



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### PAUL F DEMEESTER REVIEWS THE UK ATHLETICS BLUEPRINT

Thanks to US Attorney at Law Paul F. DeMeester for another wonderful article. That is the 35<sup>th</sup> in a row and it's a beauty. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

#### **UK ATHLETICS BLUEPRINT 2020-2032: A WORLD WITHOUT WALKING**

By Paul F. DeMeester

This month, United Kingdom Athletics released its strategic plan for 2020-2032. In the words of its chief executive, it will help address the sport's long-term issues. The plan is a glossy 17-page brochure that has the feel of having been prepared by external consultants who usually write about selling toasters door-to-door or getting supermarkets to display a new brand of soap. (See [Athletics Unified Powering Potential Enhancing Experiences Delivering Success 2020-2032](#).)

The brochure does not merit any Platinum Awards but does deserve the Platitudes Award, as it is full of them. Here's one: "*With a greater sense of purpose, we will aim to enrich people's lives by enhancing experiences and improving performance by promoting high standards of delivery and engagement across the sport.*" (P. 3.) Or how about this one: "*Athletics will be a sport where everyone can see themselves and we see everyone.*" (P. 3) Meaningless ad-speak, don't you think? And on it goes.

As far as race walking is concerned, the document provides meaning in its glaring omission. The closest the combination of four letters that spell "walk" come to making an appearance is in the following sequence: "*...Welsh Athletics will work...*" (P. 3.) Not exactly a discussion about walking, is it? Nowhere on those 17 pages do those four letters appear right next to each other in one word. Walking or race walking is not mentioned once. Coincidence?

Guess which term did make it in print: "*...and be more commercially minded*" (p. 4); "*...deliver a sufficiently commercial return*" (p. 7); and, "*...attract more commercial income...*" (p. 15.) But what do you expect from an organization that earlier this year selected a new CEO who previously had been the CEO of England's Netball federation after having filled commercial posts within English football. I'm not critical of the new CEO, Joanna Coates, who may be good at what she does. I'm critical of a sports organization that believes it needs a person at the top who may be more interested in how many widgets are sold but may not give a hoot about all aspects of the sport itself.

How do we know that? It is unimaginable that the strategic plan was released to the public without the CEO having reviewed it. Don't let UK Athletics tell you that race walking was not forgotten because it is included within the umbrella term of "athletics;" and that other events, like the pole vault and the high jump were not mentioned either. Don't let them tell you that because UK Athletics expressly defined their understanding of the term "athletics": "*...to run, jump and throw...*" (P. 10.) Their definition includes all events except race walking. What happened to that proud legacy of George Larner, Tommy Green, Harold Whitlock, Don Thompson and Ken Matthews, Britain's Olympic race walking champions? Not commercially viable enough, I suppose. This year's pandemic may lead UK Athletics to financial bankruptcy. Its fancy brochure shows it to be morally bankrupt already.

### WHAT'S COMING UP

AV Shield League kicks off on Sunday 29<sup>th</sup> November, with entries opening 2PM tomorrow (Wednesday) from what I have heard. I also understand that AVSL must be pre-entered. No on-the-day entries are possible this year.

The early rounds of AVSL do not include walks, so VRWC to the rescue. Our next club races are on next **Saturday 21<sup>st</sup> November** at Middle Park. Note that the 3km at 2PM has already filled so we have added another 3km, at 2:15PM. Remember, you can't enter on the day. As per our last 2 race days, pre-enter online at <http://vrwc.org.au/wp1/race-entries-2/race-entry-sat-21-nov-20/>. Race entries close at midnight Wednesday.

**Sat 21<sup>st</sup> November 2020, VRWC Road Races, Middle Park**

Venue: Middle Park Bowling Club

Circuit 1 South Loop:	1km	1.30 pm
	5km	1:40 pm
	3km	2:15 pm ** NEW
Circuit 2 North Loop:	2km	1:35 pm
	3km	2.00 pm ** FULL

We are still restricted to 10 walkers per race, but we are expecting further covid easing to be announced soon and we will soon be returning to normal, allowed to have larger fields and allowed to use our full 2km loop.

**VRWC ROADWALKS, MIDDLE PARK, SUNDAY 15 NOVEMBER 2020**

Our second round of the VRWC Summer Season was held on Sunday morning at Middle Park. The numbers were up on last week, with 33 competitors in attendance. The morning started cool and still but the wind soon picked up and, by the time we finished, strong winds were buffering the walkers.

The highlight of the day were provided by 10km walkers **Jemima Montag** and **Rhydian Cowley** who powered through the 10km in a very evenly paced 43:57. Given that Jemima's PB is 43:50, she was in top form in her first race in a long time. And did she look good! There were lots of PBs overall – **Ariana Pashutina**, **Madeleine Feain**, **Ela Uzun** and **Havana Ali** – and quite a few walkers attempting a particular distance for the first time – **Liam Hutchins**, **Riley Coughlan**, **Maddison Nash** and **Daniel Pashutin**. And for good measure, we had 2 club records – **Heather Carr** set a new VRWC and VMA W70 15km record of 1:46:15 and **Ela Uzun** set a new VRWC U10 2km record of 10:48.

20km Walk			Start time	5km	10km	15km	20km	Adjusted time
1.	Kevin Cassidy	M	On gun	28:01	56:38	1:26:25	1:57:18	1:57:18
2.	Simon Evans	M	6sec	31:41	1:04:53	1:40:35	2:02:31	2:02:25
	Corey Dickson	M	On gun	25:09	-	-	-	DNF

15km Walk			Start time	5km	10km	15km	Adjusted time
1.	Terry O'Neill	M	3sec	32:22	1:04:39	1:39:41	1:39:38
2.	Heather Carr	F	3sec	33:33	1:09:14	1:46:17	1:46:15 Record

10km WalkFirst			Start time	5km	10km	Adjusted time
E1.	Rhydian Cowley	M	On gun	21:57	43:57	43:57
E1.	Jemima Montag	F	On gun	21:57	43:57	43:57
3.	Pramesh Prasad	M	3sec	28:57	59:18	59:15
4.	Claire Samanna	F	6sec	29:30	59:44	59:38
5.	Kylie Irshad	F	9sec	31:29	1:04:26	1:04:17
6.	Mark Donahoo	M	9sec	32:54	1:07:26	1:07:17
	Heath Beveridge	M	3sec	-	-	DNF
	Marcus Wakim	M	6sec	26:19	-	DNF
	Ross Reid	M	12sec	35:56	-	DNF

5km Walk			Start time	5km	Adjusted time
1.	Liam Hutchins	M	On gun	26:22	26:22 First one
2.	Ariana Pashutina	F	3sec	26:38	26:35 PB 0:55
3.	Madeleine Feain	F	6sec	27:12	27:06 PB 2:04
4.	Riley Coughlan	M	6sec	27:56	27:50 First one
5.	Emily Smith	F	On gun	29:07	29:07
6.	Maddison Nash	F	3sec	30:25	30:32 First one
7.	Donna-Marie Elms	F	9sec	34:21	34:12
8.	Gerard Feain	M	9sec	34:23	34:14
9.	Gwen Steed	F	12sec	37:11	36:59
10.	Karyn O'Neill	F	12sec	37:16	37:04

2km Walk			Start time	2km	Adjusted time
1.	Ela Uzun	F	3sec	10:51	10:48 PB 0:23, Record
2.	Daniel Pashutin	M	On gun	11:05	11:05 First one
3.	David Smyth	M	On gun	11:37	11:37
4.	Jade Chitty	F	6sec	11:53	11:47
5.	Marnie Grace	F	9sec	13:05	12:56
6.	Albin Hess	M	9sec	13:52	13:43
7.	Havana Ali	F	3sec	11:52	11:49 PB 1:04
	Ralph Bennett	M	6sec	DQ	DQ

Thanks as always to our many officials and judges and club helpers. Apologies if I have missed any names.

**Officials:** Terry Swan, Mark Donahoo, Tim Erickson, Donna Dickson, Anthony Doran, Karyn O'Neill  
**Judges:** Gordon Loughnan (chief), Stuart Cooper, Shane Dickson, Ezo Ali, Frances Attard, Diane Lowden, Peter Vysma  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F568>)



*Rhydian Cowley, Jemima Montag (sporting our new VRWC crop top), Heather Carr, Ela Uzun and Havana Ali*



*Ariana Pashutina, Madeleine Feain, Maddison Nash, Liam Hutchins and Daniel Pashutin (all photos Terry Swan)*

**BALLARAT RACE WALKERS CLUB KICKS BACK INTO ACTION**

After the long covid break, Ballarat Race Walkers Club is going to be busy over the next 4-5 weeks as they try to get through the backlog of their various 2020 club classic events. I'm letting everyone know about the dates here as Melbourne walkers are most welcome to join them in any or all of their races. In particular, the 6km Lap of Lake on Sunday 29<sup>th</sup> November looks a great event. They have even promised to order some warm Ballarat weather for the races! All events are at the North Gardens, Lake Wendouree (Zoo Drive, Lake Wendouree).

To eliminate physical handling of race fees, the Committee has decided payment will not be taken on the day, but can be paid via direct deposit into the BRWC bank account: Ballarat Walkers Club BSB: 633-000 A/c: 1083 07141 - \$3 for seniors & \$2 for U18.

BRWC Members can either pay after each race, or at the end of the 2020 calendar year where Graeme Saunder will forward you a summary of outstanding fees.

I'll be updating the BRWC website today or tomorrow (see <https://www.ballaratracewalkers.com/wp/>).

Wed 18/11/20 **BRWC Willi Sawall 3km Handicap** – 6pm  
Wed 25/11/20 **BRWC Benita Van Raaphorst 3km Handicap** – 6pm  
Sun 29/11/20 **BRWC Graeme Nicholls Lap of Lake 6km Handicap and Jastec trophy 1.5km Handicap** - 10.30am  
Wed 9/12/20 **BRWC Merv Lockyer 3km Handicap** – 6pm  
Wed 16/12/20 **BRWC Jared Tallent 1.5km Handicap & Christmas break up** - 6pm

#### SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 11 NOVEMBER

The South Australian Masters Assn are as regular as clockwork with their midweek T&F meet each week. Walks are but some of the many events on offer and the results are always up promptly. Talk about a winning team. This week the walkers contested 1000m walks, with **George White** (5:39) leading from the front with an age graded performance of 88.23% and **Richard Everson** (5:24) and **Peter Crump** (5:25) fastest overall.

##### 1000m Walk

1.	PETER CRUMP	5:25	M60	77.42%
2.	GREGORY METHA	5:26	M56	74.29%
3.	GEORGE WHITE	5:39	M75	<b>88.23%</b>
4.	JACK RUSSELL	5:41	M68	<b>80.37%</b>
5.	MARIE MAXTED	5:55	W60	76.22%
6.	GIL MCINTOSH	6:25	M70	72.91%
7.	LIZ DOWNS	6:48	W65	69.81%
8.	MIKE VOWLES	7:13	M77	70.97%
9.	ROSS HILL-BROWN	7:17	M65	60.64%
10.	VALMAI PADGET	7:28	W76	73.12%
11.	JAMES HOARE	7:50	M74	62.80%

##### 1000m Club Walk

1.	RICHARD EVERSON	5:24	M57	75.44%
2.	MALCOLM TIGGEMAN	7:21	M68	62.15%
3.	ROGER LOWE	7:26	M77	68.90%
4.	MARGARET MCINTOSH	7:35	W67	64.03%
5.	LIZ NEUBAUER	7:37	W69	65.27%
6.	HOWARD AVERY	8:20	M68	54.81%
7.	PAUL HOOK	8:38	M70	54.19%

#### ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 12 NOVEMBER

Thanks to Val Chesterton for this week's results from the ACT Race Walking Club in Canberra. The Canberra walkers have two racing opportunities each week, with the walkers club midweek and Athletics ACT interclub on Saturday. **Mitch Baker** was the standout with a super fast 7:38 for the 2000m walk. Wow!

##### 2000m Walk

1.	Mitchell Baker	7:38
2.	Peter Baker	11:10
3.	Kate Black	13:13
4.	Sue Archer	13:24
5.	Ruth Baussmann	14:17
6.	Bryan Thomas	14:43
7.	Geoff Barker	15:36
8.	Roger Pilkington	15:55
9.	Sheryl Greathead	16:27
10.	Lorna England	18:03
11.	Fran Harris	21:36

#### ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 14 NOVEMBER

To Hobart for a very good solo walk from Oliver Morgan in the 5000m, taking over a minute off his previous best for this distance.

##### 5000m Walk

1.	Oliver Morgan	OVA	26:59.16	PB
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**ATHLETICS ACT INTERCLUB, WODEN ATHLETICS TRACK, CANBERRA, SATURDAY 14 NOVEMBER**

There were 6 walk judges in attendance at the weekly ACT Athletics Interclub meet at Woden last Saturday, and a number of ACT records were broken. Great walking by **Owen Toyne** (ACT U14 record) and **Kodi Clarkson** (ACT U13 Little Athletics record), **Ann Staunton-Jugovic** (ACT Masters W55 record) and **Val Chesterton** (ACT Masters W80 record). The ACT meets are now combined Senior / Little Athletics meets, as the "One Athletics" concept kicks in.

**1500m Walk**

1.	Baker, Peter	56	Act Masters	8:06.1
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**3000m Walk**

1.	Toyne, Owen	13	Ginninderra	14:04.7
2.	Clarkson, Kodi	12	Ginninderra	14:20.3
3.	Staunton-Jugovic, Ann	57	Act Masters	15:49.6
4.	Dhawan, Siddharth	12	Ginninderra	17:27.6
5.	Chesterton, Val	80	Act Masters	25:08.2

**SAMA T&F MEET, SAF, BRISBANE, SATURDAY 14 NOVEMBER**

To Queensland where a small group of Masters were in action in their regular weekend QMA track meet.

**5000m Walk**

1.	Bennett, Peter	M65	Qma	29:23.00	80.42%
2.	Woodward, Erika	W54	Qma	31:12.73	71.49%
3.	Kirwin, Roslyn	W31	Qma	40:21.54	49.02%
4.	McKinven, Noela	W78	Qma	42:32.17	71.75%

**2020 1500M TRACK CLASSIC, QSAC, BRISBANE, SATURDAY 14 NOVEMBER**

And staying in Queensland, where Queensland Athletics put on its annual 1500m Track Classic meet on Saturday evening. 1500m walks were added some years ago and we always see some quick times. **Jayda Anderson** was the fastest with 6:27.16, followed by **Lachan McCure** (6:31.46) and **Bailey Housden** (6:39.67).

**1500m Walk Women**

1.	Anderson, Jayda	15	Gold Coast Central	6:27.16
2.	Norton, Amber	14	QA	7:18.28
3.	Gee, Tamika	13	Gold Coast Central	7:20.73
4.	Williams, Lyla	13	Gold Coast Victory	7:49.16
5.	Chadwick, Phoebe	14	QA	8:29.59
6.	Bray, Katie	12	Ashgrove Rangers	10:49.86

**1500m Walk Men**

1.	McCure, Lachlan	16	QA	6:31.46
2.	Housden, Bailey	13	QA	6:39.67
3.	McCure, Sam	14	QA	6:48.29
4.	Norton, Kai	15	QA	7:23.56

**HUNTER-REGION SUMMER SERIES, NEWCASTLE, NSW, SATURDAY 14 NOVEMBER**

Round 2 of the Hunter-Region Summer Series was held at the Fearnley Dawes Athletic Track in Newcastle West on Saturday, with a large walks field. **Carl Gibbon** was the fastest man with 12:16.73 and **India Duguid** was the fastest woman with 14:37.59.

**3000m Walk**

1.	Gibbons, Carl	M24	Westlakes	12:16.73
2.	Richardson, Dyan	M12	Mingara Athl	12:50.97
3.	McGinniskin, Jack	M18	Mingara Athl	13:36.79
4.	Bonham, Ryan	M14	Wallsend Rsl	14:18.95
5.	Duguid, India	W15	Mingara Athl	14:37.59
6.	Pitcher, Sienna	W13	Mingara Athl	15:10.81
7.	Beck, Grace	W12	Unattached	15:14.68
8.	Platt, Grady	M14	Adamstown N.Lambton	15:25.03
9.	Pinches, Aiva	W14	Adamstown N.Lambton	15:33.49
10.	Pitcher, Allanah	W17	Mingara Athl	15:41.90
11.	O'Neill, Molly	W20	Mingara Athl	15:54.25



12.	Sinnett, Alexander	M12	Kurrajong Bilpin	17:02.36
13.	Dunn, Izabella	W15	Mingara Athl	17:09.54
14.	Payne, Georgia	W13	Mingara Athl	17:42.04
15.	Platt, Madeline	W12	Adamstown N.Lambton	17:42.69
16.	Charlton, Peter	M13	Eastlakes	24:54.12

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week, all worthy of reading, from the absolute high of the superb 10,000m walking in Japan to the sad news of the death of Jordi Llopart and the cancer battle of Ernesto Canto.

- Sat 14 Nov - Inzai (JPN): Eiki Takahashi set 10,000m track walk world best time of 37:25.21  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3920](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3920)
- Fri 13 Nov - VALE Jordi Llopart, 1980 Olympic 50km silver medallist  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3919](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3919)
- Tue 10 Nov - Mexican great Ernesto Canto battles pancreatic and liver cancer  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3917](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3917)
- Tue 10 Nov - Jordi Llopart, Spain's first athletics medallist at the Olympics, dies  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3916](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3916)

Omarchador has also had a busy week, with 10 reports, two from Australia! Now that's what I like to see. Again, lots of great reading here. It's in Portuguese but that's not an issue if you open with Google Chrome and then right click anywhere in the text and choose to 'Translate to English'.

- Mon 16 Nov - Jemima Montag in good shape at the VRWC Meeting in Melbourne  
<https://omarchador.blogspot.com/2020/11/jemima-montag-em-boa-forma-no-meeting.html>
- Sun 15 Nov - Kumiko Okada wins at Juntendo University Meeting, Japan  
<https://omarchador.blogspot.com/2020/11/kumiko-okada-vence-no-meeting-da.html>
- Sun 15 Nov - Takahashi with the best world mark ever in the 10,000m Walk (37: 25,21)  
<https://omarchador.blogspot.com/2020/11/takahashi-com-melhor-marca-mundial-de.html>
- Sat 14 Nov - Rome will host the European Athletics Championships in 2024  
<https://omarchador.blogspot.com/2020/11/roma-recebera-em-2024-os-campeonatos.html>
- Fri 13 Nov - VALE Peter Ryan (1954-2020)  
<https://omarchador.blogspot.com/2020/11/peter-ryan-1954-2020.html>
- Fri 13 Nov - Results of the Spain U16 Club Championship walks  
<https://omarchador.blogspot.com/2020/11/campeonato-de-espanha-de-clubes-sub-16.html>
- Thu 12 Nov - Declan Tingay walks fast in Western Australian Interclub  
<https://omarchador.blogspot.com/2020/11/campeonato-inter-clubes-da-australia.html>
- Wed 11 Nov - Results of the New Zealand 2020 Walking Championships  
<https://omarchador.blogspot.com/2020/11/campeonatos-de-marcha-da-nova-zelandia.html>
- Tue 10 Nov - VALE Jordi Llopart (1952-2020)  
<https://omarchador.blogspot.com/2020/11/faleceu-jordi-llopart-1952-2020.html>
- Tue 10 Nov - Results of the Brazilian U20 Athletics Championships  
<https://omarchador.blogspot.com/2020/11/campeonatos-brasileiros-caixa-sub-20-de.html>

### OUT AND ABOUT

- The Olympics might be a big expensive and clumsy creature but more sports want their share of the lucrative financial pie. The latest is cricket. Rahul Dravid, one of India's greatest cricketers, has offered his support to attempts to include the sport at the 2028 Olympic Games. See <https://www.insidethegames.biz/articles/1100761/dravid-on-t20-olympics>.
- Athletics could have a very different look if it is to have a greater presence on the programme of the 2023 European Games in Kraków. European Athletics Interim President Dobromir Karamarinov has told insidethegames that negotiations have yet to really start with organisers of the third edition of the Games but if the sport is added to the event it will not be track and

field. "There's no athletics stadium in Kraków. Perhaps it is an opportunity for athletics to have events outside the stadium." Well, that sounds like an opportunity for some roadwalks! See <https://www.insidethegames.biz/articles/1100829/krakow-2023-set-to-be-missing-athletics>.

Covid related international postponements and scheduling issues continue

- The International Ski Federation (FIS) has announced next month's cross-country, Nordic combined and ski jumping World Cup competitions in Lillehammer have all been postponed due to "uncertainty" over the coronavirus pandemic. See <https://www.insidethegames.biz/articles/1100722/lillehammer-fis-world-cup-postponed>.
- The Tour de Yorkshire will not take place in 2021 following another postponement, but organisers are committed to making the race "bigger and better" in two years' time. The 2020 event was scheduled to take place from April 30 to May 3 this year before being called off due to the coronavirus pandemic. See <https://www.insidethegames.biz/articles/1100682/tour-de-yorkshire-2021-postponed-covid>.
- Organisers of the inaugural Autumn Nations Cup have suffered a blow after an outbreak of coronavirus forced Fiji's opening match against France to be cancelled. Fiji confirmed they had registered one positive test - believed to be captain Semi Radradra - before further results revealed another four positive cases, which in turn meant there were more close contacts who must self-isolate. The match was scheduled to take place in Vannes in France tomorrow, but organisers decided to call it off, claiming it was "impossible" for Fiji to field a "competitive team". See <https://www.insidethegames.biz/articles/1100766/fiji-france-cancelled-covid-outbreak>.
- Norway's UEFA Nations League match against Romania has been cancelled after the country's Government refused to allow the team to travel to Bucharest following a positive coronavirus case. See <https://www.insidethegames.biz/articles/1100802/norway-romania-cancelled-covid-case>.

Meanwhile, planning continues for the postponed Olympic Games

- Tokyo 2020 chief executive Toshiro Muto has fuelled hope of foreign fans being allowed to attend the postponed Olympic and Paralympic Games by revealing a plan for spectators would be drawn up "by next spring". See <https://www.insidethegames.biz/articles/1100676/muto-tokyo-2020-foreign-fans-allowed>.
- Discussions are also underway to create "more flexible" travel arrangements for those accredited to cover next summer's proposed Tokyo 2020 Olympics and Paralympics. See <https://www.insidethegames.biz/articles/1100787/tokyo-2020-travel-vaccine-ioc>.
- International Olympic Committee (IOC) President Thomas Bach arrived in Japan this week to meet with Olympic organisers. This coincided with 1,434 new infections recorded nationwide for the day (255 fresh cases were in Tokyo). While Japan has generally been praised for how it has handled the pandemic - especially in comparison to European countries and those in the Americas - there are fears of a third wave this winter as the Government resists calls from some to introduce tighter restrictions. See <https://www.insidethegames.biz/articles/1100806/coronavirus-tokyo-latest-figures>.
- IOC President Thomas Bach has suggested the organisation will shoulder some of the costs of vaccinating participants for COVID-19 at the postponed Tokyo 2020 Olympic Games next year. See <https://www.insidethegames.biz/articles/1100827/bach-vaccine-tokyo-2020-japan-visit>.

#### BAD WEEKS FOR RACEWALKING

It has been a dreadful few weeks for racewalking, both in Australia and overseas.

First, we lost VRWC/VMA walker and worker **Russ Dickenson** a couple of weeks ago (Monday 26<sup>th</sup> October). Then we lost former VRWC walker **Rick Keam** last Wednesday 11<sup>th</sup> November. This was followed almost immediately by news of the death of Spanish walker **Jordi Llopart** (who also died on Wednesday 11<sup>th</sup> November) and English walker **Peter Ryan** (who died on Friday 13<sup>th</sup> November). Add to that the news that Mexican legend **Ernesto Canto** is battling liver and pancreatic cancer.

There have been a number of press releases by omarchador and marciadalmondo.

- Tue 10 Nov - VALE Jordi Llopart (1952-2020)  
<https://omarchador.blogspot.com/2020/11/faleceu-jordi-llopart-1952-2020.html>
- Tue 10 Nov - Mexican great Ernesto Canto battles pancreatic and liver cancer  
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- Fri 13 Nov - VALE Jordi Llopart, 1980 Olympic 50km silver medallist  
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- Fri 13 Nov - VALE Peter Ryan (1954-2020)  
<https://omarchador.blogspot.com/2020/11/peter-ryan-1954-2020.html>

We are reminded of the frailty and uncertainty of life, and we stand in support of the grieving families of Russ, Rick, Pete and Jordi.

I conclude my newsletter with my own brief obituaries to my mates Rick Keam and Peter Ryan

#### VALE RICHARD KEAM



I am sad to report that one of my oldest walking mates, Rick Keam, died in the early hours of Wednesday 11<sup>th</sup> November 2020, after a long battle with cancer.

Rick and I first crossed paths in the 1975 Australian University Games in Sydney, as competitors in the 3000m track walk. Rick, representing the University of New England in Armidale, northern NSW, had taken second place in the Varsity walk for the previous couple of years and felt that 1975 would be his year. It turned into a great battle between us, with me eventually getting up to win with 13:43.3, just pipping Rick who finished second with 13:46.2.

That year, Rick finished his Masters in Sociology and 1976 saw him relocate to Melbourne to work in the field of Social Research. It was at times a precarious lifestyle, with his next job always dependant on research grants and University funding.

Once in Melbourne, he joined Ringwood Athletics Club and the Victorian Amateur Walkers Club and availed himself of the greater athletic opportunities in Melbourne, the walking capital of Australia. He had been a keen runner and walker at New England but, once in Melbourne, he concentrated on his walking.



*Rick (on the right) walking with Stuart Cooper and Mark Wall in the 1977 Victorian 50km at Albert Park*

His first year saw immediate success, with the following finishes in Victorian Championships



1976 Victorian 15km Walk	4 <sup>th</sup>	1:14:34
1976 Victorian 20km Walk	6 <sup>th</sup>	1:44:59
1976 Victorian 30km Walk	3 <sup>rd</sup>	2:41:12

He contested his first Victorian Track Championship in February 1977, finishing 5<sup>th</sup> in the 3000m walk in a huge PB of 13:18.8. The first 5 places make for interesting reading in that I finished 4<sup>th</sup>, 0.2 secs ahead of Rick, but Graham Dent of Box Hill, who had finished 4<sup>th</sup> in the 1975 Varsity Walk, beat us both and finished second with 12:49.4.

1.	Willi Sawall	Ballarat Harriers	12.22.6
2.	Graham Dent	Box Hill	12.49.4
3.	David Smith	Footscray	13.15.0
4.	Tim Erickson	Ivanhoe	13.18.6
5.	Rick Keam	Ringwood	13.18.8

That year, he also attempted the Victorian 50km but failed to finish. The shorter distances were his forte.

His stay in racewalking was a brief one, as he retired after the 1977 season to pursue his professional career and to enjoy the other great loves of his life - fly fishing and music.

His fly fishing world had many prongs. His extensive knowledge base had been built up by some 35 years of tramping the high country of mainland Australia and Tasmania, testing his skills in what has always been a challenging arena. He was also a renowned fly tyer, producing trout flies that were in demand around the world. Such was the quality of his flies that he never made any money from his endeavours. The time taken to source the materials and produce the flies far outweighed whatever small recompense he received. It was a labour of love, never done for the money. Finally, he was a well known flyfishing writer and book editor.<sup>1</sup>

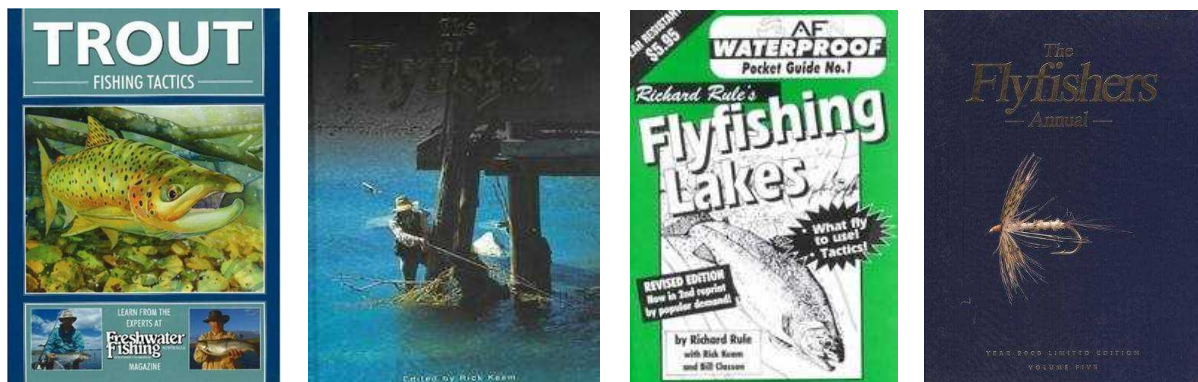
His 2004 book *The Flyfisher* was a stunning full-color reference book featuring the best flyfishing writers and photographers from around the world and containing topics as varied as advanced fly tying, saltwater fly fishing and fly fishing for trout around the world. There was something for every fly angler.

He was also the editor of the annual *Australian and New Zealand Fly Fishers Annual*. This was a huge endeavour that he undertook each year. His volumes are collectors items nowadays.

The 2016 book *Australia's Best Trout Flies (Revisited)*, which he edited, won critical acclaim as a wonderful followup to the original *Australia's Best Trout Flies*, published 20 years earlier.

Another of his books was *Richard Rule's Flyfishing Lakes* which he co produced with long term fly fishing friends Richard Rule and Bill Classon.

He was also a regular writer for *FlyLife* and a columnist for *Freshwater Fishing*.



Some of the many flyfishing books that Rick authored or edited

Rick was a keen historian and musician, and the two worlds merged in 1985 with the release of his album *On The One String - Songs From The Verse Of Shaw Neilson*.<sup>2</sup> He had felt for many years that the poetry of Shaw Neilson<sup>3</sup> had been sadly forgotten by Australians, so he took a number of his poems and put them to music, bringing the poet to a new audience. I was lucky enough to hear Rick in concert that year, singing songs from the album.

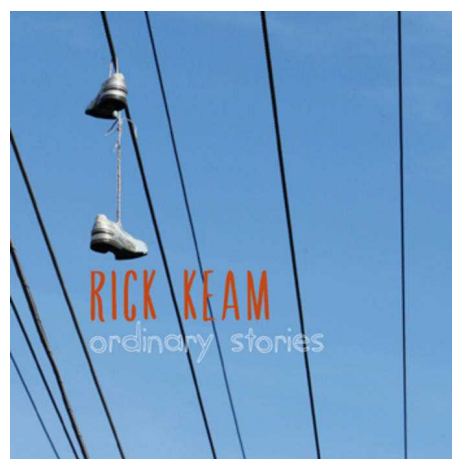
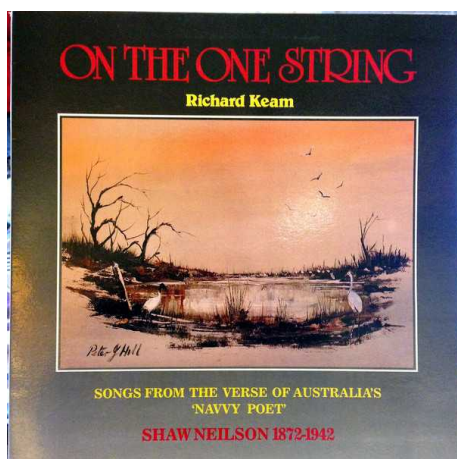
1 See some of Rick's books at [https://www.isbns.tw/author/Rick\\_Keam](https://www.isbns.tw/author/Rick_Keam)

2 <https://www.discogs.com/Richard-Keam-On-The-One-String-Songs-From-The-Verse-Of-Shaw-Neilson/release/10936367>

3 <https://www.poetrylibrary.edu.au/poets/neilson-john-shaw>

In 2014, now conscious of the ticking of the clock, he decided to produce an album of his own work. He had been writing songs for many years but they had not been shared with the wider public. His album *Ordinary Stories* included some wonderful songs, my favourites being *Hell out of Hackston* and *Sloeberry Wine*. He uploaded the song *Home From The War* to Youtube, along with a very moving collection of photos, showing the starkness of war and its aftermath - see [http://www.youtube.com/watch?v=DulKq8Oq\\_6Y](http://www.youtube.com/watch?v=DulKq8Oq_6Y). His plea: pay the powerful photos the respect they deserve by viewing them in the Full Screen option.

Rick had been an early winner of Port Fairy Folk Festival's Lawson-Paterson Award for Australian songwriting, so this album, which drew deeply on alt country, folk and country influences, was long overdue. Co-produced with multi-instrumentalist Hugh McDonald (Redgum), the album featured Dave Folley (Killjoys, Tex Perkins & The Band Of Gold) on drums, Dave Blight (Cold Chisel) on harmonica, acclaimed pedal steel guitarist Garrett Costigan, and James Clark on tuba, with supporting vocals from Heidi McDermott. He had gathered an all star cast to put down the tracks and it showed with the polished final product.



In the early nineties, Rick was diagnosed with Meniere's Disease <sup>4</sup>, a debilitating inner ear disorder which results in a series of health issues. After some 5 years of treatment, he was still having two or three 12–13 hour vertigo attacks a year and it was obvious that something different was needed. It was at that stage that he discovered the Salt Skip program and how low salt living could effectively relieve Meniere's issues. In the subsequent 14 years, without diuretics or any other medication and relying solely on dietary control, he had only four attacks. For all practical purposes, he was cured, but would remain so only for as long as he maintained control over what he ate. He became a strong advocate for the reduction of salt (sodium in particular) from processed foods and from bread, and was a regular contributor to the *Salt Skip News* newsletter. <sup>5</sup>

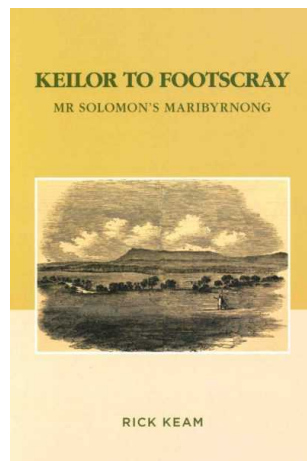
Meniere's was not Rick's only health challenge. Around 20 years ago, he was diagnosed with kidney cancer, undergoing the inevitable operation and subsequent chemotherapy regime. Since then, he had a number of battles with secondary cancers, the most recent one being the most serious and the one that would eventually end his life.

He had to wind back his fly fishing and adopt a more "sensible" lifestyle, one which was based around his home in West Footscray and his trips to hospital. But he was not one to go quietly and he embarked in a regime of walking, mainly along the paths adjacent to the Maribyrnong River. He was able to view the river from the perspective of a fly fisher, noting the deep pools, the flow of water season by season, the fords and the other distinctive features. This led him into exploring the history of this waterway and earlier this year he published his final book *Keilor to Footscray; Mr Solomon's Maribyrnong*. <sup>6</sup> It corrected a number of historical inaccuracies and was noted, on release, as an important new work.

4 Read more at <https://www.dizziness-and-balance.com/disorders/menieres/menieres.html>. Star Australian Rules footballer Brent Crosswell has battled the disease since the early 1990's and has been effectively house bound for many years.

5 See for instance [http://www.salt-matters.org/newsletters/N\\_L\\_149.pdf](http://www.salt-matters.org/newsletters/N_L_149.pdf)

6 See <https://www.historyvictoria.org.au/product/keilor-to-footscray-mr-solomons-maribyrnong-by-rick-keam/>



Rick always maintained his interest in racewalking and would often send me historical snippets or photos that he had found while researching other unrelated historical matters on the Trove website. He would also come down and watch the occasional major race at venues such as Fawkner Park. The following pic was snapped at the 2006 Commonwealth Games walks at Docklands in Melbourne.



*March 2006 – 4 old stagers at the Commonwealth Games – Rick, Tim Erickson, Ian Jack and Terry O'Neill*

I shall miss our catchups, which were always filled with talk of world politics, history, sport and whatever else took our fancy.

To Rick's wife Lesley, we sent our deepest sympathies.

Gone but not forgotten.

#### **VALE PETER RYAN: - 1954 - 2000**

On the morning of Friday 13<sup>th</sup> November 2020, I lost one of my dearest friends in the person of English racewalker Peter Ryan.

Although England based, Peter had travelled to Australia on many occasions and had attended the 2012 and 2014 Australian Summer 20km Championships in Hobart, participated in our 2014 VRWC Camp at Falls Creek and attended the 2018 LBG Carnival in Canberra with me. Hence he was known by many in the Victorian racewalking community and will be sadly missed by us.

Born in Sheffield in 1954, Peter was a proud Yorkshire man. He moved to London as a young man, working there for many years as a policeman. Very tall (around 6 ft 4 ins), he would have cast an imposing figure when walking the beat, but in truth he was a gentle and caring person with a wicked sense of humour.

We first crossed paths in 1980 when I was based in London for the European summer and walking with Enfield Harriers. He was one of the up and coming young walkers in what was then a very strong local scene. We met again when our Australian Lugano Cup team

was based in London for some weeks before the 1983 Championships. The photo below is my oldest photo of Peter, taken in a 10km race in Newmarket in September of that year.



*September 1983 – 10km race at Newmarket – Peter is second from the left. Australians in the race photo include Duncan Knox, Bill Dyer, Sue Cook, Andrew Jachno and Sally Pierson*

His best national finish was a gallant second in the 1982 British 50km Championship in Basildon, his time on that occasion a PB 4:18:30. He also spent time training with the Mexican walkers in Mexico City. At this stage, I will leave it to his fellow English walkers to further discuss his career.

After a hiatus, he returned to competition as a Masters walker, racing locally and abroad, his competitive spirit rekindled.

One of his greatest performances was in 2003 when he participated in the annual English Centurions 100 Mile walk at Newmarket, London. With 50 laps of 2 miles around the racecourse, the venue proved to be a wonderful choice, with 72 walkers starting, 31 reaching the 100 mile mark and 17 new Centurions overall (4 Dutch, 3 Belgian and 10 British). The race was an exciting one, with Peter displaying all of his native Sheffield steel, leading for most of the way. Succumbing to fatigue in the final hours, he slowed drastically and listed sideways but still managed to take first place in 19:57:35 to become C984, less than a minute ahead of Dutchman Willem Mutze who recorded 19:58:30. The photo of him finishing says it all!



*The 2003 English Centurions 100 Miler at Newmarket - Peter listing markedly as he walks the final few paces to the finish line, crossing as winner.*



In the 2005 European Veterans Championships in Portugal, he took silver in the M50 30km roadwalk with a time of 2:56:24. It was one of a number of Masters Championships in which he competed.

He was also a regular competitor in the Enfield League walks and in the Vets A.C. events. He also walked in the Surrey WC events and in the various classics around England. He was also a regular in the Ryan Cup (Police & Civil Service Race Walking Championships) and in the Church to Church event on Guernsey.



*Peter walking in the 2013 Guernsey Church to Church*

In 2014, he joined Fiona in his first parkrun and was soon hooked. Like many in the parkrun scene, he tried to visit as many parkruns as possible, working through the A to Z of place names initially and then amassing many more venues in an ever growing tally. His overseas trips were occasions for visiting new parkruns and meeting new people. A review of his profile in thepowerof10 website (<https://www.thepowerof10.info/athletes/profile.aspx?athleteid=21295>) shows just how many parkruns he ticked off each year.

He was an avid follower of elite athletics and travelled to all the major championships, be they Olympics, World Championships, Racewalking World Cups or European Championships. He was a seasoned world traveller who had done the Silk Road and explored destinations as far afield as South America and Oceania.

Our paths continued to cross every few years – at the 2009 World Athletics Championships in Berlin, at the 2012 Olympics in London, at the 2017 World Athletics Championships in London and on other occasions in between. Lois and I stayed with him and Fiona in Horsell on more than one occasion and they stayed with us when visiting Melbourne.

Peter was known wherever he went and he was also warmly welcomed by his many friends, always pleased to see him. This photo, taken at the 2012 Olympics, is but one of many in my collection.



*Peter with Polish walker Bohdan Bulokowski at the London Olympics – they had spent time together training in Mexico as young walkers*



Peter had suffered minor health problems for the past few years but this year his situation worsened. Eventually his tiredness was diagnosed as heart problems – that wasn't the end of the world and could be treated. But in August, he was diagnosed with advanced pancreatic cancer, a condition which was much more problematic.

His health deteriorated quickly and he was soon in hospital and eventually in palliative care in the Woking Hospice. The end came quickly. On his final night, he watched the football on television with his wife Fiona (he was a keen football follower) and, after going to sleep, failed to rise the next morning, having passed away peacefully during the night. He last days saw him greatly heartened by the receipt of so many messages, letters and cards. Sorry to be the bearer of such sad news.

To Fiona, we offer our profound sympathy as the passing of a wonderful man.

## 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.

For VRWC race details, see <http://www.vrwc.org.au/vrwc21.shtml>

For Ballarat Race Walkers Club race details, see <https://www.ballaratracewalkers.com/wp/>

### Victorian Key Dates – Summer 2020/2021

Wed 18 Nov 2020	BRWC Willi Sawall 3km Handicap – 6pm	Ballarat
Sat 21 Nov 2020	VRWC Road Walks	Middle Park
Wed 18 Nov 2020	BRWC Willi Sawall 3km Handicap – 6pm	Ballarat
Wed 25 Nov 2020	BRWC Benita Van Raaphorst 3km Handicap – 6pm	Ballarat
Sat 28 Nov 2020	VRWC Road Walks	Middle Park
Sun 29 Nov 2020	BRWC Graeme Nicholls Lap of Lake 6km, Jastec Trophy 1.5km – 10.30am	Ballarat
Sun 6 Dec 2020	VRWC Road Walks	Middle Park
Wed 9 Dec 2020	BRWC Merv Lockyer 3km Handicap – 6pm	Ballarat
Sun 13 Dec 2020	AVSL Round 3 (includes walk)	Various venues
Wed 16 Dec 2020	BRWC Jared Tallent 1.5km Handicap & Christmas break up - 6pm	Ballarat
Sun 17 Jan 2021	VRWC Road Walks	Middle Park
22-24 Jan 2121	<b>Victorian Country Track &amp; Field Championships</b>	Ballarat
Wed 27 Jan 2021	VRWC Track Races	Mentone
Wed 10 Feb2021	<b>AV 5000m Teams Race Championship</b>	Mentone
Sun 14 Feb2021	VRWC Road Walks	Middle Park
19-21 Feb 2021	<b>Victorian T&amp;F Championships (Weekend 1)</b>	Lakeside Stadium
26-28 Feb 2021	<b>Victorian T&amp;F Championships (Weekend 2)</b>	Lakeside Stadium
Sun 21 Mar 2021	<b>VMA 5000m Walk Championship</b>	Mentone
24-25 Apr 2021	<b>Victorian Masters T&amp;F Championships</b>	Doncaster

### International Dates

July 23 – Aug 8, 2021	<b>32<sup>nd</sup> Olympic Games, Tokyo and Sapporo</b>
July, 2021	<b>23<sup>rd</sup> World Masters T&amp;F Championships, Tampere, Finland</b>
Aug 8-19, 2021	<b>World University Summer Games, Chengdu, China</b>
Aug 20-21, 2021	<b>18<sup>th</sup> World Athletics U20 T&amp;F Championships, Nairobi, Kenya (POSTPONED FROM 2020)</b>
Jan 2022	<b>Oceania Masters Championships, Norfolk Island (POSTPONED FROM JANUARY 2020)</b>
TBA, 2022	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships, Edmonton, Canada</b>
Apr 23-24, 2022	<b>29<sup>th</sup> World Athletics Race Walking Team Championships, Minsk, Belarus</b>
July 15-24, 2022	<b>18<sup>th</sup> World Athletics Championships, Eugene, USA</b>
July 27 - Aug 7, 2022	<b>XXII Commonwealth Games, Birmingham, GBR</b>
Aug 11-21, 2022	<b>European Athletics Championships, Munich, GER</b>
TBA, 2022	<b>19<sup>th</sup> World Athletics U20 T&amp;F Championships, Cali, Colombia</b>
TBA, 2023	<b>24<sup>th</sup> World Masters T&amp;F Championships, Gothenburg Sweden</b>
Aug 2023 (TBC)	<b>19<sup>th</sup> World Athletics Championships, Budapest, Hungary</b>

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