



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 25  
22 March 2016



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### WALKER OF THE WEEK

With Little Athletics and Masters State Championships on offer as well as a number of overseas walks to consider, it was a tough ask to choose this week's Walker of the Week but I have decided in favour of 14 year old Ballarat walker **Jemma Peart**. Competing in the Little Athletics Victoria U15 1500m walk championship at the Casey Fields athletics track in Berwick (Melbourne) last weekend, she won in a huge time of **6:29.19**, setting a new championship record and doing a 26 sec PB!

Jemma showed her potential with a win in the 2015 LBG Carnival U14 2km walk last June (9:23) but it is this summer that she has really kicked down. She won the Victorian U16 3000m championship in 14:35 in February and then improved to 14:13 in taking third in the Australian U16 3000m in Perth in March (she also took bronze in the U18 5000m walk with 15:29 at these same Australian Championships).

Cousins of international walkers Jared and Rachel Tallent, Jemma and her younger sister Alanna are the latest in a long line of talented walkers to come from the Victorian country city of Ballarat. Apart from Jared and Rachel, add in Willi Sawall, Graeme and Alison Nichols and Sharon Schynder, to name a few.



**Jemma in action in Melbourne last weekend**

### WHAT'S COMING UP

Next weekend is a break for us all with Easter. The remainder of the 2015/2016 Summer Season pans out like this for Victorians


31 Mar -3 Apr	Australian T&F Championships, Sydney (10,000m walks)
<b>Sun 10 Apr **</b>	<b>VRWC winter season starts - Castlemaine NAB 500, Castlemaine</b>
16-17 Apr	Coburg 24 Hour Track Carnival, Coburg – see <a href="http://www.coburg24hr.org/24hr/">http://www.coburg24hr.org/24hr/</a>
16-19 Apr	AMA T&F Championships, Adelaide - see <a href="http://www.samastersathletics.org.au/nationals2016/">http://www.samastersathletics.org.au/nationals2016/</a>
<b>Sat 23 Apr **</b>	<b>VRWC winter season races, Middle park</b>

I have been sent a copy of our **2016 VRWC winter season fixture** and have added it to the website – you can check it out at <http://www.vrwc.org.au/vrwcw16.shtml>. I am also advised that the committee has decided not to post out copies of the winter season fixture to everyone due to the increased postal rates. Fixtures have been printed and will be available at the club on race days.

**CASTLEMAINE NAB 500, CASTLEMAINE, SUNDAY 10 APRIL**

**Entries are open for our 2016 Castlemaine NAB 500 Walk** which will be held on **Sunday 10<sup>th</sup> April** in Castlemaine. We had great support from our walkers last year and we are hoping for an even bigger and better meet this time around. We have over \$1500 of prizes for placegetters in the races and we have added a new U12 1km race category to attract our younger walkers. See you in Castlemaine! Here are the two main links you need to know about:

- Event website at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>
- Enter at <https://www.registernow.com.au/secure/Register.aspx?E=20292>



# Castlemaine NAB 500

Sunday 10 April 2016

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## Attention Victorian Walkers

### Have you entered the Castlemaine NAB 500 yet?

### The clock is ticking - entries close midnight Friday 8 April

The Victorian Race Walking Club and Events in Nature are proud to present the 2016 Castlemaine NAB 500 Walk which will be held in the Castlemaine Botanic Gardens on Sunday April 10, starting at 10.30 am. Castlemaine is only about 1 hour's drive N of Melbourne and is close to our Ballarat and Bendigo walking scenes so we are hoping for lots of walk entrants from all our walking Victorian clubs.

- Beautiful course in the Castlemaine Botanical Gardens
- Castlemaine NAB as a major sponsor
- The first 50 entries across the U12, U18, 50+ and Open events will go into a draw for prizes from Bolle, Wahoo Fitness, Endura and other local sports companies.
- \$1500 in prizes to be spread amongst the first 3 males and females in each race category
- Medals to all placegetters

Enter at <https://www.registernow.com.au/secure/Register.aspx?E=20292>

Event website at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>

9:45AM	Table open to check in and collect race number	
10:30AM	U18 3 km Walk	\$10 entry
10:30AM	50+ 3 km Walk	\$10 entry
11:00AM	Racewalk technique presentation	Free
11:15AM	Introductory 1 km General Participation Walk	Free
11:15AM	U12 1 km walk	\$5 entry
11:30AM	Castlemaine NAB Open 5 km Walk	\$25 entry
12:10PM	Presentations	
20% discount to families of 3 or more walkers		

For further information, contact one of

Tim Erickson, Melbourne	<a href="mailto:terick@melbpc.org.au">terick@melbpc.org.au</a>	0412 257 496
Michael Gillies-Smith, Castlemaine	<a href="mailto:michaelgilliesmith@gmail.com">michaelgilliesmith@gmail.com</a>	0402 011 503

Events in Nature: PO Box 104, Chewton, Victoria 3451  
 Victorian Race Walking Club: PO Box 5192, Melbourne, Victoria, 3001

## LBG CARNIVAL CELEBRATES 50 YEARS

This year will see the 50<sup>th</sup> Staging of the Lake Burley Griffin Walking Carnival on Sunday 12 June 2016. It started off as a small interstate meet in 1967, with a 20 Mile walk to be contested on the roads around Lake Burley Griffin in Canberra.

ACTRWC are keen to make this 50<sup>th</sup> LBG Carnival something to remember. Apart from inviting all those old time walkers to return for a special once off celebration, arrangements have been made to provide some commemorative merchandise, namely, Beanies, T Shirts and Polo Shirts. The beanies are already available but the T/Shirts and Polo Shirts will be available by pre order only. The costs are very reasonable for what is sure to become a collector's item.

Beanie:	\$10.00
T Shirt:	\$20.00
Polo Shirt:	\$25.00

Further info, along with an order form, are available for viewing at <http://www.actwalkers.com.au/lbg-50th-anniversary-commemorative-merchandise/>.

Orders for VRWC or RWV members must be placed with our VRWC secretary Terry Swan. To help here, I have made up a specific RWV entry form which is at <http://www.vrwc.org.au/documents/RWV%20-%2050th-Anniversary-LBG-Order-Form.docx>. It contains EFT details for payment into our VRWC account. VRWC treasurer Ralph Bennett has also put an online ordering form on the website to make it even easier – see [http://vrwc.org.au/wp1/?page\\_id=876](http://vrwc.org.au/wp1/?page_id=876). Note **orders must be placed by 31<sup>st</sup> March** so download the entry form and action it.



**The LBG 50<sup>th</sup> Memorabilia -on sale now!**

## HAPPY BIRTHDAY TO BOB GARDINER



**Bob Gardiner – then (1964 Olympics in Tokyo) and now! Still going strong at 80.**

Now it's not often that a walker gets a Happy Birthday in my newsletter but this one is special – VRWC Life Member and Olympic and Commonwealth Games representative **Bob Gardiner** turns 80 years of age today. So Bob, a special HAPPY BIRTHDAY from all your fans in Victoria and further afield.

For the record, Bob shows no signs of slowing down any time soon. He still races most weeks and is one of our key committee members at VRWC. At least have today off, Bob!

You can check out Bob's amazing walking bio at <http://www.vrwc.org.au/tim-archive/articles/wv-bob-gardiner.pdf>.

**AUSTRALIAN WORLD RACEWALKING CUP TEAM NOW FULLY NAMED**

Athletics Australia Selectors have now confirmed a further six starters for the IAAF World Race Walking Team Championships, with the following walkers added for the U20 10km events

- U20 10km Men **Tyler Jones (NSW), Kyle Swan (VIC), Adam Garganis (VIC)**
- U20 10km Women **Zoe Hunt (ACT), Clara Smith (QLD), Tayla-Paige Billington (VIC)**



**Tyler, Kyle and Adam in action this year**



**Zoe, Clara and Tayla-Paige in action**

Huge congratulations to all 6 walkers, but especially to our Victorians Kyle, Adam and Tayla-Paige.

This brings our Australian team up to 18, with the Open teams having been announced last month.

Open 20km Men **Dane Bird-Smith, Rhydian Cowley, Michael Hosking, Brendan Reading, Nathan Brill**  
Open 50km Men **Jared Tallent, Ian Rayson**  
Open 20km Women **Rachel Tallent, Tanya Holliday, Beki Smith, Stephanie Stigwood, Regan Lamble**  
U20 10km Men **Tyler Jones, Kyle Swan, Adam Garganis**  
U20 10km Women **Zoe Hunt, Clara Smith, Tayla-Paige Billington**

Australia has a rich history of success at the IAAF World Race Walking Team Championships, winning a number of individual and teams medals over the years. In Taicang (CHN) two years ago, the team won three bronze medals, with Jared Tallent crossing third in the men's 50km walk and the junior boys and girls both winning team bronze medals.

#### AUSTRALIAN WORLD JUNIOR CHAMPIONSHIPS TEAM ANNOUNCED TODAY

It was announced today that an Australian team of 55 will compete at the IAAF World Under 20 Championships in Bydgoszcz (POL) from 19-24 July 2016 - full press release at <http://www.athletics.com.au/News/bydgoszcz-2016>.

Well done to the following 4 walkers who will represent Australia in the 10,000m walks. All 4 will also compete in the World Race Walking Teams Championships in Rome in May (see above) so have big doubles on the table.

10,000m walk: **Adam Garganis (VIC), Tyler Jones (NSW)**  
10,000m walk: **Tayla-Paige Billington (VIC), Clara Smith (QLD)**

#### SAMA TRACK CHAMPIONSHIPS DAY 2, SA ATHLETICS STADIUM, ADELAIDE, WEDNESDAY 16 MARCH

Thanks to Collin Hainsworth for the results from the second evening of SAMA Track Champs at SA Stadium in Adelaide. Colin tells me it was a hot evening. It was a very good turnout with 26 walkers in action.

##### 800m Walk

W70	1	Margaret Trengove	5:37	W72
	2	Jill Rogers	6:26	W71
W65	1	Mary Abrey	5:41	W65
	2	Jan Layng	5:57	W67
W60	1	Margaret McIntosh	6:20	W63
W55	1	Gloria Holliday	4:04	W55
	2	Marie Maxted	4:19	W55
W45	1	Cherie Rothery	4:43	W46
W40	1	Kerry Goode	5:05	W41
W35	1	Fleur Woodhouse	6:59	W38
M85	1	Colin Hainsworth	6:10	M86
M75	1	Rodger Barber	5:27	M77
	2	Colin Trengove	6:27	M78
M70	1	George White	4:05	M70
	2	Graham Harrison	5:48	M72
	3	Doug Smart	6:15	M72
	4	Roger Lowe	6:18	M72
M65	1	Geoff Byham	4:55	M69
	2	Gil McIntosh	5:00	M65
	3	James Hoare	5:11	M69
M55	1	Peter Crump	4:02	M55
M50	1	Mark Worthing	4:04	M53

##### 5000m Walk

W70	1	Margaret Trengove	38:29	W72	75.50%
W65	1	Geraldine Smith	35:01	W66	76.05%
	2	Jan Layng	39:38	W67	68.11%
W60	1	Margaret McIntosh	42:08	W63	60.80%
W55	1	Gloria Holliday	30:52	W55	75.84%
W55	2	Marie Maxted	33:49	W55	69.22%
W45	1	Cherie Rothery	32:46	W46	65.81%
M85	1	Colin Hainsworth	41:18	M86	77.05%
M75	1	Rodger Barber	36:30	M77	75.34%

M70	1	George White	29:14	M70	<b>85.69%</b>
	2	Bill Starr	35:49	M73	72.65%
	3	Graham Harrison	38:26	M72	66.83%
M65	1	James Hoare	34:08	M69	72.49%
	2	Geoff Byham	34:31	M69	71.69%
	3	Gil McIntosh	35:47	M65	66.04%
M55	1	Peter Crump	28:51	M55	74.20%
M50	1	John Leydon	31:35	M54	67.18%

#### ACT WALKERS CLUB TRACK WALKS, WODEN, CANBERRA, THURSDAY 17 MARCH

Thanks to Robin Whyte for the latest results from Canberra.

##### 2000m Walk

1.	Connor Frew	9:21
2.	Gabby Hunt	9:39
3.	Ann Staunton-Jugovic	10:20
4.	Kate Black	11:59
5.	Robin Whyte	12:11
6.	Bryan Thomas	13:38
7.	Rod Gilchrist	14:07
8.	Jennifer Gilchrist	14:44
9.	Tony Fenotti	15:35
10.	Margaret Fenotti	15:57
11.	Robert Kennelly	16:27

##### 800m Walk

1.	Georgia Frew	6:17
2.	Carmen Carlon	9:07

#### LAVIC STATE CHAMPIONSHIPS, CASEY FIELDS ATHLETICS TRACK, BERWICK, 19-20 MARCH

A number of States held their Little Athletics T&F Championships last weekend. For Victorians, it was the end of a long process that involved progression through Centre Championships, Region Championships and the eventual finals last weekend at Casey Fields in outer Melbourne. Full results at <http://clubsonline.imgstg.com/statetf16/>. Being a Victorian newsletter at heart, the full walk results for all divisions from U9 to U15 are shown below. Conditions were dreadful on Saturday with wild weather battering the State so well done to all the walkers who made it through to 'States'. Lots of new names so very exciting for our future.

Lots of great walks but **Jemma Peart** stood out with her U15 1500m record time of 6:29.19. It is always difficult to pick the best of the rest but great walks also by **Molly Holmes** (U10 Girls 1100m 6:05.32), **Eden Morgan** (U10 Boys 1100m 5:58.20), **Charlotte Hay** (U12 Girls 1500m 7:28.13), **Alanna Peart** (U13 Girls 1500m 7:20.15), **Nikola Mandic** (U13 Boys 1500m 7:09.23), **William Dynes** (U14 Boys 1500 6:53.71), **Corey Dickson** (U14 Boys 1500m 6:59.07) and **Rebecca Henderson** (U15 Girls 1500m 6:44.41).

##### Girls U9 1100m Walk

1.	Jasmine MURPHY	Bendigo	6:39.56
2.	Sarah DICKSON	Geelong	6:42.45
3.	Soha ABDELRAHIM	Casey	6:54.27
4.	Maddison NASH	Diamond Val	6:58.15
5.	Michaela PAYNE	Geelong	7:08.98
6.	Riannah TATLOCK	Geelong	7:16.37
7.	Scarlett WHEELER	Yarra Ranges	7:32.36
8.	Amber FOX	Bendigo	7:38.72
9.	Mackinzie JAMES	Cranbourne	7:41.63
10.	Alannah UPSON	Seaford	7:43.17
11.	Tayla CORBETT	Frankston	8:01.07
12.	Ella SMITH	Wonthaggi	8:42.37
13.	Tahlia LANGELAAN	Casey	8:43.41
14.	Riley MCBRIEN	Whittlesea City	8:57.60

##### Boys U9 1100m Walk

1.	Luke EPPS	Knox	6:41.95
2.	Zachary MATTERS	Box Hill	6:45.55
3.	Brodie TALLENT	Ballarat	6:49.49
4.	Brock HAMILTON	Traralgon	7:26.09
5.	Ben FREWIN	Caulfield	7:34.40
6.	Jaspa ADAM	Frankston	7:45.87
7.	Thomas COOMBS	Ringwood	7:46.96
8.	Kobe DE RUN	Diamond Val	7:53.07
9.	Kian TREZISE	Westernport	9:28.13

##### Girls U10 1100m Walk

1.	Molly HOLMES	Diamond Val	6:05.32
2.	Charlee DICKSON	Diamond Val	6:05.59
3.	Zarah SMITH	Knox	6:08.35
4.	Caitlin CHARLES	Corio	6:17.45
5.	Charlotte MURPHY	Bendigo	6:29.19
6.	Arlia WHITEHEAD	Traralgon	6:47.96
7.	Mia DARLOW	Ballarat	6:56.19
8.	Tara WARD	Knox	6:56.46
9.	Abby TREZISE	Westernport	6:56.92

##### Boys U10 1100m Walk

1.	Eden MORGAN	Knox	5:58.20
2.	Noah BURNS	Geelong	6:05.67
3.	Jack THOMAS	Knox	6:11.94
4.	Zayne ADAMS	Whittlesea City	6:19.99
5.	Cody SILVESTER	Yarra Ranges	6:20.81
6.	Lewis RICKARD	Mornington	6:36.42
7.	Toby HEARST	Caulfield	6:39.32
8.	Jett BRUTON	Shepparton	6:43.19
9.	Stefan MANDIC	Casey	6:49.92

10.	Chloe COLBERT	Casey	7:18.42	10.	Scott PEART	Ballarat	6:51.69
11.	Amy JONES	Collingwood	7:21.49	11.	Baden DICKINS	Keilor	6:52.30
12.	Phoebe LONSDALE	Bendigo	7:22.98	12.	Sebastian Weickhardt	Werribee	6:53.06
13.	Taliah BLACK	Frankston	7:23.23	13.	Beckham HILDITCH	Knox	6:53.38
14.	Olivia MOUTIA	Coburg	7:28.43	14.	Oscar FOX	Bendigo	6:53.81
15.	Emily SMITH	Seaford	7:29.80	15.	Kai MARSHALL	Westernport	6:57.49
16.	Lucy MARESCUK	Geelong	7:32.65	16.	Ethan HELLSTROM	Diamond Val	7:06.84
17.	Francesca DEVER	Brighton	7:32.97	17.	James MEIER	Cranbourne	7:10.31
18.	Ella SADLER	Camperdown	7:36.24	18.	Alex TOLSON	Maryborough	7:13.35
19.	Tayla WILKINSON	Cranbourne	7:41.95	19.	Kyle TAYLOR	Keilor	7:13.73
20.	Isabelle WALKER	Geelong	7:43.53	20.	Corey LEAMER	Corio	7:19.34
21.	Alicia Di Pietrantonio	Yarra Ranges	7:46.06	21.	Euan WALKER	Mentone	7:24.64

#### Girls U11 1500m Walk

1.	Adasha BOXER	Corio	8:40.05
2.	Gemma LILLIE	Knox	8:51.78
3.	Naomi NICOLA	Diamond Val	9:04.23
4.	Kaylah DUBOWIK	Geelong	9:12.25
5.	Alana CHAPMAN	Whittlesea City	9:25.48
6.	Alisha SIMS	Whittlesea City	9:49.90
7.	Lily PETTERWOOD	Geelong	10:11.45
8.	Emily NEOCLEOUS	Traralgon	10:14.02
9.	Edie BRIDGEWATER	Preston-Res	10:17.30
10.	Amali MALONE	Geelong	10:18.06
11.	Elise CARBERY	Knox	10:33.91
12.	Jemma HARMAN	Frankston	11:05.84

#### Boys U11 1500m Walk

1.	Harrison Karagiorgos	Knox	8:38.75
2.	Luke WARD	Knox	8:54.41
3.	Liam O'ROURKE	Waverley	9:02.32
4.	Fletcher HUGHES	Geelong	9:07.23
5.	Kai CAPOVILLA	Werribee	9:28.08
6.	Jackson DANCE	Mentone	9:32.52
7.	Taj DE RUN	Diamond Val	9:53.07

#### Girls U12 1500m Walk

1.	Charlotte HAY	Knox	7:28.13
2.	Hayley WOOLFE	Casey	7:36.81
3.	Brianna BRIET	Frankston	7:41.55
4.	Claire NOONAN	Yarra Ranges	8:00.40
5.	Tara ROBINSON	Corio	8:05.30
6.	Grace LOUEY	Knox	8:18.29
7.	Jordyn LEAMER	Corio	8:40.89
8.	Jasmine COLBERT	Casey	8:50.32
9.	Hannah COOPER	Wodonga	9:22.31
10.	Neeve Bakker-Graham	Geelong	9:22.78
11.	Freya STILLS-BLOTT	Sherbrooke	9:30.80
12.	Olivia JOLLY	Geelong	9:42.44
13.	Jade CHITTY	Werribee	10:06.16
14.	Mia STRUDLEY	Yarra Ranges	10:11.19
15.	Sandra GRAY	Wonthaggi	10:28.28

#### Boys U12 1500m Walk

1.	Joshua JENSEN	Knox	7:45.46
2.	Harlan Holland-Hughes	Croydon	8:03.25
3.	Riley LOVICK	Frankston	8:03.50
4.	Joshua ABBOTT	Geelong	8:34.06
5.	Owen COSTIN	Geelong	8:52.71
6.	James WILCOX	Keilor	8:53.68
7.	Ned CLASSON	Diamond Val	9:13.15
8.	Angus HAY	Knox	9:28.12

#### Girls U13 1500m Walk

1.	Alanna PEART	Ballarat	7:20.15
2.	Carissa BROOK	Bendigo	7:37.49
3.	Ruby PATEN	Frankston	7:43.70
4.	Jessica SIMPSON	Diamond Val	8:09.73
5.	Kasey BISHOP	Ballarat	8:15.37
6.	Amaliya TAYLOR	Geelong	8:26.33
7.	Libby RIVIERE	Geelong	8:58.86
8.	Alannah DINGLI	Mentone	9:00.65
9.	Hannah HODGES	Knox	9:04.03
10.	Mikayla CIPRIANI	Casey	9:15.26

#### Boys U13 1500m Walk

1.	Nikola MANDIC	Casey	7:09.23
2.	Nikolaj DJORDJEVIC	Mentone	7:57.99
3.	Bede COLLIS	Diamond Val	8:09.03
4.	Lachlan BENBOW	Brimbank	8:49.55
5.	Brady FERGUSON	Geelong	9:00.96
6.	Geromi TUCKER	Ringwood	9:04.27
7.	Luke PHILLIPS	Croydon	9:53.03

#### Girls U14 1500m Walk

1.	Georgia CLARKE	Diamond Val	7:10.78
2.	Chloe KARAGIORGOS	Knox	7:23.96
3.	Kathleen O'MAHONY	Knox	7:52.46
4.	Jasmin HASS	Sherbrooke	7:58.83
5.	Holly COCKING	Nunawading	8:23.60
6.	Hannah MOYLE	Geelong	8:35.90
7.	Jessie TOLSON	Maryborough	8:38.97
8.	Frances COLLIS	Diamond Val	8:55.98
9.	Sarah MORLEY	Waverley	9:00.33
10.	Tara MATHESON	Casey	9:42.81

#### Boys U14 1500m Walk

1.	William DYNES	Diamond Val	6:53.71
2.	Corey DICKSON	Knox	6:59.07
3.	Oliver VAN RENSBURG	Ringwood	7:53.44
4.	Joseph RICKARD	Mornington	8:38.08

### Girls U15 1500m Walk

1.	Jemma PEART	Ballarat	6:29.19R
2.	Rebecca HENDERSON	Casey	6:44.41
3.	Zahra HAYES	Rochester	7:06.53
4.	Mackayla DAVISON	Corio	7:15.74
5.	Brodie RICHARDSON	Knox	7:21.66
6.	Madison HILL	Bendigo	7:41.40
7.	Mikhala HODGES	Knox	7:55.99
8.	Bree FERGUSON	Geelong	8:13.79
9.	Lee TAYLOR	Yarra Ranges	8:31.68
10.	Larissa WATTS	Shepparton	8:44.05
11.	Abbey FERGUSON	Geelong	9:00.41
12.	Eleanor HOGAN	Seaford	9:57.35

### Boys U15 1500m Walk

1.	Hayden WALMSLEY	Knox	7:18.56
2.	Alexander KEATING	Corio	7:41.80
3.	Brenton O'BRIEN	Shepparton	8:42.66



It's a cold and windy Saturday at Berwick for the LAVIC champs – Frances Attard with some of her squad – lots of medals in amongst that lot!

### VICTORIAN MASTERS T&F CHAMPIONSHIPS, DONCASTER, 19-20 MARCH

From one end of the age scale to the other, with the Victorian Masters contesting their own T&F Championships at Doncaster. Full results at <http://athsvic.org.au/event/2016-victorian-masters-track-field-championships/>. Full walk results shown below.

#### Victorian Masters 3000m Walk Championships, Saturday 19 March

The 3000m walks on Saturday saw superb performances by **Pam Tindal** (W55 15:24.9), **Stuart Kollmorgen** (M45 13:17.4), **James Christmass** (M45 PB 13:21.3) and **Ralph Bennett** (M0 17:06.8). Boy, you have to feel sorry for **David Smyth** having to content with Stuart and James in his M45 divisio – a great 15:23.0 and still only third.

W35	1	Megan Szirom	14:41.1	79.63%
	2	Sarah Brennan	15:33.2	75.18%
	3	Sandra Geisler	15:43.9	74.33%
W50	1	Carolyn Rosenbrock	16:26.7	79.37%
	2	Donna-Marie Elms	17:35.9	74.16%
	3	Robyn Shaw	19:19.4	67.54%
W55	1	Pam Tindal	15:24.9	<b>88.59%</b>
	2	Jennifer Payne	19:29.1	70.09%
W60	1	Marlene Gourlay	17:44.6	81.01%
	2	Alison Thompson	19:06.1	75.25%
W70	1	Gwen Steed	19:39.4	82.79%
W75	1	Penny Hall	23:05.0	76.01%
W80+	1	Pam Mews	30:25.9	62.87%
M40	1	Adam Patterson	16:00.9	69.35%
	2	Pramesh Prasad	16:01.5	69.31%



	3	Leigh Browell	22:34.8	49.19%
M45	1	Stuart Kollmorgen	13:17.4	<b>86.97%</b>
	2	James Christmass	13:21.3	<b>86.55%</b>
	3	David Smyth	15:23.0	75.13%
M50	1	Bernie Keirl	17:06.3	70.43%
	2	Gerard Feain	17:31.8	68.73%
M55	1	Simon Evans	15:22.4	81.84%
	2	Paul Moritz	19:47.3	63.58%
	3	Christopher Worsnop	23:41.1	53.12%
M60	1	Frank Prowse	19:59.7	65.95%
M65	1	Geoff Barrow	20:15.1	68.60%
M70	1	Ralph Bennett	17:06.8	<b>86.01%</b>
	2	Russell Dickenson	18:32.4	79.39%
M75	1	Robert Gardiner	18:45.6	83.68%
	2	Gunther Ilgoutz	19:29.8	80.51%
	3	barrie Wicks	25:16.7	62.10%
M80+	1	William Lotherington	21:44.2	77.62%



**Left: Pam Tindal leads the women Right: M45 medallists James Christmass, Stuart Kollmorgen and David Smyth**

#### Victorian Masters 1500m Walk Championships, Sunday 20 March

The walkers returned to Doncaster on Sunday morning for the 1500m walk championships and it was more the same in the M45 division with **James Christmass** (M45 6:16.19) turning the tables on **Stuart Kollmorgen** (6:25.99) and **David Smyth** chasing them (7:18.37). Other great performances by **Pam Tindal** (W55 7:20.24), **Heather Carr** (W65 7:52.72) and **Ralph Bennett** (M70 8:15.71). It was also good to see former Fiji walker **Pramesh Prasad** back racing again after many years and winning the M40 with 7:15.19. Boy, I'm glad I was in Canberra for the weekend – Heather would have had me on toast!

W35	1	Sandra Geisler	7:12.39	78.68%
W80+	1	Pam Mews	15:13.22	59.31%
W50	1	Carolyn Rosenbrock	8:03.69	78.50%
	2	Donna-Marie Elms	8:10.14	77.47%
	3	Karen Archer	12:07.77	52.18%
W55	1	Pam Tindal	7:20.24	<b>90.06%</b>
W60	1	Alison Thompson	8:47.75	78.78%
W65	1	Heather Carr	7:52.72	<b>92.80%</b>
W70	1	Gwen Steed	9:33.87	81.27%
W75	1	Penny Hall	11:12.79	74.33%
M40	1	Pramesh Prasad	7:15.19	75.07%
	2	Adam Patterson	7:27.95	72.93%
M45	1	James Christmass	6:16.19	<b>90.39%</b>
	2	Stuart Kollmorgen	6:25.99	<b>88.10%</b>
	3	David Smyth	7:18.37	77.57%
	4	Grant Murfett	9:44.29	58.20%

M50	1	Bernie Keirl	7:58.26	74.13%
	2	Gerard Feain	8:11.98	72.06%
M55	1	Paul Moritz	9:34.20	64.49%
	2	Christopher Worsnop	12:03.12	51.21%
M60	1	Clyde Riddoch	8:24.38	76.96%
	2	Frank Prowse	9:42.05	66.69%
M65	1	Geoff Barrow	9:42.97	70.14%
M70	1	Ralph Bennett	8:15.71	<b>87.38%</b>
	2	Russell Dickenson	9:17.05	77.76%
M75	1	barrie Wicks	11:43.03	65.67%
M80+	1	Colin Silcock-Delaney	12:54.66	63.99%

#### LAQ STATE CHAMPIONSHIPS, QSAC, NATHAN, BRISBANE, 18-20 MARCH

The Queensland Little Athletics State Championships were also contested last weekend, with walks ranging from U9 to U17. Robyn Wales was there and reported as follows:

Some of the outstanding results included 8 year old **Isabelle Sly** walking 700m in 3:30.95 (U9 Qld record), 13 year old **Breanna Betzold** walking 6:52.52 to break the Qld U13 1500m record in her first season, **Caitlin Hannigan** 6:48.28 and **Tenyka Chapman** 6:48.74 both going under the old U14 1500m record then **Katie Hayward** scorching around in 6:13 to smash the previous U16 record! The girls certainly set the pace on the night but with 11 year old **Kris Hayward** crossing in 5:09.66 to win the 1100m and **Jamison Stovin** scoring a PB of 6:33.09 in the U15 1500m, the boys also showed great form.

Qld selectors chose their U13 team to contest the ALAC in Adelaide next month with Nelson McCutcheon, Breanna Betzold, Amelia Schofield (thrilled after being dq'd but her consistency over the years gave her the Selectors' nod) and Kobe Hinton (who hadn't competed but another with previous consistency) being announced. At least all four do know how to walk and we won't be giving last minute coaching to discus throwers as has happened previously!

Full results at <http://athsaus.imgstg.com/la/qld/liveresults/StateChamps/index.htm>. My report below is restricted to the first 10 finishers in each age division.

#### Girls U9 700m Walk

1.	Isabelle Sly	Mudgeeraba	3:30.95
2.	Trinity Woodward	Arana	3:51.58
3.	Mia Betts	Caboolture	3:51.85
4.	Charlotte Porter	Aspley	3:56.99
5.	Isabel Kitching	Ipswich	4:01.79
6.	Kyah Anderson	Gold Coast	4:02.17
7.	Hayley Condon	Ipswich	4:03.00
8.	Abbie McDonald	Strathpine	4:21.61
9.	Lacinda Wolfe	Deception Bay	4:22.37
10.	Lillian Kitching	Ipswich	4:28.53

#### Boys U9 700m Walk

1.	Torin Manteit	Ipswich	3:57.62
2.	Ethan Vojinov	Toowong	4:15.90
3.	Nixon Johnston	Rosewood	4:20.30
4.	Koda Cuthbert-Hough	Ipswich	4:28.23
5.	Jayden Goldsmith	Strathpine	4:43.14
6.	Lachlan Mills	Deception Bay	4:53.90
7.	Joshua Forsyth	Deception Bay	5:03.07
8.	Brendan Sweetman	Highfields Dist	5:11.38
9.	Alex Bradley	Toowoomba Sth	5:52.39

#### Girls U10 1100m Walk

1.	Anika Clarke	Redlands	5:42.57
2.	Ashanti Heap	Gold Coast	5:54.35
3.	Scarlett Schofield	Ashmore	6:15.77
4.	Ella Muir	Toowong	6:32.21
5.	Daniella Lourigan	Maryborough	6:38.97
6.	Erin Gallagher	Jimboomba	6:41.01
7.	Cheyenne Zirbel	Toowoomba Sth	6:46.58
8.	Toby Stolberg	Ipswich	6:47.20
9.	Kiandra Smith	Noosa	6:51.79
10.	Sienna Vojinov	Toowong	6:55.72

#### Boys U10 1100m Walk

1.	Hamish Smallacombe	Caboolture	6:13.63
2.	Jonathan Riese	Toowong	6:46.37
3.	Dylan Bryant	Arana	7:05.94
4.	Bradley Finkel	Tweed	7:06.25
5.	Tye Bierton	Jimboomba	7:53.32
6.	Luke Heylen	Ashmore	8:11.56
7.	Harper Tindel-Dimes	Bargara	10:01.42

#### Girls U11 1100m Walk

1.	Charlotte Sly	Mudgeeraba	5:45.82
2.	Jayda Anderson	Gold Coast	6:06.06
3.	Sabrina Guse	Wynnum Manly	6:21.80
4.	Korey Brady	Aspley	6:36.22
5.	Sophie Wilkins	Ipswich	6:45.29
6.	Chloe Roberts	Jimboomba	6:51.37
7.	Imogen Scott	Tweed	6:56.98
8.	Emma Brittain	Highfields Dist	6:59.34
9.	Sophie Porter	Aspley	7:08.88
10.	Railey Tonges	Strathpine	7:21.34

#### Boys U11 1100m Walk

1.	Kris Hayward	Gold Coast	5:09.66
2.	Harvey Cramb	Mt Gravatt	6:10.06
3.	Jordan Manteit	Ipswich	6:32.25
4.	Kai Norton	The Gap	6:50.40
5.	Seth Wasson	Caboolture	6:57.72
6.	Aidan Downie	Deception Bay	7:01.49
7.	Kaine Gould	Bundaberg	7:36.57
8.	Harry Walton	Bracken Ridge	7:43.31
9.	Kaiza Paulson	Algerter	7:54.00

**Girls U12 1500m Walk**

1.	Mackenzie Ofield	Caloundra	8:12.46
2.	Camryn Novinetz	Ipswich	8:19.61
3.	Bridget Sullivan	Toowong	8:25.15
4.	Michaela McNamara	Redlands	8:25.21
5.	Josii Hargreaves	Jimboomba	8:38.86
6.	Tali Dugandzic	Redlands	8:45.48
7.	Kiara Condon	Ipswich	8:46.76
8.	Brooke Currie	Bracken Ridge	9:04.03
9.	Rylee Skipper	Noosa	9:05.17
10.	Khayla Betzold	Ipswich	9:05.96

**Girls U13 1500m Walk**

1.	Breanna Betzold	Ipswich	6:52.52
2.	Ebony Moulder-Shard	Ipswich	8:42.30
3.	Emily Kitching	Ipswich	9:04.56
4.	Zoe Jenner	Gold Coast	9:34.18
5.	Kirra Stonehouse	Redlands	9:44.57
6.	Sophie Thornberry	Toowoomba	10:04.89
7.	Emily Willoughby	Jimboomba	10:07.26

**Girls U14 1500m Walk**

1.	Caitlin Hannigan	Beaudesert	6:48.28
2.	Tenyka Chapman	Mudgeeraba	6:48.74
3.	Isabella Schofield	Ashmore	8:26.17
4.	Phoebe Balmforth	Jimboomba	8:36.01
5.	Melinda Larsen	Deception Bay	9:14.10

**Girls U15 1500m Walk**

1.	Milla Rowbotham	Toowong	7:48.12
2.	Jade Pearson	Aspley	8:06.80
3.	Bridie Mulcaster	Mudgeeraba	8:11.90
4.	Mikayla Madden	Tweed	9:13.49

**Girls U16 1500m Walk**

1.	Katie Hayward	Gold Coast	6:13.53
2.	Clancy Smith	Noosa	7:46.14
3.	Riley Sims	Aspley	8:44.06
4.	Jessica Hoy	Tweed	8:55.66

**Boys U12 1500m Walk**

1.	Jonathan Wearne	Redcliffe	8:00.75
2.	Brock Waugh	Gold Coast	8:02.71
3.	AJ Aspery	Caboolture	9:12.15
4.	Matthew Sheffield	Deception Bay	9:19.23
5.	Dylan Lo	Sunnybank	9:25.71
6.	Hayden Vickers	Bracken Ridge	9:48.99
7.	Kane Moulder-Shard	Ipswich	9:50.89

**Boys U13 1500m Walk**

1.	Nelson Mccutcheon	Redlands	7:12.11
2.	Reece Madden	Tweed	7:30.90
3.	Jayden Stovin	Gold Coast	8:02.30
4.	Jeremiah Woodward	Arana	8:53.58
5.	Joshua Brown	Strathpine	9:23.67
6.	Christopher	White Strathpine	9:24.53
7.	Jedekiah Buchanan	Mt Tarampa	9:52.28
8.	Aaron Werder	Sunnybank	10:26.68

**Boys U14 1500m Walk**

1.	Ryan Stewart	Ipswich	8:38.17
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**Boys U15 1500m Walk**

1.	Jamison Stovin	Gold Coast	6:33.09
2.	Ethan Clarke	Redlands	7:38.42
3.	Sean McLean	North Mackay	7:48.30
4.	Callum Haig	Caloundra	7:52.04

**Boys U17 1500m Walk**

1.	Nicholas Andreas	Tweed	7:11.03
2.	Ben Mingin	Bargara	7:50.17
3.	Troy Gorry	Springwood	8:33.54

**Girls U17 1500m Walk**

1.	Aimee Brackin	Strathpine	8:39.98
2.	Tiffany Hammans	Gold Coast	9:04.85



Left: Bridie Mulcaster, Isabella Schofield, Scarlett Schofield, Amelia Scofield, Caitlun Hannigan and Tenyka Chapman  
Right: Reece Madden (photos Robyn Wales)

**LITTLE ATHLETICS NSW T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 18-20 MARCH**

And now to NSW for their Little Athletics State Championships. Robyn Wales travelled down from the Gold Coast in Queensland so was able to watch both the QLD and NSW LA titles in the one weekend – what an effort. She reported: For me it was thrilling to see so many young people participating and most with sound technique. There were also several from Regional areas where coaching and training partners would be hard to come by and I heard one Dad call out “Don’t forget to tell them you’re from Tumut!”

Full results at <http://www.nswathletics.info/lansw/live/index.htm>. As for Queensland, I will restrict my report to the first 10 in each division. Fantastic times in the U9 Boys 700m with **Peter Elliott** (3:15.36) and **Matthew Walter** (3:19.82) both bettering the State record. Great winning times in all 4 1100m races (U10 and U11), especially **Amalia Patterson** (5:16.67) and **Oliver Santo** (5:22.23). Best over 1500m to **Tom Jessep** (U12 Boys 7:01.15), **Allanah Pitcher** (U13 Girls 6:58.01) and **Emma Blanch** (U13 Girls 6:59.24), **Dylan Richardson** (U15 Boys 6:36.49), **Kyle Bedford** (U17 Boys 6:29.38) and **Shanae Norton** (U17 Girls 6:57.94).

**Girls U9 700m Walk**

1.	Jayda Stanley	Balmain	3:50.44
2.	Sophie Schultz	Hills District	3:54.84
3.	Georgia Payne	Tuggerah Lakes	3:56.07
4.	Carissa Smyth	Manly Warringah	3:56.85
5.	Emily Stewart	Ku-Ring-Gai	3:57.20
6.	Ruby Zell	Dubbo	4:01.64
7.	Brielle Masters	Dapto	4:03.44
8.	Mackenzie Best	Dapto	4:07.85
9.	Emily Drury	Bankstown	4:16.74
10.	Charlotte Harris	Girraween	4:17.30

**Boys U9 700m Walk**

1.	Peter Elliott	Quakers Hill	3:15.36S
2.	Matthew Walter	Ku-Ring-Gai	3:19.82S
3.	Isaac Beacroft	Quakers Hill	3:30.99
4.	Issac Tate	Manly Warringah	3:52.27
5.	Ashton Patterson	Tuggerah Lakes	3:52.92
6.	Garrick Hinton	Port Hacking	3:54.03
7.	Liam Roche	Hills District	3:54.19
8.	Jasper Deane	Hills District	4:12.22
9.	Ajay Bezuidenhout	Dapto	4:14.27
10.	Angus Baily	Ku-Ring-Gai	4:14.60

**Girls U10 1100m Walk**

1.	Keeley Holmes	Manly Warringah	5:31.56
2.	Izabella Dunne	Gosford	5:33.02
3.	Ella Munroe	Hills District	5:36.24
4.	Chloe Krklinski	Parramatta	6:04.71
5.	Addison Chapman	Dubbo	6:05.55
6.	Alejandra Blanco	Manly Warringah	6:06.06
7.	Esther Bonser	Hills District	6:09.84
8.	Angelina Mclean	Hills District	6:09.93
9.	Ava Luxford	Ku-Ring-Gai	6:13.21
10.	Zahra Adra	Bankstown	6:16.63

**Boys U10 1100m Walk**

1.	Jardyn Orsini	Hills District	5:43.41
2.	Elliot Bangert	Orange	5:59.16
3.	Jack Jessep	Port Hacking	6:02.13
4.	Alejandro Briones	Manly Warringah	6:10.56
5.	Darcy Bell	Kurrajong Bilpin	6:13.49
6.	Ethan Quartly	Manly Warringah	6:15.50
7.	Zachary Schmidt	Balmain	6:21.39
8.	Sawyer Etchells	Tuggerah Lakes	6:24.19
9.	Felix Tebbutt	Gosford	6:25.25
10.	Mark Walker	Koorringal Wagga	6:30.02

**Girls U11 1100m Walk**

1.	Amalia Patterson	Tuggerah Lakes	5:16.67
2.	Ellie-jo De Celis	Illawong	5:35.33
3.	Alannah Hickson	Ku-Ring-Gai	5:37.83
4.	Jessica Rocchetto	Eschol Park	5:41.86
5.	Tara Laytham	Manly Warringah	5:44.56
6.	Emma Thomas	Parramatta	5:45.01
7.	Isabella Farrell	Prestons Robins	6:00.86
8.	Brooke Loughlin	Blayney	6:10.80
9.	Reina Dagher	Bankstown	6:15.88
10.	Harriet Priest	Koorringal Wagga	6:16.16

**Boys U11 1100m Walk**

1.	Oliver Santo	Port Hacking	5:22.23
2.	Dylan Daly	Wyong	5:27.09
3.	Samuel Walter	Ku-Ring-Gai	5:28.90
4.	Ryan Vesper	Tuggerah Lakes	5:29.78
5.	Alexander Mills	Cherrybrook	5:37.34
6.	Raven Pyda	Liverpool City	6:08.76
7.	Brendan Pospischil	Winston Hills	6:25.07
8.	Gauthier Sanchez	Manly Warringah	6:26.49
9.	Liam Spamer	Cardiff	6:39.85
10.	Jack Miller	Eschol Park	6:41.74

**Girls U12 1500m Walk**

1.	Casey Stanley	Illawong	7:17.44
2.	Danielle Vesper	Tuggerah Lakes	7:23.29
3.	Elizabeth McMillen	Manly Warringah	7:34.83
4.	Hannah Bolton	Tuggerah Lakes	7:45.39
5.	Olivia Thomson	Manly Warringah	8:11.90
6.	Kara Reid	Tuggerah Lakes	8:37.47
7.	Jada Thomson	Colyton St Clair	8:49.07
8.	Julia Dickerson	Dubbo	8:49.55
9.	Alexandra Wicks	Quakers Hill	9:02.74
10.	Brodie Douglas	Doonside	9:12.91

**Boys U12 1500m Walk**

1.	Tom Jessep	Port Hacking	7:01.15
2.	Adam Dickson	Hills District	7:46.50
3.	Joshua Jackson	Lake Illawarra	7:57.84
4.	Beau Jenkins	Blacktown	8:11.88
5.	Joshua Hill	Balmain	8:12.16
6.	Zain Robards	Tuggerah Lakes	8:15.28
7.	Harrison Best	Dapto	8:43.06
8.	Jackson Deane	Hills District	9:08.32
9.	Riley Farrington	Wauchope	9:14.74
10.	Hayden Westwood	Bankstown	9:45.03

**Girls U13 1500m Walk**

1.	Allanah Pitcher	Gosford	6:58.01
2.	Emma Blanch	Port Hacking	6:59.24
3.	Haley Mills	Parramatta	7:26.51
4.	Serenity Clancy	Kempsey	7:33.08
5.	Kaiya Buchanan	Hills District	7:37.99

**Boys U13 1500m Walk**

1.	Martin Leerberg	Northern Suburbs	7:15.93
2.	Jack McGinniskin	Edgeworth	7:26.75
3.	Dion Carrothers	Manly Warringah	7:39.04
4.	Luke Meredith	Westlakes	7:45.75
5.	William Mills	Cherrybrook	8:00.02

6.	Hannah Parker	Manly Warringah	8:07.84	6.	Joel Kemp	Tuggerah Lakes	8:05.33
7.	Ella Robertson	Tuggerah Lakes	8:12.41	7.	James Walter	Ku-Ring-Gai	8:22.92
8.	Jatali Brown	Manly Warringah	8:18.56	8.	Michael carrick	Tallawong Park	8:59.93
9.	Imogen Steele	Northern Suburbs	8:19.23	9.	Harrison Frost	Girraween	9:03.99
10.	Trinity Robards	Tuggerah Lakes	8:19.85	10.	Bayden Little	Cherrybrook	9:30.72

#### Girls U14 1500m Walk

1.	Brittany Robertson	Port Hacking	7:42.43
2.	Hannah Mison	Koorringal Wagga	7:49.74
3.	Alexandra Sutherland	Randwick Bot	7:55.58
4.	Lily Johnston	Ku-Ring-Gai	8:08.72
5.	Paige Rigney	Wyong	8:24.68
6.	Elise Brennan I	nner West	8:38.14
7.	Prue Stratton	Kings Langley	8:42.36
8.	Caitlin McManus-Barrett	Balmain	8:43.80
9.	Gabrielle Marriott	Kiama	8:48.67
10.	Ainslie Brown	Northern Suburbs	8:51.10

#### Boys U14 1500m Walk

1.	Hayden Blaskett	Manly Warringah	7:16.63
2.	Jake Attwell	Dapto	7:39.94
3.	Christopher Wicks	Quakers Hill	7:47.07
4.	James Smit	Hills District	7:59.49
5.	Corey McConville	Shoalhaven	8:42.29
6.	Timothy Leask	Quakers Hill	8:45.38
7.	Alex Owen	Kings Langley	9:00.06
8.	Alexander Jones	Tuggerah Lakes	9:27.54

#### Girls U15 1500m Walk

1.	Samantha Brown	Parramatta	7:06.24
2.	Rose Jennings	Randwick Bot	7:29.50
3.	Teegan Pengilley	Bankstown	7:29.71
4.	Tamsin Buchanan	Hills District	7:30.05
5.	Abbey McMillen	Manly Warringah	7:51.52
6.	Brooke Bonnell	Hills District	7:58.07
7.	Janaya Lee	Kurrajong Bilpin	8:00.31
8.	Charlotte Nonnenmacher	Orange	8:15.46
9.	Ashlee Forbes	Tuggerah Lakes	8:33.13
10.	Alexa Carey	Ku-Ring-Gai	8:40.12

#### Boys U15 1500m Walk

1.	Dylan Richardson	Gosford	6:36.49
2.	Oscar Tebbutt	Gosford	6:59.08
3.	Harrison Mavin	Ku-Ring-Gai	7:31.62
4.	Donald Catallo	Port Hacking	7:37.94
5.	Jordan Darnley	Eschol Park	7:38.12
6.	Andrew Dickerson	Dubbo	7:49.23
7.	Reece Vizintin	Cardiff	8:49.36
8.	Samuel Plummer	Ryde	8:50.03
9.	Brayden Findlay	Tallawong Park	9:07.17
10.	Brendon Neich	Girraween	9:55.63

#### Girls U17 1500m Walk

1.	Shanae Norton	Bankstown	6:57.94
2.	Raquel Roukos	Doonside	7:05.95
3.	Chelsea Goodhew	Westlakes	7:11.19
4.	Tiffany Saker	Hills District	7:18.55
5.	Amy Henry	Port Hacking	7:26.03
6.	Sophia Dickerson	Dubbo	7:34.07
7.	Molly O'Neill	A.N.L	7:42.21
8.	Mary Jones	Springwood	7:58.60
9.	Ally Grujoski	Randwick Bot	8:19.68
10.	Ashley Naylor	Nambucca	8:52.71

#### Boys U17 1500m Walk

1.	Kyle Bedford	Nepean	6:29.38
2.	Jordan Glover	Hills District	6:38.71
3.	Travis Barendregt	Doonside	6:54.27
4.	Ryan Thomson	Colyton St Clair	7:06.13
5.	Dylan Nagle	Girraween	7:25.91
6.	Hayden Millican	Northern Distr.	7:41.94
7.	Tristan Aspinall	Kurri Kurri	7:54.03
8.	Cory McGinniskin	Edgeworth	8:01.26
9.	Declan Oconnell	Randwick Bot	8:21.26
10.	Mitchell Heaslip	Bankstown	8:55.76



**NSW walker Cassandra Hill who made the long trip from Lismore to Sydney and managed a big PB (photo Robyn Wales)**

**WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 18 MARCH**

Not much on elsewhere in Australia but one 5000m walk result from Perth, with yet another good walk by Declan Tingay.

**5000m Walk**

1.	Tingay, Declan	M99	21:49.8
	Dreyer, Alex	M89	DQ

**CANBERRA 48 HOUR CARNIVAL, AIS TRACK, BRUCE, 18-20 MARCH**

I was in Canberra last weekend for the inaugural Canberra 48 Hour Carnival (see <http://cbr.48hr.ktkc.com.au/>) which was held at the AIS track in Bruce from Friday to Sunday. With races contested over 48 Hours, 24 Hours, 12 Hours and 6 Hours, there were upwards of 70 competitors in total so it was a huge endurance effort for all concerned. Great article at <http://www.theage.com.au/sport/act-sport/athletics-canberra-48hour-ultradistance-event-pushes-competitors-to-the-edge-20160302-gn86mm.html>.

The carnival kicked off at midday on Friday with the gun firing to start the AURA Australian 48 Hour Championships, and it was wet and windy. The rain had set in earlier that morning and continued until mid afternoon. During this period, the wind gradually built and, by late afternoon, was at gale force levels. It was a case of tents flying left, right and centre, and a look down the main straight after a while showed a scene of carnage! Luckily it then settled and we were spared further drama as the weekend unfolded.

I won't comment much on the run side of things except for a few snippets. 48H winner Mick Thwaites (413.059km) displayed great racewalking form during his walk sections and would be a certainty for Centurion status if he decided to give it a go one of these days. The other 48H highlight was provided by Nikki Wynd who ran to second place overall and broke the Australian women's record with a huge 343.044km. And in the 24H, two of our centurion walkers were in action, with Barry Loveday (C 62) winning overall with a superb 257.953km and Justin Scholz (C 61) having a bad day at the office to finish 16<sup>th</sup> with 125.240km.

Now on to the small group of 8 walkers who participated over the weekend. Four of them tried the ultimate 48 Hour option and one in particular needs special mention – **Linda Christison** was a runner for many years, from a 2.09 800m to a 2.52 marathon, finishing 33<sup>rd</sup> in the Boston Marathon and winning the Adelaide, Traralgon and Sydney Cities Marathon. She was training to go under 2:50 in 2004 when she began to lose co-ordination and was diagnosed with early onset Parkinson's disease. She can no longer run but walks well using a walking stick and walked 133km in the 2015 Adelaide 24H championship and has finished the Sydney Trailwalker and the Sydney Marathon in 5:42. She was accompanied by her sister **Heather Christison** who was also a top runner, representing NSW in road and cross country and finishing 11 marathons. She now supports Heather in her long walks.

**Simon Butterworth** was another absolute first timer and walked an excellent 197.669km, always in control and keeping his pace slow and steady. Australian Centurion **John Kilmartin** (C67) from Ballarat was also in action but still suffering the effects of a foot injury and had to call it quits with only 116.109km. The remaining 4 were all seasoned campaigners but chose conservatively and kept to shorter distances (now that's what I call sensible).



**Heather Christison defies the odds with a walk of 219.496km in Canberra last weekend (photo Thom Rigney)**

**48 Hour Championship (walkers)**

11.	Linda Christison	NSW	219.496 km
	Heather Christison	NSW	219.496 km
	Simon Butterworth	ACT	197.669 km
	John Kilmartin	VIC	116.109 km

### 12 Hour Championship (walkers)

14. Saul Richardson NSW 64.555 km

### 6 Hour Championship (walkers)

6. Tim Erickson VIC 51.127 km

10. Phil Essam ACT 34.224 km

11. Belinda Essam ACT 32.162 km

## DUDINSKÁ PÄTDESIATKA 2016, DUDINCE, SLOVAKIA, SATURDAY 19 MARCH

There were a number of international racewalk meets on last weekend and my overseas report starts with the 35<sup>th</sup> edition of the Dudinská Pätdesiátka in Dudince, Slovakia. This annual meet is built around its famous 50km race and includes elite 20km as well as Junior and Masters races. Windy and cold weather conditions greeted competitors on Saturday in what was the latest IAAF Race Walking Challenge meet. My reports are taken from the IAAF website report at <http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/dudinska-augustyn-bosworth-giorgi>. And of course, it goes without saying that our European correspondent Emmanuel Tardi was there as well. Thanks for the photos Emmanuel!

### 50 km walk

The honours in the blue riband 50km event went, for the third time, to Poland's **Rafal Augustyn**, following his wins in 2010 and 2014. **Horacio Nava** of Mexico took the front position from the first km, initially working in cooperation with Serbia's Vladimir Savanovic but soon forged ahead with the aim of improving his best 3:42:51, and was in front until the 42<sup>nd</sup> km, with Guatemala's **Erik Barrondo** and the Polish duo of Augustyn and **Grzegorz Sudol** leading the chasers. After passing 20km in 1:29:24, the gap between leading Nava, with Savanovic on his heels, and then the rest of the field was less than a minute.

Savanovic then soon started to lose the contact and shortly after 20km he threw in the towel, the same happening to the 2010 European silver medallist just after 30km. Augustyn then passed and pulled away from Barrondo – the latter later to drop out as well – the Pole moving up to second in the 34<sup>th</sup> km before he overhauled Nava 8km from the line. Having finished second behind Slovakia's world champion Matej Toth 12 months ago in what was then a personal best of 3:43:55, Augustyn improved his best by 33 seconds to 3:43:22 for a record third win in this event. He also won the Polish title for the fourth time and secured his spot in their team going to the Rio 2016 Olympic Games. "I am very proud to win this event for the third time because it was very important due to the Olympic qualification today. It is a difficult track with so many curves," said Augustyn. "I know it is the same for everyone but I started to feel my knee after so many turns I feel respect because with this distance and with so many racers on the track you never know what is going on. I wish I come back next year because everyone loves it here.

Silver went surprisingly to **Alexi Ojala**, of Finland, who showed good tactical sense and came through strongly over the last 10km, although he was more than three minutes in arrears of Augustyn. He improved his best by more than 10 minutes to 3:46:25. "It was better than I have ever dreamed," said Ojala. "It was the best race of my life today. The weather was great for me, not too warm, 10 degrees, and I was happy. My main goal this season was to qualify for Rio, and I did it."

Bronze went also to Poland as **Adrian Blocki** clocked 3:47:16. Exhausted, Nava finally came home fifth in 3:47:44. In the difficult windy weather conditions, the top eight finishers went faster than 3:50:00 with another 23 dipping below the four-hour barrier. Very impressive standard! Amongst them were Irish walker **Alex Wright** (3:48:31) and African record holder **Marc Mundell** (3:56:12).

1.	Rafal Augustyn	POL	84	3:43:22
2.	Aleksi Ojala	FIN	92	3:46:25
3.	Adrian Blocki	POL	90	3:47:16
4.	Håvard Haukenes	NOR	90	3:47:42
5.	Horacio Nava	MEX	82	3:47:44
6.	Alex Wright	IRL	90	3:48:31
7.	Rafal Fedaczyński	POL	80	3:48:42
8.	João Vieira	POR	76	3:49:05
9.	José Ojeda	MEX	85	3:50:40
10.	Jarkko Kinnunen	FIN	84	3:50:40
11.	Rafal Sikora	POL	87	3:51:18
12.	Park Chil-Sung	KOR	82	3:52:26
13.	Jaime Quiyuch	GUA	88	3:53:01
14.	Ivan Trotski	BLR	76	3:53:12
15.	Pedro Gómez	MEX	90	3:53:23
16.	Máté Helebrandt	HUN	89	3:53:54
17.	Veli-Matti Partanen	FIN	91	3:54:02
18.	Lukáš Gdula	CZE	91	3:54:29
19.	Jonathan Rieckmann	BRA	87	3:55:26
20.	Marc Mundell	RSA	83	3:56:12
21.	Miklós Srp	HUN	93	3:57:06
22.	Pavel Chihuán	PER	86	3:58:32
23.	Dušan Majdán	SVK	87	3:58:41
24.	Martin Tistan	SVK	92	4:00:43

25.	Kim Hyun-Sub	KOR	85	4:01:06
26.	Bence Venyercsán	HUN	96	4:02:35
27.	Alex Flórez	SUI	71	4:02:37
28.	Artur Mastianica	LTU	92	4:04:49
29.	Pavel Schrom	CZE	91	4:05:09
30.	Arnis Rumbenieks	LAT	88	4:05:20
31.	Pavel Yarokhau	BLR	82	4:05:31
32.	Dominic King	GBR	83	4:08:00
33.	Ondrej Motl	CZE	94	4:08:52
34.	Dionísio Ventura	POR	79	4:09:40
35.	Caio Bonfim	BRA	91	4:10:04
36.	Uladzimir Burundukau	BLR	90	4:11:33
37.	Anaury Bustamente	MEX	86	4:14:47
38.	Dávid Tokodi	HUN	91	4:17:04
39.	Dan King	GBR	83	4:19:12
40.	Mohamed Ahmed Deifalla	EGY	85	4:22:04
41.	Ahmed Magdy Mobarak	EGY	91	4:30:25
42.	Lukáš Pazdera	CZE	86	4:32:52
43.	Christer Svensson	SWE	69	4:37:02
44.	Cláudio Dos Santos	BRA	77	4:55:55
45.	Ferenc Major	HUN	61	5:24:49
	Stefano Chiesa	ITA	96	DNF
	István Csaba	HUN	59	DNF
	Michal Morvay	SVK	96	DNF
	Miroslav Úradník	SVK	96	DNF
	Alexandr Malysa	CZE	87	DNF
	Milan Rízek	SVK	78	DNF
	Zdeno Medera	SVK	75	DNF
	Bruno Erent	CRO	90	DNF
	Rudnei Nogueira	BRA	90	DNF
	Luiz Felipe dos Santos	BRA	83	DNF
	Giovanni Renò	ITA	91	DNF
	Kang Kil-Dong	KOR	92	DNF
	Peter Tichý	SVK	93	DNF
	Iván Pajuelo	ESP	93	DNF
	Antón Kucmín	SVK	84	DNF
	Vladimir Savanovic	SRB	85	DNF
	Cédric Houssaye	FRA	79	DNF
	Tadas Šuškevičius	LTU	85	DNF
	Damian Blocki	POL	89	DNF
	Erik Tysse	NOR	80	DNF
	Erick Barrondo	GUA	91	DNF
	Grzegorz Sudol	POL	78	DNF
	Samir César Sabadin	BRA	81	DQ
	Maciej Rosiewicz	GEO	77	DQ
	Cristian Berdeja	MEX	81	DQ
	Lukasz Nowak	POL	88	DQ

## 20km Men

The men's 20km race was kicked off with the Sweden's **Ato Ibanez** leading the field in the first 4km before Great Britain's **Tom Bosworth** took the lead. Bosworth, attacking the British national record, went through halfway in 39:58 with Ibanez 12 seconds behind. The 26-year-old Briton then proceeded to keep everyone else at arms' length before setting a British record 1:20:41, beating Ian McCombie's 1988 record of 1:22:03, set two years before Bosworth was born. Bosworth has a good record when racing in Slovakia as his British indoor 5000m race walk record set in January was clocked in Bratislava. "I'm very happy," said Bosworth. "I knew I'm in the form of my life and have been desperate to break the 20km record to complete my set. I knew the form I was in I should bypass it and send a real message to the rest of the world. I did that and I know I have more in the tank to give. Exciting times for the World Race Walking Cup in May and of course Rio!"

Italy's **Matteo Giupponi** achieved his lifetime best of 1:20:52 in second with Ibanez also going faster than ever before when coming home two seconds later. Ato's time of 1:20:54 was just over 90 secs better than his previous personal best and 36 seconds under the nomination limit of 1:21:30 set by the Swedish Olympic Committee, so he now looks set for Rio.

1.	Tom BOSWORTH	GBR	90	1:20:41
2.	Matteo GIUPPONI	ITA	88	1:20:52
3.	Ato IBANEZ	SWE	85	1:20:54
4.	Jesus Tadeo VEGA	MEX	94	1:21:08
5.	Isaac PALMA OLIVARES	MEX	90	1:21:16
6.	Alexandros PAPAMIKHAIL	GRE	88	1:21:48



7.	Erwin GONZÁLEZ	MEX	94	1:21:54
8.	Ever PALMA OLIVARES	MEX	92	1:21:56
9.	Dawid TOMALA	POL	89	1:22:28
10.	Julio Cesar SALAZAR	MEX	93	1:22:29
11.	Marius ZIUKAS	LTU	85	1:22:31
12.	Robert HEFFERNAN	IRL	78	1:22:41
13.	Moacir ZIMMERMANN	BRA	83	1:22:43
14.	Andriy HRECHKOVSKIY	UKR	93	1:22:55
15.	José Luis DOCTOR	MEX	96	1:23:29
16.	Mert ATLI	TUR	93	1:23:50
17.	Eder SÁNCHEZ	MEX	86	1:24:53
18.	Predrag FILIPOVIC	SRB	78	1:25:50
19.	Brendan BOYCE	IRL	86	1:26:05
20.	Gabriel MENDOZA GALLEGOS	MEX		1:26:45
21.	Cian MCMENAMON	IRL	91	1:27:32
22.	Fredrik RØTNES	NOR	96	1:28:55
23.	Mthembi CHAUQUE	RSA	93	1:29:52
24.	Nenad FILIPOVIC	SRB	78	1:30:29
25.	Andriy RAZHON	UKR	96	1:36:12
26.	Jerome CAPRICE	MRI	83	1:38:07
27.	Rob TERSTEEG	NED		1:41:37
	Wayne SNYMAN	RSA	85	DNF
	Tomasz NIEDZIALEK	POL	96	DNF
	Nathaniel SEILER	GER	96	DNF
	Remco DE BRUIN	NED	64	DNF
	Rick LIESTING	NED	77	DNF
	Andrew CHROBOK	NED	84	DNF
	Ersin TACIR	TUR	85	DNF
	Omar SEGURA	MEX	81	DNF
	Ivan Gabriel GARRIDO	COL	94	DQ
	Recep ÇELIK	TUR	83	DQ
	Salvatore RAO	ITA	57	DQ



**Tom Bosworth, Ato Ibanez and Rafal Augustyn**

### 20km Walk Women

**Eleonora Giorgi** of Italy retained her women's 20km title from last year but she was almost two minutes slower than her 2015 personal best, clocking 1:28:05. Fourth in last year's race, Brazil's **Erica de Sena** improved her South American record to 1:28:22 for the silver medal while Portugal's **Ana Cabecinha**, fourth in Beijing, was third in 1:29:11. And a special mention to South African walker **Anel Oosthuizen** with a great PB of 1:37:49.

1.	Eleonora Anna GIORGI	ITA	89	1:28:05
2.	Erica ROCHA DE SENA	BRA	85	1:28:22
3.	Ana CABECINHA	POR	84	1:29:11
4.	Mirna Sucely ORTIZ FLORES	GUA	87	1:30:05

5.	Elisa RIGAUDO	ITA	80	1:30:10
6.	Anežka DRAHOTOVÁ	CZE	95	1:30:21
7.	Neringa AIDIETYTE	LTU	83	1:31:20
8.	Alejandra ORTEGA	MEX	94	1:31:37
9.	Sandra Viviana GALVIS	COL	86	1:31:52
10.	Claudia IOVAN-STEF	ROU	78	1:32:54
11.	Maritza Rafaela PONCIO	GUA	94	1:33:13
12.	Katarzyna GOLBA	POL	89	1:33:41
13.	Monika KAPERÁ	POL	90	1:33:44
14.	Mária CZÁKOVÁ	SVK	88	1:33:58
15.	Agnese PASTARE	LAT	88	1:34:51
16.	Yeseida CARRILLO	COL	93	1:34:53
17.	Mayra PÉREZ	GUA	88	1:35:03
18.	Barbara KOVÁCS	HUN	93	1:35:10
19.	Živilė VAICIUKEVICIUTE	LTU	96	1:35:33
20.	Mária GÁLIKOVÁ	SVK	80	1:35:58
21.	Laura POLLI	SUI	83	1:37:10
22.	Nadezhda DOROZHUK	BLR	90	1:37:23
23.	Cisiane Dutra LOPEZ	BRA	83	1:37:42
24.	Anel OOSTHUIZEN	RSA	95	1:37:49
25.	Ioanna BEMOWSKA	POL	94	1:38:27
26.	Rita RÉCSEI	HUN	96	1:39:06
27.	Viktoriya FERENTS	UKR	93	1:39:21
28.	Jessica HANCCO	PER	95	1:40:17
29.	Monika HORNÁKOVÁ	SVK	95	1:40:43
30.	Corli SWART	RSA	91	1:42:30
31.	Dušica TOPIC	SRB	82	1:42:32
32.	Zelda SCHULTZ	RSA		1:42:41
33.	Agnieszka ELLWARD	POL	89	1:43:05
34.	Tereza KORVASOVÁ	CZE	96	1:43:38
35.	Edna BARROS	POR	96	1:45:30
36.	Susan RANDALL	USA	74	1:45:55
37.	Catarina MARQUES	POR	96	1:46:44
38.	Lucia CUBANOVÁ	SVK	95	1:48:45
39.	Danica GOGOV	SRB	96	1:49:19
40.	Petra RABNÉ RÉCSEI	HUN	90	1:50:25
41.	Ivana RENIC	CRO	96	1:52:41
	Heather LEWIS	GBR	93	DNF
	Petra HORNYIK	HUN	93	DNF
	Susana FEITOR	POR	75	DNF
	Agnieszka SZWARNÓG	POL	86	DNF
	Marie POLLI	SUI	80	DNF
	Justyna ŚWIERCZYNSKA	POL	87	DNF
	Anna SELNÍKOVÁ	CZE	94	DNF
	Jana GOLISOVÁ	SVK	92	DNF
	Tamásné BODORKÓS	HUN	67	DNF
	Bethan DAVIES	GBR	90	DQ

Among the junior men, nine of 10 competitors improved their personal bests over the 10km distance with the winner **Callum Wilkinson** of Great Britain clocking 41:36, just five seconds outside of his own British junior record set in Coventry this month. The 17-year-old German race walker **Teresa Zurek** was the fastest among junior women, achieving a 10km personal best of 47:25.

#### 10km U20 Men

1.	Callum WILKINSON	GBR	97	41:36
2.	Dominik CERNY´	SVK	97	42:42
3.	Arturs MAKARS	LAT	97	43:23
4.	Soma KOVÁCS	HUN	97	45:28
5.	Donát BURGER	HUN	97	45:50
6.	Vít HLAVÁČ	CZE	97	46:00
7.	Predrag PEŠIC	SRB	98	46:23
8.	Tomáš GDULA	CZE	97	47:33
9.	Stefan MIJALKOVIC	SRB	96	48:47
10.	Andre TESOVNIK	SLO	98	49:52
	Guy THOMAS	GBR	97	DQ
	Cameron CORBISHLEY	GBR	97	DQ
	Robert GOLAWSKI	POL	98	DNF

### 10km U20 Women

1.	Teresa ZUREK	GER	98	47:25
2.	Athanasía VAÍTSI	GRE	98	49:57
3.	Carolina COSTA	POR	98	51:28
4.	Anna SÜDI	HUN	97	56:04
5.	Katerina MATERNOVÁ	CZE	98	56:28
6.	Dóra ELEK	HUN	98	61:32
	Lena UNGERBÖCK	AUT	97	DNF

### U18 Men 5km

1.	Lukasz NIEDZIALEK	POL	00	44:25
2.	Jovan DALCEV	SRB	99	45:46
3.	Bálint SÁROSSI	HUN	00	46:00
4.	Niklas RICHTER	GER	99	46:28
5.	Johannes FRENZL	GER	01	49:50
6.	Dávid VARGA	HUN	01	51:33
7.	Vencel GÁL	HUN	01	52:32
8.	Péter DANI	HUN	00	55:24
9.	András DANI	HUN	00	57:32

### U18 Women 5km

1.	Julia RICHTER	GER	99	24:34
2.	Austeja KAVALIAUSKAITE	LTU	00	25:00
3.	Ema HACUNDOVÁ	SVK	99	25:31
4.	Daphne DIMANOPULOSZ	HUN	99	26:40
5.	Laura KOMORÓCZY	HUN	99	27:22
6.	Anna HORNYÁK	HUN	00	27:41
7.	Eva CANADI	SLO	00	27:55



Eleonora Giorgi, Teresa Zurek and Callum Wilkinson

Lots more great photos at <https://www.facebook.com/media/set/?set=a.10153307685456831.1073741862.204551626830&type=3>.

### 40<sup>TH</sup> ASIAN 20KM RACE WALKING CHAMPIONSHIPS, NOMI, JAPAN, SUNDAY 20 MARCH

The next huge walks carnival for the weekend was on Sunday on Nomi, Japan, where the Asian roadwalk championships were contested. Fields were huge (over 100 finishers in the men's 20km and the first 54 all under 1:30:00) and the pace was fast! Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/20032016441NomiResults2016.pdf>.

#### 20km Men

This was the event where last year Yusuke Suzuki set a new 20km world record. The men's race this time around was won by **Daisuke Matsunaga** (JPN) who was not part of the Japanese team for the Asian Championships. He covered the distance in 1:18:53 which is currently the third best world performance of the year, thus redeeming himself for his disqualification, suffered in Kobe, in the last lap of the Japanese Championships a month ago. His split times read impressively - 19:31, 19:36 (39:07), 19:45 (58:52)

and20:01 (1:18:53) Second place went to the Canadian **Inaki Gomez**, in a PB of 1:19:20 and a new Canadian record, snatching it back from Ben Thorne. In third place was another Japanese **Takumi Saitou** with 1:19:44. He was also not part of the Japanese team for the Asian Championships. The Asian Championship was eventually won by Indian walker **Gurmeet Singh** who came 8<sup>th</sup> in a time of 1:20:29, ahead of Japanese walker **Isamu Fujisawa** (1:20:49) and Kazakhstan walker **Georgiy Sheiko** (1:21:52). Further back in 17<sup>th</sup> place, Australian walker **Rhydian Cowley** walked an excellent 1:22:33 for yet another Olympic qualifier. Well done Rhydian!

1.	DAISUKE MATSUNAGA	JAP	1:18:53
2.	GOMEZ, Iñaki	CAN	1:19:20
3.	TAKUMI SAITOU	JAP	1:19:44
4.	KAI KOBAYASHI	JAP	1:19:57
5.	SINGH, Devender	IND	1:20:21
6.	SATOSHI MARUO	JAP	1:20:22
7.	RAWAT, Manish Singh	IND	1:20:26
8.	SINGH, Gurmeet	IND	1:20:29
9.	KUMAR, Sandeep	IND	1:20:44
10.	FUJISAWA, Isamu	JPN	1:20:49
11.	FUMITAKA OIKAWA	JAP	1:20:55
12.	SHEIKO, Georgiy	KAZ	1:21:52
13.	WANG, Qin	CHN	1:22:08
14.	DUNFEE, Evan	CAN	1:22:09
15.	TOMOHIRO NODA	JAP	1:22:29
16.	KRISHNAN, Ganapathi	IND	1:22:33
17.	<b>COWLEY, Rhydian</b>	<b>AUS</b>	<b>1:22:33</b>
18.	TSUYOSHI TASAKA	JAP	1:22:46
19.	CHOE, Byeongkwang	KOR	1:22:49
20.	ZOORAVAND, Hamidreza	IRI	1:22:52
21.	NGUYEN, Thanh Ngung	VIE	1:23:29
22.	Byun, Youngjun	KOR	1:23:30
23.	KIM, Daeho	KOR	1:23:48
24.	KOTA YAMADA	JAP	1:24:03
25.	SEIYA WATANABE	JAP	1:24:08
26.	KOUHEI KOWAKI	JAP	1:24:35
27.	RYOUTA SHIOJIMA	JAP	1:25:05
28.	KAZUKI TAKAHASHI	JAP	1:25:24
29.	MASATORA KAWANO	JAP	1:25:37
30.	HIROKI MAKITANI	JAP	1:26:07
31.	TAKESHI NAKAGAWA	JAP	1:26:10
32.	GAI SAITO	JAP	1:26:24
33.	HAYATO TAKATA	JAP	1:26:31
34.	YUKI KURUMISAWA	JAP	1:26:32
35.	TORU YAMAMOTO	JAP	1:26:50
36.	HENDRO	INA	1:27:24
37.	HOTAKA OUCHI	JAP	1:27:24
38.	YUTA INAYOSHI	JAP	1:27:26
39.	YOSUKE SHIMIZU	JAP	1:27:27
40.	FUSAKI MOCHIHIRA	JAP	1:27:37
41.	YUUICHI YARITA	JAP	1:27:40
42.	KATSUHIRO NISHIGUTI	JAP	1:27:49
43.	TAIYOU OONUMA	JAP	1:28:22
44.	LI, Jiahui	CHN	1:28:36
45.	RAHIMIAN Ebrahim	IRI	1:28:36
46.	NAOKI TAKAHASHI	JAP	1:28:45
47.	YUTO OSHIMA	JAP	1:29:10
48.	TAKAFUMI HIGUMA	NWS	1:29:23
49.	HISATO KOBAYASHI	JAP	1:29:31
50.	KYOUHEI DAIRAKU	JAP	1:29:33
51.	CHANG, Weilin	TPE	1:29:38
52.	YUZURU NAKAO	JAP	1:29:40
53.	RYO INOUE	JAP	1:29:46
54.	TAKAHIRO HIWADA	JAP	1:29:49
55.	TATSUYA TANAKA	JAP	1:30:40
56.	VO, Xuan Vinh	VIE	1:31:25
57.	RYOTA TAKAHASHI	JAP	1:32:00
58.	TOSHIHUMI KANZAWA	JAP	1:32:08
59.	SHOGO YAMAOKA	JAP	1:32:16
60.	TOSHIKI KOSEKI	JAP	1:32:28
61.	TETSUYA OKUNO	JAP	1:32:51
62.	HIDETO NAGAHARA	JAP	1:33:01

63.	YUSAKU SHIRINASHIHAMA	JAP	1:33:02
64.	KOUHEI YAMAMOTO	JAP	1:33:03
65.	YOUHEI TAKENAKA	JAP	1:33:09
66.	KEITA AKIMOTO	JAP	1:33:31
67.	YUTA OOKUBO	JAP	1:33:40
68.	DAICHI KIDO	JAP	1:33:40
69.	HIROAKI TAKEDA	JAP	1:33:51
70.	KATSUYA KIMURA	JAP	1:34:09
71.	ITARU AOYAGI	JAP	1:34:35
72.	NAOTO HATSUKARI	JAP	1:34:43
73.	SIM, Edmund	SIN	1:34:49
74.	MASATSUGU HOMAN	JAP	1:34:50
75.	KAZUAKI SASAKI	JAP	1:35:11
76.	YUTA DAITO	JAP	1:35:22
77.	HIROYOSHI MURAKAMI	JAP	1:35:38
78.	KOUSUKE SHIOIRI	JAP	1:35:40
79.	KENYA TOMITSUKA	JAP	1:35:41
80.	MASAHIRO YAMAGUCHI	JAP	1:35:45
81.	TAKAHIRO UEDA	JAP	1:35:53
82.	DAIKI AIMU	JAP	1:35:56
83.	HIDEAKI MIYAJIMA	NWS	1:35:57
84.	MASATAKA MIYASHITA	JAP	1:36:47
85.	YUTO HIWATARI	JAP	1:37:16
86.	KENTA OKADA	JAP	1:37:24
87.	YUYA YUNOKI	JAP	1:37:32
88.	TAKUMI NAGASAWA	JAP	1:37:41
89.	YUYA SAKURAI	JAP	1:37:56
90.	KATSUYA ENDO	JAP	1:38:35
91.	HIRONORI TAKAHASHI	JAP	1:38:52
92.	HIROYASU TANIGUCHI	JAP	1:39:18
93.	YOSHIAKI NIWA	JAP	1:39:41
94.	AKIRA MACHISHAKU	JAP	1:39:45
95.	TAKUYA TAKAHASHI	JAP	1:40:36
96.	SHUN HORIE	JAP	1:40:40
97.	TAKUMI KAMATANI	JAP	1:41:04
98.	CHONDUANG, Kittiphong	THA	1:42:10
99.	KAZUYA ENDO	JAP	1:42:35
100.	NAOKI SHIMADA	JAP	1:47:38
101.	RYOTA WAKABAYASHI	JAP	1:55:48
	TOSHIKAZU YAMANISHI	JAP	DNF
	KENJI MUNESHIGE	JAP	DQ
	TAKUMA TOHYAMA	JAP	DNF
	YUYA TANAKA	JAP	DNF
	YUGA YAMASHITA	JAP	DQ
	SOICHIRO YOSHINAGA	JAP	DNF
	TAKASHI MURAKAMI	JAP	DNF
	NEERAJ	IND	DNF
	THORNE, Benjamin	CAN	DNF

### 20km Women

First place in the women's race went to **Wang Na** of China with an imprecise 1:28:21 ahead of teammate **Liang Rui** (1:28:43) who took the Asian Championship title ahead of third placed Japanese walker **Kumiko Okada** (1:30:03) and 11<sup>th</sup> placed Korean walker **Jeongeun Lee** (1:33:53). New Zealander **Alana Barber** walked strongly for her 10<sup>th</sup> place finish of 1:33:11 while USA walkers **Maria Michta-Coffey** (1:30:49) and **Miranda Melville** (1:31:42 on her 27<sup>th</sup> birthday) finished 5<sup>th</sup> and 7<sup>th</sup> in strong Olympic qualifiers.

1.	WANG, Na	CHN	1:28:21
2.	LIANG, Rui	CHN	1:28:43
3.	OKADA, Kumiko	JPN	1:30:03
4.	CHIAKI ASADA	DNP	1:30:44
5.	MICHTA-COFFEY, Maria	USA	1:30:49
6.	RENA GOTO	JAP	1:31:00
7.	MELVILLE, Miranda	USA	1:31:42
8.	MASUMI FUCHISE	JAP	1:31:45
9.	AI MICHIGUTI	JAP	1:31:51
10.	<b>BARBER, Alana</b>	<b>NZL</b>	<b>1:33:11</b>
11.	LEE, Jeongeun	KOR	1:33:53
12.	RYKOVA, Regina	KAZ	1:34:33

13.	SAE MATSUMOTO	JAP	1:34:47
14.	LEE, Daseul	KOR	1:34:47
15.	SAPANA	IND	1:35:57
16.	REI INOUE	JAP	1:36:57
17.	CHING, Siu Nga Jessica	HKG	1:36:59
18.	SERENA SONODA	JAP	1:37:42
19.	NAMI KUMAGAI	JAP	1:38:44
20.	MINIYANOVA, Florida	KAZ	1:39:21
21.	FUMIKO OKABE	JAP	1:40:12
22.	CHANG, Chiafeng	TPE	1:40:17
23.	REPINA, Polina	KAZ	1:42:05
24.	CHIAKI YAMATO	JAP	1:42:37
25.	CHIKA YAMADA	JAP	1:42:57
26.	MANAKA SHIRAI	JAP	1:44:38
27.	ASSAWAWONGCHAROEN, T	THA	1:45:52
28.	YUKI YOSHIKUMI	JAP	1:46:36
29.	NOZOMI YAGI	JAP	1:47:31
30.	HIROKO TAKANO	JAP	1:49:05
31.	CHIHO TAHIRA	JAP	1:49:33
32.	MIYU ONO	JAP	1:50:59
33.	YURIKA OMURA	JAP	1:54:10
34.	HIRORI YOKOYAMA	JAP	1:55:58
35.	REIRA TSUSHIMA	JAP	1:57:23
36.	MOMOKO UENO	JAP	1:59:01
37.	MEGUMI NAKANO	JAP	2:00:29
38.	TIN, Shu Min	SIN	2:01:12
	NGUYEN, Thi Thanh Phuc	VIE	DQ



**Inaki Gomez and Rhydian Cowley in action in Nomi on Sunday**

**SPANISH 20 KM WALK CHAMPIONSHIPS, CÁCERES, SPAIN, SUNDAY 20 MARCH**

Caceres hosted the Spanish 20km National Criterium walks last Sunday. As the event doubled as the official Spanish Olympic trials both events were fiercely contested. The 20km for men saw victory going to Alvaro Martin Uriol with 1:21:23, ahead of Luis Alberto Amezcua Balboa with 1:21:39 and Francisco Arcilla Aller with 1:25:10. The 20km for women saw victory going to Ainhoa Gonzalez Pinedo with 1:32:52, ahead of Julia Tkacs Nyerges with 1:33:28 and Maria Perez Garcia with 1:33:44. Report and some great photos at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2383](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2383).

**20km Walk Men**

1.	Alvaro MARTIN	ESP	94	1:21:23
2.	Luis Alberto AMEZCUA	ESP	92	1:21:39
3.	Francisco ARCILLA	ESP	84	1:25:10
4.	José Ignacio DÍAZ	ESP	79	1:26:25
5.	Benjamín SÁNCHEZ	ESP	85	1:27:16

6.	Francisco Jose DURAN	ESP	93	1:27:49
7.	Mario SILLERO	ESP	90	1:28:40
8.	Manuel BERMÚDEZ	ESP	97	1:29:37
9.	Christian CUROPOS	ESP	94	1:30:19
10.	Marcos MONTERRUBIO	ESP	81	1:32:07
11.	Mario VIÑAS	ESP	96	1:32:23
12.	Nil RODES	ESP	96	1:34:01
13.	Marc GUERRERO	ESP	95	1:35:28
14.	Daniel Goni BALLESTEROS	ESP	96	1:35:51
15.	Rodrigo FERNÁNDEZ	ESP	77	1:36:16
16.	Juan Antonio PORRAS	ESP	72	1:37:46
17.	Luis Manuel PEREZ	ESP	92	1:40:17
18.	Daniel LÓPEZ	ESP	81	1:41:51
19.	Marcos CINTRON	ESP	96	1:43:04
	Luis CORCHETE	ESP	84	DQ
	Hélder DOS SANTOS	POR	96	DNF
	William Israel AYMAR CELI	ECU	95	DNF
	Pablo OLIVA	ESP	96	DNF
	Richard VARGAS	VEN	94	DQ
	Marc TUR	ESP	94	DQ

#### 20km Walk Women

1.	Ainhoa Pinedo Gonzalez	ESP	83	1:32:52
2.	Julia Takacs Nyerges	ESP	89	1:33:28
3.	Maria Perez Garcia	ESP	96	1:33:44
4.	Laura Garcia-caro Lorenzo	ESP	95	1:34:51
5.	Lidia Sanchez-puebla Fernandez	ESP	96	1:35:35
6.	Amanda Cano Gomez	ESP	94	1:38:50
7.	Maria Larios Lopez	ESP	92	1:39:54
8.	Mar Juarez Gallardo	ESP	93	1:41:59
9.	Andrea Cabre Carceller	ESP	88	1:46:54
10.	Raquel Leon Asensio	ESP	91	1:49:56

### ITALIAN ROADWALK CHAMPIONSHIPS, CASSINO, ITALY, SUNDAY 20 MARCH

Well reported by [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2382](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2382). A fair bit of discussion on the course which had to be changed due to Palm Sunday religious activities. The races were eventually held on a 500m out and back course but by the sounds of things, it was a very tight squeeze with over 100 walkers sharing a narrow 2m pathway.

Anyway, the cream always bubbles to the top and in the men's 20km, the first 4 were all under the Olympic standard of 1:24:00, with **Frederico Tontodonati** winning in a PB 1:21:56, ahead of **Francesco Fortunato** (PB of 1:22:57), **Leonardo Dei Tos** (1:23:47) and **Michele Antonelli** (1:23:55). Victory in the women's 20km went to **Sibilla Di Vincenzo** with a PB 1: 33.30, ahead of **Nicole Colombi** (a PB of 1:34:21) and **Mariavittoria Becchetti** (1:37:03). The U20 20km titles went to **Giacomo Brandi** (1:27:02) and **Giada Francesca Ciabini** (1:38:39) while the U18 10km titles went to **Davide Marchesi** (45:18) and **Anthea Mirabello** (50:32).

Full results at [http://www.marciadalmondo.com/admin/pdf/risultati/200320166292016\\_Cassino\\_IT.pdf](http://www.marciadalmondo.com/admin/pdf/risultati/200320166292016_Cassino_IT.pdf).

#### 20km Men

1.	TONTODONATI Federico	1989	1h21:56
2.	FORTUNATO Francesco	1994	1h22:57
3.	DEI TOS Leonardo	1992	1h23:47
4.	ANTONELLI Michele	1994	1h23:55
5.	AGRUSTI Andrea	1995	1h24:33
6.	MINEI Vito	1994	1h25:58
7.	PICCHIOTTINO Gianluca	1996	1h26:12
8.	DESSI Lorenzo (I)	1989	1h26:17
9.	MALTONI Alessandro	1993	1h27:15
10.	ZAUPA Alberto	1995	1h31:06
11.	ANGELINI Gregorio	1996	1h31:52
12.	AMOROSO Michele	1993	1h31:55
13.	VONA Flavio	1984	1h33:01
14.	ROMANELLI Andrea	1986	1h37:18
15.	SCORDO Giuseppe	1994	1h37:59
16.	DOLCI Mirko	1985	1h40:16
17.	LAZZIZERA Corrado	1979	1h41:36
18.	QUACQUARELLI Giuseppe	1993	1h41:54
19.	LOPETUSO Antonio	1958	1h42:32

20.	PATIERNO Anthony	1995	1h43:04
21.	GANUCCI Mattia	1990	1h43:30
22.	SIRAGUSA Gianni	1968	1h48:35
23.	VOLPI Alessandro	1960	1h49:27
24.	ANSALDI Sergio	1961	1h53:16
25.	TAMBURINI Pierino	1954	2h02:54
26.	ADRIANI Francesco	1995	2h03:16
27.	VACCARI Fabio	1974	2h06:40

#### 20km U20 Men

1.	BRANDI Giacomo	1998	1h27:02
2.	COPPINI Niccolo'	1997	1h32:08
3.	RIGAMONTI Alessandro	1997	1h32:32
4.	CICALO' Stefano	1998	1h33:51
5.	MOROTTI Marco	1997	1h34:50
6.	IORILLO Mattia	1998	1h35:49
7.	PANTERA Giuseppe	1998	1h37:09
8.	TRAPASSO Attilio	1998	1h40:49
9.	VITANGELI Giacomo	1998	1h41:32
10.	MICHELETTI Juriy	1998	1h42:51
11.	MINTO Michele	1998	1h43:15
12.	CORRADINI Andrea	1998	1h44:21
13.	DOLFI Matteo	1998	1h45:08
14.	CARELLA Alberto	1997	1h46:38
15.	BELLI Marco	1998	2h03:55
16.	NICO Rocco	1997	2h21:36

#### 20km Open Women

1.	DI VINCENZO Sibilla	1983	1h33:30
2.	COLOMBI Nicole	1995	1h34:21
3.	BECCHETTI Mariavittoria	1994	1h37:03
4.	DOMINICI Eleonora	1996	1h38:22
5.	ZAPPAROLI Alessia	1988	1h40:32
6.	SCIPIONI Sara	1995	1h44:30
7.	IMBESI Giulia	1996	1h45:22
8.	STACH Marta	1995	1h46:52
9.	SANSONI Adelaide	1982	1h47:17
10.	CANI Lisa	1996	1h49:05
11.	ANSALDI Martina	1996	1h49:43
12.	GRAFEO Sascia	1992	1h49:46
13.	SBERNARDORI Elena	1991	1h51:20
14.	MANCINI Daniela	1983	1h51:47
15.	CORMACI Silvia	1994	1h53:36
16.	DI MARIA Desiree	1987	1h54:18
17.	CARACCIA Roberta	1990	1h55:16
18.	PASCAL Gina Ionela	1996	1h59:15
19.	MARCHIORI Maura	1959	2h03:22

#### 20km U20 Women

1.	CIABINI Giada Francesca	1997	1h38:39
2.	PANCONI Giulia	1997	1h45:28
3.	RUSSO Annalisa	1998	1h48:36
4.	FORESTI Beatrice	1998	1h49:34
5.	TERZI Linda	1998	1h54:12
6.	TERRONE Marianna	1997	1h55:37
7.	PIRO Anna	1998	1h56:26
8.	ESPOSITO Marianna	1998	1h57:46
9.	ROTA Alice	1998	1h57:49
10.	ANDREOSE Beatrice	1998	1h58:05
11.	CIPPITELLI Giulia	1998	1h58:36
12.	ORLANDI Virginia	1998	1h58:41
13.	TOMASELLO POMA Roberta	1998	2h00:37

#### 10km U18 Men (first 10)

1.	MARCHESE Davide	1999	45:18
2.	ALBERGA Alfonso	1999	46:27
3.	MAGISTRI Luca	1999	46:48
4.	ORSONI Riccardo	2000	46:53



5.	CHIRIVI' Diego	1999	47:30
6.	ROMANZI Emanuele	1999	47:41
7.	BARATTINI Fabio	1999	47:41
8.	GALLO Matteo	1999	48:01
9.	GIULIANI Giorgio	2000	48:10
10.	FANELLI Nicolas	1999	48:16

#### 10km U18 Women (first 10)

1.	MIRABELLO Anthea	1999	50:32
2.	MIRABELLO Angelica	1999	51:00
3.	CUNI Chiara	1999	51:33
4.	LACATUS Andrada Lavinia	2000	51:45
5.	DISABATO Valeria	1999	52:06
6.	CRIVELLARO Camilla	2000	52:37
7.	MASTRONICOLA Alessia	2000	53:23
8.	PINI Francesca Azzurra	1999	53:35
9.	LENTINI Alessandra	2000	53:43
10.	SILLI Laura	1999	53:57

### NZ WALKERS NAMED FOR WORLD RACEWALKING TEAMS CHAMPIONSHIPS

Athletics New Zealand has named four athletes for the 2016 IAAF World Race Walking Team Championships in Rome from 7-8 May. Experienced senior members Quentin Rew and Alana Barber, who both produced big performances at the Beijing World Championships in 2015, will race over 20km. The two junior members of the team, Jamie Shaw from Nelson and Laura Langley from Hastings will be competing at their first world championship events and will contest the U20 10km.

Senior Men 20km	<b>Quentin Rew</b>
Senior Women 20km	<b>Alana Barber</b>
Junior Men 10km	<b>Jamie Shaw</b>
Junior Women 10km	<b>Laura Langley</b>

The New Zealand Team Leader for the event is **Tony Sargisson**.

Well done to Quentin and Alana who are currently Melbourne based and who are both VRWC members.

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Mon 21 Mar - Results of Spanish 20km championships at Caceres  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2383](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2383)
- Sun 20 Mar - Results of Italian 20km championships in Cassino  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2382](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2382)
- Sun 20 Mar - Results of Asian Roadwalk Champs in Nomi, Japan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2381](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2381)
- Sat 19 Mar - Augustin, Tom Bosworth and Giorgi win in Dudince  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2380](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2380)
- Fri 18 Mar - Preview of Italian 20km championships this weekend  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2379](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2379)
- Wed 17 Mar - Callum Wilkinson and Bethan Davies win in Coventry last weekend  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2378](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2378)
- Tues 16 Mar - Preview of Dudince walking carnival this weekend  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2377](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2377)

The omarchador blog was also active with 9 news releases to review

- Mon 21 Mar - Alvaro Martin and Ainhoa Pinedo win Spanish 20km championships in Cáceres  
<http://omarchador.blogspot.com.au/2016/03/alvaro-martin-e-ainhoa-pinedo-vencem-20.html>
- Mon 21 Mar - Tom Bosworth wins 20km in Dudince

<http://omarchador.blogspot.com.au/2016/03/tom-bosworth-triunfa-nos-20-km-de.html>

- Sun 20 Mar - Eleonora Giorgi wins women's 20km in Dudince  
<http://omarchador.blogspot.com.au/2016/03/eleonora-giorgi-marca-superioridade-em.html>
- Sun 20 Mar - Rafal Augustyn wins 50km in Dudince  
<http://omarchador.blogspot.com.au/2016/03/rafa-augustyn-vence-50-km-de-dudince.html>
- Sat 19 Mar - Preview of Spanish 20km walk championships this weekend  
<http://omarchador.blogspot.com.au/2016/03/68os-campeonatos-de-espanha-de-20-km.html>
- Fri 18 Mar - Callum Wilkinson and Bethan Davies win in Coventry last weekend  
<http://omarchador.blogspot.com.au/2016/03/callum-wilkinson-e-bethan-davies.html>
- Thu 17 Mar - Maria Michta-Coffey and John Nunn win USA Indoor Walk Champs last weekend  
<http://omarchador.blogspot.com.au/2016/03/campeonatos-de-pista-coberta-dos-eu.html>
- Wed 16 Mar - Results of Portuguese Indoor Masters Champs in Pombal last weekend  
<http://omarchador.blogspot.com.au/2016/03/campeonato-nacional-de-masters-em-pista.html>
- Tue 15 Mar - Preview of big walks meet in Dudince next weekend  
<http://omarchador.blogspot.com.au/2016/03/dudince-vai-receber-atletas-de-40.html>

#### OUT AND ABOUT

- Great summary article of the ambitious recent multi-month study at the Australian Institute of Sport featuring an international group of Olympic-bound race walkers randomized to different diets. Also interesting to see (as an aside) that a large number of them walked PBs this weekend in the various international races around the world. Just goes to show the benefits of this sort of camp. See <http://www.outsideonline.com/2060591/science-running-fat#article-2060591>.
- Nine male Indian walkers have qualified in the 20km event for Rio but only three entries are allowed per country. And with 4 of them walking 1:24:44 or better in this weekend's Asian Championships in Nomi, the pressure on Olympic spots is not easing any time soon! See <http://www.sportstarlive.com/athletics/exciting-race-to-rio-for-walkers/article8360441.ece>.
- Marc Mundall explains why Race walking is the only athletics event in South Africa in which an athlete cannot qualify for Olympic Games by competing in a local race. See <http://www.supersport.com/athletics/article.aspx?Id=3447464>.
- Philip van der Merwe has announced that the inaugural **African Centurion 24 Hour Walk** to be held on Robben Island, South Africa on **22<sup>nd</sup> October 2016**. What an iconic venue! He advises their website will be online soon. In the meanwhile, here is their press release: <http://www.centurions.org.au/documents/AfricanCenturion2016.pdf>.
- Martin Bingisser and HarradinePerformance review Australia's "Winning Edge" High Performance Strategy and it comes out as a pretty damning report from what I can see. If Australia's T&F performance does not significantly improve in Rio (and the odds are not looking good), the knives will be drawn. Oh, if only we still had scholarship athletes at the AIS! Yes, another of the "Winning Edge" decisions. It's a must read - <https://harradineperformance.com/think-is-australias-edge-really-winning/>

#### #KIRDYAPKIN

Things continue apace in the murky world of drugs and sport.

#### Tuesday 16 March

- The scope of retesting before Rio has been extended. Selected samples from the 2008 and 2012 Olympics in Beijing and London are now to be reanalysed ahead of the Games in an initiative aimed at protecting clean athletes, the IOC and WADA announced last Tuesday. The targeted tests will be carried out before August, with the results known in a "number of weeks or months", according to IOC medical and scientific director Richard Budgett. The reanalysis of hundreds of samples is already under way, the IOC said, adding that it had together with Wada "identified and agreed on the sports and countries being targeted. This includes in particular athletes likely to compete in Rio who also competed in London and Beijing, and specific methods of analysis where there have been advances during the time since Beijing 2008 and London 2012." See <http://www.supersport.com/athletics/article.aspx?Id=3443444>.

#### Wednesday 16 March

- Athletics Kenya has been accused of not doing enough to combat doping by its former executive officer Noah Ngeny. Just 40 anti-doping tests were carried out in Kenya last year. Former Olympic champion Ngeny - who has now quit his role as

athletes' representative - says Athletics Kenya needs to do its bit to tackle doping or it will "kill the sport." Ngeny, who won 1500m gold at the 2000 Sydney Olympics, added: "The federation are not fighting the doping issue." See <http://www.bbc.com/sport/athletics/35814852>.

- The meldonium rollercoaster continues. Former European indoor 800-meter champion Nataliya Lupu of Ukraine had to miss this week's world indoor championships in Portland last week over her use of meldonium. The Ukrainian T&F federation said Lupu withdrew from the championships after WADA "raised concerns about the use of meldonium." See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11606310&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11606310&ref=rss).
- Russia's Yuliya Efimova has reportedly been caught up in the rampant amount of positive tests for meldonium that has recently taken place among Russian sports stars since the drug moved to the prohibited list this year, according to Russian media Sports Express. Efimova, who already served a 16-month ban for a positive test for DHEA steroids, could face a lifetime ban after what is being reported to have been an in-competition positive test. Efimova is an Olympic medal favourite this year. She's the top ranked swimmer in the world in the women's 100m breaststroke. See <https://www.swimmingworldmagazine.com/news/yuliya-efimova-reportedly-tests-positive-for-meldonium/>.

#### Thursday 17 March

- Britain's anti-doping agency has banned former athletics coach George Skafidas for life from sports for nine rule violations. The Greek's ban relates to his conduct coaching British sprinter Bernice Wilson. Wilson was banned from athletics for four years after testing positive in 2011 from an in-competition test for testosterone and clenbuterol, which U.K. Anti-Doping says Skafidas administered. Before Wilson returned to athletics, Skafidas administered further prohibited substances and she tested positive for clomiphene in February 2015. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11606818&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11606818&ref=rss).
- Russian President Vladimir Putin wants government officials to step up the country's efforts against doping in sports. I think this can only mean that Russia is worried it will not satisfy the criteria being put for Rio inclusion. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11606902&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11606902&ref=rss).

#### Sunday 20 March

- Russian 400m runner Nadezhda Kotlyarova says she has tested positive for the banned substance meldonium. Kotlyarova told Russia's Tass agency that she failed a drug test at last month's Russian indoor championships in Moscow. The case adds to Russian track and field's difficulties as the country tries to persuade international authorities to lift a blanket ban on Russian athletes implemented in November in the wake of the major doping scandal. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11609187&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11609187&ref=rss).

#### Monday 21 March

- **CAS is expected to issue decisions in six of the pending procedures involving Russian athletes by 24 March 2016.** The IAAF had appealed the selective bans meted out by the Russian Anti-Doping Agency following the biological passport cases of athletes Valeriy Borchin, Olga Kaniskina, Sergey Bakulin, Sergey Kiryapkin, Vladimir Kanaykin and Yuliya Zaripova. All six cases arose from the IAAF Athlete Biological Passport programme. When announcing the appeals, the IAAF stated that it disagreed with the "selective disqualification of results" applied by RUSADA. **Hopefully Australian Jared Tallent will be an Olympic champion and Ireland's Robert Heffernan will be an Olympic medallist come Thursday.** Official CAS statement at [http://www.tas-cas.org/fileadmin/user\\_upload/Media\\_Release\\_announce\\_date.pdf](http://www.tas-cas.org/fileadmin/user_upload/Media_Release_announce_date.pdf). Read more at <http://www.athleticsweekly.com/featured/cas-set-to-rule-on-doping-cases-of-six-russian-athletes-40783/#ROUPDmMSDzUb5Lcx.99>.
- Meanwhile, a further four Russian T&F athletes were on Monday reported to have tested positive for meldonium. According to Reuters, the Russian Athletics Federation said four athletes had tested positive for the substance at the Russian Winter Indoor Athletics Championships in February. Long-distance runner Andrei Minzhulin is reported as being among those four athletes. See <http://www.independent.co.uk/sport/general/athletics/meldonium-maria-sharapova-four-more-russian-athletes-test-positive-for-same-banned-drug-a6944071.html>.
- The Italian National Anti-Doping Tribunal has cleared 8 athletes, including European marathon champion Daniele Meucci and Olympic triple jump bronze medallist Fabrizio Donato, of evading doping tests. Daniele Meucci, Fabrizio Donato, Daniele Greco, Ruggero Pertile, Andrew Howe, Silvia Salis, Anna Incerti and Andrea Lalli were among 26 athletes named by CONI in December when they were accused of evading doping controls, but at the time The Associated Press reported how the athletes "maintain there was an administrative error". I am not surprised at this as it did sound very strange at the time. It does not reflect well on the Italian regime if they can't get their act right. See <http://www.all-athletics.com/en-us/2016-03-21/eight-italian-athletes-cleared-evading-doping-tests>.

## 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

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, 20156	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 (remaining events)

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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