



HEEL & TOE Online

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

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****Relay Race deadline extended !**

Entries are now being accepted until **12 noon** on
Wednesday 2 September
Enter via Club portal at
<https://www.revolutionise.com.au/vrwc/events/register/378427>

***THE AUSSIES IN DAEGU**

See Paul Moritz's report
on Page 7

***H&T Notice Board Page**

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

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



At the time of writing, many of Australia's Masters walkers are locking their horns with willing opposition at the World Masters Athletics Championships in Daegu, South Korea. The road walks (10km and 20km) have taken place, and it was at the road venue – the Daegu Athletics Promotion Centre – that this issue's WOTW stood up. Take a bow, **Colin Heywood (VIC)**.

Colin tackled both distances a week apart – the 10km in hot and steamy conditions, the 20 while pushing through a downpour – to win silvers in each in the M70 category with times of **1:07:10** and **2:22:39** respectively. Colin's endurance background (he is a 50km man as well as a Centurion) stood him in good stead in the tough conditions and, with the track walks starting today, he will be intent on adding to his Daegu haul over 5000m. Well done, Colin, and the best of luck!

***Honourable mentions:**

- **Ignacio Jimenez (QLD)** – Iggy came oh-so-close to sharing the 'big' award with Colin, finishing a creditable 4th in the M60 10km at Daegu then backing up with silver in **1:55:06** in the 20.
- **Melissa Lewis (WA)** – although things didn't go as planned for Melissa in the Daegu W35 10km, she bounced back with a vengeance a week later to take silver in the 20 with 2:06:02 ... the fourth fastest overall out of 38 finishers.
- **Anne Weekes (QLD)** – took silver in the W60 10km with a time of **1:02:58** ... 9th overall out of 73 and a conga line of younger women behind her.
- **Brenda Gannon (QLD)** – representing her native Ireland, Brenda joined the silver brigade in the W50 20km with her time of **2:15:54**, placing her 9th overall from 38 finishers in torrential rain.
- **Caitlyn Shipham (VIC)** – another big PB performance, tearing 27 secs from her 4km time at Middle Park to clock **24:57**.
- **Shaun Lewis (VIC)** – brought his road racing season to a happy close with **9:36** for 2km ... a 48 sec PB.



CLUB NEWS and RESULTS

2026 VRWC TROPHY WINNERS

The winners of our **Points** (Handicaps and Actual times), **Merrifield** (aggregate points) and **Jack Larkin** (most points by country athletes) trophies are finalised and posted below. Also listed are the Junior members who represented the Club at the

LBG Canberra carnival (who receive a cash contribution toward their subscriptions.) Thanks again to **Mark Donahoo** for his work in compiling the lists.

Remember to come along on **Sunday 13 September** for a BBQ lunch, then to receive your award (or support the winners) at the **Winter presentations** in the Main Hall.

*FEMALE				*MALE			
Age Group	Actual time place	H'cap place	Name	Age Group	Actual time place	H'cap place	Name
M40+	1	1	Michelle Horne	M40+	1	1	Shaun Lewis
M40+	2	2	Erin Reid	M60+	1	1	Terry O'Neill
M40+	3	3	Anna Wallace	M60+	2	2	Kevin Cassidy
M60+	1	2	Karyn O'Neill	M60+	3	3	Colin Heywood
M60+	2	1	Donna-Marie Elms	Open	1	1	Jonathan Ho
M60+	3		Carolyn Rosenbrock	Open	2	2	Jordan Galbraith
M60+	-	3	Heather Carr	Open	3	3	Alejandro Stephens
Open	1	2	Grace Louey	U10	1	2	Ryder Reid
Open	2	1	Emilie Garside	U10	2	1	Bowie Clarke
Open	3	3	Jia Wen Heng	U10	3	-	Tex Reid
U10	1		Summer Patten	U10	-	3	Jaxon Connell
U10	2	1	Abigail Verity	U12	1	1	Fletcher Reid
U10	3	3	Daisy Hooper	U12	2	2	Fletcher Walters
U10	-	1	Cory Lewis	U16	1	1	Angus Shuttleworth
U12	1	1	Aria di Benedetto	U18	1	1	Arthur Robinson
U12	2	3	Georgia Walters				
U12	3	2	Ava Pravednikov				
U12		3	Abby Fowler				
U14	1	-	Erlyn Singh				
U14	2	2	Ella Harris				
U14	3	3	Caitlyn Shipham				
U14	-	1	Kobe Lewis				
U16	1	1	Mya McClure				
U16	2	2	Havana Ali				
U18	1	1	Aangi Shah				
U18	1	2	Mietta Morgan				
U20	1	1	Emily Smith				

***Merrifield Award winners**

*Most aggregate Handicap and Fastest time points
for the Winter season*

Michelle Horne	M40+	F	
Donna-Marie Elms	M60+	F	
Grace Louey	Op	F	Eq 1
Emilie Garside	Op	F	Eq 1
Kobe Lewis	U14	F	
Mya McClure	U16	F	
Aangi Shah	U18	F	
Emily Smith	U20	F	
Shaun Lewis	M40+	M	
Terry O'Neill	M60+	M	
Jonathan Ho	Op	M	
Angus Shuttleworth	U16	M	
Arthur Robinson	U18	M	

***Junior Club representative**

King's Birthday race - Canberra

Alaska Bremner
Taylah Bremner
Bowie Clarke
Harper de Sachau
Aria di Benedetto
Anna Dubar
Abby Fowler
Ella Harris
Daisy Hooper
Ava Jacobson
Koby Lewis
Cory Lewis
Harper O'Toole
Ariana Pashutina
Erlyn Singh

*Jack Larkin Trophy

Highest points scoring VRWC Country athletes for the Winter season

Female: Erin Reid

Male: Fletcher Reid

VRWC Club results, 29 August – Middle Park

After a hectic month of championships – club, state and national – and with points competitions finished, it wasn't surprising that our numbers would be a little thinner last Saturday. The 26 who did arrive were treated to a perfect day of wind-free sunshine for their racing, and seven more PBs resulted.



Shaun Lewis smashed through the 10:00 barrier in the 2km to clock **9:36**, while daughter **Kobe**, whose PB margin may have been 'slightly' smaller, made sure Dad didn't have all the bragging rights. Over the season a noticeable glint of determination has crept into **Caitlyn Shiphams**' eyes and she expressed this with certainty to the tune of a 27 sec improvement over 4km. **Tex Reid** has learned much in his first season, and his much-improved technique saw him stride home for a 13 sec PB in the 1km.

We were pleased to welcome **Fedor Belov** and his father for a visit. Fedor had walked at Middle Park only once before, during the LAVic championships, and he managed a good showing in the 1km. His dad, **Gleb**, is on a learning curve with technique but showed he has the basics to progress. Hopefully we'll see them both sign up for 2027.



8km Open

1 Carolyn Rosenbrock	M60+F	51:22
1 Alejandro Stephens	OpenM	43:26

4km Open

1 Addison Frenken	U14F	23:04	PB 0:03
2 Caitlyn Shiphams	U14F	24:57	PB 0:27
1 Kevin Cassidy	M60+M	22:46	
2 Arthur Robinson	U18M	26:55	First 6km
„ Gleb Belov	M40+M	DQ	

6km Open

1 Erin Reid	M40+F	37:40
2 Karyn O'Neill	M60+F	43:57
1 Gerard Feain	M60+M	40:36

2km Open

1 Georgia Walters	U12F	10:52	
2 Kobe Lewis	U14F	11:27	PB 0:02
3 Abby Fowler	U12F	12:34	
4 Harper O'Toole	U12F	12:43	
5 Cory Lewis	U10F	13:52	
6 Marilyn Reynolds	M60+F	14:33	

1km Open

1 Erlyn Singh	U14F	5:02 PB 0:04
2 Abigail Verity	U10F	5:56
3 Holli Burrell	U10F	7:08
4 Summer Patten	U10F	7:57
5 Eden Patten	U10F	8:28

1 Ryder Reid	U10M	5:12 PB 0:02
2 Fedor Belov	U12	6:44
3 Tex Reid	U10M	8:34 PB 0:13
.. Fletcher Reid	U12M	DQ

7 Gwen Steed	M60+F	15:48
1 Shaun Lewis	M40+M	9:36 PB 0:48
2 Fletcher Walters	U12M	11:24

***This week's action models:**

Gerard, Addison, Karyn, Alejandro, Tex, Erlyn, Abby, Cory, Gwen, Fletcher W, Caitlyn, Arthur, Kevin, Ryder, Eden, Carolyn.

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:	Mark Donahoo
Race check in:	Mark Donahoo
Timekeeper	Tim Erickson
Recorders	Duncan Knox, John Lyons, Kris Shipham, Jackie Fowler
Judges:	Kathleen Marsh (Chief), Brenda Felton, David Cash, Di Lowden, Gordon Loughnan, Terry O'Neill, Bec Lewis
Set up, Pack up:	Terry Swan, Karyn O'Neill, Carolyn Rosenbrock, Robert Gardiner, Stu Cooper
Turn around supervisor:	Robert Gardiner
Bike rider:	Terry Swan
Photos:	Terry Swan (https://www.facebook.com/media/set/?set=oa.1592662038912197&type=3)
Canteen:	Gwen Steed
Walkers:	26



- On Sunday, **Grace Louey**, **Ariana Pashutina** and **Emily Smith** used their racewalking condition to good effect when they ran in the **Brighton Beach Marathon carnival**. Ari and Grace ran the full 42.195km distance, while Em settled on the Half-marathon with an eye to running the big one next year. Great effort, girls. Hope you had a ball. (By the way, Grace, that's 'had a ball', not 'fall'!)

It was something of a VRWC reunion as well, with **Emily Swan** running the marathon, while mums **Amy Blackwood** and **Margaret Hay** ran in the half. Great to see the Club was well represented.

(Thanks to Therese Smith for the photo.)



- I was informed yesterday by Duncan Knox of the passing of Bendigo athletics identity **Geoff Major**, aged 90. Geoff, a beloved husband, father, grandfather and great-grandfather, lived a life of service and commitment to athletics in country Victoria. I don't recall seeing him at the Middle Park but his daughter **Annette** certainly

inherited his dedication to Bendigo's athletes, appearing as a competitor in Masters walks and AV Country championships, and as a coach to many young walkers such as Tate and Charlise McQueen.

The VRWC sends it deep condolences to Geoff's wife Norma and family, and their friends and associates. Those who knew Geoff and his family can watch the livestream of the funeral service by logging on at <https://together.oneroomstreaming.com/WFEaglehawk/geoffrey-william-major/87G3DL>.

***This weekend:**

Our second-last meeting for the winter sees us back on the track at Dolamore Reserve, Mentone, for the **AV 5000m Teams race**, the **VMA 5000m track** championship plus Club races.

Saturday 5 September – Mentone track

1.00pm	2 hour	Open
1.00pm	1 hour	Open
1.00pm	10,000m	Open
1.30pm	1500m	Open
1.50pm	3000m	Open
2.15pm	AV 5000m Teams race	Men/Women
2.15pm	VMA 5000m c'ship	Men/Women
2.15pm	5000m Non-c'ship	Open

**Teams race entry: use the AV portal at
<https://athsvic.org.au/events/victorian-race-walking-club/>
 Deadline is Wednesday 3 September at 11.59am
 Entries for VRWC events will be accepted up until 6pm on
 Friday 5 September. Enter online at
<https://www.revolutionise.com.au/vrwc/events>*



AROUND THE COUNTRY

QUEENSLAND

QRWC Club championships results, 30 August – Beenleigh

Thanks to **Noela McKinven** for these results.

Open 10km

Men:

(1) Peter Bennett	1:05:33 sb
(2) David Rapaport	1:09:26

Women:

	1:02:10
(1) Phoebe Chadwick	1:04:16
(2) Jodie Wilson	1:05:22
(3) Trish Hibbs	

***Masters 10km**

Women:

(1) Joy Dale (55)	1:17:32 sb
(2) Noela McKinven(84)	1:36:15

U16 4km

Men:

(1) Leo Ramsay	24:33
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U12 1.5km

Men:

(1) Yoshua Lee	8:12
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U18 6km

Men:

(1) Noah Cooke	30:30
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Women:

(1) Eliza Kelly	34:45
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U14 2km

Men:

(1) Caleb Lee	12:15
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Women:

(1) Violet Conway	11:33
(2) Summer Immisch	12:25

U10 0.75km

Women:

(1) Mikayla Lee	4:27
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Women:		(2) Cassandre Cohoner	4:41
(1) Bella Sansom	8:15	(3) Billie Henry	5:17
(2) Lilli Chu	10:43		

SOUTH AUSTRALIA SARWC results, 29 August – South Parklands

Thanks to **Cooper Rech** for these results.

After a small but successful SA showing in Ballarat last weekend (Congratulations to **Angelina Legrand** for her bronze and **Amaya Cowling** for a massive 3km PB), it was back to business as usual.*

The highlights came from the 1.5km, where **Saxon King** emphatically went under 8 minutes for the first time, and **Harper Di Cicco** shaved 0:08 off her PB.

6km		2km	
Cooper Rech	32:32	Amaya Cowling	13:31
Marie Maxted	44:31		
Di Camilleri	53:19	1.5km	
Bill Starr	53:27	Saxon King	7:48 PB 0:13
		Harper Di Cicco	8:47 PB 0:08
4km		Amity Cowling	9:38
Greg Metha	29:11		
3km			
Liliana Templer	17:51		
Kristy Templer	27:06		

(* Cooper didn't mention his own bronze-winning effort on the U20 10km at Ballarat. Well done, Cooper.)

TASMANIA TRWC results, 30 August – Queen's Domain

David Moore reports on the end of another successful TRWC winter season:

Last walk for winter 2026 in brilliant sunshine – well done to all who put their best feet forward amongst our heel & toe brigade this season. Roll on summer!

2km			1.5km		
1 Adele Woodward	OVA	13:32	1 Charlotte Dix	ESAC	9:57
2 Sam Hucker	OVA	13:57	2 Sam Leitch	TMA	10:10
3 Elizabeth Leitch	THA	15:23	3 Elsie Woodward	OVA	10:30
4 Sophia Carr	Kingston LA	19:15	4 Grace Hennessey	Kingston LA	11:35
5 Sara Leitch	TMA	19:55	5 Dot Susmilch Leitch	ESAC	11:58
			6 Austin Hucker	OVA	13:23
			7 Gabe Dix	ESAC	14:03
3km					
1. Wayne Fletcher	NS	27:59			

WESTERN AUSTRALIA WARWC results, 30 August - Woodbridge

Terry Jones reports that fine, mild and sunny conditions prevailed for the WARWC's latest Sunday comp.

10K handicap		3K handicap	
Karyn Tolardo	1:10:15	Carly Hood	20.19
Andrew Duncan	1:00:10	Gabriella John	17.49
5K handicap		Riahna Fowler	18.04
Richard McPherson	33.20	1.5K handicap	
Steve Travell	49.27	Hugo Bell	9.28
Fiona van Heerwaarden	34.06	Emily John	9.03
Addison Roots	30.19	Zoe Fowler	9.32
Hannah Clausnitzer	31.56	Symphony Scott	10.16
Glenys Duncan	51.01	Ruby Kilworth	10.59
Sierra Thompson	33.26		
Trinity Doulis	30.19		



INTERNATIONAL NEWS

SOUTH KOREA: World Masters Athletics Championships, 22 & 29 August – Daegu

Australian Walkers' Success in Daegu

Report by Paul Moritz

Australian walkers have won five Silver medals in road races at the World Masters Athletics Championships in Daegu, South Korea. The 10 km races kicked off the programme on Saturday, August 22, with the Women's 10 km the very first event of the championships. The 20 km events were held on Saturday, August 29. Races over both distances were held as early as 7 am, in an attempt to avoid the high temperatures experienced by other competitors at later times.

Colin Heywood in the M70 group was second over both distances and is well-placed for an improvement on his trio of bronze medals at the 2024 Championships in Gothenburg. **Anne Weekes** was second in the W60 group over 10 km. Over 20 km, **Melissa Lewis** was second in the W35 group and **Ignacio Jiminez** was second in M60 group, an improvement on his fourth place in the 10 km.

There were four other top five finishes: **Dean Nipperess** 4th over both 10 km and 20 km in the M55 group, and **Simon Evans** 5th in the 10 km and 4th in the 20 km, in the M65 group.

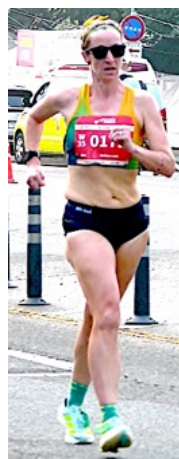
Michael Harvey was a finisher in both the 10 km and 20 km events, in the M60 group, and **Chris Pollard** finished the 10 km event in the M65 group.

Here are the **10 km** results for Australian starters.

W35	Melissa Lewis		DNF
W60	Anne Weekes	2 nd	1-02:58
M55	Dean Nipperess	4 th	1-03:14
M60	Ignacio Jiminez	4 th	54:29
	Michael Harvey	12 th	1-13:09
M65	Simon Evans	5 th	1-04:23
	Chris Pollard	16 th	1-27:23
M70	Colin Heywood	2 nd	1-07:10

Full results can be found at this link

<https://meets.rosterathletics.com/public/competitions?filter=eyJvcmdJZCI6OTA2MiwiGV4dCI6IjY2UgV2FsayJ9>



Slogging through the Korean heat in the 10km: Iggy, Melissa, Chris, Simon and Michael. (Photos: Emmanuel Tardi)

Here are the **20 km** results for Australian starters.

W35	Melissa Lewis	2 nd	2-06:02
M55	Dean Nipperess	4 th	2-19:10
M60	Ignacio Jiminez	2 nd	1-55:06
	Michael Harvey	9 th	2-34:04
M65	Simon Evans	4 th	2-18:02
M70	Colin Heywood	2 nd	2-22:39

Full results can be found at this link

<https://meets.rosterathletics.com/public/competitions/details/schedule?id=29593>

Also of interest to Australian readers was the performance of **Emmanuel Tardi** (FRA) in the 10 km event; 12th in M55 group in a time of 1:34:43.

Overall, times for these events seem considerably slower than the comparable events in Gothenburg 2024. This probably represents the effects of the warmer conditions being encountered, despite the early start times.

The races were held on a 1 km section of roadway, for a 2 km lap, outside the Daegu Athletics Promotion Centre, a warm-up venue near the main stadium for the championships. It was pleasing to see that the classic 20 km distance was retained for the road events, rather than the Half Marathon distance which has replaced it at other championships.

The 5000 m Walk races, on the track, are scheduled for Tuesday 1 September (women's) and Wednesday 2 September (men's). There will be a report on these in a later edition of H&T.

***VALE JULIAN HOPKINS ... 'Ahead of his time'**

The sad news of the death of **Julian Hopkins** reached me just over a week ago. Many of us in Australia knew him from his authoritative training and coaching manual *Race Walking*, published by the then-British Amateur Athletic Board. If you haven't seen it, you can peruse a .pdf copy at

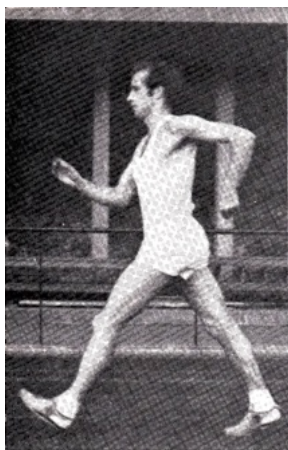
<https://vrwc.org.au/books/1976%20Race%20Walking%20by%20Julian%20Hopkins.pdf>

Tony Taylor, who along with Ron Wallwork was commended in the book by Hopkins for their contributions to his career in race walking, has put together a detailed and moving tribute to a man who it seems was not afraid to rock boats or speak heresies in the interest of the sport and its athletes.

Julian Hopkins RIP – innovative, outspoken and loved

by **Tony Taylor** (reprinted from *Lancashire Walking Club news* – 29 August)

On Thursday, 13th August 2026, race walking lost one of its most engaging and controversial characters, often laid back yet unapologetically outspoken. Julian Hopkins was a prominent athlete in his own right but made his name as an outstanding, meticulous and ultimately dissenting coach, who in Ron Wallwork's words was 'ahead of his time'.



Born on the 16th December 1944, in his school days he showed an interest in the sprints and long jump, lacking in truth the necessary number of fast-twitch fibres to be successful. Although his fascination with athletics in general was never to dim. He became a Liverpool Harrier in 1957. Then via a chance encounter in 1960 with Martin Trotman, a member of Surrey WC, he discovered the art of race walking, joined the Lancashire Walking Club, going on to study at Liverpool University. As the cliché goes, the rest is history.

Our paths first crossed in around 1961 at the Hindley Green Labour Club, nestling between Leigh and Wigan, at a Lancashire WC club race. This sort of venue was typical in its day, a working-class haven, where you changed in the Committee room and were welcomed home after your exertions with a large cup of sweet, milky tea, poured from large, green cast iron kettles. Julian was showing promise. I was younger, shy and retiring, allowed to do only five of the ten miles event. His friendly overture on that day meant a lot. By 1967 'The Times They Were A-Changin'. Julian was teaching Maths/Physics and I was nearing the end of my teacher training. He had been featured on the cover of the Race Walking Record as 'a rising star', 'helping Lancashire Walking Club to second place team

in the National 20 km and 20 miles championships'. Encouraged by Ron and Julian, I was to finish 6th in the National Junior 5 miles close behind Olympian Brian Adams, future European bronze medallist, Roger Mills and the ill-fated, mercurial talent, that was Phil Embleton. In the next few years Julian and I urged each other on.

1968 was a pivotal moment in Julian's career. Recovering from the disappointment of not making the Mexico Olympics, Ron Wallwork energised the formation of a committed and enthusiastic club training group of mainly younger athletes, such as Steve Crow and Mick Entwistle or steeplechasers turned race walkers, such as Dave Vickers. We called ourselves 'Gruppo Uno' and everything was possible. We experimented with all manner of training possibilities. We lifted weights and completed leg-trembling circuits, courtesy of a school caretaker, who entrusted us with the keys; we played with different intervals and recoveries on the track; we tried even-paced sessions on the road: we contorted ourselves in mobility sessions; and ran on the fells and on the track. In all of this, Julian was both a participant and a thoughtful observer of our exploits. Increasingly he took on a coaching role without ever being named as such, influencing up and coming talent such as Tony Malone and Chris Harvey. On the road he proved a crucial counter in the club's memorable successes of the period, notably winning the 1970 McSweeney Trophy awarded to the top team in the country and the 1971 National 20 kilometers title. Looking back, although he never used the now tarnished phrase, he sought to persuade us to 'follow the science'. However, being a good scientist, he would not have meant *the* science ... rather, the best science available at the time, which he was intent on discovering and providing.

In retrospect, Group Uno constituted a laboratory of experience, out of which Julian Hopkins, the methodical and insightful coach emerged. Underpinning our efforts and parallel grass-roots initiatives across the country was a recognition that despite our historical standing we were falling behind internationally. This led in the early 1970s to the creation of the British Race Walking Club, committed to opening up international opportunities for our leading and promising athletes. Julian was in the vanguard of this development.

In 1974 our dedicated student of the discipline was appointed to be the National Event coach, not without murmurs about his lack of international experience as a walker in his own right. Nevertheless, the warmth of his personality, the depth of his knowledge and his pioneering enthusiasm won most people over to his side, not least within the Junior Squad he nurtured. Indeed, in 1976, he penned what is widely agreed to be one of the best, if not the best, in-depth introductions to the art and science of our sport. Yet he was to resign from his role in 1984. In his own words, he left because he could not accept the disqualification of technically proficient walkers for lack of contact. Thus, his innovative decade as National coach has been overshadowed by the outcry over his heretical ideas regarding the definition of race walking. Indeed, in some recollections his contribution to the sport has been given short shrift.

A closer interrogation of Julian's sojourn as National coach will have to wait another day. Such an undertaking will be worthwhile, not least because the issues he raised still haunt race walking. As an example, in 1993, Julian challenged the proposal that an electronic device capable of detecting loss of contact was the answer to the sport's contradictions. He worried that it could finish race walking as a competitive event. Over thirty years later,

déjà vu, the search for the Holy Grail of a technological solution continues with microchips, able to measure the length of the aerial phase, being inserted into shoes. Julian's caution as to the consequences of such developments retains all its pertinence.

Whilst Julian was somewhat disillusioned following his departure from the establishment, he remained deeply in love with our sport. He kept in touch with wider contacts in Europe, the Americas and Australasia, all of whom held him in high regard. Back home he supported and advised such outstanding individuals as Mark Easton, Steve Barry, Ian McCombie, Oliver Flynn, Phil Vesty, Chris Maddocks, Murray Lambden, Marion Fawkes and Roger Mills, amongst many others. All remember him with respect and affection.

Slowly he did drift away from race walking, returning to his roots, to become secretary of the Merseyside Schools Athletic Association in the early 1990s. As you might expect, armed with a tannoy, he was a welcome and articulate announcer across the region's activities over the next two decades. Revealingly, in a profile on the Liverpool Harriers web site from 2011, he wondered whether his years spent trying to modernise the coaching of our discipline were wasted. He pondered whether he should just have focused on being the best race walker he could be. In hindsight his regret is in part understandable. However his misgiving does a grave disservice to his cutting-edge work as a coach and to the impact he had on so many men and women, young and old in our sport. Above all, he was a genuine, compassionate soul, an expert in his role, who could always stand his ground when he thought it mattered.

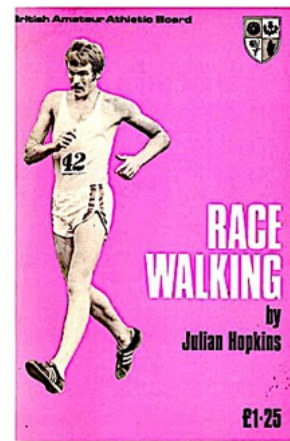
To end with a few anecdotes about Julian, my dear friend and training partner of yore, to whom I owe so much.

- In the early 1970s, when he often stayed over at our house for the weekend, the Sunday morning 'stroll' was obligatory, around three hours. Being lovers of classical music, to pass the time, we would hum passages from the symphonies or concertos and challenge each other to name the work in question. Heaven knows what people thought as we passed them by! And, by the way, his favourite piece, was the second movement of Beethoven's violin concerto.
- In 1985, just after his resignation, we met for a meal on the Isle of Man, where he was always welcomed warmly by its vibrant race walking community. The Lugano Cup finals were taking place. He shared his frustration about the previous decade as national coach. Yet all such angst was tempered by the fact that he had been disqualified earlier in the Open 10 kilometres event held alongside the major championship. DQ'ed for bent knees! To his eternal credit he accepted the inevitable banter with good grace and a knowing smile.
- In 2023, nigh on four decades later, Julian happily agreed to attend a special anniversary Lancashire Walking Club race, the Fred Pearce relay. However, given he still didn't drive, I had to pick him up at a railway station. From the moment he climbed into the car, time didn't stand still, it reversed rapidly. It was as if we were back in 1985 or even 1967. So much so that he decided to compete, so many years on! It didn't go well. Imagine our concern as he appeared at the finish, courtesy of a passing car, bleeding and embarrassed. He'd tripped over and bashed his head. Bloodied, but unbowed, within minutes he was in animated, eager conversation with anyone within his reach. Present were a few of us from the 1968 Group Uno, Ron Wallwork, Mick Entwistle, Dave Vickers and myself. Observing his still boundless, infectious enthusiasm reminded us vividly of being together on the moors above Bolton, striving to be the best we could be. Julian was the last person to leave the village hall that day, still keen to explore afresh his love for this extraordinary, humbling activity called race walking. I found myself near to tears, reflecting how much the sport missed him and how much he missed the sport.

Fourteen months after this nostalgic reunion, Julian suffered a dramatic stroke from which he never fully recovered. I know he was overwhelmed by the messages of concern, conveyed to him from across the race walking world.

Thanks, Julian for the memories, both ordinary and exceptional. You will indeed be missed.

Tony Taylor



MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

- Saturday 29 August - <https://marciadalmondo.com/results/2026/rochester-ny-usa-after-almost-37-years-perseus-karlstrom-broke-giovanni-de-benedictis-world-record-on-2-miles/>

Perseus Karlstrom has broken a long-standing Imperial measure world record – the 2 Mile walk (fondly remembered by those remaining Victorians who raced it every other Saturday at VAAA Interclub track competition. Our times were nothing like these, though!) Percy stopped the watches at **11:46.13**, in a race hosted by Nick Christie in Rochester NY.

After almost 37 years Perseus Karlstrom breaks Giovanni De Benedictis's world record in 2-miles race walk

(Reprinted from *Marcia dal Mondo* – 29 August)

It is not easy to find an organizer these days willing to organize a world record attempt in walking over a non-metric distance.

Nick Christie (USA) tried to do this successfully and contacted us about *I am hosting a two mile race walk in Rochester, New York August 29th. The event was initially only set to be a USA record attempt of 12:05.94 by Jim Heiring, but in my research I discovered the 2018 Voronova Cup in Russia where Kirill Frolov walked 11:51. After finding this result I found a Russian article that mentioned Giovanni de Benedictis had the world record (best) of 11:47. I have been unable to find any information regarding Giovanni de Benedictis' record. Would you be able to confirm it?*

The two mile event August 29th will have the participation of Evan Dunfee and Perseus Karlstrom, so the record (best) definitely seems a possibility should we be able to confirm the result.

Thank you for any assistance you can provide."

Nick Christie

After a brief search we were able to reply to Nick Christie that indeed Giovanni de Benedictis obtained a time of 11:47.02 in Siderno (ITA) on October 1, 1989, which at the time was (and still is) the best Italian performance in the 2-mile track distance. We told him that we are not entirely sure whether this result is still the best in the world today. It's probably still the best world performance, given that that distance isn't covered very often.

And right on time this morning at the Nazareth University Golisano Indoor Training Center, Rochester, NY (USA) at 8:00 started the first heat of the **USATF Niagara Indoor 2 Mile race walk Competition "Elite"** (reserved to walkers with possible mark sub 15:00 in 2 miles).

Perseus Karlstrom (SWE) took the victory with a time of **11:46.13**, erasing from the annals after almost 37 years **Giovanni de Benedictis'** 11:47.02, set in Siderno, Reggio Calabria (ITA).

For statistics lovers, it should be noted that Perseus Karlstrom passed through the 3.000m he broke the Swedish record of 12:45 from 1945 held by Werner Hardmo who previously held world records from 3000m to 10 miles.

Second place went to **Evan Dunfee** (CAN) in 12:01.15.

Third place went to **Dan Nehnevaj** (USA) who broke USA record in 12:03.31 (previous of Jim Heiring's 12:05.96)

We thank Nick Christie, who promised to provide us with the official results in the next few days, as tomorrow he is busy with another important personal event: his wedding. Congratulations Nick.

Short report by Nick Christie

With a World Best in 11:46.13 and for 1st followed by Evan Dunfee in 2nd and Dan breaking Jim Heiring's 40 year old USA Record with 12:03.31.

Perseus with his first ever World Best follows in the footsteps of the Swedish record holder's time he broke. Werner Hardmo 12:45 (1945) held 22 World Records. Perseus with an enviable resume already puts himself next to another Swedish great with this first World Best. Solid mark all around! En route he would have crossed under his own Swedish 3000m record as well at roughly ~11:00.

Evan Dunfee would have set a new Canadian record as he straddled the 12minute barrier for 2nd place in 12:01.15. After leading put the race the stage was set by Evan Dunfee for the spectacular results that followed.

Daniel Nehnevaj broke speed specialist Jim Heiring's 2 mile record by over 2 seconds with 12:03.31. He also would have crossed 3000m in around 11:14 which would have been good enough to Crack Ray Sharp's illustrious 11:16.20 (one of the oldest records in USA Track and Field). Nehnevaj struck like lightning and he struck twice. As one of only 9 USA walkers in history under 20 minutes for 5000m the Indoor season is sure to be intense! Dan marks himself among the great names of USA walking in the LA 2028 build up with his first American Record!

On the Women's side Miranda Melville won by lean over Maria Michta on 2nd with high schooler Madigan White in 3rd. Madigan White set a new US High School Record in 16:47.10.

Madigan's coach Erin Taylor also came through with a new Age Group Record in 17:14.87.

In the rarely contested 2 mile a few new names were added to the World lists with Perseus Karlstrom ultimately claiming the top of the list in all surfaces surpassing both Outdoor and Indoor World Bests. Both Evan and Dan landed on the top 10 all time indoor/outdoor lists falling 6th and 8th respectively. 12 minutes still remains elusive with Perseus Karlstrom joining the small list of five. For short track all surfaces Perseus now ranks 1st, Evan Dunfee 3rd, Dan Nehnevaj 4th, and Nick Christie 8th.

1. Perseus Karlstrom (Sweden), 11.46.13 – 2026 (pc, 1st)
2. Giovanni de Benedictis (Italy), 11.47.02 – 1989
3. Kirill Frolov (Russia), 11:51.00 – 2018
4. Valdas Kazlauskas (Lithuania), 11.54.50 – 1990 (pc, 2nd)
5. Maurizio Damilano (Italy), 11.59.56
6. Evan Dunfee (Canada), 12.01.15 – 2026 (pc, 3rd)
7. Rytis Arbaciauskas (Lithuania), 12.01.80 – 1990
8. Dan Nehnevaj (EUA), 12.03.31 – 2026 (pc, 4th)
9. Jim Heiring (USA), 12.05.96 – 1986 (pc, 5th)
10. Ray Sharp (USA), 12.13.33 – 1983 (pc, 6th)
11. Alexis Golovin (Russia), 12:16:00 – 2018
12. Tim Lewis (USA), 12.17.58 – 1986 (pc, 7th)
13. Maksim Krasnov (Russia), 12.19.00 – 2018
14. Kirill Shutov (Russia), 12.22.00 – 2018
15. Nick Christie (USA), 12.28.24 – 2026 (pc, 8th)
16. Gary Morgan (USA), 12.38.00 – 1992 (pc, 9th)
17. John Nunn (USA), 12.38.37 – 2017 (pc, 10th)
18. Todd Scully (USA), 12.40.00 – 1979 (pc)
19. Tom Edward's (USA), 12.44.90 – 1985 (pc)
20. Werner Hardmo (Sweden), 12.45.00 – 1945 (pc)

(Table source: *O Marchador* blog)

The race

The race began fast with Evan Dunfee leading the group through the mile in just over 6:00. Perseus Karlstrom was the first to make a move and Dan Nehnevaj followed closely behind. Evan Dunfee followed Dan as Nick Christie began to fade. Perseus Karlstrom rapidly increased the pace as he closed his second mile in 5:47 to break the World Best. Dan Nehnevaj and Evan Dunfee battled through the line with Evan Dunfee receiving a red card the final 50m as Dunfee maintained 2nd place and Nehnevaj followed closely behind to complete the podium and set a new USA record. The two evenly splitting their miles in the ~6:01 range. Christie a faded fourth rounded out the top initial pack through 1 mile with local AJ Gruttadauro finishing 5th in a new personal best.

The women's race saw a title linked pack with Maria Michta-Coffey, Miranda Melville, Erin Talcott, Madigan White, Taylor Nugent, and Charlie Dickinson. The top 4 held together through most of the race with White and Talcott staying on their initial pace as Michta-Coffey and Melville increased their pace. With Melville and Michta-Coffey closely linked they came through in a final sprint the last 50m with Melville narrowly edging the 2 time USA Indoor 2 mile champion. White and Talcott followed closely behind with Michta-Coffey, White, and Talcott all setting new age group and a high school records.

The Mixed Open race also saw Participation from 2 time Olympian Tim Seaman, and 1996 Olympian Andrzej Chylinski, along with multi-time Polish relay and hurdle Champion (1978, 1979, 1983, 1984) Jolanta Chylinska.

Also of interest, Jeff Salvage tested the race walk chips and took technical analysis video at the event in the Elite field.

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, September 1, 2026 - **Perseus Karlstrom with the world's best time in the 2-mile race walk (Rochester, NY 2026)** <https://omarchador.blogspot.com/2026/09/perseus-karlstrom-com-melhor-marca.html> (NOTE: This report contains full finish results from the Rochester races.)
- Monday, August 31, 2026 - **WMAC Daegu 2026: Women's 20km W35+ (results)** <https://omarchador.blogspot.com/2026/08/wmac-daegu-2026-20-km-femininos-w35.html>
- Sunday, August 30, 2026 - **WMAC Daegu 2026: Men's 20km M35+ (results)** <https://omarchador.blogspot.com/2026/08/wmac-daegu-2026-20-km-masculinos-m35.html>
- Saturday, August 29, 2026 - **Federica Curiazzi elected to the Athletes' Commission of European Athletics** <https://omarchador.blogspot.com/2026/08/federica-curiazzi-eleita-para-comissao.html>

- Friday, August 28, 2026 - **Yaru Wang and Yuxuan Shi stand out in the 5,000m race walk at the China Youth Olympic Games (Rizhao 2026).** <https://omarchador.blogspot.com/2026/08/yaru-wang-e-yuxuan-shi-evidenciam-se.html>
- Thursday, August 27, 2026 - **Brazilian Under-18 Athletics Championships – São Paulo 2026 (results)** <https://omarchador.blogspot.com/2026/08/campeonatos-do-brasil-de-atletismo-sub.html>
- Tuesday, August 25, 2026 - **Race Walking Judges at the European Athletics Championships – Birmingham 2026** <https://omarchador.blogspot.com/2026/08/os-juizes-de-marcha-nos-campeonatos.html> A post-mortem of sorts following the Euro Games, on judge selection and the level of success of the organisation and procedures in Birmingham.

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

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 5 Sep 2026

AV 5000m Teams & VMA Championships - Mentone

International Dates

22 Aug-3 Sep 2026

World Masters Athletics Championships – Daegu, KOR

30 Oct-15 Nov 2026

Youth Olympic Games – Dakar, SEN

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Stu Cooper - editor

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