



HEEL & TOE ONLINE

The official organ of the Victorian Race Walking Club
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I'M BACK --- FOR A SHORT WHILE

While our normal editor Stu Cooper is enjoying a well earned overseas holidays, I have returned as temporary editor of the VRWC Heel & Toe Online newsletter, which I previously produced between 2000 and 2020. It is nice to be back for a short sojourn at the keyboard and I will be producing each edition in the old "black and white" format which those older readers will remember. Any information for inclusion should be forwarded to me via my email tim.erickson02@gmail.com. Stu will return in 6 weeks time....Tim Erickson, Tuesday 22nd September 2026

WHAT DOES THE FUTURE HOLD FOR OLYMPIC RACEWALKING?

Since becoming IOC president last year, Kirsty Coventry has instigated a review of more than 450 medal events from over 40 sports federations at both the Summer and Winter Games, with a view to streamlining future games as part of her *Fit for the Future* program. The stated aims of this new program are to "find a balance between the size of the Games, the relevance of the sports and disciplines and the integration of new sports and disciplines". Its new methodology will be applied for the first time to the Brisbane 2032 Olympic Games.

Well that all sounds relatively benign and sensible. We all know there has been a push for some years now to reign in the bloated Olympic juggernaut. Isn't this just more of the same?

Perhaps not! The following working paper, put together by a number of insiders, digs under the covers and raises a very worrying question – Is the IOC vision for athletics one that is restricted to the track? If so, what is the likelihood that the roadwalk and marathon will get a guernsey in 2032. With this in mind, I have agreed to include the discussion paper in this week's newsletter. I am not instituting a campaign but simply passing on a message of concern from those who are in better positions than us to see what lies under the covers here.

RACE WALKING MEETING – 11 SEPTEMBER

Key Points and Actions

THE URGENT ISSUE

- The IOC [Fit for the Future](#) plan may treat race walking and marathon as separate disciplines from athletics.
- This means the Olympic future of race walking could be considered separately from athletics.
- The IOC framework indicates that race walking is not considered a separate discipline when held on the track, but is when it:
 - starts/finishes on the track but uses a course outside the stadium;
 - shares only a finish line with another discipline/sport; or
 - shares a course with another discipline/sport.
- This creates a serious risk to race walking in the Olympic Games.
- The IOC Working Group has 10 members and is expected to make recommendations for Brisbane 2032 in late 2026 / early 2027.
- We must act now.

WHAT WE NEED TO DO

1. Unite Athletics

- Ask our national athletics federations to pressure World Athletics (WA).
- Ask WA to defend athletics as one united sport.
- Separating event groups creates a dangerous precedent for other athletics events.

2. Mobilise National Olympic Committees

- Every race-walking country should contact its National Olympic Committee (NOC).
- Ask NOCs to actively support the Olympic future of race walking.
- Use our strongest advantage: global universality.

OUR GLOBAL REACH

- 19 countries have won Olympic medals in race walking since 2000.
- These countries come from 5 of the 6 World Areas/Regions.
- 27 countries have finished in the Olympic top 8 since 2000.
- They represent all 6 World Areas/Regions.
- At the 2026 World U20 Championships, race walking had athletes from 35 countries and all 6 Areas/Regions.
- This demonstrates strong global and youth participation.

WE MUST WORK TOGETHER

- Race walking is a small but passionate community.
- Our strength is our ability to act together.
- We need athletes, coaches, officials, federations and NOCs working together.
- We need a clear action timeline for both WA and the IOC.
- We must maintain pressure on decision-makers until the Olympic programme decision is made.

OUR SPORTING MESSAGE

- Road race walking is the preferred Olympic format.
- In the short term, keep the current distances to avoid unnecessary instability.
- Track race walking could be considered as a last resort if needed to protect our place in the Olympic Games.
- Race walking has strong Olympic values, history and global participation — but we need to show more than history.

TECHNOLOGY CAN HELP

- The Race Walk Chip / RWECS can help modernise race walking.
- Objective technology can:
 - improve confidence in judging;
 - provide objective data;
 - support new competition formats; and
 - make the sport more credible and engaging.
- Technology is part of the solution—not the whole solution.

BUILD THE FUTURE

- Grow race walking from grassroots to elite level.
- Increase support for race walking in developing countries.
- Ensure national federations include race walking in their competition calendars.
- Promote walking as a simple, accessible and universal form of physical activity and health promotion.

OUR CALL TO ACTION

DO NOT WAIT FOR THE IOC TO DECIDE OUR FUTURE.

NOW WE MUST:

- UNITE the race-walking community.
- ENGAGE our national athletics federations.
- MOBILIZE our NOCs.
- PRESS World Athletics to defend athletics as one sport.
- PROMOTE race walking's global reach and youth participation.
- MAINTAIN PRESSURE on IOC and WA decision-makers.

****THE WINDOW IS SHORT.**

THE TIME TO ACT IS NOW.**

REVIEWING THE 2026 YEAR FROM AN AUSTRALIAN PERSPECTIVE

Since there are no local races on which to report this week, I thought it might be good to review the year thus far, from a local walk championship perspective. Our top walkers have been in fine form and they continue to ensure that we remain one of the world's racewalking powerhouses. Here we go!



The Australian racewalking year was a busy one, with 3 Australian Open Championships on offer

January	Canberra	10,000m Track Walks
March	Adelaide	Half Marathon Road Walks
June	Canberra	Marathon Road Walk

and with 2 Australian Championships on offer for each of the Junior categories

January	Canberra	U20 5000m Track Walks
April	Brisbane	U14-U18 Track Walks
August	Ballarat	U12-U20 Road Walks (U20?)

Add to that the 3 big international meets

April	Brasilia, BRA	World Athletics Racewalking Championships
August	Glasgow, GBR	Commonwealth Games
August	Oregon, USA	World U20 Championships

and the stage was set for lots of exciting racing.

This yearly summary features all Australian Championship results, along with the all Australian performances at major international meets.

Australian Open 10,000m and U20 5000m Track Walk Championships
AIS Athletics Track, Canberra, ACT, 25th - 26th January 2026

As usual, the Athletics Australia Supernova Summer Camp ended with 10,000m track walks which were this year badged as the official Australian Championships. The meet also included the U20 5000m Australian Championships, with the women's events on Sunday 25th January and the men's events on Monday 26th January

New World U20 10,000m track walk record holder Isaac Beacroft underscored his current blistering form with an emphatic win in 38:54.11, earning himself his first senior national championship. Now qualified for both the Commonwealth Games 10,000m and the World U20 5000m track championship in Eugene, Oregon, the 18yo left a field of international walkers in his wake. Declan Tingay and Tim Fraser took the minor placings with the first 5 finishers all bettering 40:00.

Australian 10,000m Open Men			
1.	Isaac Beacroft	NSW	38:54.11
2..	Declan Tingay	VIC	39:13.93
3.	Tim Fraser	ACT	39:28.76
4.	Will Thompson	VIC	39:42.06
5.	Rhydian Cowley	VIC	39:46.16
6.	Kyle Swan	VIC	40:16.61
7.	Marcus Wakim	VIC	40:55.48
8.	Evan Dunfee	CAN	41:12.68
9.	Mitchell Baker	ACT	41:40.65
10.	Jonah Cropp	NZL	43:14.69
11.	Jack McGinniskin	NSW	44:05.58
12.	Cooper Rech	SA	51:28.48
13.	Alejandro Stephens	VIC	52:28.13
14.	Tristan Camilleri	SA	53:10.13
15.	Brendan Pospischil	NSW	54:01.29
	Alex Bradley	QLD	DNF

It was an even more convincing result for Elizabeth McMillen in the women's 10,000m walk. Her time of 42:50.13 took 12 secs from Jemima Montag's championship record and left Bec Henderson and Olivia Sandery with no answers. Her win locked in her Commonwealth Games place.

Australian 10,000m Open Women			
1.	Elizabeth McMillen	NSW	42:50.13
2.	Rebecca Henderson	VIC	43:26.86
3.	Olivia Sandery	SA	44:46.41
4.	Chelsea Roberts	NSW	46:44.01
5.	Alexandra Griffin	WA	48:19.86
6.	Samantha Findlay	SA	48:46.24
7.	Kate Siviour	VIC	50:50.21
8.	Maddison Nash	VIC	52:07.88
9.	Hana Jugovic	ACT	53:43.31
10.	Phoebe Chadwick	QLD	56:24.70
	Nellie Langford	SA	DNF

Seven World U20 Championship qualifiers in the U20 5000m augured well for Australia's walking future. Owen Toyne headed the U20 men with an inaugural championship record time of 19:59.42, with John Ronan a mere 5 secs behind. Riley Coughlan produced when it mattered, ripping out a 23 sec PB to take bronze.

Australian 5000m U20 Men				
1.	Owen Toyne	ACT	19:59.42	WQ
2.	John Ronan	WA	20:04.21	WQ
3.	Riley Coughlan	VIC	20:30.75	WQ
4.	Sam Lindsay	TAS	20:42.25	WQ
5.	Sebastian Richards	SA	21:17.91	
6.	Joel Byatt	NSW	21:48.10	
7.	Noah Cooke	QLD	22:08.85	
8.	Angus Shuttleworth	VIC	22:12.89	
9.	Bailey Housden	QLD	22:21.00	
10.	Myles Ashby	NSW	23:07.29	
11.	Dylan Allabush	NSW	24:15.25	
12.	Cooper Rech	SA	25:05.57	
13.	Koby Irvine	QLD	25:20.05	
14.	Alexander Sinnett	NSW	26:19.89	
15.	Christopher Nilon	NSW	27:04.00	
16.	Alexander Braendle	NSW	27:24.54	
17.	Max Davidson	VIC	DNF	

It was a NSW quadrella in the Women's U20 race, with the first three now under selectors' scrutiny for the World Junior Championships in Eugene. Less than 10 seconds separated the first them.

Australian 5000m U20 Women				
1.	Zoe Woods	NSW	23:25.46	WQ
2.	Matilda Webb	NSW	23:34.34	WQ
3.	Sophie Polkinghorne	NSW	23:34.62	WQ
4.	Sienna Pitcher	NSW	24:16.72	
5.	Angelina Legrand	SA	24:59.57	
6.	Milly Sharpe	QLD	25:25.99	
7.	Matilda Read	VIC	25:30.18	
8.	Olivia Boulton	QLD	25:30.69	
9.	Grace Beck	NSW	26:29.12	
10.	Eliza Kelly	QLD	26:59.67	
11.	Jillian Ryan	ACT	27:15.73	
12.	Lilah Norden	ACT	27:42.81	
13.	Lexie Beacroft	NSW	28:12.78	
14.	Jessica Loring	NSW	28:28.79	
15.	Kaytee Bogaers	WA	28:56.43	
16.	Laura Corvalan Sotomayor	NSW	31:07.09	

Chinese RW Grand Prix - Half Marathon, Taicang, China, Sunday 1st March 2026

The Chinese Race Walking Grand Prix in Taicang was the first World Athletics Race Walking Tour Gold meeting of the year and two Australians made the trip. Declan Tingay was in excellent form, finishing 7th and setting an inaugural Australian Half Marathon Walk Record time of 1:23:41.

Chinese Grand Prix Half Marathon, Taicang			
7.	Declan Tingay	AUS	1:23:41
	Marcus Wakim	AUS	DNF

Australian Half-Marathon Open Walk Championship, Adelaide Parklands, Adelaide, Sunday 25th March 2026

The inaugural Australian Athletics Half Marathon Race Walking Championships took place in Adelaide in mid March, with some impressive times from the country's best walkers. For most of them, this was their first chance to race over the new international distance of the Half Marathon.

The men's championship saw a Victorian podium sweep, with Declan Tingay taking out the win with 1.23.59, ahead of Will Thompson with 1.24.04 and Rhydian Cowley with 1.24.52. Declan trailed Will all the way until taking the lead in the final lap. Will set a new 20km PB of 1:19:46 along the way, just 4 seconds ahead of Declan at that stage (1:19:50).

In the women's championship, another Victorian took out the win, with Rebecca Henderson (VIC) setting a new Australian record time of 1:32:25, with a 20km PB of 1:27:31 along the way. While Bec has won national titles before, these have tended to be over the longer distances to which she is well suited. Thus her win in Adelaide was of even greater significance.

Australian Half Marathon Open Men, Adelaide			
1.	Declan Tingay	VIC	1:23:59
2.	Will Thompson	VIC	1:24:04
3.	Rhydian Cowley	VIC	1:24:52
4.	Tim Fraser	ACT	1:26:20
5.	Kyle Swan	VIC	1:28:13
6.	Jack McGinniskin	NSW	1:40:11
7.	Marcus Wakim	VIC	1:46:34
8.	Bradley Mann	WA	1:46:55
9.	Kim Mottrom	SA	1:49:21
10.	Alex Bradley	QLD	1:55:51
	Cooper Rech	SA	DQ
	Kirstin Shaw	QLD	DNF

Australian Half Marathon Open Women, Adelaide			
1.	Rebecca Henderson	VIC	1:32:25
2.	Olivia Sandery	SA	1:34:09
3.	Allanah Pitcher	NSW	1:42:32
4.	Chelsea Roberts	NSW	1:42:37
5.	Hannah Mison	NSW	1:44:55
6.	Samantha Findlay	SA	1:45:08
7.	Laura Langley	NZL	1:45:35
8.	Nellie Langford	SA	1:45:57
9.	Kate Siviour	VIC	1:48:31

Australian 10km U20 non-championship World Athletics RW Championships Trial

The Adelaide meet also included non-championship U20 10km roadwalks which were the official trials for the 2026 World Athletics Race Walking Championships which were scheduled for Brasilia the following month.

In the men's U20 10km walk, Isaac Beacroft's impressive year continued, easily winning with a time of 40.39, ahead of John Ronan with 40.56, and Owen Toyne with 42.46. The women's U20 10km walk saw Zoe Woods take the win with a time of 48.08, followed by Sophie Polkinghorne with 48.36, and Matilda Webb with 49.08.

As expected, the first 3 in both the U20 men and the U20 women were duly selected for Brazil.

10km Road Walk U20 Men – World Walking Champs Trial			
1.	Isaac Beacroft	NSW	40:38
2.	John Ronan	WA	40:56
3.	Owen Toyne	ACT	42:46
4.	Joel Byatt	NSW	43:13
5.	Riley Coughlan	VIC	44:16
6.	Sebastian Richards	SA	45:35
7.	Myles Ashby	NSW	50:13
8.	Liam Freundt	SA	50:16
9.	Dylan Allabush	NSW	51:29

10km Road Walk U20 Women – World Walking Champs Trial			
1.	Zoe Woods	NSW	48:08
2.	Sophie Polkinghorne	NSW	48:36

3.	Matilda Webb	NSW	49:08
4.	Milly Sharpe	QLD	49:43
5.	Sienna Pitcher	NSW	51:36
6.	Grace Beck	NSW	54:13
7.	Jessica Loring	NSW	55:40
8.	Kaytee Bogaers	WA	57:16

Asian Race Walking Championships - Marathon Walk, Nomi, Japan, Sunday 15th March 2026

The Asian Race Walking Championships are a meet that the Australian walkers normally target. Alas, this year, it was held on the same day as the Australian Half Marathon Championships in Adelaide, a meet that took precedence for nearly everyone. But since Adelaide did not feature a Marathon walk, Mitchell Baker and Dylan Richardson decided to make the trip to Japan. Mitch's Marathon Walk 9th place finishing time of 3:15:25 set an inaugural Australian record.

Asian Marathon Walk Championships, Nomi			
9.	Mitchell Baker	AUS	3:15:25
	Dylan Richardson	AUS	DNF

World Athletics Race Walking Team Championships, Brasilia, Brazil, Sunday 12th April 2026

The World Athletics Race Walking Team Championships in Brazil saw Australia win one individual silver (U20 Men 10km) and two Teams bronze medals (Open Women Half Marathon and U20 Men 10km). The star of the meet from the Australian perspective was 18 year old Isaac Beacroft who was defending the title he won in 2024 in Antalya. His second place followed a spirited battle with Chinese walker Pu Huajia after they had shared the lead for the first half. Owen Toyne, in his first international race, achieved a solid 12th in 42:24 to assure the Aussies the U20 Team bronze.

Our best senior result came from Rebecca Henderson, nailing her highest-ever placing in a major international with 5th in the Half-Marathon in a time of 1:37:05. Next Australian home was Elizabeth McMillen, who challenged the leaders and was 4th at one point before eventually finishing 11th in 1:38:29. The team placing – bronze again – was settled by Olivia Sandery whose 14th place in 1:39:50 underlined the Australian women's class, with only 5 points separating them from gold medalists Ukraine. Allanah Pitcher had announced her retirement from the sport, with this her final international race.

World RW Championships – Marathon Walk Open Men			
23.	Mitchell Baker	AUS	3:17:06
34.	Carl Gibbons	AUS	3:22:53

World RW Championships – Half Marathon Walk Open Men			
12.	Will Thompson	AUS	1:29:42
21.	Tim Fraser	AUS	1:30:37
22.	Rhydian Cowley	AUS	1:31:09
27.	Declan Tingay	AUS	1:31:56
54.	Kyle Swan	AUS	1:40:49

World RW Championships – Half Marathon Open Women			
5.	Rebecca Henderson	AUS	1:37:05
11.	Elizabeth McMillen	AUS	1:38:29
14.	Olivia Sandery	AUS	1:39:50
47.	Allanah Pitcher	AUS	1:49:28
Third place in the Teams Championship			

World RW Championships – 10km Walk U20 Men			
2.	Isaac Beacroft	AUS	40:47
12.	Owen Toyne	AUS	42:24
	John Ronan	AUS	DQ
Third place in the Teams Championship			

World RW Championships – 10km Walk U20 Women

22.	Zoe Woods	AUS	51:10
24.	Sophie Polkinghorne	AUS	51:30
31.	Matilda Webb	AUS	52:57

Australian Junior T&F Championships (U14-U18), QSAC, Brisbane, 15-19 April 2026

As the Australian U20 5000m Track Championship had already been held in late January in Canberra, the Australian Junior T&F Championships in Brisbane saw only U14-U18 races. These were spread over a 5 day period from 15th to 19th April. In a meet of great quality and depth, highlights included

- Callum Martin (NSW) whose U16 Boys 3000m winning time of 12:00.96 set a new championship record by 24 secs and came within 2 secs of the 11:58 PB he set in March. That, coupled with his win in the U18 5000m two days later (21:44.36) perhaps gave him the edge as for the meet's top walker.
- Ela Uzun (VIC) who set the other championship record of the meet in the U18 5000m walk with her time of 22:42.12, beating Clara Smith's 11-year old U18 mark by 26 secs ... at age 14!
- Taylor Chapman (QLD) who punched through the 14:00 barrier for the first time in the U14 Girls 3000m, winning her first national track title with a time of 13:51.82.
- Nate Appleyard (NSW) who came to within 7 secs of Callum Martin's U14 championship record with his U14 3000m winning time of 13:39.61.

Australian Junior T&F Championships - U18 5000m Walk

1.	Ela Uzun	VIC	22:42.12
2.	Matilda Webb	NSW	23:42.27
3.	Jessica Loring	NSW	26:00.69
4.	Olivia Boulton	QLD	26:10.78
5.	Maisie Mitchell	NSW	26:40.21
6.	Katica Borsic	WA	28:48.40
7.	Chelsey Ireland	WA	29:40.02
8.	Emma Hearnden	NSW	31:20.95
9.	Caetlin Ashby	NSW	32:09.91
10.	Aangi Shah	VIC	32:51.46
1.	Callum Martin	NSW	21:44.36
2.	Angus Shuttleworth	VIC	22:33.78
3.	Liam Freundt	SA	22:59.89
4.	Christopher Nilon	NSW	25:24.66

Australian Junior T&F Championships - U17 5000m Walk

1.	Matilda Read	VIC	24:38.02
2.	Bethany Moore-Kirkland	QLD	25:17.57
3.	Jillian Ryan	ACT	26:04.39
4.	Eliza Kelly	QLD	26:30.60
5.	Eva Parker	TAS	27:26.06
6.	Lexie Beacroft	NSW	27:41.17
7.	Lily Lambert	VIC	27:48.91
8.	Trinity Doulis	WA	29:13.44
9.	Ashleigh Farrugia	NSW	29:46.47
10.	Jessica Clelland	SA	32:10.50
11.	Sierra Thompson	TAS	33:05.56
1.	Noah Cooke	QLD	22:25.91
2.	Koby Irvine	QLD	23:16.82
3.	Keenan Munro	WA	24:51.77
4.	Rhys Chandler	NSW	24:51.77

Australian Junior T&F Championships – U16 3000m Walk

1.	Mya McClure	VIC	14:10.77
2.	MiaRose Everson	NSW	15:18.11

3.	Grace Delander	NSW	15:25.08
4.	Tory DAlessio	WA	15:37.13
5.	Mackenzie Bandidt	QLD	17:18.88
6.	Addison Roots	WA	17:28.73
7.	Nikki Hearnden	NSW	17:42.46
8.	Harper Cassidy	VIC	18:31.56
1.	Callum Martin	NSW	12:00.96
2.	Angus Shuttleworth	VIC	12:28.49
3.	Noah Vella	NSW	14:16.68
4.	Sagan Jones	NSW	14:19.67
5.	Lewis McLennan	VIC	14:21.16
6.	Michael Mathison	NSW	14:22.62
7.	Mitchell McCarthy	NSW	15:22.00
8.	Patrick Waddington	NSW	15:27.59.
9.	Tate Jardine	VIC	18:57.66

Australian Junior T&F Championships – U15 3000m Walk			
1.	Audrey Russell	NSW	14:21.42
2.	Isabella Welch	QLD	14:21.66
3.	Ashleigh Mansell	NSW	15:12.62
4.	Molly Miller	NSW	15:20.58
5.	Liliana Templer	SA	15:54.56
6.	Bethany Franzke	VIC	16:25.84
7.	Ivy Murray	NSW	16:40.22
8.	Violetta Boyd	QLD	17:22.25
9.	Charlotte Don	QLD	18:00.53
1.	Lincoln Moore	NSW	14:35.74
2.	Vinal Liyanage	NSW	15:17.46
3.	Charlton Maxwell	NSW	15:19.92
4.	Mathias Hutchens	NSW	15:35.32
5.	Leo Ramsay	QLD	15:39.79
6.	Tate McQueen	VIC	15:49.25
7.	Sebastian Ryan	ACT	15:57.92
8.	Alexander Dennett	NSW	16:11.81
9.	Tom Murphy	WA	16:46.98
10.	Julian Ciano	NSW	17:27.01

Australian Junior T&F Championships - U14 3000m Walk			
1.	Taylor Chapman	QLD	13:51.82
2.	Avia Luketic	NSW	13:59.62.
	Amelia Chisholm	QLD	15:41.70
4.	Kira Ekers	NSW	16:08.23
5.	Isla Banks	NSW	16:19.96
6.	Indigo Marshall-Moodie	VIC	16:29.79
7.	Makenzie Sillitto	WA	16:41.36
8.	Hannah Clausnitzer	WA	17:23.47
9.	Gabriella John	WA	17:33.05
10.	Ella Harris	VIC	17:37.39
11.	Kate Hamlyn	SA	17:42.89
12.	Pippa Read	VIC	17:44.73
13.	Felicity Rudd	NSW	17:46.09
1.	Nate Appleyard	NSW	13:39.61
2.	Liam Meale	NSW	15:02.92
3.	Hugo Siciliano	NSW	16:55.90
4.	William Pratt	NSW	17:11.75
5.	Tayte Moore	WA	18:41.22
6.	Charlie Wright	VIC	18:48.59

Willow Wheeler	WA	DNF
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94th Podebrady Walking 2026 - Half Marathon Walk, Podebrady, CZE, Friday 8th May 2026

The 94th edition of the famous Podebrady Meet was the another of the World Athletics Race Walking Tour Gold meets for the year and Declan Tingay, who was training in Europe at that time, made the most of the opportunity, racing to 8th place in the Half Marathon Walk.

Podebrady Half Marathon Walk Open Men		
8.	Declan Tingay	AUS 1:24:49

Australian Marathon Walk Championship, LBG Carnival, Canberra, Sunday 7th June 2026

The LBG Walking Carnival in Canberra in June hosted the 2026 Australian Marathon Walk championships. Alas, there were no female starters and only four male starters. Everyone else chose to race in the RWA Half Marathon championship instead.

Italian visitor Teodorico Caporaso gave a clinic in high-cadence endurance walking. A veteran of the 50km with a best time for that distance of 3:48:29, Teodorico had his best international result in 2016 where he finished 4th in the 50km at the World Teams Cup in Rome, helping Italy to team gold. Ten years on and now a Masters athlete, he showed in Canberra that he appreciated a distance closer to his 50km speciality, clocking 3:08:30 in his first Marathon walk for an 8-min win over Rhydian Cowley. The Victorian walked most of the way with Carl Gibbons to take the national title with a time of 3:16:30, while Carl held on well to claim third place with 3:17:31.

Australian Marathon Walk Championship Open Men		
1.	Teodorico Caporaso	ITA 3:08:30
2.	Rhydian Cowley	VIC 3:16:30
3.	Carl Gibbons	NSW 3:17:31
4.	Tristan Camilleri	SA 3:56:56

Australian Marathon Walk Championship Open Women		
No starters.		

Commonwealth Games 10,000m Track Walks, Glasgow, Scotland, Friday 31st July 2026

The 2026 Commonwealth Games will go down in history as the Games that nearly didn't occur. Originally awarded to Durban (South Africa), the ball was eventually passed to the Victorian State Government and finally thrown to Glasgow in a last ditch effort to get across the finishing line. The Glasgow bid was premised on a cut-down Games, with only 10 sports and strict quotas on teams. Thank goodness that Athletics (minus the marathons) made the final cut and thank goodness again that 10,000m track walks were included in the mix. The downside was the resultant small fields (5 in the men's walk and 6 in the women's walk). Thus Australia has 6 of the 11 entrants overall. As expected, Australia dominated the walks with 4 medals overall, including two gold.

Isaac Beacroft went into the men's walk as the favourite, having smashed the U20 10,000m World Record last December in Sydney with a time of 38:02.68. He fulfilled expectations, winning gold in Glasgow after a battle with Stephen Ndongiri of Kenya. It was only in the final lap that he could break away, going on to win with 38:45.51. Fellow Australians Declan Tingay and Tim Fraser both spent time in the penalty box, with Tingay finishing fourth and Fraser disqualified. A week later, it was announced that the Anti-Doping Agency of Kenya (ADAK) had provisionally suspended second placed Ndongiri, for using banned performance-enhancing substances. If this is upheld, Declan will be upgraded to third place.

The women's race was more clear cut, with Jemima Montag taking her third consecutive Commonwealth Games gold with a PB time of 42:13.40. She led an Australian clean sweep of the medals, coming home ahead of Elizabeth McMillen and Rebecca Henderson. Libby did the bulk of the work into a stiff breeze before Jemima powering clear on the final few laps of the Scotstoun Stadium track.

Commonwealth Games 10,000m Walk Open Women		
1.	Isaac Beacroft	AUS 38:45.51
4.	Declan Tingay	AUS 41:06.05

	Tim Fraser	AUS	DQ
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1.	Jemima Montag	AUS	42:13.40
2.	Elizabeth McMillen	AUS	42:39.87
3.	Rebecca Henderson	AUS	43:27.46

World Athletics U20 Championships - 5000m Track Walk, Oregon, USA, Saturday 8th August 2026

Australia's Isaac Beacroft roared to a world U20 5000m race walk record of 18:40.37 on the fourth morning of competition at the World Athletics U20 Championships in Oregon. 19-year-old Isaac turned the tables on China's Pu Huajia, who beat him to the U20 title at the World Athletics Race Walking Team Championships in Brasília in April. Timing his finish to perfection, Isaac picked up the pace on the final lap and Pu couldn't respond, finishing three seconds back in an Asian U20 record of 18:43.70. The drama continued beyond the finish line as Japan's Naoto Roppongi completed the distance in third place but was handed a time penalty for three red cards, and so bronze went to Italy's Nicolò Vidal in a PB of 18:56.19. After that 30-second penalty, Roppongi finished fourth in a PB of 19:24.43.

Isaac was well backed up by Owen Toyne with a gritty 17th place finish and a time of 20:18.27, making two top 20 placings (12th in Brasília and 17th in Eugene) in his debut international year.

When Isaac won the ANSW 10,000m track walk in Sydney on Thursday 11th December 2025, his time of 38:02.68 set a new World Junior 10,000m walk record. Now he has the World Junior 5000m Walk record as well. And this second walk came only 9 days after his gold in the Commonwealth Games in Glasgow. Talk about dominance!

Zoe Woods put herself in the mix early in Eugene, being among the leaders in the first 1000m before the pace picked up. Despite the heat, she hung on for 15th in her best major international showing to date, clocking 22:54.80. Sophie Polkinghorne, at 16 years 3 months the second youngest in the field by close to a year, finished in 34th place in 24:26.15 in what was a respectable start to her international career.

Commonwealth Games 10,000m Walk Open Men			
1.	Isaac Beacroft	AUS	18:40.37
17.	Owen Toyne	AUS	20:18.27

Commonwealth Games 10,000m Walk Open Women			
15.	Zoe Woods	AUS	22:54.80
24.	Sophie Polkinghorne	AUS	24:26.15

Australian Junior Roadwalk Championships, Ballarat, VIC, Sunday 23rd August 2026

For the second year in a row, the Australian Junior Roadwalk Championships were held in the Victorian city of Ballarat. The meet was well attended, with 89 walkers spread across 5 divisions – U20, U18, U16, U14 and U12. There were lots of great performances but the following three stand out.

- Ela Uzun (VIC) won the Girls U16 5km walk with a superb time of 22:16, setting new Australian U16 and U18 records.
- Angus Shuttleworth (VIC) won the Boys U16 5km walk with an equally superb time of 21:33, breaking Owen Toyne's Australian U16 record.
- Taylor Chapman (QLD) won the Girls U14 3km title with her own outstanding time of 13:43, and she needed that sort of performance to edge out the equally talented Avia Luketic (NSW) who was second with 13:51.

Australian Junior Roadwalk Championships - U20 10km Walk			
1.	Zoe Woods	NSW	47:22
2.	Milly Sharpe	QLD	53:23
3.	Angelina Legrand	SA	55:19
4.	Kaytee Bogaers	WA	55:59

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

Australian Junior Roadwalk Championships - U18 5km Walk

1.	Matilda Read	NSW	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

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

Australian Junior Roadwalk Championships - U16 5km Walk

1.	Ela Uzun	VIC	22:16
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 Shiphram	VIC	31:22
8.	Katie Fenna	SA	34:00
9.	Chloe Bevis	WA	37:35

1.	Angus Shuttleworth	VIC	21:33
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

Australian Junior Roadwalk Championships - U14 3km Walk

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	NSW	17:15
10.	Clare Rice	ACT	17:18
11.	Kobe Lewis	VIC	17:29
12.	Isla Banks	NSW	17:30
13.	Harper Otoole	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

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.	Sam Hucker	TAS	21:36

7.	Rhys Straub	NSW	DQ
8.	Nate Appleyard	NSW	DQ
9.	Jessica Gorham	QLD	DNF

Australian Junior Roadwalk Championships - U12 2km Walk			
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
1.	Eric Colgan	NSW	09:18
2.	Fletcher Reid	VIC	09:26
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

All Japan Race Walking Championships, Takahata, Japan, Sunday 25th October 2026

It has been announced that some 17 Australians will be contesting the Marathon and Half Marathon Walk events at the All Japan Race Walking Championships in Takahata in late October. This is a World Athletics Race Walking Tour Bronze Meet and has been targeted by Athletics Australia as a major developmental opportunity. This will round out the year with regard to Australian Championships and major international meets.

I look forward to adding the results from that meet into this document.

WINTER SEASON WINNERS – MAJOR AV AND VRWC TROPHIES

Now that the VRWC winter season has finished, we have reviewed all key performances and can announce the winners of the various AV and VRWC Perpetual Trophies. Presentations will be made at our VRWC Summer Season Championships meet on Sunday 15th November. Well done to all the winners.

If you want to read up more on these trophies, just point your browser to <https://www.vrwc.org.au/vrwc-av-trophies-awards.shtml>.

ATHLETICS VICTORIA TROPHY WINNERS (WINTER)

Norm Goble Trophy	Most points earned in Men's AV Champs	Rhydian Cowley
Betty Newman Trophy	Women's Walking Team Champions	Mentone Aths Club
Avis Redman Trophy	Best Under 16 Female Walker	Ela Uzun
Tom Daintry Trophy	Best Under 14 Female Walker	Alaska Bremner
Bob Gardiner Trophy	Best Under 14/ 16 Male Walker	Angus Shuttleworth
Simon Baker Trophy	Best Under 18 Male Walker	Not awarded
Jared Tallent Trophy	Winner of Victorian 30km Road Champ	Rhydian Cowley

VRWC TROPHY WINNERS (WINTER)

Alf Robinson Trophy	Winner of VRWC Men Open 10km Championship	Colin Heywood
Mabel Robinson Trophy	Winner of VRWC Women Open 10km Championship	Emily Smith
Elsie Jacobson Trophy	Winner of VRWC Women Open Half Marathon C'ship	Jemima Montag
Ray Smith Trophy	Winner of VRWC Men Open Half Marathon Winter C'ship	Will Thompson
Jack Larkin Trophy	Highest Point Scoring Country Athletes	Fletcher Reid Erin Reid
Merrifield Award	Aggregate Handicap and Fastest Times Points Winners	Winners as listed below

Merrifield Award Winners

Masters 60+	Terry O'Neill	Donna-Marie Elms
Masters 35-M59	Shaun Lewis	Michelle Horne
Open	Jonathan Ho	Grace Louey and Emilie Garside
U20	-	Emily Smith
U18	Arthur Robinson	Aangi Shah
U16	Angus Shuttleworth	Mya McClure
U14	-	Kobe Lewis

THE OLD STAGERS GATHER ONE LAST TIME!

On Sunday, a goodly number of us older VRWC members and past members gathered at the Glasshouse Restaurant in Caulfield to celebrate Mark Wall's 70th birthday. Mark was a very energetic member of the club from the early seventies to around 1990 and had more than his fair share of success as a walker – check out my 2012 article at <http://www.vrwc.org.au/tim-archive/articles/wv-mark-wall.pdf>.

Anyway, Mark and partner Sue are back in Australia for a couple of weeks and were keen to meet up with those of us whom he used to train with and race against. And here's the photo so confirm we did just that! It was a wonderful catch up for us all and for Mark and Sue.



Here we all are. I'll leave it to you to pick who's who! – Heather and Bill Carr, Bob Gardiner, Paul Jenes, Michael Harvey, Bill and Debbie Dyer, Simon Baker, Mark and Sue, Terry and Karyn O'Neill, Dave Cash, Clarrie and Ian Jack, Tim Erickson, Mark Donahoo and Kate Suitch

1 HOUR TRACK WALKS, BARENTIN, FRANCE, SATURDAY 19TH SEPTEMBER 2026

There are no local Australian results on which to report in this newsletter, as it's the break between seasons, but I was very pleased to get an email from my old mate Emmanuel Tardi advising of a big result from France. Emmanuel writes:

On Sunday morning, my idea was to walk 10km in Mers les Bains. I decided to drive up on Saturday and to stop in Barentin for the track walk competition there (1hour men at 15h30 and 1hour women at 16h45) When I arrived, I was co-opted as the chief-judge! In the men's event, there was only 3 starters but the women's event saw a healthy 9 starters, with winner **Maele Bire-Heslouis** beating the French Record (Ana Delahaie 13200m on 5/10/2025 at Gien) with 13,228m. Then I travelled on to Mers les Bains and walked the 10km walk (71st in 1h25m). Well done Emmanuel.

Maele Bire-Heslouis is one of the top French walkers, having taken silver in the 2021 World U20 Championships and bronze in the 2021 European U20 Championships. She is now making waves in the Open ranks.

1 Hour walk Male

1. PICARD Nicolas	MAM/80	As Tourlaville	12,401 m
2. CARBONIERE Jean-Marc	MAM/64	Stade Saint-Lo	8,157 m
CHOTEAU Benoit	MAM/77	Athlé Conde-Torigni	DQ

1 Hour Walk Female

1. BIRE-HESLOUIS Maele	SEF/02	Stade Saint-Lo	13,228 m
2. FENOUILLEIRE Clea	ESF/07	Ba Coutances	11,009 m
3. MOTIR Agathe	ESF/05	Caen Athletic Club	10,866 m
4. BRUNHES Salome	JUF/09	As Tourlaville	10,451 m
5. BRAS Clara	ESF/07	Evreux Ac	10,116 m
6. SCHLOSSER Alice	JUF/09	Pont-Audemer Ac	9,607 m
7. FOUCHARD Anaëlle	JUF/09	Athlé Marais Carentan	9,184 m
8. NONNON Zoe	MAF/58	Stade Saint-Lo	8,321 m



Left: New French record holder Maele Bire-Heslouis

Right: Judges: Emmanuel Tardi (chief, dressed appropriately in red!), Cedric Denisselle, Estelle Couvigny, Michel Bertaux, Laurent Hennecart and Celine Fenouillere

OMARCHADOR ROUNDUP

The Portuguese race walking blog O Marchador posts news reports and results as they come to hand – normally one braoadsheet per day. The website features articles on race walking, as well as results from both domestic and international events.

Sun 20 Sept - The Asian Games have begun – Nagoya 2026

<https://omarchador.blogspot.com/2026/09/comecaram-os-jogos-asiaticos-nagoya-2026.html>

Sat 19 Sept - André van Slooten and Liesbet De Smet win the 17th Sprint Triathlon in Walking (Drunen 2026)

<https://omarchador.blogspot.com/2026/09/andre-van-slooten-e-liesbet-de-smet.html>

Fri 18 Sept - Results of the Troféu Norte-Nordeste U16 Meet, Fortaleza, Brazil

<https://omarchador.blogspot.com/2026/09/trofeu-norte-nordeste-sub-16-no-brasil.html>

Thu 17 Sept - Walk results from the International Masters "Città di Bellinzona 2026" Meet

<https://omarchador.blogspot.com/2026/09/a-marcha-atletica-no-meeting.html>

Wed 16 Sept - Nairobi (2029) and Munich (2031) to host the World Athletics Championships

<https://omarchador.blogspot.com/2026/09/nairobi-2029-e-munique-2031-recebem-os.html>

Tue 15 Sept - Yuta Koga and Ai Oyama win the walks in the Japan Corporate Championships – Kyoto 2026

<https://omarchador.blogspot.com/2026/09/yuta-koga-e-ai-oyama-em-destaque-nos.html>

Mon 14 Sept - Artur Mastianica and Austėja Kavaliauskaite win in Druskininkai (Lithuania)

<https://omarchador.blogspot.com/2026/09/artur-mastianica-e-austeja.html>

DATES...DATES...DATES

Victorian & National Key Dates – 2026/2027

Oct 1-4 2026	AV All Schools T&F Championships	Lakeside Stadium, Albert Park, VIC
Nov 15 (Sun), 2026	VRWC Summer Championships and AGM Includes VRWC Half Marathon Open Championships	Middle Park, VIC
Dec 4-6, 2026	AA All Schools T&F Championships	Perth, WA
Dec 6 (Sun), 2026	VRWC Roadwalks Includes AV Marathon and VRWC Half Marathon	Middle Park, VIC
Jan17 (Sun), 2027	VRWC Road Races	Middle Park, VIC
Jan 23-24, 2027	AA 10,000m Race Walking Championships, Supernova	Woden Park, Canberra, ACT
Feb 11-14, 2027	AV Junior T&F Championships	Lakeside Stadium, Albert Park VIC
Mar 11-13, 2027	AV U20, Open & Overage T&F Championships	Lakeside Stadium, Albert Park VIC
Mar 21 (Sun) 2027	AA Half Marathon Race Walking Championships	Hobart, TAS
Apr 1-4, 2027	AA T&F Championships	SOPAC, Sydney, NSW
Wed 21-Fri 23 Apr 2027	AA UniSports Championships	Gold Coast, QLD
Aug 22 (Sun), 2027	AA Junior Race Walking Championships	Ballarat, VIC

AVSL Round Dates – 2026/2027

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

Country venues are Ballarat, Bendigo and Geelong. Metropolitan venues vary from week to week.

International Dates

Oct 25 (Sun), 2026	All Japan Race Walking Championships	Takahata (JAP)
Oct 30-Nov 15, 2026	Youth Olympic Games	Dakar, SEN
Mar 20, 2027	46 th Dudinska 50	Dudince (SVK)
Apr 17, 2027	6 th Korzienowski Warsaw Race Walking Cup	Warsaw (POL)
Jun 12, 2027	XL Gran Premio Cantones de A Coruna de Marcha	La Coruna (ESP)
Jun 14-18, 2027	2027 Oceania Cup	Majuro (MHL)
Aug 1-12, 2027	FISU World University Games	Chungcheong (KOR)
Sep 11-19, 2027	2027 World Athletics Championships	Beijing (CHN)
Apr 9, 2028	World Athletics Race Walking Teams championships	Hefei (CHN)
Jul 14-30, 2028	XXXIV Summer Olympic Games	Los Angeles (USA)
Sept 2029	World Athletics Championships	Nairobi (KEN)
Sept 2031	World Athletics Championships	Munich (GER)
23 Jul- 8 Aug 2032	XXXV Summer Olympic Games	Brisbane (AUS)

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