



# HEEL & TOE Online

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

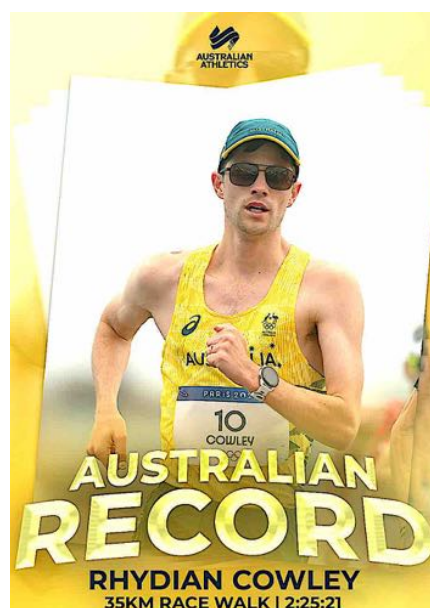
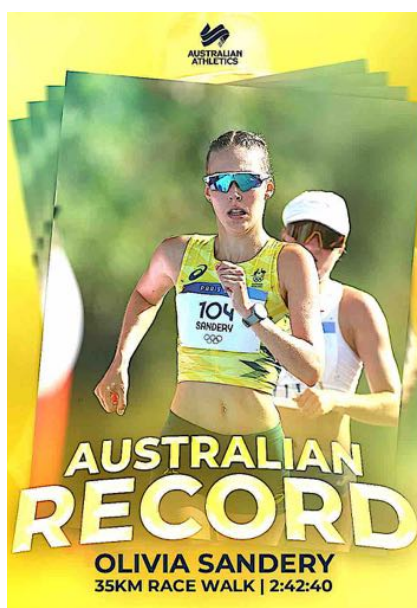
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## \*\* WALKER OF THE WEEK \*\*



(Photos: Australian Athletics)

Two excellent performances by our leading 35km specialists – **Olivia Sandery (SA)** and **Rhydian Cowley (VIC)** – have earned them this issue's WOTW awards.

**Olivia**, having found her niche distance, shattered her own Australian record by 2:49 in winning the Open section of the Asian Race Walking Championships in Nomi (JAP) on Sunday, recording a new mark of **2:42:40** which is also a new Oceania area record. With the 35km due to extend to the full marathon distance following the WA World Championships in Tokyo this year, Olivia has a load of confidence and incentive to make a big statement against the world's best in September, as well as taking the next 7km-long step up to the historic distance.

**Rhydian** was up with the leaders in the men's race for most of the way (see Paul Warburton's report in *International News*), and despite some rough patches hung on for 2<sup>nd</sup> in the Open and 4<sup>th</sup> place overall, joining Olivia in taking home a new national and Oceania record of **2:25:21**. En route, Rhydian removed from the books Nathan Deakes' 19yo national 30km record by nearly 2:00. Saying Rhyd is in the form of his life doesn't seem to cut it, and he probably wouldn't accept it anyway as he'd see room to improve before peaking for Tokyo.

Congratulations, Olivia and Rhyd ... and all the best for your preparations for the World champs!

### **\*Honourable mentions**

- **Allanah Pitcher (NSW)** – 4<sup>th</sup> in the Nomi Open 35km with a 2:57 PB and a WA qualifying time of **2:47:26** in a most welcome return to form.
- **Carl Gibbons (NSW)** – the hard-working Gosford distance man finished a creditable 7<sup>th</sup> (13<sup>th</sup> overall) in the Nomi Open 35km, in **2:38:05**, just over minute shy of his PB.

- **Alexandra Griffin (WA)** – on debut, Ali finished 5<sup>th</sup> (6<sup>th</sup> overall) in the Open 35km in Nomi in **2:51:54**, less than 4:00 from a WA qualifier and demonstrating her potential over long distances.
- **Heather Carr** and **Bob Gardiner (VIC)** – each set new VRWC 1500m Club records in the VMA Masters track championships at the weekend – Heather in the 75-79 and Bob 85-89.

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## CLUB NEWS and RESULTS

### *From the Secretary ... REGISTRATION*

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

The portal is here:

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

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

First 3 race days here:

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

#### **Season Pass at \$110**

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

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

*Terry Swan*

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## VICTORIA - METRO & REGIONAL



## VIC. MASTERS NEWS

### **\*\*VMA 30+ Track & Field c'ships, 15/16 March – Doncaster**

Warm weather greeted the 29 walkers who fronted at the Tom Kelly track for this year's VMA-AV Masters 3000m championship – fortunately not yet the 34C forecast for later. Conditions were still challenging and times were perhaps a little slower as a result.

**Mark Blackwood** made short work of the heat to post the quickest time of the day – **13:47.16** – with Mark Thomas also showing good speed to post **14:45.82**. **Carolyn Rosenbrock** capped a successful summer of racing with the fastest women's time of the day, **17:21.14**, not far ahead of **Sandra Geisler's 17:39.02**.

#### **Women 35-39 3000m Walk**

1 Sarah Papadopoulis Diamond Vly 23:09.02

#### **Women 45-49 3000m Walk**

1 Sandra Geisler Croydon 17:39.02

#### **Women 50-54 3000m Walk**

1 Ros Lording East Burwood 21:17.04

#### **Women 55-59 3000m Walk**

1 Dee Holohan Mentone 18:40.44  
2 Michelle Horne Collingwood 19:23.26

#### **Men 45-49 3000m Walk**

1 Mark Blackwood Knox 13:47.16  
2 Shaun Lewis Williamstown 17:41.94

#### **Men 50-54 3000m Walk**

1 Pramesh Prasad Casey Card. 17:17.34

#### **Men 55-59 3000m Walk**

1 Colin Ross Casey Card. 22:49.30

#### **Men 60-64 3000m Walk**

1 Mark Thomas Mentone 14:45.82  
2 Kevin Cassidy Mentone 18:20.15  
.. Patrick Herft Casey Card. DQ

**Women 60-64 3000m Walk**

1 Carolyn Rosenbrock	Croydon	17:21.14
2 Donna-Marie Elms	Mentone	20:24.57

**Men 65-69 3000m Walk**

1 Terry O'Neill	Glen Eira	19:31.19
2 Paul Moritz	Croydon	20:50.63
3 Christopher Pollard	Bendigo	23:11.69
.. Albin Hess	Casey Card.	DQ

**Women 70-74 3000m Walk**

.. Karyn O'Neill	Glen Eira	DQ
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**Men 70-74 3000m Walk**

1 John Nottle	Mentone	19:56.94
.. Michael Carr	Knox	DQ

**Women 75-79 3000m Walk**

1 Heather Carr	Frankston	21:52.95
.. Celia Johnson	Dandenong	DQ

**Men 75-79 3000m Walk**

1 Geoff Barrow	Mentone	22:37.51
.. William Murdoch	Mentone	DQ

**Women 80-84 3000m Walk**

1 Gwen Steed	Mentone	22:29.54
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**Men 85-89 3000m Walk**

1 Robert Gardiner	Collingwood	22:50.70
2 Gunther Ilgoutz	Croydon	25:00.89

In one of those cases where you wonder if you're in the same city as yesterday, Melbourne was beset by showers interspersed with deluges on Sunday. Much more agreeable for the 1500m walkers (less so for the field games and hurdlers, one imagines.)

**Mark Thomas** backed up well from yesterday, punching out the fastest men's time with **7:27.89**, while **Sandra Geisler's 8:09.62** was easily the quickest women's clocking. The highlights of the day were two VRWC Club records, to **Heather Carr** and **Bob Gardiner**, in the 75-79 and 85-89 categories respectively. Bob's is also a new VMA record. Well done, Heather and Bob.

**Women 35-39 1500m Walk**

1 Sarah Papadopoulos	Diamond Vly	11:18.15
.. Samantha Burton	Croydon	DQ

**Men 30-34 1500m Walk**

1 Ash Almond	Doncaster	11:52.67
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**Men 45-49 1500m Walk**

1 Shaun Lewis	Williamstown	8:08.55
2 Ben Skurka	Mentone	11:47.91

**Women 45-49 1500m Walk**

1 Sandra Geisler	Croydon	8:09.62
2 Laura McLennan	Doncaster	9:01.84

**Men 50-54 1500m Walk**

1 Pramesh Prasad	Casey Card.	8:31.19
2 Simon Buensch	Mentone	10:47.01

**Women 50-54 1500m Walk**

1 Ros Lording	East Burwood	9:57.17
2 Hsien-ming Chiam	Casey Card.	10:16

**Men 55-59 1500m Walk**

1 Collin Ross	Casey Card.	11:15.15
2 Tony Duff	Croydon	11:46.89

**Women 55-59 1500m Walk**

1 Michelle Horne	Collingwood	8:50.89
2 Dee Holohan	Mentone	9:06.40

**Men 60-64 1500m Walk**

1 Mark Thomas	Mentone	7:27.89
2 Kevin Cassidy	Mentone	9:08.08
2 Stephen Murphy	Aberfeldie	11:01.14

**Women 60-64 1500m Walk**

1 Kerry Walsh	Aberfeldie	9:02.83
2 Donna-Marie Elms	Mentone	9:33.05

**Men 65-69 1500m Walk**

1 Terry O'Neill	Glen Eira	9:42.57
2 Paul Moritz	Croydon	10:07.51
3 Christopher Pollard	Bendigo	11:59.56
.. Albin Hess	Casey Card.	DQ

**Women 70-74 1500m Walk**

1 Karyn O'Neill	Glen Eira	10:59.55
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**Men 70-74 1500m Walk**

1 John Nottle	Mentone	9:16.84
2 Clyde Riddoch	Waverley	10:29.95
3 Frank Prowse	Doncaster	10:48.20
4 Michael Carr	Knox	10:56.68

**Women 75-79 1500m Walk**

1 Heather Carr	Frankston	10:11.87R
.. Mary Leitch		DQ

**Men 75-79 1500m Walk**

1 William Murdoch	Mentone	10:43.87
2 Geoff Barrow	Mentone	10:59.96

**Women 80-84 1500m Walk**

1 Gwen Steed	Mentone	10:51.78
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**Men 85-89 1500m Walk**

1 Robert Gardiner	Collingwood	11:00.47R
2 Gunther Ilgoutz	Croydon	11:41.96

And finally ... many thanks to **Terry O'Neill** for sending through these happy snaps from the 3000m podium:



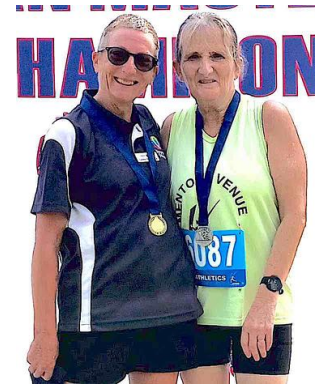
*Heather*



*Bob and Gunther*



*Gwen*



*Carolyn and Donna-Marie*



*Mark and Shaun*



*Mark and Kevin*



*Christopher, Terry and Paul*

## AROUND THE COUNTRY

**SOUTH AUSTRALIA** ASA Interclub results, 15 March – Mile End stadium

SA's latest round of interclub took place in very familiar conditions. **Kim Mottrom** reports:  
 "It may shock you to see it's a 39c day today in Adelaide. We raced at 9:30 where it was already 32c and while a few people handled the heat well, Liam did a PB by nearly a full minute."

Open 3000m	Time	
Kim Mottrom	12:46.44	
Cooper Rech	14:16.91	
Liam Freundt	14:48.96	PB 0:56
Angelina Legrand	16:43.41	
Peter Crump	19:27.58	
Jessica Clelland	20:55.42	
Alex McEwan	24:20.99	
Zachery Freundt	DQ	

**TASMANIA** Athletics Tasmania, Masters T&F c'ships, 8 January – NTAC, St Leonards

Thanks to **David Moore** for this report from Launceston:

Small fields had to contend with very hot conditions at St Leonards for Walk events of the 2025 Tasmanian T&F Championships. It seems that only mad dogs and Race Walkers go out in the midday sun, despite the conditions our walkers put their best feet forward for acceptable times. **Eva Parker** and **Samuel Lindsay** will be on their way to Perth for the AA T&F Champs and we wish them all the best from Tas Race Walkers.

**U/14 3000m Walk Girls**

1. Adele Woodward OVA 20:21.43

**U/16 3000m Walk Women**

1. Eva Parker NWAC 15:49.05

**U/18 5000 Walk Men**

1. Samuel Lindsay Newstead AC 21:39.35

**Tasmanian Masters C'ship  
1500m**

- 1. Wayne Fletcher M77 12:39.83
- 2. Dave Moore M67 13:46.11



*The judges at Launceston: Wayne Fletcher, Maxine Lindsay, Rosemary Coleman, David Moore and (Chief) Blake Steele.*

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## INTERNATIONAL NEWS

**JAPAN: Asian/All-Japan Race Walking Championships (World Tour Bronze), 16 March - Nomi**

### ***Katsuki claims 35km race walk victory in Nomi***

by **Paul Warburton** (reprinted from *World Athletics news* – 16 March)

The overall winner of the 35km at the All-Japan Race Walking Championships - part of the **World Athletics Race Walking Tour** - in Nomi on Sunday (16) was a big surprise.

At 34, **Hayato Katsuki** produced the race of his life to win handsomely in **2:24:38**, earning a place on Japan's team for the World Championships on home soil in September.

Katsuki struggled at one point on the sodden course where it rained from start to finish, but was left beaming over the last one-kilometre circuit when victory was assured. At 31km, he made a break and never looked back to finish with a massive PB by almost two minutes.

Australia's **Olivia Sandery** took the women's 35km title in an Oceanian record of **2:42:40**, while **Yukiko Umeno** was the leading Japanese finisher in **2:46:52**.

World Championship berths were on offer for Japanese race walkers in the 35km, as well as another chance to qualify at the shorter 20km in a second group of races. Any Japanese race walker wanting a place on the team in the 35km had to finish inside 2:26:00 (men) and 2:45 (women). Factor in the Asian Championships; the open race, the All Japan Race Walking title, plus additional 10km races, and there was enough silverware on the presentation table to make it groan.

There was also a healthy showing from other countries, particularly Australia, whose athletes were likewise hoping to make an impression on selectors.

The 35km field had the course all to themselves following an 8am start on a grim morning of steady rain and temperatures of 7C. A group of seven hit the first kilometre in 4:15 including all the main Japanese contenders and Australians **Rhydian Cowley** and **Tim Fraser** alongside Mexico's **Noel Chama**. They reached 5km in a little over 21 minutes, by which time they were already lapping women who started at the same time.

That group of seven were trailed by another seven just a few metres behind. They quickly closed the gap only to find the original seven plus two forging another small gap. **Andres Nunez** from Mexico had joined the throng wearing ear warmers to underline the damp conditions. As quickly as the biggish group came, it went.

Another injection of pace whittled the leaders to six at 10km, including pre-race favourite **Satoshi Maruo**, **Kazuki Takahashi**, Katsuki, **Tomohiro Noda**, Nunez and Cowley in 41:32; the second group had lost 13 seconds. The same six appeared joined at the hip for the next 5km to make a 15km split of 1:01:58. Any other contender was by now too far back to make a difference.



Katsuki ... surprise winner in Nomi (Photo: World Athletics)

really was decisive. Cowley slipped back as the leader soared through and on his own for the last 3km while Nunez got a second wind to record **2:25:08**, with Maruo, **2:25:19**, overtaking a tired Cowley right at the end.

In the women's 35km, Australia's Olivia Sandery underlined her potential with an overall win in **2:42:40**. She set the previous Oceanian record in December with 2:45:31, but in Nomi she decimated it in a strong, steady race with a final burst of 23:04 for the last 5km. In contrast, Colombia's 2021 Olympic silver medallist **Sandra Lorena** went for broke at the outset, and paid for it. Her last two 5km splits (24:05) and (25:38) saw Sandery take advantage. Even so, Lorena's **2:44:17** clocking was still better than her previous 2:46:44 from October.

Among the Japanese contenders, **Hitomi Shimoka** made a strong impression early on, but **Yukiko Umemo** drew level at about 13km and went on to finish third overall in **2:46:53**; sadly outside her country's qualification mark. Australia's **Allanah Pitcher** came through strongly to take fourth, also in a PB.

In the men's 20km, **Yuta Koga** prevailed in a speedy **1:18:48** to go with his **1:18:26** in Kobe in February, and 20-year-old **Ning Jinlin** from China shattered her PB by close to three minutes with **1:30:03** for the overall win.

Paul Warburton for World Athletics

#### Men All-Japan & Asian 35km Championship

1.	Hayato KATSUKI	JPN	2:24:38
2.	Satoshi MARUO	JPN	2:25:19
3.	Kazuki TAKAHASHI	JPN	2:25:45
4.	Subaru ISHIDA	JPN	2:25:50
5.	Motofumi SUWA	JPN	2:28:56
6.	Kento YOSHIKAWA	JPN	2:30:16
7.	Yuki ITO	JPN	2:40:57
8.	Kyosuke KANAYA	JPN	2:57:18
9.	Takafumi HIGUMA	JPN	3:00:17
	Masafumi KAI	JPN	DNF
	Yutaro MURAYAMA	JPN	DNF
	Chisato HASEGAWA	JPN	DNF
	Tatsuya TANAKA	JPN	DNF
	Tomohiro NODA	JPN	DNF

#### Women All-Japan & Asian 35km Championship

1.	Yukiko UMENO	JPN	2:46:53
2.	Hitomi SHIMOKA	JPN	2:53:18
3.	Masumi FUCHISE	JPN	2:55:23
4.	Maika YAGI	JPN	2:56:18

#### Men Asian 35km Championship & Open race

2.	Andres E. OLIVAS NÚÑEZ	MEX	2:25:08
4.	<b>Rhydian COWLEY</b>	<b>AUS</b>	<b>2:25:21</b>
7.	Noel CHAMA	MEX	2:26:25
8.	Ever Jair PALMA OLIVARES	MEX	2:27:43
9.	Isaac PALMA	MEX	2:27:46
12.	Byeongkwang CHOE	KOR	2:33:42
13.	<b>Carl GIBBONS</b>	<b>AUS</b>	<b>2:38:05</b>
14.	Dongmin LIM	KOR	2:38:26
16.	Hendro HENDRO	INA	2:49:37
	Seongyoon LEE	KOR	DNF
	<b>Mitchell BAKER</b>	<b>AUS</b>	<b>DNF</b>
	Kil-dong KANG	KOR	DNF
	<b>Tim FRASER</b>	<b>AUS</b>	<b>DNF</b>
	Brandon SEGURA	MEX	DNF

#### Women Asian 35km Championship & Open race

1.	<b>Olivia SANDERY</b>	<b>AUS</b>	<b>2:42:40 AR</b>
2.	Lorena ARENAS	COL	2:44:17
4.	<b>Allanah PITCHER</b>	<b>AUS</b>	<b>2:47:26</b>
5.	Valeria ORTUÑO	MEX	2:51:02

5.	Yuki YOSHIKUMI	JPN	3:00:02	6.	Alexandra GRIFFIN	AUS	2:51:54
6.	Mao TATSUMI	JPN	3:01:22	12.	Se-ha LEE	KOR	3:04:23
7.	Sayori MATSUMOTO	JPN	3:11:15		Violine Intan PUSPITA	INA	DNF
	Aoi SHIBATA	JPN	DNF		Antigoni NTRISMPIOTI	GRE	DNF
	Momoka NORITAKE	JPN	DNF				
	Serena SONODA	JPN	DNF				

\*For full results from all races held at Nomi, go to: <https://worldathletics.org/competition/calendar-results/results/7213008>

## UNITED KINGDOM: A birthday tribute to BILL SUTHERLAND

**David Ainsworth** has sent through the following article on Bill Sutherland, Scotland's only race walking Commonwealth medallist and one of the stalwarts of the UK club racing scene:

### ***BILL'S MILESTONE***



*(Photo: Sunday Times)*

Regular Essex Walker contributor **Bill Sutherland** is to celebrate his **80th** birthday on Sunday April 6th. Bill was an established name from the mid-60s onwards soon coming to the attention of International Selectors, and included among International appearances were major events such as European Championships and Commonwealth Games plus National Championship titles.

Bill's name was synonymous with the famous Highgate Harriers, who in such earlier times could put out 'A', 'B', 'C' & 'D' teams in 4-to-score Open races, County, Area and National Championships. Bill's name was often first on Middlesex County team sheets. He was a loyal member of the Metropolitan Police and British Police Representative teams and turned out for both with regularity. Those were times when top race walkers were active most weeks and for the Met. He'd be there for Inter Club races, as indeed he was for Highgate events. He was always prominent on the much-missed "Highgate 1 Hour races" which saw packed tracks (at both Parliament Hill Fields and Cophthall Stadium) over 4 graded races - to wit 'A'-to-'D' Sections with Bill a leading light as an 'A' competitor.

Bill was the first Scottish athlete to gain a medal in the 1970 Edinburgh Commonwealth Games - bronze in the 20 Miles Walk clocking **2:37.24**. He didn't get quite the kudos merited, as when entering Meadowbank Stadium for a lap of the track towards the finish line, legendary BBC athletics commentator David Coleman didn't know who he was - apart from him being a tall policeman. Bill had some luck as the "smart money" was on an Australian 1-2-3, but for some unexplained reason they only selected two, who came 1st & 2nd, leaving out 1968 Olympian Frank Clark, who a couple of years earlier had a brief spell with Ilford AC. Bill failed to appear in Scotland's official Commonwealth Games team photograph - as when sent his blazer it didn't fit so needed alteration. It wasn't returned in time for the photograph and an official prevented him taking a place before the lens as he wasn't attired like the others.



*Start of the 1970 Commonwealth Games 20 miles. Bill (319) looks purposeful on his native territory. (Photo: David Ainsworth)*

Come 1972, Bill's name was "on the radar" for Munich Olympic selection. Paul Nihill & Phil Embleton, both sadly no longer with us, were 20k "certs" so a 3rd spot was up for grabs. Things didn't go Bill's way in the Selection Committee room - though when names were announced the *one-and-only* Arthur Gold told Bill he should have been selected. Despite Arthur being "all powerful" he couldn't overturn a Race Walking Association recommendation. Upset as Bill was - and still is - he put profound disappointment aside to campaign hard, with others, against a decision to cease race walking as an Olympic event. Bill spent much time visiting places here-and-there, often using his own leave to do so in a bid to drum up support for retention of our discipline on the Olympic programmes.

Bill had a spell away from Highgate Harriers to join Ilford AC and was so active he was elected as a most popular President in 1994/95. When at the top table for Ilford's Annual Dinner & Dance at Chigwell's Police Sports & Social Club his chosen after-dinner guest speaker was another "one-and-only" person - the late Mel Batty. It was a memorable occasion. Bill's a proud B.E.M. (British Empire Medal) recipient - when at Buckingham Palace to receive it from a now late Queen Elizabeth II he acquired a top hat and put it under his chair in the presentation hall. A Palace *flunkey* tapped a shoulder to inform him guests are required to place such items in cloakrooms!

He was an Organising Committee member of a 1989 "Arthur Eddlestone BEM Memorial 100 Miles Walk at Hendon Police Training School (100 x 1 mile around its perimeter in atrocious weather) which was a major successful promotion. Bill was determined to complete a 100 Miles' Walk, for membership of an exclusive Centurions' organisation, open only athletes completing this distance in under 24 hours. He did so at the 1991 Ewhurst 100 Miles in Surrey around a 10 x 10 miles course, clocking 23:49.36 to become member 890. As the task got tougher during cold of the night Bill's wife and greatest supporter for decades, Kath, cheered up spirits by singing "Maybe It's Because I'm A Londoner". When interviewed by a reporter from his local newspaper (Islington Gazette) about this feat he was asked where he'd put up for the night? Bill told her 100 miles start one day/finish the next, with competitors competing through the night - not sleeping! The journalist was most impressed. Bill contributed to The Centurions by serving as their Honorary Secretary from 1994-to-1999.

Bill has returned to Highgate Harriers and nowadays is prominent as an ideas and suggestions man, following in footsteps of great Highgate Harrier Charlie Megnin R.I.P., a 1946 European Championship 50K Walk bronze medallist. His main love in recent times is park runs, where he's compiled a long list of both appearances as a participant and as an official/helper, having received service awards for so doing. We wish Bill well on his 80th birthday.



Edinburgh podium 1970: Bill (bronze) with Aussies Noel Freeman (gold) and Bob Gardiner (silver).



Bill today, with wife Kath. (Photos: David Ainsworth)

## MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, March 17, 2025 - **Hayato Katsuki and Yukiko Umeno win titles at the Japan 35km race walk championships in Nomi. Australian Olivia Sandery wins women's race**  
<http://omarchador.blogspot.com/2025/03/hayato-katsuki-e-yukiko-umeno.html>
- Sunday, March 16, 2025 - **Rosetta La Delfa breaks European Indoor Record W45 (3,000m walk)**  
<http://omarchador.blogspot.com/2025/03/rosetta-la-delfa-bate-recorde-da-europa.html>
- Saturday, March 15, 2025 - **Nitin Gupta breaks India under-18 national record for 5,000m march (Patna 2025)**  
<http://omarchador.blogspot.com/2025/03/nitin-gupta-bate-recorde-nacional-sub.html>



- Friday, March 14, 2025 - **On Jorge Osvaldo Linari's birthday** <http://omarchador.blogspot.com/2025/03/no-aniversario-de-jorge-osvaldo-linari.html> A brief celebratory tribute to the Argentinian international on his 80<sup>th</sup> birthday.
- Friday, March 14, 2025 - **Lagoa 2025 – National Young Walker Tournament «Ana Cabecinha» (results)** <http://omarchador.blogspot.com/2025/03/lagoa-2025-torneio-nacional-marchador.html>
- Friday, March 14, 2025 - **Young Spanish walkers at the championships in Marín (2025)** <http://omarchador.blogspot.com/2025/03/jovens-marchadores-espanhois-nos.html>
- Thursday, March 13, 2025 - **Non-regulatory mixed race walk at the National University Short Track Championship – Braga 2025** <http://omarchador.blogspot.com/2025/03/prova-de-marcha-mista-nao-regulamentar.html>
- Thursday, March 13, 2025 - **Perseus Karlström and Nadia Lizeth Gonzalez triumph in Coatzacoalcos (Mexico)** <http://omarchador.blogspot.com/2025/03/perseus-karlstrom-e-nadia-lizeth.html>
- Wednesday, March 12, 2025 - **The 32nd Rio Maior International Grand Prix in Walking is in a month's time** <http://omarchador.blogspot.com/2025/03/o-32-grande-premio-internacional-de-rio.html> Advance notice given about this key fixture on the WA Walking Tour calendar.

*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 \*\*

It'll soon be time to re-register with the Club for the upcoming 2025 Winter season and 2025-26 Summer season. Racing and Membership fees are unchanged from last year.

### \*\* VRWC RACE FEES

<b><u>Seasons ticket 12 months:</u></b>	Financial members: \$110.00 paid by the <b>end of May</b> .
<b><u>VRWC Club Races:</u></b>	Race fee: \$12.00.      Non-financial: \$17.00.      Family: \$24.00
<b><u>VRWC Championships:</u></b>	Race fee: \$17.00      Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA or RWA.

### \*\* VRWC ANNUAL FEES

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

<b><u>Senior (Open and Masters)</u></b>	<b>\$30.00</b>
<b><u>Under 20:</u></b>	<b>\$25.00</b>
<b><u>Under 16:</u></b>	<b>\$15.00</b>
<b><u>Associate (Officials who assist with races throughout the year):</u></b>	<b>\$ 0.00</b>
<b><u>Family membership:</u></b>	<b>\$50.00</b>

Annual Subscriptions are due on **April 1<sup>st</sup>** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

**\*UNIFORMS** - Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$40. (Families: \$40 for the first child, \$35 for siblings.)

## 2025 WINTER SEASON FIXTURE

### APRIL

Saturday 26<sup>th</sup> April VRWC CHAMPIONSHIPS Mentone Track

### MAY

Saturday 3<sup>rd</sup> May VRWC Points races Middle Park

Saturday 10<sup>th</sup> May VRWC Points races Middle Park

**Saturday 10<sup>th</sup> May Coaching seminar for parents, athletes and coaches Middle Park**

Sunday 18<sup>th</sup> May AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS  
& VRWC Events, incorporating AV Jared Tallent Trophy 30km Middle Park

Saturday 24<sup>th</sup> May VRWC Points races Middle Park

Saturday 31<sup>st</sup> May VRWC Points races Middle Park

### JUNE

Sunday 8<sup>th</sup> June RWA 58th Annual Lake Burley Griffin Carnival, Canberra

Saturday 14<sup>th</sup> June A.V. & LA Vic Championships, Middle Park  
Incorporating AV Bert Gardiner 10km winter championship

**Saturday 14<sup>th</sup> June Judging course and Coaching seminar Middle Park**

Saturday 21<sup>st</sup> June VRWC Points races Middle Park

Saturday 28<sup>th</sup> June VRWC Points races & Prize Day Middle Park

### JULY

Sunday 6<sup>th</sup> July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 12<sup>th</sup> July VRWC Points races and Interval races Middle Park

Saturday 19<sup>th</sup> July VRWC Points races Middle Park

**Saturday 19<sup>th</sup> July Coaching seminar for parents, athletes and coaches Middle Park**

Saturday 26<sup>th</sup> July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

### AUGUST

Saturday 2<sup>nd</sup> August VRWC Points races Middle Park

Saturday 9<sup>th</sup> August AV Championship & VRWC Championships & events Middle Park

Saturday 16<sup>th</sup> August VRWC **Last points race** Middle Park

Sunday 24<sup>th</sup> August Australia Athletics championships Ballarat

Saturday 30<sup>th</sup> August VRWC non points race day Middle Park

### September

Saturday 6<sup>th</sup> September AV 5km teams championship, VMA 5km track championship & VRWC events  
Mentone Track

Sunday 14<sup>th</sup> September VRWC relay race and [Seasons Presentations](#) Middle Park



## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024/2025

<p>Fri-Sun 4-13 Apr 2025 Sat 26 Apr 2025 Sun 18 May 2025 Sun 8 Jun 2025 Sat 14 Jun 2025</p>	<p>Athletics Australia T&amp;F c'ships – Perth, WA VRWC Track championships (Winter season opener) – Mentone AV, AV Schools &amp; VRWC championships – Middle Park RWA 58<sup>th</sup> Lake Burley Griffin Carnival – Canberra ACT AV &amp; LAVic road championships, Judging course and Coaching seminar – Middle Park</p>
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### International Dates

<p>21-23 Mar 2025 12 Apr 2025 4 May 2025 18 May 2025 16-27 July 2025 13-21 Sep 2025</p>	<p>WA World Indoor T&amp;F Championships – Nanjing, CHN 32<sup>nd</sup> Grande Prémio Internacional de Rio Maior – Rio Maior, POR 4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL European Race Walking Team Championships – Podebrady, CZE World University Games – Bochum, GER 20<sup>th</sup> World Athletics Championships – Tokyo, JPN</p>
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4-9 Aug 2026  
30 Oct-15 Nov 2026

**World U20 Athletics Championships** – Eugene OR, USA  
**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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