



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.
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VRWC preferred supplier of shoes, cloths and sporting accessories

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*H&T Notice Board – Page 12

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

WALKER OF THE WEEK



Following the AA championships in Perth, which produced some wonderful performances for WOTW consideration, this was shaping as a quiet week as walkers around the country took some down time prior to starting the road season in earnest. This, of course, was not taking last weekend's AMA Masters T&F championships into account – nor what **Kim Mottrom (SA)** was likely to produce on the occasion. We soon found out.

Racing on his home track and road course in Adelaide, Kim took 40-44y gold and overall line honours in both his races, with times of **21:57.41** (5000m track) and **43:56.0** (10km road). His 10km

time set a Championship record by 3:25. It is also a SA M40 record by over 5mins.

As a further accolade, Kim – also a coach and WA Bronze level judge – has been honoured as AMA's *Athlete Of The Year (Walks division)* for 2024. Nobody who regularly follows the SA walks results posted in H&T would doubt Kim's total commitment to the sport and to promoting its health and growth in his home state. Well done, Kim!



*Honourable mention

- **Gwen Steed (VIC)** – set a new VRWC Club record for 10km by 23 secs at the Masters championships in Adelaide.



CLUB NEWS and RESULTS

*HAVE YOU REGISTERED FOR 2025-26 YET??

If not, do so right away by going to <https://www.revolutionise.com.au/vrwc/registration> .

While you're there, remember to enter for the **VRWC Track championships** – details in the notice below.

LAKE BURLEY GRIFFIN RWA CARNIVAL, CANBERRA

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. (See the advert below for the entry link.)

Our Winter kicks off next Saturday, at Mentone. Let's see a good turnout for the first Club track titles we've held in a while.

***Saturday 26 April – Dolomore Res, Mentone**

1.30pm	10000m	VRWC Championship	Open Male
1.30pm	10000m	VRWC Championship	Open Female
1.45pm	1500m	VRWC Championship	Open Male
1.45pm	1500m	VRWC Championship	Open Female
2.00pm	3000m	VRWC Championship	Open Male
2.00pm	3000m	VRWC Championship	Open Female
2.25pm	5000m	VRWC Championship	Open Male
2.25pm	5000m	VRWC Championship	Open Female
3.00pm	Presentations		

Entries will be accepted up until 6pm on Friday 25 April
 . Enter online at <https://www.revolutionise.com.au/vrwc/>

Entries now open for the
**58th LBG Mt Stromlo
 Race Walking Carnival**

Sunday 8 June
 Stromlo Forest Park
 David McInnes Rd, Stromlo ACT

Registrations close Friday 23 May at
 6pm. Note that ages are now listed as
 of 31 December 2025.

Register now at

[https://www.revolutionise.com.au/vrwc/
 events/287244](https://www.revolutionise.com.au/vrwc/events/287244)

***NEW CARPET AT LAST!**

It's taken a while, but the clubrooms now have a spiffy new carpet to replace the old and tired covering that was past its service life (not to mention suffering the effects of last year's flooding.) The new pile, laid in the main room, corridors and women's change room, has a charcoal-coloured pattern that should go well with the planned painting of the walls.

Many thanks to **Mark Donahoo, Terry and Karyn O'Neill, Heather Carr and Tim Erickson** for their efforts in moving the trophy cabinet and library shelf, as well as clearing out the old furniture and other unwanted items the day before, to enable the carpeting to happen before Easter.



- Well done to our Masters members and other Victorian Masters who ventured to Adelaide to contest the **AMA Masters T&F championships** last weekend, bringing home a fine haul of new bling:



Karyn, Terry and Pramesh with their 5000m winnings.



The gang before the 10km: Mark, Terry, Albin, Heather, David, Gwen, Kevin, Donna-Marie, John, Christopher, Pramesh and Karyn.

Karyn O'Neill	70-74	1 st – 5000m 1 st – 10km
Gwen Steed	80-84	1 st – 5000m 1 st – 10km
Heather Carr	75-79	1 st – 10km
Donna-Marie Elms	60-64	2 nd – 5000m 2 nd – 10km
Terry O'Neill	65-69	1 st – 5000m 1 st – 10km
John Nottle	70-74	1 st – 5000m 1 st – 10km
Robert Gardiner	85-89	1 st – 5000m
Mark Thomas	60-64	1 st – 5000m 1 st – 10km
David Styles	45-49	1 st – 5000m 1 st – 10km
Pramesh Prasad	50-54	1 st – 5000m 1 st – 10km
Albin Hess	65-69	2 nd – 5000m 2 nd – 10km
Kevin Cassidy	60-64	2 nd – 5000m 2 nd – 10km
Christopher Pollard	65-69	3 rd – 5000m 4 th – 10km

- And, at the other end of the age range, we wish good luck to our present, former and yet to be junior members who will make their own journey to Adelaide next weekend to represent Victoria at the Australian Little Athletics Championships (ALAC) – **Julia and Damian Baldy (Knox), Harrison Ryan (Whittlesea City), Mya McClure (Whittlesea City), Brienna Coffey (Yarra Ranges), Cody Wapshott (Melton City) and Matilda Read (Traralgon)**. Well done on your selection, everybody! We hope you have a great time and great racing.



AROUND THE COUNTRY

A.C.T. 58th Lake Burley Griffin Carnival – Registrations now open!

Well, we are ready to go. Here is the link to register, thanks to the wonderful Terry Swan.

<https://www.revolutionise.com.au/vrwc/events/287244>

A few things to note:

- We are now using age at 31st December rather than age on the day for all events. This is to bring RWA events in line with all other athletics events.
- There is a link to all the info you should need via the portal, but if there are queries please email **lbgcarnival@gmail.com**
- Note there is a discount at the Statesman Hotel. (Post race dinner will be at the Statesman Hotel in Curtin, also a nice place to stay.)
- International athletes should note they require their own insurance to compete. Australian athletes should be covered by their club. This is the responsibility of each athlete to check.
- Registration closes 23rd May.
- There may be slight adjustments to the timetable depending on final numbers.
- There is a walking clinic on 8th June with David Beacroft!
- There are no refunds available.

Thank you all for your patience and we can't wait to welcome you on 8th June.

Helen Toyne
Secretary, ACTRFWC

The national Masters T&F championships always see keen contests across the age groups, and this year's titles in Adelaide were no exception. Proceedings began with the 5000m track walk, and hometown star **Kim Mottrom** made no mistake in claiming the fastest win of the day by nearly 4 mins in **21:57:41** over Victoria's **Mark Thomas**, a former international who has 20 years on Kim and whose **25:55.59** invited interesting age-grade comparisons. **Michelle Bray** and **Melissa Grantham**, both in the 40-44 group, went sub-30:00 in the Women's race.

Women 65-94 5000m RW

1 Antoinette Woodward	NSWMA	1 65-69	34:23.71
2 Karyn O'Neill	VMA	1 70-74	36:11.16
3 Gwen Steed	VMA	1 80-84	37:56.67
4 Susan Archer	ACTMA	1 75-79	37:58.01
5 Anne Boyd	NSWMA	2 75-79	38:13.72
6 Peggy Macliver	MAWA	2 80-84	39:17.54
7 Margaret McIntosh	SAMA	2 70-74	41:50.52
8 Valmai Padget	SAMA	3 80-84	42:15.28
9 Liz Neubauer	SAMA	3 70-74	42:50.89
10 Michele Mison	NSWMA	3 75-79	44:38.92

Men 65-94 5000m RW

1 Terry O'Neill	VMA	1 65-69	32:14.65
2 John Nottle	VMA	1 70-74	32:43.42
3 Victor Munoz	MAWA	2 70-74	33:06.25
4 George White	SAMA	1 75-79	33:07.37
5 Albin Hess	VMA	2 65-69	35:58.15
6 John Russell	SAMA	3 70-74	36:26.76
7 Robert Gardiner	VMA	1 85-89	39:10.32
8 Christopher Pollard	VMA	3 65-69	41:07.14
9 Bryan Thomas	ACTMA	1 80-84	41:28.46
.. Gil McIntosh	SAMA	.. 70-74	DQ

Women 30-64 5000m RW

1 Michelle Bray	ACTMA	1 40-44	26:07.40
2 Melissa Grantham	SAMA	2 40-44	29:44.98
3 Marie Maxted	SAMA	1 60-64	34:23.90
4 Donna-Marie Elms	VMA	2 60-64	34:38.00
5 Dash Newington	QMA	3 40-44	38:00.63
6 Marcela Ruiz	MAWA	3 60-64	38:57.66
7 Sandy Hoy	NSWMA	1 55-59	40:16.06
8 Roslyn Kirwin	QMA	1 35-39	43:34.67

Men 30-64 5000m RW

1 Kim Mottrom	SAMA	1 40-44	21:57.41
2 Mark Thomas	VMA	1 60-64	25:55.59
3 David Styles	VMA	1 45-49	28:31.96
4 Pramesh Prasad	VMA	1 50-54	29:10.34
5 Kevin Cassidy	VMA	2 60-64	29:44.65
6 Garry Hastie	MAWA	3 60-64	30:54.45
7 Peter Crump	SAMA	4 60-64	33:24.49
8 Alex McEwan	SAMA	1 55-59	40:56.98

Monday saw the walkers take to the road for the 10km championships. We found out via **Kim Mottrom's** Facebook page that his time of **43:56** set a Championship record by 3:25 as well as an SA M40 record by 5:07. A mighty effort!

Women 35-39 10km

1 Roslyn Kirwin	QMA	1:18:24
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Women 40-44 10km

1 Melissa Grantham	SAMA	1:05:32
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Women 50-54 10km

1 Brenda Gannon	QMA	1:02:43
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Women 60-64 10km

1 Marie Maxted	SAMA	1:09:50
2 Donna-Marie Elms	VMA	1:13:58
3 Marcela Ruiz	MAWA	1:17:00

Women 65-69 10km

1 Antoinette Woodward	NSWMA	1:08:30
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Women 70-74 10km

1 Karyn O'Neill	VMA	1:14:14
2 Margaret McIntosh	SAMA	1:28:58

Women 75-79 10km

1 Heather Carr	VMA	1:14:39
2 Susan Archer	ACTMA	1:18:28
3 Michele Mison	NSWMA	1:29:25

Women 80-109 10km

1 Gwen Steed	VMA	1:18:41*
2 Judith Kenyon	NSWMA	1:37:16

*VRWC Club W80 record

Men 40-44 10km

1 Kim Mottrom	SAMA	43:56
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Men 45-49 10km

1 David Styles	VMA	58:27
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Men 50-54 10km

1 Pramesh Prasad	VMA	59:57
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Men 55-59 10km

1 Alex McEwan	SAMA	1:24:06
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Men 60-64 10km

1 Mark Thomas	VMA	55:15
2 Kevin Cassidy	VMA	1:00:42
3 Peter Crump	SAMA	1:06:23

Men 65-69 10km

1 Terry O'Neill	VMA	1:05:50
2 Albin Hess	VMA	1:10:35
3 Steve Parkin	SAMA	1:17:35
4 Christopher Pollard	VMA	1:21:55

Men 70-74 10km

1 John Nottle	VMA	1:06:02
2 Victor Munoz	MAWA	1:06:06
3 John Russell	SAMA	1:13:28
4 Gil McIntosh	SAMA	1:18:41

Men 75-79 10km

1 George White	SAMA	1:06:31
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Men 80-84 10km

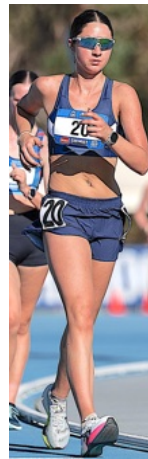
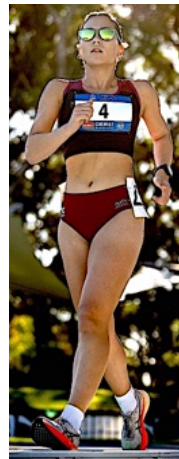
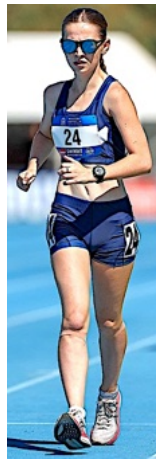
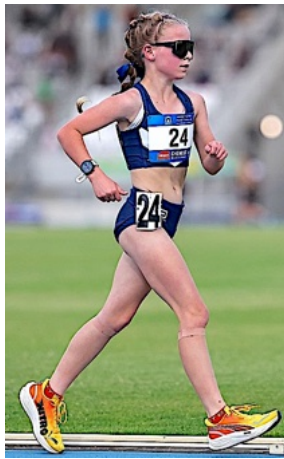
1 Bryan Thomas	ACTMA	1:26:37
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****2025 AA CHAMPIONSHIPS, PERTH - Walkers' gallery**

As one would expect, a national athletics championship usually showcases the highest levels of competitive and technical prowess in the country. So it is with walking. Below is a collection of images gleaned from the various state associations' social media pages, celebrating their walkers' best efforts at the recent AA championships in Perth:



ACTION MODELS
Olivia, Alex, Declan, Tate, Maisie, Allanah, Fraser, Alexandra, Mya, Jack, Laelia, Rhydian, Matilda W, Sophie, Will, Milly, John, Max, Hannah B, Alanna



ACTION MODELS

Dylan, Eliza, Samantha, Trinity, Jonah, Angus, Matilda R, Marcus, Hannah M, Ariana, Sam, Pippa, Mia

Unfortunately, podium images of walkers were thin on the ground, these being the only ones I could find in the time available. My apologies if they seem a little Vic-centric!



Bling city: Mya, Ela, Tori, Jessica, Matilda, Maisie, Rhydian, Declan and Will.

And finally ...



Shane ... one happy coach! (With Kobi, Noah and Lachlan)



INTERNATIONAL NEWS

FRANCE: Challenge Mario Gatti, 20 April - Redon

Last weekend, **Emmanuel Tardi's** judging commitments took him to Bretagne (Brittany) in the north-west of France, within reach of the windy Bay of Biscay.

I was in Bretagne this Sunday in the city of Redon (approximately 400km to the West of Paris). Every year for 20 years Bretagne has organised a challenge with local racewalking races .

Today it was today the final of the challenge "Mario Gatti." Five races were scheduled, and 100 racewalkers started. The loop was 1 km long. Flat but unfortunately curved. Weather was cloudy .

In the 20km, **Dimitri Durand** led the race for the first 3 kilometers, then he stopped and left **Lebreton** and **Hue** leading the race. The walkers beat their PBs.

In the women event, **Vanessa Denisselle** was the only leader and won the race easily.

In the 10km men, **Elis Batifol** was the only leader and also won easily. He reached the French standard for the Bergen race (U23 European Championship.)

In the women's race, there was a battle between **Liv Masson** and **Nelly Lagrange**. They walked together. Finally during the 8th lap Liv picked up Nelly and won. She too reached the standard for the Bergen race.

20km

1	LEBRETON Kilian	SEM/00	Ta Rennes	1h26'30"
2	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	1h27'26"
3	DENISSELLE Vanessa	MAF/84	Val-De-Reuil Ac	1h40'16"
4	FOUGERON Pierre-Alexandr	ESM/03	Ec Orleans Cercle Jules Ferry	1h40'33"
5	SEGAT Benjamin	SEM/97	Stade Brestois	1h42'11"
6	MAZURE Maxime	SEM/02	Ta Rennes	1h46'09"
7	VISSEQ Adrien	ESM/03	Saran Loiret Athletic Club	1h47'45"
8	CHARBONNIER Nicolas	MAM/78	Bannalec Pays De Quimperle Ath	1h54'13"
9	JUHEL Fabrice	MAM/79	Athle Du Pays De Redon	1h57'03"
10	BOUQUIN Rachel	ESF/04	Racing Club Nantais	1h57'19"
11	COTTREAU Helene	MAF/84	Acp Ancenis	2h04'50"
11	CHEVALLEREAU Mathieu	MAM/82	Us Aigrefeuille Athletisme	2h04'50"
13	POMMEROL Fantine	ESF/04	Lannion Athletisme	2h14'59"

-	DURAND Dimitri	SEM/02	Ta Rennes	DNF
-	GROUSSIN Antoine	MAM/77	Racing Club Nantais	DQ
10km				
1	BATIFOL Ellis	ESM/03	Asvel Villeurbanne	41'30"
2	ELLUL Hugo	ESM/05	Nancy Athlé Metropole	42'47"
3	MASSON Liv	ESF/03	Stade Bordelais Athletisme	46'35"
4	LAGRANGE Nelly	ESF/04	Athle 66	47'12"
5	GUILLARD Lisa	JUF/06	Entente Angevine Athletisme	49'53"
6	HANNOT Juliette	JUF/06	As Tourlaville	52'55"
7	LEBEAU Julia	CAF/08	Racing Club Nantais	53'08"
8	SERRAND Clara	JUF/06	Ta Rennes	53'53"
9	MARIE Peggy	JUF/07	Racing Club Nantais	55'14"
10	LEMONNIER Leo	JUM/07	Caen Athletic Club	56'05"
11	MENEZ Anais	JUF/06	Tregor Goelo Athletisme	57'35"
12	BARA Violaine	ESF/03	Athletique Cote De Jade	59'53"
13	ASDRUBAL BOISDUR Malik	ESM/04	Ta Rennes	1h03'56"
14	PATTYN Charlotte	JUF/07	Stade Brestois	1h04'50"
-	CHENUET Quentin	ESM/05	Saran Loiret Athletic Club	DNF
-	COSQUERIC Yaelle	JUF/07	Ulac Pays Fouesnantais	DQ
5km				
1	HENAUULT Matteo	CAM/09	Vineuil Sports	23'01"
2	AUGERON Johan	MAM/83	Entente Poitiers Athle 86	23'07"
3	PERDEREAU Gwenole	CAM/09	La Vigilante Fougères	24'37"
4	TREHOREL Pol	CAM/09	Tregueux Langueux Athletism	26'46"
5	BICHE Sebastien	MAM/73	Ea Pays De Broceliande	26'53"
6	ANDLER DO MONTE Sara	CAF/09	Ea Pays De Broceliande	28'25"
7	LEBRET Olivier	MAM/73	Saint-Brieuc Athletisme	28'34"
8	THEOTIME Hugo	CAM/09	Ta Rennes	29'27"
9	LOVELACE Gladys	CAF/08	Entente Poitiers Athle 86	29'37"
10	LE GARGASSON Patrick	MAM/64	Saint-Brieuc Athletisme	30'46"
11	BERTIN Angele	CAF/08	Ta Rennes	31'01"
12	SERRAND Baptiste	CAM/09	La Vigilante Fougères	31'10"
13	TOURNIER Maddi	CAF/08	Bannalec Pays De Quimperle	31'20"
14	QUEILLE Julie	CAF/08	Ta Rennes	31'29"
15	ROUYER Emmanuel	CAM/08	Ac Haute Vilaine	33'58"
16	DASSE Lea	CAF/09	Ta Rennes	34'00"
17	OGE Noeline	CAF/09	Serentaise Athleti	35'38"
18	GROUT Pascal	MAM/58	Saint-Brieuc Athletisme	38'21"
19	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	39'39"
-	GATEAU-FERNEZ Daphne	CAF/09	Entente Poitiers Athle 86	AB
3km				
1	RENAUDIN Sasha	MIM/10	Ac Roche-Sur-Yon	15'40"
2	COULON Lison	MIF/11	Ta Rennes	15'51"
3	CAMARD Pauline	ESF/03	Tregor Goelo Athletisme	15'59"
4	MOULLEC Benedicte	SEF/95	Tregueux Langueux Athletism	16'02"
5	ROUYER Elsa	MIF/10	Ac Haute Vilaine	16'17"
6	COULIBALY Hawa	MIF/11	Ta Rennes	16'25"
7	VAREILLE Gabriel	MIM/10	Stade Brestois	16'26"
8	BOUCHARD Aurele	MIM/11	Saint-Brieuc Athletisme	16'28"
9	HAUGEARD Elodie	SEF/91	Al Saint-Marc	17'32"
10	JACOB Salome	MIF/10	Serentaise Athletisme	17'58"
11	FAURE Kiara	MIF/10	Ta Rennes	18'51"
11	CORNET GUYOMAR Leandre	MIM/11	Tregueux Langueux Athletism	18'51"
13	MARIE Mona	JUF/07	Lannion Athletisme	19'48"
14	LUGA Meline	MIF/10	Cjf Saint-Malo	19'53"
15	MONNERIE Melvyn	MIM/11	Ta Rennes	20'01"
16	FICHAUX Kimberley	SEF/02	Stade Brestois	21'03"
17	CHILOU Luna	CAF/08	Ja Melesse	22'03"
18	JESTIN Neila	MIF/10	Stade Brestois	22'31"
2km				
1	BOUCLET Ellyn	BEF/12	Ulac Pays Fouesnantais	11'34"
2	DENIEL Sarah	BEF/12	Stade Rennais Athletisme	11'42"
3	BROGARD Noemie	BEF/13	Serentaise Athletisme	12'07"
4	SONET Victor	BEM/12	Ouest Athletisme 35	12'09"
5	MASSUE Jade	BEF/13	Ta Rennes	12'38"

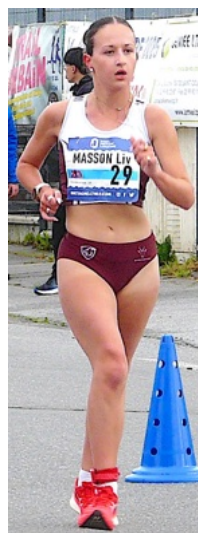
6	CORBINEAU Camille	BEF/13	Bannalec Pays De Quimperle	12'42"
7	CORVEST Judith	BEF/13	Bannalec Pays De Quimperle	12'51"
8	BOUEDO Chloe	BEF/12	Ta Rennes	13'02"
8	AUGERON Clementine	BEF/13	Entente Poitiers Athle 86	13'02"
10	BOISHARDY Soline	BEF/12	Tregueux Langueux Athletism	13'16"
11	TRILLARD Angela	BEF/12	Ta Rennes	13'21"
12	FAURE Manel	BEF/12	Ta Rennes	13'24"
13	VIEL Louise	BEF/12	Ta Rennes	13'25"
14	CHARD Margaux	BEF/12	Ta Rennes	13'28"
14	OULES Camille	BEF/13	Entente Poitiers Athle 86	13'28"
16	CASTREC Maelann	BEF/13	Bannalec Pays De Quimperle	13'32"
17	LEVEAU Manon	BEF/12	Entente Sportive E	13'41"
18	BIGORGNE Lise	BEF/12	Serentaise Athleti	13'50"
19	DELANDE Antonin	BEM/12	Ta Rennes	13'59"
20	PLUMAS Ines	BEF/13	Ta Rennes	14'16"
21	MASSUE Sacha	BEM/13	Ta Rennes	14'23"
22	GUIBERT Laurine	BEF/12	Ta Rennes	14'29"
23	FLOCH SCOLAN Elwenn	BEF/13	Tregor Goelo Athletisme	14'34"
24	ROBINEAU Lana	BEF/12	Ta Rennes	14'37"
25	MARTIN BEAUVILLAIN Melis	BEF/12	Ta Rennes	14'38"
26	KERHOAS Leane	BEF/13	Tregor Goelo Athletisme	14'45"
27	REHEL Laura	BEF/12	Tregueux Langueux Athletis	14'46"
28	LE GALL Eole	BEM/13	Ta Rennes	14'48"
29	DUFEE Anthonin	BEM/12	Tregueux Langueux Athletism	16'03"
-	LE BELLER Adso	BEM/13	Tregueux Langueux Athletism	NP



Denisselle



Lebreton and Hue



Masson



Batifol

(Photos: Emmanuel Tardi)

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.

Italian Massimo Stano breaks European record in 10,000m walk

Thursday, April 17, 2025 - Massimo Stano, Olympic champion in the 20 km race walk at the Tokyo 2021 Games, achieved a great feat during the Italian club championships in race walking that took place in Prato last Sunday (13/04) by obtaining the European record for the 10,000 meters walk (track) with the incredible time of **37:33.03**, the third fastest of all time in the world.

Stano, who turned 33 on February 27, succeeded Spaniard Francisco Javier Fernández in the list of European records for the distance, who had held the mark of 37:53.09 since 2008 and also surpassed, of course, the best Italian performance of all time held by the 2004 Athens Olympic champion, Ivano Brugnetti, with 37:58.6, since 2005.

Francesco Fortunato also performed very well, completing the twenty-five laps of the track in **37:34.90**, the second best European performance ever. Both will face important challenges this season, with the European Championships in Podebrady, Czech Republic, on 18 May, and the World Championships in Tokyo, Japan, in September.

After finishing fourth at the Paris Games, where he won the bronze medal, Stano suffered a foot injury in April that prevented him from participating in the European Championships in Rome. He recovered well and in December, in the 35 km in Dublin, he achieved an excellent time of 2:24:19, followed by another great time in the 20 km in Taicang, on 1 March, with 1:18:28, while Fortunato broke the world record for the 5,000 metres walk (17:55.65) on a short track, breaking his personal best in the 20 km in Taicang with a time of 1:18:49.

Still in the same event, under 40 minutes, three more athletes qualified: **Riccardo Orsoni (39:05.72)**, who improved his personal best by almost a minute, **Emiliano Brigante (39:17.71)** and **Davide Finocchietti (39:51.92)**. In the last event of the program for the under-20 men, Giuseppe Disabato, with 39:24.99, broke the Italian record for the category, which he had held since last season when he won the bronze medal at the Lima World Championships with a time of 39:31.25.



(Photo montage: O Marchador)

In the women's race, **Federica Curiuzzi** won with a time of **43:18.05**, a personal record beaten by almost 2 minutes. **Giada Traina** was second with **44:54.26** and **Michelle Cantò** third with **45:15.54**, both still in the Under-23 category. In the Under-20 category, **Serena Di Fabio's** result stands out, with **45:10.45**, becoming the second Italian of all time in the category. Italian walking is in good health and is recommended.

See all results for the Prato races at <https://omarchador.blogspot.com/2025/04/italiano-massimo-stano-bate-records.html>

- Monday, April 21, 2025 - **Indian National Race Walk Championships 20km & 35km – Chandigarh 2025 (Results)** <https://omarchador.blogspot.com/2025/04/campeonatos-nacionais-de-marcha-da.html>
- Sunday, April 20, 2025 - **João Paulo de Oliveira and Gabrielly dos Santos were crowned Brazilian under-23 champions (Bragança Paulista 2025)** <https://omarchador.blogspot.com/2025/04/joao-paulo-de-oliveira-e-gabrielly-dos.html>
- Saturday, April 19, 2025 - **Yaru Wang wins women's race walk at U18 Asian Championships (Dammam 2025)** <https://omarchador.blogspot.com/2025/04/yaru-wang-vitoriosa-na-marcha-feminina.html>
- Saturday, April 19, 2025 - **Ninghao Zhu wins gold in men's race walk at the Asian U18 Championships (Dammam 2025)** <https://omarchador.blogspot.com/2025/04/ninghao-zhu-com-ouro-na-marcha.html>
- Friday, April 18, 2025 - **Promotion March – Rio Maior 2025 (results)** <https://omarchador.blogspot.com/2025/04/marcha-de-promocao-rio-maior-2025.html>
- Wednesday, April 16, 2025 - **German Road Race Championships in Kelsterbach – results** <https://omarchador.blogspot.com/2025/04/campeonatos-da-alemanha-de-marcha.html>
- Tuesday, April 15, 2025 - **The U-20 and U-18 competitions of the Balkan Championships – Astros 2025** <https://omarchador.blogspot.com/2025/04/as-provas-das-categorias-sub-20-e-sub.html>
- Tuesday, April 15, 2025 - **Balkan Race Walking Championships with Greek (35 km) and Turkish (20 km) dominance – Astros 2025** <https://omarchador.blogspot.com/2025/04/campeonatos-dos-balcas-de-marcha.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.

VIEWPOINTS

I enjoyed the interview with new 10kms Australian female champion, Allannah Pitcher. I think we can all relate to the fascination of endurance sport – a very addictive, life-long passion!

In the news about racewalking in the LA Olympics, perhaps the silver lining is that a racewalking half marathon will encourage more walkers to participate in half marathon events, and this will increase the visibility of racewalking to the general public and to runners. It's great that many racewalkers now do park runs with the same benefit of showcasing good, fast walking to runners and to the wider community.

At the recent Crawley 24h track race, (daughter) Vicky and I both walked all the way. That meant, as always, that we started at the back of the field and then steadily came through as runners tired. The smart runners are the ones who know about good walking technique, which can help all ultra-runners to optimise their performance and to feed and recover during an event. This applies even to the best, as the great US ultra-runner Camille Herron said at a recent 48h race – she learned to racewalk during a spell of injury and appreciated its great potential and value. In the later stages of the Crawley 24h race, Vicky and I both had runners come alongside for a chat about racewalking.

Let's see how we can capitalise on the opportunities for walking in sport which an Olympic half marathon walk can offer.

Best wishes, as always,

Sandra Brown
British Centurion No 735
Australian Centurion No 36

(Editor's note: *It was a treat to receive these comments of Sandra's, forwarded to me by David Ainsworth. Many of our readers, including a number of local Centurions, would recall the weekend of September 18/19 in 1999, when Sandra – whose ultra-walking reputation had preceded her – gained her Australian badge at the Coburg track with one of the most inspirational performances imaginable. The time she recorded for the 100 miles – 19:14:56.0 – set an Australian Open record that still stands, as do the 50 miles and 100km times she set en route. Sandra is a living encyclopedia of ultra-walking know-how, and her views can only be informative and enlightening.*

See Tim's profile – published in 2010 and in need of a little updating but still illuminating – on this remarkable athlete at <https://www.vrwc.org.au/tim-archive/articles/wo-sandra-brown.pdf>)

FURTHERMORE ...



PAGE AND SCREEN



Grazie to **Stefano Malaspina** (*La Marcia e No Solo* Facebook page) for posting this archival newsreel clip of two Olympic champions, Italians **Giuseppe Dordoni** and **Abdon Pamich**. Race walking classics – like running and cycling classics – were crowd pullers across Europe for most of the 20th Century, frequently making it onto cinema screens via newsreels.

See the clip at -

<https://www.facebook.com/100006873424660/videos/1640459379917449?idorvanity=116766962318792>

Stefano's comments follow:

On 5 May 1960, the Gran Premio Carroccio march was held in Legnano. In this competition, two great Italian marchers, Giuseppe Dordoni and Abdon Pamich, competed in an intense race. Dordoni, already Olympic champion in Helsinki in 1952, won the race, beating Pamich, who was a young up-and-coming talent at the time.

This meeting between two generations of Italian marchers represented a significant moment in the history of athletics in the country.

The video also shows Malaspina Giuseppe on a bicycle accompanying Pamich along the route.*

Translated with DeepL.com (free version)

**That may be Giuseppe Malaspina, presumably Stefano's father?*



Pamich and Dordoni in their heyday

**** 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 1st April 2025:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

Associate (Officials who assist with races throughout the year): \$ 0.00

Family membership: \$50.00

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

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

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

***UNIFORMS -** Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$40. (Families: \$40 for the first child, \$35 for siblings.)

***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

<u>APRIL</u>		
Saturday 26 th April	VRWC CHAMPIONSHIPS	Mentone Track
<u>MAY</u>		
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
<u>JUNE</u>		
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
<u>JULY</u>		
Sunday 6 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 12 th July	VRWC Points races and Interval races	Middle Park
Saturday 19 th July	VRWC Points races	Middle Park
Saturday 19 th July	Coaching seminar for parents, athletes and coaches	Middle Park
Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
<u>AUGUST</u>		
Saturday 2 nd August	VRWC Points races	Middle Park
Saturday 9 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 16 th August	VRWC Last points race	Middle Park
Sunday 24 th August	Australia Athletics championships	Ballarat
Saturday 30 th August	VRWC non points race day	Middle Park
<u>September</u>		
Saturday 6 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 14 th September	VRWC relay race and Seasons Presentations	Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 26 Apr 2025	VRWC Track championships (Winter season opener) – Mentone
Sun 18 May 2025	AV, AV Schools & VRWC championships – Middle Park
Sun 8 Jun 2025	RWA 58 th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat

International Dates

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
20th World Athletics Championships – Tokyo, JPN
World U20 Athletics Championships – Eugene OR, USA
Youth Olympic Games – Dakar, SEN

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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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