



HEEL & TOE Online

Vol. 2025
Issue No. 34
Tuesday
26 August 2025

The official organ of the Victorian Race Walking Club, Inc.
Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

*H&T Notice Board – Page 9

- ** VACANCY – Club Treasurer
- *Dogs off leash*
- *Fees - Membership and racing.*
- *2025 Winter fixture summary*

WALKER OF THE WEEK



(Photo: ANSW)

This week's WOTW focus is on last Sunday's AA Junior road championships at Victoria Park, Ballarat, where 35 personal bests were set. Cream of the crop were two new Australian records, set by **Isaac Beacroft (NSW, U20 10km)** and **Ela Uzun (VIC, U16 5km)**. Needless to say, Isaac and Ela are this issue's WsOTW.

It was, of course, no surprise that **Isaac** took the U20 title ... but the display of speed, power and technical efficiency he turned on was one you'd consider yourself privileged to witness. I know I did. His winning time of **38:55** sundered his own U20 national road record, set last year in Turkiye, by 1:01 and places him in the top 10 on the all-time Australian 10km/10,000m list. And, at 18, he's barely gotten started!

Ela suffered a setback in her last attempt to break her own national U16 5km record at Middle Park owing to a stopwatch glitch. With electronic timing in place this time around she made no mistake, ripping 0:44 from her previous mark to clock **22:57**, just 13 secs adrift of Katie Hayward's U18 record. One suspects that that one isn't long for this world either.



Congratulations to Isaac and Ela ... two exemplary performances from two exceptional athletes!

*Honourable mentions

- **Noah Cooke (QLD)** and **Callum Martin (NSW)** – produced the duel of the meet, each clocking substantial 5km PBs in taking gold and silver respectively.
- **Peter Charlton (NSW)**, **Harrison Ryan (VIC)** and **Koby Irvine (QLD)** – no medals this time but each scored a whopping PB, Peter and Harrison by over 2:00 and Koby by 1:59. Call that success!
- **Alaska Bremner (VIC)** – small in stature but big in speed and ticker, scored an all-the-way win in the U12 2km, an unknown race distance for her.
- **Sebastian Richards (SA)** – another big result, blasting through the 22:00 barrier in winning the U18 5km in **21:47**.
- **Bethany Moore-Kirkland (QLD)** – stepped up to 5km for the first time and made a promising silver-plated debut with a promising **26:06**, prevailing by 10 secs over **Eva Parker (TAS)** who had a 40 sec PB for bronze.
- **Hayden Robertson (QLD)** – possibly the surprise result of the championships, taking the U12 2km title with a 1:47 PB time of **9:47**.



CLUB NEWS and RESULTS

*Next weekend ...

***Beat your season's best time

We still have quite a few prizes left over from the *Guess Your Time* day, and it's time we offloaded some. So, while this coming Saturday doesn't count for points, you can throw your hat in the ring and aim to beat your best time for the season in whichever race you enter. In many cases – though not all – this will mean setting a PB.

The prize will go to whoever beats their season's best time at a distance by a greater amount than anyone else. If nobody in your race beats their season's best time, the prize will go to whoever gets closest to it.

Saturday 30 August – Middle Park

***Beat Your Season's Best**

2.00pm	8km	BYSB race	Open
2.00pm	6km	BYSB race	Open
2.00pm	4km	BYSB race	Open
2.15pm	2km	BYSB race	Open
2.15pm	1km	BYSB race	Open

Entries will be accepted up until 11.59pm on Friday 29 August. Enter online at <https://www.revolutionise.com.au/vrwc/>

***Final notice**

***Relay race**

Sunday 14 September

followed by BBQ and Winter presentations

Entries for this event are now open on the portal.

The deadline for entries is **Sunday 31 August**.

DON'T MISS OUT ... ENTER NOW!



- Well done to our VRWC members and other Victorian walkers who pitted themselves against interstate opposition at the **Australian Junior racewalking championships** on Sunday in Ballarat. Congratulations to our eight medallists, especially to Ela Uzun who finally got the new national 5km record that eluded her recently. Well done, also, to the ten posters of new PB times or first attempts at a distance. We hope you all enjoyed the experience and left Ballarat pleased with your efforts, regardless of placing or times.

GOLD	Ela Uzun	U16 5km	22:57 AR, VRWC U16 rec, PB 0:08
	Alaska Bremner	U12 2km	10:05 First 2km
SILVER	Marcus Wakim	U20 10km	42:40
	Max Davidson	U18 5km	22:51 PB 0:01
BRONZE	Angus Shuttleworth	U16 5km	24:00
	Fiete Halvar Diers	U14 3km	15:49 PB 1:43
	Fletcher Reid	U12 2km	10:22
	Anna Dubar	U12 2km	10:39 PB 0:27

4th place	Tate McQueen	U14 3km	16:00
5th place	Havana Ali	U16 5km	27:21
	Aria di Benedetto	U12 2km	11:33
	Jack Greyling	U12 2km	12:00 First 2km
6th place	Lily Lambert	U16 5km	30:10 PB 1:10
	Harrison Ryan	U14 3km	16:47 PB 2:10
7th place	Brodie Welsh	U14 3km	18:55
	Addison Frenken	U14 3km	16:53
9th place	Kobe Lewis	U14 3km	18:40 PB 0:49
11th place	Payton Welsh	U12 2km	13:26
13th place	Sophie Menz	U12 3km	14:16 First 2km
DNF	Riley Coughlan	U20 10km	
DNS	Ariana Pashutina	U20 10km	
	Maddison Nash	U20 10km	
	Oliver Crowl	U12 2km	
	Lily Bowkett	U12 2km	



AROUND THE COUNTRY



AA Junior Racewalking Championships, 24 August – Ballarat

A typically chilly Ballarat winter morning, with a clear sky and little wind, provided ideal conditions for the gathering at Victoria Park last Sunday of 76 young walkers from around the country to contest their national road championships, on a testing but generally fast 1km loop. Aside from the 30 medals, there was success aplenty with two new Australian records and 35 new PBs set. Competition was intense and the technique standard was generally high.

The photos here are a small selection only. In the next issue there will be a special gallery featuring a wider selection of competitors from across the program.

*U20 10 kilometres

The proceedings opened with the marquee U20 10km races, featuring four Australian representatives in junior international competitions. **Isaac Beacroft** ‘allowed’ **Owen Toyne** and **Marcus Wakim** to keep him company on the first circuit, before turning on a masterclass of elite level speed walking to smash his own Australian road record by 1:01 and stop the watches at **38:55**. This places Beacroft 5th on the all-time Australian road 10km list and 10th on the joint 10km/10,000m rankings.

“I’m probably the most overtrained athlete of all time for these championships, I’ve just come back down from three weeks at Saint Moritz – that helped out,” Beacroft said in an interview with Australian Athletics’ Lachlan Moorhouse..

“I went through the first kilometre exactly how I wanted, but the second and third I went a bit quicker than I would’ve liked to which took a bit of sting out of my legs. I know what I’m capable of so I just want to hit my own targets.”

Frustratingly for Wakim, he had to cool his heels in the cone castle for 60 secs but still had enough lead over **Sam McCure** to clinch the silver in **42:40** to McCure’s PB time of **42:46**, the latest success in a productive year for the Adelaide-based Queenslander.

Zoe Woods also hit the PB charts with a strong display to win the women’s title in **48:17**, with team mate **Sienna Pitcher** unlucky to just miss the 50:00 barrier. **Hana Jugovic** was on her own for most of the race, showing good form to take bronze in **53:53**.

1	Isaac BEACROFT	NSW	38:55*	AR U20	1	Zoe WOODS	NSW	48:17*
2	Marcus WAKIM	VIC	42:40	TR54.7.3	2	Sienna PITCHER	NSW	50:04
3	Sam MCCURE	SA	42:46*		3	Hana JUGOVIC	ACT	53:53
4	Samuel LINDSAY	TAS	42:52*		4	Kaytee BOGAERS	WA	57:37
5	Cooper RECH	SA	50:04*		5	Phoebe CHADWICK	QLD	59:56
6	Peter CHARLTON	NSW	1:13:24*		6	Taylah MORRIS	QLD	1:08:27
	Riley COUGHLAN	VIC	DNF					
	Owen TOYNE	ACT	DNF					

***PBs:** Peter 2:17; Cooper 1:53; Isaac 0:41; Sam L 0:20; Zoe 0:19; Sam M 0:03



***U18 5 kilometres**

The two 5km races – U16 and U18 – began together, before the completion of the 10km, making for something of a ‘Flinders St 5pm’ situation at the start.

Sadly, only seven walkers contested the U18 races, which nonetheless produced one of the day’s best results as **Sebastian Richards** carried on the fine form he has shown this year to smash his PB by half a minute, winning in **21:47**. **Max Davidson’s** presence produced a few sighs of relief, with his own PB result of **22:51** indicating that the injuries are behind him. **Milly Sharpe** was untroubled to win the women’s race with **Grace Beck** another big improver.

The two U16 events provided the most exciting clashes, with **Ela Uzun** sticking like a limpet to the heels of **Callum Martin** for most of the way, finishing with a new Australian U16 record of **22:57** – she can afford to laugh at the memory of those pesky Middle Park stopwatches now! Martin, locked in his own duel with **Noah Cooke**, gave ground to the Queenslander by a mere 9 secs as both clocked big PBs. **Koby Irvine** kept his eyes locked on **Angus Shuttleworth** and finished with a PB by nearly 2:00 – impressive stuff if not quite enough to relieve the Victorian of bronze.

Bethany Moore-Kirkland continued QLD’s strong showing despite never having raced 5km before, while behind her, Tasmania’s **Eva Parker** replicated her Canberra success in June with another podium placing.

1 Sebastian RICHARDS	SA	21:47*	1 Milly SHARPE	QLD	24:55
2 Max DAVIDSON	VIC	22:51*	2 Grace BECK	NSW	25:25*
3 Dylan ALLABUSH	NSW	23:38	3 Olivia BOULTON	QLD	26:47
4 Kai DALE	QLD	28:18			

***U16 5 kilometres**

1 Noah COOKE	QLD	22:41*	1 Ela UZUN	VIC	22:57* AR U16
2 Callum MARTIN	NSW	22:50*	2 Bethany MOORE-KIRKLAND	QLD	26:06 FT
3 Angus SHUTTLEWORTH	VIC	24:00	3 Eva Grace PARKER	TAS	26:16*
4 Koby IRVINE	QLD	24:09*	4 Eliza May KELLY	QLD	27:19*
5 Noah VELLA	NSW	25:21 TR54.7.3	5 Havana ALI	VIC	27:21
6 Michael MATHISON	NSW	26:55	6 Lily Rose LAMBERT	VIC	30:10*
			7 Sierra THOMPSON	WA	33:04
			8 Matilda RECH	SA	34:55

***PBs:** Koby 1:59; Lily 1:10; Eliza 0:40; Grace 0:40; Eva 0:39; Callum 0:37; Sebastian 0:30; Noah C 0:22; Ela 0:08; Max 0:01



*U14 3 kilometres

While it was a relatively quiet day for **Nate Appleyard** timewise, it didn't prevent him taking total command of the U14 Boys race. Behind him, **Leo Hyde** and local surprise packet **Fiete Diers** both raced out of their skins to take the minor medals with 1:00-plus PBs. Even more striking was the improvement of **Harrison Ryan** whose 2:10 progression was a sign of things to come.

Like her team mate Nate, **Avia Luketic** did what was required for a solid win, with strong showings coming from **Isabella Welch**, silver, and **Scarlett Nunn** who put WA on the scoreboard before turning around and racing with the U12s immediately after. **Willow Wheeler's** 1:30 PB would also have put smiles on Western Aussie faces.

1	Nate APPLEYARD	NSW	14:27	1	Avia LUKETIC	NSW	14:59
2	Leo HYDE	QLD	15:44*	2	Isabella WELCH	QLD	15:43
3	Fiete Halvar DIERS	VIC	15:49*	3	Scarlett NUNN	WA	15:58*
4	Tate MCQUEEN	VIC	16:00	4	Molly MILLER	NSW	16:13*
5	Mathias HUTCHENS	NSW	16:40*	5	Makenzie SILLITTO	WA	16:23*
6	Harrison RYAN	VIC	16:47*	6	Willow WHEELER	WA	16:48*
7	Brodie WELSH	VIC	18:55	7	Addison FRENKEN	VIC	16:53
8	Liam MEALE	NSW	19:18	8	Felicity RUDD	NSW	18:07
	Hugo SICILIANO	NSW	DNF	9	Kobe LEWIS	VIC	18:40*
				10	Adele WOODWARD	TAS	18:51*
				11	Chloe BEVIS	WA	19:22*
				12	Rachel PEMBERTON	SA	21:57

**PBs: Harrison 2:10; Fiete 1:43; Willow 1:30; Leo 1:03; Kobe 0:49; Molly 0:39; Scarlett 0:34; Chloe 0:34; Adele 0:33; Makenzie 0:09; Mathias 0:01*



*U12 2 kilometres

Before Sunday, **Hayden Robertson** had raced only four times this year, all over 2km and all at the slower end of 11 minutes. Did anybody – even his coach – see this coming? A massive improvement of 1:47 to clock **9:47** catapulted the young Queenslander from obscurity onto the top of the podium with a convincing sub-10:00 performance, a fitting finale to what was a fruitful campaign for the Sunshine state. Hayden's co-medallists **Eric Colgan** and **Fletcher Reid** shared the same 2km PB pre-race, with Eric improving his and getting the upper hand on this occasion. No doubt Fletch will put that one in the memory bank!

Alaska Bremner – a newcomer to the 2km despite having two 3km championship titles to her credit this year – found the 2-lap distance to her liking and from the gun opened a big lead which she never relinquished, winning in **10:05**. **Stella Wade** refused to give up the chase, however, keeping the Victorian within touch all the way. **Anna Dubar**, whose first 2km race three months ago saw her struggle home in 12:55, scored her fourth big PB in as many starts to join Alaska and Stella on the podium with **10:39**, narrowly holding off a determined **Beth Cochrane** who also broke 11:00.

1	Hayden ROBERTSON	QLD	9:47*	1	Alaska May BREMNER	VIC	10:05 FT
2	Eric COLGAN	NSW	10:08*	2	Stella WADE	NSW	10:14
3	Fletcher Brett REID	VIC	10:22	3	Anna DUBAR	VIC	10:39*
4	Blair Michael HOSKING	VIC	11:25 FT	4	Beth COCHRANE	NSW	10:42*
5	Jack GREYLING	VIC	12:00 FT	5	Aria DI BENEDETTO	VIC	11:33
6	Samuel HUCKER	TAS	14:39*	6	Rahni FOWLER	WA	12:20
	Darcy DENNIS	NSW	DQ TR54.7.1	7	Nina TRICKEY	QLD	12:22*
				8	Izzy BLACKBURN	QLD	12:42
				9	Savannah NUNN	WA	12:52 FT
				10	Jessica GORHAM	QLD	13:06
				11	Payton WELSH	VIC	13:26
				12	Ruby KILWORTH	WA	13:47*

13 Sophie MENZ
Elsie WOODWARD

VIC 14:16 FT
TAS DQ TR54.7.1

*PBs: Hayden 1:47; Nina 0:47; Ruby 0:41; Anna 0:27; Samuel 0:23; Eric 0:08; Beth 0:07



(Photos: Stu Cooper)

SOUTH AUSTRALIA SARWC 20km/Half marathon Walk c'ship, 24 August – South Parklands

Thanks to **Peter Crump** for these results. To my knowledge (correct me if I'm wrong), this is the first appearance of the Half-marathon walk in race results anywhere in the country.

	Half marathon	20km split
Kim Mottrom	1:45:22	1:39:45
Melissa Grantham	2:18:38	2:10:46
Peter Crump	2:28:42	2:20:29
George White	2:29:32	2:21:05

 **INTERNATIONAL NEWS**

UNITED KINGDOM: UK Centurions Centenary 100 Mile qualifier & Commemorative relay, 16/17 August - Lewes

Thanks to **David Ainsworth** for these results, and for forwarding the link to this report by Steve Kemp, featured in the Lanes Walking Club newsletter. Centenaries of any kind are usually worth celebrating, and the centenary of a Centurions club even more so, especially one with the heritage of the UK Centurions!

A special commemorative Relay event was held in parallel with the 100th Centurion qualifier at the Lewes track in East Surrey:

The Commemorative Relay Challenge attracted nearly 60 participants including 24 Centurions as part of the Centurions team, plus a further 2 representing their clubs. Teams from the Centurions, Surrey Walking Club, Steyning AC and Tonbridge AC all completed the 100 lap relay, with teams from RWA/ Lewes, RWV and an open team completing almost another 50 laps between them. Some Centurions went on to do further laps as part of their club team.

PI	Name	Club	Country	Laps	kms	miles	Age	Cent'nNo.
1	Bart De Vries	RWV	NED	402	160.935	100.000	SM	NC
2	Jonathan Hobbs	Ashford	GBR	402	160.935	100.000	SM	©1212
3	Ignace Matthys	Dwars Door Brakel	BEL	402	160.935	100.000	M65	©1190
4	Andrew Titley	IOMVAC	IOM	402*	160.935	100.000	M60	©1038
5	Marco van Heel	RWV	NED	402	160.935	100.000	M55	NC
6	Remco Luhrman	RWV	NED	402	160.935	100.000	M60	©1219
7	Kurt Tempels	Hanske de Krijger	BEL	402	160.935	100.000	M50	©1222
8	Loes van Bremen	RWV	NED	402	160.935	100.000	SW	NC
9	Frank van der Gulik	RWV	NED	402	160.935	100.000	M45	©1022
10	Cristian Fernandez	RWV	NED	347	138.935	86.330	M45	
11	Sophie Watterson-Jones	IOM	IOM	344	137.735	85.584	SW	©1204
12	Corina Riezebos-Rijploeg	RWV	NED	338	135.335	84.093	W55	©1203
13	Frans Leijtens	RWV	NED	337	134.935	83.844	M45	©949
14	Gabriel Farmer	x	GBR	332	132.935	82.602	M65	©1179
15	Eric Boler	Minnesota	USA	314	125.735	78.128	M55	
16	Martin Fisher	Lancashire WC	GBR	314**	125.735	78.128	M60	©788
17	Miraiker Wallace	Cambridge & C	GBR	300	120.135	74.648	W60	
18	Helen Middleton	Enfield & H	GBR	290	116.135	72.163	W60	
19	Man Biu Lam	VAC	GBR	276	110.535	68.683	M65	
20	Chik Ha Kwok	VAC	GBR	275	110.135	68.434	W50	
21	David Annetts	Cambridge & C	GBR	250	100.135	62.221	M60	
22	Jonathan Dumelow	Burton	GBR	250	100.135	62.221	M40	
23	Arjan Bogerd	RWV	NED	250	100.135	62.221	M50	©1220
24	John Arthur	VAC	GBR	245	98.135	60.978	M60	
25	Wilfried van Bremen	RWV	NED	227	90.935	56.504	SM	©1218
26	Rob Tersteeg	RWV	NED	215	86.135	53.521	M45	©1118
27	Sue Clements	Cambridge & C	GBR	202	80.935	50.290	W70	©950
28	John Constandinou	Birchfield H	GBR	201	80.535	50.042	M50	
29	Roy Gunnett	Lancashire WC	GBR	201	80.535	50.042	M75	
30	Sandra De Graaff	RWV	NED	201	80.535	50.042	W55	©1180
31	Richard Cole	Knavesmire H	GBR	173	69.335	43.082	M70	©928
32	Chris Cattano	Southend	GBR	109	43.735	27.175	M60	©963
33	Haydn Kenna	IOMVAC	IOM	105	42.135	26.181	M65	
34	Colin Moore	IOMVAC	IOM	101	40.535	25.187	M65	
35	John Borgars	Loughton	GBR	57	22.935	14.251	M75	©1170
	Jantinus Meints	RWV	NED				M65	©1101
	Werner Alberts	IOMVAC	IOM				M55	
	Cleo Lovelace	x	GBR				SW	
	Nathan Flear	3M Gorseinon	WAL				M40	

NC – New Centurion

* Did extra lap after 100 miles. 161.335km, 100.249 miles; 23:05:46

** Did extra lap finishing after 24h in 24:01:49



In for the LONG haul ...

(Photos: Brian Boggenpoel)

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, August 26, 2025 - **Isaac Beacroft and Zoe Woods in the spotlight at the Under-20 Australian Race Walking Championships – Ballarat 2025** <https://omarchador.blogspot.com/2025/08/isaac-beacroft-e-zoe-woods-em-evidencia.html>
- Monday, August 25, 2025 - **Bilin George Anto and Ravina clinch India outdoor track titles – Chennai 2025** <https://omarchador.blogspot.com/2025/08/bilin-george-anto-e-ravina-obtem.html>
- Sunday, August 24, 2025 - **Hlaváč and Klimentová win at the Czech club championships in Ostrava (2025)** <https://omarchador.blogspot.com/2025/08/hlavac-e-klimentova-vencem-nos.html>
- Saturday, August 23, 2025 - **Mary Luz Andía breaks South American record for 5,000m walk (20:35.38) in Lima, Peru** <https://omarchador.blogspot.com/2025/08/mary-luz-andia-bate-recorde-sul.html>
- Friday, August 22, 2025 - **João Vieira and Vitória Oliveira on the podium of the 2025 Meetings Circuit** <https://omarchador.blogspot.com/2025/08/joao-vieira-e-vitoria-oliveira-no-podio.html>
- Thursday, August 21, 2025 - **Race Walk Judges at the U23 Pan American Games in Asunción, Paraguay (2025)** <https://omarchador.blogspot.com/2025/08/os-juizes-de-marcha-nos-jogos-pan.html>

- Wednesday, August 20, 2025 - **Miguel Peña is crowned champion of the 20,000m race walk at the Pan American Games (under-23) - Asunción 2025** <https://omarchador.blogspot.com/2025/08/miguel-pena-sagra-se-campeao-dos-20000.html>
- Tuesday, August 19, 2025 - **Karla Serrano wins the 20,000m race walk at the Pan American Games (under 23) - Asunción 2025** <https://omarchador.blogspot.com/2025/08/karla-serrano-vitoriosa-nos-20000-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.

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

VRWC Committee

****Vacancy – Club Treasurer**

After years of service, **Karyn O'Neill** is stepping down as VRWC Treasurer. We thank Karyn for all her work in managing the Club's finances.

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) ASAP.

**** 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.)

DOGS OFF LEASH

It is a Parks Victoria regulation that dogs must be on leash in all areas of the Albert Park/Middle Park public use precinct, except for designated off-leash zones.

VRWC members, supporters and parents who notice dogs off leash near our race courses or official/assembly areas should notify myself, Mark Donahoo or Terry Swan.

*Stu Cooper
President*

2025 WINTER SEASON FIXTURE

AUGUST

Saturday 30th August

VRWC non points, 'Beat your Season Best' prize day

Middle Park

September

Saturday 6th September

AV 5km Teams c'ship & 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

Sat 6 Sep 2025

AV 5000m Teams c'ship & Club races – Mentone

Sun 14 Sep 2025

Relay race, BBQ lunch, Winter presentations – Middle Park

International Dates

6-10 Sep 2025

Oceania Masters Athletics Championships – Brisbane QLD

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

(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
0421 470 949
stuwalks@yahoo.com.au