



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2019/2020 Number 31  
Monday 27 April 2020



**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>

### PAUL F DEMEESTER TALKS MATTERS IOC AND IAAF

Thanks to US Attorney at Law Paul F. DeMeester for another thought provoking article.

## UNDER MY THUMB

By Paul F. DeMeester

Recently, while driving to court – my day job is considered an essential business during the COVID-19 pandemic – one of my favorite San Francisco Bay Area rock stations played the 1966 Rolling Stones song that bears the same name as the title of this column. A bit surprising to hear it on the radio in this day and age given that the song drew criticism even back in the Sixties for its antifeminism and misogyny. (See P. Margotin & J.-M. Guesdon, *The Rolling Stones All the Songs* (Black Dog & Leventhal Publishers 2016), at p. 148.)

The track's title aptly describes how the International Olympic Committee (IOC) views its relationship with World Athletics. The numbers tell the story. All the numbers cited in the two tables below have the IOC as their source and can be found at the IOC website [olympic.org](http://olympic.org), except for the athletics participant numbers for Tokyo 2020 which are based on the 10 March 2019 IAAF Qualification System for Tokyo 2020.

The Olympics have grown in size. The first modern Olympic Games (Athens 1896) featured athletics, cycling, fencing, gymnastics, swimming, shooting, tennis, weightlifting and wrestling. The first five of those have been on the Olympic program without interruption. The IOC has defined some sports differently over time. For instance, road cycling, track cycling, mountain biking and BMX cycling were counted as four separate sports until Tokyo 2020 when they were brought under one umbrella. Similar definitional changes have occurred in gymnastics (artistic, rhythmic and trampoline), wrestling (Greco-Roman and freestyle), equestrian sports (jumping, eventing and dressage), aquatics (swimming, water polo, diving, marathon swimming and synchronized swimming), volleyball (now includes beach volleyball), canoeing (sprint and slalom), whereas baseball and softball are now counted as one sport. The changing semantic landscape justifies looking instead at the number of athletes attending each Games and the number of events conducted, in order to appreciate the Olympic growth. Table 1 sets forth the numbers for all past Olympic Games and the projected numbers for Tokyo 2020.

TABLE 1

<u>Year</u>	<u>Host City</u>	<u>No. of Athletes</u>	<u>No. of Events</u>	<u>No. of Athletics Events</u>
1896	Athens	241	43	12
1900	Paris	997	95	23
1904	St. Louis	651	95	25
1908	London	2008	110	26
1912	Stockholm	2407	102	30
1920	Antwerp	2622	156	29
1924	Paris	3088	126	27
1928	Amsterdam	2883	109	27
1932	Los Angeles	1334	117	29
1936	Berlin	3963	129	29
1948	London	4104	136	33
1952	Helsinki	4955	149	33
1956	Melbourne	3314	151	33
1960	Rome	5338	150	34
1964	Tokyo	5151	163	36
1968	Mexico City	5516	172	36

1972	Munich	7134	195	38
1976	Montreal	6084	198	37
1980	Moscow	5179	203	38
1984	Los Angeles	6829	221	41
1988	Seoul	8397	237	42
1992	Barcelona	9356	257	43
1996	Atlanta	10318	271	44
2000	Sydney	10651	300	46
2004	Athens	10625	301	46
2008	Beijing	10942	302	47
2012	London	10568	302	47
2016	Rio	11238	306	47
2020	Tokyo	11090	339	48

Since the Games were last hosted by Tokyo, the number of athletes and the number of events has more than doubled. The increase in the number of events has two main causes: (1) the addition of new Olympic sports; and (2) the effort to bring gender equality to sports.

Judo and volleyball were added in 1964. Table tennis made its first appearance in 1988, followed by badminton and baseball in 1992. Beach volleyball, mountain biking and softball were new for 1996. The Triple T-sports were novel four years on: taekwondo, trampoline and triathlon. Bike motocross (BMX) found its way to the Olympic schedule in 2008. The upcoming Tokyo 2020 Games will have no fewer than four new sports on the program: karate, skateboarding, sport climbing and surfing. The IOC counts baseball/softball as a new sport as well but both have made appearances before, so they are not ‘new.’ Expect breaking to be included in the Paris 2024 schedule. Moreover, the IOC is eager to bring esports into the Olympic fold.

Gender equality, as we know all too well, is still sorely missing in the 50K Race Walk, the only remaining athletics event to continue to suffer from Olympic athletics sexism. The IOC expects the number of women athletes to comprise 48.8% of the total number of Olympic athletes at the Tokyo 2020 Games. That’s an improvement over Rio (45.6%) and London (44.2%). The remainder of the gender imbalance is found in eight other Tokyo 2020 sports: aquatics (no male synchronized swimmers and two fewer female water polo teams); boxing (206 male boxers in eight weight categories versus 80 female boxers in five weight categories); cycling (130 male road cyclists versus 67 females); football (four fewer women’s teams); gymnastics (no rhythmic events for men; in artistic gymnastics, men but not women compete on the pommel horse, rings, parallel bars and the horizontal bars, whereas women but not men compete on the beam); sailing (no women in Finn class); wrestling (no female Greco-Roman wrestlers); and baseball/softball (144 male players versus 99 female players).

Accommodating more sports means more athletes. Athletes don’t travel alone. They bring coaches along as well as support staff such as physios. A National Olympic Committee (NOC) sends along a delegation of sports administrators; after all, attending the Olympics is the big perk. Each sport requires technical officials, judges, and volunteers. All of these people need to be housed and fed. Media interest in the Olympics has grown over time as well. The Olympic organizers are tasked with housing and feeding most of these folks. And then there are the tourists who want to take in the action. No wonder potential host cities are hesitant to step up to host future Games. Logistically, the Olympics have become too big.

The IOC realized this. The IOC is hungry to entertain new sports, so much the better to control the entire sports world, but there are limits to bringing together the contingent every four years. The solution to the IOC’s problems has been its *Olympic Agenda 2020*. Agenda Recommendation 10 limits the Summer Olympics to approximately 10500 athletes, 5000 accredited coaches and support personnel and 310 events. Of course, expanding the number of sports and reducing the number of athletes (there were 11238 athletes at Rio) means something has to give. That’s why athletics has to shrink its Olympic footprint. The only way to accomplish this is to require World Athletics to a set number of spots per event. That is hard to do when Olympic qualification depends on a qualifying time, distance, height or points. Hard to predict how many athletes will perform below the standard.

Enter the World Rankings system. One will be hard pressed to find any published correspondence from the IOC telling World Athletics that the rankings system must be used. But don’t be surprised if the message was delivered somehow. The World Rankings system ensures that the number of athletes per event is not exceeded. Of course, qualifying times still exist but they are arduous and will only fill about half the field. World Rankings fill in the rest.

Table 2 sets forth the number of participants in the athletics events at the London 2012 and Rio 2016 Olympics in its first two columns. The third column displays the maximum number of participants per athletics event at Tokyo 2020 as provided by the IAAF Qualification System.

**TABLE 2**

Event	# of Athletes 2012	# of Athletes 2016	2020 Entry #s
100m M	75	84	56
100m W	79	80	56
200m M	55	79	56
200m W	54	72	56

400m M	51	53	48
400m W	49	57	48
800m M	56	58	48
800m W	44	65	48
1500m M	44	43	45
1500m W	46	42	45
5000m M	43	51	42
5000m W	36	34	42
10000m M	29	34	27
10000m W	22	37	27
Marathon M	105	155	80
Marathon W	118	157	80
110m H M	53	40	40
100m H W	50	48	40
400m H M	50	47	40
400m H W	43	47	40
3000m St. M	39	45	45
3000m St. W	44	52	45
20km RW M	56	74	60
20km RW W	61	74	60
50km RW M	66	80	60
50km RW W	---	---	---
4x100m M	67	70	80
4x100m W	68	67	80
4x400m M	69	69	80
4x400m W	71	69	80
4x400m Mixed	--	--	64
Decathlon M	31	32	24
Heptathlon W	39	31	24
Discus M	41	35	32
Discus W	35	34	32
Hammer M	41	32	32
Hammer W	37	32	32
High Jump M	35	44	32
High Jump W	35	36	32
Javelin M	44	37	32
Javelin W	42	31	32
Long Jump M	42	32	32
Long Jump W	32	38	32
Pole Vault M	32	32	32
Pole Vault W	39	38	32
Shot Put M	40	34	32
Shot Put W	33	36	32
Triple Jump M	27	48	32
Triple Jump W	35	37	32
<hr/>			
Totals:			
M Event Entries	1191	1380	1119
W Event Entries	1112	1217	1059
All Event Entries	2303	2597	2178

Note: This table double- or triple-counts athletes who participated or will participate in more than one event, e.g., a sprinter who competes in the 100m, 200m and the 4x100m relay (think Usain Bolt) or a race walker who walks the 20km and 50km events (think Jarred Tallent and Chris Erickson in 2012 or Evan Dunfee and Quentin Rew in 2016). Hence, the total number of individuals who participated in London or Rio or who will participate in Tokyo is actually lower.

Tokyo 2020 will have 419 fewer event spots available in athletics than the number of athletes who showed up in Rio when there was one event less (the mixed relay). Given that some non-mixed relay teams may not use a fifth athlete and that some NOCs may not fill an available slot when offered under the rankings system, the actual number of athletics event spots that will be filled at Tokyo 2020 will probably be lower than the 2178 figure.

The new World Rankings system was announced by World Athletics with much fanfare in November of 2017. World Athletics (then called IAAF) President Seb Coe, provided the following comment:

*The IAAF world rankings, which will come into operation in 2018, will drive and shape the global competition system including entry into the World Championships and Olympic Games. For the first time in the sport's history, athletes,*

media and fans will have a clear understanding of the hierarchy of competitions from national through to area and up to global events, allowing them to follow a logical season-long path to the pinnacle of athletics' top two competitions.

(Seb Coe quote in IAAF Press Release of 3 November 2017 entitled, *Official IAAF world rankings first step in fundamental changes in athletics*, available at [worldathletics.org](http://worldathletics.org).)

A more accurate statement would have sounded much different: "World Athletics has now officially become the submissive partner in our relationship with our dominant partner, the IOC. In order to subjugate ourselves to the total control of the IOC, we are now instituting the World Rankings system. From now on, we are an emasculated organization that is merely a shadow of its former self." Turns out the 1966 Stones song title is right on in explaining how the 50K Race Walk misogynists called the IOC view World Athletics: "Under My Thumb."

#### SAMA VIRTUAL WALKS AROUND ADELAIDE

The South Australian Masters Virtual Competition continued this week. Walk results are shown below. See the full results set at <https://samastersathletics.org.au/results1.htm>.

##### 2km Walk

1.	MARK WORTHING	10:54	M57	74.55%
2.	MARIE MAXTED	14:02	W59	64.00%
3.	TREVOR BROWN	14:14	M71	66.39%
4.	GRAHAM HARRISON	15:12	M76	66.37%
5.	ROGER LOWE	15:34	M77	65.73%
6.	JAN LAYNG	16:28	W71	63.00%
7.	ROS LOWE	17:28	W72	60.24%
8.	MALCOLM MCMILLAN	17:46	M61	47.55%
9.	COLIN BROOKS	18:00	M66	49.49%
10.	JILL ROGERS	19:13	W75	57.26%

##### 4km Walk

1.	GEORGE WHITE	28:33	M74	73.33%
2.	MARIE MAXTED	28:37	W59	67.48%
3.	TREVOR BROWN	29:09	M71	69.08%
4.	SABINE ORCHARD-SIMONIDES	29:15	W53	62.12%
5.	ROGER LOWE	32:13	M77	67.74%
6.	RODGER BARBER	32:15	M82	73.04%
7.	GILLIAN WHITE	33:08	W71	67.95%
8.	DAVID ROBERTSON	36:38	M86	68.84%

##### 5km Walk

1.	GRAHAM HARRISON	40:08	M76	67.55%
----	-----------------	-------	-----	--------

##### 8km Walk

1.	GRAHAM HARRISON	1:03:27	M76	69.79%
----	-----------------	---------	-----	--------

##### 10km Walk

1.	GIL MCINTOSH	1:15:28	M69	67.36%
2.	ROSS HILL-BROWN	1:29:55	M65	53.96%

#### TRWC VIRTUAL RACEWALK SERIES ROUND 1, AROUND AUSTRALIA, 18-20 APRIL 2020

The first Tasmanian Race Walking Club Virtual walk was completed a week ago, with a couple of Queenslanders, a NSW walker and the rest Tasmanian. Rosie Coleman commented: Young walkers and new walkers from 8 yrs to Masters. A reminder of how it works. Either on Saturday, Sunday or Monday, have a race walk over the following distances and then send Rosie Coleman your result ([rcoleman@iprimus.com.au](mailto:rcoleman@iprimus.com.au) or facebook messenger).

8 years - 10 years	1km	10 Years - 12 years	2km
12 Years - 13 years	2km or 3km	13 years - Masters	2km or 3km

##### 3km Walk

1.	Anna Blackwell	TAS	18	14.35
2.	Will Bottle	TAS	15	14.54
3.	William Roberston	TAS	17	15.16

4.	Oliver Morgan	TAS	13	17.23
5.	Shane Pearson	OLD	48	20.26
6.	Elizabeth Leitch	TAS	65	20.30
7.	Wayne Fletcher	TAS	72	22.34

#### 2km Walk

1.	Macie Devine	TAS	9	12.55
2.	Archie Dixon	TAS	10	14.50
3.	Sam Lindsey	TAS	12	14.59
4.	Paige Tkalac	OLD	10	30.12
5.	Harmony Tkalac	OLD	10	30.12

#### 1km Walk

1.	Jada McCoombes	OLD	8	5.57
2.	Eva Parker	TAS	9	6.53

### ENGLISH VIRTUAL RACEWALKING LEAGUE, ROUND 4, ACROSS THE WORLD

The Virtual League Racing Series (<https://nationalendurancecentre.co.uk/challenges>), being coordinated by the National Centre for Race Walking in Leeds, continues to be the dominant weekly virtual walking competition. Round 1 saw 74 competitors from around the world, Round 2 saw 103 competitors and Round 3, just completed, saw 126 competitors. Growing nicely!

Round 3 results (2km) available via link <http://racewalkingassociation.com/EventDetails.asp?id=6125>

Round 3 results (2km) available via link <http://racewalkingassociation.com/EventDetails.asp?id=6126>

Here are the Australians who forwarded their performances for the 3km. You will see the walkers from the TRWC Virtual Walk Round 1, along with others including VRWC walkers **Kelly Ruddick, Emily Smith, Heather Carr, David Smyth** and **Rupert van Dongen**. Well done everyone!

F	1	Kelly Ruddick	W45	94.98%	13:11.0
F	7	Anna Blackwell	U20W	79.42%	14:35.0
F	11	Lyla Williams	U13W	78.63%	15:57.0
F	14	Emily Smith	U15W	74.34%	16:22.0
F	17	Gabriella Hill	U17W	72.00%	16:29.0
F	25	Nyle Sunderland	W50	73.53%	17:45.0
F	30	Heather Carr	W70	85.79%	18:58.1
F	35	Mia Bergh	U17W	58.94%	20:08.0
F	37	Elizabeth Leitch	SW	56.50%	20:30.0
F	48	Heather Lee	W90	97.42%	24:26.0
M	10	Owen Toyne	U15M	76.72%	14:51.0
M	11	Will Bottle	U17M	74.18%	14:54.0
M	12	Kodi Clarkson	U13M	78.10%	15:12.0
M	13	William Robertson	U17M	72.40%	15:16.0
M	22	David Smyth	M50	73.01%	16:30.0
M	23	Rupert van Dongen	M45	69.69%	16:35.0
M	28	Oliver Morgan	U13M	68.29%	17:23.0
M	47	Shane Pearson	M45	56.56%	20:26.0
M	50	Wayne Fletcher	M60	58.43%	22:34.0

### TRWC VIRTUAL RACEWALK SERIES ROUND 2, AROUND AUSTRALIA, 25-27 APRIL 2020

The second round of the Tasmanian Race Walking Club Virtual Walk was completed over the last 3 days. Rosie Coleman comments: Numbers slightly up this week. To participate, contact Rosie by email ([rcoleman@iprimus.com.au](mailto:rcoleman@iprimus.com.au)) or facebook messenger.

#### 3km Walk

1.	Anna Blackwell	18	F	14.31	TAS
2.	Will Robertson	17	M	14.15	TAS
3.	Will Bottle	16	M	14.56	TAS
4.	Kai Norton	15	M	15.18	QLD
5.	Amber Norton	14	F	15.56	QLD
6.	Oliver Morgan	13	M	18.06	TAS
7.	Shane Pearson	M48	M	20.01	QLD

8.	Elizabeth Leitch	W65	F	20.04	TAS
9.	Eugene Gerlach	M45	M	22.04	TAS
10.	Wayne Fletcher	M70	M	22.40	TAS

#### 1km Walk

1.	Macy Devine	9	F	5.26	TAS
2.	Jada McCoombes	8	F	5.46	QLD
3.	Noah Tilton	10	M	6.33	NSW

#### 1.5km Walk

1.	Bailey Housden	13	M	7.51	QLD
2.	Millie Sharpe	12	F	9.01	QLD
3.	Sam Lindsey	12	M	10.17	TAS
4.	Eva Parker	9	F	10.47	TAS

### MARCIADALMONDO ROUNDUP

Marciadalmondo has 3 press releases for us this week.

- Mon 23 Apr - A heart attack takes Hartwig Gauder  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3789](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3789)
- Sun 22 Apr - AtleticaViva Online - Race Walking in China seminar  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3788](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3788)
- Tue 17 Apr - AtleticaViva Online - The second day of the seminar is dedicated to race walking  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3787](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3787)

while Omarchador has great selection of articles, including one very interesting one on **Walking Shoes**.

- Sun 26 Apr - Interview with Slovak and Olympic champion Matej Tóth  
<https://omarchador.blogspot.com/2020/04/matej-toth-e-estes-tempos-de.html>
- Sat 25 Apr - Mexico dominates its home Racewalking World Cup (Monterrey 1993)  
<https://omarchador.blogspot.com/2020/04/apoteose-mexicana-na-taca-do-mundo-de.html>
- Fri 24 Apr - In 1982 José Pinto opened new racewalking paths in Portugal  
<https://omarchador.blogspot.com/2020/04/em-1982-jose-pinto-abria-novos-caminhos.html>
- Thu 23 Apr - Hartwig Gauder passes away  
<https://omarchador.blogspot.com/2020/04/faleceu-hartwig-gauder.html>
- Tue 21 Apr - What do walkers wear?  
<https://omarchador.blogspot.com/2020/04/o-que-calcam-os-marchadores.html>
- Mon 20 Apr - Evoking Peter Marlow on his birthday  
<https://omarchador.blogspot.com/2020/04/evocando-peter-marlow-no-dia-do-seu.html>

### OUT AND ABOUT

- Nice article on Poland's **Robert Korzeniowski**, one of the world's greatest racewalkers. It's in French so fire the link up in Google and right click to translate to English - <https://www.olympic.org/fr/news/l-illustre-athlete-polonais-robert-korzeniowski-rend-hommage-a-la-noble-discipline-qu-est-la-marche-athletique>.
- Bill Green, Ilford AC's Press & Publicity Officer, is entertaining members during lockdown with a series of articles on Club members. His latest effort zooms in on racewalking stalwart **Dave Ainsworth** - <https://ilfordathleticclub.co.uk/2020/04/12/dave-ainsworth/>. Dave's been, and continues to be, a great contributor to racewalking in the UK. Some highlights:
  - He was RWA Press & Publicity Officer from the mid seventies until 1985
  - He's a long serving RWA Southern Area Press & Publicity Officer
  - He's edited "Essex Walker"
  - He was the 2012 London Olympics race walking co-commentator (with Geoff Wightman) for all 3 walks
  - He is a Life Member of the Race Walking Association, Essex County AA and Ilford AC
  - And so on....



Well done Dave...may your life sentence continue for many more years!

- New dates for the 2020 U.S. Olympic T&F Trials were announced by USATF last week. The event will take place on June 18 to 27, 2021 in Eugene, Oregon. See more at <https://www.usatf.org/news/2020/new-dates-set-for-2020-u-s-olympic-team-trials-%e2%80%94-t>.
- Thirty Reasons why Walking Is the Best Exercise - lots of good information here - <https://247tempo.com/30-reasons-walking-is-the-best-exercise-2/>.
- No real surprises last week when EA announced that the 2020 European Athletics Championships, to be held in Paris on 25-30 August have been cancelled. See <https://www.european-athletics.org/news/article=paris-2020-european-athletics-championships-cancelled/index.html>.

#### TIME TO PUT THE THINKING CAP ON

Firstly an amendment for Answer 15 from last week's newsletter. The question was

#### 15. Which Australian walker represented Australia at three IAAF World Junior Championships?

I responded that the walker in question was NSW athlete **Troy Sundstrom** who represented Australia in the IAAF World Junior Championships in 1996, 1998 and 2000. As both Brent Vallance and Rupert van Dongen pointed out to me, Troy was not the only Australian to achieve this feat. It was also achieved by NSW walker **Linda Coffee**, in 1992, 1994 and 1996. Linda, who was coached by Kevin Stone and later by Simon Baker, was born 31<sup>st</sup> July 1977 so she had just turned 15 when she competed in her first WJ Championship.



*Left: Troy Sundstrom in the Australian 30km Championship in 005*

*Right: Cheryl Webb, Jane Saville and Linda Coffee competing in the NSW Schools Championships in the mid 1990's*

As mentioned last week, subsequent to their races, the IAAF changed the entry criteria for the World Juniors to enforce a minimum age requirement of 16. Hence it is no longer possible to do three World Junior Champs.

Both were outstanding walkers. You can check out Linda's impressive underage career at <http://athletics.possumbility.com/athletes/athlete137.htm> and Troy's at <http://athletics.possumbility.com/athletes/athlete2740.htm>.

In those days, there were high quality weekly interclub competitions in Sydney, and these performances from Linda Coffee (from a 1995/1996 ranking list) show just how talented she was

21:46.00	Linda Coffee	1	Eisenhüttenstadt (GER)	11-May-96	Road
22:01.50	Linda Coffee	2	Sydney	18-Feb-96	Track
22:13.20	Linda Coffee	Mix	Homebush		Track
22:13.50	Linda Coffee	Mix	Homebush		Track
22:15.10	Linda Coffee	4th	Homebush		Track
22:15.20	Linda Coffee	Mix	Homebush		Track
22:15.94	Linda Coffee	3	Hobart	25-Feb-96	Track

22:20.40	Linda Coffee	4	Homebush		Track
22:22.13	Linda Coffee	2	Homebush		Track
22:23.18	Linda Coffee	2	Homebush	02-Mar-95	Track
22:24.55	Linda Coffee	4	Homebush	01-Feb-95	Track

Her World Junior races (all over 5000m) were as follows

1992 World Junior	5,000 metres Walk	21/35	24:16.02	Aged 15 years 2 months
1994 World Junior	5,000 metres Walk	14/28	22:59.20	Aged 16 years 11 months
1996 World Junior	5,000 metres Walk	6/26	22:34.77	Aged 19 years 1 month

Troy's junior career was just as impressive. To take just one stat, his best U18 10,000m performance (41:57.00, 30/05/1981, Leichhardt, NSW) was one of a number of times under the current U/18 10km record which was introduced recently. Read more about Troy at <http://www.vrwc.org.au/tim-archive/articles/wa-troy-sundstrom.pdf>.

And now onto the answers for last week's questions.

**16. Which walkers have represented both Australia and another country in major racewalking competitions?**

- **Peter Fullager** represented GBR (1965-1969) and then Australia (1974-1981). See <http://www.vrwc.org.au/tim-archive/articles/wa-peter-fullager.pdf>
- **Jenni Jones-Billington** represented Australia in the 1993 Race Walking World Cup and represented New Zealand in the 1995 Race Walking World Cup.

**17. Which walkers have been awarded the prestigious Athletics Victoria Number 1 competition bib?**

Walkers **Chris Erickson**, **Nathan Deakes** and **Jared Tallent** have all worn AV competition bib number 1. Read all about it at <http://www.vrwc.org.au/tim-archive/articles/The%20AV%20Number%20One%20Competition%20Wreath.pdf>.

2005/06	Chris Erickson
2007/08	Nathan Deakes
2009/10	Jared Tallent
2012/13	Jared Tallent

**18. Which Australian walkers are members of the very select group that have 'shot their age' - ie played 18 holes of golf where the score is the same or less than their age.**

I am aware of two Australian walkers who have achieved this rare feat, and they were both Olympians.

- 1912 Olympian **Bill Murray** went around 18 holes in less than his age on the Victoria golf course in Melbourne in 1964, aged 82.
- 1924 Olympian **Ernie Austen** played a round of 80 off the stick in 1970, at 81 years of age, in NSW. I have the newspaper cutting somewhere but blowed if I can find it.

Read more at <http://www.vrwc.org.au/tim-archive/articles/Shooting%20Your%20Age.pdf>.

**19. Which Australian Centurions have represented their country in major racewalk competitions (hint – 5 overall)?**

<a href="#">Tim Erickson</a>	(C13 1976)	Represented Australia 1976-1983
<a href="#">Bill Dyer</a>	(C15 1977)	Represented Australia 1981-1991
<a href="#">Robin Whyte</a>	(C29 1996)	Represented Australia 1976
<a href="#">Michael Harvey</a>	(C43 2001)	Represented Australia 1981-1999
<a href="#">Charles Arosanyin</a>	(C46 2003)	Represented Nigeria in the 2006 Commonwealth Games

**20. Which English Centurions have represented their country in the Olympics (hint – there are 8 of them)?**

Thanks to Bill Sutherland (GBR) for this information, which Kathy Crilley has published on her Centurions Worldwide website at <http://centurionsworldwide.org.uk/olympians-.html>.

C12	Bill Brown (Polytechnic Harriers)	1908 Olympic 3,500m Walk
C175	Rex Whitlock (Metropolitan WC)	1952 Olympic 50K
C276	Frank O'Reilly (Lozells Harriers)	1960 Olympic 50K (represented Eire)
C376	John Kelly (Millrose AA)	1968 Olympic 50K (represented Eire)
C631	Don Thompson MBE (Metropolitan WC)	1960 Olympic 1960 50K (Gold medalist)
C778	Brian Adams (Leicester WC)	1976 Olympic 20K



C1064 Ian Richards (Steyping AC) 1980 Olympic 50K  
 C1098 Dominic King (Colchester Harriers) 2012 and 2016 Olympic 50K

And now to this week's questions – some details needed, not just a name. Back up your claim!

21. Who was the Australian woman who first fought local male authorities and completed her State 50km Championship? You won't see her name in the results as the officials of the day refused to acknowledge her performance and refused to put her name in the results.
22. Which Australian walkers have represented Australia at 3 separate Olympics? Has anyone done 4 Olympics?
23. Which Australian walkers are/were champion open water swimmers?
24. What Australian walker lost out on an almost automatic selection for the 1940 Olympics when WWII intervened?
25. Which Olympic racewalking champion is quoted as enjoying the following eccentric training session: "When time permits, all clothing should be removed for a run round a secluded garden, especially if it be raining at the time."

Forward your answers to me at [terick@melbpc.org.au](mailto:terick@melbpc.org.au). I will give the answers next week and pose 5 further questions. Remember you can check out past questions and answers at <http://www.vrwc.org.au/RW-Questions.shtml>.

### AUSTRALIAN RACEWALK RECORD REVIEW

In last week's newsletter, I published the current Australian racewalking records, as per Athletics Australia. I also pointed out the huge inconsistencies across the board, with regard to men and women. This week, I present the record spread to highlight the shortcomings.

EVENT	AUSTRALIAN RECORDS – MEN	AUSTRALIAN RECORDS - WOMEN
3000M TRACK WALK		U20
	U18	U18
	U16	U16
5000M TRACK WALK	Open Allcomers / National	Open Allcomers / National
	U20	U20
	U18	U18
10000M TRACK WALK	Open Allcomers / National	Open Allcomers / National
	U20	U20
	U18	
20000M TRACK WALK	Open Allcomers / National	Open Allcomers / National
50000M TRACK WALK	Open Allcomers / National	
5KM ROAD WALK		U18
	U16	U16
8KM ROAD WALK	U18	U18
10KM ROAD WALK		Open Allcomers / National
	U20	U20
	U18	
20KM ROAD WALK	Open Allcomers / National	Open Allcomers / National
	U20	
30KM ROAD WALK	Open Allcomers / National	
50KM ROAD WALK	Open Allcomers / National	Open Allcomers / National
5000M TRACK WALK INDOORS	Open Men	
3000M TRACK WALK INDOORS		Open Women

It's about time Athletics Australia looked at this record spread with a view to fixing it up.

The walking world has been as one in the last week in paying honour to legendary German race walker Hartwig Gauder, the 1980 Olympic 50km champion, who died of a heart attack in Erfurt, Germany, on Wednesday 22<sup>nd</sup> April 2000 at the age of 65.



*Gauder in 2003 after climbing Mt Fuji*

Born November 10, 1954, in Vaihingen in the Federal Republic of Germany (West Germany), Gauder moved with his family to the German Democratic Republic (East Germany) at age 5.

Gauder started in sports competition at age 12 with ski jumping and did not find racewalking until age 17. He turned out to be a natural at the sport, walking 10km in 53:00 in his first race with little training and improving to 49 minutes just three weeks later. His first international race was a year later (1972) when he won at a seven-nation meets in Pris. In 1973, he captured that European Junior title. His first 50 km wasn't until 1979 and was walked as a joke, he says. Some joke, as he did 4:01. The next year he finished third in the German trials with a 3:49 and then on to win the 1980 Olympic gold.<sup>1</sup>

Standing just over 6 feet tall and weighing about 160 pounds, he was an outstanding walker for two decades.

He is one of the elite few to have won European Junior (10km 1973), European (50km 1986), Olympic (50km 1980) and World (50km 1987) outdoor titles. At the 50km walk he also won bronze medals at the 1988 Olympics (when he recorded his best ever time of 3:39:45), 1990 Europeans and 1991 Worlds, and was 4<sup>th</sup> in the 1982 Europeans and 6<sup>th</sup> at the 1992 Olympics, only prevented by the boycott of 1984 from competing at a fourth Olympics. At the World Cup he won in 1985 and was second in 1981 and 1987.

He concentrated on the 50km, but at 20km he had a best time of 1:20:51 in 1987 and was 7<sup>th</sup> in the 1978 Europeans, and he set a World Indoor 1 Hour Best with 14,906m in 1986.

He won GDR 20km titles in 1975-6 and 1985-6; he won GDR 50km titles in 1979, 1982 and 1986 and won the German 50km title in 1993. He also set GDR 20km walk records in 1979 and four GDR 30km records, eventually lowering the standard to 2:12:11 in 1984.

His track PBs read impressively: 3000mW 11:20.0 (1984), 5000mW 18:59.67i (1988), 19:31.62 (1984); 10000mW 39:13.15i (1988), 40:13.36 (1990); 20000mW 1:22:47.47 (1990).

His medal count of 12 (6G, 4S and 2B) in major meet puts him up there with the very best - 3 Olympics (1G, 2S), 2 World Champs (1G, 1B), 2 European Championships (1G, 1B), 1 European Indoors (1G), 1 European U20 (1G) and 8 World Cups (1G, 2S)

1973 Euro U20	1	10,000m	44:13.6h	Duisburg (GER)	25/08/1973	DDR
1975 IAAF World Cup	16	20km	1:30:37	Grand-Quevilly (FRA)	11/10/1975	DDR
1977 IAAF World Cup	13	20km	1:29:51	Milton Keynes (GBR)	25/09/1977	DDR
1978 Euro Champs	7	20km	1:25:16	Praha (TCH)	30/08/1978	DDR
1979 IAAF World Cup	7	20km	1:21:50	Eschborn (GER)	29/09/1979	DDR
1980 Olympic Games	1	50km	3:49:24	Moscow (URS)	30/07/1980	DDR
1981 Euro Indoors	1	5000m	19:08.59	Grenoble (FRA)	22/02/1981	DDR
1981 IAAF World Cup	2	50km	3:52:18	Valencia (ESP)	03/10/1981	DDR
1982 Euro Champs	4	50km	4:04:51	Athina (GRE)	10/09/1982	DDR
1985 IAAF World Cup	1	50km	3:47:31	St John's (IOM)	28/09/1985	DDR

<sup>1</sup> This information is from an article written by Jack Mortland in the November 1992 Ohio Racewalker magazine.

1986 Euro Champs	1	50km	3:40:55	Stuttgart (GER)	31/08/1986	DDR
1987 IAAF World Cup	2	50km	3:42:52	New York City (USA)	02/05/1987	DDR
1987 World Champs	1	50km	3:40:53	Rome (ITA)	05/09/1987	DDR
1988 Olympic Games	3	50km	3:39:45	Seoul (KOR)	30/09/1988	DDR
1990 Euro Champs	3	50km	4:00:48	Split (CRO)	31/08/1990	DDR
1991 IAAF World Cup	6	50km	3:53:14	San Jose (USA)	01/06/1991	GER
1991 World Champs	3	50km	3:55:14	Tokyo (JPN)	31/08/1991	GER
1992 Olympic Games	6	50km	3:56:47	Barcelona (ESP)	07/08/1992	GER
1993 IAAF World Cup	8	50km	3:59:10	Monterrey (MEX)	24/04/1993	GER

Some years ago, I found the followed training program from 1983 50km World Champion Ronald Weigel of East Germany.<sup>2</sup> Weigel and Gauder were training partners so it is safe to assume that it is also a fairly true picture of the sort of training that Gauder did at that time. As an aside, Weigel was subsequently the Australian national walks coach for a number of years and coached the likes of Nathan Deakes and Jane Saville.

Phase	Transition	Preparation	Competition
Period	September-December	January-April	May-August
Monday	25 km Walk at 70% 10km Run + 1h PPG	30 km Walk at 70% 10km Run + 1h PPG	30-35km Walk at 85% 15km Walk at 70%
Tuesday	10km Walk at 80% 15km Walk at 70% + 1h PPG	20km Walk at 80% 15km Walk at 70%	25x400m Walk at 105% 10km Run + 1h20 PPG + play
Wednesday	25km Walk at 70% 2h PPG + play	30km Walk at 70% 10km Run + 1h20 PPG + play	30-35km Walk at 85% 10km Walk at 70%
Thursday	10km Walk at 80% 15km Run + 1h PPG	15km Walk at 85% 3x2000m Walk à 90%	25km Walk at 70% 10km Run + 1h20 PPG + play
Friday	15km WalkM at 70% 2h PPG + play	20km Walk at 70% 2h PPG + jeux	5x2000 Walk at 95% 10km Walk at 70%
Saturday	30km Walk at 75%	30km Walk at 75%	35-40km Walk at 85%
Sunday	15km Run	10x1000 Walk à 100%	10-15km Walk at 95%

\* PPG = Physical Training



*Gauder (left) and Weigel (right) in the 1987 50 km World Champs – Gauder won in 3:40:53 and Weigel was second in 3:41:30*

The East Germans were big on volume and that is evident from the table above. Training twice per day was the norm and second sessions were often done when in a state of “training specific tiredness”. This is high risk, and not for everybody and probably only succeeded in the DDR context because of the huge Sports Science monitoring of their athletes. Long walks were often done while in

2 It was amongst the many gems on Dominique Guebey's website (<http://www.dg77.net/marche/>)

a fatigued state and it was common practice to do long walks on consecutive days, with the longer walk being on the second day. Note that this is NOT something that I recommend for our aspiring Australian walkers! But it did produce the goods for Gauder and Weigel.

During the 1980s, the names Hartwig Gauder and Ronald Weigel became synonymous with 50km excellence and they were at their zenith when they traded one-two finishes at the 1987 World Cup and World Championship races. Weigel won the Cup race in New York, but Gauder came back later in the summer to beat him in the World Championships race.

Gauder had 12 years ranked in the world top ten at 50km, second only to Jesús Ángel García (15 years), and followed by Robert Korzeniowski (11 years). He had four years ranked Number 1, compared to García's 1, with Korzeniowski the leader at 7 and Raúl González at 5.

Year	Best	WL	WR
1979	4:01:20	58	-
1980	3:48:15	7	1
1981	3:46:57	2	2
1982	3:49:44	12	7
1983	3:43:23	3	5
1984	3:41:24	2	2
1985	3:43:33	5	1
1986	3:40:55	2	1
1987	3:40:53	2	1
1988	3:39:45	3	3
1989	retired		
1990	3:47:08	9	4 (3)
1991	3:49:10	12	4 (4)
1992	3:56:47	30	6 (7)
1993	3:52:46	17	-

WL: position on annual world list, WR: T&F News world ranking position (PJM)<sup>3</sup>

Gauder's championship records lasted a generation – his winning times of 3:40:55 at the 1986 European Championships and 3:40:53 at the 1987 World Championships were only beaten by Poland's Robert Korzeniowski, in the early 2000s.

Quite rightly, he was inducted into the German Sports Hall of Fame in 2016<sup>4</sup>.

Gauder suffered from health complications after retiring in 1993 and was diagnosed with a bacterial heart infection. He initially received an artificial heart and in 1997 he underwent a heart transplant. From then on he worked tirelessly with various organ donation organisations, completed the New York Marathon as a walker in 1999 with his transplanted heart and even climbed the highest mountain in Japan, Mount Fuji, in 2003.



*Gauder climbs Mt. Fuji with a transplanted heart to appeal to the people to become donors for internal organ transplantation, in Yamanashi Prefecture, 18 July 2003 (photo Getty Images)*

<sup>3</sup> Statistics by Peter Matthews, a member of the National Union of Track Statisticians (N.U.T.S.)

<sup>4</sup> See [https://en.wikipedia.org/wiki/Germany%27s\\_Sports\\_Hall\\_of\\_Fame](https://en.wikipedia.org/wiki/Germany%27s_Sports_Hall_of_Fame)

In January, Gauder suffered kidney failure and was again in need of a donor. That transplant wouldn't come to pass.

Tim Erickson  
Monday 27 April 2020

#### Sources:

- IAAF obituary: <https://www.worldathletics.org/news/news/hartwig-gauder-obituary>
- European Athletics obituary: <https://www.european-athletics.org/news/article=german-race-walking-great-gauder-passes-away-the-age/index.html>
- Insidethegames: <https://www.insidethegames.biz/articles/1093497/hartwig-gauder-olympic-champion>
- Wikipedia: [https://en.wikipedia.org/wiki/Hartwig\\_Gauder](https://en.wikipedia.org/wiki/Hartwig_Gauder)
- Emailed obituary from Peter Matthews, a member of the National Union of Track Statisticians (N.U.T.S.)
- Marcialmondo: [http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=3789](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3789)

### 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.

#### Australian/Victorian Key Dates – 2019/2020

Jun 7 (Sun), 2020 54<sup>th</sup> LBG Racewalking Carnival, Canberra (CANCELLED)  
Aug 30 (Sun), 2020 Australian Masters 20km Championships, Adelaide (TBA)  
Aug 30 (Sun), 2020 Australian Roadwalk Championships (and RWA Carnival), Melbourne (TBA)

#### International Dates

May, 2-3, 2020 **29<sup>th</sup> World Athletics Race Walking Team Championships**, Minsk, Belarus (POSTPONED - TBA)  
May 16 (Sat), 2020 International Racewalking Meet, Naumburg, Germany (20km men and women) (CANCELLED)  
May 20 (Sat), 2020 Gran Premio Cantones de La Coruña, La Coruna, Spain (POSTPONED - TBA)  
May 24 (Sun), 2020 Finnish Race Walk Championships, Lapua, Finland, (30km Men, 20km Women)  
Jun 5 (Fri), 2020 46<sup>th</sup> International RW Festival, Alytus, Lithuania (TENTATIVELY POSTPONED UNTIL SEPTEMBER)  
Jun 14 (Sun), 2020 Polish National Championships, Mielec, Poland (20km) (CANCELLED)  
Jun 28 (Sun), 2020 Canadian Olympic T&F Trials, Montreal, Canada (20km)  
July 17-20, 2020 **18<sup>th</sup> World Athletics U20 T&F Championships**, Nairobi, Kenya (POSTPONED - TBA)  
July 20 – Aug 1, 2020 **23<sup>rd</sup> World Masters T&F Championships**, Toronto, Canada (CANCELLED)  
Sep 26-28, 2020 Lake Taihu Tour, Suzhou, China  
Sep 26 (Sat), 2020 International Race Walk Meeting, Zaniemysl, Poland (Includes Polish 20km Champs)

Jan 17-23, 2021 **Oceania Masters Championships**, Norfolk Island  
Apr 6-13, 2021 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
July 23 – Aug 8, 2021 **32<sup>nd</sup> Olympic Games, Tokyo and Sapporo** (POSTPONED FROM 2020)  
Aug 8-19, 2021 **World University Summer Games**, Chengdu, China

July 15-24, 2021 **18<sup>th</sup> World Athletics Championships**, Eugene, USA (POSTPONED FROM 2021)  
July 27 - Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR  
Aug 7-17, 2022 **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden  
Aug 11-21, 2022 **European Athletics Championships**, Munich, GER

Aug 2023 (TBC) **19<sup>th</sup> World Athletics Championships**, Budapest, Hungary

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)