



HEEL & TOE ONLINE

The official organ of the Victorian Race Walking Club
2026 Number 40
Tuesday 13 October 2026



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2026 NSW ALL SCHOOLS, SOPAC, SYDNEY, 26 – 29 SEPT 2026

The Australian Summer Season is now kicking off in most states, with the first results coming in.

The NSW Summer Season was the first cab off the rank with the All Schools Champs in Sydney a couple of weeks ago. The meet saw a good turnout of 44 walkers, with the standout performances coming from **Callum Martin** in the U16 3000m (just outside his PB with 12:05.75) and the U14 3000m winners **Nate Appleyard** (14:02.08) and **Avia Luketic** (14:29.86).

U20 5000 Walk Female

- | | |
|---------------|----------|
| 1. Grace Beck | 26:52.73 |
| 2. | |

U18 5000m Walk Female

- | | |
|--------------------|----------|
| 1. Maisie Mitchell | 27:41.55 |
| 2. Stella Pinches | 30:49.89 |
| 3. Caetlin Ashby | 33:59.84 |

U17 5000m Walk Female

- | | |
|----------------------|----------|
| 1. Ashleigh Farrugia | 35:25.61 |
|----------------------|----------|

U16 3000m Walk Female

- | | |
|--------------------|----------|
| 1. Miarose Everson | 15:18.39 |
| 2. Grace Delander | 16:26.51 |
| 3. Madeline Kot | 20:17.35 |
| Erin Cook | DQ |

U15 3000m Walk Female

- | | |
|---------------------|----------|
| 1. Audrey Russell | 15:10.47 |
| 2. Ashleigh Mansell | 15:17.20 |
| 3. Molly Miller | 16:16.97 |
| 4. Hannah Hewitt | 16:26.19 |
| 5. Ivy Murray | 17:48.34 |
| 6. Alyssa Head | 18:20.68 |
| 7. Niesha Whiteman | 19:29.87 |
| 8. Tamzin Watts | 21:44.70 |

U14 3000m Walk Female

- | | |
|-------------------|----------|
| 1. Avia Luketic | 14:29.86 |
| 2. Kira Ekers | 15:52.07 |
| 3. Isla Banks | 17:09.22 |
| 4. Mala Andrews | 18:29.99 |
| 5. Summer Immisch | 19:00.85 |
| 6. Grace Fleming | 19:08.61 |
| 7. Rose Goska | 19:46.13 |
| 8. Chloe Farrugia | 19:48.43 |

U20 5000 Walk Male

- | | |
|-------------------|----------|
| 1. Dylan Allabush | 24:26.95 |
|-------------------|----------|

U18 5000m Walk Male

- | | |
|----------------------|----------|
| 1. Christopher Nilon | 24:33.10 |
|----------------------|----------|

U17 5000m Walk Male

- | | |
|---------------------|----------|
| 1. Michael Mathison | 25:55.39 |
|---------------------|----------|

U16 3000m Walk Male

- | | |
|-----------------------|----------|
| 1. Callum Martin | 12:05.75 |
| 2. Noah Vella | 14:10.84 |
| 3. Sagan Jones | 15:25.92 |
| 4. Patrick Waddington | 16:53.43 |

U15 3000m Walk Male

- | | |
|----------------------|----------|
| 1. Vinal Liyanage | 15:10.30 |
| 2. Lincoln Moore | 15:30.64 |
| 3. Alexander Dennett | 16:11.75 |
| 4. Julian Ciano | 16:30.02 |
| 5. Mathias Hutchens | 17:14.97 |
| Anton Bolofer | DQ |

U14 3000m Walk Male

- | | |
|-------------------|----------|
| 1. Nate Appleyard | 14:02.08 |
| 2. Liam Meale | 14:59.22 |
| 3. Hugo Siciliano | 16:59.66 |
| 4. William Pratt | 17:20.43 |
| Joshua Waddington | DQ |
| Ethan Lally | DQ |

2026 QUEENSLAND ALL SCHOOLS T&F CHAMPIONSHIPS, QSAC, BRISBANE, 1-4 OCTOBER 2026

The Queensland summer season kicked off on the first weekend of October, with a good turnout of walkers. Standout performer was **Hayden Robertson**, who set a new U14 3000m walk meet record with his time of 14:42.25.

U18 5000m Walk Female

1. Boulton, Olivia	09	27:15.04
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U17 5000m Walk Female

1. Moore-Kirkland, Bethany	10	26:59.36
2. Kelly, Eliza	10	27:37.84

U17 5000m Walk Male

1. Cooke, Noah	10	22:41.16
2. Irvine, Koby	10	24:01.40

U16 3000m Walk Female

1. Bandidt, Mackenzie	11	17:11.40
Waterman, Kiara	11	DQ

U15 3000m Walk Female

1. Welch, Isabella	12	16:01.87
2. Hooper, Elspeth	12	16:35.37
3. Boyd, Violetta	12	17:35.05
Don, Charlotte	12	DQ

U15 3000m Walk Male

1. Ramsay, Leo	12	16:07.61
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U14 3000m Walk Female

1. Chisholm, Amelia	13	16:39.05
2. Frost, Zoe	14	17:14.49
3. Conway, Violet	13	18:09.97
4. Immisch, Summer	13	18:49.27

U14 3000m Walk Male

1. Robertson, Hayden	14	14:42.25
2. Miers, Lachlan	14	16:17.50
3. Lee, Caleb	13	DQ

ATHLETICS SA SUMMER SEASON LAUNCH, SA ATHLETICS STADIUM, ADELAIDE, SAT 10 OCTOBER

Thanks to Cooper Rech for the results from the first round of the South Australian Summer Season. He comments:

*Impressive results across the board, with a particularly impressive result from **Jessica Clelland**, taking 1:04 off her PB. **Harper Winterford** also stepped up to the 3km for the first time, recording a speedy debut time.*

3000m Walk

1. Liam Freundt	SAL	U/18	13:02.25	PB 0:33
2. Cooper Rech	SAC	Open	13:40.31	
3. Jack White T/F20	EH	Open	16:37.59	PB 0:17
4. Peter Crump	SAIN	O/35	19:07.79	
5. Orlando Grantham	SAIN	U/16	19:14.78	
6. Zachery Freundt	SAL	U/16	19:21.89	
7. Alex McEwan	TTG	O/35	22:49.18	
1. Jessica Clelland	SAL	U/18	17:37.23	PB 1:04
2. Harper Winterford	PEM	U/14	18:36.05	First time
3. Matilda Rech	SAC	U/18	18:45.69	
4. Kate Hamlyn	PEM	U/14	18:46.45	

TRELOAR SHIELD ROUND 1, SOPAC, SYDNEY, SATURDAY 10 OCTOBER

Last Saturday saw Round 1 of the Treloar Shield in Sydney. The walks results showcase the depth of NSW walking, with a total of 65 competitors in attendance. Options included 5000m, 3000m and 1500m. Fastest times went to **Christopher Nilon** (5000m 24:38.91), **Avia Luketic** (3000m 14:07.79) and **Vinal Liyanage** (1500m 6:58.10).

5000m Walk Open

1. Christopher Nilon	24:38.91
2. Michael Mathison	24:58.61
3. Alexander Sinnett	25:41.44

3000m Walk U15

1. Eric Colgan	14:17.11
2. Darcy Dennis	14:20.98
3. Oliver Masik	15:18.04

4.	Sagan Jones	26:52.74
5.	Aidan Pospischil	31:14.53
1.	Zoe Woods	25:03.62
2.	Miarose Everson	26:56.79
3.	Grace Delander	27:20.08
4.	Molly Miller	27:23.12
5.	Audrey Russell	29:35.03
	Ashleigh Farrugia	DNF

1500m Walk U13

1.	Jaiden Chahal	8:21.06
2.	Carsen Luketic	8:21.78
3.	Elijah Manalili	8:24.99
4.	Levi Thomas	8:36.60
	Adam Faithfull	DQ
	Ivri Sat	DQ
	Alex Ciano	DQ

1.	Piper Marshall	7:50.28
2.	Bailey Lathlean	7:51.26
3.	Olivia Coutts	7:52.61
4.	Melody Latta	8:04.05
5.	Laura Head	8:17.83
6.	Isabelle Masik	8:47.62
7.	Elizabeth Tricia Derbyshire	9:28.09
8.	Nasrin Hewitt	10:07.59
9.	Phoebe De Carvalho	10:27.56
10.	Josephine Cunningham	10:49.81
	Catherine Faithfull	DQ

1500m Walk U15

1.	Hugo Siciliano	8:19.93
2.	Ethan Carlton	10:58.54

1.	Grace Fleming	9:10.95
2.	Ivy Allen	9:37.62
3.	Pippa Wang	9:43.83
4.	Chelsea Sharpe	9:48.24
5.	Olivia Baxter	10:52.55

1500m Walk U18

1.	Vinal Liyanage	6:58.10
1.	Hannah Hewitt	7:36.74
2.	Grace Carlton	13:33.95

1500m Walk Open

1.	Paul Faithfull	DQ
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4.	Harrison Bouquet	15:19.26
5.	Rhys Straub	16:00.46
6.	Hamish Lane	17:16.64

1.	Avia Luketic	14:07.79
2.	Lilyeve Everson	15:46.94
3.	Kira Ekers	16:02.17
4.	Beth Cochrane	16:22.59
5.	Veronica Dennett	17:36.77
6.	Antonia Powter	17:55.52
7.	Chloe Farrugia	20:28.11
8.	Maxwell Verney	21:13.22
	Emma Oliveira	DQ
	Carly Veasey	DQ

3000m Walk U18

1.	Noah Vella	14:10.43
2.	Julian Ciano	15:48.85
3.	Alexander Dennett	16:05.33

1.	Ashleigh Mansell	14:58.87
2.	Ivy Murray	17:12.62
3.	Alyssa Head	18:04.24

3000m Walk Masters

1.	Peter Kidd	26:53.07
	Brendon Hyde	DNF

1.	Madelaine Colgan	20:43.68
2.	Sandy Hoy	23:54.87

3000m Walk Open

1.	Chelsea Roberts	13:53.54
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WHAT'S COMING UP

AVSL Shield Round 1, Saturday 17th October

Athletics Victoria Shield returns on Saturday 17th October, with 5 venues in operation: Doncaster, Murrumbena, Ballarat, Bendigo and Geelong. See more at <https://athsvic.org.au/avsl/>.

VRWC Summer Season returns, Sunday 16th November

It's a bit more of a break as we wait for our VRWC summer season to kick off on Sunday 16th November. See the fixture timetable at <https://www.vrwc.org.au/vrwcs27.shtml>.

Note that once the races on that day are done and dusted, we will hold our VRWC Annual General Meeting. One of the key items on the agenda will be the election of a new Executive and Committee to guide us through the next 12 months. Our current committee (<https://www.vrwc.org.au/vrwccommittee.shtml>) has done a sterling job but we always welcome new ideas and new people to help guide the club forward.

VICTORIAN RACE WALKING CLUB
ANNUAL GENERAL MEETING
Sunday 16 November 2025, 11.00am
at
Club HQ, Middle Park Bowling Club

All Executive and Committee positions* will be declared open:

EXECUTIVE	Club Captain – Men
President	Club Captain – Women
Senior Vice-president	AV Delegate
Secretary	Judging Coordinator
Treasurer	Club Coach/Coaching Coordinator
	Prizes/Awards Secretary
GENERAL COMMITTEE	RWA Liaison Officer
Assistant Secretary/Treasurer	Club Records Officer
Race Secretary/Meet Director	First Aid Officer
Publicity Officer	General members (up to 2)
Handicapper	
Uniforms Steward	

(* The position of Club Junior captain will remain occupied and not declared open.)

Anyone wishing to nominate should do so via the **nomination form** which will be issued to all members via email.

Nominations or proxy voting forms must be forwarded to Club secretary Terry Swan by
Sunday 9th November.

All members are entitled to attend the AGM and **new committee members are welcome**. However, voting is restricted to those who have been **financial members** in the year immediately preceding the Annual General Meeting (i.e. from April 1 2025), or those who are Life members.

Stu Cooper
President

TALKING ALL THINGS MARATHON AND HALF MARATHON

Racewalk distances have had a varied history on the world stage. The early Olympics included 3,500m track and 10 mile road walks before changing to 3000m and 10,000m track walks. It was in the 1932 Olympics that the 50km walk was first scheduled. The 20km walk was added in the 1948 Olympics and from then on, the 20km/50km walks for men were included in all the major championships.

For the women it was a much longer wait until 1992 for the 10km walk to be added to the Olympics. This was increased to 20km in the 2000 Olympics, but it was not until the 2017 World Championships that the 50km was added for women. That year saw both men and women competing in both 20km and 50km walks for the first time. Finally parity!

But much was going on behind the scenes, with the powers that be wanting further change and we saw first the 20km/50km changed to 20km/35km and then changed to 20km/Marathon Relay in the 2024 Olympics. The Marathon Relay was short lived as, on 1st October 2025, the Half Marathon and Marathon walks became the two walk events to be contested at major international meets. The 2026 World Athletics Race Walking World Champs in Brazil was the first international meet to feature these new distances and all countries and regions have now followed suite.

Over the years, many of our elite walkers have walked in major marathons as part of their training – I remember Jared Tallent walking in the New York Marathon on a few occasions and I also remember Quentin Rew and Chris Erickson walking in the 2011 Melbourne Marathon. I even walked the Melbourne Marathon myself back in the early eighties.

And in this context I should bring attention to a couple of our VRWC members who walked in last Sunday's Melbourne Half Marathon – **Carolyn Rosenbrock** who finished with 2:30:47 to take 44th place in the women's 60-64 division, very competitive against her running compatriots, and **Paul Moritz** who finished with 2:44:11 and was 44th place in the M65-69 division against the runners.

But such endeavours were and are unofficial. Now the Marathon and the Half Marathon are the official Open walk standards and our top walkers are able to race these distances officially under the scrutiny of the walk judges. We now have ranking lists for both Half Marathon and Marathon distances and Athletics Australia intends to recognise inaugural Australian Half Marathon and Marathon Records from all performances done up to the end of 2026.

I expect those ranking lists to take a big hit later this month when 16 of our top walkers travel to Takahata for the All Japan Race Walking Championships on Sunday 25th October.

All Japan Race Walking Championships, Takahata, Sunday 25 October 2026

Half Marathon Men:	Declan Tingay, Kyle Swan, Will Thompson, Tim Fraser, Marcus Wakim
Half Marathon Women:	Olivia Sandery, Lizzy McMillen, Chelsea Roberts, Nellie Langford, Kate Siviour
Marathon Men:	Rhydian Cowley, Carl Gibbons, Dylan Richardson
Marathon Women:	Rebecca Henderson, Hannah Mison, Hannah Bolton

Takahata is a World Athletics Race Walking Tour Bronze meeting and a strong qualifying and ranking opportunity for the Beijing World Championships next September. The races will be held on a flat 1km loop. The Marathon starts at 8am, with the men's Half Marathon at 10:40am and the women's at 11am.

Most of the group flies into Tokyo on Wednesday 21st October, then takes the train north the next day to Yonezawa, which will be their base about 25 minutes from the course. High Performance Coaches Brent Vallance and Jared Tallent are the coaches travelling with the group.



I am very excited to see how they all go.

And to complete my discussion on all things Half Marathon and Marathon, here are my ranking lists of all the Australian performances done since the events became the official walking standards on 1st October 2025 (apologies for any omissions or errors – no one is perfect).



Declan Tingay, Rebecca Henderson, Mitchell Baker and Olivia Sandery lead the way in the newly instituted Marathon and Half Marathon Australian ranking lists.

Half Marathon Walk Men			State	Place	Location	Date	Age
1	1:23:41	Declan Tingay	WA	7	Taichang, CHN	01/03/2026	27
	1:23:59	Declan Tingay	WA	1	Adelaide, SA	15/03/2026	
2	1:24:04	Will Thompson	VIC	2	Adelaide, SA	15/03/2026	23
	1:24:49	Declan Tingay	WA	8	Podebrady, CZE	08/05/2026	
3	1:24:52	Rhydian Cowley	VIC	3	Adelaide, SA	15/03/2026	35
4	1:26:20	Tim Fraser	ACT	4	Adelaide, SA	15/03/2026	25
5	1:28:13	Kyle Swan	VIC	5	Adelaide, SA	15/03/2026	26
	1:29:42	Will Thompson	VIC	12	Brasilia, BRA	12/04/2026	
	1:30:37	Tim Fraser	ACT	21	Brasilia, BRA	12/04/2026	
	1:30:41	Will Thompson	VIC	1	Melbourne, VIC	24/05/2026	
	1:30:57	Tim Fraser	ACT	1	Canberra, ACT	07/06/2026	
	1:31:09	Rhydian Cowley	VIC	22	Brasilia, BRA	12/04/2026	
	1:31:27	Rhydian Cowley	VIC	2	Melbourne, VIC	24/05/2026	
	1:31.40	Declan Tingay	WA	1	Canberra, ACT	29/11/2025	
	1:31.45	Tim Fraser	ACT	2	Canberra, ACT	29/11/2025	
	1:31:56	Declan Tingay	WA	27	Brasilia, BRA	12/04/2026	
6	1:32:07	Dylan Richardson	NSW	2	Canberra, ACT	07/06/2026	25
	1:33:42	Dylan Richardson	NSW	3	Melbourne, VIC	24/05/2026	
7	1:36:09	Joel Byatt	NSW	3	Canberra, ACT	07/06/2026	18
8	1:37:53	Jack McGinniskin	NSW	5	Canberra, ACT	07/06/2026	23
9	1:38.25	Kim Mottrom	SA	3	Canberra, ACT	29/11/2025	41
	1:40:11	Jack McGinniskin	NSW	6	Adelaide, SA	15/03/2026	23
	1:40:49	Kyle Swan	VIC	54	Brasilia, BRA	12/04/2026	
	1:45:22	Kim Mottrom	SA	1	Adelaide, SA	24/08/2025	
10	1:46:34	Marcus Wakim	VIC	7	Adelaide, SA	15/03/2026	19
11	1:46:55	Bradley Mann	WA	8	Adelaide, SA	15/03/2026	27
	1:49:21	Kim Mottrom	SA	9	Adelaide, SA	15/03/2026	
	1:52:03	Bradley Mann	WA	1	Perth, WA	02/08/2026	
12	1:55:03	Alejandro Stephens	VIC	4	Melbourne, VIC	24/05/2026	32
13	1:55:51	Alex Bradley	QLD	10	Adelaide, SA	15/03/2026	19

	1:57:31	Alex Bradley	QLD	4	Canberra, ACT	29/11/2025	
	1:57:50	Aex Bradley	QLD	1	Brisbane, QLD	12/07/2026	
14	1:58:32	Cooper Rech	SA	1	Adelaide, SA	04/07/2026	18
	1:58:38	Alejandro Stephens	VIC	6	Canberra, ACT	07/06/2026	
15	2:09:34	Brendan Pospischil	NSW	7	Canberra, ACT	07/06/2026	21
16	2:24:52	Peter Crump	SA	1	Adelaide, SA	09/08/2026	65
17	2:25:27	George White	SA	2	Adelaide, SA	09/08/2026	81
	2:28:42	Peter Crump	SA	2	Adelaide, SA	24/08/2025	
	2:29:32	George White	SA	3	Adelaide, SA	24/08/2025	
	2:31:47	Peter Crump	SA	2	Adelaide, SA	04/07/2026	
	2:36:41	Peter Crump	SA	8	Canberra, ACT	07/06/2026	

Half Marathon Walk Women			State	Place	Location	Date	Age
1	1:32:25	Rebecca Henderson	VIC	1	Adelaide, SA	15/03/2026	24
2	1:34:09	Olivia Sandery	SA	2	Adelaide, SA	15/03/2026	23
3	1:34:41	Jemima Montag	VIC	1	Melbourne, VIC	24/05/2026	28
	1:34:58	Rebecca Henderson	VIC	2	Melbourne, VIC	24/05/2026	
	1:37:05	Rebecca Henderson	VIC	5	Brasilia, BRA	12/04/2026	
4	1:38:29	Elizabeth McMillen	NSW	11	Brasilia, BRA	12/04/2026	22
	1:39:50	Olivia Sandery	SA	14	Brasilia, BRA	12/04/2026	
5	1:42:32	Allanah Pitcher	NSW	3	Adelaide, SA	15/03/2026	22
6	1:42:37	Chelsea Roberts	NSW	4	Adelaide, SA	15/03/2026	19
7	1:43:03	Samantha Findlay	SA	1	Adelaide, SA	04/07/2026	28
8	1:44:55	Hannah Mison	NSW	5	Adelaide, SA	15/03/2026	24
	1:45:08	Samantha Findlay	SA	6	Adelaide, SA	15/03/2026	
9	1:45:57	Nellie Langford	SA	7	Adelaide, SA	15/03/2026	20
	1:47:01	Chelsea Roberts	NSW	1	Canberra, ACT	07/06/2026	
	1:47:41	Samantha Findlay	SA	1	Canberra, ACT	29/11/2025	
10	1:48:31	Kate Siviour	VIC	9	Adelaide, SA	15/03/2026	25
	1:49:08	Allanah Pitcher	NSW	47	Brasilia, BRA	12/04/2026	
11	1:49:50	Zoe Woods	NSW	2	Canberra, ACT	29/11/2025	18
	1:50:43	Kate Siviour	VIC	2	Canberra, ACT	07/06/2026	
12	1:54:48	Hana Jugovic	ACT	3	Canberra, ACT	07/06/2026	19
	1:54:55	Chelsea Roberts	NSW	3	Canberra, ACT	29/11/2025	
13	2:18:38	Melissa Grantham	SA	1	Adelaide, SA	24/08/2025	42
14	2:01:57	Laelia Byatt	NSW	4	Canberra, ACT	07/06/2026	20
15	2:02:31	Millie Sharpe	QLD	1	Brisbane, QLD	12/07/2026	18
16	2:02:59	Melissa Lewis	WA	1	Perth, WA	02/08/2026	38
17	2:03:24	Phoebe Chadwick	QLD	2	Brisbane, QLD	12/07/2026	20
18	2:13:01	Katya Roche	QLD	3	Canberra, ACT	12/07/2026	28
19	2:14:49	Brenda Gannon	QLD	4	Canberra, ACT	12/07/2026	51
	2:17:12	Brenda Gannon	QLD	5	Canberra, ACT	07/06/2026	
20	2:18:52	Carolyn Rosenbrock	VIC	3	Melbourne, VIC	24/05/2026	64
	2:23:03	Phoebe Chadwick	QLD	6	Canberra, ACT	07/06/2026	

Marathon Walk Men			State	Place	Location	Date	Age
1	3:15:35	Mitchell Baker	ACT	9	Nomi, JPN	15/03/2026	24
2	3:16:30	Rhydian Cowley	VIC	2	Canberra, ACT	07/06/2020	35
	3:17:06	Mitchell Baker	ACT	23	Brasilia, BRA	12/04/2026	24
3	3:17:31	Carl Gibbons	NSW	3	Canberra, ACT	07/06/2026	29
	3:19:58	Rhydian Cowley	VIC	1	Canberra, ACT	29/11/2025	34
4	3:22:17	Dylan Richardson	NSW	2	Canberra, ACT	29/11/2025	25
	3:22:53	Carl Gibbons	NSW	34	Brasilia, BRA	12/04/2026	29
	3:25:47	Mitchell Baker	ACT	3	Canberra, ACT	29/11/2025	24
5	3:54:45	Kim Mottrom	SA	4	Canberra, ACT	29/11/2025	41
6	3:56:56	Tristan Camilleri	SA	4	Canberra, ACT	07/06/2026	25

Marathon Walk Women			State	Place	Location	Date	Age
1	3:35:58	Olivia Sandery	SA	1	Canberra, ACT	29/11/2025	22
2	3:55:19	Hannah Bolton	NSW	2	Canberra, ACT	29/11/2025	21

3	3:56:50	Alanna Peart	VIC	3	Canberra. ACT	29/11/2025	22
4	3:59:48	Nellie Langford	SA	4	Canberra. ACT	29/11/2025	20

OMARCHADOR AND MARCIADALMONDO ROUNDUP

The Portuguese race walking blog *O Marchador* posts news reports and results as they come to hand – normally one broadsheet per day. The website features articles on race walking, as well as results from both domestic and international events.

Mon Oct 12 - João Simões breaks national record and is named the best athlete of the Brazilian U16 Championships
<https://omarchador.blogspot.com/2026/10/joao-simoes-bate-recorde-nacional-e-e.html>

Sun Oct 11 - Suraj Panwar and Mokavi Muthurathina become Indian walking half-marathon champions
<https://omarchador.blogspot.com/2026/10/suraj-panwar-e-mokavi-muthurathina.html>

Sat Oct 10 - Zuzana Costin at the top of international athletics officiating in two distinct areas.
<https://omarchador.blogspot.com/2026/10/zuzana-costin-no-topo-da-arbitragem.html>

Fri Oct 9 - Australian U16 athlete Ela Uzun shines in the 3,000m race walk in Melbourne.
<https://omarchador.blogspot.com/2026/10/australiana-sub-16-ela-uzun-destaca-se.html>

Thu Oct 8 - Season 2026/2027: walkers transferred
<https://omarchador.blogspot.com/2026/10/epoca-20262027-marchadores-transferidos.html>

Wed Oct 7 – Results of Dutch Race Walking Championships in Tilburg
<https://omarchador.blogspot.com/2026/10/campeonatos-de-marcha-dos-paises-baixos.html>

Tue Oct 6 – Results of the Porto de Mós a Marchar Meet in Portugal
<https://omarchador.blogspot.com/2026/10/porto-de-mos-marchar-2026-resultados.html>

Marciadalomondo, the voice of Italian Racewalking, has two posts this week.

Thur Oct 8 - World Athletics referee and race walking judge Costin's steps to success
<https://marciadalmondo.com/edit-news/2026/world-athletics-referee-and-race-walking-judge-costins-steps-to-success/>

Wed Oct 7 - Schwazer's entourage clarifies NADA's willingness to cooperate and explains why the third sample cannot be used.
<https://marciadalmondo.com/edit-news/2026/schwazers-entourage-clarifies-nadas-willingness-to-cooperate-and-explains-why-the-third-sample-cannot-be-used/>

DATES...DATES...DATES

Victorian & National Key Dates – 2026/2027

Nov 16 (Sun), 2026	VRWC Summer Championships and AGM Includes VRWC Half Marathon Open Championships	Middle Park, VIC
Dec 4-6, 2026	AA All Schools T&F Championships	Perth, WA
Dec 6 (Sun), 2026	VRWC Roadwalks Includes AV Marathon and VRWC Half Marathon	Middle Park, VIC
Jan 17 (Sun), 2027	VRWC Road Races	Middle Park, VIC
Jan 23-24, 2027	AA 10,000m Race Walking Championships, Supernova	Woden Park, Canberra, ACT
Feb 11-14, 2027	AV Junior T&F Championships	Lakeside Stadium, Albert Park VIC
Mar 11-13, 2027	AV U20, Open & Overage T&F Championships	Lakeside Stadium, Albert Park VIC
Mar 21 (Sun) 2027	AA Half Marathon Race Walking Championships	Hobart, TAS
Apr 1-4, 2027	AA Open T&F Championships	SOPAC, Sydney, NSW
Apr 11-12, 2027	Coles Australian Little Athletics Championships	QSAC, Brisbane, QLD
Apr 13-18, 2027	AA Junior T&F Championships	QSAC, Brisbane, QLD
Apr 21-23, 2027	AA UniSports Championships	Gold Coast, QLD

Aug 22 (Sun), 2027 AA Junior Road Walking Championships Ballarat, VIC

AVSL Round Dates – 2026/2027

Oct 17 (Sat), 2026	AVSL Rd1 – Metro venues
Oct 24 (Sat), 2026	AVSL Rd2 – Metro venues
Oct 31 (Sat), 2026	AVSL Rd3 – Metro venues
Nov 7 (Sat), 2026	AVSL Rd4 – Metro venues
Nov 14 (Sat), 2026	AVSL Rd5 – Metro venues
Nov 21 (Sat), 2026	AVSL Rd6 – Metro venues
Nov 28 (Sat), 2026	AVSL Rd7 – Metro venues
Jan 9 (Sat), 2027	AVSL Rd8 – Metro venues
Jan 16 (Sat), 2027	AVSL Rd9 – Metro venues
Feb 6 (Sat), 2027	AVSL Rd10 – Metro venues

Country venues are Ballarat, Bendigo and Geelong. Metropolitan venues vary from week to week.

International Dates

Oct 25 (Sun), 2026	All Japan Race Walking Championships	Takahata (JAP)
Oct 30-Nov 15, 2026	Youth Olympic Games	Dakar, SEN
Mar 20, 2027	46 th Dudinska 50	Dudince (SVK)
Apr 17, 2027	6 th Korzienowski Warsaw Race Walking Cup	Warsaw (POL)
Jun 12, 2027	XL Gran Premio Cantones de A Coruna de Marcha	La Coruna (ESP)
Jun 14-18, 2027	2027 Oceania Cup	Majuro (MHL)
Aug 1-12, 2027	FISU World University Games	Chungcheong (KOR)
Sep 11-19, 2027	2027 World Athletics Championships	Beijing (CHN)
Apr 9, 2028	World Athletics Race Walking Teams championships	Hefei (CHN)
Jul 14-30, 2028	XXXIV Summer Olympic Games	Los Angeles (USA)
Sept 2029	World Athletics Championships	Nairobi (KEN)
Sept 2031	World Athletics Championships	Munich (GER)
23 Jul- 8 Aug 2032	XXXV Summer Olympic Games	Brisbane (AUS)

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)