



HEEL AND TOE ONLINE

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PAUL F DEMEESTER TALKS MATTERS IAAF AND IOC

Thanks to US Attorney at Law Paul F. DeMeester for another insightful analysis. That is the 25th in a row and it's a beauty. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

ONE SMALL STEP FOR A MAN, ONE GIANT LEAP FOR HUMANKIND

By Paul F. DeMeester

Not quite the words spoken by Neil Armstrong when he set foot on the moon in 1969, but close. I took poetic liberty to substitute "humankind" for "mankind." We are in 2021 after all, not 1969, except maybe for some over at the International Olympic Committee (IOC), who are still using pre-2004 calendars; 2004 having been the year the Olympic Charter prohibited sex discrimination.

The gender equality provisions of the Charter came into force shortly after the closing of the 2004 Athens Games. You would have thought that this meant that by 2008, the Olympics would have been gender equal. Think again. By the IOC's own admission, women's participation stood at 44.2 % at London 2012, rose to 45.6 % at Rio 2016 and was projected to climb to 48.8 % for Tokyo 2020. (IOC Press Release of 9 June 2017, available at <https://www.olympic.org/news/tokyo-2020-event-programme-to-see-major-boost-for-female-participation-youth-and-urban-appeal>; accessed on 5 September 2020.)

According to the IOC, it would fall 1.2 % short of 50/50 for Tokyo 2020. One does not need 20/20 vision to see that full parity between the sexes would only require a small step for a man, in Neil Armstrong's words. In its press release, the IOC provided a link to the full Tokyo programme (uploaded to <http://www.vrwc.org.au/documents/Tokyo-2020-event-programme.pdf>). The Tokyo events programme shows us where the gender deficiencies are.

Of the 33 Olympic sports at Tokyo (athletics counting as one), only 9 suffer from a gender disparity. Athletics is among those 9 because of ... Tim's next trivia question ... right on, the 50K Race Walk Event is for men only. Athletics is projected to have 988 male and 912 female athletes at the Tokyo Games. The other sports with gender deficiencies are: aquatics (no male synchronised swimmers and two fewer female water polo teams); boxing (206 male boxers in eight weight categories versus 80 female boxers in five weight categories); cycling (130 male road cyclists versus 67 females); football (four fewer female teams); gymnastics (no rhythmic events for men; in artistic gymnastics, men but not women compete on the pommel horse, rings, parallel bars and the horizontal bars, whereas women but not men compete on the beam); sailing (no women in Finn class); wrestling (no female Greco-Roman wrestlers); and baseball/softball (144 male players versus 99 female players). Overall, 5,704 male athletes (51.2 %) and 5,386 female athletes (48.8 %) are expected to partake at the 2020 Olympics.

A perusal of these gender differences leads to the conclusion that it should be easy to close the gaps in the nine sports, at least in the numbers of athletes. Some gender differences, like in synchronised swimming or gymnastics, may have perfectly legitimate explanations that account for the differences. I will leave that for others to judge. But I will take this opportunity to say that I am not in a position to either confirm or deny the reports that Tim, your editor, and I, have been busy practicing our synchronised swimming routine in the hope of taking part in the Tokyo Olympics.

The easiest of all the gender equality fixes among the 9 sports lies in the 50K Race Walk Event. It would not even require the staging of an additional event. Women could race alongside men in the 50K, as they have done at London 2012, Taicang 2018, Lima 2019, Doha 2019, in Dudince, Melbourne, Santee etc. The course is already there, as are the judges and the broadcasters. When the IAAF (now World Athletics) requested the IOC to include women in the Tokyo 50K, the IAAF made the same point: "*The women's race could be contested at the same time as the Men's 50km Race Walk using the same course.*" The IAAF further noted that this inclusion would not increase the total number of athletes at Tokyo. (IAAF Letter of 28 December 2018 by Competitions and Events Director Paul Hardy to Kit McConnell, IOC Sports Director, quoted in Court of Arbitration for Sport (CAS) Decision No. 6225 of 3 February 2020, p. 5, ¶ 11.)

The IOC response is a sheer beauty, especially in light of all the subsequent changes made to Tokyo 2020 to counter excessive summer heat (marathon and walks venues) and the COVID-19 pandemic (one-year postponement):

I am sure you can understand that it is not possible to make any changes to the confirmed event programme of the Olympic Games Tokyo 2020 at this time, not least because of the advanced stages of the Games planning and also the precedent it would open for all other International Federations to make similar requests. As you are aware, the IOC Executive Board finalised the Tokyo 2020 event programme in June 2017 (...).

(McConnell IOC Reply to the IAAF dated 15 February 2019, quoted in CAS Decision No. 6225, pp. 5-6, ¶ 12.)

Let's go over the IOC position in more detail. Women could not be included in the Tokyo 50K because "*it is not possible to make any changes ... not least because of the advanced stages of the Games planning ...*" The IOC's reasoning looks absolutely ludicrous, not to say ridiculous, given the changes the IOC has since made to the walks and marathon courses (moving them 800km north from Tokyo to Sapporo) and the wholesale Olympic Games postponement.

The IOC's second line of reasoning is equally without merit: "*the precedent it would open for all other International Federations to make similar requests.*" Sounds like the floodgates of requests, protests and litigation are about to open. Not so fast. It's more like the IOC is crying wolf. We are only talking about eight other federations. I am not aware of a single one of those eight federations to have made a gender equality request similar to that of the IAAF. More importantly, in its letter, the IOC did not cite any such similar requests. Moreover, the worst that could happen is that the Tokyo Olympics would have to accommodate an additional 318 women athletes. A small price to pay, would you not say, to achieve the gender equality promised by the Olympic Charter as far back as 2004?

We are not asking for the moon, our reference to Neil Armstrong's words notwithstanding. We are simply asking IOC President Thomas Bach to make one small step for a man and include women in the Tokyo 2020 50K Race Walk Event. Back in his fencing days, Bach was tethered to a body cord during competitions. Let him demonstrate today that he is no longer tethered to the IOC sexism that started with its founder. We're not asking Bach to take all the steps required to finish a 50K. A small step for a man will do.

ACTRWC ROADWALKS, DICKSON, CANBERRA, SATURDAY 5 SEPTEMBER

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

5km Walk

1.	Owen Toyne	25:31
2.	Kodi Clarkson	25:48
3.	Kate Black	33:32
4.	Rosemary Parker	38:27
5.	Jennifer Gilchrist	38:34
6.	Raine Thompson	47:56

3km Walk

1.	Peter Baker	16:55
2.	Siddharth Dhawan	17:40
3.	Fran Black	28:21

10km Walk

1.	Ann Staunton-Jugovic	57:35
2.	John Kennedy	1:03:57
3.	Sue Archer	1:09:28
4.	Bryan Thomas	1:15:02
5.	Jim White	1:15:47
6.	Bob Parker	1:16:44
7.	Geoff Barker	1:23:55
8.	Val Chesterton	1:26:00

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 5 SEPTEMBER

Thanks to Kim Mottrom for this week's results from Adelaide. He reports: Today we had great weather and some great times. **Tristan Camilleri** and **Mathew Bruniges** did by far their best 5km of the season, **Sebastian Richards**, **Tarique Kamish** and **Nellie Langford** walked big PB's too! And yes, **Richard Everson** did back to back races (3km first).

5km Walk

1.	Tristan Camilleri	21:53
2.	Mathew Bruniges	23:53
3.	Olivia Sandery	24:15
4.	Peter Crump	29:34
5.	Greg Metha	30:27
6.	Richard Everson	30:29
7.	Liz Downs	37:03
8.	Stephen Downs	38:35
9.	James Hoare	39:49

3km Walk

1.	Sebastian Richards	14:23
2.	Daisy Braithwaite	15:34
3.	Nellie Langford	15:46
4.	Richard Everson	16:07
5.	Archie Braithwaite	17:05
6.	Sam Wilks	17:08
7.	Ruby Langford	17:48
8.	Katie DeRuvo	18:08
9.	Hannah Wilks	18:10
10.	Cooper Rech	18:36

1km Walk

1.	Tarique Kamish	5:15
2.	Orlando Grantham	5:45

3.	Zahra Kamish	6:46
4.	Elizabeth Rieger	7:26
5.	Alexander Richards	8:01
6.	Bill Starr	8:44
7.	Maliha Kamish	10:57

TRWC ROADWALKS, PONTVILLE PARK, HOBART, SATURDAY 5 SEPTEMBER

Thanks to David Moore for his weekly report from Tasmania. He writes: A mild day with strong winds hindered efforts for fast times. Conditions earlier in the day favoured a PB effort (47:07) from **Will Robertson** at Kempton, walking with the Road Runners.

2km Walk

1.	Gabby Hay	13.21
2.	Milah Hatten	18.35
3.	Dave Moore	29.47

3km Walk

1.	Oliver Morgan	16.56
2.	Alice Randall	17.13
3.	Sam Lindsay	18.24
4.	Teresa Hatten	25.05

5km Walk

1.	Ron Foster	37.46
2.	Wayne Fletcher	40.14

Lots of photos at <https://www.facebook.com/racewalkingtasmania/photos/pcb.1442664192587692/1442661159254662/>

QUEENSLAND ROAD WALK CHAMPIONSHIPS, MURARRIE, SUNDAY 6 SEPTEMBER

It was great to see 47 walkers out in Brisbane on Sunday morning, competing in the Queensland and Queensland Masters Road Walk Championships.

QA 20km Walk Open

1.	Gannon, Brenda	46	QMA	2:18:37
1.	Bennett, Peter	65	QMA	2:08:53

QMA 10km Walk Masters

1.	Bennett, Peter	65	QMA	1:03:34
1.	Gannon, Brenda	46	QMA	1:04:41
1.	Woodward, Erika	54	QMA	1:04:52
1.	Stuckey, Jennifer	55	QMA	1:07:33
1.	Wojcieszuk-Szuba, Jolant	68	QMA	1:26:23
	McKinven, Noela	78	QMA	DQ

QA 10km Walk U20

1.	Hannigan, Caitlin	18	UNQ	54:12
2.	Hamann, Sophie Charlotte	19	QUT AC	1:04:35
3.	McRoberts, Jasmine-Rose	18	QA	1:14:13
	Blackwell, Anna	19	TAS	DNF

QA 10km Walk U18

1.	McCure, Lachlan	16	GC Victory	1:03:06
2.	Whatman, Riley	17	NSW	1:06:31

QA 5km Walk U16

1.	Anderson, Jayda	15	GC Central	24:54
2.	Bergh, Mia	15	GC Victory	27:35
3.	Heap, Ashanti	14	GC Central	27:35
4.	Millard, Summer	15	QA	30:52
5.	Chadwick, Phoebe	14	QA	34:09
6.	Fisher, Torryn	15	QA	36:36
	Clarke, Anika	15	Redlands	DNF
	Norton, Amber	14	QA	DQ
1.	McCure, Sam	14	GC Victory	24:52
2.	Norton, Kai	15	QA	27:34
3.	Bannister, Jack	14	USC	31:12
	Bradley, Alex	14	QA	DNF

QA 3km Walk U14

1.	Housden, Bailey	13	QA	14:48
2.	Callaghan, Myles	13	Redlands	17:36
3.	Teasel, Bailey	12	GC Victory	19:47

1.	Gee, Tamika	13	QA	16:07
2.	Hingst, Olivia	13	QA	18:20
3.	Goulding, Lily	13	QA	20:02
	Sharpe, Milly	12	QA	DQ

QA 2km Walk U12

1.	Gee, Blake	11	QA	12:21
2.	Bricknell-Hewitt, Korbyn	11	GC Victory	14:02
3.	Hoyling, Angus	10	Toowong H.	14:50
4.	Wheeley, Noah	11	Redlands	14:59

1.	Clarke, Makenna	11	Redlands	11:12
2.	Cosgrave, Ella	10	GC Victory	12:26
3.	Fisher, Siaan	10	QA	12:33
4.	Teasel, Ashlee	10	GC Victory	14:30
5.	Rutten, Olivia	10	QA	14:40
	Pickvance, Destinee	11	GC Victory	DQ

QA 1km Walk U10

1.	Sibenaler, Hunter	9	QEII TC	5:42
2.	Anderson, Knox	8	QA	5:42

1.	McCoombes, Jada	9	QA	5:33
2.	Gee, Isabella	9	QA	5:52
3.	Ellwood, Lani	9	QA	6:06

BRITISH ATHLETICS T&F CHAMPIONSHIPS, MANCHESTER, 4-5 SEPTEMBER

The Müller British Athletics Championships were held in the Manchester Regional Arena in Manchester last Friday and Saturday. Thanks for Mark Wall for the results and for his report which follows.

Like so many sporting events at this time, this was held behind closed doors, with coaches not even able to access the indoor warm up facility. It was a 'brave new world'. This was the first serious race since lockdown in March.

First off was the women's event. It was a good field, with three of the four 2018 Commonwealth Games walkers toeing the line. Only Erika Kelly was missing (due I guess to the fact that the Isle of Man having restricted travel conditions etc for protective reasons). **Heather Lewis** led from the off and attacked the race. She was eventually called into the penalty zone on the receipt of her third 'red card' (around the 20 minute mark). She impatiently awaited the elapse of the 30 seconds but subsequently the final card arrived shortly after to end her race in the final lap. This left **Gemma Bridge** to win. **Bethan Davies** returning after period of illness, injury or both walked her own race to take a deserved second. She will be better for the race and looked happy. **Jasmine Nicholls** improved one place on 2019 but she too spent 30 seconds in the Penalty area. She was able to make up the distance after she slipped down to 4th temporarily. It was a younger field so this is pleasing.

The men's race followed immediately. It was a much smaller field of five, with Tom Bosworth withdrawing during the week, feeling he had not adequately recovered from a bout of Covid-19. Guy Thomas and Tom Partington (from the IoM) being non-starters were the other significant absentees. **Callum Wilkinson**, fresh from his record-breaking win in Ireland, took command from the start and was unchallenged. He looked strong and fluid as he ticked off the laps to defend his 2019 championship (his winning time last year was 18:41.23). **Cameron Corbishley** was making inroads towards the end but as he chased a sub 20 clocking he fell foul of the Chief Judge using his power to act unilaterally and disqualify. This left **Luc Legon** the only other athlete on the track. His finishing time was a PB. Again a young field, so this is promising.

As an odd aside neither winner has a British coach, Gemma an Australian in me, Callum, former world champion Irishman Rob Heffernan, Callum now being based there. This must be a first!

A great video interview with winner Emma Bridge at <https://twitter.com/BritAthletics/status/1302198447848804352> and interviews with the winners <https://www.youtube.com/watch?v=nWYL38cQkY0> and <https://www.youtube.com/watch?v=khECNismsEQ>.

Women 5000m Walk, Saturday 5 September

1.	Gemma BRIDGE	OXFORD CITY	27	22:51.15
2.	Bethan DAVIES	CARDIFF	29	23:46.04
3.	Jasmine NICHOLLS	LEICESTER	25	24:52.89

4.	Ana GARCIA	2 DASH	19	25:27.61
5.	Abigail JENNINGS	AFD AC	20	25:54.92
6.	Pagen SPOONER	HYDE PARK HARRIERS	19	26:00.38
7.	Abby HUGHES	TAUNTON AC	15	27:16.91
	Heather LEWIS	PEMBROKESHIRE	26	DQ

Men 5000m Walk, Saturday 5 September

1.	Callum WILKINSON	ENFIELD & HARINGEY H	23	19:25.94
2.	Luc LEGON	BEXLEY A C	22	22:20.12
	Daniel MCKERLICH	CARDIFF A A C	20	DQ
	George WILKINSON	ENFIELD & HARINGEY H	18	DQ
	Cameron CORBISHLEY	MEDWAY & MAIDSTONE	23	DQ

MEETING DE VILLEJUIF, VILLEJUIF, FRANCE, SATURDAY 5 SEPTEMBER

Emmanuel Tardi was judging on Saturday evening in Villejuif, a southern suburb of Paris, at their annual meet. It was a small meet, that saw walk wins go to **Cassandra Chaterfou** and **Said Touche**.

3000m Walk Women (5:15PM)

1.	CHATREFOU Cassandra	JUF/02	Entente Franconville Césame Vo	15:41.68
2.	VAN LIERDE Lea	CAF/04	Athle Halluin-val-de-lys	16:31.75
3.	DELAUNAY Dorothee	ESF/98	Cs Ternes Paris Ouest	16:43.38
4.	DE BISSCHOP Lorene	VEF/83	Us Creteil	17:27.96
5.	BIZARD Lucie	SEF/90	Stade Francais	17:44.93
6.	HOZE Elisabeth	VEF/61	Ea Cergy Pontoise Athletisme	17:55.16
7.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	18:24.08
8.	BENIGNI Sandrine	VEF/72	Stade Français	21:40.55
9.	SIMEON Elisabeth	VEF/42	Paris Uc	22:45.12
	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	DQ

5000m Walk Men (6PM)

1.	TOUCHE Said (ALG)	ESM/99	Vga Compiègne	21:20.83
2.	LE LOUARN Thomas	JUM/02	Neuilly Sur Marne Athletisme	26:10.19
3.	BLONDIN David	VEM/69	Ea Cergy Pontoise Athletisme	27:11.59
4.	CHEVASSUS Melwan	CAM/04	Asfi Villejuif	27:17.06
5.	ROTTIER Lilian	CAM/03	La Postillonne Longjumeau	27:23.29
6.	TOUTAIN Eric	VEM/63	Us Ivry	29:00.79
7.	TIXIER Laurent	VEM/66	Entente Franconville Césame Vo	29:15.82
8.	DELHON Vincent	VEM/75	Asfi Villejuif	30:05.60
9.	MESSANT Alain	VEM/77	CO Sud Essonne	31:55.30
10.	CONTREIRAS Flora	CAF/04	Froissy Athletic Club	33:41.13



Winners Cassandra Chaterfou and Said Touche (photos from Emmanuel Tardi)

LES 24 HEURES DE VILLENAVE D'ORNON, FRANCE, 29-30 AUGUST

And finally, back a further week to an ultra event which was held at Villenave d'Ornon, near Bordeaux in France. It was a big carnival, with separate run and walk divisions and large fields. There were 4 events in total - 24 Hours (10AM start), 3 Hours (10:45AM start), 6 Hours (2:30PM start) and 12 Hours (9:15PM start). This ensured there were always plenty of athletes on the 1.1km circuit. Some walkers asked for an official 20km split so organizers appointed official judges for this. Lots more info and photos are available at <https://24hvillevave.fr/>. Thanks Emmanuel!

The start lists were huge – 116 entries in the 24H, 64 entries in the 12H, 70 entries in the 6H and 68 entries in the 3H – and a fair proportion of them were in the walk divisions. Fantastic stuff.

24 Hour Walk

1.	PINEAU Laurent	M3M/68	Haute Saintonge Athletisme	161km722m
2.	LE GARGASSON Patrick	M4M/64	Uaca Saint Briec	146km885m
3.	ELMON Sandra	M2F/73		141km198m
4.	CANTET Nadege	M2F/73	Tarbes Pyrenees Athletisme	140km153m
5.	LEVAIQUE Raymond	M7M/49	Haute Saintonge Athletisme	137km034m
6.	RATEAUX Floriane	M3F/66		134km535m
7.	VIGNAUD Annette	M5F/58	Perigueux Running	131km797m
8.	KAMPER Francis	M7M/49		131km418m
9.	AGNIMEL Aurelien	M3M/66		131km144m
10.	IMHOF Florence	M5F/60	Ca Villenave D:ornon	113km563m
11.	PELLE Marie-claire	M4F/63		104km625m
12.	PIERRE Patrick	M7M/48	Cercle Athl. Castelsarrasinois	97km824m
13.	GRANCOIN Sebastien	M1M/76		82km690m
14.	ROCHA Fernando	M3M/70	Athle Vosges Pays De Mirecourt	54km309m

12 Hour Walk

1.	THOUMELIN Laurent	M2M/73	Athletisme Sarthe Loir 72	83km816m
2.	FILLIEUX Christian	M6M/55		82km418m
3.	CASTAING Valerie	M2F/71		79km246m
4.	JOACHIM Jean christophe	M2M/71		78km208m
5.	LAVAL Laurent	M4M/64		76km690m
6.	FERRARA Bernard	M5M/59		75km570m
7.	BIRAUD Sylvie	V2F/67		73km266m
8.	SAVARE Valerie	M4F/62		63km742m
9.	CAZEAUX Nadine	M3F/68		61km899m
10.	RECHOU Yves	M0M/84		61km874m
11.	LEDUN Anne-marie	M6F/53		56km034m
12.	BOURICHON Christophe	M3M/70	Us Champagne-sur-seine	51km703m
13.	SAURA Christian	M7M/46		36km544m

6 Hour Walk

1.	RIVOAL Claude	M5M/60		46km611m
2.	VANOOSTHUYSE Jean-franck	M1M/79	Us Talence	45km467m
3.	OMPRARET Odile	M3F/68		44km637m
4.	THOUMELIN Robin	JUM/01	As Libourne	44km077m
5.	CAZENAVE Vincent	M3M/66		43km376m
6.	LEONE Melanie	SEF/87		42km431m
7.	BITEAU Jean	M7M/47		39km134m
8.	BOURICHON Christophe	M3M/70	Us Champagne-sur-seine	38km667m
9.	RAY Monique	V3F/52		37km982m
10.	OUF Patrick	M5M/58		37km005m
11.	HENRY Marie-christine	M1F/76	Us Et Culturelle Saucataise	33km818m
12.	LASSERRE Nicole	M6F/54	Us Et Culturelle Saucataise	33km818m
13.	COSSON Maryse	M7F/50		31km332m
14.	PALAISE-DRILLAUD Veronique	M0F/81		23km967m
15.	SAHAGUN Marie jose	M1F/76		10km419m

3 Hour Walk

1.	MADELINE-DEGY Martin	JUM/01	Les Pointes De St Sulpice	33km124m
2.	VALLEE Kyrian	SEM/94	Ca Balma	32km595m
3.	RODRIGUEZ Remi	SEM/89	Ca Balma	31km329m
4.	FOUDJEM GANNO Daniel (Cmr)	M2M/74	Cm Floirac	31km112m
5.	LABROUSSE Stephane	M5M/59	Athletisme Olympic Pontois	25km883m
6.	CELLE Christian	M6M/53	Cm Floirac	25km700m
7.	BOURICHON Christophe	M3M/70	Us Champagne-sur-seine	25km089m

8.	LOUIS Jacques	M8M/44	Bergerac Athletique Club	24km416m
9.	COURTAS Mickael	SEM/86		24km347m
10.	RAMANOEL Richard	M5M/56		21km574m
11.	MICHAUD Jean-louis	M4M/61		20km639m
12.	HEGUY Corinne	M4F/64	Cm Floirac	20km167m
13.	GONZALEZ Albert	M5M/60	Cm Floirac	19km595m
14.	BOZELLE Jean-francois	M5M/58	Ca Villenave D:ornon	18km703m
15.	BIANCHIN Bernard	M6M/53	Ca Villenave D:ornon	18km703m
16.	ROCHAT Charles	M7M/49	Cm Floirac	18km337m
17.	BOURICHON Marie-france	M1F/77	Us Champagne-sur-seine	17km774m

20km Walk

1.	MADELINE-DEGY Martin	JUM/01	Les Pointes De St Sulpice	1:37:05
2.	VALLEE Kyrian	SEM/94	Ca Balma	1:38:15
3.	RODRIGUEZ Remi	SEM/89	Ca Balma	1:38:15
4.	FOUDJEM GANNO Daniel (Cmr)	M2M/74	Cm Floirac	1:58:11
5.	LABROUSSE Stephane	M5M/59	Athletisme Olympic Pontois	2:22:52
6.	CELLE Christian	M6M/53	Cm Floirac	2:24:19
7.	BOURICHON Christophe	M3M/70	Us Champagne-sur-seine	2:24:21
8.	LOUIS Jacques	M8M/44	Bergerac Athletique Club	2:32:56



*Laurent Pineau (24115), Sandra Elmon, Martin Madeline-Degy (366), Remi Rodriguez (367) and Kyrian Vallée (368)
(all photos from Emmanuel Tardi)*

OUT AND ABOUT

- Unlike the 2020 World Athletics Race Walking Team Championships, which were cancelled, the 2020 IAAF World Athletics U20 Championships were just postponed a year and will be held in 2021 in Nairobi, Kenya. World Athletics has also announced that the 2022 World U20 Championships will be held in Cali, Colombia - see article at <https://omarchador.blogspot.com/2020/09/cali-vai-receber-em-2022-o-campeonato.html>.
- Alas, walkers just miss out and have to wait until 2022 before they get another World Team Championships. And should it really be held in Minsk, Belarus? Given the political turmoil in that country, what are we doing scheduling a major championship there. Such a decision just validates a repressive and non-democratic regime. Not impressed!
- John Constandinou has published the latest edition of the British Race Walking Record (Number 899, August 2020). See <http://racewalkingassociation.com/Newsletters/RWR899.pdf>.
- Australia is poised to lose its athletics coach a year out from the Olympics, with head coach **Christian Malcolm** set to quit to take up the job as head coach of UK Athletics. Malcolm, who is contracted through until the end of 2021, is set to walk out on Athletics Australia and return to the UK to take up the appointment, according to reports in British press. This should not be a surprise as it was reported months ago that he was on the short list for the job. See <https://www.brisbanetimes.com.au/sport/athletics/athletics-australia-coach-to-walk-out-head-up-uk-athletics-20200903-p55s0i.html>.

- British race walker **Tom Bosworth** has ruled out competing this season after only recently overcoming the long-lasting effects of coronavirus. Bosworth, 30, contracted the virus in March - just weeks after setting new 5,000m and 10,000m British records - but says he didn't feel "back to normal" until early August. He had resumed light training in May but found the effects flared back up. "*Even gardening was taking me out of breath,*" he told BBC Radio 5 Live. See more at <https://www.bbc.com/sport/athletics/54010324>.
- A great article about Italian racewalking judge **Lamberto Vacchi**, who was the chief judge in the 2000 Olympic women's 20km walk. He was the Olympic official who had to show Jane Saville the red paddle about 200m shy of a gold medal. Read more at <https://www.smh.com.au/sport/most-of-australia-hated-him-the-judge-with-the-red-paddle-who-broke-australia-s-heart-20200826-p55ph4.html>.
- A wonderful article on the late great **Don Thompson**, 1960 Olympic 50km champion. First published on the N.U.T.S. newsletter and now made available on their website: <http://www.nuts.org.uk/trackstats/donthompson.htm>.
- It is great to see former Australian U20 walk champion **Declan Tingay** back in racewalk mode. He walked in the Perth based ASICS Bridges fun run last weekend, noted as doing a swift 43:38 as per the the results website. After an injury plagued 2019, Declan had enjoyed 6 months off being a cyclist, runner, trail runner, and builder of bikes! Now he's starting back on the walk training. Great to hear, Declan.
- UK Athletics chief executive Joanna Coates has admitted there is no guarantee Britain will host a Diamond League meeting in 2021 after warning the country would only stage major events if it made financial sense. Coates suggested the two Diamond League events in Britain in 2021, due to be held in London and Gateshead, were under threat due to concerns over the governing body's financial situation. See <https://www.insidethegames.biz/articles/1098115/britain-may-not-host-diamond-league-2021>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

It is great to see races on the European front, a number of which are reported below by marciadalmondo. I will leave it to readers to check them out for themselves.

- Sat 5 Sep - Székesfehérvár (HUN): Mate Helebrandt and Viktoria Madarasz (with national record) win 5000m walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3860
- Sat 5 Sep - Ekrem Kocak (TUR): Turkish record for Salih Korkmaz (39:26.92) and excellent result for Evin Demir (44:43.85) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3859
- Fri 4 Sep - Jane and Lamberto twenty years later http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3857
- Tue 1 Sep - Dublin (IRL): Callum Wilkinson wins 10,000m race walk record with a stunning 39:52.05 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3856
- Mon 31 Aug - Bursa (TUR): Victories of Salih Korkmaz and Evin Demir http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3855
- Mon 31 Aug - Caceres (ESP): Alvaro Martin wins 5000m track walk in 19:59.39 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3854
- Mon 31 Aug - Alessandria (ITA). Good results from Tontodonati, Chiesa and Diego Giampaolo http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3853

and lots of news as usual this week from omarchador

- Sat 5 Sep - Callum Wilkinson and Gemma Bridge with British titles 2020 <https://omarchador.blogspot.com/2020/09/callum-wilkinson-e-gemma-bridge-com.html>
- Sat 5 Sep - Walk results from Lombardy Championships, Italy <https://omarchador.blogspot.com/2020/09/a-marcha-nos-campeonatos-da-lombardia.html>
- Fri 4 Sep - Results from the Hungarian U18 and U20 finals in Budapest <https://omarchador.blogspot.com/2020/09/final-da-liga-sub-18-e-sub-20-da.html>
- Fri 4 Sep - Daniel and Antía Chamosa win Galician 2020 championships (Spain) <https://omarchador.blogspot.com/2020/09/daniel-e-antia-chamosa-vencem.html>
- Thu 3 Sep - Results of the walks at the Meeting "Luc Romary" in Thaon

<https://omarchador.blogspot.com/2020/09/a-marcha-no-meeting-luc-romary-em-thaon.html>

- Thu 3 Sep - Rick Liesting with 20,000m national title in Drunen, Netherlands
<https://omarchador.blogspot.com/2020/09/rick-liesting-com-titulo-nacional-de.html>
- Wed 2 Sep - Evoking Vladimir Golubnichiy
<https://omarchador.blogspot.com/2020/09/evocando-vladimir-golubnichiy.html>
- Wed 2 Sep - Federico Tontodonati and Sara Vitiello win in Alessandria (Italy)
<https://omarchador.blogspot.com/2020/09/federicotontodonati-e-sara-vitiello.html>
- Tue 2 Sep - Cali will host the 2022 U-20 World Cup in 2022
<https://omarchador.blogspot.com/2020/09/cali-vai-receber-em-2022-o-campeonato.html>
- Tue 2 Sep - Results of the Ukrainian U18 Championships in Lutsk
<https://omarchador.blogspot.com/2020/09/campeonatos-sub-18-da-ucrania-em-lutsk.html>

TIM'S WORST TASTE AWARDS

Spring came to Australia last week, on Tuesday 1st September. This is also National Wattle Day and celebrates the famous acacia wattle tree which flowers prolifically across our continent at this time each year. I have one planted in my front garden and it's in flower right now.

And that brings me to this little opinion piece. Our national sporting colours are 'Green and Gold'. For many years, that ALWAYS corresponded to the beautiful rich dark 'bottle green' and the eye catching 'wattle gold'. In my competitive days, those were still the colours of choice for our international teams, and my most prized uniform possession is my bottle green Australian blazer, a real collectors item nowadays.

Alas, over the years, Athletics Australia has not always been up the task in maintaining this tradition, so I thought it was time I pushed out my Worst Taste awards for what I think were our worst pieces of uniform ever.

First to tracksuits and my mind immediately turns to the 1997 World Cup team. See below for that particular AA reworking of the 'Green and Gold'. And the cut is such a nice once – NOT! I am reminded more of Santa's little elven helpers than of elite walkers.

And let's not forget some of the memorable competition uniforms our athletes have been forced to wear in times past. Consider the 2007 World Athletics Championships uniform worn in Osaka – ill fitting fluoro green shorts (which left nothing to the imagination), along with a white singlet with a red vertical stripe down the side. Green and Gold – I think not!



*Left: The 1997 World Cup "Santa's Elves" tracksuits
Right: Stand out from the crowds with an eye-catching fluoro green, mixed with white and red*

I am pleased to report that the current Athletics Australia team seem more conscious of our history, with recent uniforms showing a welcome return to tradition.



As always, I welcome contributions from our readers as to their own worst evers.

AUSTRALIAN RACEWALKING CHAMPIONSHPS MEN: 1993 - 1996

This follows on from my previous articles which detail the early Australasian and Australian Racewalking Championships (along with other particularly significant races), up to and including 1992.

- [Australasian Championships Men 1892-1920.pdf](#)
- [Australasian Championships Men 1921-1939.pdf](#)
- [Australian Championships Men 1946-1956.pdf](#)
- [Australian Championships Men 1957-1960.pdf](#)
- [Australian Championships Men 1961-1966.pdf](#)
- [Australian Championships Men 1967-1970.pdf](#)
- [Australian Championships Men 1971-1976.pdf](#)
- [Australian Championships Men 1977-1980.pdf](#)
- [Australian Championships Men 1981-1984.pdf](#)
- [Australian Championships Men 1985-1988.pdf](#)
- [Australian Championships Men 1989-1992.pdf](#)

Our story continues from 1993.

The 1993 World Cup 50km trial had been held in mid December 1992 in Melbourne, with Simon Baker, Michael Harvey, Craig Brill and Mark Donahoo all recording good times. Now it was the time for the shorter distance trials.

1993 World Cup Trials Canberra, Monday 25th January 1993

Track 20km world record holder **Stefan Johannsson** maintained his unbeaten record during his Australian summer sojourn, leading throughout and winning easily with 1:22:48. **Simon Baker** showed good judgement to come through for second place, ahead of **Nick A'Hern** and **Steve Beecroft**, all with times that put them well in contention for World Cup spots. Andrew Jachno had decided after the 1992 Olympics that it was time to 'get a real job' and had done a computing course, with a view to entering the Canberra IT bubble. Now working full time in the industry, he had finished back in 7th place.

World Cup Trial 20km Men, Canberra, Monday 25th Jan 1993

1.	Stefan Johannsson	SWE	1:22:48
2.	Simon Baker	VIC	1:24:32
3.	Nick A'Hern	NSW	1:24:56
4.	Steve Beecroft	VIC	1:25:41
5.	Allen James	USA	1:26:47
6.	Mark Donahoo	VIC	1:28:44

7.	Andrew Jachno	VIC	1:29:07
8.	David Smith	QLD	1:30:04
9.	Dominic McGrath	VIC	1:35:05
10.	Duncan Knox	VIC	1:36:32
11.	Duane Cousins	VIC	1:39:37
12.	Kevin Taylor	NZL	1:40:30
13.	Shane Pearson	QLD	1:44:02
-	Anthony Miles	NSW	DNF
-	Dan Andrikis	ACT	DNF
-	Dariusz Wojcik	VIC	DNF
-	Jason Moore	QLD	DNF
-	Mark Thomas	VIC	DNF

Kerry Saxby-Junna maintained her 8 year streak of wins in Australia with a comprehensive first place in the women's World Cup 10km trial. Her last loss on Australian soil had been in the 1985 track 5000m walk title which had been won by Sue Cook. There was a big battle for the minor places, with **Anne Manning** and **Jenny Jones** eventually getting away from **Gabrielle Blythe** and taking second and third. It was the first occasion when 8 Australian women had bettered the 48 minute qualifying standard and confirmed the depth in women's walking locally.

1.	Kerry Saxby-Junna	NSW	43:46
2.	Anne Manning	NSW	46:20
3.	Jenny Jones	QLD	46:25
4.	Gabrielle Blythe	VIC	46:45
5.	Jane Saville	NSW	47:29
6.	Jantien Saltet	NSW	47:40
7.	Therese Letherby	QLD	47:52
8.	Lisa Paolini	NSW	48:42
9.	Carolyn Vanstan	VIC	49:13
10.	Wendy Muldoon	VIC	49:20
11.	Natalie Camplin	QLD	49:26
12.	Jane Lewry	SA	49:58
13.	Cheyl Webb	NSW	51:17
14.	Jo Strangman	ACT	52:17
15.	Ann Staunton	ACT	54:31

Australian Track & Field Championships 1992-93 QEII Stadium, Brisbane, Queensland, 5-9 March 1993

Nick A'Hern showed superb speed, easily winning the 1993 National 5000m track title with 18:58.7. **David Smith**, now Queensland based, showed he still had plenty of speed in the legs, taking second with 20:09.9, ahead of **Simon Baker** with 20:33.2 and **Paul Kennedy** with 20:56.2.

1.	Nick A'Hern	NSW	18:58.7
2.	David Smith	QLD	20:09.9
3.	Simon Baker	VIC	20:33.2
4.	Paul Kennedy	VIC	20:56.2
5.	Matthew O'Donnell	NSW	21:13.6
6.	Greg Robertson	TAS	21:38.5
7.	Ignacio Jimenez	QLD	21:39.8
8.	Stephen Bourke	VIC	21:51.7
9.	Frank Bertei	VIC	21:54.5
10.	Shane Pearson	NSW	22:09.9
11.	Ben Richardson	NSW	22:35.3
12.	Andrew Ludwig	QLD	23:03.9
-	Anthony Miles	QLD	DNF

4th IAAF World Indoor Championships Toronto, Canada, 12-14 March 1993

The fourth World Indoor T&F Championships were the last ones to feature the 5000m and 3000m walks - I suspect the controversies of the 1991 Indoor Champs, where 8 of the 20 male walkers had been disqualified, had put paid to the event's ongoing credibility.

A total number of 537 athletes participated from 93 countries, but only 10 Australians (and 1 walker) made the cut. The walker was, of course, **Kerry Saxby-Junna** and she excelled as always, coming second in her heat (12:16.90) and then fighting out the final with Russian Yelena Nikolayeva, failing to take gold by 4 secs but setting a PB of 11:53.82 with her second placed finish.

World Indoor 3000m Walk Women, Toronto, March 1993			
2.	Kerry Saxby-Junna	AUS	11:53.82

16th IAAF World Race Walking Cup Monterrey, Mexico, 24-25 April 1993

The 1993 Race Walking World Cup was a huge meet, with 107 walkers in the men's 20km, 99 in the men's 50km and 98 in the women's 10km. 11 Australian walkers made the trip, and all finished – no disqualifications at all!

Conditions were horrically hot and humid so times were not fast. Just to make it even tougher, the road surface included paving stones of uneven texture, oily and and slippery from traffic, with pot-holes and drain covers, gaping cracks and vents. It was a disgrace!

Kerry Saxby-Junna (5th with 45:55), **Simon Baker** (7th with 3:58:36), **Nick A'Hern** (13th with 1:27:11), **Gabrielle Blythe** (21st with 48:00) and **Michael Harvey** (27th with 4:10:54) led the strong Australian team home, all 5 of them doing well enough to earn berths for the 1993 IAAF World T&F Championships later in the year.

Overall, the men's team finished 7th (their best ever performance) and the women's team finished 4th. Australia was now starting to show the depth necessary to be considered one of the world's top walking nations.

World Cup 20km Men, Monterrey, Saturday 24th April 1993			
13.	Nicholas A'Hern	AUS	1:27:11
34.	Steve Beecroft	AUS	1:30:36
58.	Mark Donahoo	AUS	1:35:08

World Cup 10km Women, Monterrey, Saturday 24th April 1993			
5.	Kerry Saxby-Junna	AUS	45:55
21.	Gabrielle Blythe	AUS	48:00
26.	Jenny Jones	AUS	48:36
30.	Anne Manning	AUS	48:59
43.	Jane Saville	AUS	50:15

World Cup 50km Men, Monterrey, Sunday 25th April 1993			
7.	Simon Baker	AUS	3:58:36
27.	Michael Harvey	AUS	4:10:54
48.	Craig Brill	AUS	4:24:23

27th Lake Burley Griffin Carnival Lake Burley Griffin, Canberra, Sunday 13th June 1993

Nick A'Hern had finished off his World Cup tour with a win in the Softland Grand Prix 20km in Norway (a PB 1:20:12.3) and was clearly back into top form after his throat operation the previous year. Back in Australia, he fronted for his second Canberra 20 Miler (the previous one was in 1989), easily winning in a time that made him the second fastest ever winner behind Willi Sawall. He was building nicely from his first Olympic appearance in 1992.

Behind Nick, a great teams battle was unfolding between the two Victorian clubs. Proclamation Park, spearheaded by **Paul Copeland** and **Michael Harvey**, got up by the smallest of margins to beat VRWC 44 points to 42 points. VRWC had won the previous 17 Teams Events and it took another Victorian team to finally dethrone them.

LBG 20 Miles Walk, Canberra, Sunday 13th June 1993			
1.	Nick A'Hern	NSW	2:24:35
2.	Paul Copeland	PP	2:29:13
3.	Michael Harvey	PP	2:31:18
4.	Simon Baker	VRWC	2:33:59
5.	Mark Donahoo	VRWC	2:39:36
6.	Mark Thomas	VRWC	2:42:52
7.	Duncan Knox	VRWC	2:44:07
8.	Ignazio Jiminez	QRWC	2:45:09
9.	Dominic McGrath	VRWC	2:46:27
10.	Frank Bertei	PP	2:48:39

11.	Peter Bennett	QRWC	2:49:16
12.	Shane Pearson	QRWC	2:57:18
13.	Dan Andrikis	ACT	2:57:33
14.	John Leydon	NSW	3:01:55
15.	Andrew Ludwig	QRWC	3:02:19
16.	Keith Law	NSW	3:02:39
17.	Harry Summers	VRWC	3:03:16
18.	Mick Mulligan	NSW	3:04:48
19.	Manfred Kuppler	PP	3:09:36
20.	Robin Whyte	ACT	3:10:09
21.	Craig Webb	NSW	3:10:47
22.	Paul Thompson	NSW	3:14:47
23.	Frank Overton	NSW	3:20:59
24.	John Jardine	PP	3:26:13
25.	Ann Staunton (F)	ACT	3:26:26
26.	Hugh Geyteman	NSW	3:30:21
27.	Bill Starr	SA	3:32:00
28.	Caleb Maybir	QRWC	3:44:05
29.	Brendan Hyde	NSW	3:50:41
30.	Tim Thompson	SA	3:53:32
Teams			
1.	PP	44	Harvey, Copeland, Bertei, Kuppler, Jardine
2.	VRWC	42	Baker, Donahoo, Thomas
3.	QRWC	31	Jiminez, Bennett, Pearson
4.	NSW1	30	A'Hern, law, Mulligan
5.	ACT	13	Andrikis, Whyte, Staunton
6.	NSW2	12	Leydon, Thompson, Overton

Australian 50km Championship Richmond, NSW, Sunday 10th July 1993

Michael Harvey's win in the 1993 Australian 50km championship in Sydney saw him become only the fourth Australian to better 4 hours, his time an excellent 3:57:20. **Dariusz Wojcik** also walked well, finishing just outside his best with 4:01:46, while **Mark Donahoo** also PB'd to take third with 4:13:48.

Aust 50km Championship, Richmond, NSW, Sun 10 th July 1993			
1.	Michael Harvey	VIC	3:57:20
2.	Dariusz Wojcik	VIC	4:01:46
3.	Mark Donahoo	VIC	4:13:48
4.	Andrew Ludwig	QLD	4:29:33
5.	Peter Bennett	QLD	4:43:52
6.	Harry Summers	VIC	4:57:21
7.	Rod Huxley	NSW	4:58:53
8.	Keith Law	NSW	5:10:11
9.	Frank Overton	NSW	5:15:37
10.	Stephen Beveridge	NSW	5:30:55
11.	Tim Thompson	SA	5:36:00
Teams 1. VIC 6 2. NSW 15			

17th World University Games (Summer Universiade) Buffalo, USA, 14-18 July 1993

For completeness, I note the performance of **Jantien Saltet** in the 1993 World University Games, held in Buffalo, USA, in July. She was the only Australian representative. Obviously, not many Australian walkers were studying at that time!

17 th Summer Universiade 10km Walk Women, USA, July 1993		
12.	Jantien Saltet	AUS 49:17.56

4th IAAF World Championships Stuttgart, Germany, 13-22 August 1993

The IAAF World Championships saw 1689 athletes from 187 countries. There had been no trials to select Australian walkers for the 1993 IAAF World Championships, but walkers had been advised that a top 20 finish in the IAAF Race Walking World Cup would guarantee a spot. That gave ticks of approval to **Nick A'Hern** (13th in the 10km), **Kerry Saxby-Junna** (5th in the 10km) and **Simon Baker** (7th in the 50km). **Gabrielle Blythe** (21st in the 10km) was also deemed to be close enough, while **Michael Harvey** had been selected, compliments of his Australian 50km championship win. So a team of 5 ended up wearing the Green and Gold in Stuttgart.

Simon Baker was the standout, 14th in the 50km with 3:57:11. **Nick A'Hern** also walked well for 24th in the 20km. The shock of the meet, from an Australian perspective, was the DNF of **Kerry Saxby-Junna** in the 10km.

IAAF World Champs 20km Men, Germany, August 1993

24.	Nick A'Hern	AUS	1:28:47
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IAAF World Champs 50km Men, Germany, August 1993

14.	Simon Baker	AUS	3:57:11
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33.	Michael Harvey	AUS	4:23:40
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IAAF World Champs 10km Women, Germany, August 1993

33.	Gabrielle Blythe	AUS	48:23
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-	Kerry Saxby-Junna	AUS	DNF
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Australian 20km Championship, including Glover Shield Commonwealth Park Gardens, Canberra, Sunday 29th August 1993

With most of the top walkers still overseas after the World T&F Championships, the 1993 Australian 20km Championship was a relatively open affair. Held on a 2km circuit through the Commonwealth Park Gardens in Canberra, the meet, which combined the annual Australian Roadwalk Championships with the Second Federation Carnival, attracted an impressive 208 entries.

Michael Harvey had returned quickly from Stuttgart and fronted for the 20km title race, a little over a week after his 50km walk in Germany. He featured in an early battle for the lead, before fading slightly and ceding the win to **Paul Copeland**, 1:29:42 to 1:30:35. **Mark Donahoo** had also fought out the lead early but eventually faded to finish third with 1:32:03.

Australian 20km Walk, Canberra, Sunday 29th August 1993

1	Paul Copeland	VIC	1:29:42
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2.	Michael Harvey	VIC	1:30:35
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3	Mark Donahoo	VIC	1:32:03
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4	Dominic McGrath	VIC	1:33:08
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5	Duane Cousins	VIC	1:33:16
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6	Andrew Ludwig	QLD	1:34:51
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7	Gary Little	NZL	1:34:52
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8	Shane Pearson	QLD	1:34:52
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9	Gary Jones	NZL	1:36:33
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10	Mark Dossetor	ACT	1:37:12
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11	Duncan Knox	VIC	1:38:00
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12	Kevin Lowden	PP	1:39:12
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13	John Leydon	NSW	1:40:59
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14	Frank Bertei	VIC	1:41:00
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15	Peter Bennett	QLD	1:41:13
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16	Keith Knox	NSW	1:41:45
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17	John Stenhouse	ACT	1:44:42
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18	Keith Law	NSW	1:49:25
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19	Robin Whyte	ACT	1:51:40
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20	Brian Chapman	ACT	1:55:18
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21	Paul Thomson	NSW	1:57:54
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22	Frank Overton	NSW	1:59:57
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23	Caleb Maybir	QLD	2:01:05
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24	Robin Hall	NSW	2:01:39
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25	B White	NSW	2:01:40
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26	Hugh Geyteman	NSW	2:04:19
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Teams

1.	VIC	Copeland, Harvey, Donahoo, McGrath, Cousins
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2.	QLD	Ludwig, Pearson, Bennett, Maybir
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3.	ACT	Dossetor, Stenhouse, Whyte, Chapman
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1994

Australian Track & Field Championships 1993-94 Sydney Olympic Park, Homebush, Sydney, NSW, 10-13 March 1994

Nick A'Hern was too fast for his rivals in the annual Australian 5000m Track championship, with a swift 19:11.99. **Steve Beecroft**, second with 19:46.91, and **Simon Baker**, third with 19:57.43, also bettered the 20 minute standard.

Aust 5,000m Track Walk, Sydney, Saturday 12th March 1994			
1.	Nick A'Hern	NSW	19:11.99
2.	Steve Beecroft	VIC	19:46.91
3.	Simon Baker	VIC	19:57.43
4.	Matt O'Donnell	NSW	20:30.87
5.	Paul Kennedy	VIC	20:45.92
6.	Brent Vallance	NSW	20:53.90
7.	Klaus Jensen	DEN	20:53.98
8.	Jason Moore	QLD	21:43.13
9.	Dan Andrikis	ACT	22:34.28
10.	Shane Pearson	QLD	22:48.28
11.	Ross Reid	VIC	23:38.60
-	Duane Cousins	VIC	DQ
-	Ignacio Jimenez	QLD	DQ
-	Anthony Miles	QLD	DNF

1994 Commonwealth Games Trials and Australian Roadwalk Championships Runaway Bay, Queensland, Sunday 24th April 1994

The 1994 Commonwealth Games trials were held in conjunction with the Australian roadwalking Championships on a 2.5km course at Runaway Bay on the Gold Coast in Queensland on 24th April 1994. The men's championship distance was changed from 20km to 30km just for this particular year.

There were no surprises in the women's event when **Kerry Junna-Saxby**, **Anne Manning** and **Jane Saville** took the first three places and confirmed their Commonwealth Games selections. Nineteen year old Saville, following on from her silver medal at the 1992 World Junior championships and her 1993 World Cup representation, took another major step forward with a fine 46:04. This was Kerry's 23rd Australian Championship medal, 20 of them golds.

Comm Games Trial 10km Women, Queensland, 24th April 1994			
1.	Kerry Junna-Saxby	NSW	45:08
2.	Anne Manning	NSW	45:56
3.	Jane Saville	NSW	46:04
4.	Teresa Letherby	QLD	46:31
5.	Gabrielle Blythe	VIC	47:05
6.	Jenny Jones	QLD	47:24
7.	Jane Barbour	SA	47:38
8.	Wendy Muldoon	VIC	48:27
9.	Simone Wolowiec	VIC	?
10.	Natalie Camplin	QLD	52:07
11.	Allana Rogers	TAS	52:55

The men's trial also produced the expected result. With Andrew Jachno now retired, **Nick A'Hern** had assumed the mantle as the top Australian walker and won comfortably in a PB time of 2:12:13. **Simon Baker** was keen for one last Commonwealth Games but had to battle hard to hold out fellow Victorian **Mark Donahoo**. Baker recorded 2:15:50 for 2nd and Donahoo was 3rd with 2:15:52, a big PB. In an effort to improve his Commonwealth Games selection case, Donahoo won the Victorian 20km title in May in 1:26:33, another PB and well ahead of second placed AIS walker Dion Russell. He even went overseas in an attempt to sway the selectors but to no avail – only 2 male walkers went to Victoria in Canada. It was an unjust decision – MarkDonahoo had done more than enough to earn his place in the team.

Comm Games 20km Trial Men, Queensland, 24th April 1994			
1.	Nick A'Hern	NSW	2:12:23
2.	Simon Baker	VIC	2:15:50
3.	Mark Donahoo	VIC	2:15:52 (PB)
4.	Craig Barrett	NZ	2:17:46
5.	Michael Harvey	VIC	2:25:25
6.	Dominc McGrath	VIC	2:27:01
7.	Duane Cousins	VIC	2:29:13
8.	Ignacio Jimenez	QLD	2:32:15

9.	Mark Coleman	VIC	2:37:01
10.	Frank Bertei	VIC	2:37:22
11.	Andrew Ludwig	QLD	2:41:48
12.	Duncan Knox	VIC	2:42:12
13.	Peter Bennett	QLD	2:45:16
14.	Klaus Maurer	QLD	3:01:44
15.	Caleb Maybir	QLD	3:26:37

28th Lake Burley Griffin Carnival

Lake Burley Griffin, Canberra, Sunday 12th June 1994

The 1994 LBG Carnival saw over 250 entries, slightly down on the 300+ of recent years, but still ensuring it remained the mantle as Australia's largest racewalking carnival. **Michael Harvey** recorded his third win in the 20 Miler with a 2 minute PB and a time that ranked him as the third fastest Canberra walker ever. It was yet another year in which nearly all of the stars (except for Michael) were absent and hence it was an opportunity for the next rank of walkers to try for fame.

LBG 20 Miles Walk, Canberra, Sunday 12th June 1994			
1.	Michael Harvey	VRWC	2:25:55
2.	Mark Dossetor	ACT	2:43:14
3.	Duncan Knox	VRWC	2:45:59
4.	Ignacio Jiminez	QRWC	2:47:26
5.	Frank Bertei	PP	2:49:36
6.	Keith Knox	NSW	2:53:07
7.	Andrew Ludwig	QRWC	2:54:47
8.	Peter Bennett	QRWC	2:55:16
9.	Craig Webb	NSW	2:56:24
10.	John Leydon	NSW	2:57:53
11.	Keith Law	NSW	2:59:28
12.	Daniel Andrikis	ACT	3:03:59
13.	Robin Whyte	ACT	3:09:51
14.	Mick Mulligan	NSW	3:12:53
15.	Celia Bertei (F)	PP	3:13:00
16.	David Bryson	SA	3:16:37
17.	John Jardine	PP	3:22:49
18.	Mark Coleman	VRWC	3:24:28
19.	Bill Starr	SA	3:50:09
20.	Tim Thompson	SA	3:58:06
-	Anthony Miles	QRWC	DNF
-	Kevin Lowden	PP	DNF
-	Alex Crawford	NSW	DNF
-	Travis Harbour	PP	DNF
Teams			
1.	VRWC	50	Michael Harvey, Duncan Knox, Mark Coleman
2.	QRWC	49	Ignacio Jiminez, Andrew Ludwig, Peter Bennett
3.	NSW	44	Keith Knox, Craig Webb, Keith Law
4.	ACT	43	Mark Dossetor, Daniel Andrikis, Robin Whyte
5.	SA	25	David Bryson, Bill Starr, Tim Thompson

1994 Australian 50km Championship

Victoria Park Racecourse, Adelaide, Sunday 10th July 1994

Michael Harvey seemed to have a limitless capacity for racing, put on show once again in July 1994, when he won the Australian 50km championship in Adelaide (4:08:48). Somewhat surprisingly, there were only 3 starters. That made the medals easy – Harvey first, **Mark Thomas** second and 59 year old **Harry Summers** third.

Australian 50km Championships, Adelaide, Sun 10th July 1994			
1	Michael Harvey	VIC	4.08.48
2	Mark Thomas	VIC	4.41.49
3	Harry Summers	VIC	5.24.05

1994 Goodwill Games

Saint Petersburg, Russia, 23rd July - 7th August

The 1994 Goodwill Games was the third edition of the multi-sport event created by Ted Turner. After previous editions in 1986 (Moscow) and 1990 (Seattle), this edition was held in Saint Petersburg, Russia, between 23rd July and 7th August 1994. Entries were by invitation only, with only the elite of each discipline invited. **Kerry Saxby-Junna** was one of 5 Australians on the list, and our only walker. She had won in 1986 and been second in 1990, and she was expected to fight out the medals once again. Alas, she was disqualified 50m from the finish line, while fighting out the medals. Gasping for breath because of sinus troubles, she had panicked. Back home, she was distraught. *"I was crying after training. Totally stressed out. There are times when you just wonder 'Why am I doing this?'"*

1994 Goodwill Games 10,000m Walk, Russia, July 1994			
1.	Olimpiada Ivanova	RUS	42:30.31
	...		
-	Kerry Saxby-Junna	AUS	DQ

XV Commonwealth Games

Victoria, Canada, 18 - 28 August 1994

Kerry Saxby-Junna defended her Commonwealth Games title with a Games record time of 44:25. It was nice, she said, that the contest finished in a picturesque seaside setting rather than the main stadium. *"I get scared in stadiums full of people. They frighten the daylight out of me,"* she said.

But it was no walk in the park for the 33 year old who had endured a rough time lately, failing (according to her own high standard) at the Barcelona Olympics, finishing fifth in the 1993 World Cup, a DNF at the 1993 World Championships and plunging to a nadir with a DQ at the Goodwill Games. Saxby-Junna had gone back to the AIS and worked under her coach Craig Hilliard to refine her technique to the point where Hilliard believed it was better than ever. And she had temporarily sorted out any doubts about her breathing – a sinus operation was scheduled for straight after the Games.

Her second Commonwealth Gold was the culmination of that effort. She dominated the race from the first lap, although second placed **Anne Manning**, her training partner in Canberra, eventually finished just 12 seconds behind. Further back, a young **Jane Saville** finished 8th in a high quality race.

Saxby-Junna had slept restlessly on race-eve, waking at 3AM, ready to go, and she admitted to some nerves. *"Usually in international competitions, I'm happy with a medal but this time I really wanted the gold,"* she said. *"I had some tough competition and I knew it wasn't going to be as easy as 4 years ago."* She said the proposal to extend the women's road races to 20km would prolong the careers of her and the 34 year old Manning. *"Sydney 2000 is looking good for us,"* she said.

Comm Games 10km Walk Women, Canada, Wed 25 th Aug 1994			
1.	Kerry Saxby-Junna	Australia	44:25
2.	Anne Manning	Australia	44:37
3.	Janice McCaffrey	Canada	44:54
4.	Holly Gerke	Canada	45:43
5.	Victoria Lupton	England	45:48
6.	Lisa Kehler	England	46:01
7.	Verity Larby-Snook	Scotland	46:06
8.	Jane Saville	Australia	47:14
9.	Carolyn Partington	Isle of Man	47:21
10.	Grace Karimi	Kenya	48:20
11.	Karen Smith	England	48:45
12.	Alison Baker	Canada	51:28
-	Agneha Chelimo	Kenya	DNF
-	Linda Murphy	New Zealand	DQ

Nick A'Hern fulfilled his promise when he won the gold medal in the men's 30km road walk, a day when Kerry Saxby made it a golden double by winning the women's 10km roadwalk. For the previous four years, the 25 year old had worn the label of walking's "next big thing", the Australian to replace Simon Baker at the highest level. But despite some flashy performances in lesser competitions, he had yet to make a real mark on the world stage. There had been extenuating circumstances – a foot operation, another to remove a benign tumour from his neck – but A'Hern had gone to every major championship in reasonable form and was yet to make the big breakthrough.

This was that race. He kept his cool through an early breakaway by silver medallist **Tim Berrett** of Canada and bronze medallist **Scott Nelson** of New Zealand and walked strongly over the last 10 km to win in 2:07:53. *"I've been knocking at the door for a while,"* A'Hern said after the race. *"The time was world class, good enough to win some of the major races in Europe. I'm stoked. That's great."*

He missed **Simon Baker's** Games record by just six seconds but most definitely assumed his mantle. Baker was in the main bunch early on but when the pace increased, he dropped, finishing in 6th place in 2:14:02. The writing was on the wall and later that same year, he resigned his AIS scholarship as an athlete and took up an assistant coaching position there. He was still racing well but not with the same fire as previously.

Comm Games 30km Walk Men, Canada, Wed 25th August 1994			
1.	Nicholas A'Hern	Australia	2:07:53
2.	Timothy Berrett	Canada	2:08:22
3.	Scott Nelson	New Zealand	2:09:10
4.	Darrell Stone	England	2:11:30
5.	Martin St.Pierre	Canada	2:11:51
6.	Simon Baker	Australia	2:14:02
7.	Stephen Partington	Isle of Man	2:14:15
8.	Craig Barrett	New Zealand	2:14:19
9.	Chris Britz	South Africa	2:14:28
10.	Justus Kavulanya	Kenya	2:14:37
11.	Stephen Akol	Kenya	2:14:37
12.	Christopher Maddocks	England	2:18:14
13.	Mark Easton	England	2:20:10
14.	Stephen Taylor	Isle of Man	2:21:34
-	Martin Bell	Scotland	DNF

1994 Federation Carnival, including Glover Shield 20km Walk Davies Park, Brisbane, Sunday 28th August

With A'Hern and Baker at the Commonwealth Games, the 1994 Glover Shield 20km saw a good field numbers wise but it was a field that lacked quality. **David Smith** was an easy winner with 1:30:43, ahead of a young NSW walker named **Brent Vallance** (Brent would go on to become our greatest ever walks coach).

Glover Shield 20km, Brisbane, Sunday 28th August 1994			
1	David Smith	QLD	1.30.43
2	Brent Vallance	NSW	1.32.51
3	Ignacio Jiminez	QLD	1.34.55
4	Shane Pearson	QLD	1.37.15
5	Andrew Ludwig	QLD	1.38.49
6	Luke Collis	NSW	1.38.57
7	Duncan Knox	VIC	1.42.27
8	Peter Bennett	QLD	1.42.44
9	Keith Law	NSW	1.47.46
10	Klaus Maurer	QLD	1.50.20
11	Michael Grogan	NSW	1.53.50
12	Stephen Iselin	QLD	1.54.58
13	John Griggs	ACT	1.55.34
14	Darren Law	NSW	1.57.49
15	Noel Wooler	QLD	1.58.10
16	Justin Carter	NSW	2.00.39
17	Caleb Maybir	QLD	2.03.18
18	Michael Hurley	NSW	2.33.50
	Michael Mulligan	NSW	DNF
	Keith Heness	QLD	DNF
Teams			
1. QLD1 32 2. NSW1 26 3. QLD2 12 4. NSW2 9			

1995 World Cup 50km Trial Melbourne, Sunday 18th December 1994

The 50km trial for the 1995 IAAF Race Walking World Cup was held in Melbourne in December 1994, in conjunction with the Victorian 50km championship. **Michael Harvey** made no mistakes, winning with 4:02:17. This would be his 8th World Cup trip in a row! A standard of 4:20:00 had been set, so **Duane Cousins** (2nd with 4:12:37) and **Dominic McGrath** (3rd with 4:16:41) also put themselves in contention. But it was disappointment for **Mark Thomas** who was 4th across the line in 4:17:38 but then informed he had received a third red card at the 49.5km mark so was now disqualified. Luckily he was still selected for the World Cup team along with Harvey, Cousins, McGrath and Mark Donahoo (who had not contested the trial).

1995 World Cup 50km Trial, Melbourne, Sunday 18th Dec 1994

1.	Michael Harvey	VIC	4:02:17
2.	Duane Cousins	VIC	4:12:37
3.	Dominic McGrath	VIC	4:16:53
4.	Andrew Ludwig	QLD	4:25:56
-	Mark Thomas	VIC	DQ
-	Mark Dossetor	ACT	DNF
-	Shane Pearson	QLD	DNF
-	Duncan Knox	VIC	DNF
-	Ian Waters	VIC	DNF
-	Frank Bertei	VIC	DNF
-	Brian Trower	VIC	DNF
-	Dariusz Wojcik	VIC	DNF

1995**IAAF World Cup Trials****New Parliament House, Canberra, Sunday 29th January 1995**

The 1995 IAAF Race Walking World Cup 20km and 10km trials were contested on a course around the new Parliament House in Canberra on Sunday 29th January, with a 7AM start for the men and an 8AM start for the women to beat the summer heat. Qualifying standards of 1:28:00 and 48:00 had been set by Athletics Australia.

Peter Waddell reported in his Race Walkers Newsletter that the drought broke the day before the trials and some officials were concerned whether the flooded road would be suitable for the races. But the Sunday morning was perfect, with a cool day, and the Mundaring Drive course at Kingston was excellent.

New Zealander **Scott Nelson** and Canadian **Tim Berrett** took the first two places in the men's 20km trial, with **Mark Donahoo** leading the Australians home in third place, although his time of 1:30:22 was well outside the 1:28:00 standard.

World Cup Trial 20km Men, Canberra, Sunday 29th Jan 1995

1.	Scott Nelson	NZL	1:25:07
2.	Tim Berrett	CAN	1:29:36
3.	Mark Donahoo	VIC	1:30:22
4.	Dion Russell	VIC	1:30:43
5.	Ian Waters	VIC	1:30:54
6.	Brent Vallance	NSW	1:31:04
7.	Mark Thomas	VIC	1:33:31
8.	Mark Dossetor	ACT	1:35:34
9.	Darren Bown	SA	1:36:35
10.	Duncan Knox	VIC	1:38:36
11.	Ignatio Jimenez	QLD	1:41:54
12.	Graham Watt	VIC	1:47:52
13.	Caleb Maybir	FIJ	?
-	Dan Andrikis	ACT	DNF
-	David Smith	QLD	DNF

If the men's trial had been lacklustre, the women's was impressive, with the first 5 all under the 48:00 qualifying standard, including 19 year old Canberra walker **Jo Strangman**, fifth in 47:28. Sadly, while the first 4 all made the World Cup team, Strangman missed out to 7th placed finished **Jane Barbour** of SA. I am not sure what happened there. Of course, **Kerry Saxby-Junna** won!

World Cup Trial 10km Women, Canberra, Sun 29th Jan 1995

1.	Kerry Saxby-Junna	NSW	44:09
2.	Anne Manning	NSW	45:50
3.	Thesese Letherby	QLD	47:15
4.	Wendy Muldoon	VIC	47:25
5.	Jo Strangman	ACT	47:28
6.	Alison Baker	CAN	48:04
7.	Jane Barbour	SA	48:13
8.	Linda Coffee	NSW	48:17
9.	Simone Wolowiec	VIC	48:21
10.	Jane Saville	NSW	48:44
11.	Alanna Rogers	TAS	51:43

Australian Track & Field Championships 1994-95
Sydney Olympic Park, Homebush, Sydney, NSW, 2-5 March 1995

Nick A'Hern won his fourth National Track title (after wins in 1991, 1993 and 1994). He was the only walker to better 20 minutes, with **Dion Russell** 20:07:28 and **Brent Vallance** 20:40:45 taking the minor medals.

Aust 5000m Track Walk, Sydney, Friday 3rd March 1995			
1.	Nick A'Hern	NSW	19:36.72
2.	Dion Russell	VIC	20:07.28
3.	Brent Vallance	NSW	20:40.45
4.	Paul Kennedy	VIC	21:21.72
5.	Dan Andrikis	ACT	21:29.05
6.	Damien O'Mara	NSW	22:02.36
7.	Simon Robards	NSW	22:32.97
8.	Luke Collis	NSW	22:39.26
9.	Ross Reid	VIC	23:10.88
10.	Peter Blood	VIC	23:13.41
11.	Mark Coleman	VIC	23:46.28

Australian 20km Championship
Bruce Stadium, AIS, Canberra, Saturday 18th March 1995

The Australian men's 20km championship, the women's 10km championship and the U20 10km championships were held in Canberra on Saturday 18th March, 2 weeks after the National T&F Championships. The meet ended up with its share of controversy, with Athletics Australia insisting on holding the walks on the AIS/Bruce Stadium course even though the Brisbane Raiders Rugby Team were listed to play that night. Nine days before the races, AA changed the start time from 2:45PM to 8AM (for men) and 9AM (for women), but forgot to tell their chief judge Jill Huxley, who arrived from Bellina at 12 noon! The ACT Walkers Club had suggested the Mandaring Drive course but their suggestion had fallen on deaf ears.

The races started and finished at the AIS track, with walkers doing laps around the outside of the old Bruce Stadium. **Nick A'Hern** was untroubled in retaining his Australian 20km title. After covering the first half in 41:08, he cleared away to win as he liked with 1:22:35. National 50km champion **Michael Harvey** was second with 1:27:05, ahead of **Dion Russell** with 1:27:19.

Australian 20km Men, Canberra, Sunday 18th March 1995			
1.	Nick A'Hern	NSW	1:22:35
2.	Michael Harvey	VIC	1:27:05
3.	Dion Russell	VIC	1:27:19
4.	Duane Cousins	VIC	1:30:59
5.	Ian Waters	VIC	1:32:03
6.	Dominic McGrath	VIC	1:34:10
7.	Mark Thomas	VIC	1:34:28
8.	Dan Andrikis	ACT	1:42:19
9.	Peter Bennett	QLD	1:43:48
10.	John Stenhoue	ACT	1:44:35
11.	John Leydon	NSW	1:48:11
12.	Robin Whyte	ACT	1:51:53
13.	Michael Grogan	NSW	1:54:23
14.	John Griggs	ACT	1:55:50
15.	John Smith	NSW	1:56:42
16.	Caleb Maybir	QLD	2:01:15
17.	Justin Carter	NSW	2:06:15
-	Mark Donahoo	VIC	DNF
-	Brent Vallance	NSW	DNF

Kerry Saxby-Junna won her seventh 10km Australian title and her 23rd Australian title with a time of 44:53. She was in stunning form, leading from the start and crossing the finish line over 2 minutes ahead of **Terese Letherby** and **Anne Manning**.

Australian 10km Women, Canberra, Sun 18th March 1995			
1.	Kerry Saxby-Junna	NSW	44:53
2.	Terese Letherby	QLD	47:08
3.	Anne Manning	NSW	47:19
4.	Gabrielle Blythe	VIC	47:40
5.	Simone Wolowiec	VIC	47:50
6.	Jane Barbour	SA	48:26
7.	Jo Strangman	ACT	49:08
8.	Alison Baker	CAN	49:45

9.	Cheryl Webb	NSW	52:05
10.	Jenny Crooks	SA	50:05
11.	Sandra Craimer	SA	55:18
12.	Nicole Mitchell	NSW	1:02:10

17th IAAF Race Walking World, Cup, Beijing, China, 29/30 April 1995

The 1995 IAAF Race Walking World Cup, held in Beijing in late April, was the usual high quality meet, with 36 countries participating in the teams competitions. All 3 races saw big fields: 124 in the men's 20km, 102 in the men's 50km and 104 in the women's 10km.

Nick A'Hern walked excellently to take 15th place in the men's 20km with a time of 1:23:05. **Dion Russell**, the current Australian junior champion, was 53rd with 1:28:45, while **Brent Vallance** finished 81st with 1:34:44 in his first international race.

World Cup 20km Men, Beijing, Saturday 29 th August 1995			
15.	Nicholas A'Hern	AUS	1:23:05
53.	Dion Russell	AUS	1:28:25
81.	Brent Vallance	AUS	1:34:44

Kerry Saxby-Junna produced her fastest 10km walk time for some years, her time of 42:58 giving her fifth spot overall in the World Cup women's 10km. Only 36 secs separated the first 5 women, with the race won by China's Hongmiao Gau (42:19). With strong finishers by the other four girls, the Australian women's team finished 5th overall, an excellent performance.

World Cup 20km Women, Beijing, Saturday 29 th August 1995			
5.	Kerry Saxby	AUS	42:58
24.	Anne Manning	AUS	45:26
40.	Teresa Letherby	AUS	46:23
53.	Wendy Muldoon	AUS	47:56
54.	Jane Barbour	AUS	47:58

Michael Harvey confirmed his spot as our best 50km walker, finishing in 41st place with 4:05:58. This was his 8th World Cup appearance and he was walking as well as ever. While **Mark Donahoo** was forced to retire from the race, the other 3 walkers all finished mid field. Overall, the men's team finished 15th, with points accumulated from both the 20km and the 50km races.

World Cup 50km Men, Beijing, Sunday 30 th August 1995			
41.	Michael Harvey	AUS	4:05:58
68.	Mark Thomas	AUS	4:22:38
73.	Duane Cousins	AUS	4:31:29
77.	Dominic McGrath	AUS	4:36:29
-	Mark Donahoo	AUS	DNF

29th Lake Burley Griffin Carnival

Lake Burley Griffin, Canberra, Sunday 11th June 1995

The carnival showed no signs of losing its popularity and once again total entries ran at around the 300 mark. Barwon Walkers Club (based in Geelong) joined the Federation as a second Victorian club. Proclamation Park seemed to have run its course and had effectively ceased to exist after only a few years of activity.

Finally a New Zealander took the race honours in the 20 Mile event as 1992 Olympian **Scott Nelson** held off 21 year old Victorian **Duane Cousins** for a popular win. Later that year, Duane would catapult to national attention with a fantastic 50km time of 3:54:38. This Canberra walk was an indication of things to come. Another new face in the LBG field was **Brent Vallance** who finished a fine fourth behind the ever consistent **Michael Harvey**.

LBG 20 Miles Walk, Canberra, Sunday 11 th June 1995			
1.	Scott Nelson	NZL	2:28:45
2.	Duane Cousins	VRWC	2:29:29
3.	Michael Harvey	VRWC	2:36:41
4.	Brent Vallance	NSW	2:38:47
5.	Mark Thomas	VRWC	2:39:53
6.	Dominic McGrath	VRWC	2:42:36
7.	Shane Pearson	QRWC	2:46:00
8.	Ignacio Jiminez	QRWC	2:48:48
9.	Duncan Knox	VRWC	2:49:21
10.	Frank Bertei	VRWC	2:49:26

11.	Peter Bennett	QRWC	2:52:50
12.	Keith Knox	NSW	2:54:21
13.	Richard Illingworth	VRWC	2:59:15
14.	John Stenhouse	ACT	3:01:18
15.	Peter Vysma	VRWC	3:03:08
16.	Mark Coleman	BARWON	3:03:40
17.	Darren Bown	SA	3:05:45
18.	Keith Law	NSW	3:06:30
19.	Simon Robards	NSW	3:08:18
20.	Frank Overton	NSW	3:08:39
21.	Robin Whyte	ACT	3:17:43
22.	John Griggs	ACT	3:20:01
23.	Harry Summers	VRWC	3:22:38
24.	Brian Murphy	SA	3:29:17
25.	Hugh Geyteman	NSW	3:32:56
26.	Ron Hall	NSW	3:38:14
27.	Bill Starr	SA	3:44:02
28.	Caleb Maybir	QRWC	3:46:35
29.	Albert Cuschieri	NSW	3:50:35
Teams			
1.	VRWC1	60 points	
2.	QRWC	47 points	
3.	NSW1	40 points	
4.	VRWC2	37 points	
5.	ACT	22 points	
6.	SA	14 points	
7.	NSW2	12 points	

5th IAAF World Championships, Göteborg, Sweden, 4-13 August 1995

Four Australian walkers did well enough in the IAAF World Cup in April to be selected for the 1995 IAAF World T&F Championships. This had now grown into a huge event, with this edition featuring 1804 athletes from 191 countries. Australian walk performances were solid, with all four athletes equiting themselves well. As expected, **Kerry Saxby-Junna** finished the best with 9th in the women's 10km but **Nick A'Hern** also continued his rise with 11th in the men's 20km.

IAAF World Champs 20km Men, Sweden, August 1995			
11.	Nicholas A'Hern	AUS	1:23:45

IAAF World Champs 50km Men, Sweden, August 1995			
26.	Michael Harvey	AUS	4:16:41

IAAF World Champs 10km Women, Sweden, August 1995			
9.	Kerry Saxby-Junna	AUS	43:06
34.	Anne Manning	AUS	46:04

18th World Student Games (Summer Universiade) Fukuoka, Japan, 29 August - 3 September 1995

ACT youngster **Jo Strangman** had some consolation after missing out on a World Cup spot, being selected to represent Australia in the 1995 World Student Games. **Dion Russell** was also selected and both did well, Dion finishing 9th and Jo 14th.

World Student Games 20km Men, Japan, Sept 1995			
9.	Dion Russell	AUS	1:27:21

World Student Games 20km Women, Japan, Sept 1995			
14.	Josephine Strangman	AUS	48:59

1995 Australian 50km Championship Adelaide, Sunday 11th September 1995

22 year old **Duane Cousins** capped off a great year with victory in the 1995 Australian 50km championship in Adelaide, clearing away from Michael Harvey in the second half to win with 4:15:14.

Australian 50km Championship, Adelaide, Sun 11th Sep 1995			
1.	Duane Cousins	VIC	4:15:14
2.	Andrew Ludwig	QLD	4:34:03
3.	Shane Pearson	QLD	4:35:45
4.	Ignacio Jimenez	QLD	4:40:36
5.	Peter Bennett	QLD	4:42:47
6.	Keith Knox	NSW	4:43:21
7.	Mark Coleman	VIC	5:01:26
8.	Steel Beveridge	NSW	5:56:19
-	Michael Harvey	VIC	DNF

The 1995 year finished with one final performance of note, when **Duane Cousins** won the VRWC 50km Championship on Sunday 17th December 1995, his time an astonishing 3:54:38. This ranked him number 1 Australian and 3rd in the Commonwealth. Duane had seemingly come from nowhere to produce a world ranking 50km performance. 1995 had certainly been a breakthrough year. He was immediately offered an AIS scholarship and relocated to Canberra in early 1996. He continued on his merry way with further great performances in 1996, winning the Victorian 50km championship in Melbourne in 3:56:17 (this was the Olympic trial so gained him an Olympic berth) and repeating his 2nd place in the Canberra 20 Mile with an improved 2:24:24. But more of that below.

1996

One race of note to start the 1996 year. At the Sydney Grand Prix track meet in early February, **Kerry Saxby-Junna** won the women's 5000m walk in a new World Record of 20:03 in front of a huge home crowd.

1996 Australian Roadwalk Championships and Olympic Walk Trials Sydney, Thursday 7th March 1996

The 1996 Australian Men's 20km and Women's 10km Olympic walk trials were contested in conjunction with the Australian T&F Championships in Sydney and were granted official Australian Championship status. Both walks were held on the morning of Thursday 7th March 1996.

The Australian 20km Walk title went to **Nick A'Hern** (no surprises there) with 1:23:55, ahead of **Dion Russell** who was just outside the Olympic standard of 1:24:00 with his time of 1:24:18. Young **Brent Vallance** did a huge PB to take third place with 1:26:50, ahead of New Zealander **Scott Nelson**, with 1:27:48.

1996 Olympic Trial 20km Men, Sydney, Thurs 7th March 1996			
1.	Nick A'Hern	NSW	1:23:55
2.	Dion Russell	VIC	1:24:18
3.	Brent Vallance	NSW	1:26:50
4.	Scott Nelson	NZL	1:27:48
5.	Duane Cousins	VIC	1:28:05
6.	Dominic McGrath	VIC	1:32:20
7.	Michael Harvey	VIC	1:34:37
8.	Shane Pearson	QLD	1:36:26
9.	Noel Wooler	QLD	1:37:19
10.	Mark Coleman	VIC	1:44:11
11.	John Leydon	NSW	1:44:35
12.	Peter Bennett	QLD	1:44:38
13.	John Stenhouse	ACT	1:48:59
14.	Bob Chapman	ACT	1:50:09
15.	Damien O'Mara	NSW	1:51:58
16.	Caleb Maybir	QLD	2:01:15
17.	Justin Carter	NSW	2:01:02
-	Robin Whyte	ACT	DQ

Kerry Saxby-Junna had been copping a bit of flack from the local Australia newspaper press with photos of her off the ground in her recent world record breaking 5000m walks in Hobart and Sydney, but she did not let it get to her, walking her own race and winning the Australian Championship and Olympic trial with 42:39. **Anne Manning**, in second place, was also under the Australian Olympic qualifying time with 45:37, ahead of **Jane Saville** with 46:24.

1996 Olympic Trial 10km Women, Sydney, Thu 7th March 1996			
1.	Kerry Saxby-Junna	NSW	42:39
2.	Anne Manning	NSW	45:37
3.	Jane Saville	NSW	46:19

4.	Wendy Muldoon	VIC	46:24
5.	Jill Barrett-Maybir	QLD	46:28
6.	Jane Barbour	SA	46:48
7.	Therese Letherby	QLD	47:21
8.	Simone Wolowiec	VIC	48:18
9.	Justine tonti-Filipine	WA	51:03
-	Gabrielle Blythe	VIC	DNF
-	Alison Baker	CAn	DNF

For their efforts, A'Hern, Saxby-Junna and Manning were all named in the Olympic team.

Australian Track & Field Championships 1995-96 Sydney Olympic Park, Homebush, Sydney, NSW, 7 - 10 March 1996

Two days later, the walkers were back in action in the Australian T%F 5000m walk championship, with **Nick A'Hern** winning the title for the fifth time, but having to work hard to beat second placed **Brent Vallance**, 19:23:18 to 19:30.63.

1.	Nick A'Hern	NSW	19:23.18
2.	Brent Vallance	NSW	19:30.63
3.	Scott Nelson	NZL	19:42.28
4.	Dion Russell	VIC	20:04.76
5.	Simon Robards	NSW	21:29.11
6.	Paul Kennedy	VIC	21:32.67
7.	Peter Blood	VIC	21:32.74
8.	Mark Coleman	VIC	21:57.29
9.	Andrew Bradley	NT	24:08.25
-	Luke Collis	NSW	DNF
-	Damien O'Mara	NSW	DQ
-	Noel Wooler	QLD	DQ
-	David Smith	QLD	DQ

1996 Olympic 50km Trial Melbourne, Sunday 31st March 1996

The Olympic 50km trial was held in conjunction with the 1996 Victorian 50km Championship in Melbourne in late March. The Australian qualifying standard was set at 4 hours and the first two finishers bettered it – **Simon Baker** first with 3:55:46 and **Duane Cousins** second with 3:56:21. This cemented a spot for Baker in his fourth Olympics. Cousins also secured his team spot, compliments of his fourth 50km in 11 months. He recorded 4:31:06 at the 1995 World Cup, recorded 4:15:14 in the 1995 Australian 50km and did a brilliant 3:54:38 in winning the Victorian 50km in December. As an interesting aside, Baker was coaching Cousins at the time so it was a case of coach vs athlete!

1.	Simon Baker	VIC	3:55:46
2.	Duane Cousins	VIC	3:56:21
3.	Michael Harvey	VIC	4:05:41
4.	Dominic McGrath	VIC	4:06:29
5.	Shane Pearson	QLD	4:13:24
6.	Frank Bertei	VIC	4:30:39

30th Lake Burley Griffin Carnival Lake Burley Griffin, Canberra, Sunday 9th June 1996

For the second year in a row, a New Zealander took the race but this year it was **Craig Barrett**. His time was second only to the great Willi Sawall and he was some 3 minutes clear of **Duane Cousins** whose time of 2:24:39 was a 5 minute PB. This race saw a large number of high profile retirements – **Nick A'Hern**, **Brent Vallance**, **Darren Bown** and a much older **Willi Sawall**, now making an appearance for Barwon Walkers. The day was very very cold - -6°C in the morning and still below zero as the race started.

The DNF of Nick A'Hern has a story behind it. The race was actually a pre-departure trial and the 20km mark had been measured on the course. Nick recorded around 1:23:00 and then retired. His 10 mile split was almost certainly the fastest ever recorded. He was in great form, as we were soon to see at the Olympics.

LBG 20 Miles Walk, Canberra, Sunday 9th June 1996			
1.	Craig Barrett	NZ	2:21:22
2.	Duane Cousins	VRWC	2:24:39
3.	Simon Baker	VRWC	2:31:10
4.	Shane Pearson	QRWC	2:32:34
5.	Dominic McGrath	VRWC	2:33:27
6.	Noel Wooler	QRWC	2:46:38
7.	Mark Donahoo	VRWC	2:48:01
8.	John Stenhouse	ACT	2:51:08
9.	Peter Bennett	QRWC	2:51:42
10.	Keith Knox	REGAL	2:53:42
11.	Mark Coleman	BARWON	2:57:46
12.	Duncan Knox	VRWC	3:02:48
13.	Robin Whyte	ACT	3:25:46
14.	John Griggs	ACT	3:44:19
15.	Bill Starr	SA	3:50:33
-	Simon Robards	REGAL	DNF
-	Willi Sawall	BARWON	DNF
-	David Bryson	SA	DNF
-	Nick A'Hern	REGAL	DNF
-	Darren Bown	SA	DNF
-	Brent Vallance	REGAL	DNF
-	Peter Vysma	VRWC	DQ
Teams	1. VRWC	2. QRWC	3. ACT

Games of the XXVI Olympiad Atlanta, USA, 19th July - 4th August 1996

Australia was building up for the 2000 Olympics in Sydney and a huge team of athletes and officials was assembled and sent to Atlanta. Seven Australian walkers were selected - the most ever. The trials had produced 5 names - **Nick A'Hern, Kerry Saxby-Junna, Anne Manning, Simon Baker** and **Duane Cousins**. **Dion Russell** and **Jane Saville** had been added to the team after some great performances in Europe.

Leading the walking team was Simon Baker who at 38 years of age, was competing at his fourth Olympics. Alongside Simon was Kerry Saxby-Junna who, although in only her second Olympics, was just as experienced and just as well known on the world scene.

Nick A'Hern had assumed the mantle of our top male walker and he was contesting his second Olympics. Anne Manning, Jane Saville, Dion Russell and Duane Cousins were all first time Olympians. For the first time, the Victorian stranglehold on walking looked broken. Of the 7 walkers, 4 were from NSW and only 3 were from Victoria.

Of the 3 walking events on offer, the men's 20km was the event which promised the most. Chinese walker Bo Linglang had set a new 20km World Record with a time of 1:18:04 in Beijing in April 1994, an indication of the rapidly improving Chinese mens team. Then Bernardo Segura of Mexico had lowered the mark to 1:17:25.6 in the Bergen Walking Festival in Norway a month later. New walkers were popping up everywhere in an ever widening arc of excellence. Massana of Italy won the 1993 World Championships, edging out De Benedictis of Italy and Plaza of Spain. Mexico won the 1993 World Cup Teams competition with great performances from Garcia, Cruz, Mercenario and Sanchez. Segura and Garcia of Mexico edged out Perez of Equador in the 1994 Pan American Cup. Didoni of Italy won the 1995 World Championships ahead of Massana. Mexico again won the overall teams competition in the 1995 World Cup with Segura third behind Zewen of China and Schennikov of Russia. And finally in the 1995 Pan American Games, Perez had beaten Garcia to claim his first international victory. Overall, any of a dozen walkers could win.

In one of the most exciting Olympic walks yet held, the lead group sped through the kilometres, with little separating them. Perez, who had failed to finish in the 1992 Olympics, made no mistakes this time, finding the necessary strength to make the decisive break and becoming a national hero in Equador by winning their first ever Olympic Gold. He continued on to win the 1997 Racewalking World Cup and was 2nd in the 1999 World Championships, showing that this win was no fluke. A new champion had been born.

Nick A'Hern produced the walk of his life to take fourth, only 8 seconds outside the medals. It was the highest place finish since Noel Freeman in 1964 and was definitely Nick's best ever international result. **Dion Russell** came 47th in 1:30:04 but was only 21 years of age and would come back much stronger in four years time.

Olympic 20km Walk Men, Atlanta, Friday 26th July 1996			
1.	Jefferson Perez	ECU	1:20:07
2.	Ilya Markov	RUS	1:20:16
3.	Bernardo Segura	MEX	1:20:23
4.	Nick A'Hern	AUS	1:20:31
47	Dion Russell	AUS	1:30:04

The women's 10km saw all 3 Australians do well. **Kerry Saxby-Junna** was the best, with a 12th placed 43:49 (not bad at 36 years of age), **Anne Manning** was 19th with 45:27 and **Jane Saville** was 26th with 45:56.

Olympic 20km Walk Women, Atlanta, Monday 29th July 1996			
1.	Yelena Nikolayeva	RUS	41:49
2.	Elisabetta Perrone	ITA	42:12
3.	Wang Yan	CHN	42:19
	...		
12.	Kerry Saxby-Junna	AUS	43:59
19.	Anne Manning	AUS	45:27
26.	Jane Saville	AUS	45:56

The men's 50km was a disaster for Australia. **Duane Cousins** was directed back into the stadium one lap too early, finishing in 4:06 but then being told he was 2km short. His finish was amended to DNF with an *. He had argued with the officials at the time but they insisted he had done the full number of laps and had to now return to the stadium. He subsequently received an official letter of apology from the IOC but it probably felt like a hollow gesture. Then to cap things off, **Simon Baker** was disqualified at the 36km mark.

Olympic 50km Walk Men, Atlanta, Friday 2nd August 1996			
1.	Robert Korzeniowski	POL	3:43:30
2.	Mikhail Shchennikov	RUS	3:43:46
3.	Valentí Massana	ESP	3:44:19

-	Duane Cousins	AUS	DNF
-	Simon Baker	AUS	DQ

Federation Carnival, including Glover Shield 20km Walk Chipping Norton, Sydney, Sunday 3rd August 1996

With all the top walkers at the Olympics, the Glover Shield 20km was up for grabs, with the win going to NSW youngster **Luke Adams**, with 1:37:53. At the other end of the age spectrum, second place went to NSW veteran **Keith Knox**, with the other Knox (**Duncan Knox** of Victoria) taking third.

Glover Shield 20km, Sydney, Sunday 3rd August 1996			
1	Luke Adams	NSW	1.37.53
2	Keith Knox	NSW	1.43.29
3	Duncan Knox	VIC	1.45.12
4	John Stenhouse	ACT	1.46.33
5	John Griggs	ACT	2.03.10
6	Mark Ransome		2.06.20
7	Robin Whyte	ACT	DQ
8	Ron Hall	NSW	DQ
9	Andrew Mitchell	NSW	DNF
10	Luke Collis		DNF
11	Damian O'Mara	NSW	DNF
12	Mark Donahoo	VIC	DNF

Australian 50km Championship Middle Park, Melbourne, Sunday 1st September 1996

The Australian Roadwalk Championships were held in Melbourne on Sunday 1st September, with the 50km the main event for the senior men. **Michael Harvey** had chased **Shane Pearson** early, but had then cleared away in the second half to win his fifth national title with a time of 4:11:35. 55 year old **Willi Sawall** defied the years, taking second with 4:30:57, while Shane Pearson endured a horror second half before taking third place with 4:34:25.

Australian 50km Championship, Melbourne, Sun 1st Sept 1996			
1.	Michael Harvey	VIC	4:11:35
2.	Willi Sawall	VIC	4:30:57
3.	Shane Pearson	QLD	4:34:25
-	Peter Blood	VIC	DNF

1997 IAAF Race Walking World Cup 50 km Trial Melbourne Sunday 15th December 1996

Conditions were dreadful for the 1997 World Cup 50km trial, held in Melbourne on Sunday 15th December 1996. The temperature rose to 30°C as the race progressed and winner **Dominic McGrath**'s winning time of 4:16:34 was good in the stifling conditions. **Michael Harvey** was just over a minute behind with 4:17:41, while **Shane Pearson** took third with 4:19:21. **Mark Thomas**, who was fourth with 4:23:01, was probably going to be in line for a World Cup spot as well, but fifth placed **Ian Waters** was perhaps too far back to be in contention. Duane Cousins, the main Olympic 50km contender, opted to bypass the 50km trial and concentrate on the 20km event instead.

1997 World Cup 50 km Trial, Melbourne Sun 15th Dec 1996

1.	Dominic McGrath	VIC	4:16:05
2.	Michael Harvey	VIC	4:17:41
3.	Shane Pearson	QLD	4:19:21
4.	Mark Thomas	VIC	4:23:01
5.	Ian Waters	VIC	4:27:26

The final significant event for 1996 was the retirement of Simon Baker. Simon had been at the AIS since 1985 and was now calling it quits after 4 Olympic Games and 3 Commonwealth Games, and with Commonwealth Games and World Cup golds to his credit. He now moved back to Melbourne to start his post-athletics career.

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

None!

International Dates

Sep 18 (Fri), 2020	46 th 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 24 (Sat), 2020	Dudince EA Permit Meet (20km men/women and 50km men)
Oct 20-22, 2020	Lake Taihu Tour, Suzhou, China (CANCELLED)
Nov 7 (Sat), 2020	NZ Road Walk Championships, Bruce Pulman Park, Auckland, New Zealand
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships , Tampere, Finland
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)
Jan 2022	Oceania Masters Championships , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , Minsk, Belarus
July 15-24, 2022	18th World Athletics Championships , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships , Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships , Cali, Colombia
TBA, 2023	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary

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