



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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21 July 2015



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WALKER OF THE WEEK

My Walker of the Week this time around is shared between our two best Australian masters walkers **Heather Carr** and **Andrew Jamieson**. Age Graded Percentages are the accepted method of grading masters walks across the age groups. Any walk of over 80% is generally regarded as excellent and anything over 90% is outstanding. On Saturday at Middle Park in the Victorian Masters 10km road walk championship, Heather (**W65, 57:50, 95.68%**) and Andrew (**M65, 53:05, 95.75%**) raced superbly, showing that they will be hard to beat in next month's World Masters Championships in Lyon, France.



Andrew and Heather walking in Middle Park on Saturday

WHAT'S COMING UP

Next Saturday sees our next round of VRWC Points Races at Middle Park, with fixture as shown below. Remember, we prefer you to register during the week if possible – <http://vrwc.org.au/wp1/>.

Saturday 25 th July 2015		Middle Park	
VRWC EVENTS: Entries close for all events at 1.50pm sharp.			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

The following Saturday sees our next major championship day with the Victorian Open 30km (this event is open to both men and women), along with our major Victorian winter roadwalk championships for U14, U16, U18 and U20 age groups. Enter with AV via their online panel at <http://athsvic.org.au/event/2015-av-walk-series-30km-championships/>. Entries close Wed 29th July.

Sunday 2nd August 2015, Middle Park			
8.30am	30km	AV Championship	Open *
	3 Hours Walk		Open
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	Under 20 Men
9.00am	10km	AV Championship	Under 20 Women
9.00am	10km	AV Championship	Under 18 Men
10.00am	3km	AV Championship	Under 14 Boys/Girls
10.20am	5km	AV Championship	Under 16 Boys/Girls
11.00am	5km	AV Championship	Under 18 Women
11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 10 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
11:50am	Medal presentations at the conclusion of the events.		
* The Victorian 30km is an Open event, meaning it is open to both men and women.			

A reminder that entries have now opened for the **2015 Australian Road Walking Championships** which will be held at Middle Park (Melbourne) on **Sunday 30 August**. As this is also a Racewalking Australia Carnival, I have setup an additional carnival page on our VRWC website - check it out at <http://www.vrwc.org.au/2015AustRoadwalkChamps.shtml>. This VRWC page can be viewed as the overall championship entry point as it contains links to other items of relevance, including the AA entry panel.

#BANCHEGIN

Wow, we were perhaps taken by surprise by a couple of press releases that came out late last week. The first one, on Thursday, confirmed that Viktor Chegin will finally have his day in court, at least from a RUSADA perspective. Here is how the New Zealand Herald reported it (see http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11481757&ref=rss).

Thursday 16 July - Russia's suspends top race-walking coach over doping

MOSCOW (AP) " **Russian athletics bosses suspended the country's top race-walking coach Wednesday after anti-doping authorities placed him under investigation.** In recent years, at least 20 Russian walkers who trained under national team head coach Viktor Chegin have been banned for doping offences. In January, three Russian Olympic champion walkers from Chegin's team were banned. **The Rusada anti-doping agency said Wednesday he was suspected of possessing banned substances and either providing or attempting to provide them to athletes.**

The Russian athletics federation's acting president Vadim Zelichenok said his organization had now suspended Chegin from coaching. "Athletes will not be allowed to work with Chegin, or otherwise they come under sanctions," he said in comments reported by Russian agency R-Sport.

Chegin is already under investigation by track and field's world governing body, the IAAF, whose senior anti-doping manager Thomas Capdevielle said in February he was "confident" Chegin would be sanctioned.

The IAAF and the World Anti-Doping Agency are also investigating Russian athletics as a whole over allegations of systematic doping. Until now, Chegin has been free to continue training Russian athletes for this year's world championships and the 2016 Olympics.

The next day, the ante was raised considerably with the another press release that gained a lot of coverage in various newspapers. Here is the one from the Washington Post (see http://www.washingtonpost.com/sports/russia-withdraws-world-beating-walk-team-over-doping/2015/07/16/08cb913a-2bc1-11e5-960f-22c4ba982ed4_story.html)

Friday 17 July - Russia withdraws walk team to avoid doping 'disgrace'

Russia said Thursday it has withdrawn its world-beating team of race-walkers from all international competitions to avoid "disgrace" in the wake of a series of doping allegations. Head coach Viktor Chegin has also announced his retirement, Russian media reported. More than 25 Russian walkers have been punished for doping in recent years, with at least 20 of them trained by Chegin, who is under investigation by athletics' world governing body and the Russian anti-doping agency. Since the start of last year, four Russian Olympic race-walking champions have received doping bans.

The Russian athletics federation said in a statement that it has withdrawn its walkers from competitions "to avoid causing damage to the image of Russian athletics and Russian sport as a whole." The team will not compete until the Russian anti-doping agency finishes its investigation into Chegin, which was announced Wednesday. That is "99 percent" likely to mean no Russian walkers will compete at next month's world athletics championships in Beijing, the federation's acting president Vadim Zelichenok told Russia's R-Sport agency. The only chance for them to compete will be if the investigation is concluded very swiftly, he added. "At the moment, there is the suspicion that this discipline (of athletics) could bring us disgrace at the world championships," Zelichenok said.

Russia won two of the three walk events at the 2013 world athletics championships. One of those gold medalists, Elena Lashmanova, was banned for doping a year later, but kept her world gold medal and the Olympic gold she won in 2012. In January, three more Russian Olympic champion walkers were banned, leading to the resignation of the president of the Russian athletics federation as well as the head coach.

Regional media in the city of Saransk, where Chegin serves as head coach of the national training center, reported that he had announced his retirement. He was not reported as giving a reason for his decision, but quoted by website Pro Gorod Saransk as saying that he hoped the investigation into his alleged involvement in doping would be “objective and without pre-judgement” and that he wished his team greater success in the future.

Zelichenok welcomed the news of Chegin’s retirement. “I heard he was supposed to make this statement. It’s probably the only decision he could make in this situation,” he told R-Sport. Zelichenok added that Chegin’s national training center “needs to be cleaned up” but would not be closed. Two directors of the center, not including Chegin, have also been forced out in the last year due to doping bans. Chegin is also facing a possible ban after anti-doping manager Thomas Capdevielle said in February he was “confident” the Russian coach would be sanctioned. Several leading race-walkers from other countries had long campaigned for Chegin to be banned from the sport, accusing him of directing a doping program at his national training center.

Earlier in the day, Russia swept the podium in the women’s 10,000m walk at the European junior championships.

The Russian anti-doping agency said Wednesday that Chegin is suspected of possessing doping substances and either providing or attempting to provide them to unnamed athletes. Both the World Anti-Doping Agency and track and field’s world governing body, the IAAF, are also investigating Russian athletics as a whole after a German TV documentary, broadcast in December, alleged doping was commonplace and organized by senior officials.

Now what can have brought on this sort of knee-jerk reaction and the comment that the withdrawal is to avoid “further embarrassment”? My guess is that they are worried that one or more of the Russians who have been selected to compete in next month’s World Champs may be caught out by further drugs testing and they may want to handle it quietly rather than have it announced in the context of withdrawals from the Russian team in the final leadup to the World Champs.

Interestingly, they seem to be backpedalling on this one already – <http://www.sports.ru/others/athletics/1031473099.html> says Russia is rethinking this action, so we might have Russian walkers in Beijing at next month’s World Champs after all. It is obviously a fluid and quickly changing landscape.

One of the non-Russian international walkers summarised the situation well on Facebook last week

What’s emerged over the last 12 months is not only systemic doping, but also systemic cover-ups. The best example was when several banned athletes were caught racing in January. Russian Athletics doctored the results after the race, and even staged different photographs of athletes on the podium, to try and cover it up. It then emerged that some athletes (Kirdyapkin, Bakulin, Borchin and Kanaskina) were serving doping bans that hadn’t even been announced. In light of all this, the fact that athletes can be tested becomes almost irrelevant: there is a culture of faking tests, hiding bans, general corruption. The whole system needs to be gutted for any real reforms to take place.

The next big question – How can the IAAF justify keeping the 2016 and 2018 Racewalking World Cups in Russia (they were both awarded to the city of Cheboksary a couple of years ago). Surely, it is time now to take them away from Russia and look for new partner cities to take over. Come on guys, get real!

VMA CHAMPIONSHIPS AND VRWC ROAD RACES, MIDDLE PARK, SATURDAY 18 JULY

We had a great turnout of 58 walkers for our annual RWA Postal Challenge event which also included the Victorian Masters 10km championships this time around. Conditions were perfect – sunny and cool with a slight breeze. Our masters walkers took centre stage with a final big hitout for many of them before heading off to the 2015 World Masters championships next month in Lyon, France. I have included the Age Graded Percentages for the VMA walkers – this is the accepted method of grading masters walks across the age groups. Any walk of over 80% is generally regarded as excellent and anything over 90% is outstanding. We had 6 performances over 90%, led by **Heather Carr** (W65,57:50, 95.68%) and **Andrew Jamieson** (M65, 53:05, 95.75%) with **Kelly Ruddick**, **Ralph Bennett**, **Gwen Steed** and **Barb Bryant** not far behind. And there were some good PBs amongst the list, the biggest being by **Michael Gillies-Smith** and **Carolyn Rosenbrock**. And special mentions to **Clare Garganis** and **Lachlan Feain** who walked their first ever 10km.

Open, Masters and U20 10km Women			VMA Place		
1.	Kelly Ruddick	46:55	W40	1	92.11%
2.	Pam Tindal	55:28	W55	1	88.06%
3.	Sandra Geisler	56:48	W35	1	73.44%
4.	Barb Bryant	56:56	W60	1	90.96%
5.	Heather Carr	57:50	W65	1	95.68%

PB

6.	Carolyn Rosenbrock	58:26	W50	1	81.83%	PB 2:16
7.	Wendy Muldoon	59:34				
8.	Donna-Marie Elms	1:02:44	W50	2	77.03%	PB 0:12
9.	Karyn O'Neill	1:05:46	W60	2	78.74%	PB 1:23
10.	Gwen Steed	1:08:27	W70	1	91.68%	
11.	Alison Thompson	1:10:45	W60	3	75.09%	
12.	Robyn Shaw	1:13:33	W50	3	65.70%	
13.	Clare Garganis	1:16:13	W40	2	57.64%	First one
14.	Margaret Beaumont	1:26:26	W75	1	78.21%	

Open, Masters and U20 10km Men

VMA Place

1.	James Christmass	52:30				
2.	Mark Donahoo	52:39	M55	1	85.04%	
3.	Simon Evans	52:56	M55	2	83.10%	
4.	Andrew Jamieson	53:05	M65	1	95.75%	
5.	Michael Gillies-Smith	53:30	M45	1	78.15%	PB 2:56
6.	Lachlan Feain	57:37				First one
7.	Ralph Bennett	57:59	M70	1	92.29%	
8.	Gerard Feain	58:38				
9.	David Smyth	1:00:56	M45	2	66.43%	
10.	Russ Dickenson	1:02:47	M65	2	80.96%	
11.	Adam Patterson	1:04:57	M40	1	61.34%	
12.	Bob Gardiner	1:05:40	M75	1	88.96%	
13.	Clyde Riddoch	1:06:33	M60	1	69.90%	
14.	Paul Moritz	1:07:55	M55	3	65.34%	
15.	Barrie Wicks	1:23:02	M75	2	66.26%	
16.	Chris Worsnop	1:23:14	M55	4	53.79%	
17.	William Lotherington	DQ	M80	DQ		
18.	Ian Beaumont	DQ	M75	DQ		

Our other RWA Postal Challenge races saw starters in all divisions from U18 to U10, an excellent outcome.

U18 8km

1.	Madeleine Feain	53:00	PB 1:42
1.	Adam Garganis	37:48	
2.	Reese Walmsley	40:00	

U16 5km

1.	Brodie Richardson	30:12
2.	Jessica Lillie	30:33
3.	Ruby Paten	33:24
	Rebecca Henderson	?
1.	Will Thompson	26:59
2.	Hayden Walmsley	27:03

Open and U14 3km

1.	Philippa Huse	16:26	
2.	Chloe Karagiorgos	16:40	
3.	Kathleen O'Mahony	16:47	
4.	Madison Clarke	17:03	
5.	Merilyn Thompson	22:38	PB 0:13
1.	Corey Dickson	15:20	
2.	Alan Huse	20:06	
3.	Gordon Onley	24:40	

U12 2km

1.	Charlotte Hay	10:59
2.	Gemma Lillie	13:11
3.	Elise Carbery	13:51
1.	Josh Jensen	10:48
2.	Harrison Karagiorgos	12:31
3.	Angus Hay	14:30

U10 1.5km

1. Chelsea Karagiorgos 11:17

1. Joel Prys 08:33

Thanks as always to our judges and officials

Judges: Gordon Loughnan (Chief), Judy Mason, Kathleen Marsh, Stuart Cooper, Josh Savage, Lloyd Nichols, Shane Dickson, Frances Attard, Michael Bodey (DQ Board)

Officials: Tim Erickson, Ian Laurie, Lee Taylor, Harry Summers

Checkin: Mark Donahoo, Ralph Bennett, Michael Bodey, Damien Elms

Canteen: Kate Suich, Wendy Cooper

Camera: Jenny Jones



Heather Carr, Andrew Jamieson, Kelly Ruddick and Ralph Bennett



Carolyn Rosenbrock, Gwen Steed, Michael Gillies-Smith and Barb Bryant (photos Jenny Jones)

The following photo shows some of the Victorians who are travelling to Lyon for next month's World Masters Championships - Heather Carr, Kate Suich, Margaret Beaumont, Simon Evans, Karyn O'Neill, Ian Beaumont, Barb Bryant, Mark Donahoo and Andrew Jamieson. Also going are Terry O'Neill, Ralph Bennett, Aaron McDonough and Stuart Kollmorgen.



ACT WALKERS CLUB ROAD WALKS, MOLONGLO REACH, CANBERRA, SATURDAY 18 JULY

Thanks to Robin Whyte for the latest results from Canberra.

10km Walk

1.	Ann Staunton-Jugovic	56:51
2.	Robin Whyte	1:04:35
3.	Monika Short	1:14:31
4.	Doug Fitzgerald	1:19:51
5.	Val Chesterton	1:27:31
	Zoe Hunt	DNF

3km Walk

1.	Spencer Burns	15:20
2.	Ellen Vahey	18:48
3.	Raine Thompson	32:58

1.5km Walk

1.	Tom Hunt	8:13
2.	Georgia Frew	12:31

5km Walk

1.	Callum Burns	25:50
2.	Gabby Hunt	26:23
3.	Connor Frew	29:43
4.	Kate Black	31:17
5.	Helena Bialecki	31:24
6.	Greg Durr	33:28
7.	Marilyn Banfield	37:46
8.	David Mackenzie	40:30
9.	Terry Munro	40:30
10.	Fran Black	48:44
11.	Helen Munro	48:45

2km Walk

1.	Laura Burns	11:21
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SAMA ROADWALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 18 JULY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Cold but calm arvo, occasional sunny periods.

8km walk

1.	Kevin Finn	51:47	M63	72.83%
2.	Marie Maxted	52:38	W55	73.21%
3.	Gil McIntosh	58:06	M65	66.33%
4.	Raelene Schild	58:12	W50	62.95%
5.	Graham Harrison	58:13	M72	72.01%
6.	Doug Smart	1:02:51	M72	66.70%
7.	David Robertson	1:04:16	M82	75.66%
8.	Colin Hainsworth	1:06:43	M85	76.83%
9.	Margaret McIntosh	1:09:31	W62	60.16%
10.	Jeff Kennett	1:13:28	M65	52.46%

4km Walk

1.	Helen Suridge	29:04	W64	70.43%
2.	Jan Layng	30:17	W66	69.34%
3.	Kristine Freeman	32:40	W55	56.71%
4.	Roger Lowe	32:42	M72	62.37%
5.	Kate White	32:56	W50	53.69%
6.	Paul Boyce	33:55	M79	66.27%
7.	Edna Bates	35:04	W62	56.98%

BALLARAT RACEWALKERS CLUB ROADWALKS, LAKE WENDOUREE, BALLARAT, SUN 19 JULY

Thanks to Sarah Brennan for the results from the 2015 BRWC Merv Lockyer 3km Handicap in Ballarat. Sarah tells me that the mercury dropped to a low of -5C overnight and at 10:30am it was still very cold, but sunny, clear and still – perfect conditions for racing. Young Kayla Bridges and James Pendred started from scratch. Kayla never lost the lead, and held off a fast-finishing Sarah Brennan to claim victory in a PB of 20:09. A solid walk by Daryl Biggin, competing in his first race in years, saw him nab 3rd place. Fastest time went to Sarah Brennan with 16:39. Well done to James Pendred who completed his first 3km.

Merv Lockyer 3km Handicap

1.	Kayla Bridges (10)	20:09	PB 0:02
2.	Sarah Brennan (V)	16:39	
3.	Daryl Biggin (V)	17:36	
4.	Alanna Peart (11)	16:52	
5.	Mia Darlow (9)	22:17	
6.	Jessika Bridges (13)	20:14	
7.	James Pendred	24:48	First one



Winner of the 2015 Merv Lockyer 3km Handicap, Kayla Bridges

NSWRWC ROADWALKS, LEICHHARDT, NSW, SATURDAY 11 JULY

Thanks to Lauren Richardson for the results from the last 2 weeks of NSWRWC roadwalking. First to last week when walkers were at Leichhardt. Great walking by Carl Gibbon (46:29) and Jay Feltonm (47:02) in the 10km.

Long division 10km Walk

1.	Carl Gibbons	46.29
2.	Jay Felton	47.02
3.	Steven Washburn	48.25
4.	Jasmyn McDonald	55.21
5.	Joan Purcell	75.38

Medium Division 10km Walk

1.	Chelsea Goodhew	55.15
2.	Ryan Thomson	58.15
3.	Samantha Brown	58.33
4.	Travis Barendregt	59.11
5.	Judy Brown	84.47

Short Division 4km Walk

1.	Hayden Blasket	22.14
2.	Kyle Bedford	22.27
3.	Tiffany Saker	23.33
4.	Nicolle Challinor	27.50

U16 3km Walk

1.	Haley Mills	16.53
2.	Renee Hardy	17.48
3.	Lachlan Becroft	19.20
4.	Catherine Young	19.36
5.	Jada Thomson	20.01
6.	Brodie Douglas	21.35
7.	Zoe Elliott	21.36
8.	Logan Barendregt	24.22

U12 1.5km Walk

1.	Tom Jessup	7.53
2.	Dion Carrothers	8.00
3.	Ellie Decellis	8.29
4.	Jessica Rochetto	8.34
5.	Stacie Becroft	10.01
6.	Isabelle Nilon	10.15
7.	Isabella Holland	10.50
8.	Natasha Fairhall	11.06
9.	Aiden Hardy	11.59
10.	Ella Becroft	12.43

U10 1km Walk

1.	Peter Elliott	6.25
2.	Amelia Crocker	9.06

NSWRWC ROADWALKS, OATLEY, NSW, SATURDAY 18 JULY

Another good turnout for NSWRWC at Oatley on Sunday. Standout walker was 14 year old Kyle Bedford who produced a big 23:30 5km PB. Next Sunday, NSWRWC hosts the State long walks at Narellan and I hear that 19 year old Jay Felton will attempt his first 30km.

Long Division 12km

1.	Jasmyn McDonald	64.05
2.	Ian Jesserun	65.46
3.	Bryony Beasley	70.16

Short Division 5km

1.	Kyle Bedford	23.30
2.	Tiffany Saker	27.53
3.	Raquel Roukos	28.53
4.	Nicolle Challinor	33.01
5.	Donald Catello	33.32

U 16 3km

1.	Danielle Vesper	16.55
2.	Lachlan Becroft	17.10
3.	Brittany Robertson	18.39
4.	Lauren Tisdale	19.17
5.	Jada Thomson	20.30
6.	Brodie Douglas	20.38
7.	Logan Barendregt	25.22

Medium Division 8km

1.	Ryan Thomson	44.35
2.	Travis Barendregt	51.52
3.	Judy Brown	63.58

U12 1.5km

1.	Tom Jessep	7.36
2.	Ellie Decelis	8.13
3.	Jessica Rocchetto	8.24
4.	Isabelle Nilon	9.33
5.	Aiden Hardy	9.44
6.	Natasha Fairhall	9.48
7.	Isabella Hollins	9.49
8.	Satie Becroft	10.01
9.	Ella Becroft	11.30

U10 1km

1.	Amelia Crocker	8.58
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QLD ROADWALK CHAMPIONSHIPS, LUKE HARROP CYCLE TRACK, RUNAWAY BAY, SUN 12 JULY

First a catchup from last week when the Queensland Roadwalk Championships were held at Runaway Bay on the Gold Coast.

10km Masters Men

M45-54	1	Ignacio Jimenez	50	52:43
	2	Paul Lindenberg	53	1:06:20
M65+	1	Patrick Sela	76	1:15:35

5km Masters Women

W45-54	1	Nyle Sunderland	48	28:56
	2	Debbie Lindenberg	54	34:50
W55+	1	Kay Shaw	56	31:49

10km Open

1.	Peter Bennett	59	1:55:10
1.	Jessica Pickles	21	DNF

3km U14

1.	Jonathon Wearne	11	16:49.98
2.	Adam Buchhorn	12	16:56.20
1.	Amelia Schofield	12	16:12.47
2.	Caitlin Hannigan	13	16:12.47
3.	Isanella Schofield	13	19:46.71
4.	Kirra Stonehouse	13	22:31.47

2km U12

1.	Kris Hayward	11	10:49.26
1.	Mackenzie Ofield	11	12:15.98
2.	Anika Clarke	10	12:28.86
3.	Kiara Condon	11	12:41.70
4.	Korey Brady	10	13:34.80

5km U16

1.	Jamison Stovin	14	27:50.82
2.	Ethan Clarke	14	30:41.20
3.	Callum Haig	15	31:48.10
1.	Katie Hayward		24:51.13
2.	Tenyka Chapman		28:58.08
3.	Bridie Mulcaster		33:40.28
4.	Jade Pearson		34:34.22
5.	Jessica Wright		38:41.89

1km U10

1.	Scarlett Schofield	9	6:51.49
2.	Cheyenne Zirbel	9	7:20.87
3.	Eboniee Hilton	9	7:35.43

**Start of U16 Boys and Girls and Women's Masters 5km walks****U12 medallists (photos Robyn Wales)****QRWC ROADWALKS, LOGAN RIVER PARKLANDS, SUNDAY 19 JULY**

And now to this week's Queensland racing which saw good 10km masters walking by Iggy Jimenez (51:17) and Peter Bennett (51:53).

Open and Masters 10km

1.	Ignacio Jimenez	51.17	
2.	Peter Bennett	51.53	(87.92%)
3.	Shane Pearson	60.16	
4.	Patrick Sela	74.58	(73.39%)
5.	Noela McKinven	80.56	(77.56%)

U16 5km

1.	Ethan Clarke	32.10
2.	Jade Pearson	35.20

U14 3km

1.	Nelson McCutcheon	16.46
2.	Caitlin Hannigan	16.47

U12 2km

1.	Jonathan Wearne	10.44
2.	Anika Clarke	13.05
3.	Korey Brady	13.46
4.	Sophie Porter	15.34

U10 1.5km

1.	Ashanti Heap	9.39
2.	Amelia Wales	9.26
	Makenna Clarke	4.50 (582m)

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 19 JULY
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Thanks to Paul Rance for the latest results from Bendigo. Paul reported:

The Bendigo Walkers Club conducted 3km and 10km race walk events at Lake Neanger on Sunday morning. In the 3km race Zahra Hayes continued her strong form as she took handicap honours and also claimed fastest time as she produced a club personal best effort and she also broke the club U14 record formerly held by Australian champion Zoe Boldiston, Annette Curtis took 2nd place with Peter Curtis taking 3rd. The 10km race was won by Jennie Payne with Annette Major 2nd.

3km Walk Handicap

1.	Zahra Hayes	14.56
2.	Annette Curtis	21.52
3.	Peter Curtis	16.43
4.	Caitlyn Tozer	27.54
5.	Barb Bryant	17.34

10km Walk Handicap

1.	Jennie Payne	1.12.12
2.	Annette Major	1.03.29
	Ebony Whiley	DNF

9TH WORLD YOUTH T&F CHAMPIONSHIPS, CALI, COLOMBIA, JULY 15-19, 2015

It's all over bar the cheering now and the athletes are on their way home from the IAAF World Youth Championships in Cali (see the championships webpage at <http://www.iaaf.org/competitions/iaaf-world-youth-championships>). The

Men 10,000m Race Walk, Saturday 18 July

Cathal Dennehy reported for the IAAF (see <http://www.iaaf.org/competitions/iaaf-world-youth-championships/9th-iaaf-world-youth-championships-2015-5408/news/cali-2015-boys-10000m-race-walk1>).

With a swift injection of pace 700 metres from home, Russia's Sergey Shirobokov powered away from China's long-time leader Zhang Jun to take victory in the boys' 10,000m race walk, the 16-year-old coming home a clear winner in the end in 42:24.41 on Saturday morning. Shirobokov played a waiting game for much of the race, buried among the leading pack and rarely showing at the front. Instead, it was left to Zhang to dictate much of the early pace. After a slow opening kilometre of 4:30.55, he took to the front and led through 2000m in 8:50.40.

A change of gears from Zhang in the third kilometre (4:09.20) whittled the leading pack to eight. After a brief scare in the fourth kilometre, during which he was forced to stop to put his shoe back on, Zhang soon resumed his role at the front and as he passed 5000m in 21:22.39, although the signs of distress were ringing out for many of those in his slipstream. At six kilometres, only Russian duo Shirobokov and Zakhar Silva as well as Colombia's Cesar Alberto Herrera were able to match Zhang's relentless pace, though when they reached seven kilometres, Herrera began to fade and the leading trio were soon joined by Mexico's Federico Gonzalez.

With a little more than two kilometres to go, Silva received his third warning for lost contact and was a picture of frustration when he was forced to serve a two-minute penalty, which ended his medal hopes. Zhang continued to push the pace at the front and soon he had only Shirobokov for company in what was a head-to-head duel for the gold. With two laps to go, the

Russian moved out into lane two and when the pair entered the back straight for the penultimate time, he swiftly changed gears and moved clear, his lead growing throughout the final lap. In the end, he proved a dominant winner and came home in 42:24.41 to send the title back to Russia for the seventh time in nine editions.

China's Zhang held on well to set a personal best of 42:33.68 in second, with Mexico's Federico Gonzalez taking third in 42:54.55. "What an honour to be successful for Mexico," said Gonzalez. "It is more than a dream for me. I want to improve now, to become an Olympic athlete and eventually win a gold medal at the 2020 Olympics."

For our two Australian representatives, it was a frustrating and disappointing experience. Victorian **Kyle Swan** was taken out of the race at the 3000m mark and forced to serve a 2 minute time penalty. Coming back in after that timeout and now a lap behind the leaders, he had no chance of recovering but, to his credit, walked it out, finishing well back in 50:42.5. NSW walker **Tyler Jones** also had a nightmare time, eventually stopping as one of 7 DNFs.

1.	Sergey SHIROBOKOV	RUS	99	42:24.4
2.	Jun ZHANG	CHN	98	42:33.7
3.	Federico GONZALEZ	MEX	98	42:54.5
4.	Andres Eduardo OLIVAS	MEX	98	43:27.7
5.	Toshiki UEDA	JPN	98	43:34.8
6.	Cesar Alberto HERRERA CORTEZ	COL	99	44:01.9
7.	Ariel CAYLLANTE QUISPE	BOL	98	44:29.2
8.	Yunhwa SONG	KOR	98	44:36.1
9.	Giacomo BRANDI	ITA	98	44:48.4
10.	Zakhar SLIVA	RUS	98	45:22.0
11.	Xiaojun ZHOU	CHN	99	45:22.8
12.	Juan David JIMENEZ	COL	99	45:48.6
13.	Jonathan Javier AMORES CARUA	ECU	98	45:57.4
14.	Matheus Gabriel DE LIZ CORREA	BRA	99	46:13.2
15.	Yohanis ALGAW	ETH	99	46:14.3
16.	Eduard ZABUZHENKO	UKR	98	46:15.5
17.	David HURTADO	ECU	99	46:16.2
18.	Yasushi MORITA	JPN	98	46:31.4
19.	Said TOUCHE	ALG	99	46:39.9
20.	Carlos TUR	ESP	98	46:59.2
21.	Eknath Shambaji TURAMBEKAR	IND	98	47:16.5
22.	Gemechu Amanuel BIRTU	ETH	98	47:16.7
23.	Gerson Otoniel NAVAS JIMENEZ	ESA	98	47:21.2
24.	Kevin CERRO	ESP	98	47:22.2
25.	Frank Alberto HERNÁNDEZ	ESA	99	47:22.5
26.	Jorge CRUZ	PUR	98	47:22.7
27.	Kyung-Min LA	KOR	99	47:27.6
28.	Baha Eddine GATRI	TUN	98	47:28.2
29.	Daumantas LIUTINSKIS	LTU	99	47:38.9
30.	Stanislav MASHTAL	UKR	98	48:37.7
31.	Arnold RIVEROS	PER	98	49:26.0
32.	Yohan MELILLAN	CHI	99	50:08.7
33.	Kyle SWAN	AUS	99	50:42.5
	Abdulaziz DANIS	TUR	99	DNF
	Arkadiusz DROZDOWICZ	POL	98	DNF
	Tyler JONES	AUS	98	DNF
	Alger LIANG	CAN	82	DNF
	Selim SEVEN	TUR	99	DNF
	Georgios TZATZIMÁKIS	GRE	99	DNF
	Pierre VERMAAK	RSA	98	DNF

Women 5000m Race Walk Saturday 18 July

Bob Ramsak reported for the IAAF on the girls' walk (see <http://www.iaaf.org/competitions/iaaf-world-youth-championships/9th-iaaf-world-youth-championships-2015-5408/news/cali-2015-girls-5000m-race-walk>)

Shifting gears with less than 300 metres to go, China's Ma Zhenxia stormed to victory in the girls' 5000m race walk, to add the world youth title to the Youth Olympic Games gold medal she won last year on home soil in Nanjing. Ma clocked a season's best of 22:41.08 to capture the second title in the event for China and a fourth medal overall, breaking through what has largely been a Russian stranglehold in the girls' race walks. "I am very happy, especially with my last lap, I was nearly flying," said Ma, who clocked her 22:22.08 lifetime best at the Youth Olympic Games.

Ma, who turns 17 next month, bided her time early in the race, remaining well within striking range as the leading pack dwindled from 11 with six laps to go, and then to nine with four to go and just five with 800 metres remaining: Ma and her team-mate Xue Ke, the Russian pair of Olga Eliseeva and Margarita Koleshnichenko and Ethiopia's unheralded Ayalnesch Dejene. At the bell, Eliseeva upped the tempo and attempted a break, but it was quickly thwarted as the leading trio entered

the back straight for the final time. Ma moved ahead and into the lead and quickly opened a three-metre margin, one which she extended as she rounded her way towards the finish. Impressively, she covered the final kilometre in 4:12.07, the fastest in the contest.

Eliseeva held on for second in 22:45.09, followed by surprise bronze medallist Dejene, who clocked a lifetime best of 22:48.25. An early leader, the Ethiopian fought her way back into medal contention over the final lap to capture the first global medal ever in a race walking event for Ethiopia, a country well known for endurance prowess but not necessarily of the heel-to-toe variety. Further back, Ma's team-mate Xue was fourth with a personal best 23:01.68, marginally ahead of Mexico's Valeria Ortuno, who crossed the line in 23:01.90.

Our two Australian representatives, **Clara Smith (QLD)** and **Jemima Montag (VIC)** finished in 7th and 11th spots respectively. Athletics Australia quoted them both on their website post-event:

Clara: "I'm not used to the races like this, the start was fairly slow and, I think we can learn from it, train and come back stronger."

Jemima: "I tripped so many times, the experience was overwhelming. You know they start off slow and that's different, we usually start off nice and just keep it, where this was like 4.40 and, as prepared as you are, there is nothing you can do."

1.	Zhenxia MA	CHN	98	22:41.1
2.	Olga YELISEYEVA	RUS	98	22:45.1
3.	Ayalnesh DEJENE	ETH	98	22:48.2
4.	Ke XUE	CHN	98	23:01.7
5.	Valeria ORTUÑO	MEX	98	23:01.9
6.	Ayse TEKDAL	TUR	99	23:14.8
7.	Clara SMITH	AUS	98	23:22.4
8.	Maria Fernanda MONTOYA MARIN	COL	98	23:43.4
9.	Evelyn INGA	PER	98	23:45.6
10.	Maika YAGI	JPN	99	23:46.5
11.	Jemima MONTAG	AUS	98	23:46.6
12.	Margarita KOLESNICHENKO	RUS	98	23:53.6
13.	Leyde GUERRA	PER	98	23:54.7
14.	Eloise TERREC	FRA	98	24:07.6
15.	Athanasia VAÍTSI	GRE	98	24:07.7
16.	Arely MORALES	GUA	98	24:24.4
17.	Teresa ZUREK	GER	98	24:25.3
18.	Lina Geraldine BOLIVAR GONZALEZ	COL	98	24:31.0
19.	Yehualye BELETE MITIKU	ETH	98	24:49.8
20.	Dimitra BOCHORI	GRE	98	24:50.8
21.	Emilia GREZIAK	POL	98	24:56.2
22.	Antia CHAMOSA	ESP	99	24:59.4
23.	Chae-Hyun KIM	KOR	98	25:06.7
24.	Vanessa TOMEI	ITA	98	25:20.2
25.	Irene VAZQUEZ	ESP	98	25:20.2
26.	Yukako HAYASHI	JPN	98	25:22.5
27.	Carolina COSTA	POR	98	25:59.6
28.	Julia RICHTER	GER	99	26:03.1
29.	Gabriela SIMINICEANU	ROU	98	26:04.5
30.	Yekaterina SHLYKOVA	KAZ	99	26:07.0
31.	Anastasia SANZANA	CHI	98	26:32.4
32.	Ema HACUNDOVÁ	SVK	99	26:44.0
33.	Meral KURT	TUR	98	26:47.0
	Agata KOWALSKA	POL	98	DNF
	Anthea MIRABELLO	ITA	99	DNF

Thanks to Terry Swan for the following photos



Clara Smith, Jemima Montag, Kyle Swan and Tyler Jones in action in Cali (photos Terry Swan)

PAN AMERICAN GAMES, TORONTO, CANADA, 18-26 JULY

Canadian **Evan Dunfee** overcame stifling heat and humidity to capture gold for Canada in the men's 20km race walk at the Pan American Games in Toronto on Sunday. Dunfee finished in 1:23:06 while fellow Canadian **Inaki Gomez** was second in 1:24:25. Brazil's Caio Bonfim was third.

Dunfee said he wasn't bothered by the heat that enveloped Toronto on the weekend. "There were very few times in the race where I felt hot so I think we managed it better than anyone else did and that of helped me. We knew it was going to be hot, but we just thought it was going to be the same for everyone. Some of these guys train in altitude where it's a little bit dryer so it's a different kind of heat than they're used to."

Spending three months of the Canadian winter training in Canberra during the Australian summer helped prepare Dunfee for the conditions, said Canadian coach Peter Eriksson. "It's tough to train and be outside in Canada in the winter," he said. "It's worth the investment for him to do all of that. For us, we see clearly the results with him moving up in the world ranking."

Gomez said the Canadian support staff helped, too. "We have a fantastic team who brings us ice vests and make sure we do studies beforehand to prepare ourselves for this kind of conditions," he said.

Dunfee, who is the Canadian record-holder in the 20K, completed his degree in kinesiology at the University of British Columbia last spring, which afforded him the opportunity to head elsewhere to train this season.

Up next for the race walkers is the world championships in Beijing in August. Both racers have already met the Canadian Olympic standard and hope to qualify next summer for the 2016 Rio Olympics.

Men 20km Race Walk, Saturday 19 July

1.	Evan DUNFEE	CAN	90	1:23:06
2.	Inaki GOMEZ	CAN	88	1:24:25
3.	Caio Oliveira DE SENA BONFIM	BRA	91	1:24:43
4.	Julio Cesar SALAZAR	MEX	93	1:25:11
5.	Eider AREVALO	COL	93	1:25:50
6.	Marco Antonio RODRIGUEZ	BOL	94	1:26:59
7.	Eder SÁNCHEZ	MEX	86	1:28:16
8.	Juan Manuel CANO	ARG	87	1:29:06
9.	Jose Maria RAYMUNDO COX	GUA	93	1:35:45
10.	Luis Alfonso LÓPEZ MENJIVAR	ESA	94	1:42:03
	Mauricio ARTEAGA	ECU	88	DNF
	Yerko ARAYA	CHI	86	DQ
	Erick Bernabé BARRONDO	GUA	91	DQ
	Ivan Gabriel GARRIDO	COL	94	DQ
	Richard VARGAS	VEN	94	DQ

The weather conditions proved just as challenging for the women with Mexico's **Maria Gonzalez** collapsing at the finish line after winning the women's crown in a Games-record time of 1:29:24. She was treated by medical staff on-site. Officials said she was taken to hospital for further observation. Brazil's **Erica de Sena** was second in 1:30:03 while Ecuador's **Paola Perez** collected bronze in 1:31:53. Five runners dropped out of Saturday's women's marathon, which was held in similar weather.

Women's 20km Race Walk, Saturday 19 July

1.	Maria GONZALEZ ROMERO	MEX	89	1:29:24
2.	Erica ROCHA DE SENA	BRA	85	1:30:03
3.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:31:53
4.	Sandra Lorena ARENAS	COL	93	1:32:36
5.	Kimberly GARCÍA LEÓN	PER	93	1:32:45
6.	Rachel SEAMAN	CAN	86	1:32:49
7.	Maria MICHTA	USA	86	1:33:07
8.	Alejandra ORTEGA	MEX	94	1:35:03
9.	Wendy CORNEJO	BOL	93	1:36:58
10.	Miranda MELVILLE	USA	89	1:37:45
11.	Cisiane Dutra LOPEZ	BRA	83	1:38:53
12.	Katelynn RAMAGE	CAN	93	1:46:03
13.	Cristina Esmeralda LÓPEZ	ESA	82	1:47:33
	Sandra Viviana GALVIS	COL	86	DNF
	Claudia VALDERRAMA IBANEZ	BOL	83	DQ
	Mirna Sucely ORTIZ FLORES	GUA	87	DQ

Couple of nice articles at <http://panam.cbc.ca/news/article/evan-dunfee-canadian-race-walker-captures-pan-title.html> and <http://www.vancouversun.com/sports/Richmond+Evan+Dunfee+takes+gold+kilometre+race+walk/11227201/story.html#ixzz3gQEE7KHH>.



Evan wins (photos <http://www.vancouversun.com/>)



Evan and Inaki with coach Gerry Dragomir

EUROPEAN JUNIOR CHAMPIONSHIPS, ESKILSTUNA, SWEDEN, 16-19 JULY

Men 10,000m Race Walk

The European Athletics website has a great article on the junior men's 10,000m walk at the European Junior Champs last Saturday: See <http://www.european-athletics.org/competitions/european-athletics-junior-championships/news/article=garcia-hits-all-the-right-notes/?cid=rss>.

Diego Garcia won the 10,000m track walk gold for Spain at the European Athletics Junior Championships in Eskilstuna on Saturday morning - and the triumph was music to his ears. When Garcia, 19, is not pounding his way around a track, he is playing the trombone as part of his studies at the renowned Madrid Royal Conservatory College.

Garcia, the world junior runner-up, led from the start, closely followed by Russian pair Vladislav Saraykin and Vasilii Mizinov. At halfway, there was nothing to choose between them, with Garcia first in 20:12.20, but within 1000m the race changed direction as the Spanish walker moved away and then Mizinov was disqualified.

He gradually stretched his lead to win in a season's best of 40:05.21 from Saraykin in 40:59.28, who came back strong in the final 100m to overtake Garcia's Spanish teammate and training partner **Pablo Oliva** who was third - and a delighted third in that - in 41:00.73.

Oliva said of his third place: "This is incredible. I am really happy with bronze and a personal best. The second half of the race was good and the track was perfect."

It was some race, though, as of the 25 finishers, there were 16 personal best performances, including four national junior records. Those national marks were set by France's **Jean Blancheteau**, fourth (41:14.75), **Callum Wilkinson** of Great Britain, seventh (41:34.63), Turkey's **Muratcan Karapinar**, eighth (41:58.07), and **Andrei Gafita** of Romania, who was 15th (42:49.57).

But it was so much Garcia's morning, with his victory smile starting on the home straight as he raised his right hand in celebration before repeating the act as he crossed the line. He waited for Oliva and then both grabbed national flags to go on their lap of honour.

1.	Diego GARCIA	ESP	96	40:05.2
2.	Vladislav SARAYKIN	RUS	97	40:59.3
3.	Pablo OLIVA	ESP	96	41:00.7
4.	Jean BLANCHETEAU	FRA	96	41:14.8
5.	Zacharias TSAMOUDAKIS	GRE	96	41:31.4
6.	Nathaniel SEILER	GER	96	41:33.5
7.	Callum WILKINSON	GBR	97	41:34.6
8.	Muratcan KARAPINAR	TUR	96	41:58.1
9.	Anatoli HOMELEU	BLR	96	42:12.7
10.	Gregorio ANGELINI	ITA	96	42:20.6
11.	Manuel BERMÚDEZ	ESP	97	42:23.5
12.	Bence VENYERCSÁN	HUN	96	42:24.2
13.	Miroslav ÚRADNÍK	SVK	96	42:44.2
14.	Gianluca PICCHIOTTINO	ITA	96	42:48.0
15.	Andrei GAFITA	ROU	96	42:49.6
16.	Mustafa ÖZBEK	TUR	97	43:47.4
17.	Thibault HYPOLITE	FRA	97	43:54.2
18.	Miguel RODRIGUES	POR	96	43:54.5
19.	Michal MORVAY	SVK	96	43:58.6
20.	Salih KORKMAZ	TUR	97	44:25.1
21.	Oleksandr ZHOLOB	UKR	97	44:43.2
22.	Axel MUTTER	FRA	96	45:14.5
23.	Arturs MAKARS	LAT	97	45:18.1
24.	Hélder DOS SANTOS	POR	96	45:36.6
25.	Fredrik RØTNES	NOR	96	46:50.8
	Pedro AMARAL	POR	97	DQ
	Karl JUNGHANSS	GER	96	DQ
	Vasiliy MIZINOV	RUS	97	DQ
26.				



Oliva and Garcia celebrate their Spanish medals

Women 10,000m Race Walk

My brief report is extracted from the European Athletics website report: <http://www.european-athletics.org/competitions/european-athletics-junior-championships/news/article=afanasyeva-sparks-russian-glory/>

Russia had three reasons to celebrate less than an hour into the opening morning of the European Athletics Junior Championships in Eskilstuna today as Klavdiya Afanasyeva led a cleansweep in the women's 10,000m walk. Afanasyeva produced the fastest junior time in the world this year as she won in 43:36.88 from Olga Shargina, the World Youth champion, second in a personal best of 44:01.08, and Mariya Losinova, third in 44:07.44.

On a chilly morning in Sweden, but one that was perfectly suited for track race walking - just a slight breeze drifted across the Ekängen Arena which had no effect on conditions - Afanasyeva, 19, showed her powerful talent by winning by this impressive margin of more than 23 seconds. It is her second big title of 2015 having beaten Losinova, 18, to gold in the 10km race at the European Cup Race Walking in Murcia in May.

1.	Klavdiya AFANASYEVA	RUS	96	43:36.9
2.	Olga SHARGINA	RUS	96	44:01.1
3.	Mariya LOSINOVA	RUS	97	44:07.4
4.	Maria PEREZ	ESP	96	44:19.1
5.	Noemi STELLA	ITA	97	44:43.8
6.	Taika NUMMI	FIN	97	45:44.5
7.	Lidia SANCHEZ-PUEBLA	ESP	96	45:47.9
8.	Živile VAICIUKEVICIUTE	LTU	96	46:13.2
9.	Eleonora DOMINICI	ITA	96	46:21.5
10.	Katarzyna ZDZIEBLO	POL	96	46:31.4
11.	Hanna SUSLYK	UKR	96	47:26.2
12.	Monika VAICIUKEVICIUTE	LTU	96	47:47.3
13.	Anastasiya RAROVSKAYA	BLR	96	48:21.5
14.	Edna BARROS	POR	96	48:31.9
15.	Anna BABINCHUK	UKR	96	48:40.4
16.	Angelika AUGUSTYN	POL	96	48:42.1
17.	Catarina MARQUES	POR	96	48:47.7
18.	Enni NURMI	FIN	98	48:55.8
19.	Rita RÉCSEI	HUN	96	49:03.1
20.	Tereza KORVASOVÁ	CZE	96	49:30.5
21.	Marina PEÑA	ESP	99	49:32.7
22.	Emma ACHURCH	GBR	97	50:51.6
23.	Danica GOGOV	SRB	96	51:00.8
24.	Carmen Bianca MOLNAR	ROU	96	51:35.1
25.	Henrika PARVIAINEN	FIN	97	52:17.4
	Lena UNGERBÖCK	AUT	97	DNF

POLISH T&F CHAMPIONSHIPS, KRAKÓW, POLAND, 19-21 JUNE

Grzegorz Sudol, 36, and **Monika Kapera**, 25, won their respective Polish 20km walk titles last weekend in Krakow in hot conditions of around 30C. For Sudol, it was a sprint finish against his colleague **Jakub Jelonek**, both being credited with the same time of 1:25:41. **Rafal Augustyn** took third place with 1:26:52 while defending champion Lukasz Nowak was disqualified. For Kapera, it was a more clearcut win (and her first senior national 20km title) with 1:35:26 ahead of Spanish walker **Ainhoa Pinedo** (1:36:43), **Agnieszka Szwarnóg** (1:37:04) and **Katarzyna Golba** (1:37:54). Defending champion Agnieszka Dygacz did not finish the race.

The 29 participants (17 male and 12 female) included 10 foreign walkers from 6 countries, as walkers presumably chase final team places for next month's World Champs in Beijing. Sadly, conditions were against them on this occasion.

Men 20km Race Walk

1.	Grzegorz SUDOL	POL	78	1:25:41
2.	Jakub JELONEK	POL	85	1:25:41
3.	Rafal AUGUSTYN	POL	84	1:26:52
4.	Adrian BLOCKI	POL	90	1:28:22
5.	Ersin TACIR	TUR	85	1:29:11
6.	Rafal SIKORA	POL	87	1:29:36
7.	Milan RÍZEK	SVK	78	1:32:33
8.	Genadiy KOZLOVSKIY	LTU	91	1:32:48
9.	Artur MASTIANICA	LTU	92	1:41:11
10.	Pawel GAWRONSKI	POL	90	1:47:33
11.	Mirosław LUNIEWSKI	POL	57	1:55:58

Dawid TOMALA	POL	89	DNF
Oleksiy MELNYK	UKR	92	DNF
Serkan DOGAN	TUR	92	DNF
Recep ÇELIK	TUR	83	DQ
Lukasz NOWAK	POL	88	DQ
Anton KUCMÍN	SVK	84	DNF

Women 20km Race Walk

1. Monika KAPERÁ	POL	90	1:35:26
2. Ainhoa PINEDO	ESP	83	1:36:43
3. Agnieszka SZWARNÓG	POL	86	1:37:04
4. Katarzyna GOLBA	POL	89	1:37:54
5. Agnese PASTARE	LAT	88	1:39:04
6. Ioanna BEMOWSKA	POL	94	1:41:16
7. Justyna ŚWIERCZYŃSKA	POL	87	1:50:45
Inga MASTIANICA	LTU	89	DNF
Monika NAWROCKA	POL	90	DNF
Paulina BUZIAK	POL	86	DNF
Agnieszka DYGACZ	POL	85	DNF

MEETING CIUDAD DE MATARÓ, MATARÓ , SPAIN, SATURDAY 18 JULY

Finally, to finish off with various race reports from around Europe.

Men 5000m Race Walk

1. Mario VIÑAS	ESP	96	21:44.6
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Women 3000m Race Walk

1. Raquel GONZALEZ	ESP	89	12:38.8
2. Maria JUAREZ GALLARDO	ESP	93	13:25.5
3. Raquel LEON ASENSIO	ESP	91	14:49.1

TRACK MEET, NERJA, SPAIN, SATURDAY 18 JULY

Men 10,000m Race Walk

1. Luis Manuel PEREZ	ESP	92	44:08.0
2. Marcos MONTERRUBIO	ESP	81	46:41.7
3. Victor Manuel CASTRO	ESP	80	46:43.2
4. Francisco Julio CARMONA	ESP	78	49:41.4

Women 10,000m Race Walk

1. Cristina PALACIOS ALONSO	ESP	88	57:20.3
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FRENCH JUNIOR AND U18 T&F CHAMPIONSHIPS, ALBI, FRANCE, 17-19 JULY

Men U20 10,000m Race Walk

1. Gabriel BORDIER	FRA	97	45:27.5
2. Dorian ADAM	FRA	97	45:50.2
3. Amaury LAMIAUX	FRA	96	47:43.3

Women U20 10,000m Race Walk

1. Chahinez NASRI	TUN	96	50:09.4
2. Axelle HAM	FRA	97	50:14.9
3. Jeanne BILLA	FRA	96	51:51.2
4. Cecile DELEUZE	FRA	96	52:33.1
5. Roseline LE NAY	FRA	96	54:42.6
6. Adele VERDIERE	FRA	97	55:08.3
7. Eva MIALDEA	FRA	97	57:12.3
8. Clemence BERETTA	FRA	97	58:55.2
9. Anais LEBRETON	FRA	96	59:06.6
10. Caroline OSMONT	FRA	96	59:13.5
11. Eleonore BLANC	FRA	97	59:27.2
12. Maelenn LEBRETON	FRA	97	59:37.3

Men U18 5000m Race Walk

1.	David KUSTER	FRA	99	22:40.0
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Women U18 5000m Race Walk

1.	Camille AURRIERE	FRA	98	26:22.2
2.	Marie LAVILLE	FRA	98	26:37.5

T&F MEET, MYNÄMÄKI, FINLAND, THURSDAY 16 JULY**Men 10,000m Race Walk**

1.	Aleksi OJALA	FIN	92	41:47.7
2.	Timo VILJANEN	FIN	77	46:32.8

Women 5000m Race Walk

1.	Venla LAIHO	FIN	95	25:01.9
2.	Jenni LAHTINEN	FIN	81	28:12.9
3.	Jonna STENROOS	FIN	86	29:31.2

BITS AND PIECES

- World record holder **Johann Diniz** will not compete in next month's World Championship walks in Beijing. A strain in the inguinal ligament (groin strain) will force him to undergo surgery this week in a bid to be right for next year's Olympics. See <http://www.lequipe.fr/Athletisme/Actualites/Yohann-diniz-declare-forfait/575688>.
- 20km world record holder **Yusuke Suzuki** (1:16:36, Nomi, 2015) set a new Japanese 5000m track record of **18:37.22** in a track meet in Kitami, Japan, last weekend. The previous mark of 18:51.93 had been set by Eiki Takahashi in Saitama in May. Takahashi placed second on this occasion with 18:37.60, only 0.38 sec behind the winner. Kai Kobayashi was third with a PB 19:24.00 as 5 of the 8 walkers bettered 20 minutes. In the women's 5000m track walk, Ai Michiguchi won with a PB 21:51.90 ahead of Rena Goto 22:02.25 and Chiaki Asada 22:09.36. Reported by omarchador.
- One for our many English readers. Ken Watts posted this morning:
It is with deep regret that I pass on the sad news of the death of my dear friend **Charlie Weston**, Centurion No.584. This afternoon I received a message from his family that he passed away peacefully in his sleep at 11.00 p.m. on Saturday 18th July. Charlie had a unique claim to fame in that he was the first man in 10,000 years to walk from France to England. I have somewhere a video showing him emerging in his union jack shorts from the channel tunnel at the end of "Le Walk 91" until he was pulled back to allow the so called "celebrities" to come through. R.I.P. Charlie.
- Athletics Canada has announced a big team of 51 athletes for next month's World Champs. Walk selections are
20km race walk: Evan Dunfee, Inaki Gomez, Benjamin Thorne
50km race walk: Mathieu Bilodeau, Evan Dunfee
20km race walk: Rachel Seaman
See <http://www.iaaf.org/competitions/iaaf-world-championships/news/world-championships-2015-canadian-team>

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Sun 19 Jul - Results of PanAm Games walks in Toronto
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2153
- Sat 18 Jul - Russia and China win walks at World Youth Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2152
- Sat 18 Jul - Results of U20 Men's walk at the European Junior Champs in Eskilstuna, Sweden
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2151
- Thu 16 Jul - Review of European U23 Champs in Talin from the eyes of a competitor
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2150
- Thu 16 Jul - Results of U20 Women's walk at the European Junior Champs in Eskilstuna, Sweden
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2149
- Thu 16 Jul - Chegin suspended by Russian Federation
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2148

- Wed 15 Jul - Preview of World Youth Champ walks in Cali, Colombia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2147

The omarchador blog continued on as usual a whopping 17 press releases

- Mon 20 Jul - Sudol and Kapera win Polish walk champs
<http://omarchador.blogspot.pt/2015/07/sudo-e-kapera-com-titulos-polacos-de-20.html>
- Sun 19 Jul - Gonzales and Dunfee win PanAm walks in Toronto
<http://omarchador.blogspot.pt/2015/07/maria-gonzalez-e-evan-dunfee-triunfam.html>
- Sun 19 July - Suzuki sets new Japanese 5000m track walk record of 18.37,22
<http://omarchador.blogspot.pt/2015/07/suzuki-183722-bate-recorde-do-japao-de.html>
- Sat 18 Jul - Sergey Shirobokov and Zhenxia Ma win World Youth walks in Cali
<http://omarchador.blogspot.pt/2015/07/sergey-shirobokov-e-zhenxia-ma-com.html>
- Sat 18 Jul - Diego Garcia wins European U20 10,000m walk
<http://omarchador.blogspot.pt/2015/07/diego-garcia-campeao-europeu-de-juniores.html>
- Sat 18 Jul - Preview of PanAm Games walks in Toronto
<http://omarchador.blogspot.pt/2015/07/a-marcha-nos-jogos-pan-americanos-em.html>
- Fri 17 Jul - Start lists for World Youth Champ walks in Cali
<http://omarchador.blogspot.pt/2015/07/campeonatos-mundiais-de-juvenis-em-cali.html>
- Fri 17 Jul - Preview of Portuguese Master Champs this weekend
<http://omarchador.blogspot.pt/2015/07/obidos-recebe-nacionais-master-em-pista.html>
- Fri 17 Jul - Start lists for European Junior Champ walks in Eskilstuna
http://omarchador.blogspot.pt/2015/07/u20-eskilstuna-2015-listas-de-saida-dos_17.html
- Thu 16 Jul - Chegin suspended and Russia withdraws walkers from further internationals
<http://omarchador.blogspot.pt/2015/07/federacao-russa-suspende-viktor-chyogin.html>
- Thu 16 Jul - Judging panels for World Youth Champs in Cali
<http://omarchador.blogspot.pt/2015/07/juizes-internacionais-de-marcha-nos.html>
- Thu 16 Jul - Russians dominate women's walk at European Junior Champs in Eskilstuna
<http://omarchador.blogspot.pt/2015/07/trio-russo-domina-marcha-feminina-nos.html>
- Thu 16 Jul - Start lists for women's walk at European Junior Champs in Eskilstuna
<http://omarchador.blogspot.pt/2015/07/u20-eskilstuna-2015-listas-de-saida-dos.html>
- Thu 16 Jul - Portuguese judge Ana Toureiro will officiate in Eskilstuna
<http://omarchador.blogspot.pt/2015/07/juiza-ana-toureiro-nos-europeus-de.html>
- Tue 14 Jul - French walker Bertrand Moulinet confirmed for 4 year ban
<http://omarchador.blogspot.pt/2015/07/moulinet-suspenso-por-quatro-anos.html>
- Tue 14 Jul - Seaman and Dunfee win Canadian 10,000m track walk titles
<http://omarchador.blogspot.pt/2015/07/campeonatos-nacionais-de-pista-do.html>
- Tue 14 Jul - Results of Spanish U16 T&F Championship walks
<http://omarchador.blogspot.pt/2015/07/espanha-disputou-campeonatos-nacionais.html>

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.

2015/2016 Australian/Victorian Key Dates

Sun Aug 2, 2015	Victorian Roadwalk Championships (including Vic 30km), Middle Park, VIC
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Sun Sept 13, 2015	Vic 50km Championship, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA

2015 International Key Dates

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
Aug 22-30, 2015	15 th IAAF World Championships (http://www.iaafbeijing2015.com/en/), Beijing, CHINA
Sun Sept 13, 2015	MTR Hong Kong Racewalking Carnival (http://www.hkaaa.com), Hong Kong, HK
Sept 26-29, 2015	Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA
May 7-8, 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 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
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
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)