



HEEL AND TOE ONLINE

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TIM'S WALKER OF THE WEEK

Alas, no walks in Victoria due to our covid lockdown, but that did not stop VRWC walker **Darcey Roberts** from getting in on the action interstate, winning the NSW Short Course Championships U14 2km roadwalk in a new VRWC Club Record time of 9:26. Darcey has been rewriting our record books over the last couple of years since joining our club, and this shows no signs of stopping any time soon. Well done Darcey!



Darcey with her gold medal in Sydney last week

PAUL F DEMEESTER TALKS MATTERS IAAF AND IOC

Thanks to US Attorney at Law Paul F. DeMeester for another insightful analysis. That is the 23rd in a row and it's one of his best. You can see links to all Paul's articles at the bottom of webpage <http://www.vrwc.org.au/save-the-50km.shtml>.

COE URGES ATHLETICS TO THINK OUT OF THE BOX

By Paul F. DeMeester

World Athletics President Seb Coe this past week urged our sport to think out of the box if the Tokyo Olympics do not take place. I could not agree more. The Olympics have become unwieldy, even on a good day. Few cities or countries are able to host the ever growing spectacle. The IOC wants to include more sports and writes the rule book for everyone. Athletics has paid a price for these developments, by having fewer athletes admitted to Tokyo 2020 and by being under pressure to cut events, with race walking being at the top of the event cutting list.

COVID-19 has upended the Olympic model. The founder of the modern Olympics used to say that participation is more important than winning. Unfortunately, that notion has given way to more select fields at the Olympics, the only way to accommodate the growing number of sports. Given that major sports competitions have hit the pause button, it behooves us to think out of the box.

For years, the IAAF Constitution specified that the Olympic Games were also the World Athletics Championships. Back then, that made sense. The Olympics were on the scene first, back in 1896. The IAAF was not founded until after five Olympic Games had been held. Then came World War I, the Depression and World War II. In the 1970s, the IAAF started feeling its oats and started planning a World Championship separate from the Olympics. The implementation was accelerated when the IOC cut the 50K Race Walk Event from the 1976 Olympics. The IAAF countered by staging its first ever global athletics competition, with but a single event, the Men's 50K. Your Heel and Toe editor Tim Erickson represented Australia at this event, which was won by Munich silver medalist Veniamin Soldatenko of the Soviet Union.

The IAAF would repeat the experience in 1980 for two events that had not yet been admitted to the Olympics, the women's 400m hurdles and the women's 3000m. By 1983, the IAAF was ready for its first complete World Championship in Athletics, staged in Helsinki. From then on, this competition became a regular feature, first every four years until after the conclusion of the third edition (Tokyo 1991) when the World Championships started to be held every two years.

The World Championships in Athletics have a great number of advantages over the Olympics. Athlete participation numbers do not have to be limited as they do for the Olympics, as athletics is the only game in town. No new infrastructure needs to be built, even though some local organizers may be tempted to renovate existing facilities. The demand for hotel accommodations is much less than a fifth of the needs of Olympic Summer Games.

Hence, more cities are able to bid to host the World Championships. The smaller format compared to the Olympics allows World Athletics to award the competition to smaller cities, such as Edmonton (2001) and Eugene (2022). Most importantly, World Athletics would not be subject to any IOC dictates. To put it in commercial terms that Coe likes so much, the World Championships is our sport's own "product." No one but us decide what it looks like. COVID-19 has also shown us how vulnerable the commercial sports model is. The monetary growth of sponsorships and broadcast rights has brought dependence and corruption to sports, whether we are dealing with soccer, the Olympics or athletics. This is as good a time as any to reflect on a simpler model, one that is no so dependent on money, especially the Olympic dividend, which may be history anyway.

Many other sports already have their own fully developed world championships. FIFA is the undisputed leader of the pack with its World Cups, now also for women's teams. Gymnastics, ice skating and swimming have established worlds. Sports that still bank on the Olympics as their main event should think again. Besides, there is once again talk of an Olympic boycott, with the Beijing 2022 Winter Olympics as the topic of conversation. Often one boycott leads to another, as we learned in 1980 and 1984. Separate World Championships do not make as attractive a boycott target as the Olympics do.

An athletics world championships as the pinnacle of our sport would prevent what has happened to race walking in Olympic history: the absence of our discipline at the Amsterdam 1928 Olympics; the 1976 elimination of the 50K; the proposed elimination of the 50K at the Tokyo 2020 Olympics; and the IOC's refusal to include women in the 50K. The Olympic Movement has tried to do away with race walking. The current pandemic may point the way for international sports federations to go their own way and cut the umbilical cord linking them with the IOC. Our sport, athletics, and our discipline, race walking, would be better served.

ACTRWC ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 22 AUGUST

Thanks to Val Chesterton for this week's results from Canberra. Val's comment: *Rain, wind, sleet, snow. Only needed hail and a thunderstorm and we've have had the lot today!* In fact, I saw that Canberra's max temp on Saturday was 4C. Ouch! Great work by all the brave souls who came out in the challenging conditions.

Lots of great photos at <https://www.facebook.com/ACTWalkers/photos/pcb.3436788816386751/3436788183053481/> - and they are indeed rugged up against the antarctic blast.

7.1km Walk

1.	Owen Toyne	39:01
2.	Kodi Clarkson	39:03
3.	Ann Staunton-Jugovic	41:32
4.	John Kennedy	41:43
5.	Sue Archer	49:51
6.	Bryan Thomas	54:04
7.	Kate Black	54:30
8.	Jim White	57:05
9.	Geoff Barker	1:03:45
10.	Val Chesterton	1:09:24

2km Walk

1.	Siddharth Dhawan	12:46
2.	Darcey Roberts	13:24

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 22 AUGUST

Thanks to Kim Mottrom for this week's results from Adelaide. PB's from **Olivia Sandery, Sebastian Richards, Tarique Kamish, Orlando Grantham** and **Seth Upton**. And good to see **Jared Tallent** getting some regular races in under the belt.

8km Walk

1.	Jared Tallent	36:12
2.	Olivia Sandery	39:24
3.	Mathew Bruniges	40:35
4.	Kristie Goznik	41:34
5.	Richard Everson	44:46
6.	Peter Crump	48:11

1.5km Walk

1.	Sebastian Richards	6:46
2.	Orlando Grantham	8:24
3.	Tarique Kamish	8:55
4.	Zahra Kamish	10:20
5.	Edward Upton	11:08
6.	Alexander Richards	11:52
7.	Xavier Upton	12:22

4km Walk

1.	Kim Mottrom	17:41
2.	Zayden Kamish	22:23
3.	Nellie Langford	22:46
4.	Ruby Langford	23:34
5.	Royrie Upton	23:53
6.	Seth Upton	25:21
7.	Stephen Downs	31:47
8.	Bill Starr	34:01
	Katie DeRuvo	DNF
	Liz Downs	DNF

TWRC ROADWALKS, DOMAIN LOOP, HOBART, SATURDAY 22 AUGUST

Thanks to Dave Moore for this week's results from Tasmania. He comments: A cold and overcast day for today's walk at the Domain Loop. Not known as a course for producing fast times due to its hilly demeanour and unforgiving camber, **Theresa and Milah Hatten** still managed solid PB's in the 1.5km event and **Eugene Gerlach** likewise in the 4km event.

1.5km Walk

1.	Lily Carr	9.58
2.	Theresa Hatten	11.57 PB
3.	Milah Hatten	13.01 PB

3km Walk

1.	Will Bottle	15.28
2.	Oliver Morgan	16.35
3.	Sam Lindsay	19.29
4.	Wayne Fletcher	24.38

2km Walk

1.	Gabby Hay	14.08
2.	David Moore	28.53

4km Walk

1.	Alice Randall	23.16
2.	Eugene Gerlach	28.13 PB

5km Walk

1.	Ron Foster	40.13
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Again, lots of great photos at <https://www.facebook.com/racewalkingtasmania/photos/pcb.1430832793770832/1430831677104277/>.

SAMA ROADWALKS, EAST TERRACE, ADELAIDE, SATURDAY 22 AUGUST

Thanks to Colin Hainworth for the latest results from the South Australian Masters in Adelaide. And a great walk from **George White** as usual (1:01:49 for an M75 10km).

10km Walk

1.	GEORGE WHITE	1:01:49	M75	89.01%
2.	MARIE MAXTED	1:08:24	W60	75.72%
3.	GIL MCINTOSH	1:09:41	M70	73.86%
4.	BRIAN WITTY	1:13:36	M70	69.93%

10km Club Walk

1.	KEVIN FINN	1:10:20	M68	71.41%
2.	GRAHAM HARRISON	1:20:01	M77	70.79%
3.	DAVID ROBERTSON	1:27:44	M87	76.74%

5km Walk

1.	GERALDINE SMITH	0:36:08		
2.	TREVOR BROWN	0:36:31	M71	69.45%
3.	VALMAI PADGET	0:39:51	W76	77.93%

5km Club Walk

1.	MIKE VOWLES	0:38:45	M76	69.96%
2.	MARGARET MCINTOSH	0:39:51	W67	67.74%
3.	LIZ NEUBAUER	0:40:01	W69	69.39%
4.	ROGER LOWE	0:40:15	M77	68.32%
5.	CATHIE HORE	0:43:35	W69	63.71%
6.	HELEN BOWEN	0:43:36	W68	62.78%

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 23 AUGUST

Thanks to Terry Jones for this week's results from Western Australia. Their numbers have been consistently good this winter – 23 this week.

16km Handicap

1. Andrew Duncan 1:29:13

10km Handicap

1. Brad Mann (F/T) 55.50
 2. Karyn Tolardo 1:04:05
 3. Victor Munoz 1:05:14
 4. Marcela Ruiz 1:20:15
 Ben Reid DNF

5km Handicap

1. Alexandra Griffin (F/T) 25.30
 2. Wendy Farrow 34.41
 3. Emily Bogaers 42.10
 4. Sylvia Byers 52.50

3km Handicap

1. Glenys Duncan 26.34
 2. Ashlyn Spence 16.55
 3. Riley Wood 16.21
 4. John Ronan (F/T) 14.31
 5. Kaytee Bogaers 17.48

1.5km Handicap

1. Steve Travell 12.30
 2. Annabelle Van Sprengel 8.40
 3. Kaycee Ibbotson 8.39
 4. Ella-Jayde Coleman 10.56
 5. Lataya Lawrence 8.13
 6. Luke Lawrence 9.29
 7. Linkin Lawrence 10.55
 8. Xavier Bernard (F/T) 8.12

NSW SHORT WALKS CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 15 AUGUST

The NSW Short Walks Championships were held in Sydney a week ago, so a catchup report. What a meet, with 84 walkers in total. Now that's impressive. See the full results at http://www.nswathletics.info/liveresults/2020/nsw_shortwalks/. Open winners were **Tyler Jones** and **Molly O'Neill**, while the best of the underage walkers were **Raven Pyda** (14:11 U17 3km), **Darcey Roberts** (9:26 U14 2k) and **Sienna Pitcher** (9:30 U14 2km).

20km Open Men

1.	Jones, Tyler	22	Mingara	1:30:45
2.	Gibbons, Carl	24	Westlakes	1:32:34
3.	Richardson, Dylan	20	Mingara	1:34:27

15km Open Women

1.	O'Neill, Molly	20	Mingara	1:34:31
2.	Bell, Bridget	18	Asics Wests	1:35:36

10kmU20

	McGinniskin, Jack	18	Mingara	DQ
1.	Pitcher, Allanah	17	Mingara	53:04
2.	Bolton, Hannah	17	Mingara	56:15
	Walker, Amy	19	Mingara	DNF

5km Masters

1.	Mathison, Brett	44	Westfields	36:08
2.	Seymon, Jim	83	U.T.S Northe	36:42
3.	Hyde, Brendon	75	Sydney University	46:33
	Barrett, Douglas	68	U.T.S Northe	DQ

3km U17

1.	Pyda, Raven	16	Westfields	14:11
2.	Mapstone, Dale	16	Sydney Pacific	20:21

1.	McMillen, Elizabeth	16	Sydney Pacific	14:38
2.	McLoughlin, Chloe	16	Mingara	16:56
3.	DeCelis, Ellie	16	Illawong Rev	17:07

3km U16

1.	Robson, Jack	15	Hills Distri	15:42
2.	Pospischil, Brendan	15	Winston Hills	16:38
3.	Muir, Thomas	15	Nepean District	18:47

1.	Duguid, India	15	Mingara	14:51
2.	Thomas, Emma	15	Parramatta C	15:07

3.	Dunne, Izabella	15	Mingara	16:50
4.	Farrell, Isabella	15	Campbelltown	17:44
5.	Hickson, Alannah	15	Asics Wests	18:12
6.	Torrens, Chelsey	15	Winston Hills	18:40
7.	Schofield, Catherine	15	Nepean District	19:55
8.	Nilon, Isabelle	15	Parramatta C	21:00

3km U15

1.	Bonham, Ryan	14	Wallsend Rsl	14:42
2.	Horton, Jai	14	Westfields	17:33

1.	Boughton, Milly	14	Randwick Bot	15:04
2.	Krklinski, Chloe	14	Parramatta C	16:43
3.	Byatt, Laelia	14	Girraween	17:07
4.	Stanley, Jayda	14	Randwick Bot	17:27
5.	Neale, Jacinta	14	Illawong Rev	21:46

2km U14

1.	Beacroft, Isaac	13	Blacktown City	9:48
2.	Byatt, Joel	13	Girraween	10:08
3.	Pospischil, Aidan	13	Winston Hills	11:51
4.	Charlton, Peter	13	Eastlakes	16:07
	Best, Wylie	13	Balmain	DQ

1.	Roberts, Darcey	13	Nowra Athletics	9:26 (VRWC U13 2km Road Walk Rec)
2.	Pitcher, Sienna	13	Mingara	9:30
3.	Cassilles, Ciara	13	Westfields	9:37
4.	Lamb, Chloe	13	Sydney Pacific	9:52
5.	Diaz, Ava	13	Balmain	10:23
6.	Woods, Zoe	13	Asics Wests	10:27
7.	Payne, Georgia	13	Mingara	11:17
8.	Bektas, Abbey	13	Nepean District	11:33
9.	Bektas, Jessey	13	Nepean District	11:54
10.	Torrens, Samantha	13	Winston Hills	12:04
11.	Sivaraj, Summer	13	Asics Wests	12:37
12.	Vella, Isabella	13	Nepean District	12:42
13.	Lee, Annika	13	Epping Distr	13:36

2km U13

1.	Allabush, Dylan	12	Asics Wests	10:38
2.	Gonzalez, Sebastian	12	Balmain	10:49
3.	Sinnett, Alexander	12	Asics Wests	11:09
	Robson, Kane	12	Hills Distri	DQ

1.	Armstrong Reading, Evie	12	South Sydney	10:26
2.	McDonnell, Billie-Rose	12	Balmain	11:47
3.	Corvalan Sotomayor, Laur	12	Girraween	12:31
4.	Skundric, Charlotte	12	Bankstown Sp	13:43
	Beck, Grace	12	Asics Wests	DQ

1.5km U12

1.	Horton, Jaxson	11	Westfields	8:16
2.	Nilon, Christopher	11	Parramatta C	8:31

1.	Webb, Matilda	11	Winston Hills	7:43
2.	Mitchell, Maisie	11	Asics Wests	8:03
3.	Loring, Jessica	11	Parramatta C	8:11
4.	Cochrane, Imogen	11	Asics Wests	8:48
5.	Bryan, Ruby	11	Girraween	9:08
6.	Hearnden, Emma	11	Macquarie Hunter	9:13
7.	Henderson, Elliana	11	Independent	10:35
	Stanley, Kiara	11	Randwick Bot	DQ

1.2km U11

1.	Hall, Lukas	10	Edgeworth an	7:09
2.	Chandler, Rhys	10	Ryde Centre	8:30

1.	Gonzalez, Daisha	10	Balmain	6:36
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2.	Van Der Meer, Ella	10	Illawong Rev	6:42
3.	Diaz, Lily	10	Balmain	7:11
4.	Felice, Madeleine	10	Illawong Rev	7:18
5.	Twigden, Lilly	10	Bankstown Sp	7:24
6.	Hoskins, Emma	10	Blacktown City	7:43
7.	Anderson, Imogene	10	Illawarra BI	8:06
	Roche, Tara	10	Hills Distri	DQ
	Carty, Aoibhe	10	RunCrew	DQ



U14 speedsters Darcey Roberts and Sienna Pitcher(photo Mark Roberts)

Alas, that will be the last winter season walk held in NSW this year. The following was posted by Kirsten Crocker on the NSW RWC facebook page last Wednesday.

Following the NSW Health directives on Monday night our committee has reluctantly had to cancel our last 2 weeks of competition for this year.

We are extremely sorry about this, as we were all enjoying our competition out in the sunshine on Saturday afternoons.

Please watch our website/Facebook Group for future information. Please don't forget our sport, keep training and stay fit and healthy.

Looking forward to seeing you in 2021.

Kind regards,

NSWRWC Committee

TIME FOR SOME TRIVIA

Ok, a revisit to our COVID trivia, with 3 further questions.

- 71. Who won medals in separate Olympic 50km races with the exact same time?**
- 72. Who was the last 50km Olympic walker to medal in a time above 4 hours?**
- 73. What athlete (it wasn't a walker) was selected to represent his country in 3 Olympics but yet never got to the throwing line (yes, it was a thrower) in any of the 3 Games?**

OUT AND ABOUT

- Well, you are obviously never too old to cheat! An 80-year-old cyclist has been stripped of an age group world record and handed a one-year ban by USADA after testing positive for a prohibited substance. Barbara Gicquel was tested after provisionally setting a 500m time trial world record in the women's 75-79 age group on August 29 last year. See <https://www.insidethegames.biz/articles/1097422/usada>.
- Earlier this month, the £500 million Commonwealth Games Athletes Village, which was being constructed on the former Birmingham City University site in Perry Barr, was abandoned. This decision followed a review into the impact of the

coronavirus pandemic on construction, which found that the Athletes' Village could not be delivered on time. Athletes at the 2020 Games will now be spread over the NEC Hotel Campus, the University of Warwick and the University of Birmingham. See <https://www.insidethegames.biz/articles/1097426/commonwealth-games-wales-positive>.

- A survey of almost 13,000 Japanese companies showed that most wanted the Olympics to either be canceled or postponed again, while 46.2% said they wanted the games to go on in 2021. See https://www.espn.com/olympics/story/_/id/29702977/survey-majority-japanese-firms-oppose-olympics-2021.
- Current national racewalking champions **Jemima Montag** and **Dane Bird-Smith** have been officially selected for the Tokyo Olympics in 2021. See the official announcement at <https://www.athletics.com.au/news/five-athletics-champions-announced-for-australian-olympic-team/>. See also the article on Jemima, published on the VIS website, at <https://vis.org.au/news/2020/08/montag-officially-tokyo-bound>.
- Also, listen to Olympic debutant **Jemima Montag** being interviewed on Melbourne's ABC radio Grandstand program - <https://www.abc.net.au/radio/programs/best-of-grandstand-podcast/the-sunday-session-episode-19/12585952>.
- Qantas boss Alan Joyce on Thursday announced the airline's international flights will not likely resume until July 2021, after the federal government ordered a travel ban in March. Yet another potential nail in the coffin for Australian spectators wanting to go to the 2021 Olympics. See <https://www.dailymail.co.uk/news/article-8655483/Qantas-boss-reveals-Australians-able-travel-overseas-again.html>.
- Australian Olympic Race Walker **Rhydian Cowley** has become the 20th EcoAthletes Champion. "*For me, it's been a process of building up and learning more about causes, symptoms, and solutions,*" said Rhydian, who competed for Australia in the 20 km Olympic race walk at the 2016 Rio Olympics and is set to do again at next summer's Tokyo Olympics. See more at <https://ecoathletes.org/2020/08/rhydian-cowley-australian-olympic-race-walker-becomes-20th-ecoathletes-champion/>. Well done Rhydian!
- **Emmanuel Tardi** has pointed out two new videos that have recently come online, from the Rome 1987 World championships
10km women and 50km Men: https://youtu.be/UH_tQVvwZfA
20km Men: <https://youtu.be/i4Hy5GJFteE>
- And if you are keen to watch more walk videos from major championships, check out **Dominique Guebey's** racewalking website video page at <http://www.dg77.net/marche/tech/videos.htm>. I've been a follower of this website for some years now, but I revisited it this week and had a greater indepth look at it. What an absolutely fantastic site!!!! It has been developed so much over the last few years and now contains a huge archive of just about everything! Check it out for yourself and then bookmark it - <http://www.dg77.net/marche/index.html>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

It is great to see races on the European front, a number of which are reported below by marciadalmondo. I will leave it to readers to check them out for themselves.

- Sat 22 Aug - Debrecen (HUN): Tiziana Spiller and Leon Bank National U18 Champions of Hungary
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3847
- Thu 20 Aug - Lutsk (UKR): Great results at the Ukrainian National 5000m Track Walk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3846
- Wed 19 Aug - Turku (FIN): Aleksu Ojala and Anniina Kivimäki are the 2020 Finnish champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3845
- Mon 17 Aug - Budapest (HUN): Norbert Toth and Petra Zahoran win the Hungarian U20 walk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3844
- Sun 16 Aug - Trnava (SVK): Victories of Miroslav Uradnik and Maria Czakova
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3843
- Tue 11 Aug - Ankara (TUR): Salih Korkmaz and Evin Demir win the Turkish Cup
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3842

and lots of news as usual this week from omarchador

- Sun 23 Aug - Perseus Karlström and Helena Sandmer win 2020 Swedish track championships
<https://omarchador.blogspot.com/2020/08/perseus-karlstrom-e-helena-sandmer.html>

- Sat 22 Aug - Lithuanians dominate march at Baltic Athletics Championships in Ogre
<https://omarchador.blogspot.com/2020/08/lituanos-dominam-marcha-nos-campeonatos.html>
- Fri 21 Aug - Remembering Olympic walk champion Ugo Frigerio (Italy)
<https://omarchador.blogspot.com/2020/08/evocando-ugo-frigerio-italia.html>
- Fri 21 Aug - Masters Lovosice 2020: Results of 10km Masters walks in Lovosice, Czech Republic
<https://omarchador.blogspot.com/2020/08/masters-lovosice-2020-10-km-marcha.html>
- Thu 20 Aug - Masters Lovosice 2020: Results of 5000m Masters walks in Lovosice, Czech Republic
<https://omarchador.blogspot.com/2020/08/masters-lovosice-2020-5000-m-marcha.html>
- Thu 20 Aug - Masters Lovosice 2020: Results of 3000m Masters walks in Lovosice, Czech Republic
<https://omarchador.blogspot.com/2020/08/masters-lovosice-2020-3000-m-marcha.html>
- Wed 19 Aug - Results of Round 3 of the Slovakian Club competition in Trnava
<https://omarchador.blogspot.com/2020/08/liga-de-clubes-da-eslovaquia-3-ronda-em.html>
- Wed 19 Aug - Results of the Ukrainian National 5000m Track Walk Championships in Lutsk
<https://omarchador.blogspot.com/2020/08/ucrania-disputou-campeonato-de-equipas.html>
- Tue 18 Aug - Aleksu Ojala and Anniina Kivimäki win Finnish Championships in Turku
<https://omarchador.blogspot.com/2020/08/aleksi-ojala-e-anniina-kivimaki-vencem.html>

6 JOURS DE FRANCE, PRIVAS, FRANCE, 16-22 AUGUST

The annual French 6 Day Championships have just finished in Privas, with 6 Days, 48 Hour and 24 Hour divisions for both walkers and runners. Of course, the 6 Day event was the main one, with a very strong field of 35 runners and 9 walkers. Full results for all events are to be found at <https://www.6jours-de-france.fr/resultats/>.

In the 6 Day walk, **Dominique Delange** headed out confidently and led for the first 3 days, his lead at that stage an impressive 15km. However, he faltered on Day 4, allowing **Christophe Biet** and **Claudie Bizard** to overtake him. The three of them were well clear of the remaining walkers and finished in that order – Biet first with 600.877km, Bizard second with 585.933km and Delange third with 511.548km. Biet finished the strongest, covering 100km in the final day. Claudie Bizard also kept it all together excellently, passing 500km in 121:31:20 and walking 96km on the last day.

Emmanuel Tardi notes that **Bertrand de Marcillac** was born on 22nd July 1939, meaning he is currently 81 years old. However, his distance of 390.264km was short of the M80 World Best of 431km, held by our own Stan Miskin (C23).



Claudie Bizard in action in Privas (photo from Emmanuel Tardi)

6 Days Walk

1. BIET, Christophe	M	FRA	137.139	224.237	316.043	411.380	500.832	600.877	143:49:24
2. BIZARD, Claudie	F	FRA	111.602	208.116	305.807	399.967	491.773	585.933	143:58:13
3. DELANGE, Dominique	M	FRA	140.793	236.130	331.467	387.963	447.990	511.548	143:58:52
4. MACCARI, Patrick	M	FRA	95.446	180.190	250.810	322.607	393.227	421.475	143:51:51
5. SALOMEZ, Bénédicte	F	FRA	85.175	154.618	225.238	294.681	355.885	407.673	143:47:12
6. DE MARCILLAC, Bertrand	M	FRA	85.421	148.979	212.537	270.210	333.768	390.264	143:37:45
7. HAUSSMAN, Martina	F	GER	84.408	146.789	210.347	266.843	323.339	386.897	143:45:45
8. LE MANER, Serge	M	FRA	107.058	190.625	273.015	350.697	367.175	367.175	100:56:05
9. POISSANT, Nicolas	M	FRA	84.607	134.040	183.475	183.475	196.422	209.369	143:59:51

There were 3 walkers in the 48 Hour race (along with 19 runners) and 5 walkers in the 24 Hour race (along with 13 runners), making for a combined carnival size of 86 competitors. Now that is impressive for these Covid times.

48 Hour (Walkers)

3. TINTIN, Ronald	M	FRA	219.649 km	42:56:28
6. POTHET, Didier	M	FRA	185.531 km	42:46:57
13. ECHE, Dominique	M	FRA	143.178 km	42:52:45

24 Hour (Walkers)

5. CAIN, Marie	F	FRA	119.648 km	18:49:20
11. BLONDE, Daniel	M	FRA	97.295 km	18:50:12
12. PANNIER, Josy	F	FRA	97.295 km	18:58:04
13. GONCALVES, Deborah	F	FRA	90.236 km	18:49:19
18. BROT, Daniel	M	SWI	27.883 km	4:15:52

WORLD 100KM PERFORMANCES

Emmanuel Tardi recently posted this photo of French walker **Jean-Pierre Garcia** in the process of setting a new 100km Track World Record time of 9:33:06.0 in St Denis, France, on 16th March 1975.



That record was bettered a year later, on 28th March 1976, in Saint Maur by French walker **Roger Quemener**, with a time of 9:23:58. Then 11 years later, on 19th April 1987, French walker **Frédéric Marie** set the current world record of 9:16:32.2 in Etrechy. That got me thinking it was time to get an up to date ranking list. And who better to ask than our go-to-man Emmanuel Tardi. And he was up to the task, forwarding to me his latest 100km rankings lists for both men and women. I have uploaded them to our website as per the following links

100km Men: <http://www.centurions.org.au/documents/2020%20World%20Ranking%20100km%20Men.pdf>

100km Women: <http://www.centurions.org.au/documents/2020%20World%20Ranking%20100km%20Women.pdf>

Here are brief extracts from each ranking list, just showing the best time for each of the walkers. Belarussian walker **Viktor Ginko** heads the men's list with an astonishing 8:38:07. But perhaps not quite so astonishing when you consider he was a dual Olympian (1996 and 2000), with a 50km PB of 3:42:20. I would refer readers to a superb bio/interview with Ginko on site

<https://klbviktorija.com/news/1-05-2010-1.html>. It is in Russian so you will need to be viewing in Google Chrome, then right click with the mouse and choose 'Translate to English'.



Victor Ginko (right) leads alongside 50km world record holder Johann Diniz of France-Spain

100km Walk World Rankings Men

1.	8h38.07	Viktor GINKO	BIE	071265	SCANZOROSCIATE	27.10.2002
2.	8h48.28	Modris LIEPINS	LIT	030866	SCANZOROSCIATE	28.10.2001
3.	8h50.21	Bertrand MOULINET	FRA	060187	ST THIBAUT DES	05.10.2013
4.	8h54.35	Aleksey RODIONOV	RUS	050357	SCANZOROSCIATE	15.11.1998
5.	8h55.12	Pascal KIEFFER	FRA	060561	BESANCON	18.10.1992
6.	8h55.40	Vitaliy POPOVICH	UKR	221062	SCANZOROSCIATE	31.10.1999
7.	8h58.47	Zoltan CZUKOR	HON	181262	SCANZOROSCIATE	27.10.2002
8.	8h58.12	Gérard LELIEVRE	FRA	131149	LAVAL	09.10.1984
9.	9h01.29	Sten REICHEL	ALL	160575	SCANZOROSCIATE	29.10.2000
10.	9h02.00	Peter TICHY	SVK	120369	SCANZOROSCIATE	27.10.2002
11.	9h04.27	Denis FRANKE	ALL	171169	SCANZOROSCIATE	15.11.1998
12.	9h07.00	Zbigniew KLAPA	POL	160752	CHAPELLE	22.10.1983
13.	9h09.08	Sergey CHERNOV	BLR	120679	SCANZOROSCIATE	19.10.2003
14.	9h11.51	Andrei STEPANCHUCK	BIE	120679	SCANZOROSCIATE	21.10.2007
15.	9h12.15	Sergey LUKYANOV	RUS	270456	LENINGRAD	01.09.1988
16.	9h13.50	Aleksey SHELEST	UKR	270373	SCANZOROSCIATE	17.10.2004
17.	9h14.12	René PILLER	FRA	230465	OISSEL	09.10.1989
18.	9h14.37	Pascal TOURNOIS	FRA	271254	BESANCON	18.10.1992
19.	9h15.04	André TOUSSAINT	FRA	240452	DEMANGES	21.10.1990
20.	9h15.31	Wolf VARRIN	SUI	291057	RIVERA	29.10.1989
21.	9h15.58	Christoph HOHNE	RDA	120241	LUGANO	29.10.1967
22.	9h16.32.2	Frédéric MARIE	FRA	270661	ETRECHY	19.04.1987 Track
23.	9h17.58	Ugis BRUVELIS	LIT	280671	SCANZOROSCIATE	16.10.2005
24.	9h18.36	Adam URBANOWSKI	POL	241259	DEMANGES	21.10.1990
25.	9h19.02	Christian HALLOY	BEL	211044	TAMINES	01.10.1977
26.	9h21.04	Peter SELZER	ALL	250646	LUGANO	24.10.1971
27.	9h21.28	Jean-Claude CORRE	FRA	140961	TORCY	12.10.1986
28.	9h21.48	Fredrik SVENSSON	SUE	100973	SCANZOROSCIATE	15.10.2006
29.	9h23.03	Thierry NUTTIN	FRA	111062	PERPIGNAN	15.10.1995
30.	9h23.03	Fabrice HENRY	FRA	280666	BAR LE DUC	17.10.2004
31.	9h23.08	Jacky LAVAL	FRA	100352	LES MUREAUX	13.10.1985
32.	9h23.17	Robert TUBAK	HON	010379	SCANZOROSCIATE	28.10.2001
33.	9h23.58.6	Roger QUEMENER	FRA	170641	SAINT MAUR	28.03.1976 Track
34.	9h24.15	Aleksandr ROMANENKO	UKR	260681	SCANZOROSCIATE	21.10.2007
35.	9h25.21	François CHARCELLAY	FRA	170955	TORCY	12.10.1986
36.	9h25.40	Jean-Pierre VERNIER	FRA	140260	ROUFFACH	01.10.1989
37.	9h26.07	Patrice FAUBERT	FRA	050151	LES MUREAUX	13.10.1985
38.	9h26.24.5	Sergey LUKYANOV	RUS	270456	LENINGRAD	07.06.1989 Track
39.	9h27.03	Alain MOULINET	FRA	090852	MEHUN/YEVRE	01.10.1976

40. 9h28.06 Vladimir BOIDATCHENKO RUS 031055 PERPIGNAN 15.10.1995

The women's list is lead by Latvian racewalker **Jolanta Dukure**, another highly credentialled international walker who was second in the 1998 IAAF World Junior Championships 10,000m walk and who went on to represent her country in two Olympic Games (2000 and 2008). She holds the Latvian records for all racewalking distances from 5000m to 50km (4:16:27). Her 100km time of 10:04:50 is pretty impressive! The women's Track World Record is held by the mighty **Sandra Brown**, her time of 11:17:42 set in Etrechy on 27th October 1990. And our top three Australian women, **Michelle Thompson** (16th), **Sharon Scholz** (21st) and **Carol Baird** (31st) are also in the list.



20km racewalk in La Coruna in Portugal - Jolanta Dukure (centre) fights for the lead with Maria Jose Poves of Spain and Kristina Saltanovic of Lithuania

100km Walk World Rankings Women

1.	10h04.50	Jolanta DUKURE	LET	200979	SCANZOROSCIATE	21.10.2007
2.	10h13.56	Kora BOUFFLERT	FRA	230466	ROUBAIX	09.10.1994
3.	10h20.17	Ludmilla LUBOMIROVA	RUS	131162	PERPIGNAN	15.10.1995
4.	10h23.47	Anita LIEPINA	LET	171167	SCANZOROSCIATE	19.10.2003
5.	10h45.56	Sandra BROWN	GB	010449	ROUBAIX	15.09.1990
6.	10h54.19	Valentina SETROVA	BLR	191271	SCANZOROSCIATE	19.10.2003
7.	10h57.50	Annie VAN DE MEER	PB	240247	ROUEN	11.05.1986
8.	11h11.36	Lyudmila DOLGOPOLOVA	BLR	110869	SCANZOROSCIATE	17.10.2004
9.	11h16.32	Evguenia GUTTIERREZ	FRA	021269	PETIT-QUEVILLY	12.10.1997
10.	11h18.13	Josiane PETRUS	FRA	030161	PONT L'EVEQUE	21.08.1982
11.	11h19	Edith COUHE	FRA	230446	ROUEN	10.05.1986
12.	11h25...	Josiane PANNIER	FRA	241250	GRAVIGNY ?	
13.	11h30.28	Jo Ann NEDELCO	USA	43	HOUSTON	20.12.1987
14.	11h34.35	Ludmilla AMIROVA	RUS	69	TORCY	26.02.2000
15.	11h35.15	Isabelle DUCHENE	FRA	310165	CHATEAU-THIERRY	01.05.1993
16.	11h36.29	Michelle THOMPSON	AUS	121268	COBURG	17.04.2016
17.	11h40.07	Aaf DE RIJK	PB	201053	HAMM	18.10.1981
18.	11h46.15	Joelle LEFILLEUL	FRA	120962	LAGNY	13.03.1993
19.	11h48.32	Karen CHIARELLO	GB	65	DOUGLAS	18.08.2018
20.	11h52	Jacqueline BONNET	FRA	141246	CHALONS	17.05.1986
21.	11h53.46	Sharon SCHOLZ	AUS	310776	SYDNEY	16.06.2013
22.	11h58.20	Beverly LAVECK	USA	220436	ARLINGTON	05.12.1983
23.	12h02.38	Sylviane VARIN	FRA	180652	BAR LE DUC	13.04.2008
24.	12h04.11	Maria BARANOVA	RUS	220381	ST PETERSBURG	10.10.1999
25.	12h05.25	Corinne FAUQUEUR DUDA	FRA	101264	WADELINCOURT	25.08.2012
26.	12h05.43	A-Marie MESMOUDI	FRA	280560	BAR LE DUC	13.04.2008
27.	12h08.34	Dominique ALVERNHE	FRA	240257	ROUBAIX	17.09.2011
28.	12h10.34	Francine LACHIA	FRA	070556	BOURGES	05.10.2002
29.	12h11.10	Delcina PAJOU	FRA	260144	BOURGES	05.10.1997
30.	12h15.13	Tatiana MASLOVA	RUS	230675	BOURGES	28.02.2015
31.	12h18.57	Carol BAIRD	AUS	150349	COBURG	14.04.2002
32.	12h23.09	Myriam NICOLAS	BEL	111163	GRAIDE	16.08.2008

33.	12h29.08	Erin TAYLOR	USA	210578	DOUGLAS	03.08.2013
34.	12h30.49	Maggy LABYLLE	FRA	060469	ROUBAIX	14.09.2013
35.	12h33.09	Nicoletta MIZERA	ITA	200964	BOURGES	26.02.2011
36.	12h33.25	Bernadette BRIZION	FRA	051150	ETRECHY	27.10.1990
37.	12h34.50	Deborah GEIMER	FRA	300480	BOURGES	01.03.2014
38.	12h35	Zofia TUROSZ	POL	270738	TORCY	05.04.1986
39.	12h35.08	Marilyne PLEE	FRA	051055	BOURGES	05.10.2002
40.	12h39.45	Svetlana BYTCHENKOVA	RUS	170276	ST PETERSBURG	07.06.1997

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 (Now a Postal Event)
 Aug 30 (Sun), 2020 Australian Roadwalk Championships and RWA Carnival, Melbourne (POSTPONED - TBA)

International Dates

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 24 (Sat), 2020 Dudince EA Permit Meet (20km men/women and 50km men)
 Oct 20-22, 2020 Lake Taihu Tour, Suzhou, China (CANCELLED)
 Nov 7 (Sat), 2020 NZ Road Walk Championships, Bruce Pulman Park, Auckland, New Zealand

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

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