



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 8**

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

**** 2024 U16-U14 WALKERS OF THE YEAR ****

While walkers in this age range race in a variety of distances from 1500m to 5000m, their championship distance (outside of Little Athletics) is 3000m. These lists, therefore, are compiled according to their best 3km performances for 2024, as recorded at racewalkaustralia.com (The times listed there are in whole seconds, not decimal parts.)

Heading the lists are two of the country's most exciting prospects, **Ela Uzun (VIC)** and **Callum Martin (NSW)**. The two 13-year olds have posted times far in advance of their years. Neither appears to have over-raced in the past twelve months and are being coached and mentored in a way that is developing their talent while providing for that all-important value in any sport - enjoyment. A tad older, **Sophie Polkinghorne (NSW)** and **Max Davidson (VIC)** both produced dominant performances in 2024, taking charge of every race they entered in this age range and keeping it to the finish.

The depth that has been evident in NSW for many years is reflected in these tables, particularly among the girls. Victoria is playing catch-up but starting to make up ground, while individual talent from the other states is also featured in the lists, indicating that the sport is making progress across the board at Little Athletics level. The emergence of **Noah Cooke** and **Liam Domoney**, for example, will hearten many who've regarded the smaller male cohort countrywide with concern.

The coming State and National T&F championships will bring together most of these young athletes in a bid for supremacy. There will, no doubt, be a few others who've starred in their local LA centres but are yet to make their splash at this level. The U16 and U14 titles can usually be counted on to produce a surprise or two, from a 'new' athlete or a known one who takes a big step up in standard. They are always compelling races, in themselves and in what they suggest about Australia's international walking future. We await the first week of April in Perth with eagerness.

3000m			3000m		
2024 best.	Girls - Name, age	State	2024 best.	Boys - Name, age	State
13:36	Ela Uzun 13	VIC	12:49	Callum Martin 13	NSW
13:40	Sophie Polkinghorne 14	NSW	12:52	Max Davidson 15	VIC
14:01	Gemma Dixon 13	NSW	13:47	Noah Cooke 14	QLD
14:08	Mya McClure 13	VIC	14:10	Liam Domoney 13	WA
14:21	Matilda Webb 15	NSW	14:25	Angus Shuttleworth 13	VIC
14:34	Maisie Mitchell 15	NSW	14:33	Tyler Cousins 13	NSW
14:36	Jessica Loring 15	NSW	14:50	Christopher Nilon 15	NSW
14:56	Emma Grocott 15	ACT	14:53	Nate Appleyard 11	NSW
15:07	Matilda Read 14	VIC			
15:07	Olivia Boulton 15	QLD			
15:11	Hannah Matthews 14	VIC			
15:14	Sarah Holmes 15	VIC			
15:28	Jillian Ryan 14	ACT			

** WALKER OF THE WEEK **

The NSW Country championships in Maitland saw some excellent racing at the weekend and are the source of our WOTW winners this week. This citation is basically a re-write of Frank Overton's report in the *Around The Country* section.

Myles Ashby and **Callum Martin (NSW)**, competing in the U20 and U17 3000m fields concurrently, turned on a contest in atrocious weather and were together most of the way before Myles cut loose, crossing in **13:04** to Callum's **13:10**. Both lads would likely have gone sub-13:00 in better conditions. As it was, both set new meet records, fitting reward for both.

Not to be outdone, **Sienna Pitcher (NSW)** also set a new meet record – relieving big sister Allanah of hers – in taking the Women's U20 3000m title with a time of **14:10**. As with the boys above, Sienna would likely have broken a barrier (14:00) had conditions been favourable, and it's to her credit that she finished only 11 secs adrift of her PB.

Well done to all three record breakers. With the pointy end of the summer approaching, we look forward to seeing you in State and national title action soon.

*Honourable mentions

- **Bridget Bell (NSW)** – gave Sienna a good contest for half the race to win the Open title in **14:46**, a good final fling before heading outback for the foreseeable future.
- **Brienna Coffey (VIC)** – a big improver, setting a huge 33sec PB of **8:48.1** in the AVSL 1500m at Mt Evelyn.
- **Heather Carr (VIC)** – set a new VRWC W75+ record for 1500m of **10:52.8**. Injury never keeps this lady down for long!

VICTORIA - METRO & REGIONAL



** Metro Zone: Round 8, Saturday 11 January – Yarra Valley Aths. Centre, Mt Evelyn

Temperatures, while lower than last week, were still oppressive at Mt Evelyn, though not enough to prevent some close contests in both distances.

The 1500m saw a clear win to Ringwood's **Sandra Geisler**, a one-time regular VRWC road racer, in **8:06.6**. Behind her, young **Brienna Coffey** relished racing on her home track, scoring a huge PB of **8:48.1** for the best 1500 of the day. It was great to see another former VRWC member, **Julia Baldy**, back racing after a long absence. Julia had her work cut out holding off our newest young member, **Kobe Lewis**, by a mere 3 secs. **Heather Carr**, just returned to AVSL racing after a layoff, lost no time in attacking the VRWC club record list, setting a new W75+ mark of **10:52.8**. Well done, Heather! On the same note, **Bob Gardiner** came to within 0.2 of breaking his M85+ record.

Pl	Name	Club	Age	Time	Points	PB?
1500m						
1	Sandra Geisler	(RWD)	F45	8:06.6h	393	
2	Brienna Coffey	(YRA)	F14	8:48.1h	344	PB 0:33
3	Julia Baldy	(KNA)	F14	8:59.6h	331	
4	Kobe Lewis	(WTN)	F14	9:02.7h	328	
5	Caitlyn Shipham	(KNA)	F14	9:07.3h	323	
6	Bernie Keirl	(DIV)	M60	9:22.4h	284	
7	Donna-Marie Elms	(PTN)	F60	9:41.6h	366	
8	Emilie Garside	(YRA)	FOP	9:55.5h	244	
9	Clyde Riddoch	(WAM)	M70	10:32.1h	281	
10	Heather Carr	(GHY)	F70	10:52.8h	362	VRWC W75+ rec.
11	Geoffrey Barrow	(MEN)	M70	11:02.3h	266	
12	Gwen Steed	(GHY)	F70	11:09.2h	348	
13	Robert Gardiner	(COL)	M70	11:12.7h	261	
14	Margaret Fitzgerald	(OLX)	F60	12:53.8h		

Behind eventual winner **Eden Morgan**, a keen first-half contest ensued in the 3000m between young guns **Angus Shuttleworth** and **Mya McClure**, who raced shoulder to shoulder before Mya faded, Angus surged away and **Jade Chitty** pounced. Jade claimed 3rd with a new PB of **14:46.4**, one of only two on the day.

Damian Baldy joined his sister in making his first AVSL appearance for several years. **Pippa Read** found the longer legs of her older opposition a tough proposition to deal with but still completed a strong walk with her customary excellent technique.

3000m						
1	Eden Morgan	(KNA)	M20	13:13.4h	425	
2	Angus Shuttleworth	(KNA)	M14	14:36.3h	424	
3	Jade Chitty	(WES)	FOP	14:46.4h	400	PB 0:13
4	Mietta Morgan	(KNA)	F16	16:22.4h	367	
5	Char Hay	(MUU)	FOP	16:39.1h	336	
6	Shaun Lewis	(WTN)	M45	17:06.3h	312	First 3000m
7	Damian Baldy	(KNA)	M16	17:11.8h	299	
8	Sarah Holmes	(DIV)	F16	17:13.3h	339	
9	Emily Smith	(KNA)	F20	17:14.9h	315	
10	Carolyn Rosenbrock	(YRA)	F60	17:42.8h	415	
11	Pippa Read	(WEL)	F14	18:35.7h		
12	Michael Harvey	(WAM)	M60	21:09.1h	268	
-	Mya McClure	(WCA)	F14	14:59.6h		

At last, walking returned to Ballarat. **Arnika Nelson** made the trip up from Geelong to get a 3000m time, while in the 1500m Eureka's young **Charlie Wright** gave **Steve McLennan** a good chase to clock a big PB time of **10:19.28**.

Bendigo – which will host the AV Country titles next weekend – saw **Lachlan Carr** prevail over a small field of Masters rivals to take the 1500m in **10:31.88**.

**** Ballarat Zone: Round 8, Saturday 11 January – Llanberris Stadium, Ballarat**

1500m					
	Stephen McLennan	(WEN)	M60	9:25.95	282
	Charlie Wright	(EKA)	M14	10:19.28	214
	Tamai Bremner	(ASW)	F40	11:20.20	196
	Roslyn Ireland	(BWK)	F40	12:29.19	147
	Olive Ireland	(BWK)	F60	12:49.51	217
3000m					
	Arnika Nelson	(UNA)	FOP	15:22.73	INV

**** Bendigo Zone: Round 8, Saturday 11 January – Lar Birpa Athletics Track, Flora Hill**

1500m					
	Lachlan Carr	(BGO)	MOP	10:31.88	
	Leigh Browell	(SBE)	M50	10:55.40	
	Christopher Pollard	(EAG)	M65	11:26.13	
	Annette Curtis	(SBE)	F65	12:24.00	
	Wendy Ennor	(EAG)	F65		

Next week ... The AV Country T&F titles will be held at Bendigo's Lar Birpa facility. The Walks schedule is as follows:

** AV Country T&F championships – Lar Birpa Athletics Complex, Bendigo Saturday 25 January 2025			
8.30am	Male 40+	5000m Race walk	Finals
	Male Open	5000m Race walk	
	Female 40+	5000m Race walk	
	Female Open	5000m Race walk	
1.45pm	Male U16	3000m Race walk	Finals
	Male 50+	3000m Race walk	
	Female U16	3000m Race walk	
	Female 50+	3000m Race walk	
2.15pm	Male 60+	1500m Race walk	Finals
	Female U14	1500m Race walk	
	Female 60+	1500m Race walk	
<i>Entries are now closed for these championships</i>			



AROUND THE COUNTRY

A.C.T. ACTRFWC results, 16 January - Woden

Thanks to **Ann Staunton-Jugovic** for sending these results. A visit from speedy QLD Masters walker **Scott Hyland** spiced up the 2000m and drew **Hana Jugovic** to within 6 secs of her PB.

1200m race walk:

- | | | |
|----|------------------|----------|
| 1. | Tindra Helgstedt | 7:59.31 |
| 2. | Estrid Helgstedt | 10:44.28 |

2000m race walk:

- | | | |
|----|----------------|----------|
| 1. | Scott Hyland | 9:09.52 |
| 2. | Hana Jugovic | 9:56.17 |
| 3. | Jillian Ryan | 11:24.39 |
| 4. | Peter Baker | 11:45.48 |
| 5. | Sebastian Ryan | 13:20.10 |
| 6. | Ewen Thompson | 14:07.89 |

2000m fitness walk

- | | | |
|----|-------------------|----------|
| 1. | Sue Archer | 14:13.20 |
| 2. | Bryan Thomas | 15:54.64 |
| 3. | Carolyn Campbell | 17:21.42 |
| 4. | Sherryl Greathead | 17:55.20 |
| 5. | Maureen Rossiter | 18:03.24 |
| 6. | Geoff Barker | 18:05.00 |
| 7. | Robert Kennelly | 18:09.35 |

NEW SOUTH WALES NSW Country T&F championships, 17 January - Maitland

Thanks to **Frank Overton** for this report on the well-supported NSW Country track walk titles. It sounds as if the local weather ensured that any good results were hard-earned:

Friday 17 January saw the staging of the NSW Country T&F Champs at Maitland. It was a very wet and windy day with the 1500m & 3000m walks being held at 1.45pm & 2.15pm respectively. Some good racing and times were recorded despite the bad weather.

The most impressive performances were in the combined ages 3000m walks. A very close race between **Myles Ashby U/20** and **Callum Martin U/17**. These guys exchanged the lead on a few occasions throughout the race until 120m to go when Myles passed and opened up a 6 second lead over Callum finishing in **13:04** to **13:10** respectively. Myles time broke the U/20 meet record held by Jack McGinniskin and Callum's time also broke to U/17 meet record held by Ryan Bonham.

The Womens 3000m was just as interesting to watch with Open woman **Bridget Bell** and U/20 contestant **Sienna Pitcher**. These two raced well for the first 1500m until Sienna lifted the tempo and went onto win the women's event outright in an U/20 record of **14:10**, beating the previous record held by Allannah Pitcher.

Girls 1500m U14

- | | | | |
|---|-------------------|-------------|----------|
| 1 | Scarlett Newberry | Armidale AC | 9:28.55 |
| 2 | Tamzin Watts | Griffith AC | 10:45.20 |
| 3 | Jessie Potter | Taree AC | 10:45.66 |

Girls 1500m U15

- | | | | |
|---|--------------------|----------------|----------|
| 1 | Mykayla Day | Cardiff & Dist | 9:26.55 |
| 2 | Mai'Ana Teal White | Grafton AC | 11:14.66 |
| 3 | Zahli Fisher | Gosford LA | 11:52.94 |

Girls 1500m U16

- | | | | |
|---|------------------|--------------|----------|
| 1 | Imogene Anderson | Wollongong C | 10:25.29 |
|---|------------------|--------------|----------|

Girls 1500m 12's

- | | | | |
|---|----------------|------------------|----------|
| 1 | Sofia Farrell | Macquarie Hunter | 9:03.61 |
| 2 | Mia Mcallister | Eastlakes AC | 11:28.93 |
| 3 | Elise Bourke | Harrington LA | 11:41.30 |

Women 3000m U17

Boys 1500m U14

- | | | | |
|---|------------------|---------------|----------|
| 1 | Charlton Maxwell | Maitland S&LA | 8:43.03 |
| 2 | Levi Wheatley | Eastlakes | 10:33.54 |

Boys 1500m U15

- | | | | |
|---|---------------|----------------|---------|
| 1 | Tyler Cousins | Cardiff & Dist | 7:58.35 |
|---|---------------|----------------|---------|

Boys 1500m U16

- | | | | |
|---|-------------------|---------------|---------|
| 1 | Miller Farrington | Wauchope LA | 8:50.38 |
| 2 | Liam Wamsley | Gloucester DA | 9:21.54 |

Boys 1500m 12's

- | | | | |
|---|---------------|------------------|----------|
| 1 | Liam Meale | Gosford LA | 8:23.28 |
| 2 | Levi Martin | Adamstown New L | 8:26.74 |
| 3 | Frank Bertoli | Edgeworth & Dist | 9:32.95 |
| 4 | William Pratt | Gosford LA | 10:20.71 |

Men 3000m U17

- | | | | |
|---|---------------|-----------------|----------|
| 1 | Callum Martin | Adamstown New L | 13:10.41 |
|---|---------------|-----------------|----------|

1 Stella Pinches	Adamstown New L	17:14.45
2 Caetlin Ashby	Mingara RAC	17:49.84
3 Emma Hearnden	Cardiff & Dist	17:53.72
4 Madeleine Maxwell	Maitland S&LA	18:15.65
5 Imogen Mckenzie	Tamworth A&LA	19:29.27
6 Ruby Blake	Westlakes AC	20:23.73
.. Nikki Hearnden	Cardiff & Dist	DNF

Women 3000m U20

1 Sienna Pitcher	Mingara RAC	14:10.47
2 Lilah Norden	Kembla Joggers	16:09.62

Women 3000m Open

1 Bridget Bell	Mingara RAC	14:46.38
2 Audrey Russell	Raymond Terrace	17:26.11

Women 3000m M40-49

1 Dash Newington	Dubbo AC	21:04.40
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Women 3000m M60-69

1 Trish Stallard	Wallsend RSL AC	25:03.25
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Women 3000m M70-79

1 Michele Mison	Mingara RAC	25:34.28
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2 Charlton Maxwell	Maitland S&LA	17:57.42
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Men 3000m U20

1 Myles Ashby	Mingara RAC	13:04.35
2 Peter Charlton	Cardiff & Dist	21:52.26

Men 3000m M40-49

1 Dorian Smith	Macquarie Hunter	25:20.80
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Men 3000m M50-59

1 Peter Starr	Dubbo AC	28:40.83
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Men 3000m M60-69

1 Peter Baker	ACT	19:00.99
2 Robert Osborne	Dubbo AC	22:53.83
.. Gregory Rowe	Mingara RAC	DQ TR54.7.1

Men 3000m M70-79

No data.

FAREWELL, BRIDGET

Frank Overton reports that the Mingara club's distance stalwart, **Bridget Bell**, is leaving NSW to take up a position on a station in Buchanan NT, near the NT-WA border in the far north. Bridget's race on Friday in the ANSW Country titles in Maitland was her last before setting off on her new adventure, so it's nice that she came away with a win.

We at the VRWC have observed Bridget's tough, determined approach to the longer events such as the 35km (in which she set a big PB at Middle Park in December) for several years. We join with Frank and his squad in wishing Bridget well and looking forward to seeing her "possibly representing NT maybe – he-he!" (Sorry Frank, couldn't resist!)



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

Kim Mottrom:

'In what I'm sure will be a surprise to you, 33c weather, we had a good turnout although no PBs. Rain did do a track PB however and I still managed a sub 13 3km.'

Not sure I got Rain's PB that wasn't ... but good to see that Kim has opened the year with another fast one.

Open 5000m	Time
Kim Mottrom	12:56.43
Rain Langford	14:42.73
Cooper Rech	15:43.13
Liam Freundt	17:26.60
Melissa Grantham	17:51.45
Liliana Templer	19:15.38
Matilda Rech	19:19.57
Peter Crump	19:28.40
Orlando Grantham	20:44.25
Marie Maxted	21:03.95
Jessica Clelland	21:58.11
Alex McEwan	24:54.14
Zachery Freundt	DNF



INTERNATIONAL NEWS

U.S.A. US 35km Race walk championship & International invitational - Santee

Perseus Karlström and Valeria Ortuño win 35km walk in Santee, CA. Nick Christie and Katie Burnett win U.S. titles (2025)

(reprinted from O Marchador – January 15 2025)

Under foreign dominance and absolute victories by the Swede **Perseus Karlström** and the Mexican **Valeria Ortuño**, the United States Open Championships of 35 km road walking were held this Sunday (12/1), taking place in Santee, in the state of California, a city that has hosted 15 national championships of the discipline in the last 17 years.

In the men's race, Karlström was one of the event's leading figures, winning emphatically (despite physical difficulties in the final part), with **2:27:19**, a time that, although not a personal best (he holds 2:23:44 obtained in Eugene, OR), constitutes a championship record and also a minimum for direct qualification (2:28:00) for the world championships in Tokyo this year. In Santee, he obtained 42:23 in the 10 km, 1:24:27 in the 20 km (partial of 42:04), 2:06:05 in the 30 km (20:50+20:48=41:38) and 21:14 in the last 5 km.

In second place overall was Mexican **Ever Palma Olivares**, with **2:37:46**, and in third place, the US champion was **Nick Christie**, with **2:45:31**, who is the national record holder for the distance (2:36:47 in Zittau-2024). **Jordan Crawford** and **Michael Mannozi**, fourth and fifth placed, climbed to the 2nd and 3rd places on the national podium, with **2:46:20** and **3:03:51** respectively. A total of 15 athletes participated.

In the women's race, **Valeria Ortuño Martínez** set her personal best for the distance with **2:51:55** (and championship record), with split times at 10 km of 49:43, 48:51 (20 km, 1:38:34) and 48:52 (30 km, 2:27:26), finishing at an increasing pace, with 24:07 in the last 5 km, and 4:44 in the final km (the fastest).

Her compatriot **Nadia Lizeth Martínez** and 22-year-old Canadian **Olivia Lundman** were in the immediate positions, with **3:02:49** and **3:03:16** respectively.

As for the athletes in the national championship, the competition was lively, with **Katie Burnett**, the national record holder for the distance (and also for the 50 km), taking the lead and distancing herself from her rivals from the 20 km mark to win the national title with a time of **3:05:10** (4th, class). In the immediate places were **Miranda Melville**, with **3:05:52**, an athlete who was 2 minutes and 27 seconds behind the leader, reducing the gap to 42 seconds at the finish line, and **Maria Michta-Coffey**, with **3:09:57**, who led until the 20 km mark. Ten athletes took part.

In other open events held simultaneously with the 35 km championship, the benchmark for the winners was the 20 km, Mexicans Carlos Mercenario Arsof, with 1:24:11, and Ilse Guerrero Rodarte, with 1:32:11; in the 10 km, Americans Emmanuel Corvera, with 44:36, and Celina Lepe-Corvera, with 51:12; and in the 5 km, Mexican Sofia Ramos Rodríguez, with 23:37, and the very young Langston Coleman (only 10 years old), with 31:32. In this event (5 km), special mention should be made of the participation of the recently elected president of the United States Track and Field Federation (USATF) and Olympic race walker Curt Clausen (57 years old, 31:37).

Men 35km

1.	Perseus KARLSTRÖM	02 MAY 1990	SWE	2:27:20
2.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	2:37:47
3.	Nick CHRISTIE	29 SEP 1991	USA	2:45:32
4.	Jordan CRAWFORD	04 JAN 2000	USA	2:46:21
5.	Michael Giuseppe MANNOZZI	15 APR 1986	USA	3:03:54
6.	Matthew MARTINEZ	17 APR 1992	USA	3:06:55
7.	Allen JAMES	14 APR 1964	USA	3:16:56
8.	Pablo GOMEZ	01 JAN 1971	USA	3:33:00
	Bruce LOGAN	14 DEC 1964	USA	DNF
	AJ GRUTTADAURO	11 DEC 1997	USA	DNF
	Noel CHAMA	15 SEP 1997	MEX	DQ

Women 35km

1.	Valeria ORTUÑO	27 MAY 1998	MEX	2:51:34
2.	Nadia L GONZALEZ MANJARREZ	21 MAR 1997	MEX	3:02:50

3.	Olivia LUNDMAN	03 JAN 2003	CAN	3:03:18
4.	Katie BURNETT	07 OCT 1988	USA	3:05:12
5.	Miranda MELVILLE	20 MAR 1989	USA	3:05:55
6.	Maria MICHTA-COFFEY	23 JUN 1986	USA	3:10:01
7.	Stephanie CASEY	01 AUG 1983	USA	3:10:36
8.	Lydia MCGRANAHAN	20 OCT 1976	USA	3:19:43
9.	Katherine MIALE	05 JAN 1997	USA	3:25:28

UNITED KINGDOM: ERWL 2025 Martin Oliver Walks, 11 January - Enfield

5KM A Race	1	MSEN	George Wilkinson	Newmarket Joggers	25.34
	2	WSEN	Jacqueline Benson	Ashford AC	31.33
	3	W50	Chik Ha Kwok	Veterans AC	31.46
	4	M65	Man Biu Lam	Veterans AC	31.54
	5	M65	Colin Harle	Belgrave Harriers	32.06
	6	W60	Maureen Noel	Belgrave Harriers	32.12
	7	M55	Mark Culshaw	Cambridge Harriers	32.24
	8	W60	Helen Middleton	Enfield & Haringey AC	32.35
	9	W60	Suzanne Bailey	Newmarket Joggers	37.14
	10	W65	Fiona Bishop	Enfield & Haringey AC	37.55
	11	M50	Taro Tyson	Cambridge & Coleridge AC	39.24
	12	W70	Sheila Leavy	North Herts RRC	40.31
5KM B Race	1	M55	Simon Morgan	Brentwood Beagles	33.54
	2	M65	Steve Allen	Ilford AC	36.51
	3	M70	Paul Firmage	Ryston Runners AC	43.41
	4	M70	Jon May	Enfield & Haringey AC	45.22
3KM A Race	1	WSEN	Emma Keeley	Cambridge & Coleridge AC	20.05
	2	W60	Maraiker Wallace	Cambridge & Coleridge AC	21.21
	3	WU15	Lily-Ann Cooper	Newmarket Joggers	22.14
	4	M75	Dave Ainsworth	Ilford AC	30.27

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.

- Sunday, January 19, 2025 - **Jorge Salcedo, half a century in the service of athletics**
<https://omarchador.blogspot.com/2025/01/jorge-salcedo-meio-seculo-ao-servico-do.html>
- Saturday, January 18, 2025 - **Hatem Ghoula and Marine Rottier stand out on the short track in Val-de-Reuil, France**
<https://omarchador.blogspot.com/2025/01/hatem-ghoula-e-marine-rottier-destacam.html>
- Friday, January 17, 2025 - **Race walking at the Northern Championship on short track – Braga 2025 (results)**
<https://omarchador.blogspot.com/2025/01/a-marcha-atletica-no-campeonato-do.html>
- Thursday, January 16, 2025 - **Algarve Road Walking Championship – Lagoa 2025 (results)**
<https://omarchador.blogspot.com/2025/01/campeonato-do-algarve-de-marcha-em.html>
- Tuesday, January 14, 2025 - **National Master's Race Walking Championship 20 km - Lagoa 2025 (results)**
<https://omarchador.blogspot.com/2025/01/campeonato-nacional-de-marcha-master-20.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.

To all present and aspiring Race Walking coaches

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

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

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

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

My recommendation is:

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

However, the other course options are:

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

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

Mark Donahoo
Level 5 Racewalking Coach
VRWC Club coach

Editor's Note:

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

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

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

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



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat-Sun 25-26 Jan 2025
Fri-Sun 24-26 Jan 2025

Supernova: World Athletics Race Walking Tour (Silver) – Canberra, ACT
AV Country T&F Championships – Bendigo

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

International Dates

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

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