



# HEEL & TOE Online

Vol. 2025  
Issue No. 18  
Tuesday  
6 May 2025

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

Editor: Stu Cooper [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)



VRWC preferred supplier of shoes, cloths and sporting accessories

Address: 598 High St, East Kew 3102 (Melways 45 G4)  
Telephone: 03 9817 3503  
Hours: Monday-Friday: 9.30am – 5.30pm  
Saturday: 9.00am – 3.00pm  
Website: <http://www.runnersworld.com.au>  
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

## \*H&T Notice Board – Page 12

- **Coaching clinic** – Saturday 10 May
- **Re-registration and new registration** – important letter from the Secretary
- **Fees** - Membership and racing.
- **RWA notice** – Age group changes

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



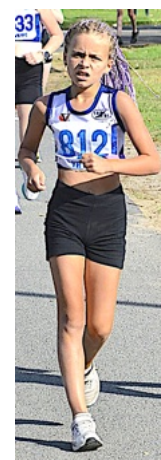
What a marvel **Bob Gardiner** is! Not for him the nostalgia of a younger man's sporting glories, nor the confines of what others may think 89-year olds should (or shouldn't) be doing with their time. Sixty-one years after he placed 5<sup>th</sup> in the 50km walk at the 1964 Tokyo Olympics, Bob still has athletic fields to plough and he doesn't need to harness a Clydesdale for it. Those ageless legs (and snappy yellow shoes) will do the trick.

On April 26 at Mentone, Bob achieved three milestones with his 1500m time of **10:34.0** ... a VRWC M85+ Club record plus new Australian and Victorian Masters M85 records. Obviously inspired, Bob went on clock **31:03** for 4km – his longest completed distance since 2019 – at last Saturday's Middle Park races. When not racing, Bob can be seen assisting with race recording, set up and pack up. It's thanks to Bob's engineering handiwork that our racing clock sits on a perfectly engineered stand and not the grass or a rickety chair, and that our bulky trophy cabinet was safely moved to its present location without ripping the new carpet (or a succession of vertebrae.)

I could go on. But new readers unfamiliar with the part Bob Gardiner has played, not just in the VRWC's history but in Australia's racewalking story in general, should visit the articles archive at <https://www.vrwc.org.au/tim-archive/wv.shtml>. You'll find five articles on Bob, along with two more on his father Bert, a national champion in his own right who was a co-founder of our Club. Check them out ... you'll find the experience entertaining and illuminating, and worth the effort.

Now, from a man with a 72-year membership of our Club to somebody with just one ... but who has started her second with a bang! 10yo **Aria di Benedetto (VIC)**, a consistent racer throughout her first VRWC year in 2024 and obviously a conscientious trainer, raced in the 2km on Saturday and tore a massive 2:20 from her PB in clocking **12:42**. An improvement like that can't be explained simply by growth spurts – there's hard work in there, too. Aria has had the perfect start to her 2025 season and she can look forward to further improvement.

Congratulations to Bob and Aria ... you are both worthy recipients of this issue's WOTW.



## \*Honourable mentions

- **Grayson Allison (VIC)** – another of our newer brigade to make a big improvement, by 1:04 over 1km.
- **Jack McGinniskin (NSW)** – took a sizeable chunk from his 15km PB in winning the ANSW Short Walk Open title on Sunday with **1:07:40**.
- **Kate Sanford (VIC)** – made a welcome return to the VRWC after an absence of three years, marking her re-engagement with the sport with a 1:33 PB over 6km.



# CLUB NEWS and RESULTS

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

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

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

\*Members should have received the LBG Information pack by email. If not, this can be accessed at [https://www.actwalkingclub.com.au/files/ugd/afaf18\\_3b83dd4c909748a9a70cd7ee3b3b2dce.pdf](https://www.actwalkingclub.com.au/files/ugd/afaf18_3b83dd4c909748a9a70cd7ee3b3b2dce.pdf)

**Entries close Friday 23 May at 6.00pm**



## **\*NEW MEMBERS**

Further to the 'footy team' of newcomers who'd signed up by last issue, we have the pleasure of welcoming two more new athletes to the VRWC fold: **Ruby Nicholls** and **Harrison Parnes**.

We also bid a 'welcome back' to **Avery Allison** and **Kate Sanford**. As ever, we wish our new and returning members lots of enjoyment and every success with us at Middle Park.



## **MOTHER'S DAY RAFFLE this Saturday**

Donna-Marie Elms has created three gift hampers for raffle prizes for Saturday.  
Tickets are \$2 each and 3 for \$5.  
Don't miss out!



## **Club Points results, 3 May – Middle Park**



*The 2km and 1km fields mean business.*

The 36 starters who gathered at Middle Park for our first road races of Winter 2025 were bathed in sunshine and a pleasant low 20s. It was heartening to see healthy fields in the 1km and 2km as many of our new members took to the road for the first time.



The longest race contested was the 6km, won comfortably by **Ariana Pashutina**, with **Kate Sanford** returning after a 3-year absence to smash her 6k PB. **Shaun Lewis** and **Emily Smith** took line honours in the 4km, with **John Nottle** also hitting the PB scoreboard in a big way.

Young **Aria di Benedetto** produced the result of the day with a PB by over 2 mins in the 2km. **Fletcher Reid** and **Daisy Hooper** had strong wins over 1km, with a slew of Little Aths competitors recording their first times over the kilometre.



**\*This week's action models**

*Erlyn, Max, Emily, Heather, Erin, Ava, Fletcher, Kobe, Grayson, Ariana, Kate, Daisy, Ryder, Ruby, Avery, Bowie.*

**6km Open Women**

1 Ariana Pashutina	Un20	34:48	
2 Kate Sanford	Open	36:27	PB 1:33
3 Donna-Marie Elms	M60+	43:00	
4 Karyn O'Neill	M60+	43:22	
5 Heather Carr	M60+	45:23	

**4km Open Women**

1 Emily Smith	Un20	23:03	
2 Grace Louie	Open	23:21	
3 Gwen Steed	M60+	30:11	

**2km Open Women**

1 Addison Frenken	Un14	11:42	
2 Caitlyn Shipham	Un14	12:31	PB 0:13
3 Aria di Benedetto	Un12	12:42	PB 2:20
4 Erlyn Singh	Un12	12:49	
5 Kobe Lewis	Un14	12:51	
6 Aangi Shah	Un16	12:52	First 2km
7 Abby Fowler	Un12	14:40	
8 Marilyn Reynolds	M40+	15:10	

**4km Open Men**

1 Shaun Lewis	M40+	23:12	First 4km
2 John Nottle	M60+	25:49	PB 0:57
3 Arthur Robinson	Un18	29:15	First 4km
4 Robert Gardiner	M60+	31:03	

**2km Open Men**

1 Max Davidson	Un18	9:00	
2 Logan Allison	Un12	11:33	
3 Geoff Barrow	M60+	15:36	

**1km Open Men**

1 Fletcher Reid	Un12	5:17	
2 Dimitri Pashutin	Un10	5:45	PB 0:01
3 Bowie Clarke	Un10	6:16	First 1km
4 Ryder Reid	Un10	6:44	First 1km
5 Harrison Parnes	Un10	7:35	First 1km
6 Grayson Allison	Un10	7:57	PB 1:04
7 Avery Allison	Un14	7:58	First 1km

**1km Open Women**

1 Daisy Hooper	Un10	6:03	First 1km
2 Erin Reid	M40+	6:16	First 1km
3 Anna Dubar	Un12	6:22	First 1km
4 Ruby Nicholls	Un12	6:51	First 1km
5 Cory Lewis	Un10	6:55	First 1km
6 Ava Pravednikov	Un10	7:33	First 1km

**HANDICAP RESULTS**

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

<b>Name</b>		<b>Age Gp</b>	<b>Hcp time</b>	<b>Hcp Place</b>
Merilyn	Reynolds	FM40+	0:04:52	1
Erin	Reid	FM40+	NPT	
Shaun	Lewis	MM40+	0:05:20	1
Karyn	O'Neill	FM60+	0:03:48	1
Gwen	Steed	FM60+	0:05:17	2
Donna-Marie	Elms	FM60+	0:06:15	3
Heather	Carr	FM60+	0:06:42	4
John	Nottle	MM60+	0:04:14	1
Geoff	Barrow	MM60+	NPT	
Robert	Gardiner	MM60+	NPT	
Grace	Louey	FOpen	0:04:50	1
Kate	Sanford	FOpen	NPT	
Daisy	Hooper	FUn10	0:05:04	1
Cory	Lewis	FUn10	NPT	
Ava	Pravednikov	FUn10	NPT	
Dimitri	Pashutin	MUn10	0:04:30	1
Bowie	Clarke	MUn10	NPT	
Ryder	Reid	MUn10	NPT	
Harrison	Parnes	MUn10	NPT	
Grayson	Allison	MUn10	NPT	
Aria	Di Benedetto	FUn12	0:03:15	1
Abby	Fowler	FUn12	0:04:08	2
Erlyn	Singh	FUn12	0:04:30	3
Anna	Dubar	FUn12	0:05:27	4
Ruby	Nicholls	FUn12	NPT	
Logan	Allison	MUn12	0:04:55	1
Fletcher	Reid	MUn12	NPT	
Caitlyn	Shipham	FUn14	0:04:11	1
Addison	Frenken	FUn14	0:05:15	2
Kobe	Lewis	FUn14	0:05:27	3
Avery	Allison	MUn14	NPT	
Aangi	Shah	FUn16	NPT	
Arthur	Robinson	MUn18	0:04:09	1
Max	Davidson	MUn18	0:04:32	2
Emily	Smith	FUn20	0:06:10	1
Ariana	Pashutina	FUn20	0:06:47	2

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

**Manager** Terry Swan

<b>Referee:</b>	Mark Donahoo
<b>Race check in</b>	Mark Donahoo
<b>Timekeeper</b>	Ian Laurie
<b>Recorders</b>	Alla Pashutina, Kris Shipham, Mel Di Benedetto, Michael Bodey, Duncan Knox
<b>Judges:</b>	Brenda Felton (Chief), David Cash, Di Lowden, Gordan Loughnan, Terry O'Neill, Mark Wall
<b>Set up, Pack up:</b>	Terry Swan, Ian Laurie, Stu Cooper, Michael Bodey, Gordon Loughnan, Bob Gardiner,
<b>Bike rider</b>	Stu Cooper
<b>Photos</b>	Terry Swan
<b>Canteen</b>	Donna Marie Elms, Gwen Steed
<b>Walkers:</b>	36

### **\*Next week**

<b>Saturday 10 May – Middle Park</b>			
<b>COACHING CLINIC</b>			
12.15pm	<i>Coaching information session for coaches</i>		
12.45pm	<i>Coaching session for athletes, parents and coaches</i>		
<b>RACES</b>			
2.00pm	8km	Points race	Open
2.00pm	6km	Points race	Open
2.00pm	4km	Points race	Open
2.15pm	2km	Points race	Open
2.15pm	1km	Points race	Open
<i>Entries will be accepted up until 11.59pm on Friday 9 May. Enter online at <a href="https://www.revolutionise.com.au/vrwc/">https://www.revolutionise.com.au/vrwc/</a></i>			

### **\*\*UNIFORMS\*\***

New Club uniforms (singlets, racing tops, crop tops) are on sale for **\$45** -not \$40 as previously advertised. Our apologies for the error.

Please be aware that Club uniform is expected of all walkers to be eligible for points, championship medals and VRWC team inclusion (Canberra etc)

**Hooded Club jackets** – these popular items (very snug in cold weather) are on sale for **\$75**.

### **OLD UNIFORMS**

These are useful as training tops and will serve to publicise the Club. They are on sale for \$5 each. (Cotton singlets are free to a good home!)

\*\*\*\*\*

## **VICTORIA - METRO & REGIONAL**



## **AV Championships**

### **\*REMINDER ... AV 30km Championships and Schools championships – Sunday 18 May**

The entry deadline (I assume ... it doesn't appear to be posted anywhere) for these championships is **Wednesday 14 May at 12 noon**. Contact the AV office if in doubt.

In any event, it doesn't pay to leave it until the last minute. Follow the link below to finalise your entry.

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

Entry for the **VRWC Club championships**, held on the same day, can be finalised at <https://www.revolutionise.com.au/vrwc/>

\*\*\*\*\*



## **AROUND THE COUNTRY**

### **A.C.T. ACTRFCW results, 3 May – Lennox Gardens**

Thanks to **Helen Toyne** for this report. Helen writes that it was lovely to see old and new faces ... a sentiment hopefully shared by all clubs as a new road season gets underway.

#### **1.5km**

1 Michelle Bray  
2 Sebastian Ryan

Race Masters F 7:33  
Race u14 M 8:56

3 Tindra	Helgstedt	Race	u14 F	9:08
4 Zac	Anderson-Rule	Race	u12 M	9:17
5 Clare	Rice	Race	u14 F	9:25
6 Katharina	Johnson	Race	u14 F	9:46
7 Estrid	Helgstedt	Race	u12 F	9:52
8 Indira	Beales	Race	U12 F	10:08
9 Jim	White	Fitness	Masters M	12:46
10 Jack	Thackray	Fitness	Masters M	16:43

#### 6km

1 Carolyn	Campbell	Fitness	Masters F	57:35
2 Geoff	Barker	Fitness	Masters M	59:21

#### 9km

1 Gwyllym	Young	Race	Open M	40:18
2 Michael	Smith	Race	Masters M	57:31
3 Bryan	Thomas	Fitness	Masters M	19:25

## NEW SOUTH WALES NSW Short Walks c'ships, 4 May – The Armoury, Newington

Terrific numbers at the NSW short walks championships with ages from 9 years to Masters catered for, a result of the cooperation between NSW and Little Athletics NSW and no doubt a heartening sight for the walking community north of the Murray.

### Women 10km RW U20

1 Zoe Woods	Hills District	50:40
2 Sienna Pitcher	Mingara Reg.	52:53
3 Lilah Norden	Kembla Joggers	59:11
.. Laelia Byatt	Girraween AC	DNF

### Women 5km RW Open Masters 45-49

1 Heather Price	Hornsby Distict	33:46
-----------------	-----------------	-------

### Women 5km RW Open Masters 45-49

1 Nicolle Challinor	Illawong Revesby	
---------------------	------------------	--

### Women 5km RW Open Masters 55-59

1 Carmel Parker	UTS Northern Subs	35:59
2 Sandy Hoy	UTS Northern Subs	40:35

### Women 5km RW Open Masters 65-69

1 Antoinette Woodward	UTS Northern Subs	33:57
-----------------------	-------------------	-------

### Women 3km RW U18

1 Maisie Mitchell	West's T&F	15:31
2 Matilda Olsen	Hills District	16:48

### Women 3km RW U16

1 Sophie Polkinghorne	Hills District	14:51
2 Jillian Ryan	ACT	15:42
3 Miarose Everson	Ryde AC	15:53
4 Sienna Wade	Ryde AC	15:54
5 Erin Cassilles	Westfields AC	17:09
6 Grace Delander	Illawong Revesby	17:23
7 Madeline Kot	Westfields AC	17:26
8 Nikki Hearnden	Cardiff & District	17:35
9 Emma Hoskins	Hills District	18:02

### Girls 2km RW U14

1 Ashleigh Mansell	Cherrybrook S&L	10:28
2 Hannah Hewitt	Bankstown Sports	11:09
3 Ivy Murray	Riverstone AC	11:44

### Girls 1km RW 12y

1 Avia Luketic	Balmain AC	4:44
2 Mala Andrews	Inner West LAC	5:45

### Men 15km RW Open

1 Jack McGinniskin	Mingara Reg.	1:07:40 PB
2 Brendan Pospischil	Winston Hills	1:34:00

### Men 10km RW U20

1 Isaac Beacroft	Hills District	44:40
2 Joel Byatt	Girraween AC	48:00
3 Myles Ashby	Mingara Reg.	59:34
4 Aidan Pospischil	Winston Hills	1:03:26
5 Peter Charlton	Cardiff & Dist.	1:16:48

### Men 5km RW Open Masters 65-69

1 Robert Osborne	Dubbo AC	40:04
------------------	----------	-------

### Men 3km RW U18

1 Christopher Nilon	North Rocks Carl.	14:55
.. Alexander Sinnett	West's T&F	DNF

### Men 3km RW U16

1 Noah Vella	Nepean Dist.	15:14
2 Michael Mathison	Westfields AC	16:26
3 Mitchell McCarthy	Ryde AC	16:27
4 Patrick Waddington	Winston Hills	16:29
5 Luke Challinor	Holroyd AC	27:49

*DQs - 1*

### Boys 2km RW U14

1 Alexander Dennett	Hawkesbury City	11:45
---------------------	-----------------	-------

### Boys 1km RW 12y

1 Nate Appleyard	Winston Hills	4:39
2 Hugo Siciliano	Girraween LA	5:25

*DQs - 2*

### Boys 1km RW 11y

1 Oliver Masik	Hills District	4:59
----------------	----------------	------

*DQs - 2*

### Boys 1km RW 10y

1 Daniel Smart	North Rocks Carl.	4:54
2 Eric Cogan	Hornsby District	5:14
3 Tyler Tabrett	Cherrybrook S&L	5:19
4 Archer Lane	Manly Warringah	5:23



**Girls 1km RW 11y**

1 Stella Wade	Ryde AC	4:51
2 Lilyeve Everson	Ryde AC	4:55
3 Addison Jenkins	Girraween LAC	5:23
4 Veronica Dennett	Hawkesbury City	5:42
5 Isla Chauncy	Inner West LAC	5:45
6 Chelsea Sharpe	Revesby Workers	5:59
7 Charlie Risti	Revesby Workers	6:01

**Girls 1km RW 10y**

1 Nasrin Hewitt	Bankstown Sports	5:31
2 Matilda Beck-White	Taree AC	5:32
3 Tahlia Hunt	Hawkesbury City	5:48
4 Kendrix Mitchell	Gosford LA	6:36
<i>DQs - 1</i>		

**Girls 1km RW 9y**

1 Piper Marshall	Manly Warringah	5:27
2 Lola Dixon	Hills District	5:32
3 Lily Stephenson	Mingara Reg.	6:02
<i>DQs - 1</i>		

5 Monty Galvin	Northern Illawarra	6:38
<i>DQs - 1</i>		

**Boys 1km RW 9y**

1 Jaiden Chahal	North Rocks Carl.	5:06
2 Patrick Yeldham	Northern Suburbs	6:09
3 William Kucharski	North Rocks Carl.	8:15
<i>DQs - 3</i>		

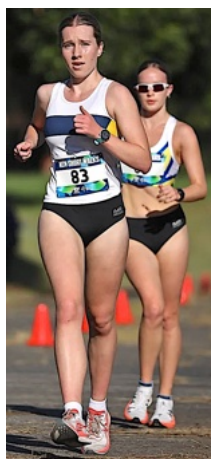
NSW photographer **Gregory Griffiths** has posted over a hundred excellent action shots of these championships on his Facebook page. You can browse through them at

<https://www.facebook.com/media/set/?vanity=100087155974516&set=a.663104269938100>

Here is a sample of Gregory's work:



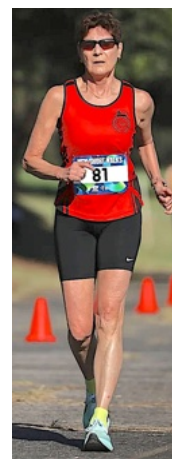
Jack



Zoe and Sienna



Joel



Antoinette??

## QUEENSLAND

### QRWC handicap #2 results, Sunday 4 May – Yeronga

Thanks to **Robyn Wales** for the latest QRWC results. Here Robyn explains a new racing classification – L Grade – that they're trying out this year. We hope it's successful.

L grade is a new initiative for newcomers who can walk any distance to receive starting and finishing points plus feedback from judges and coaches. They will not be disqualified and when they feel ready they can race in the handicap races.

**A Grade 10km****Men:**

(1) Iggy Jimenez,	54:21 SB
(2) Kai Dale	1:01:19 SB
(3) Peter Bennett	1:12:57

**Women:**

(1) Tayla Billington	47:57
(2) Joy Dale	1:25:11 SB
(3) Noela McKinven	1:33:22 SB

**C Grade 3km****Men:**

(1) Leo Ramsay	17:48
----------------	-------

**B Grade 5km****Men:**

(1) Simon Cartwright	38:56 SB
----------------------	----------

**Women:**

(1) Eliza Kelly	31:42
(2) Anne Weekes	39:01 SB

**D Grade 2km****Men:**

(1) Hayden Robertson	11:34 SB
----------------------	----------

**Women:**  
(1) Kiara Waterman 19:44

**Women:**  
(1) Jessica Gorham 13:00 SB  
(2) Violet Conway 13:23 SB  
(3) April Kelly 17:20

**E Grade 1km**

**Men:**  
(1) Connor Robertson 8:33  
**Women:**  
(1) Lilli Chu 7:28 SB  
(2) Harper Waterman 9:36

**L Grade 1km**

**Women:**  
(1) Eliza Park 7:57

## SOUTH AUSTRALIA SARWC results, 26 April – South Parklands, Adelaide

**Kim Mottrom** reports that they had lovely weather at South Parklands on Saturday – ‘only’ 24 degrees!

<b>Open 10km</b>	<b>Time</b>	<b>Open 4km</b>		
Cooper Rech	54:48	Orlando Grantham	25:56	First 4km
Mel Grantham	1:03:19			
Peter Crump	1:08:11	<b>Open 2km</b>		
Bill Starr	1:31:07	Liliana Templer	10:52	PB 0:40
Angelina Legrand	DNF	Rachel Pemberton	15:14	PB 0:50
		Kristy Templer	18:11	
<b>Open 8km</b>		<b>Open 1.5km</b>		
Greg Metha	51:46	Saxon King	9:06	First 1500m
Alex McEwan	1:08:04	Anthony Crabb	11:33	
		Martin Crabb	16:17	
<b>Open 5km</b>		<i>DQs - 1</i>		
Sebastian Richards	24:49			

## TASMANIA TRWC results, 4 May – Kingston Park

This report by **Rosemary Coleman** appeared on the TRWC Facebook page. Thanks to David Moore for sending it and the results through.

What a wonderful start to our winter walks campaign this morning. Making a change to our usual Saturday to Sunday morning time which appeared to be fruitful.

No less than 13 walkers enjoyed a chilly and windy race at Kingston Park, with the Leitch family taking up a fair chunk, so welcome to all new walkers and to Anne (Masters). Welcome back to all our faithful

Adele Woodward, fresh off her campaign in National Little Athletics, led the way over the hilly course to the finish.

Another special mention goes to Charlotte who raced her first 3 km event in fine time. Great walking by our recreational walkers as well.

Thanks to our helpers and supporters.



*The TRWC gets its show on the road. (Photo: TRWC)*

**1km**

1. Elsie Woodward  
2. Bianca Sugiarto  
3. Anne Travis

OVA 7:08  
Huon LA 8:46  
UTAS (W53) 11:26. First 1km



4, Aida Sugiarto	TRWC (W40+)	12:18. First 1km
<b>2km</b>		
1. Sara Leitch	TRWC (W44)	19:15*
2. Dot Sussmilch-Leitch	Hobart LA (G9)	19:50. First 2km
3. Gabe Dix	Clarence LA (B9)	20:13
4. Sam Leitch	ESAC (M44)	20:13. First 2km
5. Dave Moore	TMA	20:30
<b>3km</b>		
1. Adele Woodward	OVA	20:26
2. Charlotte Dix	ESAC. (W11)	24:23. First 3km
<b>4km</b>		
1. Elizabeth Leitch	TMA	29:29
<b>5km</b>		
1. Wayne Fletcher	NSAC	44:39

\*Sara's result was her first for a very long time.

## WESTERN AUSTRALIA WARWC results, 4 May – Perry Lakes

**Terry Jones** reports: 'These are the first walks for our 2025 winter season. The weather was very kind: mild, light breeze and partly cloudy.'

### 10K

John Ronan	48:42
Wendy Farrow	1:12:32

### 5K

Trinity Doulis	33.08
Victor Munoz	33.10
Liliana Martin	37.32
Marcela Ruiz	41.36

### 2K

Darcy Bramwell-Keys	11.20
Hannah Clausnitzer	11.40
Kaytee Bogaers	12.32
Rahni Fowler	12.47
Addison Roots	13.07
Ruby Kilworth	15.38

### 1K

Zoe Fowler	7.10
------------	------

\*\*\*\*\*



## INTERNATIONAL NEWS

### POLAND: 4<sup>th</sup> Korzienowski Race Walking Cup, Sunday 4 May - Warsaw

#### **Torres and Yamanishi take top honours in Warsaw**

By Paul Warburton (reprinted from *World Athletics News* – 4 May)

There was a terrific finish to the women's 20km at the fourth Korzeniewski Warsaw Race Walking Cup – a World Athletics Race Walking Tour Gold meeting – on Sunday (4).

A third 2025 duel between **Paula Torres** and **Kimberly Garcia** produced a hat-trick of wins for the Ecuadorean - but this time by just one second.

In fact, the result was in doubt until the last 50 metres when Torres squeezed out all she could to break the tape just ahead of the two-time world champion.

Throughout the race, Garcia kept striving to make the all-important gap, but each time Torres reeled her in. Even when both shrugged off the challenge from **Viviane Lyra** with 3km to go, there was never more than a stride between them until the finish recorded by Torres in **1:28:29**, with Garcia only a couple of strides behind.

Lyra from Brazil was third in **1:28:54**, but for a long time she more than held her own against the other two.

As expected, Garcia, with a blue kinaesthetic strip protecting her right quad and right arm, Torres, Lyra, augmented by Ecuador's **Magaly Bonilla**, forged an immediate lead, followed a few metres back by double world silver medallist **Katarzyna Zdziebło**.

The initial pace was moderate for a quartet with PBs all comfortably under 1:30:00, but by 3km Zdziebło was already a distant fourth with the rest of the small field fighting for the minor places.

A small increase in tempo was too much for Bonilla, and she got dropped at 5km (22:34). Torres carved the smallest of gaps just past 6km, but the other two quickly closed the gap with all of them detouring past standing puddles left by overnight rain.

A 31:18 clocking at 7km was significantly faster, and this time Lyra and Garcia were the pair forcing the pace. In fact, 9km reached at 40:14, found Torres needing to close a small gap, with Garcia now asking the questions.

It was 44:40 at halfway to underline a race getting serious. Meanwhile, a fading Bonilla provided a welcome target for Zdziebło at 14km. The Pole passed the Ecuadorean to take fourth albeit more than a minute behind the leading three.

The time at 15km was 1:06:44, which proved too much for Lyra despite having race walked faster than the other two this year. For the first time, the Brazilian looked laboured, while Torres and Garcia upped the gears to the finish.

There was only a second in it at 19km, and it stayed that way over the final scintillating lap with Torres taking victory in 1:28:29 to Garcia's 1:28:30.

In contrast, the men's race was a comfortable stroll for **Toshikazu Yamanishi** in **1:20:48**. In fact, the result was done and dusted very soon after 5km. At that point, the new world record-holder put the hammer down and all but disappeared into the distance.

Former winner Cáo Bonfim, racing for the fifth time in 2025, gamely gave chase, but the Japanese lead increased from there to the finish – albeit slowly. Bonfim recorded **1:21:32**, and Yamanishi's teammate **Kazuki Takahashi** was more than two minutes back in distant third, having covered the rest of the race solo from that 5km split.

A bonus for race organiser and race walking great Robert Korzeniowski was greeting **Maher Ben Hlima** in fourth place, fresh off a Polish record of 2:27:51 over 35km in Dudince in March.

Bonfim, Japan's **Yuta Koga**, Takahashi, and Yamanishi had pushed the early pace, and although the pace wasn't blazing fast, Koga was a casualty just after 3km and quickly went backwards.

Just after quarter distance, Yamanishi found half a gear. Takahashi detached almost immediately; Bonfim gave chase and just about held the initial gap to about 15 metres. Meanwhile, the second group had absorbed Koga with fourth place now up for grabs.

But up front, the world record-holder was away and comfortably gone. A glance across as he rounded one of the two 180-degree turns told him all he needed to know as early as 8km. Even so, Bonfim wasn't going down with a fight.

The lead was indeed extending metre by metre but it was still only 11 seconds at 11km. Takahashi was isolated in third 1:04 further back, and Ben Hlima was 1:44 behind towing Germany's **Nathaniel Seiler** and **Harun Bilir** (Turkiye). However, the Turk's challenge was brief, which left the Pole and the German a free ride to fourth and fifth places.

The metronomic leader hit his watch at 15km (1:00:22) 21 seconds in front of Bonfim and 1:36 ahead of Takahashi. Behind the three, Ben Hlima was forging a gap over Seiler – and that final move decided the first five places.

#### Men 20 kilometres

1.	Toshikazu YAMANISHI	15 FEB 1996	JPN	1:20:50
2.	Caio BONFIM	19 MAR 1991	BRA	1:21:34
3.	Kazuki TAKAHASHI	17 JUN 1996	JPN	1:22:55
4.	Maher BEN HLIMA	24 JUL 1989	POL	1:23:34
5.	Nathaniel SEILER	06 APR 1996	GER	1:23:49
6.	Raivo SAULGRIEZIS	04 JUL 1994	LAT	1:24:46
7.	Jefferson SEGURA	08 DEC 1998	MEX	1:25:34
8.	Mateusz NOWAK	06 MAY 1996	POL	1:26:28
9.	César CÓRDOVA FERNÁNDEZ	20 OCT 2002	MEX	1:26:48
10.	Harun BILIR	15 DEC 2004	TUR	1:26:54
11.	Nick CHRISTIE	29 SEP 1991	USA	1:27:06
12.	Arkadiusz SCHIEDEL	17 AUG 2000	POL	1:27:12
13.	Max Batista GONCALVES DS	09 OCT 1994	BRA	1:27:27
14.	Jordan CRAWFORD	04 JAN 2000	USA	1:30:53
15.	Kacper ŁUC	10 MAR 2005	POL	1:34:11
16.	Bricyn HEALEY	04 JUL 1998	USA	1:35:43
17.	Nathan LIMAS	31 JAN 2004	USA	1:37:30
18.	Dominik BARBUŻYŃSKI	18 MAR 2004	POL	1:38:39
19.	Chun Hung TSE	23 DEC 1981	HKG	1:48:18
20.	Sebastian KARPIŃSKI	25 OCT 1981	POL	1:50:26
21.	Olaf RYNKIEWICZ	12 FEB 2002	POL	1:53:55
	Yuta KOGA	15 JUL 1999	JPN	DNF
	Aymeric HUE	15 AUG 2001	FRA	DNF
	Radosław SELKE		POL	DQ

**Women 20 kilometres**

1.	Paula Milena TORRES	17 OCT 2000	ECU	1:28:29
2.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1:28:30
3.	Viviane LYRA	29 JUL 1993	BRA	1:28:54
4.	Katarzyna ZDZIEBŁO	28 NOV 1996	POL	1:30:33
5.	Valeria ORTUÑO	27 MAY 1998	MEX	1:32:34
6.	Gabriela DE SOUSA	12 JUN 2002	BRA	1:36:50
7.	Magdalena ŻELAZNA	16 APR 2004	POL	1:37:58
8.	Anna ZDZIEBŁO	20 NOV 2001	POL	1:40:44
9.	Ruby RAY	12 NOV 2004	USA	1:46:33
10.	Ewelina CYMBALIŃSKA	06 NOV 2004	POL	1:48:43
11.	Katie SMITH	25 DEC 1987	USA	2:01:34
	Dana Paola ACEVES	21 SEP 2002	MEX	DNF
	Magaly Beatriz BONILLA	08 FEB 1992	ECU	DNF
	Ayşe TEKDAL	28 OCT 1999	TUR	DNF
	Lauren HARRIS	23 JUL 1999	USA	DQ
	Kinga WALERIAŃCZYK	19 AUG 2002	POL	DQ

\*Full results of all races at this meeting can be found at <https://worldathletics.org/competition/calendar-results/results/7215634>

**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.

- Tuesday, May 6, 2025 FADU – CNU Outdoor Track – Caldas da Rainha 2025 (results)  
<https://omarchador.blogspot.com/2025/05/fadu-cnu-pista-ar-livre-caldas-da.html>
- Monday, May 5, 2025 - Paula Torres and Toshikazu Yamanishi triumph in the 20 km walk in Warsaw  
<https://omarchador.blogspot.com/2025/05/paula-torres-e-toshikazu-yamanishi.html>
- Sunday, May 4, 2025 - Abdennour Ameur and Imen Saii win the Arab Athletics Championships – Oran 2025  
<https://omarchador.blogspot.com/2025/05/abdennour-ameur-e-imen-saii-vencem-nos.html>
- Saturday, May 3, 2025 - Marching Grand Prix of Meun-sur-Yèvre, France (results)  
<https://omarchador.blogspot.com/2025/05/grande-premio-de-marcha-de-mehun-sur.html>
- Friday, May 2, 2025 - ANAV - National 10 km Walking Championships – Porto de Mós 2025 (results)  
<https://omarchador.blogspot.com/2025/05/anav-campeonatos-nacionais-de-marcha-10.html>
- Thursday, May 1, 2025 - Šuškevicius and Liepina triumph at the «Antanas Mikenas» Memorial in Birštonas (2025)  
<https://omarchador.blogspot.com/2025/05/suskevicius-e-liepina-triunfam-no.html>
- Wednesday, April 30, 2025 - EA Moita Tejo, double victory in the Portuguese Race Walking Cup – Porto de Mós 2025  
<https://omarchador.blogspot.com/2025/04/ea-moita-tejo-dupla-vitoria-na-taca-de.html>
- Tuesday, April 29, 2025 - 56th edition of «Záhorácka Dvadsiatka» in Borský Mikuláš (results)  
<https://omarchador.blogspot.com/2025/04/56-edicao-do-zahoracka-dvadsiatka-em.html>
- Monday, April 28, 2025 - Comfortable triumphs for Tiago Ramos and Vitória Oliveira in the national 10 km walk (Porto de Mós 2025) <https://omarchador.blogspot.com/2025/04/folgados-triunfos-de-tiago-ramos-e.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.*

\*\*\*\*\*



**\*\* Coaching Session: May 10<sup>th</sup> 2025**

**Timetable for the day**

12.15pm Coaching clinic: Coaching information session coaches

12.45pm Coaching clinic: Coaching session for athletes, parents and coaches

**Races**

2.00pm	8km	Points Race	Open
2.00pm	6km	Points Race	Open
2.00pm	4km	Points Race	Open
2.15pm	2km	Points Race	Open
2.15pm	1km	Points Race	Open

**Details for the Sessions**

- Coaching information session beginning at 12.15pm – 12.45pm is for coaches to discuss issues with coaching athletes.

The purpose of this session is to have a discussion between coaches on concerns or information on style issues, athlete's programs, preparing for events to name just a few items.

The session is open to all coaches.

There is no cost to attend.

- Coaching clinic beginning at 12.45pm-1.30pm, Focus is on all walkers from little athletes and junior athletes to master's walkers, including parents of up and coming athletes.

The topic for this session will be:

**"What do I do as an athlete if I receive a caution or a red card?"**

Stu Cooper, VRWC President and judge will discuss judging for races.

Mark Donahoo, VRWC Club coach, will discuss what to do if an athlete receives a warning or red card, including why the athlete may receive the card at a certain part of a race.

It will be a combined theory and practical session.

There is no cost involved.

***From the Secretary ... REGISTRATION***

The registration portal is open for renewal and new memberships for season 2025.

The portal is here:

<https://www.revolutionise.com.au/vrwc/registration>

I have also completed the first series of races for entry for members to enter. (NOTE - If you intend to buy a Season pass, see note below before entering.)

First 3 race days here:

<https://www.revolutionise.com.au/vrwc/events>

**Season Pass at \$110**

<https://www.revolutionise.com.au/vrwc/shop>

When purchasing an SP, please wait 48 hours for your unique code to be sent via email. *Do not enter any races until you have received your code.*

**Terry Swan**



## \*\* VRWC RACE FEES

### Seasons ticket 12 months:

Financial members: \$110.00 paid by the **end of May**.

### VRWC Club Races:

Race fee: \$12.00. Non-financial: \$17.00. Family: \$24.00

### VRWC Championships:

Race fee: \$17.00 Family: \$34.00

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not Little Athletics, AV, VMA or RWA.

## \*\* VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> April 2025:

**Senior (Open and Masters)** \$30.00

**Under 20:** \$25.00

**Under 16:** \$15.00

**Associate (Officials who assist with races throughout the year):** \$ 0.00

**Family membership:** \$50.00

Annual Subscriptions are due on **April 1<sup>st</sup>** of each calendar year.

Inner metro and outside ring metro members pay full fees.

Country members, pay 50% of the annual fee.

(The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington. Outside of these areas are considered country area.)

**\*UNIFORMS -** Remember also that all competing members are required to wear the current Club **racing uniform** (singlet, racing top or crop top), in order to be eligible for Time or Handicap points and to race in Club championships. The cost of each item is \$40. (Families: \$40 for the first child, \$35 for siblings.)

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



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

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

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

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

Stu Cooper (for Race Walking Australia committee)

## 2025 WINTER SEASON FIXTURE

### APRIL

Saturday 26 <sup>th</sup> April	VRWC CHAMPIONSHIPS	Mentone Track
---------------------------------	--------------------	---------------

### MAY

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

### JUNE

Sunday 8 <sup>th</sup> June	RWA 58th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 14 <sup>th</sup> June	A.V. & LA Vic Championships, Incorporating AV Bert Gardiner 10km winter championship	Middle Park

<b>Saturday 14<sup>th</sup> June</b>	<b>Judging course and Coaching seminar</b>	<b>Middle Park</b>
Saturday 21 <sup>st</sup> June	VRWC Points races	Middle Park
Saturday 28 <sup>th</sup> June	VRWC Points races & Prize Day	Middle Park
<b>JULY</b>		
Sunday 6 <sup>th</sup> July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 12 <sup>th</sup> July	VRWC Points races and Interval races	Middle Park
Saturday 19 <sup>th</sup> July	VRWC Points races	
<b>Saturday 19<sup>th</sup> July</b>	<b>Coaching seminar for parents, athletes and coaches</b>	<b>Middle Park</b>
Saturday 26 <sup>th</sup> July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
<b>AUGUST</b>		
Saturday 2 <sup>nd</sup> August	VRWC Points races	Middle Park
Saturday 9 <sup>th</sup> August	AV Championship & VRWC Championships & events	Middle Park
Saturday 16 <sup>th</sup> August	VRWC <b>Last points race</b>	Middle Park
Sunday 24 <sup>th</sup> August	Australia Athletics championships	Ballarat
Saturday 30 <sup>th</sup> August	VRWC non points race day	Middle Park
<b>September</b>		
Saturday 6 <sup>th</sup> September	AV 5km teams championship, VMA 5km track championship & VRWC events	Mentone Track
Sunday 14 <sup>th</sup> September	VRWC relay race and <a href="#">Seasons Presentations</a>	Middle Park

\*\*\*\*\*



## WHAT'S UP AHEAD?

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

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

### International Dates

18 May 2025	European Race Walking Team Championships – Podebrady, CZE
16-27 July 2025	World University Games – Bochum, GER
13-21 Sep 2025	20 <sup>th</sup> World Athletics Championships – Tokyo, JPN
4-9 Aug 2026	World U20 Athletics Championships – Eugene OR, USA
30 Oct-15 Nov 2026	Youth Olympic Games – Dakar, SEN

**(EDITOR'S NOTE:** When submitting contributions taken from another publication, remember that you are dealing with the intellectual property of others. Not all who hold the rights to such material are willing to allow re-printing elsewhere, even in a not-for-profit publication like 'H&T Online' – although most race walking organisations and club publications are happy to allow re-use of articles and photos in a similar club newsletter or blog, provided they are given appropriate credit.

With your submission, always include the provenance (writer, creator, source publication, date of publication, website link etc). If in doubt about permissibility, check with the owner of the copyright.

**\*DISCLAIMER:** The contents of 'Heel & Toe Online', and any opinions expressed therein, are those of the writers, and do not necessarily reflect the views of the Editor or of the Victorian Race Walking Club.

Stu Cooper - editor  
0421 470 949  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)