



HEEL & TOE Online

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

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

*H&T Notice Board – Page 14

- Re-registration and new registration
- Fees - Membership and racing.

*LBG CARNIVAL – Judges and volunteers required!

With the Canberra carnival on Sunday 8 June drawing ever closer, the need for helpers and officials remains acute. If you are making the trip – or might be – please consider helping out even for a brief time. Help is required across the day but especially in the afternoon.

In particular, they urgently need **Walk judges** for the afternoon races!

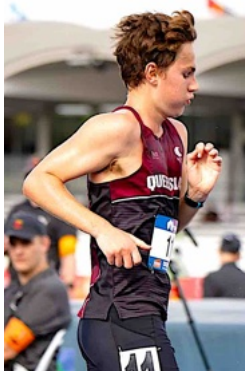
Some of the other jobs that need filling include:

- | | | |
|----------------------|----------------|-----------------------------|
| *Announcers | *Lap scorers | *Timekeepers and assistants |
| *Red card collectors | *Photographers | *Line marshals |

Volunteers are asked to register their job choice and availability time via the **SignUpGenius** portal. If you can assist, even for a short while, go to https://www.signupgenius.com/go/10C054FABAB2CA3FCC61-56640561-58th#, scan the jobs, make your choices and sign up.

Many thanks for your support!

WALKER OF THE WEEK



(Photo: Kylie Nyssen)

Our standout performances at the weekend both occurred in Adelaide, at last Saturday's ASA Road walk championships. Here, **Sam McCure** and **Sebastian Richards** both recorded thumping PB times to claim this week's WOTW.

Racing as a solo entrant in the U20 10km title, **Sam** made every step count in clocking **42:49** – an improvement by 1:07. Since his move to Adelaide from QLD for uni studies, Sam has thrived under the coaching of Jared Tallent. An accomplished junior walker thanks to all who had charge of his early development, Sam is laying the groundwork for an exceptional senior career. We hope this eventuates for him.

A PB of over 3½ minutes is nearly always a big improvement marker, particularly over 8km. **Sebastian's** journey of progress took a big leap on Saturday, seeing him win the U18 title in **38:42**. In recent years he has steadily cut down his times and this latest result should be a springboard to further progress over the key 10km distance.

Congratulations, Sam and Sebastian. We look forward to seeing more great results from you both.



(Photo: VRWC)

***Honourable mentions**

- **John Nottle (VIC)** – another to take a huge slice out of his 8km PB, with a 2:31 improvement.
- **Scott Hyland (ACT)** – currently resident in the ACT, Queensland Masters walker Scott edged close to a sub-50:00 result for 10km at Weston Park.
- **Arthur Robinson (VIC)** – Arthur is steadily building on his endurance, with a 1:01 improvement over 4km on this occasion.



CLUB NEWS and RESULTS

***Lake Burley Griffin carnival – VRWC final entry list**

An encouraging list of 29 VRWC walkers will make their way to Stromlo Park in Canberra on June 8th, reflecting the upturn in the Club's membership fortunes.

Our entries are as follows:

R1: Robin Whyte Classic Men 35km – 7.30am Fraser Saunder Kyle Swan	R2: Val Chesterton Classic Women 35km – 7.30am Rebecca Henderson	R4: RWA Open Women 15km – 8.00am Alanna Peart	R5: RWA Open Men 15km – 8.00am Corey Dickson Will Thompson Marcus Wakim Rhydian Cowley David Smyth
R8: Athletics ACT/RWA Men U20 10km – 9.45am Riley Coughlan	R9: ACT Open (Over 19y) 10km – 9.45am Jade Chitty	R10: Athletics ACT/RWA Women U20 10km –9.45am Ariana Pashutina	R11: RWA Boys U10 1km – 12.00pm Bowie Clarke
R12: RWA Girls U10 1km – 12.00pm Daisy Hooper Cory Lewis	R13: RWA Boys U12 2km – 12.30pm Bowie Clarke Oliver Crowl	R14: RWA Girls U12 2km – 12.30pm Aria di Benedetto Abby Fowler Daisy Hooper Pippa Read Anna Dubar	R15: RWA Boys U14 2km – 1.00pm Harrison Ryan Oliver Crowl Tate McQueen
R16: RWA Girls U14 2km – 1.00pm Pippa Read Kobe Lewis Addison Frenken	R17: RWA Boys U16 3km – 1.50pm Angus Shuttleworth Oliver Crowl	R18: RWA Girls U16 3km – 1.50pm Pippa Read Matilda Read Addison Frenken	R19: RWA Boys U18 5km – 2.20pm Max Davidson Angus Shuttleworth
R20: RWA Girls U18 5km – 2.20pm Matilda Read	R21: RWA Women Open 5km – 3.20pm Jemma Peart Alanna Peart Matilda Read Ariana Pashutina	R22: RWA Men Open 5km – 3.20pm Corey Dickson Will Thompson Marcus Wakim Angus Shuttleworth Riley Coughlan Rhydian Cowley Shaun Lewis	

Compared with last year – when we could muster a scoring team in only one race – the VRWC will be team contenders in **seven** events this time around, with the possibility of finishing two teams in the final event – the Men's Open 5km. Things are definitely looking up.

***WANTED ... Victorian team manager for LBG**

Every state team requires a Team manager.

Their job is a simple one ... arrive early, collect bib numbers for their walkers from the Meet director, greet their athletes on arrival, hand numbers and pins out, acquaint them with the marshalling area and direct them there when their race is called.

The Team manager should remain in the designated VRWC location until all bib numbers have been handed out.

This job is normally performed by Tim Erickson. Unfortunately, Tim cannot attend this year, meaning that the role needs to be reassigned. If you can assist, or share the job with another, please contact Stu at stuwalks@yahoo.com.au

****This week ...***

Our Points competitions continue next Saturday, featuring 12km, 10km, 5km and 3km for the first time this season. We hope to be able to use our 2km course for these longer distances.

Remember to get your entries in before **6.00pm** on Friday!

Saturday 31 May – Middle Park

2.00pm	12km	Points race	Open
2.00pm	10km	Points race	Open
2.00pm	5km	Points race	Open
2.15pm	3km	Points race	Open
2.15pm	1km	Points race	Open

Entries will be accepted up until **6.00pm** on

Friday 30 May. Enter online at

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

! VRWC RACE ENTRIES !

Deadline is **Friday at 6pm**,
not 11.59pm.

Apologies for confusion

DOGS OFF LEASH

At our championships day on Sunday 18 May, one of our race judges had cause to lodge a formal report concerning several dogs whose owners had seen fit to let them run untethered in a 'KEEP DOGS ON LEASH' area, very close to the northern turn of our course. At least one dog had been free to roam onto the path itself.

There is official signage on the path next to the Bowling Club fence in that area, requiring that dogs be kept on leash. Whether it was unseen or ignored by the dog owners, it resulted in a safety risk and was a source of anxiety for our competitors.

The incident was reported to Parks Victoria, who will advise their rostered rangers to patrol the area and undertake dog education measures if necessary.

VRWC members, supporters and parents who notice similar incidents should contact myself, Mark Donahoo or Terry Swan.

*Stu Cooper
President*



- The article below appeared on the Facebook page, *The Lost History Of Melbourne/Victoria & Its Pioneers*.¹ It appears to have been written by the page's creator, Tony Beyer, a keen chronicler of Australia's cultural heritage. An informative biographical piece on one of Australia's greatest walkers, **Noel Frederick Freeman**.

Puzzlingly, Mr Beyer refers to Noel by his middle name throughout. Perhaps it was published as such at an earlier time and stuck, or was Frederick the name he was known by as a child? Perhaps Bob Gardiner (or Tim Erickson) could enlighten us.

Frederick the Great? Well, it's Noel, actually ...²

He grew up in the working-class suburb of Preston, Victoria — the kind of place where dreams don't come gift-wrapped. Frederick wasn't born with a silver spoon, but somewhere between the cracked sidewalks and the dusty streets, he found something far more valuable: grit. The kind that doesn't flinch when it's tired, doesn't stop when it's hurting, and certainly doesn't back down when the world starts watching.

By the time the 1960 Summer Olympics arrived in Rome, Frederick wasn't just another name on the roster — he was a man chasing history, step by aching step. The 20-kilometre walk is a brutal test of discipline, where technique matters just as much as endurance. And Frederick? He walked that line — literally and metaphorically — all the way to the silver medal. The moment he crossed that finish line, he wasn't just an athlete. He was a symbol of determination wrapped in the green and gold of Australia.

But the Olympics have a cruel sense of irony. In the longer 50-kilometre event, with the Roman sun baking the course and the crowd roaring like a storm, Frederick was with the leaders. The dream was unfolding beautifully — until it wasn't. A

¹ https://www.facebook.com/groups/330155964359922/?hoisted_section_header_type=recently_seen&multi_permaLinks=1837618540280316

² The headline is mine. Hope Mr Beyer wouldn't mind.

disqualification hit him like a thunderclap. One misjudged stride, and the officials waved the red card. Just like that, hopes of a second medal evaporated into the Roman dust.

Many athletes would've disappeared after a heartbreak like that. But not Frederick.



(Photo: Olympedia)

Four years later, Tokyo. A new city. A new race. Same relentless fire. He returned to the Olympic stage with scars from Rome — not visible ones, but the kind that live quietly behind the eyes. In the 20 km walk, he pushed himself to the brink, finishing

just off the podium in fourth place. It wasn't gold, silver, or bronze — but it was something else: redemption, of a quieter sort.

Then came Edinburgh, 1970. The Commonwealth Games. The air was cooler, but the fire inside him burned just as hot. The event this time? A grueling 20-mile walk. Frederick wasn't a kid anymore — he was a seasoned warrior, carrying years of triumphs and letdowns in his stride. This time, there was no disqualification, no near miss, no heartbreak.

He won.

With Bob Gardiner, another Australian, pressing hard behind him and Scotland's own Bill Sutherland trying to close the gap, Frederick held them off like a man possessed. Each mile, each moment, was a declaration: 'I'm still here. Still walking. Still winning.'

Because for Frederick, it was never just about medals. It was about resilience.

About showing up when it would've been easier to fade away. About walking tall

— no matter how many times the world tried to bring him to his knees.

VRWC Club points results, 24th May – Middle Park

The 36 walkers who arrived at Middle Park on Saturday found another sunny autumn afternoon awaiting, the only downer being a cold, driving nor'easterly that spoiled a few hopes for fast times. It didn't, however, prevent nine PBs from being set, with six coming from the keen-as-mustard 1km field.



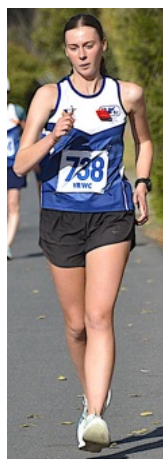
The 8, 6 and 4km fields cast their action shadows.

The 8km saw **Jade Chitty** make her first appearance for the season, ripping a big chunk from her PB in clicking **45:36**. **John Nottle** showed that the Masters ranks can also be fertile ground for best times, demolishing his previous fastest 8k time by over 2½ minutes for **53:23**.

Jordan Galbraith and **Ariana Pashutina** returned the best 6km times of the day, both going sub-33:00, while **Arthur Robinson** added another big improvement to his list with a 1:10 PB for 4km. It was pleasing to see two of our new young members, **Kobe Lewis**, and **Aangi Shah**, have their first 4km hit-outs and gain valuable endurance experience.

A sizeable field of 10 signed up for the 2km, with **Emily Smith** leading them home in a brisk **10:34**. **Grace Louey** narrowly missed the 11:00 barrier with her **11:03** but managed to hold off a determined finish from **Logan Allison** by 5 secs. **Caitlyn Shipham's** run of PBs had to end eventually, but not before she gave it a good crack and falling short by on 6 seconds. **Anna Dubar** and **Daisy Hooper** had their first go at the distance and came up with promising first results.

No chilly wind could stop the fireworks in the 1km, with **Fletcher Reid** producing his first sub 5:00 result and brother **Ryder** joining him in the day's PB circle. **Grayson** and **Avery Allison**, along with **Ava Pravednikov** and **Summer Patten**, all made huge progress on a tougher day for racing than one might have thought.



8km Open

1 Jade Chitty	FOpen	45:36	PB 0:42
2 Emilie Garside	FOpen	56:44	
3 Karyn O'Neill	FM60+	58:36	

6km Open

1 Ariana Pashutina	FU20	32:59	
2 Kate Sanford	FOpen	36:43	
3 Carolyn Rosenbrock	FM60+	37:10	
4 Donna-Marie Elms	FM60+	42:14	

4km Open

1 Aangi Shah	FU16	26:48	First 4km
2 Erin Reid	FM40+	27:06	
3 Kobe Lewis	FU14	28:13	First 4km
4 Heather Carr	FM60+	29:10	

8km Open

1 Alejandro Stephens	MOpen	41:30	
2 Terry O'Neill	MM60+	52:51	
3 John Nottle	MM60+	53:23	PB 2:31

6km Open

1 Jordan Galbraith	MOpen	32:18	First 6km
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4km Open

1 Arthur Robinson	MU18	27:31	PB 1:10
2 Scott Murdoch	MM60+	30:48	
.. Shaun Lewis	MM40+	DNF	

2km Open

1 Logan Allison	MU12	11:08	
2 Dimitri Pashutin	MU10	12:30	



2km Open

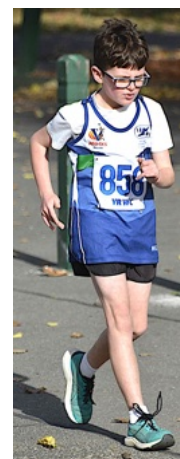
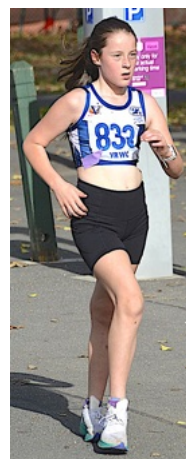
1 Emily Smith	FU20	10:34	
2 Grace Louey	FOpen	11:03	
3 Addison Frenken	FU14	11:11	
4 Caitlyn Shipham	FU14	12:24	
5 Erlyn Singh	FU12	12:45	
6 Anna Dubar	FU12	12:55	First 2km
7 Daisy Hooper	FU10	13:09	First 2km
8 Abby Fowler	FU12	14:49	

1km Open

1 Cory Lewis	FU10	7:02	
2 Ava Pravednikov	FU10	7:03	PB 0:13
3 Summer Patten	FU10	7:13	PB 0:34

1km Open

1 Fletcher Reid	MU12	4:59	PB 0:12
2 Ryder Reid	MU10	6:27	PB 0:17
3 Bowie Clarke	MU10	6:52	
4 Grayson Allison	MU10	7:07	PB 0:50
5 Avery Allison	MU10	7:15	PB 0:43



***This week's action models**

Grayson, Kate, Heather, Ryder, Jade, John, Daisy, Emily, Ava, Kobe, Carolyn, Terry, Anna, Fletcher, Jordan, Summer, Avery, Addison, Arthur

***Late PBs**

With the *Racewalk Australia* website off the air last week, I was unable to compile my normal tally of PBs from the results of May 18. The site is now back up, so here they are:

30km – Alejandro 29:02; Mitchell 5:22; Rhydian 5:02 (NOTE: Rhydian has walked faster en route in 35km races.

Mitch may well have done, also.)

8km – Riley 2:44; Fraser 0:13

4km – Jordan 0:37

1.5km – Aria 0:58; Abby 0:21; Anna 0:09

1km – Ava 0:17

***Handicaps for 24 May**

Erin	Reid	F	M40+	NPT	Shaun	Lewis	M	M40+	Ab
Donna-Marie	Elms	F	M60+	1	John	Nottle	M	M60+	1
Karyn	O'Neill	F	M60+	2	Terry	O'Neill	M	M60+	2
Carolyn	Rosenbrock	F	M60+	3	Scott	Murdoch	M	M60+	NPT
Heather	Carr	F	M60+	3	Jordan	Galbraith	M	Open	1
Jade	Chitty	F	Open	1	Alejandro	Stephens	M	Open	2
Kate	Sanford	F	Open	2	Grayson	Allison	M	Un10	1
Emilie	Garside	F	Open	3	Avery	Allison	M	Un10	2
Grace	Louey	F	Open	NPT	Dimitri	Pashutin	M	Un10	3
Summer	Patten	F	Un10	1	Ryder	Reid	M	Un10	4
Ava	Pravednikov	F	Un10	2	Bowie	Clarke	M	Un10	5
Daisy	Hooper	F	Un10	3	Logan	Allison	M	Un12	1
Cory	Lewis	F	Un10	4	Fletcher	Reid	M	Un12	2
Erlyn	Singh	F	Un12	1	Arthur	Robinson	M	Un18	1
Anna	Dubar	F	Un12	2					
Abby	Fowler	F	Un12	3					
Caitlyn	Shipham	F	Un14	1					
Addison	Frenken	F	Un14	2					
Kobe	Lewis	F	Un14	NPT					
Aangi	Shah	F	Un16	1					
Ariana	Pashutina	F	Un20	1					
Emily	Smith	F	Un20	2					

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.

Meet manager	Stu Cooper
Referee	Terry Swan
Race check-in	Bill Carr
Timekeeper	Ian Laurie
Starter	Stu Cooper
Recorders	Duncan Knox, Alla Pashutina, Kris Shipham, Rhiannon Ritorto
Judges	Di Lowden (chief), Michael Bodey, Dave Cash, Brenda Felton, Bec Lewis

Setup, pack up

Clubroom cleaning

Bike rider

Photography

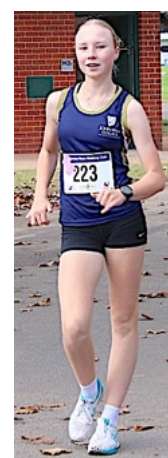
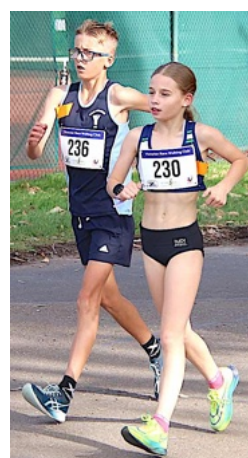
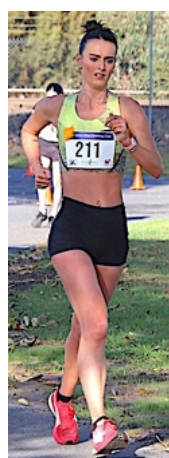
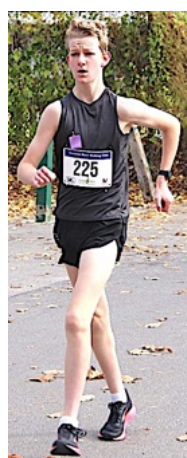
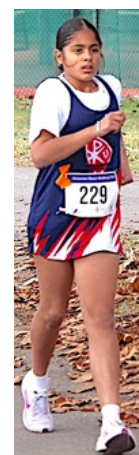
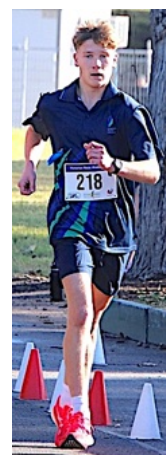
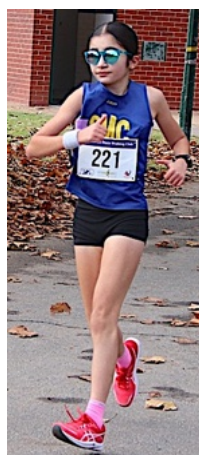
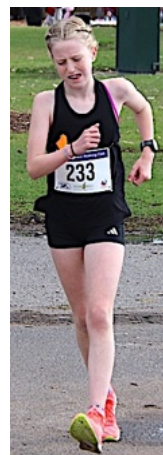
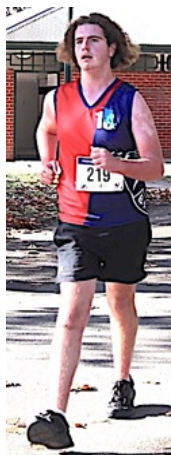
Canteen

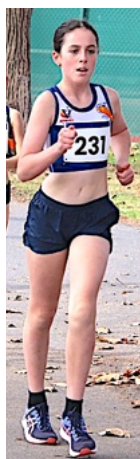
Walkers

Stu Cooper, Terry O'Neill, Karyn O'Neill, Duncan Knox, Carolyn Rosenbrock,
Emilie Garside
Heather Carr
Terry Swan
Terry Swan
Donna-Marie Elms
36

AV & VRWC Championships, 18 May - Gallery

Time got away from me last week, so I had to wait until this issue to include this colourful selection of action shots from the AV 30km, Schools and Club championships. Our photographer on the day, Therese Smith, once again captured a wealth of images illustrating excellent walking technique among our competitors.





**** ACTION MODELS ****

Indigo, Kobe, Felix, Will, Tate McQ, Erlyn, Laura, Lily, Priyanka, Arthur, Alaska, Angus, Kyle, Ela, Caitlyn, Tayla, Matilda, Mitch, Havana, Anna, Tate J, Max.

Photography: Therese Smith



AROUND THE COUNTRY

A.C.T. ACTRFWC Points races #4 results, 24 May – Weston Park

Thanks to **Helen Toyne** for the latest couple of weeks' results.



Underway amid the testing but beautiful surroundings at Weston Park.

10km

1 Scott Hyland	Race	Masters M	50:17
2 Michelle Bray	Race	Masters F	57:55
3 Sue Archer	Fitness	Masters F	1:14:50

5km

1 Jillian Ryan	Race	u16 F	27:06
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2km

1 Sebastian Ryan	Race	u14 M	12:01
2 Tindra Helgstedt	Race	u14 F	12:13
3 Clare Rice	Race	u14 F	12:32
4 Katharina Johnson	Race	u14 F	12:52
5 Zac Anderson-Rule	Race	u12 M	13:38
6 Estrid Helgstedt	Race	u12 F	13:48
7 Michelle Tymkiw	Fitness	Masters F	14:40
8 Indira Beales	Race	U12 F	17:11

****ACTRWC Points races #3, 17 May – Lake Tuggeranong**

7km

1 Owen Toyne	Race	u20 M	34:07
2 Michelle Bray	Race	Masters F	38:47
3 Mike Smith	Race	Masters M	43:17
4 Sebastian Ryan	Race	u14 m	46:35
5 John Kennedy	Fitness	Masters M	50:51
6 Bryan Thomas	Fitness	Masters M	59:27
7 Caroline Campbell	Fitness	Masters F	1:00:45
.. Jillian Ryan	Race	u16 F	DNF

3km

1 Katharina Johnson	Race	u14 F	19:56
2 Jill Pearson	Race	Masters F	21:44
3 Jim White	Fitness	Masters M	25:43
4 Geoff Barker	Fitness	Masters M	30:18

QUEENSLAND QRWC Handicap #4 results, 25 May – North Lakes

Robyn Wales writes: “Would you believe we had a warm 27 in Brisbane today and most travelling to Canberra are now wondering how they will cope!” I suggested a trip to their local Macpac for a thermal T might be in order.

A Grade 10km

Men:

(1) Iggy Jimenez	52:34 SB
(2) Kai Dale	1:00:26 SB
(3) Peter Bennett	1:08:50

Women:

(1) Phoebe Chadwick	1:03:17
(2) Brenda Gannon	1:05:01
(3) Joy Dale	1:23:51 SB
... Noela McKinven	DNF

B Grade 5km

Men:

(1) Noah Cooke	23:08 SB
(2) Simon Cartwright	36:11 SB

Women:

(1) Eliza Kelly	31:12
(2) Nyle Sunderland	32:26
(3) Trish Hibbs	36:25
(4) Anne Weekes	38:05

C Grade 3km

Men:

(1) Leo Ramsay	18:36
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Women:

(1) Kiara Waterman	19:12
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D Grade 2km

Women:

(1) Clara Hermus	12:13 SB
(2) Izzy Blackburn	12:20
(3) Bella Samson	12:21
(4) Jessica Gorham	12:40
(5) Violet Conway	13:15
(6) Scarlett Rose	14:14
(7) April Kelly	14:35 SB

E Grade 1km

Women:

(1) Lilli Chu	6:22 SB
(2) Zoe Silk	6:33
(3) Harper Waterman	8:48 SB

L Grade 5km:

Kate Morris	37:24
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SOUTH AUSTRALIA ASA State Road walks c'ships, 24 May – South Parklands, Adelaide

Mild, sunny weather greeted the 20 walkers who contested the road titles at Blue Gum Park, one of many in the South Parklands precinct. Obviously, the conditions suited **Sam McCure** and **Sebastian Richards** (big PBs), while **Cooper Rech** made a good 20km debut.

Thanks to **Jared Tallent** for the results.

Open Women's 20km

1 Olivia Sandery	1:35:58
2 Alanna Peart	1:40:03
3 Samantha Findlay	1:45:43
4 Nellie Langford	1:52:26
.. Elizabeth McMillen	DNF

12km 57:14

Open Men's 20km

1 Tristan Camilleri	1:47:28
2 Cooper Rech	1:59:52
3 Peter Crump	2:22:28

First time

Men Over 50 10km

1 Alex McEwan	1:26:20
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Women U20 10km

1 Angelina Legrand 58:05

Women U14 3km

1 Liliana Templar 18:18

Non-C'ship

1 Rachel Pemberton 21:13

Men U18 8km1 Sebastian Richards 38:42 PB 3:33
2 Liam Freundt 56:17**Men U20 10km**

1 Sam McCure 42:49 PB 1:07

Men U16 5km

1 Orlando Granthan 35:25

Club Event - Men U12 1500m1 Saxon King 9:36
2 Robert Crabb 11:48
3 Martin Crabb 16:24
.. Anthony Crabb DQ**TASMANIA TRWC results, 25 May – Montrose Bay****David Moore** reports from Hobart:

Occasional sunshine with stiff cool breezes greeted our Walkers for this morning's events at Montrose Bay. PB's were achieved by **Sophia Carr** in the 500m and **Adele Woodward** in the 5km event. We also welcomed **Teo Rossi** and his mum **Tina Barros** for their first walk with us and they looked very comfortable in Race Walking mode.

500m

1. Sophia Carr Kingston LA 6:21 PB

1km1. Austin Hucker Huon LA 9:06
2. Amy Hucker TRWC 9:14**2km**1. Charlotte Dix ESAC 14:14
2. Elsie Woodward OVA 14:38
3. Teo Rossi Hobart LA 14:46 First one (B9)
4. Tina Barros TMA 16:55 First one (W47)
5. Samuel Hucker Huon LA 17:07
6. Dot Sussmilch-Leitch Hobart LA 19:00
7. Sam Leitch ESAC 19:00
8. Dave Moore TMA 19:24**3km**

1. Elizabeth Leitch TMA 21:40

5km1. Adele Woodward OVA 36:20 PB
2. Wayne Fletcher NSAC 43:54**WESTERN AUSTRALIA WARWC results, Sunday 25 May – Perry Lakes**

Looks as though the WA walkers dodged a weather bullet. **Terry Jones** reports that, for the first time since late last year, they had some really heavy rain overnight and in the morning, but it cleared before their walks started, before again pouring afterwards. What luck, indeed!

14K Handicap

Wendy Farrow 1:41:06

10K HandicapKaytee Bogaers 59.24
Victor Munoz 1:09:05
Melissa Lewis 1:06:09
Marcela Ruiz 1:24:27

4K Handicap

Darcy Bramwell-Keys	23.22
Glenys Duncan	39.23
Steve Travell	44.27

3K Handicap

Hannah Clausnitzer	17.39
Rahni Fowler	21.17

1.5K Handicap

Zoe FowlerD	11.42
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INTERNATIONAL NEWS



PAGE AND SCREEN



Wednesday of last week marked ten years since the passing of the Italian superstar **Annarita Sidoti**, taken too early at age 45. Giving the lie to any notion that you have to be tall to succeed in walking, the 1.50m tall Sidoti (once referred to by Bruce McAvaney during an Olympics call as ‘a tiny little tot’, though not disparagingly) got her results with technique, speed, power, flexibility and sheer talent. This is illustrated perfectly in this clip from the 1997 World Championships 10,000m walk in Athens and posted on the Facebook page of **Federazione Italiana di Atletica Leggera**.

Watch it, and see what attention to technique at every level of development can do:

<https://www.facebook.com/fidal.it/videos>

(Photo: La Repubblica)



Below is a brief review on *Olympedia* of Sidoti’s career, naming the highlights:³

Annarita Sidoti was the first great Italian female walker. She won 10 Italian titles, but the highlights of her career were winning the 1997 World Championship, and European Championships in both 1990 and 1998 in the 10 km, adding a silver medal in the 1994 Europeans. She competed at three Olympics (1992-2000), with a best finish of seventh in 1992. Her other major titles included the 1994 European Indoors over 3 km, the 1995 Universiade and 1996 European Cup in the 10 km. Sidoti set six Italian walk records, one each at 5K and 10K, and four in the 20K. Sidoti later became a Councillor for Sports in San Giorgio di Gioiosa Marea and was an actress in one movie, “The Accomplices” by Emanuela Piovano.

Personal Bests: 10kmW – 41:46 (1994); 20kmW – 1-28:38 (2000).

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, May 26, 2025 - **Tiago Ramos (Sporting CP) and Ana Monteiro (GD Estreito) win in the resumption of the Portuguese Cup – Maia 2025** <https://omarchador.blogspot.com/2025/05/tiago-ramos-sporting-cp-e-ana-monteiro.html>
- Sunday, May 25, 2025 - **Jefferson Pérez elected president of the Ecuadorian Athletics Federation** <https://omarchador.blogspot.com/2025/05/jefferson-perez-eleito-presidente-da.html>
Demonstrating the esteem in which this exemplary athlete is held at home.

³ <https://www.olympedia.org/athletes/71808>

- Friday, May 23, 2025 - **Leça da Palmeira** hosted the **ANDDI 2025 National Championships (results)** <https://omarchador.blogspot.com/2025/05/leca-da-palmeira-foi-palco-dos.html> This competition is for athletes with intellectual disabilities. VIRTUS is the name of the International Sports Federation that represents them.
- Thursday, May 22, 2025 - **Ruby Dayanna and Emiliano Barba, the best in the Under-20s of the Pan-American Games – Anapoima (COL) 2025** <https://omarchador.blogspot.com/2025/05/ruby-dayanna-e-emiliano-barba-os.html>
- Wednesday, May 21, 2025 - **Isabel Laginhas (Guarda) and Vicente Figueiredo (Santarém) win under-16 race walk at the Youth Olympics - Viana do Castelo 2025** <https://omarchador.blogspot.com/2025/05/isabel-laginhas-guarda-e-vicente.html>
- Tuesday, May 20, 2025 - **Mary Luz Andia and Jordy Jiménez win the 20 km walk at the Pan American Games – Anapoima 2025** <https://omarchador.blogspot.com/2025/05/mary-luz-andia-e-jordy-jimenez-impoem.html>
- Tuesday, May 20, 2025 - **Evelyn Inga and José Luis Doctor triumph in the 35 km walk of the Pan-American Games in Anapoima (Cundinamarca), Colombia** <https://omarchador.blogspot.com/2025/05/evelyn-inga-e-jose-luis-doctor-triunfam.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

** H&T Online - NOTICE BOARD **



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

** VRWC RACE FEES

Seasons ticket 12 months:

VRWC Club Races:

VRWC Championships:

Financial members: \$110.00 paid by the **end of May.**

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

Race fee: \$17.00 Family: \$34.00

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

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

** VRWC ANNUAL FEES

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

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races throughout the year): \$ 0.00

Family membership: \$50.00

Annual Subscriptions are due on **April 1st** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

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

***UNIFORMS -** Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$45. (Families: \$45 for the first child, \$35 for siblings.)

2025 WINTER SEASON FIXTURE

APRIL

Saturday 26 th April	VRWC CHAMPIONSHIPS	Mentone Track
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MAY

Saturday 3 rd May	VRWC Points races	Middle Park
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Saturday 10 th May	VRWC Points races	Middle Park
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Saturday 10 th May	Coaching seminar for parents, athletes and coaches	Middle Park
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Sunday 18 th May	AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS & VRWC Events, incorporating AV Jared Tallent Trophy 30km	Middle Park
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Saturday 24 th May	VRWC Points races	Middle Park
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Saturday 31 st May	VRWC Points races	Middle Park
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JUNE

Sunday 8 th June	RWA 58th Annual Lake Burley Griffin Carnival,	Canberra
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Saturday 14 th June	A.V. & LA Vic Championships, Incorporating AV Bert Gardiner 10km winter championship	Middle Park
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Saturday 14 th June	Judging course and Coaching seminar	Middle Park
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Saturday 21 st June	VRWC Points races	Middle Park
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Saturday 28 th June	VRWC Points races & Prize Day	Middle Park
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JULY

Sunday 6 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
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Saturday 12 th July	VRWC Points races and Interval races	Middle Park
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Saturday 19 th July	VRWC Points races	Middle Park
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Saturday 19 th July	Coaching seminar for parents, athletes and coaches	Middle Park
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Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
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AUGUST

Saturday 2 nd August	VRWC Points races	Middle Park
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Saturday 9 th August	AV Championship & VRWC Championships & events	Middle Park
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Saturday 16 th August	VRWC Last points race	Middle Park
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Sunday 24 th August	Australia Athletics championships	Ballarat
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Saturday 30 th August	VRWC non points race day	Middle Park
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September

Saturday 6 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
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Sunday 14 th September	VRWC relay race and Seasons Presentations	Middle Park
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WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sun 8 Jun 2025
Sat 14 Jun 2025
Sun 24 Aug 2025

RWA 58th Lake Burley Griffin Carnival – Canberra ACT
AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
AA Junior road championships – Ballarat

International Dates

16-27 July 2025
13-21 Sep 2025
4-9 Aug 2026
30 Oct-15 Nov 2026

World University Games – Bochum, GER
20th World Athletics Championships – Tokyo, JPN
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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