



HEEL AND TOE ONLINE

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

My Walker of the Week is VRWC member **Rhydian Cowley** who has been added to the Australian Olympic team to contest the 50km walk in Japan. He joins Jemima Montag and Dane Bird-Smith who have already been pre-selected for the 20km. Further 20km walk additions are likely to take place when the qualification period for that event finishes on 29th June. See the announcement at <https://www.athletics.com.au/news/marathoners-selected-for-tokyo-2020-australian-olympic-team/>. Well done Rhydian on your second Olympics. It is a just reward for all your hard work.

I thought the MorelandStar (<https://www.facebook.com/morelandstarnews/>) summed it all up nicely

LOCAL RESIDENT SELECTED FOR THE 2021 OLYMPICS



The Australian Olympic Committee announced yesterday that Fawkner resident Rhydian Cowley has been selected for the Tokyo 2021 Olympic Games in the 50km Racewalk.

If you walk along the Merri Creek trail, perhaps you've seen Rhydian as it's where he does a lot of his training – particularly during lockdown. In addition to sessions at the gym, he says he walks between 105 to 150 kms per week. 'Of course, training, preparing and trying to qualify for the Olympics during a pandemic has brought its own challenges,' he says. 'Last year, during hard lockdown, a lot of my training had to be done on a treadmill which wasn't ideal.' Even now, despite being selected, there is no guarantee he will make it to the start line. Athletes need to record 2 negative tests before arrival and will be tested daily for COVID once there. As the experience of the Australian skateboarding team has recently shown, if an athlete is a close contact of someone who tests positive they are immediately disqualified.

For Rhydian, representing Australia is not just about the sport: it's also about wanting to be a good role model. It's for this reason that he finds the time – despite working full-time and training to be an elite athlete – for involvement in a range of environmental and social justice groups. 'Sure, I want to get out there and compete,' he says, 'but I also want to be the best person I can be.' Rhydian is passionate about the environment and action on climate change, and is an ambassador for the Sports Environment Alliance,

EcoAthletes and High Impact Athletes. He's also an ambassador for the AIS Share a Yarn initiative, a program that aims to foster reconciliation outcomes for Aboriginal and Torres Strait Islander Peoples through sport. Locally, Rhydian is involved with the Fawknor Food Bowls community garden.

And how does he rate his chances in Tokyo? 'First and foremost I just want to get to the start line safely,' says Rhydian. 'I'm probably an underdog in terms of a medal, but I've put in the training and so I am excited to get out there and do my best.'

WHAT'S COMING UP

- Well, theoretically, Victoria's 2 week covid snap isolation may finish at midnight this coming Thursday. But we can't be sure of what follows. Will we be given the all clear to resume daily life or will be simply be let off the hook a little? Will Victorians be able to travel to Canberra this weekend for the annual **RWA Lake Burley Griffin / Stromlo Carnival**. There are lots of Victorian entrants and they are chaffing at the bit, but we won't know until we get up on Friday morning.

RWA Secretary Terry Swan advises that **full refunds will be available for those Victorians who can't make it to Canberra**, but we will hold off until after the LBG weekend, as some lucky Victorians are out of the state already so may get there.

- No races at Middle Park this week. For ongoing VRWC races, see our fixture at <http://www.vrwc.org.au/vrwcw21.shtml>
- Following on from the withdrawal of the Australian U20 team from the World Athletics U20 Championships in Kenya, the covid lockdown has dealt a further blow to Victorian U20 team members. They were supposed to be travelling to the Gold Coast for an Australian U20 training camp and then attending the Oceania Athletics Invitational Championships, wearing their Aust uniform for the first time. That did not happen!

Even worse, the Oceania U20 & Elite Invitational 10,000m walk which had been scheduled for the Gold Coast last Saturday 5th June could not go ahead as most of the start list was Victorian. That race has now been moved to Canberra and will be held at the AIS track on Saturday 12th June, the day before the LBG Carnival. If you are in Canberra for LBG, this race is a definite one to watch.

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 5 JUNE 2021

Thanks to Kim Mottrom for this week's results from South Australia. He commented: SA had their last race pre-Canberra today with PBs from **Sebastian Richards, Nellie Langford and Tarique Kamish**.

Open 12km Walk

1. Kim Mottrom 53:59

Open 8km Walk

1. Greg Metha 48:05
2. Bill Starr 1:04:06

Open 6km Walk

1. Nellie Langford 32:48
2. Cooper Rech 38:34

Open 4km Walk

1. Tristan Camilleri 18:54
2. Sebastian Richards 19:52
3. Tarique Kamish 29:33
4. Stephen Downs 31:01
5. Katie De Ruvo DNF

Open 2km Walk

1. Orlando Grantham 10:53
2. Zahra Kamish 13:53
3. Elizabeth Rieger 14:03
4. Liz Downs 14:46

Open 1km Walk

1. Alexander Richards 6:43
2. Liliana Templer 7:30
3. Maliha Kamish 8:41
4. Shadya Kamish 9:37

SAMA ROADWALKS, EAST PARKLANDS, ADELAIDE, SATURDAY 5 JUNE 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. Sealed Handicap events in cold and cloudy conditions.

10KM WALK

1. MARIE MAXTED	1:08:52	W60	73.40%
2. GIL MCINTOSH	1:10:24	M70	69.66%

10KM CLUB WALK

1. DAVID ROBERTSON	1:34:39	M85	64.06%
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5KM WALK

1.	GEORGE WHITE	34:09	M75	74.50%
2.	TREVOR BROWN	37:12	M70	65.97%
3.	HELEN SURIDGE	40:05	W70	67.33%
4.	JAN LAYNG	40:42	W70	67.95%
5.	VALMAI PADGET	42:42	W75	69.21%

5KM CLUB WALK

1.	MARGARET MCINTOSH	41:25	W65	64.87%
2.	ROGER LOWE	42:06	M75	62.80%
3.	CATHIE HORE	46:18	W70	58.29%
4.	HELEN BOWEN	47:31	W65	56.12%

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 5 JUNE 2021
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Thanks to Frank Overton for this week's results from NSW. He reports: The weather was fine, about 17°, so not too bad for walking. There were 33 competitors. PBs to **Elizabeth McMillan, Bridget Bell, Emma Blanch (8km), Chloe Krklinski, Brendan Pospischill, Ciaira Cassilles (6km)** and **Abbey Bektas**.

Long Division 8km Walk

1.	Jack McGinniskin	39:17
2.	Elizabeth McMillan	39:56
3.	Emma Blanch	42:27
4.	Bridget Bell	44:46
5.	Hannah Bolton	DNF

U14 2km Walk

1.	Thomas Varga-strike	10:37
2.	Evie Armstrong-reading	11:11
3.	Jaxson Horton	11:25
4.	Christopher Nikon	12:04

Medium Division 6km Walk

1.	Chloe Krklinski	34:08
2.	Brendan Pospischill	34:10
3.	Ciaira Cassilles	36:36

U12 1.5km Walk

1.	Mitchell McCarthy	8:03
2.	Sophie Polkinghorne	8:05
3.	Emma Van Der Meer	8:06
4.	Alex Braendle	8:21
5.	Emma Hoskins	8:24
6.	Erin Cassilles	8:33
7.	Alexia Mathieson	8:40
8.	Ashleigh Farrugia	9:24
9.	Lilly Twigden	9:52
10.	Michael Mathieson	10:27

Short Division 3km Walk

1.	Zsofia Varga-strike	19:16
2.	Isabelle Nilon	20:58
3.	Nicolle Challinor	22:47

U16 2km Walk

1.	Max Mathew	10:39
2.	Abbey Bektas	11:19
3.	Jersey Bektas	11:54
4.	Sudan Pospischill	12:46
5.	Amelia Crocker	15:22
6.	Sarah Challinor	16:15

U10 0.75m Walk

1.	Luca Barakat	6:50
2.	Zoe Zantiotis	6:51

TWRC ROADWALKS, SEVEN MILE BEACH, HOBART, SATURDAY 5 JUNE 2021

Thanks to Dave Moore for this week's results from Tasmania. He comments: Chilly and strong winds for our walk at Seven Mile Beach today. Good Walks from Lily Carr, Will Bottle and Samuel Lindsay.

1.7km Walk

1.	Lily Carr	LA	11:43
2.	Teresa Hatten	TMA	DNF

3.5km Walk

1.	Will Bottle	N'Sted.	17:45
2.	Wayne Fletcher	NS	34:39
3.	Dave Moore	TMA	37:24

5.3km Walk

1.	Samuel Lindsay	N'Sted.	29:35
2.	Ron Foster	TMA	41:28

QRWC ROADWALKS, AURORA PARK, NORTH LAKES, SUNDAY 6 JUNE 2021

Thanks to Robyn Wales for this week's results from Queensland. She reports: This is a new course on the north side of Brisbane that will be great to attract some of our members from the Sunshine Coast. Would you believe me if I say the weather is a bit chilly in the early mornings?

A Grade 10km Walk

1.	Ignacio Jimenez	M	54.51
2.	Argenis Guevara	M	58.39
3.	Jennifer Stuckey	F	1.06.50
4.	Jasmine-Rose McRoberts	F	1.11.19
5.	Peter Bennett	M	1.18.47
6.	Noela McKinven	F	1.24.25

B Grade 5km Walk

1.	Brenda Gannon	F	29.09
2.	Summer Millard	F	30.04
3.	Korey Brady	F	34.04

C Grade 3km Walk

1.	Kai Dale	M	17.32
2.	Skye Presland	F	19.01
3.	Phoebe Chadwick	F	20.19

D Grade 2km Walk

1.	Siaan Fisher	F	13.14
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E Grade 1km Walk

1.	Olivia Rutten	F	6.02
2.	Hunter Sibenaler	M	6.27
3.	Brock Miller	M	6.29
4.	Tully Fisher	F	8.04

F Grade 0.5km Walk

1.	Kiara Waterman	F	2.49
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WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 6 JUNE 2021

Thanks to Terry Jones for this week's results from Western Australia.

12km Walk

1.	Andrew Duncan	1:04:47
2.	Karen Tolardo	1:19:35
3.	Wendy Farrow	1:22:46

1.5km Walk

1.	Bailey Keaton	8.26
2.	Lataya Lawrence	9.06
3.	Luke Lawrence	9.31
4.	Linkin Lawrence	10.26

4km Walk

1.	Ben Reid	21.38
2.	Ahlyn Spence	23.02
3.	Kaytee Bogaers	24.01
4.	John McDonagh	28.38
5.	Shandel Coleman	29.13
6.	Glenys Duncan	36.51

2021 GRAN PREMIO INTERNACIONAL DE MARCHA CANTONES DE A CORUÑA, SPAIN, SATURDAY 5 JUNE 2020

Last Saturday saw the Spanish leg of this year's World Athletics Race Walking Challenge - the Gran Premio Cantones de La Coruna. The races were held on a flat and fast 1km circuit and saw many of the top racewalkers in action. My reports on the two 20km races is taken from the World Athletics report by Emeterio Valiente (<https://www.worldathletics.org/competitions/world-athletics-challenge-race-walking/news/la-coruna-2021-garcia-arenas>).



The men's race gets underway – what a wonderful sight!

20km Women

The women's race opened at a moderate pace, the first 2km being covered in 8:55 with 12 athletes in the leading group. Ecuador's **Glenda Morejon** and **Karla Jaramillo**, plus Brazil's **Erica Sena**, took charge of the race in those early stages. The pace increased in the following kilometres and by the 5km checkpoint (22:13) the leading group had whittled down to five members – Morejon, Sena, Arenas and the Mexican duo of **Ilse Guerrero** and the 2018 world 10,000m U20 champion **Alegna Gonzalez**.

Despite having performed barely one week before at the South American Championships where they took gold and silver, Morejon and Sena were in charge of the pacing duties to reach halfway in 44:20, only followed by Arenas and Gonzalez as Guerrero lost ground in the previous lap. It was at that point that the 2017 winner Sena injected a brisker pace and only Arenas could live with her change of speed. The 36-year-old Brazilian clocked 4:18 for the 11th lap in the company of Arenas, while Morejon and Gonzalez walked six seconds behind. One kilometre later it became clear that the world U20 record-holder and defending champion Morejon wouldn't make the podium, likely hampered by her recent effort in Guayaquil, as she lost 13 seconds in fourth.

Sena and Arenas, who just missed the medals at the World Athletics Championships in Doha, being fourth and fifth respectively, fought fiercely in the lead with the former always dictating the pace and Arenas tucked in behind her. By the 15km point reached in 1:06:12, Sena had managed to build a two-second advantage over Arenas, herself 16 seconds ahead of Morejon and 23 clear of Gonzalez. The key movement came 1:12 into the race with 3600m remaining, when Arenas broke away easily from her rival to reach the 17th kilometre eight seconds ahead of the Brazilian. By the bell the 27-year-old Arenas had built a solid 21 seconds lead, while Sena still had 16 seconds over Gonzalez. While the Colombian crossed the finish line in 1:28:23, her third quickest ever time, a fading Rocha was finally overtaken by the Mexican who managed a huge lifetime best of 1:28:39 (previously 1:30:08) with Sena in third four seconds behind Gonzalez. Ranked sixth in the world before this event, the winner is coached by Marcelino Pastrana and had finished ninth in La Coruna in 2014 before a DNF in 2018, so Saturday's result was third time lucky for Arenas.

1.	Sandra Lorena Arenas	COL	1:28:24
2.	Alegna Gonzalez	MEX	1:28:40
3.	Erica Rocha De Sena	BRA	1:28:44
4.	Glenda Estefanía Morejon Quiñonez	ECU	1:29:50
5.	Noelia Vargas Mena	COS	1:30:44
6.	Mariavittoria Becchetti	ITA	1:32:03
7.	Kimberly Garcia	PRU	1:32:13
8.	Nicole Colombi	ITA	1:32:26
9.	Magaly Bonilla	ECU	1:32:34
10.	Ilse Guerrero	MEX	1:33:07
11.	Mar Juarez Gallardo	ESP	1:33:18
12.	Clemencè Beretta	FRA	1:33:39
13.	Evelyn Inga	PRU	1:33:43
14.	Alana Barber	NZL	1:33:49
15.	Éloïse Terrec	FRA	1:34:06
16.	Mayra Carolina Herrera Perez	GUA	1:34:40
17.	Sofia Elisabeth Ramos Rodríguez	MEX	1:34:45
18.	Ines Henriques	POR	1:34:50
19.	Diana Estefania Miranda Aragón	MEX	1:35:42
20.	Heather Lewis	GBR	1:35:48
21.	Dalia Oliveras	OMA	1:36:25
22.	Valeria Ortuño	MEX	1:36:28
23.	Lidia Barcelá	ITA	1:36:43
24.	Carolina Costa	POR	1:37:07
25.	Siu Nga Ching	HKG	1:37:09
26.	Eleonora Domenici	ITA	1:37:32
27.	Karla Johan Jaramillo	ECU	1:37:48
28.	Alejandra Ortega Solis	MEX	1:37:59
29.	Gabriela Gissel González Huchin	MEX	1:38:00
30.	Federica Curiazzi	ITA	1:38:31
31.	Masumi Fuchise	JPN	1:39:05
32.	Bethan Davies	GBR	1:39:23
33.	Carmen Escariz Mella	ESP	1:39:36
34.	Vittoria Giordani	ITA	1:39:39
35.	Vivian Lizbeth Castillo Villameres	MEX	1:40:10
36.	Johana Edelmira Ordoñez Lucero	ECU	1:41:08
37.	Nadia Lizeth Gonzalez	MEX	1:41:10
38.	Joana Pontes	POR	1:41:48
39.	Maritza Rafaela Poncio Tzul	GUA	1:41:51
40.	Rebeca Pamela Enriquez Pigeon	MEX	1:43:08
41.	Maidy Emileny Monge Perez	GUA	1:43:23
42.	Yadira Noemi Franco Perez	MEX	1:44:46
43.	Irene Montejo Garcés De Marcilla	ESP	1:46:36
44.	Beatrice Foresti	ITA	1:46:54
45.	Nathalia Prieto Mendoza	MEX	1:50:15

46.	Sofia Rodriguez Hernandez	ESP	1:55:38
	Laura García-Caro	ESP	DNF
	Raquel Gonzalez Campos	ESP	DNF
	Julia Takacs Nyerges	ESP	DNF
	Josephine Alisa Grandi	GER	DNF

20km Men

The men's event started quite slowly, the opening km being covered in 4:17 with Spain's **Ivan Pajuelo** in the lead. The pace increased slightly over the following laps thanks to Ecuador's **Mauricio Arteaga** who led at 4:05/km pace. By the 5km point the Ecuadorian led in 20:31, five seconds ahead of Mexico's **Jesus Vega** and Germany's **Hagen Pohle**. At that early stage, the main favourites in the guise of Sweden's **Perseus Karlstrom** and Spain's **Alvaro Martin** and **Diego Garcia** did not feature in the top 10.

By halfway, which was crossed in 40:46, 23 walkers still remained in the lead group led by Vega and Martin. Britain's **Tom Bosworth** led the then fastest lap in the 11th circuit with a 4:02 split, then Germany's **Christopher Linke** took command and stepped up the pace to clock a brisk 3:56 in the 13th kilometre for an overall 52:45 time, as 14 walkers featured in the leading pack.

The clock read 1:00:44 with five laps remaining and the group was led by Ecuador's **Andres Chocho**, despite him having performed and won at the South American Championships only six days before in Guayaquil. A frantic 3:50 16th kilometre by Karlstrom reduced the lead group to just three – the PODEBRADY podium with the Swedish ace, Martin and Garcia. After another relentless lap timed at 3:49, Garcia moved to the front with Martin and Karlstrom right behind him. With some 1750m left, the 25-year-old Garcia changed his speed to leave Martin behind and the race became a two-horse battle between the Swedish athlete and Garcia.

Midway through the closing lap, the Spaniard found another gear, much to the delight of the home crowd. He managed to build a sizeable gap on the powerful Karlstrom, who had defeated him twice this year. A more than joyful Garcia romped home in 1:19:37 after a 3:42 final lap, while Karlstrom had to settle for the runner-up spot – as was the case in 2017 – seven seconds adrift, with Martin completing a classy podium in 1:19:59.

"I'm over the moon as Cantones is the best race walking permit in the world," said Garcia. "My name will now be among the winners here, that's a dream come true. "Until the last part of the event, there were a lot of walkers in the heading group, it made me uneasy as all of them were dangerous rivals but it was a relief when only Karlstrom and Martin remained with me. At that point I was not sure if I would win but the support from the local crowd was key as I found the extra energy I needed to leave them behind. It's true that the Asian walkers have not come this year to compete but anyway today's win is an enormous morale booster ahead of the Tokyo Olympics."

1.	Diego Garcia Carrera	ESP	1:19:37
2.	Perseus Karlstrom	SWE	1:19:44
3.	Alvaro Martín Uriol	ESP	1:19:59
4.	Brian Daniel Pintado	ECU	1:20:15
5.	Andrés Eduardo Olivas Nuñez	MEX	1:20:24
6.	Callum Wilkinson	GBR	1:20:32
7.	Jesús Tadeo Vega	MEX	1:20:32
8.	Jose Oswaldo Calel Sis	GUA	1:20:35
9.	David Hurtado	ECU	1:20:37
10.	Jordy Jiménez Arrobo	ECU	1:20:47
11.	Christopher Linke	GER	1:20:51
12.	Leo Köpp	GER	1:21:16
13.	Ricardo Ortiz	MEX	1:21:17
14.	Tom Bosworth	GBR	1:21:37
15.	Joao Vieira	POR	1:21:40
16.	Iván López Perez	ESP	1:21:41
17.	Julio César Salazar Enríquez	MEX	1:21:51
18.	José Eduardo Ortiz Flores	GUA	1:21:53
19.	Hagen Pohle	GER	1:21:58
20.	Stefano Chiesa	ITA	1:22:21
21.	Manuel Bermudez Jimenez	ESP	1:22:27
22.	José Luis Doctor Morales	MEX	1:22:28
23.	Andrés Chocho	ECU	1:22:36
24.	Cesar Rodriguez	PRU	1:22:47
25.	Teodorio Caporaso	ITA	1:22:48
26.	Noel Ali Chama Almazan	MEX	1:23:10
27.	Brandon Bernardo Segura Zepeda	MEX	1:23:18
28.	Ever Jair Palma Olivares	MEX	1:23:24
29.	Giacomo Brandi	ITA	1:23:35
30.	José Manuel Perez Rubio	ESP	1:23:53
31.	Álvaro López Nuñez	ESP	1:23:53
32.	Leonardo Dei Tos	ITA	1:23:54
33.	Isaac Palma	MEX	1:23:57
34.	Daniel Chamosa Dacasa	ESP	1:24:15

35. Jesús Osvaldo Calderón Gómez	MEX	1:24:21
36. Luis Manuel Corchete Martínez	ESP	1:24:23
37. Mauricio José Arteaga Sánchez	ECU	1:24:24
38. Jefferson Segura Cedepa	MEX	1:24:31
39. Luis Henry Campos	PRU	1:24:32
40. José María Raymundo Cox	GUA	1:24:33
41. Karl Junghanns	GER	1:24:48
42. Saúl Mena Gómez	MEX	1:24:57
43. Marc Tur Picó	ESP	1:25:14
44. Miroslav Uradnik	SVK	1:25:15
45. Aldo Andrei	ITA	1:25:23
46. Juriy Micheletti	ITA	1:25:29
47. Alex Wright	IRL	1:25:45
48. Horacio Nava Reza	MEX	1:25:58
49. José Ignacio Díaz Velazquez	ESP	1:26:19
50. Uriel Bernardo Barrondo Garcia	GUA	1:26:21
51. Cameron Corbishley	GBR	1:26:37
52. Pedro Conesa Cerón	ESP	1:26:44
53. Manuel Ángel Lopez Karass	MEX	1:27:04
54. Jorge Alejandro Martínez Báez	MEX	1:28:40
55. Virgilio Galindo Aguilar	MEX	1:29:29
56. Eloy Hornero Gallent	ESP	1:29:36
57. Isaac Vazquez Ferreyra	MEX	1:30:44
58. Ismael Bernal	MEX	1:31:34
59. Paulo Martins	POR	1:32:07
60. Marc Guerrero Plaza	ESP	1:32:33
61. David Cristian Berdeja Villavicencio	MEX	1:34:38
62. José Rafael Lopez Mendoza	MEX	1:38:24
Jakob Schmidt	GER	DNF
Johannes Frenzl	GER	DNF
Daniel Ballesteros Goñi	ESP	DNF
Iván Pajuelo Paredes	ESP	DNF
José Mestre Martín	ESP	DNF
Kevin Champion	FRA	DNF
Aurelien Quinion	FRA	DNF
José Alejandro Barrondo	GUA	DNF
David Kenny	IRL	DNF
Gianluca Picchiottino	ITA	DNF
Carlos Sánchez Cantera	MEX	DNF
Håvard Haukenes	NOR	DNF
Ruben SANTOS	POR	DNF
Sergio Daniel Sacul Caal	GUA	DQ



*Left: Perseus Karlstrom was beaten on this occasion but had another fantastic race nonetheless
Right: The women's podium*



Winners Sandra Arenas and Diego Garcia (photo <https://www.lavozdegalicia.es/>)

Special mention to 15th placed Joao Vieira with his time of 1:21:40. This is wonderful walking for a 45 year old and actually set new M45 standards for both the 10km (40:51) and 20km (1:21:40). Thanks to Emmanuel Tardi for this update on the M45 rankings for those two distances. Amazing stuff!

1.	Joao VIEIRA	POR	40.51	20.02.76	La Coruna	05.06.21
2.	Willy SAWALL	AUS	41.48	07.11.41	Canberra	27.08.88
3.	Bo GUSTAFSSON	SUE	42.08.54	12.08.54	Helsinki	02.09.00
4.	Jesus Angel GARCIA	ESP	42.20	17.10.69	Viladecans	24.01.16
5.	Miguel Angel PRIETO	ESP	42.53.67	20.09.64	Asco	11.12.11
6.	Alex FLORES STUDER	SUI	42.58.0	11.05.71	Podebrady	21.05.17
7.	Adolfs LIEPASKALNS	URS	43:10.6	15.07.10	Riga	04.10.59
1.	Joao VIEIRA	POR	1h21.40	20.02.76	La Coruna	05.06.21
2.	David Kimutai ROTICH	KEN	1h24.41	19.08.69	Nairobi	01.08.15
3.	Willy SAWALL	AUS	1h25.02	07.11.41	Canberra	27.08.88
4.	Endre ANDRASFAY	HON	1h27.03	15.03.44	Bekescsaba	09.04.89
5.	Jorge COSTA	POR	1h27.14.7	20.03.61	Rio Maior	25.04.07
6.	Alex FLORES STUDER	SUI	1h27.35	11.05.71	Podebrady	21.03.17
7.	Jesus Angel GARCIA	ESP	1h27.57	17.10.69	Castellon	18.03.18

Of course, Vieira is no mug, having won silver in the 2019 World Athletics 50km championship in Doha. Like Jusus Garcia, he has had a long and wonderful career.



Joao Vieira holds out Evan Dunfee of Canada to take silver in the 2019 World Championships 50km in Doha

CHAMPIONNAT REGIONAL 10KM & 20KM MARCHE, LYON, FRANCE, SUNDAY 6 JUNE 2021

Emmanuel Tardi was in Lyon for last Sunday for some regional roadwalk championships, with the races held on the same road course where the 2015 World Masters Championship had taken place. It was the first road event in France since October! The lap was a 1km out and back (500m each way), with large large turning points. The 20km (the main event) started at 9:30AM and the 10km (the ancillary event) started at 10AM under cloudy skies.

Philippe Bonneau started fast in the 20km (first 10km in 49:44), hoping to beat his French M55 record of 1:40:43. Alas, he received 3 red cards and had to spend 2 minutes in the penalty area. After this, he slowed, ceding the win to **Thomas Gloaguen** with 1:43:54.

A huge pack of 43 walkers toed the start line for the 10km event, with everybody happy to be there after such a long absence. **Come Martin** (44:51) won the race after a battle with **Ellis Batifol** (45:31). **Franck Delree** (French Team 1995 to 2008) finished 3rd with 46:43. In the women's event, the two Bourgoin Jallieu girls walked together for the first half of the race before **Emilie Laurens** cleared out to win with 51:07. Oh yes, Emmanuel also had a walk in the 10km - well done mate!

20km Walk

1.	GLOAGUEN Thomas	SEM/96	Aix Athle Provence	1:43:54
2.	BONNEAU Philippe	MAM/65	Antony Athletisme	1:44:36
3.	SEFFARI Abdelaziz	MAM/58	Afa Feyzin-venissieux	2:11:32
	BRUNET Elisabeth	MAF/86	Tarbes Pyrenees Athletisme	DNF

10km Walk Men

1.	MARTIN Come	SEM/95	Annecy Haute Savoie	44:51
2.	BATIFOL Ellis	JUM/03	Bagnols Marcoule Athletisme	45:31
3.	DELREE Franck	MAM/78	Sa Autun	46:43
4.	GARREAU Faustin	JUM/03	Afa Feyzin-venissieux	48:36
5.	LE MONTAGNER Mathieu	MAM/85	Sa Autun	49:36
6.	LATELLA Didier	MAM/68	Grenoble Uc	50:16
7.	DE BONTIN Vincent	SEM/88	Sa Autun	51:01
8.	LACOUR Leon	JUM/02	Asvel Villeurbanne	53:10
9.	FOUGERON Pierre-alexandr	JUM/03	Us Berry Athletisme	55:08
10.	ROBIN-BROSSE Patrick	MAM/69	Cs Bourgoin-jallieu	58:13
11.	BONVARLET Patrick	MAM/60	Afa Feyzin-venissieux	58:40
12.	BRIERE Regis	MAM/68	Ac Pontarlier	1:03:09
13.	GENESTE Jean-louis	MAM/66	Rc Vichy	1:06:21
14.	FLAMANT Claude	MAM/49	Cuc Athletisme	1:07:14
15.	CARRIER Jean-claude	MAM/53	Athle Calade Val De Saone	1:07:22
16.	VIVIER Pascal	MAM/62	Ea Bourg en Bresse	1:12:35
17.	JEAN-BAPTISTE Fabrice	MAM/82	Ea Bourg en Bresse	1:13:31
18.	JORDANA Alexis	MAM/37	Blagnac Sc	1:14:17
19.	BROT Daniel (Suisse)	MAM/53	Cm Yverdon	1:18:21
20.	TARDI Emmanuel	MAM/67	La Postillonne Longjumeau	1:18:44
	SIEGENFUHR Daniel	MAM/50	Es Thaon	DNF

10km Walk Women

1.	LAURENS Emilie	JUF/03	Cs Bourgoin-jallieu	51:07
2.	MOLIST Lucille	ESF/01	Cs Bourgoin-jallieu	52:39
3.	VIDALINC Celia	SEF/96	Stade Clermontois	52:44
4.	MASSON Liv	JUF/03	As Aix les bains	52:48
5.	MAZZOLA Eva	SEF/92	Asvel Villeurbanne	53:15
6.	SERVE Margot	SEF/97	Asvel Villeurbanne	54:45
7.	SINA Laurence	MAF/69	Pierre Benite Athletisme	56:07
8.	VAROQUIER Elodie	MAF/83	Cs Bourgoin-jallieu	1:00:06
9.	CHAVE Maryse	MAF/59	Coquelicot 42	1:01:59
10.	INTILLA Nicole	MAF/84	Acs Monistrol	1:02:30
11.	AL FAHEL Yasmina	MAF/62	Athletic Club Salonais	1:03:24
12.	BRIERE Dora (Sui)	MAF/59	Cm Cour Lausanne	1:03:51
13.	LOSEILLE Elise	JUF/02	Ca Perigueux	1:04:24
14.	REGNIER Sylvie	MAF/62	Ea Bourg en Bresse	1:05:08
15.	HON Marie-helene	MAF/68	Ca Moirans	1:05:58
16.	DEBERNARD Chantal	MAF/53	Al Voiron	1:08:24
17.	GRIZOU-VICARIO Dominique	MAF/71	Afa Feyzin-venissieux	1:09:20
18.	KRZEPISZ Helene	MAF/76	Coquelicot 42	1:09:24
19.	SIEGENFUHR Yvette	MAF/54	Es Thaon	1:10:57
20.	BOUCHAMA Yamina	MAF/62	Coquelicot 42	1:16:37
21.	LOYER Suzanne	MAF/47	Stade Clermontois	1:24:19
	BONVARLET Liliane	MAF/53	Afa Feyzin-venissieux	DNF



Lucile Molist, Celia Vidalinc, Emilie Laurens, Thomas Gloaguen, Ellis Batifol and Come Martin (photos Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 7 reports of interest to us this week, with championship results from Spain, Turkey, Ukraine and Poland. What a feast of racing!

- Tue 8 Jun - Bursa (TUR): results of the Turkish national track Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4108
- Mon 7 Jun - Sumy (UKR): Lyudmyla Olyanovska and Nazar Kovalenko win the 20km Ukrainian Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4107
- Mon 8 Jun - Siedlce (POL): Katarzyna Zdziebło and Łukasz Niedziałek win the 20km championships in Poland
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4106
- Sat 5 Jun - XXXIV Cantones de La Coruña Sergio Vazquez: Victories of Sandra Lorena Arenas and Diego García
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4105
- Thu 3 Jun - An eighth Olympiad for Jesús Ángel García Bragado
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4104
- Wed 2 Jun - Road to Olympic Games 2020: 50km race walk
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4103
- Wed 2 Jun - Volodymir Golubnichiy celebrates his 85th birthday
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4102

Omarchador was also busy, with 10 press releases, including more results – from Finland, Uzbekistan, Ukraine, the Slovak Republic and Portugal.

- Mon 7 Jun - VIRTUS Athletics World Championship in Bydgoszcz, from today to Sunday
<https://omarchador.blogspot.com/2021/06/mundial-de-atletismo-virtus-em.html>
- Mon 7 Jun - Kovalenko and Olyanovska win Ukrainian 20 km championships in Sumy
<https://omarchador.blogspot.com/2021/06/kovalenko-e-olyanovska-vencem.html>
- Sun 6 Jun - Finland Road Walk Championships in Urjala (results)
<https://omarchador.blogspot.com/2021/06/campeonatos-de-marcha-em-estrada-da.html>
- Sun 6 Jun - Diego García victorious in the Cantones de A Coruña 2021
<https://omarchador.blogspot.com/2021/06/diego-garcia-victorioso-no-cantones-de.html>
- Sun 6 Jun - Sandra Arenas wins Cantones de A Coruña 2021
<https://omarchador.blogspot.com/2021/06/sandra-arenas-vence-cantones-de-coruna.html>

- Sat 5 Jun - Murod Bobonazarov and Diana Yafasova, track champions from Uzbekistan <https://omarchador.blogspot.com/2021/06/murod-bobonazarov-e-diana-yafasova.html>
- Sat 5 Jun -Eduard Zabuzhenko in the spotlight at the Ukrainian University Championships <https://omarchador.blogspot.com/2021/06/eduard-zabuzhenko-em-evidencia-nas.html>
- Fri 4 Jun - Cerný and Madarász win walks at PTS Meeting in Šamorín, Slovak Republic <https://omarchador.blogspot.com/2021/06/cerny-e-madarasz-vencem-marcha-no.html>
- Wed 2 Jun - Regional Marcha de Setúbal, Lisbon and Santarém, in Seixal, Portugal <https://omarchador.blogspot.com/2021/06/regionais-de-marcha-de-setubal-lisboa-e.html>
- Tue 2 Jun - Marius Žiukas and Brigita Virbalyte win walks in the 2021 Lithuanian Cup <https://omarchador.blogspot.com/2021/06/marius-ziukas-e-brigita-virbalyte.html>

OUT AND ABOUT

- Few elite athletes can choose when and how to retire, but, on August 6, **Jesús Ángel García Bragado** will wear the last race bib of his professional career. It will be in the Tokyo Olympic 50km. His international career started at the 1992 Barcelona Games when he was only 21 years old. Now, at 51 years of age, he has amassed a lot of records: more Olympic Games, more participations in World Athletics and European championships than any other man. Read more at <https://www.rtve.es/deportes/20210606/bragado-marchador-espanol-51-anos-afronta-octavos-jjoo/2098227.shtml>.
- Athletics Australia and Coles Little Athletics Australia have announced they will host a joint 2021 Australian Cross Country Championships. The Australian Cross Country Championships will be held this year on Saturday 21 and Sunday 22 August in Adelaide, with 2500 athletes set to compete for national titles across 10 age groups including Masters Athletics. I have also noted joint State based championships being run in NSW and WA. It's an exciting initiative. See <https://www.athletics.com.au/news/integrated-australian-cross-country-championships/>.

And now onto the topic that keeps us all interested – the Tokyo Olympics.

- About 10,000 volunteers for the upcoming Tokyo Olympics and Paralympics have quit. “There is no doubt that one of the reasons is the concern over coronavirus infections,” organising committee chief executive Toshiro Muto told reporters in Tokyo on Wednesday after first reports on the issue by broadcasters NHK. Volunteers, who make up the largest group of participants, don't know whether they will be tested, let alone vaccinated against the coronavirus. See <https://thenewdaily.com.au/news/2021/06/03/tokyo-olympics-volunteers-quit-coronavirus/>.
- To zoom in on one particular event, the Yamanashi Prefecture in which the cycling road races are due to take place during the re-arranged Tokyo 2020 Olympics has reported that more than half of the 163 volunteers originally recruited for the event have declined to take up their duties. See <https://www.insidethegames.biz/articles/1108743/road-cycling-tokyo-2020-volunteers>.
- It may be too little, too late. That's the realization sinking in as Japan scrambles to catch up on a frustratingly slow vaccination drive less than two months before the Summer Olympics, delayed by a year because of the coronavirus pandemic, are scheduled to start. The Olympics risk becoming an incubator for “a Tokyo variant,” as 15,000 foreign athletes and tens of thousands officials, sponsors and journalists from about 200 countries descend on — and potentially mix with — a largely unvaccinated Japanese population, said Dr. Naoto Ueyama, a physician, head of the Japan Doctors Union. See <https://abcnews.go.com/Sports/wireStory/japans-vaccine-push-ahead-olympics-late-78015553>.
- One of Japan's best-known Olympians and an executive member of the Japanese Olympic Committee says Tokyo has been "cornered" into holding the Olympics during the COVID-19 pandemic. In an outspoken editorial published Friday, Kaori Yamaguchi said the IOC, the government and local organizers are ignoring widespread opposition to the Olympics from the Japanese public. Depending on how the question is phrased in different polls, between 50-80% of Japanese oppose holding the Olympics. "We have been cornered into a situation where we cannot even stop now. We are damned if we do, and damned if we do not," Yamaguchi wrote in an editorial published by Japan's Kyodo news agency. "The IOC also seems to think that public opinion in Japan is not important." See https://www.espn.com/olympics/story/_/id/31563855/olympian-yamaguchi-says-japan-cornered-holding-games.

And finally, a truly depressing article

- World Athletics has approved the application of a further 35 Russians to compete internationally in 2021 as neutral athletes while the Russian national federation (RusAF) remains suspended. That takes the total to 62. That's a shame! Thank goodness only a maximum of 10 can compete in the Olympics but that's 10 too many in my opinion. They have had all this time while banned to train without full scrutiny. Do we really believe that they are now suddenly clean athletes? See http://aroundtherings.com/site/A_103656/Title_World-Athletics-approves-the-application-of-35-Russians-to-compete-internationally-as-neutral-athletes/292/Articles.

DOING THE NUMBERS FOR THE OLYMPIC 50KM WALK

As discussed in my Walker of the Week, 30 year old Melbourne walker **Rhydian Cowley** has been announced in the Australian team which will contest the 2021 Olympic Games 50km race in Sapporo, Japan. This was expected, as his recent performances ranked him in the top 60 (3 per country) in the world, once the 50km qualification period finished on 31st May.

Olympic selection is a two phase process. The IOC has set very tough automatic qualification standards (1:21:00 for the men's 20km, 1:31:00 for the women's 20km and 3:50:00 for the men's 50km). Anyone who equals or betters these standards is granted automatic entry, based on a maximum of 3 per country and based on a maximum field size of 60. Then a roll down process occurs, based on the IAAF Points accumulated by walkers whose 50km time is outside 3:50:00. Invitations are extended down to the 60th ranked walker.

Taking the men's 50km as an example, a total of 38 walkers (based on 3 per country) bettered the Olympic entry standard, These are all automatic. Invitations are then issued to the next ranked 22 walkers, Rhydian included. In fact, Rhydian came in at number 39, the highest ranked of the rolldown invitations. Obviously, Australia chose to take up the offer! Note New Zealand's **Quentin Rew** (also Melbourne based) is also on the list, sitting in position 36. And so is Portugal's 45 year old marvel **João Vieira**, in position 13.

Here is the top 60 list as per <https://www.worldathletics.org/stats-zone/road-to/7132391?eventId=10229628>.

QP	CP	Nat	Athlete	Status	Details
1	1	JPN	Masatora KAWANO	Qualified by Entry Standard	3:36:45 - Takahata (JPN) - 27 OCT 2019
2	2	JPN	Satoshi MARUO	Qualified by Entry Standard	3:37:39 - Takahata (JPN) - 27 OCT 2019
3	1	FRA	Yohann DINIZ	Qualified by Entry Standard	3:37:43 - Alytus (LTU) - 19 MAY 2019
4	1	CHN	Qin WANG	Qualified by Entry Standard	3:38:02 - Huangshan (CHN) - 09 MAR 2019
5	3	JPN	Yusuke SUZUKI	Qualified by Entry Standard	3:39:07 - Wajima (JPN) - 14 APR 2019
6	2	CHN	Wenbin NIU	Qualified by Entry Standard	3:41:04 - Huangshan (CHN) - 09 MAR 2019
7	3	CHN	Yadong LUO	Qualified by Entry Standard	3:41:15 - Huangshan (CHN) - 09 MAR 2019
7	1	SVK	Matej TÓTH	Qualified by Entry Standard	3:41:15 - Dudince (SVK) - 24 OCT 2020
9	1	NOR	Håvard HAUKENES	Qualified by Entry Standard	3:42:50 - Dudince (SVK) - 23 MAR 2019
10	1	GER	Jonathan HILBERT	Qualified by Entry Standard	3:43:44 - Frankfurt (GER) - 10 APR 2021
11	1	BLR	Dzmitry DZIUBIN	Qualified by Entry Standard	3:45:51 - Alytus (LTU) - 19 MAY 2019
12	1	UKR	Maryan ZAKALNYTSKYI	Qualified by Entry Standard	3:46:28 - Antalya (TUR) - 06 MAR 2021
13	1	POR	João VIEIRA	Qualified by Entry Standard	3:46:38 - Alytus (LTU) - 19 MAY 2019
14	1	POL	Artur BRZOZOWSKI	Qualified by Entry Standard	3:46:42 - Alytus (LTU) - 19 MAY 2019
15	1	FIN	Veli-Matti PARTANEN	Qualified by Entry Standard	3:46:54 - Dudince (SVK) - 23 MAR 2019
16	1	GUA	Bernardo Uriel BARRONDO	Qualified by Entry Standard	3:47:01 - Dudince (SVK) - 20 MAR 2021
17	2	POL	Rafal AUGUSTYN	Qualified by Entry Standard	3:47:04 - Dudince (SVK) - 23 MAR 2019
18	1	ESP	Marc TUR	Qualified by Entry Standard	3:47:40 - Podebrady (CZE) - 16 MAY 2021
19	1	ECU	Claudio VILLANUEVA FLORES	Qualified by Entry Standard	3:47:56 - Sevilla (ESP) - 14 FEB 2021
20	1	IRL	Brendan BOYCE	Qualified by Entry Standard	3:48:13 - Alytus (LTU) - 19 MAY 2019
21	1	LTU	Artur MASTIANICA	Qualified by Entry Standard	3:48:24 - Dudince (SVK) - 20 MAR 2021
22	1	ITA	Stefano CHIESA	Qualified by Entry Standard	3:48:25 - Tilburg (NED) - 06 OCT 2019
22	2	FIN	Aleks OJALA	Qualified by Entry Standard	3:48:25 - Podebrady (CZE) - 16 MAY 2021
24	2	UKR	Ivan BANZERUK	Qualified by Entry Standard	3:48:40 - Alytus (LTU) - 19 MAY 2019
25	2	GER	Nathaniel SEILER	Qualified by Entry Standard	3:48:44 - Frankfurt (GER) - 10 APR 2021
26	1	CAN	Evan DUNFEE	Qualified by Entry Standard	3:48:54 - Wajima (JPN) - 14 APR 2019
26	3	GER	Carl DOHMANN	Qualified by Entry Standard	3:48:54 - Frankfurt (GER) - 10 APR 2021
28	2	GUA	Luis Angel SANCHEZ	Qualified by Entry Standard	3:48:56 - Dudince (SVK) - 20 MAR 2021
29	2	ECU	Andrés CHOCHO	Qualified by Entry Standard	3:48:57 - Dudince (SVK) - 24 OCT 2020
30	2	ITA	Teodorico CAPORASO	Qualified by Entry Standard	3:49:14 - Dudince (SVK) - 23 MAR 2019
31	2	ESP	Luis Manuel CORCHETE	Qualified by Entry Standard	3:49:19 - Sevilla (ESP) - 14 FEB 2021
32	1	MEX	Horació NAVA	Qualified by Entry Standard	3:49:20 - Dudince (SVK) - 20 MAR 2021
33	3	POL	Dawid TOMALA	Qualified by Entry Standard	3:49:23 - Dudince (SVK) - 20 MAR 2021
34	2	MEX	Isaac PALMA	Qualified by Entry Standard	3:49:39 - Lázaro Cárdenas (MEX) - 21 APR 2019
35	1	COL	Diego PINZON	Qualified by Entry Standard	3:49:46 - Dudince (SVK) - 20 MAR 2021
36	1	NZL	Quentin REW	Qualified by Entry Standard	3:49:48 - Wajima (JPN) - 14 APR 2019
36	2	COL	Jorge RUIZ	Qualified by Entry Standard	3:49:48 - Dudince (SVK) - 20 MAR 2021
38	3	ITA	Andrea AGRUSTI	Qualified by Entry Standard	3:49:52 - Podebrady (CZE) - 16 MAY 2021
39	1	AUS	Rhydian COWLEY	Qualified by World Rankings	25th - 1199p
40	1	BRA	Caio BONFIM	Qualified by World Rankings	31 st - 1191p
41	3	ESP	Álvaro MARTÍN	Qualified by World Rankings	35 th - 1188p
42	1	HUN	Bence VENYERCSÁN	Qualified by World Rankings	39 th - 1180p
43	1	CZE	Vít HLAVÁČ	Qualified by World Rankings	42 nd - 1179p
44	1	LAT	Arnis RUMBENIEKS	Qualified by World Rankings	44 th - 1176p
45	3	GUA	Érick Bernabé BARRONDO	Qualified by World Rankings	45 th - 1171p
46	2	LAT	Ruslans SMOLONSKIS	Qualified by World Rankings	48 th - 1166p
47	3	UKR	Ihor HLAVAN	Qualified by World Rankings	49 th - 1166p
48	2	IRL	Alex WRIGHT	Qualified by World Rankings	52 nd - 1164p

49	1	GBR	Cameron CORBISHLEY	Qualified by World Rankings	53 rd - 1164p
50	2	GBR	Dominic KING	Qualified by World Rankings	56 th - 1162p
51	3	MEX	José LEYVER	Qualified by World Rankings	59 th - 1160p
52	2	CZE	Lukáš GDULA	Qualified by World Rankings	62 nd - 1157p
53	2	SVK	Michal MORVAY	Qualified by World Rankings	69 th - 1151p
54	2	HUN	Máté HELEBRANDT	Qualified by World Rankings	74 th - 1148p
55	3	COL	José MONTANA	Qualified by World Rankings	76 th - 1145p
56	1	GRE	Alexandros PAPAMICHAIL	Qualified by World Rankings	81 st - 1143p
57	1	ROU	Marius Iulian COCIORAN	Qualified by World Rankings	83 rd - 1141p
58	3	FIN	Jarkko KINNUNEN	Qualified by World Rankings	92 nd - 1132p
59	2	CAN	Mathieu BILODEAU	Qualified by World Rankings	94 th - 1128p
60	1	RSA	Marc MUNDELL	Qualified by World Rankings	95 th - 1128p

Note it is still up to the countries in question to select their walkers. Some countries (eg NZL) have their own tougher qualification standards (so for instance, **Alana Barber** ranks 60th in the women's 20km and has a time of 1:31:32 but needs go get down to 1:31:00 before NZL will select her – that's very tough!). Further, some walkers in the 50km lists may have also qualified for the 20km and may opt for the 20km rather than the 50km. In that case, further invitations bubble down below the 60 cutoff mark.

That's where **Jesus Angel Garcia** of Spain comes in. He ranks 65th in the 50km with 1156 points and has a 50km qualifying time of 3:57:23. That would normally slot him in at number 53 on the above list but he is the 5th ranking walker from Spain so misses out on an automatic invitation. But fear not, because at least 2 of those Spanish walkers above him in the rankings are intending to do the 20km Olympic walk. So he gets a guernsey and will now compete in his 8th Olympic Games, at 51 years of age. See the wonderful articles at <https://www.lavozdegalicia.es/noticia/deportes/2021/06/01/garcia-bragado-clasifica-octavos-juegos-olimpicos-51-anos/00031622535906682224712.htm> and at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4104.



Jesus Garcia finishes the 2013 IAAF World Championships 50km in Moscow in 2013 (photo Jeff Salvage)

I shall digress to quote from marciadalmondo's article above, which documents Garcia's annual 50km best times from 1992 to 2021. This is a level of ongoing excellence that I don't think will ever be matched.

1992	3:48:24	Badalona (ESP)	22 MAR 1992
1993	3:41:41	Gottlieb-Daimler Stadion, Stuttgart (GER)	21 AUG 1993
1994	3:41:28	Ourense (ESP)	20 MAR 1994
1995	3:41:54	Beijing (CHN)	30 APR 1995
1996	3:51:01	La Coruña (ESP)	20 APR 1996
1997	3:39:54	Podebrady (CZE)	20 APR 1997
1999	3:40:40	Mézidon-Canon (FRA)	02 MAY 1999
2000	3:42:51	Eisenhüttenstadt (GER)	18 JUN 2000
2001	3:43:07	Commonwealth Stadium, Edmonton (CAN)	11 AUG 2001
2002	3:44:33	München (GER)	08 AUG 2002
2003	3:43:56	Stade de France, Paris-St-Denis (FRA)	27 AUG 2003
2004	3:44:42	Olympic Stadium, Athina (GRE)	27 AUG 2004
2005	3:48:19	Tijuana (MEX)	20 MAR 2005
2006	3:42:48	Ullevi Stadium, Göteborg (SWE)	10 AUG 2006

2007	3:46:08	Leamington (GBR)	20 MAY 2007
2008	3:44:08	National Stadium, Beijing (CHN)	22 AUG 2008
2009	3:41:37	Olympiastadion, Berlin (GER)	21 AUG 2009
2010	3:47:56	Estadio Olímpico, Barcelona (ESP)	30 JUL 2010
2011	3:48:11	Naumburg (GER)	24 SEP 2011
2012	3:48:15	Saransk (RUS)	13 MAY 2012
2013	3:46:44	Luzhniki, Moskva (RUS)	14 AUG 2013
2014	3:45:41	Letzigrund, Zürich (SUI)	15 AUG 2014
2015	3:46:43	National Stadium, Beijing (CHN)	29 AUG 2015
2016	3:54:29	Estádio Olímpico, Rio de Janeiro (BRA)	19 AUG 2016
2018	3:53:48	Taicang (CHN)	05 MAY 2018
2019	3:57:23	El Vendrell (ESP)	10 FEB 2019
2021	4:01:14	Podebrady (CZE)	16 MAY 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 –2021

Jun 13 (Sun), 2021	LBG Stromlo Carnival, Mt Stromlo Forest Park	Canberra, ACT
Sep 12 (Sun), 2021	Australian Roadwalk Championships	Middle Park, VIC

2021 World Athletics Race Walk Challenge

July 23 – Aug 8, 2021	32 nd Olympic Games - Walks at 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

July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
Aug 8-19, 2021	World University Summer Games , Chengdu, China (POSTPONED TILL 2022)
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
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
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>)