



HEEL & TOE Online

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

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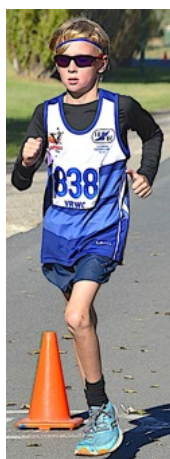
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***H&T Notice Board – Page 11**

- **Re-registration and new registration** – important letter from the Secretary
- **Fees** - Membership and racing.
- **RWA notice** – Age group changes

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



The WOTW award for this week is shared between one of our new 'mosquito fleet' – **Fletcher Reid (VIC, 10yo)**, and 'sophomore' member **Caitlyn Shipham (VIC)**.

Fletcher, who along with brother Ryder* has joined us for the first time this year, first attracted attention at the 2024 LAVic State championships at Knox, winning the U9 700m title with an eye-catching display of speed and backing that up later with an all-the-way win at the LAVic Road walk championships 1km.

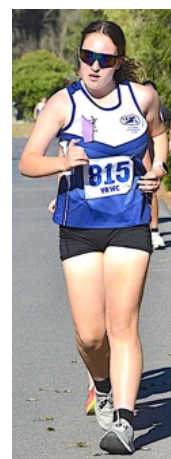
Already showing a sound grasp of efficient technique, Fletcher looks to tackle every race in the same manner – from the front, and fast. This approach paid dividends on Saturday when he raced 2km for the first time and clocked an excellent **10:45** – one of only two out of 17 starters to beat 11mins.

Caitlyn, back for her second VRWC winter season, recorded her 3rd straight PB from her first 3 races of the winter, with improvement margins of 0:31 (3km), 0:13 and 0:13 (2km).

Competing for Knox Athletics in AVSL and Knox LAC in the

LAVic summer comp, Caitlyn has worked diligently to absorb the mechanics of the sport and her racing condition is building steadily.

Well done, Fletcher and Caitlyn ... we wish you both enjoyable and productive winter racing.



***Honourable mentions**

- **Avia Luketic (NSW)** – smashed her 2km PB by 0:34 in clocking **9:40** at the NSWRC handicap races on Saturday.
- **Georgia Walters and Aria di Benedetto (VIC)** – both removed huge chunks from their 2km PBs to go under 12:00 for the first time.
- **Arthur Robinson (VIC)** – scored the only PB in the 4km with a big 34 sec improvement.
- **Kate Sanford (VIC)** – added to her 1:33 PB in last week's 6km with another one, this time by 0:41.

**Fletcher and Ryder's mum, Erin, has also revived her VRWC membership and is racing again, no doubt inspired by her sons. See <https://www.vrwc.org.au/newsletters/heelandtoe-2024-num10.pdf>*



CLUB NEWS and RESULTS

****Next week ...***

This coming Sunday morning sees the first of our Athletics Victoria championship meetings for the season. Up for grabs will be the **AV 30km Open championship** (including the *Jared Tallent Trophy*) and the **AV Schools road walk titles**. With several of our past regular entrants having now moved on from secondary school, the fields are open for new talent to step up and take the medals. We look forward to some keenly-contested races.

The AV championships are WA ranking competition events. See the listing at:

<https://worldathletics.org/competition/calendar-results?disciplineId=3&offset=500>

Along with the AV titles, the VRWC will host its first 2025 Road championships for the U12 and U10 members. With our ranks boosted in these age groups this season, we hope to see a healthy turnout to contest the medals. There will also be Non-championship races held over various distances.

Sunday 18 May – Middle Park AV 30km & AV Schools Road walk Championships <i>The AV championships are WA ranking competition events</i>			
			
8.15am	30km	AV Championship – Jared Tallent Trophy	Open Men
	30km	AV Championship	Open Women
	20km	Non-championship	Open
9.00am	10km	AV Schools Championship	U20 Men/Women
9.20am	8km	Non-championship	U18 Men/Women
	4km	Non-championship	Open
10.00am	5km	AV Schools Championship	U18 Boys/Girls
10.10am	1km	VRWC Championship	U10 Boys/Girls
10.25am	1.5km	VRWC Championship	U12 Boys/Girls
10.40am	3km	AV Schools Championship	U16 Boys/Girls
	3km	AV Schools Championship	U14 Boys/Girls
11.10am	2km	Non-championship	Open
11.45am		Presentations	

***REMINDER** – Entries for all AV Championships close on **Wednesday 14 May at 11.59am**.

Enter via the AV portal at <https://members.athsvic.org.au/events/register/287712>

Enter for VRWC Championship and Non-championship races via the Entry portal at <https://www.revolutionise.com.au/vrwc/>

**** LAKE BURLEY GRIFFIN RWA CARNIVAL, CANBERRA**

We want a good VRWC presence at Stromlo Forest Park this year, to mount a serious challenge for the RWA Brennen Shield. So make use of the June long weekend and see the sights in the nation's Capital ... and have a race or two while you're at it.

Entry portal is at <https://www.revolutionise.com.au/vrwc/events/287244>

*Members should have received the LBG Information pack by email. If not, this can be accessed at https://www.actwalkingclub.com.au/files/uqd/afaf18_3b83dd4c909748a9a70cd7ee3b3b2dce.pdf

Entries close Friday 23 May at 6.00pm



- Last weekend's Mother's Day Raffle, organised by **Donna-Marie Elms**, was a big hit. Karyn has still to work out how much we made, but our winners were:

1st – Brodie and Payton Welsh

2nd – David Cash

3rd – Bob Gardiner

Well done to our successful entrants, and to all who bought tickets. And, of course, many thanks to Donna-Marie for those wonderful hampers.

- Sadly, the time has come to bid farewell to **Mark Wall**, who must now return home to Britain after visiting family for a few weeks. Mark made the most of his time whilst here. An accredited WA Bronze level judge, he officiated in our first three Winter season rounds, shared his insights on judging matters at a pre-race round table discussion last weekend and helped out with coaching tips where possible. Twice a Centurion (UK and Australian), Mark also joined several fellow Centurions in celebrating the 80th birthday of the VRWC's venerable 'Tiger twins', **Clarrie** and **Ian Jack**, themselves Centurions.¹

Always a loyal VAWC man (like Tim and myself, he was an editor of 'Heel & Toe' back in the foolscap and Gestetner days), one of Mark's last acts before departing was to re-join the VRWC!

Thanks Mark, for your friendship and contribution. Safe trip home!



Centurions re-unite at Mentone in April: Karyn (C45), Terry (C18), Pramesh (C81), Mark (C59), Tim (C13) and Stu (C5)

- Speaking of the Jacks ...
Never get between a camera and a bunch of Centurions! (They may not be as feral as trainspotters but hey, who wants to check?)



What a difference a day makes (?) – catching up with the Jack boys at their 80th the day after the Mentone races: Stu, Bill Dyer (C15), Clarrie (C4), Mark, Terry, Karyn, Ian (C17) and Tim

¹ Clarrie and Ian Jack were popular personalities at the VAWC in the 70's and 80's, when they were at their peak as 50km and ultra distance specialists. Read their impressive stories at <http://centurions.org.au/centprofiles/04%20clarrie%20jack.pdf> and <http://centurions.org.au/centprofiles/17%20ian%20jack.pdf> respectively. Ian's qualifying time of 17hr 59m 30s, set in 1979, still stands as the current Australian 100 miles record.

VRWC Club Points results, 10 May – Middle Park

Another beautiful, sunny autumn afternoon greeted a very encouraging turnout of 47 starters and their parents/supporters, with a Mother Day raffle to further gladden the spirits. At last we were able to use our 2km course which was appreciated by those tackling distances beyond 2km.



Jordan and Mark lead out the multi-lap walkers

After attracting no entries last week, the 8km distance was booted out of hibernation by a small field led by **Ariana Pashutina** whose **43:53** was a good hit-out. The 6km saw two personal bests recorded, with **Kate Sanford** backing up from her big improvement of last week with a further reduction of 41 secs while John Nottle's 39:17 was a sizeable 25 sec PB. The VRWC recognises no 6km records, but **Gwen Steed's 45:20**, based on her 2023 5km time of 37:56, indicate that she'd have run that 5km record of hers pretty close.

New member **Jordan Galbraith** got his VRWC racing career off to a promising start, pushing **Mark Blackwood** hard in the 4km before Mark pulled away for a sub-20:00 result to Jordan's **20:26**. Jordan's only prior appearance at Middle Park was as a member of the Diamond Valley AC 5km relay team in 2016, while his last recorded race anywhere was in the 2018 AV Shield final, so we could see him make up for lost time in a big way this winter. After an initial season of learning the sport and refining his technique over shorter distances, **Arthur Robinson** has stepped up to 4km and made a 34 sec improvement on his second try.

The 2km saw five boys (four little, one not so much!) step up to the distance for the first time, with 10yo **Fletcher Reid** taking line honours in his first outing with an excellent **10:43**. **Dimitri Pashutin** recorded an impressive 37 sec PB of **12:13**, indicating that his first sub-12:00 isn't far away. On the subject of PBs, another whose consistent training and racing over the past 12 months is paying dividends is **Caitlyn Shipham**, whose **12:18** racked up her 3rd PB in as many weeks and won her the U14 handicap. For her part, **Aria di Benedetto** showed she's just getting started on the improvement trail with a big 43 sec reduction of the time she posted last week to share the WOTW award with Bob Gardiner, this time taking the U12 handicap by squeaking under 12:00 for the first time with **11:59**.

The 1km races often show big leaps (legally!) of progress among new young walkers as they get the hang of road racing. First past the post on this occasion was **Anna Dubar** with a 42 sec improvement in recording **5:41**, ahead of her training mate **Daisy Hooper** who finished only 4 secs adrift. The biggest improver was **Harrison Parnes**, who cut his PB by nearly a minute in only his second 1km race, while **Fletcher Walters** marked his first appearance at Middle Park with a fine first-up time of **5:49**.



"Stick with me, Mum ... I'll get you home!"

8km Women

1 Ariana Pashutina	Un20	43:53
2 Carolyn Rosenbrock	M60+	49:41
3 Karyn O'Neill	M60+	58:24

8km Men

1 Terry O'Neill	M60+	52:08
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6km Women

1 Kate Sanford	Op	35:46	PB 0:41
2 Emilie Garside	Op	41:26	
3 Donna-Marie Elms	M60+	41:42	
4 Gwen Steed	M60+	45:20	

6km Men

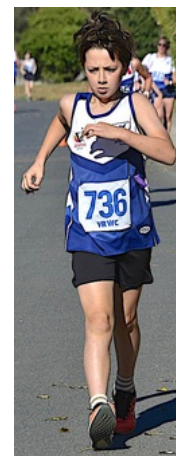
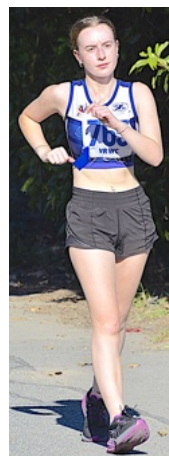
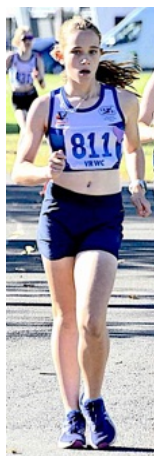
1 Shaun Lewis	M40+	35:24	First 6km
2 John Nottle	M60+	39:17	PB 0:25
3 Bob Gardiner	M60+	46:50	

4km Women

1 Grace Louey	Op	23:30
2 Heather Carr	M60+	28:34
3 Amelia Vernal	Un18	29:09

4km Men

1 Mark Blackwood	M40+	19:34	
2 Jordan Galbraith	Op	20:26	First 4km
3 Pramesh Prasad	M40+	22:13	
4 Kevin Cassidy	M60+	23:01	
5 Arthur Robinson	Un18	28:41	PB 0:34



2km Women

1 Emily Smith	Un20	10:20	
2 Addison Frenken	Un14	11:06	
3 Georgia Walters	Un12	11:49	PB 0:33
4 Aria Di Benedetto	Un12	11:59	PB 0:43
5 Caitlyn Shipham	Un14	12:18	PB 0:13
6 Erlyn Singh	Un12	12:39	PB 0:03
7 Kobe Lewis	Un14	12:59	
8 Erin Reid	M40+	13:14	
9 Marilyn Reynolds	M40+	14:33	
10 Abby Fowler	Un12	15:13	

2km Men

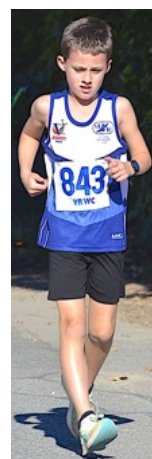
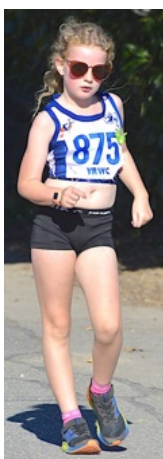
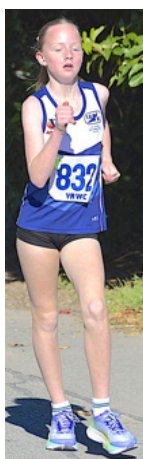
1 Fletcher Reid	Un12	10:43	First 2km
2 Brodie Welsh	Un14	11:29	
3 Dimitri Pashutin	Un10	12:13	PB 0:37
4 Ryder Reid	Un10	13:14	First 2km
5 Bowie Clarke	Un10	14:01	First 2km
6 Felix Skurka	Un10	14:02	First 2km
7 Ben Skurka	M40+	14:22	First 2km?

1km Women

1 Anna Dubar	Un12	5:41	PB 0:42
2 Daisy Hooper	Un10	5:45	PB 0:18
3 Payton Welsh	Un10	6:29	
4 Shaylee Barker	Un12	6:46	
5 Ruby Nicholls	Un12	6:59	PB 0:08
6 Brienna Barker	Un10	7:16	First 1km
7 Cory Lewis	Un10	7:25	
8 Ava Pravednikov	Un10	7:34	
9 Summer Patten	Un10	7:55	First 1km

1km Men

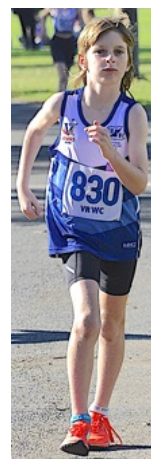
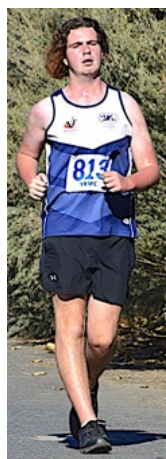
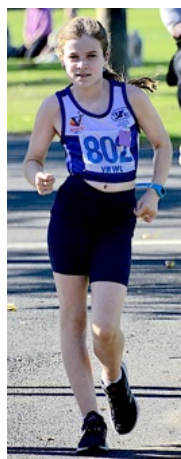
1 Fletcher Walters	Un10	5:49	First 1km
2 Harrison Parnes	Un10	6:39	PB 0:56



***HANDICAP RESULTS**

Walkers can receive handicaps only if they have had a recent time over the same or similar distance, from which a handicap can be calculated. The notation NPT means 'no previous time'.

Name				Hcp pl.	Name				Hcp pl.
Merilyn	Reynolds	F	M40+	1	Shaun	Lewis	M	M40+	1
Erin	Reid	F	M40+	2	Ben	Skurka	M	M40+	2
Gwen	Steed	F	M60+	1	Pramesh	Prasad	M	M40+	3
Donna-Marie	Elms	F	M60+	2	Mark	Blackwood	M	M40+	4
Heather	Carr	F	M60+	3	John	Nottle	M	M60+	1
Karyn	O'Neill	F	M60+	4	Robert	Gardiner	M	M60+	2
Carolyn	Rosenbrock	F	M60+	5	Kevin	Cassidy	M	M60+	3
Kate	Sanford	F	Op	1	Terry	O'Neill	M	M60+	4
Grace	Louey	F	Op	2	Jordan	Galbraith	M	Op	NPT
Emilie	Garside	F	Op	3	Ryder	Reid	M	Un10	1
Daisy	Hooper	F	Un10	1	Dimitri	Pashutin	M	Un10	2
Ava	Pravednikov	F	Un10	2	Harrison	Parnes	M	Un10	3
Cory	Lewis	F	Un10	3	Bowie	Clarke	M	Un10	4
Payton	Welsh	F	Un10	4	Felix	Skurka	M	Un10	5
Brienna	Barker	F	Un10	NPT	Fletcher	Walters	M	Un10	NPT
Summer	Paten	F	Un10	NPT	Fletcher	Reid	M	Un12	1
Aria	Di Benedetto	F	Un12	1	Brodie	Welsh	M	Un14	2
Georgia	Walters	F	Un12	2	Arthur	Robinson	M	Un18	3
Erlyn	Singh	F	Un12	3					
Anna	Dubar	F	Un12	4					
Ruby	Nicholls	F	Un12	5					
Abby	Fowler	F	Un12	6					
Shaylee	Barker	F	Un12	NPT					
Caitlyn	Shipham	F	Un14	1					
Addison	Frenken	F	Un14	2					
Kobe	Lewis	F	Un14	3					
Amelia	Vernal	F	Un18	1					
Ariana	Pashutina	F	Un20	1					
Emily	Smith	F	Un20	2					



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

Grace, Brienna, John, Emily, Fletcher W, Cory, Shaun, Kevin, Abby, Ryder, Dimitri, Erin, Harrison, Anna, Felix, Addison, Kate, Brodie, Donna-Marie, Payton, Erlyn, Amelia, Arthur, Georgia.

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.

Manager	Mark Donahoo
Referee:	Mark Donahoo
Race check in	Bill Carr
Timekeeper	Ian Laurie, Mark Donahoo
Recorders	Bill Carr, Alla Pashutina, Duncan Knox, Travis Barker, John Lyons, Kris Shipham
Judges:	Stu Cooper (Chief), David Cash, Michael Bodey, Mark Wall, Gordan Loughnan, Brenda Felton
Judge trainee	Bec Lewis
Set up, Pack up:	Terry Swan, Ian Laurie, Bob Gardiner, Karyn O'Neill, Terry O'Neill
Bike rider	Terry Swan
Photos	Terry Swan*

Canteen	Donna Marie Elms, Gwen Steed
Raffle prizes	Dona Marie Elms
Presentation	No
Coaching clinic:	Mark Donahoo, Stu Cooper
Handyman:	Bob Gardiner
Walkers:	47

VICTORIA - METRO & REGIONAL



AV Championships

As mentioned on Page 2, the deadline for the *AV 30km and Schools championships* is **Wednesday 14 May at 11.59am** (midday).

Enter via the AV portal at

<https://members.athsvic.org.au/events/register/287712>



AROUND THE COUNTRY

A.C.T. ACTRFWC Points score results, 10 May – Yerrabi Pond

Thanks to **Helen Toyne** for sending through these results.

I notice that the club has a fixture set for May 24th at Weston Park. Ah, those LBG 20 mile memories ...

10km

Michelle	Bray	Race	Masters F	56:56
Michael	Smith	Race	Masters M	1:03:31

4km

John	Kennedy	Fitness	Masters M	26:41
Jill	Pearson	Race	Masters F	29:08
Caroline	Campbell	Fitness	Masters F	36:59
Geoff	Barker	Fitness	Masters M	41:36

2km

Katharina	Johnson	Race	u14 F	13:27
Indira	Beales	Race	u12 F	16:37
Jim	White	Fitness	Masters M	16:43

1km

Clare	Rice	Race	u14 F	5:45
Zac	Anderson-Rule	Race	u12 M	6:04
Mahalia	Beales	Race	Masters F	8:21
Jack	Thackray	Fitness	Masters M	11:07

NEW SOUTH WALES NSWRC results, 26 April – Chipping Norton

Medium 10km

1 Aidan Pospischil	66:52
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Short 5km

1 Sophie Polkinghorne	25:49
2 Christopher Nilon	29:23

16yrs 3km

1 Noah Vella	15:24
2 Mia Rose Everson	16:40
3 Sienna Wade	16:56
4 Michael Mathison	17:20
5 Sagan Jones	17:59

12yrs 1.5km

1 Oliver Masik	7:47
2 Harrison Bouquet	7:50
3 Joshua Waddington	7:57
4 Lillyeve Everson	7:59
5 Stella Wade	8:09

INV Ashleigh Farrugia	29:56	INV Erin Cassilles	18:11	6 Beth Cochrane	8:16
INV Matilda Olsen	30:12	6 Jessica O'Harae	22:21	7 Melody Latta	9:16
3 Ashleigh mansell	30:21	7 Luke Challinor	28:36	8 Chloe Farrugia	9:53
4 Emma Hoskins	33:46			9 Olivia Baxter	10:48
5 Carmel Parker	38:40	14yrs 2km			
6 Nicolle Challinor	45:08	1 Nate Appleyard	9:33	10yrs 0.750m	
7 Claire Gauchi	47:07	2 Avia Luketic	9:40	1 Archer Lane	3:46
8 Emily Challinor	50:03	3 Rhys Straub	11:42	2 Eric Colgan	3:47
9 Sarah Challinor	50:04	4 Ivy Murray	11:45	3 Kostya Peart	4:00
		5 Patrick Waddington	12:02	4 Lola Dixon	4:02
		6 Hugo Sililiano	12:07	5 Jack Cordina	4:04
		7 Addison Jenkins	12:08	6 Suvir Jain	4:04
		8 Alecander Dennett	13:58	7 Emerson Lane	4:16
		9 Veronica Dennett	15:10	8 Jaiden Chahal	4:19
				9 Samuel Waddington	5:15
				10 Carson Luketic	5:37

SOUTH AUSTRALIA SARWC results, 10 May – South Parklands, Adelaide

Jared Tallent has now taken over the SARWC reporting role from Kim Mottrom, and we are pleased to present his first batch of results. As with Melbourne, Adelaide presented a pleasant, sunny afternoon for the SA races.

Open 15km

Cooper Rech	1:26:47
Angelina Legrand	1:37:01
Alanna Peart	DNF (10km in 53:53)

O35 15km

Mel Grantham	1:40:43
Peter Crump	1:44:48

O50 12km

Greg Metha	1:21:37
Alex McEwan	1:45:06

U16 5km

Orlando Grantham	33:14 First 5km
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14 3km

Liliana Templer	17:08 PB 0:59
Rachel Pemberton	24:32 First 3km

U12 2km

Robert Crabb	16:02
Anthony Crabb	DQ

U10 1km

Martin Crabb	DQ
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Non-Point Scoring Results

Open 2km

Kristy Templer	17:58
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U12 1km

Saxon King	6:42
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TASMANIA TRWC results, 10 May – Domain Loop

Thanks to **David Moore** for these results and the report.

We welcomed more new faces to our Heel & Toe brigade this week. Stepping along for their first outing were, **Sophia Carr** and brothers **Sam** and **Austin Hucker** and they each did very good first up walks.

Good conditions made the day ripe for some PB's, with **Anne Travis** and **Aida Sugiarto** achieving PB's in the 1km event, **Sara Leitch** in the 2km event and **Adele Woodward** in the 4km event. Plaudits also to **Elsie Woodward** in her first venture over 3km.

500m

1. Sophia Carr	Kingston LA G8	7:30 FT
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3km

1. Elise Woodward	OVA	23:15 FT
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1km

1. Austin Hucker	Huon LA B9	8:07 FT
2. Bianca Sugiarto	Huon LA	8:12
3. Anne Travis	UTAS AC	11:26 PB
4. Aida Sugiarto	TRWC	12:11 PB

4km

1. Adele Woodward	OVA	29:29 PB
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2km

5km

1. Elizabeth Leitch	TMA	14:21	1. Wayne Fletcher	NSAC	45:14
2. Sam Hucker	Huon LA M11	16:37 FT			
3. Dave Moore	TMA	19:29			
4. Sara Leitch	TRWC	19:37 PB			

FT – First time over distance

WESTERN AUSTRALIA WARWC results, 11 May – Woodbridge

Results courtesy of **Terry Jones**, who reports that the weather was very kind: mild, calm and sunny for their Sunday morning races. Can't complain about that!

10K			3K	
John Ronan	49.16		Trinity Doulis	18.34
Andrew Duncan.	1:04:06		Tayte Moore	19.10
			Addison Roots	20.02
			Glenys Duncan	29.42
			Steve Travell	34.03
			Liliana Martin	DNF
8K			1.5K	
Brad Mann	46.38		Dante van Heerwaarden	10.30
Kaytee Bogaers	47.43		Fiona van Heerwaarden	10.35
Fiona van Heerwaarden	53.14		Ruby Kilworth	10.55
Victor Munoz	53.32			
Marcela Ruiz	65.51			



INTERNATIONAL NEWS

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, May 11, 2025

World Athletics confirms 20km walk record, but not 5,000m walk record

World Athletics, in its communication of the 5th of this month of May, announced that it ratified the world record set by the Japanese **Toshikazu Yamanishi** in the 20 km walk, during the Japanese championships of the specialty and which took place in the Japanese city of Kobe, on the 16th of February of this year, with a time of **1:16:10**, succeeding his compatriot Yusuke Suzuki, who held the time of 1:16:36, since 2015.

It should be remembered that in this competition, in addition to the measurement of the circuit being carried out by a member of the World Athletics/AIMS International Panel of Measurers, the jury of the event included 5 International Race Walking Judges from the WA Panel of experts at Gold level, in addition to 1 at Silver level and another 3 at Bronze level.

On the other hand, WA reported that the world record for the 5,000-meter short track walk, broken by the Italian athlete **Francesco Fortunato** on February 22 in Ancona during the Italian championships, was not ratified, when he set a time of **17:55.65** and surpassed the previous record of 18:07.08, which

FOR THE RECORD
World record watch (as at 4 May 2025)

<p>Ratified in the past month</p> <p>men's 20km race walk:</p> <p>1:16:10 Toshikazu Yamanishi (JPN) Kobe, 16 Feb 25</p>	<p>Rejected or unratifiable (set in 2025)</p> <p>men's 5000m race walk short track:</p> <p>17:55.65 Francesco Fortunato (ITA) Ancona, 22 Feb 25 (requisite level of judges not met)</p>
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(Report and Photo montage: O Marchador)

belonged to the Russian Mikhail Shchennikov since 1995, and which was widely publicized, like the Japanese athlete's feat, by the sports and general press in Portugal and around the world.

Now, here, to understand the reasons for the non-validation of the brand for world record purposes, we must check what the WA competition regulations indicate in point 31.19 when it establishes that “*at least 3 Judges must be World Athletics Race Walk Judges at Gold or Silver Level and sign the respective form*”.

In the case in question, 5 Italian expert judges participated in the event, 1 from Silver Level, 2 from Bronze Level and another 2 from the national panel, an insufficient condition for the aforementioned purposes, given that the event's organization did not count on the practical possibility of establishing a new world maximum.

If we take into account the case of validation of Portuguese records in the discipline in non-Olympic events, the FPA establishes in its regulations, as one of the necessary conditions, that the jury of the event includes at least 3 expert judges from the National Panel of Grade B or higher. This year, in the short track, two athletes set new national records, which are still awaiting ratification by the Portuguese Athletics Federation. On February 22, in Pombal, Vitória Oliveira (SLB) broke the national record in the 3,000m race walk on a short track, with a time of 12:13.99, and on March 15, also in Pombal, Eduardo Camarate (JV) broke the national U-20 record in the 5,000m race walk on a short track, with a time of 20:19.68.

JAPAN: National University championships, 25-27 April - Hiratsuka

Sohtaroh Osaka (U20) clocks 38:44.88 in the 10,000m walk in Hiratsuka, Japan

(reprinted from *O Marchador* – 11 May)

Japanese athlete **Sohtaroh Osaka**, 19 years old from Toyo University, was particularly prominent at the National University Championships held in Hiratsuka (25 to 27/4) by winning the men's 10,000 meter walk event with **38:44.88**, a new championship record and the best world record of the year in the under-20 category.

The mark now obtained by Sohtaroh on the track at the Lemon Gas Stadium, in Hiratsuka, is close to the national under-20 record (38:37.13) that has belonged to him since November last year in Tokyo, with the particularity that both records surpass the world record for the category on the track (38:46.4 by Viktor Burayev in Moscow-2000) but which, according to «O Marchador», should not meet the conditions for ratification (WA grading of the racewalk judges).

Being a very young athlete of recognized quality, already holding excellent marks in absolute terms (20 km, 1:21:03; 35 km, 2:31:26), it is expected that a next competitive event to be held this year may allow the obtaining and consequent homologation of a new world record in the under-20 category.

In the men's event, with 25 participants, the remaining podium places were occupied by under-23 athletes, **Taisei Yoshizako**, from Tokyo Gakugei University, in second place, with **38:54.08**, and **Riku Kaneko**, from Kokushikan University, in third, with **39:22.02**. Still under 40 minutes, **Yushi Nakajima**, also under-23, from Yamanashi Gakuin University, came in fourth place, with **39:25.15**.

In the women's event, with 22 athletes lining up at the start, the victory belonged to **Yua Nagai**, under-23 from Kanazawa Gakuin University, with **46:27.24**, followed by **Midori Katsuma**, from Kagawa University, with **47:04.49**, and **Mei Yamagishi**, from Chukyo University, with **47:11.68**, all with personal records.

Men 10,000m RW

1.	Sohtaroh OSAKA	31 JAN 2006	38:44.88
2.	Taisei YOSHIZAKO	15 JAN 2005	38:54.08
3.	Riku KANEKO	15 MAR 2005	39:22.02
4.	Yushi NAKAJIMA	29 JAN 2005	39:25.15
5.	Takeya HIRAGA	20 DEC 2004	40:09.41
6.	Hayato NAGATA	02 NOV 2004	40:17.62
7.	Tomoki TAKADA	02 JUN 2005	40:31.23
8.	Kazuhiro UMEDA	09 MAR 2005	40:31.91
9.	Aoi SUZUKI	13 NOV 2004	40:52.02
10.	Shinnosuke FUKUNAGA	25 FEB 2004	41:08.77
11.	Homare GOTOU	12 APR 2003	41:10.51
12.	Koutaro WAKE	23 APR 2002	41:11.06
13.	Kohaku NAKADAI	31 JUL 2005	41:21.93
14.	Takuma HACHIMURA	15 DEC 2005	41:30.61
15.	Katsumi NISHIAKI	20 OCT 2005	41:43.71

Women 10,000m RW

1.	Yua NAGAI	08 DEC 2003	46:27.24
2.	Midori KATSUMA	13 AUG 2001	47:04.49
3.	Mei YAMAGISHI	06 JUN 2003	47:11.68
4.	Koharu FUJIWARA	20 JUN 2006	47:45.13
5.	Yoshika YAMADA	26 APR 2004	48:52.99
6.	Uwa OHGA	03 JUN 2005	49:10.29
7.	Mitsuki TAKAO	21 MAR 2004	49:17.61
8.	Nozomi KAWABE	01 SEP 1998	49:38.60
9.	Rio MATSUMOTO	10 NOV 2005	49:51.69
10.	Raku TAMURA	07 APR 2004	49:53.74
11.	Misaki GOTO	21 APR 2004	50:05.22
12.	Nanaho KAWAKAMI	09 AUG 2006	50:08.96
13.	Kano OKADA	26 JAN 2006	50:18.59
14.	Mizuki ITAHASHI	09 JUN 2003	50:46.20
15.	Runa KOBAYASHI	26 OCT 2003	50:58.83

16. Ayato KOSAKO	19 DEC 2005	41:44.37	16. Aina ASANO	18 APR 2004	51:45.75
17. Yusuke HARA	27 SEP 2005	41:53.70	17. Machi NAGAOKA	26 JUL 2006	51:53.59
18. Yuzuki FUJIWARA	23 NOV 2003	42:30.57	18. Riria SASAKI	31 JAN 2007	53:57.15
19. Shinta SATOH	28 DEC 2003	43:00.81	19. Mizumi MATSUMOTO	11 JAN 2007	54:24.13
20. Jinta MORISAWA	20 JAN 2005	43:09.92	20. Karen MATSUMOTO	14 DEC 2006	54:37.97
21. Tomohiro NASU	18 JAN 2004	45:08.08	Riho HIGASHI	25 JUN 2006	DQ
22. Kei SAWABE	24 SEP 2005	45:33.37	Ayaka NAKAMURA	17 DEC 2003	DQ
Ryo NISHIKAWA	08 NOV 2003	DQ			
Kenta SAKURAI	26 DEC 2004	DQ			
Yuki SHIMODA	21 SEP 2005	DQ			

- Friday, May 9, 2025 - **Berlin-Brandenburg Open Race Walking Championships – Berlin 2025 (results)**
<https://omarchador.blogspot.com/2025/05/campeonatos-abertos-de-marcha-de-berlim.html>
- Thursday, May 8, 2025 - **Portugal at the European National Team Race Walking Championships – Poděbrady 2025**
<https://omarchador.blogspot.com/2025/05/portugal-no-campeonato-da-europa-de.html>
Portuguese team selections.
- Wednesday, May 7, 2025 - **Spanish University Athletics Championships – Madrid 2025 (results)**
<https://omarchador.blogspot.com/2025/05/campeonatos-de-espanha-universitarios.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 ****



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

**** 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.)



*NOTICE TO ALL RWA CLUBS: *Changes to Age Groupings*

At a special meeting held last Wednesday, the decision was made to correct what appears to be an anomaly in the Age groupings used up to now for Federation events.

Effective immediately, the policy of using 'age on the day' for race entries will cease. This will be replaced by '**age as of 31 December**', bringing us into line with Australian Athletics and Little Athletics Australia policy.

Thus, for example, a walker aged 11 when entering an event held on 8 June who will turn 12 on 9 June or later that year, would be listed as Under 13 or Under 14 for that event, depending on the age groups offered.

This will, of course, apply to entrants for this year's Lake Burley Griffin carnival and Postal Challenge, as well as for the second 2025 Federation event in whatever form it takes. (Discussions are still in progress as to how this will be managed in the light of AA's decision to hold a national Junior (U12-U20) road championship in August, exclusive of Open, Masters or U10 events.)

Stu Cooper (for Race Walking Australia committee)

2025 WINTER SEASON FIXTURE

APRIL

Saturday 26 th April	VRWC CHAMPIONSHIPS	Mentone Track
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MAY

Saturday 3 rd May	VRWC Points races	Middle Park
Saturday 10 th May	VRWC Points races	Middle Park
Saturday 10 th May	Coaching seminar for parents, athletes and coaches	Middle Park
Sunday 18 th May	AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS & VRWC Events, incorporating AV Jared Tallent Trophy 30km	Middle Park
Saturday 24 th May	VRWC Points races	Middle Park
Saturday 31 st May	VRWC Points races	Middle Park

JUNE

Sunday 8 th June	RWA 58th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 14 th June	A.V. & LA Vic Championships, Incorporating AV Bert Gardiner 10km winter championship	Middle Park
Saturday 14 th June	Judging course and Coaching seminar	Middle Park
Saturday 21 st June	VRWC Points races	Middle Park
Saturday 28 th June	VRWC Points races & Prize Day	Middle Park

JULY

Sunday 6 th July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 12 th July	VRWC Points races and Interval races	Middle Park
Saturday 19 th July	VRWC Points races	Middle Park
Saturday 19 th July	Coaching seminar for parents, athletes and coaches	Middle Park

Saturday 26 th July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
<u>AUGUST</u>		
Saturday 2 nd August	VRWC Points races	Middle Park
Saturday 9 th August	AV Championship & VRWC Championships & events	Middle Park
Saturday 16 th August	VRWC Last points race	Middle Park
Sunday 24 th August	Australia Athletics championships	Ballarat
Saturday 30 th August	VRWC non points race day	Middle Park
<u>September</u>		
Saturday 6 th September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 14 th September	VRWC relay race and Seasons Presentations	Middle Park



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

Sun 18 May 2025	AV, AV Schools & VRWC championships – Middle Park
Sun 8 Jun 2025	RWA 58 th Lake Burley Griffin Carnival – Canberra ACT
Sat 14 Jun 2025	AV & LAVic road championships, Judging course and Coaching seminar – Middle Park
Sun 24 Aug 2025	AA Junior road championships – Ballarat

International Dates

18 May 2025	European Race Walking Team Championships – Podebrady, CZE
16-27 July 2025	World University Games – Bochum, GER
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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