



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>

Greetings!

It's a streamlined issue this week, as I'm currently interstate with limited editing time. Nevertheless, there was plenty to cover from the AA Juniors titles in Ballarat, and this gets priority here. As you will see, there was much to celebrate.

Next week's issue will feature World Masters results from Daegu (KOR) plus the usual local, interstate and international news.

***H&T Notice Board – Page 5**

- Season summary 2026
- Membership, Uniform & Race fees
- Racewalking for Disabled & Para athletes: *feedback requested*

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



As one would expect, the AA Junior Racewalking championships on Sunday saw fast times and fierce contests. Pick of the crop for this issue's WOTW are **Ela Uzun** and **Angus Shuttleworth (VIC)**, and **Taylor Chapman (QLD)**.

Ela and **Angus** both re-wrote the Australian record book in the U16 5km. Seemingly voracious for new challenges, Ela's time of **22:16** eclipsed her own national record of 22:23 in both the U16 and U18 age groups. There's just no stopping her at present.

Angus's win came after a performance of complete domination over the U16 and U18 fields, in which he edged Owen Toyne off the record list with a time of 21:33. This also put paid to the Kyle Swan's VRWC U16 record. Lightly raced but vigorously trained this year, Angus has picked up from where he left off last summer and hit a reef of form that makes him one of the country's brightest prospects.



(Photos: Stu Cooper)

Perhaps the most keenly awaited contest was that between NSW's **Avia Luketic** and **Taylor**, the rising star from the Sunshine Coast, in the U14 3km. Avia had dominated the national U14 track and road scene for 18 months and was the defending champion in Ballarat. Taylor, however, showed impregnable focus and condition to wear down her quarry and win by 8 secs with a new PB time of **13:43**. A superb result. We hope to see many more contests between these talented girls in the coming years.

Congratulations to Ela, Angus and Taylor. We wish you all the best for the coming summer season.

***Honourable mentions:**

- **Joel Byatt (NSW)** – won his first Australian title with 45:35 in the U20 10km.
- **Matilda Read (VIC)** – a commanding display to win the U18 5km in 24:08.
- **Kayley Henderson-Mason (WA)** – few had heard of her before Sunday, when she clocked **10:09** to win the U12 2km. We all know her now.
- **Eric Colgan (NSW)** – a perfect example of digging deep when it matters, Eric's 8-sec win over **Fletcher Reid (VIC)** in **9:18**. Never one to give up, Fletcher's **9:26** was a 19-sec PB.



CLUB NEWS and RESULTS



Congratulations to our young members on their competitive efforts in last Sunday's *Australian Athletics Junior Race walking Championships* in Ballarat. The highlights for the VRWC were the setting of new Australian U16 5km records by **Ela Uzun** and **Angus Shuttleworth**. In addition, **Matilda Read** reinforced her standing as one of the premier 5km walkers in the country with a convincing U18 win.

For Ela in particular, the Victoria Park 1km circuit is very much a happy hunting ground as she set a new national U16 record there in 2025. On this occasion she snatched the U18 record as well, setting new VRWC records in U16, U17, U18 and U20 age groups. Give her an inch and she'll take a whole lap! Meanwhile, Angus stamped his authority early on the men's race, shaving 3 secs from Owen Toyne's 2022 record. Well done to Ela and Angus!

A special nod also to **Mietta Morgan** whose resilience in rebuilding her condition after a long illness led to her winning her first national championship medal, bronze in the U18 5km. That it happened on her birthday made the outcome all the sweeter. Well done and many happy returns, Mieta!

Fletcher Reid's U12 2km silver in a time of **9:26** cost Corey Dickson (U11) and Angus Shuttleworth (U12) their VRWC road records, with those in the older age groups not looking so secure either. Another silver medallist, **Aria di Benedetto**, has been chipping away steadily at her PB times this year and, but for WA's Kayley Henderson-Mason (who it seems is unknown even to the WARWC), would have been on top of the podium on Sunday. Finally, the progress of **Pippa Coleman** – who has been at the VRWC only for a few weeks – has been amazing, seeing her grab a national bronze with a relentless competitive effort. Only 15 seconds separated 2nd from 6th in the Girls' 2km, and it was pleasing to see the first three of those placings fall to VRWC members, the 4th being **Anouk Morgan**.

1 st	Ela Uzun	5km U16	22:16 Aus rec. PB 0:07
1 st	Angus Shuttleworth	5km U16	21:33 Aus rec. PB 0:15
1 st	Matilda Read	5km U18	24:08
2 nd	Riley Coughlan	10km U20	48:36
2 nd	Mya McClure	5km U16	25:13
2 nd	Oliver Crowl	3km U14	15:18 PB 0:09
2 nd	Aria di Benedetto	2km U12	10:26 PB 0:09
2 nd	Fletcher Reid	2km U12	9:26 PB 0:19
3 rd	Mietta Morgan	5km U18	28:01
3 rd	Pippa Coleman	2km U12	10:32 PB 0:32

There were many fine results as well from those young Vics who finished off the podium but gave it their all. Their full results can be viewed in *Around The Country*. All in all, the Victorian walkers had 18 PB performances as well as five first tries at a distance. Oh yes, and three Australian records. A wonderful outcome, by any reckoning!

Well done to the following athletes (*PBs are in brackets*):

5km: Havana, Aangi, Addison, Tate (*first 5km*) and Caitlyn.

3km: Kobe (*0:19*), Harper O (*0:51*), Harper D, Abby, Alaska (*0:31*), Blair (*first 3km*), Jack (*0:48*), Erlyn (*0:08*) and Pippa R.

2km: Anouk (*0:10*), Payton (*0:32*), Emily (*first 2km*), Abigail (*0:55*), Sophie (*2:29*), Nashe (*0:44*), Shaylee (*first 2km*), Bowie (*0:15*), Felix (*1:09*), William (*first 2km*), Jaxon and Lewis.

There wasn't a chance to organise a full Victorian team photo, unfortunately. But a big 'thank you' to **Bec Lewis** and **Kerrie Peart** for sending through these happy snaps of some of our members post-race. Kerrie is pictured left, with her Ballarat-based training squad.





AROUND THE COUNTRY



*Australian Junior Road walk Championships, Sunday 23 August - Ballarat

Thanks to deluge-level rainfall over the previous week, the country's young walkers met with an imposing challenge on arrival at Victoria Park: how to get from the car park to the course without sinking calf-deep in mud! (Pity the cross country runners of the day before, many of whom forgot their targets mid-race in a quest to find their shoes.) Fortunately the sun emerged and stayed out for Sunday morning, making for ideal racing conditions.

Zoe Woods had no difficulty in defending her U20 title in the 10km, landing a 30 sec PB in the process, while **Joel Byatt** was kept company by **Riley Coughlan** early before powering ahead for a solid win. **Kaytee Bogaers** scored the only other 10km PB, chasing **Angelina Legrand** with everything she had for a 26 sec improvement.

Women U20 10km

1 Zoe Woods	NSW	47:22
2 Milly Sharpe	QLD	53:23
3 Angelina Legrand	SA	55:19
4 Kaytee Bogaers	WA	55:59

Men U20 10km

1 Joel Byatt	NSW	45:35
2 Riley Coughlan	VIC	48:36
3 Cooper Rech	SA	50:59
4 Dylan Allabush	NSW	53:23

The U18 and U16 5kms saw four races in progress at once. In the absence of Sophie Polkinghorne, **Matilda Read** was head and shoulders above her U18 opposition, winning by over 3 minutes and just missing that elusive sub-24:00. **Noah Cooke** also dominated while **Koby Irvine** and **Christopher Nilon** both went home with PBs.

Ela Uzun and **Angus Shuttleworth** both won the U16 titles by near 3 minutes on their way to new Australian records, while **Mya McClure** and **Michael Mathison** were over a minute clear of their other rivals.



Start of the U18 and U16 5km, with all four winners (Noah, Ela, Angus and Matilda) well up early.

Women U18 5km

1 Matilda Read	VIC	24:08
2 Eliza Kelly	QLD	27:15
3 Mietta Morgan	VIC	28:01
4 Eva Parker	TAS	29:04
5 Matilda Rech	SA	31:49
6 Aangi Shah	VIC	33:04

Men U18 5km

1 Noah Cooke	QLD	22:11
2 Koby Irvine	QLD	22:58
3 Christopher Nilon	NSW	24:03

Women U16 5km

1 Ela Uzun	VIC	22:16 AR
2 Mya McClure	VIC	25:13
3 MiaRose Everson	NSW	26:31
4 Isabella Welch	QLD	26:53
5 Havana Ali	VIC	29:39
6 Addison Frenken	VIC	29:45
7 Caitlyn Shipham	VIC	31:22
8 Katie Fenna	SA	34:00
9 Chloe Bevis	WA	37:35

Men U16 5km

1 Angus Shuttleworth	VIC	21:33 AR
2 Michael Mathison	NSW	24:27
3 Sagan Jones	NSW	25:23
4 Vinal Liyanage	NSW	27:03
5 Leo Ramsay	QLD	27:16
6 Tate McQueen	VIC	27:44
7 Julian Ciano	NSW	28:34
8 Mathias Hutchens	NSW	30:27

The contest of the day came in the Women's U14 3km, with the much-anticipated clash between **Avia Luketic** and **Taylor Chapman** living up to its promise. On this occasion it was Avia who had to lower her colours as the powerful Queenslander opened a gap mid-way and held it to the finish. **LilyEve Everson** joined sister **MiaRose** in claiming a bronze medal – a nice family haul. **Alaska Bremner** was easily the best of the non-medallists.

Hayden Robertson, the surprise packet of 2025, stood up again on the top of the podium with another potential star, **Oliver Crowl**, belying his lack of racing with a convincing display for silver.

Women U14 3km

1 Taylor Chapman	QLD	13:43
2 Avia Luketic	NSW	13:51
3 LilyEve Everson	NSW	14:31
4 Alaska Bremner	VIC	14:53
5 Stella Wade	NSW	16:01
6 Beth Cochrane	NSW	16:14
7 Erlyn Singh	VIC	16:22
8 Addison Jenkins	NSW	16:27
9 Pippa Read	VIC	17:15
10 Clare Rice	ACT	17:18
11 Kobe Lewis	VIC	17:29
12 Isla Banks	NSW	17:30
13 Harper O'Toole	VIC	18:40
14 Amaya Cowling	SA	18:53
15 Abby Fowler	VIC	19:13
16 Alexandra Summers	TAS	19:17
17 Izzy Blackburn	QLD	19:50
18 Harper de Sachau	VIC	20:29
19 Hayley Fenna	SA	22:15
.. Jessica Gorham	QLD	DNF

Men U14 3km

1 Hayden Robertson	QLD	14:27
2 Oliver Crowl	VIC	15:18
3 William Pratt	NSW	17:06
4 Blair Hosking	VIC	17:38
5 Jack Greyling	VIC	18:27
6 Samuel Hucker	TAS	21:36
.. Nate Appleyard	NSW	DQ TR54.7.1
.. Rhys Straub	NSW	DQ TR54.7.1

Another big field toed the line for the final race – the U12 2km – which again saw a speedy contest eventuate. **Eric Colgan** went out hard but was soon passed by **Fletcher Reid** who wasn't about to give back the lead now he had it. Eric, however, summoned something special in the final 500m to power to the front and win by 8 secs from the dogged Victorian.

The name **Kayley Henderson-Mason** is not one many of the East coast walking fraternity may be familiar with, but her performance on Sunday showed that this young WA walker has the potential to plough a similar furrow to that of Alexandra Griffin. Let's hope she stays in the sport! Behind Kayley, **Aria di Benedetto** had probably her best race ever, with **Pippa Coleman** just as impressive in 3rd place, as was **Anouk Morgan** who was unlucky to miss the podium by 7 seconds.

Women U12 2km

1 Kayley Henderson-Mason	WA	10:09
2 Aria di Benedetto	VIC	10:26
3 Pippa Coleman	VIC	10:32
4 Anouk Morgan	VIC	10:39
5 Lucilla Cribbin	NSW	10:43
6 Piper Marshall	NSW	10:44
7 Payton Welsh	VIC	11:09
8 Lilli Chu	QLD	11:22
9 Mackenzie Parsons	WA	11:56
10 Carly Hood	WA	12:00
11 Anna Russell	WA	12:22
12 Emily Allan	VIC	12:25
13 Abigail Verity	VIC	12:30
14 Sophie Menz	VIC	12:47
15 Nashe Chengeta	VIC	12:49
16 Shaylee Barker	VIC	12:49
17 Ruby Kilworth	WA	13:45
18 Lyanna Summers	TAS	15:39
... Amity Cowling	SA	DQ TR54.7.1

Men U12 2km

1 Eric Colgan	NSW	9:18
2 Fletcher Reid	VIC	9:26
3 Patrick Yeldham	NSW	10:48
4 Bowie Clarke	VIC	11:11
5 Felix Skurka	VIC	11:41
6 William Millar	VIC	12:46
7 Jaxon Connell	VIC	12:48
8 Austin Hucker	TAS	14:35
.. Lewis Hosking	VIC	DQ TR54.7.1
.. Huxley Jones	NSW	DQ TR54.7.1

WESTERN AUSTRALIA WARWC results, 23 August - Woodbridge

Terry Jones reports fine, mild and sunny conditions for the WARWC's latest Sunday races:

10km Handicap

Karyn Tolardo	1:09:59
Andrew Duncan	58:53
Wendy Farrow	1:14:00

2km Handicap

Emily John	13:03
Zoe Fowler	13:24
Rahni Fowler	11:24

5km Handicap

Richard McPherson	33:17
Addison Roots	29:08
Glenys Duncan	49:16
Tory D'Alessio	29:04
Fiona van Heerwaarden	34:47
Steve Travell	51:23

Gabrielle John	11:16
Symphony Scott	14:45
Sierra Thompson	14:45



INTERNATIONAL NEWS

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, August 24, 2026 – **WMAC Daegu 2026: Men's 10km W35+ (results)**
<http://omarchador.blogspot.com/2026/08/wmac-daegu-2026-10-km-masculinos-m35.html>
- Sunday, August 23, 2026 – **WMAC Daegu 2026: Women's 10km W35+ (results)**
<http://omarchador.blogspot.com/2026/08/wmac-daegu-2026-10-km-femininos-w35.html>
- Saturday, August 22, 2026 – **The 20,000m race walk at the Malaysia (Sukma) – Selangor 2026 Games (results)**
<http://omarchador.blogspot.com/2026/08/os-20000-m-marcha-nos-jogos-da-malasia.html>
- Thursday, August 20, 2026 – **Finnish Athletics Championships, 16-17 years – Hyvinkää 2026 (results)**
<http://omarchador.blogspot.com/2026/08/campeonatos-de-atletismo-da-finlandia.html>
- Wednesday, August 19, 2026 – **The 10,000m race walk at the Malaysia (Sukma) – Selangor 2026 Games (results)**
<http://omarchador.blogspot.com/2026/08/os-10000-m-marcha-nos-jogos-da-malasia.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 ****

RACEWALKING FOR DISABLED or PARA-ATHLETES

Does your Club or Association provide for this?

We are seeking information from racewalking clubs around Australia (and abroad) regarding any by-laws, policies, successful practices and examples of procedure they may have in place to cater for the walker living with a physical, vision or intellectual disability in any form.

In the interest of inclusiveness for all, we welcome feedback and suggestions as to how to provide worthwhile racewalking experiences for the disabled athlete. For example, if your club has a visual-impaired walker, how are competitions structured to enable them to compete safely and within the WA walking rules? Are support personnel or specific equipment required? What kind of provision is made for athletes with other disabilities?

If your club makes specific arrangements for disabled members but wishes not to be identified for the sake of privacy, please make that clear in your feedback. We are happy to use your anonymous contribution.

Please send your feedback to Stu at stuwalks@yahoo.com.au

**** VRWC RACE FEES**

Seasons ticket 12 months:

VRWC Club Races:

VRWC Championships:

Financial members: \$150.00 paid by the **end of May**.

Race fee: \$15.00.

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 **\$45**. (Note: some second-hand tops are available for \$20).



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

AUGUST

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

Sat 5 Sep 2026

AV 5000m Teams & VMA Championships - Mentone

International Dates

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

