



HEEL & TOE Online

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

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WALKER OF THE WEEK



Two of the VRWC's youngest members, **Bowie Clarke** and **Cory Lewis (both 9yo)**, share this week's award on the backs of major improvements over the past fortnight.

Since joining the club in 2025, **Bowie** has taken on the challenges of harnessing his energy and developing his technique and fitness, and his progress in these areas has been noticeable. It was only a matter of time before he achieved a big result, and it came in the LAVic U10 1.5km road championship two weeks ago. Against boys who were mostly taller than he, Bowie clinched bronze with the biggest PB margin of the championships – 1:21 – in clocking **8:51**. He followed this by tackling his first 3km race at the weekend for an excellent first-up time of **19:07**, a



time that placed him 7th out of a combined field of 13 starters, most of them much older. Progress indeed!

In May, **Cory**, in just her second road season, tried her luck at the 3km distance – an imposing goal but one she was ready for with several 1km and 2km results under her belt. Her time of 23:53 was a fair debut but Cory is always out to do better and, at her second attempt on Saturday, everything clicked. She tore an astonishing 2:43 from that initial time to post **21:10**, by far the biggest PB margin of the day. One of the most focused walkers in the club with excellent technique and admirable staying power, Cory has much further progress ahead of her and we look forward to seeing her realise it.

Well done, Bowie and Cory. Your commitment to your walking is demonstrated by these fine results and we wish you both further improvement and lots more fun.

*Honourable mentions

- **Harper de Sachau (VIC)** – now a regular VRWC racer, Harper made a big leap in smashing the 3km time she set in Canberra by 1:40 ... the second biggest PB margin of the day.
- **Kobe Lewis and Jonathan Ho (VIC)** – both registered 5km PBs of over a minute ... Kobe by 1:17 and Jonathan 1:11.
- **Ryder Reid (VIC, 8yo)** – the youngest and smallest 3km starter in inches, Ryder gave his first go at the distance a huge crack to clock **17:20** ... the 4th fastest time in the field of 13. What a double act he and brother Fletcher make!
- **Abigail Verity (VIC, 10yo)** – another young 3km debutante, Abigail's **20:07** was achieved with a sound technique that stood her in good stead for a longer race.
- **Arthur Robinson (VIC)** – Arthur appears to have found his niche over 5km with another substantial PB – by 0:43 this time.
- **Peter Crump (SA)** – flying the flag for older endurance walkers countrywide at present, Peter claimed the King of the Mountains crown at the SARWC Mountain championships on the tough Belaire National Park climb.

* Readers say ...

Justin Coxhead

I am shattered hearing that Justin has passed away. We have been very close mates ever since he was VIC and me NSW junior champions. We both visited each states junior champs but unfortunately Graeme Nichols stood in our way of winning. We competed against each other in the Shell East Coast track meets. That meet was NSW, VIC, QLD held yearly.

Would you please let me know funeral details if you hear before me and if I hear first I will let you know.

Frank Overton NSW

Hi Frank. Justin was one of those personalities who leaves a positive impression because they're essentially positive people. He had a happy-go-lucky, slightly larrikin nature with a fondness for Vic Bitter that he never allowed to get in his way once he'd set his sights on a racing goal. His affection for the VAWC, the sport and everyone in it was evident in much of his Heel & Toe writing. I'm sorry we've lost him. - Stu

Brilliant obituary on Justin Coxhead. I didn't know him but probably crossed paths on a track in early '70s.

Paul Kennedy

Hi Paul. Justin was active intermittently after 1971. The last race I recall him starting in was the 1975 Canberra 20 miler, when he walked alongside me in the first 10 miles before withdrawing. - Stu

The RWECS chip

I agree with Tim's comments (*Issue 23, re the 10 ms permissible flight phase – Ed).

I was in Brasilia as a judge and attended the presentation. I was surprised there was no reaction from coaches when the 10ms threshold was proposed. Maybe some of them were shy to speak out in front of everyone or because of their skills in English.

Jeff made clear this is a proposal from the project team only. Maybe they strategically proposed a very low limit first to end up with 20 or 30 ms.

Frederic Bianchi, Switzerland

Thanks Freddie. This was discussed at a recent VRWC meeting. The feeling was that 10ms maximum flight time was far too little, that 30ms was more realistic. It was also suggested that a reasonable period of grace and adjustment be allowed (in order to receive feedback from national bodies as to how readily their athletes adapted to use of the chips and consistency in the kind of data they were recording), so that a fair expectation of compliance could be made. As you say, the 10ms target may be an ambitious one, as they have to start somewhere, and they may be ready to increase it if it's obvious it'll be unworkable. - Stu



CLUB NEWS and RESULTS

*This weekend:

It's 'put away your watch' day this Saturday. Come and try for a prize by being the closest to guessing your finish time in your race – or even better, nailing it with a bull's eye. Enter as normal online, but nominate your time at the desk when you check in. Points for times and handicaps apply as usual.

Saturday 27 June – Middle Park

2.00pm	8km	Guess your finish time & Points race	Open
2.00pm	6km	Guess your finish time & Points race	Open
2.00pm	4km	Guess your finish time & Points race	Open
2.15pm	2km	Guess your finish time & Points race	Open
2.15pm	1km	Guess your finish time & Points race	Open

Entries will be accepted up until 6 on Friday 26 June. Enter online at <https://www.revolutionise.com.au/vrwc/>



- Congratulations to **Jemima Montag** and **Bec Henderson** who will board the 'plane for Glasgow in July with the Australian Commonwealth Games team, following the announcement of their selection yesterday. Jemima will be out to defend her title for the second time, having won gold in 2018 and 2022. For her part, Bec – who finished four seconds shy of bronze in Birmingham – will be locked in on one of those podium places this time around. We wish you and your teammates, **Lizzy, Declan, Isaac** and **Tim** the very best of luck!
- I've had messages from several club associates and friends expressing sorrow at **Justin Coxhead's** passing. At this stage I know, thanks to Frank Overton, that a wake is in planning by Justin's son Simon and is to take place in

Richmond (venue TBA) on Wednesday 1st July. I will issue a special H&T edition with the exact time and place if I don't hear before this issue goes out today.

- Life member and senior judge **Di Lowden** has been in and out of hospital a few times recently. Her latest stint was for cardiac surgery and she is recovering at home but may not be back at the Club for a few weeks yet. To compound matters, on Friday night her clothes dryer 'blew up' (whatever that means) and most of her power went out, sending her on a round of calls for emergency assistance. Nothing like a wave of household calamity to help you through post-surgical recovery ... !
- And on the subject of surgery ... by the time you read this, **Mark Donahoo** will have had his second partial knee replacement for the year and will be living the high life (pretty wild stuff, some of those painkillers) with his feet up – though not for long, knowing him. Kick back and enjoy the TLC, Mark! All the best for a trouble-free recovery from the VRWC.

*VRWC WALKERS IN LAVic ACTION

- Last week's LAVic championships saw 16 of our young members post PB performances. Well done to the following walkers on their improvements:

1km: Brienna 1:12; Holli 0:01

1.5km: Bowie 1:21; Pippa 1:19; Aria 0:48; Shaylee 0:39; Fletcher R 0:35; Abigail 0:27; Ruby 0:11; Summer 0:04

2km: Georgia 0:12; Eryln 0:09; Harper D 0:08; Harper O 0:03; Kobe 0:02

3km: Arthur 0:24

- Photos from the LAVic photographer appeared on their FB page too late for the last issue, so here's a selection of the VRWC members and former members who raced in last week's championships, mostly at or near the head of their fields:





***Action models:**

Erlyn, Sadie, Felix, Abby, Brienna, Anna, Addison, Abigail, Pippa R, Summer, Aria, Cory, Taylah, Grayson, Fletcher, Mietta, Harper, Lunah, Matilda, Alaska, Daisy, Bowie, Pippa C, Georgia, Ella, Logan

***PRESENTATION PHOTOS:** See <https://www.facebook.com/media/set/?set=a.1312959784364733&type=3>



Goodbye, Little Aths ... and thank you!

VRWC Club points results, 20 June – Middle Park



After two special event weeks, the Points competitions resumed last Saturday, seeing a lot of committed racing and a host of PB performances. **Tim Erickson** wrote his own race summary for the website, reprinted below:

Our latest VRWC roadwalks at Middle Park saw 44 walkers in action, contesting distances from 1km to 10km. It has been a very wet and miserable week but the weather cleared in time for our Saturday afternoon races.

Well done to the many walkers who tested themselves out over their longest ever race distances - **Matilda Read** and **Sarah Bevin** (10km), **Ella Harris**, **Addison Frenken** and **Caitlyn Shipham** (5km) and **Ryder Reid**, **Bowie Clarke** and **Abigail Verity** (3km). Of those who competed in distances over which they had previously raced, there were lots of PBs - special mentions to **Arthur Robinson**, **Jonathan Ho**, **Mietta Morgan**, **Harper de Sachau**, **Fletcher Reid**, **Erlyn Singh**, **Kobe** and **Cory Lewis**, **Anouk Morgan** and **Eden Patten**.

A pack of four in the 5km ... two debutantes, two big PBs.

1km Open

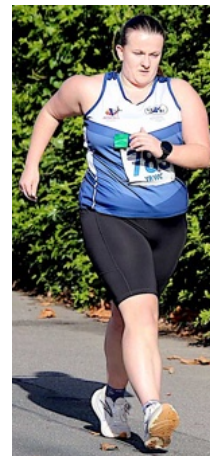
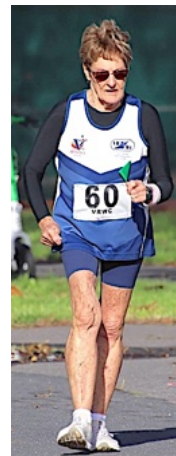
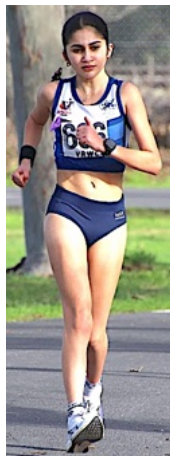
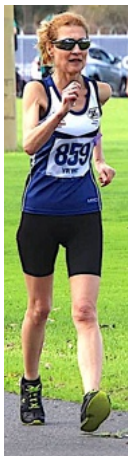
- 1 Fletcher Reid
- 2 Jaxon Connell
- 3 Tex Reid

U12M 4:42 PB 0:17
 U10M 6:17
 U10M 9:59 First 1km

5km Open

1 Jonathan Ho	OpM	25:56 PB 1:11
3 Shaun Lewis	M40+M	31:22
3 Arthur Robinson	U18M	33:08 PB 0:43

1 Pippa Read	U14F	5:05 PB 0:08	.. Paul Kennedy	M60+M	DQ
2 Erlyn Singh	U14F	5:06 PB 0:30	.. Gleb Belov	M40+M	DQ
3 Daisy Hooper	U10F	5:10	1 Mya McClure	U16F	24:59
4 Anouk Morgan	U12F	5:15 PB 0:20	2 Mietta Morgan	U18F	27:40 PB 0:42
5 Aria di Benedetto	U12F	5:15 PB 0:08	3 Ella Harris	U14F	30:18 First 5km
6 Anna Dubar	U12F	5:32	4 Kobe Lewis	U14F	31:24 PB 1:17
7 Emilie Garside	OpF	6:22	5 Addison Frenken	U14F	31:25 First 5km
8 Summer Patten	U10F	6:28	6 Caitlyn Shipham	U14F	31:28 First 5km
9 Ava Pravednikov	U12F	6:55	7 Donna-Marie Elms	M60+F	34:17
10 Holli Burrell	U10F	7:11			
11 Eden Patten	U10F	7:43 PB 0:16	10km Open		
12 Gwen Steed	M60+F	7:55	1 Terry O'Neill	M60+M	1:06:05
			2 Colin Heywood	M60+M	1:07:08
3km Open					
1 Ryder Reid	U10M	17:20 First 3km	1 Matilda Read	U16F	55:27 First 10km
2 Kevin Cassidy	M60+M	17:21	2 Michelle Horne	M40+F	1:03:58
3 Bowie Clarke	U10M	19:07 First 3km	3 Sarah Bevin	M40+F	1:13:20 First 10km
1 Havana Ali	U16F	16:12			
2 Grace Louey	OpF	16:14			
3 Emily Smith	U20F	17:02			
4 Erin Reid	M40+	18:27			
5 Abby Fowler	U12F	19:09 PB 0:24			
6 Harper de Sachau	U12F	19:37 PB 1:40			
7 Abigail Verity	U10F	20:06 First 3km			
8 Cory Lewis	U10F	21:10 PB 2:43			
9 Sylvia Ivanova	M40+F	21:19			
10 Anna Wallace	M40+F.	21:52			



****Handicaps**

Name	M/F	Age	HcpP	Name	M/F	Age	HcpP
Anna Wallace	F	M40+	1	Abby Fowler	F	U12	1
Erin Reid	F	M40+	2	Ava Pravednikov	F	U12	2
Sylvia Ivanova	F	M40+	3	Aria Di Benedetto	F	U12	3
Michelle Horne	F	M40+	NPT*	Anouk Morgan	F	U12	4
Sarah Bevin	F	M40+	NPT	Anna Dubar	F	U12	5
Shaun Lewis	M	M40+	1	Harper de Sachau	F	U12	NPT
Gleb Belov	M	M40+	DQ	Fletcher Reid	M	U12	1
Donna-Marie Elms	F	M60+	1	Kobe Lewis	F	U14	1
Gwen Steed	F	M60+	2	Caitlyn Shipham	F	U14	2
Terry O'Neill	M	M60+	1	Ella Harris	F	U14	3
Kevin Cassidy	M	M60+	2	Pippa Read	F	U14	4
Paul Kennedy	M	M60+	DQ	Erlyn Singh	F	U14	5
Colin Heywood	M	M60+	NPT	Addison Frenken	F	U14	6
Grace Louey	F	Op	1	Havana Ali	F	U16	1
Emilie Garside	F	Op	2	Mya McClure	F	U16	2
Jonathan Ho	M	Op	1	Matilda Read	F	U16	NPT
Cory Lewis	F	U10	1	Mietta Morgan	F	U18	1
Daisy Hooper	F	U10	2	Arthur Robinson	M	U18	1
Eden Patten	F	U10	3	Emily Smith	F	U20	1
Holli Burrell	F	U10	4				
Summer Patten	F	U10	5				
Abigail Verity	F	U10	NPT				

Jaxon	Connell	M	U10	1
Bowie	Clarke	M	U10	NPT
Ryder	Reid	M	U10	NPT
Tex	Reid	M	U10	NPT

*NPT – No previous time at distance



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 Fletcher
- Recorders** Melinda di Benedetto, Mark Donahoo, Joe Adamcewicz, Sandra Schultz, Duncan Knox
- Judges:** Bec Lewis (Chief), Stu Cooper, Gordon Loughnan, Kathleen Marsh, Brenda Felton, Dani Clarke
- Set up, Pack up:** Shaun Lewis, Bob Gardiner, Terry O'Neill, Ian Laurie,
- Photos** Therese Smith (see more of Therese's work at <https://www.facebook.com/media/set/?set=oa.1030192726158205&type=3>)
- Canteen** Donna Marie Elms, Gwen Steed
- Walkers:** 44



***Action models:**

Jonathan, Kobe, Emilie, Eden, Havana, Matilda, Arthur, Tex, Anouk, Harper, Shaun, Ella, Holli, Caitlyn, Colin, Emily, Kevin, Grace, Ryder, Mya, Jaxon, Gwen, Abby, Sylvia.



AROUND THE COUNTRY



*TO ALL RWA MEMBER CLUBS

At the RWA Annual general meeting on 6 June, the matter of the now abolished 2nd Federation carnival was raised. The focus was the impact of its loss upon Senior, Masters and U10 walkers now that there is only the Canberra carnival to cater for them since Australian Athletics' scheduling of a regular Junior (U12-U20) road championships in August. AA have declined to support a senior event other than the Australian Half-Marathon in Adelaide (February) and Marathon Walk Championships in Canberra (June).

In order to offer the Seniors and U10's another interstate race to aim for, member states are asked to advertise their upcoming **State and Club championships** through 'Heel & Toe Online', together with entry processes, fees and deadlines, so that those outside U12-U20 may apply to compete by invitation if they so wish.

Member clubs can send the necessary information to me at stuwalks@gmail.com. If this can be done promptly, you may have interstate company alongside your members lining up at your next championships.

Stu Cooper



*AUSTRALIA'S WALKERS FOR GLASGOW ANNOUNCED

Six walkers will represent Australia at the Glasgow Commonwealth Games in July. – two each from Victoria and NSW, one each from WA and ACT.

<u>Name</u>	<u>Age</u>	<u>State</u>	<u>Coach</u>	<u>Prior CG record</u>
Jemima Montag	28	VIC	Brent Vallance	2018 champion – Gold Coast 2022 champion - Birmingham
Declan Tingay	27	WA	Brent Vallance	2022 silver medallist - Birmingham
Rebecca Henderson	24	VIC	Simon Baker	2022 4 th place - Birmingham
Isaac Beacroft	18	NSW	David Beacroft	First CG
Elizabeth McMillen	22	NSW	Jared Tallent	First CG
Tim Fraser	26	ACT	Jared Tallent	First CG

As two-time defending champion, **Jemima Montag** heads the team with Birmingham silver medallist **Declan Tingay** her 'co-pilot'. **Rebecca Henderson** is the only other member to have CG experience, having also raced in Birmingham and missed a medal by 4 secs. For **Isaac Beacroft**, this will be the first leg of an international double to be completed at the World Junior championships in Eugene, eight days later! (Four years ago, Rhydian Cowley had to do the same thing in reverse – from the WA T&F championships in Eugene to Birmingham – suffering from Covid!)

After building an impressive CV of longer distance results locally and overseas, **Elizabeth McMillen** looks well set to challenge for the podium, while **Tim Fraser**, as a 39:16 man, will certainly be in the medal mix.

Congratulations, everyone! Best of luck in Glasgow.

A.C.T. ACTRWC results, 20 June – Lake Ginnindera

Thanks to **Ann Jugovic** for these results:

6km			4km		
1.	Bryan Thomas	54:34	1.	Geoff Barker	40:00
2km			1km		
1.	Sebastian Ryan	11:43	1.	Jillian Ryan	5:26
2.	Katharina Johnson	14:15			
3.	Jim White	16:37			
4.	Jeanette Ryan	16:50			

NEW SOUTH WALES NSWRC results, 23 May & 13 June – Chipping Norton

Kirsten Crocker has sent through results from either side of the Canberra carnival, indicating the NSWRC's depth at junior level and that their dominance at Stromlo was due not just to superior numbers but to the stimulus of regular racing against challenging opposition.

*Saturday 23 May

Long 10km

1	Brendan	Pospischil	60.49
2	Aidan	Pospischil	67.00

Medium 8km

1	Christopher	Nilon	49.53
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Short 4km

1	Noah	Vella	20.37
2	MiaRose	Everson	20.54
3	Ashleigh	Mansell	22.15
4	Sagan	Jones	22.29
5	Hannah	Hewitt	24.03
6	Erin	Cassilles	24.16
7	Ciara	Cassilles	26.37
8	Madeline	Colgan	27.44
9	Carmel	Parker	30.45
10	Claire	Gauci	35.28
11	Emily	Challinor	39.52
12	Sarah	Challinor	39.53
13	Nicolle	Challinor	40.17

16yrs 3km

1	Nate	Appleyard	13.44
2	Avia	Luketic	13.48
3	Chloe	Farrugia	19.45
4	Luke	Challinor	25.55

14yrs 2km

1	Darcy	Dennis	9.22
2	LilyEve	Everson	9.40
3	Oliver	Masik	9.49
4	Rhys	Straub	10.11
5	Stella	Wade	10.18
6	Addison	Jenkins	11.10
7	Hugo	Siciliano	11.46
8	Antonia	Powter	11.58
9	Veronica	Dennett	13.17
10	Ivy	Allen	13.24
11	Luca	Barakat	15.41

12yrs 1.5km

1	Daniel	Smart	7.06
2	Eric	Colgan	7.08
3	Cooper	Edwards	8.21
4	Patrick	Yeldham	9.02
5	Nasrin	Hewitt	11.07
6	Huxley	Jones	11.40

10yrs 750m

1	Carsen	Luketic	4.08
2	Elijah	Manalili	4.17
3	Norah	Edwards	4.22
4	Isabelle	Masik	4.37
5	James	Barakat	5.23
6	Eloise	Colman	5.23
7	Clementine	Colgan	5.24
8	Elyse	Thorburn	7.00
	Suvir	Jain	DQ

Saturday 13 June*Long 12km**

1	Aidan	Pospischil	77.17
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Short 5km

1	Noah	Vella	25.51
2	Hannah	Hewitt	31.05
3	Madeline	Colgan	34.02
4	Carmel	Parker	37.14
5	Nicolle	Challinor	45.38
6	Emily	Challinor	50.02
7	Sarah	Challinor	50.03
Inv	Chris	Nilon	30.59

16yrs 4km

1	Avia	Luketic	19.48
2	Chloe	Farrugia	29.46
3	Alexander	Dennett	34.40
4	Luke	Challinor	39.05

14yrs 3km

1	Darcy	Dennis	14.56
2	Rhys	Straub	15.19
3	Oliver	Masik	15.31
4	Stella	Wade	15.39
5	Addison	Jenkins	17.34
6	Veronica	Dennett	21.18

12yrs 2km

1	Eric	Colgan	9.58
2	Jaiden	Chahal	10.52
3	Melody	Latta	11.38
4	Patrick	Yeldham	11.44
5	Amelia	Mair	13.22
6	Nasrin	Hewitt	13.44
7	Huxley	Jones	13.58

10yrs 1km

1	Carsen	Luketic	5.14
2	Elijah	Manalili	5.28
3	Isabelle	Masik	5.53
4	Clementine	Colgan	6.42
5	Elyse	Thorburn	6.44
6	Eloise	Colman	7.12
Inv	Kiera		7.17

QUEENSLAND QRWC Handicap #7, Sunday 21 June – North Lakes

The disappointing attendance at the QRWC's seventh handicap meet can likely be put down to QA's cross country relays the day before, according to **Robyn Wales**. All the more points for those who did show ...

A Grade 10km

Men:

(1) Peter Bennett 1.08.57

Women:

(1) Eliza Kelly 1.02.58

(2) Brenda Gannon 1.05.45

(3) Joy Dale 1.23.14 SB

(4) Noela McKinven 1.34.13

B Grade 5km

Men:

(1) Leo Ramsay 29.39

Women:

(1) A. Weekes 29.56 SB

(2) Trish Hibbs 32.30 SB

... S. Rose

DNF

SOUTH AUSTRALIA SARWC Mountain c'ships, 20 June – Belair

Cooper Rech reports:

It was a low turnout for our Mountain Championships, held up the gruelling climb at Belair National Park. Congratulations to **Peter Crump**, who wins King of the Mountain, while our other two finishers also win their respective age group trophies. **Alex McEwan** also walked his 5.1km PB up the mountain, bettering his 2023 result.

10.2km	5.1km	10.2km
Peter Crump	41:07	1:21:50

5.1km	
Alex McEwan	41:19 PB 0:36

3.5km	
Liliana Templer	24:40



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

Athletes: a new section has been added to the Marcia dal Mondo website

By Nicola Maggio

A new section has been added to the Marcia dal Mondo website today, showcasing the profiles of athletes who have made race walking history.

This section was previously featured in the book “**The Fantastic Journey into the World of Race Walking – History, Statistics and Key Players**” and it is precisely these Key Players we wanted to focus on.

For us, these are the names of the athletes (men and women) whose achievements have made the history of the discipline: the Olympus of the heel and toe.

At the bottom of each athlete’s profile, we’ve provided a link to the **World Athletics Athletes Home** for those who want to learn more about their history over time, and especially for those still active, follow updates on upcoming competitions in the *World Athletics Global Calendar*.

After clicking on the main menu in the **Athletes** section (<https://marciadalmondo.com/athletes>), the following four categories will open:

- In-Activity Men
- Retired Men
- In-Activity Women
- Retired Women

In each category, athletes are listed by country and within that country in alphabetical order.

Happy reading!

Nicola Maggio

ITALY: 2026 National Club Championships, 20 June - Rieti

Francesco Fortunato and Sofia Fiorini win 2026 National Club Championships Gold Final

By Nicola Maggio

Two fantastic face-offs in the race walking events counting towards the Gold Final of the 2026 National Club Championships. On the afternoon of Saturday, June 20th, the heat and high humidity prevailed.

Men's 10.000m Track Walk

The men's race featured Tokyo Olympic champion **Massimo Stano** (Aden Exprivia Dai Optical Molfetta) and Brasilia World Team Championships winner **Francesco Fortunato** (Enterprise Sport&Service), who were left alone after half the race. Stano walk a forceful race, while Fortunato was a bit more cautious.

With 1,5 laps to go, Fortunato forced the decisive attack, finishing the 10.000m in 38:48.31, a five-second lead over Stano (38:53.75).

Trieste Atletica took third place, thanks to **Emiliano Brigante** (40:34.76), despite charged by two red cards.

Men 10,000m Race walk

1.	Francesco FORTUNATO	13 DEC 1994	ITA	38:48.31
2.	Massimo STANO	27 FEB 1992	ITA	38:53.75
3.	Emiliano BRIGANTE	27 MAY 2003	ITA	40:34.76
4.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	40:50.47
5.	Andrea COSI	30 APR 2001	ITA	41:09.58
6.	Aldo ANDREI	15 JUL 2001	ITA	41:11.17
7.	Nicolo' VIDAL	03 MAY 2008	ITA	41:30.54
8.	Matteo PIERVINCENZI	01 NOV 2003	ITA	46:52.06
9.	Ciro COLUCCI	2010	ITA	55:32.46
	Michele ANTONELLI	23 MAY 1994	ITA	DNF

Women's 5.000m Track Walk

The women's 5.000m race walk also came to a close with a couple of laps to go, when **Sofia Fiorini** (Libertas Unicusano Livorno) broke free of **Alexandrina Mihai** (Atl. Brescia 1950/Fiamme Oro) and sprinted to the finish line: Fiorini took 21:30.45, with Mihai finishing second in 21:37.56.

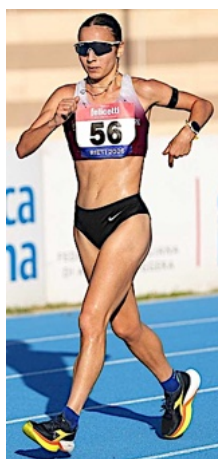
Third place to China's **Peng Li** (22:06.74), competing for SSD Nissolino Sport Srl, achieved a personal best.

Women 5000m Race walk

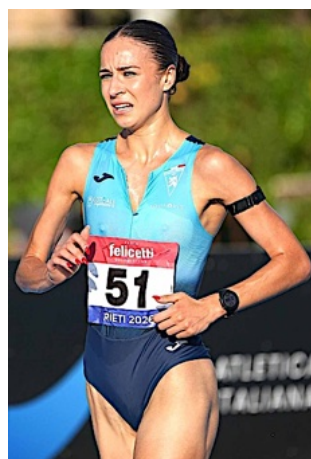
1.	Sofia FIORINI	19 AUG 2004	ITA	21:30.45
2.	Alexandrina MIHAI	27 MAY 2003	ITA	21:37.56
3.	Li PENG	27 AUG 2002	CHN	22:06.74
4.	Elisa MARINI	03 MAR 2006	ITA	22:43.72
5.	Giada TRAINA	17 APR 2004	ITA	22:43.91
6.	Lidia BARCELLA	21 APR 1997	ITA	22:50.55
7.	Giulia MICONI	25 DEC 2000	ITA	23:07.97
8.	Giulia LUCENTINI	16 NOV 2005	ITA	23:49.84
9.	Rosetta LA DELFA	14 JUL 1977	ITA	25:25.60
10.	Lucia CRISAFI	2009	ITA	27:40.50
	Alessandra COSI	18 DEC 2006	ITA	DNF



Fortunato



Fiorini



Mihai



Stano

(Photos: Marcia dal Mondo)

PERU: Ibero-American U20 Athletics championships, 19 June - Lima

These results give candidates for World U20 honours an idea of some of the competition Latin America will be bringing to Eugene in August. Report from **O Marchador**.

Peruvian walkers win in Ibero-American Under-20 Athletics

(Reprinted from *O Marchador* – 22 June)

In the inaugural edition of the Ibero-American Athletics Championships for the Under-20 category, held in Lima, Peru (June 19-21), Peruvian athletes **José Ccoscco Sueldo** and **Rocío Andia Arotaipe** stood out with their gold medal wins in the race walking events.

In the men's 5,000-meter race held in the mid-afternoon of the first day (June 19th) at the La Videna Stadium track, with the participation of 8 athletes from 5 countries, the Mexican **Emiliano Barba** and José Ccoscco quickly took the lead. This duo only broke up in the final part of the race, with Ccoscco taking the advantage, achieving a time of **19:32.39** and breaking the national record for the category again, a week after becoming national champion on the same track, then with 20:17.97.

The silver medal went to Emiliano Barba, with a time of **19:37.52**, and the bronze to Ecuadorian **Derian Robalino**, still under 18, with a time of **20:00.22**.

On the morning of the second day of the event (June 20th), the women's race over the same distance took place, with 10 athletes from 6 countries lining up at the start. With only 1,000 meters to go, everything was open for a quartet formed by the Mexican **Nami Luís**, in the lead, the Bolivian **Nelci Rojas**, the Ecuadorian **Dayanna Barreto**, and the Peruvian under-18 **Rocío Andia**, the latter in a more defensive position. Everything would be decided in an intense battle in the last 200 meters, with Rocío Andia's attack earning her the gold medal, with a personal best of **22:48.45**.

Just 40 hundredths of a second behind the winner, Nelci Rojas took silver with a new national record of **22:48.85**, followed shortly by Naomi Luis, who won bronze with **22:54.30**.

Men 5000m Race walk

1.	José Duvan CCOSCCO SUELDO	31 JAN 2007	PER	19:32.39
2.	Emiliano BARBA	23 MAR 2007	MEX	19:37.52
3.	Derian Jair ROBALINO CORDONA	03 SEP 2008	ECU	20:00.22
4.	Oswaldo MIRAMONTES	13 AUG 2008	MEX	20:19.20
5.	Sebastia Vinicio BARRERA QUINDE	08 NOV 2007	ECU	20:27.88
6.	Hugo Daniel MAMANI FLORES	20 SEP 2010	PER	20:37.09
7.	Davi Gabriel BASTOS	12 APR 2008	BRA	21:20.72
8.	Ricardo DAMIAN	23 APR 2007	ARG	22:28.32

Women 5000m Race walk

1.	Andia AROTAIPE ROCIO	20 JUL 2009	PER	22:48.45
2.	Nelci ROJAS	18 APR 2007	BOL	22:48.85
3.	Naomi LUIS	17 JAN 2008	MEX	22:54.30
4.	Katherine Dayanna BARRETO	27 JUN 2007	ECU	23:03.91
5.	Natalia MENDIOLA	24 OCT 2008	MEX	23:43.62
6.	Lourdes VEGA HUALLPA	15 FEB 2009	PER	23:53.48
7.	Danna Valentina RIVERA	24 MAY 2008	COL	24:02.44
8.	Yhomayra Maylyn BARRON	16 FEB 2007	BOL	24:03.43
9.	Keyla Anggeline PARRA ANCHUNDIA	30 MAR 2008	ECU	26:01.84
10.	Ingrid Pamela RUÍZ ARRIOLA	27 AUG 2007	GUA	26:38.77

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, June 21, 2026 - **French record for the 5,000m race walk broken by Clémence Beretta at the Montreuil Meeting**, <https://omarchador.blogspot.com/2026/06/record-de-franca-de-5000-m-marcha.html>
- Saturday, June 20, 2026 - **World Athletics Championships SU-DS/IAADS – Sofia 2026: 3,000 meters race walk (results)** https://omarchador.blogspot.com/2026/06/mundiais-de-atletismo-su-dsiaads-sofia_01815563088.html The second set of results from these championships for Down Syndrome athletes.

- Saturday, June 20, 2026 - **Youth Games (Athletics) in Espoo, Finland – results**
<https://omarchador.blogspot.com/2026/06/jogos-da-juventude-atletismo-em-espoo.html>
- Thursday, June 18, 2026 - **José Cosco breaks Peru's national under-20 record in the 5,000m race walk (Lima-2026)**
<https://omarchador.blogspot.com/2026/06/jose-ccoscco-bate-recorde-nacional-sub.html>
- Wednesday, June 17, 2026 - **Dutch Race Walking Championships (men's half marathon and women's 10km) – Tilburg 2026 (results)** <https://omarchador.blogspot.com/2026/06/campeonatos-de-marcha-dos-paises-baixos.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 RACE FEES

<u>Seasons ticket 12 months:</u>	Financial members: \$150.00 paid by the end of May .
<u>VRWC Club Races:</u>	Race fee: \$15.00.
<u>VRWC Championships:</u>	Race fee: \$15.00

Season's ticket: All VRWC races only ... **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 2026:

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

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

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

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

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

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

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

***UNIFORMS -** Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$4



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

JUNE

Saturday 27th June

VRWC Points races & Prize Day (Guess Your Time)

Middle Park

JULY

Saturday 4th July

Racewalking Australia Postal Challenge event & VMA 10km C'ship

Middle Park

Saturday 11th July

VRWC Points races

Saturday 18 th July	VRWC Points races and Interval races	Middle Park
Sunday 26 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
<u>AUGUST</u>		
Saturday 1 st August	VRWC Points races	Middle Park
Saturday 8 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15 th August	VRWC Last points race	Middle Park
Sunday 23 rd August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29 th August	VRWC non points race day	Middle Park
<u>September</u>		
Saturday 5 th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13 th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

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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***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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