



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

It's a very tough call this time around to determine my Walker of the Week. The main contenders were all in action at Fawkner Park (Melbourne) at the Australian and Oceania Roadwalk Championships. Consider these outstanding performances

- 23 year old Victorian **Jemima Montag** recorded a 2 minute PB to win the Open Women's 20km Championship with a time of **1:28:50**. This is the second fastest ever done by an Australian and the fastest ever on home soil. This makes it back to back wins for Jemima, who is already an Olympic selection after her win in the 2020 edition of this championship.
- 20 year old Queenslander **Katie Hayward** took second place with **1:30:41**. While not a PB (her PB of 1:29:25 was done in 2019, as an 18 year old), it was yet another consistent performance from her and one which bettered the Olympic qualifying standard of 1:31:00.
- 19 year old Victorian **Rebecca Henderson** took third place with **1:32:12**. It was her first ever 20km race and what a way to start. He now has to find something extra to reach that Olympic standard of 1:31:00. I know she is capable of it.
- 30 year old Victorian **Rhydian Cowley** has already qualified for the Olympic team in the 50km and now he is knocking on the door in the 20km. He won the men's 20km championship on Sunday in **1:22:28**, outside his PB of 1:20:19 but pretty good considering he had been intending to do the 50km and only swapped to the shorter distance at the last minute. Surprisingly, given all the other Australian championships he has won, this was his first victory in our Summer 20km Championship.
- 18 year old **Will Thompson (41:34)** and 17 year old **Alanna Peart (48:04)** won the Oceania U20 10km titles. As icing on the cake, both performances were PBs and both bettered the qualifying standard for the 2021 World Athletics U20 T&F Championships. They will next race in the Australian T&F Championships in Sydney where they will be out to win the official 10,000m track walk trials. If they do that, they will be off to Nairobi in August!
- 16 year old **Fraser Saunder (22:40)** and 15 year old **Milly Boughton (23:02)** won the U18 5km invitational walks in PBs, with very impressive times.

So who do I choose? Drum rollit's **Jemima Montag**. Well done Jemima on yet another superb walk. You just get better and better every time you toe the start line.



Women's 20km Championship medallists at Fawkner Park last Saturday
Katie Hayward, Jemima Montag (Walker of the Week) and Katie Hayward (photo Kerrie Peart)

WHAT'S COMING UP

No races next weekend because it's Easter, but we then return after the break for a final few big summer season meets.

Apr 12-21, 2021	Australian Athletics Championships	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

And of course, our VRWC winter season starts on **Saturday 10th April** with roadwalks at Middle Park. Here's the race timetable:

Saturday 10th April 2021, Middle Park		
VRWC Events. If entering online, entries close Wednesday 11.59pm.		
If entering in person, entries close for all events at 1.40pm sharp.		
2.15pm	8km Points Race	Open
2.15pm	6km Points Race	Open
2.15pm	4km Points Race	Open
2.30pm	2km Points Race	Open
2.30pm	1km Points Race	Open

You can check out our full winter fixture at <http://www.vrwc.org.au/vrwcw21.shtml>.

2021 Lake Burley Griffin Carnival, Canberra, Sunday 13th June

It's time to lock in the date for the 2021 Lake Burley Griffin Carnival - **Sunday 13th June**. ACTRWC will be hosting the carnival as usual at the Stromlo Forest Park, but it will be a team effort from our Federation walking clubs to help them. Entries will be taken via the VWRC online entry panel and are expected to open in the next couple of weeks.

OCEANIA & AUSTRALIAN WALK CHAMPS, FAWKNER PARK, MELBOURNE VIC, SATURDAY 27TH MARCH

Last Saturday morning saw the Australian and Oceania Open 20km and U20 10km roadwalk championships at Fawkner Park in Melbourne. The meet should also have included the Australian and Oceania Open 50km roadwalk championship but none of the 4 entrants made it to the start line. The crucial tipping point occurred on Thursday when **Jared Tallent** withdrew and announced his immediate retirement from racewalking, a hamstring injury putting paid to any chances of a fourth Olympics appearance. As Rhydian Cowley and Quentin Rew had been using the 50km as a solid training walk, with their main aim being to support Jared in his Olympic qualification attempt, they then stepped down to the 20km event. That left young NSW walker Dylan Richardson as the sole entrant. He then also decided to also drop down to the 20km event. Thus we now had no starters for the 50km. This is a sad finish to what may well have been the final Australian 50km Championship.

The meet was still a high quality one, with our top 20km walkers chasing Olympic qualifiers and our top U20 walkers chasing World Junior qualifying times. Conditions were cool and overcast, without too much wind but with early rain. So reasonable overall but the course did get a bit slippery at the bottom end, as the Athletics Australia promise to ensure the course was swept pre-event did not eventuate.

My race report is taken from the Athletics Australia press release, written by Sascha Ryner (see <https://www.athletics.com.au/news/montag-and-cowley-win-2021-race-walking-championships/>)

Tokyo-bound **Jemima Montag** (VIC) and Rio 2016 Olympian **Rhydian Cowley** (VIC) have been crowned the Oceania and Australian 20km Race Walking Champions for 2021 at Melbourne's Fawkner Park this morning. In perfect conditions, Montag (Brent Vallance) recorded the fastest time on home soil by an Australian when she crossed the line in 1:28.50, ahead of **Katie Hayward** (QLD, Steve Langley) and **Rebecca Henderson** (VIC, Simon Baker) who placed second and third respectively. Montag's performance was a personal best by two minutes, and sets the tone for her Olympic debut in Tokyo later this year. Hayward's time of 1:30.41 also dipped below the Olympic qualifying standard. While Henderson missed the qualifier with 1:32.12, it was a strong result for her 20km debut.

"It's really exciting to take this win," Jemima said. "I knew this would be the fast hit out for the season because Tokyo will be humid and will probably come down to tactics, but I've waited over a year to do a 20km race and I'm so happy to make the most out of today".

In the men's race, it was a battle between eventual winner and race walking veteran Cowley, who clocked 1:22.28, and up and comer **Declan Tingay** (WA, Steve Tingay). In an attempt to stamp his authority on Australian race walking, it was Tingay who crossed 0.01 seconds ahead of Cowley, but the win was not to be. Tingay received a two-minute time deduction following a third red card on his final lap of Fawkner Park, and placed behind **Kyle Swan** (1:24:08, VIC, Brent Vallance) who won silver. Tingay's amended final result of 1:24.27 was still a two minute personal best. Cowley, who has already notched up a qualifier for the Tokyo 50km event, was still happy to take home his first national 20km title in his lengthy career.

"It was definitely an odd way to finish, but I've been trying to win the National 20km Championship for over a decade so I'll take it in whatever way I can get in that respect," Rhydian said. "Before the pandemic, I clocked an automatic standard for

Tokyo so there was less pressure on me to get the qualifying time today, but I was trying to keep Declan company and push a fast time out of him too and I'm really happy with my time over 20km too."

In other results, **Will Thompson** (VIC, Brent Vallance) recorded a personal best of 41:34 in the 10km, which qualifies him for the World Under 20 Championships, and in the women's 10km event, **Alanna Peart** (VIC, Wayne Peart) added another World U20 qualifier to her list of results, after clocking 48:04. The Under 18 5km races saw Montag's National Record broken, with **Milly Boughton** (NSW, Ann Saville) clocking 23:02. In the men's U18 5km event, **Fraser Saunder** (VIC, Daryl Biggin) won the event in a time of 22:40.

I must also make mention of young 20km walkers **Carl Gibbons** (1:27:24), **Mitch Baker** (1:27:50) and **Tristan Camilleri** (1:29:55) who all broke the 90 minute barrier. Our current 20km depth omens well for the 2022 World Teams Championships.

Men Open 20km

1.	Rhydian Cowley	1991	VIC	1:22:28	
2.	Kyle Swan	1999	VIC	1:24:08	
3.	Declan Tingay	1999	WA	1:24:27	2 Min Time Penalty, PB 1:55
4.	Quentin Rew	1984	NZL	1:27:08	
5.	Carl Gibbons	1996	NSW	1:27:24	PB 2:29
6.	Mitch Baker	2001	ACT	1:27:50	PB 10:14
7.	Tristan Camilleri	2001	SA	1:29:55	Inaugural
8.	Tim Fraser	2000	ACT	1:32:19	PB 5:44
9.	Dylan Richardson	2000	NSW	1:35:01	

Women Open 20km

1.	Jemima Montag	1998	VIC	1:28:50	PB 2:01
2.	Katie Hayward	2000	QLD	1:30:41	
3.	Rebecca Henderson	2001	VIC	1:32:12	Inaugural
4.	Hannah Mison	2001	NSW	1:54:20	Inaugural
5.	Bridget Bell	2002	NSW	2:02:44	Inaugural
	Alana Barber	1987	NZL	DNF	

Men 10km Under 20km

1.	Will Thompson	2002	VIC	41:34	PB 0:16
2.	Corey Dickson	2002	VIC	44:56	
3.	Jack McGinniskin	2002	NSW	50:29	

Women 10km Under 20

1.	Alanna Peart	2003	VIC	48:04	PB 0:32
2.	Olivia Sandrey	2003	SA	48:58	
3.	Gabriella Hill	2003	QLD	51:23	
4.	Char Hay	2003	VIC	54:10	PB 0:37

Men 5km Under 18 Invitation

1.	Fraser Saunder	2004	VIC	22:40	PB 0:10
2.	Liam Hutchins	2007	VIC	25:25	PB 0:57

Women 5km Under 18 Invitation

1.	Milly Boughton	2006	NSW	23:02	National Record, PB 1:34
2.	Ariana Pashutina	2007	VIC	25:35	PB 1:00
3.	Emily Smith	2006	VIC	28:20	

Our first 3 male and female 20km finishers all rank highly in our Australian all-time lists. Here are the top 20 in each category.

Women	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg,Germany	02/05/2004	29
2	1:28.50.0	Jemima Montag	V	15/02/1998	1	Melbourne	27/03/2021	23
3	1:28.53.0	Claire Tallent	S	06/07/1981	5	Taicang, China	30/03/2012	30
4	1:29.25.0	Katie Hayward	Q	23/07/2000	2	Adelaide	10/02/2019	18
5	1:29.33.0	Regan Lamble	V	14/10/1991	12	Rome, Italy (WC)	07-05-2016	24
6	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg,Germany	30/04/2000	38
7	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
8	1:29.49.0	Beki Smith (nee Lee)	N	25/11/1986	15	Rome, Italy (WC)	07-05-2016	29
9	1:29.56.0	Tanya Holliday	S	21/09/1988	16	Rome, Italy (WC)	07-05-2016	27
10	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
11	1:31.33.0	Rachel Tallent	V	20/02/1993	1	Adelaide	21-02-2016	23
12	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg,Germany	02/05/2004	25
13	1:32.12.0	Rebecca Henderson	V	04/07/2001	3	Melbourne	27/03/2020	19
14	1:32.22.0	Stephanie Stigwood	T	21/10/1990	2	Melbourne	13-12-2015	25
15	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
16	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37

17	1:33.15.0	Kelly Ruddick	V	19/04/1973	1	Launceston (Aust 20km)	01/09/2014	41
18	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
19	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
20	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33

Men	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33.0	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15.0	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
3	1:19.15.0	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22.0	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.28.0	Dane Bird-Smith	Q	15/07/1992	6	London, England	13/08/2017	25
6	1:19.33.0	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
7	1:20.19.0	Rhydian Cowley	V	04/01/1991	7	Nomi, Japan	17/03/2019	28
8	1:20.43.0	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
9	1:20.49.0	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
10	1:21.19.0	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
11	1:21.36.0	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
12	1:21.49.0	Adam Rutter	N	12/12/1986	3	Melbourne	23/02/2008	21
13	1:22.08.0	Chris Erickson	V	01/12/1981	10	Nomi, Japan	15/03/2015	33
14	1:23.10.0	Michael Hosking	V	16/10/1985	6	Adelaide	11/02/2018	32
15	1:23.53.0	Kyle Swan	V	28/03/1999	2	Melbourne	01/12/2019	20
16	1:24.11.0	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
17	1:24.20.0	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
18	1:24.25.0	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
19	1:24.27.0	Declan Tingay	W	06/02/1999	3	Melbourne	27/03/2021	22
20	1:24.34.0	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26



*Left, Centre: Open medallists Declan Tingay, Rhydian Cowley, Kyle Swan, Katie Hayward, Jemima Montag and Rebecca Henderson
RightP: Declan and Rhydian lead out together in the men's 20km*



Jemima Montag, Corey Dickson, Will Thompson, Alanna Peart, Gabriella Hill and Olivia Sandery



*U20 medallists Olivia Sandery, Alanna Peart, Gabriella Hill, Corey Dickson, Will Thompson and Jack McGinniskin
(all photos by Kerrie Peart)*

JARED TALLENT RETIRES

Last Friday, Australia's most decorated male T&F athlete Jared Tallent OAM announced his retirement from competitive race walking. For starters, you can read my biography of Jared at <http://www.vrwc.org.au/tim-archive/articles/wv-jared-tallent.pdf>.

To focus on his retirement, I'll quote from the AA press release at <https://www.athletics.com.au/news/olympic-gold-medallist-tallent-announces-retirement/>.

The London 2012 Olympic 50km gold medallist ends a representative career unrivalled by any other Australian able-bodied male track athlete, after winning a total of 15 medals at major events, including four Olympic medals, two Commonwealth Games medals (including one gold), three World Championships medals and six World Race Walking Cup medals.

Jared made history upon his Olympic debut at Beijing 2008 when he completed a rare double by winning medals in both the 20km and 50km walking events. It was the first time a male Australian in Athletics won two medals at a single Olympic Games in more than a century. After winning gold at the 2010 Commonwealth Games, he returned to the Olympic arena at London 2012 and won gold again in the 50km Walk to become an Olympic champion and an all-time great.

Jared now steps away from the sport after a run of injuries in the lead up to the Tokyo Games, taking place in just a few months' time.

"I had planned for Tokyo to be my swansong but I've had a number of setbacks from an injury to my hamstring, with the latest one putting a halt to my final preparations for the Australian 50km Race Walking Championships this weekend. Unfortunately that was the last chance for me to qualify for Tokyo so it is with mixed emotion that I announce my retirement from elite sport. I'm incredibly proud of what I've achieved. The medals I've won at the Olympics are by far my highlight as they were beyond my wildest dreams when I started race walking all those years ago. To go to an Olympics is an achievement, and then to go on to win three medals in a row in one event is something I'll never forget."

"I've made long lasting connections and friendships through athletics and I'm grateful to take them away with me. In particular, I'd like to thank my family and friends for their support and also my coaches over my career, Daryl Biggin, Brent Vallance and Adam Didyk for the support and guidance they've provided me along the way. I also want to thank Professor Louise Burke at the Australian Institute of Sport. Much of the my success in London is because of the knowledge she shared with me. I really couldn't do it without that team."



Jared also led the world with his response to doping in our sport of racewalking and was courageous in his calling out of those who cheated, especially the Russians. It was due in no small part to his leadership that Russian racewalking, under the disgraced Viktor Chegin, was eventually seen for what it was – a factory line of doping cheats.

Consider the list of his international appearances:

2001	World Youth Champs	Hungary	10,000m	7 th	44:50.0
2002	World Junior Champs	Jamaica	10,000m	19 th	45:51.2
2004	Racewalking World Cup	Naumburg	20 km	75 th	1:30:01
2005	IAAF World Champs	Helsinki	20 km	18 th	1:23:42
2006	Commonwealth Games	Melbourne	20 km	3rd	1:23:32
2006	Racewalking World Cup	La Coruna	20 km	14 th	1:21:36
2007	IAAF World Champs	Osaka	20 km	DQ	
2008	World Racewalking Cup	Cheboksary	20 km	10 th	1:19:48
2008	Olympic Games	Beijing	20 km	3rd	1:19:42
			50 km	2nd	3:39:27
2009	IAAF World Champs	Berlin	20km	5 th	1:20:27
			50km	6 th	3:44:50
2010	World Racewalking Cup	Chihuahua	50km	3rd	3:54:55
	Commonwealth Games	Delhi	20km	1st	1:22:18
2011	IAAF World Champs	Daegu	20km	24 th *	1:25:25
			50km	2nd	3:43:36
2012	World Racewalking Cup	Saransk	50km	1st	3:40:32
	Olympic Games	London	20km	7 th	1:20:02
			50km	1st	3:36:53
2013	IAAF World Champs	Moscow	50km	3rd	3:40:03
2014	World Racewalking Cup	Taicang	50km	3rd	3:42:48
2015	IAAF World Champs	Beijing	20km	26 th	1:24:19
			50km	2nd	3:42:17
2016	World Racewalking Cup	Rome	50km	1st	3:42:36
	Olympic Games	Rio de Janeiro	50km	2nd	3:41:16

He medalled in every major championship every year from 2010 to 2016, an astonishing record. I was lucky enough to witness most of his major walks and was always amazed at how easy he made it look. Jared has always been an approachable, friendly and humble champion and goes into retirement, in my opinion, as our greatest ever T&F athlete.

Thanks to Brent Vallance who has put Jared's achievements into perspective. A wonderful article – thanks Brent!

WHERE DOES JARED TALLENT SIT AMONGST THE ALL-TIME GREATS

Jared Tallent finished his career with an amazing four Olympic Games medals, sitting only behind World Athletics Hall of Fame member Shirley de la Hunty (Strickland) who won a staggering 7 Olympic medals, and sitting equal with another World Athletics Hall of Fame member Betty Cuthbert on four medals.

Only four Australian males have won two medals, and Jared is the first since 1904, and sits two clear of Edwin Flack, Stan Rowley and Nigel Barker. These three athletes were born more than 100 years before Jared was born in 1984. See Athletics Australia Historical website: http://athletics.possumbility.com/most_int/most_medals_OG.htm.

Jared also has competed at 6 World Championships which is the most for Australian Athletes, as only our very best have competed at 6. Jared shares that honour with Australian Marathon great and World Championship medallist Steve Moneghetti, World Indoor Champion Tamsyn Manou, Olympic and World Champion, Sally Pearson Olympic medallist Jane Saville, World Championship medallist Kerry Junna Saxby and World Championship Gold medallist Dani Stevens.

Jared, along with Sally Perason, and Cathy Freeman are the only ones to have won three World Championship medals. See http://athletics.possumbility.com/most_int/most_medals_WCH.htm

So where does Jared Tallent sit amongst the all-time greats in Racewalking?

The three Global Championships that are available to walkers are the Olympic Games, the World Athletics Championships, and the World Walking Teams Championships. Jared Tallent sits alone at the top of this list for the most medals won, with a combined total of 11 medals, one ahead of the great Jefferson Perez and two clear of World Athletics Hall of Fame member Robert Korzeniowski.

Table 1: Combined medals won in World Athletics Race-walking Events

Athlete	Nation	OG	WC	WWTC	Career Total
Jared Tallent	AUS	4	3	4	11
Jefferson Pérez	ECU	2	4	4	10
Robert Korzeniowski	POL	4	4	1	9
Jesús Angel García	ESP	0	4	3	7
Hartwig Gauder	GDR	2	2	3	7
Ronald Weigel	GDR	3	2	2	7
Wang Zhen	CHN	2	2	3	7
Maurizio Damilano	ITA	3	2	1	6
Mikhail Shchennikov	URS	1	2	3	6
Paquillo Fernández	ESP	1	3	2	6
Raúl González	MEX	2		3	5
Denis Nizhegorodov	RUS	2	1	2	5
Vladimir Golubnichy	URS	4			4
Ilya Markov	RUS	1	2	1	4
Valentí Massana	ESP	1	2	1	4
Alex Schwazer	ITA	1	2	1	4
Andrey Perlov	URS	1	1	2	4
José Marín	ESP		2	1	3
Daniel García	MEX		2	2	4
Yevgeniy Misyulya	URS		2	1	3
Matej Tóth	SVK	1	1	1	3
Nathan Deakes	AUS	1	1	1	3
Cai Zelin	CHN	1	0	2	3
Bernardo Segura	MEX	1		2	3
Si Tianfeng	CHN	1	1	1	3
Trond Nymark	NOR		1	2	3
Hirooki ARAI	JPN	1	1	1	3
Ivano Brugnetti	ITA	1	1		2
Eder Sánchez	MEX		1	1	2
Robert Heffernan	IRL	1	1		2
Simon Baker	AUS			2	2
Yohann Diniz	FRA		2		2

Jared Tallent sits 3rd on the list for the most Championship IAAF points scored across his career one point behind Jefferson Perez and Jesus Garcia tied for first, and 5 points ahead of Robert Korzeniowski,

Table 2: Combined medals won in World Athletics Race-walking Events at Olympic Games, World Championships, and World Walking teams Championship

Athlete	Nation	OG Total	WC Total	WWTC Total	Career Total
Jesús Angel García	ESP	9	37	42	88
Jefferson Pérez	ECU	25	32	31	88
Jared Tallent	AUS	30	28	29	87
Robert Korzeniowski	POL	33	30	19	82
Maurizio Damilano	ITA	25	18	26	69
Hartwig Gauder	GDR	17	14	28	59
Raúl González	MEX	22	4	29	55
Mikhail Shchennikov	URS	12	16	26	54
José Marín	ESP	19	18	14	51
Ronald Weigel	GDR	20	15	14	49
Paquillo Fernández	ESP	11	21	16	48
Wang Zhen	CHN	14	14	19	47
Denis Nizhegorodov	RUS	13	17	16	46
Vladimir Golubnichy	URS	31		14	45
Ilya Markov	RUS	7	21	13	41
Christoph Höhne	GER	11		30	41
Yevgeniy Misyulya	URS		19	18	37
Matej Tóth	SVK	12	16	8	36
Nathan Deakes	AUS	10	15	10	35
Daniel García	MEX	2	14	19	35
Valentí Massana	ESP	6	27	0	33
Andrey Perlov	URS	8	7	17	32
Miguel Angel Rodriguez	MEX	3	15	14	32
Alex Schwazer	ITA	8	16	7	31
Cai Zelin	CHN	12	4	14	30
Peter Frenkel	GDR	14		16	30
John Ljunggren	SWE	20		7	27
Eder Sánchez	MEX	3	13	11	27
Hirooki Arai	JPN	7	12	8	27
Robert Heffernan	IRL	10	16	0	26
Si Tianfeng	CHN	7	6	12	25
Ivano Brugnetti	ITA	12	8	3	23
Trond Nymark	NOR		10	13	23
Dieter Lindner	GER	12		8	20
Simon Baker	AUS	3		17	20
Bernardo Segura	MEX	6		14	20
Abdon Pamich	ITA	19			19
Guillaume LeBlanc	CAN	12	1	4	17
Yohann Diniz	FRA	1	15		16

Table 3: Jared Tallent Olympic Games, World Championships and World Walking Cup Top 8 & medal result

Olympic Games

Year	Event	Place	Athlete	Nation	Time	IAAF Points	Career Total
2012	50km Walk	GOLD	Jared Tallent	AUS	3:36:53	8	30
2008	50km Walk	SILVER	Jared Tallent	AUS	3:39:27	7	
2016	50km Walk	SILVER	Jared Tallent	AUS	3:41:16	7	
2008	20km Walk	BRONZE	Jared Tallent	AUS	1:19:42	6	
2012	20km Walk	7th	Jared Tallent	AUS	1:20:02	2	

World Championships

Year	Event	Place	Athlete	Nation	Time	IAAF Points	Career Total
2009	20km Walk	5th	Jared Tallent	AUS	1:20:27	4	28
2009	50km Walk	6th	Jared Tallent	AUS	3:44:50	3	
2011	50km Walk	SILVER	Jared Tallent	AUS	3:43:36	7	
2013	50km Walk	SILVER	Jared Tallent	AUS	3:40:03	7	
2015	50km Walk	SILVER	Jared Tallent	AUS	3:42:17	7	

World Walking Teams Championships (World Walking Cup)

Year	Event	Place	Athlete	Nation	Time	IAAF Points	Career
2016	50km Walk	GOLD	Jared Tallent	AUS	3:42:36	8	29
2012	50km Walk	GOLD	Jared Tallent	AUS	3:40:32	8	
2010	50km Walk	BRONZE	Jared Tallent	AUS	3:54:55	6	
2014	50km Walk	SILVER	Jared Tallent	AUS	3:42:48	7	

Jared at 50km Championship events

Jared competed in 11 x 50km Championship races, and medalled in 10, with his worst result coming at the 2009 World Championships in Berlin when he placed 6th. Jared completed all Championships 50km races he started without a DNF, or DSQ across his senior International 50km career.

Amazingly, the ageless Jesus Garcia from Spain raced in all 11 of these Championship races, and had been racing internationally at Championships across four Olympic cycles before Jared raced him for the first time at 50km at the Beijing Olympic Games

Year	Event	Place	Athlete	Nation	Time
2008 OG	50km Walk	SILVER	Jared Tallent	AUS	3:39:27
2009 WC	50km Walk	6th	Jared Tallent	AUS	3:44:50
2010 WWTC	50km Walk	BRONZE	Jared Tallent	AUS	3:54:55
2011 WC	50km Walk	SILVER	Jared Tallent	AUS	3:43:36
2012 WWTC	50km Walk	GOLD	Jared Tallent	AUS	3:40:32
2012 OG	50km Walk	GOLD	Jared Tallent	AUS	3:36:53
2013 WC	50km Walk	SILVER	Jared Tallent	AUS	3:40:03
2014 WWTC	50km Walk	SILVER	Jared Tallent	AUS	3:42:48
2015 WC	50km Walk	SILVER	Jared Tallent	AUS	3:42:17
2016 WWTC	50km Walk	GOLD	Jared Tallent	AUS	3:42:36
2016 OG	50km Walk	SILVER	Jared Tallent	AUS	3:41:16

Jared Tallent Vs the Other Champions:

Across those 11 Championships, Jared competed against a range of Olympic Champions, World Champions, and World Walking Teams Championship winners. When you look across Jared's career, nobody has a positive "head to head" record against him, with Matej Toth, the only athlete who can lay claim to have got the better of Jared on more than two occasions. On each of those occasions, Toth was crowned the winner, and has his own unique place as a winner of all three Global titles .

See below for Jared Tallent's career head to head record against each Global Gold medal winning athlete that Jared competed against in the 50km walk (Garcia, Kirdyapkin, Deakes, Schwazer, Nymark, Toth, Heffernan, Diniz, Nizhegorodov, & Kirdyapkin. Si Tiafeng gets a special mention also here, as along with Toth, Si was a medallist on 3 of the ten occasions with Jared in the 50km walk (Source: <https://www.tilastopaja.eu>).

50km Race Walk

		Jared Tallent AUS	Yohann Diniz FRA
	Wins:	6	0
OG Beijing	22.08.2008	3:39:27 (2)	DNF (0)
WC Berlin	21.08.2009	3:44:50 (6)	3:49:03 (11)
WC Daegu	03.09.2011	3:43:36 (2)	DQ (0)
OG London	11.08.2012	3:36:53 (1)	DQ (0)
WC Moskva	14.08.2013	3:40:03 (2)	3:45:18 (9)
OG Rio de Janeiro	19.08.2016	3:41:16 (2)	3:46:43 (8)

50km Race Walk

		Jared Tallent AUS	Robert Heffernan IRL
	Wins:	4	1
NC Melbourne	11.12.2011	3:49:33 (1)	DNF (0)
OG London	11.08.2012	3:36:53 (1)	3:37:54 (3)
WC Moskva	14.08.2013	3:40:03 (2)	3:37:56 (1)
WC Beijing	29.08.2015	3:42:17 (2)	3:44:17 (5)
OG Rio de Janeiro	19.08.2016	3:41:16 (2)	3:43:55 (6)

50km Race Walk

		Jared Tallent AUS	Matej Tóth SVK
	Wins:	4	3
WC Berlin	21.08.2009	3:44:50 (6)	3:48:35 (9)
WCp Chihuahua	15.05.2010	3:54:55A (3)	3:53:30A (1)
WC Daegu	03.09.2011	3:43:36 (2)	DNF (0)
OG London	11.08.2012	3:36:53 (1)	3:41:24 (5)
WC Moskva	14.08.2013	3:40:03 (2)	3:41:07 (4)
WC Beijing	29.08.2015	3:42:17 (2)	3:40:32 (1)
OG Rio de Janeiro	19.08.2016	3:41:16 (2)	3:40:58 (1)

50km Race Walk

		Jared Tallent AUS	Si Tianfeng CHN
	Wins:	6	0
OG Beijing	22.08.2008	3:39:27 (2)	3:52:58 (17)
WCp Chihuahua	15.05.2010	3:54:55A (3)	3:55:06A (4)
WC Daegu	03.09.2011	3:43:36 (2)	3:44:40 (3)
WCp Saransk	13.05.2012	3:40:32 (1)	3:43:05 (2)
OG London	11.08.2012	3:36:53 (1)	3:37:16 (2)
WC Moskva	14.08.2013	3:40:03 (2)	DNF (0)

50km Race Walk

		Jared Tallent AUS	Nathan Deakes AUS
	Wins:	3	1
NC Geelong	02.12.2006	3:55:08 (3)	3:35:47 (1)
WC Daegu	03.09.2011	3:43:36 (2)	DNF (0)
NC Melbourne	11.12.2011	3:49:33 (1)	3:50:34 (2)
OG London	11.08.2012	3:36:53 (1)	3:48:45 (19)

50km Race Walk

		Jared Tallent AUS	Sergey Kiryapkin RUS
	Wins:	5	0
OG Beijing	22.08.2008	3:39:27 (2)	DNF (0)
WC Berlin	21.08.2009	3:44:50 (6)	3:38:35DQ IAAF Rule 32.2.b (0)
WC Daegu	03.09.2011	3:43:36 (2)	DQ IAAF Rule 32.2.b DNF (0)
WCp Saransk	13.05.2012	3:40:32 (1)	3:38:08DQ IAAF Rule 32.2.b (0)
OG London	11.08.2012	3:36:53 (1)	3:35:59DQ IAAF Rule 32.2.b (0)

50km Race Walk

		Jared Tallent AUS	Denis Nizhegorodov RUS
	Wins:	2	1
OG Beijing	22.08.2008	3:39:27 (2)	3:40:14 (3)
WC Berlin	21.08.2009	3:44:50 (6)	DNF (0)
WC Daegu	03.09.2011	3:43:36 (2)	3:42:45 (1)

50km Race Walk

		Jared Tallent AUS	Ivan Noskov RUS
	Wins:	2	1
WCp Saransk	13.05.2012	3:40:32 (1)	3:55:16 (17)
WC Moskva	14.08.2013	3:40:03 (2)	3:41:36 (6)
WCp Taicang	03.05.2014	3:42:48 (2)	3:39:38 (1)

50km Race Walk

		Jared Tallent AUS	Jesús Ángel García ESP
	Wins:	10	1
OG Beijing	22.08.2008	3:39:27 (2)	3:44:08 (4)
WC Berlin	21.08.2009	3:44:50 (6)	3:41:37 (2)
WCp Chihuahua	15.05.2010	3:54:55A (3)	3:55:41A (5)
WC Daegu	03.09.2011	3:43:36 (2)	DQ (0)
WCp Saransk	13.05.2012	3:40:32 (1)	3:48:15 (4)
OG London	11.08.2012	3:36:53 (1)	3:48:32 (17)
WC Moskva	14.08.2013	3:40:03 (2)	3:46:44 (11)
WCp Taicang	03.05.2014	3:42:48 (2)	3:55:38 (18)
WC Beijing	29.08.2015	3:42:17 (2)	3:46:43 (9)
WTC Roma	08.05.2016	3:42:36 (1)	DNF (0)
OG Rio de Janeiro	19.08.2016	3:41:16 (2)	3:54:29 (20)

Thanks Brent...this certainly put's Jared's wonderful career in perspective!

AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 27 MARCH

While the Fawkner Park races were taking place, the AV Shield Final meet was being contested only a couple of kms distant, at the Lakeside Stadium in Albert Park. It included the top and bottom teams from each venue, the top teams fighting out for overall Division honours and the bottom teams fighting to avoid relegation. Hence we saw only a subset of our Shield walkers in action, spread between two heats, both over 2000m. Fastest men were youngsters **Heath Beveridge** (8:48.3), **Marcus Wakim** (9:03.5) and **Liam McLennan** (9:25.0), while the fastest women were **Maddison Nash** (10:13.7) and **Mikaila Young** (10:35.7).

After a covid-start which saw shortened programs and limited events, the season developed into a very enjoyable one, with racewalks contested in 6 of the 10 rounds and in the finals. Well done to Athletics Victoria for their willingness to take risks and proceed.

Mixed 2000m Walk Heat 1, 9:30AM

1.	Danny Hawksworth	ESS	M40	9:41.3	459	
2.	Owen Costin	CHI	M18	9:48.1	450	PB 0:16
3.	Joel Imbriano	STK	M16	9:50.5		PB 0:30
4.	Maddison Nash	DIV	F16	10:13.7		PB 0:22
5.	Scott Nelson	WYN	M50	10:43.4	449	
6.	Zachary Matters	BOH	M16	11:35.6	362	
7.	Laura McLennan	DAC	F40	11:37.0	417	
8.	Donna-Marie Elms	PTN	F55	11:48.7	485	
9.	Brian Anderson	ESS	M60	12:24.2	419	
10.	Duncan Knox	ESS	M60	12:41.1	406	
11.	Lula Parrott	DAC	F14	13:12.2	341	
12.	Ross Reid	COL	M65	13:12.8	412	
13.	Stephen Murphy	ESS	M55	13:16.8	334	
14.	Debbie Voogd	RWD	F55	14:39.0		
15.	Christal Xie	DAC	FOP	15:02.4	189	
16.	Brenda Cashin	WES	F55	16:33.7	229	
17.	Mark Donahoo	ESS	M60			DQ

Mixed 2000m Walk Heat 2, 4:15PM

1.	Heath Beveridge	WES	M18	8:48.3	505	PB 0:15
2.	Marcus Wakim	COL	M16	9:03.5	507	PB 0:22
3.	Liam McLennan	DAC	M16	9:25.0	486	PB 0:09
4.	Mikaila Young	COL	F18	10:35.7	467	PB 0:12

5.	Simon Evans	BOH	M60	10:51.2	490
6.	Michael Harvey	WAM	M55	12:55.5	356
7.	Geza Benke	OLM	M60	15:07.3	273
8.	Charmaine Smith	DAC	F45	15:11.4	231

Now I'll give a little plug at this stage to Marcus Wakim's coach **Adam Garganis**. If you've been following the newsletters this summer, you will have noted how 14 year old Marcus has improved in leaps and bounds and did yet another PB at Lakeside Stadium on Saturday. Adam, who represented Australia in the 2016 World Junior Championships and the 2016 and 2018 World Team Championships, is now trying his hand with coaching and is having some success with his small but growing stable. He has asked me to let everyone know that he is out there and available to help with training programs and coaching. You can contact Adam via email (garganis.adam@gmail.com) or via mobile phone (0428 075 282). And you can read about Adam's time as a walker at <http://www.vrwc.org.au/tim-archive/articles/vw-adam-garganis.pdf>. It's in need of an update but the basics are there.

SAMA TRACK WLAKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 24 MARCH 2021

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. It was the penultimate meet for the summer was held in pleasant warm conditions.

800m Walk

1.	LIZ DOWNS	05:20	W65	69.58%
1.	MARIE MAXTED	04:15	W60	82.96%
1.	DAVID ROBERTSON	07:03	M87	66.31%
1.	GEORGE WHITE	04:48	M75	81.10%
1.	GIL MCINTOSH	05:17	M70	69.07%
2.	JAMES HOARE	06:12	M74	61.88%
1.	JACK RUSSELL	04:12	M68	84.83%
2.	ROSS HILL-BROWN	05:45	M66	60.58%
1.	PETER CRUMP	04:30	M60	72.69%
1.	MARK WORTHING	03:53	M58	82.61%
2.	GREGORY METHA	04:09	M56	75.87%
1.	KIM MOTTROM	03:16	M36	81.82%

800m Club Walk

1.	LIZ NEUBAUER	06:06	W70	64.51%
1.	MALCOLM TIGGEMAN	05:43	M68	62.32%

5000m Walk

1.	MARIE MAXTED	32:44	W60	75.50%
1.	DAVID ROBERTSON	45:48	M87	70.77%
1.	GEORGE WHITE	31:28	M75	84.96%
2.	BILL STARR	41:13	M78	67.70%
1.	GIL MCINTOSH	34:31	M70	72.57%
2.	JAMES HOARE	40:04	M74	65.81%
1.	JACK RUSSELL	31:40	M68	77.22%
2.	ROSS HILL-BROWN	43:44	M66	54.64%
1.	PETER CRUMP	30:36	M60	73.31%
1.	MARK WORTHING	30:08	M58	73.02%
2.	GREGORY METHA	30:27	M56	70.93%

5000m Club Walk

1.	MARGARET MCINTOSH	42:07	W68	65.00%
1.	JOHANNA SALTIS	42:12	W59	57.90%
1.	BRIAN WITTY	34:36	M70	72.39%

AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, WEDNESDAY 24 MARCH 2021

There were only 2 walkers in action in Canberra last week, as their summer season comes to a close.

3000m Walk

1.	Toyne, Owen	14	Ginninderra	14:22.0
2.	Clarkson, Kodi	13	Ginninderra	14:32.0

TASMANIAN INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 27 MARCH 2021

Dave Moore reports from Tasmania: Fine conditions prevailed for the final Interclub of the season. **Elizabeth Leitch** capped off a fine season with a convincing win. Next to cross the line was youngster **Milah Hatten**, followed by **David Moore**, with **Wayne Fletcher** unfortunately incurring the wrath of the judges.

1500m Walk

1.	Elizabeth Leitch	TMA	9:47.34
2.	Milah Hatten	OVA	12:15.97
3.	Dave Moore	TMA	14:18.10
4.	Wayne Fletcher	NS	DQ

TRWC Winter Season Road Walks will kick off on Saturday 17th April at Wentworth Park (1PM start time).

ATHLETICS SA INTERCLUB, SALISBURY ATHLETICS TRACK, ADELAIDE, SATURDAY 27 MARCH 2021

To Adelaide for one final interclub meet for the South Australians. The meet was held at Salisbury where a new blue synthetic track was opened last week. It will be used next summer while the Mile End athletics track is resurfaced. Note that the 1500m field incomplete, with only one walker included in the official results

Open 5000k Walk

1.	Mathew Bruniges	M	23:30.06
2.	Nellie Langford	F	26:53.96
3.	Greg Metha	M	29:52.79
4.	Peter Crump	M	29:54.96
5.	James Hoard	M	40:48.56

Open 1500m Walk

1.	Daisy Braithwaite	F	7:15.48
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The SARWC Winter Season will kick off on Saturday 19th April. See their fixture at <https://www.racewalking.com.au/>.

NZ T&F CHAMPIONSHIPS, HAWKE'S BAY, NEW ZEALAND, 26-27 MARCH 2021

3000m and 10,000m track walks were on offer at the New Zealand T&F Championships last weekend. The 3000m walks were held on Day 1 (Friday 26th March) and saw wins to **Courtney Ruske** (14:28.74) and **Daniel Du Toit** (13:31.89). The 10,000m walks were held on Day 2 (Saturday 27th March) and saw wins to Courtney (52:27.35) and **Lucas Martin** (49:41.14)

3000m Walk Open

1.	Courtney Ruske	94	Canterbury	14:28.74
2.	Danielle Mclean	98	Wellington	18:01.38
3.	Sarah-Amy Rhind	94	Racewalking	19:33.05
	Jacqueline Wilson	46	Wellington	DQ

3000m Walk U20

1.	Antonia Martin	03	Auckland	16:37.19
1.	Daniel Du Toit	03	Wellington	13:31.89
2.	Jonah Cropp	05	Canterbury	13:47.64

10,000m Walk Open

1.	Courtney Ruske	94	Canterbury	52:27.35
2.	Danielle Mclean	98	Wellington	1:09:55.51
	Sarah-Amy Rhind	94	Racewalking	DNF
	Sean Lake	71	Wellington	DQ

10,000m Walk U20

1.	Antonia Martin	03	Auckland	1:01:01.76
1.	Lucas Martin	04	Manawatu Wanganu	49:41.14
	Daniel Du Toit	03	Wellington	DQ

BRITISH OLYMPIC RACEWALK TRIALS, KEW GARDENS, LONDON, FRIDAY 26 MARCH 2021

The British Olympic 20km Roadwalk and Marathon Trials were held last Friday at the Kew Gardens in London. Unfortunately, it all had to be held "behind closed doors", with each athlete permitted a 'plus one' to look after feeding etc. Feed tables were banned and each athlete had to be looked after by his/her helper. The walkers walked a short 90 metre first lap followed by 12 laps of just over a mile, with 5km, 10km and 15km markers to help them gauge their pace.

The event is well reported by Athletics Weekly – see <https://athleticsweekly.com/event-reports/callum-wilkinson-storms-to-olympic-trials-race-walks-victory-1039942787/>. Overall wins to **Callum Wilkinson** (1:22:47) and **Heather Lewis** (1:35:44).

20km Walk Men

1.	Callum Wilkinson	SEN	Enfield & Haringey/Leeds Beckett	1:22:47
2.	Tom Bosworth	SEN	Tonbridge/Leeds Beckett Uni	1:26:24
3.	Guy Thomas	SEN	Tonbridge	1:30:19
4.	Daniel King	V35	Colchester H	1:30:29
5.	Christopher Snook	U23	Aldershot, Farnham & District	1:33:54
6.	Luc Legon	SEN	Bexley/Cambridge H	1:37:01
	Tom Partington	U23	Manx	DNF
	Dominic King	V35	Colchester H	DQ

20km Walk Women

1.	Heather Lewis	SEN	Pembrokeshire	1:35:44
2.	Bethan Davies	SEN	Cardiff/Leeds Uni	1:37:04
3.	Erika Kelly	SEN	Northern (Isle of Man)	1:46:31
4.	Abigail Jennings	U23	Aldershot, Farnham & District	1:49:29
	Gemma Bridge	SEN	Oxford City	DQ

Thanks to Mark Easton for his wonderful photos, four of which are reproduced below. See the full gallery at <https://markeaston.zenfolio.com/p487541056>.



Callum Wilkinson, Tom Bosworth, Heather Lewis and Bethan Davies (all photos Mark Easton)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 8 press releases for us this week

- Wed 31 Mar - Marciadalmondo changes its focus for the coming year
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4033
- Sat 27 Mar = Rydian Cowley and Jemima Montag win 20km Australia and Oceania Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4032
- Sat 27 Mar - Antalya (TUR): Balkan Championships - Great results for Meryem Bekmez
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4030
- Fri 26 Mar - London (GBR): Callum Wilkinson wins in 1:22:47
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4029
- Fri 26 Mar - Jared Tallent announces his retirement
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4028
- Thu 25 Mar - Huangshan (CHN): The fastest 20km men in history
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4027
- Wed 24 Mar - Lutsk (UKR): Results of the Ukrainian Roadwalk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4026
- Tue 23 Mar - Columbia, South Carolina, USA: the Rams College Invitational

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4025

while Omarchador was busy with 12 press releases, including even more overseas results.

- Tue 30 Mar - Iván Garrido, Sara Pulido (20 km) and Bryan Lugo (35 km), win Colombian walk championships
<https://omarchador.blogspot.com/2021/03/ivan-garrido-sara-pulido-20-km-e-bryan.html>
- Mon 29 Mar - Portuguese National Club Championship walk results (Division 1 Group B)
<https://omarchador.blogspot.com/2021/03/grupo-b-da-i-divisao-pcob-com-vitorias.html>
- Sun 28 Mar - Jemima Montag and Rhydian Cowley win Australian/Oceania 20km titles
<https://omarchador.blogspot.com/2021/03/jemima-montag-e-rhydian-cowley-vencem.html>
- Sun 28 Mar - Sahin Senoduncu triumphs in the men's 20km at the Balkan Walk Championships
<https://omarchador.blogspot.com/2021/03/sahin-senoduncu-triunfa-nos-20-km.html>
- Sat 27 Mar - Meryem Mekmez breaks Turkish women's 20km record at the Balkan Championships
<https://omarchador.blogspot.com/2021/03/meryem-mekmez-bate-recorde-feminino.html>
- Sat 27 Mar - Spanish international Mar Juárez in evidence at the Walks GP meet in Gavà
<https://omarchador.blogspot.com/2021/03/mar-juarez-em-evidencia-no-gp-marcha.html>
- Sat 27 Mar - Jared Tallent announces his retirement
<https://omarchador.blogspot.com/2021/03/jared-tallent-anunciou-retirada.html>
- Fri 26 Mar - Happy birthday to Maria Alice Fernandes
<https://omarchador.blogspot.com/2021/03/no-aniversario-de-maria-alice-fernandes.html>
- Fri 26 Mar - Callum Wilkinson and Heather Lewis win British 20km walk trials
<https://omarchador.blogspot.com/2021/03/callum-wilkinson-e-heather-lewis-vencem.html>
- Thu 25 Mar - Results of the Bulgarian Walking Championships in Dobrich
<https://omarchador.blogspot.com/2021/03/campeonatos-de-marcha-da-bulgaria.html>
- Wed 24 Mar - Results of the 2021 Italian Masters Indoor Championships
<https://omarchador.blogspot.com/2021/03/campeonato-de-italia-master-2021-em.html>
- Tue 23 Mar - Anton Radko and Tamara Havrylyuk win Ukrainian 35km championships
<https://omarchador.blogspot.com/2021/03/anton-radko-e-tamara-havrylyuk-sagram.html>

OUT AND ABOUT

- English walker **Dominic King**, fresh from his wonderful Dudince 50km time of 3:51:13, is now keeping his fingers crossed re Olympic selection. See <https://athleticsweekly.com/athletics-news/king-of-the-50km-walk-prays-for-olympic-selection-1039942714/>.
- A great story (from 2017) on young Turkish walker **Meryem Bekmez** who dominated the junior races on the world stage over the last couple of years and who is now making her presence felt in the senior ranks. She recently set a new Turkish 10km Open Roadwalk record of 43:23 and this week she was the fastest woman in the Balkan 20km championships in a PB 1:28:48. Her potential was identified at a young age and she was quickly added to the Turkish national program, where she flourished. See <https://www.hurriyetdailynews.com/athletics-saved-turkish-girl-from-marriage-at-young-age-116290>. Interestingly, she comes from Antalya, the same area of Turkey where our two young VRWC speedsters Ela Uzun and Havana Ali have family ties.
- The achievements of Britain's cyclists continue to be viewed critically as the sport's national governing body, British Cycling, is under the spotlight once again for the wrong reasons. As a *Mail on Sunday* investigation reveals, in the years leading up to London 2012, British Cycling had been allowed by the UK Anti-Doping Agency (UKAD) to conduct their own secret internal doping probe. UKAD are supposed to be the independent overseers of clean sport in Britain, but their laissez-faire attitude in the years before the home Games has now led to them being the subject of a formal WADA investigation. See <https://www.dailymail.co.uk/news/article-9410529/How-drug-busters-allowed-British-Olympians-avoid-crucial-doping-probe.html>.
- Former ACT walker **Matt Griggs**, who won the 2016 Australian 50km Championship (4:36:14), was forced to retire from racewalking at the end of 2017, with some long term injury issues. He was not ready to hang up his runners at that time so decided to dip his toes into the world of ultra distance running. Last weekend in Canberra, he won the Sri Chinmoy 24 Hour Track Running Championship at the AIS Athletics Track in Canberra with a very impressive **244.087km**. This propels him right up the 24H ranking lists and almost certainly guarantees him selection in the Australian team to contest the next IAU 24 Hour World Championships. Well done Matt - great effort!



Matt Griggs winning the Australian 50km Championship in 2016 and winning the Sri Chinmoy 24 Hour Run in 2021

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.

Victorian Key Dates – Summer 2020/2021

Apr 12-19, 2021	Australian Athletics Championships	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	Australian Little Athletics Championships (CANCELLED)	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR (now postponed, date TBA)
June 6 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

May 16 (Sun), 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 (NOW POSTPONED TILL 2022)
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)
Nov 5-14, 2021	Pan Pacific Masters Games , Gold Coast, QLD (https://mastersgames.com.au/ppmg/)

Jan 2022	Oceania Masters Championships , Norfolk Island (CANCELLED)
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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