



HEEL & TOE Online

Vol. 2026
Issue No. 8
Tuesday
3 March 2026

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

Editor: *Stu Cooper* stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

*H&T Notice Board – Page

- ** VACANCY – Club Treasurer

*TAICANG Half-Marathon

Bonfim downed by teenager.
Tingay 7th in 1:23:41
Full results next issue.
WA Report Page 5

WALKER OF THE WEEK



It was another of those weeks in which picking a single WOTW from a range of fine performances was just too hard – so why not another triple whammy? In the end there was no problem in selecting **Taylor Chapman (QLD, 12yo)**, **Bob Gardiner (VIC)** and **Gwen Steed (VIC)** for this issue's award.

Taylor, a resident of the Sunshine Coast who apparently divides her time between athletics and water sports, first appeared in WOTW in June last year having completed only a handful of walking races but making a big impression each time. On Saturday, Taylor again produced an eye-catching result with **14:23.32** in the QA 3000m U14 championship, breaking the State record in the process. Considering she has another year to go at U14 level, she can look forward to further record-breaking results if – as we hope – she decides to focus on walking. Well done, Taylor!

Round 10 of AVSL in the fierce heat and humidity of Casey Fields proved to be an example of the infamous law of diminishing returns (the longer you work, the harder it gets and the smaller your rewards). The law, however, was neatly sidestepped by **Bob** (90yo in three weeks) and **Gwen** (80+) who outlasted many of their younger competition to post new VRWC 2000m records in the M85 and W80 age groups. Bob's **14:32.8** sundered his own club mark by an amazing 43 secs. **Gwen** had to work harder to eclipse her own previous record yet managed it by a single second in clocking **14:18.6**. Any improvement in conditions like Saturday's is praiseworthy, and we congratulate Bob and Gwen for once again showing us all the way.

*Honourable mentions:

- **Angus Shuttleworth** and **Ela Uzun (VIC)** – between them, Angus and Ela removed Jemima Montag's and Nathan Brill's names from seven VRWC 2000m records at Casey on Saturday.
- **Scott Hyland** and **Michelle Bray (ACT)** – the Canberra Super Masters were at it again in the Capital Athletics T&F championships, clocking **23:33** and **24:41** respectively to win the 5000m titles.
- **Nate Appleyard (NSW, 12yo)** – clocked **14:01.08** to win the 3000m at the ANSW Milers Meet. This was almost identical to Nate's PB time in the same meet this time last year, but in this occasion done in torrential rain.

VICTORIA - METRO & REGIONAL



AVSL - News, results

**** Metro Zone: Round 10, Saturday 28 February – Casey Fields, Cranbourne**

The final round of AVSL for the season was hit with the worst combination of high heat and humidity seen for some time and – with the exception of the young 2000m speedsters in Race 2 – most found their races an arduous grind (The smart approach: get the points and get a cold drink!)

Natalie Laurie secured her second line honours in Race 1 with an all-the-way win while young **Tom Guastella's** first 2000m was a promising effort. **Dee Holohan** paced herself well and was taking metres off Tom at the finish.

Well done to **Bob Gardiner** who, mere weeks shy of his 90th birthday, added another VRWC club record to his tally, and to **Gwen Steed** who shaved a second from her W80+ record, both showing that conditions may affect the body yet not defeat it.

Pl	Name	Club	Age	Time	Points
2000m – Race 1					
1	Natalie Laurie	(ANW)	FOP	10:44.7h	354
2	Tom Guastella	(CCA)	M14	11:30.1h	324 First 2000m
3	Dee Holohan	(MEN)	F60	11:37.8h	422
4	Sandra Geisler	(RWD)	F45	11:54.2h	341
5	David Sommers	(ANW)	M65	12:16.5h	381
6	Donna-Marie Elms	(PTN)	F60	12:57.1h	364
7	Laura McLennan	(DAC)	F45	13:00.8h	292
8	Sarah Bevin	(COL)	F40	13:27.1h	260
9	Monica Lammers	(OSC)	F55	13:59.6h	295
10	Heather Carr	(GHY)	F70	14:15.8h	370
11	Gwen Steed	(GHY)	F70	14:18.6h	369. VRWC W80+ record
12	Geoff Barrow	(MEN)	M70	14:20.4h	320
13	Clyde Riddoch	(WAM)	M70	14:22.9h	318
14	Robert Gardiner	(COL)	M70	14:32.8h	311 VRWC M85+ record
15	Kim Peak	(DAC)	F55	16:17.7h	219
...	Ian Handasyde	(OSC)	M70	DQ	

The fast kids relished the conditions and went on a rampage in Race 2, with **Angus Shuttleworth** underlining his current form by ripping 59 secs from his previous best and relieving Nathan Brill of two more VRWC records. Meanwhile, all of Jemima Montag's U15-U23 VRWC marks vanished in another broadside from **Ela Uzun** who also took Kelly Ruddick's Open record for good measure. **Lewis McLennan**, who hadn't raced at all since last April, made up for lost time with a half-minute PB while **Mya McClure** was the hard luck story, falling an agonising 2 secs short of breaking her own 2000m best.

It was a grim welcome to the line for the four 5000m starters, with time goals irrelevant as the aim became simply to get it over with. **Alejandro Stephens** started briskly enough before settling to pace maintenance mode, while **Ariana Pashutina**, in her first 2026 outing, probably wished she'd stayed in Vanuatu (hot and humid, but they have beaches there ...)

2000m – Race 2					
1	Angus Shuttleworth	(KNA)	M16	8:09.9h	503 VRWC U15-16 recs, PB 0:59
2	Ela Uzun	(ESS)	F16	8:25.4h	509 VRWC U15-23/Open recs, PB 0:10
3	Mya McClure	(WCA)	F16	9:03.5h	470
4	Lewis McLennan	(DAC)	M16	9:26.5h	419. PB 0:31
5	Havana Ali	(ESS)	F16	10:36.8h	381
6	Grace Louey	(KNA)	FOP	10:49.4h	350
7	Mietta Morgan	(KNA)	F18	10:53.4h	354
8	Addison Frenken	(CCA)	F14	10:58.7h	379
9	Emily Smith	(MUU)	F20	11:27.6h	318
10	Simon Evans	(BOH)	M65	11:30.4h	419
11	Caitlyn Shipham	(KNA)	F14	12:27.8h	309
5000m					
1	Alejandro Stephens	(GHY)	MOP	25:57.8h	319
2	Ariana Pashutina	(KNA)	F20	32:27.2h	268
3	Michael Harvey	(WAM)	M60	33:55.2h	292
...	Carolyn Rosenbrock	(YRA)	F60	DNF	

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

1500m

1	Tate McQueen	(EAG) M14	7:33.24
2	John Watson	(BGO) M70	13:20.78

***This weekend ...**



LAVic State T&F championships, 7/8 March – Knox Athletics Centre

This Saturday will see the holding of the Walks events at the **LAVic 2025/26 State Track and Field Championships** at Knox Centre, Bunjil Way, Knoxfield. A **timetable** of events can be viewed at <https://lavic.com.au/wp-content/uploads/2020/06/FINAL-State-Track-and-Field-Timetable-2025-26.pdf>.

Many of our VRWC present and past members will be on the track from 8.30 to 11.00am on Saturday, racing at distances from 700m to 1500m. We wish them all well. In particular, the 1500m races will see competitors in the U12 and U13 divisions vying for selection for the Coles Australian Little Athletics Championships in Brisbane in April.

We hope also to attract some keen young walkers into our ranks as new members, so if you're out there, remember to give the VRWC a plug. Good luck everyone!



AROUND THE COUNTRY

A.C.T. Capital Athletics U9-U18 T&F C'ships, 14/15 February – AIS, Canberra

U18 Girls 1500m Race Walk

1.	Emma Grocott	7:49.73
----	--------------	---------

U17 Girls 1500m Race Walk

1.	Jillian Ryan	6:57.64
----	--------------	---------

U16 Girls 1500m Race Walk

1.	Madison Hyland	9:21.90
----	----------------	---------

U14 Girls 1500m Race Walk

1.	Clare Rice	8:27.90
		8:51.99
2.	Tindra Helgstedt	

U14 Boys 1500m Race Walk

1.	Sebastian Ryan	7:27.28
2.	Alexander Dennett	7:34.28

U11 Boys 1100m Race Walk

1.	Zac Anderson-Rule	6:24.69
----	-------------------	---------

U17 Girls 5000m Race Walk

1.	Jillian Ryan	27:23.03
----	--------------	----------

U15 Boys 3000m Race Walk

1.	Lincoln Moore	15:50.35
2.	Alexander Dennett	16:19.05
3.	Sebastian Ryan	16:24.93 (1 st ACT)

U14 Girls 3000m Race Walk

1.	Clare Rice	18:28.98
2.	Tindra Helgstedt	18:29.91

U16 Girls 3000m Race Walk

1.	Madison Hyland	19:52.04
----	----------------	----------

U15 Girls 3000m Race Walk

1.	Katharina Johnson	19:40.01
----	-------------------	----------

***ACTFRWC Walk Results - Woden Athletics Track**

15/1/2026 - 2,000m Race Walk

1.	Jillian Ryan	10:45.83
2.	Sebastian Ryan	12:01.88
3.	Clare Rice	12:53.56
4.	Madison Hyland	13:41.95

20/2/2026 - 1500m Race Walk

1.	Jillian Ryan	7:57
2.	Sebastian Ryan	8:31
3.	Clare Rice	9:08

26/2/2026 - 5000m Race Walk

1. Scott Hyland	23:33
2. Michelle Bray	24:39
3. Michael Smith	28:20

3000m Race Walk

1. Hana Jugovic	14:41
2. Jillian Ryan	17:30
3. Clare Rice	18:29
4. Jill Pearson	22:43

3000m Fitness Walk

1. Caroline Campbell	24:32
2. Bryan Thomas	24:41
3. Doug Fitzgerald	27:25

1000m Race Walk

1. Jess Robson	6:54
----------------	------

NEW SOUTH WALES ANSW Milers meet, 26 February - Bankstown

Frank Overton reports on what appears to have been another instalment in the saga of NSW athletes' perennial struggle with Sydney's unstable summer weather:

On Thursday 26 February ANSW conducted the Milers Meet at The Crest Bass Hill (Bankstown). Good entries were received for potentially a good night of competitions.

Rain started before the meet commenced. The first event of the night was the 3,000m Race Walk. During this race the rains got very heavy and soon after the completion of this first walk lightning struck, which delayed the commencement of the next race, the 5,000m walk. Due to the continued heavy rain and ongoing thunder and lightning the remaining events were cancelled.

So the following are the results of the only event held. The Combined Open Men's and Women's 3,000m Race Walk. Despite the atrocious weather some good times were recorded.

Men Open 3000m Race Walk

1 Nate Appleyard	14:01.08
2 Michael Mathison	15:06.87
3 Riley Breckon	15:35.74
4 Mathias Hutchens	15:59.92
5 Vinal Liyanage	16:00.93
6 Mitchell McCarthy	16:11.03
7 Rhys Straub	16:14.75
8 Hugo Siciliano	16:41.44
9 Sagan Jones	16:51.35
10 Julian Ciano	17:15.79
11 William Pratt	17:16.09
12 Jacob Hearnden	19:22.84

Women Open 3000m Race Walk

1 Lilyeve Everson	15:03.12
2 Molly Miller	15:12.66
3 Hannah Hewitt	16:01.14
4 Isla Banks	16:01.65
5 Kira Ekers	16:12.41
6 Ivy Murray	16:16.10
7 Erin Cassilles	16:30.61
8 Addison Jenkins	17:45.84

QUEENSLAND QA T&F championships, 28 February – UQ, St Lucia

Robyn Wales reports on some pleasing results from the QA track titles at the weekend:

Standout was 12 year old **Taylor Chapman** who broke Jayda Anderson's Qld U14 record with **14:23.32**. Taylor gave a perfect display of technique in walking a smart race. This young lady has a very bright future if she can juggle athletics and Nippers. Pbs were also recorded by **Amelia Chisholm, Hayden Robertson** and **Leo Hyde**.

Women U14 3000mW

1 Taylor Chapman	UniS'shineCoast	14:23.32QR*
2 Amelia Chisholm	GCV	15:41.22*
3 Violet Conway	QRWC	17:46.34
4 Zoe Frost	Mayne Harriers	20:22.83
5 Izzy Blackburn	QRWC	21:04.88

Men U14 3000mW

1 Hayden Robertson	QRWC	14:33.81*
2 Leo Hyde	GCV	15:36.69*
.. Lucas Dyer	Ashgrove Ran.	DQ

Women U15 3000mW

1 Isabella Welch	StarFish Tri-Aths	14:52.36
2 Violetta Boyd	GCA	17:10.65
3 Charlotte Don	Tigers	18:48.11

Men U15 3000mW

1 Leo Ramsay	QRWC	20:22.83
--------------	------	----------

Men U16 3000mW

1 Lachlan Moore	Ignition	14:27.76
-----------------	----------	----------

Women U16 3000mW

1 Mackenzie Bandidt	UQ	19:16.90
.. Kiara Waterman	QRWC	DNF

*PBs (Margins unknown as Racewalk Australia website is currently unavailable.)

TASMANIA Athletics South interclub results, 28 February – Domain AC, Hobart

David Moore reports from Hobart:

Sunny conditions for today's Walk at Interclub. Leading the field home was **Oliver Morgan** followed in by **Eva Parker** having her first race after recovering from injury. Deserving of accolades this week are **Dot Sussmilch -Leitch** who sliced over 30 seconds off her previous best effort and Dad **Sam Leitch** who also achieved a new PB for his 1500m.

Thanks also to QRWC Vice President **Jaz Blackburn** who stepped up to a spot on our Walk Judge Panel for the day.

Result 1500m Walk

1. Oliver Morgan	SB	7:02.57
2. Eva Parker	NWAC	7:35.75
3. Charlotte Dix	ESAC	9:43.55
4. Elizabeth Leitch	TMA	10:29.92
5. Sam Leitch	TMA	10:53.42 PB
6. Dot Sussmilch- Leitch	ESAC	12:33.36 PB

*Tas Masters T&F, 25th of February 2026 Domain AC, Hobart

Result 3000m Walk

1. Wayne Fletcher	M78	25:50
-------------------	-----	-------

WESTERN AUSTRALIA WARWC results, 21 March– Perry Lakes

Terry Jones reports that the weather was cool, calm and sunny for the WARWC's final summer Sunday morning races, a typical autumn day here in Perth, which brought out most of their competitors for this season.

10K		3K	
John Ronan	49:19	Hannah Clausnitzer	18.26
Mel Lewis	1:06:38	Wendy Farrow	21.10
Fiona van Heerwaarden	1:06:54	2K	
5K		Rahni Fowler	12.15
Brad Mann	29.52	Grace Ball	13.10
Kaytee Bogaers	29.53	Zoe Fowler	13.15
Karyn Tolardo	33.32	Carly Hood	13.54
Lauren Davis	35.56	Ruby Kilworth	14.50
Marcela Ruiz	42.35	1K	
Steve Travell	49.30	Jack Ball	7.06
Glenys Duncan	50.42		



INTERNATIONAL NEWS

Teenager Shi upsets world champion Bonfim in Taicang

by Vincent Wu (reprinted from World Athletics News – 3 March)

Teenager **Shi Shengji** claimed his first individual senior title by cruising to a **1:22:33** half marathon race walk victory at the Chinese Race Walking Grand Prix, the first **World Athletics Race Walking Tour Gold** meeting of 2026, in Taicang on Sunday (1).

China's 19-year-old Shi, who owns a 20km race walk personal best of 1:19:23 set last November when he finished runner-up at the Chinese National Games, paced the race soon after the gun.

After covering the first 1.0975km in 4:21, Shi kept his pace at around four minutes per loop. He launched his first surge in the eighth loop with a split time of 3:57 and found himself in a clear sole lead position with a margin of more than 10 seconds. Although facing a quality field that included Brazil's world 20km race walk champion **Caio Bonfim**, Oceanian champion **Declan Tingay** of Australia and Asian Games gold medallist **Zhang Jun** of China, Shi showed great confidence as he improved his pace to around 3:55 in the second half of the race and kept extending the gap between him and the chasing group.

Bonfim tried to narrow the gap and pulled clear from the other chasers with five loops to go, but Shi further improved his pace to 3:44 in the last two kilometers to wrap up the convincing win. Bonfim settled for second in **1:23:00**, followed by China's **Zhao Xiangfei** in **1:23:10**.

Shi previously managed to reach the top of the podium in Taicang last March when he teamed up with Olympic champion Yang Jiayu, wife of his coach Wei Xinmeng, to win the marathon race walk mixed relay. The duo also won the gold medal in the relay at the National Games last year.

With Yang stepping away from competitions due to pregnancy, Shi is keen to prove his worth in the individual event. "When I knew I would be competing with world champion Cao Bonfim, I was filled with excitement rather than nervousness," Shi said. "I was reminded by my coaching team that Bonfim tried to close in in the final kilometres. They told me he is a very strong race walker and that I need to speed up in the last two laps. So, I did as they said.

"I talked about the world record with my coach before the race," he added, referring to the world record of 1:20:34 set by Toshikazu Yamanishi in Kobe, Japan, two weeks ago. "But he believes I am still too young and still have a lot to improve. He told me it was not the time yet. I need to stay patient and my first goal should be to break 1:21:30."

In the women's half marathon race walk, a three-strong Chinese lead pack that included 2019 world bronze medallist **Yang Liuqing** and **Wu Quanming**, eighth-place finisher at last year's World Championships in Tokyo, paced the race to 16km. Then **Jiang Yunyan**, the U20 10km champion at the 2022 World Athletics Race Walking Team Championships in Muscat, broke away with a powerful charge during the 17th loop and never looked back before hitting the line in **1:31:39**.

Yang trailed 29 seconds behind to take the second place. Wu received her third card in the 20th loop and had to quit the contest for a podium position. **Ji Haiying**, also from China, rallied to finish third in **1:32:22**.

The men's and women's Marathon race walk events were contested under wet and windy weather conditions on Monday (2) with only local race walkers toeing the line. **Gao Yanlong**, 21, broke away from **He Xianghong**, fifth-place finisher in the men's 35km event at the 2022 World Championships in Oregon, with 7km to go, to build up an untouchable advantage and eventually crossed the line in **3:02:50**. **Wang Jinx** surpassed He in the final kilometres and took the silver in **3:03:23**, with the latter finishing third in **3:04:07**.

In the women's Marathon race walk, **Chen Mengyuan** came out of the chasing group and caught leading duo **Yin Lamei** and **Xi Ricuo**. The 22-year-old kept pushing ahead with Xi and Yin fading away one after another. Chen took the victory in **3:24:48**. Yin finished second in **3:25:22**, followed by Xi in **3:25:38**.

The results table for the Taicang races was not available on the WA website at the time of writing. These will be published in the next issue.

'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.

- Monday, 2 March 2026 - **Short Track – Braga 2026: Tiago Ramos and Vitória Oliveira are Portuguese champions. Eduardo Camarate and Isa Ferreira win national under-23 titles** <https://omarchador.blogspot.com/2026/03/pista-curta-braga-2026-tiago-ramos-e.html>
- Sunday, 1 March 2026 - **Fortunato breaks the world record for the 5,000 metres on a short track with a time of 17:54.48, and Palmisano achieves 11:56.74 in the 3,000 metres – Ancona 2026** <https://omarchador.blogspot.com/2026/03/fortunato-bate-recorde-mundial-dos-5000.html>
- Friday, 27 February 2026 - **Estonian and Lithuanian race walkers triumph at the Baltic Under-18 Championships (short track) – Valmiera 2026** <https://omarchador.blogspot.com/2026/02/marchadores-da-estonia-e-lituania.html>
- Wednesday, 25 February 2026 - **Sahil and Ravina win victories in the Indian Half Marathon Championships – Chandigarh 2026** <https://omarchador.blogspot.com/2026/02/sahil-e-ravina-conquistam-vitorias-nos.html>
- Tuesday, 24 February 2026 - **2026 Mexico City Continental Race Walking Tour (results)** <https://omarchador.blogspot.com/2026/02/tour-continental-de-marcha-cidade-do.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.

FURTHERMORE ...

Mile race honours insurance clerk who won Olympic gold

BBC correspondents *Steve Ladner* and *Craig Buchan* present this report on the Hythe Mile in Kent, inaugurated to honour the great English 50km walker **Don Thompson** – winner of Britain's only gold medal in athletics at the 1960 Rome Olympics.¹



Left: Don Thompson (39) locked in battle with John Ljunggren (24) of Sweden in the Rome 50km. Ljunggren's shoes were made by Adidas, Thompson's by his local cobbler. Right: Winner Thompson bracketed by Ljunggren (silver) and future gold medallist Abdon Pamich (ITA, bronze).
(Photos: worldathletics.com; bbc.com)

The full report, prepared with input from local Kent runner Ken Daly, can be read – along with an engaging 9-min radio interview on BBC Radio Kent – at https://www.bbc.com/news/articles/cx24dp5p8yxo?at_link_id=9E85D03A-1555-11F1-8B6F-A6B69795752C&at_medium=social&at_ptr_name=facebook_page&at_format=image&at_campaign_type=owned&at_link_type=web_link&at_link_origin=BBC_Kent&at_campaign=Social_Flow&at_bbc_team=editorial&fbclid=IwY2xjawQTSQ5leHRuA2FlbQIxMQBzcnRjBmFwcF9pZBAYMjIwMzIxNzg4MjAwODkyAAEeYd2Ze78zhDDU-Wruq1ir5sYHCZKmjradtkLFi3F1iZdBf7Kf5iKTdKB5cBg_aem_A6rTtIZ506hHn_6nouwLYA

In addition, World Athletics paid its own tribute to Don Thompson in an article by Paul Warburton in 2020, written to commemorate the 60th anniversary of the Englishman's feat. Read this at <https://worldathletics.org/heritage/news/don-thompson-1960-olympic-50km-race-walk>

**** 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) ASAP.

¹ For further insight into the story and racing career of this remarkable athlete, see Tim Erickson's article at <http://www.vrwc.org.au/tim-archive/articles/wo-don-thompson.pdf>



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2025/2026

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

International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most racewalking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

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