



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2020/2021 Number 49  
Monday 6 September 2021



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### WHAT'S COMING UP

With Victoria in lockdown at the moment, I do not expect any further VRWC walks for the next 1-2 months. Stay tuned for further updates. NSW and ACT also remain in lockdown, so no results expected from NSWRC or ACTRC either for a while yet.

### SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 4 SEPTEMBER 2021

Thanks to Kim Mottrom for the results of the latest races from South Australia. He commented: Our second last week of racing, so we are hoping that covid holds off long enough for our AGM/presentations next week. Cold and wet today in Adelaide, but great times and lots of PB's today.

#### Open 3km Walk

1.	Kim Mottrom	12:31	
2.	Alix Harlington	15:53	
3.	Daisy Braithwaite	16:26	
4.	Cooper Rech	16:31	PB
5.	Katie DeRuvo	16:31	PB

#### Open 5km Walk

1.	Tristan Camilleri	22:28	
2.	Sebastian Richards	23:52	PB
3.	Nellie Langford	26:45	
4.	Di Camilleri	36:11	PB
5.	Stephen Downs	37:00	PB
6.	Bill Starr	39:56	

#### Open 1km Walk

1.	Ananpreet Singh Sidhu	5:40	
2.	Alexander Richards	5:44	PB
3.	Elizabeth Rieger	6:18	PB
4.	Liliana Templer	6:27	

#### Open 2km Walk

1.	Archie Braithwaite	10:52	PB
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### TWRC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 4 SEPTEMBER 2021

Thanks to Dave Moore for this week's results from Tasmania. He reports: A flat course and mild spring weather made for ideal conditions at Wentworth Park today. Despite a small field, **Will Bottle** put in a stellar performance with a 55 second PB for his 5km and looks set for a very good season on the track this summer.

#### 3km Walk

1.	Wayne Fletcher	NS	25:19
2.	Dave Moore	TMA	28:53

#### 5km Walk

1.	Will Bottle	NStead	23:16	PB
2.	Ron Foster	TMA	38:38	

### WARWC ROADWALKS WILSON, PERTH, SUNDAY 5 SEPTEMBER 2021

Thanks to Terry Jones for the results of the final round of winter season competition in Western Australia.

#### 4km Handicap

1.	Glenys Duncan	36.38
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#### 10km Handicap

1.	Victor Munoz	1:05:41
2.	Wendy Farrow	1:09:03
3.	Marcela Ruiz	1:06:18
4.	Melissa Lewis	1:03:36
	Karyn Tolardo	DNF

#### 2km Handicap

1.	Linkin Lawrence	13.51
2.	Karyn Tolardo	11.53

3.	Luke Lawrence	13.50
4.	Lataya Lawrence	13.52

#### FINNKAMPEN 2021, STOCKHOLM, SWEDEN, SATURDAY 4 SEPTEMBER 2021

The annual Finnkampen track meet between Sweden and Finland was held at the Stockholm Stadium on Saturday. The women's 5000m walk saw Finnish walker **Anniina Kivimäki** repeat last year's victory with a time of 22:34.31, winning by the barest of margins from fellow Finn **Elisa Neuvonen**, while the men's 10,000m saw Sweden's **Perseus Karlström** win with 39:32.63 after an early battle with Finland's **Aleksi Ojala**. It was Perseus' ninth straight Finnkampen victory. Overall, Finland won with 28 points to Sweden's 15 points.

##### 10,000m Men (SWE 9, FIN 12)

1.	Perseus Karlström	90	SWE	39:32.63	
2.	Aleksi Ojala	92	FIN	40:59.94	SB
3.	Joni Hava	99	FIN	43:34.38	
4.	Sajan Irincheev	04	FIN	44:04.07	
5.	Christer Svensson	69	SWE	50:58.44	
6.	Remo Karlström	88	SWE	DQ	

##### 5000m Women (SWE 6, FIN 16)

	Anniina Kivimäki	99	FIN	22:34.31	PB
	Elisa Neuvonen	91	FIN	22:34.45	PB
	Heta Veikkola	03	FIN	22:48.91	PB
	Monica Svensson	78	SWE	24:13.43	PB
	Helena Sandmer	92	SWE	28:36.60	
	Ellinor Hogrell	68	SWE	30:28.39	

#### OUT AND ABOUT

- The latest edition of Race Walking Record is now available on the English RWA website. Number 911 features Bethan Davies on the front cover. Check it out at <http://racewalkingassociation.com/RWR.asp>.

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 3 press releases this week

- Sun 5 Sep - Padua (ITA): XXXIV Meeting of the City of Padua  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4172](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4172)
- Thu 2 Sep - Gaziantep (TUR): The U18, U20 and Open team race walking championships of Turkey  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4171](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4171)
- Wed 1 Sep - Sao Paolo (BRA): the Brazilian U18 Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=4170](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4170)

while Omarchador has 6 press releases

- Sun 5 Sep - World Athletics Race Walking Tour to replace World Racewalking Challenge for 2022  
<https://omarchador.blogspot.com/2021/09/world-athletics-lanca-o-race-walking.html>
- Fri 3 Sep - Florian Letourneau, Sylvie Maison, Mathieu Olivares and Erin Taylor-Talcott, winners at Paris-Alsace 2021  
<https://omarchador.blogspot.com/2021/09/florian-letourneau-sylvie-maison.html>
- Thu 2 Sep - Paul Jansen Wins Netherlands 20,000m Walk Championship  
<https://omarchador.blogspot.com/2021/09/paul-jansen-vence-campeonato-de-20000-m.html>
- Wed 1 Sep - Perseus Karlström and Monica Svensson win 2021 Swedish walking championships in Rättvik  
<https://omarchador.blogspot.com/2021/09/perseus-karlstrom-e-monica-svensson.html>
- Tue 31 Aug - Gabrielly dos Santos and João Magalhães win the Brazilian U18 Walks  
<https://omarchador.blogspot.com/2021/08/gabrielly-dos-santos-e-joao-magalhaes.html>
- Mon 30 Aug - Finnish walker Jarkko Kinnunen ends competitive career  
<https://omarchador.blogspot.com/2021/08/jarkko-kinnunen-poe-fim-carreira.html>

## 50 KM AUSTRALIAN MEN RECORDS AND RANKINGS

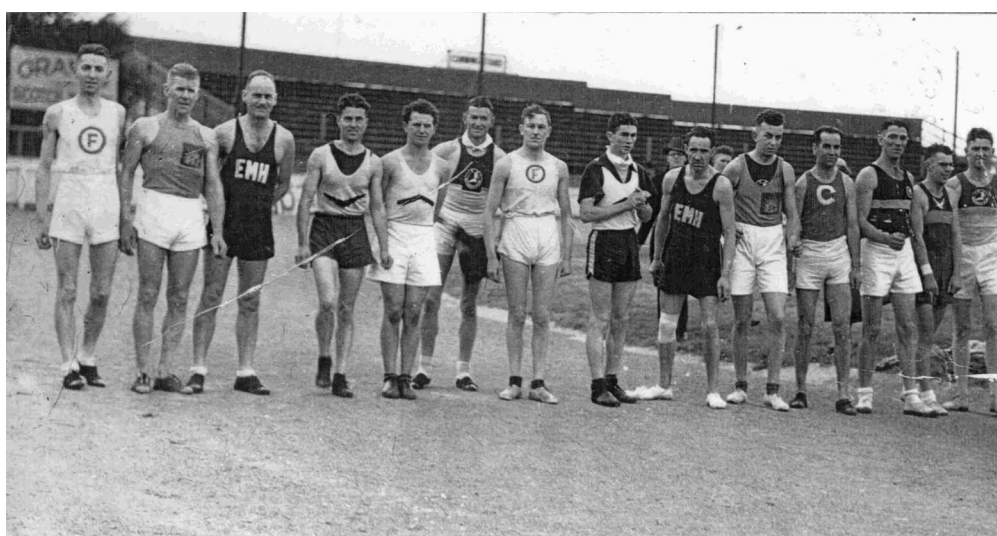
I will be focusing on a few 50km related articles over the final few newsletters, to celebrate this wonderful event, now gone but not to be forgotten.

The 50 km distance was contested within the various Australian States from the 1920s onwards. For instance, the first Victorian 50 km championship was held in 1929 and was won by Moreland walker Jack Cummins in 5.30.00. With the 50 km distance added to the Olympics in 1936, it is therefore somewhat surprising that the first Australian championship was not held until 1952 when Victorian Len Chadwick won in 5:10:58.

Times throughout this period were generally over 5 hours for a number of reasons – the lack of serious and consistent long distance training, the lack of good footwear and, most importantly, the harshness of the race rules. On many occasions, one feed station might be provided, at the turn in an out and back course (ie at the 15 mile mark). Even then, only a cup of water might be on offer.

The early trend setters were Victorian, with Jack Coffey, Jack Cummins and Jim Gaylor leading the way up till 1939, when competition was curtailed due to the war. All 3 broke the 5 hour standard.

50 km <b>road</b> walk	4:59:40	Jack Coffey (VIC)	06/09/1930	Sydney, NSW
50 km <b>road</b> walk	4:55.36	Jack Cummins (VIC)	27/10/1934	Melbourne, VIC
50 km <b>road</b> walk	4:56:38	Jim Gaylor (VIC)	01/10/1938	Melbourne, VIC



*Start of the 1939 Victorian 50 km championship at the Royal Melbourne Showgrounds. Jim Gaylor is second from the left.*

In the years immediately after WWII, improvements were slow to come. The first to reduce the record was Bill Behan of NSW who won the 1948 Victorian 50 km title with 4:53:53.

50 km <b>road</b> walk	4.53.53	William Behan (NSW)	1948	Melbourne, VIC
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By 1955, Victorian walker Les Hellyer had reduced the time slightly further to 4:51:04.4, done in Centennial Park in Sydney, ahead of NSW walker Peter Waddell whose time of 4:53:33 also beat the existing best-on-record.

50 km <b>road</b> walk	4.51:04.4	Les Hellyer (VIC)	17/09/1955	Sydney, NSW
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The first big breakthrough came in 1956 when Victorian Ray Smith won the 1956 Australian 50 km title race and Olympic trial. This event was held on the Olympic Games course in Melbourne on Sunday 9 September 1956, starting and finishing at Olympic Park rather than the MCG. Walking a wonderful race, he finished 2<sup>nd</sup> to New Zealander Norm Read (who went on to win the 1956 Olympic 50 km race). Ray's time of 4:40:24 broke the Australian record and won him the Australian Title. It also gained him selection in the 50 km for the 1956 Olympic Games.

50 km <b>road</b> walk	4:40:24.6	Ray Smith (VIC)	09/09/1956	Melbourne, VIC
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Ray's euphoria was short lived. Three weeks later, yet another Victorian, Ted Allsopp, walking in his first ever 50 km event in the Victorian Championship, astonished everyone with his time of 4:24:24. He started the event only as a training session (as he had already been selected in the Olympic team to contest the 20 km event) and was 6 minutes behind Norm Read at the 17 mile mark. But Ted's intensive training program had given him such a wonderful combination of speed and stamina that he was able to go on and win the event by over 20 minutes. He was duly added to the 50 km team alongside Ray Smith.

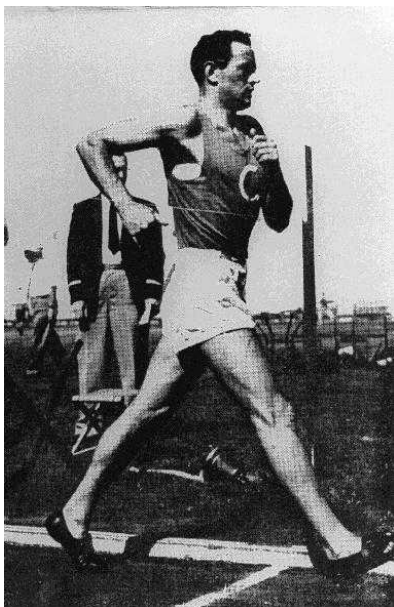
50 km <b>road</b> walk	4:24:24	Ted Allsopp (VIC)	29/09/1956	Flemington, VIC
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The next year, in the 1957 Victorian 50 km event, Ted took a further minute off his best-on-record time and then again in the 1959 Victorian championship, he chipped away another minute.

50 km <b>road</b> walk	4:23:38	Ted Allsopp (VIC)	28/09/1957	Flemington, VIC
50 km <b>road</b> walk	4:22:20.8	Ted Allsopp (VIC)	26/09/1959	Flemington, VIC

Finally in 1959, the Amateur Athletic Union of Australia added the 50,000 track walk to its lists of official records and Ted was the inaugural record holder, compliments of a fine 4:22:41 walk. The next year, he reduced this to 4:20:28 with an even better track performance. Ted was indeed king of both the road and the track over the 50 km distance (and he also held the World 2 Hour track walking record, set in 1956).

50 km <b>track</b> walk	4:22:41.8	Ted Allsopp (VIC)	23/08/1958	Melbourne University, VIC
50 km <b>track</b> walk	4:20:28.2	Ted Allsopp (VIC)	22/08/1959	Melbourne University, VIC



*Ray Smith (1952) and Ted Allsopp in track mode*

As the 1960s progressed, so did the form of young Victorian walker Bob Gardiner. Chasing Noel Freeman over the 20 km distance and Ted over the 50 km distance, his big breakthrough came in 1964 when he won the 1964 Olympic 50 km trial on 6 June in Adelaide in 4:24:19.2. His subsequent 5<sup>th</sup> place in the Tokyo Olympic 50 km in an Australian best on record time of 4:17:06 was not a once-off. It was the result of hard work and determination and signalled the start of a long and distinguished international career for Bob.

50 km <b>road</b> walk	4:17:06	Bob Gardiner (VIC)	18/10/1964	Tokyo, Japan
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On 24 September 1966, Bob won the Victorian 50 km title in 4:18:20.8, just a minute slower than his Tokyo time and the fastest ever 50 km done on Australian soil. In 1967, he again broke the 4:20 barrier with 4:19:59 and as 1968 loomed, he was in unbeatable form. It was no surprise to anyone when in early May 1968, Bob won the Australian 50 km championship and Olympic trial by more than 5 minutes. The course in Toowoomba in Queensland was a tough hilly one and the race was held in bleak conditions. His time of 4:22:23 was impressive in the circumstances.

As the Olympics drew near, Bob intensified his training and racing and his final hitouts were impressive and, on August 24 in a VAWC Track 50 km event at Melbourne University, he won in 4:14:17, setting new Commonwealth, Australian and Victorian records and showing that he was a dangerous dark horse for the forthcoming Olympic 50 km event. I was fortunate enough to witness that walk and I still remember the constant pace with which he ate up the 125 laps.

50 km <b>track</b> walk	4:14:19.0	Bob Gardiner (VIC)	24/08/1968	Melbourne, VIC
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Two weeks later, he finished 4<sup>th</sup> from a scratch start in the classic Melbourne to Frankston 25 Mile event. His time was a sensational 3:20:46 and he pulled up fresh and looked to have plenty in reserve. He left for Mexico with high expectations but like most of us, he had no idea of the toll that the high altitude and heat would exact from his body. In the Olympic 50 km, after a good start, he gradually lost ground and faded back through the field. His last 10 km was walked in the semi darkness with people wandering across the course. His 19<sup>th</sup> place in 4:52:29 was a great personal disappointment but still a gutsy effort.



*Bob Gardiner wins the 1966 Victorian 2 Miles Track Championship on the cinders track at Olympic Park*

Bob's times stood uncontested for another decade before a quietly spoken Ballarat walker, Willi Sawall, took the Australian racewalking scene by storm in 1976. He contested the 1976 Olympic 20 km trial in April but was disqualified. It was just a month too early in his career. From then on, he was untouchable. In the ensuing 1976 winter season, he won the Victorian 10,000m track title in a new Australian record of 43:36, the Victorian 30 km (2:23:30), 15 km (1:07:34), 20 km (equalled Noel Freeman's Australian best time of 1:29:12), the VRWC club 50 km (an Australian best of 4:12:20), the LBG 20 miles title (2:33:29) and won a track 50 km walk at the Glenhuntly track in 4:06:39.0 for a new Commonwealth record.

50 km <b>track</b> walk	4:06:39.0	Willi Sawall (VIC)	14/08/1976	Melbourne, VIC
50 km <b>road</b> walk	4:12:12	Willi Sawall (VIC)	12/09/1976	Melbourne, VIC

The next year, his winning time in the Victorian 50 km roadwalking championship was even faster – 4:05:54.

50 km <b>road</b> walk	4:05:54	Willi Sawall (VIC)	10/07/1977	Melbourne, VIC
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1979 saw 4 hours broken for the first time in Australia as Willi won the 1979 Lugano Cup trial in Australian record time of 3:56:07. It was a tremendous breakthrough in world rankings for Australia. Willi, with his hard training and aggressive approach, was responsible for the phenomenal improvement in the 1980s. In the next decade Simon Baker, Andrew Jachno, David Smith, Sue Cook and Kerry Saxby were placed in world or Commonwealth Games. In Germany at the Lugano Cup meet, Willi reduced the Australian 50 km best time to 3:51:08 for 10<sup>th</sup> place.

50 km <b>road</b> walk	3:56:07	Willi Sawall (VIC)	15/07/1979	Melbourne, VIC
50 km <b>road</b> walk	3:51:08	Willi Sawall (VIC)	30/09/1979	Eschborn, Germany

In Sydney at the March 1980 National track 3,000m championships, Willi clocked 11:32 to retain his title for the fourth consecutive year. He followed this with a fine win in April 1980 in the Olympic 50 km trial in Adelaide. His time of 3:46:34 broke his previous best yet again and ensured him Olympic berths in both the 20 km and 50 km events.

50 km <b>road</b> walk	3:46:34	Willi Sawall (VIC)	06/04/1980	Sydney, NSW
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Willi held sway over the 50 km distance for the next few years, breaking 4 hours on a number of occasions. Andrew Jachno was the closest with 4:01 in 1984 but it was not until 1987 that a second Australian walker finally broke the 4 hour mark – Simon Baker with 3:58:51 in December 1987 in Melbourne. Simon's rise to the top was meteoric – within 12 months of that performance, his Olympic exploits left us looking for superlatives. His tough task – to walk both the 20 km and 50 km event in Seoul – was not easy but the way in which he executed it left no doubt about his real walking capabilities. His 11<sup>th</sup> place in the 20 km event in 1:21:47 was outstanding but this was overshadowed by his 6<sup>th</sup> place in the 50 km walk. Journalist Len Johnson described his finish in the 50 km event as “*the excited extrovert who spent the 10 minutes after crossing the line falling around like a puppet dangling on tangled strings, joyously celebrating his own performance with every other walker in sight*”. The time of 3:44:07 was a PB and a new Commonwealth best.. Behind him, Andrew Jachno raced to his own PB of 3:53:23, becoming the third Australian to beat the 4 hour mark.

50 km <b>road</b> walk	3:44:07	Simon Baker (VIC)	30/09/1988	Seoul, South Korea
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Come the World Walking Championship in Barcelona in May 1989 and Simon was in the best form of his career. His plan was to sit with the leaders until half way and then apply pressure and he executed his plan perfectly. On the 13<sup>th</sup> lap of the 25 lap course, he surged to the lead and increased his pace. Within 2 laps, he had a lead of 20-25 seconds. Out in front, Simon just concentrated on his



technique while behind him the leading pack gradually fragmented as it unsuccessfully chased him. With 2 laps to go, the lead had increased to 80 seconds and the chasing pack was broken. Simon's finishing time of 3:43:13 bettered his Seoul time by over a minute. Russian Andrey Perlov, the world's fastest in 1987, was 2<sup>nd</sup> in 3:44:12. Of the finishing stages of the race, Simon said *"By the finish of the race, because it was the Russians who were chasing me, just about the whole crowd was yelling at me to keep going. It was quite emotional in the last two laps with all the cheering and support there. That just kept pushing me through."*

50 km **road** walk      3:43:13      Simon Baker (VIC)      25/08/1989      Barcelona, Spain

Simon now knew it was time to attack Willi's track record and this he did in style in September 1990, slashing the Commonwealth and Australian 50 km track records to win the Victorian title at the Box Hill track. He cut a massive 22 minutes off Englishman Chris Maddock's 1984 record of 4:05:47, finishing in 3:43:50. It was the fastest 50 km for the year and less than 2 minutes outside Raul Gonzalez's world record. In this walk, he broke 4 Victorian and Australian records - his 25 km time of 1:52:24 (this broke Ted Allsopp's famous 1956 record), his 30 km time of 2:14:22, his 40 km time of 2:57:57 and of course his 50 km time of 3:43:50.

50 km **track** walk      3:43:50      Simon Baker (VIC)      09/09/1990      Melbourne, VIC

In 1992, Dariusz Wojcik became the 4<sup>th</sup> Australian to break the 4 hour mark, recording 3:58:30 in Melbourne in January. Interestingly, Dariusz is the only sub 4 hour Australian walker never to have made an Australian team – it is fair to say that the cards did not fall his way during his career.



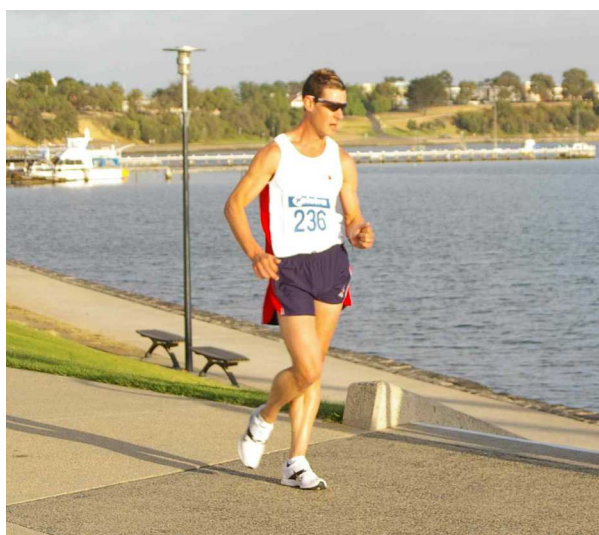
*Willi Sawall (23) contests the 1980 Olympic 50 km and Simon Baker wins the 1989 World Cup 50 km*

Throughout the nineties, more Australian walkers joined the sub-four club – Michael Harvey (3:57:20 in 1993), Duane Cousins (3:54:38 in 1995), Dion Russell (3:48:12 in 1997), Dominic McGrath (3:59:12 in 1997) and Nathan Deakes (3:52:53 in 1999) - but no one showed the form likely to challenge the times of Willi and Simon.

Finally Nathan Deakes emerged from the pack as the most likely successor with a time of 3:43:43, done in Naumburg in Germany in April 2001. It took a further two years to bridge the gap but in December 2003, Nathan finally did it in winning the 2004 World Cup 50 km trial at Albert Park in Melbourne. No one (except perhaps Nathan and his coach Brent Vallance) was ready for the time – an astounding 3:39:43 – a four minute PB and the 11<sup>th</sup> fastest 50 km performance of all time. Each 10 km was faster than the one before and he left the field reeling in his wake.

50 km **road** walk      3:39:43      Nathan Deakes (VIC)      07/12/2003      Melbourne, VIC

Over the next few years, Nathan was unbeatable on the local front over all distances and he racked up a whole series of international placings over the 20 km and 50 km distances. One impressive triple was in March 2006 when he strode to a new Commonwealth 5000m track walk record of 18:45.19 in an A Series meet in Melbourne and the only weeks later repeated his Manchester Commonwealth Games double with two new Games records – winning the 20 km in 1:19:55 and the 50 km in 3:42:53.



*Nathan Deakes on his way to a new 50 km world record of 3:35:47 in December 2006*

Nathan's finest moment arguably came in December 2006 when he won the Australian 50 km championship in front of a home crowd in Geelong. The course was less than satisfactory, twisting and turning around the harbour area. It had several small but steep inclines and walkers had to negotiate a variety of surfaces. To top things off, a blustery wind buffeted walkers as they negotiated the tricky course. But nothing could stop Nathan. His first four 10 km splits were 43:30, 42:30, 42:00 and 42:30. At the 40 km mark, he was 3 minutes under World Record pace. He needed all of that buffer as he slowed in the final laps but the result was never in doubt. He crossed the finish line in 3:35:47 to break the existing World Record by 16 seconds. It was without doubt the greatest race in his career thus far. It was no surprise when, in February 2007, he was awarded the prestigious Australian Male Athlete of the Year in the 2006 Australian Sporting Awards.

50 km **road** walk      3:35:47      Nathan Deakes (VIC)      02/12/2006      Geelong, VIC (**WR**)

The emergence of Jared Tallent (3:39:27 in August 2008 at the Beijing Olympics) provided Australia with a second sub 3:40 walker. Jared improved his best time to 3:36:53 with a gold medal winning walk at the 2012 Olympics in London. In almost any other country in the world, that would have been a national record, but Nathan had set a standard that was just one bridge too far.

The 2000s saw Luke Adams and Chris Erickson break 3:50 and a number of others were under 3:55 but none able to match the stellar performances of Nathan and Jared.

Rhydian Cowley, our latest 50km star, who finished 8<sup>th</sup> in the Tokyo Olympics in a PB 3:52:01, will be denied the chance to further improve his time. Alas, this was the last big international 50km to be staged.

Simon Baker's 1990 track record of 3:43:50 still stands uncontested. It must have looked an attractive prize for either Nathan or Jared but neither was in the right spot at the right time to challenge it. It remains a very tough record - a track 50,000m is very different to a road 50 km.

Now onto the all time ranking list. Quite a few of the names have been discussed above. All were good walkers, some great. In total, 18 Australians broke 4 hours for the 50 km distance. Of additional interest is the fact that the top walkers on the list were also top 20 km walkers whose 20 km PBs were all under 82 minutes. The moral of the story – to be a top 50 km walker, you needed to be a very fast 20 km walker.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006	29
2	3:36:53	Jared Tallent	VIC	17/01/1984	2	London, UK	11/07/2012	28
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet, Spain	28/05/1989	31
4	3:43:39	Luke Adams	NSW	22/10/1976	6	Berlin, Berlin	21/08/2009	32
5	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980	38
6	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998	23
7	3:48:40	Chris Erickson	VIC	01/12/1981	10	Rio de Janiero, Brazil	19-08-2016	34
8	3:52:01	Rhydian Cowley	VIC	04/01/1991	8	Sapporo, Japan	06/08/2021	30
9	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007	20
10	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006	23
11	3:53:23	Andrew Jachno	VIC	13/04/1962	19	Seoul, South Korea	30/09/1988	31
12	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001	21
13	3:55:03	Brendon Reading	ACT	26-01-1989	4	Melbourne	13-12-2015	26
14	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001	26

15	3:55:17	Ian Rayson	NSW	04/02/1988	4	Melbourne	13-12-2015	27
16	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993	30
17	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa, UK	23/04/2000	27
18	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992	32
19	4:00:21	Craig Brill	VIC	10/11/1967	2	Melbourne	26/01/1992	24
20	4:03:17	Tim Erickson	VIC	23/11/1950	25	Eschborn, Germany	30/09/1979	28
21	4:11:08	Bill Dyer	VIC	26/03/1961	1	Adelaide	15/07/1984	23
22	4:11:10	Mark Donahoo	VIC	27/05/1958	2	Melbourne	08/05/1988	29
23	4:11:33	Tom Barnes	VIC	22/09/1982	7	Melbourne	16/12/2007	25
24	4:11:38	Steve Hausfeld	NSW	07/04/1952	1	Canberra	28/06/1986	24
25	4:12:29	Shane Pearson	QLD	05/06/1974	4	Melbourne	14/12/1997	23
26	4:13:55	John Sheard	VIC	09/05/1948	36	Eschborn, Germany	30/09/1979	31
27	4:14:17	Bob Gardiner	V	22/03/1936	1	Melbourne	24/08/1968	32
28	4:14:20	Paul Copeland	V	25/04/1967	1	Melbourne	12/09/1993	26
29	4:16:34	Ian Fay	S	02/01/1960	3	Melbourne	07/07/1985	25
30	4:16:43	Kevin Lowden	V	22/05/1968	3	Melbourne	27/01/1991	22
31	4:16:53	Frank Bertei	V	19/03/1966	13	Tijuana, Mexico	21/03/2004	38
32	4:17:44	Keith Knox	N	15/09/1950	1	Sydney	18/08/1984	33
33	4:17:47	Ricky Cooke	T	09/08/1969	4	Melbourne	27/01/1991	21
34	4:18:26	Troy Sundstrom	N	30/05/1981	2	Melbourne	23/10/2005	24
35	4:20:00	Ted Allsopp	V	15/08/1926	2	Melbourne	24/09/1966	40
36	4:20:38	Peter Fullager	S	19/04/1943	1	Adelaide	04/09/1971	28
37	4:21:13	Brian Trower	V	28/02/1959	5	Melbourne	27/01/1991	31
38	4:22:38	Mark Thomas	V	23/12/1962	68	Beijing, China	30/04/1995	32
39	4:22:44	Dylan Richardson	N	17/10/2000	3	Melbourne	01/12/2019	19
40	4:22:51	Frank Clark	N	11/04/1943	1	Sydney	26/08/1967	24
41	4:23:16	Andrew Jamieson	V	13/06/1946	3	Melbourne	14/12/2008	62
42	4:23:57	Ian Hodgkinson	W	31/03/1948	1	Perth	11/09/1972	24
43	4:24:20	Ron Crawford	N	26/03/1936	11	Tokyo, Japan	18/10/1964	28
44	4:24:35	Richard Everson	S	07/09/1963	8	Melbourne	12/12/1999	36

My final stat compares the 20km and 50km PBs for our top walkers, and calculates the combined World Athletics Points, based on the 2017 IAAF Point Scoring Tables. As expected, Nathan and Jared sit at the top of a Who's Who of Australian racewalking.

Rank	Name	State	DOB	50km	Points	20km	Points	Total
1	Nathan Deakes	VIC	17/08/1977	3:35:47	1249	1:17.33	1245	2494
2	Jared Tallent	VIC	17/01/1984	3:36:53	1243	1:19.15	1207	2450
3	Luke Adams	NSW	22/10/1976	3:43:39	1201	1:19.15	1207	2408
4	Simon Baker	VIC	06/02/1958	3:43:13	1204	1:21.19	1163	2367
5	Dion Russell	VIC	08/05/1975	3:47:34	1178	1:20.49	1174	2352
6	Willi Sawall	VIC	07/11/1941	3:46:34	1184	1:21.36	1157	2341
7	Rhydian Cowley	VIC	01/04/1991	3:52:01	1145	1:20.19	1184	2329
8	Andrew Jachno	VIC	13/04/1962	3:53:23	1151	1:20.43	1176	2327
9	Chris Erickson	VIC	01/12/1981	3:48:40	1171	1:22.08	1145	2316
10	Adam Rutter	NSW	24/12/1986	3:52:49	1146	1:21.49	1152	2298
11	Duane Cousins	VIC	13/07/1973	3:53:19	1143	1:24.20	1099	2242
12	Liam Murphy	SA	05/06/1979	3:54:37	1136	1:24.11	1102	2238
13	Ian Rayson	NSW	04/02/1988	3:55:17	1132	1:24.25	1097	2229
14	Brendon Reading	ACT	26-01-1989	3:55:03	1133	1:24.37	1093	2226
15	Darren Bown	SA	03/06/1974	3:55:05	1133	1:24.56	1087	2220
16	Michael Harvey	VIC	05/12/1962	3:57:20	1120	1:25.34	1074	2194
17	Dominic McGrath	VIC	04/06/1972	3:57:51	1117	1:27.19	1038	2155
18	Tim Erickson	VIC	23/11/1950	4:03:17	1085	1:27.12	1040	2125
19	Craig Brill	VIC	10/11/1967	4:00:21	1102	1:29.23	997	2099
20	Dariusz Wojcik	VIC	24/09/1959	3:58:30	1113	1:31.00	965	2078

Sadly, no more performances will be added to this discussion, given World Athletics' shabby decision to reduce racewalking's blue riband event from 50km to 35km.

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of continuing COVID-19 issues.

#### Victorian Key Dates –2021

All up in the air, with our current covid lockdown!



**2021 World Athletics Race Walk Challenge**

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

**Other International Dates**

TBA, 2022 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
Mar 1-6, 2022 **29<sup>th</sup> World Athletics Race Walking Team Championships**, Muscat, Oman (Postponed from 2020)  
Jun 26 – Jul 7, 2022 **World University Summer Games**, Chengdu, China (Postponed from 2021)  
Jun 29 – Jul 10, 2022 **23<sup>rd</sup> World Masters T&F Championships**, Tampere, Finland  
July 15-24, 2022 **18<sup>th</sup> World Athletics Championships**, Eugene, USA  
July 27 – Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR  
Aug 11-21, 2022 **European Athletics Championships**, Munich, GER  
TBA, 2022 **19<sup>th</sup> World Athletics U20 T&F Championships**, Cali, Colombia  
  
TBA, 2023 **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden  
Aug 2023 (TBC) **19<sup>th</sup> World Athletics Championships**, Budapest, Hungary

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