



HEEL & TOE Online

Vol. 2025
Issue No. 24
Tuesday
17 June 2025

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

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*H&T Notice Board – Page 11

- *Dogs off leash*
- *Re-registration and new registration*
- *Fees - Membership and racing.*
- *2025 Winter fixture summary*

WALKER OF THE WEEK

It was the kids' turn to take centre stage last Saturday, at the second staging of the Little Athletics Victoria road walk championships, so it's no surprise that this week's WOTW would come from the results produced in that meet. I've not had the opportunity to chase up every PB recorded on the day but one I did find was a stand-out ... that of **Georgia Walters (VIC)**, of the Diamond Valley LAC.

A regular VRWC racer last year, Georgia hasn't been seen as much at Middle Park in 2025. However, she clearly has gained in fitness and speed. Her winning time of **7:57** in the U11 1.5km was a PB by a whopping 1:27, smashing the time she set at these championships last year when she was 2nd in the U10. We hope to see more of Georgia at the Club in the future, and we wish her continued improvement and further great results.

(Photo: Andrew Pryn)



*Honourable mentions

- **Alaska Bremner (VIC)** – hailing from Warrnambool in the state's south west, Alaska had a great win in the U14 All Schools 3km championship in May, and it took a huge effort by WOTW Georgia to keep her from another title this time. Her silver in **8:05** in her first 1.5km is a sure sign of big things to come.
- **Anna Dubar (VIC)** – another to smash her previous best by a huge chunk, taking third behind Georgia and Alaska with a 0:46 PB of **8:34**.
- **Angus Shuttleworth (VIC)** – turned on a 2km time trial in the biting wind to clock a fast **9:08** – an 11 sec PB.



CLUB NEWS and RESULTS

VRWC AV 10km & LAVic Road walks championships, 14 June – Middle Park

Conditions were brutal at the Aughtie Drive loop, with a blustery northerly gale turning the entire stretch into an icy wind tunnel and making life challenging for the officials trying to keep clipboards and stationery from being ripped out of their hands. For the 15 starters in the State 10km championships and Club races it could best be called a day to get through. **Riley Coughlan** was a deserving winner of his first senior 10km title and Bert Gardiner Medal, with **Carolyn Rosenbrock** producing her customary go-to-whoa effort for the women's title. It was a frustrating day for **Alejandro Stephens** but his

silver was well-earned, as was that of **Jai Wen Heng** whose result on limited experience was very promising. We hope to see more of her.

AV Men 10km Championship

1 Riley Coughlan*	Knox AC	46:01
*C.H. (Bert) Gardiner medallist		
2 Alejandro Stephens	Glenhuntly	51:59
3 Pramesh Prasad	South Coast	58:28
4 Shaun Lewis	Williamstown.	1:03:04
5 Michael Harvey	Waverley.	1:13:55
.. Nitesh Dhammi	Williamstown	DQ
.. Steven Stern	Glenhuntly	DQ

AV Women 10km Championship

1 Carolyn Rosenbrock	Yarra Ranges	1:01:54
2 Jai Wen Heng	Mentone	1:03:48

AV Men M40+ 10km c'ship

1 Shaun Lewis	Williamstown	1:03:04
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AV Women M50+ 10km c'ship

1 Carolyn Rosenbrock	Yarra Ranges	1:01:54
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AV Men M50+ 10km c'ship

1 Pramesh Prasad	South Coast	58:28
2 Michael Harvey	Waverley	1:13:55
.. Steven Stern	Glenhuntly	DQ



Most pleasing in the Club races was the reappearance of **Maddison Nash** after a long fightback from injury. Walking in tandem with **Dylan Richardson** over 4km, Maddie's **20:29** showed that she hasn't lost much in the way of pace. Hopefully she can now look forward to building her form back up to the levels of this time last year.

VRWC 4km Open Men

1 Dylan Richardson (NSW)	20:23
2 Ben Skeurka	28:45

VRWC 4km Open Women

1 Maddison Nash	20:29
2 Emily Smith	22:30
3 Emilie Garside	27:06

VRWC 1km Open Women

1 Cory Lewis	6:44
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Our thanks to all who performed a role in conducting these races in bitter, challenging conditions:

AV & VRWC

Manager	Mark Donahoo
Referee:	Kirsteen Farrance
Check in:	Bill Carr,
Recorders	Duncan Knox, John Nottle, Bob Gardiner
Judges:	Shane Bicknell (Bronze) (C), Scott Nelson (Silver), Terry Swan (Bronze) Di Lowden (Bronze), Brenda Felton, David Cash, Bec Lewis, Lorraine Morgan
Posting board:	Stu Cooper
Penalty area:	Karyn O'Neill
Starter:	Tim Erickson
Timekeepers	Ian Laurie,
Announcer	Tim Erickson,
Results	Mark Donahoo
Red Card Collector:	Terry O'Neill,
Photos	Therese Smith
Presentations	Mark Donahoo, Bob Gardiner
First Aid	Brett Johnstone, Caitlin Serle



Well done to photographer Therese Smith on capturing this one ... for warming hearts on a freezing day.



LAVic Road Walk championships, 14 June – Middle Park

Following the above races, a pleasing turnout of 81 starters converged on the lakeside course for the second edition of the Little Athletics Victoria road walk championships. The wind had abated slightly by this time but the youngsters still had to slog into it on the northward legs. The VRWC membership – past and present – was well represented and showed the benefit of Club racing experience, while many of the other, as-yet-unconnected competitors showed excellent technique and racing skill. Winter bugs have to be considered of course, which probably explained the no-show of 11 entrants.

The only real disappointment was the sparse entry among the mid-teenage ranks. This can, in part, be put down to commitment to winter team sports with clubs and schools, but a certain ‘thinning out’ was also noticeable in these age groups at the State track titles in March. We hope that, now that these road championships are established and knowledge of the VRWC’s activities is spreading, the appeal of road racewalking will take hold at an age level from which we’d expect to draw our future senior champions. A track 1500m may not hold much appeal beyond a certain age, but a road 3km might.



Start of the U11 1.5km. Regional centres were well represented here, and in other races.

Girls U9 1km

1 Daisy Hooper	Camberwell-Malv	5:56
2 Summer Patten	Ringwood	6:20
3 Ava Filuk	Altona	6:34
4 Etta Ross	Surf Coast	6:38
5 Nellie Westaway	Bendigo	6:39
6 Abigail Verity	Werribee	6:52
7 Nashe Chengeta	Werribee	7:02

Boys U9 1km

1 Fletcher Walters	Diamond Valley	5:57
2 Bowie Clarke	Ballarat	6:08
3 Leo Coughlin	Coburg	6:20
4 Harvey Flegg	Mentone	6:35
5 Harrison Parnes	Knox	6:40
6 Grayson Allison	Knox	6:44
7 Charlie Hadjistefanis	Dandenong	6:53

8 Ava Pravednikov	Coburg	7:09	8 Oliver Mill	Ringwood	7:06
9 Henrietta Kluver	Coburg	7:51	9 Avery Allison	Knox	7:10
	<i>DQs - 1</i>		10 Domingo Monotti	Mentone	7:29

Girls U10 1.5km

1 Lily Bowkett	Geelong	8:31
2 Aria Di Benedetto	Whittlesea City	8:44
3 Pippa Coleman	Bendigo	9:17
4 Payton Welsh	Berwick	9:21
5 Sophie Menz	Lucas	10:04
6 Pranavi Mukesh Bhoge	Sth Melb Dist.	10:09
7 Ayla Senyuvali	Melton City	10:10
8 Shaylee Barker	Berwick	10:18
9 Ruby Nicholls	Cranbourne	10:33
10 Summer Tobias	Diamond Valley	11:33
11 Freyja Stubbs	Coburg	12:50
11 Lia Walker	Coburg	12:50
	<i>DQs - 1</i>	

Boys U10 1.5km

1 Fletcher Reid	Melton City	7:58
2 Richard Barker	Sth Melb Dist.	8:22
3 Felix Skurka	Chelsea	8:30
4 Dimitri Pashutin	Knox	9:11
5 Bronson Roseler	Whittlesea City	9:41
6 William Millar	Frankston	10:08
7 Manendu Rohanachandra	Traralgon	10:24
8 Tommy Barrell	Brighton	10:29
9 Thomas Johnstone	Berwick	10:40
10 Murphy O'Rourke	Sth Melb Dist.	10:58
	<i>DQs - 1</i>	

Girls U11 1.5km

1 Georgia Walters	Diamond Valley	7:57
2 Alaska Bremner	Warrnambool	8:05
3 Anna Dubar	Brighton	8:34
4 Natalie Ramirez	Knox	9:10
5 Abby Fowler	Brimbank	9:17
6 Ava Jacobson	Diamond Valley	9:56
7 Brigitte Monotti	Mentone	10:15
8 Tully Kluver	Coburg	10:30
9 Chloe Jackson	Bendigo	10:53
10 Anika Dev	Williamstown	11:08
	<i>DQs - 1</i>	

Boys U11 1.5km

1 Logan Allison	Knox	7:49
2 Tom Guastella	Berwick	7:53
3 Jack Greyling	Frankston	9:04
4 Matthew de Fanti	Brighton	9:09
	<i>DQs - 1</i>	

Girls U12 2km

1 Indigo Marshall-Moodie	Berwick	11:13
2 Ella Harris	Brimbank	11:31
3 Emilia Johnstone	Berwick	11:47
4 Kobe Lewis	Melton City	12:11
5 Erlyn Singh	Cranbourne	12:16
6 Zoe Bowkett	Geelong	12:35
7 Poppy Walter	Coburg	13:43
8 Haven Lennon	Seaford	14:13

Boys U12 2km

1 Brodie Welsh	Berwick	11:55
2 Brandon Thompson	Cranbourne	12:26
3 Ethan Loch	Sth Melb Dist.	13:41
4 Ryan Neil	Collingwood	14:00
	<i>DQs - 1</i>	



Leaving it all out there ...



Girls U13 2km				Boys U13 2km			
1 Addison Frenken	Berwick	11:00		1 Fiete Halvar Diers	Sth Melb Dist.	10:26	
2 Caitlyn Shipham	Knox	12:05		2 Tate McQueen	Bendigo	10:37	
				3 Harrison Ryan	Whittlesea City	12:04	
				4 Idan Maylis	Mentone	12:48	
Girls U14 2km				Boys U14 2km			
1 Charlotte Read	Chelsea	13:43		1 Angus Shuttleworth	Knox	9:08	
				Boys U16 3km			
				1 Arthur Robinson	Altona	19:51	

*ACTION MODELS

Tate, Bowie, Payton, Carolyn, Felix, Michael, Cory, Maddison, Riley, Kobe, Emily, Ella, Daisy, Fletcher, Shaun, Caitlyn, Jia, Lily, Alejandro, Pippa, Harrison

(Photos: Therese Smith, Andrew Pryn)

More great images will be posted in the next issue.

Many hands and much cooperation are required to make a program like this one fly. Our thanks to everyone listed below - especially to Brett Johnstone (LAVic) for his liaising, co-organising and directorship of the event – and to everyone else who assisted in some way, however small, to make it a rewarding day for everyone.

LaVic c'ships

Manager	Mark Donahoo
Race Director:	Brett Johnstone (LaVic)
Chief Walks Judge LAVic 1:	Brenda Felton
Judge's Recorder 1:	Karyn O'Neill
Chief Walks Judge LAVic 2:	Scott Nelson
Judge's Recorder 2:	Terry O'Neill
Walk Judges LaVic:	Stu Cooper, Di Lowden, David Cash, Lorraine Morgan, Shane Bicknell, Terry Swan
Judge's sheet Collector & Bike rider:	Shaun Lewis
Check-in for LAVIC athletes:	Caitlin Searle
Presentations for LaVic:	LAVIC
Starter LaVic:	Tim Erickson
Marshals and final check for LAVic athletes:	Dannielle Clarke, Heather Carr
Finish Marshall & Token distribution:	Michelle Frenken, Caley Welsh, Andrew Dubar
Photos LaVic:	Andrew Pryn
Child safe officer:	Brett Johnstone
Finish tags:	Supplied by LAVIC

**This week ...*

Back to our Points competition this Saturday! Let's hope the icy winds hold off.

Saturday 21 June – Middle Park

2.00pm	12km	Points race	Open
2.00pm	10km	Points race	Open
2.00pm	5km	Points race	Open
2.15pm	3km	Points race	Open
2.15pm	1km	Points race	Open

*Entries will be accepted up until **6.00pm** on Friday 20 June. Enter online at <https://www.revolutionise.com.au/vrwc/>*

*And a heads up for **Saturday 28 June** – our popular 'Guess Your Time' races, also our first Prizes day for the season. The program will consist of 8km, 6km, 4km, 2km and 1km, with prizes in each race (male and female) for finishing closer to your guess-timated time than anyone else can to theirs.



AROUND THE COUNTRY

CORRECTIONS

There were a few missteps in the previous issue, related to the LBG Carnival results and reports. Corrections are as follows:

- **Archer Lane (NSW)** was the second walker in the NSW2 team for the U12 Boys race, not Oliver Crowl who is Victorian.
- **Harrison Ryan (VIC)** placed 6th in the U14 Boys 2km in **11:00**, and was not a DNF as reported.
- **Will Thompson (VIC)** should have been named in the WOTW citation as finishing behind Tim Fraser (ACT) in the Open 15km.

Our apologies for the errors ... *Stu*

QUEENSLAND QRWC Handicap #5 results, 15 June – Yeronga

Robyn Wales reports that it was a chilly start on Sunday morning at Yeronga by the Brisbane River ... but with the sun shining they were glad not to be in Canberra! **Lachlan Moore** was the most impressive on the day.

A Grade 10km

Men:

(1) Ignacio Jimenez	55:07
(2) Kai Dale	1:00:01 SB
(3) Peter Bennett	1:10:47
... Andrew Leggatt	DQ

Women:

(1) Brenda Gannon	1:05:10
(2) Joy Dale	1:18:49 SB
(3) Noela McKinven	1:36:46

B Grade 5km

Women:

(1) Eliza Kelly	29:03
(2) Nyle Sunderland	31:59 SB
(3) Anne Weekes	35:59
(4) Kate Morris	36:31 SB

C Grade 3km

Men:

(1) Lachlan Moore	14:36
(2) Leo Ramsay	17:42 SB

Women:

(1) Kiara Waterman	20:05
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D Grade 2km

Boys:

(1) Hayden Robertson	11:54
(2) Dylan Moore	12:48 SB

Girls:

(1) Izzy Blackburn	13:02
(2) Jessica Gorham	13:50
(3) Violet Conway	14:26

E Grade 1.5km

Women:

(1) Willow Sio	11:11
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F Grade 1km

Girls:

(1) Lilli Chu	6:27
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TASMANIA TRWC results, 15 June – Montrose Bay

If it's cold in Melbourne, you can generally guarantee similar in Hobart ... especially near the coast! Thanks to **David Moore** for compiling these results – once he'd thawed out.

A very cold morning for our walks at Montrose Bay today, sunshine, but without the warmth from its rays.

Plenty of PB's today, well done to **Anne Travis** (1km), **Adele Woodward**, **Charlotte Dix**, **Samuel Hucker** and **Dot Sussmilch Leitch** (all 2km) on achieving new marks.

1km

1. Grace Hennessey	TLA	8:42 FT
2. Anne Travis	UTAS	10:03 PB

1.5km

1. Bianca Sugiarto	Huon LA	12:43
2. Austin Hucker	Huon LA	12:45 FT
3. William Sugiarto	Huon LA	13:59
4. Gabriel Dix	Clarence LA	14:26 FT

2km

1. Adele Woodward	OVA	13:03 PB
2. Charlotte Dix	ESAC	13:48 PB
3. Samuel Hucker	Huon LA	16:12 PB

3km

1. Sara Leitch	TMA	30:06 FT
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4. Dot Sussmilch-Leitch Hobart LA 18:16 PB
 5. Dave Moore TMA 19:41

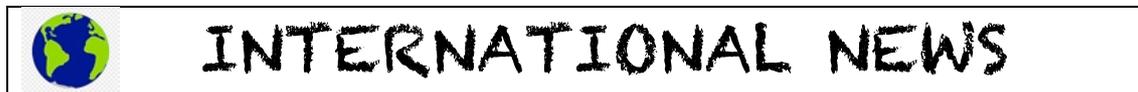
4km

1. Elizabeth Leitch TMA 29:21
 2. Sam Leitch ESAC 32:11 FT

5km

1. Wayne Fletcher NSAC 48:08

FT – first time over distance



FRANCE: Soiree de Saint Maur, 11 June – Saint Maur

Emmanuel Tardi reports on another annual celebration of athletics in France, giving **Aurelien Quinion** his second chance in two days to dazzle with speed.

One day after the Montreuil race, another racewalking event was organised in the eastern suburbs of Paris.

The city of Saint Maur organises, every Wednesday from June to September, the very famous "soirées de Saint-Maur". It is running events, and thousand and thousand runners have run each year since 1975.

Sometimes they organize racewalking event and it was this year! We had 50 starters in the 2 races: 3000m at 7:25pm and 5000m at 7:55pm.

In the 5000m **Aurelien Quinion** won in the excellent time of **19:12**, one day after he walked **19:08** in Montreuil. In the womens 5000m, young **Daphné Gateau-Fernez** walked a very regular pace (4'29" at km 1, 13'29" at km 3) and finished the race in **22:28**, faster than the French record, **22:53.54**, by Lena Auvray in 2023.)

Unfortunately, this record will not be validated because there were not enough national judges (there were 5 judges, 4 were regional level and one was national. The French federation want 3 national judges to validate national records.)

I was not in Saint Maur ... because I need to work ... sometimes.

5000m Hommes

1	QUINION Aurelien	SEM/93	Ac St Gratien-Sannois	19'12"27
2	HENault Matteo	CAM/09	Vineuil Sports	22'32"71
3	ROTTIER Lilian	ESM/03	La Postillonne Longjumeau	23'26"37
4	MONAYAJO Shamseddine	SEM/99	Ea Cergy Pontoise	24'00"61
5	CASTELLANI Antoine	SEM/01	Csm Clamart	25'40"45
6	CHEVASSUS Melwan	ESM/04	Asfi Villejuif Athletisme	25'41"94
7	DUCLOS Elouan	CAM/09	Us Champagne-Sur-Seine	25'42"26
8	FAURET Antonin	SEM/94	Us Metro Transport	25'49"09
9	KERVELLA Cedric	MAM/69	Ao Charenton	27'57"46
10	BLONDIN David	MAM/69	Ea Cergy Pontoise	28'23"73
11	DUCLOS Eddy	MAM/69	Us Champagne-Sur-Seine	28'37"85
12	COMBES Julien	MAM/70	Us Fontenay-Sous-Bois	29'26"55
13	NOGRE Yannick	MAM/59	Sc Brie Athlétisme	29'32"01
14	MARIE Frederic	MAM/61	As Mantes	29'45"09
15	LAMIRAUlt Philippe	MAM/69	Lisses Ac	30'11"49
16	TOUTAIN Eric	MAM/63	Us Ivry	31'10"37
17	LEFEVRE Marc	MAM/65	Us Maisons-Laffitte	32'28"07
18	NICOD Reynald	MAM/81	Athletic Club De Colombes	34'49"35
19	MONTIGNY Patrick	MAM/49	Us Ivry	45'51"38
-	QUESNEL Stephane	MAM/69	Es Sucy-En-Brie	DNF
-	ARVEILLER Jean-Paul	MAM/48	Uai Nogent	DQ
-	GUEGAN James	MAM/73	Vincennes Athletic	DQ

5000m Femmes

1	GATEAU-FERNEZ Daphne	CAF/09	Entente Poitiers Athle	22'28"58
2	DUCLOS Adele	SEF/00	Athle 91	23'15"33
3	BRENEY Eleonore	CAF/09	Fc Sochaux Montbeliard	24'19"33
4	FAUCON Thais	ESF/04	Stade Saint-Lo	27'06"05
5	BIZARD Lucie	MAF/90	Stade Français	28'53"63
6	RAHMOUNE Nawel	JUF/06	Ca Montreuil 93	29'13"34
7	KERHARDY Ava	CAF/09	Ac St Gratien-Sannois	29'19"01
8	SERAKI Patrizia	MAF/63	Avia Club Athletisme	29'24"02
9	GIFFARD Violaine	CAF/09	Ac St Gratien-Sannois	29'25"66
10	DEUTSCH Lucile	CAF/09	Us Champagne-Sur-Seine	29'26"33

11	OULD BOUALI Juliette	JUF/07	Esme Us Deuil	30'34"26
12	BOUISSOU Sabrina	MAF/78	Es Sucy-En-Brie	30'54"63
13	DESSAUNY Hermance	JUF/07	Ac Brunoy	32'14"67
14	BERTRAND Pauline	CAF/09	Vineuil Sports	34'57"01
15	BIZARD Claudie	MAF/59	Thiais Ac	36'21"01
3000m				
1	RINERO CHANFREAU Fabienne	MAF/80	Ca Montreuil 93	15'20"47
2	LANZARONE Claire	MAF/89	Ea Cergy Pontoise	16'17"15
3	PIC Charlotte	SEF/01	Ea Cergy Pontoise	16'54"93
4	KHELOUFI Samira	MAF/81	Ea Cergy Pontoise	17'32"97
5	MOALIGOU Romane	MIF/10	Asa Maisons-Alfort	17'41"55
6	BRESSON Lea	MIF/10	As Chelles	18'11"23
7	BUDKA Theo	MIM/11	Thiais Ac	18'34"15
8	MARTEIL Lois	MIM/10	Thiais Ac	18'45"82
9	MARQUIS Cecile	MAF/71	Avia Club Athletisme	18'50"81
10	DORE Sophie	MAF/77	Uai Nogent	19'25"66
11	CAMACHO Emilie	JUF/07	Yerres Ac	21'21"47
12	LOURENCO Anabela	MAF/71	Es Sucy-En-Brie	22'44"20



Hopefully Daphne will get to keep the next one

(Photo: Emmanuel Tardi)

NETHERLANDS: Dutch National Walk championships, 15 June – Tilburg

Emmanuel was back on the paddles at the weekend, this time in the Netherlands for their national road titles.

I was racewalking judge (again) in Tilburg this Sunday for the Nederland National Championship (20k men and 10k women.) The 20k was scheduled to start at 11am and the 10k at 12pm.

As usual the race took place on a perfect road, generally used for Roller races. Absolutely flat with very large curves. In the 20k, **André Van Slooten** won the national title. **Remco De Bruin** walked a few laps with him but decelerated and was caught by **Van Wijngaarden** for 2nd place.

In the 10k, **Anne Van Andel** won the title easily.

In the men's open race, **Matthew Glennon** (IRL) won easily. In women's open race, **Aisling Lane** walked with her brother and won.

20km

1/André Van Slooten 1978	1:47:51
2/Edwin Van Wijngaarden 1977	1:50:52
3/Remco De Bruin 1964	1:54:59
4/Wilfried Van Bremen 1987	2:07:42
-/Maurits Drag 1991	DQ
P/Martin Vos 1969	2:19:43

10km Women

1/Aisling Lane (IRL) 2005	50:28
2/Eabha de Faoite (IRL) 2004	51:23
3/Anne Van Andel 1990	53:24
4/Emily Ghose (GBR) 1999	56:21
5/Loes Van Bremen 1986	1:05:46
6/Jacqueline Van Drongelen 1969	1:06:43
7/Jennifer Van Avendonk 1969	1:14:26
8/Larissa Droogendijk 1972	1:19:23
-/Hannah Hooper (GBR) 2003	DNF
P/Corina Riezebos 1965	1:12:48

10km Men

1/Matthew Glennon (IRL) 2003	43:09
2/Kristoffer Randall (NOR) 2007	47:49

5km

1/Liesbet De Smet (BEL) 1982	30:42
2/Hans Van Wakeren 1949	37:30

3/Luc Legon (GBR) 1997	47:56
4/Oisin Lane (IRL) 2002	50:29
5/Thomas Pauwels (BEL) 2000	53:12
6/David Durand-Pichard (FRA) 1972	54:26
7/Henk Plasman 1957	1:03:40
-/Han Holstag 1957	DNF

1km

1/Mick Van Bremen 2016 8:34



Van Andel



Van Slooten



Aisling & Oisin Lane



Glennon

(Photos: Emmanuel Tardi)

MARCIADALMONDO & 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.

- Tuesday, June 17, 2025 - Meeting “The evenings of Saint-Maur”, France (results)
<https://omarchador.blogspot.com/2025/06/meeting-les-soirees-de-saint-maur.html>
- Monday, June 16, 2025 - Isabel Laginhas and Vicente Figueiredo triumph in the Under-16 Nationals – Seia 2025
<https://omarchador.blogspot.com/2025/06/isabel-laginhas-e-vicente-figueiredo.html>
- Sunday, June 15, 2025 - Kristina Saltanovič honored in Alytus, Lithuania
<https://omarchador.blogspot.com/2025/06/kristina-saltanovic-homenageada-em.html>
A special honour for the 4-time Lithuanian Olympian, now an international judge.
- Sunday, June 15, 2025 - Austrian Open Race Walking Championships – Innsbruck 2025 – results
<https://omarchador.blogspot.com/2025/06/campeonatos-abertos-de-marcha-atletica.html>
- Friday, June 13, 2025 - Ben Hlima and Olyanovska win the 20 km in Alytus, Lithuania
<https://omarchador.blogspot.com/2025/06/ben-hlima-e-olyanovska-impoem-se-nos-20.html>
Polish and Ukrainian champions prevail in the latest WA Silver Tour event.
- Thursday, June 12, 2025 - Gabriel Bordier with 18:02.38 in the 5,000 m marches at the Meeting de Montreuil (2025)
<https://omarchador.blogspot.com/2025/06/gabriel-bordier-com-180238-nos-5000-m.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

FURTHERMORE ...

**** Vale John Farrington 1942 – 2025 ****

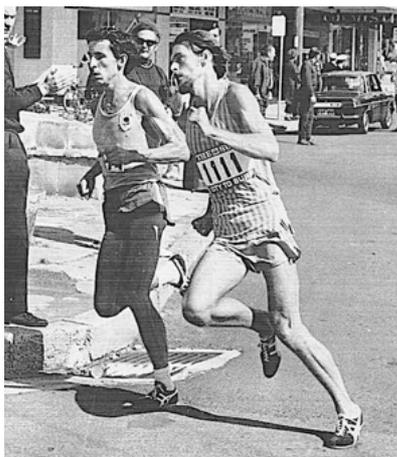
The racewalking community has an historic connection with the Marathon and distance running family. Thus, it is fitting that we salute the late **John Farrington**, NSW marathoner and dual Olympian, who died at the weekend.

John had a singular link with the VRWC, in that he and **Bob Gardiner** were Australian team mates at the altitude-blighted Mexico Olympics in 1968. Both were severely affected by the heat and oxygen deprivation, finishing in times far slower than their best domestic results (John 43rd in the marathon, Bob 19th in the 50km walk), but finishing nonetheless. Their link, sadly, doesn't end there. Selected for the 1972 Munich Olympics, injury forced both Bob and John to miss those Games at the last minute. Both were in their best ever form and one can only imagine how they'd have fared at sea level on the roads of the Bavarian capital.

Our condolences go out to John's family, friends and all who are saddened by his passing.

David Tarbotton announced John's passing as follows:

Sad news over the weekend with the passing of one of Australia and NSW's great distance runners, **John Farrington**. He set his marathon PB of **2:11.13** in the NSW championship at Richmond in 1973, 52 years ago. He won seven Australian titles, 2 NSW and three City to Surf races.



Left: *John Farrington doing battle with Kenny Moore (USA) in the 1971 City to Surf.*

Right: *John takes 2nd behind the winning American.*

(Photos: David Tarbotton)

His only Australian XC title, in 1971, was one of the most dramatic races in history, when a river on the course at Macquarie University in Sydney became flooded and the runners were forced to wade through chest high water. He won by nearly a minute.

A summary of his career statistics:

- Marathon personal best 2:11.13 in 1973, 52 years ago
- The time of 2:11.13, at Richmond in Sydney, remains the second fastest by an Aussie in Australia.
- Olympic Games 1968 (43rd), 1972 (dnc)
- Commonwealth Games 1974 (5th)
- [#career](#) marathons 22
- clubs UTS Norths & Ryde-Hornsby
- Australian titles 7 (2 x 10,00m, 4 x marathon, 1 x XC)
- Marathon career times 2:11.13, plus three 2:12 marathons.
- Marathons: in 1971 he ran four in the year and three each in 1970 & 1974. In 1971 he ran three marathons over 10 weeks.
- he moved to Adelaide late in his career
- 20 NSW titles (2 x 5000m, 3 x 10,000m, 4 x XC, 3 x XC short/long, 2 x marathon, 6 x Road)
- City to Surf three wins & five consecutive podiums.
- PBs 5000m 13:59.0 (70), 10,000m 29:16.2 (70), Half Marathon 65:12 (73), Marathon 2:11.13 (73)



From the Secretary ... REGISTRATION

The registration portal is open for renewal and new memberships for season 2025.

The portal is here:

<https://www.revolutionise.com.au/vrwc/registration>

I have also completed the first series of races for entry for members to enter. (NOTE - *If you intend to buy a Season pass, see note below before entering.*)

First 3 race days here:

<https://www.revolutionise.com.au/vrwc/events>

Season Pass at \$110

<https://www.revolutionise.com.au/vrwc/shop>

When purchasing an SP, please wait 48 hours for your unique code to be sent via email. *Do not enter any races until you have received your code.*

Terry Swan

DOGS OFF LEASH

At our championships day on Sunday 18 May, one of our race judges had cause to lodge a formal report concerning several dogs whose owners had seen fit to let them run untethered in a 'KEEP DOGS ON LEASH' area, very close to the northern turn of our course. At least one dog had been free to roam onto the path itself.

There is official signage on the path next to the Bowling Club fence in that area, requiring that dogs be kept on leash. Whether it was unseen or ignored by the dog owners, it resulted in a safety risk and was a source of anxiety for our competitors.

The incident was reported to Parks Victoria, who will advise their rostered rangers to patrol the area and undertake dog education measures if necessary.

VRWC members, supporters and parents who notice similar incidents should notify myself, Mark Donahoo or Terry Swan.

*Stu Cooper
President*

**** 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 or RWA.

**** VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2025:

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.)

***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. (Families: \$45 for the first child, \$35 for siblings.)

2025 WINTER SEASON FIXTURE

JUNE

Saturday 21st June VRWC Points races Middle Park
Saturday 28th June VRWC Points races & Prize Day Middle Park

JULY

Sunday 6th July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park
Saturday 12th July VRWC Points races and Interval races Middle Park
Saturday 19th July VRWC Points races
Saturday 19th July Coaching seminar for parents, athletes and coaches Middle Park
Saturday 26th July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

AUGUST

Saturday 2nd August VRWC Points races Middle Park
Saturday 9th August AV Championship & VRWC Championships & events Middle Park
Saturday 16th August VRWC **Last points race** Middle Park
Sunday 24th August Australia Athletics championships Ballarat
Saturday 30th August VRWC non points race day Middle Park

September

Saturday 6th September AV 5km teams championship, VMA 5km track championship & VRWC events Mentone Track
Sunday 14th September VRWC relay race and [Seasons Presentations](#) Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sun 9 Jul 2025 AV & VMA 20km, AV age group & VRWC Club c'ships – Middle Park
Sun 24 Aug 2025 AA Junior road championships – Ballarat

International Dates

16-27 July 2025 World University Games – Bochum, GER
13-21 Sep 2025 20th World Athletics Championships – Tokyo, JPN
4-9 Aug 2026 World U20 Athletics Championships – Eugene OR, USA
30 Oct-15 Nov 2026 Youth Olympic Games – Dakar, SEN

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***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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