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The official organ of the Victorian Race Walking Club, Inc.
Editor: *Stu Cooper* stuwalks@yahoo.com.au



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***H&T Notice Board – Page 11**

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

** WALKER OF THE WEEK **

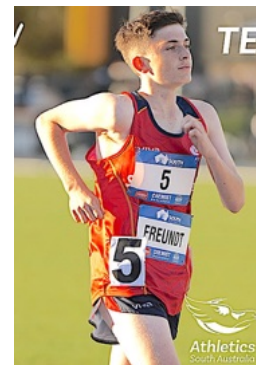


(Photo: AV)

Interclub competitions in two states provided this issue's winning WOTW candidates, both of whom recorded huge PBs over 5000m.

Diamond Valley AC's **Max Davidson (VIC, 15)**, competing in AV's final AVSL round for the summer, started conservatively before changing gear and surging away to win with a 1:42 PB time of **22:52.0**. Focusing on expressing his natural speed over the key 3000 and 5000m distances while building his condition in the summer heat, Max has invested in peaking in time for the AV and National championships and if his All Schools form is any guide, he will take some beating.

Liam Freundt (SA, 16) earned his award on the strength of an even bigger PB – by 2:16 – in clocking **25:44.71**. Like Max, Liam started his race in a measured way and held his pace throughout for a big improvement. This success should see Liam approach the



(Photo: Athletics SA)

coming championship races with confidence, both in his form and in his racing know-how. Further improvement is within his grasp before season's end.

Well done, Max and Liam. We wish you both the success you deserve.

*Honourable mentions

- **Matilda Read (VIC)** – took 35 secs from her 2000m PB at AVSL to record her first sub-10:00 time with **9:25.0**.
- **Kobe Lewis (VIC, 11)** – made a huge leap forward (legally!) in recording **11:56.0**, an improvement of 1:19. That's impressive in a 2000m race.

VICTORIA - METRO & REGIONAL



AVSL RESULTS

**** Metro Zone: Round 10, Saturday 8 February – Casey Fields Athletics Stadium, Cranbourne**

The final round of AVSL walks competition for 2024/25 took place at Casey Fields – the place it began in Round 1 in October, though in conditions far less disagreeable. (Remember that rain storm?)

The 2000m field made the most of their final outing over the distance with 6 PBs being set. Young Williamstown **Kobe Lewis** tapped into something special to rip a 1:19 chunk from her best to record 11:56.0. Dad **Shaun** wasn't about to go home empty-handed, claiming another PB of his own. After a barren summer thus far, **Mya McClure** finally added to her own PB ledger, closing in on the 9:00 barrier after a ding-dong tussle with winner **Mark Blackwood**. **Matilda Read** went out hard and was rewarded with a 35sec improvement, while **Julia Baldy** and consistent racer **Caitlyn Shipham** also took away new best times.



5000m and 2000m action at Casey Fields (good examples of straight legs here.)

(Photos: Athletics Victoria Facebook)

Pl	Name	Club	Age	Time	Points	
2000m						
1	Mark Blackwood	(KNA)	M45	9:01.0h	455	
2	Mya McClure	(WCA)	F14	9:02.0h	488	PB 0:14
3	Matilda Read	(WEL)	F16	9:25.0h		PB 0:35
4	Char Hay	(MUU)	FOP	9:57.0h	394	
5	Lewis McLennan	(DAC)	M14	10:17.0h	392	
6	Natalie Laurie	(ANW)	FOP	10:26.0h	369	
7	Emily Smith	(KNA)	F20	10:44.0h	354	
8	Shaun Lewis	(WTN)	M45	10:49.0h	346	PB 0:23
9	Pippa Read	(WEL)	F14	10:51.0h		
10	Addison Frenken	(CCA)	F14	11:01.0h	377	
11	Pramesh Prasad	(SCA)	M50	11:07.0h	354	
12	Sandra Geisler	(RWD)	F45	11:10.0h	375	
13	Carolyn Rosenbrock	(YRA)	F60	11:19.0h	438	
14	Kobe Lewis	(WTN)	F14	11:56.0h	334	PB 1:19
15	Julia Baldy	(KNA)	F14	12:05.0h	327	PB 0:08
16	Laura McLennan	(DAC)	F45	12:20.0h	321	
17	Dee Holohan	(MEN)	F55	12:22.0h	364	
18	Lily Lambert	(MEN)	F16	12:26.0h	294	First 2000m
19	Donna-Marie Elms	(PTN)	F60	12:43.0h	373	
20	Caitlyn Shipham	(KNA)	F14	12:44.0h	297	PB 0:12
21	Emilie Garside	(YRA)	FOP	12:57.0h	256	
22	Heather Carr	(GHY)	F70(75)	13:56.0h	382	
23	Clyde Riddoch	(WAM)	M70	13:57.0h	338	
24	Gwen Steed	(GHY)	F70 (80)	14:48.0h	351	
25	Geoffrey Barrow	(MEN)	M70	14:49.0h	299	
26	Robert Gardiner	(COL)	M70(88)	15:15.0h	285	VRWC M85+ record*
-	Bernie Keirl	(DIV)	M60	DQ		

* Bob holds the VMA M85 record with a time of 15:10.8, set last October, so perhaps the VRWC records need updating.

Anyone who takes nearly 2:00 from their best 5000m time on a warm and humid day is worthy of focus. **Max Davidson** took a kilometre to ease himself in before surging to the front and extending his lead for an emphatic win and a new PB of **22:52.0**. **Alejandro Stephens** led early and kept Max in sight as long as he could, while **Angus Shuttleworth** gritted it out over the final testing laps and **Grace Louey** walked with her usual consistency throughout the race.

5000m

1	Max Davidson	(DIV)	M16	22:52.0h	PB 1:42
2	Alejandro Stephens	(GHY)	MOP	24:12.0h	362
3	Angus Shuttleworth	(KNA)	M14	28:02.0h	
4	Grace Louey	(KNA)	FOP	29:13.0h	324
5	Michael Harvey	(WAM)	M60	36:54.0h	247
6	Rupert Van Dongen	(MEN)	M50	37:38.2h	191

**** Bendigo Zone: Round 10, Saturday 8 February – Lar Birpa Athletics Track, Flora Hill**

Tate McQueen's winning 1500m time at Lar Birpa was only 9 secs adrift of his PB. He has raced consistently during the summer and could reduce his 3000m time further in the State U14 championships.

1500m

1	Tate McQueen	(EAG)	M14	7:52.20	325
2	Lachlan Carr	(BGO)	MOP	10:25.27	Score limit
3	Christopher Pollard	(EAG)	M65	10:53.45	252
4	Annette Curtis	(SBE)	F65	12:20.26	264
-	Leigh Browell	(SBE)	M50	DNF	



The AV Track & Field championships commence next weekend, with Walks titles being contested on **Sunday 16 February** and **Sunday 23 February** at Lakeside Stadium. The schedule is as follows:

Sunday 16 February	10.00am	3000m Walk	Female 40+, 60+
	10.00am	3000m Walk	Male 45+, 50+, 60+
Sunday 23 February	10.00am	5000m Walk	Female Open, U17, U18, U20
	10.00am	5000m Walk	Male Open, U17, U18, U20
	11.10am	3000m Walk	Female U14, U15, U16
	11.10am	3000m Walk	Male U14, U15, U16

Entries for these championships are now closed. Starting lists can be perused at <https://athsvic.org.au/events/victorian-track-field-championships/>



**** 20KM ACES SET TO FIRE IN OCEANIAS ****

Adelaide, once again, will see the cream of antipodean race walking – with a sprinkling of noteworthy talent from further afield – gather for the **Australia & Oceania 20 kilometre Road walking Championships** on Sunday 18 February. (No Lithuanians this time around ... we hope 2024 wasn't the last we'll see of them.)

Going on his Supernova result in January, Canada's **Evan Dunfee** should successfully defend his 2024 Men's 'crown', while the main championship contenders, Victorians **Declan Tingay**, **Kyle Swan** and **Rhydian Cowley**, are in great shape and will be alert for any sign of weakening on the Tokyo Olympic medallist's part. Not to be discounted is **Will Thompson**, who broke through for his first sub-40:00 10,000m in January and whose two 35km results late last year show he has the condition to eclipse the 1:20 barrier on Sunday. The ACT's **Tim Fraser**, a big improver in 2024, also joined the sub-40 'club' in the Supernova and is a strong contender for a top 5 finish.

Several entrants will be making their 20km debuts on Sunday, or at least have no previous times listed. Of these, New Zealand's **Jonah Cropp** will be one to watch, as will 17yo **Isaac Beacroft (NSW)** and **Sam McCure (QLD)**. Cropp is the most promising Kiwi to emerge for several years and, having honed his speed over the shorter distances, is ready for this step. Not much more need be said about Beacroft, other than that the furthest distance he has raced up to now – 15km at the LBG in June – yielded 1:06:02 which equates to a sub-1:30 for 20km, and nothing suggests that this amazing 17yo won't do it easily in this company. McCure, with a creditable 10,000m of 44:44.15 in January, is also capable of at least nudging that 1:30 barrier.

Barring anything unfortunate, nothing will stop **Jemima Montag** claiming her sixth successive Australian and Oceania titles. The main competitive interest, therefore, will likely be the duel between **Lorena Arenas (COL)** and **Bec Henderson (VIC)**,

the only others with sub-1:30 times in 2024. On times Arenas has a clear advantage, but the Victorian is back in shape after a long stretch of injury recovery and each woman pushed the other to a PB in the Supernova 10,000m. Expect a good contest here. Never to be overlooked is Greece's **Antigoni Ntrismpioti**, the dual 2022 European champion, who exemplifies the adage that life begins at 40 along with the next racing challenge – so bring it on. Of the remaining internationals, Kiwi **Laura Langley** will be out to clock her first sub-1:40 result, while **Sharon Lisseth Herrera** (the first Costa Rican to win walking gold at a Pan-American championship) will provide good competition for a bevy of Aussie mid-1:30s walkers including **Allanah Pitcher (NSW)**, **Tayla Billington (QLD)** and **Alexandra Griffin (WA)**.

The domestic success stories of 2024 were **Olivia Sandery (SA)** and **Elizabeth McMillen (NSW)**, keen rivals who pushed each other to great heights and now sit on the cusp of sub-1:30. Their 35km results at Middle Park in December, followed by a tough January training regime, indicate that this will be the day they break that barrier. Good luck, everyone!

MEN 20km				Bib	Best time in 2024/25	WOMEN 20km				Bib	Best time in 2024/25
Corey Dickson	VIC	2002	10	1:24:31	Hannah Mison	NSW	2001	29	1:35:21		
Carl Gibbons	NSW	1996	11	1:23:20	Nellie Langford	SA	2005	30	1:45:50		
Kim Mottrom	SA	1984	12	1:36:44	Kirstin Shaw	QLD	1991	31	1:56:33		
Declan Tingay	VIC	1999	13	1:19:56	Jemima Montag	VIC	1998	32	1:26:25		
Jonah Cropp	NZL	2005	14	nta	Kelly Ruddick	VIC	1973	33	nta		
Alexander H Brown	NZL	2000	15	1:54:38	Olivia Sandery	SA	2003	34	1:30:52		
Mitchell Baker	ACT	2001	16	1:25:19	Alanna Peart	VIC	2003	35	1:39:08		
Marcus Wakim	VIC	2006	17	1:31:48	Sharon L Herrera	CRC	2004	36	1:35:48		
Timothy Fraser	ACT	2000	18	1:21:01	Elizabeth McMillen	NSW	2004	37	1:30:47		
Sam McCure	QLD	2006	19	npt	Rebecca Henderson	NSW	2004	38	1:29:54		
Isaac Beacroft	NSW	2007	20	npt	Tayla Billington	QLD	1997	39	1:36:27		
Jack McGinniskin	NSW	2002	21	1:27:57	Laura P Langley	NZL	1997	40	1:40:41		
Will Thompson	VIC	2002	22	1:20:34	Mia Bergh	QLD	2005	41	npt		
Bradley Mann	WA	1999	23	nta	Allanah Pitcher	NSW	2003	42	1:35:04		
Rhydian Cowley	VIC	1991	24	1:18:33	Samantha Findlay	SA	1997	43	1:42:34		
Kyle Swan	VIC	1999	25	1:18:59	Antigoni Ntrismpioti	GRE	1984	44	1:31:33		
Tristan Camilleri	SA	2001	26	nta	Lorena Arenas	COL	1993	45	1:27:03		
Evan Dunfee	CAN	1990	27	1:18:03	Alexandra Griffin	WA	2005	46	1:36:32		
Dylan Richardson	NSW	2000	28	1:27:59	Hannah Bolton	NSW	2003	47	1:39:09		

nta – no time available. npt – no previous time

** 2024 20km results:

Just for reference, here are last year's results. Comparison with what we'll see next Sunday could be interesting.

Women 20km Aust/Oceania c'ship

1 Jemima Montag	VIC	1:27:09 PB
2 Sandra Arenas	COL	1:27:25 PB
3 Hong Liu	CHN	1:27:44 SB
4 Rebecca Henderson	VIC	1:30:40
5 Olivia Sandery	SA	1:30:52
6 Hannah Mison	NSW	1:35:27 PB
7 Elizabeth McMillen	NSW	1:36:12 SB
8 Tayla Billington	QLD	1:36:27 PB
9 Allanah Pitcher	NSW	1:37:23
10 Austeja Kavaliauskaitė	LTU	1:37:39 PB
11 Hannah Bolton	NSW	1:39:09 PB
12 Alanna Peart	VIC	1:39:26 PB
13 Kate Siviour	VIC	1:40:38 PB
14 Laura Langley	NZL	1:41:42 PB
15 Samantha Findlay	SA	1:43:34 PZ 2:00
16 Bridget Bell	NSW	1:45:22 PB
17 Arnika Nelson	NZL	1:50:56 PB
18 Char Hay	VIC	1:54:22
19 Kirstin Shaw	QLD	2:07:23 SB
--- Priyanka Goswami	IND	DNF
--- Clemence Beretta	FRA	DNF

Men 20km Aust/Oceania c'ship

1 Evan Dunfee	CAN	1:19:23 SB
2 Kyle Swan	VIC	1:19:52
3 Rhydian Cowley	VIC	1:21:01
4 Timothy Fraser	ACT	1:22:03 PB
5 Marius Ziukas	LTU	1:22:15 SB
6 Will Thompson	VIC	1:23:03
7 Leo Kopp	GER	1:25:22 PZ 2:00 SB
8 Artur Mastianica	LTU	1:25:49 TR54.7.4 SB
9 Carl Gibbons	NSW	1:26:25
10 Dylan Richardson	NSW	1:28:54
11 Jack McGinniskin	NSW	1:32:05 PB
12 Kim Mottrom	SA	1:38:42
13 Chun Hung Tse	HKG	1:41:20
14 Geromi Tucker	VIC	1:59:17
--- Mitchell Baker	ACT	DNF
--- Edmund Sim	SGP	DNF PZ 2:00
--- Corey Dickson	VIC	DNF
--- Fraser Saunder	VIC	DNF

On paper, **Riley Coughlan (VIC)**, **Owen Toyne (ACT)** and **John Ronan (WA)** should have the **U20 invitational 10km** between themselves. However, Tasmania's **Sam Lindsay** was the most improved mid-teen walker in the country last year and in January's Supernova he finished within a whisker of Toyne with another PB. Local prospect **Sebastian Richards** also made big recent improvements following the AIS training camp and will be keen to do well in his home city.

It's unfortunate that the Women's race attracted so few entrants, but with the track Nationals in Perth coming up pennies are no doubt being saved. The small field is, nevertheless, high quality, with **Chelsea Roberts** likely to take line honours.

Men 10km U20 Invit.

Samuel Lindsay	TAS	2008	70	44:07
Myles Ashby	NSW	2007	71	47:21
Sebastian Richards	SA	2008	72	47:10
Owen Toyne	ACT	2007	73	42:03
Cooper Rech	SA	2007	74	53:58
Alex Bradley	QLD	2006	75	49:22
John Ronan	WA	2007	76	42:15
Riley Coughlan	VIC	2007	77	41:03

Women 10km U20 Invit.

Chelsea Roberts	NSW	2006	78	47:16
Sienna Pitcher	NSW	2007	79	49:17
Zoe Woods	NSW	2007	80	48:36

QUEENSLAND QA Interclub results: Jai Taurima Shield, 1 February – QSAC, Brisbane

Robyn Wales reports that it was a balmy evening, although the lights going out before the race had finished would no doubt have driven the judges barmy!

Women 3000m walk

1 Milly Sharpe	17	Gladstone	14:37.56
2 Eliza Kelly	15	QRWC	17:05.57
3 Phoebe Chadwick	19	QRWC	17:34.29
4 Elspeth Hooper	13	GCV	17:58.64
5 Kiara Waterman	14	QRWC	18:29.73
6 Mackenzie Bandidt	14	UQ	19:56.98

Men 3000m walk

1 Lachlan Moore	14	Ignition	15:28.36
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Women 5000m walk

1 Mia Bergh	20	GCV	25:34.17
2 Taylah Morris	18	GCV	31:22.75
.. Summer Millard			DQ
.. Olivia Boulton			DQ

Men 5000m walk

1 Noah Cooke	15	QRWC	25:17.74
2 Kai Dale	17	QRWC	27:52.13

SOUTH AUSTRALIA ASA Interclub results, 8 February – Mile End Stadium

Highlight of the race (held at 7.00pm in 22C weather) was **Liam Freundt's** huge 2:16 PB over 5000m. According to **Kim Mottrom**, whom he tended to latch onto at the start and burn out quickly, Liam took a much more sensible approach this time around and walked a very strong and consistent race, earning the rewards. Well done, Liam.

Open 5000m	Time
Kim Mottrom	21:52.04
Cooper Rech	25:17.66
Liam Freundt	25:44.71 PB 2:16
Melissa Grantham	30:21.61
Matilda Rech	34:32.53
Alex McEwan	42:09.41

Open 1500m	Time
Orlando Grantham	8:37.58
Zachery Freundt	9:23.89
Ross Hill-Brown	11:51.79

TASMANIA TMA Masters T&F, 5 February – Domain AC, Hobart

As **Dave Moore** says, rather lean pickings in walks results from Tassie this summer, at least on a domestic level, with **Wayne Fletcher** the most consistent athlete locally. Hopefully the coming road season races will be better supported.

Results 3000m Walk

1 Wayne Fletcher	M77	29:15
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WESTERN AUSTRALIA WARWC results, 9 February – Perry Lakes

Results and report courtesy of **Terry Jones**: "These are our last club walks for 2025, with most future results this summer being for various state and national championships.

"After having a 5 day heat wave, the weather for the walks this morning was fine, cloudy, humid, with temperature in the low to mid 20s."

10K			5K	
Brad Mann	58:52		Fiona van Heerwaarden	34:07
Kaytee Bogaers	1:01:04		Liliana Martin	34:36
Melissa Lewis	1:02:27		John McDonagh	36:09
3K			2K	
Addison Roots	20:21		Hannah Clausnitzer	11:52
Steve Travell	27:39			
Glenys Duncan	29:46			
1K				
Zoe Fowler	7:02			



INTERNATIONAL NEWS

FRANCE: French Indoor National championships, 9 February - Lyon

The French speedsters were on show at the Stephane-Diagana Athletic Hall in Lyon, and **Emmanuel Tardi** was on hand to help make sure they behaved!

I was a judge in Lyon this weekend for our indoor national Championship. Eight races were scheduled from 12am to 5pm: Cadets, Junior, Elite and N2 (walkers who are ranked from 16 to 32 and who are not qualified in other races).

In the Cadet women's race (U16) , **Daphné Gateau-Fernez** was the favourite (she had walked 13.19 in 2025). She had one full lap's advantage when she was disqualified by the referee because she walked many times on the track interior line.

The Junior Women's race (U18) was the strongest race. **Chloe Le Roch** was very impressive. She beat the French National record in **12'37"**. **Lena Auvray** and **Marine Merbitz** produced strong times too. Every walker produced a sub-15' result.

In the Junior Men's race (U18), **Bastien Picard** walked a strong **20'14** for 5000m.

In the Women's Elite race, **Ana Delahaie** was alone in front of the pack and won easily. **Vanessa Denisselle** (5th in the race in 13'17") beat the French Masters record (W40). The previous record dated from 1987 (Suzanne Griesbach 13'26")

In the Men's Elite race, **Gabriel Bordier** walked with a very regular tempo (3'40" at each kilometer). He finished with a very good **18'19"** (close to Yohann Diniz's record of 18'17".)

5000m Elite

1	BORDIER Gabriel	SEM/97	Us St Berthevin	18'19"65
2	QUINION Aurelien	SEM/93	Ac St Gratien-Sannois	18'45"87
3	LEBRETON Kilian	SEM/00	Ta Rennes	19'53"24
4	ELLUL Hugo	ESM/05	St Max Essey Club Athlé	20'28"40
5	HUE Aymeric	SEM/01	Ec Orleans Cercle Jules Ferry	20'45"91
6	BATIFOL Ellis	ESM/03	Asvel Villeurbanne	21'23"88
7	GHOULA Hatem	MAM/73	Us Vesinet	21'30"33
8	CHENUET Quentin	ESM/05	Saran Loiret Athletic Club	21'35"41
9	BEAUVAl Florent	SEM/00	Stade Sottevillais 76	21'40"26
10	MARTIN Come	SEM/95	Clermont Auvergne Athletisme	21'47"91
11	LANDRON Roland	MAM/78	Ca Beglais	21'49"96
12	GAUDRE Martin	ESM/04	Efs Reims	22'01"86
13	BAZZO BORTOT Symon	SEM/96	St Amand Etudiant Club	22'02"01
14	KOWALCZYK Hugo	ESM/03	As Marck	24'34"57
-	MADELINE-DEGY Martin	SEM/01	Blagnac Sc	DQ
-	FOUGERON Pierre-Alexandr	ESM/03	Ec Orleans Cercle Jules Ferry	DQ

3000m Elite

1	DELAHAIE Ana	ESF/04	Stade Bordelais Athletisme	12'38"17
2	MANARESI Marion	SEF/00	Ac Romorantin	13'03"86
3	ROTTIER Marine	SEF/00	La Postillonne Longjumeau	13'05"91
4	CARRE Elvina	ESF/03	As Tournus	13'13"52
5	DENISSELLE Vanessa	MAF/84	Val-De-Reuil Ac	13'17"33
6	LAGRANGE Nelly	ESF/04	Athle 66	13'17"38
7	MASSON Liv	ESF/03	Stade Bordelais Athletisme	13'30"15
8	DUCLOS Adele	SEF/00	Athle 91	13'41"47
9	CERANTOLA Laury	SEF/92	Entente Poitiers Athle 86	13'50"38
10	MILLE Agathe	ESF/04	Grac Renwez	14'07"32
11	PICARD Axelle	SEF/99	St Max Essey Club Athlé	14'10"86
12	TRICOT-LAPIERE Blanche	ESF/04	Ac Villeneuve D'asc	14'24"39
13	ADLER Mathilde	SEF/01	Asptt Lille	14'29"18
14	BOUQUIN Rachel	ESF/04	Racing Club Nantais	15'01"81

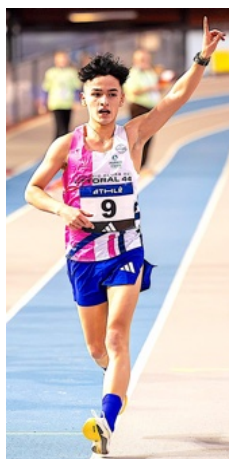
15	ZIAT Alicia	ESF/05	Grand Angouleme Athletisme	15'03''28
16	BLOT Charlene	MAF/87	As Marolles	15'04''04
5000m N2				
1	CROSNIER Alexis	SEM/99	Athlé Provence Clubs	21'54''50
2	PASCALE Julien	SEM/95	Cs Bourgoin-Jallieu	21'57''94
3	PETER Florian	SEM/02	Arve Athletisme Bonneville	22'24''02
4	THOMAS Mickael	MAM/78	Ea Bourg-En-Bresse	22'31''16
5	PICARD Nicolas	MAM/80	As Tourlaville	22'34''81
6	BONTEMPS Sebastien	MAM/90	Gien Athle Marathon	22'48''39
7	SEGEAT Benjamin	SEM/97	Stade Brestois	22'52''84
3000m N2				
1	MANIKION Prisca (MRI)	MAF/85	Cs Bourgoin-Jallieu	14'31''63
2	BESSE Celine	MAF/80	Ea Macon	15'02''81
3	KLIPFEL Emma	SEF/01	St Max Essey Club Athlé	15'04''46
4	PICART Lysa	ESF/03	Montpellier Athletic Mediterra	15'08''81
5	QUENEHERVE Anne-Catherine	MAF/66	Grand Angouleme Athletisme	15'14''98
6	BERTRAND Claire	MAF/81	Us Metro Transport	15'15''21
5000m Juniors				
1	PICART Bastien	JUM/06	Acl 44	20'14''94
2	RABREAU Clement	JUM/07	Val-De-Reuil Ac	21'34''59
3	MORIN Sacha	JUM/07	Stade Lavallois	23'12''33
4	PETER Anthony	JUM/06	Ca Ambilly	23'18''60
5	HENNEGUIER Teo	JUM/07	Asptt Lille	23'21''29
6	BABIN Noe	JUM/06	S Niortais	23'30''34
7	PHILIPPARIÉ Leo	JUM/07	As Libourne	23'35''55
8	LAQUITTANT Victor	JUM/07	Acp Ancenis	23'47''26
9	HERGEL Hugo	JUM/06	Fc Sochaux Montbeliard	23'55''60
3000m Juniores				
1	LE ROCH Chloe	JUF/07	Cjf Saint-Malo	12'37''00
2	AUVRAY Lena	JUF/06	La Vigilante Fougères	12'48''41
3	MERBITZ Marine	JUF/06	Fc Sochaux Montbeliard	13'08''09
4	GUILLEARD Lisa	JUF/06	Entente Angevine Athletisme	13'41''96
5	HANNOT Juliette	JUF/06	As Tourlaville	13'45''24
6	CHEZE Emelie	JUF/06	Uao 31	13'45''93
7	LANDRON Capucine	JUF/06	Ca Beglais	13'47''28
8	COSQUERIC Yaelle	JUF/07	Ulac Pays Fouesnantais	14'02''83
9	VEGA GONZALEZ Irene (ESP)	JUF/07	Avia Club Athletisme	14'05''45
10	SERRAND Clara	JUF/06	Ta Rennes	14'20''38
11	GUERNIER Camille	JUF/07	St Max Essey Club Athlé	14'41''31
12	WROBLEWSKI Marie	JUF/06	Us Talence	14'44''51
13	FENOUILLERE Clea	JUF/07	Ba Coutances	14'44''63
14	CALAS Anouk	JUF/07	Eba	14'47''29
15	HALIMI Maia	JUF/06	Grenoble Uc	14'57''97
16	GRATALOUP Marie	JUF/07	Coquelicot 42	14'58''49
5000m Cadets				
1	VANHILLE Gabin	CAM/09	Ja Fretin	22'51''41
2	GAVART Leo	CAM/08	Acl 44	23'09''45
3	LEBRETON Julien	CAM/08	Amberieu Ac	24'10''59
4	HENAULT Matteo	CAM/09	Vineuil Sports	24'30''82
5	PERDEREAU Gwenole	CAM/09	La Vigilante Fougères	24'38''77
3000m Cadettes				
1	CHARPENTIER Lison	CAF/08	Ac Romorantin	14'02''26
2	BRENEY Eleonore	CAF/09	Fc Sochaux Montbelia	14'02''45
3	LEBEAU Julia	CAF/08	Racing Club Nantais	14'17''62
4	BRUNHES Salome	CAF/09	As Tourlaville	14'54''63
5	GALLI Livia	CAF/08	Asvel Villeurbanne	15'01''73
-	GATEAU-FERNEZ Daphne	CAF/09	Entente Poitiers Athle 86	DQ



Bordier



Le Roche



Picard



Elite podium: Manaresi, Delahaie, Rottier



The judges' panel. Emmanuel, front 4th from left, sports his new 'coupe de cheveux'.

(Photos: Emmanuel Tardi – from Facebook)

GUATEMALA: Guatemala Race Walking Championships, 2 February – San Jeronimo

Bernardo Barrondo and Mirna Ortíz win 20 km at the Guatemala Walking Championships

(reprinted from *O Marchador* – Thursday 6 February)

In Guatemala, the National Road Walking Championships were held in San Jerónimo (km 146), Baja Verapaz (2 February), with the main national titles in the men's and women's 20 km races being decided in the final metres, in favour of Bernardo Uriel Barrondo and Mirna Suceley Ortíz.

In the men's 20 km race, with 1 second separating the first and second placed, **Bernardo Barrondo** recorded **1:24:06**, against **1:24:07** from **José Barrondo**, both representing the S23 Race Walking Team. As for third place, Mexican **Josafat Sánchez Peña**, participating outside the championship, crossed the finish line in that position, with **1:24:23**, while **José Eduardo Ortíz**, from Race Walking Gt, closed the national podium, with **1:25:44**. There were 18 athletes participating.

In the women's race over the same distance, national record holder **Mirna Ortíz**, from the GT Walk Team, gained 4 seconds to win with a time of **1:35:19**, ahead of her club colleague, the under-23 **Yaquelin Teletor**, who achieved **1:35:23**. 10 seconds later, **Lisbeth Carolina López**, 19 years old, from the U23 Walk Team, crossed the finish line in third place, setting a personal best of **1:35:33**. Nine athletes participated.

In the men's 35 km race that opened the championship program at 6 am, the clear triumph belonged to the Mexican (extra-champion) **Jefferson Segura**, with a personal best of **2:37:27**. As for the positions for access to the national podium, **Roberto Carlos Marroquín** was the first classified, with **2:53:48**, and **Luis Ángel Sánchez**, the second, with **2:56:09**, both from the S23 Race Walking Team.

Among other events in the program for different age groups, the under-20 titles (10 km) were held by Denis Estrada (Quiché), with 44:19, and Ingrid Ruíz (Alta Verapaz), with 52:41, and in the under-18s, Carlos Ixtecoc (Alta Verapaz), with 49:33 (10

km), a race in which Mexican Erik López was first across the finish line, with 44:41, and Aneth Coc (Alta Verapaz), with 28:23 (5 km).

Men 20km Championship

1.	Bernardo Uriel BARRONDO	GUA	1:24:06
2.	José Alejandro BARRONDO	GUA	1:24:07
3.	José Eduardo ORTIZ	GUA	1:25:44
4.	Hamilton Edgar POOU YOJ	GUA	1:30:07
5.	Jhoshua MONTERROSO ORTÍZ	GUA	1:30:13
6.	Uziel Enrique COL CAAL	GUA	1:37:01
7.	Victor KLEVERSON	GUA	1:39:19
8.	Óscar Magdaniel POP	GUA	1:43:19
OC	Jesus Alexis CAMPOS ARRIAGA	MEX	1:36:06
OC	Josafat SÁNCHEZ PEÑA	MEX	1:24:23
OC	Juan CALDERON	CRC	1:27:20

Women 20km Championship

1.	Mirna ORTÍZ	GUA	1:35:19
2.	Yaquelin TELETOR JERÓNIMO	GUA	1:35:23
3.	Lisbeth Carolina LÓPEZ JAYES	GUA	1:35:33
4.	María Fernanda PEINADO	GUA	1:37:06
5.	Maritza Rafaela PONCIO TZUL	GUA	1:37:27
6.	Mary Lucy RUIZ IXIM	GUA	1:58:32
OC	Ana Raquel RODRIGUEZ	MEX	1:50:18

Men 35km Championships

1.	Roberto Carlos MARROQUÍN	GUA	2:53:48
2.	Luis Angel SANCHEZ PÉREZ	GUA	2:56:09
OC	Jefferson SEGURA	MEX	2:37:27

Full results are available from <https://resultados.atletismofdnagt.com/EventoNew.aspx?eve=1082>

MARCIADALMONDO & O MARCHADOR ROUNDUP

- Saturday 8 February 2025 - Ancona (ITA) - Italian National U18 Short Track Championships 2025
Nicola Maggio was heartened by what he saw in Ancona on Saturday. His report (published in *the Marcia dal Mondo Friends* Facebook group page) follows:

“Finally two great race walking events.

In the U18 Italian Indoor Championship held today in Ancona we witnessed two excellent performances.

In the women's category there were many participants so the Technical Delegate rightly decided to hold it in two sessions divided by time.

In the final overall result, victory smiled on **Valentina Adamo** who closed the 3,000m indoor walk in **13:38.87**, an excellent result at national level.

But the twist of events was provided by **Nicolò Vidal** who had already won the 10km road race in Acquaviva delle Fonti on January 26 in 42:53.

Today the young athlete from Lombardy (competing for the PBM of Bovisio Masciago) crushed the previous U18 limit of Nicola Lomuscio that dated back to February 22, 2020.

His **20:46.19** today, at the moment (it is true that the indoor season is just starting) is the best seasonal U18 world performance in short track.

Anyone who knows something about walking and has seen the streaming event will certainly have noticed that the young Lombard offers a beautiful compromise between classic and modern walking: fast, low, great feet, and a beautiful use of the hips.

If I see good morning from the morning, today could really be a "good day" for youth walking in Italy.”



Vidal



Adamo

(Photos: Marcia dal Mondo Friends)

Full results available at

http://www.marciadalmondo.com/admin/pdf/risultati/08022025963Ancona_2024Feb8_Res.pdf?fbclid=IwY2xjawIU-MZleHRuA2FlbQIxMAABHQ0jNMeVjUHBDijzjnaATyGpHrzur-cCuNfp48KfIRSKSgM3tPYnQefJIQ_aem_7gPB6D31NG11sTjwhU23dA

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 9, 2025 - **Spanish veterans Aledo and Morales break M45 world records in the 3,000m short track race walk** <https://omarchador.blogspot.com/2025/02/veteranos-espanhois-aledo-e-morales.html>
- Monday, February 10, 2025 - **I Division (short track 2025): once again, triumphs for Sporting CP and SLB Benfica in race walking** <https://omarchador.blogspot.com/2025/02/i-divisao-pista-curta-2025-de-novo.html>
- Monday, February 10, 2025 - **II Division (short track 2025): representatives of CA Marinha Grande and ADR Água de Pena prevail in the march** <https://omarchador.blogspot.com/2025/02/ii-divisao-pista-curta-2025.html>
- Friday, February 7, 2025 - **ACNW League 1 march in Potchefstroom, South Africa (results)** <https://omarchador.blogspot.com/2025/02/a-marcha-na-liga-1-da-acnw-em.html>
- Wednesday, February 5, 2025 - **Italian under-23 short track titles for Diego Giampaolo and Giulia Gabriele – Ancona 2025** <https://omarchador.blogspot.com/2025/02/titulos-italianos-sub-23-em-pista-curta.html>
- Wednesday, February 5, 2025 - **Giuseppe Disabato and Serena Di Fabio win Italian U20 short track titles – Ancona 2025** <https://omarchador.blogspot.com/2025/02/giuseppe-disabato-e-serena-di-fabio.html>
- Tuesday, February 4, 2025 - **María Pérez, Callum Wilkinson (10 km), David Kenny and Kylie Garreis (20 km), winners in Guadix 2025** <https://omarchador.blogspot.com/2025/02/maria-perez-callum-wilkinson-10-km.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.

FURTHERMORE ...

U.S.A. : 117th Millrose Games, 8 February – New York

Mexican Palma sets new Mile Walk best – indoor and out

It was an evening of speed, speed and speed at the indoor Nike Track & Field Centre in The Armory, New York, with world records and bests falling as if they were mediocre. US distance runners Grant Fisher (3000m) and Yared Nuguse (Mile) and Australia's Cameron Myers (U20 Mile and 1500m) gave the running fans a feast of new marks to dine out on.

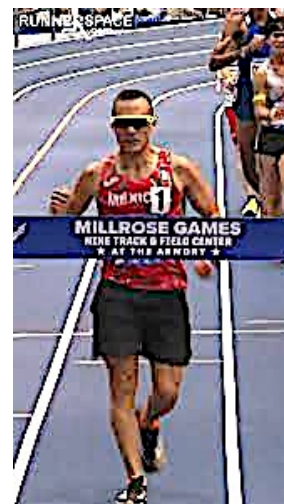
The tenor of the evening, however, had been set earlier by two pre-competition races. Trinidad & Tobago sprinter Lisa Raye set a new world U18 best for 60m. Perhaps Mexican walker **Ever Palma**, who raced earlier, had been her inspiration?

World Athletics' **Jon Mulkeen** takes up the story:

'Just minutes before the girls' 60m, Mexico's **Ever Palma** smashed the world indoor best for the rarely contested mile race walk. Sweden's multiple world medallist **Perseus Karlstrom**, who is also coach to Palma, led for the first 1000m before Palma darted to the front and opened up a clear gap on the rest of the field.

'Palma crossed the line in **5:24.50**, not only taking nine seconds off the previous world indoor best but also going several seconds faster than the outdoor world best for the distance. Karlstrom finished second in 5:32.34, also inside the previous world indoor best.'

1 Ever Palma.	Ejercito Mexicano/MEX.	5:24.50 WB
2 Perseus Karlstrom.	Asics/SWE	5:32.34
3 Christopher Linke.	SC-Potsdam/GER	5:35.83
4 Diego Garcia.	Skechers/ESP	5:44.84
5 Cole Bennett.	Cumberlands	6:12.36
6 Dillan Melchiore	Cumberlands	6:13.58
7 Jordan Crawford	Raleigh Walkers	6:15.13
8 Jason Cherng	New England Race Walkers	6:15.34
9 Gael Plasencia	Correr Sin Fronteras	6:29.81



(Photo: runnerspace Instagram)

Thanks to **Tim Erickson** for providing the YouTube link for the full video capture of the Mile Walk at the Millrose Games:

<https://www.youtube.com/watch?v=siF4zf2o8JE>

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

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 – Adelaide, SA
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	20 th World Athletics Championships – Tokyo, JPN
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

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Stu Cooper - editor
0421 470 949
stuwalks@yahoo.com.au