



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.
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VRWC preferred supplier of shoes, cloths and sporting accessories

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CLUB NEWS and RESULTS

VRWC 'Guess Your Time' results, 15 June – Middle Park

It may have been a miserable week in Melbourne weather-wise prior to Saturday, but warm(ish) sunshine greeted the 33 starters who estimated their likely finish times, then proceeded to try to hit them on the head (without watches or a digital clock to guide them, of course.) Prizes were on offer for the winning male and female over each distance.

Paul Moritz got closest, finishing just 1 second shy of his guess in clocking **41:54** for 6km. **Abby Fowler, Ariana Pashutina** and **David Smyth** showed that their radar wasn't much further off, each finishing with a 0:02 differential. Youngsters **Tate Jardine** and **Brodie Welsh** would also have impressed their maths (and phys ed) teachers with their estimating skills, getting to within 5 and 6 seconds of their guesses.

The GYT stimulus must have motivated a lot of starters to set high targets, judging by the number of PBs recorded. The best of these was by **Jade Chitty**, who belted her 8km time out of the park by 3:34 in clocking **46:18**. Other substantial improvers were **Aria di Benedetto** (1km), **Erlyn Singh** (2km) and **John Nottle** (6km), all of whom earned themselves an extra BBQ sausage. (Maybe they all just wanted to be first back for the food ...)

Speaking of the BBQ ... it was a treat to kick back with a snag or two (many thanks to **Karyn O'Neill, Narelle Campbell** and **Jackie Fowler**) and enjoy a chat in the sunshine, before adjourning to the Main Hall for the GYT prize presentation and raffle draw. Well done to prizewinners **Paul, Jade, Carolyn, David, Ariana, Tate, Caitlyn, Dimitri** and **Abby**.



Max and Ariana lead out the 8/6/4km field

<i>Name</i>	<i>Gen.</i>	<i>Age Gp</i>	<i>Place</i>	<i>Place Time</i>	<i>Diff. place</i>	<i>Difference</i>
1km						
Abby Fowler	F	Un10	1	6:40	1	0:02
Payton Welsh	F	Un10	3	7:47	2	0:19
Aria Di Benedetto	F	Un10	2	6:43	3	0:57 PB 0:36
Dimitri Pashutin	M	Un10	2	6:24	1	0:04
Logan Allison	M	Un12	1	5:38	2	0:12 PB 0:08
2km						
Caitlyn Shipham	F	Un12	6	13:36	1	0:06 PB 0:11
Indigo Marshall-Moodie	F	Un12	3	11:39	2	0:17 PB 0:18
Addison Frenken	F	Un12	1	11:10	3	0:20
Georgia Walters	F	Un10	5	13:31	4	0:24 First 2k
Eryln Singh	F	Un12	4	12:55	5	0:50 PB 0:27
Mackenzie Turner	F	Un16	2	11:34	6	2:04
Anna Wallace	F	M40+	7	14:45	7	2:21
Tate Jardine	M	Un14	2	13:25	1	0:05 PB 0:05
Brodie Welsh	M	Un12	1	12:09	2	0:06
Arthur Robinson	M	Un16	3	14:01	3	0:27 PB 0:27
4km						
Ariana Pashutina	F	Un18	1	21:12	1	0:02
Gwen Steed	F	M60+	6	29:40	2	0:14
Donna-Marie Elms	F	M60+	5	26:15	3	0:15
Emilie Garside	F	Open	4	25:44	4	0:46 PB 0:20
Char Hay	F	Open	2	21:54	5	0:54
Aylwen Campbell	F	Un16	3	25:36	6	1:04 First 4k
Marnie Zakis	F	M40+	7	29:44	7	1:41
David Smyth	M	M40+	4	24:22	1	0:02
Jonathan Ho	M	Un20	3	22:39	2	0:17 First 4k
Angus Shuttleworth	M	Un14	2	21:07	3	0:20
Max Davidson	M	Un16	1	19:52	4	1:52
6km						
Carolyn Rosenbrock	F	M60+	1	35:08	1	0:09
Heather Carr	F	M60+	3	41:43	2	0:17
Grace Louey	F	Open	2	36:53	3	0:23
Paul Moritz	M	M60+	2	41:54	1	0:01 First 6k
John Nottle	M	M60+	1	41:07	2	0:37 PB 0:30
8km						
Jade Chitty	F	Un20	1	46:18	1	0:22 PB 3:34
Emily Smith	F	Un18	2	48:33	2	1:23



This race walking ... it really drives you 'round the bend!'¹

¹ Good news: The H&T gag writer has been sacked. Bad news: Unfair dismissal laws ...

***Handicaps**

<u>FEMALE</u>			<u>MALE</u>		
M60+			M60+		
1	Donna-Marie	Elms	1	John	Nottle
2	Gwen	Steed	NPT	Paul	Moritz
3	Heather	Carr			
NPT	Carolyn	Rosenbrock	M40+		
			1	David	Smyth
M40+			U20		
1	Anna	Wallace	1	Jonathan	Ho
2	Marnie	Zakis			
Open			U16		
1	Emilie	Garside	1	Arthur	Robinson
2	Grace	Louey	2	Max	Davidson
3	Char	Hay			
U20			U14		
NPT	Jade	Chitty	1	Tate	Jardine
			2	Angus	Shuttleworth
U18			U12		
1	Ariana	Pashutina	1	Brodie	Welsh
2	Emily	Smith	2	Logan	Allison
U16			U10		
1	Aylwen	Campbell	1	Dimitri	Pashutin
NPT	Mackenzie	Turner			
U12					
1	Caitlyn	Shipham			
1	Indigo	Marshall-Moodie			
2	Addison	Frenken			
3	Erlyn	Singh			
U10					
1	Georgia	Walters			
2	Aria	Di Benedetto			
3	Payton	Welsh			
4	Abby	Fowler			

NPT = no previous time



***This week's action models:**

Marnie, Aylwen, Dimitri, Jade, Arthur, Logan, Emilie, John, Addison, Peyton, Erlyn, Brodie, David, Indigo, Georgia and Abby.

As is always the case, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes. If you're not on the list, be assured that we appreciated your contribution:

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo, Bill Carr
Timekeeper	Ian Laurie
Recorders	Bob Gardiner, Mark Donahoo, Ian Laurie, Alla Pashutina, Bill Carr, Narelle Campbell
Judges:	Gordan Loughnan (Chief), Terry O'Neill, Stu Cooper
Set up, pack up:	Terry Swan, Ian Laurie, Stu Cooper, Bob Gardiner, Terry O'Neill, Tim Erickson
Bike rider	Tim Erickson
Photos	Terry Swan
Canteen	Donna Marie Elms, Gwen Steed
Presentation	Mark Donahoo, Stu Cooper
Walkers:	33
BBQ	Karyn O'Neill, Narelle Campbell, Jackie Fowler

****This coming weekend ...***

	<p>Saturday 22 June – Middle Park AV 15km Road walk championships</p>	
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This is the second of our World Athletics calendar championships for the year. With our top Victorians – Cowley, Montag, Swan and Henderson – all overseas and preparing for Paris, the field is wide open for new players to step up. Entries are yet to close but so far we have:

Male	Female
Blackwood, Mark	Nash, Maddison
Richardson, Dylan	Hay, Char
McGinniskin, Jack	Pashutina, Ariana
Thompson, Will	Rosenbrock, Carolyn
Van Dongen, Rupert	

1.30pm	15km	AV Championship	Open Women
	15km	AV Championship	Open Men
	15km	VRWC C'ship – Elsie Jacobson Trophy	Open Women
	15km	VRWC Championship	U20 Men/Women
1.45pm	8km	Non-points race	Open
	4km	Non-points race	Open
	1km	Non-points race	Open

**Remember that entries for the AV 15km close at 11.59pm on Wednesday 19 June. Enter via the AV portal at <https://athsvic.org.au/events/victorian-race-walking-club/>*

Entries close for the VRWC Non-points races at 6pm on Friday 21 June. Enter via the VRWC portal at <https://www.revolutionise.com.au/vrwc/events/243188>

	<p>LAVic Road walk Championships, Saturday 22 June – Middle Park</p>
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This is a first for the VRWC. While we have conducted championships on behalf of Athletics Victoria, Athletics Australia, Race Walking Australia and Victorian Masters Athletics for many years, this year we are cooperating with **Little Athletics Victoria** to conduct a **LAVic Road Walking championships** for the first time. Other states' walking clubs have fruitful liaisons with their respective Little Athletics bodies, and it's time we joined the party.

At close of race entries there were an astonishing **102** applications from Under 9 to Under 17, evidence that young walkers out there are keen for racing opportunities outside of summer programs. This partnership between LAVic and the VRWC offers Little athletes such opportunities, both via these championships and within the VRWC winter competition program.

Saturday’s activities will commence with two education sessions:

- **12.00 noon – Holding Race Walking Events at Your Centre.** For parents and Centre officials, this is an introductory session, covering the benefits of race walking, the walking rules, what a judge does and doesn’t do. It also addresses introducing the sport to beginners, the importance of technique and basic coaching activities, and what’s involved in putting on races. Conducted by Stu Cooper (VRWC president).
- **12.15pm – Coaching Session for Athletes.** How to race walk (including skills, drills and training tips), understanding judges and the warnings given. Conducted by Mark Donahoo (Club coach).

1.50pm	3km	LAVic Championship	U17 Boys/Girls
	3km	LAVic Championship	U16 Boys/Girls
	3km	LAVic Championship	U15 Boys/Girls
2.15pm	2km	LAVic Championship	U14 Boys/Girls
	2km	LAVic Championship	U13 Boys/Girls
	2km	LAVic Championship	U12 Boys/Girls
2.35pm	1.5km	LAVic Championship	U11 Boys/Girls
2.40pm	1.5km	LAVic Championship	U10 Boys/Girls
2.55-2.59pm	1km	LAVic Championship	U9 Boys/Girls
3.15pm	Presentations		

***COMPETITION OFFICIALS**
VICTORIAN ROADWALKING CHAMPIONSHIPS - AV, LAVic
Saturday 22nd June 2024

In conducting the AV and LAVic Roadwalking championships, and VRWC races on Saturday 22nd June 2024, there will need to be many hands at the wheel to make the day a success. The list below is of the key official positions.

Officials

Competition Manager: Mark Donahoo

Race Director: Mark Donahoo

Referee: Pam Noden

Chief Walks Judge: Scott Nelson

Walk Judges: Terry Swan, Gordon Loughlan, Di Lowden, Brenda Felton, Shane Dickson, Wally Horsman, Tony Doran, David Cash

Recorder: Terry O’Neill

Posting Board: Michael Bodey

Penalty Area Referee/ timekeeper: Karyn O’Neill

Check-in for AV & VRWC/ Event Registration: Bill Carr, Heather Carr

Check-in for LAVIC: Little Athletics officials

Presentations: Mark Donahoo, Anthony McIntosh (LAVIC CEO)

Starter: Tim Erickson

Marshals and check in for LVAA athletes: LAVIC people

Finish Marshall for LAVic races & Token distribution: Jonathan Ho, Ezo Ali

Results Collation: Mark Donahoo, Bill Carr

Bike Rider:

Red Card Collector: Michelle Frenken

Canteen: Donna Elms, Gwen Steed

Course Setup: Terry Swan, Ian Laurie, Stu Cooper, Gerard Feain, Terry O’Neill, Tim Erickson, Brett Johnstone

Chief Timekeeper AV and VRWC: Ian Laurie

Chief Timekeeper LAVIC: Stu Cooper

Announcer: Tim Erickson

Feed Table: Simon Baker,

Photos: Terry Swan

First Aid: Brett Johnstone, Caitlin Serle

Child safe officer: Brett Johnstone

Lap scorers

AV and VRWC Males 15km: Bob Gardiner

AV and VRWC Females 15km: Theresa Smith

VRWC 8km, 4km & 1km: Marnie Zakis or partner

LA Vic Un 17 3km: Matt Vernal (Times recorder), Darlene Swan (place recorder)

LA Vic Un 16 3km: Not required

LA Vic Un 15 3km: Dylan Shuttleworth (Times recorder), Troy Jardine (place recorder)

LA Vic Un 14 2km: Margaret Hay (Times recorder), Alla Pashutina (place recorder)

LA Vic Un 13 2km: Madeleine Feain (Times recorder), Dave Long (place recorder)

LA Vic Un 12 2km: Bill Carr (Times recorder), Heather Carr (place recorder)

LA Vic Un 11 1.5km: Dylan Shuttleworth (Times recorder), Troy Jardine (place recorder)

LA Vic Un 10 1.5km: Matt Vernal (Times recorder), Darlene Swan (place recorder)

LA Vic Un 9 1km Male: Matt Vernal (Times recorder), Alla Pashutina (place recorder)

LA Vic Un 9 1km Female: Madeleine Feain (Times recorder), Dave Long (place recorder)

Course

The course is a 1km loop course at the back of the Pit buildings between the building and the lake. Walkers will start and head towards the city, walking in a clockwise direction. As the event will start in the middle of the course, the walkers racing 1.5km will do one full lap and the one ½ a lap.

The 2-way radio channel used for the event is channel 60.

It'll be a big day, and one we're all looking forward to. Let's hope some of the LAVic walkers will enjoy their experience at Middle Park enough to want more, and to join the Club.



- Last week I heard the unfortunate news that **Steve Haverly** had suffered a stroke and was recuperating at Royal Park Medical Centre. We wish Steve a speedy recovery and hope to see him back at Middle Park before long ... certainly in time for the *Twilight Trivia* which he never misses. All the best, Steve!

ADVANCE NOTICES

***Twilight Trivia** – Saturday 27 July at 3.45, after the RWA Postal races.

***Judging Seminar** – Saturday 24 August at the Cathy Freeman Room, Lakeside Stadium (See application form on Page 12)



AROUND THE COUNTRY

** WALKER OF THE WEEK **



(Photo: SARWC)

Two young improvers – **Angelina Legrand (SA)** and **Jade Chitty (VIC)** – share this week’s WOTW award.

It was a busy day for **Angelina** at South Parklands, Adelaide. Competing first in a Little Athletics 2km in which she posted a 25sec PB, she then knuckled down to a 6 X 1km intervals race, clocking another PB (**4:58**) and averaging 5:04 across the six reps. Sustained endurance is the bedrock of success in this sport and Angelina (as she showed in Canberra last week) is building her endurance impressively.

Jade started her 8km race at Middle Park on Saturday as if on a mission, carving through the 8 laps with purpose and crossing with a time of **46:18** – a PB by a massive 3:34. Jade is another who has steadily built on her condition and stamina over several years and is now starting to express her natural speed to good effect.

Well done, Angelina and Jade. We’ll look forward to seeing you both progress further as the season unwinds.



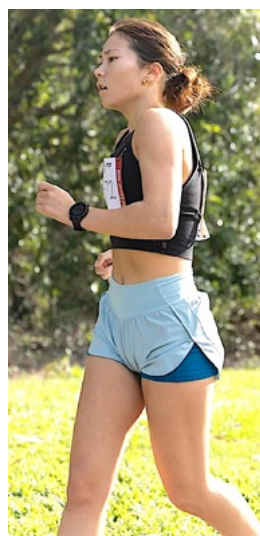
(Photo: VRWC)

*Honourable mention

- **Oliver Morgan (TAS)** – a PB by 2:40 in his first 10km for several years, clocking **55:59** in icy winter conditions.

QUEENSLAND QRWC Handicap #6, Sunday 16 June – Mudgeeraba

Despite the early morning chill, the QRWC enjoyed fine, sunny conditions for their latest handicap fixture. Thanks to **Robyn Wales** for the results and photos:



Taylah, Mia, Kai and Joy stride out at Mudgeeraba. (Photos: Julius Bergh)

A Grade 10km

Men:

(1) Peter Bennett 1:07:30

Women:

(1) Jasmine Rose McRoberts 1:18:17

(2) Joy Dale 1:23:18 SB

B Grade 5km

Men:

(1) Kai Dale 31:48

Women:

(1) Mia Bergh 27:06

(2) Taylah Morris 33:30

(3) Summer Millard 34:45

(4) Noela McKinven 46:01

C Grade 3km

Women:

(1) Eliza Kelly 18:55

(2) Kiara Waterman 19:22 SB

D Grade 2km

Men:

(1) Leo Hyde 10:33 SB

Women:

(3) Savannah Dunleavy 20:04

(1) Amelia Chisholm 11:23 SB

(2) Freya Williams 12:16

E Grade 1km

Women:

(1) Izzy Blackburn 6:21

(2) April Kelly 8:08

F Grade 0.5km

Women:

(1) Piper Dunleavy 3:32

(2) Harper Waterman 4:19

A.C.T.

ACTRFWC results, 15 June – Weston Park

Thanks to **Helen Toyne** for these results, received via the ACTRFWC Newsletter. No doubt the hard-working Canberra officials were grateful for a quieter race day after the full-on LBG Carnival last week.

1	Estrid Helgstedt	1km	Race	7.49
1	Jillian Ryan	2km	Race	11.06
2	Sebastian Ryan	2km	Race	12.10
3	Julia Grocott	2km	Race	12.18
4	Tindra Helgstedt	2km	Race	15.04
5	Michelle Tymkiw	2km	race	15.22
6	Jim White	2km	Fitness	15.57
1	John Kennedy	4km	Fitness	26.29

NEW SOUTH WALES

The NSWRC walkers, unfortunately, suffered the same fate as their WARWC counterparts did two weeks ago with last weekend's racing fixture being washed out. We all know that when it rains in Sydney it doesn't muck around, and we hope that they encounter no such further cancellations this winter.

SOUTH AUSTRALIA SARWC Intervals & SALA results, 15 June – South Parklands

Kim Mottrom reports ... showing, in the process, that his hard Canberra walks (35km plus a 5km) last Sunday did his speed no harm for this weekend.

Cold and wet here today and a busy one, with a Little Athletics meet followed by our annual post-Canberra Interval session. **Angelina Legrand** did a PB for both 1km and 2km across both meets, while **Cooper Rech** and **Liliana Templer** also did both meets.

Sebastian Richards, **Alex McEwan** and **Di Camilleri** all did PB's during the interval session. Very impressive effort from Liliana doing 6x1km after a 2km with little athletics, and **Jasmine Crabb** doing all of the 6x1500m reps.

Interval day: 6x1km or 6x1500m off 12:00

Up to 6x1km	1	2	3	4	5	6	Average
Sebastian Richards	04:22		04:34		04:31	04:27	04:28
Angelina Legrand	4:58 PB 0:19	05:03	05:09	05:08	05:06	05:05	05:05
Greg Metha	06:15	06:05	05:58	05:49	05:39	05:33	05:53
Liliana Templer	06:21	06:20	06:08	06:10	06:36	06:35	06:21
Robert Crabb	06:45	06:37	06:57				06:46
Alex McEwan	07:02	06:53	06:56	6:51 PB 0:02	07:07	06:52	06:57
Di Camilleri	07:20	6:29 PB 0:30	07:07	06:54	07:08	06:54	06:58
Lauren Richards	07:18	07:06		07:00		06:55	07:04
Martin Crabb	10:45						10:45

Up to 6x1.5km	1	2	3	4	5	6	Average
Sebastian Richards		6:29 PB 0:03					06:29
Kim Mottrom	06:27	06:27	06:45	06:52	06:49	06:51	06:41
Cooper Rech	07:41	08:01	08:10	08:20	08:44	08:51	08:17
Peter Crump	09:24	09:21	09:15	09:17	09:32	09:22	09:21
Jasmine Crabb	09:18	09:12	09:08	09:10	11:00	11:25	09:52

Little Athletics Meet

U6-U8 500m

Maleia King	3:27
Martin Crabb	4:23
Isabella Stratfold	4:25
Sedona Small	5:06

U12-U17 2km

Cooper Rech	9:36	
Angelina Legrand	10:13	PB 0:25
Liliana Templer	12:54	
Lara Hutchinson	15:05	
Arizona Small	19:26	

U9-U11 1km

Caleb Camilleri	6:08
Emmi Tunn	6:21
Jesaya Brandt	6:22
Saxon King	6:40
Aria Crispe	6:56
Anthony Crabb	7:50
Layla Trako	7:52
Mason Walden	8:56
Mackenzie Stratfold	9:39
Robert Crabb	DQ

TASMANIA TRWC results, 15 June – Montrose Bay

It looks as if winter has arrived in Hobart right on cue. **David Moore** reports:

Strong, chilly winds with the occasional showers made for a walk on the wild side at Montrose Bay today. Newcomer **Isabelle Christensen Barrett** didn't let the conditions stand in the way of slicing over a minute from her 1.5km time. Meanwhile, **Oliver Morgan** chose a very tough day for his first 10km in over 2 years. **Oliver** managed to carve a very big slice of 2 minutes 40 seconds from his previous best for that distance.

1km

1. William Sugiarto	TRWC	9:54
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1.5km

1. Elsie Woodward	Huon LA	12:05
2. Isabelle Christensen Barrett	TRWC	12:34 PB
3. Bianca Sugiarto	Huon LA	13:36

2km

1. Adele Woodward	OVA	13:32
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3km

1. Dave Moore	TMA	30:06
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5km

1. Wayne Fletcher	NS	49:18
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10km

1. Oliver Morgan	SB	55:59
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INTERNATIONAL NEWS

MARCIADALMONDO & O MARCHADOR ROUNDUP

Nicola Maggio returns with his latest observations of the Paris Olympic Marathon Walk Relay, for which a final qualifying opportunity will be afforded in Dublin this coming Saturday:

Paris 2024 Marathon Race Walk Relay

As of today (11 June – Ed), it is probably safe to say that 24 of the 25 places for the Paris Olympics have been decided.

As for the final (25th) place, there are only 13 seconds separating 3 teams, with Portugal currently sitting in the qualifying place:

25 **Portugal** Qualified by Top List* 3:08:44 - Antalya (TUR) - 21 APR 2024
 26 **Czechia** Next best by Top List 3:08:52 - Antalya (TUR) - 21 APR 2024
 27 **United States** Next best by Top List 3:08:57 - CVEATC, Chula Vista, CA (USA) - 02 JUN 2024

The final opportunity for teams to qualify will be in the famous Morton Stadium, Santry, Dublin, Ireland on June 22. So far entries have been confirmed from the following teams:

- Ireland 
- Kenya 
- Kazakhstan 
- Czech Republic 
- Hong Kong 

With the below teams still to be confirmed:

- Finland 
- USA 
- Greece 

It seems qualification for the Marathon Race Walk Mixed Relay is as exciting and unpredictable as the event itself...



Olympic walks course map – as at 11 June. (Photo: Marcia dal Mondo Friends FB)

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, June 17, 2024 - Evelyn Inga and Luis Henry Campos triumph in international 10,000 meter walking events, in Lima <https://omarchador.blogspot.com/2024/06/evelyn-inga-e-luis-henry-campos.html>
- Sunday, June 16, 2024 - 2002, the calm that follows the storm <https://omarchador.blogspot.com/2024/06/2002-bonanca-que-sucedede-tempestade.html> Following a disastrous 2001 plagued by disqualifications, better results were seen in 2002 after much hard work of technique coaching.
- Saturday, June 15, 2024 - VIRTUS - European Athletics Championships - Uppsala (SWE) 2024 (results) <https://omarchador.blogspot.com/2024/06/virtus-campeonatos-da-europa-de.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.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024

Sat 22 Jun 2024	AV 15km & Little Athletics Victoria Road c'ships – Middle Park
Sun 14 Jul 2024	AV, VMA & VRWC c'ships – Middle Park
Sat 27 Jul 2024	RWA Postal Challenge – state-based venues (Middle Park – also Twilight Trivia fundraiser)
Sun 11 Aug 2024	AV Country Road walk c'ships – Middle Park
Sat 24 Aug 2024	AA/RWA Walk judging course – Lakeside Stadium (Cathy Freeman Room)
Sun 25 Aug 2024	RWA 2 nd Carnival – Middle Park
Sat 7 Sep 2024	AV 5000m teams c'ship, VMA 5000m Track c'ship - Mentone
Sun 15 Sep 2024	VRWC Relay race & Winter presentations – Middle Park

International Dates

26 Jul- 11 Aug 2024	XXXIII Summer Olympics – Paris, FRA
13-25 Aug 2024	24 th World Masters T&F Championships – Gothenburg, SWE
20-24 Aug 2024	WA World Junior T&F Championships – Lima, PER
13-21 Sep 2025	20 th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

** VRWC RACE FEES

Seasons ticket 12 months:

Financial members: \$110.00 paid by the **end of May**.

VRWC Club Races:

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

VRWC Championships:

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher, non-financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA, RWA.

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2024:

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.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham,

Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia,

Casey, and the Mornington peninsula down to Mornington.

Outside of these areas are considered country area.)

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

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.

Stu Cooper - editor
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A seminar for Walk Judges and anyone wishing to become a judge will be held on **Saturday 24 August**, in conjunction with the Racewalking Australia Championships, scheduled for Sunday 25 August.

The seminar will be presented by international judge **Zoe Eastwood-Bryson** and will consist of two sessions:

SESSION 1 (10.00am – 12.00 noon)

- Rules of judging, for all age groups from Little Athletics to Seniors
- Operation of the Penalty Zone

SESSION 2 (1.00pm – 3.00pm)

- Walk judge documentation, including Judge's Report form, Red cards, Chief Judge Summary sheet, Notification board.

If you wish to attend, please notify Di Lowden by 10 August, at dilowden39@gmail.com

QUESTIONS

If you have prior questions or issues that you would like addressed at the seminar, please send them to Di Lowden who will pass them on to Zoe for consideration.