



# HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.  
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**\*H&T Notice Board – Page 11**

**Race Walking Coaches Practical course (Mark Donahoo)**  
Saturday 1 March – Mentone

## \*\* 2024 U20 WALKERS OF THE YEAR \*\*

They began their race walking careers, almost without exception, at Little Athletics centres around the country, among hundreds of other young heel ‘n’ toe novices. Unlike most of those, they stayed with the sport, grew with it, and in most cases set their sights on representing Australia in it, as did our current Olympians. Here they are – the next generation of Australia’s walking elite. We wish them all every success in achieving their goals.



### **ISAAC BEACROFT (NSW)** **Male U20 Walker of 2024**

Plenty has been said about **Isaac Beacroft’s** exploits last year in Antalya (TUR) and Lima (PER), but of course the 17yo began raising eyebrows (and hopes) at home well before that. His strength and withering second-half speed over all distances up to 10km, expressed through a technique that exudes economy and efficiency,

became his trademark at least from the day of his 13:05 as a 14yo in the NSW all Schools 3000m, and he hasn’t taken a backward step since.

What makes Isaac’s story all the more remarkable is the by now well-known fact that his first love is actually AFL playing and umpiring! Thankfully, his walking successes on the national and international stage – against older and much more experienced rivals – appear to have convinced him of the error of his ways, at least for now. Isaac has declared his sights to be firmly on Olympic representation, before a possible return to AFL. If he achieves the first aim, it may be so enriching for him that he’ll want more and forget the second.

Congratulations, Isaac. At 17, you’ve already shown yourself to be a superb role model and the shot in the arm our sport so badly needs.

#### **Best performances**

- 1<sup>st</sup> WA World Walks teams c’ship U20 10km – 39:56 (Team bronze)
- 4<sup>th</sup> WA U20 10,000m track c’ship – 39:36

### **ALEXANDRA GRIFFIN (WA)** **Female U20 Walker of 2024**

With the bulk of the country’s best young female walkers doing battle across the eastern and southern states, it may have been overlooked that West Australia has had a budding star of their own for several years. While 19yo **Alexandra Griffin** is genuinely fast and has raced consistently in her home state since 2015, a look at her results indicates that she has been most impressive in state and national championships, saving her best for the big occasion. They didn’t come much bigger than in 2024.



Selected for Antalya and Lima on the basis of four sub-50:00 10km results (including a sub-46:00 victory in the national U20 10,000m title), Ali seized her green & gold chances with both hands. Benefitting from a valuable learning experience four months earlier in Turkiye (where she’d finished 16<sup>th</sup> after being well up for the first half of her 10km race), she planted herself firmly under the world spotlight in Lima, taking 5<sup>th</sup> place in the 10,000m with a 40 sec PB against the best the world could throw at her.

A tall athlete with a long, flowing stride, Ali’s forte lies in the longer events. In December she completed her first 20km race in a creditable 1:36:32 and will surely reduce this in short order.

Congratulations, Ali, on a wonderful season. We all look forward to observing your progress in senior ranks.

#### **Best performances**

- 5<sup>th</sup> World U20 track 10,000m c’ship – 45:16
- 1<sup>st</sup> Aust U20 10,000m c’ship – 45:56

**RILEY COUGHLAN (VIC, 17)**

Riley twice represented his country last year, first in the Oceania championships in Suva and then the big one – a podium finish in the WA Teams 10km with a PB of over a minute. In addition, he won 7 titles at state and national level. A fantastic year!

**Best performance**

- 13<sup>th</sup> WA World Walks teams c'ship U20 10km – 41:03 (*Team bronze with Isaac and Marcus*)

**MARCUS WAKIM (VIC, 18)**

Marcus also wore green and gold twice in 2024, placing 15<sup>th</sup> in Antalya and 13<sup>th</sup> in Lima with a PB and, importantly, adding to his international experience resume. In between, he clocked an impressive 1:07:38 for 15km on the undulating Stromlo Park circuit. A regime of less racing and more training seems to have paid dividends.

**Best performance**

- 13<sup>th</sup> World U20 10,000m track c'ship – 41:03

**JOHN RONAN (WA, 17)**

Overcoming an injury setback that cruelled his summer last year, John steadily rebuilt his condition and hit back with a vengeance towards the end of the year. Two blistering 5000m efforts of 20:00 and 20:28, along with an 11:30 3000m, showed he'd lost no speed. Later, despite 30 secs in the PZ, John won the Aust All Schools U18 5000m comfortably.

**Best performance**

- 12<sup>th</sup> Supernova WA Tour Bronze 10,000m – 42:15

**SAMUEL LINDSAY (TAS, 16)**

This was the year Sam declared himself big time on the national stage, taking on the mantle of Tasmanian walking's standard bearer. Stepping up to the 10km distance, Sam reeled off a succession of fast 10's culminating in a 44:46 in the RWA titles. His sub-21:00 win in the All Schools 5000m attracted a lot of notice, as no doubt he will continue to do.

**Best performance**

- 1<sup>st</sup> Aust All Schools U18 5000m – 20:59

**BAILEY HOUSDEN (QLD, 17)**

Bailey has been a consistent high achiever for several seasons, earning international representation last year in the Oceania championships in Suva. Speed is his hallmark, coupled with excellent endurance which led to four sub-45:00 10km results. Bailey will soon be ready to try his hand at 20km and the prospect is an exciting one.

**Best performance**

- 10<sup>th</sup> Supernova WA Tour Bronze 10,000m – 41:30

**SAM McCURE (QLD, 18)**

Another Queenslander who has been a model of consistency, Sam completed six high-quality 10km races, only one of which was slower than 45:00. A year older than Bailey, Sam is closer to making his 20km debut. Hopefully he'll have one or two 15km races to use as stepping stones beforehand.

**Best performance**

- 1<sup>st</sup> RWA U18 10km c'ship – 43:56

**KODI CLARKSON (ACT, 16)**

A precocious talent with a CV that belies his years, Kodi has gained in strength with growth. Coupled with already impressive speed, this makes an already amazing young

**CHELSEA ROBERTS (NSW, 18)**

A 2<sup>nd</sup> placing in 48:18 in the national U20 10,000m earned Chelsea a trip to Peru, along with her Oceania selection. Thrust into an elite cauldron on the Lima track, she gave her all and came home with a huge PB and vital experience. Racing little since her return, we hope Chelsea will be ready for some big results over the summer championship season.

**Best performance**

- 19<sup>th</sup> World U20 10,000m track c'ship – 47:16

**NELLIE LANGFORD (SA, 19)**

Nellie's 48:49 for 3<sup>rd</sup> in the U20 10,000m title on her home track saw her selected for her international debut – the WA Teams U20 championship in Turkiye. Nellie also stepped up to 20km last year, racing twice over the distance. Foregoing summer track races in favour of distance training, she could be in for a pleasing result in the national 20km title, also on her home turf.

**Best performance**

- 3<sup>rd</sup> Aust U20 10,000m c'ship – 48:49

**ZOE WOODS (NSW, 17)**

Talk about saving it for the big occasion! Last January saw Zoe reappear for the first time since April 2023, rip five big results in major races (including a 10km PB of 48:36 in Turkiye), then disappear again. We hope that whatever is occupying her time in the interim is not compelling enough to take her away from the sport permanently. She's needed.

**Best performance**

- 22<sup>nd</sup> WA World Walks teams c'ship U20 10km – 48:36

**SIENNA PITCHER (NSW, 17)**

The highlight of Sienna's year was probably her win in the Oceania U18 5000m championship the heat and humidity of Suva. The year also saw her post her first sub-50:00 10km and 'graze' it recently at Bankstown. A tough competitor and excellent technician, Sienna will be out to excel in the coming championship races and really cut into those times.

**Best performance**

- 12<sup>th</sup> Supernova WA Tour Bronze 10,000m – 49:17

**ANGELINA LEGRAND (SA, 16)**

One of the most improved walkers in the country, Angelina's gains have featured few great leaps but rather steady ones as her fitness and confidence has grown. This progress was evident in her two best races – the RWA U18 5km title and national All Schools championship, in which she showed her dominance after calculated starts.

**Best performance**

- 1<sup>st</sup> Aust All Schools U18 5000m c'ship – 24:33

**MILLY SHARPE (QLD, 16)**

Another model of consistency, Milly's presence in this list is due, not so much to her times as to the fact that she completed 17 races in 2024 and finished no worse than 3<sup>rd</sup> in any of them. These included a national title and six Qld titles, a successful year by any measure. Keep it up, Milly!

**Best performance**

- 1<sup>st</sup> QRSS Schools 5000m c'ship – 24:58

**MADDISON NASH (VIC, 18)**

Between two miserably long-term bouts of injury, Maddison managed to build sufficient fitness to punch through the 50:00 barrier for the first time at the national track titles in

walker a fascinating prospect for future international representation. May he keep at it!

**Best performance**

- 7<sup>th</sup> Aust U20 10,000m c'ship – 44:19

Adelaide. Maddie's determination to overcome adversity and pursue her goals in the sport she loves is truly admirable and, we hope, fully rewarded. Middle Park misses her.

**Best performance**

- 4<sup>th</sup> Aust U20 10,000m c'ship – 49:01

**EDEN MORGAN (VIC, 19)**

Eden raced almost weekly throughout the VRWC road season, over distances from 5km to 10km. This program stood him in good stead for the summer, with his first sub-13:00 3000m coming before Christmas. Eden had his first race over 15km last weekend, so his 20km debut is just around the corner.

**Best performance**

- 2<sup>nd</sup> AV U20 10km c'ship – 46:34

**JOEL BYATT (NSW, 17)**

A product of the formidable NSW junior racewalking development machine, Joel broke through into sub-50:00 10km territory and has stayed there, his 47:38 and 47:51 being his best outings. He appears to be in it for the long haul, and good luck to him!

**Best performance**

- 3<sup>rd</sup> ANSW Open 10km road c'ship – 47:51

**MYLES ASHBY (NSW, 17)**

Myles raced less frequently over the winter, at least in walking, yet when spring rolled around his times over 5000m showed he'd lost little speed. The highlight of his year came in the ANSW championships in Bankstown, his 47:21 auguring for a big summer with further progress.

**Best performance**

- 5<sup>th</sup> ANSW 10,000m track c'ship – 47:21

**OWEN TOYNE (ACT, 17)**

A true star in the making, Owen wisely cut back on his walking last year to iron out some technique issues and enjoy running cross country. He returned with a strong 5000m performance in ACT summer track competition, and it's hoped he'll be fully ready when the 2025 summer championships are held.

**Best performance**

- 11<sup>th</sup> Supernova WA Tour Bronze 10,000m – 42:13

**\*\* 2024 ULTRA-DISTANCE WALKERS OF THE YEAR \*\***

The world of the ultra-distance athlete is one little known to many 'regular' sports fans and practitioners. Therefore, it's timely to recognise the feats of a few of our best current ultra-distance walkers, all members of the Australian Centurion Walkers Club. The three stalwarts featured below all achieved mind-boggling feats of endurance in 2024, the details of which are presented here by the club's Secretary **Tim Erickson (C13)**. Well done, all three!

- **David Billett (C 50) - new Australian 500km and 6 Days Records**

David Billett was also in action in the Australian 6 Day Championship in Adelaide, but in the 6 Day event. He headed off fast, motoring through his first 100 miles in the fine time of 23:39:56. This was his 12th Centurion walk and his third this year. Like Allicia, he then had to refocus and think about what came next. In his case, a further 5 days of walking! He certainly went through some bad spots in the middle but kept at it and actually came good in the final couple of days. He was rewarded with two new Australian Open records – 500km in 4:18:42:38 and 625.018 km for the full 6 Days. His final 6 Day tally bettered his own Open Residential Record by over 18km and bettered Gerald Manderson's Open All-Comers Record by 3 km. That particular record had stood since 1999.





- **Sabina Hamaty (C86) - new Australian 500km and 6 Days Records**

Sabina was also in action in the Australian 6 Day Championship in Adelaide and also in the 6 Day event. She started off much more conservatively, recording a distance of 131km in the first 24 hours, With a lot more in the tank after her slower start, she gradually caught up to David and, by day 5, they were on the same lap. It actually looked possible for a while that Sabina might actually get further in the 6 Days than David, which would have meant that our women's Open Record would be superior to our Men's Open Record. This was the spur that inspired David to his final distance of 625.018km. Sabina was only 2km in arrears, her final distance of 623.182km bettering her own Australian 6 Day Open Record by a whopping 86 km! Along the way, she set a new Australian 500km Open Record of 4:21:46:36, a 19 hour improvement on her existing record. To put Sabina's walk in perspective, it is the fourth longest 6 Day total (female) of all time, world wide.

- **Alicia Heron (C87) – new Australian 200km and 48 hour records, along with her centurion qualifier.**

Alicia Heron became the latest member of the Australian Centurions, when she completed her 100 mile qualifier in the 48 Hour event at the Australian 6 Day Championship in Adelaide on Friday 4 October 2024. After reaching the 100 mile mark in 23:15:33 and qualifying as C87, she was soon back on the track and into her second day. Now it's hard ask to walk so hard in the first 24 hours and then back up for the same again, but she was up to the challenge. She passed the 200km mark in a time of 32:27:40, taking over 3 hours off Sabina Hamaty's Australian Open Record and achieved a final 48 Hour distance of 270.086 km, again a new Australian Open Record, over 19 km further than Sabina's mark.



**\*\*Next issue ... U14-U16 Walkers of 2024**

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**\*\* WALKER OF THE WEEK \*\***

It took no time at all for **Ela Uzun (VIC, 13)** to snaffle her first WOTW for the year (barring anything untoward there are bound to be more). Ripping through the AVSL 2000m at Meadowglen track as if the readings of 34C were just a pack of lies, Ela claimed two more VRWC club records for her burgeoning portfolio. Her winning time of **8:47.3** removed the grips of Darcey Roberts and Eliza Clarke from the U14 and U15 records respectively.

On a day on which thoughts of records in an event lasting longer than 20-30 secs would seem to many like wish fulfillment fantasy, Ela's performance was a genuine eye opener and testament to the level of condition she has built. While, admittedly, a lot can happen between now and the national U14 3000m championship in Perth in April, Ela again looks very much the one to beat.

Well done, Ela, on both your records and on the way you managed such challenging conditions.

**\*Honourable mention**

- **Mya McClure (VIC)** – hung on to Ela for as long as she could, eventually aiming to put as much distance between herself and the rest with her hard-earned **9:46.3**.
- **Havana Ali (VIC)** – the usual gritty effort from Havana (3<sup>rd</sup> behind Ela and Mya in **11:13.6**) who knows only one way to race – hard.

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# CLUB NEWS and RESULTS

## VRWC Club Summer results #3, 12 January – Middle Park

After the ‘blast furnace’ conditions encountered in the AVSL round the previous day, it was a relief not to be faced with a continuation of these in our first Club races of 2025. As it turned out, we were done and gone before weather of a very different nature – thunderstorms and torrential rain – struck Melbourne just after midday. Luck’s a fortune!

It felt very much like a quiet Sunday morning with **Eden Morgan** the only starter over 15km, having his debut at the distance and settling down for a first-up **1:17:58** after an early string of sub-5:00 kms. **Alejandro Stephens**, who’d put in a hard 5000m in the heat at AVSL the day before, was still feeling the effects and finished a reasonable 10km training walk in **51:44** ahead of **Kelly Ruddick** who also struggled, crossing in **53:23**.

**Angus Shuttleworth** and **Jonathan Ho** set up the most competitive finish of the morning in the 5km, with Jonathan chasing Angus over the last 1km before turning on a burst of speed that fell 2 secs short of catching him and 10 secs outside his PB. The 3km attracted the biggest field, with **Mietta Morgan** taking line honours in **17:51** from **Emily Smith** by a mere 5 secs. It was a day for Morgan debuts, with 9yo **Anouk** having her first crack at the 3km distance for a pleasing **22:20**.

It seems **John Nottle** and **Donna-Marie Elms** had Oliver Twist moments, each finishing their 3km races then lining up again for more, this time over 1km. It was great to see **Heather Carr** back in harness after a long period of injury recovery. Although understandably short of fitness, Heather appeared to pull up trouble-free and will be looking forward to the remaining summer races.

Welcoming new members is always a pleasure, and on this occasion it was **Shaun Lewis** and daughter **Kobe**, of Williamstown AC (stable of the late Olympic 50km rep and VRWC club legend Ted Allsopp) who had their first races with us. Shaun’s 2km time of **11:43** came off the back of his first-ever 5000m the day before at AVSL, a sub-30min effort in the scorching heat. Kobe had also raced at Meadowglen on Saturday, over 2000m, so her **5:46** in our 1km race was a good follow-up.



### 15km Open

1 Eden Morgan M 1:17:58

### 5km Open

1 Angus Shuttleworth M 27:49

2 Jonathan Ho M 27:51

.. Nikola Mandic M DQ

### 2km Open

1 Shaun Lewis M 11:43

1 Indigo Marshall-Moodie F 12:29

3 Gwen Steed F 15:38

4 Abby Fowler F 18:50

### 1km Open

1 John Nottle M 6:32

.. Oliver Crowl M DQ

1 Kobe Lewis F 5:46

2 Donna-Marie Elms F 6:34

### 10km Open

1 Alejandro Stephens M 51:44

1 Kelly Ruddick F 53:23

### 3km Open

1 John Nottle M 20:00

2 Arthur Robinson M 23:17

1 Mietta Morgan F 17:51

2 Emily Smith F 17:56

3 Donna-Marie Elms F 20:07

4 Anouk Morgan F 22:20

5 Heather Carr F 23:52



**\*Action models:**

*Gwen, Abby, Eden, Anouk, Donna-Marie, Kelly, Shaun, Indigo, Arthur, Kobe, Alejandro, Mietta, Emily.*

As always, none of this would happen were it not for the input from our officials, helpers and supporters. (Note: If you assist in any way during the season, please sign the Officials check-in at the Club so that we can recognize your contribution.)

We thank the following for their efforts in providing a rewarding competitive and social experience for our athletes. If you're not on the list, be assured that we appreciated your contribution:

<b>Manager</b>	Mark Donahoo
<b>Referee:</b>	Terry Swan
<b>Race check in</b>	Emilie Garside
<b>Recorders</b>	Bob Gardiner, Stu Cooper, Dylan Shuttleworth, Therese Smith, Mark Donahoo
<b>Judges:</b>	Gordon Loughnan (Chief), David Cash, Anthony Doran, Brenda Felton, Michael Bodey
<b>Set up, Pack up:</b>	Terry Swan, Stu Cooper, Bob Gardiner, Emilie Garside
<b>Bike rider</b>	Terry Swan
<b>Photos</b>	Terry Swan
<b>Canteen</b>	Donna Marie Elms
<b>Red cards collector</b>	Terry Swan
<b>Walkers:</b>	19

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# VICTORIA - METRO & REGIONAL



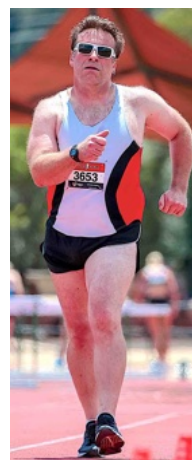
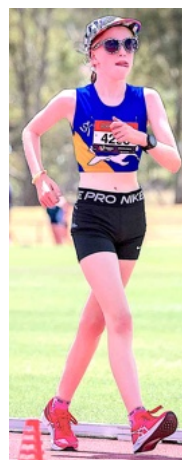
**\*\* Metro Zone: Round 7, Saturday 11 January– Meadowglen Int. Aths. Stadium, Epping**

Intense summer heat (35C) was the order of the day for the AVSL resumption at Meadowglen, the only consolation being the absence of that venue's notorious gale-force northerly on this occasion. Times (with one notable exception) were slower, as for most of the 28 walkers it was a matter of 'get the points and get into the cool' as soon as possible – with varying success.

The notable exception was that of Essendon's **Ela Uzun**, whose **8:47.3** in the 2000m set two new VRWC records on a day in which times mattered rather less than where the next gasp of oxygen was coming from. The always competitive **Mya McClure** also handled the heat well and easily outdistanced the rest of the field with **9:46.3**, while **Havana Ali** held off the tall timber behind her for a creditable **11:13.6**.

For the small but gritty 5000m field it was one of those days to get through as best you can. Winner **Alejandro Stephens** called it 'probably my worst ever race', while **Shaun Lewis** picked an 'interesting' day for his first try over the distance and did remarkably well to crack 30 mins. For all six finishers it was a tough but effective 'adaptation' session, necessary input with more hot weather, three more AVSL rounds plus AV and other championships on the horizon.

Pl	Name	Club	Age	Time	Points	PB?
<b>2000m</b>						
1	Ela Uzun	(ESS)	F14	8:47.3h	502	VRWC U14, U15 recs, PB 0:11
2	Mya McClure	(WCA)	F14	9:46.3h	444	
3	Havana Ali	(ESS)	F14	11:13.6h	367	
4	Sandra Geisler	(RWD)	F45	11:28.0h	361	
5	Carolyn Rosenbrock	(YRA)	F60	11:33.5h	426	
6	Trenton Hawkins	(PTN)	M45	11:45.9h	293	
7	Donna-Marie Elms	(PTN)	F60	13:03.5h	359	
8	Bernie Keirl	(DIV)	M60	13:04.8h	309	
8	Caitlyn Shipham	(KNA)	F14	13:04.8h	285	
10	Dee Holohan	(MEN)	F55	13:09.4h	330	
11	Tate Jardine	(ESS)	M14	13:27.9h	237	
12	Kobe Lewis	(WTN)	F14	14:04.7h	249	
13	Phillip Dunstone	(WES)	M55	14:22.1h	233	
14	Janice Hodgart	(WES)	F60	14:37.1h	297	
15	Tracy Colbert	(WES)	F55	14:47.8h	269	
16	Clyde Riddoch	(WAM)	M70	14:48.6h	299	
17	Geoffrey Barrow	(MEN)	M70	14:54.0h	296	
18	Jo Moxon	(DIV)	F60	14:55.5h	287	
19	Sarah Papadopoulos	(DIV)	FOP	14:57.8h	183	
20	J.S. Szuhai-Andrews	(BWK)	F55	15:49.1h	235	
21	Robert Gardiner	(COL)	M70	16:06.1h	257	
22	Brenda Cashin	(WES)	F60	17:27.5h	207	
<b>5000m</b>						
1	Alejandro Stephens	(GHY)	MOP	25:38.0h	327	
2	Jade Chitty	(WES)	FOP	29:19.9h	322	
3	Shaun Lewis	(WTN)	M45	29:52.0h	290	First 5000m
4	Emily Smith	(KNA)	F20	31:40.2h	280	
5	Sarah Holmes	(DIV)	F16	34:28.2h		
6	Rupert Van Dongen	(MEN)	M50	37:45.0h	191	



The 2000m field braving the heat at Meadowglen.

(Photos: AV Facebook)

## **\*\* Bendigo Zone: Round 7, Saturday 11 January – Lar Birpa Athletics Track, Flora Hill**

In the relative cool of the evening, Eaglehawk's **McQueen** siblings **Tate** and **Charlise** were once again the standard bearers up in 'miners' country. Tate took line honours over 1500m in **8:14.33** with Charlise also squeaking in in under 9:00.

<b>1500m</b>						
1	Tate McQueen	(EAG)	M14	8:14.33	290	
2	Charlise McQueen	(EAG)	F16	8:59.46	314	
3	Lachlan Carr	(BGO)	MOP	10:03.68	180	
4	Leigh Browell	(SBE)	M50	10:41.57	207	
5	Christopher Pollard	(EAG)	M65	10:53.82	252	
6	Annette Major	(EAG)	F60	11:34.35	270	
7	Annette Curtis	(SBE)	F65	12:02.58	276	
8	Wendy Ennor	(EAG)	F65	14:46.70	170	



**\*AVSL Round 8 – Saturday 18 January**

*All races open to Male and Female competitors*

**Metro – Mt Evelyn** 1.00pm 1500m walk (all ages)  
Yarra Valley Aths track 1.00pm 3000m walk (all ages)

**Ballarat region –** 2.30pm 1500m walk (all ages)  
Llanberris Stadium 2.30pm 3000m walk (all ages)

**Bendigo region – Lar** 6.15pm 1500m walk (all ages)  
Birpa Athletics Complex  
(formerly Latrobe Uni Athletics  
Complex)

**ENTRIES**

*Entries close at 12.00 noon on Wednesday 15 January*

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# AROUND THE COUNTRY

## **A.C.T.** ACTRFWC results, 19 December 2024 - Woden

It's always of interest to us old-timers to see the results of 1 Mile races, of which there've been a number in recent times. Results courtesy of **Ann Staunton-Jugovic**:

**Mile race walk (1600m):**

1.	Owen Toyne	6:22.61
2.	Kodi Clarkson	6:36.05
3.	Hana Jugovic	7:51.61
4.	Ann Jugovic	8:54.66
5.	Jillian Ryan	8:58.26
6.	Samantha Ramboer	9:02.51
7.	Sebastian Ryan	10:59.14
8.	Lorna England	14:06.13

**Mile fitness walk:**

1.	Sue Archer	11:21.87
2.	Jim White	12:58.45
3.	Doug Fitzgerald	13:22.71
4.	Geoff Barker	15:11.11
5.	Robert Kennelly	15:15.90

## **SOUTH AUSTRALIA** ASA Interclub results, 11 January – Mile End Stadium

SA Interclub resumed at the weekend and, as in Victoria, the conditions were testing. **Kim Mottrom** reports that they had 32C weather at 11:30 on Saturday, so much slower times across the board than they'd have liked. Despite this, Kim was pleased with the way **Rain, Angelina** and he were able to hold it together in the 5000m.

<b>Open 5000m</b>	<b>Time</b>
Kim Mottrom	22:15.52
Rain Langford	26:59.76
Cooper Rech	28:51.92
Angelina Legrand	30:10.56
Liam Freundt	30:29.45
Peter Crump	34:39.27

**Open 1500m**



Matilda Rech	9:04.80
Orlando Grantham	9:29.66
Jade Thiele	9:39.46
Jessica Clelland	9:45.08
Zachery Freundt	9:54.61
Marie Maxted	10:02.71
Ruby Grieve	10:44.26
Alex McEwan	11:52.01

## WESTERN AUSTRALIA WARWC results, 12 January – Perry Lakes

The West coast walkers opened their 2025 account at Perry Lakes on Sunday, in what **Terry Jones** described as ‘fine, sunny weather, with a slight breeze and temperature in the low 20s. Beautiful conditions.’

<b>10K</b>	
Brad Mann	55:42
Andrew Duncan	1:02:54
Melissa Lewis	1:04:04
Karyn Tolardo	1:08:03
Andrew Brooker	1:11:55
Wendy Farrow	1:13:42
<b>5K</b>	
Fiona van Heerwaarden	33:31
John McDonagh	36:10
Glenys Duncan	50:26
<b>3K</b>	
Steve Travell	26:01
<b>2K</b>	
Hannah Clausnitzer	12:50

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## INTERNATIONAL NEWS

### FRANCE: French Regional indoor championships, 11 January – Val de Reuil

**Emmanuel Tardi's** new judging year has commenced. Here is his report on the Regional Indoor track championships. We congratulate Emmanuel on attaining WA Gold judging level in last November's examinations.

I was judge on Saturday in Val de Reuil, to the west of Paris, for the regional Championship. Four races were scheduled: two for the men at 4.45pm and 5.30pm, and two for the women at 3.30pm and 4.10pm.

The women's event was won by **Marine Rottier** in an excellent time **13'08"**. She broke her PB by 30' seconds.

The Men's Event was won by **Hatem Ghoula** (Bronze medal in Osaka 20km for Tunisia) . He beat the French national record in the M50 age group .



*Marine Rottier. (Photo: Emmanuel Tardi)*

<b>3000m Femmes</b>				
1	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	13'08''94
2	MANARESI Marion	SEF/00	Ac Romorantin	13'23''59
3	DUCLOS Adele	SEF/00	Athle 91	14'00''20
4	CHARPENTIER Lison	CAF/08	Ac Romorantin	14'36''06
5	VEGA GONZALEZ Irene (ESP)	JUF/07	Avia Club Athletisme	14'42''76
6	GIRAULT Marie	MAF/88	Ea Cergy Pontoise	15'40''28
7	BERTRAND Claire	MAF/81	Us Metro Transports	15'44''61
8	BIZARD Lucie	MAF/90	Stade Français	15'55''40
9	BOUMEDJANE Jana	ESF/04	Livry Gargan Athletisme	16'20''78
10	GINEFRI Gabriella	CAF/08	Club Olympique De Cachan	17'01''34
11	RAHMOUNE Nawel	JUF/06	Ca Montreuil 93	17'02''80
12	GIFFARD Violaine	CAF/09	Ac St Gratien-Sannois	17'23''17
13	SERAKI Patrizia	MAF/63	Avia Club Athletisme	17'29''72
14	KERHARDY Ava	CAF/09	Acsam	17'36''37
15	BERNARD Camille	MAF/84	Us Creteil	18'52''38
-	BOUISSOU Sabrina	MAF/78	Es Sucy-En-Brie	AB
<b>5000m Hommes</b>				
1	GHOULA Hatem	MAM/73	Us Vesinet	21'24''66
2	CHEVASSUS Melwan	ESM/04	Asfi Villejuif Athletisme	24'49''85
3	BOYER Nicolas	MAM/77	Avon Athletisme Club	24'50''57
4	MONAYAJO Shamseddine	SEM/99	Ea Cergy Pontoise Athletisme	24'59''32
5	ROUASSI Hilal	CAM/09	Ac Romorantin	25'55''55
6	CASTELLANI Antoine	SEM/01	Csm Clamart	26'26''02
7	PAGES Benjamin	JUM/07	Avia Club Athletisme	26'31''36
8	DUCLOS Elouan	CAM/09	Us Champagne-Sur-Seine	26'58''53
9	DE NASCIMENTO MARTIN	SEM/91	Us Creteil	26'59''69
10	DUCLOS Eddy	MAM/69	Us Champagne-Sur-Seine	27'25''09

## 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, January 13, 2025 - **João Vieira and Vitória Oliveira win national 35 km march titles in Lagoa**  
<https://omarchador.blogspot.com/2025/01/joao-vieira-e-vitoria-oliveira.html>
- Sunday, January 12, 2025 - **Khoo Chong Beng honoured by Malaysian Olympic Committee**  
<https://omarchador.blogspot.com/2025/01/khoo-chong-beng-homenageado-pelo-comite.html> In honour of a former Olympian (1976) and one of the most experienced judges on the WA panel.
- Friday, January 10, 2025 - **WMA allows Penalty Zone in race walking events (road)**  
<https://omarchador.blogspot.com/2025/01/wma-admite-zona-de-penalizacao-em.html> World Masters adopts the 'cone castle' provision for its road walk events. Follow this link for the WMA Technical rule - <https://world-masters-athletics.org/wp-content/uploads/2024/09/WMA-Competition-and-Technical-Rules-2025.pdf>, page 19.
- Thursday, January 9, 2025 - **Portuguese Racewalk Judges to perform abroad in 2024**  
<https://omarchador.blogspot.com/2025/01/juizes-de-marcha-portugueses-com.html>
- Wednesday, January 8, 2025 - **Walkers at the veterans championships in Jēkabpils, Latvia (results)**  
<https://omarchador.blogspot.com/2025/01/marchadores-nos-campeonatos-de.html>
- Tuesday, January 7, 2025 - **Race walking on the short track in Bordeaux, France (results)**  
<https://omarchador.blogspot.com/2025/01/a-marcha-atletica-na-pista-curta-de.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.*

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***To all present and aspiring Race Walking coaches***

I am writing to you to inform you that Athletics Victoria have assigned a ***Racewalking Practical Coaching course*** as part of their coaching courses. It can be accessed through the AV members portal, search under Coaching courses. The heading about is also a link to the information page. The course will be conducted at Mentone athletic track on **Saturday 1<sup>st</sup> March from 1.00 – 4.30pm**.

The Racewalking course is designed to enhance your coaching expertise, focusing on both technical and practical aspects of the discipline. It covers key aspects of coaching, including mastering correct technique, implementing drills to refine mechanics, addressing common technical faults, understanding biomechanics to improve performance and prevent injuries, and planning training programs tailored to athletes' needs and goals. This course will equip you with the tools and knowledge to coach race walkers effectively, improving their technical proficiency and competitive performance.

**This course is open to accredited coaches and contributes credits toward Level 3 Performance Coach accreditation.** Eligibility for the course is anyone who has a Level 1 or Level 2 coaching qualification.

For those who would like to begin their coaching journey and be able to attend the racewalking practical course, there are a few courses being conducted by Athletics Victoria that are available on their coaching page as part of the members portal. I would recommend applying for one of these courses before applying for the racewalk coaching course.

My recommendation is:

- ***Level 2 Development coaching course*** – This is mostly online and has a practical component on Saturday 9<sup>th</sup> February.

However, the other course options are:

- ***Level 1 Youth course***
- ***Recreational Running Course Level 1***

I am looking forward to seeing coaches at the first racewalking practical course for many years.

***Mark Donahoo***  
*Level 5 Racewalking Coach*  
*VRWC Club coach*

**Editor's Note:**

Club coach **Mark Donahoo** has done an enormous amount of work to get a **practical** coaching course, specifically for race walking, up and operating under the auspices of Athletics Victoria and, by extension, Athletics Australia.

This is something of which aspiring and practicing coaches have been starved for well over a decade ... a development pathway for present race walking coaches and a means of introducing the basics of race walk coaching to novice coaches, so that they may start their own development journey.

There is no way to be sure of how many prospective walkers out there (especially at Little Athletics level) have withered on the vine for want of informed coaches and mentors. Some are noticed at their centres and are clearly 'naturals', or are at least good at it or just want to do more. LAVic centres with little or no race walk coaching expertise in their ranks are urged to avail themselves of this opportunity by advertising it around their clubs.

Nor are the youngsters the only ones in need. Adults of all ages, including those eligible for Masters competition, need proper coaching advice to help them get a foot in the door to our sport, especially if time, injury or circumstance have excluded them from whatever sports they played before. We have to reach these budding walkers and help them grow. Mark's course outline below will help you to embark upon that journey:

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**WHAT'S UP AHEAD?**

**Victorian & National Key Dates – 2024/2025**

Sat 11 Jan 2025  
Sat-Sun 25-26 Jan 2025

**AVSL Round #8** – Yarra Valley Athletics Centre, Mt Evelyn  
**Supernova: World Athletics Race Walking Tour (Silver)** – Canberra, ACT

Fri-Sun 14-16 Feb 2025	<b>AV T&amp;F championships Week 1 (U17-U20, 40+ &amp; 60+)</b> – Lakeside Stadium
Sun 16 Feb 2025	<b>Australian 20km Road walk Championships</b> – venue TBC
Fri-Sun 21-23 Feb 2025	<b>AV T&amp;F championships Week 2 (Open, U13-U16)</b> – Lakeside Stadium
Fri-Sun 4-13 Apr 2025	<b>Athletics Australia T&amp;F c'ships</b> – Perth, WA

### **International Dates**

21-23 Mar 2025	<b>WA World Indoor T&amp;F Championships</b> – Nanjing, CHN
4 May 2025	<b>4th Korzeniowski Warsaw Race Walking Cup (WA Gold)</b> – Warsaw, POL
18 May 2025	<b>European Race Walking Team Championships</b> – Podebrady, CZE
16-27 July 2025	<b>World University Games</b> – Bochum, GER
13-21 Sep 2025	<b>20<sup>th</sup> World Athletics Championships</b> – Tokyo, JPN
30 Oct-15 Nov 2026	<b>Youth Olympic Games</b> – 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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