



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 05
Monday 2 October 2020



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VALE RUSS DICKENSON: 1945-2020

Further to last week's announcement of the sad passing of VRWC/VMA walker **Russ Dickenson**, funeral service details have now been finalised. The Service will be held on 5th November from 1.45pm to 2.45pm at the Lilydale Federation Chapel in Lilydale. We can all follow remotely via live stream <https://admin.oneroomstreaming.com/email/view/74d3335490>. I also reproduce a wonderful obituary to Russ, written by VMA team mate Grant Murfett. Well said, Grant!

Greetings everyone.

In a year that has provided a seemingly endless run of disappointments, Monday was surely the nadir for our club as we received the terrible news of the passing of Russ Dickinson. Having suffered a massive stroke on Sunday, Russ died on Monday morning.

As many will know, Russ was editor of "footprints" for the past 11 years whilst being a serving committee member for VMA of which he was recently accorded the honour of life membership. Russ was also active in various local organising committees across the state and country.

Russ was a decades long fixture at Croydon club, participating in everything at one time or another and finding his forte' in race walking at which he excelled both locally and internationally. He was one of the large Croydon contingent which assaulted the 2016 world championships in Perth competing in the long distance road walks. I'll never forget the pure joy on his face as old mate, Andrew Egginton, stormed across the line to take silver in the 800m. Russ nearly crushed him with a bear hug as Eggy was struggling to recover his breath. I later asked Russ how he managed to, not only be on the track but right on the finish line? He just gave me a wink and, chuckling, told me how he'd chatted up an official as she walked through the marshalling area and onto the track. "She just assumed I was meant to be there and no one said a thing!" I always thought the most impressive thing about it was that no one was the least bit surprised that he'd gotten away with it. Such a charmer.

His athletics commitments extended to the Vic race walking club and as a team mate in the VMA AV shield competition. Even when no longer competing, he would always be on hand to fill up a duty and to give encouragement and support to everyone. Not only VMA athletes but masters from all clubs would be sure to give him a high-five or at least a smart quip in passing which was rejoined with gusto and smiles all round.

It was this sociability and razor sharp wit that made him a popular and sought after drinking buddy when competing interstate. Russ competed at three world championships in Brazil, France and Perth as well as numerous national championships. My memories of Perth 2016, Darwin 2017 and Mackay 2019 are enjoying many an evening sipping ale, chewing the fat, shooting the breeze and generally dispensing verbal fertiliser with such luminaries as Eggy, Cooky, Woody, Robbo as well as the moderating influence of Pam, Jess, Allison et al.

Russ's innate gift for off-the-cuff humour coupled with a genuine talent for communicating made him a natural to publish and edit his Footprints magazine. In his time running the newsletter it went from being just a results record to an "infotainment" paper. It's a testament to his diligence and creativity, that in this year of no competition, he still managed to produce such an engaging and interesting publication showcasing biographical pieces on many of our best known and best performed masters athletes.

For me personally, and I imagine, most of our masters community, a night at the track just won't be the same. Nor will the post-track socialising at which Russ was always the gold medallist.

To Russ's family; Kath, Wes, Jane, Tim and the grandchildren as well as his multitude of friends outside athletics we can only offer our deepest condolences and support.

One of the good guys gone too soon but he left the world in a fit, robust body and an undiminished mind which we know he would've wanted.

Vale Russ Dickinson, a great mate and a gentleman.

The Swedish and indeed the global race-walking community lost one of its own late last week, when the sad news spread of the passing of multiple Swedish representative, **Anders Hansson**, in small hours on Friday 30th October at just 28 years of age.

Anders started his walking career at a very early age, but in the beginning and up to his teens, it was football (soccer) that was his sporting passion. Born in Borås, and with a father highly enthusiastic for sport, Anders found his love in being active and supporting football and his great local team of Elfsborg from an early age.

Growing older, Anders realised he had more talent for walking, hence in 2009, at the age of seventeen, he made the difficult decision to follow in his father's footsteps and dedicate his life to heel and toe, despite being selected for the junior representative team, Elfsborg, in football. Later the same year, he was rewarded for this decision, when selected to represent Sweden for the first time in the World Youth Championships in Bressanone, Italy. There he finished 18th with 47:53.18. He later qualified for the European Junior Championships in Tallinn, Estonia 2011 after he improved his 10km PB to 44:26 that year.

His first Swedish national title came during the winter of 2014, winning the Indoor 5000m Race Walk in Växjö, but his breakthrough came with another title at the autumn 50km Nationals in Eskilstuna, when he recorded a PB in 4:06:31. This title had come at just 22 years of age and with limited preparation and background in training. Anders then had determined that the 50km walk was to be his main discipline. In 2015 Anders walked a fine 4:03:20 at the European Cup in Murcia, Spain, and with that result secured his selection for the 2015 World Championship Beijing, China. This was the senior debut at a global competition for Anders, but unfortunately, he had to withdraw around the mid-way mark.



Anders during his first Global Championships in Beijing, China 2015

In the spring of 2016, his improvement continued with another PB of 4:01:23, despite the altitude of Ciudad Juárez, in Mexico. Unlike Australia's inclusive selection policy, Swedish walkers, to gain selection for an Olympic games, had to exceed the then IAAF Standards, and in the 50km walk, they were asking for a time of 3:45:00, which was beyond the reach of all Swedish walkers in 2016.

At the European Cup in Podebrady 2017, he broke the 4 hour barrier for the first time, finishing 13th with a 3:58:42 to qualify for his 2nd consecutive World Champs. While preparing in St Moritz for the 2017 London World Championships, Anders joined the international walkers who have always worked together at training camps to improve the training environment for all. Anders along with his Swedish teammates, trained solidly with the likes of Regan Lamble (AUS), Quentin Rew (NZL), and Alana Barber (NZL), and Evan Dunfee (CAN). This environment certainly paid off for Anders, as he was rewarded with a fine walk In London to finish 28th with a PB of 3:58:00.

Anders in 2018, followed what has been successful formula for Swedish walkers, and travelled to Australia to swap the harsh Swedish winter for the warmth and great training in Canberra at the 2018 Supernova Training camp. Anders competed at both the Australian 10,000m Championships, and the 20km Australian and Oceania Championships in 2018.

2018 would prove to be a difficult racing year due to what Anders called "bad luck". He was in great 20km shape early on, but unfortunately was sick the week leading into the Oceania 20km Race Walk Championships in Adelaide, in February. Despite suffering the effects of a cold, he still a new PB at the 20km, with a time 1:25:51. In the European Champs in Berlin, the 50km saw

the hottest day of the Championships with scorching sun and temperatures well above 30 degrees Celsius. Thanks to a good preparation leading up, Anders posted a credible 4:11:36 for 23rd. To complete his 2018 season, he won his 2nd National 50km title.

In total, Anders won 6 Gold, 13 Silver and 10 bronze medals at the Swedish championships. 5 straight starts in the prestigious Finnkampen, with 2 times 3rd as his best result. 50km was battled out a total of 11 times between the years of 2013 – 2018.



BBQ Lunch at St Moritz 2017: L to R (Bethan Davies, Alana Barber, Ben Thorne, Evan Dunfee, Josh Harris (AUS Marathon), Perseus Karlstrom, Anders Hansson)



2018 Australian 20km in Adelaide - Anders (far left) and other Supernova walkers relax post race

Anders was an extremely goal oriented person, no matter the task at hand. During his engineering studies at Lunds University, he spent his 4th year as an expat at the University of California Santa Barbara, USA. He was as methodological with his studies as with his training and finished his Master of Science in Engineering – Engineering Physics, the most prestigious engineering degree in Sweden, in an outstanding 5 years, a task only a few managed to do! He was a true role model both on and off the track!

In December 2018, during a family dinner, Anders suffered an epileptic seizure. This was followed by another, in January 2019. Doctors discovered, and then surgically removed a tumour in his brain. After a successful surgery, Anders started his cancer

treatment, and the prognosis at the time was certainly very positive, mostly due to his excellent athletic shape. Anders never stopped exercising and was still able to participate in the national championships in 2019, representing Sweden one last time in the annual Finland-Sweden Athletics International match in Stockholm in the autumn. He was then about to finish his treatment and very hopeful for the future! In February 2020, he won the Swedish national 5000m indoor title which would come to be his last competition.

Early in the summer of 2020, his medical team discovered a new tumour and following surgery, another one hidden beneath. This last one was deemed inoperable and untreatable. Anders fought a hard battle for a couple of months until his body no longer could cope.

Let's hope you'll soon be able to stride out a new 50km race walk wherever you are Anders!

Perseus Karlstrom

Anders Hansson – Personal Bests

10,000m Track Walk	41:52.6	Boras (SWE)	07 JUL 2017	1051
20 Km Road Walk	1:25:51	Adelaide (AUS)	11 FEB 2018	1068
50 Km Roads Walk	3:58:00	Olympic Stadium, London (GBR)	13 AUG 2017	1115



Team shoot before the World Team Champs in Taicang, China 2018: L to R : Ato Alm Ibáñez, Perseus Karlström, Anders Hansson

PAUL F DEMEESTER TALKS MATTERS IOC

Thanks to US Attorney at Law Paul F. DeMeester for another wonderful article. That is the 33rd 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>.

IOC: THE INTERNATIONAL ORGANIZATION OF CONTROL

By Paul F. DeMeester

We have explored the power grabbing nature of the International Olympic Committee (IOC) in earlier issues of *Heel and Toe* this year. This article explores other reaches of IOC control. We have seen that the IOC has been on a trajectory to admit more sports to the Olympics, to the detriment of existing Olympic sports such as athletics, which loses athlete spots and events (us) at future Games. (See *Under My Thumb*, 27 April 2020.) The IOC requires international sports federations to adhere to the Olympic Charter. (Charter, Fundamental Principles of Olympism, no. 7; Rule 1(4).) The IOC has made those federations dependent on quadrennial pay-outs of the so-called Olympic dividend. (See *Independence Day: A Perfect Time to Wean World Athletics from its IOC Addiction*, 24 March 2020.) Yet, unlike the international sports federations, the IOC is not a democratically elected organ. Ever since Pierre de Coubertin handpicked the Committee, those members have been picking their own colleagues. IOC members are not elected by the National Olympic Committees (NOCs). Yet, the NOCs have to dance to the IOC tune, just like the international sports federations do. Once an individual manages to be vetted by the IOC for conformity, that individual may be allowed admission to the exclusive and closed club. But, once an IOC member, this individual must swear a loyalty oath to the IOC and its interests, never mind that individual's ties to a nation or any sport. (See *The Inherent Nature of the IOC CoeNFLICT*, 18 May 2020.)

One area the IOC has not controlled is how it is portrayed in the media. Sure, television rights bring in piles of revenue, with the United States media market leading the ring tones of the cash register, but each media company controls what they show their

viewers and what they tell those viewers. The rise of the internet, however, gave the IOC an opportunity to change that picture. Guess which IOC official first suggested setting up a digital Olympic Channel back in 1994? The answer: Thomas Bach, the current IOC President who had joined the exclusive club only three years prior to his television channel suggestion. (See *IOC Plans Year-Round TV Channel to Appeal to Young Fans*, February 25, 2015, on Bloomberg.com, available at <https://www.bloomberg.com/news/articles/2015-02-25/olympic-tv-plan-dropped-in-1994-revived-to-interest-young-fans>; accessed on 1 November 2020.) As soon as Bach became IOC President, he revived his idea and voilà, the Olympic Channel was born in 2016.

A recent IOC press release tells us what the Olympic Channel has achieved in four short years. Reading between the lines tells you where it is going. (See IOC Press Release of 24 August 2020, *Olympic Channel Celebrates Four-Year Anniversary with Record Growth*, available at <https://www.olympic.org/news/amp/olympic-channel-celebrates-four-year-anniversary-with-record-growth>.) Since being founded on 21 August 2016 at the close of the Rio Olympics, more than 25,000 pieces of video content had been produced, resulting in more than 3.3 billion video views across all platforms. The Olympic Channel community on social media grew to more than 10.4 million. The channel covered the 2020 Lausanne Winter Youth Olympic Games as a worldwide digital rights holder. The importance of this last point cannot be underscored enough. The Olympic Channel is capable of becoming the only provider of television content of future Olympics. Another part of the press release provides a further clue: “*Also contributing to the Olympic Channel’s success are strategic distribution partnerships with the IOC’s rights-holding broadcast partners (RHBs) and NOCs, including recent launches on CBC GEM (Canada), Swisscom (Switzerland) and 7plus (Australia), bringing a linear presence to 175 territories complementing the global digital platform.*” These partnerships of today will turn into contracts of adhesion in the future, with the IOC-owned Olympic Channel as the dominant party. NBC Sports may have a contract with the IOC for the U.S. media market through the 2032 Games (see *NBC Sports extends Twitter Olympics content deal for Tokyo 2020*, 9 October 2020 on insidethegames.biz), but don’t be surprised if the Olympic Channel takes over after that, with local media companies serving the Channel in a subservient way. The media companies would be used for delivery purposes only, with content wholly controlled by the Olympic Channel, meaning the IOC. Bach will have created a veritable Ministry of Propaganda for the Olympic Reich.

But there’s more. The Olympic Charter empowers the NOCs to select athletes and team officials for the Olympic Games. It’s not Athletics Australia that picks which track & field stars make it to the Olympics. Instead, the Australian Olympic Committee is the selector. NOCs exist because the Olympic Charter provides for them. “*Their statutes are subject to the approval of the IOC.*” (Olympic Charter, Rule 3(2).) National governments are supposed to butt out of interfering with any NOC, as made clear by the Charter:

Apart from the measures and sanctions provided in the case of infringement of the Olympic Charter, the IOC Executive Board may take any appropriate decisions for the protection of the Olympic Movement in the country of an NOC, including suspension of or withdrawal of recognition from such NOC if the constitution, law or other regulations in force in the country concerned, or any act by any governmental or other body causes the activity of the NOC or the making or expression of its will to be hampered. The IOC Executive Board shall offer such NOC an opportunity to be heard before any such decision is taken.
(Olympic Charter, Rule 27(9).)

Think about this for a second. The unelected, undemocratic IOC gives itself the right to tell sovereign nations what those nations can and cannot do. Not that all nations take this lying down. The United States enacted the Empowering Olympic, Paralympic and Amateur Athletes Act of 2020, granting the U.S. Congress the power to remove members of the U.S.’s NOC. The legislation was a response to the sex abuse scandal that plagued the U.S. gymnastics world. But don’t expect the IOC to suspend that nation’s NOC. Inside the games writer Liam Morgan, in discussing rule 27(9), commented that “*[i]t is far easier for the IOC to suspend Kuwait [which it did] than Italy or the U.S., for example.*” (Liam Morgan, *Belarus crisis shows why increased IOC oversight of NOCs is needed*, 8 October 2020, available at insidethegames.biz.) Hence, the IOC selectively applies its own Charter on the principle “*might makes right.*” Or better, “*might and money make right.*” Selective application of the Olympic Charter, in other words, at the election of the IOC. Our women 50K race walk colleagues could tell you all about that. Despite strong gender equality provisions in the Olympic Charter, inclusion of the women’s 50K stood in the way of what the IOC wants to do; the Charter be damned. The Court of Arbitration for Sport (CAS) upheld this abomination. Here comes the second trivia question of this article. Guess which IOC official chaired the CAS appeals division from 1994 until 2013? The correct answer is the same as before: Thomas Bach. Smell a rat, anyone?

VIRTUAL RACEWALKING SEMINAR ANNOUNCED

Athletics Victoria has organised a Virtual Race-Walking Seminar for Tuesday 17th November, commencing at 7pm. The presenter for the seminar will be **Kirsten Croker** who is one of our two International Race-Walking Judges. It will be held via zoom. You can register at the link <https://us02web.zoom.us/join/register/tZ0lf-yuqjIqHNxBGBVE19aZZbFR-fv8gN4J>. After registering, you will receive a confirmation email containing information about joining the meeting.

RETURN TO ATHLETICS

With the Victorian covid lockdown now being gradually unwound, we are ready for our first steps into the summer season competition. For those who compete with Athletics Victoria, the entry point for all information is <https://athsvic.org.au/returntoaths/>.

AV Shield League (AVSL) is due to commence on Sunday 29th November, but there are other options before then to test your fitness and to dust off the cobwebs. The first such opportunity is one we are running ourselves at Middle Park. Yes, we realise the 25km

travel limit will mean some people won't be able to get there, but it's a start for those of us who live within striking distance. Here's the timetable:

VRWC Roadwalks, Middle Park, Saturday 7th November 2020		
Checkin open from 1pm. Checkin STRICTLY closes 10 min before your event start.		
Circuit 1 South Loop	1km Walk	1.30pm
	5km Walk	1:45pm
Circuit 2 North Loop	2km Walk	1:35 pm
	3km Walk	2.00 pm

Walkers MUST enter by 11:59pm on Wednesday, using the VRWC online portal at <http://vrwc.org.au/wp1/race-entries-2/race-entry-sat-07nov20-middle-park/>. Payment can be made via the online portal or on the day via credit card or correct cash. Note that change will not be given, Fees are \$10 per race.

If you cannot enter via the online portal, you must text Mark Donohoo (via mobile number 0428331 550) by 10pm Wednesday, stating name and race distance.

There cannot be any changes to nominated or entered races. You must compete in the event you entered or not at all.

NO entries can be made on the day.

Due to current covid restrictions, field sizes are limited to 10 walkers per race, with staggered starts - 2 competitors going off every 3 seconds. That means 40 walkers in total. Spots will be allocated on a first come first served basis, so get in early and book your spot.

Social Distancing should be observed by all walkers. Walkers will be seeded and the fastest will lead off.

DUE to building works at MPBC, there is NO access to the Club Rooms or Change facilities, Toilets will be available in the Park, maintained by Parks Vic. Walkers must come ready to race and proceed to the check in/marshalling area near our usual start line.

We will need helpers on the day, as we are running 2 loops/circuits simultaneously – we need timekeepers, judges and helpers to set up and pull down. The more the merrier!

Some Rules we need to adhere to

- We ask that all members & carers follow the 'BE COVID SAFE' principles. If you are ill or experiencing any cold or flu-like symptoms, stay at home and speak to your doctor about getting tested.
- Please do not use the Middle Park Bowling Club or walk ways, please use the shared path to the start line area.
- Please do not use the change rooms, please come ready to race.
- Please form lines at Checkin and at the Registration tables, please observe bunting and signage for social distancing
- Please do not congregate near the start line.
- Please arrive promptly and leave once your race has completed.
- Race starts will be staggered ie. wave starts, please observe chalk marks and bunting near start line. Do NOT crowd the area.
- All participants/carers must register their name on the sign in/Check in Sheets.
- If you have any questions or concerns please let us know.
- Shane Dickson is our appointed First Aid/Covid Safe Officer.
- Our committee team are there to help and assist run the event, please respect their directions and decisions.
- HAVE FUN and ENJOY the return to play.

Please respect our officials, we all want to be there the following week!

We hope to finalise our summer fixture with AV by the end of the week. At this stage the VRWC fixture will have us holding races almost every week, so we look forward to seeing you all as the summer progresses and as our covid restrictions continue to ease.

SAMA TRACK WALKS, SA ATHLETICS STADIUM, STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 OCTOBER

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

4000m Walk

1.	KIM MOTTROM	18:33	M36	78.71%
2.	GEORGE WHITE	24:28	M75	86.74%
3.	JACK RUSSELL	25:36	M68	75.86%
4.	GIL MCINTOSH	27:22	M70	72.68%
5.	VALMAI PADGET	31:51	W76	76.55%

6.	MARGARET MCINTOSH	32:56	W67	64.60%
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4000m Club Walk

1.	DAVE FALLON	30:56	M68	62.78%
2.	ROGER LOWE	31:35	M77	69.10%

2000m Walk

1.	LIZ DOWNS	14:54	W65	64.42%
2.	WENDY FOSTER	14:56	W37	50.03%

2000m Club Walk

1.	DAVID ROBERTSON	17:21	M87	69.18%
2.	CATHIE HORE	17:42	W70	57.81%
3.	JEFFREY KENNETT	19:39	M70	47.50%

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 31 OCTOBER

Dave Moore reports from Hobart: Sunny but mild conditions for our Walk at Interclub today. It was a good day for PB's. The first PB of the day was achieved by **Oliver Morgan** in a morning 1500m walk at Hobart Districts Little Athletics (7:36), backing up in the afternoon with an easy win at Interclub. **Macy Devine** also chipped in with another PB and is getting close to breaking 9 minutes, and **Milah Hatten** in her first walk on the track improved some 20 seconds on her winter road season performance.

1500m Walk

1.	Oliver Morgan	OVA	8:10.51
2.	Macy Devine	ES	9:08.32 PB
3.	Milah Hatten	OVA	11:36.87 PB
4.	David Moore	TMA	13:39.13

SA ALL SCHOOLS T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, ADELAIDE, 31 OCT - 1 NOV

The South Australian All-Schools Championships were held last weekend, with the 3000m walks on Saturday and the 5000m walks on Sunday. 3000m PB's by **Kiera Ross**, **Daisy Braithwaite**, **Nellie Langford** and **Anthony Tana** and 5000m PBs to **Nellie Langford** and **Anthony Tana**. Finally, good work by **Toby Wilks** with wins in the U16 3000m and the U18 5000m.

U16 Boys 3000m

1.	Toby Wilks	13:24.6
2.	Anthony Tana	16:10.9

U18 Boys 5000m

1.	Toby Wilks	23:37.24
2.	Sebastian Richards	26:51.44
3.	Anthony Tana	29:31.47

U14 Boys 3000m

1.	Sebastian Richards	14:35.6
	Zayden Kamish	DQ

U18 Girls 5000m

1.	Nellie Langford	27:46.26
2.	Ruby Langford	29:34.68
3.	Mia Wilks	30:06.80

U16 Girls 3000m

1.	Kiera Ross	14:36.3
2.	Daisy Braithwaite	15:12.0
3.	Nellie Langford	15:33.2

U14 Girls 3000m

1.	Emily Lynch	17:18.3
2.	Hannah Wilks	17:39.5
3.	Katie DeRuvo	17:57.8

WA SCHOOLS CHAMPIONSHIPS, WAAS, PERTH, 30 OCTOBER - 1 NOVEMBER

Thanks to Terry Jones for the results of this weekend's WA All Schools State Championships. He explains: For Friday evening's 3000m walk, it was 30+ °C, so most walkers were affected, not being used to such hot conditions this early in the season. In contrast, Sunday morning's 5000m walk was in constant rain and 15°C max.

Friday 30 October

Girls 3000m Walk Under 14

1.	Ashlyn Spence	16:20.24
2.	Kaytee Bogaers	18:03.96

Sunday 1 November

Girls 5000m Walk Under 18

1.	Hannah Ireland	30:24.78
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Boys 3000m Walk Under 14

1.	John Ronan	14:40.88
2.	Xavier Bernard	16:51.84
3.	Riley Wood	17:34.83
4.	Luke Lawrence	21:11.32

Girls 3000m Walk Under 16

1.	Brooke Mortimore	16:44.34
2.	Lataya Lawrence	17:35.01
3.	Emily Bogaers	21:57.49
	Alexandra Griffin	DQ

Boys 3000m Walk Under 16

1.	Christopher Wright	17:55.86
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OUT AND ABOUT

- For her next competitive outing, Commonwealth Games 20km race walking silver medallist **Alana Barber** is targeting the New Zealand Road Race Championships in Auckland on 7th November. See <https://athletics.org.nz/barber-hitting-the-road-on-return-to-action/>.
- I don't think we will see many (if any) results from Europe and GBR for the rest of this year. Take France for instance – Emmanuel Tardi tells me that France is now in quarantine again until December 1st, with all sporting meetings cancelled. That stops the 20km this coming Sunday in Toulouse, the 20km in Paris the following weekend and the National 20/50km Championships on Nov 15th. It also means that the northern hemisphere winter indoor season is also at risk.
- Ticketholders residing in Japan will be able to request refunds for the Tokyo 2020 Olympic Games from 10-30 November. Tokyo 2020 confirmed their refund policy for the Olympics and Paralympics following the rescheduling of the Games to 2021. Tickets for the postponed Games will be valid for 2021, but Tokyo 2020 will offer refunds to fans who are no longer able to attend. The process differs for ticketholders outside of Japan, who purchased tickets through Authorised Ticket Resellers who will have their individual refund procedures. See <https://www.insidethegames.biz/articles/1100156/tokyo-2020-refunds-olympics-paralympics>.
- One athlete who won't be in Tokyo 2021 is American World champion sprinter Christian Coleman who has been banned for two years for anti-doping offences. Missing three tests in a 12-month period results in an anti-doping rule violation and a two-year suspension if it is the athlete's first offence. See <https://www.insidethegames.biz/articles/1100060/coleman-ban-two-years>.
- The Athletics Integrity Unit (AIU) has banned former Russian Athletics Federation (RusAF) officials Elena Orlova and Elena Ikonnikova for eight and six years, respectively, over their role in obstructing an anti-doping investigation into high jumper Danil Lysenko. They were among a total of seven individuals associated with RusAF charged by the AIU last November. The seven RusAF officials - including then-President Dmitry Shlyakhtin - were charged by the with obstructing an anti-doping investigation by forging documents to explain Lysenko's missed tests. See <https://www.insidethegames.biz/articles/1100218/aiu-sanctions-rusaf-officials-lysenko>.

It's going to be a long haul to get the world fully Covid19 fixed.

- Only part of the European Union population can be inoculated against the new coronavirus before 2022, EU officials said in an internal meeting, as the vaccines the bloc is securing may not prove effective or may not be manufactured in sufficient doses. See <https://www.reuters.com/article/us-health-coronavirus-eu-vaccines-idUSKBN27C2D7>.
- Next May's World Masters Games in Kansai, Japan, has been postponed after organisers expressed concern over the impact of "severe" restrictions on participants to combat coronavirus. See <https://www.insidethegames.biz/articles/1100114/world-masters-games-postponed-covid19>.
- Next April's Boston Marathon has been postponed until at least the third quarter of 2021 as the coronavirus pandemic continues to disrupt the sporting calendar - and in particular mass-participation events. See <https://www.insidethegames.biz/articles/1100110/boston-marathon-2021>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Results have ground to a halt this week with covid lockdowns. Only 2 posts from marciadalmondo

- Thu 27 Oct - Inzai (JPN): Koki Ikeda achieves Asian best for 5,000m track walk (18:20.14) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3915

- Wed 26 Oct - Dudince (SVK): Victories of Matej Toth (SVK) and Agnieszka Ellward (POL)
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3914

More from omarchador but this should mark the end for a while unfortunately.

- Sun 1 Nov - EMACNS Madeira 2020 - 30 km men (results)
<https://omarchador.blogspot.com/2020/11/amacns-madeira-2020-30-km-masculinos.htmlv>
- Sun 1 Nov - EMACNS Madeira 2020 - 20 km women (results)
<https://omarchador.blogspot.com/2020/11/amacns-madeira-2020-20-km-femininos.html>
- Sun 31 Oct - Anders Hansson (1992 - 2020)
<https://omarchador.blogspot.com/2020/10/anders-hansson-1992-2020.html>
- Sun 31 Oct - Bence Venyercsán and Rita Récsei win 35 km in Budapest
<https://omarchador.blogspot.com/2020/10/bence-venyercsan-e-rita-recsei-vencem.html>
- Sun 31 Oct - Andalusian Club Championship / XII Juan David de la Casa Memorial in Andújar (results)
<https://omarchador.blogspot.com/2020/10/campeonato-da-andaluzia-de-clubesxii.html>
- Fri 30 Oct - EMACNS Madeira 2020 - 10 km women (results)
<https://omarchador.blogspot.com/2020/10/amacns-madeira-2020-10-km-femininos.html>
- Fri 30 Oct - EMACNS Madeira 2020 - 10 km men (results)
<https://omarchador.blogspot.com/2020/10/amacns-madeira-2020-10-km-masculinos.html>
- Thu 29 Oct - Results of Spanish U16 national championships in Granollers
<https://omarchador.blogspot.com/2020/10/marchadores-espanhois-sub-16-no.html>
- Tue 27 Oct - Results of racewalks in Grottammare, Italy
<https://omarchador.blogspot.com/2020/10/grottammare-no-caminho-da-marcha.html>

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

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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