



# 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 13**

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

## \*\* WALKER OF THE WEEK \*\*



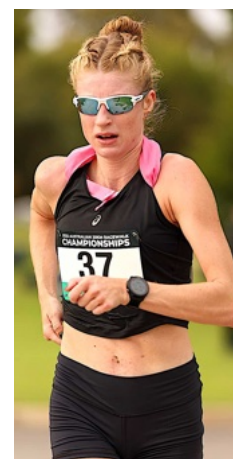
*Bec*



*Isaac*



*Tim and Evan*



*Lizzy*

(Photos: AA, ANSW Facebook)

The excellent performances produced at the Australian 20km championships in Adelaide on Sunday are, naturally, the source of this week's WsOTW. No fewer than five earned the honour this week.

Overseas walkers don't normally receive this gong (let alone twice), but who could begrudge honorary Aussie **Evan Dunfee (CAN)** after a result as imposing as his Sunday effort? A winning time of **1:17:39** that set new a new Australian All-Comers record (eclipsing that of Poland's Robert Korzienowski, set at the Sydney Olympics) along with new Canadian and North American marks certainly merits a second spot in the WOTW pantheon alongside his 2024 Supernova award. Well done, Evan!

**Tim Fraser (ACT)** has been due for something big for a while now, and on Sunday he produced it, blasting through the 1:20:00 barrier for the first time to record **1:19:43**, a 1:18 PB, which gained him championship silver behind Rhydian Cowley. Tim now has until August 24 to reach the goal of an automatic Tokyo qualifier, and having come so close to the required time (1:19:20) he will be confident of breaking through soon. Good luck, Tim.

**Lizzy McMillen (NSW)** showed on Sunday that the astonishing run of improvement we saw in 2024 is far from over. Lizzy succeeded in taking bronze behind Jemima Montag and Bec Henderson with her first-ever sub-1:30:00 result in **1:28:35**, a 2:08 PB. She now has a second Tokyo qualifier to go with her 35km time from December. Lizzy's development in both speed and endurance in twelve months has been remarkable (she is not yet 21), and we hope 2025 provides the rewards her hard work and dedication deserve.

**Bec Henderson (VIC)** has hit top form when it matters, scoring a big 0:32 PB to take silver in Adelaide with a time of **1:28:11**. Like Lizzie, Bec now has 20km and 35km qualifiers for Tokyo. Let's hope the injury demons of recent times are foiled and she is able to realise her goals fully in 2025.

A debut 20km in **1:22:52** by a 17yo would scarcely be believable in some quarters, until it became clear who the 17yo was. **Isaac Beacroft (NSW)** has put enough runs on the board to cast off any incredulity about his amazing performance, which gave him a new Australian U20 record and serves notice that his self-proclaimed goal of Olympic selection is well on track.

**\*Honourable mentions:**

- **Jemima Montag & Rhydian Cowley (VIC)** – last August they were Olympic bronze-winning partners beneath the Eiffel Tower. This time they are emphatic national 20km champions, with times of **1:27:47** and **1:18:35**.
- **Alexandra Griffin (WA), Alanna Peart (VIC)** and **Nellie Langford (SA)** – all produced ‘monster’ PB performances over 20km in Adelaide, Ali by 3:49, Alanna by 3:44, and Nellie by 4:11. Fantastic work!
- **Bradley Mann (WA)** – coming 17<sup>th</sup> from 17 finishers would hardly warrant a mention normally. But when it’s done with a PB of 9:37 and carries its owner well below 1:40:00 for the first time, it’s warranted. Good work, Bradley!
- **Owen Toyne (ACT)** and **Sebastian Richards (SA)** – both took huge slices from their 10km PBs, Owen by 59 secs and Sebastian by 1:02, with Owen having a solid win.
- **Sam McCure (QLD)** – a strong 20km debut, clocking under 1:30:00 despite never having raced beyond 10km before.

\*\*\*\*\*

 **VICTORIA - METRO & REGIONAL**

**TERRY KNAPE – R.I.P.**

I have just received the sad news that long-time AV and VRWC walks judge **Terry Knape** passed away this morning. At this stage I have no details, but I will publish funeral arrangements when they are announced.

*Stu*



**AV Track & Field C’ships, Sunday 16 February – Lakeside Stadium**

The State track titles got underway last weekend with the Masters carrying the race walking flag on Sunday morning. **Mark Blackwood** and **Pramesh Prasad** were the quickest men, with **Shaun Lewis** adding another good time to those in his AVSL ledger. It looks as if **Carolyn Rosenbrock** gave Shaun a good chase in taking the fastest women’s time.



*Donna-Marie, Shaun, Carolyn, Mark, Pramesh and Stephen on the podium. (Photo: AV)*

**Men 45-49 3000m walk**

- 1 Mark Blackwood Knox AC 14:25.81
- 2 Shaun Lewis Williamstown 17:21.12

**Men 50-54 3000m walk**

- 1 Pramesh Prasad South Coast 16:54.54

**Men 60-64 3000m walk**

- 1 Stephen Murphy Essendon 23:17.30

**Women 40-44 3000m walk**

- 1 Dash Newington QLD 20:59.23

**Women 40-44 3000m walk**

- 1 Carolyn Rosenbrock Yarra Ra. 17:24.17
- 2 Donna-Marie Elms Preston 20:17.79

**\* Next week ...**

Week 2 of the AV Track & Field championships takes place next weekend, with the Walks titles being contested on Sunday 23 February at Lakeside Stadium.

\*Note the altered start times. The schedule (as at 18/2/25) is as follows:

Sunday 23 February	10.45am	5000m Walk	Female Open, U17, U18, U20
	11.20am	5000m Walk	Male Open, U17, U18, U20
	11.55am	3000m Walk	Female U14, U15, U16
	11.55am	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/>

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**SOUTH AUSTRALIA** Australian 20km Road walk c'ships, 16 February – North Adelaide

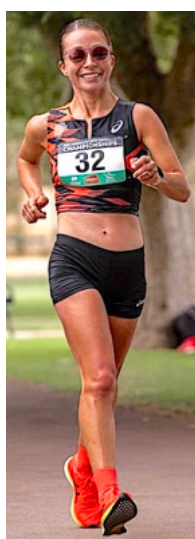
On a day when a new World record was set for the distance in Japan (see *International News* below), the high-quality field at the Australian 20 kilometres road championship in Adelaide was sure to put its own stamp on the 2025 world lists – and so it proved. Three men under 1:20:00, four women under 1:30:00 and a veritable avalanche of PBs (14 in all, and that's not counting the first-timers over 20km) out of 35 starters. The highlight would have had to be Canadian **Evan Dunfee's** Australian All-comers, North American and Canadian records, but there were many others – in both the 20km and 10km invitational races – for whom months of hard training are paying off. AA's Sascha Ryner reports below:

**Olympic relay team mates Montag and Cowley crowned Australian 20km Race Walking Champions**

(by Sascha Ryner – reprinted from *Australian Athletics News* – 16 February)

Australia's top race walkers have wasted no time making their mark in 2025, with Olympic medallists **Jemima Montag** (VIC) and **Rhydian Cowley** (VIC) claiming victory at the **Australian 20km Race Walking Championships** in Adelaide, as Canada's **Evan Dunfee** breaks the 25-year-old Australian All Comers Record.

Setting the pace at the World Athletics Race Walking Tour Bronze meet, Montag continue her dominance claiming her sixth consecutive title in **1:27:47** in her second of two wins in the new season, while Cowley reinforced his reputation as one of the country's most consistent performers, crowned Australian champion in **1:18:35** – only beaten to the finish line by Canada's Olympic medallist **Evan Dunfee** (**1:17:39**).



Winners Jemima, Evan and Rhydian celebrate. (Photos: Casey Sims/AA)

“When it's a championship race, it's about getting that job done and trying to win with the auto qualifier, so I stayed with the pack and around the 7-kilometre mark, I wanted to push the pace a little and for the second two-third of the race

there was a lot of movement behind me which kept me quite honest and I had to go much quicker than I expected to,” Montag said.

“High 27’s is where I want to start the season, and it’s similar to where I’ve started the previous two seasons [with global medals in 2023 and 2024], and so cool to see some of the other girls like Bec [Henderson] and Lizzie [McMillen] doing PBs behind me.”

Cowley, who claimed his maiden Olympic medal with Montag in the Mixed Marathon Race Walking Relay in Paris said:

“This is a new course for us in Adelaide, and while there’s no pin turns, there are hills on this course but we got really lucky with the weather conditions for a really fast race,” Cowley said.

“Knowing that the younger fellas are coming up pretty quick and fast was motivating for me to come back quickly after Paris, but it’s great to get the double [after claiming the 35km Race Walking Championship in December] and my second 20km title to my name.”

**Rebecca Henderson (1:28:11)** and **Elizabeth McMillen (1:28:35)** completed the women’s podium with personal best times and below the World Athletics Championships qualifying standard. **Tim Fraser** and **Will Thompson** won silver and bronze respectively at the national championship meet.

The event also delivered international and Under 20 record-breaking performances, with **Dunfee** of Canada setting a new North American record of **1:17:39**, claiming line honours by almost one minute and eclipsing the Australian All Comers Record of 1:18:59 held by Robert Korzeniowski since 2000; a feat he has been attempting to achieve for almost 20 years.

“It was perfect conditions today, amazing course and great atmosphere so we knew it would be quick and Kyle (Swan) set the pace pretty early on. We were targeting that 1:18:59, the All Comers record from the Sydney Olympics and I came through 5km bang on pace and felt really good and I just turned up the gears a tiny bit and was chipping away,” Dunfee said.

“With nine laps to go, I thought I could do something special here, and figured out the math, and pushed harder each lap and I got the area record and the record I’ve been eyeing for nearly 20 years. My coach and I talked about doing this, and it seemed audacious or out there so I’m so happy that I could do it.”



Laura



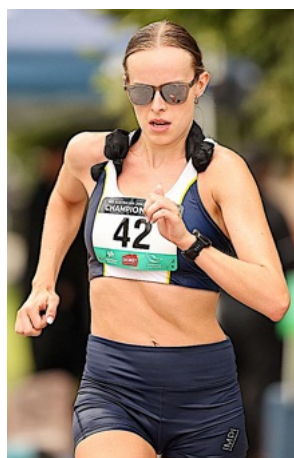
Early 20km stages: Jonah, Fraser and Alexandra lead



Olivia



Carl



Allanah



Isaac congratulated by Riley



Happy Jack

(Photos: ANSW, Casey Sims/AA, Melanie Jones-Pitcher)

Rising star and junior global medallist **Isaac Beacroft** shattered the **Australian Under 20 record** with a stunning **1:22:52**, securing a new personal best in his first Open age championships.

“There is plenty to take out of that! This was my first 20km obviously, so we hit some longer sessions and toned down the pace a little bit. Coming here I just wanted to walk 1:26 to qualify for the World University Games,” Beacroft said.

“I picked up a few boys and treated it as a progression; I played to my strengths and walked my own race.”

The 2025 Australian Race Walking Championships are part of the Chemist Warehouse Summer Series, with the next stop of the tour taking place in Western Australia with the Perth Track Classic on March 1.

#### Men 20 Kilometres Open C'ship

1	Evan Dunfee	CAN	1:17:39 NAR*
2	Rhydian Cowley	VIC	1:18:35
3	Timothy Fraser	ACT	1:19:43 PB 1:18
4	Will Thompson	VIC	1:21:18
5	Kyle Swan	VIC	1:22:43 PZ 2:00
6	Isaac Beacroft	NSW	1:22:52 First 20km
7	Mitchell Baker	ACT	1:23:42 PB 0:16
8	Carl Gibbons	NSW	1:25:26
9	Corey Dickson	VIC	1:25:56
10	Jack McGinniskin	NSW	1:26:16 PB 1:41
11	Dylan Richardson	NSW	1:27:54
12	Sam McCure	QLD	1:29:20 First 20km
13	Marcus Wakim	VIC	1:30:05 PB 1:43
14	Jonah Cropp	NZL	1:31:14
15	Fraser Saunder	VIC	1:32:52 PB 1:27
16	Kim Mottrom	SA	1:35:18
17	Bradley Mann	WA	1:37:03 PB 9:37
...	Declan Tingay	WA	DQ TR54.7.5

\*North American record

#### Women 20 Kilometres Open C'ship

1	Jemima Montag	VIC	1:27:47
2	Rebecca Henderson	VIC	1:28:11 PB 0:32
3	Elizabeth McMillen	NSW	1:28:35 PB 2:08
4	Olivia Sandery	SA	1:29:19
5	Allanah Pitcher	NSW	1:32:14 PB 1:03
6	Alexandra Griffin	WA	1:32:43 PB 3:49
7	Alanna Peart	VIC	1:35:24 PB 3:44
8	Laura Paige Langley	NZL	1:38:14
9	Hannah Bolton	NSW	1:39:01 PB 0:07
10	Nellie Langford	SA	1:41:39 PB 4:11
11	Samantha Findlay	SA	1:42:00
12	Mia Bergh	QLD	1:46:48 First20km
13	Kirstin Shaw	QLD	1:50:18 PB 4:59
...	Hannah Mison	NSW	DNF
...	Tayla Billington	QLD	DNF
...	Antigoni Ntrismpioti	GRE	DNF
...	Lorena Arenas	COL	DNF

#### Men 10km U20 Invitational

1	Owen Toyne	ACT	41:14 PB 0:59
2	John Ronan	WA	42:22 Pen 1:00
3	Riley Coughlan	VIC	43:26
4	Samuel Lindsay	TAS	43:45 PB 0:22
5	Sebastian Richards	SA	46:08 PB 1:02
6	Myles Ashby	NSW	46:38 PB 0:43
7	Cooper Rech	SA	52:12 PB 1:46
...	Alex Bradley	QLD	DQ TR54.7.5

#### Women 10km U20 Invitational

1	Chelsea Roberts	NSW	49:06
2	Sienna Pitcher	NSW	50:35



## DOWN MEMORY LANE

with *Tim*

It's been a while since we last enjoyed one of Tim Erickson's recollective promenades, so in the light of Sunday's 20km results in Adelaide, the following slice of Australian walking is welcome reading. Thanks Tim!

From 1963 to 1982, an Australian 20km championship for men was held every second year. From 1983 onwards, the championship was changed to a yearly fixture, with a women's Australian 20km championship also now contested. In 2008, the championship mix changed, with the addition of second Australian 20km championships for men and women, held in conjunction with the Winter Roadwalk Champs.

Thus, from 2008 to 2022, there were two Australian 20km championships contested each year, designated 'Summer' and 'Winter'. The Summer championship was generally a higher quality event, with larger fields and faster performances. This list concentrates on the Summer Championship results during these years. In 2023, the Winter Roadwalk Championships were discontinued and now only one 20km championship is contested annually by men and women.<sup>1</sup>

Jane Saville, Jemima Montag and Kerry Saxby-Junna lead the women's list of winners with, all with 6 golds.

1983	Sally Pierson	VIC	1:39:34
1984	Kerry Saxby	NSW	1:44:56
1985	Kerry Saxby	NSW	1:41:07
1986	Kerry Saxby	NSW	1:38:27
1987	Kerry Saxby	NSW	1:32:51
1988	Bev Hayman	NSW	1:43:35
1989	Kerry Saxby	NSW	1:32:44

<sup>1</sup> Australian Athletics, in line with World Athletics policy, now recognises only one national championship at any given distance per year. As Tim has stated, the summer 20km tends to attract the highest qualify fields, so that is the one supported by AA as our national championship.

1990	Susan Cook	VIC	1:41:13			
1991	Sharon Schnyder	VIC	1:40:36			
1992	Gabrielle Blythe	VIC	1:40:02			
1993	Anne Manning	NSW	1:34:27			
1994	Anne Manning	NSW	1:35:27			
1995	Anne Manning	NSW	1:36:04			
1996	Simone Wolowiec	VIC	1:37.14			
1997	Jill Maybir-Barrett	QLD	1:37:48			
1998	Wendy Muldoon	VIC	1:43:02			
1999/00	Jane Saville	NSW	1:30.58	(Erica Alfridi	ITA	1:30.06)
2001	Kerry Saxby-Junna	NSW	1:34.58			
2002	Jane Saville	NSW	1.34.18			
2003	Jane Saville	NSW	1.31.47			
2004	Jane Saville	NSW	1.32.06			
2005	Jane Saville	NSW	1:32:49			
2006	Jane Saville	NSW	1:33:19			
2007	Claire Woods	SA	1:41:56			
2008S	Kellie Wapshott	VIC	1:32:57.	(Jo Jackson	GBR	1:31:40)
2009S	Cheryl Webb	NSW	1:19:44			
2010S	Claire Tallent	SA	1:32:40			
2011S	Claire Tallent	SA	1:33:38			
2012S	Claire Tallent	SA	1:32:58			
2013S	Tanya Holliday	SA	1:34:22			
2014S	Kelly Ruddick	VIC	1:34:44			
2016S	Rachel Tallent	VIC	1:31:33			
2017S	Regan Lambie	VIC	1:29:58			
2018S	Beki Smith	NSW	1:31:23			
2019S	Katie Hayward	QLD	1:29:25	(Sandra Lorenas	COL	1:28:49)
2020S	Jemima Montag	VIC	1:33:15			
2021S	Jemima Montag	VIC	1:28:50			
2022S	Jemima Montag	VIC	1:27:27			
2023	Jemima Montag	VIC	1:28:00			
2024	Jemima Montag	VIC	1:27:09			
2025	Jemima Montag	VIC	1:27:47			

Jared Tallent leads the men's list of winners with 7 golds, ahead of Dane Bird-Smith and Nathan Deakes (6 each).

1963	Noel Freeman	VIC	1:36:37			
1965	Bob Gardiner	VIC	1:37:23			
1967	Frank Clark	NSW	1:35:13			
1969	Frank Clark	NSW	1:31:57			
1970	Noel Freeman	VIC	1:30:57			
1972	Peter Fullager	SA	1:39:43			
1974	Peter Fullager	SA	1:34:46			
1976	Willi Sawall	VIC	1:39:04			
1978	Willi Sawall	VIC	1:29:31			
1980	Peter Fullager	SA	1:34:40			
1982	Willi Sawall	VIC	1:29:02			
1983	David Smith	VIC	1:25:59			
1984	David Smith	VIC	1:23:00			
1985	Simon Baker	VIC	1:26:09			
1986	<i>A 30km was held in this year</i>					
1987	David Smith	VIC	1:19:22			
1988	Simon Baker	VIC	1:21:19			
1989	Rod Huxley	NSW	1:36:41			
1990	Andrew Jachno	VIC	1:20:43			
1991	Dave Smith	VIC	1:23:50			
1992	Robert McFadden	SA	1:30:49			
1993	Paul Copeland	VIC	1:29:42			
1994	<i>A 30km was held in this year</i>					
1995	Nick A'Hern	NSW	1:22:35			
1996	Nick A'Hern	NSW	1:23:55			
1997	Nick A'Hern	NSW	1:21:22			
1998	Nick A'Hern	NSW	1:22:27			
1999	Dion Russell	VIC	1:20:49			
2000	Nathan Deakes	VIC	1.21.47			
2001	Nathan Deakes	VIC	1.21.02			
2002	Nathan Deakes	VIC	1.23.36			
2003	Luke Adams	NSW	1.23.22			

2004	Nathan Deakes	VIC	1:23:11		
2005	Nathan Deakes	VIC	1:19:39		
2006	Nathan Deakes	VIC	1:22:13		
2007	Luke Adams	NSW	1:25:10		
2008S	Jared Tallent	VIC	1:19:41		
2009S	Jared Tallent	VIC	1:19:42		
2010S	Jared Tallent	VIC	1:19:15		
2011S	Jared Tallent	VIC	1:20:19		
2012S	Jared Tallent	VIC	1:23:01		
2013S	Jared Tallent	VIC	1:22:10		
2014S	Dane Bird-Smith	QLD	1:22:39		
2015S	Jared Tallent	SA	1:24:05		
2016S	Dane Bird-Smith	QLD	1:20:04		
2017S	Dane Bird-Smith	QLD	1:19:37		
2018S	Dane Bird-Smith	QLD	1:22:18	(Perseus Karlstrom. SWE	1:20:30)
2019S	Dane Bird-Smith	QLD	1:20:52	(Perseus Karlstrom. SWE	1:20:05)
2020S	Dane Bird-Smith	QLD	1:23:01	(Perseus Karlstrom. SWE	1:21:57)
2021S	Rhydian Cowley	VIC	1:22:28		
2022S	Declan Tingay	WA	1:20:44		
2023	Declan Tingay	WA	1:20:20	(Perseus Karlstrom. SWE	1:19:27)
2024	Kyle Swan	VIC	1:19:52	(Evan Dunfee CAN	1:19:23)
2025	Rhydian Cowley	VIC	1:18:35	(Evan Dunfee CAN	1:17:39)

## QUEENSLAND QMA Masters results, 15 February – QSAC, Brisbane

### Men M55 3000m Walk

1 Ignacio Jiminez Solis M59 QMA 15:03.00

### Men M65 3000m Walk

1 Peter Bennett M69 QMA 18:56.53

### Men M85 3000m Walk

1 Patrick Sela M85 QMA 25:41.49

### Women M80 3000m Walk

1 Noela McKinven W82 QMA 26:53.77

## TASMANIA Athletics North West Interclub, 6 February – Dial Regional AC, Penguin

Thanks to **Dave Moore** for this report. Any athletics race held on the Tasmanian north coast brings with it the risk of high wind and it sounds as if young Eva Parker copped a trainload of it.

**Eva Parker** keeps the flag flying for Race Walking on Tasmania's North West, Eva started February with a 6 second PB for 1500m at Devonport Little Athletics on the 1st February with a time of **7:22.42**.

The 3000m at North West's Interclub a few days later was a much more challenging affair with winds coming off Bass Strait making **Eva** literally stop in her tracks at various stages of the race.

### Result 3000m Walk

1. Eva Parker NWAC 16:17.46

## WESTERN AUSTRALIA Aths West interclub results, 14 February – WAAS, Perth

The weather was warm with a little wind at the WA Athletics Stadium last Thursday night. Thanks to **Terry Jones** for the results:

### Men 5000 Metre Walk.

1 Ali Znad 27:30.94

2 Keenan Munro 27:46.75

### Women 5000 Metre Walk

1 Kaytee Bogaers 28:01.46

2 Trinity Doulis 28:17.30

3 Tory D'Alessio 28:53.98

4 Chelsey Ireland 31:27.43

5 Liliana Martin 33:35.82

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# INTERNATIONAL NEWS



## \*WALKS INCLUDED FOR GLASGOW GAMES

It's now official that 10,000m track walks will be held for male and female athletes at the Glasgow 2026 Games. There was reasonable concern that, in a stripped-down competitive program, the walking events would be sidelined as they were when the Scottish city last hosted the Games in 2014. It appears the success of the Birmingham CG track 10,000m walks in 2022 may have played its part in securing another edition of the event in Glasgow.

It also appears that the organisers have bowed to certain logistical constraints and provided a wholly in-stadia sports program. Hence no marathon run, marathon swim, triathlon or road cycling. It's tough to get one's head around, but then so is the fact that Glasgow was called on to accept the Games at all. Perhaps we should just be glad they did ... and that the walks have a place in them this time around.

## JAPAN: Japanese 20km Race Walking championships, 16 February - Kobe

### **Yamanishi breaks world 20km race walk record in Kobe**

By **Paul Warburton** (reprinted from *World Athletics news* – 16 February)

Japan's **Toshikazu Yamanishi** clocked a superb **1:16:10\*** to smash the men's world 20km race walk record at the Japanese 20km Race Walking Championships, a **World Athletics Race Walking Tour Bronze** event, in Kobe on Sunday (16). With that performance the two-time world champion improved the previous world record of 1:16:36 set by his compatriot Yusuke Suzuki in Nomi in 2015 by 26 seconds - and the winner never looked the slightest bit bothered by his effort. In fact, Yamanishi was sharing a joke with lapped athletes over the final kilometre to come home in style.

As befits tradition, the Tokyo Olympic bronze medallist – who had a previous PB of 1:17:15 set in 2019 – stopped immediately after crossing the line to bow to all four points of the compass. The world is his own for the time being, and his renaissance is complete. A poor, by his standards, 2023 was rekindled too late for him to make the Japanese Olympic team for Paris, but his World Race Walking Tour win in La Coruna last May was just the uplift the 29-year-old needed.

There he clocked 1:17:47 against a world-class field, most of whom went on to compete in Paris. But nothing suggested the bespectacled race walker would produce this.

It had been raining in Kobe but was a fresh 7 degrees at the gun with the sun gamely trying to peep through the clouds. Several athletes wore arm warmers as they raced among the leading throng of 20 who were clear after the first 500m. Even the first 1km lap was a nifty 3:48.

The main contenders were immediately to the front, with Yamanishi, **Hiroto Jusho**, **Satoshi Maruo**, **Keisuke Hara** and **Ryo Hamanishi** among those with their noses out front by the end of a second kilometre in 7:48. Maruo and Yamanishi were spearheading the charge, but as they clocked 11:30 for 3km they still had plenty of company.

Eight became four by 5km (19:09). Yamanishi, Hamanishi, **Yuta Koga** and Maruo were together, with **Kento Yoshikawa** (PB 1:19:12) straining to rejoin the leaders. By 8km, Koga – eighth at the Olympics last year – had become uncoupled, which was no big surprise considering halfway was an eye-watering 38:21. Hamanishi was next to suffer as his shoulders tightened with just slightest of gaps forged as they passed 12km.

One lap later and Yamanishi put the hammer down. He sliced open a gap of 12 seconds in just half a lap. By 15km that gap had become a chasm. Yamanishi clocked 57:24 at 15km with the struggling Maruo and Hamanishi 24 seconds behind. Over the next couple of laps, Yamanishi was forced to go wide around the turns at either end of the 1km loop to pass not only lapped men but several women. It phased him not one bit.

Out on his own, the leader was clearly on course for the world record as he reached 18km. Behind him, the gap between second and third was closing slightly, but Maruo still held a telling 13-second advantage over Hamanishi.

There was no doubt about the winner, who was congratulated by Italy's Tokyo Olympic champion Massimo Stano at the finish, and Maruo also cleaved himself a massive PB as he came home in **1:17:24**. Behind them was a rejuvenated Yoshikawa, who clocked **1:17:38**, and then Hamanishi, in **1:17:53**.

In the open race, Brazil's Olympic silver medallist **Caio Bonfim** crossed the line in **1:17:37** to improve his own national record.

To underscore Japan's strength in depth, 11 athletes went under 1:20:00 and a massive 47 broke the 1:30:00 mark. Yamanishi's bonus was the outright prize of a place in Japan's team for the home World Championships, while Maruo's terrific effort should also see him make the relatively short 230-mile journey from Kobe to Tokyo in September.

"I'm glad 'time' came along with my efforts today," said Yamanishi. "The guys made a good rhythm in the first half of the race and I figured I'd make a move in the latter part of the race. My movement didn't really feel right in the beginning, it wasn't



(Photo: Jaaf/Ikumi Kodama)



easy, but I was able to make the adjustments to find the right rhythm. When I was planning my race, whatever happened in the race I was aiming for the world record.

"With my performance today, I was able to express my appreciation towards my supporters who stuck along even during the last season when I was struggling."

#### 20km Championship - Men

1.	Toshikazu YAMANISHI	15 FEB 1996	1:16:10	WR, AR
2.	Satoshi MARUO	28 NOV 1991	1:17:24	
3.	Caio BONFIM (BRA)	19 MAR 1991	1:17:37	
4.	Kento YOSHIKAWA	09 AUG 2001	1:17:38	
5.	Ryo HAMANISHI	24 APR 2000	1:17:53	
6.	Kazuki TAKAHASHI	17 JUN 1996	1:18:23	
7.	Yuta KOGA	15 JUL 1999	1:18:26	
8.	Motofumi SUWA	22 OCT 1999	1:18:42	
9.	Atsuki TSUCHIYA	06 AUG 2003	1:18:52	
10.	Yutaro MURAYAMA	29 SEP 1998	1:19:04	
11.	Rihito ISHIDA	19 DEC 2001	1:19:48	
12.	Hayato KATSUKI	28 NOV 1990	1:19:55	
13.	Subaru ISHIDA	04 JUN 1999	1:20:17	
14.	Kazuhiro TATEIWA	05 NOV 1999	1:20:38	
15.	Tomohiro NODA	24 JAN 1996	1:20:45	
16.	Sohtaroh OSAKA	31 JAN 2006	1:21:07	
17.	Hayato YANAGIHARA	28 MAR 2000	1:21:20	
18.	Taisei YOSHIKAWA	15 JAN 2005	1:21:44	
19.	Byeongkwang CHOE (KOR)	07 APR 1991	1:21:50	
20.	Hyunmyeong JOO (KOR)	31 MAY 1997	1:22:55	
21.	Misaki KONDO	24 DEC 2003	1:22:55	
22.	Hayato NAGATA	02 NOV 2004	1:23:10	
23.	Tomoki TAKADA	02 JUN 2005	1:23:45	
24.	Chisato HASEGAWA	20 NOV 2002	1:23:45	
25.	Homare GOTOU	12 APR 2003	1:24:08	
26.	Shotaro SHIMOIKE	24 APR 2004	1:24:26	
27.	Dongmin LIM (KOR)	22 JUL 2000	1:24:28	
28.	Seongyoon LEE (KOR)	18 JAN 2002	1:24:34	
29.	Riku OIE	09 SEP 2003	1:25:30	
30.	Takuma ISHIKAWA	07 OCT 2002	1:25:34	
31.	Mitowa MAKINO	15 JAN 2003	1:25:45	
32.	Kenta SAKURAI	26 DEC 2004	1:25:49	
33.	Shuto HAGA	16 JUL 2002	1:25:55	
34.	Yuzuki FUJIWARA	23 NOV 2003	1:25:56	
35.	Yusuke HARA	27 SEP 2005	1:26:06	
36.	Takuma HACHIMURA	15 DEC 2005	1:26:09	
37.	Soha NAKAMURA	06 APR 2004	1:26:11	
38.	Yuki ITO	12 APR 1992	1:26:36	
39.	Riku KANEKO	15 MAR 2005	1:26:44	
40.	Yuuto WATANABE	18 MAR 2006	1:26:52	
40.	Rinto CHINEN	18 AUG 2002	1:26:51	
42.	Naoto SUGIBAYASHI	09 SEP 2003	1:26:53	
43.	Koutaro WAKE	23 APR 2002	1:27:17	
44.	Jinta MORISAWA	20 JAN 2005	1:27:31	
45.	Tomohiro NASU	18 JAN 2004	1:28:06	
46.	Rin MIYOSHI	23 NOV 2001	1:28:12	
47.	Yuta NAKAO	14 NOV 2002	1:28:55	
48.	Tomoya SENGIKU	12 OCT 1998	1:28:59	
49.	Seiya HOJO	12 AUG 2001	1:29:16	
50.	Kazuhiro UMEDA	09 MAR 2005	1:29:24	
51.	Ryo NISHIKAWA	2003	1:29:36	
52.	Taichi IKUNO	1993	1:29:55	
53.	Kei SAWABE	24 SEP 2005	1:30:24	
54.	Ayato KOSAKO	19 DEC 2005	1:31:01	
55.	Takeya HIRAGA	20 DEC 2004	1:31:06	
56.	Hiroki TSUCHIDA	23 JAN 2005	1:31:07	
57.	Kohaku NAKADAI	31 JUL 2005	1:31:07	
58.	Tomoki INOUE	17 OCT 2005	1:31:07	
59.	Haru OBATA	18 AUG 2004	1:31:29	
60.	Min-gi SONG (KOR)	21 JUL 2001	1:31:43	
61.	Tatsuya TANAKA	20 JUL 1990	1:31:51	
62.	Shinta SATOH	28 DEC 2003	1:31:57	

63.	Kaito AOKI	16 OCT 2005	1:32:07
64.	Shinnosuke FUKUNAGA	25 FEB 2004	1:32:11
65.	Soshi SUENARI	07 MAY 2002	1:32:33
66.	Sota ARAI	25 JAN 2005	1:33:46
	Fumiyuki KINOSHITA	03 MAY 2005	DNF
	Kosei AKAZAWA	27 MAY 2004	DNF
	Yuga MAEKAWA	09 DEC 2003	DNF
	Keisuke HARA	04 MAR 2002	DNF
	Yu WATANABE	03 FEB 1999	DNF
	Hiroto JUSHO	11 JAN 2000	DNF
	Haruki MANJU	10 APR 2001	DNF
	Aoi SUZUKI	13 NOV 2004	DNF
	Yutarou MUKAI	01 SEP 2005	DNF
	Fumiya KOGA	13 DEC 2003	DQ
	Kinnosuke FURUHASHI	22 OCT 2005	DQ



*Yamanishi is congratulated by Massimo Siano (Photo: Jaaf/Ikumi Kodama)*

## ***Fujii sets national Women's record***

On a morning of landmarks, the women's 20km race walk also produced a Japanese record for **Nanako Fujii**. The race was even more processional than the men's, with the record Fujii eclipsed having been set by the athlete finishing second in Kobe. The winner's **1:26:33** heft a big chunk from the 1:27:41 recorded by **Kumiko Okada** in 2019. Okada this time came home in **1:28:17**: her best since she set that national mark in La Coruna, but an agonising 17 seconds outside her own federation's requirements for the World Championships team in Tokyo. However, this heartening performance still leaves the 33-year-old time to qualify.

To underline gaps throughout the field, third was the fast-finishing **Yukiko Umemo** in **1:31:02**, nonetheless a PB by 1:19. Fuji, Okada and five others were away and gone from the start. A time of 4:22 at the first check was their reward and they were well within the qualifying time for the World Championships. Barely visible among the men, Okada and Fujii were cutting the rest adrift from lap two.

By 5km, Fujii had shot away on her own to record 21:43, with Okada five seconds back and **Ayane Yanai** three seconds behind her. They were the only three to dip under 22 minutes.

At halfway, and riding the coattails of lapped men, Fujii had clocked an impressive 43:25 to remain ahead of Okada who passed that point in 43:55. Yanai, though something of a rising star, was nearly a minute behind at that stage. The gaps from first to fourth place at 15km were around a minute each. But a race that started 20 minutes after the men's may have helped finishing times as the faster women clearly benefitted from passing the struggling men. Even the winner felt the demand of the last two laps.

Fujii's style became strained for the first time; her face etched with the effort as she glanced at her watch anxiously. But there was never any doubt she was the second race walker of the day to carve her own piece of history.

### **20Km Championship – Women**

1.	Nanako FUJII	07 MAY 1999	1:26:33
2.	Kumiko OKADA	17 OCT 1991	1:28:17
3.	Yukiko UMENO	08 JAN 2003	1:31:02
4.	Ayane YANAI	24 DEC 2003	1:33:33
5.	Ayumi SUGIBAYASHI	24 DEC 2000	1:34:47
6.	Hitomi SHIMOKA	26 FEB 2002	1:35:09
7.	Ai OYAMA	28 OCT 2005	1:36:17

8.	Mao TATSUMI	12 JAN 2000	1:36:51
9.	Toko NAKAJIMA	25 JUN 2005	1:37:11
10.	Sumika TANI	19 JAN 2005	1:37:23
11.	Uwa OHGA	03 JUN 2005	1:38:59
12.	Nami HAYASHI	11 AUG 1999	1:39:20
13.	Yuki YOSHIZUMI	07 JAN 1996	1:39:32
14.	Yoshika YAMADA	26 APR 2004	1:39:50
15.	Kaori INOUE	03 JUL 2001	1:39:56
16.	Natsuki HIROSE	30 JUL 2004	1:41:07
17.	Midori KATSUMA	13 AUG 2001	1:41:26
18.	Nami KUMAGAI	09 JUL 1996	1:42:32
19.	Wakana USAMI	21 SEP 2005	1:43:01
20.	Mei YAMAGISHI	06 JUN 2003	1:43:41
21.	Kaede FUJINO	24 FEB 2003	1:44:01
22.	Ayaka NAKAMURA	17 DEC 2003	1:44:14
23.	Rio MATSUMOTO	10 NOV 2005	1:44:25
24.	Mizuki ITAHASHI	09 JUN 2003	1:44:54
25.	Chika IWANAMI	22 SEP 2002	1:44:55
26.	Nozomi KAWABE	01 SEP 1998	1:45:03
27.	Maho OGAWA	17 JUL 2003	1:45:22
28.	Momoka NORITAKE	20 JAN 2002	1:46:41
29.	Yurika OMURA	02 JUN 1996	1:46:42
30.	Aoi SHIBATA	27 MAY 2000	1:47:24
31.	Runa KOBAYASHI	26 OCT 2003	1:48:52
32.	Maria SAITO	19 JUN 2004	1:50:30
33.	Yura AKIMOTO	22 AUG 2002	1:50:36
	Yua NAGAI	08 DEC 2003	DNF
	Kayane SAITO	02 MAR 2004	DNF
	Se-ha LEE (KOR)	08 NOV 1996	DNF

#### 10km U20 Championship - Men

1.	Beom-su SEO (KOR)	08 OCT 2007	42:08
1.	Taizo TAMAHARU	15 JUN 2006	41:04
2.	Rui-Kai CHEN (TPE)	15 FEB 2008	43:25
2.	Toshiya INOUE	04 MAR 2008	41:39
3.	Ikko TAKAHASHI	08 OCT 2006	41:56
4.	Shuntaro INOUE	23 MAY 2007	42:07
5.	Tomoya AGO	09 AUG 2006	42:23
6.	Yoziro UEMURA	21 DEC 2006	42:43
7.	Daichi YAMADA	23 APR 2007	42:48
8.	Aoba ITO	29 JUL 2007	42:52
9.	Daiki KONDO	29 JAN 2008	43:12
10.	Minato SUGIMOTO	2006	43:13
11.	Taku TAKAHASHI	04 APR 2007	43:14
12.	Yuta MANO	04 NOV 2006	43:14
13.	Hiroto TAKATA	30 NOV 2006	43:15
14.	Yuta YOSHITOME	05 DEC 2006	43:26
15.	Yudai OTAKE	12 MAY 2006	43:32
16.	Eiki TANIMURA	29 DEC 2006	43:40
17.	Hinata ARAKI	29 NOV 2007	43:40
18.	Hayato TOYOSHIMA	22 JUN 2007	43:44
19.	Ren TAKAKURA	2006	44:01
20.	Takeru ICHIKI	2007	44:08

*81 finishers*

#### 10km U20 Championship - Women

1.	Seo-Rhin KWON (KOR)	28 JAN 2009	51:41
1.	Suzu OKUNO	28 FEB 2007	47:13
2.	Nanaho KAWAKAMI	09 AUG 2006	47:39
3.	Natsuki ARAI	30 JUN 2007	47:48
4.	Harumi TABATA	10 JAN 2008	47:54
5.	Koharu FUJIWARA	20 JUN 2006	48:00
6.	Sora UMEKI	19 AUG 2007	48:55
7.	Yue NISHIMOTO	10 OCT 2007	49:03
8.	Mizumi MATSUMOTO	11 JAN 2007	49:21
9.	Riria SASAKI	31 JAN 2007	49:55
10.	Machi NAGAOKA	26 JUL 2006	50:03
11.	Karen MATSUMOTO	14 DEC 2006	50:03
12.	Riho HIGASHI	25 JUN 2006	50:20
13.	Kanna ABE	14 JUN 2007	50:27

14.	Saya ISHIDA	2007	50:37
15.	Honami FUJITA	15 JUN 2008	50:59
16.	Yui ABE	12 JUN 2006	51:39
17.	Koharu ODAKA	21 MAR 2008	51:47
18.	Sara KUNO	21 FEB 2008	52:14
19.	Yuna UCHIYAMA	14 JUL 2007	52:16
20.	Maya KONNO	22 JAN 2007	52:18

*48 finishers*

## UNITED KINGDOM: ERWL George Brown Walks, 15 February - Enfield

Thanks to **Tracey Wilkinson** for these results from the Enfield Race Walking League:

<b>10KM A Race</b>	1	MSEN	George Wilkinson	Newmarket Joggers	52.09
	2	WSEN	Abigail Jennings	Aldershot Farnham & District	52.32
	3	W55	Grazia Manzotti	Ashford AC	57.05
	4	M50	Stefano Zenaro	Belgrave Harriers	58.15
	5	WSEN	Jacqueline Benson	Ashford AC	64.16
	6	M55	Mark Culshaw	Belgrave Harriers	66.00
	7	W60	Maureen Noel	Belgrave Harriers	66.28
	8	W60	Helen Middleton	Enfield & Haringey AC	66.48
	9	W50	Chik Ha Kwok	Veterans AC	68.04
	10	W65	Fiona Bishop	Enfield & Haringey AC	79.21
<b>10KM B Race</b>	1	M75	Ian Richards	Steyning AC	61.31
	2	M55	Simon Morgan	Brentwood Beagles	67.54
	3	M75	John Borgars	Loughton AC	70.43
<b>8KM A Race</b>	1	W60	Suzanne Bailey	Newmarket Joggers AC	59.34
<b>8KM B Race</b>	1	M70	David Hoben	Surrey Walking Club	64.19
<b>5 KM A Race</b>	1	M65	Man Biu Lam	Veterans AC	32.20
	2	WSEN	Emma Keeley	Cambridge & Coleridge AC	35.04
	3	WU15	Lily-Ann Cooper	Newmarket Joggers AC	37.55
	4	W45	Celia Cordran	Brentwood Beagles	38.40
	5	M50	Taro Tyson	Cambridge & Coleridge AC	39.36
<b>5KM B Race</b>	1	M60	James Critchley		34.37
<b>3KM A Race</b>	1	WU15	Grace Andrews	Aldershot Farnham & District	20.02
<b>2KM A Race</b>	1	WU15	Florence Watson	Blackheath & Bromley Harriers AC	11.11
	2	WU13	Marissa Morley	Aldershot Farnham & District	12.52

## MARCIADALMONDO & O MARCHADOR ROUNDUP

- Monday, February 17, 2025 - **Eduardo Camarate and Isa Ferreira win national titles in the under-20 short track championships (Pombal 2025)** <https://omarchador.blogspot.com/2025/02/eduardo-camarate-e-isa-ferreira-obtem.html>
- Sunday, February 16, 2025 - **Toshikazu Yamanishi sets a new world record for the 20 km walk in Kobe** <https://omarchador.blogspot.com/2025/02/toshikazu-yamanishi-estabeleceu-em-kobe.html>
- Sunday, February 16, 2025 - **Basic Racewalk Refereeing Course welcomes 39 Brazilian referees in São Bernardo do Campo, SP** <https://omarchador.blogspot.com/2025/02/curso-basico-de-arbitragem-em-marcha.html>
- Friday, February 14, 2025 - **Servin Sebastian and Ravina win race walk events reintroduced in the programme of the Indian National Games – Uttarakhand 2025** <https://omarchador.blogspot.com/2025/02/servin-sebastian-e-ravina-vencem-provas.html>  
It's good to see that – as *O Marchador* put it – common sense prevailed and the walks were reinstated for the National Games. It makes you wonder if any other event would have been axed simply because the 'top guys' didn't turn up.
- Thursday, February 13, 2025 - **Young Frenchmen in the spotlight at the short track championships – Lyon 2025** <https://omarchador.blogspot.com/2025/02/jovens-franceses-em-evidencia-nos.html> (I'm fairly sure some young French women were involved as well ...)

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.

### FURTHERMORE ...

If you were wondering why Japan's **Koki Ikeda** was not racing in Kobe at the Japanese national 20km – as I was – then you wouldn't have heard this report:

- February 15 – **Race walker and Olympic silver medalist Koki Ikeda suspended 4 years for doping** <https://japantoday.com/category/sports/race-walker-and-olympic-silver-medalist-koki-ikeda-suspended-4-years-for-doping>

Ikeda's club, Asahi Kasei, has issued a statement containing the timeline of events from the walker's notification of his test result to the handing down of the penalty:

- **Operative Award by Disciplinary Tribunal regarding Koki Ikeda of Asahi Kasei's Athletic Team** <https://www.asahi-kasei.com/news/2024/e250214.html>

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### **\*\* 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 1<sup>st</sup> 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 9<sup>th</sup> 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:

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## WHAT'S UP AHEAD?

### Victorian & National Key Dates – 2024/2025

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<sup>th</sup> World Athletics Championships** – Tokyo, JPN  
30 Oct-15 Nov 2026    **Youth Olympic Games** – Dakar, SEN

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