



HEEL & TOE Online

Vol. 2025
Issue No. 23
Tuesday
10 May 2025

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.

On 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 Rhydan Cowley. 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 16th, 16th and 23rd respectively at la Coruna, Spain.
- **Nate Appleyard (NSW)** – a 2km gold in **9:25**, followed soon after by **14:07** for 2nd in the U16 3km against much older boys.



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.

**** Saturday 14 June – Middle Park**

| | | | |
|----------------|--|---|-----------------------------|
| 12.00pm | 10km | AV Championship & C.H. (Bert) Gardiner Medal | Open, 40+, 50+ Men |
| | 10km | AV Championship | Open, 40+, 50+ Women |
| 12.10pm | 4km | Non-points race | Open |
| 12.40pm | 1km | Non-points race | Open |
| 1.15pm | <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.)

| | | | |
|---------------|--------------|---------------------------|-----------------------|
| 1.30pm | 3km | LAVic Championship | U17 Boys/Girls |
| | 3km | LAVic Championship | U16 Boys/Girls |
| 1.50pm | 3km | LAVic Championship | U15 Boys/Girls |
| 2.15pm | 2km | LAVic Championship | U14 Boys/Girls |
| 2.35pm | 2km | LAVic Championship | U13 Boys/Girls |
| 2.55pm | 2km | LAVic Championship | U12 Boys/Girls |
| 3.15pm | 1.5km | LAVic Championship | U11 Boys/Girls |
| 3.30pm | 1.5km | LAVic Championship | U10 Boys/Girls |
| 3.45pm | 1km | LAVic Championship | U9 Boys/Girls |

Presentations for all LAVic events will be held shortly after their race finishes.



AROUND THE COUNTRY

A.C.T. 58th 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 2nd. **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 Sibenhaler.

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 |
|---|----------------|------------|---------|

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**, **Rhyddian 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 | NSWRWC1 | 15 |
| | 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 |
|---|------------|---------|---------|

Handicap

| | | |
|---|---------------|------|
| 1 | Corey Dickson | VRWC |
|---|---------------|------|

| | | | | | | |
|----|--------------------|---------|---------|---|--------------------|--------|
| 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

| | | |
|---|---|---|
| 1 | VRWC1 | 6 |
| | 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

| | | |
|---|--|---|
| 1 | NSWRWC | 6 |
| | 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

| | | |
|---|--|--|
| 1 | NSWRWC1 | |
| | Sienna Pitcher, Maisie Mitchell, Grace Beck | |
| 2 | NSWRWC2 | |
| | 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 | NSWRWC1 | 7 |
| | Kostya Peart, Carsen Luketic, Patrick Yeldham | |

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 |
|---|------------|------|

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 | NSWRWC1 | 16 |
| | Darcy Dennis, Oliver Crowl, Oliver Masik | |
| 2 | NSWRWC2 | 6 |
| | 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 Powder | 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 Powder | NSWRWC |
| 2 | Estrid Helgstedt | ACTFRWC |
| 3 | Izzy Blackburn | QLDRWC |

TEAM RESULT

| | | |
|---|---|-----------|
| 1 | NSWRWC1 | 25 |
| | Stella Wade, LilyEve Everson, Beth Cochrane | |
| 2 | NSWRWC 2 | 11 |
| | 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 | Sebastian Ryan | ACTFRWC | 0:11:08 |
| 7 | Alexander Dennett | NSWRWC | 0:11:26 |
| 8 | Jacob Hearnden | NSWRWC | 0:11:30 |
| 9 | William Pratt | NSWRWC | 0:12:04 |
| 10 | Hugo Siciliano | NSWRWC | 0:12:07 |
| 11 | Luca Bakarar | NSWRWC | 0:12:08 |
| | Levi Martin | NSWRWC | DQ |
| | Harrison Ryan | VRWC | DNF |

Handicap

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

TEAM RESULT

| | | |
|----------|---|-----------|
| 1 | NSWRWC1 | 24 |
| | Nate Appleyard, Liam Meale, Darcy Dennis | |
| 2 | NSWRWC2 | 15 |
| | Oliver Masik, Alexander Dennett, Jacob Hearnden | |
| 3 | NSWRWC3 | 6 |
| | 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

| | | |
|----------|--|-----------|
| 1 | NSWRWC1 | 16 |
| | Avia Luketic, Audrey Russell, Ashleigh Mansell | |
| 2 | NSWRWC2 | 6 |
| | 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

| | |
|----------|----------------|
| 1 | NSWRWC1 |
|----------|----------------|

- Callum Martin, Nate Appleyard, Noah Vella
2 NSWRC2
 Sagan Jones, Michael Mathison, Rhys Straub
3 NSWRC3
 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 | TASRC | 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 NSWRC1 18**
 Sophie Polkinghorne, MiaRose Everson, Ashleigh Mansell
2 NSWRC2
 Erin Cassilles, Nikki Hearnden, Hannah Hewitt
3 NSWRC3 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 3rd 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 **Rhydan 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 |
|---|-------------------|--------|

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 NSWRC1 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 | VRWC1 | 21 |
| | Alanna Peart, Ariana Pashutina, Jemma Peart | |
| 2 | NSWRWC1 | 17 |
| | Sophie Polkinghorne, Grace Beck, Ciara Cassilles | |
| 3 | ACTFRWC1 | 8 |
| | 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 | VRWC1 | 21 |
| | Rhydian Cowley, Will Thompson, Corey Dickson | |
| 2 | NSWRWC1 | 13 |
| | Isaac Beacroft, Callum Martin, Brendan Pospischil | |
| 3 | VRWC2 | |
| | 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 |
|------------|------|



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.

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."

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. | Declan TINGAY | 06 FEB 1999 | AUS | 1:19:44 |
| 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 Ignácio 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. | Olivia SANDERY | 22 JAN 2003 | AUS | 1:30:20 |
| 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. | Elizabeth MCMILLEN | 10 APR 2004 | AUS | 1:32:06 |
| 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 Compiègne | 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.

**** 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

**** 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) 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*



From the Secretary ... REGISTRATION

The registration portal is open for renewal and new memberships for season 2025.

The portal is here:

<https://www.revolutionise.com.au/vrwc/registration>

I have also completed the first series of races for entry for members to enter. (NOTE - *If you intend to buy a Season pass, see note below before entering.*)

First 3 race days here:

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

Season Pass at \$110

<https://www.revolutionise.com.au/vrwc/shop>

When purchasing an SP, please wait 48 hours for your unique code to be sent via email. *Do not enter any races until you have received your code.*

Terry Swan

DOGS OFF LEASH

At our championships day on Sunday 18 May, one of our race judges had cause to lodge a formal report concerning several dogs whose owners had seen fit to let them run untethered in a 'KEEP DOGS ON LEASH' area, very close to the northern turn of our course. At least one dog had been free to roam onto the path itself.

There is official signage on the path next to the Bowling Club fence in that area, requiring that dogs be kept on leash. Whether it was unseen or ignored by the dog owners, it resulted in a safety risk and was a source of anxiety for our competitors.

The incident was reported to Parks Victoria, who will advise their rostered rangers to patrol the area and undertake dog education measures if necessary.

VRWC members, supporters and parents who notice similar incidents should notify myself, Mark Donahoo or Terry Swan.

*Stu Cooper
President*

**** VRWC RACE FEES**

Seasons ticket 12 months:

VRWC Club Races:

VRWC Championships:

Financial members: \$110.00 paid by the **end of May**.

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA or RWA.

**** VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1st April 2025:

Senior (Open and Masters) \$30.00

Under 20: \$25.00

Under 16: \$15.00

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

Family membership: \$50.00

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

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

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

***UNIFORMS** - Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$45. (Families: \$45 for the first child, \$35 for siblings.)

2025 WINTER SEASON FIXTURE

JUNE

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| Saturday 14 th June | A.V. & LA Vic Championships, Incorporating AV Bert Gardiner 10km winter championship | Middle Park |
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| Saturday 14 th June | Judging course and Coaching seminar | Middle Park |
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| Saturday 21 st June | VRWC Points races | Middle Park |
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| Saturday 28 th June | VRWC Points races & Prize Day | Middle Park |
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JULY

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| Sunday 6 th July | AV & VRWC CHAMPIONSHIPS & EVENTS | Middle Park |
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| Saturday 12 th July | VRWC Points races and Interval races | Middle Park |
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| Saturday 19 th July | VRWC Points races | |
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| Saturday 19 th July | Coaching seminar for parents, athletes and coaches | Middle Park |
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| Saturday 26 th July | Racewalking Australia Postal Challenge event & VMA 10km | Middle Park |
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AUGUST

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| Saturday 2 nd August | VRWC Points races | Middle Park |
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| Saturday 9 th August | AV Championship & VRWC Championships & events | Middle Park |
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| Saturday 16 th August | VRWC Last points race | Middle Park |
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| Sunday 24 th August | Australia Athletics championships | Ballarat |
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| Saturday 30 th August | VRWC non points race day | Middle Park |
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September

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| Saturday 6 th September | AV 5km teams championship, VMA 5km track championship & VRWC events | Mentone Track |
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| Sunday 14 th 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
Sun 24 Aug 2025

AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
AA Junior road championships – Ballarat

International Dates

16-27 July 2025
13-21 Sep 2025
4-9 Aug 2026
30 Oct-15 Nov 2026

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

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With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

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| <p>*DISCLAIMER: <i>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.</i></p> |
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