



HEEL AND TOE ONLINE

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PAUL F DEMEESTER REMINISCES

Thanks to US Attorney at Law Paul F. DeMeester for another wonderful article. That is the 34th in a row and it's a beauty. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

YOU DON'T HAVE TO BE A ROCKET SCIENTIST TO BE A SUCCESSFUL RACE WALKER BUT IT SURE HELPS

By Paul F. DeMeester

I wanted to call this article, *Validation of Overflow for Computing Plume Effects during the Ares I Stage Separation Process*, but that title had already been taken by some NASA aerospace engineers who authored a conference paper in 2011 to describe issues that arise when launching an Ares rocket into space ([Validation of Overflow for Computing Plume Effects during the Ares I Stage Separation Process.pdf](#)). The lead author of the paper was Goetz Klopfer, a first rate rocket scientist whose resume is outright impressive: a bachelor's of science degree in mechanical engineering from Wayne State University (Michigan), a master's and graduate degree in engineering from Stanford University and a Ph.D. in engineering from the University of California, Berkeley.



Straight Knee But Loss of Contact - NASA's Ares Rocket

Now, what is all this rocketry talk doing in a race walk magazine? The explanation for that is a lot simpler than the content of that conference paper. Rocket man Goetz Klopfer is the same guy who rocketed past his competitors in the last 20K of the 1968 Olympic Games 50K Race Walk in Mexico City. Goetz had a habit of having a strong second half in his 50K races. Mexico City was no exception. At the 30K mark, Klopfer was in 17th among the 28 finishers at this tough race conducted in the heat at high altitude (another eight walkers did not finish, including 1964 Olympic Champion Abdon Pamich (Italy) and Tokyo silver medalist Paul Nihill (Britain)). But in the last 20K, Goetz managed to overtake seven competitors, including Australia's own Frank Clark, West Germany's Gerard Weidner, Shaun Lightman (Britain) and Henri Delerue (France). Of the top ten finishers, Goetz was the second fastest in the last 5K, faster even than winner Christoph Höhne, who had a phenomenal race:

Last 5K of top ten finishers at 1968 Olympic 50K (finishing position in brackets):

1.	Jose Pedraza (Mexico)	27:10.4 (8)
2.	Goetz Klopfer (USA)	27:10.8 (10)
3.	Christoph Höhne (East Germany)	27:15.6 (1)
4.	Peter Selzer (East Germany)	28:37.8 (4)
5.	Bryan Eley (Britain)	28:39.2 (7)
6.	Stig Lindberg (Sweden)	28:45.0 (5)
7.	Antal Kiss (Hungary)	28:47.0 (2)
8.	Larry Young (USA)	29:09.4 (3)
9.	Vittorio Visini (Italy)	29:54.2 (6)
10.	Karl-Heinz Merschenz (Canada)	30:37.4 (9)

Only Pedraza, who had won silver in the 20K in spectacular style the week before, bested Goetz in the last part of the race, before the Mexican's home crowd. Looking back on his career, Klopfer calls that his best race. He exceeded expectations at top level and beat guys who usually beat him. Goetz attributes part of his great Mexico form to the six-week preparatory training camp conducted for U.S. walkers and distance runners at Alamosa, Colorado, where the finals of the U.S. Olympic Trials were held.



A light-hearted Goetz at altitude in Lake Tahoe in 1968

Goetz did not start out a walker. He ran the 120 yards hurdles at Bloomfield Hills High School near Detroit. Soon, he discovered that longer distances suited him better. This self-discovery process kept going until he reached the 50K. But let's not jump that far ahead, yet. While still in high school, Goetz loved cross-country and switched from the hurdles to the 880 yards on the track. By the time he was in college, the mile and cross-country beckoned. Collegiate athletics is a big deal in the United States. Goetz was proud of being made the captain of his cross-country team during his junior year.

A group of runners, Goetz among them, would meet periodically at Belle Isle, located in the middle of the Detroit River. One day in 1963, just for the heck of it, the group decided to stage an informal race walk meet on the island instead of doing their usual long distance run. It was the first time Klopfer ever race walked. His two brothers beat him. Goetz stuck with the race walking; his brothers did not. Later that same year, Goetz entered official race walk competitions.

His break-out at top national level came in the 1966 35K National Championship held in Pomona, California. Goetz finished second to Ron Laird, the 1960 and 1964 U.S. Olympian (at that time; Ron added two more Olympics to his career highs later). A new U.S. distance star was born. Goetz earned his first U.S. national team berth for the Pan American Games by finishing second to Larry Young at the 1967 qualifier 50K in 4:44:03.6. Young would go on to win the Pan Am 50K title in Winnipeg in the summer of '67. Goetz joined him on the podium for bronze, having set the third best U.S. time of all-time in 4:37:59.2, behind only Young and Chris McCarthy (21st at 1964 Tokyo Olympics). In the fall, Klopfer bested Young at the fourth edition of the Lugano Cup as the top American in 17th with a time of 4:46:41.6.

The next year, Goetz set off for some races in Europe, in the company of his dear friend and fellow 1968 Olympian Tom Dooley. They had some great races in Europe. Goetz posted a 1:33:16 while placing second behind Laird in the 20K at the U.S.-Britain track meet in London, even though Klopfer was entered as a guest only as the U.S. team consisted of Laird and Dooley. The British and U.S. walkers bonded well. British 50K 1968 Olympian Shaun Lightman had arranged for Goetz and Tom to stay in some empty rooms at a boarding school where Lightman worked. Their free quarters came to an abrupt end when the head master found out. After finding new quarters with a British distance runner, Goetz finished third behind British 50K Olympians Brian Eley and Lightman in 4:25:04. Just like at the previous year's Olympics, Goetz had a flying finish, moving up from 7th to 3rd in the final 10K, crossing the line only six seconds shy of Lightman. Klopfer capped off his fabulous British summer with a third place finish in the ultra-long

London-to-Brighton classic (52 miles and 1055 yards or 84.651K) in 8:19:22. Once back stateside, 1969 continued to be good to Goetz, as he walked a 1:32:24 track 20K three days before the end of the decade (45:14 after 10K).

After his return from England, Klopfer left California and moved north to Seattle, Washington, where he was hired by Boeing to work on the U.S. competitor to the British-French Concorde project, the Boeing 2707 Supersonic Transport (SST). Without training partner Tom Dooley, Goetz was on his own, completing his long distance work-outs in the cold and rainy climate of the Northwest, and his speed work on a 220-yard track. Goetz perused the world record books and concluded that the most achievable world record for him to break was the 20-mile track record, then held by Anatoly Vedyakov (Soviet Union) in 2:31:33 twelve years earlier. In November of 1970, Goetz came close, when he posted 2:33:59.8, while breaking three U.S. records in the process (25K, 30K and 20 Miles). Early the next year, Goetz tried again, and was well on pace with a 1:14:35 half-way but dropped out at the 16.5 mile mark. Had he just finished even without the world mark, he would have netted three new national records. Tom Dooley was supposed to have traveled up from the San Francisco area to help Goetz along but cancelled three days before the attempt when Tom injured himself while demonstrating the shot put to his high school gym students. It was the end of Goetz's 20 miler record attempts. It was not the only end. Soon after, the U.S. government cancelled the SST project and Goetz, along with 7,000 others, was out of a job.

Jack Mortland (17th at the 1964 Tokyo Olympic 20K for the U.S.) commented in his monthly race walk publication, the Ohio Race Walker (Vol. VI, no. 6, 1970), that "*Goetz, for some reason, has been better over the shorter distances this year.*" But starting in 1971, Goetz decided to drop down to the 20K, despite setting a 4:23:01 track time in the 50K in April of that year. Angry at his good mate Dooley for having stood him up in his world record attempt, Goetz decided to try to keep Tom off the U.S. 20K Olympic team for 1972. Having lost his Boeing job, Klopfer had time again to train seriously for an Olympic team spot. He moved back to Northern California to team up again with Tom, who arranged a teaching assistant post for Goetz at the high school where Tom taught. The effort to get back at Tom for the latter's 20-mile default almost worked, if it had not been for Rudy Haluza's disqualification at the 1972 Olympic Trials. Haluza, who had been fourth at the Mexico Olympics, made the mistake of hurrying and passing Goetz for second at the very end of the race. Haluza beat Klopfer by three seconds but was red carded after the race ended. Fourth place Tom Dooley was now third and grabbed the last Olympic team spot. Had Haluza stayed put in third, it was unlikely he would have earned a DQ. Goetz's ploy to deny Tom almost worked.

Truth be told, Goetz's return to Tom's home area and their renewed training partnership, this time with both focusing on the same distance, is what earned both a second Olympic selection. Had the SST project not been cancelled, the U.S. Munich Olympic 20K team may well have consisted of Larry Young, Rudy Haluza and newcomer Todd Scully (who made the team in 1976). As soon as they started training together again in 1971, both Goetz and Tom benefited. Later that year, Goetz won gold at the Pan American Games in the 20K. Silver went to Tom. A year later, at the '72 Munich Olympics, Tom was 15th and Goetz 19th.

After Munich, Goetz went back to academia and completed his doctorate at Berkeley in 1975, followed by two years post-doctoral work at NASA in Mountain View, not very far from where Tom lived. Once more, this dynamic duo aimed for the Olympics. Their valiant effort fell short, Goetz ending up 6th and Tom 8th at the Olympic Trials. Goetz had started his Olympic comeback in the fall of 1975, probably too late to have a realistic shot at selection.

Their respective competition retirements soon followed. But never say never. In 2015 Tom Dooley encouraged Goetz to join him in Lyon, France, for the World Masters Athletics Championships. The two fast friends competed in the 20K. They have been to every World Masters since, including Perth (2016) and Malaga (2018), even though Goetz ended up with the flu while in Spain and did not start there. Perth was a true Olympic '68 reunion, with Goetz having time to speak his native German with Christoph Höhne. Turns out both were born just miles apart in the former East Germany. Goetz's parents moved the family, first to West Germany, then to the United States, in the early 50s. East Germany's loss was the U.S.'s gain.



Goetz and Tom hard at work in Perth 2016

I have been privileged to have spent many hours in the company of these two race walking greats. Best of friends since the 60s, their friendship endures. Starting in 1966, they have trained together, Goetz race walking the 40 miles round-trip on public streets between their respective schools on weekends. Goetz calls it the “over distance.” Their joint efforts produced two Olympics for each. Well done. Looking back, Goetz disagrees with the 1990s rule change in race walking. He refers to the current top level 20K races as “stiff legged running.” Indeed, today’s top walkers seem to be “floating.” Unlike Goetz’s professional career, it has nothing to do with space.

AV CALENDAR UPDATE

It’s been a long wait but the Victorian Summer Season calendars have now been published. Let’s take them one at a time.

Athletics Victoria

Full details at <https://athsvic.org.au/avevents/>. AV Shield League commences on Sat 28th November but does not include a walk. In fact, due to the restricted covid program, a walk is only scheduled in AVSL Round 3, on Sunday 13th December. Check out the finer details at <https://athsvic.org.au/wp-content/uploads/2020/11/AV-Summer-Calendar-Publication-Version-as-at-05.11.20-V1.pdf>.

VRWC

The VRWC Committee has been working with AV to ensure that walkers are covered this summer and we will put on walks on every weekend when AV competition does not. You can see details of all our races at <http://www.vrwc.org.au/vrwcs21.shtml>, or download the full fixture from <http://www.vrwc.org.au/documents/VRWC%20fixture%20-%20Summer%202020-2021.pdf>. **Note the pdf contains all our covid-safe restrictions and rules.**

We had our first walks last Saturday 7th November, and have our next walks on Sunday 15th November. It reads as follows

VRWC Roadwalks, Middle Park, Sunday 15th November 2020		
Online entries close 10PM Wed 11 th Nov 2020.		
Enter at http://vrwc.org.au/wp1/race-entries-2/race-entry-sat-7-nov-20-middle-park-clone/ .		
Circuit 1 South Loop:	20km	9:05am
Circuit 2 North Loop:	2km	9:00am
	5km	9:15am
	10km	9:55am

With fields limited to 10 per event, the 5km is already full, so don’t delay in entering. Then we will see you all on Sunday!

AV VIRTUAL OFICIALS RACE WALKING SEMINAR

A reminder that the next Athletics Victoria Virtual Officials Community Seminar is approaching fast. This one is specially tailored for us - a Racewalking Seminar set for Tuesday 17th November, commencing at 7pm via the zoom platform. The presenter will be Kirsten Crocker, who is one of Australia’s two International Racewalking Judges.

Register for this Seminar using the link <https://us02web.zoom.us/meeting/register/tZ0lf-yuqjIqHNxBGBVE19aZZbFR-fv8gN4J>

After registering, you will receive a confirmation email containing information about joining the meeting.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 7 NOVEMBER 2020

The Victorian Race Walking Club returned to competition this weekend – only the second walk in 9 months! Our 2019/2020 summer season finished in mid February. We returned for one race during the winter, on Saturday 4th July 2020, and then shut down again after Melbourne covid numbers surged. Saturday 7th November marked a tentative return to competition, albeit held under strict covid rules, with field sizes restricted to 10, and only those who lived within 25km of the venue able to attend.

It was a low key start to the season, with only 15 walkers in attendance. The 5km walkers started at 1:45PM and raced on our southern 1km loop, starting 3 secs apart. The 3km walkers started at 2PM and raced on the northern 1km loop, again using staggered start times. With restrictions due to be eased on Monday, we hope that our races next Sunday will see more competitors and a more flexible setup. We will make further announcements as the week progresses.

Rhydian Cowley was the standout with a fast 20:24 in the 5km. The 3km saw 14 year old **Marcus Wakim** (14:54) and 16 year old **Charlotte Hay** (15:43) take fastest times, but how about 9 year old **Ela Uzun** (15:43) and **Havana Ali** (18:04) – what fantastic times for such young walkers!

5km Walk, 1:45PM			Start time	Finish Time	Actual Time
1.	Rhydian Cowley	Male	On gun	20:24	20:24
2.	Kevin Cassidy	Male	3sec	26:53	26:50

3.	Heath Beveridge	Male	On gun	29:13	29:13
4.	Terry O'Neill	Male	3sec	31:53	31:50
5.	Paul Moritz	Male	6sec	34:33	34:27

3km Walk, 2PM

			Start time	Finish Time	Actual Time
1.	Marcus Wakim	Male	On gun	14:54	14:54
2.	Mark Donahoo	Male	9sec	19:25	19:16
3.	Stephen Murphy	Male	12 secs	20:11	19:59
4.	Rupert Van Dongen	Male	6sec	20:30	20:24
5.	Geoff Barrow	Male	9sec	21:54	21:45
6.	Steve Haverley	Male	12sec	26:54	26:42
1.	Charlotte Hay	Female	On gun	15:02	15:02
2.	Ela Uzun	Female	3sec	15:46	15:43
3.	Havana Ali	Female	3sec	18:07	18:04
4.	Donna-Marie Elms	Female	6sec	20:05	19:59

Thanks to our officials and judges and helpers who always turn out in force and keep the show on the road. It was all made more complicated this week by major works being undertaken within the Bowls Club complex. Life wasn't meant to be easy!

Officials: Terry Swan, Tim Erickson, Donna Dickson, Cheryl Beveridge, Ian Laurie, Simon Baker, Karyn O'Neill

Judges: Kathleen Marsh(chief), Diane Lowden, Stuart Cooper, Shane Dickson, Ezo Ali

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/566>)

See you at Middle Park next Sunday for Round 2 of our VRWC Summer Season.



Charlotte Hay, Marcus Wakim, Ela Uzun, Havana Ali and Rhydian Cowley (photos Terry Swan)

TO ALL VRWC MEMBERS – MEMBERSHIP AND UNIFORMS

I now reproduce an important notice from club president Stuart Cooper.

Our first Summer competition day was held last Saturday. Thanks and well done to all who worked to provide the program or turned up to race. We look forward to seeing increased numbers at Middle Park next Sunday and beyond, now that the 25km travel limit and 'Ring of Steel' have gone.

Following are two important items for our members:

1. MEMBERSHIP REGISTRATION 2020-2021

Membership renewal is normally due on October 1st each year. This year, however, our Winter road season in 2020 was virtually non-existent. Therefore, members who registered for 2019-2020 will have their memberships extended into 2020-21, at no extra charge.

New members, or those who had not yet registered for 2019-20, may now do so for 2020-21. Payment will be at the revised fee schedule:

MEMBER TYPE	METRO	COUNTRY
Open/Masters	\$50	\$25
Under 20	\$40	\$20
Under 16	\$30	\$15
Family – 2 adults, any number of children	\$100	\$50
Family – 1 adult, any number of children	\$85	\$42.50
Family – 3 or more children	\$60	\$30

You can pay your membership dues in one of two ways

- Download the Club Membership Form from <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>, fill it in and either post it to us with a cheque or hand it to us and pay in cash on any race day.

OR

- Renew online at <http://vrwc.org.au/wp1/vrwc-financial-membership/> and pay via credit card or paypal.

Note that RACE FEES of \$10 are still payable by all members.

2. NEW CLUB UNIFORMS

Our newly designed Club singlets and crop tops are now available for all competitors.

The new garments will be on sale AFTER the race on Sunday 15 November, and on all future race days. Please see [Donna Dickson](#) to make your purchases. Prices are as follows:

Singlets – Men & Women	\$40
Crop tops	\$40
Singlets/crop tops for children	\$40 for first child \$35 each for siblings

We urge members to purchase the new Club uniforms as soon as possible, in order to provide further exposure to the public for the VRWC's identity.



Heath Beveridge roadtests the new VRWC competition vest in Saturday at Middle Park

Please note: It will be mandatory for all competitors to wear the new Club uniforms as of the start of the 2021 Winter road season. We have the VRWC logo on our tents, signage, letterhead and on our banner. Now we want it on ALL our athletes.

'RACEWALKING VICTORIA' uniforms.

These are still required for RWA Federation events, such as the LBG Canberra carnival. So keep yours!

Members who have bought a new VRWC uniform but do not have a 'Racewalking Victoria' uniform will be able to purchase one at a discounted price.

Club POLO SHIRTS and JACKETS will also be available soon. Prices to be advertised shortly.

Looking forward to Sunday's races. See you there!

Stu Cooper
President

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 4 NOVEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide.

800m Walk

1.	JEFFREY KENNETT	07:24	M70	49.31%
2.	JAMES HOARE	06:12	M74	61.88%
3.	VALMAI PADGET	05:48	W76	73.59%
4.	ROGER LOWE	05:58	M77	66.96%
5.	LIZ NEUBAUER	05:59	W69	64.96%
6.	LIZ DOWNS	05:22	W65	69.15%
7.	KIM MOTTROM	03:21	M36	79.79%
8.	PETER CRUMP	04:12	M60	77.88%
9.	MALCOLM TIGGEMAN	05:49	M68	61.25%
10.	MARK WORTHING	04:04	M58	78.88%
11.	DAVID ROBERTSON	06:57	M87	67.26%
12.	MIKE VOWLES	05:41	M77	70.29%
13.	GRAHAM HARRISON	06:10	M77	64.79%
14.	MARIE MAXTED	04:57	W60	71.22%

1. 5000m Walk

2.	MARIE MAXTED	33:46	W60	73.19%
3.	PETER CRUMP	30:57	M60	72.48%

3000m Walk

1.	ROGER LOWE	23:16	M77	69.37%
2.	DAVID ROBERTSON	26:19	M87	72.05%
3.	JAMES HOARE	24:09	M74	64.13%

ACTRWC TRACKWALKS, WODEN PARK, WODEN, THURSDAY 5 NOVEMBER

Thanks to Val Chesterton for this week's results from Canberra.

1500m Walk

1.	Owen Toyne	06:43
2.	Kodi Clarkson	06:55
3.	Ann Staunton-Jugovic	07:36
4.	Siddharth Dhawan	08:13
5.	Peter Baker	08:16
6.	Bryan Thomas (F)	10:58
7.	Ruth Bausmann (F)	11:08
8.	Geoff Barker (F)	12:09
9.	Jenny May (F)	12:14
10.	Val Chesterton	12:19
11.	Robert Kennelly	12:42
12.	Lorna England (F)	12:46

F = Fitness Walker

ATHLETICS WEST INTERCLUB, WAAS, PERTH, FRIDAY 6 NOVEMBER

Last Friday evening saw Declan Tingay make a return to the track with a very fast time.

Women 3000m Walk

1.	Ashlyn Spence	16:43.98
2.	Hannah Ireland	16:56.98
3.	Isabelle Curtis	19:04.16
	Alexandra Griffin	DQ

Men 3000m Walk

1.	Declan Tingay	11:33.03
2.	Benjamin Reid	13:52.91
3.	John Ronan	14:40.64
4.	Bradley Mann	15:06.51
	Xavier Bernard	DQ

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 7 NOVEMBER

A field of one in Inteclub in Tasmania last weekend!

3000m Walk

1.	David Moore	TMA	27:28.10
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ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 7 NOVEMBER

Thanks to Kim Mottrom for this week's results from Adelaide. His comments: Nice conditions today, with PB's for **Anthony Tana** and **Jordan McKenna**.

Open 3000m

1.	Kim Mottrom	13:48.38
2.	Anthony Tana	15:41.83
3.	Nellie Langford	16:29.98
4.	Mia Wilks	17:12.26
5.	Peter Crump	17:32.31
6.	Greg Metha	17:45.78
7.	Jordan McKenna	18:24.14
8.	Zayden Kamish	19:00.54
9.	James Hoare	23:35.72
10.	Ross Hill-Brown	23:39.26

Open 1500m

1.	Daisy Braithwaite	07:37.49
2.	Marie Maxted	08:55.47
3.	Liz Downs	10:30.96
4.	Alex McEwan	10:33.14

BRWC DARYL BIGGIN & SHARON SCHNYDER FOUNDERS CUP, BALLARAT, SUNDAY 20 OCTOBER

Back a couple of weeks for some results from the Ballarat Race Walking Club in country Victoria, where Kerrie Peart reports.

At long last we have started our COVID impacted 2020 season. It was fantastic to have a large group of keen walkers, including our Maryborough & Geelong walkers, to dust off the North Gardens Lake Wendouree track in very sunny mild Ballarat weather. Due to the COVID restrictions all walkers were sent off in separate intervals to ensure no blanket finishes. We miss the old days when we eagerly look forward to a tight handicapped pack heading for the finish line.

Young **Ted Brennan** started the group with his great racewalking style, finishing his 1km in 7:19. Our young walkers **Charlotte MacDonell**, **Rhiannah Tatlock** and **Kaylah Heikkila-Dubowik** walked well, with all 3 finishing on actual time, within 43 seconds of each other. The fastest time of the day went to **Fraser Saunder**, who is ever improving and finished with a slick 13:40 3km actual time. But it was a tight finish on handicaps, with 16 seconds separating the top 3 places. **Scott Peart** managed 1st in 16:09, with a mere 15 second handicapped gap to just pip a fast finishing **Sarah Brennan** with 16:44, and Fraser Saunder a further second back. Great racing by all to start the season.

Daryl Biggin & Sharon Schnyder Founders Cup 3km Handicap

1.	Scott Peart	16:09
2.	Sarah Brennan	16:44
3.	Fraser Saunder	13:40
4.	Charlotte MacDonell	20:54
5.	Alanna Peart	14:42
6.	Jemma Peart	15:43
7.	Rhiannah Tatlock	20:11
8.	Kaylah Heikkila-Dubowik	20:28

1km Walk

1.	Ted Brennan	7:19
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QMA T&F MEET, QSAC, BRISBANE, SATURDAY 7 NOVEMBER

And my final result from last week, a Queensland Masters meet from Brisbane. **Erika Woodward** was the best of the masters (17:41.10 and 8:40.68) while youngster **Tamika Gee** was fastest overall with 16:32.01.

3000m Walk

1.	Gee, Tamika	W13	QA	16:32.01
2.	Woodward, Erika	W54	QMA	17:41.10
3.	Gee, Blake	M10	QA	20:50.65
4.	Kirwin, Roslyn	W31	QMA	22:33.91
	Gee, Isabella	W9	QA	DNF

1500m Walk

1.	Woodward, Erika	W54	QMA	8:40.68
2.	Kirwin, Roslyn	W31	QMA	10:05.64

SUTHERLAND INTERCLUB, SYLVANIA WATERS ATHLETICS TRACK, SATURDAY 31 OCTOBER

And finally, to last week for a catchup from Sydney. Despite heavy rain hitting 2 laps in, **Elizabeth (Lizzy) McMillen** (5000m) and **Milly Boughton** (3000m) both did big PBs in the Sundeland Interclub walks on Saturday 31st October.

5000m Walk

1.	McMillen, Elizabeth	W16	Manly Warrin	23:56.9
2.	Pyda, Raven	M16	Westfields	24:25.0
3.	Beck, Grace	W12	Asics Wests	26:52.0
4.	Bell, Bridget	W18	Asics Wests	28:20.0

3000m Walk

1.	Boughton, Milly	W14	Randwick Bot	14:02.8
2.	Dundon, Harry	M15	Balmain Athl	15:03.5
3.	Laytham, Tara	W15	Manly Warrin	15:03.8
4.	Cassilles, Ciara	W13	Westfields	15:41.7
5.	Thomas, Emma	W15	Parramatta C	15:43.5
6.	Lamb, Chloe	W13	Manly Warrin	16:01.0
7.	Byatt, Joel	M13	Girraween	16:16.4
8.	Krklinski, Chloe	W14	Parramatta C	16:41.0
9.	Horton, Jai	M14	Westfields	16:41.6
10.	Byatt, Laelia	W14	Girraween	16:53.8
11.	Woods, Zoe	W13	Asics Wests	16:54.7
12.	Allabush, Dylan	M12	Asics Wests	16:56.3

1500m Walk

1.	Loring, Jessica	W11	Parramatta C	8:15.4
2.	Nilon, Christopher	M11	Parramatta C	8:35.3

NZ ROADWALK CHAMPIONSHIPS, BRUCE PULMAN PARK, AUCKLAND, SATURDAY 7 NOVEMBER 2020

Commonwealth Games silver medallist **Alana Barber** regained the national 20km walk title she last snared in 2014 with a dominant display. The 33-year-old, who was competing just a 10-minute drive from her south Auckland home, completed the distance in a time of 1:40:44 – a performance she was satisfied with given the high level of humidity. Behind Barber in silver was **Courtney Ruske** of Canterbury in 1:55.01.

“I did about what I expected, which was to average five-minutes kms, so I did not surprise myself,” added Barber, who was cheered on by mum Shirley Somervell – a former Commonwealth Games 800m representative – around the 1km looped course. “I was just a tad slower than the pace I did when competing at the Auckland Champs three weeks ago (when she recorded 49:37.54 for the 10km distance) but I managed to maintain it for a further 10km. The idea was to get a feel for racing 20km again, get the heart rate up and feel comfortable with feeling uncomfortable,” said the Aucklander who last raced over the distance in Adelaide in February. “It was a good feeling to win the national title again,” she added. “I’m often overseas when the national championship is on, so I miss out. I always enjoy racing on New Zealand soil, especially at a local race.”

Barber’s next planned competition is over the 20km distance at the Potts Classic in January when she will hope to have a crack at the Olympic qualification time of 1:31:00.

19-year-old Otago-based **Alex Brown** clinched the men’s race walking crown in a time of 1:58.22 to claim his maiden national senior title. Defending champion **Lyndon Hohaia** (Auckland) fell foul of the judges and was disqualified.

20km Walk Women				
1.	Alana BARBER		Auckland	1:40:44
2.	Courtney RUSKE		Canterbury	1:55:01
3.	Sarah-Amy RHIND		Auckland	2:39:41
20km Walk Men				
1.	Alexander BROWN		Otago	1:58:22
2.	Sean LAKE		Wellington	2:19:47
	Lyndon HOHAIA		Auckland	DQ
10km Walk Masters				
1.	Heather MCLEAN	W40	Canterbury	1:18:35
	Karen DAVISON	W50	Auckland	DQ
	Gareth JESS	M65	Racewalking Auckland	DQ
5km U18 Women				
1.	Antonia MARTIN		Auckland	31:19
5km U18 Men				
1.	Lucas MARTIN		Manawatu Wanganui	23:46
2.	Jonah CROPP		Canterbury	26:40
	Daniel DU TOIT		Wellington	DQ
5km U16 Girls				
1.	Alana MATHEWS		Racewalking Auckland	33:04
2.	Sarah DU TOIT		Trentham United Harriers	33:39
5km U16 Boys				
1.	Quinn GARDINER-HALL		Waiuku Athletics Club	28:40
3km U14 Girls				
1.	Molly O'REILLY		Selwyn Athletic Club	18:33
2.	Yandri FOURIE		Pakuranga Athletic Club	20:41
3.	Charli GARDINER-HALL		Waiuku Athletics Club	24:52
3km U14 Boys				
1.	Richie TRATHEN		Pakuranga Athletic Club	18:55
2km U12 Girls (Non Championship)				
1.	Morgan DAY		Pakuranga Athletic Club	14:07
1.	Fern WINIKEREI		New Brighton Olympic	16:37
2km U12 Boys (Non Championship)				
1.	Harrison DAY		Pakuranga Athletic Club	14:57
2.	Ricco KOREWHA		Pakuranga Athletic Club	15:06
3.	Drew SMAL		Pakuranga Athletic Club	16:37

OUT AND ABOUT

- Congratulations to our of our Australian walking legends. Willi Sawall celebrated his 79th birthday on Saturday. You can check out his wonderful career at <http://www.vrwc.org.au/tim-archive/articles/wv-willi-sawall.pdf>.
- I came across this excellent profile of English international walker Bob Dobson. Bob was at his peak in the 1970s and represented England and GBR on 23 occasions! See <https://ilfordathleticclub.co.uk/2020/10/05/robert-dobson/>.
- The Executive Board of the International Modern Pentathlon Union (UIPM) has approved a new format for the Paris 2024 Olympics, which will now feature a 90-minute event. This 90-minute modern pentathlon will have an elimination system designed to reduce the overall length of the competition and create a more dynamic approach to the sport. All five disciplines will take place in 90 minutes within a compact field of play. Equestrian would feature first for 20 minutes, before a 15-minute fencing event, ten minutes of swimming and 15 minutes of the laser run. So an event which started off as a classic 5 day challenge ends up as a 90 minute mickey mouse event. What a sad state of affairs. See <https://www.insidethegames.biz/articles/1100423/modern-pentathlon-paris-2024-format>.

2021 covid related postponements continue

- WADA has postponed its 2021 Annual Symposium from March to October. See <https://www.insidethegames.biz/articles/1100335/wada-2021-annual-symposium-postponed>.
- Coronavirus has begun to impact the 2021 cycling season with the Santos Tour Down Under and Cadel Evans Great Ocean Road Race races in Australia having been cancelled. The two January races in Australia traditionally open the International Cycling Union (UCI) WorldTour season. See <https://www.insidethegames.biz/articles/1100257/australian-races-cancelled-coronavirus>.

But some events are set to continue (fingers crossed!)

- The British Indoor Athletics Championships are set to take place in 2021, date still to be confirmed, despite the COVID-19 pandemic. The Championships are part of the trials for the European Indoor Athletics Championships, currently scheduled to take place in Torun in Poland from March 5 to 7, so they must go ahead if possible. See <https://www.insidethegames.biz/articles/1100295/british-indoor-athletics-champs-covid-19>.
- Entry restrictions in Japan will reportedly be eased to allow athletes to compete or train in the country ahead of next year's Olympic and Paralympic Games. The Japanese Government are understood to be considering making a special allowance for athletes and staff from nations on the banned list – provided they issue proof of a negative coronavirus test result and take precautionary measures while in Japan. See <https://www.insidethegames.biz/articles/1100509/japan-entry-rules-eased-tokyo-2020>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Results have ground to a halt this week with covid lockdowns. No osts from marciacalmondo but a few from omarchador

- Mon 10 Nov - Kristina Saltanovic and Tiago Ramos win GP Galinheiras 2020 (Portugal) <https://omarchador.blogspot.com/2020/11/kristina-saltanovic-e-tiago-ramos.html>
- Sun 8 Nov - Matej Tóth elected European Athlete of the Month for October <https://omarchador.blogspot.com/2020/11/matej-toth-eleito-atleta-europeu-do-mes.html>
- Sat 7 Nov - Portuguese racewalking identity Carlos Fontan passes away (1936-2020) <https://omarchador.blogspot.com/2020/11/faleceu-carlos-fontan-1936-2020.html>
- Thu 5 Nov - Results of the Spanish U20 Club Championships in Cartagena and Castellón <https://omarchador.blogspot.com/2020/11/campeonatos-de-espanha-de-clubes-sub-20.html>
- Wed 4 Nov - Lucas Gabriel Silva and Paula Raissa Silva win walks in the North-Northeast Trophy, Brazil <https://omarchador.blogspot.com/2020/11/lucas-gabriel-silva-e-paula-raissa.html>

PONDERING HOW TO JUDGE MASTERS WALKERS

George White, the Secretary of South Australian Masters Athletics, has asked by some in the Australian Masters to present a case for a rule modification for older Masters walkers. He has asked me to share his proposal with the wider walking community and he would appreciate any comments, for or against, or indeed anything that could help if you think it worthwhile. George's email is gwhite@adam.com.au.

PROPOSAL TO CREATE A MODIFICATION TO WORLD ATHLETICS RACE WALK RULES

Background

What is Masters Athletics?

It is a means to enable athletes to continue competitively in their chosen sport as they age. Changes to discipline rules and implement specifications have been made to facilitate this. Initially competing in age groups was introduced followed by modifications to event and implement specifications. To quote the AMA website – “The specifications for some events and various implements change with the age of the competitor. This allows for the changes in ability as we progress through the age groups.”

Changes to weights, hurdle heights and spacing etc. reflect physiological changes associated with ageing. These changes are made so as not to destroy the integrity of the sport.

Most athletic disciplines have rule changes to specifically allow athletes to continue in their chosen sport as they age. (Only middle distance and distance events do not have specific changes to cater for aging athletes and it is hard to imagine what could be done or need to be done for these disciplines.) Indeed the hurdles have major modifications to all aspects of the event - distances, number of hurdles, height of hurdles and separation of hurdles. Over the history of Masters Athletics there have been significant

modifications to these changes in many of the disciplines. Invariably these changes have been made to keep or increase athletes taking part in the events.

Race-walking is the only athletic discipline that does not have adjustments to the rules for athletes as they age, yet it is arguably one of the most technical events. Despite there being no specific rule changes for walking, for decades WMA, AMA and the States/territories have applied the No Advantage concept amongst older walkers. This was done in lieu of a specific rule adaptation to keep older walkers in the sport. Some judges and jurisdictions would argue that they do not apply the concept but race results indicate that the concept is widely applied consciously or sub-consciously to allow many older walkers to compete. The inability to absolutely straighten the leg on contact or stop a small collapse before the upright position is a physiological characteristic of ageing and should be recognised in the same way that other physiological changes are reflected in rule changes for the other athletic disciplines.

It is time to put something in the rules to give aging race-walkers similar benefits to those enjoyed in other disciplines and provide more certainty for them entering races. There are only two significant rules in race-walking and only one which aging walkers have trouble with – that is the requirement to straighten the leg on contact and to maintain that straight leg through to the upright position. Many walkers struggle with this and currently Oceania Masters Athletics is the only major jurisdiction where a Policy exists to encourage the application of the concept of “No Advantage” as a means of maintaining participation and avoiding significant numbers of walkers being disqualified.

Looking at the basics, the rules exist to distinguish the sport from running and to prevent an unfair advantage by effectively running. The “Heel and Toe” concept defined walking for over a century and seemed to adequately separate running from walking. The best distinction between running and walking – is contact with the ground. Indeed many definitions of running indicate “it is a gait that has an aerial phase”. Unfortunately currently, many judges strictly apply the bent knee component of the rule because an older slower walker is much easier to see with bent knees than a very fast walker off the ground - but are they gaining advantage? By default, judges accept loss of contact because it is difficult to see it until it is very obvious and they correctly give the athletes the benefit of the doubt until it does become so. However a significant flight phase coincides with increased stride length and usually with a significant gain in speed. Soft knees on the other hand, invariably result in poor thrust, flat footed landing and shortened stride and hence a net loss of speed – but they are easy targets to judge.

Proposal

AMA to formally adopt the No Advantage concept to enshrine what has been an informal practice for decades at State, National and World level. If successful this would need to be taken further as a remit to WMA.

Discussion

A definition of the No Advantage concept would need to be agreed upon and the following is provided to begin the discussion.

The No Advantage concept could apply from a certain age group perhaps 60 or 65.

Objections to the No Advantage concept cite that it is too subjective. I would argue that race-walk judging is intrinsically subjective – hence the need to have many judges to even out that subjectivity. Further, normal judging penalises older walkers in that knees are concentrated on, when in open top level competition breaking the rules is accepted as far as loss of contact is concerned. Loss of contact needing to be visible to the naked eye is a very subjective process.

Masters race-walkers should not expect the “No Advantage” concept to allow carte blanche against the basic rules. It would be there to allow for slight bending of the knee particularly in older walkers where a perfectly straight leg cannot be achieved but these walkers are seriously trying to Race-walk correctly. Perhaps rather than a straight leg as defined by a straight line from the centre of the hip, through the knee and to the centre of the ankle, could we use - a line drawn from anywhere in the upper thigh to the ankle bone must be contained within the body of the leg.

The No Advantage concept is not there to condone a distinct bent leg creep or “grounded running” (grounded running is a documented style of running without a flight phase). Creeping invariably occurs when trying to go too fast!

Considerations the judges could make:

Advantage

If the angle of the bend in the leg at the knee changes during walking (i.e. the drive leg straightens after the mid-point of the stride) - that walker shall be deemed to have gained an advantage.

No Advantage

Where the angle of the bend in the leg at the knee remains approximately the same for a complete single stride then that walker is to be deemed as not gaining an advantage, provided this is not the distinct bent leg creep or grounded running.

There are physiological changes in the legs that can help judges in determining advantage. A runner relies on large contractions of the quadriceps and this contraction of the quadriceps at contact is usually quite visible! A legal race walker relies on the quads to drive the leg forward but there should be no contraction on contact, with straightening accomplished without quads use. If contraction of the quads continues this is basically a running action and constitutes creeping. If the quads are not activated, a soft knee will gain no advantage. A true Race-walking action is to pull and push the ground back underneath and behind with the

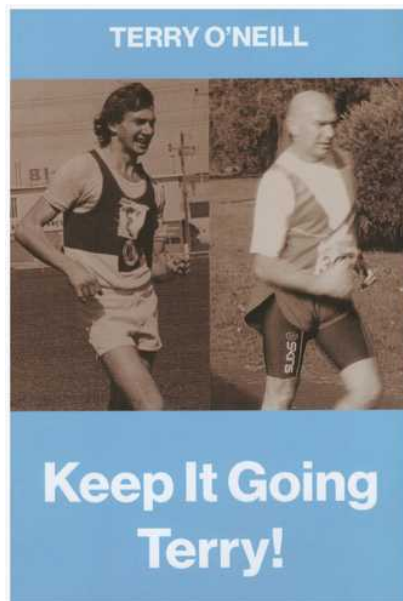
hamstring and hip muscles. In this photo the lead walker has a bent knee and the quads are activated (more of a running action). The following walker has a straight leg and no activity in the quad (a walking action).



TERRY O'NEILL'S NEW BOOK

I am pleased to announce that VRWC Vice President Terry O'Neill has published a book about his life in athletics and its impact on his wider life. Terry will have copies for sale (only \$15) at our VRWC meet at Middle Park next Sunday, so snap up a copy before they sell out.

I read it with interest as I have known Terry since he contested his first Victorian racewalking championship way back in March 1975. We have been firm friends since those early years and have shared the track in many races, both short distance and long distance. I recommend the read as an honest retelling of his life, with all its highs and lows. Well done Terry!



DATES...DATES...DATES

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

Victorian Key Dates – Summer 2021/2021

Sun 15 Nov 2020	VRWC Road Walks	Middle Park
Sat 21 Nov 2020	VRWC Road Walks	Middle Park
Sat 28 Nov 2020	VRWC Road Walks	Middle Park
Sun 6 Dec 2020	VRWC Road Walks	Middle Park
Sun 13 Dec 2020	AVSL Round 3 (includes walk)	Various venues

Sun 17 Jan 2021	VRWC Road Walks	Middle Park
22-24 Jan 2121	Victorian Country Track & Field Championships	Ballarat
Wed 27 Jan 2021	VRWC Track Races	Mentone
Wed 10 Feb2021	AV 5000m Teams Race Championship	Mentone
Sun 14 Feb2021	VRWC Road Walks	Middle Park
19-21 Feb 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
26-28 Feb 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium
Sun 21 Mar 2021	VMA 5000m Walk Championship	Mentone
24-25 Apr 2021	Victorian Masters T&F Championships	Doncaster

International Dates

July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships, Tampere, Finland
Aug 8-19, 2021	World University Summer Games, Chengdu, China
Aug 20-21, 2021	18th World Athletics U20 T&F Championships, Nairobi, Kenya (POSTPONED FROM 2020)

Jan 2022	Oceania Masters Championships, Norfolk Island (POSTPONED FROM JANUARY 2020)
TBA, 2022	9th World Masters Indoor T&F Championships, Edmonton, Canada
Apr 23-24, 2022	29th World Athletics Race Walking Team Championships, Minsk, Belarus
July 15-24, 2022	18th World Athletics Championships, Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games, Birmingham, GBR
Aug 11-21, 2022	European Athletics Championships, Munich, GER
TBA, 2022	19th World Athletics U20 T&F Championships, Cali, Colombia

TBA, 2023	24th World Masters T&F Championships, Gothenburg Sweden
Aug 2023 (TBC)	19th World Athletics Championships, Budapest, Hungary

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