



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 25
Tuesday 23 March 2021



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WALKER OF THE WEEK

My walker of the week this time around is Chinese walker **Yang Jiayu**. Walking in the Chinese National Racewalking Championships on Saturday in Huangshan, she stormed through the 20km to win in a world record time of 1:23:49.

The world record had been held by compatriot **Liu Hong** with a time of 1:24:38. Liu, the reigning world and Olympic champion, had to be content with second place behind Yang on this occasion, although her time of 1:24:27 also bettered the world record. Third place went to world silver medalist **Qieyang Shijie**, who also improved her personal best to 1:24:45.

Since the race also served as the qualification event for the Tokyo Olympic Games, the top three finishers earned the slots to represent China in Tokyo this summer. And they will almost certainly go in as the medal favourites.



Yang Jiayu on her way to a new women's 20km new world record of 1.23.48

WHAT'S COMING UP

Our summer season is drawing to a close. Next weekend sees two more big events, both on Saturday.

Mar 27 (Sat), 2021	Australian 50km Championship (Men) and 20km (Men and Women)	Fawkner Park, VIC
Mar 27 (Sat), 2021	AVSL Playoffs (Finals)	Lakeside Stadium

Then we return after the Easter break for a few final championships. Note that the ALAC Championships on 23-24 April have now been cancelled.

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 (CANCELLED)	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

The start lists for Fawkner Park are discussed on the next page.

2021 AUSTRALIAN/OCEANIA ROAD WALKING CHAMPIONSHIPS, FAWKNER PARK, SATURDAY 27 MARCH

The big one next weekend is the Australian and Oceania 50km (men), 20km and U20 10km Roadwalk Championships at Fawkner Park in Melbourne. The Fawkner Park meet is normally held on a Sunday but this year, Athletics Australia chose to put it on a Saturday, directly alongside the Athletics Victoria Shield Finals at Lakeside Stadium. This is crazy scheduling that forces walkers and officials and judges have to choose between two different high profile events.

Although nothing has been published on the AA website so far, I believe that the timetable and start list read as shown below. But don't take my word as gospel – the AA website shows a different timetable. Hopefully they will get their act together and let us all know the correct info before Saturday. But I don't want to be too critical of AA staff – I know that the AA competition department is grossly under resourced and that they have been busy with a whole swathe of Grand Prix events around Australia. So it's fair to say that my grip is with senior management rather than with those labouring at the coalface.

Men 50km Walk Open, 7:00 AM

Rhydian Cowley	VIC
Quentin Rew	NZL
Dylan Richardson	NSW
Jared Tallent	SA

Men 20km Walk Open, 8:00 AM

Mitch Baker	ACT
Dane Bird-Smith	QLD
Mathew Bruniges	SA
Tristan Camilleri	SA
Tim Fraser	ACT
Carl Gibbons	NSW
Tyler Jones	NSW
Jason Kozica	VIC
Bradley Mann	WA
Pramesh Prasad	FIJI
Benjamin Reid	WA
Kyle Swan	VIC
Declan Tingay	WA

Women 20km Walk Open, 8:00AM

Alana Barber	NZL
Bridget Bell	NSW
Katie Hayward	QLD
Rebecca Henderson	VIC
Hannah Mison	NSW
Jemima Montag	VIC
Clara Smith	QLD
Rachel Tallent	VIC

Men 10km Walk U20, 9:00 AM

Corey Dickson	VIC
Lachlan McCure	QLD
Jack McGinniskin	NSW
Will Thompson	VIC
Gwyllym Young	ACT

Women 10km Walk U20, 9:00 AM

Char Hay	VIC
Gabriella Hill	QLD
Alanna Peart	VIC
Olivia Sandrey	SA

Men 5km Walk U18, 10:00 AM

Liam Hutchins	VIC
Zayden Kamish	SA
Sam McCure	QLD
Cooper Rech	SA
Fraser SaU	VIC

Women 5km Walk U18, 10:00 AM

Milly Boughton	NSW
Daisy Braithwaite	SA
Katie De Ruvo	SA
Nellie Langford	SA
Emily Lynch	SA
Ariana Pashutina	VIC
Emily Smith	VIC

ATHLETICS VICTORIA SHIELD COMPETITION ROUND 10, VARIOUS VENUES, SATURDAY 20TH MARCH 2021

The overall turnout for the final home and away round of Athletics Victoria Shield was definitely down, with the big efforts coming from those clubs looking for enough points to avoid relegation or make the finals. The walks fields were definitely down on numbers, with only 42 walkers in attendance across the venues. The 5000m walks continue to be poorly supported in AV Shield and I suspect that they will be scrutinised when the fixture is set for next year's competition. Only 2 walkers competed in the 5000m at Nunawading and only 3 at Doncaster.

AV Shield Round 10, Bill Seward Athletics Track, Nunawading, Saturday 20th March 2021

Mark Blackwood (8:40.0) led the walkers around at Nunawading, while youngsters **Marcus Wakim** (9:14.2) and **Charlotte Hay** (9:26.9) took advantage of the good conditions to record great PBs. **Jason Kozica** walked well in the 5000m with his time of 23:31.7. **Heather Carr** was the standout with her 533 points performance.

5000m Walk

1.	Jason Kozica	STK	MOP	23:31.7	458
2.	Grace Louey	KNA	F18	30:37.7	

2000m Walk

1.	Mark Blackwood	KNA	M40	8:40.0	519	
2.	Marcus Wakim	COL	M16	9:14.2	496	PB 0:11
3.	Charlotte Hay	KNA	F18	9:26.9	529	PB 0:10
4.	Kylie Irshad	VMA	F45	10:48.5	487	
5.	Emily Smith	KNA	F16	11:05.3	454	
6.	Zachary Matters	BOH	M16	11:33.1	365	

7.	Andrew Jamieson	OSC	M65	11:34.1	484
8.	Heather Carr	GHY	F65	11:53.8	533
9.	Dee Holohan	SAN	F55	11:54.1	480
10.	Ross Reid	COL	M65	13:24.7	404
11.	Janet Holmes	VMA	F65	13:26.5	468
12.	Merilyn Thompson	MPA	F55	13:49.1	377
13.	Gwen Steed	GHY	F65	13:56.1	445
14.	Geoffrey Barrow	MEN	M65	13:58.5	373
15.	Robert Gardiner	COL	M65	14:05.5	367
16.	Anthony Doran	GHY	M65	14:07.4	365
17.	Jill Jeanes	DSA	F40	14:08.8	253
18.	Colleen Anderson	YRA	F45	14:43.7	253
19.	Debbie Voogd	RWD	F55	15:01.2	
20.	Kim Peak	DAC	F50	15:46.5	233
21.	Christopher Worsnop	OLX	M60	17:56.6	178

AV Shield Round 10, Tom Kelly Athletics Track, Doncaster, Saturday 20th March 2021

Laura McLennan (11:24.2 and **Kerryn Walshe** (11:25.1) had great walks at Doncaster, as did **Donna-Marie Elms**, her time of 11:47.2 being her fastest for some time.

5000m Walk

1.	Heath Beveridge	WES	M18	27:46.4	390
2.	Liam McLennan	DAC	M16	28:32.8	328
3.	Christal Xie	DAC	FOP	40:57.1	161

2000m Walk

1.	Joel Imbriano	STK	M16	10:29.6	429	
2.	Paul Kennedy	KSB	M60	11:21.7	466	
3.	Laura McLennan	DAC	F40	11:24.2	429	PB 0:35
4.	Kerryn Walshe	KSB	F55	11:25.1	504	PB 0:02
5.	Donna-Marie Elms	PTN	F55	11:47.2	486	
6.	Tim Erickson	COB	M65	11:49.8	472	
7.	Bernie Keirl	DIV	M60	12:50.3		
8.	Mark Donahoo	ESS	M60	12:58.1	391	
9.	Tracy Colbert	COB	F50	13:13.7	378	
10.	Geza Benke	OLM	M60	14:50.4	285	
11.	Jo Moxon	DIV	F55	16:08.4	248	
12.	Brenda Cashin	WES	F55	16:26.1	235	
13.	Anne-Marie Ebbels	YRA	F45	17:55.5		

There were only 3 walkers in action at the country venues (one in Ballarat, two in Bendigo and none in Geelong). **Sarah Brennan** was the best with 16:27.3 for the 3000m.

AV Shield Round 10, Llanerris Athletics Track, Ballarat, Saturday 20th March 2021

3000m Walk

1.	Sarah Brennan	BYC	F40	16:27.3	449
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AV Shield Round 10, La Trobe University Athletics Track, Bendigo, Saturday 20th March 2021

3000m Walk

1.	David Lonsdale	BEU	M50	20:06.5	302
2.	Leigh Browell	SBE	M45	21:56.7	216

VRWC AND VMA RACES, GEORGE KNOTT ATHLETICS TRACK, CLIFTON HILL, SUNDAY 21 MARCH 2021

VRWC wound up its summer season with one final track carnival at the George Knott Athletics Track at Clifton Hill on Sunday morning. Conditions were wet but not too bad overall for the 24 walkers who turned out.

There were some good performances in the annual Victorian Masters 5000m track walks. Fastest times overall to **Sarah Brennan** (26:49) and **Kevin Cassidy** (26:29) and PBs to **Laura McLennan** (30:46) and **Marnie Grace** (32:42).

VMA 5000m Walk Women

1.	Sarah Brennan	F40	26:49	
2.	Laura McLennan	F40	30:46	PB 2:34
1.	Marnie Grace	F45	32:42	PB 0:40
1.	Donna-Marie Elms	F55	31:25	
1.	Alison Thompson	F65	30:58	
2.	Karyn O'Neill	F65	36:39	
1.	Heather Carr	F70	31:44	

VMA 5000m Walk Men

1.	Pramesh Prasad	M45	26:40
1.	David Smyth	M50	30:43
1.	Julian Boland	M55	34:44
1.	Kevin Cassidy	M60	26:29
	Paul Moritz	M60	DNF
	Albin Hess	M60	DQ
1.	Terry O'Neill	M65	30:57
2.	Clyde Riddoch	M65	37:10
	Frank Prowse	M65	DQ
1.	Geoff Barrow	M70	37:18
1.	Gunther Ilgoutz	M80	38:39

Marcus Wakim (24:21) was one of a small number of VRWC walkers. He walked a PB, as did **Claire Samanna** (28:02) and **Jade Chitty** (28:55).

VRWC Open 5000m Walk

1.	Marcus Wakim	24:21	PB 1:09
2.	Liam Hutchins	26:25	
3.	Claire Samanna	28:02	PB 0:48
4.	Jade Chitty	28:55	PB 1:12
5.	Gerard Feain	32:09	

Thanks to our judges, officials and helpers.

Officials: Mark Donahoo, Simon Evans
Judges: Diane Lowen(Chief), Stuart Cooper, Shane Dickson, David Cash, Kathleen Marsh, Ralph Bennett
Photos: Terry Swan (see <https://www.facebook.com/photo?fbid=10224528523061375>)
Referee: Terry Swan
Jury of Appeal: Stuart Cooper, Terry Swan, Shane Dickson

Our winter season will kick off with roadwalks at Middle Park on Saturday 10th April. See everyone then!



Heather Carr, Marnie Grace, Kevin Cassidy, Pramesh Prasad and Laura McLennan (photos Terry Swan)



Marcus Wakim, Sarah Brennan, Jade Chitty and Claire Samanna (photos Terry Swan)



The VMA walkers last Sunday at Clifton Hill – Donna-Marie, Alison, Kevin, David, Marnie, Paul, Sarah, Laura, Julian, Terry, Simon, Karyn, Albin, Pramesh and Frank (photo Marnie Grace)

SAMA CHAMPIONSHIPS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 17 MARCH 2021

Thanks to Colin Hainsworth for the walk results of the South Australian Masters Club Championships last Wednesday. He tells us that it was a warm calm evening. **Kim Mottrom** was the top walk performer with his 1500m walk time of 6:04 (87.21%). It was one of 5 events that he completed on the night – his other events were 800m run (2:35), javelin (16.70m), high jump (1.40m) and 5km run (19:31). Great work Kim!

1500m Walk

1.	HELEN SURIDGE	11:23	W70	68.28%
1.	LIZ DOWNS	10:34	W65	69.19%
1.	MARIE MAXTED	08:32	W60	81.20%
1.	COLIN HAINSWORTH	16:04	M91	62.17%
1.	DAVID ROBERTSON	14:48	M87	62.61%

1.	GEORGE WHITE	09:05	M75	84.71%
1.	GIL MCINTOSH	09:55	M70	72.80%
2.	JAMES HOARE	12:23	M74	61.31%
1.	JACK RUSSELL	08:31	M68	82.77%
2.	ROSS HILL-BROWN	11:33	M66	59.66%
1.	PETER CRUMP	08:27	M60	76.57%
1.	MARK WORTHING	07:50	M58	81.01%
2.	GREGORY METHA	08:24	M56	74.14%
1.	KIM MOTTROM	06:04	M36	87.21%

3000m Walk

1.	HELEN SURIDGE	23:16	W70	69.94%
1.	LIZ DOWNS	22:24	W65	68.01%
1.	MARIE MAXTED	19:03	W60	75.45%
1.	DAVID ROBERTSON	29:21	M87	64.60%
1.	GEORGE WHITE	18:21	M75	85.55%
2.	BILL STARR	24:09	M78	67.81%
1.	JAMES HOARE	24:06	M74	64.26%
1.	JACK RUSSELL	18:29	M68	77.76%
2.	ROSS HILL-BROWN	24:21	M66	57.69%
1.	PETER CRUMP	17:43	M60	74.44%
1.	MARK WORTHING	17:25	M58	74.27%
2.	GREGORY METHA	17:53	M56	70.99%

3000m Club Walk

1.	CATHIE HORE	27:05	W70	60.09%
1.	MARGARET MCINTOSH	24:51	W68	63.71%
2.	EDNA BATES	26:51	W68	58.97%
1.	GIL MCINTOSH	20:01	M70	73.53%
2.	BRIAN WITTY	21:06	M70	69.76%
1.	RICHARD MOYLE	23:38	M65	58.78%



Kim Mottrom in action in the SAMA 1500m Club Championship walk in Adelaide last Wednesday

LITTLE ATHLETICS QLD STATE CHAMPIONSHIPS, QSAC, BRISBANE, 19-21 MARCH 2021

Now to Brisbane for the Little Athletics Queensland State Championships, which were completed last weekend, although the torrential rain got heavier as the weekend progressed. In what was a big team effort, the only events not finalised were some hurdles finals. The walks were all held on Friday night so they got in ahead of the deteriorating conditions.

The walk results are shown below. I have restricted my listing to the first 10 in each event. Best walk had to be that of **Bailey Housden** (6:28.9, U14 1500m). Also a special note for **Natasha Flahey** who set a new record in the U12 Girls 1500m walk (an excellent 7:22.44). Plenty of good performances overall. Well done to coach **Robyn Wales** who had her best ever result, with 6 golds, 2 silvers, 1 bronze, 10 pbs and that State record.

U17 1500m Walk

1.	Spanner, Jye	Nth Rockhampton	6:51.68
2.	Dale, Kaden	Ormeau	9:46.71
1.	Ofield, Mackenzie	Caloundra	7:19.63

U16 1500m Walk

1.	Norton, Kai	Arana	6:54.71
2.	Wasson, Seth	Caboolture	7:02.86
1.	Millard, Summer	Deception Bay	7:03.72
2.	Clarke, Anika	Redlands	7:18.21
3.	Bergh, Mia	Ashmore	8:07.54
4.	Sentance, Charlotte	Arana	8:12.74
5.	Heath, Lauren	Algester	8:52.88
6.	Fisher, Torryn	Redlands	8:58.40
7.	McNamara, Rachael	Rosewood	9:26.82

U15 1500m Walk

1.	McCure, Sam	Ashmore	6:39.92
2.	Bradley, Alex	Highfields	7:08.97
3.	Riese, Jonathan	Toowong Harriers	9:04.99
1.	Norton, Amber	Arana	7:01.44
2.	Heap, Ashanti	Gold Coast	7:21.83
3.	Lawson, Piper	Redlands	8:01.90
4.	Chadwick, Phoebe	Bracken Ridge	8:26.45
5.	Housden, Lily	Arana	8:32.71
6.	Grummett, Zahli	Maroochy	9:04.28

U14 1500m Walk

1.	Housden, Bailey	Arana	6:28.29
2.	Wheele, Roel	Redlands	7:55.44
3.	Smith, Cooper	University	8:04.49
4.	Higham, Tristan	Strathpine	8:18.81
1.	Williams, Lyla	Tweed	6:59.89
2.	Teahen, Rebecca	Toowong Harriers	7:05.39
3.	Gee, Tamika	Algester	7:15.93

U13 1500m Walk

1.	Teasel, Bailey	Helensvale	8:53.93
2.	Dale, Kai	Ormeau	9:02.78
3.	Lucas, Jaydon	Redlands	9:28.84
4.	Jendra, Tomas	Rosewood	9:35.05
5.	Epitropakis, Zackary	Algester	10:40.67
1.	Sharpe, Milly	Gladstone	8:05.48
2.	Presland-Tack, Skye	Redcliffe	8:10.68
3.	Tudor, Anna	Noosa	8:10.73
4.	Bray, Katie	The Gap	8:51.18
5.	Mathewson, Riley	Ipswich	9:23.24
6.	Wasson, Ava	Caboolture	9:23.94
7.	Blatchly, Mikaylee	Laidley	9:46.16
8.	Jaekel, Tara	Mudgeeraba	9:48.71

U12 1500m Walk

1.	Tilton, Noah	Tweed	8:35.98
2.	Blair, Xavier	Bundaberg	8:43.62
3.	Gee, Blake F01;T01	Algester	8:43.76
4.	Bricknell-Hewitt, Korbyn	Mudgeeraba	8:44.21
5.	Athousis, Constantinos	Sunnybank	9:58.49
6.	Zirbel, Blake	Highfields	10:17.10
1.	Flahey, Natasha	Tweed	7:22.44
2.	Clarke, Makenna	Redlands	7:54.41
3.	Pickvance-Yee, Destinee	Springwood	8:03.51
4.	Stewart, Mia	Caloundra	8:40.27
5.	Kororiko, Awhena	Gayndah	8:43.59
6.	Baker, Amber	Redcliffe	8:49.67

7.	Barron, Maya	North Mackay Lac	9:09.07
8.	Toplis, Olivia	Arana	9:34.01
9.	Cranwell, Kayla	Algerster	9:38.20
10.	Graske-Borst, Rhianna	The Gap	9:38.69

U11 1100m Walk

1.	Cooke, Noah	Arana	6:19.58
2.	Hoyling, Angus	Toowong Harriers	6:24.36
3.	Burrows, Hayden	Springwood	6:54.27
4.	Melinz, Eli	University	7:25.96
5.	Foster, Daniel	Gold Coast	7:27.39
6.	Hermus, Linden	Noosa	7:51.35
7.	Vagne, Aidan Max	Mt Gravatt	8:13.26

1.	Cosgrave, Ella	Ashmore	5:46.70
2.	Rutten, Olivia	Deception Bay	5:56.75
3.	Austin, Jessica	Algerster	6:24.71
4.	Fisher, Siaan	Redlands	6:30.32
5.	Anderson, Pippa	Redlands	6:58.36
6.	Mcdonald, Mikaela	Arana	7:03.16
7.	Teasel, Ashlee	Helensvale	7:05.31
8.	Bird, Ruby	Deception Bay	7:05.80
9.	Miller, Imogen	Strathpine	7:07.70
10.	Zirbel, Mikayla	Highfields	7:22.15

U10 1100m Walk

1.	Robertson, Payten	Mt Gravatt	6:28.23
2.	Robinson, Ravi	Toowong Harriers	6:40.23
3.	Sibenaler, Hunter	Algerster	6:49.55
4.	Clark, Hudson	Caloundra	6:57.68
5.	Mathews, Darcy	Springwood	7:45.17
6.	Curtis, Ethan	Deception Bay	8:25.74

1.	Procter, Ella	Caloundra	6:00.11
2.	Renton, Zoe	Toowong Harriers	6:07.25
3.	Waterman, Kiara	Deception Bay	6:10.70
4.	Kratzmann, Keilani	Redlands	6:10.86
5.	Ellwood, Lani	Gympie	6:38.81
6.	Froget Penaranda, Barbar	Toowong Harriers	7:20.59
7.	Martin, Aila	Tweed	7:27.44
8.	Ivosevac, Lucille	Strathpine	7:46.85
9.	Jack, Shayla	Arana	8:25.14
10.	Turner, Maddison	Centenary	8:25.21

U9 700m Walk

1.	Robertson, Payten	Mt Gravatt	6:28.23
2.	Robinson, Ravi	Toowong Harriers	6:40.23
3.	Sibenaler, Hunter	Algerster	6:49.55
4.	Clark, Hudson	Caloundra	6:57.68
5.	Mathews, Darcy	Springwood	7:45.17
6.	Curtis, Ethan	Deception Bay	8:25.74

1.	Robinson, Tahlia	Glasshouse	4:37.06
2.	Gilchrist, Drew	Springwood	4:48.30
3.	Bryce, Gemma	Caloundra	4:52.87
4.	McDonald, Hannah	Arana	5:02.10
5.	Larsen, Emma	Springwood	5:02.16
6.	Anderson, Selene	Toowong Harriers	5:09.99
7.	Rayment, Emily	Toowong Harriers	5:18.87
8.	Downman, Jorja	Maryborough	5:42.21

TASMANIAN T&F CHAMPIONSHIPS, NORTHERN ATHLETIC CENTRE, ST LEONARDS, 20-21 MARCH 2021

Dave Moore reports from Tasmania:

There were some good performances from our walkers at the T&F Championships last weekend. On Saturday, walking stalwart **Elizabeth Leitch** led the field home in the Masters 1500m Walk. Next to finish was **Theresa Hatten**, competing in her first ever Track and Field Championships. With great form, Theresa took close to 90 seconds off her previous time for this distance. Among the Men, **Wayne Fletcher** was able to keep **David Moore** at bay for most of the race. In the U18 Men's 5000, Will Bottle was pitted

against the ever improving Oliver Morgan. Both showed good form leading into next month's Australian Champs. **Will Bottle** took a commanding lead early on and was not far off his PB, while **Oliver Morgan** sliced some 40 seconds off his PB for the 5000m distance.

On Sunday, the men's Open 5000m Walk saw **William Robertson** take out his fourth straight title for this event. Will went into the race slightly underdone (due to injury management) but put in a very respectable performance with a time well under 24 minutes. In the women's event, **Elizabeth Leitch** chalked up State Title number eleven and did so in fine style.

Masters 1500m Walk Championship

1.	Elizabeth Leitch	W65	9:45.17	
1.	Theresa Hatten	W35	10:14.41	PB
1.	Wayne Fletcher	M70	13:03.74	
1.	Dave Moore	M60	13:52.99	

U18 Mens 5000m Walk Championship

1.	Will Bottle Newstead	AC	24:17.32	
2.	Oliver Morgan	OVA	26:12.23	PB

Open Men 5000m Walk Championship

1.	William Robertson	OVA	23:35.02	
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Open Women 5000m Walk Championship

1.	Elizabeth Leitch	TMA	34:27.93	
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*Left: Masters 1500m walkers at the Dias (photo Daren Allomes)
Right: U18 5000m walkers Oliver Morgan & Will Bottle (photo Sharon Bottle)*

OVERSEAS ROUNDUP

Last weekend saw some huge racewalk meets around the world.

First to China, where the Chinese National Racewalking Championships were contested on Saturday in Huangshan.

In the women's 20km, 2017 world champion **Yang Jiayu** became the first woman to dip under the 1:24:00 barrier, as she broke the world record with a time of 1:23:49. Reigning world and Olympic champion **Liu Hong** finished second in 1:24:27, followed by world silver medalist **Qieyang Shijie**, who also improved her personal best to 1:24:45. Since the race also serves as the qualification event for the Tokyo Olympic Games, the top three finishers have earned the slots to represent China in Tokyo this summer. And they will almost certainly go in as the medal favourites. Consider the depth of the Chinese women, with the first 10 spots in the race reading as follows

1.	Jiayu Yang	Inner Mongolia	1:23:49	World Record
2.	Hong Liu	Guangdong	1:24:27	
3.	Shenjie Qieyang	Qinghai	1:24:45	
4.	Xiuzhi Lu	Anhui	1:25:51	
5.	Liuqing Yang	Shaanxi	1:25:59	
6.	Zhenxia Ma	Shandong	1:27:46	

7.	Li Ma	Shaanxi	1:28:33
8.	Na Wang	Heilongjiang	1:29:10
9.	Quanming Wu	Shaanxi	1:29:47
10.	Maocuo Li	Qinghai	1:29:53

And lots of press coverage on the women's walk.

<http://www.chinadaily.com.cn/a/202103/20/WS60560382a31024ad0bab0760.html>
<https://www.insidethegames.biz/articles/1105661/race-walk-yang-world-record>
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4020
<https://omarchador.blogspot.com/2021/03/jiayu-yang-china-bate-recorde-mundial.html>

And the action did not finish there, on what was a huge day for Chinese race walking, as **Wang Kaihua** won the men's 20km in a national record of 1:16:54, the third-fastest time ever and only 18 seconds off the world record. Wang is the reigning Asian Games 20km champion. Again, consider the times of the first 10:

1.	Kaihua Wang	Guangdong	1:16:54
2.	Zelin Cai	Yunnan	1:17:39
3.	Jun Zhang	Yunnan	1:17:39
4.	Lihong Cui	Yunnan	1:17:52
5.	Shuai Sun	Sichuan Iron Man	1:18:04
6.	Hao Xu	Inner Mongolia	1:18:44
7.	Yao Zhang	Inner Mongolia	1:18:59
8.	Wenchao Niu	Yunnan	1:19:33
9.	Xiaoqiang Zhu	Yunnan	1:20:17
10.	Cheng Peng	Shaanxi	1:20:33

You can read more at

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4019
<https://omarchador.blogspot.com/2021/03/kaihua-wang-venceu-os-20-km-marcha-dos.html>

Add in the winning times in the U20 10km races - **Li Xingfu** with 39:28 and **Jiang Jinyan** with 43:20 - and the future looks bright indeed for the world's top racewalking nation.

Next to Japan where the 45th All Japan Meet was held on Saturday in Nomi. The highlight was provided by their top 20km walker, **Eiki Takahashi**, who forged a strong 20km win ahead of 50km specialist **Masatora Kawano**. Although the standard was not as high as in China, the results were still impressive. Read more at

<https://www.worldathletics.org/news/report/takahashi-takes-all-japan-20km-race-walk-title>
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4022

Finally, to Europe for the 40th edition of the Dudince 50 Grand Prix Meet, which took place in the Slovak Republic on Saturday. Lots of articles to read:

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4021
<https://omarchador.blogspot.com/2021/03/valeria-ortuno-liderou-trio-mexicano.html>
<https://omarchador.blogspot.com/2021/03/andres-olivas-mexico-victorioso-nos-20.html>
<https://omarchador.blogspot.com/2021/03/bernardo-uriel-barrondo-guatemala.html>

The main event is always the 50km and, although the winning time this year was slower than normal, the standard was high overall. I will reproduce the full list of 50km finishers.

1.	Bernardo Uriel Barrondo Garcia	1993	GUA	3:47:01	
2.	Artur Mastianica	1992	LTU	3:48:24	Lithuanian Record
3.	Luis Angel Sanchez	1993	GUA	3:48:56	
4.	Horacio Nava Reza	1982	MEX	3:49:20	
5.	Dawid Tomala	1989	POL	3:49:23	
6.	Diego Pinzon	1985	COL	3:49:46	
7.	Jorge Ruiz	1989	COL	3:49:48	
8.	Franco Luis Amauri Bustamante	1985	MEX	3:50:47	
9.	Alexandros Papamichail	1988	GRE	3:51:03	
10.	Dominic King	1983	GBR	3:51:13	British Record
11.	Bence Barnabás Venyercsán	1996	HUN	3:52:03	
12.	Vít Hlaváč	1997	CZE	3:52:54	
13.	Marc Mundell	1983	RSA	3:53:09	All African Record
14.	Ever Jair Palma Olivares	1992	MEX	3:53:30	
15.	Cameron Corbishley	1997	GBR	3:54:15	

16.	Arnis Rumbenieks	1988	LAT	3:54:43	
17.	Hagen Pohle	1992	GER	3:54:48	
18.	Lukáš Gdula	1991	CZE	3:56:06	
19.	Manuel Ángel López Karass	1995	MEX	3:57:31	
20.	Miklós Domomkos Srp	1993	HUN	3:57:57	
21.	Michal Morvay	1996	SVK	3:57:59	Slovakian Champion
22.	José Leyver Ojeda Blas	1985	MEX	3:58:31	
23.	Marius Iulian Cocioran	1983	ROU	3:59:26	
24.	Jose Montana	1992	COL	3:59:35	
25.	Tadas Šuškevičius	1985	LTU	4:00:05	
26.	Jarkko Kinnunen	1984	FIN	4:01:49	
27.	Kenny Martin Perez Parra	1994	COL	4:03:19	
28.	Dávid Tokodi	1991	HUN	4:05:57	
29.	Daniel King	1983	GBR	4:06:09	
30.	Rafal Sikora	1987	POL	4:07:56	
31.	Jose Leonidas Romero Irias	1984	HND	4:09:48	
32.	Bruno Erent	1990	CRO	4:13:15	
33.	Jerome Caprice	1983	MRI	4:14:07	
34.	Deiby Jose Cordero Zuñiga	1992	CRC	4:16:25	
35.	Pavel Remus Radoi	1998	ROU	4:18:30	
36.	Martin Côme	1995	FRA	4:20:52	
37.	Ronald Rey Quispe Misme	1989	BOL	4:28:45	
38.	Martin Nedvídek	1975	CZE	4:35:59	
39.	Cristian David Berdeja Villavicencio	1981	MEX	4:38:59	
40.	Robert Golawski	1998	POL	4:40:48	

Special mention to Great Britain's **Dominic King** who finished 10th in a new British Record time of 3:51:13. Team mate **Cameron Corbishley** had a one minute lead at 35km and looked set for a fabulous time, before hitting the walk and struggling home. But his time was still an excellent 3:54:15. Good signs for British walking, with **Daniel King** also finishing, with a time of 4:06:09.

And a shout out to South African **Marc Mundell** who broke his 5+-year-old All Africa 50km record with a best-ever time of 3:53:09.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 6 press releases for us this week

- Mon 22 Mar - Nomi (JPN): Results of the 45th edition of the All Japan Meet in Nomi
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4022
- Sun 21 Mar - Dudince (SVK): Results of the the 40th edition of the Dudince Meet
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4021
- Sat 20 Mar - Huangshan (CHN): 20km women. Yang Jiayu new world record, in three under 1:25:00
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4020
- Sat 20 Mar - Huangshan (CHN): 20km men victory of Wang Kaihua in 1:16:54
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4019
- Fri 19 Mar - Huangshan (CHN): China's Winter Walking Championships tomorrow
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4018
- Thu 18 Mar - No more than 10 ANA athletes can participate in the Tokyo Games and Worlds in Oregon.
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4017

while Omarchador was busy with 16 press releases, including even more overseas results.

- Sun 21 Mar - Valeria Ortuño leads Mexican trio home in the 20km women's walk in Dudince
<https://omarchador.blogspot.com/2021/03/valeria-ortuno-liderou-trio-mexicano.html>
- Sun 21 Mar - Andrés Olivás (Mexico) victorious in the 20km men's walk in Dudince
<https://omarchador.blogspot.com/2021/03/andres-olivas-mexico-victorioso-nos-20.html>
- Sun 21 Mar - Kaihua Wang wins the 20km walk at the Chinese Championships with national record of 1:16:54
<https://omarchador.blogspot.com/2021/03/kaihua-wang-venceu-os-20-km-marcha-dos.html>
- Sat 20 Mar - Bernardo Uriel Barrondo (Guatemala) triumphs in the 50km in Dudince
<https://omarchador.blogspot.com/2021/03/bernardo-uriel-barrondo-guatemala.html>
- Sat 20 Mar - Jiayu Yang (China) breaks world record for women's 20km walk with 1:23:49

<https://omarchador.blogspot.com/2021/03/jiayu-yang-china-bate-recorde-mundial.html>

- Sat 20 Mar - Results of walks from San Salvador Track Festival (El Salvador)
<https://omarchador.blogspot.com/2021/03/a-marcha-atletica-no-festival-de-pista.html>
- Sat 20 Mar - Results of National Tournament in San José, Costa Rica
<https://omarchador.blogspot.com/2021/03/ii-torneio-nacional-fecoa-2021-em-san.html>
- Fri 19 Mar - Dudince (Slovakia) celebrates the 40th edition of the Grand Prix
<https://omarchador.blogspot.com/2021/03/dudince-eslovaquia-comemora-40-edicao.html>
- Fri 19 Mar - Ukrainian Winter Championships this Saturday in Lutsk
<https://omarchador.blogspot.com/2021/03/campeonatos-de-inverno-da-ucrania-este.html>
- Fri 19 Mar - Chinese championships in Huangshan qualify representatives for the Olympic Games
<https://omarchador.blogspot.com/2021/03/campeonatos-da-china-em-huangshan.html>
- Thu 18 Mar - Results of Polish Masters indoor championships in Torun
<https://omarchador.blogspot.com/2021/03/masters-da-polonia-nos-campeonatos.html>
- Thu 18 Mar - AFN assessment competition in Akure, Nigeria (results)
<https://omarchador.blogspot.com/2021/03/competicao-de-avaliacao-afn-em-akure.html>
- Wed 17 Mar - Results from National Criterium “Ciudad de Murcia”, Spain
<https://omarchador.blogspot.com/2021/03/criterium-nacional-de-marcha-atletica.html>
- Wed 17 Mar - Max Batista dos Santos and Paula Raissa win Brazilian 50km championships
<https://omarchador.blogspot.com/2021/03/max-batista-dos-santos-e-paula-raissa.html>
- Tue 16 Mar - Caio Bonfim wins his 10th consecutive title in the Copa Brasil
<https://omarchador.blogspot.com/2021/03/caio-bonfim-conquista-o-seu-10-titulo.html>
- Tue 16 Mar - Viviane Santana Lyra wins the 20km women's walk in the Brazil Cup
<https://omarchador.blogspot.com/2021/03/viviane-santana-lyra-venceu-os-20-km.html>

OUT AND ABOUT

- Australia's **Heather Carr** has been recognised as one of a small group of elite masters athletes in the *World Masters Athletes of the Decade 2010-2019*. English walker **Ian Richards** is also in the prestigious list. Read all about it at <https://world-masters-athletics.com/wma-athletes-of-the-decade-2010-2019/>.
- One for the local masters walkers to bookmark. The Pan Pacific Masters Games will be held on the Gold Coast, Queensland from 5-14 November 2021, and will include 3000m and 5000m track walks and a 10km road walk. See more at <https://mastersgames.com.au/ppmg/>.
- Thanks to Cath Duhig for pointing me to this fine video from last week's Spanish 20km Roadwalk Championships. It takes a bit to take out a free membership of LaLigaSportsTV but it's worth it. Go to <https://www.laligasportstv.com/>, get your account, then choose Sports (Deportes), then choose Athletics and scroll down to find the Spanish Walk Championships from March 14. It's a full live feed that goes for over 2 hours. **Perseus Karlstrom** walked fantastically. If you want to see an absolutely perfect 180 degree turn at either end of the course, Persey sewtsw the standard. Having watched so many elite walkers run around the turns over the years, it was refreshing to see someone doing it properly and legally. And what a fantastic event it looked – the Spanish certainly know how to put it all together professionally.
- I missed this announcement back in February, when the Little Athletics Australia advised that the 2021 Australian Little Athletics Championships (ALAC) had been cancelled due to the ongoing concerns related to covid19 and the recent and unpredictable occurrences of lockdown measures. The meet was to be held in Melbourne on the weekend of 23-24 April. See the full announcement at <https://littleathletics.com.au/2021-coles-australian-little-athletics-championships-cancelled/>.
- In another scandal for the Tokyo 2020 Organising Committee following the resignation of Yoshiro Mori as President last month in a sexism row, Hiroshi Sasaki, the executive creative director for the Tokyo 2020 Ceremonies, has said he will resign after he suggested comedian and plus-size fashion icon Naomi Watanabe dress up as a pig for a section of the Olympic Games Opening Ceremony. See <https://www.insidethegames.biz/articles/1105563/tokyo-2020-ceremony-director-resign>.
- Organisers have banned foreign spectators from this year's Tokyo Olympic Games and Paralympics, warning the global COVID-19 situation remains too challenging to allow their entry to Japan. Organisers say they will refund all tickets sold overseas, including at least 600,00 for the Olympic Games. See <https://www.abc.net.au/news/2021-03-20/tokyo-olympic-games-wont-have-overseas-spectators/100019480>. We have been expecting this announcement for some time now. See also


the IPC/IOC announcement at <https://www.paralympic.org/news/statement-overseas-spectators-olympic-paralympic-games-tokyo-2020>.

- In a disappointing development, The World Athletics Council has agreed to reinstate the Authorised Neutral Athlete (ANA) scheme, suspended since last March, allowing individual Russian competitors to qualify for this summer's scheduled Tokyo 2020 Games. See <https://www.insidethegames.biz/articles/1105593/authorised-neutral-athletes-scheme>.
- Tajikistan's Rio 2016 hammer throw champion Dilshod Nazarov has received a retrospective two-year doping ban - and World Athletics President Sebastian Coe has called for him to step down from his position as President of his country's athletics federation. See <https://www.insidethegames.biz/articles/1105598/dilshod-nazarov-rio-gold-doping-ban>.

HAPPY BIRTHDAY TO BOB GARDINER

Congratulations to **Bob Gardiner** who celebrates his 85th birthday today. Bob is one of our most highly credentialed and highly respected walkers, with a Commonwealth Games silver medal, a fifth place in the 1964 Olympic 50km and a number of other top international performances to his name. He joined the Collingwood Harriers and the VAWC in 1953, at age 17. He is still competing, an amazing 68 years later! Read all about Bob's wonderful career at <http://www.vrwc.org.au/tim-archive/articles/wv-bob-gardiner.pdf>.

Ray Smith produced the following in 2003, to mark Bob's 50 years in athletics. 17 years further on, Bob is still going strong.



BOB GARDINER

50 YEARS

RACE WALKING HIGHLIGHTS

1953 Joined Collingwood Harriers Athletic Club & Victorian Race Walkers Club. LIFE MEMBER OF BOTH.

1954 First win Victorian Junior Championship.
First race in "A" Grade interclub

1961 First Australian senior Championship win
(total wins 8, from 2 miles to 50km)

1964 Olympics - Tokyo, 50km walk - 5th
1968 Olympics - Mexico 50km walk - 19th






1969 Melbourne - Equal World best 20 mile road.

1970 Commonwealth Games Edinburgh, 20 mile - 2nd.



1986 Joined Victorian Veterans Athletic Club

1987 World Veterans Games - Melbourne, 20km walk, 1st & World record.

1992 Australian Veterans Championship - Hobart, 3km steeplechase, 1st.
1997 Australian Veterans Championship - Melbourne 2km steeplechase 1st.



ALBERT PARK
21st June 2003



28th JULY 2003

Happy Birthday Bob!

EMMANUEL TARDI DIGS INTO RACEWALKING HISTORY

Emmanuel Tardi has found a wonderful film about the **1985 Paris-Colmar Walk Classic** - it's in French but don't let that daunt you. Love the short short! It's only 26 minutes in length so easy to watch. See https://www.belgianwalkingassociation.com/fr/diables-d-hommes?fbclid=IwAR0wVvHkAUmaareCWX9kFBDD7Y2_aaE99tTNeUcMvPhj5NKkH5NJoeU9lus.

Emmanuel has also unearthed another wonderful French 100km walk performance. It was in the Normandy 100km Championship in the French city of Cleon on 4th September 1983 that a young **Josiane Petrus** (born 03 Jan 1961 - so she was 22) finished the 100km in time of 10:55:00. A few weeks before, on 13th August 1983, she had recorded a 100km time of 11:31:44 in Pont l'évêque, but this was in a different class completely. The all time listing now reads

ALL TIME LIST – WOMEN'S 100KM WALK

1.	10h04'50	Jolanta DUKURE	LET	20.09.1979	SCANZOROSCIATE	21.10.2007
2.	10h13'56	Kora BOUFFLERT	FRA	23.04.1966	ROUBAIX	09.10.1994
3.	10h20'17	Ludmilla LUBOMIROVA	RUS	13.11.1962	PERPIGNAN	15.10.1995
4.	10h23'47	Anita LIEPINA	LET	17.11.1967	SCANZOROSCIATE	19.10.2003
5.	10h45'56	Sandra BROWN	GB	01.04.1949	ROUBAIX	15.09.1990
6.	10h54.19	Valentina SETROVA	BLR	19.12.1971	SCANZOROSCIATE	19.10.2003
7.	10h55.00	Josiane PETRUS	FRA	03.01.1961	CLEON	04.09.1983
8.	10h57'50+	Annie VAN DE MEER	PB	24.02.1947	ROUEN	11.05.1986
9.	11h11.36	Lyudmila DOLGOPLOVA	BLR	11.08.1969	SCANZOROSCIATE	17.10.2004
10.	11h16'32	Evguenia GUTTIERREZ*	FRA	02.12.1969	PETIT-QUEVILLY	12.10.1997



*Josiane Petrus in action in the 100km race in Cleon in 1983 (source – Emmanuel Tardi)
I remember those shoes -Adidas Marathon 80's!*

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.

Victorian Key Dates – Summer 2020/2021

Mar 27 (Sat), 2021	Australian 50km Championship (Men)	Fawkner Park, VIC
	Australian Summer 20km Championships	
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-19, 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 (CANCELLED)	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR (now postponed, date TBA)
June 6 (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

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)
Nov 5-14, 2021	Pan Pacific Masters Games , Gold Coast, QLD (https://mastersgames.com.au/ppmg/)

Jan 2022	Oceania Masters Championships , Norfolk Island (CANCELLED)
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>)