



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 27
Tuesday 6 April 2021



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: *RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*
Telephone: *03 9817 3503*
Hours: *Monday to Friday: 9:30am to 5:30pm*
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WHAT'S COMING UP

- Our VRWC winter season starts on **Saturday 10th April** with roadwalks at Middle Park. See you there!

**** To all current VRWC members (and those about to join):**

Time to enter for our

WINTER ROAD SEASON OPENER

on
Saturday 10 April
at Middle Park

If entering online, entries close Wednesday 11.59pm.
If entering in person on Saturday, entries close for all events at 1.40pm sharp.

2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Online pre-entries are preferred. Enter online by going to
<http://vrwc.org.au/wp1/>

**** Planning to race often? Consider buying a Season Pass.**
It works out cheaper!

Check out the whole Winter schedule at
<http://www.vrwc.org.au/vrwcw21.shtml>

See you there!

You can check out our full VRWC winter fixture at <http://www.vrwc.org.au/vrwcw21.shtml>.

- Next Monday 12th April marks the start of the **Australian Athletics Championships in Sydney**.. The carnival is a huge one that extends over an 8 day period. The current timetable shows the walks scheduled as follows

Tues 13 April	11:55AM	3000m Walks U14
	2:25PM	3000m Walks U15 and U16 Boys
Wed 15 April	4:50PM	3000m Walks U15 and U16 Girls
Thu 16 April	6:15PM	10,000m Walks Open and U20 Women
Fri 16 April	7:00PM	10,000m Walks Open and U20 Men
Sat 17 April	12:20PM	5000m Walks U17 and U18 Women
	1:55PM	5000m Walks U17 and U18 Men

Make sure you check the AA event page in case of any late changes (see <https://www.athletics.com.au/events/92137/>)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 31 MARCH 2021

I don't have much in the way of results this week. We tend to shut down over the Easter weekend here in Australia. Thanks to Colin Hainsworth for the results of the final summer walk for the South Australian Masters in Adelaide. **Kim Mottrom** led them around as usual.

600m Walk

1.	KIM MOTTROM	02:25	M36
2.	PETER CRUMP	03:08	M60
3.	MARIE MAXTED	03:11	W60
4.	GEORGE WHITE	03:32	M75
5.	LIZ DOWNS	03:53	W65
6.	MIKE VOWLES	04:14	M77
7.	MALCOLM TIGGEMAN	04:15	M68
8.	HELEN SURIDGE	04:20	W70
9.	GRAHAM HARRISON	04:24	M77
10.	JOHANNA SALTIS	04:26	W59
11.	LIZ NEUBAUER	04:29	W70
12.	JAMES HOARE	04:36	M74
13.	ROGER LOWE	04:46	M77

1 Mile Walk

1.	KIM MOTTROM	06:47	M36
2.	MARK WORTHING	08:31	M58
3.	PETER CRUMP	09:04	M60
4.	MARIE MAXTED	09:31	W60
5.	GEORGE WHITE	09:38	M75
6.	HELEN SURIDGE	12:17	W70
7.	JOHANNA SALTIS	13:00	W59

1 Mile Club Walk

1.	GRAHAM HARRISON	12:03	M77
2.	MALCOLM TIGGEMAN	12:14	M68
3.	JAMES HOARE	12:50	M74
4.	CATHIE HORE	14:19	W70
5.	EDNA BATES	14:23	W68

ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, WEDNESDAY 31 MARCH

One last track meet to mark the finish of the ACT Summer Season.

3000m Walk

1.	Toyne, Owen	14	Ginninderra	13:54.20
2.	Clarkson, Kodi	13	Ginninderra	14:25.10

ATHLETICS WEST INTERCLUB, WA ATHLETICS STADIUM, PERTH, THURSDAY 1 APRIL 2021

Thanks to Terry Jones for this week's results from Perth.

Women 3000m Walk

1.	Alexandra Griffin	14:24.82
2.	Ashlyn Spence	15:54.79
3.	Kaytee Bogaers	16:41.75
4.	Hannah Ireland	18:51.28

Men 3000m Walk

1.	John Ronan	14:07.02
2.	Benjamin Reid	14:27.80
3.	Bradley Mann	14:34.70
	Xavier Bernard	DQ

MARCIADALMONDO AND OMARCHADOR ROUNDUP

It's also been a quiet week for Marciadalmondo, with only 1 press release

- Mon 29 Mar - Baldwin City, Kansas USA: 2021 Baker University Relays
https://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4035

but Omarchador was busy with 8 press releases, including a number of overseas results.

- Sun 4 Apr - New track in Spanish city of Baza named after walker María Pérez
<https://omarchador.blogspot.com/2021/04/maria-perez-da-nome-pista-de-atletismo.html>
- Sat 3 Apr - Georgiy Sheiko and Galina Yakusheva win 20km championships in Kazakhstan
<https://omarchador.blogspot.com/2021/04/georgiy-sheiko-e-galina-yakusheva.html>
- Fri 2 Apr - The 31st Summer University Games postponed until 2022
<https://omarchador.blogspot.com/2021/04/universiadas-de-verao-adiadas-para-2022.html>
- Fri 2 Apr - European Under-18 Championships in Rieti canceled
<https://omarchador.blogspot.com/2021/04/campeonatos-da-europa-sub-18-em-rieti.html>
- Thu 1 Apr - Portuguese Olympic walkers (1984-2016): Pedro Martins and Jorge Costa
<https://omarchador.blogspot.com/2021/04/marchadores-olimpicos-portugueses-1984.html>
- Wed 31 Mar - César Rodríguez and Evelyn Inga best in the Peruvian 20km Championships
<https://omarchador.blogspot.com/2021/03/cesar-rodriguez-e-evelyn-inga-foram-os.html>
- Tue 30 Mar - Mohamed Ameer and Souad Azzi win Algerian Winter Track Championships
<https://omarchador.blogspot.com/2021/03/mohamed-ameur-e-souad-azzi-vencem.html>
- Tue 30 Mar - Iván Garrido, Sara Pulido (20km) and Bryan Lugo (35km) win Colombian titles
<https://omarchador.blogspot.com/2021/03/ivan-garrido-sara-pulido-20-km-e-bryan.html>

OUT AND ABOUT

- Some of us are still very upset by the IOC's treatment of our 50km walkers. A very good opinion piece by British Olympic walker **Chris Maddocks**. See <https://athleticsweekly.com/blog/keep-the-50km-walk-alive-1039943041/>.
- VRWC walker **Kevin Cassidy** is one of 12 swimmers announced as Honorees in the 2020/2021 Australian Marathon Swimming Hall of Fame group. Check out his ultra swim profile at https://www.openwaterpedia.com/index.php?title=Kevin_Cassidy, and check out my more wide ranging profile of Kevin at <http://www.vrwc.org.au/tim-archive/articles/wv-kevin-cassidy.pdf>. Well deserved, Kevin.
- **Tom Bosworth** is one of 7 British athletes announced as early selections for the delayed Tokyo Olympic Games. This will be his second 20km walk Olympic appearance. Now we wait to see if Dominic King and Callum Wilkinson are also going to be selected. Fingers crossed. See <https://www.bbc.com/sport/athletics/56601757>.
- The dates now now been announced for the **2022 World Masters Athletics T&F Championships** in Tampere, Finland – the meet (postponed from 2021) will extend from 29th June 2021 to 10th July 2021. See the announcement at <https://world-masters-athletics.com/news/tampere-confirms-dates-for-2022-wma-world-championships/>.
- The **31st Summer University Games**, which were to take place in the Chinese city of Chengdu from 18 to 29 August this year, has been postponed until next year, due to the global pandemic situation and the international travel restrictions currently in force. Another major meet opportunity lost from this year's fixture. see <https://tass.com/sport/1273565>.
- Australian Olympic officials are working with state governments to formulate a quarantine plan for athletes returning from Tokyo, amid concerns about potentially forcing them into a two-week lockdown after the Games. See <https://au.sports.yahoo.com/tokyo-olympic-games-quarantine-plan-returning-australian-athletes-062520542.html>. Personally, I think such things are the least of their worries, with many countries around the world going back into Covid lockdowns as I write, and with the World University Games and the European U18 T&F Championships, both of which were to be held in August, have been cancelled or postponed till 2022.
- The eye-watering cost of getting the Australian Olympic team safely in and out of Tokyo has skyrocketed by millions of dollars with the AOC facing the prospect of having to cough up for as many as nine return charter flights to Tokyo. That's because their deal with their long-term airline partner Qantas only covers the cost for bringing the team home after the Closing Ceremony. These charter flights could be half empty, with athletes under strict orders to leave the country within

48 hours of their events ending, and arrive no more than five days before their competitions start. See <https://www.news.com.au/sport/olympics/australian-team/olympians-to-be-fasttracked-for-vaccinations-but-cost-of-sending-aussie-team-to-tokyo-blows-up/news-story/eeaf4cd2c0c78cb92b1dcf22c4685c4b>.

- It just gets messier and messier for UK Anti-Doping, with Britain's drugs busters face renewing criticism on the weekend for again apparently allowing elite sportspeople to play a role in investigations into themselves following anomalous drug findings. See <https://www.dailymail.co.uk/sport/othersports/article-9433423/UK-Anti-Doping-allowed-two-Team-GB-Olympians-investigate-positive-steroid-tests.html>.

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 –2021

Apr 10 (Sat), 2021	VRWC Winter roadwalking season opener	Middle Park, VIC
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 24-25, 2021	Victorian Masters T&F Championships	Doncaster
Jun 13 (Sun), 2021	LBG Carnival, Mt Stromlo Forest Park	Canberra, ACT

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
Jun 29 – Jul 10, 2021	23rd World Masters T&F Championships , Tampere, Finland
Aug 8-19, 2021	World University Summer Games , Chengdu, China (POSTPONED TILL 2022)
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>)