



HEEL AND TOE ONLINE

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PAUL F DEMEESTER

Thanks to US Attorney at Law Paul F. DeMeester for another incisive article - the 39th in a row – and it's as incisive as ever. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

WA STANDS FOR WRONG-HEADED ATHLETICS UNLESS THE SPIRIT OF '76 IS REVIVED

By Paul F. DeMeester

I first learned of the proposed elimination of the Olympic 50K Race Walk Event at the World Masters Championships athletes' reception held at the Perth Zoo in late 2016. The news was just a whisper then and would remain so as World Athletics headquarters (then called IAAF) quietly worked to get rid of the 50K at major championships. The secret ploy would have worked but for Heel and Toe having exposed the duplicity in a special issue on 6 April 2017. Exactly one week later, the IAAF Council refused to go along with cutting the Men's 50K for Tokyo 2020. The Council asserted itself further in launching a December 2018 demand to make the Tokyo 2020 50K gender equal and in committing to two race walk distances at its March 2019 Doha meeting, where Seb Coe's second 50K elimination attempt sparked heated discussions behind closed Council doors.

We know why the International Olympic Committee (IOC) wants to get rid of the 50K. They need to cut athletics at the Olympics so as to be able to accommodate other sports that are new to the Olympics without taxing host cities that need to accommodate athletes, officials, journalists and spectators. The IOC has therefore downsized by capping the total number of Summer Olympics athletes to 10,500 (compare to 11,238 at Rio). The IOC has become an entertainment conglomerate, no longer interested in sports other than as a medium to increase broadcast revenue. The IOC viewed 50K elimination as easy prey. After the 2016 Rio Olympics, the IOC provided three disingenuous reasons for doing so: 50K was not gender equal; there was too much doping in it; and it did not generate sufficient broadcast interest. None of those reasons withstood scrutiny. The gender equality argument was pure dishonesty, as it was the IOC that fought the legal effort to include 50K women at Tokyo with all its might. The IOC feared that their inclusion would make it harder to get rid of the 50K. The doping argument had more to do with Russia than with the 50K. We don't see the IOC try to eliminate the 100m or the marathon, events that have seen an inordinate amount of doping violations by athletes from different countries. The broadcast interest argument falls flat in light of the thrilling 50K finishes at Rio (2016) and Doha (2019).

The IOC may have tried to put some faulty reasoning behind its 50K cutting effort but their real purpose has never been a secret. But what about World Athletics? President Seb Coe is the first athletics leader to permit the Olympic athletics footprint to shrink. He's done so by championing the elimination of the 50K and by instituting World Rankings, the surest way to implement the Olympic directive to reduce the number of Olympic runners, walkers, throwers and jumpers. Now that Coe has joined the IOC as a member, one may wonder which athletics event he will sacrifice next to fulfill his ambition of becoming Thomas Bach's successor as IOC President when Bach term limits out four years hence. Or which sports Coe will favor at the Olympics over athletics?

The recent request by World Athletics to add a Women's 50K at the Paris 2024 Olympics underscores the point. That request was not a change of heart for Coe with regards to his antipathy to the 50K. Not at all! The request was simply a way for Coe to look like he supports gender equality, placate the Council members who support long distance race walking, and shift blame for the 50K demise to the Olympic Movement. The circumstances of the Paris request demonstrate that nothing has changed for Coe.

When World Athletics CEO Jon Ridgeon announced on 2 December 2020 that the governing body was asking the IOC to keep the Men's 50K race for 2024 and to add a Women's 50K, it was news to the race walk community. Ridgeon answered a question asked by a journalist whether World Athletics was seeking to add any events besides cross country to the 2024 program. Coe had not volunteered the information in his initial comments. A top international race walker first read about it on the *insidethegames.biz* website and told Heel and Toe about it. The author of the *insidethegames* article, Liam Morgan, later interviewed the former World Athletics Athletes' Commission chair Iñaki Gomez (2018-2019), who seemed equally surprised and reportedly faulted the IOC for a "lack of engagement with athletes." (*Insidethegames.biz*, 9 December 2020.) I join the Canadian two-time Olympic 20K race walker and fellow lawyer in his criticism of the IOC. But we must look in-house first, which Gomez may be reluctant to do given that Coe appointed him to his chairmanship.

Note that World Athletics proposed two new events for Paris 2024: the Women's 50K Race Walk and a mixed cross country relay. We never heard about the Women's 50K until the eve of the IOC meeting in December but Coe used his bully pulpit to push for cross country inclusion at his press conference following the 222nd Council meeting last July. (See <https://www.youtube.com/watch?v=LUJSCBX11U>; cross country proposal discussed by Coe between 15:56 and 16:52 and press question about it answered by Ridgeon between 31:43 and 33:25.) The unequal treatment should surprise no one. Cross country has been Coe's pet ever since 1969 but Coe dislikes the 50K so much that he refused to accept the booklet about the Women's 50K that I tried to hand him at the Monaco Council meeting in December of 2018, despite Coe's responsibility under the 2017 IAAF Constitution to "liaise and facilitate effective communication and relationships with Member Federations, Area Associations, sponsors and other stakeholders." (2017 IAAF Const., Art. 8(4)(j).) In my capacity as the legal and lobbying representative of women 50K walkers, I certainly fit the bill of "other stakeholders." (In fairness to Seb, he was most gracious when I introduced the members of our lobbying party to him - including five top 50K walkers - shortly before I tried to hand him the booklet.)

Needless to say, had World Athletics announced that they were asking the IOC to add a Women's 50K Race Walk Event for Paris 2024 besides a Men's 50K Event, the wider race walk, athletics and gender equality families could have made themselves heard in favor of the proposal. But World Athletics was mum. So much for Coe's broken promise of transparency. And thanks to the changes Coe brought about in the IAAF Constitution, Council Members were prohibited from openly discussing any 50K Olympic addition request; only Coe could do so and ... he chose not to. (See my discussion of Coe's authoritarian muzzle rules in *Don't Speak Up: Anything You Say Can And Will Be Used Against You*, Heel and Toe Online 2019/2020 No. 32, 4 May 2020.)

Coe's bias did not abate after the IOC turned down any proposals for additions to the event program for Paris 2024 (a total of 41 events across all sports). World Athletics put out a press release lamenting the rejection of cross country for Paris 2024: "Cross country is an exciting and fast growing sport around the world so we are clearly disappointed it will not feature at the Paris 2024 Olympic Games." (World Athletics Press Release of 7 December 2020, *World Athletics statement on IOC announcement about the Paris 2024 Olympic Games*.) Not a word of disappointment about the non-inclusion of the Women's 50K or, for that matter, the deletion of the 50K altogether. At least Coe did not hide his true feelings. This is exactly what he wanted.

Fortunately, the Council has asserted its independence and the just released entry standards for the 2022 World Championships in Eugene include 20K and 35K races for both men and women, in line with what the Council wanted at its 2019 Doha meeting. At least our efforts since 2017 (and those of Erin Taylor-Talcott long before that) have not been in vain, even though 20K and 50K would be a better match. World Athletics should not bend to the wishes of the IOC. Back in 1976, the IAAF responded to the Olympic elimination of the 50K by starting the World Championships Athletics, first just for the 50K in 1976, then in 1980 for two women's events that did not then feature at the Olympics (400m and 3000m). By 1983, the IAAF organized its first all-event World Championships, which has become our top World Athletics event. The governing body was right in continuing to have two race walk events per gender at the World Championships. We should not let the IOC dictate our own program. After all, we have World Championships in cross country and the half-marathon, even though these events are not Olympic events either. World Athletics needs that Spirit of '76 again and change the 35K back to 50K for its Worlds, irrespective of what the Olympic folks think (and that includes Coe, who has sworn an Olympic oath that puts him in direct conflict with the interests of athletics). Long distance race walking does not end at 35K; it merely starts there.

WHAT'S COMING UP

We have only one final Victorian based walk for December and it's in Ballarat tomorrow night. Ballarat Race Walkers Club always welcomes any Melbourne walkers who fancy the short drive. Races are held in the North Gardens, Lake Wendouree (just north of the Ballarat Botanical Gardens).

Wed 16 Dec 2020 BRWC Jared Tallent 1.5km Handicap & Christmas break up - 6pm Ballarat

The main dates in January read like this

Jan 16 (Sat), 2021	AVSL Round 5 (no walks)	Various venues
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

Note that our VRWC Summer Season races will continue on Sunday 17th January 2021, with roadraces at Middle Park. Check out our full summer season fixture at <http://www.vrwc.org.au/vrwcs21.shtml>.

The Local Organising Committee for the **2021 Australian Masters Athletics Championships** met last week and confirmed it is full steam ahead for the Masters champs in **Canberra on 5-8 March**. Get set, get your credit cards ready, to go when registrations open on 23rd December - the perfect Christmas Gift! Find out more at www.Canberra2021.com.au

AVSL ROUND 3, AROUND VICTORIA, SUNDAY 13 DECEMBER

Round 3 of the Athletics Victoria Shield Competition last Sunday featured a 2000m walk as one of the 4 events on offer in the covid-modified competition currently in play. There were 7 venues in action, 4 in metropolitan Melbourne and 3 in Victorian rural cities.

Within each venue, the competition was split into 1 hour windows with a maximum of 50 athletes possible in each timeframe. For my purposes, I have combined all 4 results sets into a combined 2000m walk for each venue.

Although a number of our top Victorian walkers are currently doing altitude training at Thredbo in NSW, we still saw 90 walkers in action overall on what turned out to be a hot and windy day in Melbourne and throughout the State. Walkers are awarded AVSL points, dependant on their age group and time. Top walk performers from a points perspective were **Ariana Pashutina** (522), **Fraser Saunder** (517), **Heather Carr** (514) and **Charlotte Hay** (503).

Moonee Valley Athletics Track, Aberfeldie

Aberfeldie saw the largest number of walkers overall, with 21 spread across the 4 timeslots. **Heath Beveridge** was the fastest, recording a quick 9:45.9 in the early session, before heading off to a day of cricket.

2000m Walk

1.	Heath Beveridge	M18	WES	9:45.9	452
2.	Paul Kennedy	M60	KSB	11:35.9	456
3.	Kerryn Walshe	F55	KSB	11:42.8	490
4.	Tim Erickson	M65	COB	11:43.6	477
5.	Danny Hawksworth	M40	ESS	11:59.5	315
6.	Jade Chitty	F18	WES	12:22.2	351
7.	Donna-Marie Elms	F55	PTN	12:22.9	456
8.	Brian Anderson	M60	ESS	12:30.1	415
9.	Phillip Dunstone	M50	WES	12:43.3	334
10.	Mark Donahoo	M60	ESS	12:46.2	402
11.	Tracy Colbert	F50	COB	12:58.6	396
12.	Stephen Murphy	M55	ESS	13:13.0	338
13.	Duncan Knox	M60	ESS	13:18.3	371
14.	Mafi Aho	M14	WES	14:38.4	222
15.	Erika Gosney	F45	WTN	14:51.9	246
16.	Kim Wen	F40	SME	14:52.3	218
17.	Joanna Margiolis	FOP	ESS	15:40.7	172
18.	Heather Lamb	F55	BWK	16:33.7	230
19.	Brenda Cashin	F55	WES	17:17.7	199
20.	Shane Draper	M45	VMA	17:55.3	131
21.	John Neale	M65	PTN	18:12.6	191
	Ian Rickard	M60	BWK	DNF	
	Maggie Armstrong	F55	VMA	DQ	
	Adrian Fitzgerald	M55	ESS	DQ	
	Russell Johnson	M65	COR	DQ	

Casey Fields Athletics Track, Cranbourne East

Kevin Cassidy (9:51.8) was fastest at Casey Field, but not by much, as part time walker **Jamie Mayhew-Sharp** (9:56.9) was not far behind. The last time I have him walking was in the AV Shield Final in 2015, when he recorded a time of 9:49. He has maintained his form well. **Heather Carr** (W71 12:23.0) scored an excellent 514 points for fifth fastest at that venue.

2000m Walk

1.	Kevin Cassidy	M60	UNA	9:51.8	
2.	Jamie Mayhew-Sharp	M40	MPA	9:56.9	446
3.	Kylie Irshad	F45	VMA	11:24.1	455
4.	Rozlyn Walker	F55	GHY	12:00.3	475
5.	Heather Carr	F65	GHY	12:23.0	514
6.	Teddy Banks	M16	MPA	13:07.4	268
7.	Matthew Banks	M50	MPA	13:53.8	269
8.	Geoffrey Barrow	M65	MEN	13:55.1	377
9.	Rupert Van Dongen	M45	MEN	14:16.2	223
10.	Merilyn Thompson	F55	MPA	14:23.9	337
11.	Ethan Goding	M16	MPA	15:31.8	177
12.	Gwen Steed	F65	GHY	15:41.7	352
13.	Anthony Doran	M65	GHY	15:41.8	282
14.	Jill Jeanes	F40	DSA	17:28.9	140
	Oliver Pratt	M16	MPA	DQ	

Tom Kelly Athletics Track, Doncaster

Youngsters **Liam McLennan** (9:34.5) and **Marcus Wakim** (9:39.1) led the field home at Doncaster.

2000m Walk

1.	Liam McLennan	M16	DAC	9:34.3	478
2.	Marcus Wakim	M16	COL	9:39.1	474
3.	Joel Imbriano	M16	STK	10:20.9	437

4.	Mikaila Young	F18	COL	10:47.7	455
5.	William Dynes	M20	DIV	10:53.6	368
6.	Georgie Whittle	FOP	GHY	11:11.5	416
7.	Simon Evans	M60	BOH	11:21.6	467
8.	Laura McLennan	F40	DAC	11:56.8	398
9.	Sarah Papadopoulos	FOP	DIV	14:14.4	221
10.	Charmaine Smith	F45	DAC	14:42.4	254
11.	Lula Parrott	F14	DAC	14:48.3	250
12.	Rob Wendel	M60	DIV	14:54.2	282
13.	Debbie Voogd	F55	RWD	15:19.1	283
14.	Colleen Anderson	F45	YRA	15:50.4	200
15.	Sasha Feldmann	F16	STK	16:10.0	180
16.	Rachel White	F14	DAC	17:14.8	165
17.	Eliza Chivers	F14	DAC	17:14.9	
	Lisa Clark	F50	DAC	DQ	
	Jo Moxon	F55	DIV	DQ	

Bill Seward Athletics Track, Nunawading

The girls were to the fore at Nunawading, with **Charlotte Hay** (9:58.5 and 503 points), **Ariana Pashutina** (10:08.7 and 522 points), **Maddison Nash** (10:35.2) and **Emily Smith** (10:48.6) leading them home. Further down in the field, **Bob Gardiner** kicked off his 67th successive AV season with Collingwood Harriers. No one is going to challenge that feat any time soon! Terry Swan captured Bob in action with a few pics – <https://www.facebook.com/photo/?fbid=10223777043314851&set=pcb.10158709449378911>. And I see former international great **Michael Harvey** in the results, posting a leisurely 13:42.7.

2000m Walk

1.	Charlotte Hay	F18	KNA	9:58.5	503
2.	Ariana Pashutina	F14	KNA	10:08.7	522
3.	Maddison Nash	F16	DIV	10:35.2	483
4.	Emily Smith	F16	KNA	10:48.6	470
5.	Grace Louey	F18	KNA	11:15.1	429
6.	Lucas Taylor	MOP	YRA	11:39.8	293
7.	Natalie Laurie	FOP	ANW	11:59.6	357
8.	Zachary Matters	M16	BOH	12:26.4	303
9.	Dee Holohan	F55	SAN	12:37.7	444
10.	Adam Mccann	M40	ANW	13:22.1	240
11.	Michael Harvey	M55	WAM	13:42.7	307
12.	Bob Gardiner	M65	COL	14:35.8	338
13.	Anne-Marie Ebbels	F45	YRA	18:42.3	127
14.	Christopher Worsnop	M60	OLX	18:44.6	163
	Anthony Holohan	M55	SAN	DQ	
	Margaret Dai	F20	ANW	DQ	
	Thierry Vaidie	M40	GHY	DQ	



Bob Gardiner in action at Nunawading on Saturday (photos Shane and Donna Dickson)

Our 3 country venues saw smaller walks fields but the walking was still competitive. **Fraser Saunder** in Ballarat was the fastest AVSL walker of the round, with a very swift 8:38.3. He gets better every time he steps out.

Llanberris Reserve, Ballarat

2000m Walk

1.	Fraser Saunder	M18	BYC	8:38.3	517
2.	Scott Peart	M16	BYC	10:22.3	436
3.	Stephen McLennan	M55	WEN	13:15.2	336
4.	Roslyn Ireland	FOP	BWK	15:17.1	182
5.	Olive Ireland	F60	BWK	16:40.1	258
6.	Gerard Skene	M55	BYC	17:40.6	167

La Trobe University Athletics Track, Bendigo

2000m Walk

1.	Peter Curtis	MOP	SBE	12:31.9	246
2.	Jennifer Payne	F60	SBE	12:34.2	476
3.	Annette Curtis	F60	SBE	16:01.2	285
4.	Wendy Ennor	F60	EAG	17:50.8	210
5.	Peter Savage	M65	EAG	19:31.1	167

Landy Field, Geelong

2000m Walk

1.	Owen Costin	M18	CHI	10:40.9	402
2.	Scott Nelson	M50	WYN	11:31.2	409
3.	Riannah Tatlock	F16	BEL	11:56.8	406

BRWC MERV LOCKYER 3KM HANDICAP, NORTH GARDENS, BALLARAT, WEDNESDAY 9 DECEMBER

The Ballarat Race Walkers Club are working hard to complete as many of their 2020 races in the covid shortened timeframe now available. Last Wednesday saw the walkers back in action for the annual Merv Lockyer 3km Handicap. Merv was a Ballarat club member who completed the Australian Centurion 100 Mile walk in 1996 after having recovered from a heart attack some years before, and having undergone a knee replacement. In 1996, aged 65, he walked his 100 miles in 23hrs 45mins 51 sec. Talk about inspirational stuff. Check out Merv's story at <http://www.centurions.org.au/centprofiles/30%20merv%20lockyer.pdf>.



Left: Merv Lockyer 3km Handicap winner Charlotte MacDonell (photo Kerrie Peart)
 Right: Merv Lockyer finishes his 100 miler at the Collingwood Harriers track in Clifton Hill in 1996

And now over to Kerrie Peart for her report.

Blue skies, little wind and mild temperatures proved to be the ideal conditions for fast times and big PB's. It was 7 year old **Tara Deb** who led out the field, starting from scratch, closely followed by **Millie and Lachlan Hill**. However it was **Charlotte MacDonell**

who came out ahead on handicaps, walking a 44sec PB time of 20:10. Fastest time of the day went to **Fraser Saunder** with a very slick 13:11. Other notable PB walks went to **Scott Peart** and **Laura Ballinger**, with **Sarah Brennan** only 7sec outside her PB.

Merv Lockyer 3km Handicap

1.	Charlotte MacDonell	20:10	PB 0.44
2.	Scott Peart	15:45	PB 0.23
3.	Fraser Saunder	13:11	PB 0.12
4.	Laura Ballinger	18:47	PB 0.23
5.	Sarah Brennan	16:31	

1km Walk

1.	Millie Hill	7:21
2.	Lachlan Hill	7:25
3.	Tara Deb	10:43

Whilst our Ballarat Walkers are racing in Ballarat, Jemma and Alanna Peart are training in beautiful warm Thredbo NSW (1580m above sea level) at the Athletics Australia Racewalking Training camp, with racewalkers & coaches from around Australia, including Ballarat Olympians Jared & Rachel Tallent.



Four outstanding Ballarat walkers at Thredbo – Rachel Tallent, Jemma Peart, Alana Peart and Jared Tallent (photo Kerrie Peart)

QMA T&F MEET, SAF, BRISBANE, WEDNESDAY 9 DECEMBER

3000m Walk

1.	Hamann, Charlotte	W19	QA	17:00.19	68.12%
2.	Kirwin, Roslyn	W31	QMA	21:41.29	53.41%
3.	McKinven, Noela	W78	QMA	26:03.24	67.34%
4.	Guevara, Argenis	M52	QMA	17:52.65	67.39%

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 9 DECEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Calm, mild sunny evening. **Kim Mottrom** was the standout with 6:27 (1500m walk) and 8:52 (2000m walk). He also ran in the 2000m run and recorded a swift 7:28. Not to shabby at all!

1500m Walk

1.	KIM MOTTROM	06:27	M36	82.03%
2.	JACK RUSSELL	08:40	M68	81.33%
3.	MARIE MAXTED	09:01	W60	76.85%
4.	PETER CRUMP	09:27	M60	68.46%
5.	GIL MCINTOSH	10:16	M70	70.31%
6.	VALMAI PADGET	11:25	W76	74.11%
7.	JAMES HOARE	11:38	M74	65.27%

8. HELEN SURIDGE 11:45 W69 65.30%

1500m Club Walk

1. MARGARET MCINTOSH 11:29 W68 65.99%
 2. RODGER BARBER 11:47 M82 72.31%
 3. LIZ NEUBAUER 11:47 W69 65.12%
 4. JOHN HORE 11:51 M72 62.44%
 5. DAVID ROBERTSON 12:49 M87 72.30%

4000m Club Walk

1. DAVE FALLON 30:44 M68 63.19%
 2. JOHN HORE 33:00 M72 61.80%
 3. ROSS HILL-BROWN 33:52 M65 55.42%
 4. CATHIE HORE 35:54 W70 61.80%

2000m Walk

1. KIM MOTTROM 08:52 M36 77.19%
 2. KRISTIE GOZNIK 09:53
 3. MARK WORTHING 11:24 M58 71.96%
 4. MARIE MAXTED 12:28 W60 72.79%
 5. HELEN SURIDGE 15:58 W69 63.22%
 6. VALMAI PADGET 17:03 W76 65.57%

2000m Club Walk

1. RODGER BARBER 15:46 M82 69.95%
 2. MARGARET MCINTOSH 15:48 W68 63.06%
 3. DAVID ROBERTSON 17:13 M87 69.72%
 4. EDNA BATES 17:57 W68 55.51%



Kim Mottrom in walk and run modes at the South Australian Masters meet in Adelaide last Wednesday

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 10 DECEMBER

Owen Toyne was the fastest walker (9:09) in the ACT Race Walkers Club meet in Canberra last Thursday.

2000m Turkey Handicap

1. Owen Toyne 9:09
 2. Jim White 15:03
 3. Ruth Baussmann 14:55
 4. Geoff Barker 15:49
 5. Kodi Clarkson 9:28
 6. Val Chesterton 16:19
 7. Jenny May 18:26
 8. Siddharth Dhawan 11:49

9.	Paul Archer	16:21
10.	Sue Archer	16:15

ATHLETICS QUEENSLAND T&F MEET, QSAC, BRISBANE, FRIDAY 11 DECEMBER

Good 5000m times by **Clara Smith** (23:43.39) and **Jayda Anderson** (23:59.59) in the 5000m walk and good times by **Gabriella Hill** (14:01.08) and **Bailey Housden** (14:11.86) in the 3000m walk in Brisbane last Friday evening.

Women 5000m Walk

1.	Smith, Clara	22	UNQ	23:43.39
2.	Anderson, Jayda	15	GCA	23:59.59
3.	Bergh, Mia	15	Gold Coast Victory	31:24.37

Men 5000m Walk

1.	Norton, Kai	15	QA	27:48.73
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Women 3000m Walk

1.	Hill, Gabriella	17	Gold Coast Victory	14:01.08
2.	Norton, Amber	14	QA	15:25.16
3.	Sharpe, Milly	12	GLD	15:44.65
4.	Gee, Tamika	13	GCA	15:47.89
5.	Clarke, Makenna	11	Redlands Athletics	17:13.25
6.	Millard, Summer	15	QA	17:38.43
7.	Chadwick, Phoebe	14	QA	19:23.89
8.	McLoughlin, Amber	18	QA	19:42.58
	Williams, Lyla	13	Gold Coast Victory	DNF

Men 3000m Walk

1.	Housden, Bailey	13	QA	14:11.86
2.	McCure, Sam	14	QA	14:25.20
3.	Bradley, Alex	14	QA	15:03.31
4.	Bannister, Jack	14	QA	15:57.05
5.	Wheley, Noah	11	Redlands Athletics	22:41.31

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 12 DECEMBER.

Well done to the walkers who competed in Adelaide on Saturday afternoon – conditions were very tough, with a temperature of 34 °C, combined with a blustery wind. **Kim Mottrom** was the best with 13:55.12.

Open 3000m

1.	Kim Mottrom	13:55.12
2.	Mathew Bruniges	14:31.36
3.	Nellie Langford	17:21.18
4.	Emily Lynch	18:14.20
5.	Peter Crump	18:15.13
6.	Jordan McKenna	19:44.09
7.	Kiera Ross	DNF
8.	Sebastian Richards	DNF
9.	Katie DeRuvo	DQ

Open 1500m

1.	Alex McEwan	10:50.05
2.	Ross Hill-Brown	11:19.89
3.	Marie Maxted	14:31.36

ATHLETICS NSW INTERCLUB, CAMPBELLTOWN ATHLETICS TRACK, CAMPBELLTOWN, SATURDAY 12 DEC

The NSW walkers were in Campbelltown last Saturday for 5000m and 1500m walks.

5000m Walk

1.	Bell, Bridget	18	Asics Wests	28:23.16
2.	Pengilley, Teegan	19	Bankstown Sp	29:09.57
3.	Hickson, Alannah	15	Asics Wests	31:23.32
4.	Smith, Casey	16	Koorinal -W	33:32.38

1.	Bell, Darcy	14	Asics Wests	27:23.76
	Sinnett, Alexander	12	Asics Wests	DQ

1500m Walk

1.	Cassilles, Ciara	13	Westfields	7:07.72
2.	Bektas, Jessey	13	Nepean Distr	8:35.53
3.	Bektas, Abbey	13	Nepean Distr	8:35.55
1.	Strahl, Caleb	16	St. George D	7:54.48

AMA 20KM POSTAL CHAMPIONSHIPS, AROUND AUSTRALIA, JULY-DECEMBER 2020

Finally to some results that have been a long time coming. The Australian Masters 20km Roadwalk Championships were to be contested in Adelaide in August. That meet had to be cancelled due to covid, so organiser George White invited interstate walking clubs to stage their own 20km races and forward the results. Everyone was able to do this promptly, except for Victoria which remained in extensive lockdown. We have finally been able to hold a 20km race at Middle Park to complete the process, so here are the final results. Well done to all our Masters walkers.

AMA 20km Walk Men

1	Oliver Berry	WA	M30	3:00:43
1	Pramesh Prasad	VIC	M45	1:55:14
1	Andrew Duncan	WA	M55	1:43:47
2	Richard Everson	SA	M55	1:51:27
3	Peter Crump	SA	M55	2:03:47
1	Kevin Cassidy	VIC	M60	1:57:20
2	Simon Evans	VIC	M60	2:02:30
3	Terry O'Neill	Vic	M60	2:11:00
1	Peter Bennett	QLD	M65	2:08:53
2	Victor Munoz Martinez	WA	M65	2:15:49
3	Ross Hill-Brown	SA	M65	3:02:48
DQ	Brian Witty	SA	M70	DQ
1	George White	SA	M75	2:13:23
2	Bryan Thomas	ACT	M75	2:42:35

AMA 20km Walk Women

1	Brenda Gannon	QLD	W45	2:18:37
1	Karyn Toledo	WA	W50	2:14:15
2	Wendy Farrow	WA	W50	2:23:52
1	Ann Staunton-Jugovic	ACT	W55	2:06:42
1	Marie Maxted	SA	W60	2:23:26
1	Heather Carr	VIC	W70	2:22:49
1	Val Chesterton	ACT	W80	3:01:19

NZ SECONDARY SCHOOLS T&F CHAMPIONSHIPS, TAURANGA, 11-13 DECEMBER

Daniel du Toit was the standout walker at the New Zealand Secondary School Championships in Tauranga.

3000m Walk Boys

1.	Daniel du Toit	Te Aho	13:14.23
2.	Lucas Martin	Wanganui Collgte	13:28.10
3.	Jonah Cropp	St Andrews	14:03.86

2000m Walk Girls

1.	Antonia Martin	R'to	11:02.24
2.	Alana Matthews	Rosehill	11:20.10
3.	Madeline Thomas	Craighead	11:27.22

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 6 press releases this week

- Sun 13 Dec - 2020 World Athletics Championship information
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3937

- Sat 12 Dec - St.Jeronimo (GUA): Erick Barrondo and Maritza Poncio win Guatemalan 20km Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3936
- Sun 13 Dec - Around Taihu 2020 - First stage victories of Zhang Jun and Yang Jiayu http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3935
- Fri 11 Dec - Gary Westerfield inducted into the USA Track and Field Official's Hall of Fame http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3934
- Wed 9 Dec - Around Taihu 2020 in a reduced format, thanks to CAA and LOC http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3932
- Tue 8 Dec - Speed performances (20 km and 50 km) in men from 2001 to 2020 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3931

Omachador has 7 press releases, including one with our race results from Middle Park!

- Sun 13 Dec - Walk qualification standards for Eugene 2022 <https://omarchador.blogspot.com/2020/12/minimos-wa-para-20-km-e-35-km-dos.html>
- Fri 11 Dec - Results in the Young Memorial "DM Karbyshev" in Brest, Belarus <https://omarchador.blogspot.com/2020/12/memorial-jovem-d-m-karbyshev-em-brest.html>
- Fri 11 Dec - VRWC ends 2020 with Roadwalk Meet in Middle Park, Melbourne <https://omarchador.blogspot.com/2020/12/vrwc-termina-2020-com-festival-de.html>
- Thu 10 Dec - Results of the 2020 Spanish Masters Championships in Getafe <https://omarchador.blogspot.com/2020/12/campeonatos-de-espanha-master-2020-em.html>
- Wed 9 Dec - Results of the Spanish Winter Walking Championships (Promotion) in Getafe <https://omarchador.blogspot.com/2020/12/campeonato-de-espanha-de-marcha-de.html>
- Tue 8 Dec - IOC excludes 50 km march from Paris Olympics <https://omarchador.blogspot.com/2020/12/coi-exclui-50-km-marcha-dos-jogos.html>
- Mon 7 Dec - Diego García and Raquel González win in Getafe <https://omarchador.blogspot.com/2020/12/diego-garcia-e-raquel-gonzalez-vencem.html>

OUT AND ABOUT

- Emmanuel Tardi has updated his files which document the complete results (as much as possible) of the selection races for the Paris-Strasbourg and Strasbourg-Paris classics. Now refreshed on page <http://www.centurions.org.au/centranks.shtml>

First era : 1926-1938

Second era : 1949-1959

- Canadian **Iñaki Gómez**, the former chairman of the World Athletics Athletes' Commission and a former racewalker himself, has criticised the IOC decision to axe the men's 50km race walk from the Paris 2024 programme. See <https://www.insidethegames.biz/articles/1101806/gomez-lack-of-athlete-engagement-ioc>.
- Not a racewalking story but a great little article about the first Olympic basketball tournament in Berlin 1936. See <https://www.sbnation.com/secret-base/22152562/usa-olympic-basketball-gold-medal-berlin-1936>.
- Nice article: The family of 1964 Olympic 50km silver medallist **Paul Nihill** MBE will walk 50km in one day to raise money for a care home. Read more at <https://www.kentonline.co.uk/medway/news/family-walks-in-aid-of-olympic-grandad-238853/>

THREDO WALKS CAMP

Our top walkers continue their 3 week stint at Thredbo, in the NSW Alps. Rhydian Cowley tells me that the weather up there has been generally nice and sunny, although they had a snow shower during the morning's interval session one day last week! Thanks to Rhydian, Amanda Montag and Kerrie Peart for some great photos:



The team – walkers and coaches – at Thredbo



*Left: Declan Tingay, Kyle Swan, Jared Tallent and Katie Hayward walk along the main Thredbo road
Right: A nice view when relaxing after training*



Then (2015) and now (2020) – Will Thompson, Rebecca Henderson, Jemma and Alana Peart (photo Kerrie Peart)



Group Training



Jared and Jemima in action



*Left: Getting underway for the long walk from Gindabyne to Thredbo
Right: Super coach Brent Vallance explains the training session*



SOME MAJOR MEET INFORMATION

Thanks to Persy Karlstom for passing on these informational items. Firstly, the timetable for next year's European Race Walking Team Championships in Podebrady. Note the men are walking 50km (a final Olympic qualifying opportunity) but the women are walking 35km, in preparation for Oregon 2022.

European Race Walking Team Championships 2021, Podebrady, Czech Republic, Sunday 16 May 2021

- 08:00 50km Men and 35km Women
- 09:00 10km U20 Men
- 11:15 10km U20 Women
- 13:30 20km Women
- 15:30 20km Men

Next, the qualifying standards for the 2022 World Athletics Championships in Oregon, with 20km and 35km only. Note walkers can qualify for the 35km with either a 35km performance or a 50km performance.

World Athletics Championships, Oregon, USA, 15-24 July 2022

20km Walk	1:21:00	1:31:00
35km Walk	2:33:00 (3:50:00)	2:54:00 (4:25:00)

World Athletics has also published the qualifying standards for the rescheduled World U20 Athletics Championships. See their announcement, with links, at <https://www.worldathletics.org/news/press-releases/qualifying-systems-approved-for-world-athletics-championships-oregon22-and-world-athletics-u20-championships-nairobi-21>.

18th World Athletics U20 T&F Championships, Nairobi, Kenya, 20-21 August 2021

10km Walk U20	43:40	50:30
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TALKING NEWSLETTERS

In last week's newsletter, I had an article which discussed a few of the walking and running newsletter repositories around the world. One of the newsletters was The Essex Walker, for which the entry read

- **The Essex Walker**, edited by Dave Ainsworth) has been going a long time. All editions since December 2004 (Essex Walker 255) are online at <http://racewalkingassociation.com/Newsletters.asp>.

Dave has forwarded me some information about the very first edition, dated June 1970, as well as some of the newsletter's history over the last 50 years. It makes for interesting reading. Thanks Dave!

"Essex Walker" Issue No.1 hit the streets in June 1970 as an initiative of its first Honorary Editor - the late Reg Wells. His opening line was, *"In these monthly Newsletters it is my intention to bring to county walkers as early as possible, full results or all walks concerning county walkers."* Reg added, *"Comments are strictly my own unless otherwise shown and views printed must be in no way taken as official Essex A.A.A. or R.W.A. unless so authorised"*.

Issue No.1 named 5 star walkers worthy of praise, to wit : **Oliver Caviglioli** for setting a French 10,000m record of 45:50.6 when coming 4th in the Southern 10,000m, **Bob Dobson** when coming a brilliant 2nd in the Leicester Mercury 20 Miles (Bob clocked 2:38.02 behind winner Ron Wallwork 2:37.22 with Shaun Lightman 3rd in 2:39.04), **John Hedgethorpe** for his 3rd (198.600) in an International 24 Hours, **Roger Mills** for winning the Southern 10,000m in 45:03.8 and **Colin Young** for coming a very close 2nd (204.500 behind winner Karl Abolins 205.160) in that International 24 Hours. From this eminent short list, Colin was named "**Walker-of-the-Month**". This edition also expressed sympathy for Roger as having been selected to represent GB in a 20K event against Rumania, his race was cancelled due to flooding.

Being a June publication, it featured May's fixtures including our RWA National 20K Championship at Crystal Palace, won by Belgrave Harrier Wilf Wesch in 91.47 - two years' later Wilf attained Olympian status over the same distance. Ron Wallwork, 2nd in 92.12, led Lancashire Walking Club to team honours when backed up by Messrs. Eyre 7, Taylor 11 & Hopkins 18. Every position counted as they pipped Belgrave by a solitary point. Belgrave's other scorers were Messrs. Lawton 10, Middleton 12 & Coates 16. Basildon were 3rd, led home in that position by Peter Fullager in 93.13 and backed up by Messrs. Dobson 15, Flynn 27 & McCormack 32.

In addition to those mentioned above in the Southern 10,000m others at the front were Bill Sutherland 2nd in 45.09, Phil Embleton 3rd in 45:39.4 and Ilford AC's Australian member Frank Clark in 4:00.8. Two interesting younger age group races published were from an annual Essex Beagles' meeting in Barking's Mayesbrook Park. Over 1 Mile convincing winners of the Boys Under 16 & Youths Under 21 events were respectively Laurence Dordoy 7.39 and Olly Flynn 6.52. In 1970 the Inter-Counties Track Championship was a big deal as quality fields assembled for both 3,000 & 10,000 metres. Essex representatives made the frame at both distances. The shorter race order was Bob Hughes (Worcestershire), Olly Caviglioli (Essex) & Wilf Wesch (Surrey) recording 12:25.8, 12:27.4 and 12.38 respectively. The longer event result saw a 1-2-3 of Wilf Wesch, Bill Sutherland (Middlesex) & Phil Embleton (Essex) clocking 45:42.2, 46:18.2 & 47:41.4 respectively. This meeting was a showcase for our event - sadly nowadays few Counties have race walkers and, twice in recent times we've been slung out, only returning after considerable campaigning with such worthies including Peter Cassidy, Laurie Kelly, Roger Mills & Peter Marlow prominent. If we don't rally troops a 3rd expulsion looms - which might be a case of "3 strikes and you're out - for good". Sadly, this entire meeting no longer has the importance it once enjoyed.

Notable journalism in this inaugural edition included an "invitation only" Vancouver Trophy 3,000 metres race held at Ashtons Track. Roger Mills set an event record of 12:29.4 when easily winning from Wolverhampton's P. Butler, 13:32.8. The next 3 home also had Essex qualification : Brian Armstrong 13:49.6, Jack Thomas 14:21 & Geoff Hunwicks 14:29 (a result sheet recorded Hunswick - many programme/result sheet compilers misspelt his surname). Roger set a blistering pace from the gun, which in-form Wilf Wesch struggled to match before hearing a loud call of his number on lap 3. Based on Steyning over a rural 15 miles' circuit the Metropolitan Police provided the victor in their annual match against Sussex Clubs as Bill Sutherland recorded 2:03.34, leading his Police team (including cadets) to team success. The most popular Essex race

was the annual Barking-to-Southend over 33 miles-and-more as 237 started with 113 passing the finish line at Southend United's Roots Hall ground before stopwatches were put away at 7 hours 30 minutes. More were still on our Essex roads determined to at least obtain untimed finishes - while frequent victor Charlie Fogg was dressed and changed much earlier having broken the tape by his 5:12.41 timing. Another long distance event was an annual Stock Exchange London-to-Brighton which saw legendary Dickie Green's 21st consecutive appearance and his 12th win in the previous 17 years. On this occasion 8:54.22 claimed victory, with Southend-on-Sea AC long-distance aces Jimmy Venn & Ken Tuson completing the frame in 9:08.43 & 9:18.32 respectively as 123 started/65 finished. Sadly 1st & 2nd finishers are no longer with us, but octogenarian Ken still looks fit, trim and enjoys his runs along healthy north Essex coastal roads. Looking back when Essex Walker first appeared, there were so many 3-figure race walking fields - happy days!

2020 saw a couple of Essex Walker landmarks slip by : In June it was 50 years since publication of our 1st edition in June 1970, and during this year our 400th issue hit the streets. As well as long-serving Reg Wells, Phil Everard edited a few issues when Reg was indisposed and Phil Embleton sat in the Editor's chair for a few issues when his health began to fade and he no longer spent hours training and racing - Reg Wells suggested it'd give him something to occupy his time. It was a nice gesture and Phil produced a few editions before he sadly left us in 1974. John Hedgethorpe's long spell ended when he took over the Race Walking Record helm. John's great helper was his tall Secretary Sheila Hulls typed/distributed also assisting in the first of 2 memorable "Friendship Walks" meetings held in Chelmsford. During John's time Pete Ryan edited a few editions when John suffered illness. For around 3 months nothing happened as nobody came forward. Fields nosedived as it was Essex Walker which informed so many of events/times/dates/venues (as not all subscribed to Race Walking Record - our sport's official organ). Tony Perkins persuaded Dave Ainsworth to step-in, and he produced 1 edition - commencing with a plea for a permanent Editor. Volunteer Peter Cassidy (already Hon.Editor of "Loughton Lines", his Club's magazine) arrived. Peter immediately transformed Essex Walker converting it from a traditional newsletter to a smart pocket-sized booklet. This continued for a long period until Peter decided to step down as he'd taken on a time-consuming task, that being Hon.Secretary of Essex Gardens Trust and also Hon.Editor of it's members' magazine. Again Essex race walking communications halted for a while and, again, Tony Perkins persuaded Dave Ainsworth to be Hon. Editor for a 2nd spell - a position held ever since. EW returned as a newsletter with Tony doing a lion's share of duplicating (no email distribution then). A trio of readers pitched-in with some of the printing : Mike Scamell, Steve Wynn & Brian Ficken. The latter was the most famous as he once left a carrier bag of Essex Walkers by a seat on Liverpool Street Underground Station. It was spotted and deemed an unattended item, so Circle Line trains were stopped for over half-an-hour as it was investigated. A volunteer came forward to do typing and layout as well as email distribution when this facility arrived on the scene. That welcome offer came from Mrs. Eileen Allen, then wife of Ilford's Steve. Eileen produced it on a word processor with originals passed on to those doing the printing. When email distribution became a possibility Essex Walker asked for readers to receive copies by that method. The first giving his name was Loughton 2nd claimer Chris Foster. When told he was first, he replied it was the first time he'd ever been 1st in race walking. In the opening 12 months of this availability just 9 signed up, the rest getting copies in the traditional way. As email gained popularity Tony offered paper copies for a small annual subscription and many took up his offer. At it's peak over 300 used email communications and paper copies were down to just 9, so it wasn't economic continuing. Our biggest setback was when the European Union issued rules which required all recipients of regular email correspondence to opt-in. You always could opt-out but readers had to intentionally opt-in. Despite an easy method of just hitting a return button with Yes/No, we crashed to around 100 readers as most never replied. Non-replies were deemed "opt-outs" according to rules. The past 3 years saw a steady trickle of former readers wondering why they'd stopped getting Essex Walker and asking for it's return - so numbers have crept up again.

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/vrwcs21.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 16 (Wed), 2020	BRWC Jared Tallent 1.5km Handicap & Christmas break up - 6pm	Ballarat
Dec 20 (Sun), 2020	AVSL Round 4 (no walks)	Various venues
Jan 16 (Sat), 2021	AVSL Round 5 (no walks)	Various venues
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 6 (Sat), 2021	AVSL Round 6 (no walks)	Various venues
Feb 10 (Wed),2021	AV 5000m Teams Race Championship	Mentone
Feb 13 (Sat), 2021	AVSL Round 7 (events TBA)	Various venues
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships	Adelaide, SA
	Entries close on Monday 1 st February - https://www.athletics.com.au/events/83392/	
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 6 (Sat), 2021	AVSL Round 8 (events TBA)	Various venues
Mar 13 (Sat), 2021	AVSL Round 9 (events TBA)	Various venues
Mar 20 (Sat), 2021	AVSL Round 10 (events TBA)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Mentone
Mar 27 (Sat), 2021	Australian 50km Championship (Men)	VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
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>)