



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 27
5 April 2016



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WALKER OF THE WEEK

My Walkers of the Week this time around are Dane Bird Smith (QLD) and Beki Smith (ACT), the winners of the 10,000m track walks at the Australian T&F Championships in Sydney last Friday evening.



The track walks used to feature every year as an integral part of the Australian T&F Championships but were discontinued after 1998. After a lot of badgering, Athletics Australia finally relented and allowed an invitational 5000m walk at the 2013 Australian T&F Championships in Sydney.

So this was the third scheduling of the reincarnated track championships. For the record, Dane dominates the men with 3 wins out of 3 while Tanya Holliday and Beki Smith share the honours on the women's front.

Table with 10 columns: Year, Name, State, Time, Name, State, Time, Name, State, Time. Lists results for Dane Bird-Smith and Tanya/Beki Smith from 2014-2016.

You can check out all the Australian Championship results at http://www.vrwc.org.au/vrwc aust results.shtml. It's not fully up to date but I am working on it!

WHAT'S COMING UP

- The 2015/2016 Summer Season is just about done and dusted – the remaining key dates are as follows:

Sun 10 Apr Castlemaine NAB 500, Castlemaine – see <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>
16-17 Apr Coburg 24 Hour Track Carnival, Coburg – see <http://www.coburg24hr.org/24hr/>
16-19 Apr AMA T&F Championships, Adelaide - see <http://www.samastersathletics.org.au/nationals2016/>
Sat 23 Apr VRWC winter season races, Middle Park

- A few words about the **2016 Australian Masters Athletics Championships** in Adelaide. Entry lists have now been published - see http://vicmastersaths.org.au/wp/wp-content/uploads/2016/04/AMA-Championships-Start-Lists_v3.pdf. The walks will be held as shown below:

- Saturday April 16th 1,500m Track Walks
- Sunday April 17th 5,000m Track Walks
- Tuesday April 19th 10km Road Walks

- The ACT Racewalking Club have opened entries for the **50th Lake Burley Griffin Racewalk Carnival** which will be held in Canberra on Sunday 12th June. You can download the entry form from <http://www.actwalkers.com.au/wp-content/uploads/2016/04/2016-Entry-Form.doc>. Once you have filled it in, you send it to your racewalking club secretary, along with your entry fee. For Victorians, that means the following:

- VRWC members post their forms to our club secretary Terry Swan, c/o G.P.O. Box 5192, Melbourne, Victoria, 3001. Payment can be made by cheque or cash or by direct credit to our VRWC CBA Account. Mark 'LBG' and your name in the Reference field for online payments.
Name: Victorian Racewalking Club
BSB: 063143
Acct Num: 00800455
- Ballarat Walkers Club members direct their entries to club secretary Kerrie Peart
- Bendigo Walkers Club members direct their entries to club President Paul Rance

See all the latest LBG info at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.

- And looking a long way ahead, the **2016 World Masters Athletics Championships** will be held in Perth from Oct 26 -Nov 6. Entries are now open - enter at <http://www.perth2016.com/the-event/register/>. You have plenty of time left to enter - entries close on August 25th. The walks will be held as shown below:

- Wednesday October 26th 5000m Walk Men
- Thursday October 27th 5000m Track Women
- Monday October 31st 10km Road Men and Women
- Friday November 4th 20km Road Men and Women

The track walks will be held at the Ern Clark Athletics Centre, Wharf Street, Cannington, and the road walks will be held on a 2km loop in Perry Lakes Drive, Floreat (Adjacent to the main stadium precinct).

CASTLEMAINE NAB 500, CASTLEMAINE, SUNDAY 10 APRIL

Entries close on Friday for our 2016 Castlemaine NAB 500 Walk which will be held next **Sunday 10th April** in Castlemaine. 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.

This is an urgent call for entries – we currently only have 25 entries – borderline for the event to proceed. We have to consider the sponsors and in such a situation such small fields are always counterproductive. So if you were thinking of coming, PLEASE decide in the affirmative and register now. We need you there to ensure it all goes ahead. A final decision will be made later in the week so check webpage <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml> on Friday.

Hopefully we will 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>

RACEWALK VICTORIA UNIFORM UPDATE

All Racewalking Victoria walkers must wear the RWV uniform in the LBG Carnival in Canberra in June. I have contacted the uniforms manufacturers and confirmed that they need 7 weeks to complete uniforms orders. That means we need to finalise our order by **Wednesday 20th April. So you have 2 weeks to organise your order.** I will add a few extra items to the order in case your sizing guess is not quite right. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp1/rwv-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



AUSTRALIAN T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 31 MARCH – 3 APRIL

The annual Australian T&F Championships in Sydney last weekend doubled as the official Olympic trials for most events so the competition was intense. Although not trial events, the 10,000m walks, held on the evening of Friday 1st April, also proved high quality events.

As discussed at the beginning of the newsletter, **Dane Bird Smith (QLD)** and **Beki Smith (ACT)** were our walk winners, both doing superb PBs (Dane **38:44.61, PB 0:12**) and Beki (**43:48.08, PB 0:36**) and both set meet records. For Dane, it is the latest in a wonderful series of walks – he is already in the Olympic team and continues to improve in leaps and bounds. For Beki, it confirms her great form and makes her own Olympic selection case a lot stronger. Alas, I don't have any photos – sorry guys! I did find a nice article on Beki – <http://www.nswathletics.org.au/News/nationals-day-two-olympic-race-walker-beki-smith-sprints-back-into-form>. There is also an excellent video of the race at <http://live.athletics.com.au/player.php?i=11217>.

Men 10000m Walk Open

1.	Bird-Smith, Dane	92	QLD	38:44.61	PB 0:12
2.	Jones, Tyler	98	NSW	43:39.86	
3.	Felton, Jay	95	NSW	44:30.04	
4.	Gibbons, Carl	96	NSW	47:21.49	
5.	Kozica, Jason	88	VIC	47:25.55	PB 0:57
6.	Hawksworth, Danny	79	VIC	50:30.99	
7.	Nipperess, Dean	71	QLD	50:44.50	
	Cowley, Rhydian	91	VIC	DNF	

Women 10000m Walk Open

1.	Smith, Beki	86	ACT	43:48.08	PB 0:36
2.	Holliday, Tanya	88	SA	44:33.87	
3.	Smith, Clara	98	QLD	47:17.64	
4.	Pickles, Jessica	94	QLD	48:49.77	
5.	McInnes, Simone	91	VIC	51:45.07	PB 2:32
6.	Laurie, Natalie	91	VIC	58:55.59	
	Billington, Tayla-Paige	97	VIC	DNF	

Dane now moves up to 5th place on the Australian men's all-time list and Beki moves up to 4th place on the women's all-time list.

No	Time	Name	State	DOB	Place	Location	Date	Age
1	38.06	David Smith	V	24-07-1955	1	Sydney	1986-09-25	31
2	38.09	Nathan Deakes	V	17-08-1977	4	Krakow, Poland	2001-06-09	23
3	38.29	Jared Tallent	V	17-01-1984	8	IAAF Challenge Final 10km, Beijing	2010-09-18	26
4	38.41	Luke Adams	N	22-10-1976	9	IAAF Challenge Final 10km, Beijing	2010-09-18	33
5	38.44.61	Dane Bird-Smith	Q	15-07-1992	1	Sydney	2016-04-01	23
6	38.49	Andrew Jachno	V	13-04-1962	1	Copenhagen, Denmark	1992-05-23	30
7	38.59	Chris Erickson	V	01-12-1981	11	IAAF Challenge Final 10km, Beijing	2010-09-18	28
8	39.10	Nick A'Hern	N	06-01-1969	1	Sydney	1991-01-13	22

9	39.20	Adam Rutter	N	24-12-1986	15	IAAF Challenge Final 10km, Beijing	2010-09-18	23
10	39.50	Simon Baker	V	06-02-1958	1	Canberra (Aust 20 km split)	1988-08-27	30
1	41.30	Kerry Saxby-Junna	N	20-06-1961	1	Canberra	1988-08-27	27
2	42.15	Jane Saville	N	05-11-1974	6	Eisenhutzenstadt	1999-05-08	24
3	43.28	Gabrielle Blythe	V	09-03-1969	-	Hawkesbury	1993-07-10	24
4	43.48.08	Beki Lee	N	25-11-1986	1	Sydney	2016-04-01	29
5	43.58	Tanya Holliday	S	21-09-1988	1	Adelaide	2012-07-28	23
6	44.01	Jess Rothwell	V	18-06-1989	1	Melbourne	2009-02-15	19
7	44.19	Claire Tallent	S	06-07-1981	1	Cairns (Oceania Champs)	2012-06-29	30
8	44.27	Anne Pembroke-Manning	N	13-11-1959	1	Melbourne	1996-01-21	26
9	44.52	Cheryl Webb	N	03-10-1976	1	Melbourne (Aust 20km split)	2009-03-07	32
10	45.10	Natalie Saville	N	07-09-1978	2	Melbourne	1997-02-27	18

QLD MASTERS TRACK WALKS CATCHUP

And a catchup result from the last couple of weeks with the Queensland Masters in Brisbane.

VMA 10,000m Walk Championship, Wednesday 26 March

M45	1	Argenis Guevara	M47	53:46.3
M50	1	Ignacio Jimenez	M50	49:26.6
	2	Andrew Leggett	M53	1:03:53.6
M60	1	Peter Bennett	M60	52:25.2
W70	1	Noela McKinven	W73	1:21:57.1
M76	1	Patrick Sela	M76	1:14:46.1

3000m Walk, Brisbane, Saturday 2 April

M45	1	Argenis Guevara	M47	15:14.75	75.81%
M50	1	Ignacio Jimenez	M50	14:03.16	85.73%
M60	1	Peter Bennett	M60	15:00.06	87.91%
M65	1	John Harris	M67	19:11.98	72.36%
W70	1	Noela McKinven	W73	23:51.85	68.19%
M75	1	Patrick Sela	M76	21:47.26	72.05%

3000m Walk, Gold Coast, Sunday 3 April

W60	1	Debra Liebeck	W62	26:46.70	53.67%
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5000m Walk, Gold Coast, Sunday 3 April

W45	1	Nyle Sunderland	W48	30:23.59	70.37%
M50	1	Paul Lindenberg	M53	31:50.80	64.39%
W50	1	Debbie Lindenberg	W54	34:57.93	63.82%
W55	1	Kay Shaw	W56	32:23.83	72.26%
M75	1	Patrick Sela	M76	37:01.45	72.21%

GRAN PRIX SUDAMERICANO, CUENCA, ECUADOR, 26-27 MARCH

And now to our overseas reports. First back a week to Ecuador for 10,000m walks, won by **Andres Chocho** (ECU 40:29.71) and **Erica Rocha de Sena** (BRA 46:03.90). Both walkers are already in their respective Rio Games teams and had good hitouts in the South American Track Grand Prix meet in the Jefferson Perez stadium in Miraflores (Cuenca), Ecuador. In fact, Sena was the only non-Ecuadorian walker in what was almost a complete local derby. As usual, a good report, along with photos, at <http://omarchador.blogspot.com.au/2016/03/erica-sena-e-andres-chocho-triunfam-na.html>.

Women 10,000m Race Walk, Saturday 2 April

1.	Erica ROCHA DE SENA	BRA	85	46:03.90
2.	Paola Viviana PEREZ SAQUIPAY	ECU	89	46:25.69
3.	Magaly BONILLA	ECU	92	48:24.73
4.	Maritza GUAMÁN	ECU	88	48:57.72
5.	Johana ORDÓNEZ	ECU	87	50:45.10
6.	Nathaly LEON	ECU	98	52:20.97
7.	Brigitte GONZALEZ	ECU	95	54:37.09

Men 10,000m Race Walk, Sunday 3 April

1.	Andres CHOCHO	ECU	83	40:29.71
2.	Brian Daniel PINTADO	ECU	95	40:46.17
3.	Rolando SAQUIPAY	ECU	79	41:30.84
4.	David VELASQUEZ	ECU	94	43:56.81

5.	Damian CAMPAÑA	ECU	90	44:47.34
6.	Jordy Rafael JIMÉNEZ ARROBO	ECU	94	45:04.34
7.	Darwin LEON	ECU	95	45:36.46
8.	Marco SALINAS	ECU	99	45:39.46
9.	Antonio GILSON	ECU	99	45:53.74
10.	Cristian ORTEGA	ECU	99	46:55.46
11.	Kevin Andres FAREZ OCHOA	ECU	00	48:10.46

SOUTH AMERICAN RACE WALKING CHAMPIONSHIPS, GUAYAQUIL, ECUADOR, SUNDAY 3 APRIL

Keeping to Ecuador, the 2016 IAAF Race Walking Challenge Series continued last weekend with the South American Race Walking Championships in Guayaquil, and Chocho and Sena were back in action with further wins. My report is taken from the IAAF article by Eduardo Biscayart – see <http://www.iaaf.org/news/report/south-american-race-walking-cup-2016>.

Ecuador’s Andres Chocho produced the best result of the 2016 edition of the South American Race Walking Cup, part of the IAAF Race Walking Challenge, which took place on the streets of Guayaquil on Sunday. Racing as part of his preparation for the upcoming IAAF Race Walking Team Championships in Rome next month, Chocho obtained victory in the 20km event, clocking 1:24:11.

His partner, Brazil’s Erica de Sena, won the women’s race in 1:34:10 but because she was competing as a guest, the cup title went to Bolivia’s Angela Castro in a personal best of 1:34:32. Ecuador’s Paola Perez finished second in the cup race in 1:35:27 and Bolivia’s Wendy Cornejo completed the podium in 1:35:50.

The high temperature (about 30C) and elevated humidity (about 80%) in Guayaquil affected Chocho’s performance, which was far from his 1:20:40 personal best. Brazil’s Jose Alessandro Bagio (1:24:23) and Colombia’s Jhon Alexander Castaneda (1:25:13) completed the podium.

Chocho had an excellent 2015, highlighted by his Pan American Games title at 50km and his eighth-place finish at the IAAF World Championships Beijing 2015, where he set a South American record of 3:46:00. But his Olympic season has started even better. The 32-year-old from Cuenca bettered his South American record to 3:42:57 (at altitude), when winning at the IAAF Race Walking Challenge event in Ciudad Juarez on 6 March.

Like her partner Chocho, De Sena is also showing great form after a successful 2015. The 30-year-old Pernambuco native grabbed the silver medal at the Toronto Pan American Games, and then went on to finish sixth at the IAAF World Championships in Beijing. She set a South American record of 1:29:37 in Dudince last year, but at this year’s edition of that meeting she bettered it with 1:28:22.

The cup titles in the U20 10km events in Guayaquil went to Bolivia’s Pablo Rodriguez with 44:22 and Colombia’s Maria Fernanda Montoya with 49:56. The winners of the U18 10km and 5km events were Colombia’s Sebastian Merchan with 44:42 and Ecuador’s Glenda Morejon with 24:12.



Chocho and Sena (number 88) in action on Sunday

Results are taken from <http://tecdepor.com/newsite/index.php/component/k2/item/1837-resultados-sudamericano-de-marcha-2016>.

20km Men

1.	Chocho Leon, Cristian Andres	Ecu	1:24:11
2.	Bagio, Jose Alessandro	Bra	1:24:23
3.	Castañeda Angulo, Jhon Alexander	Col	1:25:13
4.	Yurivilca, Paolo	Per	1:25:47
5.	Pintado Alvarez, Bryan Daniel	Ecu	1:27:07
6.	Jimenez Arrobo, Jordy Rafael	Ecu	1:28:21
7.	Saquipay Pañi, Jaime Rolando	Ecu	1:28:49
8.	Perez Parra, Kenny Martin	Col	1:29:23
9.	Mazzo, Lucas	Bra	1:29:45
10.	Arteaga Sanchez, Mauricio Jose	Ecu	1:30:05
11.	Grave Chávez, Jurgen Everhard	Gua	1:31:27
12.	Diaz Pineda, Jorge Estivens	Col	1:31:40
13.	Chihuan, Pavel	Per	1:32:19
14.	Campos, Luis Henry	Per	1:32:20
15.	Ajcam Caal, José Gregorio	Gua	1:32:34
16.	Voigt, Daniel Alexandre	Bra	1:35:06
17.	Dos Santos Max	Bra	1:38:37
	Zimmermann Moacir	BRA	DNF
	Ivan Gabriel Garrido Triana	COL	DQ

20km Women

1.	Rocha De Sena, Erika	Bra	1:34:09
2.	Castro Chirivechz, Ángela Melania	Bol	1:34:32
3.	Perez Saquipay, Paola Bibiana	Ecu	1:35:26
4.	Cornejo Aliaga, Wendy Gabriela	Bol	1:35:50
5.	Orjuela Sanchez, Arabelly	Col	1:36:20
6.	Lopes, Cisiane	Bra	1:37:40
7.	Guaman Maza, Maritza Jeaneth	Ecu	1:38:05
8.	Bonilla Solis, Magaly Beatriz	Ecu	1:38:14
9.	Garcia, Kimberly	Per	1:38:21
10.	Coronado Gemio, Stefany Mildred	Bol	1:40:14
11.	Hernandez Castillo, Ingrid Johana	Col	1:41:33
12.	Hanco, Jessica	PER	1:42:28
13.	Ordoñez Lucero, Jhohanna Edelmira	Ecu	1:45:24
14.	Valencia Moreno, Estefany Rosario	Ecu	1:46:57
15.	Barbosa, Liliane Priscila	Bra	1:48:11
16.	Da Rosa, Nair	Bra	1:48:59
17.	Caballero, Joci	Per	1:51:44
18.	Da Silva, Paula Raissa	Bra	1:53:17
19.	Lyra, Viviane	Bra	1:55:14
	Sonia Irene Barrondo Garcia	GUA	DQ
	Cladie Valderrama Ibanez	BOL	DQ

U20 10km Men

1.	Rodríguez Pardo, Pablo Armando	Bol	44:21
2.	Amores Carua, Jonathan Javier	Ecu	44:36
3.	Mamani, Lenin	Per	44:48
4.	Herrera Cortes, Cesar Alberto	Col	45:01
5.	Merchan Sarmiento, Cristian David	Col	46:53
6.	Salazar, Edgar	Per	47:50
7.	Blum, Paulo Cesar	Bra	48:01
8.	Lugo Quintero, Brayan Alejandro	Col	48:02
9.	Mena Jara, Xavier Alexander	Ecu	48:49
10.	Llunitasig Yugsi, Orlando Patricio	Ecu	49:07
11.	Da Silva, Murilo	Bra	50:13
12.	Ferreira, Luan Henrique	Bra	52:33
13.	Da Silva, Gabriel	Bra	56:17
	Cesar Rodriguez	PER	DNF

U20 10km Women

1.	Montoya Marin, Maria Fernanda	Col	49:55
2.	Inga, Evelyn	Per	50:01
3.	Jaramillo Navarrete, Karla Jhohana	Ecu	50:16
4.	Semblantes Estrada, Mishel Alejandra	Ecu	50:30
5.	Guerra, Leydi	Per	50:58
6.	Bolivar Gonzalez, Lina Geraldine	Col	51:17
7.	Leon Tenesaca, Nathaly Johana	Ecu	52:07

8.	Valérico, Pietra Fernanda	Bra	52:27
9.	Lopez Gutierrez, Jakelin	Col	54:04
10.	De Souza, Silmara	Bra	54:14
11.	Huanca Rasguido, Odeth Roselen	Bol	54:14
12.	Da Paz, Jessica	Bra	59:28
13.	Da Costa, Thaiz	Bra	60:18

U18 10km Men

1.	Merchan S, Sebastian Felipe	Col	44:41
2.	Jimenez M, Juan David	Col	44:43
3.	Soto Ruiz, Juan Jose	Col	45:24
4.	Guachizaca Peña, Jhandry Alexis	Ecu	45:45
5.	Ortega Delgado, Cristian Fernando	Ecu	46:58
6.	Correa, Matheus	Bra	47:33
7.	Diaz, Hilmar	Per	47:57
8.	Hurtado Espinoza, David Alexander	Ecu	48:35
9.	Carhuallanqui, Erick Henry	Per	52:41
	Oscocohuaman, Micky	Per	DQ

U18 5km Women

1.	Morejón Q Glenda Estefanía	Ecu	24:11
2.	Revelo R Kimberly Yolanda	Ecu	24:26
3.	Chaparro S Maria Alejandra	Col	24:37
4.	Andía Luz Mary	Per	25:53
5.	Cuellar Chavarro Ana Luz	Col	25:58
6.	Villalba Constante María Belén	Ecu	25:59
7.	Chalarca Mojica Laura Cristina	Col	26:59
8.	Huamani Nortita	Per	27:52
9.	Santana Camila	Bra	32:41
	Fresia Donaires	PER	DQ

BELARUS RACE WALKING CUP, BREST, BELARUS, SATURDAY 2 APRIL

The Belarus Race Walking Cup last Saturday in Brest saw 20km wins to Aliaksandr Liakhovich (1:21:14) and Nastassia Yatsevich (1:31:53). Looks like Ivan Trotski was the only non- Belarussian walker in the results.

20 km walk Men

1.	Aliaksandr Liakhovich	BLR	4 Jul 89	1:21:14
2.	Dzianis Simanovich	BLR	20 Apr 87	1:22:12
3.	Yauheni Zalesski	BLR	18 Jul 93	1:22:18
4.	Ivan Trotski	BLR	27 May 76	1:22:25
5.	Dzmitry Dziubin	BLR	12 Jul 90	1:22:43
6.	Ihor Saharuk	UKR	3 Jun 88	1:23:26
7.	Uladzimir Kalesnik	BLR	7 Feb 92	1:24:59
8.	Anatoli Homeleu	BLR	29 May 96	1:27:01

35 km walk Men

1.	Pavel Yarokhau	BLR	21 Jul 82	2:49:48
2.	Uladzimir Brunukov	BLR	23 Jan 89	2:57:19

20 km walk Women

1.	Nastassia Yatsevich	BLR	18 Jan 85	1:31:53
2.	Nadzeya Darazhuk	BLR	23 Jan 90	1:34:59
3.	Viktoryia Rashchupkina	BLR	23 May 95	1:36:46
4.	Nastassia Rodzkina	BLR	28 Aug 94	1:39:45
5.	Nastassia Rarouskaya	BLR	12 Nov 96	1:42:03
6.	Yuliya Balkouskaya	BLR	21 Apr 96	1:46:03
7.	Alesia Chambrovich	BLR	21 Jan 94	1:52:53

10 km walk U20 Men

1.	Dzmitry Lukyanchuk	BLR	2 Oct 97	42:20
2.	Stanislav Kuzmich	BLR	23 Mar 98	43:14
3.	Aliaksei Buykevich	BLR	4 Apr 97	45:01

10 km walk U20 Women

1.	Valeriya Komel	BLR	19 Jun 97	48:10
2.	Natallia Molchanova	BLR	21 Sep 97	50:31

T&F CHAMPIONSHIPS, SHIMKENT, KAZAKHSTAN, 24-25 MARCH

Not a walking power as yet but good to see some U20 10,000m track walk results from Kazakhstan.

Men U20 10,000m Race Walk

Zamanbek BABABEK	KAZ	97	45:47.7
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Women U20 5000m Race Walk

Yelizaveta SPIRINA	KAZ	99	24:37.3
Valentina ZALEVSKAYA	KAZ	00	25:22.3
Anna KLINKOVA	KAZ		25:27.7

QUALIFYING T&F MEET, MAYAGÜEZ, PUERTO RICO, 1-2 APRIL

Don't quite know what they were qualifying for but a 5000m walk results from Puerto Rico.

Men 5000m Race Walk

1. David MATOS	PUR		21:23.85
2. Jan RAMIREZ	PUR	94	21:38.92
3. Jose APONTE	PUR		21:41.08
4. Joshua GARCIA	PUR		21:51.63
5. Luis ESPADA	PUR		22:48.48

U.S. WORLD TEAM CHALLENGE TRIALS, ST LOUIS, MISSOURI, SUNDAY 3 APRIL

Three-time Olympian John Nunn and 2012 Olympian Maria Michta-Coffey headlined the entries for the U.S. Team Trials in Earth City, Missouri, ahead of the 2016 IAAF World Race Walking Team Championships and they lived up to their reputations, winning their respective events comfortably. Full results at <http://racesonline.com/events/usatf-race-walk/results/2016>. Race report from Vince Peters.

Some of the best athletes from all across America gathered Sunday, April 3rd, in Earth City, Missouri, for a very windy competition that selected 15 athletes to represent the USA in Rome, Italy, on May 7 & 8 in the IAAF Team Championships in Race Walking. Over 60 athletes competed.

Doctor Maria Michta Coffey won the women's 20k in an Olympic Games qualifying time of 1:34:46. Despite battling stiff 20 mile-per-hour winds, the 29 year old also established an American record for 10km when she passed the halfway pole in a blazing 44:09. The old record from 1995 was a time of 44:17 that belonged to 3-time Olympian Michelle Rohl. It was a big 50 second PR for Michta Coffey who admitted to "I just wanted to see what I could do", in her post-race interview. The 2012 Olympian is now well posed to break the elusive 90 minute barrier. Just two weeks ago at the Asian Championships in Nomi, Japan, she showed great form while placing 5th for 20k in 1:30:49. That mark equaled her American record from May of 2014.

Currently ranked #17 in the world at 20k, Michta-Coffey will lead a very strong USA team to Rome. Miranda Melville, #27 in the World after her 7th place finish in a PR 1:12:42 in Japan, had a nip & tuck exchange with Erin Mary Gray. Gray led thru 5k in 23:43 and again at 15k at 71:59. But with 1.5km to go Melville set sail with the wind at her back and open up a gap that Gray could not match. Melville, now sponsored by Skechers Performance, finished in 1:37:21. Gray, a medical student at Western University held on for 3rd, 21 seconds back, in 1:37:42. Katie Burnett and Robyn Stevens will complete the team after finishing in 4th and 5th place, respectively, on Sunday. Burnett finished in 1:39:41 and Stevens came home in 1:41:44 - still well under the qualifying standard of 1:43:30 required to be on the team.

U.S. Army Sargent John Nunn captured the men's 20km title as he had overcome attacks from both Nick Christie and Trevor Barron. Christie led by two seconds at 5k in 21:27. Then it was Barron who established a 6 second advantage when he led the trio through the halfway point in 42:55 for 10k. Nunn, 38, then ripped off the fourth and final 5k in 21:29. It looked like it was going to be a classic finish as Barron was matching him stride for stride when, with less than a kilometer to go, the dreaded red paddle terminated Barron's race prematurely. Nunn eased to win in 1:26:12. Emmanuel Corvera, 23, charged hard over the last 2 kilometers to earn a spot on his first ever World Championships team by finishing 2nd overall in 1:29:08. Christie slipped to third with his 1:29:47. Joining the national team for the World team Championships in Rome will be John Cody Risch after finishing fourth in 1:30:16. Anthony Peters was fifth in 1:33:34, just outside the required 1:32:30 World Team qualifying time for the World Team Championships.

Christie, who will be heading to Flagstaff for some high altitude training, has elected to race the 50k in Rome. He will be joined on the 50k team in Rome by Matthew Forgues and Michael Mannozi. John Nunn, who has already qualified to

compete in the Olympic Games in Rio, proved he has bounced back the grueling 50km Olympic Trials. He has indicated that he will pass on racing in Rome and focus on his preparations for racing in Rio.

In the Junior ranks Greenon HS junior Cameron Haught earned a spot on the USA squad with his winning time of 43:52, a pace of 7:04 per mile. Joining Haught on the American squad will be two 18 year olds who achieved personal bests for 10km; AJ Gruttadauro from New York (2nd in 47:50) and Californian Alex Bellavance (3rd in 47:58).

The junior women's division was extremely competitive with Elgin, Illinois, high school senior Anali Cisneros busting away from Colonie, New York's, Meaghan Podlaski over the last 5 kilometers. Cisneros grabbed the win in 50:37 to Podlaski's 51:04 clocking. The duo had a 5k split of 25:20. Finishing 3rd and getting the last spot on the national junior team will be HS junior Kayla Allen, from Lewistown, Maine. The youngest member of the USA team, the soon-to-be 17 year old finished in 52:28.

Men 20km Race Walk

1.	John NUNN	USA	78	1:26:12
2.	Emmanuel CORVERA	USA		1:29:07
3.	Nick CHRISTIE	USA	91	1:29:47
4.	John Cody RISCH	USA		1:30:16
5.	Anthony PETERS	USA	96	1:33:34
6.	Matthew FORGUES	USA	92	1:35:00
7.	Matthew DE WITT	USA		1:40:22
8.	Francisco PANTOJA	MEX		1:41:30
9.	Joel PFAHLER	USA	90	1:41:45
10.	Dave TALCOTT	USA	60	1:45:58
11.	Ian WHATLEY	USA	59	1:46:21
12.	Pablo GOMEZ	USA		1:46:37
13.	Doug HUTCHERSON	USA		1:47:57
14.	David SWARTS	USA		1:50:14
15.	Emilio MANCHA	USA		1:50:54

Women 20km Race Walk

1.	Maria MICHTA	USA	86	1:34:46
2.	Miranda MELVILLE	USA	89	1:37:21
3.	Erin GRAY	USA	87	1:37:42
4.	Siu Nga CHING	HKG	87	1:38:59
5.	Katie BURNETT	USA	88	1:39:41
6.	Robyn STEVENS	USA	83	1:41:44
7.	Molly JOSEPHS	USA	94	1:45:05
8.	Erin TAYLOR-TALCOTT	USA	78	1:45:51
9.	Jennifer LOPEZ	USA	96	1:47:07
10.	Melissa MOELLER	USA		1:47:09
11.	Susan RANDALL	USA	74	1:47:36
12.	Sam COHEN	USA	77	1:48:05
13.	Katie MICHTA	USA	96	1:48:11
14.	MIRIAM ANDABLO	USA		1:52:25
15.	Katie SMITH	USA		2:01:20
16.	Amanda PRINCE	USA	78	2:02:32
17.	Jill COBB	USA	75	2:03:05

Men 10km Race Walk

1.	Cameron HAUGHT	USA	98	43:52
2.	Anthony GRUTTADAURO	USA		47:50
3.	Alexander BELLAVANCE	USA		47:58
4.	Spencer DUNN	USA	98	51:22
5.	Eduardo URIA	USA	99	52:36

Women 10km Race Walk

1.	Anali CISNEROS	USA	97	50:37
2.	Meaghan PODLASKI	USA		51:04
3.	Kayla ALLEN	USA		52:28
4.	Katharine NEWHOFF	USA	97	53:09
5.	Amberly MELENDEZ	USA	97	54:07
6.	Nayeli CISNEROS	USA	98	57:13
7.	Melissa ENDY	USA		59:05
8.	Victoria HEISER-WHATLEY	USA	99	61:02

Photos from <https://www.facebook.com/photo.php?fbid=10154090437992953&set=pcb.10154090584397953>.



Trevor Barron, John Nunn, Nick Christie and Maria Michta Coffey in action in Missouri last weekend



The big field gets underway in the USA Teams Championships Trial

ASA U23-U16 T&F CHAMPIONSHIPS, GERMISTON STADIUM, GERMISTON, SOUTH AFRICA, 31 MAR - 2 APRIL

The South African U16, U18, U20 and U23 T&F Championships were contested last weekend in Germiston. I noted a tweet from Carl Meyer indicating that Mizan Viljoen had set an U18 women's 5000m race walk record with her time of 25:17.69. Best performance overall probably by Sizwe Ndebele who won the U23 Men's 10,000m with 42:59.9. Great to see so many young walkers.

Girls U16 5000m Walk

1. PIETERSE - LEONIE	BOLAND ATHLETICS	27:37.6
2. ERASMUS - MEANRI	ATHLETICS CENTRAL NORTH WEST	28:26.8
3. EKSTEEN - MOESHA	BOLAND ATHLETICS	28:57.2
4. VAN RENSBURG - NOLENE	ATHLETICS SOUTH WESTERN DISTRICTS	29:00.0
5. DU TOIT - DANIELLE	ATHLETICS CENTRAL NORTH WEST	29:26.7
6. MARCANDONATOS - DEUSAMORE	ATHLETICS CENTRAL NORTH WEST	30:17.7
7. MSHEBA - DIMAKATSO	ATHLETICS GAUTENG NORTH - INDIVIDU	30:25.2
8. DU TOIT - LEANDRIE	BOLAND ATHLETICS	31:34.1
9. TRUTER - SANJA	ATHLETICS CENTRAL NORTH WEST	33:03.9
10. KHUMALO - CANDY	KWA-ZULU NATAL ATHLETICS	33:17.9

11.	VAN DYK - MARIZAAAN	ATHLETICS CENTRAL NORTH WEST	34:03.7
12.	SITHOLE - NOTHANDO	KWA-ZULU NATAL ATHLETICS	34:13.7
Women U18 5000m Walk			
1.	VILJOEN - MIZAAAN	ATHLETICS FREESTATE	25:17.7
2.	STAFFORD - MILANDRÉ	ATHLETICS CENTRAL NORTH WEST	26:17.2
3.	ROSSOUW - NOELINE	BOLAND ATHLETICS	27:23.0
Women U20 10,000m Walk			
1.	KOEN, ANNETTE	ATHLETICS CENTRAL NORTH WEST	58:16.0
2.	VAN DER MERWE, ESTER	BOLAND ATHLETICS	00:56.9
3.	HEYMANS, SALUMÉ	ATHLETICS FREESTATE	01:35.0
4.	MSHEBA, PALESA	ATHLETICS GAUTENG NORTH	02:08.8
Women U23 10,000m Walk			
1.	DE WINNAAR, UDELLE	CENTRAL GAUTENG ATHLETICS	55:50.3
2.	KLINK, CHANICE	ATHLETICS GAUTENG NORTH	00:40.7
3.	POTGIETER, ALTHEA	ATHLETICS CENTRAL NORTH WEST	02:09.6
Boys U16 5000m Walk			
1.	ECKLEY - GERHARD	BOLAND ATHLETICS	27:58.5
2.	NHLAPHO - SIPHESIHLE VINCENT	ATHLETICS GAUTENG NORTH	28:38.5
3.	VAN AARDE - PETRUS	ATHLETICS CENTRAL NORTH WEST	29:47.1
4.	BOTES - ULRICH	ATHLETICS CENTRAL NORTH WEST	30:46.7
Men U18 10,000m Walk			
1.	JACOBS - FRANCOIS	BOLAND ATHLETICS	49:31.3
2.	COLLING - HANRU	BOLAND ATHLETICS	49:52.7
3.	PRATT - RUSSEL	ATHLETICS SOUTH WESTERN DISTRICTS	51:01.6
4.	HEYMANS - JACQUES	ATHLETICS FREESTATE	52:05.0
5.	JONKER - JOHANNES (JHANNES)	ATHLETICS CENTRAL NORTH WEST	53:13.4
6.	VAN ZYL - CONRAD	BOLAND ATHLETICS	54:01.0
7.	SWART - ANDREAS	CENTRAL GAUTENG ATHLETICS	54:20.5
8.	MOLETO - TUMELE	CENTRAL GAUTENG ATHLETICS	54:37.1
9.	VAN WYK - ELWICH	ATHLETICS SOUTH WESTERN DISTRICTS	54:41.8
Men U20 10,000m Walk			
1.	PULE - THUMISANG	ATHLETICS GAUTENG NORTH	46:24.2
2.	VERMAAK - PIERRE	CENTRAL GAUTENG ATHLETICS	49:46.5
3.	KHALISHWA - SIYABONGA	KWA-ZULU NATAL ATHLETICS	50:55.5
4.	HLONGWANE - VUSI	CENTRAL GAUTENG ATHLETICS	52:04.9
5.	CARELSE - BRADLEY	ATHLETICS SOUTH WESTERN DISTRICTS	54:14.5
6.	MOTSEPI - KATLEHO	ATHLETICS FREESTATE	54:39.6
7.	MAXINGA - THANDOLETHU	BOLAND ATHLETICS INDIVIDUAL	54:41.1
Men U23 10,000m Walk			
1.	NDEBELE - SIZWE	ATHLETICS GAUTENG NORTH	42:59.9
2.	MAVUNDLA - MDUDUZI	CENTRAL GAUTENG ATHLETICS	43:15.6
3.	NTOANE - NTOANE	CENTRAL GAUTENG ATHLETICS	50:03.4
4.	SEHEMO - DANNYBOY	CENTRAL GAUTENG ATHLETICS	53:36.7

58TH CHALLENGE FACOETTI, MONTREUIL, FRANCE, SUNDAY 3 APRIL

Emmanuel Tardi was in Montreuil, a Parisien suburb, last Sunday for the 58th edition of Challenge Facoetti. He tells me it was a special occasion because it was the first scheduling since the race director Jean Dahm died in January (see <http://www.vrwc.org.au/newsletters/heelandtoe-2016-num16.pdf>). The carnival was held on a new course this year, with an initial 1km on the track before 19 laps of 1km on the road. With 70 starters, it was pretty crushed on the start line but the field soon spread out. Damien Molmy lead the race early with Algerian Aymene Sabri, passing the 5km mark around 22 minutes before being forced to slow in the hot conditions. Sabri, sitting on 2 red cards, had to eventually concede victory to Molmy with a time of 1:35:05. In the women's event, Enora Trebaul and Cecile Naze led early before Trebaul broke away to win with 1:47:47.

20km Men (49 starters, 38 finishers)

1.	MOLMY Damien	Ca Montreuil 93	SEM/88	1h35'05"
2.	SABRI Aymene (Alg)	ASSN Alger	ESM/94	1h36'35"
3.	BOULCH Mael	Pays De Landerneau Athletisme	SEM/90	1h39'23"
4.	CHENU Joffrey	Cill Armentieres	SEM/82	1h43'08"
5.	DUMAIRE Thomas	Pays De Fontainebleau	SEM/90	1h44'10"

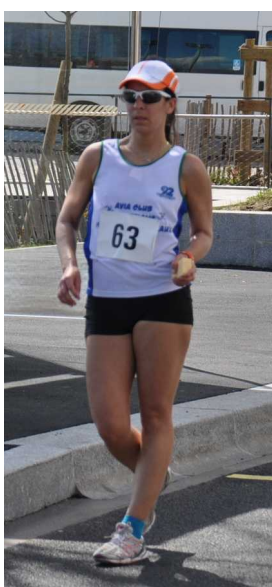
6.	BERCHEBRU Benoit	Martigues Sports Athle	SEM/84	1h44'30"
7.	POTIER Nicolas	Al Saint-marc	SEM/89	1h44'49"
8.	SIZORN Arnaud	Ula Quimper Cornouaille	SEM/92	1h45'47"
9.	GIORDANO Manuel (Ita)	Centro Lazio Rome ITA	ESM/95	1h46'31"
10.	LEAUTE Benjamin	Rc Arras	SEM/88	1h47'45"
11.	CHENU Remy	Clll Armentieres	SEM/85	1h48'25"
12.	VAN HILLE Dominique	Nice Cote D'azur Athletisme	SEM/77	1h51'01"
13.	LEGENTIL Cyril	Dynamic Aulnay Club	SEM/86	1h52'04"
14.	AUGER Alexis	Ga Noisy Le Grand	SEM/88	1h52'15"
15.	LEGENTIL Marc	Dynamic Aulnay Club	SEM/84	1h53'16"
16.	BROU Florent	Ac Paris-joinville	SEM/93	1h54'07"
17.	GRENET Bruno	Usm Gagny	VEM/65	1h54'41"
18.	OUARNIER Mathis	Ac Haute Vilaine	ESM/96	1h55'11"
19.	COTTEVIEILLE Maxime	Ca Montreuil 93	SEM/90	1h55'49"
20.	COURAGE Frederic	Saint Denis Emotion	VEM/69	1h57'16"
21.	ROBIDOU Philippe	La Vigilante Fougères	VEM/59	1h57'23"
22.	DAHM Florent	Ca Montreuil 93	SEM/87	1h58'34"
23.	MARIE Frederic	As Mantes	VEM/61	1h58'58"
24.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	VEM/76	1h59'27"
25.	BOLLINGER Vincent	Dynamic Aulnay Club	SEM/84	2h01'55"
26.	RIGAL Jean-marc	Domont Athletisme	VEM/59	2h03'38"
27.	MURAT Alex	Asfi Villejuif	VEM/58	2h04'12"
28.	LABROUSSE Stephane	Athletisme Olympic Pontois	VEM/59	2h05'18"
29.	LE GARGASSON Patrick	Uaca Saint Briec	VEM/64	2h05'22"
30.	PIRALI Cyril	Uai Nogent-sur-marne	VEM/74	2h06'04"
31.	CHATEAU Xavier	Uai Nogent-sur-marne	VEM/63	2h06'20"
32.	DELAUNAY Richard	Us St Berthevin	VEM/64	2h07'10"
33.	VICTOR Etienne	Cag Arnouville Gonesse Villier	VEM/64	2h07'37"
34.	ROCHER Cyrille	Athletic Trois Tours	VEM/72	2h10'28"
35.	LEMOGNE Loic	C.c. Taverny Athletisme	VEM/55	2h11'22"
36.	BOYER Nicolas	Pays De Fontainebleau	SEM/77	2h13'47"
37.	NOGRE Yannick	Es Montgeron	VEM/59	2h15'45"
38.	LABORY Gerard	Ula Quimper Cornouaille	VEM/56	2h22'39"

20km Women (15 starters, 11 finishers)

1.	TREBAUL Enora	Pays De Landerneau Athletisme	ESF/94	1h47'47"
2.	NAZE Cecile	Mouy Atac	ESF/95	1h48'54"
3.	LANOUE Severine	Ref Issy Avia	SEF/85	1h56'52"
4.	FRANCHIN Celia	Paris Uc	SEF/87	2h06'17"
5.	MARQUIS Cecile	Ref Issy Avia	VEF/71	2h06'38"
6.	STEINVILLE Nathalie	Asfi Villejuif	VEF/64	2h15'45"
7.	LIARD Laura	Athletisme Le Bourget Drancy	ESF/96	2h19'12"
8.	LEMOGNE Jocelyne	C.c. Taverny Athletisme	VEF/54	2h20'14"
9.	CHOCHOY Christine	Dynamic Aulnay Club	VEF/68	2h21'41"
10.	STEUX Laurence	Mouy Atac	VEF/63	2h22'49"
11.	GALMICHE Catherine	Cag Arnouville Gonesse Villier	VEF/57	2h24'00"



Left: Mael Boulch Right: The start



Cecile Naze, Enora Trebaul, Severine Lanoue, Aymene Sabri and Damien Molmy (all photos Emmanuel Tardi)

GREEK NATIONAL 20KM CHAMPIONSHIPS, MEGARA, GREECE, SUNDAY 27 MARCH

Pre-race favourites Despina Zapounidou (20km women 1:29:35) and Alexandros Papamikhail (20km men 1:26:05) were easy winners in the Greek National roadwalk championships in Megara last Sunday. Zapounidou, 31 easily bettered her 2012 PB of 1:31:08 and shows that she is in great form in the leadup to Rio. Papamikhail on the other hand was well outside his 2012 PB of 1:21:12. Nice article at http://www.karatzova.com/2016/03/blog-post_137.html. Thanks to omarchador for the results – see <http://omarchador.blogspot.com.au/2016/03/zapounidou-e-papamikhail-triunfam-nos.html>.

20km Men

1.	Alexandros Papamichail	1.26.05	
2.	Konstantin Dedopoulos	1.28.35	U23
3.	Ioannis Vaitsis	1.29.01	U23
4.	Stratos Kelepouris	1.35.52	U23
5.	Dimitri Tsordias	1.37.05	U23
6.	Mouzakis Panagiotis	1.44.49	
7.	Isaiah Tsitoglou	1.49.16	

20km Women

1.	Despina Zapounidou	1.29.35	
2.	Antigenic Drispioti	1.33.54	
3.	Ekaterina Heodoropoulou	1.36.52	
4.	Panagiotis Tsinopoulou	1.37.14	
5.	Evagelia Xinou	1.40.03	
6.	Angeliki Mari	1.43.36	
7.	Nikolitsa Andreopoulou	1.45.36	
8.	Alexandra Kafkoula	1.50.03	U23
9.	Mari Elekanou Chrisi	1.59.54	U23
10.	Alia Am Sara	2.01.58	
11.	Sofia Olimpiou	2.08.08	U23
12.	Evagelia Vaitsi	2.09.42	U23

10km U20 Men

1.	Elton Pistoria	48.27
2.	Konstantin Kalaitzidis	50.15
3.	Antonio Charalampopoulos	51.15

10km U20 Women

1.	Dimitra Bochori	48.19
2.	Sofia Alikanioti	53.06
3.	Efstathia Kourkoutsaki	55.20

10km U18 Men

1.	George Tzatzimakis	44.58
2.	Themistoklis Tsarouchas	48.58
3.	Basilio Nickolas Fermelis	56.35

5km U18 Women

1.	Kiriaki Filitsakou	24.36
2.	Maria Seferiadi	24.50
3.	Aliki Kontogianni	25.36
4.	Barime Kelemeni	26.05
5.	Ioanna Martini	27.07
6.	Efstathia Salma	27.17
7.	Christina Miragia	27.32
8.	Maria Tsafalia	27.40
9.	Vasiliki Apostolou	28.15
10.	Stiliani Iordanidou	29.00
11.	Paraskevi Chavale	29.27
12.	Angeliki Trifona	30.35
13.	Georgia Papadimitriou	31.26
14.	Ekaterina Karanikol	35.04

11TH EUROPEAN MASTERS ATHLETICS INDOOR CHAMPIONSHIPS, ANCONA, ITALY, 29 MARCH – 3 APRIL

The European Masters Indoor T&F Championships in Ancona, Italy, were a huge show which extended for 6 days from 29th March to 3rd April and included 3000m track walks and 5km roadwalks. With the World Masters T&F Championships scheduled for Perth later this year, I am sure a few of our Aussie masters walkers will be giving these results the once over. And they will be impressed – the depth and standard is better than ever.

3000m Track Walks, Thursday 31 March

Numbers were such that the 3000m walk required 2 heats for the women and 4 heats for the men. Even so, fields were large – the largest had 39 entries and indoor tracks are pretty small! Overall, 119 male and 67 female walkers participated. In the women's 3000m walks, fastest times went to Maria Dol Marcos Valero of Spain (W35 14.19,10), Valeria Pedetti of Italy (W40 14.23,33), Nicole Best of Germany (W45 14.23,44) and Brit Schroeter of Germany ((W40 14.24,41). I restrict my report to the first 5 in each division. For the full results, see <http://omarchador.blogspot.com.au/2016/04/3000-m-femininos-nos-evaci-em-ancona.html>.

3000m Walk Women

W35	1	Maria Dolores Marcos Valero	1979	ESP	14.19.10
	2	Tatiana Zucconi	1977	ITA	14.43.94
	3	Elisa Smorti	1976	ITA	16.11.55
	4	Linda Betto	1977	GER	16.33.65
	5	Simona Palandri	1976	ITA	16.50.81
W40	1	Valeria Pedetti	1973	ITA	14.23.33
	2	Brit Schroeter	1974	GER	14.24.41
	3	Nadiya Sukharyna	1975	UKR	15.09.91
	4	Lenka Borovickova	1973	CZE	15.29.64
	5	Yvonne Markgraf	1975	GER	19.25.37
W45	1	Nicole Best	1968	GER	14.23.44
	2	Caroline Guillard	1971	FRA	14.31.96
	3	Elena Cinca	1970	ITA	15.35.77
	4	Tamasne Bodorkos	1967	HUN	16.06.55
	5	Hogrell Ellinor	1968	SUI	16.17.22
W50	1	Sylvie Sevellec	1964	FRA	16.10.59
	2	Adriana Parainfo	1965	ITA	16.49.62
	3	Barbara Primas	1965	GER	16.51.43
	4	Wendy Bennett	1965	GBR	17.15.30
	5	Paola Bettucci	1964	ITA	17.25.45
W55	1	Daniela Ricciutelli	1956	ITA	16.45.25
	2	Dominique Lemonnier	1956	FRA	16.52.05
	3	Brigitte Orsolits	1958	AUT	18.47.13
	4	Giuseppina Comba	1957	ITA	18.49.31
	5	Halyna Kozlova	1956	UKR	19.26.04
W60	1	Marie Astrid Monmessin	1956	FRA	16.27.37
	2	Natalia Marcenco	1954	ITA	17.18.47
	3	Maria Jose Briz	1951	ESP	18.48.99
	4	Claudine Anxionnat	1951	FRA	19.00.40
	5	Monika Schwantzer	1955	AUT	19.15.79
W65	1	Antonina Tyshko	1947	UKR	18.55.62

	2	Rita Del Pinto	1949	ITA	19.33.49
	3	Suzanne Loyer	1947	FRA	20.09.66
	4	Janine Bernier	1946	FRA	22.40.24
W70	1	Gisela Theunissen	1942	GER	21.37.34
	2	Haldis Nagell-Dahl	1942	NOR	21.43.41
W75	1	Helga Draeger	1939	GER	21.57.35
	2	Lyusya Aleksyeyeva	1937	UKR	22.50.51
	3	Larysa Lebedieva	1940	UKR	23.51.58
	4	Ilga Buntika	1939	LIT	24.39.16
W80	1	Erna Anritter	1935	GER	27.45.69

The men's 3000m saw fastest time going to German Steffen Borsch (M40 12.17,42) ahead of Italian Vincenzo Magliulo (M35 12.21,87) and Luis Silva of Portugal (M45 12.53,39). A great standard overall – consider Francisco Reis (M5513.59,95) and Ian Richards (M65 15.09,34). Again, I report only the first 5 in each division. Full results for all divisions can be found on omarchador – see <http://omarchador.blogspot.com.au/2016/04/portugueses-com-medalhas-de-ouro-na.html>.

3000m Walk Men

M35	1	Vincenzo Magliulo	1976	ITA	12.21.87
	2	Victor Castro Mateo	1980	ESP	13.16.96
	3	Francesco Scafuro	1977	ITA	13.26.92
	4	Grzegorz Grinholc	1977	POL	13.30.94
	5	Domenico De Ceglia	1978	ITA	13.41.37
M40	1	Steffen Borsch	1973	GER	12.17.42
	2	Francisco Martin Diaz	1975	ESP	13.40.02
	3	Riccardo Collura	1974	ITA	14.14.41
	4	Jose Rodriguez Jimenez	1975	ESP	14.31.02
	5	Ernesto Croci	1973	ITA	15.03.76
M45	1	Luis Silva	1970	POR	12.53.39
	2	Luigi Paulini	1970	ITA	14.08.85
	3	Giuseppe Saponaro	1969	ITA	15.09.26
	4	Renzo Mengoni	1966	ITA	16.51.69
M50	1	Miguel Carvajal Ortega	1965	ESP	13.40.44
	2	Walter Arena	1964	ITA	14.30.57
	3	Josef Smola	1964	CZE	14.35.53
	4	Klaus Dietsche	1962	GER	14.44.43
	5	Roberto Giamogante	1963	ITA	15.00.16
M55	1	Francisco Reis	1960	GBR	13.59.95
	2	Antonio Lopetuso	1958	ITA	14.09.65
	3	Patrick Murphy	1961	IRE	14.30.10
	4	Uwe Schroeter	1959	GER	14.36.52
	5	Andrea Naso	1960	ITA	14.56.92
M60	1	Miroslav Fliegl	1954	CZE	15.32.26
	2	Fabio Ruzzier	1953	SLO	15.35.73
	3	Alberto Pio	1952	ITA	15.41.72
	4	Malcolm Martin	1955	GBR	15.58.84
	5	Josef Kalat	1955	CZE	16.02.89
M65	1	Ian Richards	1948	GBR	15.09.34
	2	Ettorino Formentin	1947	ITA	15.51.88
	3	Peter Boszko	1949	GBR	16.22.69
	4	Petr Adam	1950	CZE	16.41.51
	5	Luigi Giannuzzi	1949	ITA	16.55.19
M70	1	John McMullin	1946	IRE	17.18.35
	2	Felix Maier	1943	GER	18.16.01
	3	Torkjell Spigseth	1944	NOR	19.00.74
	4	Mario Angelini	1946	ITA	19.03.34
	5	Arvid Bjoersvik	1943	NOR	19.25.70
M75	1	Vladimir Kansky	1940	CZE	18.17.80
	2	Erich Sturz	1940	GER	19.43.26
	3	Rubenis Gunars	1938	LIT	20.04.71
	4	Piergiorgio Andreotti	1940	ITA	21.05.46
	5	Hermann Strieder	1941	AUT	21.19.33
M80	1	Mykola Panaseiko	1934	UKR	19.30.81
	2	Vincenzo Menafro	1935	ITA	20.54.62
	3	Enrico Mariotti	1934	ITA	21.53.36
	4	Nobert Will	1935	GBR	22.35.46
	5	Frank Knaeringer	1936	GER	24.06.91
M85	1	Ivan Pushkin	1930	UKR	21.29.35
	2	Karlheinz Teufert	1929	GER	22.45.80

3	James Farrar	1928	GBR	26.17.56
4	Matti Tamminen	1928	FIN	26.18.50

5km Roadwalks, Saturday 2 April

Big walks fields again on Saturday in the 5km roadwalk with 3 heats for men and 2 heats for women.

Fastest women were Spain's Maria Dol Marcos Valero (W35 23:50), Italy's Valeria Pedetti (W40 25.04), Italy's Elena Cinca (W45 27.02) and France's Sylvie Sevellec (W50 27.41). Again, I report only the first 5 in each division. Full results for all divisions can be found on omarchador – see <http://omarchador.blogspot.com.au/2016/04/5-km-femininos-em-estrada-nos-evaci-em.html>.

W35	1	Maria Dolores Marcos Valero	1979	ESP	23.50
	2	Tatiana Zucconi	1977	ITA	25.23
	3	Linda Betto	1977	GER	27.58
	4	Claudia Mazzei	1980	ITA	28.06
	5	SimoNa Palandri	1976	ITA	29.10
W40	1	Valeria Pedetti	1973	ITA	25.04
	2	Nadiya Sukharyna	1975	UKR	26.02
	3	Lenka Borovickova	1973	CHE	27.59
	4	Maria Carmela Solinas	1975	ITA	31.25
	5	Gloria Bonfiglioli	1975	ITA	31.51
W45	1	Elena Cinca	1970	ITA	27.02
	2	Tamasne Bodorkos	1967	HUN	27.17
	3	Melania Aurizzi	1970	ITA	27.45
	4	Hogrell Ellinor	1968	SUI	28.14
	5	Hanne Liland	1969	NOR	28.54
W50	1	Sylvie Sevellec	1964	FRA	27.41
	2	Barbara Primas	1965	GER	28.15
	3	Wendy Bennett	1965	GBR	29.23
	4	Paola Bettucci	1964	ITA	29.27
	5	Maria A. Noell Guardiola	1962	ESP	29.32
W55	1	Peppina Demartis	1960	ITA	26.45
	2	Dominique Lemonnier	1956	FRA	28.40
	3	Brigitte Orsolits	1958	AUT	31.36
	4	Giuseppina Comba	1957	ITA	31.58
	5	Halyna Kozlova	1956	UKR	32.17
W60	1	Marie Astrid Monmessin	1956	FRA	26.45
	2	Natalia Marcenco	1954	ITA	29.27
	3	Aurora Alvarez Ordas	1952	ESP	30.45
	4	Maria Jose Briz	1951	ESP	31.35
	5	Claudine Anxionnat	1951	FRA	31.47
W65	1	Antonina Tyshko	1947	UKR	31.44
	2	Rita Del Pinto	1949	ITA	33.02
	3	Suzanne Loyer	1947	FRA	33.57
	4	Janine Bernier	1946	FRA	35.26
W70	1	Gisela Theunissen	1942	GER	36.44
W75	1	Larysa Lebedieva	1940	UKR	36.40
	2	Helga Draeger	1939	GER	36.43
	3	Ilga Buntika	1939	LAT	38.28
	4	Lyusya Aleksyeyeva	1937	UKR	38.50
W80	1	Erna Anritter	1935	GER	46.16

As usual, Germany's Steffen Borsch was fastest (M40 22:14), followed by Portugal's Luis Silva (M45 22:35) and Italy's Segu Pumacuro Gualotuna (M35 22:38). But look at the winning times further down the list - H50 was won by Philippe Bonneau 23:20, H55 was won by Antonio Lopetuso 23:50 ahead of Francisco Reis 23:57. H60 was won by Miroslav Ford 26.27, H65 was won by Ian Richards 25.30 and H70 was won by John McMullin 29.30. Wow! Again, I report only the first 5 in each division. Full results for all divisions can be found on omarchador – see <http://omarchador.blogspot.com.au/2016/04/portugal-repete-ouro-na-marcha.html>.

M35	1	Segundo Edison Gualotuna	1976	ITA	22.38
	2	Grzegorz Grinholc	1977	POL	23.04
	3	Pedro Luis Santos	1977	ESP	23.21
	4	Domenico De Ceglia	1978	ITA	23.24
	5	Igor Sapunov	1978	ITA	23.33
M40	1	Steffen Borsch	1973	GER	22.14
	2	Gian Mauro Pirino	1972	ITA	24.56
	3	Jose Rodriguez Jimenez	1975	ESP	25.12
	4	Ernesto Croci	1973	ITA	26.17
	5	Riccardo Collura	1974	ITA	28.31
M45	1	Luís Silva	1970	POR	22.35

	2	Luigi Paulini	1970	ITA	24.40
	3	Geronimo Franco	1968	ITA	25.30
	4	Giuseppe Saponaro	1969	ITA	25.44
	5	Gianni Siragusa	1968	ITA	25.44
M50	1	Philippe Bonneau	1965	FRA	23.20
	2	Miguel Carvajal Ortega	1965	ESP	23.38
	3	Miguel Perianez	1962	ESP	23.57
	4	Klaus Dietsche	1962	GER	24.58
	5	Roberto Giamogante	1963	ITA	25.58
M55	1	Antonio Lopetuso	1958	ITA	23.50
	2	Francisco Reis	1960	GBR	23.57
	3	Uwe Schroeter	1959	GER	24.29
	4	Patrick Murphy	1961	IRE	24.33
	5	Rosario Gallo	1958	ITA	25.03
M60	1	Miroslav Fliegl	1954	CHE	26.27
	2	Alberto Pio	1952	ITA	26.37
	3	Josef Kalat	1955	CHE	26.46
	4	Fabio Ruzzier	1953	SLO	27.09
	5	Malcolm Martin	1955	GBR	27.25
M65	1	Ian Richards	1948	GBR	25.30
	2	Ettorino Formentin	1947	ITA	26.17
	3	Peter Boszko	1949	GBR	27.37
	4	Udo Schaeffer	1950	GER	27.41
	5	Boguslaw Seidel	1949	POL	27.59
M70	1	John McMullin	1946	IRE	29.30
	2	Felix Maier	1943	GER	31.02
	3	Torkjell Spigseth	1944	NOR	31.35
	4	Mario Angelini	1946	ITA	32.15
	5	Arvid Bjoersvik	1943	NOR	32.21
M75	1	Vladimir Kansky	1940	CHE	30.38
	2	Romolo Pelliccia	1936	ITA	31.43
	3	Erich Sturz	1940	GER	33.14
	4	Rubenis Gunars	1938	LAT	33.54
	5	Mauro Lucchini	1939	ITA	34.58
M80	1	Mykola Panaseiko	1934	UKR	32.57
	2	Vincenzo Menafro	1935	ITA	34.05
	3	Nobert Will	1935	GBR	35.58
	4	Nazzareno Proietti	1933	ITA	36.02
	5	Enrico Mariotti	1934	ITA	36.37
M85	1	Ivan Pushkin	1930	UKR	35.51
	2	Karlheinz Teufert	1929	GER	37.53
	3	Matti Tamminen	1928	FIN	47.25
M90	1	Gerhard Herbst	1924	GER	47.28

CANADA NAMES STRONG TEAM FOR 2016 IAAF WORLD RACE WALKING TEAM CHAMPIONSHIPS

Canada has named four walkers to compete at the 2016 IAAF World Race Walking Team Championships in Rome next month. See <http://athletics.ca/athletics-canada-names-team-for-2016-iaaf-world-race-walking-team-championships/#sthash.EhA6BXWf.dpuf>.

Two years ago at this event the team missed the podium by a single point. The top three finishers that day - **Ben Thorne, Inaki Gomez and Evan Dunfee** - all return to represent Canada, and are joined by **Mathieu Bilodeau** who recently went under the Olympic Games 50km race walk standard. The four men will compete in the 20km race walk event in Rome.

Canadian race walking has been riding high over the past year with Thorne winning bronze at the 2015 IAAF World Championships in the 20km race walk, Dunfee recently setting a new Canadian record in the 50km race walk and Gomez regaining his Canadian record in the 20km race walk.

"Our race walk group has had made tremendous strides since the fourth place finish at the 2015 World Race Walking Team Championships," said Peter Eriksson, Head Coach and Chief Technical Officer. "Winning medals at the World Championships, Pan Am Games and lowering Canadian records are now the standard for the group. Our objective is for the team to be on the podium in Rome."

20km Men Team:	Mathieu Bilodeau, Calgary, AB	(coach Gilles Roca)
	Evan Dunfee, Richmond, BC	(coach Gerry Dragomir)
	Inaki Gomez, Vancouver, BC	(coach Gerry Dragomir)
	Benjamin Thorne, Kitimat, BC	(coach Gerry Dragomir)

Head Coach: Peter Eriksson
Team Manager: Tim Berrett
Team Coach: Gerry Dragomir



MARCIADALMONDO AND OMARCHADOR ROUNDUP

Only one press releases for Marciadalmondo this week – you are allowed some downtime occasionally!

- Sun 3 Apr - Results of South American Race Walking Cup in Ecuador
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2388

The omarchador blog was active with 10 news releases this time around

- Mon 4 Apr - 5km women's results from the European Masters Indoor Champs in Ancona, Italy
<http://omarchador.blogspot.com.au/2016/04/5-km-femininos-em-estrada-nos-evaci-em.html>
- Mon 4 Apr - 5km men's results from the European Masters Indoor Champs in Ancona, Italy
<http://omarchador.blogspot.com.au/2016/04/portugal-repete-ouro-na-marcha.html>
- Sun 3 Apr - Omarchador discusses the ongoing drugs in sport fiasco and hones in on the Alex Schwazer situation.
<http://omarchador.blogspot.com.au/2016/04/dopagem-regressos-e-promiscuidade.html>
- Sat 2 Apr - 3000m women's results from the European Masters Indoor Champs in Ancona, Italy
<http://omarchador.blogspot.com.au/2016/04/3000-m-femininos-nos-evaci-em-ancona.html>
- Fri 1 April - The ongoing saga of the Portuguese 50km walk championship
<http://omarchador.blogspot.com.au/2016/04/assembleia-da-fpa-votara-fim-dos.html>
- Fri 1 April - 3000m men's results from the European Masters Indoor Champs in Ancona, Italy
<http://omarchador.blogspot.com.au/2016/04/portugueses-com-medalhas-de-ouro-na.html>
- Thu 31 Mar - Zapounidou and Papamikhail triumph in Greek 20km walk championships
<http://omarchador.blogspot.com.au/2016/03/zapounidou-e-papamikhail-triunfam-nos.html>
- Thu 31 Mar - Portuguese judge José Goose will adjudicate at the European Masters Indoor Champs in Ancona
<http://omarchador.blogspot.com.au/2016/03/jose-ganoso-nos-europeus-de-masters-em.html>
- Wed 30 Mar - Erica Sena and Andrés Chocho triumph win 10,000m walks at Jefferson Perez stadium in Ecuador
<http://omarchador.blogspot.com.au/2016/03/erica-sena-e-andres-chocho-triunfam-na.html>
- Tue 29 Mar - Preview of next weekend's the European Masters Indoor Champs in Ancona, Italy

OUT AND ABOUT

- Nice interview with New Zealand walker **Alana Barber** – <https://trainandchew.wordpress.com/>.
- Youtube video from the Antwerp 1920 Olympic Games as Italy's **Ugo Frigerio** wins the gold medal in both the 3000m and 10,000m walking events. See https://www.youtube.com/watch?v=_ohHeoLiKhQ. They may have been walking nearly 100 years ago but their techniques look fantastic even by modern day standards. Frigerio is one of the greatest of Olympic walkers with 4 Olympic medals from 3 Olympics (3 golds and 1 bronze). I wrote it all up years ago – check out his incredible story at <http://www.vrwc.org.au/tim-archive/articles/wo-ugo-frigerio.pdf>. As an aside, Ugo Frigerio features on 3 different postage stamps (1957 Dominican Republic, 1971 Yemen and 1978 North Korea). You can check them out at <http://www.vrwc.org.au/vrwcstamps.shtml>.
- **Jared Tallent** could be presented with his 2012 Olympic gold medal at a special ceremony in the Rio Games under a plan to recognise robbed athletes being considered by the IOC. Australian Olympic Committee president and IOC vice-president John Coates revealed the potential celebration for Tallent a week after the Australian walker “won” gold in the 50km walk at the London Olympics Games almost four years ago. See <http://www.heraldsun.com.au/sport/ioc-considering-hosting-special-medal-ceremony-to-honour-robbed-olympic-athletes/news-story/b7c46c3f603ff6e0369cd245a42b1752>.
- Athletics Weekly profiles British 20km record holder **Tom Bosworth**. See <http://www.athleticsweekly.com/featured/tom-bosworth-promises-more-breaking-record-41207/>. And Tom updates his blog with his latest. See <http://tombosworthgb.blogspot.com.au/2016/03/an-unexpected-turn-of-walking.html?m=1>.
- Fox Sports profiles Australian T&F Head Coach **Craig Hilliard**, the longest standing AIS coach and former National Walks Coach responsible for guiding the careers of many of our top walkers. See <http://www.foxsports.com.au/olympic-games/australian-athletics-coach-craig-hilliard-on-the-horrible-moment-that-helped-define-his-career/news-story/21f261a0e9d10936eef54134c0ea46f6>.
- The England Athletics Race Walking Team to compete in Podebrady on April 9th has been announced

20 km Men:	Tom Bosworth
10 km U20 Men:	Cameron Corbishley, Guy Thomas and Callum Wilkinson
10 km U20 Women:	Emma Achurch and Molly Davey
10 km U18 Boys:	Tom Partington and Christopher Snook
5 km U18 Girls:	Sophie Lewis Ward
Team Leader:	Verity Snook
Team Coach:	Steve Arnold
- Excellent article on South African walker **Anel Oosthuizen** and her PB 10km time of 46:35 in Olomouc, Czech Republic, a week ago. She is one of a number of walkers from around the world trying to improve enough to get Olympic berth. See <http://www.sascoc.co.za/2016/03/30/anel-walks-to-personal-best-time-for-10km-in-europe/#sthash.jQ8V9S2V.dpuf>.
- The following fantastic video has just been published of French walker **Cedric Varain's** attempt to finish the 2015 Paris-Alsace classic (426km) – see <https://www.youtube.com/watch?v=etHaSiVaaCc&feature=youtu.be>. A must watch video to see the wheels well and truly fall off as an experienced ultra walker has a truly bad day at the shop.

Now let's put this in perspective. In 2013, Cedric attempted the Paris-Colmar (436.4km in 4 stages) but pulled out very early. He returned in 2014 and was successful, completing the 426.4km 4 stage version in 8th place in a time of 60:53:59. You can follow his 2014 finish at <https://vimeo.com/114241324>. He returned in 2015 hoping for a second finish. After being labelled as the Paris to Colmar for many years years, the route was significantly changed in 2015 as the event wound its way from the Paris suburb of Neuilly sur Marne to the Alsace city of Ribeauville, almost on the French German border and in the foothills of the Vosges Mountains. The distance was similar to previous years - 426.5km for men and 321.5km for women - and there were still 4 stages – but the finishing point differed. Overall, Russian walker Dmitriy Ossipov won for the fifth time, this time by over 5 hours, with his time of 55:19:04. And what of Cedric - he was forced to retire at the 32 hour mark with 217km covered, half way through stage 2.

- Australia named a further 28 T&F athletes for its Olympic team at the conclusion of the T&F Championships in Sydney. See <http://rio2016.olympics.com.au/news/exciting-track-and-field-team-announced-for-rio-olympic-games>. The remaining 20km racewalk spots will be finalised post-World Race Walking Team Championships.
- Q&A with IAAF racewalking judge, sporting administrator and former Irish international walker **Pierce O'Callaghan**. See <https://www.facebook.com/photo.php?fbid=10153838077132741>.

It hasn't gotten any better this week!

Tuesday 29 March

- An Italian rugby player has tested positive to 11 banned drugs. Davide Vasta, a 25-year-old who plays for third division for Amatori Catania, has shocked Italy's National Anti-Doping Tribunal with his cocktail. The most illegal substances they had found in one athlete before Vasta was seven. But Vasta produced a mix of testosterone, boldenone metabolite, drostanolone, mesterolone, Methandienone, methasterone, methyldienolone, stebolone metabolite, clomiphene metabolite, 19-noretiocholanolone and 19-norandrosterone. See <http://www.stuff.co.nz/sport/rugby/international/78332244/italian-rugby-player-tests-positive-to-11-banned-drugs>.
- It looks like China might be about to crack down on its swimmers, after some adverse international exposure. See <http://www.insidethegames.biz/articles/1035871/chinese-swimmers-warned-by-national-federation-following-positive-drugs-tests>.

Wednesday 30 March

- Kenya tabled a much-anticipated anti-doping bill in parliament on Wednesday but it will not be passed in time for the country to meet a WADA deadline. The bill is a key requirement for the east African nation to be declared compliant with the WADA code ahead of the Rio Olympics starting on August 5. Kenya was given a deadline to enact the law or be declared non-compliant, which brings WADA sanctions, but the country's parliament goes into recess for 10 days on Thursday so the bill cannot become law before time runs out on April 5. With intense focus on Kenya, Wada could recommend a ban of the country's runners. This could potentially lead to Kenya being banned from the 2016 Rio Olympic Games that will be held in August. See <http://www.supersport.com/athletics/article.aspx?Id=3463474>.
- Water polo player Alexey Bugaychuk is the latest Russian to test positive for the banned substance meldonium. Bugaychuk tested positive for the drug at the 2016 Men's European Water Polo Championship in Belgrade, Russian news agency TASS reported. He is the 23rd Russian known to test positive for the drug, 21 of whom have been identified publicly. According to TASS, the test which produced the positive sample was taken on January 18 after Russia had been beaten 15-5 in the quarter-final by hosts Serbia. See <http://www.insidethegames.biz/articles/1035908/water-polo-player-latest-russian-to-test-positive-for-meldonium>.

Thursday 31 March

- The Ecuadorian NOC has successfully requested that Valery Borchin's blood samples prior to the 2008 Olympic Games be retested. Maybe another medal upgrade on the way. Borchin had 5 training partners test +ive for EPO one month before the games
- Croatian-American marathon runner Lisa Nemeč and Belarusian race walker Hanna Drabenia, who both competed at the 2012 Olympics, have been banned for doping, the IAAF said Thursday. Nemeč, formerly known as Lisa Stublic, grew up in Connecticut and raced for Columbia University but competes for Croatia, where she has set numerous national records. She finished 52nd in the marathon at the 2012 Olympics. The IAAF said Nemeč has been banned for four years following an out-of-competition doping test taken in October. Drabenia picked up a two-year ban following a failed test at a competition last year in Belarus. She has raced at various major international competitions and was 24th in the women's 20km walk at the 2012 London Olympics and 16th at the world championships a year later. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11614853&ref=rss.

Friday 1 April

- For some Kenyan runners, a doping ban isn't a total ban. Benjamin Kiprop Serem bagged 50,000 Indian rupees (\$740) for winning the Calicut Mini-Marathon in India on March 1, 2015, midway through his two-year ban for using the steroid nandrolone at the Beirut Marathon in 2013. Bernard Mwendia Muthoni placed sixth in the Melaka River International Marathon in Malaysia last December, even though his two-year ban for a nandrolone byproduct runs to Nov. 15 this year. That banned runners can compete speaks to loose policing of Kenya's offshore running industry. Kenya's athletics federation says it has 4,000 athletes registered in its database and concedes that it struggles to keep close track of runners who compete, and often train and live, overseas. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11615432&ref=rss.
- Kenya's Olympic chief warned on Friday the east African track giants were in danger of missing Rio after politicians failed to pass a law criminalising sports doping ahead of a key deadline. The World Anti-Doping Agency (Wada) gave Kenya until April 5 to tighten its anti-doping law and provide funding for a proposed Anti-Doping Agency of Kenya (ADAK), after Nairobi missed an earlier February 14 deadline. Kenyan lawmakers on Wednesday held the preliminary reading of a bill criminalising sports doping, but then went on recess, making it impossible to pass the bill into law by the Tuesday deadline. See <http://www.supersport.com/athletics/article.aspx?Id=3466094>.

Saturday 2 April

- Double world champion and two-time Olympic weightlifting silver medallist Andrei Rybakov of Belarus has tested positive for banned substance meldonium, the International Weightlifting Federation (IWF) has announced. See <http://www.insidethegames.biz/articles/1035998/two-time-world-weightlifting-champion-rybakov-tests-positive-for-meldonium>.
- Elvan Abeylegesse stands to lose two Olympic silver medals, and one from the World Championships, after being banned for two years by the Turkish Athletics Federation for doping. The 33-year-old naturalised Ethiopian was one of 28 athletes for whom adverse findings were revealed by the IAAF last year following re-testing of samples from the 2005 and 2007 World Championships. Abeylegesse has escaped being given a longer four-year ban because that sanction only came into force when WADA introduced new rules on January 1 in 2014. It is the latest blow for Turkey which has had a dreadful drugs track record in recent years. See <http://www.insidethegames.biz/articles/1036024/abeylegesse-banned-for-two-years-but-manager-claims-eight-inconsistencies-in-iaaf-analysis>.

Sunday 3 April

- Russia's best male gymnast could miss the Olympics after he became the latest to test positive for the banned substance meldonium. Nikolai Kuksenkov withdrew from the national championships after being informed of the failed doping test on Saturday, a day after winning the individual all-around title. Kuksenkov, a former European champion, had not taken meldonium since August, Russia team coach Valentina Rodionenko told the Russian Ves Sport agency. "As yet, no one knows how long a period is needed for meldonium to leave the body," she said. See <http://www.sbs.com.au/news/article/2016/04/03/russias-best-male-gymnast-fails-drug-test>.
- England's Sunday Times newspaper has published sensational allegations that British doctor Mark Bonar prescribed banned performance-enhancing drugs to leading sports figures including footballers. The paper said Dr Bonar claimed his "clients" included an England cricketer, British Tour de France cyclists, a British boxing champion, tennis players and martial arts competitors as well as several Premier League footballers. In the past six years he had treated more than 150 sportsmen from the UK and abroad with banned substances such as EPO, steroids and human growth hormone, and the performance improvements were "phenomenal", the report added. The Sunday Times said that during a series of meetings with undercover reporters, Bonar had spoken about people he had treated. The newspaper also sent a sportsman to Bonar's clinic, who recorded his appointments with a hidden camera. Bonar describes himself as "concierge doctor and managing director" of the Ultra-Wellness Clinic, which specialises in anti-ageing treatments and operates from a private medical practice, the Omniya clinic, in Knightsbridge, central London. See <http://www.supersport.com/athletics/article.aspx?Id=3468144>. Note that no T&F athletes are implicated at this stage. It is just one more bit of peripheral damage, and it's potentially a major one, given that this doctor came to the attention of sporting authorities in Britain a couple of years ago and no action was taken.
- **THIS IS ABSOLUTELY SENSATIONAL!** German TV company Sportschau has published a 10 minute expose (now in English) concerning the sting with the British doctor. The UK Drugs Agency does seem to have some very serious questions to answer. See <http://www.sportschau.de/doping/video-british-doctor-claims-he-doped-numerous-athletes-englische-version-100.html>.
- As a result of these latest revelations, This evening Lord Moynihan, the former BOA Chairman, has started a petition to criminalise drug taking which he regards as a fraud against all those athletes who compete drug free. As a former British MP and now a member of the House of Lords, he has the gravity to get this put on the statute books. If successful, Britain would be following the lead of Germany have have already taken this legal step. Perhaps this is what is required to really beat this scourge once and for all. See <https://www.change.org/p/to-david-cameron-prime-minister-john-whittingdale-secretary-of-state-for-culture-media-and-spor-to-criminalise-doping-in-sport-in-britain>.

Tuesday 5 April

- Talk about scathing. How's this for an opening paragraph in a news analysis article: "If the BBC had taken Flopsy, Mopsy and Cottontail to Monte Carlo to talk to Lord Coe about the state of athletics in a critical year for the sport, they would have asked him harder questions than Steve Cram. As it was, Cram got the gig to front the programme aired last week. We can now suspend voting for Most Supine Sports Interview of the Year." I'm not even going to make myself sick by watching it. See <http://www.dailymail.co.uk/sport/othersports/article-3520652/Steve-Cram-wins-gold-medal-self-serving-nauseating-sycophancy.html>.
- Kenya is set to miss another WADA deadline, moving it closer to a possible Rio Olympics ban. WADA's compliance review committee meets in Montreal today and is expected to recommend the East African country is declared non-compliant. The organisation's board is then expected to approve the move on 12 May. Once a country is declared Wada non-compliant, the International Olympic Committee - as well as international federations like the IAAF, athletics' world governing body - have the right to ban it from international competition. See <http://www.bbc.com/sport/athletics/35964938>.
- The South African Institute for Drug-Free Sports has banned two of the top 10 finishers in last year's Comrades Marathon for doping. Joseph Mphuthi and Sandile Ngunuza had each received two-year suspensions. Mphuthi and Ngunuza were placed 6th and 9th, respectively, in last year's men's race. **Mphuthi would be allowed to keep his prize money as well as**

his gold medal but Ngunuza would not be afforded the same privilege according to Comrades Marathon race director, Rowyn James. He could not, however, elaborate on the reasoning behind this and said the Comrades Marathon Association (CMA) was acting on South African Institute for Drug Free Sport (Said's) directives. James could not say what drugs the athletes had used but the Daily News's sister paper, The Star, last year reported that Mphuthi had run the marathon despite having been provisionally suspended after testing positive for the anabolic steroid, nandrolone at the Loskop ultra-marathon in 2014. Ngunuza had tested positive for the methylhexanamine and oxilofrine stimulants, with the latter being known for use as an asthma medication and the former has been described as a fat burner by sports websites. See <http://www.iol.co.za/sport/athletics/two-comrades-stars-banned-for-doping-2004925>.

- Not the world's best presenter but still a very good presentation on how biological passports are used in drugs detection. The presenter is Louisa Lobigs from the University of Western Australia in Perth. See <https://www.youtube.com/watch?v=O6cwLVqrmUI&list=UUHWsIvSRL-4Ia2rFNGukcsQ&index=4>.

TRACKING THE 2012 OLYMPIC DRUGS CHEATS

Hilary Adams lists the 38 T&F athletes disqualified from the London 2012 Olympic Games for doping. Astonishing stuff! Talk about out of control. Thanks goodness for Athlete Biological passport (ABP) testing.

1	Hussain Al-Hamdah	M 5000m	Saudi Arabia	ABP
2	Hamza Driouch	M 1500m	Qatar	ABP
3	Tyson Gay	M 100m/4x100m	USA	Admission of guilt after USADA investigation
4	Hassan Hirt	M 5000m	France	Tested positive in London
5	Mohammed Shaween	M 1500m	Saudi Arabia	ABP
6	Andrei Michnevich	M Shot	Belarus	Life ban – retrospectively backdated to 2005
7	Igor Yerokhin	M 50km Walk	Russia	ABP
8	A. Bouramdane	M Marathon	Morocco	ABP
9	Vladimir Kanaykinn	M 20km Walk	Russia	ABP
10	Sergey Bakulin	M 50km Walk	Russia	ABP
11	Sergey Kirdyapkin	M 50km Walk	Russia	ABP
12	Valery Borchin	M 20km Walk	Russia	ABP
13	Yelena Arzhakova	F 800m	Russia	ABP
14	Y Grechishnikova	F 5000m	Russia	ABP
15	Semoy Hackett	F 100m/200m/4x100	Trinidad	Tested positive before Games
16	Nataliya Karelva	F 1500m	Belarus	ABP
17	Yekaterina Kostetskaya	F 1500m	Russia	ABP
18	Zalina Marghieva	F Hammer	Moldova	Tested positive on retest of 2009 sample in 2013
19	Karin Melis Mey	F Long Jump	Turkey	Tested positive in london
20	Ghoframe Mohammed	F 400m Hurdles	Syria	Tested positive in london
21	Nadezda Ostapchuk	F Shot	Belarus	Tested positive in london
22	Darya Pishchalnikova	F Discus	Russia	Tested positive before Games
23	Pinar Saka	F 4x400	Turkey	ABP
24	Anzhelika Shevchenko	F 1500m	Ukraine	ABP
25	Svitlana Schmidt	F 800m	Ukraine	ABP
26	Binnaz Uslu	F 3000m SC	Turkey	ABP
27	Wiang Jaili	F Marathon	China	ABP
28	Nevin Yanit	F 100m hurdles	Turkey	ABP
29	Lyudmyla Yosypenko	F Heptathlon	Ukraine	ABP
30	Hanna Mishchenko	F 1500m	Ukraine	ABP
31	T. Hamera-Shmyrko	F Marathon	Ukraine	ABP
32	Ummu Kiraz	F Marathon	Turkey	ABP
33	Semiha Mutlu	F 20k walk	Turkey	ABP
34	Meliz Redif	F 4x400	Turkey	ABP
35	Yuliya Zaripova	F 3000m SC	Russia	ABP
36	Olga Kaniskina	F 20k walk	Russia	ABP
37	Bahar Dogan	F Marathon	Turkey	ABP
38	Asli Cakir	F 1500m	Turkey	ABP

VRWC CLUB RECORDS UPDATE

With the summer T&F season now just about done, time for a review of the various club records set over the last few months

Nikola Mandic	M	U13 Boys 2000m Track Walk	9:41.4	AV Shield, Knox	10/10/2015
Nikola Mandic	M	U13/U14 Boys 2000m Track Walk	9:18.51	AV Shield, Casey Fields	31/10/2015
Nikola Mandic	M	U13 Boys 3000m Track Walk	14:18.6	AV Shield, Frankston	14/11/2015
Kyle Swan	M	U17 Boys 10km Road Walk	43:03	AA Invitational, Fawkner Park	13/12/2015
Kelly Ruddick	F	W40 3000m Track Walk	12:58.58	AV Shield, Ballarat	09/01/2016

Heather Carr	F	W65 2000m Track Walk	10:56.8	AV Shield, Lakeside Stadium, AP	17/01/2016
Kyle Swan	M	U17 Boys 10km Road Walk	42:48	AA Invitational, Adelaide	22/02/2016
Pam Mews	F	W80 3000m Track Walk	30.25.19	VMA Champs, Doncaster	19/03/2016
Jemma Peart	F	U15/U16 Girls 1500m Track Walk	6:29.19	LAVIC State Champs, Berwick	19/03/2016

You can check out all our club records at <http://www.vrwc.org.au/vrwc-records.shtml>.

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 Apr 10, 2016	VRWC winter season starts - Castlemaine NAB 500, Castlemaine
Apr 16-19, 2016	Aust Masters T&F Championships, Adelaide, SA - see http://www.samastersathletics.org.au/nationals2016/
Sat Apr 23, 2016	First VRWC roadwalks at Middle Park, Melbourne
Sun June 12, 2016	50 th 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 th IAAF World Race Walking Team Championships, Rome, ITA
July 19-24, 2016	16 th World Junior T&F Championships, Bydgoszcz, POL
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com

2016 IAAF Challenge Series (remaining events)

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 nd International Race Walking Festival, LTU
Sun June 18, 2016	19 th 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 www.worldmastersgames2017.co.nz
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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