



# 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 15

- Judging, coaching clinics on June 14
- Dogs off leash
- Re-registration and new registration
- Fees - Membership and racing.
- 2025 Winter fixture summary

### International News

**Yamanishi, Perez win at La Coruna**

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



This time last year, **Rebecca Henderson (VIC)** won WOTW after setting a new Australian record for 35km at Stromlo Forest Park. Since then, Bec's time has been sundered by Olivia Sandery and Elizabeth McMillen in Melbourne and by Allannah Pitcher in Japan. This left her on the edge as regards selection for the World Championships 35km in Tokyo ... she needed another automatic qualifier.

Om Sunday she got it. Clocking **2:46:55**, Bec defended her Val Chesterton 35km Classic title at the LBG carnival with a time 49 secs faster than her 2024 record, putting her right back in the selection mix for Tokyo with only Olivia ahead of her on times. Champions get up ... and that's what Bec did!



(Photos: Danielle Sibenaler)

**Tim Fraser (ACT)** elected to go for speed

this year, entering the 15km Open at the LBG. His choice was vindicated with an impressive win in 1:01:01, 14 secs ahead of Will Thompson. It was also the first of two golds he'd win on the day, later prevailing in a stirring contest with Isaac Beacroft to win the Open 5km with another great display of quality speed walking.

Congratulations, Bec and Tim. A lot of youngsters were out there to see you at work on Sunday. You are both inspirations for them!

### \*Honourable mentions

- **Declan Tingay (WA), Olivia Sandery (SA) and Elizabeth McMillen (NSW)** – strong displays against top international competition for 16<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> respectively at la Coruna, Spain.
- **Nate Appleyard (NSW)** – a 2km gold in **9:25**, followed soon after by **14:07** for 2<sup>nd</sup> in the U16 3km against much older boys.

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# CLUB NEWS and RESULTS

***\*This week ...***

It's another big day this weekend, following hot on the heels of Canberra, with two major Championship events on the one afternoon. First, the **AV 10km Championship** (a World Athletics calendar race) will take place at midday on the Aughtie Drive course, with the Male winner to be awarded the Bert Gardiner Medal in honour of one of our Club's revered co-founders.

Half an hour later, close to 100 youngsters will arrive at the course to contest a full program of 9 races in the second **Little Athletics Victoria Road walk Championships**. After the successful introduction of these titles in 2024, these titles are well set to become an established feature on both the LAVic and VRWC winter programs. They certainly seems to have been eagerly anticipated.

The LAVic races will be preceded by two coaching clinics – one for coaches, one for athletes, both conducted by Mark Donahoo – and a Judging clinic for aspiring walk judges at Little Athletics and senior level, to be conducted by Stu Cooper.

<b>** Saturday 14 June – Middle Park</b>			
<b>12.00pm</b>	<b>10km</b>	<b>AV Championship &amp; C.H. (Bert) Gardiner Medal</b>	<b>Open, 40+, 50+ Men</b>
	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Women</b>
<b>12.10pm</b>	4km	Non-points race	Open
<b>12.40pm</b>	1km	Non-points race	Open
<b>1.15pm</b>	<i>AV 10km Presentation including C.H. (Bert) Gardiner Medal</i>		



\*Remember to enter the VRWC Non-points races before 6pm tonight. (Entries for AV and LAVic Championships are closed.)

<b>1.30pm</b>	<b>3km</b>	<b>LAVic Championship</b>	<b>U17 Boys/Girls</b>
	<b>3km</b>	<b>LAVic Championship</b>	<b>U16 Boys/Girls</b>
<b>1.50pm</b>	<b>3km</b>	<b>LAVic Championship</b>	<b>U15 Boys/Girls</b>
<b>2.15pm</b>	<b>2km</b>	<b>LAVic Championship</b>	<b>U14 Boys/Girls</b>
<b>2.35pm</b>	<b>2km</b>	<b>LAVic Championship</b>	<b>U13 Boys/Girls</b>
<b>2.55pm</b>	<b>2km</b>	<b>LAVic Championship</b>	<b>U12 Boys/Girls</b>
<b>3.15pm</b>	<b>1.5km</b>	<b>LAVic Championship</b>	<b>U11 Boys/Girls</b>
<b>3.30pm</b>	<b>1.5km</b>	<b>LAVic Championship</b>	<b>U10 Boys/Girls</b>
<b>3.45pm</b>	<b>1km</b>	<b>LAVic Championship</b>	<b>U9 Boys/Girls</b>
<i>Presentations for all LAVic events will be held shortly after their race finishes.</i>			

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## AROUND THE COUNTRY

### A.C.T. 58<sup>th</sup> Lake Burley Griffin Carnival, 8 June – Stromlo Forest Park

Showery, icy and windy conditions froze and dampened bodies and clothing at this year's LBG carnival, arguably the most testing of the eight held since the sadly enforced move from the popular Weston Park venue. However, walkers being walkers, spirits were not defeated, with the weather proving a great motivation to put in an extra effort for the sake of keeping warm. The result was some excellent racing, particularly among the elite walkers but actually across the program.

The two marquee events, the **Robin Whyte & Val Chesterton 35km classics** – both World Athletics calendar races – tested the mettle of all starters as they tackled 35 undulating laps in the bitter conditions, and it was the VRWC's **Bec Henderson** and **Georgiy Shieko** of Kazakhstan (homeland of the late, great Veniamin Soldatenko) who recorded emphatic wins. In Bec's case it was the extra Tokyo automatic qualifier she desperately wanted before heading to Darwin for a pre-Worlds heat immersion camp. Talk about extremes! **Jack McGinniskin** turned in a gritty showing to finish only 2mins slower than his best for 2<sup>nd</sup>. **Alexandra Griffin** found this one harder than her excellent debut in Nomi (JAP) in March, but made a valuable deposit into the mental toughness bank with her second sub-3 hour result.

It was a treat to see a big entry of Japanese walkers, plus frequent visitor **Laura Langley** (NZL) and a second Kazakh athlete, enter the Val Chesterton race, with **Masume Fuchise** obtaining their best result. Hopefully this will be the first of many such visits from squads of overseas walkers in search of qualifying times.

Unfortunately, time got away from me this week, so no action shots from the LBG. I will put together a special gallery for next issue. In the meantime, visit the Facebook group **58th ANNUAL LBG Walking Carnival Sunday 8th June 2025** (<https://www.facebook.com/groups/lbg2021>) and check out the albums created by QLD sports photographer Danielle Sibenthaler.

## Results – Individual & Teams

### Event 1: Robin Whyte Classic Men 35km

1	Georgiy Sheiko	KAZ (inv)	2:40:22
2	Jack McGinniskin	NSWRWC	2:58:04
3	Fraser Saunder	VRWC	3:16:05
4	Peter Crump	SARWC	4:15:20
5	Kyle Swan	VRWC	DNF
6	Mitchell Baker	ACTFRWC	DNF
7	Carl Gibbons	NSWRWC	DNF
8	Dylan Richardson	ACTFRWC	DNF
9	Tristan Camilleri	NSWRWC	DQ

### Event 1M: Men Masters 35km

1	Georgiy Sheiko	KAZ (inv)	4:15:20
2	Peter Crump	SARWC	2:40:22

### Event 2: Val Chesterton Classic Women 35km

1	Rebecca Henderson	VRWC	2:46:55
2	Masume Fuchise	JAP (inv.)	2:57:57
3	Alexandra Griffin	WARWC	2:59:14
4	Yuki Yoshizumi	JAP (inv.)	3:01:08
5	Maika Yagi	JAP (inv.)	3:02:54
6	Hannah Bolton	NSWRWC	3:07:51
7	Polina Repina	KAZ (inv.)	3:11:32
8	Laura Langley	NZL (inv.)	3:14:33
9	Mao Tatsumi	JAP (inv.)	3:25:04
10	Sayori Matsumoto	JAP (inv.)	DNF
11	Hitomi Shimooka	JAP (inv.)	DNF

### Event 2M: Women Masters 35km

1	Masume Fuchise	JAP (inv.)	2:57:57
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The 15km events – along with the Open 5km later – provided the best contests of the day. Local ace **Tim Fraser** loves opening up on his home deck and didn't spare the horses on this occasion, prevailing in a tight contest against Vics **Will Thompson**, **Rhydian Cowley** and **Corey Dickson** with less than a minute separating them. **Alanna Peart** was dominant in the women's 15, notching the first of two wins on the day. Masters stalwarts **Kim Mottrom**, **Scott Hyland**, **Antoinette Woodward** and **Noela McKinven** (80y+) also gave impressive displays of stamina.

### Event 4: Women Open 15km

1	Alanna Peart	VRWC	1:12:50
2	Tayla Billington	QLDRWC	1:14:09
3	Nellie Langford	SARWC	1:15:44
4	Zoe Woods	NSWRWC	1:16:54
5	Ciara Cassilles	NSWRWC	1:30:07
6	Antoinette Woodward	NSWRWC	1:46:12
7	Noela McKinven	QLDRWC	2:28:34
8	Chelsea Roberts	NSWRWC	DNF

### Handicap

1	Antoinette Woodward	NSWRWC
2	Zoe Woods	NSWRWC
3	Ciara Cassilles	NSWRWC

### TEAMS RESULT

1	<b>NSWRWC1</b>	<b>15</b>
	Zoe Woods, Ciara Cassilles, Antoinette Woodward	

### Event 4M: Women Masters 15km

1	Antoinette Woodward	NSWRWC	1:46:12
2	Noela McKinven	QLDRWC	2:28:34

### Event 5: Men Open 15km

1	Tim Fraser	ACTFRWC	1:01:01
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### Handicap

1	Corey Dickson	VRWC
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2	Will Thompson	VRWC	1:01:14	2	Brendan Pospischil	NSWRWC
3	Rhydian Cowley	VRWC	1:01:26	3	Cooper Rech	SARWC
4	Corey Dickson	VRWC	1:01:52			
5	Marcus Wakim	VRWC	1:05:08			
6	Kim Mottrom	SARWC	1:12:13			
7	Scott Hyland	ACTFRWC	1:16:09			
8	Cooper Rech	SARWC	1:20:52			
9	Alex Bradley	QLDRWC	1:21:22			
10	Brendan Pospischil	NSWRWC	1:28:02			
11	Isaac Beacroft	NSWRWC	DNF			

#### TEAMS RESULT

<b>1</b>	<b>VRWC1</b>	<b>6</b>
	Will Thompson, Rhydian Cowley, Corey Dickson	

#### Event 5M: Men Masters 15km

1	Kim Mottrom	SARWC	1:12:13
2	Scott Hyland	ACTFRWC	1:16:09

#### Event 7: ACT Men 8 km Fitness

1	John Nilon	NSWRWC	1:05:18
2	Geoff Barker	ACTFRWC	1:25:31

#### Event 7: ACT Women 8 km Fitness

1	Nicole Nilon	NSWRWC	1:05:17
2	Isabelle Nilon	NSWRWC	1:05:17
3	Caroline Campbell	ACTMA	1:13:24
4	Lorna England	ACTFRWC	1:14:43

Unlike his ACT team mate Tim, **Owen Toyne** had things pretty much his own way in the U20 10km, winning over **Riley Coughlan** despite a spell in the naughty corner. It was a comfortable victory in the women's race for **Sienna Pitcher**, although **Ariana Pashutina** appeared to be steadily reducing the gap in the final laps.

#### Event 8: Men U20 10km

1	Owen Toyne	ACTFRWC	0:43:56 Pen60
2	Riley Coughlan	VRWC	0:44:44
3	Dylan Allabush	NSWRWC	0:54:21
4	Aidan Pospischil	NSWRWC	1:01:21
5	Peter Charlton	NSWRWC	1:15:41

#### Handicap

1	Aidan Pospischil	NSWRWC
2	Peter Charlton	NSWRWC

#### TEAM RESULT

<b>1</b>	<b>NSWRWC</b>	<b>6</b>
	Dylan Allabush, Aidan Pospischil, Peter Charlton	

#### Event 9: ACT O19 10km

1	Michelle Bray	ACTFRWC	0:53:39
2	Jade Chitty	VRWC	0:55:11

#### Event 10: Women U20 10km

1	Sienna Pitcher	NSWRWC	0:53:56
2	Ariana Pashutina	VRWC	0:54:22
3	Maisie Mitchell	NSWRWC	0:55:36
4	Hana Jugovic	ACTFRWC	0:55:54
5	Grace Beck	NSWRWC	0:56:47
6	Jessica Loring	NSWRWC	0:58:01
7	Laelia Byatt	NSWRWC	0:59:46
8	Phoebe Chadwick	QLDRWC	1:04:07
9	Taylah Morris	QLDRWC	1:07:03
10	Laura Corvalan Sotomayor	NSWRWC	1:08:28

#### Handicap

1	Laelia Byatt	NSWRWC
2	Grace Beck	NSWRWC
3	Taylah Morris	QRWC

#### TEAM RESULT

<b>1</b>	<b>NSWRWC1</b>	Sienna Pitcher, Maisie Mitchell, Grace Beck
<b>2</b>	<b>NSWRWC2</b>	Jessica Loring, Laelia Byatt, Laura Corvalan Sotomayor

An unfortunate issue with course marshalling resulted in all but one of the U10 1km competitors walking a short course, therefore no times were credited although the top 3 finishers received place medals. **Cory Lewis** was rewarded for remembering pre-race

instructions with the Handicap trophy. Once again, the depth of NSW Little A's walking was evident with 5 of the 6 medals heading back to Sydney.

It was a similar story in both 2km races, with **Stella Wade** dominant in the U12 girls races and **Darcy Dennis** just getting home against a fast-finishing **Oliver Crowl (VRWC)**, with a tide of Sky blue shirts following them. The U14 2km saw two stars of the future – **Avia Luketic** and **Nate Appleyard** – smash 10 minutes, with only **Taylor Chapman (QRWC)** upsetting the NSW podium apple cart.

### Event 11: Boys U10 1km

1	Kostya Peart	NSWRWC	n/t
2	Carsen Luketic	NSWRWC	n/t
3	Patrick Yeldham	NSWRWC	n/t
4	Bowie Clarke	VRWC	n/t
5	James Barakat	NSWRWC	n/t
6	Emerson Lane	NSWRWC	DQ

### Handicap

1	James Barakat	NSWRWC
2	Bowie Clarke	VRWC
3	n/a	

### TEAM RESULT

1	<b>NSWRWC1</b>	<b>7</b>	Kostya Peart, Carsen Luketic, Patrick Yeldham
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### Event 12: Girls U10 1km

1	Lola Dixon	NSWRWC	n/t
2	Daisy Hooper	VRWC	n/t
3	Imogen Martin	NSWRWC	n/t
4	Cory Lewis	VRWC	n/t

### Handicap

1	Cory Lewis	VRWC
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### Event 13: Boys U12 2km

1	Darcy Dennis	NSWRWC	0:09:58
2	Oliver Crowl	VRWC	0:10:02
3	Archer Lane	NSWRWC	0:10:18
4	Oliver Masik	NSWRWC	0:10:23
5	Jacob Hearnden	NSWRWC	0:10:50
6	Rhys Straub	NSWRWC	0:10:56
7	Eric Colgan	NSWRWC	0:11:20
8	Zac Anderson-Rule	ACTFRWC	0:12:01
9	Jett Irvine	QLDRWC	0:12:45
10	Bowie Clarke	VRWC	0:13:11
11	Huxley Jones	NSWRWC	0:13:53

### Handicap

1	Oliver Masik	NSWRWC
2	Huxley Jones	NSWRWC
3	Rhys Straub	NSWRWC

### TEAM RESULT

1	<b>NSWRWC1</b>	<b>16</b>	Darcy Dennis, Archer Lane, Oliver Masik
2	<b>NSWRWC2</b>	<b>6</b>	Jacob Hearnden, Rhys Straub, Eric Colgan

### Event 14: Girls U12 2km

1	Stella Wade	NSWRWC	0:10:17
2	LilyEve Everson	NSWRWC	0:10:43
3	Beth Cochrane	NSWRWC	0:11:27
4	Addison Jenkins	NSWRWC	0:11:50
5	Aria Di Benedetto	VRWC	0:12:05
6	Anna Dubar	VRWC	0:12:14
7	Veronica Dennett	NSWRWC	0:12:21
8	Matilda Beck-White	NSWRWC	0:12:31
9	Antonia Powter	NSWRWC	0:12:38
10	Izzy Blackburn	QLDRWC	0:12:57
11	Nasrin Hewitt	NSWRWC	0:13:11
12	Abby Fowler	VRWC	0:13:27
13	Estrid Helgstedt	ACTFRWC	0:13:31
14	Phoebe Grocott	ACTFRWC	0:14:45
15	Amelie Barakat	NSWRWC	0:15:05
16	Indira Beales	ACTFRWC	0:15:10
17	Olivia Baxter	NSWRWC	0:15:12

### Handicap

1	Antonia Powter	NSWRWC
2	Estrid Helgstedt	ACTFRWC
3	Izzy Blackburn	QLDRWC

### TEAM RESULT

1	<b>NSWRWC1</b>	<b>25</b>	Stella Wade, LilyEve Everson, Beth Cochrane
2	<b>NSWRWC 2</b>	<b>11</b>	Addison Jenkins, Veronica Dennett,

Matilda Beck-White

**3 VRWC1 10**  
Aria di Benedetto, Anna Dubar, Abby Fowler

### Event 15: Boys U14 2km

1	Nate Appleyard	NSWRWC	0:09:25
2	Liam Meale	NSWRWC	0:10:25
3	Darcy Dennis	NSWRWC	0:10:25
4	Tate McQueen	VRWC	0:10:40
5	Oliver Masik	NSWRWC	0:10:55
6	Harrison Ryan	VRWC	0:11:00
7	Sebastian Ryan	ACTFRWC	0:11:08
8	Alexander Dennett	NSWRWC	0:11:26
9	Jacob Hearnden	NSWRWC	0:11:30
10	William Pratt	NSWRWC	0:12:04
11	Hugo Siciliano	NSWRWC	0:12:07
12	Luca Bakarar	NSWRWC	0:12:08
	Levi Martin	NSWRWC	DQ

### Handicap

1	Luca Bakarar	NSWRWC
2	William Pratt	NSWRWC
3	Tate McQueen	VRWC

### TEAM RESULT

<b>1 NSWRWC1 24</b>	Nate Appleyard, Liam Meale, Darcy Dennis
<b>2 NSWRWC2 15</b>	Oliver Masik, Alexander Dennett, Jacob Hearnden
<b>3 NSWRWC3 6</b>	William Pratt, Hugo Siciliano, Luca Barakat

### Event 16: Girls U14 2km

1	Avia Luketic	NSWRWC	0:09:36
2	Taylor Chapman	QLDRWC	0:10:11
3	Audrey Russell	NSWRWC	0:10:17
4	Ashleigh Mansell	NSWRWC	0:10:30
5	Addison Frenken	VRWC	0:11:11
6	Ivy Murray	NSWRWC	0:11:21
7	Clare Rice	ACTFRWC	0:12:38
8	Veronica Dennett	NSWRWC	0:12:49
9	Matilda Beck-White	NSWRWC	0:12:52
10	Kobe Lewis	VRWC	0:13:09

### Handicap

1	Veronica Dennett	NSWRWC
2	Ivy Murray	NSWRWC
3	Ashleigh Mansell	NSWRWC

### TEAM RESULT

<b>1 NSWRWC1 16</b>	Avia Luketic, Audrey Russell, Ashleigh Mansell
<b>2 NSWRWC2 6</b>	Ivy Murray, Veronica Dennett, Matilda Beck-White

The NSWRWC quinnellaed both U16 3km races, with **Callum Martin** in imposing form while being kept honest by 2km champion **Nate Appleyard**. Victorian **Angus Shuttleworth** had his best result for some time for the bronze, not far behind Nate. In the girls it was a regulation win for **Sophie Polkinghorne** over team mate **MiaRose Everson**. Tasmania needed only one entrant in the whole carnival to collect a medal, courtesy of **Eva Parker** who just squeaked home against home towner **Jillan Ryan** for the bronze.

### Event 17: Boys U16 3km

1	Callum Martin	NSWRWC	0:13:42
2	Nate Appleyard	NSWRWC	0:14:07
3	Angus Shuttleworth	VRWC	0:14:16
4	Koby Irvine	QLDRWC	0:15:02
5	Noah Vella	NSWRWC	0:15:04
6	Noah Cooke	QLDRWC	0:15:13
7	Sagan Jones	NSWRWC	0:16:39
8	Michael Mathison	NSWRWC	0:16:40
9	Rhys Straub	NSWRWC	0:16:49
10	Hugo Siciliano	NSWRWC	0:18:02
11	Alexander Dennett	NSWRWC	0:18:03
12	Sebastian Ryan	ACTFRWC	0:19:30
13	Luke Challinor	NSWRWC	0:23:54

### Handicap

1	Luke Challinor	NSWRWC
2	Hugo Siciliano	NSWRWC
3	Noah Vella	NSWRWC

### TEAM RESULT

<b>1 NSWRWC1</b>
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- Callum Martin, Nate Appleyard, Noah Vella  
**2 NSWRWC2**  
 Sagan Jones, Michael Mathison, Rhys Straub  
**3 NSWRWC3**  
 Hugo Siciliano, Alexander Dennett,  
 Luke Challinor

### Event 18: Girls U16 3km

1	Sophie Polkinghorne	NSWRWC	0:14:40
2	MiaRose Everson	NSWRWC	0:15:22
3	Eva Parker	TASRWC	0:15:28
4	Jillian Ryan	ACTFRWC	0:15:29
5	Eliza Kelly	QLDRWC	0:16:30
6	Lexie Beacroft	NSWRWC	0:16:58
7	Ashleigh Mansell	NSWRWC	0:17:00
8	Erin Cassilles	NSWRWC	0:17:12
9	Nikki Hearnden	NSWRWC	0:17:15
10	Hannah Hewitt	NSWRWC	0:17:24
11	Beth Cochrane	NSWRWC	0:17:34
12	Ivy Murray	NSWRWC	0:17:41
13	Addison Frenken	VRWC	0:17:46
14	Matilda Rech	SARWC	0:19:09
15	Madison Hyland	ACTFRWC	0:19:28
16	Addison Jenkins	NSWRWC	0:19:32
17	Chloe Farrugia	NSWRWC	0:19:46
18	Sienna Wade	NSWRWC	DQ

### Handicap

1	Ivy Murray	NSWRWC
2	Jillian Ryan	ACTFRWC
3	Addison Jenkins	NSWRWC

### TEAM RESULT

- 1 NSWRWC1 18**  
 Sophie Polkinghorne, MiaRose Everson, Ashleigh Mansell  
**2 NSWRWC2**  
 Erin Cassilles, Nikki Hearnden, Hannah Hewitt  
**3 NSWRWC3 6**  
 Beth Cochrane, Ivy Murray, Addison Jenkins

The 5km races closed proceedings, with **Max Davidson** and **Angelina Legrand** collecting clear wins in the U18. Angelina matched strides with **Milly Sharpe** for 2½ kms before launching her customary second-half surge. The Open women saw **Alanna Peart** collect the second leg of her gold double, while Milly, barely pausing for breath after her U18 silver, stepped straight back out there again to place 3<sup>rd</sup> against the 'oldies'.

The Open men's race was a cracker, an ideal way to end a great day's competition, with the first 5 all going under 20:00. **Isaac Beacroft** set a fiery pace early, providing an ideal launch pad for **Tim Fraser** pulled away in the final lap to claim his second gold for the day. Isaac crossed a mere 5 secs behind with **Rhydian Cowley** right on his hammer, 4 secs in arrears.

### Event 19: Boys U18 5km

1	Max Davidson	VRWC	0:23:22
2	Christopher Nilon	NSWRWC	0:26:06
3	Koby Irvine	QLDRWC	0:28:10
4	Mitchell McCarthy	NSWRWC	0:30:27

### Handicap

1	Mitchell McCarthy	NSWRWC
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### Event 20: Girls U18 5km

1	Angelina Legrand	SARWC	0:25:45
2	Milly Sharpe	QLDRWC	0:26:31
3	Eliza Kelly	QLDRWC	0:29:02
4	Matilda Olson	NSWRWC	0:29:47
5	MiaRose Everson	NSWRWC	0:30:07
6	Ashleigh Farrugia	NSWRWC	0:30:39
7	Ivy Murray	NSWRWC	0:32:18
8	Nikki Hearnden	NSWRWC	0:33:37

### Handicap

1	MiaRose Everson	NSWRWC
2	Ivy Murray	NSWRWC
3	Matilda Olson	NSWRWC

### TEAM RESULT

- 1 NSWRWC1 6**  
 Matilda Olson, Ashleigh Farrugia,  
 MiaRose Everson

### Event 21A: Women Open 5km

1	Alanna Peart	VRWC	0:22:58
2	Sophie Polkinghorne	NSWRWC	0:26:19
3	Milly Sharpe	QLDRWC	0:26:34

### Handicap

1	Emily Challinor	NSWRWC
2	Phoebe Chadwick	QLDRWC
3	Nicolle Challinor	NSWRWC

4	Ariana Pashutina	VRWC	0:27:04
5	Grace Beck	NSWRWC	0:27:08
6	Hana Jugovic	ACTFRWC	0:27:36
7	Jemma Peart	VRWC	0:27:41
8	Ciara Cassilles	NSWRWC	0:28:29
9	Laelia Byatt	NSWRWC	0:28:43
10	Summer Sivaraj	NSWRWC	0:29:12
11	Jillian Ryan	ACTFRWC	0:29:41
12	Phoebe Chadwick	QLDRWC	0:29:46
13	Lexie Beacroft	NSWRWC	0:30:05
14	Ann Jugovic	ACTFRWC	0:30:51
15	Julia Grocott	ACTFRWC	0:32:30
16	Matilda Rech	SARWC	0:36:26
17	Sarah Challinor	NSWRWC	0:37:39
18	Nicolle Challinor	NSWRWC	0:37:42
19	Jill Pearson	ACTFRWC	0:37:50
20	Emily Challinor	NSWRWC	0:39:54
21	Chelsea Roberts	NSWRWC	DNF

#### TEAM RESULT

1	<b>VRWC1</b>	<b>21</b>	Alanna Peart, Ariana Pashutina, Jemma Peart
2	<b>NSWRWC1</b>	<b>17</b>	Sophie Polkinghorne, Grace Beck, Ciara Cassilles
3	<b>ACTRWC1</b>	<b>8</b>	Hana Jugovic, Jillian Ryan, Ann Jugovic

#### Event 21B: Women Masters 5km

1	Ann Jugovic	ACTFRWC	0:30:51
2	Jill Pearson	ACTFRWC	0:37:50
3	Nicolle Challinor	NSWRWC	0:37:42

#### Event 22: Men Open 5km

1	Tim Fraser	ACTFRWC	0:19:04
2	Isaac Beacroft	NSWRWC	0:19:09
3	Rhydian Cowley	VRWC	0:19:13
4	Will Thompson	VRWC	0:19:33
5	Corey Dickson	VRWC	0:19:36
6	Owen Toyne	ACTFRWC	0:20:25
7	Riley Coughlan	VRWC	0:21:03
8	Marcus Wakim	VRWC	0:21:49
9	Callum Martin	NSWRWC	0:23:27
10	Kim Mottrom	SARWC	0:23:34
11	Cooper Rech	SARWC	0:26:04
12	Angus Shuttleworth	VRWC	0:26:18
13	Brendan Pospischil	NSWRWC	0:27:02
14	Shaun Lewis	VRWC	0:29:35
15	Aidan Pospischil	NSWRWC	0:32:07
16	Peter Crump	SARWC	0:34:49
17	Peter Charlton	NSWRWC	0:39:43
18	Brendon Hyde	NSWRWC	0:52:58

#### Handicap

1	Callum Martin	NSWRWC
2	Corey Dickson	VRWC
3	Riley Coughlan	VRWC

#### TEAM RESULT

1	<b>VRWC1</b>	<b>21</b>	Rhydian Cowley, Will Thompson, Corey Dickson
2	<b>NSWRWC1</b>	<b>13</b>	Isaac Beacroft, Callum Martin, Brendan Pospischil
3	<b>VRWC2</b>		Riley Coughlan, Marcus Wakim, Angus Shuttleworth

#### Event 22B: Men Masters 5km

1	Kim Mottrom	SARWC	0:23:34
2	Shaun Lewis	VRWC	0:29:35
3	Peter Crump	SARWC	0:34:49
4	Brendon Hyde	NSWRWC	0:52:58

The carnival presented Australian race walking at all levels, with the excitement coming both among the top racers and the emerging juniors who will be handed the torch in coming years. May they all stay in the sport and grow with it, whether aiming for green 'n' gold or simply wanting to keep it in their lives, as competitors, coaches, judges or supporters.

Well done and many thanks to **Helen Toyne, Kai Ryan** and all the ACTRWC crew who worked tirelessly to put on this successful meet, and to all from elsewhere who did their bit to make it fly. We look forward to LBG 2026!

**WESTERN AUSTRALIA WARWC results, 8 June – Perry Lakes**

Terry Jones reports that conditions were fine and cold, but calm, at Perry Lakes for the WARWC's Sunday handicaps.

**16K Handicap**

Wendy Farrow 1:54:02  
John Ronan 1:19:22

**10K Handicap**

Marcela Ruiz 1:18:42  
Andrew Duncan 1:01:53

**5K Handicap**

Brad Mann 30.55  
Glenys Duncan 48.27  
Trinity Doulis 31.01  
Kaytee Bogaers 30.56

**3K Handicap**

Addison Roots 19.11  
Andrew Duncan 17.38  
Karyn Tolardo 19.09  
Tayte Moore 17.39  
Makenzie Sillitto 17.37

**2K Handicap**

Rahni Fowler 12.24  
Ruby Kilworth 14.31

**1K Handicap**

Zoe Fowler 6.12

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 **INTERNATIONAL NEWS**

**SPAIN: Gran Premio XXXVIII Internacional Cantones, 7 June – La Coruña**

***Yamanishi and Perez convincing victors in La Coruña***

by Emeterio Valiente (reprinted from World Athletics News – 8 June)

World 20km record-holder **Toshikazu Yamanishi** and double world champion **Maria Perez** were victorious at the Gran Premio Cantones, a *World Athletics Race Walking Tour Gold* meeting, held on Saturday (7 June) in La Coruña. In doing so, Yamanishi completed a hat-trick of wins in the Spanish coastal city after his previous victories in 2019 and 2024 while Perez achieved her first ever win in La Coruña to become the first Spanish athlete to take top spot since 2010.



(Photo: Emmanuel Tardi)

The men's race kicked off at a moderate pace, the opening couple of circuits being covered in 4:04 with all the favourites packed at the front. Following a brisker two laps, timed at 3:56/3:57, France's **Gabriel Bordier** moved to the front to open a slight margin on the rest of the group. He reached the 5km checkpoint in 20:02, three seconds clear of the chase pack headed by Yamanishi.

Bordier was reeled in some 26 minutes into the race, then Ecuador's **David Hurtado** increased the pace and reached half way in 39:47 with a five-second margin over a 20-man chase pack. That group was finally whittled down after Hurtado covered the 11th lap in a swift 3:50.

Yamanishi caught Hurtado with ease before the 13th kilometre and his relentless cadence soon paid off to reduce the size of the main group to seven men, including the Chinese pair of **Qiang Haifeng** and **Li Chenjie**, Mexico's **Ricardo Ortiz**, Italy's 2021 Olympic champion **Massimo Stano**, Spain's **Diego García** and Japan's world 35km bronze medallist **Masatora Kawano**. By 15km, the clock read 59:14 and first Stano, then Haifeng and finally García lost ground as Yamanishi's 16th circuit was timed at a more than swift 3:47. Ortiz challenged Yamanishi for the next two laps, but with about 1.3km to go, the in-form Yamanishi broke away from the Mexican with ease and his compatriot thanks to a 3:46 penultimate lap.

The attention turned then to the fight battle for the second spot between Ortiz and Kawano; at the tape, a relaxed Yamanishi romped home unopposed in **1:18:15** while his compatriot beat Ortiz over the closing stages, some four and six seconds in arrears respectively.

"I felt strong but decided to wait until the last laps to attack," said Yamanishi. "I'm not planning more competitions before the World Championships in Tokyo but I'll likely do a training stint in altitude in Italy next month."

(Photo: Emeterio Valiente)



Yamanishi caught Hurtado with ease before the 13th kilometre and his relentless cadence soon paid off to reduce the size of the main group to seven men, including the Chinese pair of **Qiang Haifeng** and **Li Chenjie**, Mexico's **Ricardo Ortiz**, Italy's 2021 Olympic champion **Massimo Stano**, Spain's **Diego García** and Japan's world 35km bronze medallist **Masatora Kawano**. By 15km, the clock read 59:14 and first Stano, then Haifeng and finally García lost ground as Yamanishi's 16th circuit was timed at a more than swift 3:47. Ortiz challenged Yamanishi for the next two laps, but with about 1.3km to go, the in-form Yamanishi broke away from the Mexican with ease and his compatriot thanks to a 3:46 penultimate lap.

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#### Men's 20 kilometres

1.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:18:15
2.	Masatora KAWANO	23 OCT 1998	JPN	1:18:19
3.	Ricardo ORTIZ	07 FEB 1995	MEX	1:18:21
4.	Massimo STANO	27 FEB 1992	ITA	1:18:25
5.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1:18:28
6.	Chenjie LI	05 MAY 2005	CHN	1:18:33
7.	Haifeng QIAN	08 JUL 2000	CHN	1:18:46
8.	David HURTADO	21 APR 1999	ECU	1:18:53
9.	Christopher LINKE	24 OCT 1988	GER	1:18:55
10.	Evan DUNFEE	28 SEP 1990	CAN	1:19:00
11.	Caio BONFIM	19 MAR 1991	BRA	1:19:11
12.	Julio César SALAZAR	08 JUL 1993	MEX	1:19:26
13.	Jun ZHANG	20 JUL 1998	CHN	1:19:28
14.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	1:19:31
15.	Hayato KATSUKI	28 NOV 1990	JPN	1:19:34
16.	<b>Declan TINGAY</b>	<b>06 FEB 1999</b>	<b>AUS</b>	<b>1:19:44</b>
17.	Luis Henry CAMPOS	11 OCT 1995	PER	1:19:44
18.	Satoshi MARUO	28 NOV 1991	JPN	1:19:51
19.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	1:19:58
20.	Gianluca PICCHIOTTINO	22 AUG 1996	ITA	1:20:06
21.	Tomohiro NODA	24 JAN 1996	JPN	1:20:06
22.	Álvaro LÓPEZ	24 MAR 1999	ESP	1:20:14
23.	Daniel CHAMOSA	04 MAY 1997	ESP	1:20:14
24.	Paul MCGRATH	07 MAR 2002	ESP	1:20:19
25.	PEREZ RUBIO	1999	ESP	1:20:19
26.	Yuta KOGA	15 JUL 1999	JPN	1:20:26
27.	Andres Eduardo OLIVAS NÚÑEZ	27 MAY 1998	MEX	1:20:38
28.	Dominik ČERNÝ	01 NOV 1997	SVK	1:20:41
29.	Leo KÖPP	23 MAY 1998	GER	1:20:57
30.	Aurélien QUINION	27 JAN 1993	FRA	1:21:07
31.	Kento YOSHIKAWA	09 AUG 2001	JPN	1:21:09
32.	Eider ARÉVALO	09 MAR 1993	COL	1:21:11
33.	Emiliano BRIGANTE	27 MAY 2003	ITA	1:21:36

34.	César HERRERA	28 JAN 1999	COL	1:21:59
35.	Xuanfei HU	17 OCT 2003	CHN	1:22:08
36.	Lihong CUI	13 MAY 1999	CHN	1:22:18
37.	Lin LI	13 JUN 2001	CHN	1:22:33
38.	Vikash SINGH	06 JUL 1996	IND	1:22:42
39.	Yingcheng ZHOU	06 OCT 2000	CHN	1:22:44
40.	Jonathan HILBERT	21 APR 1995	GER	1:22:55
40.	Pablo RODRIGUEZ ROJAS	18 DEC 2004	ESP	1:24:07
41.	Teodorico CAPORASO	14 SEP 1987	ITA	1:23:05
42.	Aldo ANDREI	15 JUL 2001	ITA	1:23:18
43.	João VIEIRA	20 FEB 1976	POR	1:23:22
44.	Andrea AGRUSTI	30 AUG 1995	ITA	1:23:35
45.	Peiyang HUANG	10 JUN 2003	CHN	1:23:44
46.	Ryo HAMANISHI	24 APR 2000	JPN	1:23:44
47.	Killian LEBRETON	23 AUG 2000	FRA	1:23:49
48.	César CÓRDOVA FERNÁNDEZ	20 OCT 2002	MEX	1:23:50
49.	Manuel Esteban SOTO	28 JAN 1994	COL	1:23:53
51.	Zhengying LONG	04 SEP 2005	CHN	1:24:31
52.	Iván LÓPEZ	29 MAR 1997	ESP	1:24:34
53.	Carlos MERCENARIO	26 JUL 2000	MEX	1:24:36
54.	Kazuki TAKAHASHI	17 JUN 1996	JPN	1:24:40
55.	Federico GONZALEZ	17 NOV 1998	MEX	1:24:54
56.	Noel CHAMA	15 SEP 1997	MEX	1:25:00
57.	Brandon SEGURA	30 APR 1996	MEX	1:25:05
58.	Martin MADELINE-DEGY	07 MAR 2001	FRA	1:25:06
59.	Ismail BENHAMMOUDA	24 FEB 2003	ALG	1:25:07
60.	Isaac PALMA	26 OCT 1990	MEX	1:25:29
61.	Pablo POSTIGO	06 FEB 2005	ESP	1:25:41
62.	Pablo PASTOR	31 MAR 2003	ESP	1:25:42
63.	Nathaniel SEILER	06 APR 1996	GER	1:26:06
64.	Miguel ESPINOSA OLIVARES	30 JAN 2006	ESP	1:26:17
65.	Caballero HODEI	14 MAR 2003	ESP	1:26:34
66.	Max Batista GONCALVES DOS SANTOS	09 OCT 1994	BRA	1:26:35
67.	Zhaohe SONG	21 MAR 2006	CHN	1:27:29
68.	Li XINGFU	18 JUL 2002	CHN	1:27:41
69.	José Eduardo ORTIZ	08 MAR 2000	GUA	1:27:45
70.	Mattéo DUC	25 MAR 2001	FRA	1:28:11
71.	Daniel JIMENO	11 DEC 2000	ESP	1:29:21
73.	Edson Erico ALVES DE AGUIAR	04 JUN 2003	BRA	1:31:01
74.	Lucas DREVILLE	26 JUN 2002	FRA	1:31:24
75.	Eduardo CAMARATE	17 NOV 2006	POR	1:33:44
76.	Pablo SANZ RILLO	09 NOV 2002	ESP	1:38:29
77.	Marlon RODRIGUES	09 JAN 1998	BRA	1:42:09
78.	Pierre GERBAUD-BLIN	09 MAY 1995	FRA	1:42:10
79.	Hugo KOWALCZYK	03 NOV 2003	FRA	1:42:54
	Manuel BERMÚDEZ	12 DEC 1997	ESP	DNF
	Dimitri DURAND	03 JUN 2002	FRA	DNF
	Salih KORKMAZ	01 JAN 1997	TUR	DNF
	Bernardo Uriel BARRONDO	05 JUN 1993	GUA	DNF
	Jaromír MORÁVEK	22 MAR 2003	CZE	DNF
	Ezequiel Alejandro ARRUBLA	12 MAR 2005	COL	DNF
	José Ignacio ALEDO ROMERA	14 OCT 1979	ESP	DNF
	Ellis BATIFOL	06 AUG 2003	FRA	DNF
	David KENNY	10 JAN 1999	IRL	DNF
	Lucas MAZZO	19 MAY 1994	BRA	DNF
	Francesco FORTUNATO	13 DEC 1994	ITA	DNF
	Joan QUEROL SERRANO	07 DEC 2006	ESP	DNF
	Jhoshua MONTERROSO ORTÍZ	10 SEP 2005	GUA	DNF
	Gabriel BORDIER	08 OCT 1997	FRA	DNF
	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	DNF
	Roberto VASQUEZ	05 JUN 1998	MEX	DNF
	Michele ANTONELLI	23 MAY 1994	ITA	DNF
	Mateo ROMERO	07 FEB 2003	COL	DNF
	Marc TUR	30 NOV 1994	ESP	DNF
	Érick Bernabé BARRONDO	14 JUN 1991	GUA	DNF
	José Luis DOCTOR	14 JUN 1996	MEX	DNF
	Karl JUNGHANNB	06 APR 1996	GER	DNF
	José Alejandro BARRONDO	16 SEP 1996	GUA	DQ



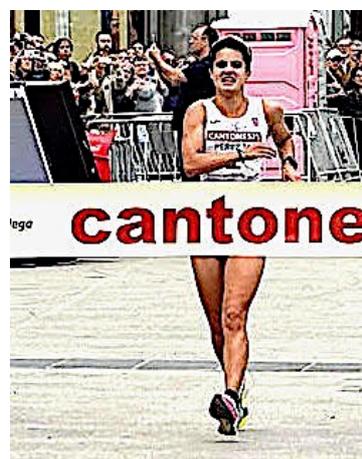
The women's contest opened at a slow pace, the first kilometre covered in 4:42 with China's **Na Wang** leading. The rhythm increased slightly over the following laps which were covered in the 4:28/4:32 range, still very comfortable for the likes of Spain's **Maria Perez**, Italy's **Antonella Palmisano** and Peru's **Kimberly Garcia** to reach 5km in 22:44, an easy 1:31 pace.

Garcia set the pace over the next few laps alongside Ecuador's **Paula Milena Torres** as halfway was reached in 45:05 with defending champion Garcia at the helm closely followed by China's **Liu Hong**, **Wu Quanming** and **Peng Li**, plus Peru's **Evelyn Inga** while Pérez and Palmisano travelled in the middle of the 25-woman heading pack.

To the delight of the crowd, Pérez moved to the front shortly before the 13th kilometre, the quickest by then in 4:16, the Spaniard's change of speed reducing the heading pack to four with about 4.5km to go, Wu, Peng, and Gonzalez being the other three as Palmisano and Garcia couldn't live with the pace.

Perez increased her cadence even more with laps of 4:13, 4:11 and a terrific 4:07 to speed away from all of her rivals apart from Gonzalez with 3.5km to go. A 4:05 penultimate lap proved too quick for Perez's Mexican rival and she kept her at bay until the end, winning in **1:27:22** to **1:27:32**. Peng completed the podium another 13 seconds behind.

"I had already won Olympic and world titles but I had never succeeded here so this win is a dream come true," said Perez, who recorded halves of 45:05 and 42:19. "I suffered a minor traffic accident last Monday in Madrid and had some niggles in my neck so I'm very proud to have overcome that setback and win today."



(Photo: Emeterio Valiente)

#### Womens 20 kilometres

1.	María PÉREZ	29 APR 1996	ESP	1:27:22
2.	Alegna GONZÁLEZ	02 JAN 1999	MEX	1:27:32
3.	Li PENG	27 AUG 2002	CHN	1:27:45
4.	Quanming WU	16 NOV 2001	CHN	1:28:06
5.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:28:11
6.	Antonella PALMISANO	06 AUG 1991	ITA	1:28:28
7.	Mary Luz ANDIA	09 NOV 2000	PER	1:28:49
8.	Hong LIU	12 MAY 1987	CHN	1:29:09
9.	Haiying JI	25 FEB 2000	CHN	1:29:12
10.	Evelyn INGA	16 APR 1998	PER	1:29:19
11.	Camille MOUTARD	11 JUL 2001	FRA	1:29:37
12.	Viviane LYRA	29 JUL 1993	BRA	1:29:46
13.	Kumiko OKADA	17 OCT 1991	JPN	1:29:48
14.	Karla Ximena SERRANO	14 APR 2004	MEX	1:29:49
15.	Na WANG	29 MAY 1995	CHN	1:30:16
16.	<b>Olivia SANDERY</b>	<b>22 JAN 2003</b>	<b>AUS</b>	<b>1:30:20</b>
17.	Zhenxia MA	01 AUG 1998	CHN	1:30:21
18.	Laura Cristina MOJICA CHALARCA	20 JUN 2000	COL	1:30:36
19.	Paula Milena TORRES	17 OCT 2000	ECU	1:30:51
20.	Magaly Beatriz BONILLA	08 FEB 1992	ECU	1:31:19
21.	Zhuoma BAIMA	20 MAY 2005	CHN	1:31:20
22.	Liuqing YANG	22 AUG 1998	CHN	1:31:46
23.	<b>Elizabeth MCMILLEN</b>	<b>10 APR 2004</b>	<b>AUS</b>	<b>1:32:06</b>
24.	Raquel GONZÁLEZ	16 NOV 1989	ESP	1:32:11
25.	Valentina TRAPLETTI	12 JUL 1985	ITA	1:32:16
26.	Lucia REDONDO	03 AUG 2003	ESP	1:32:17
27.	Vitória OLIVEIRA	30 AUG 1992	POR	1:32:22

28.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:32:39
29.	Yuxia SHI	28 JAN 1999	CHN	1:32:40
30.	Yunyan JIANG	15 FEB 2003	CHN	1:33:22
31.	Valeria FLORES	17 FEB 2006	MEX	1:33:45
32.	Mirna ORTÍZ	28 FEB 1987	GUA	1:34:07
33.	Sharon Lisseth HERRERA SOTO	27 MAY 2004	CRC	1:34:13
34.	Yaquelin TELETOR JERÓNIMO	19 NOV 2004	GUA	1:34:14
35.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:34:32
36.	Ilse GUERRERO	24 MAR 1993	MEX	1:35:02
37.	Rachelle DE ORBETA	27 MAR 2000	PUR	1:35:12
38.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:36:23
39.	Liping PANG	23 FEB 2006	CHN	1:36:39
40.	Zhuoma RENQING	15 SEP 2002	CHN	1:37:34
41.	Laura Monje MARTINEZ	02 JUL 2002	ESP	1:38:28
42.	Beatriz CANTERO	26 SEP 1992	ESP	1:38:45
43.	Marine ROTTIER	05 FEB 2000	FRA	1:39:16
44.	Ai OYAMA	28 OCT 2005	JPN	1:40:01
45.	Isa FERREIRA	08 SEP 2006	POR	1:42:43
46.	Joana PONTES	22 MAR 2000	POR	1:45:02
47.	Mariela SÁNCHEZ TERÁN	25 AUG 1991	MEX	1:47:58
	Nanako FUJII	07 MAY 1999	JPN	DNF
	Antia CHAMOSA	07 OCT 1999	ESP	DNF
	Elianay PEREIRA	11 MAY 1984	BRA	DNF
	Valeria ORTUÑO	27 MAY 1998	MEX	DNF
	Kader DOST	01 JAN 2000	TUR	DNF
	Maritza Rafaela PONCIO TZUL	03 DEC 1994	GUA	DNF
	María Fernanda PEINADO	12 NOV 2001	GUA	DQ

\*See results of all La Coruna 2025 races at <https://worldathletics.org/competition/calendar-results/results/7216476>

### FRANCE: Meeting de Montreuil, 10 June - Montreuil

We welcome **Emmanuel Tardi** back to this segment with his latest report on the French walking scene – including the fall of one of the great Yohann Diniz's national records.

I was judge yesterday evening in Montreuil (an eastern suburb of Paris ). Race walking came back in a French national meeting. Most of the walkers have walked last Saturday in La Coruna.

The race was scheduled for 7.50pm. **Gabriel Bordier** was the only leader and produced a French all-time best in 18.02 (previous 18.17 by Diniz) .

1	BORDIER Gabriel	SEM/97	Us St Berthevin	18'02"38
2	QUINION Aurelien	SEM/93	Ac St Gratien-Sannois	19'08"91
3	LOPEZ Alvaro (ESP)	SEM/99		19'12"33
4	LEBRETON Kilian	SEM/00	Ta Rennes	19'20"41
5	DUC Matteo	SEM/01	As Aix-Les-Bains	19'25"73
6	DREVILLE Lucas	SEM/02	Vga Compiegne	19'37"86
7	ELLUL Hugo	ESM/05	St Max Essey Club Athlé	19'42"83
8	BEAUVALL Florent	SEM/00	Stade Sottevillais 76	21'40"04
-	HUE Aymeric	SEM/01	Ec Orleans Cjf	DQ
-	DURAND Dimitri	SEM/02	Ta Rennes	AB

Judges : Alexis Auger (chef) Jean-Pierre Dahm (Gold) Emmanuel Tardi (Gold) Angèle Mille (Bronze) Michel Letoqueux (National) Natacha Bigot-Rollin (National)



Left: *Bordier*, and ... Right: *the Judges*, under whose gaze he made French walking history.

## FURTHERMORE ...

### *\*MORE ON THAT ENFIELD RELAY*

In the last issue, the results of the **Ken Livermore Memorial 10,000m track relay** – hosted by the Enfield RWC in England – were posted. I found the concept of this event intriguing and I expressed the hope that its format could be explained by someone over there.

In response, **Tracey Wilkinson** has graciously provided the following details:

- The 10,000m baton relay involves teams of 2, walking 5000m each in total.
- The race starts at the steeplechase start; all the 11 baton changes take place at the opposite side of the track. Walkers take it in turn to carry the baton
- Walker 1 does a 1000m effort followed by 5 X 800m efforts
- Walker 2 does 5 X 800m with a 1000m effort to finish.



(Photo: Mark Culshaw & Tony Wilkinson)

Thanks, Tracey ... another idea to consider for our own programs!

## 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, June 9, 2025 - **María Pérez wins for the first time in A Coruña (2025)**  
<https://omarchador.blogspot.com/2025/06/maria-perez-vence-pela-primeira-vez-na.html>
- Sunday, June 8, 2025 - **Yamanishi triumphs again in A Coruña (2025)**  
<https://omarchador.blogspot.com/2025/06/yamanishi-triunfa-novamente-na-corunha.html>
- Sunday, June 8, 2025 - **276th Athletics Meeting in Sotteville, France (results)**  
<https://omarchador.blogspot.com/2025/06/meeting-276-de-atletismo-em-sotteville.html>
- Thursday, June 5, 2025 - **Xin Wang and Lamei Yin triumph in the 20km of the Gu'an Grand Prix in China**  
<https://omarchador.blogspot.com/2025/06/xin-wang-e-lamei-yin-triunfam-nos-20-km.html>
- Wednesday, June 4, 2025 - **Yamanishi and Alegna González, winners of the Madrid Marcha (2025)**  
<https://omarchador.blogspot.com/2025/06/yamanishi-y-alegna-gonzalez.html>
- Tuesday, June 3, 2025 - **Latvian 10km Race Walking Championships – Tukums 2025 (results)**  
<https://omarchador.blogspot.com/2025/06/campeonatos-da-letonia-de-10-km-marcha.html>

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

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**\*\* H&T Online - NOTICE BOARD \*\***

**\*\* JUDGING AND COACHING CLINICS FOR LAVic ATTENDEES \*\***

**Saturday 14 June at 11.00am**

***Request for LAVic judges and helpers at the races***

Prior to the LAVic Road walk Championships to be held in the afternoon, the VRWC will conduct a **Judging Clinic** for current Little Athletics walks judges, as well as anyone involved in LAVic competition (parents, coaches, officials) who wishes to become a walks judge.

The session will cover the essential elements of judging:

- World Athletics Technical Rule 54.2
- Judging procedures before, during and after a race
- Materials used
- Documentation and how to complete it
- What a judge sees and looks for
- What a judge DOESN'T do
- The many roles of judges (inc. race judging, Chief judge, Chief judge assistant, recorder, liaison with referee and/or meet director.)
- How a judge can be of assistance to a walker, after a race.

This session is suited to those who:

- need clarification on judging practices
- are not yet judges, and want to commence their own judging journey
- seek advice on how better to facilitate walking at their centres
- come from centres with insufficient judges, or none

If you are interested in attending, please contact Stu Cooper at [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

**\*\* Coaching clinics:**

At 11.00am (concurrent with the Judging clinic, Mark Donahoo will conduct a **Coaching information session** for current and aspiring coaches.

At 11.45am, Mark will hold a practical **Coaching session** for walkers.

\*\*\*\*\*

**\*\* Judges and officials requested for LAVic Road walks championships – Saturday 14 June.**

We need qualified LAVic judges as well as officials and helpers for the running of this key event.

If you can assist in any of these roles on the day, please contact Stu Cooper and Mark Donahoo ([neerims8@gmail.com](mailto:neerims8@gmail.com)) by **Wednesday 4 June at 11.59pm**. If you miss this deadline but are still available, please register your interest anyway with Stu and Mark.

We look forward to seeing you at the Judging Clinic, at the races, or both!

*Stu Cooper  
President & Judging coordinator  
Victorian Race Walking Club*



**Family membership: \$50.00**

Annual Subscriptions are due on **April 1<sup>st</sup>** 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

### JUNE

Saturday 14<sup>th</sup> June A.V. & LA Vic Championships, Middle Park  
Incorporating AV Bert Gardiner 10km winter championship

Saturday 14<sup>th</sup> June **Judging course and Coaching seminar** Middle Park

Saturday 21<sup>st</sup> June VRWC Points races Middle Park

Saturday 28<sup>th</sup> June VRWC Points races & Prize Day Middle Park

### JULY

Sunday 6<sup>th</sup> July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 12<sup>th</sup> July VRWC Points races and Interval races Middle Park

Saturday 19<sup>th</sup> July VRWC Points races

Saturday 19<sup>th</sup> July **Coaching seminar for parents, athletes and coaches** Middle Park

Saturday 26<sup>th</sup> July Racewalking Australia Postal Challenge event & VMA 10km Middle Park

### AUGUST

Saturday 2<sup>nd</sup> August VRWC Points races Middle Park

Saturday 9<sup>th</sup> August AV Championship & VRWC Championships & events Middle Park

Saturday 16<sup>th</sup> August VRWC **Last points race** Middle Park

Sunday 24<sup>th</sup> August Australia Athletics championships Ballarat

Saturday 30<sup>th</sup> August VRWC non points race day Middle Park

### September

Saturday 6<sup>th</sup> September AV 5km teams championship, VMA 5km track championship & VRWC events  
Mentone Track

Sunday 14<sup>th</sup> September VRWC relay race and **Seasons Presentations** Middle Park

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## WHAT'S UP AHEAD?

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

Sat 14 Jun 2025 AV & LAVic road championships, Judging course and Coaching seminar – Middle Park  
Sun 24 Aug 2025 AA Junior road championships – Ballarat

### International Dates

16-27 July 2025 World University Games – Bochum, GER  
13-21 Sep 2025 20<sup>th</sup> 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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**\*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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