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*H&T Notice Board – Page 11

- **LAVic Community Officials: Race walk judging education session – Sunday 12 October**
****NOTE CHANGE OF VENUE – now at Willinda Park (Diamond Valley LAC)**
- **Dogs off leash**
- **** VACANCY – Club Treasurer**

*VRWC Summer fixture - final

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WALKER OF THE WEEK



The second of the Tokyo World Championships walks – the 20km – saw **Rhydian Cowley** and **Rebecca Henderson (VIC)** repeat their 35km feats of leading the Australians across the finish line for 20th and 21st places respectively, earning them joint WOTW awards.

Bouncing back after a humidity-ravaged 35km the precious Saturday was always going to be a challenge. **Rhydian** ensured he was up near the leading pack early, but by 5km he was 11 secs down and aiming at minimizing the backward flow. As is typical of Rhyd, he used his second-half strength to good effect, clawing back several big-time rivals (including early leader Dominik Cerny) to finish in **1:21:18**, only 1:07 off a top 10 placing. Another 100% effort by the never-say-die Glenhuntlian!



Bec was rightly delighted with her result, her fastest-ever 20km in a major international (see her interview on *Australian Athletics* Facebook page) with a time of **1:31:05**. This, coming on the back of her 9th place in the 35km, indicates that her replenishment program over the ensuing week had worked in her favour and she was also able to come through the field in the second 10km. More a stayer than a sprinter, Bec was able to outlast many of her rivals as the temperature rose. An outstanding campaign from one of our most popular athletes.

*Honourable mentions:

- **Declan Tingay (WA/VIC)** – Dec put himself in the mix from the outset and was only a second behind eventual bronze medallist Paul McGrath at half-way. Struck rough going in the third 5km but was able to arrest the loss of ground and finish 23rd in **1:21:30**, on a day when many big guns started with a bang and later struggled.
- **Elizabeth McMillen (NSW)** – hurled into the furnace of a world championship competition, Lizzy would have hoped for better after her World University victory and record in July. But you can only counter what the day throws at you with what you've got, and full marks to Lizzy for gritting it out, crossing 33rd in **1:34:58**.
- **Tim Fraser (ACT)** – A hard day at the office for Tim, who nevertheless gave it his all despite what the clock was telling him, finishing 39th in **1:24:55**. A day for learning and toughening in his first major international.

- **Alexandra Griffin (WA)** – You can put in all the hard work, exercise all the self-discipline and have a race plan as close to perfect as you like ... and it can all vanish with the roll of an ankle when you've barely left the stadium. A heartbreaking experience for Ali, her family and supporters back at the WARWC, yet one she'll have stored in the memory bank as 'unfinished business'. We'll celebrate with you when it's finished, Ali!



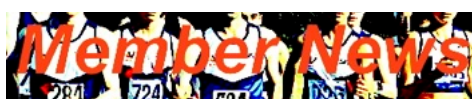
Dec, Lizzy and Tim slug it out in the 20km.

Ali ... robbed by cruel luck.

(Photos: Athletics Australia; Yo Tambien corro en Tijuana FB)



CLUB NEWS and RESULTS



- Congratulations to **Rhydian Cowley** and **Bec Henderson** on their 20km efforts in Tokyo. Regardless of times (it took something exceptional to get close to PBs in the conditions), their results (Rhyd 20th in **1:21:18**, Bec 21st in **1:31:05**) were hard-earned, all the more since they followed big depletive efforts in the 35km the week before. Bec and Rhyd – along with **Will Thompson** – can now have some well-earned down time before focusing on the maiden Australian Marathon Walk championship at Stromlo Park, Canberra, in November. Well done, team!

- The **Pashutin** family had a fair(-ish) excuse for being absent from the Club's season closer and Winter presentations last week. Mum **Alla** and Dad **Ivan** were both pounding the sand on the course of the Surf Coast Century ultra-running challenge, held from Anglesea to Torquay then back via Pt Addis. Alla – who seems to make a habit of such behaviour – completed the whole 100km, while Ivan saw marginally more sense and restricted his exertions to 50km.

According to Jim Leppik, Alla's finish time of **14hrs 49min** was a 5-hour improvement on a 100km she ran in July ... in the You Yangs! And that's not all. In July, Alla ran in the national 50km trail championships in the Blue Mountains. None of this may be new to the Knox community, but to others at the VRWC, including your truly – who are accustomed to seeing Alla quietly lap scoring at Club races – it's a happy revelation. Talk about still waters running deep!

By the look of it, Ivan is no slouch at ultras either. He ran his 50km in 5hrs 50min – a lot faster than he expected. Well done to Alla and Ivan ... what an inspiration to Ariana, Daniel and Dimitri (not to mention the genes!)

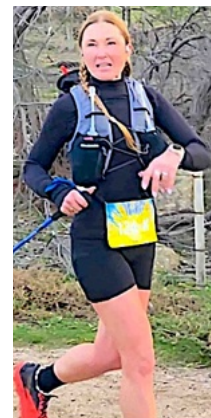
Alla's results from the Surf Coast Century can be seen at <https://results.tomatotiming.com.au/myresults.aspx?uid=16-29912-3-146277&g=2&c=3> . Many thanks to Jim Leppik for the information and photos.



Alla ... utterly exhausted!



Ivan and Alla ... at the finish??



Alla in the You Yangs



DOWN MEMORY LANE

with *Tim*

PASSING THE BATON - THE GIRGIN LEGACY

I can think of many instances of where a highly performing or internationally ranked racewalking parent has been followed by a racewalking child who was just as good, if not better:

- Bert Gardiner and Bob Gardiner
- Graeme Russell and Dion Russell
- Tim Erickson and Chris Erickson
- Craig Brill and Nathan Brill
- David Smith and Dane Bird-Smith
- Jenny Billington and Tayla-Paige Billington

but few can match the story of the Girgin Family for quality and quantity.

The story started in 1969 when, at the age of 21, Zeki Girgin arrived in Australia from Turkiye as a migrant worker. Like many of our immigrants, he worked in different parts of Australia from Perth to Darwin, in the mines and in building roads.

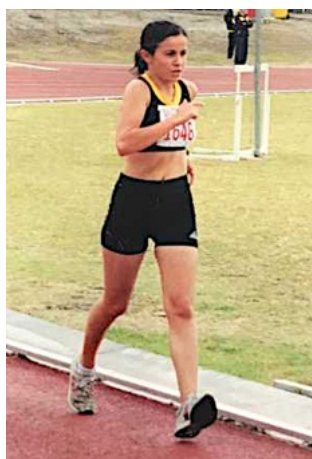
His original intention was to work here and go back to Turkiye for family visits, but he quickly realised that the Australian way of life would be better for his daughters Ece, Ezo and Eti (all born in Turkiye) so he decided to bring his wife Fatma and his three daughters to Australia in 1989 for a better life. The family then settled permanently in Australia.

Although Zeki never had opportunity to compete in sports, he encouraged his own children to be involved in athletics and to aim for the top. This involvement started with Ece and Ezo who took up athletics while students at Melbourne Girls College in Richmond. Their first major milestones were in 1994 at the AV Schools State T&F Championships, where Ece competed in the 1500m run and Ezo in the racewalk.

The two girls joined Richmond Harriers that same year (1994) and it was Richmond Harriers who directed them towards the winter roadwalking season at the VRWC in Albert Park. Indeed, both Richmond Harriers and the VRWC encouraged and embraced the family, one of the very few of Turkish heritage in Australian athletics at that time.

Ece was the only Girgin who did not master the racewalking technique but she was gifted with natural endurance and carved a good career as a runner, challenging herself with distances up the half marathon.

While Ece and Ezo thrived in their newfound athletics careers, Eti only occasionally came to VRWC and only race walked casually. Early on, she made the decision to focus on her studies.



Ezo competes in AV Interclub at Box Hill Ece and Ezo running in the 2006 Victorian Half Marathon

Eda, Timucin and Ergenekon (all born here in Australia) soon followed in the footsteps of their older sisters Ece and Ezo and joined Little Athletics at Collingwood where many of their club walk records still stand. They also joined VRWC around this time, in 1997.

Their first trip to the Lake Burley Griffin Carnival was in 1999, when Eda and Tim won their respective U9 1km roadwalks (5:36 and 5:38 respectively). Erko joined them in Canberra in 2001, with his own win in the U9 1km roadwalk (5:52). From then on up until 2003, the yearly trip to LBG in Canberra was one of their family walking highlights and they usually performed well, especially young Tim who won golds in 1999, 2001, 2002 and 2003.

In 2003, the children moved from Richmond Harriers to Athletics Essendon, the main reason being the need for a track on which to train. This led to them joining Mark Donahoo's training squad and it was Mark who guided Eda, Tim and Erko in their subsequent junior careers.



Left: Eda in LA competition at Collingwood Middle: 6yo Erko at Albert Park Right: Eda and Tim with their LBG winners' trophies in 1999



Left: Tim competes in the Australian Roadwalk Champs in Adelaide in 2005 Centre: Eda and Tim at Middle Park in 2006 Right: Erko at Middle Park in 2005

They all performed well in their various Victorian and Victorian Schools Championships, winning a whole swathe of medals in the period from 2002 till 2007.

However, like many talented youngsters before and since, they hung up their walking shoes post Year 12 and moved onto further studies. All six children successfully finished university and took on professional employment, thus fulfilling Zeki's dream of better lives for his family here in Australia.

Luckily for us, the racewalking story does not end there because Ece and Ezo reappeared at the VRWC in 2018, when **Ela Uzun** (Ece's daughter) and **Havana Ali** (Ezo's daughter) started racing at Middle Park – Ela as a 7 year old and Havana as a 6 year old.

It was immediately obvious that both Ela and Havana exhibited natural talent and that Girgin passion for race walking.



Havana and Ela in 2018 (with Jemima Montag), in 2019 and in 2020

Ela quickly started to rewrite the VRWC record books, from U9 upwards. In fact her first club record was recorded after only a couple of months, with a 2018 U9 2km Roadwalk time of 13:35. Since then, she has set new VRWC club records or broken her own club records an amazing 62 times. You can check the current VRWC records listing at <https://www.vrwc.org.au/vrwc-records.shtml>.

It was obvious right from the start that Havana was also an excellent walker and she does not seem to be overshadowed by her older cousin. In fact, the girls have shown themselves to be wonderful training partners, always supporting each other and celebrating each other's achievements. They are undoubtedly lucky to have each other in their wonderful shared journey.

In 2022, the family felt it was time for the two young girls to test themselves further and they started competing in Senior Athletics with Athletics Essendon. It was a very special moment when both girls broke the Athletics Essendon 3000m walk record of their aunty Eda.

Now, at only 14 years of age, Ela holds every single Athletics Essendon record (both underage and Open) over the 1500m, 2000m, 3000m and 5000m walk distances. And that's just the tip of the iceberg. Her wider accolades include

- Holding just about every VRWC club record from U9 to U15 for all distances from 1500m to 5000m (some of these records are also Open club records!)
- Holding the Little Athletics Victoria 1500m Best performances for U10-U13
- Holding the Victorian U13 (13:26.86), U14 (13:21.24) and U15 (13:23.14) 3000m Track Walk Records
- Holding the Australian U16 5km Roadwalk Record (22:57)

On top of those statistics, Ela has been unbeaten in her age group in any Australian race since 2019. Her only loss came in her first interstate participation in June 2019, when she was second in the LBG U10 1km with a time of 5:14. Since then, she has been untouchable.

Ela's list of PBs reads superbly for someone who is only 14 years old

- | | | |
|---------|-------|------------|
| • 1km | 4:28 | 18/06/2022 |
| • 1.5km | 6:20 | 12/10/2024 |
| • 2km | 8:37 | 02/08/2025 |
| • 3km | 13:21 | 08/04/2025 |
| • 5km | 22:57 | 24/08/2025 |

Them's big footsteps for Havana to follow but she has also made her mark, setting her own VRWC U11 5000m track record of 29:24.0.

And both girls are very strong technically. Racing prolifically, Ela has never once been disqualified, and Havana only once. I wish we could all say that about our racewalking careers.



Left: Ela and Havana in Ballarat in August 2025 at the Australian Junior Roadwalk Championships Centre: Ela and Havana racing in the AV 5000m Teams Championships at Mentone in September 2025 Right: Ela and Havana with their AV Teams Championship medals from Mentone

The Girgin connection with VRWC goes back 31 years and their connection with Australian athletics goes back 35 years. It's a great story but one with a lot more to come, given what we have seen so far with Ela and Havana.

Ece, Ezo, Eti, Eda, Timucin and Ergenekon were the only Turkish background racewalkers in Australia during their day, and I think the same can probably be said for Ela and Havana now. Proudly Turkish and proudly Australian.

Well done, girls. I look forward to reviewing this story in a few years time and adding more icing to the cake!

Tim



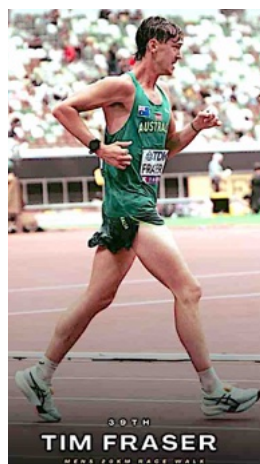
A.C.T. ACTRFWC Club championship results, 20 September - Kaleen

It looks as if the ACT walkers had great weather for their Club titles at Kaleen. Thanks to **Helen Toyne** for the results and photos:

Under 12 Boys 2km		Open Male 10km Race	
1 Zach Anderson-Rule	12:33	1 Owen Toyne	44:49
Under 12 Girls 2km		Masters Female 10km Race	
1 Estrid Helgstedt	14:26	1 Michelle Bray	55:16
Under 14 Girls 3km		2 Ann Jugovic	1:01:21
1 Katharina Johnson	19:04	3 Jill Pearson	1:11:21
2 Clare Rice	19:53	Masters Female 10km Fitness	
3 Tindra Helgstedt	23:05	1 Caroline Campbell	1:29:13
Under 20 Female 8km Race		Non-championship 2km Fitness	
1 Hana Jugovic	42:25	Michelle Tymkiw	14:50
		Jim White	17:21



Top: the longer races ready to start, followed by (above) the shorter ones. Nice surroundings, great day.



And there in spirit ... Tim. (Photo: Jared Tallent)



INTERNATIONAL NEWS

Perez repeats world race walk double in Tokyo

by Mike Robottom (reprinted from World Athletics news – 20 September)

Spain's **Maria Perez** successfully defended her women's 20km race walk title on Saturday (20) to complete a historic 'double double' at the World Athletics Championships Tokyo 25, after retaining the 35km version on the opening day.

The 29-year-old from Orce finished 12 seconds clear in the Japan National Stadium in a season's best of **1:25:54**, with Mexico's **Alegna Gonzalez** taking silver in a North American record of **1:26:06**.

"I have been in five World Championships and this is my fourth medal. I am the happiest woman in the world," said Perez. "I did not come here today to make history in women's sport. I just came to improve myself and not focus on the time. I responded well to the changes in pace. I knew where my limits were. It was not easy, but I managed to have time to celebrate at the end. Last time in Japan (at the Olympics in 2021), I left with a bittersweet taste (because she finished fourth). I am leaving happy now."

All the drama was in her wake, however, as an exhausted 26-year-old **Nanako Fujii** claimed Japan's first world medal in this event after reaching the line for third place a step ahead of the fast-finishing **Paula Torres** of Ecuador. Fujii, who had fought tenaciously to remain in contact with the leaders amid packed home support on the 1km looped course, set a national record of **1:26:18**, with Torres – bronze medallist in the 35km race – being given the same time, which was a personal best for her.

It was the host country's second medal, following the bronze won by **Hayato Katsuki** in the men's 35km race walk.

"I have been waiting for this moment for a while and it finally happened," said Fujii, who wore a black ribbon during the race. "Winning the bronze medal in my country feels very special. I am honoured to do it at home. The colder weather today probably helped me. I am wearing the black ribbon in honour of my coach, who passed away last month. I know he is looking after me from above."

Torres had moved into fourth place during the closing stages on the track, overtaking Peru's **Kimberly Garcia Leon**, who won the 20km and 35km double when it was introduced to the World Athletics Championships at the 2022 edition in Oregon. It was a noble performance from the Peruvian, who has returned to the sport after suffering severe depression following her failure to take a medal at the Paris 2024 Games. She finished in a national record of **1:26:22**.

Sixth place went to China's world record-holder **Yang Jiayu**, who beat Perez to the Olympic title in Paris last summer. Yang clocked a season's best of **1:27:16**, with Spain's **Antia Chamosa** following her home in **1:27:55** and her compatriot **Wu Quanming** earning eighth place in **1:28:08**.

With the race walking distances changing to half marathon and marathon after the Tokyo championships, Perez will thus be the women's 20km race walk world champion in perpetuity.

After discarding her white cap as she entered the stadium, she pushed her sunglasses up to her brow as she entered the final straight in order to take in the full spectacle. Having beaten her chest in triumph, she addressed the TV camera with a message for her 34-year-old training partner **Antonella Palmisano** of Italy, the Tokyo Olympic gold medallist in 2021. The victorious Spaniard had embraced her friend at the 35km finish line after she followed her home for silver. But on this occasion Palmisano was unable to add a 20km medal to the bronze she earned in 2023 as she dropped out of the race shortly after the halfway mark.

Perez, peerless, had bossed the race from the start in conditions that were far fresher than those which had obtained during the 35km racing, which took place in high humidity.

The defending champion reduced the number of medal contenders with a series of surges, the first of which came between the fifth and sixth kilometre, which created a lead group of 12. At the 10km mark the group had been reduced to seven, with Perez and Leon going through in 43:37 ahead of Yang, Gonzalez, Fujii, Wu and Torres.

By 15km Perez was pushing on, leading in 1:04:59 along with Gonzalez. Fujii and Leon were 0.01 behind and Wu was dropping away. One kilometre later the shape of the race had become clearer as Perez began moving clear on 1:09:09, three seconds ahead of Gonzalez and Fujii, with Leon a further three seconds back. At 18km gold appeared destined for Perez as she led Gonzalez by nine seconds, with Fujii four seconds further back but a full 10 seconds clear of Leon.

The Peruvian rallied in the penultimate kilometre, however, moving to within three seconds of the straining home athlete as the field prepared for the stadium finale. But Leon could not sustain her challenge in the closing stages. And Fujii, who collects Winnie the Pooh merchandise, was soon bounding about like Tigger as she registered the full significance of her achievement in an arena full of adoring fans.



(Photo: World Athletics)

1.	María PÉREZ	29 APR 1996	ESP	1:25:54
2.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:26:06
3.	Nanako FUJII	07 MAY 1999	JPN	1:26:18
4.	Paula Milena TORRES	17 OCT 2000	ECU	1:26:18
5.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:26:22
6.	Jiayu YANG	18 FEB 1996	CHN	1:27:16
7.	Antia CHAMOSA	07 OCT 1999	ESP	1:27:55

8.	Quanming WU	16 NOV 2001	CHN	1:28:08
9.	Li MA	15 JAN 2000	CHN	1:28:52
10.	Mary Luz ANDIA	09 NOV 2000	PER	1:28:52
11.	Pauline STEY	09 SEP 2001	FRA	1:28:52
12.	Viviane LYRA	29 JUL 1993	BRA	1:29:02
13.	Lyudmila OLYANOVSKA	20 FEB 1993	UKR	1:29:16
14.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	1:29:31
15.	Alexandrina MIHAI	27 MAY 2003	ITA	1:29:44
16.	Antigoni NTRISMPIOTI	21 MAR 1984	GRE	1:29:47
17.	Federica CURIAZZI	14 AUG 1992	ITA	1:29:48
18.	Kumiko OKADA	17 OCT 1991	JPN	1:30:12
19.	Mariia SAKHARUK	14 OCT 1995	UKR	1:30:38
20.	Magaly Beatriz BONILLA	08 FEB 1992	ECU	1:30:39
21.	Rebecca HENDERSON	04 JUL 2001	AUS	1:31:05
22.	Paula JUAREZ	30 OCT 2000	ESP	1:31:50
23.	Yasmina TOXANBAYEVA	16 NOV 2004	KAZ	1:31:51
24.	Hanna SHEVCHUK	18 JUL 1996	UKR	1:32:15
25.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:32:28
26.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:32:47
27.	Lauren HARRIS	23 JUL 1999	USA	1:32:50
28.	Vitória OLIVEIRA	30 AUG 1992	POR	1:33:02
29.	Clémence BERETTA	22 DEC 1997	FRA	1:33:14
30.	Evelyn INGA	16 APR 1998	PER	1:33:29
31.	Alejandra ORTEGA	08 JUL 1994	MEX	1:34:18
32.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:34:28
33.	Elizabeth MCMILLEN	10 APR 2004	AUS	1:34:58
34.	Christina PAPADOPOULOU	05 SEP 1996	GRE	1:35:05
35.	Ilse GUERRERO	24 MAR 1993	MEX	1:35:20
36.	Tiziana SPILLER	23 DEC 2003	HUN	1:35:32
37.	Ayane YANAI	24 DEC 2003	JPN	1:35:44
38.	Jekaterina MIROTVORTSEVA	17 NOV 2002	EST	1:36:25
39.	Panagiota TSINOPOULOU	16 OCT 1990	GRE	1:37:40
40.	Lucy Alejandra MENDOZA MALAGON	22 JAN 1999	COL	1:38:05
41.	Laura Cristina MOJICA CHALARCA	20 JUN 2000	COL	1:42:08
	Sintayehu MASIRE	29 APR 2001	ETH	DNF
	Antonella PALMISANO	06 AUG 1991	ITA	DNF
	Meryem BEKMEZ	31 JUL 2000	TUR	DNF
	Johana ORDÓÑEZ	12 DEC 1987	ECU	DNS
	Alexandra GRIFFIN	10 JUN 2005	AUS	DNF
	Erica SENA	03 MAY 1985	BRA	DNF
	Mirna ORTÍZ	28 FEB 1987	GUA	DQ
	Li PENG	27 AUG 2002	CHN	DQ

Gold at last for 20km race walk winner Bonfim in Tokyo

by Camina Alves (reprinted from World Athletics news – 20 September)



(Photo: World Athletics)

In crossing the finish line in **1:18:35** at the World Athletics Championships Tokyo 25 on Saturday (20), Brazil's **Caio Bonfim** claimed gold in the 20km race walk just a week after winning silver at the 35km distance.

"Your father is a world champion," he said to the camera afterwards, sending a message to his children: Miguel, Theo and Manoel.

With heavy breathing and backward glances every 30 seconds on his approach to the Japan National Stadium, Bonfim overtook three contenders during the last lap to claim his title.

"I overtook the Chinese and Spanish athletes on the last lap, but I thought I was second and accelerated to try to win a medal," he said, only learning of his win when crossing the finish line.

He threw himself on the track, wrapped in the finish line tape, the realisation of his gold medal showing through incredulous eyes.

"I lost my wedding ring in the third kilometre. I believe my wife will be OK because I won today," he said. "The oldest of my three children, Miguel, told me he missed me. I said that my success could compensate for my absence. I am here for him and I made sure my effort was worthy of him."

Bonfim already had two major international silver medals and two bronze, and now he owns a first global gold. Japan's world record-holder **Toshikazu Yamanishi** tops the world ranking this season and he led for much of the second

half of the race, but was hit with a two-minute time penalty, taking him out of contention. Bonfim, whose strategy had been to stick with Yamanishi, then took up the lead with a few kilometres to go.

"I am very disappointed," Yamanishi said. "I wish I had been more careful during the race. I wanted to win the gold medal, so I pushed for it. I had to go for it but that led me to disqualification. I don't know what to do now. To win in Tokyo was one of my big goals. I need to think about my next steps."

China's **Wang Zhaozhao** came right after Bonfim, clocking **1:18:43** for the silver – his first World Championships medal after winning at the Asian Championships in May and claiming silver in the Asian Games in 2023. He was ranked eighth heading into the race.

"I knew I would be fighting the strongest race walkers in the world and the temperature, so I moved to a training camp in Yuanjiang in Yunnan Province for a whole month," Wang explained. "It is a small city with a very similar climate to Tokyo. This competition was my main focus this year. This is my first big international medal, so I couldn't be happier about the result."

Spain's **Paul McGrath** finished just two seconds later, clocking **1:18:45** for the bronze, his first medal at a World Championships. "A dream come true," he said.

His pace dropped as he suffered with cramps in the final kilometre, but he held on to a podium place, climbing from seventh place in the world ranking to celebrate the second medal of the day for Spain, following Maria Perez's gold in the women's race just hours earlier.

"When the leader Toshikazu Yamanishi got disqualified, I was very scared I would get disqualified too," he admitted. "I had two cards at that moment. I was just thinking that winning a medal is better than not winning one at all, so I calmed down, got my race technique under control, and finished with bronze. I will go for the gold next time."

1.	Caio BONFIM	19 MAR 1991	BRA	1:18:35
2.	Zhaozhao WANG	01 SEP 1999	CHN	1:18:43
3.	Paul MCGRATH	07 MAR 2002	ESP	1:18:45
4.	Aurélien QUINION	27 JAN 1993	FRA	1:18:49
5.	Gabriel BORDIER	08 OCT 1997	FRA	1:19:23
6.	Haifeng QIAN	08 JUL 2000	CHN	1:19:38
7.	Kento YOSHIKAWA	09 AUG 2001	JPN	1:19:46
8.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:20:05
9.	Satoshi MARUO	28 NOV 1991	JPN	1:20:09
10.	Christopher LINKE	24 OCT 1988	GER	1:20:11
11.	Leo KÖPP	23 MAY 1998	GER	1:20:35
12.	Ricardo ORTIZ	07 FEB 1995	MEX	1:20:36
13.	Perseus KARLSTRÖM	02 MAY 1990	SWE	1:20:37
14.	Maher BEN HLIMA	24 JUL 1989	POL	1:20:39
15.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:20:43
16.	Francesco FORTUNATO	13 DEC 1994	ITA	1:21:00
17.	Matheus CORREA	22 AUG 1999	BRA	1:21:04
18.	Misgana WAKUMA	05 JUL 2004	ETH	1:21:17
19.	David HURTADO	21 APR 1999	ECU	1:21:18
20.	Rhydian COWLEY	04 JAN 1991	AUS	1:21:18
21.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:21:28
22.	Dominik ČERNÝ	01 NOV 1997	SVK	1:21:29
23.	Declan TINGAY	06 FEB 1999	AUS	1:21:30
24.	Chenjie LI	05 MAY 2005	CHN	1:21:39
25.	Veli-Matti PARTANEN	28 OCT 1991	FIN	1:21:41
26.	Mukola RUSHCHAK	30 OCT 2003	UKR	1:21:57
27.	Serhii SVITLYCHNYI	13 JUL 1994	UKR	1:22:24
28.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:22:39
29.	Mateo ROMERO	07 FEB 2003	COL	1:22:44
30.	Byeongkwang CHOE	07 APR 1991	KOR	1:22:52
31.	Servin SEBASTHIYAN	26 NOV 1999	IND	1:23:03
32.	Bence VENYERCSÁN	08 JAN 1996	HUN	1:23:06
33.	Noel CHAMA	15 SEP 1997	MEX	1:23:41
34.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:23:50
35.	Mazlum DEMIR	19 DEC 2003	TUR	1:24:11
36.	Andrea COSI	30 APR 2001	ITA	1:24:18
37.	Jerry JOKINEN	18 MAR 2002	FIN	1:24:37
38.	Erick Bernabé BARRONDO	14 JUN 1991	GUA	1:24:42
39.	Tim FRASER	22 FEB 2000	AUS	1:24:55
40.	César HERRERA	28 JAN 1999	COL	1:25:01
41.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	1:27:25
42.	Max Batista GONCALVES DOS SANTOS	09 OCT 1994	BRA	1:27:34
43.	Wayne SNYMAN	08 MAR 1985	RSA	1:30:12
	Alexandros PAPAMICHAIL	18 SEP 1988	GRE	DNS
	José Luis DOCTOR	14 JUN 1996	MEX	DQ
	Luis Henry CAMPOS	11 OCT 1995	PER	DQ
	Hayrettin YILDIZ	04 MAY 2004	TUR	DQ
	Ihor HLAVAN	25 SEP 1990	UKR	DQ

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, September 22, 2025 - **Polish Athletics U16 Championships – Lublin 2025 (results)**
<https://omarchador.blogspot.com/2025/09/campeonatos-de-atletismo-da-polonia-sub.html>
- Sunday, September 21, 2025 - **Race Walk Judges at the World Athletics Championships in Tokyo (2025)**
<https://omarchador.blogspot.com/2025/09/os-juizes-de-marcha-nos-campeonatos.html>
- Saturday, September 20, 2025 - **Caio Bonfim gives Brazil its first world title in race walking**
<https://omarchador.blogspot.com/2025/09/caio-bonfim-da-ao-brasil-primeiro.html>
- Saturday, September 20, 2025 - **María Pérez wins twice in Tokyo and adds the 20 km title to the 35 km title**
<https://omarchador.blogspot.com/2025/09/maria-perez-bisa-em-toquio-e-junta.html>
- Thursday, September 18, 2025 - **2025 PATAFA Weekly Relays - U20/Senior / Schedule B – Philippines (results)**
<https://omarchador.blogspot.com/2025/09/2025-patafa-weekly-relays-u20senior.html>
- Tuesday, September 16, 2025 - **Gabriela da Silva Souza and Davi Bastos da Silva win at the Youth Games – Brasilia 2025 (results)** <https://omarchador.blogspot.com/2025/09/gabriela-da-silva-souza-e-davi-bastos.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.

OTHER NEWS

- Sep 13, 2025 - **Olympic medal-winning German race walker blazes on after battle with depression**
https://www.japantimes.co.jp/sports/2025/09/13/more-sports/german-race-walker-hilbert-depression/?fbclid=IwY2xjawm8qbvlchrua2flbqixmqabhjteshj8bn9jskslbyuleuy8bw6ks7uo6xta9xkdiuqqkrrfu --vwyihj_aem_4mlip1cnuxhmqkegigipug
Jonathan Hilbert (GER, Tokyo Olympic 50km silver medallist) tells of his mental health issues and his gratitude simply to be out there in the Tokyo World Championships 35km. Hilbert's message to anyone suffering the ravages of depression is worth taking on board.

** H&T Online - NOTICE BOARD **

VRWC Committee

****Vacancy – Club Treasurer**

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

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

The job entails:

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

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

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



Little Athletics Victoria Community Officials: Race Walking

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

***CHANGE OF VENUE – Message from Nathan McConchie**

Hi everyone,

I hope that this finds you well.

I apologise for the inconvenience, but I am just writing to advise of a change of location for the upcoming Community Officials: Race Walking program, scheduled for October 12.

Due to a challenge for access with the Melbourne Marathon course, our race walking program will now be scheduled for Diamond Valley LAC (Willinda Park). All other details remain the same.

We will send out some further information ahead of the program but looking forward to seeing you soon.

Nathan

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

About The Event

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

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

***** Location:** Willinda Park (Diamond Valley LAC centre) - ***Note change of venue!***

Duration: 11.00am – 3.00pm

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

Registrations Close: Wednesday 8 October at 11.59pm, unless capacity reached prior.

Register via <https://events.mygameday.app/event/communityofficialsracewalking12oct25>

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

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

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

FIXTURE 2025-2026 SUMMER SEASON - *final*

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

Sun 16th November 2025, VRWC Summer Championships and AGM		Middle Park
8.30am	20km Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	20km VRWC Championship	Open Female
8.30am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km VMA Masters championship	Masters Males
8.45am	5km Heather Carr Trophy VRWC Championship	Masters Female
8.45am	5km VMA Masters championship	Masters Female
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female
8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
10.30am	Presentations	
11.00am	Annual General Meeting	

Sat 29th November 2025, Australian Athletics Marathon Race Walking Championships, Stromlo Forest Park, Canberra

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

Sun 7th December 2025, VRWC Road Races

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

Sun 18th January 2026, VRWC Road Races

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

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

VRWC Race Entries

- Walkers are asked to enter online, entries close 6.00pm Friday.
- Entries may be taken on the day
- To enter online, go to the club webpage: www.vrwc.org.au
- Then click on the left side tab: [VRWC Membership and Race Entry](#)
- A new page will open.
- From the menu at the top of the page, click on 'Events'
- On the new page, select 'ALL' then 'Search'. All the races that are available can be viewed.
- Register for the event you wish to race in.
- If there are problems then email the club secretary or text the race registrar 0428 331 550
- Entries for **AA, AV and Little Athletics Victoria Championships** **MUST** be completed online, through the organisations website.

Check in before races

- Check in at least 20 minutes before their race.
- In-person check-in closes 30 minutes before their race.

RACE ENTRY FEE: \$12.00



WHAT'S UP AHEAD?

AVSL Round Dates – 2025/2026

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

*Country venues – Ballarat, Bendigo, Geelong

Victorian & National Key Dates – 2025/2026

Sat-Sun 25/26 Oct 2025	AV All Schools T&F c'ships Week 1 – Lakeside Stadium
Sat-Sun 1/2 Nov 2025	AV All Schools T&F c'ships Week 2 – Lakeside Stadium
Sun 16 Nov 2025	VRWC Summer c'ships (inc. Gus Theobald Memorial & Heather Carr trophies); VRWC Annual General Meeting – Middle Park
Sat 22 Nov 2025	QA 10,000m track walk – QSAC, Brisbane QLD
Sat 29 Nov 2025	AA Marathon Race Walking c'ships (WA Tour Bronze) – Stromlo Park, Canberra ACT
Thu 4-Sun 7 Dec 2025	AA All Schools T&F c'ships – Lakeside Stadium, Melbourne VIC
Sun 7 Dec 2025	VRWC Road races – Middle Park
Sun 18 Jan 2026	VRWC Road races – Middle Park
Sat-Mon 24/26 Jan 2026	AV Country T&F c'ships – Albury NSW
Sun-Mon 25-26 Jan 2026	AA 10,000m Walk c'ship/Supernova – AIS track, Bruce ACT

Fri-Sun 13/15 Feb 2026	AV Junior T&F c'ships – Lakeside Stadium
Sun 15 Mar 2026	AA Half-Marathon Race walk c'ships – Adelaide SA
Thu-Sun 19/22 Mar 2026	AV U20, Open & Overage T&F c'ships – Lakeside Stadium

International Dates

12 Apr 2026	2026 World Athletics Racewalking Team c'ship – Brasilia, BRA
18-23 May 2026	2026 Oceania Athletics C'ships – Darwin NT, AUS
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.*

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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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