



HEEL AND TOE ONLINE

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PAUL F DEMEESTER TALKS 50K RACEWALKING

Thanks to US Attorney at Law Paul F. DeMeester for another wonderful article - the 43rd in a row – and it's as good as ever. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

FIRST THEY CAME FOR THE YOUNG 50K-ERS, THEN ALL OF THEM

By Paul F. DeMeester

Bengt Roland Simonsen was born in Sweden on 23 March 1958. He took up race walking as a youth. On 19 October 1974, he was 16 years of age. Bengt went to a track in Gothenburg that day to help 35-year old Swedish race walker Daniel Björkgren set a new Swedish national 50K track record. Björkgren was a Swedish 50K Olympian, having finished in 13th (4:20:00) at the 1972 Munich Olympic 50K Race Walk Event, the same spot he attained at the 1974 European 50K Championship race in Rome (in 4:31:09).

I'll let race walking great Jack Mortland do the talking, just like he did in the January 1975 issue of the *Ohio Racewalker*:

50 Km (track), Gothenburg, Oct. 19--1. Bengt Simonsen 4:22:13.4 (Swedish record. I didn't mention this in the earlier reference to Bengt. But for a 16-year-old who has concentrated his training towards 10 Km, it is a very impressive performance indeed. He had 10 km splits of 52:45, 52:29, 52:33, 52:38, 51:48.4--an amazingly evenly paced effort. His purpose, apparently was to assist Daniel Bjorkgren to the record. Bjorkgren was with him at 30 but had dropped 800 meters back by 40 and dropped out as the precocious youngster continued on to the record, which was still held by 1948 Olympic champion, John Ljunggren. Quite a few Swedes have walked faster in the meantime, of course, but not on the track)

(Ohio Racewalker, Jan. 1975, p. 5.)

A word about Jack Mortland, who was 17th in the 1964 Tokyo Olympic 20K. He and fellow U.S. walker Jack Blackburn started the race walking monthly magazine in March of 1965. Eventually, Mortland published *Ohio Racewalker* by himself, all the way to the last issue in September of 2014. All 593 issues have been posted on Jeff Salvage's website [racewalker.com](http://www.racewalker.com). Masters racewalking 50K great Dave Talcott (the slower half of the dynamic Talcott duo) scanned them all in and they are now available to anyone with an internet connection at <https://racewalk.com/ORW/ohioRaceWalker.php>.

Back to 19 October 1974 and Bengt Simonsen. A new 50K star was born, at age 16 no less. Undoubtedly, Bengt would have made it to the Olympic 50K at age 18 but for one unfortunate circumstance: there was no 50K at the 1976 Montreal Games. Still, Bengt did make it to the 1976 Olympics at age 18 in the 20K. Bengt finished 26th in 1:35:31.8. I'm comfortable saying that Bengt would have made it into the Olympic 50K if the event had not been deleted that year, as Sweden selected him for the replacement World Championships 50K, the first ever IAAF independent World Championships in athletics (prior to that, the Olympics served also as the World Championships). Unfortunately, Bengt was red carded before his home crowd in the 1976 race in Malmö. Bengt would eventually compete at three Olympics, with a best result of 4th in the 1980 Moscow 50K (3:57:08). Bengt also race walked at two European Championships (best of 11th in the 50K in 1978 at age 20, posting 4:03:34.6). Bengt also made it to the second international 50K race that carried the World Championships Athletics title, when the IAAF organized its first overall competition in 1983. Bengt placed 10th in 3:57:25.

Had Bengt been a 16-year old in 2016, we would not have heard about his youthful world competition exploits in long distance race walking. By then, the IAAF had an age requirement for Olympic participation: "Any athlete aged 18 or 19 years on 31 December in the year of the competition (born in 1997 or 1998) may compete in any Event except the Marathon and 50km Race Walk." (See <file:///C:/Users/Owner/AppData/Local/Temp/rio-2016-olympics-qualification-system.pdf>, at p. 4.) Age discrimination, right? Of course, we know matters have become worse for the 50K now that the IOC and World Athletics have banned it for all ages and genders at top level past Tokyo 2020. If discrimination was an Olympic event, the IOC could keep its gold medal in-house.

WHAT'S COMING UP

This weekend (22-24 January), our Victorian walkers will be in action at the **Victorian Country Track & Field Championships** in Ballarat. Here's now the next month or so pan out with regard to walking opportunities

Jan 22-24, 2121	Victorian Country Track & Field Championships	Ballarat
Jan 31 (Sun), 2021	Elite 10,000m Track Walk , VRWC track walks	Clifton Hill
Feb 6 (Sat), 2021	AVSL Round 6 (3000m/1500m walks)	Various venues
Feb 13 (Sat), 2021	AVSL Round 7 (2000m walks)	Various venues
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships	Adelaide, SA
	Entries close on Monday 1 st February - https://www.athletics.com.au/events/83392/	
Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium

AVSL COMPETITION, AROUND VICTORIA, SATURDAY 16 JANUARY 2021

Finally, a proper round of Athletics Victoria Shield League competition last Saturday, with our venues hosting the full range of events and with lots of athletes allowed to compete. And to make matters even better, track walks were included in the programs. In total, we had 43 walkers in action, not big by our usual standards but a start. But that was partly due to the large number of walkers training separately in Melbourne as part of Athletics Australia's Supernova Walks Study /Camp. Round 6 is scheduled for Saturday 6th February so let's see if we can build the numbers.

AVSL Round 5, Moonee Valley Athletics Track, Aberfeldie

Heath Beveridge (14:40.0) and **Danny Hawksworth** (14:43.5) had a good battle out in front at Aberfeldie.

3000m Walk

1.	Heath Beveridge	M18	WES	14:40.0	460
2.	Danny Hawksworth	M40	ESS	14:43.5	461
3.	Tim Erickson	M65	COB	17:50.8	477
4.	Jade Chitty	F18	WES	17:59.6	373
5.	Kerryn Walshe	F55	KSB	18:23.5	459
6.	Donna-Marie Elms	F55	PTN	18:41.1	449
7.	Brian Anderson	M60	ESS	19:20.2	405
8.	Tracy Colbert	F50	COB	19:43.1	376
9.	Charmaine Smith	F45	DAC	22:41.0	228
10.	Brenda Cashin	F55	WES	25:00.1	221
11.	Jenny-Rose Szuhai-Andrews	F55	BWK	25:09.8	216
12.	Heather Lamb	F55	BWK	25:24.1	INV
	Paul Kennedy	M60	KSB	DQ	

AVSL Round 5, Bill Seward Athletics Track, Nunawading

Nunawading was our top walk venue in terms of overall quality. 15 year old **Liam McLennan** led them all home with a big PB of 14:58.8, while further back, his mum **Laura McLennan** did her own big PB with 18:16.6. **Merilyn Thompson** was also well under her PB with 20:35.7. And super masters walkers **Heather Carr** (18:26.8) and **Andrew Jamieson** (17:17.0) excelled as always. Impressive! And 84 year old **Bob Gardiner** showed us how it is done with 21:30.2. It's a shame the points max out at M65 and he was only awarded 365 points for his efforts. If the system accommodated M80, he would have got an impressive point score indeed.

3000m Walk

1.	Liam McLennan	M16	DAC	14:58.8		PB 1:28
2.	Charlotte Hay	F18	KNA	15:16.5		
3.	Simon Evans	M60	BOH	16:45.6	482	
4.	Andrew Jamieson	M65	OSC	17:17.0	493	
5.	Jamie Mayhew-Sharp	M40	MPA	17:57.0	329	
6.	Laura McLennan	F40	DAC	18:16.6	371	PB 0:37
7.	Heather Carr	F65	GHY	18:26.8	518	
8.	Michael Harvey	M55	WAM	20:08.1	337	
9.	Merilyn Thompson	F55	MPA	20:35.7	378	PB 0:27
10.	Adam Mccann	M40	ANW	20:55.6	221	
11.	Liam Evans	MOP	BOH	21:09.0	188	
12.	Gwen Steed	F65	GHY	21:27.3	430	
13.	Bob Gardiner	M65	COL	21:30.2	365	
14.	Rozlyn Walker	F55	GHY	21:57.4	315	
15.	Ross Reid	M65	COL	21:58.1	347	
16.	Anthony Doran	M65	GHY	22:01.1	345	
17.	Colleen Anderson	F45	YRA	23:00.0	218	
18.	Debbie Voogd	F55	RWD	23:07.9	275	

Christopher Worsnop	M60	OLX	DQ
Kylie Irshad	F45	VMA	DNF

It was a great battle between young training partners **Maddison Nash** (7:49.3) and **Ariana Pashutina** (7:49.8) with **Emily Smith** not far behind (8:03.8).

1500m Walk

1.	Maddison Nash	F16	DIV	7:49.3	481
2.	Ariana Pashutina	F14	KNA	7:49.8	498
3.	Emily Smith	F16	KNA	8:03.8	462
4.	Zachary Matters	M16	BOH	8:32.3	361
5.	Lula Parrott	F14	DAC	10:11.7	295

Fraser Saunder was the best of the country based walkers with his 5000m time of 23:25.9. Small fields in both Ballarat and Bendigo and no walkers in Geelong by the look of things.

AVSL Round 5, Llanberris Reserve, Ballarat

5000m Walk

1.	Fraser Saunder	M18	BYC	23:25.9	485
2.	Roslyn Ireland	FOP	BWK	39:32.4	177

2000m Walk

1.	Olive Ireland	F60	BWK	16:34.0	263
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AVSL Round 5, La Trobe University Athletics Track, Bendigo

2000m Walk

1.	Wendy Ennor	F60	EAG	17:38.4	218
2.	Peter Savage	M65	EAG	18:42.8	182

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 17 JANUARY 2021

Sunday morning saw our first VRWC roadwalks for the new year, with fine conditions greeting the 20 competitors in attendance. The PBs were confined to the 2km walkers this week, with 9 year old **Ela Uzun** the best of them, her time of 10:09 shattering her U10 club record by an amazing 39 seconds. Others to up the ante were **Riley Coughlan**, **Scott Peart** and **Daniel Pashutin**. We also welcomed first time walker **Damian Baldy**.

20km Walk

1.	Madeleine Feain	F	1:55:43	
	Heath Beveridge	M	DNF	39.44 for 7km

10km Walk

1.	Claire Samanna	F	58:40	
2.	Gerard Feain	M	1:09:17	
3.	Paul Moritz	M	1:12:38	
	Kylie Irshad	F	DNS	

5km Walk

1.	Charlotte Hay	F	25:57	
2.	Simon Evans	M	29:18	
3.	Donna-Marie Elms	F	32:03	
4.	Heather Carr	F	32:31	
	Liam Evans	M	DNS	

2km Walk

1.	Riley Coughlan	M	10:07	PB 0:56
2.	Ela Uzun	F	10:09	PB 0:39, VRWC U10 Record
3.	Scott Peart	M	10:10	PB 0:12
4.	Ariana Pashutina	F	10:14	
5.	Emily Smith	F	10:45	
6.	Daniel Pashutin	M	10:56	PB 0:09
7.	Havana Ali	F	12:29	
8.	Tracy Colbert	F	12:51	
9.	Merilyn Thompson	F	13:34	
10.	Damian Baldy	M	14:01	First walk with club
11.	Gwen Steed	F	14:12	



Start of the 2km walk (all photos by Kerrie Peart)



Daniel Pashutin, Heather Carr, Merilyn Thompson, Ela Uzun and Riley Coughland



Simon Evans, Damian Baldy, Scott Peart and Madeleine Feain

Thanks to all our judges, officials and helpers. Apologies to anyone I missed. You are all critically important - we wouldn't have our races without you.

Officials: Mark Donahoo, Simon Baker, Tony Doran
Judges: Peter Vysma (Chief), Stuart Cooper, Cheryl Beveridge, Ece Uzun, Peter Price
Set up & Pack up: Stu Cooper, Peter Vysma, Gerard Feain, Madeline Feain, Kerrie Peart, Ece Uzun
Photos: Kerrie Peart

SUPERNOVA STUDY CAMP GETS SERIOUS IN MELBOURNE

If you have been travelling around Albert Park or South Melbourne or St Kilda recently, you may well have seen some serious looking walkers storming along the various tracks. The Supernova Camp walkers, who were at Mt Stromlo in NSW in December, have now relocated to Melbourne and are hard at work training in the southern Melbourne suburbs. On Sunday morning, they gathered for a session of 1000m track reps and Kerrie Peart was there with her camera to capture the action – great work Kerrie!



*Left: Declan Tingay and Rhydian Cowley lead out overall
Right: Jemma Peart, Alanna Peart, Katie Henderson and Jemima Montag fight out the women's lead positions*



A great side shot – Jemma and Alanna Peart, Katie Henderson, Jemima Montag, Tim Fraser, Will Thompson, Corey Dickson, Tristan Camilleri, Declan Tingay and Rhydian Cowley



And one final shot!

SAMA TRACK WALKS, SA ATHLETICS STADIUM MILE END, ADELAIDE, WEDNESDAY 13 JANUARY 2021

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

800m Walk

1.	MARIE MAXTED	04:28	W60	78.93%
2.	JAMES HOARE	06:10	M74	62.22%
3.	MALCOLM TIGGEMAN	05:47	M68	61.61%
4.	HELEN SURIDGE	05:59	W69	64.96%
5.	PETER CRUMP	04:16	M60	76.66%
6.	KEVIN FINN	05:09	M69	70.01%
7.	LIZ NEUBAUER	06:11	W69	62.86%
8.	VICKI LINES	06:28	W66	58.03%
9.	ROGER LOWE	06:17	M77	63.58%
10.	JAN LAYNG	06:35	W72	61.33%

Oceania Virtual Championships

5000m Walk

1.	PETER CRUMP	31:13	M60	71.86%
2.	MARIE MAXTED	33:54	W60	72.90%
3.	GIL MCINTOSH	34:21	M70	72.92%
4.	JACK RUSSELL	34:36	M68	70.67%
5.	KEVIN FINN	34:40	M69	71.38%
6.	HILL-BROWN	41:30	M66	57.58%

3000m Walk

1.	JAMES HOARE	24:19	M74	63.69%
2.	VALMAI PADGET	24:45	W76	72.06%
3.	HELEN SURIDGE	24:52	W69	64.54%
4.	VICKI LINES	26:45	W66	57.67%

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 14 JANUARY 2021

Thanks to Val Chesterton for the latest results from the ACT Race Walkers Club in Canberra.

2000m Walk

1.	Kodi Clarkson	09:53
2.	Harry Bates	10:27
3.	Ann Staunton-Jugovic	10:30
4.	Sue Archer *	13:49
5.	Bryan Thomas *	14:37
6.	Ruth Baussmann *	14:42
7.	Doug Fitzgerald *	15:56
8.	Jenny May *	17:30
9.	Sheryl Greathead *	17:36
10.	Robert Kennelly	17:40
11.	Lorna England *	17:41

800m Walk

1.	Val Chesterton	06:31
2.	Peter Davies *	06:38
3.	Margaret Cadona	07:24

* Fitness walkers.

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 16 JANUARY 2021

Adelaide walkers were back in action in their interclub competition on Saturday. PBs for **Mathew Bruniges**, **Anthony Tana** and **Nellie Langford**. **Kim Mottrom** (22:45.12) was well in front, as usual.

Open 5000m Walk

1.	Kim Mottrom	22:45.12
2.	Mathew Bruniges	23:07.25
3.	Nellie Langford	27:18.74
4.	Peter Crump	32:16.09
	Kiera Ross	DQ

Open 1500m Walk

1.	Sebastian Richards	7:13.92
2.	Anthony Tana	7:24.81
3.	Marie Maxted	9:00.98
4.	Tarique Kamish	9:51.41
5.	Ross Hill-Brown	11:01.54

QMA T&F CHAMPIONSHIPS, SAF, BRISBANE, SATURDAY 16 JANUARY 2021

The Queensland Masters hosted their 3000m track run and walk championships at the State Athletic Facility in Brisbane last Saturday morning. Winners in the walk divisions shown below. I also managed to find a few photos which are below. Well done everyone.

3000m Walk

W30	1	Kirwin, Roslyn	W32	23:06.27	50.13%
W45	1	Gannon, Brenda	W46	17:54.79	69.91%
W50	1	Woodward, Erika	W54	17:51.78	73.07%
W55	1	Stuckey, Jennifer	W55	21:36.86	63.18%
M55	1	Jimenez, Ignacio	M55	14:31.65	86.61%
M65	1	Bennett, Peter	M65	17:32.61	79.19%
W75	1	McKinven, Noela	W78	24:51.35	70.59%



Rosalind Kirwin, Peter Bennett, Jennifer Stuckey and Erika Woodward

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 17 JANUARY 2021

Dave Moore reports from Tasmania: Cold, breezy, and wet conditions did not deter **Oliver Morgan** from starting 2021 with his fastest walk on the track for the 3000m distance. Oliver was followed home by **Elizabeth Leitch** and **Dave Moore**.

3000m Walk

1.	Oliver Morgan	OVA	15:02.22
2.	Elizabeth Leitch	TMA	20:19.16
3.	Dave Moore	TMA	27:43.50

SOUTH ISLAND COLGATE GAMES, NELSON, NEW ZEALAND, 15 17 JANUARY 2021

Thanks to Racewalking NZ January Circular for the results and brief report from the South Island Colgate Games. Last week I reported on the North Island Colgate Games. The report reads: The Nelson Marlborough Center was the host for another well supported and conducted Games. There were not as many walkers as in the North Island but there were some good races. Thanks to the judges and officials for your valuable help.

1200m Girls Grade 10

Morgan Day	PAKU	7:23.67
Addison Campbell	Geraldine	8:26.97
Eliza Bull	PRHL	8:34.32

Girls 1200m Grade 11

Cora O'Rourke	St. Pauls	8:35.28
Emma Grenfell	Selwyn	8:56.05
Veronique Koole	PAKU	9:02.88

Girls 1200m Grade 12

Kobi Maslin	Anu	6:12.16
Yandri Fourie	PAKU	6:47.01
Emma Campbell	Geraldine	7:59.06

Girls 1600m Grade 13

Molly O'Reilly	Selwyn	8:53.40
Isla MacCallum	R	11:21.24
Amelie Wood	Fair	11:53.60

Girls 2000m Grade 14

Madeline Thomas	Sth Cant	11:48.11
Kate Ritchie	Sth Cant	12:10.10
Jordis Belesty	Fiordland	13:42.78

Boys 1200m Grade 10

Kieran Dunlop-Brown	Mana	6:48.33
Luke Kalolo	BVA	8:29.81
Carter Bedford	Selwyn	8:30.39

Boys 1200m Grade 11

Harrison Day	PAKU	6:50.04
Ricco Korewha	PAKU	8:10.96
Finn Bennett	Ashurst	8:18.37

Boys 1600m Grade 13

1.	Richie Trathen	PAKU	8:57.91
2.	Ari Bennett	Ashurst	10:07.35

Boys 2000m Grade 14

1.	Quinn Gardiner-Hal	Wuku	9:50.67
2.	Liam Dunlop-Brown	Mana	13:02.69

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases for us this week

- Mon 18 Jan - Ostia (ITA): Italian championships 50km men and 35km women next Saturday
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3960
- Fri 15 Jan - Kiev (UKR): Olyanovska and Zabuzhenko win 5000m indoor walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3959
- Thu 14 Jan - Bernhard "Bernd" Kannerberg dies
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3958

- Wed 13 Jan - Rydian Cowley and Jemima Montag win SuperNova 10,000m track walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3957
- Wed 13 Jan - RAF demands punishment of Ivan Noskov for in appropriate response to World Athletics request http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3956

while Omarchador has 7 press releases.

- Mon 18 Jan - Ayse Tekdal sets new Turkish women's 5000m indoor record at Turkish Indoor Track Championships <https://omarchador.blogspot.com/2021/01/ayse-tekdal-em-grande-evidencia-nos.html>
- Sun 17 Jan - Éider Arévalo, a special visitor at Portuguese walks <https://omarchador.blogspot.com/2021/01/eider-arevalo-um-visitante-especial.html>
- Sat 16 Jan - On Ileana Salvador's birthday <https://omarchador.blogspot.com/2021/01/no-aniversario-de-ileana-salvador.html>
- Fri 15 Jan - Bernd Kannenberg (1942-2021) <https://omarchador.blogspot.com/2021/01/bernd-kannenberg-1942-2021.html>
- Thu 14 Jan - SOMOS ATLETISMO, magazine dedicated to Spanish athletics <https://omarchador.blogspot.com/2021/01/somos-atletismo-magazine-dedicado-ao.html>
- Wed 13 Jan - Results of 10,000 m Elite in Clifton Hill, Australia <https://omarchador.blogspot.com/2021/01/10000-m-elite-em-clifton-hill-australia.html>
- Tue 12 Jan - Lyudmila Olyanovska records 20:59.1 for 5000m indoors in Kiev <https://omarchador.blogspot.com/2021/01/lyudmila-olyanovska-regista-20591-5000.html>

OUT AND ABOUT

- Congratulations to 2016 Olympic 50km walker **Brendon Reading** and his wife Ellie on the birth of their daughter Nylah Grace Reading, who was born on Thursday 14th January, weighing in at 3.3kg. Well done to mum and dad.
- The Ecuador Olympic Committee (COE) is set to hold a pre-Tokyo 2020 training camp for its race walkers in Kitami after signing an agreement with officials in the Japanese city. See <https://www.insidethegames.biz/articles/1102933/ecuador-noc-race-walk-camp-tokyo-2020>.
- A decision on whether spectators will be permitted to attend the Olympic Games will be made within the next two months, according to Tokyo 2020 President Yoshiro Mori. Organisers are bracing themselves for a tough call on whether fans will be allowed to attend Tokyo 2020 as new variants of COVID-19 create further uncertainty across the globe. See <https://www.insidethegames.biz/articles/1102958/tokyo-2020-crowds-decision-march-mori>.
- Former IOC vice-president Kevan Gosper has suggested the organisation could seek to involve the United Nations in determining whether the Olympic Games take place. See <https://www.insidethegames.biz/articles/1103110/gosper-united-nations-tokyo-2020-olympic>.
- Japanese cabinet minister Taro Kono has admitted a decision on the holding of the Tokyo 2020 Olympics and Paralympics "could go either way" as the coronavirus pandemic continues to leave doubts hanging over the Games. See <https://www.insidethegames.biz/articles/1103005/tokyo-2020-kono-comments-olympic-games>.
- The Confederation of North, Central America and Caribbean Association Football (CONCACAF) has confirmed its men's Olympic qualifying tournament will take place in Mexico in March. The event, which offers the final two berths in the Olympic football competition at this year's rearranged Tokyo 2020 Olympic Games, had originally been scheduled for March last year before being postponed because of the coronavirus pandemic. See <https://www.insidethegames.biz/articles/1103027/concacaf>.
- Birmingham City Council leader Ian Ward has conceded "we can't be certain" next year's Commonwealth Games will go ahead amid growing covid concerns. See <https://www.insidethegames.biz/articles/1103079/birmingham-2022-uncertainty-coronavirus>.
- German doctor Mark Schmidt has been jailed for four years and eight months for running an international blood doping ring. Schmidt had been on trial in Munich alongside four co-defendants. He was found guilty of 24 counts of using doping methods. See <https://www.insidethegames.biz/articles/1103039/schmidt-jailed-over-blood-doping-scandal>.
- WADA has claimed the Court of Arbitration for Sport panel has failed to fully explain why it significantly reduced sanctions imposed on Russia in its decision published last Thursday. WADA had imposed a four-year package of punishments on Russia in December 2018 after it found data from the Moscow Laboratory had been tampered with and

manipulated. A three-member CAS panel last month cut the period of sanctions to two years following an appeal by the Russian Anti-Doping Agency. See <https://www.insidethegames.biz/articles/1102995/cas-award-russia-wada-case-outlined>.

SIMONE WOWOWIEC PAINTS UP A STORM

Simone Wolowiec has come a long way since her time as an Australian international racewalking representAtive (you can read all about her career at <http://www.vrwc.org.au/tim-archive/articles/wv-simone-wolowiec.pdf>). In the years since she retired, she has carved (or should I say painted) her way to a successful new career. For a number of years, she and her husband JB were resident in America but they returned to Melbourne a couple of years ago and she has been steadily increasing her local profile as an artist. I am very excited to let everyone know of her art exhibition which will be held on the weekend of 13-14 February at the Mulbury Gallery in Highett, in suburban Melbourne. Here is the flyer:



And here is a very nice article on Simone: <https://www.onyamagazine.com/arts-culture/art/artist-simone-wolowiec-is-inspired-by-melbourne-every-day/>

The world athletics community is mourning the death of Bernhard Kannenberg, a former world record holder and Olympic champion in the 50km walk. He died on the night of the 13th January 2021, in a hospital in Münster, Germany, at the age of 78. I reproduce an article I wrote some years ago, profiling his wonderful career and his many records and wins.

BERND KANNENBERG, 1982 OLYMPIC 50KM CHAMPIONSHIP

Bernd Kannenberg, born 20 August 1942 in Königsberg, East Prussia, is remembered as a consummate racewalker, winning gold in the 1972 Olympic 50km event in Munich. His story is indeed an interesting one.

His stocky build (he raced at 75km and was only 175cm in height) combined with his relatively late starting age (he took up racewalking at the age of 24, joining LAC Quelle Fürth) did not omen well for a top international career and his early form was solid but not outstanding.

His first two international appearances were fair but nothing to write home about – in 1970 he finished 13th in the Lugano Cup 50km event in 4:21:43 and in 1971 he took 9th place in the European Championship 20km in 1:32:06.

That perception was changed forever on 27th May 1972 when he stormed to a new 50km world best time of 3:52:45 in Bremen in a Germany vs Great Britain match. Suddenly this strongly build German walker was a serious medal contender for the upcoming Munich Olympics. Rumours surfaced of his huge training regime with up to 6 hours walking per day with weekly mileages of over 200 km.

He timed his surge to the top with precision, winning his first national championships in that same year, at the age of 29, when he took the 10,000m indoor track walk (42:34) and the 20km and the 50km roadwalk titles. These wins earned him selection in both the 20km and 50km events at the Munich Olympics.

His Olympic 20km was nothing to write home about when he failed to finish. But the 50km was considered his stronger event and he did not let the German public down. Faced with a very talented start list that included defending champion Christoph Holne, fellow East German Peter Selzer and Russian ace Venianen Soldatenko, Kannenberg led at every checkpoint and, by the 35km mark, only the Russian remained in contention. Soldatenko was slow in taking his refreshments at the final feeding station and Kannenberg chose that moment to attack. Soldatenko, worried because he had already received a warning, did not respond, allowing the German to storm home in a new Olympic record of 3:56:11 and a win by over 2 minutes. The newspapers captured one of the most famous of all walking photos – Kannenberg powering down the finishing straight, caught in a perfect double support phase.



Soldatenko and Kannenberg fight out the 1972 Olympic 50 km



Kannenberg storms up the finishing straight to win the 1972 Olympic 50 km event – one of walking's most famous photos



And they celebrate together after the race

Both walkers easily beat Soldatenko's official road world best time of 3:59:17 and Kannenberg became an instant German hero. The final results read as follows

1.	Bernd KANNENBERG	GER	3:56:11.6
2.	Veniamin SOLDATENKO	SOV	3:58:24.0
3.	Larry YOUNG	USA	4:00:46.0
4.	Otto BARTCH	SOV	4:01:35.4
5.	Peter SELZER	GDR	4:04:05.4
6.	Gerhard WIEDNER	GER	4:06:26.0
7.	Vittorio VISINI	ITA	4:08:31.4
8.	Gabriel HERNANDEZ	MEX	4:12:09.0

That day, 3rd September 1972, became known as "Golden Sunday" in West German sporting history as athletes from the Federal Republic won three gold medals - Klaus Wolfermann by 2cm in the javelin with a new Olympic record of 90.46 meters, Hildegard Falck in the women's 800m and Kannenberg in the 50km walk.

This started a golden few years for Kanneberg. He dominated German walking at a time when it was one of the world's leading racewalking countries with repeat 50km championship wins in 1973 and 1975, repeat wins over 20km in 1974 and 1975 and repeat wins in the 10,000m indoor championship in 1973, 1974 and 1975.

Internationally, he showed that his 1972 Olympic 50km win was no fluke, winning the 1973 Lugano Cup 50km in 3:56:50.8, again beating Bartsch, Holne and Soldatenko.

1974 saw more dominant walks with him establishing three world records and one world best track performance in quick succession. Firstly he set new marks for the 2 hours (27,137 mtrs.) and 30,000m (2:12:58.0) in Kassel on May 11. Then he set new marks for the 20,000m (1:24:45.0) and 1 hour (14,233 mtrs.) in Hamburg on May 25. In this same meet, Gerd Weidner set a new 20 Mile world record. Since Weidner already held the 30 mile and 50,000m world records, this meant that these two German walkers now held every world walking record between them. This was indeed the golden era of German walking.

Julian Hopkins, then the British National Walks Coach, after discussions with West German National Walks Coach Jurgen Kraemer, summarised Kannenberg's training regime as follows ¹

- He does all his training by himself.
- He does a great deal of general endurance work. At present, he is covering 700-800km per month. He has covered 1100km per month when preparing for 50km.
- He trains once per day with distances ranging from 20km up to 60km. In the winter, the training speed is about 10km/hr. In summer, the shorter sessions are covered at 11km/h.
- Each week he includes 1 hour of very fast walking. This is done as one effort in the middle of a long session or as two half-hour sessions with a short recovery.
- He does not include running in his training.
- He has his own team of coach, medical adviser and physiotherapist.

To top off what had been a wonderful year, he was narrowly beaten by Golbunichiy in the European 20km Championship in hot conditions in Rome. His efforts were suitably recognised when he was awarded the Rudolf-Harbig Memorial Prize, one of Germany's top sporting awards.

¹ *W Germany v G.B. Walks Match Analysis*, Julian Hopkins, Athletics Coach magazine, July 1974



The 1974 European Championship 50km in Rome – Soldatenko, Kannenberg, Bartsch and Hohne - 4 of the best ever 50km walkers

In the 1975 Lugano Cup, he was again second in another Championship 20km event in 1:26:20, this time behind Stadtmuller of East Germany. In November 1975, he walked his last 50km event, a track race in Nerviana in Italy, where he set a World Record of 3:56:51.4. This was the first time 4 hours had been beaten on the track - another first for the West German.

With the 50km event no longer on offer in the 1976 Olympics, he could not defend his title but had to focus solely on the 20km event. With his 20km performances over the last few years, he was still rated a definite chance for a second Olympic gold.

But it was not to be. By this time, he was suffering various health related issues, a consequence perhaps of the huge mileages to which he had subjected his body and he was forced to retire from the Olympic 20 km in severe pain.

Numerous operations later, he made an attempted comeback in 1978 but it was short lived. In 1982, Kannenberg made headlines once again as it became known that he was being treated for heart issues.

His career highlights read as follows;

1970	Lugano Cup	Eschborn	50km	13 th	4:21:43
1971	European Championships	Helsinki	20km	9 th	1:32:06
1972	Olympic Games	Munich	20km	DNF	
	Olympic Games	Munich	50km	1 st	3:56:11
1973	Lugano Cup	Lugano	50km	1 st	3:56:50
1974	European Championships	Rome	20km	2 nd	1:29:08
1974	European Championships	Rome	50km	9 th	4:21:46
1975	Lugano Cup	Le Grand Quevilly	20km	2 nd	1:26:20
1976	Olympic Games	Montreal	20km	DNF	

His record speaks for itself. Although his time at the top was brief, his dominance over both Olympic distances in the early seventies ensures that his feats will live on long after he has faded from the public limelight.

Sadly, he died on the night of the 13th January 2021, in a hospital in Münster, Germany, at the age of 78.

DATES...DATES...DATES

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

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

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

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

Victorian Key Dates – Summer 2020/2021

Jan 22-24, 2121	Victorian Country Track & Field Championships	Ballarat
Jan 31 (Sun), 2021	Elite 10,000m Track Walk , VRWC track walks	Clifton Hill
Feb 6 (Sat), 2021	AVSL Round 6 (3000m/1500m walks)	Various venues

Feb 13 (Sat), 2021	AVSL Round 7 (2000m walks)	Various venues
Feb 14 (Sun), 2021	VRWC Road Walks	Middle Park
Feb 14 (Sun), 2021	Australian 20km Roadwalk Championships Entries close on Monday 1 st February - https://www.athletics.com.au/events/83392/	Adelaide, SA
Feb 19-21, 2021	Victorian T&F Championships (Weekend 1)	Lakeside Stadium
Feb 26-28, 2021	Victorian T&F Championships (Weekend 2)	Lakeside Stadium
Mar 6 (Sat), 2021	AVSL Round 8 (5000m/2000m walks)	Various venues
Mar 13 (Sat), 2021	AVSL Round 9 (no walks)	Various venues
Mar 14 (Sun), 2021	AV 5000m Teams Race Championships , VRWC track walks	Clifton Hill
Mar 20 (Sat), 2021	AVSL Round 10 (5000m/2000m walks)	Various venues
Mar 21 (Sun), 2021	VMA 5000m Walk Championship	Clifton Hill
Mar 27 (Sat), 2021	Australian 50km Championship (Men)	VIC
Mar 27 (Sat), 2021	AVSL Playoffs	Lakeside Stadium
Apr 12-21, 2021	Australian Athletics Championships	TBA
Apr 23-24, 2021	Australian Little Athletics Championships	VIC
Apr 24-25, 2021	Victorian Masters T&F Championships	Doncaster

2021 World Athletics Race Walk Challenge

Mar 27 (Sat), 2021	RW Challenge Meet, Taicang, CHN)
Apr 10 (Sat), 2021	Rio Grande International Grand Prix, Rio Maior, POR
May 29 (Sat), 2021	Gran Premio Cantones de La Coruña, La Coruna, ESP
Aug, 2021	Olympic Games, Sapporo, JAP
Oct 9 (Sat), 2021	RW Challenge Meet, Mexico City, MEX
Oct 16 (Sat), 2021	Invitational Race Walking Meeting, Coatzacoalcos, MEX

Other International Dates

May 16, 2021	European Race Walking Team Championships, Podebrady, CZE
July 23 – Aug 8, 2021	32nd Olympic Games, Tokyo and Sapporo
July, 2021	23rd World Masters T&F Championships , Tampere, Finland (NOW POSTPONED TILL 2022)
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>)