



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2019/2020 Number 40  
Tuesday 30 June 2020



### VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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### VRWC COMPETITION RESTARTS THIS SATURDAY

Here is the big news we have all been waiting for. Our VRWC winter roadwalking season will commence on Saturday afternoon at Middle Park. Club Secretary Terry Swan advises the the club committee meet tonight (Tuesday) and has given the green light. There will be 3 Open races as follows

#### VRWC Roadraces, Middle Park, Saturday 4<sup>th</sup> July

1:45pm	1km Roadwalk Open	(no timelimit)
2:00pm	3km Roadwalk Open	(no timelimit)
2:30pm	10km Roadwalk Open	(timelimit 70 minutes)

Each race will be capped at 20 walkers. Places will be allocated in order of entry. No exceptions can be made for late entries. \$10 per race entry. Walkers can only walk in ONE race. Multiple race entries are not possible. Race entries close at 6PM Thursday. No entries will be allowed on the day.

You can enter in one of two ways

- Online entry via the VRWC web portal at <http://vrwc.org.au/wp1/race-entries-2/race-entry-sat-04jul20/>. We prefer payment by Credit Card or Paypal within the portal when you register. Ignore the fact that the portal says entries close at 10PM on Wednesday. For this week only, given the lateness of notice, entry has been extended to 6PM Thursday  
OR
- Text Mark Donohoo (0428331550) by 6PM Thursday. Do not ring Mark. The text format is to be: *Name, Age, Race Number, Event*. For example: *Kyle Swan, 21, 274, 10km*. Payment to be made on the day via credit card if possible (cash is our least preferred payment option at the moment and no change will be given – have the correct money).

When you arrive at Middle Park on Saturday, please use the rear gate near the start/finish line. Please do not use the main gate or the bowling club walkway. Please do not use the bowling club car park. Use the free parking along Canterbury Road.

A check in table will be setup near the tent/start line. Competitors/parents/officials MUST sign in using the signin registry at this table. Parents are to complete signin for junior walkers.

Checkin times will be staggered as follows

1km race	Checkin 1:15 - 1:30pm
3km race	Checkin 1:30 - 1:45pm
10km race	Checkin 2:00 - 2:15pm

Once you have checked in, observe the bunting and directions and do not congregate in groups. Observe social distancing when warming up and waiting for your race to start.

Please do not get there too early and please do not stay until the end. Come in time for your checkin and then leave after your race. We must ensure that our total numbers at any one time remain small. Related to this is the need to maintain proper social distancing at all times.

A Drinks table will be available for the 10km race only. It is for personal drinks only. No cups or open containers are allowed. Parents and helpers must refrain from touching or going near the table. It is athlete only zone. Bring your own drink bottle please.

Here is the hard ask - we can't take the risk of large numbers in attendance. This is an opportunity for walkers, not for spectators. We also ask that when bringing younger children to race, only one parent should be in attendance. Don't bring the whole family.

The canteen will NOT be open.

The women's toilets in our building and the men's toilets in the bowling club will be open but social distancing must be observed. We calculate no more than 10 people should be in the clubrooms at any one time. We prefer walkers to come in race gear and only access the bowling club area for toilet purposes. Please do not use the rooms for changing or for showers.

Committee member Shane Dickson has been appointed VRWC Covid Officer. He is to be contacted with any concerns or questions, and will be the person to contact with any issues or requests.

Posters will be posted and bunting will be used to demarcate areas.

Hand sanitiser will be available at various points.

Mark Donahoo will collate entries on Thursday evening and we will post the entry lists on the website and on our facebook page. Please make sure you check these two facilities on Friday in case of last minute changes that may be forced on us due to the evolving nature of the covid pandemic.

#### PAUL F DEMEESTER TALKS MATTERS IAAF

Thanks to US Attorney at Law Paul F. DeMeester for another thought provoking article. That is the 14<sup>th</sup> in a row and is as cutting and insightful 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>.

### **DOHA FIGURES SHOW THAT 50K RACE WALK IS FOR ALL AGES**

*By Paul F. DeMeester*

One only has to look at the photos in *Heel and Toe Online* to see that race walking is for young and old. Events that require endurance look kindly upon older athletes, even at top level. Yohann Diniz (France) posted a 3:33:12 in winning the world championship in the 50K Race Walk Event at age 39 in 2017. Jesús Ángel García (Spain) has graced every Olympic and Worlds 50K since 1992, and is planning, at age 50, to walk at the postponed Tokyo 2020 race as well. Inês Henriques (Portugal) won the inaugural women's world 50K race walk title at age 37 in 2017. That these are not anecdotal outliers can be seen in the data from the most recent top level event, the 2019 World Athletics Championships that were held in Doha.

The tables below set forth all of the 44 individual events contested in Doha; which excludes only the four relay events. The start lists are our starting point, even if athletes did not show up for their competition (for instance, Evan Dunfee of Canada chose not to contest the 20K Race Walk Event even though he had qualified for both walks; a choice validated by his 50K podium result). The Men's 50K Race Walk Event leads all events in the average age of its participants:

<u>Rank</u>	<u>Event</u>	<u>Average Age of Start List Participants (years)</u>
<b>1</b>	<b>50K Race Walk Men</b>	<b>30.7</b>
2	Marathon Men	30.4
3	Marathon Women	30.0
<b>4</b>	<b>50K Race Walk Women</b>	<b>28.8</b>
5	Discus Throw Men	28.4
6	10,000 Metres Women	28.1
7	Discus Throw Women	27.8
<b>8</b>	<b>20K Race Walk Men</b>	<b>27.7</b>
9	Javelin Throw Women	27.3
10	Pole Vault Women	27.2
<b>11tie</b>	<b>20K Race Walk Women</b>	<b>26.9</b>
11tie	Triple Jump Women	26.9
13tie	Shot Put Men	26.8
13tie	Javelin Throw Men	26.8
15	High Jump Men	26.7
16	Hammer Throw Women	26.5
17	Hammer Throw Men	26.3
18tie	1,500 Metres Women	25.9
18tie	High Jump Women	25.9
18tie	Decathlon Men	25.9
21	100 Metres Hurdles Women	25.8
22	400 Metres Hurdles Women	25.6
23	800 Metres Women	25.5
24	10,000 Metres Men	25.4
25	Pole Vault Men	25.3
26	Triple Jump Men	25.2
27	3,000 Metres Steeplechase Men	25.1

28tie	200 Metres Men	25.0
28tie	Heptathlon Women	25.0
30tie	200 Metres Women	24.9
30tie	100 Metres Women	24.9
30tie	110 Metres Hurdles Men	24.9
30tie	5,000 Metres Men	24.9
34	Long Jump Men	24.8
35tie	1,500 Metres Men	24.7
35tie	5,000 Metres Women	24.7
37	3,000 Metres Steeplechase Women	24.2
38	400 Metres Men	24.1
39	400 Metres Women	24.0
40tie	800 Metres Men	23.9
40tie	400 Metres Hurdles Men	23.9
40tie	Shot Put Women	23.9
43	100 Metres Men	23.8
44	Long Jump Women	22.9

Of course, participation is one thing but every athlete going to a Worlds dreams of glory. Let's examine whether the older athletes fade away or take some metal home:

<u>Rank</u>	<u>Event</u>	<u>Average Age of Podium Occupants (years)</u>
<b>1</b>	<b>50K Race Walk Men</b>	<b>34.3</b>
2	Marathon Women	31.3
3	Shot Put Women	29.7
4	Hammer Throw Women	29.0
5tie	1,500 Metres Men	28.7
5tie	Discus Throw Women	28.7
7tie	100 Metres Women	28.3
7tie	Triple Jump Women	28.3
9tie	100 Metres Men	28.0
9tie	100 Metres Hurdles Women	28.0
9tie	Shot Put Men	28.0
9tie	Pole Vault Women	28.0
9tie	Javelin Throw Women	28.0
14tie	Marathon Men	27.7
14tie	Triple Jump Men	27.7
<b>16tie</b>	<b>20K Race Walk Women</b>	<b>27.0</b>
<b>16tie</b>	<b>50K Race Walk Women</b>	<b>27.0</b>
18tie	800 Metres Men	26.3
18tie	Discus Throw Men	26.3
20	Hammer Throw Men	26.0
21tie	110 Metres Hurdles Men	25.7
21tie	High Jump Men	25.7
21tie	5,000 Metres Women	25.7
24tie	200 Metres Men	25.3
24tie	Javelin Throw Men	25.3
24tie	Decathlon Men	25.3
27tie	400 Metres Hurdles Women	25.0
27tie	Heptathlon Women	25.0
29tie	200 Metres Women	24.7
29tie	Long Jump Men	24.7
<b>31tie</b>	<b>20K Race Walk Men</b>	<b>24.3</b>
31tie	1,500 Metres Women	24.3
31tie	Pole Vault Men	24.3
34tie	800 Metres Women	24.0
34tie	5,000 Metres Men	24.0
34tie	Long Jump Women	24.0
37	400 Metres Women	23.7
38	10,000 Metres Women	23.3
39tie	400 Metres Men	23.0
39tie	400 Metres Hurdles Men	23.0
41	3,000 Metres Steeplechase Women	22.7
42tie	3,000 Metres Steeplechase Men	21.7
42tie	High Jump Women	21.7
44	10,000 Metres Men	21.3

Sure seems like the older 50K walkers are not just pounding the pavement to make up the numbers; they're actually vying for the prizes. At 29, Evan Dunfee was the youngest medalist, having been separated from silver by a mere three seconds and ... 14 years, the latter being the age difference between Dunfee and 43-year old João Vieira (Portugal), who himself had been on a tear trying to close the gap between him and the eventual 31-year old winner, Yusuke Suzuki (Japan). Suzuki had led the race from the very start and was clear of Vieira by 3:07 at the 45K mark, only to see that gap dwindle to 39 seconds. Not that the 50K event is strictly for old walkers. Far from it, as shown by the difference in age between the youngest and oldest participant in each event:

<u>Rank</u>	<u>Event</u>	<u>Age Difference Between Youngest and Oldest (years)</u>
<b>1</b>	<b>50K Race Walk Men</b>	<b>27</b>
2tie	10,000 Metres Women	21
2tie	Discus Throw Women	21
<b>2tie</b>	<b>20K Race Walk Women</b>	<b>21</b>
5tie	Marathon Women	20
5tie	Marathon Men	20
7tie	Pole Vault Men	19
7tie	100 Metres Women	19
7tie	100 Metres Men	19
10tie	Triple Jump Women	18
10tie	Hammer Throw Men	18
<b>12tie</b>	<b>50K Race Walk Women</b>	<b>17</b>
12tie	Long Jump Men	17
12tie	High Jump Men	17
12tie	400 Metres Hurdles Women	17
16tie	Javelin Throw Women	16
16tie	Pole Vault Women	16
16tie	Triple Jump Men	16
16tie	800 Metres Women	16
16tie	400 Metres Men	16
16tie	400 Metres Women	16
22tie	Hammer Throw Women	15
22tie	Discus Throw Men	15
22tie	Shot Put Men	15
22tie	5,000 Metres Men	15
22tie	1,500 Metres Men	15
22tie	800 Metres Men	15
22tie	3,000 Metres Steeplechase Men	15
22tie	200 Metres Women	15
22tie	200 Metres Men	15
<b>22tie</b>	<b>20K Race Walk Men</b>	<b>15</b>
32tie	10,000 Metres Men	14
32tie	Shot Put Women	14
32tie	Long Jump Women	14
32tie	Javelin Throw Men	14
32tie	1,500 Metres Women	14
32tie	3,000 Metres Steeplechase Women	14
38tie	5,000 Metres Women	13
38tie	High Jump Men	13
38tie	400 Metres Hurdles Men	13
38tie	110 Metres Hurdles Men	13
42	100 Metres Hurdles Women	12
43	Decathlon Men	11
44	Heptathlon Women	8

The ties in the last table would disappear immediately if I had calculated ages by days instead of rounding off to years; but you get the point. The 50K Race Walk Event is for all ages, not just in terms of participation but also in terms of excelling. Which makes you wonder why anyone would ever want to move it off a major competition program. Uhm, good question.

**AN UPDATE FROM THE RACEWALKING AUSTRALIA PRESIDENT**

Racewalking Australia President Bob Cruise put out the following announcement last Thursday 25<sup>th</sup> June.

Fears of a second wave of Covid 19, border closures, restrictions still in place in most states of Australia, the current situation in Victoria and the slowness of, and confusion associated with, a return to normal have clearly impacted, and continue to impact on sporting clubs throughout Australia. And so it has been and continues to be with Race Walking Australia.

Three issues of immediate concern to RWA are:

- The Conduct of the Annual General Conference;
- The AA/RWA Australian Road Walking Championships; and
- The Conduct of the Interstate Challenge Event.

An update on each of these items follows.

- **2020 Annual General Conference:**

The AGC is normally conducted the evening before the conduct of the Lake Burley Griffen Carnival in Canberra, on the long weekend in June. With the cancellation of that event the AGC was not able to be held.

The RWA Constitution states that the AGC must be conducted within five months of the end of the financial year which is March 31st. Since RWA is incorporated in NSW I sought advice from Andrew Mitchell, Treasurer of RWA who advised, following information received from the relevant NSW authority that delaying of the AGC was acceptable given the circumstances and that it could be conducted utilising electronic communications as appropriate.

Whereas there is still time to conduct the AGC within the constitutional timeframe there is unlikely to be an opportunity to do so unless via video conferencing, zoom meeting or perhaps via email.

Options as to how RWA can conduct the meeting effectively and efficiently are currently being explored. As soon as a decision by the Executive has been made, AGC papers will be distributed to Member Clubs and Board of Management.

- **The AA/RWA Australian Road Walking Championships:**

The original venue for this event was Hobart, Tasmania. Tasmania advised that it was not in a position to conduct this event due to a number of reasons but mainly due to small numbers of persons involved in race walking in Tasmania. I then asked the Victorian Race Walking Club if they would be prepared to conduct the event. They agreed and AA was advised.

Initial discussions with the Competition Department of Athletics Australia regarding the rescheduling of the event determined that October 18<sup>th</sup> would be a suitable date to conduct this event, the usual time for the event at the end of August/early September deemed too soon. I requested that AA liaise with the VRWC to determine further details e.g. date, time, venue etc.

Discussions between RWA and VRWC Secretary, Terry Swan and AA have been ongoing with AA yet to confirm October 18<sup>th</sup> or otherwise. The recent circumstances in Victoria will most likely lead to further delays in finalising dates.

- **The Conduct of the Interstate Challenge Event:**

Communications with Mark Donohoo of the VRWC, the organiser of the Interstate Challenge, determined that I would ascertain what Member Clubs were currently competing and what would be the likelihood of such Clubs conducting the Interstate Challenge this year. Information received from Clubs indicated that only two are currently conducting Club events with several hopeful of starting competition in the near future.

Given that, the Executive of RWA, after consultation with Mark, has determined not to conduct the Interstate Challenge this year.

### SARWC ROADWALKS, ADELAIDE, SATURDAY 27 JUNE

Thanks to Kim Mottrom for this week's results from the SA Racewalking Club in Adelaide. He commented: Great weather in Adelaide today, big numbers and fast times. Great walks by Olivia, Toby and Sebastian. Quite a few people stepped up today and did their first 5km as well.

#### 10km Walk

1.	Kim Mottrom	45:17
2.	Olivia Sandery	50:12
3.	Kristie Goznic	54:32
4.	Peter Crump	60:50
	Mathew Bruniges	DNF

#### 5km Walk

1.	Toby Wilks	23:55
2.	Daisy Braithwaite	28:28
3.	Mia Wilks	28:51
4.	Nellie Langford	29:17
5.	Royrie Upton	31:58
6.	Zayden Kamish	32:07

#### 2km Walk

1.	Sebastian Richards	10:44
2.	Hannah Wilks	10:58
3.	Archie Braithwaite	11:26
4.	Sam Wilks	11:32
5.	Orlando Grantham	11:47
6.	Katie DeRuvo	12:11
7.	Cooper Rech	12:17
8.	Kitarni Upton	13:14
9.	Tarique Kamish	14:17
10.	Zahra Kamish	14:18
11.	Matilda Rech	14:29
12.	Elizabeth Rieger	14:55
13.	Alexander Richards	16:10

7. Anthony Tana	32:56	14. Xavier Upton	16:58
8. Seth Upton	35:10	15. Maliha Kamish	21:04
9. Liz Downs	39:11		
10. Adrian Upton	39:17		
11. Jim Hoare	41:51		
Ruby Langford	DNF		

#### WARWC ROADWALKS, WILSON, PERTH, SUNDAY 28 JUNE

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

#### 8km Handicap

1. Ben Reid	41.37
2. Andrew Duncan	42.03
3. Karyn Tolardo	53.13
4. Wendy Farrow	56.00

#### 4km Handicap

1. Ashlyn Spence	23.10
2. Kaytee Bogaers	25.37
3. John Ronan	20.33
4. Alexandra Griffin	20.56
5. Riley Wood	24.44
6. Glenys Duncan	35.45

#### 6km Handicap

1. Brad Mann	32.54
2. Emily Bogaers	53.12

#### 2km Handicap

1. Ella-Jayde Coleman	14.24
2. Annabelle Van Sprengel	12.24
3. Xavier Bernard	11.19
4. Kaycee Ibbotson	13.32
5. Karyn Tolardo	12.08
6. Andrew Duncan	11.20
7. Kaytee Bogaers	14.25
8. Wendy Farrow	13.59

#### SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE SATURDAY 27 JUNE

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Cool, sunny arvo.

#### 8km Walk

1. RICHARD EVERSON	0:43:39	M56	<b>80.72%</b>
2. GEORGE WHITE	0:49:09	M75	<b>88.82%</b>
3. MARIE MAXTED	0:55:39	W60	73.31%
4. BRIAN WITTY	0:58:37	M69	68.86%

#### 8km Club Walk

1. GRAHAM HARRISON	1:02:31	M76	70.83%
2. RODGER BARBER	1:05:21	M82	74.41%
3. DAVID ROBERTSON	1:11:15	M86	73.30%

#### 4km Walk

1. TREVOR BROWN	0:28:33	M71	70.54%
2. HELEN SURIDGE	0:31:15	W69	69.98%
3. VALMAI PADGET	0:32:30	W76	75.02%
4. EDNA BATES	0:36:03	W67	59.02%

#### 4km Club Walk

1. JOHN HORE	0:30:41	M71	65.63%
2. DAVE FALLON	0:31:09	M67	61.63%
3. JAN LAYNG	0:31:19	W71	71.89%
4. GILLIAN WHITE	0:31:45	W71	70.91%
5. ROGER LOWE	0:32:30	M77	67.15%
6. MIKE VOWLES	0:32:41	M76	65.84%
7. MALCOLM TIGGEMAN	0:33:26	M67	57.42%
8. LIZ NEUBAUER	0:33:40	W69	64.96%
9. HELEN BOWEN	0:35:49	W68	60.22%
10. CATHIE HORE	0:36:05	W69	60.61%

#### ENGLISH VIRTUAL RACEWALKING LEAGUE, ROUND 12, ACROSS THE WORLD

The Virtual League Racing Series continued this week with a Virtual 2km Walk. John Constandinou reported: We have now raced through Spring and Summer. The World is starting to open up, but we will keep racing virtually. Remind your clubmates and friends to enter, as this Virtual League will be kept going perhaps into Autumn or even beyond. Numbers are thinning out a little but still five new athletes joined us this week. Well done to all athletes and teams, fighting for your own positions or times!

2km Age Graded Virtual Race: <http://racewalkingassociation.com/EventDetails.asp?id=6141>

A small group of Australians submitted times:

**2km Virtual Walk Women**

16.	Heather Carr	W70	11:56
19.	Nyle Sunderland	W50	12:05

**2km Virtual Walk Men**

6.	Kodi Clarkson	U13M	09:39
35.	Haydn Gawne	M70	13:52

**OUT AND ABOUT**

- Congratulations to **Alanna Peart, Charlotte hay, Corey Dickson, Fraser Saunder, Heath Beveridge, Jemma Peart, Nikola Mandic, Rebecca Henderson** and **Will Thompson** who have been selected as part of Athletics Victoria's 2020 Target Talent Program. Read more at <https://athsvic.org.au/athletes/targettalentprogram/>.
- The big events continue to fall. This year's editions of the New York City Marathon (scheduled for November 1) and the Berlin Marathon (scheduled for September 27), were cancelled by organisers because of the coronavirus pandemic. See <https://www.insidethegames.biz/articles/1095639/nyc-marathon-cancelled-due-to-covid-19>.
- World Athletics has launched a Road to Tokyo 2020 qualification tracking tool to help fans and athletes follow the race to secure spots at the rearranged Olympic Games. It is searchable by discipline, country and qualification status and provides a "real time view" of each event over the course of the qualifying period ahead of Tokyo 2020. Check it out at <https://www.worldathletics.org/stats-zone/road-to/7132391>. You can also read the full Olympic Qualification document at <https://media.aws.iaaf.org/competitioninfo/59716a97-c681-4221-a5fd-6e5a782e3a78.pdf>.
- Tokyo 2020 may be in even more financial trouble soon, with sponsoring companies being asked to contribute more money towards the Games as the sponsorship period extends into 2021. In a recent survey conducted by Japanese broadcaster NHK, two-thirds of corporate sponsors for Tokyo 2020 are unsure if they will extend their contracts past December, with 14 per cent saying it would depend on the asking price. See <https://www.insidethegames.biz/articles/1095725/tokyo-2020-olympics-sponsors>.
- The sponsors aren't the only ones who will be feeding more money into the gigantic financial vortex that is the Olympics. FIFA is now budgeting for a 25% hike in the cost of the Tokyo 2020 Olympic football tournament. Other IFs (like World Athletics) will be in the same boat. It's all part of the big picture view that the planned postponement will cost up to \$650 million (£513.5 million/€572 million). See <https://www.insidethegames.biz/articles/1095699/fifa-25-per-cent-increase-in-tokyo-cost>.
- In more potential bad news for the postponed 2020 Olympics, Tokyo reported 60 new cases of coronavirus yesterday, the highest number of daily cases in the capital since Japan completely lifted the state of emergency in late May. See <https://www.insidethegames.biz/articles/1095762/tokyo-report-60-new-coronavirus-cases>.
- We all know walking is a fantastic health tonic. Nice article at <https://www.today.com/health/walking-lose-weight-does-it-work-t184991>.
- While we as individuals and as small sporting clubs bear the brunt of the COVID-19 shutdown, I'm glad I'm not a player in one of the US major leagues, which seem hellbent on restarting their billion-dollar machines regardless of the cost. See <https://www.latimes.com/sports/story/2020-06-20/column-sports-leagues-playing-most-dangerous-games-during-pandemic>.
- Organisers of the Wanda Diamond League have announced further revisions to the 2020 calendar, cancelling two of its planned meetings (Paris and Eugene) and postponing a third (Gateshead). This will be costing World Athletics big money! See <https://www.insidethegames.biz/articles/1095729/wanda-diamond-league-2020-calendar>.
- The Canadian Centre for Ethics in Sport (CCES) is set to resume anti-doping tests with supplemental safety measures on July 13. CCES had announced that it would suspend all doping control testing due to the pandemic on March 27. Athletes still had to submit whereabouts information, but no samples have been collected in that 3-4 month period. Other anti-doping authorities such as UK Anti-Doping and the United States Anti-Doping Agency also scaled back their programmes in light of the crisis. See <https://www.insidethegames.biz/articles/1095787/canada-to-resume-anti-doping-tests>.

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has only 2 press releases for us this week – great to see some racewalking in the Slovak Republic.

- Sun 28 Jun - CENFA seminar (ESP) - Importance of strength work in race walking  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=3807](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3807)
- Sat 27 Jun - Banska Bystrica (SVK): Victories of Leo Kopp (GER) and Viktoria Madarasz (HUN)  
[http://www.marciadalamondo.com/eng/dettagli\\_news.aspx?id=3806](http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3806)

while Omarchador has its usual great selection of articles

- Mon 29 Jun - Madarász and Köpp win in Banská Bystrica, Slovakia  
<https://omarchador.blogspot.com/2020/06/madarasz-e-kopp-vencem-em-banska.html>
- Sun 28 June - Avery Brundage under the microscope  
<https://omarchador.blogspot.com/2020/06/brundage-marcha-e-as-dores-de-parto.html>
- Sat 27 Jun - European Athletics runs Webinar for International Officials  
<https://omarchador.blogspot.com/2020/06/european-athletics-organizou-webinar.html>
- Fri 26 Jun - Happy birthday to Portuguese coach José Henriques  
<https://omarchador.blogspot.com/2020/06/no-aniversario-de-jose-henriques.html>
- Thu 25 Jun - Remembering Portugal's first 50km walk in 1983  
<https://omarchador.blogspot.com/2020/06/50-km-marcha-de-alenquer-helsinquia-1983.html>
- Wed 24 Jun - Remembering the judges at the 1990 Portugal-Spain International Meeting  
<https://omarchador.blogspot.com/2020/06/ha-30-anos-os-juizes-de-marcha-no.html>
- Tue 23 Jun - Happy birthday to USA racewalk judge Ron Daniel  
<https://omarchador.blogspot.com/2020/06/ron-daniel-em-dia-de-aniversario.html>
- Mon 22 Jun - Vít Hlaváč and Anežka Drahotová win in Milovice  
<https://omarchador.blogspot.com/2020/06/vit-hlavac-e-anezka-drahotova.html>

## TIME TO PUT THE THINKING CAP ON

First to the answers to last week's questions. Thanks to all those who put together pieces of the jigsaw. Good efforts from Paul DeMeester, Harold van Beek and Emmanuel Tardi. Michael Harvey nearly got the lot, with 4 correct answers. But it was Susan Taylor who got the full 5 correct – the first time someone has done this. Huge congrats to Susan!

And now onto the answers for last week's questions.

**61. Which former IOC president once described his race walking experience as "the closest a man can come to the pangs of childbirth"?**

**Avery Brundage** (1887-1975) was President of the International Olympic Committee (IOC), serving from 1952 to 1972. The only American to attain that position, Brundage is remembered as a zealous advocate of amateurism and for his involvement with the 1936 and 1972 Summer Olympics, both held in Germany. A well known athlete in his younger days, he competed in the 1912 Olympic pentathlon (five track and field events in one day) and decathlon (10 events in two days). But it was in the context of the All-Round Championship (10 track and field events in one day, with only five minutes of rest between events) that he encountered the racewalk. The All-Round included technically difficult events like the 56-pound weight throw and the half-mile walk. That walking competition, Brundage once said, was "*the closest a man can come to experiencing the pangs of childbirth.*"

Brundage was a complex but fascinating character and perhaps the most powerful figure in the history of international sports. Allen Guttman's definitive biography "*The Games Must Go On*" is well worth the read if you can get your hands on a copy. You should also read the comprehensive New York Times obituary, issued on the occasion of his death in 1975: <https://www.nytimes.com/1975/05/09/archives/avery-brundage-of-olympics-dies-head-of-games-for-20-years-tenure.html>.

Coincidentally, omarchador published a bulletin on Brundage yesterday. Brundage is in the news again, with the San Francisco Museum of Oriental Art deciding to remove his bust from the lobby of the building, given his political views and known history of racist actions. See <https://omarchador.blogspot.com/2020/06/brundage-marcha-e-as-dores-de-parto.html>.



**62. Who was Australia's first racewalking National Event Coach?**

Here's the chronological order: **John Boas** → Stan Malbut → Craig Hilliard → Harry Summers → Ron Weigel → John Fitzgerald → Brent Vallance. The idea of National Event Coaches and National Squads came out of a 1977 AT&FCA report and came to fruition in 1980. With no suitable candidate for the walks NEC, John Boas, the Long Jump NEC who coached Gary Honey and Ian Campbell, was asked by Jean Roberts to take on the job as acting NEC (Walks). John was a multi-discipline coach, specialising in the horizontal jumps but equally adept coaching athletes in disciplines as diverse as pole vaulting, distance running and walking (he was also my coach throughout my walking career). Read all about how it all panned out at <http://www.vrwc.org.au/tim-archive/articles/Australian%20National%20Event%20Coach%20Walking.pdf>.

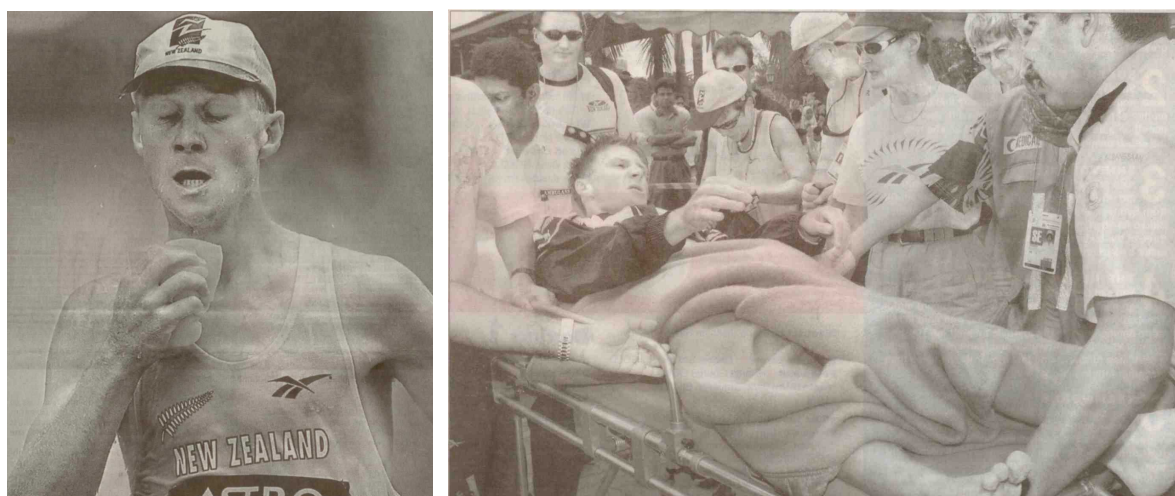
**63. Who was the first Australian to break 4 hours for the 50km walk. And as a related question, which Australian walker has broken 4 hours for the 50km on the most occasions?**

Victorian **Willi Sawall**, who held the Australian best with a time of 4:06:39, won the Australian 50km Championship in Melbourne in May 1979 with a 10 minute PB time of 3:56:07. It was one of 6 occasions when he chipped away at the record, eventually lowering it to 3:46:34 in 1980. Overall, no guesses for who has the most 50km walks in under 4 hours – **Jared Tallent** leads the pack with 15.

I got busy and researched everything you need to know about sub-4hr Australian 50km performances and it follows immediately after this Q&A section.

**64. Who was the walker who collapsed from heat exhaustion with only 500m to go in a Commonwealth Games 50km, while 5 minutes ahead of his nearest rivals and with the gold seemingly his for the taking?**

New Zealand walker Craig Barrett was the walker in question and the race was the 1998 Commonwealth Games 50km in Kuala Lumpur, Malaysia.



*Craig Barrett – before and after the collapse*

Here's the transcript of the newspaper article that described the incident.

"I'm the greatest person in the world and I won't die. I won't die." That chilling cry from an athlete in meltdown, and a world of delirium, rang out from an army camp bed in one of the closing scenes to an appalling finale of the men's 50 km road walk. New Zealander Craig Barrett was ranting. There were intravenous drips in both arms as a team of doctors and support staff buzzed around him, working frantically, bathing his body in ice.

Thirty minutes earlier, Barrett had been on the last of 19 laps around the course at Lake Titiwangsa. He was just 1 km from the finish and led the field by six minutes. Another five minutes and the gold would be his, in what is the most brutal event in the Games. And then he collapsed.

Despite suffocating heat and humidity, with temperatures nudging 40 degrees, there had been no warning that Barrett would hit the wall and short-circuit both body and brain. He was maintaining good pace and showing only the usual signs of distress that walkers do after more than four hours on the road. But rounding a bend, he buckled. What followed was a danse macabre.

In pathetic scenes reminiscent of the 1984 Olympic Games when women's marathon runner Gabrielle Andersson Scheiss of Switzerland, her limbs askew, lurched and staggered in the final straight. Barrett's auto-pilot went haywire. His left leg refused to follow his right. As if paralysed, it flapped and sagged and dragged behind him. He attempted to keep going,

then stopped. He sat in the gutter, then tried again. After 4 aborted attempts to resume, his struggle captured vividly by television cameras, he shuffled backwards in the final throes of consciousness.

New Zealand's chef de mission, Les Mills, having just arrived at the walk venue and well away from the finish line, was the only Kiwi official to witness the collapse. Marshalls had not wanted to intervene, as Barrett was leading. But Mills, a former Commonwealth Games discus gold medallist, ordered the ambulance in, fearing the walker's life could be at risk if he stayed out on the course much longer.

As the New Zealander was helped into the ambulance, Malaysian Govindaswamy Saravanan, a 28 year old bank clerk, cruised past. "I saw him collapse so I knew I had gold. I knew I just had to keep my pace and finish the race to win," Saravanan said. Pandemonium broke out as he crossed the finish line in 4:10:05, becoming the first Malaysian ever to win an Commonwealth athletics gold.

Even before his adoring countrymen put the gold medal around his neck and handed him his winning bonus incentive of \$50,000, Saravanan admitted he was a shattered man. "One more thing", he called out as a huddle of journalists broke up around him. "I want to announce my retirement. Although this is my first international race, I couldn't keep this up." He had won Malaysia's only athletics medal of the Games. Of course he did not retire and is recorded as winning gold in the 2001 South East Asian Games 50km on the same Lake Titivangsa course in Kuala Lumpur with a time of 4:34:04.

Australian Duane Cousins walked a very well judged race in the atrocious conditions, storming home for 2<sup>nd</sup> place in 4:10:30, just 25 seconds behind the winner. Fellow Aussie Dominic McGrath raced with his usual tactics, starting slowly and speeding up to finish in 3<sup>rd</sup> place in 4:12:52, blood streaming down his right leg from chafing caused by ill-fitting shorts. Dion Russell, who had gone into the race as one of the favourites, led early. But the heat was too much and he retired before halfway.

By the evening, Barrett had recovered sufficiently to be released from hospital but he was shattered, knowing that he had been so close to the win.

Saravanan was not the only Malaysian 50km walker in the news. Ninth placed Thirukumaran Balaysendaran had walked the entire race in bare feet, something he usually did and something he continued to do throughout his long career until he eventually retired in 2011.

- 65. What English international racewalker tackled the Trans-America challenge in 1972, thinking he had to beat a record time of 64 days, only to find mid walk, that a South African runner had just reduced the record to 54 days? Digging deep, he increased his walking pace to complete the 2,891 Mile challenge in 53 days 12 hours and 15 minutes – at an average rate of 54 miles (87km) per day!**

Way back in late 2015, I described this feat in an article on English walker **John Lees** who was only 21 years old when he did his Trans-America walk - check out the article at <http://www.vrwc.org.au/tim-archive/articles/wo-john-lees.pdf>. John went on to become one of Great Britain's top 50km walkers.

Now to this week's questions – they are not getting any easier! Some details needed, not just a name. Back up your claim!

- 66. Can you list all the Olympic Games, Commonwealth Games and major World Athletics Championships that have been held in Australia?**
- 67. In the early days of the Lugano Cup, there were a few hardy walkers who raced the 20km/50km combination on successive days to help their country out from a points perspective. But in the modern era, you don't normally try to walk the combination unless there is a significant time gap between the two events. What walker won a 20/50 combination in a major meet, with only 36 hours between when the 20km started and the 50km started?**
- 68. What athlete won the first women's walk contested at the Commonwealth Games?**
- 69. What Australian walker was directed back into the Olympic Stadium when he still had one lap of the 2km course to complete? His 26<sup>th</sup> place finish was later amended to a DNF. Although he subsequently received an official written apology from the Olympic Games LOC and an explanatory note was also attached to the official results, it was probably a poor consolation for a walker contesting his first Olympics.**
- 70. Which Australian walkers have contested the 20km/50km double in Olympic Games competition.**

Forward your answers to me at [terick@melbpc.org.au](mailto:terick@melbpc.org.au). I will give the answers next week and pose 5 further questions. Remember you can check out past questions and answers at <http://www.vrwc.org.au/RW-Questions.shtml>.

## AUSTRALIA'S SUB 4 HOUR 50KM WALKERS

As part of the 2020 COVID-19 lockdown, I asked 5 questions each week for Heel & Toe readers to consider. Question 63 was the following:

### 63. Who was the first Australian to break 4 hours for the 50km walk. And as a related question, which Australian walker has broken 4 hours for the 50km on the most occasions?

Let's start with a look at the progression in the Australian 50km Record, from Jack Coffey's inaugural record in 1930 right through to Nathan Deakes who set the current record (it was a World Record at the time!) in 2006. The table shows that it was Willi Sawall who, in 1979, recorded a time of 3:56:07 to become the first Australian under 4 hours.

4:59:40	Jack Coffey	1930 Alexander Cup 50km	Sydney	Sep 1930	1
4:55:36	Jack Cummins	1934 Alexander Cup 50km	Melbourne	Oct 1934	1
4:51:05	Leslie Hellyer	1955 Alexander Cup 50km	Sydney	Sep 1955	1
4:40:25	Ray Smith	1956 Australian 50km Championship	Melbourne	Sep 1956	2
4:24:24	Ted Allsopp	1956 Victorian 50km Championship	Melbourne	Sep 1956	1
4:23:38	Ted Allsopp	1957 Alexander Cup 50km	Melbourne	Sep 1957	1
4:22:41.8*	Ted Allsopp	1958 Victorian 50km Championship	Melbourne	Aug 1958	1
4:20:23.8*	Ted Allsopp	1959 VAWC 50km Track Walk	Melbourne	Aug 1959	1
4:22:37	Ted Allsopp	1959 Victorian 50km Championship	Melbourne	Sep 1959	1
4:17:07	Bob Gardiner	1964 Olympic 50km Walk	Tokyo, JAP	Oct 1964	5
4:14:17.0*	Bob Gardiner	1968 VAWC Track 50km Championship	Melbourne	Aug 1968	1
4:12:20	Willi Sawall	1976 VAWC 50km Championship	Melbourne	Jul 1976	1
4:06:39.0*	Willi Sawall	1976 VAWC 50km Track Race	Melbourne	Aug 1976	1
3:56:07	Willi Sawall	1979 Australian 50km Championship	Melbourne	May 1979	1
3:54:07	Willi Sawall	1979 Victorian 50km Championship	Melbourne	Jul 1979	1
3:51:08	Willi Sawall	1979 IAAF Racewalking World Cup	Eschborn, GER	Sep 1979	10
3:46:34	Willi Sawall	1980 50km Olympic Trial	Adelaide	Apr 1980	1
3:44:07	Simon Baker	1988 Olympic Games 50km	Seoul, KOR	Aug 1988	6
3:43:13	Simon Baker	1989 IAAF Racewalking World Cup	Barcelona, ESP	May 1989	1
3:43:50.0*	Simon Baker	1989 Victorian 50km Track Championship	Melbourne	Sept 1989	1 Comm R
3:39:43	Nathan Deakes	2003 Australian 50km Championship	Albert Park, Melb	Dec 2003	1
3:35:47	Nathan Deakes	2006 Australian 50km Championship	Geelong, VIC	Dec 2006	1 World R

\* Track

Since that first time in 1979, 17 further Australians have bettered 4 hours, taking the grand total to 18. The following table shows the PB for each of these walkers.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006	29
2	3:36:53	Jared Tallent	VIC	17/01/1984	2	London, GBR	11/07/2012	28
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet, ESP	28/05/1989	31
4	3:43:39	Luke Adams	NSW	22/10/1976	6	Berlin, GER	21/08/2009	32
5	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980	38
6	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998	23
7	3:48:40	Chris Erickson	VIC	01/12/1981	10	Rio de Janeiro, BRA	19-08-2016	34
8	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007	20
9	3:52:58	Rhydian Cowley	VIC	04/01/1991	1	Melbourne	01/12/2019	28
10	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006	23
11	3:53:23	Andrew Jachno	VIC	13/04/1962	19	Seoul, KOR	30/09/1988	31
12	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001	21
13	3:55:03	Brendon Reading	ACT	26-01-1989	4	Melbourne	13-12-2015	26
14	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001	26
15	3:55:17	Ian Rayson	NSW	04/02/1988	4	Melbourne	13-12-2015	27
16	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993	30
17	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington, GBR	23/04/2000	27
18	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992	32

Which of them walked under 4 hours on the most occasions? That honour goes to Jared Tallent, with 15 sub-4's. The full list of all 18 walkers follows. Apologies if I have missed any performances. I had to check a lot of sources to find all these!

#### Jared Tallent - 15

1.	3:55:08	2006 Australian 50km Championship	Geelong, VIC	Dec 2006	3
2.	3:44:45	2007 Australian 50km Championship	Melbourne, VIC	Dec 2007	1
3.	3:39:27	2008 Olympic 50km Walk	Beijing, CHN	Aug 2008	2
4.	3:44:50	2009 IAAF World Championships	Berlin, GER	Aug 2009	6

5.	3:38:56	2009 Australian 50km Championship	Melbourne	Nov 2009	1
6.	3:54:55	2010 IAAF Racewalking World Cup	Chihuahua, MEX	May 2009	3
7.	3:43:36	2011 IAAF World Championships	Daegu, KOR	Aug 2011	2
8.	3:49:33	2011 Australian 50km Championship	Melbourne	Dec 2011	1
9.	3:40:32	2012 IAAF Racewalking World Cup	Saransk, RUS	May 2012	1
10.	3:36:53	2012 Olympic 50km Walk	London, GBR	Aug 2012	1
11.	3:40:03	2013 IAAF World Championships	Moscow, RUS	Aug 2013	2
12.	3:42:48	2014 IAAF Racewalking World Cup	Taicang, CHN	May 2014	2
13.	3:42:17	2015 IAAF World Championships	Beijing, CHN	Aug 2015	2
14.	3:42:46	2016 IAAF Racewalking World Cup	Rome, ITA	May 2016	1
15.	3:41:16	2016 Olympic 50km Walk	Rio de Janeiro, BRA	Aug 2016	2

#### Chris Erickson - 13

1.	3:58:22	2006 Commonwealth Games 50km	Melbourne	Mar 2006	3
2.	3:59:20	2006 IAAF Racewalking World Cup	La Coruna, ESP	May 2006	26
3.	3:59:02	2008 Australian Olympic 50km Trial	Melbourne	16/12/2007	5
4.	3:55:30	2008 Australian 50km Championship	Melbourne	Dec 2008	1
5.	3:54:53	2011 Dudince 50km	Dudince, SLV	Mar 2011	11
6.	3:51:57	2011 Australian 50km Championship	Melbourne	Dec 2011	3
7.	3:55:24	2013 Chinese 50km Championship	Beijing, CNH	Mar 2013	1
8.	3:49:41	2013 IAAF World Championships	Moscow	Aug 2013	16
9.	3:49:33	2014 IAAF Racewalking World Cup	Taicang, CHN	May 2014	8
10.	3:56:38	2014 Australian 50km Championship	Melbourne	Dec 2014	1
11.	3:51:26	2015 IAAF World Championships	Beijing, CHN	Aug 2015	13
12.	3:54:10	2015 Australian 50km Championship	Melbourne	Dec 2015	2
13.	3:48:40	2016 Olympic Games 50km	Rio de Janeiro, BRA	Aug 2016	10

#### Nathan Deakes - 12

1.	3:52:33	1999 Australian 50km Championship	Melbourne	Dec 1999	E1
2.	3:47:29	2000 Olympic Games 50km	Sydney	Set 2000	6
3.	3:43:43	2000 Naumburg International 50km Race	Naumburg, GER	Apr 2001	1
4.	3:52:40	2002 Commonwealth Gamew 50km	Manchester, GBR	Aug 2002	1
5.	3:39:43	2003 Australian 50km Championship	Albert Park, Melb	Dec 2003	1
6.	3:47:51	2005 Australian 50km Championship	Melbourne	May 2005	1
7.	3:42:53	2006 Commonwealth Games 50km	Melbourne	Mar 2006	1
8.	3:35:47	2006 Australian 50km Championship	Geelong, VIC	Dec 2006	1 World Record
9.	3:43:53	2007 IAAF World Championships	Osaka, JAP	Sep 2007	1
10.	3:48:02	2011 Dudince 50km	Dudince, SLV	Mar 2011	6
11.	3:50:34	2011 Australian 50km Championship	Melbourne	Dec 2011	2
12.	3:48:45	2012 Olympic Games	London, GBR	Aug 2012	19

#### Duane Cousins - 9

1.	3:54:38	VRWC 50km Championship	Melbourne	Dec 1995	1
2.	3:56:17	1996 Victorian 50km Championship	Melbourne	May 1996	1
3.	3:57:40	1997 Australian 50km Championship	Melbourne	Dec 1997	2
4.	3:59:34	1999 Australian 50km Championship	Melbourne	Dec 1999	3
5.	3:59:29	2001 Australian 50km Championship	Melbourne	May 2001	3
6.	3:59:27	2002 Australian 50km Championship	Melbourne	May 2002	2
7.	3:59:33	2003 Australian 50km Championship	Melbourne	May 2003	2
8.	3:53:19	2006 Australian 50km Championship	Geelong, VIC	02/12/2006	2
9.	3:55:57	2008 Australian Olympic 50km Trial	Melbourne	16/12/2007	4

#### Simon Baker - 9

1.	3:58:51	1987 VAWC Christmas Road Meet	Melbourne	Dec 1987	1
2.	3:44:07	1988 Olympic Games 50km	Seoul, KOR	Aug 1988	6
3.	3:43:13	1989 IAAF Racewalking World Cup	Barcelone, ESP	May 1989	1
4.	3:57:36	1989 Australian 50km Championship	Melbourne	Aug 1989	1
5.	3:43:50	1989 Victorian 50km Track Championship	Melbourne	Sept 1990	1 Comm Record
6.	3:46:36	1991 IAAF Racewalking World Cup	San Jose, USA	May 1991	2
7.	3:58:36	1993 IAAF Racewalking World Cup	Monterey, MEX	Apr 1993	7
8.	3:57:11	1993 IAAF World Championships	Stuttgart, GER	Aug 1993	14
9.	3:55:46	1996 Victorian 50km Championship	Melbourne	May 1996	1

#### Luke Adams - 7

1.	3:53:19	2007 Australian 50km Championship	Melbourne	Dec 2007	3
2.	3:47:45	2008 Olympic Games 50km	Beijing, CHN	Aug 2008	10
3.	3:43:39	2009 IAAF World Championships	Berlin, GER	Aug 2009	5
4.	3:47:34	2010 Australia 50km Championship	Melbourne	Dec 2010	1

5.	3:45:31	2011 IAAF World Championships	Daegu, KOR	Sep 2011	4
6.	3:53:41	2012 Olympic Games 50km	London, GBR	Aug 2012	23
7.	3:57:24	2012 Australian 50km Championship	Melbourne	Dec 2012	1

#### Willi Sawall - 6

1.	3:56:07	1979 Australian 50km Championship	Melbourne	May 1979	1
2.	3:54:07	1979 Victorian 50km Championship	Melbourne	Jul 1979	1
3.	3:51:08	1979 IAAF Racewalking World Cup	Eschborn, GER	Sep 1979	10
4.	3:46:34	1980 50km Olympic Trial	Adelaide	Apr 1980	1
5.	3:53:55	1981 Australian 50km Championship	Melbourne	Aug 1981	1
6.	3:59:48	1986 Australian 50km Championship	Adelaide	Aug 1986	1 (at age 44)

#### Dion Russell - 4

1.	3:48:12	1997 Australian 50km Championship	Melbourne	Dec 1997	1
2.	3:47:34	1998 Australian 50km Championship	Melbourne	Dec 1998	1
3.	3:59:23	1999 IAAF World Championships	Seville, ESP	Aug 1999	13
4.	3:52:33	1999 Australian 50km Championship	Melbourne	Dec 1999	E1

#### Liam Murphy - 3

1.	3:54:37	2001 Australian 50km Championship	Melbourne	May 2001	1
2.	3:55:20	2002 Australian 50km Championship	Melbourne	May 2002	1
3.	3:56:45	2002 IAAF Racewalking World Cup	Turn, ITA	Oct 2002	15

#### Ian Rayson - 3

1.	3:59:43	2010 Australian 50km Championship	Melbourne	Dec 2010	2
2.	3:57:55	2011 Australian 50km Championship	Melbourne	Dec 2011	4
3.	3:55:17	2015 Australian 50km Championship	Melbourne	Dec 2015	3

#### Dominic McGrath - 2

1.	3:59:15	1997 Australian 50km Championship	Melbourne	Dec 1997	3
2.	3:57:51	European Grand Prix	Leamington, GBR	Apr 2000	?

#### Adam Rutter - 1

1.	3:52:49	2007 Australian 50km Championship	Melbourne	Dec 2007	2
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#### Rhydian Cowley - 1

1.	3:52:38	2019 Australian 50km Championship	Melbourne	Dec 2019	1
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#### Andrew Jachno - 1

1.	3:53:33	1988 Olympic Games 50km	Seoul, KOR	Aug 1988	19
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#### Brendon Reading - 1

1.	3:55:03	2015 Australian 50km Championship	Melbourne	Dec 2015	3
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#### Darren Bown - 1

1.	3:55:05	2001 Australian 50km Championship	Melbourne	May 2001	2
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#### Michael Harvey - 1

1.	3:57:02	1993 Australian 50km Championship	Richmond, NSW	July 1993	1
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#### Dariusz Wojcik - 1

1.	3:58:30	1992 Olympic 50km Trial	Melbourne	Jan 1992	1
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And which Australian walker has completed the most 50km walks overall. That honour goes to Michael Harvey with 32 finishes. His full list reads as follows

1.	05/09/1982	Victorian 50km Championship	Melbourne, VIC	5 <sup>th</sup>	4:46:37
2.	09/07/1983	IAAF Racewalking WC Trial	Holdsworth, NSW	1 <sup>st</sup>	4:18:09
3.	18/03/1984	Australian 50km Championship	Adelaide, SA	2 <sup>nd</sup>	4:05:42
4.	11/08/1984	Olympic 50km Championship	Los Angeles, USA	11 <sup>th</sup>	4:09:18
5.	07/07/1985	IAAF Racewalking WC 40km trial		4 <sup>th</sup>	4:31:18
6.	17/08/1986	Australian 50km Championship	Adelaide, SA	2 <sup>nd</sup>	4:04:27
7.	08/03/1987	IAAF Racewalking WC Trial		2 <sup>nd</sup>	4:20:15
8.	02/05/1987	IAAF Racewalking World Cup	New York, USA	63 <sup>rd</sup>	4:28:00
9.	05/09/1987	IAAF World Championships	Rome, ITA	25 <sup>th</sup>	4:11:04
10.	08/05/1988	Australian 50km Championship	Melbourne, VIC	1 <sup>st</sup>	4:09:16
11.	12/02/1989	IAAF Racewalking WC Trial		3 <sup>rd</sup>	4:20:54
12.	28/05/1989	IAAF Racewalking World Cup	Barcelona, ESP	67 <sup>th</sup>	4:33:07

13.	14/07/1990	Australian 50km Championship	Sydney, NSW	1 <sup>st</sup>	4:14:56
14.	08/09/1991	Victorian 50km Championship	Melbourne, VIC	1 <sup>st</sup>	4:11:33
15.	26/04/1992	Olympic 50km trial	Czech Republic	15 <sup>th</sup>	4:13:58
16.	15/05/1992	International track 50km	Bergen, NOR	8 <sup>th</sup>	4:14:31
17.	13/12/1992	Victorian 50km Championship	Melbourne, VIC	2 <sup>nd</sup>	4:09:24
18.	25/04/1993	IAAF Racewalking World Cup	Monterey, MEX	27 <sup>th</sup>	4:10:53
19.	10/07/1993	Australian 50km Championship	Richmond, NSW	1 <sup>st</sup>	3:57:20
20.	21/08/1993	IAAF World Championships	Stuttgart, GER	33 <sup>rd</sup>	4:23:40
21.	10/07/1994	Australian 50km Championship		1 <sup>st</sup>	4:08:48
22.	18/12/1994	Victorian 50km Championship	Melbourne, VIC	1 <sup>st</sup>	4:02:17
23.	30/04/1995	IAAF Racewalking World Cup	Beijing, CHN	40 <sup>th</sup>	4:05:56
24.	10/08/1995	IAAF World Championships	Goteborg, SWE	26 <sup>th</sup>	4:16:41
25.	31/03/1996	Victorian 50km Championship	Melbourne, VIC	3 <sup>rd</sup>	4:05:40
26.	01/09/1996	Australian 50km Championship		1 <sup>st</sup>	4:11:34
27.	03/12/1996	Victorian 50km Championship	Melbourne, VIC	2 <sup>nd</sup>	4:17:40
28.	20/04/1997	IAAF Racewalking World Cup	Podebrady, CZE	63 <sup>rd</sup>	4:14:09
29.	13/11/1998	IAAF Racewalking WC Trial		3 <sup>rd</sup>	4:18:34
30.	02/05/1999	IAAF Racewalking World Cup	Mezidon, FRA	61 <sup>st</sup>	4:08:58
31.	12/12/1999	Australian 50km Championship	Melbourne, VIC	9 <sup>th</sup>	4:27:05
32.	05/05/2002	Australian 50km Championship	Melbourne, VIC	6 <sup>th</sup>	4:42:10

In closing, I must add in the 11 sub-4hr 50km performances by Melbourne based New Zealand walker Quentin Rew:

#### Quentin Rew (NZL) - 11

1.	3:58:48	2012 2012 Dudince 50km Meet	Dudince (SLV)	24 Mar 2012	9 <sup>th</sup>
2.	3:55:03	2012 Olympic Games 50km	London (GBR)	11 AUG 2012	27 <sup>th</sup>
3.	3:50:27	2013 IAAF World Championships	Moscow (RUS)	14 AUG 2013	17 <sup>th</sup>
4.	3:50:22	2014 IAAF Racewalking World Cup	Taicang (CHN)	03 MAY 2014	10 <sup>th</sup>
5.	3:52:18	2015 IAAF Challenge Series Meet	Chihuahua (MEX)	07 Mar 2015	4 <sup>th</sup>
6.	3:48:48	2015 IAAF World Championships	Beijing (CHN)	29 AUG 2015	10 <sup>th</sup>
7.	3:49:32	2016 Olaympic Games 50km	Rio de Janeiro (BRA)	19 AUG 2016	12 <sup>th</sup>
8.	3:51:18	2017 IAAF Challenge Series Meet	Monterey (MEX)	19 March 2017	3 <sup>rd</sup>
9.	3:46:29	2017 IAAF World Championships	London (GBR)	13 August 2017	12 <sup>th</sup>
10.	3:48:58	2018 IAAF Racewalking World Cup	Taicang (CHN)	5 May 2018	9 <sup>th</sup>
11.	3:49:48	2019 Japanese 50km Championship	Wajima (JAP)	14 April 2019	8 <sup>th</sup>

It's a shame Quentin has only 11 50km walks in the above list at this stage, because 12 seems to be the magic number for him. His first big 50km time of 3:58:48 bettered the NZ 2012 Olympic qualifying standard of 3:59:00 by 12 secs and earned him his first Olympic berth. His 20km time of 1:22:18 at Fawkner Park in 2017 bettered the NZ 2018 Commonwealth Games qualifying standard by 12 secs and earned him his first Commonwealth Games berth. Then his time of 3:49:48 in Wajima last year bettered the NZ 2020 Olympic qualifying standard by 12 secs and earned him his third Olympics berth.

I think that completes all the sub-4hr 50km stats!

#### FROM THE VAULT

Two photos this week from the vault.

The first, from Bob Gardiner's archives, features 1960 Olympic 20km silver medallist Noel Freeman being manhandled by a Rome policeman. The caption reads:

*Lost or forgotten passes caused several nasty incidents, such as the one below in which Australian walker, Noel Freeman, has his arm twisted up his back by a Roman policeman who hustled him out of the village because he was not carrying his pass.*

The second, from Trevor Vincent, is from 1965 and shows one of the very early altitude camps held in Australia. With the 1968 Olympics to be held in Mexico City, Jack Pross, a well known NSW coach, organised a training camp in the highest area possible in Australia – the mountains near Mt Kosciusko. Pross was a friend of Percy Cerutti and his training techniques were similar, with his sessions taxing his athletes to mental and physical extremes. When he died in 2006, his passing saw an obituary on the World Athletics website (<https://www.worldathletics.org/news/news/coaching-great-pross-remembered-fondly>). The caption for this photo, which shows everyone atop Mt Kosciusko, reads



Jack Pross & his Kosciusko group - included in the print are: Jack Pross, **Frank Clark (walker NSW)**, Bern Dugdale (Distance NSW), **Robin Whyte (Walker ACT)**, John Baguley (Long Jump WA), Dr. John Moncrief (Uni/Adelaide), Lionel Worling (Distance SA), Mel Rooke (Distance NSW), **Les Manktelow (Walker NSW)**, John Hancock (Distance NSW) and Murray Talbert (Long and H.S.J. NSW)



#### AUSTRALIAN RACEWALKING CHAMPIONSHPS MEN: 1957 - 1960

This follows on from 3 previous articles which detail the early Australasian and Australian Racewalking Championships (along with other particularly significant races), up to and including 1956.

- [Australasian Championships Men 1892-1920.pdf](#)
- [Australasian Championships Men 1921-1939.pdf](#)
- [Australian Championships Men 1946-1956.pdf](#)

Many of the walkers discussed have profiles in the VRWC archives at <http://www.vrwc.org.au/tim-archive/index.shtml>. Rather than use extensive footnoting in this document, you are invited to that link whenever you wish to read further on any individuals.

#### Australian Track & Field Championships 1956-57 Olympic Park, Melbourne, Victoria, 9 & 11 March 1957

The year after an Olympic Games is sometimes a quiet one from an athletics perspective, but this was certainly not the case for Australian racewalkers. **Don Keane** and **Ted Allsopp** who continued their friendly rivalry in the Australian T&F 2 Mile Walk Championship, with Keane the victor, reversing the trend what had seen Allsopp win the last two T&F walk titles. 18 year old walking prodigy **Noel Freeman** signalled what was to come with his third place finish, ahead of the more experienced **Bob Gardiner** and **Ray Smith**.

2 MILES WALK - Men - Saturday 9 March 1957			
1	Don Keane	VIC	13:56.6
2	Ted Allsopp	VIC	14:11.2
3	Noel Freeman	VIC	14:27.2
4	Bob Gardiner	VIC	14:40.2
5	Ray Smith	VIC	14:49.4
6	Colin Walker	NSW	15:02.6
7	William Kirby	NSW	
8	R Nixon	NSW	

#### 1957 Australian 10,000m Walk Championship Olympic Park, Melbourne, Saturday 29<sup>th</sup> June 1957

The Australian 10,000m Walk Championship continued to be a small affair compared to its larger cousin, the Glover Shield. The 1957 edition was held at Olympic Park in Melbourne on Saturday 29<sup>th</sup> June. However, with the venue booked by the V.A.S.A. on

Saturday afternoons, the walk had to be staged in the morning. Four States were represented, with NSW and Victoria fielding full teams of six competitors, SA was represented by Eddie Folland and Queensland by Syd Bray. Tom Daintry was now resident in Victoria and was part of the Victorian team.

1956 Olympian **Ted Allsopp** added yet another Australian title to his ever growing list with his winning time of 46:12. Behind him came 18 year old **Noel Freeman**, the walker of the future (46:51.8), with 1956 Olympian **Ron Crawford** third (47:19.8). The teams championship saw Victoria win over NSW.

<b>Australian 10,000m Walk Championship, Melbourne</b>			
1.	Ted Allsopp	VIC	46:12
2.	Noel Freeman	VIC	46:51.8
3.	Ron Crawford	NSW	47:19.8
4.	Donald Thompson	NSW	47:34
5.	Harold Summers	VIC	47:48
6.	Kenneth Keogh	NSW	48:06
7.	Peter Bethell	VIC	48:08
8.	Edward Folland	SA	48:10
9.	Colin Walker	NSW	48:55
10.	Harry Larchin	VIC	49:20
11.	Raymond Nixon	NSW	49:51
12.	Tom Daintry	VIC	51:01
13.	Sydney Bray	QLD	51:04
14.	James Rileigh	NSW	53:21
Senior Teams	VIC	15	NSW 21

### 1957 Alexander Cup 50km

**Royal Showgrounds, Ascot Vale, Melbourne, Sunday 28<sup>th</sup> September 1957**

The 1957 Alexander Cup was held in conjunction with the Victorian 50km Roadwalk Championship at the Royal Showgrounds in Ascot Vale on 28<sup>th</sup> September of that year. Sadly, interest from interstate was just about non existent, with the field of 13 featuring 10 Victorians and 3 SA walkers but no NSW representatives.

**Ted Allsopp** proved in a class of his own, winning as he liked and bettering his own Australian record with 4:23:38. The gap to second was huge, with **Cliff Barling** 38 minutes in arrears! Victoria was the only State to finish a team. Although SA had 3 walkers, only **Col Bailey** finished. As an aside, Colin Bailey would go on to have an illustrious walking career on the local SA front, setting a new Australian 50 Mile walk record of 8:37:40 in 1962. Now retired and living in Tasmania, he is a world expert on the Thylacine or Tasmanian Tiger and has has written a number of books on the subject.

The VAWC Annual Report of that year wrote of its disappointment at the lack of support for this event. The Alexander Cup 50km would stagger on for 3 further stagings before the inevitable.

*Interest in the Alexander Cup competition was effected by the absence of a team from NSW, for the first time since the inception of the concept. However, a team from SA took part but their efforts were nullified by the withdrawal of two of their team members from the race, leaving Victoria as the only State to finish a complete team. We sincerely trust that more interest will be taken by all States in future competitions.*

<b>1957 Alexander Cup 50km, Royal Showgrounds, Melbourne</b>			
1.	Ted Allsopp	VIC	4:23:38 AR
2.	Cliff Barling	VIC	5:01:23
3.	Tom Daintry	VIC	5:04:07
4.	Jim Short	VIC	5:07:25
5.	Len Chadwick	VIC	5:13:35
6.	Peter Bethell	VIC	5:23:51
7.	John Busst	VIC	5:27:12
8.	Colin Bailey	SA	5:33:03
9.	Ronald Davies	VIC	5:51:52
-	Lindsay MacGregor	SA	DNF
-	Edward Folland	SA	DNF
-	Rex Chugg	VIC	DNF
-	Basil Thomson	VIC	DNF
Teams	1. VIC	6 pts	(1,2,3)



**Australian Track & Field Championships 1957-58**  
**Exhibition Grounds, Brisbane, Queensland 13, 15, 17 March 1958**

It was the usual **Don Keane** vs **Ted Allsopp** battle at the 1958 T&F Championships in Brisbane, with Keane the victor by 6 secs. 1956 Olympian **Ron Crawford** was third in an event where times were heat effected and generally slow.

<b>2 MILES WALK - Men - Saturday 15 March 1958</b>			
1	Don Keane	VIC	14:36.4
2	Ted Allsopp	VIC	14:42.6
3	Ron Crawford	NSW	15:02.2
4	Harry Summers	VIC	15:06.2
5	David Melzer	QLD	15:09.2
-	Colin Walker	NSW	DQ
-	Sid Bray	QLD	DNF

**1958 Glover Shield 10,000m Walk**  
**St Lucia University Oval, Brisbane, Saturday 10<sup>th</sup> May 1958**

The 1958 Glover Shield 10,000m Track Championship was contested on the grass track at the St. Lucia University Oval in Brisbane on 10<sup>th</sup> May 1958, with teams from NSW, QLD and Victoria participating. Although Victoria sent a record number of walkers – 2 Senior teams and 2 Junior teams – the opposition from NSW was too strong and that State won both Teams races. It was pleasing to see the progress made by Queensland, with their Senior team finishing 3<sup>rd</sup> and their Junior team finishing 2<sup>nd</sup>. The event, which was the largest Glover Shield seen thus far, was conducted by the fledgling Queensland Amateur Walkers' Club.

Although Victoria had sent lots of competitors, the cream of their walkers was sadly missing, and the overall title went to NSW walker **Ken Keogh**, with a time of 48:23.

<b>Glover Shield Senior 10,000m Walk, Brisbane, 10 May</b>			
1.	Keogh, Kenneth	NSW	48:23
2.	William Kirby	NSW	48:51
3.	David Melzer	QLD	48:52
4.	Harry Summers	VIC	49:23
5.	Eugene Cichanowski	NSW	49:33
6.	Edward Edwards	NSW	49:43
7.	Raymond Nixon	NSW	49:48
8.	Alan Hancock	VIC	49:50
9.	Harry Larchin	VIC	49:58
10.	Colin Walker	NSW	50:53
11.	Bernard Claughton	VIC	51:19
12.	Edward Thomas	QLD	51:31
13.	Sydney Bray	QLD	51:38
14.	Leslie Ryman	NSW Ind.	51:52
15.	Norman Brown	VIC	52:33
16.	Alan Lynch	QLD	53:16
17.	Laurence Hehir	VIC	53:17
18.	Noel Norris	VIC	53:17
19.	Ralph Field	VIC	54:44
20.	Kenneth Campbell	QLD	55:07
21.	James Rileigh	NSW	55:30
22.	James Short	VIC	55:39
23.	Anthony Warren	VIC	56:22
24.	Geoffrey Cawood	NSW	56:32
25.	Ronald Davies	VIC	56:33
26.	Irwin Saunders	VIC	57:21
27.	Jack Laracy	QLD	57:28
28.	James Morrison	VIC	57:32
29.	Alex Tarr	VIC	57:46
30.	Albert Atkins	VIC	60:19
31.	John Howard	NSW Ind.	63:13
<b>Robinson Shield Junior 10,000m Walk</b>			
1.	Eugene Cichanowski	NSW	49:33
2.	Raymond Nixon	NSW	49:48
3.	Alan Hancock	VIC	49:50
4.	Edward Thomas	QLD	51:31
5.	Sydney Bray	QLD	51:38
6.	Norman Brown	VIC	52:33

7.	Alan Lynch	QLD	53:16	
8.	Laurence Hehir	VIC	53:17	
9.	James Rileigh	NSW	55:30	
10.	James Morrison	VIC	57:32	
11.	Alex Tarr	VIC	57:46	
12.	Albert Atkins	VIC	60:19	
Senior Teams	NSW 14	VIC 28	QLD 36	VIC2 58
Junior Teams	NSW 12	QLD 16	VIC 17	VIC2 33

### 1958 Victorian 50km Championship Melbourne University Track, 23<sup>rd</sup> August

First, a note of one 1958 Victorian championship of significance. **Ted Allsopp** continued to dominate the local Australian landscape in 1958, winning the Victorian 50,000m Track Championship in Melbourne on 23<sup>rd</sup> August in a new Australian record of 4:22:41.8. An explanation follows.

The 1958 Victorian 50m road championship had been changed to a 50,000m track championship for the purposes of creating new track records. The set date was Saturday 23<sup>rd</sup> August and the venue was the Melbourne University track in inner Melbourne. Of the 9 starters, 3 were first time novices, but that did not stop 8 of the 9 from completing the event. **Ted Allsopp** established or broke records for 30,000m, 20 Miles, 30 Miles and 50,000m and was an easy winner. 19 year old **Noel Freeman** walked a wonderful debut 4:25:09.5 in taking second. Further down, new comers **Jim Gleeson** and **Irwin Saunders** both finished in just over 5 hours.

1958 Victorian 50km Championship, Melbourne, 23 <sup>rd</sup> August			
1.	Ted Allsopp	VIC	4:22:41.8 AR
2.	Noel Freeman	VIC	4:25:09.5
3.	Cliff Barling	VIC	4:55:41.6
4.	Harry Summers	VIC	5:01:05.7
5.	Jim Gleeson	VIC	5:01:40.0
6.	Irwin Saunders	VIC	5:04:46.7

### 1958 Australian 50km Championship Centennial Park, Sydney, 6<sup>th</sup> September 1958

The 1958 Australian 50km Championship, which was held two weeks later in Sydney, saw another wonderful duel between **Ted Allsopp** and **Noel Freeman**, Ted winning out with 4:24:46.2, just over 1 minute outside his Australian road record and a little over 6 minutes ahead of Noel. Victoria easily won the Teams Race ahead of NSW, 6 pts to 14 pts.



*The start of the 1958 Australian 50km in Sydney. Noel Freeman is second from left. Ted Allsopp is seventh from left. Interestingly, race numbers are not worn. The judges presumably knew the walkers well enough to know who they were targeting.*

1958 Australian 50km Championship, Sydney, 6 <sup>th</sup> September			
1.	Ted Allsopp	VIC	4:24:46.2
2.	Noel Freeman	VIC	4:31:15.2
3.	William Kirby	NSW	4:48:49.6

4.	Cliff Barling	VIC	4:58:32	
5.	Leslie Ryman	NSW	5:00:43	
6.	Harry Summers	VIC	5:03:47	
7.	Jim Short	VIC	5:07:34	
8.	Jim Gleeson	VIC	5:08:19	
9.	Sydney Bray	QLD	5:28:11	
10.	Leslie Woods	NSW	5:30:15	
11.	John Ferguson	NSW	5:31:17	
-	Ralph Field	VIC	DNF	
-	Kenneth Keogh	NSW	DNF	
-	Irwin Saunders	VIC	DNF	
-	Sydney Rudman	NSW	DNF	
-	Edward Edwards	NSW	DQ	
-	Gavan Breen	TAS	DQ	
Teams	1.	VIC	7 Pts	(1,2,4)
	2.	NSW	14 Pts	(3,5,6)

Three weeks later, on Saturday 27<sup>th</sup> September, Ted Allsopp won the Victorian 50km Championship with another excellent time of 4:26:14. 1958 had certainly been Allsopp's year.

### Australian Track & Field Championships 1958-59 North Hobart Oval, Hobart, Tasmania, 28 February and 2 March 1959

After a record 7 wins in 9 years in the Australian T&F 2 Mile Track Walk Championship, Don Keane was an absentee from the 1958 titles. Work commitments made it increasingly difficult for him to train and race, and he would eventually retire in 1960. But **Ted Allsopp** was not able to rest on his laurels, with 20 year old **Noel Freeman** stepping up to the mark and winning the first of what would be 6 track titles in the years from 1959 to 1968.

2 MILES WALK - Men - Saturday 28 February 1959			
1	Noel Freeman	VIC	14.13.9
2	Ted Allsopp	VIC	14.28.6
3	Frank Leonard	SA	14.38.2
4	Colin Walker	NSW	14.49.8
5	Harry Summers	VIC	15.04.0
6	Gavan Breen	TAS	15.09.4
7	Sid Bray	QLD	



*Ted Allsopp and Noel Freeman fight out the 1959 Australian T&F Championship walk ahead of Harry Summers*

### 1959 Alexander Cup 50km

#### New Farm Park to Lawton and Return, Brisbane, Saturday 9<sup>th</sup> May 1959

The 1959 Alexander Cup which was held in Brisbane, on a course from New Farm Park to Lawton and Return. Sadly, for the first time since this event was contested, VAWC did not have a representative team, so the race became a two way contest between teams from Queensland and NSW. For the record, NSW won the Teams event for the first time, being the only team to finish.

Overall, **Ron Crawford** won narrowly from **Jim Gleeson**, less than 1 minute separating them. With only 6 finishers, it was a tough race indeed, due to the demanding course and the hot humid conditions. After the heroics of recent 50km races, it was very much an anticlimax.

1959 Alexander Cup 50km, Brisbane, Saturday 5 <sup>th</sup> Sept			
1.	Ron Crawford	NSW	5:12:09
2.	James Gleeson	VIC	5:12:57
3.	William Kirby	NSW	5:25:10
4.	James Short	VIC	5:35:04
5.	Logan Irwin	NSW	5:44:14
6.	Kenneth Campbell	QLD	5:56:18
-	Sydney Rudman	QLD	DNF
-	John Ferguson	NSW	DNF
-	Enzio Franceschi	NSW	DNF
-	Leslie Ryman	NSW	DNF
-	Jack Hancock	NSW	DNF
-	David Melzer	QLD	DNF
-	Sydney Bray	QLD	DNF
-	Kerry Devine	QLD	DNF
-	Peter Waddell	NSW	DNF
-	Keith Jolly	QLD	DNF
Teams	1.	NSW	6 pts (1,2,3)

By way of postscript, two subsequent races deserve special mention.

A special VRWC 50km Track Walk was held, in conjunction with VAWC 2 Hour Open and 1 Hour Junior Handicap races at the Melbourne University track in Melbourne on Saturday 22<sup>nd</sup> August 1959. With 13 starters, the race quickly developed into a duel between Noel Freeman and Ted Allsopp, all other opposition having retired except for Jim Short and Jim Gleeson. The following Australian Records were set

Australian Open 30,000m	Noel Freeman	2:30:54.4
Australian 2 Miles	Noel Freeman	2:42:23.4
Australian 30Miles	Ted Allsopp	4:11:10.6
Australian 50km	Ted Allsopp	4:20:23.8

#### VAWC 50km Track Walk, University Track, Melbourne, Saturday 22 August 1959

1.	Ted Allsopp	VIC	4:20:23.8	Australian Record
2.	Noel Freeman	VIC	4:28:29.4	
3.	Jim Gleeson	VIC	4:53:30	
4.	Jim Short	VIC	5:17:40	

The Victorian 50km Championship was held 3 weeks later, on Saturday 26<sup>th</sup> September, on its usual Royal Showgrounds course to Rockbank and Return. Both Allsopp and Freeman were in attendance again and Ted chipped away at his own Australian 50km record with his winning time of 4:22:37.

#### 1959 Victorian 50km Championship, Royal Showgrounds, Saturday 26 September

1.	Ted Allsopp	VIC	4:22:37	Australian Record
2.	Noel Freeman	VIC	4:30:06	
3.	Jim Gleeson	VIC	4:51:17	
4.	Jim Short	VIC	5:15:27	
5.	Len Chadwick	VIC	5:21:04	
6.	Ken Saunders	VIC	5:29:13	

Allsopp and Freeman had dominated the Australian 50km scene throughout 1958 and 1959. The same could also be said for the shorter distance scene.

**1959 Australian 10,000m Track Walk**  
**E.S. Marks Field, Sydney, Saturday 10<sup>th</sup> October 1959**

The 1959 Australian 10,000m Track Walk Championship was held at the E.S. Marks Field in Sydney on 10<sup>th</sup> October 1959 and conducted by the N.S.W.A.A.A..

With NSW Olympian **Ron Crawford** disqualified, it was a clean sweep for the strong Victorian team, with **Ted Allsopp** (47:07.8), **Noel Freeman** (47:58.8) and **Don Keane** (50:37.6) sweeping the medals. The teams championship saw a huge win to Victoria which filled the first 4 positions. The conditions were warm and the times were accordingly effected.

<b>1959 Australian 10,000m Track Championship, Sydney, 10 Oct</b>			
1.	Ted Allsopp	VIC	47:07.8
2.	Noel Freeman	VIC	47:58.8
3.	Don Keane	VIC	50:37.6
4.	Noel Norris	VIC	51:02
5.	William Kirby	NSW	51:40
6.	Alan Hancock	VIC	52:06
7.	Eugene Chicanowski	NSW	53:01
8.	Logan Irwin	NSW	53:29
9.	James Gleeson	VIC	53:33
10.	Keith Jolly	QLD	53:45
11.	Edward Edwards	NSDW	53:55
12.	Lawrence Hehir	VIC	54:03
-	Ron Crawford	NSW	DQ
-	Enzio Franchesci	NSW	DQ
Teams:	VIC	10	NSW 26

What a year it had been for Allsopp and Freeman. Seemingly, nothing was going to stand in their way in terms of 1960 Olympic selection.

**Australian Track & Field Championships 1959-60**  
**Leederville Oval, Perth, Western Australia, 5 & 7 March 1960**

The granting of the 1960 Australian T&F Championships to Perth was a controversial one, with many athletes and commentators complaining about the cost of airfares and accommodation. Given that this was the main Olympic qualifying opportunity for most contenders, it did not seem fair. Even the Australian Selectors got into the act, complaining that they could not afford to make the trip. The State Manager of Shell Australia eventually came to the party, covering all costs for the selectors. No such magnanimity was on display for the athletes!

For the walkers, a 2 Miles Track Walk had no implications with regard to Olympic selection, so only a small group bothered to make the trip. Alas, I can't tell you the exact number as the published meet results only indicate the first 3. **Noel Freeman** retained his title with 14:03.2, ahead of **Don Keane** and **Harry Summers** – an all Victoria trifecta.

<b>2 MILES WALK - Men - Saturday 5 March 1960</b>			
1	Noel Freeman	VIC	14.03.2
2	Don Keane	VIC	14.18.2
3	Harry Summers	VIC	15.00.0

**1960 Olympic 20km Trial**  
**Centennial Park, Sydney, Saturday 7<sup>th</sup> May 1960**

1960 was an Olympic year and the 20km and 50km trials were expected to bring out the best walkers.

First to the Olympic 20 km trial which was held on 7<sup>th</sup> May 1960 in Centennial Park in Sydney. **Noel Freeman** stormed through the first 10 km in 41:39 before slowing to win in 1:32:12.4. **Ted Allsopp** chased him early but paid the penalty and faded to third behind **Ron Crawford** of NSW. Ron's time of 1:34:22 gained him Olympic selection. Ted's time of 1:34:33 was not deemed to be adequate for selection. Given his stellar form in the years leading up to this, the decision was astonishingly disappointing.

**Gavan Breen**, back in 7<sup>th</sup> place, had moved from Tasmania to Victoria, and he would represent that State for the remainder of his career. He would go on to a completely different field after his time as a walker, eventually being honoured in 2016 with an A.M. for "distinguished service to the Indigenous community through the preservation of languages, to the development of orthographies, and to education". He now lives in Alice Springs, continuing his work with Aboriginal languages.

**Don Keane** failed to finish, thus ending his efforts for a third Olympics. He retired after this race and soon moved back to his native Perth where he lived for the rest of his life.

<b>1960 Austrian 20km Olympic Trial, Sydney, Saturday 7<sup>th</sup> May</b>			
1.	Noel Freeman	VIC	1:32:12.4
2.	Ron Crawford	NSW	1:34:22
3.	Ted Allsopp	VIC	1:34:33
4.	Norman Bead	NZL	1:41:03
5.	Logan Irwin	NSW	1:51:05
6.	Jim Gleeson	VIC	1:42:29
7.	Gavan Breen	VIC	1:44:46
8.	William Kirby	NSW	1:49:26
9.	Peter Waddell	SW	1:49:26
10.	John Smyth	VIC	1:51:51
-	Harry Summers	VIC	DNF
-	Don Keane	VIC	DNF
-	Edward Edwards	NSW	DQ

**1960 Australian 50km Championship and Olympic Trial  
Mentone, Melbourne, Saturday 5<sup>th</sup> June 1960**

The Olympic 50 km trial was held on 5<sup>th</sup> June 1960 in Mentone (Melbourne), as part of the 1960 Australian 50km Championship. **Ted Allsopp, Ron Crawford** and **Noel Freeman** shadowed each other early after a slow start. When Freeman applied the pressure at the 20 km mark, neither Crawford nor Allsopp could respond, with Allsopp eventually retiring at the 32 km mark. Crawford held on to finish second while Logan Irwin came through for third. **Gavan Breen** and **Jim Gleeson** also broke the 5 hour mark.

<b>1960 Australian 50km Championship, Melbourne, Sat 5<sup>th</sup> June</b>			
1.	Noel Freeman	VIC	4:32:28
2.	Ron Crawford	NSW	4:38:51
3.	Logan Irwin	NSW	4:47:58
4.	Gavan Breen	VIC	4:54:41
5.	Jim Gleeson	VIC	4:58:14
6.	Alan Hancock	VIC	5:04:20
7.	Peter Waddell	NSW	5:13:46
8.	Kenneth Saunders	VIC	5:22:22
9.	Leslie Ryman	NSW	5:34:21
10.	John Ferguson	NSW	5:35:22
11.	John Smyth	VIC	6:02:44
-	Enzio Franceschi	NSW	DNF
-	Ted Allsopp	VIC	DNF
-	Sydney Bray	QLD	DNF
-	Kenneth Cambell	QLD	DNF
Teams	1. VIC	10 Pts	(1,4,5)
2. NSW	11 Pts	(2,3,6)	

For the record, both Noel Freeman and Ron Crawford for selected for the Olympic 20km/50km double, with Ted Allsopp missing out on both events. This was seen as a travesty of justice but nothing could be done – the selectors’ decision was final.

The thought of another 4 years must have been a daunting one for Allsopp who was now in his mid thirties. To make matters worse, youngsters Bob Gardiner, Frank Clark and Peter McCullagh would soon join Noel Freeman as additional rivals and push the standard even higher.

**1960 Glover Shield 10,000m Track Walk  
Melbourne University Oval, Melbourne, Saturday 18<sup>th</sup> June 1960**

Victoria was too strong on home turf in 1960, easily winning both the Glover Shield and the Robinson Shield, the competition being held only two weeks after the 50km trial. Once again, **Noel Freeman** and **Ted Allsopp** featured in the medals, taking first and third. The only big gun missing was Ron Crawford who obviously felt he had raced enough at this stage. He would now wait for the Olympics.

Two New Zealanders were in action – 1956 50km gold medallist **Norm Read**, along with **Lindsay Fortune**. Read walked superbly, beating Allsopp to finish second to Noel Freeman whose winning time of 45:21.6 was impressive. Some new names would become well known in succeeding years – **Frank Clark, Jim Henderson, Peter McCullagh** and **Ron Miller**.

<b>1960 Glover Shield Open Men 10,000m Walk, Melbourne</b>			
1.	Noel Freeman	VIC	45:21.6
2.	Norman Read	NZL	46:55
3.	Ted Allsopp	VIC	47:35
4.	William Kirby	NSW	48:23



5.	Gavan Breen	VIC	49:05			
6.	James Henderson	VIC	49:36			
7.	Lindsay Fortune	NZL	49:57			
8.	Peter McCullagh	VIC	50:05			
9.	Alan Hancock	VIC	50:09			
10.	James Gleeson	VIC	50:10			
11.	Francis Clark	NSW	50:12			
12.	Ian Taylor	VIC	51:24			
13.	Noel Norris	VIC	53:05			
14.	John Smyth	VIC	53:11			
15.	Peter Tierney	VIC	53:29			
16.	James Rileigh	NSW	54:21			
17.	Irwin Saunders	VIC	55:00			
18.	Brian Brennan	NSW	55:26			
19.	James Short	VIC	55:48			
-	Adrian Jones	VIC	DQ			
-	Ronald Miller	VIC	DQ			
-	Kenneth Saunders	VIC	DQ			
<b>Robinson Shield Junior Men 10,000m Walk</b>						
1.	James Henderson	VIC	49:36			
2.	Peter McCullagh	VIC	50:05			
3.	Alan Hancock	VIC	50:09			
4.	Francis Clark	NSW	50:12			
5.	Ian Taylor	VIC	51:24			
6.	Noel Norris	VIC	53:05			
7.	Peter Tierney	VIC	53:29			
8.	Brian Brennan	NSW	55:26			
Senior Teams	VIC	12	VIC2	31	NSW	42
Junior Teams	VIC	6				

The Olympics were a mixed bag for Freeman and Crawford. They did brilliantly in the 20km, Noel taking the silver medal (1:34:16.2) and Ron finishing 11<sup>th</sup> (1:39:16.2) but the story in the 50km was a far different one as, controversially, they were both disqualified before the 2 km mark while leading. Given Noel's clean judging sheet in the 20km event, his disqualification in the 50 km remains a discussion point. In the bitter aftermath (he felt he could have won the 50 km), the future direction of his career was perhaps set to be one dogged by controversy.

Ted Allsopp bounced back in early October with a win in the Victorian 50km Championship, his time of 4:36:14.0 a good one, but the timing had been wrong!

### 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.

#### Australian/Victorian Key Dates – 2020

Aug 30 (Sun), 2020 Australian Masters 20km Championships, Adelaide (TBA)  
 Aug 30 (Sun), 2020 Australian Roadwalk Championships (and RWA Carnival), Melbourne (TBA)

#### International Dates

July 17-20, 2020 **18<sup>th</sup> World Athletics U20 T&F Championships**, Nairobi, Kenya (POSTPONED – TBA)  
 Sep 18 (Fri), 2020 46<sup>th</sup> International RW Festival, Alytus, Lithuania (see <http://www.alytusfestival.lt/>)  
 Sep 26 (Sat), 2020 International Race Walk Meeting, Zaniemysl, Poland (Includes Polish 20km Champs)  
 Oct 10 (Sat), 2020 Podebrady Walks Meet, Podebrady, Czech Republic (see <https://www.podebrady-walking.cz/en/>)  
 Oct 20-22, 2020 Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021 **Oceania Masters Championships**, Norfolk Island  
 July 23 – Aug 8, 2021 **32<sup>nd</sup> Olympic Games, Tokyo and Sapporo**  
 July, 2021 **23<sup>rd</sup> World Masters T&F Championships**, Tampere, Finland  
 Aug 8-19, 2021 **World University Summer Games**, Chengdu, China

TBA, 2022 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
 July 15-24, 2022 **18<sup>th</sup> 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, 2023  
Aug 2023 (TBC)

**24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden  
**19<sup>th</sup> World Athletics Championships**, Budapest, Hungary

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