



HEEL & TOE Online

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

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*H&T Notice Board – Page 6

- ** VACANCY – Club Treasurer

WALKER OF THE WEEK



Another retrospective one this week, correcting an oversight on the part of yours truly. In the last issue, **Zoe Woods (NSW)** was listed as having earned another international qualifying time – this time for the World U20 T&F championships 5000m walk in Eugene USA – alongside Matilda Webb and Sophie Polkinghorne, following her win in the Australian U20 track championship in Canberra. What was not mentioned was that, as a national title winner along with the qualifier, she is an automatic selection for Eugene in August and will be making her second appearance in Aussie colours abroad. Zoe should have part of a four-way shared WOTW award last week, beside Isaac Beacroft, Owen Toyne and Lizzy McMillen who all won national titles that weekend and will be boarding planes in 2026.

Congratulations, Zoe. Better late than never. Best wishes for your upcoming big races.

*Honourable mention

- **Michelle Bray (ACT)** - Currently one of Australia's best-performed Masters track walkers, Michelle (40-44y) posted excellent times over 1500m (**7:17**) and 5000m (**24:16**) in successive weeks in ACTRFWC competition. She will take some beating at the AMA Nationals in March.



VICTORIA - METRO & REGIONAL



AVSL – News, results

** Metro Zone: Round 8, Saturday 31 January – Yarra Valley Aths Centre, Mt Evelyn

It's not often these days that mother-of-3 **Natalie Laurie** gets to take line honours, so Saturday's win was a welcome reprise of her glory days of junior competition. Meanwhile, **Andrew Duncan's** result was within 4 secs of a PB.

Pl	Name	Club	Age	Time	Points
1500m					
1	Natalie Laurie	(ANW) FOP		7:49.8h	370
2	Andrew Duncan	(WAM) M55		8:08.1h	369
3	Sandra Geisler	(RWD) F45		8:40.4h	357
4	Dee Holohan	(MEN) F60		9:18.0h	388
5	Bernie Keirl	(DIV) M60		9:43.4h	272
6	Donna-Marie Elms	(PTN) F60		10:14.3h	335

7	Heather Carr	(GHY) F70	10:36.4h	376
8	Sarah Bevin	(COL) F40	10:53.3h	218
9	Gwen Steed	(GHY) F70	10:58.7h	357
10	Ian Handasyde	(OSC) M70	11:02.2h	266
11	Robert Gardiner	(COL) M70	11:03.0h	266
12	Clyde Riddoch	(WAM) M70	11:09.6h	262
13	Camden Hewitson	(YRA) FOP	11:14.7h	
14	Kim Peak	(DAC) F55	11:20.0h	257
15	Geoff Barrow	(MEN) M70	11:24.9h	255
-	David Sommers	(ANW) M65	DQ	

Conditions at Yarra Valley were warmer than they looked, with most times affected accordingly. In the 3000m **Mya McClure** led all the way for a clear win over **Maddison Nash**, who hadn't raced AVSL since 2023 and relished her return, keeping Mya in her sights for a 48sec PB.

3000m				
1	Mya McClure	(WCA) F16	14:30.5h	434
2	Maddison Nash	(DIV) F20	14:45.0h	401
3	Jade Chitty	(WES) FOP	15:43.1h	368
4	Emily Smith	(MUU) F20	17:28.2h	308
5	Mietta Morgan	(KNA) F18	17:58.8h	299
6	Carolyn Rosenbrock	(YRA) F60	18:05.3h	402
7	Caitlyn Shipham	(KNA) F14	18:57.1h	300
8	Michael Harvey	(WAM) M60	20:26.1h	286
-	Bethany Franzke	(ALB) F14	17:55.7h	Inv.
-	Oliver Crowl	(KNA) M14	DQ	
-	Steven Kompogiorgas	(SCA) M50	DQ	

PB 0:48

First 3000m

*** Ballarat Zone: Round 8, Saturday 31 January – Llanberris Stadium, Ballarat**

Ballarat, whose AVSL walks provision has been irregular for a couple of seasons, had an encouraging turnout of 10 for Saturday's races. The numbers were boosted by visiting Williamstowners **Shaun** and **Kobe Lewis** and **Abby Fowler**, who claimed a blue and gold trifecta with PBs to Shaun and Abby.

1500m				
1	Shaun Lewis	(WTN) M45	7:37.74	336
2	Kobe Lewis	(WTN) F14	8:47.88	344
3	Abby Fowler	(WTN) F14	9:05.39	325
4	Annika Downey	(EKA) F14	9:08.59	322
5	Jed Blood	(BYC) M18	9:09.80	232
6	Stephen McLennan	(WEN) M60	9:36.39	276
7	Roslyn Ireland	(BWK) F40	12:16.01	156
8	Olive Ireland	(BWK) F65	12:31.75	256
3000m				
1	Fraser Saunder	(BYC) MOP	12:19.86	454
2	Charlie Wright	(EKA) M14	19:11.96	264

PB 0:10

eq. PB

**** Bendigo Zone: Round 8, Saturday 31 January – Lar Birpa Athletics Track, Flora Hill**

1500m		
1	Chris Pollard	(EAG) M65
2	Annette Curtis	(SBE) F65

11:44.72

14:19.45

***This weekend ...**

This round serves as a replacement for Round 3, which was washed out in Melbourne and Geelong on November 8th.

*AVSL Replacement round – Sunday 8 February		
Metro – Aberfeldie	12.00pm	2000m walk (all ages)
	12.20pm	2000m walk (all ages)
		5000m walk (18 and older)

ENTRIES CLOSED

Entries carried over from Round 3 (8 November 2025)

**And the weekend after that ...*



Entries are now CLOSED for the *AV Junior Track & Field Championships* at Lakeside Stadium.
The schedule is as follows (though subject to change):

Friday 13 February	5.30pm	3000m Walk	Female U13, U14, U15, U16
	5.30pm	3000m Walk	Male U13, U14, U15, U16
Saturday 14 February	10.00am	5000m Walk	Female U17, U18
	10.00am	5000m Walk	Male U17, U18



Great news for **Isaac Beacroft**, his family, coach (who is also family), clubmates and training partners, as well as the NSW and Australian race walking communities.

Ratified: world records for Fisher, Koech and Beacroft

(reprinted from *World Athletics* press releases – 3 February)



In good company: Beacroft flanked by fellow world record breakers Fisher and Koech

(Photos: Citius Mag; ANSW Facebook; My BEST runs)

The world 5000m short track record of 12:44.09 set by USA's Grant Fisher in Boston on 14 February 2025 has been ratified by World Athletics.

Two world U20 records – the 1500m mark by Kenya's Phaniel Koech in Paris in June and the 10,000m race walk performance by Australia's **Isaac Beacroft** in Sydney in December – have also been ratified.

The world 5000m short track record at the BU David Hemery Valentine International came less than a week after Fisher broke the world 3000m short track record in New York. After passing 3000m in 7:39.16 – a comfortable 16 seconds outside the world record mark of 7:22.91 he clocked six days earlier – the double Olympic bronze medallist continued to run sub-31-second laps.

Fisher covered the final 400m in 59.36 seconds and reached the finish line in 12:44.09, taking five seconds off the previous world short track record of 12:49.60 set by Ethiopia's Kenenisa Bekele in Birmingham on 20 February 2004.

"12:44.09 for the indoor 5000m world record!" Fisher wrote on social media at the time. "Two world records in six days to cap off one of the craziest weeks of my life. Time for some rest."

Koech achieved his world U20 1500m record at the Meeting de Paris on 20 June.

Finishing second behind winner Azeddine Habz during the Wanda Diamond League meeting, the then 18-year-old Koech clocked 3:27.72 to improve the world U20 record of 3:28.81 that had been set by his Kenyan compatriot Ronald Kwemai in Monaco on 18 July 2014. The performance places Koech ninth on the world all-time list.

Beacroft set his world U20 10,000m race walk record at the NSW 10,000m Walk Championships in Sydney on 11 December. The 18-year-old, who won the U20 title at the World Race Walking Team Championships in Antalya in

2024, clocked **38:02.68** to break the record of 38:46.4 that had been set by Russia's Viktor Burayev in Moscow on 20 May 2000.

World Athletics

A.C.T. ACTRFWC results, 22 & 29 January – Woden

It was a productive couple of nights for Masters walker **Michelle Bray**: a Mile walk result of **7:17** which would have seen her clock at least in the 6:50's for 1500m. She followed this a week later with an excellent **24:17**, after what appears to have been a good battle with **Scott Hyland**, who also went sub-25:00.

*Thursday 22 January

Mile Race Walk

- | | | |
|----|----------------|-------|
| 1. | Michelle Bray | 7:17 |
| 2. | Jillian Ryan | 8:14 |
| 3. | Sebastian Ryan | 9:20 |
| 4. | Madison Hyland | 10:38 |
| 5. | Jill Pearson | 10:41 |
| 6. | Jessica Robson | 11:12 |

Mile Fitness Walk

- | | | |
|----|-----------------|-------|
| 1. | Jim White | 12:51 |
| 2. | Bryan Thomas | 13:00 |
| 3. | Robert Kennelly | 14:14 |
| 4. | Geoff Barker | 15:36 |

*Thursday 29 January

1,000m Race Walk

- | | | |
|----|----------------|------|
| 1. | Jillian Ryan | 4:38 |
| 2. | Sebastian Ryan | 5:17 |
| 3. | Madison Hyland | 6:15 |

3,000m Race Walk

- | | | |
|----|----------------|-------|
| 1. | Jill Pearson | 20:27 |
| 2. | Jessica Robson | 21:12 |

3,000m Fitness Walk

- | | | |
|----|-----------------|-------|
| 1. | Bryan Thomas | 26:17 |
| 2. | Lorna England | 27:04 |
| 3. | Doug Fitzgerald | 28:25 |
| 4. | Geoff Barker | 29:17 |

5,000m Race Walk

- | | | |
|----|---------------|-------|
| 1. | Michelle Bray | 24:16 |
| 2. | Scott Hyland | 24:52 |
| 3. | Michael Smith | 29:28 |

NEW SOUTH WALES NSW Country T&F c'ships, 16 January – Dubbo

Frank Overton reports that it was a very warm night (32C degrees) for these championships out on the Western plains, but that overall there were some good performances. Thanks Frank, for typing the results.

Girls 13 years 1500m Walk:

1. Sofia Farrell (Macquarie Hunter) 9:05.65
2. Tatum Sides (Cootamundra) 11:12.18
3. Harriett Robinson (Wauchope) 11:21.00
4. Mia Gamble (Dubbo) 11:32.52.

Girls 14 years 1500m walk:

1. Niesha Whiteman (Narrandera) 9:21.08
2. Tamzin Watts (Griffith) 9:35.08
3. Scarlett Newberry (Armidale) 9:42.10
4. Lexi-Anne Nichols (Rutherford) 12:19.40.

Girls 15 years 1500m walk:

1. Kaira Hughes (Springwood) 12:08.57.

Girls 12 years 1500m walk:

1. Brooke Crosby (Tamworth) 8:52.93
2. Savannah Mills (Edgeworth) 11:35.18

Boys 13 years 1500m walk:

1. Liam Meale (Gosford) 7:27.53 (Record)
2. Frank Bertoli (Edgeworth) 10:24.27
3. Seth Welsh (Gunnedah) 12:12.54

Boys 14 years 1500m walk:

1. Harrison Sturman (Adamstown) 11:18.70.

Boys 12 years 1500m Walk:

1. Jacob Hearnden (Cardiff) 8:30.87
2. Declan Bennett (St Georges Basin) 11:05.41
3. Oscar Holland (Springwood) 11:06.43
4. Blake Watson (Cardiff) 12:11.85.

Men 16 years 3000m walk:

1. William Pratt (Gosford) 17:56.78

3. Regan Godber (Gilgandra) 12:12.83.

Womens 16years 3000m walk:

1. Nikke Hearnden (Cardiff) 21:35.97
2. Imogene Anderson (Wollongong) 23:06.25

Womens 17 years 3000m walk:

1. Caetlin Ashby (Mingara) 18:39.79
2. Emma Hearnden (Cardiff) 20:48.38
3. Kyamah-Jane Nichols (Rutherford) 27:57.54.

Womens Under 20years 3000m walk:

1. Lilah Norden (Kembla Joggers) 16:10.74

Womens Open 3000m walk:

1. Bridget Bell (Mingara) 15:20.20
2. Audrey Russell (Raymond Terrace) 15:44.22

Womens 40-49 years 3000m walk:

1. Lauren Richardson (Mingara) 19:12.24

Womens 60-69 years 3000m walk:

1. Lisa Watson (NSW Masters) 26:24.90

Womens 70-79 years 3000m walk:

1. Michele Mison (Mingara) 28:22.41.

Mens Under 20 years 3000m walk:

1. Peter Charlton (Cardiff) 21:18.64

Mens 40-49years 3000m walk:

1. Dorian Smith (Macquarie Hunter) 20:59.10
2. Rod Campbell (Westlakes) 21:58.29

Mens 50-59 years 3000m walk:

1. Trevor Kratzmann (Dubbo) 26:25.71

Mens 60-69 years 3000m walk:

1. Gregory Rowe (Mingara) 23:46.28

Mens 70-79 years 3000m walk:

1. Robert Osborne (Dubbo) 24:42.39

SOUTH AUSTRALIA ASA Interclub results, 17 January – Mile End stadium

Cooper Rech and Jack White achieved PBs on a 28C day of high humidity. Thanks to **Kim Mottrom** for the results.

Open 5000m

- | | |
|--------------------|------------------|
| 1 Kim Mottrom | 22:07.53 |
| 2 Cooper Rech | 24:12.41 PB 0:17 |
| 3 Liam Freundt | 26:09.76 |
| 4 Jack White | 28:53.49 PB 0:18 |
| 5 Angelina Legrand | 29:25.23 |
| 6 Peter Crump | 35:09.22 |
| 7 Alex McEwan | 39:13.17 |

Open 1500m

- | | |
|--------------------|----------|
| 1 Liliana Templer | 7:46.48 |
| 2 Orlando Grantham | 8:53.24 |
| 3 Jessica Clelland | 8:59.77 |
| 4 Rachel Pemberton | 10:47.54 |
| .. Zachery Freundt | DQ |

TASMANIA Athletics South interclub, 31 January – Domain AC, Hobart

Results courtesy of **David Moore**:

Results 1500m Walk

- | | | |
|-------------------------|------|----------|
| 1. Charlotte Dix | ESAC | 10:19.69 |
| 2. Elizabeth Leitch | TMA | 10:32.88 |
| 3. Sam Leitch | TMA | 11:32.53 |
| 4. Dot Sussmilch-Leitch | ESAC | 13:47.24 |

WESTERN AUSTRALIA WARWC results, 1 February – Perry Lakes

Conditions were fine and mild with a light breeze for the WARWC's Sunday morning program. Thanks to **Terry Jones** for the results.

5K

- | | |
|-----------------------|-------|
| Brad Mann | 28.41 |
| Andrew Duncan | 31.51 |
| Fiona van Heerwaarden | 32.44 |
| Wendy Farrow | 35.47 |
| Steve Travell | 49.44 |

3K

- | | |
|----------------|-------|
| Kaytee Bogaers | 17.33 |
| Addison Roots | 17.34 |
| Tory D'Alessio | 18.44 |

2K

Ruby Kilworth

15.09

Zoe Fowler

15.10



INTERNATIONAL NEWS

MARCIADALMONDO & O MARCHADOR ROUNDUP

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.

- Sunday, February 1, 2026 - **Spain held a webinar on Race Walking – regulations and recent changes (2026)**
<https://omarchador.blogspot.com/2026/02/espanha-realizou-webinar-sobre-marcha.html>
- Sunday, February 1, 2026 – **Brazilian record holder Fernando Elias (1935–2026) passed away.**
<https://omarchador.blogspot.com/2026/02/faleceu-fernando-elias-19352026.html>
- Saturday, January 31, 2026 - **Quinion and Stey repeat victories at the Vittel Meeting (2026)**
<https://omarchador.blogspot.com/2026/01/quinion-e-stey-repetem-vitorias-no.html>
- Saturday, January 31, 2026 - **Andrea Agrusti and Sofia Fiorini, the first Italian champions in the Marathon distance.**
<https://omarchador.blogspot.com/2026/01/andrea-agrusti-e-sofia-fiorini-os.html>
- Friday, January 30, 2026 - **Isaac Beacroft and Elizabeth McMillen win Australian 10,000m championships (2026)**
<https://omarchador.blogspot.com/2026/01/isaac-beacroft-e-elizabeth-mcmillen.html>
- Friday, January 30, 2026 - **The 38th Guadix Grand Prix of Race Walking was a celebration.**
<https://omarchador.blogspot.com/2026/01/38-grande-premio-de-marcha-atletica-de.html>
- Thursday, January 29, 2026 - **Panagiota Tsinopoulou and Alexandros Papamichail victorious in the Greek Marathon Race Walking Championships in Aliartos.** <https://omarchador.blogspot.com/2026/01/panagiota-tsinopoulou-e-alexandros.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

**** H&T Online - NOTICE BOARD ****

VRWC Committee

****Vacancy – Club Treasurer**

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- *Overseeing and accounting for all Club income and expenditure;*
- *Presenting a monthly report to the Committee;*
- *Liaising with the Club's auditor in the preparation of an annual financial statement;*
- *Presenting a Treasurer's Report to the membership at the Annual General meeting*

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) ASAP.



WHAT'S UP AHEAD?

AVSL Round Dates – 2025/2026

(NOTE: Venues and race distances are as listed by AV on 15/9/2025. Changes may occur.)

Sun 8 Feb 2026	AVSL – RESERVE ROUND – Aberfeldie (2000m, 5000m)
Sat 21 Feb 2026	AVSL Rd9 – Doncaster (1500m, 3000m)
Sat 28 Feb 2026	AVSL Rd10 – Casey (2000m, 5000m)

*Country venues – Ballarat, Bendigo, Geelong. Race distances may differ from those of Metro venues.

Victorian & National Key Dates – 2025/2026

Sat-Sun 7/8 Feb 2026	LAVic Region T&F Championships – Metro & Country venues
Fri-Sun 13/15 Feb 2026	AV Junior T&F Championships – Lakeside Stadium
Fri-Mon 6/9 Mar 2026	Aust. Masters T&F Championships – AIS & Woden, Canberra ACT
Sat-Sun 7/8 Mar 2026	LAVic State T&F Championships – Knox Park, Knoxfield
Sat-Sun 14/15 Mar 2026	VMA Masters T&F c'ships - Doncaster
Sun 15 Mar 2026	AA Half-Marathon Race walk c'ships – Adelaide SA
Thu-Sun 19/22 Mar 2026	AV U20, Open & Overage T&F c'ships – Lakeside Stadium
Thu-Sun 9/12 Apr 2026	AA Open (exc. Walks) & U20 (combined events only) T&F c'ships – Sydney NSW
Wed-Mon 15/20 Apr 2026	AA Junior T&F Championships – Brisbane QLD

International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
22 Aug-3 Sep 2026	World Masters Athletics Championships – Daegu, KOR
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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