



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 30
26 April 2016



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WALKER OF THE WEEK

2012 Australian Olympic walker and VRWC member **Regan Lamble** was in action in Milan, Italy, last Friday evening at the Walks and Middle Distance night that formed part of the Ugo Grassia Memorial. Coming second to Italian ace Eleonora Giorgi, Regan's time was a huge PB **21:19.55**. This comes off the back of a solid altitude prep in Europe and sets her up well for the IAAF Race Walking World Cup which will be held in Rome in just under 2 weeks. This has also earned her my Walker of the Week Award.



Regan in action in the 2012 Olympics – on track for 2016

This time pushes Regan up to 5th on the Australian all-time rankings. It is worth noting that only 0.36 sec separates Cheryl Webb, Beki Smith and Regan in 3rd, 4th and 5th places. With Beki and Regan vying for the two remaining women's Olympic 20km spots along with Tanya Holliday and Steph Stigwood, the World Race Walking Team Championships are going to be fascinating to watch from an Australian perspective.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	20:03.0	Kerry Saxby-Junna	N	20-06-1961	1	Sydney	11-02-1996	34
2	21:03.33	Jess Rothwell	V	18-06-1989	1	Melbourne	20-02-2009	19
3	21:19.19	Cheryl Webb	N	03-10-1976	2	Sydney	14-02-2009	32
4	21:19.46	Beki Smith	N	25-11-1986	1	Melbourne	05-03-2016	29
5	21:19.55	Regan Lamble	V	14-10-1991	2	Milan, Italy	22-02-2016	24
6	21:21.25	Tanya Holliday	S	21-09-1988	1	Sydney	18-02-2012	23
7	21:25.6	Anne Pembroke-Manning	N	13-11-1959	mix	Sydney	12-02-1994	34
8	21:29.12	Claire Tallent	S	06-07-1981	3	Sydney	18-02-2012	30
9	21:32.26	Jane Saville	N	05-11-1974	1	Melbourne	01-03-1997	26
10	21:34.23	Natalie Saville	N	07-09-1978	2	Melbourne	01-03-1997	18
11	21:45.16	Lisa Sheridan-Paolini	N	10-12-1962	1	Sydney	20-02-2000	37
12	21:46.68	Kelly Ruddick	V	19-04-1973	2	Brisbane	29-03-2014	40
13	21:46.70	Kellie Wapshott	V	23-03-1981	mix	Melbourne	10-02-2008	26
14	21:47.6	Gabrielle Blythe	V	09-03-1969	mix	Canberra	12-03-1993	24

15	21:59.0	Teresa Letherby	Q	05-04-1972	3	Sydney	11-02-1996	23
16	22:01.50	Linda Coffee	N	31-07-1977	2	Sydney	18-02-1996	18
17	22:04.29	Jemima Montag	V	15-02-1998	1	Brisbane	14-06-2015	17
18	22:04.42	Sue Orr-Cook	V	23-04-1958	1	Melbourne	01-04-1984	25
19	22:05.76	Michelle French	N	01-04-1982	2	Melbourne	19-02-2006	23
20	22:08:00	Megan Szirom	V	18-08-1977	1	Melbourne	23-06-2007	29

You can check out all my women's rankings at <http://www.vrwc.org.au/documents/AustralianAllTimeWalkingWomen-TIM.pdf>.

WHAT'S COMING UP

- Our next **VRWC winter season races** will be held at our Middle Park headquarters in Melbourne next Saturday afternoon. **Walkers should pre-register during the week if they can.** By doing this, you avoid queueing in a potentially long line on race day as you are already in the system and all you then need to do is pay your \$5 and confirm your attendance via a quicker and much shorter line. You can pre-register each week at <http://vrwc.org.au/wp1/race-entries-2/>.

Saturday 30th April 2016, Middle Park

VRWC Events, Entries close for all events at 1.45pm sharp

2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

- The 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 can hand in their forms and pay on any raceday at Middle Park or can 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/>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 23 APRIL

Our VRWC winter season continued on Saturday with our first Middle Park based walks for the winter and it was wonderful to see well over 60 walkers and their families turn out on an overcast and cool afternoon that was just about perfect for racing. With all the things that take place at the start of the season (membership renewals, uniform purchases, LBG Carnival entries and race entries for the day), the signon line was long so thanks to everyone for their patience. It will be easier next week with week one behind us.

And now onto our race reporting. The longer races (8km, 6km and 4km) kicked off at 2:15PM, followed by our 2km and 1km walks at 2:30PM. It was great to see **Adam Garganis**, **Kyle Swan** and **Tayla-Paige Billington** all having their final races before heading off later this week as part of the Australian team to compete in the Race Walking World Team Championships in Rome in early May. They all reced well, especially Tayla-Paige whose 5km time of 22:50 was a 1:07 PB. This omens well for Rome. Amongst others to do well were **Pramesh Prasad** (30:20 for 6km in only his second walk with us) and **Jason Kozica** (38:59 for 8km). And we welcomed 11 walkers having their first ever walk with us. Welcome aboard everyone – we hope you enjoyed the day and that you will be back next week! As always, let me know if you see any errors in the results.

8km Walk

1.	Jason Kozica	MOpen	38:59
2.	James Christmass	M40+	40:59
3.	Simon Evans	M40+	43:15
4.	Pam Tindal	F40+	44:48
5.	Ross Reid	M60+	46:48
6.	Ralph Bennett	M60+	48:07
7.	Gerard Feain	M40+	49:55
8.	Madeleine Feain	FU18	53:10
9.	Bob Gardiner	M60+	54:38

6km Walk

1.	Adam Garganis	MOpen	26:58	
2.	Pramesh Prasad	M40+	30:20	Big PB!
3.	Philippa Huse	FU18	31:59	
4.	Emily Hamilton	FU18	34:06	
5.	Corey Dickson	MU14	34:30	
6.	Heather Carr	F60+	35:45	
7.	Geoff Barrow	M60+	43:08	
	Emmet Brasier	MU18	DNF	

5km Walk

1.	Tayla Billington	FOpen	22:50	PB 1:07
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4km Walk

1.	Kyle Swan	MU18	18:58	
2.	Reese Walmsley	MU18	19:09	
3.	Eliza Clarke	FU16	19:55	
4.	Hayden Walmsley	MU16	21:09	
5.	Mark Donahoo	M40+	21:26	
6.	Paige De Lisen	FU18	22:03	
7.	Donna-Marie Elms	F40+	23:02	
8.	Charlotte Hay	FU12	23:46	
9.	Kathleen O'Mahony	FU14	23:47	
10.	Cassandra Knight	FOpen	23:53	
11.	Mackayla Davison	FU16	23:54	
12.	Terry O'Neill	M60+	24:58	
13.	Jessica Lillie	FU16	25:24	
14.	Chloe Karagiorgos	FU14	25:24	
15.	Gwen Steed	F60+	26:21	
16.	Karyn O'Neill	F60+	27:49	
17.	Celia Johnson	F60+	29:32	
18.	Penny Hall	F60+	30:54	
19.	John Morrison	M60+	31:21	
20.	Karen Archer	FOpen	33:30	First time
21.	Katherine Ashton	F40+	33:42	First time
22.	Alex Poore	M60+	37:29	

2km Walk

1.	Stephanie George	FOpen	10:23	
2.	Jasmin Hass	FU14	11:32	First time
3.	Holly Cocking	FU14	11:38	First time
4.	Grace Louey	FU12	11:54	
5.	Robyn Shaw	F40+	12:06	
6.	Heath Beveridge	MU14	12:17	
7.	Angus Hay	MU12	12:25	
8.	Joseph Rickard	MU14	12:27	
9.	Gemma Lillie	FU12	12:38	
10.	Tony Barrett	M60+	12:53	
11.	Kirstin Shaw	FOpen	15:08	
12.	Beverley Hugo	F60+	16:06	
13.	Jonathon Fourie	MOpen	16:22	First time
14.	Elise Carbery	FU12	16:56	

1km Walk

1.	Luke Epps	MU10	5:40	First time
2.	Liam Hutchins	MU10	5:54	First time
3.	Justin Xuereb	MU10	5:55	First time
4.	Chelsea Karagiorgos	FU10	6:09	
5.	Kaylah Heikkila-Dubonik	FU10	6:10	First time
6.	Hamish Blackwood	MU10	6:13	First time
7.	Lewis Rickard	MU14	6:57	
8.	Zachary Matters	MU10	7:00	First time
9.	Pam Mews	F60+	10:04	

Thanks as usual to our many helpers and judges - my apologies if I have missed anyone. We would not have races without you all.

Race registration: Mark Donahoo, Michelle Walmsley, Damien Elms, Ralph Bennett

Course Setup: Bob Gardiner, Peter Vysma, Stuart Cooper, Alan Walmsley, John Morrison and others

Lapscoring: Ian Laurie, Simon Baker, Damien Elms, Tim Erickson
Judges: Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Shane Dickson, Stuart Cooper, Mark O'Mahoney
Canteen: Barb Gardiner, Kate Suich, Wendy Cooper
Photos: Terry Swan

Finally, our **VRWC Winter Season points competitions** started on Saturday and will continue throughout the winter. Mark Donahoo looks after the Handicap and Actual Times competitions and I look after the Style Award competition. Points after round 1 are now on the website – see <http://www.vrwc.org.au/vrwcpointscomps.shtml> – as well as an explanation of how each competition works. Points accumulate throughout the season and awards are made at our end of season presentations.

Lots of great photos have been posted by Terry Swan – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=68>. A selection is shown below. Sorry but do not have photos of all our first timers!



Jason Kozica, Adam Garganis, Kyle Swan and Pramesh Prasad



Tayla-Paige Billington, along with first timers Karen Archer, Kaylah Heikkila-Dubonik and Liam Hutchins



Lewis Richard along with first timers Justin Xuereb, Hamish Blackwood and Zachary Matters

AUSTRALIAN LITTLE ATHLETICS CHAMPS, SA ATHLETICS STADIUM, ADELAIDE, SUNDAY 24 APRIL

The ASICS Australian Little Athletics Championships were held last Sunday in Adelaide. It is a strange event with only one age group (U13) and States restricted to teams of 22 athletes (usually 11 boys and 11 girls). Often, the best walkers are not selected, a State preferring to go for a multi-event athlete who can handle the walk as well as another event. This is no reflection on the walkers who do go - they perform well and the cream always rises to the top. But it is an event which has no real rationale. Why only U13? It makes no sense. If you are going to call it an Australian Championship, at least cover ALL the older age groups and open up entries so that everyone has a chance. Anyway, that being said, our winners this year were **Joe Cross** (6:53.45) and **Allanah Pitcher** (6:43.92). Well done to all the walkers who competed. Any such event is a wonderful experience.

1500m Walk Final - Sunday 1:55 PM

1.	Joe Cross	SA	6:53.45
2.	Nelson McCutcheon	QLD	6:55.82
3.	Nikola Mandic	VIC	6:57.89
4.	Martin Leerberg	NSW	7:29.06
5.	Jack McGinniskin	NSW	7:40.70
6.	Darcy Sallur	WA	8:17.43
7.	Noah Goldie	SA	8:37.52
8.	Sebastian Wickham	WA	9:08.48
9.	Riley Lodding	ACT	9:52.17
10.	Kobe Hinton	QLD	9:52.19
11.	Jaydn Crawford	TAS	10:24.22
12.	Trent Matthews	VIC	10:25.54
13.	Liam Scolyer	TAS	10:41.03
14.	Angus Thompson	ACT	11:19.02

1500m Walk Final - Sunday 2:10 PM

1.	Allanah Pitcher	NSW	6:43.92
2.	Emma Blanch	NSW	6:54.28
3.	Breanna Betzold	QLD	7:05.96
4.	Amelia Schofield	QLD	7:19.09
5.	Carissa Brook	VIC	7:41.67
6.	Olivia Sandery	SA	7:42.96
7.	Richelle Morales	WA	7:53.46
8.	Eliza Griffin	WA	7:55.12
9.	Talisha Skein	SA	8:04.46
10.	Chloe Deans	TAS	8:20.55
11.	Hannah Manning	ACT	8:26.02
12.	MacKenzie Mielczarek	VIC	8:55.77
13.	Grace Gillow	TAS	9:32.80
14.	Rori Pryor	ACT	10:03.72

QRWC ROAD WALKS, BEENLEIGH, QUEENSLAND, SUNDAY 24 APRIL

There were 26 walkers in action in Brisbane last weekend for the latest Queensland Race Walking Club roadwalks. 16 year old **Jamie McCutcheon** walked his first ever 10km and what a beauty it was – 48:32 is a great time. Well done Jamie! It was a good weekend for the McCutcheon family with younger brother Nelson taking silver in the Australian Little Athletics Championships in Adelaide, also in a big PB.

10km Walk

1.	Jamie McCutcheon	48:32
2.	Iggy Jimenez	51:18
3.	Peter Bennett	51:53
4.	Paul Lindenberg	66:14
5.	Katya Martin	51:45
6.	Nyle Sunderland	63:28
7.	Kay Shaw	68:11
8.	Noela McKinven	82:04

5km Walk

1.	Caitlin Hannigan	27:50
2.	Ethan Clarke	29:23
3.	Isabella Schofield	32:55
4.	Bridie Mulcaster	32:55

3km Walk

1.	Anika Clarke	18:12
2.	Kirra Stonehouse	24:24

2km Walk

1.	Ashanti Heap	11:38
2.	Scarlett Schofield	11:54
3.	Abbey Hannigan	12:47
4.	Tess Hannigan	12:56
5.	Korey Brady	14:07

1km Walk

1.	Ella Muir	6:02
2.	Luke Heylen	7:04
3.	Makenna Clarke	8:17
4.	Charlotte Brady	10:31
5.	Isabella Auld	21:04
6.	Stacey Auld	21:04

0.5km Walk

1.	Liam Heylen	3:41
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AUSTRALIAN MASTERS T&F CHAMPIONSHIPS, ADELAIDE, 16-19 APRIL

One final report from the Australian Masters T&F Champs in Adelaide. Last week, I reported on the 1500m and 5000m walks. The 10km roadwalks were held last Tuesday and we saw big fields and some fast walking once again. As with the 5000m, the most exciting race was in the W55 division where **Pam Tindal** and **Lyn Ventris** went head to head again, Pam winning out once again with 56:04, Lyn not far behind in 56:15. Best age graded performances by **Colin Heywood**, **George White**, **Pam**, **Lyn**, **Heather Carr** and **Heather Lee**. Full results of all events at <http://www.samastersathletics.org.au/nationals2016/results.html>.

10km Roadwalks, Tuesday 19 April

M40	1	Prasad, Pramesh	VIC	56:46	68.57%
M45	1	Guevara, Argenis	QLD	52:47	76.69%
M50	1	Leydon, John	SA	1:04:32	65.33%
M55	1	Crump, Peter	SA	58:01	75.82%
M60	1	Heywood, Colin	NT	53:02	86.86%
	2	Russell, Jack	SA	1:07:57	67.79%
	3	Membrey, Harold	WA	1:20:45	57.05%
M65	1	West, John	NSW	1:05:52	73.67%
	2	Hoare, James	SA	1:09:51	69.47%
	3	McIntosh, Gil	SA	1:12:33	66.88%
	4	Roberts, Mike	NT	1:20:49	60.04%
M70	1	White, George	SA	57:32	89.45%
	2	Starr, Bill	SA	1:13:02	70.47%
	3	Harrison, Graham	SA	1:13:55	69.63%
M75	1	Seymon, Jim	NSW	1:06:43	82.47%
	2	Ilgoutz, Gunther	VIC	1:07:21	81.69%
	3	Sela, Patrick	QLD	1:13:50	74.52%
	4	Barber, Rodger	SA	1:14:52	73.49%
M80	1	Silcock-Delaney, C	VIC	1:20:47	73.48%
	2	Hall, Ray	WA	1:24:23	70.35%
	3	Beaumont, Ian	VIC	1:27:29	67.85%
	4	Robertson, David	SA	1:31:55	64.58%
M85	1	Hainsworth, Colin	SA	1:25:07	76.11%
W45	1	Rothery, Cherie	SA	1:07:30	65.65%
	2	Bott, Kirsten	TAS	1:14:40	59.35%
W50	1	Staunton-Jugovic, Ann	ACT	59:02	78.59%
	2	Tolaro, Karyn	WA	1:00:56	76.14%
	3	Summers, Debbie	NT	1:04:19	72.13%
	4	Dean, Cheryl-Lee	WA	1:05:20	71.01%

	5	Schild, Raelene	SA	1:21:00	57.27%
W55	1	Tindal, Pam	VIC	56:04	87.13%
	2	Ventris, Lynette	WA	56:15	86.84%
	3	Page, Debbie	NT	59:25	82.21%
	4	Elms, Donna-Marie	VIC	1:03:52	76.49%
	5	Holliday, Gloria	SA	1:04:10	76.13%
	6	Maxted, Marie	SA	1:06:05	73.92%
W60	1	Leitch, Elizabeth	TAS	1:06:46	77.57%
	2	McIntosh, Margaret	SA	1:27:54	58.92%
W65	1	Carr, Heather	VIC	1:01:37	89.81%
	2	Hill, Avril	SA	1:18:00	70.95%
W70	1	Purcell, Joan	QLD	1:17:10	77.33%
	2	Schickert, Lynne	WA	1:20:09	74.46%
W75	1	Hall, Penny	VIC	1:21:27	79.88%
	2	Beaumont, Margaret	VIC	1:34:13	69.06%
W80	1	Lee, Heather	NSW	1:27:26	92.51%

ACT WALKERS CLUB ROADWALKING ROUNDUP

Thanks for Robin Whyte for the latest couple of week's of walking results from Canberra. Great 10km walk by 14 year old **Mitchell Baker** (51:19 debut).

AVTRWC Walks, Lake Tuggeranong, Saturday 16 April

10km Walk

1.	Mitchell Baker	51:19
2.	Ally Durr	52:13
3.	Tim Fraser	53:42
4.	Gabby Hunt	55:20
5.	Callum Burns	58:21
6.	Greg Durr	1:07:17
7.	Monika Short	1:14:10
8.	Geoff Barker	1:17:50
9.	Rod Gilchrist	1:17:58
10.	Jane Bates	1:18:04
11.	Jennifer Gilchrist	1:20:35

4km Walk

1.	Laura Burns	22:10
2.	Spencer Burns	23:01
3.	Kate Black	25:39
4.	Helena Bialecki	26:41
5.	Charlie Durr	28:05
6.	David Mackenzie	31:48
7.	Cilla Chapman	34:48
8.	Edna Dundas	38:21
9.	Raine Thompson	39:13

2km Walk

1.	Ellen Vahey	12:49
2.	Harry Baker	13:22
3.	Heli Laajoki	13:26
4.	Ella Baker	15:15

1km Walk

1.	Tom Hunt	05:15
2.	Anna Vahey	07:10

ACTRWC Walks, Acacia Inlet, Saturday 23 April

12km Walk

1.	Ally Durr	1:03:51
2.	Gabby Hunt	1:04:53
3.	Tim Fraser	1:06:23
4.	Callum Burns	1:11:16
5.	Mick Saunders	1:24:30
6.	Greg Durr	1:24:48
7.	Monika Short	1:27:26
8.	Geoff Barker	1:39:05

6km Walk

1.	Spencer Burns	36:45
2.	Jennifer Gilchrist	45:50

3km Walk

1.	Ellen Vahey	19:21
2.	Helena Bialecki	19:36
3.	Charlie Durr	20:22
4.	Marilyn Banfield	22:30
5.	Robyn Saunders	23:10
6.	Cilla Chapman	26:17
7.	Raine Thompson	29:23
8.	David Mackenzie	29:23
9.	Jacqui Fraser	30:12

1km Walk

1.	Sidney Shaw	05:58
2.	Heli Laajoki	06:58
3.	Anna Vahey	07:40

SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 23 APRIL

And now to Adelaide where 31 walkers were in action in the Adelaide Parklands Peacock Road course.

3km U14

1.	Jay Goode	MU18	15:58
2.	Bethany Cross	FU18	16:26

15km Walk

1.	John Leydon	M35+	1:39:15
2.	Kevin Finn	M35+	1:43:26

3.	Victoria Upton	FU14	16:57	3.	James Hoare	M35+	1:48:40
4.	Mathew Bruniges	MU16	19:27	4.	Bill Starr	M35+	1:48:56
5.	Adrian Upton	MU14	21:04				
6.	Aleesha Vidler	FU14	22:11				
2km U14				8km Walk			
1.	Kitarni Upton	FU12	11:55	1.	Rhiannon Lovegrove	FU18	44:03
2.	Brooke Nangle	FU16	12:07	2.	Samantha Findlay	FU20	48:56
3.	Seth Upton	MU12	12:07	3.	Royrie Upton	MOpen	49:58
4.	Kiera Ross	FU12	12:22	4.	Alix Harlingto	MU18	DNF
5.	Paige Psaila	FU14	14:05	5km Walk			
6.	Ayeisha Wallace	FU16	14:17	1.	Tristan Camilleri	MU16	27:00
1km U10				2.	Louisa Mitchell	F35+	30:22
1.	Hayley Goode	FU16	5:25	3.	Chloe Upton	FU16	31:57
2.	Zayden Kamish	MU10	5:30	4.	Jake Vidle	MU18	DNF
3.	Kerry Goode	F35+	6:23	5.	Maddy Wallace	FU14	DNF
4.	Tyson Psaila	MU10	6:43				

NSWRWC ROAD WALKS, CHIPPING NORTON, SYDNEY, SATURDAY 16 APRIL

And finally, back a week for the NSWRC results from Saturday 16 April. 35 walkers in total with **Tyler Jones** leading from the front. Tyler will be in the Australian team at next month's IAAF Race Walking World Team Championships while **Steven Washburn** will be in the USA team. Now that's something we don't see very often – 2 members of the same club competing at a World Championship but for 2 different countries.

Long Division 10km

1.	Tyler Jones	46.34
2.	Steven Washburn	49.15
3.	Carl Gibbons	52.35
4.	Dean Nipperess	54.51
5.	Travis Barendregt	67.05

Medium Division 8km

1.	Adam Mylonas	44.21
2.	Kyle Bedford	45.38
3.	Chelsea Goodhew	46.09
4.	Ryan Thomson	46.37
5.	Samantha Brown	47.50
6.	Tiffany Saker	48.14
7.	Oscar Tebbutt	48.50
8.	Judy Brown	71.03

Short Division 4km

1.	Hayley Mills	23.06
2.	Molly O'Neill	23.17
3.	Amy Henry	24.33
4.	Renee Hardy	25.37
5.	Brittany Robertson	27.42
6.	Nicole Nilon	31.49
7.	Annette Tillman	38.39

U16 Division 3km

1.	Ryan Vesper	17.10
2.	Archie Tebbutt	17.33
3.	Elie De Celis	18.43
4.	Chloe McLoughlin	19.04
5.	Jada Thomson	19.14
6.	Emma Thomas	19.19
7.	Stacie Becroft	21.59

U12 Division 1.5km

1.	Chloe Krklinski	9.33
2.	Isabelle Nilon	9.51
3.	Rhianni Degan	10.27
4.	Aiden Hardy	11.09
5.	Ella Becroft	12.02
6.	Emily Challinor	13.13
7.	Amelia Crocker	13.13

U10 Division 1km

1.	Sarah Challinor	9.03
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4TH MEMORIAL UGO GRASSIA, MILAN, ITALY, FRIDAY 22 APRIL

Australia's Regan Lamble was in action in Milan, Italy, last Friday evening at the Walks and Middle Distance night that formed part of the Ugo Grassia Memorial. **Eleonora Giorgi's** winning time of 20:31.46 is her second fastest behind her world best of 20:01.80, set in 2014 while Australian **Regan Lamble** walked a huge PB to take second with 21:19.55. The men's race saw a tug of war between **Matteo Giupponi** and **Leonardo Dei Tos**, with Giupponi eventually winning by 4 secs with a PB 19:18.33.

5000m Walk Women

1.	GIORGI ELEONORA ANNA	1989	SF G.S. FIAMME AZZURRE	20:31.46
2.	LAMBLE REGAN	1992	SF AUSTRALIA	21:19.55
3.	TRAPLETTI VALENTINA	1985	SF BRACCO ATLETICA	22:00.08
4.	GIORDANO ROSSELLA	1972	SF FIAMME AZZURRE	22:16.69
5.	VALSECCHI VIVIANA	1992	SF ATL. LECCO-COLOMBO COSTRUZ.	23:27.16

6.	DONE' ELEONORA	1992	SF ATL. MARIANO COMENSE	25:08.23
7.	MORETTI GLADYS	1991	SF ATL. BERGAMO 1959 CREBERG	25:21.40
8.	FORESTI BEATRICE	1998	JF ATL. BERGAMO 1959 CREBERG	25:52.44
9.	CORTELEZZI FRANCESCA	1999	AF BRACCO ATLETICA	27:15.13
10.	PARMA ANDREA NOEMI	1998	JF ATL. BERGAMO 1959 CREBERG	27:30.77
11.	PIROLA LAURA	2000	AF ATL. BERGAMO 1959 CREBERG	27:50.05
12.	PADOVANI ALICE	2000	AF ATL. LECCO-COLOMBO COSTRUZ.	31:19.99

5000m Walk Men

1.	GIUPPONI MATTEO	1988	SM C.S. CARABINIERI SEZ. ATLETICA	19:18.33
2.	DEI TOS LEONARDO	1992	SM ATHLETIC CLUB 96 AE SPA	19:22.64
3.	TODISCO DANIELE	1995	PM GEAS ATLETICA	20:37.38
4.	CHIESA STEFANO	1996	PM ATL. CENTO TORRI PAVIA	21:09.31
5.	ROMAGNOLI TOMMASO	1991	SM ATL. CENTO TORRI PAVIA	21:28.36
6.	MOROTTI MARCO	1997	JM ATL. RICCARDI MILANO 1946	21:31.86
7.	MARCHESI DAVIDE	1999	AM ATL. RICCARDI MILANO 1946	22:29.98
8.	MICHELETTI JURIY	1998	JM ATL. BERGAMO 1959 CREBERG	23:26.01
9.	CARELLA ALBERTO	1997	JM ATL. LECCO-COLOMBO COSTRUZ.	24:55.21
10.	MELI MIKIAS	2000	AM ATL. BERGAMO 1959 CREBERG	25:19.13
11.	ARNOLDI PAOLO	2000	AM ATL. BERGAMO 1959 CREBERG	25:31.14
12.	BRAGGIO MATTIA	2000	AM S.S. TRIONFO LIGURE	26:25.13
13.	ALBERI ERNESTO	1997	JM CUS PRO PATRIA MILANO	26:35.40

Nice video including an interview with Regan and some footage of her race and the presentation ceremony – surf to <https://www.youtube.com/watch?v=IcAWCQBWSYk&feature=youtu.be&t=5m8s> and start at around the 7 minute mark.

IAAF CHALLENGE SERIES MEET, TAICANG, CHINA, SATURDAY 23 APRIL

I reproduce Vincent Wu's report for the IAAF (see <http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/taicang-race-walk-challenge-2016-gomez-wang>) on the latest IAAF Challenge Series meet in Taicang, China.

Mexico's **Pedro Daniel Gomez** and local walker **Wang Yingliu** claimed surprise victories in the men's and women's 20km events at the IAAF Race Walking Challenge meeting in Taicang, China, on Saturday. It was the fifth edition since the Challenge meeting was first launched in the southeastern city of China in 2011 – with the IAAF World Race Walking Cup also being held here in 2014 – and Chinese athletes have swept all the titles in the previous four editions but the 25-year-old Gomez finally broke the hosts' domination and became the first overseas athlete to win in Taicang.

Competing in cool conditions with the temperature staying around 16°C and with light rain falling off-and-on, Gomez raced down his countryman **Ever Palma** over the final km to the line in 1:20:52, with the latter two seconds behind in second place. It is the first ever international victory as a senior for Gomez, who was the runner-up at the 2007 IAAF World Youth Championships and was 2009 Pan American junior champion over 10,000m on the track. His winning mark in Taicang was 47 secs shy of his personal best, set earlier this month when he finished seventh in Podebrady, Czech Republic.

Sweden's **Perseus Karlstrom** has improved his personal best twice this season and set a national record of 1:19:11 en route to winning in Podebrady, where he beat both Gomez and Palma, but in Taicang he was just a little below his best and finished third in 1:21:03. In the absence of London 2012 Olympic Games champion Chen Ding, two-time world silver medallist Wang Zhen and World Cup silver medallist Cai Zelin – all of whom are preparing for the IAAF World Race Walking Team Championships Rome 2016 where China are expected to be a formidable presence – **Wang Rui** finished as the fastest Chinese walker in fourth place with 1:21:23. **Ricardo Ortiz**, only 21, completed a good day for Mexico when he improved his best by almost four minutes to finish fifth in 1:21:45 while Australia's 2012 Olympic champion 20km **Jared Tallent**, competing in Taicang for the sixth straight year, is still looking for his first win in the Chinese city after finishing sixth in 1:21:50.

In the women's race, neither former champion Sun Huanhuan nor fellow Chinese national team member Yang Jiayu, both of whom were on the entry lists, showed up on the start line so it was another Chinese walker, **Wang Yingliu**, who took the honours with a convincing win by more than minute in 1:30:51, just 31 seconds slower than her PB set in Beijing last year. It is the second victory this month for the 24-year-old Wang, who clocked 1:31:04 to win at the second leg of Chinese National Race Walk Grand Prix in Shangrao two weeks ago. China's **Xie Lijuan**, a former national junior champion in 2009, finished second in 1:32:19 while Hungary's **Viktoria Madarasz** set a season best of 1:32:33 to finish third. As is the case in the men's race, most of China's best known and leading female race walkers – including world champion and world record-holder Liu Hong, world silver medallist Lu Xiuzhi and 2012 Olympic silver medallist Qieyang Shenjie – were absent and preparing for the IAAF World Race Walking Team Championships Rome 2016 in two weeks' time.

What the IAAF report doesn't comment on is the walk of Australian walker **Claire Tallent** who retired after the 2012 Olympics. Well over 3 years since her last serious walk, she was with the leaders throughout the women's race and crossed the line in third place in a time round 1:32:30, only to find out she had received a third red card late in the race. She has been doing lots of training with husband Jared as he prepares for Rio and she obviously felt fit enough to have a tilt. Wow!

Men 20 km Race Walk

1.	Pedro Gómez	MEX	90	1:20:52
2.	Isaac Palma	MEX	90	1:20:54
3.	Perseus Karlström	SWE	90	1:21:03
4.	Wang Rui	CHN	96	1:21:23
5.	Jorge Alejandro Martínez	MEX	90	1:21:45
6.	Jared Tallent	AUS	84	1:21:50
7.	Julio César Salazar	MEX	93	1:22:03
8.	Isaac Palma	MEX	90	1:22:18
9.	Omar Segura	MEX	81	1:22:19
10.	Jesús Vega	MEX	94	1:22:48
11.	Eder Sánchez	MEX	86	1:23:21
12.	Omar Zepeda	MEX	77	1:23:26
13.	Jakub Jelonek	POL	85	1:24:23
14.	Rafal Augustyn	POL	84	1:24:38
15.	Brandon Segura	MEX		1:24:46
16.	Lo Choon Sieng	MAS	85	1:29:29
17.	Muhammad Khairil Harith Harun	MAS		1:30:25
18.	Tse Chun Hung	HKG	81	1:34:58

Women 20km Race Walk

1.	Yingliu WANG	CHN	92	1:30:51
2.	Lijiang XIE	CHN	93	1:32:19
3.	Viktória MADARÁSZ	HUN	85	1:32:33
4.	Alejandra ORTEGA	MEX	94	1:34:20
5.	Neringa AIDIETYTE	LTU	83	1:34:27
6.	Caihong TANG	CHN	96	1:34:41
7.	Lizbeth SILVA	MEX	89	1:35:08
8.	Mariela SANCHEZ TERAN	MEX	91	1:42:23
	Claire WOODS-TALLENT	AUS	81	DQ

CHINESE NATIONAL RACE WALKING GRAND PRIX, CHINA, HUIAN, SATURDAY 23 APRIL

Another big walks meet in China, the third leg of the Chinese National Race Walking Grand Prix. I am led to believe that it might have been spread over 2 days last weekend but, alas, I only have Saturday's results here. The events saw the usual big fields, high quality and great depth. Interestingly, this was the same day the IAAF Challenge Series walks were contested in Taicang.

Open Men 20 km walk

1.	Wei Xubao	CHN	1 Feb 93	1:21:46
2.	Sun Song	CHN	15 Dec 96	1:21:51
3.	Jiang Jie	CHN	25 Oct 94	1:22:19
4.	Zeng Qingcun	CHN	3 Apr 95	1:22:19
5.	Sun Chenggang	CHN	11 Mar 91	1:23:07
6.	Bian Tongda	CHN	1 Apr 91	1:23:18
7.	Han Jijiang	CHN	20 Jul 93	1:23:32
8.	Yan Dexiang	CHN	18 Jun 93	1:24:20
9.	Ceng Qingsheng	CHN	3 Apr 95	1:24:36
10.	Liu Jianmin	CHN	9 Mar 88	1:24:50
11.	Cao Wenlong	CHN	4 Mar 98	1:24:57
12.	Xin Zhaoyang	CHN	30 Jun 98	1:25:06
13.	Zheng Ke	CHN	10 Jan 98	1:25:15
14.	Su Xianzhen	CHN	26 Feb 95	1:25:21
15.	Niu Wenchao	CHN	20 Apr 98	1:25:23
16.	Zhao Qingwei	CHN	16 Apr 95	1:25:36
17.	Xiong Denghua	CHN	29 May 95	1:26:35
18.	Zhang Rongjin	CHN	24 Apr 96	1:27:23
19.	Peng Shiyi	CHN	16 Sep 98	1:27:43
20.	Luo Jiayu	CHN	3 Apr 98	1:27:43
21.	Bai Xuejin	CHN	6 Jun 87	1:28:02
22.	Jie Jinzhu	CHN	25 Jul 95	1:28:13
23.	Shan Rongjiang	CHN	26 Oct 96	1:28:38
24.	Xu Jie	CHN	1 Jan 93	1:28:51
25.	Yu Yongcai	CHN	23 May 98	1:29:23
26.	Xu Gang	CHN	24 Mar 96	1:29:49
27.	He Xianghong	CHN	1 Jul 98	1:30:09
28.	Zhou Shipeng	CHN	9 Feb 96	1:30:43
29.	Zhang Zhi	CHN	22 Jul 94	1:31:03

30.	Meng Zhongkai	CHN	15 Dec 97	1:31:21
31.	Yang Yingyi	CHN	9 Feb 95	1:31:39
32.	Yang Dedong	CHN	23 Nov 96	1:31:39
33.	Li Jinguo	CHN	4 May 95	1:31:55
34.	Gong Fanglong	CHN	12 Jul 98	1:32:28
35.	Yao Biao	CHN	15 Apr 96	1:32:41
36.	Li Chengfa	CHN	2 Mar 92	1:32:52
37.	Ding Xianyu	CHN	27 Nov 93	1:33:58
38.	Wang Yingqi	CHN	1 Nov 93	1:34:01
39.	Liu Xu	CHN	11 Dec 94	1:34:26
40.	Hu Enxi	CHN	26 Mar 94	1:35:57
41.	Huang Jian	CHN	24 Jun 94	1:35:58
42.	Ma Youshan	CHN	21 Sep 95	1:36:23
43.	Cheng Min	CHN	6 Jul 91	1:38:15
44.	Ni Mazhujie	CHN	2 Jul 96	1:38:24

Open Women 20 km walk

1.	Yang Lei	CHN	29 Nov 95	1:32:57
2.	Chen Chen	CHN	25 Aug 95	1:34:48
3.	Zhao Wenli	CHN	11 Dec 96	1:37:11
4.	Zhao Huimin	CHN	12 Oct 93	1:37:23
5.	Li Qiuye	CHN	2 Dec 93	1:37:31
6.	Zhu Kunyu	CHN	14 May 96	1:37:32
7.	Zhao Qianyuan	CHN	11 Mar 95	1:37:43
8.	Liu Huan	CHN	24 Feb 93	1:38:17
9.	Wang Zhenzhen	CHN	3 Feb 95	1:38:50
10.	Jiang Pengqin	CHN	5 Sep 95	1:39:31
11.	Yang Qingqucuo	CHN	13 Jan 97	1:45:01
12.	Zhou Kang	CHN	24 Dec 89	1:46:38

U20 Men 10 km walk

1.	Zhang Yao	CHN	11 Jan 00	40:53
2.	Zhang Hongliang	CHN	1 Jan 99	40:56
3.	Zhang Jiaxu	CHN	4 Jan 00	41:48
4.	Geri Leitu	CHN	27 Apr 00	42:47
5.	Han Yong	CHN	13 Jun 99	42:55
6.	Qu Tao	CHN	31 Oct 99	43:04
7.	Yin Jun	CHN	16 Mar 00	43:12
8.	Li Yang	CHN	24 Oct 00	43:30
9.	Wang Zhiming	CHN	24 Feb 99	43:31
10.	Zhao Zongze	CHN	15 Aug 99	43:31
11.	Gong Hao	CHN	31 Jan 00	44:17
12.	Hu Yunjiang	CHN	4 Feb 00	44:20
13.	Li Chuanwei	CHN	20 May 00	44:22
14.	Li Haiping	CHN	5 Feb 00	45:04
15.	Lu Anyu	CHN	2 Feb 00	45:13
16.	Xiao Xinbo	CHN	25 Oct 00	45:37
17.	Pan Jingyuan	CHN	5 Oct 00	46:03
18.	Wu Jichao	CHN	10 Nov 00	46:07

U20 Women 10 km walk

1.	Ma Yiming	CHN	10 Sep 97	44:25
2.	Yin Hang	CHN	7 Feb 97	44:52
3.	Cun Hailu	CHN	15 Aug 97	46:03
4.	Jiang Shanshan	CHN	28 Feb 97	47:03
5.	Wang Yiquan	CHN	22 Jun 97	47:26
6.	Que Yumei	CHN	8 Feb 97	48:29
7.	Liu Xinli	CHN	14 Aug 98	48:38
8.	Cao Cailing	CHN	18 Mar 98	50:15
9.	Yang Qingqucuo	CHN	13 Jan 97	52:00
10.	Ci Rendeji	CHN	3 May 97	53:24
11.	Yang Mingya	CHN	5 Feb 98	53:24
12.	Qiang Baqunzong	CHN	15 Aug 98	57:00

U18 Men 10 km walk

1.	Jin Xiangqian	CHN	18 Mar 97	40:43
2.	Bai Liga	CHN	21 Jan 98	40:47
3.	Wei Xinmeng	CHN	5 Jun 97	41:52

4.	Xie Tianqi	CHN	21 Mar 98	41:54
5.	Zhang Mingkai	CHN	30 Sep 98	42:47
6.	Huang Cheng	CHN	8 May 97	42:56
7.	Li Shixi	CHN	8 Mar 98	46:24

Race B

1.	Xu Hao	CHN	6 Feb 99	41:12
2.	Zhang Honggang	CHN	16 Jan 99	41:45
3.	Cui Lihong	CHN	13 May 99	41:45
4.	Xu Benshuai	CHN	9 Nov 99	42:04
5.	Song Huazhang	CHN	13 Feb 99	42:12
6.	Liu Youning	CHN	17 Feb 00	42:15
7.	Lu Ning	CHN	12 Feb 99	42:19
8.	Ci Wangduoji	CHN	14 Dec 99	43:25
9.	Zhu Chendong	CHN	16 Sep 99	43:41
10.	Luo Guoqing	CHN	28 Jan 00	43:46
11.	Ge Yu	CHN	26 Dec 99	43:48
12.	Cheng Peiyang	CHN	4 Feb 99	44:27
13.	Ciwang Yixi	CHN	8 Jun 00	45:15

BA AND RWA OPEN 20KM WALK CHAMPS, HILLINGDON CYCLE CIRCUIT, HILLINGDON, SATURDAY 23 APRIL

The annual British Athletics and Race Walking Association 20km walk championships, incorporating the RWA Age Group Championships, were held at the Hillingdon Cycle Circuit in outer London last Saturday. Thanks to Mark Wall for the results. Good to see Tom Bosworth, Cameron Corbishly and Sophie Ward Lewis and the other good walkers supporting the local championships. It was Tom's fifth British 20km championship win.

Men 20km

1.	Tom Bosworth	Tonbridge Athletic Club	1:30:29
	Gregorio Angelini (U23M)	Italy (guest)	1:33:35
2.	Jonathan Hobbs	Ashford Athletic Club	1:46:21
3.	Mark Williams (M50)	Tamworth Athletic Club	1:48:09
4.	Dale Farquhar (M35)	Manx Harriers	1:58:45
5.	Stephen Taylor (M50)	Manx Harriers	2:01:41
6.	Matthew Haddock	Manx Harriers	2:06:10
	Paul De Meester (M55)	USA (guest)	2:06:50
7.	Peter Boszko (M65)	Birchfield Harriers	2:07:29
8.	Colin Vesty (M50)	Leicester Walking Club	2:09:52
9.	Anthony Bell (M50)	Lancashire Walking Club	2:11:55
10.	Mark Culshaw (M45)	Belgrave Harriers	2:16:48
11.	Paul King (M60)	Belgrave Harriers	2:19:28
12.	Dave Kates (M65)	Ilford Athletic Club	2:20:11
13.	John Constandinou (M40)	Birchfield Harriers	2:20:34
14.	John Borgars (M65)	Herts Phoenix AC	2:23:45
15.	Christopher Flint (M70)	Surrey Walking Club	2:25:22
16.	Sean Pender (M60)	Enfield & Haringey AC	2:25:28
	Francisco Reis (M55)	Southern Counties Vets AC	DNF
	Adam Cowin (U23M)	Manx Harriers	DQ
	Ian Richards (M65)	Steyning Athletic Club	DQ

Women 20km

1.	Hannah Hunter	Manx Harriers	1:55:39
2.	Erika Kelly (U23W)	Northern (IOM) AC	2:01:44
3.	Marie Jackson (W55)	Manx Harriers	2:02:49
4.	Jayne Farquhar (W45)	Manx Harriers	2:15:54
5.	Angela Martin (M50)	Surrey Walking Club	2:23:09
6.	Louise Hollings (W35)	Isle of Man Veterans AC	2:25:15
7.	Sharon Cain (W45)	Western Athletic Club	2:31:57

U20 Men 10km

1.	Cameron Corbishley	Medway & Maidstone AC	43:42
2.	Tom Partington	Manx Harriers	50:09
3.	Timothy Snook	Aldershot Farnham	51:10

U20 Women 10km

1.	Sophie Lewis Ward	Cambridge Harriers	59:29
2.	Rebecca Greatbatch	Manx Harriers	62:20

U17 Men 5km			
1.	Christopher Snook	Aldershot Farnham	23:32
2.	Oliver (Ollie) Hopkins	Lewes Athletic Club	26:31
3.	Benjamin Allen	Lieicester Walking Club	27:25
4.	Jordan Price	Brecon Athletic Club	27:37
5.	Marshall Smith	Ashford Athletic Club	28:18
6.	Owain Rhys Nicholas	Pembrokeshire Harriers	30:19
7.	Matthew Phipps	Neath Harriers	31:33
U17 Women 5km			
1.	Ana Garcia	City of Sheffield	26:25
2.	Megan Stratton-Thomas	Swansea Harriers	28:03
3.	Evie Butcher	Cambridge Harriers	28:31
4.	Abigail Jennings	Aldershot Farnham	29:17
5.	Pagen Spooner	Weatherby Runners AC	29:21
6.	Amy Phipps	Neath Harriers	30:48
7.	Kathryn (Katie) Elliott	Aldershot Farnham	32:10
8.	Lucy Webber	Western Athletic Club	33:08
9.	Jacqueline Benson	Ashford Athletic Club	34:40
U15 Boys 3km			
1.	Stephen Waddington	Manx Harriers	16:40
2.	Jack Childs	Medway & Maidstone AC	16:48
3.	Hisham Alkhamesi	Nuneaton Harriers	17:15
4.	Nicholas Hart	Aldershot Farnham	19:55
U15 Girls 3km RWA Team			
1.	Lucy Lewis Ward	Cambridge Harriers	16:48
2.	Alice Bellando	Manx Harriers	17:15
3.	Suki Ly	Cambridge Harriers	17:30
4.	Molly Meleady-Hanley	City of Sheffield	18:13
5.	Beatrice (Bea) Fury	Medway & Maidstone AC	18:59
6.	Isabelle Bridge	Blackheath & Bromley	19:08
7.	Anna Hinchliff	Aldershot Farnham	21:17
8.	Emma Ratcliffe	Aldershot Farnham	21:21
U13 Boys 2km RWA Team			
1.	Alex Macheath	Cambridge Harriers	11:51
2.	Faris Alkhamesi	Nuneaton Harriers	11:56
3.	Kai Cundey	City of Sheffield & Dearne	12:10
4.	Luca Cundey (U11B)	Intake Primary Sch.	12:12
5.	Kyle Smith	Nuneaton Harriers	12:59
6.	Jamie Crooke	Dudley & Stourbridge	13:54
U13 Girls 2km RWA Team			
1.	Lara MacColl	City of Sheffield	12:46
2.	Davina Raykova	Ashford Athletic Club	13:01
3.	Isobel (Izzy) Elliott	Aldershot Farnham	13:01
4.	Charlotte Wallis	Aldershot Farnham	13:34
5.	Megan Packett (U11G)	Aldershot Farnham	13:48

Lots of great photos at Mark Easton's event gallery – <http://markeaston.zenfolio.com/f328541413>. Thanks to Mark for the following selection.



Cameron Corbishly, Tom Bosworth, Anna Garcia, Sophie Lewis Ward (photos Mark Easton)



Chris Snook and Hannah Hunter (photos Mark Easton)

G.P. INTERNACIONAL DE MARCHA "CIUDAD DE MURCIA", MURCIA, SPAIN, SUNDAY 24 APRIL

The Ciudad de Murcia walks last Sunday in Murcia, Spain, saw a top men's 10km field assembled, but it was **Alberto Amezcua** who upstaged the more well known internationals, winning with 40:32, ahead of Spain's **Miguel Angel Lopez** (40:43), **Robert Heffernan** of Ireland (40:44) and **Joao Viera** of Portugal (40:55). The women's 5km was won by **Maria Perez** with 22:33.

Full results at Results at http://resultados.rfea.es/2016/resultados/marcha/marcha_murcia.pdf.

Article at <http://www.rfea.es/web/noticias/desarrollo.asp?codigo=8950#.Vx3sfzB97IV>.

Also reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2415.

10km Men

1.	ALBERTO AMEZCUA	JUVENTUD GUADIX SNM 1 - SNM	40:32
2.	MIGUEL ANGEL LOPEZ NICOLAS	UCAM MURCIA SNM 2 - SNM	40:43
3.	ROBERT HEFFERNAN	IRELAND	40:44
4.	JOAO VIEIRA	PORTUGAL	40:55
5.	BENJAMIN SANCHEZ BERMEJO	UCAM ATHLEO CIEZA SNM 5 - SNM	41:07

6.	GREGOR SUDOL	POLAND	41:12
7.	MANUEL BERMUDEZ JIMENEZ	UCAM ATHLEO CIEZA JNM 1 - JNM	41:15
8.	IVAN PAJUELO PAREDES	A.D. MARATHON SNM 7 - SNM	41:53
9.	DAVID ABELLAN	CA ELDA CAMISETAS ECONOMICAS	43:49
10.	IVAN LOPEZ PEREZ	CA MURCIA TOVARSPORT JNM 2 - JNM	44:21
11.	LUIS MANUEL PEREZ OSORIO	FENT AMIC MISLATA SNM 9 - SNM	45:04
12.	JOSE MANUEL PEREZ RUBIO	JVM 1 - JVM	45:37
13.	JUAN PORRAS	UNICAJA ATL. SNM 10 - SNM	47:18
14.	DANIEL LOPEZ RUIZ	UCAM ATHLEO CIEZA SNM 11 - SNM	47:41
15.	IVAN GARCIA GARCIA	UCAM ATHLEO CIEZA JVM 2 - JVM	47:56
16.	JOSE CARLOS GALVEZ GAMBIN	UCAM CARTAGENA PRM 1 - PRM	49:29
17.	LIBERTO LOPEZ MARCO	CA MURCIA TOVARSPORT JVM 3 - JVM	51:09
18.	MANUEL MORCILLO MTNEZ	UCAM ATHLEO CIEZA JVM 4 - JVM	53:56
19.	JORGE LOPEZ CRESPO	CA MURCIA TOVARSPORT JVM 5 - JVM	60:10

5km Women

1.	MARIA PEREZ	VALENCIA TERRA I MAR PRF 1 - PRF	22:33
2.	MARIA LARIOS LOPEZ	A.D. MARATON SNF 1 - SNF	22:44
3.	JOSE MESTRE MARTIN	CLUB SUANZES-SAN BLAS CDM 1 - CDM	22:48
4.	AMANDA CANO GOMEZ	UCAM ATHLEO CIEZA PRF 2 - PRF	22:54
5.	VERA SANTOS	PORTUGAL SNF 2 - SNF	23:14
6.	PEDRO CONESA CERON	NUTRIBAN SOCIEDAD ATLETICA	23:32
7.	IRENE VAZQUEZ GEA	UCAM ATHLEO CIEZA JNM 1 - JNF	23:55
8.	ALICIA VAZQUEZ GEA	UCAM ATHLEO CIEZA JNM 2 - JNF	24:23
9.	MELISA SANCHEZ BERMEJO	UCAM ATHLEO CIEZA PRF 3 - PRF	25:03
10.	ESTELA MATEA CLIMENT	PLAYAS DE CASTELLON JVF 1 - JVF	25:35
11.	JUAN JESUS BARRANCO MARIN	MURCIA TOVARSPORT VTM 1 - VTM	26:01
12.	MARIA ALARCON MTNEZ.	UCAM ATHLEO CIEZA JVF 2 - JVF	26:04
13.	SEBASTIAN BARRANCO MARIN	UCAM CARTAGENA VTM 2 - VTM	26:09
14.	LAURA JIMENEZ ELIPE	UCAM CARTAGENA SNF 3 - SNF	26:41
15.	JOSE MESTRE RODRIGUEZ	CLUB SUANZES-SAN BLAS VTM 3 - VTM	27:28
16.	SARA AMMOUR PEDAUYE	CA MURCIA TOVARSPORT JNM 3 - JNF	28:41
17.	ALICIA SANCHEZ CASTRO	UCAM CARTAGENA JVF 3 - JVF	31:16
18.	LORENA PEREZ ESPIN	CA MURCIA TOVARSPORT JVF 4 - JVF	36:02

3km Boys

1.	JUAN FCO SOTO EGEA	INM 1 - INM 0:15:21	
2.	SILVIA SILVIA GARCIA GARCIA	UCAM ATHLEO CIEZA CDF 1 - CDF	15:48
3.	CELIA GARCIA ARREDONDO	CDF 2 - CDF	16:17
4.	SILVIA VILLAR NIETO	CLUB AT.FUENLABRADA INF 1 - INF	16:40
5.	ERIKA SALMERON MORENO	UCAM ATHLEO CIEZA CDF 3 - CDF	16:47
6.	MARTA MARTA BERMEJO PEREZ	UCAM ATHLEO CIEZA CDF 4 - CDF	16:53
7.	ADRIAN PIÑERA VILLALBA	UCAM ATHLEO CIEZA INM 2 - INM	17:03
8.	ELENA GARCIA PINTADO	UCAM ATHLEO CIEZA INF 2 - INF	17:27
9.	MARIA TOMAS GARCIA	CDF 5 - CDF	17:56
10.	PABLO JOSE GARCIA BERMUDEZ	UCAM ATHLEO CIEZA INM 3 - INM	18:08
11.	DAVID PEREZ OSORIO	INM 4 - INM	19:03
12.	ISABEL BERMUDEZ JIMENEZ	UCAM ATHLEO CIEZA INF 3 - INF	20:05
13.	CARLA MTNEZ. MONTESINOS	UCAM ATHLEO CIEZA INF 4 - INF	21:21

2km

1.	CARMEN BLEDA LUCAS	UCAM ATHLEO CIEZA ALF 1 - ALF	11:12
2.	MARIO MAGAN HNDEZ.	BEM 1 - BEM	11:40
3.	ROCIO MORENO GARCIA	UCAM ATHLEO CIEZA BEF 1 - BEF	11:43
4.	ALEXIS SALMERON MORENO	UCAM ATHLEO CIEZA ALM 1 - ALM	11:48
5.	JAIME SALINAS MARIN	UCAM ATHLEO CIEZA ALM 2 - ALM	11:55
6.	VALERIA SANCHEZ VAZQUEZ	UCAM ATHLEO CIEZA BEF 2 - BEF	12:14
7.	ESPERANZA MUÑOZ PEREÑA	ALF 2 - ALF	12:42
8.	ESTEBAN TOMAS GARCIA	ALM 3 - ALM	13:14
9.	CARMEN ALARCON SEGURA	UCAM ATHLEO CIEZA ALF 3 - ALF	13:17
10.	CLAUDIA CABALLERO MOLINA	UCAM ATHLEO CIEZA ALF 4 - ALF	13:36
11.	MARIA CARRILLO SAORIN	UCAM ATHLEO CIEZA BEF 3 - BEF	13:39
12.	MIRIAM VILLAR NIETO	CLUB AT.FUENLABRADA BEF 4 - BEF	14:07
13.	ALVARO MORENO QUIJADA	UCAM ATHLEO CIEZA BEM 2 - BEM	17:21

PARKSIDE ATHLETIC CLUB SPRING WALKS, KENOSHA, WISCONSIN, USA SUNDAY 24 APRIL

Posted by Matthew J De Witt, the Parkside AC Spring Walks were held at Petrifying Springs Park in Kenosha. Jessica Ching of Hong Kong who walked in our National 20km walks in Adelaide in February, continues to chip away at her Hong Kong National Record, her time in Kenosha a PB 1:35:38.

20km Walk

1.	Jessica Ching	28/f	Hong Kong	1:35:38 (National Record)
2.	Joel Pfahler	25/m	Dayton OH	1:40:05
3.	Teresa Vaill	53/f	Pegasus AC	1:41:39
4.	Sam Cohen	38/f	Wisconsin Runner	1:43:09
5.	Melissa Moeller	25/f	Valparaiso IN unattached	1:46:28
6.	Susan Randall	42/f	Shore AC	1:47:57
7.	David Swarts	50/m	Jackson MI Pegasus AC	1:49:00
8.	Miriam Andablo	22/f	Cicero IL unattached	1:53:21

10km Walk

1.	Emilio Mancha	19/m	Elgin IL Elgin Sharks	49:04
2.	Tom Kirkwood	72/m	Dyersville IA	1:12:15

5km Walk

1.	Will Preischel	55/m	Racine WI unattached	26:43
2.	Giovanni Cisneros	14/m	Elgin IL Elgin Sharks	28:28
3.	Betsy Rodriguez	13/f	Elgin IL Elgin Sharks	31:16
4.	Frieda Quinones	13/f	Elgin IL Elgin Sharks	31:42
5.	Brisa De La Torre	12/f	Elgin IL Elgin Sharks	31:56
6.	Vince Peters	65/m	Chicago Walkers	32:15
7.	Janeth Ortega	9/f	Elgin IL Elgin Sharks	32:20
8.	Andrea Delgado	11/f	Elgin IL Elgin Sharks	33:12
9.	Julie Ortega	13/f	Elgin IL Elgin Sharks	33:24
10.	Kelly Leon	12/f	Elgin IL Elgin Sharks	33:48
11.	Clarissa Quinones	14/f	Elgin IL Elgin Sharks	34:43
12.	Ashley Dorantes	16/f	Elgin IL Elgin Sharks	34:59
13.	Adaleen Quinones	10/f	Elgin IL Elgin Sharks	35:38
14.	Alvaro Dorantes Jr.	14/m	Elgin IL Elgin Sharks	35:39
15.	Alfred DuBois	84/m	Parkside AC	39:39

COLOMBIAN NATIONAL TRACK CHAMPIONSHIPS, MEDELLIN, COLOMBIA, 23-24 APRIL

Last weekend's Colombian National Championships included 20,000m track walks on Saturday. The men's walk was won by Fredy Hernandez Camacho with a time of 1:27:21 and the women's title went to Sandra Lorena Arenas Campuzano with 1:36:49. Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2417.

20,000m Men

1.	FREDY HERNANDEZ CAMACHO	1978	FF.AA	1:27,20,3
2.	MARLON FLOREZ	1989	ANTIOQUIA	1:30,14,2
3.	DIEGO FDO. CUELLAR CHAVARRO	1996	HUILA	1:30,43,6
4.	JORGE LUIS CASTILLO CARBALLO	1996	CUNDINAMARCA	1:32,48,1
5.	JHON EDISON HERRERA QUIROZ	1995	BOYACA	1:44,25,0
6.	BRAYAN FUENTES	1996	BOGOTA	DQ

20,000m Women

1.	SANDRA LORENA ARENAS CAMPUZANO	1993	ANTIOQUIA	1:36,48,6
2.	CAROLINA MARIÑO	1994	BOYACA	1:45,05,1
3.	JACKELINE LOPEZ GUTIERREZ	1997	ANTIOQUIA	1:48,23,1
4.	INGRID HERNANDEZ	1988	BOGOTA	DNF
5.	SANDRA SANCHEZ	1992	VALLE	DQ
6.	DANIELA ISABEL MARIÑO	1995	BOYACA	DQ

47TH TROFEO FRIGERIO, LOMELLO, SUNDAY 24 APRIL

The 2016 Trophei Frigerio Trophy continued on Sunday with the 6th leg being held in Lomello, Italy. It was a big meet with over 100 walkers representing a variety of participating European countries. The meet was considerably enhanced in stature with the participation of the Chinese squad who are based in Italy and train under Sandro Damilano. Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2416.

Victory in the women's 5km went to London Olympic silver medallist **Qieyang Shenije** (23:22) ahead of **Rossella Giordano** (24:27) and **Marie Polli** (25:03). In the men's event, the first 4 places were all taken by Chinese team members, victory going to **Cai Zelin** (20:53) ahead of **Yu Wei** and **Zhang Ling**. The three Chinese athletes walked the last two km in 7:36.

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/2504201681Lomello.pdf>. The Open races results are shown

10km Men (first 10)

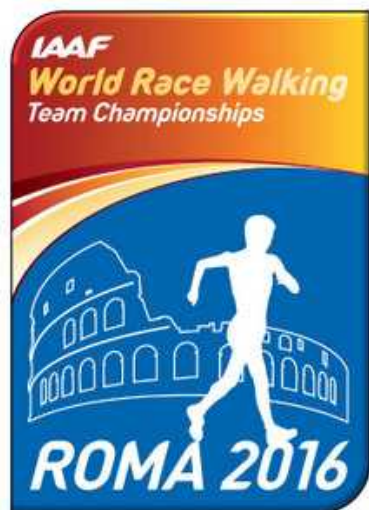
1.	CAI Zelin	1991	SM	CHINA	20:52
2.	YU Wei	1987	SM	CHINA	20:53
3.	ZHANG Ling	1993	SM	CHINA	20:54
4.	ZHU Ghowem	1997	JM	CHINA	21:08
5.	MOROTTI Marco	1997	JM	ATL. RICCARDI MILANO 1946	21:32
6.	RENO' Giovanni	1991	SM	C.U.S. PARMA	21:33
7.	CHIESA Stefano	1996	PM	ATL. CENTO TORRI PAVIA	21:47
8.	PATIERNO Anthony	1995	PM	ASD SPECTEC DUFERCO CARISPEZIA	23:04
9.	MICHELETTI Juriy	1998	JM	ATL. BERGAMO 1959 CREBERG	23:34
10.	CORTINOVIS Massimiliano	1995	PM	ATL. BERGAMO 1959 CREBERG	23:42

5km Women (first 10)

1.	QIEYANG Shemite	1990	SF	CHINA	23:22
2.	GIORDANO Rossella	1972	SF40	G.S. FIAMME AZZURRE	24:27
3.	POLLI Marie	1980	SF	SVIZZERA	25:03
4.	BARCELLA Lidia	1997	JF	BRACCO ATLETICA	25:26
5.	MORETTI Gladys	1991	SF	ATL. BERGAMO 1959 CREBERG	25:44
6.	VALSECCHI Viviana	1992	SF	ATL. LECCO-COLOMBO COSTRUZ.	26:02
7.	FORESTI Beatrice	1998	JF	ATL. BERGAMO 1959 CREBERG	26:35
8.	ANSALDI Martina	1996	PF	A.S.D. ATL. FOSSANO '75	27:18
9.	LAMBERTI Ilaria	1996	PF	GAV GRUPPO ATLETICA VERBANIA A	27:36

OUT AND ABOUT

- The logo for the 2016 IAAF Race Walking World Teams Championships has been released. The graphic part of the logo represents two main elements, both surrounded by blue light: the first, placed in the background, is a stylized Colosseum, the famous Roman amphitheater which is one of the symbols of the Eternal City. The front image derives from a photograph of Anna Rita Sidoti, the Italian gold medal winning walker from the 1997 World Championships in Athens, who died prematurely last year, aged 45. The logo is dedicated to his memory. See <http://www.roma2016.org/content/Il-logo/70404>.



- As expected, the Chinese team for the World Race Walking Teams Championships in Rome next month is a super strong one - see <http://www.iaaf.org/news/news/world-race-walking-rome-2016-chinese-team>.
- Congratulations to **Quentin Rew** who is amongst the first batch of 10 athletes named in the New Zealand Rio Olympic T&F team - Quentin has been initially selected for the 50km team. See <http://www.athletics.org.nz/News/exciting-mix-of-ten-in-first-athletics-olympic-selection>.

- Athletics Australia has now announced the coaches who have been selected to travel with the team to the Rio Olympic Games later in the year. Congratulations to walks coach **Claire Tallent**. See <http://athleticsexclusive.com/special-events/australian-rio-olympic-coaches-announced-5154/>.
- For anyone wanting to dip their toes into ultra running or walking, the following very comprehensive article is well worth a read. Thanks to Ralph Bennett for pointing it out to me - certainly a good primer for someone looking at their first ultra: <https://www.washingtonpost.com/graphics/health/ultramarathon/>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

12 new press releases for Marciadalmondo this week

- Mon 25 Apr - Hernandez and Arenas win Colombian track walk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2417
- Mon 25 Apr - Chinese victories in Frigerio Trophy in Lomello, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2416
- Sun 24 Apr - Victories to Luis Alberto Amezcua and Maria Perez in Murcia, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2415
- Sun 24 Apr - Tom Bosworth wins British 20km title in Hillingdon
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2414
- Sun 24 Apr - Mario de Benedictis talks about the Pit Lane Rule
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2413
- Sat 23 Apr - Pedro Daniel Gomez (MEX) and Wang Jingliu (CHN) win IAAF Challenge in Taicang
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2412
- Fri 22 Apr - Eleonora Giorgi (ITA) wins 5000m track walk in front of Regan Lamble (AUS) in Milan
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2411
- Thu 21 Apr - Chinese team announced for Race Walking World Teams Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2410
- Thu 21 Apr - Revisiting the 1960 Rome Olympic 50km race
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2409
- Wed 20 Apr - The World Racewalking Teams Championship logo remembers Anna Rita Sidoti
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2408
- Thu 21 Apr - Reliving the Rome Olympics 20km, won by Volodymyr Golubnichiy ahead of Australia's Noel Freeman
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2407
- Tue 19 Apr - Lebogang Shange wins South African 20km title in Stellenbosch
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2406

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

- Tues 26 Apr - Results of Grande prêmio de marcha de Monthey, Switzerland
<http://omarchador.blogspot.com.au/2016/04/grande-premio-de-marcha-de-monthey.html>
- Mon 25 Apr - Amezcua a surprise winner in Murcia, Spain
<http://omarchador.blogspot.com.au/2016/04/amezcua-impoe-se-lopez-no-grande-premio.html>
- Sun 24 Apr - Results of Brazilian U20 Interclub Championships
<http://omarchador.blogspot.com.au/2016/04/campeonatos-interclubes-sub-20-do.html>
- Sun 24 Apr - Zdzieblo and Sikora win 20 km in Zaniemyslu, Poland
<http://omarchador.blogspot.com.au/2016/04/zdzieblo-e-sikora-vencem-20-km-em.html>
- Sat 23 Apr - Pedro Gomez and Yingliu Wang win Challenge races in Taicang
<http://omarchador.blogspot.com.au/2016/04/pedro-gomez-e-yingliu-wang-vencem-em.html>
- Sat 23 Apr - Preview of Race meet in Murcia, Spain
<http://omarchador.blogspot.com.au/2016/04/a-elite-da-marcha-em-murcia.html>

- Fri 22 Apr - Perseus Karlström wins indoor 5000m walk in Eskilstuna with 18.56,87
<http://omarchador.blogspot.com.au/2016/04/perseus-karlstrom-com-185687-na-pista.html>
- Fri 22 Apr - Preview of this weekend's IAAF Challenge Walks in Taicang
<http://omarchador.blogspot.com.au/2016/04/taicang-este-sabado-para-o-challenge.html>
- Thu 21 Apr - Lithuania wins annual Latvia - Lithuania - Estonia meet in Aizkraukle, Latvia
<http://omarchador.blogspot.com.au/2016/04/aizkraukle-recebeu-encontro-jovem.html>
- Wed 20 Apr - Shange and Snyman stand out in South African walk championships
<http://omarchador.blogspot.com.au/2016/04/shange-e-snyman-destacam-se-nos.html>

MY VIEW ON KIM MOTTROM'S DRUGS BAN

The Australian Sports Anti-Doping Authority (ASADA) announced last Thursday the decision of the Court of Arbitration for Sport (CAS) to sanction Australian race walker **Kim Mottrom** for the presence and use of the prohibited substance dextran. It is the first time an athlete has been sanctioned for using dextran anywhere in the world, and I suspect it will be the only time ever. I have followed Kim's case for the last 2 years since he tested positive for this substance at the December 2013 Australian 50km Championship. It took Kim over 2 years to get his day in court but the scales were always loaded against him. It seems that only the big profile people with money and legal teams can ever successfully argue their case. Little people are caught in the net and, regardless of the circumstances, assumed to be guilty. I take this opportunity to come out in support of Kim once again and reiterate that I believe this case to have been flawed and an injustice. Kim has now moved on but the last 2 years have been hell for him and sadly, people within the local South Australian walks community have made it worse by their behaviour and actions. They know who they are. See <https://www.asada.gov.au/news/media-statement-court-arbitration-sport-decision-kim-mottrom>.

And talking of Kim, his situation was discussed on the weekly ABC NewsRadio sports show 'The Ticket' which aired on Sunday morning. Here's how the show's blurb describes it:

This week with Tracey Holmes on The Ticket: The Ticket has an exclusive interview with the Australian race walker who was this week named as the first person in the world to be found guilty of injecting Dextran. Kim Mottrom was given a two year ban after his case was heard by the Court of Arbitration for Sport but his doctor says there was a simple \$200 test that was never done which would have proven the dextran in the athlete's sample was naturally occurring - not ingested. We hear from the athlete, the doctor and a professor of biology.

It is a must listen series of interviews and clearly shows the flaws in a system that is geared towards finding people guilty regardless of the circumstances or evidence. See <http://www.abc.net.au/newsradio/content/s4449649.htm>. The interview with Kim is about 15 minutes in length, followed by a similar length interview with Dr Geoffrey Verrall, medical director of the South Australian Sports Institute. It is a very unbiased report and allows Kim to be brutally honest about the awful way in which he has been treated.

I first wrote about Kim's situation in July 2014 and my article at that time explains what happened to Kim – it's worth re-reading <http://www.vrwc.org.au/newsletters/heelandtoe-2014-num40.pdf>.

WORK REQUIRED? - AUSTRALIAN RACEWALKING STATISTICS WEBSITE

Most of our Australian walkers are probably aware of website <http://www.racewalkaustralia.com/>. It is copied from John Constandinou's UK stats website <http://www.racewalkuk.com/> - John set it up for me in 2009 and hosts it for me on one of his UK based servers. My job is to load all the Australian walking results on to it and keep it up to date and get John to do bits and pieces as required to enhance the site or fix any issues. It now has over 7 years of results and has built into a very useful facility for us all. But work is required as follows

Take the screen snapshot on the next page for 2016 Australian Olympian Rachel Tallent. It shows two important things

- It correctly shows that she was born in 1993. If your DOB has not been put into the website database, this entry will show you as born in 2099! That means that your race results do not show your correct age group and your results do not filter through to the correct age ranking tables.
- It displays a photo of her. If your profile does not have an associated photo, I am happy to add one but realistically I am too busy to add in all the photos for the thousands of walkers in the database. If you would like your photo added, just select your favourite one and email it to me at terick@melbpc.org.au and I will do the rest.

Race Walk Australia .com

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Rachel Tallent (F) Born: 1993

Club: AV - Ballarat YCW Harriers

Last Recorded Race: April 10 2016

Overall Australian Race Walk Ranking: **4**

Best Recent Performances

Distance	Time	Points	Date
20km	01:31:33	1162	21/02/2016
5km	00:22:55	1065	7/02/2015

All around points: 2227

Age-graded best: 89.39% 1/03/2013

Furthest Distance: 20000 metres 21/2/2016

2016:	2 races	25000 metres completed.
2015:	6 races	105000 metres completed.
2014:	4 races	55000 metres completed.
2013:	7 races	76000 metres completed.
2012:	12 races	119090 metres completed.
2011:	11 races	72000 metres completed.
2010:	11 races	56500 metres completed.
2009:	23 races	137500 metres completed.
2008:	1 race	10000 metres completed.



RACHEL TALLENT

#BANRUSSIA

Wednesday 20 April

- Kenya's Lower House (the National Assembly) passed a new anti-doping law last Tuesday in the hope that it would be allowed to compete at the Rio Olympic Games in August. It has already missed two deadlines set by WADA to show it was tackling cheating in sport. The new law creates a national agency, giving lawmakers the possibility of imprisoning for up to a year and fining those found guilty of doping. WADA, which set a final deadline of 2 May for Kenya to pass the law, will meet on 12 May to discuss the case. See <http://www.bbc.com/sport/athletics/36087174>.
- It's the first step for Kenya. Senators were supposed to hold a special sitting last Thursday morning to pass the Anti-Doping Bill after the National Assembly adopted it. The proposed law has been fast-tracked in the Senate following appeals by President Uhuru Kenyatta, who wants to assent to the Bill to avoid Kenya being locked out of the Rio Olympics. The Bill must be passed by both Houses before it can be signed into law. Once the Bill is passed in the Senate, it will be returned to the National Assembly, which would then present it to the President for assent. This all has to be completed by May 2. See <http://www.nation.co.ke/sports/athletics/Kenya-Anti-Doping-Bill-sent-to-the-Senate/-/1100/3168028/-/a0nkcdz/-/index.html>.
- Russia says two outside experts will start work in Moscow this month to oversee anti-doping reforms. The Sports Ministry says the two unidentified "independent international experts" were nominated by the World Anti-Doping Agency, which suspended Russia's national anti-doping agency and laboratory in November. The ministry says the experts will get "full and free access to all anti-doping operations." WADA had previously asked for three international experts to be appointed to help Russia implement reforms. A supervisory board has also been set up to govern RUSADA, which had been accused of being too close to the Sports Ministry. Will it be enough for Russia to be reinstated. Personally, I hope not! See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11626008&ref=rss.
- As an addendum to this news items, the 2 experts have now been confirmed as Peter Nicholson from Australia who specialises in international criminal investigations and who was also part of the 2015 Cycling Independent Reform Commission (CIRC); and Ieva Lukosiute-Stanikuniene, the Director of the Lithuanian Anti-Doping Agency and Chair of the Council of Europe Advisory Group on Education. See <https://www.wada-ama.org/en/media/news/2016-04/wada-engages-international-experts-to-assist-rusada>.
- This will be part of a wider raft of reforms that Russia is set to announce, all designed to restore trust in its scandal-ridden anti-doping agency. See <http://www.bbc.com/sport/athletics/36088254>.
- The JAAF has decided to take measures against the widespread use of iron injections by long distance athletes to combat anemia, saying that they undermine the athletes' bodies. In the background of the issue is the wildfire popularity of the ekiden. Recognizing that "light makes fast," some junior high school and high school coaches, particularly of girls' teams,

have their runners diet while doing extremely high-volume training. As a consequence the iron levels needed to produce the hemoglobin that transports oxygen to the body drop, leading to anemia. Iron injections offer a quicker-fix remedy than taking iron tablets orally. See <http://japanrunningnews.blogspot.com.au/2016/04/jaaf-issues-warning-against-widespread.html>. This is very disturbing stuff!

- The meldonium reinstatements have started! Gabriela Petrova, a triple jumper from Bulgaria, had her doping suspension lifted by the IAAF less than a week after WADA announced an amnesty for athletes who had tested positive for meldonium before March 1. What a stuff up! See <http://www.nytimes.com/2016/04/19/sports/triple-jumper-is-reinstated.html?partner=rssnyt&emc=rss&r=0>.

Thursday 21 April

- In last week's newsletter, I reported that 2005 World Championships 800m bronze medalist Tatyana Andrianova had had her 2 year ban annulled. She had tested positive to stanozolol from retests of her 2005 samples 10 years later, outside the then 8 year statute of limitations. For the same reason, the allegations against Tatyana Lysenko, Olga Ryabinkina, Yulia Pechenkina, Alexei Voevodin and Ekaterina Volkova have also been dropped. So another 5 Russian drug cheaters go free. Great news! See <http://www.trackarena.com/29377/cas-cancels-andrianovas-ban-helsinki-2005-positivities-are-safe>.
- Disgraced drugs cheat Alex Schwazer might not get the free ride to Rio that the Italian Athletics Federation is hoping. They are intending to add him to their 50km team for the Race Walking World Teams Championships in Rome as soon as his 4 year ban ends on 30 April, paying the late entry fee that goes with adding athletes after the designated cutoff date. But complaints have been lodged with WADA and the CONI anti-doping prosecutor (Italy), pointing out that his designated fitness tests on 24 September 2015 in Tagliacozzo, on 4 October 2015 in Rome and then on March 13 2016 at Saxa Rubra have violated the conditions of his ban. The first test, a track 10,000m, was considered an event and was advertised with a poster from Abruzzo Municipality. The last test on March 13 was done in agreement with FIDAL and with the presence of technical officials Massimo Magnani and Antonio La Torre and with judges David Bandieramente and Giovanni Ferrari. Surely this sort of Federation sponsored activity cannot occur! If you are serving a ban, that precludes any such activities. See http://www.ilgazzettino.it/nordest/primopiano/schwazer_arrivano_tre_denunce_sui_test-1682186.html.
- Russian athletics has been given a longer than expected period to prove it has made enough progress in reforming its anti-doping operation to be re-instated to the sport in time to take part in the Rio Olympics. The IAAF announced on Thursday that its next Council meeting, when the Russian situation will be discussed and almost certainly decided, will take place in Vienna on June 17. After the last Council meeting in March, IAAF president Sebastian Coe said he expected it to be in May. The country now has to convince the IAAF that it has put in place measures to show improvement in its anti-doping operation and a "change of culture." See <http://www.supersport.com/athletics/article.aspx?id=3495134>.
- RUSADA has announced that a further 6 Russian T&F athletes have been banned for various doping offenses. Middle-distance runner Olesya Syreva, who previously served a two-year suspension in 2013 and lost a silver medal from the 2011 European indoor championships, was given an eight-year ban. Also banned is triple jumper Valeria Fyodorova, who competed at the world junior championships in 2014, and four national-level athletes, Yulia Zaripova, Elvira Abdrakhmanova, Vadim Vrublevsky and Yuri Bishaev. Zaripova is a discus thrower, but has the same name as the Olympic champion runner. The article does not state why they were banned. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11626734&ref=rss.
- And yet another meldonium positive, this time for Romanian athlete Mirela Lavric who had awarded the bronze medal in the 4x100m relay race at the World Championships in Portland. She contends she stopped taking it in December 2015 but, as for other athletes, traces still seem to be in her system months afterwards. The fiasco continues! See <http://www.trackarena.com/29299/doping-mirela-lavric-tested-positive-for-meldonium-after-the-bronze-in-portland>.

Friday 22 April

- Former pole vault world champion Giuseppe Gibilisco was one of five Italian athletes cleared of evading doping tests by the country's anti-doping tribunal on Friday. The other athletes cleared by the Italian National Olympic Committee's anti-doping court were sprinter Jacques Riparelli, javelin thrower Roberto Bertolini, 400m runner Marco Francesco Vistalli and triple jumper Fabrizio Schembri. In December, Italy's anti-doping prosecutor requested two-year bans for a group of 26 athletes for "evading, refusing or failing to submit themselves to provide samples" as well as breaching rules about informing doping authorities of their out-of-competition whereabouts. The cases were then sent to the national anti-doping court, with 18 of 26 athletes since cleared of wrongdoing. Well, I always knew that was going to be the outcome as the whereabouts failures were due to administrative errors by the Italian Federation. Rather embarrassing really. See <http://www.iol.co.za/sport/athletics/italian-athletes-cleared-of-evading-doping-tests-2013504>.
- WADA suspended the accreditation of Beijing's National Anti-Doping laboratory last Thursday, weeks after launching a probe into drugs allegations in Chinese swimming. The laboratory, suspended for a maximum of four months, has 21 days to appeal the decision to CAS. "The suspension, which takes effect immediately, prohibits the laboratory from carrying out any Wada-related anti-doping activities including all analyses of urine and blood samples," WADA said in a statement. China's national anti-doping agency said the laboratory had submitted "two false negative results" during blind tests conducted by Wada in 2015. See <http://www.supersport.com/athletics/article.aspx?id=3496374>.

Monday 25 April

- The decision by WADA to relax rules on athletes who have tested positive for meldonium sends out a “bad signal” ahead of the Rio 2016 Olympic Games, the Ethics Commission of the Austrian Anti-Doping Agency (AADA) has claimed. The body have become the latest to launch a stinging attack on WADA over their handling of the situation surrounding the heart attack drug, added to their prohibited list on January 1. See <http://www.insidethegames.biz/articles/1036853/austrian-anti-doping-agency-blast-wada-for-sending-out-bad-signal-ahead-of-rio-2016-by-relaxing-meldonium-sanctions>.
- At much the same time, Ukraine’s Artem Tyshchenko has had his provisional suspension after testing positive for meldonium lifted, the International Biathlon Union (IBU) has announced. The IBU have also requested former world junior champion Eduard Latypov of Russia have his ban lifted following the World Anti-Doping Agency (WADA) being forced to issue a statement to clarify the situation surrounding the drug, only added to their prohibited list on January 1. See <http://www.insidethegames.biz/articles/1036792/ukrainian-biathlete-has-provisional-suspension-lifted-as-fallout-from-meldonium-saga-continues>.

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 June 12, 2016 50th Lake Burley Griffin Walks Carnival, Canberra, ACT
Sun Aug 20, 2016 Australian Masters 30km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 2015 Australian Roadwalk Championships, Canberra, ACT (TBC)

2016 International Key Dates

July 19-24, 2016 16th World Junior T&F Championships, Bydgoszcz, POL
Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>

2016 IAAF Challenge Series (remaining events)

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 June 10, 2016 42nd International Race Walking Festival, LTU
Sun June 18, 2016 19th 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 10th World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
August 19-30, 2017 29th 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 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018 16th World Junior T&F Championships, ?
TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 11th World Youth T&F Championships, ?
July 2019 30th Summer Universiade, Brasilia, Brazil
July 2020 32nd Olympic Games, Tokyo
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)