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The official organ of the Victorian Race Walking Club, Inc.
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WALKER OF THE WEEK



(Photo: AV)

Getting a WOTW award along with a PB of almost two minutes in a 3000m race is a great way of beginning one's AVSL career. Last Saturday at Doncaster, **Anouk Morgan (VIC, 11y)** jumped into the deep end, forsaking the 1500m race in favour of the double distance and clocking **17:29.4** – a PB by 1:57 – with a display of focused, tenacious walking in which she showed excellent technique throughout. The latest of the powerful Knox Little Athletics club's walking squad to take the step up to AVSL ranks, Anouk is a diligent trainer under her coaching brother Eden, and we can expect to see more impressive results from her in both LAVic and AV competition this summer. Well done, Anouk!

Honourable mentions:

- **Indigo Marshall-Moodie (VIC)** – followed up her WOTW performance of the previous weekend with a 3:20 blitzing of her 5km PB at Middle Park on Sunday.
- **Zoe Woods (NSW)** – reduced her Half-marathon PB by 4:56 to clock 1:44:54.0
- **Caleb Camilleri (SA)** – carved a 57 sec slice from his 3000m PB at Adelaide interclub.

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CLUB NEWS and RESULTS

*PRESIDENT'S REPORT … 2025-26

It's a treat to commence this year's report with a huge nod to Rebecca Henderson, the VRWC's latest world record setter! My initial reaction was that Bec's result was out of the blue. However, being the accomplished 35km walker she is and in view of her faster shorter distance results this year, it's clear she was ready to pull it all together for a real crack at the marathon record. Bec now joins four other Victorians – Bill Murray, Ted Allsopp, Sue Cook and Nathan Deakes – to have achieved this feat. Congratulations, Bec.

Bec's performance crowned what was a highly successful weekend for the Australians at Takahata, Japan. Twelve of the thirteen Aussies recorded PBs with all five VRWC members achieving this. Alongside Bec, Rhydian Cowley set a new Australian Marathon best with a 12.41 PB. (see *Heel & Toe Online #42* for the full list of results.)

Six VRWC members donned green 'n' gold for two representative competitions in 2026 – the World Walking Team championships in Brasilia and the Commonwealth Games in Glasgow.

World Walking Teams championship – Brasilia (BRA)

Bec Henderson was the standout in the heat of Brasilia, working her way through a fading field for her best international placing to date. Will Thompson added another fine result to his CV, just missing a top 10 place.

Rebecca Henderson	5th	Half-marathon	1:37:05
Will Thompson	12th	Half-marathon	1:29:42
Rhydian Cowley	22nd	Half-marathon	1:31:09

Kyle Swan	54th	Half-marathon	1:40:49

Commonwealth Games – Glasgow (SCO)

Jemima's win was clinically executed, making best use of her finishing speed. Bec's well-deserved bronze gave no inkling of what was to come three months later.

Jemima Montag	1st	10,000m	42:13.40
Rebecca Henderson	3rd	10,000m	43:27.46

Congratulations to all our overseas reps on their efforts.

Membership

The strength of the Club has grown with each passing year since the Covid outbreak in 2020. Membership exceeded the 100 mark for the second successive year – bolstered this year by a welcome influx of country walkers – and racing attendances during the winter averaged in the 40-50s most weeks. The U10 and U12 age groups accounted for much of this growth.

While this indicates that we are on the right track, an ongoing issue is how to attract and retain older juniors (boys in particular). This is a nationwide problem and may be down, in part, to negative perceptions about the sport both within athletics and in the wider community, where for every knowledgeable advocate there are any number of loud, uninformed detractors. Teenagers are particularly susceptible to this negative messaging and to peer pressure, as well as the attraction of team sports and events where larger numbers make it easier to make friends. Overcoming such obstacles is an ongoing challenge and one we can't shy away from if the sport's record of elite achievement is to endure.

The leaflet distribution at the LAVic state titles, as usual, drew some interest, but on its own its effect is limited in terms of reach and timing. I feel that numbers would be boosted further if more LAVic centres and clubs promoted the sport. To be sure, a lack of judges and coaches is an inhibitor to providing walk events at many centres, but it's disappointing when assistance in those areas is offered and not accepted. Despite the efforts of Mark Donahoo and LAVic CEO Nathan McConchie to provide coaching and judging education at the centres (along with another successful LAVic road championship in June which saw close to 100 entries), there remains a troubling disconnect between the VRWC and most LAVic clubs.

Especially disheartening was the almost zero interest shown in two judging seminars during the season, one presented by international judge Zoe Eastwood-Bryson, that was tailor-made for new judges at all levels. And yet, we later received requests for VRWC judges to assist at a suburban centre on a Saturday morning and to officiate at a rural Region championship day in February! We're happy to help any centre out if we can but they could at least show interest in the training opportunities we provide to promote their self-sufficiency by sending one or two representatives to our courses.

Masters and senior numbers are stable, though not substantially increasing. In the case of Masters, difficulty complying with the straight leg rule may be a deterrent to taking the sport up. Strict adherence to Rule 54.2 in spite of age-related restrictions has been a bone of contention around the country for several years. This year, Race Walking Australia elected to require full compliance in all races held under its jurisdiction, although individual clubs may have special arrangements in place for members beset by so-called 'soft knees' (one example being the VRWC's 'yellow number' rule, another the ACT's parallel fitness walker competition). Other factors inhibiting participation of older athletes include working hours, grandparenting, lack of coaches and no walks provision at certain VMA centres.

Judging

The Club's regular judging panel, as usual, did valuable work each week to ensure the success of our racing program. We were able to provide panels of 5-6, sometimes more, at most of our Club points meetings. However, we are always in need of more recruits, as the older members on our list cannot go on forever.

One area shown to require attention is that of judge refresher training and upskilling, particularly in preparation for upcoming races that are listed on the World Athletics calendar. These require a formalised assignment of roles such as Chief judge's recorder, posting board attendant, penalty zone supervisor and red card collector.

While qualified judges can be expected to be skilled in these non-judging roles, there is room for volunteers and supporters (including parents) to take them on, thus freeing judges to focus on their on-course work. This can also be a part of a pathway to becoming a judge if so desired.

Fulfilling such roles require certainty of attendance, confidence in the skills needed, and prior assignment in advance of the race date. This will help avoid the organisational stresses seen at some of our championships and other meets in 2026.

Committee

Change was afoot in the Committee this year, with Kathleen Marsh taking up the Treasurer role and enabling Karyn O'Neill finally to step down. Kathleen has taken to the job as if born to it and the progression has been seamless. Welcome to Kathleen, and well done, Karyn!

Finally, my usual round of acknowledgments to those without whom the Club could not function in any capacity:

- To the Committee executive Terry Swan (secretary), Kathleen Marsh and Karyn O'Neill (treasurers) and Mark Donahoo (vice president).
- To the General committee – Heather Carr, Bob Gardiner, Donna-Marie Elms, Kevin Cassidy, Emilie Garside, Terry O'Neill.
- To Junior captains Emily Smith and Marcus Wakim.

- To Terry Swan – World Athletics liaison
- To Mark Donahoo – Club coach; handicapper; Points coordinator; Race secretary; Meet manager; Uniform ordering; liaison with Athletics Victoria, Race Walking Australia and Little Athletics Victoria.
- To Tim Erickson – Club records manager.
- To Therese Smith and Terry Swan – Club photographers.
- To Bob Gardiner – for his handyman skills.
- To Donna-Marie Elms and Gwen Steed – Canteen officers.
- To walk judges Gordon Loughnan, Brenda Felton, Di Lowden, David Cash, Kathleen Marsh, Bec Lewis, Terry O'Neill, Dannielle Clarke, Scott Nelson, Tony Doran and Shane Bicknell.
- To regular race day officials Ian Laurie, Duncan Knox, Bill Carr, Bob Gardiner, Tim Erickson, Jackie Fowler, Mel Di Benedetto, Carolyn Rosenbrock and Kris Shipham, and to all of our many other helpers who stepped up when needed across the year.
- To Middle Park Bowling Club manager Ingrid Heller and her staff for their assistance in accommodating us for meetings, seminars and presentations.

Stu Cooper
President



At the Annual General Meeting last Sunday, the 2025-26 Committee was elected unopposed to serve a new term for the coming year. It is our pleasure to welcome **Therese Smith** onto the General committee. For several seasons, Therese has fulfilled a valuable role as one of our race-day photographers (alongside Terry Swan) and we welcome her input into matter pertaining to the running of the Club.

Sadly, we bade farewell to Michael Bodey who has decided to step back for health reasons. We thank Michael for his years of contribution as a judge and committee member (also a former Treasurer), and we hope to see him back at Middle park when the time is right..

At long last, **Karyn O'Neill** was able to pass the Treasurer baton on, the recipient being **Kathleen Marsh**. Kathleen's experience as a treasurer at her children's LAVic club qualifies her eminently for the role and she has already put her stamp on it. Welcome Kath, and many thanks to Karyn.

A note regarding the following table: The Committee will soon embark on a major revision of the roles and positions listed below, some of which are redundant while others are as yet unfilled. A new table will be published once a new set of positions has been decided.

EXECUTIVE			
President	Stu Cooper	Publicity Officer	Stu Cooper
Vice President	Mark Donahoo	Club Captain – Women	Heather Carr
Treasurer	Kathleen Marsh	Club Captain - Men	Terry O'Neill
Secretary	Terry Swan	Club Captain – Jun. Women	Emily Smith
		Club Captain – Jun. Men	Marcus Wakim
		Racewalking Australia Liaison	Mark Donahoo
GENERAL COMMITTEE		Club Records	Tim Erickson
Race Secretary/Meet Director	Mark Donahoo	First Aid Officer	TBC
Property & Requisites	Heather Carr	Non-office holders	Harry Summers
Prizes & Awards Sec.	Stu Cooper		Bob Gardiner
Judging Coordinator	Peter Vysma/Stu Cooper		Donna-Marie Elms
Uniforms Steward	TBC		Emilie Garside
AV Delegate	Peter Vysma/Stu Cooper		Kevin Cassidy
Coaching Coordinator	Mark Donahoo		Therese Smith
Handicapper/Points Coordinator	Mark Donahoo		
Canteen Coordinator			
		Auditor	Simon Evans

- ***Second time lucky for Bob!***
  Last week, we announced that **Bob Gardiner** had set new AMA, VMA and VRWC M90+ records for 1500m at AVSL in Frankston. I was later informed by Clyde Riddoch that, owing to a technical fault with the timing, no records could be allowed in that race. Nothing daunted, Bob suited up again for the next round at Doncaster and, this time, technology smiled. Bob 's time of **11:24** set new marks in all three categories, and I'm guessing they'll last only until he beats them himself. Nobody else seems likely to right now. Congratulations, Bob!



Another one for the entrance hall wall. (I don't think he has a pool room!)

VRWC Club Summer championships, 15 November – Middle Park

A cool, overcast morning with little wind made for ideal conditions for tackling a Half-marathon. It was great to see the opportunity to race an H-M on an accredited course lure some big guns from interstate, and we were pleased to see our younger walkers sharing the Western bike path with three Eugene U20 internationals in **Isaac Beacroft** and **Zoe Woods (NSW)**, and **Owen Toyne (ACT).**

Isaac and Owen, racing their first H-Ms, set a strong pace from the gun and raced together for 17km before the World U20 record holder powered away to win and take the Gus Theobald Shield. **Riley Coughlan**, another H-M tyro, showed he is getting back to top form after a winter off, taking the bronze. Zoe, who'd raced the Half before in Canberra, put the company of **Rhydian Cowley** and **Marcus Wakim** to good use, taking nearly 5:00 from her PB.

Apart from Zoe, five others set new personal bests, with **Indigo Marshall-Moodie** set for a special summer of racing as evidenced by her huge 3:20 improvement over 5km.











***VRWC Men Half-Marathon Summer c'ship & Gus Theobald Shield**

1 Isaac Beacroft (NSW)	1:29:57	First H-M
2 Owen Toyne (ACT)	1:31:26	First H-M
3 Riley Coughlan	1:42:12	First H-M
4 Rhydian Cowley	1:44:54	
5 Marcus Wakim	1:44:54	
6 Alejandro Stevens	1:55:52	

***VRWC Women Half-Marathon Summer c'ship**

1 Zoe Woods (NSW) 1:44:54 PB 4:56

VRWC Men Masters 5km c'ship

1 Andrew Cochrane	70-74y	31:55.
2 Collin Ross	60-64y	39:39
3 Robert Gardiner	90-95y	40:39

VRWC Women Masters 5km c'ship & Heather Carr Trophy

1 Donna-Marie Elms. 60-64y 34:50








***VRWC U20 5km c'ship**

1 Mya McClure	24:59	
2 Mietta Morgan	27:34	

VRWC U16 3km c'ship

1 Angus Shuttleworth	13:07	
1 Lunah Ibrahim	17:35	

VRWC U12 1.5km c'ship

1 Fletcher Reid	7:14	PB 0:05
2 Bowie Clarke	9:09	
3 Manendu Rohanachandra	9:30	PB 0:26
1 Abigail Verity	9:12	
2 Cory Lewis	9:33	PB 0:04
3 Holly Brooks	10:46	First 1.5km

Non-championship results

10km

1 Terry O'Neill	1:09:15
1 Jia Wen Heng	57:09
2 Karyn O'Neill	1:14:19

3km

1 Erin Reid	18:14

***VRWC U18 5km c'ship**

1 Arthur Robinson	36:41
1 Matilda Read	24:20
2 Indigo Marshall-Moodie	25:39 PB 3:20
3 Kobe Lewis	31:04 PB 0:20

VRWC U14 2km c'ship

1 Pippa Read	11:13
2 Harper de Sachau	12:41
3 Abby Fowler	13:07

VRWC U10 1km c'ship

1 Ryder Reid	5:14
1 Savannah Brooks	6:56

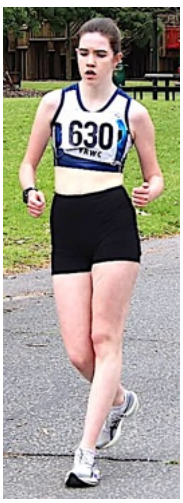
5km

1 Jonathan C Ho	27:11
2 Ross Reid	40:17
3 Steven Stern	49:12

(*See ***World Athletics*** results page (Half-marathon, 5km) at https://worldathletics.org/competition/calendar-results/results/7245552)













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

Mietta, Mya, Terry, Zoe, Lunah, Collin, Andrew, Indigo, Angus, Rhydian, Pippa, Kobe, Bob, Matilda, Marcus, Isaac, Ross, Harper, Owen, Bowie.

NEXT ISSUE: A gallery of Therese's **Presentation photos** and a terrific group shot. (Sorry, time escaped me this week.)

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 of the meet:	Mark Donahoo
Referee:	Mark Donahoo
Starter:	Mark Donahoo
Jury of Appeal:	Mark Donahoo, Ian Laurie, Stu Cooper
Race Director:	Mark Donahoo
Check in:	Mark Donahoo, Bill Carr
Recorder: Half Marathon	Kevin Cassidy
Recorder: 10 Km	Danelle Shuttleworth
Recorder: 5 Km	Heather Carr
Recorder: 3 Km	Jackie Fowler
Recorder: 2 Km	Alan McClure, Deanne McClure
Recorder: 1.5km	Jackie Fowler
Recorder: 1km	Heather Carr
Timekeeper: Half Marathon	Ian Laurie
Timekeeper: 1km to 5km	Bill Carr
Judges:	Kathleen Marsh (Chief- Bronze), Gordon Loughnan (Bronze), Terry Swan (Silver), Bec Lewis, David Cash, Danielle Clarke
Trainee Judge	Emily Smith
Posting board	Stu Cooper
Judges Recorder	Stu Cooper
Penalty area	Stu Cooper
Set up, during, Pack up:	Bob Gardiner, Ian Laurie, Terry Swan, Collin Ross, Bill Carr, Danelle Shuttleworth
Bike rider & Red Card collector	Ross Reid
Rec card collector	Therese Smith
Photos	Therese Smith
Canteen	Donna-Marie Elms
Presentations:	Mark Donahoo, Heather Carr
Feed & Drink station	Narelle Coughlin, Ainslie Wood
Results compiler	Mark Donahoo
Walkers	36

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VICTORIA - METRO & REGIONAL

AVSL – News, results

** Metro Zone: Round 5, Saturday 14 November – Tom Kelly Track, Doncaster

South Melbourne's **Richard Barker** walked impressively to outpace a big field in the 1500m, while **Georgia Walters** had no trouble taking line honours over a tiny one.

Pl	Name	*Club*	Age	Time	Points	
1500m						
1	Richard Barker	*(SME)*	M14	7:33.4h	391	PB 0:21
2	Emily Smith	*(MUU)*	FOP	7:54.6h	364	
3	Aria Di Benedetto	*(WCA)*	F14	8:01.9h	393	
4	Frank Bertei	*(ANW)*	M60	8:02.8h	425	
5	Sandra Geisler	*(RWD)*	F45	8:20.1h	379	
6	Michelle Horne	*(COL)*	F55	8:28.4h	413	

7	Trenton Hawkins	*(PTN)*	M45	8:35.3h	270	
8	Tom Vernal	*(ANW)*	M18	8:46.5h	247	PB 1:48
9	Laura McLennan	*(DAC)*	F50	8:52.4h	365	
10	Ava Jacobson	*(DIV)*	F14	8:55.4h	336	PB 0:15
11	Dee Holohan	*(MEN)*	F60	9:10.2h	395	
12	Donna-Marie Elms	*(PTN)*	F65	9:31.2h	402	
13	Bernie Keirl	*(DIV)*	M60	9:33.4h	278	
14	Janice Hodgart	*(WES)*	F60	10:01.9h	347	
15	Sarah Papadopoulos	*(DIV)*	FOP	10:23.3h	219	
16	Clyde Riddoch	*(WAM)*	M70	10:46.6h	274	
17	Kevin Cassidy	*(MEN)*	M65	11:11.8h	242	
18	Heather Carr	*(MPA)*	F70	11:14.3h	344	
19	Gwen Steed	*(GHY)*	F70	11:14.8h	344	
20	Robert Gardiner	*(COL)*	M70	11:24.0h	255	
21	Geoff Barrow	*(MEN)*	M70	11:42.8h	246	
22	Jo Moxon	*(DIV)*	F60	11:45.5h	262	
23	Jenny-Rose Szuhai-Andrews	*(BWK)*	F60	12:43.1h	221	
24	Brenda Cashin	*(WES)*	F60	14:09.6h	165	

3000m

1	Georgia Walters	*(DIV)*	F14	16:11.4h	389	
2	Anouk Morgan	*(KNA)*	F14	17:29.4h	347	PB 1:57
3	Michael Harvey	*(WAM)*	M60	21:39.6h	255	

** *Ballarat Zone: Round 5, Saturday 14 November – Ballarat Reg. Athletics Track, Wendouree*

1500m

1	Sarah Brennan	*(BYC)*	F50	8:00.43	422	
2	Lyndal Fletcher	*(BHA)*	F45	9:14.27	322	
3	Stephen McLennan	*(WEN)*	M60	9:40.45	274	
4	Paula Nankervis	*(BYC)*	F50	10:21.49	281	
5	Andrew Blood	*(BYC)*	M50	10:41.65	207	
6	Roslyn Ireland	*(BWK)*	F40	12:37.17		
7	Olive Ireland	*(BWK)*	F65	12:51.63	243	

3000m

1	Charlie Wright	*(EKA)*	M14	18:11.82	292	
2	Harper De Sachau	*(EKA)*	F14	19:56.66	276	

** *Bendigo Zone: Round 5, Saturday 14 November – Lar Birpa Athletics Track, Flora Hill*

2000m

1	Fraser Saunder	*(BYC)*	MOP	8:17.89	MOP	(INV)
2	Tate McQueen	*(EAG)*	M16	10:34.19	M16	
3	Chris Pollard	*(EAG)*	M65	15:02.57	M65	

***AVSL Round 6 – Saturday 21 November**

All races open to Male and Female competitors

Metro – Knoxfield (Knox Athletics Track)	1.00pm 1.20pm	2000m walk (all ages) 5000m walk (all ages)
Ballarat region – Ballarat Regional Athletics track, Wendouree		*No walks*
Bendigo region – Lar Birpa Athletics Complex *(formerly Latrobe Uni Athletics Complex)*	1.45pm	1500m walk (all ages) 3000m walk (all ages)
Geelong region – Landy Field	1.15pm	1500m walk (all ages) 3000m walk (all ages)

NOTE: *All of the above start times are subject to late change. Plan accordingly.*

ENTRIES

Metro, Geelong & Ballarat – enter via AV Members Portal at
https://members.athsvic.org.au/events/list?category_id%5B%5D=5628

Bendigo – enter via https://www.athleticsbendigo.org.au/events-calendar/

Entries close at 12.00 noon on Wednesday 18 November

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AROUND THE COUNTRY

QUEENSLAND — Pan Pacific Masters results, 7-9 November – Gold Coast

Judging by the times, conditions at the Runaway Bay athletics centre must have been pretty oppressive.

Men 30+ 5000m RW

1 Pramesh Prasad	M52	AUS	29:47.10
2 Kevin Cassidy	M66	AUS	31:38.98
3 Kai Chung John Wong	M65	HKG	31:57.22
4 David Rapaport	M51	AUS	33:30.92
5 Peter Bennett	M70	AUS	34:14.47
6 Paul Lindenberg	M64	AUS	34:49.50
7 Wayne Paul Byram	M55	AUS	34:49.84
8 Simon Cartwright	M57	AUS	35:16.37
9 Ian Morton	M70	NZL	38:10.59*
10 Adam Patterson	M54	AUS	40:29.92*
11 Stanley Patrick Sela	M87	AUS	48:31.60
12 Christopher Worsnop	M69	AUS	49:44.20

Women 30+ 5000m RW

1 Jodie Wilson	W31	AUS	30:40.26
2 Patricia Hibbs	W35	AUS	31:02.55
3 Anne Weekes	W64	AUS	31:49.87
4 Nyle Sutherland	W59	AUS	33:53.39
5 Janet Richardson	W56	AUS	35:33.63
6 Joy Dale	W55	AUS	39:27.47
7 Roslyn Kirwin	W37	AUS	40:56.84
8 Kit Mei Mui	W66	HKG	45:47.51
9 Noela McKinven	W84	AUS	46:09.05

Men 30+ 3000m RW

1 Pramesh Prasad	M52	AUS	17:48.28
2 Kevin Cassidy	M66	AUS	18:12.01
3 Kai Chung John Wong	M65	HKG	18:31.70
4 David Rapaport	M51	AUS	19:09.28
5 Andrew Cochrane	M71	AUS	19:22.34
6 Peter Bennett	M70	AUS	20:02.63
7 Paul Lindenberg	M64	AUS	20:53.86
8 Adam Patterson	M54	AUS	20:54.44
9 Simon Cartwright	M57	AUS	23:08.96
10 Ian Morton	M70	NZL	23:12.46
11 Christopher Worsnop	M69	AUS	30:17.61

Women 30+ 3000m RW

1 Jodie Wilson	W31	AUS	17:40.68 CR
2 Patricia Hibbs	W35	AUS	18:56.65
3 Nyle Sutherland	W59	AUS	19:48.51
4 Janet Richardson	W56	AUS	20:34.28
5 Joy Dale	W55	AUS	22:27.61
6 Roslyn Kirwin	W37	AUS	23:52.46
7 Noela McKinven	W84	AUS	28:18.78
.. Samita Ahuja	W53	IND	DQ TR54.7.1

SOUTH AUSTRALIA — ASA Premiership Meet #3, 14 November – Mile End stadium

There was good reason for cheer amongst the SA walking fraternity at Mile End on Saturday, as **Cooper Rech** reports:

> PBs were dropping like flies in this week's race, with 7 PBs from 11 starters on a day with favourable 20°C conditions. Shout out to **Kate Hamlyn** and **Harper Winterford**, who crossed the finish line 0.02 seconds apart to both break PBs, photo finish having to split them in what appeared to be a dead heat. **Caleb Camilleri** enjoyed the largest PB of the day in his first race for the summer, while **Jack White** has become a regular in this list, having achieved personal bests in every race he has started this summer.

3,000m Men

Liam Freundt	12:55.49	PB 0:04
Cooper Rech	13:22.84	PB 0:06
Jack White	16:12.77	PB 0:25
Caleb Camilleri	17:59.95	PB 0:57
Zachery Freundt	19:28.89	
Alex McEwan	DQ	

3,000m Women

Liliana Templer	16:06.36	
Jessica Clelland	17:25.76	PB 0:12
Harper Winterford	17:40.26	PB 0:35
Kate Hamlyn	17:40.28	PB 0:02
Marie Maxted	20:19.37	

WESTERN AUSTRALIA WARWC results, 8 November – Perry Lakes

Terry Jones reports that the weather was mild with a strong gusting wind, making heavy going at times.
It was good to see **Alexandra Griffin** back in action after many months away for injury recovery.

3000m Men	
1 Dylan SARDELICH	13:45
2 Richard Charles MCPHERSON	17:21
3000m Women	
1 Tory D'ALESSIO	15:45
2 Kaytee BOGAERS	16:01
3 Hannah CLAUSNITZER	16:48
4 Addison ROOTS	17:03
5 Sierra THOMPSON	17:38
6 Karyn TOLARDO	18:22

5000m Women	
1 Alexandra GRIFFIN	23:04
2 Katica BORSIC	30:37
3 Chelsey IRELAND	31:17
4 Lauren DAVIS	37:18

JUDGING MATTERS

UPDATE ON JUDGING THE WALKER WITH FAILING KNEES

I heard recently from **George White**, giving his reaction to the responses he received following publication in *H&T Onl*ine of his discussion paper 'Race Walking for Masters Athletes' (see *Judging Matters* in Issue #18 at https://vrwc.org.au/newsletters/heelandtoe-2026-num18.pdf), in which the contentious issue of judging the ageing walker with reduced leg straightening capacity, along with the concept of 'No Advantage', were the key themes. In my view there is still much to discuss and resolve regarding this issue.

Below is the unedited text of George's email, followed by some thoughts of my own. It's essential for race walking to attract as many new athletes as possible, from all age groups including Masters. If it's agreed that a way to accommodate and retain walkers who cannot fully satisfy Rule 54.2 should be agreed upon, an open and safe sharing of ideas on how to do it is the place to start.

Your opinions and views are welcome, along with any suggestions you may have. If correspondents wish to remain anonymous please request this, otherwise I will assume there is no objection to identifying the writer.

Hi Stu,

It is now over five months since you published my paper on Race Walking for Masters Athletes in *Heel and Toe* magazine. My hope was to get support for the 'No Advantage' concept and/or constructive criticism.

In total I received just seven responses. Two walkers expressed disappointment with the harsh judging of Masters walking. One judge from Queensland and one from WA supported the concept and had no problem with its application. One judge from the ACT had sympathy with the concept but felt the need to train judges. A judge in Italy, Nicola Maggio, who is widely recognized globally as an expert on race walking technique and judging guidelines, and a long-term member of the WA Race Walking Judges Panel (28 years) - suggested that Italy followed the 'No Advantage' concept for over 65's and judges were allowed discretion for the 60 to 65's. However, races were only judged this way if they were masters-only races – open races applied normal WA rules to all athletes.[1]

The last response was from Race Walking Australia following their AGM in June, where it was agreed that individual clubs may choose to allow participants with soft knees to compete in an unjudged category. These participants would not be recognised in official race-walking results but could participate within a separate unjudged category determined by the host club. Their discussion made no acknowledgement of the fact that for decades all other athletics disciplines (apart from running) had made rule modifications recognising physiological changes as athletes age. Nor did they acknowledge the fact that many (if not most) older walkers wish to be seen as race walkers, not fitness walkers.

There is an immense depth of knowledge amongst the judging community and both young and older walkers, so the response to this has been very disappointing. I was looking for support or at least constructive criticism - I did not receive one comment suggesting what I said was wrong! I really find it hard to accept that competitors, officials, and administrators truly believe that only race walkers in the whole athletics community should be penalised for age. At least there was support from a prominent international judge.

Anyway - I tried and I thank you for your help via Heel and Toe.

George H White
Secretary SA Masters Athletics

I have a foot in both camps here. On the one hand, having had a seven decades-long involvement in this sport as an athlete (junior, senior and Masters), judge, coach and official, I am in sympathy with George in his campaign to gain wider official acceptance of the ageing walker's physical challenges and to facilitate their continued engagement as competitors, rather than merely as fitness walkers, in a wonderful sport that is pretty much tailor-made for the older athlete in terms of fitness gains, goal attainment and low risk of impact injury.

[1] *See 'Viewpoints' in Issue #20 at https://vrwc.org.au/newsletters/heelandtoe-2026-num20.pdf , p11*

As a judge, however, I also recognise the standpoint of judges who are trained to observe and act according to Rule TR54.2. As things stand now, judges make calls as to whether they see compliance with the rule, danger of rule breach, or clear violation. They are ill-equipped to make subjective decisions as to whether Walker A is attempting to comply but cannot do it physiologically, as opposed to Walker B who simply may not have developed the skill needed or may not even be aware that a rule exists. Judges aren't mind readers.

The conflict becomes critical in race fields comprising both open and Masters competitors. At the VRWC we host Masters championships alongside our own open (i.e. TR54.2-bound) events on behalf of Victorian Masters Athletics. It is understood by Masters walkers that judging procedure in those races defaults to 54.2 and that compliance with it is expected, as Nicola Maggio states is the case in Italy.

Furthermore, most of us who are (or were) competitive walkers can recall the frustration of going all out in a race whilst complying with 54.2, only to see a blatant transgressor pass us or stay ahead of us, often without any kind of judge's sanction applied to them – either because of a lack of judges, questionable judging competence or even (rarely, I hope) favouritism. There are walkers in their 90's who can still comply with the leg rule, and many younger Masters who do it well. They would naturally object to being beaten by someone allowed to walk illegally, for whatever reason.

George states that race walking is the only athletics event in which no allowance is made for an ageing athlete's failing physical capacity through modification of rules. I stand to be corrected here, but as far as I'm aware none of the modifications in other events brings the integrity of those event into question by giving a non-compliant competitor a potential advantage over an opponent who is complying with the event's fundamental, defining rule. The latter athlete may justifiably think "I race legally. If they can get away with that, what am I doing this for?"

As regards local rules, the VRWC has an optional 'yellow number' provision for competitors unable to straighten their legs satisfactorily. This alerts the judges that these athletes are to be judges for contact only. It applies to non-championship races and bars the athlete from Club points competitions. It's an option seldom taken up except by those who simply want to be out there amongst it or who are happy to walk for fitness alone. That said, we are keen to build up our Masters age membership. The possibility of holding a parallel 'no knees' points competition (not unlike that held by the ACTRFWC) is always there should a critical mass of members desire it. It would require work - and resources - to make it acceptable to all.

Stu Cooper

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INTERNATIONAL NEWS

FRANCE: French Marathon Walk championships, 1 November – Salaise-sur-Sanne

Emmanuel Tardi reports on a key fixture on the French walking calendar, with a record attempt thwarted by weather:

It was our national championship for the Marathon. My first idea for this week end was to walk a small 5k in Salaise sur Sanne (600km in the south of Paris). But on Thursday, **Aurelien Quinion** announced that he would try to beat the world record. So 3 gold-silver judges were needed to validate the time. And the organizer, of course, asked me to officiate.

The race started at 9am. Immediately, Quinion, helped by **Madeline-Degy** led the race with a good tempo Wind arrived around 10am and was very strong. Quinion and Madeline Degy stopped around 18km.

Duc became the leader from 18 to 33 km when **Chenuet** caught him. Duc stopped after 41km. Chenuet won and beat the French U23 record.



Chenuet



Rottier



Brastel


Delahaie

In the women's marathon, **Rottier** and **Carre** walked together with many men (**Andrieu , Landron, Fougeron** and **Kuster.**) Rottier waived Carre at around km20. Carre stopped after 28km .
Rottier won in time of **3h40.58**.

Time at half way was 1h48, but unfortunately, there was too much wind to keep this speed. 2nd was **Brastel**, she arrived about one hour later.

Ancillary évents were half marathon, 10k, 5k and 3k. In the half marathon **Picart** thought he'd won, but he received a Red card in the Last lap and 2 minutes was added to his time.

Ana Delahaie won the women race. She did a good training walking with a négative split, despite the wind .

Marathon H

1	CHENUET Quentin	Athle 91	ESM/05	3h12'41"
2	LEBRETON Kilian	Haute Bretagne Athlé	SEM/00	3h27'29"
3	MAYER Florian	Athle Vosges	SEM/96	3h29'27"
4	ANDRIEU Hugo	Uavh Aubagne	MAM/92	3h36'33"
5	FOUGERON Pierre-Alexandre	Ec Orleans Cjf	SEM/03	3h37'30"
6	KUSTER David	Csl Neuf-Brisach	SEM/99	3h38'31"
7	LANDRON Roland	Ca Beglais	MAM/78	3h51'43"
8	BOUTRAIS Andy	Us Talence	MAM/91	4h18'37"
-	DURAND Dimitri	Haute Bretagne Athlé	SEM/02	DQ
-	HUE Aymeric	Ec Orleans Cjf	SEM/01	DQ
-	QUINION Aurelien	Entente Franconville cvo	SEM/93	AB
-	FESSELIER Fabian	Caen Athletic Club	SEM/94	AB
-	GAUDRE Martin	Efs Reims	SEM/04	AB
-	MADELINE-DEGY Martin	Blagnac Sc	SEM/01	AB
-	DUC Matteo	As Aix-Les-Bains	SEM/01	AB

Marathon F

1	ROTTIER Marine	Avia Club Athletisme	SEF/00	3h40'58"
2	BRASTEL Adeline	Efs Reims	MAF/78	4h39'09"
-	CARRE Elvina	As Tournus	SEF/03	AB
-	DAFNIET Romane	Us Nemours St Pierre	SEF/00	AB

Semi-Marathon H-F

1	ELLUL Hugo	Nancy Athlétisme	ESM/05	1h33'15"
2	PICART Bastien	Cote De Jade Athlé	ESM/06	1h35'14"
3	BEAUVAL Florent	Stade Sottevillais 76	SEM/00	1h38'20"
4	DELAHAIE Ana	Stade Bordelais Athletisme	SEF/04	1h40'05"
5	ROTTIER Lilian	La Postillonne Longjumeau	SEM/03	1h47'55"
6	MILLE Angele	Grac Renwez	SEF/01	1h50'50"
7	MOLIST Lucille	Ea Gillonnay-La Cotte	SEF/01	1h51'21"
8	BOURNIER Justin	Asm Isle Sur Le Doub	SEM/99	1h51'58"
9	RILOS Meline	Asvel Villeurbanne	ESF/07	1h54'06"
10	CHEZE Emelie	Uao 31	ESF/06	1h54'42"
11	CHEVASSUS Melwan	Asfi Villejuif Athletisme	SEM/04	1h57'25"
12	MARTIN Ingrid	Ca Balma	MAF/91	1h59'57"
13	DEKINDT LANDRON Emmanuelle	Ca Beglais	MAF/79	2h00'43"
14	PICART Lysa	Montpellier Athletic Mediterranée	SEF/03	2h00'50"
15	BERTRAND Claire	Metro Athle Antony	MAF/81	2h02'27"
16	FAUCON Thais	Ca Balma	SEF/04	2h04'50"
17	BRANLE-BRANICKI Richard	Grenoble Uc	MAM/67	2h06'45"
18	DURAND-PICHARD David	Nancy Athlétisme	MAM/72	2h07'51"
19	FLORENTIN Thierry	Athle Vosges	MAM/65	2h09'42"
20	BIZARD Lucie	Stade Français	MAF/90	2h12'53"
21	FLORENTIN Catherine	Athle Vosges	MAF/67	2h16'21"
22	HON Marie-Helene	Ca Moirans	MAF/68	2h24'41"
-	HANNOT Juliette	As Tourlaville	ESF/06	AB
-	KLIPFEL Emma	Nancy Athlétisme	SEF/01	AB

10km H-F

1	KANEL Etienne	Assp Vergeze	CAM/10	49'20"
2	ROCHER Gaspard	Assp Vergeze	CAM/10	49'40"
3	DENIS Axel	As Aix-Les-Bains	JUM/09	50'40"
4	TIRABASSI Ange	As Aix-Les-Bains	ESM/05	51'08"
5	FARISSIER Robin	Acs Monistrol	JUM/09	51'15"
6	MAISONNEUVE Valentine	Decines Meyzieu Athletisme	JUF/08	52'51"
7	MUNOZ Brian	Francheville Ac	MAM/73	53'04"
8	GALLI Livia	Asvel Villeurbanne	JUF/08	53'59"

9	DECOUD Philippe	Grenoble Uc	MAM/64	58'52"
10	DE BONTIN Laura	Ea Cergy	MAF/90	1h01'59"
11	DJIGO Rosane	Ca Du Roannais	ESF/06	1h07'00"
12	VILLIER Fabrice	Footing Rambertois	MAM/68	1h10'26"
13	KOROTKEVITCH Nadia	Bussy St Georges Athletisme	MAF/63	1h10'31"
14	MARTIN MAUCCI Magali	Sc Privas	MAF/79	1h15'10"
15	LOGAN Bruce (USA)		MAM/	1h16'20"
16	DESSEIGNE Beatrice	Athletic Club Tassin	MAF/53	1h18'06"
-	MANIKION Prisca (MRI)	Cs Bourgoin-Jallieu	MAF/85	DQ
-	MERLE Emilie	Ea Cergy	JUF/08	AB

5km H-F

1	DEPIERRE Gauthier	Acs Monistrol	CAM/10	21'54"
2	CARLE Hugo	Coquelicot 42	CAM/10	24'20"
3	PEJOT-GUILLARME Timeo	Cs Bourgoin-Jallieu	CAM/10	25'04"
4	GUILLOU Paul	Efs Reims	CAM/11	26'21"
4	D AGOSTE Lola	Amberieu Ac	CAF/11	26'21"
6	BOULAY Marine	Francheville Ac	SEF/93	26'42"
7	IUND Heloise	As Aix-Les-Bains	CAF/10	26'52"
8	CHEZE Timothe	Uao 31	CAM/11	26'56"
9	MORITEL Pauline	Acs Monistrol	CAF/11	27'44"
10	DUBOS Maxime	Grenoble Uc	CAM/11	27'57"
11	BRECHARD Gabin	Lempdes Athlé	CAM/11	28'30"
12	MELIN Julie	Amberieu Ac	CAF/11	29'15"
13	FARISSIER Marilou	Acs Monistrol	CAF/11	29'48"
14	AUBER-GUESNE Elise	As Montferrand	CAF/10	30'50"
15	BEOIR Valerie	Annecy Athletisme	MAF/74	31'59"
16	CORNET Therese	Asvel Villeurbanne	MAF/58	33'46"
17	BERRIER Fabien	Cs Bourgoin-Jallieu	MAM/82	34'34"
18	CORNET Andre	Asvel Villeurbanne	MAM/59	35'17"
19	VALBELLE Nicole	Francheville Ac	MAF/60	38'52"
-	LE MONTAGNER Jacques	Ac Chenove	MAM/54	DQ
-	FAYOLLE Isabelle	Cs Bourgoin-Jallieu	MAF/61	DQ

3km H-F

1	DUBUC Olivia	As Tournus	MIF/12	17'09"
2	GRAVIERE Clemence	Stade Clermontois	MIF/12	17'12"
3	BOUGET LAVIGNE Nolan	Cs Bourgoin-Jallieu	MIM/13	17'24"
4	GONZALEZ Timothee	Bugey Cotiere Athletisme	MIM/12	17'38"
5	NEOLLIER Angelina	Stade Clermontois	MIF/12	18'59"
6	MUNOZ PALOMO Athena	Francheville Ac	MIF/13	20'58"
7	MUTEZ Maelyne	As Tournus	MIF/12	21'33"
8	VASSY Celiane	Entente Athletique Car Rhodia	MIF/13	21'35"
9	LEFEVRE Matylde	Al Voiron	MIF/12	22'35"

Judges

Chef : Gilles Sahuc – Bronze ; Jean-Pierre Dahm – Gold; Emmanuel Tardi – Gold; Jean-Michel Prevel – Silver ; Maryse Breton – Bronze ; Corinne Casset; Jean-Jacques Dumas ; Secretaire : Patrick Bonvarlet



(Photos: Emmanuel Tardi)

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

JAPAN: University of Tokyo 11th Challenge Games, 14 November - Tokyo

Report by **Nicola Maggio:**

The eleventh University of Tokyo Race Walking Meeting took place today, November 14, 2026, at the University of Tokyo Athletics Stadium.

When a university has organized a race walking meeting for over a decade, perhaps we in Europe should finally grasp that the "Land of the Rising Sun" promotes race walking on an equal footing with other athletic disciplines.
Furthermore, when the total number of participants exceeds 160 – with the men's 10,000m track walk featuring so many entrants that they had to be divided into three separate "timed sessions" based on their entry times- one cannot help but feel as though this is something out of a dream.

We believe that, in the last 15 years, no university in Europe has had the pleasure of hosting a competition with such high participation numbers.

The starting fields were as follows:
– Men's 5,000m track walk: 60 starters
– Women's 5,000m track walk: 17 starters
– Men's 10,000m track walk: 69 starters
– Women's 10,000m track walk: 15 starters

The event was graced by the presence of **Koki Ikeda (JPN)**, representing Asahi Kasei (Miyazaki). Having returned to competition following a ruling by the Court of Arbitration for Sport (CAS) on October 23, 2026 – which cancelled the doping suspension he had received in June 2024 – Ikeda demonstrated, racing in the first of the three heats, that he was not at all became "rusty" despite his two-year stop. Ikeda stopped the clock at **36:28.86**, which stands as the world-leading time for 2026 in the 10,000m track walk – finishing more than a minute ahead of Sergey Kozhevnikov (RUS), who had clocked 37:47.39 in Cheboksary (RUS) on June 10, 2026.

Men 10,000m walk

1.	Koki IKEDA	03 MAY 1998	JPN	36:28.86
2.	Riku KANEKO	15 MAR 2005	JPN	37:39.60
3.	Hiroto JUSHO	11 JAN 2000	JPN	38:42.44
4.	Naoto ROPPONGI	25 MAR 2007	JPN	39:20.27
5.	Hayato NAGATA	02 NOV 2004	JPN	39:22.05
6.	Shuga OIKAWA	13 JUN 2007	JPN	39:39.01
7.	Shotaro SHIMOIKE	24 APR 2004	JPN	39:41.57
8.	Ryuta TAINAKA	14 JAN 2007	JPN	40:11.56
9.	Hirotaka NAKATA	15 APR 2006	JPN	40:44.15
10.	Kohaku NAKADAI	31 JUL 2005	JPN	40:56.13
11.	Hayate NAKAMURA	17 MAR 2008	JPN	40:58.11
12.	Koki OKADA	18 FEB 2008	JPN	41:17.86
13.	Ryusei WAKAMOTO	02 JUL 2006	JPN	41:24.44
14.	Aoi SUZUKI	13 NOV 2004	JPN	41:25.27
15.	Hayato TOYOSHIMA	22 JUN 2007	JPN	41:36.77
16.	Yukiya SATO	01 JUL 2007	JPN	41:51.12
17.	Ren SATO	11 JAN 2006	JPN	41:51.92
18.	Toru YAMAMOTO	12 JUL 1990	JPN	42:00.63
19.	Daiki KONDO	29 JAN 2008	JPN	42:16.73
	Shinnosuke TANAKA	27 AUG 2006	JPN	DQ
	Minato SUGIMOTO	10 DEC 2006	JPN	DQ
	Sota ARAI	25 JAN 2005	JPN	DQ

Women 10,000m walk

1.	Naru TAKAHASHI	03 SEP 2002	JPN	46:11.82
2.	Natsuki ARAI	30 JUN 2007	JPN	46:18.34
3.	Eimi TERAMOTO	07 FEB 2007	JPN	47:48.06
4.	Rina YAMADA	30 APR 2006	JPN	48:17.96
5.	Kanna ABE	14 JUN 2007	JPN	48:37.76
6.	Uwa OGA	03 JUN 2005	JPN	48:52.59
7.	Shino MIYASHITA	28 OCT 2007	JPN	48:53.30
8.	Kiyora OKAMURA	23 NOV 2007	JPN	49:49.52
9.	Kotoha KAWAI	03 MAY 2007	JPN	50:14.84
10.	Yuri OTSUKA	06 JAN 2007	JPN	50:35.14
11.	Kana SAITO	28 JUN 2007	JPN	52:13.82
12.	Hina TERASHIMA	12 APR 2007	JPN	53:19.86

13.	Kotone ODANAKA	10 AUG 2009	JPN	54:56.32
14.	Yuho KUDO	20 DEC 2007	JPN	56:43.24
15.	Ayumi NAMATANE	22 FEB 2008	JPN	1:04:56.08

*Full results of the meet (inc. other finals and 5000m) available at https://worldathletics.org/competition/calendar-results/results/7246695

SENEGAL: 2026 Summer Youth Olympics, 10 November - Dakar

VICTORIES TO GABRIEL GONZALEZ (ESP) AND WANG YARU (CHN)

by ***Nicola Maggio*** (reprinted from *Marcia dal Mondo* – 10 November)

Boys' 5.000m track walk

Ten athletes lined up at the start, with **Gabriel Gonzalez (ESP)** as the clear favorite – the only athlete in the field with a personal best under 20 minutes for the distance.

A lead pack of six athletes quickly formed: Gabriel Gonzalez (ESP), **Mohamed Amin Mejri (TUN), Youssef Mohamed (EGY), Futo Abe (JPN), Davide Sorressa (ITA), Vitali Tarasiuk (UKR)**, and **Matteo Henault (FRA)**. The group stayed together for the first eight minutes, at which point Gonzalez increased the pace, followed by Sorressa. The two opened up a gap of about ten meters over the rest of the field. The pace set by Gonzalez proved too high for the Italian, who fell behind; furthermore, his technique faltered, and he received two red cards.

Just before the 3,000m mark, Gonzalez (ESP) was in the lead, but Mohamed Amin Mejri (TUN) closed in threateningly, nearly catching him.

The Tunisian caught up at the 3,000m mark and immediately took the lead. The main chasing group trailed by approximately 30 meters.

Fourteen minutes into the race, the judges directed Mohamed Amin Mejri (TUN) to the Penalty Zone, where he found Youssef Mohamed (EGY), who had also been sent there moments earlier.

At this stage – shortly before the 4,000m mark – the standings were as follows: Gonzalez (ESP), Abe (JPN), Tarasiuk (UKR), Henault (FRA), and Sorressa (ITA). Sorressa was managing to regain ground. Mejiri (TUN) and Mohamed (EGY) were disqualified after receiving their fourth red card.

Victory and the gold medal went to Gabriel Gonzalez (ESP) in 20:41.36.

Silver went to Vitali Tarasiuk (UKR) in 20:55.54.

Bronze went to Futo Abe (JPN) in 21:09.22.

In the battle for fourth place, Davide Sorressa (ITA) overtook Matteo Henault (FRA) toward the end, crossing the finish line in fourth position (21:11.09) ahead of Henault (21:17.26). However, as Sorressa had received a third red card – and it was not possible to stop him in the Penalty Zone, the penalty time was added to his result, leaving him in an official fifth-place finish with a time of 21:41.09.





Gonzalez and the women's podium. *(Photo source: Marcia dal Mondo)*

1.	Gabriel GONZALEZ	11 FEB 2009	ESP	20:41.36
2.	Vitalii TARASIUK	30 NOV 2009	UKR	20:55.54
3.	Futo ABE	11 SEP 2009	JPN	21:09.22
4.	Matteo HENAULT	04 JAN 2009	FRA	21:17.26
5.	Davide SORRESSA	23 OCT 2010	ITA	21:41.09
6.	Tobías Josué HUN NÚÑEZ	01 JUN 2010	GUA	21:57.32
7.	Jhamil AVENDAÑO	11 MAY 2010	BOL	22:27.58
8.	Patrik PIVARSKI	21 OCT 2009	CRO	22:29.00
	Mohamed Amin MEJRI	05 JAN 2009	TUN	DQ
	Youssef MOHAMED	16 APR 2009	EGY	DQ

Girls' 5.000m track walk

In the girls' race, there was a clear favorite: **Wang Yaru (CHN)**. The battle for the remaining podium spots was expected to be between **Rebecca D'Alessandro (ITA)** and **Rocio Andia (PER)**, who held very similar entry times.

Within the first five minutes, the Chinese athlete had already taken the lead; barring any intervention by the judges – as was the case in the boys' race – the gold medal appeared decided.

Following her was a trio consisting of Rebecca D'Alessandro (ITA), Rocio Andia (PER), and **Cecilia Nejri (KEN)**.

The situation became even clearer after 10 minutes, though it was evident that the judges intended to maintain the same strict standard applied in the boys' race, where no athlete managed to avoid receiving red cards.

By the halfway point, the accumulation of red cards was significant enough to force the athletes to exercise greater caution. Two athletes had already ended up in the Penalty Zone, and three others were carrying two red cards – unfortunately, these were the very athletes contending for the lower spots on the podium.

While Wang Yaru (CHN) continued to lead the race unchallenged, the battle for silver and bronze appeared to be taking shape by 17 minutes in. Rebecca D'Alessandro (ITA) pulled a few meters ahead of Rocio Andia (PER). However, the Italian athlete receives a third red card and was sent to the penalty zone; yet, her lead over Andia was sufficient for her to exit from Penalty Zone just a few meters ahead of the Peruvian.

In the heat of the battle for the medals, both athletes lost their technique to such an extent that the judges disqualified both of them.

Earlier, Cecilia Nejri (KEN) had met the same fate.

Victory and the gold medal went to Wang Yaru (CHN) with a time of 22:58.33 (a new personal best).

Silver went to **Juste Andrijauskaite (LTU)** in 23:55.00.

Bronze went to **Daryna Kozka (UKR)** in 23:58.96.

1.	Yaru WANG	13 JUN 2009	CHN	22:58.33
2.	Justé ANDRIJAUSKAITE	02 OCT 2009	LTU	23:55.00
3.	Daryna KOZKA	07 MAR 2010	UKR	23:58.96
4.	Sára ALFÖLDI	08 JUL 2009	HUN	24:47.07
5.	America Yaretzi LOPEZ CARRANZA	05 APR 2010	MEX	25:31.62
6.	Rim SLIMI	31 MAY 2009	TUN	25:44.20
7.	Kristel Alexia MARTÍNEZ	10 APR 2009	GUA	27:06.24
	Rocio ANDIA	20 JUL 2009	PER	DQ
	Rebecca D'ALESSANDRO	29 JUL 2009	ITA	DQ
	Cecilia NJERI	02 MAR 2009	KEN	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, November 16, 2026 - **Victories for Isabel Luís and João Vieira at the 3rd "Vila da Moita" Race Walking Trophy** https://omarchador.blogspot.com/2026/11/vitorias-de-isabel-luis-e-joao-vieira.html

- Sunday, November 15, 2026 - **Koki Ikeda's return with a world record in the 10,000m race walk (36:28.86)** https://omarchador.blogspot.com/2026/11/o-regresso-de-koki-ikeda-com-recorde.html

- Saturday, November 14, 2026 - **World race walking already has a Gold roadmap defined for 2027.** https://omarchador.blogspot.com/2026/11/marcha-atletica-mundial-ja-tem-roteiro.html

- Thursday, November 12, 2026 - **Christie and Michta-Coffey triumph in the 30km US Americas championships. Mexican Segura is first across the finish line - Hauppauge, NY 2026** https://omarchador.blogspot.com/2026/11/christie-e-michta-coffey-triunfam-nos.html

- Wednesday, November 11, 2026 - **Matheus Corrêa and Mayara Vicentainer stand out at the Santa Catarina Open Games 2026.** https://omarchador.blogspot.com/2026/11/matheus-correa-e-mayara-vicentainer-em.html

- Tuesday, November 10, 2026 - **Yaru Wang wins race walking event at the Dakar Youth Olympic Games.** https://omarchador.blogspot.com/2026/11/yaru-wang-vence-marcha-nos-jogos.html

- Tuesday, November 10, 2026 - **Gabriel González, Youth Olympic champion in race walking.** https://omarchador.blogspot.com/2026/11/gabriel-gonzalez-campeao-olimpico-da.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.

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

** 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.

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** 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

***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.** (Note: some second-hand tops are available for $20).

FIXTURE 2026-2027 SUMMER SEASON

All the races below are Come and Try races, if you have an interest in racewalking, come and try.

Sun 6th Dec 2026, Athletics Victorian Marathon Race Walking Championships, Middle Park
(VRWC Season ticket event)

7.00am	AV Marathon Racewalk	Open Males
7.00am	AV Marathon Racewalk	Open Females
7.30am	Half Marathon Racewalk: Non championship	Open Males
7.30am	Half Marathon Racewalk: Non championship	Open Females
9.00am	10km: Non championship Open	

Sun 17th January 2027, VRWC Road Races Middle Park
(VRWC Season ticket event)

8.30am	Half Marathon	Open
8.45am	15km,	Open
8.45am	10km	Open
9.45am	2km, 1km	Open
10.00am	5km, 3km	Open

Saturday- Sunday, 23rd – 24th January 2027, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT

Sunday 21st March 2027, Australian Athletics Half Marathon Race Walking Championships
Castray Esplande, Hobart

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WHAT'S UP AHEAD?

AVSL Round Dates – 2026/2027

Sat 21Nov 2026	**AVSL Rd6** – Knoxfield (2000m, 5000m)
Sat 28 Nov 2026	**AVSL Rd7** – Aberfeldie (2000m, 5000m)
Sat 9 Jan 2027	**AVSL Rd8** – Knoxfield (1500m, 3000m)
Sat 16 Jan 2027	**AVSL Rd9** – Aberfeldie (1500m, 3000m)
Sat 6 Feb 2027	**AVSL Rd10** – Murrumbeena (2000m, 5000m)

***Country venues** – *Ballarat, Bendigo, Geelong*

Victorian & National Key Dates – 2026/2027

Fri 4-Sun 6 Dec 2026	**AA All Schools T&F c'ships** – Perth WA
Sat 23-Sun 24 Jan 2027	**2027 Supernova (World Athletics Race Walking Tour-Silver)** – Woden Park, Canberra ACT

****NOTICE …** I've been informed by Jared Tallent that the 10,000m National championship, held last year as part of the Supernova meeting, is now said to be scheduled on the AA Track & Field c'ships program, possibly on 1 April, although that's yet to be confirmed. I'm not aware that this affects the Supernova races or their dates. Stay tuned.*

Thu 11-Sun 14 Feb 2027	**AV Junior T&F c'ships** – Lakeside Stadium
Thu 11-Sun 14 Mar 2027	**AV U20, Open & Overage T&F c'ships** – Lakeside Stadium
Sun 21 Mar 2027	**AA Half Marathon Race Walking championship** – Hobart TAS
Thu 1-Sun 4 Apr 2027	**AA T&F championships** – SOPAC, Sydney NSW
Wed 21-Fri 23 Apr 2027	**AA UniSports c'ships** – Gold Coast QLD
Sun 22 Aug 2027	**AA Junior Race Walking championships** – Ballarat VIC

International Dates

30 Oct-15 Nov 2026	**Youth Olympic Games** – Dakar (SEN)
27-31 Jan 2027	**Oceania Masters T&F c'ships** – Christchurch (NZL) *1500, 3000 & 5000m track races only.*
20 Mar 2027	**46th Dudinska 50** – Dudince (SVK)
17 Apr 2027	**6th Korzienowski Warsaw Race Walking Cup** – Warsaw (POL)
1 May 2027	**95th Podebrady meeting (WA Tour Gold) –** Podebrady (CZE)
12 Jun 2027	**XL Gran Premio Cantones de A Coruna de Marcha –** La Coruna (ESP)
14-18 Jun 2027	**2027 Oceania Cup** – Majuro (MHL)
1-12 Aug 2027	**FISU World University Games** – Chungcheong (KOR)

****NOTICE …** The latest information on the World University Games walks is that they are now 10,000m track events, with a limit of 2 entrants per gender. No road races.*

11-19 Sep 2027	**World Athletics Championships** – Beijing (CHN)
9 Apr 2028	**World Athletics Race Walking Teams championships** – Hefei (CHN)
14-30 Jul 2028	**XXXIV Summer Olympic Games** – Los Angeles (USA)
23 Jul- 8 Aug 2032	**XXXV Summer Olympic Games** – Brisbane (AUS)

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