



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 32
Tuesday 11 May 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
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Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
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TIM'S WALKER OF THE WEEK

My Walker of the Week this time around is VRWC walker **Ela Uzun**. Ela, who turned 10 only 3 weeks ago, continues to rewrite our record books week by week. She joined our club in April 2018, aged 7 years. Since that first race, she has broken club records on 20 occasions! What an amazing young walker!

U9 2km Road Walk	13:35	VRWC Races, Middle Park	29/07/2018
U9 Girls 1500m Track Walk	9:18	VRWC Track Walks, Mentone	10/02/2019
U9 1.5km Road Walk	8:22	VRWC Races, Middle Park	04/05/2019
U9 1km Road Walk	5:16	VRWC Races, Middle Park	01/06/2017
U9 1km Road Walk	5:14	LBG Carnival, Canberra	09/06/2017
U9 2km Road Walk	11:24	VRWC Races, Middle Park	15/06/2019
U9 2km Road Walk	11:13	VRWC Races, Middle Park	20/07/2019
U9 and U10 3km Road Walk	17:53	VRWC Races, Middle Park	03/08/2019
U9/U10 1500m Track Walk	0:8:11	VRWC Races, Keilor Park	27/11/2019
U9-U11 3000m Track Walk	16:50	VRWC Races, Clifton Hill	11/12/2019
U9 2km Road Walk	11:11	VRWC Races, Middle Park	19/01/2020
U9-U10 1500m Track Walk	8:04	VRWC Track Races, Clifton Hill	22/01/2020
U10 1km Road Walk	5:01	VRWC Roadwalks, Albert Park	04/07/2020
U10 2km Road Walk	10:48	VRWC Races, Middle Park	15/11/2020
U10 1km Road Walk	4:57	VRWC Races, Middle Park	21/11/2020
U10 3km Road Walk	15:45	VRWC Races, Middle Park	28/11/2020
U10 and U11 5km Road Walk	28:28	VRWC Races, Middle Park	06/12/2020
U10 2km Road Walk	10:09	VRWC Races, Middle Park	17/01/2021
U10 and U11 1500m Track Walk	7:18	VRWC Track Races, Clifton Hill	14/03/2021
U10 and U11 1.5km Road Walk	7:21	VRWC Races, Middle Park	17/04/2021



Ela competing at Middle Park on Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday afternoon sees us back at Middle Park for another round of our VRWC winter season. Race info as shown below.

Saturday 15th May 2021, Middle Park
VRWC Events, If entering online, entries close Wednesday 11.59pm
If entering in person, entries close for all events at 1.40pm sharp

2.15pm	12km Points Race	Open
2.15pm	10km Points Race	Open
2.15pm	5km Points Race	Open
2.30pm	3km Points Race	Open
2.30pm	1.5km Points Race	Open

The following weekend sees the Victorian 10km Championships and the Victorian Country Roadwalk Championships at Middle Park, alongside our own VRWC and RWV club championships. Note the entry considerations below.

Sunday 23rd May 2021, Middle Park

AV Championships: Pre-entry is required via the AV website Members Portal.

VRWC Championships: Online entries only. Entries close Wednesday 11.59pm

RWV Championships: If entering online, entries close Wednesday 11.59pm.

If entering in person, entries close at 9.30am.

VRWC non championship events: If entering online, entries close Wednesday 11.59pm.

If entering in person, entries close at 9.30am.

10.00am	10km	AV Championship For the C.H. [Bert] Gardiner Medal	Open, 40+, 50+ Men
10.00am	10km	AV Country Championship	Open Men
10.00am	10km	AV Championship	Open, 40+, 50+ Women
10.00am	10km	AV Country Championship	Open Women*
10.00am	10km	Non championship	Open
10.30am	5km	AV Country Championship	U20 Men/Women
10.30am	5km	VRWC Championship	U20 Men/Women
10.30am	5km	AV Country Championship	U18 Men/Women
10.30am	5km	VRWC Championship	U18 Men/Women
10.30am	5km	Non championship	Open
11.00am	3km	AV Country Championship	U16 Boys/Girls
11.00am	3km	VRWC Championship	U16 Boys/Girls
11.00am	3km	AV Country Championship	U14 Boys/Girls
11.00am	3km	VRWC Championship	U14 Boys/Girls
11.00am	3km	Non championship	Open
11.05am	1km	Racewalking Victoria Championship	U10 Boys/Girls
11.05am	1km	Non championship	Open
11.15am	2km	Racewalking Victoria Championship	U12 Boys/Girls
11.15am	2km	Non championship	Open
11.30am	Presentations		

For ongoing races, see our full fixture at <http://www.vrwc.org.au/vrwcw21.shtml>

- Entries for the **54th RWA Lake Burley Griffin / Stromlo Carnival** have now been open for a few weeks. Let's all ensure that the event remains our biggest carnival for the year. Get your entry in – 2+ weeks to go before entries close.



Carnival: RWA LBG Stromlo Carnival, Stromlo Forest Park, Canberra
 Date: Sunday 13th June
 Entries Close: 5PM, Friday 28th May
 Carnival Link: <http://www.rwa.org.au/wp/2021/04/20/54th-annual-lbg-stromlo-walking-carnival/>
 Facebook page: <https://www.facebook.com/groups/lbg2021>
 Entries: <https://tinyurl.com/4sanp3zs>
 Entry Lists: <http://vrwc.org.au/wp1/lbg-entry-lists/>

- Finally, next Sunday sees the **European Race Walking Team Championships** in Podebrady, Czech Republic. I will be following that with great interest as it is one of the few remaining opportunities for European walkers to get times on the board to qualify for the Olympics.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 8 MAY 2021

Conditions were perfect for the 42 walkers who attended the latest round of VRWC roadwalks at Middle Park on Saturday. The longer events got underway first, at 2:15PM, with Australian international **Kyle Swan** showing impeccable form to record 33:59 for the 8km. Masters walker **Mark Blackwood** was also in great form, coming second with 37:42. Others to stand out included 14 year old **Ariana Pashutina** (20:16 for 4km) and 74 year old **Andrew Jamieson** (35:39 for 6km). And special mentions to **Kate Sanford** (having her first walk with us) and **Kate Siviour** (first year walker and upping the distance to 8km).

8km Walk

1.	Madeleine Feain	Open	43:56	1	Longest walk yet
2.	Kate Siviour	Open	47:01		
3.	Kylie Irshad	M40	47:55	2	
4.	Alison Thompson	M60	55:11	3	
1.	Kyle Swan	Open	33:59	2	
2.	Mark Blackwood	M40	37:42	4	
3.	Heath Beveridge	U20	40:33	1	
4.	Kevin Cassidy	M60	42:28	3	

6km Walk

1.	Charlotte Hay	U20	32:34	4
2.	Emily Smith	U16	34:50	1
3.	Grace Louey	U20	36:53	3
4.	Heather Carr	M60	38:16	2
1.	Pramesh Prasad	M40	31:26	4
2.	Andrew Jamieson	M60	35:39	1
3.	Paul Kennedy	M60	36:22	3
4.	Terry O'Neill	M60	37:20	2

4km Walk

1.	Ariana Pashutina	U16	20:16	1	First walk with us
2.	Maddison Nash	U16	23:12	2	
3.	Dee Holohan	M40	24:46	3	
4.	Kate Sanford	Open	25:04		
5.	Donna-Marie Elms	M40	25:21	4	
6.	Gwen Steed	M60	28:58	5	
7.	Karyn O'Neill	M60	29:26	6	
1.	Eden Morgan	U16	24:01		
2.	David Smyth	M40	24:16	2	
3.	Geoff Barrow	M60	29:15	1	
	Riley Coughlan	U16	DNF		
	Steve Haverly	M60	DQ		

The 2km and 1km races got underway at 2:30PM, with **Ela Uzun** leading them around in an amazing 9:57, not to shabby at all given that she only turned 10 last month. There were lots of other PBs as well, as you can see for yourself. Welcome to first timers **Kelsey Loudon** and **Christal Xie**.

2km Walk

1.	Ela Uzun	U10	9:57	2	PB 0:12, new VRWC U10 Record
2.	Havana Ali	U10	11:13	1	PB 0:08
3.	Mietta Morgan	U12	12:10	4	
4.	Kelsey Loudon	U12	12:25		First time with us
5.	Ella Cunningham	U14	12:47		PB 0:59
6.	Lula Parrott	U12	13:19	3	
7.	Christal Xie	Open	14:05		First time with us
1.	Daniel Pashutin	U14	10:40	2	PB 0:16
2.	Albin Hess	M60	13:10		
3.	Cody Wapshott	U12	13:50	1	PB 0:25

1km Walk

1.	Matilda Read	U12	6:24	1	PB 0:27
2.	Violet Froom	U10	7:25	2	
1.	Haris Ali	U10	7:43	2	
2.	Aydin Uzun	U10	8:00	1	PB 0:32

Thanks to our generous band of officials, judges and helpers who keep the show on the road every week.

Officials: Mark Donahoo, Darlene Swan, Tim Erickson, Ian Laurie, Peter Price, Donna Dickson
Judges: Stu Cooper (Chief), Kathleen Marsh, Gordan Loughlan, Michael Bodey, David Cash, Shane Dickson
Set up & Pack up: Stu Cooper, Madeline Feain, Gerard Feain, Donna-Marie Elms
Referee: Stu Cooper
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F579>)



Mark Blackwood, Kyle Swan, Ariana Pashutina and Andrew Jamieson



Matilda Read, Christal Xie, Kelsey Loudon and Kate Sanford



*Left: Start of the 1km and 2km races
Right: Haris Ali and Aidin Uzun*



Start of the 8km, 6km and 4km races (all photos Terry Swan)

Our points competitions continued this week, with the latest cumulative counts in the Actual Times, Handicaps and Style Awards now updated at <http://www.vrwc.org.au/vrwcpointscmps.shtml>. Here is how the judges gave their Style Award points (each judge awards 3,2,1 points for the most stylish male and female walkers. **Maddison Nash, Kyle Swan and Heath Beveridge** caught their attention this week.

Maddison Nash	9	Kyle Swan	11
Mietta Morgan	5	Heath Beveridge	11
Lula Parrott	4	Daniel Pashutin	4
Charlotte Hay	3	Haris Ali	1
Ela Uzun	2	Aydin Uzun	1
Kate Siviour	2	Eden Morgan	1
Kelsey Loudon	1	Paul Kennedy	1
Donna-Marie Elms	1		
Matilda Read	1		
Heather Carr	1		

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 8 MAY 2021

Thanks to Kim Mottrom for this week's results from Adelaide. He reports: Cold and wet today but some great times. PB's from **Olivia Sandery** and **Di Camilleri**.

3km Walk

1.	Sebastian Richards	15:15
2.	Katie De Ruvo	17:40
3.	Cooper Rech	18:32

2km Walk

1.	Orlando Grantham	11:24
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1km Walk

1.	Elizabeth Rieger	6:53
1.	Maverick Grantham	9:20

5km Walk

1.	Olivia Sandery	23:12
2.	Nellie Langford	28:33
3.	Richard Everson	29:12
4.	Peter Crump	29:14
5.	Greg Metha	30:45
6.	Liz Downs	37:09
7.	Di Camilleri	38:39
8.	Stephen Downs	39:57

ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 8 MAY 2021

Thanks to Val Chesterton for this week's results from Canberra.

10km Walk

1.	Sue Archer	1:12:07
2.	Bryan Thomas	1:18:10
3.	Bob Parker	1:18:52
4.	Pat Fisher	1:19:35
5.	Doug Fitzgerald	1:21:10
6.	Geoff Barker	1:21:43

1.5m Walk

1.	Siddharth Dhawan	7:37
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5km Walk

1.	Kodi Clarkson	25:19
2.	Sidney Shaw	32:01
3.	Rod Gilchrist	40:45
4.	Jennifer Gilchrist	41:07

3km Walk

1.	Owen Toyne	14:17
2.	Julia Grocott	19:04
3.	Jack Thackray	27:58

TWRC ROADWALKS, DOMAIN LOOP, HOBART, SATURDAY 8 MAY 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports: A fine day for a walk on one of our more testing courses at the Queen's Domain. Finish Times are generally slower from our walkers on this course due to its challenging undulations and camber, this didn't deter **Lily Carr** from notching up an excellent PB in the 2km, with strong walks also from **Elizabeth Leitch** in the 3km and **Ron Foster** in the 6km

2km Walk

1.	Lilly Carr	OVA	14:01
2.	Tereasa Hatten	TMA	14:32

3km Walk

1.	Elizabeth Leitch	TMA	21:02
2.	Dave Moore	TMA	30:32

5km Walk

1.	Samuel Lindsay	NSTD	29:02
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6km Walk

1.	Ron Foster	TMA	46:11
2.	Wayne Fletcher	NS	51:03

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 8 MAY 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. He reports: Handicap meeting at the very "green" Oaklands Park course. Weather was mild with showers.

8km Walk

1.	MARIE MAXTED	55:00	W60	74.17%
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8km Club Walk

1.	DAVID ROBERTSON	1:11:43	M85	74.23%
2.	BRIAN WITTY	59:39	M70	68.50%

4km Walk

1.	KRISTINE FREEMAN	33:30	W60	58.29%
2.	DAVE FALLON	30:08	M65	64.45%
3.	HELEN SURIDGE	31:37	W70	70.17%

4.	ROGER LOWE	35:09	M75	63.00%
5.	KEVIN FINN	33:33	M65	58.58%

4km Club Walk

1.	MIKE VOWLES	30:42	M75	71.09%
2.	CATHIE HORE	37:09	W70	59.72%
3.	EDNA BATES	37:57	W65	56.83%

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 9 MAY 2021

Thanks to Terry Jones for this week's results from Western Australia.

10km Walk

1.	Ben Reid	56:29
2.	Brad Mann	56:29
3.	Karyn Tolardo	1:08:20
4.	Marcela Ruiz	1:17:43

8km Walk

1.	Victor Munoz	53.23
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5km Walk

1.	Wendy Farrow	33.43
2.	Glenys Duncan	44.51

3km Walk

1.	Emily Bogaers	23.19
2.	Shandel Coleman	23.25

2km Walk

1.	Keaton Bailey	11.10
2.	Lataya Lawrence	12.42
3.	Luke Lawrence	13.15
4.	Linkin Lawrence	14.07
5.	Sylvia Byers	19.43

LANSW RACEWALKING CARNIVAL, ANGLE PARK, CHIPPING NORTON, SATURDAY 1 MAY

What a great initiative - a dedicated Little Athletics NSW roadwalk carnival, hosted by NSWRC and held at Chipping Norton in Sydney. All 2020/21 registered athletes were invited to participate in the Carnival in the age group in which they had completed the summer season, and there were medals for the first 3 finishers in each category. There was also a community 2km walk and the opportunity to learn how to racewalk from Olympian Cheryl Webb. I counted 87 names in the results reproduced below. Lots of great performances - check them out below.

U17 Girls 3km Walk

1.	Elizabeth McMillen	MWA	13:51.63
2.	Emma Thomas	PAR	15:42.32
3.	Chelsey Torrens	WHI	19:54.26

U17 Boys 3km Walk

1.	Raven Pyda	LIV	13:44.73
2.	Jack Robson	HILL	15:16.88
3.	Brendan Pospischil	WHI	16:45.81
4.	Caleb Strahl	PTH	17:11.63

U15 Girls 3km Walk

1.	Milly Boughton	SE	14:22.07
2.	Chloe Krklinski	PAR	16:27.23
3.	Laelia Byatt	GIR	17:32.65
4.	Amelia Crocker	PTH	20:34.12
5.	Bronte McKenna	ESC	25:13.16

U15 Boys 3km Walk

1.	Grady Platt	ANL	15:43.24
2.	Jai Horton	LIV	16:35.65
3.	Thomas Shannon	CHE	16:50.83

U14 Girls 2km Walk

1.	Sienna Pitcher	GOSF	9:31.54
2.	Ciara Cassilles	REV	10:06.17
3.	Chloe Lamb	MWA	10:14.29
4.	Samantha Torrens	WHI	10:36.48
5.	Olivia Sassen	PAR	11:59.38
6.	Abbey Bektas	NEP	12:02.53
7.	Jessey Bektas	NEP	12:40.99

U14 Boys 2km Walk

1.	Myles Ashby	GOSF	10:01.83
2.	Maxwell Mayhew	RYD	10:30.69
3.	Joel Byatt	GIR	10:46.11
4.	Aidan Pospischil	WHI	11:53.13

U13 Girls 2km Walk

1.	Evie Armstrong Reading	SE	10:29.76
2.	Danelia Samuel	WHI	10:47.63
3.	Laura Corvalan Sotomayor	GIR	12:09.11
4.	Olive Gauci	GB	DNF

U13 Boys 2km Walk

1.	Thomas Varga-Strike	QUA	10:46.24
	Kane Robson	HILL	11:38.99
2.	Alexander Sinnett	KJB	DNF

U12 Girls 1.5km Walk

1.	Matilda Webb	WHI	7:31.32
2.	Jessica Loring	PAR	7:47.62
3.	Emma Hearnden	CAR	8:06.51

U12 Boys 1.5km Walk

1.	Jaxson Horton	LIV	7:55.76
2.	Christopher Nilon	NRC	8:21.72
3.	Aidan Kirk	ESC	9:13.62

4.	Imogen Cochrane	NTDI	9:04.61
5.	Caetlin Ashby	GOSF	9:24.32
6.	Charlotte Rudd	BAL	10:19.41

U11 Girls 1.5km Walk

1.	Sophie Polkinghorne	NRC	8:04.26
2.	Ruby Kernaghan	PAR	8:13.46
3.	Ella Van Der Meer	ILW	8:16.81
4.	Madeleine Felice	ILW	8:28.07
5.	Emma Hoskins	QUA	8:48.50
6.	Indyana Campbell	NEP	8:57.11
7.	Lilly Twigden	LIV	9:22.09
8.	Cheyannah Hall shakira hewitt	WOL BSAC	10:52.41 DQ

U11 Boys 1.5km Walk

1.	Roi Costis	NSU	7:59.71
2.	Alexander Braendle	NTDI	8:46.85
3.	Remy Mitchell	SE	9:52.20
	Lukas Hall	EDG	DQ
	daniel T kidane	CAN	DQ

U10 Girls 1.2km Walk

1.	Gemma Dixon	CHE	6:15.02
2.	Alexia Mathison	PTH	6:15.94
3.	Erin Cassilles	REV	6:21.95
4.	Olivia Loring	PAR	6:51.56
5.	Chloe Gasper	BAL	7:08.24
6.	Demi Maddison	CAR	7:12.85
7.	Brooke Cross	ILW	7:38.31
8.	Lilly Gasper	BAL	7:41.39
9.	Nikki Hearnden	CAR	8:35.03
10.	Aliyah Mhanna Mia Gandy	BOW EDG	10:41.26 DQ

U10 Boys 1.2km Walk

1.	Callum Martin	ANL	5:59.70
2.	Mitchell McCarthy	RYD	6:00.00
3.	Tyler Cousins	EDG	6:07.27
4.	Lucas Siemionow	PRE	6:49.81
5.	Michael Mathison	PTH	7:03.64
6.	Maverick Andrews	KAT	8:37.70

U9 Girls 1.2km Walk

1.	Alexandra Vanner	BAL	7:23.21
2.	hannah hewitt	BSAC	7:31.93
3.	Ashleigh Mansell	CHE	7:32.19
4.	Jessinta McAnally	ILW	7:42.85
5.	Teigan Dummer	KOO	8:19.17
6.	Scout Linton	KUR	8:25.45
7.	Ivy Murray	RIV	8:38.59
8.	Amelia Smith Lucy Schofield	CTN BOW	10:34.36 DQ

U9 Boys 1.2km Walk

1.	Ryan Volpato	BAL	6:25.59
2.	Caine Platt	ANL	7:33.07
3.	Lachlan Macheski	WHI	8:27.48
4.	Luca Barakat Jackson Aiken	PTH PAR	12:23.57 DQ

MARCIADALMONDO AND OMARCHADOR ROUNDUP

It is great to see so much racewalking activity around the world. Marciadalmondo has 5 reports of interest to us

- Mon 10 May - Budapest (HUN): the Semifinal of the Hungarian Track Walking Team Championship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4080
- Sun 9 May - Taicang (CHN): "Ironman Cup" - Second day
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4079
- Sat 8 May - Guayaquil (ECU): Panamerican Walking Cup
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4078
- Sat 8 May - Taicang (CHN): "Ironman Cup" - First day
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4077
- Wed 5 May - Don Dunfee (CAN) talks about the racewalking development of Evan Dunfee
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4075

Omarchador was also busy, with 9 press releases

- Mon 10 May - Spanish selection for the 2021 European Race Walking Cup
<https://omarchador.blogspot.com/2021/05/selecao-de-espanha-para-o-campeonato-da.html>
- Sun 9 May - Gabriela Muniz (Brazil) and Brayan Matías (Guatemala) stand out in the Pan American Cup U20 10km
<https://omarchador.blogspot.com/2021/05/gabriela-muniz-brasil-e-brayan-matias.html>

- Sat 8 May - Nathaly Leon (Ecuador) wins Pan-American 35km walk
<https://omarchador.blogspot.com/2021/05/nathaly-leon-ecuador-sagra-se-campea.html>
- Sat 8 May - Jonathan Amoros (Ecuador) wins Pan American 50km walk
<https://omarchador.blogspot.com/2021/05/jonathan-amoros-ecuador-conquista.html>
- Fri 7 May - Paola Pérez wins women's Pan American 20km
<https://omarchador.blogspot.com/2021/05/paolaperez-com-minimo-olimpico-e-titulo.html>
- Fri 7 May - Eider Arévalo wins men's Pan American 20km
<https://omarchador.blogspot.com/2021/05/eider-arevalo-sagra-se-campeao-pan.html>
- Thu 6 May - Results of Nicaraguan Youth Athletics Championship (U18 and U10)
<https://omarchador.blogspot.com/2021/05/campeonato-da-nicaragua-de-atletismo.html>
- Wed 5 May - João Vieira bypasses Podebrady after disagreement with Portuguese Federation
<https://omarchador.blogspot.com/2021/05/joao-vieira-falha-podebrady-por.html>
- Tue 4 May - Marchador from Paraná (Brazil) dies in road accident
<https://omarchador.blogspot.com/2021/05/marchador-do-parana-brasil-morre-em.html>

OUT AND ABOUT

- Australia's Gold Coast will welcome the area's best athletes in June as they look to secure Olympic qualification at an **Oceania Invitational Series**. With limited access to international competitions from the Oceania area due to the pandemic, the meetings at the Gold Coast Performance Centre on 5 and 12 June will offer athletes the opportunity to earn ranking points towards Tokyo. The Australian and New Zealand U20 teams will also compete at the meetings by way of recompense being withdrawn from the World Athletics U20 Championships this year. There are **10,000m track walks at the first meet on Saturday 5th June**. See more at <https://athletics-oceania.com/07/05/15528/>.
- The date has now been set for the **2021 Australian Roadwalk Championships** (and the associated RWA Carnival). It's **Sunday 12th September at Middle Park**. VRWC will be hosting the championships on behalf of AA and RWA. See the timetable on our VRWC fixture page at <http://www.vrwc.org.au/vrwcw21.shtml>.
- The Japanese government is considering an extension of the state of emergency for Tokyo and other major urban areas that was scheduled to end on May 11. Japan had placed Tokyo, Osaka, Kyoto and Hyogo prefectures under a 17-day state of emergency on April 25 in an effort to reverse the surge in coronavirus infections. An extension of the emergency restrictions would come with fewer than three months left until the start of the Tokyo Olympics, fanning persistent concerns over whether they can be held as planned. See <https://www.reuters.com/world/asia-pacific/japan-considering-state-emergency-tokyo-other-areas-beyond-may-11-media-2021-05-05/>.
- A petition calling to cancel the Tokyo Olympics is gathering support in Japan, as the government prepared to extend the state of emergency in the city and beyond to control the spread of the virus. Further, a survey by the Asahi newspaper last month found just 28% wanted the event to go ahead in July, while 34% wanted it postponed again and 35% wanted it canceled outright. See <https://www.bloomberg.com/news/articles/2021-05-07/calls-to-cancel-tokyo-olympics-grow-louder-as-emergency-extended>.
- The Seychelles is the most vaccinated nation on Earth, with more than 60% of its population fully vaccinated, more than other vaccine giants such as Israel and Britain, and almost twice the United States' rate of vaccination. But that success has been undermined this week as the Seychelles has found itself with its largest number of new coronavirus cases per capita, and has been forced to reinstate a number of restrictions. The Seychelles situation is being watched all over the world for what it says about the effectiveness of vaccines. See <https://www.washingtonpost.com/world/2021/05/06/seychelles-vaccines-covid-cases/>.
- What happens when an unstoppable force meets an immovable object? In less than three months, Tokyo will welcome 11,000 athletes and perhaps double that in staff, coaches and journalists. Plus, almost inevitably, Covid-19. The Olympics are immovable for one reason only: money. For the IOC, the threat of a multi-billion dollar black hole in its budget is too much to bear. Covid be damned. For the Japanese and Tokyo governments, meanwhile, the A\$20 billion official outlay on the Games makes cancellation unpalatable (the real total is estimated at twice that sum). Thus, the game of chicken with the pandemic therefore continues, despite increasing disapproval among Japanese citizens. See <https://www.theguardian.com/sport/2021/may/08/tokyo-ramps-up-for-olympics-but-winners-will-be-scarce-if-games-go-ahead>.
- As India's coronavirus catastrophe worsens, new waves of infections are fast engulfing a growing number of nations across South and Southeast Asia -- with some grappling with their worst outbreaks since the pandemic began. Cases have skyrocketed in countries around India, from Nepal in the north to Sri Lanka and the Maldives in the south. And it's not just

India's neighbors - further away in Southeast Asia, infections are also surging in Thailand, Cambodia and Indonesia. See <https://edition.cnn.com/2021/05/07/asia/asia-covid-hotspots-dst-intl-hnk/index.html>.

AUSTRALIAN WALKERS IN THE MIX FOR OLYMPIC SELECTION

If you want the latest update on which Australian T&F athletes are in the mix for Tokyo Olympic selection, check out <https://insideathletics.com.au/blog/target-tokyo/>. For the walks, 2 athletes have already been selected (**Dane Bird-Smith** 20km and **Jemima Montag** 20km) while a further 2 (**Rhydian Cowley** 20km and **Katie Hayward** 20km) have met the tough automatic qualifying standards so will be expected to be added in due course. A further 4 (**Kyle Swan** 20km, **Rebecca Henderson** 20km, **Claire Woods** 20km and **Rhydian Cowley** 50km) are currently in the top 60 world wide so stand a good chance of also being selected if they can hold their ranking positions until entries close. **Declan Tingay** and **Beki Smith** sit just outside the top 60 quota so would need to improve their World Ranking positions to stand a chance. Here is how it all looks

EVENT	NAME	STATUS	PERF/SCORE	RANKING	QUOTA CUTOFF
20km W	Dane Bird-Smith	Selected	1:20:52	39 th	
20km W	Rhydian Cowley	Qualified	1:20:19	23 rd	
20km W	Kyle Swan	In quota	1134	58 th	1125 (60 th)
20km W	Declan Tingay	Outside quota	1118	61 st	1125 (60 th)
20km W	Jemima Montag	Selected	1:28:50	15 th	
20km W	Katie Hayward	Qualified	1:29:25	21 st	
20km W	Claire Woods	In quota	1114	51 st	1089 (60 th)
20km W	Rebecca Henderson	In quota	1089	53 rd	1089 (60 th)
20km W	Beki Smith	Outside quota	1058	71 st	1089 (60 th)
50km W	Rhydian Cowley	In quota	1199	36 th	1120 (60 th)

To explain further, athletes are either:

Selected: Named by Athletics Australia and the Australian Olympic Committee in a specific event.

Qualified: Has met the qualifying standard for an event, but have not yet been selected.

In quota: Currently within the quota set by World Athletics for their event, based on the number of athletes with qualifiers, with the remaining spots filled by World Rankings. At the end of the qualifying period athletes within the quota are eligible for selection.

Outside quota: Currently not within the quota set for an event. These athletes need to improve their World Ranking to move into the quota to be eligible for selection at the end of the qualifying period.

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.

Victorian Key Dates –2021

May 15 (Sat), 2021	VRWC Winter roadwalk season continues	Middle Park, VIC
June 5 (Sat), 2021	Oceania Invitational Meet, Gold Coast Performance Centre (10,000m Walks)	Gold Coast, QLD
Jun 13 (Sun), 2021	LBG Stromlo Carnival, Mt Stromlo Forest Park	Canberra, ACT
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

June 6 (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

May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
Aug 8-19, 2021	World University Summer Games , Chengdu, China (POSTPONED TILL 2022)
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)
Nov 5-14, 2021	Pan Pacific Masters Games , Gold Coast, QLD (https://mastersgames.com.au/ppmg/)
Jan 2022	Oceania Masters Championships , Norfolk Island (CANCELLED)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
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

Tim Erickson, terick@melbpc.org.au Mob: 0412 257 496

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