



HEEL & TOE Online

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

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***H&T Notice Board – Page 10**

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

***NOTICE TO ALL RWA CLUBS: Changes to Age Groupings**



At a special meeting held last Wednesday, the decision was made to correct what appears to be an anomaly in the Age groupings used up to now for Federation events.

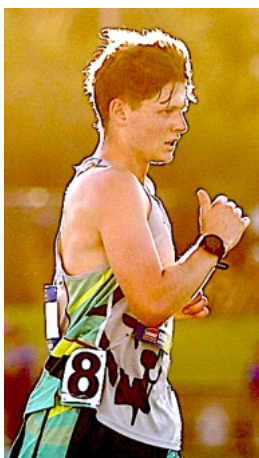
Effective immediately, the policy of using 'age on the day' for race entries will cease. This will be replaced by '**age as of 31 December**', bringing us into line with Australian Athletics and Little Athletics Australia policy.

Thus, for example, a walker aged 11 when entering an event held on 8 June who will turn 12 on 9 June or later that year, would be listed as Under 13 or Under 14 for that event, depending on the age groups offered.

This will, of course, apply to entrants for this year's Lake Burley Griffin carnival and Postal Challenge, as well as for the second 2025 Federation event in whatever form it takes. (Discussions are still in progress as to how this will be managed in the light of AA's decision to hold a national Junior (U12-U20) road championship in August, exclusive of Open, Masters or U10 events.)

Stu Cooper (for Race Walking Australia committee)

**** WALKER OF THE WEEK ****



(Photo: Athletics Tasmania)

Two record-breaking performances at the just-completed Australian Junior T&F championships in Perth have earned **Sam Lindsay (TAS)** and **Ela Uzun (VIC)** this week's WOTW award.

Sam, who has progressed in leaps and bounds over the past eighteen months, tore around 12.5 laps of the WAAS track to break Nathan Brill's 12-year old U18 5000m championship record with a big PB time of **20:32.63**. Sam will be back at the track for the U20 10,000m championship next weekend, and amidst a field of elite standard he has every chance of producing another stellar showing.

There were no prizes for predicting **Ela's** win in the U15 3000m, the extent of her winning margin nor even that she would break Jayda Anderson's record, set in 2019 and smashed by 28 secs by the 13yo Victorian. Perhaps the least noteworthy part of her achievement was her meagre 0:02 PB, the smallest of anyone's on the day! But you can't have everything.

Congratulations, Sam and Ela. Two superb results from two of our most exciting future prospects.



(Photo: AV)

***Honourable mentions**

- **Matilda Webb (NSW)** and **Milly Sharpe (QLD)** – fought out an engrossing duel in the 5000m before Webb’s finishing kick decided the issue.
- **Noah Cooke (QLD)** – two huge PBs, by 1:14 for 4th over 5000m and 0:21 for 3000m and the U16 title.
- **Eliza Kelly (QLD)** – may not have made the podium this time but, in each of her races, clocked the biggest PB of the day, by 1:18 (5000m) and 0:59 (3000m). Now that’s success!
- **Avia Luketic, Ashleigh Mansell and Audrey Russell (NSW)** – finished 1, 2 and 3 in the U14 3000m with enormous PBs in a display of complete NSW dominance.
- **Nate Appleyard (NSW)** – on the subject of dominance ...



CLUB NEWS and RESULTS



- Ageless **Di Lowden** has been honoured yet again, this time by Little Athletics Victoria for her 50 years of service as a parent volunteer, official, office bearer, walk judge ... I should have asked her for a list!

Having recovered from damaged ribs (inflicted in the course of her judging duties!), Di is fit again and engaged in her yearly task of setting up judge panels for the new season’s AV championship road races. She will once again be a familiar figure with paddles course-side at Middle Park this winter. This latest accolade couldn’t go to a more dedicated or deserving recipient. Well done, Di!



- Congratulations to our small squad of young Victorian walkers who ventured west to compete in this year’s **AA Junior track & field championships** in Perth. Whether happy or otherwise with their results, they gave everything they had while wearing the big V, and that’s all you can ask.

Ela Uzun	1st	3000m U15	13:21.24 Championship rec. PB
Max Davidson	1st	5000m U17	23:20.32
Matilda Read	2nd	3000m U16	13:58.83 PB
Mya McClure	2nd	3000m U15	14:09.74
Angus Shuttleworth	2nd	3000m U15	14:21.04 PB
Tate McQueen	3rd	3000m U14	15:32.75
Pippa Read	5th	3000m U14	15:53.84 PB
Lucy Johns	5th	5000m U17	29:05.04
Hannah Matthews	8th	5000m U18	28:14.36 PB
	8th	3000m U16	16:08.78

And a nod to Havana Ali and Angus Shuttleworth, who were among several competitors to suffer a DQ – always a bitter pill after putting in so much work to prepare for a big race. The only response is the Chumbawamba principle (“*I get knocked down, but I get up again!*”), and they know it. They’ll be back.

**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.

****FREE TO A GOOD HOME***

With the big cleanout and carpet removal/replacement taking place next week, it's time to jettison a lot of stuff that's been living rent-free in the rooms for too long. A lot will simply hit the skip, while the following may get a reprieve subject to interest:

- **Massage Table** – It's been sitting in the women's change room for years, used as a dumping shelf. If you know of anyone who would want it, it's theirs!
- **Chairs** (see below) – we have far more of these than we need, so if they are of interest to you or anybody you know – be our guest!



Contact Stu at stuwalks@yahoo.com.au or 0421 470 949 for details, collection arrangements etc.



AROUND THE COUNTRY

***TINGAY AND GRIFFIN AIMING FOR HOME GOLD IN 10,000M RONAN COULD BE A THIRD WEST MEDALLIST**

The younger brigade having waged their campaigns last week, it's now over the Open and U20 walkers to show their wares in the AA T&F championships 10,000m walk in Perth. Thursday will see the men take the track on Thursday morning, the women having their turn on Friday. It's hoped that the live coverage on 7-plus will commence in time to show all, or at least some, of the races.

Men 10,000m Open & U20

With many of the senior 'top guns' either immersed in training or enjoying some down time, the door to the podium has opened for others. **Declan Tingay** will go in as favourite on his home deck, although **Rhydian Cowley** will give no quarter (he never does) and **Will Thompson** could make it two Victorian medals.

It looks like being another U20 procession behind **Isaac Beacroft**, while silver and bronze are not nearly as predictable in a field of such depth. **Marcus Wakim**, **John Ronan** and **Bailey Housden** appear the main podium chances having all gone

sub-43:00 this season, but **Riley Coughlan** and **Sam Lindsay** have season times just outside that mark and neither can be written off.

**Men 10,000m Race walk Senior
9.00 – Thursday 10 April**

Rhydian Cowley	VIC
Jonah Cropp	NZL
Jack McGinniskin	NSW
Dylan Richardson	NSW
Fraser Saunder	VIC
Declan Tingay	WA
Will Thompson	VIC

**Men 10,000m Race walk U20
9.00 – Thursday 10 April**

Myles Ashby	NSW
Isaac Beacroft	NSW
Alex Bradley	QLD
Riley Coughlan	VIC
Bailey Housden	QLD
Samuel Lindsay	TAS
Sam McCure	SA
Toby O'Boyle	NZL
Cooper Rech	SA
John Ronan	WA
Owen Toyne	ACT
Marcus Wakim	VIC

Women 10,000m Open & U20

The absence of Montag, Henderson, Sandery and McMillen has laid the way clear for some new faces amongst the Open medals. **Alexandra Griffin** is slightly favoured to win her first Open title, although she'll have to overcome the experienced fighter **Allanah Pitcher** to do it. Bronze is likely to be fought out between **Alanna Peart** and **Hannah Bolton**.

Zoe Woods' timely return after injury sets up the likelihood of another NSW trifecta in the U20, with **Sienna Pitcher** and **Chelsea Roberts** to complete the trinity. Only **Milly Sharpe** would appear to have an outside chance of upsetting this arrangement, with the rest looking for PBs against strong opponents.

**Women 10,000m Race walk Senior
8.40 – Friday 11 April**

Mia Bergh	QLD
Hannah Bolton	NSW
Samantha Findlay	SA
Alexandra Griffin	WA
Nellie Langford	SA
Melissa Lewis	WA
Arnika Nelson	NZL
Hannah Parker	NSW
Alanna Peart	VIC
Allanah Pitcher	NSW
Camryn Price	QLD
Lorena Arenas	COL

**Women 10,000m Race walk U20
8.40 – Friday 11 April**

Jessey Bektas	NSW
Kaytee Bogaers	WA
Laelia Byatt	NSW
Ciara Cassilles	NSW
Phoebe Chadwick	QLD
Hana Jugovic	ACT
Taylah Morris	QLD
Ariana Pashutina	VIC
Sienna Pitcher	NSW
Chelsea Roberts	NSW
Milly Sharpe	QLD
Summer Sivaraj	NSW
Zoe Woods	NSW

WESTERN AUSTRALIA AA U13-U18 T&F championships, 4-8 April – WAAS, Perth

***U14 3000m – Sky Blues star under grey skies**

Chilly, damp conditions greeted the junior athletes on the first day of their championships in Perth. The U14 walkers, accustomed to any conditions, took it in their stride with a slew of PB performances. None were more emphatic that the NSW squad who, with their incomparable depth, virtually took possession of the podium.

The Girls 3000m saw **Avia Luketic**, **Ashleigh Mansell** and **Audrey Russell** stamp their dominance with huge PB times for an excellent NSW trifecta (given their first names, one could say their showing was 'triple A-rated.') With the race being mixed, Luketic was able to keep her sights on a rampant Nate Appleyard, and hold off Mansell by 3 secs for an impressive win. A special nod to pocket dynamo **Pippa Read**, conceding at least 30cm in height to those around her but making the most of the level of competition for 5th with a 52sec PB.

The Boys race presented another example of height being no barrier to talent and ticker. 'Mosquito fleeter' **Nate Appleyard**, 11yo and with quick, powerful and fluid technique that easily overcame any disadvantage due to lack of inches, controlled the Boys event from the gun to take gold by a huge 1:16 margin over stable mate **Lincoln Moore**. Lincoln claimed a sizeable PB ahead of Victorian **Tate McQueen**, who spoiled NSW plans for a double podium hat trick to take bronze after a tight last lap battle with **Charlton Maxwell**.

Girls U14 3000m RW

1 Avia Luketic	NSW	14:34.39 PB
2 Ashleigh Mansell	NSW	14:37.65 PB
3 Audrey Russell	NSW	14:44.93 PB

Boys U14 3000m RW

1 Nate Appleyard	NSW	14:14.01
2 Lincoln Moore	NSW	15:30.36 PB
3 Tate McQueen	VIC	15:32.75

4 Isabella Welch	QLD	15:13.15 PB	4 Charlton Maxwell	NSW	15:34.77 PB
5 Pippa Read	VIC	15:53.84 PB	5 Liam Meale	NSW	15:52.57 PB
6 Elspeth Hooper	QLD	16:05.31 PB	6 Tom Murphy	WA	16:19.69 PB
7 Darcy Bramwell-Keys	WA	16:25.23	7 Mathias Hutchens	NSW	16:41.51 PB
8 Isla Banks	NSW	16:31.20 PB	8 Alexander Dennett	NSW	16:43.47 PB
9 Makenzie Sillitto	WA	16:51.45	9 Riley Cunnold	WA	17:17.71
10 Eva Tomasini	WA	17:27.54	10 Sebastian Ryan	ACT	17:46.11
11 Keira Gill	NSW	17:30.63	11 Tayte Moore	WA	18:06.11
12 Amelia Chisholm	QLD	18:54.97	.. Leo Hyde	NSW	DQ
13 Scout Linton	NSW	18:55.94	.. Zachery Freundt	SA	DQ

PBs: *Audrey 1:33; Avia 1:22; Liam 0:59; Ashleigh 0:54; Pippa 0:52; Mathias 0:44; Lincoln 0:38; Tom 0:34; Isabella 0:30; Isla 0:24 Elspeth 0:19; Alexander 0:19; Charlton 0:16*

***U17/18 5000m – Gold spread across four states as Lindsay sets Championship record**

The combined U17/U18 race allowed for an engrossing duel between **Matilda Webb** (U17) and **Milly Sharpe** (U18), in which Sharpe took the lead at 600m and kept it tenaciously from Webb as both cleared well away from the field. With 300m to go, Webb – no doubt confident of her own finishing speed – forged ahead and unleashed a big surge that took her to line honours 4 secs ahead of the plucky Queenslander. Both girls took their respective titles by huge margins with exemplary technique in a great advertisement for the sport.

Home towner **Kaytee Bogaers** produced her best result for the summer to take silver in the U18 ahead of a string of Sky Blue tops, with young **Eliza Kelly** clocking the biggest PB of the 5000m races with an excellent 1:18 improvement. Meanwhile, in the U17, Matilda headed another NSW podium blue-wash with team mates **Jessica Loring** and **Maisie Mitchell** also returning PB times.

The following day it was the boys' turn, and **Sam Lindsay** didn't mess around. Having squeaked under 21:00 for the first time at the All Schools in December, the Launceston speedster punched through that barrier this time to sunder Nathan Brill's U18 Championship record with a time of **20:32.63**. The next three also set big PBs with **Noah Cooke**, the youngest in the field, smashing his by 1:14.

The U17 race went as predicted, with **Max Davidson** prevailing for the gold over **Ali Znad** who claimed another medal for the home squad with **Liam Freundt** finishing fast for 3rd.

Women U18 5000m RW

1 Milly Sharpe	QLD	24:39.70 PB
2 Kaytee Bogaers	WA	26:31.09
3 Grace Beck	NSW	27:06.51
4 Stella Pinches	NSW	27:20.44
5 Danelia Samuel	NSW	27:29.91 PB
6 Matilda Olsen	NSW	27:45.56 PB
7 Eliza Kelly	QLD	27:59.83 PB
8 Hannah Matthews	VIC	28:14.36 PB
9 Trinity Doulis	WA	29:09.88
10 Katie Bray	QLD	31:17.35
11 Laura Corvalan Sotomayor	NSW	31:49.88

Men U18 5000m RW

1 Samuel Lindsay	TAS	20:32.63 PB CR
2 Sebastian Richards	SA	22:39.03 PB
3 Dylan Allabush	NSW	23:19.35 PB
4 Noah Cooke	QLD	23:23.17 PB
5 Kai Dale	QLD	27:34.28
.. Alexander Sinnett	NSW	DNF

Women U17 5000m RW

1 Matilda Webb	NSW	24:35.14 PB
2 Jessica Loring	NSW	25:29.24 PB
3 Maisie Mitchell	NSW	25:50.48 PB
4 Katica Borsic	WA	28:30.58
5 Lucy Johns	VIC	29:05.04
6 Emma Hearnden	NSW	29:45.56
7 Chelsey Ireland	WA	30:41.86 PB
8 Caetlin Ashby	NSW	31:04.91
9 Madeleine Maxwell	NSW	31:35.10 Pen30
.. Olivia Boulton	QLD	DQ

Men U17 5000m RW

1 Max Davidson	VIC	23:20.32
2 Ali Znad	WA	26:32.32
3 Liam Freundt	SA	26:34.99
.. Angus Shuttleworth	VIC	DQ

PBs: *Eliza 1:18; Noah 1:14; Matilda W 0:55; Dylan 0:33; Hannah 0:29; Samuel 0:27; Sebastian 0:25; Milly 0:19; Jessica 0:11; Matilda O 0:08; Chelsey 0:05; Danelia 0:02; Maisie 0:02*

***U15/U16 3000m – Another Championship record goes down as five break 14min**

The Junior Championships walks wound up today with a bang. The U16 featured a thrilling finish between **Sophie Polkinghorne** and one of the biggest improvers in the country, **Matilda Read**. Sandwiched between Read and U15 campaigner **Mya McClure**, unable to shake either for most of the race, Polkinghorne had a huge fight on her hands. But the tough, talented Sky Blue has shown before that she knows how to win tight contests, and once again she found a little extra to barely outlast the diminutive Read whose final surge pushed her all the way to the line.

Noah Cooke, who set a 5000m PB by over a minute two days ago, carried that form into the U16 3000m for a huge win and another sizeable PB. Stable mate **Koby Irvine** made it 1-2 for the Maroons with a new best of his own, while **Alexander Braendle's** racing experience helped him claim the bronze.

If further proof was needed of the truth in the adage that 'It's not the size of the dog in the fight, it's the size of the fight in the dog', the walks at these championships have provided it repeatedly. **Ela Uzun** drew a line under it in charcoal, clocking the fastest 3000m across the board for a new U15 Championship record of **13:21.24**. That's a mark that looks like hanging around a while! **Mya McClure**, locked in battle with Polkinghorne and Read, had her best result of the season, finishing well clear for second over another plucky pint-sizer, **Tory D'Alessio**, whose bronze gave the local walkers a handy clutch of three medals.

The Boys U15 title went **Callum Martin** as expected, with **Angus Shuttleworth** overcoming his 5000m disappointment for silver ahead of up-and-coming **Lachlan Moore**.

Girls U16 3000m RW

1 Sophie Polkinghorne	NSW	13:58.35
2 Matilda Read	VIC	13:58.83 PB
3 Bethany Moore-Kirkland	QLD	15:24.37
4 Trinity Doulis	WA	15:37.03 PB
5 Eliza Kelly	QLD	15:49.47 PB
6 Eva Parker	TAS	15:52.00
7 Jillian Ryan	ACT	15:55.78
8 Hannah Matthews	VIC	16:08.78
9 Lexie Beacroft	NSW	16:50.68
10 Ashleigh Farrugia	NSW	17:44.03
11 Annabelle Van Sprengel	WA	17:55.12 PB
12 Liliana Martin	WA	19:01.48
.. Matilda Rech	SA	DQ

Boys U16 3000m RW

1 Noah Cooke	QLD	13:26.19 PB
2 Koby Irvine	QLD	14:32.55 PB
3 Alexander Braendle	NSW	14:43.47
4 Rhys Chandler	NSW	15:10.75
5 Keenan Munro	WA	15:47.27
6 Charlton Maxwell	NSW	16:30.47
7 Lochie Hadley	WA	17:42.21 PB*
8 Eli Melinz	QLD	18:15.06
.. Liam Wamsley	NSW	DQ

Girls U15 3000m RW

1 Ela Uzun	VIC	13:21.24 CR PB
2 Mya McClure	VIC	14:09.74
3 Tory D'Alessio	WA	15:35.31 PB
4 Miarose Everson	NSW	15:49.85 PB
5 Hannah Hewitt	NSW	16:24.88
6 Mackenzie Bandidt	QLD	17:09.01
7 Erin Cassilles	NSW	17:10.67
8 Isla Messenger	WA	17:48.46
9 Lani Ellwood	QLD	18:19.82
10 Nikki Hearnden	NSW	19:56.31
.. Savannah Carnaby	WA	DQ
.. Havana Ali	VIC	DQ

Boys U15 3000m RW

1 Callum Martin	NSW	13:23.37
2 Angus Shuttleworth	VIC	14:21.04 PB
3 Lachlan Moore	QLD	14:38.47 PB
4 Noah Vella	NSW	15:21.55 PB
5 Michael Mathison	NSW	16:15.78
6 Mitchell McCarthy	NSW	16:22.83
7 Orlando Follington	WA	16:34.70 PB
.. Sagan Jones	NSW	DQ

PBs: Eliza 0:59; Matilda 0:22; Noah C 0:21; Annabelle 0:16; Miarose 0:15; Trinity 0:12; Angus 0:04; Orlando 0:04; Koby 0:03; Noah V 0:03; Ela 0:02; Tory eq; Lachlan eq. *Lochie – no prior times listed

***Next week:** Picture gallery from Perth.

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

Rounding up our presentation of the ANSW track championships results, here are the first 5 finishers in each of the Little Athletics NSW younger age races, held in partnership with ANSW:

Girls 9s 700m RW

1 Piper Marshall	Manly Warringah	3:42.76
2 Addysin Rayment	Port Hacking	3:46.41
3 Rhyleiana Barnett-Palmer	Ryde AC	3:47.32
4 Lola Dixon	Hills District	3:47.93
5 Imogen Martin	Adamstown NL	3:50.06
	20 finishers	3 DQs

Boys 9s 700m RW

1 Kostya Peart	Port Hacking	3:31.51
2 Luke Lincoln	The Ponds	3:36.16
3 Benjamin Chauncy	Inner West	3:37.14
4 Albie Garside	Eastlakes	3:38.65
5 Patrick Yeldham	Northern Subs	3:40.44
	15 finishers	7 DQs

Girls 10s 1100m RW

1 Melody Latta	Quakers Hill	5:52.00
2 Matilda Beck-White	Taree AC	5:55.03
3 Bailey Lathlean	The Ponds	6:17.65
4 Evie McDonald	Campbelltown C	6:19.18
5 Tahlia Hunt	Hawkesbury City	6:22.27
	20 finishers	3 DQs

Boys 10s 1100m RW

1 Archer Lane	Manly Warringah	5:32.85
2 Zine Prescott	Grafton AC	6:17.93
3 Thomas Oxenham	Manly Warringah	6:18.15
4 Eli Wheeler	Taree AC	6:25.58
5 SaiAshkath Reddy D.	Girraween	6:27.26
	15 finishers	6 DQs

Girls 11s 1100m RW

1 Stella Wade	Ryde AC	5:16.64
2 Beth Cochrane	Northern Dist.	5:29.49
3 Lilyeve Everson	Ryde AC	5:33.65
4 Brooke Crosby	Tamworth A&LA	5:36.89
5 Veronica Dennett	Hawkesbuty City	5:57.82
	<i>18 finishers</i>	<i>4 DQs</i>

Boys 11s 1100m RW

1 Darcy Dennis	Balmain AC	5:01.19
2 Jacob Hearnden	Cardiff & Dist.	5:11.49
3 Harrison Bouquet	Winston Hills	5:15.36
4 Hamish Lane	Hills District	5:30.44
5 Rhys Straub	Doonside	5:37.07
	<i>17 finishers</i>	<i>7 DQs</i>

Girls 12s 1500m RW

1 Avia Luketic	Balmain AC	7:17.15
2 Isla Banks	Riverstone AC	7:44.63
3 Esther Ashley	Macquarie Hunter	7:48.04
4 Felicity Rudd	Balmain AC	8:05.71
5 Kira Ekers	Ryde AC	8:17.17
	<i>15 finishers</i>	<i>5 DQs</i>

Boys 12s 1500m RW

1 Nate Appleyard	Winston Hills	6:52.05
2 Liam Meale	Gosford	7:40.41
3 Joshua Wallis	Revesby Workers	7:45.23
4 Jordon Curmi	Girraween	7:53.49
5 Blake Read	The Ponds	8:41.25
	<i>12 finishers</i>	<i>7 DQs</i>

*Full results for all races available at <https://athleticsnsw.anet.live/meets/43091/events/individual/16573>

TASMANIA Little Aths Tasmania State c'ships results, 15/16 March – St Leonards

David Moore reports on the big one for race walking youngsters in Tasmania – the State LA's titles:

Good numbers for Walk events at the Little Athletics Tasmania Championships.

A great walk from **Eva Parker** in the U/16 age group, breaking **Anna Blackwell's** 2017 State Record by 7 seconds, creating a new mark of **7:05.76** for the 1500m.

U/10 Girls 700mW

1. Amber Barritt	South Launceston	4:51.82
2. Isabel Mohr	South Launceston	5:05.70
3. Grace Hennessy	Kingsborough	5:41.84
4. Lyanna Summers	South Launceston	6:33.48
5. Phoebe Reardon	East Derwent	7:08.59

U/10 Boys 700mW

1. Tate Schulz	South Launceston	4:38.82
2. Nolan Smith	South Launceston	4:39.09
3. Cody Sheehan	East Derwent	5:01.80
4. Austin Hucker	Huonville	5:16.48
5. Liam Smith	Clarence	5:47.26

U/11 Girls 1100mW

1. Miah Barrenger	South Launceston	7:26.22
2. Alexis Turley	Devonport	7:34.05
3. Annabelle Lucian	Kingborough	7:44.52
4. Mia Weir	Hobart	7:58.33
5. Clara Morgan	6. Kingborough	8:18.41
Marlee Vincen	Huonville	8:20.68
7. Ivy Mae Fieldwick	Kingborough	8:23.85
8. Eleanor Milne	Hobart	8:24.73
9. Ella Halloran	Kingborough	9:20.15

U/11 Boys 1100mW

1. Archie Peden	Devonport	6:58.25
2. Alby Thrift	Kingborough	6:59.28
3. Rupert O'Toole	South Launceston	7:00.17
4. Will Humphrey	Burnie	7:03.69
5. Harry Hasted	Hobart	7:04.43
6. Willem De Jong	South Launceston	7:45.13
7. Joshua House	Hobart	8:00.29
8. Teo Rossi	Clarence	8:18.54

U/12 Girls 1100mW

1. Elsie Woodward	Huonville	6:57.67
2. Gemma Richardson	South Launceston	6:59.13
3. Annabelle Brophy	South Launceston	7:11.29
4. Marley Ray	Burnie	9:30.90
5. Bianca Sugiarto	Huonville	9:35.13

U12 Boys 1100mW

1. Reuben Tivendale	South Launceston	6:59.24
2. Oliver Tempany	Kingborough	7:04.31
3. Zavier Humphrey	Kingborough	7:06.00
4. Michael Smith	Clarence	7:12.39
5. Thomas Godfrey	East Derwent	8:55.61
6. Lyric Fok Chak	Devonport	9:25.65
7. Hugh Wass	Kingborough	9:31.33
8. Samuel Hucker	Huonville	9:32.25

Girls U/13 1500m W

1. Kailyn Jones	Devonport	8:29.45
2. Charlotte Dix	Clarence	9:46.11
3. Claire Millington	East Derwent	10:20.85
4. Charlotte Turley	Devonport	10:21.63
5. Alexandra Summers	South Launceston	10:23.67
6. Amali Viney	South Launceston	10:23.97
7. Chelsea Holloway	Burnie	10:52.62
8. Maya Humphrey	Burnie	11:00.77

Boys U/14 1500mW

1. Lachlan Weeding	Hobart	8:54.40
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Girls U/14 1500mW

1. Rose Holland	Devonport	8:44.87
2. Adele Woodward	Huonville	8:45.48
3. Asha Eastley	Deloraine	8:56.08

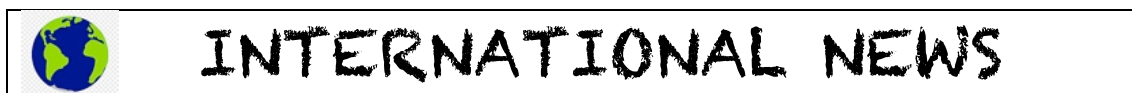
Boys U/15 1500mW

1. Micah Tivendale	South Launceston	9:20.89
2. Oscar Nichols Howe	Kingborough	9:28.77

Girls U/16 1500m W

1. Eva Parker	Devonport	7:05.76*
2. Montanna Rowlands	East Derwent	9:02.27

*PB & State record



SPAIN: Spanish Race Walking championships, 30 March – San Pedro Del Pinatar

Chamosa double and first title for Álvaro López at San Pedro del Pinatar

(by **Joan Pelayo**. Reprinted from *O Marchador* – 2 April)

The coastal city of San Pedro del Pinatar hosted the Spanish 20-kilometer route march championship last March weekend. In 2009, the Murcian location hosted the 20 and 50km men's and 20 women's championships. History tells us that **Francisco Fernández** was the winner in the only 50km that he achieved in his sporting career with a great mark of 3:41.02, fourth pacer of all time behind Valentí Massana, Jesús García Bragado and Josep Marín. Juan Manuel Molina was the winner in the 20th with 1:23.26 and there Female test was taken by Beatriz Pascual at 1:34.22.

Some marchers came to Podebrady, host of the European Cup of countries and resigned from the championship: María Pérez, Cristina Montesinos, Laura García-Caro, Paul McGrath, Diego García or Marc Tur were standing on the exit line.

At the end of the morning, the exit from the male prueba is said*. A sextet was soon formed with three López: **Alvaro, Iván** and **Miguel Angel**. They accompanied **Daniel Chamosa, José Manuel Pérez** and **Manuel Bermúdez**. 20.45 was the first five kilometres.

Half of the test, the situation was the same. The six marchers were watching and establishing a partial of 41.17. Just before kilometer 13, Alvaro López decides to walk alone and break the test with splits of less than four minutes. At kilometer 15, the advantage is just 20 seconds over Daniel Chamosa, Miguel Angel López, José Manuel Pérez and Iván López with Bermúdez a little more relaxed.

On the tenth Vuelta (lap), Miguel Angel and Chamosa sold out in search of Alvaro. Luís Corchete's pupil takes the lead in the last races, but fails to catch up to the pacer coached by José Antonio Quintana who achieved his first title with a mark of **1:21.23**, Miguel Angel second with **1:21.38** and Daniel Chamosa third with **1:21.49**. José Manuel Pérez (despite his red cards) arrives in fourth position with **1:22.05**, taking four seconds off Iván López. Manuel Bermúdez came in sixth with **1:22.49**. All of them will be in Podebrady, in one or another test.

We should also highlight the Spanish record M45 of **José Ignacio Aledo** with **1:26:41**, lowering the mark held by Jesús Angel García Bragado with 1:27.57 since 2018.

Five minutes after the men left it was the women's shift. **Antía Chamosa** (who sought the double) left the conservative position and left the command of operations to **Paula Juárez** who led the investigation together with **Raquel González**. A certain distance away they followed **Lidia Sánchez-Puebla** and **Lucía Redondo**. 22.09 was Paula's five kilometer pass.

From the seventh half Raquel began to give way. Antía had already left Paula Juárez who had set the pace of the race, but a partial in the middle kilometer of 4:15 compared to the Catalan marcher who was setting a pace a little higher than the four kilometer and average.

Chamosa scored partial times of 44.02 (km.10), 1:05.59 (km.15) and achieved the longed-for double with **1:27.55**, two minutes better than his previous personal best. Solo María Pérez had managed to become national champion at both distances.

But things didn't end there, Antía Chamosa's brand is minimal for the Tokyo World Cup, fifth best Spanish brand ever, fifth best global brand of 2025 and European leader of the year. The season of Jacinto Garzón's pupil is impressive. She will be with the team in Podebrady (20th or 35th): Paula Juárez, second with **1:30.05**, Raquel González, third with **1:31.20**, fourth with Lidia Sánchez-Puebla with **1:32.19** and fifth position for Lucia Redondo with **1:33.37**.

(* departure of the male contest/race is announced)

Men 20 kilometres

1.	Álvaro LÓPEZ	24 MAR 1999	1:21:23
2.	Miguel Ángel LÓPEZ	03 JUL 1988	1:21:38

Women 20 kilometres

1.	Antia CHAMOSA	07 OCT 1999	1:27:55
2.	Paula JUAREZ	30 OCT 2000	1:30:05

3.	Daniel CHAMOSA	04 MAY 1997	1:21:49	3.	Raquel GONZÁLEZ	16 NOV 1989	1:31:20
4.	José Manuel PÉREZ	10 SEP 1999	1:22:05	4.	Lidia SANCHEZ-PUEBLA	17 JUL 1996	1:32:19
5.	Iván LÓPEZ	29 MAR 1997	1:22:09	5.	Lucía REDONDO	03 AUG 2003	1:33:37
6.	Manuel BERMÚDEZ	12 DEC 1997	1:22:49	6.	Griselda SERRET	09 JUL 2005	1:35:51
7.	Pablo RODRIGUEZ ROJAS	18 DEC 2004	1:23:55	7.	Eva RICO	18 JUN 2003	1:37:59
8.	José Ignacio ALEDO ROM	14 OCT 1979	1:26:41	8.	Amanda CANO	19 AUG 1994	1:38:07
9.	Javier DE ARRIBA CAST	25 FEB 2005	1:26:51	9.	Laura Monje MARTINEZ	02 JUL 2002	1:39:39
10.	Caballero HODEI	14 MAR 2003	1:27:53	10.	Beatriz CANTERO	26 SEP 1992	1:40:17
11.	Pedro CALLADO	22 AUG 2005	1:29:56	11.	Georgina RUIZ	02 JUL 1999	1:43:27
12.	Pablo POSTIGO	06 FEB 2005	1:30:21	12.	Silvia VILLAR NIETO	19 JAN 2004	1:44:11
13.	David MORAL	05 MAR 1994	1:30:22	13.	Gemma MORA	26 FEB 2000	1:44:41
14.	Guillermo SANTIDRIAN	19 JUL 2001	1:30:40	14.	Mar CHILLON	26 MAR 1996	1:45:03
15.	Daniel JIMENO	11 DEC 2000	1:30:55	15.	Andrea CABRE CARCELL	28 JUN 1988	1:46:20
16.	Alejandro BAÑASCO GUIL	23 FEB 2002	1:32:23	16.	Alba PEREZ NIETO	02 FEB 2002	1:46:52
17.	Jorge TONDA	06 AUG 2004	1:32:40	17.	Iria TEJEIRO	02 SEP 2002	1:46:59
18.	Carlos MUÑOZ	02 OCT 2001	1:34:13	18.	Maria MUÑOZ	27 AUG 2003	1:47:26
19.	Daniel LÓPEZ	30 SEP 1981	1:35:03	19.	Lydia BALLESTEROS	11 NOV 2005	1:49:50
20.	Francisco ARCILLA	14 JAN 1984	1:35:10	20.	Paula SANTIDRIAN	18 JAN 1998	1:51:02
21.	Daniel MORILLA	14 SEP 2005	1:38:05	21.	Alicia VÁZQUEZ	12 AUG 1998	1:51:23
22.	Adrian MOLINA	20 NOV 2005	1:39:09	22.	Sarai MESTRE	25 AUG 1996	1:51:31
23.	Javier PÉREZ OSORIO	26 JAN 1983	1:40:19	23.	Alexia PALOMERO	19 NOV 2002	1:51:39
24.	Mario VIÑAS	22 MAY 1996	1:40:38	24.	Noelia RODRIGUEZ	11 OCT 1999	1:54:28
25.	Franklin Eduardo MINCH	01 JUN 1998	1:41:10	25.	Isabel GARCÍA	12 DEC 2005	1:54:43
26.	Miguel CARVAJAL	14 JUL 1965	1:43:22	26.	Claudia SANCHEZ	27 FEB 2004	1:58:34
27.	Sergi TORNER CABOT	10 JUL 2000	1:47:10	27.	Laura LOPEZ	20 OCT 2004	2:00:24
	Rodrigo SANTA ELENA G	17 JUL 2003	DNF	28.	Ruth RUEDA	08 JAN 1977	2:00:32
	Pablo PASTOR	31 MAR 2003	DNF	29.	Alexia GONZALEZ	21 JAN 2005	2:01:51
	Daniel DE LUCAS CHAN	05 AUG 2002	DNF	30.	Elena DÍAZ	28 JUL 1985	2:01:54
OC	Eider ARÉVALO (COL)	09 MAR 1993	1:24:07	31.	Jennifer HERRERA	14 JUL 2002	2:06:41
	Jose MESTRE	27 FEB 2001	DQ		Alicia SÁNCHEZ	15 MAY 2000	DNF
	Oscar MARTINEZ	28 SEP 2003	DQ		Sara AMMOUR	18 JUL 1997	DNF
					Irene VAZQUEZ	12 AUG 1998	DNF
				OC	Johana ORDÓÑEZ (ECU)	12 DEC 1987	1:37:52
					Macarena MARTÍN	10 SEP 1992	DQ

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.

- Monday, April 7, 2025 - **Venyercsán and Spiller triumphed in the Hungarian 20 km walking championships – Békéscsaba 2025** <https://omarchador.blogspot.com/2025/04/venyercsan-e-spiller-triunfaram-nos.html>
- Sunday, April 6, 2025 - **Juan Manuel Cano and Martina Milagros Castellón, Argentine 10,000 m walking champions (Concepción del Uruguay 2025)** <https://omarchador.blogspot.com/2025/04/juan-manuel-cano-e-martina-milagros.html>
- Saturday, April 5, 2025 - **Luis Henry Campos breaks Peruvian record in 10,000m walk in Lima** <https://omarchador.blogspot.com/2025/04/luis-henry-campos-bate-recorde-do-peru.html>
- Friday, April 4, 2025 - **20 and 35 km walk of the Chinese Grand Prix, in Hefei, with good results** <https://omarchador.blogspot.com/2025/04/20-e-35-km-marcha-do-grande-premio-da.html>
- Thursday, April 3, 2025 - **Gabriela Muniz, Max dos Santos and Matheus Correa stand out in the Adhemar Ferreira da Silva Trophy (Bragança Paulista 2025)** <https://omarchador.blogspot.com/2025/04/gabriela-muniz-max-dos-santos-e-matheus.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

**** H&T Online - NOTICE BOARD ****

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:

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.

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 26th April VRWC CHAMPIONSHIPS Mentone Track

MAY

Saturday 3rd May VRWC Points races Middle Park

Saturday 10th May VRWC Points races Middle Park

Saturday 10th May Coaching seminar for parents, athletes and coaches Middle Park

Sunday 18th May AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS
& VRWC Events, incorporating AV Jared Tallent Trophy 30km Middle Park

Saturday 24th May VRWC Points races Middle Park

Saturday 31st May VRWC Points races Middle Park

JUNE

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

Saturday 14 th June	A.V. & LA Vic Championships, Incorporating AV Bert Gardiner 10km winter championship	Middle Park
Saturday 14 th June	Judging course and Coaching seminar	Middle Park
Saturday 21 st June	VRWC Points races	Middle Park
Saturday 28 th June	VRWC Points races & Prize Day	Middle Park
<u>JULY</u>		
Sunday 6 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 12 th July	VRWC Points races and Interval races	Middle Park
Saturday 19 th July	VRWC Points races	Middle Park
Saturday 19 th July	Coaching seminar for parents, athletes and coaches	Middle Park
Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
<u>AUGUST</u>		
Saturday 2 nd August	VRWC Points races	Middle Park
Saturday 9 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 16 th August	VRWC Last points race	Middle Park
Sunday 24 th August	Australia Athletics championships	Ballarat
Saturday 30 th August	VRWC non points race day	Middle Park
<u>September</u>		
Saturday 6 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 14 th 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 58th 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	20th 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

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