



HEEL & TOE Online

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

Editor: Stu Cooper stuwalks@yahoo.com.au



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*H&T Notice Board – Page 8

-Season summary 2026
-Membership, Uniform & Race fees



Men 10,000m Race walk
Sat 1 August – from 3.30am AEST
Women 10,000m Race walk
Sat 1 August – from 7.00pm AEST
Live streamed on 7Plus



**AUSTRALIAN JUNIOR ROAD WALK CHAMPIONSHIPS 2026

Sunday 23 August – Victoria Park, Ballarat
ENTRIES CLOSING SOON!

To enter, go to <https://meets.rosterathletics.com/public/competitions/details/about?id=28350>
NOTE: When entering events on Roster for the first time, please do not set up your profile with the athlete's middle name. It is not required.

Please also only select the State of registration. For example, Queensland or New South Wales. Club name is not needed or required.

Athletes must then use this account name in the Roster Athletics App to confirm their participation near the event. It is best for athletes to use their own account for registration and confirmation.

Entries will close on Tuesday 4 August at 5:00pm. No late entries will be accepted.

Athletes must only enter their own age group.

Please note as races will be in progress, athletes will not be permitted to warm up, or warm down on any part of the course until races are complete.

The timetable is listed in 'Schedule'. Times are subject to change following the close of entries.

All athletes must be registered to compete as:

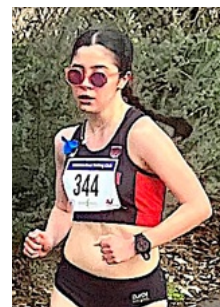
- Australian athletes (with a State Association)
- Oceania and International Member Federations - (with the Member Federation)

WALKER OF THE WEEK

Ela Uzun (VIC) arrived at Middle Park on Sunday morning with a goal firmly fixed in her mind ... to break her own Australian 5km road walk record, set in Ballarat last August as a 14yo. By the time she crossed the finish line – **22:23** after the start – she had claimed not just the U16 but Queenslander Katie Hayward's U18 record as well. This alone makes Ela a 'walk-up start' for this week's WOTW award.

And it doesn't stop there. Athletics Victoria may not keep road walking records or best times, but the VRWC does, and Ela's time saw both Jemima Montag (U16, U17) and Alanna Peart (U18, U20) bidding 'hasta la vista' to their Club records in those age groups. Ela now sits a mere 17secs behind Jess Rothwell's U23 mark of 22:06.

Congratulations, Ela! Not just for the bag of new records, but for your amazing focus and dedication. Major goals await you in the senior ranks, reachable so long as you keep loving it.



*Honourable mentions

- **Ryder Reid (VIC, 8yo)** – broke through the 8:00 mark for 1.5km for the first time.

- **Holli Burrell (VIC)** – a big improver in her first season, Holli ripped 43 secs from her 1.5km time.
- **Nashe Chengeta (VIC)** – another first-season walker, Nashe was the biggest improver of the day with a 1:15 PB in the Club 2km title.
- **Anouk Morgan (VIC)** – won the U12 2km title with a 26sec PB to break 11:00 for the first time.



CLUB NEWS and RESULTS

***This weekend:**

Our 2026 Points competitions are nearing the 'pointy' end, with just two rounds remaining. Some of the Age groups have tight contests happening, so remember to come along on 1st and 15th August – the points you earn could be significant.

Saturday 1 August – Middle Park

2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.10pm	1km	Points race	Open
2.15pm	2km	Points race	Open

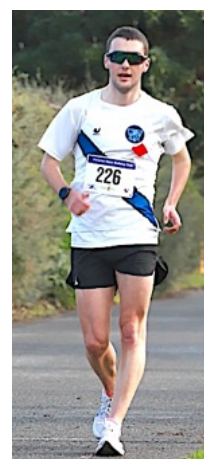
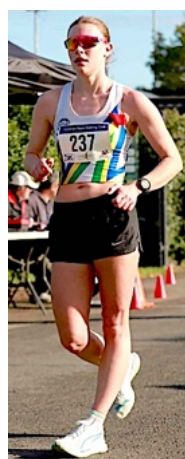
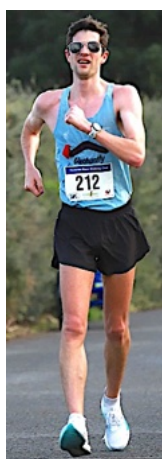
Entries will be accepted up until 6.00pm on Friday 31 July.
Enter online at <https://www.revolutionise.com.au/vrwc/>

VRWC AV & VRWC Winter Road championships, July 26 – Middle Park

Early morning light showers cleared in time for the Sunday championship races, with the walkers competing in chilly but generally fine conditions. The clash with the AV 'Lakeside 10' road race put a dent in our numbers, so the total of 47 starters was another encouraging turnout.

Rhydian Cowley wasted no time in setting up an ever-growing lead in the AV 30km, eventually winning by some 17mins in **2:13:45** to reinforce his grip on the Jared Tallent Trophy. NSW's **Dylan Richardson** took yet another Victorian medal home, coming 2nd in 2:30:49, while the sole female entrant, **Hannah Mison (NSW)**, posted an impressive first-up 30km time of **2:38:48**. There's something bittersweet for the Vics (more bitter than sweet?) in the realisation that, at recent Victorian state distance walking championships, we've tended to see more Mingara Regional AC singlets than we have of our own AV club vests. Never mind, we always welcome their support of our events!

Taillight of the day was **Marcus Wakim**, tackling his first 30k after a season of recovery from surgery. Marcus had to dig deep during the tough middle and latter stages before bringing it home for **2:41:30**. Great to see you back, Marcus!



NOTE: The 30km, 10km and 5km were WA-listed races. Click on the following link to see the results on the World Athletics website: <https://worldathletics.org/competition/calendar-results/results/7240554>

30km AV Open Male C'ship (inc. Jared Tallent Trophy)

(inc. Jared Tallent Trophy)			5km	10km	15km	20km	25km	
1	Rhydian Cowley	Glenhuntly AC	2:13:45	20:56	41:55	1:03:00	1:24:43	1:48:51
2	Dylan Richardson	NSW inv.	2:30:49	22:25	46:06	1:11:07	1:36:53	2:03:51
2	Marcus Wakim	MUAC	2:41:30F	27:25	54:08	1:20:11	1:46:22	2:13:27

30km AV Open Female C'ship

1	Hannah Mison	NSW inv.	2:38:48F	25:32	51:02	1:17:22	1:44:28	2:11:38
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The 5km field – the largest of the day – gets down to it.

There was advance notice that **Ela Uzun** would be attacking her Australian U16 road 5km record, so the 5 was awaited with some excitement. Ela didn't disappoint as she left the large field in her wake and ripped through the five laps to clock **22:23**, setting new national U16 and U18 marks as well as three new VRWC Club records. What a performance! **Matilda Read** and **Mietta Morgan** both took home slight but hard-earned PBs along with their medals.

Fletcher Reid and **Alaska Bremner** have been the yardsticks in club junior races this year and their big wins in the U14 3km championships, with times of **15:28** and **15:49** underlined the point. A special nod to **Pippa Coleman**, the youngest in the field in only her third Middle Park race, whose 3km time of **17:20** was an excellent debut.

5km AV Un18 Female C'ship

1 Matilda Read	Wellington AC	24:06*
2 Mietta Morgan	Knox AC	27:38*

5km AV Un16 Male C'ship

1 Angus Shuttleworth	Knox AC	23:04
2 Fiete Diers	Williamstown AC	33:14F

5km AV Un16 Female C'ship

1 Ela Uzun	Athletics Essendon	22:23*
2 Mya McClure	Whittlesea City AC	25:38
3 Havana Ali	Athletics Essendon	28:45
4 Addison Frenken	Casey Cardinia Aths	29:46
5 Kobe Lewis	Williamstown AC	31:43
6 Caitlyn Shipham	Knox AC	32:07

3km AV Un14 Male C'ship

1 Fletcher Reid	Deakin AC	15:28
2 Felix Skurka	Mentone AC	18:36
3 Jack Greyling	Casey Cardinia Aths	19:15F

***PBs: 5km – Ela 0:15; Matilda 0:10; Mietta 0:02**

3km AV Un14 Female C'ship

1 Alaska Bremner	Athletics Sth West	15:49
2 Indigo Marshall-Moodie	Mornington Pen AC	15:57
3 Ella Harris	Aths Essendon	16:36
4 Pippa Read	Wellington AC	17:14
5 Pippa Coleman	Sth Bendigo AC	17:20F

The VRWC championships saw many of our young brigade rise to the big occasion. **Ryder Reid** and **Anouk Morgan** took their 1.5km and 2km titles with sizeable PBs. Both Ryder and **Taylah Bremner**, two pocket dynamos, have turned on exciting duels this season and Sunday's 1.5km race was no exception. Well done also to **Nashe Chengeta** and **Holli Burrell** who clocked the biggest improvements of the club races.

10km VRWC Un20 Female C'ship

1 Ariana Pashutina	59:52
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3km VRWC Un14 Male C'ship

1 Fletcher Reid	15:28
2 Felix Skurka	18:36

5km VRWC Un16 Female C'ship

1 Addison Frenken	29:46
2 Caitlyn Shipham	32:07

1.5km VRWC Un10 Male C'ship

1 Ryder Reid	7:56*
2 Jaxon Connell	9:51

3km VRWC Un14 Female C'ship

1 Ella Harris	16:35
2 Erlyn Singh	16:46

5km Open Non-c'ship (mixed)

1 Kevin Cassidy	28:02
2 Simon Evans	28:35
3 Erin Reid	30:03
4 Arthur Robinson	33:22
5 Donna-Marie Elms	34:31
.. Heather Carr	DNF

2km VRWC Un12 Female C'ship

1 Anouk Morgan	10:49*
2 Aria Di Benedetto	10:55
3 Harper O'Toole	12:22

4 Harper de Sachau	12:46
5 Nashe Chengeta	13:33*
6 Ava Pravednikov	14:44*

1.5km VRWC Un10 Female C'ship

1 Taylah Bremner	8:16*
2 Sadie Mathiesen	9:18
3 Cory Lewis	9:54
4 Holli Burrell	10:30*

2km Open Non-c'ship

1 Tamai Bremner	11:14*
2 Sarah Bevin	13:06

***PBs 2km – Nashe 1:15; Tamai 0:43; Anouk 0:26; Ava 0:02. 1.5km – Holli 0:45; Ryder 0:27; Taylah 0:11.**



Open 30km



U16 5km



U14 3km



U10 1.5km



U12 2km



U14 3km



U16-U18 5km

***Action models:** Unfortunately, I had to close off this issue early and was unable to include an action gallery. Look for one next week, featuring some of Erin Reid's fine photo-cam work.

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 of the meet:	Mark Donahoo
Referee:	Shane Bicknell (AV)
Assistant Referee:	Julie Bicknell
Starter:	Mark Donahoo
Jury of Appeal:	Mark Donahoo, Shane Bicknell, Tim Erickson
Race Director:	Mark Donahoo
Check in:	Mark Donahoo, Bill Carr
Recorders:	Ben Skurka, Kris Shipham, Robert Gardiner, Joe Adamcewicz, Alla Pashutina, Duncan Knox
Timekeeper	Tim Erickson
Judges:	Gordon Loughnan (Chief- Bronze), Scott Nelson (Silver), Kathleen Marsh (Bronze), Brenda Felton (Bronze) Di Lowden (Bronze), Terry O'Neill
Posting board:	Stu Cooper
Judges Recorder:	Stu Cooper
Judges Recorder's assistant:	Andrew Jamieson
Penalty zone:	Stu Cooper
Set up, during, Pack up:	Terry O'Neill, Karyn O'Neill, Duncan Knox, Robert Gardiner, Carolyn Rosenbrock, Dylan Shuttleworth
Photos:	Erin Reid, Stu Cooper
Canteen:	Donna-Marie Elms
Presentations:	Tim Erickson, Mark Donahoo, Robert Gardiner, Rhydian Cowley, Ela Uzun
Red cards collectors:	Carolyn Rosenbrock, Andrew Jamieson
Walkers:	47



AROUND THE COUNTRY

RACEWALKING FOR DISABLED or PARA-ATHLETES

Does your Club or Association provide for this?

We are seeking information from racewalking clubs around Australia (and abroad) regarding any by-laws, policies, successful practices and examples of procedure they may have in place to cater for the walker living with a physical, vision or intellectual disability in any form.

In the interest of inclusiveness for all, we welcome feedback and suggestions as to how to provide worthwhile racewalking experiences for the disabled athlete. For example, if your club has a visual-impaired walker, how are competitions structured to enable them to compete safely and within the WA walking rules? Are support personnel or specific equipment required? What kind of provision is made for athletes with other disabilities?

If your club makes specific arrangements for disabled members but wishes not to be identified for the sake of privacy, please make that clear in your feedback. We are happy to use your anonymous contribution.

Please send your feedback to Stu at stuwalks@yahoo.com.au

SOUTH AUSTRALIA SARWC Timed Walks results, 26 July – South Parklands

Cooper Rech's latest results table shows the SARWC walkers' efforts to cram every possible metre into chosen times of 1 hour, 30mins and 15mins.

1 Hour

Jack White	10.183km
Peter Crump	8.965km
Alex McEwan	8.100km
Bill Starr	6.972km

15 Minutes

Liliana Templer	2.649km
Saxon King	2.631km
Harper Di Cicco	2.367km
Amaya Cowling	2.257km

30 Minutes		Amity Cowling	2.227km
Cooper Rech	5.567km	Di Camilleri	1.798km
Greg Metha	4.715km	Kristy Templer	1.773km
Anthony Crabb	3.846km	Martin Crabb	1.391km
Robert Crabb	3.745km		

WESTERN AUSTRALIA WARWC Postal Challenge results, 26 July – Perry Lakes

It's not often that the walkers out west have to contend with poor conditions, but according to **Terry Jones** they drew a bum card on Sunday for their RWA Challenge races. Cold and wet! Credit to the tough ones who lined up to race.

Under 10 1.5km Female		Under 16 5km Female	
Symphony Scott	9:46	Addison Roots	30:49
Dante van Heerwaarden	18:32		
Under 12 2km Male		Under 18 8km Female	
Hugo Bell	13:16	Trinity Doulis	51:21
		Sierra Thompson	54:27
Under 12 2km Female		Under 20 10km Female	
Carly Hood	12:28	Kaytee Bogaers	57:59
Under 14 3km Female		Open 10km Male	
Hannah Clausnitzer	18:48	Brad Mann	57:59
Masters 10km Female			
Karyn Toldardo	60yrs	1:11:03	
Wendy Farrow	59yrs	1:13:20	



INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

ITALY: Italian Individual National Championships, 25/26 July – Florence

Nicola Maggio reports on the latest results from a busy Italian championship season.

RICCARDO ORSONI WINS 10KM RACE WALK AND ITALIAN CHAMPIONSHIP

(reprinted from Marcia dal Mondo – 26 July)

Today is the first day of the Italian National Championships currently underway in Florence. The men's 10km race is scheduled for this afternoon, while the women's race will take place tomorrow at 5:10 pm.

The races take place on a 1,000m circuit on Viale Ferruccio Valscareggi outside the Ridolfi Sports Field in Florence. The start, however, is on the track, as is the finish.

10km Men

The men's race is missing its top athletes (Fortunato, Stano, and Cosi), who have chosen to continue their training at the high altitude for the upcoming European Championships. Of the top athletes, only Riccardo Orsoni, who recently became father of Sienna, is present. Congratulations to him and to the mother Cristina Montesinos (ESP) !

Immediately after the start, Riccardo Orsoni, Gianluca Picchiottino, and Emiliano Brigante, who boast the best accreditations, take the lead and set the pace.

After 1km, Orsoni pulls away and gains a few meters on Picchiottino and Brigante Cher, who in turn have a twenty-meter lead over Omar Moretti, Ivan Ragozzino, and Cristian Cecchetto.

At 3km, Orsoni's lead over his two pursuers is approximately 12 seconds. At 4km, Orsoni's lead over the Picchiottino/Brigante duo is 17 seconds. In fourth place, Moretti is 36 seconds behind.

At the halfway mark, Riccardo Orsoni continues to lead, with a 40-second advantage over Picchiottino and Brigante. In fourth place is Omar Moretti, followed closely by Cristian Serra and Cristian Cicchetto.

Between 6km and 7km, Orsoni's lead over his two pursuers continues to increase. While the battle for the Italian title seems to be settled, around 9km, Gianluca Picchiottino makes a break for it, gaining 12 seconds on Emiliano Brigante. The situation remains unchanged in the final two kilometers.

ALEXANDRINA MIHAI IS NEW ITALIAN 10KM CHAMPION

(reprinted from Marcia dal Mondo – 26 July)

In the second day of the Italian National Championships currently underway in Florence the women's 10km race is scheduled at 5:10 pm.

The races take place on a 1,000m circuit on Viale Ferruccio Valcareggi outside the Ridolfi Sports Field in Florence.

The start, however, is on the track, as is the finish.

10km Women

Also in the women's race is missing from the leading athletes: Antonella Palmisano who chose another technical route and Sofia Fiorini who is recovering from an annoying gastroenteritis. Of the top athletes, only Alexandrina Mihai, Giulia Gabriele and Giada Traina are at the start.

Giulia Gabriele took the lead right from the start, followed by Alexandrina Mihai, who still had a few meters ahead of the others.

The certainty of these Italian Women's Championships is this: whoever wins this year's Championships will be a new name added to the roll of honor, as no athlete who has won the title in previous years is at the start today.

After six minutes of racing, Giulia Gabriele and **Alexandrina Mihai** already have a lead of almost a hundred meters over their closest chasers. They are 17 seconds behind a group composed of **Giada Traina**, Giulia Miconi, and Verdiana Casciotti, who in turn have a further advantage of about 10 seconds over Lidia Barcella and Giulia Lucentini.

At 3km, the leaders have a 22-second lead over Traina, who in turn has a 20-meter lead over Miconi and about 30 meters over Casciotti. The others follow.

The next lap changes very little, with Gabriele and Mihai's lead increasing over Traina, who has overtaken Casciotti. The halfway point tells us that the battle for the podium will be between Mihai and Gabriele. Indeed, the Fiamme Oro athlete is a few meters ahead of the Fiamme Gialle athlete.

After 25 minutes of racing, Alexandrina Mihai has a 19-second lead over Giulia Gabriele, who, in turn, is 51 seconds behind the leader, but maintains an approximately 8-second advantage over **Giulia Miconi**.

The gold and silver medals, barring any unforeseen interventions by the jury, appear to have already been assigned, while the fight for the bronze medal is still open.

After 30 minutes of racing, the situation is as follows: Mihai leads with a 39-second advantage over Gabriele, 1:10 over Traina, and 1:24 over Miconi.

Three-quarters of the way through, Mihai's advantage over Gabriele is 51 seconds, 1:31 over Traina, 1:50 over Miconi, and 2:31 over Lidia Barcella. Nothing changes until the finish except that Lucentini has overtaken Barcella

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 27, 2026 - **Paul McGrath and María Pérez win the Spanish race walking titles – Málaga 2026** <https://omarchador.blogspot.com/2026/07/paul-mcgrath-e-maria-perez-conquistam.html>
- Sunday, July 26, 2026 - **Caio Bonfim wins his 16th Brazilian race walking title (Ibirapuera-São Paulo, 2026)** <https://omarchador.blogspot.com/2026/07/caio-bonfim-conquista-o-16-titulo.html>
- Sunday, July 26, 2026 - **11th CluVe Coimbra Masters Athletics Meeting (results)** <https://omarchador.blogspot.com/2026/07/11-meeting-atletismo-master-do-cluve.html>
- Saturday, July 25, 2026 - **Vitória Oliveira and Eduardo Camarate are champions of Portugal – Lisbon 2026** <https://omarchador.blogspot.com/2026/07/vitoria-oliveira-e-eduardo-camarate-sao.html>
- Saturday, July 25, 2026 - **Narcis Mihăilă and Sorana Tutu win Romanian walking half-marathon championships – Deva 2026** <https://omarchador.blogspot.com/2026/07/narcis-mihaila-e-sorana-tutu-vencem.html>
- Friday, July 24, 2026 - **French under-20 titles for Rabreu and Le Roch, with a national record (21:48.63), and under-18 titles for Duclos and Chatreaux – Paris 2026** <https://omarchador.blogspot.com/2026/07/titulos-franceses-sub-20-para-rabreu-e.html>
- Thursday, July 23, 2026 - **Gina Torres and César Hidalgo win the Spanish Under-20 race walking titles – Albacete 2026** <https://omarchador.blogspot.com/2026/07/gina-torres-e-cesar-hidalgo-conquistam.html>
- Wednesday, July 22, 2026 - **Portuguese race walkers called up for the Under-20 World Championships – Eugene, Oregon 2026** <https://omarchador.blogspot.com/2026/07/marchadoras-portuguesas-convocadas-para.html>

- Tuesday, July 21, 2026 - The race walking circuit for the Birmingham 2026 European Championships has been announced. <https://omarchador.blogspot.com/2026/07/divulgado-o-circuito-das-provas-de.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 **

** VRWC RACE FEES

Seasons ticket 12 months:

VRWC Club Races:

VRWC Championships:

Financial members: \$150.00 paid by the **end of May**.

Race fee: \$15.00.

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

AUGUST

Saturday 1st August

Saturday 8th August

Saturday 15th August

Sunday 23rd August

Saturday 29th August

VRWC Points races

AV Championship & VRWC Championships & events

VRWC **Last points race**

AA JUNIOR CHAMPIONSHIPS

VRWC non points race day

Middle Park

Middle Park

Middle Park

Ballarat

Middle Park

September

Saturday 5th September

Sunday 13th September

AV 5km teams, VMA 5km track c'ship & VRWC events

VRWC relay race and [Seasons Presentations](#)

Mentone Track

Middle Park

Victorian & National Key Dates – 2025/2026

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

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Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au