



# HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.  
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### VRWC preferred supplier of shoes, cloths and sporting accessories

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### \*H&T Notice Board – Page 7

- **\*\* VACANCY – Club Treasurer**

### \*\*WALKER OF THE WEEK\*\*

WOTW makes its first journey to the Sunshine state for 2026, to award **Milly Sharpe (QLD)** the gong following her breakthrough performance in QA's 10,000m championship on Saturday. Milly's time of **49:49.00** was her first sub-50:00 result and a 51-sec PB. Given her progression over her junior years and obvious dedication, it's clear that Milly, 18, has big goals in her sights and will not easily be deterred in her march towards the top. Needless to say, she is now in the mix for U20 selection for the World teams championships in Brasilia.

Congratulations, Milly. Now that you've hit that key marker we hope to see a string of sub-50s come your way.



(Photo: Gladstone AC)

#### \*Honourable mentions:

- **Koby Irvine (QLD)** – competed in the QA 10,000m and realized a 21-sec improvement on his first sub-50:00 10km/10,000m, set in December on the road in Melbourne.
- **Isabella Welch and Hayden Robertson (QLD)** – both 3000m winners at the Dane Bird Smith Shield meet. Isabella clocked a 31-sec PB time of **14:36.53** while Hayden posted a massive improvement by 1:09 in stopping the watch at **15:12.10**. Triathlons obviously agree with Isabella and Hayden!
- **Olivia Boulton (QLD)** – an impressive 10,000m debut time of **52:04.58**. We feel Olivia will be wanting to join Milly under the '50' barrier before too long.

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## VICTORIA - METRO & REGIONAL



### AVSL – News, results

#### \*\* Metro Zone: Round 9, Saturday 21 February – Reischeks Reserve, Doncaster

Last Saturday saw 40 walkers take to the Tom Kelly track, which is set in a depression with little breeze to relieve the late summer heat coming from above and below. At least there was no headwind!

**Mya McClure**, coming off her sub-14:00 AV Junior 3000m result last week, won as she liked with a time of **6:47.1** for 1500m, a distance she rarely walks these days. Behind her, **Danny Hawksworth** posted his best 1500 for the season.

Pl	Name	Club	Age	Time	Points	PB?
<b>1500m – Race 1</b>						
1	Mya McClure	(WCA)	F16	6:47.1h	470	
2	Danny Hawksworth	(ESS)	M45	7:42.1h	319	

3	Trenton Hawkins	(PTN) M45	8:09.1h	286
4	Simon Evans	(BOH) M65	8:23.79	432
5	Sandra Geisler	(RWD) F45	8:40.0h	358
6	Tate Jardine	(ESS) M16	8:49.9h	255
7	Caitlyn Shipham	(KNA) F14	8:50.6h	341
8	Dee Holohan	(MEN) F60	9:08.8h	396
9	Kerryn Walshe	(KSB) F60	9:18.2h	387
10	Paul Kennedy	(KSB) M65	9:18.4h	311
11	Bernie Keirl	(DIV) M60	9:43.3h	272
12	Debbie McKenzie	(DIV) F55	9:47.4h	334
13	Donna-Marie Elms	(PTN) F60	10:06.3h	343
14	David Armstrong	(DIV) M70	10:12.7h	290
15	Faith Newman	(MUU) FOP	10:13.5h	228
16	Catherine Orr	(ESS) F14	10:16.2h	261
17	Janice Hodgart	(WES) F60	10:19.4h	331
18	Heather Carr	(GHY) F70	10:42.5h	371
19	Sarah Papadopoulos	(DIV) FOP	10:47.6h	198
20	Gwen Steed	(GHY) F70	11:10.7h	347
21	Clyde Riddoch	(WAM) M70	11:12.5h	261

#### 1500m – Race 2

1	Sarah Bevin	(COL) F40	10:12.5h	252
2	Stephen Murphy	(RIC) M60	10:25.2h	249
3	Elena Thode Minguet	(MUU) FOP	10:38.2h	206
4	Monica Lammers	(OSC) F55	10:39.3h	288
5	Geoff Barrow	(MEN) M70	10:54.2h	270
6	Robert Gardiner	(COL) M70	10:55.0h	269
7	Jo Moxon	(DIV) F60	11:22.8h	278
8	Kim Peak	(DAC) F55	11:28.8h	251
9	Jessica Dux	(DAC) F40	11:33.4h	187
10	Jenny-Rose Suzhai-Andrews	(BWK) F60	11:35.3h	269
11	Brenda Cashin	(WES) F60	12:14.5h	241

#### 3000m

1	Jade Chitty	(WES) FOP	15:13.7h	385
2	Alejandro Stephens	(GHY) MOP	15:52.2h	300
3	Shaun Lewis	(WTN) M45	16:36.3h	331
4	Emily Smith	(MUU) F20	16:47.2h	331
5	Grace Louey	(KNA) FOP	17:13.3h	316
6	Andrew Duncan	(WAM) M55	17:35.0h	348
7	Kobe Lewis	(WTN) F14	19:50.7h	278
8	Michael Harvey	(WAM) M60	19:55.3h	299

### **\*\* Ballarat Zone: Round 9, Saturday 21 February – Llanberris Stadium, Ballarat**

**Kelly Ruddick** still knows how to turn those legs over rapidly, giving one of her speed exhibitions at Llanberris over 2000m.

#### 2000m

1	Kelly Ruddick	(BHA) F50	9:28.10	488
2	Stephen McLennan	(WEN) M60	13:02.62	311
3	Charlie Wright	(EKA) M14	13:09.86	249
4	Kevin Ruddick	(BHA) M70	14:09.60	328
5	Roslyn Ireland	(BWK) F40	16:36.41	155
6	Rory Colgrave	(EKA) M14	16:41.37	149
7	Olive Ireland	(BWK) F65	16:59.14	249

### **\*\* Bendigo Zone: Round 9, Saturday 21 February – Lar Birpa Athletics Track, Flora Hill**

#### 1500m

1	Chris Pollard	(EAG) M65	11:13.37	242
2	Annette Curtis	(SBE) F65	13:01.58	236

### **\*\* Geelong Zone: Round 9, Saturday 21 February – Landy Field, Geelong**

It would appear that Alaska isn't the only Bremner with racewalking speed! Watch out for whom we assume is her brother **Manaia**, after this fine 1500m effort at Geelong. Manaia is an accomplished runner with an 800m of 2:23.06 to his credit, so if we can just get his sister to convince him of the error of his ways ...

#### 1500m

1	Manaia Bremner	(ASW) M14	7:52.35	325
2	Susan Hinckfuss	(OLX) F50	10:42.59	265

3000m

1 Jonathan Ho

(WYN) MOP

15:51.12 310

**\*This weekend ...**

Round 10 walks will be held at Casey Fields, with distances of 2000m and 5000m. This will conclude the AVSL competition, with the AV number crunchers absorbing the final points accrued across the venues to determine the divisional premiers for the 2025-26 season

**\*AVSL Round 10 – Saturday 28 February**

<b>Metro – Casey (Zone B)</b>	1.00pm	2000m walk (all ages)
	1.20pm	5000m walk (all ages)
<b>Bendigo region</b>	1:45pm	1500m, 3000m walk (all ages)

**ENTRIES**

Enter via Members Portal at <https://athsvic.org.au/events/avsl-round-10/>  
 Entries close 12.00 noon on Wednesday 25 February, 2026

Attention will then turn to the LAVic State championships, AV/VMA Masters and AV Open & U20 track & field titles, leading to the various national championships in Canberra (Masters), Sydney (Open & U20\*) and Brisbane (U14-U18, Little Athletics Australia).

*\* A reminder that as the national Open-U20 Walks championships were held in January, no walks will be programmed for Sydney.)*

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# CLUB NEWS and RESULTS



- Following a partial knee replacement, **Mark Donahoo** is now out of hospital and recuperating happily in the care of Kate and their two attentive cats. Understand that, in Mark’s case, ‘recuperating’ means plunging back into VRWC club work. He has already put the draft of the 2026 Winter fixture together and has placed it before the Committee for feedback.

Once the usual bugs are ironed out, any date clashes resolved and agreement reached that it’s ready to go, members will see the final fixture in their email, on the website and in H&T.

- On the subject of recovery, **Peter Vysma** continues to make small but steady and unceasing gains in both manipulative skills and strength development. He keeps up to date with the walking and wider athletics world through H&T and other sources. A feedback letter from Peter is published elsewhere in this issue.



- And a shout-out to our veteran race judge **Brenda Felton**, who had the misfortune to break her wrist whilst bike riding before Christmas and is experiencing a ‘two forward, one back’ type of recovery. Very frustrating as she is still unable to drive. Best wishes, Brenda ... we hope that ‘one back’ has now been deleted at last from your report.

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# AROUND THE COUNTRY

## QUEENSLAND Dane Bird Smith Shield (& QA 10,000m c’ship), Saturday 21 February – QSAC, Brisbane

The QLD walkers returned for their first 2026 races with a vengeance. As **Robyn Wales** reports, it was PB city at QSAC, indicating that training didn’t take much of a Christmas-NY break:

After a few weeks break walks finally returned to the QA program with a 10000m Championship and a 3000m in the Dane Bird Smith Shield Meet. Dane was once again in attendance with his lovely girls and several walkers lined up for photos.

After a hot, humid day conditions were perfect by 7.20pm when the 3000m started. There were lots of pbs and line honours went to **Isabella Welch** and **Hayden Robertson** who both also compete on the triathlon circuit.

#### 3000m Women

1 Isabella Welch 14	Starfish TrAC	14:36.53 pb
2 Amelia Chisholm 13	GCV	16:14.85 pb
3 Violetta Boyd 14	GCA	16:36.92 pb
4 Violet Conway 13	QRWC	16:50.15 pb
5 Kiara Waterman 15	QRWC	20:08.47
6 Izzy Blackburn 12	QRWC	20:51.65
7 Saoirse Nelis 12	Tigers	24:48.94

#### 3000m Men

1 Hayden Robertson 12	QRWC	15:12.10 pb
2 Cory Lockwood 15	GCA	15:27.28
3 Leo Ramsay 14	QRWC	16:52.93 pb

The 10000m saw the new brigade of Qld Racewalkers in the forefront. All these athletes are young and most are racing up an age group (or two) so their future looks exciting. Line honours went to **Noah Cooke** and **Milly Sharpe** with Milly now staking a claim for the U20 World Teams Event.

#### QA 10,000mW c'ship Women

1 Milly Sharpe 18	Gladstone	49:49.00 pb
2 Olivia Boulton 17	GCA	52:04.58 pb
3 Phoebe Chadwick 20	QRWC	54:45.83 pb
4 Elsa Chan 23	Athletics Nth	54:48.84 pb*
5 Eliza Kelly 16	QRWC	59:01.49 pb
6 Brenda Gannon 52	QMA	1:02:30.29

\* 60 secs added post-race

#### QA 10,000mW c'ship Men

1 Noah Cooke 16	QRWC	49:12.08
2 Koby Irvine 16	Bundaberg	49:30.84 pb
3 Alex Bradley 20	QRWC	49:37.82

## SOUTH AUSTRALIA ASA Interclub results, 21 February – Mile End stadium

Once again, Adelaide served up a 32C race temperature, though nothing to daunt the regular club racers. Thanks to **Kim Mottrom** for the results.

#### Open 3000m

Kim Mottrom	13:20.30
Cooper Rech	13:54.18
Liliana Templer	17:20.02
Jack White	17:47.40
Orlando Grantham	18:48.38
Zachery Freundt	19:16.80
Jessica Clelland	19:16.96
Peter Crump	20:39.15
Kate Hamlyn	20:42.59
Alex McEwan	23:04.10
Rachel Pemberton	23:24.42
Liam Freundt	DQ

## TASMANIA Athletics South interclub results, 21 February – Domain AC, Hobart

David Moore reports from Hobart:

A busy birthday for **Oliver Morgan** on both the track and in the field, a win in the Walk, a PB in the 200m and in the Shot, followed by a leg of the 4 X400m relay. Oliver is certainly proving to be a valuable points scorer for his Sandy Bay Club.

#### Result 3000m Walk

1. Oliver Morgan	SB	14:56.52
2. Adele Woodward	OVA	20:43.40
3. Elizabeth Leitch	TMA	21:32.10
4. Sam Leitch	TMA	22:56.43

#### \*Tas Masters T&F, 18th of February 2026 Domain AC, Hobart

#### Result 5000m Walk

1. Wayne Fletcher	M78	48:43.0
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## WESTERN AUSTRALIA Athletics West Junior T&F c'ships, 22 February – WAAS, Perth

**Terry Jones** reports on the WA Junior track walk titles, held in windy conditions with temperatures in the low 20s and an impressive entry of 35 starters across all age groups.

<b>1500m Race Walk U13</b>	<b>Girls</b>	<b>1500m Race Walk U13</b>	<b>Boys</b>
1 Savannah NUNN	8:15.10	1 Hudson CONWELL	7:38.75
2 Rahni FOWLER	8:15.39	2 Enzo SCARVACI	8:58.42
3 Ella DOWDELL	9:02.06	3 Oliver BENNETT	9:17.71
4 Nakita May LONGHURST	9:19.28	4 Ross William CARTER	10:02.19
5 Grace Ruth CONDIPODERO	10:27.98	5 Sebastian FOLLINGTON	10:06.50
<b>3000m Race Walk U14</b>	<b>Girls</b>	<b>3000m Race Walk U14</b>	<b>Boys</b>
1 Hannah CLAUSNITZER	16:28.60	1 Lachlan NICHOLS	17:52.56
2 Makenzie SILLITTO	16:40.57	2 Tayte MOORE	18:44.12
3 Gabriella JOHN	17:14.24	3 Emilio FOLLINGTON	21:53.09
4 Sienna WILSON	19:54.23		
5 Ella JOHNSTON	19:55.36	<b>3000m Race Walk U15</b>	<b>Boys</b>
		1 Tom MURPHY	18:53.60
<b>3000m Race Walk U15</b>	<b>Girls</b>	<b>3000m Race Walk U16</b>	<b>Boys</b>
1. Darcy Jean BRAMWELL-KEYS	16:16.03	1 Keiran SMITH	16:00.92
2 Chloe BEVIS	19:32.11	2 Dylan SARDELICH	16:40.86
3 Lila-Rose HESSON	21:03.61	3 Orlando FOLLINGTON	17:12.89
<b>3000m Race Walk U16</b>	<b>Girls</b>	<b>5000m Race Walk U17</b>	<b>Boys</b>
1. Tory D'ALESSIO	16:40.79	1 Keenan MUNRO	25:19.43
2 Addison ROOTS	16:54.29		
3 Chloe REEVES	17:32.68		
<b>5000m Race Walk U17</b>	<b>Girls</b>		
1 Trinity DOULIS	30:56.45		
2 Sierra THOMPSON	35:36.19		
3 Lauren DAVIS	38:59.56		
<b>5000m Race Walk U18</b>	<b>Girls</b>		
1. Katica BORSIC	28:11.25		
2 Chelsey IRELAND	32:15.43		
3 Sienna JONES	37:17.40		

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## INTERNATIONAL NEWS

### **Korzeniowski 'fights' to reach Torun for MOWA Exhibition opening**

by **Chris Turner** (for *World Athletics Heritage* – 21 February)

The Polish athletics community came out in force in the city of Torun, a UNESCO World Heritage Site, to support the Museum of World Athletics' (MOWA) latest public exhibition which opened last night for a one-month run at the Torun Plaza shopping mall. Led by Sebastian Chmara, President of the Polish Athletics Association and the first Pole in history to win a world indoor title when taking heptathlon gold in 1999, six athletes who between them had won seven Olympic gold medals, four world and three world indoor titles came on stage to celebrate the opening of the MOWA Indoor Athletics Exhibition Kujawy Pomorze 26.

#### **'Long distance fighter'**

Sadly, severe weather in central Europe early on Friday (20) caused havoc with the travel of two guests. Patrizia Van der Weken, the world indoor and European indoor 60m bronze medallist, who was to participate in the ceremony, saw her flights from Luxembourg delayed and repeatedly diverted, so she missed the ceremony altogether.

Thankfully, four-time Olympic champion **Robert Korzeniowski** did make it on time but only after an unplanned six-hour taxi drive to Torun. Travelling from the Milano-Cortina Olympic Games via Vienna, Korzeniowski faced hours of delays after his flight was diverted to Brno in Czechia when Vienna airport temporarily closed, leaving him without onward connections to Poland.

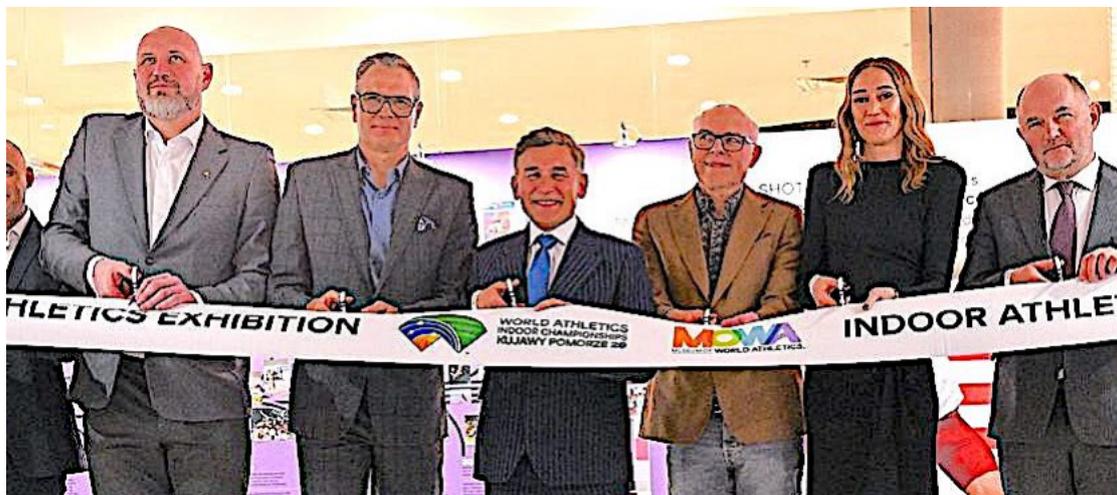
Asked why he persisted in his journey, Korzeniowski, whose 2003 World Championships 50km world record race walking shoes are housed in MOWA, said, reflecting the grit that defined his endurance career: “I am a long distance fighter, I would not give up.”

### New donors welcomed by established supporters

Korzeniowski made it to Torun with 30 minutes to spare and, once he quickly changed clothes, came on stage with another great friend of MOWA, 2004 Olympic 4x100m champion Jason Gardener.

The British sprinter, who won the world indoor 60m title that same year, was also a four-time European indoor champion and helped launch the World Athletics Heritage programme in 2018 by donating his winning spikes from the 2004 World Indoors.

On Friday, he, like Korzeniowski, was in Torun to welcome two new athletes into the MOWA family: Poland’s 2014 world indoor high jump champion Kamila Licwinko and two-time Olympic shot put gold medallist Tomasz Majewski.



Korzeniowski (centre), looking a little red in the face. (Embarrassment or exhaustion?). (Photo: Pawel Skraba, MOWA)

### Licwinko: ‘never give up’

Licwinko, who donated her Olympic uniform, name bib and spikes from the Olympic high jump final in 2021, her last major competition before retirement later that year, was asked what advice she would give young girls hoping to succeed in sport.

“Never give up and always chase your dreams,” said Licwinko. “In my sporting career, there were many ups and downs. I suspect more downs than ups. Many medals slipped through my fingers for different reasons.

“I met the right people; people who believed in me and they made me start to believe in myself. If someone had not told me I would jump two metres, I would have never believed it myself,” said the Polish high jump record-holder.

## ★VIEWPOINTS★

Hi Stu,

The women's Japanese race (Page 6, Issue #6) is shown as a 20 km race. If they did the first 10K in 45 minutes and then sped up, they should have walked a sub 90 minutes for the 20 Km.

The winner's time was shown as 95 minutes, which would mean that the last 10 K was walked in about 50 minutes.

It seems a bit odd that the men's event was a half marathon and the women's are 20 Km.

Peter Vysma

Hi Peter,

Thanks for this. Yes, I also thought it strange that they'd keep the 20k distance for the women. But that's how it was listed in

the WA results, and in fact it was written up as such by Paul Warburton. It could be that whoever tabulated the results used an old template and hadn't updated the headings. It did look like a slower than expected 20km result, a bit of a mystery as Umeno's 20km time in the corresponding race last year was 1:31:02. As it happens, WA have made corrections now to show the race as a women's Half-marathon, with Umeno's profile now showing her as having won at that distance in 1:35:01. So, all good.

Stu

## ‘O MARCHADOR’ ROUNDUP

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, February 22, 2026 - Ram Baboo and Manju Rani win inaugural Indian Marathon Championships – Chandigarh 2026 <https://omarchador.blogspot.com/2026/02/ram-baboo-e-manju-rani-vencem-edicao.html>

- Friday, February 20, 2026 - **Corbishley and Davies triumph at the British Indoor Championships – Birmingham 2026** <https://omarchador.blogspot.com/2026/02/corbishley-e-davies-triunfam-nos.html>
- Thursday, February 19, 2026 - **Italian Indoor Under-18 Championships – Ancona 2026 (results)** <https://omarchador.blogspot.com/2026/02/campeonatos-italianos-indoor-sub-18.html>
- Wednesday, February 18, 2026 - **Short Track 2026 – National Clubs 1st Division: Sporting CP and ACD Jardim da Serra victorious in race walking.** <https://omarchador.blogspot.com/2026/02/pista-curta-2026-nac-clubes-i-divisao.html>
- Tuesday, February 17, 2026 - **José Manuel Pérez and Laura Monje are crowned Spanish Race Walking Champions in the Marathon distance - Cieza 2026** <https://omarchador.blogspot.com/2026/02/jose-manuel-perez-e-laura-monje-sagram.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.*

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## \*\* H&T Online - NOTICE BOARD \*\*

### VRWC Committee

## \*\*Vacancy – Club Treasurer

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill ([treasurer@vrwc.org.au](mailto:treasurer@vrwc.org.au)) ASAP.

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## WHAT'S UP AHEAD?

### AVSL Round Dates – 2025/2026

(NOTE: Venues and race distances are as listed by AV on 15/9/2025. Changes may occur.)

Sat 28 Feb 2026                      AVSL Rd10 – Casey (2000m, 5000m)

\*Country venues – **Ballarat, Bendigo, Geelong**. Race distances may differ from those of Metro venues.

### Victorian & National Key Dates – 2025/2026

Fri-Mon 6/9 Mar 2026	<b>Aust. Masters T&amp;F Championships</b> – AIS & Woden, Canberra ACT
Sat-Sun 7/8 Mar 2026	<b>LAVic State T&amp;F Championships</b> – Knox Park, Knoxfield
Sat-Sun 14/15 Mar 2026	<b>VMA Masters T&amp;F c'ships</b> - Doncaster
Sun 15 Mar 2026	<b>AA Half-Marathon Race walk c'ships</b> – Adelaide SA
Thu-Sun 19/22 Mar 2026	<b>AV U20, Open &amp; Overage T&amp;F c'ships</b> – Lakeside Stadium
Thu-Sun 9/12 Apr 2026	<b>AA Open (exc. Walks) &amp; U20 (combined events only) T&amp;F c'ships</b> – Sydney NSW
Wed-Mon 15/20 Apr 2026	<b>AA Junior T&amp;F Championships</b> – Brisbane QLD

### International Dates

12 Apr 2026  
18-23 May 2026  
4-9 Aug 2026  
22 Aug-3 Sep 2026  
30 Oct-15 Nov 2026

**2026 World Athletics Racewalking Team c'ship** – Brasilia, BRA  
**2026 Oceania Athletics C'ships** – Darwin NT, AUS  
**World U20 Athletics Championships** – Eugene OR, USA  
**World Masters Athletics Championships** – Daegu, KOR  
**Youth Olympic Games** – Dakar, SEN

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