



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

My Walker of the Week is Spanish racewalking legend **Jesús Ángel García**. Competing in the Spanish Roadwalk Championships in Seville on Sunday, he finished 6th in the men's 50km road walk with 4:04:36, 10 minutes under the M50 World Record of 4: 14.37, set by Germany's Gerhard Weidner in 1983. It is not García's first world masters record nor is it likely to be his last. He currently holds the M45 50km record with a time of 3:46:43, set in the 2018 IAAF Racewalking World Cup in Beijing.

Check out the meet report at <https://www.rfea.es/web/noticias/desarrollo.asp?codigo=13172#.YcmqoWgzblU>.



García in action on Sunday in Seville (photo <https://www.rfea.es/>)

I suspect more has been written about García's racewalking exploits than any other walker, male or female, and he epitomises the purity of the 50km discipline. Not only has he competed at seven Olympic Games, the most Olympic appearances ever by a male T&F athlete, but he has already been selected to represent Spain in the Olympic Games in Tokyo. If it goes ahead, it will mean an amazing 8 Olympic Games. He has also competed at a record 13 Racewalking World Cups and a record 13 World Athletics World Championships. Check out his credentials at https://en.wikipedia.org/wiki/Jes%C3%BAs_%C3%81ngel_Garc%C3%ADa.

PAUL F DEMEESTER TALKS WALKING

Thanks to US Attorney at Law Paul F. DeMeester for another wonderful article - the 46th – and it's as good as ever. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

Mori is Gone, Now the Rest Should Follow

By Paul F. DeMeester

The President of the Tokyo Olympic Local Organising Committee resigned over his sexist comments. Good riddance. All sexist members of the International Olympic Committee (IOC) and IOC staff members should follow Mori out the door.

On 1 September 2004, the Olympic Charter was amended to include gender equality and a prohibition against sex discrimination as Fundamental Principles of Olympism. These principles are the Olympic Constitution, if you will. Prior to that date, the method for adding a new Olympic women's event was to gauge if "sufficient interest" existed around the world. The IOC was looking for events that were practised in at least 25 countries and three continents. By 2007, that rule was gone, an obvious outcome given that it was in tension with the gender equality amendment of 2004.

Unfortunately, the IOC's 2004 Charter provisions on gender were just dead letters. If IOC officials had been serious about their own constitutional Charter provisions, they would have asked themselves which Olympic events suffered from sex discrimination and immediately corrected any flaws. The immediacy part was not an impossible requirement, given that the new Charter provisions went into effect right after the closing ceremonies at the Athens Olympics. The IOC had four years to make good on its own promises.

IOC decision makers should have looked at all Olympic Games events and asked questions such as, why are there 16 men's teams in an event that allows only 12 women's teams? Or why do male athletes contest the decathlon but female athletes only get to compete in eight events (a shout out to Jordan Gray for her quest for equality in her event)? Or why do male walkers get to compete in the 50K Race Walk Event but women walkers are excluded? And the list goes on.

Any decision maker, whether on staff or on the IOC, who did not do anything to correct any of these vestiges of sexism since 2004 should do what Mori just did: pack up and leave. They shouldn't depart empty handed. Their helmsman Thomas Bach should give them each the appropriate memento on the way out: an Olympic Gold Medal for Sexism. Beats a gold watch, which would not be of any use to them anyway. The year 2004 was a long time ago. A watch could simply not convey how far behind the times they are.

WHAT'S COMING UP

Who would have thought it – Victoria went back into Stage 4 Covid lockdown last Friday night, effectively closing down all local sporting competitions. But the effects were more wide ranging, as other Australian States closed the borders with Victoria. That meant a postponement to the **Australian 20km Roadwalk Championships** which had been scheduled for Adelaide last Sunday. See the AA announcement at <https://www.athletics.com.au/news/2021-australian-20km-race-walking-championships-to-be-postponed/> . To quote the important bit:

*Athletics Australia will now begin executing its contingency plan, which will be to hold the event on **Saturday 27th March** in conjunction with the Australian 50km Race Walking Championships in **Melbourne**. More details are to come.*

On the local front, the following athletics competitions all had to be either cancelled or postponed:

- The Victorian Little Athletics Regional Championships (across Victoria)
- Athletics Victoria Shield Round 7 (across Victoria)
- The latest Victorian Race Walking Club roadwalks which were to be held on Sunday morning at Middle Park.

The lockdown is initially only for 5 days so, if all goes well, it will be lifted on Wednesday evening. If it continues beyond this date, our Victorian T&F Championships will be effected as they are spread across the next 2 weekends.

- Feb 19-21, 2021 **Victorian T&F Championships (Weekend 1)**, Lakeside Stadium
- Feb 26-28, 2021 **Victorian T&F Championships (Weekend 2)**, Lakeside Stadium

Looking further ahead, we have two further VRWC races left for the summer, both track meets at Clifton Hill.

The first meet will include the Victorian **5000m Teams Race Championships** for men and women. All entries for the Teams Race must be made via the AV Member's Portal. You enter as an individual. Once 3 male or female walkers from your club enter, you have a team.

Sun 14th March 2021: AV 5000m Teams Race, Clifton Hill	
Venue: George Knott Athletics Track, Clifton Hill	
9:00am	VRWC 1500m Walk
9:10am	VRWC 3000m Walk
9:35am	AV 5000m Walk Teams Race
11:30am	VRWC AGM

Here are the rules for AV Teams Championships:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.

Our last meet for the summer is a week later and includes the Victorian Masters 5000m Walk Championships. Entry for these events will be via the VRWC website.

Sun 21st March 2021: VMA 5000m, Clifton Hill	
Venue: George Knott Athletics Track, Clifton Hill	
8:30am	VMA 5000m Championship Women
9:15am	VMA 5000m Championship Men
10:00am	VRWC 5000m Open
10:35am	VRWC 1500m Open

2020-21 HUMP DAY MEET, SQAC, BRISBANE, WEDNESDAY 10 FEBRUARY 2021

Queensland walkers had a chance to race over 3000m and 5000m last Wednesday evening in Brisbane. Best efforts by **Clara Smith** (5000m 23:27.84) and **Bailey Housden** (3000m 14:31.28).

5000m Walk

1.	Smith, Clara	23	UNQ	23:27.84
2.	Clarke, Anika	16	Redlands	28:00.63
3.	Millard, Summer	16	QA	29:22.12
4.	Ofield, Mackenzie	17	USC	29:27.12

1.	Norton, Kai	16	QA	27:07.66
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3000m Walk

1.	Norton, Amber	15	QA	15:23.13
2.	Gee, Tamika	14	GCA	16:15.91
3.	Gannon, Brenda	47	QA	16:56.24
4.	Chadwick, Phoebe	15	QA	17:25.14
5.	Clarke, Makenna	12	Redlands	17:45.11
6.	Hamann, Sophie Charlotte	20	QUT	17:59.22
7.	Hingst, Olivia	14	QA	18:01.05
8.	Lawson, Piper	15	QA	18:06.61
9.	McRoberts, Jasmine-Rose	19	QA	18:23.47
10.	Brady, Corey	16	QA	18:52.68

1.	Housden, Bailey	14	QA	14:31.28
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ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 11 FEBRUARY 2021

Thanks to Val Chesterton for this week's results from the ACT Race Walking Club in Canberra.

3000m Walk

1.	Julia Grocott	20:19
2.	Doug Barrett	20:32
3.	Sue Archer *	20:41
4.	Bryan Thomas	22:30
5.	Ruth Bausmann *	22:46
6.	Doug Fitzgerald *	23:34
7.	Caroline Campbell *	23:49
8.	Peter Davies *	25:45
9.	Val Chesterton	25:47

1000m Walk

1.	Dorothy Kaas *	08:18
2.	Lorna England *	08:38

* Club Rules

AACT UNDER 20 & OPEN CHAMPIONSHIPS, AIS ATHLETICS TRACK, CANBERRA, 12-14 FEBRUARY 2021

The ACT Open and U20 T&F Championships were held last weekend in Canberra. Good U20 winning performances by youngsters **Owen Toyne** and **Milly Boughton**. They will be back again in 2 weeks time to compete in the ACT U14-U18 T&F Championships on the weekend of 26-28 February. The meet photo

5000m Walk Open

1.	Mison, Hannah	20	NSW	25:34.54
2.	Staunton-Jugovic,	58	ACT	27:57.81

5000m Walk U20

1.	Toyne, Owen	14	ACT	24:49.93
2.	Dundon, Harry	16	NSW	24:57.42
3.	Clarkson, Kodi	13	ACT	25:17.10
1.	Boughton, Milly	15	NSW	24:36.83
2.	McMillen, Elizabe	17	NSW	25:16.05
3.	Laytham, Tara	16	NSW	26:32.65

3000m Walk Non Championship

1.	Norden, Lilah	14	NSW	17:56.68
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There are a few photos of the walkers at <https://www.facebook.com/athleticsact/photos/pcb.3556884377744200/3556883234410981/>

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS CENTRE, HOBART, SATURDAY 13 FEBRUARY 2021

Only 2 walkers in action in Hobart last Saturday.

3000m Walk

1.	Elizabeth Leitch	TMA	20:00.82
2.	Dave Moore	TMA	29:13.44

NSW MASTERS CHAMPIONSHIPS, CAMPBELLTOWN, 13-14 FEBRUARY 2021

The NSW Masters T&F Championships in western Sydney saw a small gathering of walkers.

NSW Masters 5000m Walk

M50	1	Kistle, David	51	St. George D	42:15.68
M70	1	Yuen, Tuck	72	Nsw Master	44:56.71
M75	1	Hyde, Brendon	75	Sydney University	47:34.36
	-	Allomes, Graham	77	Manly Warrin	DQ
M80	1	Seymon, Jim	83	U.T.S. North	38:21.40
W60	1	Woodward, Antoinette	64	U.T.S. North	35:51.48
W70	-	Yuen, Swee	72	Nsw Masters	DQ

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 14 FEBRUARY 2021
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Thanks to Terry Jones for the latest results from the Western Australian RWC in Perth.

20km Walk

1.	Ben Reid	1:49:51
	Andrew Duncan	DNF
	Brad Mann	DNF

10km Walk

1.	Andrew Duncan	52:28
2.	Victor Munoz	1:07:06
3.	Hannah Ireland	1:11:13
	Karyn Tolardo	DNF

5km Walk

1.	John McDonagh	33:58
2.	Marcela Ruiz	37.45

3km Walk

1.	John Ronan	15.07
2.	Ashlyn Spence	17.31
3.	Kaytee Bogaers	18.40
4.	Steve Travell	26.50
5.	Glenys Duncan	27.23

1.5km Walk

1.	Xavier Bernard	7.57
2.	Keaton Bailey	8.32
3.	Linkin Lawrence	10.26
4.	Emily Bogaers	11.30
5.	Lucia Bailey	12.34

GREEK INDOOR T&F CHAMPIONSHIPS, PIREAS, FRIDAY 12 FEBRUARY 2021
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Zoe Gkini reports on the Greek National Indoor Championships in Pireas last weekend.

During the second tough covid lockdown in Attika, the ministry of Culture and Sports gave permission for the 35th Indoor Championships to be held in the Pireas Stadium of Peace and Friendship, under very strong health protocols and limited to very small numbers of participants. The 3000m and 5000m racewalks took place on Friday, but with very restricted fields. There were only 5 in the men's 5000m walk, with **Alexandros Papamichail** once more the man to beat. After a successful walk a few weeks ago in the Italian 50km championship, he marked his return to Greece with a very good time of 19:12.08, only few seconds outside his 2016 national record of 19:08.74. Alexandros is preparing for his 3rd Olympic Games, where he will compete in the 50km. **Zacharia Tsamoudaki** took silver with 19:58.73, ahead of last year's **Ioannis Vaitzi** who walked 20:14.41

5000m Walk Men

1.	Papamichail, Alexandros	AO MYCONOS	19.12.08
2.	Tsamoudakis, Zacharias	OFI	19.58.73
3.	Vaitsis, Ioannis	GAS ILISSOS	20.14.41
4.	Ntontopoulos, Konstantinos	OLYMPIADA PATRAS	21.45.08
5.	Papastergiou, Andreas	A.E PIGASOS LARISSAS	23.02.35

There were only 3 women in the 3000m walk. **Antigoni Drispioti**, in preparation for her second Olympics and while preparing for her first 35km, won easily with a world leading time of 12:17.18. **Christina Papadopoulou**, who lives most of the year in Australia, was second with a PB of 12:30.25, ahead of **Kiriaki Filtisakou**, the youngest of the three, who walked 12:38.82. She is preparing for the European U23 Championships.

3000m Walk Women

Drispioti, Antigoni	12:17.18
Papadopoulou, Christina	12:30.25
Filtisakou, Kiriaki	12:38.82



Photos from the Greek Indoors (Zoe Gkini)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmundo has 10 press releases for us this week

- Tue 16 Feb - Seville (ESP): great result for Maria Perez in 35km women (2:44:17), Claudio Paulino Villanueva wins 50km http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3986
- Mon 15 Feb - Results of the Hungarian Indoor U18 and U20 Championships http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3985
- sun 14 Feb - Pireus (GRE): Alexandros Papamichail and Antigoni Drispioti win the Greece Indoor Championships http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3984
- Mon 15 Feb - Ranchi (IND): Gurpreet Singh wins Indian 50km in 3:59:42 http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3983
- Sun 14 Feb - Novo Mesto (SLO): Jaka Grabner and Karin Avsenek win Slovenian Indoor Championships http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3982
- Sat 13 Feb - Ancona (ITA): Giada Traina and Diego Gampaolo Italian Indoor U18 champions http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3981
- Sat 13 Feb - Montreat (USA): good 3000m indoor walk results at the Montreat College Winter Meet http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3980
- Sat 13 Feb - Ranchi (IND): Kumar Sandeep and Priyanka Goswami win the Indian 20km Championships http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3979
- Thu 11 Feb - Murcia (ESP): Six years later Marco De Luca is individual gold in the 2015 European Cup http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3978

- Wed 10 Feb - Columbia (USA): excellent results at the Rams February Invite 2021 3000m indoor walk http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3977

while Omarchador has 9 press releases.

- Mon 15 Feb - Villanueva and Pérez, champions of Spain of 50 and 35 km <https://omarchador.blogspot.com/2021/02/villanueva-e-perez-campeoes-de-espanha.html>
- Sun 14 Feb - Rui Coelho and Edna Barros win 2021 Portuguese Indoor Track Championships <https://omarchador.blogspot.com/2021/02/rui-coelho-e-edna-barros-vencem.html>
- Sun 14 Feb - Sandeep Kumar sets new Indian record in men's 20km walk <https://omarchador.blogspot.com/2021/02/sandeep-kumar-com-novo-recorde-da-india.html>
- Sun 14 Feb - Priyanka Goswami with new Indian women's record in the 20km walk <https://omarchador.blogspot.com/2021/02/priyanka-goswami-com-novo-recorde.html>
- Sat 13 Feb - Inês Henriques and João Vieira to compete in the 35km and 50km Spanish Championships walks this Sunday <https://omarchador.blogspot.com/2021/02/ines-henriques-e-joao-vieira-nos.html>
- Fri 12 Feb - Results of Serbian Indoor Championships in Belgrade <https://omarchador.blogspot.com/2021/02/campeonatos-indoor-2021-da-servia-em.html>
- Thu 11 Feb - Suraj Panwar and Munita Prajapati win U20 10km walks in Guwahati, India <https://omarchador.blogspot.com/2021/02/suraj-panwar-e-munita-prajapati-vencem.html>
- Wed 10 Feb - Reshma Patel and Amit Khatri dominate U18 walk championships in Guwahati, India <https://omarchador.blogspot.com/2021/02/reshma-patel-e-amit-khatri-dominam.html>
- Tue 9 Feb- Tristan Camilleri highlights in Adelaide interclub, Australia <https://omarchador.blogspot.com/2021/02/tristan-camilleri-em-destaque-no.html>

OUT AND ABOUT

- Big news out of Melbourne with the birth of a baby boy to NZ Olympic walker **Quentin Rew** and partner Jess Fox. I believe the name is Atticus. Awaiting further details. Huge conrats to Quentin and Jess.
- A new and quite comprehensive article on the origin, rules and Olympic history of racewalking has just been published on the olympicchanel website. And the feature photo features Australian racewalker **Chris Erickson**. See <https://www.olympicchanel.com/en/stories/features/detail/all-you-need-to-know-about-race-walking/>
- Former British Cycling and Team Sky doctor Richard Freeman has reportedly been charged by UK Anti-Doping (UKAD) with two violations of anti-doping rules. The charges, reported by The Times and the BBC, could see Freeman handed a four-year ban. It's been a long time coming. He has admitted ordering a shipment of testogel, a substance that is banned both in and out of competition, to British Cycling and Team Sky headquarters in Manchester in 2011 and using a "screwdriver or blunt instrument" to destroy a laptop containing riders' medical data. Read more at <https://www.insidethegames.biz/articles/1104237/freeman-two-charges-by-ukad-cycling>.
- Another black mark for the world's worst dopers. Russian racewalker Ivan Noskov has been stripped of his team gold medal from the European Race Walking Cup after a reanalysis of his doping test sample showed a banned substance. The Athletics Integrity Unit (AIU) announced that all of Noskov's results from January 29 to June 2 2015 had been annulled, which included the European Race Walking Cup in Murcia in Spain. According to the AIU, a re-test of Noskov's sample showed the presence of erythropoietin, a performance enhancing drug, leading to his results to be wiped. Noskov was also an individual silver medallist in the 50km walk at the same competition, with his performance helping his team win the team title. See <https://www.insidethegames.biz/articles/1104144/racewalking-ivan-noskov-stripped-title>.
- Bad smells continue to emanate from the Olympic movement. Association of National Olympic Committees (ANOC) President Sheikh Ahmad al-Fahad al-Sabahl one of IOC President Thomas Bach's biggest supporters, is set to go on trial this month in a forgery case, the outcome of which could have big repercussions for the Olympic Movement. Ahmad was one of five people charged in November by Swiss prosecutors of creating fake videos to prove two Kuwaiti Government officials were guilty of coup-plotting and corruption. See <https://www.insidethegames.biz/articles/1104232/sheikh-ahmad-trial-to-start-in-geneva>.

And in Olympics/Paralympics news

- 83-year-old former Japanese Prime Minister Yoshiro Mori has resigned as President of the Tokyo 2020 Organising Committee after his sexist comments about women sparked a global outcry and led to calls for him to step down. Mori's departure leaves Tokyo 2020 needing to find a new head less than five months before the rescheduled Olympic Games are

due to open and follows more than a week of intense criticism about his comments, where he implied women talk too much. See <https://www.insidethegames.biz/articles/1104197/mori-resigns-tokyo-2020-president>.

- Tennis Australia chief executive Craig Tiley has cast doubts over anti-coronavirus measures put in place for the Olympics, claiming they are not as "rigorous" as they have adopted for the Australian Open. "I've seen the playbook for the Olympics, and I've looked at it carefully. And compared to what we've done, we've had a far more rigorous programme than is being proposed at the Olympics." Tiley urged Tokyo 2020 organisers to extend the length of the Games to allow for longer quarantine periods, with athletes training in their own accommodation, such as on a university campus, before staged competition periods for each event. See <https://www.insidethegames.biz/articles/1104162/australian-tennis-doubts-over-tokyo-2020> and <https://www.insidethegames.biz/articles/1104303/tokyo-2020-australian-open-warning>.
- A survey by think tank Tokyo Shoko Research found more than 50 per cent of Japanese firms were in favour of the postponement or cancellation of the Tokyo 2020 Olympic and Paralympic Games. According to Reuters, the survey was conducted from February 1 to 8 and covered more than 11,000 firms. See <https://www.insidethegames.biz/articles/1104313/japanese-firms-against-tokyo-2020>.
- The Turkish team have been withdrawn from the men's Olympic water polo qualification tournament following a coronavirus outbreak - ending their hopes of making the Tokyo 2020 Olympics - but the event is carrying on. I can see a few potential court cases if this sort of thing goes on. See <https://www.insidethegames.biz/articles/1104330/turkey-water-polo-tokyo-olympics>.
- World Rowing has pushed back the Final Paralympic Qualification Regatta for Tokyo 2020 by a month in a bid to ensure the event can take place. Gavirate in Italy was due to host racing between May 6 and 8 but new dates of between June 3 and 5 have now been set. The big question for me is - what happens if the new date proves unworkable. See <https://www.insidethegames.biz/articles/1104323/world-rowing-paralympic-regatta>.
- And, as if Japan does not have enough to worry about in the leadup to the Olympic Games, a magnitude 7.3 earthquake hit off Fukushima prefecture in northeastern Japan late Saturday night, leaving at least several injured and causing widespread power outages in the region. see <https://www.bloomberg.com/news/articles/2021-02-13/japan-hit-by-7-1-magnitude-earthquake-off-fukushima>.

PONDERING SHOES

In recent years, professional cycling has seen huge improvements in bike design, via steamlining, light weight materials, etc. Swimming also experienced a similar seismic shift in performance when high-technology swimwear was designed to reduce drag and improve swimming performance - so much so that eventually full body swim suits had to be banned from major competition. Now running is experiencing that same seismic shift in performance as a result of advances in shoe design. A revolutionary new road running shoe design has led to the first sub-2-hour marathon, while a revolutionally new spike design has led to a plethora of new track based running records over distances which include 10,000m track, 5,000m track and 1 Hour track.



Nike Air Zoom Vaporfly - the first sub-2-hour marathon



Nike ZoomX Dragonfly spikes, billed as the "fastest shoes ever".

World Athletics President Sebastian Coe is on record as saying he has no concerns with these new advances in footwear and does not want to stifle innovation. See the discussion at <https://www.theguardian.com/sport/2021/jan/03/sebastian-coe-nike-spikes-athletics>. So we are in an open-slatheer situation at the moment. If you have enough money to buy a pair of the new shoes, you will run faster. It's that simple.

This week, I read a very interesting analysis by Southern Suburbs Physio Centre physiotherapist Rob O'Donnell about where we heading - check it out at <https://www.sspc.com.au/running-shoes-of-the-future-where-the-evidence-is-leading-us/>.

I enjoyed reading the reminiscences of Ron Wallwork and Guy Goodair about their efforts in sourcing racewalking shoes in the early days of their careers, from the late 1950s onwards. See

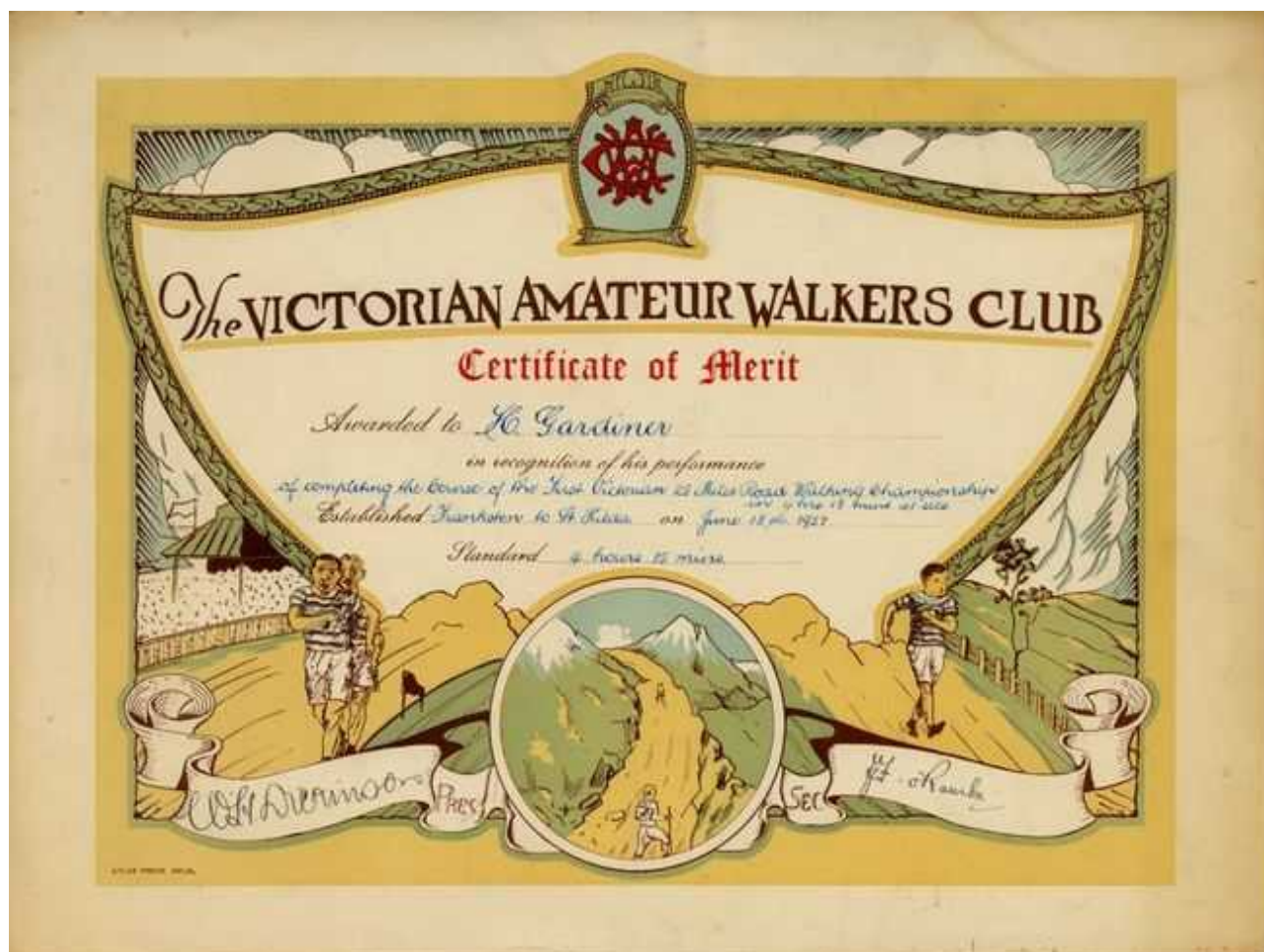
<https://lancswalkingclub.com/2021/01/24/part-one-of-soles-heels-and-toes-ron-wallwork-remembers-the-shoes-he-wore/>
<https://lancswalkingclub.com/2021/01/29/part-two-of-soles-heels-and-toes-guy-goodair-remembers-the-shoes-he-wore/>

I well remember the EBs and the Adidas Marathon 80's and some of the other shoes that we used in those early years.

Somewhat surprisingly, I am not aware of any recent seismic shift in shoe design for racewalkers. We are certainly a smaller and lower profile discipline than running, but wouldn't it be wonderful to see the same sort of game changing shoe design being made available to our elite walkers.

FROM THE ARCHIVES

Thanks to Trevor Vincent for this wonderful finishing certificate from the 1927 Frankston to St Kilda 25 Mile Victorian Championship. The certificate was awarded to Bert Gardiner who finished 6th.



The full results read as follows

25 MILES ROAD WALK, Frankston to St. Kilda, Saturday 18 June

1.	Eric Sunderland	Melbourne	3:53.16
2.	Fred Willson	Metropolitan	4:07.13
3.	Jack Coffey	EMH	4:12.08
4.	William Morse	EMH	4:13.38
5.	Alan Davies	Geelong Gld	4:17.51

6.	Bert Gardiner	Moreland	4:18:41
7.	Edward Winstanley	Metropolitan	4:21:05
8.	Ernest Harrison	Glenhuntley	4:24:24
9.	Jack Oberon	Chelsea	4:31:06
10.	Harry Cavell	SSH	4:38:03
11.	Alf Robinson	Metropolitan	4:43:38
12.	William Firth	Footscray	4:43:54
13.	Leslie Rowney	Melbourne	4:49:18
	Clifford Forte	Geelong Gld	DNF
	Francis O'Rourke	Hawthorn	DNF
	Harold George Wilson	Geelong Gld	DNF
	William Murray	Melbourne	DNF

Sunderland's winning time of 3:53:16 was an Australasian best time, beating Bill Murray's record by 5 minutes. Considering the appalling weather conditions, this was a remarkable feat, yet it was accomplished by training for three nights a week for three weeks. Sunderland followed this up with a win in the VAWC 20 Mile Championship, becoming the first Australian walker to break 3 hours. His time of 2:57:06 was well ahead of Murray's best time of 3:06:36. Read more about Sunderland (who was a remarkable walker) at <http://www.vrwc.org.au/tim-archive/articles/wv-eric-sunderland.pdf>.

VRWC W80 AND M80 RECORD REVIEW

I was asked this week whether I could publish a list of our W80 and M80 VRWC club records. Here they are. **Margaret Beaumont** has taken just about all the women's records over the last couple of years, but the men's records are spread between **Bob Gardiner** and the late great **Tom Daintry** and **Gus Theobald**. As Bob will turn 85 on 22nd March, we can expect to see our M85 records taking a bit of a thrashing fairly soon!

1.5km Road	Margaret Beaumont	0:13:58	11/05/2019	VRWC Roadwalk	Middle Park	08/02/1938	81
2km Road	Margaret Beaumont	0:18:13	11/08/2018	VRWC Roadwalk	Middle Park	08/02/1938	80
3km Road	Margaret Beaumont	0:27:10	30/06/2018	VRWC Roadwalk	Middle Park	08/02/1938	80
3000m Track	Pam Mews	30.25.9	19/03/2016	Vic Masters T&F Champs	Doncaster	21/12/1934	81
5km Road	Margaret Beaumont	0:46:07	12/05/2018	VRWC Roadwalk	Middle Park	08/02/1938	80
5000m Track	Margaret Beaumont	0:46:14	18/02/2018	VMA 5000m C'Ship	Mentone	08/02/1938	80
10km Road	Margaret Beaumont	1:35:05	30/06/2018	VMA 10km Champs	Middle Park	08/02/1938	80
20km Road	Margaret Beaumont	3:17:34	05/08/2018	AMA 20km Roadwalk	Adelaide	08/02/1938	80
2km Road	Bob Gardiner	0:14:59	31/08/2019	VRWC Roadwalks	Middle Park	22/03/1936	83
2000m Track	Bob Gardiner	0:13:03	21/01/2017	AV Shield	Doncaster	22/03/1936	80
3km Road	Bob Gardiner	0:22:17	21/11/2020	VRWC Roadwalks	Middle Park	22/03/1936	84
3000m Track	Tom Daintry	18.44.0	05/04/1992		Murrumbidgee	07/04/1911	81
5km Road	Bob Gardiner	0:33:45	26/06/2016	VRWC Roadwalks	Middle Park	22/03/1936	80
5000m Track	Gus Theobald	30.42.0	08/08/1977	World Vets T&F Champs	Sweden	Apr 1897	80
10km Road	Tom Daintry	1:04:23	25/04/1993		Knox	07/04/1911	82
20km Road	Gus Theobald	2.11.55	13/08/1977	WMA Champs	Sweden	Apr 1897	80

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/vrwcs21.shtml>

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

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxp.pdf>

Victorian Key Dates – Summer 2020/2021

Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium
Mar 6 (Sat), 2021	AVSL Round 8 (5000m/2000m walks)	Various venues
Mar 13 (Sat), 2021	AVSL Round 9 (no walks)	Various venues
Mar 14 (Sun), 2021	AV 5000m Teams Race Championships , VRWC track walks	Clifton Hill
Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Clifton Hill
Mar 27 (Sat), 2021	Australian 50km Championship (Men) Australian Summer 20km Championships	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	Australian Athletics Championships	Sydney, NSW
Apr 17-18, 2021	Coburg 24 Hour Track Carnival (includes 6H, 12H and 24H walk divisions)	Coburg, VIC
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Mar 27 (Sat), 2021	RW Challenge Meet, Taicang, CHN)
Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR
May 29 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

Mar 20 (Sat), 2021	Dudince 50km Meet, Dudince, Slovak Republic
May 16 (Sun), 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships , Tampere, Finland (NOW POSTPONED TILL 2022)
Aug 8-19, 2021	World University Summer Games , Chengdu, China
Aug 20-21, 2021	18th World Athletics U20 T&F Championships , Nairobi, Kenya (POSTPONED FROM 2020)

Jan 2022	Oceania Masters Championships , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	9th World Masters Indoor T&F Championships , Edmonton, Canada
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , Minsk, Belarus
July 15-24, 2022	18th World Athletics Championships , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships , Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships , Cali, Colombia

TBA, 2023	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships , Budapest, Hungary

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