



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 20  
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### WALKER OF THE WEEK

My Walker of the Week this time around goes to Queensland athlete **Katie Hayward**, who is currently 15 years of age, lives on the Gold Coast and is trained by Steve Langley. Over the last 12 months, Katie's times have improved incredibly, with her latest PB coming last Friday evening when she won the Queensland U17 5000m track walk championship in **22:55.08**. Her PBs now stand at 6:20.81 (1500m), 9:23 (2km), 13:23.97 (3000m) and 22:55.08 (5000m). Well done Katie and keep it going!



**Katie on the podium on Friday evening with silver medallist Clancy Smith (photo Robyn Wales)**

### WHAT'S COMING UP

- The 14<sup>th</sup> edition of the IAAF Race Walking Challenge is to be held in Adelaide next **Sunday 21 February** with the **Australian 20km Summer Roadwalking Championships** and is just one of 11 chances for the top athletes to accumulate points and possibly get a share of the huge \$200,000 prize money pot. Nice article on the RW Challenge at <http://www.iaaf.org/news/news/2016-iaaf-race-walking-challenge-one-week-to>. The dates of the 11 IAAF Challenge events are

Sun Feb 21, 2016	Adelaide, Australia (Oceania 20km Race Walking Championships)
Sun Mar 6, 2016	Ciudad Juarez, Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sun Mar 20, 2016	Nomi, Japan (Asian 20km Race Walking Championships)
Fri Apr 1, 2016	Salinas, Ecuador (South American Race Walking Championships)
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	IAAF Race Walking World Teams Championships, Rome
Sat May 28, 2016	La Coruna, Spain
Jun 22-26, 2016	Durban, South Africa (African Championships)
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

As mentioned in last week's newsletter, with 13 women and 23 men entered in Sunday's 20km championships, we look set for some fantastic racing. For the Australians, it is the official Olympic and World Race Walking Teams Championship trial. For the many other international walkers (3 women and 12 men), it is one of only a small number of ratified opportunities to get an Olympic or World Teams Championship qualifier on the boards. And for our juniors, the 10km roadwalk is the official IAAF Teams Championship trial so will also be very competitive. The forecast is for 39°C so it will be hot but hopefully the early start time will help. The timetable reads as follows

20km Open Men/Women 7AM start  
 10km U20 Men/Women 8AM start  
 5km U18 Men/Women 9AM start

- **The Victorian Open T&F Championships** will be held at Lakeside Stadium on the weekend of **26-28 February**. Entries closed with AV on Sunday evening.
- If you are interested in competing in the **Melbourne Track Classic 5000m walk on Saturday 5 March**, you had better be quick – **entries close this Thursday 18<sup>th</sup> February**. Also, if you want to apply for a travel subsidy, Athletics International may be able to help if you meet their performance grid. I have uploaded the appropriate document to <http://www.vrwc.org.au/documents/Domestic%20travel%20funding%20grants%20applications%202015-16.docx>.
- To all U19 walkers and coaches. Athletics Australia has now opened the nomination period for the **2016 U19 Athletics Australia Talent Squad**. The 2015 squad included 6 walkers (Adam Garganis, Clara Smith, Declan Tingay, Jemima Montag, Tayla-Paige Billington and Zoe Smith. Who will be recognised this year? Further details and online nomination form at <http://athletics.com.au/High-Performance/Able-Bodied/Junior-High-Performance/Under-19-Talent-Squad>.

#### ATHSVIC VIDEOS FROM THE AV JUNIOR T&F CHAMPS LAST WEEKEND

Well done to the athsvicTV crew for some great videos from the Victorian Junior T&F Championship walks last weekend. Reports later in the newsletter.

U17-U20 5000m Walk <https://www.youtube.com/watch?v=8qDxmHNsrLU>  
 U15/16 3000m Walk <https://www.youtube.com/watch?v=dGbmLxyJJbY>  
 U14 3000m Walk <https://www.youtube.com/watch?v=KcSqMeLPkoI>

#### GEELONG WALKERS CLUB 2000M HANDICAP, GEELONG GRAMMAR SCHOOL, THURSDAY 4 FEBRUARY

And I start my national report with a couple of catchup results from the Geelong Walkers Club. Good to see them back in action for 2016.

##### 2000m Handicap

1.	Jennie Van Dreumel	VET F	16.58
2.	Jenny Larkins	VET F	18.38
3.	Rinie Van Dreumel	VET M	18.43
4.	Colin Silcock Delaney	VET M	16.09
5.	Michelle de Graaf	VET F	14.44
6.	Angela Curran	VET F	16.29
7.	Carla de Graaf	VET F	21.00
8.	Mackayla Davison	U/15 G	12.29

#### GEELONG WALKERS AUSTRALIA DAY 2000M STAGGERED START, LANDY FIELD, GEELONG, THUR 28 JAN

##### 2000m Staggered Start

1.	Tara Robinson	U/12 G	13.05
2.	Barbara Fairbrother	VET F	21.09
3.	Carla De Graaf	VET F	20.11
4.	Michelle de Graaf	VET F	14.41
5.	Mark Wiffen	VET M	16.15
6.	Mackayla Davison	U/15 G	11.10
7.	Rinie Van Dreumel	VET M	19.10
8.	Harold Boddy	VET M	14.13
9.	Colin Silcock-Delaine	VET M	16.24
10.	Angela Curran	VET F	16.26
11.	Jenny Larkins	VET F	19.38
12.	Wayne Carmichael	VET M	17.27
13.	James Christmass	VET M	17.28
14.	Gayle Jepson	VET F	18.30
15.	Jennie Van Dreumel	VET F	18.30

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 10 FEBRUARY**

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide. Colin commented: Rather warm for 1000m walk early but cooled down later for the 2000m walk.

**1000m Walk**

1.	Jan Layng	7:29	W67
2.	Rhiannon Lovegrove	4:38	
3.	Rodger Barber	6:54	M77
4.	David Robertson	8:14	M82
5.	Gil McIntosh	6:24	M65
6.	Marie Maxted	5:51	W55
7.	Doug Smart	7:27	M72
8.	Helen Suridge	6:56	W64
9.	Des Mulqueen	7:19	M69
10.	Margaret McIntosh	8:11	W63
11.	Graham Harrison	7:15	M72
12.	Geoff Byham	6:16	M69
13.	Colin Hainsworth	7:51	M86
14.	Jill Rogers	8:20	W71
15.	Roger Lowe	7:50	M72
16.	Leigh Smith	7:36	M80
17.	John Leydon	5:57	
18.	Kerry Goode	6:58	W41

**2000m Walk**

1.	Gil McIntosh	13:16	M65
2.	James Hoare	13:28	M69
3.	Geoff Byham	13:15	M69
4.	Jan Layng	15:03	W67
5.	Rodger Barber	14:12	M77
6.	Doug Smart	14:18	M72
7.	Helen Suridge	14:10	W64
8.	Colin Hainsworth	16:08	M86
9.	Marie Maxted	13:16	W55
10.	Des Mulqueen	15:08	M69
11.	Roger Lowe	15:50	M72
12.	Graham Harrison	14:51	M72
13.	Leigh Smith	15:35	M80
14.	Margaret McIntosh	16:33	W63
15.	John Leydon	12:10	
16.	Jill Rogers	16:58	W71
17.	David Robertson	16:57	M82
18.	Edna Bates	17:34	W63

**ATHLETICS ACT SUMMER SERIES T&F, AIS ATHLETICS TRACK, BRUCE, FRIDAY 12 FEBRUARY**

Only one walker in the ACT Summer Series last Friday evening, as far as I can tell.

**1500m Walk**

1.	Hannah Manning	NCG	10:02.7
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**VICTORIAN JUNIOR T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 12-14 FEBRUARY**

The Victorian Underage T&F Championships were contested last weekend at Lakeside Stadium in inner Melbourne. The first of the walks (U27-U20) were held on Friday afternoon in oppressive conditions (hot and sunny) but we still saw some good walking. As expected, the main players were in top form with wins to **Jemima Montag**, **Adam Garganis**, **Philippa Huse** (PB), **Kyle Swan** and **Eliza Clarke**. Special mentions to **Shae Wellington** (another big PB!) and **Rebecca Henderson** who walked up an age group and took silver with a PB.

**Women 5000m Track Walk U20**

1.	Montag, Jemima	98	Maccabi Athletic	23:28.29	
2.	Feain, Madeleine	98	Keilor St Bernar	32:45.77	

**Men 5000m Track Walk U20**

1.	Garganis, Adam	97	Collingwood Harr	21:24.90	
2.	Wellington, Shea	97	Keilor St Bernar	23:12.20	PB 2:43
3.	Walmsley, Reese	98	Knox Athletic Cl	23:44.44	
4.	Lewis, Leandar	97	Wyndham Track an	34:18.40	
	Brasier, Emmet	98	Diamond Valley A	DNF	

**Women 5000m Track Walk U18**

1.	Huse, Philippa	99	Sandringham Athl	25:58.79	PB 0:35
2.	Lillie, Jessica	99	Knox Athletic Cl	31:59.90	
3.	Dowie, Ellen	99	Eureka Athletic	32:55.90	
	Miller, Samantha	99	Glenhantly Athle	DQ	

**Men 5000m Track Walk U18**

1.	Swan, Kyle	99	Athletics Nunawa	21:42.84	
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**Women 5000m Track Walk U17**

1.	Clarke, Eliza	00	Diamond Valley A	25:02.00	
2.	Henderson, Rebecca	01	Casey Cardinia A	25:24.74	PB 0:014
3.	Noonan, Emily	00	Collingwood Harr	29:28.13	
4.	Davison, Mackayla	00	Corio Athletic C	30:34.11	



Adam Garganis, Ellen Dowie, Reese Walmsley, Madeleine Feain, Jemima Montag and Kyle Swan (Photos AV)



Jemima Montag, Shae Wellington and Rebecca Henderson (photos Athletics Victoria)

Condition were better on Saturday morning for the 3000m walks which saw wins to **Jemma and Alanna Peart, Hayden Walmsley, Georgia Clarke, Corey Dickson and Nikola Mandic.**

**Women 3000m Track Walk U16**

1.	Peart, Jemma	01	Ballarat Yew Har	14:35.13
2.	Hayes, Zahra	01	South Bendigo At	14:57.86
3.	Taylor, Lee	01	Yarra Ranges Ath	19:49.58

**Men 3000m Track Walk U16**

1.	Walmsley, Hayden	01	Knox Athletic Cl	15:50.39
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**Women 3000m Track Walk U15**

1.	Clarke, Georgia	02	Diamond Valley A	15:32.49
2.	Karagiorgos, Chloe	02	Knox Athletic Cl	16:04.60
3.	O'Mahony, Kathleen	02	Knox Athletic Cl	17:03.27

PB 0:18

**Men 3000m Track Walk U15**

1.	Dickson, Corey	02	Knox Athletic Cl	15:42.42
2.	Thompson, Will	02	Casey Cardinia A	15:45.67

**Women 3000m Track Walk U14**

1.	Peart, Alanna	03	Ballarat Yew Har	15:57.67
2.	Hay, Charlotte	03	Knox Athletic Cl	16:08.03
3.	Paten, Ruby	03	Athletics Nunawa	16:27.13
4.	Noonan, Claire	04	Collingwood Harr	17:42.78

**Men 3000m Track Walk U14**

1.	Mandic, Nikola	03	Casey Cardinia A	15:56.00
2.	Jensen, Josh	04	Knox Athletic Cl	17:47.79
3.	Beveridge, Heath	03	Western Athletics	18:51.81
4.	Hay, Angus	03	Junior Developme	21:00.29

**QUEENSLAND UNDERAGE T&F CHAMPIONSHIPS, SAF, BRISBANE, 12-14 FEBRUARY**

The Queensland underage walkers were also in action last weekend with their Junior T&F championships, with the walkers in action in Brisbane in Friday evening. Robyn Wales reported as follows:

The walks on Friday at QSAC were a spectator's dream not to mention how I as a coach felt and I have no doubt the other coaches, Dave, Steve and Tony experienced the same pride in their athletes. **Katie Hayward** walked an outstanding 5000m to get very close to Clara Smith's Qld record. **Kris Hayward**, at 11 the youngest walker on the night also walked a 2 minute pb in the U14 3000m. **Caitlin Hannigan** showed determination and strength of character to win the U15 3000m with **Breeanna Betzold**, who improves every time she puts her shoes on, chasing Caitlin the whole way. All 3 **McCutcheon brothers (Luke, Jamie and Nelson)** went home with gold medals while the other boys **Ethan, Reece, Nick, Jamison** (first overall in the 3000m), **Callum and Ryan** all acquitted them selves well. Just about every other girl, **Millie, Gabriella, Josii, Tenyka, Milla, Jess and Clancy** walked a pb

I have to agree with Robyn on her report as there were some fantastic times, spearheaded by Luke McCutcheon who won the U20 10,000m in an 8 sec PB of 47:40.88 and Katie Hayward who won the U17 5000m with a fantastic 22:55.08. Lots of talent on show!

**Boys 10000m Track Walk U20**

1.	McCutcheon, Luke	18	Qeii track Club	47:40.88
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**Boys 5000m Track Walk U18**

1.	McCutcheon, Jamie	17	Qeii track Club	25:12.37
2.	Andreas, Nicholas	17	Gold Coast Victory	29:21.40

**Boys 5000m Track Walk U17**

1.	Haig, Callum	16	USC	31:54.47
	Mellor, Mitchell	16	Lockyer District	DQ

**Girls 5000m Track Walk U17**

1.	Hayward, Katie	16	Gold Coast Central	22:55.08
2.	Smith, Clancy	16	Noosa	29:57.47

**Boys 3000m Track Walk U16**

1.	Stovin, Jamison	15	Gold Coast Central	14:53.83
2.	Clarke, Ethan	15	QRW	16:26.78

**Girls 3000m Track Walk U16**

1.	Chapman, Tenyka	15	Gold Coast Victory	15:18.72
2.	Rowbotham, Milla	15	UNQ	18:10.66
3.	Grech, Jessica	15	Mackay	20:40.80

**Boys 3000m Track Walk U15**

1.	McCutcheon, Nelson	14	Qeii track Club	15:03.52
2.	Stewart, Ryan	14	Ipswich & District	18:25.58
	Jeffrey, Ben	14	Qeii track Club	DQ

**Girls 3000m Track Walk U15**

1.	Hannigan, Caitlin	14	Gold Coast Victory	14:54.85
2.	Betzold, Breeanna	14	Ipswich & District	15:05.93
	Stonehouse, Kirra	14	Gold Coast Victory	DNF
	Schofield, Isabella	14	Gold Coast Victory	DQ

**Boys 3000m Track Walk U14**

1.	Hayward, Kris	12	Gold Coast Central	15:11.39
2.	Madden, Reece	13	Gold Coast Victory	17:25.32

### Girls 3000m Track Walk U14

1.	Schofield, Amelia	13	Gold Coast Victory	16:05.42
2.	Hill, Gabriella	13	Gold Coast Victory	17:14.67
3.	Hargreaves, Josii	13	Jimboomba	17:48.73



Gabriella Hill, Amelia Schofield, Josii Hargreaves, Katie Hayward, Clancy Smith and Kris Hayward (photos Robyn Wales)

### ASA STATE T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, 12-14 FEBRUARY

Kristie Gosnik was the star of the SA State Championships last weekend, striding to a 4 sec PB and winning the Open women's 5000m with 23:52.46. Other good performances came from Danielle Walsh (24:53.48), George White (M70 29:20.50), Alix Harlington (24:57.55) and Jake Vidler (25:09.94).

I liked Kristie's facebook comment: *Finding the balance between wanting to be an elite athlete training full time and working full time as a nurse is difficult at times, particularly when i have consecutive night duties and have state champs but i did the state 5km tonight in a pb now off to work i go.* It's so true – mixing and prioritising training and work and home life and family is such a challenge, especially for those walkers who are aspiring to reach the top.

#### Women 5000m Open

1.	Goznik, Kristie	93	Port Adelaide	23:52.46	PB 0:04
2.	Walsh, Danielle	96	Port Adelaide	24:53.48	

#### Women 5000m 35+

1.	Holliday, Gloria	60	Flinders	31:20.13
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#### Men 5000m 35+

1.	White, George	45	Masters	29:20.50
2.	Hoare, James	46	Port Adelaide	34:46.90

#### Women 5000m U20

1.	Cross, Anna	99	Pembroke	28:00.80
2.	Upton, Victoria	03	Southern	28:43.68

#### Men 5000m U20

1.	Harlington, Alix	99	Salisbury	24:57.55
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#### Women 5000m U17

1.	Lovegrove, Rhiannon	00	Port Adelaide	25:41.30
2.	Cross, Bethany	00	Pembroke	29:50.48
3.	Upton, Chloe	02	Southern	30:31.74

#### Men 5000m U17

1.	Vidler, Jake	00	Southern	25:09.94
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2.	Camilleri, Tristan	01	Coastal Districts	25:27.28
3.	Goode, Jayden	00	Salisbury	25:44.72

**WA STATE CHAMPIONSHIPS DAY 1, WA ATHLETICS STADIUM, PERTH, FRIDAY 12 FEBRUARY**

The Western Australian T&F Championships are traditionally spread over 2 weekends, with last Friday night marking the start of the process. They continue next weekend with the remaining events. The U17-U20 walks were the first of the walks to be contested, with **Declan Tingay** walking excellently as usual with 21:51.9. He will be in Adelaide next Sunday for the U20 10km road walk and will be right up there.

**Women 5000m Track Walk U20**

1.	Tolardo, Isabella	97	Melville ROA	31:24.1
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**Women 5000m Track Walk U18**

1.	Pivac, Emily	00	Athletics WA	26:35.6
2.	Becker, Sara	99	Melville ROA	34:15.5

**Men 5000m Track Walk U18**

1.	Tingay, Declan	99	Athletics WA	21:51.9
2.	Mann, Bradley	99	Ridgewood At	28:57.4

**Women 5000m Track Walk U17**

1.	Ruane, Tiahna	01	West Track	DNF
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**Men 5000m Track Walk U17**

1.	Reid, Benjamin	01	Athletics WA	25:59.4
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**QUEENSLAND MASTERS T&F MEET, SAF, BRISBANE, SATURDAY 12 FEBRUARY**

**Iggy Jimenez** was the fastest of the Queensland Masters last Saturday morning in Brisbane, winning the 5000m with an excellent M50 24:25.91. Regular entrant **Peter Bennett** was not there as he was walking in the Caboolture Dusk to Dawn 12 hour event in Saturday night. For the record, he came 5<sup>th</sup> against the runners with an excellent 94.497 km. Full results at <http://results.timingplus.com.au/Meet.aspx?MeetID=b3b5e2d8-5d9f-4e39-8209-1e31413220d8> for those who are interested.

**QMA 5000m Walk**

1.	Ignacio Jimenez	M50	Brisbane	24:25.91	83.93%
2.	Argenis Guevara	M47	Brisbane	26:49.62	73.34%
3.	John Harris	M66	Brisbane	33:58.34	69.56%
4.	Patrick Sela	M76	GC & Sthrn	36:28.20	73.30%
5.	Noela McKinven	W73	Brisbane	41:05.32	68.59%



Peter Bennett in action in the Caboolture Dusk to Dawn Endurance race (photo <http://dreamsportphotography.com/>)

## GERMAN INDOOR T&F CHAMPIONSHIPS

**Christopher Linke** shot to the top of the 2016 world 5000m indoor ranking list with a big PB of 18:x44.32 on Sunday at the German Indoor 5000m Championships in Erfurt. Yet, he was pushed the whole way by his Potsdam team mates **Nils Brembach** (18:46.77) and **Hagen Pohle** (18:54.32), all three performances pushing the Olympic candidates into the German All-Time top 10 for that distance. Interestingly, the top ranking spot is held by national coach Ron Weigel. The walkers used a home-stay between two South Africa-training camps for their 5000 speed test and the results show that their road to Rio is right on course. Their next outing will be in the international 20km in Podebrady in the Czech Republic on 19<sup>th</sup> April.

The women's 3000m title was won by 17 year old Potsdam walker **Teresa Zurek** (13:46.95) ahead of W45 **Nicole Best** (14:15.80) and last year's winner **Lea Dederichs** (14:16.45). The race was also expected to see the comeback of three-time Olympian Melanie Seeger (SC Potsdam) but the 39 year old did not make it to the start line.

<https://www.leichtathletik.de/news/news/detail/deutsche-geher-setzen-sich-an-die-spitze-der-welt/>

### Men 5000m Race Walk indoor

1.	Christopher LINKE	GER	88	18:44.32	PB
2.	Nils BREMBACH	GER	93	18:46.77	PB
3.	Hagen POHLE	GER	92	18:54.32	PB
4.	Andreas JANKER	GER	83	DQ	

### Women 3000m Race Walk indoor

1.	Teresa ZUREK	GER	98	13:46.95	
2.	Nicole BEST	GER	68	14:15.80	
3.	Lea DEDERICHS	GER	95	14:16.45	
4.	Annika BREMBACH	GER	96	14:42.75	
5.	Kathrin SCHULZE	AUT	81	14:57.26	



**Pohle, Linke and Brembach fight it out in the 5000m** (photo <https://www.leichtathletik.de/news/news/galerie/deutsche-geher-setzen-sich-an-die-spitze-der-welt/0/#gallery>)

The meet also saw large fields in the masters 3000m races.

### Men 3000m M60+

1.	Prieler Helmut	1955	SpVgg Niederaichbach	15:38.7
2.	Schaeffer Udo	1950	ASV Erfurt	16:11.4
3.	Lorscheider Dr. Rainer	1947	TV Ludweiler	16:48.0
4.	Schieker Jochen	1953	TSG 1845 Heilbronn	17:09.4
5.	Schumm Peter	1942	Alemannia Aachen	17:55.9
6.	Ivanov Juri	1955	LAC Langenhagen	18:12.0
7.	Maier Felix	1943	SV Breitenbrunn	18:12.6
8.	Neumüller Wolfgang	1949	SV Otterberg	18:35.9
9.	Hölters Bernd	1946	Polizei SV Berlin	18:49.1
10.	Kiepert Horst	1951	MBB-SG Augsburg	18:58.4
11.	Hammer Wolfgang	1951	Gehsportverein Regensburg	19:54.3
12.	Bär Gerhard	1939	LG Ortenau Nord	20:00.9
13.	Mittmann Heinz-Jürgen	1941	Polizei SV Berlin	20:39.1



14.	Flassnöcker Holger	1937	TG Harkort Wetter	20:55.6
15.	Damitz Hans-Peter	1943	LAC Langenhagen	21:21.4

#### Men 3000m M35-M55

1.	Strunk Malte	1973	Alemannia Aachen	14:37.9
2.	Dietsche Klaus	1962	TV Bühlertal	14:44.3
3.	Schröter Uwe	1959	LG Vogtland	14:46.9
4.	Franke Denis	1969	TV Bühlertal	14:53.9
5.	Gnauck Dick	1963	ASV Erfurt	15:30.7
6.	Ritzenhoff Andreas	1967	VfL Oldenburg	15:57.0
7.	Hauger Georg	1957	TV Bühlertal	15:58.3
8.	Maier Joachim	1970	SV Breitenbrunn	16:04.1
9.	Werner Stefan	1964	LG Vogtland	16:13.7
10.	Papst Ronald	1962	SV Einheit 1875 Worbis	17:17.9
11.	Nißl Stefan	1959	TV Ludweiler	17:19.4
12.	Evertz Günter	1957	Polizei SV Berlin	17:47.3

#### Women Masters 3000m

1.	Best Nicole	1968	TV Groß-Gerau	14:15.8
2.	Schröter Brit	1974	LG Vogtland	14:19.0
3.	Schenker Bianca	1974	LG Vogtland	14:26.7
4.	Schulze Kathrin	1981	ASV Erfurt	14:57.3
5.	Hörl Nicole	1971	Diezer TSK Oranien	16:31.5
6.	Primas Barbara	1965	TSG Esslingen	16:49.4
7.	Bonneß Yvonne	1978	ASV Erfurt	17:31.9
8.	Stasch Katrin	1970	LG Vogtland	18:03.6
9.	Ljamina Irina	1968	LG Nagoldtal	18:07.3
10.	Markgraf Yvonne	1975	LG Süd Berlin	18:35.1
11.	Köhler Antje	1961	Rastatter TV	18:39.7
12.	Maier Andrea	1969	SV Breitenbrunn	19:02.2
13.	Ebel Roswitha	1963	LAC Langenhagen	19:59.6
14.	Komoll Birgit	1960	LAC Langenhagen	20:57.5
15.	Neidel Heidrun	1947	TSG 1893 Leihgestern	21:22.7
16.	Dräger Helga	1939	LG Esslingen	22:06.6
17.	Molter Margarete	1947	TV Groß-Gerau	22:14.9
18.	Gensel Petra	1961	LC Jüterbog	22:45.5

### LOUGHTON ATHLETIC CLUB LONDON OPEN WALKS, HILLINGDON CYCLE CIRCUIT, ENGLAND, SUN 7 FEB

Thanks to Peter Cassidy for the results of the London Open Walks in Hillingdon a week ago. The race report read as follows

The races were held in clear, crisp weather with a strong wind most of the time; despite the buffeting, a number of competitors claimed personal bests. There were so many good individual performances, given the conditions, that it would be unfair to single out any of them for special mention. Overall participation was up on last year with fifty-one starters against last year's thirty-eight. Aldershot retained the Reg Jacobs Trophy, even though they were depleted by illness in the ranks, and they and Cambridge are now the dominant teams in the south, although Surrey are making a comeback and Ashford – nonscorers in 2015 - are rallying. Loughton Athletic Club thanks all the Competitors, Officials, Helpers and Supporters for their contributions to a good afternoon's walking. Mark Easton's photos of the meeting can be seen at <http://markeaston.zenfolio.com/f723647848>.

#### Junior and Senior Men 10km

	Emma Achurch	SW	Leicester W.C.	50:02
1.	Jonathon Hobbs	SM	Ashford A.C.	50:46
2.	Steve Allen	SM	Barnet & District A.C.	55:53
3.	Malcolm Martin	SM	Surrey W.C.	55:54
4.	Jim Ball	SM	Steyning A.C.	56:45
	Maureen Noel	SW	Belgrave H.	63:19
5.	Dan Maskell	SM	Surrey W.C.	64:56
6.	David Kates	SM	Ilford A.C.	64:59
7.	Paul Gaston	SM	Surrey W.C.	65:46
8.	Paul King	SM	Belgrave H.	66:12
9.	Brian Kirkdale	SM	Hastings R.	66:30
	Lesley Hall	SW	Ashford A.C.	66:43
10.	John Borgars	SM	Loughton A.C.	67:28
11.	Peter Hannell	SM	Surrey W.C.	68:40
12.	Seán Pender	SM	Enfield & Haringey A.C.	69:53
13.	Bob Dobson	SM	Ilford A.C.	71:17

**Under 17 Men, Under 17, Junior and Senior Women 5km**

1.	Chris Snook	U17M	Aldershot, Farnham & District A.C.	24:08
2.	Emma Achurch	SW	Leicester W.C.	25:07
3.	Grazina Narviliene	SW	Ealing & Southall A.C.	26:24
4.	Natalie Myers	SW	City of Sheffield & Dearne A.C.	27:05
5.	Oliver Hopkins	U17M	Lewes A.C.	27:36
6.	Jordan Price	U17M	Brecon A.C.	28:06
7.	Benjamin Allen	U17M	Leicester W.C.	28:13
8.	Evie Butcher	U17W	Cambridge H.	28:16
9.	Penny Cummings	SW	Aldershot, Farnham & District A.C.	29:01
10.	Alana Zeidler	U17W	City of Sheffield & Dearne A.C.	29:20
11.	Pagen Spooner	U17W	Wetherby A.C.	29:31
12.	Abigail Jennings	U17W	Aldershot, Farnham & District A.C.	29:58
13.	Owain Nicholas	U17M	Pembrokeshire H.	30:00
14.	Maureen Noel	SW	Belgrave H.	31:41
15.	Angela Martin	SW	Surrey W.C.	32:33
16.	Lesley Hall	SW	Ashford A.C.	32:58
17.	Sue Davies	SW	Aldershot, Farnham & District A.C.	33:24
18.	Indigo Burgin	JW	Cambridge H.	34:41
19.	Geraldine Legon	SW	Bexley A.C.	34:43
20.	Jacqueline Benson	U17W	Ashford A.C.	34:48

**Under 13 and Under 15 Girls 2km**

1.	Suki Ly	U15	Cambridge H.	10:47
2.	Lucy Lewis Ward	U15	Cambridge H.	10:50
3.	Molly Meleady-Hanley	U15	City of Sheffield & Dearne A.C.	11:27
4.	Beatrice Fury	U15	Medway & Maidstone A.C.	11:54
5.	Isabelle Bridge	U15	Blackheath & Bromley A.C.	12:11
6.	Megan Rice	U15	Ealing & Southall A.C.	12:41
7.	Izzy Ell; iott	U13	Aldershot, Farnham & District A.C.	13:22
8.	Anna Hinchliff	U15	Aldershot, Farnham & District A.C.	13:59
9.	Charlotte Wallis	U13	Aldershot, Farnham & District A.C.	14:02

**Under 13 and Under 15 Boys 2km**

1.	Alex MacHeath	U13	Cambridge H.	10:43
2.	Jack Childs	U15	Medway & Maidstone A.C.	10:57
3.	Kai Cundey	U13	City of Sheffield & Dearne A.C.	12:08
4.	Nicholas Hart	U15	Aldershot, Farnham & District A.C.	12:31

**Under 11 Boys and Girls 1km**

1.	Luca Cundey	Boy	Intake Primary School	5:41
2.	Megan Packett	Girl	Aldershot, Farnham & District A.C.	6:12
3.	Adam Childs	Boy	Medway & Maidstone A.C.	6:49
4.	Thomas Lewis Ward	Boy	Unattached	6:52
5.	Masaki Kanai	Boy	Ealing & Southall A.C.	6:53

**HUNGARIAN U20 AND U18 INDOOR RACE WALKING CHAMPIONSHIPS, BUDAPEST, SATURDAY 13 FEBRAURY**

As usual, lots of indoor championships in Europe – these ones from Hungary. Best performances by Soma Kovacs (22:26.30) and Balint Sarossi (22:41.73),

**Men U20 5000m Race Walk indoor**

1.	Soma KOVÁCS	HUN	97	22:26.30
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**Women U20 3000m Race Walk indoor**

1.	Anna SÜDI	HUN	97	15:42.88
2.	Dóra ELEK	HUN	98	17:50.69

**Men U18 5000m Race Walk indoor**

1.	Bálint SÁROSSI	HUN	00	22:41.73
2.	Dániel HORVÁTH	HUN	00	26:39.57
3.	Péter DANI	HUN	00	28:50.65
4.	András DANI	HUN	00	29:15.79

**Women U18 3000m Race Walk indoor**

1.	Anna HORNYÁK	HUN	00	15:32.08
2.	Daphne DIMANOPULOSZ	HUN	99	15:42.11

3.	Laura KOMORÓCZY	HUN	99	15:57.32
4.	Bianka BALOGH	HUN	99	17:40.53
5.	Kata TATAY	HUN	99	18:18.08
6.	Emma SZILÁGYI	HUN	00	20:15.77

#### POLISH U18 INDOOR CHAMPIONSHIPS, SPALA, POLAND, 12-14 FEBRUARY

I am sure there were more than this one solitary walker in the Polish U18 Indoor Champs but this is all I could find. Great U18 time by Niedzialek – 20:48.63.

##### Men 5000m Race Walk indoor

1.	Lukasz NIEDZIALEK	POL	00	20:48.63
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#### BELARUS U18 INDOOR CHAMPIONSHIPS, BREST, BELARUS, 9-10 FEBRUARY

Two walks in the U18 Belarussian Indoor Champs – 5000m on Tuesday 9 February and 3000m on Wednesday 10 February. And weren't Nikita Lolyada (20:47.4 and 11:49.9) and Ruslan Udodau (20:59.3 and 11:57.0) in great form!

##### Men 5000m Race Walk indoor - 09.02.2016

1.	Nikita KOLYADA	BLR	00	20:47.4
2.	Ruslan UDODAU	BLR	99	20:59.3
3.	Aleksandr SIPCHUK	BLR	99	22:22.6
4.	Pavel OLKHOVIK	BLR	00	22:41.7
5.	Aleksandr KISLAKS	BLR	00	22:53.5
6.	Maksim SHUMILOV	BLR	00	22:59.3

##### Women 5000m Race Walk indoor - 09.02.2016

1.	Viktoryia KAZLOVA	BLR	99	25:44.5
2.	Alesya BELEGOVA	BLR	00	25:49.6
3.	Olga LUKASHEVICH	BLR	00	26:22.7

##### Men 3000m Race Walk indoor - 10.02.2016

1.	Nikita KOLYADA	BLR	00	11:49.9
2.	Ruslan UDODAU	BLR	99	11:57.0
3.	Aleksandr KISLAKS	BLR	00	12:45.8
4.	Dmitriy VELICHKO	BLR	99	12:53.4
5.	Maksim SHUMILOV	BLR	00	13:10.9
6.	Aleksandr SIPCHUK	BLR	99	13:15.9
7.	Pavel OLKHOVIK	BLR	00	13:21.5

##### Women 3000m Race Walk indoor - 10.02.2016

1.	Olga LUKASHEVICH	BLR	00	14:29.2
2.	Viktoryia KAZLOVA	BLR	99	14:42.2

#### NK INDOOR T&F CHAMPIONSHIPS, APELDOORN, NEDERLANDS, 13-14 FEBRUARY

The Dutch Indoor T&F Championships, which were held last weekend In Apeldoorn. The combined 3000m walk was done by Rick Liesting with 13:58.92 and it even got on youtube - see <https://www.youtube.com/watch?v=9fXgjTRXCpo>.

##### 3000m Walk (combined, all age groups)

1.	LIESTING, Rick	M35	OLAT	13: 58.92
2.	DE BRUIN, Remco	M50	LAT	14: 20.92
3.	Leijenaar, Richard	M55	RWV	15: 45.97
4.	NETS, Jan	M45	ROOF	16: 12.81
5.	KAENEN, Hub	M55	RWV	16: 29.93
6.	FLOATS, Hans	M60	ATTL	16: 36.16
7.	HULISELAN, Boetje	M60	OLAT	16: 44.67
8.	VAN ANDEL, Bass	M60	ROOF	17: 28.91
9.	Holtslag, Han	M55	ROOF	18: 19.64
10.	LIONS, Aad	M65	NOP	19: 58.23
11.	BAKER Anita	V60	RWV	20: 16.71
12.	TE NIJENHUIS, Bauke	M80	RWV	20: 36.36

The NK Junior Indoor T&F Championships will be held next weekend

**TURKISH 20KM CHAMPIONSHIPS, ANTALYA, TURKEY, SATURDAY 30 JANUARY**

Birger Falt (<http://iof2.idrottonline.se/SvenskaGangVandrarforbundet/Tavlingsgang/Tavlingsnyheter/Treturkarunder125iAntalya/>) published these results on his excellent Swedish racewalking website – Thanks Birger!

Ersin Tacir won the 20km in Antalya, Turkey, in a PB 1:24:21, ahead of Recep Celik (1:24:37) and Mert Atli (1:24:50). The women's 20 km was won by Elif Koc with 1:46:57. The men's U20 10 km was won by Salih Korkmaz (42.12) ahead of Mutafa Özbek (44.05). The men's U18 10km was won by Abdul Aziz Danis (43.16). The women's U20 10km was won by Meral Kurt (52.33) ahead of Secil Akpinar (55.02) while the women's U18 5 km was won by Meryem Bekmez (new national record of 23:17) ahead of Ayse Tekdal (23:26). Article and photos at <http://www.taf.org.tr/spor-toto-yuruyus-olimpik-baraj-yarismalari-antalyada-yapildi/>. Full results at [http://www.taf.org.tr/wp-content/uploads/2016/01/olimpik\\_yuruyus.pdf](http://www.taf.org.tr/wp-content/uploads/2016/01/olimpik_yuruyus.pdf).

**20km Open Men**

1.	ERSIN TACIR	1985	1:24:21
2.	RECEP ÇELİK	1983	1:24:37
3.	MERT ATLI	1993	1:24:50
4.	SERKAN DOĞAN	1992	1:26:07
5.	ÖZGÜR OZAN PAMUK	1993	1:36:50
	MURATCAN KARAPINAR	1996	DNF

**20km Open Women**

1.	ELIF KOÇ	1993	1:46:57
2.	NEZGİZ ADAS	1995	1:52:53
3.	SABAHAT AKPINAR	1995	2:07:50
4.	FATMA ALMA	1996	2:13:09
5.	SÜREYYA ILGAR ADIYAMAN	1996	2:24:41

**PORTUGUESE U20 INDOOR TRACK CHAMPIONSHIPS, BRAGA, SATURDAY 13 FEBRUARY**

Victor Ramos (22:46.04) and Carolina Costa (14:38.31) won the Portuguese U20 indoor champs last Saturday in Braga.

**5000m U20 Men**

1.	Vítor Ramos	S L BENFICA	1997	22:46,04
2.	Rodrigo Marques	C ORIENTAL PECHÃO	1999	22:50,92
3.	Paulo Martins	SPORTING C P	1999	23:05,85
4.	Rúben Santos	C F OLIVEIRA DOURO	2000	23:18,90
5.	Vítor Cabral	C F OLIVEIRA DOURO	1998	24:07,23
6.	André Antunes	CASA POVO CORROIOS	1997	25:37,37
7.	Júlio Teran	CASA POVO CORROIOS VEN	1999	25:56,55

**3000m U20 Women**

1.	Carolina Costa	C ORIENTAL PECHÃO	1998	14:38,31
2.	Inês Reis	PENTA CLUBE COVILHÃ	1999	14:55,70
3.	Rita Vazão	G DESP PEDREIRAS	1999	15:27,70
4.	Mafalda Marques	CASA POVO CORROIOS	1997	15:40,09
5.	Maria Bernardo	N S LEÕES FRONTEIRA	1999	15:59,74
6.	Ednice Barros	C ORIENTAL PECHÃO	1999	16:09,52
7.	Tânia Pires	JUV VIDIGALENSE	1999	16:21,20
8.	Lara Martins	C DESP DO CANDAL	1999	16:24,90
9.	Jéssica Rosa	C D C NAVAIS	1997	16:27,42
10.	Ana Leonor	C D R RIBEIRINHO	1998	16:38,15
11.	Bruna Colónia	C ORIENTAL PECHÃO	1999	16:52,50

**ITALIAN U18 INDOOR T&F CHAMPIONSHIPS, ANCONA, ITALY, 13-14 FEBRUARY**

There were so many walkers in the Italian U18 Indoor Championships in Ancona last weekend that the events had to be held in separate heats to determine final placings. The women's 5000m heats were at 3PM and 3:30PM while the men's 10,000m heats were at 5:40PM and 6:55PM. Times were then merged to determine final placings. Wins to Anthea Mirabello (14:07.13) and Davide Marchesi (21:57.38).

**U18 Women 5000m (first 20 only)**

MIRABELLO Anthea	1999	RM057 FIAMME GIALLE G. SIMONI	14:07.13
MIRABELLO Angelica	1999	RM057 FIAMME GIALLE G. SIMONI	14:07.22
CUNI Chiara	1999	BS181 ATL. BRESCIA 1950	14:24.78
LENTINI Alessandra	2000	TA451 A.S.D. ATLETICA DON MILANI	14:35.20
MANSUTTI Valentina	2000	LT260 A.S.D. INTESATLETICA	14:42.21

CRIVELLARO Camilla	2000	MI102 P.B.M. BOVISIO MASCIAGO	14:55.01
LACATUS Andrada Lavinia	2000	MI102 P.B.M. BOVISIO MASCIAGO	14:58.75
DISABATO Valeria	1999	FI001 ASSI GIGLIO ROSSO FIRENZE	15:12.39
OBLACH Alice	2000	PN039 ATLETICA BRUGNERA FRIULINTAGLI	15:18.18
SILLI Laura	1999	UD030 ATLETICA MALIGNANI LIBERTAS UD	15:19.96
OBLACH Vanessa	2000	PN039 ATLETICA BRUGNERA FRIULINTAGLI	15:25.54
PINI Francesca Azzurra	1999	FI001 ASSI GIGLIO ROSSO FIRENZE	15:35.92
VERTERAMO Chiara	1999	TO001 C.U.S. TORINO	15:36.63
BOCCHINO Francesca	1999	RM131 A.S.D. ACSI ITALIA ATLETICA	15:37.27
CAPITANI Matilde	2000	GR065 ATL.GROSSETO BANCA D .MAREMMA	15:41.54
SALIS Sara	1999	SS228 SHARDANA ASD	15:43.91
PERI Ludovica	2000	BN800 LIBERTAS AMATORI ATLETICA LEGG	15:46.55
MASTRONICOLA Alessia	2000	BA089 ALTERATLETICA LOCOROTONDO	15:47.45
PERULLO Sara	1999	LI036 ATLETICA LIVORNO	15:54.76
TOMASI Chiara	1999	TV377 N.ATL.S.GIACOMO BANCA D/MARCA	15:57.06

#### U18 Men 10,000m (first 20 only)

1. MARCHESI Davide	1999	MI080 ATL. RICCARDI MILANO 1946	21:57.38
2. FANELLI Nicolas	1999	BR104 ATL. AMATORI CISTERNINO	22:09.92
3. MAGISTRI Luca	1999	RM057 FIAMME GIALLE G. SIMONI	22:38.66
4. ORSONI Riccardo	2000	PR068 C.U.S. PARMA	22:46.05
5. GALLO Matteo	1999	SA129 ASD LIB. G.S. SS SALVATORE	23:07.60
6. ROMANZI Emanuele	1999	RM057 FIAMME GIALLE G. SIMONI	23:10.58
7. CHIRIVI' Diego	1999	TO001 C.U.S. TORINO	23:14.24
8. ALBERGA Alfonso	1999	BA005 AMATORI ATL. ACQUAVIVA	23:26.79
9. GIULIANI Giorgio	2000	TO001 C.U.S. TORINO	23:38.64
10. TOMASSELLI Leandro	1999	RM555 E.SERVIZI ATL. FUTURA ROMA	23:42.81
11. CIREGIA Leonardo	2000	GR065 ATL.GROSSETO BANCA D .MAREMMA	23:44.45
12. PERRONE Alessandro	2000	MT023 POL. ROCCO SCOTELLARO MT	24:10.56
13. VICENTI Pasquale	2000	BA715 ATLETICA ALTAMURA	24:14.79
14. D'ANDREA Stefano	1999	CH172 POLISPORTIVA TETHYS CHIETI	24:20.32
15. CERCIELLO Ettore	2000	GR065 ATL.GROSSETO BANCA D .MAREMMA	24:36.29
16. CECERE Francesco	2000	BR104 ATL. AMATORI CISTERNINO	24:38.05
17. VERNESONI Luca	1999	TN101 ATLETICA TRENTO	24:45.30
18. VICENTI Arcangelo	2000	BA715 ATLETICA ALTAMURA	25:05.49
19. NAPPI Andrea	2000	BS181 ATL. BRESCIA 1950	25:26.86
20. GAGLIARDI Edoardo	1999	TO226 ATLETICA PIEMONTE ASD	25:45.85

#### PORTUGUESE U20 INDOOR T&F CHAMPIONSHIPS, BRAGA, PORTUGAL, 3-14 FEBRUARY

Carolina Costa (14:38.31) and Vitor Ramos (22:46.04) won the Portuguese U20 indoor track walk titles in Braga last weekend.

#### 3000m U20 Women

1. Carolina Costa	1998	CO Pechão	14:38.31
2. Inês Reis	1999	Penta CC	14:55.70
3. Rita Vazão	1999	GD Pedreiras	15:27.70
4. Mafalda Marques	1997	CP Corroios	15:40.09
5. Maria Bernardo	1999	NS Leões Fronteira	15:59.74
6. Ednice Barros	1999	CO Pechão	16:09.52
7. Tânia Pires	1999	J Vidigalense	16:21.20
8. Lara Martins	1999	CD Candal	16:24.90
9. Jéssica Rosa	1997	CDC Navais	16:27.42
10. Ana Leonor	1998	CDR Ribeirinho	16:38.15
11. Bruna Colónia	1999	CO Pechão	16:52.50

#### 5000m U20 Men

1. Vitor Ramos	1997	SL Benfica	22:46.04
2. Rodrigo Marques	1999	CO Pechão	22:50.92
3. Paulo Martins	1999	Sporting CP	23:05.85
4. Rúben Santos	2000	CF Oliveira Douro	23:18.90
5. Vitor Cabral	1998	CF Oliveira Douro	24:07.23
6. André Antunes	1997	CP Corroios	25:37.37
7. Júlio Teran	1999	CP Corroios	25:56.55

## OUT AND ABOUT

- Kenya's Sports and the Health Ministries will consult over the mosquito-borne Zika virus before making a decision about Kenya's participation at the Olympics Games in Rio. See <http://www.nation.co.ke/sports/athletics/Kenyan-Government-consult-over-Olympics-participation/-/1100/3069394/-/ij7xi9z/-/index.html>.
- Next year's IAAF World Athletics Championships in London have lost a third board member after managing director Sally Bolton quit her post. Fellow board members Heather Hancock and Martin Stewart stood down last week, amid reports of differences with chairman Ed Warner, who is also head of UK Athletics. See <http://www.bbc.com/sport/athletics/35532412>.
- Nice article on **Jared Tallent** and his wait for the 2012 Olympic 50km gold medal. See <http://www.sunshinecoastdaily.com.au/news/relying-on-tallent-alone/2927827/>
- Stefano La Sorda has posted lots of 2016 World Race Walking Teams Championship info (including a course map) to <https://www.facebook.com/groups/67272857932/permalink/10153579263677933/>. Well worth a read if you are looking to go.
- **Matej Toth** has been involved in negotiations with Slovakian free-to-air television to put a deal in place that allows for direct broadcasting of the major European athletics championships for the 2016-2019 period. See <http://atletikasvk.sk/Articles/Detail?ArticleId=4039>.
- Good to see the young GBR walkers at a racewalk camp at the Headingley Campus of Leeds Beckett University. Well done to national coach Andi Drake on his ongoing efforts to lift the profile and standard of our sport in UK. Photos at <https://www.facebook.com/photo.php?fbid=955854511162515&set=pcb.943003632455535>.

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Mon 15 Feb - How the Chinese walkers under Sandro Damilano use software tool SuperOp (Supercompensation Optimizer) to optimally plan their training. See [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2346](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2346)
- Sun 14 Feb - Results of Portuguese U20 indoor walk championships in Braga [http://www.marciadalmondo.com/eng/dett+agli\\_news.aspx?id=2345](http://www.marciadalmondo.com/eng/dett+agli_news.aspx?id=2345)
- Sat 13 Feb - Results of Italian U18 indoor walk championships in Ancona [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2344](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2344)
- Thu 11 Feb - Publication of papers from the 2 day walks seminar held in Ancona, Italy, last week. Alas, the only one in English is "Race Walking Judges certification in Portugal" by José Dias. The rest are in Italian. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2343](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2343)
- Wed 10 Feb - Start lists for the Italian U18 indoor walk championships in Ancona [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2342](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2342)
- Tues 9 Feb - Enrico Lang's report "Femoro-Acetabular Impingement" published in Marciadalmondo. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2341](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2341)
- Wed 10 Feb - Report on the 2 day technical and judging seminar held in Ancona, Italy, the previous weekend. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2340](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2340)

The omarchador blog was also active with 11 news releases

- Mon 15 Feb - Carolina Costa and Vítor Ramos win Portuguese U20 indoor walk titles <http://omarchador.blogspot.pt/2016/02/carolina-costa-e-vitor-ramos-vencem.html>
- Sun 14 Feb - Portuguese Olympic walkers Kristina Saltanovic and Pedro Isidro attend "Benfica Faz Bem" seminar in Barreiro See <http://omarchador.blogspot.pt/2016/02/kristina-saltanovic-e-pedro-isidro-no.html>
- Sun 14 Feb - Report on the Italian Technical and Judging seminar which was held in Ancona - Part IV <http://omarchador.blogspot.pt/2016/02/italia-convencao-sobre-o-ajuizamento-iv.html>
- Sat 13 Feb - Report on the Italian Technical and Judging seminar which was held in Ancona - Part III <http://omarchador.blogspot.pt/2016/02/italia-convencao-sobre-o-ajuizamento-iii.html>
- Sat 13 Feb - Preview of the Portuguese Indoor Champs in Braga

<http://omarchador.blogspot.pt/2016/02/braga-recebe-os-campeonatos-nacionais.html>

- Fri 12 Feb - Results of the Troféu de Marcha da Cidade de Móstoles in Portugal  
<http://omarchador.blogspot.pt/2016/02/trofeu-e-campeonatos-de-madrid-em.html>
- Fri 12 Feb - Report on the Italian Technical and Judging seminar which was held in Ancona - Part II  
<http://omarchador.blogspot.pt/2016/02/italia-convencao-sobre-o-ajuizamento-ii.html>
- Thu 11 Feb - Results of Estonian U18/U16 indoor champs in Tannin  
<http://omarchador.blogspot.pt/2016/02/campeonatos-da-estonia-de-sub-18-e-sub.html>
- Thu 11 Feb - Report on the Italian Technical and Judging seminar which was held in Ancona - Part I  
<http://omarchador.blogspot.pt/2016/02/italia-convencao-sobre-o-ajuizamento-i.html>
- Wed 10 Feb - Results of the Memorial Paco Àguila road races in Badalona, Spain  
<http://omarchador.blogspot.pt/2016/02/g-premio-de-badalona-e-campeonatos-da.html>
- Tue 9 Feb - Results of Italian U20/U23 Indoor champs in Ancona  
<http://omarchador.blogspot.pt/2016/02/campeonatos-italianos-de-sub-20-e-sub.html>

## #KIRDYAPKIN

Nowadays, there is no such thing as a quiet week in the world of drugs in sport!

### Tuesday 9 February

- Is Russia really cleaning up its act? The suspended Fifa president Sepp Blatter and the UEFA president Michel Platini will be invited to the 2018 World Cup in Russia, the Russian sports minister, Vitaly Mutko said. Blatter and Platini, the two men at the top of the world's most popular sport, were banned by the world governing body for eight years in December over a spate of corruption scandals on their watch that, among other things, raised questions about Russia's right to host the tournament. See <http://www.theguardian.com/football/2016/feb/08/sepp-blatter-michel-platini-invited-world-cup-russia>.
- Spain's Sports Council has stripped runner Marta Dominguez of her status as a Spanish athlete after the Court of Arbitration for Sport banned her for three years for blood doping and removed her 2009 world steeplechase title. The CAS on Nov. 19 upheld appeals by the IAAF and World Anti-Doping Agency that challenged Spain's Athletics Federation's decision to clear Dominguez of irregularities in her biological passport. Consequently, the CAS panel annulled all of Dominguez's competitive results from August 2009 to July 2013, including the period when she won the 3,000-meter steeplechase gold at the 2009 Berlin world championships. Once again, it seems at face value to be a case of a national federation flying in the face of reality. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11586921&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11586921&ref=rss).

### Wednesday 10 February

- Was Sebastian Coe's rise to the position of president of world athletics aided by the use of secret, coded emails from inside the IAAF that would appear to be at odds with the governing body's code of ethics? The email refers to 'Nick' (disgraced IAAF Official Nick Davies) when in fact he is a recipient via a secret email address under the pseudonym 'Manolo Yanes'. This same email alias will appear in further revelations on Saturday so read on! Why am I not surprised! See <http://www.mailonsunday.co.uk/sport/sportsnews/article-3437773/Lord-Coe-helped-secret-emails-IAAF-presidency-campaign-received-guidance-broken-rules.html>.
- Nike is expected to be offered the opportunity to take over as an IAAF sponsor after it was revealed that rival sportswear giant adidas wants to end its deal four years early. Well, surprise surprise! Didn't Coe work for them? <http://www.dailymail.co.uk/sport/sportsnews/article-3416828/Nike-sponsors-IAAF-Adidas-revealed-desire-end-deal-early-athletics-doping-scandal.html>.
- Two Kenyan track athletes serving four-year bans for doping at the 2015 world championships say the chief executive of Athletics Kenya asked them each for a \$24,000 bribe to reduce their suspensions. Subsequently, AK has announced it will investigate. See [http://www.nytimes.com/2016/02/11/sports/banned-kenyan-runners-say-they-were-asked-for-bribes.html?partner=rssnyt&emc=rss&\\_r=0](http://www.nytimes.com/2016/02/11/sports/banned-kenyan-runners-say-they-were-asked-for-bribes.html?partner=rssnyt&emc=rss&_r=0)
- Nestlé has decided to terminate its sponsorship deal with the International Association of Athletics Federations (IAAF), the food and beverage company announced on Wednesday. The news follows reports last month that Adidas was planning to end its sponsorship deal with athletics' world governing body almost four years early. "We have decided to end our partnership with the IAAF Kids' Athletics programme with immediate effect," read a statement from Nestlé, which became the main sponsor of the programme in 2012. This decision was taken in light of negative publicity associated with allegations of corruption and doping in sport made against the IAAF. Read more at <http://www.athleticsweekly.com/featured/nestle-ends-iaaf-sponsorship-deal-38881/#gpHjuJkOKf4twtlb.99>.

- UK Anti-Doping will provide "targeted and intelligence-led testing" on Russian athletes after signing a deal with the World Anti-Doping Agency. Wada says Ukad will take control of drug-testing in Russia as long as the Russian Anti-Doping Agency (Rusada) remains non-compliant with Wada's code. See <http://www.bbc.com/sport/athletics/35544662>

#### Friday 12 February

- Kenya is being investigated for breaching the world anti-doping code, WADA said Thursday, and could be declared non-compliant in a matter of weeks. WADA said an independent compliance review committee will now evaluate Kenya and make a recommendation to WADA's board. It's also possible that Kenya could instead be given a deadline and a final chance to honor commitments it made to WADA regarding its anti-doping program. The investigation relates to the Kenyan government's failure to set up and properly fund a working national anti-doping agency, and also its failure to finalize new anti-doping legislation. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11588523&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11588523&ref=rss).
- The Telegraph puts it a lot more strongly. Kenya is facing the threat of an Olympic ban after moving to the brink of being put on probation by the World Anti-Doping Agency over its failure to get to grips with its drugs problem. The country has been given until the end of Thursday to prove to Wada it was tackling cheating in athletics before being placed on a watch-list of nations at risk of being in breach of the agency's code. Failure to confront its issues within a two-month window would see it declared non-compliant with the code, something that has already led to Russia's track-and-field athletes being banned from competing. See <http://www.telegraph.co.uk/sport/othersports/athletics/12152892/Kenya-faces-threat-of-Olympic-ban-over-failure-to-deal-with-drugs-problem.html>.
- Meanwhile, there is no evidence to support the conclusion published in the WADA Independent Commission report last year that the Russian Government was involved in providing support for its athletes to take banned-performance drugs, the country's Prosecutor-General's office has found. See <http://www.insidethegames.biz/articles/1034289/russian-report-finds-not-single-piece-of-evidence-government-were-involved-in-state-supported-doping>. Yes, sure, we can all believe that one!

#### Saturday 13 February

- There is new evidence that indicates Sebastian Coe did breach the IAAF's code of ethics on his way to becoming the president of world athletics. A document seen by Sportsmail appears to back earlier claims that the most powerful man in athletics did seek help from at least one IAAF employee during his election campaign — a clear contravention of the rules. The document is an email sent in June 2015 by a senior member of Coe's bid team which asks Nick Davies, deputy general secretary of the IAAF, for his assistance. The email reads: 'Nick, Seb also asks that you have a final sense check on the bullets to see if there is anything there that might "startle the horses" in the office or with PD re the commercial bullet.' And of course the email copies in the now infamous alias 'Manolo Yanes' which seems to stand for Nick Davies. Sensational stuff - see <http://www.iol.co.za/sport/athletics/coe-facing-questions-over-email-1984113>. How much longer can Coe last?

### 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 Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Feb 26-28, 2016	Victorian Open T&F Championships, Lakeside Stadium
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Sun Mar 6, 2016	Coburg 6 Hour Track Walk/Run championships, Coburg, VIC – see <a href="http://www.coburg24hr.org">http://www.coburg24hr.org</a>
Sun Mar 6, 2016	VRWC Track Races, VMA 5000m champs, Mentone
Mar 8-13, 2016	Australian Junior T&F Championships, Perth
Mar 19-20, 2016	Victorian Masters T&F Championships, Doncaster
Mar 31 – Apr 3, 2016	Australian T&F Championships, Sydney (10,000m walks)
Sun Apr 10, 2016	VRWC winter season starts - Castlemaine NAB 500, Castlemaine
Apr 16-19, 2016	Aust Masters T&F Championships, Adelaide, SA - see <a href="http://www.samastersathletics.org.au/nationals2016/">http://www.samastersathletics.org.au/nationals2016/</a>
Sun June 12, 2016	50 <sup>th</sup> Lake Burley Griffin Walks Carnival, Canberra, ACT
Sun Aug 20, 2016	Australian Masters 30km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 2015	Australian Roadwalk Championships, Canberra, ACT (TBC)

#### 2016 International Key Dates

May 7-8, 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Rome, ITA
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Bydgoszcz, POL
Aug 5-21, 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.com/en">http://www.rio2016.com/en</a>
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>

#### 2016 IAAF Challenge Series

Sun Feb 21, 2016	Adelaide, Australia (Oceania 20km Race Walking Championships)
Sun Mar 6, 2016	Ciudad Juarez, Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sun Mar 20, 2016	Nomi, Japan (Asian 20km Race Walking Championships)



Fri Apr 1, 2016	Salinas, Ecuador (South American Race Walking Championships)
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	IAAF Race Walking World Teams Championships, Rome
Sat May 28, 2016	La Coruna, Spain
Jun 22-26, 2016	Durban, South Africa (African Championships)
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

#### 2016 EAA Permit meets

Sat Apr 9, 2016	Podebrady Walking 2016, Podebrady, CZE
Sat June 10, 2016	42 <sup>nd</sup> International Race Walking Festival, LTU
Sun June 18, 2016	19 <sup>th</sup> Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016	Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then)

#### Looking Further Forward

Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
TBA, 2018	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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