



HEEL AND TOE ONLINE

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PAUL F DEMEESTER

Thanks to US Attorney at Law Paul F. DeMeester for another wonderful article - the 37th in a row and it's definitely his most labour intensive. Wow! You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

THE OLYMPIC 20/50K DOUBLE: A POSITIVE EXCEPT FOR THE MELBOURNE FACTOR

By Paul F. DeMeester

At the Tokyo 2020 Olympic Games, now rescheduled, the men's 20K walkers take the start on August 5, 2021 at 4:30 p.m. local time. The 50K starts at 5:30 a.m. the next morning. This schedule does not lend itself to doing the "double." It wasn't always so. Ever since the 20K joined the 50K at the Melbourne 1956 Games (save for 1976 when the 50K was not on the program), male race walkers have been able to compete over both distances. It would be nice if World Athletics would change the schedule to let someone like Yusuke Suzuki of Japan take a stab at both distances, like the IAAF did in 1996 at the Atlanta Games when the schedules for the 200m and 400m were changed to allow the great Michael Johnson try for both golds in front of a home crowd. One could argue the same should count for Suzuki before his home crowd in Sapporo.

It's amazing how many male race walkers have done the double. Women race walkers, of course, have been denied the same opportunity due to IOC sexism that persists to this day. Regrettably, all figures set forth herein apply only to male walkers. Let's have a look at how many walkers tackled both distances.

Year	# of Walkers Doubling (of total 20&50K walkers)	% Doubling	Days Between 20 and 50Ks (+ means 20K held first)
1956	7/35	20%	- 4
1960	14/61	23%	+5
1964	13/60	22%	+3
1968	11/59	19%	+3
1972	14/66	21%	+3
1980	12/49	24%	+6
1984	18/55	33%	+8
1988	16/79	20%	+7
1992	6/79	8%	+7
1996	11/102	11%	+7
2000	8/96	8%	+7
2004	7/95	7%	+7
2008	8/104	8%	+6
2012	9/110	8%	+7
2016	12/ 142	8%	+7

The 1984 Los Angeles Games were the heyday of doubling, both in absolute (18) and relative numbers (33%). Note that the number of days between the 20K race and the 50K race was the greatest (8 days) during those Games, providing the largest recovery period between the two events. After 1988, there was a marked drop-off in doublers. The only time that the 50K was held first was during the 1956 Games, hence the implied negative Melbourne factor in the title of this article. We don't need a scientific study to surmise that racing a 50K four days before the 20K is much more difficult than the other way around. We'll surmise below whether that may play a role in the outcome of the second race.

Who are these walkers? In listing them, I have included those who were slated to take part in one of the two races but did not start. They could have been left off this list, but at least the intention was there; their non-start is noted, however. Finishing positions are reflected for each race, with the race that was conducted first listed on the left hand side. With the exception of Melbourne 1956, the 20K has always been held first. Medal positions are in bold numbers; DNF = Did Not Finish; DQ = Disqualified; and DNS = Did Not Start. Australian walker names are set forth in bold.

1956 Melbourne (50K first; then 20K four days later)

John Ljunggren (SWE)	3/4
Abdon Pamich (ITA)	4/11
Ion Barbu (ROU)	DNF/14
Ronald Crawford (AUS)	13/13
Ted Allsopp (AUS)	DQ/10
Dumitru Parachivescu (ROU)	DNF/14
Josef Dolezal (TCH)	DNF/DNF

1964 Tokyo (20K first; then 50K three days later)

Alexander Bilek (TCH)	11/20
Henri Delerue (FRA)	13/15
István Göri (HUN)	15/DNS
Charles Sowa (LUX)	16/9
John Ljunggren (SWE)	19/16
Antal Kiss (HUN)	21/DNS
Ronald Crawford (AUS)	22/11
Chedil El-Marghri (TUN)	24/30
Mieczyslaw Rutyna (POL)	26/DQ
Robert Gardiner (AUS)	DNF/5
Alex Oakley (CAN)	DNF/14
István Havasi (HUN)	DNS/19
Naceur Ben Messaoud (TUN)	DNS/DQ

1972 Munich (20K first; then 50K three days later)

Paul Nihill (GBR)	6/9
Jan Ornoch (POL)	7/DNF
Vittorio Visini (ITA)	8/7
José Oliveros (MEX)	9/DNF
Larry Young (USA)	10/3
Charles Sowa (LUX)	18/10
Bernd Kannenberg (FRG)	DNF/1
Hans Tenggren (SWE)	DNS/12
Daniel Björkgren (SWE)	DNS/13
Stefan Ingvarsson (SWE)	DNS/15
Shaul Ladany (ISR)	DNS/19
János Dalmati (HUN)	DNS/22
Kjell Georg Lund (NOR)	DNS/24
Antal Kiss (HUN)	DNS/26

1984 Los Angeles (20K first; then 50K eight days later)

Ernesto Canto (MEX)	1/10
Raul Gonzales (MEX)	2/1
Maurizio Damilano (ITA)	3/DNF
Guillaume LeBlanc (CAN)	4/DNF
Marco Evoniuk (USA)	7/DNF
Erling Andersen (NOR)	8/DQ
Querubín Moreno (COL)	9/DNF
François LaPointe (CAN)	11/DQ
Gérard Lelièvre (FRA)	15/DNF
Willi Sawall (AUS)	16/DNF
Marcel Jobin (CAN)	21/DNF
José Pinto (POR)	25/8
Zhang Fuxin (CHN)	26/15
José Victor Alonzo (GUA)	34/17
Oswaldo Morejón (BOL)	36/DNF
Reima Salonen (FIN)	DNS/4

1960 Rome (20K first; then 50K five days later)

Noel Freeman (AUS)	2/DQ
Norman Read (NZL)	5/DNF
John Ljunggren (SWE)	7/2
Ladislau Mol (TCH)	8/11
Alex Oakley (CAN)	9/6
Ronald Crawford (AUS)	11/DQ
George Hazle (RSA)	13/12
Louis Marquis (SUI)	17/22
Charles Sowa (LUX)	18/21
Zora Singh (IND)	20/8
Naoui Zlassi (TUN)	28/DNF
Anatoly Vedyakov (URS)	DQ/9
Ajit Singh (IND)	DQ/15
Mohamed Ben Lazhar (TUN)	DQ/26

1968 Mexico City (20K first; then 50K three days)

José Pedraza (MEX)	2/8
Stefan Ingvarsson (SWE)	8/DNF
Antal Kiss (HUN)	14/2
Stig Lindberg (SWE)	15/5
Frank Clark (AUS)	16/12
Karl-Heinz Merschensch (CAN)	18/9
Charles Sowa (LuX)	19/16
Örjan Andersson (SWE)	21/13
Mieczyslaw Rutyna (POL)	26/22
Kazuo Saito (JPN)	DNF/17
Felix Cappella (CAN)	DNF/23

Moscow 1980 (20K first; then 50K six days later)

Josep Marin (ESP)	5/6
Raul Gonzalez (MEX)	6/DNF
Bohdan Bulakowski (POL)	7/DNF
Reima Salonen ((FIN)	9/DNF
Pavol Blažek (TCH)	14/10
Aristidides Karageorgos (GRE)	15/12
Enrique Peña (COL)	17/14
Ernesto Alfaro (COL)	19/15
Juraj Benčík (TCH)	DQ/13
Daniel Bautista (MEX)	DQ/DNF
Bo Gustafsson (SWE)	DQ/DNF
David Smith (AUS)	DQ/DNF

1988 Seoul (20K first; then 50K seven days later)

Ronaldo Weigel (GDR)	2/2
José Marin (ESP)	4/5
Roman Mrázek (TCH)	5/17
Simon Baker (AUS)	11/6
Pavol Blažek (TCH)	15/12
Sándor Urbanik (HUN)	21/DNF
Erling Andersen (NOR)	22/DNF
Stefan Johansson (SWE)	25/20
Andrew Jachno (AUS)	28/19
Jan Staaf (SWE)	30/DNF
José Pinto (POR)	31/21
Héctor Moreno (COL)	33/30
Godfried Dejonckheere (BEL)	35/DNF
Li Baojin (CHN)	41/29
Reima Salonen (FIN)	42/18
Tadahiro Kosaka (JPN)	47/31

Dominique Guebey (FRA)	DNS/12
Lars Ove Moen (NOR)	DNS/13

1992 Barcelona (20K first; then 50K seven days later)

Guillaume LeBlanc (CAN)	<u>2/DQ</u>
Tim Berrett (CAN)	14/DQ
Stefan Johansson (SWE)	15/11
Pavel Blažek (TCH)	17/29
José Urbano (POR)	DQ/25
Robert Korzeniowski (POL)	DNF/DQ
Li Mingcai (CHN)	DNF/DNS

1996 Barcelona (20K first; then 50K seven days later)

Mikhail Shchennikov (RUS)	<u>7/2</u>
Robert Korzeniowski (POL)	<u>8/1</u>
Yevgeniy Misyulya (BLR)	9/DNF
Thierry Toutain (FRA)	10/DQ
Giovanni Perricelli (ITA)	16/13
Daniel Garcia (MEX)	19/9
Valentí Massana (ESP)	<u>20/3</u>
Giovanni De Benedictis (ITA)	27/DNF
Hubert Sonnek (CZE)	52/DNF
Héctor Moreno (COL)	DNF/16
Fedosei Ciumancenco (MDA)	41/DNS

2000 Sydney (20K first; then 50K seven days later)

Robert Korzeniowski (POL)	<u>1/1</u>
Nathan Deakes (AUS)	8/6
Aigars Fadejevs (LAT)	14/2
Arturo Huerta (CAN)	24/DQ
Dion Russell (AUS)	25/27
Tim Berrett (CAN)	26/DQ
Gyula Dudás (HUN)	37/37
Valeriy Borisov (KAZ)	38/25

2004 Athens (20K first; then 50K seven days later)

Nathan Deakes (AUS)	<u>3/DQ</u>
Jefferson Perez (ECU)	4/12
André Höhne (GER)	8/DNF
Aigars Fadejevs (LAT)	9/11
Takayuki Tanii (JPN)	15/DQ
Han Yucheng (CHN)	40/DNF
Yuki Yamazaki (JPN)	DNF/16

2008 Beijing (20K first; then 50K six days later)

Jared Tallent (AUS)	<u>3/2</u>
Luke Adams (AUS)	6/10
Yuki Yamazaki (JPN)	11/7
Erik Tysse (NOR)	21/5
André Höhne (GER)	25/12
Hatem Ghoula (TUN)	27/33
Takayuki Tanii (JPN)	DQ/29
João Vieira (POR)	32/ DNS

2012 London (20K first; then 50K seven days later)

Erick Barrondo (GUA)	<u>2/DQ</u>
Jared Tallent (AUS)	<u>7/1</u>
Bertrand Moulinet (FRA)	8/9
Robert Heffernan (IRE)	9/3
João Vieira (POR)	11/DNF
Alexandros Papamichail (GRE)	15/22
Ivan Trotski (BLR)	16/11
André Höhne (GER)	21/8
Park Chil-sung (KOR)	DNF/10

2016 Rio (20K first; then 50K seven days later)

Caio Bonfim (BRA)	4/9
Matteo Giupponi (ITA)	8/DNF
Evan Dunfee (CAN)	10/4
Miguel Ángel López (ESP)	11/DNF
Kim Hyun-sub (KOR)	17/DNF
Hagen Pohle (GER)	18/DNF
Alexandros Papamichail (GRE)	20/28
João Vieira (POR)	31/DNF
Ihor Hlavan (UKR)	35/DNF
Alex Wright (IRE)	46/DNF
Quentin Rew (NZL)	DQ/12
Andrés Choco (Ecu)	DQ/DQ

Quite an impressive list of walkers. We note that Melbourne's 50K bronze medalist John Ljunggren placed fourth in the 20K, which was conducted four days *after* the 50K. Ljunggren was only 12 seconds off the bronze medal and 24 seconds off the silver medal. What could have been for the Swede if the 20K had been walked first? At the 1964, 1968 and 1972 Olympics, there were only three days between the two races, with a noticeable drop in top performances by the doublers. An increase in the recovery time between the two races to eight days at the L.A. Olympics in 1984 may have had a lot to do with the top two in the 20K finishing in 10th and first in the 50K. Polish great Korzeniowski recovered well enough during the seven days between the 2000 Sydney races to grab gold in both.

Korzeniowski appears on more than one of the doubles listings, three in all. He was not alone in walking the double or at least attempting the double more than once. In fact, 24 walkers are on the multiples list (results are listed for 20K first, then 50K). On this list, the ones who did not start (DNS) are omitted; medal winners are underlined:

4X	Charles Sowa (LUX)	1960: 18/21 1964: 16/9 1968: 19/16 1972: 18/10
3X	<u>John Ljunggren</u> (SWE)	1956: 4/3 (20K walked after 50K) 1960: 7/2 1964: 19/16
3X	Ronald Crawford (AUS)	1956: 13/13 (20K walked after 50K) 1960: 11/DQ 1964: 22/11
3X	Pavel Blažek (TCH)	1980: 14/10 1988: 15/12 1992: 17/29
3X	<u>Robert Korzeniowski</u> (POL)	1992: DNF/DQ 1996: 8/1 2000: 1/1
3X	André Höhne (GER)	2004: 8/DNF 2008: 25/12 2012: 21/8
2X	Alex Oakley (CAN)	1960: 9/DQ 1964: DNF/14
2X	Mieczyslaw Rutyna (POL)	1964: 26/DQ 1968: 26/22
2X	<u>Raul Gonzalez</u> (MEX)	1980: 6/DNF 1984: 2/1
2X	José Marin (ESP)	1980: 5/6 1988: 4/5
2X	Reima Salonen (FIN)	1980: 9/DNF 1988: 42/18
2X	<u>Guillaume LeBlanc</u> (CAN)	1984: 4/DNF 1992: 2/DQ
2X	Erling Anderson (NOR)	1984: 8/DQ 1988: 22/DNF
2X	José Pinto (POR)	1984: 25/8 1988: 31/21
2X	Stefan Johansson (SWE)	1988: 25/20 1992: 15/11
2X	Héctor Moreno (COL)	1988: 33/30 1996: DNF/16
2X	Tim Berrett (CAN)	1992: 14/DQ 2000: 26DQ
2X	<u>Nathan Deakes</u> (AUS)	2000: 8/6 2004: 3/DQ
2X	<u>Aigars Fadejevs</u> (LAT)	2000: 14/2 2004: 9/11
2X	Takayuki Tanii (JPN)	2004: 15/DQ 2008: DQ/29
2X	Yuki Yamazaki (JPN)	2004: DNF/16 2008: 11/7

2X	Jared Tallent (AUS)	2008: 3/2 2012: 7/1
2X	João Vieira (POR)	2012: 11/DNF 2016: 31/DNF
2X	Alexandros Papamichail (GRE)	2012: 15/22 2016: 20/28

Some names appear multiple times, but also some athletics federations have been more willing to enter their race walkers for the double during the 1956-2016 time period. The list below shows the number of double entries (includes DNS) for those federations, with the number of walkers noted if at least one of those walkers did more than one double:

No. of Double Entries (each entry represents one athlete entered at one Games)	Federation (expressed by country's name)
17	Australia (13 walkers)
13	Sweden (9 walkers)
12	Canada (9 walkers)
8	Czechoslovakia (6 walkers)
8	Hungary (6 walkers)
7	Mexico (6 walkers)
7	Poland (4 walkers)
7	Portugal (3 walkers)
6	Italy
6	Japan (4 walkers)
5	Colombia (3 walkers)
5	France
5	Norway (4 walkers)
5	Tunisia
4	China
4	Germany (2 walkers)
4	Luxemburg (1 walker)
4	Spain (3 walkers)
3	Finland (1 walker)
3	Greece (2 walkers)
2	Belarus
2	Guatemala
2	India
2	Ireland
2	Latvia (1 walker)
2	New Zealand
2	Romania
2	South Korea
2	USA
1	Belgium
1	Bolivia
1	Brazil
1	Britain
1	Czech Republic
1	East Germany
1	Ecuador
1	Israel
1	Kazakhstan
1	Moldova
1	Russia
1	South Africa
1	Soviet Union
1	Switzerland
1	Ukraine
1	West Germany

Nice to see Australia leading the way. Of all the doublers who finished both races, 13 walkers earned a medal in the second race (50K) that they contested at the same Games. Sure looks it did not hurt them to walk the 20K first. I spoke with 1972 bronze 50K medalist Larry Young (USA) about his Munich double. Young was 10th in the 20K, a race held only three days prior to the 50K. Young subscribed to a theory of overcompensation in his 50K race preparation, the 50K having been his main distance. Under that system, the key was to deplete one's glycogen about three to four days before the target race. The 20K served to do just that for Young in 1972. Between the two races, Young did a lot of stretching and easy walking. During the interim time, he ate carbohydrates but no proteins in order to bring his glycogens to a level above normal. Three days on, a store of energy reserves were present in the muscles, ready for action. When Young showed up at the 50K start line in Munich, his legs were still a bit sore. But gradually, he started passing walkers who had started faster, rising to third, where he ended up. His system had worked. Young felt great in that 50K race, and earned his second 50K medal. His first had come four years earlier in Mexico City, where he had qualified for both distances but decided to forgo the 20K. In light of the heat and high altitude at the '68 Olympics, no doubt a wise choice. But closer to sea level and in a cooler climate four years hence, Young believes that the 20K benefited his 50K performance in Munich.

Eight years earlier, at the Tokyo Olympics, Australia's own Robert Gardiner had a different reason to compete in the 20K before tackling his favorite 50K event. Bob recently told me that he had never raced internationally, much less been out of the country prior to his trip to Japan that year. He did not want to get on the start line of the 50K as a nervous wreck. Bob brought his nervousness with him to the 20K start. By the time that race was in the history books three days later, he was much more relaxed. His mental tactic helped him to a fifth-place finish. Bob definitely felt the 20K had helped him. He did not finish the first race because he felt one of his heels get sore. After about 15K, he stepped off course, his preparatory mission for the feature race having been accomplished.

These statistics are interesting. The stories behind them are even more interesting. I wish I could talk to many more doublers. This data set might even supply a future trivia question by Tim, such as which doublers finished in the same position in both races at the same Games? Hint: Weigel in 1988 and Dudás in 2000. The Olympic doubles also point us to the outstanding champions that our sport has known in the last 65 years, like Raul Gonzales (silver and gold in 1984), Ronald Weigel (two silvers in 1988), Robert Korzeniowski (two golds in 2000), and Jared Tallent (bronze and silver in 2008). Most unfortunate that I will not get to supplement this story after the races in Sapporo.

WHAT'S COMING UP

The summer season progresses here in Victoria, with the following events scheduled for this month:

Sun 6 Dec 2020	VRWC Road Walks	Middle Park
Sun 6 Dec 2020	AVSL Round 2 (no walk included)	Various venues
Wed 9 Dec 2020	BRWC Merv Lockyer 3km Handicap – 6pm	Ballarat
Sun 13 Dec 2020	AVSL Round 3 (includes walk)	Various venues
Wed 16 Dec 2020	BRWC Jared Tallent 1.5km Handicap & Christmas break up - 6pm	Ballarat

Of course, I have not mentioned the many Little Athletics competitions that are held every weekend throughout Victoria.

Our next VRWC summer season walks will be held at Middle Park on this coming Sunday. We will be using our full 2km loop and all races will be mass starts. Note that each race is restricted to 50 people, as per the current covid settings. Pre-entry must be completed by 11:50PM on Wednesday: <http://vrwc.org.au/wp1/race-entries-2/race-entry-sun-6-dec-20-middle-park/>. No late entries allowed. No entry on the day.

Sun 6th December 2020, Middle Park

Venue: Middle Park Bowling Club	
9:00am	VRWC 20km Walk
9:05am	VRWC 2km Walk
9:15am	VRWC 5km Walk
9:55am	VRWC 10km Walk

Athletics Australia has released its 2020-2021 Summer Season fixture, confirming a lot of dates on which we have been waiting (see announcement at <https://www.athletics.com.au/news/2021-australian-summer-of-athletics-announced/>). Key racewalking dates are

Feb 14, 2021	Australian 20km Roadwalk Championships	Adelaide, SA
Mar 5-8, 2021	Australian Masters Championships	Canberra, ACT
Mar 27, 2021	Australian 50km Championship (Men)	VIC
Apr 12-21, 2021	Australian Athletics Championships	TBA
Apr 23-24, 2021	Australian Little Athletics Championships	VIC

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 28 NOVEMBER 2020

Saturday afternoon saw Round 4 of the VRWC Summer Season, with further roadwalks at Middle Park. Although conditions were just about perfect, the same could not be said for our course, after a major water leak in the bowls club had left the southern half of our 2km course unusable. Thus, we were forced to use our northern 1km loop for all our races. But on the good side, with covid restriction eased, we were able to have mass starts rather than the staggered starts of the last few weeks.

Mark Blackwood (23:01) and **Rebecca Henderson** (24:23) were our fastest walkers overall, both contesting the 5km walk. But all the action seemed to be happening in the 3km walk, with PBs galore by our young walkers, many of whom had already competed in Little Athletics in the morning. Special mentions to **Daniel Pashutin** (31 sec PB), **Ela Uzun** (U10 Club record) and **Kate Siviour** (a great time of 16:54 in her first ever walk). **Madeleine Feain** (9:40) and **Kevin Cassidy** (9:44) had a great battle in the 2km, while we welcomed Warragul walkers **Fraser, Lewis and Alexandra Aubrey** for their second walk with us (they walked in our sole winter season event in July).



Mark Blackwood, Rebecca Henderson, Charlotte Hay, Madeleine Feain and Liam Evans



Kate Siviour, Lewis, Fraser and Alexandra Aubrey (all photos Terry Swan)

5km Walk

1.	Mark Blackwood	M	23:01
2.	Rebecca Henderson	F	24:23
3.	Simon Evans	M	29:04
4.	Kylie Irshad	F	29:15
5.	Andrew Jamieson	M	30:00
6.	David Smyth	M	30:29
7.	Terry O'Neill	M	31:04
8.	Heather Carr	F	32:02
9.	Gerard Feain	M	32:45
10.	Karyn O'Neill	F	36:03
11.	Geoff Barrow	M	36:20

3km Walk

1.	Charlotte Hay	F	14:51	PB 0:04
2.	Marcus Wakim	M	14:58	
3.	Liam Hutchins	M	15:02	PB 0:02
4.	Riley Coughlan	M	15:06	PB 0:40
5.	Ariana Pashutina	F	15:15	Eq PB
6.	Ela Uzun	F	15:45	VRWC U10 Club Record
7.	Daniel Pashutin	M	16:37	PB 0:31
8.	Emily Smith	F	16:42	
9.	Kate Siviour	F	16:54	First walk!
10.	Joel Imbriano	M	17:33	
11.	Havana Ali	F	17:56	PB 0:08
12.	Maddison Nash	F	18:06	
13.	Jade Chitty	F	18:34	
14.	Mark Donahoo	M	19:03	
15.	Tracy Colbert	F	20:21	
16.	Stephen Murphy	M	20:29	
17.	Liam Evans *	M	21:22	PB 4:21
	Ralph Bennett	M	DNF	

2km Walk

1.	Madeleine Feain	F	09:40	PB 0:31
2.	Kevin Cassidy	M	09:44	
3.	Fraser Aubrey	M	11:27	First time over this distance
4.	Donna-Marie Elms	F	12:31	
5.	Lewis Aubrey	M	12:52	First time over this distance
6.	Gwen Steed	F	14:31	
7.	Alannah Truelson *	F	17:59	First walk with us

1km Walk

1.	Alexandra Aubrey	F	07:05	
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Thanks to all our officials, judges and helpers. Apologies if I have missed anyone.

Officials: Terry Swan, Tim Erickson, Ian Laurie, Simon Baker, Anthony Doran, Michael Bodey, Stuart Cooper, Donna Dickson

Judges: Peter Vysma(Chief), Gordon Loughnan, Diane Lowden, Kathleen Marsh, Brenda Felton, Peter Price

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F570>)

BRWC BENITA VAN RAAPHORST 3KM HANDICAP, BALLARAT, WEDNESDAY 25 NOVEMBER

A field of 11 walkers greeted the starter for the Benita van Raaphorst Memorial 3km Handicap. Benita, like her running Van Raaphorst family, was a very talented runner as well as a talented racewalker, and enjoyed being active and making the most of life. Unfortunately she was unable to realise her full potential due to a car accident, and her family provided trophies in her honour to both the Ballarat Race Walkers Club and the Ballarat YCW Club. We were fortunate that Paula Nankervis (nee Van Raaphorst) and her family were present to award to present the trophy to the winner.

Perfect conditions allowed for quick times, with **Fraser Saunder** continuing his fine start to the season with a very smart 13:42, the quickest time of the day. However it was **Laura Ballinger**, backing up from her win a week earlier, who once again took handicap honours in a win of 19:10. It was great to see **Sarah Brennan** keeping the young ones on their toes with a fast finishing 2nd place, just narrowly miss out on the win. Our young juniors **Millie and Lachlan Hill** walked a long 2km in 16:26 and 16:34 respectively, and new walker **Tara Deb** finished her 1km in 12:27.

Benita van Raaphorst Memorial 3km Handicap

1.	Lauran Ballinger	19:10
2.	Sarah Brennan	16:24
3.	Fraser Saunder	13:42
4.	Jemma Peart	15:03
5.	Scott Peart	16:30
6.	Charlotte MacDonell	21:12
7.	Alanna Peart	14:25
8.	Alex Tolson	23:18

2km Walk

1.	Millie Hill	16:26
2.	Lachlan Hill	16:34

1km Walk

1.	Tara Deb	12:27
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Winner Laura Ballinger with Paula Nankervis and family



Millie Hill



Alex Tolson

BRWC GRAEME NICHOLLS LAP OF LAKE AND JASTEC TROPHY, BALLARAT, SUNDAY 29 NOVEMBER

Trying to pump through much of the 2020 season in limited weeks, BRWC held our double header this weekend; the 6km Graeme Nicholls 6km Lap of Lake Wendouree and the juniors Jastec Sheetmetal 1km.

Graeme Nicholls was born into a Ballarat athletic family, with his father Stan competing in the 1938 Empire Games in the 3 mile run, and he and his sister Alison both running and walking with Ballarat Harriers. Graeme progressed very successfully through his junior years setting many Australian, Victorian and Victorian Country Records and winning numerous medals. He and sister Alison become Australian Open Racewalking Champions. At age 19 he won silver in the Aust 2 mile Track Racewalking Championship in 1967, and remained amongst the top walkers until his retirement in 1973 at age 25. Graeme still holds several records – Vic U20 Country 15,000m (1.19.14 1966), Vic Open Country 30,000m (2.32.40.2 1969) , Vic Open Country 15,000m (1.08.59.8 1970). After retirement he continued recreational running and clocked up over 50 years of athletic administration roles. Read more at <http://www.vrwc.org.au/tim-archive/articles/vw-graeme-nicholls.pdf>.

Our older juniors and Graeme’s sister **Alison Thompson** joined us in her old stomping ground for the 6km Lap of the Lake in her brother’s honour, along with Graeme’s wife Robyn. After two recent wins, **Laura Ballinger** walked her first 6km in 40:35 for 4th place, behind **Scott Peart** who walked a huge 6:37 PB to finish 3rd in a time of 33:48. **Alanna Peart** set a new U18 BRWC club record time of 29:16 for 2nd, but it was **Fraser Saunder** who took the win in the fastest time of 27:43 (PB 2:17 PB & U18 BRWC record). Alison, on the heels of the younger walkers, enjoyed the Lake Wendouree scenery, with the sun breaking through as she reached the finish line with a time of 40:58.

Graeme Nicholls Lap of Lake 6km Handicap

1.	Fraser Saunder	27:43	PB 2:13 and U18 BRWC Record
2.	Alanna Peart	29:16	U18 BRWC Record
3.	Scott Peart	33:48	PB: 6:37
4.	Laura Ballinger	40:35	First One
5.	Jemma Peart	34:44	
6.	Alison Thompson	40:58	

The young juniors contended the 1km Jastec handicap, with many a keen eye on the trophy up for grabs. With solid walking in 250m loops, only 2 seconds on handicap split our 2nd and 3rd placed walkers **Alex Tolson** (6:30) and **Charlotte MacDonell** (6:17) in a 24sec PB, but it was new 7yr old walker **Tara Deb** who managed her first win on handicap in 11:16, a 1:11 PB.

Jastec Sheetmetal 1km Handicap

1.	Tara Deb	11:16	PB 1:11
2.	Alex Tolson	12:00	
3.	Charlotte MacDonell	12:02	PB 0:24
4.	Millie Hill	12:32	
5.	Lachlan Hill	12:40	



Graeme Nicholls Lap of the Lake: Scott Peart, Alison Thompson, Alanna Peart and Fraser Saunder



Jastec 1km Handicap: Lachlan Hill, Charlotte MacDonell and Tara Deb (all photos Kerrie Peart)



The field in the Lap of the Lake: Alison, Jemma, Laura, Scott, Jemma and Scott

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 26 NOVEMBER

Mitchell Baker (44:56) and **Tim Fraser** (46:17) were both in good form in the 10,000m track walk in Canberra last week.

10000m Walk Championship

1.	Mitchell Baker	44:56
2.	Tim Fraser	46:17
3.	Ann Staunton-Jugovic	58:26
4.	Val Chesterton	1:26:32
5.	Robert Kennelly	1:35:28
6.	Gwyllym Young	DNF

10000m Fitness Walk

1.	John Kennedy	1:06:05
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ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 28 NOVEMBER

Elizabeth Leitch was the sole walker in action in Hobart last weekend.

3000m Walk

1.	Elizabeth Leitch	TMA	20:30.90
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MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 1 press releases this week

- Tue 24 Nov - Sandro Damilano: awarded "The Gold Palm for technical merit"
- http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3926

Omarchador has 5 press releases.

- Sun 29 Nov - Ryutaro Yamamoto and Nami Hayashi the best at Inter-University in Kanto, Japan
<https://omarchador.blogspot.com/2020/11/ryutaro-yamamoto-e-nami-hayashi-os.html>
- Sat 28 Nov - Results of the "CIU Rams Winter Challenge" in Columbia, SC
<https://omarchador.blogspot.com/2020/11/ciu-rams-winter-challenge-em-columbia.html>
- Fri 27 Nov - Results of the Galician Winter Championships in Pontevedra
<https://omarchador.blogspot.com/2020/11/pontevedra-acolheu-o-campeonato-da.html>
- Wed 25 Nov - Results of the Andalusian Walk Championships in Spain
<https://omarchador.blogspot.com/2020/11/andaluzia-disputou-os-campeonatos-de.html>
- Tue 24 Nov - European Athletics Association releases the first issue of a new quarterly online publication "Officials News"
<https://omarchador.blogspot.com/2020/11/associacao-europeia-de-atletismo-lanca.html>

OUT AND ABOUT

- Organisers of the 2022 World Athletics Championships in Oregon have unveiled the official logo, social media channels and website for the event. See <https://www.insidethegames.biz/articles/1101125/oregon-2022-reveal-official-logo>.
- The inaugural Caribbean Games have been moved from 2021 to 2022 due to the impact of the COVID-19 pandemic. Competition was scheduled to take place in Guadeloupe from June 30 to July 4 2021, just weeks before the delayed Olympics are set to begin in Tokyo. See <https://www.insidethegames.biz/articles/1101076/caribbean-games-postponed-to-2022>.
- Venues have been announced for the 2024 Paris Olympics. The walks and marathons will be held at the Pont d'Iéna, in the shadow of the Eiffel Tower, right in the middle of Paris. Another superb venue to showcase our discipline. See <https://www.insidethegames.biz/media/file/191819/Paris+2024+-+Olympic+and+Paralympic+Venues.pdf>.
- The IOC has begun a formal proceeding against the National Olympic Committee of the Republic of Belarus (NOCRB), in light of allegations it has breached the Olympic Charter. The IOC Executive Board decided take this action because of "the growing number of worrying reports concerning athletes, officials and sports in Belarus". Hmmm...our 2022 World Athletics Race Walking Team Championships are scheduled to be held in Minsk in 2022. Interesting! See <https://www.insidethegames.biz/articles/1101228/ioc-belarus-formal-proceeding>.

The Olympic Games LOC are busy preparing for a covid games.

- Tokyo's new Olympic Stadium is set to host the opening event of next year's World Athletics Continental Tour Gold meeting series on May 9. The event will act as an Olympic test event less than 12 weeks before it is due to stage the athletics at the re-arranged Tokyo 2020 Games. See <https://www.insidethegames.biz/articles/1101280/tokyo-2020-athletics-test-event>.
- Participants at the Tokyo 2020 Olympic and Paralympic Games will be asked to wear face masks at all times, except during competition and meals, and practice social distancing. This is a part of plan to avoid the "3Cs" - closed spaces, crowded places and close-contact settings. See <https://www.insidethegames.biz/articles/1101279/tokyo-2020-face-masks-social-distancing>.
- The Japanese Government is reportedly considering making private health insurance compulsory for visitors attending next year's Tokyo 2020 Olympic and Paralympic Games. See <https://www.insidethegames.biz/articles/1101325/japan-healthcare-requirement-tokyo-2020>.
- Organisers of the Tokyo 2020 Olympics and Paralympics reportedly estimate the postponement of the Games is set to cost an additional \$1.9 billion (£1.4 billion/€1.6 billion). See <https://www.insidethegames.biz/articles/1101369/tokyo-2020-estimate-games-cost-of-19-bn>.
- I'm not sure if this is additional to the above spend, but Tokyo 2020 will reportedly spend \$960 million (£720 million/€801 million) on COVID-19 countermeasures as part of the additional cost of the postponed Olympic and Paralympic Games. See <https://www.insidethegames.biz/articles/1101410/tokyo-2020-countermeasures-cost-960m>.

EMMANUEL TARDI DOES IT AGAIN!

Emmanuel Tardi has been busy during the current covid lockdown, putting the finishing touches to a huge stats file which lists all French racewalking performances in the following categories

- 10km, 1 Hour, 20km (until 1970)
- 50km and 100km (until 2020)

There are over 30,000 entries in the huge multi-tab spreadsheet and it has taken him 4 years to complete.

He tells me that many of the old results came from the archives of Jean Dahm who died on 17th January 2016 (see <http://www.vrwc.org.au/newsletters/heelandtoe-2016-num16.pdf>).

I have uploaded the file to <http://www.centurions.org.au/documents/Bilan%20Marche%20Anglais.xlsx>. It is one of a number of stats files from Emmanuel – see the full list at <http://www.centurions.org.au/centranks.shtml>.

NASS UPDATE

Athletics Australia has announced the latest list of athletes coming under the mantle of the National Athlete Support Structure (NASS). Eight walkers are in the target group.

Podium Ready:	Dane Bird-Smith, QLD	20km Walk (David Smith)
Podium Potential:	Rhydian Cowley, VIC	50km Walk (Brent Vallance)
	Katie Hayward, QLD	20km Walk (Steve Langley)
	Jemima Montag, VIC	20km Walk (Brent Vallance)
Pathways:	Declan Tingay, WA	20km Walk (Steven Tingay)
Emerging:	Rebecca Henderson, VIC	10km Walk (Simon Baker)
	Kyle Swan, VIC	20km Walk (Brent Vallance)
Representative:	Jared Tallent, SA	50km Walk (Adam Didyk)

Read all the finer print at <https://www.athletics.com.au/news/national-athlete-support-structure-2021/>.

OFF TO THREDBO

And talking of our top walkers, a large contingent is currently assembling at the alpine village of Thredbo, in the NSW Alps. It will be the first major walks camp at Thredbo since 2012 (the last hurrah for the now defunct AIS program) and has been organised by Brent Vallance, on behalf of Athletics Australia. The walkers will be there for up to 3 weeks, training at altitude and enjoying the hard work.

How's this for a list: **Jared Tallent, Rhydian Cowley, Tim Fraser, Mitchell Baker, Declan Tingay, Tristan Camilleri, Jemima Montag, Rebecca Henderson, Kyle Swan, Corey Dickson, Katie Hayward, Olivia Sandery, Rachel Tallent and Will Thompson.**



Bec Henderson about to head off to Thredbo on Sunday for 3 weeks of walk training

1903 STOCK EXCHANGE LONDON TO BRIGHTON

The A23 road from London to Brighton probably ranks as the most famous walking route in the world of racewalking. It has seen more endurance races and more drama than any other route of its kind. For nearly 100 years it boasted at least one ultradistance walk per year and sometimes as many as 3 such events¹. These events included

- **The London to Brighton Open** which is probably the most famous walking event in the world. It was for many years a mainstay of the British Walking Calendar and was the one event that most people knew about and associated with racewalking. It was first held in 1886 and became an annual event (first weekend in September) that continued unabated until 1985. Eventually the A23 motorway traffic became too great and the event was relegated to the history books.
- **The London To Brighton Stock Exchange Walk** which was a closed event for which eligibility was only extended to those walkers who worked for one of the London Financial Houses or associated companies. This event was normally smaller in size than the Open and was first held in 1903. It was eventually stopped for much the same reasons as the Open.
- **The London to Brighton and Back** which was first held in 1902 and was held roughly every 4 years till its last occurrence in 1959. A majority of the early British Centurions became members by virtue of completing this event - its distance of 104 miles was sufficient to satisfy the criteria for membership.

This article discusses the first Stock Exchange London to Brighton Walk, held in 1903.

Early in 1903, William Bramson, a member of the London Stock Exchange, decided to try his own walk from London to Brighton. He accomplished it in 12:30. This sparked his idea that the Stock Exchange should join the current craze of pedestrianism, and that members of the House and their clerks be persuaded to attempt to walk from Westminster Bridge to the sea front at Brighton, a distance of 52 miles, in a time of 13 hours.

The idea of such an event caught the imagination of the House and soon they had 100 entries. It was decided no charge would be made for entries and that the first man to complete the course would receive a gold medal, value 10 guineas, with second and third medals to the value of 5 guineas each. It was also agreed that there would be a sealed handicap race with a silver cup to the value of 10 guineas to the winner, with prizes to second and third, and that Bramson would be responsible for the handicapping. Because of the amount of organisation required, it was agreed that the race should be held on the 1st May, that being a Stock Exchange holiday. Entrants started training, some even employed professional trainers, and members were sighted striding through the country roads most weekends.

Near the date several sweep stakes were organised in the House, the largest being in the Kaffir market with a first prize of £350. By the eve of the race bets of several thousands of pounds were made and it was reported some market pitches resembled miniature Tattersalls.

On the day of the race the weather was wet and windy. The race had had much publicity and it was reported that 30,000 spectators were in the Westminster Bridge area. Because of the crush, some of the competitors failed to reach the start line at the official start time of 6:30AM and the race eventually started at 6:34AM. A large number of mounted and foot police were required to clear a

1 See Davy Crocket's wonderful London-Brighton article at <https://ultrarunninghistory.com/the-100-miler-5/>

passage through the human mass to allow the 87 official competitors to proceed the first few miles. Most of the competitors were young stockbroker's clerks.



Prominent companies were present on the road advertising their wares. Among the most popular of these were the OXO cars, who handed competitors refreshments which included OXO, hot or cold, OXO and champagne, OXO and soda, cheese, biscuits, bananas and apples.

The finish line was located near the entrance to the Brighton Aquarium and the square was overflowing with people. A large police force tried to manage the crowd. A smart advertiser caused a false alarm as an imposter dressed in running clothes came down the road with a placard pasted on his back telling the crowd where to dine.

The official winner of this first race was **E. F. Broad**, a clerk with the broking firm of Marsden & Co, who struggled through the mob of admirers and reached the winning post in 9:30:01. The winner of the sealed handicap was **S. E. Knight** in 10:08:30. Of the 87 starters, 77 completed the course in the 13-hour limit. *“Some of the men, especially among the later arrivals were terribly exhausted by their long task. One or two of them absolutely collapsed and had to be carried from the ground.”*

1903 Stock Exchange London to Brighton Walk (77 finishers)

1.	E. F. Broad	9:30:01
2.	G. D. Nicholas	9:33:53
3.	T. E. Hammond	9:35:07
4.	R. Davie	9:35:21
5.	W. L. Nicholas	9:40:40
6.	N. Varley	9:41:50
7.	J. H. Murray	9:49:09
8.	H. A. Dunkesbuhler	9:56:13
9.	H. N. Duke	9:58:27
10.	John. H. Childs	9:59:28
11.	George Hoare	10:03:48
12.	F. East	10:04:02
13.	J. T. Jull	10:06:21
14.	S. E. Knights	10:09:31

The event was immortalised by the post-race release of 2 sets of postcards published by the now defunct Raphael Tuck & Sons². They provide an invaluable photographic history of the race.³

² See <https://tuckdbpostcards.org/history>

³ See <https://tuckdbpostcards.org/sets/14716>



Winner E. F. Broad breaks free of the crowds to win the 1903 Stock Exchange Walk from London to Brighton



Second placed G. D. Nicholas finishes in Brighton



N. Varley, the youngest competitor, finished 6th

The 1903 event was also captured by a short silent film titled *Stock Exchange Walk from London to Brighton*. Released by British film director, producer and screenwriter Cecil Milton Hepworth⁴, the documentary hit British cinemas soon after the race. Sadly the film no longer exists, probably destroyed in 1924 when Hepworth's studios went bankrupt. All of the original film negatives in Hepworth's possession were melted down by the receiver in order to recover the silver nitrate. Although this 1903 file has never been recovered, an original 35mm print of his 1920 film *Helen of Four Gates* was located in a film archive in Montreal, Quebec, Canada in 2008.

In 1910 the Stock Exchange Athletic Club⁵ was formed and was responsible for the organisation of the all subsequent races, with the next edition being held in 1912. The subsequent races did not initially attract such huge field sizes, but the winning time was normally of a high quality. Consider the first 10 Stock Exchange races:

1093	87 starters	77 finishers	1. E. F. Broad	9:30:01
1912	30 starters	26 finishers	1. T. E. Hammond	8:44:10

4 See https://en.wikipedia.org/wiki/Cecil_Hepworth

5 See <https://stockexchangeac.org/>

1914	21 starters	18 finishers	1. H. E. Shaddock	8:59:26
1920	19 starters	13 finishers	1. H. B. S. Rhodes	9:37:52
1911	29 starters	22 finishers	1. H. B. S. Rhodes	9:16:23
1922	19 starters	18 finishers	1. H. B. S. Rhodes	9:13:55
1923	34 starters	24 finishers	1. H. St.G. Taylor	9:28:35
1924	28 starters	21 finishers	1. H. J. Grimwade	9:25:46
1925	37 starters	27 finishers	1. S. M. Ayles	8:51:52
1926	51 starters	38 finishers	1. S. M. Ayles	8:51:25

The 1976 Stock Exchange L-B saw the largest ever field of 123 walkers, but only 65 finished. Thus the 77 finishers in the inaugural event in 1903 remains the largest ever number of Stock Exchange finishers.

Ray Hall was the first Stock Exchange walker to better 8 hours, winning with a time of 7:58:33 in 1962. **Dave Jarman** also bettered 8 hours when winning in 1983 with his time of 7:59:07. But it was **Adrian James** who set the overall record time of 7:55:27 with his 1985 win. While Adrian won the race on 5 occasions, the record for longevity must to **G. E. Green** who won 13 times between 1954 and 1972.

Many organisations featured their own London to Brighton walks. The earliest races were promoted by the now defunct Hairdresser's A.C. and the Polytechnic Harriers. One interesting press clipping documents a further London to Brighton walk that took place in 1983. It was billed as The Butchers' Walk.



Ready for the word "Go!" The Central London Meat Market men's walk to Brighton on Saturday last.

Ready for the word "Go!" The Central London Meat Market Men's Walk to Brighton on Saturday last

The article accompanying the photo reads:

Out of seventy-seven entries, sixty butchers lined up on Westminster Bridge on Saturday morning last to endeavour to lower the record established by Mr. R. F. Broad in the Stock Exchange Walk to Brighton. All the competitors were associated with the Smithfield Markets, with the initials C.M.W. (Central Markets Walk) floated on red flags over the twelve committee cards that accompanied the walkers.

The competitors were drawn from all classes. Some were master men, with their own shops; others were salesmen and apprentices, porters only being barred. Correct walking costume was almost universally worn.

Otway, the winner, reached the Aquarium in 9hr. 57min. 15sec., just about nine minutes better than Broad's time. Jagers, who came second, did the journey in 9hr. 57min. 16sec.

Though Otway beat Broad's time, it must be remembered that the conditions on Saturday were considerably better than on the occasion of the Stock Exchange Walk, and the hope was universally expressed that the two champions of the road might meet for a match.

The final (and centennial) edition of the Stock Exchange Athletics Club London to Brighton was held in May 2003 over a distance of 50.5 miles. Unlike most previous editions, this race was open to all walkers. English international 50km walker Mark Easton was the winner in a super fast 8:06:15, while Paul King was the first Stock Exchange walker to finish, coming 5th with 9:15:27. The Stock Exchange A.C. posted the results as part of a wonderful commemorative booklet. It is truly a historic document, coming in at 81 pages and including the full results of each and every Stock Exchange London to Brighton walking race (all 79 of them), along with many historic photos. I direct readers to the online copy at <https://stockexchangeac.org/wp-content/uploads/2015/10/2003-79th-Walk-Final-Results-Edition.pdf>.

And finally, what better way to finish than with this photo of the first 5 place getters in that famous 1903 walk, taken many years later.



A unique photograph of the first five finishers of the 1903 race taken in their twilight years.
In order of finishing from left to right, E.F. Broad, G.D. Nicholas, T.E. Hammond, R. Davie and W.L. Nicholas.

Gone now but forever immortalised by their deeds.

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.

For VRWC race details, see <http://www.vrwc.org.au/vrwc21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxh.pdf>

Victorian Key Dates – Summer 2020/2021

Dec 6 (Sun), 2020	VRWC Road Walks	Middle Park
Dec 9 (Wed), 2020	BRWC Merv Lockyer 3km Handicap – 6pm	Ballarat
Dec 13 (Sun), 2020	AVSL Round 3 (includes walk)	Various venues
Dec 16 (Wed), 2020	BRWC Jared Tallent 1.5km Handicap & Christmas break up - 6pm	Ballarat
Jan 17 (Sun), 2021	VRWC Road Walks	Middle Park
Jan 22-24, 2121	Victorian Country Track & Field Championships	Ballarat
Jan 27 (Wed), 2021	VRWC Track Races	Mentone
Feb 10 (Wed), 2021	AV 5000m Teams Race Championship	Mentone
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships	Adelaide, SA
Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium
Mar 5-8, 2021	Australian Masters Championships	Canberra, ACT
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Mentone
Mar 27 (Sat), 2021	Australian 50km Chhampionship (Men)	VIC
Apr 12-21, 2021	Australian Athletics Championships	TBA
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

International Dates

May 16, 2021	European Race Walking Team Championships, Podebrady, CZE
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)