



HEEL & TOE Online

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

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*H&T Notice Board – Page 16

- Season summary 2026
- Membership, Uniform & Race fees
- Racewalking for Disabled & Para athletes: feedback requested

WALKER OF THE WEEK



(Photos: Eastern Riverina Chronicle; AA)

Four medals out of a possible six, including two gold ... that's dominance writ large. We commend **Isaac Beacroft** (NSW), **Jemima Montag** (VIC), **Elizabeth McMillen** (NSW) and **Rebecca Henderson** (VIC) on their podium success at the Commonwealth Games on Glasgow and, of course, on their joint WOTW awards.

While the women were a class and a half above their opposition, **Isaac** had a confident and dangerous international rival – Stephen Kihu (KEN) – to contend with for the entire race. It took until the last 300m for the world U20 record holder to emerge victorious after a battle of the surges, clocking **38:45.51** to the admirable Kenyan's 38:46:57. Defending champion Evan Dunfee – ready to pounce if either of the leaders faltered – took bronze in 40:03:39.

When the only competition you face is from your teammates, as in the case of **Jemima, Lizzy and Bec** (with all due respect to Priyanka, Ravina and Sylvia Kemboi), there's little left to do but turn on an exhibition of your craft. And turn it on they did, giving the British public a clinic in elite-level racewalking. Much is written elsewhere in this issue about the different approaches taken by Jemima and Lizzy (see *International News*), but suffice it here to say that Jemima, twice the defending champion, wanted that hat-trick gold and was prepared to use the weapon of her finishing speed to grasp it, crossing in a 13-sec PB time of **42:13:40**. Lizzy wrung herself out to record **42:39:87** for silver after a display of front racing that would have worn down most other opposition in the world, while the ever-tenacious Bec never relented in her quest to reel at least one of the leaders back in, taking bronze in **43:27.46**.

Congratulations to all four medallists! The numbers on the track have no significance compared to the showcase of our sport you turned on.

*Honourable mentions

- **Declan Tingay** (WA) and **Tim Fraser** (ACT) – despite their red card misfortunes, both earned their places on the start line in Glasgow.

- **Scott Hyland (ACT)** – a PB by 1:32 in clocking **48:13** in a solo effort in Canberra.
- **Sam Findlay and Alex McEwan (SA)** – both recorded PBs by approximately 2:30 over 4km.
- **Taylah Bremner (VIC, 9yo)** – a 36 sec PB over 2km to clock **11:09** shows she may soon be sub-11:00.
- **Ryder Reid (VIC, 9yo)** – tackled his first 4km (an imposing distance for one so young) and lapped in well under 12-min kms to clock **23:21**.



CLUB NEWS and RESULTS

***This weekend:**

Please note the early start! The 15km championship, being the longest race, will commence at 1.00pm to enable a timely finish and presentations.

*AV 15km Championships, VRWC 10km Alf Robinson & Mabel Robinson Trophies, Club championships & Non-championships Saturday 8 August – Middle Park			
1.00pm	15km	AV Championship	Open Male
	15km	AV Championship	Open Female
	10km	Alf Robinson Trophy – VRWC Championship	Open Male
	10km	Mabel Robinson Trophy – VRWC Championship	Open Female
2.00pm	5km	VRWC Championship	Masters Male
	5km	VRWC Championship	Masters Female
	5km	VRWC Championship	U20 Male
	5km	VRWC Championship	U20 female
	5km	VRWC Championship	U18 Male
	5km	VRWC Championship	U18 Female
	3km	VRWC Championship	U16 Male
	3km	VRWC Championship	U16 Female
	3km	Open non-championship	Open
2.25pm	2.5km	VRWC Championship	U14 Male
	2.5km	VRWC Championship	U14 Female
	2.5km	VRWC Championship	U12 Male
	2.5km	VRWC Championship	U12 Female
2.45pm	2km	VRWC Championship	U10 Male
	2km	VRWC Championship	U10 Female
	2km	Open non-championship	Open
<i>Presentations after the last race</i>			

Entries for AV championships close Thursday 6 August, at 11.59am
 Applicants must be currently registered AV members. Enter through AV portal at
<https://members.athsvic.org.au/events/353482>

Entries for VRWC Club championships and non-championship races close on
 Friday 7 August, at 6.00pm. Enter via Club portal at
<https://www.revolutionise.com.au/vrwc/events/364906>



***Community Officials: Race Walking Workshop** **Saturday 29 August, 9am – 1pm**

In the **Community Officials: Race Walking Workshop**, participants will learn about race walking events and the judging process across multiple levels of the sport.

Attendees will have an opportunity to test their learnings by observing a Victorian Race Walking Club event, immediately following the education session.

To facilitate the workshop, we are pleased to welcome back to Victoria, fresh off her appointments at the Commonwealth Games and World U20 Championships, lead international race walking judge Zoe Eastwood-Bryson.

Location: Middle Park Bowls Club

Duration: 9.00am – 1.00pm

Cost: There is no cost to participate in a Community Officials program

Registrations Close: Wednesday 26 August at 11.59am

Important: All applicants will be emailed a PDF receipt upon completion of the registration, for your records.

Additional information will be distributed via email to registrants in the days leading up to the program.

Registration link: <https://events.mygameday.app/event/2627racewalkingworkshop>

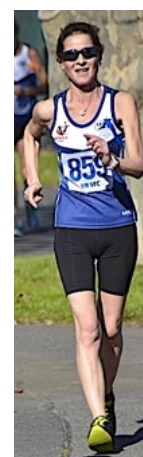
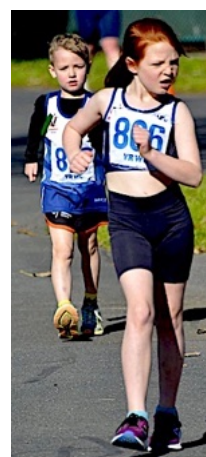
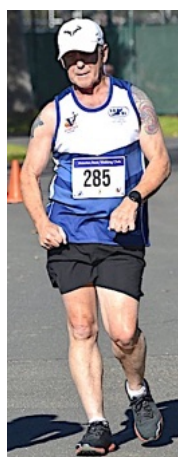
VRWC Club points results, August 1 – Middle Park

A beautifully fine day was tempered by a cold, blustery wind that turned the longer races in particular into the equivalent of a hill intervals session, but the 49 starters took it all in their stride. It certainly didn't daunt **Shaun Lewis** who blasted through it like the trains he drives for a 50 sec PB in the 6km. Kudos also to **Caitlyn Shipham** who tested her condition with her first attempt at the distance, while **Angus Shuttleworth** took line honours with a sub-30:00 result. Meanwhile, the 8km attracted 5 starters, the most for a while, with **Jonathan Ho** leading from the front for a good result against the wind.

The highlight of the 4km was 9yo **Ryder Reid's** debut at the distance. After a season focussed on honing speed and technique, Ryder showed a level of strength that belied his years and his size, averaging sub-6:00 laps for a time of **23:21**. Only **Mya McClure** and **Alaska Bremner** managed faster.

The 2km race was a high-quality affair with 18 starters and accounting for 7 of the day's 11 PBs. Of these, 9yo **Taylah Bremner** left the course with the biggest time chunk between her teeth, a huge 36 secs. It was a day out for 9 year olds, with **Bowie Clarke** continuing his winter of progress with a 20 sec improvement. Three more PBs emerged from the 1km race with **Nashe Chengeta** and **Ava Pravednikov** improving and **Holli Burrell** showing that her last 1km effort wasn't a fluke.

And a special nod for **Abigail Verity** who'd suffered a cut foot prior to her 1km race, but strutted gamely through the two laps with zero speed but with impeccably straight knees. You're a tough cookie, Abi!



8km race

1 Jonathan Ho	OpM	47:27
2 Colin Heywood	M60+M	52:54
3 Terry O'Neill	M60+M	53:39

1 Carolyn Rosenbrock	M60+F	50:27
2 Karyn O'Neill	M60+F	57:59

4km race

1 Ryder Reid	U10M	23:21	First 4km
2 Arthur Robinson	U18M	26:10	

1 Mya McClure	U16F	20:22	
2 Alaska Bremner	U14F	23:17	
3 Sandra Geisler	M40+F	25:09	
4 Erin Reid	M40+F	26:13	
5 Sarah Bevin	M40+F	26:39	PB 0:10
6 Sylvia Ivanova	M40+F	27:05	First 4km
7 Emilie Garside	OpF	28:36	

6km race

1 Angus Shuttleworth	U16M	29:51	
2 Shaun Lewis	M40+M	32:22	PB 0:50
3 Simon Evans	M60+M	35:21	
.. Paul Kennedy	M60+M	DO	

1 Michelle Horne	M40+F	36:30	
2 Caitlyn Shipham	U14F	38:43	First 6km
3 Donna-Marie Elms	M60+F	41:56	

2km race

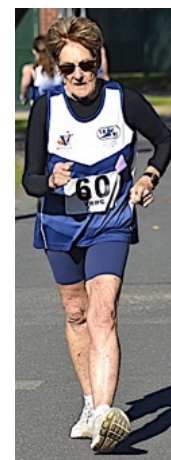
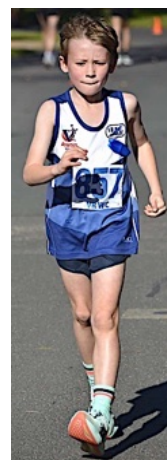
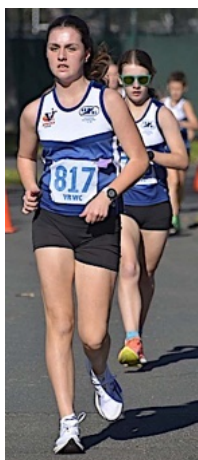
1 Fletcher Reid	U12M	9:47	
2 Fletcher Walters	U10M	10:59	
3 Bowie Clarke	U10M	11:26	PB 0:20

1 Georgia Walters	U12F	10:27	PB 0:11
2 Ella Harris	U14F	10:35	PB 0:13
3 Erlyn Singh	U14F	10:38	PB 0:12
4 Addison Frenken	U14F	10:45	

.. Emily Smith	U20F	DNF	5 Taylah Bremner	U10F	11:09 PB 0:36
.. Aangi Shah	U18F	DNF	6 Kobe Lewis	U14F	11:29 PB 0:19
1km race			7 Aria Di Benedetto	U12F	11:47
1 Tex Reid	U10M	9:14	8 Harper O'Toole	U12F	11:57 PB 0:14
			9 Daisy Hooper	U10F	12:04
1 Summer Patten	U10F	6:08	10 Kylie Irshad	M40+F	13:13
2 Nashe Chengeta	U12F	6:20 PB 0:13	11 Harper de Sachau	U12F	13:34
3 Ava Pravednikov	U10F	6:33 PB 0:06	12 Anna Wallace	M40+F	14:13
4 Cory Lewis	U10F	6:41	13 Heather Carr	M60+F	14:26
5 Holli Burrell	U10F	6:58 eq. PB	14 Marilyn Reynolds	M60+F	14:46
6 Eden Patten	U10F	8:27	15 Gwen Steed	M60+F	15:19
7 Abigail Verity	U10F	11:19			

***Handicaps**

Name		M/F	A gr	H.PI	Name		M/F	A gr	H.PI
Michelle	Horne	F	M40+	1	Bowie	Clarke	M	U10	1
Sylvia	Ivanova	F	M40+	2	Fletcher	Walters	M	U10	2
Anna	Wallace	F	M40+	3	Ryder	Reid	M	U10	3
Sarah	Bevin	F	M40+	4	Tex	Reid	M	U10	4
Erin	Reid	F	M40+	5	Harper	O'Toole	F	U12	1
Kylie	Irshad	F	M40+	NPT	Georgia	Walters	F	U12	2
					Nashe	Chengeta	F	U12	3
Shaun	Lewis	M	M40+	1	Harper	de Sachau	F	U12	4
Gwen	Steed	F	M60+	1	Aria	Di Benedetto	F	U12	4
Marilyn	Reynolds	F	M60+	2	Fletcher	Reid	M	U12	5
Karyn	O'Neill	F	M60+	2	Ella	Harris	F	U14	1
Donna-Marie	Elms	F	M60+	4	Kobe	Lewis	F	U14	2
Heather	Carr	F	M60+	5	Erlyn	Singh	F	U14	3
Carolyn	Rosenbrock	F	M60+	6	Caitlyn	Shiphram	F	U14	4
Simon	Evans	M	M60+	1	Addison	Frenken	F	U14	5
Colin	Heywood	M	M60+	2	Alaska	Bremner	F	U14	6
Terry	O'Neill	M	M60+	3	Mya	McClure	F	U16	1
Paul	Kennedy	M	M60+	DQ	Angus	Shuttleworth	M	U16	1
Emilie	Garside	F	Op	1	Arthur	Robinson	M	U18	1
Jonathan	Ho	M	Op	1					
Taylah	Bremner	F	U10	1					
Ava	Pravednikov	F	U10	2					
Daisy	Hooper	F	U10	3					
Holli	Burrell	F	U10	4					
Summer	Patten	F	U10	5					
Cory	Lewis	F	U10	6					
Eden	Patten	F	U10	7					
Abigail	Verity	F	U10	8					



***Action models:**

Ryder, Angus, Sylvia, Michelle, Mya, Colin, Jonathan, Gwen, Tex, Daisy, Ella, Eden, Shaun, Georgia, Kobe, Caitlyn

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.

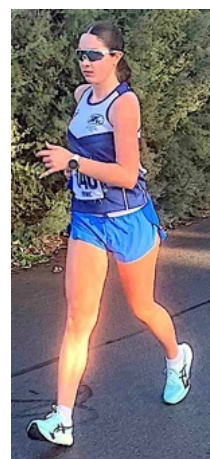
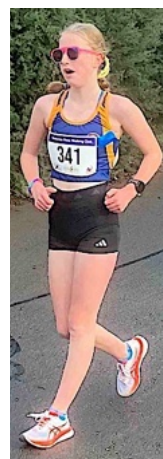
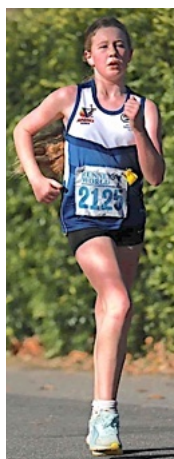
If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

Manager:	Mark Donahoo
Referee:	Terry Swan
Race check-in:	Mark Donahoo
Starter:	Tim Erickson, Mark Donahoo
Timekeeper:	Ian Laurie
Recorders:	Dannielle Clarke, John Lyons, Duncan Knox, Dylan Shuttleworth, Kevin Cassidy, Bill Carr
Judges:	David Cash (Chief), Brenda Felton, Di Lowden, Gordon Loughnan, Stu Cooper, Anthony Doran, Bec Lewis
Set up, Pack up:	Stu Cooper, Duncan Knox, Terry Swan, Terry O'Neill, Karyn O'Neill, Kevin Cassidy, Carolyn Rosenbrock, Robert Gardiner
Course controller:	Robert Gardiner
Bike rider:	Terry Swan
Photos:	Terry Swan
Canteen:	Donna Marie Elms, Gwen Steed
Walkers:	49

**** AV & VRWC Road Championships 2026 - Photo Gallery ****
(Photographers: Erin Reid, Stu Cooper)

Alas, time did not allow for the inclusion of an action gallery last week, so here it is now. Thanks to **Erin Reid** who provided the bulk of the images here, and even managed to get in herself. (Nice trick!)







AROUND THE COUNTRY

A.C.T. ACTRFWC results, 1 August – Kaleen

Thanks to **Kai Ryan** for these results. A huge result for **Scott Hyland**!

10km

Scott Hyland 48:13 PB 1:32

3km

Jillian Ryan 16:45

Clare Rice 18:17

Jessica Robson 20:04

2km (fitness walk)

Geoff Barker 19:54

QUEENSLAND QA All Schools & QRWC 15km Ch/Handicap #9, 26 July – Murarrie

There was plenty of action at the new Murarrie facility, with QRWC handicap racing enmeshed with All Schools and 15km road championships. The Boys U14 title race provided what appears to have been the closest schools contest with only 6 secs separating 1st from 3rd. Thanks to **Robyn Wales** for the results and QA link.

*QA All Schools Championships

Women 5000mRW U18

1 Bethany Moore-Kirkland

2 Olivia Boulton

3 Eliza Kelly

St Ursula's C

Marymount C

Burpengary SSC

26:05

27:25

27:59

Men 5000mRW U18

1 Noah Cooke

2 Koby Irvine

Northpine CC

Shalom C

23:34

23:59

Women 5000mRW U16

1 Isabella Welch	JohnPaul C	27:42
2 Violetta Boyd	PBC	29:51
3 Elspeth Hooper	All Saints AC	30:17

Women 3000mRW U14

1 Amelia Chisholm	Trinity C	16:52
2 Zoe Frost	St Margarets AGC	17:27
3 Violet Conway	Caboolture SHS	18:14
4 Izzy Blackburn	Varsity C	19:50

Girls 2000mRW U12

1 Clara Hermus	Noosaville SS	11:06
2 Bella Sansom	Carmichael C	11:17
3 Lilli Chu	West End SS	12:09
4 Luna Boyd	Currumbin SS	12:43

Girls 1000mRW U10

1 Mykayla Lee	SunnybankHills SS	5:47
2 Cassandra Cohoner	Eagle Junction SS	5:50
3 Tilly Verse	The Lakes C	6:14
4 Ruby Matthews	Chapel Hill SS	6:19
5 Billie Henry	Mother Teresa PS	7:14

Men 5000mRW U16

1 Cory Lockwood	Marymount C	27:54
2 Leo Ramsay	Carmel C	28:53

Men 3000mRW U14

1 Hayden Robertson	StEdmunds C	15:44
2 Lachlan Miers	Sherwood SS	15:46
3 Caleb Lee	STMC	15:50

Boys 2000mRW U12

1 Yoshua Lee	SunnybankHills SS	11:41
2 Max Matthews	Chapel Hill SS	13:02
3 Xavier Dyer	Everton Park SS	13:15
4 Conor Geagea	Indooroopilly SS	13:55

Boys 1000mRW U10

1 Jasper Wang	Indooroopilly SS	6:19
2 Noah Scott	NorfolkVillage SS	6:48

ORWC 15km Championships*Men**

1 Ignacio Jimenez	1:22:31
2 David Rapaport	1:43:20
3 Peter Bennett	1:45:47

Women

1 Phoebe Chadwick	1:34:05
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ORWC Handicaps #9*A Grade 10km****Men**

1 Ignacio Jimenez	54:56*
2 David Rapaport	1:07:54
3 Peter Bennett	1:09:40

Women

1 Phoebe Chadwick	1:02:12
2 Joy Dale	1:22:35 SB
3 Noela McKinven	1:38:57

B Grade 5km**Men**

1 Leo Ramsay	28:53 SB
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Women

1 Olivia Boulton	27:25
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C Grade 3km**Men**

1 Hayden Robertson	15:44
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Women

1 Violet Conway	18:14
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D Grade 2km**Men**

1 Xavier Dyer	13:15
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Women

1 Bella Sansom	11:17
2 Lilli Chu	12:09 SB

E Grade 1km**Women**

1 Cassandra Cohoner	5:50 SB
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SOUTH AUSTRALIA SARWC Club Short championships, 1 August – South Parklands**Cooper Rech reports:**

Pleasant conditions led to one of our most impressive turnouts of the winter, with 15 athletes testing themselves over the shorter distances for championship medals. Alex McEwan cracked 30 minutes over 4km for the first time, with the most impressive performances coming from the senior athletes in the 4km, who rarely race distances this short. Well done to all for quick times all round.

4km				1.5km	
Sam Findlay	18:41	PB 2:38		Amaya Cowling	9:54
Cooper Rech	20:11			Anthony Crabb	11:27
Jack White	22:08	FT			
Greg Metha	24:48			1km	
Alex McEwan	29:44	PB 2:28		Saxon King	5:15
Di Camilleri	34:37			Harper Di Cicco	5:58
Kristy Templer	34:50			Amity Cowling	6:09
				Robert Crabb	8:29
				Martin Crabb	10:42
2km					
Liliana Templer	11:43				

WESTERN AUSTRALIA AW State Walks c'ships, 2 August – Perry Lakes

An entry of 41 turned out at Perry Lakes for the Aths West road titles, in what would have been a welcome sight for officials and supporters. **Terry Jones** reports that the weather was fine, cool, and mostly sunny ... just how you like it.

Open Half Marathon Walk Men Senior

1 Bradley Mann 1:52:13

Open Half Marathon Walk Women Sen

1 Melissa Lewis 2:02:59

Master 5km Walk Men Senior

1 John Dennehy 41:03:00

Under 15 5km Walk Boys U15

1 Tom Murphy 32:38:00

Under 16 5km Walk Boys U16

1 Keiran Smith 26:03:00

2 Dylan Sardelich 27:45:00

Master 5km Walk Women Senior

1 Wendy Farrow 36:10:00

2 Glenys Duncan 50:19:00

Under 15 5km Walk Girls U15

1 Chloe Bevis 37:05:00

Under 16 5km Walk Girls U16

1 Tory D'Alessio 27:08:00

Under 17 5km Walk U17

1 Trinity Doulis 28:51:00

2 Sierra Thompson 30:45:00

Under 18 5km Walk Girls U18

1 Chelsey Ireland 29:32:00

Under 20 10km Walk Women U20

1 Kaytee Bogaers 55:26:00

Under 13 3km Walk Boys U13

1 Hudson Conwell 16:16

Under 17 5km Walk U17

1 Keenan Munro 25:39:00

Under 14 3km Walk Boys U14

1 Lachlan Nichols 18:39

Under 13 3km Walk Girls U13

1 Ella Dowdell 18:41

2 Savannah Nunn 20:08

3 Zoe Shieffelbein 21:15

Under 14 3km Walk Girls U14

1 Makenzie Sillitto 16:28

2 Gabriella John 16:45

3 Sienna Wilson 18:49

Under 11 2km Walk Boys U11

1 Lawson Vince 11:12

2 Joel Lim 12:26

3 Hugo Bell 12:42

Under 12 2km Walk Boys U12

1 Jasper Curtis 11:49

2 Adnan Ayoob 13:39

Under 11 2km Walk Girls U11

1 Lyla Gurney 12:48

2 Carly Hood 13:14

Under 12 2km Walk Girls U12

1 Kayley Henderson-Mason 10:30

2 Mackenzie Parsons 11:44

3 Varseerat Mand 11:45

4 Anna Russell 11:45

5 Ruby Kilworth 13:42

Under 10 1.5km Walk Boys U10

1 Chase Drury 13:10

Under 10 1.5km Walk Girls U10

1 Emily John 9:00

2 Symphony Scott 9:16

3 Harper Cameron 9:19

4 Misty Naik 10:13

5 Tabitha Dale 10:23



INTERNATIONAL NEWS

GREAT BRITAIN: Commonwealth Games 10,000m track walk, 1 August - Glasgow

The two Commonwealth Games 10,000m race walks in Glasgow gave a rebuttal to any notion that the sport is devoid of interest beyond who's on or off the ground. Neither race needed more than two competitors to peak the intrigue meter, each providing walking of the highest quality spiced with a measure of inter-country horn locking (men) and some intra-team tension which saw sides being taken on tactics (women) before the winner had crossed the line. AAP correspondent **Shayne Hope's** reports on each race examine the outlooks of the major players. Readers' feedback is welcome.

Aussie teenager Isaac Beacroft gives rival a serve on way to Comm Games gold in 10,000m walk

by Shayne Hope, AAP (reprinted from 7News – 4 August)

Australian athletics might have a new cult hero, but it's not who you think. You can call him the Quakers Hill Kid. Others know him as **Isaac Beacroft**, the under-20 world record holder and new Commonwealth Games 10,000m race walk champion.

The 19-year-old was involved in a gripping battle with Kenya's **Stephen Kihu** in Glasgow, eventually breaking his chirpy rival with a pair of strong moves on the final lap.

"I knew he'd be there waiting for me to kick because he was taunting me the entire race, telling me to go around and lead it," Beacroft said. "I was just saying, 'in your dreams, champ, this is not happening today'."

"I knew he'd come back around me and then as soon as he did I thought I'd really drop the hammer and see if I could break him, and I did."



In a tactical win, Beacroft stuck to his guns despite the Kenyan repeatedly urging him to take the lead. He later described it as a "friendly" rivalry - though it appeared more heated at times.

"We were moving pretty quick at some stage and he was just telling me, 'go around, go around'," Beacroft recalled. "I wasn't going to go around. I wanted it to be slow. You saw the kick that I had at the end so I guess he backed himself at the end and so did I. If someone's going to give it to you, I'm going to give it back."

Beacroft won in 38 minutes 45.51 seconds from Kihu and Canada's decorated **Evan Dunfee**. Fellow Australians **Declan Tingay** and **Tim Fraser** both spent time in the penalty box, with Tingay finishing fourth and Fraser disqualified.

Beacroft smashed the under-20 world record last December and is eyeing the junior world title in the United States next week, ahead of planned tilts at the senior world championships and Olympics.

"Ideally we can get on top of that podium at the home Olympics in Brisbane - that's the main career goal," he said. "I'll just keep it consistent from here and keep getting on top of that podium and see how many medals we can rack up."

Coached by his father David in Sydney's west, Beacroft regularly trains around the streets of Quakers Hill and on the track at Blacktown.

Beacroft was a member of Greater Western Sydney's junior academy until the age of 16, but said it would be "pretty generous" to suggest an AFL career had been on the cards. "I probably wasn't going anywhere in AFL, but I like to claim it," he said.

"I like to think I've made the right choice, especially when I'm about four-foot tall. I was usually just a step-ladder playing AFL."

1.	Isaac BEACROFT	18 JUL 2007	AUS	38:45.51
2.	Stephen Ndangiri KIHU	14 DEC 2005	KEN	38:46.57
3.	Evan DUNFEE	28 SEP 1990	CAN	40:03.39
4.	Declan TINGAY	06 FEB 1999	AUS	41:06.05 PZ 1:00
	Tim FRASER	22 FEB 2000	AUS	DQ

'You have to be selfish': Montag leads Aussie cakewalk

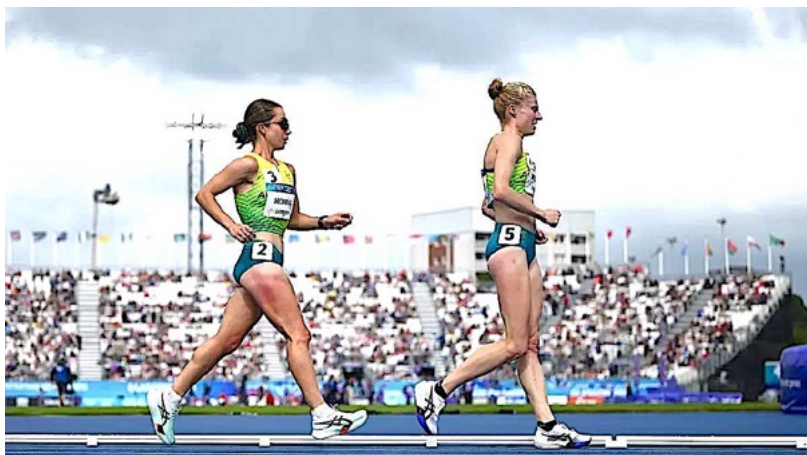
by Shayne Hope, AAP (reprinted from *The Canberra Times*— 4 August)

Australia's triple race walk champion **Jemima Montag** says there's no room for collegiality at the Commonwealth Games - at least not with medals on the line.

Montag defended her women's 10,000m title in Glasgow, spearheading an Australian clean sweep of the medals as she led home **Elizabeth McMillen** and **Rebecca Henderson**. The 28-year-old let McMillen do the bulk of the work into a stiff breeze before powering clear on the final few laps of the Scotstoun Stadium track.

Montag declared she had "so much respect" for her Australian competitors but showed a ruthless streak as she set about securing a third consecutive Commonwealth gold medal.

"In a race you have to be selfish. Unfortunately it's an individual sport, not a team," Montag said. "If it was cycling or something with drafting where you do change the lead around, then absolutely. But as much as I would love to, sometimes you have to forget that it's a teammate that you care about and just remember that it's another competitor and another body that's ahead of you, and to ultimately be selfish."



Montag was McMillen's race-long shadow before striking at 9km.

(Photo: Joel Carrett/AAP PHOTOS)

There was nothing more than an obligatory slap of hands between Montag and McMillen soon after they crossed the line. The 22-year-old claimed her first major individual medal at senior level, as did Henderson, but was clearly frustrated by Montag's tactics.

"It was pretty windy out there today so having to cop the wind for a good 23 laps was a bit tough," McMillen said. "It was certainly not the plan but I'm pretty proud of my efforts out there today and I went as hard as I possibly could."

"I did kind of look back (at Montag) a few times thinking, 'Are you gonna kind of help out here?'" But no, I was the rabbit today, so what are you going to do?"

Montag, who returned from a distal hamstring injury to climb back to the top of the Games podium, was unapologetic. "Everyone has their preferred racing strategies, particularly when it's windy or at a major. It's all about conserving energy," Montag said. "My instructions were to be patient and when it was time to go, to do so decisively."

It was the first Commonwealth clean sweep by Australia's women's race walkers since Jane Saville took 20km gold ahead of sister Natalie Saville and compatriot Cheryl Webb at Melbourne 2006. Australians made up half of the small six-woman field in Glasgow, and filled three of just five spots in the men's event, won by under-20 world record holder Isaac Beacroft.

"Race walking globally really comes from South America and Europe, so unfortunately in the Commonwealth it's just small," Montag said. "And that's how it's been the last couple of times as well."

1.	Jemima MONTAG	15 FEB 1998	AUS	42:13.40
2.	Elizabeth MCMILLEN	10 APR 2004	AUS	42:39.87
3.	Rebecca HENDERSON	04 JUL 2001	AUS	43:27.46
4.	PRIYANKA	10 MAR 1996	IND	45:53.93
5.	Silvia Jerono KEMBOI	11 DEC 1988	KEN	51:30.80
	RAVINA	21 MAY 1997	IND	DQ

Nicola Maggio provides his own analysis of how the two Commonwealth races developed:

COMMONWEALTH GAMES: ISAAC BEACROFT (AUS) AND JEMIMA MONTAG (AUS) WINS 10.000M TRACK WALK

10.000m track walk Men (Friday July 31, 2026)

The Australian **Isaac Beacroft** won on July 31, 2016 in Glasgow the 10.0000m track walk of the Commonwealth Games in Glasgow (GBR), in 38.45.51. Second place to **Stephen Kihu** (KEN – 38.46.57, personal best) and bronze to **Evan Dunfee** (CAN – 40.03.39). Only five participants: Australia (3), Kenya (1) and Canada (1)

The first two kilometres saw Declan Tingay in the lead ahead of a group that was proceeding entirely in single file. Split times are the following:

1.000m – Tingay in 3:53.89

2.000m – Stephen Ndangiri Kihu (KEN) in 7:40.50

Before 3.000m Kihu took the lead, and stopped the clock at 3.000m in 11:31.37, while Tingay was shoulder to shoulder

with him.

4,000m – Kihu is still leading in 15:23.48

Halfway through the race Isaac Beacroft (AUS) who in the meantime had caught Kihu (unfortunately his passes were not provided, most likely due to a malfunctioning transponder), took the lead of the race together with Kihu passed in front, in 19:14.54, maintaining a pace that almost remained unchanged at a time of 3:53 minutes per kilometer.

After 19:17 of the race, the first significant moments were the 3rd red card (loss of contact) issued against **Tim Fraser** (AUS); he stopped (19:24) 60 second in Penalty Zone and exit at 19:25.

The same fate happened to Declan Tingay (3rd red card/contacts issued on 19:20; stopped in Penalty Zone (19:30) and exit at 19:31. But the surprises weren't over yet. At 19:39 Tim Fraser received his fourth red card (bent knee) and was stopped at 19:41 just as he passed 6,800m.

Stephen Kihu cornered Beacroft, increasing the pace in an attempt to break away at the front (800 meters from the finish), and then the Australian's devastating attack, 300 meters from the finish, allowed him to definitively take the lead of the race after a powerful acceleration to which the Kenyan was unable to respond, also because the jury had their eyes fixed on him and sanctioned him with 2 red cards (loss of contact).

Gold medal to Isaac Beacroft (AUS) in 38:45.51

Silver Medal to Stephen Ndangiri Kihu (KEN) in 38:46.57

Bronze medal to Evan Dunfee (CAN) in 40:03.39

4th place to Declan Tingay (AUS) in 41:06.05

10,000m track walk women (Saturday August 1, 2026)

Australian **Jemima Montag** (AUS) won the women's 10,000-meter walk this morning at the XXIII Commonwealth Games, underway in Glasgow, Scotland, beating all her competitors with a new personal best of 42:13.40 (the previous record was 42:34.30, set in 2022).

Only six athletes participated in the competition, representing Australia (3), India (2), and Kenya (1). Australia monopolized an all-Australian podium: **Elizabeth McMillen** finished second in 42:39.87 and **Rebecca Henderson** third in 43:27.46.

In a race with six athletes, Elizabeth McMillen and Jemima Montag broke away from the pack in the first of 25 laps of the Scotstoun Stadium track, building a growing lead. With McMillen still in the lead and Montag right behind her, the laps continued, allowing them to pass the halfway mark in 21:19.97.

These were their split times: 1,000m (4:07.24) – 2,000m (8:21.83) – 3,000m (12:35.61) – 4,000m (16:51.28) – 5,000m (21:19.97).

Rebecca Henderson seemed capable of catching the two leaders at the halfway mark, having closed her gap to the leading pair to 30 meters.

Shortly before the 4,500m mark, Indian athlete **Ravina** was disqualified with four red cards for a bent knee. **Priyanka Goswami** (India) and **Sylvia Jerono Kemboi** (Kenya) fell too far behind to pose a threat to the Australians, with the Kenyan already lapped at the third kilometer.

The second half of the race didn't add much to the story. Elizabeth McMillen continued to lead until the 8,000m mark with the following times: 6,000m (25:36.15) – 7,000m (29:57.28) – 8,000m (34:31.04).

With three laps remaining, Jemima Montag accelerated her pace and had already passed her teammate at the 9,000m mark (38:17.33). Montag covered the final 1,000m in 3:56.07, securing gold in 42:13.40.

This was Montag's third consecutive Commonwealth Games victory, taking into account her successes in 2018 (Gold Coast, 20 km, 1:32:50) and 2022 (Birmingham, 10,000 m, 42:34:30), which represents a Games record, breaking her own record set in Birmingham, England, at the previous edition. Elizabeth McMillen (AUS) had no choice but to settle for second place in 42:39.87.

Third place to Rebecca Henderson (AUS) in 43:27.26.

Fourth place to Priyanka (IND) in 45:53.93

Fifth place to Silvia Jerono Kemboi (KEN) in 51:30.80

FRANCE: French National Elite and Aspirant (U23) National championships, 24-25 July - Albi

Emmanuel Tardi reports from down towards the south-west corner of France, where the walkers were perhaps lucky as conditions would soon turn very nasty down there – certainly in terms of air quality.

I was appointed as judge for our national championship. The races took place in Albi, 700km in the south of Paris. The women walked Friday at 10:10pm and the men on Saturday at 9:20pm. The temperature was hot for women, but perfect for the men because there was a little rain.

In the women's race, **Liv Masson** and **Maele Bire-Heslouis** were initial leaders. Then **Pauline Stey** accelerated. Maele stayed just behind until 9km. **Ana Delahaye** won the U23 title.

In the men event, **Quentin Chenuet** and **Lucas Dreville** led the race in the first 3 kilometers. Then **Quinion** accelerated and won. **Lebreton** finished 2nd with a huge **38:57** time. Quentin Chenuet won the U23 title.



Elite: Bire-Heslouis, Stey, Delahaie



Elite: Lebreton, Quinion, Madeline-Degy



U23: Picart, Chenuet, Gaudre



U23: Delahaie, Lagrange, Hannot

Women 10000m c'ship

1	STEY Pauline	SEF/01	Rohan Athletisme	43'57"69
2	BIRE-HESLOUIS Maele	SEF/02	Stade Saint-Lo	44'07"99
3	DELAHAIE Ana	ESF/04	Stade Bordelais Athletisme	44'23"72
4	LAGRANGE Nelly	ESF/04	Union Perpignan	45'58"43
5	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	46'22"17
6	MASSON Liv	SEF/03	Stade Bordelais Athletisme	47'07"63
7	HANNOT Juliette	ESF/06	As Tourlerville	48'19"33
8	CARRE Elvina	SEF/03	As Tournus	48'34"34
9	MILLE Angele	SEF/01	Grac Renwez	48'47"54
10	DENISSELLE Vanessa	MAF/84	Val-De-Reuil Ac	48'58"54
11	MOLIST Lucille	SEF/01	Ea Gillonnay-La Cote	49'11"24
12	CHEZE Emelie	ESF/06	Uao 31	49'25"97
13	DUCLOS Adele	SEF/00	Ca Montreuil 93	49'37"56
14	PESLERBE Bertille	SEF/98	Ea Pays De Broceliande	49'50"88
15	THEOLIER Lily	SEF/00	As Aix-Les-Bains	50'00"60
16	IUND Leonie	ESF/06	As Aix-Les-Bains	50'58"58
17	WROBLEWSKI Marie	ESF/06	Us Talence	51'47"56
18	SERRAND Clara	ESF/06	Ta Rennes	52'15"26
19	CAMARD Pauline	SEF/03	Tregor Goelo Athletisme Guinga	52'45"93
20	MOTIR Agathe	ESF/05	Caen Athletic Club	53'48"25
21	BOUQUIN Rachel	ESF/04	Racing Club Nantais	54'59"66
-	DEKINDT LANDRON Emmanuelle	MAF/79	Ca Beglais	AB
-	BERETTA Clemence	SEF/97	Athle Vosges	AB
-	MERBITZ Marine	ESF/06	Fc Sochaux Montbeliard	AB

Men 10000m c'ship

		Infos	Résultat	
1	QUINION Aurelien	SEM/93	Ac St Gratien-Sannois	38'43"56
2	LEBRETON Kilian	SEM/00	Ta Rennes	38'57"82
3	MADLINE-DEGY Martin	SEM/01	Blagnac Sc	39'19"04
4	CHENUET Quentin	ESM/05	Athle 91	39'27"15
5	DREVILLE Lucas	SEM/02	Vga Compiègne	39'36"74
6	DUC Matteo	SEM/01	As Aix-Les-Bains	40'06"52
7	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	40'31"58
8	PICART Bastien	ESM/06	Cote De Jade Athlé	42'09"74
9	BEAVAL Florent	SEM/00	Stade Sottevillais 76	42'47"31
10	VALLEE Kyrian	SEM/94	Blagnac Sc	43'49"59
11	MAZURE Maxime	SEM/02	Ta Rennes	44'00"71
12	ANDRIEU Hugo	SEM/92	Uavh Aubagne	44'41"93

13	FOUGERON Pierre-Alexandr	SEM/03	Ec Orleans Cercle Jules Ferry	45'08"18
14	LANDRON Roland	MAM/78	Ca Beglais	45'10"88
15	CROSNIER Alexis	SEM/99	Aix Athle Provence	45'14"48
16	GAUDRE Martin	ESM/04	Efs Reims	45'20"32
17	PASCALE Julien	SEM/95	Cs Bourgoin-Jallieu	46'19"56
18	HERGEL Hugo	ESM/06	Fc Sochaux Montbéliard	46'22"98
19	BAZZO BORTOT Symon	SEM/96	St Amand Etudiant Club	46'31"91
20	KOWALCZYK Hugo	SEM/03	As Marck	47'33"59
21	PICARD Nicolas	MAM/80	As Tourlerville	47'55"81
22	HADULA Ludovic	MAM/87	Stadoceste Tarbes	48'38"06
-	DURAND Dimitri	SEM/02	Ta Rennes	DQ
-	BATIFOL Ellis	SEM/03	Asvel Villeurbanne	DQ
-	MARTIN Come	SEM/95	Clermont Auvergne Athletisme	AB



Look at those smiles. They wouldn't hurt a fly ...

(Photos: Emmanuel Tardi)

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

DOMINICAN REPUBLIC: XXV Juegos Centroamericanos y del Caribe, 2 August – Santo Domingo

Ricardo Ortiz (MEX) and Alegna Gonzalez (MEX) claims gold in Half Marathon Race Walk

By Nicola Maggio (reprinted from *Marcia dal Mondo* – 2 August)

The athletics competitions of the **25th Central American and Caribbean Games**, which have been underway since July 24 and will continue until Saturday, August 8, opened today, Sunday, August 2, 2026.

The two walking events, over the half-marathon distance, started at 8:00 a.m. on the urban circuit of Malecón Avenue.

Half Marathon Race Walk Men

Ricardo Ortiz delivered a commanding performance to claim gold in the Men's Half Marathon Race Walk Final, crossing the line in 1:29:41 to give Mexico a memorable victory on the streets of the Malecón Avenue circuit. The 31-year-old, who entered the race with a season's best of 1:24:59, controlled the race from the front for the majority of the 21.1-kilometre course, leading at virtually every split checkpoint from the 4km mark onwards.

Colombia's **Eider Arevalo** (33) took the silver medal in 1:31:28, finishing 1 minute and 47 seconds behind the winner. Arevalo walked a more conservative opening half, sitting outside the top three through the early kilometres, but steadily worked his way into contention and locked down second place from the 15km checkpoint to the finish. His compatriot Cesar Herrera (27), who had shown promise in the opening stages, was unfortunately forced to abandon the race and was recorded as DNF, ending Colombia's hopes of a double podium.

The bronze medal went to Mexico's **Roberto Vazquez** (28), who completed a remarkable one-two-three for the host nation's colours — though Vazquez competes for Mexico — finishing in 1:33:56, some 4 minutes and 15 seconds off the pace. Vazquez, whose season's best stood at 1:25:24, received walk warnings during the race but managed to hold on for the podium, giving Mexico a historic gold-bronze double.

Guatemala's **José Barrondo** (29) finished fourth in 1:37:17, producing a strong final segment to close the gap on the leaders in the closing kilometres. His young compatriot Jhoshua Monterroso (20), competing in what appeared to be a major championship debut, came home sixth in 1:39:25 — a creditable result for the 20-year-old, who also received walk warnings during the race.

Venezuela's **Jeferson Chacon** (29) rounded out the top five in 1:37:42, posting the fastest final split of the entire field over the last kilometre, clocking 4:51.75 for that closing segment — a remarkable finish that, however, came too late to threaten the medals.

The Dominican Republic's two representatives, **Adrián Encarnación** (32) and **Braylin Santana** (34), finished seventh and eighth respectively in 1:47:31 and 1:55:44. Santana, who received walk warnings throughout, struggled significantly in the second half of the race, falling well off the pace from the 8km mark.

For reference, the current World Record in the Men's Half Marathon Race Walk stands at 1:20:34, set by Japan's Toshikazu Yamanishi in Kobe in February 2026 — a mark that remained well out of reach on this occasion.

Men Half Marathon Walk

1.	Ricardo ORTIZ	07 FEB 1995	MEX	1:29:41
2.	Eider ARÉVALO	09 MAR 1993	COL	1:31:28
3.	Roberto VASQUEZ	05 JUN 1998	MEX	1:33:56
4.	José Alejandro BARRONDO	16 SEP 1996	GUA	1:37:17
5.	Jefferson Jesús CHACÓN GARCÍA	11 JAN 1997	VEN	1:37:42
6.	Jhoshua MONTERROSO ORTÍZ	10 SEP 2005	GUA	1:39:25
7.	Adrian ENCARNACION		DOM	1:47:31
8.	Brailin SANTANA		DOM	1:55:44
	César HERRERA	28 JAN 1999	COL	DNF

Half Marathon Race Walk Women

Mexico dominated the Women's Half Marathon Race Walk Final on the opening day of competition, with **Alegna González** (27) claiming the gold medal in a commanding performance along the scenic Malecón Avenue circuit. Her compatriot **Alejandra Ortega** took silver, while Puerto Rico's **Rachelle De Orbeta** secured the bronze, completing a memorable podium for the region.

The real battle unfolded behind Alegna Gonzalez. Alejandra Ortega (32), also of Mexico, walk a disciplined race through the first half, matching the lead pack stride for stride through 11km. However, from the 12km checkpoint onward she began to fall behind, accumulating a deficit that grew steadily. She finished in 1:39:26, some 3:21 behind González.

Rachelle De Orbeta (26) of Puerto Rico was equally competitive through the halfway point, sharing identical split times with the leaders up to 10km. She ultimately finished in 1:39:55, just 29 seconds behind Ortega, earning Puerto Rico a well-deserved bronze medal.

Colombia's **Laura Chalarca** (26) finished fourth in 1:43:34, having been competitive in the early stages before gradually losing ground after the 10km mark. Costa Rica's **Sharon Herrera** (22) came fifth in 1:49:05, while Guatemala's **Maritza Poncio** (31) rounded out the finishers in sixth place with a time of 1:50:33.

Guatemala's **Yaquelin Teletor** (21) was disqualified under rule TR54.7.5 — receiving her fourth red card for bent knee — after having been competitive through the first 9km. Venezuela's **Milanggela Rosales** (39) did not finish the race (DNF), having dropped out early in the competition.

The result marks a golden start for Mexico in the athletics program, with González and Ortega delivering a memorable one-two finish on the streets of the Malecón Avenue circuit.

Women Half Marathon Walk

1.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:36:05
2.	Alejandra ORTEGA	08 JUL 1994	MEX	1:39:26
3.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:39:55
4.	Laura C M CHALARCA	20 JUN 2000	COL	1:43:34
5.	Sharon Lisseth HERRERA	27 MAY 2004	CRC	1:49:05
6.	Maritza Rafaela PONCIO TZUL	03 DEC 1994	GUA	1:50:33
	Milángela Francesca ROSALES	21 FEB 1987	VEN	DNF
	Yaquelin Mishell TELETOR	19 NOV 2004	GUA	DQ

SPAIN: Spanish Athletics Championships, 25 July – Málaga

Victories to Paul McGrath and Maria Perez

by Nicola Maggio (reprinted from *Marcia dal Mondo* – 3 August)

Friday 24 July 2026 starts the 106th Spanish Athletics Championships in Málaga, specifically in the Estadio Ciudad de Málaga, on a sunny morning in which only the men's final was held: **Paul McGrath**, in the 10,000m race. The Spanish Championship of Málaga deals with the institutional support of the Ayuntamiento of Málaga, the Council of Andalucía and the Diputación of Málaga, entities compromised with the impulse of sports and the promotion of major sporting events.

10.000m race walk men

The men's 10.000m race walking event started with a very high pace through **Joan Querol's** attack, which led to opening several meters of wind on the pack in the early race. This intent did not last long, as the current Spanish champion, **Paul McGrath**, returned before completing the first kilometer and pulled the group together in a row of one. As they passed the second kilometre, small groups began to form, with McGrath, **Diego García Carrera** and **Álvaro López** at the front, until the strong rhythm imposed by the Catalans ended by breaking them alone.

Paul McGrath crossed the finish line in first place with an extraordinary mark of 38:23.52, improving his personal record by 26 seconds and winning his second national title. With this time, the third best Spanish brand in history has become better, becoming the Spanish leader of the year and signing the sixth best global brand of the time.

The silver medal went to the surprising **Óscar Martínez**, who won his personal best with 39:03.58, finishing in two minutes on his previous register (40:58.84) and placing fifth in the Spanish ranking all the time. The bronze medal was for **Daniel Chamosa**, also with a personal mark (39:22.48), six seconds better than the previous one, placing eighth in the national historical ranking. **José Manuel Pérez** also entered the historic top-10 finalist with 39:23.12, new personal record (39:50.52 previously) and the new best Spanish brand ever.

1.	Paul MCGRATH	07 MAR 2002	ESP	38:23.52
2.	Oscar MARTINEZ	28 SEP 2003	ESP	39:03.59
3.	Daniel CHAMOSA	04 MAY 1997	ESP	39:22.48
4.	José Manuel PÉREZ	10 SEP 1999	ESP	39:23.12
5.	Álvaro LÓPEZ	24 MAR 1999	ESP	39:59.29
6.	Daniel MONFORT	25 JAN 2006	ESP	40:24.28
7.	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	40:46.21
8.	Pablo POSTIGO	06 FEB 2005	ESP	41:57.79
9.	Javier DE ARRIBA CASTILLA	25 FEB 2005	ESP	42:02.36
10.	Daniel JIMENO	11 DEC 2000	ESP	42:03.63
11.	Iván LÓPEZ	29 MAR 1997	ESP	42:14.56
12.	Adrian MOLINA	20 NOV 2005	ESP	42:34.86
13.	Manuel BERMÚDEZ	12 DEC 1997	ESP	43:01.99
14.	Pedro CALLADO	22 AUG 2005	ESP	43:22.38
15.	Kevin CERRO	06 MAY 1998	ESP	43:30.58
16.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	43:52.71
17.	Ivan MOLINA	19 JAN 2006	ESP	43:59.80
18.	Gabriel GONZALEZ	11 FEB 2009	ESP	44:37.24
	Joan QUEROL	07 DEC 2006	ESP	DNF
	David MORAL	05 MAR 1994	ESP	DQ

10.000m race walk women

The Saturday morning session of the Spanish Athletics Championships in Málaga was Spain's first record of the competition. The long-awaited 10,000m women's race was not overshadowed by the strong wind that hit during the entire morning session in Málaga. The world and Olympic champion **María Pérez** achieved a huge passing with 42:12.93, a new record in Spain (previously 42:14.12, Raquel González in Gijón 2016).

Maria Perez completed an extraordinary race in the face of the wind and continued to walk at the pace of a European record. From the beginning she was alone and ended by lapping each and every one of her rivals. For the Andalusian, this triumph is supposed to revalidate the Spanish championship title – the fifth of her career – place herself as world leader of the year and achieve the latest national record on the track.

On the podium Perez was accompanied by **Antía Chamosa**, who took the silver in 44:07.51. The bronze was much contested, but ended in the hands of the young **Aldara Meilán** in 44:43.51. In fourth position, looking for medals, **Lucía Redondo** finished with 44:45.57, personal best.

1.	María PÉREZ	29 APR 1996	ESP	42:12.93
2.	Antia CHAMOSA	07 OCT 1999	ESP	44:07.51
3.	Aldara MEILÁN	02 SEP 2006	ESP	44:43.51
4.	Lucia REDONDO	03 AUG 2003	ESP	44:45.57
5.	Júlia SUÁREZ PIZÀ	05 NOV 2006	ESP	46:42.82
6.	Griselda SERRET	09 JUL 2005	ESP	47:56.48
7.	Laura Monje MARTINEZ	02 JUL 2002	ESP	48:01.51
8.	Mar CHILLON	26 MAR 1996	ESP	49:58.26
9.	Sara SOSPEDRA	06 FEB 2007	ESP	50:05.41
10.	Beatriz CANTERO	26 SEP 1992	ESP	52:10.60

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, August 4, 2026 - **Back to Eugene/Oregon for the World U20 Athletics Championships, starting tomorrow (August 5th).** <https://omarchador.blogspot.com/2026/08/de-volta-eugeneoregon-para-os-mundiais.html>
- Monday, August 3, 2026 - **Alegna González and Ricardo Ortiz win gold in the debut of the half-marathon race walk at the Central American and Caribbean Games – Santo Domingo 2026**
<https://omarchador.blogspot.com/2026/08/alegna-gonzalez-e-ricardo-ortiz.html>
- Sunday, August 2, 2026 - **Sandro Damilano's new work is given to print**
<https://omarchador.blogspot.com/2026/08/dada-estampa-nova-obra-de-sandro.html>

- Saturday, August 1, 2026 - **Jemima Montag achieves third victory in the Commonwealth women's race walk.** <https://omarchador.blogspot.com/2026/08/jemima-montag-alcanca-terceira-vitoria.html>
- Saturday, August 1, 2026 - **Maher Ben Hlima and Katarzyna Zdziebło renew Polish titles – Białystok 2026** <https://omarchador.blogspot.com/2026/08/maher-ben-hlima-e-katarzyna-zdziebo.html>
- Friday, July 31, 2026 - **Isaac Beacroft wins Commonwealth Men's Race Walk** <https://omarchador.blogspot.com/2026/07/isaac-beacroft-vence-marcha-masculina.html>
- Friday, July 31, 2026 - **Portuguese walkers qualified for the European Championships in Birmingham (2026)** <https://omarchador.blogspot.com/2026/07/marchadores-portugueses-qualificados.html>
- Thursday, July 30, 2026 - **Nick Christie and Lauren Harris dominate at the USA America Championships – New York 2026** <https://omarchador.blogspot.com/2026/07/nick-christie-e-lauren-harris-dominam.html>
- Thursday, July 30, 2026 - **Caio Bonfim wins the Brazilian title and sets a South American record in the 35,000-meter race walk. Gabriela Muniz wins the women's event.** <https://omarchador.blogspot.com/2026/07/caio-bonfim-conquista-titulo-brasileiro.html>
- Wednesday, July 29, 2026 - **Riccardo Orsoni and Alexandrina Mihai win the Italian national titles – Florence 2026** <https://omarchador.blogspot.com/2026/07/riccardo-orsoni-e-alexandrina-mihai.html>
- Tuesday, July 28, 2026 - **Pauline Stey and Aurélien Quinon are French champions in Albi (2026). Under-23 titles for Ana Delahaie and Quentin Chenuet.** <https://omarchador.blogspot.com/2026/07/pauline-stey-e-aurelien-quinon-sao.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 **

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

** 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 8th August

Saturday 15th August

Sunday 23rd August

Saturday 29th August

AV 15km Championship & VRWC Championships & events

VRWC **Last points race**

AA JUNIOR CHAMPIONSHIPS

VRWC non points race day

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

Sun 23 Aug 2026

Sat 5 Sep 2026

AV 15km Championships & VRWC c'ships

AA Junior Road walk Championships – Ballarat VIC

AV 5000m Teams & VMA Championships - Mentone

International Dates

4-9 Aug 2026

22 Aug-3 Sep 2026

30 Oct-15 Nov 2026

World U20 Athletics Championships – Eugene OR, USA

World Masters Athletics Championships – Daegu, KOR

Youth Olympic Games – Dakar, SEN

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With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.

Stu Cooper - editor

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