho	43
MASTERS 60+	Gwen Steed	20	Open	Jordan Galbraith	21
			Open	Alejandro Stephens	10
Open	Emilie Garside	34			

Open	Grace Louey	29	U10	Bowie Clarke	36
Open	Jia Wen Heng	14	U10	Ryder Reid	25
Open	Jade Chitty	4	U10	Jaxon Connell	20
			U10	Tex Reid	17
			U10	Louis Cai	7
U10	Cory Lewis	32			
U10	Abigail Verity	32			
U10	Daisy Hooper	23	U12	Fletcher Reid	35
U10	Summer Patten	21	U12	Fletcher Walters	31
U10	Holli Burrell	18			
			U16	Angus Shuttleworth	15
U12	Aria di Benedetto	35			
U12	Ava Pravednikov	34	U18	Arthur Robinson	45
U12	Abby Fowler	20			
U12	Georgia Walters	20	U20	Marcus Wakim	4
U12	Nashe Chengeta	19			
U14	Kobe Lewis	39			
U14	Ella Harris	33			
U14	Caitlyn Shipham	27			
U14	Erlyn Singh	26			
U14	Addison Frenken	19			
U16	Mya McClure	22			
U16	Havana Ali	18			
U16	Ela Uzun	5			
U16	Matilda Read	2			
U18	Aangi Shah	21			
U18	Mietta Morgan	7			
U20	Emily Smith	42			
U20	Ariana Pashutina	5			

****This weekend:***

Nothing at Middle Park this weekend except the clicking of bowling balls. The walking action will be in Ballarat on Sunday as the country's juniors meet to contest the *AA Junior Road walk championships*. We wish all our young Victorian walkers the best of luck against the best in the land.

If you have no other commitments, why not have a day out supporting the VRWC's youngsters (U12 and up), followed by an afternoon seeing the sights around the historic city?



***Community Officials: Race Walking Workshop**
Saturday 29 August, 9am – 1pm

In the **Community Officials: Race Walking Workshop**, participants will learn about race walking events and the judging process across multiple levels of the sport.

Attendees will have an opportunity to test their learnings by observing a Victorian Race Walking Club event, immediately following the education session.

To facilitate the workshop, we are pleased to welcome back to Victoria, fresh off her appointments at the Commonwealth Games and World U20 Championships, lead international race walking judge Zoe Eastwood-Bryson.

Location: Middle Park Bowls Club

Duration: 9.00am – 1.00pm

Cost: There is no cost to participate in a Community Officials program

Registrations Close: Wednesday 26 August at 11.59am

Important: All applicants will be emailed a PDF receipt upon completion of the registration, for your records.

Additional information will be distributed via email to registrants in the days leading up to the program.

Registration link: <https://events.mygameday.app/event/2627racewalkingworkshop>

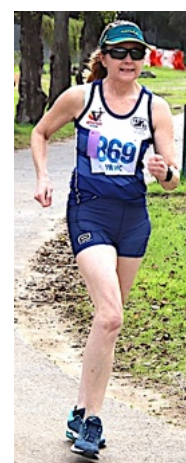
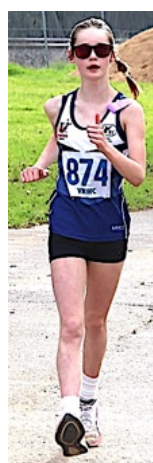
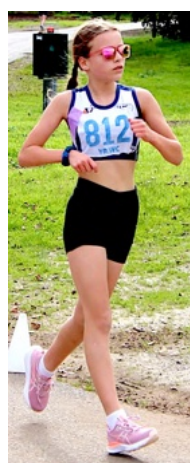
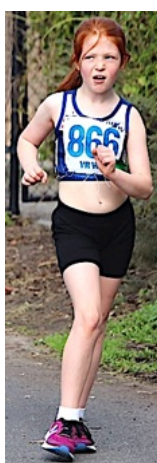
VRWC Club points results, August 15 – Middle Park

The LAVic State Cross Country championships put a dent in our numbers on Saturday, with the travel (long) and recovery (short) time keeping many from coming down for the final Points day. Nevertheless, the 29 walkers who showed up had glowing sunshine and (wait for it) no wind in which to vie for those extra time and handicap points. The opportunity to use the 2km course for only the second time this year was too hard to pass up and was appreciated by those doing the longer ones.



Finally we get to do the 2k course!

Improvement was still much in evidence, with eight PBs recorded. Of these **Jonathan Ho** walloped his 8km best, taking nearly 1:30 off his time for **44:13**. The **Lewis** girls went home with a new PB and a handicap win each, while Ella Harris needed a PB of her own to hold off the speed challenge of **Aria di Benedetto**. We were pleased to see that **Abigail Verity** has come back strongly from her injured foot, breaking the 6:00 barrier for 1km for the first time.



8km Open

1 Jonathan Ho	Op	44:13	PB 1:27
.. Colin Heywood	M60+	DNF	

4km Open

1 Arthur Robinson	U18	26:39	
1 Emily Smith	U20	21:58	
2 Grace Louey	Op	22:29	
3 Michelle Horne	M40+	23:38	
4 Kobe Lewis	U14	24:27	PB 0:04

1km Open

1 Summer Patten	U10	5:54	
2 Abigail Verity	U10	5:55	PB 0:09
3 Emilie Garside	Op	5:58	
4 Cory Lewis	U10	6:01	PB 0:10

6km Open

1 Angus Shuttleworth	U16	29:44	PB 0:07
2 Gerard Feain	M60+	43:43	
1 Mya McClure	U16	31:47	First 6km
2 Carolyn Rosenbrock	M60+	37:35	
3 Donna-Marie Elms	M60+	41:50	
4 Karyn O'Neill	M60+	43:43	

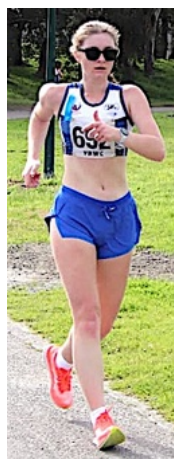
2km Open

1 Oliver Crowl	U12	10:19	
1 Ella Harris	U14	10:27	PB 0:08
2 Aria Di Benedetto	U12	10:35	PB 0:02
3 Kylie Irshad	M40+	12:41	
4 Harper O'Toole	U12	12:49	
5 Anna Wallace	M40+	14:01	

5 Abby Fowler	U12	6:29	6 Marilyn Reynolds	M60+	14:43
6 Ava Pravednikov	U12	6:30 PB 0:03	7 Savannah Brooks	U10	16:12 First 2km
7 Heather Carr	M60+	6:50			
8 Eden Patten	U10	8:28			

***Handicaps**

Name	M/F	A Gr	H. Pl					
Anna Wallace	F	M40+	1	Aria Di Benedetto	F	U12	1	
Michelle Horne	F	M40+	2	Ava Pravednikov	F	U12	2	
Kylie Irshad	F	M40+	NPT	Harper O'Toole	F	U12	3	
Karyn O'Neill	F	M60+	1	Abby Fowler	F	U12	4	
Marilyn Reynolds	F	M60+	2	Kobe Lewis	F	U14	1	
Donna-Marie Elms	F	M60+	3	Ella Harris	F	U14	2	
Carolyn Rosenbrock	F	M60+	4	Mya McClure	F	U16	1	
Heather Carr	F	M60+	5	Emily Smith	F	U20	1	
Emilie Garside	F	Op	1	Gerard Feain	M	M60+	1	
Grace Louey	F	Op	2	Jonathan Ho	M	Op	1	
Cory Lewis	F	U10	1	Angus Shuttleworth	M	U16	1	
Abigail Verity	F	U10	1	Arthur Robinson	M	U18	1	
Summer Patten	F	U10	3					
Savannah Brooks	F	U10	4					
Eden Patten	F	U10	5					



***Action models:**

Gerard, Abigail, Colin, Grace, Aria, Arthur, Oliver, Harper, Marilyn, Arthur, Karyn, Ella, Eden.

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

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

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo
Timekeeper	Ian Laurie, Jackie Fowler
Recorders	Duncan Knox, John Lyons, Melinda Di Benedetto,
Judges:	Bec Lewis (Chief), Di Lowden, Gordon Loughnan, Kathleen Marsh, Terry O' Neill, Stu Cooper, Brenda Felton
Set up, Pack up:	Duncan Knox, Stu Cooper, Ian Laurie, Karyn O'Neill, Gerard Feain, Bill Carr
Photos	Therese Smith (https://www.facebook.com/media/set/?set=oa.1679049923593265&type=3)
Canteen	Donna Marie Elms
Walkers:	29

VICTORIA - METRO & REGIONAL



AVSL – News, results

**AVSL 2026-27 CALENDAR ANNOUNCED

This season of AVSL will be 10 rounds of competition with the club finishing on top of the ladder after 10 rounds taking home the AVSL Shield for their division. This brings AVSL Competition in line with our XCR Competition with participation throughout the full season key to taking home the silverware!

Rd.	Date	Venues	Home Zone Venue Priority Entries Open	All AV Athlete Entries Open	Entry Closing
1	Sat 17th October	TBC	5pm Wed 7th Oct	12pm (Midday) Fri 9th Oct	12pm (Midday) Wed 14th Oct
2	Sat 24th October	TBC	5pm Wed 14th Oct	12pm (Midday) Fri 16th Oct	12pm (Midday) Wed 21st Oct
3	Sat 31st October	TBC	5pm Wed 21st Oct	12pm (Midday) Fri 23rd Oct	12pm (Midday) Wed 28th Oct
4	Sat 7th November	TBC	5pm Wed 28th Oct	12pm (Midday) Fri 30th Oct	12pm (Midday) Wed 4th Nov
5	Sat 14th November	TBC	5pm Wed 14th Oct	12pm (Midday) Fri 16th Oct	12pm (Midday) Wed 11th Nov
6	Sat 21st November	TBC	5pm Wed 14th Oct	12pm (Midday) Fri 16th Oct	12pm (Midday) Wed 18th Nov
7	Sat 28th November	TBC	5pm Wed 14th Oct	12pm (Midday) Fri 16th Oct	12pm (Midday) Wed 25th Nov
8	Sat 9th Jan	TBC	5pm Wed 30th Dec	12pm (Midday) Fri 1st Jan	12pm (Midday) Wed 6th Jan
9	Sat 16th Jan	TBC	5pm Wed 6th Jan	12pm (Midday) Fri 8th Jan	12pm (Midday) Wed 13th Oct
10	Sat 6th Feb	TBC	5pm Wed 27th Jan	12pm (Midday) Fri 29th Jan	12pm (Midday) Wed 3rd Feb



VIC. MASTERS NEWS

VMA 30+ Winter Teams Challenge

Report by Paul Moritz

The Victorian Masters' winter Teams Challenge were held on Sunday 16 August at the picturesque Tom Kelly track in Doncaster, and incorporated two walk events, 800 m and 1600 m. Conditions were near perfect, with temperatures in the mid-teens, a sunny sky and no breeze. Competitors from Mentone were prominent, both in numbers and their bright yellow tops. A good range of other VMA Venues, and age groups, were also represented in the walks.

Donna-Marie Elms had a great day, blitzing the field in the 800 m (as one observer put it), and finishing third behind **Kevin Cassidy** and **Pramesh Prasad** in the 1600m. Another highlight was female competitors taking out the top four positions in the 800 m event. **Chris Worsnop** also deserves a special mention. He warmed up for the 1600 m Walk by completing the 1 mile run event minutes before the walk started. Luckily for him, there was another runner behind him in the mile, which gave him a bit more time to prepare for the walk. He finished off the day with a run in the 3000 m event about 45 minutes later, as did Pramesh Prasad.

Full results for the walk events are given below.

800 m Walk

1	Donna-Marie Elms (F65)	(Mentone)	4:33.29
2	Emilie Garside (F30)	(Knox)	4:33.93
3	Laura McLennan (F50)	(Doncaster)	4:37.20
4	Kym Boekel (F50)	(Glen Eira/Glenhuntly)	5:09.32
5	Clyde Riddoch (M70)	(Waverley)	5:38.71
6	Gwen Steed (F80)	(Mentone)	5:51.56
7	George Rose (M60)	(Doncaster)	7:05.81
8	Brian Greaves (M90)	(Collingwood)	7:19.52

1600m Walk

Kevin Cassidy (M65)	(Mentone)	8:21.86
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Pramesh Prasad (M50)	<i>(Casey Cardinia)</i>	8:50.00
Donna-Marie Elms(F65)	<i>(Mentone)</i>	10:01.78
Laura McLennan (F50)	<i>(Doncaster)</i>	10:11.32
John Nottle (M75)	<i>(Mentone)</i>	10:25.85
Paul Moritz (M65)	<i>(Croydon)</i>	11:10.20
Gwen Steed (F80)	<i>(Mentone)</i>	11:52.56
Clyde Riddoch (M70)	<i>(Waverley)</i>	11:54.39
Chris Worsnop M65	<i>(East Burwood)</i>	13:13.45



AROUND THE COUNTRY



***Australian Junior Road walk Championships, Sunday 23 August - Ballarat**

For the second successive year, the country's racewalking youth will gather at Victoria Park in Ballarat for the Australian road championships. The program promises a showcase of the best young talent whose credentials are already reflected in earlier results, as well as close contests, PBs galore and – most likely – some surprises.

The morning kicks off with the **Under 20 10km**. Hardened by two blowtorch international races this year, **Zoe Woods** looks certain to retain her 2025 title with **Milly Sharpe** and **Angelina Legrand** resuming their rivalry from the recent QLD road championships. Sharpe went sub-50:00 for the first time in March and looks the better bet for silver here.

The Men's race looks a cert for **Joel Byatt** who is now knocking on the door of sub-43:00. **Riley Coughlan** could throw out a challenge, depending on how well he has slotted back into walking after a winter off playing footy. **Cooper Rech** and **Dylan Allabush** are on a par times-wise and each could drag the other to their first sub-50min result.

10km U20 – 9.00am	Bib	State		Bib	State
Zoe Woods	95	NSW	Dylan Allabush	2	NSW
Milly Sharpe	82	QLD	Joel Byatt	13	NSW
Angelina Legrand	54	SA	Cooper Rech	75	SA
Kaytee Bogaers	10	WA	Riley Coughlan	24	VIC

On times, nobody in the women's **U18 5km field** approaches thrice-international **Sophie Polkinghorne** who will appreciate the much cooler conditions of Ballarat after Eugene's furnace. However, **Matilda Read** has four 24min-plus results to her credit this year and is set to go under the barrier here; Polkinghorne knows not to take her lightly. Barring a huge PB effort from elsewhere, **Olivia Boulton** looks the likely bronze medallist.

Noah Cooke posted a sub-23 at the weekend and should prevail over team mate **Koby Irvine** for the gold in the Men's race.

5km U18 – 9.55am					
Sophie Polkinghorne	70	NSW	Christopher Nilon	66	NSW
Eliza Kelly	52	QLD	Koby Irvine	48	QLD
Olivia Boulton	11	QLD	Noah Cooke	23	QLD
Matilda Rech	76	SA			
Eva Parker	68	TAS			
Aangi Shah	81	VIC			
Matilda Read	73	VIC			
Mietta Morgan	65	VIC			

The **U16 5km** fields are where the speed is at. With the U16s and U18s racing together, **Ela Uzun** and **Angus Shuttleworth** will provide the spur for both age groups, and a slew of PBs could eventuate. Uzun, the defending champion and Australian record holder, needs only the cards to fall her way to win. **Mya McClure** and **MiaRose Everson** look best placed to fill the podium, although the ever-improving **Isabella Welch** could surprise as could the tenacious **Havana Ali**.

The men's race should see **Sagan Jones** and **Leo Ramsay** take the minor medals behind Shuttleworth.

5km U16 – 9.55am					
MiaRose Everson	33	NSW	Julian Ciano	17	NSW
Isabella Welch	93	QLD	Mathias Hutchens	47	NSW
Katie Fenna	35	SA	Michael Mathison	59	NSW
Addison Frenken	37	VIC	Sagan Jones	51	NSW
Caitlyn Shipham	83	VIC	Vinal Liyanage	56	NSW

Ela Uzun	90	VIC	Leo Ramsay	72	QLD
Havana Ali	1	VIC	Angus Shuttleworth	84	VIC
Mya McClure	60	VIC	Fiete Diers	31	VIC
Chloe Bevis	8	WA	Tate McQueen	61	VIC

A huge field of 20 girls and 8 boys will tackle the **U14 3km**. The girl's race could soon resolve itself into a duel between **Avia Luketic** and **Taylor Chapman**, the only entrants with sub-14:00s to their credit. Luketic is back to defend her 2025 crown and it will take something special from Chapman to stop her. **LilyEve Everson** is clearly ahead of the rest – many of whom have stepped up from U12 this year – and should take the bronze unless serious challenges come from the likes of **Alaska Bremner** or **Stella Wade**.

Nate Appleyard took the boys' title by over a minute last year and nobody has come close to denting his dominance since. **Hayden Robertson** and **Oliver Crowl** are next best on times and should make up the podium, with **Logan Allison** a roughie.

3km U14 – 10.30am

Clare Rice	78	ACT	Nate Appleyard	5	NSW
Addison Jenkins	49	NSW	William Pratt	71	NSW
Avia Luketic	57	NSW	Hayden Robertson	79	QLD
Beth Cochrane	19	NSW	Samuel Hucker	46	TAS
Isla Banks	6	NSW	Blair Hosking	43	VIC
LilyEve Everson	32	NSW	Jack Greyling	39	VIC
Stella Wade	92	NSW	Logan Allison	4	VIC
Izzy Blackburn	9	QLD	Oliver Crowl	28	VIC
Jessica Gorham	38	QLD			
Taylor Chapman	14	QLD			
Amaya Cowling	25	SA			
Hayley Fenna	34	SA			
Alexandra Summers	88	TAS			
Abby Fowler	36	VIC			
Alaska Bremner	12	VIC			
Ella Harris	40	VIC			
Erlyn Singh	85	VIC			
Harper de Sachau	29	VIC			
Harper O'Toole	67	VIC			
Kobe Lewis	55	VIC			
Pippa Read	74	VIC			

It'll be 'give-no-quarter' at the start of the **U12 2km** as the 29 competitors surge away in the last event of the morning. In the girls' field **Kayley Henderson-Mason** looks to have a slight edge over **Aria di Benedetto** and **Anouk Morgan**, although **Pippa Coleman** may well have a say in the placings.

Last year, Hayden Robertson (now U14), **Eric Colgan** and **Fletcher Reid** took the boys' medals. This time, Colgan and Reid – who've both gone well under 10:00 this year with only 10 secs separating them – are expected to duke it out for the gold. **Patrick Yeldham** and **Bowie Clarke** are most likely on times to contest bronze.

2km U12 – 10.55am

Lucilla Cribbin	27	NSW	Eric Colgan	21	NSW
Piper Marshall	58	NSW	Huxley Jones	50	NSW
Lilli Chu	16	QLD	Patrick Yeldham	96	NSW
Amity Cowling	26	SA	Austin Hucker	45	TAS
Lyanna Summers	89	TAS	Bowie Clarke	18	VIC
Abigail Verity	91	VIC	Felix Skurka	86	VIC
Anouk Morgan	64	VIC	Fletcher Reid	77	VIC
Aria di Benedetto	30	VIC	Jaxon Connell	22	VIC
Emily Allan	3	VIC	Lewis Hosking	44	VIC
Nashe Chengeta	15	VIC	William Millar	63	VIC
Payton Welsh	94	VIC			
Pippa Coleman	20	VIC			
Shaylee Barker	7	VIC			
Sophie Menz	62	VIC			
Anna Russell	80	WA			
Carly Hood	42	WA			
Kayley Henderson-Mason	41	WA			
Mackenzie Parsons	69	WA			
Ruby Kilworth	53	WA			

QUEENSLAND**QRWC Handicap #10 results, 16 August – Capalaba**

Thanks to **Noela McKinven** for these results:

15km A Grade Men

1 Ignacio Jimenez 1:21:11 sb
2 Peter Bennett 1:39:32 sb

10km A Grade Women

1 Eliza Kelly 57:51 sb
2 Joy Dale 1:21:26 sb
3 Noela McKinven 1:34:28

8km B Grade Men

1 Leo Ramsay 55:35:00

8km B Grade Women

1 Trish Hibbs 51:49 sb

5km C Grade Men

1 Noah Cooke 22:54 sb

3km D Grade Women

1 Violet Conway 17:58 sb
2 Lilli Chu 18:14 sb

3km D Grade Men

1 Yoshua Lee 21:53

1km F Grade Women

1 Mikayla Lee 6:04 sb

2km E Grade Men

1 Caleb Lee 10:19

SOUTH AUSTRALIA**SARWC & SAMA Half-marathon results, 8/9 August – South Parklands**

Cooper Rech reports that they had overcast but otherwise pleasant conditions in Adelaide for the 9 walkers this week, largely made up of their juniors. However, PBs weren't lacking, with 5 being achieved. Once again, **Amity** and **Amaya Cowling** set large PBs, with Amity going under 12 minutes for 2km and Amaya under 21:00 for 3km. **Harper Di Cicco** also took almost 30 seconds off her 1.5km PB to walk 8:28.

12km

Cooper Rech 1:04:12
Peter Crump 1:22:45

3km

Amaya Cowling 20:59 PB 0:23
Anthony Crabb 22:53 PB

2km

Saxon King 11:02 PB 0:12
Amity Cowling 11:51 PB 0:48
Robert Crabb 16:36

1.5km

Harper Di Cicco 8:28 PB 0:27
Martin Crabb 15:40

TASMANIA**TRWC results, 16 August – Kingston Park**

David Moore reports that the TRWC had fine conditions for their walks at Kingston Park on Sunday morning with **Sam Leitch** achieving a PB for 3km.

1km

1 Charlotte Dix ESAC 6:10
2 Grace Hennessey Kingston LA 7:33
3 Dot Sussmilch Leitch ESAC 7:58

2km

1 Sam Hucker OVA 14:47
2 Austin Hucker Huonville LA 15:33
3 Elizabeth Leitch TMA 15:41
4 Sara Leitch TMA 20:16
5 Dave Moore TMA 20:16

3km

Sam Leitch TMA 20:49 **PB**

5km

1 Wayne Fletcher NS 50:44



INTERNATIONAL NEWS

GREAT BRITAIN: European Athletics Championships, 15 August – Birmingham

Double gold to Spain in European Half marathon

by Nicola Maggio (reprinted from *Marcia dal Mondo* – 15 August)

For the first time ever, the European Athletics Championships came to Great Britain. Europe's biggest stars competed at the Birmingham 2026 European Athletics Championships. Race Walk events took place outside the stadium and all four events were scheduled in the morning of Day 6, Saturday August 15 at 7:30.

This was likely to be a small additional complication for the judges, who had to judge a group of 109 athletes (57 men and 52 women), of whom 58 (27 men and 31 women) competed in the half-marathon walk and 51 (30 men and 21 women) in the marathon walk. We believe that judging two technical events, which according to the Rules require very specific characteristics, combined with a mix of short-distance (and therefore faster) and long-distance (and therefore more endurance) athletes, would severely test the experience and skill of the walking jury. We wished them all the best in their work.

The jury was composed of:

Mara Baleani (ITA) – Chief Judge; Martin Skarba (SVK) – Judge; Guillermo Sandino Leira (ESP) – Judge; Jenny Lahtinen (FIN) – Judge; Miloslav Lapka (CZE) – Judge; Petar Peev (BUL) – Judge; Kristina Saltanovic (LTU) – Judge

The course (a mix of lapped and out-and-back) was the following: start at Bennet Hill, Colemore Row, turning point at the height of the Birmingham Cathedral, back in Colemore Row, Victoria Square, Waterloo Street, arrival in Victoria Square. The course was not completely flat with the following elevation: the lowest point is between 400-500m (134m sea level), the highest point is at 780m (145m sea level).



Half Marathon Race Walk – Men

The athletes with the best accreditation times immediately go to the front to set the pace. The passage to the 5km mark is as follows: **Francesco Fortunato** (ITA – 20:31), **Mazlum Demir** (TUR – 20:32) together with **Leo Kopp** (GER), **Maher Ben Hilma** (POL), **Salih Kormaz** (TUR), **Paul Mc Grath** (ESP), **Mikola Rushchak** (UKR), **Alvaro Lopez** (ESP) and **Andrea Cosi** (ITA).

At 10km (split 40:44 – 20:13) the pack was always the same, except Demir and Ben Hilma. Leader is Mc Grath. At 13km McGrath forced the pace. He didn't know it yet, but this was the key point of the race that would lead him to victory.

At 15km McGrath led (59:57) on Fortunato (1:00:18 – +31") followed by **David Kenny** (IRL), Mikola Rushchak (UKR), Salih Korkmaz (TUR) and Andrea Cosi (ITA).

In last 6,097km we witnessed Fortunato and Cosi trying to catch up with McGrath. At 20km the situation was McGrath (1:19:13), Fortunato (1:19:29) Cosi (1:19:39), Rushchak (1:19:54).

Arrival order:

- 1.- Paul Mc Grath (ESP) in 1:23:23 (personal best)
- 2.- Francesco Fortunato (ITA) in 1:23:36
- 3.- Andrea Cosi (ITA) in 1:23:49 (personal best)

- 4.- Mikola Rushchak (UKR) in 1:24:12 (national record)
- 5.- Salih Kormaz (TUR) in 1:24:45 (personal best)
- 6.- David Kenny (IRL) in 1:24:49 (personal best)



*Spain's winners, Perez and McGrath, already dictating terms early in the Birmingham Half marathon
(Photos: Mark Easton)*

1.	Paul MCGRATH	07 MAR 2002	ESP	1:23:23
2.	Francesco FORTUNATO	13 DEC 1994	ITA	1:23:36
3.	Andrea COSI	30 APR 2001	ITA	1:23:49
4.	Mukola RUSHCHAK	30 OCT 2003	UKR	1:24:12
5.	Salih KORKMAZ	01 JAN 1997	TUR	1:24:45
6.	David KENNY	10 JAN 1999	IRL	1:24:49
7.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:25:25
8.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:25:41
9.	Maher BEN HLIMA	24 JUL 1989	POL	1:26:14
10.	Jerry JOKINEN	18 MAR 2002	FIN	1:26:33
11.	Oisín LANE	12 JUN 2002	IRL	1:27:09
12.	Albert KUKLA	13 JAN 2005	CZE	1:28:01
13.	Kilian LEBRETON	23 AUG 2000	FRA	1:28:22
14.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:29:07
15.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:29:14
16.	Joni HAVA	14 JUN 1999	FIN	1:29:25
17.	Georgios KRITOULIS	13 DEC 2004	GRE	1:29:39
18.	Frederick WEIGEL	08 MAY 2005	GER	1:30:04
19.	Eduardo CAMARATE	17 NOV 2006	POR	1:30:12
20.	Andreas PAPASTERGIOU	29 JUN 2003	GRE	1:30:59
21.	Hayrettin YILDIZ	04 MAY 2004	TUR	1:32:14
22.	Tiago RAMOS	05 JUN 2003	POR	1:32:28
23.	Roman HORBACHOV	17 APR 2006	UKR	1:33:44
24.	Konstantinos-Alex NTENTOPOULOS	01 MAY 1994	GRE	1:37:34
	João VIEIRA	20 FEB 1976	POR	DNF
	Mazlum DEMIR	19 DEC 2003	TUR	DNF
	Leo KÖPP	23 MAY 1998	GER	DQ

Half Marathon Race Walk – Women

After an eight-year wait, Spain's **Maria Pérez** won the second European title of her career in the inaugural half marathon race walk at the 2026 European Athletics Championships in Birmingham on Saturday (15) morning.

In summary:

- Maria Pérez wins her second European title after winning 20km gold in Berlin 2018
- Pérez establishes the first ever European and world records at the distance
- Spain sweeps the men's and women's half marathon race walk titles

And on her debut at the distance, Maria Pérez established not just the first ever European record at the distance but a world record of **1:30:06**, comfortably inside the target time of 1:30:30 established by World Athletics. The top four walkers were all inside the European record target time of 1:32:00 with Italy's **Alexandrina Mihai** and Ukraine's **Lyudmila Olyanovska** winning silver and bronze in 1:31:04 and 1:31:07 respectively. France's **Pauline Stey** just missed out on a medal in fourth in 1:31:12.

At 5km, the leading group, leading the race in 22:42, was composed of **Antonella Palmisano**, Perez (ESP), **Clemence Beretta** (FRA), **Antia Chamosa** (ESP), **Aldara Meilan** (ESP), and Lyudmila Olyanovska (UKR); followed by Alexandrina Mihai (ITA), and Pauline Stey (FRA). After 12km Perez forced the pace and gain meters on Palmisano and the others.

At 15km the situation was: Perez (1:04:45), Palmisano (1:05:22 +37"), Mihai (1:05:32 +47"), Olyanovska (1:05:33 + 48"); following were **Nicole Colombi** (ITA) and Clemence Beretta (FRA).

Palmisano suffered a slight crisis between the 15th and 16th km (1:19:45) and was reached at 16km by the couple Mihai and Olyanovska (1:19:43). Perez was always leading in 1:08:53.

In the last 6,095km Perez continued her leading race, Mihai finally broke away from Olyanovska and Stey caught and detached Palmisano.

Arrival order:

- 1.- Maria Perez (ESP) in 1:30:06 (World Record)
- 2.- Alexandrina Mihai (ITA) in 1:31:04 (personal best)
- 3.- Lyudmila Olyanovska (UKR) in 1:31:07 (National Record)
- 4.- Pauline Stey (FRA) in 1:31:12 (personal best)
- 5.- Antonella Palmisano (ITA) in 1:32:10 (personal best)
- 6.- Ana Delahaie (FRA) in 1:33:32 (personal best)

1.	María PÉREZ	29 APR 1996	ESP	1:30:06	WR*, AR*
2.	Alexandrina MIHAI	27 MAY 2003	ITA	1:31:04	
3.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:31:07	
4.	Pauline STEY	09 SEP 2001	FRA	1:31:12	
5.	Antonella PALMISANO	06 AUG 1991	ITA	1:32:10	
6.	Ana DELAHAIE	13 MAY 2004	FRA	1:33:32	
7.	Clémence BERETTA	22 DEC 1997	FRA	1:34:10	
8.	Mariia SAKHARUK	14 OCT 1995	UKR	1:34:28	
9.	Aldara MEILÁN	02 SEP 2006	ESP	1:34:53	
10.	Tiziana SPILLER	23 DEC 2003	HUN	1:35:32	
11.	Nicole COLOMBI	29 DEC 1995	ITA	1:35:36	
12.	Antia CHAMOSA	07 OCT 1999	ESP	1:35:57	
13.	Vitória OLIVEIRA	30 AUG 1992	POR	1:36:10	
14.	Meryem BEKMEZ	31 JUL 2000	TUR	1:36:10	
15.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	1:36:29	
16.	Michelle CANTÒ	14 JUL 2005	ITA	1:37:59	
17.	Mina STANKOVIĆ	23 JAN 2006	SRB	1:38:10	
18.	Eliška MARTÍNKOVÁ	27 JAN 2002	CZE	1:38:41	
19.	Hana ČERNÁ	03 NOV 2000	SVK	1:39:47	
20.	Magdalena ŻELAZNA	16 APR 2004	POL	1:40:08	
21.	Anastasia ANTONOPOULOU	27 OCT 2004	GRE	1:40:30	
22.	Theresia Emma MOHR	18 MAY 2006	AUT	1:40:59	
23.	Alexandra KOVÁCS	27 JAN 2006	HUN	1:41:45	
24.	Kader DOST	01 JAN 2000	TUR	1:42:29	
25.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	1:43:16	
26.	Emine CEYLAN	31 MAY 2004	TUR	1:43:25	
27.	Enni NURMI	04 JUL 1998	FIN	1:44:02	
28.	Alžběta FRANKLOVÁ	05 NOV 2005	CZE	1:44:47	
29.	Anniina KIVIMÄKI	03 MAR 1999	FIN	1:48:02	
30.	Modra LIEPIŅA	02 AUG 1985	LAT	1:48:58	
	Heta VEIKKOLA	23 MAY 2003	FIN	DNF	

Italy's turn: Fiorini and Stano take double gold in Marathon walks

by **Nicola Maggio** (reprinted from *Marcia dal Mondo* – 15 August)

Sofia Fiorini smashed the world record target time in the marathon race walk at the 2026 European Athletics Championships in Birmingham on Saturday (15) morning.

In summary:

- **Massimo Stano** and Sofia Fiorini establish an Italian double in Birmingham
- Fiorini smashes the world record target time in the women's marathon race walk
- Stano completes the set of major titles in the men's marathon race walk

In doing so, Stano finally completes the set of major titles having previously won 20km gold at the 2020 Olympics and 35km gold at the 2022 World Athletics Championships.



The key Marathon players, led by winner Stano.



Fiorini and Zdzieblo, gold and silver



Corbishley burns the torch for British walking

(Photos: Mark Easton)

Marathon race walk women

Sofia Fiorini and **Katarzyna Zdzieblo** walked shoulder to shoulder from early meters until 25km (1:57:01) were they were followed by **Raquel Gonzalez** (1:58:18) and the other Italian **Eleonora Giorgi** (1:58:28) in front of **Antigoni Ntrismpioti** (1:58:46).

The situation changed at the thirtieth kilometer when Fiorini (2:20:04) decided to change pace to open up a huge gap on her rivals. Zdzieblo is second in (2:20:13). From now on, the remaining 42.195km will be a triumphal walk for the young Italian athlete. At 33km Fiorini leads (2:33:43), Zdzieblo is second (2:34:14), followed by González and Ntrismpioti. At 35km Fiorini leads (2:42:41), Zdzieblo always second (2:43:43)

Fiorini stopped the clock at **3:15:11** to easily surpass the world record target time of 3:17:00 was set by World Athletics in 2025.

Fiorini's winning time was almost 10 minutes faster than the previous fastest ever time for this newly-established discipline, bettering Paula Milena Torres' mark of 3:24:37 set at the World Athletics Race Walking Team Championships in April.

In fact, the top four finishers were all inside this time. Poland's Katarzyna Zdzieblo and Spain's Raquel González were second and third in 3:19:50 and 3:20:49 respectively with Greece's Antigoni Ntrismpioti, who swept to a 20km/35km race walk double in Munich 2022, fourth in 3:22:16. The young Tuscan surpassed the target performance of 3:17:00 required by World Athletics to establish the first official world record in the marathon walk.

Arrival order:

- 1.- Sofia Fiorini (ITA) in 3:15.11 (World/European/U23 record)
- 2.- Katarzyna Zdzieblo (POL) in 3:19:50 (National record)
- 3.- Raquel Gonzalez (ESP) in 3:20:49 (personal best)
- 4.- Antigoni Ntrismpioti (GRE) in 3:22:16 (personal best)
- 5.- Panagiota Tsinopoulou (GRE) in 3:25:14 (personal best)
- 6.- Hanna Shevchuk (UKR) in 3:26:02 (personal best)

"The marathon requires a bit of waiting, even though waiting isn't my talent, so I waited until the 28th kilometer," said the Italian new star. "Then I got the green signal from the Italian coaches that I could start having fun, and I did! I've been living in Milan for two years now, and that's where I found my true calling. This has been a season of building on the long distance, three marathons, each one more beautiful than the last, but soon I'll start thinking about the half marathon, which is on the program for the Los Angeles Olympics. My first thought? Of the people who, two months ago, when I said my goal for this race was to break the world record, thought I was crazy because at a European Championships you have to aim for position, but I'm stubborn."

1.	Sofia FIORINI	19 AUG 2004	ITA	3:15:11	WR*, AR*
2.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	3:19:50	
3.	Raquel GONZÁLEZ	16 NOV 1989	ESP	3:20:49	
4.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	3:22:16	
5.	Panagiota TSINOPOULOU	16 OCT 1990	GRE	3:25:14	
6.	Hanna SHEVCHUK	18 JUL 1996	UKR	3:26:02	
7.	Lucia REDONDO	03 AUG 2003	ESP	3:28:28	
8.	Camille MOUTARD	11 JUL 2001	FRA	3:31:56	
9.	Ada JUNGHANNß	04 NOV 2004	GER	3:40:37	
10.	Joana PONTES	22 MAR 2000	POR	3:41:36	
11.	Laura Monje MARTINEZ	02 JUL 2002	ESP	3:42:01	

12.	Anna ZDZIEBŁO	20 NOV 2001	POL	3:42:08
13.	Ayşe ASLAN	28 OCT 1999	TUR	3:43:29
14.	Kinga WALERIAŃCZYK	19 AUG 2002	POL	3:43:58
15.	Efstathia KOURKOUTSAKI	31 JAN 1998	GRE	3:51:36
16.	Esma ÖZTEKİN	01 APR 2005	TUR	4:04:59
	Bianca Maria DITTRICH	06 JUL 1993	GER	DNF
	Eleonora Anna GIORGI	14 SEP 1989	ITA	DNF
	Olga FIASKA	09 NOV 2001	GRE	DNF
	Federica CURIAZZI	14 AUG 1992	ITA	DNF

Marathon race walk men

It's a historic success for Stano: after winning the 20km Olympic gold in Tokyo in 2021 and the 35km World Championships gold in Eugene in 2022, he becomes the third Italian ever to complete the hat trick (Olympic, World, and European Championships).

From the start, **Bence Venyericsán (HUN)** took the lead and separated the rest of the chasing pack by about thirty seconds, but his advantage never exceeded a minute. Then, around the 30th kilometer, he was caught by **Miguel Angel Lopez (ESP)** (2:06:27), who overtook him and gained a few seconds' lead (2:06:31). Behind them were the two Italians **Riccardo Orsoni** (2:06:39) and **Massimo Stano** (2:06:40), with **Aurelien Quinon** (2:07:08) still close behind.

The decisive moment came at the 35th kilometer, when the Apulian champion took the lead and engaged in a duel with Hungary's Bence Venyericsán until the 38th kilometer. Venyericsán then received a third warning from the judges (a four-minute stoppage and sixth place at 3:01:18).

Spaniard Miguel Angel Lopez was nine seconds ahead, taking silver in 2:56:57, with Frenchman Aurélien Quinon taking bronze (2:59:29). Sweden's Perseus Karlstrom finished fourth (3:00:18), and fellow Italian Riccardo Orsoni fifth in 3:00:44.

Arrival order

- 1.- Massimo Stano (ITA) in 2:56.49 (European record)
- 2.- Miguel Angel Lopez (ESP) in 2:56:57 (personal best)
- 3.- Aurelien Quinon (FRA) in 2:59:29 (personal best)
- 4.- Perseus Karlstrom (SWE) in 3:00:18 (personal best)
- 5.- Riccardo Orsoni (ITA) in 3:00:44 (personal best)
- 6.- Bence Venyericsán (HUN) in 3:01:18

*"A victory to share with coach **Patrizio Parcesepe**, who continues to believe in me, and with all my staff," said the Italian athlete of the Fiamme Oro. "The more you win, the more the other Italians want to win, and this helps the race walk movement, but I'm happy overall with the entire Italian track and field team: there's no need to even talk among ourselves, the facts speak for themselves. To be honest, last night I didn't watch Gimbo Tambari's race because I needed to sleep, but when I woke up and saw he'd won gold, it gave me an incredible boost, just like in Tokyo. My wife was on the course with the kids, who are starting to understand what's going on, and they were giving me high fives... It was so beautiful!"*

1.	Massimo STANO	27 FEB 1992	ITA	2:56:49	AR*
2.	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	2:56:57	
3.	Aurélien QUINION	27 JAN 1993	FRA	2:59:29	
4.	Perseus KARLSTRÖM	02 MAY 1990	SWE	3:00:18	
5.	Riccardo ORSONI	20 JAN 2000	ITA	3:00:44	
6.	Bence VENYERCSÁN	08 JAN 1996	HUN	3:01:18	
7.	Daniel CHAMOSA	04 MAY 1997	ESP	3:02:32	
8.	Christopher LINKE	24 OCT 1988	GER	3:02:58	
9.	José Manuel PÉREZ	10 SEP 1999	ESP	3:03:50	
10.	Maryan ZAKALNYTSKYY	19 AUG 1994	UKR	3:04:38	
11.	Norbert TÓTH	07 OCT 2001	HUN	3:05:43	
12.	Serhii SVITLYCHNYI	13 JUL 1994	UKR	3:05:56	
13.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	3:07:09	
14.	Martin MADELINE-DEGY	07 MAR 2001	FRA	3:08:12	
15.	Johannes FRENZL	22 SEP 2001	GER	3:09:12	
16.	Máté HELEBRANDT	12 JAN 1989	HUN	3:09:22	
17.	Manuel BERMÚDEZ	12 DEC 1997	ESP	3:10:38	
18.	Michal MORVAY	19 AUG 1996	SVK	3:11:00	
19.	Cameron CORBISHLEY	31 MAR 1997	GBR	3:13:31	
20.	Jaromír MORÁVEK	22 MAR 2003	CZE	3:16:36	
21.	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	3:18:25	
22.	Ivan BANZERUK	09 FEB 1990	UKR	3:18:30	
23.	Michal DUDA	04 MAR 2004	SVK	3:20:04	
24.	Dominik ČERNÝ	01 NOV 1997	SVK	3:20:40	
25.	Ozan BAYRAM	18 SEP 2004	TUR	3:21:39	
26.	Georgios KELEPOURIS	22 JAN 1992	GRE	3:24:37	
27.	Andreas KARAGIANNIS	17 APR 2000	GRE	3:44:32	
	Andrea AGRUSTI	30 AUG 1995	ITA	DNF	
	Harun BILIR	15 DEC 2004	TUR	DNF	

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

- 16 Aug 2026 - **Does the European Championship Walk still make sense?**
This article, from the *Marcia dal Mondo* website with a foreword from Nicola Maggio, was written by **Claudio Licciardello**, Italian track & field coach. In it, Licciardello examines the organisation of the Birmingham European Championships walks and questions how well the athletes – and the sport – were served through having over 100 walkers start simultaneously in four races (Marathon and Half-marathon, men's and women's) within a 1km circuit, and how those arrangements reduced these elite contests to a peak-hour struggle to find all-too-fleeting space. Try to imagine it on our Club course at Middle Park, or even on the Aughtie Drive loop, and I think you'll soon grasp the points he makes.
<https://marciadalmondo.com/edit-news/2026/does-the-european-championship-walk-still-make-sense/>

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, August 18, 2026 - **Brendan Boyce says goodbye to high-level competition.**
<https://omarchador.blogspot.com/2026/08/brendan-boyce-diz-adeus-alta-competicao.html>
The Irish star swaps his racing shoes for ... well, not exactly a shillelagh, I guess. Here he gives his farewell message at his final race, the Robert Heffernan Mile.
- Monday, August 17, 2026 - **American University Games – Lima 2026 (results)**
<https://omarchador.blogspot.com/2026/08/jogos-americanos-universitarios-lima.html>
- Sunday, August 16, 2026 - **Massimo Stano and Sofia Fiorini are the European marathon race walk champions.**
<https://omarchador.blogspot.com/2026/08/massimo-stano-e-sofia-fiorini-sao-os.html>
- Saturday, August 15, 2026 - **Paul McGrath and María Pérez win half-marathon race walking events at the Birmingham European Championships.** <https://omarchador.blogspot.com/2026/08/paul-mcgrath-e-maria-perez-vencem-meias.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 **

RACEWALKING FOR DISABLED or PARA-ATHLETES

Does your Club or Association provide for this?

We are seeking information from racewalking clubs around Australia (and abroad) regarding any by-laws, policies, successful practices and examples of procedure they may have in place to cater for the walker living with a physical, vision or intellectual disability in any form.

In the interest of inclusiveness for all, we welcome feedback and suggestions as to how to provide worthwhile racewalking experiences for the disabled athlete. For example, if your club has a visual-impaired walker, how are competitions structured to enable them to compete safely and within the WA walking rules? Are support personnel or specific equipment required? What kind of provision is made for athletes with other disabilities?

If your club makes specific arrangements for disabled members but wishes not to be identified for the sake of privacy, please make that clear in your feedback. We are happy to use your anonymous contribution.

Please send your feedback to Stu at stuwalks@yahoo.com.au

** VRWC RACE FEES

Seasons ticket 12 months:

VRWC Club Races:

VRWC Championships:

Financial members: \$150.00 paid by the **end of May**.

Race fee: \$15.00.

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

AUGUST

Sunday 23rd August
Saturday 29th August

AA JUNIOR CHAMPIONSHIPS
VRWC non points race day

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 23 Aug 2026
Sat 5 Sep 2026

AA Junior Road walk Championships – Ballarat VIC
AV 5000m Teams & VMA Championships - Mentone

International Dates

22 Aug-3 Sep 2026
30 Oct-15 Nov 2026

World Masters Athletics Championships – Daegu, KOR
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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