



HEEL & TOE Online

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

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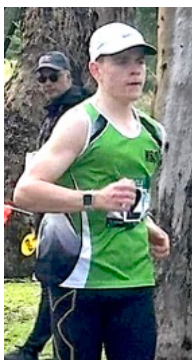
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*H&T Notice Board – Page 12

- Australian Athletics Event Group Advisory Panel for Race Walks
- Dogs off leash
- Fees - Membership and racing.
- 2025 Winter fixture summary

WALKER OF THE WEEK



It was Athletics West State road walk championship time last weekend, and amid the best performances was **John Ronan's** first 20km result of **1:28:29.02**. This was an excellent debut and has earned John this issue's WOTW award.

Racing alone against the clock is familiar territory for John. That he won the title is no surprise, but a solo effort of well under 1:30:00 is especially meritorious without anyone to push him.

John, with Alexandra Griffin, are the keepers of WA's racewalking flame and great role models for the West's up-and-coming walks generation. Ali is currently with the UniRoos squad in Germany, preparing for the 20km walk next Sunday. We look forward to seeing John have his own first day in green and gold before long.

Well done John, and all the best for the races to come.

(Photo: WARCW Facebook)

*Honourable mentions

- Nate Appleyard 11y and Darcy Dennis 10y (NSW) – a big PB for each boy with Nate breaking 14:00 for 3km (13:52) and Darcy going sub-9:30 for 2km (9:28) at NSWRCW's handicap races on July 5.
- Emilie Garside (VIC) – a strong 10km in tough conditions in only her 2nd attempt at the distance.
- Iggy Jiminez (QLD) – Iggy appears to be approaching the form of recent years, in the light of his 51:45 10km at the QRWC's Masters and Postal Challenges races.



CLUB NEWS and RESULTS



- Sunday 27 July will see three VRWC members, **Bec Henderson**, **Will Thompson** and **Corey Dickson**, hit the *Straße* in the German city of Bochum to contest the 20km Walk at the *FISU World University Games*. We know that all three will drain the tank dry to achieve the best possible results, alongside their UniRoos team mates. (See 'Around The Country' for the full list of Aussie reps, as well as starting times and a link to live TV coverage.)
We wish Bec, Will and Corey and all the UniRoos good fortune, happy hunting and safe travels.

***Next weekend ...**

***Postal Challenge ... it's our turn**

2.00pm	10km	VMA championship	Masters Men
	10km	VMA championship	Masters Women
	10km	RWA Challenge	Open Men/Women
	10km	RWA Challenge	Masters Men/Women
	10km	RWA Challenge	U20 Men/Women
	10km	VRWC Points	Open
	8km	RWA Challenge	U18 Men/Women
2.15pm	8km	VRWC Points	Open
	5km	RWA Challenge	U16 Men/Women
	5km	VRWC Points	Open
	3km	RWA Challenge	U14 Boys/Girls
2.45pm	3km	VRWC Points	Open
	2km	RWA Challenge	U12 Boys/Girls
	2km	VRWC Point.	Open
	1.5km	RWA Challenge	U10 Boys/Girls
	1.5km	VRWC Points	Open

Enter by no later than 6.00pm, Friday 25 July
<https://www.revolutionise.com.au/vrwc/events/303931>

The **RWA Postal Challenge** is a Racewalking Australia club-versus-club competition. Several interstate clubs have posted their results already, and now it's the VRWC's turn.

The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor.

Masters athletes will not be scored on their time but their age grading, so all Master athletes must submit their age at entry time.

All athletes who are members of the club are automatically entered into the points race for the distance they walk.

Points earned by clubs will be added to their scores from the recent Lake Burley Griffin carnival in June. These will decide the club to win this year's **Brennen Shield**.

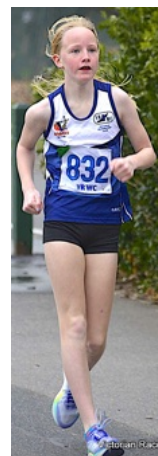
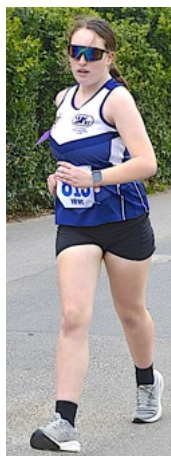
****Let's see VRWC entries in all age groups, or in as many as possible, to boost our chances in the challenge for the Shield!***

VRWC

Club points results, 19 July – Middle Park

Another fine winter afternoon, though spoiled by a blasting gale-force wind for most of the program. It was also unfortunate for those racing the 3km to 12km distances on the 2km course, that some cones on the northern loop were found to have been incorrectly set. This was understandable as many of our painted markers had faded. Consequently, the course was short and times recorded at those distances cannot be counted as PBs, although points scored are still valid.

To you walkers who thought you'd set PB times, we apologise. But you're obviously in that kind of form and we'll need you to hold on to it for the Postal Challenge this weekend. Luckily, the 1km loop was unaffected, so **Anna, Summer** and **Cory** get to keep their PBs!



11yo **Oliver Crowl** was very impressive in recording his first 3km time with **16:06**. Even if adjusted for the extra metres, this was an excellent debut in windy conditions. **Shaun Lewis** just missed catching Oliver who would have towed him through for a PB of his own. Next time! **Harrison Ryan** and **Aria di Benedetto** are improving with every start and gaining in confidence at the increasing distances. Meanwhile, **Emily Smith** had the fastest 5km result, with she and **Carolyn Rosenbrock** clocking the only sub-30:00 results. **Arthur Robinson** continues to race consistently and regular starts over 4km and 5km are improving his stamina.

It was a long haul in the wind for **Emilie Garside** (10km), **Terry O'Neill** and **Karyn O'Neill** (12km) but all appreciated the chance for a lengthy hit out on the longer circuit.

1km Open

1	Anna Dubar	5:35	PB 0:06	1	Fletcher Reid	5:13
2	Erin Reid	5:58		2	Ryder Reid	5:57
3	Summer Patten	6:00	PB 0:20	3	Bowie Clarke	5:59
4	Abby Fowler	6:08				
5	Kobe Lewis	6:19				
6	Cory Lewis	6:35	PB 0:07			
7	Ruby Nicholls	6:39				
8	Heather Carr	7:41				
9	Ava Pravednikov	7:48				



3km Open

1	Addison Frenken	17:01	1	Oliver Crawl	16:06	First 3km
2	Aria Di Benedetto	18:08*	2	Shaun Lewis	16:10*	
3	Caitlyn Shipham	19:24	3	Harrison Ryan	18:06*	
4	Merilyn Reynolds	22:18	..	Robert Gardiner	DNF	

5km Open

1	Emily Smith	28:40	1	Kevin Cassidy	31:25
2	Carolyn Rosenbrock	29:56	2	Gerard Feain	32:04
3	Donna-Marie Elms	34:52	3	John Nottle	32:13
4	Gwen Steed	39:05	4	Arthur Robinson	35:37*

10km Open

1	Emilie Garside	1:09:04*
2	Karyn O'Neill	1:13:06

12km Open

1	Terry O'Neill	1:22:31
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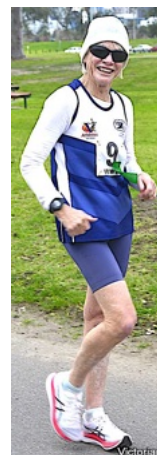
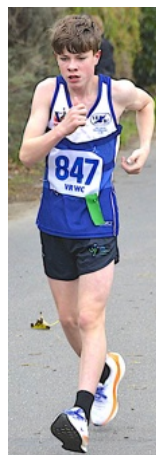
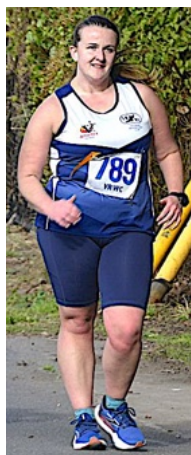
**These are performances that would have been PBs but, unfortunately, cannot be accepted owing to an incorrectly marked course. Time and Handicap points still stand, regardless.*

*Handicap results

Name	Gd	Age Gp	Hcp Place	Name	Gd	Age Gp	Hcp Place
Erin Reid	F	M40+	1	Shaun Lewis	M	M40+	1
Merilyn Reynolds	F	M40+	NPT	Gerard Feain	M	M60+	1
Carolyn Rosenbrock	F	M60+	1	John Nottle	M	M60+	2
Gwen Steed	F	M60+	2	Kevin Cassidy	M	M60+	3
Heather Carr	F	M60+	3	Terry O'Neill	M	M60+	4
Karyn O'Neill	F	M60+	5	Robert Gardiner	M	M60+	DNF
Donna-Marie Elms	F	M60+	4	Bowie Clarke	M	Un10	1
Emilie Garside	F	Op	1	Ryder Reid	M	Un10	2
Summer Patten	F	Un10	1	Fletcher Reid	M	Un12	1
Cory Lewis	F	Un10	2	Oliver Crawl	M	Un12	NPT
Ava Pravednikov	F	Un10	3	Harrison Ryan	M	Un14	NPT
Aria Di Benedetto	F	Un12	1	Arthur Robinson	M	Un18	1
Abby Fowler	F	Un12	2				
Anna Dubar	F	Un12	3				
Ruby Nicholls	F	Un12	4				
Addison Frenken	F	Un14	1				
Caitlyn Shipham	F	Un14	2				
Kobe Lewis	F	Un14	3				
Emily Smith	F	Un20	1				

***Progressive Points (Times and Handicap)**

These can be perused at <https://www.vrwc.org.au/vrwcpointscomps.shtml>.



***This week's action models**

Oliver, Bob, Gwen, Caitlyn, Ruby, Arthur, Anna, Erin, Harrison, Shaun, Kobe, John, Abby, Heather, Terry, Gwen, Bowie, Emilie, Gerard, Kevin

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	Melanie Di Benedetto
Timekeeper	Ian Laurie
Recorders	Mark Donahoo, Kris Shipham, Duncan Knox
Judges:	Gordon Loughnan (Chief), Stu Cooper, Di Lowden, Bec Lewis, Brenda Felton, Kathleen Marsh, Danielle Clarke, Kerrie Peart (observation)
Set up, Pack up:	Ian Laurie, Stu Cooper, Duncan Knox, Karyn O'Neill, Terry O'Neill, Gerard Feain, Terry Swan
Photos	Terry Swan (https://www.facebook.com/media/set?set=oa.3681171935511351&type=3)
Canteen	Donna Marie Elms, Gwen Steed
Walkers:	31



AROUND THE COUNTRY



A LITTLE LATE, BUT SAM GETS HIS PB

On Sunday 6 July, **Sam McCure (QLD)** competed in the AV 20km championship at Middle Park, Melbourne, finishing 5th with a time of **1:28:42**. This would have been a PB but for a 2 min penalty, added to his time post-race. Later scrutiny showed that one of the red cards against his number had been recorded in error. There should have been no penalty.

Sam's 'adjusted' time of 1:30:42 has since been removed from the Word Athletics stats page (local documentation is also being updated) and replaced with his correct time ... and, of course, he now has his rightful 20km PB.

Well done, Sam!



FISU
WORLD
UNIVERSITY
GAMES
SUMMER

***World University Games, Sunday 27 July – Bochum GER**

The Australian University students team – the UniRoos – will join in sporting battle with their international tertiary rivals from 16 to 27 July in Germany's Ruhr metropolitan city of Bochum, and it's the last day of the Athletics program that will hold the most interest for racewalking fans.

At 8:00am (local time) on Sunday 27 July, the **20km road walk** for Men and Women will be contested. The women will start a minute later. Note that Bochum is 8 hours behind Melbourne, so start times in AEST are **16:00 (4:00pm)** for the men and **16:01 (4:01pm)** for the women.

Start lists for the walks are not yet available on the FISU website, but you can check when they are up via the link <https://rhineruhr2025.com/en/schedule#/athletic-sports-schedule/ATH/2025-07-27>.

Live coverage via FISU.TV will be available at <https://www.fisu.tv/browse>.

The UniRoos walkers

<i>Name</i>	<i>Coach</i>	<i>University/College</i>
Alexandra Griffin WA	Jared Tallent	University of WA
Allanah Pitcher NSW	Frank Overton	Sydney University
Corey Dickson ACT	Jared Tallent	Swinburne University
Elizabeth McMillen NSW	Jared Tallent	Griffith University
Isaac Beacraft NSW	David Beacraft	Australian Catholic University
Mitchell Baker ACT	Jared Tallent	University of Canberra
Olivia Sandery SA	Jared Tallent	Flinders University
Rebecca Henderson VIC	Simon Baker	University of Melbourne
Tim Fraser ACT	Jared Tallent	University of Canberra
Will Thompson VIC	Brent Vallance	Australian Catholic University

Sascha Ryner, in her preview piece for the AA website², makes special reference to the walkers in what will be Australia's largest ever athletics team for a World University games:

Among the Australian contingent are four Olympians in **Kristie Edwards** (NSW), **Connor Murphy** (NSW), **Rebecca Henderson** (VIC) and **Olivia Sandery** (SA). The quartet will be joined by three global medallists at the Under-20 level in world champions **Delta Amidzovski** (NSW) and **Isaac Beacraft** (NSW), as well pole vaulter **Tryphena Hewett** (SA) – signalling the strength of Australia's next generation.

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 Beacraft 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."



2025 Australian Junior Race Walking Championships **Sunday 24 August – Victoria Park, Ballarat**

The schedule for the AA **Junior Road walks championships** has been released:

09:00	Under 20 10km Race Walk - Men
09:00	Under 20 10km Race Walk - Women
10:00	Under 18 5km Race Walk - Men
10:00	Under 18 5km Race Walk - Women
10:00	Under 16 5km Race Walk - Men
10:00	Under 16 5km Race Walk - Women
10:30	Under 14 3km Race Walk - Men
10:30	Under 14 3km Race Walk - Women
10:50	Under 12 2km Race Walk - Men
10:50	Under 12 2km Race Walk - Women

² <https://www.athletics.com.au/news/olympians-and-global-medallists-to-headline-largest-ever-australian-uniroos-athletics-team/>

***Entry information:**

The deadline for entries is **Tuesday 5 August**, at 5:00pm. No late entries will be accepted!

To enter, go to <https://meets.rosterathletics.com/public/competitions/details/about?id=26194>

A.C.T. ACTRWC results, 12 July – Weston Park

Results taken from the ACT Walkers newsletter ... **Michelle Bray** continued her fine form over the longer ones, this time with an impressive 12km.

2km				12km			
1 Jillian Ryan	Race	u16 F	10:45	1 Michelle Bray	Race	Masters F	1:08:35
2 Sebastian Ryan	Race	U14M	12:52	10km			
3 Tindra Helgstedt	Race	U14F	13:09	1 Bryan Thomas	Fitness	Masters M	1:28:07
4 Estrid Helgstedt	Race	U12F	14:49	4km			
5 Michelle Tymkiw	Fitness	Masters F	15:00	1 John Kennedy	Fitness	Masters M	29:53
6 Jim White	Fitness	Masters M	16:40	2 Caroline Campbell	Fitness	Masters F	35:31



NEW SOUTH WALES

- NSWRC results, 5 July – Chipping Norton
- NSWRC results, 28 June – Woy Woy

It's been some weeks since we've seen results from NSWRC meets, which has meant a delay in posting some splendid results from their younger brigade. Chief among these are **Nate Appleyard's** first sub-14:00 3km, with **Darcy Dennis's** 2km time of **9:28** stripping a huge 30 secs from the big PB he set at the LBG Carnival. Well done, lads!

***Results, 5 July**

Long 8km			Medium 6km			Short 3km		
Inv. Sophie Polkinghorne	43:25		1 Matilda Webb	32:36		1 Ashleigh Mansell	16:10	
			2 Daniela Samuel	34:29		Inv. Audrey Russell	16:56	
			3 Aidan Pospischil	38:06		2 Christopher Nilon	17:29	
16y 4km						3 Mitchell McCarthy	18:11	
1 Noah Vella	20:59		14y 3km			4 Jodie Barakat	20:22	
2 Sienna Wade	22:28		1 Nate Appleyard	13:52		5 Carmel Parker	21:50	
3 Ashleigh Farrugia	23:45		2 Avia Luketic	14:43		6 Nicolle Challinor	24:11	
4 Hannah Hewitt	24:59		3 Rhys Straub	16:27		e7 Sarah Challinor	25:21	
5 Sagan Jones	25:27		4 Patrick Waddington	16:37		e7 Emily Challinor	25:22	
6 Luke Challinor	37:57		5 Alexander Dennett	17:30				
10y 1km			6 Veronica Dennett	18:20		12y 2km		
1 Eric Colgan	5:00		7 Hugo Siciliano	18:21		1 Darcy Dennis	9:28	
2 Carsen Luketic	5:05		8 Addison Jenkins	18:55		2 Oliver Masik	10:16	
3 Lola Dixon	5:27		9 Luca Barakat	22:46		3 Stella Wade	10:20	
4 Jaiden Chahal	5:33					4 Joshua Waddington	10:50	
5 Samuel Waddington	7:01					5 Chloe Farrugia	13:28	
6 Huxley Jones	7:34					6 Nasrin Hewitt	14:44	
7 Clementine Colgan	10:25					7 Amelie Barakat	15:35	

***Results 28 June**

Long 12km		Medium 10km		Short 5km	
Inv. Jack McGinniskin	52:15	Inv. Brendan Pospischil	53:02	1 Sophie Polkinghorne	25:42

Inv. Carl Gibbons	59:53	Inv. Sienna Pitcher	53:08	Inv. Noah Vella	26:47
16y 3km		e1 Matilda Webb	53:16	2 Ashleigh Mansell	28:31
1 Sagan Jones	15:21	e1 Zoe Woods	53:16	3 Christopher Nilon	29:32
2 Sienna Wade	15:36	Inv. Grace Beck	57:45	4 Audrey Russell	29:46
3 Ashleigh Farrugia	17:10	14y 2km		Inv. Nikki Hearnden	35:32
4 Hannah Hewitt	18:09	1 Nate Appleyard	9:41	5 Nicolle Challinor	42:43
5 Luke Challinor	25:55	2 Rhys Straub	10:20	6 Claire Gauci	43:53
12y 1.5km		Inv. Liam Meale	10:42	e7 Emily Challinor	47:17
1 Stella Wade	7:39	3 Alexander Dennett	10:44	e7 Sarah Challinor	47:17
Inv. Jacob Hearnden	8:01	4 Hugo Siciliano	11:44	Inv. Brendan Hyde	52:07
2 Daniel Smart	8:06	5 Addison Jenkins	11:46	10y 0.75km	
Inv. Patrick Yeldham	8:45	6 Veronica Dennett	12:21	Inv. Daniel Smart	3:42
3 Chloe Farrugia	9:15	Inv. William Pratt	13:13	1 Eric Colgan	3:47
4 Nasrin Hewitt	9:49			2 Felix Cianci	4:42
Inv. Kendrix Mitchell	10:01				

QUEENSLAND QRWC Postal Challenge & QMA Short course c'ships, 20 July – Beenleigh

Robyn Wales reports that the club had a pleasant visit from (coach) Jim Leppik, who came to do some technique work with his athletes which was much appreciated.

The walk events clashed with Qld Schools Cross Country, so some of their young guns were missing.

Open 10km

Men:

(1) Ignacio Jimenez	51:45 SB
(2) Paul Lindenberg	1:06:03 SB
(3) Peter Bennett	1:07:47
(3) Simon Cartwright	1:17:01

Women:

(1) Nyle Sunderland	1:06:04 SB
(2) Joy Dale	1:18:41
(3) Noela McKinven	1:34:00

U18 8km

Men:

(1) Kai Dale	48:04
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Women:

(1) Milly Sharpe	41:13
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U16 5km

Men:

(1) Noah Cooke	24:14
(2) Lachlan Moore	25:26 SB

Women:

(1) Eliza Kelly	29:14
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Non-Challenge 5km

Women:

(1) Trish Hibbs	33:17
(2) Anne Weekes	34:03 SB
(3) Deb Lindenberg	

U14 3km

Men:

(1) Leo Ramsay	17:36 SB
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Women:

(1) Amelia Chisholm	17:48
(2) Violetta Boyd	18:02
(3) Violet Conway	20:05 SB
(4) Mackenzie Wormald	22:17

U12 2km

Girls:

(1) Bella Sansom	11:40 SB
(2) Luna Boyd	12:19
(3) Izzy Blackburn	12:20
(4) Jessica Gorham	13:04

U10 1.5km

Men:

(1) Yoshua Lee	9:18
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Girls:

(1) Lilli Chu	9:12
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QMA Short Course Championships

5km Women

W30-34	Trish Hibbs	33:17
W50-54	Joy Dale	37:44*
W55-59	Nyle Sunderland	32:31*
W60-64	Anne Weekes	34:03
W80-84	Noela McKinven	46:30*

10km Men

M55-59	Simon Cartwright	1:17:01
M60-64	Ignacio Jimenez Solis	51:45
M65-69	Peter Bennett	1:07:47

*Denotes 5km during 10km

SOUTH AUSTRALIA SARWC Postal Challenge results, 19 July – South Parklands

Thanks to **Peter Crump** for sending us the SA Challenge results while Jared is absent in Germany with the UniRoos walkers.

10km		3km	
Kim Mottrom	45:29	Liliana Templer	16:20 * PB 0:48
Samantha Findlay	49:24	Robert Crabb	23:17
Cooper Rech	52:12	Rachel Pemberton	23:25
Mel Grantham	1:03:56	Greg Metha	19:35
Peter Crump	1:07:57		
Alex McEwan	1:24:20	1.5km	
		Martin Crabb	17:50
2km			
Saxon King	15:09		

TASMANIA TRWC Road walk results, 20 July – Montrose Bay

It sounds as if it was a good day to stay home by the fire in Hobart! Credit to the hardy six, and officials, who didn't. **David Moore** reports:

Freezing icy winds, from a fully snow covered Kunanyi Mountain, swept across our Walks course at Montrose Bay today. Undeterred by the chill was **Sam Hucker**, who sliced a healthy 36 seconds from his previous best time for 2km.

1km			
1. Anne Travis	UTAS	10:43	
1.5km			
1. Austin Hucker	Huon LA	12:48	
2km			
1. Adele Woodward	OVA	12:31	
2. Sam Hucker	Huon LA	15:32 PB	
3. Dave Moore	TMA	20:01	
5km			
1. Eugene Gerlach	OVA	37:30	

WESTERN AUSTRALIA AW State Road walk c'ships results 19 July – Perry Lakes

This was the key winter meeting for the West Australian walkers, with a strong attendance contesting the various WA and WALA titles. Perhaps the turnout would have been even greater had it been held on a Sunday morning as in the past, and not during the school holidays.

Terry Jones reports that the weather was partly cloudy, fine, cool & calm, being perfect for good times. **John Ronan** certainly took full advantage, notching his first ever 20km result with a fine debut time of **1:28:29.02**. Amongst other good times was that of **Ali Znad**, whose 5km time **25:40.0** was a 52 sec PB.

Men 20k Walk Open		Girls 1000 Meter Walk LA U9	
1 John Ronan	1:28:29.02	1 Rhiannon Ratcliffe	05:52.5
Girls 10k Walk AA U20		2 Lyla Gurney	05:59.7
1 Kaytee Bogaers	57:53.10	3 Carly Hood	06:03.5
Boys 5k Walk AA U17		4 Paige Frerichs	7:27.66
1 Ali Znad	25:40.0	-- Zoe Fowler	DQ
2 Trent D'Alessio	32:02.3	-- Thea O'Reilly	DQ
Girls 5k Walk LA U16 / AA U17		Boys 3k Walk LA U13 / AA U14	
1 Katica Borsic	28:15.6	1 Tom Murphy	18:52.1
2 Chelsey Ireland	30:04.6	Girls 3k Walk LA U13 / AA U14	
3 Phoebe Havers	33:47.3	1 Scarlett Nunn	16:31.8
Girls 5000 Meter Walk LA U15 / AA U16		2 Chloe Bevis	19:55.7
1 Trinity Doulis	28:31.3	3 Sophia Nichols	20:23.0
2 Sierra Thompson	32:06.0	Boys 3000 Meter Walk AA U13	

3 Lauren Davis 34:47.3
Girls 5k Walk LA U14 / AA U15
 1 Tory D'Alessio 28:53.5
 2 Addison Roots 33:03.4
Boys 2000 Meter Walk LA U11 / AA U12
 1 Hudson Conwell 10:26.3
 2 Jobe Jenkins 15:35.1
 -- Hendrick Rolvink DQ
Girls 2000 Meter Walk LA U11 / AA U12
 1 Ella Dowdell 11:11.1
 2 Rahni Fowler 11:24.0
 3 Savannah Nunn 11:42.7
 4 Hayley Moore 11:43.0
 -- Nakita Longhurst DQ
Boys 2000 Meter Walk LA U12
 1 Lachlan Nichols 11:29.3
Girls 2000 Meter Walk LA U12
 1 Hannah Clausnitzer 11:08.3
 2 Gabriella John 12:48.2
 3 Sienna Wilson 12:51.3
Boys 1000 Meter Walk LA U9
 1 Dante van Heerwaarden 6:26.84
 -- Joel Lim DQ

1 Tayte Moore 17:38.7
Girls 3000 Meter Walk AA U13
 1 Makenzie Sillitto 16:32.5
 2 Willow Wheeler 18:17.7
Boys 3k Walk LA U14
 1 Dylan Sardelich 17:12.8
 2 Orlando Follington 18:28.7
Girls 3k Walk LA U14
 1 Savannah Carnaby 17:37.7
Boys 1500 Meter Walk LA U10
 1 Jasper Curtis 08:56.9
 2 Oakley James 09:55.5
Girls 1500 Meter Walk LA U10
 1 Kayley Henderson-Mason 08:37.3
 2 Emily Koyd 09:02.4
 3 Mackenzie Parsons 09:04.3
 4 Grace Ball 09:57.0
 5 Ruby Kilworth 10:19.1
 6 Payton Longhurst 11:08.1



INTERNATIONAL NEWS

NORWAY: European U23 T&F Championships, 20 July - Bergen

Mazlum Demir wins European under-23 10,000m walking title – Bergen 2025

(reprinted from *O Marchador* blog – 20 July)

In today's morning session (20/7), the last day of the European Athletics U23 Championships in Bergen, Norway, and in an exciting and uncertain men's 10,000 meters race not only regarding the winner, but also the remaining positions, victory for the Turkish **Mazlum Demir**, with a new personal best of **39:45.84** (previously, 40:00.1 in Adana-2023).

In a race that started at 11:10 am (local time), under adverse heat conditions (around 27 degrees Celsius), a time that should be reconsidered in future editions of the championships, the German **Frederick Weigel** was the great entertainer up to 5,000 meters, passing in 20:10.30.

From then on there were alternations in command, with Mazlum Demir becoming the decisive leader, always closely followed by the favorite for victory, the Italian **Emiliano Brigante**, somewhat limited by the 2 disqualification notes that were given to him, but still being the second classified, with **39:49.64**.

In third place (despite having crossed the finish line in fourth) was Frederick Weigel, with **40:00.90**, a personal record, benefiting from the 1-minute penalty given to the Spaniard **Óscar Martínez**, who went from third at the finish line to seventh in the race.

As for the Portuguese, **Tiago Ramos** came in 12th place (he improved his 16th in Espoo-2023), with **41:43.14**, his best time of the season, and **Tiago Sucena**, 21st, achieved a personal best by a wide margin of **43:06.14** (previously, on the track, 44:30.28).

1.	Mazlum DEMIR	19 DEC 2003	TUR	39:45.84
2.	Emiliano BRIGANTE	27 MAY 2003	ITA	39:49.64
3.	Frederick WEIGEL	08 MAY 2005	GER	40:00.90
4.	Nicola LOMUSCIO	03 JUN 2003	ITA	40:19.25
5.	Mukola RUSHCHAK	30 OCT 2003	UKR	40:29.39
6.	Jaromír MORÁVEK	22 MAR 2003	CZE	40:31.92
7.	Oscar MARTINEZ	28 SEP 2003	ESP	40:58.84
8.	Georgios KRITOULIS	13 DEC 2004	GRE	41:31.91
9.	Ellis BATIFOL	06 AUG 2003	FRA	41:33.26
10.	Jassam ABU EL WAFI	03 JUL 2004	GER	41:36.44
11.	Luigi REIS	17 OCT 2003	ITA	41:38.87

12.	Tiago RAMOS	05 JUN 2003	POR	41:43.14
13.	Hugo ELLUL	22 APR 2005	FRA	41:43.65
14.	Pedro CALLADO	22 AUG 2005	ESP	41:56.74
15.	Harun BILIR	15 DEC 2004	TUR	42:35.31
16.	Adam ZAJÍČEK	09 MAY 2003	CZE	42:36.41
17.	Andreas PAPASTERGIOU	29 JUN 2003	GRE	42:43.21
18.	Quentin CHENUET	29 MAY 2005	FRA	42:45.26
19.	Filip KRESTIANKO	13 DEC 2005	SVK	42:45.58
20.	Tomáš MENCEL	06 JUL 2004	SVK	43:03.75
21.	Tiago SUCENA	18 JUN 2004	POR	43:06.14
22.	Albert KUKLA	13 JAN 2005	CZE	43:38.42
23.	Jakub BÁTOVSKÝ	18 JUN 2005	SVK	43:44.01
24.	Jonathan EKBERG	17 OCT 2003	FIN	44:19.43
25.	Matthew GLENNON	14 NOV 2003	IRL	44:47.96
26.	Jake O'BRIEN	14 JUN 2004	IRL	45:30.46
27.	Dominik BARBUŽYŃSKI	18 MAR 2004	POL	45:45.76
28.	Aristotelis BOUSDAS	02 SEP 2003	GRE	46:23.00
29.	Edmond DOBRUNA	29 FEB 2004	CRO	47:54.92
30.	Lukas LASEVIČIUS	22 JUN 2005	LTU	48:53.74
31.	Tauras Jokūbas GRINCEVIČIUS	27 APR 2004	LTU	50:23.41
	Pablo RODRIGUEZ ROJAS	18 DEC 2004	ESP	DNF
	Hayrettin YILDIZ	04 MAY 2004	TUR	DNF



Demir and Brigante pour it on.



On the podium, alongside Weigel.

Alexandrina Mihai crowned European Under-23 10,000m race walk champion – Bergen 2025

Full of authority, Italian **Alexandrina Mihai** won the 10,000 meters walk (track) event this morning in Bergen, Norway, at the European Athletics U23 Championships, achieving, under adverse heat conditions, a new personal record by a wide margin of **43:49.55** (previously, 44:49.54 in Grosseto, 5/7).

Mihai, after the silver medal at the Espoo-2023 championships, then over 20 km on the road, has now reached the European gold, showing herself to be an undisputed leader with a passage to the 5,000 meters in 22:26, distancing herself shortly after her main opponents, the French **Ana Delahaie** and her compatriot **Giulia Gabriele**, and covering the second half of the race in an impressive 21:24.

The silver medal was won by Ana Delahaie, with **44:07.59**, a personal record, and the bronze medal by Giulia Gabriele, with **44:19.31**, who had the best record of the participants (44:06.08).

Brilliantly, Italy placed 3 athletes in the top 4 places, with **Sofia Fiorini**, in fourth place, with **44:57.05**, also a personal record, benefiting from the 1-minute penalty given, after crossing the finish line, to the Spanish **Lucía Redondo** (she went from 4th to 5th place, with **45:37.40**).

1.	Alexandrina MIHAI	27 MAY 2003	ITA	43:49.55
2.	Ana DELAHAIE	13 MAY 2004	FRA	44:07.59
3.	Giulia GABRIELE	11 NOV 2005	ITA	44:19.31
4.	Sofia FIORINI	19 AUG 2004	ITA	44:57.05
5.	Lucia REDONDO	03 AUG 2003	ESP	45:37.40
6.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	45:41.33
7.	Tiziana SPILLER	23 DEC 2003	HUN	45:46.61
8.	Griselda SERRET	09 JUL 2005	ESP	45:53.92

9.	Eva RICO	18 JUN 2003	ESP	46:30.53
10.	Valeriya SHOLOMITSKA	01 AUG 2004	UKR	46:38.67
11.	Anastasia ANTONOPOULOU	27 OCT 2004	GRE	46:41.48
12.	Liv MASSON	30 OCT 2003	FRA	46:42.49
13.	Alžběta FRANKLOVÁ	05 NOV 2005	CZE	47:54.47
14.	Selin ÇADIR	01 MAR 2004	TUR	48:18.78
15.	Magdalena ŻELAZNA	16 APR 2004	POL	48:33.62
16.	Heta VEIKKOLA	23 MAY 2003	FIN	48:49.32
17.	Lana ŠVARBIĆ	27 AUG 2004	CRO	48:53.16
18.	Aliisa KIISKI	11 MAR 2005	FIN	49:24.77
19.	Sorana TUTU	16 JAN 2003	ROU	51:42.22
20.	Elena Andreea FOCAN	20 MAY 2005	ROU	53:01.93
	Emine CEYLAN	31 MAY 2004	TUR	DNF
	Anna KOKKO	18 AUG 2004	FIN	DNF
	Maren BEKKESTAD	30 AUG 2003	NOR	DQ



Delahaie led early at Bergen ...



... before hanging on to wedge the Italian juggernaut.

(Photos: Nicola Maggio, European Athletics)

Ukraine provided two walkers for these championships, **Mukola Ruschak** placing an impressive 5th in the Men's race and **Valeria Sholomitska**, who has been on the scene since racing in Muscat in 2022 (days after the Russian invasion of her homeland) as her country's only World Walking Teams championship representative, also achieving a top 10 finish in Bergen:

Track and field athlete from Lyubeshiv entered the top ten in Europe

(reprinted from novezittya.com.ua – 21 July)

Valeria Sholomitska took 10th place in the European Youth Athletics Championships.

The competition took place from July 17 to 20 in Bergen (Norway). Our compatriot Valeria Sholomitska took part in them as part of the Ukrainian national team. She competed in the 10,000-meter race walking event.

In a fierce competition, as reported by the Volyn Oblast Athletics Federation, the Lyubeshivka finished with a result of **46:38.67**, taking 10th place among the strongest young athletes in Europe!

"This is a worthy performance at such a high-level competition, an important experience and a step forward in sports growth," the Federation emphasizes.



(Photo: Volyn Oblast AF)

UNITED KINGDOM: Nijmegen Marches, 15-18 July – Nijmegen NED

Dave Hoban put together this report on the latest edition of the epic Nijmegen multi-day walks in the Netherlands, from an English perspective:

Two members of Surrey Walking Club (SWC) completed the 107th edition of the Nijmegen Marches, which was started in 1906 by the Dutch military to keep their personnel fit after the introduction of motor transport. Ever-present Centurion

Kathy Crilley completed 40k a day in uniform as a member of the Metropolitan Police Walking Club team on the highways and byways of this province of Holland, and was pleased to earn a special medal for her 25th completion. In addition, **David Hoban** completed 50k a day, as a civilian. Up until the previous week the weather forecast had looked like extreme heat, but as the event grew closer, the first two days took place in moderate summer temperatures with the occasional showers, one or two heavy, and for the last two days high pressure was back in charge, with considerable sunshine and temperatures in the 25-30 range. The spectators, which can be up to one and a quarter million, were out in full force, especially on the long approach to Nijmegen city on Day 4, where the road becomes known as Via Gladioli and is strewn with plants of the same name.

As well as the above mentioned, other UK Centurions besides Kathy included former SWC member **Jill Green** on the 40 route, **Sue Clements** on the 50k, **Hans Rennie** on the 30k, and **Frans Leijtens**, Secretary of the Continental Centurions, also on the 50k. In addition Jill and Sue had just come back from completing the 300k 7 days of Denmark event, with only a weekend break in between! Just no stopping them.

David Hoban

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, July 21, 2025 m- Marc Suárez (Spain) won the gold medal in the 10,000 meter walk at the Ibero-American Under-18 Championships (Asunción, PAR 2025) <https://omarchador.blogspot.com/2025/07/marc-suarez-espanha-conquistou-medalha.html>
- Sunday, July 20, 2025 - Icia Ares (Spain) won the 5,000 meter march of the Ibero-Americans U18 (Asunción, PAR 2025) <https://omarchador.blogspot.com/2025/07/icia-ares-espanha-venceu-nos-5000.html>
- Saturday, July 19, 2025 - Chamosa Brothers win the Spanish Federation Championship – Ciudad Real 2025 <https://omarchador.blogspot.com/2025/07/irmaos-chamosa-vencem-no-campeonato-de.html>
- Thursday, July 17, 2025 - Carolina Costa and João Pedro Vieira win at the 1st Meeting in the City of Coimbra <https://omarchador.blogspot.com/2025/07/carolina-costa-e-joao-pedro-vieira.html>
- Thursday, July 17, 2025 - Baltic Under-18 Athletics Championships – Valmiera 2025 (results) <https://omarchador.blogspot.com/2025/07/campeonatos-balticos-de-atletismo-sub.htm>
- Wednesday, July 16, 2025 - Spanish Under-16 Championships with victories for Paula Elvira (Getafe) and Marcos Ruíz (Málaga) - Gijón 2025 <https://omarchador.blogspot.com/2025/07/campeonatos-de-espanha-sub-16-com.html>

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

** H&T Online - NOTICE BOARD **



*AA Event Group Advisory Panel for Race Walks

Jared Tallent advises that AA is now inviting inquiries from applicants with relevant expertise for the abovementioned panel. The kind of *expertise* referred to is as follows:

The members of the Event Group Advisory Panel should have a high level of expertise in Athletics, such as:

- A retired athlete who has competed at an international level
- A coach who has coached athletes to an international level
- An international level official
- An event group expert, for example a performance support provider (e.g. therapist, scientist etc) that has supported a specific Event Group athlete/coach's senior Championship preparation.

The Expression of Interest (EOI) for the **Australian Athletics Event Group Advisory Panel for Race Walks** is now available on the Australian Athletics website:

<https://www.athletics.com.au/participant-hub/high-performance-coaching/>

Direct link to the EOI document:

<https://www.athletics.com.au/wp-content/uploads/2025/07/Australian-Athletics-Event-Group-Panels-Race-Walks-EOI.pdf>

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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

**** 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.)

2025 WINTER SEASON FIXTURE

JULY

Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
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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

Sat 26 Jul 2025	RWA Postal Challenge & VMA 10km c'ship – Middle Park
Sat 9 Aug 2025	AV 15km & VRWC c'ships (Alf Robinson & Mabel Robinson trophies) – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat
Sat 6 Sep 2025	AV 5000m Teams c'ship & Club races – Mentone
Sun 14 Sep 2025	Relay race, BBQ lunch, Winter presentations – Middle Park

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

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