



HEEL & TOE Online

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

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- 2026 Race Season summary
- Membership, Uniform & Race fees
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CLUB NEWS and RESULTS



• *FAREWELL, JUSTIN

Last Wednesday, seven of the late **Justin Coxhead's** racewalking friends joined his family, partner Anne and wider friendship circle for a sad yet warm and still cheerful celebration of his life at Richmond's Corner Hotel. Justin's four children – Simon, Shannon, Matthew and Shaun – had prepared addresses that showed 'Jaco' (the nickname that stuck throughout his life) pretty much as we recall him, as a jocular, life-loving larrikin whose devil-may-care trumpeting of the virtues of Vic Bitter never struggled to find space in the pages of the VAWC's *Heel & Toe* newsletter when he was editor in the 60s/70s.

They revealed more, however ... the kind of insights that can only come from those who've grown from birth under the care and guidance of a proud and loving parent. Justin was always there for his kids, showing his love in such ways as meticulously organising their school reports, photo albums and certificates of achievements; spending hours covering all the school books at the start of each year, making and wrapping personalised ham sandwiches for each of them every Christmas Eve, encouraging them and expecting them to expect high standards of themselves. Some of the life lessons he imparted to them include:

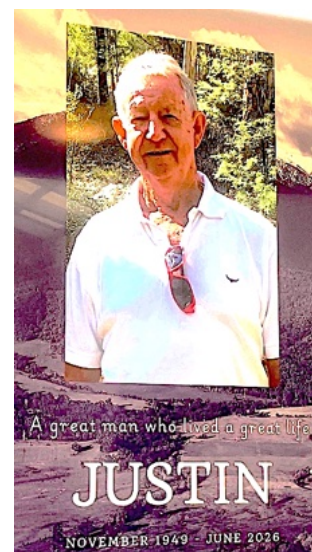
'We are all legends in our own lunchbox.' (a repost to empty big-noters.)

'Life's rough so you gotta be tough.'

'Focus, son. There's no such thing as a bad son, just a bad teacher.'

'It's always easy to be an armchair critic, so never be offended.'

'Focus/power/concentration.' (inspired by Mr Miyagi from *'The Karate Kid.'*)



Justin was a fountain of stories and anecdotes, including fond recollections of people he'd held in high esteem. Among these was **Bob Gardiner** – whom Justin had idolised during his Walkers Club days and whose 90th birthday party he was able to attend in March – and the late **Ray 'Smudger' Smith**, who'd placed 6th in the Melbourne Olympic 50km walk in 1956 and was one of Justin's early coaches.

A lover of literature, Justin harboured a deep love for poetry, including Australian bush poems (his recitations of *The Man From Snowy River* were apparently flawless), collecting them and even writing his own. This would surprise

nobody who still recalls his editorials and race reports in those Gestetner stencil-cut ‘*Heel & Toe*’ issues, and the erudition and knack for drama he expressed in them. He was, in Shannon’s words, ‘articulate, thorough and a perfectionist in every sense of the word’ – qualities she appreciated through his proof-reading of her postgraduate drafts prior to submission.

Justin’s love of vintage cars (he’d been president of the Jaguar Car Club of WA) was not to be overlooked, in particular the treasured 1921 Vauxhall 30-98 he’d inherited from his father and was lovingly – and perennially – restoring. Simon recalled: “*As kids, we were kept up to date with every stage of the restoration. But there was really only one milestone we cared about. We’d say, ‘Just let us know when the engine’s running,’ and Dad would say, ‘Soon, son.’ Then another decade would pass ...*”

One may ask how this trait sat alongside his reportedly vehement intolerance for machines that didn’t work perfectly and immediately, and which met a terrible airborne demise (to an expletive-laden soundtrack) for not having done so. But humans are never one-dimensional, and perhaps ‘Jaco’s’ family saw something in him that was less obvious to others (including many VAWC members) – that is, a man of contradictions. These did little, if anything, to dent the love and admiration in which he was held, and is still. Justin’s children will carry a priceless treasury of memories of both their dad and their mother Margaret, complete with fundamental concepts of what is truly important in life. And we at the VAWC/VRWC, Richmond Harriers and the wider athletics world who remember him will recall how his humour, energy and positive presence enriched our lives.

I’ll close by sharing something that amounts to one of those quirky coincidences and has a certain relevance here. Working as a PMG postal officer from 1969 to 1971 (the years of Justin’s most productive racing), I would sometimes be called on to perform telegraph duties. These included sending a departmental message to the main switching office at the end of the day. It contained a code word, signalling that the channel to that post office was closing down. If the figures balanced, the switching office would reply with the same code word.

The word was - JACO.



Justin with some of his walking mates from the 60s/70s: Stu Cooper, Ian Jack, Terry O’Neill, Bob Gardiner, Tim Erickson, Frank Overton and Clarrie ‘The Clocker’ Jack.

*Turn now to Page 8 and read ‘**The Road To The Isles**’, Justin Coxhead’s race report on one of the truly epic contests in the history of race walking on these shores - the trial for the 1970 Commonwealth Games 20 miles in Edinburgh. The report was published in ‘*Heel & Toe*’, 30 August, 1969, and captures Justin’s sense of the dramatic. Four of the men pictured above – Bob, Frank, Clarrie and Justin himself – raced in that event. I was fortunate enough to be roadside at Lakeside Drive to witness all of it, and capture some blurry action shots on the Box Brownie I’d owned since childhood. (If only I still had them ...)

- Stu

- Di Lowden, Mark Donahoo ... *next, please!*

Tim Erickson drew a lousy card last Saturday morning in Sydney, where he was due to assist in the Southern Sydney Track Ultra and, hopefully, welcome more new members into the Australian Centurions. Suffering some abdominal pain at breakfast, Tim had to report ill at the event and was hospitalised, eventually being diagnosed with acute pancreatitis. Nasty indeed! Tim will be in Campbelltown hospital for the next five or so days but will, hopefully, get the all-clear to travel home by week’s end. We all wish you a speedy recovery, Tim!

- ***AV ACADEMY PATHWAYS FUTURES PROGRAM – YOUNG VRWCs PARTICIPATE**

Ece Can Uzun (Ela's mum) has provided this item on the latest AV Academy activity, attended by **Ela Uzun, Havana Ali, Angus Shuttleworth, Mya McClure** and **Matilda Read**. The activity took place last Saturday, with specialist coaches taking sessions in all the athletics disciplines. The Walks section was taken by **Rhydian Cowley**.

Ece describes the session thus:

'The session started with Rhydian taking the group for couple of kms around the track talking to the walkers. Then he showed some race walking drills and technique. They also had question and answer with Rhydian. Then he took the walkers around the lake for a walk session and they had afternoon tea before joining the other athletes for the remainder of the afternoon.' (This included a workshop run by David McKee, on that crucial quality in any athlete - resilience.)



Many thanks to Ece for this report. It's encouraging that these five young athletes, who are already committed to attaining excellence in the sport, benefited from the mentorship of one who has not only reached the heights but is still racing at top international level.

***In the next Member News ...** Juneau what **Gwen** and **Tony** got up to in Alaska? (Not Uzbekistan ...)

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



It was a great day of racing at Middle Park last weekend, highlighted by 21 PBs, and capping them were huge ones by **Shaun Lewis, Jade Chitty** and **Jia Wen Heng (VIC)**, all of whom knocked their previous 10km bests clear out of the park.

Shaun, whose improvement fountain shows no sign of running dry, obviously found a pressure tap and exploited it to post **54:34**, the fastest of the Masters championship times and a PB by 3:49. Shaun has certainly tapped into the right training formula and it's hoped it'll keep paying dividends for him.

Although we don't often see **Jade** at the club these days, it seems she is another for whom training is an active component of a busy life. Jade's time of **51:42** is the latest in a string of 10km-8km times that have each been huge PBs, this one by a massive 2:25. Whatever life goals Jade has set for herself, we hope further improvement in her walking holds a prominent place among them ... a 10km time of under 50 minutes is certainly within her capabilities and may come soon.

Jia is another of whom we've seen little at Middle Park, other than at AV road championships, in which she races in Mentone AC colours. This year she joined the VRWC and, like Jade, shows a preference for the longer races. Saturday saw her make a big breakthrough over 10km with her first sub-1-hour result, clocking **58:05** for an impressive 2:04 PB. Jia has worked on building a solid endurance base and her latest result shows that this is beginning to bear fruit.

Well done to Jade, Shaun and Jia ... it's great to see you flying the flag for those challenging middle distances.

****Honourable mentions:***

- **Elizabeth McMillen (NSW)** – a 10km in **42:52** on our bendy club course was an impressive indicator of Lizzy's fitness in her last local race before Glasgow.
- **Addison Frenken, Tamai Bremner and Ava Pravednikov (VIC)** – all achieved 1:00-plus PBs in their races on Saturday.
- **Samantha Findlay, Liliana Templar and Liam Freundt (SA)** – **Sam** and **Liliana** both recorded huge PBs at the SA State road titles, while **Liliana** and **Liam** both made barrier breakthroughs (Liliana a sub-30min 5km and Liam his first sub-50min 10km.)
- **Sarah Bevin (VIC)** – making the most of her first road season, this time with a 36 sec PB for 10km.
- **Kobe Lewis, Erlyn Singh and Ryder Reid (VIC)** – 43-sec and 42-sec improvers respectively. A big day for progression!

****This weekend:***

Saturday 11 July – 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 10 July. Enter online at
<https://www.revolutionise.com.au/vrwc/>*

****SAFETY IN RACING: HOLD YOUR LINE ... AND KEEP THOSE ELBOWS IN!***

All club members are reminded that we are bound – as are all clubs – to comply with Australian Athletics Member Protection policy to ensure that our conduct, both in and out of races, is respectful, safe and fair to all persons.

In the intensity of a race, when energy levels and emotions are high and space is limited, accidental contact with body, arms, elbows and feet can and does happen. If you are responsible for this, remember that a quick 'Sorry ... are you okay?' is usually enough to appease the victim. Remember, also, that it is your responsibility to ensure you keep your elbows etc. under control. *Never use them to block or impede another walker.* You have a right to the space you are in ... and so have they!

Likewise, if a walker wishes to pass you, you must hold your line and not veer into their path to stop them. If you wish to pass someone, make sure you have enough space to do it without touching them.

Happy and safe racing.

VRWC RWA Postal Challenge & VMA Masters 10km c'ships, 4 July – Middle Park

Saturday's line-up of 62 starters for the 2026 RWA Challenge and Masters 10km eclipsed last year's 50 and was the best seen at Middle Park for a minor championship and points meeting since before Covid ... very heartening for those who've striven to rebuild the Club's membership which was left pretty much gutted by the pandemic. Conditions were close to perfect and the racing standard was high, with 21 PBs being set.



Rear: Colin, Karyn, Shaun, David, Kevin, Scott. Front: Carolyn, Michelle, Terry, Sarah Brennan, Donna-Marie and Sarah Bevin (with fitness trainer)

The Masters 10km titles saw **Terry O'Neill** the only 'unlucky' campaigner, finishing 2nd in the only division to have more than one finisher (Colin had to pick that day to turn up, didn't he?) Never mind Terry, you did a mighty job at the presentations. **Carolyn Rosenbrock** and **Shaun Lewis** took fastest time honours, while it was pleasing to see **Sarah Brennan** make her first appearance at Middle Park for a long time.

It was also a treat – as it always is – to welcome our Kiwi prodigal **David Smythe** back to the fold. This race has always meant a lot to David and it was great to see him back and giving it his all after a period of indifferent health. You're a legend, Dave!

VMA Masters 10km road c'ships

1 Sarah Bevin	F40	1:12:44 PB 0:36	1 Shaun Lewis	M45	54:34 PB 3:49
1 Sarah Brennan	F50	1:02:36	1 David Smyth <i>inv.</i>	M55	1:12:29
1 Michelle Horne	F55	1:01:52	1 Kevin Cassidy	M65	57:40
1 Carolyn Rosenbrock	F60	1:01:45	.. Simon Evans	M65	DNF
1 Donna-Marie Elms	F65	1:09:20	1 Colin Heywood	M70	1:05:42
1 Karyn O'Neill	F70	1:14:03	2 Terry O'Neill	M70	1:06:36
			1 Scott Murdoch	M75	1:23:11

We were pleased to welcome internationals **Elizabeth McMillen (NSW)** and **Olivia Sandery (SA)** back to Middle Park for the Postal Challenge races. Lizzy will join Jemima Montag, Bec Henderson, Isaac Beacroft, Dec Tingay and Tim Fraser on the plane to Glasgow in two weeks and she was after a quick time. She got it with her third fastest 10km performance, clocking **42:52** which was also her fastest time on the road. For Olivia, in preparation for a Half-marathon in Japan later this year, **46:35** was reasonable tempo hit-out, while **Marcus Wakim's 44:01** was a great return after recovering from surgery. Seeing these three fast guns at work beside them was valuable to our enthusiastic youngsters. Nothing encourages speed like the excitement of being in the middle of it.



Shaun Lewis, Jade Chitty and **Jia Wen Heng** made the most of the size and quality of the 10k field to post multi-minute PBs, while **Addison Frenken** burst through the 30 min barrier for 5km for the first time. **Kobe Lewis** and **Erlын Singh** were the biggest 3km improvers and are reaping the rewards for their consistent racing. Meanwhile, the **Bremners** would have headed back to the far south-west happy with their three substantial PBs, none more so than mum **Tamai** who'd ripped 1:20 from her 2km best.



The 2km field accept the Challenge.

Five first-timers, four PBs and a new Club record were the returns in the 1.5km, in which 10 of the 12 starters beat their handicaps. Most impressive was **Ryder Reid** who raced with a heavily bandaged elbow – never great for a walker – that didn't stop him breaking through for his first 8:00-plus result ahead of **Taylah Bremner**. The rivalry between these two young speedsters is something to look forward to each week. The Club record went to **Gwen Steed** who inaugurated a new W80+ 1.5km road mark with her **11:44**.

RWA Postal Challenge & Points races

10km Open

1 Elizabeth McMillen <i>inv.</i>	42:52
2 Olivia Sandery <i>inv.</i>	46:35
3 Jade Chitty	51:42 PB 2:25
4 Jia Wen Heng	58:05 PB 2:04
5 Carolyn Rosenbrock	1:01:45
6 Michelle Horne	1:01:52
7 Sarah Brennan	1:02:36
8 Donna-Marie Elms	1:09:20
9 Sarah Bevin	1:12:44
10 Karyn O'Neill	1:14:03
... Kylie Irshad	DNF

1 Marcus Wakim	44:01
2 Shaun Lewis	54:34
3 Jonathan Ho	55:33 PB 0:19
4 Kevin Cassidy	57:40
5 Colin Heywood	1:05:42
6 Terry O'Neill	1:06:36

8km Open

1 Mietta Morgan	46:10 First 8km
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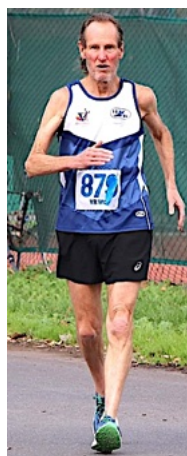
5km Open

1 Addison Frenken	29:31 PB 1:54
2 Caitlyn Shipham	31:14 PB 0:14

1 Jordan Galbraith	25:03
2 Paul Kennedy	31:12

3km Open

1 Alaska Bremner	15:24 PB 0:22
2 Indigo Marshall- Moodie	15:47 PB 0:12
3 Emily Smith	16:15
4 Ella Harris	16:25 PB 0:16
5 Erlyn Singh	16:30 PB 0:43
6 Georgia Walters	17:24
7 Kobe Lewis	17:48 PB 0:43
8 Emilie Garside	20:31
9 Sylvia Ivanova	21:06
10 Heather Carr	22:16



2km Open

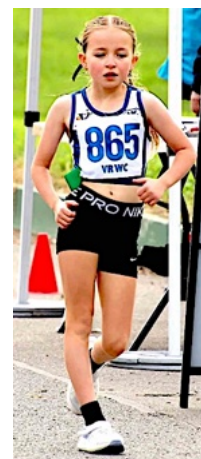
1 Aria Di Benedetto	10:53
2 Pippa Coleman	11:04 First 2km
3 Anouk Morgan	11:15 PB 0:28
4 Tamai Bremner	11:47 PB 1:20
5 Anna Dubar	12:21
6 Harper O'Toole	12:23
7 Harper de Sachau	13:52
9 Nashe Chengeta	14:48 PB 0:34
10 Ava Pravednikov	14:53 PB 1:15
11 Holly Brooks	16:16 First 2km

1 Fletcher Reid	9:54
2 Fletcher Walters	10:48 PB 0:27

1.5km Open

1 Taylah Bremner	8:27 PB 0:21
2 Erin Reid	8:49 PB 0:22
3 Summer Patten	9:05 PB 0:02
4 Sadie Mathiesen	9:01 First 1.5km
5 Cory Lewis	9:54
6 Holli Burrell	11:15 First 1.5km
8 Gwen Steed	11:44 CbRec W80+
9 Eden Patten	11:59 First 1.5km

1 Ryder Reid	8:23 PB 0:42
2 Bowie Clarke	8:59
3 Tex Reid	14:22 First 1.5km



***Action models:**

Heather, Georgia, Marcus, Ryder, Addison, Simon, Jonathan, Lizzy, Savannah, Summer, Olivia, Sarah, Sylvia, Bowie, Kevin, Erin, Paul, David, Sadie, Mietta.

***Handicaps**

Name	G	AGr	Hcp	Name	G	AGr	Hcp
Michelle Horne	F	M40+	1	Ella Harris	F	U14	1
Tamai Bremner	F	M40+	2	Erlyn Singh	F	U14	2
Sarah Bevin	F	M40+	3	Indigo Marshall-Moodie	F	U14	3
Erin Reid	F	M40+	4	Alaska Bremner	F	U14	4
Sylvia Ivanova	F	M40+	5	Kobe Lewis	F	U14	5
Sarah Brennan	F	M40+	NPT	Addison Frenken	F	U14	6
Carolyn Rosenbrock	F	M60+	1	Caitlyn Shipham	F	U14	7
Gwen Steed	F	M60+	2	Mietta Morgan	F	U18	NPT
Heather Carr	F	M60+	3	Emily Smith	F	U20	1
Karyn O'Neill	F	M60+	4	Shaun Lewis	M	M40+	1
Donna-Marie Elms	F	M60+	NPT	Colin Heywood	M	M60+	1
Jia Wen Heng	F	Op	1	Terry O'Neill	M	M60+	2
Jade Chitty	F	Op	2	Kevin Cassidy	M	M60+	NPT
Emilie Garside	F	Op	3	Paul Kennedy	M	M60+	NPT
Eden Patten	F	U10	1	Jonathan Ho	M	Op	1
Sadie Mathiesen	F	U10	2	Jordan Galbraith	M	Op	2
Holli Burrell	F	U10	3	Tex Reid	M	U10	1
Summer Patten	F	U10	4	Fletcher Walters	M	U10	2
Cory Lewis	F	U10	5	Ryder Reid	M	U10	3
Taylah Bremner	F	U10	6	Bowie Clarke	M	U10	4
Savannah Brooks	F	U10	7	Fletcher Reid	M	U12	1
Abigail Verity	F	U10	8	Marcus Wakim	M	U20	2
Holly Brooks	F	U10	NPT				
Ava Pravednikov	F	U12	1				
Aria Di Benedetto	F	U12	2				
Harper O'Toole	F	U12	3				
Anouk Morgan	F	U12	4				
Pippa Coleman	F	U12	5				
Anna Dubar	F	U12	6				
Nashe Chengeta	F	U12	7				
Harper de Sachau	F	U12	8				
Georgia Walters	F	U12	9				

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

Manager	Stu Cooper
Referee:	Tony Williams (AV)
Race check in	Bil Carr, Mark Donahoo
Starter:	Stu Cooper
Recorders	Jared Tallent, Paul Moritz, Joe Adamcewicz, Kathy Marshall, Kris Shipham, Melinda Di Benedetto
Timekeepers	Ian Laurie
Judges:	Gordon Loughnan (Chief - bronze), Di Lowden (bronze), Brenda Felton (bronze), Kathleen Marsh (bronze), David Cash, Bec Lewis, Dannielle Clarke

Recorder: Di Lowden
Penalty Zone: Gordon Loughnan
Set up, Pack up: Shaun Lewis, Carolyn Rosenbrock, Karyn O'Neill, Terry O'Neill, Robert Gardiner, Stu Cooper, Ian Laurie
Bike rider: Stu Cooper
Presentation Stu Cooper
Photos Therese Smith (<https://www.facebook.com/media/set/?set=oa.1438208944998443&type=3>)
Canteen: Donna Marie Elms, Gwen Steed
Walkers: 62

'THE ROAD TO THE ISLES'

Here is **Justin Coxhead's** aforementioned race report, reproduced as it appeared in 1969. The 'Georgia' font used here is as close as I could find to the lettering of the battered old Remington Justin used to punch out copy on those stencils (no italics or bold type then, of course). I hope he'd approve.

"THE ROAD TO THE ISLES"

by

Justin Coxhead

(reprinted from *'Heel & Toe'*, 30 August 1969)

This is what the 1970 Commonwealth Games Trial was entitled by one of our poetic-minded members. Whatever it may be called, the race will go down as one of the greatest ever held in this country outside the Olympic walks. The weather was ideal for a 20 miler and the rather large field of 33 was made up of 16 entrants for the trial and 17 for the Victorian Walkers Club championship.

On the day Noel Freeman, with a recent 2:33:54 started slightly favourite from Frank Clark, NSW champion who had 2:36:00 on the board. Bob Gardiner had the fastest time in the field with 2:33:12 last year, but was underrated for this one. The event was given an international flavour with the inclusion of Arthur Jones. Arthur competed for England in the Mexican Olympics over 20 kilo and is now living in Sydney. In all there were 6 Olympic athletes in the field. The course was over a 2-mile lap which meant that 30 sharp U-turns had to be encountered during the race.

LAP ONE:

The first 2 miles came up in 15:28 with Freeman, Jones, Clark and Gardiner together at this stage, just feeling each other out. Graeme Nicholls and Ted Allsopp 15:36 were next, followed by Varel Newmark, Robin Whyte NSW in 15:50 with Justin Coxhead 16:14 the closest. Robin Wood 16:42 and South Aust. rep Peter Whitham in 17:03. The NSW boys, Eddy Dawkins, Peter Waddell, Frank Overton and Keith "Gunner" Henness in 17:26 were just shading Vic. Norm Marr. The remainder of the field were settling down into small bunches.

LAP TWO:

The big four remained unchanged holding the same pace with Graeme Nicholls moving up to be only one second down. Robin Whyte went into 6th place ahead of Newmark and Allsopp with Coxhead 14 sec behind. A further 75 sec to Robin Wood and Eddy Dawkins making a forward move. Among the Club title boys, only Norm Marr, Eric Froude and Ray Smith were bettering 9's. (*i.e. 9-minute miles ... Ed.*)

LAP THREE:

The trio of Noel, Bob and Frank went through in 46:23, about 5 yards up on Jones. At this stage it appeared to be a very tactical race with Nicholls in close attendance. Whyte was 11 sec in front of Newmark, Allsopp and Coxhead who put in a fast lap. Wood led Dawkins by a minute with another minute to Waddell, Overton and Whitham.

LAP FOUR:

The leaders still remained the same with a slight increase in pace. Nicholls had passed Jones with Coxhead just up on Allsopp and Newmark. Whyte was slowing considerably, possibly feeling the strain of his 4:43 50 kilo two weeks previously.

LAP FIVE:

The halfway came up in 76:43 with Nicholls in 4th place in a fast 77:22. Arthur Jones was finding it tough and went through in 80:00, trailing Ted Allsopp who had made a breakaway burst 79:51. Newmark led Coxhead by 7 secs with Whyte half a minute down.

LAP SIX:

Saw Gardiner and Freeman 3 secs ahead of Clark with Nicholls dropping back. Allsopp was only 2 secs up on Coxhead who was having a good day. Jones and Newmark retired leaving Whyte 45 secs out on his own.

LAP SEVEN:

As they entered the 7th, the small crowd was still wondering who was going to make a break. They weren't guessing for long as Bob Gardiner stepped the pace up 14:54 for the lap to have 13 sec on Noel with Frank another 23 down. Nicholls was beginning to tire and Coxhead began the long chase gaining a minute on Allsopp with Whyte coming back into the race.

LAP EIGHT:

Bob maintained a 14:58 pace and was well clear. Officials began to realise that Bob was up on the Empire (Commonwealth) track record of Noel's and was not far off the World record.

LAP NINE:

A 14:54 circuit put Bob in an unbeatable position, 1½ minutes ahead of Noel with Frank another 4 mins behind. Nicholls was hanging onto his lead over Coxhead who was walking his best 20. Robin Whyte had a clear advantage over the gallant Allsopp who was not quite fit enough for a gruelling 20 miles.

FINAL:

Bob did not relent his fantastic pace and crossed the line in a phenomenal **2hr 31min 36.6 sec** to be a mere 3.6 secs outside the WORLD TRACK record of Russian athlete, Vedjakov. Noel crossed in 2:34:17, only 23 secs outside his own Empire track record, but as he said himself he had no answer for Bob's speed. Frank Clark, who won this trial in Sydney in 1966, could not match the two Victorians on the day and finished in 2:39:24. Graeme Nicholls found a little extra over the final stages for 2:45:18. Justin Coxhead battled the last 8 on his own also for 5th in 2:47:35.

Robin Whyte kept moving well for 2:49:46 with Ted Allsopp doing well to finish in 2:52:01. Veteran of many 20 milers, Peter Waddell took 8th in 2:57:09. Norm Marr surprised with a tremendous 2:57:52. South Australian champion Peter Whitham walked possibly his best 20 for 2:59:52 making it ten under 3 hours, one of the best results in a 20 mile race for a long time. Eddy Dawkins blew up badly 3:19:02 to be the only other finisher in the trial. Other retirees were Robin Wood at 10, Keith Heness at 8, Frank Overton at 10 and NSW veteran team captain Les Wade at 10.

RESULTS V.A.W.C 20 MILE CHAMPIONSHIP

1.	R. GARDINER	2:31:37	7.	C. JACK	3:02:15
2.	N. FREEMAN	2:34:17	8.	R. MILLS	3:11:22
3.	G. NICHOLLS	2:45:17	9.	C. MARTIN	3:24:22
4.	J. COXHEAD	2:47:36	10.	J. BUSST	3:26:00
5.	E. ALLSOPP	2:52:01	11.	T. DAINTRY	3:28:23
6.	N. MARR	2:57:52	12.	A. THEOBALD	3:33:12

R.V. BLACKLEY MEMORIAL HANDICAP

1. NORM MARR
2. TOM DAINTRY
3. CLAUDE MARTIN
- E4. BOB GARDINER
- E4. JUSTIN COXHEAD



Bob ... hero of the day



Justin ... chronicler (and part-shaper) of the day



AROUND THE COUNTRY

SOUTH AUSTRALIA ASA State Racewalking c'ships results, 4 July – South Parklands

Cooper Rech reports on what was a pretty successful day at South parklands for the State titles:

Seven walkers toed the line across the various distances contested at the State Race Walking Championships held this weekend, complemented by our three club walkers walking concurrently. the most impressive performance of the championship must go to **Liliana Templer**, smashing the 30-min barrier with her 2:02 5km PB, while Open Women's champion **Sam Findlay** also took a significant chunk off her half marathon PB. Congratulations to all of our state champions and medalists.

Open Women Half Marathon

Sam Findlay 1:43:33 PB 1:35

U14 Women 3km

Kate Hamlyn 19:00

Open Men Half Marathon

Cooper Rech 1:58:32 PB

Peter Crump 2:31:47

Club 10km

Bill Starr 1:27:42

U20 Men 10km

Liam Freundt 49:55 PB 0:21

Club 5km

Greg Metha 33:48

O50 Men 10km

Alex McEwan 1:21:49

Club 1.5km

Saxon King 8:37

U16 Women 5km

Liliana Templer 29:55 PB 2:02

TASMANIA TRWC road results, 5 July – Kingston Park

David Moore reports that it was a fine and cool Sunday morning, no doubt a bit quieter after last week's busy Schools and State championships.

1km

1 Grace Hennessey Kingston LA 9:52

2km

1 Charlotte Dix ESAC 13::16

2 Austin Hucker Huonville LA 15:43

3 Gabe Dix ESAC 18:54

4 Sara Leitch TMA 20:32

5 Dave Moore. TMA 20:35

3km

1 Sam Hucker OVA 22:48

5km

1 Adele Woodward OVA 35:59



INTERNATIONAL NEWS

FRANCE: Ile de France Youth Championships, 5 July - Montgeron

It's been some time since we heard from **Emmanuel Tardi**, and I'm pleased to say he's back with another report and set of results.



Henault

I was in Montgeron this morning, in the southern suburbs of Paris -15km from my home 😊.

It was the regional championship for young (Cadet and Junior) walkers, and I was appointed as judge. The French federation added a selection meeting for the Rieti European Championship in Italy (for U18s).

There was a common start (men and women) at 9:30am. The temperature was 27°C and increased during the race.

In the men's event, **Matteo Henault** was the leader from the beginning to the end. In the women's event, there were three leaders in the first half of the race (**Sainson, Breney** and **Chatreaux**). Chatreaux received 3 red cards, went into the penalty area and retired from the race.



Sainson

5000m Marche TCX – 9h30

1	HENAULT Matteo	CAM	VINEUIL SPORTS	21:37.85
2	KANEL Etienne	CAM	ASSP VERGEZE	22:11.83
3	DUCLOS Elouan	CAM	US CHAMPAGNE	22:13.43
4	SAINSON Andreanne	CAF	LB CHATEAUROUX	23:35.79
5	VAN HILLE Gabin	CAM	VILLENEUVE D ASCQ FRETIN	23:39.60
6	BRENEY Eleonore	CAF	MONTBELIARD BA	23:43.93
7	PAGES Benjamin	JUM	ESC DU XVEME	24:36.14
8	SANCHO--LORY Alexandre	JUM	USM AUDONNIENNE	25:24.51
9	GHOULA Dani	CAM	ATHLE 78	26:44.52
10	OULD BOUALI Juliette	JUF	FRANCONVILLE CESAME VO	28:23.86
11	GIFFARD Violaine	CAF	FRANCONVILLE CESAME VO	28:26.17
12	MOALIGOU Romane	CAF	ASA MAISONS-ALFORT	29:24.25
13	MARTEIL Lois	CAM	THIAIS AC	29:59.06
14	DIZI Ana	CAF	LP LONGJUMEAU	30:05.63
15	TAVERNIER Lola	CAF	ASFI VILLEJUIF	30:05.83
16	MARTIAL Antoine	JUM	CLUB ATHLE PLESSIS 94	30:50.56
17	BRESSON Lea	CAF	AS CHELLES	31:21.81
18	TREFLE Nina	CAF	ATHLE 92	32:12.86
19	BRAND Lucile	JUF	ATHLETIC CLUB 94	36:51.54
-	CHATREAUX Emma	CAF	SAINT BARTHELEMY D'ANJOU	AB
-	DEUTSCH Lucile	CAF	US CHAMPAGNE	AB



They seem friendly enough ...

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

ITALY: National U20 championships, 4 July - Caorle

Alessio Coppola winner in men and Serena Di Fabio establishes World U20 season best

by Nicola Maggio (reprinted from Marcia dal Mondo – 4 July)

Men's U20 5000m

With a large number of athletes at the start, the Technical Delegate opted for two timed sections. Athletes with the highest accreditation times, started first.

The victory in this event went to **Giorgio Cosentino** with a time of 21:58.80. Second place went to **Leonardo Innocenti** in 22:25.92. Third place went to **Niccolò Santoni** in 22:28.17.

The timed session of athletes accredited with the fastest times lives on the battle for the Italian U20 title between **Alessio Coppola** and **Niccolò Vidal**, both already selected for the upcoming U20 World Championships.

The pair immediately took the lead with Alessio Coppola, but shortly before the first kilometer he was overtaken by Niccolò Vidal, who passed in 4:07.4. Coppola followed almost two meters behind. The 2,000m mark repeats the same pattern, with Vidal leading in 8:06.9 (3:59.5), Coppola now nearly 4 meters behind.

The situation reverses during the third kilometer, when Alessio Coppola significantly forces the pace and takes the lead in 12:04.2 (his third 1,000m in just over 3:56). It's immediately clear that this is the definitive move for the gold medal. At the 4,000m mark, Coppola passes in 16:53.6 (3:49.4), with a lead of just under 40 meters over Vidal.

With a final 1,000m covered in 3:31.90, Alessio Coppola won the title of Italian U20 Champion in 19:45.90. Second place went to Niccolò Vidal in 19:59:15, a new personal best. Third place went to Giuseppe Marchionno in 20:42:82, also a personal best.

Women's U20 5.000m

Once again, due to the large number of athletes at the start, the Technical Delegate opted for two timed sections. Athletes with the highest accreditation times, started first. The victory in this race went to **Margherita Discepoli** in 24:42.57

Second place went to **Costanza Cremona** (born 2010) in 24:47.85. Third place went to her twin sister **Sofia Cremona** in 22:28.17.

The second timed session instead gives us a performance to remember, the synthesis of which can be summed up very briefly in the following few words: “**Serena di Fabio's** record-breaking masterpiece”. Her performance was a solo because she took the lead immediately after the starting gun and was never caught. And this will be the best technical result of the entire first day of the U20 Individual Championships:

- 2,000m: 4:09.76 (4:09.22)
- 3,000m: 12:28.22 (4:09.46)
- 4,000m: 16:33.93 (4:05.71)

Serena Di Fabio's final 1,000m is incredible, as is the rest of the race. She walks it in 4:08.81 for a final time of 20:42.74. This time is by far the new Italian U20 record (previous 21:43.99 of Giulia Gabriele obtained in Camerino-Ancona on 21.09.2024).

With this performance, the 18-year-old from Abruzzo, a member of the Fiamme Azzurre, clearly surpassed the target performance of 21:30 set by European Athletics to establish the first European U20 record over the distance but also the world best of the season 2026 in front of Imen Saii (Tun) in 22:00.0h and Zoe Woods (AUS) in 22:10.69.

Furthermore, this result represents the fourth best U20 world record of *all time*, following those achieved by Tatyana Kalmykova (RUS – 20:28.05 on July 12, 2007 in Ostrava, CZE), Irina Stankina (RUS – 20:31.4h on February 10, 1996 in Adler Sochi, RUS), Jin Binjie (CHN – 20:37.7h on March 3, 1990 in Hefei, CHN), and ahead of Anna Lukyanova (RUS – 20:44.45 on February 23, 2010 in Volgograd, RUS).

Second place and silver at the Italian U20 Championships went to Beatrice Palmonari in 22:46.44. Bronze went to Valentina Adamo in 23:11.54.

(Full results and photo gallery available at <https://marciadalmondo.com/results/2026/caorle-ita-italian-u20-national-championships-alessio-coppola-winner-in-men-and-serena-di-fabio-establish-world-season-best-u20/>)

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, July 6, 2026 - **Lucas Santos and Rosário Borges win National Under-18 Championships in Beja (2026)** <https://omarchador.blogspot.com/2026/07/lucas-santos-e-rosario-borges-vencem.html>
- Sunday, July 5, 2026 = **Gabriel Abad honored for his outstanding contribution to officiating in athletics.** <https://omarchador.blogspot.com/2026/07/gabriel-abad-homenageado-pelo.html>
- Friday, July 3, 2026 - **Italian Under-18 Championships register excellent results in race walking (Grosseto 2026)** <https://omarchador.blogspot.com/2026/07/campeonatos-de-italia-de-sub-18.html>
- Thursday, July 2, 2026 - **Servin Sebastian and Munita Prajapati win Indian half-marathon race walk championships – Bhubaneswar 2026** <https://omarchador.blogspot.com/2026/07/servin-sebastian-e-munita-prajapati.html>

- Wednesday, July 1, 2026 - **1st Division – Coimbra 2026: SL Benfica and A Jardim da Serra prevail in the race walking events.** <https://omarchador.blogspot.com/2026/07/1-divisao-coimbra-2026-sl-benfica-e.html>
- Wednesday, July 1, 2026 - **2nd Division – Coimbra 2026: ADR Água de Pena and GRECAS with individual victories in race walking.** <https://omarchador.blogspot.com/2026/07/2-divisao-coimbra-2026-adr-agua-de-pena.html>
- Tuesday, June 30, 2026 - **3rd Division – Coimbra 2026: triumphs for the walkers of J Ilha Verde and CA Marinha Grande** <https://omarchador.blogspot.com/2026/06/3-divisao-coimbra-2026-triunfos-dos.html>
- Monday, June 29, 2026 - **Iván Oña and Evelyn Inga are crowned Pan-American half-marathon race walk champions – Medellín 2026** <https://omarchador.blogspot.com/2026/06/ivan-ona-e-evelyn-inga-sagram-se.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

** H&T Online - NOTICE BOARD **

The ***ANSW State Long Walks championships*** are being held on **Saturday 25 July 2026** at the Lions Park, Woy Woy.

Lions Park, Lions Park, 2 North Burge Rd, Woy Woy NSW 2256

Full details can be seen on the NSW Athletics site.

Eligible Age Groups: 9's and above.

Please see NSW Athletics site for full details at <https://www.nswathletics.org.au/events/342897>

Registration for this event closes at 12:00 noon on *Thursday 23 July, 2026*.

***DRAFT TIMETABLE**

12:00pm Open Men 20km & Open Women 20km

12.30pm U20 Men 15km & U20 Women 15km

12.30pm Master's Men 15km & Master's Women 15km

1.30pm 16s & 17s Men 8km & 16s & 17s Women 8km

2.20pm 11s & 12s Men & Women 1.5km

2.35pm 9s & 10s Boys & Girls 1km

2.45pm 14s & 15s Boys 5km & 14s & 15s Girls 5km

3.15pm (*updated from 2.45pm*) 13s Boys 3km

3.15pm 13s Girls 3km

** 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.

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2026:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races throughout the year): \$ 0.00

Family membership: \$50.00

Annual Subscriptions are due on **April 1st** of each calendar year.

***Inner metro and outside ring metro** members pay full fees.

(The **outside ring** of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington.)

***Country members** ... pay **50%** of the annual fee.

Municipalities/districts beyond the outside ring are considered country areas.

To re-register – or to register for the first time – go to <https://www.revolutionise.com.au/vrwc/registration>

***UNIFORMS** - Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$45. (Note: some second-hand tops are available for \$20).



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

JULY

Saturday 11 th July	VRWC Points races	
Saturday 18 th July	VRWC Points races and Interval races	Middle Park
Sunday 26 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

AUGUST

Saturday 1 st August	VRWC Points races	Middle Park
Saturday 8 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15 th August	VRWC Last points race	Middle Park
Sunday 23 rd August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29 th August	VRWC non points race day	Middle Park

September

Saturday 5 th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13 th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

Sun 26 Jul 2026	AV 30km C'ship inc. Jared Tallent Trophy & VRWC c'ships – Middle Park
Sat 8 Aug 2026	AV 15km Championships & VRWC c'ships
Sun 23 Aug 2026	AA Junior Road walk Championships – Ballarat VIC
Sat 5 Sep 2026	AV 5000m Teams & VMA Championships - Mentone

International Dates

31 Jul 2026	Commonwealth Games 10,000m Walk finals – Glasgow, SCO
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.

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***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.

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