



# 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 11**

- **Re-registration and new registration** – important letter from the Secretary
- **Fees** - Membership and racing.
- **RWA notice** – Age group changes

## ONE WALK ONLY FOR LA28

*Half-marathon walk replaces Olympic 20km – and that's it*

Nobody will be totally surprised, though the anger and disappointment will be bitter. Since the decision by World Athletics and the IOC to do away with the historic 50km walk, the feeling was that any replacement for it – 35km, mixed relay, full marathon or anything else – would be short-lived in a '20s environment that, as Spain's Paul McGrath put it, values "only Olympic events that last 60 minutes and can be watched in their entirety on TikTok."<sup>1</sup>

Last week, the IOC released the events schedule for all athletics events at the 2028 Los Angeles Olympics:

MALE	FEMALE
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
5000m	5000m
10,000m	10,000m
110m Hurdles	100m Hurdles
400m Hurdles	400m Hurdles
3000m Steeplechase	3000m Steeplechase
4 x 100m Relay	4 x 100m Relay
4 x 400m Relay	4 x 400m Relay
High Jump	High Jump
Pole Vault	Pole Vault
Long Jump	Long Jump
Triple Jump	Triple Jump
Shot Put	Shot Put
Discus Throw	Discus Throw
Hammer Throw	Hammer Throw
Javelin Throw	Javelin Throw
Decathlon	Heptathlon
Half-Marathon Race Walk	Half-Marathon Race Walk
Marathon	Marathon
<b>MALE &amp; FEMALE</b>	4 x 100m Mixed Relay
	4 x 400m Mixed Relay

<sup>1</sup> [https://www.marca.com/atletismo/2025/04/10/marcha-conocer-programa-olimpico-pena-maltraten-asi-disciplina-palo.html?fbclid=IwY2xjawJm2FNleHRuA2FibQIxMQABHs470aRg8EYfnb4hzONeEVMhBYmNEFvozVDwPEqvN0Eht7q2LIhM6v9HU9oy\\_aem\\_CQrfQR0WruQpd1UEpzMEFw?utm\\_campaign=facebook](https://www.marca.com/atletismo/2025/04/10/marcha-conocer-programa-olimpico-pena-maltraten-asi-disciplina-palo.html?fbclid=IwY2xjawJm2FNleHRuA2FibQIxMQABHs470aRg8EYfnb4hzONeEVMhBYmNEFvozVDwPEqvN0Eht7q2LIhM6v9HU9oy_aem_CQrfQR0WruQpd1UEpzMEFw?utm_campaign=facebook)

To walking fans scanning the athletics program, hoping for good news, what they found would have aroused a range of emotions, from outright fury, through sadness and despair, to resignation. (“What else did we expect?”) There might even have been some desperate expression of hope; after all, they changed the 35km to a mixed relay eighteen months out from Paris, didn’t they? They can do it again.

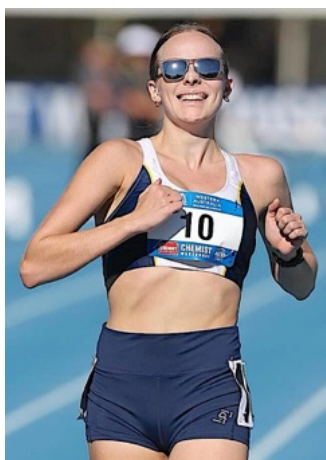
I wish I shared that optimism. That was Paris – the city of romance – and perhaps someone in the IOC Competitions Committee saw a way of capitalising on that. If the experiment of mixed male/female relays (walks, triathlon) had a chance of succeeding anywhere, surely it was there beneath the Eiffel Tower. While the idea of a mixed marathon walk relay was roundly disparaged when announced<sup>2</sup>, in the end it was well received by some for its entertainment value, although the opinions of the competitors were mixed. Had the walking community been unanimously in favour of it and prepared to fight for it, had all pairings been of equal standard, had the race been no longer than TikTok audiences’ attention spans ... I don’t believe any amount of ‘hads’ would have made a difference to the IOC. The decision to provide one walk and one only at LA28 was very likely made before the Paris games ended. Maybe even before that.

The death of the 50km and stillbirth of the 35km confirms that Olympic endurance race walking (and the time allotment it requires) is a thing of the past. Thus close the scissors upon a thread of heroes beginning with Tommy Greene in 1932 and ending with Dawid Tomala in 2021, bracketing a passing parade of victors over tortured bodies and minds. The fact that the Marathon mixed walk relay was axed after only one showing lends credence to the view that it was only ever intended as a sop to the walking community for one Games – a one-off stopgap between the 50km and nothing at all – and that it was set up to fail. That it didn’t do so entirely is a credit to the athletes, the organisers on the ground – and, yes, the TV coverage. All of them pulled out the stops to make it work. It’s hard not to conclude that its success or failure was, in the end, irrelevant. The die was cast.

The question now is whether World Athletics will follow suit and pare back the world championship walks to one event. Last December, when announcing the changes of the 20 and 35km walks to Half-marathon and full Marathon walks, WA president Sebastian Coe declared: “What we’ve said is race walk is secure in our World Championships.”<sup>3</sup> He didn’t say how many walks. I’d like to think Lord Coe would use his status and clout to advocate for the finest endurance walkers and keep the long one (35km, 50km or Marathon) on the ticket. Without WA’s backing, the return of a second walk event of any kind to the Olympics has no chance.

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## \*\* WALKER OF THE WEEK \*\*



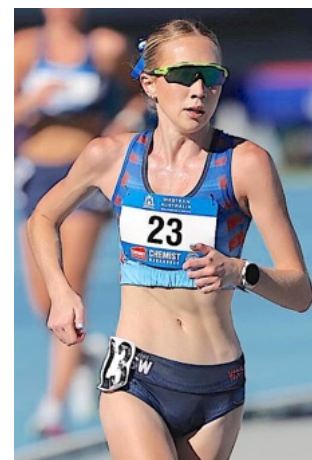
Allanah



Declan



Isaac



Chelsea

It was rich pickings for NSW in the last walks at the AA track titles in Perth, with three gold medals heading east to the Harbour city to cap off a highly successful national championships for the Sky Blues. While the energy-sapping heat proved challenging, **Allanah Pitcher**, **Isaac Beacroft**, **Chelsea Roberts (NSW)** and **Declan Tingay (WA)** showed their mettle to record strong wins in the Open and U20 10,000m at take out joint WOTW awards.

**Isaac** deserves first mention, as his U20 win came with a new Championship record of **39:54.30**, ripping 50 secs from the time he set last summer. His stable mates **Allanah** and **Chelsea** did it tough, grinding through a hot Friday morning to take the Open and U20 titles respectively in **47:08.80** and **50:14.97** – not fast times but perhaps harder-earned than many of their faster ones. As for **Dec**, the pressure came not so much from the weather as from fellow Olympian Rhydian Cowley, who fought him all the way before he was able to claim the opening gold of the senior championships by just 4 secs.

Congratulations to all four winners ... the TV camera may not have caught you, but neither did anyone else!

<sup>2</sup> I was one of the disparagers at the time, though less over the idea itself than what it was being brought in to replace – an Olympic-level endurance event.

<sup>3</sup> <https://www.thesportsexaminer.com/athletics-world-athletics-changes-walks-to-half-marathon-and-marathon-coe-says-restrepo-will-take-over-if-elected-as-ioc-chief/>

**\*Honourable mentions**

- **Hannah Bolton (NSW)** and **Alexandra Griffin (WA)** – hard-fought efforts for podium places not far behind Allana.
- **Owen Toyne (ACT)** and **John Ronan (WA)** – two barrier-breaking performances to join Isaac on the U20 podium.
- **Sam Lindsay (TAS)** – only a few days after his CR-breaking 5000m win, recovered well enough to smash his 10,000 PB by 33 secs – another barrier-buster.
- A retrospective one. **Sophie Polkinghorne (NSW)** and **Matilda Read (VIC)** – a thrilling duel in which both girls broke 14:00 to go 1-2 in the AA U16 3000m championship last week.

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 **CLUB NEWS and RESULTS**



- Well done to our Victorian reps who contested the Australian Open and U20 10,000m track walk championships in Perth last week:

<b>Rhydian Cowley</b>	2 <sup>nd</sup> – Open	39:09.69
<b>Will Thompson</b>	3 <sup>rd</sup> – Open	40:36.07
<b>Marcus Wakim</b>	4 <sup>th</sup> – U20	41:42.11
<b>Riley Coughlan</b>	5 <sup>th</sup> – U20	42:16.76
<b>Ariana Pashutina</b>	5 <sup>th</sup> – U20	58:30.50
<b>Fraser Saunder</b>	6 <sup>th</sup> – Open	44:54.12
<b>Alanna Peart</b>	6 <sup>th</sup> – Open	50:12.26

It's a measure of how far standards in this country have progressed, that excellent times of 41+ and 42+ minutes weren't enough to put Marcus or Riley on the podium this time. Credit also to Alanna and Ariana on toughing it out over a broiling 25 laps.

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 **AROUND THE COUNTRY**

**WESTERN AUSTRALIA** AA Open-U20 T&F championships, 10-13 April – WAAS, Perth

Scheduling both the Men's and Women's Open & U20 10,000m walks as the first track events on successive days was a double-edged sword. While it meant the competitors in this rigorous event avoided the hottest part of the day in each case, it also deprived them of exposure via the 7-Plus livestream (which didn't start until noon) and replay, so we have only the posted results to go on.

Conditions were hot on both days, although it seems the women had it worse with all times being well outside personal bests. The U20 men achieved four PBs and a championship record for their efforts.

For those locals who were there to see it at 9.00am, the sight of **Declan Tingay** get the Senior championships off to a great start by prevailing by 4 secs over **Rhydian Cowley** would have buoyed spirits. Tingay obviously played it cool after his infamous last-lap PZ in the Victorian championships and made sure he clung on to his lead over the tenacious Cowley this time. **Will Thompson's** bronze – achieved by over 3 mins – would be the only other walks podium placing for the Vics at the championships.

With two international sub-40:00's to his credit since, the U20 championship record **Isaac Beacroft** set in Adelaide last year wasn't likely to survive its first anniversary. Beacroft's **39:54.30** broke his old mark by 50 secs and shows him to be lightning-fast shape with July's World University Games the next major race in his sights. Meanwhile, two excellent PB performances put **Owen Toyne** and **John Ronan** on the podium with him. Toyne's **40:58.32** took him below 41:00 for the first time, while Ronan made the biggest improvement, by 54 secs to clock **41:21.99** for bronze.

It was a harder morning at the office next day for the women, with no PBs and doubtless plenty of gratitude to have crossed that line for the 25<sup>th</sup> time. Even Colombia's **Lorena Arenas**, who took line honours, was over two minutes behind her area and national records, despite lapping the field.

NSW's **Allanah Pitcher** underlined her return to form with her first national senior title, ahead of **Hannah Bolton** whose **47:21.39** would be her best result for some time given the conditions. **Alexandra Griffin** would have loved to stand atop the podium in her home stadium and clearly she gave it her best shot, but finishing only 25 seconds behind Pitcher for bronze was hopefully some consolation.

When speed isn't allowed free rein, condition is usually the decider, and **Chelsea Roberts** displayed hers to convincing effect in the U20 race for a dominant win in **50:14.97**. Team mate **Zoe Woods** chalked this one up as a marker on her road back from injury, clocking **52:03.29**, while **Milly Sharpe** collected her second medal over the two weekends to cap off her best season yet.

#### Women 10000m RW Open

1 Lorena Arenas <i>inv</i>	COL	44:17.50
2 Allanah Pitcher	NSW	47:08.80
3 Hannah Bolton	NSW	47:21.39
4 Alexandra Griffin	WA	47:33.67
5 Samantha Findlay	SA	49:48.08
6 Alanna Peart	VIC	50:12.26
7 Nellie Langford	SA	51:52.38
8 Camryn Price	QLD	52:13.91
9 Arnika Nelson <i>inv</i>	NZL	53:38.24
10 Mia Bergh	QLD	55:17.75
... Hannah Parker	NSW	DQ TR54.7.5

#### Men 10000m RW Open

1 Declan Tingay	WA	39:05.91
2 Rhydian Cowley	VIC	39:09.69
3 Will Thompson	VIC	40:36.07
4 Jonah Cropp <i>inv</i>	NZL	43:43.51
5 Dylan Richardson	NSW	44:12.35
6 Fraser Saunder	VIC	44:54.12
7 Jack McGinniskin	NSW	44:59.68

#### Women 10000m RW U20

1 Chelsea Roberts	NSW	50:14.97
2 Zoe Woods	NSW	52:03.29
3 Milly Sharpe	QLD	53:35.95
4 Hana Jugovic	ACT	55:41.35
5 Ariana Pashutina	VIC	58:30.50
6 Kaytee Bogaers	WA	59:14.69
7 Laelia Byatt	NSW	1:00:04.27
8 Ciara Cassilles	NSW	1:00:07.71
9 Summer Sivaraj	NSW	1:03:30.32
10 Phoebe Chadwick	QLD	1:04:22.12
... Jessey Bektas	NSW	DQ TR54.7.5
... Taylah Morris	QLD	DQ TR54.7.5

#### Men 10000m RW U20

1 Isaac Beacroft	NSW	39:54.30 CR
2 Owen Toyne	ACT	40:58.32 PB
3 John Ronan	WA	41:21.99 PB
4 Marcus Wakim	VIC	41:42.11
5 Riley Coughlan	VIC	42:16.76
6 Bailey Housden	QLD	42:33.27
7 Samuel Lindsay	TAS	43:12.79 PB
8 Sam McCure	QLD	43:13.36 PB
9 Toby O'Rorke <i>inv</i>	NZL	48:05.20
10 Alex Bradley	QLD	49:28.81
... Cooper Rech	SA	DQ TR54.7.5

**PBs:** *John 0:54; Sam 0:43; Samuel 0:33; Owen 0:16*

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## ALLANAH PITCHER: FALSE FEARS, GENUINE GRIT

by **Daniel Lane** (reprinted from NSWIS website, 11 April)

In the countdown to Allanah Pitcher's preparation for her 10,000m walking event at the 2025 Australian Athletics Championships in Perth, the race in which she became national champion, she allowed her mind to run through a series of worse case scenarios of 'doom'.

The 20-year-old spent time picturing everything that could possibly go wrong in a race that is as mentally gruelling as it physically and technically exhausting. Pitcher conjured the type of situations most people would avoid thinking about through fear of 'jinxing' themselves, explaining her process is actually an exercise in empowerment.

"You don't give your fears power," the New South Wales Institute of Sport (NSWIS) scholarship athlete said of her unique preparation. "I have a mental warmup I do before I race. It's a few different things and quite a long process. I physically write it down before a race and then talk myself through all the things I'm fearing because there are so many things that can go wrong [in race walking].

"But being able to sit with that and disengage from it, is a really important step before starting. I say all the things I'm afraid of: 'what if my technique starts falling apart and I can't really fix it;' 'what if I start feeling sick;' 'what if I drop my water when I really need it,' or 'what if I get a cramp in my leg?'

"I have a term for this narrative – 'fake danger' – because it's almost like these fears aren't a real danger. Races are a construct; a thing we're putting on for ourselves. Being able to disengage with the fears [comes back to simply understanding] these aren't things I should let overwhelm me because, at the end of the day, it's just a race.

"Besides that, my preparation includes sensory aspects, getting grounded with the surroundings, and just focussing on the process because the process never fails you. All of those little prep components . . . even knowing the pace you're going to sit at . . . the process never fails."

Pitcher is an undoubted talent, breaking the national record for the 35km walk by a staggering three minutes when she was only 19. Remarkably, the furthest distance she'd completed at training before that race was 'only' 30km.



Besides gaining her selection on the national team which competed at the 2023 Budapest World Athletics Championships, Pitcher's victory also provided an insight into her sense of humour when she described the toughness of the endurance race as: 'a lot of fun.'

"My definition of fun is probably a little bit sadistic [laughs], but it's a cool process to get to do what we do," said Pitcher, who was a reserve for last year's Australian Olympic Team.

"I enjoy endurance sports in general. I think it's super interesting what you can make your body persevere and endure through, but race walking has the extra layer to it. Not only do you have to physically endure the pain, but you also need to stay technically sound the entire race.

"And when you get fatigued [you have to maintain the technique]. I like the analogy that it doesn't matter that you never see a marathon runner finish a race with a beautiful and impeccable technique, but walkers need to maintain our technique right to the very last stride.

"That extra challenge is always very exciting . . . I'm a bit of a perfectionist so I enjoy that and also analysing my own technique."

Race walking prioritises precision and discipline. Perhaps that's not surprising considering the sport is believed to have originated in the 19<sup>th</sup> century when English noblemen placed bets on who had the fastest footman, a servant who ran alongside horse drawn carriages to remove any obstacle that might make the carriage overturn.

It evolved into an Olympic event which requires good posture, an exact stride length, hip roll with each stride, arms pumping at a 90-degree angle and an abnormal form of gait because no visible loss of contact with the ground is permitted. It also requires a deliberate foot strike in which the heel hits the ground first and rolls forward to the ball of the athlete's foot.

In other words, it's *tough!*

And for Pitcher, a Bachelor of Biomedical Engineering, she taps into her sadistic sense of humour when she volunteers how her university degree might help her one day.

"I think sometimes: 'oh wow, this will probably have consequences in the future'," said the NSW central coast athlete of the toll her sporting passion is most likely taking on her body. "But I do chuckle because biomechanical engineers are commonly hired to do designs of knee and hip replacements in patients, so I can design my own hip and knee replacement one day! [laughs]"

In the meantime, Pitcher will continue to ensure those pre-race false fears hold no power, and that she continues to endure physical and mental challenges most people wouldn't even want to imagine.



*Allannah leads in the national 10,000m championship, which she won. (Photo: NSWIS)*

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**PORTUGAL: Grande Premio Internacional de Rio Maior, 13 April – Rio Maior**

## **Torres and Bonfim win in Rio Maior**

by Paul Warburton (reprinted from *World Athletics News* – 13 April)

**Paula Torres** and **Caio Bonfim** reigned supreme at the Grande Premio Internacional de Rio Maior – a *World Athletics Race Walking Tour Gold* meeting – on Saturday (12). For the Ecuadorean champion it was a second Tour win inside a month. Torres added this 20km win to the 35km title she lifted at Dudince, and in doing so beat defending champion **Kimberly Garcia** - again.

In fact, Peru's two-time world champion Garcia had no answer shortly before 15km when Torres pushed on to make it a happy March-April double.



The women started 12 minutes earlier than the men, and the main six in a modest field wasted no time in chalking up the first 1km lap in a quick 4:23. That six became four just a few hundred metres later to leave Spain's **Laura Garcia-Caro**, Torres, Garcia and **Johana Ordonez** from Ecuador on their own. Garcia pushed on going into the third lap, but she had three early evening shadows just five or so metres back.

The 5km mark was reached in 22:50, and well within the leaders' comfort zone. Going into lap seven, a seemingly significant three seconds separated Garcia from Torres and Garcia-Caro. Ordonez has a PB of 1:29:58 but her best this year is a modest 1:37:52 and it showed as she rapidly fell away.

Approaching nine laps, Torres decided to get after Garcia, and it left Garcia-Caro unable to respond. Torres was working hard, but any gain was marginal at best. In fact, Garcia already had eyes, albeit shaded by dark glasses, on retaining her title, but Torres calmly worked her way back into contention.

As the chaser crossed the line at 14km, she quickened her step to put fading daylight between her and the Peruvian. Even then, Garcia wasn't going quietly. She dug deep to hold the gap to a mere three seconds at 17km. Garcia kept it that way all the way to the

final lap when Torres lit the afterburners to add another 15 seconds and breast the tape in **1:29:37** to **1:29:52**.

The sky was full of cloud but it was still a warm 21 degrees despite the 5pm staggered start for the men. 'Fast start' didn't do justice to the race. Bonfim took off like he had an early dinner date, with the rest already appearing to fight over the leftovers. Italy's **Gianluca Picchiottino** and **Perseus Karlstrom** (SWE) gave chase and notched a first circuit well under four minutes. At 3km, it was 11:57 - fast, but not that fast for race walkers of this calibre. By 7km, Bonfim underlined his 2025 form to forge a real gap over the chasing pair.

But Karlstrom wasn't done yet. The cap-wearing Swede upped his tempo to catch the Brazilian and walk tandem for the next lap. But Bonfim gave it a second thrust before half way, with Karlstrom walking in his wake for just a few seconds before, again, drawing level. The clock stopped at 40:02 for halfway, and again, well within the capabilities of men who have dipped under 78 minutes for the whole distance.

By 11km, it was Karlstrom's turn to test the water. He gained five metres, but the see-saw soon tipped the other way. It was a 60:19 clocking at 15km for both, but that became a nine seconds gap one tour later - and the race was over. A tiring Karlstrom could offer no response and had no choice but to give way. It allowed Bonfim a relative stroll to the line for a final **1:20:47** to the Swede's **1:21:26**.

Behind both, Picchiottino was also feeling the pace. He tired even more so than Karlstrom and got passed in the last two laps by **Callum Wilkinson** and **Joao Vieira**, who turned 49 in February. The Portuguese athlete was eventually outsprinted to the line by the Briton – a race walker barely a month old even when Vieira was walking 1:20:59 for the distance. And Vieira finished only three minutes outside that in this race, 28 years later.

(Photo; World Athletics)

### **Men 20 kilometres**

1.	Caio BONFIM	19 MAR 1991	BRA	1:20:47
2.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:21:26
3.	Callum WILKINSON	14 MAR 1997	GBR	1:24:08
4.	João VIEIRA	20 FEB 1976	POR	1:24:12
5.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:25:32
6.	Tiago RAMOS	05 JUN 2003	POR	1:28:43
7.	João OLIM	14 OCT 2000	POR	1:35:45
8.	Manuel MARQUES	04 SEP 1978	POR	1:36:04
9.	David SÁNCHEZ	07 SEP 1984	ESP	1:58:24
	İlhan GÖVCE	20 AUG 2005	TUR	DQ

### Women 20 kilometres

1.	Paula Milena TORRES	17 OCT 2000	ECU	1:29:37
2.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:29:52
3.	Laura GARCÍA-CARO	16 APR 1995	ESP	1:32:18
4.	Johana ORDÓÑEZ	12 DEC 1987	ECU	1:33:35
5.	Inês MENDES	11 APR 2003	POR	1:36:55
6.	Lucy Alejandra MENDOZA MALAGON	21 JAN 1999	COL	1:39:43
7.	Adriana VIVEIROS	12 MAR 2002	POR	1:40:47
8.	Tülin EK	15 JUN 2005	TUR	1:41:54
9.	Ana MONTEIRO	24 OCT 1998	POR	1:43:03
10.	Juliana GALVÃO	09 FEB 2001	POR	1:45:13
	Ayşe TEKDAL	28 OCT 1999	TUR	DQ

For full meet results, see <https://worldathletics.org/competition/calendar-results/results/7217666>

## UKRAINE: Ukrainian Winter walking championships, 5 April - Lutsk

Life goes on, as does sport, in Ukraine – a country that exemplifies resilience in the face of terror and atrocity. The nation's race walkers have trained and raced unceasingly throughout their homeland's three-year ordeal, with impressive results. This report is reprinted from the *O Marchador* blog:

On Saturday (5/4) in Lutsk, a Ukrainian city in the north-west of the country, the National Winter Road Walking Championships were held, with the main titles being won in the 20 km by **Mykola Rushchak** and **Hanna Shevchuk**.

In the men's event, Rushchak, a 21-year-old athlete from Sumaska, who two weeks ago improved his personal best in the distance (1:21:00) in Dudince, where he came third, now achieved **1:21:36** in Lutsk, a time with which he became the absolute national champion and also the under-23 category champion. After a defensive first part, he took the lead after about 13 km and shortly after pulled away from the competition to win with a 42-second lead. His partial times were 20:32 for 5 km, 40:55 for 10 km, 1:01:20 for 15 km, with the second part of the race completed in 40:41 (last 5 km in 20:16).

The second and third places in the men's race were obtained by **Ivan Banzeruk**, from Volinska, with **1:22:18**, and **Ihor Hlavan**, from Sumaska, with **1:22:23**.

In the women's event, Shevchuk, an athlete representing Ivano-Frankivska who also improved her personal best in Dudince (1:28:37), ended up having to shoulder the costs of the race in Lutsk due to the absence of **Lyudmila Olyanovska**. After a relatively slow start to the race and the trio Shevchuk-**Mariia Sakharuk-Olena Sobchuk** passing the 5 km mark in 23:17, the second 5 km would be considerably faster, completed in 21:52 (45:09 at 10 km for Shevchuk and Sakharuk), thus losing one of the members. From the 12 km mark onwards and with the pace already slowing down, Shevchuk would take the lead alone and finish in **1:30:46**.

The women's podium would be completed with the representatives of Volinska, Sakharuk-Filiuk, obtaining **1:31:28**, and Sobchuk-Mizerniuk, with **1:32:16**. The under-23 title was obtained by **Viktoriia Dizhak**, from Lvivska, with **1:49:57** (4th overall).

Among the races for the youngest, reference for the under-20 winners (10 km), in the men's category, **Roman Horbachov**, with **41:48**, and in the women's category, **Veronika Tkachuk**, an athlete still under-18, with **49:50**.

The event was attended by almost 100 athletes from 8 regions of the country, with the collective classification determining the Volinska region as the winner, obtaining 758 points, followed by Sumaska (708) and Zhitomirska (443).

### Men 20 kilometres Open

1.	Mukola RUSHCHAK	30 OCT 2003	1:21:36
2.	Ivan BANZERUK	09 FEB 1990	1:22:18
3.	Ihor HLAVAN	25 SEP 1990	1:22:23
4.	Serhii SVITLYCHNYI	13 JUL 1994	1:22:53
5.	Yehor SHELEST	13 JUL 2002	1:27:32
6.	Oleksii POLISHCHUK	18 APR 2005	1:31:44
7.	Kyrylo ANDRUSHCHENKO	30 JAN 1993	1:33:57
8.	Yevhen SOLDATENKO	25 JUN 2005	1:34:00
9.	Eduard KRAVCHENKO	02 MAY 2004	1:43:10
10.	Dmytro VILKHOVENKO	01 OCT 2004	1:53:39

### Men 10 kilometres U20

1.	Roman HORBACHOV	17 APR 2006	41:48
2.	Eduard MURAVSKYI	28 JUL 2006	44:19
3.	Illia TYSHKEVYCH	02 MAY 2008	44:32

### Women 20 kilometres Open

1.	Hanna SHEVCHUK	18 JUL 1996	1:30:46
2.	Mariia SAKHARUK	14 OCT 1995	1:31:28
3.	Olena SOBCHUK	23 NOV 1995	1:32:16
4.	Viktoriia DIZHAK	23 AUG 2005	1:49:57
5.	Nataliya OKUSHKO	31 MAR 2003	1:50:27
6.	Viktoriia FALCHYK	27 OCT 2005	1:59:17
	Valeriya SHOLOMITSKA	01 AUG 2004	DNF

### Women 10 kilometres U20

1.	Veronika TKACHUK	03 AUG 2008	49:50
2.	Khrystyna PONIKARCHYK	11 SEP 2009	53:21
3.	Daryna YUSHCHENKO	21 MAR 2007	53:51

4.	Vitalii TARASIUK	30 NOV 2009	45:47	4.	Anna BORYSIUK	13 SEP 2009	54:29
5.	Roman TSOMYK	15 APR 2007	46:27				
6.	Valentyn HONCHARENKO	14 FEB 2006	48:17				
7.	Artem HEMBIK	29 JUN 2006					

#### Men 5 kilometres U18

1.	Ivan SKRINNIK	06 JUL 2009	23:35
2.	Roman CHYRVA	27 FEB 2009	24:06
3.	Rostislaw KUPCHAK		24:27

#### Women 5 kilometres U18

1.	Sabina BARAMIDZE	19 FEB 2008	26:28
2.	Anna RUDYK	23 JUN 2009	27:24

#### Women 2 kilometres U16

1.	Daryna KOZKA	07 MAR 2010	9:12
2.	Marta DUSYK	03 FEB 2010	9:37
3.	Karina LEVKO K.	25 FEB 2010	9:54

## FRANCE: Ile de France championships, 6 April – Ocquerre

**Emmanuel Tardi** reports on another French regional championship walks meeting ... and if you can pronounce the name of the town you're more '*au fait*' than I am!

I was one of the judges last Sunday for Ile de France Championship. The race took place in Ocquerre, 50km to the east of Paris .

Main races (10k and 20k) started at 9am. The first kilometer took place on the track of the stadium, then there were 19 loops (or 9) 1km long near the stadium.

**Hatem Ghoula, Ludovic Hadula and Lilian Rottier** walked together for approximately 7km, then Ghoula sped up and won the 20k. **Lilian Rottier** won the 10k .

Ghoula, who is now 51 years old, finished 3rd in World Championship in Osaka (2007).

At 11.30am there were ancillary events on the track for youth walkers.

#### 3000m

1	DIZI Ana	MIF/10	La Postillonne Longjumeau	17'58"1
2	BRESSON Lea	MIF/10	As Chelles	17'59"0
3	CATRICE Celia	MIF/10	Vallee De La Marne Athletisme	23'42"2

#### 10km

1	SERAKI Patrizia	MAF/63	Avia Club Athletisme	1h02'06"
2	KEBANI Myriam	MAF/67	Avia Club Athletisme	1h23'24"
3	FORMENTEZ Valerie	MAF/65	Athletic Club Pays De L Ourcq	1h23'49"
4	TOMMASI Virginie	MAF/76	Athletic Club Pays De L Ourcq	1h25'43"
-	DORE Sophie	MAF/77	Uai Nogent-Sur-Marne	DQ

#### 20km

1	BERTRAND Claire	MAF/81	Us Metro Transport	1h53'15"
2	KOROTKEVITCH Nadia	MAF/63	Bussy St Georges Athletisme	2h31'50"

#### 3000m

1	GHOULA Dani	MIM/10	Us Vesinet	15'32"1
2	VERCHERE LATOUR Titouan	MIM/11	Us Palaiseau	15'32"1

#### 10km

1	ROTTIER Lilian	ESM/03	La Postillonne Longjumeau	50'00"
2	BODROS Gaetan	MAM/60	Ac Chateau Thierry	59'51"
3	BROU Florent	SEM/93	Ac Paris-Joinville	1h00'36"
4	TOUTAIN Eric	MAM/63	Union Sportive Ivry Athletisme	1h05'26"
5	ARVEILLER Jean-Paul	MAM/48	Uai Nogent-Sur-Marne	1h22'56"
6	SCHWING Martin	MAM/89	Beauvais Oise Union Club	1h28'13"
7	MONTIGNY Patrick	MAM/49	Union Sportive Ivry Athletisme	1h38'30"

#### 20km

1	GHOULA Hatem	MAM/73	Us Vesinet	1h38'45"
2	HADULA Ludovic	MAM/87	Stadoceste Tarbes	1h39'34"
3	CHEVASSUS Melwan	ESM/04	Asfi Villejuif Athletisme	1h49'11"
4	FAURET Antonin	SEM/94	Us Metro Transport	1h50'17"
5	STEFANELLY David	MAM/76	As Mantes	2h09'14"
6	VANDENBERGHE Renaud	MAM/70	Us Champagne-Sur-Seine	2h24'53"

**Judges:** Alexis Auger (Chef), Emmanuel Tardi, Franck Desmonière, Michel Mecharle, Omar Drifi, Daniel Thorel





Ghoula



Bertrand



Seraki



Rottier

(Photos: Emmanuel Tardi)

**UNITED KINGDOM: Cambridge Race Walking meeting, inc. ERWL, 5 April - Cambridge**

Thanks to **Tracey Wilkinson** for the report and photos from the latest ERWL meeting, held at the university of Cambridge (West campus):

The inaugural Cambridge Race Walking Meeting was well supported and included 7 younger age group walkers and returning Leaguers Sue Barnett, Diana Braverman Steve Uttley and Graham Chapman. Thanks, as always to all the officials, Sue Clements for suggesting the course and George for the majority of the event planning and organisation. The afternoon sunshine and the picturesque new venue and course were well received by the walkers and contributed to the success of the event!

The individual 10km winners were **Colin Harle** and **Grazia Manzotti**.

Blackheath and Bromley Walkers **Trejan Checheku-Boamah** and **Florence Watson** took the individual titles in the 5km Walks.



Photos courtesy of Andy Cooper.

10km Walkers.

Overall race winner  
Grazia Manzotti



5km Walkers.



2 & 3km Walkers

<b>10KM A RACE</b>	1	W55	Grazia Manzotti	Tonbridge AC	58.29
	2	WSEN	Jacqueline Benson	Ashford AC	64.18
	3	M65	Colin Harle	Belgrave Harriers	64.32
	4	M65	Stuart Bennett	Brentwood Beagles	66.52
	5	W60	Helen Middleton	Enfield & Haringey AC	67.19
	6	M65	Steve Uttley		68.08
	7	M70	Graham Chapman	Headington RR	69.08

	8	W65	Fiona Bishop	Woking AC	75.33
<b>10KM B Race</b>	1	M55	Simon Morgan	Brentwood Beagles	68.53
	2	M75	John Borgars	Loughton AC	70.39
	3	W75	Susan Barnett	Enfield & Haringey AC	73.21
	4	W60	Suzanne Bailey	Newmarket Joggers	77.09
<b>9KM B RACE</b>		M70	David Hoben	Surrey Walking Club	73.57
<b>8KM B RACE</b>		W70	Diana Braverman	Enfield & Haringey AC	62.04
<b>5KM A RACE</b>	1	MU17	Trejan Checheku-Boamah	Blackheath & Bromley Harriers AC	29.32
	2	WU17	Florence Watson	Blackheath & Bromley Harriers AC	31.35
	3	WSEN	Emma Keeley	Cambridge & Coleridge AC	34.34
	4	WU15	Lily-Ann Cooper	Newmarket Joggers	37.23
	5	W45	Celia Cordran	Cambridge & Coleridge AC	40.36
<b>5KM B RACE</b>	1	M50	Taro Tyson	Cambridge & Coleridge AC	37.45
	2	W70	Sheila Leavy	North Herts Road Runners	40.48
	3	M70	Paul Foreshaw	Fetch Everyone	48.18
<b>3KM A RACE</b>		W45	Jane Mansley	Cambridge & Coleridge AC	26.40
<b>3KM B RACE</b>		M80	Terence Braverman	Enfield & Haringey AC	31.28
<b>2KM A RACE</b>	1	WU15	Sophie Blundell	Newmarket Joggers	12.30
	2	WU13	Marissa Morley	Aldershot Farnham & District	12.33
	3	WU13	Athira Nair	Cambridge & Coleridge AC	12.59
	4	MU13	Mikhail Stakhov	Cambridge & Coleridge AC	13.01

## 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 14, 2025 - **Paula Torres wins the 20 km in Rio Maior** <https://omarchador.blogspot.com/2025/04/paula-torres-vitoriosa-nos-20-km-em-rio.html>
- Sunday, April 13, 2025 - **Caio Bonfim scores twice in the 20 km in Rio Maior** <https://omarchador.blogspot.com/2025/04/caio-bonfim-bisa-nos-20-km-em-rio-maior.html>
- Sunday, April 13, 2025 - **Île-de-France Race Walking Championships in Ocquerre (2025) – results** <https://omarchador.blogspot.com/2025/04/campeonatos-de-marcha-da-ilha-de-franca.html>
- Thursday, April 10, 2025 - **Bombarral Marching / Coimbra and Leiria District Marching 2025 (results)** <https://omarchador.blogspot.com/2025/04/bombarral-marchar-distritais-de-marcha.html>
- Wednesday, April 9, 2025 - **Peruvian National Marching Championship – La Molina 2025 (results)** <https://omarchador.blogspot.com/2025/04/campeonato-nacional-de-marcha-do-peru.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.*

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*Come on, Canada ... you don't really think he did it on maple syrup, do you?*

**\*\* 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**

**Seasons ticket 12 months:**

Financial members: \$110.00 paid by the **end of May**.

**VRWC Club Races:**

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

**VRWC Championships:**

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 1<sup>st</sup> 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 1<sup>st</sup>** 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.)

**\*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)

## 2025 WINTER SEASON FIXTURE

### APRIL

Saturday 26<sup>th</sup> April VRWC CHAMPIONSHIPS Mentone Track

### MAY

Saturday 3<sup>rd</sup> May VRWC Points races Middle Park

Saturday 10<sup>th</sup> May VRWC Points races Middle Park

Saturday 10<sup>th</sup> May **Coaching seminar for parents, athletes and coaches** Middle Park

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

Saturday 24<sup>th</sup> May VRWC Points races Middle Park

Saturday 31<sup>st</sup> May VRWC Points races Middle Park

### JUNE

Sunday 8<sup>th</sup> June RWA 58th Annual Lake Burley Griffin Carnival, Canberra

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

Saturday 14<sup>th</sup> June **Judging course and Coaching seminar** Middle Park

Saturday 21<sup>st</sup> June VRWC Points races Middle Park

Saturday 28<sup>th</sup> June VRWC Points races & Prize Day Middle Park

### JULY

Sunday 6<sup>th</sup> July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 12<sup>th</sup> July VRWC Points races and Interval races Middle Park

Saturday 19<sup>th</sup> July VRWC Points races Middle Park

Saturday 19<sup>th</sup> July **Coaching seminar for parents, athletes and coaches** Middle Park

Saturday 26<sup>th</sup> July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

### AUGUST

Saturday 2<sup>nd</sup> August VRWC Points races Middle Park

Saturday 9<sup>th</sup> August AV Championship & VRWC Championships & events Middle Park

Saturday 16<sup>th</sup> August VRWC **Last points race** Middle Park

Sunday 24<sup>th</sup> August Australia Athletics championships Ballarat

Saturday 30<sup>th</sup> August VRWC non points race day Middle Park

### September

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

Sunday 14<sup>th</sup> September VRWC relay race and **Seasons Presentations** Middle Park

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# WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024/2025

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 <sup>th</sup> 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

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  
13-21 Sep 2025  
4-9 Aug 2026  
30 Oct-15 Nov 2026

**World University Games** – Bochum, GER  
**20<sup>th</sup> World Athletics Championships** – Tokyo, JPN  
**World U20 Athletics Championships** – Eugene OR, USA  
**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.*

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**\*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.*

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