

The official organ of the Victorian Race Walking Club, A Editor: Stu Cooper stuwalks@yahoo.com.au



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*H&T Notice Board - Page 16

- LAVic Community Officials: Race walk judging education session – Sunday 12 October
- Dogs off leash
- ** VACANCY Club Treasurer

*VRWC Summer fixture

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WALKER OF THE WEEK



Six of Australia's top walkers took on the world's elite on Saturday in Tokyo's debilitating humidity, in what will likely be the last 35km race at elite championship level. All six finished, and while we had little chance to observe their progress with the media's focus on the leaders, their results showed they'd wrung the utmost from their condition and had left nothing in the tank. Unsurprisingly, this week's WOTW and honourable mentions are all drawn from this estimable squad.

The highest Aussie placing was the 9th posted by **Rebecca Henderson (VIC)**, extending our walkers' record of top 10 finishes in Olympic/World Championship walks with her time of **2:50:03** and earning her another WOTW. The last couple of years haven't been kind to Bec in terms of injury and illness, and while she had the times on the board there was no guarantee back in March that she'd even be selected for the 35. A strong showing at the LBG carnival in June, plus points accrued, laid that fear to rest ... and Bec did the rest, notching her highest-ever placing in an international championship.

"I knew that on my best day I could probably be around that eighth to 12th, so to achieve that was very exciting," Bec said in an interview with *Australian Athletics*.

"I just tried to stay relaxed at the start and not worry if people got ahead because I knew it was hot and people were definitely going to come back to me throughout the race, which is what happened."

Congratulations, Bec. There is no tougher athlete than you wearing green and gold in Tokyo.

*Honourable mentions:

- Rhydian Cowley (VIC) A man who simply doesn't recognize the word 'quit' (he'd walked himself literally into the bitumen in 2023 in Budapest, remember?), Rhydian placed 11th his best placing in any of the six World championships he has contested in Tokyo, narrowly missing joining Bec as a top 10 finisher with his hard-earned 2:33:28. Hitting rough going in the middle stages after being close to the lead pack early, Rhyd used his second-half strength to good effect to outlast many of his now-struggling rivals. With seven days to recover, he will give himself every chance of nailing that top 10 placing in the 20km.
- Olivia Sandery (SA) Olivia matched strides with Bec for much of the way in what may have been an anxious experience for her, given the memory of her depletion experience in Paris's heat last year. But Olivia has learned and progressed since then, twice setting new 35km national records, and while the conditions would never have allowed her to get close to such marks in Tokyo she stayed doggedly close to the top 10 until the final kilometre, ultimately finishing 14th in 2:51:43
- Allanah Pitcher (NSW) Picking up six places over the second half and falling short of the 3-hour barrier by a mere 9 secs, Allanah's 19th place in **3:00:08** improved 2 places on her Budapest result and vindicated the many months of hard work she's put in to overcome the effects of illness and injury that have hampered her return ... until now.

- Will Thompson (VIC) Will, racing in his first major international championship, produced a season best to finish 25th in 2:40:19, despite cramping badly at around the 20km mark (he wasn't the only one to suffer that affliction not even winner Evan Dunfee was immune.) The gutsy Mornington Peninsula walker will take plenty away from this experience and is sure to have emerged tougher from it.
- Mitchell Baker (ACT) Another major championship tyro, Mitch's first experience was a stressful one. He had the misfortune to collect early reds, eventually sitting out 3½ mins in the penalty zone and having literally to watch his step for the rest of the race. Undaunted, he still managed to clock a season best of 2:51:11 for 32nd place, faring better than a sizable tally of well-credentialled rivals who either failed to finish at all or were shown the red flag. Mitch, too, will be a stronger racer for this.

And finally ...

• Evan Dunfee (CAN) – everybody's favourite Canstralian/Austradian, for a perfectly judged race and a victory thoroughly befitting a world record holder; and Maria Perez (ESP), for a display of race-long dominance that will inspire young walkers of both genders who were fortunate enough to see it.











(Photos: AA Facebook)

Finally, a word on SBS TV's coverage. Whenever the subject of media coverage of race walking comes up, it tends to highlight inaccuracies and shortcomings in the commentary – especially as regards the rules and judging, where misinformation and poor research have placed many a walking fan's TV in mortal danger – so it's refreshing on this occasion to be able to give credit to **Bruce McAvaney**, **Tamsin Manou** and **David Basheer** on their work.

Bruce's passion for sports of all kinds, and athletics in particular, is legendary, and his zeal for research and historical detail is unmatched. While this can be irksome to many viewers (and I've never quite understood why), it was clear to me that in Bruce we would have an informed, enthusiastic and engaging presenter covering the walks. And so it proved.

Another of McAvaney's special qualities is his positivity towards athletes. He's in their corner at all times and will seize on any chance to raise optimism about their prospects. His observation at the conclusion of the women's 35km walk demonstrates this: "For the three young women to be 9th, 14th and 19th at the age of 24, 22 and 21 ... that's the stepping stone for something we could all get pretty excited about."

We already are, Bruce. Well done to you and the team!



*FROM THE PRESIDENT

Another winter road season has come to a close. Well done to all of our athletes on their performances and thank you for your support of our historic Club. I hope you are satisfied with your season, able to look back on one or more big results, and feel well conditioned for the summer racing that is soon to commence.

It was wonderful to see an increase in our membership this year, reflected in larger numbers on the start line on most weeks. Recruiting and spreading the word about the sport and the VRWC is ongoing, and it's gratifying to see that numbers are on the rise and heading back towards the pre-pandemic levels.

Thanks to all the officials and helpers who contributed, in ways great and small, to a very successful racing program. In particular I wish to thank **Mark Donahoo**, whose labours in race directing, handicapping, statistics, coaching, coach education and general troubleshooting were indispensable to the running of such an effective program for our members. Thanks also to Club secretary **Terry Swan** for his work in liaising with World Athletics, Australian Athletics, Athletics Victoria, Race Walking Australia, Parks Victoria and the Australian Grand Prix organization. Through Terry we stayed connected electronically for meetings, and the photographic work he shared with Therese Smith received well-merited accolades from near and far.

And so to summer. We will have three Sunday morning meetings to complement the AVSL and LAVic races. We look forward to seeing you there for one or more of them.

Stu Cooper



• Congratulations to Bec Henderson, Rhydian Cowley and Will Thompson on their wonderful 35km performances in the oppressive conditions of Tokyo. Bec finished 9th, claiming some big scalps and adding another top 10 placing to Australia's enviable walking record, while Rhyd's strength and experience once again came to the fore, bring him home in 11th place as others wilted around him. Will, racing at this level for the first time, copped the full humidity bath – complete with cramp – and had to rely on his condition base plus the good old 'g&d', seeing it through for 25th place. Well done, Will.

Both Bec and Rhyd will line up for the 20km on Saturday, and we'll be cheering them on all the way. Go Vics!

• It's been a while since I reported on the progress of Life member **Peter Vysma**, who was the Club's Judging coordinator and AV delegate for many years but has been living and having constant therapy in a care residence since a catastrophic (and nearly fatal) bike accident in 2021. Peter has followed the fortunes of the VRWC throughout every season since, via *H&T Online*, committee emails and visits, and he sends all members his best wishes.

The gains Peter made early in his recovery – which were quite astonishing – have plateaued somewhat, and successes are now counted in terms of consolidation of strength and coordination, coupled with the steady return of the ability to perform manipulative skills automatically. Peter has recently purchased a new Toyota van which he is having outfitted to enable him to 'ride shotgun' rather than being battened down in the back. We hope this new conveyance will bring him once again to Middle Park for a visit when the time is right. We miss you, Pete!



VRWC Handicap Relay race & Open races, 14 September – Middle Park

A delightfully sunny Sunday morning greeted us for our season closer, the 9km Relay race, although the fierce northerly winds ensured the 28 walkers didn't escape scot free. That did not prevent 13 new PBs being set, however, and the happy buzz around the races, later at the BBQ and Winter presentations made a fitting end to a rewarding season.



Team RED gets the show underway, with only 20 seconds before ORANGE and PURPLE start the chase.

Team YELLOW, who finished dead last in 2024, were carried to victory this time around on the strength of PBs set on all five legs! **Matilda Read** and **Grace Louey** were on the warpath with 2 new bests each, with **John Nottle** smashing his 3km PB by 45 secs. Grace hadn't raced over 1km since 2013 as a 9yo and clearly appreciated the chance to go hell-for-leather. YELLOW's finish time of **50:13** was always going to make it tough for the other teams and they finished a full minute clear of GREEN, who nevertheless produced a PB of their own through the fine effort of young **Abigail Verity**.

ORANGE produced four PBs for 3rd place, with **Caitlyn Shipham** double dipping to wind up a terrific season in which it's hard to find a week in which she *didn't* PB. **Ryder Reid**, one of our 'tiny terrors', presented too small a target for the headwind and took advantage for a 20 sec 2km improvement. BLACK's **Angus Shuttleworth**, by contrast, had to fight a lot harder over 3km yet still managed to shave 6 secs from his best, with team mate **Aria di Benedetto** getting the team off to a good start with

a 1km PB by 8 secs. The improver of the day, however, was BLUE's Arthur Robinson, who made a mockery of the wind to rip a huge 1:11 from his 2km time.



Grace Louey



Leg 2 - 2km



10:30*

19:16*

5:04*

9:21*

6:02

11:10

16:32



Abigail Verity

Abby Fowler

Donna-Marie Elms

Alejandro Stephens

Alejandro Stephens



Leg 2 - 2km

Leg 3 - 3km

Leg 4 - 1km



14:10

20:54

25:43 30:44

35:49

41:44

13:17

14:45

6:05

John Nottle	Leg 3 – 3km	22:54 29:22
Grace Louey Matilda Read	Leg 4 – 1km Leg 5 – 2km	35:48 40:52 45:28
Watifua Read	Finish time Actual time	50:13 48:43





3. Team ORANGE Shaun Lewis Caitlyn Shipham	H'cap: 0:20 Leg 1 – 1km Leg 2 – 2km	Lap 5:07 10:47	Leg time 4:47*	4. Team BLACK Aria di Benedetto Erin Reid	<i>H'cap: 1:35</i> Leg 1 – 1km Leg 2 – 2km	Lap 7:13 13:08	Leg time 5:38*
Shaun Lewis	Leg 3 – 3km	16:55 22:14 28:04	11:48*	Angus Shuttleworth	Leg 3 – 3km	19:38 24:10 29:00	12:25
Caitlyn Shipham Ryder Reid	Leg 4 – 1km Leg 5 – 2km	33:40 39:21 45:16	16:45 5:41*	Summer Patten Aria di Benedetto	Leg 4 – 1km Leg 5 – 2km	33:48 39:54 45:38	14:10* 6:06
,	Finish time Actual time	51:25 51:05	12:04*		Finish time Actual time	52:01 50:26	12:07
5. Team PURPLE	H'cap: 0:20	Lap	Leg time	6. Team BLUE	H'cap: 1:20	Lap	Leg time
Emilie Garside	Leg 1 – 1km	6:20	6:00	Cory Lewis	Leg 1 – 1km	8:18	6:58
Emily Smith	Leg 2 – 2km	11:17		Indigo Marshall-Moodie	Leg 2 - 2km	13:51	
		16:50	10:30			20:06	11:48
Emilie Garside	Leg 3 – 3km	23:28 30:26		Mark Blackwood	Leg 3 – 3km	24:43 29:35	
		37:22	20:32			34:34	14:28
Pippa Read	Leg 4 – 1km	42:38	5:16	Bowie Clarke	Leg 4 - 1 km	40:48	6:14
Emily Smith	Leg 5 - 2km	47:52		Arthur Robinson	Leg 5 - 2km	46:46	
	Finish time Actual time	53:22 <i>53:02</i>	10:44		Finish time Actual time	53:29 <i>52:09</i>	12:41*

7. Team RED	Н'сар: 0:00	Lap	Leg time
Kobe Lewis	Leg 1 – 1km	5:37	5:37
Fletcher Reid	Leg 2 – 2km	10:49	
	· ·	16:22	10:45
Kobe Lewis	Leg 3 - 3 km	22:44	
	Ü	29:33	
		36:18	19:56
Anna Dubar	Leg 4 – 1km	41:54	5:36
Erlyn Singh	Leg 5 - 2km	47:51	
, .	Finish time	54:47	12:53
	Actual time	54:47	
Anna Dubar	Leg 4 – 1km Leg 5 – 2km Finish time	22:44 29:33 36:18 41:54 47:51 54:47	19:56 5:36

4km Open

1 Jonathan Ho 22:20

1km Open

1 Ava Pravednikov 7:14



The 'last leggers' cross the line ... and Season 2025 is done.



Congratulations, Team Yellow!

*PBs

1km: Grace 0:28; Matilda 0:21; Caitlyn 0:09; Aria 0:08; Abigail 0:03; Shaun 0:01

2km: Arthur 1:11; Ryder 0:20; Grace 0:14; Matilda 0:04; Caitlyn 0:01

3km: *John 0:45; Angus 0:06*

*This week's action models:

Arthur, Kobe, Aria, Angus, John, Matilda, Abby, Mark, Abigail, Emily, Erin, Pippa, Alejandro, Ryder, Erlyn, Bowie, Grace.

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

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

Manager Mark Donahoo Referee: Mark Donahoo Race check in Mark Donahoo

Recorders Melinda Di Benedetto, Duncan Knox, Tim Erickson, Chris Shipham, Joe Adamcewicz, Emma Read,

Therese Smith

Timekeepers Ian Laurie, Mark Donahoo

Judges: Gordon Loughnan (Ch), Anthony Doran, Brenda Felton, Di Lowden, Kathleen Marsh, Bec Lewis

Set up, Pack up: Stu Cooper, Ian Laurie, Terry O'Neill, Karyn O'Neill, Duncan, Shaun Smith

Bike rider Stu Cooper **Photos** Terry Swan

Presentation Mark Donahoo, Stu Cooper, Tim Erickson

Canteen Donna Marie Elms, Gwen Steed

BBQ Karyn O'Neill, Terry O'Neill, Mark Blackwood

Walkers: 28

WINTER PRESENTATIONS 2025



Women Open & U20



Men Open & 40-59



Men Masters 60+



Women Masters



Girls U14



Boys U18 & U14



Boys U12



Girls U12



Girls U10



Boys U10



Riley ... Men U20



Heather ... Jack Larkin Trophy (Best Country walker)



Angus ... Club record



Merrifield Award (combined Times and Handicaps)



The judges (minus a couple ...)



FIXTURE 2025-2026 SUMMER SEASON

All the races below are Come and Try races, if you have an interest in racewalking, come and try.

Sun 16 th No	ovember 2025, VRWC Summer Championships and AGM	Middle Park
8.30am	20km Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	20km VRWC Championship	Open Female
8.30am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km VMA Masters championship	Masters Males
8.45am	5km Heather Carr Trophy VRWC Championship	Masters Female
8.45am	5km VMA Masters championship	Masters Female
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female
8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
10.30am	Presentations	

<u>Sunday 29th November 2025, Australian Athletics Marathon Race Walking Championships, Stromlo Forest</u> Park, Canberra

7.00am	AA Marathon Racewalk	Open Males
7.00am	AA Marathon Racewalk	Open Females
7.01am	Half Marathon Racewalk: Non championship	Open Males
7.01am	Half Marathon Racewalk: Non championship	Open Females

Sun 7th December 2025, VRWC Road Races Middle Park

8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am*	5km, 3km	Open
9.50am	2km, 1km	Open

Sun 18th January 2026, VRWC Road Races Middle Park

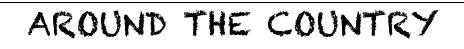
20km, 15km,	Open
10km	Open
5km, 3km	Open
2km, 1km	Open
	10km 5km, 3km

<u>Sunday- Monday, 25th- 26th January 2026, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT</u>

 $\underline{\text{Sunday 15}^{\text{th}}} \, \underline{\text{March 2026, Australian Athletics Half Marathon Race Walking Championships}}$

War Memorial Drive, Adelaide, South Australia

^{*}Subject to change





*Tokyo 2025 – Race walks schedule

The starting times quoted below are accurate as far as the Word Athletics timetable indicates. The schedule posted in the last issue for the 35km was altered later to allow for the adverse weather conditions, so it's best to check closer to the day.

*Saturday 20 September

20km W 8.30am AEST Rebecca Henderson (V), Elizabeth McMillen (N), Alexandra Griffin (W) 20km M 10.50am AEST Rhydian Cowley (V), Declan Tingay (V/W), Tim Fraser (A)



Oceania Masters Athletics Championships, 6-10 September - Brisbane

The final walks events – the track 5000m – of the Oceania Masters were held in very warm conditions which, no doubt, were reflected in many of the times. It didn't prevent **Michelle Bray** or **Iggy Jiminez** from displaying their class once again, both taking line honours by emphatic margins.

I am informed that, as last week's 1500m has replaced the former 3000m as the shorter track distance at these championships, everyone who finished first in their age division now holds an Oceania championship record. Nice work if you can get it!

Women 5000m Walk 30-8	9			Men 5000m Walk 30-89			
1 Michelle Bray	AUS	G40-44	25:28.04	1 Ignacio Jiminez Solis	AUS	G60-64	24:41.90
2 Ann Jugovic	AUS	G60-64	29:34.01	2 Pramesh Prasad	AUS	G50-54	27:39.68
3 Nyle Sutherland	NZL	G55-59	32:08.66	3 Simon Evans	AUS	G65-69	28:49.85
4 Anne Weekes	AUS	G60-64	33:39.89	4 Dean Nipperess	AUS	S50-54	30:25.20
5 Antoinette Woodward	AUS	G65-69	34:14.04	5 Peter Bennett	AUS	S65-69	31:42.05
6 Donna-Marie Elms	AUS	S60-64	34:41.46	6 John Nottle	AUS	G70-74	32:23.97
7 Roslyn Kirwin	AUS	G35-39	34:47.20	7 Terry O'Neill	AUS	B65-69	32:28.06
8 Trish Hibbs	AUS	G30-34	35:05.30	8 Eric Kemsley	NZL	S70-74	32:48.34
9 Karyn O'Neill	AUS	G70-74	35:11.05	9 George White	AUS	G80-84	33:18.84
10 Jodie Wilson	AUS	S30-34	35:24.76	10 Shane Pearson	QMAT	B50-54	34:36.38
11 Jacqueline Wilson	NZL	G75-79	36:03.52	11 Chris Pollard	AUS	4th 65-69	39:05.16
12 Kate Morris	QMAT	G45-49	37:16.24	12 Peter Sharpe	GBR	G55-59	40:43.11
13 Joy Dale	AUS	G50-54	37:21.71	13 Patrick Sela	AUS	G85-89	45:29.00
14 Gwen Steed	AUS	G80-84	37:46.18	14 John Zelezikow	AUS	G75-79	50:08.74
15 Julie Wilson	AUS	S70-74	37:47.03				
16 Marlene White	NZL	S75-79	40:06.67				
17 Vicky Jones	NZL	S45-49	41:09.89				
18 Sandy Hoy	AUS	S55-59	41:26.85				
19 Daphne Jones	NZL	G85-89	42:55.84				
20 Liz Neubauer	AUS	B70-74	43:14.34				
21 Lynne Schickert	AUS	S80-84	44:17.51				

A.C.T. ACTRFWC results, 13 September – Diddams Close

Thanks to Helen Toyne for the results.

8km			
1 Jill Pearson	Race	Masters F	59:14
Bryan Thomas	Fitness	Masters M	DNF
•			
4km			
1 Michelle Bray	Race	Masters M	23:08
3km			
1 Geoff Barker	Fitness	Masters M	34:04
Sebastian Ryan	Race	U14M	DNF
Jillian Ryan	Race	U16F	DNF
2km			
1 Tindra Helgstedt	Race	U14F	12:02
2 Clare Rice	Race	U14F	12:34
3 Estrid Helgstedt	Race	U12F	13:44
4 Jessica Robson	Race	Masters F	14:14
5 Michelle Tymkiw	Fitness	Masters F	14:17
6 Jim White	Fitness	Masters M	17:01
7 Jack Thackray	Fitness	Masters M	22:47

SOUTH AUSTRALIA SARWC Mixed relay results, 6 September – South Parklands

Thanks to **Peter Crump** for the results of SA's Mixed relay race. A small turnout but no doubt a fun way to wind up the season.

Athlete	Distance	Time
Bill Starr	2	17:03
Robert Crabb	1	7:21
Rachel Pemberton	2	14:16
Liliana Templer	2	11:47
Total	7	50:27
Martin Crabb	1	8:37
Di Camilleri	2	15:52
Anthony Crabb	1	6:44
Cooper Rech	3	14:24
Total	7	45:37
Saxon King	2	12:52
Alex McEwan	2	15:15
Peter Crump	3	20:08
Total	7	48:15



INTERNATIONAL NEWS

Dunfee wins 35km race walk, earning first gold at WCH Tokyo 25

by Matt Majendie (reprinted from World Athletics News – 13 September)



(Photo: Pamela Smith for WA)

Hosts Japan's hopes of a golden start to the World Athletics Championships Tokyo 25 were denied in a dramatic finale to the men's 35km race walk as Canada's **Evan Dunfee** took a first global title at the age of 34.

Masatora Kawano and **Hayato Katsuki** had looked on course for a potential home one-two on streets lined with home supporters. But the pair were dropped by **David Hurtado** at the 27km mark, only to be given a reprieve when the Ecuadorian was then given a three-and-a-half minute time penalty for a third red card, dropping him well out of medal contention in the process.

That put Kawano in the lead just ahead of Katsuki but the younger of the Japanese pair was already struggling in the fiercely humid conditions, stumbling at one point and eventually being caught by Dunfee.

For much of the event, the Canadian had appeared well off the pace but his wealth of global championship experience showed as his rivals wilted and, in contrast, he got stronger in the latter stages. Presciently, he had declared in a pre-event interview that, in the 35km race walk, "it's not over until it's over".

There was further drama, though, on the final lap when Dunfee appeared to stiffen up and lost a chunk of time to a chasing **Caio Bonfim** of Brazil. But with pain etched across his face, Dunfee dug in for what proved a truly attritional race to take the gold, lifting the Canadian flag above his head in celebration as he crossed the line. It added to a previous Olympic bronze medal in the 50km in Tokyo four years before, as well as a further bronze at the 2019 World Championships in Doha.

The event was always going to throw up a first-time world champion. World record-holder Massimo Stano, who won gold in Oregon in 2022, had been forced out of competing because of a hamstring injury. Meanwhile, defending champion Alvaro Martin retired at the end of 2023 after winning the world title in Budapest.

On paper, Dunfee had been the pick of the field having set a world record of 2:21:40 for the distance in March only for Stano to then better it by nearly a minute. And so it proved, as the veteran of the sport took the gold ahead of Bonfim by just over half a minute with Katsuki, who had previously dropped out of medal contention, climbing his way back up to a podium finish, much to the delight of the Japanese fans inside the National Stadium.

Following the first major title of his lengthy career, Dunfee said: "My coach and I have been together since I was 10 years old and then we set down and set goals to become world champions and to set the world record. We managed to do both this year and it really is a dream come true. I am turning 35 this year but I just feel like I am getting better and better. I was just patient today. I was really struggling and I was thinking that maybe the gold was not going to happen today. The last two kilometres felt like the hardest ones I have ever done. I had to channel all my strength for all the people back home, the ones who supported me. I was just thinking, 'one more step' and it paid off."

For Katsuki, at 34 the same age as Dunfee, it showed his decision to ignore the advice to retire after the Tokyo Olympics was well placed for what could likely be his last major race walk over the distance. In contrast, compatriot Kawano faded significantly and had to make do with 18th place at the line. For him, it was a case of what might have been, so too Hurtado. Hurtado had been hoping to emulate Jefferson Perez, who won Ecuador's first ever Olympic gold in 1996 and then backed that up with a subsequent world title.

Instead, Hurtado came home in ninth place, more than four minutes off the pace but still lifted his arms in a celebration of sorts.

1.	Evan DUNFEE	28 SEP 1990	CAN	2:28:22
2.	Caio BONFIM	19 MAR 1991	BRA	2:28:55
3.	Hayato KATSUKI	28 NOV 1990	JPN	2:29:16
4.	Yingcheng ZHOU	06 OCT 2000	CHN	2:29:31
5.	Aurélien QUINION	27 JAN 1993	FRA	2:30:24
6.	Daniel CHAMOSA	04 MAY 1997	ESP	2:30:42
7.	Dominik ČERNÝ	01 NOV 1997	SVK	2:31:17
8.	Riccardo ORSONI	20 JAN 2000	ITA	2:31:39
9.	David HURTADO	21 APR 1999	ECU	2:32:35
10.	Maher BEN HLIMA	24 JUL 1989	POL	2:33:08
11.	Rhydian COWLEY	04 JAN 1991	AUS	2:33:28
12.	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	2:33:45
13.	Manuel BERMÚDEZ	12 DEC 1997	ESP	2:35:19
14.	Christopher LINKE	24 OCT 1988	GER	2:36:10
15.	Matheus CORREA	22 AUG 1999	BRA	2:36:35
16.	Jonathan HILBERT	21 APR 1995	GER	2:36:47
17.	Johannes FRENZL	22 SEP 2001	GER	2:36:47
18.	Masatora KAWANO	23 OCT 1998	JPN	2:37:15
19.	Perseus KARLSTRÖM	02 MAY 1990	SWE	2:37:47
20.	João VIEIRA	20 FEB 1976	POR	2:38:20
21.	Kevin CAMPION	23 MAY 1988	FRA	2:39:12
22.	Bence VENYERCSÁN	08 JAN 1996	HUN	2:39:14
23.	Sandeep KUMAR	01 MAY 1986	IND	2:39:15
24.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	2:40:19
25.	Will THOMPSON	18 NOV 2002	AUS	2:40:19
26.	Satoshi MARUO	28 NOV 1991	JPN	2:40:29
27.	Max B. GONCALVES DOS SANTOS	09 OCT 1994	BRA	2:41:04
28.	Oisin LANE	12 JUN 2002	IRL	2:41:36
29.	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	2:42:07
30.	Oscar PATÍN	01 FEB 2001	ECU	2:43:48
31.	Vít HLAVÁČ	26 FEB 1997	CZE	2:44:08
32.	Mitchell BAKER	06 JUL 2001	AUS	2:51:11
33.	Yassir CABRERA	28 JAN 1988	PAN	2:51:37
34.	Cameron CORBISHLEY	31 MAR 1997	GBR	2:52:15
	Qin WANG	08 MAY 1994	CHN	DNF
	Xavier MENA	18 MAY 1998	ECU	DNF
	Matteo GIUPPONI	08 OCT 1988	ITA	DNF
	Mingyu KIM	28 FEB 1999	KOR	DNF
	José Luis DOCTOR	14 JUN 1996	MEX	DNF
	Andres Eduardo OLIVAS NÚÑEZ	27 MAY 1998	MEX	DNF
	Julio César SALAZAR	08 JUL 1993	MEX	DNF
	Michal MORVAY	19 AUG 1996	SVK	DNF
	Ivan BANZERUK	09 FEB 1990	UKR	DNF
	Ihor HLAVAN	25 SEP 1990	UKR	DNF
	Jinrui ZHANG	24 AUG 2001	CHN	DQ
	César HERRERA	28 JAN 1999	COL	DQ
	José MONTANA	21 MAR 1992	COL	DQ

Perez retains world 35km race walk title in Tokyo

by Matt Majendie (reprinted from World Athletics News – 13 September)



(Photo: Kenya Sports)

Spain's **Maria Perez** cemented her status as the world's leading race walker with a comfortable gold in the women's 35km race walk at the World Athletics Championships Tokyo 25.

The defending champion, who won gold in the mixed marathon race walk relay at the Paris Olympics last August, made her break at about the two-thirds mark from a leading group of five.

And in contrast to the men's race, in which the race lead chopped and changed in its latter stages, from there it proved simply a time trial for the 29-year-old. It may have lacked the drama of the men's event as Perez crossed the line in **2:39:01**, more than three minutes quicker than Italian **Antonella Palmisano** in second place, but it only added to Perez's everburgeoning list of titles. She appeared to make light work of horribly humid conditions following a 7:30am local start, moved earlier by organisers because of the anticipated heat.

Perez has shown already this season that she is undeterred by any obstacle. She clocked a world-leading 2:38:59 in winning the European Race Walking Team Championships, despite stopping for a mid-race comfort break. This time she was just two seconds slower, despite conditions being far from ideal for race walking and she still had the energy to leap over the line – Spanish flag held aloft and mouth wide open – in celebration before lying

prostrate on the track.

She met Palmisano with a warm embrace as she crossed the line while the bronze went to **Paula Milena Torres** for Ecuador. After her latest global gold, Perez said: "I wanted to win a medal in two races here so I am happy. I wanted to go for the world record but the weather did not help. I want to thank all the Japanese. They learned and said my name on the last lap. Although I am so far away from home, it felt like home."

For Palmisano, the Olympic champion for the 20km race walk in Tokyo four years earlier, it was a successful return to Japan at the age of 34. It was a third world medal and her best yet following bronze in London in 2017 and in Budapest two years ago.

Torres had set the early pace, breaking clear of the field early on although spent too many early kilometres looking at her watch checking her time splits. Along with **Kimberly Garcia Leon** of Peru and China's **Li Peng**, Torres formed a long-time leading group of five athletes before Perez made her solo break for gold long from home from which she never looked back. At points, Torres had looked the likeliest to drop out of that leading quintet, twice briefly facing a small gap but each time she clawed her way back to ensure a podium finish.

Li ended up in fourth with a personal best of **2:43:29** while Garcia Leon, who had won the race walk double at the 2022 World Championships in Oregon, faded badly to finish 10th.

After a brief respite to celebrate gold, Perez will now turn her attentions to the 20km and has a week in which to recover. She won double gold in Budapest two years ago but she is only 14th fastest in the world this year for the shorter distance.

1.	María PÉREZ	29 APR 1996	ESP	2:39:01
2.	Antonella PALMISANO	06 AUG 1991	ITA	2:42:24
3.	Paula Milena TORRES	17 OCT 2000	ECU	2:42:44
4.	Li PENG	27 AUG 2002	CHN	2:43:29
5.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	2:44:37
6.	Raquel GONZÁLEZ	16 NOV 1989	ESP	2:45:41
7.	Cristina MONTESINOS	12 JUL 1994	ESP	2:46:44
8.	Hanna SHEVCHUK	18 JUL 1996	UKR	2:49:44
9.	Rebecca HENDERSON	04 JUL 2001	AUS	2:50:03
10.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	2:50:37
11.	Nicole COLOMBI	29 DEC 1995	ITA	2:51:04
12.	Hana BURZALOVÁ	03 NOV 2000	SVK	2:51:15
13.	Viviane LYRA	29 JUL 1993	BRA	2:51:16
14.	Olivia SANDERY	22 JAN 2003	AUS	2:51:43
15.	Yukiko UMENO	08 JAN 2003	JPN	2:56:28
16.	Hang YIN	07 FEB 1997	CHN	2:56:51
17.	Eleonora Anna GIORGI	14 SEP 1989	ITA	2:58:50
18.	Olga FIASKA	09 NOV 2001	GRE	2:59:59
19.	Allanah PITCHER	19 SEP 2003	AUS	3:00:08
20.	Maika YAGI	21 JAN 1999	JPN	3:01:27
21.	Masumi FUCHISE	02 SEP 1986	JPN	3:03:29
22.	Maria MICHTA-COFFEY	23 JUN 1986	USA	3:05:02
23.	Karla JARAMILLO	21 JAN 1997	ECU	3:05:03

24.	PRIYANKA	10 MAR 1996	IND	3:05:58
25.	Agnieszka ELLWARD	26 MAR 1989	POL	3:08:21
26.	Mayara Luize VICENTAINER	03 FEB 1991	BRA	3:08:54
27.	Joana PONTES	22 MAR 2000	POR	3:09:07
28.	Li MA	15 JAN 2000	CHN	3:09:32
29.	Ema HAČUNDOVÁ	05 MAR 1999	SVK	3:10:21
30.	Miranda MELVILLE	20 MAR 1989	USA	3:12:07
31.	Brigitte COAQUIRA ALBARRACIN	28 AUG 1999	PER	3:13:22
32.	Katie BURNETT	07 OCT 1988	USA	3:14:13
33.	Kader GÜVENÇ	27 NOV 2001	TUR	3:14:46
34.	Jessica GROENEWALD	22 APR 1992	RSA	3:16:03
35.	Polina REPINA	29 JUN 1990	KAZ	3:20:00
36.	Elianay PEREIRA	11 MAY 1984	BRA	3:20:32
37.	Sofia ALIKANIOTI	27 APR 1998	GRE	3:21:06
38.	Naomi GARCIA	30 MAR 1998	PUR	3:21:57
	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	DNF
	Viktória MADARÁSZ	12 MAY 1985	HUN	DNF
	Galina YAKUSHEVA	14 JUL 1988	KAZ	DNF
	Valeria ORTUÑO	27 MAY 1998	MEX	DNF
	Karla Ximena SERRANO	14 APR 2004	MEX	DNF
	Mary Luz ANDIA	09 NOV 2000	PER	DNF
	Alegna GONZÁLEZ	02 JAN 1999	MEX	DNS
	Johana ORDÓŇEZ	12 DEC 1987	ECU	DNF
	Olivia LUNDMAN	03 JAN 2003	CAN	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, September 15, 2025 Austėja Kavaliauskaitė stands out in Druskininkai (2025) https://omarchador.blogspot.com/2025/09/austeja-kavaliauskaite-destaca-se-em.html
- Sunday, September 14, 2025 João Vieira breaks record for participation in World Athletics Championships https://omarchador.blogspot.com/2025/09/joao-vieira-bate-recorde-de.html
- Saturday, September 13, 2025 Evan Dunfee succeeds Álvaro Martín as 35km walk world champion https://omarchador.blogspot.com/2025/09/evan-dunfee-sucede-alvaro-martin-como.html
- Saturday, September 13, 2025 María Pérez revamps 35 km world title https://omarchador.blogspot.com/2025/09/maria-perez-revalida-titulo-mundial-de.html
- Wednesday, September 10, 2025 Arkadiusz Schiedel and Agnieszka Ellward repeat victories at the 2025 Gdansk Film Festival https://omarchador.blogspot.com/2025/09/arkadiusz-schiedel-e-agnieszka-ellward.html
- Tuesday, September 9, 2025 Baltic Masters Athletics Championships Klaipėda 2025 (results) https://omarchador.blogspot.com/2025/09/campeonatos-de-atletismo-master-dos 9.html

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

FURTHERMORE ...

It's a frequent trivia quiz question, right? 'Who started the Modern Olympics, and where?' We all know the answer. We only run into trouble trying to spell 'cooper tan' ...

Well now – did we really know the answer after all? National coach and author **Bob Cruise** might beg to differ, having come across the following gem in, of all places, a hotel bistro:

The First Olympic Games???

by Bob Cruise

Recently when dining out at a local hotel I happened to glance at the placemat which was in front of me. It was of A4 paper format and headed The Style Telegraph – Global News; June 5, 1861. Of the numerous short articles that were featured on this one-page placemat was one headed 'Olympic Future'. This immediately caught my attention and my conversation with fellow diners ceased, at least momentarily. The somewhat brief article noted that the first Olympic Games were expected to be held in 1866 in London, but I had always thought of the first games being held in 1896. Questioning my fellow diners, they all agreed with me.

Once at home I sought to improve my historical knowledge by accessing the internet. And much to my surprise and enjoyment I found an article by Philip Barker – see *Philip Barker: 1866 and all that (insidethegames.biz)*. Barker indicated that running races were the main activities on the 1866 Olympic program. These included a 100-yard, 440-yard hurdles, a half mile race and a 176-yard event. A gentleman, Charles Westhall acted as referee. I immediately asked myself was this the same Charles Westhall who was renowned for his walking feats later that century.

Further research uncovered the earlier existence of the "Cotswold Olimpick Games", involving various sports. It was held annually near Chipping Camden, England, between 1612 and 1642, and a national Olympic festival held in revolutionary France between 1796 and 1798 called the L'Olympiade de la République.

In 1834 and 1836, an Olympic games was held in Ramlösa, <u>Sweden</u>, and again in <u>Stockholm</u>, in 1843. And in 1850 the Wenlock Olympic games were conducted - see <u>The Wenlock Olympian Games That Inspired Modern</u> <u>Olympics | Amusing Planet</u>

An item headed "Revival' (source unknown) found on the internet follows:

Greek interest in reviving the Olympic Games began with the Greek War of Independence from the Ottoman Empire in 1821. It was first proposed by poet and newspaper editor Panagiotis Soutsos in his poem "Dialogue of the Dead", published in 1833. Evangelos Zappas, a wealthy Greek-Romanian philanthropist, first wrote to King Otto of Greece, in 1856, offering to fund a permanent revival of the Olympic Games. Zappas sponsored the first Olympic Games in 1859, which was held in an Athens city square. Athletes participated from Greece and the Ottoman Empire. Zappas funded the restoration of the ancient Panathenaic Stadium so that it could host all future Olympic Games.

The stadium hosted the Olympics in 1870 and 1875. Thirty thousand spectators attended that Games in 1870, though no official attendance records are available for the 1875 Games. In 1890, after attending the Olympian Games of the Wenlock Olympian Society, Baron Pierre de Coubertin, who aimed to promote international peace and friendship



Evangelos Zappas, co-founder of the International Olympic Committee

through sports, was inspired to found the International Olympic Committee (IOC). Coubertin built on the ideas and work of Brookes and Zappas with the aim of establishing internationally rotating Olympic Games that would occur every four years. He presented these ideas during the first Olympic Congress of the newly created International Olympic Committee. This meeting was held from 16 to 23 June 1894, at the University of Paris. On the last day of the Congress, it was decided that the first Olympic Games to come under the auspices of the IOC would take place in Athens in 1896. The IOC elected the Greek writer Demetrius Vikelas as its first president.

My historical ignorance has now somewhat lessened, and my curiosity has soared. Were there race walks conducted at these early games.?

** H&T Online - NOTICE BOARD **

VRWC Committee

**Vacancy - Club Treasurer

After years of service, **Karyn O'Neill** is stepping down as VRWC Treasurer. We thank Karyn for all her work in managing the Club's finances.

The Committee invites expressions of interest from members (or their families) who would like to consider taking on this vital role.

The job entails:

- Overseeing and accounting for all Club income and expenditure;
- Presenting a monthly report to the Committee;
- Liaising with the Club's auditor in the preparation of an annual financial statement;
- Presenting a Treasurer's Report to the membership at the Annual General meeting

The position would suit someone with experience in finance, business or clerical work, or indeed anyone with an interest in numbers or accounting.

Interested persons should contact Terry Swan, Stu Cooper or Karyn O'Neill (treasurer@vrwc.org.au) ASAP.



Little Athletics Victoria Community Officials: Race Walking

Little Athletics Victoria CEO Nathan McConchie invites interested persons to atend a *Race walk judging education* session, held on **Sunday 12 October** as part of the LAVic *Community Officials* program.

The session, to be conducted by international racewalk judge Zoe Eastwood-Bryson, is outlined below:

About The Event

Focusing on individual disciplines, the Community Officials program allows participants to pick an area of interest and undertake introductory studies, with a view to officiating. In the **Community Officials: Race Walking** program, participants will learn about race walking events and the judging process across multiple levels of the sport.

Led by esteemed international race walking judge, **Zoe Eastwood-Bryson**, on her return from the Japan World Athletics Championships, the program is ideal for all involved in our sport.

Location: Lakeside Stadium (Cathy Freeman Room)

Duration: 11.00am – 3.00pm

Cost: There is no cost to participate in a Community Officials program.

Registrations Close: Wednesday 8 October at 11.59pm, unless capacity reached prior. Register via https://events.mygameday.app/event/communityofficialsracewalking12oct25

Program Inclusions: During the program, registrants will receive additional handouts. A certificate of completion will be emailed following successful completion. *Light refreshments will be provided*.

Important: All applicants will be emailed a PDF receipt upon completion of the registration, for your records. Additional information will be distributed via email to registrants in the days leading up to the program.

This is an opportunity not to be missed. We strongly urge anyone – whether or not they are part of a Little Athletics centre – with an interest in becoming a racewalk judge, or as a judge wishing to refresh or extend their skill base, to attend this activity. We cannot have enough experienced judges in our sport!

DOGS OFF LEASH

It is a Parks Victoria regulation that dogs must be on leash in all areas of the Albert Park/Middle Park public use precinct, except for designated off-leash zones.

VRWC members, supporters and parents who notice dogs off leash near our race courses or official/assembly areas should notify myself, Mark Donahoo or Terry Swan.

Stu Cooper President



WHAT'S UP AHEAD?

AVSL Round Dates - 2025/2026

Sat 11 Oct 2025	AVSL Rd1 – Metro venues TBA*
Sat 18 Oct 2025	AVSL Rd2 – Metro venues TBA
Sat 8 Nov 2025	AVSL Rd3 – Metro venues TBA
Sat 15 Nov 2025	AVSL Rd4 – Metro venues TBA
Sat 22 Nov 2025	AVSL Rd5 – Metro venues TBA
Sat 29 Nov 2025	AVSL Rd6 – Metro venues TBA
Sat 17 Jan 2026	AVSL Rd7 – Metro venues TBA
Sat 31 Jan 2026	AVSL Rd8 – Metro venues TBA
Sun 8 Feb 2026	AVSL – RESERVE ROUND
Sat 21 Feb 2026	AVSL Rd9 – Metro venues TBA
Sat 28 Feb 2026	AVSL Rd10 – Metro venues TBA

^{*}Country venues – Ballarat, Bendigo, Geelong

Victorian & National Key Dates - 2025/2026

Sat-Sun 25/26 Oct 2025
Sat-Sun 1/2 Nov 2025
Sun 16 Nov 2025
Sun 29 Nov 2025
Thu 4-Sun 7 Dec 2025
Sun 7 Dec 2025
Sun 7 Dec 2025
Sun 7 Dec 2025
AV All Schools T&F c'ships Week 1 – Lakeside Stadium
AV All Schools T&F c'ships Week 2 – Lakeside Stadium
VRWC Summer c'ships (inc. Gus Theobald Memorial & Heather Carr trophies);
VRWC Annual General Meeting – Middle Park
AA Marathon Race Walking c'ships (WA Tour Bronze) – Stromlo Park, Canberra ACT
AA All Schools T&F c'ships – Lakeside Stadium, Melbourne VIC
VRWC Road races – Middle Park

Sun / Bec 2025

VRWC Road races – Middle Park

Sat-Mon 24/26 Jan 2026

AV Country T&F c'ships – Albury NSW

Sun-Mon 25-26 Jan 2026 AA 10,000m Walk c'ship/Supernova – AIS track, Bruce ACT

Fri-Sun 13/15 Feb 2026 AV Junior T&F c'ships – Lakeside Stadium

Sun 15 Mar 2026 AA Half-Marathon Race walk c'ships — Adelaide SA Thu-Sun 19/22 Mar 2026 AV U20, Open & Overage T&F c'ships — Lakeside Stadium

International Dates

13-21 Sep 2025
12 Apr 2026
18-23 May 2026
4-9 Aug 2026
20th World Athletics Championships – Tokyo, JPN
2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
2026 Oceania Athletics C'ships – Darwin NT, AUS
World U20 Athletics Championships – Eugene OR, USA

30 Oct-15 Nov 2026 Youth Olympic Games – Dakar, SEN

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