



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.
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*H&T Notice Board – Page 10

- **Volunteers for LBG needed – also Volunteer Coordinator**
- **2026 Race Season summary**
- **Membership, Uniform & Race fees**
- **** VACANCY – Club Treasurer** (NOTE – The role does not require weekly attendance on Club race days, as most of the work is done online.
If you are interested but would like more information, Karyn O'Neill will be happy to advise you and, if you accept, help you settle into the job.)

WALKER OF THE WEEK

We've had doubles, triples, quadruples and quintuples, but I can't recall ever announcing a *septendecuple* (I had to look it up) WOTW award before! What more fitting way to acknowledge the seventeen walkers selected to represent Australia at the World Athletics Race Walking Team Championships in Brasilia this coming Sunday.



Isaac



Zoe



John



Sophie



Owen



Matilda



Declan



Rebecca



Will



Olivia



Tim



Rhydian



Allannah



Kyle



Elizabeth



Carl



Mitchell

Under 20 Women's 10km Race Walk – **Sophie Polkinghorne** (NSW, David Beacroft), **Matilda Webb** (NSW, Luke Jobson), **Zoe Woods** (NSW, David Beacroft)

Women's Half Marathon Race Walk – **Rebecca Henderson** (VIC, Simon Baker), **Elizbeth McMillen** (NSW, Jared Tallent), **Allanah Pitcher** (NSW, Frank Overton), **Olivia Sandery** (SA, Jared Tallent)

Under 20 Men's 10km Race Walk – **Isaac Beacroft** (NSW, David Beacroft), **John Ronan** (WA, Mike Reid), **Owen Toyne** (ACT, David Beacroft)

Men's Half Marathon Race Walk – **Rhydian Cowley** (VIC, Brent Vallance), **Timothy Fraser** (ACT, Jared Tallent), **Will Thompson** (VIC, Brent Vallance), **Declan Tingay** (WA, Brent Vallance), **Kyle Swan** (VIC, Jared Tallent)

Men's Marathon Race Walk – **Mitchell Baker** (ACT, Jared Tallent), **Carl Gibbons** (NSW, Jared Tallent)

The squad contains a potent blend of international experience – led by the unconquerable **Rhydian Cowley** - and youthful talent, several of whom (**John, Sophie, Owen** and **Matilda**) will race in the green and gold for the first time. These championships will also be **Allanah Pitcher's** international swansong (see *Around The Country*) before she heads off into other ventures.

Mitch and **Carl** will get the show on the road for us in the inaugural World Marathon Walk championship. Half an hour later **Isaac** will lead out **John** and **Owen** in the U20 10km which, thanks to Isaac himself, will certainly garner a lot of interest among walking fans worldwide. **Zoe Woods**, who races in Antalya two years ago, knows the pressure of competition at this level and will provide valuable leadership for NSW team mates **Sophie Polkinghorne** and **Matilda Webb** in their U20 race.

The Half-Marathons have attracted the biggest fields, and the Aussies (5 men and 4 women) know they'll have to be at the top of their game to make an impact in the team competition. That said, **Declan** heads a unit whose top 3 are very even with **Will** and **Rhydian** finely honed through tough recent battles at home. **Tim** and **Kyle** will give it everything.

Bec, in the form of her life right now, is ranked 3rd in this race with **Olivia** also in the top 10. **Lizzy** hasn't raced a H-M yet but she holds the current World University 20km record of 1:28:18 and has gone sub-43:00 twice this summer for 10km and clocked a sub-21:00 5km recently. If it clicks for these three they could have a say in the team placings. The aforementioned **Allanah** will aim to wring herself dry in this, her final international race, and no-one could ask for more.

Congratulations to all 17 of you. May you all come home with results and experiences you are delighted with. You've earned them.

****NOTE:** See the *Race start times, Team listings* (first 20) and information regarding *live streaming* in 'International News'.



CLUB NEWS and RESULTS

***HAVE YOU REGISTERED FOR 2026 YET?**

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



- A reminder that several of our 11 and 12-year old Club members will be representing their state at the **2026 Coles Little Athletics Championships** this coming Monday in Brisbane. See *Around The Country* for the race schedule, also the link to the live results from their races.
Good luck to **Oliver, Indigo, Logan, Ella, Georgia, Ella, Anna** and **Pippa**. Have a great time!
- As aware as we are of Jemima Montag's advocacy work for women's and girls' continuation in sport and physical activity, it's uplifting to see that **Rebecca Henderson** has joined with other high-achieving female athletes to promote the same vital cause. Here, Athletics Victoria describes the goal of an interesting initiative in operation during the 2025-26 summer season:

Age 15 represents the peak period at which girls disengage from organised sport. Despite the growing visibility of women's sport, 60 per cent of young women report that they do not have a sporting role model they identify with.

As state sporting associations, we're in a unique position to help. Rather than wait for girls to find their role models, this season, we've been helping things along by bringing the role models to them, facilitating connection, confidence, and supporting the overall wellbeing of both our young participants and the athletes who give so much of themselves to athletics.

Finishing off a series of virtual catch ups, on Friday evening, as part of the Maurie Plant Meet, we celebrated the final session of our inaugural **StrideMentor** program - a collaborative initiative between **Little Athletics Victoria** and Athletics Victoria, supported by Change Our Game. Thank you to all who were able to join us, and special thanks to Amy Cashin, Bec Henderson, Caitlin McQuilkin-Bell, Dayna Crees, Mackenzie Mielczarek, Mia Gross, Mia Scerri, Taneille Crase, and Tess Kirsopp-Cole for being such fantastic mentors across the season!



Bec (centre front) shares the stage with fellow mentors and their athletes, including Mya and Addison.

(Photo: AV Facebook)

Little Athletics Victoria provided this brief outline of the StrideMentor program on their website in October:

Led by elite female athletes, **StrideMentor** will support 72 young women through four dynamic sessions over the 2025–26 summer season, offering guidance, inspiration, and a strong sense of community. StrideMentor is by application only, and successful candidates will be allocated to a mentorship group with 5-7 other girls and an athlete mentor.

It was pleasing to see current young VRWC members **Mya McClure** and **Addison Frenken** involved in the program. Some of our older members may also remember **Mackenzie Mielczarek**, who racewalked at Middle Park in her own Little Aths days before going on to achieve international representation as a javelin thrower. It's great to see Mackenzie joining with Bec as a mentor here.

Bec, Mackenzie and their fellow mentors engaged in four sessions with attendees on a staggered schedule during the summer. We hope their efforts bear fruit in the form of every one of their young athletes remaining in the sport of their choice and continuing to enjoy it well into adulthood.

- Former member **Brodie Welsh** may race walk infrequently these days, but he's still heavily engaged in athletics, as shown by his wonderful win in the LAVic 1600m handicap run at Easter Monday's Stawell Gift meeting.

Running off a mark of 170m, Brodie was able to wear down 21 outmarkers and hold out the chasers to win with an adjusted time of **4:31.62**. Adjusted or not, that's a time that has me gasping just thinking about it! Well done, Brodie!



(Photo: LAVic Facebook)



AROUND THE COUNTRY



2026 Coles Little Athletics Championships (ALAC), 13/14 April – QSAC, Brisbane

The 1500m walks at this year’s Little Athletics National championships will be held on **Monday 13 April**. The schedule is as follows:

9:30am	Girls U13	1500m Walk final
9:50am	Boys U13	1500m Walk final
11:10am	Girls U12	1500m Walk final
11:30am	Boys U12	1500m Walk final

Live results for these races can be found at <https://live.athletic.net/meets/48243>.

ALLANAH PITCHER: WHY 22 IS THE PERFECT TIME TO RETIRE

by Daniel Lane (NSWIS Media – 31 March)

*When a young athlete at pretty much the beginning of their elite-level career suddenly call it quits, the reason is frequently negative – chronic illness, repeated injury, loss of motivation through disappointment, and so on. In **Allanah Pitcher’s** case, the decision was not just the right one, it was the only one ... the logical next step in the pursuit of other essential life goals.*

Australian Olympic Team member **Allanah Pitcher** is retiring from racewalking as a 22-year-old athlete who has the world at her feet in order to focus on her dream career as a 22-year-old biomedical engineer . . . with the world at her feet.

Pitcher, who’ll bid a ‘joyful’ farewell to arms at the upcoming Caixa World Athletics Race Walking Team Championships in Brazil on April 12, said she has no regrets about hanging up her well-worn shoes at an age when most athletes are starting to hit their straps.

“I’m feeling very good, really fit and the body is healthy,” said Pitcher, a New South Wales Institute of Sport (NSWIS) scholarship holder who was Australia’s reserve (race walk) athlete at the Paris Games. “But this is a decision I’ve been sitting on for a couple of years.

“I knew I wasn’t probably going to go to the LA cycle; I just wasn’t sure when, in the middle of that, I’d put it to a close. The main reason being is because there are so many other parts of my life that I’ve put on a hold for a number of years, and they’re more important to me now and I don’t want to keep delaying the call.

Pitcher – who won a silver medals at the 2022 U20 World Racewalking Teams Championships in Oman and at last year’s World University Games in Germany, who finished 21st in hellish conditions at the World Athletics Championships, Budapest, and who, at 19, broke the national 35km record, explained the time she needs to dedicate to the gruelling 10,000m, 20km and 35km endurance events risks preventing her from taking full advantage of some professional opportunities as she completes her degree at the University of Sydney.

“A big part of the reason is my engineering career. I’m getting opportunities for internships, and the field I want to get into – a ‘med tech’ – is competitive and also a niche one. Securing a job is very important to me, and I know I’ll need the freedom to accept an internship.”

As someone whose interest in racewalking was piqued as a nine-year-old on the Central Coast who saw a race walking squad training at the her local athletic centre, Pitcher believes the qualities that allowed for her to represent Australia will ensure she thrives in all other aspects of her life.

“Through sport you experience a microcosm of life, and you experience it quite rapidly” she said. “But the challenges you face, the way you set yourself up, the way you set goals, and the way you maintain allows you to learn – and I see myself taking many of those skills into my professional career.”

Pitcher’s career was not without its challenges, including two hip injuries which frustrated her development during her teenage years. Indeed, she once laughed about the prospect of her degree being able to help her in the years to come.

“I think sometimes: ‘oh wow, this will probably have consequences in the future’,” Pitcher said during an interview with NSWIS media last year when quizzed about the toll her sporting passion was most likely taking on her body. “But I do chuckle because biomechanical engineers are commonly hired to do designs of knee and hip replacements in patients, so I can design my own hip and knee replacement one day! [laughs]”



(Photo: NSWIS)

NSWIS's State Performance Advisor, **Michael Perry**, said Pitcher's wholehearted approach to her sport will allow her to look back on her career with a sense of pride.

"Allanah is an athlete who proved she could perform – and perform very well – when it counted. Her first world championships in Budapest (2023) reflected that. Her race – the 35km – was held in stifling heat, and while others couldn't finish, she did," said Perry of Pitcher placing a brave 21st after clocking 2:57.55.

"And while we wait to see what awaits Allanah at the 'worlds' in Brasilia in a few weeks' time, I have no doubt she'll succeed in her life post-athletics. The dedication and determination she's invested into her endurance sports proves she's someone who turns up and competes day in, day out."

Pitcher said when she retires at the completion of the upcoming championships, she'll celebrate having retired on her own terms.

"I didn't want to retire faking it," Pitcher said. "I didn't want it to get to a point where an injury cycle, burn out or something negative was what forced me out. I always wanted my last impression of walking to be something joyful, happy and healthy.

"[In making my decision] I thought: 'I'm feeling really good, this world team champs is one of my favourite events on the sporting calendar because it's all race walkers celebrating together. We understand each other's endeavours, and I also enjoy the team component.

"So, I'm really happy with the decision. I've had this date in my head for a long time so it doesn't feel shocking . . . and I suppose it comes across as shocking to most people hearing the news because I *am* young and, yes, while this is a young time to retire, for me it feels like the perfect time – and it is exciting."

Daniel Lane, NSWIS

A.C.T. Capital Athletics Summer Series #11 & #12, 14/28 March - AIS

Thanks to **Ann Jugovic** for these results, the final ones from the ACT summer track season. The best result would appear to be **Jillian Ryan's**, missing her 1500m PB by just 2 secs.

***CA Summer Series #11 14th March**

1500m Racewalk

1.	Clare Rice	8:13.70
2.	Tindra Helgstedt	8:38.66
3.	Jessica Robson	9:33.68

5000m Racewalk

1.	Jillian Ryan	27:25.90
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***CA Summer Series #12 26th March**

1500m Racewalk

1.	Jillian Ryan	6:52.18
2.	Jessica Robson	9:57.22

3000m Racewalk

1.	Sebastian Ryan	16:27.14
2.	Clare Rice	17:25.40

QUEENSLAND QRWC Sign-on Day, 29 March – Kalinga Park

Robyn Wales reports that the QRWC had their sign-on day last Sunday and 9 very keen walkers showed up. Next event is on 12 April.

5km Women

1	Phoebe Chadwick	28:30
2	Eliza Kelly	28:41
3	Brenda Gannon	30:56
4	Joy Dale	39:00
5	Noela McKinven	46:26

5km Men

1	Alex Bradley	24:59
2	Kai Dale	31:56
3	Peter Bennett	35:47

3km Women

1	Violet Conway	18:20
2	Trish Hibbs	21:10



INTERNATIONAL NEWS



CAIXA
WORLD ATHLETICS
RACE WALKING TEAM
CHAMPIONSHIPS
BRASILIA 26

** RACE SCHEDULE – Sunday 12 April

LOCAL TIME	Aust EST	M/F	Event
06:45	18:45	M	Marathon Race Walk
06:45	18:45	W	Marathon Race Walk
07:15	19:15	M	10 Kilometres Race Walk
08:15	20:15	W	10 Kilometres Race Walk
11:05	23:05	M	Half Marathon Race Walk
12:50	00:50	W	Half Marathon Race Walk

** **How to watch**

The *Caixa World Athletics Race Walking Team Championships Brasilia 26* will be streamed live in a number of territories on the World Athletics website, as well as via broadcasters around the world.

Keep an eye on the **dedicated event website**, where TV information will be available ahead of the competition.

Fans will also be able to follow the action via the World Athletics **live results** platform, which will offer an enhanced experience. Sign up for free and log in to access even more data including detailed results, race splits and other real-time updates.

** **Register** now so you are ready to follow as soon as the competition starts.

First 20 ranked entrant lists

Below are the entrants listed in the top 20 in each race, ranked according to their Season best times. Also listed are Australians outside the first 20.

The data string shown for each walker is: **Bib/Name/Nationality/DOB/Personal best/Season best**. Not surprisingly, the personal and season bests are overwhelmingly identical, indicating that most will be bringing their best-ever form to the start line in Brasilia.

Men 10 Kilometres U20

306 PU Huajia CHN 31 May 07 40:02 40:02
 307 SHI Chengxi CHN 11 Apr 07 40:11 40:11
 308 ZHANG Haoze CHN 6 Apr 10 40:15 40:15
300 Isaac BEACROFT AUS 18 Jul 07 38:55 40:39
 318 Clement RABREAU FRA 3 Aug 07 40:49 40:49
 325 INOUE Toshiya JPN 4 Mar 08 40:49 40:49
 326 TAINAKA Ryuta JPN 14 Jan 07 40:51 40:51
 327 YAMADA Daichi JPN 23 Apr 07 40:51 40:51
301 John RONAN AUS 2 Nov 07 40:56 40:56
 323 Alessio COPPOLA ITA 25 Jan 07 40:59 40:59
 324 Nicolo' VIDAL ITA 3 May 08 41:22 41:39
 319 Séamus CLARKE IRL 27 Feb 07 42:06 42:06
 315 Cesar HIDALGO ESP 11 Feb 07 42:08 42:08
 316 Pablo ZÁRATE ESP 11 Apr 07 42:15 42:15
 322 Cristian CECCHETTO ITA 5 Feb 10 42:21 42:21
 314 Eloi ANTON ESP 27 Sep 07 42:22 42:22
 337 Azadullah BEĞÇE TUR 11 Jun 07 42:24 42:24
302 Owen TOYNE AUS 19 Jun 07 41:14 42:46
 333 Przemysław JASIŃSKI POL 31 Oct 07 42:39 42:47
 320 John GLENNON IRL 29 Nov 07 43:41 43:41
 40 entrants

Men Half-Marathon Open

247 YAMANISHI Toshikazu JPN 15 Feb 96 1:20:34 1:20:34
 248 YOSHIKAWA Kento JPN 9 Aug 01 1:20:50 1:20:50
 245 NODA Tomohiro JPN 24 Jan 96 1:20:57 1:20:57
 244 MARUO Satoshi JPN 28 Nov 91 1:21:25 1:21:25

Women 10 Kilometres U20

716 Chloe LE ROCH FRA 14 Nov 07 44:02 44:16
 719 Serena DI FABIO ITA 23 Nov 07 44:08 44:17
 708 WANG Yaru CHN 13 Jun 09 44:31 44:31
 722 UCHIYAMA Yuna JPN 14 Jul 07 44:46 44:46
 709 YANG Yutong CHN 14 Jan 07 44:49 44:49
 707 NI Lihua CHN 15 Sep 07 45:24 45:24
 720 OKUNO Suzu JPN 28 Feb 07 46:32 46:42
 717 Valentina ADAMO ITA 15 May 08 46:48 46:48
 721 TABATA Harumi JPN 10 Jan 08 46:55 46:55
 718 Francesca Gloria BUSELLI ITA 15 Sep 07 47:02 47:02
 712 Gina TORRES ESP 25 Aug 07 47:03 47:03
 735 Şerife Berra GÜVEN TUR 24 Jan 08 47:28 47:28
 730 Aleksandra ZEMBROWSKA POL 28 Nov 07 47:37 47:37
 736 Ipek ÖZKAVLAK TUR 31 Mar 07 47:48 47:48
702 Zoe WOODS AUS 22 Oct 07 48:08 48:08
 737 Veronika TKACHUK UKR 3 Aug 08 48:10 48:10
700 Sophie POLKINGHORNE AUS 22 May 10 48:36 48:36
 713 Irene VEGA ESP 3 Jan 07 48:48 48:48
701 Matilda WEBB AUS 20 Apr 09 49:08 49:08
 734 Kristína ZÁMEČNÍKOVÁ SVK 27 Sep 07 49:22 49:22
 39 entrants

Women Half-Marathon Open

612 JI Haiying CHN 25 Feb 00 1:32:22 1:32:22
 611 GUO Na CHN 22 Jun 99 1:32:24 1:32:24
600 Rebecca HENDERSON AUS 4 Jul 01 1:32:25 1:32:25
 610 DOU Maocuo CHN 29 Feb 04 1:32:27 1:32:27

205 Caio BONFIM BRA 19 Mar 91 1:21:44 1:21:44
 246 TAKAHASHI Kazuki JPN 17 Jun 96 1:22:25 1:22:25
 217 ZHAO Xiangfei CHN 27 Sep 02 1:23:10 1:23:10
 216 ZHANG Xinrui CHN 30 Dec 04 1:23:14 1:23:14
 215 DING Shuo CHN 21 Dec 02 1:23:28 1:23:28
 214 CUI Lihong CHN 13 May 99 1:23:33 1:23:33
204 Declan TINGAY AUS 6 Feb 99 1:23:41 1:23:41
 213 BI Congshan CHN 9 Oct 07 1:23:52 1:23:52
203 Will THOMPSON AUS 18 Nov 02 1:24:04 1:24:04
200 Rhydian COWLEY AUS 4 Jan 91 1:24:52 1:24:52
 243 Gianluca PICCHIOTTINO ITA 22 Aug 96 1:25:27 1:25:27
 288 Rasulbek DILMURODOV UZB 22 Sep 00 1:25:31 1:25:31
 236 . SAHIL IND 9 Apr 02 1:25:48 1:25:48
 237 Servin SEBASTHIYAN IND 26 Nov 99 1:25:50 1:25:50
 235 . HARDEEP IND 22 Sep 98 1:26:03 1:26:03
 225 Diego GARCÍA CARRERA ESP 19 Jan 96 1:26:07 1:26:07
201 Tim FRASER AUS 22 Feb 00 1:26:20 1:26:20
202 Kyle SWAN AUS 28 Mar 99 1:28:13 1:28:13
 90 entrants

Men Marathon Open

107 GAO Yanlong CHN 17 Apr 04 3:02:50 3:02:50
 110 WANG Jinxi CHN 30 Nov 04 3:03:23 3:03:23
 108 HE Xianghong CHN 1 Jul 98 3:04:07 3:04:07
 123 Karl JUNGHANNß GER 6 Apr 96 3:04:33 3:04:33
 143 Perseus KARLSTRÖM SWE 2 May 90 3:04:50 3:04:50
 124 Christopher LINKE GER 24 Oct 88 3:05:44 3:05:44 5
 111 ZHU Xiaoqiang CHN 21 Apr 00 3:06:40 3:06:40
 109 QU Tao CHN 31 Oct 99 3:06:56 3:06:56
 128 Ram BABOO IND 20 Mar 99 3:09:17 3:09:17
 119 José Manuel PÉREZ ESP 10 Sep 99 3:09:52 3:09:52
 122 Johannes FRENZL GER 22 Sep 01 3:10:09 3:10:09
 140 Andres E. OLIVAS NÚÑEZ MEX 27 May 98 3:10:41 3:10:41
 125 Bernardo U. BARRONDO GUA 5 Jun 93 3:10:51 3:10:51
 129 Sandeep KUMAR IND 1 May 86 3:11:18 3:11:18
 141 Julio César SALAZAR MEX 8 Jul 93 3:11:23 3:11:23
 146 Harun BILIR TUR 15 Dec 04 3:11:27 3:11:27
 117 Manuel BERMÚDEZ ESP 12 Dec 97 3:14:17 3:14:17
 114 David HURTADO ECU 21 Apr 99 3:14:18 3:14:18 21
 138 José Luis DOCTOR MEX 14 Jun 96 3:14:55 3:14:55
100 Mitchell BAKER AUS 6 Jul 01 3:15:25 3:15:25 53
101 Carl GIBBONS AUS 19 Jul 96 NPT
 50 entrants

NPT: No previous time recorded at this distance

Like Canberra, the city of Brasília was purpose-built as its nation's capital. The following provides some facts and background regarding the first southern hemisphere city ever to host an international walking championship.



**About Brasília

Brasília is the capital of Brazil. The city is located in the country's Central-West region, along the area known as the Central Plateau. It has approximately 3 million inhabitants and covers a total area of more than 5000 square kilometres.



The dream of building Brasília began more than 100 years before its inauguration. In 1823, José Bonifácio, a key figure in Brazil's independence the year before, first suggested the name Brasília for the capital that would be built in the country's central region – an idea that had existed since the colonial period.

In 1891, the Brazilian Federal Constitution established the region where the future capital would be located, formally confirming the plans to build Brasília. The following year, topographic, geological and botanical surveys of the area were carried out in preparation for the new capital. This effort became known as the Cruls Mission. In 1922, the city's foundation stone was laid.

Despite these early steps, it was only in 1956 that the project to build Brasília truly began, under the government of Juscelino Kubitschek. Architect and urban planner Lúcio Costa won the National Competition for the Pilot Plan of Brazil's new capital, and Oscar Niemeyer was chosen as the architect responsible for designing the city's monuments.

On 21 April 1960, the dream of more than a century became reality: Brasília was officially inaugurated, establishing Brazil's new federal capital in the heart of the country.

In 2026, the city that was born to be Brazil's capital will celebrate another major milestone: Brasília will become the first city in the Southern Hemisphere to host the World Athletics Race Walking Team Championships.

Caio Bonfim, an icon of Brazilian sports, was born and raised in the region. Bonfim will be the main star of the competition, where he will try to extend his streak of achievements, which includes silver at the Paris 2024 Olympic Games and gold and silver at the World Athletics Championships Tokyo 25.

Source: World Athletics

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

- 03Apr 2026 - **Viktoria Madaraz (HUN) banned four years from competitions for doping violations**
<https://marciadalmondo.com/edit-news/2026/viktoria-madaraz-hun-banned-four-years-from-competitions-for-doping-violations/>

On a somewhat related subject ...

- 31Mar 2026 - **Points of view. 'You again, weren't we supposed to see each other again?'**
<https://marciadalmondo.com/edit-news/2026/points-of-view-you-again-werent-we-supposed-to-see-each-other-again/> (The 'You' referred to is Alex Schwazer. A big crowd turned out for the Italian Half-Marathon championship and, unfortunately for winner Riccardo Orsoni, it wasn't to see him ...)

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.

- Sunday, April 5, 2026 - **Brazil's team for the World Race Walking Championships – Brasília 2026**
<https://omarchador.blogspot.com/2026/04/selecao-do-brasil-para-o-mundial-de.html>
- Saturday, April 4, 2026 - **Festival «Tout Deauville Marche», France (results)**
<https://omarchador.blogspot.com/2026/04/festival-tout-deauville-marche-franca.html>
- Friday, April 3, 2026 - **Viktoria Madarász receives a 4-year suspension for doping.**
<https://omarchador.blogspot.com/2026/04/viktoria-madarasz-com-4-anos-de.html>
- Thursday, April 2, 2026 - **Bence Venyercsán and Tiziana Spiller win Hungarian titles in the half marathon race walk – Békéscsaba 2026** <https://omarchador.blogspot.com/2026/04/bence-venyercsan-e-tiziana-spiller.html>
- Wednesday, April 1, 2026 - **EMACI Toruń 2026: Men's 5 km M35+ (results)**
<https://omarchador.blogspot.com/2026/04/emaci-torun-2026-5-km-masculinos-m35.html>
- Wednesday, April 1, 2026 - **EMACI Toruń 2026: Women's 5km W35+ (results)**
<https://omarchador.blogspot.com/2026/04/emaci-torun-2026-5-km-femininos-w35.html>
- Tuesday, March 31, 2026 - **Souad Azzi and Ismail Benhammouda break Algerian records in the 10,000m race walk (Algiers 2026)** <https://omarchador.blogspot.com/2026/03/souad-azzi-e-ismail-benhammouda-batem.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 ...

- Thanks to **Jason Kozica** for sending this item from the Instagram page, *Humans of Judaism*, celebrating a milestone for one of racewalking's genuine legends and survivors. It's fitting that it comes a mere fortnight after **Bob Gardiner's** own 90th birthday celebration:



(Photo: The Independent)

Happy 90th birthday to Holocaust survivor and Olympic racewalker Shaul Ladany!

Ladany was born on April 2, 1936. In 1944, at just 8 years old, he was sent to the Bergen-Belsen concentration camp. After surviving the Holocaust, he and his family moved to Israel in 1948. In 1972, he was one of five Israeli athletes who survived the tragic Munich Massacre at the Olympic Games, where eleven of his teammates were murdered.

A two-time Olympian in racewalking, Ladany competed in the 1968 and 1972 Olympic Games. In 1972, he set a world record in the 50-mile race walk and was a world champion in the 100 km racewalking event.

A tribute to Shaul Ladany by Tim Erickson can be read at <https://www.vrwc.org.au/tim-archive/articles/wo-shaul-ladany.pdf>



Lord Bishop's Walk AKA Walking Race (1920)



Start of the 1920 Lord Bishop's Walk. The factory stacks are testament to Birmingham's blue-collar society as to the hard-working lives of these competitors. (Photo still source: British Pathe)

Italian race walking archivist **Stefano Malaspina** regularly posts historic footage of races from bygone days on his Facebook page. His latest post features a British Pathe film clip of one of the early iterations of the **Lord Bishop's Walk** in 1920. While not actually stated here, it's certain that this race – held in 1920 in Birmingham (GBR) – is a 20 mile event.

Notice the techniques of these then-elite level walkers, in the light of what they've evolved into today. Stefano writes:

We are at the dawn of race walking, and in Birmingham in the 1920s you can clearly see what it meant to compete in that era.

The start is compact, athletes move between two lines of spectators. The pace rises immediately. At the front is **E. Rogers**, steady stride, always in control.

Along the course, checkpoints mark the race. They turn around a flag, head back, someone wipes their face with a sponge and sets off again without stopping. Bicycles and motorbikes follow the athletes, the group begins to thin out.

Rogers holds on to the end, leaving no space for others. He crosses the finish line in 2h 55' 49" and takes the Bishop's Trophy.

It is one of the first chapters of race walking, when this sport begins to take shape before the eyes of the public.

*See the live action here at <https://www.youtube.com/watch?v=ImibRHxq9Aw>



The early leaders. It looks as if winner Rogers, not pictured here, wore them down in the second half. (Photo still source: British Pathe)

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

**** A.C.T. 59th Lake Burley Griffin Carnival, 7 June**

***VOLUNTEERS NEEDED for
LBG CANBERRA CARNIVAL 2026**

An event of this magnitude requires many hands to the wheel – more than a single club can manage.

To ensure we can conduct the carnival successfully for the athletes, we will need lots of volunteer help, from interstate as well as local.

Roles we will need include:

Announcer, start line coordinator/assistant, starter, finish line marshals, finish line recorders, red card collectors, results assistant, water table assistant, officials & volunteers' welfare, presentation assistants.

If you can assist with any of these roles – even if only for a limited time – please contact Mark, Stu or Terry.

**LBG CANBERRA CARNIVAL 2026
VOLUNTEERS COORDINATOR**

Each state has been asked to appoint a person or persons to organize volunteers from their clubs for the Carnival.

The Coordinator's duties will involve being the main point of contact for confirming and organising volunteers from the VRWC, as well as their time availability and preferred roles on the day. The Coordinator will be asked for their name, email address and contact phone number, so as to receive communications from the Race Walking Australia organising committee.

Please contact Stu or Mark Donahoo if you are able to fill this position, or if you have any questions.

Stu Cooper

**** 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>

** 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.

***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.

VRWC Committee

**Vacancy – Club Treasurer

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.



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

APRIL

Saturday 25 th April	AV 10km & VRWC CHAMPIONSHIPS	Mentone Track
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MAY

Saturday 2 nd May	VRWC Points races	Middle Park
Saturday 9 th May	VRWC Points races	Middle Park
Saturday 16 th May	VRWC Points races	Middle Park
Saturday 16 th May	Coaching seminar for parents, athletes and coaches	Middle Park
Sunday 24 th May	AV, AV SCHOOLS & VRWC CHAMPIONSHIPS	Middle Park
Saturday 30 th May	VRWC Points races	Middle Park

** A.C.T. 59th Lake Burley Griffin Carnival

Saturday & Sunday 6/7 June
Stromlo Forest Park, Canberra

Hosted by the ACT Race & Fitness Walking Club Inc.

Download your copy of the Information Pack from <https://www.revolutionise.com.au/vrwc/events/342804>

JUNE

Sat/Sun 6th/7th June	RWA 59th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 13th June	VRWC events. & LA Vic Championships,	Middle Park
Saturday 13th June	Judging course and Coaching seminar	Middle Park
Saturday 20th June	VRWC Points races	Middle Park
Saturday 27 th June	VRWC Points races & Prize Day	Middle Park

JULY

Saturday 4 th July	Racewalking Australia Postal Challenge event & VMA 10km C'ship	Middle Park
Saturday 11 th July	VRWC Points races	
Saturday 18 th July	VRWC Points races and Interval races	Middle Park
Sunday 26 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

AUGUST

Saturday 1 st August	VRWC Points races	Middle Park
Saturday 8 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15 th August	VRWC Last points race	Middle Park
Sunday 23 rd August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29 th August	VRWC non points race day	Middle Park

September

Saturday 5 th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13 th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

Thu-Sun 9/12 Apr 2026	AA Open (exc. Walks) & U20 (combined events only) T&F c'ships – Sydney NSW
Mon-Tue 13/14 Apr 2026	2026 Coles Australian Little Athletics Championships – Brisbane QLD
Wed-Mon 15/20 Apr 2026	AA Junior T&F Championships – Brisbane QLD
Sat 25 Apr 2026	AV 10,000m track walk C'ships - Mentone
Sun 24 May 2026	AV, VMA & VRWC Half Marathon, AV Schools C'ships – Middle Park
Sun 7 Jun 2026	59 th LBG Walking Carnival (inc. AA & RWA Marathon & H-M c'ships) – Canberra ACT
Sat 13 Jun 2026	LAVic Road walk Championships – Middle Park
Sat 4 Jul 2026	VMA 10km Road walk Championship & RWA Challenge – Middle Park
Sun 26 Jul 2026	AV 30km C'ship inc. Jared Tallent Trophy & VRWC c'ships – Middle Park
Sat 8 Aug 2026	AV 15km Championships & VRWC c'ships
Sun 23 Aug 2026	AA Junior Road walk Championships – Ballarat VIC
Sat 5 Sep 2026	AV 5000m Teams & VMA Championships - Mentone

International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
23 May 2026	XXXIX Gran Premio Cantones de A Coruna de Marcha (WA Tour Gold) – La Coruna, ESP
31 Jul 2026	Commonwealth Games 10,000m Walk finals – Glasgow, SCO
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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