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The official organ of the Victorian Race Walking Club,
Inc.

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1921 VAWC-VRWC CENTENARY 2021



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CLUB NEWS and RESULTS

**** Coming up this weekend ...**

This Sunday sees our biggest Victorian meeting of the season, involving both AV and VRWC championships. The 'big ones' are the **30km** (including the **Ray Smith VRWC championship**) and the VRWC 10km **Mabel Robinson Trophy** for Open Women.

Entries for all **AV championships** must be finalized via the AV entry portal at <https://members.athsvic.org.au/eventsregister/139951/> NO LATER than 11.59pm, Thursday 28 July.

All VRWC races: For these events, **online** entries only are accepted and close **Wednesday 27 July 11.59pm**.

Enter via <http://vrwc.org.au/wp1/>

8.30am	30km	AV Championship	Open *
8.30am	30km	VRWC Ray Smith Championship	Open *
	3 Hour	Non championship event	Open
8.30am	20km	Non championship event	Open
9.30am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.30am	10km	AV Championship	Under 20 Men
9.30am	10km	AV Championship	Under 20 Women
9.30am	10km	AV Championship	Under 18 Men
9.30am	10km	Non championship event	Open
10.20am	3km	AV Championship	Under 14 Boys/Girls
10.20am	3km	Non championship event	Open
10.45am	5km	AV Championship	Under 16 Boys/Girls
10.45am	5km	AV Championship	Under 18 Women
10.45am	5km	Non championship event	Open
11.20am	2km	VRWC Championship	Under 10 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
11.20am	2km	Non championship event	Open
11:50am		Medal presentations at the conclusion of the events.	

* The 30km is an Open event, meaning it is open to both men and women.


 1921 2021

To all members, past members and friends of the
Victorian Race Walking Club
In honour of 100 years of our Club's existence, we invite you
to join us for a celebratory

Centenary Lunch
to be held from 12.30pm on
Sunday 11 September
at
Middle Park Bowling Club
Canterbury Rd, Middle Park 3206

** Catered lunch * Memorabilia display * Mock races*
** Parade of Olympians * Logo-embossed mementos for all*
Cover charge: \$25 per head, \$50 per family

**** Please RSVP by no later than Friday 12 August,**
indicating numbers attending and any special dietary requirements, to

Stu Cooper – stuwalks@yahoo.com.au 0421 470 949
Terry Swan – secretary@vrwc.org.au 0437 682 858

** CENTENARY LUNCH

How do I pay?

You can do this in three ways:

- a) **By online or bank branch transfer** to the VRWC's bank account:
BSB: 063-143
Acc: 008 00455
Reference: *(Your name)*
VRWC Centenary
- b) **By cheque** – made out to 'Victorian Race Walking Club'.
 Post to:
 Victorian Race Walking Club
 c/o Middle Park Bowling Club
 Canterbury Rd
 Middle Park VIC 3206
- c) **By cash**, at the Club on race days.

If you need assistance, please contact Karyn O'Neill at treasurer@vrwc.org.au

** WALKER OF THE WEEK **



A best-ever World championship placing of 18th – improving on his 19th in the 20km last week – in Sunday's 35km in Eugene marks **Rhydian Cowley** as the standout candidate for this week's WOTW.

In addition, Rhydian's time of **2:30:34** set a new Australian record, achieved with 5km splits of 21:37, 21:28, 21:26, 21:24, 21:31, 21:37 and 21:34 ... astonishing consistency! His new record surpasses times set by such predecessors as Nathan Deakes, Jared Tallent, Luke Adams and Chris Erickson. (While, admittedly, the 35km times of these luminaries were splits en route during 50km races, they were still imposing marks and eclipsing them is no small achievement. Rhydian's own time will take dedication and hard work to beat.)

As regards placing, Rhydian was nestled in the mid-20s for all but the last 5km, when he forged past five tiring rivals to the finish. One wonders where he, and other 50km specialists in Eugene, might have finished had the race been that distance.

There's no rest for the wicked. Rhydian will now join **Bec, Jemima, Declan, Kyle** and **Katie Hayward** on the plane to Birmingham for the Commonwealth Games 10km track race. We wish Rhydian and his team mates the best of fortune in what, at international level, will be as much an 'experiment' as the 35km ... probably more so.

Well done, Rhyd ... and good luck!

****Honourable mentions***

- **Kelly Ruddick (VIC)** – a courageous performance to finish the Eugene 35km in 34th place, despite stomach issues that required several stops (and, Kelly has just revealed, a COVID diagnosis, which makes her effort all the more meritorious). Regardless of finish time (**3:11:55**) or placing, Kelly (at 49 the oldest woman athlete ever to compete in a World championship) has become a standard bearer for mature-aged athletes the world over. A fantastic role model from whom to learn, and to emulate.
- **Carl Gibbons (NSW)** – despite a wretched outcome, Carl deserves commendation for earning his place in the team, making it to the start of the 35km and walking 15km of it before finally succumbing to a lingering foot tendon injury. He will bounce back, and we hope to see him have another crack in Budapest in 2023.

Kelly ... giving her all against the odds.



VRWC Club points races, Saturday 23 July – Middle Park



Marcus leads out the multi-lap field in the damp.

The expected showers, thankfully, were intermittent, providing some welcome oxygen and no wind for the 28 walkers who toed the line on Saturday. The smaller attendance afforded those who did arrive more opportunity to boost their points, something several seized the chance to do.

Standouts on the day were **Beau McKinnon** and **Grace Louey**, both of whom had big PB results – **Beau** by 26secs over 2km and **Grace** by 29 in the 8km.



The 2km and 1km fields set off ... the faster, the warmer.

The 2km race saw 6 of the 10 finishers blow raspberries at the handicapper, who's overseas for a while and unable to do anything about it. **Mya McClure** beat a field of 7 to take the 2km handicap in a PB **10:37**, while **Ela Uzun** took fastest time honours with a swift **9:30**.

Name	Act time	Hcp	Name	Act time	Hcp
8km					
1. Grace Louey	F 48:52 PB 0:29	1	1. Ela Uzun	F 9:30	3
-- Char Hay	F DNF	-	2. Mya McClure	F 10:37 PB 0:01	1
1. Marcus Wakim	M 37:40	2	3. Havana Ali	F 11:01	4
2. Gerard Feain	M 51:20	1	4. Amelia Vernal	F 12:46	5
			5. Julia Baldy	F 12:51	7
			6. Jaida Robertson	F 13:10	2
			7. Zoe Bowkett	F 14:05	6
6km					
1. Jade Chitty	F 34:57 PB 0:11	2	1. Beau McKinnon	M 11:12 PB 0:26	1
2. Donna-Marie Elms	F 38:31	1	2. Levi Robertson	M 12:08	2
3. Marnie Grace	F 42:56	3	3. Tate Jardine	M 17:37	3
			-- Albin Hess	M DQ	-
4km					
1. Emily Smith	F 22:42	3	1km		
2. Kylie Irshad	F 23:09	1	1. Lily Bowkett	F 6:35 PB 0:04	1
3. Karyn O'Neill	F 28:25	2			
			1. Haris Ali	M 6:39	1
1. Pramesh Prasad	M 21:58	3	2. Aydin Uzun	M 8:36	2
2. Damian Baldy	M 23:32	2			
3. Kevin Cassidy	M 23:48	4			
4. Geoff Barrow	M 29:26	1			



** This week's (individual) action models:

Jade, Beau, Donna-Marie, Kevin, Marnie, Julia, Tate, Grace, Karyn, Gerard

Thanks to **Therese Smith** for the great photography. (Therese is piloting the camera in the absence of Terry Swan, who is overseas.)

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Set up & pack up	Tim Erickson, Shane Dickson, Donna Dickson, Gerard Feain, Stu Cooper
Race referee	Stu Cooper
Judges	Kathleen Marsh (chief), Stu Cooper, Shane Dickson, David Cash, Gordon Loughnan, Scott Nelson, Terry O'Neill, Brenda Felton

**ERRATUM: In last week's issue, Kathleen Marsh was listed as having judged when in fact she was absent, while David Cash, who did judge, was omitted. Apologies to David and Kathleen for the error.*

Timekeepers	Tim Erickson, Donna Dickson, Michael Bodey, Fran Attard
Photographer	Therese Smith
No. of walkers	28

**PLEASE NOTE:* Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.



QUEENSLAND QRWC results , 24 July – Skippy Park

Thanks to **Noela McKinven** and **Robyn Wales** for these results. It looks as if **Bailey Housden** was fastest on the day, with a good sub-25min effort for 5km, with **Iggy Jiminez** the senior standout.

A Grade 10km

Men:

- (1) Ignacio Jimenez 51.33
- (2) Argenis Guevara 1.02.59
- (3) Peter Bennett 1.11.20

Women:

- (1) Brenda Gannon **SB** 1.02.02
- (2) Torryn Fisher 1.02.33
- (3) Lily Housden 1.09.13
- (4) Jasmine-Rose McRoberts 1.09.28
- (5) Jennifer Stuckey 1.12.23
- (6) Joy Dale **SB** 1.18.57
- (7) Noela McKinven 1.30.23.

B Grade 5km

Men:

- (1) Bailey Housden 24.31
- (2) Kai Dale 32.09

Women:

- (1) Lyla Williams 28.54
- (2) Lily Goulding 32.33
- (3) Phoebe Chadwick 33.13
- (4) Korey Brady 34.15
- (5) Taylah Morris 35.53.

Also Kai Norton 29.04 and Amber Norton 29.18.

C Grade 3km

Men:

- (1) Eli Melitz 23.13.

Women:

- (1) Destinee Pickvance Yee 17.39

D Grade 2km

Men:

- (1) Lachlan Moore 11.42
- (2) Hunter Sibenaler 15.33.

Women:

- (1) Kiara Waterman **SB** 12.45
- (2) Freya Williams 14.18
- (3) Savannah Dunleavy 15.15.

E Grade 1km

Men:

- (1) Dylan Moore 8.15

Women:

- (1) Amelia Chisholm 7.02.



Skippy Park action: ultras maestro Peter; Ky, Amber and Kai; Joy; Noela and Iggy (Photos: Danielle Sibenaler)

SOUTH AUSTRALIA SARWC results, 23 July - South Parklands

Kim Mottrom reports that pleasant weather greeted the SARWC field on Saturday, with some new PBs being set.

Open 12km		
Peter Crump	1:15:55	
Greg Metha	1:20:37	
Open 5km		
Alix Harlington	27:35	
Rhiannon Lovegrove	27:42	
Angelina Legrand	28:20	PB
Jasmine Crabb	37:46	PB
Bill Starr	42:12	
Open 4km		
Daisy Braithwaite	27:29	
Open 1.5km		
Zayden Kamish	8:01	
Matilda Gourlay	8:31	
Liliana Templer	9:19	PB
Robert Crabb	11:53	
Anthony Crabb	11:54	
Kristy Templer	12:44	PB
Martin Crabb	17:32	

SOUTH AUSTRALIA SAMA results, 23 July - Felixstow Wetlands, Adelaide

Fine and sunny conditions greeted the SA Masters for their 15km Championships at South Parklands. Results courtesy of **Graham Harrison**.

15K WALK	Name	Result	Age Gp	AgeGrade%	Order
MELISSA	GRANTHAM	1:37:56	W35	66.23	1st
GIL	MCINTOSH	1:50:49	M70	70.22	1st
 15K CLUBWALK					
BRIAN	WITTY	1:58:57	M70	64.67	1st
 10K CLUBWALK					
DAVID	ROBERTSON	1:37:37	M85	64.33	
 4K CLUBWALK					
MARGARET	MCINTOSH	0:32:38	W65	65.2	
KRISTINE	FREEMAN	0:34:14	W60	57.57	
EDNA	BATES	0:39:18	W65	54.14	
 2K CLUBWALK					
ROGER	LOWE	0:18:54	M75	54.21	

TASMANIA TRWC results, Saturday 23 July – Domain Loop, Hobart

While numbers were down for various reasons, **David Moore** and **Rosemary Coleman** report that there was plenty to gladden the heart on the Tasmanian walking scene this week. Always ready for a good news story, especially one involving the country's younger walkers.

Family illnesses, injuries and a clash with the State Cross Country Championships saw a small field turn out for our walk in fine conditions at the Domain today.

Plenty of accolades this week, starting with our walkers taking on the runners on their own turf. Well done to **Sam Lindsay** and **Will Bottle** in winning bronze in their races at the Tasmanian Cross Country Championships and to one of our newest and youngest walkers **Adele Woodward** who also ran admirably.

Things got even better for **Will Bottle** in the late afternoon, when he was announced as **Athletics Tasmania's U/18 Athlete of the Year** at its Athlete of the year awards. Well done, Will. Congratulations also to **Sam Lindsay** who was a finalist for the U/16 award.

Our Club's trio of **Oliver Morgan, Sam Lindsay and Will Bottle** have deservedly been identified as worthy of support and development via inclusion in the TTP/TIS Squad for 2022/23

All, in all its been a very good week.

1km			
1. Adele Woodward	OVA		7.39
2. Elsie Woodward	Huon LA		8.40
 2km			
1. Isla Direen	Huon LA		17.35
 3km			
1. Sam Lindsay	Newstead		15.29
2. Dave Moore	TMA		29.48
 5km			
1. Ron Foster	NS		43.24

Will ... Tasmania's U18 Athlete of the Year
(Photo: TRWC)





Sam on his way to XC bronze before swapping shoes for a 3k walk.



Junior walks action on the Domain Loop.

(Photos: TRWC)



And now, a blast from the past ...

***David Moore**, (above) as he is today, tackling bitter winter conditions at Montrose Bay.*

And (right), David in his faster days, winning a road race in April 1978. The clipping caption reads: "David Moore (Independent) winning this morning's 8km walk from Sherberd Oval, Blackman's Bay, to Tinderbox and return, with Eastern Suburbs' Eric Wade second. Competitors found conditions for the walk ideal."

We salute you, David. The speed may be gone, but the dedication remains.

(Photos: TRWC Facebook)




David strode to victory
16/4/78

WESTERN AUSTRALIA WARWC RWA Postal Challenge results, 24 July – Perry Lakes

It was a cool, dry morning at Perry Lakes for the WA edition of this year's Postal Challenge. **Brad Mann** and **Andrew Duncan** obviously like the conditions, each pulling out strong 10km results, while **Xavier Bernard** was the fastest on the day, going well under 25mins for 5km. (That said ... either Mateo walked only half the 2km or he is *ex-treeeeeemely* talented!)

Results courtesy of **Terry Jones**:

Under 10 1.5km Female	
Sophia Nichols	0:10:06
Under 10 1.5km Male	
Lachlan Nichols	0:08:40
Gabriel Van Heerwaarden	0:09:05
Hunter Sardelich	0:11:17
Under 12 2km Male	
Dylan Sardelich	0:12:40
Mateo Van Heerwaarden	0:06:49
Under 14 3km Male	
Harry Gordon	0:17:46
Under 16 5km Female	
Kaytee Bogaers	0:27:24
Ashlyn Spence	0:28:19
Under 16 5km Male	
Xavier Bernard	0:24:19
Under 18 8km Female	
Emily Bogaers	1:14:57
Open 10km Male	
Brad Mann	0:50:19
Ben Reid	0:52:21
Masters 10km Female	
Karyn Tolardo	1:01:37
Wendy Farrow	1:06:01
Fiona Van Heerwaarden	1:09:37
Marcela Ruiz	1:21:54
Glenys Duncan	1:38:21
Masters 10km Male	
Andrew Duncan	0:50:23
Steve Travell	1:33:11




INTERNATIONAL NEWS

COMMONWEALTH GAMES 2022 ... TRACK WALKS SCHEDULE

The Birmingham track & field events, including the walks, have each been listed within a scheduled session (10.00 – 13.15 in the case of the walks) alongside other stadium events, rather than at a specific hour of the day. Despite multiple searches I haven't managed to turn up actual starting times to this point.

If any of our British readers or selected walkers have precise knowledge of the starting times, please let me know.

	** Birmingham 10km track walks - schedule		
	Saturday 6 August (morning) - Women 10km Track Walk	10.00 – 13.15 (local time)	19.00 – 22.15 (Melb. Time)
	Sunday 7 August (morning) - Men 10km Track Walk	10.00 – 13.15 (local time)	19.00 – 22.15 (Melb. Time)

*RACE WALK STANDARDS, QUALIFYING WINDOW ANNOUNCED FOR BUDAPEST 2023

(from *World Athletics* press release, 25/7/22)

Budapest entry standards & Qualification window

The Council (has) approved entry standards for the 10,000m, marathon, combined events and race walk at the World Athletics Championships Budapest 23, which will be held 19-27 August next year.

The entry standards are projected to provide 50% of the quota in each event and were determined by statistical analysis of recent years' performance levels. The remaining quota in each event will qualify either through world rankings, finishing position at designated competitions or by wild card.

Entry standards

<i>Men</i>	<i>Event (quota)</i>	<i>Women</i>
27:10.00 / 27:10	10,000m (27)	30:40.00 / 30:40
2:09:40	Marathon (100)	2:28:00
8460	Decathlon / heptathlon (24)	6480
1:20:10	20km race walk (50)*	1:29:20
2:29:40	35km race walk (50)*	2:51:30

(*Note also that the quota for the Walks is now down from **60** to **50** for Budapest. Just in case it was getting too easy for you, folks ...)

Qualification window

10,000m, 20km race walk & combined events:	31 January 2022-30 July 2023
Marathon and 35km race walk:	1 December 2021-30 May 2023

Garcia backs up to win inaugural World 35km title in Eugene

by *Mike Rowbottom* – reprinted from *World Athletics* website

Peru's **Kimberly Garcia** won the first ever 35km race walk to be held at the World Athletics Championships, a week after securing gold in the women's 20km event, followed home, as in the earlier race, by Poland's **Katarzyna Zdzieblo** of Poland and China's **Qieyang Shijie**.

In earning both race walking golds at a global championships, the 28-year-old from Huancayo emulated the great Polish race walker Robert Korzeniowski, who won the men's 20km and 50km events at the Sydney 2000 Olympics. As in the 20km race walk, Garcia went early to the lead and remained there, although she was accompanied for half the race by the Pole who had learned her race walking technique at a sports school set up by Korzeniowski.

The Peruvian crossed the line in a South American record of 2:39:16, four minutes inside her previous best and enough for equal third on the world all-time list, with Zdzieblo taking silver 2:40:03 and Qieyang, who was virtually alone for the whole race, earning bronze in an Asian record of 2:40:37. Fourth place went to Greece's Antigoni Ntrimpoti in a national record of 2:41:58 with Spain's Raquel Gonzalez finishing fifth in a personal best of 2:42:27 ahead of her compatriot Laura Garcia-Caro in 2:42:45 – also a personal best.

By the time the field passed through the fourth kilometre, the pattern of the race was set, with Garcia and Zdzieblo pushing on at the front and Qieyang racing alone some way back, but well ahead of the chasing group of a dozen race walkers. While the 31-year-old Chinese athlete, 2012 Olympic champion and world silver medallist at 20km three years ago in Doha, maintained admirable discipline on her lonely journey, she never looked likely either to catch the leading two or to be caught by those racing behind her on a day when cool and windless conditions favoured the field of 41 that set off at 6:15 local time. After appearing to push the early pace, Zdzieblo was dropped by her Peruvian rival shortly after the halfway mark.

By the time Garcia, wearing sunglasses for most of the race despite the absence of any sunshine, passed the 20km marker in 1:31:49 – a time that would have earned her 13th place in last Friday's 20km race walk – she had established an 11-second lead. But the Pole, grimacing with the effort, found a second wind which enabled her to narrow that gap to just seven seconds at the 25km mark. That was as close as she got, however, as the Peruvian pushed on again, inexorably, stretching the gap to 15 seconds by the 28km mark, and to 21 seconds as she went through 30km in 2:17:05.

Nothing was going to stop Garcia's historic double achievement at this point, although it was only after she had crossed the finish line of the one-kilometre looped course on Eugene's Martin Luther King Jr Boulevard that the impassive expression she had worn throughout gave way to a broad and relieved smile.

"I have always dreamed of making history in a sport I am so passionate about and that I have been practicing since the age of five," said Garcia, coached by Ecuador's 2015 Pan-American Games 50km champion Andres Chocho, who is contesting the

men's 35km on Sunday. "My plan was to set a steady pace until 20km and gradually increase the pace from there. That's what I did today.

"After my 20km win, I tried to stay well hydrated, to eat well to get ready for the 35km. I trained to finish strong in the last five kilometres. I can't wait to celebrate with my family when I arrive home and then reset to start preparing for the World Championships and the Pan American Games next year."

Before last week's race, Peru had never won a World Championship medal. Now, thanks to this 28-year-old from Huancayo, they have two golds. She is likely to have a decent reception when she arrives home...

1	Kimberly GARCÍA LEÓN	PER	2:39:16 CR
2	Katarzyna ZDZIEBŁO	POL	2:40:03 PB
3	Shijie QIEYANG	CHN	2:40:37 AR
4	Antigoni NTRISMPIOTI	GRE	2:41:58 NR
5	Raquel GONZÁLEZ	ESP	2:42:27 PB
6	Laura GARCÍA-CARO	ESP	2:42:45 PB
7	Maocuo LI	CHN	2:44:28 PB
8	Viviane LYRA	BRA	2:45:02 NR
9	Serena SONODA	JPN	2:45:09 PB
10	Lamei YIN	CHN	2:46:02 PB
11	Olga NIEDZIALEK	POL	2:49:43 PB
12	Magaly BONILLA	ECU	2:50:39
13	Inês HENRIQUES	POR	2:51:12 SB
14	Nadia Lizeth GONZALEZ M.	MEX	2:52:06 NR
15	Mirna ORTÍZ	GUA	2:54:00
16	Paola PÉREZ	ECU	2:54:15
17	Galina YAKUSHEVA	KAZ	2:54:50 PB
18	Evelyn INGA	PER	2:56:04
19	Vitória OLIVEIRA	POR	2:57:37
20	Elisa NEUVONEN	FIN	2:57:42 NR
21	Alejandra ORTEGA	MEX	2:58:46
22	Maria MICHTA-COFFEY	USA	2:58:51 PB
23	Hana BURZALOVÁ	SVK	2:59:32 NR
24	Stephanie CASEY	USA	3:00:54 PB
25	Yasury PALACIOS	GUA	3:01:16
26	Ana Veronica RODEAN	ROU	3:01:29 SB
27	Efstathia KOURKOUTSAKI	GRE	3:02:27 PB
28	Aura Libertad MORALES	MEX	3:04:50
29	Miranda MELVILLE	USA	3:05:31
30	Elianay PEREIRA	BRA	3:05:39 PB
31	Mayara Luize VICENTAINER	BRA	3:06:10
32	Ema HAČUNDOVÁ	SVK	3:07:02 PB
33	Jaaneth MAMANI ROQUE	BOL	3:07:16 PB
34	Kelly RUDDICK	AUS	3:11:55
35	Sandra SILVA	POR	3:17:23 PB
	Tereza ĎURDIAKOVÁ	CZE	DNF
	Christina PAPADOPOULOU	GRE	DNF
	Mihaela ACATRINEI	ROU	DNF
	Nadiya BOROVSKA	UKR	DNF
	Tiia KUIKKA	FIN	DQ - TR54.7.5
	Polina REPINA	KAZ	DQ - TR54.7.5



Garcia shadows Zdziebło in the 35km



A carbon copy of the 20km podium – Zdziebło, Garcia and Qieyang

Photos: Marcia dal Mondo

Relentless Stano wins first men's world 35km title in Oregon

by **Mike Rowbottom** – reprinted from **World Athletics** website

Italy's Olympic 20km race walk champion **Massimo Stano** won the first men's 35km race walk to be held at the **World Athletics Championships**, clocking 2:23:14 to hold off Japan's **Masatora Kawano** in Oregon on Sunday (24). Kawano collapsed over the line one second later for silver in an Asian record of 2:23:15. The Italian was the first to help his stricken rival to his feet.

Sweden's **Perseus Karlstrom**, who had won bronze in the opening day's men's 20km race walk behind the Japanese pair of Toshikazu Yamanishi and Koki Ikeda, earned a second in a personal best of **2:23:44**.

Kawano's compatriot **Daisuke Matsunaga** had gambled hugely in the first half of the race, establishing a lead of over a minute by the 13th kilometre, but by the 21st kilometre he was passed by the pack and eventually finished 26th, more than 10 minutes off the pace.

But it was a brave effort from the man who had started the race second in the 2022 top list, having finished runner-up to Kawano at the Japanese trials in April in 2:27:09.

Brian Pintado of Ecuador, finishing fourth, had the consolation of setting a South American record of **2:24:37**, while China's **He Xianghong** set an Asian record of **2:24:45** in fifth place and **Evan Dunfee** of Canada, who took bronze in the last ever Olympic men's 50km race walk in Sapporo last summer, was sixth in a North American record of **2:25:02**.

Karlstrom, who was soon celebrating with a giant blue and yellow Viking hat on his head, had been the man who had done most to catch the lone figure of Matsunaga, whose bold effort looked for a few kilometres as if it might even work.

The 27-year-old Japanese athlete, who finished seventh in the Rio 2016 men's 20km race walk after winning the Asian title earlier in the year, was a man on a mission from the off, rocketing along the 1km looped course on Martin Luther King Jr Boulevard in downtown Eugene to create a significant lead of almost half a minute after the first kilometre, which he covered in 3:59, with the pack more than 25 seconds behind.

That lead grew steadily as the pack remained tight, but shortly after the 20km marker the balance of the race tipped and the chasing group became the leading group.

Gradually the pack of eight reduced, to the point that with 5km to go there were five contenders left - Stano, Kawano, Karlstrom, Pintado and He.

He was first to go, then Pintado. And as the front three moved through the 33km marker the field was reforming into a duo, with the Swede adrift.

Stano, impassive, inexorable, was an immovable object. Kawano, desperate to emulate Yamanishi's earlier victory, showed the pain involved on his face and was an utterly spent force as he crossed the line having managed a despairing final surge over the last 10 metres.

Unlike Karlstrom, Stano had elected to concentrate his energies on the longer race, which is now the official companion of the 20km event for both men and women at major championships.



Stano and Kawano – the celebration, the collapse, the consolation. (Photos: Marcia dal Mondo)

1	Massimo STANO	ITA	2:23:14 CR
2	Masatora KAWANO	JPN	2:23:15 AR
	Perseus KARLSTRÖM	SWE	2:23:44 PB
4	Brian Daniel PINTADO	ECU	2:24:37 AR
5	Xianghong HE	CHN	2:24:45 NR
6	Evan DUNFEE	CAN	2:25:02 AR
7	Caio BONFIM	BRA	2:25:14 NR
8	Eider ARÉVALO	COL	2:25:21 NR
9	Tomohiro NODA	JPN	2:25:29 PB
10	Miguel Ángel LÓPEZ	ESP	2:25:58 NR
11	Ricardo ORTIZ	MEX	2:27:11 NR
12	Ever Jair PALMA OL.	MEX	2:27:55 PB
13	Aleksi OJALA	FIN	2:28:22 NR

14	Aurelien QUINION	FRA	2:28:46 NR
15	Yangben ZHAXI	CHN	2:28:56 PB
16	César Augusto RODRÍGUEZ	PER	2:29:24 NR
17	Hao XU	CHN	2:29:55 PB
18	Rhydian COWLEY	AUS	2:30:34 NR
19	Dawid TOMALA	POL	2:30:47 PB
20	Wayne SNYMAN	RSA	2:31:15 AR
21	Miroslav ÚRADNÍK	SVK	2:31:16 PB
22	José Luis DOCTOR	MEX	2:32:43
23	Vit HLAVÁČ	CZE	2:32:50 NR
24	Andrés CHOCHO	ECU	2:33:28
25	Brendan BOYCE	IRL	2:33:31 SB
26	Daisuke MATSUNAGA	JPN	2:33:56
27	Marius ŽIŪKAS	LTU	2:34:16 NR
28	Diego PINZON	COL	2:34:26 PB
29	Alexandros PAPAMICHAIL	GRE	2:34:48 NR
30	Érick Bernabé BARRONDO	GUA	2:35:01
31	Dominik ČERNÝ	SVK	2:35:39 PB
32	Álvaro LÓPEZ	ESP	2:36:20
33	Artur MASTIANICA	LTU	2:36:25 PB
34	Karl JUNGHANNB	GER	2:38:50
35	Georgiy SHEIKO	KAZ	2:39:47
36	Nick CHRISTIE	USA	2:41:08 SB
37	Armis RUMBENIEKS	LAT	2:42:47
38	Marius Iulian COCIORAN	ROU	2:43:27
39	Rui COELHO	POR	2:44:55 SB
40	Carl DOHMANN	GER	2:45:44
	Carl GIBBONS	AUS	DNF
	José MONTANA	COL	DNF
	Jhonatan Javier AMORES C.	ECU	DNF
	Luis Henry CAMPOS	PER	DNF
	João VIEIRA	POR	DNF
	Marc TUR	ESP	DQ - TR54.7.5
	Veli-Matti PARTANEN	FIN	DQ - TR54.7.5
	Luis Angel SANCHEZ P	GUA	DQ - TR54.7.5
	Andrea AGRUSTI	ITA	DQ - TR54.7.5
	Artur BRZOZOWSKI	POL	DQ - TR54.7.5



The 20k and 35k: Can you spot the difference? Can anyone?

by David Ainsworth

On Saturday afternoon (23rd July) BBC2 showed repeated highlights from the previous day's WA World Championship action. After waiting over two hours, a clip of the inaugural Women's 35 Kilometres' Walk was screened. It was around 13 seconds in length, showing the Peruvian winner approaching the tape, then standing on the podium, before the commentator quipped that Paddington Bear (a fictitious Peruvian) would be pleased.

We were told that the Peruvian lady had also won the 20K and that was it. No mention of the story that the 1-2-3 in the 35K were also the 1-2-3 in an earlier 20K event. As for publicising race walking coverage, it was difficult to find when these races were to be screened - it took a look on Athletics Weekly's website to learn that both 20K walks would be on BBC's "red button".

With both races ending with exactly the same three medallists in the same order, it shows the failings in having two events so near to each other in distance: just 15 kilometres between 20K & 35K. However you look at it, the 50K (now dead) was a totally different event involving mostly different specialist athletes using different tactics and training methods.

Over athletics history, those doing well in both 20K & 50K at the same games have been few. If the now 20K/35K races keep seeing the same names receiving awards, then the "powers that be" will have the ammunition they are perhaps seeking to withdraw one of these distances permanently - probably the latter.

David Ainsworth

Editor's view: David Ainsworth's comments reflect what many of us predicted would happen - that the 'speed v. endurance' dimensions of race walking, displayed so vividly in the 20km/50km format - would be lost, as it appears to have done in the female competition. Whether it would have been the same story had Yamanishi and Ikeda lined up with Percy Karlstrom in the Men's 35k is moot. We all know that a 50km doesn't kick in until after the 35km mark, and I think the 'powers-that-be' probably believe that too, but care less. Certainly they don't seem to value 'endurance' as a virtue worth preserving in a sporting world of younger interests and limited attention spans. Society has changed, and is changing, in every respect except one - money. Money doesn't just talk. It is also one-eyed, and it views sport in general with a tunnel vision aimed unerringly at the bottom line.

That said, I'm not so sure the 50km is 'dead'. Does the fact that the World Athletics has retained the 50km world record indicate that a door has been left ajar for its possible return? The 35km story has to be played out on many stages yet, and we'll have a better picture of its assets and inadequacies by Paris 2024. Will it be raced domestically, at club level? Will male and female walkers embrace it? Is it different enough from the speedy 20km to justify its presence at every level of competition - especially the elite level? After Eugene, the answer to that doesn't look promising.

Two of the arguments pushed repeatedly against the 50km were (1) Women's performances are too few in number and below par for the international stage, and (2) the 50km has died domestically in most countries. Those positions are going to be reiterated until something concrete happens to nullify them. If anyone finds the key to resurrecting interest in the 50 in our own countries, without the incentive of international competition to ignite it, please let the rest of us know.

If the 35km is, in fact, no more than a sop to noisy but 'irrelevant' 50km lovers, with no genuine endurance virtue of its own to display, it will surely not be long before it stands revealed as such - as, at best, a bloated 20km doing little more than forcing more road closure time. In other words, a pointless event. Whether that would lead to a revival of the beloved 50km at the top level, or simply the abolition of a burdensome second race walking distance altogether (as David suggests), is yet to be seen.

Stu Cooper

UNITED KINGDOM: ERWL Fixture 8 – LICC 5km, 23 July - StoneX Stadium
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Report courtesy of **Ron Wallwork**:

Visiting Australian **Kate Siviour** from the Victorian Race Walking Club was a welcome visitor to the League and along with fifteen other athletes toed the start-line for this event. Conditions were uncomfortably hot and the times compared of those who competed in the previous fixture reflect this.

George Wilkinson won as he pleased and **Kate's** time was half a minute inside her previous best. **Melanie Peddle** and **Jacqueline Benson** had a cracking tussle and M70 **Sue Barnett** showed great resolve in the conditions, finishing not that much slower than previously.

A word of thanks to the officials who were well baked for the 35 minutes they were out there.

2022 Enfield Race Walking League

Fixture 8 LICC 5km			23rd July						
1	George Wilkinson	Enfield H AC	u23	22.58.10	1	Kate Siviour	VRWC	u23	25.35.67
2	Dave Annetts	North Herts R	M55	24.23.39	2	Melanie Peddle	Loughton AC	W50	27.32.58
3	Jonny Ellerton	Brom/Blackheath	u17	28.26.41	3	Jaqueline Benson	Ashford AC	u23	27.50.67
4	John Arthur	Ilford AC	M50	31.09.76	4	Grazia Manzotti	Tonbridge AC	W50	28.26.75
5	Colin Harle	Belgrave H	M50	31.19.28	5	Emma Dyos	Ilford AC	W45	29.05.07
6	John Borgars ©	Loughton AC	M75	32.32.23	6	Maureen Noel	Belgrave H	W55	32.16.43

7	Simon Morgan	Ilford AC	M50	33.43.89	7	Sue Barnett	Enfield H AC	W70	33.05.67
					8	Amalia da Silva	Belgrave H	W55	33.50.82
					3km	Shaeda Arthur	Ilford AC	W60	37.29.97



Underway in the Enfield 5km. (Right) George Wilkinson and Kate Siviour setting the pace. (Photos: Mark Easton)

UNITED KINGDOM: Cambridge Harriers T&F night, 20 July - Eltham

1. Luc Legon	SenM	Bexley AC	12:41.2
2. Christian Hopper	U20M	Cambridge Harriers	14:22.3
3. Jacqueline Benson	SenW	Ashford AC	15:59.3
4. Grazia Manzotti	W50	Tonbridge AC	16:04.5
5. Abigail Smith	U20W	Blackheath&Bromley	16:20.6
6. Mark Ashby	M60	Cambridge Harriers	18:23.6
7. Matthew Ellerton	M45	Blackheath&Bromley	19:34.4



Benson and Legon were the winners at Cambridge ... Benson after a harder battle. (Photos: Mark Easton)

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 24/07/2022 Eugene, Oregon 2022: Massimo Stano win 35km. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4431
- 22/07/2022 Oregon 2022 World Championships - 35km women. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4430
- 21/07/2022 Seventy years ago Dordoni won in Helsinki http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4429 A page of tributes to one of the giants of Italian walking, Giuseppe 'Pino' Dordoni, on the 70th anniversary of his Olympic 50km triumph. 'Pino' was

revered in his homeland and beyond as a larger-than-life figure, as (in Maurizio DaMilano's words) a 'teacher of life'. This article comes with a 1:40 film clip of his Helsinki victory.

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, July 25, 2022 - 1,500 m march II2 at the VIRTUS European Games - Krakow 2022
<http://omarchador.blogspot.com/2022/07/1500-m-marcha-ii2-nos-jogos-europeus.html>
(The VIRTUS Games are an international competition for intellectually-impaired athletes worldwide. The 2022 Oceania-Asia VIRTUS Games will be staged in Brisbane, from 5th to 11th November.)
- Sunday, July 24, 2022 - Stano joins 35km world title with Tokyo Olympic gold
<http://omarchador.blogspot.com/2022/07/stano-junta-titulo-mundial-dos-35-km-ao.html>
- Friday, July 22, 2022 – Marching recital earns Kimberly Garcia the women's 35 km world title
<http://omarchador.blogspot.com/2022/07/recital-de-marcha-rende-kimberly-garcia.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sun 31 Jul 2022	AV Open 30km & Age group c'ships; VRWC Ray Smith 30km c'ship – Middle Park
Sun 7 Aug 2022	AMA 20km Championships - Adelaide
Sun 21 Aug 2022	AV, VRWC & VMA 20km Championships – Middle Park
Sun 11 Sep 2022	AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park

(NOTE: Full details of the **VRWC 2022 Winter Road season fixture** available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

Jul 28 – Aug 8, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 1- 6, 2022	19th World Athletics U20 T&F Championships – Cali, COLOMBIA
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2023	24th World Masters T&F Championships – Gothenburg, SWE
TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC)	19th World Athletics Championships – Budapest, HUN

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