



HEEL & TOE Online

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The official organ of the Victorian Race Walking Club, Inc.
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***H&T Notice Board – Page 8**

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

** WALKER OF THE WEEK **

Two regular interclub competitions at the weekend provided two top-notch winners for this issue’s WOTW award.

Sebastian Richards (SA), who last week tore over 3 mins from his 10,000m best time at the Supernova in Canberra, followed this up with a 3000m improvement of nearly a minute in clocking **12:49.06** at ASA’s interclub meeting in Adelaide, earning him his second WOTW in two weeks. The three-week training block he underwent in Canberra in January has given him a solid base of both conditioning and confidence to go with his natural speed, and we look forward to seeing his results from both the National 20km championship meeting (where he’ll probably race 10km) and, hopefully, the national 10,000m title in Perth.

Meanwhile, at Melbourne’s Doncaster track, **Ela Uzun (VIC, 13)** collected her latest of many WsOTW following a stunning 3000m time of **13:23.0**, reducing her own State and VRWC U14 and U15 records in the process of taking 3rd place overall. While others, including the two males ahead of her, struggled in the heat, Ela doused herself in cold water before the start and said “Bring it on!” With the big championship races yet to come, Ela, like Sebastian, has set herself up for more impressive results and further reduction of her times.

Congratulations, Sebastian and Ela. We wish you all the best for the rest of the summer – and beyond.

*Honourable mentions

- **Angus Shuttleworth (VIC)** – punched through the 7:00 barrier for the first time to win the AVSL 15000m in **6:42.6**.
- **Mark Blackwood (VIC)** – battled over a testing grass and gravel course to win the 5km walk division in record time at the Run Devonport meet in Auckland NZL. (See *Member News*)
- **Kelly Ruddick (VIC)** – set two new W50 records (3000m and 5000m) at the AV Country championships last week.



CLUB NEWS and RESULTS



- Here’s the latest addition to the catalogue of VRWC members who achieve success away from our shores, though not as part of a national team. Amy Blackwood sent me this report of husband **Mark’s** recent walking gong, earned across the ‘ditch’. Thanks Amy, and well done, Mark! (Results below)

*‘Whilst on a 2 week holiday to the north island of New Zealand, the day prior to travelling home to Melbourne, VRWC member, **Mark Blackwood**, competed in the 5km competitive walk division at Run Devonport (Auckland). A solid win, coming away with not only his completion medal, but also a winner’s trophy and a holder as the current*

course record. During the presentation it was announced to the crowd the officials admitted making an online check of Mark's details on World Athletics, so could confirm that, yes, his speedy time checked out!



Mark shows some of the runners a clean pair of heels.



Crossing the line first ...



... and showing off his bling!

**** NEW ZEALAND: Run Devonport, Sunday 19 January – Auckland**

5km walk – Men's results

1	Mark Blackwood	25:02
2	Allan Janes	32:57
3	Lewis Sharp	38:13
4	David Durmin	39:12
5	Warren Jordaan	44:48
6	Dale Pearson	45:08
7	Cyrus Sharp	47:25

- I was informed by Clyde Riddoch last week that **Kelly Ruddick's** two winning times at the AV Country T&F championships in Bendigo (**5000m** – 24:21.55 and **3000m** – 14:00.70) are new Victorian W50 Masters records. This being so, they will also be new VRWC Club records, subject to ratification. Well done, Kelly ... you continue to amaze and inspire!

VICTORIA - METRO & REGIONAL

AVSL RESULTS

**** Metro Zone: Round 9, Saturday 1 February – Tom Kelly Athletics Track, Doncaster**

With holidays over and the new year starting in earnest, athletics got down to business for the second last AVSL round. Conditions at Doncaster were warm to hot at noon (not especially fierce) – and a blazing 33C 40 minutes later! This had been forecast, however, and did not deter a healthy entry of 48 walkers from showing up, mostly for the 1500m which required two heats.

In Heat 1, Knox's **Angus Shuttleworth** left no-one in doubt of his intentions, smashing though the 7:00 barrier for the first time to win convincingly in **6:42.6**. Former VRWC member and State junior champion **Natalie Laurie** fought off the rest of the field with a hard-earned **7:41.8**. Heat 2 saw Doncaster's **Laura McLennan** have a strong win over **Emilie Garside**, **9:14.7** to **9:49.2**.

Pl	Name	Club	Age	Time	Points	
1500m – Heat 1						
1	Angus Shuttleworth	(KNA)	M14	6:42.6h	471	PB 0:19
2	Natalie Laurie	(ANW)	FOP	7:41.8h	379	

3	Mietta Morgan	(KNA)	F16	7:44.9h	396	
4	Shaun Lewis	(WTN)	M45	7:47.9h	299	PB 0:05
5	Trenton Hawkins	(PTN)	M45	8:14.9h	282	
6	Carolyn Rosenbrock	(YRA)	F60	8:23.7h	445	
7	Simon Evans	(BOH)	M60	8:28.6h	379	
8	Kobe Lewis	(WTN)	F14	8:47.9h	344	
9	Tate Jardine	(ESS)	M14	8:54.0h	266	
10	Julia Baldy	(KNA)	F14	9:06.1h	324	
11	Bernie Keirl	(DIV)	M60	9:10.8h	290	
12	Dee Holohan	(MEN)	F55	9:13.2h	368	
13	Donna-Marie Elms	(PTN)	F60	9:22.4h	383	
14	Caitlyn Shipham	(KNA)	F14	9:23.1h	306	
15	Amelia Vernal	(ESS)	F18	9:39.7h	265	
-	Kerryn Walshe	(KSB)	F60	8:49.7h	Inv.	
-	Rebecca Quigley	(DIV)	F50	DQ		

1500m – Heat 2

1	Laura McLennan	(DAC)	F45	9:14.7h	321	
2	Emilie Garside	(YRA)	FOP	9:49.2h	249	
3	Janice Hodgart	(WES)	F60	10:22.2h	328	
4	Heather Carr	(GHY)	F70	10:26.4h	384	
5	Sarah Papadopoulos	(DIV)	FOP	10:27.7h	215	
6	Tracy Colbert	(WES)	F55	10:28.7h	296	
7	Clyde Riddoch	(WAM)	M70	10:35.0h	279	
8	Debbie McKenzie	(DIV)	F55	10:35.5h	290	
9	David Martini	(OLX)	M45	10:55.1h	185	
10	Gwen Steed	(GHY)	F70	10:56.6h	359	
11	Geoffrey Barrow	(MEN)	M70	10:58.4h	268	
12	Stephen Murphy	(ESS)	M60	11:02.0h	229	
13	Jo Moxon	(DIV)	F60	11:23.5h	278	
14	Robert Gardiner	(COL)	M70	11:30.6h	252	
15	J R Szuhai-Andrews	(BWK)	F55	11:42.6h	240	
16	Tess Rickard	(BWK)	FOP	12:09.2h	137	
17	Brenda Cashin	(WES)	F60	12:12.4h	243	
18	Geza Benke	(OLM)	M65	12:17.1h	208	

Essendon's record-hungry **Ela Uzun** came to Doncaster in search of more and found them, breaking her own 3000m U15 and U14 State and VRWC marks with a jaw-dropping **13:23.0** – an extraordinary time for a 13yo. Up ahead, **Eden Morgan** and **Max Davidson** found themselves convenient rabbits, finishing 1-2 within a second of each other and 13 secs clear of the rampant Ela.

The heat bit hard for the other 3000m entrants with times generally down, but with more fierce racing days virtually guaranteed most were glad to have another 'hot' one under their belts.

3000m

1	Eden Morgan	(KNA)	M20	13:09.1h	429	
2	Max Davidson	(DIV)	M16	13:10.5h	461	
3	Ela Uzun	(ESS)	F14	13:23.0h	493	PB 0:16, Vic & VRWC U14/U15 recs*
4	Alejandro Stephens	(GHY)	MOP	13:45.7h	386	
5	Mark Blackwood	(KNA)	M45	13:57.8h	435	
6	Mya McClure	(WCA)	F14	14:48.7h	439	
7	Lewis McLennan	(DAC)	M14	15:52.6h	374	
8	Char Hay	(MUU)	FOP	16:20.9h	346	
9	Havana Ali	(ESS)	F14	16:33.9h	377	
10	Sarah Holmes	(DIV)	F16	16:48.8h	352	
11	Damian Baldy	(KNA)	M16	16:54.0h	311	
12	Lucy Johns	(DIV)	F16	17:22.5h	334	
-	Emily Smith	(KNA)	F20	DQ		

* Subject to ratification

**** Ballarat Zone: Round 9, Saturday 1 February – Llanberris Stadium, Ballarat**

If it's hot in Melbourne, it's generally hot to the north and west. But not too hot for Ballarat's **Jemma Peart** to post one of her fastest 2000m in recent years with **9:38.72**. In the 5000m, NZ visitor **Jonah Cropp** gave an impressive display in clocking **22:32.29**, while **Kelly Ruddick** turned in her usual creditable result.

2000m

1	Jemma Peart	(BYC)	FOP	9:38.72	411	
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2	Kevin Ruddick	(BHA)	M70	14:18.99	321
3	Roslyn Ireland	(BWK)	F40	17:03.14	141
4	Olive Ireland	(BWK)	F60	17:19.07	212

5000m

1	Jonah Cropp	(UNA)	M20	22:32.29	Inv.
2	Kelly Ruddick	(BHA)	F50	25:33.16	459

**** Bendigo Zone: Round 9, Saturday 1 February – Lar Birpa Athletics Track, Flora Hill**

Charlise McQueen finished only 6 secs shy of a new 1500m PB with her winning time of **8:25.22**, while brother **Tate** was the only 3000m starter.

1500m

1	Charlise McQueen	(EAG)	F16	8:25.22	352
2	Christopher Pollard	(EAG)	M65	11:30.50	233
3	Annette Curtis	(SBE)	F65	12:25.64	260

3000m

1	Tate McQueen	(EAG)	M14	18:25.37	286
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Next week ...

***AVSL Round 10 – Saturday 8 February**

All races open to Male and Female competitors

Metro – Casey Fields 1.00pm 2000m walk (all ages)
5000m walk (U18 and older)

Ballarat region No walks

Bendigo region – Lar Birpa Athletics Complex 6:15pm 1500m walk (U14, U16)
3000m walk (U18 and older)

ENTRIES

Metro– enter via AV Members Portal at
<https://www.revolutionise.com.au/athleticvic/events/>

Bendigo – enter via <https://eventplus.net/ABC25>

*Entries close at 12.00 noon on Wednesday 5 February
(*NOTE: This closing time is not confirmed for Bendigo. Suggest entry as soon as possible.)*



AROUND THE COUNTRY

QUEENSLAND QMA Masters championships, 1 February – QSAC, Brisbane

Good to see **Iggy Jiminez** back among the QLD results – and in reasonable shape by the look of it.

M50 3000m c'ship

1 Adam Patterson M52 QMA 24:08.00

M55 3000m c'ship

1 Ignacio Jiminez Solis M59 QMA 15:17.94

M65 3000m c'ship

1 Peter Bennett M69 QMA 19:00.11

W35 3000m c'ship

1 Roslyn Kirwin W36 QMA 24:19.23

W50 3000m c'ship

1 Joy Dale W53 QMA 23:32.31

W80 3000m c'ship

1 Noela McKinven W82 QMA 25:53.29

M85 3000m c'ship 1 Patrick Sela	M85	QMA	26:06.45	W35 1500m c'ship 1 Roslyn Kirwin	W36	QMA	11:18.19
M55 1500m c'ship 1 Simon Cartwright	M55	<i>Unatt.</i>	11:19.70	W80 1500m c'ship 1 Noela McKinven	W82	QMA	13:01.89
M65 1500m c'ship 1 Peter Bennett	M69	QMA	9:38.62				
M85 1500m c'ship 1 Patrick Sela	M85	QMA	12:57.28				

SOUTH AUSTRALIA ASA Interclub results, 1 February – Mile End Stadium

It was another hot one in Adelaide (33C), which seems to have affected **Sebastian Richards** not a jot as he slashed his 3000m PB by over a minute. Thanks to **Kim Mottrom** once again for the results.

Open 5000m	Time	
Sebastian Richards	12:49.06	PB 0:57
Rain Langford	14:24.09	
Cooper Rech	15:03.03	
Liam Freundt	16:51.54	
Melissa Grantham	17:17.55	
Zachery Freundt	21:28.84	
Jessica Clelland	22:02.95	
Alex McEwan	26:06.40	
Orlando Grantham	DQ	



INTERNATIONAL NEWS

SPAIN: XXXVI Gran Premio de Marcha Atletica, 2 February - Guadix

The Robbie Heffernan Race Walking Academy of Ireland sent a sizeable contingent (90+) – ranging from seniors to a swag of school-age juniors – to this annual classic in the region of Granada. The Irish athletics blog *Run Republic* reports on a day of success for the Emerald Isle walkers:

Triple Irish victory at World Racewalking tour in Guadix

(by Perri Williams. Reprinted from [Run Republic](#) – 2 February)

David Kenny made his 2025 debut at the XXXVI Gran Premio de Marcha Atlética in Guadix, Spain today. Competing at 913m altitude, the Farranfore Maine AC athlete was the winner of the World Athletics Racewalking Tour 20km race.

Kenny set off at a steady pace, each kilometer almost identical to the last. Splitting 20.27 for 5km he recorded a 20.20 for his next 5km, all the time pulling away from his competitors. His final time of **1.22.41** was just ten seconds slower than his winning time in St Annes Park, Raheny seven weeks ago. The former u23 European Silver Medallist missed the 2024 Paris Olympics due to injury and is aiming to qualify for the Race-Walking Team Championships in Czechia in May, and the World Championships in Tokyo in September. Kenny has a best of 1.19.44 from 2021 and will be hoping to regain some of that form over the coming months.

A team of over 90 athletes and supporters descended upon the Grenadian town set in the foothills of the Sierra Nevada on Friday. This is the third consecutive outing to this event, making it somewhat of a familiar course for the Irish athletes. There were some outstanding performances from the junior, youth and juvenile athletes.

The Irish athletes secured a double Irish victory in the u18 5,000m. Tuam AC athletes and u18 European participants, **Savanagh O'Callaghan** and **Matthew Newell** claimed convincing victories in both races. Newell faced tough opposition from Spaniard **Marc Saurez** with whom he battled for almost the entire race. Pulling away from the peloton after just 1km, Newell and Saurez impressed both the judges and spectators. The final 1km turned into an exciting affair as Saurez tried several times to over-take the Tuam man. Serving the best for the last 200m, Newell injected the pace and crossed the line over two seconds clear of Saurez. **Evan Walsh** (St Josephs AC) finished 5th. **Luke Fitzmaurice** (North Leitrim) won the open 5km event.

O'Callaghan on the other hand had an easier victory. Conscious of the reputation of **Ana Guzman** and the improvements made by Finn Valley's **Leah O'Gara**, O'Callaghan was not going to wait around. After settling into the group for the first 500m, she steadily increased the pace and was at the 1km mark some 10m clear of the rest of the field. From this point

onwards it was a solo effort for the Tuam AC athlete as she crossed the line in **25.31**, over 30 seconds to spare over Guzman and 40 over O'Gara. **26.11** was a personal best for O'Gara and testimony to her meticulous winter work. **Robin Og Murphy** (Longford) finished 5th in **26.49** with **Aoife Martin** (Carriag na Bhfearr) in 6th.

For many of these young athletes it was their first time at this Guadix event. For them it was exciting to witness the double World and Olympic athlete **Maria Perez** in action. The Guadix native won the senior ladies 10km, with tumultuous applause from the local and Irish crowd. Perez had conducted a pre-race warm up with over 400 local and Irish athletes the previous day. Inspiring the younger audiences with her technical ability and the vast array of major medals she had on display after the session. It's not every day a young athlete can view an Olympic Gold in person.

The athletes are all members of the Rob Heffernan Racewalking Academy which was formed about five years ago. The Academy was backed by Rob Heffernan and several Irish Olympic racewalkers with Pierce O'Callaghan being the driving force behind the phenomenal performances by the athletes and the increase in participation in racewalking in the years since. The Academy is a model of best practice for increasing participation and motivating Irish athletes.

Results below are from the World Athletics results page.

For the full list of Irish results at Guadix, from U10 upward, visit https://runrepublic.com/news/triple-irish-victory-at-world-racewalking-tour-in-guadix?fbclid=IwY2xjawIM6nxleHRuA2FlbQIxMQABHcXBktxeIW9wYFyH5c8SqVxSYrE_TXaAkuD8WdJk6BPh9QVvVTAFXoTs_A_aem_Z8-LTR9b35bsbOpuz37DGO

Women 20km Open

1.	Kylie GARREIS	GER	1:41:42
2.	Ainhoa PINEDO	ESP	1:43:55
3.	Maria MOYA	ESP	1:54:11

Men 20km Open

1.	David KENNY	IRL	1:22:41
2.	Jose MESTRE	ESP	1:41:21

Women 10km Open

1.	María PÉREZ	ESP	44:33
2.	Jekaterina MIROTVORTSEVA	EST	46:36
3.	Silvia VILLAR NIETO	ESP	49:32
4.	Elvira BARRON	ESP	51:19
5.	Maria MUÑOZ	ESP	52:45
6.	Viktória MADARÁSZ	HUN	53:00
7.	Aixa HIDALGO	ESP	54:05
8.	Maria BONILLA	ESP	56:19
9.	Miriam VILLAR	ESP	58:04
10.	Daniela ARCOS	ESP	59:03
11.	Magali ALLASSIA	ARG	1:01:33
12.	Alejandra GRACIA	ESP	1:02:21

Men 10km Open

1.	Callum WILKINSON	GBR	41:16
2.	Pablo GONZÁLEZ	ESP	42:21
3.	Daniel MORILLA	ESP	42:31
4.	Pedro CALLADO	ESP	43:32
5.	Cesar HIDALGO	ESP	44:35
6.	Pablo RODRIGUEZ ROJAS	ESP	45:20
7.	Alejandro BAÑASCO GUILLÉN	ESP	45:58
8.	Victor Manuel CASTRO	ESP	49:05
9.	Francisco ARCILLA	ESP	49:18
10.	Juan Carlos GARCIA	ESP	49:20
11.	Eduardo CAMACHO ALONSO	ESP	49:50

Women 5km Open

1.	Júlia SUÁREZ PIZÀ	ESP	22:55
2.	Eabha DE FAOITE	IRL	25:30
3.	Africa CARRASCO	ESP	25:40
4.	Ciara GILMORE	IRL	27:52
5.	Lusai DE FAOITE	IRL	28:10
6.	Amy WALSH	IRL	28:12
7.	Sofia SOTO	ESP	28:26
8.	Ainhoa MIÑON	ESP	29:22
9.	Ellie BARRY	IRL	29:43
10.	Elena FERNANDEZ	ESP	32:30

Men 5km Open

1.	Luke FITZMAURICE	IRL	23:51
2.	Luis Manuel PÉREZ	ESP	25:21
3.	Iago DA SILVA	ESP	27:45
4.	Fernando CALLADO	ESP	28:39

Women 5km U18

1.	Savanagh O'CALLAGHAN	IRL	25:31
2.	Ana GUZMAN	ESP	26:04
3.	Leah O'GARA	IRL	26:11
4.	Estela ORTIZ HINOJOSA	ESP	26:14
5.	Robin Og MURPHY	IRL	26:49
6.	Aoife MARTIN	IRL	27:38
7.	Marta BAUTISTA	ESP	27:54
8.	Leonela LÓPEZ	ESP	28:08
9.	Robyn MAHER	IRL	28:18
10.	Anna MULLINS	IRL	28:51
11.	Mara VÁZQUEZ	ESP	29:36

Men 5km U18

1.	Matthew NEWELL	IRL	21:58
2.	Marc SUÁREZ	ESP	22:00
3.	Rafael TORRALBA	ESP	23:54
4.	Marcos PERUCHO ESCRIBANO	ESP	24:02
5.	Evan WALSH	IRL	24:54
6.	Ramon LORENTE	ESP	26:01
7.	Hassan SALMAN	ESP	50:28

Women 3km U16

1.	Sara FERNANDEZ MORENO	ESP	14:55
2.	Sara RIVERA	ESP	15:45

Men 3km U16

1.	Marcos RUIZ	ESP	13:45
2.	Daniel MADUEÑO	ESP	13:59

3.	Maria CAMPOS	ESP	15:48	3.	Alejandro NAVARRO	ESP	14:44
4.	Clíodhna NI CHONAILL	IRL	15:51	4.	Oliver LOPEZ SANCHEZ	ESP	14:48
5.	Cuisle O'CALLAGHAN	IRL	15:57	5.	Ricardo FERREIRO	ESP	14:49
6.	Marta FORNIELES	ESP	16:00	6.	Miguel ORTEGA	ESP	14:59
7.	Africa ROLDAN	ESP	16:17	7.	Felix MORENO RAMIREZ	ESP	15:13
8.	Kauzar SAOU	ESP	16:35	8.	Hugo GARCIA	ESP	17:08
9.	Rocio LINARES GARCIA	ESP	16:36				
10.	Sara RIOS	ESP	16:41				
11.	candela GONZALEZ	ESP	16:55				
12.	Leticia VILLALBA	ESP	17:10				
13.	Alba CANDELARIO	ESP	17:12				
14.	Paula NAVARRO	ESP	17:18				
15.	Emma WALSH	IRL	17:39				
16.	Laura PALOMINO	ESP	17:40				
17.	Laura CRESPO	ESP	17:53				
18.	Rocio MORENO	ESP	18:05				
19.	Martina FARRONA	ESP	18:07				
20.	Isabel Miranda IGLESIAS	ESP	18:14				
21.	Aoife MCGRANAGHAN	IRL	18:35				
22.	Sofia ALBERCA MANZANEQUE	ESP	18:57				
23.	Lorena RUBIÑO	ESP	19:00				
24.	Jimena FERNANDEZ	ESP	19:32				

ITALY: Italian 35km & C.D.S. (Club) championships, 26 January – Acquaviva del Fonti

The results of any high-end Italian competition will attract notice, especially in a World championship year with the 35km back on the program. The following report is reproduced from *O Marchador*:

Riccardo Orsoni and Federica Curiuzzi, Italian 35 km walking champions – Acquaviva delle Fonti 2025

Acquaviva delle Fonti, an Italian town in the Puglia region, in the province of Bari, hosted this season's 35 km National Race Walk Championships (the 2024 edition took place last October in Prato), with the absolute titles being won by **Riccardo Orsoni**, from GA Fiamme Gialle, who repeats the feat of Millazo-2023, and **Federica Curiuzzi**, representing Atletica Bergamo 1959 Oriocenter, who is competing twice in the championships (previously, Pescara-2022), with marks that represent personal bests by a wide margin and also minimum requirements for direct qualification for the Tokyo-2025 World Championships.

In the men's event, with 14 athletes taking part, 6 of whom were under-23, **Orsoni**, in a very steady progression, achieved **2:27:20**, a "passport" to Tokyo (2:28:00), improving his previous record of 2:30:38 from the European Race Walking Team Championships in Podebrady-2023. In second place, repeating his place from Prato-2024, was **Aldo Andrei**, from GS Fiamme Oro Padova, **2:30:52**, and in third place, **Gianluca Picchiottino**, from GA Fiamme Gialle, with **2:31:13**, both with personal bests. Equally significant was the "performance" of the under-23 winner, **Diego Giampaolo**, 20 years old, also from GA Fiamme Gialle, with **2:31:59**, the best Italian record in the category.

In the women's event, with 9 athletes starting the race (1 withdrawal and 1 disqualified), 4 of whom were in the under-23 age group, the best personal records achieved by both the absolute champion, **Federica Curiuzzi**, with **2:45:33** (previously 2:49:39 in Podebrady-2023), and the under-23 champion (second overall) **Alexandrina Mihai**, from GS Fiamme Oro Padova, making her debut at the distance with **2:46:41**, both achieving minimums for Tokyo (2:48:00). Before the 3-hour mark of the race was completed, the third-placed under-23 athlete **Sofia Fiorini**, from Atl.Libertas Unicusano Livorno), crossed the finish line in **2:54:42**, a personal best.

Club (C.D.S.) Championship of Road walking

Simultaneously with the 35 km Italian championships held in the city of Acquaviva delle Fonti, 26/1 (see article by O Marchador, [here](#)), a round of the Club Championship (CDS) of Road Walking was held, with 20 km races for senior and under-23 athletes, and also 10 km races for the under-20, under-18 and veteran categories.

Among the many good results achieved, the victories in the 20 km of **Andrea Cosi**, an athlete from S. Carabinieri Sez. Atletica, with **1:20:42**, stood out, having the Spaniard **Marc Tur**, participating outside the championship, his closest rival with **1:21:48**, and of **Giulia Gabriele**, under-23 from GA Fiamme Gialle, who achieved a personal best of **1:35:10**.

In the younger 10 km category, the under-20s were won by **Giuseppe Disabato** of Amatori Atl. Acquaviva, with **40:57**, and **Serena Di Fabio** of Polisportiva Tethys Chieti, with **46:39**, who just a few days ago had achieved 12:46.60 on the short track in Ancona

(22/1), and in the under-18s, **Nicolo Vidal** of PBM Bovisio Masciago, with **42:53**, and **Beatrice Palmonari** of Atletica Lugo, with **49:37**.

Finally in the veterans category, the fastest in absolute terms at the finish line were **Giancarlo Camilletti**, M55 of ASD Kronos Roma, with **52:13**, and **Marina Ivanova**, of Atletica Osimo, with **57:01**.

It is also worth mentioning that a technical conference on the subject was held on the eve of the competitive event, with interventions by our well-known Antonio La Torre, the National Technical Director, to whom we are very grateful, by Riccardo Pisani, the current head of the Walking Sector, as well as by Gaspare Pavei, from the Federal Scientific Research Group, in collaboration with the FIDAL Study and Research Centre.

Source: FIDAL

Men 35km Championship

1.	Riccardo ORSONI	ITA	2:27:20
2.	Aldo ANDREI	ITA	2:30:52
3.	Gianluca PICCHIOTTINO	ITA	2:31:13
4.	Diego GIAMPAOLO	ITA	2:31:59
5.	Gabriele GAMBA	ITA	2:33:28
6.	Andrea DI CARLO	ITA	2:48:02
7.	Matteo BONOMI	ITA	2:57:00
8.	Matteo PIERVINCENZI	ITA	2:58:49
9.	Vincenzo PONTRANDOLFO	ITA	3:13:35
	Andrea AGRUSTI	ITA	DNF
	Teodorico CAPORASO	ITA	DNF
	Luigi REIS	ITA	DNF
	Cristian SERRA	ITA	DNF
	Marco GIOVANETTI	ITA	

Women 35km Championship

1.	Federica CURIACCI	ITA	2:45:33
2.	Alexandrina MIHAI	ITA	2:46:41
3.	Sofia FIORINI	ITA	2:54:42
4.	Lidia BARCELLA	ITA	3:01:35
5.	Rosetta LA DELFA	ITA	3:11:03
6.	Beatrice FORESTI	ITA	3:19:12
7.	Matilde BALLERINI	ITA	3:46:36
	Sara VITIELLO	ITA	DNF
	Anna MONCINI	ITA	DQ

Men CDS 20km Open

1.	Andrea COSI	ITA	1:20:42
2.	Davide FINOCCHIETTI	ITA	1:24:40
3.	Francesco BENVENUTO	ITA	1:27:49
4.	Alessio CIRIOTTI	ITA	1:35:30
5.	Federico CIASCHETTI	ITA	1:35:44
6.	Niccolo' BETTONI	ITA	1:37:40
7.	Cristian IMPROTA	ITA	1:38:16
8.	Ettore GRILLO	ITA	1:39:08
9.	Alessandro TATINI	ITA	1:40:49
	Antonio LOPETUSO	ITA	DNF
	Thomas BORZI	ITA	DNF
OC	Marc TUR	ESP	1:21:48
OC	Álvaro LÓPEZ	ESP	1:24:23
	Mattia BRAGGIO	ITA	DQ

Women CDS 20km Open

1.	Giulia GABRIELE	ITA	1:35:10
2.	Verdiana CASCIOTTI	ITA	1:38:50
3.	Giulia LUCENTINI	ITA	1:39:22
4.	Lucia BARBAROSSA	ITA	1:40:44
5.	Giulia MICONI	ITA	1:42:44
6.	Tiziana Celine BESTETTI	ITA	1:45:57
7.	Maria Serena MATTIACE	ITA	1:49:29
OC	Ema KLIMENTOVÁ	CZE	1:38:18
OC	Alžběta FRANKLOVÁ	CZE	1:46:34

Men CDS 10km U20

1.	Giuseppe DISABATO	ITA	40:57
2.	Alessio COPPOLA	ITA	42:30
3.	Omar MORETTI	ITA	42:44
4.	Alessandro REBOSIO	ITA	44:19
5.	Lorenzo MORTARI	ITA	47:14
6.	Andrea SUTERA	ITA	47:42
7.	Francesco SPORTELLI	ITA	47:43
8.	Filippo GORELLI	ITA	47:53
9.	Gaetano MUNAFO'	ITA	48:33
10.	Samuele MANNO	ITA	49:55
11.	FRACCHIA RICCARDO	ITA	50:31
12.	Matteo VIZZARI	ITA	50:33
13.	FEDERICI CRISTIAN	ITA	51:43
	Matteo ARISI	ITA	DNF
	Emanuel DE BENEDICTIS	ITA	DQ

Women CDS 10km U20

1.	Serena DI FABIO	ITA	46:39
2.	Elisa MARINI	ITA	48:27
3.	Francesca Gloria BUSELLI	ITA	48:58
4.	Alessandra COSI	ITA	51:26
5.	Bianca ZOBOLI	ITA	52:28
6.	Angela MANCA	ITA	52:49
7.	Silvia PARENTE	ITA	53:00
8.	Valentina PEDDITZI	ITA	53:19
9.	Maria PASCALE	ITA	53:53
10.	Sofia TOMASSONI	ITA	54:01
11.	Veronica PACIFICO	ITA	54:36
12.	Laura CAROLA	ITA	56:47
	Benedetta FALASCONI	ITA	DQ

Men CDS 10km U18

1.	Nicolo' VIDAL	ITA	42:53
2.	Vinicio SONNI	ITA	46:24
3.	Giuseppe MARCHIONNO	ITA	46:26
4.	RABAI RICCARDO	ITA	46:29
5.	Lucio DI LIZIO	ITA	46:46
6.	Manuel AZZOLINI	ITA	47:27

Women CDS 10km U18

1.	Beatrice PALMONARI	ITA	49:37
2.	Lucrezia ROSI	ITA	52:53
3.	Rebecca D'ALESSANDRO	ITA	53:04
4.	Margherita DISCEPOLI	ITA	54:18
5.	Francesca FANUZZI	ITA	55:32
6.	Jole MELLINI	ITA	56:57

7.	CAFERRA ADRIANO	ITA	47:55	7.	Stefania AVITTO	ITA	56:59
8.	MAGGI GIANLUCA	ITA	49:23				
9.	CAFAGNA LEONARDO	ITA	49:24				
10.	Luca CABIBBO	ITA	49:49				
11.	Giacomo TRAINA	ITA	49:50				
12.	Riccardo CAPANO	ITA	50:42				
13.	Rocco AMORINO	ITA	50:50				

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Portuguese race walking blog **O Marchador** posts news reports and results as they come to hand. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, February 3, 2025 - **Helena Rodrigues and Diogo Pinho are national under-18 champions in short track. Diego García González wins men's event (Pombal 2025)** <https://omarchador.blogspot.com/2025/02/helena-rodrigues-e-diogo-pinho-sao.html>
- Sunday, February 2, 2025 - **International Marcha dos Aurès Challenge, in Batna, Algeria (results)** <https://omarchador.blogspot.com/2025/02/challenge-internacional-de-marcha-dos.html>
The presence of female participants in this meet reflects the social change taking place in sport in the Arab world – an encouraging sign.
- Sunday, February 2, 2025 - **Diego García and Silvia Villar win Challenge AEMA 2024** <https://omarchador.blogspot.com/2025/02/diego-garcia-e-silvia-villar-vencem.html>
- Saturday, February 1, 2025 - **Costa Rica National Road Walking Championships (San José 2025) – results** <https://omarchador.blogspot.com/2025/02/campeonato-nacional-de-marcha-em.html>
- Saturday, February 1, 2025 - **2025 edition of the «Master Athletics International Meeting» in Ribeira Brava – results** <https://omarchador.blogspot.com/2025/02/edicao-2025-do-master-athletics.html>
- Thursday, January 30, 2025 - **«City of Burjassot» Walking Grand Prix 2025 (results)** <https://omarchador.blogspot.com/2025/01/grande-premio-de-marcha-cidade-de.html>
This is the 12th edition of this Grand Prix meet in the Spanish (Valencia) city of Burjassot.
- Wednesday, January 29, 2025 - **Mazlum Demir stands out on the short track in Istanbul, Türkiye** <https://omarchador.blogspot.com/2025/01/mazlum-demir-em-destaque-na-pista-curta.html>
- Wednesday, January 29, 2025 - **Alexandros Papamichail and Olga Fiaska, Greek champions of 35 km walk – Aliartos 2025** <https://omarchador.blogspot.com/2025/01/alexandros-papamichail-e-olga-fiaska.html>
- Tuesday, January 28, 2025 - **Lyudmila Olyanovska breaks national 5,000 m record on short track in Kyiv, Ukraine** <https://omarchador.blogspot.com/2025/01/lyudmila-olyanovska-bate-recorde.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.

***U-TURNS ... You can't practise them too often.**



(Photos: VRWC; RACEWALKING BOULEVARD & YÜRÜYÜŞ BULVARI)

To all present and aspiring Race Walking coaches

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

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

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

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

My recommendation is:

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

However, the other course options are:

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

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

Mark Donahoo
Level 5 Racewalking Coach
VRWC Club coach

Editor's Note:

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

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

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

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



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2024/2025

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

International Dates

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

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