



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2020/2021 Number 46
Monday 16 August 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>

DOUBLE TROUBLE IN EUGENE

Our 50km analyst extraordinaire **Paul F. DeMeester** delves under the covers to investigate the 2022 Eugene World Championship walks.

Last week, World Athletics published the schedule for its World Championships race walks in Eugene next July. Both 20Ks are scheduled for the first day of competition on July 15, 2022 (women's @ 1:10 p.m.; men's @ 3:10 p.m.). The women's 35K takes place on July 22; the men's in on the final day of the championships on July 24. The 50K replacement races start at 6:15 a.m.

Last December, Heel and Toe 2020/2021 No. 9 featured an analysis of the 20/50K doubles the men have enjoyed at the Olympics between 1956 and 2016. The greatest number of doublers - walkers contesting both distances - in both absolute and relative terms was at the 1984 Olympics in Los Angeles, when one-third of the field of walkers doubled (there were no women walkers at the Olympics until 1992). The 1984 doubles percentage (33%) was 9% greater than the second-highest doubles percentage (24%) achieved at the 1980 Moscow Olympics. The Los Angeles schedule had two more days between the two races than the Moscow schedule.

In Eugene, there will be one extra day between the 20K and the 35K compared to the Los Angeles difference. More recovery time in other words and, let's not forget, a 35K is not as arduous as a 50K. Thus, expect more doublers in Eugene, especially among the male walkers. Women walkers will have two fewer days to recover from their 20K if they want to double. Nothing new about discriminating against women walkers, right? But their double is still doable, on July 15 and 22, 2022.

Doubling is part of athletics, of course. Think Elaine Thompson-Herah and Usain Bolt in the 100 and 200 meters, Mo Farah in the 5,000 and 10,000 meters, Alberto Juantoreno in the 400 and 800 meters, or Seb Coe in the 800 and 1,500 meters. Sometimes, the Olympic schedule has been changed to accommodate the wishes of a star athlete to double, as was done for Michael Johnson in the 200 and 400 meters at the 1996 Atlanta Olympics. And then there are the triplers, like Emil Zatopek who won three golds at the 1952 Olympics (5,000m; 10,000m; and marathon) and Sifan Hassan who scored two golds and one bronze at the recent Tokyo Olympics (1,500m; 5,000m; and 10,000m).

Does this mean World Athletics is now supportive of the race walks? Sure looks like it, especially considering that the number of spots for each race walk has been raised to 60 athletes. The 20K was already there in Doha but the 50K was limited to 50 men and 30 women.

Yet, skeptics may look at it differently. Allowing the double would mean that a lot of the 35K spots will be taken by athletes who are already heading to Eugene for the 20K. Had the walks per gender been scheduled to take place a day apart, as was the case at the recent Olympics, don't expect there to be any doublers. Meaning, 240 race walkers might show up. But by allowing sufficient recovery time to allow the double, if one-third of the total field doubles as was the case at the 1984 Olympics, then only about 180 walkers would make the trip to Oregon.

Scheduling the shortest walk on Day One and the longer walk on Day Ten (for the men) sure makes it look like World Athletics is encouraging the double. But remember what us 50K aficionados said about the proposal last year to replace the 50K with a 35K at the Worlds. We warned that there is not much daylight between the 20K and 35K. In other words, expect those who are good at 20K to also be good at 35K. In that light, the Eugene schedule could lead to a result sheet at the top in the 35K that might look quite similar to the result sheet in the 20K. That might give the walk haters in World Athletics a perfect excuse to propose reducing the walks to one event per gender, instead of two. The World Championships edition past Eugene would then only need one walks distance, let's say the 30K. Pesky people like Tim and yours truly may have helped save the 50K for Tokyo 2020 and the concept of two race walk events for Eugene, but in the end, all we achieved for Tokyo was the postponement of the execution but not the eventual death penalty. Perhaps World Athletics is playing the same long game now and the double is just part of the chess match.

Of course, sparing the Tokyo 50K from the guillotine and bringing about two events for both genders did not come about because 50K lovers are pessimists. On the contrary, it was a dose of optimism that saw us through. Let's not change that. Let us anticipate that the 20 and 35K are too much alike and use that as an argument in favor of a 20 and 50K at future championships after Eugene 2022. One argument in our favor right now: the exciting races over both distances in Sapporo. And that was nothing new. The 50K races in Sapporo, Doha and Rio were exciting until the end. We want the 50K back and why not, let's add a 100K to give us three race walks. Aren't we entitled to our own Zatopeks and Hassans?

WHAT'S COMING UP

- Our VRWC roadwalks this coming Saturday are now on hold, with the Victorian Govt announcing that our current lockdown was to be extended by an additional 2 weeks. So it will be a while before I can report on any local races. If we do come out of lockdown after 2 weeks, our **AV/VRWC races on Sunday 29th August** may proceed. Stay tuned!
- Athletics Victoria has published its Summer Season dates, with the season due to kick off with the Victorian All Schools Track Relay Championships on Wednesday 8th September, and the AV Shield League (AVSL) competition returning on Saturday 2nd October. Fingers crossed! Read the announcement at <https://athsvic.org.au/2021-22-summer-season/>.

SARWC ROADWALK CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 14 AUGUST 2021

With Victoria, NSW, Queensland and the ACT still in covid lockdowns last weekend, there are no results to report from any of those regions. But SA, Tasmania and WA were in action. First to South Australia where Kim Mottrom reports from Adelaide: Saturday saw our final club championships, with additional support races and great weather.

Open Men 8km

1. Kim Mottrom	36:14
2. Tristan Camilleri	37:19
3. Alix Harlington	42:52

U12 Girls 1km

1. Matilda Rech	6:06
2. Zahra Kamish	6:40

U18 Women 5km

Nellie Langford	DNF
-----------------	-----

U10 Boys 1km

1. Alexander Richards	6:28
2. Maverick Grantham	7:41

U16 Boys 3km

1. Zayden Kamish	16:09	PB
2. Cooper Rech	16:52	PB

U10 Girls 1km

1. Liliana Templer	6:29	PB
2. Maliha Kamish	8:24	
3. Shadys Kamish	10:24	

U16 Girls 3km

1. Daisy Braithwaite	15:55
2. Katie DeRuvo	17:26

Club Rule 8km

1. Di Camilleri	1:00:03
-----------------	---------

U14 Boys 2km

1. Sebastian Richards	9:17
2. Archie Braithwaite	11:50

Club Rule 6km

1. Stephen Downs	44:40	PB
------------------	-------	----

U12 Boys 1km

1. Orlando Grantham	5:18	PB
---------------------	------	----

Open 1km

1. Elizabeth Rieger	7:02
---------------------	------

SAMA ROADWALKS, ADELAIDE EAST PARKLANDS, ADELAIDE, SATURDAY 14 AUGUST 2021

Staying in South Australia, thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. Graham tells me the weather was delightfully mild and sunny.

10KM WALK

1. GEORGE WHITE	1:07:48	M75	77.19%
2. MARIE MAXTED	1:10:48	W60	71.40%
3. GIL MCINTOSH	1:14:29	M70	66.53%

5KM WALK

1. TREVOR BROWN	37:13	M70	65.94%
2. HELEN SURIDGE	42:58	W70	62.81%
3. HELEN BOWEN	1:02:15	W65	42.84%

5KM CLUB WALK

1. DAVE FALLON	37:18	M65	62.91%
2. JEFFREY KENNEDY	37:38	M70	64.46%
3. MIKE VOWLES	38:25	M75	67.93%

4.	MARGARET MCINTOSH	41:15	W65	63.90%
5.	RODGER BARBER	41:40	M80	68.01%
6.	KRISTINE FREEMAN	42:21	W60	57.75%
7.	LIZ NEUBAUER	42:27	W70	63.57%
8.	JAN LAYNG	42:58	W70	64.37%
9.	ROGER LOWE	44:49	M75	58.99%
10.	CATHIE HORE	46:31	W70	58.02%
11.	JULIE GOODES	46:52	W70	60.55%
12.	EDNA BATES	47:46	W65	55.18%

TRWC HANDICAPS, PERTH, TASMANIA, SATURDAY 14 APRIL 2021

Now to Tasmania, and thanks to Wayne Fletcher for this week's results from their northern course in Perth. He reports:

On a sunny day, the walkers had to battle cold winds from the Great Western Tiers on the open area of the course. A 5km and 2.5km combined handicap was held. The handicapper **Wayne Fletcher** led off the front with the others following. **Lani Broad**, who was last to start only doing a 2.5km, walked extremely well to overtake Wayne in the last 10m to win overall. **Sam Lindsay**, third to start, passed **Ron Foster** and finished a minute behind Wayne, with Ron a further 27sec back. **Will Bottle** had intended to do a further 5k when finishing the handicap however the wind did not help. Sam Lindsay was the fastest on the day with a PB.

5km Handicap			2.5km Handicap		
1.	Wayne Fletcher	NS	42.16	1.	Lani Broad
2.	Sam Lindsay	New	26.26		LAs
3.	Ron Foster	TMA	39.53		18.13
4.	Will Bottle	New	26.28		

WESTERN AUSTRALIAN ROUNDUP

Finally to Western Australia which saw a double header, with the Little Athletics walkers in action on Saturday and the Senior walkers in action on Sunday.

WA Little Athletics Road Walking Championships, Perry Lakes Reserve, Perth, Saturday 14th August 2021

First to Saturday, when the WA Little Athletics Road Walking Championships were held at the Perry Lakes Reserve in Perth. LA-WA is a role model for the rest of Australia, providing its own winter roadwalk competition and hosting its own roadwalk championships.

Girls 1500m Walk U10

1.	Tori Stancombe	Kingsway	7:48.59
2.	Alisha Moore	Ridgewood	7:54.00
3.	Tory D'Alessio	Belmont	8:10.25
4.	Chloe Reeves	Belmont	9:08.59
5.	Isabella Edmondsto	Rockingham	9:30.51
6.	Addison Roots	Rockingham	11:42.58

Boys 1500m Walk U10

1.	Dylan Sardelich	Inglewood	8:06.02
2.	Keiran Smith	Cockburn	8:06.43
3.	Orlando Follington	Swan Valley	8:36.24
4.	Jonas Gvozdin	Cockburn	9:03.50
5.	Mateo van Heerwaar	Belmont	9:44.23
	Seifeldin Nada	Cockburn	DQ

1. Girls 1500m Walk U11

2.	Aleeah Pike	Dale	8:33.13
3.	Annabelle Van Spre	Rockingham	8:40.88
4.	Charlotte Burgess	Southern Dist	9:35.33
5.	Amber Ricci	Belmont	9:58.55
6.	Erin Francis	Inglewood	11:27.45
	Alyssah Nunn	Southern Dist	DQ

Boys 1500m Walk U11

1.	Keaton Bailey	Kingsway	7:39.22
2.	Noah Janes	Melville	8:33.65
3.	Linkin Lawrence	Rockingham	9:25.22
4.	Zachary Bevis	Dale	9:58.99

Boys 2000m Walk U12

1.	jackson almstrom	Gosnells	11:14.69
2.	Kade Constantine	Gosnells	11:20.80
3.	Kieran Smith	Kingsway	11:25.28
4.	Lucas Andrews	Southern Dist	11:35.35
5.	Harry Gordon	Cockburn	12:02.77

Girls 2000m Walk U13

1.	Kaytee Bogaers	Rockingham	10:50.90
2.	Leila Bevis	Dale	11:19.99
3.	Heidi Thompson	Belmont	11:46.73
4.	Izabella Stubberfi	Dale	12:25.69
5.	Sophie Gray	Baldivis	15:15.66
	emmelleine claridg	Gosnells	DQ
	Hannah Eckermann	Cockburn	DQ

Boys 2000m Walk U13

1.	Luke Lawrence	Rockingham	10:43.82
2.	Jesstine Morales	Gosnells	11:19.54

Girls 2000m Walk U14

1.	Ashlyn Spence	Kingsway	10:10.17
2.	Layla Dabala	Rockingham	12:18.07
3.	Chloe Gray	Baldivis	12:50.43
	Casey Mortimore	Gosnells	DQ

Boys 2000m Walk U14

1.	John Ronan	Kingsway	8:49.61
2.	Xavier Bernard	Melville	10:12.36

Girls 1000m Walk U9

1.	Ivy Ricci	Belmont	5:53.64
2.	Scarlett Nunn	Southern Dist	6:04.49
3.	Amelia Mcivor	Melville	6:34.26
4.	Daria Kurmaev	Gosnells	6:34.67
5.	Chloe Bevis	Dale	7:18.47

Boys 1000m Walk U9

1.	Gabriel van Heerwa	Belmont	5:51.30
2.	Tom Murphy	Bunbury	5:57.71
3.	Tyson Gregory	Kingsway	6:51.74
4.	Drazan Borsic	Gosnells	8:20.06

Girls 2000m Walk U12

1.	Isabelle Curtis	Ridgewood	10:51.97
2.	Chelsey Ireland	Rockingham	11:11.35
3.	Katica Borsic	Gosnells	11:40.49
4.	Gracie Dabala	Rockingham	11:51.40
5.	Leandra Van Der Ro	Inglewood	12:39.66
6.	Josephine Gosper	Belmont	13:53.90
7.	Claudia Flamini	Ridgewood	16:41.86

Girls 2000m Walk U15

1.	Lataya Lawrence	Rockingham	10:21.85
----	-----------------	------------	----------

Girls 2000m Walk U16

1.	Alexandra Griffin	Southern Dist	9:20.18
2.	Jorja Smith	Cockburn	11:11.81
3.	Brooke Mortimore	Gosnells	11:26.16
4.	Jemma Lewandowski	Belmont	11:36.01
5.	Emily Bogaers	Rockingham	16:11.08

Boys 2000m Walk U16

1.	Jackson Cramer	Rockingham	10:55.59
----	----------------	------------	----------

Girls 2000m Walk U17

1.	Grace Beaglehole	Southern Dist	14:17.55
----	------------------	---------------	----------

WA Road Walking Championships, Perry Lakes Reserve, Sunday 15th August 2021

Then to Sunday when the Athletics West Roadwalk Championships were held at the same Perry Lakes Reserve venue.

Men 20km Walk Open

1.	Bradley Mann	Front Runner	52:13.71
	Benjamin Reid	Front Runner	DQ

Women 5km Walk U18

1.	Alexandra Griffin	Uwa	26:20.51
2.	Emily Bogaers	Mandurah	42:34.61

Women 20km Walk Open

1.	Melissa Lewis	Front Runner	1:48:45.29
----	---------------	--------------	------------

Women 5km Walk U16

1.	Lataya Lawrence	Mandurah	27:28.64
2.	Ashlyn Spence	Kingsway	27:34.24

Men 20km Walk M65-69

Victor Munoz	Masters WA	DQ
--------------	------------	----

Men 5km Walk U16

1.	John Ronan	Kingsway	23:08.62
2.	Xavier Bernard	Front Runner	33:38.12

Women 20km Walk W50-54

1.	Wendy Farrow	Masters WA	2:27:07.69
----	--------------	------------	------------

Men 3km Walk U14

1.	Luke Lawrence	Mandurah	17:01.05
2.	Harry Gordon	Athletics We	20:31.56

Women 20km Walk W55-59

1.	Karyn Tolardo	Masters WA	2:17:49.77
----	---------------	------------	------------

Women 3km Walk U14

1.	Kaytee Bogaers	Mandurah	16:55.40
2.	Isabelle Curtis	Athletics We	18:10.49
3.	Leila Bevis	Athletics We	19:03.55

Women 20km Walk W60-64

Marcela Ruiz	Masters WA	DQ
--------------	------------	----

Women 10km Walk U20

1.	Hannah Ireland	Mandurah	1:02:04.93
----	----------------	----------	------------

JUSTIN SCHOLZ CLOCKS UP ANOTHER CENTURION WALK – HIS FIFTEENTH

Over the past 3+ months, I have been following the progress of Victorians **Justin Scholz (C 61)** and **Sharon Scholz (C 63)** as they cycle around Australia. Justin and Sharon, from the Victorian country city of Wangaratta, are amongst our top ultra runners and our best ultra walkers and are never averse to testing themselves out with new challenges.

Soon after Justin completed his 15th centurion walk (100 miles) at the Coburg 24 Hour Carnival in April 2021, he and Sharon packed their bags, jumped onto their tandem bike and set out to cycle around Australia, setting themselves a target time of 6 months and hoping to ride 100km-150km each day.

They have had their share of misadventures. In far north Queensland, they had a bike crash and lost a few days while they recovered. In June, they were caught up in a snap covid lockdown in the Northern Territory and then had to spend 6 days in quarantine in Kununurra once they crossed the NT/WA border. They have also had various bike problems, including a broken rear crank set, a cracked frame and a couple of serious wheel cracks.

By early July, they were significantly behind schedule so their newly built bike had to be tested out in the toughest possible way – a riding day of 319 km from Broome to the Sandfire Roadhouse (very few towns in that part of WA)!

From then on, they had a fairly incident free ride down the Western Australia coast, stopping briefly in Perth and then continuing south, hoping to get to Bunbury in time to compete in a track based 24 Hour event in that city last weekend. They arrived in Bunbury just in time, after a final 102km cycle on Friday from Mandura.

A good night's sleep and Justin was toeing the start line in the Track Ultra WA (see <http://trackultrawa.com/>) on Saturday morning. 24 hours later and Justin had completed yet another 100 mile walk, his 16th. His time of approximately 23 hours and 10 minutes (still waiting for final official time) was his slowest but not too bad considering his 15 weeks on the bike. Here's how his 16 one hundred mile walks read:

• 22:09:03	14-15 July 2012	Adelaide, SA (road)	(C 61)
• 19:43:21	15-16 June 2013	Blacktown, NSW	
• 22:40:37	14-15 Sept 2013	Middle Park, Vic	
• 21:03:00	14-15 June 2014	Blacktown, NSW	
• 22:29:51	06-07 June 2015	Minnesota, USA	(C 76)
• 22:24:28	03-04 Oct 2015	Auckland, NZ	(C 20)
• 21:45:13	14-15 May 2016	Schiedam, NED	(C 437)
• 20:43:51	18-19 Apr 2016	Campbelltown, NSW	
• 21:04:54	5-6 Aug 2017	Bury St Edmunds, ENG	(C 1173)
• 21:48:12	2-3 June 2018	Campbelltown, NSW	
• 22:47:46	20-21 Oct 2018	Cape Town, SA	(C 32)
• 22:40:08	15-16 Mar 2019	Canberra, ACT	
• 22:43:53	9-10 May 2019	Balatonfured, Hungary	
• 22:50:00	26-27 Mar 2021	Canberra, ACT	
• 21:32:28	17-18 Apr 2021	Coburg, VIC	
• 23:10 (approx)	14-15 Aug 2021	Bunbury, WA	

Oh, and by the way, Sharon strolled a pleasant 33km in the 6 Hour event, just to fill in whatever free time she might have had while looking after Justin!



Justin and Sharon during the event



Justin passes his 100 mile mark



What do you do when you finish a 100 miler – well, first you sit down then you lie down!

Justin and Sharon are now back on their tandem bike and turning their attention towards the Nullarbor Plain and the long ride back to Victoria, via South Australia. Justin comments:

We've cycled a bit under 80km today (Monday) and have arrived west of Busselton. My body is working much better on the bike than when I'm needing to walk. Clearly different muscles being used. I have quite a bit of soreness today, but nothing that I'd call an injury, and so as long as we don't go too hard on the bike in coming days I should recover well. I am a little concerned generally about my loss of core strength, loss of flexibility and loss of strength in the quads. I plan to do some maintenance work in these areas ahead of Adelaide in 6 weeks or I might be in for an even more difficult experience there!

That's right. They plan to arrive in Adelaide in time for the Adelaide 6 Day Race which kicks off on 26th September. Justin plans to walk the full 6 days in that event and try for yet another one hundred mile in the first 24 hours of the race. Is there no stopping him!

WELSH T&F CHAMPIONSHIPS, CARDIFF, WALES, SUNDAY 15 AUGUST 2021



The walkers in last Sunday's Welsh T&F Championships 10,000m walks (photo Tom Partington facebook)

Thanks to Mark Wall for the results from the Welsh Championship walks. In the men's race, **Guy Thomas** led until he had to spend 60 seconds in the penalty zone late in the race. In the women's race, **Bethan Davies** led all the way to set a new Welsh record. Non-Welsh walkers are shown with an *.

10,000m Walk Men

1. Tom PARTINGTON *	MANXH	43:43.22
2. Guy THOMAS	TONB	44:05.83
3. George WILKINSON *	ENFH	44:48.78
4. Daniel MCKERLICH	CARD	1:02:58.62

10,000m Walk Women

1. Bethan DAVIES	CARD	45:21.70
2. Heather LEWIS	PEMB	46:36.10
3. Erika KELLY *	IOMN	51:56.10
4. Jasmine NICHOLLS *	LEICW	52:26.72
5. Kate VEALE *	WWTFD	53:47.08
6. Natalie MYERS *	2DASH	57:35.98
7. Ruth MONAGHAN *	SLIGO	58:04.87

RHYDIAN COWLEY DISCUSSES HIS OLYMPIC 50KM WALK

I reported in last week's newsletter on **Rhydian Cowley**'s great 8th place finish in the Olympic 50km walk in Sapporo. Rhydian has responded to my request and has written about his Olympic adventure. Thanks so much Rhydian.



Although the venue was shifted to reduce the risk of extreme weather compared to Tokyo, the forecast for the races in Sapporo was warm and humid, though still fractionally less oppressive than Tokyo. The temperatures in the following week have been much milder, which would have completely changed how the races were walked. One only has to look at the times performed by otherwise 3:40 walkers to see that the conditions were challenging, albeit much less so than the 2019 Doha World Championships

In Australia we have been cognizant of the potential for Sapporo to provide conditions almost as tough as Tokyo, a scenario which has been made more likely by climate change. The Australian walkers prepared accordingly, building on past knowledge learned in the Supernova and Project X studies held at the AIS in previous years. Heat acclimation (in a heat chamber), pre-hydration, pre-cooling, and heat perception strategies came in very useful across all the walks in Sapporo.

My training had been really good leading in, clocking in just over 5000km for the 12 months prior. Highlights in my last month of preparation were a 10x2km session with a cumulative 20km time under 1:19:00, and a 3x5km session with a final rep covered in 18:51. During our last week in the Cairns staging camp, I had developed a minor hamstring tendinopathy, which I think was my body's sign that it was time to pack up and taper. Fortunately the rest allowed that to be ok on race day, and hopefully my legs appreciate the recovery now afforded by quarantine.

I was somewhat nervous in the last 24 hours before the race as I knew I was in good shape, and so a chance to finish well if I had a good day. I also wanted to put together a good performance in the last Olympic 50km, to follow in the footsteps of Australia's great past walkers.

I had done a big carbohydrate load in the 3 days preceding the race, eating 24 bowls of rice in that period, while cutting fibre and high FODMAPS food out. This meant that I had no lower GI issues during my race. However, the carb load meant that I had a few issues consuming my full pre-hydration protocol on the race morning, since my body was already full and retaining

a lot of fluid and glycogen. To keep me from using up nervous energy, my coach **Brent Vallance** and I laid down and watched the sun rise over the Sapporo TV tower when we arrived at the course, prior to my pre-cooling ice bath.

With such an early start time, it was deceptively mild when we got to the course, and I even still felt cool at the start line due to the pre-cooling. The race started very slowly, and felt essentially like a long training walk, with the first few km being 5:00/km pace. I think many people were happy to be conservative due to the weather, and of course with a championship, place is more important than time. This meant early on that Jared Tallent will always remain the 50km Olympic Record Holder.

My aim in the beginning of the race was to stay relaxed and settle into a comfortable rhythm, making a decision about which pack to walk with once groups began to crystallise. The lead group was huge, but began to shrink as the pace steadily increased and we reeled in the early lead of Luo from China. I'm a bit of a natural goofball, so chatting to others in the group and waving to the camera on occasion were a part of my plan. By halfway our pace had moved below 4:40/km

As I felt cool, and comfortable with the pace, I stuck with the lead pack each time there was an acceleration, trying to keep out of trouble and accessing every drink station. There is a lot of camaraderie in the 50km, so those of us who got to water tables also made sure those walking next to us got a bottle to drink or douse ourselves with. **Louise Burke** on my personal refreshment station was always a welcome sight, regularly providing an ice necklace made from an old ice vest as a part of my cooling strategy, in addition to my gels and other fluid.

When Dawid Tomala took off from the lead group so far from home, I don't think anyone expected him to build and maintain such a big lead, and it's a credit to him that he was able to successfully pull off this strategy. I may not have walked many 50kms, but I've watched quite a few where attacking too early has been a mistake. I concentrated on maintaining my place in the chase pack, which I did through to about 38km. At that point, the pack had shrunk to 7, meaning the top 8 was essentially set (notwithstanding a DQ or big blow up), and the order was up for grabs. There was further acceleration by the chase group in the last 12km as they began earnestly chasing a tiring Tomala and fighting for the minor medals, but I was not able to accelerate along with them as they moved to faster than 4:30/km pace. 35-40km was the fastest segment of my race, with that 5km being covered in 22:18.

Once I was on my own, it was important for me to keep relaxed, maintain a rhythm, and aim to hold my position and catch up to anyone else who got spit out from the chase pack. I maintained my pace relatively well over the last 10km, speeding up from 45-50km to pick up the Finnish walker and move to 7th, and closed back to within 6 seconds of the Japanese walker Kawano, only to be outsprinted by the Chinese walker Tongda Bian to be shunted back to 8th in a photo finish. My fastest 1 km was from 49km to 50km, and so I think that I made the right pacing decisions throughout the race, and executed it the best I could. I did the best that I could possibly have managed on the day in terms of time and placing.

My heat perception and cooling strategies worked well to keep that aspect of the race under control, as I only began to feel hot from about 46km, even though I was aware of the thick air and the increasing radiant heat from the sun as it got higher in the sky and building shadows shrank. Seeing how the heat impacted many of my competitors, I think that this preparation was critical to my result.

Given that many in the field are full time athletes, I am absolutely over the moon with my 8th place, since I worked full time during this Olympic cycle up until May, when I moved to part time work. The pandemic has proven to be a net positive for my walking, which has been an absolute privilege given the huge impact it has had on the less fortunate around the world. I'm fortunate that the support of my fiancee Amelia, the VIS, my coach Brent, my family, my training squad, and my work, has allowed me to get the most out of my sport while having an identity and purpose outside of sport.

It is the first time in my career that I feel like I have had a great championship race, and I feel that I owe a lot of that to the guidance and experience of Brent, as well as Louise Burke, **Jess Rothwell**, and the rest of the support team from Athletics Australia and the VIS. It would be easy to look at it and think about the potential to finish even higher, but from where I've come from, 8th is amazing.

The last Olympic 50km was entertaining as always, and memorable in a historic Olympic Games with no crowds, masks in team uniforms, bravely (or foolishly) proceeding in the middle of a pandemic. I am proud to have been a part of it, and to have acquitted myself well in continuing Australia's fine tradition of 50km walkers. The new 35km distance won't quite be the same - see how much this race changed and got more interesting after 35km. Nevertheless I will do my best to help turn Australia's historic 50km tradition into a strong tradition over the 35km. Our current crop of seniors and juniors will also represent us with distinction over the new distance I'm sure.

Just for the record, here are the significant stats for Rhidian

- 5km marks: 24:32, 48:24, 1:11:56, 1:35:06, 1:58:18, 2:21:30, 2:44:20, 3:06:38, 3:29:32 and 3:52:01
- 5km splits: 24:32, 23:52, 23:32, 23:10, 23:12, 23:12, 22:50, 22:18, 22:54 and 22:29
- 10km splits: 48:24, 46:42, 46:24, 45:08 and 45:23
- 25km splits: 1:58:18, 1:53:43

They all bear witness to the same thing – a wonderfully contested race (with a big negative split) and the only walker in the field to produce a PB in the testing conditions.

OUT AND ABOUT

- Details for the marathon and race walk events at the 2022 World Athletics Championships in Eugene have been announced. The men's and women's races will start and finish on the perimeter of the Autzen Stadium on the University of Oregon campus. The race walk events will all be held on a 1km loop near the stadium, while the marathon course features three laps of a 14km loop covering Eugene and neighbouring Springfield. The men's and women's 20km race walks will be held on July 15th, the opening day of competition. The women's 35km walk is scheduled for July 22nd and the men's 35km walk will be held on the final day of the event on July 24th. See <https://www.insidethegames.biz/articles/1111534/road-events-oregon-2022-world-champs>.

With a week between the 20km and 35km walks, many athletes will do the double, meaning less walkers overall. If the top walkers in the 20km also feature prominently in the 35km walks, it will be a nail in the coffin for having 2 walks and will then give WA a chance to reduce the walk footprint to one walk only, which is in my opinion their ultimate aim.

And don't even talk to me about the ridiculous 4x5km relay walk planned for the 2024 Olympics!

- Thanks to Dave Ainsworth for passing this wonderful photo onto me. The occasion was the Lew Mockett Memorial Bowls Match in Littlehampton (England) and the photo captured a selection of great British walkers and administrators from years past. I walked against many of them and have wonderful memories of various races.



*Seated: Alan Buchanan, Amos Seddon, Peter Hodgkinson, Bill and Kath Sutherland and Roger Mills
Standing: Dave Ainsworth, Hilary McDermott, Philip Mockett, Chris Flint, Liz Costa and John Lees*

- Some advance warning for all those walkers who want to challenge themselves with a longer distance. The **2022 Coburg 24 Hour Carnival** (for which I am the competition manager) will be held on the weekend of **9-10 April 2022** at the Harold Stevens Athletics Track in Coburg (Melbourne). Walk categories on offer include the 24 Hour Walk, the 12 Hour Walk and the 6 Hour Walk. I opened entries a couple of weeks ago and already have 23 registrations.

It's our official Australian Centurions qualifying event for the year and is the event to target if you want to try to walk 100 miles within 24 hours and join our elite club. Victorian walker **Pramesh Prasad** just that in 2021, completing his 100 miles in a time of 20:43:42 and qualifying as Australian Centurion number 81.

Check out the event website at <http://www.coburg24hr.org/24hr/>.



MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 3 press releases this week

- Thu 12 Aug - Venue, dates and times for the 2022 World Championships in Oregon (USA)
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4162
- Wed 11 Aug - Analysis of the women's Olympic 20km walk
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4161
- Mon 9 Aug - Analysis of the men's walks at the 2021 Olympics
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=4160

while Omarchador has 6 press releases from around the world.

- Sun 15 Aug - João Vieira, the best Portuguese walker ever at the Olympic Games
<https://omarchador.blogspot.com/2021/08/joao-vieira-o-melhor-marchador.html>
- Sun 14 Aug - Jesús Ángel García Bragado of Spain sets an Olympic longevity record
<https://omarchador.blogspot.com/2021/08/garcia-bragado-bateu-o-recorde-de.html>
- Fri 13 Aug - The location of the walks for the 2022 World Championships in Eugene
<https://omarchador.blogspot.com/2021/08/definido-o-local-das-provas-de-marcha.html>
- Thu 12 Aug - US America 2021 Masters Championships in Ames, IA (results)
<https://omarchador.blogspot.com/2021/08/campeonatos-masters-2021-dos-eu-america.html>
- Tue 10 Aug - Belarus 2021 Masters Championships in Minsk (results)
<https://omarchador.blogspot.com/2021/08/campeonatos-masters-2021-da.html>
- Mon 9 Aug - Finland Under-18 Athletics Championships in Hyvinkää (results)
<https://omarchador.blogspot.com/2021/08/campeonatos-de-atletismo-da-finlandia.html>

EMMANUEL TARDI HAS BEEN HARD AT WORK ON THE KEYBOARD

Emmanuel Tardi has certainly been busy during the covid lockdown in France, working on his walking statistics files. He has now sent me a major update to a very large file that lists all the performances done by French athletes in racewalking competitions in the following categories

- 10km (up till 1970)
- 1hour and 20km (up till 1999)
- 50km and 100km (up till 2021)

He tells me the spreadsheet contains around 54,000 individual entries. I shall take his word for it - I'm not intending to count them.

It is one of a large number of Emmanuel's files that I have on page <http://centurions.org.au/centranks.shtml> on my Australian Centurions website. To see this file, just click on link <http://centurions.org.au/documents/Bilan%20Marche%20Anglais.xlsx>.

Well done Emmanuel - what a huge job!

TIM HAS ALSO BEEN BUSY

I have also been busy with my own little project, finishing off the complete results set for all the Open Men's Victorian Racewalking Championships. I had previously published two files, covering the period from 1892 to 1930.

<https://www.vrwc.org.au/documents/VICTORIAN%20CHAMPIONSHIPS%20MEN%201892-1920.pdf>
<https://www.vrwc.org.au/documents/VICTORIAN%20CHAMPIONSHIPS%20MEN%201921-1930.pdf>

I have now added a third document to complete the statistical analysis, covering the years from 1931 to 2021.

<https://www.vrwc.org.au/documents/VICTORIAN%20CHAMPIONSHIPS%20MEN%201931-2021.pdf>

SOME FINAL OLYMPIC PHOTOS

A final selection of photos of our Australian Olympic walkers (thanks to Rhydian and Jemima and Kyle)





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

Aug 29 (Sun) 2021	Next round of AV/VRWC Championships and Roadwalks (TBC)	Middle Park, VIC
Sep 12 (Sun), 2021	Australian Roadwalk Championships (TBA – almost certain to be postponed)	Middle Park, VIC

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

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
Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships , Tampere, Finland
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships , venue TBA
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

Tim Erickson, terick@melbpc.org.au Mob: 0412 257 496

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