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The official organ of the Victorian Race Walking Club, Inc.

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***H&T Notice Board – Page 11**

- *AA Junior Road walk Championships – timetable, entry details*
- *Australian Athletics Event Group Advisory Panel for Race Walks*
- *Dogs off leash*
- *Fees - Membership and racing.*
- *2025 Winter fixture summary*

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



Elizabeth McMillen (NSW) takes this week's WOTW award with a performance at the 2025 World University Games in Bochum (GER) that those who've followed her progress closely may or may not have been surprised by. The rest of us were just delightfully gobsmacked.

Lizzy won the 20km walk gold medal with a Games record-equalling time of **1:28:18** (a PB by 0:17), having walked a mature and controlled race that saw her reel in a long early lead set by defending champion Meryem Bekmez (TUR), before turning a steely focus to the task of breaking two formidable Chinese rivals on the path to victory. Lizzy had command of this race from 10km onward, and with 5km to go nothing was going to take it from her.

Truth to tell, Lizzy has been on target for a result like this since at least her win in the Victorian 20km title a year ago, in a then-3:09 PB time of 1:30:47. Few saw that coming, especially considering a run of debilitating illness that had affected her training for months. Her **1:28:35** in this year's national title in Adelaide confirmed her arrival as a force to reckon with at the top level, even earning her the right to a

starting-line introduction in Bochum. So that radiant smile of hers would bookend the women's race – at the start, and emphatically at the finish!

Congratulations, Lizzy! A well-deserved reward for years of hard work and perseverance. Now for Tokyo ...

***Honourable mentions**

- **Will Thompson (VIC)** – put himself in the mix from the gun in Bochum, lost contact in the middle stages before fighting back for an excellent 5th place in **1:21:01**.
- **Olivia Sandery (SA)** – well up with the pack chasing Bekmez and slowly cutting down the Turk's lead, then hung on for her own 5th placing in **1:30:16**.
- **Tim Fraser (ACT)** – gave it his all to finish only 11 secs adrift of Will in 6th place with **1:21:12**.
- **Alexandra Griffin (WA)** and **Isaac Beacroft (NSW)** – placed 8th and 10th in **1:32:46** and **1:22:37** (PB by 0:15) for their first top-10 finishes at U23 level.
- **Allanah Pitcher (NSW)** and **Corey Dickson (ACT/VIC)** – both encountered rough going in the middle stages but ground it out for 13th and 19th places in **1:34:42** and **1:25:58**.
- **Rebecca Henderson (VIC)** and **Mitchell Baker (ACT)** – two totally committed athletes who earned their selection.
- **The Men's and Women's 'Walkeroos' in Bochum** – both Teams silver medallists. Congratulations, all!
- **Nate Appleyard** and **Avia Luketic (NSW, both 11yo)** – two fast, sub-14:00 3km PB wins in the NSW RWC Postal Challenge.
- **Shaun Lewis (VIC)** – stripped 4:41 from his 10km PB for the only sub-60min result in the VMA championship.



CLUB NEWS and RESULTS



- It was mixed fortunes for **Will Thompson**, **Corey Dickson** and **Bec Henderson** in their 20km races at the World University Games. Will had a fine result, finishing 5th behind Italy's Andrea Cosi (who set a new Games record) after being well up with the leaders for the first 10km. Corey was struck with sickness early which pretty much kyboshed his chances, yet he hung on to finish well in 19th place.

Unfortunately, Bec was a DNF. Whether this was a forced withdrawal or precautionary in the light of the World Championships in September is unknown. We can only hope it was the latter, considering how much she's invested in qualifying for the 20km and 35km in Tokyo. Hang in there, Bec!

*Next weekend ...

Saturday 2 August – Middle Park

2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.15pm	2km	Points race	Open
2.15pm	1km	Points race	Open

Entries will be accepted up until 6pm on Friday 1 August. Enter online at <https://www.revolutionise.com.au/vrwc/>

Advance notice ... Saturday 9 August:

*AV State 15km Championship

Enter via AV portal at

<https://members.athsvic.org.au/events/287717>

by no later than Wednesday 6 August at 11:59am

*VRWC championships

10km Road (Alf Robinson & Mabel Robinson Trophies)

5km – Masters, U20, U18

3km – U16, Open Non-c'ship

2.5km – U14, U12

2km – U10, Open Non-c'ship

Enter online at <https://www.revolutionise.com.au/vrwc/>

by no later than Friday 8 August at 6pm

JUDGING



MATTERS

The session will involve the use of hypothetical reports forms, Red cards and the Posting board. It should run for no more than 30 mins. Some judges will need to prepare for the afternoon's races, so a punctual start is desirable.

Hope to see you there.

Stu Cooper

*DOCUMENTATION REFRESHER THIS SATURDAY

A short hands-on session for all available judges (and aspiring judges) will be held in the Pavilion this Saturday (2 August) at 12:30pm. The aim is to refresh and update skills in completing the World Athletics Chief Judge Summary Sheet and Penalty Zone record.



VMA 10km c'ship, Club points & Postal Challenge results, 26 July – Middle Park

Icy wind blasts have been June/July's weapon of choice this season and there was no holding back on Saturday. Undaunted, the 50 toughies who fronted for the VMA and Club races took it all in their stride.

Standout performance of the Masters titles field was that of **Shaun Lewis**, who basically spat in the eye of the wind (then ducked!) to rip 4:41 from his 10km PB to clock **58:23** – a fine result. No doubt Shaun would give some credit to **Emily Smith** with whom he matched strides for much of the race. **Carolyn Rosenbrock** was another to make light of the conditions, posting her second best 10km of the season with **1:02:07** for the W60-64 title. **Simon Evans's** appearances at Middle Park are few and far between these days, yet his **1:01:58** in his first 10km race for two years showed he's lost little of his fitness over time. **Gunther Ilgoutz**, 87, taillight of the day, showed greater concern for the officials than for his own result, but his **1:33:03** was no less meritorious than anyone else's in the conditions.



VMA Masters 10km Road championship

1 Carolyn Rosenbrock	F60-64	1:02:07
1 Karyn O'Neill	F70-74	1:14:39
1 Gwen Steed	F80-84	1:21:02

1 Shaun Lewis	M40-44	58:23 PB 4:41
1 Simon Evans	M65-69	1:01:58
2 Terry O'Neill	M65-69	1:06:25
3 Paul Moritz	M65-69	1:12:19
1 John Nottle	M70-74	1:07:38
1 Gunther Ilgoutz	M85-89	1:33:03



Master bling racks!



(Photos: Mark Donahoo)

VRWC Points & Postal Challenge

Cold wind notwithstanding, it appears the stimulus of the RWA Challenge was all many needed to turn on their best efforts. Fourteen PBs and a Club record were an excellent return.

Emilie Garside got the PB she was short-coursed out of last week, making no mistake in tearing 0:42 from her 10km time to clock **1:08:48**. Sometimes the small improvements are the hardest earned, and **Ariana Pashutina's** 5 sec PB came after winning a hard tussle with the wind. In the 5km **Mya McClure** swept aside her previous best by nearly 2 mins, courtesy a race-long arm wrestle with **Angus Shuttleworth** with both crossing in **24:57**. **Aangi Shah** – in her first VRWC road season – and **Arthur Robinson** also made big improvements with their times of **33:46** and **35:24**.

As a treat, it was great to be able to welcome **David Smyth** back for a visit. Dave's cheery and encouraging presence has been missed at the Club since his return to New Zealand, and seeing him out on the course – this time in his Christchurch-Avon vest – even dispelled the wind chill just a little.



Open 10km

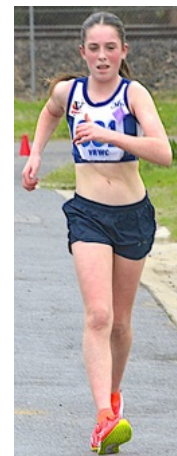
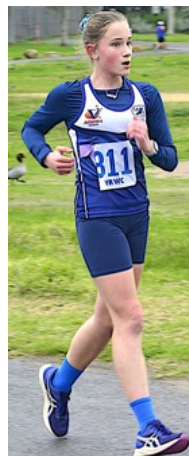
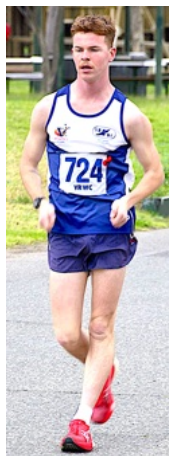
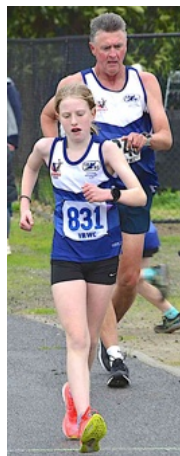
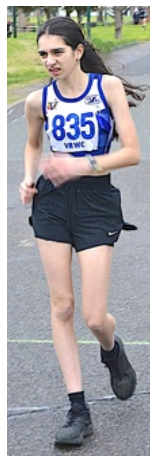
1 Ariana Pashutina	FUn20	53:56 PB 0:05
2 Carolyn Rosenbrock	F60-64	1:02:07
3 Emilie Garside	FOpen	1:08:48 PB 0:42
4 Karyn O'Neill	F70-74	1:14:39
5 Gwen Steed	F80-84	1:21:02

1 Riley Coughlan	MUn20	44:38
2 Alejandro Stephens	MOpen	52:03
3 Shaun Lewis	M40-44	58:23 PB 4:41
4 Terry O'Neill	M65-69	1:06:25
5 John Nottle	M70-74	1:07:38

.. Emily Smith FUn20 DQ 6 Paul Moritz M65-69 1:12:19

Open 5km

1 Mya McClure	FUn16	24:57 PB 1:57	1 Angus Shuttleworth	MUn16	24:57
2 Aangi Shah	FUn16	33:46 PB 0:34	2 Jordan Galbraith	MOpen	25:35
3 Donna-Marie Elms	FOpen	34:07	3 David Smyth	MOpen	33:14
			4 Gerard Feain	MOpen	34:41
			5 Arthur Robinson	MOpen	35:24 PB 0:48



Caitlyn Shipham's winter of progress continued with another 3km PB, while **Indigo Marshall-Moodie** came tantalisingly close to her first sub-17:00 over the distance. Until Saturday the Club had no record holder over 3km in the Men's 85+ division, a situation **Bob Gardiner** has now rectified. Well done, Bob.



Of the 2km and 1.5km racers, **Abigail Verity**, **Summer Patten** and **Felix Skurka** all made substantial improvements, while **Anna Dubar** should be the next to dip under the 12 min barrier this weekend. **Fletcher Reid** seemed to appreciate the long course, spreading his wings for another excellent sub-11:00 result. The 'lousy luck' award of the day went to **Aria di Benedetto** who, with her mum, were caught in a huge tailback on the freeway following a major accident and missed the entire 2km race. Nothing daunted, Aria was sent off on her own time trial and clocked **12:05** to put her ahead on the Postal challenge U12 list.

Open 3km

1 Addison Frenken	FUn14	16:46	1 Oliver Crowl	MUn14	16:19**
2 Indigo Marshall-Moodie	FUn14	17:03 PB 0:20	2 Ben Skurka	MOpen	21:20 First 3km
3 Caitlyn Shipham	FUn14	18:45 PB 0:09	3 Robert Gardiner	MOpen	23:06 Club M85+ rec
4 Amelia Vernal	FOpen	20:56			
5 Kobe Lewis	FUn14	21:04			

*** Oliver walked his first 3km last week, but as that was on a short course this result will stand as his actual 3km debut*

Open 2km

1 Aria Di Benedetto	FUn12	12:05	1 Fletcher Reid	MUn12	10:39 PB 0:04
2 Anna Dubar	FUn12	12:08 PB 0:06	2 Logan Allison	MUn12	11:13
3 Erin Reid	FOpen	12:37	3 Felix Skurka	MUn12	12:50 PB 0:23
4 Natalie Ramirez	FUn12	13:01			
5 Abby Fowler	FUn12	15:04			

Open 1.5km

1 Lily Bowkett	FUn10	8:22	1 Bowie Clarke	MUn10	8:56 First 1.5km
2 Pippa Read	FOpen	8:25	2 Ryder Reid	MUn10	8:58 PB 0:07
3 Summer Patten	FUn10	9:12 PB 0:17	3 Dimitri Pashutin	MUn10	9:12
4 Cory Lewis	FUn10	11:06	4 Grayson Allison	MUn10	10:49 First 1.5km
5 Ava Pravednikov	FUn10	11:31 First 1.5km	5 Avery Allison	MUn10	11:27 First 1.5km
6 Abigail Verity	FUn10	11:43 PB 0:37			
7 Heather Carr	FOpen	11:47			



Finally, it was a delight to see **Pippa Read** back in action, after several tough months in which her family were laid low by whooping cough. Older sister **Matilda**, hit especially hard by the illness, has been given the all-clear to resume training and we look forward to seeing both girls back in regular competition at Middle Park before the season is out.

***This week's action models:**

Oliver, Angus, Gunther, David, Summer, Riley, Lily, Gwen, Dimitri, Jordan, Aangi, Avery, Shaun, Amelia, Addison, Gerard, Abigail, Indigo, Mya, Karyn, Kobe, Paul, Carolyn, Heather, Pippa

***Handicap results**

Erin	Reid	M40+	1	Shaun	Lewis	M40+	1
Carolyn	Rosenbrock	M60+	1	David	Smyth	M40+	2
Donna-Marie	Elms	M60+	2	Ben	Skurka	M40+	NPT
Heather	Carr	M60+	3	Terry	O'Neill	M60+	1
Karyn	O'Neill	M60+	4	Robert	Gardiner	M60+	2
Gwen	Steed	M60+	NPT	John	Nottle	M60+	3
Emilie	Garside	Open	1	Gerard	Feain	M60+	4
Summer	Patten	Un10	1	Paul	Moritz	M60+	5
Lily	Bowkett	Un10	2	Jordan	Galbraith	Open	1
Ava	Pravednikov	Un10	3	Alejandro	Stephens	Open	2
Cory	Lewis	Un10	4	Grayson	Allison	Un10	1
Abigail	Verity	Un10	NPT	Bowie	Clarke	Un10	2
Anna	Dubar	Un12	1	Avery	Allison	Un10	3
Pippa	Read	Un12	2	Ryder	Reid	Un10	4
Aria	Di Benedetto	Un12	3	Dimitri	Pashutin	Un10	5
Natalie	Ramirez	Un12	4	Fletcher	Reid	Un12	1
Abby	Fowler	Un12	5	Felix	Skurka	Un12	2
Indigo	Marshall-Moodie	Un14	1	Logan	Allison	Un12	3
Caitlyn	Shipham	Un14	2	Oliver	Crowl	Un14	1
Addison	Frenken	Un14	3	Angus	Shuttleworth	Un16	1
Kobe	Lewis	Un14	4	Arthur	Robinson	Un18	1
Aangi	Shah	Un16	1	Riley	Coughlan	Un20	NPT
Mya	McClure	Un16	2				
Amelia	Vernal	Un18	1				
Ariana	Pashutina	Un20	1				
Emily	Smith	Un20	DQ				

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

If you help out in any way, please write your name on the Official's list (located on the Canteen bench in the clubroom), so that we can acknowledge you.

Manager	Mark Donahoo
Referee:	Terry Swan
Race check in	Mark Donahoo
Recorders	Alla Pashutina, Duncan Knox, Kris Shipham, Kevin Cassidy, Mark Donahoo, Marnie Zakis,
	Byron Lester
Timekeepers	Ian Laurie

Judges:	Stu Cooper (C), Di Lowden, Bec Lewis, Kathleen Marsh, Danielle Clarke, David Cash
Set up, Pack up:	Stu Cooper, Karyn O'Neill, Terry O'Neill, Duncan Knox, Terry Swan, Ian Laurie
Bike rider	Terry Swan
Presentation	Mark Donahoo, Simon Evans, Kylie Irshad
Photos	Terry Swan, Mark Donahoo
Walkers:	50



AROUND THE COUNTRY

AUSTRALIA FINISHES ON TOP | GOLDEN FINAL DAY SEALS HISTORIC WORLD UNIVERSITY GAMES CAMPAIGN

(reprinted from report by **Sascha Ryner** for *Australian Athletics News* – 28 July)

Australia's athletics team at the FISU World University Games has officially closed out its most successful World University Games campaign in history, topping the medal tally with 10 medals as burgeoning racewalker **Elizabeth McMillen** and the **Women's 4x100m Relay Team** lead the UniRoos to a medal haul of five on the final day of competition in Bochum, Germany.

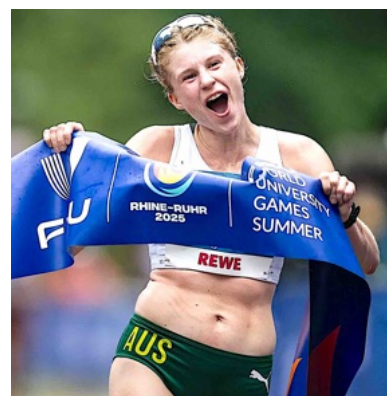
In one of the standout performances of the Games, **Elizabeth McMillen** (NSW, Jared Tallent) claimed gold in the Women's 20km Race Walk, stopping the clock in 1:28:18 to break the FISU World University Games record and stamp her authority on the international stage ahead of the World Athletics Championships in Tokyo.

Claiming her first global medal, McMillen led home a powerful contingent with Olympian **Olivia Sandery** (SA, Jared Tallent) finishing fifth in 1:30:16, **Alexandra Griffin** (WA, Jared Tallent) placing eighth in 1:32:46, and **Alannah Pitcher** (NSW, Frank Overton) rounding out the team in 13th with 1:34:42. Their collective efforts earned silver in the team standings, adding to Australia's impressive legacy in the race walks.

The Men's 20km Race Walk also saw Australia's squad rise to the occasion. **Will Thompson** (VIC, Brent Vallance) led the way in fifth place (1:21:01) with **Tim Fraser** (ACT, Jared Tallent) just behind in sixth in 1:21:12. Already a global medallist in his own right, teenager **Isaac Beacroft** (NSW, David Beacroft) recorded a personal best of 1:22:37 to finish 10th, and **Corey Dickson** (ACT, Jared Tallent) added to the team's success finishing in 19th in 1:25:58, securing silver for the Men's team in a consistent and gutsy collective showing.

Rebecca Henderson (VIC, Simon Baker) also featured in the Women's race, registering a DNF and **Mitchell Baker** (ACT, Jared Tallent) raced the Men's event, disqualified with four red cards.

(See 'International News' for full results of both races.)



Aussies well to the fore at the start of the Women's race in Bochum. (Photo: Ulrich Hufnagel/Xinhua)

A.C.T. ACTRWC points & Postal Challenge results, 26 July – Kileen

Results courtesy of **Helen Toyne**:

10km

1 Hana Jugovic	Race	U20F	54:24
2 Ann Staunton-Jugovic	Race	Masters F	1:01:03
3 Caroline Campbell	Fitness	Masters F	1:27:42

3km

1 Sebastian Ryan	Race	U14M	18:31
2 Tindra Helgstedt	Race	U14F	19:08
3 Katharina Johnson	Race	U14F	19:18

1.5km

1 Zac Anderson-Rule	Race	U10M	9:35
2 Estrid Helgstedt	Race	U10F	10:14

NEW SOUTH WALES NSWRC points & Postal Challenge results, 19 July – Chipping Norton

Thanks to **Kirsten Crocker** for sending through the NSW results:

Medium 10km

1 Brendan Pospischil*	52.04
2 Jessica Loring*	59.52
3 Aidan Loring*.	1.07.32

Short 4km

1 Sophie Polkinghorne	24.56
2 Christopher Nilon	29.08
3 Ashleigh Mansell	29.44
4 Nicolle Challinor	39.33
5 Claire Gauci	42.45
E6 Emily Challinor	44.43
E6 Sarah Challinor	44.43

16yr 4km

1 Noah Vella	20.04
2 Sagan Jones	21.24
3 Sienna Wade	21.59
4 Ashleigh Farrugia	22.44
5 Hannah Hewitt	23.06
6 Luke Challinor	34.20
.. Mia Rose Everson	DNF

14yr 3km

1 Nate Appleyard	13.38
2 Avia Luketic	13.53
3 Rhys Straub	16.25
4 Patrick Waddington	16.27
5 Alexander Dennett	17.21
6 Victoria Dennett	18.51
.. Addison Jenkins	DNF
.. Hugo Siciliano	DNF

12yr 2km

1 Darcy Dennis	9.47
2 Lily Eve Everson	9.56
3 Joshua Waddington	10.01
4 Stella Wade	10.03
5 Beth Cochrane	11.08
6 Melody Latta	11.53
7 Nasrin Hewitt*	12.25
8 Chloe Farrugia	12.56
9 Chelsea Sharpe	13.49
10 Olivia Baxter	15.28

10yr 1km

1 Eric Colgan	5.05
2 Carsen Luketic	5.14
3 Jaiden Chahal	5.17
4 Lola Dixon	5.34
5 Patrick Yeldham	5.43
6 Amelia Mair	6.34
7 Samuel Waddington	6.47
8 Huxley Jones	7.30
9 Clementine Colgan.	10.24

**The following were timed at 8km and 1.5km for the Postal Challenge:*

8km:

Brendan Pospischil	41:46
Jessica Loring	47:54
Aidan Loring	53:41

1.5km:

Nasrin Hewitt	9:13
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QUEENSLAND QRWC Track walk c'ships, 27 July – UQ, St Lucia

Thanks to **Robyn Wales** for the latest QRWC results. **Leo**, **Yoshua** and **Luna** all managed PBs.

Open 5000m

Men:

(1) Ignacio Jimenez	25:03
(2) Peter Bennett	32:57
John Wood	DQ

Women:

(1) Trish Hibbs	33:21
(2) Joy Dale	38:34
(3) Noela McKinven	48:55

U20 5000m

Men:

(1) Alex Bradley	24:56
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Women:

(1) Phoebe Chadwick	32:15
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U18 5000m**Men:**

(1) Kai Dale 33:16

Women:

(1) Olivia Boulton 29:07

U16 3000m**Men:**

(1) Noah Cooke 14:06

(2) Koby Irvine 15:05

Leo Ramsay DQ

Women:

(1) Eliza Kelly 16:23

(2) Kiara Waterman 20:45

U14 1500m**Men:**

(1) Lachlan Moore 7:01

(2) Leo Hyde 8:03

Women:

(1) Violetta Boyd 8:37

(2) Violet Conway 9:19

U12 1500m**Men:**

(1) Jett Irvine 9:55

Girls:

(2) Clara Hermus 9:10

(3) April Kelly 9:26

(4) Jessica Gorham 9:30

U10 1000m**Men:**

(1) Yoshua Lee 5:50

Girls:

(1) Luna Boyd 5:48

(2) Lilli Chu 6:12

Mable Watts DQ



INTERNATIONAL NEWS

GERMANY: FISU World University Games, 27 July - Bochum

Andrea Cosi, world university champion in 20km walk

(reprinted from *O Marchador* blog – 28 July)

Italian **Andrea Cosi** was crowned world university champion in the 20km walk this morning, winning the distance race at the World University Games in Bochum, Germany, with a time of **1:19:48**. The Physical Education student at the Telematics University of Pégaso was joined on the podium by Japanese **Atsuki Tsuchiya**, who finished second with **1:20:08**, and Ukrainian **Mykola Rushchak**, who finished third, two seconds (behind) the Japanese.

The start of the race was marked by the presence of the Japanese trio in command of the operations. **Keisuke Hara**, **Taisei Yoshizako**, and Tsuchiya took the lead, leading a team that included China's **Xuanfei Xu** and **Peiyang Huang**, and Turkey's **Mazlum Demir**, along with Cosi and Rushchak. Hara and Tsuchiya took the lead, focusing more on setting a high pace and reducing the group. With five kilometres gone (the leaders' pass in 20:34), Atsuki Tsuchiya led, but shortly after, Andrea Cosi accelerated to the front of the race, followed by Hara's counterattack.

The Japanese-Italian rivalry continued throughout much of the race, with the leading group reaching the halfway point at 40.19 m. Around 13 kilometres, Rushchak fell behind, as did Xuanfei Xu shortly after. In the following kilometer, Andrea Cosi pushed back to the front, at a point where only the Japanese Hara and Tsuchiya could respond.

Even before the final league, the Italian and Atsuki Tsuchiya were isolated at the front, passing at 15 kilometres two seconds over the hour mark. The Ukrainian then caught up with Keisuke Hara in the battle for third place.

The Italian's victory would be sealed two kilometres from the finish, when Cosi launched the decisive attack and definitively secured first place. The Italian thus confirmed his pre-eminence as the favorite, having the best personal best of all the participants. By the finish line, Rushchak would secure the bronze medal, closing in on Tsuchiya, who prevailed by less than ten meters over the Ukrainian.

Andrea Cosi's achievement set a new FISU Games record, marking Italy's first victory in the race walk at the Universiade since 2001, when Lorenzo Civallero triumphed at the FISU Games held in Beijing, China. Cosi succeeds Turkey's Salih Korkmaz, winner of the men's 20km race walk at Chengdu 2023, as world university champion.



Men 20 kilometres C'ship

1.	Andrea COSI	30 APR 2001	ITA	1:19:48 GR
2.	Atsuki TSUCHIYA	06 AUG 2003	JPN	1:20:08
3.	Mukola RUSHCHAK	30 OCT 2003	UKR	1:20:10
4.	Keisuke HARA	04 MAR 2002	JPN	1:20:26
5.	Will THOMPSON	18 NOV 2002	AUS	1:21:01
6.	Tim FRASER	22 FEB 2000	AUS	1:21:12
7.	Xuanfei HU	17 OCT 2003	CHN	1:21:12
8.	Peiyang HUANG	10 JUN 2003	CHN	1:22:07
9.	Mazlum DEMIR	19 DEC 2003	TUR	1:22:13
10.	Isaac BEACROFT	18 JUL 2007	AUS	1:22:37
11.	Oisin LANE	12 JUN 2002	IRL	1:23:06
12.	Taisei YOSHIZAKO	15 JAN 2005	JPN	1:23:11
13.	Frederick WEIGEL	08 MAY 2005	GER	1:23:20
14.	Johannes FRENZL	22 SEP 2001	GER	1:24:12
15.	Jassam ABU EL Wafa	03 JUL 2004	GER	1:24:56
16.	Josafat SÁNCHEZ PEÑA	21 MAR 2000	MEX	1:25:07
17.	Seongyoon LEE	18 JAN 2002	KOR	1:25:08
18.	Chaofan SUN	16 SEP 2000	CHN	1:25:48
19.	Corey DICKSON	19 JUL 2002	AUS	1:25:58
20.	. RAHUL	07 JAN 2000	IND	1:26:34
21.	Harun BILIR	15 DEC 2004	TUR	1:26:42
22.	Yung-Kuei CHAN	14 DEC 2002	TPE	1:26:58
23.	Carlos MERCENARIO	26 JUL 2000	MEX	1:27:23
24.	Alex Mateo SANCHEZ GUAMAN	29 OCT 2005	ECU	1:28:05
25.	Gaurav KUMAR	14 MAR 2002	IND	1:28:44
26.	Norbert TÓTH	07 OCT 2001	HUN	1:29:12
27.	Dongmin LIM	22 JUL 2000	KOR	1:30:18
28.	Sachin Singh BOHRA	22 MAR 2003	IND	1:32:03
29.	Hayrettin YILDIZ	04 MAY 2004	TUR	1:33:09
30.	Chia-Hung LIN	14 DEC 2005	TPE	1:33:44
31.	Sanjay KUMAR	20 FEB 2001	IND	1:46:21
	Adam ZAJÍČEK	09 MAY 2003	CZE	DNF
	Mitchell BAKER	06 JUL 2001	AUS	DQ
	Chia-Wei HSU	12 SEP 2000	TPE	DQ

Intelligence and patience gave Elizabeth McMillen the world university title in the women's 20km walk.

(reprinted from *O Marchador* blog – 28 July)

Australia's **Elizabeth McMillen** is the new world university champion in the 20km walk, after winning this morning's distance event at the World University Games, held in Germany's Rhine-Ruhr region (Bochum, for the walk events). The Griffith University (Nathan, Brisbane) student was joined on the podium by China's **Jinlin Ning** (1:28:32) and **Haiying Ji** (1:29:14), who finished second and third, respectively.

Although no European athletes won any medals, it was Turkey's **Meryem Bekmez** who stood out most in the early stages of the race, defending the title she won two years ago in Chengdu, China. Bekmez seemed unfazed by the adjustments and launched

a devastating attack around two kilometres into the race, thus isolating herself at the front of the field. Behind her, in the first group, were China's Ning, Ji, and **Yue Luo**, Australia's McMillen and **Olivia Sandery**, and Kazakh **Yasmina Toksanbayeva**.

If the track and field events were won at the outset, it was clear that Bekmez would be the champion. Her superiority was clear, and her lead overwhelming. Suddenly, the Turkish athlete had a lead that reached over 150 meters. At the halfway point, Bekmez remained in the lead, with the chasing group consisting of the Chinese athletes and Elizabeth McMillen. Shortly after, China's Luo also fell behind.

From then on, everything seemed to fall apart for Meryem Bekmez, who saw the advantage she had accumulated in the previous laps quickly disappear. At 14 kilometres, she was overtaken by the two Chinese and shortly after by the Australian as well, just before the final league.

At 15 kilometres, McMillen was already leading, in a trio that included Ning and Ji, while Bekmez was hopelessly behind in fourth place, a position he would not relinquish until the end. At that moment, attention was focused on the battle between the Australian and Chinese riders.

With four kilometres remaining, McMillen and Haiying Ji led alone, following Jinlin Ning's delay. It wasn't long before the Australian took the lead and triumphantly marched to the finish line, where Ning still managed to finish second, overtaking her compatriot Ji, who had meanwhile endured the hardships of trying to keep up with McMillen in the fight for victory.

With Elizabeth McMillen's success, Australia regained the women's university world race walk title, last won in 1919 in the Italian city of Naples by Katie Hayward, in a race in which compatriot Jemima Montag finished second.



Women 20 kilometres C'ship

1.	Elizabeth MCMILLEN	10 APR 2004	AUS	1:28:18 = GR
2.	Jinlin NING	26 MAR 2004	CHN	1:28:32
3.	Haiying JI	25 FEB 2000	CHN	1:29:14
4.	Meryem BEKMEZ	31 JUL 2000	TUR	1:30:00
5.	Olivia SANDERY	22 JAN 2003	AUS	1:30:16
6.	Yasmina TOXANBAYEVA	16 NOV 2004	KAZ	1:30:18
7.	Yue LUO	13 JUL 2003	CHN	1:31:05
8.	Alexandra GRIFFIN	10 JUN 2005	AUS	1:32:46
9.	Ema KLIMENTOVÁ	06 JAN 2005	CZE	1:32:58
10.	Jekaterina MIROTVORTSEVA	17 NOV 2002	EST	1:33:04
11.	Tiziana SPILLER	23 DEC 2003	HUN	1:33:18
12.	Hana BURZALOVÁ	03 NOV 2000	SVK	1:34:03
13.	Allanah PITCHER	19 SEP 2003	AUS	1:34:42
14.	Ayane YANAI	24 DEC 2003	JPN	1:35:04
15.	Sejal SINGH	12 AUG 2003	IND	1:35:21
16.	Valeriya SHOLOMITSKA	01 AUG 2004	UKR	1:36:34
17.	Ada JUNGHANNß	04 NOV 2004	GER	1:38:20
18.	Munita PRAJAPATI	15 JAN 2002	IND	1:39:33
19.	Sumika TANI	19 JAN 2005	JPN	1:40:37
20.	Mansi NEGI	03 MAY 2003	IND	1:41:12
21.	Tabea KIEFER	22 APR 2005	GER	1:41:20
22.	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1:46:42
23.	. SHALINI	08 OCT 2002	IND	1:48:07
24.	Manuela Carolina PIÑACELA TENESACA	05 MAY 2006	ECU	1:49:12
25.	Mahima CHOUDHARY	02 OCT 2005	IND	1:55:49
	Rebecca HENDERSON	04 JUL 2001	AUS	DNF

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.

- Saturday, July 26, 2025 - Frenchwoman Daphné Gateau-Fernez wins Gold at the European Youth Olympic Festival (Skopje 2025) <https://omarchador.blogspot.com/2025/07/a-francesa-daphne-gateau-fernez-ganha-o.html>
- Friday, July 25, 2025 - Triumphs of Imen Saï, under-20 (Tunisia) and Hiwot Ambaw, under-18 (Ethiopia) at the African Athletics Championships – Abeokuta 2025 <https://omarchador.blogspot.com/2025/07/triunfos-de-imen-sai-sub-20-tunisia-e.html>
- Friday, July 25, 2025 - Rayen Cherni, under-20 (Tunisia) and Youssef Anwar, under-18 (Egypt) win at the African Athletics Championships – Abeokuta 2025 <https://omarchador.blogspot.com/2025/07/rayen-cherni-sub-20-tunisia-e-youssef.html>
- Thursday, July 24, 2025 - CluVe organized another International Masters Athletics Tournament - Coimbra 2025 (results) <https://omarchador.blogspot.com/2025/07/cluve-organizou-mais-um-torneio.html>
- Wednesday, July 23, 2025 - Italian Nicolò Vidal wins gold at the European Youth Olympic Festival (Skopje 2025) <https://omarchador.blogspot.com/2025/07/italiano-nicolo-vidal-conquista-ouro-no.html>
- Tuesday, July 22, 2025 - Ecuadorian Iván Oña breaks South American U-20 record for 10,000 meters walk (39:21.99) <https://omarchador.blogspot.com/2025/07/equatoriano-ivan-ona-bate-recorde-sul.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.



David Ainsworth has sent through a link to a clip that would be useful, not just to coaches, but to judges seeking to improve their observational skills.

MORE FROM A TALENTED FILM MAKER

This is almost as good as being there. Another film from **Len Ruddock** : *The 2025 European Athletics Race Walking Team Championship at Podebrady*.

<https://www.youtube.com/watch?v=OkWcs9S3AgM>

(NOTE: I haven't seen this right through yet, but if watching from a judge's viewpoint, I suggest skipping the slow-mo sections if you can and going to real time only, at least on first viewing.)

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



2025 Australian Junior Race Walking Championships
Sunday 24 August – Victoria Park, Ballarat


The schedule for the AA Junior Road walks championships has been released:

09:00	Under 20 10km Race Walk - Men
09:00	Under 20 10km Race Walk - Women
10:00	Under 18 5km Race Walk - Men
10:00	Under 18 5km Race Walk - Women
10:00	Under 16 5km Race Walk - Men
10:00	Under 16 5km Race Walk - Women
10:30	Under 14 3km Race Walk - Men
10:30	Under 14 3km Race Walk - Women
10:50	Under 12 2km Race Walk - Men
10:50	Under 12 2km Race Walk - Women

***Entry information:**

The deadline for entries is **Tuesday 5 August**, at 5:00pm. No late entries will be accepted!

To enter, go to <https://meets.rosterathletics.com/public/competitions/details/about?id=26194>



***AA Event Group Advisory Panel for Race Walks**

Jared Tallent advises that AA is now inviting inquiries from applicants with relevant expertise for the abovementioned panel. The kind of *expertise* referred to is as follows:

The members of the Event Group Advisory Panel should have a high level of expertise in Athletics, such as:

- A retired athlete who has competed at an international level
- A coach who has coached athletes to an international level
- An international level official
- An event group expert, for example a performance support provider (e.g. therapist, scientist etc) that has supported a specific Event Group athlete/coach's senior Championship preparation.

The Expression of Interest (EOI) for the **Australian Athletics Event Group Advisory Panel for Race Walks** is now available on the Australian Athletics website:
<https://www.athletics.com.au/participant-hub/high-performance-coaching/>

Direct link to the EOI document:
<https://www.athletics.com.au/wp-content/uploads/2025/07/Australian-Athletics-Event-Group-Panels-Race-Walks-EOI.pdf>

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** VRWC RACE FEES

Seasons ticket 12 months:

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

VRWC Club Races:

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

VRWC Championships:

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.)

DOGS OFF LEASH

It is a Parks Victoria regulation that dogs must be on leash in all areas of the Albert Park/Middle Park public use precinct, except for designated off-leash zones.

VRWC members, supporters and parents who notice dogs off leash near our race courses or official/assembly areas should notify myself, Mark Donahoo or Terry Swan.

Stu Cooper
President

2025 WINTER SEASON FIXTURE

AUGUST

Saturday 2nd August

VRWC Points races

Middle Park

Saturday 9th August

AV Championship & VRWC Championships & events

Middle Park

Saturday 16th August

VRWC **Last points race**

Middle Park

Sunday 24th August

Australia Athletics championships

Ballarat

Saturday 30th August

VRWC non points race day

Middle Park

September

Saturday 6th September

AV 5km teams championship, VMA 5km track championship & VRWC events

Mentone Track

Sunday 14th September

VRWC relay race and [Seasons Presentations](#)

Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 9 Aug 2025	AV 15km & VRWC c'ships (Alf Robinson & Mabel Robinson trophies) – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat
Sat 6 Sep 2025	AV 5000m Teams c'ship & Club races – Mentone
Sun 14 Sep 2025	Relay race, BBQ lunch, Winter presentations – Middle Park

International Dates

13-21 Sep 2025	20 th 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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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.

<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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