



HEEL & TOE ONLINE

The official organ of the Victorian Race Walking Club
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AVSL SHIELD ROUND 1, SATURDAY 17 OCTOBER

The 2026/2027 Athletics Victoria Shield competition kicked off on Saturday 17th October, with 5 venues in operation: Doncaster, Murrumbidgee, Ballarat, Bendigo and Geelong. Three of the venues featured racewalks, with a total of 56 walkers in action.

AVSL Round 1, Llanberris Reserve, Ballarat

I was impressed to see so many walkers in action in Ballarat. **Jemma Peart** (7:57.8) and **Fraser Saunder** (13:27.3) were the standouts.

1500m Walk

1.	Jemma Peart	BYC	FOP	7:57.8	
2.	Harper O'Toole	EKA	F14	8:59.0	PB 0:12
3.	Abby Fowler	WTN	F14	9:01.5	PB 0:01
4.	Lyndal Fletcher	BHA	F45	9:33.1	
5.	Stephen McLennan	WEN	M60	9:41.5	
6.	Harper De Sachau	EKA	F14	10:27.3	
7.	Kevin Ruddick	BHA	M70	10:33.5	
8.	Anni Clarke	EKA	F14	10:38.2	
9.	Willow Mallard	EKA	F14	11:36.0	
10.	Max Fletcher	BHA	M14	12:30.4	
11.	Roslyn Ireland	BWK	F40	12:32.1	
12.	Olive Ireland	BWK	F65	13:07.7	
	Andrew Blood	BYC	M50	DQ	

3000m Walk

1.	Fraser Saunder	BYC	MOP	13:27.3	
2.	Alaska Bremner	ASW	F14	17:27.0	
3.	Sarah Brennan	BYC	F50	17:34.8	
4.	Kobe Lewis	WTN	F14	18:05.5	
5.	Annika Downey	EKA	F14	18:56.3	

AVSL Round 1, Lar Birpa Athletics Track, Flora Hill (Bendigo)

11 year old **Pippa Coleman** left the more senior walkers in her wake with her 1500m time of 8:29.4.

1500m Walk

1.	Pippa Coleman	SBE	F14	8:29.4	
2.	Tiffany Bussem Jorgensen	BGO	FOP	9:08.1	
3.	Lachlan Carr	BGO	MOP	9:17.7	
4.	David Lonsdale	BEU	M55	9:17.9	
5.	Chris Pollard	EAG	M65	11:16.1	
6.	Annette Curtis	SBE	F70	12:23.6	
7.	Bec Clark	UNA	F40	13:00.2	

8.	John Watson	BGO	M70	13:33.8
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AVSL Round 1, Reischek's Reserve, Doncaster

As expected, the 1500m walk at Doncaster was the big one, with 11 year old **Aria Di Benedetto** the standout walker with her PB winning time of 7:38.7, while **Mya McClure** was the standout in the 3000m walk with her time of 15:24.0.

1500m Walk

1.	Aria Di Benedetto	WCA	F14	7:38.7	PB 0:18
2.	Danny Hawksworth	ESS	M45	7:43.5	
3.	Natalie Laurie	ANW	FOP	7:47.9	
4.	Frank Bertei	ANW	M60	8:17.3	
5.	Caitlyn Shipham	KNA	F16	8:38.8	
6.	Trenton Hawkins	PTN	M45	8:49.1	
7.	Jack Greyling	CCA	M14	8:51.6	
8.	Sebastian Botha	DIV	M14	9:07.6	
9.	Paul Kennedy	MUU	M65	9:15.3	
10.	Laura McLennan	DAC	F50	9:17.5	
11.	Donna-Marie Elms	PTN	F65	9:32.8	
12.	Dee Holohan	MEN	F60	9:32.8	
13.	Bernie Keirl	DIV	M60	9:36.0	
14.	Amelia Vernal	ESS	F20	10:12.6	
15.	Janice Hodgart	WES	F60	10:21.1	
16.	Sarah Papadopoulos	DIV	FOP	10:44.6	
17.	Merilyn Reynolds	MPA	F60	10:59.6	
18.	Belinda Ousley	WTN	F40	11:01.5	
19.	Gwen Steed	GHY	F70	11:06.7	
20.	Clyde Riddoch	WAM	M70	11:15.9	
21.	Geoff Barrow	MEN	M70	11:51.9	
22.	Jo Moxon	DIV	F60	11:54.1	
23.	Lily Hopwood	DIV	F18	12:34.3	
24.	Jenny-Rose Szuhai-Andrews	BWK	F60	13:07.7	
25.	Brenda Cashin	WES	F60	13:56.3	

3000m walk

1.	Mya McClure	WCA	F16	15:24.0
2.	Logan Allison	KNA	M14	16:50.0
3.	Grace Louey	KNA	FOP	17:05.0
4.	Addison Frenken	CCA	F16	17:35.0
5.	Michelle Horne	COL	F55	17:36.0

AVSL continues next Saturday with Round 2.

ASA SEASON LAUNCH WEEK 2, SA ATHLETICS STADIUM, ADELAIDE, SATURDAY 17 OCTOBER.
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Thanks to Cooper Rech for the results from this week's Athletics SA meet. His comments:

Congratulations to Jack White, who has been selected to represent Australia at the 2027 Virtus Asia-Oceania Games in Bangkok, Thailand. He celebrated his selection with a 25 sec PB, the only PB for the day as the weather starts to warm up in SA, reaching 26°C. I am unsure if Jack is the first walker to represent Australia at a Virtus competition, but my small amount of research has found no other athletes. (I think you are right, Cooper - Tim)

5000m Walk

1.	Liam Freundt	23:48.02	
2.	Cooper Rech	24:53.11	
3.	Jack White	28:17.92	PB 0:25
4.	Peter Crump	33:34.44	

1500m Walk

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|----|------------------|----------|
| 1. | Orlando Grantham | 8:57.53 |
| 2. | Zachery Freundt | 8:58.63 |
| 3. | Alex McEwan | 11:02.88 |

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|----|-----------------|---------|
| 1. | Liliana Templer | 7:45.98 |
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WARWC ROADWALKS, PERRY LAKES, PERTH, SUNDAY 18 OCTOBER

Thanks to Terry Jones for the results of the first WARWC summer season walks. Terry says the weather was perfect.

10km Walk

- | | | |
|----|------------------------|---------|
| 1. | Karyn Tolardo | 1:08:13 |
| 2. | Melissa Lewis | 1:09:19 |
| 3. | Fiona van Heerewaarden | 1:11:48 |
| 4. | Wendy Farrow | 1:13:23 |

5km Walk

- | | | |
|----|-------------------|-------|
| 1. | Addison Roots | 30:02 |
| 2. | Andrew Duncan | 30:04 |
| 3. | Sierra Thompson | 32:23 |
| 4. | Richard McPherson | 33:22 |
| 5. | Lynne Schickert | 47:17 |
| 6. | Glenys Duncan | 50:56 |

3km Walk

- | | | |
|----|--------------------|-------|
| 1. | Kaytee Bogaers | 16:56 |
| 2. | Tory D'Alessio | 17:20 |
| 3. | Hannah Clauszitzer | 17:22 |
| 4. | Gabriella John | 18:01 |

2km Walk

- | | | |
|----|----------------|-------|
| 1. | Rahni Fowler | 11:32 |
| 2. | Emily John | 13:44 |
| 3. | Symphany Scott | 14:57 |
| 4. | Hugo Bell | 15:19 |

1km Walk

- | | | |
|----|---------------|------|
| 1. | Tammy Bogaers | 9:34 |
|----|---------------|------|

WHAT'S COMING UP

Next weekend sees Round 2 of the AVSL Summer Competition, with Ballarat, Geelong, Bendigo, Aberfeldie and Casey venues in action. It also sees the All Japan Race Walking Championships where a large number of our top walkers are competing. I'm looking forward to seeing those results!

Sat Oct 24, 2026

AVSL Round 2

Metro and Country venues

Sun Oct 25, 2026

All Japan Race Walking Championships

Takahata (JAP)

AUSTRALIAN ATHLETICS QUALIFYING STANDARDS AND CHAMPIONSHIP DATES

Planning to compete at the 2027 Australian Athletics Championships? Now's the time to check those standards and start chasing your qualifier! Qualifying standards and championship info for Open and Junior age groups has now been published at: <https://www.athletics.com.au/wp-content/uploads/2025/09/2027-AB-Standards-2026-09-01.pdf>

- Check your event
- Know your standard
- Start planning those qualifying opportunities!

2026 Walk Championship Dates:

Jan 23-24, 2027	AA 10,000m Race Walking Championships, Supernova	Woden Park, Canberra, ACT
Mar 21 (Sun) 2027	AA Half Marathon Race Walking Championships	Hobart, TAS
Apr 1-4, 2027	AA Open T&F Championships	SOPAC, Sydney, NSW
Apr 13-18, 2027	AA Junior T&F Championships	QSAC, Brisbane, QLD
Jun 7 (Sun) 2027	AA Marathon Race Walking Championships	Canberra, ACT

2026 Australian Championship Entry Standards

Men	Open	U23	U20	U18	U17	U16	U15	U14
10,000m Walk	52:00	52:00						
Half Marathon Walk	2:05:00							
Marathon Walk	3:40:00							
5000m Walk			28:00	29:30	30:30			
3000m Walk						16:30	17:00	17:30

Women	Open	U23	U20	U18	U17	U16	U15	U14
10,000m Walk	58:00	58:00						
Half Marathon Walk	2:15:00							
Marathon Walk	4:10:00							
5000m Walk			30:00	32:00	32:00			
3000m Walk						16:40	17:00	17:30

The qualifying period for the 10,000m Walk began on 1 October 2025. Qualification can be on track or road.

The qualifying period for all other events began on 1 January 2026

OMARCHADOR ROUNDUP

The Portuguese race walking blog *O Marchador* posts news reports and results as they come to hand – normally one broadsheet per day. The website features articles on race walking, as well as results from both domestic and international events.

Mon 19 Oct - Perseus Karlström and Lyudmila Olyanovska triumph in the Prague 1 Hour walks

<https://omarchador.blogspot.com/2026/10/perseus-karlstrom-e-lyudmila-olyanovska.html>

Sun 18 Oct – Results of the Indian Under-23 National Championships in Jaipur

<https://omarchador.blogspot.com/2026/10/campeonatos-nacionais-sub-23-da-india.html>

Sat 17 Oct - Antonella Palmisano receives pgraded medals from past European Championships.

<https://omarchador.blogspot.com/2026/10/antonella-palmisano-recebe-novas.html>

Fri 16 Oct – Results of the U18 PATAFA Weekly Relays in Manila, Philippines

<https://omarchador.blogspot.com/2026/10/2026-patafa-weekly-relays-sub-18-manila.html>

Thu 15 Oct - Results of Ecuadorian 10,000m National Club Championships at Cuenca

<https://omarchador.blogspot.com/2026/10/campeonato-nacional-de-clubes-do.html>

Wed 14 Oct - Alexandrina Mihai and Marco Drusian win the final of the Ugo Frigerio Trophy in Scanzorosciate

<https://omarchador.blogspot.com/2026/10/alexandrina-mihai-e-marco-drusian.html>

Tue 13 Oct - Sandeep Kumar and Ramandeep Kaur dominate Marathon racewalks at the Indian Championships

<https://omarchador.blogspot.com/2026/10/sandeep-kumar-e-ramandeep-kaur-dominam.html>

DATES...DATES...DATES

Victorian & National Key Dates – 2026/2027

Nov 15 (Sun), 2026	VRWC Summer Championships and AGM Includes VRWC Half Marathon Open Championships	Middle Park, VIC
Dec 4-6, 2026	AA All Schools T&F Championships	Perth, WA
Dec 6 (Sun), 2026	VRWC Roadwalks Includes AV Marathon and VRWC Half Marathon	Middle Park, VIC
Jan 17 (Sun), 2027	VRWC Road Races	Middle Park, VIC
Jan 23-24, 2027	AA 10,000m Race Walking Championships, Supernova	Woden Park, Canberra, ACT
Feb 11-14, 2027	AV Junior T&F Championships	Lakeside Stadium, Albert Park VIC
Mar 11-13, 2027	AV U20, Open & Overage T&F Championships	Lakeside Stadium, Albert Park VIC
Mar 21 (Sun) 2027	AA Half Marathon Race Walking Championships	Hobart, TAS
Apr 1-4, 2027	AA Open T&F Championships	SOPAC, Sydney, NSW
Apr 11-12, 2027	Coles Australian Little Athletics Championships	QSAC, Brisbane, QLD
Apr 13-18, 2027	AA Junior T&F Championships	QSAC, Brisbane, QLD
Apr 21-23, 2027	AA UniSports Championships	Gold Coast, QLD
Jun 7 (Sun) 2027	AA Marathon Race Walking Championships	Canberra, ACT
Aug 22 (Sun), 2027	AA Junior Road Walking Championships	Ballarat, VIC

AVSL Round Dates – 2026/2027

Oct 24 (Sat), 2026	AVSL Rd2 – Metro venues
Oct 31 (Sat), 2026	AVSL Rd3 – Metro venues
Nov 7 (Sat), 2026	AVSL Rd4 – Metro venues
Nov 14 (Sat), 2026	AVSL Rd5 – Metro venues
Nov 21 (Sat), 2026	AVSL Rd6 – Metro venues
Nov 28 (Sat), 2026	AVSL Rd7 – Metro venues
Jan 9 (Sat), 2027	AVSL Rd8 – Metro venues
Jan 16 (Sat), 2027	AVSL Rd9 – Metro venues
Feb 6 (Sat), 2027	AVSL Rd10 – Metro venues

Country venues are Ballarat, Bendigo and Geelong. Metropolitan venues vary from week to week.

International Dates

Oct 25 (Sun), 2026	All Japan Race Walking Championships	Takahata (JAP)
Oct 30-Nov 15, 2026	Youth Olympic Games	Dakar, SEN
Mar 20, 2027	46th Dudinska 50	Dudince (SVK)
Apr 17, 2027	6th Korzienowski Warsaw Race Walking Cup	Warsaw (POL)
Jun 12, 2027	XL Gran Premio Cantones de A Coruna de Marcha	La Coruna (ESP)
Jun 14-18, 2027	2027 Oceania Cup	Majuro (MHL)
Aug 1-12, 2027	FISU World University Games	Chungcheong (KOR)
Sep 11-19, 2027	2027 World Athletics Championships	Beijing (CHN)
Apr 9, 2028	World Athletics Race Walking Teams championships	Hefei (CHN)
Jul 14-30, 2028	XXXIV Summer Olympic Games	Los Angeles (USA)
Sept 2029	World Athletics Championships	Nairobi (KEN)
Sept 2031	World Athletics Championships	Munich (GER)
23 Jul- 8 Aug 2032	XXXV Summer Olympic Games	Brisbane (AUS)

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