



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 7

- ** VACANCY – Club Treasurer

WALKER OF THE WEEK



(Photos: Australian Athletics, Ginninderra Athletics FB)

Last weekend's Supernova/Australian Open & U20 track walk championships at the AIS Canberra provided a triple treat of WOTW winners for this issue. **Elizabeth Mcmillen (NSW)**, **Isaac Beacroft (NSW)** and **Owen Toyne (ACT)** all produced stunning performances to claim national titles and most likely put themselves on plane flights to the Commonwealth Games and/or the World U20 T&F championships.

Lizzy and **Isaac** reprised their title wins in the ANSW track 10,000m walks in December, Lizzy relieving Jemima Montag of her Australian championship record with her winning time of **42:50.13** and Isaac, 18yo, showing a clean pair of heels to four current Olympians (Tingay, Cowley, Swan and Dunfee) in clocking **38:54.11**, his second sub-39:00 result in five weeks.

For **Owen**, who took time out in 2024 to evaluate and reset his goals and focus on training, this strategy looks to have borne fruit. His sub-20:00 win in the national U20 5000m championship must have been a sweet result, and vindication for his perseverance and self-belief.

Congratulations to Lizzy, Isaac and Owen. May you enjoy the best of fortune in what will be a year full of opportunity to shine on the world stage.

*Honourable mentions:

- Six walkers – **Zoe Woods (NSW)**, **John Ronan (WA)**, **Matilda Webb (NSW)**, **Riley Coughlan (VIC)**, **Sophie Polkinghorne (NSW)** and **Sam Lindsay (TAS)** – who joined Owen in consideration for World U20 championship selection after beating the required qualifying times (Sam for the 2nd time) at the weekend.
- **Matilda Read (VIC)**, **Angus Shuttleworth (VIC)** and **Matilda Webb (NSW)** – all set 5000m PBs by over a minute in Canberra.

VICTORIA - METRO & REGIONAL



AVSL – News, results

*AVSL Round 8 – Saturday 31 January

Metro – Mt Evelyn	1.00pm	1500m, 3000m walk (all ages)
Ballarat region	5.05pm	1500m, 3000m walk (all ages)
Bendigo region (Twilight)	6:15pm	1500m, 3000m walk (all ages)

ENTRIES

Enter via Members Portal at <https://athsvic.org.au/events/avsl-round-08/>
Entries close 11.59 on Wednesday 28 January 27, 2026



AV Championships



AV Country Track & Field C'ships, 24-26 January – Albury

Female 50+ 3000m Walk

.. Kim Peak (Inv.) Doncaster 23:59.20

Female U16 3000m Walk

1 Bethany Franzke Albury 17:19.82

Female 60+ 1500m Walk

1 Annette Curtis South Bendigo 15:17.34

Female U14 1500m Walk

1 Alaska Bremner Aths SouthWest 8:27.11
2 Annika Downey Eureka 9:38.00
3 Zoe Bowkett Geelong Guild 10:02.66
4 Morgan Knowles Wellington 11:27.17
.. Ella Harris (Inv.) Aths Essendon 9:13.99

Male Open 5000m Walk

1 Christopher Pollard Eaglehawk 39:51.94
.. Lachlan Carr Bendigo DQ

Male 60+ 1500m Walk

1 Christopher Pollard Eaglehawk 12:07.80

Male U14 1500m Walk

1 Charlie Wright Eureka 8:48.83
2 Lance Marwood Eaglehawk 9:57.25

***AV Junior Track & Field Championships

The Entry portal is now open. Note that entries close at 12 noon on **Monday, 3 February**.



AROUND THE COUNTRY

A.C.T. Supernova 10,000m, inc. Australian 10,000m & U20 5,000m c'ships – AIS, Canberra

New world U20 record holder **Isaac Beacroft** underscored his current blistering form with an emphatic win in **38:54.11** in this year's Supernova 10,000m, earning himself his first senior national championship. Now qualified for both the Commonwealth Games 10,000m and the World U20 5000m track championship in Eugene, Oregon, the 18yo Sydneysider has become a beacon

of speed walking for all ages across the English-speaking world. **Declan Tingay** and **Tim Fraser** took the placings with the first 5 finishers all bettering 40:00.

It was an even more convincing result for **Elizabeth McMillen** who left **Bec Henderson** and **Olivia Sandery** with no answers in the Women's race. Lizzy's **42:50.13** took 12 secs from Jemima Montag's championship record and saw her join Isaac as a double champion with titles in both NSW state and Australian 10,000m track walks.



Isaac shadows Declan Tingay; Olivia hard at work; Tim finishes his.



Women's podium: Bec, Lizzy and Olivia. (Photos: Australian Athletics)

Men 10,000m Open c'ship

1 Isaac Beacroft	NSW	38:54.11
2 Declan Tingay	VIC	39:13.93
3 Timothy Fraser	ACT	39:28.76
4 Will Thompson	VIC	39:42.06
5 Rhydian Cowley	VIC	39:46.16
6 Kyle Swan	VIC	40:16.61
7 Marcus Wakim	VIC	40:55.48*
8 Evan Dunfee	CAN	41:12.68
9 Mitchell Baker	ACT	41:40.65
10 Jonah Cropp	NZL	43:14.69*
11 Jack McGinniskin	NSW	44:05.58
12 Cooper Rech	SA	51:29.48
13 Alejandro Stephens	VIC	52:28.13
14 Tristan Camilleri	SA	53:10.13
15 Brendan Pospischil	NSW	54:01.29
... Alex Bradley	QLD	DNF

Women 10,000m Open c'ship

1 Elizabeth McMillen	NSW	42:50.13 CR
2 Rebecca Henderson	VIC	43:26.86
3 Olivia Sandery	SA	44:46.41 (Pen1min)
4 Chelsea Roberts	NSW	46:44.01*
5 Alexandra Griffin	WA	48:19.86
6 Samantha Findlay	SA	48:46.24
7 Kate Siviour	VIC	50:50.21
8 Maddison Nash	VIC	52:07.88
9 Hana Jugovic	ACT	53:43.31
10 Phoebe Chadwick	QLD	56:24.70 (PZ60)
... Nellie Langford	SA	DQ

*PBs – Chelsea 0:32; Jonah 0:29; Marcus 0:08

** Australian U20 5000m Walk championships

Seven World qualifiers was an outstanding result in the national U20n 5000m, with eight PB performances showing that the progress being made in our younger ranks augers well for Australia's walking future. **Owen Toyne** headed the WU20 aspirants

with an inaugural championship record time of **19:59.42¹** with **John Ronan** a mere 5 secs behind. **Riley Coughlan** produced when it mattered, ripping a 23 sec PB to put himself in the World championship mix.

It was a NSW quadrella in the Women's U20 race, with the first three now under selectors' scrutiny for Eugene. **Zoe Woods**, the winner, has prior international experience and has shown she can handle pressure. **Matilda Webb** and **Sophie Polkinghorne** posted big PBs to make the big 'q' and did so emphatically. **Sienna Pitcher** wasn't far away and will get another chance at the NSW championships.

Men 5000m U20 c'ship

1 Owen Toyne	ACT	19:59.42 CR WQ
2 John Ronan	WA	20:04.21 WQ
3 Riley Coughlan	VIC	20:30.75* WQ
4 Samuel Lindsay	TAS	20:42.25 WQ
5 Sebastian Richards	SA	21:17.91
6 Joel Byatt	NSW	21:48.10*
7 Noah Cooke	QLD	22:08.85
8 Angus Shuttleworth	VIC	22:12.89*
9 Bailey Housden	QLD	22:21.00
10 Myles Ashby	NSW	23:07.29
11 Dylan Allabush	NSW	24:15.25
12 Cooper Rech	SA	25:05.57
13 Koby Irvine	QLD	25:20.05
14 Alexander Sinnett	NSW	26:19.89
15 Christopher Nilon	NSW	27:04.00
16 Alexander Braendle	NSW	27:24.54
... Max Davidson	VIC	DNF

Women 5000m U20 c'ship

1 Zoe Woods	NSW	23:25.46 WQ
2 Matilda Webb	NSW	23:34.34* WQ
3 Sophie Polkinghorne	NSW	23:34.62* WQ
4 Sienna Pitcher	NSW	24:16.72
5 Angelina Legrand	SA	24:59.57
6 Milly Sharpe	QLD	25:25.99
7 Matilda Read	VIC	25:30.18*
8 Olivia Boulton	QLD	25:30.69*
9 Grace Beck	NSW	26:29.12
10 Eliza Kelly	QLD	26:59.67*
11 Jillian Ryan	ACT	27:15.73
12 Lilah Norden (Kembla Joggers)		27:42.81
13 Lexie Beacroft	NSW	28:12.78
14 Jessica Loring	NSW	28:28.79
15 Kaytee Bogaers	WA	28:56.43
16 Laura Corvalan S'mayor	NSW	31:07.09

*PBs – Matilda R 1:12; Angus 1:10; Matilda W 1:01; Sophie 0:29; Joel 0:25; Riley 0:23; Eliza 0:20; Olivia 0:15

(NOTE: The PB information posted here is based on data tabled on the *Racewalk Australia* website, which combines 10,000m and 10km best performances. Thus it may be at variance with times quoted as PBs on the *Roster Athletics* results. Please contact me if you believe the data shown here is inaccurate.)

QUEENSLAND QMA Masters results, 24 January – QSAC, Brisbane

M29&U 800m RW

1 Grayson Leggat	M10	Unat.	4:36.47
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M50 800m RW

1 David Rapaport	M50	QMA	4:31.02
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M55 800m RW

1 Simon Cartwright	M56	QMA	5:33.63
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M70 800m RW

1 Peter Bennett	M70	QMA	4:39.94
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M50 1600m RW Mile

1 David Rapaport	M50	QMA	9:48.24
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M55 1600m RW Mile

1 Simon Cartwright	M56	QMA	12:04.43
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M70 1600m RW Mile

1 Peter Bennett	M70	QMA	9:38.97
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M85 1600m RW Mile

1 Patrick Sela	M86	QMA	13:51.24
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W35 800m RW

1 Roslyn Kirwin	W37	QMA	4:26.87
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W40 800m RW

1 Emma Stott	W44	QMA	5:20.27
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W80 800m RW

1 Noela McKinven	W83	QMA	7:18.65
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W30 1600m RW Mile

1 Roisin O'Dwyer-Mazur	W34	QMA	9:55.51
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W35 1600m RW Mile

1 Roslyn Kirwin	W37	QMA	10:05.18
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W80 1600m RW Mile

1 Noela McKinven	W83	QMA	14:18.58
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¹ Until this year the Australian U20 track championship was held over 10,000m. However, since the World U20 distance is now 5000m, the national title distance has been changed accordingly.

WESTERN AUSTRALIA Aths West Interclub, 24 January – WAAS, Perth

The weather was kind on Friday night in Perth, with light winds and temperatures in the low 20s. Thanks to **Terry Jones** for the results.

5000m Race walk Women

1 Katica Borsic	30:30.55
2 Chelsey Ireland	31:53.74

5000m Race walk Men

1 Ali Znad	26:55.08
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INTERNATIONAL NEWS

FRANCE: National Indoor meeting, 24 January - Vittel

Emmanuel Tardi reports on indoor action outside Paris:

I was one of the judges of the national meeting in Vittel, 300km east of Paris, last Saturday afternoon. Six races were scheduled between 3.15 and 6.30pm.

In the women's elite race, a group of five (**Stey**, **Moutard**, **Merbitz**, **Rottier** and **Gateau-Fernez**) led over the first kilometre. Then Stey and Moutard sped up. Stey won easily.

In the men's elite race, **Lebreton** led for the first kilometre (reached in 4:00). Then he was caught by **Quinion**, **Dreville** and **Madeline-Degy**. They walked together until 3km. Then Quinion produced kilometres of 3:48 and 3:50, and he won easily.

Women 3000m - Série 1

1	STEY Pauline	SEF/01	Ana	12'32"87
2	MOUTARD Camille	SEF/01	Dijon Uc	12'52"78
3	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	12'59"82
4	GATEAU-FERNEZ Daphne	CAF/09	Entente Poitiers Athle 86	13'10"90
5	MERBITZ Marine	ESF/06	Fc Sochaux Montbeliard	13'15"16
6	DUCLOS Adele	SEF/00	Ca Montreuil 93	13'19"62
7	HANNOT Juliette	ESF/06	As Tourlaville	13'23"74
8	MOLIST Lucille	SEF/01	Cs Bourgoin-Jallieu	13'34"79
9	BRENEY Eleonore	CAF/09	Fc Sochaux Montbeliard	13'55"09
10	MILLE Angele	SEF/01	Grac Renwez	13'56"24
-	VIDALINC Celia	SEF/96	As Montferrand	DQ

3000m - Série 2

1	MACABEY Zoe	JUF/08	Asptt Dijon Athletisme	14'31"33
2	MANIKION Prisca (MRI)	MAF/85	Cs Bourgoin-Jallieu	14'43"19
3	GALLI Livia	JUF/08	Asvel Villeurbanne	14'56"72
4	CLAYRAC Cloe	CAF/10	Ac Pontarlier	15'41"63
5	BESSE Celine	MAF/80	Ea Macon	15'43"66
6	THIEBAUT Laure	SEF/98	Es Thaon	16'14"02
7	OULD BOUALI Juliette	JUF/07	Efcvo	16'18"66
8	GIFFARD Violaine	CAF/09	Efcvo	16'36"67
-	MACABEY Ines	CAF/10	Asptt Dijon Athletisme	DQ

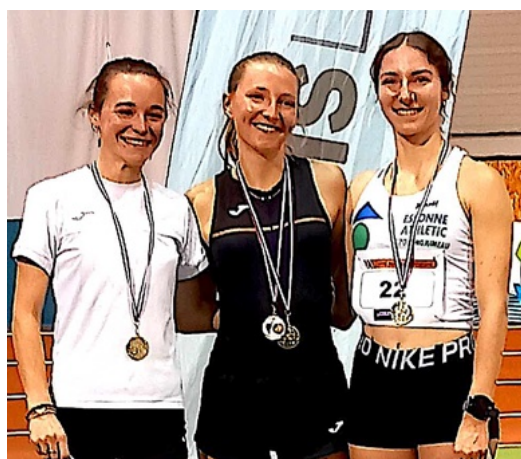
3000m - Série 3

1	DURY Jade	JUF/07	Ua Charolais Brionnais	16'06"10
2	CHEVAUX Anais	ESF/04	Autun Running	16'18"33
3	BOBAN Valerie	MAF/68	Avec	16'41"96
4	DUBUC Lucile	JUF/08	As Tournus	16'56"71
5	MONMESSIN Marie-Astrid	MAF/56	Es Thaon	17'42"22
6	COTRUPPI Maelys	CAF/09	Ac Amneville	18'09"65
7	SAGER Sophie	MAF/74	Cocaa	18'33"71
8	HAUTECOUVERTURE Maelys	JUF/08	Nancy Am	19'19"80
9	ANXIONNAT Claudine	MAF/51	Avec	20'31"24
10	SIEGENFUHR Yvette	MAF/54	Es Thaon	20'33"89

Men 5000m - Série 1

1	QUINION Aurelien	SEM/93	Efcvo	19'28"24
2	LEBRETON Kilian	SEM/00	Hba	19'54"42

3	DREVILLE Lucas	SEM/02	Vga Compiègne	19'57"49
4	MADELINE-DEGY Martin	SEM/01	Blagnac Sc	19'59"83
5	CHENUET Quentin	ESM/05	Athle 91	20'37"19
6	GAUDRE Martin	ESM/04	Efs Reims	21'15"04
7	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	21'15"48
8	BOURNIER Justin	SEM/99	Asm Isle Sur Le Doubs	22'05"09
9	PASCALE Julien	SEM/95	Cs Bourgoin-Jallieu	22'08"41
-	GOGNIES Ryan	SEM/00	Ca Montreuil 93	AB
5000m - Série 2				
1	HERGEL Hugo	ESM/06	Fc Sochaux Montbéliard	24'03"93
2	GUITTARD Valentin	CAM/09	Ea Macon	24'26"62
3	VEJUX Maxime	CAM/09	Fc Sochaux Montbéliard	25'32"83
4	KLEIN Achille	CAM/10	Athle 21	25'34"15
5	TOUSSAINT Alberic	MAM/85	Avec	25'37"94
6	LOMBARD Lucas	CAM/09	Asptt Dijon	25'42"64
7	FERNANDEZ Joaquim	MAM/80	Ea Le Creusot	25'46"34
8	DURAND-PICHARD David	MAM/72	Nancy Am	25'49"72
9	PEJOT-GUILLARME Timeo	CAM/10	Cs Bourgoin-Jallieu	26'49"56
10	MILLE Olivier	MAM/72	Grac Renwez	26'56"40
11	PARIS BORDENEUVE Antonin	CAM/10	Ea Macon	27'05"34
12	HUSY Anatole	CAM/10	Fc Sochaux Montbéliard	27'22"92
5000m - Série 3				
1	MALLINJOURD Remi	JUM/08	Asm Isle Sur Le Doubs	26'13"67
2	STOLL Matthias	JUM/08	Ill Bruche A Lingolsheim	26'14"19
3	ROBIN-BROSSE Patrick	MAM/69	Cs Bourgoin-Jallieu	27'49"00
4	FLORENTIN Thierry	MAM/65	Avec	27'55"06
5	MURATORE Jeremy	MAM/77	Us Toul Athletisme	29'08"27
6	DURUPT Antonin	ESM/06	Avec	29'08"28
7	SIEGENFUHR Daniel	MAM/50	Es Thaon	32'46"96
8	REMY Adrien	CAM/10	Avec	33'53"21



Gagneuses: Moutard, Stey, Rottier



Gagneurs: Lebreton, Quinion, Dreville



Nowhere to hide from this lot!

(Photos: Emmanuel Tardi)

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.

- Tuesday, January 27, 2026 - **Caio Bonfim, Gabriela Muniz, Max Batista and Elianay Pereira triumph in the Half Marathon and Marathon of the Brazilian Race Walking Cup, in Brasília (2026)**
<https://omarchador.blogspot.com/2026/01/caio-bonfim-gabriela-muniz-max-batista.html>
- Monday, January 26, 2026 - **João Vieira and Joana Pontes win the National Marathon Race Walking Championships – Porto de Mós 2026** <https://omarchador.blogspot.com/2026/01/joao-vieira-e-joana-pontes-vencem.html>
- Thursday, January 22, 2026 - **El Vendrell promotes reflection on the path from training to high performance in race walking.** <https://omarchador.blogspot.com/2026/01/el-vendrell-promove-reflexao-sobre-o.html>
- Thursday, January 22, 2026 - **Alicia Ruano addressed the issue at the El Vendrell Race Walking Seminar.**
<https://omarchador.blogspot.com/2026/01/alicia-ruano-abordou-o-ajuizamento-no.html>
- Wednesday, January 21, 2026 - **Raivo Saulgriezis and Modra Liepiņa win in the Latvian indoor track championships – Valmiera 2026** <https://omarchador.blogspot.com/2026/01/raivo-saulgriezis-e-modra-liepina.html>
- Tuesday, January 20, 2026 - **Sofia Santacreu and Alvaro Lopez, winners in El Vendrell**
<https://omarchador.blogspot.com/2026/01/sofia-santacreu-y-alvaro-lopez.html>
- Monday, January 19, 2026 - **Portuguese and National Championships by Age Groups of ANDDI (*Association of Sport for Intellectual Development) in Short Track Cycling – Braga 2026 (results)**
<https://omarchador.blogspot.com/2026/01/campeonatos-de-portugal-e-nacionais-por.html>
- Sunday, January 18, 2026 - **Lithuanian Under-20 Indoor Track and Field Championships – Vilnius 2026 (results)**
<https://omarchador.blogspot.com/2026/01/campeonatos-sub-20-da-lituania-em-pista.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 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

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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