HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.
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WALKER OF THE WEEK



(Photo: AV)

Emerging Mornington Peninsula walker **Indigo Marshall-Moodie (VIC, 13y)** takes this week's WOTW award following a commanding display which saw her win the 3000m with a 46-sec PB time of **14:18.8** at AVSL Round 4 on Saturday. This is Indigo's second 40+ sec 3000m PB in a month, having won the All Schools U14 title in 15:04 in October.

Undeterred by the cold, blustery conditions, Indigo made a lightning start and held her pace throughout, lapping most of the field at least once. A committed young walker since her early Little Aths days, she has contested numerous championships against fast, older opponents and has learned plenty about hard racing. She put it all together at Frankston, stamping herself as one of the country's bright prospects for the summer championship races in 2027. Well done, Indi, and best of luck for the season ahead.

Honourable mentions:

- **Bob Gardiner (VIC) –** set new VRWC, VMA and AMA M90 1500m records with his **11:12.0,** which would also have to be a Collingwood Harriers record.
- **Jia Wen Heng (VIC)** – better known as a distance road walker, Jia is now cutting down her shorter track times, this time mirroring Indigo's 46 sec PB margin in the 3000m at Frankston.
- **Scott Hyland (ACT)** – has started the ACT track season with a bang, clocking **6:21** for 1500m and **49:26** for 10,000m in the ACTRFWC club championship.
- **Hana Jugovic (ACT)** – tore 1:47 from her previous best 10km to clock 50:28 in the ACT club titles.
- **Jack White (SA)** – a 42 sec PB over 5000m in ASA interclub.

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CLUB NEWS and RESULTS

Our Summer race meetings kick off this Sunday with a full program of championships and open club races. The AV winter presentations will be held in the Main Hall of the Bowling club, followed by the Annual General Meeting. We hope you can stay for both these important post-race activities.

The Runners World U23 Development award, which is normally presented at this meeting, will now be presented on Sunday 6 December after the AV Marathon titles. The Awards sub-committee has been working on citations for eligible candidates and these will be voted on by the Committee in the coming weeks.

The AGM will see all Committee positions vacated, followed by elections for the 2026-27 Committee as required. No motions or agenda items have been presented to this point, but these can be raised on the day. Note that only financial members and Life members are able to vote on matters raised.

If members have any items for the agenda, please send them to Terry Swan at secretary@vrwc.org.au as soon as possible.

***Sunday 15 November - Middle Park**

8:30am	Half marathon VRWC c'ship and Gus Theobald Memorial Trophy	Open Men
	Half marathon VRWC Championship	Open Women
8:35am	10km Non-championship	Open
8:45am	5km VRWC Championship	Masters Male
	5km Heather Carr Trophy VRWC Championship	Masters Female
	5km VMA Masters Championship	Masters Female
	5km VRWC Championship	U20, U18 M&F
	5km Non-championship	Open
9:20am	3km VRWC Championship	U16 M&F
	3km Non-championship	Open
9:45am	2km VRWC Championship	U14 M&F
10:00am	1.5km VRWC Championship	U12 M&F
10:15am	1km VRWC Championship	U10 M&F
	1km Non-championship	Open
10:45am	*Presentations, followed by Annual General Meeting (11:00am)*	

To pre-enter, go to https://www.revolutionise.com.au/vrwc/events/323261
Entries close Friday 13 November, at 6.00pm

HELP NEEDED FOR THIS SUNDAY!
(and for Sun 6 December)

Race director Mark Donahoo has emailed all members, requesting helpers to assist with various important tasks this coming Sunday. Please read the list and consider whether you can lend a hand on the day.

There will be a similar need for our next race day, Sunday 6 December. This is the AV Marathon championshipday, so it's an early start (7.00am). Even if you can't arrive that early, your assistance would be most welcome when you can come.

JUDGING MATTERS

**CALL FOR JUDGES' ASSISTANTS FOR SUNDAY*

Sunday Club championship races are a World Athletics calendar meeting. Results in the Half-marathon, 10km, 5km and 3km races will be forwarded to WA by Australian Athletics for posting online on the WA results board.

For this to happen, documentation must be correctly completed and approved by AA. This includes assignment of officers to specific roles.

Either I or another trained judge will be acting as Chief judge's recorder. As our available judges will all be on the course throughout the morning, we need assistants in the following positions:

- Posting board attendant
- Penalty zone attendant
- Red card collector (on trike/bike, on foot or both)

Volunteers will need to be in attendance no later than 8.00am, and will work under supervision of the Chief judge (Kathleen Marsh) and myself. If you are interested in taking on a role but have never done it before, never fear. Kathleen and I will be on hand to hold your hand!

Please contact me at stuwalks@yahoo.com.au if you can help.

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VICTORIA - METRO & REGIONAL

AVSL – News, results

*** Metro Zone: Round 4, Saturday 7 November – Ballam Park Athletic Track, Frankston*

It's been a fair while since former junior champion (now mother of three) **Natalie Laurie** posted a PB, yet she managed to do so over 1500m by 5 secs before scooting off to harvest a zillion more points for Nunawading in other events. Nat's clubmate **Frank Bertei**, a former international, had his second start of the season and showed signs of his old speedy form.

The buzz of record-setting has always appealed to **Bob Gardiner**, who set or inaugurated three new M90 marks (AMA, VMA, VRWC) over 1500m and probably four, as it would surely be a Collingwood Harriers record too.

Pl	Name	*Club*	Age	Time	Points	
1500m						
1	Natalie Laurie	*(ANW)*	FOP	7:36.0h	386	PB 0:05
2	Frank Bertei	*(ANW)*	M60	7:57.0h	433	

3	Sandra Geisler	*(RWD)*	F45	8:13.0h	386	
4	Laura McLennan	*(DAC)*	F50	9:00.0h	358	
5	Jack Greyling	*(CCA)*	M14	9:10.0h	256	
6	Donna-Marie Elms	*(PTN)*	F65	9:40.0h	394	
7	Bernie Keirl	*(DIV)*	M60	9:42.0h	273	
8	Clyde Riddoch	*(WAM)*	M70	10:43.0h	275	
9	Robert Gardiner	*(COL)*	M70	11:12.0h	261	AMA, VMA, VRWC M90+ recs.
10	Gwen Steed	*(GHY)*	F70	11:13.0h	345	
11	Heather Carr	*(MPA)*	F70	11:37.0h	325	
12	Geoff Barrow	*(MEN)*	M70	11:42.0h	246	
-	Emily Smith	*(MUU)*	FOP	DQ (TR54.7.1)		

Indigo Marshall-Moodie dominated the 3000m with a 46-sec PB time of 14:18.4. **Jai Wen Heng, Jade Chitty** and **Logan Allison** also posted new PBs which were pretty creditable in the blustery conditions.

3000m

1	Indigo Marshall-Moodie	*(MPA)*	F14	14:18.4h	458	PB 0:46
2	Jade Chitty	*(WES)*	FOP	14:39.5h	405	PB 0:07
3	Logan Allison	*(KNA)*	M14	16:04.0h	367	PB 0:08
4	Grace Louey	*(KNA)*	FOP	16:35.0h	338	
5	Jia Wen Heng	*(MEN)*	FOP	17:04.9h	321	PB 0:46
6	Michelle Horne	*(COL)*	F55	18:02.9h	379	
7	Michael Harvey	*(WAM)*	M60	22:48.9h	226	

***** Ballarat Zone: Round 4, Saturday 7 November – Ballarat Reg. Athletics Track, Wendouree***

Ballarat AVSL saw its largest field of walkers for many seasons, with 15 facing the starter for the 2000m. **Jonathan Ho** and **Alaska Bremner** took line honours with **Harper de Sachau** scoring the only PB on the day.

2000m

1	Jonathan C Ho	*(WES)*	MOP	9:39.69	358	
2	Alaska Bremner	*(ASW)*	F14	10:27.17	404	
3	Jemma Peart	*(BYC)*	FOP	10:48.44	351	
4	Sarah Brennan	*(BYC)*	F50	11:09.11	395	
5	Annika Downey	*(EKA)*	F14	11:24.32	359	First 2000m
6	Kobe Lewis	*(WTN)*	F14	11:29.30	355	
7	Erin Reid	*(ESS)*	F40	11:47.80	327	
8	Darryl Brown	*(BYC)*	M60	11:54.43	368	First 2000m
9	Harper De Sachau	*(EKA)*	F14	12:40.43	300	PB 0:03
10	Danny Hawksworth	*(ESS)*	M45	12:49.99	249	
11	Stephen McLennan	*(WEN)*	M60	13:02.67	310	
12	Andrew Blood	*(BYC)*	M50	13:48.18	231	
13	Max Fletcher	*(BHA)*	M14	16:26.37	155	First 2000m
14	Olive Ireland	*(BWK)*	F65	17:18.10	240	
-	Fletcher Reid	*(DKN)*	M14	DQ (TR54.7.1)		

***** Bendigo Zone: Round 4, Saturday 7 November – Lar Birpa Athletics Track, Flora Hill***

Pippa Coleman was a clear winner over 1500m in Bendigo, while **Aria Di Benedetto's** chasing of **Tate McQueen** in the 3000m brought her to within 5 secs of a PB.

1500m

1	Pippa Coleman	*(SBE)*	F14	8:50.14	342
2	David Lonsdale	*(BEU)*	M55	9:24.21	268
3	Chris Pollard	*(EAG)*	M65	12:03.29	216
4	Annette Curtis	*(SBE)*	F70	12:26.38	288
5	John Watson	*(BGO)*	M70	13:21.37	198

3000m

1	Tate McQueen	*(EAG)*	M16	15:53.16	349
2	Aria Di Benedetto	*(WCA)*	F14	17:13.16	356
3	Lachlan Carr	*(BGO)*	MOP	19:46.57	189

***AVSL Round 5 – Saturday 14 November**

All races open to Male and Female competitors

Metro – Doncaster (Reischek's Reserve)	1.00pm 1.20pm	1500m walk (all ages) 3000m walk (U18 & older)
Ballarat region – Ballarat Regional Athletics track, Wendouree	2.00pm	1500m walk (all ages) 3000m walk (all ages)
Bendigo region – Lar Birpa Athletics Complex *(formerly Latrobe Uni Athletics Complex)*	1:45pm	2000m walk (all ages) 5000m walk (all ages)
Geelong region – Landy Field		*No walks*

NOTE: *All of the above start times are subject to late change. Plan accordingly.*

ENTRIES

Metro, Geelong & Ballarat – enter via AV Members Portal at https://members.athsvic.org.au/events/list?category_id%5B%5D=5628

Bendigo – enter via https://www.athleticsbendigo.org.au/events-calendar/

Entries close at 12.00 noon on Wednesday 4 November

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AROUND THE COUNTRY

A.C.T. ACTRFWC track results, 29 October & 5 November – Woden

Thanks to **Ann Jugovic** for the following results. **Scott Hyland** seems to be in fine form again, while **Hana Jugovic** looks set for a sub-50:00 10km this summer.

ACT Walkers Club championships – 5 November

Men's 10,000m Race Walk

1. Scott Hyland 49:25

Women's 10,000m Race Walk

1. Hana Jugovic 50:28 (PB 1:47)
2. Jillian Ryan 58:44 (First 10km)
3. Ann Jugovic 1:00:13
4. Jessica Robson 1:13:51 (First 10km)

U16 Women's 5,000m Race Walk 30:35 (First 5km)

1. Madison Hyland

U14 Women's 3,000m Race Walk 17:45

1. Clare Rice

ACTRFWC club results – 29 October

1500m Race Walk

1. Scott Hyland 6:21 (PB)
2. Jillian Ryan 7:09
3. Zac Anderson-Rule 8:05 (PB)
4. Clare Rice 8:09

700m Fitness Walk

1. Jim White 5:35
2. Geoff Barker 7:11

1500m Fitness Walk

1. Doug Fitzgerald 12:08
2. Bryan Thomas 13:25
3. Michelle Bray 14:05

QUEENSLAND

NEXT WEEK … Pan Pacific Masters results

SOUTH AUSTRALIA ASA Premiership Meet #2, 7 November – Mile End stadium

Cooper Rech reports:

With 9 starters across the 5km and the 1,500m, we were gifted with a sunny 20°C day. **Jack White** took full advantage, clocking another massive 5km PB to go under 28:00 for the first time. While no other PBs were recorded, an impressive battle occurred at the front of the 5km, and **Liliana Templer** recorded a hard-fought sub 8:00 1,500m.

5,000m Men			**1,500m Men**	
Liam Freundt	23:34.63		Zachery Freundt	9:06.14
Cooper Rech	23:45.74		Alex McEwan	10:46.95
Jack White	27:35.22	PB 0:42		
Peter Crump	32:46.38		**1,500m Women**	
			Liliana Templer	7:43.93
5,000m Women			Marie Maxted	9:55.57
Jessica Clelland	31:10.12			

TASMANIA Athletics South interclub, 7 November – Clarence

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David Moore reports on some upheaval in Hobart:

From November, Interclub in the South of the state moves to the grass track at Clarence High School for several months while the track at the Domain gets ripped up and re-laid.

Only a small field at Clarence today in freezing conditions with another good outing from **Charlotte Dix** achieving a new PB over 1500m by a solid 16 seconds.

1500m

1 Charlotte Dix	ESAC	8:44.79 **PB**
2 Kate Dix	ESAC	11:13.33
3 Elizabeth Leitch	TMA	11:15.72

A well-earned PB for Charlotte on a spongey grass track.

(Photo: ESAC)



WESTERN AUSTRALIA WARWC results, 8 November – Perry Lakes

Mild and sunny conditions meant a pleasant Sunday morning's racing in Perth. Results courtesy of **Terry Jones.**

2K		**5K**	
Emily John	12.44	Keenan Munro	28.49
Carly Hood	12.45	Andrew Duncan	29.16
3K		Richard McPherson	31.57
Tory D'Alessio	17.10	Fiona Johnson	33.17
Hannah Clausnitzer	17.12	Wendy Farrow	40.30
Gabrielle John	18.43	Steve Travell	49.38

JUDGING MATTERS

**RACE WALKING CHIP … Update*

Australian Athletics has bought ten Race Walk Chips. They were collected at the World Race Walking Team Championships in Brasília in April.

What it is

A small sensor that fastens to the shoelaces — about the size of a coin and under 15 grams. It records every step and measures loss of ground contact down to 0.002 of a second. The data

comes straight to your phone or watch — there are apps for iPhone, Android and Garmin — so you and your coach get objective feedback on your contact time, session by session.

The system has now been tested under competition conditions twice: the women's half marathon in Brasília in April, and both the men's and women's 5000m race walks at the World Athletics U20 Championships in Eugene in August, where more than 160 chips were used — the most to date.

In both cases the system was there to collect data and evaluate its own performance. **It was not used to make officiating decisions.** The developers describe the testing as a review of their protocols and a way of identifying where the system can be improved.

That will not always be the case. World Athletics intends to bring the chip into judging at some point in the future. No date has been set. When it happens, contact will stop being a matter of what a judge can see and become something measured. Having the chips now means we can work with the technology early, and build technique that holds up to measurement.

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Getting access

The ten chips have been allocated to the states as follows:

NSW (3) · Vic (3) · Qld (1) · SA (1) · WA (1) · ACT (1)

If you would like to try one, or want to know more about them, get in touch and we will see what we can arrange. **Chips will be available for use at the National Race Walking Camp in January.** Further information about the chip is available from the developers on the Race Walk Chip Facebook page.

Jared Tallent
High Performance coach – Race Walks
Athletics Australia
jared.tallent@athletics.org.au

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INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

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, November 9, 2026 - **Amaro Teixeira and Isabel Luís triumph in the 2026 Galinheiras Grand Prix.** https://omarchador.blogspot.com/2026/11/amaro-teixeira-e-isabel-luis-triunfam.html

- Sunday, November 8, 2026 - **Daniel Chamosa and Júlia Suárez triumphed in the Espada Toledana walking events (2026)** https://omarchador.blogspot.com/2026/11/daniel-chamosa-e-julia-suarez.html

- Saturday, November 7, 2026 - **Romanian Marathon Race Walking Championships – Bucharest 2026 (results)** https://omarchador.blogspot.com/2026/11/campeonatos-da-romenia-da-maratona-de.html

- Thursday, November 5, 2026 - **New Zealand Long Distance Race Walking Championships** – Christchurch 2026 (results) https://omarchador.blogspot.com/2026/11/campeonatos-de-marcha-da-nova-zelandia.html

- Wednesday, November 4, 2026 - **Track Walking Championships – Hong Kong 2026 (results)** https://omarchador.blogspot.com/2026/11/campeonatos-de-marcha-em-pista-hong.html

- Tuesday, November 3, 2026 - **Miguel Arcángel Peña and Ruby Dayana Segura are crowned Colombian champions – Bucaramanga 2026** https://omarchador.blogspot.com/2026/11/miguel-arcangel-pena-e-ruby-dayana.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.

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** *H&T Online* - NOTICE BOARD **

** 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.

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** 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).

FIXTURE 2026-2027 SUMMER SEASON

All the races below are Come and Try races, if you have an interest in racewalking, come and try.

Sun 15th November 2026, VRWC Summer Championships and AGM Middle Park (VRWC Season ticket event)

8.30am	Half Marathon Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	Half Marathon VRWC Championship	Open Female
8.35am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km Heather Carr Trophy VRWC Championship	Masters Female
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female
8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female

9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
10.45am	Presentations	
11.00am	Annual General Meeting	

Sun 6th Dec 2026, Athletics Victorian Marathon Race Walking Championships, Middle Park (VRWC Season ticket event)

7.00am	AV Marathon Racewalk	Open Males
7.00am	AV Marathon Racewalk	Open Females
7.30am	Half Marathon Racewalk: Non championship	Open Males
7.30am	Half Marathon Racewalk: Non championship	Open Females
9.00am	10km: Non championship	Open

Sun 17th January 2027, VRWC Road Races Middle Park (VRWC Season ticket event)

8.30am	Half Marathon	Open
8.45am	15km,	Open
8.45am	10km	Open
9.45am	2km, 1km	Open
10.00am	5km, 3km	Open

Saturday- Sunday, 23rd – 24th January 2027, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT

Sunday 21st March 2027, Australian Athletics Half Marathon Race Walking Championships Castray Esplande, Hobart

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WHAT'S UP AHEAD?

AVSL Round Dates – 2026/2027

Sat 14 Nov 2026	**AVSL Rd5** – Doncaster (1500m, 3000m)
Sat 21Nov 2026	**AVSL Rd6** – Knoxfield (2000m, 5000m)
Sat 28 Nov 2026	**AVSL Rd7** – Aberfeldie (2000m, 5000m)
Sat 9 Jan 2027	**AVSL Rd8** – Knoxfield (1500m, 3000m)
Sat 16 Jan 2027	**AVSL Rd9** – Aberfeldie (1500m, 3000m)
Sat 6 Feb 2027	**AVSL Rd10** – Murrumbeena (2000m, 5000m)

***Country venues** – *Ballarat, Bendigo, Geelong*

Victorian & National Key Dates – 2026/2027

Fri 4-Sun 6 Dec 2026	**AA All Schools T&F c'ships** – Perth WA
Sat 23-Sun 24 Jan 2027	**2027 Supernova (World Athletics Race Walking Tour-Silver)** – Woden Park, Canberra ACT

*****NOTICE …** I've been informed by Jared Tallent that the 10,000m National championship, held last year as part of the Supernova meeting, is now said to be scheduled on the AA Track & Field c'ships program, possibly on 1 April, although that's yet to be confirmed. I'm not aware that this affects the Supernova races or their dates. Stay tuned.*

Thu 11-Sun 14 Feb 2027	**AV Junior T&F c'ships** – Lakeside Stadium
Thu 11-Sun 14 Mar 2027	**AV U20, Open & Overage T&F c'ships** – Lakeside Stadium
Sun 21 Mar 2027	**AA Half Marathon Race Walking championship** – Hobart TAS
Thu 1-Sun 4 Apr 2027	**AA T&F championships** – SOPAC, Sydney NSW
Wed 21-Fri 23 Apr 2027	**AA UniSports c'ships** – Gold Coast QLD
Sun 22 Aug 2027	**AA Junior Race Walking championships** – Ballarat VIC

International Dates

30 Oct-15 Nov 2026	**Youth Olympic Games** – Dakar (SEN)
27-31 Jan 2027	**Oceania Masters T&F c'ships** – Christchurch (NZL) *1500, 3000 & 5000m track races only.*
20 Mar 2027	**46th Dudinska 50** – Dudince (SVK)
17 Apr 2027	**6th Korzienowski Warsaw Race Walking Cup** – Warsaw (POL)
1 May 2027	**95th Podebrady meeting (WA Tour Gold) –** Podebrady (CZE)
12 Jun 2027	**XL Gran Premio Cantones de A Coruna de Marcha –** La Coruna (ESP)
14-18 Jun 2027	**2027 Oceania Cup** – Majuro (MHL)
1-12 Aug 2027	**FISU World University Games** – Chungcheong (KOR)

*****NOTICE …** The latest information on the World University Games walks is that they are now 10,000m track events, with a limit of 2 entrants per gender. No road races.*

11-19 Sep 2027	**World Athletics Championships** – Beijing (CHN)
9 Apr 2028	**World Athletics Race Walking Teams championships** – Hefei (CHN)
14-30 Jul 2028	**XXXIV Summer Olympic Games** – Los Angeles (USA)
23 Jul- 8 Aug 2032	**XXXV Summer Olympic Games** – Brisbane (AUS)

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