



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2020/2021 Number 10  
Tuesday 8 December 2020



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### PAUL F DEMEESTER

Thanks to US Attorney at Law Paul F. DeMeester for another incisive article - the 38<sup>th</sup> in a row – but this one is particularly challenging for our sport, as you will see when you read on below. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

### ***IOC SEXISM SOARS TO NEW HEIGHTS AS ITS WAY OF ELIMINATING SEX DISCRIMINATION IN AN EVENT IS TO ABOLISH THE EVENT***

By Paul F. DeMeester  
7 December 2020 (European and U.S. time zones)

Imagine that in a hypothetical country, the right to vote exists only for men. Women demand the vote. The Government's response: abolish voting altogether, for men and women alike. Far-fetched? Well, that is what the International Olympic Committee (IOC) did in analogous fashion earlier today, on 7 December 2020, a date which will live in infamy. The IOC rejected the World Athletics proposal to add a Women's 50K Race Walk Event to the program for the 2024 Paris Olympics. The IOC simply eliminated the 50K altogether.

Early last year, I claimed that the IOC was sexist in denying an earlier request by the IAAF (the former name of World Athletics) in December 2018 to include women in the Tokyo 2020 50K Race Walk Event. I said so on occasion of the lawsuit I brought in the Court of Arbitration for Sport (CAS) on behalf of seven women 50K walkers (including Erin Taylor-Talcott and Inês Henriques) and one male walker (Quentin Rew). Back in February, CAS decided to not decide the glaring gender discrimination that still exists in Olympic athletics, the 50K being the only event that suffers from outright sexism. CAS held that it did not have jurisdiction to decide this important issue.

The IOC denied it was sexist, resting its defense on a regulation that required the Olympic event program to be set three years ahead of the next Games. The IOC shifted blame to the IAAF, saying the athletics governing body had not included a Women's 50K Race Walk Event in its 2017 proposal for Tokyo 2020. The IOC thereby violated its own constitutional requirement that prohibits sex discrimination, which should have prevailed over an ordinary regulation of when events are to be scheduled. The IOC hypocrisy was further exposed when it managed to move the walks and marathon from Tokyo to Sapporo on short notice. But somehow, adding women walkers to an already existing event was impossible. Hogwash! Today's 50K elimination decision proves that the IOC excuse for not including women in Tokyo was simply a smokescreen. This time around, World Athletics did ask for women to be included in the 50K, unlike the situation in 2017. Today's IOC decision demonstrates that it was sexist then and it is sexist now.

This is not the end of the road for the 50K. Three-and-a-half years ago, the 50K faced elimination at top level when the IAAF Council was asked to do away with it at major international competitions, including the 2020 Olympics. This would have meant that the 2017 London World Championships would have been the curtain call for the Men's 50K. But the Council said 'no' and unanimously endorsed the Men's 50K race for Tokyo 2020. London was not the last call for the Men's 50K. Instead, it was the first time women 50K walkers were allowed to vie for 50K Worlds gold, courtesy of the IAAF settling a lawsuit brought by Erin Taylor-Talcott in CAS.

To its great credit, the IAAF thereafter quickly embraced gender equality in the 50K, rendering the Taicang 2018 and Doha 2019 50K races gender equal, and by making its 2018 request to the IOC to remedy the obvious discrimination at Tokyo 2020. The World Athletics proposal rejected today by the IOC, to have men's and women's 20K and 50K race walk events at Paris 2024, demonstrates how far the 50K has come from that gloomy week in April of 2017. As recently as March 2019, the Council was asked to eliminate the event. The 2024 proposal suggests the 50K survives in the eyes of World Athletics, probably courtesy of the COVID-19 pandemic, which has upended the sports world. The 50K is not alone in that regard within the athletics family. Events that were cut from this year's Diamond League, including the triple jump, discus, 200m, 3000m steeplechase and 5000m, have been reinstated for next year. A welcome change for race walkers and Diamond Leaguers alike.

World Athletics should not let this IOC setback dictate its own future plans. World Athletics should continue to have the 20K and 50K (not 35K) on its international program, including the World Championships, the World Team Championships and the Race Walk Challenge. So what if the IOC does not want the 50K? The IOC may eventually relent if World Athletics keeps the 50K as part of its Championships. It's happened before, in 1976 to be exact, when the IAAF conducted its first ever World Championships just for the 50K. That action helped usher the 50K back onto the Olympic schedule four years later in Moscow. World Athletics should repeat the experience. The 50K road does not run through Lausanne (IOC headquarters); instead, it runs through Monaco (World Athletics headquarters).

#### WHAT'S COMING UP

We have finished our VRWC events for the year, but the summer season progresses here in Victoria, with the following events scheduled for the remainder of this month:

Wed 9 Dec 2020	BRWC Merv Lockyer 3km Handicap – 6pm	Ballarat
Sun 13 Dec 2020	AVSL Round 3 (includes 2000m walk)	Various venues
Wed 16 Dec 2020	BRWC Jared Tallent 1.5km Handicap & Christmas break up - 6pm	Ballarat

Ballarat Race Walkers Club always welcomes any Melbourne walkers who fancy a short drive. Races are held in the North Gardens, Lake Wendouree (just north of the Ballarat Botanical Gardens).

Of course, I have not mentioned the many Little Athletics competitions that are held every weekend throughout Victoria.

Entries are now open for the **2021 Australian 20km Road Walking Championships**, which will be held in **Adelaide** on **Sunday 14<sup>th</sup> February 2021**. Entries close on Monday 1<sup>st</sup> February. See more at <https://www.athletics.com.au/events/83392/>.

Our VRWC Summer Season races will continue on Sunday 17<sup>th</sup> January 2021, with road races at Middle Park. Check out our full summer season fixture at <http://www.vrwc.org.au/vrwc21.shtml>.

#### VRWC ROADWALKS, MIDDLE PARK, SUNDAY 6 DECEMBER

Sunday saw the final VRWC walks carnival for the year, but it was hard to believe that it was summer in Melbourne, with a blustery cold wind, and with rain which pelted down towards the end. What a year it has been for us all! All I can say is that I hope that 2021 will shine brightly on us all.

This week saw 34 walkers in attendance, with 6 courageous souls testing themselves out over 20km. The highlight of that race was the performance of 71 year old **Heather Carr** who broke the Australian Masters W70 20km record by over 7 minutes, her final time of 2:22:49 also of course a Victorian Masters and VRWC record. And along the way, she set a new VRWC W70 15km record of 1:45:20. I must also give a special mention to **Madeleine Feain** who has been shattering all her PBs this summer. Sunday was no exception as she took 4 minutes of her PB with 1:55:17.

##### 20km Walk

1.	Pramesh Prasad	M	1:55:14	
2.	Madeleine Feain	F	1:55:17	PB 4:36
3.	Simon Evans	M	2:10:18	
4.	Terry O'Neill	M	2:11:00	
5.	Heather Carr	F	2:22:49	AMA/VMA W70 record
	Charlotte Hay	F	DNF	10km in 54:50

The 10km race saw a big group of our young champions upping the ante and testing themselves over a longer distance, most for the first time. That list included 13 year olds **Ariana Pashutina**, **Liam Hutchins** and **Riley Coughlan**, 14 year old **Emily Smith**, 16 year olds **Owen Costin** and **Fraser Saunder** and 17 year old **Grace Louey**. **Will Thompson** stormed through to take fastest time with a PB 44:18, even though he slowed in the final laps. **Fraser Saunder** also excelled with 49:02 on his first attempt at the distance. And special mentions to **Claire Samanna** (big PB of 57:43) and 74 year old **Andrew Jamieson** (1:00:40 – I wish I could walk that fast!).

##### 10km Walk

1.	Will Thompson	M	44:18	PB 0:34
2.	Fraser Saunder	M	49:02	First one
3.	Ariana Pashutina	F	56:02	First one
4.	Liam Hutchins	M	56:03	First one
5.	Riley Coughlan	M	56:34	First one
6.	Claire Samanna	F	57:43	PB 1:15
7.	Emily Smith	F	59:19	PB 0:08
8.	Owen Costin	M	59:xx	First one – final time TBA
9.	Andrew Jamieson	M	1:00:40	
10.	Grace Louey	F	1:02:22	First one

11. Gerard Feain	M	1:08:04
12. Donna-Marie Elms	F	1:10:43
Mark Donahoo	M	DNF

Our even younger walkers excelled in the 5km walk, with 14 year old **Marcus Wakim** (25:30), 11 year old **Daniel Pashutin** (28:56) and 9 year olds **Ela Uzun** (28:28) and **Havana Ali** (30:56) all impressing. Ela and Havana both broke our VRWC U10 record, with the older Ela also breaking our U11 record for good measure. Newcomer **Kate Siviour**, who completed her first ever walk last week, upped the ante this week with a fantastic 29:32. And a final mention for 16 year old **Jade Chitty** (31:13) who is also steadily improving each week.

#### 5km Walk

1. Marcus Wakim	M	25:30	PB 0:49
2. Ela Uzun	F	28:28	First one, U10 and U11 VRWC Records
3. Daniel Pashutin	M	28:56	First one
4. Kate Siviour	F	29:32	First one
5. Havana Ali	F	30:56	First one
6. Jade Chitty	F	31:13	PB 1:04
7. David Smyth	M	32:24	
8. Karyn O'Neill	F	35:59	
9. Geoff Barrow	M	36:38	
10. Marilyn Thompson	F	36:46	

And finally to our 2km walkers. Now that distance is more to my liking! **Joel Imbriano** was just a few secs outside his PB to win with 10:30. Well done everyone.

#### 2km Walk

1. Joel Imbriano	M	10:30	
2. Liam Evans	M	13:52	
3. Gwen Steed	F	15:35	
4. Alannah Truelson*	F	18:02	
5. Kathryn Evans *	F	20:33	First walk with us

Thanks to all the officials, judges and helpers who kept the show on the road and thanks to everyone who has lent their shoulder to the plow at any time this year.

**Meet Manager:** Terry Swan  
**Checkin:** Mark Donahoo  
**Time Keepers:** Ian Laurie, Simon Baker, Michael Bodey, Donna Dickson  
**Judges:** Stu Cooper (Chief), Peter Vysma, David Cash, Shane Dickson, Diane Lowden  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/571>)

That's it for 2020. VRWC will return in January 2021. See you all then.



*Record breakers Heather Carr and Ela Uzun, along with 10km speedsters Will Thompson and Fraser Saunder*



*Ariana Pashutina, Liam Hutchins, Riley Coughlan, Jade Chitty and Daniel Pashutin (all photos by Terry Swan)*

**ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 3 DECEMBER**

The ACT Race Walkers Club walkers were in action on Thursday evening in Woden.

**2000m Walk Handicap**

1.	Val Chesterton	16:24
2.	Caroline Campbell *	16:05
3.	Jenny May *	16:36
4.	Peter Baker (F/T)	11:04
5.	Ruth Baussmann *	14:30
6.	Robert Kennelly	17:25
7.	Sue Archer *	13:23
8.	Lorna England *	17:39
	* Fitness Walker	

**ATHLETICS WEST INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 4 DECEMBER**

Small fields in Perth for the Western Australian track races last Friday night.

**Women 3000m Walk**

1.	Griffin, Alexandra	13:56.33
2.	Spence, Ashlyn	16:03.39
3.	Bogaers, Kaytee	16:13.56

**Men 3000m Walk**

1.	Reid, Benjamin	13:46.30
2.	Ronan, John	13:56.70
3.	Mann, Bradley	14:37.34
4.	Bernard, Xavier	16:03.11

**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 5 DECEMBER**

South Australian walkers were back in action last weekend after a few weeks in covid lockdown. Although conditions were windy, it was still a PB for for **Jordan Mckenna** and the usual fast walk by **Kim Mottrom**.

**Open 5000m Walk**

1.	Kim Mottrom	23:00.73
2.	Mathew Bruniges	23:41.37
3.	Daisy Braithwaite	27:33.88

4.	Nellie Langford	28:42.38
5.	Peter Crump	30:00.33
6.	Jordan McKenna	32:09.73
7.	James Hoare	40:51.49
8.	Ross Hill-Brown	42:20.38
	Mia Wilks	DNF

#### Open 1500m Walk

1.	Sebastian Richards	07:08.17
2.	Hannah Wilks	08:31.71
3.	Zayden Kamish	08:32.59
4.	Marie Maxted	09:00.95
5.	Liz Downs	10:43.14

### QMA T&F MEET, SAF, BRISBANE, SATURDAY 5 DECEMBER

The Queensland Masters were in action on Saturday, with a 1500m / 2000m double on offer.

#### 1500m Walk

1.	Kirwin, Roslyn	W31	QMA	9:54.92	56.65%
2.	Guevara, Argenis	M52	QMA	8:08.16	72.62%
3.	Woodward, Erika	W54	QMA	8:43.77	72.50%
4.	Jimenez, Ignacio	M55	QMA	6:56.44	88.92%
5.	Bennett, Peter	M65	QMA	8:21.83	81.48%
6.	McKinven, Noela	W78	QMA	12:22.51	67.35%

#### 2000m Walk

1.	Kirwin, Roslyn	W31	QMA	14:26.21
2.	Guevara, Argenis	M52	QMA	11:09.43
3.	Woodward, Erika	W54	QMA	11:33.20
4.	Jimenez, Ignacio	M55	QMA	9:30.93
5.	Bennett, Peter	M65	QMA	11:05.80
6.	McKinven, Noela	W78	QMA	16:13.33

### ATHLETICS ACT INTERCLUB, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 5 DECEMBER

#### 3000m Walk

1.	Norden, Lilah	13	NSW	22:03.1
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### ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SUNDAY 6 DECEMBER

Dave Moore reports: Conditions were cold and blustery for our late afternoon walk at Interclub on Sunday. **William Robertson** did a solid performance in his first outing of the track season, while Eastern Suburbs athlete **Archie Dixon** did his first ever race walk at Interclub and acquitted himself quite well.

#### 1500m Walk

1.	William Robertson	OVA	6:21.98
2.	Elizabeth Leitch	TMA	9:57.64
3.	Archie Dixon	ES	11:57.86
4.	Dave Moore	TMA	14:07.29

### NSW ALL SCHOOLS ATHLETICS CHAMPIONSHIPS, SOPAC, SYDNEY, 3-6 DECEMBER

The NSW All Schools Championships were held last weekend in Sydney, with the track walks contested on Day 1 (Thursday 3<sup>rd</sup> December). Fields were strong and a number of new meet records were set – **Elizabeth McMillen** (U17 5000m 24:08.64), **Milly Boughton** (U15 3000m 14:03.71), **Isaac Beacroft** (U14 3000m 14:00.47) and **Kodi Clarkson** (U13 3000m 14:11.26). NSW athletics looks to be bouncing back strongly from covid-19.

#### U20 5000m Walk

1.	McGinniskin, Jack	18	West Wallsen	23:02.10
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#### U17 5000m Walk

1.	Pyda, Raven	16	Westfield Sp	24:30.51
2.	Strahl, Caleb	16	Endeavor Spo	31:09.62

1.	McMillen, Elizabeth	16	Killarney He	24:08.64	Meet Record
2.	McLoughlin, Chloe	16	Central Coas	31:26.83	
3.	Smith, Casey	16	The Riverina	32:51.09	

#### U16 3000m Walk

1.	Robson, Jack	15	Marian Catho	14:28.25	
2.	Dundon, Harry	15	Newington College	14:40.79	
3.	Spamer, Liam	15	Cardiff High School	15:30.52	
4.	Reckerman, Xandar	15	Northmead Cr	15:43.41	
5.	Pospischil, Brendan	15	Parramatta M	16:08.24	
1.	Duguid, India	15	Brisbane Wat	14:50.58	
2.	Thomas, Emma	15	Muirfield Hi	15:00.85	
3.	Laytham, Tara	15	Killarney He	15:47.34	
4.	Dunne, Izabella	15	Terrigal Hig	16:31.81	
5.	Hickson, Alannah	15	Turrumurra H	17:38.06	
6.	Nilon, Isabelle	15	St Patricks	20:14.31	

#### U15 3000m Walk

1.	Bonham, Ryan	14	Bishop Tyrre	14:04.88	
2.	Bell, Darcy	14	Hills Sports	15:11.59	
3.	Horton, Jai	14	Westfield Sp	16:38.27	
4.	Roche, Liam	14	Oakhill College	17:12.08	
5.	Shannon, Thomas	14	Oakhill College	18:33.12	
6.	Murphy, Liam	14	St Columba's	18:33.20	
	Platt, Grady	14	St Paul's Ca	DQ	
1.	Boughton, Milly	14	Westfield Sp	14:03.71	Meet Record
2.	Pinches, Aiva	14	Lambton High School	16:21.41	
3.	Krklinski, Chloe	14	Muirfield Hi	16:41.08	
4.	Munroe, Ella	14	Castle Hill	17:18.14	
5.	Byatt, Laelia	14	The Hills Sp	17:23.04	
6.	Ivicevic, Teleah	14	Cerdon Colle	21:36.42	
7.	McKenna, Bronte	14	St Patrick's	24:30.23	
	Neale, Jacinta	14	Clancy Catho	DNF	
	Ryan, Charli	14	Warilla High School	DQ	

#### U14 3000m Walk

1.	Beacroft, Isaac	13	Oakhill College	14:00.47	Meet Record
2.	Toyne, Owen	13	Radford College	14:04.58	
3.	Ashby, Myles	13	Oakhill College	16:07.04	
4.	Byatt, Joel	13	The Hills Sp	16:28.27	
5.	Mayhew, Maxwell	13	St Leo's Cat	16:49.50	
6.	Cousins, Callum	13	Glendale Tec	16:53.25	
7.	Spamer, Brodie	13	Cardiff High School	17:55.05	
8.	Pospischil, Aidan	13	Parramatta M	18:50.30	
	Charlton, Peter	13	Belmont High School	DQ	
1.	Pitcher, Sienna	13	Terrigal Hig	15:13.55	
2.	Cassilles, Ciara	13	Westfield Sp	15:27.02	
3.	Williams, Lyla	13	Lindisfarne	15:29.98	
4.	Lamb, Chloe	13	Queenwood	15:51.91	
5.	Diaz, Ava	13	Domremy Cath	16:26.93	
6.	Woods, Zoe	13	Covenant Chr	16:35.99	
7.	Sivaraj, Summer	13	Abbotsleigh	17:38.23	
8.	Sassen, Olivia	13	Mount St Ben	17:43.67	
9.	Newberry, Brooke	13	O'Connor Cat	17:49.54	
10.	Kuruc, Valentina	13	Loreto Normanhurst	17:49.88	
11.	Bektas, Abbey	13	The Hills Sp	18:09.39	
12.	Bektas, Jesse	13	The Hills Sp	19:04.73	
13.	Tanner-Black, Macy	13	Mlc Burwood	21:11.45	

#### U13 3000m Walk

1.	Clarkson, Kodi	12	Athletics Act	14:11.26	Meet Record
2.	Dhawan, Siddharth	12	Athletics Act	16:37.20	
3.	Sinnett, Alexander	12	Arndell Angl	16:57.52	
4.	Robson, Kane	12	Marian Catho	18:29.59	

5.	Day, Jackson	12	Warners Bay	21:00.58
1.	Baker, Adelayde	12	The Hills Sp	19:39.84
2.	Skundric, Charlotte	12	Freeman Cath	20:37.34

There were quite a few interstaters there. **Kodi Clarkson** (1<sup>st</sup> U13 3000m), **Sid Dhawan** (2<sup>nd</sup> U13 3000m) and **Owen Toyne** (2<sup>nd</sup> U14 3000m) made the trip up from Canberra, while **Gabriella Hill** (1<sup>st</sup> U17 5000m) and **Lyla Williams** (3<sup>rd</sup> U14 3000m) made the trip down from Queensland.



*Gabriella Hill, Lyla Williams with coach Robyn Wales (with broken arm!), Kodi Clarkson, Sid Dhawan, and Owen Toyne*

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 2 press releases this week

- Sat 5 Dec - Trnava (SVK): a return to the classic: the 50,000m track walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3928](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3928)
- Tue 1 Dec - The Olympic Games 20km and 50km double (by Paul F. DeMeester)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3927](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3927)

Omarchador has 7 press releases, including one with our race results from Middle Park!

- Sun 6 Dec - Miroslav Úradník and Mária Czaková win 20,000m track walks in Trnava, Slovakia  
<https://omarchador.blogspot.com/2020/12/miroslav-uradnik-e-maria-czakova-vencem.html>
- Sat 5 Dec - Vít Hlaváč wins 50,000m track walk in Trnava, Slovakia  
<https://omarchador.blogspot.com/2020/12/vit-hlavac-vence-50000-metros-em-trnava.html>
- Fri 4 Dec - João Vieira and Ana Cabecinha win in Leiria  
<https://omarchador.blogspot.com/2020/12/joao-vieira-e-ana-cabecinha-vencem-em.html>
- Thu 3 Dec - Lithuanian coach Juzefas Romankovas celebrates his 70th birthday  
<https://omarchador.blogspot.com/2020/12/juzefas-romankovas-em-dia-de-aniversario.html>
- Wed 2 Dec - Caio Bonfim and Gabriela Muniz win Brazilian races  
<https://omarchador.blogspot.com/2020/12/caio-bonfim-e-gabriela-muniz-em.html>
- Tue 1 Dec - Results of VRWC Round 4 at Middle Park, Melbourne  
<https://omarchador.blogspot.com/2020/12/ronda-4-do-vrwc-no-middle-park.html>
- Mon 30 Dec - Italian road championships postponed to January 23, 2021  
<https://omarchador.blogspot.com/2020/11/campeonatos-de-italia-estrada-adiados.html>

## OUT AND ABOUT

- Following on from Paul DeMeester lead article in this week's newsletter, check out today's IOC press release. Gender equality? What an utter whitewash! To somehow suggest that this box is ticked with the replacement of the 50km in 2024 by a new mixed-gender event is just an insult to our walking community. See <https://www.olympic.org/news/gender-equality-and-youth-at-the-heart-of-the-paris-2024-olympic-sports-programme>.
- John Constandinou advises that the new edition of Race Walking Record is now available online. Download it from the RWA website: <http://racewalkingassociation.com/Newsletters/RWR902.pdf>
- Minsk could be set to lose another major event following the controversial re-election in August of Alexander Lukashenko as Belarus President, which has sparked widespread protests across the country. World Athletics President Sebastian Coe revealed that he had instructed the governing body's newly established Risk Committee to assess the situation in Belarus. The discussion will include whether to remove the **World Athletics Race Walking Team Championships**, due to be staged in the Belarus capital on April 23 and 24 in 2022, from Minsk. This last happened in 2016 when these champs were moved from Russia to Italy. See <https://www.insidethegames.biz/articles/1101521/world-athletics-to-investigate-belarus>.
- The 2021 Diamond League series will include all the disciplines World Athletics planned to remove from its top tier programme this year before the coronavirus pandemic prompted a radically re-shaped programme. "Following a planned reduction in the number of disciplines for 2020," World Athletics announced today, "the series returns to a full programme of 32 disciplines in 2021. The triple jump, the discus, the 200 metres, the 3000m steeplechase and the 5000m will be reinstated." Sounds like a major backdown to me. See <https://www.insidethegames.biz/articles/1101580/diamond-league-2021-32-events>.

The implications of a cancellation of the 2021 Olympics is now becoming apparent

- The British Olympic Association (BOA) has provided an insight into the financial strains to which COVID-19 has exposed National Olympic Committees (NOCs), warning that any late decision to cancel the postponed Tokyo 2020 Olympic Games altogether might cast doubt over its ability to "continue as a going concern." See <https://www.insidethegames.biz/articles/1101449/boa-warning-over-tokyo-cancellation>.

Major sporting events continue to be ravaged by covid-19.

- The New York City Half Marathon has been cancelled for the second successive year as COVID-19 cases and deaths continue to hit record levels in the United States. See <https://www.insidethegames.biz/articles/1101547/new-york-half-marathon-2021-cancelled>.
- New dates have been confirmed in 2022 for the World Athletics Cross Country Championships in Bathurst in Australia, which were due to take place next year but have been postponed because of the coronavirus pandemic. See <https://www.insidethegames.biz/articles/1101524/new-dates-for-world-cross-country-champs>.
- The Hong Kong Marathon has been postponed to October 2021 due to coronavirus concerns - leaving one of the country's top long-distance runners facing a race against time to qualify for Tokyo 2020. Christy Yiu Kit-ching had planned to use her home race - which had been scheduled for January 24 2021- as a qualifier for the next year's delayed Olympics. But after calling off the 2020 edition of the race because of the outbreak of COVID-19, organisers have now postponed the 2021 event to October 24. Yiu is struggling to find a race as the pandemic continues to wreak havoc to the sporting calendar. I'm sure she is not alone in this. See <https://www.insidethegames.biz/articles/1101614/hong-kong-marathon-postponed-2021>.

## SAVING HISTORY FOR POSTERITY

Older sporting newsletters provide such valuable resources, so it is wonderful to see the many efforts across the world to republish them in digital form. There are lots of archives around, mainly in the running world, but also in the walking world.

Here are some examples from the running world

- The **Victorian Marathon Club (VMC)** produced a quarterly newsletter from 1963 to 1994, under the editorial guidance of the legendary Fred Lester. I used to subscribe to it and always looked forward to Fred's visionary editorials. The complete set can be found at <https://ausrunning.net/misc/victorian-marathon-club/>.
- **The NorCal Running Review**, edited by Jack Leydig, reported on activities around the Bay Area in San Francisco and Northern California and produced 82 newsletters from November 1969 to Spring 1981. All are captured at <http://mastershistory.org/norcal-running-review-2/>.
- The New York Road Runners Club newsletters, published from 1959 to 1974, can be read at <https://tedcorbitt.com/rcc-ny-association-newsletters-1959-1974/>



Many Masters Athletics resources have also been captured. For instance,

- **The Veteran Athlete** was an official publication of Australian Masters Athletics (then known as the Australian Association of Veteran Athletic Clubs). The newspaper was edited by Mike and Penny Hall in 60 issues from 1986 to 1992. It was usually printed in black halftone on 20 tabloid-sized pages. While not complete, a number of the early issues are found at <https://ausrunning.net/misc/veteran-athlete/>.

There are also a number of racewalking newsletter archives

- **The Ohio Racewalker** was published for 50 years, from 1965 to 2014. And here they are: <http://mastershistory.org/50-years-of-ohio-race-walker-1965-to-2014/>.
- **The Race Walking Record** is the official monthly magazine of the Race Walking Association, and has been published monthly in England for 79 years. The first issue was published in November 1941. The archive site at <http://racewalkingassociation.com/Archive/Archives.asp> has most of them captured in digital form, thanks to some huge work, coordinated by John Constandinou. This is an invaluable resource.
- **The Enfield Walker** is the official newsletter of the Enfield Race Walking League in England. All their newsletters since 2014 can be found at <https://enfieldleague.weebly.com/newsletters.html>.
- **The Essex Walker**, edited by Dave Ainsworth) has been going a long time. All editions since December 2004 (Essex Walker 255) are online at <http://racewalkingassociation.com/Newsletters.asp>.
- Our own **VRWC Heel & Toe newsletter** has been produced, off and on, since the first single page sheet in 1931. I've put all the issues since 2009 online at <http://www.vrwc.org.au/vrwcnewsletters.shtml>. I must complete a full archive at some stage.
- **Centurion Footnotes** is the newsletter for the Australian Centurion Walkers. I have been producing 8+ issues per year since 1994. I have all the issues since 2006 online at <http://www.centurions.org.au/centnewsletters.shtml>. Again, another job for my dotage.

I would love to get more links to add to the list. We have a proud athletics history and lots of people have done lots of work to ensure it is captured for posterity.

#### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions. It continues to change quickly as a result of COVID-19 issues.

For VRWC race details, see <http://www.vrwc.org.au/vrwc21.shtml>

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

For the Athletics Australia summer fixture, see <https://cdn.revolutionise.com.au/cups/aa/files/aexjryarznk08gxh.pdf>

#### Victorian Key Dates – Summer 2020/2021

Dec 9 (Wed), 2020	BRWC Merv Lockyer 3km Handicap – 6pm	Ballarat
Dec 13 (Sun), 2020	AVSL Round 3 (includes walk)	Various venues
Dec 16 (Wed), 2020	BRWC Jared Tallent 1.5km Handicap & Christmas break up - 6pm	Ballarat
Jan 17 (Sun), 2021	VRWC Road Walks	Middle Park
Jan 22-24, 2021	<b>Victorian Country Track &amp; Field Championships</b>	Ballarat
Jan 27 (Wed), 2021	VRWC Track Races	Mentone
Feb 10 (Wed), 2021	<b>AV 5000m Teams Race Championship</b>	Mentone
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	<b>Australian 20km Roadwalk Championships</b>	Adelaide, SA
Feb 19-21, 2021	<b>Victorian T&amp;F Championships (Weekend 1)</b>	Lakeside Stadium
Feb 26-28, 2021	<b>Victorian T&amp;F Championships (Weekend 2)</b>	Lakeside Stadium
Mar 5-8, 2021	<b>Australian Masters Championships</b>	Canberra, ACT
Mar 21 (Sun), 2021	<b>VMA 5000m Walk Championship</b>	Mentone
Mar 27 (Sat), 2021	<b>Australian 50km Championship (Men)</b>	VIC
Apr 12-21, 2021	<b>Australian Athletics Championships</b>	TBA
Apr 23-24, 2021	<b>Australian Little Athletics Championships</b>	VIC
Apr 24-25, 2021	<b>Victorian Masters T&amp;F Championships</b>	Doncaster

#### International Dates

May 16, 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	<b>32<sup>nd</sup> Olympic Games, Tokyo and Sapporo</b>

July, 2021	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Tampere, Finland
Aug 8-19, 2021	<b>World University Summer Games</b> , Chengdu, China
Aug 20-21, 2021	<b>18<sup>th</sup> World Athletics U20 T&amp;F Championships</b> , Nairobi, Kenya (POSTPONED FROM 2020)
Jan 2022	<b>Oceania Masters Championships</b> , Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Apr 23-24, 2022	<b>29<sup>th</sup> World Athletics Race Walking Team Championships</b> , Minsk, Belarus
July 15-24, 2022	<b>18<sup>th</sup> World Athletics Championships</b> , Eugene, USA
July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR
Aug 11-21, 2022	<b>European Athletics Championships</b> , Munich, GER
TBA, 2022	<b>19<sup>th</sup> World Athletics U20 T&amp;F Championships</b> , Cali, Colombia
TBA, 2023	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2023 (TBC)	<b>19<sup>th</sup> World Athletics Championships</b> , Budapest, Hungary

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