HEEL & TOE ONLINE

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WALKER OF THE WEEK

Hey, it's the final edition of my short interlude as Heel & Toe editor. Stu Cooper returns to the desk next week.

This week's Walker of the Week should comes as no surprise – it goes to Victorian Walker **Rebecca Henderson** who just set a new **Marathon Walk World Record** at the 63rd All Japan Race Walking Championships in Takahata. Her time of **3:14:52** bettered Sofia Fiorini's mark of 3:15:11, set when she won last year's European Championships.

Check out the World Athletics report at https://worldathletics.org/news/report/all-japan-race-walking-takahata-henderson-kawano-world-marathon-race-walk-record. And there's a great video of Bec finishing in the rain at link https://www.nine.com.au/sport/athletics/news-rebecca-henderson-women-s-marathon-race-walk-world-record-australia-time-results-video-20261025-p618fo.html.





Bec has been in just about every Australian team since 2018 when she raced in the Junior 10km Walk at the Race Walking World Cup. Her resume includes 2 Olympic Games (2020 and 2024), 2 Commonwealth Games (2022 and 2026), 3 World Championships (2022, 2023 and 2025) and 3 Race Walking World Cups (2018, 2024 and 2026).

This year has been her best far, with highlights including 5th in the Half Marathon Walk at the Race Walking World Cup, 3rd in the Commonwealth Games and a gold medal performance to win the 2026 Australian Half Marathon Walk Championship. And that all comes on top of the demands of a Medical Degree. There seems no stopping her!

AVSL SHIELD ROUND 2, SATURDAY 24 OCTOBER

The 2026/2027 Athletics Victoria Shield competition continued last Saturday 24th October, with 5 venues in operation: Frankston, Newport, Ballarat, Bendigo and Geelong. Three of the venues featured racewalks, with a total of 36 walkers in action. Conditions were perfect for those who toed the line – overcast and still.

AVSL Round 2, Ballam Park Athletics Track, Frankston
Walk numbers were down in Frankston as quite a few walkers perhaps decided against the long drive.

2000m Walk

1.	Natalie Laurie	ANW	FOP	10:42.7
2.	Grace Louey	KNA	FOP	11:03.8
3.	Emily Smith	MUU	FOP	11:26.8
4.	Sandra Geisler	RWD	F45	11:33.0
5.	Carolyn Rosenbrock	YRA	F60	12:00.8
6.	Jack Greyling	CCA	M14	12:09.1
7.	Caitlyn Shipham	KNA	F16	12:09.7
8.	Andrew Cochrane	OSC	M70	12:12.3
9.	Laura McLennan	DAC	F50	12:36.6
10.	Dee Holohan	MEN	F60	12:40.8
11.	Donna-Marie Elms	PTN	F65	13:06.8
12.	Bernie Keirl	DIV	M60	13:11.1
13.	Clyde Riddoch	WAM	M70	14:34.8
14.	Gwen Steed	GHY	F70	15:01.8
15.	Geoff Barrow	MEN	M70	16:09.8

AVSL Round 2, Ballarat Regional Athletics Centre, Wendouree
Another great walks turnout in Ballarat. I did notice the number of young EKA walkers – the club is obviously doing a good job in that regard. Youngsters **Alaska Bremner** (7:26.8) and **Annika Downey** (8:08.5) showed good speed.

1500m Walk

1.	Alaska Bremner	ASW	F14	07:26.8
2.	Annika Downey	EKA	F14	08:08.5
3.	Sarah Brennan	BYC	F50	08:10.4
4.	Andrew Duncan	WAM	M55	08:27.5
5.	Harper O'Toole	EKA	F14	08:35.6
6.	Darryl Brown	BYC	M60	08:44.9
7.	Abby Fowler	WTN	F14	09:37.5
8.	Stephen McLennan	WEN	M60	09:37.8
9.	Harper De Sachau	EKA	F14	09:44.0
10.	Kevin Ruddick	BHA	M70	10:31.5
11.	Lyndal Fletcher	BHA	F45	10:36.2
12.	Willow Mallard	EKA	F14	10:51.9
13.	Max Fletcher	BHA	M14	10:56.8
14.	Roslyn Ireland	BWK	F40	12:33.1
15.	Olive Ireland	BWK	F65	13:01.5

AVSL Round 2, Lar Birpa Athletics Complex, Flora Hill (Bendigo)
And to Bendigo where **Tate McQueen** led the 1500m walkers home with 7:34.1.

1500m Walk

1.	Tate McQueen	EAG	M16	07:34.1
2.	Pippa Coleman	SBE	F14	08:48.7
3.	Tiffany Bussem Jorgensen	BGO	FOP	09:06.2
4.	Lachlan Carr	BGO	MOP	10:43.2
5.	Chris Pollard	EAG	M65	11:42.0

3000m Walk

1.	Annette Curtis	SBE	F70	25:06.5

ATHLETICS SOUTH INTERCLUB ROUND 2, DOMAIN ATHLETICS TRACK, HOBART, THURSDAY 22 OCTOBER

Thanks to Dave Moore for this report from Tasmania:

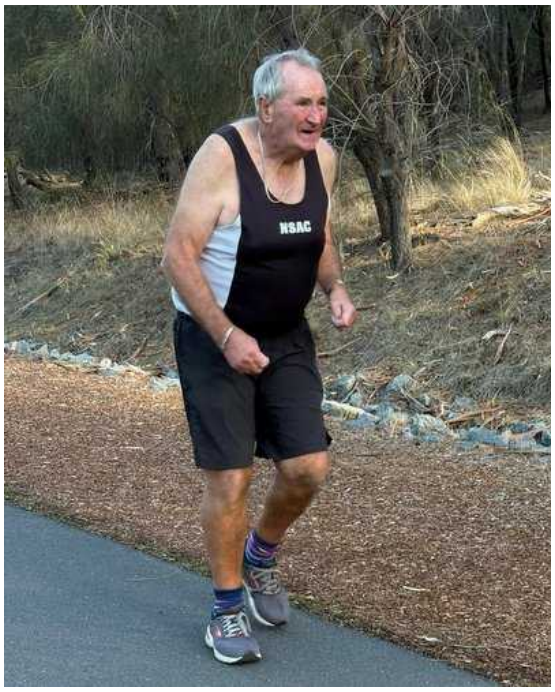
The first Walk event of Athletics South's T&F 26/27 Season was a Thursday Morning outing over 3000m on Hobart's Show Day public holiday in brilliant sunshine. Taking the field home was newly minted Sandy Bay Harrier Club T&F Captain **Oliver Morgan**, next over the line was **Charlotte Dix** putting in a solid effort before next week's All Schools Championships, followed home by **Sam Leitch, Elizabeth Leitch** and a determined performance from **Kate Dix** with a first ever 3000m on the track.

3000m Walk

1.	Oliver Morgan	07	Sandy Bay Ha	15:23.84
2.	Sam Leitch	81	Eastern Subu	21:05.02
1.	Charlotte Dix	13	Eastern Subu	19:40.96
2.	Elizabeth Leitch	55	Tasmanian Masters	22:23.86
3.	Kate Dix	81	Eastern Subu	23:07.41

Dave also drew our attention to the recent illness of **Wayne Flecher** and wishes him all the best with his recover. Well said, Dave.

Get Well Wayne,
At the first TMA Track & Field Meeting on October the 7th, ayne Fletcher really struggled to complete a 3000m his time blew out to 37:43 way slower than what he is usually capable of a few days later he ended up in Hospital for four days and is now recovering at home. We know Wayne would be getting restless, the garden needs tending to, the dog needs to be walked, and there are races to be won and lost. Recover well old friend and you'll be back doing those things in no time.



SA ALL SCHOOLS T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, ADELAIDE, 24-25 OCTOBER

Thanks to **Cooper Rech** for this report on the South Australian All Schools T&F Championship walks.

Across the two days of our All Schools Championships, our walkers fronted up to very different conditions. On Saturday, the seven 3000m walkers raced in beautiful 21C conditions, with **Zachery Freundt** and **Harper Winterford**

taking advantage to both record 21 second PBs and win their respective state titles. **Liliana Templer** walked solo to take line honours in 16:19.12.

However, after stormy conditions on Saturday afternoon, the three 5000m walkers were faced with cold, drizzling conditions. Despite this, **Jessica Clelland** walked well to record the most notable of the performances, recording a 0:43 PB. This race was also the last before retirement for **Zoë Eastwood-Bryson**, acting as chief judge for potentially the last time after more than 50 years in the sport.

U16 3000m Walk

1.	Orlando Grantham	SPSC	19:42.66	
2.	Riley Hill	TEMP	20:40.59	PB 0:07

U15 3000m Walk

1.	Zachery Freundt	RIV	18:55.89	PB 0:21
1.	Liliana Templer	PCS	16:19.12	

U14 3000m Walk

1.	Harper Winterford	MARR	18:15.51	PB 0:21
2.	Kate Hamlyn	GLEN	19:02.92	
3.	Amaya Cowling	NAT	20:34.55	

U18 Boys 5000m Walk

1.	Liam Freundt	RIV	23:47.68	

U17 Girls 5000m Walk

1.	Jessica Clelland	GLEE	30:17.98	PB 0:42
2.	Matilda Rech	SHC	32:14.40	



Coach Kim Mottrom with his walkers from the SA All Schools - Liam Freundt, Jess Clelland and Zach Freundt

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, CANBERRA

It is great to see ACTRWC back in action for the summer and racing on the track at Woden, in the south of Canberra.

ACTRWC Track Walks, Woden, 15th October

800m Race Walk

1.	Hana Jugovic	3:26
2.	Jess Robson	5:32

800m Fitness Walk

1.	Jim White	6:23
2.	Carolyn Campbell	6:58

2000m Race Walk

1.	Scott Hyland	9:03
2.	Jillian Ryan	10:31
3.	Emma Grocott	10:44
4.	Clare Rice	12:15
5.	Madison Hyland	12:35
6.	Jill Pearson	14:28

2000m Fitness Walk

1.	Doug Fitzgerald	16:45
2.	Bryan Thomas	16:49

ACTRWC Track Walks, Woden, 22nd October

3,000m Race Walk

1.	Madison Hyland	17:58
2.	Clare Rice	18:06
3.	Jill Pearson	21:45
4.	Michelle Bray	28:25

3,000m Fitness Walk

1.	Doug Fitzgerald	25:12
2.	Geoff Barker	29:22

5,000m Race Walk

1.	Jillian Ryan	26:44
2.	Emma Grocott	27:28

ATHLETICS WEST INTERCLUB, WAAS, PERTH, FRIDAY 23 OCTOBER

Thanks to **Terry Jones** for the latest results from Western Australia: *The weather was fine but cool with blustery winds, somewhat uncomfortable for those of us judging. BTW, I was also judging throws events, and the hammer was last event which was still going after 10pm when the sprinklers come on. So we had to abandon the event.*

Ah the joys of Friday night interclub!

5000m Women

1.	Chelsey IRELAND	29:53.60
2.	Fiona VAN HEERWAARDEN	30:59.29
3.	Sierra THOMPSON	33:21.96
4.	Lauren DAVIS	34:42.06

3000m Women

1.	Kaytee BOGAERS	15:39.03
2.	Tory D'ALESSIO	16:09.41
3.	Makenzie SILLITTO	16:44.36
4.	Addison ROOTS	16:48.03
5.	Trinity DOULIS	16:48.57
6.	Hannah CLAUSNITZER	16:56.71
7.	Karyn TOLARDO	18:26.36

3000m Men

1.	Keenan MUNRO	13:47.05
2.	Dylan SARDELICH	13:50.96

ALL JAPAN RACE WALKING CHAMPIONSHIPS, TAKAHATA, JAPAN, SUNDAY 25TH OCTOBER

A large group of our elite Australian walkers travelled to Japan last week to participate in the 63rd All Japan Race Walking Championships in Takahata. The 17 strong walks team had arrived on Thursday and was based in nearby Yonezawa, training together in the lead up to the race. Alas, 4 of the walkers (Will Thompson, Declan Tingay, Olivia Sandery and Jack McGinniskin) withdrew with injury before the event but the remaining 13 all competed and all finished the gruelling events which were held in continuous rain.



Some of the Austalian walkers in Japan- Carl Gibbons, Lizzy McMillen, Bec Henderson, Nellie Langford, Kate Siviour, Dylan Richardson and Tim Fraser

The 2 main events on offer were the Marathon and Half Marathon walks which become the World Athletics official race walk distances in January 2026, replacing the traditional 20km and 35km distances.

As is usual for Japanese races, the fields were large and the standard was amazing. Highlighting this fact, the meet saw two new World Records, both over the Marathon distance - Australia's **Bec Henderson** walked **3:14:52** and Japan's **Masatora Kawano** walked **2:55:14**.

Bec's time broke the women's world record of 3:15:11, set by Sofia Fiorini at the European Championships in Birmingham in August whereas Kawano set an inaugural Men's record (World Athletics had set a required standard of 2:56:30 and no one had achieved that time as yet this year).

Here's a quick summary of how all the Australian fared – nearly all did PBs and we had 2 wins overall - Bec Henderson in the Women's Marathon and Lizzy McMillen in the Women's Half Marathon. As mentioned above, it rained all morning on race day but conditions were good overall, 14 to 16°C with no wind, and times were fast.

Men's Half Marathon Race Walk

7.	Kyle SWAN	28 MAR 1999	AUS	1:25:16	PB 2:57
10.	Tim FRASER	22 FEB 2000	AUS	1:27:09	
25.	Marcus WAKIM	03 MAY 2006	AUS	1:33:34	PB 5:01

Men's Marathon Race Walk

7	Rhydian COWLEY	04 JAN 1991	AUS	3:03:49	PB 12:41, Aust Best
10.	Carl GIBBONS	19 JUL 1996	AUS	3:11:14	PB 6:16
11.	Dylan RICHARDSON	17 OCT 2000	AUS	3:18:54	PB 3:23

Women's Half Marathon Race Walk

1.	Elizabeth MCMILLEN	10 APR 2004	AUS	1:31:31	PB 6:58, Aust Best
5.	Chelsea ROBERTS	25 OCT 2006	AUS	1:41:26	PB 1:11
12.	Kate SIVIOUR	19 DEC 1998	AUS	1:44:52	PB 3:39
13.	Nellie LANGFORD	01 JUN 2005	AUS	1:45:11	PB 0:46

Women's Marathon Race Walk

1.	Rebecca HENDERSON	04 JUL 2001	AUS	3:14:52	World Record
6.	Hannah BOLTON	29 DEC 2003	AUS	3:47:59	PB 7:27
8.	Hannah MISON	14 NOV 2001	AUS	3:53:05	First one

Now let's drill down into all four races, one by one. The reports are lifted from Paul Warburton's superb World Athetics press release (https://worldathletics.org/news/report/all-japan-race-walking-takahata-henderson-kawano-world-marathon-race-walk-record), with additional commentary provided by Jared Tallent.

These results are taken from the WA website: https://worldathletics.org/competition/calendar-results/results/7244534

Men's Half Marathon Race Walk

A dozen athletes shot away at the start of the men's half marathon but by 10.0975km Tomohiro Noda led in 39:31, with Kento Yoshikawa, Yuta Koga and Taisei Yoshizako breathing down his neck. That breath became a whisper when Noda accelerated all the way to 15.0975km. He made that point in 58:31, a lead of 18 seconds over Yoshikawa who in turn had a 12-second gap to Yushi Nakajima. However, that turn of speed was to cost the leader dearly as Noda was dramatically herded into the penalty zone in sight of the finish line. It left the door open for Yoshizako to record the best win of his career, one that went hand in hand with a personal best of 1:22:04. He needed help to stand after crossing the finish line but recovered just in time to see Yoshikawa follow him home seconds later in 1:22:11.

Kyle Swan was 7th in a PB of 1:25:16. It was a strong return for Kyle, who hadn't raced since the World Race Walking Team Championships in Brazil. **Tim Fraser** was 10th in 1:27:09 and **Marcus Wakim** 25th in 1:33:34.

1.	Taisei YOSHIZAKO	15 JAN 2005	JPN	1:22:04	
2.	Kento YOSHIKAWA	09 AUG 2001	JPN	1:22:11	
3.	Yushi NAKAJIMA	29 JAN 2005	JPN	1:23:26	
4.	Riku KANEKO	15 MAR 2005	JPN	1:23:39	
5.	Haruki MANJU	10 APR 2001	JPN	1:23:55	
6.	Yutaro MURAYAMA	29 SEP 1998	JPN	1:23:59	
7.	**Kyle SWAN**	**28 MAR 1999**	**AUS**	**1:25:16**	**PB 2:57**
8.	Atsuki TSUCHIYA	06 AUG 2003	JPN	1:25:50	
9.	Ryo HAMANISHI	24 APR 2000	JPN	1:26:41	
10.	**Tim FRASER**	**22 FEB 2000**	**AUS**	**1:27:09**	
11.	Yusuke HARA	27 SEP 2005	JPN	1:27:44	
12.	Soha NAKAMURA	06 APR 2004	JPN	1:28:23	
13.	Shuga OIKAWA	13 JUN 2007	JPN	1:28:29	
14.	Soma OSAKI	03 AUG 2007	JPN	1:28:32	
15.	Ryuta TAINAKA	14 JAN 2007	JPN	1:29:10	
16.	Kotaro KITAGAWA	29 JUL 2006	JPN	1:29:29	
17.	Haruto TAKAHASHIw	04 JAN 2007	JPN	1:30:00	
18.	Kinnosuke FURUHASHI	22 OCT 2005	JPN	1:30:30	
19.	Souichiro NAKAJIMA	30 MAY 2006	JPN	1:31:21	
20.	Kentaro HACHIYA	11 SEP 2006	JPN	1:31:53	
21.	Taku TAKAHASHI	04 APR 2007	JPN	1:31:58	
22.	Naoto SUGIBAYASHI	09 SEP 2003	JPN	1:32:08	
23.	Kazuma SHIMIZU	06 JUL 2006	JPN	1:32:17	
24.	Taishi NAGAYAMA	26 APR 2005	JPN	1:33:28	
25.	**Marcus WAKIM**	**03 MAY 2006**	**AUS**	**1:33:34**	**PB 5:01**
26.	Jin FUKUI	03 AUG 2006	JPN	1:33:40	
27.	Seiya FUKUMA	16 JUL 2006	JPN	1:33:42	
28.	Jinta MORISAWA	20 JAN 2005	JPN	1:34:14	
29.	Taiki KOSHIKUNI	27 JAN 2005	JPN	1:34:18	
30.	Genki KIDA	23 AUG 2007	JPN	1:34:20	
31.	Aoba ITO	29 JUL 2007	JPN	1:34:23	

32.	Haruto NAKADA	10 DEC 2005	JPN	1:34:25
33.	Kotaro KAJI	13 APR 2001	JPN	1:34:28
34.	Yusei OKONOGI	10 OCT 2006	JPN	1:35:11
35.	Kaito AOKI	16 OCT 2005	JPN	1:37:44
36.	Tomoharu HIRAISO	29 MAR 2008	JPN	1:38:24
37.	Taiga SUZUKI	17 SEP 2007	JPN	1:38:29
38.	Tomoki SHOUMURA	10 FEB 2008	JPN	1:41:17
39.	Haruto YAIZAWA	03 MAY 2007	JPN	1:41:38
40.	Yuta MIYAMORI	24 FEB 2000	JPN	1:42:22
41.	Ryo MISAWA	26 NOV 1993	JPN	1:42:37
42.	Ryo MAEHARA	21 FEB 2006	JPN	1:43:52
43.	Kosei OKITA	30 JAN 2007	JPN	1:43:55
44.	Kota KAWASE	22 DEC 2006	JPN	1:44:08
45.	Kenta YAMAGUCHI	05 JUL 2007	JPN	1:45:14
46.	Hiroto TAKATA	30 NOV 2006	JPN	1:46:59
47.	Ryusei YAMADA	26 JUL 2007	JPN	1:47:32
48.	Shuma ARAKAWA	10 JUL 2007	JPN	1:48:04
49.	Taiju INOUE	06 JUN 2000	JPN	1:53:39
50.	Chun Hung TSE	23 DEC 1981	HKG	1:55:59
	Yuga MAEKAWA	09 DEC 2003	JPN	DNF
	Kohaku NAKADAI	31 JUL 2005	JPN	DNF
	Takeru ICHIKI	31 AUG 2007	JPN	DNF
	Kanta TOKUYAMA	18 AUG 2001	JPN	DQ
	Yuta KOGA	15 JUL 1999	JPN	DQ
	Tomohiro NODA	24 JAN 1996	JPN	DQ

Men's Marathon Race Walk

Former 35km world record-holder Masatora Kawano put the hammer down to move away from a group of five at 36km and become the inaugural men's world record-holder for the marathon distance. His time also beat Hayato Katsuki's 2:55:28 set on the same course in 2025. The only one able to give chase was Kazuya Iwai, and even then he was 15 metres back with the other four unable to respond. Iwai's brave effort was eventually rewarded with a fine 2:55:55 for second place, while Kazuki Takahashi was third – the same position he claimed at the Asian Games in March, only then it was in 3:02:45. This time he clocked 2:56:45. Katsuki finished fourth in 2:56:59 and Satoshi Maruo fifth in 2:57:07, all of them way under the standard required for World Athletics Championships Beijing 27 eligibility. This was the same venue where Kawano also set a world record of 2:21:47 over 35km two years ago.



Kawano wins in a new Marathon WalkWorld Record

Rhydian Cowley was 7th in 3:03:49, a PB by more than 12 minutes on the 3:16:30 he walked in June, and an Australian best performance. **Carl Gibbons** and **Dylan Richardson** walked together until halfway. Carl then pulled away to finish 10th in 3:11:14, a PB by over 6 minutes on his 3:17:31 from June, bringing his 5km splits down to 22:18 in the second

half. Both Rhydian and Carl will be hoping these times help secure their places for the World Championships in Beijing in 2027. Dylan was 11th in 3:18:54, a PB by more than 3 minutes.

1.	Masatora KAWANO	23 OCT 1998	JPN	2:55:14	**World Record**
2.	Kazuya IWAI	24 MAR 2002	JPN	2:55:55	
3.	Kazuki TAKAHASHI	17 JUN 1996	JPN	2:56:45	
4.	Hayato KATSUKI	28 NOV 1990	JPN	2:56:59	
5.	Satoshi MARUO	28 NOV 1991	JPN	2:57:07	
6.	Subaru ISHIDA	04 JUN 1999	JPN	3:02:43	
7.	**Rhydian COWLEY**	**04 JAN 1991**	**AUS**	**3:03:49**	**PB 12:41, Aust Best**
8.	Keisuke HARA	04 MAR 2002	JPN	3:04:13	
9.	Mingyu KIM	28 FEB 1999	KOR	3:09:17	
10.	**Carl GIBBONS**	**19 JUL 1996**	**AUS**	**3:11:14**	**PB 6:16**
11.	**Dylan RICHARDSON**	**17 OCT 2000**	**AUS**	**3:18:54**	**PB 3:23**
12.	Yuki ITO	12 APR 1992	JPN	3:18:54	
13.	Man Kit CHIN	20 JUL 1991	HKG	3:20:34	
14.	Mitowa MAKINO	15 JAN 2003	JPN	3:20:56	
15.	Ten MATSUI	15 AUG 2002	JPN	3:23:33	
16.	Kensho SASAKI	09 JUL 2006	JPN	3:26:21	
17.	Tomoya KANZAWA	30 JUN 1994	JPN	3:30:28	
18.	Tatsuya TANAKA	20 JUL 1990	JPN	3:33:48	
19.	Yoshiki YAMADA	17 MAR 2000	JPN	3:35:37	
20.	Chisato HASEGAWA	20 NOV 2002	JPN	3:44:07	
21.	Soichiro ISHIZUKA	13 FEB 2004	JPN	3:47:54	
22.	Keita TAKANO	27 OCT 2006	JPN	3:55:50	
	Ren SATO	11 JAN 2006	JPN	DNF	
	Shotaro SHIMOIKE	24 APR 2004	JPN	DNF	
	Koutaro WAKE	23 APR 2002	JPN	DNF	
	Yuichi YARITA	24 JUN 1994	JPN	DQ	
	Hiromasa MORI	17 SEP 1995	JPN	DQ	

Women's Half Marathon Race Walk

Lizzy McMillen won the women's half marathon in 1:31:31, an Australian best performance. She went through the first km with the leaders in 4:36, decided it was too slow and pushed on by herself. From there she walked a remarkably even race on her own, with consistent laps of around 4:20 and her fastest 5km saved for last. She walked the last 20km in 1:26:30 (just outside Jemima Montag's Australian best of 1:26:25) and finished almost four minutes clear of 2025 World Championships bronze medallist Nanako Fujii. It's the 5th fastest time in the world this year and the entry standard for next year's World Championships.



Lizzy McMillen storms to a win in the Women's Half Marathon Walk

Chelsea Roberts was 5th in a PB of 1:41:26, improving on the 1:42:37 she walked at the Australian Championships in March. **Kate Siviour** and **Nellie Langford** had a great battle, trading places throughout the race. Kate finished 12th in 1:44:52, taking 3:39 off her PB, and Nellie was right behind her in 13th in a PB of 1:45:11.

1.	**Elizabeth McMILLEN**	**10 APR 2004**	**AUS**	**1:31:31**	**PB 6:58, Aust Best**
2.	Nanako FUJII	07 MAY 1999	JPN	1:35:15	
3.	Ai OYAMA	28 OCT 2005	JPN	1:38:49	
4.	Harumi TABATA	10 JAN 2008	JPN	1:39:09	
5.	**Chelsea ROBERTS**	**25 OCT 2006**	**AUS**	**1:41:26**	**PB 1:11**
6.	Naru TAKAHASHI	03 SEP 2002	JPN	1:41:28	
7.	Mae MINAKUCHI	28 FEB 2007	JPN	1:41:33	
8.	Yui ABE	12 JUN 2006	JPN	1:41:53	
9.	Sumika TANI	19 JAN 2005	JPN	1:42:39	
10.	Natsuki ARAI	30 JUN 2007	JPN	1:42:41	
11.	Kotono NISHIYAMA	02 JUL 2006	JPN	1:44:51	
12.	**Kaitlyn SIVIOUR**	**19 DEC 1998**	**AUS**	**1:44:52**	**PB 3:39**
13.	**Nellie LANGFORD**	**01 JUN 2005**	**AUS**	**1:45:11**	**PB 0:46**
14.	Raku TAMURA	07 APR 2004	JPN	1:47:11	
15.	Maya KONNO	22 JAN 2007	JPN	1:47:36	
16.	Ayaka MIYAZAKI	21 JUN 2006	JPN	1:48:29	
17.	Shino MIYASHITA	28 OCT 2007	JPN	1:48:33	
18.	Saki INOUE	04 AUG 2007	JPN	1:48:50	
19.	Yurika OMURA	02 JUN 1996	JPN	1:49:48	
20.	Natsuko OKI	18 FEB 2004	JPN	1:49:49	
21.	Hinata KAMON	29 AUG 2005	JPN	1:51:25	
22.	Riko YOSHIZAKI	06 SEP 2006	JPN	1:52:04	
23.	Mio AOTA	16 JUN 2004	JPN	1:54:04	
24.	Airi ANDOU	30 SEP 2005	JPN	1:54:37	
25.	Miyabi KURIHARA	22 DEC 1998	JPN	1:55:50	
26.	Machi NAGAOKA	26 JUL 2006	JPN	1:55:59	
27.	Kano OKADA	26 JAN 2007	JPN	1:56:02	
28.	Yuri OTSUKA	06 JAN 2007	JPN	1:56:17	
29.	Maho OGAWA	17 JUL 2003	JPN	1:57:17	
30.	Aoi SHIBATA	27 MAY 2000	JPN	1:58:10	
31.	Moe NAKAGAWA	22 DEC 2004	JPN	1:58:25	
32.	Miku FUJISAWA	21 MAY 2006	JPN	1:59:26	
33.	Kana SAITO	28 JUN 2007	JPN	1:59:47	
34.	Nanami AOYAMA	24 OCT 2003	JPN	2:03:23	

Women's Marathon Race Walk

Bec Henderson walked her way into the history books in Japan by becoming the first Australian T&F athlete in a generation to set a senior world record in a championship event. You have to go right back to December 2006 when another Aussie race walker, Nathan Deakes, set the 50km world record on the roads of Geelong. She walked solo for most of the race, eventually winning the women's race by 14 minutes while overtaking many of the men in the mixed field. Her 20.195km split time of 1:33:39; saw her more than six minutes in front of Ayane Yanai. That gap had increased again to 8:04 by 25km and was a huge 14 minutes by the end. Even so, the 3:29:10 by Yanai in second place was still a Japanese record. Veteran Masumi Fuchise was third in 3:38:42.

Bec started conservatively and was 43 seconds outside record pace at 5km and still 14 seconds down at 20km. She then held 5km splits between 22:41 and 22:53, got onto record pace at 25km and was 38 seconds up by 35km. The last 7km were tough and she was slowing, but she hung on to take the record by 19 seconds. The win also moves her up to 2nd in the World Athletics Race Walking Tour standings. **Hannah Bolton** was 6th in 3:47:59, a PB by more than 7 minutes, and **Hannah Mison** was 8th in 3:53:05 in her first marathon.

1.	**Rebecca HENDERSON**	**04 JUL 2001**	**AUS**	**3:14:52**	**World Record**
2.	Ayane YANAI	24 DEC 2003	JPN	3:29:10	
3.	Masumi FUCHISE	02 SEP 1986	JPN	3:38:42	
4.	Mao TATSUMI	12 JAN 2000	JPN	3:43:23	
5.	Nami KUMAGAI	09 JUL 1996	JPN	3:46:57	
6.	**Hannah BOLTON**	**29 DEC 2003**	**AUS**	**3:47:59**	**PB 7:27**

7.	Miyu NAITO	24 DEC 2002	JPN	3:49:22	
8.	**Hannah MISON**	**14 NOV 2001**	**AUS**	**3:53:05**	**First one**
9.	Yuki YOSHIZUMI	07 JAN 1996	JPN	3:56:24	
10.	Yoshika YAMADA	26 APR 2004	JPN	3:57:45	



Bec Henderson storms to a new World Record in the Women's Marathon Walk

What a great initiative by Athletics Australia to send such a strong team to compete in Japan. AA walks coaches Brent Vallance and Jared Tallent are to be congratulated on taking the concept and making it a reality. They were ably supported by Frank Overton, Bass Wakim and Amelia Aslanides who also travelled with the team.

Jared talls me that the half marathons also featured pacing lights along the course, an interesting and innovative concept for a road race.

WHAT'S COMING UP

Next weekend sees Round 3 of the AVSL Summer Competition, with Ballarat, Geelong, Bendigo, Meadowglen and Frankston venues in action. Looking further ahead, our next VRWC races are on Sunday 15th November.

Sat Oct 31, 2026	AVSL Round 3	Metro and Country venues
Nov 15 (Sun), 2026	VRWC Summer Championships and AGM Includes VRWC Half Marathon Open Championships	Middle Park, VIC

AUSTRALIAN ATHLETICS QUALIFYING STANDARDS AND CHAMPIONSHIP DATES

Following on from the discussion of Australian Qualifying Standards and Championship dates in last week's newsletter, **Rupert van Dongen** has put together a few of his own thoughts on how it should all work. Thanks Rupert!

> After reading Tim's notes about qualification for the various Australian Championships races, I thought I would share the learnings I have gleaned over the last few years as a coach (running & walks) with many deep dives into the minutiae of the AA documentation.
>
> If you're looking to get to Nationals, firstly, the standard of the qualification competition needs to be considered. The meet needs to be either Australian Athletics Domestic Permit (AADP) or World Athletics Ranking Competition (WRC). The status of meets is displaed on the AA Calendar, or the AV Event pages.
>
> I tend to think of the events in brackets. Open long distance (HM & Mara); Open 10k; Junior 3/5km (& ALAC). There are some nuances to each but also some little known short cuts. Getting a qualifier on the board early gives assurance and allows athletes to go away and plan and prepare for events systematically. Looking for a Q late in

the day can be stressful and disrupt a methodical preparation. My feeling is that if you can get yourself on a start line, legitimately, then you're the master of your own destiny. Anything can happen and probably will. As they say in the classics, "you have to be in it to win it".

Obviously the HM & Mara can only be on the road and there are a limited number of suitable competitions across the year. That said, the qualification period for these events is longer. The qualification period for the 2027 Australian Championships started on 1/10/25. So any suitable performance after 1/10/26 should be a free pass into events in 2028. That includes the VRWC Championships in November and AV Marathon in December this year.

Qualification for the 10,000m at the Australian T & F Championships (TBC) also stretches back to 1/10/25. The standard can be reached in either a road or track event. This season the championship will revert to the regular championships in Sydney as there's no clash with an International event. For this distance, the Supernova races in Canberra also come into play. If you're in the ball park for Open Nationals as an Open, U23 or U20, it's worth putting your hand up for Supernova (via Capital Athletics) as it is quality competition with WA Ranking (& Walks Series) points on offer.

For Juniors, things are more open. For events of 5000m or shorter, there's 2 routes to qualification for the Australian Junior Track & Field Championships ("AJAC" – in Brisbane in 2027).

The most straight forward is to achieve the time standard at a suitable meet on the track (not road). The second is to finish top-3 in the Victorian Junior T&F Championships, or the Victorian All Schools Championships. Note that, if you qualify by place at the 2026 Vic All Schools, you need to race at AJAC in your 2027 age group, with their distance and competition. Also, any qualifying performance after 1/1/27 will get you into both AJAC 2027 and 2028 (subject to the standards not changing). Note that this year, athletes turning 12 in 2027 can compete in U14 events at AJAC.

Finally, there's Little Aths Nationals ("ALAC"), now paired with AJAC and again preceeding that meet in Brisbane in 2027. This one is open to athletes turning 11 or 12 in 2027. Selection is subjective as there's a team quota but in recent times, specialist walkers have been picked for the 1500m walks events. As selection is discretionary, performances at the LAVic State Championships carry a good deal of weight.

At AJAC in 2026, there were far more NSW & Queensland walkers than Victorians. That doesn't mean the northern states had better quality ;) It would be great to see our Victorian walks crew work together to maximise our numbers at Nationals. I know there are some who suffer imposter syndrome when they qualify for Nationals. The entry standards are there as the competition is by definition elite. If you have ticked the boxes, you are legit. Get out, have a go and you'll be a better athlete for the experience, positive or negative.

Rupert van Dongen
AA L3 Performance Coach (Distance Running & Racewalking)
WA CECS 3 High Performance Coach (Distance Running)

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 26 Oct - Rebecca Henderson and Masatora Kawano set world records in marathon walks in Takahata
https://omarchador.blogspot.com/2026/10/rebecca-henderson-e-masatora-kawano.html

Sun 25 Oct - Aurélien Quinion and Izabela Krzyzanowska stand out in the race walk marathon in Zittau
https://omarchador.blogspot.com/2026/10/aurelien-quinion-e-izabela-krzyzanowska.html

Sun 25 Oct - Perseus Karlström and Mary Luz Andia dominate the half-marathos in Zittau
https://omarchador.blogspot.com/2026/10/perseus-karlstrom-e-mary-luz-andia.html

Sat 24 Oct - The Court of Arbitration for Sport overturns Koki Ikeda's suspension.
https://omarchador.blogspot.com/2026/10/tribunal-arbitral-do-desporto-anula.html

Fri 23 Oct - Zittau (Germany) and Takahata (Japan) are the focus of attention in race walking this weekend
https://omarchador.blogspot.com/2026/10/zittau-alemanha-e-takahata-japao.html

Thu 22 Oct - Results of Italian U18 10km Road Race Walking Championships at Imola
https://omarchador.blogspot.com/2026/10/campeonatos-italianos-de-marcha.html

Wed 21 Oct - Maryan Zakalnytskyy wins Ivano-Frankivsk marathon walk
https://omarchador.blogspot.com/2026/10/maryan-zakalnytskyy-vence-maratona-de.html

Tue 20 Oct - Peruvian Ccanto and Colombian Segura win gold at the South American U23 Chams in Santa Fe
https://omarchador.blogspot.com/2026/10/peruano-ccanto-e-colombiana-segura.html

Marciadalmondo, the voice of Italian Racewalking, has four post this week

Sun 25 Oct - Grottammare (ITA): Serena Di Fabio and Nicolò Vidal are the Italian U20 Half Marathon Champions
https://marciadalmondo.com/results/2026/grottammare-ita-serena-di-fabio-and-nicolo-vidal-are-the-u20-champions-of-half-marathon-race-walk-in-the-senior-event-victory-of-emiliano-brigante/

Sun 25 Oct - New World Best performances in Marathon Race Walks n Takahata (JPN)
https://marciadalmondo.com/results/2026/takahata-jpn-the-63rd-edition-of-all-japan-race-walking-takahata-championships/

Sat 24 Oct - Zittau (GER) – Lusatian Race Walking 2026 (World Athletics Race Walking Tour Silver)
https://marciadalmondo.com/results/2026/zittau-ger-lusatian-race-walking-2026-world-athletics-race-walking-tour-silver/

Fri 23 Oct - The Court of Arbitration for Sport (CAS) upholds appeal by Koki Ikeda (JAP)
https://marciadalmondo.com/edit-news/2026/the-court-of-arbitration-for-sport-cas-upholds-appeal-by-koki-ikeda-jap/

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
Jan17 (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 13 (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 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 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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