



HEEL & TOE Online

Vol. 2026
Issue No. 31
Tuesday
11 August 2026

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

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**KENYAN WALKER
NDANGIRI KIHU
SUSPENDED FOR DOPING**
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INTERNATIONAL NEWS

U.S.A: World U20 Athletics Championships, 9 August – Eugene, OR

Beacroft sets world U20 record to claim race walk crown in Oregon

by Jess Whittington (reprinted from *World Athletics News* – 9 August)

Australia's **Isaac Beacroft** roared to a world U20 5000m race walk record of **18:40.37*** on the fourth morning of competition at the *World Athletics U20 Championships Oregon 26* on Saturday (8).

The 19-year-old turned the tables on China's **Pu Huajia**, who beat the Australian to the U20 title at the World Athletics Race Walking Team Championships in Brasília in April. Timing his finish to perfection, Beacroft picked up the pace again on the final lap and Pu couldn't respond, finishing three seconds back in an Asian U20 record of **18:43.70**.

The drama continued beyond the finish line as Japan's **Naoto Roppongi** completed the distance in third place but was handed a time penalty for three red cards, and so bronze went to Italy's **Nicolò Vidal** in a PB of **18:56.19**. After that 30-second penalty, Roppongi finished fourth in a PB of **19:24.43**.

Ireland's **Séamus Clarke** finished fifth in **19:28.27**, India's **Nitin Gupta** was sixth in **19:32.30** and Mexico's **Oswaldo Miramontes** set an area U20 record of **19:34.07** in seventh.



(Photo source: World Athletics)

It was a second major victory for Beacroft in just over a week as he won the 10,000m race walk at the Commonwealth Games in Glasgow on 31 July. He improved on his fourth-place finish at the 2024 World U20 Championships in Lima, adding this title to the U20 title he claimed at the World Race Walking Team Championships in Antalya, also in 2024. Despite his nation's race walk success, Beacroft became the first athlete from Australia to win a race walk title at the World U20 Championships.

"Coming into the race, I thought that it was going to take a world record performance to win and it did," said Beacroft, who surpassed the 18:50.00 set as the time to beat for a world U20 record. "So, I was prepared for that in my head and I knew that I was capable, I have seen it in my training.

"Pu Huajia is a lovely man, he is very good to compete against. He is very gracious in winning and very gracious in losing as well. So, I think that is going to be a very long rivalry. I am super excited to continue to do it."

1.	Isaac BEACROFT	18 JUL 2007	AUS	18:40.37	WJR*, AJR
2.	Huajia PU	31 MAY 2007	CHN	18:43.70	AJR
3.	Nicolo' VIDAL	03 MAY 2008	ITA	18:56.19	
4.	Naoto ROPPOGI	25 MAR 2007	JPN	19:24.43	
5.	Séamus CLARKE	27 FEB 2007	IRL	19:28.27	
6.	Nitin GUPTA	01 JAN 2008	IND	19:32.30	
7.	Osvaldo MIRAMONTES	13 AUG 2008	MEX	19:34.07	AJR
8.	Beom-su SEO	08 OCT 2007	KOR	19:37.37	
9.	Sheng-Qin LO	11 OCT 2008	TPE	19:43.47	
10.	Clement RABREAU	03 AUG 2007	FRA	19:47.14	
11.	Cesar HIDALGO	11 FEB 2007	ESP	19:47.58	
12.	Sebastia Vinicio BARRERA QUINDE	08 NOV 2007	ECU	19:53.75	
13.	Alessio COPPOLA	25 JAN 2007	ITA	19:54.24	
14.	Mohamed Amin MEJRI	05 JAN 2009	TUN	19:58.57	
15.	Pablo ZÁRATE	11 APR 2007	ESP	20:08.73	
16.	Przemysław JASIŃSKI	31 OCT 2007	POL	20:10.32	
17.	Owen TOYNE	19 JUN 2007	AUS	20:18.27	
18.	Jakub MAŽGÚT	06 AUG 2007	SVK	20:18.44	
19.	Negero ADUGNA	12 SEP 2007	ETH	20:22.82	
20.	Chengxi SHI	11 APR 2007	CHN	20:25.19	
21.	Matthew NEWELL	07 MAY 2008	IRL	20:26.11	
22.	Ziad Sherif ANIS HASSAN	11 AUG 2007	EGY	20:27.06	
23.	Illia TYSHKEVYCH	02 MAY 2008	UKR	20:29.05	
24.	Ruei-Kai CHEN	15 FEB 2008	TPE	20:36.62	
25.	Mohamed Amine NAIJI	13 APR 2008	TUN	20:43.03	
26.	Joel PELTONEN	18 JUN 2007	FIN	20:47.10	
27.	Seong-in SONG	08 APR 2007	KOR	20:50.95	
28.	Davi Gabriel BASTOS	12 APR 2008	BRA	21:01.99	
29.	George Efrain ESPINOZA	27 MAY 2009	PER	21:16.97	
30.	Vitalii TARASIUK	30 NOV 2009	UKR	21:17.59	
31.	Sergio Santiago NIETO MORENO	19 FEB 2008	COL	21:24.00	
32.	Patrik PIVARSKI	21 OCT 2009	CRO	21:27.22	
33.	Gael PLASENCIA	16 SEP 2008	USA	21:31.81	
34.	Youssef MOHSEN RAMADAN	16 APR 2009	EGY	21:31.90	
35.	Derian Jair ROBALINO CORDONA	03 SEP 2008	ECU	21:39.17	
36.	Yegor STRUKOV	21 AUG 2007	KAZ	21:39.40	
37.	Denis Jared ESTRADA COLLADO	05 APR 2007	GUA	23:48.17	
38.	Sherkhan EGIZBAY	22 AUG 2008	KAZ	27:31.77	
	José Duvan CCOSCO SUELDO	31 JAN 2007	PER	DNF	
	Toshiya INOUE	04 MAR 2008	JPN	DQ	
	Emiliano BARBA	23 MAR 2007	MEX	DQ	

Italy's Di Fabio in complete control in women's Oregon walk

by Jess Whittington (reprinted from *World Athletics News* – 9 August)

Italy's **Serena Di Fabio** dominated the women's 5000m race walk, clocking **20:57.57** to win by 20 seconds.

The 18-year-old took control of the race early on and ticked off the laps metronomically, striding away from a chase group featuring France's **Chloé Le Roch** and China's **Yang Yutong**. Le Roch secured silver in a national U20 record of **21:17.92**, while Yang got bronze in **21:31.99** as the next 13 athletes behind Di Fabio all set PBs.

Ibuki Hori closed well to finish fourth in **21:36.62**, one place ahead of her Japanese teammate **Harumi Tabata** in **21:57.99**.

Di Fabio started as the world U20 leader thanks to the European U20 record of **20:42.74** she set in Caorle in July. She became Italy's first race walk winner at the World U20 Championships and went one better than in the U20 race at the World Race Walking Team Championships in Brasilia where Yang beat the Italian by 10 seconds.

Yang crossed the finish line in fourth place but already had the bronze secured as Tunisia's Imen Saii had earlier received three red cards and was subject to a time penalty. Saii was later disqualified.

Le Roch gained her first global medal after finishing fourth at the World Race Walking Team Championships in April and eighth in the 10,000m race walk at the last edition of the World U20 Championships in Lima.

"It is a big motivation knowing that Italy has so much history in race walking. I have the opportunity to meet and train with some good Italian race walkers, it is an honour," said Di Fabio. "I am going to celebrate with my team, I am actually the team captain. It is a big responsibility. I wanted to do this role in the best way possible and I think I did."

1.	Serena DI FABIO	23 NOV 2007	ITA	20:57.57
2.	Chloe LE ROCH	14 NOV 2007	FRA	21:17.92
3.	Yutong YANG	14 JAN 2007	CHN	21:31.99
4.	Ibuki HORI	12 APR 2007	JPN	21:36.62
5.	Harumi TABATA	10 JAN 2008	JPN	21:57.99

6.	Gina TORRES	25 AUG 2007	ESP	22:13.30
7.	Veronika TKACHUK	03 AUG 2008	UKR	22:25.39
8.	Natalia MENDIOLA	24 OCT 2008	MEX	22:27.54
9.	Aleksandra ZEMBROWSKA	28 NOV 2007	POL	22:28.20
10.	Dunja EREMIĆ	22 JAN 2007	SRB	22:28.90
11.	Beatrice PALMONARI	13 MAR 2008	ITA	22:29.41
12.	Xiaoxue SUN	25 JAN 2007	CHN	22:30.92
13.	Nelci ROJAS	18 APR 2007	BOL	22:39.99
14.	Ipek ÖZKAVLAK	31 MAR 2007	TUR	22:53.04
15.	Zoe WOODS	22 OCT 2007	AUS	22:54.80
16.	Isabel LUÍS	09 MAY 2007	POR	22:58.82
17.	Katherine Dayanna BARRETO	27 JUN 2007	ECU	22:58.99
18.	Matilde ANGÉLICO	08 JUL 2008	POR	22:59.60
19.	Seo-Rhin KWON	28 JAN 2009	KOR	23:02.39
20.	Naomi LUIS	17 JAN 2008	MEX	23:15.38
21.	Sára Kata ALFÖLDI	08 JUL 2009	HUN	23:20.13
22.	Chara GEROU	19 JUL 2009	GRE	23:22.48
23.	Irene VEGA	03 JAN 2007	ESP	23:36.85
24.	Nika Helene ILLING	23 NOV 2007	GER	23:37.35
25.	Margarita STOROZHENKO	05 JAN 2008	KAZ	23:40.75
26.	Ella RAUTAWAARA	09 DEC 2008	FIN	23:40.88
27.	Petra KUSÁ	08 APR 2007	SVK	23:41.39
28.	Xiomara ORIHUELA	20 JUL 2007	PER	23:46.94
29.	Lison CHARPENTIER	28 DEC 2008	FRA	23:53.61
30.	Rim SLIMI	31 MAY 2009	TUN	23:58.32
31.	Marlen STAUDACHER	23 JAN 2007	AUT	24:14.12
32.	Maria José GONZALEZ	21 DEC 2008	COL	24:22.23
33.	Linda NUJIĆ	25 AUG 2008	CRO	24:23.52
34.	Sophie POLKINGHORNE	22 MAY 2010	AUS	24:26.15
35.	Kristína ZÁMEČNÍKOVÁ	27 SEP 2007	SVK	24:34.81
36.	Danna Valentina RIVERA	24 MAY 2008	COL	24:44.39
37.	Grace WAGENER	02 SEP 2010	USA	25:39.29
	Aya ZENKHRI	08 JUN 2007	ALG	DNF
	Andia AROTAIPE ROCIO	20 JUL 2009	PER	DNF
	Imen SAI	21 JUN 2007	TUN	DQ

WALKER OF THE WEEK



(Photo source: Inside Athletics)

Two international championship gold medals in a week, one with a new world record. It doesn't take a lot more to earn WOTW. And **Isaac Beacroft** (NSW) didn't need to.

Going into the 5000m walk at the Word U20 Athletics championships in Eugene, Oregon, Isaac probably shared favouritism with China's Pu Huajia, his 10km road conqueror from Brasilia in April. In the Aussie's favour, however, was his 10,000m result in Glasgow just a week earlier, in which his devastating last-lap surge had carried him convincingly to gold. The depth in numbers facing him over 5000m in Eugene, however, was much more imposing than in Glasgow.

The anticipated arm wrestle between Pu and Beacroft came to pass as other rivals fell away like leaves off an overcoat, with only Roppongi (JAP) and Vidal (ITA) staying in touch. Pu, who'd dropped the Australian with a powerful second half

on the road in Brasilia, no doubt planned to go with the same tactic but now had less time or room to do it. Isaac, meanwhile, stuck like chewy to the Chinese's shoulder. With 350m to go he struck ... with a withering burst that left Pu with no answer and saw Isaac cross the line whilst releasing an 'arrow' and a bellow of celebration that might have warmed the heart of Hayward Field's favourite son – the late Steve Prefontaine, Oregon's own 5000m star (though of the spiked shoe variety.)

While an international championship gold achieved with a world record would be more than citation enough for this award, what really seals it for Isaac this time is his balance and respect for rivals. "Pu Huajia is a lovely man ... very gracious in winning and very gracious in losing as well," he said in a post-race interview. "I think that (it) is going to be a very long rivalry." In an elite sporting world not exactly littered with expressions of generosity towards opponents, this is true gold.

Congratulations, Isaac ... from everyone in the Australian racewalking family.

***Honourable mentions**

- **Zoe Woods (NSW)** – Zoe put herself in the mix early in Eugene, being among the leaders in the first 1km before the pace picked up. Despite the heat she hung on for 15th in her best major international showing to date, clocking **22:54.80**.
- **Owen Toyne (ACT)** – a gritty, tenacious display from Owen, netting him 17th place in **20:18.27** to make it two top 20 placings (12th in Brasilia and 17th in Eugene) in his debut international year.
- **Sophie Polkinghorne (NSW)** – at 16 years 3 months the second youngest in the field by close to a year, Sophie was in Eugene to learn and invest in a bright future. Her 34th place in **24:26.15** was as hard-earned as the placings above her were and, put together with her 24th in the Brasilia road 10km (51:30) and Oceania 3rd place in Darwin, helps make 2026 quite a respectable start to her international career.
- **Angus Shuttleworth (VIC)** – eclipsed Nathan Brill's VRWC U15 3km road record, clocking **12:51**.
- **George White and Peter Crump (SA)** – two great performances in the SA Master Half-marathon titles, George (M80) clocking **2:25:27** and Peter (M65) crossing in **2:24:52**.
- **Ryder Reid (VIC, 9yo)** – another massive PB for Ryder, by 45 secs over 2km to break 11:00 for the first time.
- **Orlando Grantham (SA)** – a big improver over 5km in SARWC competition.

CLUB NEWS and RESULTS

***This weekend:**

Our final Times and Handicap Points races take place at Middle Park this Saturday. After this, **Mark Donahoo** will make the final points calculation to determine the trophy winners in the various age divisions. The winners' names will be posted here as soon as they are known.

Saturday 15 August – Middle Park ****Last Points races of the season***

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/>



- Did anybody happen to watch Channel 10's 'Have You Been Paying Attention?' last night? If not, then you missed seeing **Jemima Montag** appear as guest quizmaster, hitting the panel members with topical sports questions while also giving them some rudimentary info about race walking and even demonstrating the technique. It was fun to watch – apart from the question about the penalty zone allowing you to 'cheat three times'. (I know, I know, I shouldn't take it so seriously.) Jemima took it all in her stride and has a career in screen media awaiting should the medical degree go belly up.
- **Alan Lucas**, former VAWC/VRWC member, competitor and Committee man who specialised in the longer road events (back when there were a lot more of them), has been going through his stockpile of old action photos, choosing candidates for AI enhancement. Amongst them were these examples, taken back in 1973 during a 40km

club championship. (The idea of a marathon race walk freaks most people out these days ... we did them back then for handicap points!)



In the left photo, Alan has just turned out of the old Aughtie Drive (opposite South Melbourne Technical School) and is proceeding along the access road past the Army base. He will soon turn right onto Lakeside Drive and head for the Clubrooms (Robinson Hall) to complete that 5km lap.

The picture on the right shows a race start from around the same time and contains faces some will still recognise. From left (feel free to help me out here) – Graeme Nicholls, Ian Jack, Alan Lucas, ?, Robin Wood, ?, Ted Allsopp, Ralph Field, ?, Jim Gleeson, Tom Daintry, ? (might be Graham Anderson), Ray Mills, ?.



***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 AV 15km & Club championships, August 8 – Middle Park



Sunny skies prevailed on Saturday, despite the now almost obligatory cold nor'westerly that saw the 53 starters 'leaning' into their work.

The key race – the AV 15km championship – featured an engaging duel between **Marcus Wakim** and **Dylan Richardson**, with the Victorian forging ahead in the second half for his first Open State gold medal. The Women's 15km saw **Jia Wen Heng** defend her title in what was a slower but harder-earned win that saw Jia fight to outlast a resurgent **Michelle Horne** by 32 secs. **Carolyn Rosenbrock** and **Alejandro Stephens** worked hard against the wind for 15 laps to earn their medals.

15km AV Open Male Championship

1 Marcus Wakim	MUAC	1:04:39
2 Dylan Richardson	Mingara Reg. (NSW)	1:05:31
3 Jack McGinniskin	Mingara Reg. (NSW)	1:12:42 TR54.7.4
4 Alejandro Stephens	Glenhuntly AC	1:24:02

15km AV Open Female Championship

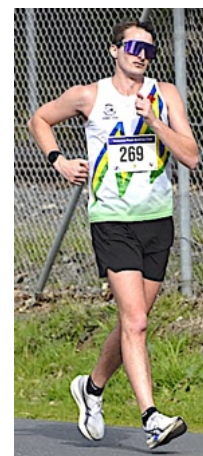
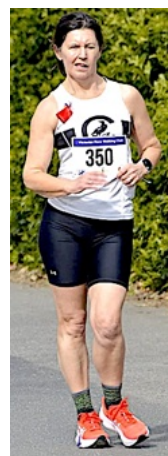
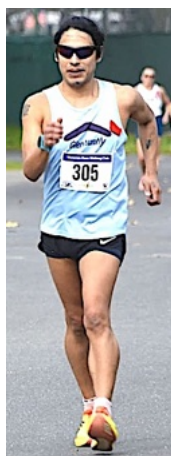
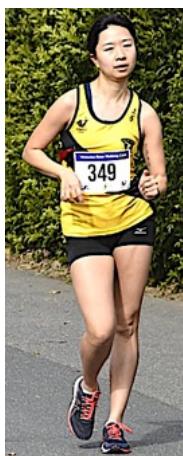
1 Jia Wen Heng	Mentone AC	1:36:13
2 Michelle Horne	Collingwood Har.	1:36:45
3 Carolyn Rosenbrock	Yarra Ranges AC	1:38:42

15km VRWC Female Championship

1 Carolyn Rosenbrock	1:38:42
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15km VRWC Male Championship

1 Dylan Richardson	1:05:31
2 Alejandro Stephens	1:24:02



Angus and Ela lead out the 5k and 3k fields.

With the 'big guns' focussed on the 15km, it was **Emily Smith** and **Colin Heywood** who stepped up to claim the Mabel and Alf Robinson trophies along with the Club 10km titles.

The shorter Club title races provided good contests and high levels of technical efficiency. **Erin Reid** won her first Club winter road title in her married name in the 5km, falling 7 secs shy of breaking 30:00, while **Shaun Lewis** made easy work of

the men's 5. The fastest time of the day was clocked by **Matilda Read** who crossed in **24:07** for the U18 title, with **Mietta Morgan's** return to form continuing to the tune of a half-minute PB.

Highlight of the 3km championships was **Angus Shuttleworth's** demolition of Nathan Brill's U15 Club record with **12:51**, all the more meritorious given the wind. **Ela Uzun** gave her usual blazing display for the women's U16 while **Caitlyn Shiphham** posted the only 3km PB of the day, finally cracking the 18:00 barrier.

The rarely walked 2.5km distance saw 15 starters vying for the U14 and U12 titles. The best contest of the day came in the girls' U14 race, with **Alaska Bremner** holding off a determined **Georgia Walters** – who was cutting the gap with every stride on the last circuit – by a mere 5 secs for the gold. The U12 Girls race was no less exciting, with **Pippa Coleman** withstanding a fierce challenge from **Aria di Benedetto** in the final straight. Sadly we had no boys in the U14, but our two arrowsmiths (i.e. Fletchers) hit the U12 medals target with **Fletcher Reid** averaging 24:30 5km pace. That's moving!

PBs were hard to come by on the day, but **Ryder Reid** has the sniff this season and it seems no amount of wind will disperse it. Ryder's latest improvement margin was a huge 45 secs – taking him sub-11:00 – on his way to the boys' U10 2km title. Female counterpart **Taylah Bremner** wasn't about to let him off the hook easily, though, hitting the line only 17secs in arrears for the girls' gold.



10km VRWC Mabel Robinson Open Female Championship

1 Emily Smith	59:39 PZ60
2 Jia Wen Heng	1:02:14
3 Michelle Horne	1:03:23

10km VRWC Alf Robinson Open Male

1 Colin Heywood	1:07:28
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5km VRWC Masters Female Championship

1 Erin Reid	30:06
2 Donna-Marie Elms	33:55
3 Emilie Garside	35:32
4 Karyn O'Neill	36:49

5km VRWC Masters Male Championship

1 Shaun Lewis	26:43
2 Kevin Cassidy	29:36
3 Paul Kennedy	32:31
4 Terry O'Neill	34:46

5km VRWC Un18 Female Championship

1 Matilda Read	24:07
2 Mietta Morgan	27:07 PB 0:31

5km VRWC Un18 Male Championship

1 Arthur Robinson	33:06 PB 0:02
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3km VRWC Un16 Female Championship

1 Ela Uzun	13:10
2 Mya McClure	14:48
3 Havana Ali	16:01
4 Addison Frenken	16:53
5 Caitlyn Shiphham	17:43 PB 0:17
6 Kobe Lewis	18:06

3km VRWC Un16 Male Championship

1 Angus Shuttleworth	12:51 Club U15 rec.
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2.5km VRWC Un14 Female Championship

1 Alaska Bremner	13:14
2 Georgia Walters	13:19
3 Erlyn Singh	13:35

2.5km VRWC Un12 Male Championship

1 Fletcher Reid	12:15
2 Fletcher Walters	14:17

2.5km VRWC Un12 Female Championship

1 Pippa Coleman	13:27
2 Aria Di Benedetto	13:34
3 Anouk Morgan	14:31
4 Daisy Hooper	14:37
5 Harper O'Toole	15:51
6 Harper de Sachau	16:23

2km VRWC Un10 Male Championship

1 Ryder Reid	10:57 PB 0:45
2 Bowie Clarke	11:48
3 Jaxon Connell	14:38
.. Alfred Chengeta	DNF

2km VRWC Un10 Female Championship

7 Nashe Chengeta	17:13
8 Ava Pravednikov	17:42
9 Holly Brooks	19:46
.. Abigail Verity	DNF

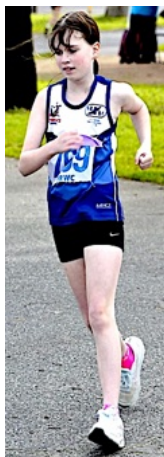
1 Taylah Bremner	11:15
2 Cory Lewis	14:05
3 Savannah Brooks	15:38

2km Open Non Championship

1 Kylie Irshad	12:55
2 Merilyn Reynolds	14:39

3km Open Non Championship

1 Gwen Steed	24:01
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*Action models:

Carolyn, Caitlyn, Jaxon, Taylah, Kobe, Alejandro, Harper O, Erlyn, Mietta, Kylie, Ryder, Erin, Daisy, Georgia, Marcus, Kevin, Aria, Pippa, Ava, Alaska, Jia, Fletcher W, Cory, Dylan, Anouk, Michelle, Jack.

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
Referees (AV):	Kirsteen Farrance, John Gilbert
Race check in:	Mark Donahoo
Recorders:	Kris Shipham, Duncan Knox, Bec Lewis, Alan McClure, Deanne McClure, Robert Gardine
Timekeeper:	Ian Laurie
Judges:	Scott Nelson (Silver) Chief, Gordon Loughnan (Bronze), Di Lowden (Bronze), Brenda Felton (Bronze), Kathleen Marsh (Bronze), Anthony Doran
Judges' Recorder:	Stu Cooper
Posting board:	Stu Cooper
Penalty Zone:	Stu Cooper
Set up, Pack up:	Carolyn Rosenbrock, Robert Gardiner, Duncan Knox, Terry O'Neill, Karyn O'Neill, Ian Laurie, Shaun Lewis, Terry Swan
Bike rider	Terry Swan
Photos	Terry Swan
Presentation	Mark Donahoo, Terry O'Neill
Walkers:	53



AROUND THE COUNTRY

QUEENSLAND

QRWC Track walk c'ships, 9 August – St Lucia

Thanks to **Robyn Wales** for these results from the latest championship meet, which saw a healthy turnout at the University of QLD track and some good times recorded, encouraging with the nationals in chilly Ballarat on the horizon.

5000m Open Men:

1 Ignacio Jimenez Solis (61)	25:03
2 David Rapaport	31:54 pb

3km U16 Women

1 Isabella Welch (14)	15:27
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U14 Men 1500m

3 Peter Bennett (71)	32:10	1 Hayden Robertson	7:21
5000m Open Women		2 Caleb Lee	7:36
1 Phoebe Chadwick (20)	28:00	U14 Women 1500m	
2 Jodie Wilson (32)	30:29	1 Amelia Chisholm (13)	7:53
3 Anne Weekes	30:40	2 Violet Conway (13)	8:36
Masters 5000m		U12 Men 1500m	
1 Trish Hibbs	32:02	1 Yoshua Lee	8:31
2 Joy Dale (55)	37:38	U12 Women 1500m	
3 Noela McKinven	47:20	1 Zoe Frost (12)	7:58
U20 Men 5000m		2 Bella Sansom (11)	7:59
1 Alex Bradley	24:54	3 Lilli Chu (10)	8:32
U18 Men 5000m		U10 Men 1000m	
1 Noah Cooke	24:38	1 Jasper Wang	7:05
U18 Women 5000m		U10 Women 1000m	
1 Eliza Kelly	28:31	1 Cassandre Cohoner	5:35
U16 Men 3000m		2 Mikayla Lee	5:40
1 Leo Ramsay (14)	16:21	3 Billie Henry (9)	7:06 pb

QUEENSLAND

Uni. of Sunshine Coast Athletics Carnival, 2 August – Sippy Downs

The VRWC (and surely all RWA clubs) send our best wishes to the athletes and coaches of the Sunshine Coast after several lanes of the University track were severely vandalised by fire, rendering the track unusable for the foreseeable future. We hope restoration happens quickly and that your wait isn't too long.



Fortunately, this carnival was held before the incident. Good results were posted from **Taylor Chapman**, **Clare Hermus** and **Bella Sansom** in particular. Good to see **Leo Ramsay** flying the flag for the boys.

3000m Boys		1500m Girls	
1 Leo Ramsay	17:42	1 Clara Hermus (11)	8:13
3000m Girls		2 Bella Sansom (11)	8:14
1 Taylor Chapman (13)	14:10	3 Izzy Blackburn (12)	8:57
2 Phoebe Chadwick (20)	15:39	4 Isla Cooper (12)	9:27
3 Eliza Kelly (16)	16:49	5 Chernaya Plummer (12)	10:48
3000m Masters Women		1100m Girls	46:05
1 Jodie Wilson	17:34	1 Eliza Park (10)	7:10
2 Trish Hibbs	18:17		
3 Joy Dale	22:20		

SOUTH AUSTRALIA

SARWC & SAMA Half-marathon results, 8/9 August – South Parklands

Overcast conditions for the 12 walkers who started, which seemed to be ideal for our juniors, with four PBs and 3 athletes attempting the 1.5km for the first time. Congratulations to **Orlando Grantham**, who took out the McFadden Trophy for the U18 5km Handicap (although not much handicapping was done), ripping 1:28 from his 5km PB in the process. **Anthony Crabb** and **Amity Cowling** netted PBs in the 2km as well, while **Saxon King** slashed his 1.5km PB ahead of our many first time walkers over the distance.

2km		10km	
Amity Cowling	12:39 PB 0:11	Cooper Rech	54:31
Amaya Cowling	13:53	Alex McEwan	1:16:00
Anthony Crabb	15:04 PB 1:43		
1.5km		5km	
		Orlando Grantham	31:46 PB 1:28

Saxon King	8:01	PB 0:35		
Harper Di Cicco	8:55	FT	4km	
Matilda Wood	9:07	FT	Peter Crump	26:20
Jacob Daniell	11:11	FT		
Martin Crabb	15:05			

****SA Masters Half-marathon championships, 9 August – South Parklands**

Peter Crump reports:

The SA Masters Half marathon championships event was held on Sunday at Adelaide Parklands with adverse weather threatening but not eventuating. Ideal conditions for the event, apart from some rain which made the judges a bit wet.

While Peter led throughout, George was never far behind. PB times and AMA age records for the two entrants:

Peter Crump	M65	2:24:52	PB 3:50
George White	M80	2:25:27	PB 3:55

TASMANIA TRWC results, 9 August – Perth

David Moore reports on the latest TRWC results, as well as on the Athletics Tasmania/LAT Long course titles held last week.

A good turnout for today's club event at Perth with Walkers from all three regions of the State (South, North, & North West) putting their best feet forward in overcast but mild conditions.

Accolades this week to **Austin Hucker** and **Alexandra Summers** who achieved very big PB's in their respective events

1.5km

1 Dot Susmilch Leitch	ESAC	12:11
2 Amber Barritt	Newstead AC	13:10
3 Lyanna Summers	Newstead AC	13:10
4 Sophia Carr	Kingston LA	14:04

2km

1. Charlotte Turley	Devonport LA	13:38
2 Austin Hucker	OVA	14:59 PB
3 Alexis Turley	Devonport LA	15:24
4 Dave Moore	TMA	18:51

3km

1 Charlotte Dix	ESAC	19:50
2 Alexandra Summers	Newstead AC	21:03 PB
3 Sam Leitch	TMA	21:06
4 Sam Hucker	OVA	22:03

5km

1. Wayne Fletcher	NS	47:50
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TASMANIA Athletics Tas & LAT Long course c'ships, 2 August - Brighton

With a flat course, winter sunshine and no wind, conditions were ideal for our Long Course Road Walk Championships at Brighton today.

Starting off the Championships were small fields of older athletes depleted by injury and illness in the 0/40 10km and the TMA 5km. **Eugene Gerlach** did a solid solo effort in the 10km, while **Kate Dix** in the TMA 5km has made big improvement in a few short months to crack 40 minutes for the first time, followed home by our oldest competitor Wayne Fletcher.

Next to start were our U/18 and U/16 Women **Eva Parker** and **Adele Woodward** doing 5km.

Eva Parker, our top female race walker, produced a stylish effort and if injury free will trouble some of her mainland counterparts for honours in Ballarat in a few weeks' time. Adele Woodward is still finding her feet at 5k, but faster times are not far away.

With younger age groups the fields started to get bigger, and some passionate racing was on the cards.

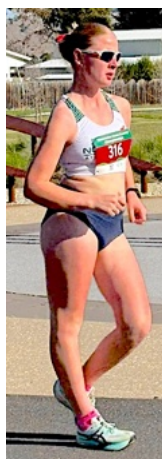
The U/14 & U/13 3km saw **Charlotte Dix** stamp her authority early on and was never challenged, while U/13 winner **Charlotte Turley** made sure with a kilometre to go that Sam Hucker and Alexandra Summers were no longer going to beat her to the finish line.

The U/11 and U/12 saw 7 athletes face the starter. **Alexis Turley** the U/11 Winner led from the front, to hold off **Grace Hennessey** who was followed home by a string of finishing athletes, **Amber Barritt**, **Lyanna Summers**, **Austin Hucker**, **Gabe Dix** and **Sophia Carr** winning her first ever Championship medal.

Going to Ballarat to Walk in the Australian Junior Road Walk Championships on August 23 are Eva Parker, Alexandra & Lyanna Summers, Samuel and Austin Hucker. The TRWC wishes them all the best as they step out onto the national stage.



U11/U12s in action



Eva



Samuel and Alexandra in the U13



Happy medallists!

AT O/40 10km

1 Eugene Gerlach.	OVA	76:43
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TMA 5 Km

1. Kate Dix W45	TMA	39:21 PB
1 Wayne Fletcher M75	TMA	49:54

AT U/18 5km Women

1. Eva Parker	North West AC	29:00
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AT U/16 5 km Women

1 Adele Woodward	OVA	35:24
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AT U/14 3km Women

1. Charlotte Dix	ESAC	19:21
2 Alexandra Summers	Newstead AC	22:50 First one
3 Maia Barritt	Newstead AC	31:59
.. Elsie Woodward	OVA	DNF

LAT U/13 3km Women

1 Charlotte Turley	Devonport LA	20:54 PB
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LAT U/13 3km Men

1. Samuel Hucker	Huonville LA	22:07
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AT U/12 2km Men

1 Gabe Dix	ESAC	17:46
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AT U/12 km Women

1 Amber Barritt	Newstead AC	16:15 First one
2 Lyanna Summers	Newstead AC	16:41 First one

LAT U/11 2km Women

1 Alexis Turley	Devonport LA	14:55 PB
2 Grace Hennessey	Kingston LA	15:19 PB
3 Sophia Carr	Kingson LA	19:17

LAT U/11 2km Men

1 Austin Huckler	Huonville LA	16:51
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WESTERN AUSTRALIA WARWC results, 2 August – Wilson

Terry Jones reports on a morning where it seems some unexpected venue chasing was required:

The weather was cool, fine, sunny, and calm. Incidentally, today we used the Wilson course which we have not used for a couple of years, because the Marathon Club was using Perry Lakes so that was not available. And the annual Avon Descent was on, which meant the river foreshore at Woodbridge was swarming with spectators and supporters.

10k Handicap

Melissa Lewis	1:03:21
Wendy Farrow	1:12:21
Andrew Duncan	58:35

5K Handicap

John McDonagh	37.37
Steve Travell	47.04
Glenys Duncan	49.20
Karyn Tolardo	33.59
Sierra Thompson	31.11

2K Handicap

Hannah Clausnitzer	10.29
Gabriella John	11.50
Ruby Kilworth	15.19
Emily John	12.58

1K Handicap

Symphony Scott	6.15
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INTERNATIONAL NEWS

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

Victory to Serena di Fabio in Eugene

By Nicola di Maggio (reprinted from *Marcia dal Mondo* – 10 August)

First, a reflection on the venue ... and misgivings about the distance

Hayward Field is a multi-purpose stadium in Eugene, Oregon, United States. It is located on the campus of the University of Oregon, which also owns the facility. It is named after Bill Hayward, head coach of the university's track and field department from 1904 to 1947. The 400-meter track and field facility has nine lanes. **Hayward Field** was built in 1919 as the home of the university's American football team, the Oregon Ducks football team. In 1921, a six-lane running track was added for the Oregon Ducks Track & Field team. After Oregon Ducks football moved to Autzen Stadium in 1967, Hayward Field became a pure track and field stadium.

In 2015, the city of Eugene was selected by the IAAF, now World Athletics, as the host of the 2021 World Athletics Championships. For this reason, the stadium was completely renovated starting in 2018; a transparent roof was installed and a nine-story tower shaped like the Olympic torch was built at the northeast end of the complex. The costs are entirely covered by private donations. It is practically a "**jewel box**" dedicated to athletics, with visitors' stands that, however, cannot exceed 15,000 guests.

This athletics jewel box is the venue for the 21st World Athletics U20 Championships, taking place from Wednesday, August 5, 2026, to Sunday, August 9.

The two track walking events will take place today, Saturday, August 8th, at 9:30 a.m. local time (women) and 10:10 a.m. (men).

This year's new feature is immediately noticeable: both track events will be contested over the 5,000m distance.

For the women's category, this is a return to the early championships (between 1986 and 1998, the U20 World Championships for women were held over the 5,000m), because starting with the 2,000m edition in Santiago, Chile, women had also competed, like men, over the double distance.

The author is personally not very enthusiastic about this choice, particularly for a purely technical reason.

In one, or at most two years, those walkers who continue to compete in the senior categories will have to compete in the new half-marathon walking distance (21,0975 km), and the category jump will be much steeper than it was previously, from the 10.000m to the new half-marathon (which, remember, replaced the 20 km). We fear that the dropout rate for this specialty will be higher in the future than it was in the past. On the other hand, we fully realize that television demands a reduction in

the technical time to offer a product that doesn't bore the public.

The choice is certainly not easy, and therefore we reluctantly accept this decision, even if sharing it leaves a bitter taste in our mouths.

Women's 5.000m track walk

A total of 40 athletes show up at the start, representing 29 Nations, which speaks volumes about the popularity of the walking discipline among young people around the world. Just to make a comparison with the corresponding event in the 5,000m run, only 27 athletes lined up at the start.

The start was at a pace of 4:10/km, with a group of **Serena Di Fabio** (ITA), **Chloé Le Roch** (FRA), **Imen Sâï** (TUN), **Ibuki Hori** (JPN), **Harumi Tabata** (JAP), and **Yutong Yang** (CHN) immediately in the lead.

After 1,000m, the leading group passed in 4:10.11 and were still together.

After six minutes of racing, Serena Di Fabio forced the pace and gained a dozen meters.

She didn't know it yet, but the race was probably going the way she had hoped: a lead race without too many opponents to worry her.

The judges immediately realized that the Tunisian athlete's pace was completely out of line with the regulations, and the yellow paddles began to rain down on her.

At the 2.000m mark, Di Fabio leads (8:17.73), followed by Yang (CHN), Sâï (TUN), and Le Roch, all within a span of less than 4 seconds.

Meanwhile, the jury has already made its decisions on Imen Sâï's (TUN) walk, who is already loaded with two red cards. With six laps to go, Di Fabio leads in 10:47.6. At 3,000m, Di Fabio remained in the lead (12:26.76), followed by Sâï (TUN) at 13.18/100 seconds, then Yang (+13.20) and Le Roch (+13.68).

After 11:31 minutes of racing, Sâï received her third red card, and shortly after (12:14 minutes) the Penalty Zone official attempted to impose the required 30-second stop. Unfortunately, Chloe Le Roch happened to be passing by her at that moment. She saw the stop paddle in front of her, but she didn't see a red card on the Posting Board and correctly she didn't stop; not even the Tunisian stopped in the Penalty Zone!

The Penalty Zone official attempted to stop the Tunisian athlete in the next lap (after 14:00 minutes of racing) when there were 4 laps to go. Sâï continued again and the story repeated itself for three more laps (after 15:47 and 17:32 minutes of racing by the Chief Judge and after 19:17 minutes of racing by the Penalty Zone Official). Meanwhile, Yang and Tabata also received two red cards.

At the 4,000m mark, Di Fabio was the undisputed leader (16:41.21), followed by Le Roch (17:04.88 +23.67), Sâï (17:05.17 +23.96), and Yang (17:05.84 +24.63).

The most important story of the last 1000m is the fight for the silver and bronze medals as the Italian has an unbridgeable advantage.

Meanwhile, the spectators in the stands, who had witnessed the Tunisian athlete's vain attempts to force her into the Penalty Zone five times, are beginning to whistle. They continue to whistle at 4,400m when Sâï has been overtaken by both Le Roch and Yang. The latter has a slim lead of 1.19/100 of a second over the Tunisian, who is now in fourth place.

Sâï didn't give up, and at the bell she caught Yang, pulling away by 1.23/100 of a second.

But the incredible it was yet to happen!

With 200m to go, Sâï was in second place (20:30.54 +26.74) and had also overtaken Le Roch (20:31.43). The Frenchwoman reacted with all her remaining strength and at 100 metres to go found herself once again in second place (+24.88) behind Di Fabio until the finish line.

Sâï crossed the finish line in third position. Yang crossed the finish line in fourth place but already had the bronze secured as Tunisia's Imen Sâï had earlier received three red cards and was subject to a time penalty.

Imen Sâï (TUN) was disqualified by the Referee for more Rules:

TR 54.7.3: Failing to enter in Penalty Zone

TR 7.1: Unsporting manner

"It is a big motivation knowing that Italy has so much history in race walking. I have the opportunity to meet and train with some good Italian race walkers, it is an honour," said Di Fabio. "I am going to celebrate with my team, I am actually the team captain. It is a big responsibility. I wanted to do this role in the best way possible and I think I did."

***FURTHERMORE ...**

Australia's **Declan Tingay** could yet be wearing a Commonwealth bronze medal, and **Evan Dunfee** (CAN) could be exchanging it for silver, subject to whatever appeals process is activated (or not) following this announcement:

KENYAN RACE WALKER STEPHEN NDANGIRI KIHU SUSPENDED FOR DOPING

By Ayumba Ayodi – Correspondent, NMG Sport (Source: Marcia dal Mondo)

The Anti-Doping Agency of Kenya (ADAK) has suspended race walker **Stephen Ndangiri**, for using banned performance-enhancing substances just a week after the 23-year-old claimed a historic silver medal in men's 10.000 metres race walk at the 2026 Commonwealth Games in Glasgow.

He joins a long list of Kenyan athletes who have been suspended or banned by ADAK or Athletics Integrity Unit (AIU).

ADAK has flagged down Ndangiri, a Lance Kaporal (*sic*) at the Kenya Defense Forces (KDF), for using the banned Erythropoietin (EPO), Peptide Hormones, Growth Factors, among other banned substances (relates substances and mimetics S2).

A sample collected from the 20-year-old in an out of competition test on June 30, 2026 when Team Kenya was in camp at the Moi International Sports Centre, Kasarani, has tested positive for the banned substances.

On Friday, August 7, 2026 ADAK indicated on its website that Ndangiri had failed a doping test, and his provisional suspension will run from August 5, 2026. The athlete has the liberty to challenge or appeal the suspension.

On July 31, 2026, Ndangiri, the Africa 20km silver medalist, handed Kenya her silver medal in men's 10.000m race walk, at the Commonwealth Games in a national record. He clocked 39:46.57 to settle for silver behind 19 year old Isaac Beacroft (AUS) who won in 38:45.51.

Ndangiri broke the national record of 39:23.14 set by Samuel Gathimba at the 2022 Commonwealth Games in Birmingham, where he finished fifth.

Ndangiri's medal would have been Kenya's second ever in race walk at the Commonwealth Games. Gathimba claimed bronze in 20km race walk at the 2018 Commonwealth Games in Gold Coast.

If found guilty, Ndangiri could be banned for up to four years.

Ndangiri's star has shone brith this year. He claimed silver medal men's 20k race walk at the Afrikan Athletics Championships held in Accra, Ghana on May 16 and retained his Kenya Defence Forces Track and Field Championships title at Ulinzi Sports Complex in Langata, Nairobi, on June 11.

**** 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 15th August

Sunday 23rd August

Saturday 29th August

VRWC **Last points race**

AA JUNIOR CHAMPIONSHIPS

VRWC non points race day

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

Sun 23 Aug 2026

Sat 5 Sep 2026

AA Junior Road walk Championships – Ballarat VIC

AV 5000m Teams & VMA Championships - Mentone

International Dates

22 Aug-3 Sep 2026

30 Oct-15 Nov 2026

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.

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Stu Cooper - editor

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