



HEEL & TOE Online

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Inc.

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1921 VAWC-VRWC CENTENARY 2021



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*CENTENARY LUNCH

Meal bookings have now closed.
Thanks to all attendees for your acceptances.
See you on Sunday.

** WALKER OF THE WEEK **



Two PBs in the same race over the same distance – one by over a minute – have earned this week's WOTW award for **Beau McKinnon**. Competing in last weekend's Club relay event, Beau stepped up to walk two 1km legs as his team was short a walker. Stimulated by the challenge of doing well for his team, he threw everything he had into both stages for PB's of **5:32** (1:11) and **5:29** (0:03).

Beau, 12, has raced consistently this winter and has steadily improved his times across the board. Relay races require an athlete to put it all out there for the team, and Beau found he had good reserves from his road season. He walked strongly twice to give his team the best possible chance.

Well done, Beau! We're looking forward to seeing you race during the summer.

*Honourable mentions

- **Marcus Wakim** and **Riley Coughlan** (VIC) – two sizzling PB efforts over their 3km relay legs for **12:48** (Marcus's first sub-13 result) and **13:06** respectively.
- **Levi Robertson** and **Lily Bowkett** (VIC) – both scored big improvements (Levi **5:18** and Lily **6:13**) over 1km in helping their team to 3rd place overall.
- **Kim Mottrom** and **Nellie Langford** (SA) – racing over 3kms in the SARWC 'Guess Your Time' season closer, Kim showed he's in ripping form with a PB of **12:14**. Nellie showed her own PB little mercy, breaking it by 26secs to clock **14:08**.



CLUB NEWS and RESULTS

*AA WINTER CHAMPIONSHIPS and CENTENARY LUNCH

It's taken three pandemic-blighted years, but next Sunday will see our Club host the **Australian Winter Walks championships** at our Middle Park headquarters. Details of the teams, program and timetable can be seen below in 'Around The Country'.

To our fellow walkers and their families/coaches/supporters from interstate, we bid a warm welcome and wish everyone successful racing and a happy time in Melbourne.

On the subject of Melbourne ... one thing we can't guarantee down here is fine weather. Forecasts a week out are not looking too flash, I'm afraid, so come prepared for a wintry sting in the tail.

Presentations for these championships will take place in the Bowling Club main hall straight after the final event. Following these, of course, the VRWC's Centenary celebration will commence in our Clubroom precinct – the Ladies Auxiliary room and patio area, plus the adjacent grassed areas with picnic tables (which we intend to cover with our tents in the event of poor weather).

***MASKS:** While these are no longer mandated in social settings, it's a reality that the Coronavirus is still out there and taking a grim toll. Granted, a mask is not guaranteed to keep us from catching it or passing it on, but it will reduce the risk of doing so – as will maintaining a social distance and keeping indoor time to a minimum.

Bear in mind that some of our attendees, because of advanced age or ill health, may now have compromised immune systems and are more susceptible to contracting the 'uninvited guest'. Surgical masks will be available in the Clubroom for those without their own. Remember ... you put one on, you help safeguard someone.

Lunch is being cooked onsite for those who have pre-ordered it, and it will be served between 1pm and 1:30pm. The caterers have their own system of serving and will issue instructions on this (important since they will have upwards of 140 mouths to feed!) If you missed out or chose not to take this option, the Middle Park shopping centre has several popular cafes and eateries, as well as the Middle Park Hotel, which provide good meals.

Tea, coffee and nibbles will be available in the Club canteen in return for a gold coin donation. Alcoholic and non-alcoholic drinks on tap can be purchased at bar prices from the Bowling club main hall bar.

Following lunch, a formal welcome to our guests will be followed by a couple of prepared speeches, plus an invitation to anyone who would like to speak briefly of their own experiences at the VAWC/VRWC.

As with any club or organisation with a 100-year history, a substantial archive of historical material has been accumulated by our club. Many thanks to Tim Erickson OAM, who has been the VRWC's archivist for many years and has provided most of the items that will be on display for the perusal of guests – books, albums, scrapbooks, photos, certificates, newsletters and annual reports – as well as a continuous loop of images from throughout the club's history that will be screened during the proceedings. Thanks also to others, including Di Lowden, who have made their own historical material available.

Perhaps most eagerly-awaited will be the opportunity to meet up once again with club mates past and present, whom we haven't seen for years. This is a chance not to pass up, as a gathering like this at the VRWC is unlikely to occur again.

See you there!

VRWC Club events, Saturday 27 August – Middle Park

The final Club Winter fixture at Middle Park saw fine conditions for the 23 walkers who fronted for the 9km Relay race and scratch races over 4km and 1km. Handicapper Mark Donahoo had constructed 5 teams of five walkers (some walking extra legs to complete their team) and, as always, the event was entertaining and fun for the athletes.

As expected given the variations in ages, speed and stage lengths, team placings altered with changeovers throughout. Eventually it was **Team 4** which – through two powerful 2km legs from **Char Hay** and a blitz sub-13min 3km from **Marcus Wakim** – gained the ascendancy and went on to win the race. Their victory wasn't without a little drama at the end, with **Alejandro Stephens (Team 2)** cutting Char's lead down with every stride in the last 200m, falling short by a bare 5secs.

Impressive individual showings were evident, none more so that **Beau McKinnon's** double PBs in his two 1km legs (see *Walker Of The Week*). Both **Bowkett** girls set new best times, as did **Levi Robertson** and **Riley Coughlan**, as all used the – for walkers – rare incentive of team sport to seek a little extra of themselves for their team mates.

The ancillary scratch races were notable for **Ross Reid's** slow but determined journey back to racing condition in the 4km, while **Erlyn Singh** again showed very good technique as well as a turn of speed in her first 1km event.

4km scratch race

1	Geromi Tucker	20:31
2	Marnie Grace	26:13
3	Ross Reid	28:44
4	Steven Haverly	34:19

1km scratch race

1	Erlyn Singh	6:18	First one
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Ross and Steve tackled the 4km scratch race

Relay Race

** Team 4

Place	Name	2km	1km	3km	1km	2km	Finish Time
							<i>0:50 start</i>
1	Char Hay	9:36					9:36
1	Aydin Uzun		7:32				7:32
1	Marcus Wakim			12:48			12:48 PB 0:20
1	Zoe Bowkett				5:22		5:22 PB 0:05
1	Char Hay					9:54	9:54
							46:02

** Team 2

Place	First Name(s)	2km	1km	3km	1km	2km	Finish Time
							<i>0:55 start</i>
2	Mark Blackwood	8:51					8:51
2	Donna Marie Elms		5:49				5:49
2	Daniel Pashutin			15:20			15:20 PB 0:05
2	Jaida Robertson				5:52		5:52
2	Alejandro Stephens					9:20	9:20
							46:07

** Team 5

Place	First Name(s)	2km	1km	3km	1km	2km	Finish Time
							<i>1:20 start</i>
3	Ariana Pashutina	10:42					10:42
3	Levi Robertson		5:18				05:18 PB 0:27
3	Riley Coughlan			13:06			13:06 PB 0:18
3	Lily Bowkett				6:13		06:13 PB 0:22
3	Havana Ali					10:44	10:44
							47:23

** Team 1

Place	First Name(s)	2km	1km	3km	1km	2km	Finish Time
							<i>0:00 start</i>
4	Ela Uzun	9:23					9:23
4	Beau McKinnon		5:32				5:32 PB 1:11
4	Emily Smith			16:33			16:33
4	Beau McKinnon				5:29		5:29 PB 0:03
4	Kylie Irshad					10:53	10:53
							47:50

** Team 3

Place	First Name(s)	2km	1km	3km	1km	2km	Finish Time
							<i>0:25 start</i>
5	Madeleine Feain	10:02					10:02
5	Mya McClure		5:05				05:05 First one
5	Kevin Cassidy			15:35			15:35
5	Haris Ali				7:03		07:03
5	Grace Louey					11:11	11:11
							49:21

***** Changeover action ...***



Marcus to Zoe



Kevin to Haris



Daniel to Jaida



Emily to Beau



Haris to Grace



Excitement at the end: Char holds off Alejandro's fast finish

All of **Terry Swan's** photos will be available to be viewed at the website Photo Gallery, as well as on the VRWC Facebook page.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Manager	Terry Swan
Referee:	Mark Donahoo
Check-in, registration	Michael Bodey
Recorders	Darlene Swan, Kyle Swan, Ian Laurie, Donna Dickson
Judges:	Scott Nelson(Chief), Gordon Loughnan, Brenda Felton, Di Lowden, Kathleen Marsh, Stu Cooper, Michael Bodey, David Cash, Shane Dickson
Set up & Pack up:	Stu Cooper, Madeleine Feain, Donna Elms, Mark Donahoo, Tim Erickson, Ian Laurie, Donna Dickson
Bike rider	Tim Erickson
Photos	Terry Swan
Starter	Mark Donahoo
Walkers:	23

***PLEASE NOTE:** Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.

**** Coming up this weekend ...**

**AA & RWA Winter Walks c'ships –
Sunday 11 September, Middle Park**

10:45am VRWC 5km Open
10:50am VRWC 1km U10 Boys & Girls c'ships
VRWC entry is on the day – 10:00am deadline!

***Next week (Sunday 18 September) -
VMA Masters 5000m track c'ships
Dolamore Reserve – Queen St, Mentone**

8:30am – (Women); **9:15am** (Men)
10:00am – VRWC 5000m & 3000m Open
10:30am – VRWC 1500m Open

**** 2022 WINTER POINTS COMPETITION – Presentations**

Presentations day is always a rewarding time ... for the deserving athletes, their supporters and the officials whose efforts have helped provide them with another successful season. And especially so when you've waited three years to complete one.

The proceedings started with the awarding of Relay prizes to Team 4. We were also pleased to be able, finally, to rectify a long-standing medal anomaly, namely the non-presentation of two lots of AV 5000m Teams race medals from 2020 and 2022. The long delay didn't remove the gloss from the medals, however, nor from the smiles of the happy recipients – all from Knox Athletics! In addition, Mark Blackwood, after an injury-plagued year, at last received the Bert Gardiner medal he earned in winning the AV 10km title back in May.

Then it was on to the Winter trophies (which looked a lot better *out* of their boxes, as most recipients soon realized. Time was against us regarding Hall availability, preventing us from displaying the trophies as usual.)

Finally, it was time to thank those judges and officials for all their work during the season, with a gift of fruit of the vine and a box of little round melty ('Malty'?) things. The Uzuns and Alis cleaned up on the Father's Day raffle, the Robertsons have a date with the dentist thanks to Donna Elms's lollie jars, and the curtain drew down on our first full Winter season since 2019. Well done, everyone!



Mark meets 'Bert' at last



Happy bling racks, finally wearing Teams medals



Fastest times & handicap winners



The long and short of it (or the other way around?)



U12 grinning contest!



Fastest time & Handicaps 2nd and 3rd placegetters

AROUND THE COUNTRY



2022 NATIONAL WINTER WALKS CHAMPIONSHIPS Start lists & Timetable



The start lists for the National Winter championships are now finalized. Below is a basic list of the fields in each event.

For comprehensive information about the morning's program (timetable, course map, entrants' current PBs etc), visit the appropriate page at the Athletics Australia website at <https://www.athletics.com.au/events/141367/>

The timetable is also shown below the start lists:

Open Men 20km

Baker, Mitchell	ACT
McGinniskin, Jack	NSW
Richardson, Dylan	NSW
Vicente, Mario	NT
Crump, Peter	SA
Mottrom, Kim	SA
Jamieson, Andrew	VIC
Stephens, Alejandro	VIC
Thompson, Will	VIC

Open Women 20km

Bell, Bridget	NSW
Mison, Hannah	NSW
Findlay, Samantha	SA
Feain, Madeleine	VIC
Grace, Marnie	VIC
Henderson, Rebecca	VIC

Open Women 10km

Woodward, Antoinette	NSW
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Tucker, Geromi	VIC	Newington, Dash	QLD
Van Dongen, Rupert	VIC	Grantham, Melissa	SA
Tingay, Declan	WA	Lovegrove, Rhiannon	SA
U12 Men 2km		Brennan, Sarah	VIC
Ryan, Sebastian	ACT	Carr, Heather	VIC
Grantham, Orlando	SA	Elms, Donna-Marie	VIC
Carr, Lucas	TAS	Irshad, Kylie	VIC
McQueen, Tate	VIC	Rosenbrock, Carolyn	VIC
Robertson, Levi	VIC	Woodward, Erika	VIC
U14 Men 3km		U12 Women 2km	
Christian, Nicholas	ACT	Dummer, Teigan	NSW
Braendle, Alexander	NSW	Hay, Summer	NSW
Horton, Jaxson	NSW	Hewitt, Hannah	NSW
Baldy, Damian	VIC	Loring, Olivia	NSW
McKinnon, Beau	VIC	Renton, Zoe	QLD
Pashutin, Daniel	VIC	Ali, Havana	VIC
Munro, Keenan	WA	McClure, Mya	VIC
U16 Men 5km		Uzun, Ela	VIC
Clarkson, Kodi	ACT	U14 Women 3km	
Toyne, Owen	ACT	Grocott, Emma	ACT
Housden, Bailey	QLD	Ryan, Jillian	ACT
Rech, Cooper	SA	Loring, Jessica	NSW
Richards, Sebastian	SA	Polkinghorne, Sophie	NSW
Lindsay, Samuel	TAS	Barron, Maya	QLD
Morgan, Oliver	TAS	Clarke, Makenna	QLD
Coughlan, Riley	VIC	Flahey, Natasha	QLD
Bernard, Xavier	WA	Pickvance-Yee, Destinee	QLD
Ronan, John	WA	Carr, Lily	TAS
U18 Men 10km		McQueen, Charlise	VIC
McCure, Sam	QLD	Morgan, Mietta	VIC
Bottle, Will	TAS	Borsic, Katica	WA
Peart, Scott	VIC	Pike, Aleeah	WA
Wakim, Marcus	VIC	U16 Women 5km	
U20 Men 10km		Roberts, Darcey	ACT
Morgan, Eden	VIC	Pitcher, Sienna	NSW
U18 Women 5km		Williams, Lyla	NSW
Grocott, Julia	ACT	Morris, Taylah	QLD
Jugovic, Hana	ACT	Pickvance-Yee, Destinee	QLD
Crocker, Amelia	NSW	Sharpe, Milly	QLD
Roberts, Chelsea	NSW	De Ruvo, Katie	SA
Bergh, Mia	QLD	Legrand, Angelina	SA
Chadwick, Phoebe	QLD	Pashutina, Ariana	VIC
Clarke, Anika	QLD	Vernal, Amelia	VIC
Millard, Summer	QLD	Bogaers, Kaytee	WA
Braithwaite, Daisy	SA	U20 Women 10km	
Langford, Nellie	SA	Bolton, Hannah	NSW
Smith, Emily	VIC	McMillen, Elizabeth	NSW
		Pitcher, Allanah	NSW
		Hay, Char	VIC



**2022 AUSTRALIAN ROADWALKING CHAMPIONSHIPS
IN CONJUNCTION WITH
THE 2022 RACEWALKING AUSTRALIA CARNIVAL**

SUNDAY 11 September 2022
MIDDLE PARK, MELBOURNE, VICTORIA

1	8.00 am	A.A. R.W.A. R.W.A.	Open Men Masters Men Open Men	20 km Championship 20 km Championship 20 km Teams Race
2	8.00 am	A.A. R.W.A.	Open Women Open Women	20 km Championship 10 km Teams Race
3	8.30 am	R.W.A. R.W.A. R.W.A.	Open Women Open Women Masters Women	10 km Championship 10 km Teams Race 10 km Championship
4	8.30 am	A.A. R.W.A.	Under 20 Men Under 20 Men	10 km Championship 10 km Teams Race
5	8.30 am	A.A. R.W.A.	Under 20 Women Under 20 Women	10 km Championship 10 km Teams Race
6	8.30 am	A.A. R.W.A.	Under 18 Men Under 18 Men	10 km Championship 10 km Teams Race
7	9.30 am	R.W.A. R.W.A.	Under 12 Boys Under 12 Boys	2 km Championship 2 km Teams Race
8	9.30 am	R.W.A. R.W.A.	Under 12 Girls Under 12 Girls	2 km Championship 2 km Teams Race
9	9.50 am	A.A. R.W.A.	Under 14 Boys Under 14 Boys	3 km Championship 3 km Teams Race
10	9.50 am	A.A. R.W.A.	Under 14 Girls Under 14 Girls	3 km Championship 3 km Teams Race
11	10.15 am	A.A. R.W.A.	Under 16 Boys Under 16 Boys	5 km Championship 5 km Teams Race
12	10.15 am	A.A. R.W.A.	Under 16 Girls Under 16 Girls	5 km Championship 5 km Teams Race
13	10.45 am	A.A. R.W.A.	Under 18 Women Under 18 Women	5 km Championship 5 km Teams Race
14	10.45 am	V.R.W.C.	Open	5 km
15	10.50 am	V.R.W.C. V.R.W.C.	Under 10 Boys Under 10 Girls	1 km Championship 1 km Championship

Note that entrants in event 2 (Australian Open Women 20 km championship) are automatically eligible to score points in the R.W.A. 10 km Teams Championship provided they are members of one of the member clubs. 10 km split times will be used for this purpose.

SOUTH AUSTRALIA SARWC 'Guess you Time' races, 3 September - South Parklands

On Saturday the SARWC had their 60th Birthday celebration (happy birthday, Crowies) along with their Winter Presentations, preceding these with a fun event – their Guess Your Time races. **Kim Mottrom** was clearly in better shape than he thought, a good sign with the Nationals coming up in Melbourne next weekend. Others to stand out were **Nellie Langford**, **Sebastian Richards** and **Matilda Gourlay**.

Name	Guess	1km	Difference	Name	Guess	3km	Difference
Stephen Downs	7:30	7:27	0:03	Nellie Langford	14:15	14:08	0:07
Kristy Templer	8:01	7:57	0:04	Cooper Rech	15:50	15:40	0:10
Liz Downs	7:07	7:02	0:05	Angelina Legrand	16:42	16:31	0:11

Liliana Templer	5:59	6:06	0:07	Peter Crump	18:07	17:53	0:14
Bill Starr	7:30	7:23	0:07	Sam Findlay	14:53	14:38	0:15
Maverick Grantham	7:40	7:48	0:08	Orlando Grantham	16:45	16:30	0:15
Senna Cook	6:15	6:35	0:20	Rhiannon Lovegrove	16:00	16:20	0:20
Matilda Gourlay	5:37	5:12	0:25	Daisy Braithwaite	17:46	17:22	0:24
Robert Crabb	6:32	7:48	1:16	Sebastian Richards	14:47	14:22	0:25
Martin Crabb	14:22	12:04	2:18	Kim Mottrom	12:48	12:14	0:34
Anthony Crabb	5:58	8:49	3:51	Mel Grantham	17:00	17:34	0:34
				Di Camilleri	25:00	23:21	1:39
				Jasmine Crabb	17:52	21:46	3:54

TASMANIA TMA 5km c'ship & TWRC Results, Saturday 3 September - Wentworth Park

David Moore and **Rosemary Coleman** report from Hobart. Nice to see they had some agreeable conditions for a change.

A perfect Race Walking day today in sunny calm conditions at Wentworth Park for our Masters walkers in their Tasmanian. Masters 5 km Championships and for Newstead Walkers **Sam Lindsay** and **Will Bottle** in the lead up to Nationals in Melbourne next weekend.

In the Masters 5km **Eugene Gerlach** led the field for the entire race to claim the M60 Gold Medal he was followed home by **Ron Foster** who made a desperate effort to crack 40 minutes but couldn't quite get there but took home the Gold for the M70 age group. Further back in the field was a very tight contest between M75 Gold Medallist **Wayne Fletcher** and M60 2nd placegetter **Dave Moore**, with **Wayne** holding on to cross the line in front of **Dave**. We missed our star Masters Woman Walker **Elizabeth Leitch** who was struck down with illness earlier in the week and we wish her a speedy recovery.

2022 TMA 5km Road Walk Championship Wentworth Park September 3

M60

- | | |
|-------------------|-------|
| 1. Eugene Gerlach | 37:44 |
| 2. Dave Moore | 45:39 |

M70

- | | |
|---------------|-------|
| 1. Ron Foster | 40:19 |
|---------------|-------|

M75

- | | |
|-------------------|-------|
| 1. Wayne Fletcher | 45:32 |
|-------------------|-------|

Very good walks by **Will** and (especially) **Sam** who did a 3 second **PB**, we wish them well for their races in Melbourne next week along with fellow Tasmanian Walkers **Oliver Morgan**, **Lily Carr** and **Lucas Carr**.

TRWC 5km

- | | | |
|----------------|----------|-----------------|
| 1. Will Bottle | Newstead | 23:22 |
| 2. Sam Lindsay | Newstead | 24:11 PB |

WESTERN AUSTRALIA WARWC results, 4 September – Shelley

Terry Jones reports that conditions were good for winter racing at Shelley: overcast, with moderate breeze, no rain and cool temperature.

Some of the WARWC members will be competing in Melbourne next weekend, and this will be their last winter event for this year.

10K Handicap

- | | |
|---------------|---------|
| Marcela Ruiz | 1:21:05 |
| Karyn Tolardo | 1:04:45 |
| Andrew Duncan | 55.08 |
| Wendy Farrow | 1:19:59 |
| Bradley Mann | DNF |

5K Handicap

- | | |
|----------------|-------|
| Kaytee Bogaers | 29.25 |
| Xavier Bernard | 26.52 |
| John Ronan | 24.34 |
| Steve Travell | DQ |
| Glenys Duncan | DQ |

2K Handicap

- | | |
|-----------------|-------|
| Emily Bogaers | 17.07 |
| Dylan Sardelich | 11.42 |

Sophia Nichols 17.08
Hunter Sardelich DQ
Lachlan Nichols DQ



INTERNATIONAL NEWS



DOWN MEMORY LANE

with *Tim*

As an up and coming young racewalker in the early 1970s, I regarded **Bernd Kannenberg** as the consummate walker of that era. His numerous world records over all distances from 10,000m to 50km (both track and road) confirmed his unassailable excellence over all distances, and his win in the 1972 Olympic 50km saw him take on legend status. The photo of him storming home in the finishing strait in Munich is one of the best known racewalking photos of all time.

Fifty years on from that feat, *World Athletics* profiled the race and discussed his wider career in a fine article. Check it out below.

And while you are there, you can peruse my own article at <http://www.vrwc.org.au/tim-archive/articles/wo-bernd%20kannenberg.pdf>.

He still ranks as one of the all time greats.

Celebrating Kannenberg's remarkable Munich Olympic victory

By **Peter Warburton** – reprinted from *World Athletics Heritage*

50 years ago today, West German **Bernd Kannenberg**, in a head-to-head battle with **Venyamin Soldatenko** of the Soviet Union, won the 1972 Olympic 50km race walk gold in what was essentially a 'gun to tape' victory.

Kannenberg was lucky to be alive, never mind toeing the start line of the Olympic 50km race walk in Munich.

At the age of three, Kannenberg was one of a handful of survivors fished out of icy waters at the end of World War II when his boat carrying refugees was torpedoed and sank. He had been forced to flee with his grandmother and a cousin from his native city of Königsberg, today's Kaliningrad, as the Soviet army closed in.



(Photo: Wikipedia)

All three were aboard the MV Wilhelm Gustloff on 30 January 1945, when the boat used as a refugee transporter was targeted by Russian submarines in the Baltic Sea and quickly sank. His grandmother and 9600 out of an estimated 10,000 passengers went down with the ship.

The plan to rescue the trapped German civilians was called Operation Hannibal – and had they used elephants, like the famed ancient fighter instead of the doomed ship, they would have been no worse off.

A series of military blunders framed the disaster, and as one might imagine it stayed with Kannenberg for the rest of his life.

He and his cousin found a new home in Thuringia. In 1955 he emigrated with what remained of his family from East to West Germany.

Latecomer

Kannenberg was no child prodigy when it came to athletics. In fact, he didn't take up serious race walking until he was 27 – and maybe that was a good thing. There was no early burn-out, so that by training up to six hours a day he achieved a world record 50km on 27 May 1972, just three years from the moment he got serious. And some record it was.

That **3:52:45** in Bremen improved the existing mark by more than eight minutes from the official time set by Soviet Union's Mikhail Lavrov in 1961. Even an unofficial 3:55:36 from Gennadiy Agapov, also USSR, was nearly three minutes in arrears. Kannenberg had taken part at the German Championships for the first time just two years before. He finished third in the 20km and 50km in 1971 and was three-time German champion in 1972.

Too good in Munich

It became apparent that what would become known as 'Golden Sunday' for the hosts would result in a head-to-head battle between the West German and Venyamin Soldatenko from the Soviet Union. The latter was the existing European champion from the year before in Helsinki, and from the gun the pair set off leaving the rest of the 36-strong field for dead.

At 10km, both clocked 45:55. The closest pursuers were Otto Barch of the Soviet Union and Peter Selzer from East Germany in 47:10 – more than a minute in arrears.

The course around the Olympic Park outside the Munich stadium was nothing like a modern circuit. For a start, it was a 5km loop, as opposed to the modern one-kilometre up-and-down race.

Race walkers later complained of the gravelly surface in places. There was even a small bridge to negotiate each lap. Kannenberg knew all about the bridge. He had started the shorter race, but – either because he reportedly stumbled and fell or just didn't feel he had the legs – pulled out shortly after 10km. Either way, it acted as a dress rehearsal for the longer event, and by 20km (1:32:59) the pair locked at the hip had two plus minutes over **Larry Young** from the USA (1:35:08), the 1968 Olympic bronze medallist.

Nothing separated Kannenberg and Soldatenko at 30km – 2:20:03 – but the cracks started to show six kilometres later. The 1.76m (5ft 9in) German edged a couple of metres in front, and by 38km had forged a decisive gap.

Defending champion **Christoph Höhne**, who was to finish a lowly 14th this time, remarked: “We did the same work; the same kilometres, but Bernd was so much faster than me.”

With two circuits, and 10km left, the eventual winner was 21 seconds ahead, 3:07:52 to 3:08:13, and fast losing his shadow.

By the time Kannenberg re-entered the stadium to cross the line first in **3:56:11.6** – more than two minutes ahead of Soldatenko – that Golden Sunday was in full swing. Not only was there gold for the German walker, there were first places also for Hildegard Falck in the women's 800m and Klaus Wolfermann in the men's javelin, plus a silver for Heide Rosendahl in the pentathlon behind Great Britain's Mary Peters.

Young sensibly kept his powder dry and, like in Mexico, came through to take bronze for the second Olympics in a row. There's film footage of him being misdirected as he hits the track, but he was nearly a minute clear of fourth-placed Barch. The US race walker remembers it vividly.

“I thought one of the judges indicated I was supposed to move to the inside lane,” he said. “The next judge directed me back to the outside lane. I probably lost a few seconds there, but I was most worried they might disqualify me. To my amazement, the head (Russian) judge came up to me after the finish, and told me I had the best technique in the race.”

Tragedy

The glory of that Sunday was shattered just two days later by the infamous Munich massacre that resulted in 17 deaths: six Israeli coaches, five Israeli athletes, one West German police officer, and five Black September terrorists. There was an immediate doubt as to whether the Games would continue. But eventually the decision was taken to see out the remaining events.

Young's response was typical of many others caught up in the tragedy.

“I'll never forget coming out of the dorm the morning of the attack, not knowing it had just happened. I was feeling pretty good about winning my second bronze medal, but then someone passing by told me the Israeli athletes and coaches were being held hostage in their dorm. It was hard to

believe, but then I saw one of the masked terrorists standing on the balcony with a rifle, he could have shot me easily.”

“I left the village and later they made everyone leave. Shaul Ladany, who was a good friend, and who competed in the 50km for Israel, managed to escape out a window to safety. I'll never forget the experience.”

A short, glorious career

After Munich, Kannenberg's comet burned briefly.

He earned silver at the 1974 European Championships in Rome, and set 19 German records and 10 world records. At the 1976 Summer Olympics in Montreal, he competed at 20km, the only race walking event of those Games, but severe pain forced him to drop out. He retired from competition two years later. The gap between his first and final races was barely nine years.

That six-hours-a-day intensity meant groin, hip and hernia problems plagued him throughout the rest of his life. His poor health was such that he even gave up the role of national coach after just a few years. Before his death on 13 January 2021, aged 78, he had long abandoned gentle cycling and walking his dog.

But Young fondly remembers that glorious Sunday, 50 years ago.

“My encounter with Kannenberg was brief, but he seemed to be a nice guy,” he says. “I was surprised when, as he shook the hands of both Soldatenko and me, he pulled us both up on the first place victory stand with him for the national anthem.”

“He told the press afterwards that he had such respect for our performances that he wanted us up there with him. I don't think that's ever happened before, so that says something about his humility and sportsmanship”.

Paul Warburton for World Athletics Heritage



That immortal image: Bernd Kanneberg surges to the line in Munich. If this isn't technical perfection, what more is there to perfect?

(Photo: VRWC)

BELGIUM: 24 Hours of Wadelincourt, 27/28 August - Wadelincourt

Emmanuel Tardi returns to these pages after a busy summer, this time with a report on a well-supported ultra from neighbouring Belgium:

Last weekend I was in Wadelincourt (Belgium). The local committee organised, for the 6th time, a long distance event which was a qualifier for the Paris-Alsace Classic. There was a very good weather, not too hot, no rain.

During the first 23 hours, each loop was 3.5km long. In the last hour, each lap was 800m long. 19 walkers were on the start line at 1pm on Saturday.

Fabrice Henry won the race easily in the men's event with **185k**. Second was **Gilles Letessier**.

In the women's event, nobody knew **Malika Zeriki**, and it was a huge surprise to see her winning the race with more than **180km** !!!

Special mention for **André Rassaind** aged 85 (born August 15th 1937) who finished the race with **120km**.

There were three ancillary events:

A twice 6 hours (first : Saturday 1pm to 7pm Second : Sunday 7am to 1pm). Event was won by a woman, **Sylvie Maison** with more than 95km in 12 hours .

There were two 6 hours events, one on Saturday, and one on Sunday. Good mark for **Florian Letourneau** who had the fastest 6 hour result with **58.8k**.

24 Hours Walk

1	HENRY Fabrice	Frijep Cor. MV	185. 005	24h
2	LETESSIER Gilles	Entente Rochefort OA	175. 119	24h
3	MATTHYS Ignace		168. 606	24h
4	PORCHER Claude		146. 370	24h
5	TILLIER Ludovic	Le Chesnay-Rocq	129. 518	24h
6	RASSAIND Andre	Al Voiron	119. 938	24h
7	DANDOY Jeremy		107. 004	24h
8	OLIVARES Mathieu	Neuilly Sur Marne	104. 846	24h
9	VANDENDAUL Daniel		100. 000	24h
10	ALAIN Alexandre		100. 000	24h
11	CECCALDI Georges	Entente Chalon/Saone	94. 657	24h
12	BOUELE Cedric		86. 313	24h
13	PRUCKNER Jaroslav		82. 284	24h
14	FILLIEUX Christian		61. 346	11h15'47''
15	MOREL Philippe		54. 318	7 h02'24''
1	ZERIFI Malika		180. 411	24h
2	SONNOIS Martine	Racing Club Haut-jura	142. 627	24h
3	DUCRUET Nadia	Ac Chateau Thierry	135. 042	24h
4	GILLARD Lydia	Marche Mythique Org	102. 123	24h



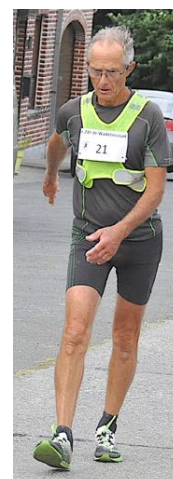
Henry



Zerifi



Rassaind



LeTessier

(Photos: Emmanuel Tardi)

2 x 6 Hours

1	ARNAULT Jacques	Neuilly Sur Marne	91. 508	12h
2	LABARRE Bertrand		89. 452	12h
3	MARECHAL Pascal	Ac Chateau Thierry	89. 102	12h
4	SEYNAEVE Serge	Cm Roubaix	84. 971	12h
5	ROCHA Fernando		82. 712	12h
6	MOUGENOT Patrick	Marne Et Gondoire A	79. 782	12h
7	VAN HOVE Peter		61. 346	12h
8	Myriam et Benjamin	NICOLAS M - LB	57. 832	12h
9	BURLOT Pascal	Spn Vernon*	39. 780	12h
10	GILLARD Francois		31. 843	12h
1	MAISON Sylvie	Strasbourg Aggl.A	95. 422	12h
2	BIZARD Claudie	Thiais AC	88. 319	12h
3	ARNAULT Francoise	Neuilly Sur Marne A	78. 212	12h

4	MAURICE Fabienne	Ac Chateau Thierry	73. 376	12h
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6 Hours Saturday

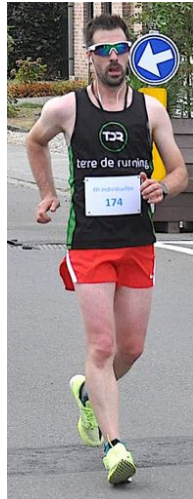
1	CYS Jeremy	Ac Chateau Thierry	43. 744	6h
2	CECILLON Jean	Marche Mythique O	43. 644	6h
3	PANNIER Josiane	Havre Ac	42. 489	6h
4	PLEE Maryline	Bourges Entente Ath	36. 712	6h
5	LEGRAND Guy		12. 150	6h

6 Hours Sunday

1	LETOURNEAU Florian	Ac Chateau Thierry	58. 875	6h
2	ERARD Christophe	Asm Bar-le-duc	54. 483	6h
3	MICHELOT Remi	Es Thaon	47. 500	6h
4	GUILLOT Mickael	Ac Chateau Thierry	44. 375	6h
5	GONTHIER Christophe		43. 152	6h
6	PANNIER Josiane	Havre Ac	40. 310	6h
7	STRADIOT Ludovic		37. 569	6h
8	TARDI Emmanuel	LP Longjumeau	36. 710	6h



Maison



Letourneau



Start of the afternoon 6 Hours ... Emmanuel Tardi 3rd from left.

(Photo: Guy Destre)

NEW ZEALAND: Athletics NZ Road Walking c'ships, 4 September – Upper Hutt

Rozie Robinson reports from the NZ road titles:

Conditions started perfect light wind cool, but by about 30minutes the good old windy Wellington gusts came through, making it tough in places. All in all, everyone raced as well as they could given the course.

It was good to see people across all age grades, young and experienced, there making the most of these races. Pbs and friendships were held by many as well as chocolates handed out by Rozie after to congratulate everyone. It was sad to see no live stream organized for the walkers so I did a live stream so people could watch the race.

Women U18 5000m

1 Alana Mathews	RW Auckland	30:44.0
2 Yandri Fourie	Pakuranga AC	33:43.2

Men U18 5000m

1 Jonah Cropp	Sumner Running C	24:20.1
2 Toby O'Rorke	Taranaki - Egmont	26:29.3

Women U16 5000m

1 Sinead O'Sullivan	Stratford R&WC	34:33.5
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Men U16 5000m

1 Richie Trathen	Pakuranga AC	28:07.9
2 Ari Bennett	Ashhurst A&HC	29:39.0
3 Nathan Baylis	Taranaki RWC	33:10.9

Women 40y 10000m

1 Catherine Uhlenberg	Stratford R&WC	1:10:23.6
2 Heather McLean	Canterbury - NBOlym	1:15:30.6
3 Vicky Jones	Taranaki - Egmont	1:21:59.6

Women 60y 10000m

-- Terri Grimmitt	Wellington Scottish	DQ
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Women 75y 10000m

1 Jacqueline Wilson	W'ton - Trentham	1:11:47.6
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Men U20 10000m

1 Lucas Martin	Manawatu Wanganui	49:04.4
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Men 60y 10000m

Men 70y 10000m

1 Rodney Gillum	Taranaki - Egmont	1:08:57.5	1 Eric Kemsley	Taranaki RWC	1:02:50.9
2 Ian Sutton	Wellington Scottish	1:14:34.7	2 Clive McGovern	W'ton - Trentham	1:03:05.0

Women Senior 20km

1 Laura Langley	Gisborne - Napier HC	1:49:28
-- Courtney Ruske	ChristchurchAvon AC	DNF

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 05/09/2022 Supernova 7: recruiting elite female racewalkers as possible subject participants
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4454&fbclid=IwAR2TtM2CYwZDhoQknK71oKtkoBuZicVIOtsjifWGqza0i-Wvfyp_qY-d8VIM Australian coach Brent Vallance's new study, seeking interested and eligible applicants.
- 04/09/2022 Gdansk (POL): 55th Race Walking and Nordic Walking Festival
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4453

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, September 5, 2022 - Finland beats Sweden in the 2022 Finnkampen march. Karlström and Nurmi win individually <http://omarchador.blogspot.com/2022/09/finlandia-supera-suecia-na-marcha-do.html>
- Sunday, September 4, 2022 - Rio Maior Marching Grand Prix scheduled for May 6, 2023
<http://omarchador.blogspot.com/2022/09/grande-premio-de-marcha-de-rio-maior.html>
- Saturday, September 3, 2022 - England Under-17 and Under-15 Championships in Bedford (results)
<http://omarchador.blogspot.com/2022/09/campeonatos-de-inglaterra-sub-17-e-sub.html>
- Friday, September 2, 2022 - Argentina Under-23 Outdoor Track Championships (2022) – results
<http://omarchador.blogspot.com/2022/09/campeonatos-sub-23-da-argentina-de.html>

OTHER NEWS

From the *Lancashire Walking Club* webpage:

'It is **Paul Nihill's** birthday today. He would have been 83 years of age. In remembering this great athlete, see this atmospheric early photo of him competing in wintry conditions. It's tempting to think it's one of the famous London Seven Mile races.'

Those who knew and remember the late Paul Nihill from his heyday may appreciate this domestic race pic, perhaps from around the time of his Olympic silver medal win in 1964.

Check out the conditions ... no wonder he walked so fast!



A new Supernova study by National Walking coach **Brent Vallance**. Open to eligible female walkers everywhere:

PARTICIPANTS WANTED

Low Energy Availability (LEA) is a mismatch between energy intake from food and energy burned during exercise expenditure. It is common for athletes to develop LEA while training - however this impairs performance.

The aim of this study is to investigate whether a careful period of decreasing energy intake can be included into an altitude training camp to achieve a desirable change in body composition without sacrificing training adaptations.

REQUIREMENTS?

Attend the AIS (Canberra) for pre and post altitude testing blocks, and a 21 day altitude training camp in Perisher, NSW.

- 2 x 10,000m walk races
- Haemoglobin mass assessment
- Aerobic capacity testing
- Questionnaires around dietary intake, exercise and/or menstrual function
- Body composition and Resting Metabolic Rate assessment



ACU

MARY MACKILLOP
INSTITUTE FOR
HEALTH RESEARCH



ARE YOU ELIGIBLE?

We are recruiting elite female race walking athletes

- Aged 18-40
- In training for the 2023 World Athletics Championships/2024 Olympic Games
- 20km best time < 1:34:00 since 2019
- Train with a GPS watch
- Ability to complete the training requirements of the research study

Contact Louise Burke or Rachel McCormick for more information!

Louise.Burke@acu.edu.au +61 0422 635 869 or rachel.mccormick@acu.edu.au +61 0424 811 850



Wu Tsai Human
Performance Alliance



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sun 11 Sep 2022 AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park
Sun 18 Sep 2022 VMA 5000m track walk c'ships - Mentone

(NOTE: Full details of the VRWC 2022 Winter Road season fixture available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

TBA, 2023 24th World Masters T&F Championships – Gothenburg, SWE
TBA, 2023 World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC) 19th World Athletics Championships – Budapest, HUN

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Stu Cooper - editor

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