



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 7

- 2026 Race Season summary
- Membership, Uniform & Race fees
- ** VACANCY – Club Treasurer

*Brasilia 2026:

Full entry lists for all races published

See Page 6

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

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

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

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

Roles we will need include:

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

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

LBG CANBERRA CARNIVAL 2026

VOLUNTEERS COORDINATOR

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

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

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

Stu Cooper

WALKER OF THE WEEK

It was a quiet week across the country, with only one walks competition coming to my attention. Happily, that was sufficient to provide worthy WOTW candidates.

Congratulations to **Milly Sharpe** and **Koby Irvine (QLD)**, who took advantage of the Mid-week Shield meet at QSAC last Wednesday to post big 5000m PBs. Milly bested hers by a whopping 59 secs to clock **23:40.64**, while Koby's 40 sec improvement saw him post a new time of **23:25.79**.

With the national U20 5000m championships already having been held in January, that concludes 2025-26 track competition for our U20s. Milly and Koby and their peers will now turn their attention to the upcoming road season, and with their improved speed we await their results. Well done!



CLUB NEWS and RESULTS

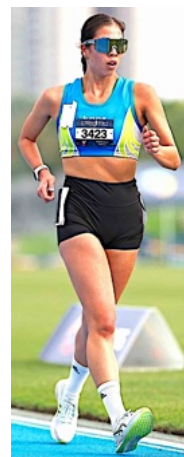
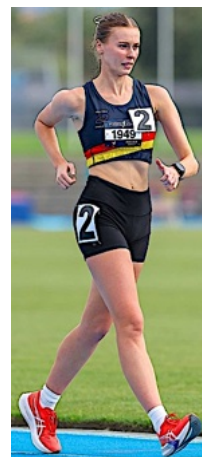
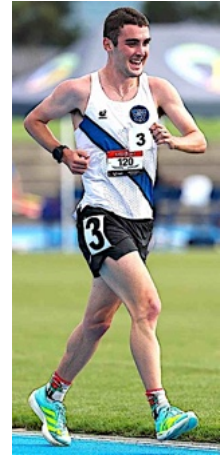
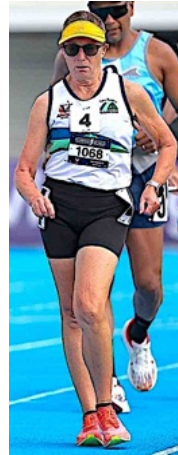
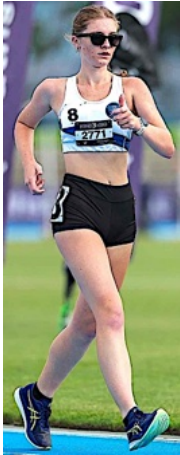
***HAVE YOU REGISTERED FOR 2026 YET?**

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



AV Championships

There wasn't time to include a gallery in last week's *AV Open, U20 and Overage championships* report, but they were worth waiting for. Credit to AV's publicity photographer who posted these on their Facebook page.



*ACTION MODELS

Matilda, Danny, Grace, Kim, Chris, Bec, Marcus, Rhydian, Lily, Jade, Maddison, Emily, Carolyn, Ariana, Andrew



AROUND THE COUNTRY

NEW SOUTH WALES ANSW Junior, Open & LANSW T&F c'ships, 12-22 March – SOPAC, Sydney

On the subject of picture galleries, ANSW's Facebook page provided the following selection of action images from their State *Junior, Open & LANSW* T&F championships. (With a singlet swap, Jack and Callum could be interchangeable ...)



***ACTION MODELS**
Lilah, Callum, Liam, Ashleigh, Tyler, Laelia, Ana, Chelsea, Joel, Alexander, Sienna, Jack

QUEENSLAND QA meeting results, 25 March – QSAC, Brisbane

Queensland Athletics held a midweek meeting last Wednesday night, with a 5000m walk on the program. Thanks to **Robyn Wales** for the results.

Women 5000m		
1 Milly Sharpe	Gladstone	23:40.64 PB 0:59
2 Phoebe Chadwick	QRWC	26:28.69
3 Bethany Moore-Kirkland	Darling Downs	26:37.30
4 Eliza Kelly	QRWC	28:03.62
Men 5000m		
1 Noah Cooke	QRWC	22:42.29
2 Koby Irvine	Bundaberg	23:25.79 PB 0:40



INTERNATIONAL NEWS

FRANCE: Tout Deauville Marche, 29 March – Deauville

With the coming of spring, races in France are starting to bloom like roses. **Emmanuel Tardi** reports on a new one on the windy English Channel coast:

This Sunday I was in Deauville at the seaside, 200km to the west of Paris, for a new event. I was one of the racewalking judges.

The main organizer was Martial Fesselier (4 times Olympian ... 1984-1988-1992-1996) who had also organized the 1999 World Cup in Mezidon.

The loop was 1km long including 300m on the track of the stadium. The road was flat, and the temperature was perfect (around 12-15°C).

The 10k and half marathon started at 10:20am. Organizers were expecting a big field for the half marathon, but there were only a few starters and the big field was in the 10k.

Clemence Beretta, our best woman racewalker, produced a very strong 43'29" on the 10k. **Florent Beauval** led for the first half of the race but he was caught by Clemence after the halfway. Junior **Clément Rabreau** finished 2nd, but it was just a good training before World championship in Brazil.

In the half marathon, **Kilian Lebreton** and **Dimitri Durand** walked together until kilometre 6 when Dimitri stopped, letting Kilian winning easily. **Maele Bire Heslouis** easily won the women's race.

5km Hommes

1	AUDOUIN Hector	CAM/10	Pont-Audemer Ac	25'21"
2	BELLOUARD Pierre	CAM/10	Asptt Rouen	25'32"
3	MANIER Paulin	CAM/10	Pont-Audemer Ac	28'32"
4	FOUCHARD Johnny	M3M/76	Am Carentan	29'23"

5km Femmes

1	MOTIR Agathe	ESF/05	Caen Athletic Club	26'21"
2	COUSIN Garance	CAF/10	Stade Saint-Lo	28'04"
3	FOUCHARD Anaëlle	CAF/09	Am Carentan	29'23"
4	LE RAY Charlyne	JUF/07	Evreux Ac	29'30"
5	SCHLOSSER Alice	CAF/09	Pont-Audemer Ac	29'59"
6	JOLIVEAU Lisa	CAF/10	Evreux Ac	31'02"
7	Anonyme	CAF/09	Evreux Ac	31'14"
8	BELLOUARD Manuela	M2F/80	Asptt Rouen	32'25"
9	RABREAU Estelle	M2F/78	Val-De-Reuil Ac	37'27"
10	BUAILLON Louise	CAF/10	Ca Lisieux	37'28"

10km Hommes

1	BEAVAL Florent	SEM/00	Stade Sottevillais	43'37"
2	RABREAU Clement	JUM/07	Val-De-Reuil Ac	45'03"
3	PICARD Nicolas	M2M/80	As Tourlaville	46'00"
4	FOUGERON Pierre Ale.	SEM/03	Ec Orleans Cjf	46'40"
5	MONAYAJO Shamseddine	SEM/99	Ea Cergy	46'53"
6	KOWALCZYK Hugo	SEM/03	As Marck	48'03"
7	FESSELIER Fabian	SEM/94	Caen Athletic Club	48'56"
8	COIS Steeve	M0M/89	Asc Le Havre	51'05"
9	AVICE Manuel	M2M/80	Ac Barentin	53'30"
10	POUCHAIN Thomas	M0M/89	Ca Cauchois	53'42"
11	BODROS Gaetan	M6M/60	Ac Chateau Thierry	56'59"
12	LE GUELTE Antoine	JUM/08	Estuaire De La Dive	57'05"
13	GALDEANO Nicolas	M5M/66	Les Mureaux Val de Seine	57'22"
14	BECQUERELLE Maxime	SEM/92	Stade Dieppois	58'53"
15	BABOIN Michel	M7M/56	Saran Loiret Athletic Club	1h00'43"
16	BELLANGER Stephane	M6M/61	Caen Athletic Club	1h03'18"
17	LEFORESTIER Pierre	M5M/66	Amicale Yvetot Athletisme	1h06'41"
18	CARBONIERE Jean-Marc	M5M/64	Stade Saint-Lo	1h11'43"
	GUICHOUX Stéphane		Le Havre Ac	DQ
	BEGON Gilles		Ca Lisieux	DQ

10km Femmes

1	BERETTA Clemence	SEF/97	Avec Remiremont	43'29"
2	HANNOT Juliette	ESF/06	As Tourlaville	49'53"
3	PESLERBE Bertille	SEF/98	Ea Pays De Broceliande	50'30"
4	FENOUILLERE Clea	JUF/07	Ba Coutances	51'02"

5	CALAS Anouk	JUF/07	Eba	51'05"
6	FAUCON Thais	ESF/04	Stade Saint-Lo	52'45"
7	FRANCHIN Celia	M0F/87	Vernouillet Athlé	56'05"
8	ERBELDING Louane	JUF/08	Ca Mayenne	56'10"
9	CERON Lili	CAF/09	Rs St Cyr/loire	57'11"
10	HOUSSAYE Roxane	ESF/05	Sco Sm Marseille	57'26"
11	LHERITIER Amelie	M1F/84	Asptt Rouen	57'40"
12	Anonyme	SEF/01	Ea Cergy	57'51"
13	CANU Manon	ESF/06	Caen Athletic Club	59'18"
14	PEUGEOT Angelique	M2F/81	Val-De-Reuil Ac	1h05'26"
15	NONNON Zoe	M6F/58	Stade Saint-Lo	1h11'39"
16	JOURDAIN Severine	M2F/78	Lc Bretteville Sur Odon	1h13'22"
	FENOUILLERE Thais		Ba Coutances	DQ

Semi-Marathon Hommes

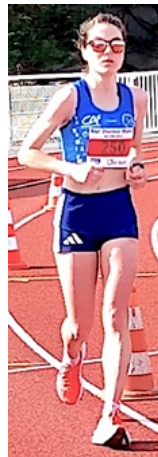
1	LEBRETON Kilian	SEM/00	Ta Rennes	1h29'39"
2	GAUDRE Martin	ESM/04	Efs Reims	1h38'54"
3	GERBAUD BLIN Pierre	SEM/95		1h52'52"
4	DEBASLY Benoit	M3M/73	Caen Athletic Club	2h02'19"
	DURAND Dimitri		Ta Rennes	DNF

Semi-Maraton Femmes

1	BIRE-HESLOUIS Maele	SEF/02	Stade Saint-Lo	1h41'34"
2	HEUGHEBAERT Elsa	SEF/03	Ca Lisieux	2h29'12"



Half Marathon winners
Lebreton ...



... and Bire-Heslouis



10km podium ... Beretta standing tall.



The Channel in March isn't exactly Nice in July!

(Photos: Emmanuel Tardi)

ENTRY LISTS PUBLISHED FOR CAIXA WORLD ATHLETICS RACE WALKING TEAM CHAMPIONSHIPS

(reprinted from Marcia dal Mondo news – 27 March)

Entry lists have been published for the **Caixa World Athletics Race Walking Team Championships Brasilia 26**, with 333 athletes from 40 countries set to compete in the Brazilian capital on 12 April.

The competition will feature 114 women and 140 men competing in the new standard senior race walking distances – half marathon and marathon – for the first time at a World Athletics Series event. Meanwhile, 39 women and 40 men will compete in the U20 races over 10km.

The men's half marathon entries are led by world 20km champion Caio Bonfim, who headlines the host nation's team. Competing on home roads in Brasília, he will take on Canada's world 35km champion **Evan Dunfee** and two-time world champion **Toshikazu Yamanishi** of Japan, as well as the top three from the 20km at the last edition of these championships – Sweden's multiple world medallist **Perseus Karlström**, Spain's world bronze medallist **Paul McGrath** and his compatriot **Diego García Carrera**.

The men's marathon field is also packed with global medallists. Italy's 2021 Olympic 20km champion and 35km world record-holder **Massimo Stano** lines up alongside Japan's world 35km bronze medallist **Hayato Katsuki** and multiple German record-holder **Christopher Linke**.

In the women's half marathon, Peru's 2022 double world champion **Kimberly García** leads the entries. She will face Poland's **Katarzyna Zdziebło**, who claimed world silver at both distances behind Garcia in 2022, and Spanish champion **Antia Chamosa**.

The women's marathon features Ecuador's world 35km bronze medallist **Paula Torres**, Italy's 2019 world bronze medallist **Eleonora Giorgi** and Brazil's South American 20km champion **Viviane Lyra**, another one of the host nation's medal hopes.

Two athletes – Venezuela's **Pedro Marquez Pereira** and Italy's **Nicole Colombi** – have been entered in both senior events and will decide closer to the time which distance to contest.

The championships will be held in the Brazilian capital, marking the first time the event has taken place in South America and the Southern Hemisphere.

From World Athletics website

*See the **full entry lists** at:

<https://marciadalmondo.com/wp-content/uploads/2026/03/Caixa-World-Athletics-Race-Walking-Team-Championships-Brasilia-26-Entry-List.pdf>

- 29 March 2026 - **Half Marathon Walking Hungarian Gala in Békéscsaba.**
<https://marciadalmondo.com/results/2026/hungarian-half-marathon-race-walking-championships-bekescsaba-hun/>



Nothing like a Half-Marathon on a cold Hungarian morning to Magyar feel good (Photo: Dinya Magdolna, beol.hu)

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 30, 2026 - **EMACI Toruñ 2026: Men's 3000m M35 to M70 (results)**
<https://omarchador.blogspot.com/2026/03/emaci-torun-2026-3000-m-masculinos-m35.html>
- Sunday, March 29, 2026 - **EMACI Toruñ 2026: Women's 3000m W35 to W60 (results)**
<https://omarchador.blogspot.com/2026/03/emaci-torun-2026-3000-m-femininos-w35.html>
- Sunday, March 29, 2026 - **Colombian Under-18 Track and Field Championships – Ibagué-Tolima 2026 (results)**
<https://omarchador.blogspot.com/2026/03/campeonatos-da-colombia-sub-18-em-pista.html>
- Saturday, March 28, 2026 - **EMACI Toruñ 2026: Men's 3,000m M75 and M80+ (results)**
<https://omarchador.blogspot.com/2026/03/emaci-torun-2026-3000-m-masculinos-m75.html>
- Saturday, March 28, 2026 - **EMACI Toruñ 2026: Women's 3,000m W65 and W70+ (results)**
<https://omarchador.blogspot.com/2026/03/emaci-torun-2026-3000-m-femininos-w65-e.html>
- Friday, March 27, 2026 - **1-hour walk in Ivry-sur-Seine, France (results)** <https://omarchador.blogspot.com/2026/03/1-hora-marcha-em-ivry-sur-seine-franca.html>
- Thursday, March 26, 2026 - **Portugal's team for the World Race Walking Championships – Brasília 2026**
<https://omarchador.blogspot.com/2026/03/selecao-de-portugal-para-o-mundial-de.html>
- Wednesday, March 25, 2026 - **Erick Barrondo and Yaquelin Teletor win at the Summer Tournament in Guatemala (2026)** <https://omarchador.blogspot.com/2026/03/erick-barrondo-e-yaquelin-teletor.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 **

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2026:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

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

Family membership: \$50.00

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

***Inner metro** and **outside ring metro** members pay full fees.

(The **outside ring** of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington.)

***Country members** ... pay **50%** of the annual fee.

Municipalities/districts beyond the outside ring are considered country areas.

To re-register – or to register for the first time – go to <https://www.revolutionise.com.au/vrwc/registration>

** VRWC RACE FEES

Seasons ticket 12 months: Financial members: \$150.00 paid by the **end of May**.

VRWC Club Races: Race fee: \$15.00.

VRWC Championships: Race fee: \$15.00

Season's ticket: All VRWC races only ... **not** Little Athletics, AV, VMA or RWA.

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

VRWC Committee

****Vacancy – Club Treasurer**

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) ASAP.



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

APRIL

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

MAY

Saturday 2nd May VRWC Points races Middle Park

Saturday 9th May VRWC Points races Middle Park

Saturday 16th May VRWC Points races Middle Park

Saturday 16th May Coaching seminar for parents, athletes and coaches Middle Park

Sunday 24th May AV, AV SCHOOLS & VRWC CHAMPIONSHIPS Middle Park

Saturday 30th May VRWC Points races Middle Park

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

Saturday & Sunday 6/7 June

Stromlo Forest Park, Canberra

Hosted by the ACT Race & Fitness Walking Club Inc.

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

JUNE

Sat/Sun 6th/7th June RWA 59th Annual Lake Burley Griffin Carnival, Canberra

Saturday 13th June VRWC events. & LA Vic Championships, Middle Park

Saturday 13th June Judging course and Coaching seminar Middle Park

Saturday 20th June VRWC Points races Middle Park

Saturday 27th June VRWC Points races & Prize Day Middle Park

JULY

Saturday 4th July Racewalking Australia Postal Challenge event & VMA 10km C'ship Middle Park

Saturday 11th July VRWC Points races Middle Park

Saturday 18th July VRWC Points races and Interval races Middle Park

Sunday 26th July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

AUGUST

Saturday 1st August VRWC Points races Middle Park

Saturday 8th August AV Championship & VRWC Championships & events Middle Park

Saturday 15th August VRWC **Last points race** Middle Park

Sunday 23rd August
Saturday 29th August

AA JUNIOR CHAMPIONSHIPS
VRWC non points race day

Ballarat
Middle Park

September

Saturday 5th September
Sunday 13th September

AV 5km teams, VMA 5km track c'ship & VRWC events
VRWC relay race and [Seasons Presentations](#)

Mentone Track
Middle Park

Victorian & National Key Dates – 2025/2026

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

International Dates

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

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Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au