



HEEL & TOE Online

Vol. 2025
Issue No. 20
Tuesday
20 May 2025

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

Editor: Stu Cooper stuwalks@yahoo.com.au



VRWC preferred supplier of shoes, cloths and sporting accessories

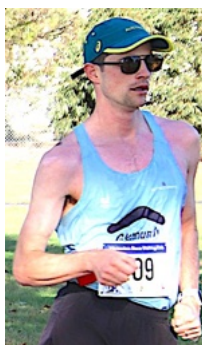
Address: 598 High St, East Kew 3102 (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday-Friday: 9.30am – 5.30pm
Saturday: 9.00am – 3.00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

*H&T Notice Board – Page 14

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

***STANO SMASHES
35KM WR IN PODEBRADY**
Report in 'International News'

WALKER OF THE WEEK



It's a three-way WOTW award this week, with **Rhyddian Cowley (VIC)**, **Rebecca Henderson (VIC)** and **Tim Fraser (ACT)** all earning the gong following outstanding performances at the AV road championships on Sunday at Middle Park.

Rhyddian and **Bec**, competing in the AV 30km titles, each took the gold under different circumstances. In **Rhyddian's** case, with the Jared Tallent Trophy on the line, it was a matter of managing the substantial challenges of Will Thompson and Mitchell Baker. Each flung everything at Rhyddian at different times, forcing the Paris Olympic bronze medallist to produce the goods over the final 10km. And produce them he did, with a huge negative split comprising two sub-21 min 5km splits for a commanding win in **2:05:31**.

For **Bec**, the incentive was to amass enough WA points to earn automatic selection for the 35km at the World T&F championships in Tokyo. Sunday's performance – a 30km time of **2:19:53** – did her chances no harm at all. Bec set an Australian 35km record at last year's LBG 35km in Canberra, so it would be interesting to see what her intermediate 30km time was then, and how it compares to her Sunday result.

The third winner, **Tim**, chose to compete in the 20km non-championship race. With the Racewalk Australia site currently down, it's uncertain whether his winning time of **1:21:15** is a PB but if it isn't, it must be close. Either way, it's another top-level performance for the ACT walker whose improvement over the past 12 months has been astonishing, resulting in his selection as an emergency for the Paris Olympics last year.

Congratulations to Rhyddian, Bec and Tim. There were many young walkers out there who are just starting their race walking careers, and what you demonstrated on Sunday is bound to inspire at least a few of them to aim for the heights.

*Honourable mentions

- **Mitchell Baker (ACT)** and **Will Thompson (VIC)** – each bit the bullet in his effort to open a winning gap in the 30km, eventually placing with times of **2:12:51** and **2:08:41** respectively.

- **Alejandro Stephens (VIC)** – PB's by over 29 mins don't grow on trees. His 30km time of **2:35:29** was a major step up.



CLUB NEWS and RESULTS

**** LAKE BURLEY GRIFFIN RWA CARNIVAL, CANBERRA – FINAL REMINDER!**

The deadline is this week - **Friday 23 May at 6.00pm**. No entries will be accepted thereafter!

We want a good VRWC presence at Stromlo Forest Park this year, to mount a serious challenge for the RWA Brennen Shield. So make use of the June long weekend and see the sights in the nation's Capital ... and have a race or two while you're at it.

Entry portal is at <https://www.revolutionise.com.au/vrwc/events/287244>

*Members should have received the LBG Information pack by email. If not, this can be accessed at https://www.actwalkingclub.com.au/_files/ugd/afaf18_3b83dd4c909748a9a70cd7ee3b3b2dce.pdf

***Next week ...**

It's back to our Points competitions next Saturday. Remember to get your entries in before midnight on Friday!

Saturday 24 May – Middle Park

2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.15pm	2km	Points race	Open
2.15pm	1km	Points race	Open

Entries will be accepted up until 11.59pm on Friday 23 May. Enter online at

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



***SIMON BAKER, OAM – VRWC LIFE MEMBER**



- It's been an 18-month wait, but on Sunday we finally nailed down the elusive **Simon Baker** in front of a substantial Club gathering, to present him with the **VRWC Life Membership** he was awarded at the Annual General meeting in 2023 – without ever realising it.

Never one to big note himself, Simon has been ‘walking the walk’ as a coach and educator for the benefit of emerging race walkers since well before the end of his own elite racing days in 1996. To outline Simon’s career and contribution, it’s fitting that his fellow Order of Australia member, **Tim Erickson**, be granted the floor:

*‘**Simon Baker** first joined VRWC in the mid 1970s and has maintained his association ever since, a timeframe of nearly 50 years! Although never a committee member (as far as I know), his contributions, first as an international athlete and then as a coach and as a VRWC official, add up to a lifetime contributing to our Victorian and Australian racewalking landscapes.*

A former AIS racewalking coach, he has been a regular presenter at our VRWC coaching clinics over many years. He also coordinated and ran the highly successful VRWC Falls Creek Camps from 2010 to 2017. He also had a large and successful development squad based at Knox for many years, and still coaches Rebecca Henderson, one of our current Olympians.

Simon was awarded an AOM in January 2018 for services to athletics.

We are almost certainly well behind the eight ball in considering him for a VRWC life membership. I have no hesitation in recommending we rectify that omission at our 2023 AGM.

For more about Simon, I refer you to <http://www.vrwc.org.au/tim-archive/articles/wv-simon-baker.pdf>.’

Congratulations, Simon, from all of us at the VRWC and on behalf of the Australian race walking community at large. An honour thoroughly earned.

- **Lake Burley Griffin carnival** - Further to the above advert, the VRWC has a growing list of competitors for this year’s carnival. But, with only three days remaining before the close of entries, there’s room for more.

While the general list is encouraging, it would be ideal to have multiple starters in as many age groups as possible, to help our chances in the Brennen Shield teams competitions. So, if your long weekend plans aren’t otherwise settled, pack your thermals and join us up there!

Entered so far (as at 4.30pm, Tuesday 20 May):

Abby Fowler	Daisy Hooper	Rebecca Henderson
Addison Frenken	David Smyth	Rhydian Cowley
Alanna Peart	Jade Chitty	Riley Coughlan
Angus Shuttleworth	Kobe Lewis	Shaun Lewis
Anna Dubar	Marcus Wakim	Tate McQueen
Ariana Pashutina	Matilda Read	Will Thompson
Bowie Clarke	Oliver Crowl	
Cory Lewis	Pippa Read	
Daisy Hooper		

- The Australian Team for the **World University Games** in Bochum (GER) in July, has been announced. It contains three current or former VRWC members – **Bec Henderson**, **Will Thompson** and **Corey Dickson** (now based in the ACT) – adding further notches to the Club’s international representation bow. Joining them will be **Olivia Sandery** (SA), **Lizzie McMillen** (NSW), **Allanah Pitcher** (NSW), **Alexandra Griffin** (WA), **Isaac Beacroft** (NSW), **Mitchell Baker** (ACT) and **Tim Fraser** (ACT). This is a powerful contingent which, like its predecessors, will be flying the flag for race walking in the English-speaking countries.

AA’s **Sascha Rayner** included the following in her selection announcement:

Australia’s race walking legacy at the World University Games will again be on display, with 2023 20km Race Walking team medallists **Will Thompson** (VIC), **Mitchell Baker** (ACT) and **Tim Fraser** (ACT) returning alongside Beacroft and **Corey Dickson** (ACT), this time with their sights set on gold.

“Chengdu in 2023 was an amazing experience where I got to experience proper championship racing for the first time. It was my first time preparing for and peaking for a championship at that time of the year and I learnt heaps of valuable lessons,” Thompson said.

“The team bronze was a really nice experience, especially being able to do it alongside those boys. We’ve certainly all improved nicely over the last two years and I’m sure that if we all show up to what we’re capable of on the day, we’ll be able to fight for medals again.”

Congratulations to our reps in Germany. We know they’ll spare no effort in posting the best possible results in the green and gold.



Will (2nd from left) helps out with the UniRoos' publicity.

(Photo: Australian Athletics)



Viel Glueck in Bochum! Tim, Mitch, Corey, Bec and Will

VRWC AV 30km, AV Schools & VRWC championships, Sunday 18 May – Middle Park

A freezing dawn blossomed into a perfect morning for racing at Middle Park, ideal for the AV 30km, Schools and VRWC championships, plus ancillary events. We had, in all, 49 starters from 54 entries (perhaps the other five's doonas turned into Mario Milano and pinned them), with some hard-fought contests and a number of PBs resulting.

Unfortunately, the *Racewalk Australia* website is down at the time of writing, so a list of the day's PBs will appear next week if I don't get them before Tuesday.



AV Championships

****AV Open 30km Road walk championships**

Grasping the opportunity to score valuable WA qualifying points for Tokyo, **Rebecca Henderson** poured it on to clock an excellent **2:19:53** for the AV 30km title. Extrapolated, this would have equated to around 2:43:00 for 35km, putting her well in the mix for a 35k berth in Tokyo.¹ India's **Priyanka Goswami**, another with a qualifier already up her sleeve, was here for the points also and took silver in **2:26:54**, a very creditable performance in an unfamiliar racing environment. **Laura Langley** (NZL) walked an even-paced 20km before encountering and prevailing against the lactate wall for 3rd in **2:45:38**.

In the Men's championship, **Mitchell Baker** (ACT) set out with a vengeance and covered the first 5km in a snappy 21:01, with **Rhydian Cowley** and **Will Thompson** matching strides 10 secs in arrears. By half-way the three had drawn level and it was Thompson's turn to put the hammer down with a sub-21:00 leg that gave him a 17 sec lead over Baker and Cowley at 20km. Soon after, Baker was sent the bill for his aggressive start as Rhydian struck, reeling off 5k splits of 20:46 and 20:26 to

¹ Bec has already qualified for this and for the 20km, but the longer distance boasts an embarrassment of riches including Bec, Olivia Sandery, Elizabeth McMillen and Allanah Pitcher, and 4 into 3 doesn't go.

overwhelm Thompson and win with a world-class time of **2:05:31** – just 25 secs shy of Nathan Deakes’ national record – to retain the Jared Tallent Trophy. Will had pretty much drained the tank by the final 5k but hung on well for **2:08:41** and silver in his first official 30km (he done it before in 35k races, of course.) Mitch was also doing it on G&D over the final 10km but was still capable of sub-5:00 laps, taking 3rd place in **2:12:51**.



The 30 and 20km starters set out on their long road.

The final AV finisher, **Alejandro Stephens**, walked his own race and realised a PB of 29:02 – now that’s something you don’t see often! – for the official championship bronze in **2:35:39**. Stephens’ only prior experience of this distance was in 2023 when he dragged himself around the Stromlo Sports track thirty times in that year’s LBG carnival to finish in over three hours – although, it must be said, he did faster *en route* last year in the AV 35km title.

It’s fortunate that a good number of Schools and VRWC junior walkers were present, as the chance for them to see distance racing of this calibre by elite walkers at club level is becoming rarer. It was also special for them to see those top walkers up close at the presentation, receiving their medals and even handing the successful youngsters their own medals afterwards.

AV Open 30km C’ship

1 Rebecca Henderson	F	Melbourne University	2:19:53
2 <i>inv</i> Priyanka Goswami	F	India	2:26:54
3 <i>inv</i> Laura Langley	F	New Zealand	2:45:38
1 Rhydian Cowley	M	Glenhuntly	2:05:31
2 Will Thompson	M	Mornington Peninsula	2:08:41
3 <i>inv</i> Mitchell Baker	M	ACT	2:12:51
3 Alejandro Stephens	M	Glenhuntly	2:35:39

****AV Schools Road walk championships**



Start of the U16 3km.

A total of 17 lined up for these championship races, which catered for U14 to U20 entrants. This is of concern, particularly as the U20 10km attracted no competitors at all and the U18 5km saw no girls and only two boys. It is hoped that, with an encouraging influx of primary school-aged athletes into the club, most will wish to consolidate their development as walkers and to progress to those vital teenage ranks, in which future senior champions and international reps are nurtured.

The best result of the day came from U16 girl **Ela Uzun**, whose **13:27** in the 3km – adding to a string of similarly fast 3000m times and a national track title over the summer – would dispel any doubt as to Ela's plans for her future in the sport.



The U14s get down to business.

The U14s supplied the largest field of the day. **Alaska Bremner** walked an excellent 3km race from the front for a convincing win in **16:54**. Behind her, **Pippa Read** and **Addi Frenken** revived their arm-wrestling rivalry of last year to hit the line almost together in the same time of **17:12**. The only boys' entrant, **Tate McQueen**, added some spice to the contest and showed he'd lost little of the form that garnered him a bronze medal in the AA track titles in Perth.

AV Schools U18 Male 5 km

1 Max Davidson	M	Diamond Valley College	23:23
2 Arthur Robinson	M	Bayside college	36:12

AV Schools U16 Male 3 km

1 Angus Shuttleworth	M	Blackburn High School	14:54
2 Tate Jardine	M	PEGG	20:34

AV Schools U16 Female 3 km

1 Ela Uzun	F	St Monicas College	13:27
2 Havana Ali	F	St Monicas College	15:32
3 Matilda Read	F	Kurnai College	16:25
4 Lily Lambert	F	John Paul College, Frankston	18:02

AV Schools U14 Male 3 km

1 Tate McQueen	M	Marist College	17:13
----------------	---	----------------	-------

AV Schools U14 Female 3 km

1 Alaska Bremner	F	St Marys Primary S	16:54
2 Pippa Read	F	Mirboo North Primary S	17:12
3 Addison Frenken	F	Rivercrest Christian College	17:12
4 Indigo Marshall-Moodie	F	Kunying Primary School	17:23
5 Lunah Ibrahim	F	Al Iman college	19:15
6 Caitlyn Shipham	F	Alkira Secondary College	19:24
7 Kobe Lewis	F	Home education	19:50
8 Erlyn Singh	F	Casey Grammar Cranbourne	20:20

****VRWC Club U12 & U10 championships**

While the older ones were hard at it in the AV Schools races, the 'kindies' were not to be denied, contesting their own Club championships over 1.5k and 1k. **Aria di Benedetto** continued her great early season form with a huge win in the U12. Second and third places weren't decided until literally right on the line, courtesy of a withering surge by **Abby Fowler** who just pipped **Anna Dubar**, with another sole boy entrant, **Felix Skurka**, making it the most exciting finish of the day.

The 1km championship saw **Daisy Hooper** easily claim her first Club title, with **Alaska Marshall-Moodie** going home from her first VRWC race with silver ... a happy debut indeed.

VRWC U12 1.5km Championship Male

1 Felix Skurka	M	9:20
----------------	---	------

VRWC U12 1.5km Championship Female

1 Aria Di Benedetto	F	8:53
---------------------	---	------

VRWC U10 1km Championship Female

1 Daisy Hooper	F	6:01
2 Alaska Marshall-Moodie	F	6:38
3 Cory Lewis	F	7:13
4 Ava Pravednikov	F	7:16

2 Abby Fowler	F	9:20
3 Anna Dubar	F	9:20



****Non-championship Open races**

Several Open races were held for members and invitees, producing some pleasing results. It was great to see **Tayla Billington** back at Middle Park and stretching out over 20km, while **Tim Fraser's 1:21:15** was a top-level performance ahead of **Kyle Swan** whose **1:23:55** wasn't too shabby either. **Corey Dickson** was also on for a good result until injury forced him to retire.

We rarely see **Marcus Wakim**, **Riley Coughlan**, **Fraser Saunder** or **Arnika Nelson** at the Club these days, so having all of them back on the course for a club race was a welcome sight.

Open 20km Non-Championship

1 Tayla Billington	F	QLD	1:36:52
1 Timothy Fraser	M	ACT	1:21:15
2 Kyle Swan	M	VRWC	1:23:55
3 Marcus Wakim	M	VRWC	1:33:01
.. Corey Dickson	M	ACT	DNF

Open 8km Non-Championship

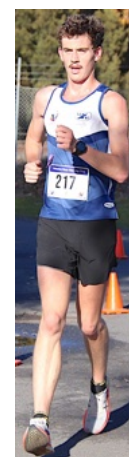
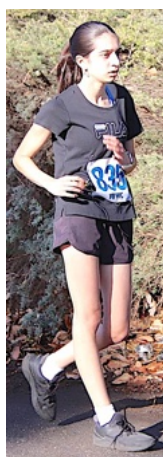
1 Arnika Nelson	F	43:16
2 Heather Carr	F	1:03:39
1 Riley Coughlan	M	35:24
2 Fraser Saunder	M	36:19
3 Shaun Lewis	M	50:17

Open 4km Non-Championship

1 Emilie Garside	F	25:57
2 Aangi Shah	F	27:53
1 Jordan Galbraith	M	19:49
2 Kevin Cassidy	M	22:53
3 Robert Gardiner	M	31:43

Open 2km Non-Championship

1 Donna-Marie Elms	F	13:17
.. Emily Smith	F	DQ
1 Ben Skurka	M	14:42



***This week's action models**

Abby, Jordan, Felix, Daisy, Riley, Ava, Marcus, Aria, Aanji, Fraser, Anna, Arnika.

Generations meet ...



Two Tokyo Olympians – both 50km men.



"Wow ... she's fast!"

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.

Manager of the meet:	Mark Donahoo
Referee:	Shane Bicknell
Jury of Appeal:	Stu Cooper, Shane Bicknell, Tim Erickson
Check in:	Bill Carr
Recorders:	Duncan Knox, Tim Erickson, Emily Smith, Kris Shipham, Bob Gardiner
Timekeepers:	Ian Laurie
Judges:	Scott Nelson (Chief- Silver), Gordon Loughnan (Bronze), Di Lowden (Bronze), Terry O'Neill, David Cash, Brenda Felton, Bec Lewis
Posting board:	Karyn O'Neill
Judges Recorder:	Karyn O'Neill
Penalty area:	Karyn O'Neill
Set up, during, Pack up:	Stu Cooper, Duncan Knox, Ian Laurie, Terry O'Neill, Karyn O' Neill, Bob Gardiner, Merilyn Reynolds
Bike rider:	Stu Cooper
Photos:	*Therese Smith
Canteen:	Donna Marie Elms
Presentations:	Mark Donahoo, Simon Baker, Rhydian Cowley, Riley Coughlan
Red cards collector:	Stu Cooper, Pramesh Prasad
Feed Table:	Various
Walkers:	49

*See all of Therese's great photos at <https://www.facebook.com/media/set?set=oa.1345450183382200&type=3>

Unfortunately, on this occasion time did not permit the inclusion of action photos from the AV championships. A gallery will feature in the next issue.



AROUND THE COUNTRY

NEW SOUTH WALES Kevin Stone Memorial Nepean Open, 10 May – Chipping Norton

Results available from the NSWRC website at <http://1.40.1.96:8183/newsletter/2025/NSWRC25-04-Results.pdf>

QUEENSLAND QRWC Handicap #3, 18 May – Capalaba

The QRWC walkers were relieved to have a beautiful, sunny autumn day for their third handicap meeting, after weeks of rain. According to **Robyn Wales**, the new L Grade model is proving popular with both children and parents.

A Grade 10km

Men:

- | | |
|--------------------|------------|
| (1) Bailey Housden | 46:22 |
| (2) Iggy Jimenez | 54:04 SB |
| (3) Kai Dale | 1:01:01 SB |
| (4) Peter Bennett | 1:09:47 |

Women:

- | | |
|---------------------|------------|
| (1) Phoebe Chadwick | 1:02:39 |
| (2) Joy Dale | 1:24:24 SB |
| (3) Noela McKinven | 1:30:22 SB |

L Grade 5km:

Kate Morris	38:40
-------------	-------

D Grade 2km

Men:

- | | |
|-----------------|-------|
| (1) Dylan Moore | 13:03 |
|-----------------|-------|

Women:

- | | |
|-------------------|----------|
| (1) Clara Hermus | 12:26 SB |
| (2) Violet Conway | 12:41 SB |
| (3) April Kelly | 14:42 SB |

L Grade 1km

Women:

- | | |
|--------------------|-------|
| (1) Eliza Park | 7:22 |
| (2) VIS Ebony Park | 10:47 |

B Grade 5km

Men:

- | | |
|----------------------|----------|
| (1) Noah Cooke | 24:13 |
| (2) Simon Cartwright | 36:57 SB |

Women:

- | | |
|-----------------|----------|
| (1) Eliza Kelly | 30:12 SB |
| (2) Trish Hibbs | 36:59 |
| (3) Anne Weekes | 37:21 SB |

C Grade 3km

Men:

- | | |
|-------------------|-------|
| (1) Lachlan Moore | 14:15 |
| (2) Leo Ramsay | 19:44 |

Women:

- | | |
|--------------------|----------|
| (1) Taylor Chapman | 17:25 |
| (2) Kiara Waterman | 19:07 SB |

E Grade 1km

Women:

- | | |
|---------------------|---------|
| (1) Lilli Chu | 6:53 SB |
| (2) Harper Waterman | 9:16 SB |

SOUTH AUSTRALIA SARWC results, 17 May – South Parklands, Adelaide
--

Thanks to **Jared Tallent** for this week's SARWC results. (The following day, coach Jared was roadside at Middle Park in Melbourne, observing several of his charges at work in the AV and VRWC races.)

Open 8km

- | | |
|---------------------|-------|
| 1. Sam Findlay | 41:28 |
| 2. Angelina Legrand | 45:43 |

O35 8km

- | | |
|----------------|-------|
| 1. Peter Crump | 54:17 |
|----------------|-------|

O50 6km

- | | |
|--------------------|-------------|
| 1. Alex McEwan | 49:15 |
| ... Bill Starr DNF | (4km 36:00) |

U18 4km

- | | |
|-----------------------|-------|
| 1. Sebastian Richards | 19:53 |
|-----------------------|-------|

Non-Point Scoring**O35 2km**

- | | |
|-------------------|-------|
| 1. Kristy Templer | 16:45 |
|-------------------|-------|

Judges

Mathew Bruniges, Zoe Eastwood-Bryson,
Nellie Langford

Lapscore

Kerry Lucas

U16 3km

- | | |
|-----------------|-------|
| 1. Matilda Rech | 18:35 |
|-----------------|-------|

U14 2km

- | | |
|--------------------|-------|
| 1. Liliana Templer | 13:31 |
|--------------------|-------|

U12 1.5km

- | | |
|-------------------|-------|
| 1. Saxon King | 9:36 |
| 2. Robert Crabb | 12:04 |
| ... Anthony Crabb | DQ |

U10 1km

- | | |
|-----------------------|------|
| 1. Frederick Sullivan | 8:11 |
| 2. Martin Crabb | 9:55 |

TASMANIA TRWC results, 18 May – Wentworth Park

As with the Vics, the Tassie walkers got into the cold Sunday morning swing of it, with four PBs resulting from their efforts. Thanks to **David Moore** for this report:

A fine, calm but cold morning for our Walks at Wentworth Park resulted in plenty of PB's for our newest walkers. Well done to **Anne Travis** (1km), **Dot Sussmilch-Leitch**, **Sam Leitch** (2km) and **Charlotte Dix** (3km) on achieving new PB's today, whilst **Adele Woodward** joined evergreens **Elizabeth Leitch** and **Wayne Fletcher** for her first 5km.

1km

1. Anne Travis UTAS AC 10:29 PB

1.5km

1. Bianca Sugiarito Huon LA 13:15

2km

1. Elsie Woodward OVA 14:14
 2. Dot Sussmilch-Leitch Hobart LA 18:31 PB
 3. Sam Leitch ESAC 18:31 PB
 5. Dave Moore TMA 20:30

3km

1. Charlotte Dix ESAC 21:38 PB

5km

1. Elizabeth Leitch TMA 36:13
 2. Adele Woodward OVA 36:22 First 5km
 3. Wayne Fletcher NSAC 44:39



INTERNATIONAL NEWS

CZECHIA: European Race Walking Teams Championships, 18-19 May - Podebrady

Our commiserations to Evan Dunfee ... we hope it was fun while it lasted. They're elusive little b-----s to hold on to!

Stano smashes world 35km race walk record in Podebrady

By Paul Warburton (reprinted from World Athletics News – 18 May)



(Photo: Federazione Italiana di Atletica Leggera)

Italy's **Massimo Stano** broke the short-lived world 35km race walk record at the European Race Walking Team Championships - a **World Athletics Race Walking Tour Gold** meeting - in Podebrady on Sunday (18) by a massive 57 seconds.

The **2:20:43** recorded by the 2021 Olympic champion comfortably eclipsed the 2:21:40 set by Canadian Evan Dunfee in March, which in itself was seven seconds quicker than the 2:21:47 recorded by Japan's Masatora Kawano last October.

Stano took the lead at 23km, and went through the gears to record laps under 4:00/min in the closing stages. In fact, 5km short of the finish the Italian notched an incredible 3:54 for his 30th circuit. He was actively encouraging the crowd around the spa town course to cheer him to the finish and looked barely out of breath as he crossed the line.

In the far distance, **Christopher Linke** took silver with a German record of **2:23:21**, while **Miguel Angel Lopez** set a Spanish record of **2:23:48** in third.

Poland's **Maher Ben Hlima** led early on and went through 20km in 1:21:08, 34 seconds ahead of Stano, who in turn was slightly ahead of Linke and significantly ahead of Lopez. But Stano stormed through to take over, recording 2:00:57 at 30km with a 3:54 lap. That was all he needed to know that a world record was within reach, and he duly delivered when crossing the line in 2:20:43.

1.	Massimo STANO	27 FEB 1992	ITA	2:20:43 WR AR
2.	Christopher LINKE	24 OCT 1988	GER	2:23:21
3.	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	2:23:48
4.	Riccardo ORSONI	20 JAN 2000	ITA	2:26:09
5.	Aurélien QUINION	27 JAN 1993	FRA	2:26:24
6.	Dominik ČERNÝ	01 NOV 1997	SVK	2:27:42
7.	Daniel CHAMOSA	04 MAY 1997	ESP	2:27:56
8.	Manuel BERMÚDEZ	12 DEC 1997	ESP	2:28:43
9.	Matteo GIUPPONI	08 OCT 1988	ITA	2:28:57
10.	Kevin CAMPION	23 MAY 1988	FRA	2:29:05
11.	Maher BEN HLIMA	24 JUL 1989	POL	2:29:51
12.	Serhii SVITLYCHNYI	13 JUL 1994	UKR	2:30:00
13.	Ivan BANZERUK	09 FEB 1990	UKR	2:30:22

14.	Johannes FRENZL	22 SEP 2001	GER	2:30:30
15.	Jonathan HILBERT	21 APR 1995	GER	2:30:38
16.	Ihor HLAVAN	25 SEP 1990	UKR	2:31:26
17.	João VIEIRA	20 FEB 1976	POR	2:31:41
18.	Vít HLAVÁČ	26 FEB 1997	CZE	2:31:44
19.	Marc TUR	30 NOV 1994	ESP	2:32:00
20.	Teodorico CAPORASO	14 SEP 1987	ITA	2:33:03
21.	Yehor SHELEST	13 JUL 2002	UKR	2:33:09
22.	Jaromír MORÁVEK	22 MAR 2003	CZE	2:35:19
23.	Cameron CORBISHLEY	31 MAR 1997	GBR	2:36:06
24.	Martin MADELINE-DEGY	07 MAR 2001	FRA	2:36:53
25.	Mattéo DUC	25 MAR 2001	FRA	2:39:08
26.	Marius Iulian COCIORAN	10 JUL 1983	ROU	2:41:36
27.	Ozan BAYRAM	18 SEP 2004	TUR	2:42:27
28.	Joe MOONEY	27 APR 1998	IRL	2:43:04
29.	Narcis Stefan MIHĂILĂ	04 AUG 1987	ROU	2:43:40
30.	Brendan BOYCE	08 OCT 1986	IRL	2:58:26
31.	Pavel Remus RÁDOI	16 NOV 1998	ROU	3:00:55
32.	Virgo ADUSOO	29 JUL 1985	EST	3:09:47
	Tadas ŠUŠKEVIČIUS	22 MAY 1985	LTU	DQ

Maria Perez survived a toilet break during the women's race to come home first by 36 seconds. The enforced stop did nothing to halt the Spanish double world champion, who broke the world record on this course two years ago with 2:37:15.

This time she had to settle for a world-leading **2:38:59**, but it was more than good enough to head 2021 Olympic 20km champion **Antonella Palmisano**, who was making her debut at the distance.

Even so, the Italian broke her country's national record by more than two minutes and became the seventh woman to better the 2:40 barrier. Palmisano's **2:39:35** was excellent, but Perez was always in control. Italy's **Nicole Colombi** finished third in a PB of **2:41:47** and **Hanna Shevchuk** placed fourth in a Ukrainian record of **2:42:41** to underline a top-class field.

Perez recorded 1:31:45 at 20km, only to need that stop halfway through the 21st lap. But by 25km, she was still 32 seconds clear of anyone else. Palmisano pushed hard over the closing stages, and apart from a silver medal, her reward was to

be handsomely lifted aloft at the finish by the diminutive, yet clearly strong winner.



(Photo: European Athletics)

1.	María PÉREZ	29 APR 1996	ESP	2:38:59
2.	Antonella PALMISANO	06 AUG 1991	ITA	2:39:35
3.	Nicole COLOMBI	29 DEC 1995	ITA	2:41:47
4.	Hanna SHEVCHUK	18 JUL 1996	UKR	2:42:41
5.	Federica CURIAZZI	14 AUG 1992	ITA	2:45:39
6.	Cristina MONTESINOS	12 JUL 1994	ESP	2:46:18
7.	Viktória MADARÁSZ	12 MAY 1985	HUN	2:50:39
8.	Agnieszka ELLWARD	26 MAR 1989	POL	2:56:11
9.	Inês MENDES	11 APR 2003	POR	2:56:41
10.	Olga FIASKA	09 NOV 2001	GRE	3:03:10
11.	Beatriz CANTERO	26 SEP 1992	ESP	3:04:04
12.	Efstathia KOURKOUTSAKI	31 JAN 1998	GRE	3:17:14
	Heta VEIKKOLA	23 MAY 2003	FIN	DNF
	Eleonora Anna GIORGI	14 SEP 1989	ITA	DNF
	Kader GÜVENÇ	27 NOV 2001	TUR	DQ
	Raquel GONZÁLEZ	16 NOV 1989	ESP	DQ
	Anett TORMA	02 APR 1984	HUN	DQ

Paul McGrath followed up two major silvers from 2024 with a superb gold in the men's 20km race. The athlete born in Catalonia to a Scottish father and Spanish mother claimed his first major title with an authority belying his 23 years. He took control at 13km to move away effortlessly away and win in **1:18:08** – just 13 seconds outside his PB, but still a championship record.

In the last 300m, defending champion **Francisco Fortunato** of Italy found an extra sprint to pass a tiring **Gabriel Bordier**, finishing second and third respectively in PBs of **1:18:16** and **1:18:23**. It was the very least the Frenchman deserved after a gutsy performance that saw him lead from the gun to McGrath taking control.

There were personal bests for fourth, fifth and sixth places as well in a sizzling race. **Andre Cosi** came home in **1:18:43**; Ukraine's **Mukola Rushchak** took more than two minutes off his previous best with **1:18:50**, and Spain's **Alvaro Lopez** notched **1:19:48**.

McGrath was second at the European Championships and at last year's World Athletics Race Walking Team Championships. But this time laps in the latter stages averaging 3:50 were all that was needed for top spot.

1.	Paul MCGRATH	07 MAR 2002	ESP	1:18:05
2.	Francesco FORTUNATO	13 DEC 1994	ITA	1:18:16
3.	Gabriel BORDIER	08 OCT 1997	FRA	1:18:23
4.	Andrea COSI	30 APR 2001	ITA	1:18:43
5.	Mukola RUSHCHAK	30 OCT 2003	UKR	1:18:50
6.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:19:38
7.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:19:48
8.	Leo KÖPP	23 MAY 1998	GER	1:20:34
9.	Iván LÓPEZ	29 MAR 1997	ESP	1:20:38
10.	Michele ANTONELLI	23 MAY 1994	ITA	1:20:43
11.	David KENNY	10 JAN 1999	IRL	1:20:54
12.	Nicola LOMUSCIO	03 JUN 2003	ITA	1:21:03
13.	Máté HELEBRANDT	12 JAN 1989	HUN	1:21:21
14.	Bence VENYERCSÁN	08 JAN 1996	HUN	1:21:21
15.	Jerry JOKINEN	18 MAR 2002	FIN	1:21:37
16.	Mazlum DEMIR	19 DEC 2003	TUR	1:21:49
17.	José Manuel PÉREZ	10 SEP 1999	ESP	1:22:23
18.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:22:52
19.	Joni HAVA	14 JUN 1999	FIN	1:23:37
20.	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	1:23:54
21.	Michal MORVAY	19 AUG 1996	SVK	1:23:57
22.	Salih KORKMAZ	01 JAN 1997	TUR	1:24:18
23.	Norbert TÓTH	07 OCT 2001	HUN	1:24:25
24.	Mateusz NOWAK	06 MAY 1996	POL	1:25:16
25.	Frederick WEIGEL	08 MAY 2005	GER	1:25:21
26.	Adam ZAJÍČEK	09 MAY 2003	CZE	1:25:37
27.	Hayrettin YILDIZ	04 MAY 2004	TUR	1:26:40
28.	Maryan ZAKALNYTSKYI	19 AUG 1994	UKR	1:26:49
29.	Arkadiusz SCHIEDEL	17 AUG 2000	POL	1:28:00
30.	Jonathan EKBERG	17 OCT 2003	FIN	1:28:15
31.	Lukas LASEVIČIUS	22 JUN 2005	LTU	1:34:48
32.	Kacper ŁUC	10 MAR 2005	POL	1:34:56
33.	Tauras J. GRINCEVIČIUS	27 APR 2004	LTU	1:35:24
34.	Thomas HOLLEGER	05 MAY 2002	AUT	1:35:39
35.	Oleksii POLISHCHUK	18 APR 2005	UKR	1:37:05
	Mikhail DERE	25 MAR 2004	TUR	DNF
	Dávid TOKODI	03 MAY 1991	HUN	DQ
	Matthew GLENNON	14 NOV 2003	IRL	DQ

Ten years after she earned world bronze, **Lyudmila Olynavovska** finally claimed a major title, topping the podium in **1:27:56** after accelerating at 16km to break away from **Clémence Beretta**, who finished in a PB of **1:28:05** – 39 seconds quicker than her previous best. Back-to-back 4:20m laps saw Olynavovska make the race's decisive bid after the pack splintered to three by halfway (44:24); Ukraine's **Mariia Sakharuk** was the surprise third alongside Beretta and Olynavovska.

It was down to just two at 13km as the pace took its toll on Sakharuk. Beretta's plucky effort saw her claim a first major medal of any sort. Behind her, teammate **Pauline Stey** race walked mostly solo to take third in **1:28:18** - another French PB and on their way to the team prize.

Spain's **Antia Chamosa** came through for fourth in **1:29:11**, and 2022 world silver medallist **Katarzyna Zdzienko's** steady effort was good enough for fifth in **1:29:19**.

1.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:27:56
2.	Clémence BERETTA	22 DEC 1997	FRA	1:28:05
3.	Pauline STEY	09 SEP 2001	FRA	1:28:18
4.	Antia CHAMOSA	07 OCT 1999	ESP	1:29:11
5.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	1:29:19
6.	Paula JUAREZ	30 OCT 2000	ESP	1:29:24
7.	Lidia SANCHEZ-PUEBLA	17 JUL 1996	ESP	1:29:47
8.	Alexandrina MIHAI	27 MAY 2003	ITA	1:31:02
9.	Mariia SAKHARUK	14 OCT 1995	UKR	1:31:29
10.	Ana DELAHAIE	13 MAY 2004	FRA	1:31:39
11.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:31:48
12.	Jekaterina MIROTVORTSEVA	17 NOV 2002	EST	1:31:52

13.	Giulia GABRIELE	11 NOV 2005	ITA	1:32:01
14.	Olena SOBCHUK	23 NOV 1995	UKR	1:32:05
15.	Camille MOUTARD	11 JUL 2001	FRA	1:32:53
16.	Sofia FIORINI	19 AUG 2004	ITA	1:33:19
17.	Vitória OLIVEIRA	30 AUG 1992	POR	1:34:13
18.	Valeriya SHOLOMITSKA	01 AUG 2004	UKR	1:34:35
19.	Lucia REDONDO	03 AUG 2003	ESP	1:34:37
20.	Austėja KAVALIAUSKAITĖ	25 MAY 2000	LTU	1:35:53
21.	Kader DOST	01 JAN 2000	TUR	1:35:59
22.	Emine CEYLAN	31 MAY 2004	TUR	1:36:00
23.	Michelle CANTÒ	14 JUL 2005	ITA	1:36:45
24.	Tülin EK	15 JUN 2005	TUR	1:37:01
25.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	1:38:00
26.	Magdalena ŻELAZNA	16 APR 2004	POL	1:38:37
27.	Barbara OLÁH	26 JUL 1993	HUN	1:39:24
28.	Fride MØLLER FLATIN	28 SEP 1997	NOR	1:41:59
29.	Kate VEALE	05 JAN 1994	IRL	1:46:17
30.	Dóra CSÓRGŐ	07 OCT 2001	HUN	1:48:17
31.	Aisling LANE	21 DEC 2005	IRL	1:52:48
	Tiziana SPILLER	23 DEC 2003	HUN	DNF
	Meryem BEKMEZ	31 JUL 2000	TUR	DNF
	Enni NURMI	04 JUL 1998	FIN	DNF

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, May 19, 2025 - **McGrath and Spain win the men's 20km at the European Race Walking Championships** <https://omarchador.blogspot.com/2025/05/mcgrath-e-espanha-ganham-nos-20-km.html>
- Monday, May 19, 2025 - **Olyanovska and France triumph in the women's 20km at the European Race Walking Championships** <https://omarchador.blogspot.com/2025/05/olyanovska-e-franca-triunfam-nos-20-km.html>
- Sunday, May 18, 2025 - **Giuseppe Disabato (Italy) wins the men's 10km under-20 European Race Walking Championships** <https://omarchador.blogspot.com/2025/05/giuseppe-disabato-italia-vence-10-km.html>
- Sunday, May 18, 2025 - **Sofia Santacreu (Spain) wins the 10 km under-20 women's race at the European Race Walking Championships** <https://omarchador.blogspot.com/2025/05/sofia-santacreu-espanha-impoe-se-nos-10.html>
- Sunday, May 18, 2025 - **María Pérez repeats victory in the 35 km European national team race** <https://omarchador.blogspot.com/2025/05/maria-perez-repete-vitoria-no-europeu.html>
- Sunday, May 18, 2025 - **Stano wins 35km European Championship with world record. Vieira with new national record.** <https://omarchador.blogspot.com/2025/05/stano-vence-europeu-de-selecoes-de-35.html>
- Thursday, May 15, 2025 - **Walking, the only athletics sector without any competitions in the Under-18s of the 2025 Youth Olympic Final** <https://omarchador.blogspot.com/2025/05/a-marcha-o-unico-setor-do-atletismo-sem.html>
Another blow to progression in Portuguese race walking, as the governing body shuts the door to their young walkers.
- Thursday, May 15, 2025 - **National University Championships in Mexico City – ANUIES 2025 (results)** <https://omarchador.blogspot.com/2025/05/campeonatos-nacionais-universitarios-na.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.



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 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 \$45. (Families: \$45 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 th April	VRWC CHAMPIONSHIPS	Mentone Track
---------------------------------	--------------------	---------------

MAY

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

JUNE

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

JULY

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

AUGUST

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

September

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

Sun 8 Jun 2025	RWA 58 th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat

International Dates

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

(EDITOR'S NOTE: When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

<p>*DISCLAIMER: <i>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.</i></p>
--

Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au