HEEL & TOE Online

Vol. 2026
Issue No. 43
Tuesday
3 November 2026

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

VRWC preferred supplier of shoes, cloths and sporting accessories

Address: *598 High St, East Kew 3102 (Melways 45 G4)*
Telephone: *03 9817 3503*
Hours: Monday-Friday: *9.30am – 5.30pm*
Saturday: *9.00am – 3.00pm*
Website: http://www.runnersworld.com.au
Facebook: http://www.facebook.com/pages/Runners-World/235649459888840

Hello everyone … it's nice to be back home after five weeks of gadding about in France (Dordogne-Perigord region) and England (Lake District and Yorkshire.) My thanks to **Tim Erickson** for holding the H&T fort and spicing it with newsworthy items, including **Sue Cook's** belatedly recognised World record and, of course, **Bec Henderson's** brand-spanking new one!

The summer season has begun (though you may doubt it from the weather) and with it comes an exciting run of championships, including the VRWC summer titles on 15 November and the inaugural AV Marathon walk championship on 6 December. Both will be held at Middle Park. The various track walks from AVSL and interstate promise a harvest of speedy results which we look forward to publishing.

WALKER OF THE WEEK



Bob Gardiner (VIC, 90y) is clearly not done yet. His appetite for walking success goes on unabated, and this time it was the Australian and Victorian Masters M90 2000m records that fell to him. Bob's time of **15:00.1** at AVSL on Saturday eclipsed the previous M90 mark by some four minutes … amazing! It appears that whoever aspires to beat this, or any other of his records, will have his work cut out. Well done, Bob, and we wish you every success over the rest of the summer season.

Honourable mentions

- **Ela Uzun (VIC)** – won the AVSL 2000m by a full minute, setting new VRWC U16, U17, U18, U20, U23 and Open records with **8:24.0.**
- **Liam Freundt (SA)** – at ASA interclub became the latest young walker to join the sub-13:00 club for 3000m, clocking **12:59.88.**



****

CLUB NEWS and RESULTS



*BEC THE LATEST MEMBER OF A SELECT VICTORIAN BAND

Rebecca Henderson's world record in the Marathon walk in Japan last month saw her join a select band of four other Victorians who have set world walking records – three of whom were VRWC or VAWC members. In order of achievement:

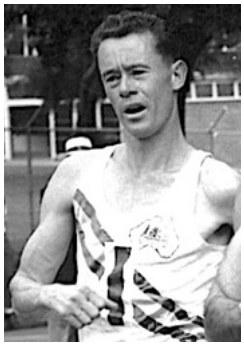
WILLIAM MURRAY*(3500m in 14:49.4 – 1912)*



Bill Murray, an accomplished runner (winner of the first marathon ever run on Melbourne), came to walking only as a favour to his club, Melbourne Harriers. He took to the new discipline as if born to it, smashing local records before setting his 3500m world record prior to competing at the Stockholm Olympics (where he was one of 3 walkers DQ'd.)

While the VAWC did not exist at the time of his world record, Bill's achievement was that of a Victorian, all the way.

Bill's story, available at https://www.vrwc.org.au/tim-archive/articles/wv-bill-murray.pdf , is a fascinating one.



EDWARD JAMES ALLSOPP *(2 Hours:16mi 403yd – 1956)*

Ted Allsopp's world 2-hour record, set at Olympic Park in 1956, was the crowning achievement in a top-level career that spanned 26 years (unprecedented and unsurpassed to this day) and saw him twice an Olympian.

The 2-hour race saw Don Keane set a hot early pace which obviously proved the perfect slingshot for Ted, who achieved his record (**26.118km** in metric measurement) with 10 and 20km splits of 44:24 and 1:33:30.

Read a detailed account of Ted's illustrious career at https://www.vrwc.org.au/tim-archive/articles/wv-ted-allsopp.pdf

SUE COOK *(10,000m in 47:13.0 – 1982; 46:42.6 - 1982; 45:47.9 – 1983; 5000m in 22:45.6 – 1982)*



Sue's arrival at the elite level of her sport was timely indeed, coinciding as it did with the commencement of major international competition for women in 1979. Thus stimulated, Sue didn't hold back. By the time she retired for good in 1992, she had amassed four world records plus another 30 world best performances (at the present count … more may still be uncovered.)

It was unfortunate for Sue that injury and Father Time prevented her from gaining an Olympic vest in 1992, but her record-breaking and competitive results have cemented her place in Australia's athletics pantheon.

Two excellent accounts of Sue Cook's career can be read at https://www.vrwc.org.au/tim-archive/articles/wv-sue-cook.pdf , and at https://www.vrwc.org.au/tim-archive/articles/Sue%20Cook%20and%20Kerry%20Saxby-Junna%20-%20world%20record%20holders.pdf (this last having recently appeared in H&T Online.)



NATHAN DEAKES (50 kilometres in 3:35:47.0 – 2006)

By the time he toed the start line in Geelong for his world record attempt at the 2006 Australian 50km championship, Nathan Deakes had a string of competitive and record-breaking walking credits to his name that was unapproached anywhere in the English-speaking world, or in most other countries.

Nor had this *palmarès* come on a sea of plain sailing, as the bane of all elite speed walkers – hamstring injury – had made its presence felt increasingly in the preceding seasons. However, through a sound management and recovery strategy, Nathan was in the best possible condition in Geelong. On a 2km course featuring 10 turns, at least four different surfaces and what amounted to two cargo ramps – all covered 25 times – Nathan shaved 16 seconds from Pole Robert Korzienowski's previous mark, clocking 3:35:47.0.

To post a time like that on such a course defies superlatives. Needless to say, the two walkers who have since beaten it did so on comparatively 'armchair ride' lap circuits, and of Nathan's countrymen only Jared Tallent has come close to it (slower by 1:06). Unless the direction of World Athletics' racewalking provision does a complete '180', Nathan Deakes is bound to wear the mantle of Australia's fastest – and the world's 3rd fastest – 50km walker in perpetuity.

Read Tim's comprehensive account of Nathan's career at https://www.vrwc.org.au/tim-archive/articles/wv-nathan-deakes.pdf

REBECCA HENDERSON (Marathon walk in 3:14:52.0 - 2026)



Who saw this coming? Admittedly, it would not have been inconceivable to most who are familiar with Bec's record as an endurance athlete. But Bec has usually had to lower her colours to her faster compatriots in Montag, Sandery and McMillen, and world records are for speedsters … aren't they?

Depends on what you mean by 'speedster'. This year, Bec has been honing an edge in her speed, welding it to the stamina she's always had and revealing it internationally in the World Walking Cup Half-marathon (5th) and at the Glasgow Commonwealth Games 10,000m (3rd). At the All Japan Walking championships Marathon in Takahata last week, Bec did something we've never seen her do before in an international race. She took charge early and dictated terms right to the finish. The ink on Italian Sofia Fiorini's world record of 3:15:11.0 – set at the European Championships in August – was hardly dry when she found herself relieved of it by the indomitable Victorian, whose resilience and impregnable focus are among her chief weapons.

With her eyes set upon the 2028 and 2032 Olympics – not to mention a medical career on the side – the world's top marathon walkers will be watching Bec Henderson with a new level of respect in the big races to come.

If you haven't already done so, see the World Athletics report on Bec's result at https://worldathletics.org/news/report/all-japan-race-walking-takahata-henderson-kawano-world-marathon-race-walk-record

Tim has had little time to update his website article on Bec following her stellar 2026, but he will certainly be doing so in the near future. In the meantime, read the current one at https://www.vrwc.org.au/tim-archive/articles/wv-rebecca-henderson.pdf for a summary of Bec's progression from Little Athletics to Olympic representation.

While having five world record holders in our state walking archives is a source of pride for us, we should also acknowledge the two other Australians – both from NSW – who have earned World record honours in our sport: the legendary **Kerry Saxby-Junna** (8 WR's, 31 World bests) and **Isaac Beacroft** (2 WRs at U20 level). Both join with the five Victorians in showcasing the part Australian walkers have played in advancing the sport worldwide.

- ***Harry Summers turns 90.*** I was informed by Mark Donahoo this week that Harry Summers OAM – former VRWC president and Life member – has joined his lifelong friend Bob Gardiner in the ranks of 90 year olds. In fact, Harry turned 90 in June, but Mark found out only after 'H' did a ring-around to let people know. He is still in good health and enjoying life at his retirement residence on Phillip Island. A belated happy birthday, Harry, from all at the VRWC!

VICTORIA - METRO & REGIONAL

VALE COLIN SILCOCK-DELANEY … 1932-2026

While officials were waiting for competition to commence at Aberfeldie last Saturday, the sad news came through of the passing of **Colin Silcock-Delaney**, one of the revered personages among the Victorian and Australian Masters athletics community, at age 94.

Colin was no stranger to walking races conducted by the VRWC, specifically Masters championships on the road and track. As with many who grew up in the early to middle decades of the 20th century, his was a life of childhood hardship and isolation, but also one of life lessons, skill acquisition and fulfillment through, among other things, sport.





Colin racing in VMA championships at Middle Park and Mentone … and celebrating another medal win.

Heather Carr wrote the following excellent tribute to Colin, which is published on the VRWC website having originally appeared in the Victorian Masters Association newsletter *'Footprints':*

Colin Silcock-Delaney is an interesting and remarkable man. Colin's life story demonstrates success in achieving a lifestyle many of us would envy despite insurmountable, overwhelming odds. Colin did not experience a traditional family life; a lifestyle that many of us believe is the cornerstone leading to a pathway that regularly results in accomplishments, achievements and rewards.

Colin was born at the Royal Womens Hospital in 1933, to a single mother. At this time, bearing an illegitimate child was a social taboo. During this era if his mother had tried to raise him, she would have been cast as a social pariah. So, Colin was placed in the St. Josephs Babies Home in Broadmeadows, founded and run by Mary McKillop who founded the 'Sisters of St Joseph of the Sacred Heart', a congregation of religious sisters which established a number of schools and welfare institutions throughout Australia with an emphasis on education. Mary McKillop is the only Australian thus far to be recognised by the Catholic Church as a Saint.

On becoming a toddler, Colin was sent to St.Anthony's Babies Home in Kew, and then at age seven his home became St. Joseph's Home in Surrey Hills. For his secondary schooling, in 1943, aged eleven he lived at St. Augustines Boys Home, an orphanage in Highton, Geelong, which housed over three hundred boys. In 1949 at sixteen, he was sent to work as an apprentice grocer in Morwell. Colin lasted at this occupation for six - seven months. Following this beginning of working life, Colin was sent to Warrnambool and worked in the Warrnambool Woollen Mills for twelve months. He lived with the family who cared for him previously over the school holidays. At seventeen - eighteen he became independent and lived in a Geelong boarding house. whilst working for a bakery as a bread carter driving a small van delivering bread.

From 1954 to 1956, Colin was recruited for National Service at Puckapunyal. The training was intense, and this ignited Colin's interest in running. In 1958, Colin became involved with the Geelong West Country Fire Authority [CFA], as a volunteer and he also became a runner with the hydrant and wheel, a CFA exercise. He contributed over 35 years' service to the CFA; other clubs he joined at this time were the Manifold Cricket Club, the Manifold Tennis Club, St. Joseph's Junior Football Under 18 Club, supporting his son's recreational football. Colin was also made a life member of St. Joseph's Football Club. It was at this time in his life he met Nellie Briely. with whom he fell in love, and they married in November 1958. They moved into a flat, and saved hard to buy a block of land. Colin built a home for his family and together Nellie and Colin welcomed Maria, who was born in December 1959. Maria was followed by Mark, 1961, Kelly 1963, Colleen 1964 and they adopted Paul in 1969.

For 10 years, Colin drove taxi's part time. Then he bought his own taxi, with Geelong Radio Cabs, his licence at that time cost him $20,000. Colin drove taxis for 50 years, meeting and interacting with all types and variety of people. A sad time in Colin's life was when he split with Nellie. Colin continues to have a very close relationship with his children, and he is still very devoted to Nellie.



Colin (443) in action at the World Masters championships in 2018 … at age 85.

World Athletic Championships that Colin has attended.

1979 Hanover
1981 Christchurch
1983 Puerto Rico
1987 Melbourne

1989 Eugene
1991 Turku
1993 Miyazaki
1995 Buffalo
1999 Gateshead
2001 Brisbane
2005 San Sebastian
2013 Porto Alegre (N.B. 'This will be my last International Masters Games' [Direct quote from Colin!]

Oceania Games

Fiji, Western Samoa, Norfolk island, Tahiti, Rarotonga, Hastings, N.Z., Townsville and Canberra.

Colin proudly announces that he has been to every Victorian and Australian Masters event since their inception. Colin also claims being a foundation member of Geelong Cross Country which began in 1971. Colin also competed in and won his first marathon in 1978 in the time of 2 hours 51 minutes; he ran three marathons over three years. Colin left Geelong Cross Country Club and started St Josephs Athletic Club, this club also making him a life member. To add to his accolades, Colin has also become a life member of St Josephs College.

Colin trained hundreds of boys over a period of thirty years, predominately during his lunchtimes, without receiving any payment. He also officiated at many athletic competitions and events, all without asking for a cent. This altruism is indeed a quality that 'endears' us to Colin. He asks for nothing, and has given so much to others in return. At the recent XX World Athletic Championships held in Porto Alegre, Colin won silver medals for Australia in both the 5km track walk, and in the 10km road walk.

Colin believes he has been very fortunate in that he remained relatively injury free during his sporting career. He does however have some health issues, but without fail, he continually overcomes these and we see him at many, many Masters events. As Colin states, these health issues may restrict him from travelling overseas in the future.

On a happy note, Colin, he found his parents in 1979 - he had been searching for over forty years. He found his mother, and learnt that his father [who had died sadly before Colin located him] had been a champion runner, footballer, cyclist. His father won many accolades whilst an athlete. Colin now resides along the Great Ocean Road at Port Campbell where he magnanimously invites anyone in the area to stay; he is a very welcoming, kind hearted, friendly individual who has made his mark on the world despite many injustices along the way. There will be eventually a special spot in heaven reserved for Colin.

Funeral of
Mr Colin Joseph Silcock-Delaney
Friday 13 November at 11.00am
at
Basilica of St Mary of the Angels, Geelong

AVSL – News, results

** Metro Zone: Round 3, Saturday 31 October – Moonee Valley Athletics Centre, Aberfeldie

Round 3 was facing possible cancellation owing to forecast thunderstorms, but thankfully a couple of early rain squalls were all that eventuated, and competition proceeded. **Ela Uzun** blitzed the 2000m walk, shaving a second from five of her VRWC records in the process. **Bob Gardiner** smashed the AMA M90 record by 4mins while **Georgia Walters** was the day's big improver with a 22 sec PB. It was heartening to see **Mark Donahoo** trying out his new 'bionic' half-knee and getting a thumbs-up from the judges.

Jade Chitty was unlucky on two counts – one, being the only starter in the 5000m and two, not having her time or points registered by AV. Hopefully this has since been rectified.

Pl	Name	*Club*	Age	Time	Points	
2000m						
1	Ela Uzun	*(ESS)*	F16	8:24.0h	511	VRWC U16-Open recs, PB 0:01
2	Mya McClure	*(WCA)*	F16	9:25.0h	448	
3	Jonathan C Ho	*(WES)*	MOP	9:45.0h	352	
4	Georgia Walters	*(DIV)*	F14	10:05.0h	426	PB 0:22

5	Havana Ali	*(ESS)*	F16	10:08.5h	404	
6	Aria Di Benedetto	*(WCA)*	F14	10:33.9h	398	
7	Addison Frenken	*(CCA)*	F16	10:37.5h	380	PB 0:02
8	Kevin Cassidy	*(MEN)*	M65	10:45.5h	459	
9	Frank Bertei	*(ANW)*	M60	11:11.0h	405	
10	Kobe Lewis	*(WTN)*	F14	11:25.6h	358	PB 0:02
11	Trenton Hawkins	*(PTN)*	M45	11:48.7h	292	
12	Laura McLennan	*(DAC)*	F50	12:17.8h	344	
13	Paul Kennedy	*(MUU)*	M65	13:03.9h	343	
14	Donna-Marie Elms	*(PTN)*	F65	13:08.6h	383	
15	Mark Donahoo	*(ESS)*	M65	13:11.5h	337	
16	Janice Hodgart	*(WES)*	F60	13:33.7h	339	
17	Stephen Murphy	*(RIC)*	M65	13:49.2h	307	
18	Sarah Papadopoulos	*(DIV)*	FOP	14:11.2h	208	
19	Clyde Riddoch	*(WAM)*	M70	14:33.0h	311	
20	Gwen Steed	*(GHY)*	F70	14:55.7h	346	
21	Robert Gardiner	*(COL)*	M70	15:00.1h	293	VMA & VRWC inaug. M90 recs.
22	Danny Hawksworth	*(ESS)*	M45	15:31.0h	165	
23	Brenda Cashin	*(WES)*	F60	17:46.3h	198	
24	Jenny-Rose Szuhai-Andrews	*(BWK)*	F60	17:50.3h	196	
5000m						
1	Jade Chitty	*(WES)*	FOP			

***** Bendigo Zone: Round 3, Saturday 31 October – Lar Birpa Athletics Track, Flora Hill***

South Bendigo's **Pippa Coleman** and Eaglehawk's **Tate McQueen** were the standard setters at Flora Hill, each clocking a strong time, while **Harper O'Toole** was only 3 secs adrift of her PB in another good showing.

1500m					
1	Pippa Coleman	*(SBE)*	F14	8:36.80	356
2	Lachlan Carr	*(BGO)*	MOP	9:29.49	200
3	Chris Pollard	*(EAG)*	M65	11:45.45	225
4	John Watson	*(BGO)*	M70	13:38.30	191
3000m					
1	Tate McQueen	*(EAG)*	M16	15:43.94	355
2	Harper O'toole	*(EKA)*	F14	18:43.42	308

***AVSL Round 4 – Saturday 7 November**

All races open to Male and Female competitors

Metro – Frankston (Ballam Park)	1.00pm 1.20pm	1500m walk (all ages) 3000m walk (U18 & older)
Ballarat region – Ballarat Regional Athletics track, Wendouree	3.10pm	2000m walk (all ages) 5000m walk (all ages)
Bendigo region – Lar Birpa Athletics Complex *(formerly Latrobe Uni Athletics Complex)*	1:45pm	1500m walk (all ages) 3000m walk (all ages)
Geelong region – Landy Field		*No walks*

NOTE: *All of the above start times are subject to late change. Plan accordingly.*

ENTRIES

Metro, Geelong & Ballarat – enter via AV Members Portal at https://members.athsvic.org.au/events/list?category_id%5B%5D=5628

Bendigo – enter via https://www.athleticsbendigo.org.au/events-calendar/

Entries close at 12.00 noon on Wednesday 4 November

****

AROUND THE COUNTRY

SOUTH AUSTRALIA ASA Premiership Meet #1, 31 October – Mile End stadium

C**ooper Rech** reports that mild, if slightly humid, weather provided ideal conditions for faster walking. While Liam Freundt was the only PB of the day, plenty of quick times were registered across the field.

3km Men

Liam Freundt	12:59.88	PB 0:03
Cooper Rech	13:36.09	
Peter Crump	19:02.08	
Zachery Freundt	20:02.70	
Alex McEwan	22:14.35	

3km Women

Liliana Templer	16:32.80
Jessica Clelland	17:52.39

TASMANIA Tasmanian All Schools T&F c'ships, 1 November – St Leonards

David Moore reports:

There were some very promising results for our young Race Walk cohort at the All-Schools T&F Championships in Launceston today.

In the U/14 girls there was none better than **Charlotte Dix** with her best effort on the track over the 3000m, Charlotte was followed home by a solid effort by **Kailyn Jones** while next home in a true feat of endurance was **Charlotte Turley** who not only an hour earlier had completed a 3000m run, rounding out the field was **Alexandra Summers** who had a tough day out but will have much better days ahead.

The U/14 boys, **Mason Yates** put in a fine walk to take the Gold, noticeable, from a Judging perspective Mason walked much better than his winter outings having a much more consistent leg action. Picking up silver was **Samuel Hucker**.

Adele Woodward was the solo winner in the U/16 Women's 3000 in a busy weekend with medals in the Shot and Discuss as well as 4th place in the Javelin.

Eva Parker showed class as the solo winner of the of the U/18 Women's 5000m with a performance on the edge of the upper range of her capabilities.

3000m U/14 Girls

1 Charlotte Dix	Collegiate	18:56:24 **PB**
2 Kailyn Jones	St Brendan Shaw Coll	21:27.06
3 Charlotte Turley	St Brendan Shaw Coll	21:47.76
4 Aleandra Summers	Prospect High	23:13.21

3000m U/14 Boys

1. Mason Yates	La Trobe High	20:47.30
2 Samuel Hucker	Huonville Primary	22:27.61

3000m U/16 Women

1 Adele Woodward	Mt Carmel Coll	21:27.02

5000m U/18 Women

1 Eva Parker	Reece High	27:23.04

WESTERN AUSTRALIA WA All Schools c'ships, 30 October – WAAS, Perth

Thanks to **Terry Jones** for these results. Conditions in Perth were mild with a light breeze, ideal for racing.

3000m Race Walk Men U41		5000m Race Walk Men U17	
1 Hudson CONWELL	16:46.1	1 Keenan MUNRO	24:50.6
2 Lachlan NICHOLS	17:47.7		

3 Oliver BENNETT	18:18.0
4 Marco LOMBARDO	21:14.6

3000m Race Walk Men U15

1 Tom MURPHY	15:53.0

3000m Race Walk Men U16

1 Dylan SARDELICH	13:34.9
2 Keiran SMITH	13:35.3

3000m Race Walk Women U14

1 Makenzie SILLITTO	16:14.1
2 Hannah CLAUSNITZER	16:34.6
3 Gabriella JOHN	17:04.7
4 Sienna WILSON	20:11.5

3000m Race Walk Women U15

1 Scarlett NUNN	20:21.3
2 Chloe BEVIS	22:39.5

3000m Race Walk Women U16

1 Tory D'ALESSIO	15:55.2
2 Addison ROOTS	17:48.8

5000m Race Walk Men U18

1 Ali ZNAD	26:18.0

5000m Race Walk Women U17

1 Trinity DOULIS	28:33.6
2 Sierra THOMPSON	31:23.5
3 Lauren DAVIS	34:43.1

5000m Race Walk Women U18

1 Katica BORSIC	28:39.0
2 Chelsey IRELAND	29:34.1

****

INTERNATIONAL NEWS

MARCIA DAL MONDO & '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.

- Monday, November 2, 2026 - **51 years ago, the march entered the Popular Tournament of Lisbon's Neighborhoods.** https://omarchador.blogspot.com/2026/11/ha-51-anos-marcha-entrava-no-torneio.html Which tells of how race walking first appeared in Lisbon in 1975.

- Sunday, November 1, 2026 - **European Athletics Championships in Silesia (2028) and Helsinki (2030)** https://omarchador.blogspot.com/2026/11/campeonatos-da-europa-de-atletismo-na.html

- Saturday, October 31, 2026 - **Japan Under-18 Athletics Championships – Ise 2026 (results)** https://omarchador.blogspot.com/2026/10/campeonatos-de-atletismo-sub-18-do.html

- Friday, October 30, 2026 - **The Youth Olympic Games kick off tomorrow in Dakar, Senegal.** https://omarchador.blogspot.com/2026/10/jogos-olimpicos-da-juventude-arrancam.html

- Thursday, October 29, 2026 - **Indian Athletics Championships U20 and U18 – Chennai 2026 (results)** https://omarchador.blogspot.com/2026/10/campeonatos-de-atletismo-da-india-sub.html

- Wednesday, October 28, 2026 - **Race walking at the Youth Olympic Games of the Brazilian Olympic Committee - Foz do Iguaçu 2026** https://omarchador.blogspot.com/2026/10/a-marcha-atletica-nos-jogos-da.html

- Tuesday, October 27, 2026 - **Elizabeth McMillen and Taisei Yoshisako win the half-marathon races at the Japan Championships in Takahata (2026)** https://omarchador.blogspot.com/2026/10/elizabeth-mcmillen-e-taisei-yoshisako.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 RACE FEES

Seasons ticket 12 months:	Financial members: $150.00 paid by the **end of May**.
VRWC Club Races:	Race fee: $15.00.
VRWC Championships:	Race fee: $15.00

Season's ticket: All VRWC races only … ***not*** Little Athletics, AV, VMA or RWA.

\

** VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2026:

Senior (Open and Masters)	$30.00
Under 20:	$25.00
Under 16:	$15.00
Associate (Officials who assist with races throughout the year):	$ 0.00
Family membership:	$50.00

Annual Subscriptions are due on **April 1st** of each calendar year.
***Inner metro** and **outside ring metro** members pay full fees.
(The **outside ring** of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington.)

***Country members** … pay **50%** of the annual fee.
Municipalities/districts beyond the outside ring are considered country areas.

To re-register – or to register for the first time – go to https://www.revolutionise.com.au/vrwc/registration

***UNIFORMS -** Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is **$45.** (Note: some second-hand tops are available for $20).

FIXTURE 2026-2027 SUMMER SEASON

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

Sun 15th November 2026, VRWC Summer Championships and AGM Middle Park
(VRWC Season ticket event)

8.30am	Half Marathon Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	Half Marathon VRWC Championship	Open Female
8.35am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km Heather Carr Trophy VRWC Championship Masters Female	
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female
8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male

10.15am	1km VRWC Championship	Under 10 Female
10.45am	Presentations	
11.00am	Annual General Meeting	

Sun 6th Dec 2026, Athletics Victorian Marathon Race Walking Championships, Middle Park
(VRWC Season ticket event)

7.00am	AV Marathon Racewalk	Open Males
7.00am	AV Marathon Racewalk	Open Females
7.30am	Half Marathon Racewalk: Non championship	Open Males
7.30am	Half Marathon Racewalk: Non championship	Open Females
9.00am	10km: Non championship	Open

Sun 17th January 2027, VRWC Road Races Middle Park
(VRWC Season ticket event)

8.30am	Half Marathon	Open
8.45am	15km,	Open
8.45am	10km	Open
9.45am	2km, 1km	Open
10.00am	5km, 3km	Open

Saturday- Sunday, 23rd – 24th January 2027, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT

Sunday 21st March 2027, Australian Athletics Half Marathon Race Walking Championships
Castray Esplande, Hobart

****



WHAT'S UP AHEAD?

AVSL Round Dates – 2026/2027

Sat 7 Nov 2026	**AVSL Rd4** – Frankston (1500m, 3000m)
Sat 14 Nov 2026	**AVSL Rd5** – Doncaster (1500m, 3000m)
Sat 21Nov 2026	**AVSL Rd6** – Knoxfield (2000m, 5000m)
Sat 28 Nov 2026	**AVSL Rd7** – Aberfeldie (2000m, 5000m)
Sat 9 Jan 2027	**AVSL Rd8** – Knoxfield (1500m, 3000m)
Sat 16 Jan 2027	**AVSL Rd9** – Aberfeldie (1500m, 3000m)
Sat 6 Feb 2027	**AVSL Rd10** – Murrumbeena (2000m, 5000m)

***Country venues** – *Ballarat, Bendigo, Geelong*

Victorian & National Key Dates – 2026/2027

Fri 4-Sun 6 Dec 2026	**AA All Schools T&F c'ships** – Perth WA
Sat 23-Sun 24 Jan 2027	**2027 Supernova (World Athletics Race Walking Tour-Silver)** – Woden Park, Canberra ACT

***NOTICE …** I've been informed by Jared Tallent that the 10,000m National championship, held last year as part of the Supernova meeting, is now said to be scheduled on the AA Track & Field c'ships program, possibly on 1 April, although that's yet to be confirmed. I'm not aware that this affects the Supernova races or their dates. Stay tuned.*

Thu 11-Sun 14 Feb 2027	**AV Junior T&F c'ships** – Lakeside Stadium
Thu 11-Sun 14 Mar 2027	**AV U20, Open & Overage T&F c'ships** – Lakeside Stadium

Sun 21 Mar 2027	**AA Half Marathon Race Walking championship** – Hobart TAS
Thu 1-Sun 4 Apr 2027	**AA T&F championships** – SOPAC, Sydney NSW
Wed 21-Fri 23 Apr 2027	**AA UniSports c'ships** – Gold Coast QLD
Sun 22 Aug 2027	**AA Junior Race Walking championships** – Ballarat VIC

International Dates

30 Oct-15 Nov 2026	**Youth Olympic Games** – Dakar (SEN)
27-31 Jan 2027	**Oceania Masters T&F c'ships** – Christchurch (NZL) *1500, 3000 & 5000m track races only.*
20 Mar 2027	**46th Dudinska 50** – Dudince (SVK)
17 Apr 2027	**6th Korzienowski Warsaw Race Walking Cup** – Warsaw (POL)
1 May 2027	**95th Podebrady meeting (WA Tour Gold) –** Podebrady (CZE)
12 Jun 2027	**XL Gran Premio Cantones de A Coruna de Marcha –** La Coruna (ESP)
14-18 Jun 2027	**2027 Oceania Cup** – Majuro (MHL)
1-12 Aug 2027	**FISU World University Games** – Chungcheong (KOR)

*****NOTICE …** The latest information on the World University Games walks is that they are now 10,000m track events, with a limit of 2 entrants per gender. No road races.*

11-19 Sep 2027	**World Athletics Championships** – Beijing (CHN)
9 Apr 2028	**World Athletics Race Walking Teams championships** – Hefei (CHN)
14-30 Jul 2028	**XXXIV Summer Olympic Games** – Los Angeles (USA)
23 Jul- 8 Aug 2032	**XXXV Summer Olympic Games** – Brisbane (AUS)

*(**EDITOR'S NOTE**: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most racewalking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.*

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

***DISCLAIMER:** *The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.*

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au