



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.
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VRWC preferred supplier of shoes, cloths and sporting accessories

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- **** VACANCY – Club Treasurer**

***YAMANISHI SETS FIRST HALF-MARATHON WR**
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WALKER OF THE WEEK



A no-brainer this week. Underlining his WOTW status from the previous issue (earned at the LAVic Region carnival at Knox), **Angus Shuttleworth (VIC)** took to last Friday's AV U16 3000m championship as if on a mission. He succeeded with a new Victorian state record of **12:29.67**, erasing Nathan Brill's 15-year old record by 3 secs and claiming a 23 sec PB that easily eclipsed his inaugural sub-13:00 effort at the national All Schools titles in December.

It appears that Angus, 14, already has his sights set on the bright lights of international representation, and his recent progression indicates that his prospects of reaching it are undeniable. Having ironed out some technical issues that troubled him for a year or two, on Friday night Angus presented a model of efficient, economical speed walking that allayed any past demons and showed he can approach his opposition at the forthcoming Australian T&F championships in Brisbane with confidence.

Well done, Angus. A terrific result. Wishing you many more!

*Honourable mentions:

- **Aangi Shah, Anna Dubar and Bethany Franzke (VIC)** – the biggest improvers of the championships, with PBs of well over or slightly under 1:30.
- **Oliver Crowl (VIC)** – in his first AV track title race, Oliver stood out against everyone except Angus to win the U13 crown with a 52 sec PB.
- **Matilda Read (VIC)** – emphatically broke through the 25:00 barrier for 5000m with **24:41.25**.
- **Jessica Clelland (SA)** – a 51 sec PB over 5000m in Adelaide's 30C heat.

VICTORIA - METRO & REGIONAL



AV Championships

****AV Junior T&F Championships, 13/14 February – Lakeside Stadium**

Conditions were warm but not brutal for the U13-U16 3000m walks, the first track events of the championships on Friday night. **Angus Shuttleworth** started the whole meeting off with a huge bang, shaving 3 secs from Nathan Brill's Victorian U16 record to clock **12:29.67**. This, naturally, was a sizeable PB, with Knox stable mate **Oliver Crowl** taking his first AV crown with an even bigger improvement (52 secs) in **15:27.54**.

PBs were much in evidence in the girls' races, with seven of the 13 starters cutting down their times and one successfully finishing her first go at the distance. **Mya McClure**, predictably, dominated to take overall line honours, with title winners

Alaska Bremner and **Indigo Marshall-Moodie** both going under 16 minutes for the first time. **Anna Dubar** blitzed her previous best by 1:39 with Albury's **Bethany Franzke's** improvement margin only slightly less in winning the U15 title.

Female U13 3000m Walk

| | | |
|------------------|----------------|-----------|
| 1 Alaska Bremner | Aths SouthWest | 15:46.96* |
| 2 Anna Dubar | Glenhuntly AC | 17:52.69* |

Female U14 3000m Walk

| | | |
|--------------------------|---------------|-------------|
| 1 Indigo Marshall-Moodie | MorningtonPen | 15:59.63* |
| 2 Ella Harris | Aths Essendon | 16:41.87* |
| 3 Pippa Read | Wellington AC | 17:08.89 |
| 4 Annika Downey | Eureka AC | 18:09.97 FT |
| 5 Kobe Lewis | Williamstown | 18:52.97 |

Female U15 3000m Walk

| | | |
|--------------------|---------------|-----------|
| 1 Bethany Franzke | Albury AC | 15:55.88* |
| 2 Addison Frenken | CaseyCardinia | 16:45.16 |
| .. Caitlyn Shipham | Knox AC | DQ |

Female U16 3000m Walk

| | | |
|------------------|----------------|-----------|
| 1 Mya McClure | WhittleseaCity | 13:57.32 |
| 2 Havana Ali | Aths Essendon | 15:31.58* |
| 3 Harper Cassidy | Shepparton | 18:07.16* |

Male U13 3000m Walk

| | | |
|-----------------|---------------|-------------|
| 1 Oliver Crawl | Knox AC | 15:27.54* |
| 2 Logan Allison | Knox AC | 16:37.39 |
| 3 Tom Guastella | CaseyCardinia | 17:00.02 FT |

Male U14 3000m Walk

| | | |
|------------------|-----------|----------|
| 1 Charlie Wright | Eureka AC | 19:42.35 |
|------------------|-----------|----------|

Male U15 3000m Walk

| | | |
|-----------------|----------------|----------|
| 1 Fiete Diers | Williamstown | 15:55.76 |
| 2 Tate McQueen | Eaglehawk | 16:26.20 |
| 3 Harrison Ryan | WhittleseaCity | 21:48.03 |

Male U16 3000m Walk

| | | |
|----------------------|---------------|--------------|
| 1 Angus Shuttleworth | Knox AC | 12:29.67* VR |
| 2 Tate Jardine | Essendon Aths | 18:47.27 |

A small entry of just six lined up for the mixed U17-U18 5000m titles the following morning. Nevertheless, it was pleasing to see four of them leave with new PBs. **Ela Uzun** drew to within 6 seconds of Jemima Montag's Victorian U16, U17 and U18 records with her PB time of **22:38.40**, while **Aangi Shah** smashed her previous best by close to 2:00. **Matilda Read** went sub-25:00 for the first time and **Lily Lambert** was also a substantial improver.

Female U17 5000m Walk

| | | |
|----------------|---------------|-----------|
| 1 Matilda Read | Wellington AC | 24:41.25* |
| 2 Lily Lambert | Mentone AC | 28:16.79* |

Male U18 5000m Walk

| | | |
|----------------|----------------|----------|
| 1 Max Davidson | Diamond Valley | 24:06.54 |
|----------------|----------------|----------|

Female U18 5000m Walk

| | | |
|-----------------|---------------|-----------|
| 1 Ela Uzun | Aths Essendon | 22:38.40* |
| 2 Mietta Morgan | Knox AC | 30:12.94 |
| 3 Aangi Shah | Mentone AC | 31:57.02* |

***PBs:** 3000m – Anna 1:39; Bethany 1:24; Oliver 0:52; Alaska 0:32; Indigo 0:25; Angus 0:23; Ella 0:21; Harper 0:02; Havana 0:01
5000m – Aangi 1:49; Matilda 0:49; Lily 0:32; Ela 0:04

**** AV PHOTO GALLERY ****

AV has posted images of all but two of the Junior championships competitors on its Facebook page (sorry, Anna and Bethany.) To see the uncropped images, visit <https://www.facebook.com/media/set/?set=a.1348886287281842&type=3> (Friday 3000m) and <https://www.facebook.com/media/set/?set=a.1348896797280791&type=3> (Saturday 5000m)





***Action models:**

Annika, Fieta, Max, Tate J, Kobe, Mya, Aangi, Pippa, Harper, Lily, Tom, Matilda, Havana, Harrison, Mietta, Charlie, Oliver, Indigo, Logan, Alaska, Ela, Tate McQ.

(Photos: AV Facebook)

***This weekend ...**



AVSL – News, results

The AVSL competition will resume next weekend and continue to its completion, with Rounds 9 and 10 held in successive weeks prior to the LAVic State championships on March 7/8.

| *AVSL Round 9 – Saturday 21 February | | |
|---|--------|------------------------------|
| Metro – Doncaster (Zone A) | 1.00pm | 1500m walk (all ages) |
| | 1.20pm | 3000m walk (all ages) |
| Ballarat region | 3.05pm | 2000m, 5000m walk (all ages) |
| Bendigo region (Twilight) | 6:15pm | 1500m, 3000m walk (all ages) |
| Geelong region | 1.15pm | 1500m, 3000m walk (all ages) |
| ENTRIES | | |
| Enter via Members Portal at https://athsvic.org.au/events/avsl-round-09/ | | |
| Entries close 12.00 noon on Wednesday 18 February, 2026 | | |

***Next week ...**

Round 10 walks will be held at Casey Fields, with distances of 2000m and 5000m.



CLUB NEWS and RESULTS



- It was a productive night at Lakeside last Friday for coach **Fran Attard**, with five of her young charges at the AV Junior championships bringing home medals – not to mention three State titles and a new Victorian U16 record to boot. (Matilda would add to the tally the next day with another title.) Post-presentations, Fran celebrated with her happy ‘bling racks’ – **Angus, Logan, Oliver, Mya and Pippa**. Well done, everybody!

(Photo: Knox AC)



AROUND THE COUNTRY

SOUTH AUSTRALIA ASA Interclub results, 14 February – Mile End stadium

It was another 30C day in Adelaide but no deterrent to two juniors trying for PBs and succeeding. Thanks to **Kim Mottrom** for the results.

Open 5000m

| | |
|------------------|------------------|
| Kim Mottrom | 22:25.89 |
| Liam Freundt | 24:25.21 |
| Cooper Rech | 25:25.19 |
| Angelina Legrand | 27:43.57 |
| Jessica Clelland | 33:19.87 PB 0:51 |
| Peter Crump | 35:09.97 |
| Alex McEwan | 40:10.47 |

Open 1500m

| | | |
|-------------------|----------|---------|
| Liliana Templer | 7:41.97 | PB 0:01 |
| Orlando Grantham | 8:56.11 | |
| Zachery Freundt | 9:22.15 | |
| Kate Hamlyn | 9:51.87 | |
| Rachael Pemberton | 10:34.69 | |



INTERNATIONAL NEWS

Yamanishi sets world half marathon race walk record in Kobe

by **Paul Warburton** (reprinted from World Athletics News – 15 February)

On his 30th birthday, **Toshikazu Yamanishi** gave himself the present of an inaugural world half marathon race walk record by clocking **1:20:34*** at the Japanese Half Marathon Race Walking Championships – a *World Athletics Race Walking Tour Bronze* meeting – in Kobe on Sunday (15). Younger competitors with pedigree were ready to cause an upset, but Yamanishi’s master class underlined the number one on his gold-coloured race bib.

Striding away from a dwindling lead group shortly after 17km, Japan’s two-time world champion passed the 20km mark in 1:16:26 – only 16 seconds outside the world record for the 20km race walk he set on the same course last year. He still had a lap and a bit to go but found another gear to notch a speedy 3:47 for the 21st loop of the course.

It is the first performance that surpasses the inaugural world record standard of 1:21:30 that was approved by the World Athletics Council in December, following the announcement that the half marathon and marathon would become the official senior road distances for race walking events.

Yamanishi, as part of a group of five, was well under world record pace from as early as halfway. The weather was kind for racing; a pleasant 11°C, although crowds lining the course still had warm coats to ward off the morning chill.

A large pack including world champion **Caio Bonfim** shot away at the start. The Brazilian was one of only two athletes without sunglasses, despite the overcast conditions.

The lead group had splintered by 3km, reached in 11:36, and Bonfim was in a second pack giving chase to a group of nine.

At 4km, the time was modest, at least modest by the standards of this stellar field. However, the gloves were off – literally for many – and 2km later the pace accelerated to hit 6km in 23:10. Bonfim was already 50 metres behind and losing touch rapidly, with the spearhead passing 10km in 39:06. Ahead of him, that lead group was proving stubborn. **Kento Yoshikawa, Tomohiro Noda, Sotaro Osaka, Satoshi Maruo and Yuta Koga** – all athletes with fast PBs – were hanging on to the quickening pace.

With lap times now around 3:50, something had to give. And so it proved. With 4 kilometres to go, Yamanishi lit the afterburners to immediately open up a gap of 15 metres on Yoshikawa and Noda – the only pair to remain tenuously in touch.

The bespectacled leader glanced over his shoulder a couple of times at the remaining turns but he had already done enough damage to secure the win. In fact, Yamanishi might have shaved off a couple more seconds on his new record, had he not opted to stroll the last few metres through the tape.

The birthday boy admitted he had been working on his technique to make sure there was no repeat of his penalty zone demise at last year’s World Championships. “Based on my experience of the penalty zone at the Tokyo 2025 World Championships, I realised I had a great opportunity to train with other athletes and be observed by other top coaches,” he said. “I also realised that the first step would be to compare and consult with others.”

The top four all finished inside the inaugural world record standard. Finishing fast, Yoshikawa improved his PB for 20km by some margin, with 1:16:38 and Noda did likewise, finishing third after recording 1:16:42 for that split.

Yoshikawa reached the finish line in **1:20:50**, followed by Noda in **1:20:57** and Maruo in **1:21:25**.

Bonfim made the finish just outside the standard in **1:21:44**, but he eclipsed the 1:27:58 he recorded in January back home in Brazil.



(Photo: JAAF/Ikumi Kodama)

Men Half-marathon Japanese c’ship & Bronze tour race

| | | | | |
|-----|---------------------|-------------|-----|-------------|
| 1. | Toshikazu YAMANISHI | 15 FEB 1996 | JPN | 1:20:34 WR* |
| 2. | Kento YOSHIKAWA | 09 AUG 2001 | JPN | 1:20:50 |
| 3. | Tomohiro NODA | 24 JAN 1996 | JPN | 1:20:57 |
| 4. | Satoshi MARUO | 28 NOV 1991 | JPN | 1:21:25 |
| 5. | Caio BONFIM | 19 MAR 1991 | BRA | 1:21:44 |
| 6. | Hayato KATSUKI | 28 NOV 1990 | JPN | 1:22:06 |
| 7. | Kazuki TAKAHASHI | 17 JUN 1996 | JPN | 1:22:25 |
| 8. | Yuta KOGA | 15 JUL 1999 | JPN | 1:22:40 |
| 9. | Hiroto JUSHO | 11 JAN 2000 | JPN | 1:22:46 |
| 10. | Kazuya IWAI | 24 MAR 2002 | JPN | 1:22:50 |
| 11. | Keisuke HARA | 04 MAR 2002 | JPN | 1:22:50 |
| 12. | Atsuki TSUCHIYA | 06 AUG 2003 | JPN | 1:23:23 |
| 13. | Motofumi SUWA | 22 OCT 1999 | JPN | 1:23:29 |
| 14. | Yushi NAKAJIMA | 29 JAN 2005 | JPN | 1:23:54 |
| 15. | Hayato YANAGIHARA | 28 MAR 2000 | JPN | 1:24:21 |
| 16. | Rihito ISHIDA | 19 DEC 2001 | JPN | 1:25:00 |
| 17. | Haruki MANJU | 10 APR 2001 | JPN | 1:25:07 |
| 18. | Byeongkwang CHOE | 07 APR 1991 | KOR | 1:25:49 |
| 19. | Tomoki TAKADA | 02 JUN 2005 | JPN | 1:25:50 |
| 20. | Kosei AKAZAWA | 27 MAY 2004 | JPN | 1:26:13 |
| 21. | Subaru ISHIDA | 04 JUN 1999 | JPN | 1:26:47 |
| 22. | Riku KANEKO | 15 MAR 2005 | JPN | 1:26:52 |
| 23. | Hyunmyeong JOO | 31 MAY 1997 | KOR | 1:27:08 |
| 24. | Taizo TAMAHARU | 15 JUN 2006 | JPN | 1:27:28 |
| 25. | Kohaku NAKADAI | 31 JUL 2005 | JPN | 1:27:54 |
| 26. | Seongyoon LEE | 18 JAN 2002 | KOR | 1:28:07 |
| 27. | Soha NAKAMURA | 06 APR 2004 | JPN | 1:28:08 |
| 28. | Naoto SUGIBAYASHI | 09 SEP 2003 | JPN | 1:28:09 |
| 29. | Chisato HASEGAWA | 20 NOV 2002 | JPN | 1:28:12 |
| 30. | Minato SUGIMOTO | 10 DEC 2006 | JPN | 1:28:46 |
| 31. | Akira YAMAGUCHI | 16 OCT 2006 | JPN | 1:29:18 |
| 32. | Dongmin LIM | 22 JUL 2000 | KOR | 1:29:23 |
| 33. | Yusuke HARA | 27 SEP 2005 | JPN | 1:29:33 |
| 34. | Yuki ITO | 12 APR 1992 | JPN | 1:29:55 |
| 35. | Kenta SAKURAI | 26 DEC 2004 | JPN | 1:29:55 |

71 finishers. 8 DNFs. 2 DQs

The women's 20km race quickly became a duel between **Ayane Yanai** and **Yukiko Umeno**. In fact, from just after 3km the two held sway, passing 10km in 45:18 by which time everyone else was more than a lap in arrears.

Like Yamanishi in the men's race, Umeno kept her powder dry until the last three laps and then went through the gears at a rate of knots. In fact, by the finish in **1:35:01**, she had put almost a minute between herself and the tiring Yanai, who came home second in **1:35:57**.

Ayumi Sugibayashi was third in **1:39:43**.

Women 20 kilometres Japanese c'ship & Bronze tour race

| | | | | |
|-----|-------------------|-------------|-----|---------|
| 1. | Yukiko UMEMO | 08 JAN 2003 | JPN | 1:35:01 |
| 2. | Ayane YANAI | 24 DEC 2003 | JPN | 1:35:57 |
| 3. | Ayumi SUGIBAYASHI | 24 DEC 2000 | JPN | 1:39:43 |
| 4. | Ai OYAMA | 28 OCT 2005 | JPN | 1:39:49 |
| 5. | Se-ha LEE | 08 NOV 1996 | KOR | 1:41:17 |
| 6. | Mao TATSUMI | 12 JAN 2000 | JPN | 1:41:21 |
| 7. | Ayaka NAKAMURA | 17 DEC 2003 | JPN | 1:42:16 |
| 8. | Sumika TANI | 19 JAN 2005 | JPN | 1:42:51 |
| 9. | Satsuki ISHIDA | 02 MAY 2004 | JPN | 1:42:57 |
| 10. | Midori KATSUMA | 13 AUG 2001 | JPN | 1:44:00 |
| 11. | Yuki YOSHIZUMI | 07 JAN 1996 | JPN | 1:44:17 |
| 12. | Naru TAKAHASHI | 03 SEP 2002 | JPN | 1:45:29 |
| 13. | Kaori MURATE | 2001 | JPN | 1:45:30 |
| 14. | Yui ABE | 12 JUN 2006 | JPN | 1:45:35 |
| 15. | Yoshika YAMADA | 26 APR 2004 | JPN | 1:45:53 |
| 16. | Nami HAYASHI | 11 AUG 1999 | JPN | 1:46:00 |
| 17. | Kotono NISHIYAMA | 02 JUL 2006 | JPN | 1:46:11 |
| 18. | Wakana USAMI | 21 SEP 2005 | JPN | 1:46:13 |
| 19. | Uwa OHGA | 03 JUN 2005 | JPN | 1:47:53 |
| 20. | Chika HAYASHI | 20 SEP 2006 | JPN | 1:48:16 |
| 21. | Nozomi KAWABE | 01 SEP 1998 | JPN | 1:48:29 |
| 22. | Maho OGAWA | 17 JUL 2003 | JPN | 1:49:24 |
| 23. | Yurika OMURA | 02 JUN 1996 | JPN | 1:50:08 |
| 24. | Natsuko OKI | 18 FEB 2004 | JPN | 1:50:55 |
| 25. | Raku TAMURA | 07 APR 2004 | JPN | 1:51:12 |
| 26. | Machi NAGAOKA | 26 JUL 2006 | JPN | 1:51:24 |
| 27. | Momoka NORITAKE | 20 JAN 2002 | JPN | 1:51:39 |
| 28. | Rina YAMADA | 30 APR 2006 | JPN | 1:51:42 |
| 29. | Yuka KAWAKATSU | 14 JUL 2000 | JPN | 1:52:31 |
| 30. | Rio NAKA | 22 AUG 2000 | JPN | |

40 finishers. 7 DNFs. 1 DQ

UNITED KINGDOM: ERWL Martin Oliver 5km, 17 January - Enfield

Thanks to **Ron Wallwork** for sending through this report of the 2026 Enfield Race Walking league opener. Looks as if they had a nice day for it!



The picture shows a bright sunny start by 23 walkers anxious to get into the swing of things for 2026. There was a great friendly atmosphere as friends and rivals met up for the start of a new campaign.

It was particularly pleasing to see Helen Middleton fully recovered from her distressing experience at the Hundred in August and Grazia Manzotti, who unbeknown to many, was comatose after being run over by a car in September and suffered a number of injuries. Her

performance suggests that she has recovered well from the experience.

Thanks are expressed to Barry Cook and Enfield & H AC, all the walkers and their families for supporting the event and of course the officials and volunteers for their input to the success of the event.

5000m

| | | | |
|----|------------------|-------------|-------------|
| 1 | Melanie Peddle | Loughton AC | 28.32.9 W55 |
| 2 | Grazia Manzotti | TonbridgeAC | 28.56.7 W55 |
| 3 | Colin Harle | Belgrave H | 30.31.0 M65 |
| 4 | Biu Lam | Belgrave H | 31.28.6 M65 |
| 5 | Billie Kwok | Belgrave H | 31.49.8 W50 |
| 6 | Maureen Noel | Belgrave H | 32.02.0 W60 |
| 7 | Emma Keeley | Camb/Col AC | 32.07.5 SW |
| 8 | Miraiker Wallace | Camb/Col AC | 32.11.3 W60 |
| 9 | Mark Selby | Surrey WC | 32.17.4 M50 |
| 10 | Jacqui Benson | Ashford AC | 33.06.0 SW |
| 11 | Helen Middleton | Enfield HAC | 33.19.9 W60 |
| 12 | Fiona Bishop | Enfield HAC | 36.48.0 W65 |
| 13 | Suzanne Bailey | Newmarket J | 37.12.2 W60 |
| 14 | Susan Barnett | Enfield HAC | 37.14.5 W75 |

3000m

| | | | |
|---|-----------------|-------------|--------------|
| 1 | Sophie Blundell | Newmarket J | 18.43.9 u16G |
| 2 | Lily-Ann Cooper | Newmarket J | 20.33.7 u16G |
| 3 | Celia Cordran | Brentwood B | 21.30.0 W45 |
| 4 | Taro Tyson | Camb/Col AC | 24.36.0 W60 |

2000m

| | | | |
|---|--------------|-------------|--------------|
| 1 | Rio McAndrew | Newmarket J | 11.15.3 u14B |
|---|--------------|-------------|--------------|

B Race 5km Results Permit No: RWA 26002-B

| | | | |
|---|-----------------|-------------|-------------|
| 1 | Ian Richards © | Steyning AC | 30.47.8 M75 |
| 2 | John Borgars © | Loughton AC | 35.25.8 M75 |
| 3 | James Critchley | Surrey WC | 35.36.0 M60 |
| 4 | Dave Hoben | Surrey WC | 38.39.7 M70 |

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, John Hall, Tony Wilkinson & Tracey Wilkinson

Judges: George Wilkinson (*Chief*), Dave Annetts, Elizabeth Benson, Phil Blundell & Peter Cassidy. *J. Runner's:* Sharon Harle & Mike Wallace

Virtual Result 1 Cath Duhig © Ryston R 33.33 W70 2 Tony Perkins (C) Ilford AC 50.43 M80

‘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, February 17, 2026 - **Short Track 2026 – National Clubs II Division: CA Seia and J Ilha Verde win in the race walking events.** <https://omarchador.blogspot.com/2026/02/pista-curta-2026-nac-clubes-ii-divisao.html>
- Monday, February 16, 2026 - **Toshikazu Yamanishi sets the Marching Half Marathon world record in Kobe** <https://omarchador.blogspot.com/2026/02/toshikazu-yamanishi-estabelece-em-kobe.html>
- Sunday, February 15, 2026 - **Short Track 2026 – National Clubs III Division: J Ilha Verde and CA Marinha Grande with victories in the race walking events.** <https://omarchador.blogspot.com/2026/02/pista-curta-2026-nac-clubes-iii-divisao.html>
- Sunday, February 15, 2026 - **Portuguese judges José Santos and Luís Dias on the World Athletics Silver Panel** <https://omarchador.blogspot.com/2026/02/jose-santos-e-luis-dias-no-painel.html>
- Saturday, February 14, 2026 - **Guatemala competed in the National Half Marathon and Marathon Race Walking Championships - San Jerónimo 2026** <https://omarchador.blogspot.com/2026/02/guatemala-disputou-nacionais-de-marcha.html>
- Saturday, February 14, 2026 - **Isnardo García (1960 – 2026)** <https://omarchador.blogspot.com/2026/02/isnardo-garcia-1960-2026.html> The passing of Colombia’s International race walk judge at age 65.
- Thursday, February 12, 2026 - **Serena Di Fabio shines at the Italian Under-20 Indoor Championships (Ancona 2026)** <https://omarchador.blogspot.com/2026/02/serena-di-fabio-em-grande-destaque-nos.html>
- Wednesday, February 11, 2026 - **Antalya (TUR) hosted the World Athletics Silver competition, featuring new distances.** <https://omarchador.blogspot.com/2026/02/antalia-acolheu-competicao-silver-da.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.

*FURTHERMORE ...

Christoph Höhne ... 85 years young

By *Car Hans-Peter* (Gehen-Leichtathletik FB)

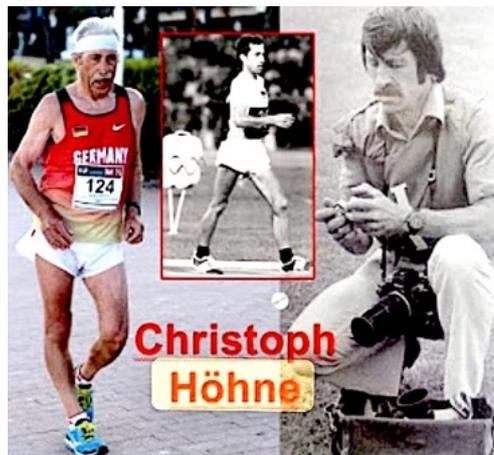
Our two-time European champion and Olympic champion **Christoph Höhne** reigns supreme on Mount Everest in the Himalayas of German race walking. Never before has an Olympic champion won a 50 km race walk as convincingly as Christoph Höhne did in 1968 at an altitude of 2,240 metres above sea level.

Born on 12 February 1941 in Borsdorf in the district of Grimma, Saxony, his sporting career began in 1956 at SG Machern. In 1957, Höhne won his first medals at the GDR Youth Championships. At the 1962 European Championships in Belgrade, he finished fourth in the 50 km walk, and sixth at the 1964 Olympics in Tokyo. After his Olympic victory in Mexico in 1968 and winning the gold medal at the 1969 European Championships in Athens, he won silver in the 50 km walk in Helsinki in 1971.

On the evening before the 50 km walk at the 1972 Olympics in Munich, he was anonymously denounced to the GDR team management, which may explain why he was a shadow of his former self in Munich and only finished in 14th place¹. At the 1974 European Championships, however, he was

back on the podium in the 50 km walk with a time of 3:59:06.6, beating the entire Soviet elite and the Munich Olympic champion, Bernd Kannenberg, who finished ninth in 4:21:47.8. After retiring from his sporting career, Höhne became a well-known sports photographer. Ten years ago, Höhne laced up his running shoes again and achieved some impressive successes at the Masters Championships.

Today, the very likeable Christoph Höhne celebrates his 85th birthday, which is being celebrated not only by the race walking community.



Translated with DeepL.com (free version)

(Photo montage: Bernd Ocker Holters)



I'll never get tired of posting this: Christoph Höhne at the World Masters championships in Perth ten years ago, with Goetz Klopfer and Tom Dooley (USA), beside Bob Gardiner. These four fought out some great races in the 60s/70s.

** 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.

¹ Tim Erickson provides further details about this unfortunate incident in his article on Christoph Höhne and Bernd Kannenberg at <https://www.vrwc.org.au/tim-archive/articles/1968%20and%201972%20Olympic%2050km%20races.pdf>.



WHAT'S UP AHEAD?

AVSL Round Dates – 2025/2026

(NOTE: Venues and race distances are as listed by AV on 15/9/2025. Changes may occur.)

Sat 21 Feb 2026 AVSL Rd9 – Doncaster (1500m, 3000m)
Sat 28 Feb 2026 AVSL Rd10 – Casey (2000m, 5000m)

*Country venues – **Ballarat, Bendigo, Geelong**. Race distances may differ from those of Metro venues.

Victorian & National Key Dates – 2025/2026

Fri-Mon 6/9 Mar 2026 **Aust. Masters T&F Championships** – AIS & Woden, Canberra ACT
Sat-Sun 7/8 Mar 2026 **LAVic State T&F Championships** – Knox Park, Knoxfield
Sat-Sun 14/15 Mar 2026 **VMA Masters T&F c'ships** - Doncaster
Sun 15 Mar 2026 **AA Half-Marathon Race walk c'ships** – Adelaide SA
Thu-Sun 19/22 Mar 2026 **AV U20, Open & Overage T&F c'ships** – Lakeside Stadium
Thu-Sun 9/12 Apr 2026 **AA Open (exc. Walks) & U20 (combined events only) T&F c'ships** – Sydney NSW
Wed-Mon 15/20 Apr 2026 **AA Junior T&F Championships** – Brisbane QLD

International Dates

12 Apr 2026 **2026 World Athletics Racewalking Team c'ship** – Brasilia, BRA
18-23 May 2026 **2026 Oceania Athletics C'ships** – Darwin NT, AUS
4-9 Aug 2026 **World U20 Athletics Championships** – Eugene OR, USA
22 Aug-3 Sep 2026 **World Masters Athletics Championships** – Daegu, KOR
30 Oct-15 Nov 2026 **Youth Olympic Games** – Dakar, SEN

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