



HEEL & TOE Online

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

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VRWC preferred supplier of shoes, cloths and sporting accessories

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*H&T Notice Board – Page 6

- ** VACANCY – Club Treasurer

WALKER OF THE WEEK

Angus Shuttleworth (VIC) took a big step up in standard to win this week's WOTW with a classy display in clocking **6:11.30** for 1500m at the LAVic Eastern Region T&F carnival on Saturday. A PB by over half a minute, it was the latest in a string of emphatic improvements Angus, 14yo, has made since the start of the summer season, in which he walked his first sub-13:00 3000m at the Australian All Schools titles and clocked his maiden sub-50min 10km road time (**49:40**) the very next day! With the AV Junior titles coming up next weekend, followed by the LAVic State championships in March and Australian T&F titles in April, Angus will be intent on bringing those fine times down even further. Who doubts that he'll succeed?

Well done, Angus. All the best for a productive championship season.



*Honourable mentions

- **Arthur Robinson, Daisy Hooper and Ruby Nicholls (VIC)** – all made substantial improvements to their times at the LAVic Region carnivals on Saturday.



CLUB NEWS and RESULTS



- It wasn't only the summer weather that applied the heat last weekend. At seven different suburban and country venues around the state, young athletes from the U9 to U17 age groups clashed over two days in the **Little Athletics Victoria Region Carnivals**, contesting most of the track and field disciplines including the walks. In these the VRWC was well represented by current and past members, whose results are listed below. (Note that PBs are listed only for those who have previous times recorded for the given distance on *Racewalk Australia*.)

It should be noted also that most of these walkers joined their LAVic clubmates in contesting other events, in some cases several on both days in the sapping heat. Walk times would have been affected for those who had to back up for their race right after a jump or field game, or squeeze it between two such events with little recovery time or walking warm-up. An all-round stamina test! Fortunately for most, their walks were the first track events and thus not affected by running demands that came later.

1500m

Angus Shuttleworth	U15	6:11.30	PB 0:31
Mya McClure	U15	6:40.22	

700m

Ryder Reid	U9	3:38.24
Cory Lewis	U9	4:15.59

Matilda Read	U16	7:02.14		Brienna Barker	U9	4:35.51
Indigo Marshall-Moodie	U13	7:32.87	PB 0:10			
Damian Baldy	U16	7:47.49		1100m		
Addison Frenken	U14	7:50.25	PB 0:09	Fletcher Reid	U11	5:35.91
Ella Harris	U13	8:06.03		Lily Bowkett	U11	5:46.41
Fraser Aubrey	U17	8:08.40		Daisy Hooper	U10	6:01.52 PB 0:23
Pippa Read	U13	8:17.96		Aria di Benedetto	U11	6:06.58
Georgia Walters	U12	8:22.11		Anouk Morgan	U11	6:13.17
Lily Lambert	U16	8:24.39		Fletcher Walters	U10	6:17.63
Erlyn Singh	U13	8:27.31	PB 0:09	Payton Welsh	U11	6:18.18
Oliver Crowl	U12	8:34.62		Dimitri Pashutin	U11	6:22.22
Mietta Morgan	U17	8:34.63		Abigail Verity	U10	6:43.92
Kobe Smith	U13	8:34.82		Shaylee Barker	U11	6:43.20
Cody Wapshott	U16	8:36.54		Ruby Nicholls	U11	6:52.28 PB 0:23
Anna Dubar	U12	8:38.57		Felix Skurka	U11	6:56.76
Caitlyn Shipham	U14	8:39.58		Grayson Allison	U10	6:57.28
Zoe Bowkett	U13	8:48.04	PB 0:02	Ava Pravednikov	U10	7:01.92
Arthur Robinson	U17	8:50.65	PB 0:27	Summer Patten	U10	7:44.87
Charlise McQueen	U16	8:51.56		Avery Allison	U10	8:08.18
Logan Allison	U12	8:59.50				
Addison Paulke	U17	9:00.98				
Abby Fowler	U12	9:16.15				
Tate Jardine	U15	9:20.05				
Alayna Paulke	U14	9:24.86				
Heath Tatlock	U15	9:28.52				
Harrison Ryan	U14	9:50.15				

The vast majority of Club members listed achieved podium places and can look forward to representing their centres at the **LAVic State T&F championships** at Knox in March. Well done, everyone.



Western Metro region ... Arthur (12) awaits the 1500m start and (right) gets some nice bling to go with his new PB.
(Photos: Amanda Robinson)

VICTORIA - METRO & REGIONAL

***This weekend ...**



The schedule for the **AV Junior Track & Field Championships** at Lakeside Stadium is as follows:

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

***Start lists:**

It's encouraging to see seven country walkers among the entries for this weekend's championships. Not all of these youngsters have the racing opportunities against peers enjoyed by their metropolitan counterparts yet frequently provide stiff opposition when they do get them.

Friday's 3000m championships will be keenly anticipated, with fast displays expected from **Angus Shuttleworth, Mya McClure and Alaska Bremner**. Others ready for big results will be **Tate McQueen, Havana Ali and Indigo Marshall-Moodie**, while **Logan Allison** and **Oliver Crawl** will relish the chance to shine on the big stage.

Standard setters in the 5000m next morning will be **Ela Uzun, Matilda Read** and **Max Davidson**, with big improver **Lily Lambert** shaping as another one to watch.

Females U13 3000m

Alaska Bremner	Athletics South West
Anna Dubar	Glenhuntly AC

Females U14 3000m

Indigo Marshall-Moodie	Mornington Peninsula AC
Pippa Read	Wellington AC
Kobe Lewis	Williamstown AC

Females U15 3000m

Bethany Franzke	Albury Athletics
Addison Frenken	Casey Cardinia Athletics
Caitlyn Shipham	Knox AC

Females U16 3000m

Havana Ali	Athletics Essendon
Harper Cassidy	Shepparton AC Inc.
Mya McClure	Whittlesea City AC

Females U17 5000m

Lily Lambert	Mentone AC
Matilda Read	Wellington AC

Females U18 5000m

Ela Uzun	Athletics Essendon
Mietta Morgan	Knox AC
Aangi Shah	Mentone AC

Males U13 3000m

Tom Guastella	Casey Cardinia Athletics
Logan Allison	Knox AC
Oliver Crawl	Knox AC

Males U14 3000m

Charlie Wright	Eureka AC
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Males U15 3000m

Tate McQueen	Eaglehawk AC
Harrison Ryan	Whittlesea City AC
Fiete Diers	Williamstown AC

Males U16 3000m

Angus Shuttleworth	Knox AC
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Males U18 5000m

Ahmad SBayeh	DVAC
Max Davidson	DVAC

***And the weekend after that ...**



AVSL – News, results

***AVSL Round 9 – Saturday 21 February**

Metro – Doncaster	1.00pm	1500m walk (all ages)
	1.20pm	3000m walk (all ages)
Ballarat region	3.05pm	2000m, 5000m walk (all ages)
Bendigo region (Twilight)	6:15pm	1500m, 3000m walk (all ages)
Geelong region	1.15pm	1500m, 3000m walk (all ages)

ENTRIES

Enter via Members Portal at <https://athsvic.org.au/events/avsl-round-09/>
Entries close 11.59 on Wednesday 18 February, 2026

**** Metro Zone: Round 3B, Saturday 8 February – Moonee Vly Athletics Centre, Aberfeldie**

As explained earlier, this round of AVSL was installed to replace the rain-aborted November 8 Round 3. This time around there wasn't a drop of water in the hot sky, with the temperature at 32C throughout the races and times slower accordingly.

The 2000m saw **Danny Hawkesworth** and **Emily Smith** have good wins, while it was pleasing to see **Pippa Read** and **Abby Fowler** backing up in the testing heat after having raced in the LAVic Region finals the previous day.

Riley Coughlan rarely races in AVSL these days, so it was heartening to see him return with a strong display in the 5000m, while **Matilda Read** put her Canberra training camp conditioning to the test with another tough, consistent effort

Pl	Name	Club	Age	Time	Points	PB?
2000m						
1	Danny Hawksworth	(ESS)	M45	10:58.3h	337	
2	Emily Smith	(MUU)	F20	11:05.0h	337	
3	Andrew Duncan	(WAM)	M55	11:08.3h	379	
4	Trenton Hawkins	(PTN)	M45	11:17.4h	319	
5	Pippa Read	(WEL)	F14	12:10.1h		
6	Bernie Keirl	(DIV)	M60	12:53.6h	318	
7	Paul Kennedy	(KSB)	M65	13:24.5h	326	
8	Donna-Marie Elms	(PTN)	F60	13:34.4h	338	
9	Janice Hodgart	(WES)	F60	14:15.9h	310	
10	Sarah Bevin	(COL)	F40	14:16.7h	229	
11	Sarah Papadopoulos	(DIV)	FOP	14:29.8h	197	
12	Heather Carr	(GHY)	F70	14:31.2h	361	
13	Clyde Riddoch	(WAM)	M70	14:59.6h	293	
14	Gwen Steed	(GHY)	F70	15:02.8h	342	
15	Jo Moxon	(DIV)	F60	15:05.7h	282	
16	Robert Gardiner	(COL)	M70	15:21.2h	281	
17	Geoff Barrow	(MEN)	M70	15:28.0h	277	
18	Abby Fowler	(WTN)	F14	15:56.4h	185	
19	Kim Peak	(DAC)	F55	16:05.9h	226	
20	Jenny-Rose Szuhai-Andrews	(BWK)	F60	16:48.2h	228	
21	Elena Thode Minguet	(MUU)	FOP	16:53.6h		
22	Brenda Cashin	(WES)	F60	17:08.6h	217	

5000m						
1	Riley Coughlan	(KNA)	M20	21:48.5h	439	
2	Matilda Read	(WEL)	F16	26:46.5h		
3	Jade Chitty	(WES)	FOP	28:01.9h	348	
4	Frank Bertei	(ANW)	M55	29:46.2h	343	
-	Maddison Nash	(DIV)	F20	DNF		



AROUND THE COUNTRY

JUDGING



MATTERS

Last October in these pages, I raised the matter of the RWECS (Race Walking Electrical Contact System), which had been trialed in the Spanish Madrid Marcha in June amid positive expectations, but about which nothing had been heard since.¹ Following inquiries, Jeff Salvage and Jane Saville stated in reply that the RWECS had simply undergone operational functionality testing in Madrid, and that further evaluation was taking place. I expect we'll see more – and learn more – of it in 2026.

Bob Cruise has weighed in with the following brief article on an earlier chip, which showed equal promise to the RWECS but, for reasons best known to the then IAAF, was not pursued.

THE “INTELLIGENT SHOE”

by Bob Cruise

With the imminent introduction of a device, an electronic chip, to detect loss of contact in racewalking, it may be interesting to revisit the proposal put forward by the Canadian scientist, Dr Dennis Furlong, some twenty-five years ago. Furlong's device was of roughly matchbox size and was to be attached to the shoes of the walker. The “Intelligent Shoe” device, as it was then referred to, weighed about 90 grams, was waterproof, was transferrable between shoes and presented no health risks to the wearer, according to Dr Furlong. Loss of contact would be determined using the principle of capacitance.

Furlong advised the IAAF Race Walking Committee at a meeting on November 26 in Monaco in 2000 that the shoe could be set at 30 milliseconds for detecting loss of contact but could be adjusted, was currently set at 8 faults before the indicator on the shoe turned red (which presumably led to disqualification) and that such information could be sent to central monitoring in real time. Furthermore, Furlong, a Masters walker himself, stated that the device was imperceptible on an athlete's foot and did not restrict the motion of the feet.

¹ [Heel and Toe 2025 Number 40 - 7 October 2025](#), p2

The IAAF had hoped the introduction of this device would, once and for all, remove any doubts about the legitimacy of a race walker's technique. They had hoped that it would be introduced for the 2001 Edmonton World Championships. An IAAF spokesperson, Giorgio Reineri, was quoted as saying "...the so-called intelligent shoe would help end the number of races in which a number of walkers have been disqualified shortly before the finish line. Judging will be objective, not subjective..."

The IAAF were buoyed by the possible introduction of the "Intelligent Shoe" with media releases such as 'Electronic race-walking shoe to be introduced', 'A Smart Shoe for Race Walkers', 'The race walking revolution' and 'Korzeniowski to be measured for new shoes.'

However, there was considerable opposition to the introduction of the device. The Chair of the IAAF Walking Committee, Bob Bowman, opposed the introduction of the device on the grounds that there would be many risks such as false signals, possible shock and vibration, environmental factors such as moisture, uneven road surfaces, possible media interference and security related issues. All seemingly reasonable. His views were supported by others. Peter Marlow, then a member of the IAAF Walking Committee who said, "As a member of the working committee I can assure you the "Magic Shoe" will not work". Athletes also opposed the introduction of such a device. Jane Saville, an Australian race walker at the time also opposed the introduction of the "Intelligent Shoe".

Dr Furlong, due to the failure of the IAAF to fund his initiative and the tentative support of the IAAF Walking Committee, discontinued his work. And now, an attempt to reinvent the wheel has emerged.

In relation to Bob's article, a similar piece by Tim Erickson gives further background to the work of Dennis Furlong, from the time he revealed his prototype and its abandonment to news of the RWECS testing in Madrid. Available for reading at <https://www.vrwc.org.au/vrwcWArules2.shtml>.

SOUTH AUSTRALIA ASA Interclub results, 7 February – Mile End stadium

The temperature at Mile end was 32C at race time on Saturday, so **Kim Mottrom** was pleased with a number of the younger walkers' efforts.

Open 3000m

Kim Mottrom	13:07.97	Jessica Clelland	18:50.74
Liam Freundt	13:46.75	Orlando Grantham	19:40.54
Cooper Rech	14:23.92	Peter Crump	20:59.55
Liliana Templer	17:23.94	Alex McEwan	22:55.13
Jack White	17:30.22		



INTERNATIONAL NEWS

MARCIADALMONDO & O MARCHADOR ROUNDUP

- 06/02/2026 - *Permanent Closure of the Marcia dal Mondo Website – Thank You for Your Support*

Dear Friends,

With mixed feelings, we are writing to inform you that, after more than 15 years of activity, the **Marcia dal Mondo** website will be permanently closing at the beginning of March. This was not a decision taken lightly, but after careful consideration and evaluation, we decided that after a thorough review of our services, we realized that the Marcia dal Mondo website was no longer offering the same level of service as it had been initially.

Many of the news and results of the most important competitions were anticipated via social media, which we had to rely on; video clips and photos were collected from social media, while all the activity related to "Techniques, Rules, and Conferences"—frankly, we must say—didn't generate much readership, with a page-view rate of less than 5%. As for the "History" and "Athletes" chapters, Sandro, Maurizio, Giorgio Damilano and myself are working on a project that is nearing completion and that we think will be of interest. Please allow us to keep it private for a while longer.

We would like to take this opportunity to express our deepest thanks for the trust and support you have placed in us over the years. It has been a privilege to inform you of everything we could about our beloved world of walking; the pleasure of creating and maintaining a relationship with each of you, no matter

where you are on the planet, has been the driving force, and for this we say "thank you from the bottom of our hearts." Even though Marcia dal Mondo is closing, anyone who wishes can continue to receive occasional news through the Facebook group "Marcia dal Mondo Friends around the World."

With respect,
Nicola Maggio & Sandro Damilano

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, February 10, 2026 - **Paula Torres, Jordy Jiménez (Half Marathon), Nathaly León and Jinson Calderón (Marathon) are crowned Ecuadorian champions – Machala 2026** <https://omarchador.blogspot.com/2026/02/paula-torres-jordy-jimenez-meia.html>
- Monday, February 9, 2026 - **Helena Rodrigues and Afonso Lindeza win national under-18 titles in short track cycling – Braga 2026** <https://omarchador.blogspot.com/2026/02/helena-rodrigues-e-afonso-lindeza.html>
- Sunday, February 8, 2026 - **Albert Galín, a leading figure in Spanish race walking.** <https://omarchador.blogspot.com/2026/02/albert-galin-uma-referencia-da-marcha.html>
- Saturday, February 7, 2026 - **School race walking events in Guadix shine with María Pérez.** <https://omarchador.blogspot.com/2026/02/jornadas-escolares-de-marcha-atletica.html>
- Friday, February 6, 2026 – **Ukraine: Lyudmila Olyanovska and Mykola Rushchak win on Kyiv short track (2026)** <https://omarchador.blogspot.com/2026/02/lyudmila-olyanovska-e-mykola-rushchak.html>
- Thursday, February 5, 2026 - **Madrid Race Walking Championship – Móstoletos Trophy 2026 (results)** <https://omarchador.blogspot.com/2026/02/campeonato-de-madrid-de-marcha-trofeu.html>
- Wednesday, February 4, 2026 - **IV Castelo de Paiva a Marchar / Aveiro District Championship 2026 (results)** <https://omarchador.blogspot.com/2026/02/iv-castelo-de-paiva-marchar-campeonato.html>
- Tuesday, February 3, 2026 - **Micha Coffey and Christie victorious at the 118th Millrose Games, New York, USA** <https://omarchador.blogspot.com/2026/02/micha-coffey-e-christie-vitoriosos-nos.html>
- Monday, February 2, 2026 - **Maher Ben Hlima and Katarzyna Zdzienko crowned Polish indoor champions – Rzeszów 2026** <https://omarchador.blogspot.com/2026/02/maher-ben-hlima-e-katarzyna-zdzienko.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.)

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

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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