

TOSHIKASU YAMANISHI			
1	World Championships	2019	Doha
1	World Championships	2022	Eugene
1	World Cup	2022	Muscat
3	Olympic Games	2021	Tokyo

Question:

1) Race walking is undergoing a transformation compared to traditional race distances. What do you think of this standardization of running and walking distances with the introduction of the marathon and half-marathon race walking?

The transformation of distances for marathon and half marathon has been important in helping race walking gain wider recognition. Of course, at the same time, I want to remember to respect the history this discipline has built—the races of 20km and 50km, and the records set at those distances.

2) Do you have memories of a specific period in world race walking. What would you like to convey about that world to young people and current enthusiasts?

I was never outstanding in any other sport. My encounter with race walking dramatically changed my life. As long as sport is competitive, not everyone can become a champion. However, I feel it's important to challenge yourself in various ways during your youth and explore your own potential.

3) Race walking is performance, but also, and above all, technical identity. What do you think should be done to improve understanding and identification of the discipline, and to ensure fairness of judgment?

While the judges themselves demonstrate sufficient fairness and make considerable efforts to maintain it, I believe greater transparency and accessibility regarding the content of their decisions are needed.
This sport is not one that anyone can immediately understand just by reading the rules. Making the basis for judging decisions more public would likely foster greater acceptance among both athletes and spectators.

4) Do you think that current race courses, mostly reduced to 1,000-meter laps, enhance the spectacle and understanding of the race, or would slightly longer courses help spectators better understand the event?

On the 1km loop course, spectators can see the athletes frequently and multiple times. It's ideal for following the race progress and cheering on the athletes. Furthermore, if lap times and the number of red cards could be easily accessible to everyone in real time, it would help deepen understanding of the race.

5) You are a symbol of the history of the discipline, a legend of race walking. How would you describe your love and passion for this discipline?

What interests me most about race walking is exploring how to build a more refined physique and performance through training. The process of pursuing new methods, formulating hypotheses, and testing them in a continuous cycle to enhance performance is invaluable to me.

6) Do you think the current judging system is understandable and reflects the values of the discipline?

As mentioned in my previous response, the judging process is sufficiently fair. However, it is not something everyone can immediately understand. I believe it would be beneficial to disclose the judging criteria a little more broadly.
I understand that judging has become extremely complex in the modern era, where demands for transparency, such as sensor technology, and speed-enhancing factors, like carbon shoes, are rising simultaneously. I would like to take this opportunity to express my gratitude to the judges who are working diligently to uphold the discipline of this sport.