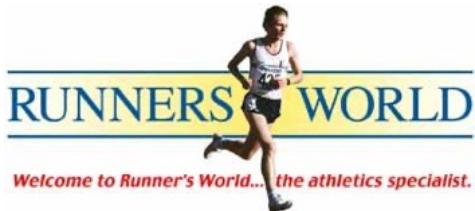




# HEEL & TOE Online

*The official organ of the Victorian Race Walking Club, Inc.*  
Editor: Stu Cooper [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

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13 January 2026



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)  
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## \*H&T Notice Board – Page 7

- VRWC Summer fixture – final
- \*\* VACANCY – Club Treasurer

Happy new year and welcome back, everyone! I hope you were all able to enjoy the festive season. With that behind us, we can look forward to an eventful and exciting year of racewalking action, spearheaded by the World Teams Walking championships in Brasilia (BRA) in April, and the Commonwealth Games in Glasgow (SCO). The World U20 T&F championships will be held in Eugene, Oregon (USA) in August, while the World Masters titles take place in Daegu (KOR). Add to this the various World Athletics Walking Tour calendar events (Gold, Silver and Bronze) and we can look forward to top racing with Australians again present amid high-calibre fields.

Domestically, racing at top level gets underway early with the Supernova/AA 10,000m and 5000m U20 championships taking place at the AIS in Canberra on Sunday week, 25 January. The national track walk titles over 5000 and 10,000m have been brought forward from their usual April inclusion on the T&F championships program owing to a scheduling clash with the World Team Walk championships in Brasilia. It's an unfortunate happenstance as it means that, once again, attendees at the national athletics championships will miss out on seeing the country's elite walkers locked in battle. The more the public gets to see of the cream of racewalking at the top of their game, the more likely it is to be taken up by interested newcomers.

The various state and national championships at Open, Masters, junior and Little Athletics levels all happen over the next few months, and many athletes are hard at work in preparation for them. The winter road season's target races include the King's Birthday Canberra carnival in June, the Junior road championships in Ballarat and each state's club and association championships – and that's not counting the points competitions. So, wishing you all a successful year of walking!

\*\*\*\*\*



## CLUB NEWS and RESULTS

### \*Next weekend ...

VRWC Club competition for 2026 kicks off this coming Sunday with our final summer fixture, at Middle Park. Many of you will have competed in the AVSL round the day before at Meadowglen – a venue with a reputation for greeting visitors with blistering hot gales – our races will give you the opportunity for a cooler stroll on the road.

### \*Sunday 18 January - Middle Park

8:30am	20km, 15km	Open M & W
9:00am	10km	Open M & W
9:15am	5km, 3km	Open M & W
9:45am	2km, 1km	Open M & W

*To pre-enter, go to*

<https://www.revolutionise.com.au/vrwc/events/323261>

*Entries close Friday 16 January, at 6.00pm*

**NOTE:** We will accept entries on the day. However, as Mark and Karyn are away and I don't have a card reader, I ask you please to bring \$12 in cash (correct money, please) as race fee.



## Wedding Bells for Jemima

After a year of frustrated racing goals due to hamstring surgery, **Jemima Montag** had good reason to smile when she and her fiancé, Daniel Friedman, tied the matrimonial knot on December 14. As can be seen here, she expressed that reason radiantly. Daniel, for his part, looks as if he has no intention of letting a good thing slip from his grasp.

A Chanukah wedding – held during the Jewish festival of light – should have been cause for a particularly joyful celebration. Tragically, it wasn't long before the merriment was blighted by news of the Bondi Beach atrocity, the horrors of which became more apparent as the evening wore on.

Jemima's outlook, however, was as it always is: that of a leader – this time, for her community. As she posted on Instagram:

"On the very day of the devastation at Bondi Beach, we stood under the Chuppah and chose light. Judaism teaches us that even a single flame can endure. May our marriage carry this light forward."

Following a reoccurrence of her hamstring injury, Jemima's racing year is looking as uncertain as 2025 was. But Jemima is a big-picture lady. A new husband and the second-last year of her post-graduate medical degree will keep her focused on life's other avenues while (hopefully) allowing her the necessary time to heal that pesky leg once and for all, enabling her to return for the World championships and 2028 Olympics.

Congratulations, Jemima and Daniel, from everyone at the VRWC. May you have a long, joyous and deeply satisfying life together.

- On the subject of celebrations, last Saturday I was fortunate enough to join with several other past and present Club members – including Tim Erickson, Clarrie and Ian Jack, Bob Gardiner, Michael Bodey and Bill Dyer – at **Terry O'Neill's** 70<sup>th</sup> birthday party at his home in Tooradin. Unfortunately, the day got off to a deflating start for Terry and Karyn, who had to relocate the party from its original venue that very morning after all grid power went off in the town. But Centurions are problem-solvers who can act fast, and after an hour of emergency food and beer shopping and hitting the phones, all invited guests were reached and assembled at the new house for a most enjoyable afternoon. Happy birthday, Terry! See you and Karyn at Middle Park soon.

\*\*\*\*\*

## VICTORIA – METRO & REGIONAL



### AVSL – News, results

AVSL resumes with Round 7 this Saturday, with 2000m and 5000m races at the famously windy Meadowglen Stadium – just what you need to blow out those holiday cobwebs before getting down to 'real' racing at Middle Park the following morning!

#### \*AVSL Round 7 – Saturday 17 January

*All races open to Male and Female competitors*

<b>Metro</b> – Meadowglen, Epping	1.00pm	2000m walk (all ages) 5000m walk (U18 & older)
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<b>Ballarat region</b> – Llanberis Stadium	<i>No walks</i>
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<b>Bendigo region</b> – Lar Birpa Athletics Complex (formerly Latrobe Uni Athletics Complex)	1:45pm	1500m walk (all ages) 3000m walk (U18 and older)
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**NOTE:** All of the above start times are subject to late change. Plan accordingly.

### ENTRIES

**Metro** – enter via AV Members Portal at  
<https://www.revolutionise.com.au/athleticsvic/events/>

**Bendigo** – enter via <https://eventplus.net/ey26>  
Entries close at 12.00 noon on Wednesday 14 January



## AV Championships

The entry portal is now open for the **AV Junior Track & Field Championships**. Entries close at 12 noon on **Monday, 3 February**.

Entries have closed for the **AV Country T&F Championships**, to be held in Albury (NSW) on 24-26 January.

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## AROUND THE COUNTRY

### QUEENSLAND QA Glynis Nunn Shield results, 10 January – QSAC, Brisbane

**Robyn Wales** reports that it was a very hot and humid day ... par for the course up there, eh?

<b>5000m walk</b>		<b>U14 Women</b>	
1 Olivia Boulton	GCA	26:36.31	1 Izzy Blackburn
<b>3000m walk</b>		<b>U18 Men</b>	
<b>Open Women</b>		15:22.69	1 Noah Cooke
1 Elsa Chan	Athletics Nth	15:34.85	2 Koby Irvine
2 Phoebe Chadwick	QRWC		QRWC
			Bundaberg
			13:16.60
			13:46.08
<b>U20 Women</b>		<b>U16 Men</b>	
1 Milly Sharpe	Gladstone	14:48.47	1 Lachlan Moore
			2 Leo Ramsay
			Ignition
			QRWC
			15:06.86
			18:27.53
<b>U16 Women</b>		<b>U14 Men</b>	
1 Isabella Welch	Starfish Tri	16:14.16	1 Hayden Robertson
			QRWC
			16:21.07
			GCV
			16:21.76

### TASMANIA Albert Johnson Memorial Mile, December 20 - Domain AC, Hobart

**David Moore** is first cab off the rank with results for 2026.

Long striding **Oliver Morgan** gave a polished performance to achieve line honours in the 2025 Albert Johnson Memorial Mile. **Adele Woodward** also had a notable outing winning the sealed handicap section of the race entitling her name to be placed on the list of handicap winners on the Albert Johnson Memorial Trophy.

1. Oliver Morgan	SB	7:24.41
2. Adele Woodward	OVA	10:01.10
3. Charlotte Dix	ESAC	10:38.27
4. Nichols Howe	Kingston LA	11:14.56
5. Elizabeth Leitch	TMA	11:21.84
6. Sam Leitch	TMA	11:49.83
7. Elsie Woodward	OVA	12:34.88
Dot Sussmilch-Leitch	ESAC	DQ



*Oliver Morgan on his way to a win in the Albert Johnson Mile. (Photo: Holly Smee)*

**\*Tas Masters T&F, December 17, 2025, Domain AC, Hobart**

A bit of early Christmas cheer for **Wayne Fletcher** at mid-week Masters with Wayne doing his fastest 3000mW since March 2024!

**Result 3000m Walk**

1. Wayne Fletcher	M78	25:45
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**TASMANIA** Athletics South Interclub, January 10 – Domain AC, Hobart

Small numbers for the first Walk at Interclub for 2026 in warm, blustery conditions.

**Result 3000m Walk**

1. Adele Woodward	OVA	20:04.89
2. Elizabeth Leitch	TMA	21:27.08
3. Sam Leitch	TMA	23:07.56

**\*Tas Masters T&F, January 7, 2026, Domain AC, Hobart**

**Result 3000m Walk**

1. Wayne Fletcher	M78	25:54
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**WESTERN AUSTRALIA** Athletics West interclub results, 9 January – WAAS, Perth

Thanks to **Terry Jones** for these results from Friday night AW interclub. Terry reports that the weather was kind with little wind and temperature in the low to mid 20s.

**3000m Race Walk Women**

1 Kaytee BOGAERS	15:57.74
2 Tory D'ALESSIO	16:18.40
3 Trinity DOULIS	16:19.20
4 Hannah CLAUSNITZER	17:27.64
5 Chelsey IRELAND	17:40.05
6 Addison ROOTS	18:21.95
7 Darcy Jean BRAMWELL-KEYS	18:31.30
8 Sierra THOMPSON	21:08.22

**3000m Race Walk Men**

1 Bradley MANN	13:57.52
2 Keenan MUNRO	14:42.52
3 Dylan SARDELICH	16:23.82
4 Lachlan NICHOLS	17:34.57
5 Tayte MOORE	19:41.04

\*\*\*\*\*



**INTERNATIONAL NEWS**

**Perez and Dunfee confirmed winners of World Athletics Race Walking Tour**

*(reprinted from [World Athletics news – 19 December](#))*

World champions **Maria Perez** of Spain and **Evan Dunfee** of Canada have been confirmed as the overall winners in the **2025 World Athletics Race Walking Tour** following the conclusion of the Tour in Dublin on Sunday.

The scoring system combines each athlete's three best world ranking performances from the series. The man and woman with the highest score each win US\$25,000.



(Photo: World Athletics)

Perez retained her 20km and 35km titles at the World Athletics Championships Tokyo 25, clocking 1:25:54 and 2:39:01. Her performance score from the longer discipline contributed to her season tally in the World Race Walking Tour. Prior to Tokyo, she had also won over 20km in La Coruna and over 35km at the European Race Walking Team Championships in Podebrady.

The Spaniard's undefeated season culminated with a winning score of 4136 in the World Race Walking Tour – the highest any athlete has ever achieved in the standings in its current format. The athletes who claimed silver medals behind Perez in Tokyo – Mexico's **Alegna Gonzalez** and Italy's **Antonella Palmisano** – finished second and third respectively in the tour standings with just two points separating them. Gonzalez, the world 20km silver medallist, finished second to Perez in La Coruna then went on to win over 35km in Dublin in a North American record. World 35km silver medallist Palmisano, meanwhile, finished second to Perez in Podebrady.

Dunfee's road racing campaign got off to a flying start as he clocked a North American record of 1:17:39 over 20km in Adelaide in February. One month later, he broke the 35km race walk world record with his 2:21:40 in Dudince.

The Canadian ended his 2025 campaign by clinching gold in the longer discipline at the World Championships in Tokyo in 2:28:22, bringing his tour tally to 4077 – the highest score ever achieved in the men's standings in its current format.

World 20km champion **Caio Bonfim**, who also claimed 35km silver behind Dunfee in Tokyo, finished second in the tour standings. Earlier in the year the Brazilian had won in Kobe, where he clocked a national record of 1:17:37. World 20km bronze medallist **Paul McGrath** of Spain, winner at the European Race Walking Team Championships, was third in the tour.

The **2026 World Race Walking Tour** – which has events in Europe, Asia, North and South America and Oceania – kicks off on 11 January with the USA Marathon Race Walking Championships. The first Gold level meeting of the season will be held on 1-2 March in Taicang.

#### 2025 World Race Walking Tour final standings

##### **Women**

- 1 Maria Perez (ESP) 4136
- 2 Alegna Gonzalez (MEX) 3960
- 3 Antonella Palmisano (ITA) 3958
- 4 Paula Milena Torres (ECU) 3925
- 5 Kimberly Garcia Leon (PER) 3862
- 6 Peng Li (CHN) 3825
- 7 Katarzyna Zdzieblo (POL) 3775
- 8 Nanako Fujii (JPN) 3770

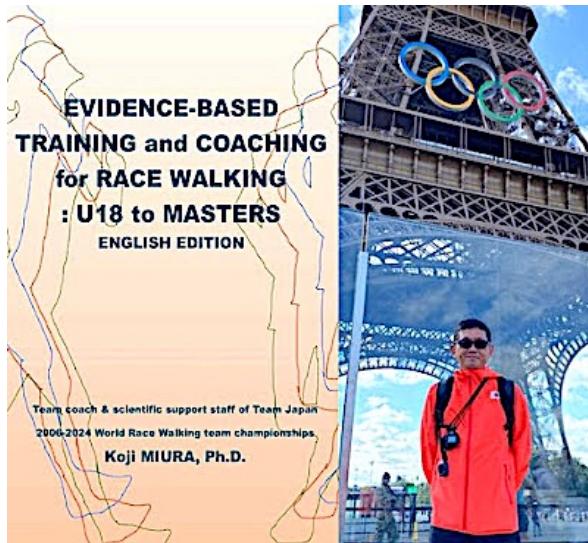
##### **Men**

- 1 Evan Dunfee (CAN) 4077
- 2 Caio Bonfim (BRA) 4044
- 3 Paul McGrath (ESP) 3940
- 4 Toshikazu Yamanishi (JPN) 3932
- 5 Qian Haifeng (CHN) 3927
- 6 Massimo Stano (ITA) 3884
- 7 Christopher Linke (GER) 3853
- 8 Hayato Katsuki (JPN) 3850



## Koja Miura and race walking training from Under-18s to Masters

(Reviewed by O Marchador blog – 11 January)



**Koji Hoga Miura**, a renowned Japanese biomechanist and member of the technical department of the Japanese national race walking team, recently announced the publication of a 281-page book on the subject, based on scientific evidence and titled *"Training and Preparation for Race Walking Based on Scientific Knowledge – From Under-18s to Masters"*.

Ultimately, this study reflects the history and training methods of race walking in Japan over the past 40 years – a process that began in 1980 – and the learning of Japanese athletes and coaches from methods implemented by countries with successful histories on the world stage, such as Mexico, China, Spain, Italy, and Australia.

Japan, particularly in the last decade, has developed race walking very positively, achieving remarkably good results in World Championships, winning at least a dozen medals, and in the last two Olympic Games: Hirooki Arai's 3rd place in the 50km race walk in 2016, and Koki Ikeda's silver medal and Toshikazu Yamanishi's bronze medal in the 20km race walk in 2021.

Koji Miura holds a PhD in Sports Science (Physics/Biomechanics) from Tsukuba University (Japan). He is part of the structure of the Japan Athletics Federation (JAAF) and is the author and co-author of several scientific studies analyzing the biomechanical factors of race walking, conducting a three-dimensional analysis of data collected from race walking competitions. His work is used to improve and study the technique of the discipline, supporting coaches in optimizing athletes' performance while adhering to applicable technical rules.

In a demonstration of how fundamental the practical aspect of judging race walking events is, in 2019, at the invitation of the JAAF (Japan Athletics Federation), international race walking judges were invited to participate in the Championships in Kobe, Japan, as well as to act as speakers. Among them was a Portuguese specialist judge, in a seminar for about fifty Japanese judges, based solely on audiovisual resources presented by Koji Miura, himself a former international judge. The international judges primarily intervened in the analysis of the practical cases presented, some extracted from images of the event itself, participating in working groups with their Japanese colleagues and contributing to the exchange of technical skills.

The book is available to Australian readers in both Kindle and paperback editions, and can be ordered at  
[https://www.amazon.com/dp/B0GFXPF985/ref=tmm\\_kin\\_swatch\\_0](https://www.amazon.com/dp/B0GFXPF985/ref=tmm_kin_swatch_0)

### 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.

- Saturday, January 10, 2026 - **From Porto de Mós to Brasília, what are the federal criteria?**  
<https://omarchador.blogspot.com/2026/01/de-porto-de-mos-brasilia-que-criterios.html>

- Friday, January 9, 2026 - **EMA 2025: Rosetta La Delfa (W45) and João Vieira (M45), the best in (European Masters) race walking.** <https://omarchador.blogspot.com/2026/01/ema-2025-rosetta-la-delfa-w45-e-joao.html>
- Wednesday, January 7, 2026 - **The main international events in 2026** <https://omarchador.blogspot.com/2026/01/os-principais-eventos-internacionais-em.html>
- Tuesday, January 6, 2026 - **Remembering Aigars Fadejevs** <https://omarchador.blogspot.com/2026/01/lembando-aigars-fadejevs.html> A brief tribute to the great Latvian, a year after his death.
- Monday, January 5, 2026 - **Key international events: WMA and EMA in 2026** <https://omarchador.blogspot.com/2026/01/principais-eventos-internacionais-wma-e.html> World Masters and Euro Masters calendar for 2026.
- Sunday, January 4, 2026 - **Haruki Manju and Sumika Tani stand out at the Tokyo New Year Festival (2026)** <https://omarchador.blogspot.com/2026/01/haruki-manju-e-sumika-tani-destacam-se.html>
- Saturday, January 3, 2026 - **Italian walkers carrying the Olympic torch for Milan-Cortina 2026** <https://omarchador.blogspot.com/2026/01/marchadores-italianos-portadores-da.html>
- Friday, January 2, 2026 - **Alegna González on her birthday!** <https://omarchador.blogspot.com/2026/01/alegna-gonzalez-em-dia-de-aniversario.html>
- Wednesday, December 31, 2025 - **The classification for the 2018 European Championships in Berlin for the women's 20km race walk has been revised.** <https://omarchador.blogspot.com/2025/12/reformulada-classificacao-dos-europeus.html>  
It's taken a while, but the results table has been updated with new silver and bronze medallists after 2<sup>nd</sup> placegetter Anežka Drahotová was given a 4-year ban for doping.
- Tuesday, December 30, 2025 - **The Ibero-American Athletics Association has defined the calendar for 2026 and 2027 and organized an international seminar.** <https://omarchador.blogspot.com/2025/12/associacao-ibero-americana-de-atletismo.html>
- Monday, December 29, 2025 - **Records for the 5,000m race walk were broken at the national championships and youth challenge in Hong Kong.** <https://omarchador.blogspot.com/2025/12/recordes-de-5000-m-marcha-batidos-no.html>
- Sunday, December 28, 2025 - **The Brazilian Race Walking Cup will be a test event for the 2026 World Team Championships.** <https://omarchador.blogspot.com/2025/12/copa-brasil-de-marcha-sera-teste-para-o.html>
- Saturday, December 27, 2025 - **Álvaro López and Lidia Sánchez-Puebla victorious in the 2025 Cerro de Buenavista Trophy** <https://omarchador.blogspot.com/2025/12/alvaro-lopez-e-lidia-sanchez-puebla.html>
- Friday, December 26, 2025 - **French under-18 record in the 5,000 m short track march for Gabin Vanhille (Liévin 2025)** <https://omarchador.blogspot.com/2025/12/recorde-sub-18-de-franca-nos-5000-m.html>
- Wednesday, December 24, 2025 - **Daniel Monfort sets a new under-20 Spanish record in the 3000m race walk in Castellón.** <https://omarchador.blogspot.com/2025/12/daniel-monfort-com-recorde-sub-20-de.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.*

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## \*\* 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](mailto:treasurer@vrwc.org.au)) ASAP.

## **FIXTURE 2025-2026 SUMMER SEASON - *final***

*All the races below are Come and Try races, if you have an interest in racewalking, come and try.*

**Sun 18<sup>th</sup> January 2026, VRWC Road Races      Middle Park**

8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am	5km, 3km	Open
9.50am	2km, 1km	Open

**Sunday- Monday, 25<sup>th</sup>- 26<sup>th</sup> January 2026, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT**

**Sunday 15<sup>th</sup> March 2026, Australian Athletics Half Marathon Race Walking Championships  
War Memorial Drive, Adelaide, South Australia**

### **VRWC Race Entries**

- Walkers are asked to enter online, entries close 6.00pm Friday.
- Entries may be taken on the day
- To enter online, go to the club webpage: [www.vrwc.org.au](http://www.vrwc.org.au)
- Then click on the left side tab: [VRWC Membership and Race Entry](#)
- A new page will open.
- From the menu at the top of the page, click on **Events**
- On the new page, select **'ALL'** then **'Search'**. All the races that are available can be viewed.
- Register for the event you wish to race in.
- If there are problems then email the club secretary or text the race registrar 0428 331 550
- Entries for **AA, AV and Little Athletics Victoria Championships** **MUST** be completed online, through the organisations website.

**Check in before races**

- Check in at least 20 minutes before their race.
- In-person check-in closes 30 minutes before their race.

**RACE ENTRY FEE: \$12.00**

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**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 17 Jan 2026	AVSL Rd7 – Meadowglen, Epping (2000m, 5000m)
Sat 31 Jan 2026	AVSL Rd8 – Mount Evelyn (1500m, 3000m)

Sun 8 Feb 2026 **AVSL – RESERVE ROUND**  
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**

Sun 18 Jan 2026 **VRWC Road races** – Middle Park  
Sat-Mon 24/26 Jan 2026 **AV Country T&F c'ships** – Albury NSW  
Sun-Mon 25-26 Jan 2026 **AA 10,000m Walk c'ship/Supernova** – AIS track, Bruce ACT  
Fri-Sun 13/15 Feb 2026 **AV Junior T&F c'ships** – Lakeside Stadium  
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

### **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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