



HEEL & TOE Online

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



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*H&T Notice Board – Page 19

- 2026 Race Season summary
- Membership, Uniform & Race fees
- LBG Carnival ... name change

***Deadline approaching for LBG Carnival race and coaching/judging session entries:**

Friday 29 May, 6.00pm
See entry link on Page
No late entries accepted!

WALKER OF THE WEEK



Last Saturday, a day when PB times were, for some reason, hard to achieve at Middle Park, it was the U14 girls who stood up and made the most of their chances. Leading the charge were **Ella Harris, Lunah Ibrahim and Caitlyn Shipham**, all of whom buried their previous 4km bests by over a minute to take the joint WOTW award for the week.

Ella, a regular racer in her first winter season in 2024, is back with a vengeance after a quiet walking year last year. Now showing the benefit of triathlon conditioning alongside her walk training, Ella tore a 1:13 chunk from her previous best to clock **24:49** in the 4km Open race. Ella looks to be in good shape for the upcoming Schools championships, Canberra carnival and LAVic road titles.

The first timer we saw **Lunah** at the Club was in last year's School titles, most of her racing being done in LAVic competition. In her first VRWC year, Lunah has taken to the road at Middle Park as if born to it, showing a liking for the longer distances and eclipsing her previous 4km best by over a minute with **24:54**, a PB by 1:07. As with Ella, it's a great sign of things to come with a winter of big races coming up.

Since joining the Club in 2024, **Caitlyn** has been a model of consistency, perseverance and dedication to improvement, as can be attested by her previous WOTW award which she earned through having the highest number of PB performances across the whole 2025 season. She's certainly made a good start to this one, shearing 1:05 from her previous 4km best to record **25:35**. It's safe to say Caitlyn isn't done yet, and we look forward to seeing her progress further in the coming months.

Congratulations Ella, Lunah and Caitlyn! Wishing you a successful and rewarding winter of racing.

***Honourable mentions**

- **Kobe Lewis (VIC)** – a stronger racer this year, Kobe has benefited from stepping up in distance, clocking a 19 sec PB of **25:46** for 4km.
- **Darcy Dennis (NSW, 11y)** – took 13 secs from his 2km best to clock **9:16** at NSWRCW competition.
- **Charlotte Dix (TAS)** – joined the sub-19:00 2km club in TRWC competition with **18:59**, and **Sam Leitch (TAS)**, who ripped 3:24 from his 5km PB to clock **35:20**.

 **CLUB NEWS and RESULTS**

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

The coming Sunday sees the first of this season’s Championship road meets ... and it’s an historic one for the Club. For the first time, we will be hosting AV, VMA and Club championships over the **Half Marathon** distance, in place of the retired 20 kilometres. We’re looking forward to a great morning of racing, especially as our juniors will be motivated to do well in their schools’ colours.

***Helpers needed!**

With some of our regular officials and helpers unavailable, we will need assistance with setting up for the races and packing away later. Work will include

- putting out tables and chairs for lapscorers,
- erecting tents (timekeepers, Judges’ recorder, feeding and watering)
- ensuring the course is clear and safe (may require sweeping and bailing if there is overnight rain)
- course marking with cones
- setting up a Penalty zone with cones (Half marathon, 10km and 5km only)
- setting up timing clock and PA
- packing it all away afterwards
- other tasks as required

If you can assist, please contact Mark or myself. Aim to arrive between 7.30 and 7.45am. The more we have, the more smoothly the morning will go.

Sunday 24 May – Middle Park
AV/VMA/VRWC Half Marathon (H-M) & AV Schools Road walk Championships

The AV championships are WA ranking competition events



8.30am	H-M	AV Championship	Open Men
	H-M	AV Championship	Open Women
	H-M	Ray Smith Trophy (VRWC) Championship	Open Men
	H-M	Elsie Jacobson Trophy (VRWC) Championship	Open Women
	H-M	VMA Championship (Age groups)	Masters Men
	H-M	VMA Championship (Age groups)	Masters Women
	H-M	VRWC Championship	Masters Men
	H-M	VRWC Championship	Masters Women
	H-M	Non-championship event	Open
9.00am	10km	AV Schools Championship	U20 Male/Female
9.20am	8km	Non-championship event	Open
	4km	Non-championship event	Open
10.00am	5km	AV Schools Championship	U18 Male/Female
10.10am	1km	VRWC Championship	U10 Male/Female
10.25am	1.5km	VRWC Championship	U12 Male/Female
10.40am	3km	AV Schools Championship	U16 Male /Female
10.43am	3km	AV Schools Championship	U14 Male/Female
11.10am	2km	Non-championship	Open
11.45am		Presentations	

***ENTRIES**

AV Half Marathon & AV Schools championships – enter at <https://members.athsvic.org.au/events/353481> no later than Thursday 21 May at 11.59am

VMA championships & all VRWC events – enter at <https://www.revolutionise.com.au/vrwc/events/348669> no later than Friday 22 May at 6.00pm.

Member News

- It's with great pleasure that we announce that the position of Club Treasurer has been filled by **Kathleen Marsh**. Kathleen, one of our WA Bronze level race judges with considerable experience in the treasurer and secretary roles at her children's LAVic centre, has now stepped into the VRWC position after a seamless handover by outgoing treasurer **Karyn O'Neill**.



Welcome to Kathleen, and many thanks to Karyn for her years of fine work managing our finances.

**** LAKE BURLEY GRIFFIN RWA CARNIVAL, CANBERRA**

**That deadline is approaching.
Have you entered yet?**

After an encouraging boost to our numbers at the LBG Carnival in 2025, the VRWC needs an even stronger presence at Stromlo Sports Park this year, to mount a serious challenge for the RWA Brennen Shield. So make use of the June long weekend and see the sights in the nation's Capital ... and have a race or two while you're at it.

*(See the advert on **Page 13** for the entry link. Remember to download your Information Pack from there, too.)*

VOLUNTEERS STILL NEEDED FOR CANBERRA!

My thanks to Sandra and Jackie who have made themselves available to assist with lap scoring at the LBG. **However, we need more!**

Our allocated roles and Session times (outlined in the email sent last week and Issue 18) are **lap scoring, call room, red card collection (bike riding) and help with set-up/pull down on Saturday and Sunday afternoons**. The ACT club are doing the lion's share of organising and supply, but they cannot do all the hands-on tasks. Any help the interstate clubs (including us) can give will be vital if the carnival is to succeed for the athletes.

Once again, if you can assist with any of the above jobs, however briefly (but the longer the better), please contact me ASAP. Specify the Session time you are available.

Stu

VRWC Club points results, 16 May – Middle Park

A pleasant afternoon, albeit with a bit of a stiff southerly, saw 43 starters line up in the quest for points. **Jordan Galbraith** continued his foray into longer distances with a creditable first-up 42:42 in the 8km, while **Michelle Horne** completed her first 6km in a decade, ticking off another one on her comeback journey. **Jonathan Ho** was the quickest of the 4km finishers while **Emily Smith** had to fight off her training partner **Grace Louey** to take the women's 4k, Grace having her first start for the season. **Ella Harris, Lunah Ibrahim, Caitlyn Shipham** and **Kobe Lewis** were all rewarded with sizeable PBs for their efforts in drawing the best from each other.

The 2km races saw **Fletcher Reid** and **Erlyn Singh** taking line honours, Fletcher clocking the fastest time of 10:23 and Erlyn prevailing over another challenge from **Daisy Hooper**. Meanwhile, **Sylvia Ivanova** – whose few previous races were in Masters track competition two years ago – is finding the road quite to her liking, recording a 16 sec PB for 2km.

Ryder Reid showed out with a dominant win in 5:43 in the 1km, while **Abigail Verity** walked strongly to score her first-ever win at the VRWC, clocking **6:21**. **Ava Pravednikov** had to equal her PB to hold off **Ruby Nicholls** in an exciting finish – well done to both girls.

The 1km saw three newcomers – **Eden Patten, Harmony Chengeta** and **Louis Cai** – have their first races with us and put in promising showings. We hope to see a lot more of them at Middle Park.



8km Open

1 Jordan Galbraith	OpM	42:42	First 8km
2 Alejandro Stephens	OpM	45:59	

6km Open

1 Shaun Lewis	M40+M	35:57
1 Michelle Horne	M40+F	39:35
2 Donna-Marie Elms	M60+F	43:42

2km Open

1 Fletcher Reid	U12M	10:23	
2 Jaxon Connell	U10M	12:41	First 2km
3 Bowie Clarke	U10M	12:47	
1 Erlyn Singh	U14F	11:30	
2 Daisy Hooper	U10F	11:37	
3 Aria Di Benedetto	U12F	12:12	
4 Anna Dubar	U12F	12:22	

3 Karyn O'Neill M60+F 44:41
 .. Emilie Garside OpF DNF

5 Erin Reid M40+F 12:32
 6 Summer Patten U10F 13:32
 7 Sylvia Ivanova M40+F 13:40 PB 0:16
 8 Cory Lewis U10F 14:03
 9 Marilyn Reynolds M60+F 14:59
 10 Anna Wallace M40+F 15:10
 11 Abby Fowler U12F 15:29

4km Open

1 Jonathan C Ho OpM 22:10
 2 Arthur Robinson U18M 26:57
 .. Robert Gardiner M60+M DNF

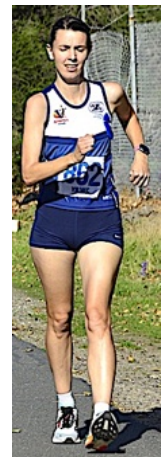
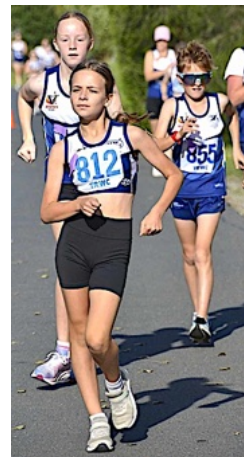
1km Open

1 Ryder Reid U10M 5:43
 2 Louis Cai U10M 10:25 First 1km
 1 Abigail Verity U10F 6:21
 2 Ava Pravednikov U12F 6:39 Eq. PB
 3 Ruby Nicholls U12F 6:40
 4 Nashe Chengeta U12F 7:20
 5 Holli Burrell U10F 7:49
 6 Eden Patten U10F 7:59 First 1km
 7 Harmony Chengeta U10F 9:52 First 1km

1 Emily Smith U20F 23:28
 2 Grace Louey OpF 23:33
 3 Addison Frenken U14F 24:21
 4 Ella Harris U14F 24:49 PB 1:13
 5 Lunah Ibrahim U16F 24:54 PB 1:07
 6 Caitlyn Shipham U14F 25:35 PB 1:05
 7 Kobe Lewis U14F 25:46 PB 0:19
 8 Sarah Bevin M40+F 26:50
 9 Heather Carr M60+F 30:10



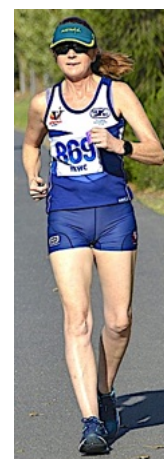
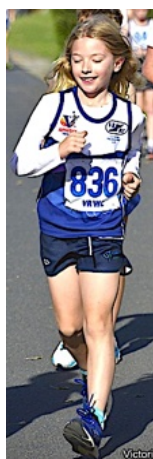
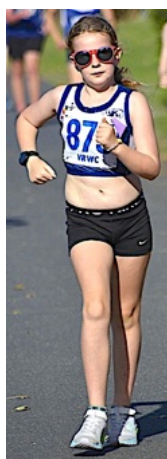
The 8/6/4km starters get the show on the road



****Handicap results***

Sylvia Ivanova	F	M40+	1	Caitlyn Shipham	F	U14	1
Sarah Bevin	F	M40+	2	Kobe Lewis	F	U14	2
Erin Reid	F	M40+	3	Ella Harris	F	U14	3
Michelle Horne	F	M40+	4	Erlyn Singh	F	U14	4
Anna Wallace	F	M40+	NPT	Addison Frenken	F	U14	5
Marilyn Reynolds	F	M60+	1	Lunah Ibrahim	F	U16	1
Heather Carr	F	M60+	2	Emily Smith	F	U20	1
Karyn O'Neill	F	M60+	3	Shaun Lewis	M	M40+	1
Donna-Marie Elms	F	M60+	4	Robert Gardiner	M	M60+	DNF
Grace Louey	F	Op	1	Jonathan Ho	M	Op	1

Emilie	Garside	F	Op	DNF	Alejandro	Stephens	M	Op	2
Daisy	Hooper	F	U10	1	Jordan	Galbraith	M	Op	NPT
Cory	Lewis	F	U10	2	Bowie	Clarke	M	U10	1
Abigail	Verity	F	U10	3	Jaxon	Connell	M	U10	2
Summer	Patten	F	U10	4	Ryder	Reid	M	U10	3
Holli	Burrell	F	U10	5	Louis	Cai	M	U10	Unf
Harmony	Chengeta	F	U10	NPT	Fletcher	Reid	M	U12	1
Eden	Patten	F	U10	NPT	Arthur	Robinson	M	U18	1
Ava	Pravednikov	F	U12	1					
Ruby	Nicholls	F	U12	2					
Anna	Dubar	F	U12	3					
Aria	Di Benedetto	F	U12	4					
Nashe	Chengeta	F	U12	5					
Abby	Fowler	F	U12	6					



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

Shaun, Marilyn, Anna, Sarah, Ruby, Karyn, Bowie, Cory, Jaxon, Addison, Emily, Ryder, Aria, Jonathan, Daisy, Louis, Nashe, Grace, Fletcher

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Bill Carr, Donna Marie Elms
Timekeeper	Mark Frenken, Mark Donahoo
Recorders	Bill Carr, Stu Cooper, Joe Adamcewicz, Jackie Fowler, Maeve Dubar, Melinda Di Benedetto
Judges:	Kathleen Marsh (Chief), Brenda Felton, Gordon Loughnan, Terry O'Neill, Bec Lewis, David Cash
Set up, Pack up:	Terry Swan, Stu Cooper, Shaun Lewis, Robert Gardiner, Bill Carr
Bike rider	Terry Swan
Photos	Terry Swan (See more of Terry's work at https://www.facebook.com/media/set/?set=oa.1591114992555490&type=3)
Canteen	Donna Marie Elms
Coaching Clinic	Mark Donahoo
Walkers:	43



AROUND THE COUNTRY

A.C.T. ACTRFWC results, 16 May – Kaleen

Thanks to **Ann Jugovic** for the latest results from the ACTRFWC.

5km

1. Bryan Thomas 45:15

2km

1. Sebastian Ryan 11:49
2. Jim White 16:51

3km

1. Hana Jugovic 14:21
2. Jillian Ryan 16:56
3. Clare Rice 18:33
4. Jess Robson 20:11
5. Jeanette Ryan 25:35

1km

1. Katharina Johnson 6:36

NEW SOUTH WALES NSWRFC results, 9 May – Chipping Norton

Good numbers again at Chipping Norton for the NSWRFC winter events, with several PBs being set. Thanks to **Kirsten Crocker** for the results.

12km

1 Aidan Pospischil 77.34
2 Laura Sotomayor 82.38

10km

1 Christopher Nilon 56.17

Short 5km

1 Sophie Polkinghorne 27.08
2 Sagan Jones 27.17
3 MiaRose Everson 28.23
4 Kira Ekers 29.55
5 Hannah Hewitt 31.37
6 Madeline Colgan 35.32
7 Carmel Parker 38.05
8 Nicole Challinor 44.01
9 Claire Gauci 44.19
10 Emily Challinor 51.31
11 Sarah Challinor 51.32

16yrs 4km

1 Nate Appleyard 20.10
2 Chloe Farrugia 30.17
3 Luke Challinor 36.04
Avia Luketic DNF

12yrs 1.5km

1 Eric Colgan 7.35
2 Jaiden Chahal 8.17
3 Lucilla Cribbin 8.26
4 Levi Thomas 8.27
5 Patrick Yeldham 8.55
6 Melody Latta 9.04
7 Cooper Edwards 9.23
8 Nasrin Hewitt 10.37
Huxley Jones DQ

14yrs 2km

1 Darcy Dennis 9.16
2 Oliver Masik 9.50
3 LilyEve Everson 10.15
4 Rhys Straub 10.46
5 Beth Cochrane 10.54
6 Hugo Siciliano 11.30
7 Addison Jenkins 11.31
8 Veronica Dennett 13.14
9 Ivy Allen 14.13

10yrs 0.750km

1 Carsen Luketic 4.16
2 Elijah Manalili 4.29
3 Norah Edwards 4.36
4 Eloise Colman 5.48
5 Clementine Colgan 5.53
6 Elyse Thornburn 7.11

QUEENSLAND QRWC Handicap results, 26 April-17 May – various venues

Thanks to **Joy Dale** for providing the results from the QRWC's recent handicap meets, in Robyn Wales's absence:

***ORWC Handicap #2, Saturday 26 April – Logan River Parklands**

A Grade 10km

Men:

(1) Alex Bradley	53:00
(2) Ignacio Jimenez	55:49 SB
(3) Paul Lindenberg	1:08:53
(4) Peter Bennett	1:09:51

Women:

(1) Phoebe Chadwick	1:00:11 SB
(2) Eliza Kelly	1:00:18 SB
(3) Nyle Sunderland	1:07:15
(4) Roslyn Kirwin	1:14:12
(5) Joy Dale	1:24:52 SB
(6) Noela McKinven	1:36:20

C Grade 3km

Men:

(1) Hayden Robertson	15:23
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Women:

(1) Violet Conway	19:01
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E Grade 1km

Men:

(1) Caleb Lee	6:47
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B Grade 5km

Women:

(1). Anne Weekes	31:27
(2) Trish Hibbs	36:00
(3) Kate Morris	38:20

D Grade 2km

Men:

(1) Yoshua Lee	13:43
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Women:

(1.) Amelia Chisholm	10:24
(2) Clara Hermus	11:24 SB
(3). Bella Sansom	11:35 SB
(4). Lilli Chu	14:48

F Grade 0.5km

Women:

(1) Mikayla Lee	3:32
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***ORWC Handicap #3, Saturday 3 May – Yeronga**

Iggy Jiminez has certainly started the season in good form, showing that a sub-50:00 10km may not be far away.

A Grade 10km

Men:

(1) Noah Cooke	50:56
(2) Ignacio Jimenez	51:35 SB
(3) Paul Lindenberg	1:08:45 SB
(4) Peter Bennett	1:08:49 SB

Women:

(1) Eliza Kelly	1:00:24
(2) Phoebe Chadwick	1:03:49
(3) Joy Dale	1:24:40 SB
(4) Noela McKinven	1:35:44

C Grade 3km

Men:

(1) Hayden Robertson	16:44
(2) Leo Ramsay	17:18 SB

E Grade 1.5km

Men:

(1) Caleb Lee	9:07
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B Grade 5km

Men:

(1) Simon Cartwright	38:31
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Women:

(1) Anne Weekes	31:43
(2) Trish Hibbs	34:49 SB

D Grade 2km

Men:

(1) Yoshua Lee	12:14 SB
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F Grade 1km

Men:

(1) Noah Scott	7:48
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Women:

(1) Mikayla Lee	6:41
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***ORWC Handicap #4, Sunday 17 May – Capalba**

A Grade Men 15km

Men:

(1) Ignacio Jimenez	1:33:48
(2) Peter Bennett	1:44:16

Women:

(1) Brenda Gannon	1:37:32
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B Grade 8km

Men:

(1) Paul Lindenberg	56:09
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A Grade Women: 10k

(1) Eliza Kelly	59:36 SB
(2) Brenda Gannon	1:05:19
(3) Noela McKinven	1:34:12 SB

D Grade 3km

Men:

(1) Caleb Lee	16:45
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Women:		(2) Leo Ramsay	17:43
(1) Trish Hibbs	58:51	(3) Yoshua Lee	18:48
		Women:	
		(1) Violet Conway	18:52 SB
		(2) Lilli Chu	24:07

F Grade 1km

Women:	
(1) Cassandra Cohoner	6:33
(2) Mikayla Lee	6:42

SOUTH AUSTRALIA SARWC results, 16 May – South Parklands

Cooper Rech reports that the SARWC had a nice, sunny day for the 12 walkers who toed the line. While no PBs were recorded, **Saxon King** went within 1 second of his. **Rachel Pemberton** and **Amaya Cowling** had a close battle in the 1.5km, with Rachel managing to hold off Amaya by 2 seconds.

5km		3km	
Tristan Camilleri	23:57	Matilda Rech	18:48
Sam Findlay	24:09		
Cooper Rech	24:49	1km	
Marie Maxted	35:19	Amity Cowling	6:15
		Martin Crabb	9:16
		Robert Crabb	DQ
1.5km			
Saxon King	8:39		
Rachel Pemberton	10:08		
Amaya Cowling	10:10		
Anthony Crabb	12:40		

TASMANIA TRWC results, 16 May – Wentworth Park

David Moore reports:

A still and cloudy day for our Walks at Wentworth Park this morning.

We welcomed back **Anne Travis** and **Eugene Gerlach** for their first Walks of the season.

Taking advantage of the calm condition were **Sam Leitch** who sheared a monster 3 mins 24s off his 5km time and **Charlotte Dix** who snuck under 19 mins for the first time over 3km.

The 2km event saw some nice Walking from Austin Hucker, Grace Hennessey and Gabe Dix worthy of praise from Walk Judges and coaches.

1km			
1. Anne Travis	UTAS		11:42
1.5km			
1. Dot Sussmilch-Leitch	Hobart LA		11:36
2km			
1. Austin Hucker	Huon LA		16:31
2. Grace Hennessey	Kingston LA		16:56 First
3. Gabe Dix	Clarence LA		one
4. Dave Moore	TMA		19:10
			20:00
3km			
1. Charlotte Dix	ESAC		18:59 PB
2. Eugene Gerlach	TMA		20:55
3. Sam Hucker	Huon LA		24:13
4km			
1. Sara Leitch	TMA		39:58
5km			
1. Sam Leitch	TMA		35:20 PB
2. Elizabeth Leitch	TMA		36:08
6km			
1. Wayne Fletcher	NSAC		55:20

WESTERN AUSTRALIA WARWC results, 17 May – Perry Lakes

The WARWC had another great day in Perth with the morning being cold, calm and sunny, and their numbers were an improvement on recent weeks. Thanks to **Terry Jones** for the results.

10K Handicap		2K Handicap	
Sierra Thompson	1:05:14	Gabrielle John	11.46
Andrew Duncan	58:33	Hannah Clausnitzer	11.22
Wendy Farrow	1:13:39	Carly Hood	14.28
5K Handicap		Andrew Duncan	12.43
Addison Roots	31.20	1K Handicap	
Trinity Doulis	31.20	Symphony Scott	7.12
Glenys Duncan	49.02	Emily John	6.36
Kaytee Bogaers	29.33	Tammy Bogaers	9.14
Brad Mann	29.33		



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

PORTUGAL: Grande Premio Internacional do Rio Maior 2026, 16 May – Rio Maior

Karlstrom and Gonzalez dominate sparse fields in Rio Maior

By Nicola Maggio (reprinted from *Marcia dal Mondo* – 16 May)



What? No horns?

Men's Half Marathon

Only fifteen athletes started. A bit small number for a race that is part of the **Race Walking Tour – Gold Label** and has almost always been one of the most popular events among European athletes in recent years.

The first part of the race saw a group composed of **Hayato Katsuki (JPN)**, **Jordy Arrobo (ECU)**, and **Perseus Karlstrom (SWE)**, who, after the first 1,095m lap in 4:32, ran the following laps between 3:59 and 4:06 per lap. At the 5k mark, they stopped the clock at 20:45. They were followed a few meters behind by **Noel Chama (MEX)**, who passed the first quarter of the race in 20:50, and by **Matheus Correa (BRA)** in 20:56.

At the halfway point, Arrobo led the leading group in 41:06. Chama and Katsuki (41:09) are a few meters behind, followed by Karlstrom (41:10), while Brazilian Correa is another 10 seconds behind and passes in 41:20. Immediately after Katsuki and Karlstrom take the initiative and push the pace, walking for several laps between 4:00 and 4:02/km.

Shortly after the 13km mark, the two Guatemalan athletes, **José Barrondo** (stopped in Penalty Area at 18:46) and **Bernardo Barrondo** (stopped in Penalty Area at 18:45) were DQed after they received the 4th red card. Meanwhile, between

11km/12km (at 19:01) Noel Chama received 3rd red card and at 19:05 was stopped 2min in Penalty Area. The same fate befalls **Jefferson Segura (MEX)** but later he would be DQed due to 4th red card at 19:23 and stopped at 19:28.

At 15km mark, Katsuki still leading the race (1:01:20) one second in front of Karlstrom. Jordy Arrobo moves into third place in 1:01:32, but in the next lap he will receive the 3rd red card and stopped immediately in Penalty Area. After leaving the Penalty Area also Arrobo received in the next lap the 4th red card and was then DQed at 19:28.

The two leaders have created a big gap behind them and continue at their pace (between 4:01 and 4:03 per lap). However, the Japanese athlete remains in the lead with an advantage of between five and six seconds. But while Karlstrom are currently immune from this frenetic and rigorous jury activity Katsuki suffers two red cards issued at 19:11 and 19:25.

The turning point came at 18km when Karlstrom had almost caught Katsuki and was only two seconds behind the Japanese walker. After 1:17:20, the two were once again shoulder to shoulder, but Karlstrom pushed the pace again, and one lap later, his lead over Katsuki was back to five seconds.

At the bell, the following were their passages: Karlstrom (1:21:30) and Katsuki (1:21:34). It was already looking like a neck-to-neck race all the way to the finish, but it wasn't to be. Incredibly, in the final thousand meters of the race, the judges' axe fell on Katsuki's head. Two more red cards against him issued at 19:33 and 19:34 and he was DQed without the stop in Penalty Area. **Perseus Karlstrom (SWE)** won in 1:25:25, **Matheus Correa (BRA)** took second place in 1:27:06, **Noel Chama (MEX)** took third place in 1:28:16.

1.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:25:27
2.	Matheus CORREA	22 AUG 1999	BRA	1:27:06
3.	Noel CHAMA	15 SEP 1997	MEX	1:28:16
4.	Eduardo CAMARATE	17 NOV 2006	POR	1:31:52
5.	Tiago RAMOS	05 JUN 2003	POR	1:34:50
6.	Tiago SUCENA	18 JUN 2004	POR	1:37:08
7.	João AFONSO OLIM	14 OCT 2000	POR	1:43:14
8.	Amaro TEXEIRA	08 JUL 1989	POR	1:46:58
	Lucas MAZZO	19 MAY 1994	BRA	DNF
	João Pedro VIEIRA	01 NOV 1999	POR	DNF
	Jefferson SEGURA	08 DEC 1998	MEX	DQ
	Hayato KATSUKI	28 NOV 1990	JPN	DQ
	José Alejandro BARRONDO	16 SEP 1996	GUA	DQ
	Bernardo Uriel BARRONDO	05 JUN 1993	GUA	DQ
	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	DQ



Alegna first, daylight second.

Women's Half Marathon

Even in the Women's Half Marathon, the number of athletes at the start was not worthy of the name that the "Grande Premio Internacional de Rio Maior" holds in the World of international walking. Fourteen athletes at the start, seven of whom were from the host Country, should give the organisers a pause for thought.

The tight seasonality of May likely played against the Organisers of Rio Maior (May 16), which had to compete with Podebrady (May 8), A Coruña (May 23), and Madrid (May 31).¹

Regarding the technical level, the Rio Maior Women's Half Marathon was of an enviable standard. The star of the day was **Alegna Gonzalez (MEX)**, who finished her race in 1:32:15, the fourth fastest world time of the season behind **Jiang Yunyan (CHN – 1:31:39)**, **Kimberly Garcia Leon (PER – 1:31:44)**, **Yang Liujing (CHN – 1:32:08)**, and in front of **Antonella Palmisano (ITA – 1:32:21)** relegated to fifth place.

¹ To this can be added the World Teams Walk championships in Brasilia in mid-April, making it five major walk meets within the space of seven weeks. Little wonder walkers felt the need to prioritise.

The split times of the athlete coached by Ignacio Zamudio (MEX) were as follows:

5km: 22:57

10km: 44:26

15km: 1:05:58

20km: 1:27:54

Half Marathon: 1:32:15

After the first 5km, excluding the longest 1st lap (in 5:04) the average was between 4:35/km and 4:21/km: Alegna Gonzalez settled into a pace of 4:15-4:20 per km, maintaining this pace until the 15km mark.

Three-quarters of the way through, her teammate **Karla Serrano (MEX)** was in second place, clocking 1:07:55, 1:56 behind the leader and a 9-sec advantage over **Antigoni Ntrismpioti (GRE – 1:08:04)**.

Alegna Gonzalez averaged 4:21-4:22 per km in the final 6km, increasing her lead over Karla Serrano from 1:56 to a final 3:06, for a time of 1:35:22.

Antigoni Ntrismpioti took third place, trailing the second-place finisher by a further 1:12, finishing 1:36:33.

Technically speaking, Gonzalez looked, as always, stunning, with a performance that purists of the discipline always want to see, but which doesn't always happen. None of the judges, so strict in the men's competition, dared to show a yellow flag against her, and red cards remained a thing of the past event. Not so for Karla Serrano and Antigoni Ntrismpioti, who received one red card (Serrano) and two red cards (Ntrismpioti), respectively.

Viviane Lyra (BRA) fared even worse, having been DQed after a stop in the Penalty Area.

1.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:32:15 AR
2.	Karla Ximena SERRANO	14 APR 2004	MEX	1:35:22
3.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	1:36:33
4.	Valeria ORTUÑO	27 MAY 1998	MEX	1:38:14
5.	Valeria FLORES	17 FEB 2006	MEX	1:40:27
6.	Magaly Beatriz BONILLA	08 FEB 1992	ECU	1:42:57
7.	María Fernanda PEINADO	12 NOV 2001	GUA	1:46:08
8.	Joana PONTES	22 MAR 2000	POR	1:46:56
9.	Juliana GALVÃO	09 FEB 2001	POR	1:49:49
10.	Isa FERREIRA	08 SEP 2006	POR	1:50:33
11.	Sandra MONTEIRO	05 SEP 1992	POR	1:50:40
12.	Sandra SILVA	21 SEP 1975	POR	2:07:18
	Margarida SÁ	17 AUG 2002	POR	DNF
	Viviane LYRA	29 JUL 1993	BRA	DQ

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, May 18, 2026 - **Perseus Karlström triumphs in Rio Maior** <https://omarchador.blogspot.com/2026/05/perseus-karlstrom-triunfa-em-rio-maior.html>
- Sunday, May 17, 2026 - **Alegna González dominates in Rio Maior** <https://omarchador.blogspot.com/2026/05/alegna-gonzalez-domina-em-rio-maior.html>
- Sunday, May 17, 2026 - **Race walking at the GCC Games – Doha 2026 (results)** <https://omarchador.blogspot.com/2026/05/a-marcha-atletica-nos-jogos-gcc-doha.html>
- Saturday, May 16, 2026 - **Argentine Under-20 Athletics Championships - Concepción del Uruguay 2026 (results)** <https://omarchador.blogspot.com/2026/05/campeonatos-de-atletismo-sub-20-da.html>
- Thursday, May 14, 2026 - **Diego García and María Pérez repeat their victories at the University Games in Spain – Andalusia 2026** <https://omarchador.blogspot.com/2026/05/diego-garcia-e-maria-perez-repetem.html>
- Wednesday, May 13, 2026 - **Spanish Under-16 Championships by Regional Teams – O Pereiro de Aguiar 2026 (results)** <https://omarchador.blogspot.com/2026/05/campeonatos-de-espanha-sub-16-por.html>
- Tuesday, May 12, 2026 - **Serena Di Fabio and Gabriel González win the under-20 10km race in Poděbrady (2026)** <https://omarchador.blogspot.com/2026/05/serena-di-fabio-e-gabriel-gonzalez.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.

In the 1957 British Pathé film “Walking To Win”, we relive a spectacular 50 km race walk through the streets of Rome. The race is started by the mayor, with veteran Bomba and a young Japanese athlete leading the early stages. The winner is **Abdon Pamich**, showing flawless technique and a steady pace. The footage captures the atmosphere of Italian sport in the 1950s, with Roman crowds lining the route and an intense race until the final kilometres. 2nd place: **Antonio De Gaetano**.

A memorable day for the Giuseppe Malaspina race walking school. (Giuseppe Malaspina on the bicycle)



Historical footage shared for educational and documentary purposes. **Original source:** *British Pathé*.

<https://www.facebook.com/reel/970158622495634>

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

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

LBG Carnival name change ... ideas sought

As many of you would be aware, the LBG Carnival was named after the Lake Burley Griffin location where the event was held for ~50 years. Due to difficulties in security government approval for the event, the carnival moved to the Stromlo Forest Park location where it continues today.

The RWA Committee in conjunction with the states has decided that 2026 will be the last year the carnival is called LBG, and we will introduce a new name from 2027 onwards. That will also mark the carnivals 60th anniversary which we think is fitting.

We are looking to the broader walking community to come up with the new name, and are running a competition. Name can be submitted at [this website](#) and there is no limit to the number of submissions that anyone can provide.

Submissions close on the 31 May 2026, and the new name will be announced during the final presentation session at this years carnival. The person or people that propose the name will be recognised during the presentation, and forever have bragging rights.

Kai Ryan
President, ACTRFCW

** 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**.



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

MAY

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.

Place your event entries and 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 &
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Saturday 11 th July	VMA 10km C'ship	Middle Park
Saturday 18 th July	VRWC Points races	Middle Park
Sunday 26 th July	VRWC Points races and Interval races 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

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

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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***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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