



HEEL & TOE Online

Vol. 2026
Issue No. 36
Tuesday
15 September
2026

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

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Hello readers,

I'm heading overseas for a few weeks' holiday, returning in late October. In my absence, **Tim Erickson** will take over in the editor's chair and I believe he's raring to go. Please forward any news, results, reports or other material to Tim at tim.erickson02@gmail.com or terick@melbpc.org

Most readers will know that Tim had the stewardship of *Heel & Toe Online* for 20 continuous years, building it up from a paper-only periodical to its current status as an internet weekly with a worldwide circulation. His exhaustive research and encyclopaedic recall can be counted on to underpin an entertaining and informative publication. Have fun, Tim!

Stu

***VRWC Summer racing draft program**

**OCTOBER 18 MEETING
CANCELLED**

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JUDGING



***ZOE EASTWOOD-BRYSON TO HANG UP THE PADDLES**

by **Cooper Rech**

I want to touch upon some major news from South Australia, with **Zoë Eastwood-Bryson** announcing that she will be retiring from athletics on 26 October, after the SA All Schools Championships. As many will know, Zoë has been a major part of not only the Australian race walking community, but the wider athletics community for her many years in the sport. She has reached the highest levels of our sport as an official, being appointed Chief Judge at the 2023 World Athletics Championships in Budapest, and additionally has officiated at Olympic

Games, Commonwealth Games, World U20 Championships and many national championships, just in my time in the sport.



While I could write an essay on Zoë's achievements as an official, I wanted to highlight her involvements in the community beyond judging. Zoë served as president of the SA Race Walkers club for many years, among other posts. However, even after resigning, she remained one of the most active and passionate members of our SA community. As long as I have been a member of SARWC, Zoë has been out on the course almost every week, judging races, educating new judges, helping athletes of all ages with technique issues, and covering the many other odd jobs that wouldn't be filled otherwise. Through these years, she has always been one of the most

approachable, welcoming members of our community, and would often seek out athletes at local meets to whom she had given a yellow or red, to advise on why and how to improve. She has also mentored many of the current South Australian judges to their various qualifications and achievements, as I am aware she has done for many non-SA judges as well.

Furthermore, her willingness to attend many national championships, despite little tangible reward for doing this, displays her deep love for the sport, and commitment to provide the highest quality of officiating she can. Her yearly attendance at the Lake Burley Griffin Carnival in Canberra has become one of the key features of the day for many regular attendees, with her willingness to stand out on the path no matter the distance being walked and the athletes competing, which has always being appreciated by those involved. She has also been influential nationally away from the track, running judging seminars around the country, from Canberra to Victoria and many other locations. She has looked to educate judges of all experience levels, running judging seminars for beginners, while also mentoring some of the up-and-coming elite judges around the country. Her impact on race walking at local, national and international level really cannot be understated.

As Zoë heads into retirement, she leaves not only with many achievements and experiences, but also having influenced many within the race walking community around the world. In my eyes, she will always be the epitome of a race walk judge, and an influential member of so many peoples journey in the sport. Thank you for your years of service.

Cooper Rech

Zoë's Facebook post

Hi All

Just wanted to let you know after much consideration that I am retiring as an Athletics Official as of 26 October this year.

Little did I know that when I started competing as an athlete in 1976, that I would still be involved in athletics some 50 years later.

As a wide eyed 15 year old, I dreamt of competing at the Olympics in the Javelin Throw, but to be honest that was never going to happen. However, as an official I have fulfilled that dream, along with officiating at State and National Championships, Oceania Competitions, World Team Race Walking Championships, World Athletics Open, U20 and U18 Championships, Commonwealth Games and Paralympics. I have also had the privilege of judging the Race Walking Events in China and Japan multiple times over the past 11 years.

I am sure there wil be times I will miss the hustle and bustle of the Callroom when it is full of athletes or judging the Race Walks in the pouring rain, however I have my wonderful memories.

To all Associations, Officials and everyone who assisted me both in Australia and overseas, thank you so much for your, support, encouragement, mentoring and most importantly, your friendship.

I wish everyone every success in the future.

I am sure we shall catch up somewhere.

Remember, whatever else you do in life, make sure to follow your dreams

Zoë

(Source: Marcia dal Mondo)



Editor's note: In terms of describing Zoe's priceless contribution to Australia's walkers and to judges' education over so many years, it's hard to surpass Cooper Rech's fine tribute. Suffice it to say that, on behalf of everyone at the Victorian Race Walking Club, I thank Zoe for her selfless, supportive and inspirational leadership in guiding novice and experienced judges alike through the sometimes perilous waters of walk judging. Her investment in, and promotion of, that most critical of

judging attributes – self-belief – has underpinned the careers of judges at all levels. Zoe, it's hard to accept that we will not see you trackside or roadside after October, but we wish you the best of luck and every satisfaction in your new life direction. (And, if you ever get the yen to come down run a seminar or two sometime ...)

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

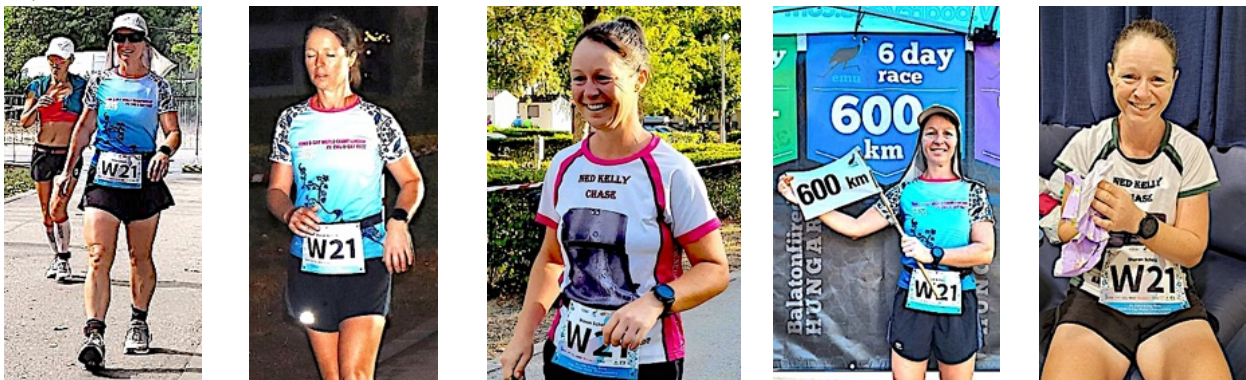
It's only infrequently that an ultra-walker cracks a mention in 'Walker Of The Week' ...not through any disdain for their achievements, but rather because they're a tiny community who race seldom, compared to athletes in more conventional competition that is held far more frequently, and produces many more visible results.

Thanks to the indefatigable Tim Erickson, however, a high-achieving ultradistance walker does occasionally break through for a WOTW gong. This time it is **Sharon Scholz (VIC)** who, along with Centurion husband Justin, is on a round-the-world biking and walking trip and, last week, took time out to break the world 6-Day walking record in Hungary. I'll leave it to Tim to give readers the bigger picture on this remarkable athlete's achievement.

I have been watching the EMU 6 Day Ultra in Hungary over the last week and it's been a huge event, hosting the 2026 Global Organisation of Multi-day Ultramarathon World Championships and the Hungarian National Championships and it is one of only a few annual International Association of Ultramarathons Gold Labelled events. Though most participants were entered as runners, **Sharon Scholz (VIC- Aust Centurion C63)** had the approval of the Australian Centurions to use this event to achieve an official six-day walking total. Organisers of the event were made aware of Sharon's 'walk only' entry, and her entry bibs were marked with a "W" to indicate that status. She was not alone, with a lot of other walk only entrants also in this event.

A total of 112 athletes from five continents competed, with the event starting at 12:00pm local time on Thursday 3rd September. Sharon and Justin interrupted their ongoing tandem bike adventures and timed it to ride into Balatonfüred on Wednesday 2nd September 2026. With a night's sleep, Sharon was off and walking the next day.

The event has just finished and the provisional results show Sharon finished 16th overall with a final distance of 711km



(Photos: Justin Scholz)

The link to the overall results

is https://www.korido.hu/2026EMU6_result?fbclid=IwY2xjawUNfrNwZG9mBWV4dG4DYWVtAjEwAGJyaWQRMVZzRmoxTThvcVFPUmXwV2xzcRjBmFwcF9pZBAyMjIwMzIxNzg4MjAwODkyAAEPrONbip9TutzHYkos4rVyx_2-197zZuDrJzzB2BGC-UVGcM8jOJSWQkRF0Y_aem_SQaj9ouGwIzTDt8vCFi7Tw

Her lapsplits show that she reached the end of lap 792 (711.374km) in 143:54:05. With 6 minutes to go, I assume her final distance would be a little over 712km if she was allowed to continue for the full 6 Days (I will wait on Justin to confirm that).

Her daily totals/splits read as follows

Day 1	152 km	152 km
Day 2	270 km	118 km
Day 3	383 km	113 km
Day 4	507 km	124 km
Day 5	612 km	105 km
Day 6	712 km	100 km

Justin has been posting extensive race updates, photos and videos on his Facebook feed and they all show Sharon patiently walking her way around the course, day after day, never going fast but always going steadily, with great focus and determination.

Once the results are finalised, I will be able to confirm a number of new Australian All-Comers and W50 records

200km: Around 31 hrs 50 mins
500km: Around 3 Days 49 mins
6 Days: Around 712 km



Her 6 Day total easily beats the World Best, currently held by Allicia Heron (C87) with 691.802 km.

Of course, Sharon is no newcomer to the world of ultras. She has had a long and successful career both as a runner and as a walker and this result was not really a surprise. Check out <https://centurions.org.au/centprofiles/63%20sharon%20scholz.pdf>. What was a surprise was that for the last 3 years, she and Justin have been cycling the world. Obviously a diet of long riding day after day is different to the normal sort of prep for a multi day walk but it worked!!!

Huge congrats to Sharon (and to Justin who must also be feeling very sleep deprived at the moment.)



CLUB NEWS and RESULTS

VRWC Team relay & scratch race results, 13 September – Middle Park

Our 2026 season closed with the now-traditional Team Relay race. Mark Donahoo's calculations may not have quite produced a *mano a mano* home straight shootout, but having engineered a finish in which the first 3 teams clocked combined times within 7 second of each other was pretty impressive. This event, whatever the result, always turns out to be a nail-biter. Well done, Mark!



The anchor walkers, in finishing order, hit the line for the last time in Winter 2026.

Tim Erickson, lap scorer, gives his own short summation of the day's racing:

A sunny but very windy Sunday morning greeted the 28 walkers who were in attendance for our annual VRWC Relay Race day. The lead changed on a number of occasions before Team 3 Orange (**Harper O'Toole, Sadie Mathieson, Mya McClure and Daisy Hooper**) took control, eventually winning by 27 seconds after an exciting battle with Team 5 and Team 7.

After the day's racing was complete, we celebrated the end of the winter season with a BBQ and our winter season Presentations. The full list of trophy winners will be published asap.

1. Team 3	Handicap: 0:57		2. Team 5	Handicap: 1:19	
2km	Harper O'Toole	12:36	2km	Aria Di Benedetto	10:47
1km	Sadie Mathiesen	5:48	1km	Pippa Read	5:19
2km	Mya McClure	9:35	2km	Kevin Cassidy	11:06
1km	Harper O'Toole	5:18	1km	Pippa Read	5:09
1km	Daisy Hooper	5:35	1km	Aria Di Benedetto	5:11
2km	Mya McClure	9:44	2km	Kevin Cassidy	11:09
	48:36			48:41	
3. Team 7	Handicap: 1:26		4. Team 4	Handicap: 0:57	
2km	Kobe Lewis	12:14	2km	Grace Louey	10:46
1km	Abby Fowler	5:49	1km	Matilda Read	4:28
2km	Alejandro Stephens	9:17	2km	Harper de Sachau	13:00
1km	Kobe Lewis	5:53	1km	Grace Louey	5:12
1km	Jaxon Connell	5:57	1km	Harper de Sachau	6:40
2km	Alejandro Stephens	9:33	2km	Matilda Read	9:38
	48:43			49:44	



Team Orange with their winnings.

5. Team 8	Handicap: 1:29		6. Team 2	Handicap: 0:54	
2km	Arthur Robinson	12:33	2km	Caitlyn Shipham	12:26
1km	Holli Burrell	6:51	1km	Emily Smith	4:56
2km	Angus Shuttleworth	8:44	2km	Addison Frenken	11:03
1km	Arthur Robinson	6:08	1km	Caitlyn Shipham	5:34
1km	Donna-Marie Elms	6:10	1km	Addison Frenken	5:38
2km	Angus Shuttleworth	10:05	2km	Emily Smith	10:56
	50:31			50:33	
7. Team 6	Handicap: 1:24		8. Team 1	Handicap: 0:00	
2km	Erlyn Singh	10:44	2km	Lunah Ibrahim	11:26
1km	Cory Lewis	6:31	1km	Ella Harris	5:36
2km	Jonathan Ho	10:40	2km	Bowie Clarke	11:42
1km	Erlyn Singh	5:25	1km	Lunah Ibrahim	5:14
1km	Merilyn Reynolds	7:00	1km	Ava Pravednikov	6:43
2km	Jonathan Ho	10:46	2km	Ella Harris	12:13
	51:06			52:54	

4km Scratch race

1 Michelle Horne 24:48



***Action models:**

Addison, Sadie, Kevin, Mya, Jonathan, Jaxon, Aria, Caitlyn, Harper O, Alejandro, Bowie, Holli, Angus, Ella, Daisy, Lunah, Arthur, Matilda, Harper D.

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
Recorders	Duncan Knox, Tim Erickson, Jackie Fowler, John Lyons, +3
Timekeepers	Ian Laurie
Judges:	Gordon Loughnan (Chief), David Cash, Bec Lewis, Di Lowden, Brenda Felton, Stu Cooper
Set up, Pack up:	Stu Cooper, Duncan Knox, Terry O'Neill, Karyn O'Neill,
Computer scoring	Melinda Di Benedetto
Red Card collector	Carolyn Rosenbrock
Photos	Terry Swan https://www.facebook.com/media/set/?set=oa.28050498337979219&type=3
Presentation	Mark Donahoo, Stu Cooper
Canteen	Donna Marie Elms
BBQ	Terry O'Neill, Karyn O'Neill, Emilie Garside
Walkers:	28



AROUND THE COUNTRY

***World Masters Athletics in Daegu ... a postscript**

World Masters Championships Final Update

Unfortunately, **Michael Harvey's** result for the 5000 m Walk was inadvertently omitted from the report in last week's Heel & Toe. In the M60 race, Michael placed ninth with a time of **36:08.89**.

Apologies to Michael for the error, and congratulations on finishing all three Walks.

Paul Moritz

SOUTH AUSTRALIA SARWC Relay results, 5 September – South Parklands

Cooper Rech presents the final SARWC results for the winter.

Attached are the results for our final meet of the winter season. While some of our members will be racing in the City-Bay Fun Run next Sunday, for most this is the end of the winter season, with our summer season starting in October.

Warmer weather greeted us as we finished off the SARWC winter season with our Guess Your Time meet, before holding our AGM and presentations. Congratulations to **Harper Di Cicco**, who managed to be only 2 seconds off her guess, picking up a handy 0:20 PB in the process. **Saxon King** picked up yet another PB, this time a 1:06 3km PB, to bring his winter season tally up to 10 PBs. Another rapid improver this season, **Amity Cowling** took 13 seconds off her 1km best, while it was good to see **Liliana Templer** displaying her speed over the shorter distance.

3km	Actual Time	Guessed Time	Difference
Cooper Rech	14:19	14:15	+0:04
Sam Findlay	13:51	14:02	-0:11
Bill Starr	25:42	25:30	+0:12
Marie Maxted	21:30	21:03	+0:27
Di Camilleri	25:29	26:00	-0:31
Saxon King	17:32 PB 1:06	16:48	+0:44
Greg Metha	20:05	19:00	+1:05
Amaya Cowling	21:35	20:12	+1:23
1km			
Harper Di Cicco	5:31 PB 0:20	5:33	-0:02
Amity Cowling	5:25 PB 0:13	5:45	-0:20
Robert Crabb	7:55	7:30	+0:25
Kristy Templer	8:19	8:47	-0:28
Liliana Templer	5:06 PB 0:17	5:35	-0:29
Anthony Crabb	6:27	7:00	-0:33
Martin Crabb	9:48	11:36	-1:48



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

- 10 September 2026 - **Zoë Eastwood-Bryson (AUS)** will retire as International Race Walking Judge
<https://marciadalmondo.com/edit-news/2026/zoe-eastwood-bryson-aus-will-retire-as-international-race-walking-judge/>

In a Facebook post of yesterday, **Zoë Eastwood-Bryson** announced that she will retire from officiating sports competitions, effective October 26, 2026.

The first time I met Zoë was at the Grand Prix event in Xintai, China, on July 4, 2015; from that day on, I have always admired her key qualities – competence, integrity, and decisiveness – but above all, the friendship she extended to all race walking colleagues.

I remember her always smiling, ready to arrive at meetings with a bottle of her own wine to brighten up the post-race

evenings, and even ready to dance, whenever the occasion arose.

Her deep love for race walking was evident, a discipline she always championed, even though she had been a javelin thrower in her youth.

I would like to dedicate these few words of farewell to you, along with some photos taken with other colleagues.

Good luck, Zoë; the race-walking world will miss you.

Nicola



Zoë (3rd in front) on one of her China judging assignments. Visit the above link to see more images of Zoë on duty ... and off!
(Photo: Nicola Maggio)

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, September 13, 2026 - **Zoë Eastwood-Bryson, international race walking judge, announces retirement.**
<https://omarchador.blogspot.com/2026/09/zoe-eastwood-bryson-juiza-internacional.html>
- Saturday, September 12, 2026 - **Victories by Adam Zajiček and Ema Klimentová in the Czech club championships in Karlovy Vary (2026)** <https://omarchador.blogspot.com/2026/09/vitorias-de-adam-zajicek-e-ema.html>
- Friday, September 11, 2026 - **Ecuador Under-18 Athletics Championships – Cuenca 2026 (results)**
<https://omarchador.blogspot.com/2026/09/campeonatos-de-atletismo-sub-18-do.html>
- Thursday, September 10, 2026 - **Maher Ben Hlima and Magdalena Żelazna victorious at the Marching Festival in Gdansk (2026)** <https://omarchador.blogspot.com/2026/09/maher-ben-hlima-e-magdalena-zelazna.html>
- Wednesday, September 9, 2026 - **Yushi Nakajima and Ibuki Hori win Japanese university championships – Yokohama 2026** <https://omarchador.blogspot.com/2026/09/yushi-nakajima-e-ibuki-hori-vencem.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**

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).

FIXTURE 2026-2027 SUMMER SEASON

All the races below are Come and Try races, if you have an interest in racewalking, come and try.

Sun 18th October 2026, VRWC Road Races

Middle Park

***EVENT CANCELLED OWING TO CLASHES WITH OTHER USERS OF
THE MIDDLE PARK PRECINCT***

Sun 15th November 2026, VRWC Summer Championships and AGM

Middle Park

(VRWC Season ticket event)

8.30am	Half Marathon Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	Half Marathon VRWC Championship	Open Female
8.35am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km Heather Carr Trophy VRWC Championship	Masters Female
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female
8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
10.45am	Presentations	
11.00am	Annual General Meeting	

Sun 13th Dec 2026, Athletics Victorian Marathon Race Walking Championships, Middle Park
(VRWC Season ticket event)

7.00am	AV Marathon Racewalk	Open Males
7.00am	AV Marathon Racewalk	Open Females
7.30am	Half Marathon Racewalk: Non championship	Open Males
7.30am	Half Marathon Racewalk: Non championship	Open Females
9.00am	10km: Non championship	Open

Sun 17th January 2027, VRWC Road Races Middle Park
(VRWC Season ticket event)

8.30am	Half Marathon	Open
8.45am	15km,	Open
8.45am	10km	Open
9.45am	2km, 1km	Open
10.00am	5km, 3km	Open

Saturday- Sunday, 23rd – 24th January 2027, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT

Sunday 21st March 2027, Australian Athletics Half Marathon Race Walking Championships
Castray Esplanade, Hobart



WHAT'S UP AHEAD?

AVSL Round Dates – 2026/2027

Sat 17 Oct 2026	AVSL Rd1 – Metro venues TBA*
Sat 24 Oct 2026	AVSL Rd2 – Metro venues TBA
Sat 31 Oct 2026	AVSL Rd3 – Metro venues TBA
Sat 7 Nov 2026	AVSL Rd4 – Metro venues TBA
Sat 14 Nov 2026	AVSL Rd5 – Metro venues TBA
Sat 21 Nov 2026	AVSL Rd6 – Metro venues TBA
Sat 28 Nov 2026	AVSL Rd7 – Metro venues TBA
Sat 9 Jan 2027	AVSL Rd8 – Metro venues TBA
Sat 16 Jan 2027	AVSL Rd9 – Metro venues TBA
Sat 6 Feb 2027	AVSL Rd10 – Metro venues TBA

*Country venues – Ballarat, Bendigo, Geelong

Victorian & National Key Dates – 2026/2027

Thu 1-Sun 4 Oct 2026	AV All Schools T&F c'ships – Lakeside Stadium
Fri 4-Sun 6 Dec 2026	AA All Schools T&F c'ships – Perth WA
Sat 23-Sun 24 Jan 2027	2027 Supernova (World Athletics Race Walking Tour-Silver) – Woden Park, Canberra ACT
Thu 11-Sun 14 Feb 2027	AV Junior T&F c'ships – Lakeside Stadium
Thu 11-Sun 14 Mar 2027	AV U20, Open & Overage T&F c'ships – Lakeside Stadium
Sun 21 Mar 2027	AA Half Marathon Race Walking championship – Hobart TAS
Thu 1-Sun 4 Apr 2027	AA T&F championships – SOPAC, Sydney NSW
Wed 21-Fri 23 Apr 2027	AA UniSports c'ships – Gold Coast QLD
Sun 22 Aug 2027	AA Junior Race Walking championships – Ballarat VIC

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)
14-18 Jun 2027	2027 Oceania Cup – Majuro (MHL)
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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