



HEEL & TOE Online

Vol. 2025
Issue No. 13
Tuesday
1 April 2025

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

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



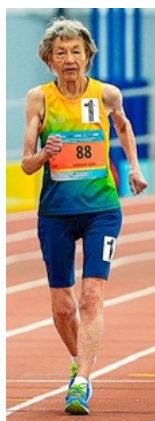
VRWC preferred supplier of shoes, cloths and sporting accessories

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>

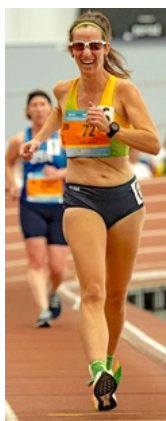
***H&T Notice Board – Page 10**

- **Re-registration and new registration** – important letter from the Secretary
- **Fees** - Membership and racing.

** WALKER OF THE WEEK **



Lynne



Melissa



Heather

(Photos: WARWC; Emmanuel Tardi)

The last time the USA provided WOTW candidates was back in August 2022, when Rhydian Cowley took the award following his 35km performance in the WA World Championships in Eugene, Oregon. Since not much in the way of good news is emanating from that troubled land right now, it's comforting to be able to report on some Aussie sporting success achieved there. **Lynne Schickert (WA)**, **Melissa Lewis (WA)** and **Heather Carr (VIC)** – take a bow!

Lynne was successful in the W85-89 3000m, taking the Gold medal in a time of **25:58.10**. Her fellow West Australian **Melissa** was dominant in the W35-39 division, winning both the 3000m and 10km races. **Heather**, for her part, overcame the effects of back surgery two months earlier to win W75-79 silver medals at both distances.

Congratulations to Lynne, Melissa and Heather. It just shows that, if you're a committed athlete prepared to put in the work and manage your life sensibly, age need not tie you down. It certainly hasn't with these three marvels.

*Honourable mentions

- **Avia Luketic, 11yo** and **Audrey Russell, 12yo (NSW)** – both smashed their PBs in winning their races at the ANSW Junior championships a fortnight ago. **Avia** took over a minute from her 3000m time to clock **14:55.50**, while **Audrey** came to within a few seconds of sub-7:00 for 1500m with a 22sec PB.
- **Kim Mottrom (SA)** – appropriately for his home state, Kim is entering that 'wine gets better with age' territory. On Saturday he added to his cellar stock with another M40 state record, this time for 1500m with **6:00.30**.



CLUB NEWS and RESULTS

*** *It's April 1st ... and we all know what that means. Yes?*

You guessed right. It's the **first day of the VRWC's Financial year**, and if you haven't already signed up and paid your subs for 2024-25 – it's time you did!

See the Fees tables on the Notice Board on Page ... or cut to the chase and go straight to <https://www.revolutionise.com.au/vrwc/registration>

Sign up now and be eligible to contest the Club Track championships on Saturday 26 April.

Stu Cooper



- We commend our younger members – **Matilda and Pippa Read, Ariana Pashutina, Max Davidson, Hannah Matthews, Angus Shuttleworth, Havana Ali, Ela Uzun and Mya McClure** – on their selection for the **Australian Junior T&F championships**, which start this Friday in Perth. We wish them every success, a wish that also extends to their Victorian walking team mates **Lucy Johns and Tate McQueen**. *Go, Vics!*

***HAVE YOU GOT SOME TIME AND A PAIR OF FREE HANDS ON**

WEDNESDAY 16 APRIL?

If so, we are planning a chuck-out of old stuff and tearing up of the ageing carpet in the Club rooms. We'll have a skip on site and hope for new carpet to be laid that week.

If you can assist, even for an hour or so, please contact Stu, Terry or Mark.



David Smyth, now back home in NZ, hasn't let the grass grow beneath his racing shoes. Last weekend he competed in the NZ Masters Track championships in Auckland, taking gold medals in the 3000m and 1500 with times of **18:13.22** and **9:01.04**. Settling down to training under coach Rozie Robinson, David is keen to put in an appearance at lake Burley Griffin in June ... in VRWC colours, of course! We look forward to seeing you there, Dave.



AROUND THE COUNTRY



Australian Masters Athletics

Promoting active healthy athletics competition through our network of state and territory associations

U.S.A: World Masters Indoor T&F championships, 23/30 March – Gainesville, FL

Last week, a tiny band of four Aussie walkers ventured to the Alachua County sports complex in Gainesville, Florida, for this years **WMA Indoor T&F Championships**. Of the four, three came home with medals.

Congratulations to **Melissa Lewis** (WA, 2 gold), **Lynne Schickert** (WA, 1 Gold) and **Heather Carr** (VIC, 2 silver). A nod also to **Dean Nipperess** (QLD), whose fitness of other years may have left him but not his keenness to race again in green and gold. Well done, all four!

Women 75-79 3000m RW

1 Yoko Eichel	USA	21:17.89
2 Heather Carr	AUS	21:33.79
3 Carol Wilkinson	USA	22:18.08
4 Heidrun Neidel	GER	24:01.10
5 Kathleen Frable	USA	24:20.61
6 Darlene Backlund	USA	24:58.25

Men 50-54 3000m RW

1 Erick Maugo Sikuku	KEN	12:34.20
2 Dmitry Babenko	CAN	13:25.39
3 Etiel Soto Maldonado	MEX	13:35.25
4 Steffen Borsch	GER	13:52.64
5 Normuns Ivzans	LAT	14:06.11
6 Mariano Herrera	MEX	16:55.52

Women 80-84 3000m RW				7 Mihail Larin	CAN	17:09.04
1 Lynne Schickert	AUS	25:58.10		8 Dean Nipperess	AUS	19:23.33
2 Sandra Hults	USA	29:49.07		.. Tomasz Lipiec	POL	DQ TR54.7.1
Women 35-39 3000m RW						
1 Melissa Lewis	AUS	16:08.23				
2 Aleksandra Majewska-Ani	GBR	17:23.67				
Women 75-79 10km RW				Men 50-54 10km RW		
1 Carol Wilkinson	USA	1:14:11.0		1 Erick Mugo Sikuku	KEN	45:26.0
2 Heather Carr	AUS	1:16.22.0		2 Dmitry Babenko	CAN	48:19.0
3 Kathleen Frable	USA	1:23.06.0		3 Etiel Soto Maldonado	MEX	49:56.0
4 Darlene Backlund	USA	1:25:31.0		4 Normuns Ivzans	LAT	50:11.0
Women 35-39 10km RW				5 Yvan Bouchard	CAN	55:38.0
1 Melissa Lewis	AUS	58:16.0		6 Mariano Herrera	MEX	59:06.0
2 Carolyn Derbyshire	GBR	59:31.0		7 Mihail Larin	CAN	1:02:36.0
3 Anine Stanley	USA	1:02:02.0		8 Dean Nipperess	AUS	1:15:38.0
4 Aleksandra Majewska-Ani	GBR	1:02:35.0		9 Enrique De Jesus Rosado Samo	MEX	1:18:21.0
5 Cher Armstrong	USA	1:10.54.0				
6 Dash Newington	GBR	1:15:16.0				

*All results available at <https://wmaci2025.com/results/>

Full result lists can be seen at <https://omarchador.blogspot.com/2025/03/wmaci-2025-em-alachua-county-3000-m-m35.html> and <https://omarchador.blogspot.com/2025/03/wmaci-2025-em-alachua-county-3000-m-w35.html> read at

*GO WEST, YOUNG WALKERS! START LISTS FOR AA JUNIOR TRACK C'SHIPS PROMISE QUALITY RESULTS IN PERTH

The 2024-24 Australian T&F titles kick off in Perth this Friday with the U14-U18 competitions, and the Walks fields are, as usual, well supplied with talent and determination. Going by the provided PBs and SBs (see these on the Roster schedule at <https://meets.rosterathletics.com/public/competitions/details/schedule?id=25828>), good contests are likely across all events. As we know, prior times are not always an accurate guide to what will happen on race day, when what counts is what the athlete can produce against whatever is thrown at them.

LIVE COVERAGE: Australian Athletics is providing live streaming through Seven-Plus at <https://www.athletics.com.au/event/2025-australian-junior-athletics-championships/>

***U14 3000m**

With a PB placing him at least a lap ahead of his rivals, **Nate Appleyard** looks to have the Boys' U14 title sewn up. Behind him, NSW team mate **Charlton Maxwell** is likely to take silver with **Lincoln Moore**, **Tate McQueen** and **Riley Cunnold** set to fight it out for the bronze.

The Girls' race should see **Avia Luketic** and **Isabella Welch** turn on a keen contest for gold, while the bronze could go either of two improving locals, **Darcy Bramwell-Keys** or **Eva Tomasini**.

Boys 3,000m Race walk U14 17.25 – Friday 4 April

Nate Appleyard	NSW
Riley Cunnold	WA
Alexander Dennett	NSW
Zachery Freundt	SA
Mathias Hutchens	NSW
Leo Hyde	QLD
Charlton Maxwell	NSW
Tate McQueen	VIC
Liam Meale	NSW
Lincoln Moore	NSW
Tayte Moore	WA
Sebastian Ryan	ACT
Tom Murphy	WA

Girls 3,000m Race walk U14 17.25 – Friday 4 April

Isla Banks	NSW
Darcy Bramwell-Keys	WA
Amelia Chisholm	QLD
Keira Gill	NSW
Elsbeth Hooper	QLD
Scout Linton	NSW
Avia Luketic	NSW
Ashleigh Mansell	NSW
Audrey Russell	NSW
Pippa Read	VIC
Makenzie Sillitto	WA
Eva Tomasini	WA
Isabella Welch	QLD

*U17-U18 5000m

QLD's **Milly Sharpe** is set to cap a wonderful season with the U18 national title and, having broken 25:00 recently, it's hard to see anyone getting close. **Grace Beck** and **Kaytee Bogaers** will likely fight it out for the minors.

In the Boys' U18 race it'll be Taswegian **Sam Lindsay** versus the conditions, with the placings to be decided between emerging talents **Noah Cooke** and **Sebastian Richards**.

The Girls U17 medals are unlikely to be headed anywhere but to NSW, with **Jessica Loring** and **Matilda Webb** almost inseparable on times and both tough racers. **Maisie Mitchell** should take bronze unless a 'roughie' from the pack – possibly **Olivia Boulton** – has a day out and causes an upset.

With only four in the field, there's little to stop **Max Davidson** from adding to his growing haul of national titles. **Liam Freundt** and **Ali Znad** will raffle the placings.

Girls 5,000m Race walk U18 16.50 – Saturday 5 April

Grace Beck	NSW
Kaytee Bogaers	WA
Katie Bray	QLD
Laura Corvalan Sotomayor	NSW
Trinity Doulis	WA
Eliza Kelly	QLD
Matilda Olsen	NSW
Stella Pinches	NSW
Danelia Samuel	NSW
Milly Sharpe	QLD
Hannah Matthews	VIC

Boys 5,000m Race walk U18 17.00 – Sunday 6 April

Noah Cooke	QLD
Dylan Allabush	NSW
Kai Dale	QLD
Samuel Lindsay	TAS
Sebastian Richards	SA
Alexander Sinnett	NSW

Girls 5,000m Race walk U17 16.50 – Saturday 5 April

Caetlin Ashby	NSW
Katica Borsic	WA
Olivia Boulton	QLD
Emma Hearnden	NSW
Chelsey Ireland	WA
Lucy Johns	VIC
Jessica Loring	NSW
Madeleine Maxwell	NSW
Maisie Mitchell	NSW
Matilda Webb	NSW

Boys 5,000m Race walk U17 17.00 – Sunday 6 April

Max Davidson	VIC
Liam Freundt	SA
Angus Shuttleworth	VIC
Ali Znad	WA

*U15-U16 3000m

The Girls U16 gold medal is **Sophie Polkinghorne's** to lose, while the same could be said of the silver in **Matilda Read's** case. The contest, therefore, will be for bronze with **Bethany Moore-Kirkland** and **Hannah Matthews** the chief combatants.

Noah Cooke will be back for a second bite of the cherry and should win the Boys U16 title easily, while NSW's **Alexander Braendle** and **Rhys Chandler** will vie for the minor medals with Cooke's teammate **Koby Irvine**.

In the Girls' U15 race, **Ela Uzun** – unapproachable since she started interstate racing in 2022 - will continue her dominance with only **Mya McClure** to challenge her. Third on the podium should go to **Havana Ali**, **Lily Gaspar** or **Hannah Hewitt**.

Callum Martin is the class of the U15 field and the interest will be in whether he can go sub-13:00 here. **Lachlan Moore** and **Angus Shuttleworth** are next best on times by some way and only have to race smart to take home a medal each.

Girls 3,000m Race walk U16 11.40 Tuesday 8 April

Lexie Beacroft	NSW
Trinity Doulis	WA
Ashleigh Farrugia	NSW
Eliza Kelly	QLD
Liliana Martin	WA
Hannah Matthews	VIC
Bethany Moore-Kirkland	QLD
Eva Parker	TAS
Sophie Polkinghorne	NSW
Matilda Read	VIC
Matilda Rech	SA
Jillian Ryan	ACT

Girls 3,000m Race walk U15 11.40 Tuesday 8 April

Havana Ali	VIC
Mackenzie Bandit	QLD
Savannah Carnaby	WA
Erin Cassilles	NSW
Tory D'Alessio	WA
Lani Ellwood	QLD
Miarose Everson	NSW
Lilly Gaspar	NSW
Nikki Hearnden	NSW
Hannah Hewitt	NSW
Mya McClure	VIC
Isla Messenger	WA
Zoe Renton	QLD
Ela Uzun	VIC

**Boys 3,000m Race walk U16
12.30 Tuesday 8 April**

Alexander Braendle	NSW
Rhys Chandler	NSW
Noah Cooke	QLD
Lochie Hadley	WA
Koby Irvine	QLD
Charlton Maxwell	NSW
Eli Melinz	QLD
Keenan Munro	WA
Liam Wamsley	NSW

**Boys 3,000m Race walk U15
12.30 Tuesday 8 April**

Orlando Follington	WA
Sagan Jones	NSW
Callum Martin	NSW
Michael Mathison	NSW
Mitchell McCarthy	NSW
Lachlan Moore	QLD
Angus Shuttleworth	VIC
Noah Vella	NSW

A.C.T. ACTRFWC results, 27 February to 27 March - Woden

The ACT walkers have wound up their summer competition with a 1-mile race, with **Jillian Ryan** going for it to clock a pacy **7:47** ... equal to around 7:20 for 1500m. The club's Winter season commences on May 3rd.

Thanks to **Ann Staunton-Jugovic** for the results.

Results – 27/3/2025

1 mile (1600m) walk

1. Jillian Ryan	7:47
2. Ann Staunton-Jugovic	8:54
3. Sebastian Ryan	9:35
4. Sue Archer	11:26
5. Bryan Thomas	12:42
6. Lorna England	13:42

Results – 13/3/2025

1100m

1. Estrid Helgstedt	7:16
---------------------	------

1500m

1. Tindra Helgstedt	8:59
2. Zac Anderson-Rule	9:11
3. Jillian Ryan	9:12
4. Sebastian Ryan	9:38
5. Sue Archer (FW)	10:27
6. Bryan Thomas	12:02
7. Lorna England	13:03

Results – 6/3/2025

800m walk

1. Tindra Helgstedt	4:45
2. Estrid Helgstedt	5:22
3. Jim White	6:21
4. Lorna England	6:49

2000m walk

1. Emma Grocott	9:58
2. Jillian Ryan	10:01
3. Mike Smith	10:06
4. Sebastian Ryan	12:20
5. Sue Archer	14:12
6. Jill Pearson	14:35
7. Bryan Thomas	16:05

Results – 27/2/2025

1000m race walk

1. Jillian Ryan	5:05
2. Estrid Helgstedt	6:32

3000m race walk

1. Sebastian Ryan	19:25
2. Lorna England	27:20

3000m fitness walk

1. Geoff Barker	27:47
-----------------	-------

5000m race walk

1. Michelle Bray	27:55
2. Ann Staunton-Jugovic	29:45
3. Jill Pearson	35:39

5000m fitness walk

1. Sue Archer	36:42
2. Bryan Thomas	40:56

NEW SOUTH WALES ANSW State Juniors T&F c'ships, 13-16 March - SOP, Sydney

In the last issue, Frank Overton reported on the ANSW Open and U17-U20 track walk championships, along with race results. This time it's the U14-U16's turn, with 3000m being their distance. It doesn't look as though the heat was any kinder to the youngsters, with times a bit slower all round. Once again, **Callum Martin**, **Nate Appleyard** and **Sophie Polkinghorne** showed themselves to be a class apart, with **Avia Luketic** also planting her colours with a 1:01 PB and her first sub-15:00 result.

Boys U16 3000m RW

1 Alexander Braendle	Northern Dist. LAC	15:23.93
2 Liam Wamsley	Gloucester Dist.	20:30.06

Boys U15 3000m RW

1 Callum Martin	Adamstown NL	14:06.04
2 Noah Vella	Nepean LAC	15:30.26
3 Sagan Jones	Hills District LAC	16:52.19
4 Michael Mathison	Port Hacking LAC	17:10.89
5 Mitchell McCarthy	Ryde AC	17:38.33

Girls U16 3000m RW

1 Sophie Polkinghorne	North Rocks C	14:20.51
2 Lexie Beacroft	Quakers Hill LA	16:51.31
3 Ashleigh Farrugia	Girraween LAC	16:22.30

Girls U16 3000m RW

1 Nikki Hearnden	Cardiff & Dist	16:55.07
2 Erin Cassilles	Westfields AC	17:11.04
3 Madeline Kot	Girraween LAC	18:46.21

6 Patrick Waddington Winston Hills 18:17.35

Boys U14 3000m RW

1 Nate Appleyard Winston Hills 14:24.52
2 Liam Meale Gosford LAC 16:07.05
3 Charlton Maxwell Maitland S&LA 17:17.69
4 Alexander Dennett Hawkesbury City AC 18:08.30
5 Ethan Lally Ku-Ring-Gai LAC 18:43.93
6 Mathias Hutchens Hornsby Dist AC 19:49.45
4 DQs

Girls U16 3000m RW

1 Avia Luketic Balmain AC 14:55.50
2 Ashleigh Mansell Cherrybrook S&LA 15:24.70
3 Hannah Hewett Bankstown Sports 16:11.30
4 Isla Banks Riverstone AC 18:18.36
5 Mia Wheeler Taree AC 19:59.74
1 DQ

ANSW also conducted 1500m championships for their U14-U18 age groups. **Dylan Allabush** clocked the fastest male time of **6:34.02**, while Little Aths surprise packet **Audrey Russell** took a huge leap up with a 22sec PB time of **7:06.47**.

Men U18 1500m RW

1 Dylan Allabush Wests T&F 6:34.02
2 Kalan Travers Bathurst AC 8:37.89
3 Hayden Menteith Preston Robins LAC 9:34.81

Women U18 1500m RW

1 Claire Giffney Kings Langley LAC 9:07.12
2 Katherine Farrugia Girraween LAC 10:58.79
3 Ally Maclaine Hornsby Dist LAC 11:21.10

Boys U16 1500m RW

1 Riley Breckon Eschol Park LAC 7:26.42
2 Miller Farrington Wauchope LAC 8:07.21
3 Cooper Findlay Tallawong Park LAC 8:58.88
4 Jarryd Rawlings Tallawong park LAC 9:30.90
5 Luke Challinor Holroyd LAC 12:09.34
1 DQ

Women U17 1500m RW

1 Imogen McKenzie Tamworth A&LAC 8:15.24
2 Scarlett McGraw Revesby Workers 8:20.92
3 Charlotte Rudd Balmain AC 9:11.56
4 Tia Bachtis Emu Plains LAC 9:19.21
5 Elliana Henderson Girraween LAC 10:54.25
1 DQ

Boys U15 1500m RW

1 Tyler Cousins Cardiff & Dist LAC 7:22.04
2 Bentley Luketic Balmain AC 7:57.97
3 Michael Southby Campbelltown CAC 12:57.92
4 DQs

Girls U16 1500m RW

1 Emma Hoskins Quakers Hill LAC 8:29.17
2 Ruby Penn Cherrybrook S&LA 9:18.76
3 Imogene Anderson Wollongong City 9:28.25
4 Lilly Hall-O'Dwyer Rouse Hill Rams 9:37.41
5 Alannah Webber Winston Hills AC 9:59.67
6 Jessica O'Harae Hills District LAC 10:04.07
7 Kaitlin Perry Gloucester DAC 10:14.11
8 Shakira Hewitt Bankstown Sports 10:19.25
9 Ashleigh Kriesel Hills District LAC 10:49.41
10 Addison Hare Wollongong City 11:55.70
1 DQ

Boys U14 1500m RW

1 Lincoln Moore Glenbrook LAC 8:05.21
2 Luca Bakarar Port Hacking LAC 8:31.92
3 James Sadler Liverpool City LAC 8:33.70
4 Julian Ciano Manly Warringah LAC 8:38.64
5 Joseph Curmi Girraween LAC 9:43.26
6 Liam Bortolussi Inner West LAC 9:48.13
7 Harrison Sturman Adamstown NL 9:49.11
9 Lachlan Pearce Girraween LAC 10:04.50
10 Lachlan Richardson Blacktown LAC 11:39.70
4 DQ's

Girls U15 1500m RW

1 MiaRose Everson Ryde AC 7:34.15
2 Sienna Wade Ryde AC 7:59.19
3 Georgia Watson Colyton St Clair 8:17.46
4 Grace Delander Revesby Workers 8:37.23
5 Maddison Watts Wollongong City 8:39.80
6 Emily Gasper Balmain AC 8:44.18
7 Mae Bremner Lake Illawarra AA 8:51.25
8 Brooke Cross Illawong LAC 8:53.84
9 Mikayla Day Cardiff & District 9:04.54
10 Mia Graham Cherrybrook S&LA 10:13.61
14 finishers 3 DQs

Girls U14 1500m RW

1 Audrey Russell Raymond Terrace 7:06.47
2 Molly Miller Manly Warringah AC 7:33.05
3 Gemma Hunt Manly Warringah AC 8:01.94
4 Ivy Murray Riverstone AC 8:19.74
5 Lucia Rogulski Hills District LAC 8:39.17
6 Jolin Wirinata North Rocks C LAC 9:10.34
7 Eden Hampton-Lander Tallawong Park LAC 9:10.66
8 Niesha Whiteman Narrandera LAC 9:13.21
9 Milla Champion Mingara Regional 9:25.66
10 Stella Dobson Hills District LAC 9:25.66
19 finishers 3 DQs

QUEENSLAND QRWC Sign-on day, Sunday 30 March – Kalinga Park

On Sunday, QRWC opened their Winter campaign (phew, they don't muck around!) with their annual 'sign on' day races (non-points). Of the small turn out, **Alex, Lachlan, Kai, Eliza** and **Isabella** have Perth commitments coming up, so it's a smooth blending of seasons for them. (Break? What break?)

5km Men

1. Alex Bradley 24:49
2. Kai Dale 29:28
3. Argenis Guevara 33:58

5km Women

1. Eliza Kelly 28:09
2. Phoebe Chadwick 33:53
3. Joy Dale 38:39

4. Peter Bennett 34:58

3km Men

1. Lachlan Moore 14:38
2. Leo Ramsay 19:59

3km Women

1. Bella Welch 16:42
2. Noela McKinven 26:43

2km Men

1. Dylan Moore 13:23

2km Women

1. Izzy Blackburn 13:10

1km Women

1. Lilli Chu 7:58

SOUTH AUSTRALIA ASA Interclub results, 29 March – Mile End stadium

These races were held at around 3.45pm so the conditions were ‘warm’, according to **Kim Mottrom** who collected another state Masters record.

Open 5000m

	Time
Cooper Rech	25:43.01
Liam Freundt	28:52.65
Peter Crump	33:24.57
Alex McEwan	41:02.11
Sebastian Richards	DNF

Open 1500m Walk

Kim Mottrom	6:00.30	M40 state record
Liliana Templer	8:10.36	
Jessica Cleland	9:07.93	
Zachery Freundt	9:25.03	
Marie Maxted	9:56.82	
Ross Hill-Brown	11:41.00	



INTERNATIONAL NEWS

ITALY: Italian Race Walking championships, 30 March – Sant’Alessio Siculo

Alexandrina Mihai and Andrea Cosi crowned Italian champions in the 20 km walk

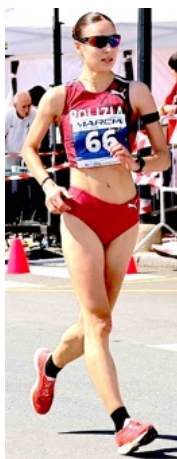
(reprinted from *O Marchador* – 31 March)

Sant’Alessio Siculo, in the province of Messina, witnessed this Sunday, on a very sunny morning, some good Italian race walking championships with the focus on the 20 km events, held on a circuit with a perimeter of one kilometre, right next to the city’s seafont and in a really beautiful area, with views of the charming city of Taormina.

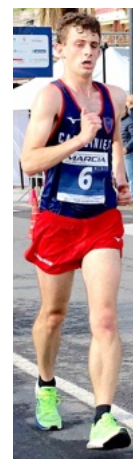
In the women’s 20 km, the highlight was, naturally, the great performance of **Alexandrina Mihai**, aged 21, who won with a time of **1:28:57**, greatly improving her previous personal best of 1:30:50, achieved last year in A Coruña. In one fell swoop, she broke the old national record for the Under-23s (in her last year in this category) that had belonged to the 2008 Beijing Olympic medallist, Elisa Rigaud, since 2001 (1:29:54) and achieved the minimum time for the Tokyo World Championships, surpassed by 3 seconds. And she took home the trophy dedicated to Anna Rita Sidoti, the emblematic race walker who was from the province of Messina.

Federica Curiazzi, second placed, also did very well, leading for much of the race, achieving a time of **1:29:44** and a good improvement on her personal best of 1:31:41. Both are in the Italian TOP 10 of all time, Mihai in position 8, Curiazzi in position 10. Closing the podium, **Sofia Fiorini** recorded **1:34:35**, she who was the 2nd under-23.

In the 20 km under-20 women’s race, **Serena Di Fabio** won the title on her debut in the distance and broke the Italian record in this category with a time of **1:34:12**, which belonged to the Tokyo 2021 Olympic champion, Antonella



Mihai



Cosi

Palmisano (1:36:21, from 2010), who personally placed it on the chest of the very young specialist from Abruzzo.

In the U-18 women's 10 km, **Valentina Adamo** triumphed with a time of **49:17**.

In the men's 20km, **Andrea Cosi** won his first career title by winning with a time of **1:20:57**, ahead of Mexican **José Luis Doctor Morales (1:21:31)**, competing outside the championship, and with **Michele Antonelli (1:21:49)** and **Nicola Lomuscio (1:22:38)** on the other podium positions to win the Under-23 title, an improvement on his personal best of almost 2 minutes in his second experience at the distance.

In the 20 km men's Under-20, special mention goes to **Giuseppe Disabato**, who broke the Italian record in the category with a time of **1:23:01**, succeeding Giorgio Rubino (1:23:58 since 2005), while in the 10 km Under-18, victory went to **Lucio Di Lizio**, with **45:15**.

(Photos source: Nicola Maggio)

20 Kilometres Men

1.	Andrea COSI	30 APR 2001	1:20:47
2.	Michele ANTONELLI	23 MAY 1994	1:21:49
3.	Nicola LOMUSCIO	03 JUN 2003	1:22:38
4.	Aldo ANDREI	15 JUL 2001	1:22:49
5.	Davide FINOCCHIETTI	16 OCT 2001	1:26:40
6.	Andrea DI CARLO	31 JAN 2005	1:29:08
7.	Luigi REIS	17 OCT 2003	1:30:14
8.	Alessio CICCARESE	28 JUN 2005	1:30:53
9.	Nicolo IZZO	15 FEB 2005	1:31:19
10.	Ivan RAGOZZINO	2005	1:32:08
11.	Cristian SERRA	23 AUG 2005	1:32:45
12.	Matteo PIERVINCENZI	01 NOV 2003	1:33:19
13.	Matteo BONOMI	1982	1:34:04
14.	Cristian IMPROTA	23 MAY 2005	1:35:45
15.	Alessio CIRIOTTI	30 DEC 2004	1:37:19
16.	Ettore GRILLO	10 NOV 1997	1:37:39
17.	Niccolo' BETTONI	2005	1:38:15
18.	Federico CIASCHETTI	04 DEC 2005	1:38:34
19.	Alessandro TATINI	2005	1:39:37
21.	Vincenzo PONTRANDOLFO	1978	1:47:30
22.	Sebastiano BARONE	1969	1:50:29
	Gianluca PICCHIOTTINO	22 AUG 1996	DNF
	Francesco BENVENUTO	14 DEC 2002	DNF
	Gregorio ANGELINI	24 JUN 1996	DNF
OC	José Luis DOCTOR (MEX)	14 JUN 1996	1:21:31
OC	Abraham PEÑA GUERRERO (MEX)	08 JUN 2003	DNF

20 Kilometres Women

1.	Alexandrina MIHAI	27 MAY 2003	1:28:57
2.	Federica CURIAZZI	14 AUG 1992	1:29:44
3.	Sofia FIORINI	19 AUG 2004	1:34:35
4.	Michelle CANTÒ	14 JUL 2005	1:35:41
5.	Verdiana CASCIOTTI	27 JUL 2004	1:38:43
6.	Giulia MICONI	25 DEC 2000	1:40:13
7.	Rosetta LA DELFA	14 JUL 1977	1:41:22
8.	Giulia LUCENTINI	16 NOV 2005	1:42:02
9.	Maria Serena MATTIACE	2005	1:49:29
10.	Beatrice FORESTI	29 OCT 1998	1:50:40
11.	Giada LORETI	2003	1:50:45
12.	Gloria GUERRETTA	1976	1:57:05
13.	Arianna CIPRIANI	2005	1:58:34
14.	Elisa Vittoria FRANCIÀ	2004	2:02:12
	Giada TRAINA	17 APR 2004	DNF
	Lidia BARCELLA	21 APR 1997	DNF
	Giorgia Agata BRUNO	2003	DNF
	Damiana Grazia LAGONA	31 MAR 2005	DNF
	Roberta DI GRAZIA	2002	DNF
	Roberta TOMASELLO POMA	1998	DNF

(For full results of all events, visit <https://omarchador.blogspot.com/2025/03/alexandrina-mihai-e-andrea-cosi.html>)

Evan Dunfee's world record in the 35 km walk in Dudince surprised the 50 km Olympic champion from Rio 2016, Matej Tóth, but he believed in his triumph

by **Gabriel Bogdanyi** (reprinted from *atletika.sk* – 24 March)

Evan Dunfee's 35 km world record, the second in the history of the Dudince race walking race, surprised many - even the Olympic champion in the 50 km from Rio de Janeiro 2016.

"Before the start, I exchanged a few sentences with Evan. He only told me that he wanted to have a quality performance, and he really wants his name to be engraved in the winners' gallery in front of the Dudince city hall. I told him that I have no doubt that he will appear there too. I am glad that he joined us and, moreover, with such a great performance," emphasized an emotional Matej Tóth, four-time winner of the 50 km race in Dudince.

Unlike Dominik Černý, who publicly



Evan Dunfee and Matej Toth ... both Dudince world record breakers.

(Photo: Slovak Athletic Federation)

stated before the 44th Dudinka Fifty that he expected to break the world record on Saturday, the Slovak walking legend did not expect a historic record.

"I never thought we would witness a world record. However, after just a few kilometers, it was clear that Evan had it not only in his legs, but especially in his head. He performed fantastically," Tóth praised the Canadian.

"It was a great experience to watch his pace. When someone achieves a 20 km split time of 1:20:29 in a 35 km race on a 20 km bike, that's great. That performance is excellent even if he achieved it in a 20 km race, and he practically gave two almost identical quality 20s in a row. Hats off! For someone to pedal every kilometer at a 4-minute level from the third or fourth kilometer, you need a lot of self-confidence and faith in your abilities and in what you have trained for."

After the weekend, Dunfee and Tóth are united by the fact that they are both record holders of the Dudinka Fifty - the Canadian at 35 km with a time of 2:21:40 h, the Slovak at 50 km with a time of 3:34:38 h from 2015.

THE BEST MEN IN 35KM RACE WALKING IN HISTORY

2:21:40 Evan Dunfee (Canada) Dudince 2025
2:21:47 Masatora Kawano (Japan) Takahata 2024
2:22:55 Xiang-chung He (China) Huangshan 2023
2:23:13 Tomohiro Noda (Japan) Wajima 2023
2:23:14 Massimo Stano (Italy) Eugene 2022
2:23:44 Perseus Karlström (Sweden) Eugene 2022
2:24:24 Satoshi Maruo (Japan) Takahata 2024
2:24:30 Álvaro Martín (Spain) Budapest 2023
2:24:34 Brian Pintado (Ecuador) Budapest 2023
2:24:38 Hayato Katsuki (Japan) Nomi 2025
2:24:40 Christopher Linke (Germany) Dudince 2025
2:24:41 José Luís Doctor (Mexico) Dudince 2025

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Sunday, March 30, 2025 - **VIRTUS - European Athletics Indoor Championships – Espoo 2025 (results)**
<https://omarchador.blogspot.com/2025/03/virtus-campeonatos-da-europa-de.html> The Finnish city of Espoo hosted these VIRTUS championships, for athletes with intellectual disabilities.
- Saturday, March 29, 2025 - **WMACI 2025 at Alachua County – 3000m M35+ (results)**
<https://omarchador.blogspot.com/2025/03/wmaci-2025-em-alachua-county-3000-m-m35.html> Fully compiled results from the World Masters Indoors in Gainesville FL.
- Friday, March 28, 2025 - **WMACI 2025 at Alachua County – 3000m W35+ (results)**
<https://omarchador.blogspot.com/2025/03/wmaci-2025-em-alachua-county-3000-m-w35.html> Women's Gainesville, again fully listed.
- Thursday, March 27, 2025 - **Chloé Le Roch in the spotlight at the Youth Walk Criterion - Les Mureaux, France (2025)** <https://omarchador.blogspot.com/2025/03/chloe-le-roch-em-evidencia-no-criterio.html>
O Marchador's take on the French Junior championships, whose results appeared last week.
- Thursday, March 27, 2025 - **Dreville and Stey, in the 20 km, Quinion and Brastel, in the 35 km, are champions of France - Les Mureaux 2025** <https://omarchador.blogspot.com/2025/03/dreville-e-stey-nos-20-km-quinion-e.html>
... and the seniors!

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 ****

From the Secretary ... REGISTRATION

The registration portal is open for renewal and new memberships for season 2025.

The portal is here:

<https://www.revolutionise.com.au/vrwc/registration>

I have also completed the first series of races for entry for members to enter. (NOTE - *If you intend to buy a Season pass, see note below before entering.*)

First 3 race days here:

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

Season Pass at \$110

<https://www.revolutionise.com.au/vrwc/shop>

When purchasing an SP, please wait 48 hours for your unique code to be sent via email. *Do not enter any races until you have received your code.*

Terry Swan

**** VRWC RACE FEES**

<u>Seasons ticket 12 months:</u>	Financial members: \$110.00 paid by the end of May.
<u>VRWC Club Races:</u>	Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00
<u>VRWC Championships:</u>	Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, 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 2025:

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

Annual Subscriptions are due on **April 1st** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

***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 \$40. (Families: \$40 for the first child, \$35 for siblings.)

2025 WINTER SEASON FIXTURE

APRIL

Saturday 26 th April	VRWC CHAMPIONSHIPS	Mentone Track
---------------------------------	--------------------	---------------

MAY

Saturday 3 rd May	VRWC Points races	Middle Park
Saturday 10 th May	VRWC Points races	Middle Park
Saturday 10th May	Coaching seminar for parents, athletes and coaches	Middle Park
Sunday 18 th May	AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS & VRWC Events, incorporating AV Jared Tallent Trophy 30km	Middle Park
Saturday 24 th May	VRWC Points races	Middle Park
Saturday 31 st May	VRWC Points races	Middle Park

JUNE

Sunday 8 th June	RWA 58th Annual Lake Burley Griffin Carnival,	Canberra
-----------------------------	---	----------

Saturday 14th June A.V. & LA Vic Championships, Middle Park
 Incorporating AV Bert Gardiner 10km winter championship

Saturday 14th June Judging course and Coaching seminar Middle Park

Saturday 21st June VRWC Points races Middle Park

Saturday 28th June VRWC Points races & Prize Day Middle Park

JULY

Sunday 6th July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 12th July VRWC Points races and Interval races Middle Park

Saturday 19th July VRWC Points races

Saturday 19th July Coaching seminar for parents, athletes and coaches Middle Park

Saturday 26th July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

AUGUST

Saturday 2nd August VRWC Points races Middle Park

Saturday 9th August AV Championship & VRWC Championships & events Middle Park

Saturday 16th August VRWC Last points race Middle Park

Sunday 24th August Australia Athletics championships Ballarat

Saturday 30th August VRWC non points race day Middle Park

September

Saturday 6th September AV 5km teams championship, VMA 5km track championship & VRWC events
 Mentone Track

Sunday 14th September VRWC relay race and **Seasons Presentations** Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA
Sat 26 Apr 2025	VRWC Track championships (Winter season opener) – Mentone
Sun 18 May 2025	AV, AV Schools & VRWC championships – Middle Park
Sun 8 Jun 2025	RWA 58 th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat

International Dates

21-23 Mar 2025	WA World Indoor T&F Championships – Nanjing, CHN
4 May 2025	4th Korzeniowski Warsaw Race Walking Cup (WA Gold) – Warsaw, POL
18 May 2025	European Race Walking Team Championships – Podebrady, CZE
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20 th World Athletics Championships – Tokyo, JPN
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

(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 race walking 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