



HEEL & TOE Online

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



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Issue #22, post-LBG

As I will be returning from Canberra next Tuesday following the LBG Carnival, it's unlikely that the next issue of H&T will be ready before Wednesday or even Thursday. Club members should therefore take note of the information below regarding the **LAVic road championships**, coaching/judging education sessions, and club events to be held on Saturday 13 June. Thanks.

Stu

***H&T Notice Board – Page**

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

****WALKER OF THE WEEK****

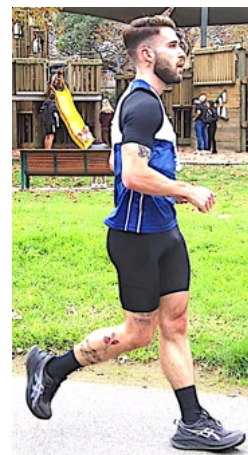
A PB time by 44 secs of 19:05 over 4km, added to a previous sizeable improvement at 5km, earns **Jordan Galbraith (VIC)** this week's WOTW award.

Jordan is in his second VRWC road season and is tapping into a vein of speed to go with the endurance that saw him stretch out to 8km for the first time three weeks ago. Strongly built and with a sound technique, he is well equipped to perform at a high level over distances from 5km to 10km, depending on his goals.

It's interesting that, following a successful run of years as a junior up until 2017, Jordan disappeared from the walking scene for eight years and has only now returned on a consistent basis. Obviously he hasn't let his fitness go to seed. He is enjoying his return and it's hoped he intends to keep at it and cut his times further. Well done, Jordan!

***Honourable mentions**

- **Cooper Rech (SA)** – although he'd have done faster while setting his best 10km time last year, Cooper's 41:27 for 8km in Adelaide was a 2:21PB ... always a margin worth commending.
- **Jonathan Ho (VIC)** – achieved a 31 sec PB for 4km, already earning rewards for his return to regular racing.
- **Sam Hucker (TAS)** – a big improver by 26 secs over 3km in TRWC competition in Hobart.





CLUB NEWS and RESULTS

VOLUNTEERS STILL NEEDED FOR CANBERRA!

*Lap scoring

Thank you to Sandra Schultze (Ella's mum), Jackie Fowler and Mel di Benedetto who have kindly volunteered for lap scoring duties. We still have two blank spaces for this task (both in Session 1 from 7.30 to 11.30am, when the Marathon walk is on.) I can step in at 9.30 for this session but I'll be on the drinks table for the first two hours. So if anyone can do the 'brrrrr' shift from 7.30 to 9.30 that would be wonderful.

Sandra, Jackie and Mel would like to be excused during their children's races so that they can support them, then resume afterwards. Therefore, if anyone can step in for them in their brief absence that would be much appreciated.

*Call room

This involves assembling competitors for upcoming races, checking off names and escorting them to the start line when called. We have **nobody** for this job yet, in any session.

*Red card bike rider

We are rostered for the first afternoon session (12.50 – 2.00) for this job. If you are confident on a bike, please consider taking it on.

*Saturday set-up (2.00-3.30)

1 to 3 people needed

*Sunday pack-up (4.00 to completion)

1 to 3 people needed

If you can assist, please email me or call on 0421 470 949.

Stu



- ***VRWC ENTERS 22 FOR CANBERRA** - Our squad of walkers for the LBG carnival is now finalised. Leading the Vics' charge will be **Rhydian Cowley** who will be defending his Australian Marathon walk title. Rhyd will not pass up any chance to crack the 3:19.58 he set in December on the same course, particularly as a number of overseas entrants will line up as well. While having no competitors in some events and unable to field full teams in others, our presence in the Girls U14 2km is strong and some of our individuals and pairs could surprise on the Stromlo Park circuit.

Event	Time	Race	VRWC entries
1	7.30am	Men Open Marathon AA c'ship	Rhydian Cowley
3	7.30am	Men Open Half Marathon	Alejandro Stephens
4	7.30am	Women Open Half Marathon	Kate Siviour
6	11.30am	Women U20 10km	Ariana Pashutina
9	1.00pm	Boys U10 1km	Bowie Clarke
10	1.00pm	Girls U10 1km	Cory Lewis, Taylah Bremner
11	1.15pm	Boys U12 2km	Bowie Clarke
12	1.15pm	Girls U12 2km	Aria di Benedetto, Daisy Hooper
14	1.40pm	Girls U14 2km	Harper de Sachau, Harper O'Toole, Anna Dubar, Ava Jacobson, Ella Harris, Abby Fowler, Alaska Bremner
15	2.00pm	Boys U16 3km	Tate McQueen
16	2.00pm	Girls U16 3km	Ella Harris, Kobe Lewis
21	3.20pm	Men Open 5km	Shaun Lewis
22	3.20pm	Women Open 5km	Emily Smith, Jade Chitty, Ariana Pashutina

This year, the **Teams competition** requires clubs to nominate teams in advance. Clubs can enter teams in either pairs or threes, depending on their entry number. The formula is as follows:

- If you have minimum of two and maximum of three athletes entered into a race, that is the team. You don't need to name a team.
- If you have more than three entries for an event, that's when you are required to identify and name the athletes for each team.
- If you have four athletes entered, you can name two teams of two.
- Five athletes form a team of three and a team of two.
- Six athletes can form two teams of three or three teams of two etc.

For us, actual team selection concerns only the Girls U14 who have 7 entries. Mark will make those selections and submit them with the handicaps.

While factors such as increased travel costs, injury and a heavy international racing calendar have impacted our Club's entry this year, the VRWC colours will still fly proudly and we wish all of our attending members a most enjoyable and rewarding day of racing.

- Luck doesn't seem to have had much time for **Di Lowden** lately ... at least, on the health front. After a recent but thankfully short stint in hospital, Di, who had just returned from the torrid climes of Darwin where she judged at the Oceania championships, took a tumble on a tram and fell heavily enough to cause her considerable pain (again thankfully, no fractures), thus preventing her from judging at Middle Park on Saturday.

It's indeed gratifying, therefore, to be able to report on Di's latest accolade – a Merit award presented by Oceania Athletics for her years of service.

The citation reads:

Diane Lowden (Australia)

Australian official Diane Lowden was recognised for a lifetime of service to athletics, particularly in the discipline of race walking.

Widely respected for her expertise and integrity, Lowden has officiated at major international competitions including the Olympic Games, Paralympic Games, Commonwealth Games and World Championships. Across Oceania, she has been a familiar and trusted presence at championships for decades.

Beyond her officiating roles, Lowden has made a significant contribution to the education and mentoring of officials, helping develop future generations of race walk judges and technical officials throughout the sport.

Another thoroughly deserved award, Di. Congratulations from everyone at the VRWC.



Di receives her badge



With fellow recipients Elias M Rangamar (North Marianas Is.) and Raylene Bates MNZM

(Photos: Oceania Athletics)

****Coming up at Middle Park ...***

After the long weekend, we return to our home base on **Saturday 13 June** for the **Little Athletics Victoria Road Walk championships**.

*Please note that entries for these championships close on **Tuesday 9 June** at 11.00am at <https://lavic.com.au/event/2026-state-race-walk-road-championships/>. No late entries can be accepted.

The racing will be preceded by three education sessions:

12.00pm: Coaching clinic: Coaching information session coaches ... the session is for coaches to discuss issues connected with coaching athletes. (30 min – Mark Donahoo)

12.00pm: Judging clinic: Introductory session for those who would like to begin judging racewalking. (45min – Stu Cooper)

12.30pm: Coaching clinic: Coaching session for athletes: how to racewalk, understanding judges and the warnings given. (45 min – Mark Donahoo)

****Club races***

1.00pm **5km** VRWC non-points Open

1.00pm **2km** VRWC non-points Open

Enter by no later than Friday 12 June at 6.00pm, at <https://www.revolutionise.com.au/vrwc/events/361968>

****Little Athletics Victoria Road walk Championships***

1.45pm	1km	LAVic Championship	U9 Boys
1.47pm	1km	LAVic Championship	U9 Girls
2.00pm	1.5km	LAVic Championship	U10 Boys
2.02pm	1.5km	LAVic Championship	U10 Girls
2.20pm	1.5km	LAVic Championship	U11 Boys
2.22pm	1.5km	LAVic Championship	U11 Girls
2.40pm	2km	LAVic Championship	U12 Boys/Girls
3.00pm	2km	LAVic Championship	U13 Boys/Girls
3.00pm	2km	LAVic Championship	U14 Boys/Girls
3.20pm	3km	LAVic Championship	U17 Boys/Girls
3.20pm	3km	LAVic Championship	U16 Boys/Girls
3.20pm	3km	LAVic Championship	U15 Boys/Girls

Presentations for all LAVic events will be held shortly after each race finishes.

NEW MEMBERS – The big boost in sign-ups we had leading up to 28 April has been boosted further with 9 more. The VRWC bids a warm welcome to the following recruits and wishes them successful racing and happy socialising.

Harper de Sachau	Under 16
Harper O’Toole	Under 16
Louis Cai	Under 16
Ava Jacobson	Under 16
Harmony Chengeta	Under 16
Holli Burrell	Under 16
John Lyons	Open/Masters
Eden Patten	Under 16
Bethany Franzke	Under 16

VRWC Club points results, 30 May – Middle Park



A total of 34 walkers – not bad considering the clash with the LAVic cross country relays – faced the starter on the final Saturday of autumn. **Jordan Galbraith** had the best result on the day with a 44 sec PB over 4km. He was joined by **Jonathan Ho, Arthur Robinson** and **Kobe Lewis** on the 4km improvers’ list, and by **Havana Ali** who posted her first time over the distance for 2nd place.

Terry and **Karyn O’Neill**, Centurions both, will never cease flying the flag for the longest event (8km in this case) on the program, while **Carolyn Rosenbrock**, fresh from her longest one (the Half marathon) last week, backed up pretty well over 6km. Meanwhile, it was **Donna-Marie Elms** who took the handicap ‘chocolates’ with her time of **41:34** in the 60+ age category.

Being back to regular racing seems to be agreeing with **Ella Harris** who was the biggest 2km improver, her 13 sec PB a good follow up from a hard Schools race last week. **Fletcher Reid** will surely go sub-10:00 before long while **Cory Lewis** showed strong finishing technique for her own PB. **Fletcher Walter** clocked a pleasing **11:15** on debut over the distance.

Erlyn Singh rarely races over 1km these days, so it’s not surprising that her PB time of **5:15** was a substantial one. Also impressive was tiny **Louis Cai** who had his first-ever race two weeks ago and shows that he’s getting to grips with the technique very quickly, improving by 31 secs on that first-up effort.

8km Open

1 Terry O’Neill	M60+M	52:57
1 Karyn O’Neill	M60+F	57:30

4km Open

1 Jordan Galbraith	OpM	19:05	PB 0:44
2 Jonathan Ho	OpM	21:01	PB 0:31
3 Arthur Robinson	U18M	26:11	PB 0:23
.. Robert Gardiner	M60+M	DNF	
1 Mya McClure	U16F	20:02	
2 Havana Ali	U16F	22:44	First 4km

6km Open

1 Carolyn Rosenbrock	M60+F	37:53
2 Donna-Marie Elms	M60+F	41:34

2km Open

1 Fletcher Reid	U12M	10:04	PB 0:12
2 Fletcher Walters	U12M	11:15	First 2km
3 Bowie Clarke	U10M	12:32	
1 Grace Louey	OpF	10:38	
2 Ella Harris	U14F	10:48	PB 0:13
3 Emily Smith	U20F	10:59	
4 Aria Di Benedetto	U12F	11:13	

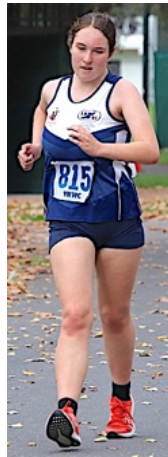
3 Kobe Lewis U14F 25:35 PB 0:11
 4 Caitlyn Shipham U14F 25:40
 5 Aangi Shah U18F 26:26
 6 Heather Carr M60+F 29:54

5 Georgia Walters U12F 11:21
 6 Erin Reid M40+F 11:55
 7 Abby Fowler U12F 12:47
 8 Harper de Sachau U12F 13:14 First 2km
 9 Cory Lewis U10F 13:45 PB 0:06
 10 Anna Wallace M40+F 14:17
 11 Marilyn Reynolds M40+F 14:46

1km Open

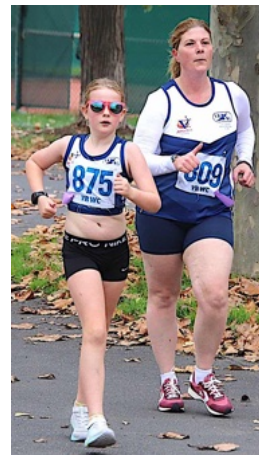
1 Ryder Reid U10M 5:30
 2 Aidan Mortimer U10M 7:58 First 1km
 3 Louis Cai U10M 9:54 PB 0:31
 .. Tex Reid U10M DQ

1 Erlyn Singh U14F 5:15 PB 0:21
 2 Emilie Garside OpF 6:19



***Handicaps**

Anna Wallace	F	M40+	1	Mya McClure	F	U16	1
Erin Reid	F	M40+	2	Havana Ali	F	U16	2
Donna-Marie Elms	F	M60+	1	Aangi Shah	F	U18	1
Karyn O'Neill	F	M60+	2	Emily Smith	F	U20	1
Marilyn Reynolds	F	M60+	3	Terry O'Neill	M	M60+	1
Heather Carr	F	M60+	4	Robert Gardiner	M	M60+	DNF
Carolyn Rosenbrock	F	M60+	5	Jordan Galbraith	M	Op	1
Grace Louey	F	Op	1	Jonathan Ho	M	Op	2
Emilie Garside	F	Op	2	Bowie Clarke	M	U10	1
Cory Lewis	F	U10	1	Louis Cai	M	U10	2
Abby Fowler	F	U12	1	Ryder Reid	M	U10	3
Aria Di Benedetto	F	U12	2	Tex Reid	M	U10	DQ
Harper de Sachau	F	U12	3	Fletcher Walters	M	U12	1
Georgia Walters	F	U12	4	Fletcher Reid	M	U12	2
Ella Harris	F	U14	1	Arthur Robinson	M	U18	1
Kobe Lewis	F	U14	2				
Caitlyn Shipham	F	U14	3				
Erlyn Singh	F	U14	4				



***This week's action models**

Emily, Anna, Donna-Marie, Jordan, Harper, Grace, Louis, Mya, Tex, Kobe, Terry, Aidan, Georgia, Jonathan, Cory, Bowie, Aangi, Caitlyn



Happy birthday, coach!

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

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

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Mark Donahoo
Timekeeper	Ian Laurie, Kevin Cassidy
Recorders	Bill Carr, Kris Shipham, Jackie Fowler, Melinda De Benedetto, John Lyons
Judges:	Stu Cooper (Chief), Gordon Loughnan, Kathleen Marsh, Bec Lewis, David Cash, Brenda Felton
Set up, Pack up:	Stu Cooper, Bob Gardiner, Ian Laurie, Tim Erickson, Bill Carr
Photos	Therese Smith (see more of Therese's work at https://www.facebook.com/media/set/?set=oa.979551608161908&type=3)
Canteen	Donna Marie Elms
Walkers:	34

This weekend:

Canberra!

***PRESENTATION GALLERY – AV, VMA, VRWC CHAMPIONSHIPS, Sunday 24 May**

Space did not permit the inclusion of the Presentation photos in last week's issue, but the results were worth the week's delay. Thanks again to **Therese Smith** for these and the huge action gallery on the Facebook page.



**AV Women Half Marathon*



**AV Men Half Marathon (minus Will)*



VMA & VRWC Masters Half Marathon



**VRWC U12 1.5km*



**VRWC Half Marathon 'Elsie' in Bec's care ... again.*



**AV Schools U16 3km (with their coach)*



**AV Schools U16 3km*



**AV Schools U14 3km*



**AV Schools U14 3km*



**VRWC Half Marathon
(Two of the club's top-level 50km men reminiscing?)*



**AV Schools U18 5km*



**VRWC U10 1km champions (minus Daisy, but with Jemima)*



AROUND THE COUNTRY

***IN MEMORIAM: Laura Johnson 1984 - 2026**

Frank Overton has passed on to me the news of the untimely passing of national junior champion **Laura Johnson**, at age 42.

Laura was an alumnus of the Penrith Valley Athletics Centre, who posted this fine tribute to her. We reprint it here for those who knew, loved and remember this wonderful athlete and remarkable woman.

The VRWC joins with Laura's NSW athletic associates in offering our condolences to her family, friends and loved ones.

The Penrith Valley Athletics Centre community is saddened to hear of the passing of former Penrith athlete, Laura Johnson.

Beginning her athletics journey as a child at Penrith Athletics Centre Laura quickly established herself as one of Australia's most promising race walkers. She proudly represented Australia on the world stage three times, competing at:

- 2000 World Junior Championships – Santiago, Chile
- 2001 World Youth Championships – Debrecen, Hungary
- 2002 World Junior Championships – Kingston, Jamaica

As a teenager Laura finished an incredible 10th in the world in the 10,000m Walk at the 2000 World Junior Championships in Chile, before again placing 10th in the world at the 2002 World Junior Championships in Jamaica.

One of the most remarkable examples of Laura's toughness came in 2001 when she represented Australia at the World Youth Championships in Hungary while battling chicken pox. Despite being unwell, she stepped onto the international stage and competed for her country – a true reflection of the strength, determination and resilience that defined both her athletics career and her life.

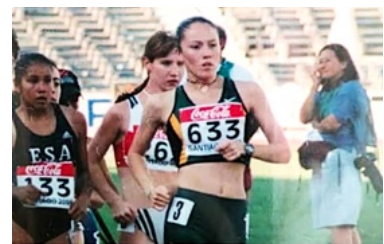
Nationally, Laura enjoyed tremendous success, claiming multiple Australian Championship Gold medals throughout her career, including:

- Australian Junior Champion – 5km Walk (2000/01)
 - Australian Junior Champion – 10km Walk (2002)
 - Australian Junior Champion – 10km Walk (2002/03)
- and multiple Australian Championship silver and bronze medals across junior, Under 23 and senior competition competing in the 20km events.

One of Laura's most enduring achievements was holding the NSW Under 20 State Record for the 10,000m Race Walk with a time of 48:02.78 – a record that stood for an incredible 21 years before finally being broken in 2022.

Laura's athletics career was built on hard work, perseverance and an unwavering commitment to excellence. She inspired countless athletes through her achievements, but even more through the way she carried herself – with courage, humility and determination.

While Laura's achievements on the track were extraordinary, her connection to our club extends far beyond her own athletics career. Today, her family remains a valued part of the PVAC community, with her nieces and nephews continuing her legacy each week as they proudly wear our club colours and Laura often spotted down at the track on a Friday night or over Zone



Laura's story is one of determination, resilience and excellence. The same strength that saw her reach the highest levels of athletics was evident throughout her long and courageous battle with cancer. Laura leaves behind a legacy far greater than medals and records – one of strength, resilience, kindness and inspiration

On behalf of everyone at PVAC, we extend our deepest condolences to Laura's family, friends and all those who had the privilege of knowing her.

Her achievements will always be remembered, her legacy will continue through the next generation of athletes, and her place in the history of athletics in Penrith will never be forgotten.

Rest peacefully, Laura.



Thanks to **Frank Overton** who sent through the results from these championships.

Title #9 for Jack McGinniskin at the NSW Team Race Walking Championships

By **David Tarbotton** (*NSW Athletics news* – 31 May)

On a beautiful morning at the Armory in Newington in Sydney, Mingara's **Jack McGinniskin** continued his dominance of the NSW Winter race walking championships, while in the women's it was an all-World Juniors podium led home by **Chelsea Roberts**. They were competing in the second NSW Athletics winter race walking championship of the year – the Team Walks.

MEN Open 10km Walk

Until the later stages of the 10km race, conducted on a 1km loop, race favourite **Jack McGinniskin** and junior winner **Joel Byatt** worked together. Towards the end McGinniskin asserted his authority as he put a gap between himself and Byatt, to come home with yet another victory in a time of 44:23. 17-year-old **Christopher Nilon**, who had just recently returned from the Oceania Championships in Darwin, claimed the silver medal in a time of 53:18.0, with **Brendan Popischil**, a part time NSW Athletics Technical Official, was third with a time of 53:51.0.

"The time was pretty average if I'm being honest," said McGinniskin. "But it's probably the best I've felt this year so far, so pretty happy with it."

Since moving into the senior ranks in 2022, McGinniskin has completely dominated the five years of our winter race walking program. Today's win was his ninth in total and sixth consecutive. McGinniskin now turns his attention to a national championship in Canberra next weekend.

"I'm racing the half marathon and then the five kilometre in the afternoon"

WOMEN Open 10km Walk

In the women's race, 2024 World Junior competitor **Chelsea Roberts** took an early lead from 2026 World Junior Championships bound duo **Zoe Woods** and **Sophie Polkinghorne**. Roberts gradually extended her lead to 57 seconds by the finishing tape in a time of 49:25. Late in the race, Woods put a gap on her Oregon-bound teammate Polkinghorne, finishing in a time of 50:22.0 with Polkinghorne third in 51:51.0.

"I wasn't really focusing on the time today, it was more just a test before next week," said Roberts, referring to the Australian Half Marathon Championship in Canberra.

As she graduates to senior competition, the 19-year-old is in those challenging transition years. Next week will be her longest race of her career as she moves from the 10km event to the 21.2km race.

"I'm just getting used to the longer distance," said the second year Exercise and Sport Science student at Sydney University.

No surprise that today Zoe Woods and Sophie Polkinghorne were racing with an eye towards the World U20 Championships in seven weeks. Both are next week heading north to warmer weather for training camps.

Woods raced today after an extended warmup. "It was pretty good today. It was mostly just part of my training block so I did a quick five (kilometres) before it (the race). I wasn't really planning on going that quick, but the pace started out and I just like kept consistent and kept going. I'm pretty happy with it as I felt comfortable."

Sophie Polkinghorne was just back from Darwin where she won had won a medal at the Oceania Championships.

Women Open 10km.

1. Chelsea Roberts 49:25
2. Zoe Woods 50:22
3. Sophie Polkinghorne 51:51
4. Laelia Byatt 55:03
5. Emily Challinor 1:28:10

Girls 13s 2km.

1. Avia Luketic 9:01
2. Kira Ekers 10:50
3. Felicity Rudd 11:04
4. Grace Fleming 11:20
5. Chloe Farrugia 12:39
6. Rose Goska 14:30

Boys 15s 5km.

1. Michael Mathison 24:32
2. Noah Vella 24:48
3. Sagan Jones 27:13
4. Mitchell McCarthy 28:41

Women Under 20 yrs 10km.

1. Lilah Norden 58:12
2. Sarah Challinor 1:26:54

Girls 9s 1km.

1. Isabelle Masik 5:32
2. Chloe Oliveira 6:05

Men 16s 5km.

1. Rhys Chandler 25:58
2. Luke Challinor 44:51

Women Masters 50-54 10km.

1. Nicolle Challinor 1:28:14

Girls 10s 1km.

1. Olivia Coutts 5:00
2. Rhyeiana Barnett-Palmer 5:58
3. Josephine Cunningham 18:47

Boys 12s 2km.

1. Darcy Dennis 9:29
2. Oliver Masik 9:49
3. Rhys Straub 10:19

Girls 14s 5km.

1. Ashleigh Mansell 27:30
2. Hannah Hewitt 29:02
3. Grace Carlton 46:46

Girls 11s 1km.

1. Tahlia Hunt 5:01
2. Nasrin Hewitt 6:08
3. Phoebe De Carvalho 6:15

Boys 13s 2km.

1. Nate Appleyard 9:00
2. Liam Meale ?
3. Hugo Siciliano 11:24
4. William Pratt 11:29

Girls 15s 5km.

1. Miarose Everson 26:36
2. Grace Delander 28:41
3. Erin Cassilles 29:08
4. Madeline Kot 32:50

Men Open 10km.

1. Jack McGinniskin 44:23
2. Christopher Nilon 53:18
3. Brendan Pospischil 53:51

Boys 9s 1km.

1. Carsen Luketic 5:10
2. Emerson Lane 5:53
3. Marcus Sharpe 6:02
4. Leo Vincent 7:48
5. Edward Pratt 8:17

Women 16s 5km.

1. Ashleigh Farrugia 33:10

Men Under 20 yrs 10km.

1. Joel Byatt 44:45
2. Alexander Sinnett 52:50
3. Aiden Pospischil 1:02:42

Boys 10s 1km.

1. Jaiden Chahal 5:05
2. Patrick Yeldham 5:28
3. Dashiell Mansfield 6:10
4. Toby Morton 6:37
5. Ryder Molony 7:12
6. Hudson Coombs 7:40
- ... Oren Smith DQ
- .. Elijah Manalili DQ

Girls 12s 2km.

1. Lilyeve Everson 9:35
2. Stella Wade 10:07
3. Addison Jenkins 11:25
4. Antonia Powter 11:38
5. Veronica Dennett 12:23
6. Emma Oliveira 12:26
7. Chelsea Sharpe 15:22
8. Emily Brennan 15:45
9. Daniela Lukunic 15:45

Boys 14s 5km.

1. Lincoln Moore 27:34
2. Mathias Hutchens 31:21
3. Julian Ciano 32:52
4. Sebastian Hutchens 55:45

Boys 11s 1km.

1. Eric Colgan 4:36
2. Daniel Smart 4:36
3. Raphael Vincent 4:48
4. Archer Lane 5:10
5. Cooper Edwards 5:13
6. Levi Thomas 5:20
7. Gabriel Kattar 5:49
8. Huxley Jones 6:54
9. Ethan Manalili DQ

QUEENSLAND QRWC Handicap #5, Sunday 24 May –Kalinga Park

Thanks to **Joy Dale** for the latest QRWC results.

A Grade 10km**Men:**

- | | |
|---------------------|-------------------|
| (1) Ignacio Jimenez | 52:04 |
| (2) Peter Bennett | 1:07:44 SB |
| (3) David Rapaport | 1:10:17 |

Women:

- | | |
|---------------------|-------------------|
| (1) Elsa Chan | 58:02 |
| (2) Eliza Kelly | 59:36 |
| (3) Brenda Gannon | 1:04:22 SB |
| (4) Phoebe Chadwick | 1:08:43 |
| (5) Joy Dale | 1:24:27 SB |
| (6) Noela McKinven | 1:31:29 SB |

B Grade 5km**Men:**

- | | |
|----------------------|-----------------|
| (1) Leo Ramsay | 29:22 |
| (2) Kai Dale | 34:38 |
| (3) Simon Cartwright | 35:23 SB |

Women:

- | | |
|---------------------|-------|
| (1) Trish Hibbs | 37:25 |
| (2) Claire Chadwick | 46:05 |

C Grade 3km**Women:**

- | | |
|-------------------|-----------------|
| (1) Violet Conway | 17:23 SB |
|-------------------|-----------------|

D Grade 2km**Women:**

- | | |
|--------------------|-------|
| (1) Izzy Blackburn | 13:31 |
| (2) Lilli Chu | 13:34 |

F Grade 1km**Women:**

- | | |
|-----------------------|----------------|
| (1) Cassandra Cohoner | 6:30 SB |
|-----------------------|----------------|

QUEENSLAND Gold Coast Race Walking c'ships, 31 May – Mudgeeraba

Robyn Wales is back from her travels and back to business with her latest report:

Today QRWC held the Gold Coast Road Walking Championships at Mudgeeraba. This event is held as an "age on the day event". Those who impressed were **Koby Irvine** and **Caleb Lee**, with a big PB from **David Rapaport** in his first year of racewalking. It was great to welcome **Angelina Legrand** who is now studying at Griffith University and hopefully we'll see her more often.

Open 10km**Men:**

(1) Ignacio Jimenez	52.57
(2) Peter Bennett	1.04.51
(3) David Rapaport	1.06.45 PB
(f) Paul Lindenberg	1.08.02

Women:

(1) Nyle Sunderland	1.04.38
(2) Joy Dale	1.23.57
(3) Noela McKinven	1.33.56
Visitor: Angelina Legrand	53.41

U20 5km**Men:**

(1) Kai Dale	31.50
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U18 5km**Women:**

(1) Olivia Boulton	27.17
(2) Eliza Kelly	28.59

U16 3km**Men:**

(1) Koby Irvine	13.39
(2) Corey Lockwood	15.44
(3) Leo Ramsay	16.21

U14 2km**Men:**

(1) Caleb Lee	9.57
(2) Lachlan Miers	10.23

Women:

(1) Amelia Chisholm	10.26
(2) Violet Conway	11.41
(3) Izzy Blackburn	12.06

U12 2km**Women:**

(1) Clara Hermus	11.24
(2) Lilli Chu	13.11

U10 1km**Men:**

(1) Yoshua Lee	5.22
(2) Noah Scott	6.46

Women:

(1) Mikayla Lee	6.06
(2) Eliza Park	6.10
(3) Alyssa Miers	6.47

SOUTH AUSTRALIA SARWC Results, 30 May – South Parklands

Cooper Rech reports:

Rain began to fall just after the start of our first races and stopped just after most of the walkers had finished, with beautiful conditions either side of the races. **Amaya** and **Amity Cowling** once again recorded PBs, having a productive start to their first season with us. Fellow first season member **Jack White** walked an impressive first effort over 8km, and **Alex McEwan** managed to just sneak under his 8km PB.

8km

Cooper Rech	41:27 PB 2:21
Sam Findlay	42:49
Jack White	47:41 FT
Mel Grantham	52:56
Marie Maxted	55:11
Peter Crump	57:43
Alex McEwan	1:01:00 PB 0:01
Kristy Templer	1:17:55

2km

Saxon King	12:02
Amaya Cowling	13:47 PB 0:21
Caleb Camilleri	14:10

1.5km

Amity Cowling	9:21 PB 0:23
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3km

Orlando Grantham	20:32
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TASMANIA TRWC results, 31 May – Kingston Park

David Moore reports on the latest Apple Isle action:

A cool still morning for our events at Kingston Park this morning. In the 2km event **Elsie Woodward** led home a healthy field, followed in by **Austin Hucker** in a new PB going under 16 minutes for the first time, stellar improvement from **Sophia Carr** over the last few weeks, leaving both **Dave Moore** and **Sara Leitch** well and truly behind her.

The 3km event saw another very good walk from **Charlotte Dix** to lower her PB for 3km. Accolades also to **Samuel Hucker** for a new PB mark for 3km

1km

1. Grace Hennessey Kingston LA 7:48

2km

1. Elsie Woodward OVA 14:34
 2. Austin Hucker Huon LA 15:59 PB
 3. Dot Susmilch-Leitch Hobart LA 16:31
 4. Gabe Dix Clarence LA 17:25
 5. Sophia Carr Kingston LA 18:42 First 2k
 6. Dave Moore TMA 19:02
 7. Sara Leitch TMA 20:10

3km

1. Charlotte Dix ESAC 18:46 PB
 2. Adele Woodward OVA 21:21
 3. Sam Hucker Huon LA 22:48 PB

5km

1. Sam Leitch TMA 35:49
 2. Elizabeth Leitch TMA 36:45
 3. Wayne Fletcher NSAC 44:41

WESTERN AUSTRALIA Combined AW & WARWC results, 31 May – Perry Lakes

Terry Jones reports on the WARWC's first Athletics West-combined walks (both Walkers Club and other AW members) of the winter season. The turnout was good, and the weather was mild and overcast, with only a few spits of rain.

5km Under 15 Open Men

1 Keenan MUNRO 27:05
 2 Dylan SARDELICH 29:33
 3 Steven TRAVELL 47:45

5km Under 15 Open Women

1 Darcy BRAMWELL-KEYS 28:12
 2 Trinity DOULIS 28:33
 3 Chelsey IRELAND 29:34
 4 Tory D'ALESSIO 30:01
 5 Sierra THOMPSON 31:12
 6 Lauren DAVIS 35:30
 7 Lynne SCHICKERT 48:11
 8 Glenys DUNCAN 50:21

10km Open Men

1 Andrew DUNCAN 57:27

10km Open Women

1 Kaytee BOGAERS 56:40
 2 Karyn TOLARDO 1:06:51
 3 Wendy FARROW 1:16:00

2km Under 11 13 Men

1 Jasper CURTIS 12:18
 2 Adam BINNS 13:21
 3 Adnan AYOUB 13:39
 4 Hugo BELL 13:56
 5 Hendrick ROLVINK 16:47

2km Under 11 12 Women

1 Anna RUSSELL 12:29
 2 Zoe FOWLER 12:33
 3 Lyla GURNEY 12:40
 4 Ruby KILWORTH 14:01
 5 Carly HOOD 14:08

3km Under 13 16 Men

1 Lachlan NICHOLS 17:55

3km Under 13 15 Women

1 Hannah CLAUSNITZER 17:06
 2 Gabriella JOHN 17:26
 3 Rahni FOWLER 17:44
 4 Ella DOWDELL 20:09
 5 Sienna WILSON 20:37
 6 Chloe BEVIS 21:24

1.5km Under 10 Men

1 Finn O'KEEFE 10:41
 2 Alex ADAMS 10:57

1.5km Under 10 13 Women

1 Mackenzie PARSONS 9:04
 2 Emily JOHN 9:46
 3 Harper CAMERON 9:49
 4 Symphony SCOTT 11:50
 5 Misty NAIK 12:21



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

SPAIN: 5th Gran Premio Madrid Marcha, 31 May - Madrid

Fortunato, Gonzalez conquer Madrid

by Nicola Maggio (reprinted from *Marcia dal Mondo*, 31 May)

Madrid once again became the world capital of race walking this Sunday. The city's Gran Vía hosted the 5th Madrid International Race Walking, a Gold event on the World Athletics Race Walking Tour, which brought together many of the sport's leading international figures in a unique setting. Italian **Francesco Fortunato** and Mexican **Alegna González** were crowned champions of an edition that once again transformed the heart of the capital into a vast open-air stadium, bringing elite sport to thousands of fans free of charge.

10km men



The men's race once again offered a very high level of competition, with the presence of Olympic, world, and continental champions, as well as some of the best specialists in the world, on the certified one-kilometer course set up between the Gran Vía Capitol and the Red de San Luis.

In the men's category, **Fortunato** triumphed with a time of 39:15, in front of Spaniard Paul McGrath (39:23) and Brazilian Caio Bonfim (39:31). The best Spanish finishers after McGrath were Diego García Carrera, who is also the technical director of Madrid Marcha, and Alvaro López, who finished in eighth and tenth place with times of 40:12 and 40:18, respectively.

The first 5km were covered in 19:56, with a pace under 4:00/km. At the 5km mark, Spaniard **Paul McGrath** took the lead (19:55), followed by **Francesco Fortunato** (ITA) and **Keisuke Hara** (JPN) in 19:56, and **Kento Yoshihawa** (JPN) in 19:57. Also in the leading group were **Caio Bonfim** (BRA) and **Karl Junhanns** (GER), **Diego Garcia** (ESP), **Kazuki Takahashi** (JPN), and **Alvaro Lopez** (ESP). The main chasers were **Noel Chama** (MEX), **Jordi Jimenez Arrobo** (ECU), **Cesar Herrera** (COL) and **Massimo Stano** (ITA).

The leading group continued under the pressure of McGrath and Fortunato, who led with a pace between 3:54/km and 3:56/km. At km 8, four walkers were in the lead, with Fortunato leading the pack (31:40), joined by McGrath, Hara, and Yoshikawa. Bonfim was eight seconds behind.

The technical situation saw the entire leading group already under rigorous watch by the jury: everyone had at least one red card against them, with the exclusion of Paul McGrath.

Between the 8km and 9km mark, Fortunato forced the pace even further and, with a lap of 3:45, definitively broke McGrath's lead. At the finish, Fortunato clocked 39:15, while McGrath finished in 39:23.

Bonfim performed impressively, ignoring the two red cards and overtaking Japanese runner Keisuke Hara on the final lap (3:46/km). Third place went to Bonfim (39:31) and fourth place to Keisuke Hara (39:32).

"I'm happy to have won, which was my goal," Fortunato said. "This season is going really well, and I hope to continue like this to arrive in the best possible shape for the European Championships in Birmingham, which is the big challenge of the season,"

1.	Francesco FORTUNATO	13 DEC 1994	ITA	39:15
2.	Paul MCGRATH	07 MAR 2002	ESP	39:23
3.	Caio BONFIM	19 MAR 1991	BRA	39:31
4.	Keisuke HARA	04 MAR 2002	JPN	39:32
5.	Kento YOSHIKAWA	09 AUG 2001	JPN	39:45
6.	Karl JUNGHANNß	06 APR 1996	GER	39:58
7.	Massimo STANO	27 FEB 1992	ITA	40:04
8.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	40:11
9.	Kazuki TAKAHASHI	17 JUN 1996	JPN	40:14
10.	Álvaro LÓPEZ	24 MAR 1999	ESP	40:17
11.	Noel CHAMA	15 SEP 1997	MEX	40:20
12.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	40:20
13.	César HERRERA	28 JAN 1999	COL	40:40
14.	Leo KÖPP	23 MAY 1998	GER	40:45
15.	Aurélien QUINION	27 JAN 1993	FRA	40:56

16.	Daniel CHAMOSA	04 MAY 1997	ESP	41:06
17.	César CÓRDOVA FERNÁNDEZ	20 OCT 2002	MEX	41:16
18.	Tomohiro NODA	24 JAN 1996	JPN	41:25
19.	Daniel MONFORT	25 JAN 2006	ESP	41:26
20.	José Manuel PÉREZ	10 SEP 1999	ESP	41:30
21.	Perseus KARLSTRÖM	02 MAY 1990	SWE	41:31
22.	Hayato KATSUKI	28 NOV 1990	JPN	41:34
23.	Haifeng QIAN	08 JUL 2000	CHN	42:00
24.	Aldo ANDREI	15 JUL 2001	ITA	42:25
25.	Javier DE ARRIBA CASTILLA	25 FEB 2005	ESP	42:29
26.	Carlos MERCENARIO	26 JUL 2000	MEX	42:52
27.	Quentin CHENUET	29 MAY 2005	FRA	42:52
28.	Miguel Arcangel PEÑA	07 AUG 2004	COL	43:18
29.	Cameron CORBISHLEY	31 MAR 1997	GBR	43:27
30.	Mazlum DEMIR	19 DEC 2003	TUR	43:28
31.	Kevin CERRO	06 MAY 1998	ESP	43:57
32.	Jerry JOKINEN	18 MAR 2002	FIN	44:30

10km women

Before the start there was no doubt that **Alegna Gonzalez** would remain the queen of the fifth edition of the women's race of "Madrid Marcha 2026".

After her victory in Rio Maior on May 16, and after the exciting shoulder-to-shoulder battle in La Coruna with Sofia Fiorini, which ended once again with a victory, today the splendid Mexican walker achieved her third consecutive success in three consecutive weekends, this time however in the shorter distance of 10km.

The early leaders of the race have been a small group composed by **Alegna Gonzalez, Evelyn Inga, Aldara Meilan Pauline Stey** (FRA) and **Baima Zhuoma** (CHN). They passed together at 4km in 17:49/17:50.

At half race **Alegna González** (MEX) forced the pace followed by **Aldara Meilán**. At half race they had a 1-sec advantage on **Evelyn Inga** (PER). During the 8th km Alegna Gonzalez forced the pace (4:16/km) and walk alone until the finish line crossed with a time of 44:02, ahead of Peru's **Evelyn Inga** (44:15) and Spain's Aldara Meilán (44:45) who shattered her own personal best, which until now stood at 45:06.

Below the split times of Alegna Gonzalez:

1km: 4:28 – 2km: 8:47 – 3km: 13:15 – 4km: 17:50 – 5km: 22:22 – 6km: 26:45 – 7km: 31:07 – 8km: 35:23
9km: 39:43 – 10km 44:02.

"Despite the tough competition and the heat, I felt very strong mentally and was able to win, which was my goal," the Mexican walker noted. "I love competing on this Gran Vía and in a short 10-kilometer race to be able to demonstrate my speed. Now I'm focusing on the next big challenge, which is the Central American and Caribbean Games on August 1st."

10km women

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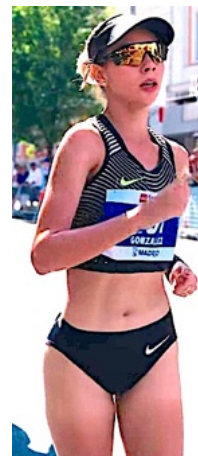
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1.	Alegna GONZÁLEZ	02 JAN 1999	MEX	44:02
2.	Evelyn INGA	16 APR 1998	PER	44:15
3.	Aldara MEILÁN	02 SEP 2006	ESP	44:45
4.	Pauline STEY	09 SEP 2001	FRA	45:30

5.	Zhuoma BAIMA	20 MAY 2005	CHN	45:34
6.	Giulia GABRIELE	11 NOV 2005	ITA	45:43
7.	Xizhen YANG	11 MAR 2006	CHN	46:44
8.	Meryem BEKMEZ	31 JUL 2000	TUR	46:45
9.	Giada TRAINA	17 APR 2004	ITA	46:54
10.	Sofía RAMOS RODRÍGUEZ	25 AUG 2002	MEX	46:59
11.	Valeria ORTUÑO	27 MAY 1998	MEX	47:14
12.	Valeria FLORES	17 FEB 2006	MEX	47:26
13.	Júlia SUÁREZ PIZÀ	05 NOV 2006	ESP	47:31
14.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	47:49
15.	Laura Cristina MOJICA CHALARCA	20 JUN 2000	COL	48:01
16.	Rubi Dayana SEGURA GARCIA	27 FEB 2006	COL	48:57
17.	Giulia MICONI	25 DEC 2000	ITA	49:57
18.	Joana PONTES	22 MAR 2000	POR	50:30
19.	Abigail JENNINGS	10 JUL 2000	GBR	52:38

Madrid's tribute to Jefferson Pérez

One of the most special moments of the day featured Ecuadorian **Jefferson Pérez**, Olympic champion in Atlanta 1996, three-time world champion, and one of the greatest legends in the history of race walking. Amidst applause from athletes, officials, and the public, the organizers paid tribute to him for an exceptional sporting career that has inspired several generations of athletes worldwide.

Madrid Marcha also honored him as the event's Ambassador for Latin America, recognising his role as a global icon in the sport and his contribution to promoting the values of athletics.

After receiving the honor, Jefferson Pérez had the honor of starting the main race. *"If I start to recall historic moments in the race walk, the Colosseum at the World Championships in Rome or the Eiffel Tower at the Paris Olympics come to mind, but of course also the Gran Vía in the heart of Madrid, the heart of the world. Therefore, I am very honored to have experienced this tribute and it is a great source of pride to be an Ambassador for Madrid Marcha in Latin America,"* noted the Atlanta '96 Olympic champion.

The presence of the Ecuadorian champion also drew numerous fans and representatives of the Ecuadorian community residing in Spain, who wanted to join in on this particularly moving day.



(Photos: Stefano La Sorda, Madrid Marcha)

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.

- Sunday, May 31, 2026 - **Nitin Gupta (India) triumphs at the Asian Under-20 Championships – Hong Kong 2026**
<https://omarchador.blogspot.com/2026/05/nitin-gupta-india-triunfa-nos.html>
- Saturday, May 30, 2026 - **Yuyao Sun (China) wins at the Asian Under-20 Championships – Hong Kong 2026**
<https://omarchador.blogspot.com/2026/05/yuyao-sun-china-vence-nos-campeonatos.html>

- Friday, May 29, 2026 - Narcis Mihăilă and Stefania Horodnic win walking championships in Deva, Romania
<https://omarchador.blogspot.com/2026/05/narcis-mihaila-e-stefania-horodnic.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 ****

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

LBG Carnival name change ... ideas sought

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

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

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

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

*Kai Ryan
 President, ACTRFWC*

**** 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 \$4



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

JUNE

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	
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	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29th August	VRWC non points race day	Middle Park

September

Saturday 5th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

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

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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With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***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.

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

