



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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PAUL F DEMEESTER TALKS MATTERS IAAF

OPEN LETTER TO WORLD ATHLETICS PRESIDENT SEBASTIAN COE

By Paul F. DeMeester

Dear Seb,

I am writing you because of three press releases issued by the International Olympic Committee last week. First of all, congratulations on your nomination to join the IOC as a member whose candidature is linked to a function within an international federation. Whatever structural flaws the IOC may have (you were elected President by our member federations; the IOC is a handpicked closed group), athletics deserves an *ex officio* seat at the table.

Second, in light of the Black Lives Matter movement, the IOC condemned racism in the strongest terms, citing the non-discrimination rights and freedoms set forth in Fundamental Principle 6 of the Olympic Charter. This Olympic constitutional provision prohibits discrimination of any kind, including race and sex, among others. This principle formed the basis for the legal challenges against the exclusion of women athletes from the 50K Race Walk Event. World Athletics, under your leadership, deserves credit for having included the Women's 50K Race Walk Event at top IAAF level starting with London 2017, and for having urged the IOC to include women 50K walkers in the Tokyo 2020 Olympics. World Athletics has practiced what it preaches; the IOC has not.

Third, the IOC announced that it is sticking to its advanced schedule for deciding upon the 2024 Paris Olympic Games event programme and athlete quotas. Traditionally, this was done three years before the opening of the Summer Games but a post-Rio change fixed this decision time three and a half years out, starting this December.

These three IOC announcements have important ramifications for our sport. The substance of these releases, published in the midst of the COVID-19 pandemic, provide the perfect opportunity for you to provide the athletics leadership that our sport so desperately needs during these difficult times. This is your moment, Mr. President. The IOC has been gradually reducing the athletics footprint at the Olympics. You will be ideally positioned to tell the IOC that athletics will turn its back on the Olympics unless this trend is reversed. The way the IOC is going, we'll end up with athletics events that feature only the top eight athletes in each event. Since 1983, we have had our own World Championships, which do not need to accommodate more than 10,500 athletes like the Olympics do and which require but one stadium. World Athletics has plenty of room to increase the athlete quotas at our World Championships without unduly straining the capacity of host cities. Athletics can do without the Olympics but the Olympics can't do without athletics. Exercise your leverage, Mr. President.

Deciding the 2024 programme before the Tokyo Olympics have been held runs counter to the provision in the Olympic Charter that "[t]he programme is established following a review by the IOC of the programme of the previous corresponding edition of the Olympic Games." (Olympic Charter, Rule 45(3).) Given that the IOC insists on deciding the programme in December of this year, the athletics programme should be left alone for 2024, including the 50K Race Walk Event. In December, there will be nothing to review on which to base any changes.

I have been critical of your actions in the past. As a former Member of Parliament and chief of staff to Britain's Opposition Leader, you should welcome such criticism. I am sure you prepared much tougher questions for Leader William Hague to pose to then Prime Minister Tony Blair. Furthermore, as much as you may wish that critics would just go away, you have a duty, as a member of the Council, to "*use your best efforts to consult widely with Member Federations, Area Associations, athletes and others who participate and have an interest in Athletics, to keep abreast of the issues facing them.*" (World Athletics Constitution, Art. 47.1m.) You wrote that Constitution; I didn't. Last but not least, my criticism has been based on the hostile actions you have undertaken vis-à-vis race walking, the 50K event in particular.

But I do not discount the capacity for change in our political leaders. U.S. President Richard Nixon authored the opening to China and detente with the Soviet Union, despite having made a career of his professed anti-communism. More recently, U.S. presidential candidates Hillary Clinton and Barack Obama came out against gay marriage back in 2008. Hard to fathom that now, isn't it? Positions you have taken in the past do not matter now. The coronavirus pandemic has changed everything. The expanding professionalization of sports and the increase of branding as a policy aim of sports administrators may have to take a backseat to the basics: athletics as a hobby for billions, some simply walking or jogging, others partaking in events staffed by volunteers and loved ones. That's how track and field got its organized start in your home country. The aim of revenue was just to offset costs. Race walking comes cheap, without a need for stadia or expensive equipment.

You have lived a life of tremendous accomplishment. You stood up to leaders of your own political party, including Maggie Thatcher, to compete at the 1980 Moscow Olympics. And what a memorable Olympics they became thanks to your participation. You spearheaded the change from amateur athletics to professional athletes for those few at the very top, a welcome change from the previous world of fake and state amateurs in our sport. You have always led on the issue of clean athletes, going back to the days of your first gold medal. You successfully transitioned from being a top athlete to being an elected official, a businessman, an Olympic organizer, and the head of our sports federation. Please use your new IOC position to restore athletics to its rightful position and to stand up for all of the events of the athletics family, including the 50K. Thank you, Mr. President.

The three IOC press releases referenced in the letter are available at <https://www.olympic.org/news/ioc-executive-board-proposes-five-new-members-for-election-to-the-ioc-session>; <https://www.olympic.org/news/resolution-of-the-ioc-executive-board-with-regard-to-racism-and-inclusion>; and <https://www.olympic.org/news/ioc-executive-board-confirms-timeline-for-paris-2024-events>; all three were issued on 10 June 2020 and retrieved on 14 June 2020.)

VRWC – RETURN TO COMPETITION



Dear members,

We are happy to announce that racing activity will resume at Middle Park on **Saturday 27 June**, albeit in a greatly modified format. This may be subject to change as the situation re further lifting (or re-imposing) of restrictions develops.

In line with COVID-19 guidelines set down by Athletics Victoria, we have to abide by strict procedures regarding arrival, departure and assembly at the venue. Consequently:

- Access to and movement around the Bowling club precinct and racing areas will be controlled by signage. Please observe this at all times.
- ALL ATTENDEES (competitors, officials, parents etc) are required to sign in, log time of attendance AND give phone contact details. Our appointed Safety Officer, Shane Dickson, will oversee this.
- Gatherings of individuals are limited to 20 persons in a given area, observing the 4-square metre distancing protocol as far as possible. This includes parents, spectators AND competitors on the course.

Please read carefully the following arrangements for RACING and FEES/SUBSCRIPTIONS:

1. RACING PROGRAM

- **Race entries will ONLY be accepted online (online entry page will be updated soon), or if sent by phone SMS to Mark Donahoo ... no turning up on the day and expecting to race!**
- **The deadline for race entries is the preceding WEDNESDAY evening, at 10pm.**
- Fields per race are restricted to 20 persons.

- Only THREE race distances will be provided on a given day – one race to follow the other. (For example, one week may see a 1km/3km/10km, the next 1km/5km/8km. Shorter distances will be held first.)
- Schedule for 27 June:

1.45pm: 1km (1k loop)
 2.00pm: 3km (1k loop)
 2.30pm: 10km (2k loop, 70min time limit)

NOTE: Check-in *no later* than 10mins before each race. (i.e. 1.35, 1.50, 2.20)

- If a walker wishes to race over a distance less than the one they've entered for (e.g. 2km instead of 3km), they may stop at the shorter distance yet still have their time recorded, rather than a DNF.
- Race distances will follow the above format for at least four (4) weeks. We will announce the holding of longer distances (20km, 30km etc) in due course.
- All races will be held using STAGGERED starts, to facilitate distancing.
- Walkers will be required to give a VERBAL WARNING when overtaking another walker or members of the public, and to pass at the safest distance possible.
- Social distancing and the 20-person number limit do not apply to persons aged 18 or under.
- There will be no Winter presentations this year. (Prizes days may still an option provided health concerns are suitably addressed.)

2. SUBSCRIPTIONS & RACE ENTRY PAYMENTS

- All members who have paid their subscription fees for 2020 will have their subscriptions extended into the 2021 season, at no extra charge.
- Those who have yet to pay their membership fees are not required to do so for the remainder of 2020 up until 1st October, when new membership fees will be charged for 2021.
- **Race fees will increase to \$10 for all members. This should be pre-paid ONLINE if possible. Cash payment on the day will ONLY be accepted in the form of a \$10 note, to minimize cross-infection. NO CHANGE will be given.**

We are also seeking to acquire an EFTPOS terminal and will advise on the success of this.

This has been a trying and frustrating time for all of us, and it's great that there is now light at the end of the tunnel. We can all do our bit to ensure that the VRWC's activities resume in as safe and enjoyable environment as the evolving situation allows.

Please address any queries or questions to Terry Swan at secretary@vrwc.org.au, or to Stu Cooper.

See you at the club!

Stu Cooper
 President
president@vrwc.org.au

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 JUNE

Thanks to Kim Mottrom for the results from the SARWC season opener. He comments: SARWC was finally back today. Maximum of 20 per race (U18 at 1:00, O18 at 1:30) and starting in waves of 2, 5 seconds apart. Some good times after 3 months off.

5km Walk

1.	Kim Mottrom	21:53
2.	Olivia Sandery	23:58
3.	Mathew Bruniges	25:34
4.	Kristie Goznik	25:37
5.	Richard Everson	26:29
6.	Ruby Langford	29:12
7.	Peter Crump	29:53

3km Walk

1.	Toby Wilks	13:55
2.	Daisy Braithwaite	15:27
3.	Sebastian Richards	16:00
4.	Kiera Ross	16:11
5.	Anthony Tana	16:37
6.	Nellie Langford	16:54
7.	Katie DeRuvo	17:38

8. Royrie Upton 33:42

8. Hannah Wilks 17:41

9. Kitarni Upton 18:30

1km Walk

1. Sam Wilks 5:08

2. Archie Braithwaite 5:36

3. Cooper Rech 5:56

4. Zahra Kamish 6:39

5. Tarique Kamish 6:39

6. Alexander Richards 6:42

7. Xavier Upton 6:46

10. Seth Upton 20:14

11. Victoria Upton 20:25

12. Adrian Upton 22:15

13. Liz Downs 22:52

SAMA ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 JUNE

Thanks to Colin Hainsworth for the results of the first South Australian Masters winter season walk. Colin commented: First walk since easing of restrictions. Cold, damp arvo. Meant fewer walkers

8km Walk

1. GEORGE WHITE 0:49:23 M75 88.40%

2. GIL MCINTOSH 0:57:22 M69 70.36%

3. RODGER BARBER 1:05:46 M82 73.94%

4. DAVID ROBERTSON 1:14:17 M86 70.30%

8km Club Walk

1. GRAHAM HARRISON 1:02:25 M76 70.94%

2. MARGARET MCINTOSH 1:05:44 W67 68.11%

3. ROGER LOWE 1:06:22 M77 67.71%

4km Walk

1. MARIE MAXTED 0:26:26 W60 73.87%

4km Club Walk

1. VALMAI PADGET 0:33:10 W76 73.51%

2. MIKE VOWLES 0:34:35 M76 62.22%

3. EDNA BATES 0:36:03 W67 59.02%

4. CATHIE HORE 0:39:00 W69 56.07%

5. JEFFREY KENNETT 0:40:42 M69 48.28%

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 14 JUNE

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

16km Handicap

1. Andrew Duncan 1.25.10

2. Karyn Tolardo 1.47.55

Wendy Farrow DNF

2km Handicap

1. Lataya Lawrence 11.32

2. Xavier Bernard 11.32

3. Annabelle Van Sprengel 12.37

4. Luke Lawrence 13.03

5. Kaycee Ibbotson 13.11

6. Linkin Lawrence 13.36

7. Ella-Jayde Coleman 16.40

8. Coral McCooey 18.37

5km Handicap

1. Ben Reid 26.10

2. Emily Bogaers 43.38

3. Steve Travell 46.21

4. Sylvia Byers 48.04

Brad Mann DNF

3km Handicap

1. John Ronan 15.03

2. Alexandra Griffin 15.35

3. Riley Wood 18.19

4. Gleys Duncan 26.42

ENGLISH VIRTUAL RACEWALKING LEAGUE, ROUND 10, ACROSS THE WORLD

The Virtual League Racing Series continued this week with a Virtual 2km Walk. John Constandinou reported: Ten weeks of virtual racing! Nearly 100 racing this week, with new athletes joining us, and we still have walkers from South America, Asia, Europe, Africa, and Oceania participating. Thanks again for your patience, and well done everyone!

2km Age Graded Virtual Race: <http://racewalkingassociation.com/EventDetails.asp?ag=y&id=6139>

Only a small number of Australians submitted performances for consideration:

2km Virtual Walk Women

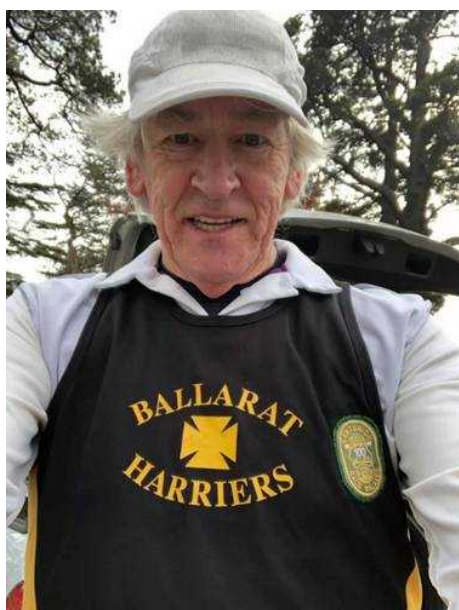
2.	Lyla Williams	U13W	10:01
15.	Mia Bergh	U17W	11:34
17.	Nyle Sunderland	W50	11:50

2km Virtual Walk Men

2.	Owen Toyne	U15M	09:23
44.	Haydn Gawne	M70	14:10
48.	Corbin Bricknell Hewitt	U13M	15:03

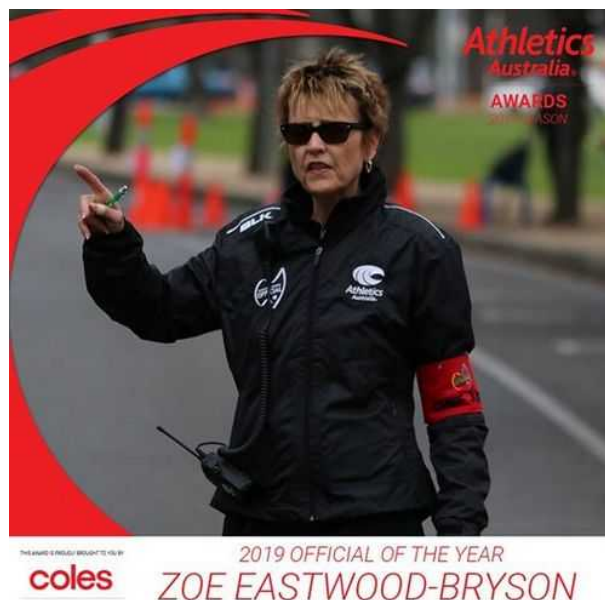
OUT AND ABOUT

- Swedish racewalker **Perseus Karlstrom** participated in a special time-trial to attack the Swedish 15,000m track walk record (a time of 58:52.9, set by Stefan Johansson in 1992)) last Sunday 14th June in his hometown of Eskilstuna. The race started at 9AM local time and was live streamed at <https://www.youtube.com/watch?v=WRaU4Km1CvY>. It was a great effort, with a final time of 59:22, 30 secs outside the record but a fine walk as his first hitout back from the coronavirus lockdown.
- When Ballarat walker **John Kilmartin** (former Ballarat RWC and VRWC member) celebrated his 69th birthday last Thursday 11th June, he did what he normally does - went for a long walk with the distance matching his age. That means that this birthday John walked 69km. His route was around Lake Wendouree in Ballarat and the time taken, as per his garmin, was 8:55:46, for an average of 7.7km/hr. John is also an Australian Centurion so I suppose if you have walked 100 miles (161km) in 24 hours, 69km is a stroll in the park! Well done John - inspirational stuff!



- Top Australian junior racewalker **Rebecca Henderson** has been in the news this week, but for her triathlon credentials rather than her racewalking. Bec, Triathlon Victoria's 2019 Female Junior Youth Athlete of the Year and recent recipient of School Sport Victoria's Lindsay Gaze Award, is the face of the Triathlon Victoria Development Program (TVDP). Read about it at <https://www.triathlonvictoria.org.au/2020/06/tvdp-driving-henderson-to-success>. Well done Bec!
- Athletics New Zealand has announced that the 2020 NZ Road Race Championships (walks and runs) have been postponed from Sunday 13 September to Saturday 7 November. The NZ Road Champs will be followed by the Athletics NZ Club Connect Conference and AGM on Sunday 8 November, also at Bruce Pulman Park. The amended competitions calendar can be found at <https://bit.ly/WinterCompCalendar>.
- A request from Papa Massata Diack to postpone the trial where he and his father Lamine stand accused of corruption and money laundering linked to the Russian doping scandal has been rejected, as six days of hearings began in Paris last Monday. See <https://www.insidethegames.biz/articles/1095082/diack-trial-opens-court-reject-request>.
- The charges against former World Athletics President Lamine Diack (and the other co-defendants) are explained in <https://www.dailymail.co.uk/sport/othersports/article-8400285/Athletes-allegedly-paid-disgraced-former-IAAF-president-Lamine-Diack-3m-hush-doping.html>.

- Congratulations to Adelaide's **Zoe Eastwood-Bryson** on being selected as the Athletics Australia 2019 *Official Of The Year*! Zoe was recently re-appointed to the World Athletics International Race Walk Judges' Panel and officiated at the 2019 Taicang World Walk Challenge and as Chief Walk Judge at the Oceania Championships. Well deserved Zoe! See the full list of recipients at <https://www.athletics.com.au/news/athletics-australia-awards-2019-season-winners/>.



- Former European high jump champion Alexander Shustov has been banned for four years for doping in the latest case from previous years to hit the Russian team. CAS said in an emailed statement he was banned for the use or attempted use of a banned substance or method, without giving any further details. Shustov won the gold medal at the European championships in 2010. The Russian Athletics Federation said on Monday that Shustov's ban was dated from June 5, and his results were disqualified for a period from 2013 to 2017. That means he keeps his European title but is retroactively disqualified from seventh place at the 2013 world championships in Moscow. According to the Russian federation's records, he was trained by Evgeny Zagorulko, who is facing charges related to the alleged filing of forged medical documents in relation to another of his athletes, Danil Lysenko. See <https://www.dailymail.co.uk/wires/ap/article-8402477/Former-European-high-jump-champ-Shustov-banned-doping.html>.
- RUSADA deputy director Margarita Pakhnotskaya says the organisation discovered 27 possible violations of anti-doping rules by athletes in May. Wonderful! See <https://www.insidethegames.biz/articles/1095159/rusada-rule-violations-may-anti-doping>.
- Asian 800m champion Gomathi Marimuthu has received a four-year ban after testing positive for the anabolic steroid nandrolone in four separate samples and has been stripped of that title. The 31-year-old Indian triumphed in the women's 800m at last April's Asian Athletics Championships in Doha. She returned a positive sample from the competition, however, having also returned three positive samples from domestic events in India in April and March 2019. See <https://www.insidethegames.biz/articles/1095256/marimuthu-receives-four-year-ban>.
- As the 8 year statute of limitations draws closer, the International Testing Agency (ITA) has confirmed reanalysis of samples from the London 2012 Olympic Games has concluded, with work on more than a dozen anti-doping rule violations continuing until the statute of limitations expires in August. In total more than 80 anti-doping rule violations have been uncovered, the ITA said. We wait with bated breath! See <https://www.insidethegames.biz/articles/1095238/ita-london-retests-done-over-dozen-cases>.
- The Commonwealth Games Federation (CGF) has announced a 24-hour change to the dates for Birmingham 2022. Competition will now take place between July 28 and August 8, instead of July 27 and August 7. The slight adjustment comes after the "significant impact to the international sporting calendar caused by COVID-19", the CGF said. It means the Games will now open on a Thursday and end on a Monday, and include two full weekends. See <https://www.insidethegames.biz/articles/1095188/birmingham-2022-cgf-date-change>.
- Of course, that assumes the Commonwealth Games will be on. A Member of Parliament for Birmingham has warned the city's council may not be able to provide promised funding for the Commonwealth Games in 2022 because of financial difficulties caused by the coronavirus pandemic. See <https://www.insidethegames.biz/articles/1095252/commonwealths-funding-danger>.
- World Athletics President Sebastian Coe is set to finally become a member of the IOC after being proposed by the Executive Board. IOC President Thomas Bach said Coe, in line to become the first World Athletics head to serve as an IOC member since disgraced predecessor Lamine Diack, had committed to addressing a conflict of interest which had

previously prevented him from joining the organisation. Bach said Coe had agreed to move from managing director of CSM Sport & Entertainment - a role which the IOC Ethics Commission said represented a conflict of interest - to a more "passive position" with the global agency. Once the double Olympic gold medallist has provided documentation to the Ethics Commission by July 1, "the concerns of the Ethics Commission would be gone," Bach added. That is exactly what Paul DeMeester said would be the case! See <https://www.insidethegames.biz/articles/1095174/coe-proposed-for-ioc-membership>.

- He is one of 5 new IOC members who look set to be rubber stamped on July 17th. See the new member profiles at https://stillmed.olympic.org/media/Document%20Library/OlympicOrg/News/2020/06/IOC_Members_biographies.pdf. They certainly read impressively!

WHEN ONE COPY OF THE STAMP ISN'T ENOUGH

Only stamp collectors will truly appreciate this next item. As all readers know, I use page <http://www.vrwc.org.au/vrwcstamps.shtml> to document all the racewalking themed stamps I can find. Luckily I don't have to source them all myself as I have some excellent contributors with the likes of Alex Wijsman, Vic Miller and Margaret and Ian Beaumont.

One of the documented stamps is a small relatively bland Japanese stamp, released as part of a set of 2 stamps (a walker and a gymnast) in 1965 to celebrate the tenth edition of their National Athletics Meet. It is a composite sketch of a racewalker, with the lower body obviously based on a photo of Volodymyr Holubnychy, the famous Russian Olympic walking champion. But why stop at one copy of the stamp when there are lots of other philatelic items using the stamp. Here are a few, compliments of Alex Wijsman.



The original racewalking stamp, along with a subsequent release with an overprint (these are regarded as 2 separate stamps), and a postcard version



and 2 different First Day Covers – a FDC bears the postmark of the stamp's release date and is another collectible item

SOME DATES

We are now starting to see a few racewalking dates being confirmed. The Alytus and Podebrady European Permit meets have now been rescheduled for Sept/Oct, as have the Polish walk champs. Further, the Lake Taihu 3 Day Tour has been tentatively moved back a month to October.

Sep 18 (Fri), 2020	46 th International RW Festival, Alytus, Lithuania (see http://www.alytusfestival.lt/)
Sep 26 (Sat), 2020	International Race Walk Meeting, Zaniemysl, Poland (Includes Polish 20km Champs)
Oct 10 (Sat), 2020	Podebrady Walks Meet, Podebrady, Czech Republic (see https://www.podebrady-walking.cz/en/)
Oct 20-22, 2020	Lake Taihu Tour, Suzhou, China

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has a couple of press releases this week

- Sun 14 Jun - Eskilstuna (SWE): Perseus Karlstrom misses out on Stefan Johansson's 15,000m track walk record http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3802
- Thu 11 Jun - Yohann Diniz and Jesus Angel Garcia Bragado the best of the 50km walkers http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3801
- Wed 10 Jun - Podebrady (CZE) has now been re-scheduled for Saturday 10 October 2020 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3800

while Omarchador has its usual great of selection of articles. Some of particular interest include:

- Sat 13 Jun - Lithuanian walker Zivile Vaciukeviciute announces her retirement <https://omarchador.blogspot.com/2020/06/zivile-vaciukeviciute-termina-carreira.html>
- Fri 12 Jun - Zoë Eastwood-Bryson named Australia's Official of the Year <https://omarchador.blogspot.com/2020/06/zoe-eastwood-bryson-nomeada-juiza-do.html>
- Thu 11 Jun - Raúl González's 50km world record 42 years ago <https://omarchador.blogspot.com/2020/06/o-recorde-mundial-de-raul-gonzalez-ha.html>
- Wed 10 Jun - Podebrady now set to be held on October 10, 2020 <https://omarchador.blogspot.com/2020/06/podebrady-10-de-outubro-de-2020.html>

TIME TO PUT THE THINKING CAP ON

Firstly, yet another amendment to the answer to question 37:

37. **You would have read above that 1908 Olympic walk champion George Larnar has a bus named in his honour. Do any walkers had streets or walkways named in their honour?**

We now have streets or laneways documented for Paul Nihill, Kerry Saxby-Junna, Roger Marceau, Florimond Cornet and Ernest Romens (see <http://www.vrwc.org.au/RW-Questions-Answers.shtml#Q37>). Yet another name to add to the list, compliments of Harold van Beek.

After **Erick Barrondo's** silver medal in the 2012 Olympic 20km in London, he became a national hero in his home country of Guatemala. On November 12, 2012, the mayor of Guatemala City, Álvaro Arzú, inaugurated the Erick Barrondo Overpass (*Paso a Desnivel Erick Barnabe Barrondo*) located in Centra Norte, highway CA-9, Guatemala City. Here's the youtube video of the official opening: <https://www.youtube.com/watch?v=eIOMCKTGO5w>.



Barrondo was further honoured when the Parque de la Democracia had its name changed to *Parque Erick Barrondo*. Here's the facebook page for the park: <https://www.facebook.com/Parque-Erick-Barrondo-La-Democracia-Guatemala-77-1004046179606288/>.

Now to the answers to last week's questions. Best efforts were from Andrew Jamieson (51-53 correct) and Emmanuel Tardi (lots of detail on question 51).

51. Which Victorian walker boasts the longest and most prolific national career (in terms of winning Australian and State Championships medals) of any Australian.

Victorian **Ted Allsopp** stands alone, so far clear of everyone else that it's not funny. He won his first National medal in 1946 and his last in 1971 – a span of 26 years. He won his first Victorian Championship medal in 1946 and his last in 1972 – an even longer span of 27 years. His championship stash of medals reads as follows

Australian Championships:	13G	10S	4B	27 medals
RWA Championships:	3G	1S	2B	6 medals
Victorian Championships:	40G	24S	14B	78 medals

I had a partial list but I got busy during the week to fully document all of his 111 medals. You can see it all in details at <http://www.vrwc.org.au/tim-archive/articles/wv-ted-allsopp-medals.pdf>. And if you want to read more about one of Australia's best ever walkers, check out <http://www.vrwc.org.au/tim-archive/articles/wv-ted-allsopp.pdf>.

Emmanuel Tardi got busy and documented Ted's medals, along with those of his nearest rival Will Sawall who is not that far behind. Willi's medal count extended from 1975 to 1995, a period of 20 years. But there were more titles on offer by the time Willi got underway, so he was able to amass his medals more quickly.

Australian Championships:	12G	3S	4B	19 medals
Victorian Championships:	37G	16S	7B	60 medals

The best of the women takes a bit of research. Emmanuel determined that the best from a Victorian medal perspective was **Wendy Muldoon** who amassed 44 Victorian Open Medals (as well as 11 underage ones).

Victorian Open Championships:	29G	8S	7B	60 medals
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Nationally, NSW walker **Kerry Saxby-Junna** is easily the top, with 31 Australian Championship medals, 27 of them gold. That is a level of excellence which is unmatched locally.

Australian Championships:	27G	4S	0B	31 medals
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52. Which Australian international walker eventually decided to put his work career ahead of his athletic career, going on to earn a PhD and now working as a scientist for a major company in Switzerland?

Melbourne walker **Tom Barnes** represented Australia at two World University Games (2009 and 2009) and one World Race Walking Cup (2010). However, Tom started working on a Doctorate in his chosen field of pharmacology in 2008 and, as time went on, its demands increased and career eventually won out over racewalking. He completed his PhD and started with the biotechnological company CSL at their labs in Parkville, Melbourne. He is still employed with CSL but is currently based in Bern, Switzerland, with his family. His combination of safe technique, strength, speed and consistency marked him out as a walker with a big future but he made what was for him the right decision. Career and family were his priority and it has all worked out as planned. Check out <http://www.vrwc.org.au/tim-archive/articles/wv-tom-barnes.pdf>

53. Who is the Australian walker who won two World championship golds, earned a bronze in the IAAF World Cup and set over 30 World records or World best times.

Before the IAAF granted world championship status to female walkers, they had their own international body called the IWF which held its own World Championships. Sue won the IWF World Championship in 1980 (5km in 23:39) and 1982 (5km in 23:03). She also won bronze in the 1983 IAAF Race Walking World Cup (10km 45:26). She won 13 Australian titles over distances from 3000m track to 20km road and set over 30 World Records or World Bests. She was the first of our female superstars. A brilliant stylist, I don't ever remember her being disqualified in a race. Read more at <http://www.vrwc.org.au/tim-archive/articles/wv-sue-cook.pdf> and at [https://en.wikipedia.org/wiki/Sue_Cook_\(racewalker\)](https://en.wikipedia.org/wiki/Sue_Cook_(racewalker)). Well done to Harold van Beek who was amongst those who knew the answer.

54. What Victorian walker was so fast that he lined up against a field of runners in a 60 metre dash in an AV Special Meet at Olympic Park in Melbourne, walking a time of 9.9 secs.

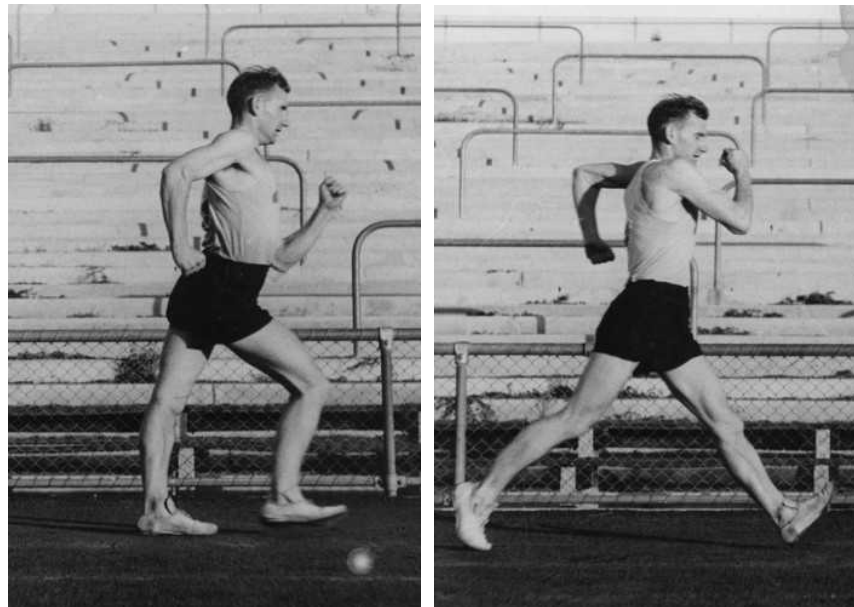
Victorian walker **Kevin Lowden**, who represented Australia in the 1991 IAAF Race Walking World Cup 50km, was a brilliant underage walker who set a number of Victorian records on his way up through the age groups. He was possessed of sheer speed as the following 1998 newspaper article testifies:

They tore out of the blocks in a 60 meters dash at Olympic Park the other night – seven sprinters and one walker. National junior 20-kilometre walking champion Kevin Lowden, from Ringwood, race-walked the 60 metres in 9.9 sec, which has to be some sort of world record.

The occasion was one of the Athletics Victoria special meets and he was not allowed to start unless he used sprinting blocks. So his time could have been even faster!

Michael Harvey tells me that, around that time, he and Kevin and Mark Fletcher had a 100m challenge and Kevin left them in his wake, taking around 16 seconds to walk the distance. You can read more about Kevin at <http://www.vrwc.org.au/tim-archive/articles/wv-kevin-lowden.pdf>.

The only other walker I know who has done that sort of thing semi officially is 1952/1956 Olympian **Don Keane**. The old adage of Australians and tall poppies was well and truly illustrated not long after his 1956 successes as cynics trotted out the old insinuation that he was consistently off the ground in his races. In an effort to prove them wrong, he invited everyone to bring their cameras to Olympic Park in Melbourne one night and he staged a series of ten flat out 100m walkthroughs with 30 seconds recovery between each. He averaged 17 seconds for each 100 m sprint and not one of the various shots could capture him off the ground. His stride was measured at a massive 1.25m.



Some photos from the famous 1957 photo opportunity – catch me off the ground if you can!

Don was also able to hold his speed well and had a best 400m laptime of 1:15. In an era of tough judging, he was rarely disqualified in the sprint home and his speed endurance and technique normally held off all challenges in the home straight. His theory was that the faster he walked, the greater the contact because of the greater thrust and pressure he was able to bring to bear with his technique.

- 55. Who was this famous English walker? He was suspended by the Amateur Athletic Union (AAA) for breaching the laws of amateurism because of his musical stage show in which, dressed in singlet and shorts, he would burst through a large screen depicting the finish line of the London to Brighton walk and then proceed to showcase his violin repertoire.**

Paul DeMeester remembered my article on English walker **Tom Payne**, which was published in this magazine some time ago (<http://www.vrwc.org.au/newsletters/heelandtoe-2018-num52.pdf>). It's an amazing story that I have captured for posterity at <http://www.vrwc.org.au/tim-archive/articles/wo-tom-payne.pdf>.

Now to this week's questions – they are not getting any easier! Some details needed, not just a name. Back up your claim!

- 56. He is the writer of one of the best selling and most influential horror stories of all time but he was also a champion endurance walker during his time at Trinity College in Dublin. Who is he?**
- 57. Which walker won a medal in a Victorian Open Championship, then had to wait 28 years to win his next?**
- 58. Which walkers to have won 50km medals in three Olympics?**

59. Which teenage Ivanhoe Harriers walker (sadly now deceased) dominated junior walking in Victoria in 1970-72, showing precocious talent over longer distances?
60. Which walker, having just won his Olympic 20km event, was on the phone to his country's president when interrupted to be told he'd been disqualified?

Forward your answers to me at terick@melbpc.org.au. I will give the answers next week and pose 5 further questions. Remember you can check out past questions and answers at <http://www.vrwc.org.au/RW-Questions.shtml>.

1970 AUSTRALIAN 50KM CHAMPIONSHIP, MELBOURNE, SATURDAY 26 SEPTEMBER 1970

Since I was discussing Ted Allsopp in Answer 51 above, it's time to zoom in on one of his many fine wins (and one of his last).

The 1970 Australian 50km Championship was held on 26th September in Melbourne, with Bob Gardiner and Ted Allsopp in attendance but with Noel Freeman and Frank Clark notable absentees. A full field of 24 walkers started in conditions which were described as "*fine, sunny, cool and calm early, with a slight breeze during the second half*". The course was a 5km lap on the bitumen roads surrounding Albert Park Lake.

Ted Allsopp won by over 8 minutes, and may well have won anyway, even if Freeman and Clark had been in attendance. His time of 4:21:05 only 1 minute outside his PB. He was aged 44 but ,on his day, he was still unbeatable.

Second place went to former British international **Peter Fullager** who had arrived in Australia only a month previously. Peter came with great credentials, having raced with distinction in England and Europe, with a string of victories and top performances. Third place went to the irrepressible **Bob Gardiner**, a slow 4:36:53 but a team performance by the ultimate team man.

Allsopp, Gardiner and Steve Hausfeld had led through 20km with 1:44:58, 7 seconds in front of Fullager. But Fullager had caught the group by the halfway mark and was the only one to go with Allsopp as he applied the pace in the second half. Even so, he eventually dropped off at the 35km mark, leaving Allsopp to power home on his own.

Allsopp's lap splits show the even pace with which he went about things. His fastest two laps were laps 5 and 6 (from 20km to 30km) and this was where he won the race.

25:45, 26:07, 26:06, 27:01, 24:52, 25:25, 25:57, 25:43, 26:55, 27:15

The teams race went to Victoria, but with an interesting story, as told by Andrew Jamieson who was walking his first 50km. He explains

There is a bit of a story on the teams race - the Victorian team had six members but four had to finish to win the teams race. I went out too hard, staying with or in sight of Graeme Nicholls till past 35km, when the rot set in. I got to 40km but was hitting the wall big time - no feeding in those days - and decided I would have to pull the pin. I was immediately told by Norm Goble to get back on the track and finish as I was the fourth Victorian left and we would not get the medal unless I finished. I had some water and two barley sugars and duly did finish, thinking that it would be worth it if I got a medal. With Ted, Bob and Graeme going well, a gold was in the bag. To my considerable disappointment only the first three members of the team actually got a medal! Rather strangely the third placed team S.A. team only had three members and got bronze! Such is athletics!

1970 Australian 50km Championship, Melbourne, Saturday 26 September

1.	Ted Allsopp	VIC	4:21:05
2.	Peter Fullager	SA	4:29:15
3.	Bob Gardiner	VIC	4:36:53
4.	Steven Hausfeld	NSW	4:41:05
5.	Robin Whyte	NSW	4:41:55
6.	Graeme Nicholls	VIC	4:55:55
7.	Robin Wood	VIC IND	5:04:58
8.	Victor Townsend	NSW	5:08:36
9.	Andrew Jamieson	VIC	5:15:10
10.	Brendan Hyde	NSW	5:24:46
11.	Peter Whitham	SA	5:27:25
12.	John Webber	SA	5:32:25
13.	Graeme Anderson	VIC IND	5:21:53
	Sydney Bray	QLD	DNF
	Brian Carman	NSW IND	DNF
	David Black	VIC IND	DNF
	Paul Cronin	VIC IND	DNF
	Geoff Laycock	VIC iND	DNF
	Claude Martin	VIC IND	DNF
	Gordon Mills	VIC IND	DNF

Varel Newmark	VIC IND	DNF
Norm Marr	VIC	DNF
Justin Coxhead	VIC	DNF
Clarrie Jack	VIC IND	DQ

Teams

1. VIC 10 Pts (1,3,6 – Allsopp, Gardiner, Nicholls)
2. NSW 16 Pts (4,5,7 – Hausfeld, Whyte, Townsend)
3. SA 19 Pts (2,8,9 – Fullager, Whitham, Webber)



Part of the Victorian contingent - Andrew Jamieson, Geoff Laycock, Ted Allsopp, Norm Marr, Graeme Anderson (obscured), Justin Coxhead, Robin Wood (obscured) and Bob Gardiner



Winner Ted Allsopp with first timer Andrew Jamieson (photos from Andrew Jamieson)

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.

Australian/Victorian Key Dates – 2020

Aug 30 (Sun), 2020 Australian Masters 20km Championships, Adelaide (TBA)
Aug 30 (Sun), 2020 Australian Roadwalk Championships (and RWA Carnival), Melbourne (TBA)

International Dates

July 17-20, 2020 **18th World Athletics U20 T&F Championships**, Nairobi, Kenya (POSTPONED – TBA)
Sep 18 (Fri), 2020 46th International RW Festival, Alytus, Lithuania (see <http://www.alytusfestival.lt/>)
Sep 26 (Sat), 2020 International Race Walk Meeting, Zaniemysl, Poland (Includes Polish 20km Champs)
Oct 10 (Sat), 2020 Podebrady Walks Meet, Podebrady, Czech Republic (see <https://www.podebrady-walking.cz/en/>)
Oct 20-22, 2020 Lake Taihu Tour, Suzhou, China

Jan 17-23, 2021 **Oceania Masters Championships**, Norfolk Island
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

TBA, 2022 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
July 15-24, 2022 **18th World Athletics Championships**, Eugene, USA
July 28 - Aug 8, 2022 **XXII Commonwealth Games**, Birmingham, GBR
Aug 11-21, 2022 **European Athletics Championships**, Munich, GER

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

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