



# HEEL & TOE Online

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

Editor: *Stu Cooper* [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



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Address: 598 High St, East Kew 3102 (Melways 45 G4)  
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- Membership, Uniform & Race fees

### \*RWECS update

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### \*VALE JUSTIN COXHEAD ... 1949/50 – 2026\*

Last week, Bob Gardiner passed on to me the sad news that one of the old VAWC's most colourful characters of the 1960s/70s, **Justin Coxhead**, had passed away following a stroke, aged 76. Justin, who'd been residing in Bright for several years after moving back from Perth, had attended Bob's 90<sup>th</sup> birthday celebration weeks earlier but was not, it seems, in great health.



*Justin racing at VAAA interclub for YMCA in early 1969.*

A talented junior walker with a great future (sadly unfulfilled owing to injury), Justin's commitment to the Club and the sport were unsurpassable for a man so young. **Tim Erickson**, the VRWC's archivist and a racing contemporary of Justin's in their junior days, is the only one who can fully do him justice:

Justin was a promising Melbourne based junior walker, with an impeccable long striding straight leg technique. A member of the YMCA Athletics Club and a member of the VAWC, he raced regularly throughout the late sixties and into the start of the seventies.

I met Justin during my first year of walking in 1966 when both our clubs were competing in Interclub at the now defunct Poplar Road athletics track. It was triangular rather than circular, with 5 laps to the mile! As Justin was a bit older than me, I usually unsuccessfully chased him around the track. When I joined the VAWC that same year, he was already there and regarded as one of our top Junior walkers.

His first foray into senior championship racing was in 1965 when he contested (and failed to finish) the Victorian 10,000m walk at the Melbourne University track in Parkville. From then on, he was a regular in the various State, Federation and Australian Championships of the era.

Always a solid performer for 'Team VIC', he had the occasional individual medal but not many. The list included

1968 Vic 50km 3rd 5.01.09  
1970 LBG Carnival 20 Mile 2nd 2:51:36  
1970 Vic 50km 3rd 4.42.14  
1971 Vic 20km 2nd 1.36.50  
1971 Alexander Cup 30km 3rd 2:34:36  
1971 LBG Carnival 20 Mile 3rd 2:44:43

1970 and 1971 were his best years thus far and he was one of the many young hopefuls chasing the likes of Bob Gardiner, Noel Freeman and Ted Allsopp.

Unfortunately, in July 1971, not long after his final LBG 20 Miler, he badly injured his hamstring, effectively ending his career.

He came back briefly in 1977 for a few more races but his return was short lived. The hamstring quickly flared up and he was sidelined for good.

Justin was an energetic clubman, serving on the VAWC committee and taking on the onerous role of editor of the club newsletter, *Heel & Toe*. See my article on the history of *Heel & Toe* (attached) for a discussion of his contribution on that front.

Justin commented in 2004 on his time as editor:

*When I look back and think how hard it was to produce such a magazine compared to today with computers and modern technology. I used to have an old .....very, very old Remington typewriter which would be a museum piece now. I used to type (cut) my own stencils and take them down to the VAAA office in McKillop St, where Mabel Robinson would duplicate the edition. I would pick them up after work and then collate and staple them for either Sat or Wed eve depending on the season. In addition, I was the handicapper for quite a while so used to do that job and type up the handicaps for approx 100 people (you would have a lot of active walkers over a season although not all on the same day).*

**Bob Gardiner** has his own fond recollections of Justin. He remembers that, on joining the Walkers Club as a boy, he was always keen to help and made many close friends. With the help of Clarrie and Ian Jack, he moved up to tackling the longer distances, gaining 4<sup>th</sup> place in the 1969 20 miles trial for the Edinburgh Commonwealth Games.<sup>1</sup> Taking over the production of the *Heel and Toe* in 1969, he showed his writing skills in his entertaining stories of the club and personalities. In mid 1971 he handed that onto Claude Martin.

Married to Margaret, they had three sons and a daughter, moving to Perth. After Margaret passed, Justin married Anne and relocated to Bright, where he was living at the time of his death.

In 2022, Justin was one of many 'old timers' I contacted with an invitation to the VAWC/VRWC Club Centenary celebration. He was unable to attend owing to travel plans, but replied thus:

*"Hi Stuart,  
Thanks for your personal note. I was aware of the function as I do read most of Heel and Toe.  
We will be away in warmer climes at that time so will be unable to attend. I wish you much success for the event.  
Goodness me, where does time go? I realise now that it was 60 years earlier this year when I attended the official opening of our old club rooms. April 1962, I seem to recall. I would have been 12.  
Kind regards,  
Justin Coxhead"*

In his absence – as with several other notable absentees from the function – I prepared a brief biographical poster on Justin for display among the range of historic memorabilia on show:

*As many present today will recall, **Justin** was a long-time VAWC member with an impressive competitive record over distances from short track races to 50kms. His favourite race was the Lake Burley Griffin 20 miles classic in Canberra. Justin also competed for the VAAA clubs YMCA and Richmond Harriers.*

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<sup>1</sup> Justin's penchant for writing entertaining and dramatic race reporting in 'Heel & Toe' is evident in his coverage of that Commonwealth Games trial, entitled "The Road To The Isles", which appeared in Vol 1, Issue No 4. in September 1969. I will reprint it in a future issue.

*Keenly involved in the club's affairs outside of racing, Justin was editor of the club newsletter, 'Heel & Toe', from the 1968 to the early 1970s. His lead articles were always informative and insightful, and his witty race reports showed his affection for his fellow clubmates. See the folio collection of 'H&T' from those years for a taste of his editorial style.*

That style is something which, at times, I sense has surfaced to some degree in my own work as editor. Perhaps this isn't surprising considering I contributed my first pieces to the old H&T in 1969 while he was editor, and having read his work over several months. I like to think (hope) that I absorbed some of Justin's craft by exposure or osmosis, rather than by outright plagiarism. Either way, I'm indebted to him for the model he provided.

My gratitude to Justin doesn't end there. He was one of several VAWC members who helped me with tips on technique (known back then as 'style') and racing tactics when I'd just joined and was pretty clueless about both. Above all, his encouragement to me on that atrociously wet, windswept and freezing night of October 23/24, 1971, at Edwardes Park in Reservoir was one of the indispensable aids that helped get me over the line to qualify as Australian Centurion No 5.

On behalf of the VRWC and all in the walking and athletics fraternity who remember Justin Coxhead, I extend my sincere condolences to his wife Anne and his family. If and when funeral arrangements are published, they will be posted here and by email.



*Justin on a visit to Box Hill track in the 2000s.*

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

Alas, time has escaped me again. Look for a retrospective WOTW in the next issue.

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## **VICTORIA - METRO & REGIONAL**



### **LAVic Road walk championships, 13 June – Middle Park**

The third edition of the Little Athletics Victoria Road walk titles proved equally successful to its predecessors. Not for the first time this season, the weather bureau played on our nerves as we eyed the skies for the rain-bearing front rolling in from the west. It arrived in time to give the final racers a mild sprinkling, but that was all. Out of jail again!

Of the 99 entrants, 83 made it to the start line. Four golds went to sibling pairs: **Ryder** and **Fletcher Reid** won the 1km and 1.5km by big margins, as did **Taylah** and **Alaska Bremner** over 1km and 2km. Three gripping finishes developed in the girls' races, the most riveting being **Addison Frenken's** duel with **Lunah Ibrahim**. Addi barely prevailed, with both girls getting the same time and showing sound technique at speed.

Only 2 secs separated **Aria di Benedetto** and Bendigo's **Pippa Coleman**, with a similar margin splitting **Ella Harris** and **Erlyn Singh** who is having her best season to date. **Daisy Hooper** turned on the power on the second lap of her 1.5km race while **Fletcher Walters** pulled away from much-improved **Grayson Allison** and **Bowie Clarke** to win at his first attempt at the distance.

The four U15-U17 contenders soon spread out over their 3km journey with **Matilda Read** leading the way and only the threatening cloudburst to beat. Meanwhile, after years of competition and growth in the sport, **Arthur Robinson** and **Mietta Morgan** bade farewell to their Little Athletics careers with one more championship medal each.

As in the championships of 2024 and 2025, a good deal of talent was revealed that, so far, has had little or no contact with the VRWC and its racing opportunities. We hope that at least a few of the young walkers we welcomed to Middle Park on Saturday enjoyed the experience enough to want to join and come back for more.

#### Girls U9 1km

1 Taylah Bremner	Warrnambool	5:37
2 Sadie Mathieson	Knox	5:54
3 Brienna Barker	Berwick	6:04
4 Cory Lewis	Williamstown	6:12
5 Olivia Menz	Lucas	6:30
6 Jasmine Wilson	Caulfield	6:31
7 Penelope Mallard	Ballarat	6:59
8 Holli Burrell	Berwick	7:09
9 Milla Smith	Cranbourne	7:14
10 Savannah Brooks	Camperdown	7:22

#### Girls U10 1.5km

1 Daisy Hooper	Box Hill	8:11
2 Summer Patten	Ringwood	9:07
3 Abigail Verity	Werribee	9:31
4 Emma Maddox	Altona	10:27
5 Nashe Chengeta	Werribee	10:39
6 Ava Pravednikov	Coburg	10:40
7 Maja Hebner	Mentone	12:08

*DQ - 2*

#### Girls U11 1.5km

1 Aria di Benedetto	Whittlesea City	7:56
2 Pippa Coleman	Bendigo	7:58
3 Payton Welsh	Berwick	8:30
4 Ayla Senyuvali	Melton City	9:03
5 Shaylee Barker	Berwick	9:39
6 Ruby Nicholls	Cranbourne	9:53
7 Sophie Menz	Lucas	9:55
8 Vasilisa Belova	Caulfield	9:57
9 Willow Mallard	Ballarat	10:50

*DQ - 2*

#### Girls U12 2km

1 Alaska Bremner	Warrnambool	10:29
2 Georgia Walters	Diamond Vly	10:43
3 Anna Dubar	Brighton	11:29
4 Harper O'Toole	Ballarat	12:11
5 Harper de Sachau	Ballarat	12:43
6 Brigitte Monotti	Mentone	13:45
7 Abby Fowler	Brimbank	14:17

#### Girls U13 2km

1 Ella Harris	Brimbank	10:52
2 Erlyn Singh	Cranbourne	10:54
3 Pippa Read	Traralgon	11:25
4 Kobe Lewis	Williamstown	11:48
5 Emilia Johnstone	Berwick	12:44

#### Girls U14 2km

1 Addison Frenken	Berwick	10:44
2 Lunah Ibrahim	Brimbank	10:44
3 Caitlyn Shipham	Knox	11:52
4 Sophie Davidson	Nunawading	12:31

#### Girls U15 3km

1 Bridgette Cincotta	Berwick	21:48
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#### Girls U16 3km

1 Matilda Read	Traralgon	14:43
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#### Girls U17 3km

1 Mietta Morgan	Knox	16:44
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#### Boys U9 1km

1 Ryder Reid	Melton City	5:26
2 Axel Hobson	Cockatoo	6:11
3 Fedor Belov	Caulfield	6:21
4 Albie O'Rourke	Sth Melb Dist	6:36
5 Max Manuell	Yarra Ranges	7:04
6 Oliver Lynch	Brighton	8:07

*DQ - 2*

#### Boys U10 1.5km

1 Fletcher Walters	Diamond Vly	8:38
2 Grayson Allison	Knox	8:51
3 Bowie Clarke	Ballarat	8:54
4 Leo Coughlin	Coburg	9:18
5 Jaxon Connell	Berwick	9:19
6 Harry Honeysett	Cranbourne	10:08
7 Harvey Flegg	Mentone	10:48
8 Avery Allison	Knox	11:28
9 Domingo Monotti	Mentone	11:31

#### Boys U11 1.5km

1 Fletcher Reid	Melton City	7:21
2 Richard Barker	Sth Melb Dist	7:54
3 Billy Young	Knox	8:21
4 Noah Joksimovic	Cranbourne	8:38
5 Ethan Grujicic	Berwick	8:53
6 Thomas Johnstone	Berwick	9:47
7 Manendu Rohanachandra	Traralgon	9:56

#### Boys U12 2km

1 Logan Allison	Knox	10:44
2 Jack Greyling	Frankston	12:23

*DQ - 2*

#### Boys U13 2km

1 Cooper Clark	Whittlesea City	11:13
2 Brodie Welsh	Berwick	11:32
3 Ethan Loch	Sth Melb Dist	12:36

#### Boys U14 2km

1 Fiete Halvar Diers	Sth Melb Dist	12:32
2 Jonty Friend	Yarra Ranges	16:10

#### Boys U17 3km

1 Arthur Robinson	Altona	19:27
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Taylah and Cory, 1<sup>st</sup> and 4<sup>th</sup> in the U9s, with their podium awards at the Canberra LBG carnival.



# CLUB NEWS and RESULTS

## VRWC Club non-points results, 13 June – Middle Park

Legendary leader and songwriter of the Kinks, **Ray Davies**, recalled in his autobiography a night when the band was opening for the Beatles and getting ready to play, when on walked John Lennon. Without even a nod to the Kinks, Lennon went to the curtains and peeked through to survey the crowd. Unimpressed by this discourtesy, Davies called out: “Hey, it’s our turn now. Your turn later.”

Lennon turned and stared at him icily. “There are no turns with the Beatles, laddie,” he replied. “You’re only here to warm up the crowd for us.”

It isn’t often that the ‘oldies’ are called on to ‘warm up the crowd’ for the young brigade in any endeavour, walking included. But the nine Club walkers who opened proceedings before the LAVic titles on Saturday could at least be confident of being free of icy stares from the pint-sized headline acts – and icy weather, for that matter – as they toed the start line.

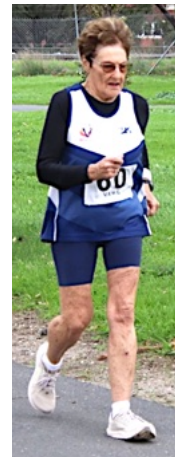
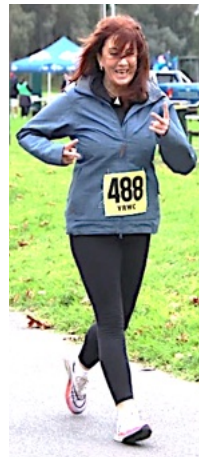
After pacing it together early, **Grace Louey** pulled away from **Emily Smith** for a clear 2km win, while **Sarah Bevin** added another fair 5km result to her first-season resume. It was good to see **Kylie Irshad** back at Middle Park and enjoying a hit-out after a long absence, as well as **Gwen Steed** whose travels have taken her to some exotic places (did we hear Uzbekistan, or somewhere of that nature?)

### 2km race

1 Grace Louey	10:54
2 Emily Smith	11:23
3 Donna-Marie Elms	13:23
4 Kylie Irshad	14:18
5 Marilyn Reynolds	14:31
6 Gwen Steed	15:35

### 5km race

1 Kevin Cassidy	29:27
.. Robert Gardiner	DNF
1 Carolyn Rosenbrock	31:30
2 Sarah Bevin	34:30



### Acknowledgements

It requires a lot of willing hands to the wheel to make a program like this one a success, and as shown below, those willing hands were there. Our thanks to everyone on the list - especially to **Brett Johnstone (LAVic)** for his liaising, co-organising and directorship of the event – and to everyone else who assisted in some way, however small, to make it a rewarding day for the athletes.

**Competition Manager:**

**Race Director:**

**Referee**

**Check in for VRWC:**

**Chief Walks Judge LAVic 1:**

**Judge’s Recorder:**

**Chief Walks Judge LAVic 2:**

**Walk Judges LAVic & VRWC:**

**VRWC Chief judge:**

**Judge’s sheet Collector & Bike rider:**

**Judging Coordinator**

**Supervisor at 500m turn:**

**Check-in for LAVIC athletes:**

**Presentations for LaVic:**

**Starter LaVic:**

Mark Donahoo

Brett Johnstone (LAVic)

Mark Donahoo

Bill Carr

Brenda Felton

Karen O’Neill

Shane Bicknell

Gordon Loughnan, Kathleen Marsh, Terry O’Neill, Bec Lewis,

David Cash, Dani Clarke

Brenda Felton

John Lyons

Stu Cooper

Bob Gardiner

Caitlin Serle & Bella Cincotta

LAVIC

Tim Erickson

<b>Marshals and final check for LAVIC athletes:</b>	Mark Donahoo
<b>LAVIC Finish Marshalls, token distribution:</b>	Heather Carr, Bill Carr, Ben Skurka, Emilie Garside, Stu Cooper
<b>Chief Timekeeper LAVIC:</b>	Ian Laurie, Duncan Knox
<b>Lap Scorers:</b>	Duncan Knox, Kris Shipham, Kevin Cassidy, Jackie Fowler, Melinda De Benedetto, Carolyn Rosenbrock, Sandra Harris
<b>Announcer:</b>	Tim Erickson
<b>Photos:</b>	Emma Cincotta & Therese Smith
<b>First Aid:</b>	Brett Johnstone & Caitlin Serle
<b>Child safe officer:</b>	Michelle Frenken & Belinda Pryn
<b>Finish tags:</b>	Supplied by LAVIC
<b>Coaching Session:</b>	Mark Donahoo
<b>Judging session:</b>	Stu Cooper
<b>Walkers (LAVic &amp; VRWC):</b>	92

***\*This weekend:***

Our Points competitions (Times and Handicaps) get back in harness after a two-week break this Saturday.

Saturday 20 June – Middle Park			
2.00pm	12km	Points race	Open
2.00pm	10km	Points race	Open
2.00pm	5km	Points race	Open
2.10pm	1km	Points race	Open
2.20pm	3km	Points race	Open

*Entries will be accepted up until 6.00pm on Friday 19 June. Enter online at <https://www.revolutionise.com.au/vrwc/>*

\*And a reminder that the following week – Saturday 27 June – will feature our popular ‘**Guess Your Time**’ round, with prizes for the closest male and female at each distance. Don’t miss it.



- Time did not allow for a full listing of the VRWC’s performances at the **LBG Canberra Carnival** in the last issue. But better late than never. Well done to our members on their efforts at Stromlo Forest Park, especially those who braved the early morning cold in the long ones.

1 <sup>st</sup>	Rhydian Cowley	AA & RWA Marathon Walk c’ship	3:16:30
1 <sup>st</sup>	Taylah Bremner	U10 1km	5:13
1 <sup>st</sup>	Daisy Hooper	U12 2km	10:23
1 <sup>st</sup>	Shaun Lewis	Masters 5km	27:47
2 <sup>nd</sup>	Kate Siviour	Open Half-Marathon	1:54:48
2 <sup>nd</sup>	Aria di Benedetto	U12 2km	10:37
2 <sup>nd</sup>	Alaska Bremner	U14 2km	10:05
2 <sup>nd</sup>	Rhydian Cowley	Masters Marathon Walk	3:16:30
3 <sup>rd</sup>	Ariana Pashutina	U20 10km	1:00:16
3 <sup>rd</sup>	Jade Chitty	Open 5km	25:31
4 <sup>th</sup>	Cory Lewis	U10 1km	6:23
4 <sup>th</sup>	Ella Harris	U16 3km	18:17
5 <sup>th</sup>	Ella Harris	U14 2km	10:53
5 <sup>th</sup>	Shaun Lewis	Open 5km	27:47
6 <sup>th</sup>	Alejandro Stephens	Open Half-Marathon	1:58:38
6 <sup>th</sup>	Erlyn Singh	U14 2km	11:03
6 <sup>th</sup>	Kobe Lewis	U16 3km	18:31
7 <sup>th</sup>	Ariana Pashutina	Open 5km	31:28
11 <sup>th</sup>	Bowie Clarke	U12 2km	12:00
11 <sup>th</sup>	Anna Dubar	U14 2km	12:00
13 <sup>th</sup>	Harper de Sachau	U16 3km	21:13
14 <sup>th</sup>	Harper O’Toole	U16 3km	21:59
15 <sup>th</sup>	Harper O’Toole	U14 2km	12:14
16 <sup>th</sup>	Abby Fowler	U14 2km	12:19
17 <sup>th</sup>	Harper de Sachau	U14 2km	12:51
18 <sup>th</sup>	Ava Jacobson	U14 2km	13:31

**TEAMS RESULTS**

1 <sup>st</sup>	G U12 2km	Daisy Hooper, Aria di Benedetto
1 <sup>st</sup>	G U19 1km	Taylah Bremner, Cory Lewis
2 <sup>nd</sup>	W Open 5km	Jade Chitty, Ariana Pashutina
2 <sup>nd</sup>	W U16 3km	Ella Harris, Kobe Lewis
2 <sup>nd</sup>	W U14 2km	Alaska Bremner, Ella Harris, Erlyn Singh

**Handicaps:**

1 <sup>st</sup>	Kobe Lewis	U16 3km
2 <sup>nd</sup>	Cory Lewis	U10 1km
2 <sup>nd</sup>	Abby Fowler	U14 2km
2 <sup>nd</sup>	Shaun Lewis	Open 5km
3 <sup>rd</sup>	Bowie Clarke	U12 2km
3 <sup>rd</sup>	Harper O'Toole	U14 2km

**\*THE VICS IN ACTION AT STROMLO** *Photos: by permission of Danielle Sibernaler Photography*



A special pat on the back to three of our newest members, **Harper O'Toole**, **Harper de Sachau** (both from Ballarat), and **Ava Jacobson**. Both Harpers, under the guidance of Kerrie Peart, have taken up the sport only in recent months and their learning curve has been short and steep. Cold weather notwithstanding, they were flung into a competitive furnace at Stromlo, each taking on the 2km and 3km races and standing up to the demanding course admirably. And if their curve was steep, Ava's was nearly perpendicular. Never having raced at Middle Park before, her previous experience with road walking would have been virtually non-existent. Tackling the Stromlo circuit for her first one presented an imposing challenge from which she'd have learned a lot. Well done, girls!

Unfortunately, the *Racewalk Australia* website is down at present and I'm unable to research any PBs to see who broke theirs in Canberra, or indeed at the LAVic titles at the weekend. Tim is onto it and we hope it'll be operating again before long.





# AROUND THE COUNTRY

## JUDGING



## MATTERS

### **\*UPDATE ON THE RWECS CHIP**

Two months ago, Jared Tallent passed me a copy of a tutorial document containing the latest information on the **Race Walking Electronic Chip System (RWECS)**. This document, *'The Race Walk Chip™ – Revolutionising Race Walking'* was circulated among all teams during the World Teams Walking championships in Brasilia. Work has continued unabated in the drive to make the device ready for regular use at local and international level. The chip was employed in the women's Half-marathon in Brasilia and will be used at the World Junior

Championships in Eugene – over 5000m! Interesting ...

By now, most of us know of the chip's existence and that it appears to represent the direction electronic judging will take. What we want to know is – how does it work, and what are the pros and cons?

US coach, judge and technical consultant **Jeff Salvage**, who is part of the development team's leadership group (which contains Australian Olympian Jane Saville among its number), put together the tutorial slide presentation plus a corresponding YouTube film detailing the workings of the system, including calculations of LOC (loss of contact) times and subsequent judging actions.

Readers can access the full presentation and YouTube session by following the links at the end of this section. They contain details about the hardware, size and weight, battery power, connectivity with watches and smartphones, functions available on particular platforms, specific applications in training and racing, and further plans for its use in 2026/27, along with contact details of the team.

Following is a sample of the calculations used to determine contact loss. For the full picture, use the links below.



*(The following is a transcript from the PDF document 'The Race Walk Chip™ – Revolutionising Race Walking', p11 to 18)*

### **HOW RWECS WORKS**

Measurements are performed on each leg independently.

A **LEG CYCLE** is the elapsed time from the foot strike of one leg to the next foot strike of the same leg.

**Example:** Left leg, one leg cycle –

First left foot strike @ 217ms (milliseconds)

Second left foot strike @ 808ms

Leg cycle: 808ms *minus* 217ms = **591ms**

#### **Breakdown of leg cycle stages**

- 1. Ground Time:** of one leg is the number of milliseconds a foot is **in contact** with the ground.  
Ground Time = time @ toe off *minus* time @ foot strike
- 2. Swing Time:** of one leg is the number of milliseconds a foot is **not in contact** with the ground.
- 3. Loss of Contact Time (LOC)** = Swing Time *minus* Ground Time /2 (i.e. divided by 2)

Ground Time = 479ms – 217ms = 262ms

Swing Time = 808ms – 479ms = 329ms

*Validation:*

Ground Time + Swing Time = Leg Cycle

262ms + 329ms = 591ms

$$\text{LOC} = (329\text{ms} - 262\text{ms}) = 67\text{ms}/2 = \mathbf{33.5\text{ms}}$$

## TRAINING

Multiple platforms pair with 1 or 2 chips to provide real-time feedback via threshold alarms.  
The user sets a contact limit and receives instant alerts.  
Session data is recorded for later review (depending on the system used.)

## COMPETITION SYSTEM

The RWECS system requires 2 chips per athlete (1 per shoe).  
It connects via Bluetooth  
Antennas transmit data to the competition software system. There is an option for hard-wired data transmission (similar to Seiko timing system.)  
There have been multiple successful real-world tests.

**Proposed Loss of Contact Threshold** = 10ms over 10 Leg Cycles

Half a foul is issued when a walker averages over 10ms ~ for 10 leg cycles (presumably this means 10ms of contact loss) on either leg.

1 foul = Red card.

Readers can access the entire PDF document **'The Race Walk Chip™ – Revolutionising Race Walking'** at <https://vrwc.org.au/vrwcWARules2.shtml> . Go to STOP PRESS -June 2026 where you will find three links.

Open the one for Presentation slides - [2026-RWECS-Chip-Presentation.pdf](https://vrwc.org.au/vrwcWARules2.shtml)

The entire video presentation, narrated by Jeff Salvage, can be found at;  
<https://www.youtube.com/watch?v=f3R4ufDgARU>

**Tim Erickson**, who has placed the links on the VRWC website in the folder *Possible Technological Rule Changes*, is known as a fierce warrior and advocate for walking and walkers, and alert to any development that could be detrimental to either. Regarding the proposed permissible LOC time, Tim makes the following observation:

*“The main point of contention is going to be the threshold level at which walkers incur penalty. The presentation suggests that this be eventually set to 10ms flight phase, after consultation and athlete education. In my opinion (based on 60 years of involvement with the sport, as an athlete and a coach at both international and local level), this is far too low and will create a nightmare scenario for racewalking that could well be the final nail in the coffin for our sport. I would regard 30ms as a much more reasonable threshold level. You can't turn back the clock and return to the days of full contact walking. The sport has moved on and any new technology must acknowledge this.”<sup>2</sup>*

It will be of great interest to see whether the 10ms LOC allowance – or even a range of 10-15ms – turns out to be a realistic and achievable standard that safeguards the sport's integrity while still allowing walkers to progress in speed, as runners, swimmers and cyclists can without impediment.

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## QUEENSLAND QRWC Handicap #6, Sunday 14 June – Yeronga

Thanks to **Robyn Wales** for the following QRWC handicap results. It appears that none of their LBG Canberra campaigners pulled up any the worse for wear.

A Grade 10km		B Grade 5km	
<b>Men:</b>		<b>Men:</b>	
(1) Ignacio Jimenez	52.27	(1) Leo Ramsay	29.45
(2) Peter Bennett	1.06.42		
<b>Women:</b>			
(1) Eliza Kelly	1.02.47		
(2) Brenda Gannon	1.04.23		
(3) Phoebe Chadwick	1.06.10		
(4) Joy Dale	1.23.23 SB		
(5) Noela McKinven	1.34.27		

<sup>2</sup> <https://vrwc.org.au/vrwcWARules2.shtml>

**C Grade 3km****Men:**

(1) Hayden Robertson 16.49

**D Grade 2km****Men:**

(1) Yoshua Lee 12.51

**Women:**

(1) Lilli Chu 14.43

**E Grade 1.5km****Men:**

(1) Caleb Lee 8.56 SB

**F Grade 1km****Women:**

(1) Mikayla Lee 6.13

(2) Cassandra Chohoner 6.22 SB

**SOUTH AUSTRALIA SARWC Intervals & SALA Meet #2 results, 13 June – South Parklands**

The SARWC held its yearly Intervals race on Saturday. **Cooper Rech** reports:

After a very successful LBG Carnival for South Australia, we returned to weekly meets with the novelty of an Intervals meet, where athletes could complete either 1km or 1.5km reps, with an interval starting every twelve minutes for 6 intervals.

**Jack White** was certainly the most impressive on the day, walking all six 1.5km reps with remarkable consistency. Meanwhile, **Amity Cowling** walked four reps in total, each quicker than the last, culminating in her keeping pace with **Greg Metha** in the last, despite being a third of his height. Must also acknowledge **Cooper Rech, Peter Crump & Greg Metha**, who completed all six intervals.

<b>6x1.5km</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>Reps</b>	<b>Average</b>
Cooper Rech	7:52	7:19	7:33	7:36	7:43	7:41	6	7:37
Jack White	8:20	8:10	8:04	8:07	8:07	8:08	6	8:09
Peter Crump	10:07	9:59	10:08	10:13	10:10	10:08	6	10:08

**6x1km**

Greg Metha	6:27	6:13	6:06	6:46	5:52	5:53	6	6:13
Amity Cowling	6:54	6:31	-	6:28	-	5:53	4	6:27
Alex McEwan	7:03	6:59	7:07	7:21	-	-	4	7:08
Kristy Templer	8:25	-	8:46	-	8:37	9:54	4	8:56
Saxon King	5:54	5:44	5:44	-	-	-	3	5:47
Amaya Cowling	6:53	6:41	-	6:38	-	-	3	6:44
Robert Crabb	8:05	7:23	7:21	-	-	-	3	7:36
Anthony Crabb	8:06	8:07	-	-	-	-	2	8:07
Liliana Templer	5:23	-	-	-	-	-	1	5:23
Martin Crabb	9:44	-	-	-	-	-	1	9:44

It was a busy day at South Parklands, with the club also hosting the second SALA pre-championship meeting. It's great that these youngsters are able to get some valuable road racing experience prior to the high stakes of a state championship.

**U9 1km**

Harper Di Cicco	F	5:51
Maya O'Keefe-Barry	F	6:03
Theo Roberts	M	6:28
Oceá Janyckj	F	7:26
Grace-Ella Newman	F	7:42
Martin Crabb	M	9:33
Matilda Grace Wood	F	DNF

**U10 1km**

Leonidas Katsoulidis	M	6:22
Arielle Koufalias	F	6:27
Shaylee Williamson	F	7:10
Olyver Neos	M	8:25

**U11 1km**

Saxon King	M	5:17
Amity Cowling	F	6:25
Robert Crabb	M	DQ

**U12 2km**

Amaya Cowling	F	13:34
Hayley Fenna	F	13:47
Anthony Crabb	M	19:07

**U13 2km**

Kate Hamlyn	F	12:31
Emmi Tunn	F	13:15
Rachel Pemberton	F	14:09

**U14 2km**

Liliana Templer	F	11:11
Katie Fenna	F	12:25
Lara Hutchinson	F	13:44

## SOUTH AUSTRALIA SALA Meet #1 results, 30 May – South Parklands

Cooper Rech has also passed on the results of South Australian Little Athletics' first pre-championship meeting in May, with the second meet scheduled for last Saturday.

<b>1km Female</b>			<b>1km Male</b>		
Amity Cowling	U11F	6:58	Robert Crabb	U11M	6:00
Layla Trako	U11F	7:14	Saxon King	U11M	6:10
Frida Sulcs	U11F	8:31			
Shaylee Williamson	U10F	6:17	Leonidas Katsoulidis	U10M	6:11
Harper Ferguson	U10F	6:57	Olyver Neos	U10M	8:05
Harper Di Cicco	U9F	5:59	Theo Roberts	U9M	6:01
Matilda Grace Wood	U9F	6:15	Martin Crabb	U9M	8:31
Grace-Ella Newman	U9F	7:15			
<b>2km Female</b>			<b>2km Male</b>		
Amaya Cowling	U12F	13:19	Jett Kozak	U12M	13:08
Hayley Fenna	U12F	14:07	Anthony Crabb	U12M	DQ
Emmi Tunn	U13F	13:15	Orlando Grantham	U15M	11:44
Rachel Pemberton	U13F	13:41			
Katie Fenna	U14F	13:28			
Lara Hutchinson	U14F	14:05			
Jessica Clelland	U16F	11:49			

## TASMANIA TRWC results, 13 June – Montrose Bay

Winter has bitten on the Apple Isle

Cool with a stiff chilly breeze for our walks at Montrose Bay. Undeterred, our younger brigade produced all the personal bests of the day.

Tight racing in the 1.5km event brought the best in **Grace Hennessey** to keep **Dot Sussmilch-Leitch** at bay and slice some 30 seconds off her previous best, closing in rapidly on them both was **Gabe Dix** who also achieved a 30 second PB. In the 2km event **Sophia Carr** also chipped in with a 10 second PB, whilst in the 3km Samuel Hucker keeps improving at the rate of knots, shearing a full minute from his previous PB for 3km.

<b>1km</b>		
1. Anne Travis	UTAS	11:22
<b>1.5km</b>		
1. Grace Hennessey	Kingston LA	12:06 PB
2. Dot Sussmilch-Leitch	Hobart LA	12:13
3. Gabe Dix	Clarence LA	12:28 PB
<b>2km</b>		
1. Sophia Carr	Kingston LA	18:34 PB
2. Dave Moore	TMA	19:55
<b>3km</b>		
1. Charlotte Dix	ESAC	19:15
2. Eugene Gerlach	OVA	21:08
3. Elizabeth Leitch	TMA	21:47
4. Sam Hucker	Huon LA	21:48 PB
<b>5km</b>		
1. Sam Leitch	TMA	35:55
2. Wayne Fletcher	NSAC	47:54

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# INTERNATIONAL NEWS

## \*MARCIA DAL MONDO & '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.

- Tuesday, June 16, 2026m - **World Athletics Championships SU-DS/IAADS – Sofia 2026: 1500 meters race walk (results)** <https://omarchador.blogspot.com/2026/06/mundiais-de-atletismo-su-dsiaads-sofia.html>  
These are the World Downs Syndrome athletics titles.
- Monday, June 15, 2026m - **Half-marathon race walking at the Brazilian U23 Championships – São Paulo 2026 (results)** <https://omarchador.blogspot.com/2026/06/a-meia-maratona-de-marcha-nos.html>
- Sunday, June 14, 2026 - **Belarusian 'racehorse' Viktoriya Bartash punished with a 1-year suspension (doping).** <https://omarchador.blogspot.com/2026/06/marchadora-bielorrussa-viktoryia.html>
- Saturday, June 13, 2026 - **Albert Kukla and Eliška Martínková win Czech 10,000 m walking titles – Brno 2026** <https://omarchador.blogspot.com/2026/06/albert-kukla-e-eliska-martinkova.html>
- Friday, June 12, 2026 - **Veronika Tkachuk and Illia Tyshkevych win at the U20 International Meeting – Racibórz 2026** <https://omarchador.blogspot.com/2026/06/veronika-tkachuk-e-illia-tyshkevych.html>
- Thursday, June 11, 2026 - **Spanish U16 Championships in La Nucía with excellent results** <https://omarchador.blogspot.com/2026/06/campeonatos-de-espanha-sub-16-em-la.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 ...

### ***A well-earned gong for a well respected walker***

by David Ainsworth (reprinted from email)



Iford AC's still active octogenarian race walker **Ed Shillabeer** has been awarded the British Empire Medal (BEM). Ed's still our UK 100 Kilometres' Walk record holder, set as far back as September 14th 1985 on Colchester's Garrison track when clocking 9 hours 41 minutes and 50 seconds. Ed has represented London Vidarians, Dawlish & South Devon, Plymouth City Walkers and currently Ilford AC.

Congratulations to Ed Shillabeer BEM. A worthy honour for a true "good-un".

Dave A.

From Ed Shillabeer:

*Pleased to report that I got a BEM in this year's list! Happy bunny! (For utilising athletics for charitable purposes).*

*Indebted to Chris Maddocks for three years of persistence lobbying the Cabinet Office! And to family's support, especially the inspiration of my dad, Eric Shillabeer.*

*Blessings*

*Ed Shillabeer ("Edbanger") Centurion 590*

NOTE: An illuminating article by Chris Maddocks on Ed Shillabeer can be read at the Lancashire Walking Club website at <https://lancswalkingclub.com/2025/11/27/ed-shillabeer-c590-still-going-strong/>. He's certainly filled his 80 years on this planet with a wide range of significant achievements, including a still-active racewalking career, 60 years as a veterinary surgeon, humanitarian work and a determination to live life to the full.

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

**\*\* VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> 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 1<sup>st</sup>** 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>

**\*\* VRWC RACE FEES**

- Seasons ticket 12 months:** Financial members: \$150.00 paid by the **end of May**.
- VRWC Club Races:** Race fee: \$15.00.
- VRWC Championships:** Race fee: \$15.00

**Season's ticket:** All VRWC races only ... **not** Little Athletics, AV, VMA or RWA.

\***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 \$4

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**WHAT'S UP AHEAD?**

**2026 WINTER SEASON FIXTURE**

**JUNE**

Saturday 20th June  
Saturday 27<sup>th</sup> June

VRWC Points races  
VRWC Points races & Prize Day

Middle Park  
Middle Park

**JULY**

Saturday 4<sup>th</sup> July  
  
Saturday 11<sup>th</sup> July  
Saturday 18<sup>th</sup> July

Racewalking Australia Postal Challenge event & VMA 10km C'ship  
VRWC Points races  
VRWC Points races and Interval races

Middle Park  
  
Middle Park

Sunday 26 <sup>th</sup> July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
<b><u>AUGUST</u></b>		
Saturday 1 <sup>st</sup> August	VRWC Points races	Middle Park
Saturday 8 <sup>th</sup> August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15 <sup>th</sup> August	VRWC <b>Last points race</b>	Middle Park
Sunday 23 <sup>rd</sup> August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29 <sup>th</sup> August	VRWC non points race day	Middle Park
<b><u>September</u></b>		
Saturday 5 <sup>th</sup> September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13 <sup>th</sup> September	VRWC relay race and <a href="#">Seasons Presentations</a>	Middle Park

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

Sat 4 Jul 2026	<b>VMA 10km Road walk Championship &amp; RWA Challenge</b> – Middle Park
Sun 26 Jul 2026	<b>AV 30km C'ship inc. Jared Tallent Trophy &amp; VRWC c'ships</b> – Middle Park
Sat 8 Aug 2026	<b>AV 15km Championships &amp; VRWC c'ships</b>
Sun 23 Aug 2026	<b>AA Junior Road walk Championships</b> – Ballarat VIC
Sat 5 Sep 2026	<b>AV 5000m Teams &amp; VMA Championships</b> - Mentone

### **International Dates**

31 Jul 2026	<b>Commonwealth Games 10,000m Walk finals</b> – Glasgow, SCO
4-9 Aug 2026	<b>World U20 Athletics Championships</b> – Eugene OR, USA
22 Aug-3 Sep 2026	<b>World Masters Athletics Championships</b> – Daegu, KOR
30 Oct-15 Nov 2026	<b>Youth Olympic Games</b> – Dakar, SEN

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Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)