



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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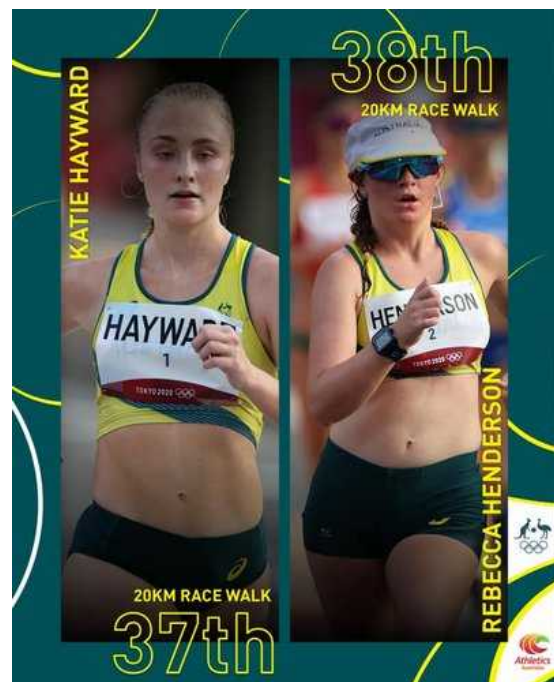
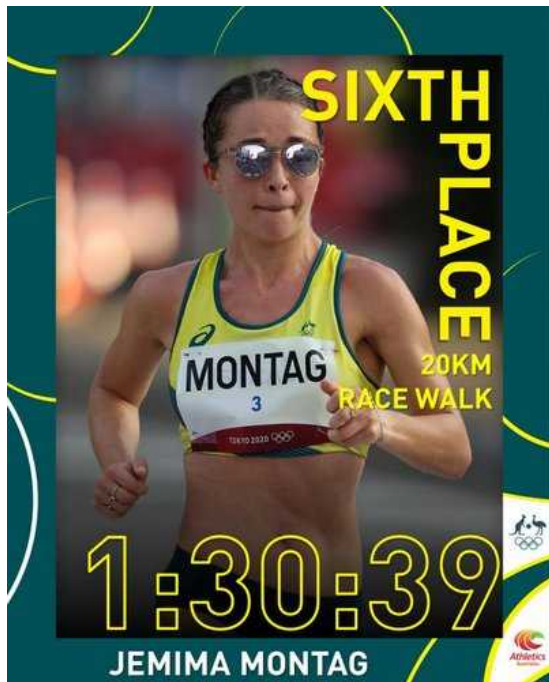
TIM'S WALKERS OF THE WEEK

It's easy to guess my Walkers of the Week this time around – our 6 Australian Olympic walkers. All finished their events in the very tough conditions, battling through temperatures in the thirties and high humidity. Jemima (6th) and Rhydian (8th) led the way with top-8 finishes, Declan and Rhydian recorded PBs and Bec, the youngest competitor in the women's 20km, walked excellently, just like all the others. We are so proud of them all.

◦ Declan Tingay	Men's 20km Race Walk	22	17 th	1:24:00	PB
◦ Kyle Swan	Men's 20km Race Walk	22	36 th	1:27:55	
◦ Rhydian Cowley	Men's 20km Race Walk	30	8 th	3:52.01	PB
◦ Jemima Montag	Women's 20km Race Walk	23	6 th	1:30:39	
◦ Katie Hayward	Women's 20km Race Walk	21	37 th	1:38:11	
◦ Rebecca Henderson	Women's 20km Race Walk	20	38 th	1:38:21	



Jemima, Kyle, Rhydian, Declan, Bec and Katie celebrate their successful Olympics, as the Games drew to a close last weekend (photo Amanda Montag)



WHAT'S COMING UP

- With NSW, QLD and Victoria still in lockdown and with SA just coming out of lockdown, it is a time of great uncertainty here in Australia. If the Victorian Covid restrictions are eased later this week and the rules allow, we run have our next VRWC winter season roadwalk round and our Winter Season Presentations at Middle Park on Saturday. Stay tuned!

Saturday 14th August 2021, Middle Park
 VRWC Relay event: entries closed Sunday 1st August.
 VRWC non relay events, If entering online, entries close Wednesday 11.59pm
 If entering in person, entries close for all events at 1.40pm sharp

2.15pm	Relay event (teams of 4 walkers)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	VRWC Winter Season presentations	

And now onto the leading article, which has to be the Olympics. I must admit that I was dubious as to whether the Games would even make it to the start line, much less finish, but start and finish they did, and the occasion provided 2 weeks of truly inspirational sporting excellence. What more can I say!

Olympic 20km Walk Men, Odori Park, Sapporo, 4:30PM, Thursday 5 August

We were very lucky in Australia, with all 3 walks shown on free-to-air TV, and what exciting events they were. The action kicked off on Thursday afternoon with the men's 20km. My report for this event is taken from that of Bob Ramsak, for World Athletics (see <https://www.worldathletics.org/competitions/olympic-games/news/tokyo-olympic-games-men-20km-race-walk-report>).

Propelled by a relentless final kilometre charge, **Massimo Stano** held off Japanese favourites **Koki Ikeda** and **Toshikazu Yamanishi** to take the 20km race walk title in Sapporo on Thursday. While Stano has been a regular on the race walk circuit for the better part of the last decade, the 29-year-old didn't have a single senior regional, continental or global medal to his name until he crossed the finish line in Odori Park, nine seconds clear of Ikeda.

"Every day in my mind, I repeated: 'I am the strongest, I am the strongest', and I was," said Stano, who crossed the finish line sucking his right thumb, a motion to dedicate his victory to his four-month-old daughter, Sophie. "My only strategy was to stay in the front." That strategy became apparent in the latter stages of the race, but he kept it close to his chest in the early going, preferring to watch from a significant distance as **Wang Kaihua** of China and India's **Sandeep Kumar** made the first big break of the race, the pair moving away from the 30-odd man pack just four kilometres into the contest.

Wang, who was eighth at the 2019 World Championships, arrived in Sapporo as the third-fastest man in history after a 1:16:54 performance in March, so his ambitions to try to steal the race early weren't a surprise. But those of the unheralded Kumar were. The two passed eight kilometres together in 32:56, 11 seconds clear of a chase pack of 12 that included Stano, Ikeda and Yamanishi. But just two minutes later Kumar began drifting back and out of contention, swallowed by the chase pack in the ninth kilometre. Wang forged on alone, hitting the nine-kilometre mark in 36:55 and the midway point in 40:55, 10 seconds clear of his nearest pursuers.

Yang reached 12 kilometres (49:03) alone, but, visibly beginning to strain, he too was gobbled up by the chase pack about two minutes later, with Spaniards **Alvaro Martin** and **Diego Garcia**, Japan's Yamanishi and Ikeda and Stano in the front pack. By this time sizeable crowds began gathering along pockets of the one kilometre loop course, giving the Japanese duo something virtually all athletes at these Olympic Games were missing: fan and spectator support.

After swapping the lead a few times with Yamanishi, Stano lead the group of seven through 15 kilometres in 1:01:27 and after that, never relinquished the lead. Just beyond the 17 kilometre point, three men remained in the hunt: Stano and Yamanishi and Ikeda, who were trying to apply the pressure as a two-flank attack. With just over 1:15 on the clock, Stano and Ikeda were the last men standing, carrying a six-second lead on Yamanishi when the bell sounded the last lap. Stano looked unstoppable and ultimately was, pulling away gradually over the final stretch before crossing the finish in 1:21:05. Ikeda clocked 1:21:14 and Yamanishi 1:21:28 to secure Japan's first two athletics medals of these Olympic Games.

Stano's time was well off his 1:17:45 lifetime best from 2019, but was likely the furthest thing from his mind as he was trying to process what he had just accomplished. "For now, this is like a dream - and I don't want to wake up."

The International Olympic Committee made the decision to move the race walks and marathons to Sapporo in October 2019 to avoid the significantly warmer temperatures expected in Tokyo, located more than 800km south. Conditions in Sapporo were warmer than expected, with the mercury reaching 31 degrees Celsius at the start, but cooling as the race progressed.



The top 3 take the lead – Yamanishi, Stano and Ikeda, before Stano breaks away to win comfortably

1.	Massimo Stano	ITA	1:21:05
2.	Koki Ikeda	JPN	1:21:14
3.	Toshikazu Yamanishi	JPN	1:21:28
4.	Álvaro Martín	ESP	1:21:46
5.	Christopher Linke	GER	1:21:50
6.	Diego García	ESP	1:21:57
7.	Kaihua Wang	CHN	1:22:03
8.	Jun Zhang	CHN	1:22:16
9.	Perseus Karlström	SWE	1:22:29
10.	Callum Wilkinson	GBR	1:22:38
11.	Andres Eduardo Olivás Núñez	MEX	1:22:46
12.	Brian Daniel Pintado	ECU	1:22:54
13.	Caio Bonfim	BRA	1:23:21
14.	Manuel Esteban Soto	COL	1:23:32
15.	Francesco Fortunato	ITA	1:23:43
16.	Kevin Campion	FRA	1:23:53
17.	Declan Tingay	AUS	1:24:00 PB
18.	Eider Arevalo	COL	1:24:10
19.	David Hurtado	ECU	1:24:31
20.	Wayne Snyman	RSA	1:24:33
21.	César Augusto Rodríguez	PER	1:24:40
22.	Leo Köpp	GER	1:24:46
23.	Sandeep Kumar	IND	1:25:07
24.	Gabriel Bordier	FRA	1:25:23
25.	Tom Bosworth	GBR	1:25:57
26.	Zelin Cai	CHN	1:26:39
27.	Jhon Alexander Castañeda	COL	1:26:41
28.	Nils Brembach	GER	1:26:45
29.	David Kenny	IRL	1:26:54
30.	José Oswaldo Calel	GUA	1:26:55
31.	Miguel Ángel López	ESP	1:27:12
32.	Eiki Takahashi	JPN	1:27:29
33.	Marius Žiukas	LTU	1:27:35
34.	Sahin Senoduncu	TUR	1:27:39
35.	Jordy Rafael Jiménez Arrobo	ECU	1:27:52
36.	Kyle Swan	AUS	1:27:55
37.	Byeongkwang Choe	KOR	1:28:12
38.	Noel Chama	MEX	1:28:23
39.	Georgiy Sheiko	KAZ	1:28:38
40.	José Ortiz	GUA	1:28:57
41.	Miroslav Úradník	SVK	1:29:25
42.	Jesús Tadeo Vega	MEX	1:30:37
43.	Luis Henry Campos	PER	1:30:58
44.	Federico Tontodonati	ITA	1:31:19
45.	Aliaksandr Liakhovich	BLR	1:31:28
46.	Matheus Correa	BRA	1:31:47
47.	Rahul	IND	1:32:06
48.	Abdulselam Imuk	TUR	1:32:27
49.	Ivan Losev	UKR	1:33:26
50.	Nick Christie	USA	1:34:37
51.	Irfan Kolothum Thodi	IND	1:34:41
52.	Eduard Zabuzhenko	UKR	1:39:38
	Lucas Gomes De Souza Mazzo	BRA	DNF
	Lukasz Niedzialek	POL	DNF
	Salih Korkmaz	TUR	DNF
	José Alejandro Barrondo	GUA	DQ
	Vasilij Mizinov	ROC	DQ

22 year olds **Declan Tingay** (17th in a PB 1:24:00) and **Kyle Swan** (36th in 1:27:55) both raced with great maturity and should be very proud of their efforts. I thought that the best man certainly won the day. Stano looked wonderful the whole way, with his style never in doubt. The comparison with the two Japanese was stark – they were both short striding, with little arm movement, and it was not a pleasant mode of progression to watch. I was somewhat surprised that they both got through the race without incurring more read cards. But the judges are the ones in the best position to make that call, and they obviously saw their techniques as conforming to the rules. I believe that a walker should look like a walker so, if that is now an acceptable mode of progression, then I feel our sport will be worse off as a consequence.

Olympic 50km Walk Men, Odori Park, Sapporo, 5:30AM, Friday 6 August

The racewalk action continued on Friday morning with the men's 50km. What a wonderful race! Like the 50km races in the last few major championships, it provided a wide canvas of drama and changing fortunes. What a shame it was the last ever international 50km walk. World Athletics should be holding its head in shame. My report for this event is taken from that of Bob Ramsak, for World Athletics (see <https://worldathletics.org/competitions/olympic-games/news/tokyo-olympic-games-men-50km-race-walk-report>).

Beating the heat, a loaded field and his own inexperience, **Dawid Tomala** battled his way to a surprise victory in the 50km race walk in Sapporo on Friday morning. Tomala, who was contesting the distance for just the third time, made his decisive break from the field as he approached the 30th kilometre and was never threatened en route to his victory in 3:50:08.

It was the slowest winning time since 1972, but given the conditions – 25.7°C at the start at 5:30am, with relative humidity at 79%, to 33°C and 55% humidity by 8:30am and 35°C by 9:00am – a fast time was never in the cards. That stat certainly didn't matter to Tomala. "It was an amazing day for me. I can't believe it," said the 31-year-old, whose only recorded performance over the distance came in Dudince, Slovakia, in March when he clocked 3:49:23. He made his 50km debut in the Dudince race in 2017 but did not finish. "The first 30 kilometres was so easy for me," he continued. "It was easy, like (a) slow training (session). Everything was amazing, Too perfect. So I was thinking maybe we can do something."

Luo Yadong of China, the fifth-place finisher at the 2019 World Championships, took control with a surge of his own early on, covering the opening 10 kilometres in 47:57, 35 seconds ahead of a 12-man chase pack that included Tomala and teammate **Artur Brzozowski**, Japan's **Satoshi Maruo** and **Masatora Kawano** and defending champion **Matej Toth**.

The Chinese national champion forged on but began running out of steam in the 19th kilometre, saw his lead reduced to one second at 20km (1:35:04) and finally drifted back behind the leaders at 22 kilometres. Germany's **Jonathan Hilbert** was walking at the front, along with Toth and Tomala who were leading a 17-man lead pack that was strung out over about 15m.

About 1:50 into the race, Tomala took his first turn at the front, upping the tempo to build a three-second lead but soon drifted back. He wasn't yet quite ready for what was to come. Finn **Veli-Matti Partanen** led through the midway point in 1:58:16, surging into a brief lead ahead of Tomala, **Havard Haukenes** of Norway, Maruo and Kawano, Hilbert, Toth and China's Wang Qin. **Rhydian Cowley** of Australia led another chase group of seven who were racing a further two seconds back.

Then Tomala made what would be his decisive move. After taking turns with the lead a few more times, he surged ahead to build a nine second lead at 30 kilometres (2:21:21), ahead of some 15 challengers that now made up the chase pack. He then was transformed into the proverbial man on a mission. He stretched the nine-second lead he had at 30km to a whopping 1:46 five kilometres later, crossing the 35km mark in 2:42:34 while a dozen men vied to remain in contention in the chase pack. He kept padding his lead with every passing two-kilometre lap, extending it to 2:27 at 38 kilometres, 2:50 at 40 (3:03:45), to three minutes at 42 and 3:11 at 44.

His surge, pace and the rising temperatures began to take their toll and his lead began to unravel. But in the end it wouldn't break him. With two kilometres remaining he was 2:03 ahead of Hilbert and Spaniard **Marc Tur** who were seemingly locked into a stride-for-stride battle for silver. And by the time he reached the finish, he was still a comfortable 36 seconds ahead of Hilbert, who shook off Tur in the final kilometre to finish runner-up. Canada's **Evan Dunfee**, who was fourth in Rio five years ago, passed Tur in the waning metres to take the bronze in 3:50:59. Tur held on to finish fourth nine seconds later, with 45-year-old **Joao Vieira** of Portugal, the silver medallist at the 2019 World Championships, next in 3:51:28. Kawano (3:51:56) and **Bian Tongda** (3:52:01) were next, the first Japanese and Chinese athletes across the line. Australia's Cowley finished eighth in 3:52:01, the only walker to achieve a personal best in the race. **Jesus Angel Garcia** of Spain clocked 4:10:03 to finish 35th at age 51 to cap his eighth Olympic appearance, a record for athletics. Among the DNFs was world record-holder **Yohann Diniz** who struggled with hip, thigh and back pain before finally stepping off the course in the 27th km.

1.	Dawid Tomala	POL	3:50:08
2.	Jonathan Hilbert	GER	3:50:44
3.	Evan Dunfee	CAN	3:50:59
4.	Marc Tur	ESP	3:51:08
5.	João Vieira	POR	3:51:28
6.	Masatora Kawano	JPN	3:51:56
7.	Tongda Bian	CHN	3:52:01
8.	Rhydian Cowley	AUS	3:52:01 PB
9.	Veli-Matti Partanen	FIN	3:52:39
10.	Brendan Boyce	IRL	3:53:40
11.	José Montana	COL	3:53:50
12.	Artur Brzozowski	POL	3:54:08
13.	Jorge Ruiz	COL	3:55:30
14.	Matej Tóth	SVK	3:56:23
15.	José Leyver	MEX	3:56:53
16.	Quentin Rew	NZL	3:57:33
17.	Máté Helebrandt	HUN	3:57:53
18.	Diego Pinzon	COL	3:57:54
19.	Andrés Chocho	ECU	3:59:03

20.	Bence Venyercsán	HUN	3:59:05
21.	Qin Wang	CHN	3:59:35
22.	Dzmitry Dziubin	BLR	4:00:25
23.	Andrea Agrusti	ITA	4:01:10
24.	Marius Iulian Cocioran	ROU	4:01:43
25.	Maryan Zakalnytsky	UKR	4:02:53
26.	Jarkko Kinnunen	FIN	4:04:28
27.	Jonathan Javier Amores Carua	ECU	4:05:47
28.	Yadong Luo	CHN	4:06:17
29.	Alex Wright	IRL	4:06:20
30.	Hayato Katsuki	JPN	4:06:32
31.	Artur Mastianica	LTU	4:06:43
32.	Satoshi Maruo	JPN	4:06:44
33.	Carl Dohmann	GER	4:07:18
34.	Bernardo Uriel Barrondo	GUA	4:08:34
35.	Jesús Ángel García	ESP	4:10:03
36.	Alexandros Papamichail	GRE	4:12:49
37.	Arnis Rumbenieks	LAT	4:13:33
38.	Aleksi Ojala	FIN	4:14:02
39.	Valeriy L?taniuk	UKR	4:14:05
40.	Marc Mundell	RSA	4:14:37
41.	Michal Morvay	SVK	4:15:22
42.	Nathaniel Seiler	GER	4:15:37
43.	Vít Hlavác	CZE	4:15:40
44.	Horació Nava	MEX	4:19:00
45.	Mathieu Bilodeau	CAN	4:20:36
46.	Lukáš Gdula	CZE	4:33:06
47.	Claudio Paulino Villanueva Flores	ECU	4:53:09
	Teodorico Caporaso	ITA	DNF
	Rafal Augustyn	POL	DNF
	Håvard Haukenes	NOR	DNF
	Luis Manuel Corchete	ESP	DNF
	Gurpreet Singh	IND	DNF
	Luis Angel Sanchez	GUA	DNF
	Ivan Banzeruk	UKR	DNF
	Isaac Palma	MEX	DNF
	Yohann Diniz	FRA	DNF
	Marco De Luca	ITA	DNF
	Érick Bernabé Barrondo	GUA	DQ
	Ruslans Smolonskis	LAT	DQ

Again, the best man won – what a wonderful walk by Tomala. 30 year old **Rhydian Cowley** was our only representative, but what a walk. In only his second ever 50km, he came 8th with a PB 3:52:01, the only PB in the field. Battling 32°C heat and 70% humidity, he was undeterred and held his place in the lead group for most of the race. It was only in the dying stages that he lost contact, but he held his position and was unlucky not to take 7th. Special callout to Melbourne based **Quentin Rew** who finished 16th with 3:57:03, another fine walk from this toughest of tough New Zealanders. And what can you say of 45 year old **Joao Vieira** of Portugal (5th with 3:51:28) and 51 year old **Jesus Angel Garcia** of Spain (35th with 4:10:03 in his eighth Olympic appearance, a record for athletics).



Australia's Rhydian Cowley centre stage in the early part of the 50km race



Dawid Tomalo wins



Jesus Garcia competes in his 8th Olympics

Lots of interesting links to read

- Rhydian post-race interview: https://m.facebook.com/story.php?story_fbid=1725548050989608&id=429137883963971
- Rhydian article: <https://www.olympics.com.au/news/cowley-delivers-best-performance-for-8th-in-50km-walk/>
- Jesus Angel Garcia, 51, calls time after eight Games: <https://www.bbc.com/sport/olympics/58111085>
- Quentin Rew article: <https://www.stuff.co.nz/sport/olympics/300376592/friends-and-family-of-olympics-race-walker-quentin-rew-keep-pace-with-their-mate-from-afar>
- Evan Dunfee of Canada gets 35,000 meals donated for the homeless from Kraft Foods (the number of meals equivalent to his finish time): <https://www.facebook.com/kraftdinner/photos/a.77604007282/10158166916672283/>
- Evan Dunfee finally takes bronze after getting so close in Rio 5 years ago: <https://nationalpost.com/sports/olympics/evan-dunfee-olympics-50km-racewalk-bronze>

Olympic 20km Walk Women, Odori Park, Sapporo, 4:30PM, Friday 6 August

I was back in front of the TV on Friday afternoon for the women's 20km and I was blown away by the performance of Antonella Palmisano. Technically perfect and unmatched. My report for this event is taken from that of Bob Ramsak, for World Athletics (see <https://worldathletics.org/competitions/olympic-games/news/tokyo-olympic-games-women-20km-race-walk-report>).

For the second time in as many days in Sapporo, the Olympic 20km race walk title was claimed by Italy, this time courtesy of **Antonella Palmisano**. Palmisano, who finished fourth in Rio, was a presence from the start, but it wasn't until she approached the 17km mark that she made her intentions clear. After making her decisive move, she was alone by the time she reached the bell and completed much of the final lap with a smile before reaching the finish line in 1:29:12 – an appropriate present for her 30th birthday. "Today is my day – a perfect way to celebrate my birthday," said Palmisano, a regular fixture on Italian race walk squads for the better part of the last decade, but until this morning, without a major title to her name.

It was a similar situation in yesterday's men's 20km race when Massimo Stano, Palmisano's training partner, won his first major title. "Massimo's gold medal gave me a lot of extra power," she said. "In the countdown to the Olympics we both believed very much we could do it. We come from very small towns in the south of Italy. We wanted to do something big."

With the start time temperature hovering at a balmy 34C, the field got off to a cautious start, with Brazil's **Erica de Sena** bringing the tight massive pack through the first kilometre in 4:50 and the second in 9:25. Palmisano led the field through the third kilometre in 14:00, a tempo that didn't do much to string out the pack. By six kilometres (27:37) a distinct lead group of 16 emerged, with the Chinese trio of **Yang Jiayu**, **Qieyang Shenjie** and defending champion **Liu Hong** looming large, making their ambitions fairly clear: the first medal sweep in the event at an Olympic Games. But Palmisano was also racing comfortably, along with Colombian **Sandra Arenas** and de Sena.

The situation was similar at eight kilometres (36:49), but with the pack reduced to 11, and another group of six following another second behind. Palmisano was at the head of the race at the midway point, reaching 10 kilometres in 45:57, and maintained a front row spot at 12 kilometres (55:01) and again at 14 (1:04:04). Two kilometres later the lead pack was reduced to seven, with Qieyang the first of the Chinese athletes to drift back. Her teammate Yang remained even with Palmisano - but not for long.

The Italian decided to make her move as she approached the 17th kilometre, quickly forging a four-second lead on Yang, de Sena and Arenas. But Yang's sails were soon deflated by a visit to the penalty box. Meanwhile, Arenas made a late race

charge, moving into second, six seconds behind Palmisano at 18km (1:21:00). But there would be no catching the Italian. She was alone at the bell (1:25:05), with the final one-kilometre loop serving as a victory lap, half of which she covered draped in an Italian flag. "I think that it will take me a few days to realise that I'm the Olympic champion," she said.

Arenas held on to take silver in 1:29:37, the first Olympic race walk medal for Colombia, and, after de Sena was pulled into the penalty box in the waning stages, Liu found the energy to move up and secure bronze in 1:29:57. "I always thought that I could achieve this," said Arenas, the 2019 Pan-American champion. "I worked very hard. And today I did." "This is my fourth Olympic Games and I'm very happy to win another medal," said Liu, who also took bronze in 2012 and finished fourth in 2008. "I'm very proud of what I achieved here today." Further back, Spain's **Maria Pérez** was fourth in 1:30:05, ahead of Mexico's **Alegna Gonzalez** (1:30:33) and **Jemima Montag** (1:30:39), who finished fifth and sixth. Qieyang was seventh in 1:31:04.

1.	Antonella Palmisano	ITA	1:29:12
2.	Sandra Lorena Arenas	COL	1:29:37
3.	Hong Liu	CHN	1:29:57
4.	Maria Pérez	ESP	1:30:05
5.	Alegna González	MEX	1:30:33
6.	Jemima Montag	AUS	1:30:39
7.	Shijie Qieyang	CHN	1:31:04
8.	Antigoni Drisbioti	GRE	1:31:24
9.	Paola Pérez	ECU	1:31:26
10.	Katarzyna Zdziebło	POL	1:31:29
11.	Erica Rocha De Sena	BRA	1:31:39
12.	Jiayu Yang	CHN	1:31:54
13.	Nanako Fujii	JPN	1:31:55
14.	Raquel González	ESP	1:31:57
15.	Kumiko Okada	JPN	1:31:57
16.	Elvira Khasanova	ROC	1:31:58
17.	Priyanka	IND	1:32:36
18.	Valentina Trapletti	ITA	1:33:12
19.	Mariia Sakharuk	UKR	1:34:04
20.	Ana Cabecinha	POR	1:34:08
21.	Noelia Vargas	CRC	1:35:07
22.	Meryem Bekmez	TUR	1:35:08
23.	Anastasiya Rarovskaya	BLR	1:35:09
24.	Mary Luz Andia	PER	1:35:25
25.	Sandra Viviana Galvis	COL	1:35:36
26.	Brigita Virbalyte	LTU	1:35:56
27.	Hanna Shevchuk	UKR	1:36:27
28.	Karla Jaramillo	ECU	1:36:32
29.	Kiriaki Filtisikou	GRE	1:36:51
30.	Tereza Durdiaková	CZE	1:36:58
31.	Anna Terlyukevich	BLR	1:37:22
32.	Bhawna Jat	IND	1:37:38
33.	Robyn Stevens	USA	1:37:42
34.	Laura García-Caro	ESP	1:37:48
35.	Siu Nga Ching	HKG	1:37:53
36.	Leydi Guerra	PER	1:38:10
37.	Katie Hayward	AUS	1:38:11
38.	Rebecca Henderson	AUS	1:38:21
39.	Ayse Tekdal	TUR	1:38:40
40.	Kaori Kawazoe	JPN	1:39:31
41.	Evin Demir	TUR	1:39:55
42.	Aiman Ratova	KAZ	1:40:02
43.	Lyudmila Olyanovska	UKR	1:40:20
44.	Mirna Ortiz	GUA	1:40:23
45.	Mária Katerinka Czaková	SVK	1:41:29
46.	Barbara Kovács	HUN	1:41:49
47.	Valeria Ortuño	MEX	1:41:50
48.	Angela Castro	BOL	1:42:25
49.	Viktoryia Rashchupkina	BLR	1:43:33
50.	Mayra Pérez	GUA	1:44:30
51.	Ilse Guerrero	MEX	1:45:47
52.	Eleonora Anna Giorgi	ITA	1:46:36
53.	Panagiota Tsinopoulou	GRE	1:47:19
	Kimberly García León	PER	DNF
	Viktória Madarász	HUN	DNF
	Saskia Feige	GER	DNF

Glenda Morejón
Yehualeye Beletew

ECU
ETH

DNF
DNF

The 3 young Australians all walked excellently, spearheaded by 23 year old **Jemima Montag**, 6th with 1:30:39) and backed up by 21 year old **Katie Hayward** (37th with 1:38:11) and 20 year old **Bec Henderson** (38th with 1:38:21).



Antonella Palmisano led from the front and walked to an emphatic win



*Of course, we would not have any walks without our judges – the Olympic Panel (from left to right):
Daniel Michaud (Canada), José Dias (Portugal), Anne Fröberg (Finland), Dolores Rojas (Spain), Zöe Eastwood-Bryson (Australia),
Pierce O'Callaghan (Ireland), Frédéric Bianchi (Switzerland), Jean-Pierre Dahm (France), Wang Tak Fung (Hong Kong)*

Thanks to Frédéric Bianchi for this photo. Fred was the chief judge in all the three races, having already fulfilled that role at the 2008 Beijing Games.

I thought the judges did a fantastic job overall, controlling the races, yet letting them develop. The slower pace (due to the demanding conditions) ensured that the number of disqualifications was kept to a minimum and the spectacle was all the better because of that.

I felt that marciadalmondo summed it all up nicely in post http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4159. And check out marciadalmondo's wonderful race reports:

Women 20km walk:

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4158

Men 50km walk:

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4157

Men 20km walk:

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4156

And if you are looking for an album of Olympic walk photos, you can't go past that of Giancarlo Colombo for Fidal: http://www.marciadalmondo.com/ita/album_fotografico.aspx?id=185.

And finally, a photo collage of Spanish legend Jesus Garcia who competed in his 8th Olympic 50km walk at 51 years of age!



ASA STATE CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 7 AUGUST 2021

Kim Mottrom was the standout walker at the South Australian Roadwalk Championships in Adelaide last Saturday, winning the 20km with an M35 State Record time of 1:32:31.

ASA Open Men 20km

1. Kim Mottrom	1:32:31	M35 State Record
2. Mathew Bruniges	1:50:25	First 20km
3. Tristan Camilleri	DNF	

ASA U20 Women 10km

1. Olivia Sandery	49:20	
2. Nellie Langford	55:50	PB

ASA U18 Men 8km

1. Zayden Kamish	48:54	First 8km
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ASA U16 Boys 5km

1. Sebastian Richards	24:43	PB
2. Cooper Rech	30:08	PB

ASA U16 Girls 5km

1. Emily Lynch	28:47	PB
2. Daisy Braithwaite	29:58	

SARWC 10km Non-Championship Walk

1. Alix Harlington	54:58
2. Bill Starr	1:21:30

SARWC 8km Non-Championship Walk

1. Di Camilleri	1:00:36
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SARWC 5km Non-Championship Walk

1. Stephen Downs	37:51
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SARWC 3km Non-Championship Walk

1. Orlando Grantham	17:15
2. Katie De Ruvo	17:39
3. Zahra Kamish	22:48

SARWC 1.5km Non-Championship Walk

1. Liliana Templer	10:31
2. Elizabeth Rieger	11:04
3. Alexander Richards	11:38
4. Maliha Kamish	13:38
5. Shadya Kamish	14:30

ASA U14 Boys 3km

1.	Archie Braithwaite	18:22
2.	Tarique Kamish	20:47

TWRC ROADWALKS, MONTROSE BAY, HOBART, SATURDAY 7 AUGUST 2021

Only two brave souls battled the bitterly cold winds and light rain at Montrose Bay in Hobart (Tasmania) on Saturday.

5km Walk

1.	Wayne Fletcher	NS	43:58
2.	Dave Moore	TMA	54:49

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 8 AUGUST 2021

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

10km Handicap

1.	Ben Reid	55:38
2.	Marcela Ruiz	1:16:24
3.	Victor Munoz	1:07:26
4.	Melissa Lewis	59:16
5.	Karyn Tolardo	1:06:10
6.	Wendy Farrow	1:10:16

2km Handicap

1.	Harry Gordon	13.32
2.	Linkin Lawrence	14.16
3.	Keaton Bailey	11.29
4.	Lataya Lawrence	11.31

6km Handicap

1.	Xavier Bernard	35.52
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4km Handicap

1.	Glenys Duncan	36.07
2.	Kaytee Bogaers	23.46
3.	John Ronan	19.15
4.	Ashlyn Spence	23.17
5.	Emily Bogaers	35.41
6.	John McDonagh	30.54
7.	Andrew Duncan	24.27

AMA/SAMA ROADWALK CHAMPIONSHIPS, CITY PARKLANDS, ADELAIDE, SUNDAY 7 AUGUST 2021

Thanks to Graham Harrison for this week's results from the South Australian Masters in Adelaide. He reports: The meeting this week was a joint AMA/SAMA 20km Championship held in city parklands. Unfortunately, interstate athletes were unable to compete in Adelaide due to COVID border restrictions. Weather was delightfully cool and sunny.

Note that interstate masters walkers could get their 20km time on the board in authorized local competitions and then submit the performance for consideration. So it may take some weeks to confirm the final results.

20KM WALK

1.	MARIE MAXTED	2:28:14	W60	70.09%
2.	GEORGE WHITE	2:18:20	M75	79.18%
3.	GREGORY METHA	2:08:00	M55	68.46%

20KM CLUB WALK

1.	GIL MCINTOSH	2:27:11	M70
2.	ROSLYN GORE	2:58:28	

4KM WALK

1.	TREVOR BROWN	0:29:33	M70	66.04%
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4KM CLUB WALK

1.	MARGARET MCINTOSH	0:32:58	W65	63.79%
2.	RODGER BARBER	0:33:57	M80	66.24%

ACTRWC ROUNDUP

It's been a while since we have had any results from Canberra, so here is a catch from the last couple of months.

ACTRWC Roadwalks, Lake Ginninderra, Saturday 19 June

12km Walk	1 Bob Parker 96.24	2 Bryan Thomas 96.25
6km Walk	- Sidney Shaw DNF	
3km Walk	1 Julia Grocott 19.38	1 Jim White 21.24

ACT Masters Race Walk Championships, ACT Walkers Championships, Dickson Pool, Saturday 26 June

10km Walk	1 Doug Fitzgerald 80.25 (Fitness Walk championship)			
5km Walk	1 Kodi Clarkson 24.04	2 Darcey Roberts 41.00	3 Geoff Barker 43.18	Owen Toyne DNF
3km Walk	1 Jim White 22.41			
1km Walk	1 Emma Grocott 6.26			

ACT Roadwalks, Lake Tuggeranong, Saturday 3 July

7km Walk	1 Owen Toyne 35.16	2 Kodi Clarkson 35.19	3 Sue Archer 52.02	4 Bryan Thomas 58.15
	5 Paul Archer 1.00.17	6 Geoff Barker 1.20.23		
2km Walk	1 Emma Grocott 14.13	2 Jim White 14.27	Darcey Roberts DNF	

ACTRWC Roadwalks, Lake Ginninderra, Saturday 10 July

7km Walk	1 Kodi Clarkson 36.11	2 Bob Parker 57.49	3 Doug Fitzgerald 59.39
2km Walk	1 Emma Grocott 13.18		

Athletics ACT, ACT Masters and ACT Walkers championships, Lennox Gardens, Sat 31 July

20km Walk	1 Mitchell Baker 1.38.36	2 Bryan Thomas 2.44.27	Tim Fraser DNF	
10km Walk	1 Hannah Manning 1.04.37			
5km Walk	1 Owen Toyne 28.36	2 Sidney Shaw 33.34	3 Julia Grocott 33.41	4 Jim White 39.38
3km Walk	1 Kodi Clarkson 14.03	2 Emma Grocott 22.16		

RWA POSTAL CHALLENGE COMPLETED

RWA Postal Challenge Coordinator Mark Donahoo has now completed the official results from the 2021 competition. He reports:

Thank you to the clubs that were able to compete in these difficult times. It was unfortunate that both ACTRWC and NSWRC were unable to submit times for the event. Hopefully in 2022, a full field of clubs around Australia will be able to participate.

VRWC were this year's winners, ahead of WARWC and SARWC. See the full results at <https://www.vrwc.org.au/rwa-results.shtml>.

OUT AND ABOUT

- For many of us, walking doesn't seem like anything special. It's just something we do every day. But walking is actually one of the best forms of exercise out there. See <https://edition.cnn.com/2021/08/06/health/walking-benefits-exercise-wellness/index.html>
- Juan Antonio Samaranch Salisachs, the chairman of the IOC's coordination commission for the 2022 Beijing Olympics, also runs the Samaranch Foundation, a sports charity. The charity is funded by major Chinese companies such as ANTA Sports, a sportswear company that pledged in March to "continue to purchase and use" cotton from Xinjiang despite forced labor concerns. The Chinese brand secured major Olympics sponsorship deals after Salisachs ascended to the IOC's vice presidency in 2016. During Salisachs' tenure, the IOC announced that ANTA Sports will provide uniforms for IOC officials for the 2021 Tokyo Summer Olympics, the 2022 Beijing Winter Olympics, and other sport events. Those high profile endorsements fueled ANTA Sports' meteoric rise to become the third largest sportswear company in the world by revenue. Transparency? Hmmmm. Read more at <https://news.yahoo.com/olympic-chief-deep-ties-uyghur-170233167.html>.
- With Brisbane winning the bid to host the 2032 Olympics, it is perhaps timely to consider the overall cost and the likelihood of finishing in the black. See <https://journals.sagepub.com/doi/pdf/10.1177/0308518X20958724>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 7 press releases this week

- Sun 8 Aug - The ball is round, but if we roll it ... (Olympic walk review)
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4159
- Sat 7 Aug - Antonella Palmisano (ITA) wins the women's Olympic 20km walk
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4158
- Fri 6 Aug - Dawid Tomala (POL) wins the men's Olympic 50km walk
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=4157

- Thu 5 Aug - Massimo Stano (ITA) wins the men's Olympic 20km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4156
- Tue 3 Aug - Olympic men's 50km preview
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4155
- Wed 4 Aug - Olympic women's 20km preview
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4154
- Mon 2 Aug - Olympic men's 20km preview
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4153

while Omarchador has 6 press releases from around the world.

- Sun 9 Aug - The International Marching Judges at the Tokyo 2020 Olympic Games
<https://omarchador.blogspot.com/2021/08/os-juizes-internacionais-de-marcha-nos.html>
- Sat 7 Aug - Portuguese walkers for the U20 Athletics World Championships - Nairobi 2021
<https://omarchador.blogspot.com/2021/08/marchadores-portugueses-para-os.html>
- Fri 6 Aug - Antonella Palmisano, women's 20km Olympic champion
<https://omarchador.blogspot.com/2021/08/antonella-palmisano-campea-olimpica-dos.html>
- Fri 6 Aug - Dawid Tomala wins 50km of the Tokyo-2020 Games
<https://omarchador.blogspot.com/2021/08/dawid-tomala-vence-50-km-dos-jogos.html>
- Thu 5 Aug - Massimo Stano is the new Olympic champion of 20km walk
<https://omarchador.blogspot.com/2021/08/massimo-stano-e-o-novo-campeao-olimpico.html>
- Wed 4 Aug - AIU excludes Nazar Kovalenko from the 20km walk of the Tokyo Olympics
<https://omarchador.blogspot.com/2021/08/aiu-exclui-nazar-kovalenko-dos-20-km.html>

DATES...DATES...DATES

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

Victorian Key Dates –2021

Aug 14 (Sat), 2021	Next round of AV/VRWC Championships and Roadwalks (TBC)	Middle Park, VIC
Sep 12 (Sun), 2021	Australian Roadwalk Championships (TBC)	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

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