



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 47
Monday 23 August 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*
Telephone: *03 9817 3503*
Hours: *Monday to Friday: 9:30am to 5:30pm*
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

Kim Mottrom was my Walker of the Week in August 2020, after winning the South Australian 20km walk in a time of 1:33:26, his fastest time in 6 years. This winter season, he has gone even faster, winning the 2021 South Australian 20km title a couple of weeks ago in **1:32:31**. You have to go back to 2013 to see a faster 20km time (PB of 1:31:14) by Kim. This winter, he has knocked out times of 12:57 (3km), 23:54 (5km), **44:30** (10km M35 record) and **2:27:36** (30km). Racing in Adelaide on Saturday, he upped the ante even more, recording a new South Australian Masters M35 5km record of **21:40**.

Kim, 36 years of age, is now approaching the career best form he exhibited in 2013. That's great to see!

And Kim is not just active as a walker; he also coaches and helps as an administrator with the SA Race Walking Club.

Well done Kim, keep up the inspiring work.



Kim in running mode (Park Run, Adelaide, 18th July) and walking mode (LBG 30km June 13th)

WHAT'S COMING UP

- Athletics Australia confirmed last Wednesday that the Australian Winter Walks Championships and the Australian Road Running Championships have been postponed. The events which were set to take place on the 12th and 19th of September respectively, have been postponed due to COVID-19 impacting border closures, restricting athletes, coaches and officials from participating in either event. See their announcement at <https://www.athletics.com.au/news/australian-winter-season-events-postponed/>. No surprises there.

- With Victoria in lockdown until early September, no VRWC walks next weekend. Stay tuned for further updates. NSW and ACT also remain in lockdown, so no results expected from NSWRC or ACTRC for a while yet. But Queensland has now come out of lockdown so that is a bit of light for the QRWC walkers.

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 21 AUGUST 2021

Thanks to Kim Mottrom for this week's results from Adelaide. And well done to Kim on his great 5km walk!

Open 3km

1.	Sebastian Richards	14:16	
2.	Orlando Grantham	16:16	PB
3.	Katie De Ruvo	17:31	
4.	Tarique Kamish	21:05	
5.	James Hoare	25:58	

Open 1km

1.	Alexander Richards	6:03	PB
2.	Liliana Templer	6:24	PB
3.	Elizabeth Rieger	6:57	
4.	Maverick Grantham	10:30	

Open 5km

1.	Kim Mottrom	21:40	M35 SA Rec
2.	Nellie Langford	27:19	
3.	Cooper Rech	29:32	PB
4.	Greg Metha	29:52	
5.	Di Camilleri	36:52	PB
6.	Stephen Downs	37:43	PB
7.	Bill Starr	41:03	

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 21 AUGUST 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters: Weather delightfully mild and sunny.

12km Club Walk

1.	MARIE MAXTED	1:26:02	W60	71.45%
2.	GIL MCINTOSH	1:27:40	M70	68.99%

9km Club Walk

1.	GEORGE WHITE	57:42	M75	81.58%
----	--------------	-------	-----	--------

6km Club Walk

1.	BRIAN WITTY	44:20	M70	66.18%
2.	MIKE VOWLES	45:50	M75	68.77%
3.	KRISTINE FREEMAN	50:38	W60	58.65%
4.	EDNA BATES	57:06	W65	56.09%
5.	LIZ NEUBAUER	49:59	W70	65.61%
6.	RODGER BARBER	50:29	M80	67.70%
7.	CATHIE HORE	56:17	W70	58.27%
8.	DAVE FALLON	45:25	M65	62.53%
9.	DAVID ROBERTSON	59:25	M85	62.15%

3km club Walk

1.	ROGER LOWE	24:56	M75	62.64%
2.	TREVOR BROWN	21:55	M70	66.28%
3.	HELEN SURIDGE	23:53	W70	66.92%
4.	JAN LAYNG	24:28	W70	66.94%
5.	HELEN BOWEN	26:42	W65	59.15%
6.	MARGARET MCINTOSH	25:15	W65	61.82%

TRWC ROADWALKS, PERTH, SATURDAY 21 AUGUST 2021

Thanks to **Dave Moore** for this week's results from Perth, in northern Tasmania. He reports:

While sunny conditions prevailed, a very testing headwind did not make it an easy day out. Race format for the day was once again a 5k and 2.5k combined handicap. Being the front marker in a handicap, there is one sound that you dread – the sound of ever faster footsteps getting closer and closer and then suddenly whizzing by. Well whizz by they did, and they went on to participate in some very close battles at the finish line. **Lani Broad** set her sights on catching mid race leader **Wayne Fletcher** from a fair distance back, but chased him down, to win the handicap for the second week in a row. Coming in next was **Xavier Case** in his first Walk over the 2.5k distance, Xavier caught both Ron and Dave and held off the fast-finishing **Will Bottle** to finish third. Speaking of Will Bottle, Will just managed to eclipse **Ron Foster** close to the line for fourth place and did a very crisp 24:56 for his 5k.

2.5km/5km Handicap

			Elapsed	Actual Time	
1.	Lani Broad	LA	2.5km	48:52	18:22
2.	Wayne Fletcher	NS	5km	48:58	40:58
3.	Xavier Case	LA	2.5km	49:52	19:02
4.	Will Bottle	New	5km	50:11	24:56
5.	Ron Foster	TMA	5km	50:13	38:43
6.	Dave Moore	TMA	5km	52:37	52:37
7.	Sam Lindsay	New	5km	DNF	



Lanie finishes ahead of Wayne



Wayne finishes in front of Xavier



Will finishes ahead of Ron

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 22 AUGUST 2021
--

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

5km handicap

1.	Wendy Farrow	34.16
2.	Ben Reid	28.17

3km handicap

1.	Keaton Bailey	17.22
2.	Harry Gordon	22.06
3.	Kaytee Bogaers	18.09
4.	John Ronan	14.20

10km handicap

1.	Marcela Ruiz	1:14:12
2.	Karyn Tolardo	1:04:12
3.	Victor Munoz	1:06:46
4.	Melissa Lewis	0:59:01
5.	Andrew Duncan	0:59:02

GOLD COAST MASTERS, RUNAWAY BAY, GOLD COAST, SUNDAY 22 AUGUST 2021

With Queensland coming out of lockdown late in the week, the Gold Coast Masters were quickly into action, with a track meet on Sunday. The meet included a 3000m walk, with 4 walkers in action.

3000m Walk

1.	Kai Dale	QA	17:30.18
2.	Nyle Sunderland	QMA	17:51.22
3.	Paul Lindenberg	QMA	19:27.09
4.	Debbie Lindenberg	QMA	22:19.73

Robyn Wales tells me that QRWC will be back in action next weekend.

AMA 20KM WALK 2021, ACROSS THE STATES, AUGUST 2021

Thanks to George White who has calculated the final results in what had to be a postal version of the 2021 Australian Masters 20km Roadwalk Championship. Performances had to be done in one of our RWA club races, then submitted to George for ratification and collation.

20km Masters Men

Mark Blackwood	M40	VIC	1	1:45:44
Pramesh Prasad	M45	VIC	1	1:58:00
Greg Metha	M55	SA	1	2:07:59
Kevin Cassidy	M60	VIC	1	1:53:27
Terry O'Neill	M65	VIC	1	2:05:58
Victor Munoz Martinez	M65	WA	DQ	
Gil McIntosh	M70	SA	DQ	
George White	M75	SA	1	2:18:20
Andrew Jamieson	M75	VIC	DNF	
Bryan Thomas	M80	ACT	1	2:44:27

20km Masters Women

Melissa Lewis	W30	WA	1	1:48:45
Sarah Brennan	W45	VIC	1	1:55:47
Brenda Gannon	W45	QLD	2	2:03:32
Wendy Farrow	W50	WA	1	2:27:08
Karyn Tolardo	W55	WA	1	2:17:50
Marie Maxted	W60	SA	1	2:28:14
Marcela Ruiz Valdes	W60	WA	DQ	

WORLD ATHLETICS U20 CHAMPIONSHIPS, NAIROBI, KENYA, 18-22 AUGUST 2021

The 2020 World Athletics U20 Championships had been awarded to Nairobi and were to be held in July of that year. Then covid came along and the show was put back 12 months. It has now just been completed in Nairobi, with 10,000m track walks scheduled for the best U20 walkers in the world. Sadly, a number of countries, Australia included, opted not to send teams for various reasons, mainly around the issues of health and safety and cost. That meant that our 4 walking selections missed out. Sadly, their qualifying times indicate that they were in with good chances.

Will Thompson	41:34	Oceania U20 Road Championship, Melbourne	27/03/2021
Corey Dickson	42:26.87	Australian U20 Track Championship, Sydney	15/04/2021
Olivia Sandery	47:03.55	Australian U20 Track Championship, Sydney	15/04/2021
Alanna Peart	48:04	Oceania U20 Road Championship, Melbourne	27/03/2021



Will Thompson, Corey Dickson, Olivia Sandery and Alanna Peart in action this year

Anyway, on to Nairobi, where the 10,000m walks were held on Saturday morning. You can read the full World Athletics report at <https://www.worldathletics.org/competitions/world-athletics-u20-championships/nairobi21/news/report/day-four-morning-report-nairobi-world-u20>.

Mexico's **Sofia Ramos Rodriguez** and Kenya's **Heristone Wanyonyi** etched their names into athletics history by taking the walk titles with commanding performances. For one proud race walking nation, this was proof their production line of talent is in full

working order. For another nation, one long synonymous with endurance champions, it signalled a bright new dawn in a discipline where gold medals had once seemed a remote possibility.

For Wanyonyi, this was a momentous victory – Kenya’s first ever race walk medal at the championships, and while it was clear a long way out from the finish that drought was about to end, the 18-year-old fought with every fibre of his being to make sure it would do so with gold.

The women’s race proved a far less competitive affair, but was defined by the individual brilliance of Sofia Ramos Rodriguez who became Mexico’s fifth race walk champion in the event’s history, with seven of Mexico’s nine medals at the championships coming in the 10,000m race walks.

10,000m U20 Men, 9:15AM, Saturday 21st August 2021

1.	Heristone Wanyonyi	KEN	42:10.84
2.	Amit	IND	42:17.94
3.	Paul McGrath	ESP	42:26.11
4.	Dimitri Durand	FRA	42:47.58
5.	Dmitriy Gramachkov	ANA	42:54.14
6.	Mazlum Demir	TUR	43:01.33
7.	Mert Kahraman	TUR	43:27.96
8.	Bryan Matías	GUA	43:34.02
9.	Sohail Abderahmane Aloui	ALG	43:42.87
10.	Abdennour Ameer	ALG	43:45.95
11.	Mateo Romero	COL	44:03.97
12.	Wilson Arratia Quispe	BOL	44:13.18
13.	Saul Wamputsrik	ECU	44:38.04
14.	Francis Erick Soto	PER	44:47.69
15.	Ahmed Chikhaoui	TUN	44:50.83
16.	Jose Luis Hidalgo	ESP	45:26.59
17.	Taras Koretsky	UKR	45:34.78
18.	Jaromír Morávek	CZE	45:44.72
19.	Mykola Rushchak	UKR	45:49.78
20.	Pedro Dias	POR	46:12.47
21.	Oussama Farhat	TUN	46:45.39
	Emiliano Brigante	ITA	DNF
	Maksim Pyanzin	ANA	DQ
	Cristhian Juárez López	MEX	DQ



Heristone Wanyonyi of Kenya win's the men's U20 walk

10,000m U20 Women, 20:20AM, Saturday 21st August 2021

1.	Sofia Ramos Rodríguez	MEX	46:23.01
2.	Maële Biré-Heslouis	FRA	47:43.87
3.	Eliška Martínková	CZE	47:46.28
4.	Valeriya Sholomitska	UKR	48:13.05
5.	Martina Casiraghi	ITA	48:18.21
6.	Yelena Sborets	ANA	48:21.52

7.	Baljeet Kaur	IND -	48:58.17
8.	Margret Gati	KEN	49:15.12
9.	Anastasia Antonopoulou	GRE	49:31.80
10.	Inês Mendes	POR	50:01.86
11.	Maria Diana Lataretu	ROU	50:01.93
12.	Tiziana Spiller	HUN	50:05.10
13.	Jekaterina Mirotvortseva	EST	50:39.41
14.	Glendy Teletor	GUA	50:45.70
15.	Terézia Kurucová	SVK	51:33.80
16.	Petra Zahorán	HUN	51:44.43
17.	Marissa Swanepoel	RSA	51:59.20
18.	Alžbeta Ragasová	SVK	52:34.58
19.	Oumayma Hsouna	TUN	52:52.17
20.	Yuliya Lutska	UKR	52:52.33
21.	Stephanie Chavez Urquizo	BOL	53:24.09
22.	Mariana Alexandar Munoz Avarado	CRC	53:24.67
23.	Janise Nell	RSA	54:30.80
	Gabriela de Sousa	BRA	DNF
	Sharon Lisseth Herrera Soto	CRC	DNF
	Ines Huallpa Condo	BOL	DNF
	Wubalem Shugute	ETH	DNF
	Adriana Ornelas	POR	DNF
	Paula Valdez	ECU	DNF
	Metasebiya Worku	ETH	DNF
	Freysi Donaires	PER	DNF
	Melissa Touloum	ALG	DNF
	Anastasiya Kolchina	ANA	DQ
	Elvina Carre	FRA	DQ



Sofia Ramos Rodríguez of Mexico wins the women's U20 walk

MANCHESTER INTERNATIONAL 2021, MANCHESTER, WEDNESDAY 18 AUGUST 2021

Thanks to Mark Wall for the results of the Manchester International last Wednesday. Very much a developmental meet, the walk fields were perhaps surprisingly small. The report on the England Athletics website reads:

Guy Thomas (Tonbridge, Verity Snook), and **Bethan Davies** (Cardiff, Andi Drake) were both intent on chasing times as they did the double for Wales in the 5km Walk, Guy winning in 20:50.64. "It was a good race and a great opportunity for some speed," said Guy who usually concentrates on the 20km. And speedy it was as his winning time was a cool 40 seconds faster than he's ever walked before. Bethan was equally happy with her 22:25.27 and loved walking in front of a crowd as her usual competition venue involves an industrial estate, she said, with a smile.

Men 5000m Walk

1.	Guy Thomas	1997	Wales	20:50.76	PB
2.	Chris Snook	2000	England	21:48.14	
3.	Manuel Da Silva	1981	National Athletics League	33:52.53	

Women 5000m Walk

1.	Bethan Davies	1990	Wales	22:25.27	SB
2.	Kate Veale	1994	Ireland	24:49.33	
3.	Jasmine Nicholls	1995	England	25:52.26	
4.	Hannah Hopper	2003	GBR Juniors	25:56.06	PB
	Tasha Mundell	2001	National Athletics League	DQ	

Junior Women 5000m Walk

1.	Millie Morris	2003	U20 England	26:53.28	PB
----	---------------	------	-------------	----------	----

You can watch the race by fast forwarding to time 27:29 in video <https://www.youtube.com/watch?v=ooiPxwWTbw>

SURREY WALKING CLUB TRACK 3000M CHAMPIONSHIP, TONBRIDGE, WEDNESDAY 11TH AUGUST 2021

Staying in England Surrey Walking Club's Peter Hannell reports on their club 3000m track championship at Tonbridge.

Due to Covid difficulties, the usual joint event with Blackheath & Bromley Harriers AC was not held, however our officials were able to put on the SWC Championship & Open track 3km at Tonbridge School which was well supported with 18 starters and officials and supporters to match. The race was marked, apart from any racing elements, by the family presence of the Cranes of seven in number. The eldest, long-term SWC member Peter was joined by his two sons, David & Steven, three grandchildren and daughter-in-law, with five of them on the track. After a calm first lap David steadily pulled away from brother, Steve, to record a competitive time while the latter was well ahead of his pre-Covid performances. David Hoben had been severely affected by the pandemic but came back here strongly to take the handicap. Chris Flint finished more or less dead on expectation as he and Samuel Crane strode along together at either end of the age-range. Pleasant weather added to what was a very enjoyable get together after the separation brought about by Covid.

Surrey Walking Club Track 3km Championship

1.	David Crane	Sy WC	M40	14:58.2
2.	Steve Crane	Sy WC	M40	15:18.6
3.	J. Ellerton	B&B	U17B	17:25.8
4.	L. Morse	Lewes	U20W	17:54.1
5.	L. Burr	Ton	U15B	18:24.0
6.	R. Michell	Sy WC	M70	18:35.5
7.	J. Arthur	Unatt	M50	19:42.7
8.	P. Gaston	Sy WC	M70	20:00.8
9.	G. Heaton	H'field	M60	20:21.6
10.	David Hoben	Sy WC	M65	21:50.3
11.	Chris Flint	Sy WC	M75	22:01.8
12.	Samuel Crane		U13B	22:01.8
13.	A. Martin	Sy WC	W55	22:31.0
14.	Peter Crane	Sy WC	M75	22:35.5
15.	Peter Hannell	Sy WC	M75	23:12.7
16.	K. Burnett	Sy WC	M80	29:37.1

2000m Walk

1.	S. Arthur	Unatt	W35	21:59.2
----	-----------	-------	-----	---------

1000m Walk

1.	Sophia Crane	Unatt	U11G	9:59.2
----	--------------	-------	------	--------

THE CASTER SEMENYA CASE ABOUT TO GET A NEW LIFE

Unless you live under a bush in the desert, you would know that lawyers for South African runner Caster Semenya have fought a long battle against the IAAF / WA with regard to her eligibility to run in female races. Their court case eventually failed, after the IAAF published results confirming the causal relationship between testosterone levels and athletic performance among women, when applied to events ranging from 400m to 1 mile. This put paid to Semenya's Olympic aspirations, as well as others, and it brought the focus of attention onto Namibian runners Christine Mboma and Beatrice Masilingi. They held 3 of the world's fastest 400m times this year and would have been medal favourites in that event. They simply dropped down to the 200m, taking 2nd and 6th places in that Olympic final. Further, Mboma, who is aged 18, broke the World U20 200m record twice during the course of the Games.

This does rather raise the question as to whether the original ruling that high testosterone only effect events of 400m and higher. Surely, 200m should also be on the list. Shouldn't everything be on the list! I could never quite figure out why World Athletics restricted their world view to such a small subset of T&F events.

Anyway, enough of that. Last week, a correction was published to that 2017 scientific study, now shedding doubt on the causal relationship between testosterone levels and athletic performance among female athletes in those particular events. Talk about

opening Pandora's box. I am sure Semenya's lawyers are now gearing up for further appearances in court, and it's all back on the table once again.

The timing is interesting. Why did WA wait until 8 days after the Olympics finished before dropping this bombshell? Was it to stop Semenya being given leave to compete in Tokyo, pending a further court case? I am sure we are going to hear a lot more about this.

Some links for further reading:

- <https://rogerpielkejr.substack.com/p/bombshell-world-athletics-admits>
- <https://bjsm.bmj.com/content/55/17/e7>
- <https://rogerpielkejr.com/2021/08/18/why-is-bg17-so-crucial-in-the-world-athletics-regulations-for-female-eligibility/>
- <https://www.runnersworld.com/uk/news/a37339428/caster-semenyas-study/>

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week

- Sat 21 Aug - Nairobi (KEN): Victories of Heristone Wanyonyi (KEN) and Sofia Ramos Rodriguez (MEX)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4166
- Fri 20 Aug - Preview of walks in World U20 Champs in Nairobi
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4165
- Tue 17 Aug - Welsh Championship Walks in Cardiff (GBR)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4164
- Mon 16 Aug - Volodymir Stepanovyc Golubnychy dies
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4163

while Omarchador has 7 press releases

- Sun 22 Aug - Lupita González with new suspension, until November 2026
<https://omarchador.blogspot.com/2021/08/lupita-gonzalez-com-nova-suspensao-ate.html>
- Sat 21 Aug - Victory in style by Mexican Sofia Ramos in the women's walk in U20 World Champs
<https://omarchador.blogspot.com/2021/08/vitoria-em-grande-estilo-da-mexicana.html>
- Sat 21 Aug - Kenyan Wanyonyi with historic gold medal in men's U20 Worlds Walk
<https://omarchador.blogspot.com/2021/08/queniano-wanyonyi-com-historica-medalha.html>
- Fri 20 Aug - Wales 2021 Athletics Championships in Cardiff (results)
<https://omarchador.blogspot.com/2021/08/campeonatos-de-atletismo-2021-do-pais.html>
- Thu 19 Aug - Qualification system released for Europeans in Munich in 2022
<https://omarchador.blogspot.com/2021/08/divulgado-sistema-de-qualificacao-para.html>
- Wed 18 Aug - Rumbenieks and Virbalyte win the Baltic championships in Valmiera, Latvia
<https://omarchador.blogspot.com/2021/08/rumbenieks-e-virbalyte-vencem-nos.html>
- Mon 16 Aug - Vladimir Golubnichy (1936-2021)
<https://omarchador.blogspot.com/2021/08/vladimir-golubnichy-1936-2021.html>

VLADIMIR GOLUBNICHY 1936-2021

We were deeply saddened this week to hear the news that Ukraine's racewalking great **Vladimir Golubnichy** (Volodymyr Holubnychy) had died on Monday 16th August at the age of 85.

Born on 2nd June 1936, Golubnichy medalled at four Olympic Games (2 golds, 1 silver and 1 bronze), three European championships (gold, silver and bronze) and 2 Lugano Cups (2 silvers). He bettered the 20km World Record on 3 occasions, with two of those performances ratified as official records: 1:30:02.8 (02/10/1955, Kiev) and 1:27:05.0 (23/09/1958, Simferopol),

His career as a walker started by accident when, as a 13 year old, he was cajoled into taking place in a schools competition walk when the second school representative took sick. He won the event and the rest is history. At age 17, he easily won the Ukrainian 10km walk championship, beating a number of highly credentialed older walkers. He followed this up with Ukrainian records at various distances and in 1955, as a 19 year old, he became the 20km world record holder in winning in Kiev – his time was 1:30:02.8.

His record did not last long as first **Leonid Spirin** lowered it to 1:28:45.2 in June 1956 and then **Mikhail Lavrov** lowering it again to 1:27:58.2 in August 1956. The Soviets were expected to clean sweep the medals in the Melbourne Olympics but, surprisingly, Golubnichiy was not in the team – he remained at home with a serious inflammation of the liver which threatened to end his walking career. History shows that the Soviets still took all three medals in the 20 km walk with Spirin winning in 1:31.27.4, followed by **Antanas Mikenas** and **Bruno Junk**.

It took a long time for the young Ukrainian to fully recover from his debilitating illness but the world knew he was truly back when, in September 1958, in Simferopol, he regained his 20km world record with 1:27:05.0. He went into the 1960 Rome Olympics as the clear favourite and did not disappoint. He entered the stadium well in front and started his final lap of the track, soaking in the applause and savouring the moment. What he did not realise was that a young unknown Australian by the name of **Noel Freeman** was making big inroads into his lead and was in sight of a huge upset. Eventually Golubnichiy looked around, saw Freeman, accelerated and went on to win by 9 seconds in a time of 1:34:16.4. It had been a sweltering Rome day and the slow times did not really reflect the quality of the performances.

By way of historical anecdote, Golubnichiy was perhaps lucky to win the gold, finishing with 8 cautions and 2 official warnings. By way of comparison, the next 3 finishers all had clean slates.

1960 OLYMPIC 20 KM ROADWALK																			
WALKER	NAT	PL	TIME	SULAK, AUS	McGUIRE, AUS	WHITLOCK, GBR	RASSETT, GBR	STAHL, GER	FEHERUARI, UNG	GUILLEUX, FRA	LIBOTTE, SWI	LINDE, SWE	STERANENKO, URS	TOMANIN, URS	ROLLINI, ITA	CALLIGARIS, ITA	OBERLEUGER, ITA	W (WARNING)	D(DISC)
GOLUBNICHY, Vladimir	SOV	1	01:34:07		W	WD		W	W			WD			W	W	W	8	2
FREEMAN, Noel	AUS	2	01:34:16																
VICKERS, Stan	GBR	3	01:34:56																
LINDNER, Dieter	GDR	4	01:35:33																
READ, Norman	NZL	5	01:36:59					W						D				1	1
BACK, Lennart	SWE	6	01:37:17							W					W			2	
LJUNGGREN, John	SWE	7	01:37:59																
MOC, Ladislav	CZE	8	01:38:32																
OAKLEY	CAN	9	01:38:40																
HALL	GBR	10	01:38:50			W								W				2	
CRAWFORD, Ron	AUS	11	01:39:12			W		W					W	W				4	
DELERUE	FRA	12	01:39:37			W								W				2	
HAZLE	RSA	13	01:40:16									W						1	
CARLSSON	SWE	14	01:40:25																
KRISTENSEN	DEN	15	01:41:08																
KOCH	GER	16	01:41:53												W			1	
MARQUIS	SWI	17	01:42:00		D	W									W			2	1
SOWA	LUX	18	01:42:43											W				1	
ZINN	USA	19	01:42:47																
SINGH, Z	IND	20	01:43:20																
SERCHENICH	ITA	21	01:43:59					W	W						WD	W		4	1
DEROSSO	ITA	22	01:45:04																
MIMM	USA	23	01:45:09																
HALUZA	USA	24	01:45:11												W			1	
ROSSCHOU	DEN	25	01:46:36																
CORSARO	ITA	26	01:46:47																
BAROUNI	TUN	27	01:47:10																
ZLASSI	TUN	28	01:55:21																
MATTHEWS	GBR	DNE												D		W		1	1
LEFANCZIK	GER	DQ		WD	D	W	W						D			W	D	4	4
SOLODOV	URS	DQ		WD	W	W	W	W	D	WD	WD				WD			7	5
VEDYAKOV	URS	DQ		WD	W	WD	W	W		D	WD				D	W	W	8	5
REYMOND	SWI	DQ		D			D	WD							W	W		3	3
BALOJOXA	HUN	DQ		D	D	W	W		D	W	W	WD	D	WD	WD			5	6
SINGH, A	IND	DQ		W	D	D	W	W	W						WD			5	3
LAZHAR	TUN	DQ		WD	W	WD	WD	W	W	W	D		WD	W	D	WD	WD	11	8



Left: Judging summary sheet from the 1960 Olympic 20km (from Frank McGuire, the Australian rep on the judging panel)
 Right: Golubnichiy on his way to gold in the 1960 Olympic Games (photo Getty Images)

International opportunities were few in those days, so Golubnichiy's next big international appearance was not until 1962, when he won bronze in that year's European Champs 20km in Belgrade, the time a slow 1:36:38 in hot conditions. On that occasion, he was bettered by Great Britain's **Ken Matthews** and East Germany's **Hans-Georg Reimann**.

Golubnichiy went into the 1964 Olympics as the defending champion but all was not well. The 1964 season had been very demanding for the Soviet Union's top athletes, with frequent competitions and a long period spent in peak competitive form before the Olympics relegating them to the role of outsiders at Tokyo. This illustrates the point that even in the most highly skilled and regimented coaching regimes, mistakes can still be made. Golubnichiy's effort in the 1964 Olympic 20km event says a lot about the measure of the man. Faltering early, he fell back through the field and eventually collapsed mid race. Picking himself up, he started

again and slowly things came together. He moved up through the field and eventually finished third behind Matthews and **Dieter Lindner** of East Germany. Yet this bronze medal was particularly special to him as he said it represented his victory over himself, his ability to reveal and use hitherto unknown resources of strength.

His good form continued over the next few years. He took silver in the 1966 European Championship 20km walk in Budapest (1:30:06) behind Lindner and took silver in the 1967 Lugano Cup Final in Bad Saarow (1:28:58) behind fellow Soviet **Nikolay Smaga**.

The Soviets left nothing to chance in their preparation for the 1968 Olympics, flying into Mexico City a full month before the Games Opening Ceremony, on the recommendation of their sports medicine experts. With ample time to watch the competition, it soon became clear that American **Ron Laird** looked the toughest proposition so, come the day of the Olympic 20km event, Golubnichiy chose to shadow the American and ignore the rest of the field. This was a major miscalculation as they soon found themselves at the back of the field and fast losing ground on the leaders. Both walkers had to put on a burst of speed to catch the leaders. But this came at a cost and the American soon fell back while Golubnichiy struggled in the group, trying to recover. His room mate and training partner Smaga knew what he had to do, taking the lead and controlling the race for the first 18km before helping Golubnichiy break clear of the field. The two Soviet friends entered the stadium looking certain for gold and silver.

Then the 60,000-plus spectators went wild as a third walker appeared – Mexican champion **Jose Pedraza**. Two hundred metres from the finish, Pedraza passed Smaga and set his sights on Golubnichiy. Pedraza's style seemed far from legal and he received three cautions (one step short of a warning). But it would have taken a suicidal judge to disqualify the determined Pedraza while the stadium echoed with chants of "May-hee-co" and "Pay-drah-zah." An international incident was avoided when Golubnichiy drew away slightly in the homestretch to win by a mere three yards.

Vic Sharpe, the Australian representative on the Olympic 20km panel confided in later years that the Mexico City 1968 Olympics was one of his most memorable judging experiences but "*I wasn't going to put a red on Pedraza - I wanted to get out of Mexico alive.*"



The famous finish – Golubnichiy looks over his shoulder with 90m to go to see Pedraza closing quickly.

In July 1969, Golubnichiy took silver in the 20km walk in the U.S.A. vs USSR vs British Commonwealth T&F Meet in Los Angeles (1:32:11.0), behind **Paul Nihill** but ahead of Laird and Smaga.

Golubnichiy was back in action in 1970, taking silver in the Lugano Cup 20km Final in Eschborn (1:27:22) behind the East German Reimann.

Fast forward to Munich in 1972. In the 20km event, it was Golubnichiy who stopped an East German clean sweep of the medals. His silver medal time of 1:26:55.2 was well under the Olympic record and only 11 seconds behind the winner **Peter Frenkel** and ahead of third placed Reimann and fourth placed **Gerhard Sperling**. The East German sports machine had been born and was now bearing

the first fruits of its ruthlessly scientific sports development program. This program would continue to produce champions up until the fall of the Berlin Wall in 1990.

The silver medal, won at the age of 36, seemed to nicely round off his sporting career, but he felt otherwise. *“Right after the medal ceremony, I went up into the stands to our fans and coaches”,* wrote Golubnichiy in his diary, *“and I was congratulated, my hand shook. And suddenly I heard someone say, I’m sure without any malice, ‘Congratulations, old boy, you’ve made a fine finish to your sporting career!’”*



Golubnichiy toes the line at the start of the 1972 Olympic 20 km in Munich

Golubnichiy was far from finished and he astounded everyone when in 1974, in a typically blistering Rome sun, he won the European 20 km title, pushing 20 km world record holder **Bernd Kannenburg** back into second place. He followed this up with a win in the 1975 Soviet National 20 km championship in Kiev, his time an astonishing 1:23:55.0 – at 39 years of age! Given these performances, his final Olympic appearance in 1976 was disappointing – only 7th in 1:29:24.6. It was the first time in 5 Olympics that he had failed to win a medal – but he was 40 years of age after all.

His final major international was the 1977 Lugano Cup in Le Grand Quevilly, France, and he finished 14th with a time of 1:30:33.

His international resume reads impressively – 3 golds, 4 silvers and 2 bronzes from 11 races, all of them 20km.

1960	Olympic 20km	Rome	1 st	1:34:08
1962	European Champs 20km	Belgrade	3 rd	1:36:38
1964	Olympic 20km	Tokyo	3 rd	1:32:00
1966	European Champs 20km	Budapest	2 nd	1:30:06
1967	Lugano Cup	Bad Saarow	2 nd	1:28:58
1968	Olympic 20km	Mexico	1 st	1:33:59
1970	Lugano Cup	Eschborn	2 nd	1:27:22
1972	Olympic 20km	Munich	2 nd	1:26:56
1974	European Champs 20km	Rome	1 st	1:29:30
1976	Olympic 20km	Montreal	7 th	1:29:25
1977	Lugano Cup	Le Grand Quevilly	14 th	1:30:33

He was also hard to beat on the home front, in an era when the Soviets dominated racewalking. He was the Soviet 20km champion on 6 occasions, in 1960, 1964–65, 1968, 1972, and 1974.

Golubnichiy was without any doubt the greatest walker of his era and stands alongside Jared Tallent and Robert Korzenioski at the top of racewalking’s hall of fame.

His accolades were many. On the Soviet front, he was awarded the Order of the Red Banner of Labour (1960), the Order of the Badge of Honour (1969) and the Medal For Labour Valour (1972). Internationally, he was one of the 24 inaugural Members of the IAAF Hall of Fame which was announced in 2012 to mark the IAAF Centenary. But if he was a national hero at the Soviet level, he was a living legend and a national treasure within his native Ukraine.

In July 2009, New Zealand walker Mike Parker was lucky enough to meet with Golubnichiy in his home town of Sumy in the Ukraine. Here is part of what he had to say:

We received word from the President of the Sumy region Olympic Committee that Golubnichiy was more than happy to meet me and that arrangements had been made for me to meet him in Sumy on Monday 17th. I have to say that I am still reeling from the shock of the hospitality we received in Sumy. After spending the night in a hotel in Sumy we were escorted to the meeting with Golubnichiy, arguably, for those of you who don't the greatest race walker of all time and one of the greatest ever athletes. To my shock Golubnichiy and a contingent of press and television cameras were waiting for our arrival. To cut a long and eventful story short, what I thought would be a brief ten minutes with Vladimir turned out to be a fantastic full day in his company, and what a man he is. I don't think I have ever meet somebody who has achieved so much and is so humble. We were shown the new Vladimir Golubnichiy indoor stadium built in his honour and taken to the athletic track across town where it all began for Vladimir as a fifteen year old back in 1951. I happened to mention to Vladimir that I used to have a book on him until I lent it to someone many years ago and never got it back. A minute later Vladimir disappeared, he had jumped into his car driven home to get this book for me with a personalised inscription, in addition he gave me one of his Russian track suits.

Vladimir took us to his apartment in the city where we could not but be mightily impressed by the simplicity of his style of life, a life that has remained the same since the day he took up athletics, despite numerous attractive offers. Vladimir showed us his array of trophies and medals he has won over the years. This collection is just about to go in its entirety to the Sumy museum so that the people of Sumy, a city of 350,000 can have access to their most famous inhabitant's career rewards.

The next morning Sasha picked us up and took us out into the country to witness one of their training camps for their Biathlon team, full of Olympic hopefuls taking part. Sumy can boast over 1000 race walkers, 700 wrestlers and over 2000 Biathlon athletes. Most of this growth in sport can be put down to Vladimir Golubichiy, a legend in Sumy and Ukrainian sport.



On 17 July 2009 in Sumy, Ukraine, Mike Parker was fortunate to meet Golubnichiy. The pair are seen standing outside the recently completed Vladimir Golubnichiy indoor athletics track and sports facility (photo compliments of Mike Parker)

Mike's comments paint a poignant picture of Golubnichiy as a humble man, generous with his time and his possessions.

Sadly, our sport has lost one of its greatest treasures.

Tim Erickson
Friday 20th August 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 continuing COVID-19 issues.

Victorian Key Dates –2021

Sept 4 (Sat), 2021	Next round of VRWC Roadwalks (TBC)	Middle Park, VIC
Sept 12 (Sun), 2021	Australian Roadwalk Championships (POSTPONED to a date TBA)	Middle Park, VIC

2021 World Athletics Race Walk Challenge

Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

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
Mar 1-6, 2022	29th World Athletics Race Walking Team Championships , Muscat, Oman (Postponed from 2020)
Jun 26 – Jul 7, 2022	World University Summer Games , Chengdu, China (Postponed from 2021)
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
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

Tim Erickson, terick@melbpc.org.au Mob: 0412 257 496

Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)