



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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PAUL F DEMEESTER TALKS WALKING

Thanks to US Attorney at Law Paul F. DeMeester for another wonderful article - the 45th – and it's as good as ever. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

World Athletics Got One Obituary Right, Unfortunately

By Paul F. DeMeester

Bernd Kannenberg, the 1972 Olympic 50K Race Walk Champion, died last month at the age of 78. He was my role model back in 1972 when I first started race walking as a 12-year old. His form was one I wanted to emulate. The pictures of Kannenberg on the finishing straight in the Munich Olympic Stadium - without any loss of contact - and of crossing the finish line, are still etched in my mind. The race was a thrilling one, with Kannenberg and Veniamin Soldatenko together until about the 35th kilometer, the mark where a 50K really starts. That won't happen again, however. Not because Kannenberg is gone and Soldatenko retired. No, it won't happen again because World Athletics was complicit in writing the obituary for the 50K as an all-too-eager sidekick to the International Olympic Committee (IOC) in doing away with the 50K because the event does not satisfy the bean counters in Lausanne. Note that I'm not optimistic about Tokyo 2020 going ahead, which still features a 50K.

The IAAF, as World Athletics was known back in 2017, quietly wrote the 50K obituary early that year. It was a secret document, to be revealed to the world as a press release after the April 2017 London meeting of the IAAF Council. A fortuitous leak of the obituary led to the Council being made aware of what was going on. The Council did not go along and the 50K was safe for the Tokyo Olympics, at least for the men. The fight for the 50K ended up getting us the gender equal 35K at World Athletics top level, which I suppose is better than having only the 20K. The efforts of the past few years have not been a total waste. The legal effort for gender equality in the 50K exposed the IOC as sexist, something to keep in mind when the IOC's obituary is written, an unthinkable prospect until the pandemic came along.

Not a good look for World Athletics that it wrote the 50K obituary before the 50k was actually dead. But Coe and Company did not give up, and eventually, they were able to dust off their 50K obituary to put it to good use. Turns out, it was the only 50K race walk obituary they got right, because they sure managed to botch up Kannenberg's. On 14 January 2021, World Athletics issued a press release about the great German's passing. This is what it said: "*He made one more Olympic appearance, competing in the 50km race walk in 1976, but was forced to withdraw due to cramps.*"

Of course, there was no 50K at the Montreal 1976 Olympics. Back then, the IAAF had a spine and organized its first World Championships just for the 50K. The IOC put the 50K back on the program at the next Olympics. And the World Championships were off to a running start, pardon the pun, much to the chagrin, I'm sure, of the Olympic puppet masters. Kannenberg was not at that 1976 race held in Sweden. He did participate in the Montreal Olympics, but in the 20K. Did World Athletics purposely change the 1976 facts to hide their current spinelessness? Or was it just a typo given that Kannenberg had excelled over both distances in his career? Or maybe, World Athletics just doesn't give a hoot about the 50K anymore.

WALKERS OF THE WEEK

My Walker of the Week returns after a long break, and what better way to celebrate the return than to focus on two of our best young walkers. 22 year old **Jemima Montag** and 18 year old **Will Thompson** were in action in the Supernova 10,000m Track Walk at the George Knott Athletics Track in Clifton Hill (Melbourne) on Sunday morning and both walked massive PBs.

- **Jemima** smashed her Victorian record by over one minute with her time of 42:35.3. This is the fastest time ever walked in Australia and propels her to third place on the Australian all-time list, behind only Kerry Saxby Junna (41:30) and Jane Saville (42:15).
- **Will** surged into Australian team contention with his fourth place finishing time of 41:50.6, a huge PB of nearly 2 minutes and well under the Australian World U20 Championships standard of 43:20.

Both walkers are coached by **Brent Vallance** and are in top shape after spending December at Mt Stromlo and January in Melbourne as part of the Supernova Study camp. It shows the vital importance of group training and having a plan.



Will and Jemima in action on Sunday morning (photos Terry Swan)

Jemima has also been honoured just yesterday, with her name amongst the 25 new **IOC Young Leaders** for the period 2021-2024. Launched in 2016, the IOC Young Leaders programme empowers young people to leverage the power of sport to make a positive difference in their communities. Read the announcement at <https://www.olympic.org/news/twenty-five-new-ioc-young-leaders-join-the-programme>.

WHAT'S COMING UP

Our Athletics Victoria Shield League continues next Saturday around Victoria, with track walks amongst the events on offer. The following Sunday, we have VRWC races at Middle Park, as well as the Australian Summer 20km Roadwalk Championships in Adelaide. Then our own Victorian T&F Championships happen on the following two weekends. So it's a big month for locally based walkers.

Feb 6 (Sat), 2021	AVSL Round 6 (3000m/1500m walks)	Various venues
Feb 13 (Sat), 2021	AVSL Round 7 (2000m walks)	Various venues
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships	Adelaide, SA
Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium

STOP PRESS – BRWC AFL FOOTY TIPPING IS BACK FOR 2021

Entries are now open for the Ballarat Race Walking Club 2021 AFL Footy Tipping Competition – don't miss out. See the front page of the BRWC website for further details: <https://www.ballaratracewalkers.com/wp/>. Full instructions and payment details (\$20 entry fee) are included in the links provided on the website. For any queries, please email [Graeme Saunder](mailto:Graeme.Saunders@ballaratracewalkers.com).

STOP PRESS – HOW ABOUT A WALK IN THE COBURG 24 HOUR CARNIVAL?

We had to cancel our 2020 Coburg 24 Hour Track Carnival last year, due to covid considerations. But it is back in 2021, bigger than ever. The Carnival also includes the annual Australian Centurions 100 Mile qualifier, just like always.

If you fancy testing yourself out over a longer distance, we have 3 walk categories – 6 Hour Walk, 12 Hour Walk and 24 Hour Walk. We also host the Racewalking Australia 100km Track Walk Championships. So there are lots of walk opportunities on offer, alongside the usual run options.

We already have VRWC members Marnie Grace and Tracy Colbert who have put up their hands for the Women's 6 Hour Walk. Come along and test yourself out!

The Carnival will be held at the **Harold Stevens Athletics Track in Coburg** on the weekend of **17-18 April**. More info and race entry procedures available at <http://www.coburg24hr.org/24hr>.

ATHLETICS AUSTRALIA AND VRWC TRACK WALKS, CLIFTON HILL, SUNDAY 31 JANUARY 2021

The latest VRWC Summer Series races, at the George Knott Athletics Track in Clifton Hill, gained a huge boost in prestige with the scheduling of the second of two Athletics Australia Supernova Camp Elite 10,000m track walks. This mixed event, which saw 13 competitors, kicked off proceedings at 9AM in absolutely perfect weather (cool, overcast and still). And did the walkers make the most of the opportunity, with 9 PBs, a World Junior qualifier and a new Victorian Record.

Rhydian Cowley and **Declan Tingay** have been leading the walkers out in their recent Melbourne based training camp, and they continued this on Sunday morning with a superb contest out in front. They walked together, swapping the lead regularly and going through the half way mark in 19:50 before kicking the pace down considerably in the second half. Rhydian held on to win with 39:14.6 (second half 19:29), just ahead of Declan with 39:17.4 (second half 19:32). Both walkers recorded PBs.

They were not the only ones to negative split and certainly not the only ones to record PBs. Overall, 9 of the 13 walkers did PBs – that is a superb stat. **Kyle Swan** was next to finish with a PB of 40:28.5, breaking Nathan Deakes' VRWC club U23 record. With the postponed 2020 World Athletics U20 Championships to be held this coming August in Kenya, 18 year old **Will Thompson** surged into Australian team contention with his fourth place finishing time of 41:50.6, a huge PB and well under the Australian standard of 43:20. Then came **Jemima Montag**, smashing her Victorian record again with her time of 42:35.3. This propels her to third place on the Australian all-time list, behind only Kerry Saxby Junna (41:30) and Jane Saville (42:15) and actually better the Australian All-Comers track record as well. Wow! 17 year old **Alanna Peart** also showed her World Junior intentions with a PB time of 48:36, just outside the Australian standard of 48:20. And to round things out, we also saw PBs to **Tim Fraser** (43:09.4), **Corey Dickson** (43:37.2) and **Bec Henderson** (45:20.9). What a set of results!

Athletics Australia Elite 10,000m Track Walk

1.	Rydian Cowley	1991	VIC	39:14.6	PB 0:16	
2.	Declan Tingay	1999	WA	39:17.4	PB 1:14	
3.	Kyle Swan	1999	VIC	40:28.5	PB 0:56	VRWC U23 Record
4.	Will Thompson (U20)	2002	VIC	41:50.5	PB 1:49	World Junior Qualifier
5.	Jemima Montag	1998	VIC	42:35.2	PB 1:10	Australian All-Comers
6.	Mitchell Baker	2001	ACT	43:06.3		
7.	Tim Fraser	2000	ACT	43:09.4	PB 1:09	
8.	Tristan Camilleri	2001	SA	43:33.6		
9.	Corey Dickson	2002	VIC	43:37.2	PB 0:46	
10.	Quentin Rew	1984	VIC/NZ	44:08.9		
11.	Katie Hayward	2000	QLD	44:22.4		
12.	Bec Henderson	2001	VIC	45:20.9	PB 1:05	
13.	Alanna Peart (U20)	2003	VIC	48:36.4	PB 0:25	

We also had our own VRWC track races, with a further 29 walker in action, for a grand total of 42 all up. Good stuff! Overall winners were **Jemma Peart** (25:01), **Marcus Wakim** (14:33) and **Ela Uzun** (7:21). Special mentions to 9 year old Ela and to her even younger cousin **Havana Ali** who just keep doing PBs week after week. Impressive walking for ones so young!

5000m Walk

1.	Jemma Peart	F	25:01		
2.	Kevin Cassidy	M	25:33		
3.	Charlotte Hay	F	25:36		
4.	Madeleine Feain	F	25:49	PB 1:17	
5.	Heath Beveridge	M	27:25		
6.	Simon Evans	M	28:15		
7.	Owen Costin	M	28:26		
8.	Andrew Jamieson	M	29:27		
9.	Jade Chitty	F	30:07	PB 1:06	
10.	Terry O'Neill	M	30:52		
11.	Heather Carr	F	32:03		
12.	Gerard Feain	M	32:17		
13.	Donna-Marie Elms	F	32:31		

3000m Walk

1.	Marcus Wakim	M	14:33	PB 0:21	
2.	Liam Hutchins	M	14:59		
3.	Riley Coughlan	M	15:05		
4.	Ariana Pashutina	F	15:17		
5.	Scott Peart	M	15:28	PB 0:17	
6.	Maddison Nash	F	15:46	PB 0:53	
7.	Emily Smith	F	16:16		
8.	Daniel Pashutin	M	16:43		
9.	Joel Imbriano	M	16:59		
10.	Gwen Steed	F	22:09		

1500m Walk

1.	Ela Uzun	F	7:21	PB 0:43	
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2.	Havana Ali	F	8:30	PB 0:43
3.	Tracy Colbert	F	9:17	
4.	Lula Parrott	F	9:51	PB 1:13
5.	Lewis McLennan	M	10:07	First walk with us
6.	Hamish McLennan	M	11:26	First walk with us

And thanks as always to all our officials, judges and helpers. A track carnival is a lot of work so it's a big list. Apologies to anyone I missed. Your efforts are always appreciated.

Officials: Terry Swan, Mark Donahoo, Donna Dickson, Simon Baker, Cheryl Beveridge, Darlene Swan, Karyn O'Neill, Michael Brazel, Bob Hallett

Judges: Diane Lowden (Chief), Gordon Loughnan, Stuart Cooper, Shane Dickson, Ralph Bennett, Frances Attard

Photos: Terry Swan (see <https://www.facebook.com/photo/?fbid=10224160096010929&set=pcb.10158844236763911> and <https://www.facebook.com/groups/872318649520235/permalink/3672828606135878/>)

DQ Board: Peter Vysma



Declan Tingay, Rhydian Cowley, Kyle Swan, Will Thompson and Jemima Montag



Marcus Wakim, Kevin Cassidy, Heather Carr and Tracy Colbert (photos Terry Swan)



A sea of VRWC singlets



Jemma Peart



*Jemima Montag was in demand for photos with the younger walkers:
From left to right: Jemima with Lula Parrott, Hamish and Liam McLennan, Havana Ali and Ela Uzun*

And finally, an update to my 10km/10,000m all-time ranking lists. Jemima and Bec and Rhydian and Declan and Kyle all improve their standing with their walks at Clifton Hill on Sunday.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	41.30	Kerry Saxby-Junna	N	20/06/1961	1	Canberra	27/08/1988	27
2	42.15	Jane Saville	N	05/11/1974	6	Eisenhüttenstadt	08/05/1999	24
3	42.35.2	Jemima Montag	V	15/02/1998	1	Melbourne (Clifton Hill)	31/01/2021	22
4	43.20.65	Katie Hayward	Q	23/07/2000	1	Sydney (Aust T&F Champs)	05/04/2019	18
5	43.28	Gabrielle Blythe	V	09/03/1969	-	Hawkesbury	10/07/1993	24
6	43.48.08	Beki Lee	N	25/11/1986	1	Sydney (Track)	01/04/2016	29
7	43.58	Tanya Holliday	S	21/09/1988	1	Adelaide	28/07/2012	23
8	44.01	Jess Rothwell	V	18/06/1989	1	Melbourne	15/02/2009	19
9	44.19	Claire Tallent	S	06/07/1981	1	Cairns (Oceania Champs)	29/06/2012	30
10	44.27	Anne Pembroke-Manning	N	13/11/1959	1	Melbourne	21/01/1996	26
11	44.48	Regan Lamble	V	14/10/1991	4	Lake Taihu, China	26/09/2016	24
12	44.52	Cheryl Webb	N	03/10/1976	1	Melbourne (Aust 20km split)	07/03/2009	32
13	45.10	Natalie Saville	N	07/09/1978	2	Melbourne	27/02/1997	18
14	45.15	Lisa Sheridan Paolini	N	10/12/1962	1	Sydney	17/08/2000	37
15	45.18	Jill Barrett-Maybir	Q	13/07/1964	3	Melbourne	27/02/1997	26
16	45.19	Sue Cook	V	23/04/1958	1	Brisbane	28/06/1987	39

17	45.20.9	Rebecca Henderson	V	04/07/2001	3	Melbourne (Clifton Hill)	31/01/2021	18
18	45.21.47	Nicole Fagan	N	24/07/1989	2	Melbourne (Aust T&F Champs)	04/04/2014	24
19	45.22	Wendy Muldoon	V	27/05/1971	1	Melbourne	19/07/1998	27
20	45.25	Lorraine Young Jachno	V	21/09/1959	1	Melbourne	19/05/1991	31

Rank	Time	Name	State	DOB	Place	Details	Date	Age
1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	09/06/2001	23
3	38.29	Jared Tallent	V	17/01/1984	8	Beijing	18/09/2010	26
4	38.30.61	Dane Bird-Smith *	Q	15/07/1992	1	Sydney	05/04/2019	26
5	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6	38.59	Chris Erickson	V	01/12/1981	11	Beijing	18/09/2010	28
7	39.10	Nick A'Hern *	N	06/01/1969	1	Sydney (Track)	13/01/1991	22
8	39.14.6	Rhydian Cowley *	V	04/01/1991	1	Melbourne (Clifton Hill)	31/01/2021	30
9	39.17.4	Declan Tingay *	W	06/02/1999	2	Melbourne (Clifton Hill)	31/01/2021	21
10	39.20	Adam Rutter	N	24/12/1986	15	Beijing	18/09/2010	23
11	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
12	40.08	Willi Sawall	V	07/11/1941	1	Richmond, NSW	28/08/1982	40
13	40.28.5	Kyle Swan *	V	28/03/1999	6	Melbourne (Clifton Hill)	31/01/2021	21
14	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	05/01/1992	20
15	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
16	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
17	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
18	41.01	Jon Gawley	N	08/05/1980		Sydney	08/05/1999	19
19	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	05/01/1992	24
20	41.05.50	Dion Russell *	V	08/05/1975	1	Doncaster	01/04/1995	19

See my full ranking lists at <http://www.vrwc.org.au/arankings.shtml>.

MINGARA INTERCLUB, MINGARA ATHLETICS TRACK, NSW, SATURDAY 30 JANUARY 2021

The NSW walkers were also in fine form last weekend, at their summer season track competition at Mingara, on the central coast, north of Sydney. **Carl Gibbon** (12:03.15) and **Milly Boughton** (13:37.21) were both in PB form in the 3000m walk. Carl and Milly had won the NSW Open 10,000m track championships the week before, so their good form continues. Note Milly, who has her 15th birthday this month, is certainly walking with a confidence that belies her years.

3000m Walk

1.	Gibbons, Carl	25	Westlakes	12:03.15
2.	Jones, Tyler	23	Mingara Athl	12:31.95
3.	McGinniskin, Jack	19	Mingara Athl	13:03.71
4.	Richardson, Dylan	21	Mingara Athl	13:19.01
5.	Dundon, Harry	16	Balmain Athl	14:55.23
6.	Bell, Darcy	15	Asics Wests	16:48.05
	Whatman, Riley	18	Bankstown Sp	DNF

1.	Boughton, Milly	15	Randwick Bot	13:37.21
2.	McMillen, Elizabeth	17	Manly Warrin	14:46.04
3.	Pitcher, Allanah	18	Mingara Athl	14:57.01
4.	O'Neill, Molly	21	Mingara Athl	15:23.38
5.	Bell, Bridget	19	Asics Wests	16:07.72
6.	Lamb, Chloe	14	Manly Warrin	16:25.56
7.	Dunne, Izabella	16	Mingara Athl	17:29.33
	Walker, Amy	20	Mingara Athl	DNF

1500m Walk

1.	Bonham, Ryan	15	Wallsend Rsl	6:47.85
2.	Allabush, Dylan	13	Asics Wests	7:22.58
3.	Ashby, Myles	14	Gosford Litt	7:44.73
4.	Sinnett, Alexander	13	Asics Wests	7:47.45

1.	Pitcher, Sienna	14	Mingara Athl	7:10.38
2.	Beck, Grace	13	Asics Wests	7:20.49
3.	Woods, Zoe	14	Asics Wests	7:22.11
4.	Hickson, Alannah	16	Asics Wests	8:00.49
5.	Sivaraj, Summer	14	Asics Wests	8:01.59
6.	Ivicevic, Teleah - stevi	15	Bankstown Sp	8:53.64
7.	Cochrane, Imogen	12	Asics Wests	8:58.10
8.	Bektas, Abbey	14	Nepean Distr	9:06.82
9.	Corvalan Sotomayor, Laur	13	Girraween	9:10.06

10. Bektas, Jessey	14	Nepean Distr	9:35.51
11. Ashby, Caetlin	12	Gosford Litt	9:49.59

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 30 JANUARY 2021

Kim Mottrom reports from Adelaide: We had a good day for fast times today. Huge PB for **Olivia Sandery** (23:15.02) in her first race after coming back from the NSW training camp. PB's also for **Nellie Langford** and **Tarique Kamish**.

Open 5000m

1.	Kim Mottrom	22:43.80
2.	Olivia Sandery	23:15.02
3.	Nellie Langford	26:45.55
4.	Daisy Braithwaite	29:45.57
5.	Anthony Tana	30:46.21
6.	Jordan McKenna	34:19.57
7.	James Hoare	40:31.85
	Mathew Bruniges	DNF
	Zayden Kamish	DQ

Open 1500m

1.	Sebastian Richards	7:16.43
2.	Emily Lynch	8:16.47
3.	Marie Maxted	8:42.01
4.	Katie DeRuvo	8:44.62
5.	Tarique Kamish	9:43.93
6.	Ross Hill-Brown	11:03.31

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 30 JANUARY 2021

Only a couple of walkers in action in Tasmania last weekend.

3000m Walk

1.	Elizabeth Leitch	TMA	20:21.00
	Oliver Morgan	OVA	DNF

QMA T&F MEET, SAF, BRISBANE, SATURDAY 30 JANUARY 2021

The Queensland Masters walkers contined with their weekly racing in Brisbane.

3000 Walk

1.	Bennett, Peter	M65	Qma	17:16.81	80.40%
2.	Gannon, Brenda	W46	Qma	17:24.24	71.95%
3.	Woodward, Erika	W54	Qma	17:51.44	73.09%
4.	Stuckey, Jennifer	W55	Qma	20:43.42	65.90%
5.	Kirwin, Roslyn	W32	Qma	21:57.85	52.74%
6.	McKinven, Noela	W78	Qma	25:27.09	68.94%

AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 30 JANUARY 2021

And now to Canberra, where small walk fields contested the weekly Summer Series competition on Saturday.

3000m Walk

1.	Smith, Casey	W17	NSW	20:18.1
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1500m Walk

1.	Norden, Lilah	W14	NSW	9:26.99
2.	Smith, Gary	M57	NSW	12:31.10

WARWC ROADWALKS, WILSON, SUNDAY 31 JANUARY 2021

Thanks to Terry Jones for this week's results from the Western Australian RW Club in Perth. Warm morning rising to 30 degrees by the time the last walker finished. And just going back to last week's newsletter when I queried **Melissa Lewis's** Athletics West interclub 3000m walk time of 14:15.86. Terry has confirmed that Melissa did indeed do that time. She has bounced back incredibly well after giving birth last year and is now doing the fastest times of her life.

20km Walk

1.	Andrew Duncan	1:51:50
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10km Walk

1.	Bradley Mann	0:55:25
2.	Ben Reid	0:55:40
3.	Vicyor Munoz	1:07:07
	Melissa Lewis	DNF

5km Walk

1.	John Ronan	26.42
2.	Ashlyn Spence	30.36
3.	Karyn Tolardo	33.49
4.	John McDonagh	34.23
5.	Marcela Ruiz	37.46
6.	Glenys Duncan	47.28

3km Walk

1.	Steve Travell	28.06
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1.5km Walk

1.	Keaton Bailey	8.46
2.	Gabriel Van Heerwaarden	11.50
3.	Lucia Bailey	11.56
4.	Mateo Van Heerwaarden	15.02

SAMA TRACK WALKS, SA ATHLETIC STADIUM, MILE END, ADELAIDE, WEDNESDAY 27 JANUARY 2021

And finally, back to last Wednesday for the latest results from the South Australian Masters in Adelaide, compliments of Colin Hainsworth.

1500m Oceanic Masters Virtual Championship

1.	JACK RUSSELL	08:46	M68	80.41%
2.	GEORGE WHITE	08:49	M75	87.27%
3.	MARIE MAXTED	09:06	W60	76.14%
4.	LIZ DOWNS	11:09	W65	65.57%
5.	HELEN SURIDGE	11:19	W69	67.80%
6.	JAMES HOARE	11:41	M74	64.99%
7.	RODGER BARBER	11:44	M82	72.62%
8.	DAVID ROBERTSON	13:36	M87	68.13%

1500m Club Walk

1.	KEVIN FINN	09:34	M69	74.56%
2.	LIZ NEUBAUER	11:46	W69	65.21%
3.	JEFFREY KENNETT	14:34	M70	49.56%

4000m Walk

1.	JAMES HOARE	31:31	M74	66.42%
2.	RODGER BARBER	32:14	M82	73.08%
3.	BRIAN WITTY	29:20	M70	67.81%
4.	DAVE FALLON	30:44	M68	63.19%
5.	JACK RUSSELL	25:43	M68	75.52%

2000m Walk

1.	VALMAI PADGET	15:26	W76	72.43%
2.	KIM MOTTROM	08:49	M36	77.63%
3.	HELEN SURIDGE	15:33	W69	64.92%
4.	EDNA BATES	18:19	W68	54.40%

5000m Walk

1.	GEORGE WHITE	30:56	M75	86.42%
2.	DAVID ROBERTSON	47:15	M87	68.60%

3000m Walk

1.	MARIE MAXTED	20:13	W60	71.10%
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MEETING DE VITTEL, FRANCE, SATURDAY 30 JANUARY 2021

Last Saturday saw Emmanuel Tardi in Vittel, some 400m east of Paris, for an indoor meet. Due to the covid situation, entries were restricted to elite walkers and spectators were forbidden. Further, invited judges had to have a negative covid test result. Wins to David Custer (20:10.13) and **Pauline Stey** (PB 13:06.71). PBs also to **Maele Terrec** and **Elvina Carre**.

3000m Walk

1.	STEY Pauline	ESF/01	Rohan Athlétisme	13:06.71
2.	TERREC Maele	ESF/01	St Max Essey Ca	13:28.01
3.	CARRE Elvina	JUF/03	Ast Louhans	13:42.61
4.	BERGER Alyssa	JUF/03	Ao Nivernaise	14:15.99
5.	MILLE Agathe	CAF/04	Grac Renwez	14:23.69
6.	BODIN Flavie	JUF/03	Grac Renwez	15:19.59
7.	MEYER Maylisse	CAF/04	Efs Reims	16:24.26

5000m Walk

1.	KUSTER David	ESM/99	Efs Reims	20:10.33
	DURAND Dimitri	JUM/02	Paris UC	DNF



Walkers on the start line - 842 David Kuster; 966 Pauline Stey; 967 Maele Terrec and 963 Elvina Carre (photo Emmanuel Tardi)

Emmanuel advises that the French Federation has decided to cancel the Youth Indoor Championship, the cross country national championships, the 20km and 50km national championships (scheduled for 21st March), the National 24 Hour Walk Championship (scheduled for Chateau-Thierry on 27-28 March) and the 24 Hour walk in Bourges. He thinks there may be an elite indoor championship with restricted competitors in Miramas on 21st February, but there is not much else on the horizon.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 press releases for us this week

- Mon 1 Feb - USA: Results of Graceland Winter Series 2021 and Bumble Rumble 2021 Meetings
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3970
- Tue 2 Feb - Preview of next Ancona (ITA): Next Saturday's Italian Indoor U20 and U23 Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3969
- Sun 31 Jan - Chong Ming (CHN): Race Walk Meeting
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3968
- Sat 30 Jan - Sumy (UKR): Oleh Svystun and Yana Farina win the Ukraine Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3967
- Fri 29 Jan - Raul Gonzalez (MEX): "Updating the rule of race walking" (study of a few years ago)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3966

- Thu 28 Jan - Bhopal (INDIA): new national U20 records in 10,000m track walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3965

while Omarchador has 7 press releases.

- Tue 2 Feb - Álvaro Martín with auspicious start of season in Murcia
<https://omarchador.blogspot.com/2021/02/alvaro-martin-com-auspicioso-inicio-de.html>
- Mon 1 Feb - Rydian Cowley and Jemima Montag in close up on the 10,000 m at Clifton Hill, Australia
<https://omarchador.blogspot.com/2021/02/rydian-cowley-e-jemima-montag-em-grande.html>
- Sun 31 Jan - David Kuster and Pauline Stey win at Meeting Indoor in Vittel, France
<https://omarchador.blogspot.com/2021/01/david-kuster-e-pauline-stey-vencem-no.html>
- Sat 30 Jan - Resultados of Ukrainian U20 indoor track championships at Sumy
<https://omarchador.blogspot.com/2021/01/ucrania-disputou-campeonatos-sub-20-na.html>
- Fri 29 Jan - Érica Sena dreams of a medal at the Olympic Games
<https://omarchador.blogspot.com/2021/01/erica-sena-sonha-com-uma-medalha-nos.html>
- Thu 28 Jan - Amit Khatri beat Indian U20 indoor record in the men's 10,000m walk
<https://omarchador.blogspot.com/2021/01/amit-khatri-bateu-o-recorde-sub-20-da.html>
- Wed 27 Jan - Reshma Patel sets Indian U20 indoor record in the women's 10,000m walk
<https://omarchador.blogspot.com/2021/01/reshma-patel-estabeleceu-novo-recorde.html>

OUT AND ABOUT

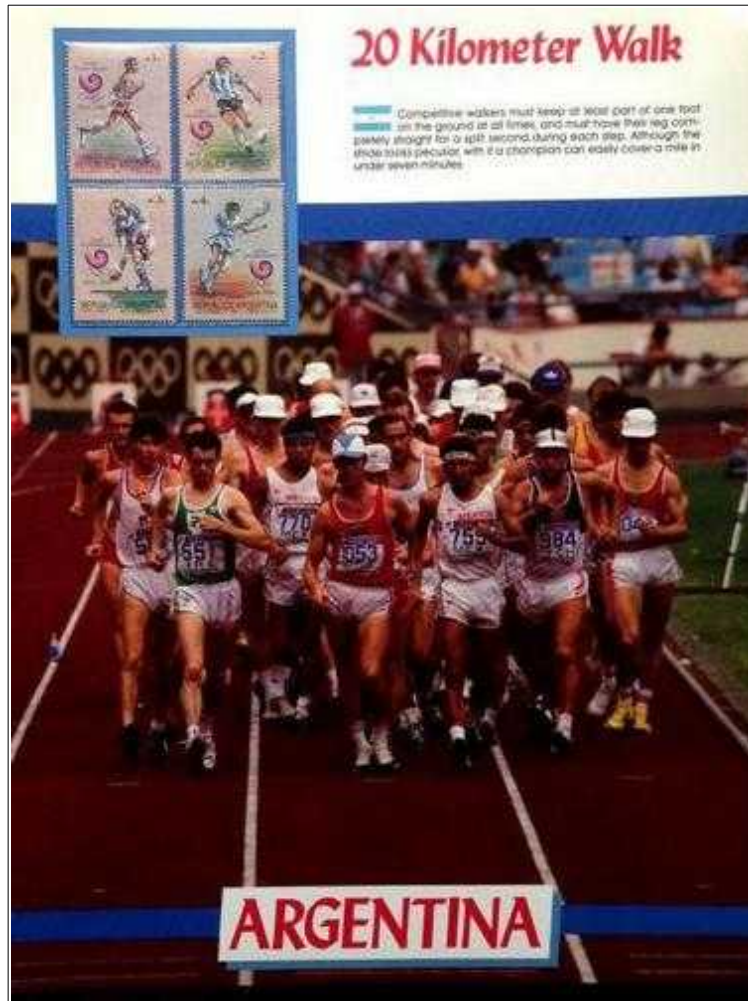
- See the following link for an interview with former UK International racewalker and 5 time Olympian **Chris Maddocks** –
<https://enertor.com/blogs/enertors/5-consecutive-olympics-what-does-it-take>.
- In last week's newsletter, I referred readers to Ron Wallwork's recollections about the shoes he used in his early racewalking career, from the late 1950s onwards. This week, the Lancashire Walking Club publishes Part Two of *Soles, Heels and Toes*, with **Guy Goodair** talking about his efforts in sourcing training and racing shoes in the same timeframe. Gosh, I remember the EB walking shoe and the Adidas Marathon 80. I used both of during my early days. Read all about it at <https://lancswalkingclub.com/2021/01/29/part-two-of-soles-heels-and-toes-guy-goodair-remembers-the-shoes-he-wore/>

A week is a long time in a pandemic. Japanese Prime Minister Yoshihide Suga seven days ago gave his latest vow to hold the Olympic and Paralympic Games this year. The Games were later "cancelled" by an unnamed Government source, before being "uncancelled" by the Japanese Government. Comparisons are understandably drawn between the build-up to the postponement last March and the situation now. Some of the more recent Games related articles.

- Foreign athletes may not be able to take part in the World Athletics Continental Tour meeting scheduled for Tokyo on May 9, which is doubling up as the track and field test event for the re-scheduled 2020 Olympics due to start less than 11 weeks later. See <https://www.insidethegames.biz/articles/1103460/tokyo-2020-athletics-test-event-may-9>.
- The Tokyo 2020 Olympics faces further uncertainty due to the Japanese Government's COVID-19 vaccination plans, with its roll out not expected until late February. This would mean Japanese citizens would only start to receive vaccinations five months before the Games are set to start, on July 23. See <https://www.insidethegames.biz/articles/1103413/tokyo-2020-covid-19-vaccinations>.
- The final Tokyo Olympics artistic swimming qualifier has been postponed due to the current travel restrictions in Japan. The event was scheduled to take place from 4-7 March at Tokyo Aquatics Centre, and was set to be the first Olympic test event with COVID-19 countermeasures in place. FINA has announced that the tournament will now be moved to 1-4 May, in the same venue. See <https://www.insidethegames.biz/articles/1103498/artistic-swimming-tokyo-2020-olympics>.
- The Japanese Government is expected to extend the state of emergency in Tokyo and 10 other prefectures where the coronavirus infection rate remains high until March 7. See <https://www.insidethegames.biz/articles/1103704/japan-to-extend-tokyo-state-of-emergency>.
- And finally a laugh for what can only be described as a ridiculous idea. I just can't imagine the Olympics being relocated to USA, the worse covid basket case in the world. See <https://www.insidethegames.biz/articles/1103497/florida-tokyo-2020-olympic-games-request>.

PHILATELIC UPDATE

I am excited to announce that we have found a further racewalking related philatelic item. Argentina released 4 sporting stamps to celebrate the 1988 Seoul Olympics. Although none of the stamps feature racewalking, a number of sheetlets were produced, one of which featured our discipline. Here it is:



DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of COVID-19 issues.

For VRWC race details, see <http://www.vrwc.org.au/vrwc21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxh.pdf>

Victorian Key Dates – Summer 2020/2021

Feb 6 (Sat), 2021	AVSL Round 6 (3000m/1500m walks)	Various venues
Feb 13 (Sat), 2021	AVSL Round 7 (2000m walks)	Various venues
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships	Adelaide, SA
	Entries close on Monday 1 st February - https://www.athletics.com.au/events/83392/	
Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium
Mar 6 (Sat), 2021	AVSL Round 8 (5000m/2000m walks)	Various venues
Mar 13 (Sat), 2021	AVSL Round 9 (no walks)	Various venues
Mar 14 (Sun), 2021	AV 5000m Teams Race Championships , VRWC track walks	Clifton Hill
Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Clifton Hill
Mar 27 (Sat), 2021	Australian 50km Championship (Men)	VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	Australian Athletics Championships	Sydney, NSW

Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Mar 27 (Sat), 2021	RW Challenge Meet, Taicang, CHN)
Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR
May 29 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

Mar 20 (Sat), 2021	Dudince 50km Meet, Dudince, Slovak Republic
May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships , Tampere, Finland (NOW POSTPONED TILL 2022)
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)

Jan 2022	Oceania Masters Championships , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , Minsk, Belarus
July 15-24, 2022	18th World Athletics Championships , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships , Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships , Cali, Colombia

TBA, 2023	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)