



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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*H&T Notice Board Page 10

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

WALKER OF THE WEEK



The 5000m track race was the event from which this week's two WOTW winners were drawn, albeit in very different and distant venues.

After their haul of five silver medals at the World Masters championships 10 and 20km road walks in Daegu, South Korea, last week it was off to the track for the Aussie walkers. And it was there that they bagged their first gold medal of the championships through the agency of **Dean Nipperess (QLD)**. Racing in the M55 division, Dean fought off horrendous heat and humidity to clock **28:57.02** to win. Added to his 4th place in the 20km last week that helped net Australia the team silver, Dean can look back on a campaign where he



showed that endurance, the ability to outlast the opposition and the conditions, was the key factor. Well done, Dean!

Dean's fellow WOTW winner, **Ela Uzun (VIC)**, had nothing like the Daegu weather to deal with, but the solid wind gusts at Mentone hardly lent themselves to record attempts. However, with Jemima Montag's State and VRWC U16, U17 and U18 5000m records in her sights, Ela made short work of the wind to cross in **22:20**, removing the Olympian altogether from the State junior 5000m lists and leaving her with just the Club U18 mark. With the summer championships at schools, state and national levels to come, that U18 time will likely not be long for this world. Congratulations, Ela!

*Honourable mentions

- **Melissa Lewis (WA)**, **Anne Weekes** and **Iggy Jiminez (QLD)** – each collected the second of their two silver medals at Daegu, grinding out 12.5 tortuous laps on the track.
- **Jia Wen Heng (VIC)** – blitzed her 5000m PB in the AV Teams race by 1:14, a huge improvement to clock **28:33**.
- **Ella Harris (VIC)** – went sub-30:00 for the first time over 5000m with a 44 sec PB time of **29:34**.



CLUB NEWS and RESULTS

VRWC AV Teams, VMA c'ships & Club results, 5 September – Mentone

A thunderstorm at 4.30am over metropolitan Melbourne, with a forecast of more in the afternoon, bode ill for the AV Teams and Masters 5000m races with cancellation a real possibility. Fortunately, a couple of wind-driven squalls just before the start was all that hit the Dolamore Reserve track, and the races proceeded without incident apart from continuous wind gusts.

Ela Uzun has her own way of dealing with strong headwind, and this one wasn't about to stop her relentless record quest. Ela added five more to her CV – three in the Victorian State U16, U17 and U18 divisions and two in the VRWC U16 and U17

5000m – with her time of **22:20**. This was just 4 seconds slower than her national record-breaking road time in Ballarat last month and was achieved in tougher conditions. This year, Ela and cousin **Havana Ali** were joined by Essendon clubmate **Ella Harris**, who ripped a 44 sec PB to help the red & black score a convincing win in the AV Teams race. The Wellington and Knox clubs, with two members each, were separated by only 3 points at the end, with **Matilda Read** missing her best track time by a mere 4 secs. Mentone's only finisher, **Jia Wen Heng**, showed the benefit of having done more road racing this year with a huge 1:14 PB, the best of the day.

The men's Teams event was, like last year's undersubscribed, but it was pleasing to see **Riley Coughlan** and **Angus Shuttleworth** duelling their way around the track at speed before Angus broke away in the latter stages to win by 16 secs.



5000m AV Teams Championship Women

1 Ela Uzun	Aths Essendon	22:20**
2 Matilda Read	Wellington AC	24:20
3 Mya McClure	Whittlesea City AC	25:09
4 Mietta Morgan	Knox AC	27:24
5 Jia Wen Heng	Mentone AC	28:33 PB 1:15
6 Havana Ali	Aths Essendon	28:49
7 Ella Harris	Aths Essendon	29:34 PB 0:44
8 Addison Frenken	Casey-Cardinia AC	29:45
9 Erin Reid	Aths Essendon	30:27
10 Pippa Read	Wellington AC	31:00
11 Caitlyn Shipham	Knox AC	31:30
... Aangi Shah	Mentone AC	DNF

** Victorian & VRWC U16, U17 and U18 recs

5000m AV Teams Championship Men

1 Angus Shuttleworth	Knox AC	21:55
2 Riley Coughlan	Knox AC	22:11
.. Rupert Van Dongen	Mentone AC	DQ

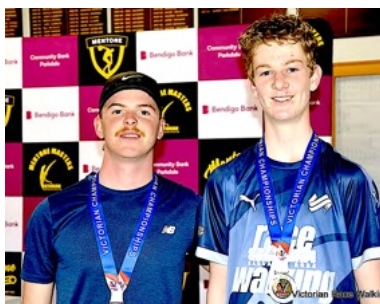
*AV Teams results

Women

- 1 Aths Essendon
- 2 Wellington AC
- 3 Knox AC

Men

- 1 Knox AC



The AV Teams and Masters podiums.

With a number of members in Daegu for the World Masters, victory in the VMA 5000m titles was pretty much there for the picking with all finishers across the age groups taking gold. **Michelle Horne** and **Kevin Cassidy** were the sole sub-30min winners while **Erin Reid's** recently found vein of form shows no sign of petering out. Tough luck story of the day was that of **Shaun Lewis**, who'd been awarded gold in the M45 only to discover that he'd walked a lap short and was a DNF! A disappointing end to a season of big improvement but we can expect his form to extend into the coming AVSL season.

5000m VMA Championship Women

1 Erin Reid	40-44	30:27
1 Michelle Horne	55-59	29:50
1 Carolyn Rosenbrock	60-64	30:55
1 Donna-Marie Elms	65-69	34:06
1 Karyn O'Neill	70-74	35:54

5000m VMA Championship Men

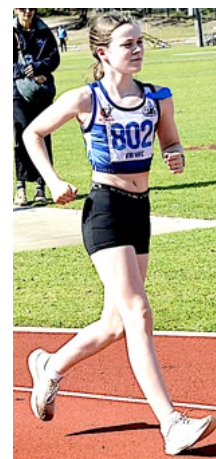
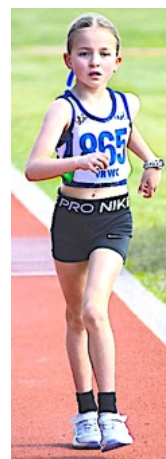
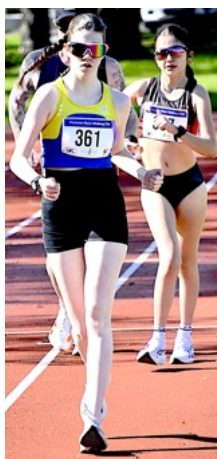
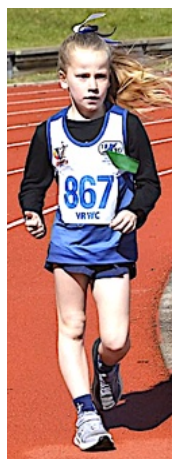
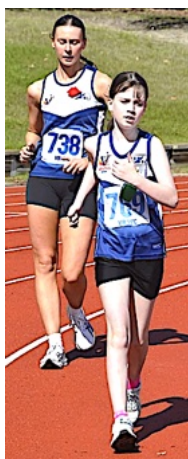
.. Shaun Lewis	45-49	DNF
1 Kevin Cassidy	65-69	29:21
1 Terry O'Neill	70-74	34:02



The 1500m produced five PBs ... always a good outcome.

Fast times proved elusive for most in the VRWC club races with buffeting wind taking a hand, but the 1500m field still managed to produce 5 PBs. **Erlyn Singh** blasted through the 8:00 barrier for the first time and if she contests the AVSL summer races she will make her presence felt. Another big improver was **Abigail Verity** with a 22 sec PB, while **Ava Pravednikov** and **Taylah Bremner** made light of the wind gusts to post sizeable PBs of their own.

It was pleasing to see **Jaxon Connell** try his hand at the taxing 3000m distance for a creditable debut performance.



10000m VRWC race

1 Jade Chitty	57:35
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1500m VRWC race

1 Fletcher Reid	7:19 PB 0:02
2 Ryder Reid	7:57

1 Erlyn Singh	7:34 PB 0:32
2 Emily Smith	7:56
3 Taylah Bremner	8:01 PB 0:15
4 Abigail Verity	9:09 PB 0:22
5 Sadie Mathiesen	9:14

5000m VRWC race

1 Arthur Robinson	34:02
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1 Marina Carpinelli	49:47 Longest walk
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3000m VRWC race

1 Jaxon Connell	22:34 Longest walk
1 Alaska Bremner	17:54
2 Kobe Lewis	18:19
3 Abby Fowler	21:36

6 Emilie Garside	9:38
7 Cory Lewis	9:42
8 Ava Pravednikov	10:16 PB 0:17
9 Marilyn Reynolds	10:38
10 Holli Burrell	10:49
11 Gwen Steed	11:26

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:	Peter Westwood
Race check in	Mark Donahoo
Recorders	Duncan Knox, Jackie Fowler, Tim Erickson, Kris Shipham, Joe Adamcewicz, Robert Gardiner
Judges:	Lorraine Morgan (Chief) Bronze, Scott Nelson- Silver, Gordon Loughnan- Bronze, Brenda Felton- Bronze, Di Lowden- Bronze, Anthony Doran
Judges' recorder	Stu Cooper
Set up, Pack up:	Rupert Van Dongen, Terry Swan, Ian Laurie, Duncan Knox, Terry O'Neill
Equipment transport:	Stu Cooper
Red Card Collector	Terry Swan, Therese Smith
Timekeeper	Ian Laurie, Tim Erickson
Photos	Terry Swan https://www.facebook.com/media/set/?set=oa.1440224601304396&type=3
Presentations	Mark Donahoo, Tim Erickson
Walkers:	42

***This weekend:**

Winter 2026 winds up with our regular road season closer, the Relay race. This is where **Mark Donahoo** sets himself the daunting challenge of drafting teams based on their members' handicap times for the season, with the aim of engineering as close and exciting a finish as possible. Phew, glad it's not me doing it!

Two scratch races of 1km and 4km are also available for those who didn't make the relay entry deadline. Then follows a BBQ lunch, courtesy of Karyn O'Neill, before we head into the Main Hall for Winter presentations.

Sunday 13 September – Middle Park Relay Race & Open races		
11.00am	Relay event (teams of 5 walkers)	Open
11.20am	4km	Open
11.23am	1km (500m loop)	Open
12.15pm	BBQ lunch	
12.30pm	Winter presentations	
<i>Relay entries closed. Entries for VRWC Open events will be accepted up until 6pm on Friday 11 September. Enter online at https://www.revolutionise.com.au/vrwc/</i>		

***The Teams**

You will notice that there are some changes to the teams Mark sent out on the Club email this week. These became necessary with the sudden non-availability of some entrants. There are now 8 teams, each racing 6 legs. Trying to predict the winning squad is never a simple exercise, and this year is no exception. There will be prizes for the members of the winning team. Good luck, everyone. Have fun!

Team 1	Start time	0:00:00	Team 5	Start time	0:01:19
2km Lunah	Ibrahim	864	2km Aria	Di Benedetto	812
1km Ella	Harris	796	1km Pippa	Read	771
2km Bowie	Clarke	836	2km Kevin	Cassidy	710
1km Lunah	Ibrahim	864	1km Pippa	Read	771
1km Ava	Pravednikov	769	1km Aria	Di Benedetto	812
2km Ella	Harris	796	2km Kevin	Cassidy	710

Team 2	Start time	0:00:54
2km Caitlyn Shipham	815	
1km Emily Smith	692	
2km Addison Frenken	811	
1km Caitlyn Shipham	815	
1km Addison Frenken	811	
2km Emily Smith	692	

Team 3	Start time	0:00:57
2km Harper O'Toole	874	
1km Sadie Mathiesen	865	
2km Mya McClure	778	
1km Harper O'Toole	874	
1km Daisy Hooper	833	
2km Mya McClure	778	

Team 4	Start time	0:00:57
2km Grace Louey	601	
1km Matilda Read	743	
2km Harper de Sachau	873	
1km Grace Louey	601	
1km Harper de Sachau	873	
2km Matilda Read	743	

Team 6	Start time	0:01:24
2km Erlyn Singh	998	
1km Cory Lewis	875	
2km Jonathan Ho	790	
1km Erlyn Singh	998	
1km Merilyn Reynolds	869	
2km Jonathan Ho	790	

Team 7	Start time	0:01:26
2km Kobe Lewis	831	
1km Abby Fowler	802	
2km Alejandro Stephens	764	
1km Kobe Lewis	831	
1km Jaxon Connell	855	
2km Alejandro Stephens	764	

Team 8	Start time	0:01:29
2km Arthur Robinson	813	
1km Holli Burrell	867	
2km Angus Shuttleworth	803	
1km Arthur Robinson	813	
1km Donna-Marie Elms	194	
2km Angus Shuttleworth	803	

Relay rules:

- Teams have been picked by the handicapper, Mark.
- Teams will start on their combined handicap time.
- Teams will race legs in the following order: 2km, 1km, 2km, 1km, 1km, 2km.
- Athletes may walk two legs on the day but must have a break between their legs.
- If any athletes are disqualified, their team's penalty will be to have 30 seconds added to their finish time.



After another very successful season, it's time to recognise those whose labours were critical in ensuring our athletes had the best racing experiences possible over the winter months. Whether lap scoring, timekeeping, setting up and packing up the course, erecting tents and banners, taking race entries, snapping photos, riding the trike, course marshalling, walk judging or running the canteen, anyone who contributed in these or other areas should realise that their contributions were valued.

*Officials & helpers (Regular – 5 or more times)		*Other officials & helpers		*Walk judges
Mark Donahoo	John Lyons	Ben Skurka	Heather Carr	Gordon Loughnan
Terry Swan	Terry O'Neill	Alan McClure	Ian Fletcher	Brenda Felton
Stu Cooper	Carolyn Rosenbrock	Alla Pashutina	Jared Tallent	Kathleen Marsh
Ian Laurie	Kris Shipham	Andrew Jamieson	Jemima Montag	Bec Lewis
Robert Gardiner	Shaun Lewis	Dannielle Clarke	John Gilbert	David Cash
Bill Carr	Therese Smith	Deanne McClure	Julie Bicknell	Stu Cooper
Duncan Knox	Gwen Steed	Kylie Irshad	Kathy Marshall	Di Lowden
Tim Erickson	Devin Cassidy	Maeve Dubar	Kirsteen Farrance	Terry O' Neill
Donna Marie Elms	Dylan Shuttleworth	Paul Moritz	Lily Lambert	Danielle Clarke
Jackie Fowler	Joe Adamcewicz	Shane Bicknell	Louise Lambert	Anthony Doran
Karyn O'Neill	Sandra Schultz	Simon Baker	Mark Frenken	Scott Nelson
Melinda di Benedetto		Bec Lewis	Merilyn Reynolds	
		Ela Uzun	Peter Westwood	
		Emilie Garside	Rupert Van Dongen	
		Gerard Feain		

*Junior Club representative King's Birthday race- Canberra

These young members who represented the VRWC at the LBG Carnival in June receive a contribution from the Club travel fund.

Alaska	Bremner	Daisy	Hooper
Taylah	Bremner	Ava	Jacobson
Bowie	Clarke	Cory	Lewis
Harper	de Sachau	Kobe	Lewis
Aria	Di Benedetto	Harper	O'Toole
Anna	Dubar	Ariana	Pashutina



AROUND THE COUNTRY

SOUTH KOREA: World Masters Athletics Championships, 22 & 29 August – Daegu

Australian Masters' success continues in Daegu

Report by Paul Moritz

First up, apologies for an omission in last week's report on the World Masters Athletics Championships in Daegu, South Korea. The Australian men's M55+ team of **Dean Nipperess**, **Ignacio Jiminez** and **Simon Evans** also scored a Silver medal in the team event for the 20 km road Walk. The error was noticed too close to the *Heel and Toe* publication time for the result to be included.

However, the big Race Walking news for Australia from the second week of the championships was the Gold medal to **Dean Nipperess** in the 5000 m M55 race. Dean's time of **28:57.02** was 25 seconds ahead of the second placegetter, Andrea Collamati of Italy. With the 20 km race (where he placed fourth) on August 29, and the 5000m on September 2, Dean had a big five days. It would also appear that he had an excellent recovery from the longer race.

In the other 5000m races, there were Silver medals for **Anne Weekes** (W60), **Melissa Lewis** (W35) and **Ignacio Jiminez** (M60). **Colin Heywood** was the other top five finisher, placing fifth in the M70 age group. **Lynne Schickert** (W80), **Heather Carr** (W75), **Julie Wilson** (W70) and **Adam Patterson** (M50) completed their first walks of the championships, and **Chris Pollard** backed up from his 10 km race on the first day.

Details of all the Australians' results are listed below.

W35	Melissa Lewis	2 nd	28:19.20
W60	Anne Weekes	2 nd	31:17.83
W70	Julie Wilson	10 th	38:39.39
W75	Heather Carr	8 th	40:25.39
W80	Lynne Schickert	11 th	47:24.81
M50	Adam Patterson	10 th	34:20.18
M55	Dean Nipperess	1 st	28:57.02
M60	Ignacio Jiminez	2 nd	25:40.86
M65	Chris Pollard	9 th	41:40.34
M70	Colin Heywood	5 th	34:31.97

Full results for the 5000m races can be found at the links below.

Women:

<https://meets.rosterathletics.com/public/competitions/details/schedule?id=29589>

Men: <https://meets.rosterathletics.com/public/competitions/details/schedule?id=29589>

As with the road races, the individual performances would seem to reflect the weather conditions in Daegu. Clearly, the championship organisers anticipated the likely warm weather and programmed all the women's 5000 m races in the early morning, and the men's events were split between early morning and very late afternoon on the next day.

At this point **Bob Schickert** also deserves a mention. He was one of three Australian International Volunteer Officials, and acted as a Walk Judge.

Overall, through the championships, 12 Australian walkers took part, with 24 race starts between them. All up, they won one Gold and nine Silver medals, with another six top five finishes. Those medals contributed to a tally for the whole Australian team of 172 medals, comprising 58 Gold, 66 Silver, and 48 Bronze. This outstanding effort placed Australia second overall on the medal tally, behind the USA.

To conclude, here is a quote from the last day's entry on the Australian Masters Team's Facebook page:

There were athletes who didn't receive a medal but achieved something equally worth celebrating: a PB; a season's best; making a final; completing a demanding event; returning from injury or; simply having the courage to stand on the start line or enter the field wearing the green and gold.

To every Australian who pulled on the green and gold in Daegu – congratulations.

SOUTH AUSTRALIA SARWC Relay results, 5 September – South Parklands

It was time for some fun at South Parklands, with the SARWC beating the Vics to the punch with their own Relay race.

Cooper Rech reports:

We held relays over 6km legs, where athletes were divided into teams to get the closest finish possible. Teams could then pick how they divided their 6km and in what order they'd walk. Additionally, teams had 15 seconds added for every red card received, although luckily no teams received more than one. Congratulations to **Liliana Templer, Amaya Cowling & Anthony Crabb** for taking out the relay. Impressive individual results also from **Saxon King** (10secs PB), **Harper Di Cicco** (first time over 2km) and **Amity Cowling** (3secs shy of her PB).

6km Team Relay

Anthony Crabb, Amaya Cowling & Liliana Templer	36:50
Amity Cowling, Kristy Templer, Marie Maxted & Saxon King	37:29
Martin Crabb, Di Camilleri & Cooper Rech	39:49
Harper Di Cicco, Bill Starr, Robert Crabb & Greg Metha	40:00

Penalties

15 secs (1 red) penalty

15 secs (1 red) penalty

Individual Legs

3km

Cooper Rech	14:36
Liliana Templer	16:24

2km

Saxon King	10:52 PB 0:10
Harper Di Cicco	11:43 FT
Amity Cowling	11:54
Greg Metha	12:08
Amaya Cowling	13:12
Di Camilleri	16:24

1km

Marie Maxted	6:40
Anthony Crabb	6:59
Robert Crabb	7:36
Kristy Templer	8:03
Bill Starr	8:18
Martin Crabb	8:49

WESTERN AUSTRALIA WARWC results, 30 August - Woodbridge

Terry Jones signs off for Winter 2026.

WARWC held its Championships this morning, which marks the last day of our winter season. The weather was overcast, fine, cool, with a light to moderate breeze.

During this month, many schools are conducting their athletics carnivals at the WA Athletics Stadium, followed by the start of the Athletics West summer track events in October.

And by the way, it is expected that the WA Athletics Stadium will be totally closed from late March to May next year for resurfacing, immediately after the World Police and Furies Games here.

Open 10K Women

Karyn Tolardo	1:07:40
Wendy Farrow	1:13:29

Masters 5K Women

Fiona van Heerwaarden	35.24
Tammy Bogaers	49.27
Glenys Duncan	49.59

Masters 5K Men

Richard McPherson	33.24
Steve Travell	53.02

U18 10K Women

Sierra Thompson	1:05:08
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U16 5K Women

Tory D'Allesio	28.57
Addison Roots	29.08

U14 3K Women

Hannah Clausnitzer	17.02
Gabriella John	17.35

U12 2K Women

Carly Hood	12.54
Ruby Kilworth	14.44

U12 2K Men

Hugo Bell	12.58
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U10 1.5K Women

Emily John	9.05
Symphony Scott	9.49

Fathers' Day Novelty

Kieron Kilworth	
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INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

- 05 Sep 2026 - Langfang, Hebei (CHN) – Chinese 2026 National Race Walking Championships (1st day)
<https://marciadalmondo.com/results/2026/langfang-hebei-chn-chinese-2026-national-race-walking-championships-1st-day/>

The 2026 National Race Walking Championships take place in Langfang City, Hebei Province, China on September 5-6, 2026. The Championships are valid for the “Guangyang Cup” 2026,

Langfang City is situated in the middle and lower reaches of the Haihe River Basin and has long been known as the Lower Reaches of Nine Rivers. It serves as the core hinterland within the golden triangle formed by Beijing, Tianjin, and the Xiong'an New Area, and is an important node city in the world-class city cluster centered around Beijing. It has historically been called the Pearl of the Beijing-Tianjin Corridor. The main urban area is just 40 kilometres from downtown Beijing.

In the first day were scheduled the following events (local times):

06:30: Women's Half Marathon (36 athletes)

08:30: Men's Half Marathon (66 athletes)

16:00: 10 km under-18 women's race (28 athletes)

17:05: 10 km under-18 men (43 athletes)

Sunny day, temperature from 18° Celsius to 34° Celsius (hot day), no wind.

Course: 1km go & back



Women's Race Walk Half Marathon

In the women's race, which started at 6:05 am, 22-year-old Jinlin Ning, representing Liaoning and silver medalist in the 20km at the Bochum 2025 World University Games, won the national title with a personal best of 1:32:15. Her main rival was Guo Na, an athlete from Chongqing, who finished second with a time of 1:32:28, just 4 seconds behind her best. Yuxia Shi, from Shandong, finished third with a personal best of 1:34:34.

Key results

- 1.- Ning Jinlin (26Mar2004) Liaoning in 1:32:15 (personal best)
- 2.- Guo Na (22Jun1999) Chongqing in 1:32:28
- 3.- Shi Yuxia (18Jan1999) Shandong in 1:34:34 (personal best)
- 4.- Zhang Ting (28Jan2004) Shaanxi in 1:35:13 (personal best)
- 5.- Dou Maocuo (24Feb2004) Qinghai in 1:35:18
- 6.- Duo Jiecuo (13Apr2005) Shaanxi in 1:38:14



(Photos: Yang Feng – Chinese Athletics Association)

Men's Race Walk Half Marathon

The men's race started at 8:30am and the title was won by the representative of Yunnan, Yuzhuo Fan, an athlete still under 20 (19 years old), with a time of 1:25:08, a personal best by a large margin (previously, 1:27:56 this year in Hefei). Fan overtook two strong rivals and contenders for the victory, namely Qian Haifeng, from Heilongjiang, 6th in the Tokyo 2025 world championships and holder of 1:24:14 (La Coruna 2026), who finished second with 1:25:33, and the U23 and Asian vice-champion in the category, Yang Kaiyuan, from Guangdong, who finished third with 1:26:04.

Key results

- 1.- Fan Yuzhuo (02Sep2007) Yunnan in 1:25:08
- 2.- Qian Haifeng (08Jul2000) Heilongjiang in 1:25:33
- 3.- Yang Kaiyuan (06Aug2006) in 1:26:04
- 4.- Bi Congshan (09Oct2007) Liaoning in 1:26:18
- 5.- Zhang Xinrui (30Dec2004) Shaanxi in 1:26:25
- 6.- Xu Chunyang (07Apr2001) Tianjing in 1:26:37 (personal best)

Women's U20 Race Walk 10km

Victory to Ni Lihua (15Sep2007) Guangdong in 47:10
Second place to Louring Quzhong (18Aug2008) Sichuan in 47:27
Third place to Li Wangti (04Jun2007) Shandong in 47:40 (personal best)

Men's U20 Race Walk 10km

The incredible happened in this event. The winner of this morning **Fan Yuzhuo** in Half Marathon competed again after 9 hours (more or less) in U20 category with a new victory. The “*planet of China*” never ceases to amaze us with the sheer number of athletes and their participation in competitions. The writer can say that, in his long career, I have never seen a situation quite like the one we see today. Congratulations to the athlete.

Victory to Fan Yuzhuo (02Sep2007) Yunnan in 41:26 (season best)
Second place to Zhu Ninghao (20Mar2008) Beijing in 41:43
Third place to Kong Linghuai (24Apr2008) Yunnan in 41:49 (personal best)

Reports by Nicola Maggio (Marcia dal Mondo)

*Next issue: Chinese Marathon walk report

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.

- Tuesday, September 8, 2026 - **Indian Under-18 Athletics Championships in Ludhiana (2026) – results**
<https://omarchador.blogspot.com/2026/09/campeonatos-de-atletismo-sub-18-da.html>
- Monday, September 7, 2026 - **Xianghong He, Yanhong Li and Beijing team dominate marathon walking at China Championships - Langfang 2026** <https://omarchador.blogspot.com/2026/09/xianghong-he-yanhong-li-e-equipa-de.html>
- Sunday, September 6, 2026 - **Yuzhuo Fan and Jinlin Ning win Chinese half-marathon championships – Langfang 2026** <https://omarchador.blogspot.com/2026/09/yuzhuo-fan-e-jinlin-ning-vencem.html>
- Saturday, September 5, 2026 - **Partanen and Nurmi win in Helsinki – Finnkampen 2026**
<https://omarchador.blogspot.com/2026/09/partanen-e-nurmi-vencem-em-helsinquia.html>
- Thursday, September 3, 2026 - **WMAC Daegu 2026: Men's 5,000m M35+ (results)**
<https://omarchador.blogspot.com/2026/09/wmac-daegu-2026-5000-m-masculinos-m35.html>
- Wednesday, September 2, 2026 - **WMAC Daegu 2026: Women's 5,000m W35+ (results)**
<https://omarchador.blogspot.com/2026/09/wmac-daegu-2026-5000-m-femininos-w35.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.

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

September

Sunday 13th September

VRWC relay race and [Seasons Presentations](#)

Middle Park

International Dates

30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN
20 Mar 2027	46th Dudinska 50 – Dudince (SVK)
17 Apr 2027	6th Korzienowski Warsaw Race Walking Cup – Warsaw (POL)
12 Jun 2027	XL Gran Premio Cantones de A Coruna de Marcha – La Coruna (ESP)
1-12 Aug 2027	FISU World University Games – Chungcheong (KOR)
11-19 Sep 2027	World Athletics Championships – Beijing (CHN)
9 Apr 2028	World Athletics Race Walking Teams championships – Hefei (CHN)
14-30 Jul 2028	XXXIV Summer Olympic Games – Los Angeles (USA)
23 Jul- 8 Aug 2032	XXXV Summer Olympic Games – Brisbane (AUS)

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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