



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 28
Tuesday 13 April 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WHAT'S COMING UP

- Our VRWC winter season continues on **Saturday 17th April** with roadwalks at Middle Park.

| | | | |
|--|-------|-------------|------|
| Saturday 17th April 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 |

Talking of this weekend's VRWC races at Middle Park, I have to post a request for help from club president Stu Cooper.

Dear members,

With a large number of our regular officials and support crew committed elsewhere this coming Saturday (Nationals in Sydney, 24 Hour event at Coburg, etc), our second round of VRWC road races at Middle Park may be seriously impacted. There are a number of tasks for which we will need helpers, including:

- *Course set-up and pack-up (inc. riding the trailer bike, putting out and gathering marker cones)*
- *Putting up and pulling down tent*
- *Timekeeping*
- *Riding the course guidance bike (important for the 'littlies' in particular)*
- *Sweeping parts of the course where necessary*

If you are available, either as a general helper or prepared to take on one of the above jobs), please advise Stu at stuwalks@yahoo.com.au, as soon as possible. Any assistance is greatly appreciated.

Judges: if you are available for judging this Saturday and have not already advised Peter Vysma, please do so at peter.v1@iinet.net.au.

Many thanks,

Stu Cooper

President

- You can check out our full VRWC winter fixture at <http://www.vrwc.org.au/vrwcw21.shtml>. One of the carnivals coming up is a special meet at Middle Park on **Sunday 2nd May**, which we hope will be added to the World Athletics list of Olympic qualification meets. It includes Invitational 20km walks, which will be held alongside our Victorian Open 20km Championships. We are waiting for final confirmation from Athletics Australia. Once that is done, it becomes an official opportunity to qualify for the Olympics, something that our Australian walkers really need right now. We are hopeful that AA will open an entry portal for the event in the next week or so. I think we are stuck in the queue behind the Australian T&F Championships which started yesterday in Sydney (more of that below).
- Next weekend sees Coburg Harriers hosting the annual Coburg 24 Hour Track Carnival at Coburg. I am the chief cook and bottle washer so will be tied up onsite for the weekend. The action starts at midday on Saturday and the final gun sounds at midday on Sunday. The carnival has a record 129 entrants, with most running but with 19 walkers in action, including VRWC members **Pramesh Prasad** (24 Hour Walk), **Albin Hess** (12 Hour Walk), **Tracy Colbert** (6 Hour Walk), **Donna-Marie Elms** (6 Hour Walk) and **Marnie Grace** (6 Hour Walk). Come along and have a look at some time over the weekend and see a very different sort of event. Lots of info on our event page at <http://www.coburg24hr.org/24hr/race-entry/>.

AUSTRALIAN ATHLETICS CHAMPIONSHIPS, SOPAC, SYDNEY, 12-19 APRIL 2021

Yesterday (Monday) marked the start of the **Australian Athletics Championships in Sydney**.. The carnival is a huge one that extends over an 8 day period. The current timetable shows the walks scheduled as follows

The first of the racewalks were held today (Tuesday), as follows

| | | |
|---------------|---------|------------------------------|
| Tues 13 April | 11:55AM | 3000m Walks U14 |
| | 2:25PM | 3000m Walks U15 and U16 Boys |

The remaining walks are scheduled as shown below

| | | |
|--------------|---------|----------------------------------|
| Wed 15 April | 4:50PM | 3000m Walks U15 and U16 Girls |
| Thu 16 April | 6:15PM | 10,000m Walks Open and U20 Women |
| Fri 16 April | 7:00PM | 10,000m Walks Open and U20 Men |
| Sat 17 April | 12:20PM | 5000m Walks U17 and U18 Women |
| | 1:55PM | 5000m Walks U17 and U18 Men |

Start lists are online at <https://cdn.revolutionise.com.au/cups/aa/files/vzr6uuvtgwylw2s.pdf>.

For all results visit: <http://athletics.resultshub.com.au/>.

The results from today's 3000m walks are shown below. Walker of the day had to be **Kodi Clarkson** of ACT who proved too strong in the U14 3000m Walk, smashing the meet record with a time of 13:51.22. Well done also to **Marcus Wakim** who was the best placed of the Victorians, coming second in the U16 3000m walk with a 32 second PB time of 13:36.39. Sorry I don't have time to give more in the way of comment. I am snowed down preparing for this weekend's Coburg 24 Hour Carnival.

U16 Boys 3000m Walk

| | | | |
|-----|--------------------|-----|----------|
| 1. | Sam McCure | QLD | 13:32.61 |
| 2. | Marcus Wakim | VIC | 13:36.39 |
| 3. | Ryan Bonham | NSW | 13:41.71 |
| 4. | Grady Platt | NSW | 13:55.13 |
| 5. | Christopher Wright | WA | 14:38.09 |
| 6. | Jack Wright | WA | 14:41.54 |
| 7. | Alex Bradley | QLD | 14:45.58 |
| 8. | Joel Imbriano | VIC | 15:09.50 |
| 9. | Anthony Tana | SA | 15:13.50 |
| 10. | Darcy Bell | NSW | 15:31.13 |
| 11. | Scott Peart | VIC | 15:38.03 |
| 12. | Mark Walker | NSW | 16:16.23 |
| 13. | Zachary Matters | VIC | 16:53.16 |
| 14. | Jack Bannister | QLD | 17:16.92 |

U15 Boys 3000m Walk

| | | | |
|-----|----------------|-----|----------|
| 1. | Isaac Beacroft | NSW | 13:34.12 |
| 2. | Owen Toyne | ACT | 13:38.36 |
| 3. | John Ronan | WA | 13:51.12 |
| 4. | Riley Coughlan | VIC | 14:27.79 |
| 5. | Bailey Housden | QLD | 14:29.73 |
| 6. | Liam Hutchins | VIC | 14:39.40 |
| 7. | Oliver Morgan | TAS | 15:02.17 |
| 8. | Xavier Bernard | WA | 15:35.37 |
| 9. | Myles Ashby | NSW | 16:17.95 |
| 10. | Maxwell Mayhew | NSW | 16:22.22 |
| 11. | Zayden Kamish | SA | 16:25.47 |
| 12. | Brodie Spamer | NSW | 16:37.54 |
| 13. | Joel Byatt | NSW | 17:26.39 |
| | Roel Wheeley | QLD | DQ |

U14 3000m Walk Girls

| | | | |
|----|---------------------|-----|----------|
| 1. | Grace Beck | NSW | 15:27.66 |
| 2. | Milly Sharpe | QLD | 15:55.58 |
| 3. | Kaytee Bogaers | WA | 16:28.66 |
| 4. | Maisie Mitchell | NSW | 16:29.37 |
| 5. | Makenna Clarke | QLD | 17:05.98 |
| 6. | Emma Hearnden | NSW | 17:33.22 |
| 7. | Mietta Morgan | VIC | 18:06.09 |
| 8. | Charlotte MacDonell | VIC | 19:22.22 |

| | | | |
|----|----------------|-----|----------|
| 9. | Lula Parrott | VIC | 20:32.40 |
| | Madeline Platt | NSW | DQ |

U14 3000m Walk Boys

| | | | |
|----|---------------------|-----|----------|
| 1. | Kodi Clarkson | ACT | 13:51.22 |
| 2. | Samuel Lindsay | TAS | 15:23.15 |
| 3. | Dylan Allabush | NSW | 15:50.88 |
| 4. | Siddharth Dhawan | ACT | 16:03.93 |
| 5. | Thomas Varga-Strike | NSW | 16:53.54 |
| 6. | Sebastian Gonzalez | NSW | 18:08.60 |
| 7. | Kane Robson | NSW | 18:12.72 |
| 8. | Tarique Kamish | SA | 19:38.73 |
| 9. | Jackson Day | NSW | 20:12.84 |
| | Alexander Sinnett | NSW | DNF |

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 10TH APRIL 2021

While our top underage walkers are in Sydney, the club winter season started in various States for the remaining walkers. First to Melbourne.

Saturday was a wintery day in Melbourne, with rain and cold strong winds, but it takes a lot to put off a group of determined athletes, with 20 walkers braving the conditions and lining up for our season opener at Middle Park.

Since these were our first Points Competition races for the winter, I need to explain how this works. Firstly, there are 3 separate competitions that accumulate points each week – the Handicap, Style Award and Actual Time Competitions. These are explained on page <http://www.vrwc.org.au/vrwcpointscmps.shtml>. Everyone who finishes gets Actual Time Points, but only those who have previous races with us over today's distance or a comparable one can be awarded Handicap Points. It's tricky stuff but club handicapper Mark Donahoo keeps tabs on it all and produces regular updates. The Actual Time, Style Award and Handicap points for Saturday have been already uploaded to the vrwcpointscmps page.

The longer races were first up, with **Mark Blackwood** leading everyone around to finish his 8km with a very respectable 37:19. Behind him, **Pramesh Prasad** and **Kevin Cassidy** had a great battle before Pramesh cleared away. **Kylie Irshad** was the best of the women with a good 47:29 for her 8km. And a special mention to 85 year old club legend **Bob Gardiner** who walked 4km before deciding to call it quits.

| 8km Road Walk | | | | H'Cap Place |
|---------------|-----------------|-----|-------|-------------|
| 1. | Kylie Irshad | W40 | 47:29 | 1 |
| 2. | Alison Thompson | W60 | 52:28 | 1 |
| 1. | Mark Blackwood | M40 | 37:19 | 2 |
| 2. | Kevin Cassidy | M60 | 41:50 | 3 |
| 3. | Terry O'Neill | M60 | 50:41 | 1 |

| 6km Road Walk | | | | H'Cap Place |
|---------------|-----------------|------|-------|-------------|
| 1. | Madeleine Feain | Open | 31:35 | 1 |
| 2. | Heather Carr | W60 | 38:16 | 2 |
| 1. | Pramesh Prasad | M40 | 31:14 | 1 |
| | Bob Gardiner | M60 | DNF | (4km) |

| 4km Road Walk | | | | H'Cap Place |
|---------------|----------------|------|-------|-------------|
| 1. | Jade Chitty | U15 | 23:53 | 1 |
| 2. | Laura McLennan | Open | 24:33 | |
| 3. | Gwen Steed | W60 | 29:01 | 3 |
| 4. | Karyn O'Neill | W60 | 29:02 | 2 |
| 1. | Liam McLennan | U15 | 24:05 | |
| 2. | Julian Boland | M40 | 27:07 | |
| 3. | Geoff Barrow | M60 | 29:14 | 2 |
| 4. | Steven Haverly | M60 | 36:06 | 1 |

The 2km and 1km races were off next, with the littlies zooming around the course and showing us just how it's done. **Ela Uzun** was the standout as usual, with 10:25 for the 2km. PBs in the 2km also to **Havana Ali** (11:22) and **Cody Wapshott** (14:15). The 1km saw 5 young walkers having their first races with us – **Heidi Kuppler**, **Matilda Read**, **Violet Froom**, **Haris Ali** and **Aydin Uzun**. And they all looked great. Unfortunately, Heidi went off course but I think we adjusted her time to take this into account – we will make sure we have a bike going around in front of the short distance races so that we can show everyone where to go. Sorry about that! And finally, our usual club photographer, Terry Swan, was not there today, so no photos.

2km Road Walk

| | | | |
|----|------------------|-----|-------|
| 1. | Ela Uzun | U10 | 10:25 |
| 2. | Havana Ali | U10 | 11:22 |
| 3. | Dee Holohan | W40 | 12:07 |
| 4. | Merylyn Thompson | W40 | 13:41 |

| | | | |
|----|---------------|-----|-------|
| 1. | Albin Hess | M60 | 13:37 |
| 2. | Cody Wapshott | U12 | 14:15 |

H'Cap Place

| | |
|---|---------|
| 2 | |
| 1 | PB 0:23 |
| 3 | |
| 4 | |

1km Road Walk

| | | | |
|----|------------------|-----|------|
| 1. | Heidi Kuppler | U10 | 5:20 |
| 2. | Donna-Marie Elms | W40 | 5:52 |
| 3. | Lula Parrott | U12 | 6:30 |
| 4. | Matilda Read | U12 | 6:51 |
| 5. | Violet Froom | U10 | 7:10 |

| | | | |
|----|-----------------|-----|------|
| 1. | Lewis McLennan | U12 | 6:21 |
| 2. | Hamish McLennan | U12 | 6:34 |
| 3. | Haris Ali | U10 | 7:20 |
| 4. | Aydin Uzun | U10 | 8:32 |

H'Cap Place

| | |
|---|--------------------|
| 1 | First walk with us |
| | |
| | First walk with us |
| | First walk with us |
| | |
| | First walk with us |
| | First walk with us |

It was a cold and windy day so thanks to our officials, helpers and judges.

Officials: Mark Donahoo, Bill Carr, Tim Erickson

Judges: Peter Vysma (Chief), Stuart Cooper, Peter Price, Gordan Loughnan, Michael Bodey

Set up & Pack up: Stuart Cooper, Peter Vysma, Madeline Feain, Kylie Irshad, Donna-Marie Elms

Referee: Stuart Cooper

| |
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| NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 10 APRIL |
|---|

The NSW Race Walking Club also started it's winter season on Saturday with roadwalks in Sydney. 32 walkers is a great first up, so they will be hard to beat as usual in our interstate carnivals. Best efforts by **Elizabeth McMillan** (14:04 for 3km) and **Milly Boughton** (9:03 for U16 3km).

8km Walk

| | | |
|----|-------------------|-------|
| 1. | Travis Barendregt | 53.27 |
|----|-------------------|-------|

6km Walk

| | | |
|----|---------------------|-------|
| 1. | Emma Thomas | 34.10 |
| 2. | Caleb Strahl | 35.42 |
| 3. | Chloe Krklinski | 37.51 |
| 4. | Antoinette Woodward | 41.27 |

3km Walk

| | | |
|----|---------------------|-------|
| 1. | Elizabeth McMillan | 14.04 |
| 2. | Zsofia Varga-Strike | 19.37 |
| 3. | Isabelle Nilon | 21.20 |
| 4. | Chelsey Torrens | 22.33 |
| 5. | Nicolle Challinor | 24.08 |

U16 2km Walk

| | | |
|----|------------------|-------|
| 1. | Milly Boughton | 9.03 |
| 2. | Samantha Torrens | 11.02 |
| 3. | Max Mayhew | 11.34 |
| 4. | Aiden Pospischil | 13.24 |
| 5. | Kailey Webber | 14.08 |
| 6. | Amelia Crocker | 16.20 |
| 7. | Sarah Challinor | 16.27 |

U14 2km Walk

| | | |
|----|---------------------|-------|
| 1. | Thomas Varga-Strike | 11.02 |
| 2. | Danelia Samuel | 11.06 |
| 3. | Christopher Nilon | 11.57 |

U12 1.5km Walk

| | | |
|-----|-------------------|-------|
| 1. | Mitchell McCarthy | 8.38 |
| 2. | Erin Cassilles | 8.40 |
| 3. | Ella Van Der Meer | 8.42 |
| 4. | Alexia Mathieson | 8.46 |
| 5. | Michael Mathieson | 9.23 |
| 6. | Emma Hoskins | 9.33 |
| 7. | Lily Twigden | 10.30 |
| 8. | Bryson Samuel | 11.39 |
| 9. | Luke Challinor | 12.52 |
| 10. | Maverick Andrews | 13.05 |

U10 0.75km Walk

| | | |
|----|---------------|------|
| 1. | Luca Barakat | 8.27 |
| 2. | Zoe Zantiotis | 8.30 |

| |
|---|
| SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 10 APRIL |
|---|

Thanks to Kim Mottrom for the results of the South Australian RW Club's winter opener at the Adelaide Parklands. He tells me there were PBs by **Katie De Ruvo** who broke 17:00 for 3km for the first time and both **Orlando Grantham** and **Archie Braithwaite** who took nearly a minute off their 2km times.

3km Walk

| | | |
|----|---------------|-------|
| 1. | Katie De Ruvo | 16:56 |
| 2. | Cooper Rech | 18:10 |
| 3. | James Hoare | 24:01 |

2km Walk

| | | |
|----|--------------------|-------|
| 1. | Sebastian Richards | 9:52 |
| 2. | Orlando Grantham | 10:46 |
| 3. | Archie Braithwaite | 10:53 |

1km Walk

| | | |
|----|------------------|------|
| 1. | Elizabeth Rieger | 6:45 |
| 2. | Ananpreet Singh | 7:03 |

5km Walk

| | | |
|----|-----------------|-------|
| 1. | Alix Harlington | 27:12 |
| 2. | Peter Crump | 29:47 |
| 3. | Marie Maxted | 33:43 |
| 4. | Liz Downs | 37:23 |
| 5. | Stephen Downs | 38:00 |
| 6. | Bill Starr | 40:36 |
| 7. | Johanna Saltis | 41:40 |
| | Nellie Langford | DNF |



The junior walkers about to get underway in the SARWC roadwalks last Saturday in Adelaide (photo facebook)

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|--|
| RQWC ROADWALKS, LOGAN RIVER PARKLANDS, SUNDAY 11 APRIL 2021 |
|--|

The Queensland Race Walking Club also kicked off its winter season last weekend, with “no points, no judges” race on Sunday morning in Brisbane. 29 walkers in attendance so they are off to a good start. Good to see **Katya Martin** getting out for a walk, and also nice to see former VRWC member **Kirstin Shaw** (now at Uni in Brisbane) having a walk with the club.

5km Walk

| | | | |
|-----|------------------------|---|-------|
| 1. | Iggy Jimenez | M | 29.14 |
| 2. | Argenis Guevara | M | 29.57 |
| 3. | Peter Bennett | M | 30.47 |
| 4. | Nyle Sunderland | W | 31.29 |
| 5. | Kirstin Shaw | W | 31.39 |
| 6. | Jasmine-Rose McRoberts | W | 32.46 |
| 7. | Korey Brady | W | 33.05 |
| 8. | Torryn Fisher | W | 33.06 |
| 9. | Jennifer Stuckey | W | 34.21 |
| 10. | Paul Lindenberg | M | 35.07 |
| 11. | Debbie Lindenberg | W | 40.42 |
| 12. | Noela McKinven | W | 42.37 |

3km Walk

| | | | |
|----|-----------------|---|-------|
| 1. | Mia Bergh | W | 17.41 |
| 2. | Phoebe Chadwick | W | 18.28 |
| 3. | Kai Dale | M | 18.34 |
| 4. | Lily Goulding | W | 20.06 |

2km Walk

| | | | |
|----|---------------|---|-------|
| 1. | Lyla Williams | W | 10.00 |
| 2. | Roel Wheeley | M | 10.34 |
| 3. | Isabella Gee | W | 13.21 |
| 4. | Blake Gee | M | 13.22 |
| 5. | Siaan Fisher | W | 13.23 |
| 6. | Noah Wheeley | M | 13.40 |

1km Walk

| | | | |
|----|------------------|---|------|
| 1. | Katya Martin | W | 5.25 |
| 2. | Kiara Waterman | W | 6.19 |
| 3. | Hunter Sibenaler | M | 6.45 |
| 4. | Torryn Fisher | W | 6.46 |
| 5. | Freya Williams | W | 7.18 |
| 6. | Tully Fisher | W | 7.19 |
| 7. | Jenny Stuckey | W | 7.21 |

ACT RACE WALKING CLUB ROUNDUP

Thanks to Val Chesterton for the final Canberra race result from the summer and the winter season opener on Saturday. Walkers who raced under "Club Rules" are designated with an *.

ACTRWC Roadwalks, Weston Park, Saturday 10 April

10km Walk

| | | |
|----|----------------|---------|
| 1. | John Kennedy * | 1:06:17 |
| 2. | Bryan Thomas * | 1:20:21 |
| 3. | Geoff Barker * | 1:23:34 |
| 4. | Val Chesterton | 1:27:50 |

4km Walk

| | | |
|----|----------------|-------|
| 1. | Hannah Manning | 26:15 |
| 2. | Sidney Shaw | 26:15 |
| 3. | Sue Archer * | 27:18 |
| 4. | Jim White * | 29:40 |

2km Walk

| | | |
|----|------------------|-------|
| 1. | Owen Toyne | 9:08 |
| 2. | Kodi Clarkson | 9:10 |
| 3. | Siddharth Dhawan | 10:31 |

ACTRWC Roadwalks, Lake Ginniderra, Sat 27 Mar

12km Walk

| | | |
|----|----------------|---------|
| 1. | John Kennedy * | 1:25:14 |
|----|----------------|---------|

6km Walk

| | | |
|----|----------------|-------|
| 1. | Owen Toyne | 31:14 |
| 2. | Geoff Barker * | 50:14 |
| 3. | Kodi Clarkson | 31:16 |
| 4. | Jim White * | 46:29 |
| 5. | Sidney Shaw | 41:30 |

3km Walk

| | | |
|----|-----------------|-------|
| 1. | Hannah Manning | 18:29 |
| 2. | Jack Thackray * | 28:14 |

ERIC WALDRON 2 MILES WALK, FOOTES LANE, GUERNSEY, SUNDAY 11 APRIL

I like it when a small club can finally return to competition. Rob Elliot reports on the Sarnia Walking Club "Skipton International" Eric Waldron 2 miles track walk which was held at the Footes Lane track in Guernsey on Sunday. He comments:

Sarnia Walking Club members raced again for the first time after Guernsey's recent Covid Lockdown. Winner **Stuart Le Noury** clipped four seconds off his previous best time of 15.19 set back in 2015 as he won the Skipton International Eric Waldron trophy for the 10th time. **Donna Allan** finished in second place in 18.58, followed by **Rob Elliott** in 21.00. Members held a minute's silence for Mick Elliott who passed away recently. Mick won the Waldron trophy five times between 1974 and 1982 with a best time of 14.33.

2 Miles Track Walk

| | | | |
|----|-----------------|-----|-------|
| 1. | Stuart Le Noury | M35 | 15.15 |
| 2. | Donna Allan | W45 | 18.58 |
| 3. | Rob Elliott | M60 | 21.00 |
| 4. | Peter Beckerleg | M60 | 22.06 |
| 5. | Kevin Le Noury | M60 | 22.18 |
| 6. | Phil Lockwood | | 22.31 |
| 7. | Mick Le Sauvage | M80 | 24.23 |

Check out the Sarnia Walking Club website <https://sarnia.wordpress.com/>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 9 reports from around the world.

- Tue 13 Apr - Bejaia (ALG): Algerian Race Walking Cup "Mohammed Elhadj Mechel"
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4044
- Mon 12 Apr - Philadelphia (USA): Dalia Oliveras and Daniel Nehnevaj win the USA PanAm RW Cup Trials
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4043
- Mon 12 Apr - Almeirim (POR): Joao Vieira and Ana Cabecinha win Portuguese 20km Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4042
- Sun 11 Apr - Batman (TUR): Turkish Walking Championships for Clubs of the First League
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4041
- Sun 11 Apr - Wajima (JPN): Satoshi Mauro wins Japanese 50km in 3:38:32
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4040

- Sat 10 Apr - Frankfurt (GER): Great time of Jonathan Hilbert at German 50km Championships (3:43:44) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4039
- Sat 10 Apr - Olomouc (CZE): Victories of Eider Arevalo (COL) and Mayra Perez (GUA) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4038
- Fri 9 Apr - Dominic Ndigiti (KEN) pleads for more race walking events http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4037
- Thu 8 Apr - Cantones de La Coruna has been confirmed for June 5th http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4036

and Omarchador was just as busy with 9 press releases about recent races

- Tue 13 Apr - U-23 Mediterranean Championships in La Nucía, permanently canceled <https://omarchador.blogspot.com/2021/04/campeonatos-do-mediterraneo-sub-23-em.html>
- Mon 12 Apr - Results of Wajima Tournament and Kazuo Saito Cup in Japan <https://omarchador.blogspot.com/2021/04/no-japao-torneio-de-wajima-e-taca-kazuo.html>
- Mon 12 Apr - Nils Brembach and Saskia Feige win 20km German championships <https://omarchador.blogspot.com/2021/04/nils-brembach-e-saskia-feige-campeoes.html>
- Sun 11 Apr - Satoshi Maruo wins Japanese 50km walk with the best world mark of the year - 3:38:42 <https://omarchador.blogspot.com/2021/04/satoshi-maruo-venceu-os-campeonatos-de.html>
- Sun 11 Apr - João Vieira and Ana Cabecinha win 20 km nationals in Almeirim <https://omarchador.blogspot.com/2021/04/joao-vieira-e-ana-cabecinha-vencem.html>
- Sat 10 Apr - Hilbert wins 50km walk (3:43:44) in Frankfurt, Germany <https://omarchador.blogspot.com/2021/04/hilbert-vence-50-km-marcha-34344-em.html>
- Thu 8 Apr - FPA generates controversy in the admission of athletes to the Portuguese 20km Champs <https://omarchador.blogspot.com/2021/04/fpa-gera-polemica-na-admissao-de.html>
- Wed 7 Apr - On the birthday of Lídia Pereira <https://omarchador.blogspot.com/2021/04/no-aniversario-de-lidia-pereira.html>
- Tue 6 Apr - Results of New Zealand Track Championships at Hawkes Bay, Hastings <https://omarchador.blogspot.com/2021/04/campeonatos-de-pista-da-nova-zelandia.html>

JAPAN LEADS THE WAY IN THE MEN'S 50KM WALK

If you had any doubts about who would be out front in the men's walking events at this year's Olympic Games 50km, you don't have to look any further than Japan. The Japanese 50km championship, which was held in Wajima on Sunday morning, produced the usual superb quality and was reported by both marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4040) and omarchador (<https://omarchador.blogspot.com/2021/04/satoshi-maruo-venceu-os-campeonatos-de.html>).

Japanese 50km Championship Men, Sunday 11 April

| | | |
|-------------------|---------|-----------------|
| Satoshi Maruo | 3:38:42 | (35 km 2:30:11) |
| Hayato Katsuki | 3:42:34 | (35 km 2:35:21) |
| Kai Kobayashi | 3:43:31 | (35 km 2:31:18) |
| Tomohiro Noda | 3:45:26 | (35 km 2:30:11) |
| Isamu Fujisawa | 3:46:27 | (35 km 2:32:57) |
| Kazuki Takahashi | 3:47:38 | (35 km 2:37:49) |
| Hirooki Arai | 3:50:11 | (35 km 2:35:28) |
| Yuki Ito | 4:02:46 | (35 km 2:42:22) |
| Takafumi Higuma | 4:21:51 | (35 km 2:55:31) |
| Yuito Yamamoto | 4:28:27 | (35 km 3:04:42) |
| Toru Yamamoto | 4:28:22 | (35 km 2:59:20) |
| Toshiaki Hirosawa | 4:34:40 | (35 km 3:03:56) |
| Hideaki Miyajima | 4:35:29 | (35 km 3:08:53) |
| Arata Saito | 4:46:55 | (35 km 3:21:52) |
| Tatsuya Tanaka | 4:52:38 | (35 km 3:20:01) |

This is indeed impressive depth.

OUT AND ABOUT

It's all Olympics related news this week!

- Athletics Australia has confirmed the withdrawal of the Australian Team from the 2021 World Athletics Relay Championships, to be staged in Silesia, Poland on 1-2 May. The decision was made in light of the COVID-19 situation in Poland and greater Europe. In lieu of the WA Relay Championships, Athletics Australia will look to host relay specific events in June with the support of Oceania Athletics, so that Australia's relay teams can attempt the qualifying standards needed to compete at the Tokyo Olympic Games this July. See <https://www.athletics.com.au/news/aa-withdraws-from-the-world-athletics-relay-championships/>.
- Relay runners aren't the only ones finding it hard to qualify for the Olympics. The Bislett Games in Oslo on June 10 - the fourth event in this year's World Athletics Wanda Diamond League programme - has also been postponed. The new dates being considered are believed to be either early July prior to the rearranged Tokyo 2020 Olympic Games or in August. See <https://www.insidethegames.biz/articles/1106448/oslo-diamond-league-june-10-postponed>.
- Tokyo 2020 test events in water polo, artistic swimming and diving are also reportedly cancelled due to COVID-19 fears - handing Games organisers another setback. This comes on top of a report last week that the International Swimming Federation (FINA) would be cancelling the Diving World Cup planned for between April 18 and 23 at the Tokyo Aquatics Centre. Both the diving and artistic swimming test events were set to double up as Olympic qualifiers. See <https://www.insidethegames.biz/articles/1106295/tokyo-2020-fina-test-events>.
- North Korea have opted not to compete at the upcoming 2021 Olympics, per reports from a sports website run by the nation's sports ministry. The Sports in DPR Korea website said last Tuesday the decision was made during a national Olympic Committee meeting on March 25 where members prioritised protecting athletes from the "world public health crisis caused by COVID-19." See <https://au.sports.yahoo.com/north-korea-withdraws-from-2021-tokyo-olympic-games-023138002.html>.
- Osaka Governor Hirofumi Yoshimura confirmed last week that the Olympic Torch Relay would not be allowed to take place along the Japanese prefecture's streets in response to a rise in coronavirus cases. Instead, the Relay would be staged later this week on a closed route inside a park. Osaka has declared a medical state of emergency after registering a record 878 COVID-19 cases in one 24 hour period last week. See <https://www.insidethegames.biz/articles/1106339/osaka-governor-torch-relay-leg-streets>.
- By week end, the Governor of Osaka had hardened his rhetoric, warning that he may need to ask the central government to declare a state of emergency if current measures to quell the coronavirus outbreak are deemed insufficient. See <https://www.bloomberg.com/news/articles/2021-04-11/osaka-governor-warns-he-may-seek-coronavirus-state-of-emergency>.
- Japanese Prime Minister Yoshihide Suga now been forced to respond to the increasing covid surge, approving the introduction of stricter COVID-19 measures in Tokyo, Kyoto and Okinawa to halt a potential rise in cases. The new restrictions come with nearly 100 days until the rescheduled Tokyo 2020 Olympic and Paralympic Games are due to open. Under the measures, restaurants and businesses in densely populated areas will be required to close by 8pm and the capacity of large events will be limited to 5,000 people. See <https://www.insidethegames.biz/articles/1106449/tokyo-tighter-restrictions-until-may-11>.

PETER MARLOW TALKS 50KM RETENTION

It's worthwhile to reproduce a letter which former IAAF Judge and Race Walking Committee member **Peter Marlow** has sent to World Athletics President Sebastian Coe regarding the demise of the 50km racewalk.

I write to you as both interested and concerned party in relation to the "abolition " of the 50km walk from the athletic programme. I was a member of what was the IAAF race walking committee for over 40 years and I honestly believe that getting rid of the 50km was the single biggest mistake made in that time. The decision to do so forced me to resign my position in protest.

Although an alternative has been put forward by way of a 35km walk, the idea of a 35km walk has not been welcomed by the race walking community. It is considered too close to the 20km and therefore offers a distinct advantage to the sprint walkers.

The 50km is considered the purest form of race walking by all those involved with the sport and yet World Athletics seem it to be worthless.

Currently there are no events across the globe allowing athletes to attain qualification standards for a 35km event. Of course, this may change in time but at a cost to long established events.

The 50km has a great history in athletics and if the IOC doesn't want it, that doesn't mean that it has to be removed from the World Athletic Championships. The Mall at the 2012 Olympics and 2017 World Championships showcased walking at its best. Likewise, in Rio the 50km was possibly the most exciting athletics event. So rather than bowing to the demands of the IOC, why not rise above and stand up for the whole of athletics and give the 50km a future starting with the World Championships in 2022?

Well said Peter!

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

| | | |
|--------------------|---|------------------|
| Apr 12-19, 2021 | Australian Athletics Championships | Sydney, NSW |
| Apr 17 (Sat), 2021 | VRWC Winter roadwalking season continues | Middle Park, VIC |
| Apr 17-18, 2021 | Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions) | Coburg, VIC |
| Apr 24-25, 2021 | Victorian Masters T&F Championships | Doncaster |
| Jun 13 (Sun), 2021 | LBG Carnival, Mt Stromlo Forest Park | Canberra, ACT |

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 |
| Jun 29 – Jul 10, 2021 | 23rd World Masters T&F Championships , Tampere, Finland |
| 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 |
| 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>)