



HEEL & TOE Online

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

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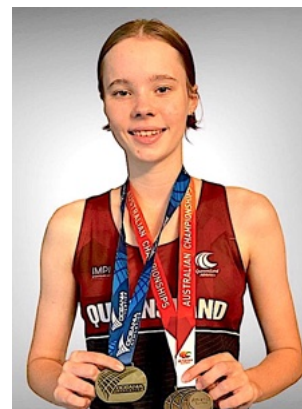
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** WALKER OF THE WEEK **

'Tis the season to be contesting State championships around the country, and it's not surprising that our WOTW candidates would be drawn from these important competitions.

Depending on the prevailing conditions, championship races usually see improved times from younger athletes in particular, and this week the spotlight falls on talented up and comer **Milly Sharpe (QLD, 16)**. A diligent and ambitious walker, Milly had a very successful 2024, in which a DQ in January was the only race out of 17 in which she didn't either win or finish in the top 3 ... these included all club and interstate championships, as well as her first international representation in the Oceania titles in Suva. Racing over 10km for only the third time, Milly earned her WOTW in last weekend's QA 10,000m championships by taking bronze with a huge 2:39 PB of **50:40.94**, smashing the time she recorded at January's Supernova race amid a world-class field and showing the value of that experience. Milly will surely be setting her sights on her first sub-50:00 result, and her evident dedication to training under coach Shane Pearson indicates that that milestone won't be far away.

Well done, Milly, and best of luck with the nationals in Perth!



(Photo: GladstoneToday)

*Honourable mentions

- **Jemima Montag** and **Rhydian Cowley (VIC)** – occupying the same spot as last week, on the basis of 'class above' performances to win their respective AV 5000m titles.
- **Ela Uzun (VIC)** – came to within 4 secs breaking her own formidable State U14 and U15 3000m records.
- **Koby Irvine (QLD)** – took a huge 1:10 from his 3000m PB in taking silver behind Noah Cooke in the QA State titles.
- **Matilda Read (VIC)** – having finally broken through the 15:00 barrier for 3000m in January, tore another 22 secs from that PB in winning the AV U16 title on Sunday.
- **Jade Chitty (VIC)** – the only big improver in tough conditions in the AV 5000m title with a 29 sec PB.



CLUB NEWS and RESULTS



It's never nice to have to report on a member's misfortune, but I know readers would want us to wish Life member **Di Lowden** all the best. While judging in the Australian 20km championships in Adelaide last week, Di had a nasty fall and injured several ribs. It's expected that Di will be out of action for a bit while she recuperates. We wish you a speedy recovery, Di, and we look forward to your presence at the Club for the start of our winter program.

REMINDER

The **Level 3 Coaching course** being conducted by Mark Donahoo will be held this coming Saturday from 1.00pm to 4.30pm, at Dolomore Reserve, Mentone.

Enter via the AV Events portal at <https://members.athsvic.org.au/events/270764>

***2025 WINTER FIXTURE TO BE PUBLISHED IN NEXT ISSUE**

Our 2025 Winter fixture is just about ready to be circulated. All that remains is to sort out some issues regarding dates and placement of one of the championships. In the meantime, put **Saturday 26 April** in your diaries as our first race fixture. As with last year, this will be held at **Dolomore Reserve, Mentone**. Unlike last year, it will be a Club championship day only, with all members eligible to enter any distance.

The day's program is as follows:

*VRWC Track Championships			
Saturday 26 April – Dolomore Reserve, Mentone			
1.30pm	10,000m	VRWC track championship	Open Male
	10,000m	VRWC track championship	Open Female
1.45pm	1500m	VRWC track championship	Open Male
	1500m	VRWC track championship	Open Female
2.00pm	3000m	VRWC track championship	Open Male
	3000m	VRWC track championship	Open Female
2.25pm	5000m	VRWC track championship	Open Male
	5000m	VRWC track championship	Open Female
3.00pm		Presentations	

VICTORIA - METRO & REGIONAL



AV Track & Field C'ships, Sunday 23 February – Lakeside Stadium

A healthy tally of 40 walkers lined up for the Walks titles on day 2 of this year's AV track championships, to be greeted by challenging heat and capricious wind gusts that hit the 5000m races while leaving the 3000s alone. That aside, the events were keenly contested and the overall standard of walking was high. The 5000m races were up first, with **Jemima Montag** and **Rhydian Cowley** picking up from where they left off in Adelaide last week and claiming another title each.

In Cowley's case it was a genuine 'Bradbury' moment.¹ **Declan Tingay** had broken away with 4 laps remaining and was sitting pretty for the gold when, rounding the bend into the home straight, he found himself facing a '30secs' paddle and had to watch ruefully from the cone castle as the Glenhantly champ whipped by to cross first. Declan was released in plenty of time to complete the last 100m for 2nd, with **Kyle Swan** taking championship silver half a minute in arrears. **Eden Morgan** took bronze with his first senior track podium placing plus a 1 sec PB.

Montag's win was no surprise, the interest being in whether or not she would go after the Victorian record she set here in 2022. A mere week's break after her sub-1:28:00 national 20km win probably made that unrealistic, leaving her content to clock another sub-21:00 win while holding France's **Clemence Beretta** at bay. The Lakeside track was very much to Beretta's liking in 2024 when she broke through the 21 min barrier on it herself for a French national record and, with Jemima in the field this time, she'd have hoped to improve on that. While it wasn't to be, Clemence kept the Olympic bronze medallist in sight most of the way and took a convincing 2nd place over **Bec Henderson**, also recovering from her 1:28:11 20km PB in Adelaide and unable to match the French speedster on the day. **Alanna Peart**, another whose focus has been on mileage for 20kms, repeated her bronze medal placing from last year and will now look ahead to Perth and her next international opportunity.

On a day that wasn't conducive to PBs, **Jade Chitty** seized the opportunity presented by a qualify field to rip nearly half a minute from her previous 5000m best. Good work, Jade.

Women 5000m Open

1V Jemima Montag	MUAC	20:46.72
2 Clemence Beretta	France (inv.)	21:38.40
2V Rebecca Henderson	Mentone AC	23:10.94
3V Alanna Peart	Ballarat YCW	24:04.94
5 Arnika Nelson ²	New Zealand (inv.)	25:20.33
4V Jade Chitty	Western Aths	26:16.83*
5V Char Hay	MUAC	26:20.77
6V Jemma Peart	Ballarat YCW	26:47.94
7V Grace Louey	Knox Aths	29:36.86
.. Juliet Heahleah	Eaglehawk	DQ TR 54.7.5

Men 5000m Open

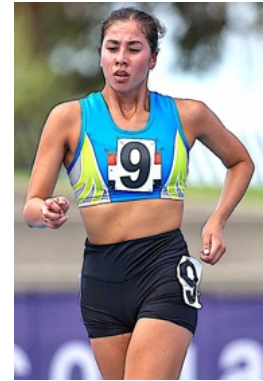
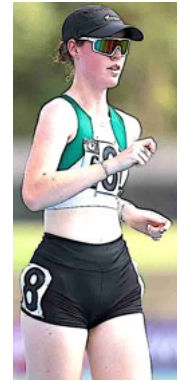
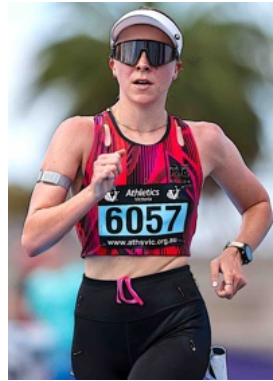
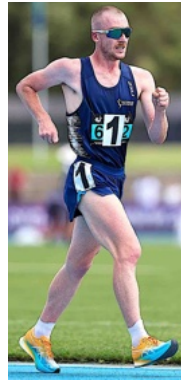
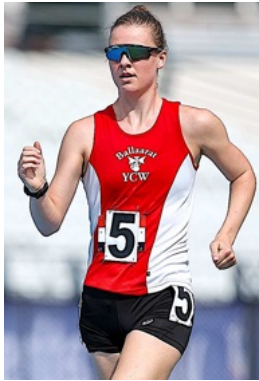
1V Rhydian Cowley	Glenhantly	19:36.45
2 Declan Tingay	WA (inv.)	20:02.76 PZ 30s
2V Kyle Swan	Ath Nunawading	20:32.63
3V Eden Morgan	Knox Aths	22:22.87*
4V Alejandro Stephens	Glenhantly	23:44.45

¹ In 2002, Steven Bradbury became the first Australian to win Winter Olympics gold when he – the rank outsider in the 4-man speed skating final – kept his feet while the three ahead of him crashed into the wall, sailing past them to take the gold medal. Delighted as the Aussies were, the true sweet moment came after an NBC commentator sneered at Bradbury's achievement: "Enjoy your gold medal, Australia – you'll have a long wait until the next one." Three days later, Alisa Camplin won the next one in the aerial skiing.

² Arnika was 5th finisher overall. Jade, although ranked below her having finished 6th, was 4th Victorian. The other Victorians follow sequentially.



Rhydian, Jemima, Kyle and Bec



Alanna, Declan, Clemence, Arnika and Grace

(Photos: Athletics Victoria)

The best of the age-group 5000m's saw an arm wrestle between World Teams co-reps **Riley Coughlan** and **Marcus Wakim**, with Riley prevailing in the straight by a mere 4 secs after a gruelling contest. **Max Davidson** was unlucky to have an off-day amidst a high-calibre field, but he has plenty of time in which to regroup before the Nationals in April.

Ariana Pashutina, with her usual consistent pace, had the best of the age-group women's results, while **Lucy Johns**, a novice at this distance, gave a good account of herself in the trying conditions.

Women 5000m U20

1 Ariana Pashutina	Knox Aths	26:59.27
2 Emily Smith	Knox Aths	29:54.73

Men 5000m U20

1 Riley Coughlan	Knox Aths	21:20.16
2 Marcus Wakim	Collingwood	21:24.96

Women 5000m U17

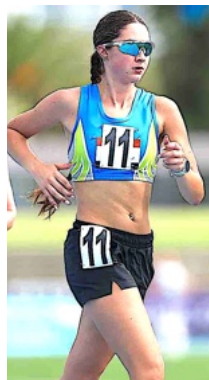
1 Lucy Johns	Diamond Vly AC	28:42.73 F
2 Sarah Holmes	Diamond Vly AC	30:58.78

Men 5000m U17

1 Max Davidson	Diamond Vly AC	24:18.89
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*PBs - Jade 0:29; Eden 0:01

F – First time over distance



(Photos: Athletics Victoria)

While it was still warm, the wind had dropped by the time the gun went for the U14-U16 3000m championships. Not surprisingly, the walking fraternity behind the fence were keen to see what stopwatch treats 13yo dynamo **Ela Uzun** would conjure up, and she left no doubt of her intentions as she surged to a long lead to win with a time a mere 3 secs shy of the astonishing Victorian record she posted at Doncaster three weeks ago. Behind Ela, a neck and neck battle ensued between **Mya**

McClure and **Matilda Read**, coming down to a final 100m surge from Mya that put her 4 secs clear. Both girls returned fast times, Matilda's being a gold medal winner in a 22 sec PB. It was a happy journey home to Gippsland for the Reads, with younger sister **Pippa** also claiming gold in her first-ever State title race, also with a PB. And a special high-5 to **Caitlyn Shipham** who chose a good day to slash her PB by an imposing 24 secs.

Angus Shuttleworth had his own last lap battle to hold off **Lewis McLennan** in the Boys U15, achieving this with the best of the boys' times on the day. Young **Tate McQueen**, who carried the sport's colours most Saturdays in Bendigo this summer, posted his own good result for gold in the Boys U14 race.

Girls 3000m U16

1 Matilda Read	Wellington AC	14:20.28*
2 Hannah Matthews	Knox Aths	16:17.57
3 Lily Lambert	Mentone AC	19:34.69

Boys 3000m U16

1 Damian Baldy	Knox Aths	19:48.80
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Girls 3000m U15

1 Ela Uzun	Essendon Aths	13:26.65
2 Mya McClure	Whittlesea City	14:18.56
3 Havana Ali	Essendon Aths	16:28.34
4 Brienna Coffey	Yarra Ranges AC	18:15.39*

Boys 3000m U15

1 Angus Shuttleworth	Knox Aths	15:07.75
2 Lewis McLennan	Doncaster AC	15:11.22
3 Michael Mathison	NSW (inv.)	16:39.63
3 Tate Jardine	Essendon Aths	19:50.36

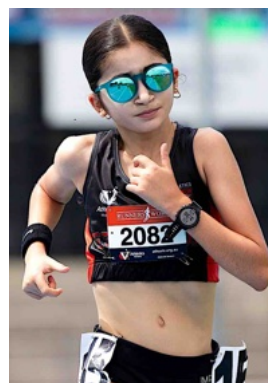
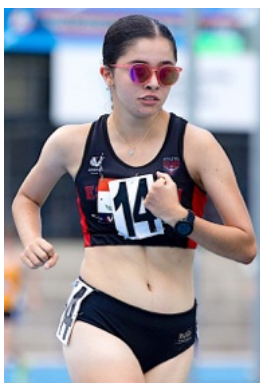
Girls 3000m U14

1 Pippa Read	Wellington AC	16:45.33*
2 Addison Frenken	Casey Cardinia AC	18:13.39
3 Julia Baldy	Knox Aths	18:22.34 F
4 Caitlin Shipham	Knox Aths	20:13.67*

Boys 3000m U14

1 Tate McQueen	Eaglehawk	16:48.51
2 Fiete Diers	Glenhuntly	21:46.33

*PBs – Caitlyn 0:24; Matilda 0:22; Brienna 0:10; Pippa 0:04



(Photos: Athletics Victoria)

Action models:

Ariana, Matilda, Ela, Max, Riley, Havana, Marcus, Angus, Alejandro,

AROUND THE COUNTRY

A.C.T. ACTRFWC results, January & February (various dates) - Woden

The ACT walkers have not been inactive over the past month, with a regular turnout of members lining up for races at the Woden athletics centre. Thanks once again to **Ann Staunton-Jugovic** for compiling and sending these results:

23/1/2025

1200m

1. Estrid Helgstedt	8:56
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Mile (1600m) Fitness Walk

1. Sue Archer	11:33
2. Jim White	12:52
3. Bryan Thomas	13:08

Mile (1600m) Race Walk

1. Scott Hyland	8:08
2. Michelle Bray	8:47
3. Tindra Helgstedt	10:34

30/1/2025

1000m Race Walk

1.	Sebastian Ryan	5:56
2.	Samantha Ramboer	5:57
3.	Tindra Helgstedt	6:14
4.	Estrid Helgstedt	6:45
5.	Ewen Thompson	6:47
6.	Jill Pearson	7:21

3000m Race Walk

1.	Scott Hyland	14:55
2.	Ann Staunton-Jugovic	17:19

5000m Race Walk

1.	Michelle Bray	27:02
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1000m Fitness Walk

1.	Johanna Saltis	9:48
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3000m Fitness Walk

1.	Sue Archer	21:10
2.	Bryan Thomas	
3.	Doug Fitzgerald	
4.	Lorna England	
5.	Geoff Barker	

6/2/2025

800m Race Walk

1.	Jillian Ryan	3:57
2.	Ann Staunton-Jugovic	4:02
3.	Tindra Helgstedt	4:40
4.	Clare Rice	5:08
5.	Estrid Helgstedt	5:15
6.	Ewen Thompson	5:16

2000m Race Walk

1.	Hana Jugovic	9:59
2.	Zac Anderson-Rule	12:33
3.	Sebastian Ryan	12:34

13/2/2025

1500m Race Walk

1.	Hana Jugovic	7:18
2.	Tindra Helgstedt	8:55
3.	Zac Anderson-Rule	9:12
4.	Clare Rice	10:34

1100m Race Walk

1.	Estrid Helgstedt	7:02
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20/2/2025

800m Race Walk

1.	Hana Jugovic	3:38
2.	Jillian Ryan	3:43
3.	Ann Staunton-Jugovic	4:07
4.	Sebastian Ryan	4:23
5.	Tindra Helgstedt	4:33
6.	Clare Rice	4:56
7.	Estrid Helgstedt	5:04
8.	Adam Loftus	5:27
9.	Vivian Swallow	5:46
10.	Ewen Thompson	6:09

2000m Race Walk

1.	Michelle Bray	10:49
2.	Jill Pearson	14:08
3.	Lorna England	17:21

2000m Fitness Walk

1.	Bryan Thomas	15:52
2.	Doug Fitzgerald	17:00
3.	Robert Kenelly	17:23
4.	Geoff Barker	18:39

***CA U20 and Open Championships: Masters C'ship & Junior Non-c'ship event, 27 January - AIS**

Women 40-44 3000m Race Walk

1.	Michelle Mathieson (Bray)	15:16
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Men 75-79 3000m Walk

1.	Robert Kennelly	27:51
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Men 40-44 5000m Race Walk

1.	Scott Hyland	23:46
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Junior Non-C'ship 3000m Race Walk

1.	Nate Appleyard (NSW)	15:09
2.	Jillian Ryan	16:00
3.	Stella Pinches (NSW)	16:23
4.	Sebastian Ryan	18:00

QUEENSLAND QA Track & Field c'ships, 22 February – QSAC, Brisbane

Thanks to **Robyn Wales** for providing the link to the QA championships results. "There were several pbs and we all welcomed Camryn Price (Novinetz) back to the sport," said Robyn.

Women 10,000m Walk Open c'ship

1	Taylah Billington	Tigers AC	47:16.08
2	Camryn Price	UQ	49:38.21*

Men 10,000m Walk Open c'ship

1	Alex Bradley	QRWC	48:56.24
2	Kai Dale	QRWC	58:06.49

3 Milly Sharpe	Gladstone AC	50:40.94*	.. Bailey Housden	QRWC	DNF
4 Mia Bergh	Gold Coast V	52:43.36*			
5 Kirstin Shaw	QRWC	52:57.04*			
6 Summer Millard	UQ	1:03:20.29			
7 Phoebe Chadwick	QRWC	1:06:57.74			
8 Taylah Morris	Gold Coast V	1:14:26.57			

*PBs – Milly 2:39; Kirstin 1:53; Mia 0:45; Camryn 0:25

Women 3000m Walk Open c'ship

1 Bethany Moore-Kirland	U16	DarlingDs	15:06.42*
2 Isabella Welch	U14	Ignition	16:17.24
3 Elspeth Hooper	U14	GCVictory	16:45.15
4 Lani Ellwood	U15	ANQ	X16:46.74*
5 Zoe Renton	U15	Toowong	17:27.42
6 Eliza Kelly	U16	QRWC	17:39.25
7 Mackenzie Bandidt	U15	UQ	18:06.86
8 Kiara Waterman	U15	QRWC	18:28.15
9 Amelia Chisholm	U14	GCVictory	19:15.12

Men 3000m Walk Open c'ship

1 Noah Cooke	U16	QRWC	13:49.51
2 Koby Irvine	U16	Bundaberg	14:35.28*
3 Lachlan Moore	U15	Ignition	14:42.33*
4 Eli Melinz	U16	Noosa AC	17:56.57
5 Leo Ramsay	U14	QA	X19:35.21
.. Cory Lockwood	U15	GCA	DQ TR54.7.4
.. Leo Hyde	U14	GCVictory	DQ TR54.7.4

*PBs – Koby 1:10; Lani 0:44; Lachlan 0:22; Bethany 0:05

SOUTH AUSTRALIA ASA Interclub results, 22 February – Mile End stadium

According to **Kim Mottrom**, after Adelaide had delivered perfect conditions for the Australian 20km last week, it was back to regular programming on Saturday – 38c when they walked. Credit to those who made it through, whatever their times.

Open 3000m	Time
Kim Mottrom	13:52.20
Cooper Rech	15:06.93
Jessica Cleland	22:09.22
Alex McEwan	25:20.36
Matilda Rech	DQ
Liam Freundt	DNF
Zachery Freundt	DNF

TASMANIA North Tasmanian Interclub results, 22 February – St Leonards

Thanks to **David Moore** for this report from the Tassie north coast.

A hot walk in the full sun of the mid- afternoon at St Leonards today for **Samuel Lindsay** and **Eva Parker**. Adjusting to the conditions **Sam Lindsay** did a smart even paced effort. The best performance of the day belonged to **Eva Parker** who smashed her previous best for the 5000m distance by some 2 minutes 20 seconds.

1. Samuel Lindsay	Newstead	21:38.68
2. Eva Parker	NWAC	29:29.69 PB

WESTERN AUSTRALIA WA T&F championships results, 22 February – WAAS, Perth

Terry Jones reports: "Last Saturday night we had the WA State 10,000 metre championship walks at WAAS, together with a full range of Little A's 1500 metre state championship walks. The usual under-age state championship walks will be conducted in two weeks."

Women 10000 Metre Walk U20

1 Kaytee Bogaers	1:01:05.29
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Women 10000 Metre Walk Open

1 Alexandra Griffin	49:14.86
2 Melissa Lewis	56:25.54

Men 10000 Metre Walk Open

1 Bradley Mann	48:14.28
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Alexandra and Bradley with John Ronan after the national 20km titles in Adelaide. (Photo: WARWC Facebook)

INTERNATIONAL NEWS

ITALY: Italian Indoor T&F championships, 22/23 February - Ancona

Francesco Fortunato sets new world record in the 5,000-meter short track walk

(reprinted from *O Marchador* – 24 February)

Italian athlete **Francesco Fortunato**, bronze medallist in the 20km race walk at the last European Athletics Championships (Rome 2024), broke the world record for the 5,000m race walk on a short track during the Italian Championships, which took place last weekend in Ancona, with the race walk events taking place on Saturday (22/02).

Fortunato, 30 years old, passed the first 1,000 meters in 3:39.6, the 2,000m in 7:16.9, the 3,000m in 10:54.0, the 4,000m in 14:26.2 and finished the last kilometer in a very fast 3:29, crossing the finish line in 17:55.65 minutes and improving by 11 seconds the (official) record of 18:07.08 that the Russian Mikhail Schennikov had achieved in the distant year of 1995, in Moscow.

Naturally, the previous transalpine record for the distance was shattered, which belonged to the 2004 Athens Olympic champion, Ivano Brugnetti, with a time of 18:08.86, from 1995.

For Fortunato, “the dream was to beat the Italian record, the real madness was to set a new world record. The great Brugnetti tried, but missed by just one second and today I killed two birds with one stone,” said Fortunato, who happily said it was a great moment in his career, having won the mixed relay race (with Trapletti) at the last World Race Walking Team Championships in Antalya, Turkey.

The men's podium at the Italian short track championships was completed by **Gianluca Picchiottino** in second place (**18:50.11**) and **Riccardo Orsoni** in third place (**18:56.55**), while in the women's event **Federica Curiazzi** won with a time of **12:17.08**, the second world best of the year, behind Portugal's **Vitoria Oliveira (12:13.39)**, followed on the podium by **Giada Traina (12:46.48)** and **Sofia Fiorini (12:50.11)**, all setting personal bests.

Men 5000m c'ship

1 Francesco Fortunato	GA Fiamme Gialle	17:55.65 WR
2 Gianluca Picchiottino	GA Fiamme Gialle	18:50.11
3 Riccardo Orsoni	GA Fiamme Gialle	18:56.55
4 Aldo Andrei	GS Fiamme Oro Padova	19:16.13
5 Davide Finocchietti	Atl.Libertas Unicusano Livorno	19:28.05
6 Nicola Lomuscio	GS Avis Barletta ASD	19:45.00
7 Giulio Scoli	Aletica Livorno	20:35.01
8 Gregorio Angelini	Atl.Am. Cisternino Ecolservizi	20:54.02
9 Ettore Grillo	Aletica Firenze Marathon SS	22:37.54

Women 3000m c'ship

1 Federica Curiazzi	Atl. Bergamo 1959 Oriocenter	12:17.08
2 Giada Traina	Aletica Livorno	12:46.48
3 Sofia Fiorini	Atl.Libertas Unicusano Livorno	12:50.11
4 Michelle Canto	ASD Aletica Gran Sasso Teramo	13:05.75

5 Giulia Lucentini	Atl.Vicentina	13:24.76
6 Verdiana Casciotti	ASD Atletica Gran Sasso Teramo	13:29.47
7 Bianca Zoboli	ASD La Fratellanza 1874	13:30.42
8 Vittoria Bollano	Atl. Mondovi'-Acqua S.Bernardo	13:38.87
9 Rosetta La Delfa	Unione Giovane Biella	13:39.13
10 Francesca Gloria Busell	ASD La Fratellanza 1874	13:39.27
11 Beatrice Palmonari	Atletica Lugo	13:44.62
12 Sara Perullo	Atletica Cascina	13:52.82
13 Tiziana Celine Bestetti	Atl. Bergamo 1959 Oriocenter	14:01.45
14 Giulia Miconi	CUS Macerata	14:05.23
15 Sofia Tomassoni	CUS Macerata	14:39.69
... Lucrezia Nieri	ASD Atletica Prato	DQ



Done it! Fortunato and Curiazzi celebrate. (Photos: Nicola Maggio)

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, February 23, 2025 - **Vitória Oliveira breaks Portugal's 3000m short track walk record**
<https://omarchador.blogspot.com/2025/02/vitoria-oliveira-bate-recorde-de.html>
- Sunday, February 23, 2025 - **Romanian Winter Race Walking Championships 20km – Bucharest 2025 (results)**
<https://omarchador.blogspot.com/2025/02/campeonatos-da-romenia-de-marcha-de.html>
- Thursday, February 20, 2025 - **Wroclaw hosted the Polish U18 and U20 short track championships – results**
<https://omarchador.blogspot.com/2025/02/wrocaw-recebeu-os-campeonatos-polacos.html>
- Wednesday, February 19, 2025 - **Koki Ikeda punished with 4 years of suspension (doping)**
<https://omarchador.blogspot.com/2025/02/koki-ikeda-punido-com-4-anos-de.html>
More on this below ... see 'Furthermore'.
- Tuesday, February 18, 2025 - **Dunfee breaks NACAC 20km record. Cowley and Montag crowned Australian champions in Adelaide**
<https://omarchador.blogspot.com/2025/02/dunfee-bate-recorde-do-nacac-de-20-km.html>

FURTHERMORE ...

- Following on from news posted in Issue #7 regarding **Koki Ikeda's** 4-year suspension following a positive finding of blood irregularities, the Japanese walker's club, Asahi Kasei, issued a further notice on its website on 14 February, in which it stated its position on Ikeda's case:

'No Prohibited Substances on the Prohibited List of the World Anti-Doping Agency have been detected in Ikeda's body.'

'The AIU regularly performs blood testing of a small portion of athletes who compete internationally, including Ikeda, to measure haemoglobin values, etc., in order to detect blood doping. Past test results for each athlete are recorded, and when any test result fluctuates beyond a certain limit set individually based on such record, and if it is thought to have been caused by the use of prohibited substances or methods, the athlete is notified and requested to explain how it is not a violation of anti-doping rules. The notification to Ikeda was based on his blood test results from June 2023 indicating haemoglobin values etc. exceeding the limit.

'After receiving the notification in June, Ikeda collected information related to his living habits, training regimen, and physical condition, as well as his blood test data kept by the Japan Institute of Sports Sciences, and requested the assistance of sports medicine physicians who are deeply versed in the field of anti-doping, and other specialist medical researchers.

'The opinion of these experts is that Ikeda's haemoglobin value fluctuation was caused by his training, living environment, physical condition, and side-effects of prescribed medication* which resulted in intravascular haemolysis and gastrointestinal haemorrhage, and was not due to blood doping. Said experts submitted written statements to the AIU describing their opinion.'

https://www.asahi-kasei.com/news/2024/e241102.html?fbclid=IwY2xjawJjUONleHRuA2FibQIxMAABHXtO6Jgke2AZZwLS_8McbgGQjCIJzO398z-IJFxT1Vi7tslgVDrXiFpiUQ_aem_-AvGV47r8UM1cN3Wi6juiw

*Not including any substance on the Prohibited List of the World Anti-Doping Agency.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sat 1 Mar 2025	VRWC Coaching course: Level 3 Performance – Mentone
Sat-Sun 8-9 Mar 2025	LAVic State T&F championships – Casey Fields, Cranbourne
Fri-Sun 4-13 Apr 2025	Athletics Australia T&F c'ships – Perth, WA
Sat 26 Apr 2025	VRWC Track championships (Winter season opener) – Mentone
Sun 18 May 2025	AV, AV Schools & VRWC championships – Middle Park
Sun 8 Jun 2025	RWA 58th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park

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
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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