



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.

Editor: *Stu Cooper* stuwalks@yahoo.com.au



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WALKER OF THE WEEK

On a day when 14 new PBs were set, it wasn't only the 'Guess Your Time' competition where luck was needed ... a dose of it for WOTW didn't hurt either. **Ryder Reid (VIC, 8yo)** made his own luck – with a strong, all-the-way effort in the 2km race to clock **11:42** ... a 1:14 improvement. This was a huge leap for Ryder, who attacks his races in the same way older brother Fletcher does – with an all-out, steely focus. Presumably he approaches training under coach Jim Leppik the same way, and this plus his regular racing are certainly paying dividends.

Well done, Ryder. Watching you race the way you do a highlight of every Middle Park race day.



*Honourable mention

- **Aangi Shah (VIC)** – Aangi won this award in May with a huge improvement, and her 1:44 PB on this occasion shows it was no flash in the pan.
- **Shaun Lewis (VIC)** – a 5:57 improvement over 8km would normally make Shaun a cert for this award, but being the wonderful encourager of younger members he is, he wouldn't mind at all handing it off to one of them. Shaun's 44:20 indicates that, along with his stamina, he possesses a vein of speed that he is itching to tap into.
- **Charlotte Dix (TAS)** – a huge 1:05 PB over 2km in the Tasmanian All schools titles, winning gold with **12:03**.
- **MiaRose Everson (NSW)** – smashed her 4km by 33 secs to clock **20:21** in NSW RWC competition.
- **Darcy Dennis (NSW)** – a 3km PB by 29 secs of **14:15** at the same meet.



CLUB NEWS and RESULTS

*This weekend:

The **Racewalking Australia Challenge** is a Racewalking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner.

If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Masters athletes will not be scored on their time but on their age grading, so all Masters athletes must submit their age at entry time.

All athletes who are members of the club are automatically entered into the points race for the distance they walk.

U10 and U12 entrants ... please note the change in your start times.

****Racewalking Australia Postal Challenge
VMA and VRWC championships
VRWC points races**

2.00pm	10km	VMA championship	Masters Men
	10km	VMA championship	Masters Women
	10km	RWA Challenge	Open Men/Women
	10km	RWA Challenge	Masters Men/Women
	10km	RWA Challenge	U20 Men/Women
	10km	VRWC Points	Open
2.15pm	8km	RWA Challenge	U18 Men/Women
	8km	VRWC Points	Open
	5km	RWA Challenge	U16 Men/Women
	5km	VRWC Points	Open
2.45pm	3km	RWA Challenge	U14 Boys/Girls
	3km	VRWC Points	Open
	1.5km	RWA Challenge	U10 Boys/Girls
2.55pm	1.5km	VRWC Points	Open
	2km	RWA Challenge	U12 Boys/Girls
	2km	VRWC Point.	Open

**Enter by no later than 6.00pm, Friday 3 July*

<https://www.revolutionise.com.au/vrwc/events/364896>

VRWC 'Guess Your Time' & points results, 27 June – Middle Park



The 8/6/4km field goes prize-hunting ... with Alaska playing sniffer dog?

The first of our special prizes days saw 44 walkers turn up to hazard a guess at the times they'd achieve and to get them. While nobody was able to hit the bull's eye, **Gwen Steed** and **Fletcher Reid** managed the next best thing with single-second differences and, thus, a choice from the goodies table. Joining them were **Tex Reid**, **Fletcher Walters**, **Erlyn Singh**, **Abigail Verity**, **Arthur Robinson**, **Emily Smith**, **Kevin Cassidy**, **Grace Louey**, **Shaun Lewis** and **Karyn O'Neill**.

Fourteen finishers went home with PBs, the biggest improver being **Shaun Lewis** who demolished his 8km time by just under 6 mins. **Aanji Shah** took a big slice of 1:44 from her 4km best while **Ryder Reid's** 1¼ minute improvement over 2km was easily his best result for the season thus far. **Tamai Bremner** – mum of Alaska and Taylah – had raced over 2000m/2km only once before, in country AVSL, so she can be forgiven for her GYT guess being wildly off ... and a 55 sec PB is consolation prize enough.

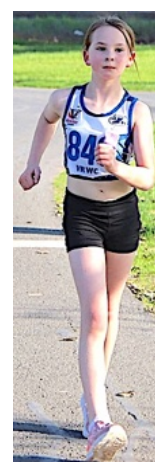
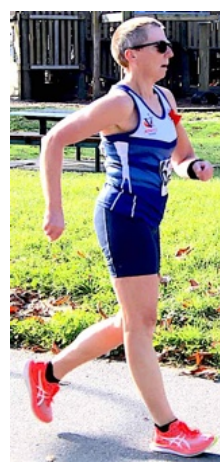
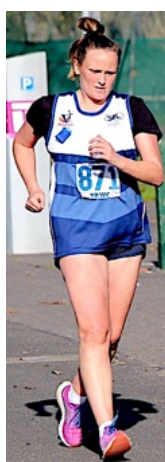
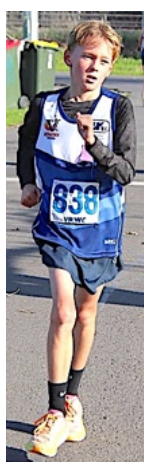
The 4km field largely underestimated themselves, with all but two surpassing their guess times. Along with Aangi, **Caitlyn Shipham** and **Kobe Lewis** both achieved 1:00-plus PBs with **Arthur Robinson's** 41 sec improvement showing he's still in time-cutting mode.

<i>Guess place</i>	<i>Name</i>	<i>Age Gr</i>	<i>Time Pl</i>	<i>Time</i>	<i>Guess Time</i>	<i>Faster diff</i>	<i>Slower diff</i>
1km Open							
e1	Tex Reid	U10M	3	9:53*	0:09:38	----	0:00:15
e1	Fletcher Walters	U12M	1	5:45	0:05:30	----	0:00:15
3	Louis Cai	U10M	2	9:50*	0:09:30	----	0:00:20
1	Gwen Steed	M60+F	6	7:49	0:07:48	----	0:00:01
2	Holli Burrell	U10F	5	7:18	0:07:09	----	0:00:09
3	Eden Patten	U10F	7	7:56	0:07:43	----	0:00:13
4	Summer Patten	U10F	2	6:10	0:06:28	0:00:18	----
5	Daisy Hooper	U10F	1	5:18	0:04:56	----	0:00:22
5	Sadie Mathiesen	U10F	3	6:12	0:05:50	----	0:00:22
5	Cory Lewis	U10F	4	6:27	0:06:05	----	0:00:22

***PBs:** *Tex 0:06; Louis 0:04*

2km Open							
1	Fletcher Reid	U12M	2	9:45*	0:09:44	----	0:00:01
2	Jonathan Ho	OpM	1	9:34*	0:09:40	0:00:06	----
3	Bowie Clarke	U10M	4	12:08	0:11:55	----	0:00:13
4	Ryder Reid	U10M	3	11:42*	0:10:52	----	0:00:50
1	Erlyn Singh	U14F	3	10:50*	0:10:45	----	0:00:05
1	Abigail Verity	U10F	7	13:25*	0:13:30	0:00:05	----
3	Heather Carr	M60+F	10	14:39	0:14:30	----	0:00:09
4	Aria Di Benedetto	U12F	4	10:43	0:10:55	0:00:12	----
5	Georgia Walters	U12F	1	10:48	0:10:30	----	0:00:18
5	Nash Chengeta	U12F	12	15:22	0:15:40	0:00:18	----
7	Merilyn Reynolds	M60+F	9	14:52	0:14:30	----	0:00:22
8	Harper O'Toole	U12F	5	12:34	0:12:05	----	0:00:29
9	Emilie Garside	OpF	8	13:15	0:13:50	0:00:35	----
10	Harper de Sachau	U12F	6	13:21	0:12:38	----	0:00:43
11	Taylah Bremner	U10F	2	11:45	0:10:30	----	0:01:15
12	Tamai Bremner	M40+F	11	13:07*	0:15:00	0:01:53	----
...	Harmony Chengeta	U10F	DQ		0:20:21		

***PBs:** *Ryder 1:14; Tamai 0:55; Jonathan 0:38; Fletcher 0:20; Abigail 0:11; Erlyn 0:04*
 First 2km: *Taylah; Nashe*



4km Open							
1	Arthur Robinson	U18M	1	25:52*	0:25:30	----	0:00:22
...	Robert Gardiner	M60+M	DNF		0:32:00		
1	Emily Smith	U20F	2	23:03	0:23:17	0:00:14	----
2	Addison Frenken	U14F	3	23:19	0:23:35	0:00:16	----
3	Kobe Lewis	U14F	7	24:31*	0:25:00	0:00:29	----
4	Erin Reid	M40+F	5	24:27	0:25:00	0:00:33	----
5	Caitlyn Shipham	U14F	6	24:30*	0:25:15	0:00:45	----
6	Aangi Shah	U18F	4	23:56*	0:25:22	0:01:26	----

7 Alaska Bremner U14F 1 22:20 0:20:30 ---- 0:01:50

*PBs: Aangi 1:44; Caitlyn 1:05; Kobe 1:04; Arthur 0:41
First 4km: Alaska



6km Open

1	Kevin Cassidy	M60+M	1	36:06	0:36:45	0:00:39	----
...	Paul Kennedy	M60+M	DQ				
1	Grace Louey	OpF	1	34:39*	0:35:00	0:00:21	----
2	Donna-Marie Elms	M60+F	2	41:23	0:40:00	----	0:01:23

*PBs: Grace 0:12

8km Open

1	Shaun Lewis	M40+M	1	44:20*	0:45:00	0:00:40	----
1	Karyn O'Neill	M60+F	3	58:38	0:58:00	----	0:00:38
2	Michelle Horne	M40+F	1	49:54	0:51:00	0:01:06	----
3	Carolyn Rosenbrock	M60+F	2	50:27	0:52:31	0:02:04	----

*PBs: Shaun 5:57



***Handicaps**

Name	Gn	AG	Hcp pl	Name	Gn	AG	Hcp pl
Erin Reid	F	M40+	1	Bowie Clarke	M	U10	1
Michelle Horne	F	M40+	2	Ryder Reid	M	U10	2
Tamai Bremner	F	M40+	NPT	Louis Cai	M	U10	3
Shaun Lewis	M	M40+	1	Tex Reid	M	U10	4
Donna-Marie Elms	F	M60+	1	Aria Di Benedetto	F	U12	1

Merilyn	Reynolds	F	M60+	2	Harper	O'Toole	F	U12	2
Gwen	Steed	F	M60+	3	Georgia	Walters	F	U12	3
Heather	Carr	F	M60+	4	Harper	de Sachau	F	U12	4
Karyn	O'Neill	F	M60+	5	Nashe	Chengeta	F	U12	5
Carolyn	Rosenbrock	F	M60+	6	Fletcher	Reid	M	U12	1
Kevin	Cassidy	M	M60+	1	Fletcher	Walters	M	U12	2
Robert	Gardiner	M	M60+	DNF	Kobe	Lewis	F	U14	1
Paul	Kennedy	M	M60+	DQ	Caitlyn	Shipham	F	U14	2
Grace	Louey	F	Op	1	Addison	Frenken	F	U14	3
Emilie	Garside	F	Op	2	Erlyn	Singh	F	U14	4
Jonathan	Ho	M	Op	1	Alaska	Bremner	F	U14	5
Abigail	Verity	F	U10	1	Aangi	Shah	F	U18	1
Taylah	Bremner	F	U10	2	Arthur	Robinson	M	U18	1
Daisy	Hooper	F	U10	3	Emily	Smith	F	U20	1
Holli	Burrell	F	U10	4					
Cory	Lewis	F	U10	5					
Eden	Patten	F	U10	6					
Summer	Patten	F	U10	7					
Sadie	Mathiesen	F	U10	8					
Harmony	Chengeta	F	U10	DQ					



Why do ladies like these always come in threes? (Belt up, you Macbeth aficionados!)

***Action models**

Holli, Grace, Kevin, Fletcher W, Merilyn, Harper O, Bob, Aangi, Summer, Heather, Louis, Abigail, Nashe, Tamai, Erin, Sadie, Karyn, Carolyn, Shaun, Addison, Tex, Caitlyn, Fletcher R.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

Manager	Stuart Cooper
Referee:	Stuart Cooper
Race check in	Tim Erickson
Timekeeper	Ian Laurie, Kris Shipham
Recorders	Bill Carr, Duncan Knox, Tim Erickson, Kylie Irshad, Melinda de Benedetto, Stu Cooper,
Judges:	Kathleen Marsh (Chief), Gordon Loughnan, Terry O'Neill, Bec Lewis, Brenda Felton, Diane Lowden, David Cash
Set up, Pack up:	Terry O'Neill, Karyn O'Neill, Kevin Cassidy, Bob Gardiner, Shaun Lewis, Duncan Knox
Starters:	Stu Cooper, Tim Erickson
Photos:	Therese Smith (visit https://www.facebook.com/media/set/?set=oa.3484477745061558&type=3 for more of Therese's work.)
Canteen:	Donna-Marie Elms
Presentation:	Stuart Cooper
Walkers:	44



AROUND THE COUNTRY

NEW SOUTH WALES NSWRC results, 28 June June – Woy Woy

Frank Overton has supplied the results from the NSW club's latest fixture, held on a scenic course along the waterfront from Lions park Woy Woy, on the Central Coast.

Frank has also provided details of the upcoming ANSW Long course championships. See these at the end of this report.

Long Division 10km

1. Brendan Pospischil	55:57
2. Aiden Pospischil	63:21
3. Laura Sotomayor	DNF

Medium Division 8km

1. Christopher Nilon	42:45
2. Chelsea Roberts	43:32

Short Division 4km

1. Noah Vella	20:12
2. MiaRose Everson	20:21
3. Sagan Jones	22:21
4. Madeline Colgan	26:48
5. Nicolle Challinor	37:01
6. Sarah Challinor	39:41
7. Emily Challinor	39:42

16years Division 4km

1. Nate Appleyard	20:22
2. Alexander Dennett	26:26
3. Chloe Farrugia	29:23
4. Luke Challinor	40:01

14 years 3km

1. Darcy Dennis	14:15
2. Lily-Eve Everson	14:46
3. Rhys Straub	15:42
4. Stella Wade	15:47
5. Addison Jenkins	16:55
6. William Pratt	17:09
7. Veronica Dennett	22:27

12years Division 2km

1. Eric Colgan	9:43
2. Liam Meale	10:16
3. Raf Vincent	10:18
4. Cooper Edwards	10:58
5. Patrick Yeldham	11:20
6. Felix Gianci	11:56
7. Huxley Jones	14:22

10years Division 1km

1. Norah Edwards	6:02
2. Oren Smith	6:07
3. Leo Vincent	7:15
4. Elyse Thorburn	7:17
5. Eloise Colman	7:18
6. Clementine Colman	7:34
7. Edward Pratt	7:54
8. Rylen Smith	10:02

The ANSW State Long Walks championships are being held on Saturday 25 July 2026 at the Lions Park, Woy Woy.

Lions Park, Lions Park, 2 North Burge Rd, Woy Woy NSW 2256

Full details can be seen on the NSW Athletics site.

Eligible Age Groups: 9's and above.

Please see NSW Athletics site for full details at <https://www.nswathletics.org.au/events/342897>

Registration for this event closes at 12:00 noon on Thursday 23 July, 2026.

*DRAFT TIMETABLE

12:00pm Open Men 20km & Open Women 20km

12.30pm U20 Men 15km & U20 Women 15km

12.30pm Master's Men 15km & Master's Women 15km

1.30pm 16s & 17s Men 8km & 16s & 17s Women 8km

2.20pm 11s & 12s Men & Women 1.5km

2.35pm 9s & 10s Boys & Girls 1km

2.45pm 14s & 15s Boys 5km & 14s & 15s Girls 5km

3.15pm (updated from 2.45pm) 13s Boys 3km

3.15pm 13s Girls 3km

QUEENSLAND QRWC Handicap #8, Sunday 28 June – Kalinga Park

Robyn Wales reports that it was cold on Sunday morning at Kalinga Park, but that several hardy athletes gave it their best. Always an encouraging sight for officials and judges!

<p>A Grade 10km Men: (1) Peter Bennett 1.08.41. Women: (1) Eliza Kelly 1.02.35 (2) Phoebe Chadwick 1.12.31 (3) Joy Dale 1.23.01 SB (4) Noela McKinven 1.33.44.</p>	<p>B Grade 5km Women: (1) A. Weekes 29.49 SB (2) Trish Hibbs 33.40</p>
<p>C Grade 3km Men: (1) Lachlan Miers 17.05 Women: (1) Zoe Frost 17.35 ... Violet Conway DNF</p>	<p>D Grade 2km Men: (1) Yoshua Lee 11.35 SB Women: (1) Bella Sansom 11.37</p>
<p>E Grade 1.5km Men: (1) Caleb Lee 8.33</p>	<p>F Grade 1km Women: (1) Mikayla Lee 6.16 (2) Cassandra Cohoner 6.18 (3) Alyssa Miers 6.53</p>

There will be no races next weekend due to the Gold Coast Marathon and the following weekend on 12 July, the **QA Road Walk Championships** will be held at Murrarie.

**Editor's note:* As per the notice in the last issue, this is an opportunity for interstate walkers who are registered with their State association. See the Technical Regulations at <https://qldathletics.org.au/event/queensland-road-race-walks-championships-2/> for entry details.

See the **Timetable** link for the racing Schedule. Distances are **Half-Marathon** (Open, Masters 30-59), **10 kilometres** (U20, Masters 60+), **5km** (U18-16 M/W), **3km** (U14 M/W), **2km** (U12 G/B) and **1km** (U10 G/B). Years born for age groups are also posted.

SOUTH AUSTRALIA SALA Meeting 3 & SARWC results, 27 June – South Parklands

Cooper Rech reports on a day of double action in Adelaide, the Little Aths walkers getting the show on the road first:

<p>1km U9 Harper Di Cicco F 5:53 Maya O'Keefe-Barry F 6:29 Grace-Ella Newman F 7:30 Billie Sulca F 9:20 Matilda Grace Wood F DQ Martin Crabb M DQ</p>	<p>U11 Amity Cowling F 6:12 Frida Sulcs F 8:45 Robert Crabb M DQ</p>
<p>U10 Lucy Flint F 6:14 Leonidas Katsoulidis M 6:18 Shaylee Williamson F 6:38 Harriet Jaensch F 6:56 Seth Cutting M 8:03 Olyver Neos M 8:19</p>	<p>2km U12 Amaya Cowling F 13:39 Anthony Crabb M 18:51</p>
	<p>U13 Caleb Camilleri M 12:22</p>

Cooper: 'After hosting our third and final Little Athletics meet before their state championships, the senior brigade (and some of the juniors doubling up) toed the line in nice, sunny conditions. **Jack White's** 5km was the most impressive performance of the day with his 0:11 PB, while **Saxon King** sliced a couple of seconds off his 1.5km PB. We also welcomed back **Angelina Legrand**, returning to SA during her university break.'

5km			1.5km		
Cooper Rech	24:26		Saxon King	8:36	PB 0:02
Angelina Legrand	26:08		Amaya Cowling	10:41	
Jack White	28:42	PB 0:11	Anthony Crabb	12:01	
Alex McEwan	38:19				
Bill Starr	43:47		1km		
Kristy Templer	46:26		Amity Cowling	6:12	
			Robert Crabb	7:54	
2km			Martin Crabb	9:33	
Liliana Templer	11:45				

TASMANIA Tasmanian All Schools & AT Short Course road c'ships, 21 June – Perth

It was a full-on Sunday morning at the AT Schools and Short-course titles. **David Moore** reports:

Course: Perth Pedestrian & Cycleway starting from Youll Rd

Chilly but calm, sunny conditions in Perth Northern Tasmania last Sunday saw increased numbers turn out for the Tasmanian All School Race Walking Championships for 2026. A group of enthusiastic athletes challenged themselves, some attempting their first Championship walk.

First off the mark were the Women's U/18 5k & U/16 3km Races. **Eva Parker**, having just recovered from injury did a fine solo effort in her 5km and is surely on the pathway back to her best **Adele Woodward** in the 3km is also starting to recapture some good form and finished well ahead of **Sienna Yates** whose race walking technique is very solid and will improve rapidly over time.

In the U/14 2km Walkers there were a string a PB's were achieved well done to **Charlotte Dix, Charlotte Turley, Alexandra Summers** and **Samuel Hucker**. Accolades also to those who medalled: **Mason Yates** with Gold, followed home by **Sam Hucker** with Silver while in the Women's Race, Gold to **Charlotte Dix**, Silver **Charlotte Turley**, Bronze **Elsie Woodward**.



The U11s & U12s weren't mucking around at the start of their 1.5km.

The U/12 and U/11 1.5km saw some serious racing, with an enticing duel between **Alexis Turley** and **Grace Hennessey** which was only settled in the last 80 metres with **Alexis** going to the line first, both were deserving age group Gold Medallists keeping their Walking techniques intact as they sped towards the finish line. Well done also to **Amber Barritt**, Silver medal, and **Lyanna Summers** (Bronze) for their efforts. PB's were achieved By **Grace Hennessey** and **Sophia Carr**, both have taken big strides in a very short time.

The boys' races saw a big PB from **Austin Hucker** to take the U/11 Title, while **Gabe Dix** was overjoyed to pick up the U/12 Gold.

****All Schools Championships Results**

U18 Women 5 k		
1. Eva Parker	Reece HS	27:08
U16 3k Women		
1. Adele Woodward	St Aloysius	19:41
2. Sienna Yates	Latrobe HS	25:55
U14 2k Women		
1. Charlotte Dix	Collegiate	12:03 PB
2. Charlotte Turley	St Brendan Shaw C	13:35 PB
3. Elsie Woodward	St Aloysius	14:31

4. Alexandra Summers	Prospect HS	14:35 PB
5. Maia Barritt	Tas HS	22:49

U14 2k Men

1. Mason Yates	Latrobe HS	12:38
2. Samuel Hucker	Huonville PS	14:25 PB

Under 12 1.5 Girls

1. Alexis Turley	OurLadyofLourdes	10:20 First 1.5k
... Dot Sussmilch Leitch	Friends	DQ

Under 11 1.5k Girls

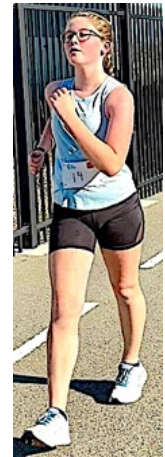
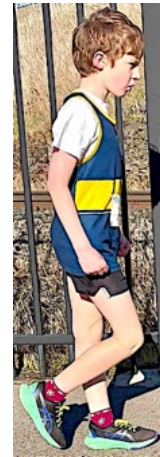
1. Grace Hennessey	St Aloysius	10:29 PB
2. Amber Barritt	Tas PS	11:05
3. Lyanna Summers	Summerdale PS	12:48 First 1.5k
4. Sophia Carr	SouthernChristianC	12:54 PB

U 12 1.5k Boys

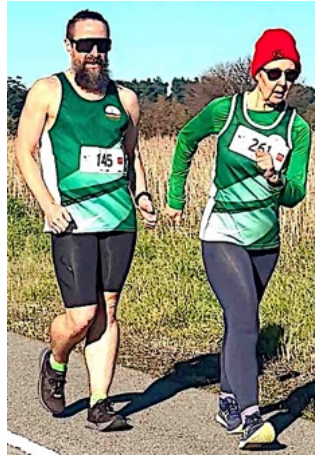
1. Gabriel Dix	Montagu Bay PS	12:53
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U11 1.5k Boys

1. Austin Hucker	Huonville PS	11:33 PB
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The final race of the day was the O/40 5km. At stake was the Leitch family bragging rights with **Elizabeth Leitch** pitted against her son **Sam**, with honours eventually going to Sam who has improved over 4 minutes on his 5km time since the same event last year. Picking up second in the Women's race was **Kate Dix** (Liz's daughter) with her first venture over 5k while in the Men's Race. **Dave Moore** made a rare cameo over 5k to pick up silver.



****Athletics Tasmania Championship Results**

O/40 Women 5k

1. Elizabeth Leitch	TMA	35:33
2. Kate Dix	TMA	40:41

O/40 Men 5k

1. Sam Leitch	TMA	35:26
2. Dave Moore	TMA	47:54
Wayne Fletcher	NS	DQ

***Action models:**

Alexis S, Sienna, Sam H, Alexis T, Lyanna, Austin, Charlotte D, Sophia, Eva, Sam L, Gabe, Liz.

Medals were presented to athletes by Athletics Tasmania EO **Glenn Taylor**.

Thanks to Athletics Tasmania staff, Officials and Parent help which made for a successful day, also to the Lindsay family for the post-event BBQ & cake.

The Long course State Titles are Due to held at Wentworth Park on Sunday August the 2nd . Event details to be released soon.



All done, all smiles! (Photos: TRWC Facebook, courtesy David Moore)

TASMANIA TRWC road walk results, 28 June – Wentworth Park

Smaller numbers for our walks this week, with winter chills and injuries taking their toll on how many athletes faced the starter. Very cold conditions and bitterly so in the long shady patches of the course.

1.5km looks a little slow, we suspect the course was too long.

1km

1. Sara Leitch	TMA	9:52
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1.5km

1. Charlotte Dix	ESAC	10:10
2. Dot Sussmilch-Leitch	Hobart LA	14:06
3. Gabe Dix	ESAC	15:39
4. Sophia Carr	Kingston LA	15:33
5. Dave Moore	TMA	16:33

3km

1. Sam Leitch	TMA	No time given
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5km

1. Eugene Gerlach	OVA	36:33
2. Wayne Fletcher	NSAC	48:36



INTERNATIONAL NEWS

COLOMBIA: Pan American Athletics Championships, 28 June - Medellin

Nicola Maggio reports on the walks at last weekend's Pan-American T&F championships, held in the Colombian high country famous for its cyclists:

Medellín, at 1,495 meters above sea level, is the capital of Antioquia, a mountainous province in Colombia. Nicknamed the "City of Eternal Spring" for its temperate climate, it hosts the famous annual Flower Festival. Modern cable cars connect the city to the surrounding neighborhoods and offer views of the Aburrá Valley below. Sculptures by Fernando Botero decorate Plaza Botero in the city center, while the Museo de Antioquia displays other works by Colombian artists. From June 26, 2026, to June 28, 2026, Medellín hosted the 2026 edition of the **Pan American Athletics Championships**. The six-round event (three morning and three afternoon) was held under the auspices of Panam Athletics – Asociacion Panamericana de Atletismo.

The walking events were held in the morning section on Sunday, June 28.

The men's half marathon walk started at 6:15 a.m., a somewhat rare time in European races, while the women's half marathon walk started at 7:50 a.m.

Half Marathon Men

Thirteen athletes representing the following nations showed up at the start: Ecuador, Mexico, Brazil, Peru, the USA, Venezuela, Panama, and the host country Colombia.

South American star Caio Bonfim (BRA) was absent.

The battle for the gold medal between **Ivan Dario Oña Colcha (ECU)** and **Ricardo Ortiz Rivera (MEX)** was interesting.

The finish order saw Dario Oña Colcha in first place in 1:27:03, while Ricardo Ortiz Rivera took silver in 1:27:31.

The bronze went to local athlete **Eider Orlando Arévalo Truque (COL)** in 1:28:24.

Twelve athletes completed the race.

Women's Half Marathon

Ten athletes representing the following nations showed up at the start: Peru, Ecuador, Mexico, Costa Rica, Brazil, USA, and Venezuela.

This race, too, was missing two top athletes: Kimberly Garcia Leon (PER) and Paula Milena Torres .

As in the men's race, the women's race also came down to the final stages, with **Evelyn Carla Inga Huaynalaya (PER)** beating **Glenda Estefania Morejon Quiñonez (ECU)** in her first official championship race after returning from maternity.

The finish order saw Evelyn Carla Inga Huaynalaya in first place in 1:35:34, while silver went to Glenda Estefania Morejon Quiñonez in 1:35:44.

Bronze went to **Alejandra Ortega Solis (MEX)** in 1:38:09.

Men Half-marathon

1 Ivam Dario Oña Colcha	ECU	1:27:03
2 Ricardo Ortiz	MEX	1:27:21
3 Eider Arevalo	COL	1:28:24
4 Roberto Vasquez	MEX	1:29:57
5 Saul Wamputsrik	ECU	1:30:47
6 Matheus Correa	BRA	1:31:01
7 Luis Henry Campos	PER	1:31:33
8 Ezequiel Alejandro Arrubia	COL	1:32:49
9 Nick Christie	USA	1:34:23
10 Jefferson Jesus Zambrano	VEN	1:36:09
11 Jordan Crawford	USA	1:38:30
12 Yassir Cabrera	PAN	1:41:44
... Max Batista G Dos Santos	BRA	DNF

Women Half-marathon

1 Evelyn Inga	PER	1:35:34
2 Glenda Morejon	ECU	1:35:44
3 Alejandra Ortega	MEX	1:38:09
4 Nathaly Leon	ECU	1:39:13
5 Ilse Guerrero	MEX	1:47:50 pz
6 Sharon Lizzeth Herrero Soto	CRC	1:49:58
7 Katie Burnet	USA	1:55:10
.. Viviane Lyra	BRA	DNF
.. Ruby Ray	USA	DNF
.. Milangela Francesca Rosalez	VEN	DNF

MARCIA DAL MONDO & 'O MARCHADOR' ROUNDUP

On June 28, 1926, in Piacenza, the legend of race walking was born, a symbol of elegance in sport and in life. The comb used to style hair before the victorious arrival at the 1952 Helsinki Olympics.

Below is the memory by **Fausto Narducci**, editor-in-chief of the *Gazzetta dello Sport*, written for FIDAL ¹:

TODAY: 100 YEARS OF THE DORDONI LEGEND

by **Fausto Narducci**

There are many ways to make the history of a specialty, a discipline, or any sport. But no one has done so, as **Giuseppe 'Pino' Dordoni** did before crossing the finish line at the Helsinki 1952 Olympics, fussing over his hair with a comb. Anecdotes, quirks, and the brilliance of the undisputed Knight of Race Walking (even though he officially held the title of Commander) come flooding back as Italian sport celebrates the 100th anniversary of the birth (June 28, 1926, in Piacenza) of a champion who served as a link between two eras of the heel and toe – first Ugo Frigerio, roughly contemporary Abdon Pamich, and later the Damilano brothers – accompanying the evolution of athletics' most successful discipline. Dordoni, who is still studied today by those who want to walk correctly without incurring disqualifications, was the “master” of generations of walkers, and it matters little if his rigor and determination sometimes made him appear gruff. It's no coincidence that after his competitive career, he took on the role of team leader of the Italian race walking team for 25 years, a role he held, with one brief interruption, almost until his death on October 24, 1998.



Pino Dordoni triumphs in the 1952 OG Helsinki 50km.

But let's return to the triumphant day of July 21, 1952, when the Italian athlete, who combined the elegance of his racing style with the aplomb he displayed in everyday life, achieved a career-spanning success. The details of the episode, which has become a sports anecdote – also recalled in the recent presentation of Sandro Damilano's statistical book at the Milan Arena – are due to former Italian athlete Piergiorgio Andreotti (nephew of life senator Giulio), who had the merit of obtaining a film clip from a German television documentary on Helsinki '52, which shows the Olympian, clearly in the lead, just before the marathon gate, receiving a comb from a person standing upright in a convertible following him, which he immediately used to style his hair. Reconstructing the episode many years later with the person concerned, who remembered it well, Andreotti discovered that Dordoni had received the comb from the Swiss race judge, Armando Libotte, who at that time served as president of the 50 km walking jury but had also been a good walker during the war, a journalist, and the creator of the Lugano Trophy in 1961.

Some time later, it was the Olympic champion himself who recounted the episode that has gone down in history as “Dordoni's comb”: “Armando was a friend of mine, and seeing him nearby while I was framing the stadium tower, I said to him, ‘Listen, Armando, would you mind holding my sunglasses and my cap? You can't win the Olympics with your head covered and your glasses on. And then, while you're at it, hand me the comb too, I want to make myself presentable.’” It was then that the photographers and camera operators went wild to capture the scene. Imagine, someone who marches and combs his hair even though he already has very little hair. Those who arrived late asked me to repeat the combing scene, but I only did it once and said, “Guys, I don't want to lose the gold medal for you.” I did well because the Czech Josef Dolezal who was chasing me was a real old dog: of the eight minutes I had on him, in the end I only had two.”

For the record, Dordoni won in 4:28:07.8 (an Olympic record), ahead of Czech Dolezal (4:30:17.8) and Hungarian Roka (4:31:27.2). But the comb incident isn't the only incident for which the race is remembered. It's said that Dordoni, who had

¹ *Federazione Italiana di Atletica Leggera*

lived through the war with his brother Aldo, also a race walker with the Salò Social Republic, sang nostalgic songs to keep himself going during the toughest moments. He himself recounted how he almost didn't start: "*At the Perugia training camp, to save my racing shoes (I only had one pair), I trained with basketball shoes. The rubber toecap gave me a blister under my nail. Result: infection with fever and pus.*" At the instigation of coach Giorgio Oberweger, Dordoni underwent minor surgery at a Milanese doctor's office. He left for Finland without the nail on his big toe, and after a 50-hour train ride from Milan to Helsinki, he was taken into care by the canoeists' medical director, who performed a final miracle. In the race, the Italian, fresh from winning the European title two years earlier in Brussels (but with a much faster time: 4:40:43), was chased for 35 km by Dolezal and Roka, as well as by the Ljunggren brothers (John finished eighth, Verner retired), but then walked alone to the finish line.



The 50km podium: Jozef Dolezal (CZE), Pino Dordoni (ITA), Antal Roka (HUN).

(Photo source: Marcia dal Mondo)

In post-war reconstruction Italy, it was easy to identify with the humility of the walkers who advanced through the crowd, much like the Giro d'Italia riders today in the mountain stages. Giuseppe Dordoni, known as Pino, was one of them, but he paid the price, as he himself admitted, for having fought on the wrong side of the war. When he was hired by Snam in 1953, after winning Olympic gold, he explained the experience to Enrico Mattei thus: "*I volunteered at 18, I lost the war, and in Malè di Trento I turned myself in to the Carabinieri. It was the saddest day of my life, but I paid for crimes not mine.*" Only later did it become known that Dordoni had been transferred in 1945 for six months to the Coltano concentration camp, a hamlet in the municipality of Pisa, where other famous figures such as Dario Fo, Raimondo Vianello, Walter Chiari, Ugo Tognazzi, Enrico Maria Salerno, and Enrico Ameri were interned. That "wrong" choice not only forced him to repeat his military service but in 1949 led to the cancellation of the job he had already announced at a credit institution.

In his career, Pino Dordoni, in addition to the Olympic (1952) and European (1950) titles, both in the 50 km, won 26 Italian titles: 11 in the 10 km, 10 in the 20 km, and 5 in the 50 km. He competed in a total of 332 races, winning 232 times, and wore the Italian national team jersey 18 times. His career began at age 15, in 1939, during school, thanks to former race walker Guido Rizzi, who initially steered him towards middle-distance running but later became his race walking coach. On March 8, 1942, Dordoni won his first race, the Modena Popular Trophy over the 10 km in 54:04. Forced to take on various odd jobs to support himself, training only in the evenings, he earned a spot in the 1948 London Olympics, where he finished ninth in the 10 km (48:19.2), just behind fellow Italian Gianni Corsaro, complaining that the course was too short for him. He had even decided to emigrate to Venezuela when his coach, Guido Rizzi, convinced him to participate in the 1949 Gazzetta Cento Kilometri, which awarded 100,000 Italian lire to the winner. A legendary race that started from Gallarate at 4a.m. and was accompanied by kilometers-long bicycle processions. The "caliphs" of the Trophy did not look favorably on this 23-year-old newcomer, but he beat out competition from the French bricklayer Claude Hubert, a multiple winner, and with the check he also earned his place in Italy.

It was only after his Olympic gold medal that Giulio Andreotti himself helped him find a job at Snam. Subsequent participations in the Games (9th in 1956 in the 20 km and 7th in 1960 in the 50 km) and the European Championships (retired in 1954 in the 50 km, 6th in 1958 in the 20 km and retired in the 50 km) did not bring the desired results. He had a special relationship with the Coppa Città di Sesto, just outside Milan, of which he won the first three editions (1957, 1958, and 1959). In Sesto San Giovanni, which named the municipal stadium after him in 2002, he also began his love story with his wife Graziella, whom he married in 1961. The final race took place on November 19, 1961, at the Olympic Stadium in Rome, with the definitive handover to Abdon Pamich, who set the 50 km world record there. Three years later, he redeemed himself with the gold medal at the Tokyo Olympics after winning the bronze medal at Rome '60. In 1962, Dordoni was appointed head of the FIDAL race walking sector.

His wife Graziella and daughter Isabella were always close to him.

100 years after his birth, Pino Dordoni remains a symbol of elegance, in sport and in life.

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.

- Sunday, June 28, 2026 - **Ukrainian Half Marathon Race Walking Championships – Lutsk 2026 (results)** <https://omarchador.blogspot.com/2026/06/campeonatos-da-ucrania-da-meia-maratona.html>
- Saturday, June 27, 2026 - **Alex Schwazer on the verge of eradication.** <https://omarchador.blogspot.com/2026/06/alex-schwazer-na-iminencia-da.html>
- Wednesday, June 24, 2026 - **National Veterans Track and Field Championships – Lisbon 2026: Men's 3000m Walk (results)** https://omarchador.blogspot.com/2026/06/nacionais-de-veteranos-em-pista-lisboa_02100639989.html
- Wednesday, June 24, 2026 - **National Veterans Track and Field Championships – Lisbon 2026: Women's 3000m Walk (results)** <https://omarchador.blogspot.com/2026/06/nacionais-de-veteranos-em-pista-lisboa.html>
- **Tuesday, June 23, 2026 - Evan Dunfee shines at the Canadian track and field championships – Ottawa 2026** <https://omarchador.blogspot.com/2026/06/evan-dunfee-em-destaque-nos-campeonatos.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 ...

The Facebook group *Talking Racewalking* has made several interesting delves into the sport's history of late. On this occasion it features the 1978 Edmonton, Canada and one of the British heroes of the time, **Brian Adams**:²

1978 COMMONWEALTH GAMES 30K

Highlighting our friend and follower **Brian Adams** who finished 4th! Also included in the race was our Canadian walker Marcel Jobin.

1978 Commonwealth Games – The Battle for 30km Race Walk Glory

The 1978 Commonwealth Games in Edmonton, Alberta marked a new chapter in Commonwealth racewalking history. After many years of the traditional 20-mile walk, organizers introduced the 30-kilometre race for the first time, creating a faster and more modern championship event.

Held on 8 August 1978, the race took place on one of the hottest afternoons of the Games. Walkers had requested a later start to avoid the peak heat, but the event began at 3:00 p.m. under blazing sunshine on an exposed course around Edmonton's Commonwealth Stadium. The conditions made the race a true test of endurance as much as speed. England's Olly Flynn entered the race as one of the favourites and produced a superb performance to win Commonwealth gold in 2:22:03.70. Australia's Willi Sawall took silver in 2:22:58.58, while fellow Australian Tim Erickson earned bronze in 2:26:33.97.

Just outside the medals was another outstanding English walker—Brian Adams.

Already an Olympian after representing Great Britain at the 1976 Montreal Olympic Games, Adams produced another world-class performance, finishing 4th in 2:29:41.45, less than three minutes behind the bronze medal. It capped an exceptional period in his career, during which he won five consecutive AAA British 10,000m titles (1975–1979) and established himself as one of Britain's leading racewalkers.

1978 Commonwealth Games – Men's 30km Race Walk

- 1 Olly Flynn (England) – 2:22:03.70
- 2 Willi Sawall (Australia) – 2:22:58.58
- 3 Tim Erickson (Australia) – 2:26:33.97
- 4 **Brian Adams** (England) – 2:29:41.45

Congratulations to Brian Adams on a remarkable career as an Olympian, British champion and award-winning coach, and thank you for your lifelong service to racewalking.

1 Olly Flynn	ENG	2:22:03
2 Willi Sawall	AUS	2:22:58
3 Tim Erickson	AUS	2:26:33
4 Brian Adams	ENG	2:29:41
5 Amos Seddon	ENG	2:29:57

² <https://www.facebook.com/profile.php?id=61553349728764>

6 Helmut Boeck	CAN	3:31:20
7 Graham Seatter	NZL	2:31:48
8 Graham Young	IOM	2:33:40
9 Marcel Jobin	CAN	2:35:01
10 Elisha Kasuku	KEN	2:43:25
11 Rashid Chege	KEN	2:45:12
12 Vellasamy Subramaniam	MAS	2:56:07
... John Callow	IOM	DNF
... Robert Lambie	IOM	DNF

And finally ...

Alex Schwazer: Is this story about to run out of oxygen at last?

Three updates by **Nicola Maggio** in *Marcia dal Mondo* appear to indicate that, if the bell is not quite yet sounding the death knell on the career of Alex Schwazer, at least the hammer is being warmed up.

- 22 June 2026 - **NADA initiates proceedings against Alex Schwazer** <https://marciadalmondo.com/edit-news/2026/nada-initiates-proceedings-against-alex-schwazer/>
Contains the official announcement by the National Anti-Doping Agency of Germany, statements by Schwazer in his defence, and reactions from his fellow Italian race walkers via social media posts (including those by Francesco Fortunato, Antonella Palmisano and Massimo Stano.)
- 25 June 2026 - **Follow up proceedings NADA Germany vs Alex Schwazer** <https://marciadalmondo.com/edit-news/2026/follow-up-proceedings-nada-germany-vs-alex-schwazer/>
NADA Germany issues a 'precautionary suspension' against Schwazer.
- 27 June 2026 - **From July 2024 to June 2026: the diary from the come back to suspension of the South Tyrolean race walker** <https://marciadalmondo.com/edit-news/2026/from-july-2024-to-june-2026-the-diary-from-the-come-back-to-suspension-of-the-south-tyrolean-race-walker/>
A timeline of Schwazer's racing over a two-year period that contains, among other things, two mind-boggling statistics: (1) a regional 10,000m championship win, at age 40, in 2025 in 38:24:07 ... 34 secs faster than the PB he set at age 26, 14 years earlier, and (2) victory in the German Marathon walk championship in a time of 3:01:55 - 3mins faster than Katsuki's winning time in Brasilia. Calls from sections of the press and social media clamoured for his selection for the European championships, which couldn't happen given his record. What now?

**** 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).



WHAT'S UP AHEAD?

2026 WINTER SEASON FIXTURE

JULY

Saturday 4 th July	Racewalking Australia Postal Challenge event & VMA 10km C'ship	Middle Park
Saturday 11 th July	VRWC Points races	
Saturday 18 th July	VRWC Points races and Interval races	Middle Park
Sunday 26 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

AUGUST

Saturday 1 st August	VRWC Points races	Middle Park
Saturday 8 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 15 th August	VRWC Last points race	Middle Park
Sunday 23 rd August	AA JUNIOR CHAMPIONSHIPS	Ballarat
Saturday 29 th August	VRWC non points race day	Middle Park

September

Saturday 5 th September	AV 5km teams, VMA 5km track c'ship & VRWC events	Mentone Track
Sunday 13 th September	VRWC relay race and Seasons Presentations	Middle Park

Victorian & National Key Dates – 2025/2026

Sat 4 Jul 2026	VMA 10km Road walk Championship & RWA Challenge – Middle Park
Sun 26 Jul 2026	AV 30km C'ship inc. Jared Tallent Trophy & VRWC c'ships – Middle Park
Sat 8 Aug 2026	AV 15km Championships & VRWC c'ships
Sun 23 Aug 2026	AA Junior Road walk Championships – Ballarat VIC
Sat 5 Sep 2026	AV 5000m Teams & VMA Championships - Mentone

International Dates

31 Jul 2026	Commonwealth Games 10,000m Walk finals – Glasgow, SCO
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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