



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

14 year old Gold Coast walker Katie Hayward is my Walker of the Week after yet another fantastic walk last weekend when she won the Queensland Little Athletics U15 1500m walk in an astonishing 6:20.81, breaking the 15 year old meet record by 55 secs and doing what may well be the fastest ever Australian 1500m time by such a youngster. She now holds 3 Queensland Little Athletics Age Group Bests as follows

- Girls 1100 m Walk U/11 5:34.74 25/03/2011
Girls 1500 m Walk U/13 7:17.65 28/04/2013
Girls 1500 m Walk U/15 6:20.81 14/03/2015

Two weeks ago, she won the U16 3000m walk at the Australian Junior T&F Championships in Sydney in another great time of 13:40.49. It is fair to say that she is a young walker in a hurry!



Katie after winning gold in the Australian U16 3000m walk two weeks ago.

While my 1500m all-time ranking list is woefully incomplete (see http://www.vrwc.org.au/tim-archive/articles/1500m%20rankings.pdf), this latest 1500m time does rank very highly compared with what I have been able to find over the years

Table with 7 columns: Rank, Name, Time, State, Location, Date, Category. Lists top performers in 1500m walk including Kerry Saxby-Junna, Renee McAskill, and Katie Hayward.

10.	Clara Smith	6.22.21	QLD	Brisbane	06/11/14	U16
11.	Linda Coffee	6.22.43	NSW	Sydney	21/03/93	U16
12.	Cheryl Webb	6.23.43	NSW		'92 Aust Titles	U16
13.	Kate Connolly	6.31.45	NSW	Perth	03/99 Aust Titles	U16
14.	Jillian Hosking	6.31.67	ACT	Hobart	08/12/02	U16
15.	Jemima Montag	6.31.70	VIC	Melbourne	02/02/13	U15

WHAT'S COMING UP

This coming weekend sees the Little Athletics Victoria T&F Championships in Melbourne and the Australian Open T&F Championships in Brisbane.

- 26-29 Mar, 2015 Australian Track & Field Championships Brisbane, QLD
- 28-29 Mar, 2015 LAVic State Championships Lakeside Stadium, Melbourne

Entry lists are now online for the 10,000m walks in the Australian Champs in Brisbane. It's been a long season and it looks like not many walkers have availed themselves of the opportunity of one last championship. Good luck to those who have entered.

Women 10000m Walk Open

Fagan, Nicole	NSW
Holliday, Tanya	SASI
Hunt, Tahlia	TAS
Klein, Kirsty	NSW
Martin, Katya	QLD
Olsson, Mari	SWE
Pickles, Jessica	QLD
Ruddick, Kelly	VIC

Men 10000m Walk Open

Bird-Smith, Dane	QAS
Cowley, Rhydian	VIC
Hawksworth, Danny	VIC
McCutcheon, Luke	QLD

To complete the summer season, the following weekend (Easter) sees the Australian Masters T&F Championships in Sydney.

- 3-6 Apr, 2015 Australian Masters Championships Sydney (Easter)

Then it's on to our VRWC winter roadwalk season which you can review at <http://www.vrwc.org.au/vrwcw15.shtml>. The season kicks off with a new meet in Castlemaine on Sunday 12th April and then our Middle Park races run from Saturday 25th April.

CASTLEMAINE NAB 500

As announced last week, we have a new meet initiative to kick off our VRWC winter season – the **Castlemaine NAB 500** will be held at Castlemaine on **Sunday 12th April**. Castlemaine is only about 1 hour's drive NW of Melbourne and is close to our Ballarat and Bendigo walking scenes and we are hoping for lots of walkers from all our Victorian walking clubs at this inaugural carnival. Bendigo Walkers Club walker Michael Gillies-Smith has done all the legwork to get it up and running and the carnival will feature 3 races, all within the grounds of the Castlemaine Botanical Gardens. Here is the key info:

CASTLEMAINE NAB 500

Date:	Sunday April 12 th 2015
Venue:	Castlemaine Botanical Gardens , 2 Walker Street, Castlemaine, Victoria 3450
Distances:	U18 3km, 40+ 3km and Open 5km
Course:	Paths within the Botanical Gardens
Program:	10:15AM: Check-in closes for 3km and 5km walk events
	10:30AM: Start of U18 3 km \$100 / \$50 / \$25 for male and for female
	11:00AM: Start of 40+ 3 km \$100 / \$50 / \$25 for male and for female
	11:30AM: 15-min presentation by the Victorian Race Walking Club on the basics of good racewalking technique. Then first-timers and watchers get to have a go themselves over a 400m circuit. Random spot prize of \$50 healthy-eating/weight management plan. You've got to be in it to win it!
	11:45AM: Open 5km Castlemaine Challenge \$500 / \$200 / \$100 for male and for female
	12:30PM: Presentations followed by bbq lunch
Entry Fee:	Open \$25 (walkers can only enter one event)
	U18 & 40+ \$10
	Families \$40
Entries:	http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml https://www.facebook.com/pages/Events-in-Nature/802234679824240
Entries Close:	Midnight, Friday 10 th April 2015

SAMA T&F CHAMPIONSHIPS DAY 1, ASA STADIUM, MILE END, ADELAIDE, WED 18 MARCH

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide. George White was the outstanding walker from both time and age graded percentage points of view.

1500m Walk

Margaret Trengove	10:36	W71	74.31%	1 st
Jill Rogers	11:50	W70	65.69%	2 nd
Helen Suridge	10:21	W64	69.85%	1 st
Margaret McIntosh	12:05	W62	58.54%	2 nd
Edna Bates	12:45	W62	55.48%	3 rd
Marie Maxted	08:51	W54	74.01%	1 st
Julia Lycett	10:11	W50	62.15%	2 nd
Colin Hainsworth	12:00	M85	74.57%	1 st
David Robertson	12:31	M81	67.02%	1 st
Rodger Barber	10:29	M77	75.44%	1 st
Colin Trengove	11:29	M77	68.87%	2 nd
Roger Lowe	10:32	M71	69.37%	1 st
Graham Harrison	10:34	M71	69.15%	2 nd
George White	08:15	M69	86.46%	1 st
John Hore	10:19	M66	66.79%	2 nd
James Hoare	11:04	M68	63.70%	3 rd
Gil McIntosh	09:57	M64	67.76%	1 st
Harry Hayford	11:29	M62	57.49%	2 nd

3000m Walk

Margaret Trengove	21:45	W71	75.89%	1 st
Jill Rogers	24:36	W70	66.15%	2 nd
Jan Layng	24:07	W66	63.96%	1 st
Helen Suridge	21:35	W64	69.73%	1 st
Linda Whitelaw	23:36	W61	61.58%	2 nd
Margaret McIntosh	24:51	W62	59.15%	3 rd
Edna Bates	26:14	W62	56.03%	4 th
Marie Maxted	19:00	W54	71.20%	1 st
Colin Hainsworth	24:24	M85	75.00%	1 st
David Robertson	25:01	M81	68.49%	1 st
Rodger Barber	21:39	M77	74.55%	1 st
Colin Trengove	23:56	M77	67.44%	2 nd
Bill Starr	20:43	M72	72.84%	1 st
Graham Harrison	21:25	M71	69.58%	2 nd
Roger Lowe	22:58	M71	64.88%	3 rd
George White	16:36	M69	87.61%	1 st
James Hoare	21:15	M68	67.64%	2 nd
Gil McIntosh	20:17	M64	67.75%	1 st
John Leydon	17:43	M53	69.78%	1 st

ACT WALKERS CLUB ROUNDUP

Thanks to Robin Whyte for the results of the two most recent ACT Walkers Club meets in Canberra, both held at the AIS Athletics Track in Bruce.

ACT Walkers Club Track Walks, Thurs 19 March

2000m Walk

1. Zoe Hunt	09:06
2. Gabby Hunt	09:47
3. Callum Burns	10:05
4. Mitchell Baker	11:02
5. Kate Black	11:53
6. Robin Whyte	12:14
7. Bryan Thomas	13:53
8. Geoff Barker	14:10
9. Ruth Baussmann	14:16
10. Brett Kingston	15:25
11. Margaret McSpadden	15:33
12. Val Chesterton	16:03
13. Sharon Kingston	16:30
Jeanette Raynor	DNF
Fran Harris	DNF

800m Walk

1. Tom Hunt	04:02
2. Laura Burns	04:03
3. Harry Baker	05:06

ACT Walkers Club Track Walks, Thurs 12 March

3000m Walk

1. Ann Staunton-Jugovic	15:49
2. Bryan Thomas	20:45
3. Rod Gilchrist	20:53
4. Ruth Baussmann	21:49
5. Jennifer Gilchrist	22:09
6. Brett Kingston	22:43
7. Margaret McSpadden	23:28

1000m Walk

1. Laura Burns	05:00
2. Tom Hunt	05:02
3. Robert Kennelly	07:50
4. Sharon Kingston	08:25
5. Diann Bramwell	08:31
6. Jack Thackray	09:00

2015 LA QLD STATE CHAMPIONSHIPS, QSAC, NATHAN, 20-21 MARCH

Thanks to Robyn Wales for this report from the Little Athletics Queensland T&F Champs last weekend. She explains:

LAQ Championships were held last weekend with the walks on Friday at QSAC Main Stadium (where the Open will be held). The weather on Friday was hideously hot in the afternoon when U9 - U11 had their races and beautifully pleasant in the evening for U12 - U17. The rest of the weekend was either hot and humid or thunder and lightning so the walkers were lucky. All the results are at www.laq.org.au. Katie Hayward was outstanding, completing 1500m in 6:20.8,1 and by far the best performer at the meet. That time appears to be an ABP for U15 girls. Records were also broken by Nelson McCutcheon U12 boys and Tenyka Chapman U13 girls.

Girls U9 700m Walk

1.	Scarlett Schofield	Ashmore	3:54.97
2.	Anika Clarke	Redlands	4:02.09
3.	Molly Green	Ipswich	4:06.18
4.	Erin Gallagher	Jimboomba	4:08.70
5.	Lacey Madden	Tweed	4:10.63

Girls U10 1100m Walk

1.	Charlotte Sly	Mudgeeraba	6:21.46
2.	Korey Brady	Aspley	6:32.59
3.	Jessica Kitching	Ipswich	6:47.00
4.	Sabrina Guse	Wynnum Manly	6:54.69
5.	Sophie Wilkins	Ipswich	7:06.85

Girls U11 1100m Walk

1.	Bridget Sullivan	Souths	5:54.66
2.	Mackenzie Ofield	Caloundra	6:11.59
3.	Shelby Daunt	Caboolture	6:21.72
4.	Kiara Condon	Ipswich	6:28.28
5.	Tali Dugandzic	Redlands	6:42.53

Girls U12 1500m Walk

1.	Amelia Schofield	Ashmore	7:44.59
2.	Ebony Moulder-Shard	Ipswich	8:54.75
3.	Breeanna Betzold	Ipswich	8:56.55
4.	Chloe Day	Caloundra	9:18.32
5.	Kirra Stonehouse	Redlands	9:34.72

Girls U13 1500m Walk

1.	Tenyka Chapman	Mudgeeraba	7:17.38#
2.	Caitlin Hannigan	Beaudesert	7:19.58
3.	Phoebe Balmforth	Jimboomba	7:58.97
4.	Kayla Harris	Tweed	8:48.04
5.	Amy Sims	Jimboomba	8:52.07

Girls U14 1500m Walk

1.	Jenna Lawrence	Springwood	7:54.77
2.	Jade Pearson	Aspley	8:35.37
3.	Bridie Mulcaster	Mudgeeraba	8:46.43
4.	Mikayla Madden	Tweed	9:02.67
5.	Jade Hardy - Synnott	Ipswich	9:05.38

Girls U15 1500m Walk

1.	Katie Hayward	Gold Coast	6:20.81
2.	Clancy Smith	Noosa	8:22.57
3.	Riley Sims	Aspley	8:39.28
4.	Karly Warner	Ipswich	8:48.00
5.	Jessica Hoy	Tweed	9:07.34

Girls U16 1500m Walk

1.	Mikaela Woodward	Toowong Harriers	7:51.44#
2.	Chelsea Keong	Caboolture	9:31.42

Girls U17 1500m Walk

1.	Bronte Smith	Tweed	9:56.88
2.	Bianca Hewitt-Ruhle	Wamuran	10:37.32

Boys U9 700m Walk

1.	Hamish Smallacombe	Wamuran	4:19.47
2.	Jonathan Riese	Toowong Harriers	4:27.07
3.	Tye Berton	Jimboomba	4:43.57
4.	Zachary Dixon	Mt Gravatt	4:56.03
5.	Blake Herbert	Caloundra	5:39.27

Boys U10 1100m Walk

1.	Kris Hayward	Gold Coast	5:24.54
2.	Jack Collins	Redlands	6:21.10
3.	Harvey Cramb	Mt Gravatt	6:23.68
4.	Aidan Downie	Deception Bay	6:28.64
5.	Tom Isele	Deception Bay	6:51.44

Boys U11 1100m Walk

1.	Adam Buchhorn	Redlands	5:21.15
2.	Brock Waugh	Gold Coast	5:42.63
3.	Kalin Payne	Redcliffe	5:47.46
4.	Hayden Vickers	Bracken Ridge	5:59.70
5.	Blake Phipps	Ashmore	6:31.06

Boys U12 1500m Walk

1.	Nelson Mccutcheon	Redlands	7:37.47#
2.	Kobe Hinton	Mudgeeraba	8:24.56
3.	Caleb Richardson	Redcliffe	9:19.01
4.	Jedekiah Buchanan	Mt Tarampa	9:28.67
5.	Christopher White	Strathpine	9:37.28

Boys U13 1500m Walk

1.	Jaedyn Tucker	Toowong Harriers	8:01.78
2.	Jake Waugh	Gold Coast	8:06.03
3.	Justice Kennedy	Ipswich	8:20.14
4.	Callum Deering	Noosa	8:47.13
5.	William Beck	Strathpine	10:10.57

Boys U14 1500m Walk

1.	Jamison Stovin	Gold Coast	6:54.38
2.	Ethan Clarke	Redlands	7:26.49
3.	Mitchell Mellor	Rosewood	7:42.04
4.	Callum Haig	Caloundra	7:59.23
5.	Sean McLean	North Mackay	9:13.69

Boys U15 1500m Walk

1.	Jeremy Bassard	Mt Gravatt	8:51.25
2.	Joshua Law	Redcliffe	9:27.81

Boys U16 1500m Walk

1.	Nicholas Andreas	Tweed	7:47.97#
2.	Ben Mingin	Bargara	8:08.63#
3.	Troy Gorry	Springwood	9:21.72

And thanks to Robyn for the following photos:



Left: U10 walker Charlotte Sly



Right: Jamison Stovin and Bridie Mulcaster

LITTLE ATHLETICS NSW STATE CHAMPIONSHIPS, SOPAC, SYDNEY, 20-22 MARCH

The NSW Little Athletics Championships were also contested last weekend, with the walks on Sunday 22nd March. Full results at <http://nswathletics.info/lansw/live/index.htm>. The first 5 placings in each walk division are shown below.

Girls U9 700m Walk

1.	Izabella Dunne	Hills District	3:33.41
2.	Jessica Randall	Doonside	3:40.54
3.	Jaime Porter	Port Hacking	3:41.00
4.	Keeley Holmes	Manly Warr	3:44.97
5.	Ella Munroe	Hills District	3:47.10

Boys U9 700m Walk

1.	Jardyn Orsini	Hills District	3:39.53
2.	Lachlan McIntosh	Ku-Ring-Gai	3:40.11
3.	Harry Banks	Balmain	3:48.34
4.	Keegan Whitten	Wollongong	3:55.07
5.	Elliot Bangert	Orange	3:57.32

Girls U10 1100m Walk

1.	Amalia Patterson	Tuggerah L	5:40.44
2.	Ellie-Jo De Celis	Illawong	5:42.57
3.	Alannah Hickson	Ku-Ring-Gai	5:44.25
4.	Tara Laytham Manly	Warringah	5:57.10
5.	Jessica Rocchetto	Eschol Park	5:59.74

Boys U10 1100m Walk

1.	Dylan Daly	Wyong	5:27.06
2.	Oliver Santo	Port Hacking	5:28.62
3.	Ryan Vesper	Tuggerah L	5:34.77
4.	Raven Pyda	Liverpool City	5:53.94
5.	Samuel Walter	Ku-Ring-Gai	5:58.78

Girls U11 1100m Walk

1.	Elizabeth McMillan	Manly Warr	5:24.80
2.	Hannah Bolton	Tuggerah L	5:31.79
3.	Sofia Saroukos	Northern Sub	5:34.94
4.	Olivia thomson	Manly Warr	5:38.15
5.	Megan Wong	Hills District	5:42.87

Boys U11 1100m Walk

1.	Tom Jessep	Port Hacking	5:19.47
2.	Joshua Jackson	Lake Illawarra	5:43.29
3.	Adam Dickson	Hills District	6:01.97
4.	Zain Robards	Tuggerah L	6:05.49
5.	Tony Vujnovic	Manly Warringah	6:07.68

Girls U12 1500m Walk

1.	Allanah Pitcher	Gosford	7:10.08
2.	Emma Blanch	Port Hacking	7:19.69
3.	Kaiya Buchanan	Hills District	7:24.78
4.	Hannah Parker	Manly Warr	7:49.54
5.	Sophia Dagher	Bankstown Sp	7:54.92

Boys U12 1500m Walk

1.	Luke Meredith	Westlakes	7:43.95
2.	Martin Leerberg	Northern Sub	8:04.84
3.	William Mills	Hornsby	8:05.98
4.	Samuel Murphy	Balmain	8:12.30
5.	Max Wilkins	Ku-Ring-Gai	8:23.18

Girls U13 1500m Walk

1.	Hannah Mison	Koorringal Wagga	7:26.86
2.	Alexandra Sutherland	Randwick Botany	7:58.95
3.	Tara McNally	St Georges Basin	8:13.64
4.	Caitlin McManus-Barrett	Balmain	8:24.70
5.	Lily Johnston	Ku-Ring-Gai	8:26.75

Boys U13 1500m Walk

1.	Hayden Blaskett	Manly Warringah	7:25.74
2.	Lachie Sky	Ku-Ring-Gai	7:26.50
3.	Jake Attwell	Dapto	7:44.16
4.	James Smit	Hills District	8:18.82
5.	Corey McConville	Shoalhaven	8:28.24

Girls U14 1500m Walk

1.	Samantha Brown	Parramatta	7:17.70
2.	Tamsin Buchanan	Hills District	7:29.74
3.	Rose Jennings	Randwick Botany	7:34.47
4.	Teegan Pengilly	Bankstown Sp	7:35.69
5.	Bianca Gannon	Ingleburn Rsl	7:45.98

Girls U15 1500m Walk

1.	Raquel Roukos	Doonside	6:56.66
2.	Chelsea Goodhew	Kurri Kurri	7:13.03
3.	Amy Henry	Port Hacking	7:49.64
4.	Ebony McCue-Shore	Eschol Park	8:01.94
5.	Tayla Moon	Eschol Park	8:04.65

Girls U17 1500m Walk

1.	Jasmyn Mc Donald	Parramatta	6:53.09
2.	Shanae Norton	Bankstown Sp	7:03.02
3.	Lucinda Francis	Ku-Ring-Gai	7:07.29
4.	Sophia Dickerson	Dubbo	7:08.97
5.	Ebony Burnard	Inner West	7:26.21

Boys U14 1500m Walk

1.	Dylan Richardson	Gosford	6:38.01
2.	Ethan Hay-Zimmermann	Hills District	7:06.55
3.	Oscar Tebbutt	Gosford	7:07.91
4.	Harrison Mavin	Ku-Ring-Gai	7:14.47
5.	Blake Dwyer-Hall	Blacktown	7:17.88

Boys U15 1500m Walk

1.	Kyle Bedford	Nepean	6:50.64
2.	Elijah Harris	Girraween	6:58.99
3.	Travis Barendregt	Doonside	7:01.34
4.	Dylan Nagale	Girraween	7:19.56
5.	Ryan Thomson Colyton	St Clair	7:23.18

Boys U17 1500m Walk

1.	Aidan Kerr	Ku-Ring-Gai	6:24.76
2.	Damien Owen	Taree	6:41.17
3.	Tim Martin	Coffs Coast	6:45.27
4.	Jordan Glover	Hills District	6:53.02
5.	James Clay Lake	Illawarra	7:25.35

WA LITTLE ATHLETICS STATE CHAMPS, WA ATHLETICS STADIUM, SYDNEY, 20-22 MARCH

And now to Perth for more Little Athletics championships – the Western Australian Little Athletics Assn this time. As for NSW, the first 5 only are reproduced. Full results can be viewed at <http://walittleathletics.com.au/Competition/Results/2014-2015-Results>. Walker of the meet had to **Declan Tingay** who won the U16 1500m with a super time of 5:54.41.

U10 Girls 1100m Walk

1.	ALEXANDRA GRIFFIN	ROC	5:53.66
2.	MIA DORANT	ROC	6:22.61
3.	JANAYA JONES	KSY	6:40.67
4.	REBEKAH LEWIS	CBN	6:48.41
5.	CALAIS DEARLE	BDS	6:50.57

U10 Boys 1100m Walk

1.	TYROE MUHAFIDIN	GOS	5:49.89
2.	ETHAN RIGOLI	CBN	5:54.01
3.	MICHAEL EDMONDSON	ING	6:01.70
4.	REUBEN WICKHAM	ROC	6:31.97
5.	BUDDY KAVANAGH	GOS	6:32.16

U11 Girls 1100m Walk

1.	AMY HOLLAND	GOS	5:34.30
2.	SHAE MILLINGTON	ROC	5:38.44
3.	KATE RALSTON	ING	5:38.67
4.	SASKIA SAVILLE	SD	5:42.54
5.	INDIE ARBUCKLE	KSY	6:05.71

U11 Boys 1100m Walk

1.	ZACH PIVAC	SD	6:04.47
2.	SPENCER CLEMENTSON	BAY	6:16.12
3.	NAVERIKA FETAOMAI	KSY	6:16.30
4.	OTTO PYE	CBN	6:16.30
5.	VAUGHAN COOPER	BAY	6:35.79

U12 Girls 1500m Walk

1.	RICHELLE MORALES	GOS	7:55.32
2.	HANNAH IRELAND	ROC	8:00.90
3.	HAYLEY RUANE	GOS	8:08.20
4.	ELIZA GRIFFIN	ROC	8:24.99
5.	EHLANA OLIVIERI	KSY	8:46.73

U12 Boys 1500m Walk

1.	JOSEPH HALL	GOS	7:45.66
2.	ZAK ELLIS	ROC	8:36.59
3.	CAMPBELL SQUIERS	GOS	9:25.90
4.	JIDDAN MUHAFIDIN	GOS	9:27.85
5.	SEBASTIAN WICKHAM	ROC	9:54.29

U13 Girls 1500m Walk

1.	COURTNEY JOHNS	MEL	7:55.11
2.	KAITLYN MOORE	GOS	8:24.18
3.	EMILY MILES	KSY	8:45.94
4.	CAITLIN GALLAGHER	RW	8:50.45
5.	TADIWA KAPATIKA	GOS	9:13.55

U13 Boys 1500m Walk

1.	DECLAN LEWIS	DAL	8:29.34
2.	LIAM GROSSE	BAY	8:30.39
3.	THOMAS MILLARD	ROC	8:35.28
4.	OSCAR WEHR	CBN	9:55.05
5.	CARLU MARTENS	GOS	10:00.87

U14 Girls 1500m Walk

1.	TIAHNA RUANE	GOS	7:30.17
2.	SASA VANEK	BEL	7:39.02
3.	KIARAH KIRK	ROC	7:57.89
4.	ALEXANDRA TASEFF	KSY	8:38.80
5.	EMILY RALSTON	ING	9:20.83

U14 Boys 1500m Walk

1.	ZACHARY NEWTON	CBN	7:17.09
2.	BENJAMIN REID	GOS	7:20.58
3.	COREY CULLEN	GOS	8:15.53
4.	KALE HURN	GOS	9:06.35
5.	HARRISON SALLUR	CBN	9:06.80

U15 Girls 1500m Walk

1.	NURUL HASHIM	MAL	7:25.18
2.	EMILY PIVAC	SD	7:28.57

U15 Boys 1500m Walk

1.	AUSTIN GUY	BUN	7:38.24
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3.	CARLY MEYER	GOS	8:13.79	2.	THOMAS GURNER	UWA	7:55.84
4.	ELLA MANSO-VUKOVICH	ING	8:26.12	3.	AIDEN FILIPEK	ROC	9:19.05
5.	TINA KEZIC	ING	9:24.55				

U16 1500m Walk

1.	LUCIE MARTINO	ING	8:10.45
2.	HAYLEY JACKSON	DAL	8:19.36
3.	JACQUELINE PIVAC	SD	8:25.02
4.	SARA BECKER	MEL	8:30.05
5.	AYESHA WALLACE-GIBB	BEL	9:34.23

U17 1500m Walk

1.	HOLLY HUGHES	MEL	7:41.20
2.	JENNIFER DELPUP	SD	7:52.04
3.	DEEANAH COOPER	BAY	8:04.17
4.	SAMANTHA HEUVINK	DAL	8:27.27

U16 Boys 1500m Walk

1.	DECLAN TINGAY	SD	5:54.41
2.	BRADLEY MANN	RW	7:17.17
3.	TOBIAS MUHAFIDIN	GOS	8:48.34
4.	CAMERON NEWCOMBE	BAY	9:42.52
5.	DAVID SERRA	BAY	9:57.46

U17 Boys 1500m Walk

1.	JAKOB SHORE	SD	7:10.47
2.	GABRYELL DAVIN	GOS	7:21.26
3.	CAMERON MCGUINNESS	BAY	7:32.55

ACT LITTLE ATHLETICS STATE CHAMPIONSHIPS, AIS TRACK, BRUCE, 20-22 MARCH

And the Little Athletics Championship results keep coming with the ACT champs in Canberra. Again, just the first 5 in each race. Full results at <http://actlaa.org.au/Portals/46/Results/state%20championships%20draft%20results%20230315.pdf>.

Girls 9 700m Walk

1.	Heli Laajoki	Ginninderra	4:20.87
2.	Phoebe Sheehan	Woden	4:34.19
3.	Hannah White	Woden	4:36.16
4.	Hannah Kearney	Weston Creek	4:36.19
5.	Ella Baker	Ginninderra	4:49.91

Girls 10 1100m Walk

1.	Skyla Robinson McE	Queanbeyan	6:40.77
2.	Sophie Cahill	Ginninderra	6:41.23
3.	Lauren Steinman	Gungahlin	7:18.42
4.	Jemma Stewart	Woden	7:34.75
5.	Sidney Shaw	Ginninderra	8:01.39

Girls 11 1100m Walk

1.	Laura Burns	Belconnen	5:51.62
2.	Alyssa Paton	Belconnen	7:51.70
3.	Natasha Tilley	Weston Creek	7:51.97

Girls 12 1500m Walk

1.	Imogen McDonald	Ginninderra	8:35.86
2.	Maddison Goppert	Ginninderra	8:36.00
3.	Elena Kingham	Belconnen	9:29.42
4.	Hannah Manning	Belconnen	10:05.46
5.	Isabella Wood	Calwell	11:25.36

Girls 13 1500m Walk

1.	Jennifer Alley	Woden	8:27.36
2.	Katherine Alley	Woden	8:41.09
3.	Lily Hayter	Calwell	9:18.76
4.	Caitlin Keen	Woden	10:47.70

Girls 14 1500m Walk

1.	Elizabeth Henderso	Belconnen	7:41.93
2.	Maddison Walton	Ginninderra	9:03.20
3.	Ella Rath	Weston Creek	9:54.11
4.	Xanthe Stone	Calwell	10:43.35

Girls 15 1500m Walk

1.	Gabby Hunt	Belconnen	7:06.43
2.	Ursula McDonald	Ginninderra	9:21.45
3.	Ashleigh Lawrence	Calwell	10:23.30
4.	Jenna Baker	Weston Creek	11:06.62
5.	Courtney Mattick	Calwell	12:15.20

Boys 9 700m Walk

1.	Harrison Baker	Ginninderra	3:59.62
2.	Andrew Camp-Liddia	Ginninderra	4:05.24
3.	Sebastian Young	Woden	4:24.27

Boys 10 1100m Walk

1.	Tom Hunt	Belconnen	5:47.75M
2.	Abraham Riley	Calwell	6:37.31
3.	Joshua Robards	Ginninderra	8:20.88
4.	Ruadhan Sbirakos	Ginninderra	9:14.18

Boys 11 1100m Walk

1.	James Lemon	Ginninderra	5:40.63
2.	Harrison Francis	Ginninderra	6:18.27
3.	Nicholas Odgers	Woden	6:49.48
4.	Sebastian Tanner	Gungahlin	7:08.21
5.	Kai Jeong-Reuss	Corroboree	7:38.20

Boys 12 1500m Walk

1.	Jake Bishop	Belconnen	8:32.68
2.	Marc Walton	Ginninderra	8:58.99
3.	Pierce Brennan	Woden	9:27.68
4.	James Crowther	Tuggeranong	9:38.40
5.	Logan Ganas	Calwell	10:23.18

Boys 13 1500m Walk

1.	Spencer Burns	Belconnen	7:13.90
2.	Gwyllym Young	Woden	7:56.56
3.	Matthew Redpath	Queanbeyan	8:58.74
4.	Jacob Todd	Ginninderra	9:20.63

Boys 14 1500m Walk

1.	Connor Frew	Calwell	6:46.66M
2.	Mitchell Baker	Ginninderra	7:08.47
3.	Dillon Manning	Belconnen	8:45.81
4.	Elijah Arranz	Ginninderra	9:23.80

Boys 15 1500m Walk

1.	Callum Burns	Belconnen	7:08.43
2.	Tim Fraser	Calwell	7:17.26
3.	Dylan Eddowes	Tuggeranong	7:33.38
4.	Thomas Alley	Woden	8:27.38
5.	Arran Carn	Weston Creek	9:13.83

Girls 16 1500m Walk

- | | | | |
|----|---------------|--------------|---------|
| 1. | Emily Hopkins | Queanbeyan | 8:48.71 |
| 2. | Zahra Carn | Weston Creek | 9:54.11 |

Girls 17 1500m Walk

- | | | | |
|----|------------|--------------|---------|
| 1. | Zoe Hunt | Belconnen | 6:38.47 |
| 2. | Kara Baker | Weston Creek | 8:22.78 |

DUDINSKA PALDESJATKA, DUDINCE, SLOVAK REPUBLIC, SATURDAY 21 MARCH

Athletics fans and residents of the small spa city of Dudince in the south of Slovakia had the chance to watch top race walkers from 25 countries compete at the IAAF Race Walking Challenge meeting last Saturday. The Dudinska 50 was this year moved up to a 'category B' competition in the challenge and the budget for the competition was doubled. The gamble paid off with some fantastic racing.

Matej Toth was rumoured to be in his best ever form and this certainly proved to be the case, going straight to the front in the 50km and passing the 20km mark 4 secs faster than Yohann Diniz's world record split of a few weeks ago. Although he was not able to kick down like Diniz in the final stages of the race, he still set a new Slovakian record and the third fastest 50km of all time. And he earned a nice little pay packet for the day with prize money of US\$4000 for winning, US\$1000 for a new course record and US\$200 for winning the Slovakian title.

It was a good day for the other Slovakian walkers, apart from Toth. Maria Galikova set a new PB and new NR (1:31:42), the younger Slovak women Hornakova and Cubanova both qualified for the European U23's in Tallin, Uradnik qualified for the European Junior championships and Dusan Majdan broke the IAAF 50km limit with 4:05:03. The only big name missing was Maria Czakova who was still recovering from her big 20km PB in Lugano last week and was not able to race.

My report is taken from that of Zuzana Trojakova (<http://www.iaaf.org/news/report/dudince-50km-race-walk-matej-toth>).

50km Men

Victory and a national record went to the home hero Matej Toth of Slovakia at the 34th Dudinska 50, an IAAF Race Walking Challenge meeting on Saturday. The European silver medallist crossed the finish line in a world-leading 3:34:38, the third-fastest time in history, and smashing the meeting record and his own national record in the process. Only world record-holder Yohann Diniz (3:32:33) and Russia's Denis Nizhegorodov (3:34:14) have ever gone quicker.

At one point it looked as though the 32-year-old was set to attack the world record. His 20km split of 1:26:51 was four seconds quicker than Diniz's when he broke the record, while his 30km split of 2:09:20 was identical to the Frenchman's. But while Toth maintained his pace over the final half, he was unable to match the increase in speed that brought Diniz the record at last year's European Championships.

Supported by his closest family and dozens of fans around the one-kilometre long circuit, Toth revealed afterwards that he was not thinking about world records today. "Diniz achieved an unbelievable result; it was like it was from a fairy-tale," said Toth, who is coached by Matej Spisiak. "The start of the season was as we planned. I do not want to sound too confident but the training indicators were showing us I was in a personal record shape - better than before the European Championships last year. But I did not want to think of any records; I just followed my body and the pace and that worked."

Toth had won the 20km event in Dudince on six previous occasions, but he had only won the 50km in the Slovakian town once before. He failed to finish in his first two 50km appearances in Dudince, but had set national records on his other two attempts. Today he fearlessly hit the front within the first few metres. After just two laps, he had built up an 11-second margin over world champion Robert Heffernan and two-time Dudince winner Grzegorz Sudol. By 10km, reached in 44:00, Toth's lead had grown to more than one-and-a-half minutes over defending champion Rafal Augustyn and fellow Pole Lukasz Nowak. After passing 20km in 1:26:51 - a time that would have ultimately been good enough for fifth place in the separate 20km contest - Toth sped up while Sudol dropped out after 21km.

Toth covered the next 10 laps in 42:29 and by 30km his lead over the chasing trio of Heffernan, Nowak and Augustyn had grown to 5:23. Heffernan began to drift back after 37km, leaving Nowak and Augustyn as Toth's main pursuers, although by now they were almost six minutes adrift of the Slovakian race walker. With 10km remaining, having passed 40km in 2:51:46, the world record was now out of sight for Toth, but there was still the possibility of a huge national record. Augustyn broke clear of Nowak after 42km and the eventual finishing positions soon became clear. Now it was just a question of how fast the top contenders would go. The spectators didn't have to wait long to find out. Toth crossed the line in 3:34:38 to improve his personal best by 1:43 and take more than four minutes off Diniz's meeting record.

A measure of Toth's dominance is the fact that defending champion Augustyn set a PB of 3:43:55 in second place, covering the course 1:37 faster than he had done last year, yet was lapped twice by the eventual winner. Nowak held on for third place with 3:44:53, while Heffernan clocked 3:48:44 in fourth, his fastest performance outside of major championships. In almost ideal weather conditions with temperatures about 14C, the top eight finishers went faster than 3:50 with another four dipping below the four-hour barrier. Seven of the top 10 set lifetime bests.

1.	Matej TÓTH	SVK	83	3:34:38
2.	Rafal AUGUSTYN	POL	84	3:43:55
3.	Lukasz NOWAK	POL	88	3:44:53
4.	Robert HEFFERNAN	IRL	78	3:48:44
5.	Brendan BOYCE	IRL	86	3:48:55
6.	Veli-Matti PARTANEN	FIN	91	3:49:02
7.	Adrian BLOCKI	POL	90	3:49:30
8.	Matteo GIUPPONI	ITA	88	3:49:52
9.	Mario José DOS SANTOS	BRA	79	3:55:36
10.	Marc MUNDELL	RSA	83	3:56:47
11.	Aleksi OJALA	FIN	92	3:57:14
12.	Lukas GDULA	CZE	91	3:59:03
13.	Rafal SIKORA	POL	87	4:01:14
14.	Miklós Domonkos SRP	HUN	93	4:01:44
15.	Arnis RUMBENIEKS	LAT	88	4:03:44
16.	Vladimir SAVANOVIC	SRB	85	4:03:58
17.	Nenad FILIPOVIC	SRB	78	4:04:49
18.	Sándor RÁCZ	HUN	86	4:05:03
19.	Dusan MAJDAN	SVK	87	4:05:23
20.	Lorenzo DESSI	ITA	89	4:05:44
21.	Pavel SCHROM	CZE	91	4:09:39
22.	Artur MASTIANICA	LTU	92	4:11:47
23.	Vito DI BARI	ITA	90	4:17:42
24.	Ondrej MOTL	CZE	94	4:28:11
25.	Michael GEORGE	GBR	65	4:47:52
26.	Samir César SABADIN	BRA	81	4:50:19
27.	Zsolt MARINKA	HUN	87	5:08:05
	Damien MOLMY	FRA	88	DNF
	Maciej ROSIEWICZ	GEO	77	DNF
	Zdeno MEDERA	SVK	75	DNF
	Martin TISTAN	SVK	92	DNF
	Peter TICHÝ	SVK	93	DNF
	Jirí MALYSA	CZE	66	DNF
	Milan RÍZEK	SVK	78	DNF
	Luke HICKEY	IRL	94	DNF
	Erik TYSSE	NOR	80	DNF
	Grzegorz SUDOL	POL	78	DNF
	Jakub JELONEK	POL	85	DQ
	Wayne SNYMAN	RSA	85	DNF
	Alex FLOREZ	SUI	71	DNF
	Anders HANSSON	SWE	92	DNF
	Ferenc MAJOR	HUN	61	DNF
	Dávid TOKODI	HUN	91	DQ
	Patrik SPEVÁK	SVK	94	DNF
	Omar SIERRA	COL	88	DQ
	Claudio Richardson DOS SANTOS	BRA	77	DNF
	Timo VILJANEN	FIN	77	DNF
	Eemeli KIISKI	FIN	91	DNF

Czech 50km Championship

1.	Lukas GDULA	CZE	91	3:59:03
2.	Pavel SCHROM	CZE	91	4:09:39
3.	Ondrej MOTL	CZE	94	4:28:11
	Jirí MALYSA	CZE	66	DNF

Hungarian 50km Championship

1.	Miklós Domonkos SRP	HUN	93	4:01:44
2.	Sándor RÁCZ	HUN	86	4:05:03
3.	Zsolt MARINKA	HUN	87	5:08:05
	Ferenc MAJOR	HUN	61	DNF
	Dávid TOKODI	HUN	91	DQ

Polish 50km Championship

1.	Rafal AUGUSTYN	POL	84	3:43:55
2.	Lukasz NOWAK	POL	88	3:44:53
3.	Adrian BLOCKI	POL	90	3:49:30
4.	Rafal SIKORA	POL	87	4:01:14
	Jakub JELONEK	POL	85	DQ

Grzegorz SUDOL	POL	78	DNF
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Slovak 50km Championship

1. Matej TÓTH	SVK	83	3:34:38
2. Dusan MAJDAN	SVK	87	4:05:23
Martin TISTAN	SVK	92	DNF
Milan RÍZEK	SVK	78	DNF
Patrik SPEVÁK	SVK	94	DNF
Peter TICHÝ	SVK	93	DNF
Zdeno MEDERA	SVK	75	DNF

20km Women

Toth's performance wasn't the only record-breaking mark of the competition. In the women's 20km, Italy's Eleonora Giorgi smashed the meeting record by nearly two minutes, breaking her own national record in the process. The victory didn't come easy, though. For much of the race she was tracked by European silver medallist Lyudmila Olyanovska as the pair took it in turns to lead. They passed through 10km in 43:15, which hinted that they were on course for a fast time. It was only after 14km that Giorgi was finally able to shake off her Ukrainian rival. Giorgi passed 15km in 1:05:11 with Olyanovska now 10 seconds in arrears. The gap between the pair continued to grow and Giorgi eventually crossed the finish line in 1:26:46. Her winning time also took two seconds off the course record set in Dudince at the 2001 European Race Walking Cup. Olyanovska held on for second place with 1:28:18 with Italy's Antonella Palmisano just 12 seconds behind in third place, having made up more than a minute on the Ukrainian over the final six kilometres. In fourth, Brazil's Erica de Sena set a South American record of 1:29:37. World junior champion and European bronze medallist Aneza Drahotova was a distant fifth in 1:30:22, but the 19-year-old was walking on tired legs, having competed in Lugano just six days prior. There was more good news for the local crowd further down the field as Maria Galikova set a Slovakian record of 1:31:42 in eighth place.

1. Eleonora Anna GIORGI	ITA	89	1:26:46
2. Lyudmila OLYANOVSKA	UKR	93	1:28:18
3. Antonella PALMISANO	ITA	91	1:28:40
4. Erica ROCHA DE SENA	BRA	85	1:29:37
5. Aneska DRAHOTOVÁ	CZE	95	1:30:22
6. Neringa AIDIETYTE	LTU	83	1:31:21
7. Viktória MADARÁSZ	HUN	85	1:31:35
8. Mária GÁLIKOVÁ	SVK	80	1:31:42
9. Katarzyna GOLBA	POL	89	1:32:32
10. Claudia VALDERRAMA IBANEZ	BOL	83	1:34:41
11. Vasylyna VITOVSHCHYK	UKR	90	1:37:03
12. Agnese PASTARE	LAT	88	1:37:43
13. Ioanna BEMOWSKA	POL	94	1:41:33
14. Monika HORNÁKOVÁ	SVK	95	1:41:35
15. Karolina WIERUS	POL	93	1:43:00
16. Corli SWART	RSA	91	1:43:13
17. Erin TAYLOR-TALCOTT	USA	78	1:43:47
18. Lucia CUBANOVÁ	SVK	95	1:46:11
19. Egle JUOCYTE	LTU	93	1:49:07
20. Villo HAÁLA	HUN	93	1:49:09
21. Eliska DRAHOTOVÁ	CZE	95	1:50:57
22. Marianna LENGYEL	HUN	94	1:52:59
23. Michalina WOSIK	POL	94	1:55:56
24. Anna SELNÍKOVÁ	CZE	94	1:57:22
25. Petra RÉCSEI	HUN	90	1:59:51
26. Ivana RENIC	CRO	96	2:00:31
Monika KAPERÁ	POL	90	DQ
Sona TYDOROVÁ	SVK	92	DNF
Brigitta MATALIN	HUN	87	DNF
Monika NAWROCKA	POL	90	DNF
Agnieszka SZWARNÓG	POL	86	DNF
Barbara KOVÁCS	HUN	93	DNF

20km Men

Fresh from setting a PB of 1:21:50 in Lugano less than a week ago, South Africa's Lebogang Shange came within a minute of that mark to win the men's 20km event. The two-time African champion clocked 1:22:44 to finish comfortably ahead of Ecuador's Andres Chocho (1:23:20). Nice article on Shange at <http://www.supersport.com/athletics/article.aspx?Id=2920224>.

1. Lebogang SHANGE	RSA	90	1:22:44
2. Andres CHOCHO	ECU	83	1:23:20
3. Marco DE LUCA	ITA	81	1:23:43
4. Caio Oliveira DE SENA BONFIM	BRA	91	1:24:44
5. Alex WRIGHT	IRL	90	1:27:56

6.	Normantas PETRISA	LTU	94	1:28:54
7.	Mert ATLI	TUR	93	1:29:59
8.	Sahin SENODUNCU	TUR	94	1:30:39
9.	Bruno ERENT	CRO	90	1:34:38
10.	Filip VESELOUS	CZE	95	1:36:16
11.	Lukasz BIELECKI	POL	94	1:38:10
12.	Milan LINKES	SVK	95	1:41:22
13.	Tomás GDULA	CZE	97	1:43:11
	Dawid TOMALA	POL	89	DNF
	Pamuk OZGUR OZAN	TUR	93	DNF

The underage races also produced good results.

Men 10km U20 Race Walk

1.	Miroslav ÚRADNÍK	SVK	96	42:15
2.	Michal MORVAY	SVK	96	44:33
3.	Nikola LILIC	SRB	96	46:15
4.	Donát BURGER	HUN	97	46:58
5.	Arturs MAKARS	LAT	97	48:38
6.	Miklós SZEGEDI	HUN	97	49:29
7.	Alexandr MALYSA	CZE	97	49:54
8.	Soma KOVÁCS	HUN	97	49:59
9.	Lubomir DETKO	SVK	99	51:48
	Bence VENYERCSÁN	HUN	96	DQ

Women 10km U20 Race Walk

1.	Rita RÉCSEI	HUN	96	48:22
2.	Tereza KORVASOVÁ	CZE	96	49:10
3.	Angelika AUGUSTYN	POL	96	51:15
4.	Anna SÜDI	HUN	97	52:26
5.	Milica KOSTIC	SRB	96	53:15
6.	Radoslava PILIAROVÁ	SVK	96	55:09
7.	Viktória BENCZIK	HUN	97	55:34
8.	Lucia SKANTÁROVÁ	SVK	96	55:56
9.	Bibiána KUKLICOVÁ	SVK	99	56:21
10.	Antonela GOLOBIC	CRO	97	57:16
	Dóra RICHTER	HUN	98	DNF

Men 10km U18 Race Walk

1.	SÁROSSI Bálint	00	HUN	48:11
2.	DELCEV Jovan	98	SRB	49:06
3.	PEŠIC Predrag	98	SRB	55:01
4.	DANI Péter	00	HUN	56:49
5.	STANKO Jurica	99	CRO	57:39
6.	TÉGI Marcell	98	JUN	58:40
7.	DANI András	00	HUN	58:42

Women 5km U18 Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	25:41
2.	Patricia BÓCZ	HUN	98	25:44
3.	Ema HACUNDOVÁ	SVK	99	25:51
4.	Bibiána KUKLICOVÁ	SVK	99	26:25
5.	Kata TATAY	HUN	99	30:40
6.	Debóra Nikolett KISS	HUN	99	32:17

Men 3km U16 Race Walk

1.	Lubomir KUBIS	SVK	01	14:47
2.	Vencel GÁL	HUN	01	16:18
3.	Dávid VARGA	HUN	01	16:23
4.	Márton BAI	HUN	01	18:57
5.	Levente VILÁGI	HUN	01	19:08

Women 3km U16 Race Walk

1.	Hana BURZALOVÁ	SVK	00	15:18
2.	Silvia CINTULOVÁ	SVK	01	15:49
	Anna HORNYÁK	HUN	00	DQ

There are a couple of excellent videos:

- 50km: <http://tveso.sk/priamy-prenos-dudinska-50-ka-2015/>
- Women's 20km: <https://www.youtube.com/watch?v=I-Jq45o3XpY>

Interestingly, Toth conceded in his post-race interview that his occasional slower km was because of stomach issues and he did not push it out in the final stages. He also felt that the sharp turns on the 1km course had also added an extra risk factor if had pushed it out to his limit. All in all, it certainly makes for a fascinating matchup when Toth and Diniz cross swords in Beijing later this year.

Our interpid photographer Emmanuel Tardi was there as always and has uploaded a comprehensive photo gallery from the meet. See https://www.facebook.com/emmanuel.tardi/media_set?set=a.10205243480360705.1073741869.1657411914&type=1

Thanks to Emmanuel for the following photos



Toth goes straight to the front



Rafal Augustyn and Lukasz Nowak



Lebogang Shange



Eleanora Giorgi and Lyudmila Olyanovska, Rita Recsei, Miroslav Uradnik and Balint Sarossi





The work of a correspondent is never done – Emmanuel with Lebogang Shange and Matej Toth

ERWL FIVE MILES YACHT HANDICAP, QEII, ENFIELD, SATURDAY 21 MARCH

Thanks to Ron Wallwork for the results of the latest Essex League walks in England. Ron reported:

Although rain free for the race there was no respite from a bitterly cold wind sweeping across the playing fields. Nevertheless the rivalry was keen and as expected from this format of racing, some close finishes with the back markers almost getting into the placings. A number of Leaguers were keeping their powder dry for the European Masters Indoor championships in Poland which commence on Tuesday and so the size of the field was smaller than usual. Thanks are expressed to Jon May for framing the handicap and to all the officials, particularly the time keeper and recorders for their input to a what seemed a good afternoon's sport.

Scratch Result					(c) = Centurion * = Pb			Handicap Result		
1.	Callum Wilkinson	Enfield HAC *	35.58	U20	1.	Diana Braverman	8.45	64.42		
2.	Fabian Deuter	Hillingdon AC	40.56	M35	2.	Geraldine LeGon	9.10	65.04		
3.	Jim Ball	Steyning AC	43.37	M50	3.	Sean Pender	12.30	65.43		
4.	Penelope Cummings	Aldershot FD	45.45	W35	4.	Fabian Deuter	24.50	65.46		
5.	John Ralph	Enfield H AC	47.02	M55	5.	Maureen Noel	16.15	65.51		
6.	Mark Culshaw	Belgrave H	48.09	M45	6.	Callum Wilinson	29.55	65.53		
7.	Stuart Bennett ©	Ilford AC	48.58	M55	7.	Jim Ball	22.20	65.57		
8.	Maureen Noel	Belgrave H	49.36	W50	8.	Amos Seddon	15.25	66.00		
9.	John Hall	Belgrave H	49.46	M65	9.	Brian Boggenpoel	12.10	66.03		
10.	Dan Maskell	Surrey WC	49.49	M65	10.	Dan Maskell	16.15	66.04		
11.	Helen Middleton	Enfield HAC	50.26	W50	11.	Mark Culshaw	18.15	66.24		
12.	Amos Seddon	Enfield HA	50.35	M70	12.	John Ralph	19.35	66.37		
13.	Andrew Cox	Hillingdon AC	51.17	M60	13.	Michael Harran	13.40	66.41		
14.	Ron Penfold	Steyning AC	52.00	M70	14.	Jo Miles	11.55	66.43		
15.	Michael Harran	Surrey WC	53.01	M75	15.	Penelope Cummings	21.00	66.45		
16.	Sean Pender (C)	Enfield HAC	53.13	M60	16.	Kathy Crilley (C)	6.40	66.45		
17.	Chris Flint (C)	Surrey WC	53.42	M65	17.	Jenny Middleton	8.10	66.52		
18.	Brian Boggenpoel	Ilford AC	53.53	M55	18.	Stuart Bennett (C)	18.05	67.03		
19.	Peter Hannell	Surrey WC	54.33	M70	19.	Ron Penfold	15.05	67.05		
20.	Jo Miles	Hillingdon AC	54.48	W55	20.	Helen Middleton	16.45	67.11		
21.	Arthur Thomson	Enfield HAC	55.04	M75	21.	Jon May	7.00	67.22		
22.	Geraldine Legon	Bexley	55.54	W55	22.	Dave Ainsworth (C)	00.00	67.30		
23.	Diana Braverman	Enfield HAC	55.57	W60	23.	Sandra Campbell	9.50	67.47		
24.	Ron Powell	Enfield HAC	56.38	M75	24.	Ron Powell	11.30	68.08		
25.	David Hoben	Surrey WC	56.53	M55	25.	Sue Clement (C)	8.45	68.16		
26.	Richard McKenzie	Hillingdon AC	57.14	M45	26.	Richard McKenzie	11.30	68.44		
27.	Sandra Campbell	Surrey WC	57.47	W45	27.	Andrew Cox	17.30	68.47		
28.	Jenny Middleton	Hillingdon AC	58.42	W40	28.	Mick Barnbrook ©	4.30	69.18		
29.	Sue Clement (C)	Cambs & Coll	59.31	W60	29.	David Hoben	12.30	69.23		
30.	Kathy Crilley (C)	Surrey WC	60.05	W65	30.	Chris Flint (C)	16.15	69.57		
31.	Jon May	Enfield HAC	60.22	M60	31.	Ken Livermore(C)	00.00	70.56		

32. Mick Barnbrook(C)	Ilford AC	64.48	M70	32. Peter Hannell	16.45	71.18
33. Dave Ainsworth(C)	Ilford AC	67.30	M65	33. Arthur Thomson	17.30	72.34
34. Ken Livermore (C)	Enfield H AC	70.56	M80	34. John Hall	23.10	72.56

3 miles

1. Dave Stevens	Steyning AC	35.23	M70
2. Eddie Trotter	Ilford AC	41.57	M55
3. Bernie Hercock	Enfield HAC	50.28	M75

MIDLAND CHAMPIONSHIPS, ABBEY PARK, LEICESTER, SUNDAY 22 MARCH

Thanks to Mark Wall for the results of the English Midlands roadwalk champs in Leicester which also incorporated Staffs, Warks & Worcs. Championships. Emma Achurch was the 'star turn' on a mild day.

20km Men

1. Colin Vesty	Leicester W.C.	2.10.37
2. Chris Berwick	Leicester W.C.	2.16.08
3. George Smolinski	Leicester W.C.	2.20.06
4. Hardeep Minhas	Leicester W.C.	2.22.18

20km Women

1. Jasmine Nicholls	Leicester W.C.	1.59.23
2. Sarah Lightman	Leicester W.C.	2.14.34
3. Fiona McGorum	Leicester W.C.	2.16.08

U20 Men 10km

1. Daniel Watling	Wolv.& Bilston A.C.	61.15 (Staffs)
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U20 Women 5km

1. Emma Achurch	Leicester W.C.	23.56
2. Jessica Mills	Birchfield Harriers	32.14 (Warks)

U15 Girls 3km

1. Kara Lane	Birchfield Harriers	16.57 (Warks)
2. Pagen Spooner	Wetherby Runners A.C	17.26 Guest
3. Jessica Finney	Birchfield Harriers	19.03 (Staffs)

U15 Boys 3km

1. Ben Allen	Leicester W.C.	15.43
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U13 Boys 2km

1. Hisham Alkhamesi	Nuneaton Harriers	11.37
2. Faris Alkhamesi	Nuneaton Harriers	11.38

U11 Girls 1km Development Race

1. Elizabeth Pap	Nuneaton Harriers	6.30
2. Emily Powell	Nuneaton Harriers	6.56

SPANISH RACE WALK CHAMPIONSHIPS, RENTERIA, SPAIN, SUNDAY 22 MARCH

And to Renteria for the Spanish roadwalk champs. Miguel Angel Lopez won the men's 20km in a very fast 1:19:52 ahead of Alvaro Martin 1:20:19. Diego Garcia, born 1996, debuted in third place with a new Spanish U20 record of 1:21:45. Julia Takacs was a clear winner in the women's 20km with a time of 1:31:33, ahead of Maria José Poves 1:32:31 and Laura García-Caro with a 1:32:36 PB. Junior walker Maria Perez debuted in fifth place with a very promising 1:35:14.

Men Open 20km Walk

1. Miguel Angel LOPEZ	ESP	88	1:19:52
2. Alvaro MARTIN	ESP	94	1:20:19
3. Diego GARCIA	ESP	96	1:21:45
4. Luis Alberto AMEZCUA	ESP	92	1:22:03
5. Luis CORCHETE	ESP	84	1:23:50
6. José Ignacio DÍAZ	ESP	79	1:24:02
7. Francisco ARCILLA	ESP	84	1:24:09
8. Francisco Jose DURAN	ESP	93	1:25:25
9. Marc TUR	ESP	94	1:25:41

10.	Mario SILLERO	ESP	90	1:26:24
11.	Mikel ODRIOZOLA	ESP	73	1:27:00
12.	Ivan PAJUELO	ESP	93	1:27:09
13.	Marcos MONTERRUBIO	ESP	81	1:33:43
14.	Christian CUROPOS	ESP	94	1:35:01
15.	Marc GUERRERO	ESP	95	1:35:18
16.	Jose Leonidas ROMERO IRIAS	ESP	83	1:37:15
17.	Jose Manuel GARCIA GOMEZ	ESP		1:40:58
18.	Victor Manuel CASTRO	ESP	80	1:41:01
19.	Adolfo GARCIA	ESP	63	1:41:11
20.	Marcos Cue SANTAMARIA	ESP	93	1:41:16

Open Women 20km Walk

1.	Julia Takacs Nyerges	ESP	89	1:31.33
2.	Maria Jose Poves Novella	ESP	78	1:32.21
3.	Laura Garcia-caro Lorenzo	ESP	95	1:32.36
4.	Ainhoa Pinedo Gonzalez	ESP	83	1:32.39
5.	Maria Perez Garcia	ESP	96	1:35.14
6.	Mar Juarez Gallardo	ESP	93	1:36.32
7.	Maria Larios Lopez	ESP	92	1:38.04
8.	Amanda Cano Gomez	ESP	94	1:38.28
9.	Eva Maria Tur Palau	ESP	90	1:41.32
10.	Raquel Leon Asensio	ESP	91	1:47.45
11.	Maria Del Pinar Polo Romero	ESP	93	1:50.59

Men U20 10km Race Walk

1.	Manuel BERMÚDEZ	ESP	97	42:19
2.	Pablo OLIVA	ESP	96	42:55
3.	Nil RODES	ESP	96	43:14
4.	Daniel Goni BALLESTEROS	ESP		43:29
5.	Mario VIÑAS	ESP	96	43:46
6.	Juan Francisco MARTIN AMAT	ESP	97	45:59
7.	Ivan LOPEZ	ESP	97	46:03
8.	Iñigo De Juan RAZKIN	ESP		51:19

Women U20 10km Race Walk

1.	Carmen FUENTES	ESP	97	52:30
2.	Angela RUIZ	ESP	97	52:32
3.	Maria ABELEDO	ESP	97	52:51
4.	Cristina CARRAL	ESP	97	55:25
5.	Esmeralda CORREDOIRA HERBELLO	ESP		57:07
6.	Sonia IRALDE	ESP	97	58:31

Men U18 10km Race Walk

1.	Kevin CERRO	ESP	98	45:01
2.	Jose Manuel PEREZ	ESP		47:05
3.	Andrei ORTEGA, RODRIGUEZ	ESP		50:24
4.	Max PORTET, PI	ESP		50:33

Women U18 10km Race Walk

1.	Irene VAZQUEZ	ESP	98	48:30
2.	Marina PEÑA	ESP	99	48:33
3.	Irene MONTEJO	ESP	98	50:01
4.	Alicia VÁZQUEZ	ESP	98	50:48
5.	Antia CHAMOSA	ESP	99	50:54
6.	Leyre ARAMBURU	ESP	99	51:59
7.	Tabata CANO	ESP	98	53:04
8.	Ana DOMINGUEZ	ESP	98	53:05
9.	Maria NICOLAS	ESP	98	53:29
10.	Georgina RUIZ	ESP	99	53:52
11.	Lluna CAPDEVILA	ESP	98	54:57
12.	Alicia CASTEJÓN	ESP	99	55:39
13.	Paula SANTIDRIAN	ESP	98	56:08
14.	Marina SILLERO	ESP	98	56:20

CHINESE SPRING ROADWALK CHAMPIONSHIPS, BEIJING, CHINA, 20-21 MARCH

The Chinese Spring Racewalk Championships were held in Beijing last weekend, testing out the courses that will be used at the IAAF World Championships in August. The shorter distance events were held on a 1km course near the Beijing Aquatics Centre, called the "Water Cube", and not far from the Beijing National Stadium, which staged the athletics events of the 2008 Olympic Games. The 50km event was held on a 2km course in the same area.

It was a huge meet with some 350 walkers in action across the two days. The 20km walks were held on Friday and saw wins to Wan Zhen (1:19:29) and Xiuzhi Lu (1:25:12). In fact, Lu's time was a new Asian women's record, beating by 4 secs the old record held by compatriot Shenjie Qieyang. The 50km, which was held on Saturday, saw a win to Yu Wei with 3:46:57. Full results of all races at <http://www.marciadalmundo.com/admin/pdf/risultati/23032015756Beijing%20grand%20prix%202015.pdf>. An absolutely amazing show of depth and quality for all distances and age groups.

Men Open 20km Walk

1.	Wang Zhen	1:19:29	1991
2.	Cai Zelin	1:20:13	1991
3.	Chending	1:21:11	1992
4.	Wangkaihua	1:21:22	1994
5.	Li Tianlei	1:23:10	1990
6.	ChenZhongLiang	1:23:30	1992
7.	Gao Wenkui	1:23:37	1995
8.	wangqin	1:23:55	1994
9.	sunchenggang	1:24:13	1991
10.	liujianmin	1:24:14	1988
11.	Yang liang	1:24:40	1993
12.	zhanglei	1:24:51	1994
13.	Ma Youshan	1:25:17	1995
14.	zengqingcun	1:26:08	1995
15.	chongheng	1:26:11	1995
16.	Su xianzheng	1:26:21	1995
17.	geng yu dong	1:26:33	1994
18.	li gui dong	1:27:30	1992
19.	wangyingqi	1:28:15	1993
20.	ChenLong	1:28:32	1995
21.	li peng	1:29:28	1994
22.	yandexiang	1:29:34	1993
23.	zhang zhi	1:29:38	1994
24.	Lijiahui	1:29:39	1992
25.	Xie Jinzhu	1:29:47	1995

Women Open 20km Walk

1.	Xiuzhi Lu	1:25:12	1993
2.	Liu Hong	1:27:39	1987
3.	Nie Jingjing	1:27:51	1988
4.	qi yang shi ji	1:28:37	1990
5.	Xie lijuan	1:29:14	1993
6.	DingHuiQin	1:29:32	1990
7.	Mao Yanxue	1:29:47	1994
8.	wang na	1:30:19	1995
9.	Wang yingliu	1:30:20	1992
10.	liang rui	1:31:09	1994
11.	niyuanyuan	1:32:07	1995
12.	Pei Mowen	1:32:38	1995
13.	Su Yingqiu	1:34:13	1995
14.	He Qin 1	1:34:35	1992
15.	Li lei lei	1:34:48	1989
16.	chenzhen	1:34:54	1994
17.	Zhou Kang	1:35:21	1989
18.	Zhao huimin	1:35:24	1993
19.	Yang Mingxia	1:35:31	1990
20.	Zhang Xuhong	1:36:18	1994
21.	Chen chen	1:36:29	1995
22.	donggenmiao	1:38:24	1994
23.	liuhuan	1:38:24	1993
24.	han xue	1:39:27	1995
25.	Li qiuye	1:40:04	1993

Men Open 50km Walk

1.	Yu Wei	3:46:57	1987
2.	Zhang Lin	3:47:11	1993
3.	Wu Qianlong	3:47:35	1990
4.	LuoYaDong	3:48:48	1992
5.	Xie Sichao	3:49:57	1993
6.	Zhang Hang	3:50:01	1991
7.	Niu wenbin	3:51:00	1991
8.	Xu Faguang	3:52:29	1987
9.	Liu jian	3:56:25	1995
10.	biantongda	3:59:30	1991
11.	hanyucheng	4:02:52	1978
12.	hanjijiang	4:03:16	1993
13.	lizhengfa	4:03:44	1992
14.	Xiong denghua	4:06:21	1995
15.	li tengliang	4:07:05	1994
16.	chengmin	4:07:41	1991
17.	Gou Xiaoxin	4:09:58	1986
18.	Hu Enxi	4:10:34	1994
19.	Zhong Xing	4:10:45	1995
20.	Xin Jianyu	4:12:31	1992

Women 10km U20 Walk

1.	Yang Jiayu	44:56	1996
2.	La Mao	45:20	1996
3.	aixiangzhuoma	45:42	1996
4.	Zhao wenli	45:49	1996
5.	maoyanqiu	46:09	1996
6.	gengshasha	46:42	1996
7.	Cun hailu	46:48	1997
8.	xiao xianghua	47:25	1997
9.	Yin Hang	48:09	1997
10.	Ma yiming	48:30	1997
11.	chen yumin	48:43	1997
12.	zhoutao	49:42	1997
13.	chimeijiao	50:10	1996
14.	Que yumei	50:44	1997
15.	eifei	50:56	1997
16.	huang xinhui	51:07	1997
17.	Xiakaili	51:47	1996
18.	wangwei	52:35	1997
19.	zhanghongli	52:59	1997
20.	chen li li	53:18	1996

Men 10km U20 Walk

1.	Tong Yongliang	40:33	1997
2.	Fu Yongqiang	40:53	1997
3.	Zhu guowen	40:53	1997
4.	zhang wan xin	41:03	1996

Women 5km U18 Walk

1.	Xue Ke	22:05	1998
2.	yangliujing	22:31	1998
3.	nijie	22:38	1999
4.	Xiao han	22:58	1998

5.	Jin xiangqian	41:21	1997	5.	Yang Weiwei	23:00	1999
6.	Zoujie	41:30	1997	6.	shiyuxia	23:25	1999
7.	Yao Biao	41:46	1996	7.	Feng Hongjuan	23:28	1998
8.	Li Liangyong	42:00	1996	8.	Hu lan lan	23:44	1999
9.	Yang dedong	42:01	1996	9.	baitiantian	23:59	1998
10.	Leng Xiao	42:08	1996	10.	Mu Zhekun	24:05	1998
11.	Gaozhuo	42:43	1997	11.	dongjunhua	24:08	1999
12.	xuehaifeng	42:45	1997	12.	wangjiahui	24:30	1998
13.	Zhou shipeng	42:46	1996	13.	liwenna	24:30	1998
14.	iu fu lu	43:00	1997	14.	Su Wenxiu	24:32	1998
15.	Wangyan	43:07	1996	15.	zhuruonan	24:39	1998
16.	ijichao	43:12	1996	16.	Li jie	24>40	1999
17.	BenYaHao	43:16	1997	17.	chengshuangyuan	24:40	1999
18.	Zhao Jianguo	43:17	1997	18.	ChangYanLing	24:54	1998
19.	huangcheng	43:18	1997	19.	zhumingyue	25:32	1999
20.	fanghongzhen	43:18	1996	20.	Cao Cai Ling	25:55	1998
21.	Wei Xinmeng	43:35	1997				
22.	Hou xue jing	43:39	1997				
23.	YUANZISHENG	43:49	1997				
24.	huang jun	43:49	1997				
25.	inagtao	44:04	1997				

Men 30km U20 Walk

1.	Cha jinhong	2:13:50	1997
2.	Zhang rongjin	2:16:10	1996
3.	Zhu guowen	2:18:06	1997
4.	Shang rongjiang	2:18:45	1996
5.	Li Liangyong	2:19:11	1996
6.	lijichao	2:19:46	1996
7.	Yao Biao	2:20:16	1996
8.	Wang Jiexin	2:20:21	1996
9.	fanghongzhen	2:21:19	1996
10.	Leng Xiao	2:21:25	1996
11.	Yang hu	2:21:37	1996
12.	Wei Xinmeng	2:22:15	1997
13.	liu fu lu	2:23:01	1997
14.	pengcheng	2:23:17	1997
15.	YouTao	2:24:05	1997
16.	zhaozhipeng	2:24:20	1997
17.	litianxiang	2:24:22	1996
18.	Ju Yanshuang	2:24:46	1997
19.	YUANZISHENG	2:28:11	1997
20.	Zhao Jianguo	2:28:40	1997

Men 10km U18 Walk

1.	ZhouXiaoJun	41:31	1999
2.	Ruan zhi guo	41:42	1999
3.	Yu yongcai	41:50	1998
4.	Song Hua Zhang	41:53	1999
5.	Zhang jun	41:58	1998
6.	Yu Dian	42:05	1998
7.	Gong fanglong	42:16	1998
8.	guoshuqi	42:19	1998
9.	Hulinfeng	42:22	1998
10.	wangnan	42:42	1998
11.	Huang Haofeng	42:45	1998
12.	Bai Liga	42:46	1998
13.	Liu Ming xin	43:03	1998
14.	liyandong	43:16	1998
15.	Xu Hao	43:22	1999
16.	liushun	43:36	1998
17.	WuPeng	43:41	1998
18.	Xu Zhi zhong	43:47	1999
19.	zhanghonggang	43:50	1999
20.	jingyongxiang	43:50	1998

BITS AND PIECES

- A statement issued by John Coates, President of the Australian Olympic Committee, has effectively blocked controversial Canadian Kevin Tyler's candidacy for the vacant job as the country's head athletics coach by saying he would never be allowed to become part of the team at the Games. See <http://www.insidethegames.biz/sports/summer/athletics/1026240-ben-johnson-link-forces-coates-to-block-candidate-for-athletics-australia-head-coach-role>
- Athletics Victoria has started its countdown for the top 10 competition wreaths - see <http://athsvic.org.au/generalnews/av-laurel-wreath-top-10-count-down/>. Last year, both Jared Tallent and Chris Erickson were in the mix with top-10 numbers. Let's see if any walkers feature this year.
- Nice interview with Ireland's Robert Boyce on the Spikes website <http://spikes.iaaf.org/post/robert-heffernans-st-patricks-day-memories>

MARCIADALMONDO AND OMARCHADOR ROUNDUP

As usual, lots of great news from these two wonderful sites. First to marciadalmondo which had 5 releases over the last week

- Sun 22 Mar - Dudince results http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2051
- Sat 21 Mar - Yu Wei wins the 50 km at the Chinese test event in Beijing http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2050
- Fri 20 Mar - Wang Zhen and Lu Xiuzhi win 20km events in Chinese test event in Beijing http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2049
- Wed 18 Mar - Dudince preview http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2048
- Tues 17 Mar - Ukranian 20km Championships http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2047

and now to omarchador which had 12 press releases

- Mon 23 Mar - Cabecinha and Isidro win Portuguese 30 min and 1 hour track walks <http://omarchador.blogspot.pt/2015/03/cabecinha-recordista-no-seu-trofeu.html>
- Sun 22 Mar - Ruzavin and Okhotnikova suspended for doping <http://omarchador.blogspot.pt/2015/03/ruzavin-e-okhotnikova-suspensos-por.html>
- Sun 22 Mar - Tóth, Giorgi and Shange win in Dudince <http://omarchador.blogspot.pt/2015/03/toth-giorgi-e-shange-vencem-em-dudince.html>
- Sat 21 Mar - Yu Wei wins the 50 km at the Chinese test event in Beijing <http://omarchador.blogspot.pt/2015/03/yu-wei-sagra-se-campeao-da-china-de-50.html>
- Sat 21 Mar - Preview of Portuguese "Ana Cabecinha" Trophy which will be held this weekend in Faro <http://omarchador.blogspot.pt/2015/03/3-trofeu-ana-cabecinha-na-pista-de-faro.html>
- Fri 20 Mar - Preview of Dudince meet <http://omarchador.blogspot.pt/2015/03/dudince-recebe-etapa-do-challenge.html>
- Fri 20 Mar - Xiuzhi Lu (1:25:12) sets Asian record in Beijing <http://omarchador.blogspot.pt/2015/03/xiuzhi-lu-12512-bate-recorde-da-asia.html>
- Thur 19 Mar - Ukrainian walk championship results <http://omarchador.blogspot.pt/2015/03/campeonatos-ucranianos-de-marcha-em.html>
- Thur 19 Mar - Preview of Chinese Test events <http://omarchador.blogspot.pt/2015/03/chineses-testam-circuito-dos-mundiais.html>
- Wed 18 Mar - Results of Junior races at Castelo Branco, Portugal <http://omarchador.blogspot.pt/2015/03/a-marcha-dos-jovens-em-castelo-branco.html>
- Tues 17 Mar - Diniz and Drahotova dominate in Lugano. Vera Santos is second

<http://omarchador.blogspot.pt/2015/03/diniz-e-drahotova-dominam-em-lugano.html>

- Tues 17 mar - Pedro Isidro and Ana Ramos are European INAS champions in St. Petersburg
<http://omarchador.blogspot.pt/2015/03/pedro-isidro-e-ana-ramos-campeoes-da.html>

CALL FOR PARTICIPANTS: BEETROOT JUICE STUDY

This is one study I recommend. I am in the right age group so have already advised Amelia that I am 'in'.

Researchers from Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN) are currently looking for healthy male participants, aged between 18-35 or 60-75, to examine the effectiveness of a beetroot juice supplement. Participants will ingest 'Beet-It' Sport Stamina Shots, and then perform acute bouts of resistance exercise. A total of 3 sessions will be completed by each participant over 3-4 weeks. Please note that this study will be conducted at the Deakin University Burwood campus, and that our investigation of this supplement does require muscle biopsies.

Further details of the study can be found at <http://www.deakin.edu.au/research/src/cpan/participate.php>.

If you wish to participate, or know someone who is eligible and interested in this study, please email beetrootjuicestudy@deakin.edu.au or contact Dr Amelia Carr on (03) 9251 7309 for more information.

#BANCHEGIN

More than two dozen Russian race walkers have been banned for doping in the past decade – and now we have two more. Most had Viktor Chegin as their coach. When is Chegin finally going to be sanctioned himself!

- Former Russian 20-kilometre walk champion **Andrei Ruzavin** was banned last Tuesday (17 March) for 30 months by the Russian Athletics Federation for doping offences. A report on the federation's official site said that Ruzavin, 28, was suspended for 30 months from October 9, 2014, for abnormal indexes of haematological profiles in his biological passport. All of his results shown in the period from December 18, 2011 till February 18, 2012 and from September 13, 2013 till November 13, 2013 were cancelled. Ruzavin was a member of the Russian team which won a bronze medal at last year's World Cup. And it hardly needs saying – he is part of the Saransk school of walking. See <http://www.supersport.com/athletics/article.aspx?Id=2911404>.
- The announcement also confirmed that another Russian walker, **Nina Okhotnikova**, has been sanctioned for abnormalities in her biological passport. Okhotnikova, who was a member of the Russian 2014 World Cup team, received a two-year ban and has also had results annulled for various periods dating to 2011. She comes from the Chuvashia walking school. See also http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11418901&ref=rss

Of course, this is yet another case of the same rubbery logic as was have seen in recent RUSADA bans. Retrospectively ban them for periods when their bloods were wrong but let them keep their medals from things like the 2014 World Cup. Hopefully, WADA will put paid to this dodgy practice.

You have to give it to the Russians. Their blatant refusal to face the truth continues to be astonishing. Former head of the Russian Federation, Valentin Balakhnichev, now says Russia has received signals from international sports bodies that it could be cleared of allegations of systematic doping. A documentary broadcast on German television in December accused Russia's athletics federation - then headed by Balakhnichev - the sports ministry, and anti-doping authorities of carrying out an organized doping program. He has just about said that the testimony from former Russian anti-doping official Vitaly Stepanov and his wife Yulia, an athlete, are a pack of lies. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11419437&ref=rss.

David Walsh, the author of the best selling Lance Armstrong expose "Seven Deadly Sins" and the man who almost single handedly fought to expose Armstrong from the last 1990s, has been scathing on this development, via his twitter account (this is one twitter account that you should follow). Here are some of his latest tweets over the last 3 weeks on the Russian doping situation

- I have just read Seb Coe's comments regarding endemic doping in Russian sport exposed by whistleblowers Vitaliy and Yuliya Stepanov. Coe says Russians have "been through a difficult time" and it would be wrong to ban them. This is his response to widespread cheating. Coe wants to be IAAF boss and puts that ambition before all. I wait to hear him say Stepanovs are heroes but I don't hold my breath.
- IAAF treasurer Valentin Balakhnichev says IAAF colleagues support Russia, believe whistleblowers Vitaliy and Yuliya Stepanov are liars. This stuff from Balakhnichev is bad joke. Stepanovs have solid and incontrovertible evidence of widespread doping in Russian athletics. The IAAF is now behaving as the UCI did through its darkest years and Valentin Balakhnichev is sounding like Hein Verbruggen.
- People ask what Seb Coe is doing about Balakhnichev and co? Last time I checked he was cosyng up to them, all part of his election campaign

All I can say is that if Walsh is right on Coe, I only hope that Sergey Bubka gets the IAAF Presidency job this year. #BANCHEGIN

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.

2014/2015 Australian/Victorian Key Dates

Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD
Apr 3-6, 2015	Australian Masters T&F Championships, Sydney, NSW
May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC\
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html

May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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