



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

My Walkers of the Week this time around go to **Rhydian Cowley, Tanya Holliday and Regan Lamble** who have all just been added to our 2016 Austrian Olympic Team. The big announcement came on Friday with Rhydian being added to the men's 20km team, along with Jared Tallent who will now do the double, and Tanya and Regan being added to the women's 20km team.



The full Australian walks team now reads as follows

20km Men	Dane Bird-Smith (QLD), Jared Tallent (SA), Rhydian Cowley (VIC)
20km Women	Rachel Tallent (VIC), Regan Lamble (VIC), Tanya Holliday (SA)
50km	Jared Tallent (SA), Chris Erickson (VIC), Brendon Reading (ACT)

Dane, Rhydian, Rachel, Tanya and Brendon will make their Olympic debuts, Regan will be going to her second Olympics and Chris and Jared will front for their third Olympics.

But today it's timely to zoom in on Rhydian, Tanya and Regan.

- 24 year old Regan was outstanding on Olympic debut four years ago, placing 16th in London with a huge PB of 1:30:03. But her world then fell apart with the ridiculous decision to terminate the AIS scholarship program. Returning to Melbourne, she stepped back from racewalking and worked to finish her university degree. It was not until August 2015 that she returned, under the watchful eye of coach Brent Vallance, putting 6 qualifiers on the board in the space of 7 months: August 2015 1:32:51, October 1:32:36, December 1:30:45, April 1:30:34, May 1:29:33 and 1:30:58. She certainly deserved her spot and will go into Rio as our top ranked female walker and a definite top-8 prospect.
- "This selection is very special to me for very different reasons to the first. After I took a 12 month break from training in 2014, following a little rough patch, I set a goal with my coach to try and make the team for Rio and I returned to the sport for the right reasons. Getting back to full fitness with a relatively short time frame required a big emotional investment. I

am very fortunate to have an amazing coach in Brent Vallance and supportive parents and friends. I can't thank them enough. It doesn't quite encapsulate it, but I suppose my selection this time feels like it is the product of a really close-knit team effort."

- It is wonderful to see 27 year old Tanya finally get an Olympic berth. She has always been so talented but things have never really gone her way. Coming out of junior ranks with years of superb performances under her belt, she took up an AIS scholarship in Canberra in 2006, only to pick up a serious injury that sidelined her for 3 years (from 2007 to 2010). Coming back in May 2010, she gradually worked her way into top form once again, aiming for the 2012 Olympics. Alas, she failed to finish in the official trial in February 2012 and although she subsequently pushed out 20km times of 1:33:15 and 1:31:28, the performances were too late and the team slot eluded her. It's been a long 4 years since then but this time around, the star signs finally aligned and she has her Olympic berth. She relocated to Canberra a while ago and now trains under the watchful eye of coach Craig Hilliard. A well deserved selection after so much heart break. Her PB of 1:29.56 at the World Team Championships in May and her second place finish in the selection trial in February ticked the boxes and she will now join Regan and Rachel in Rio.
- 25 year old Rhydian has been steadily chipping away at his times over the last few years. He really came of age as a 20km walker in May 2014 when he recorded 1:23:58 in the World Cup in Taicang. He has since lowered his PB further, first to 1:23:27, then to 1:22:07. Working under the guidance of coach Simon Baker, he has accumulated a whole swag of Olympic qualifiers and his selection was never in doubt. It is doubly sweet considering he only just missed a spot in the 2015 World Championships. "It was tough to miss out that way, but it only made me hungrier for the Olympics."

And I can't finish this section without expressing my support for **Beki Smith**. Beki was one of 3 Australian women to break 1:30:00 in the World Teams Championships in Rome in May (along with Regan and Tanya) but only 2 of them could be added to the team. It was a very tough decision as little separated the girls on times. The selectors finally went with Regan and Tanya and Beki was the one to miss out. Out thoughts are with you Beki!

WHAT'S COMING UP

There are no races at Middle Park next weekend as most of us will be in Canberra for the annual Lake Burley Griffin Carnival. Our VRWC winter season will continue on Saturday 18th June. For those going to Canberra, the carnival timetable reads as follows

Sunday 12 th June 2016, 50 th Annual Lake Burley Griffin Carnival, Western Park, Canberra, ACT			
8.00am	20 miles	RWA Championship & Teams Race	Open
	20 miles	Fitness Walk	
	30km	AACT Championship	Open Men/Women
	10 miles	RWA Championship & Teams Race	Open Women
	10 miles	RWA Championship	Masters Women
	10 miles	RWA Championship & Teams Race	Open Men
	10 miles	RWA Championship	Masters Men
	10 miles	Fitness Walk	
9.00am	5 miles	Fitness Walk	
10.30am	10km	AACT Championship	Under 20 Men
10.30am	10km	RWA Championship & Teams Race	Under 20 Men/Women
10.30am	10km		Open Men
11.40am	1km	RWA Championship	Under 10 Boys/Girls
11.50am	2km	RWA Championship & Teams Race	Under 12 Boys
12.10am	2km	RWA Championship & Teams Race	Under 12 Girls
12.30pm	2km	RWA Championship & Teams Race	Under 14 Boys
12.50pm	2km	RWA Championship & Teams Race	Under 14 Girls
1.10pm	3km	RWA Championship & Teams Race	Under 16 Boys
1.35pm	3km	RWA Championship & Teams Race	Under 16 Girls
2.00pm	5km	RWA Championship & Teams Race	Under 18 Boys/Girls
2.40pm	5km	RWA Championship & Teams Race	Women

THE 50TH LAKE BURLEY GRIFFIN CARNIVAL

And speaking of the Lake Burley Griffin Carnival, let's have a quick review of its history and the history of its central events, the 20 Mile and 10 Mile Championships.

Carnival History

The inaugural Canberra carnival was held on the Queens Birthday Long Weekend in June 1967 and it included only one event, an Open 20 Mile. On that occasion, there were 14 finishers in what was a small affair. The race began in heavy rain which added to the hazards of a dug up road and another section of wet tar all in the first three miles. Walkers covered the remaining distance with a liberal coating of tar on their legs and black shoes. Frank Clark and Peter McCullagh began fast and opened up a break over Bob

Gardiner, Robin Whyte and Harry Summers. At the half way mark, McCullagh gained an advantage over Clark but incurred the displeasure of the judges, leaving Clark about six minutes in front of Whyte who was walking strongly and had a 2 minute break on Gardiner and Summers. Over the last 3 miles, the position changed with Gardiner and Summers making up a lot of ground to pass Whyte and get closer to Clark, but Clark had plenty in hand and went on to a good win.

1.	Frank Clark	NSW	2:54:57
2.	Harry Summers	VIC	2:57:11
3.	Bob Gardiner	VIC	2:57:12
4.	Robin Whyte	NSW	2:59:03
5.	Bob Steadman	VIC	3:07:59
6.	Murray Brown	VIC	3:10:36
7.	Les Wade	NSW	3:11:19
8.	Vic Townsend	NSW	3:12:12
9.	Geoff Laycock	VIC	3:14:10
10.	John Busst	VIC	3:34:13
11.	Gus Theobald	VIC	3:34:23
12.	J Connelly	NSW	3:35:03
13.	J Roberts	QLD	3:36:39
14.	Nigel Crew	ACT	3:50:25

Harry Summers, Bob Gardiner and Robin Whyte will all be walking in next weekend's carnival, Harry and Bob in the 10 Mile event and Robin in the 20 Mile event. Now that's what I call longevity!

Very quickly a carnival built up around the 20 Mile championship and other events were added, including a 2 Mile championship for women. The Open Women's walk soon became the biggest event of the carnival and in 1978 it was changed to 5km. In 1989, an Open Women's 10 Mile event was added into the mix so that women now had the chance to compete over the classic 10 Mile or the shorter 5km distance. Men now also had the chance now to compete over the long 20 Mile or the shorter 10 Mile distance.

The carnival was backed by the Australian Federation of Race Walking Clubs (Racewalking Australia) and became its major yearly event. By the mid eighties the carnival boasted over 200 walkers and by 1999 it had grown to over 300. Since that time, it has dropped slightly from these heady numbers but it remains the biggest and most competitive walking carnival in Australia.

For me, the Open 20 Mile and Women's 10 Mile championships around the lake are the events which make this a unique carnival so I am going to zoom in on those 2 events for the purposes of this article.

The Women's 10 Mile Championship

This event went live in 1989 and is now in its 28th year. 10 Miles is not an international distance but the event continues to attract our top women. In fact, some of them do the double – walk the 10 Mile championship in the morning and then walk the 5km championship in the afternoon – now that's a tough ask.

The best ever time of 74:09 (Kerry Saxby-Junna in 2001) stood for many years. Jess Rothwell got close in 2009, recording 74:33 and Regan Lamble got even closer in 2011 with 74:26. It was finally beaten in 2012 by Tanya Holliday with a fine 73:16. Tanya also won the 5km walk that year in a swift 21:45. She repeated the double again in 2013 and again in 2014. The top 12 performances are all well under 80 minutes and the list reads as follows:

2012	Tanya Holliday	SA	73:16
2013	Tanya Holliday	SA	74:03
2001	Kerry Saxby-Junna	NSW	74:09
2011	Regan Lamble	RWV	74:26
2009	Jess Rothwell	VRWC	74:33
2014	Tanya Holliday	SARWC	74:52
1995	Jo Strangman	ACT	76:24
2000	Lisa Paolini	NSW	76:25
2007	Cheryl Webb	REG	76:33
2013	Rachel Tallent	RWV	76:45
2011	Tanya Holliday	SA	77:23
1996	Simone Wolowiec	VRWC	77:39

The most prolific winners are Simone Wolowiec with 4 wins (1996-7, 2003-4) and Tanya Holliday also with 4 wins (2011-2014).

Five women have managed to win the 10 Mile / 5km double and all recorded high quality performances.

2000	Lisa Paolini	76:25 / 22:55
2005	Cheryl Webb	78:10 / 22:40
2006	Michelle French	80:02 / 23:09
2008	Claire Tallent	78:02 / 23:00
2012	Tanya Holliday	73:16 / 21:45

2013	Tanya Holliday	74:03 / 23:07
2014	Tanya Holliday	74:52 / 22:07

The Open 20 Mile Championship

The 20 Mile event is as challenging an event as you can get but it regularly attracts between 30 and 50 walkers each year. The tough hilly course challenges the walkers, both international and club standard, and the cream of Australia's walkers have strived to win this prestigious event year after year. Indeed it is one of the most highly sought prizes in the Australian racewalking calendar.



The start of the 2014 LBG 20 Miles and 10 Miles walks (photo Terry Swan)

Willi Sawall was the undisputed king of the Canberra 20 miles for many years. His race record of 2:16:48, set in 1980, withstood all attacks until 2007 when Jared Tallent finally beat it with 2:15:43. In fact, Willi held the two fastest times overall until Jared's fantastic walk. This, combined with his 8 wins and 2 second placings, put him at the top of the pedestal. Those of us who were privileged to see Willi at his peak are not surprised at this. Jared Tallent has now beaten Willi's championship record and, with 9 wins himself, has surpassed his winning streak and is not yet finished. We watch expectantly.

Over the years, a number of women have conquered this demanding course, Kerry Saxby Junna setting a daunting standard of 2:41:43 in 2000, but in 2013 Regan Lamble blew that away with her finishing time of 2:32:17, a performance that saw her come third overall against the men. They, along with Megan Szirom (2:49:54) and Simone Wolowiec (2:55:14) are the only women to have bettered the 3 hour standard. Val Chesterton is the most prolific female competitor with 6 finishes to her credit, Karyn O'Neill and Ann Staunton have 4 finishes each and Shiela Miller has 3 finishes.

In 1998, in 2009 and in 2011 we had 4 walkers under 2:30:00 and in 2010 we had a record 5 walkers under this mark. The top 10 performers on time are

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Chris Erickson	2013	VIC	2:21:10
6.	Quentin Rew (NZ)	2015	VIC	2:21:17
7.	Dion Russell	2000	VIC	2:21:35
8.	Nathan Deakes	1998/2011	VIC	2:21:50
9.	Ian Rayson	2013	NSW	2:22:00
10.	Nick A'Hern	1997	NSW	2:22:19

The top 10 ranking times illustrate Jared Tallent's domination - he has 5 of the top 10 times overall

1.	Jared Tallent	2009	VIC	2:14:57
2.	Jared Tallent	2007	VIC	2:15:43
3.	Willi Sawall	1980	VIC	2:16:48
4.	Jared Tallent	2012	VIC	2:18:00
5.	Willi Sawall	1982	VIC	2:18:18
6.	Luke Adams	2009	NSW	2:18:49
7.	Jared Tallent	2011	VIC	2:18:59
8.	Craig Barrett	1998	NZ	2:19:37
9.	Luke Adams	2011	NSW	2:19:46
10.	Jared Tallent	2008	VIC	2:20:31

Robin Whyte has started every 20 Mile event since its inception and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 46 finishes (all are documented except for his performance in 1969 for which the results are incomplete). Bill Starr and Duncan Knox are next numerically with 35 and 31 finishes respectively. Since all 3 walkers are still regular competitors, their dominance of this list is expected to extend even further over the next few years.

And that's just two events from what will be a huge carnival next Sunday. I can hardly wait!

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 4 JUNE

It was a wet and overcast afternoon at Middle Park on Saturday but, with the still conditions and mild temperatures, conditions were just about perfect for racing and 48 walkers turned out for one final race before next weekend's LBG Carnival in Canberra. It was one of our regular points competition days so the Handicap placings are shown as well. **Quentin Rew** (35:12), **Kyle Swan** (37:26) and **Alana Barber** (38:06) led the field out and kept their pace going well for the entire 8km. There were lots of PBs, especially in the shorter distance races – a good sign for Canberra. It is hard to pick out particular people from such a good racing field but special mentions to **Kathleen O'Mahony, Philippa Huse, Reese and Hayden Walmsley, Mackayla Davison, Luke Epps, Hamish Blackwood, Jasmin Hass and Grace Louey.**

8km Open

1.	Alana Barber	38:06	4	
2.	Heather Carr	48:50	3	
3.	Kathleen O'Mahony	49:34	1	PB 4:00
4.	Robyn Shaw	53:00	2	
5.	Madeleine Feain	54:01	5	
6.	Karyn O'Neill	55:32	6	

H'Cap Place

1.	Quentin Rew	35:12	2	
2.	Kyle Swan	37:26	1	
3.	Gerard Feain	54:02	3	
	Ralph Bennett	DNF		

6km Open

1.	Philippa Huse	30:44	2	PB 1:15
2.	Sandra Geisler	33:06	3	
3.	Wendy Muldoon	33:20	1	
4.	Carolyn Rosenbrock	35:06	6	PB 0:50
5.	Donna Elms	35:49	5	PB 0:48
6.	Alison Thompson	40:10	4	
7.	Margaret Beaumont	52:10	7	

H'Cap Place

1.	Reese Walmsley	28:57	1	PB 0:28
2.	Pramesh Prasad	31:04	4	
3.	Hayden Walmsley	31:12	1	PB 0:23
4.	Corey Dickson	32:46	3	
5.	Josh Jensen	35:29	2	PB 0:09
6.	Ian Beaumont *	52:02		

4km Open

1.	Paige De Lisen	21:54	2	
2.	Grace Louey	24:57	1	First one
3.	Sandra Howorth	30:20	3	

H'Cap Place

1.	Will Thompson	21:20	2	PB 0:02
2.	Nicholas Mirarchi	25:35	3	
3.	Harry Summers	32:02	1	
4.	Barrie Wicks	33:32	4	

5. Alex Poore * 34:14

2km Open

			H'Cap Place
1.	Mackayla Davison	10:12	PB 0:18
2.	Chloe Karagiorgos	10:26	PB 0:07
3.	Charlotte Hay	10:43	PB 0:06
4.	Jasmin Hass	11:11	PB 0:21
5.	Holly Cocking	11:54	
6.	Gemma Lillie	12:33	
7.	Kaylah Heikkila-Dubowik	13:22	
8.	Elise Carbery	14:05	
9.	Glenyce Brain	17:05	PB 0:21
10.	Susan Wood	17:13	PB 0:33

1.	Heath Beveridge	12:04	1	
2.	Luke Epps	12:05	2	First one
3.	Hamish Blackwood	13:02	3	First one
4.	Angus Hay	13:47	5	
5.	John Morrison	15:08	4	
6.	Bruce Conboy *	16:02		

1km Open

			H'Cap Place
1.	Pam Mews	09:35	1

Thanks as usual the many officials, helpers and judges. Apologies if I missed anyone. You are all most appreciated.

- Signin:** Damien Elms, Ralph Bennett
Setup: Tim Erickson, John Morrison, Peter Vysma, Stuart Cooper, Terry Swan, Ralph Bennett,
Lapscoreing: Tim Erickson, Kathy Huse, Ian Laurie, Michelle Walmsley, Mark Donahoo, Damien Elms
Judges: Gordon Loughnan, Peter Vysma, Stuart Cooper, Mark O'Mahony, Lloyd Nichols
Canteen: Kate Suich, Barb Gardiner, Wendy Cooper
Photos: Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=75>)

Full lap splits at <http://vrwc.org.au/wp1/race-results/>, thanks to Ralph Bennett.

Updated points competitions as of Saturday found at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.



Kathleen O'Mahony, Jasmin Hass, Grace Louey, Hamish Blackwood and Hayden Walmsley (photos Terry Swan)



Reese Walmsley, Philippa Huse, Luke Epps and Mackayla Davison

ACT WALKERS CLUB ROADWALKS, CARILLON, CANBERRA, SATURDAY 4 JUNE

Thanks to Robin Whyte for the latest results from the ACT Walkers Club in Canberra. Excellent times in the 8km by youngsters **Connor Frew** (38:58) and **Tim Fraser** (39:13).

8km Handicap

1.	Gabby Hunt	41:45
2.	Robin Whyte	50:41
3.	Callum Burns	43:07
4.	Mick Saunders	54:34
5.	Tim Fraser	39:13
6.	Connor Frew (F/T)	38:58
7.	Mitchell Baker	41:28
8.	Greg Durr	50:28
9.	Monika Short	60:20
	Val Chesterton	DNF

4km Handicap

1.	Katie Alley	25:29
2.	Helena Bialecki	25:53
3.	Robyn Saunders	28:58
4.	Kate Black	26:23

2km Handicap

1.	Harry Baker	14:35
2.	Ella Baker	15:10
3.	Spencer Burns	11:41

SAMA ROADWALKS, FELIXSTOW, ADELAIDE, SATURDAY 4 JUNE

Thanks to Colin Hainsworth for the latest results from the SA Masters in Adelaide. Colin commented: Very hilly course. Cool, mostly sunny arvo.

8km Yacht Handicap

1.	Avril Hill	1:01:16	W67	73.07%
2.	Gil McIntosh	55:43	M65	69.17%
3.	Marie Maxted	53:26	W56	72.901%
4.	Graham Harrison	58:48	M72	71.3%
5.	Colin Hainsworth	1:08:35	M86	76.15%
6.	Harry Hayford	1:08:31	M63	55.05%
7.	George White	47:59	M71	86.24%
8.	David Robertson	1:13:52	M82	65.83%

4km Yacht Handicap

1.	Linda Whitelaw	31:29	W62	63.46%
2.	Helen Suridge	29:26	W65	70.43%
3.	Kristine Freeman	32:59	W55	56.16%
4.	Jan Layng	31:08	W67	68.34%
5.	Jill Rogers	35:00	W71	64.32%
6.	Margaret McIntosh	33:58	W63	59.53%
7.	Roger Lowe	40:20	M73	51.22%

SAWRK ROADWALK CHAMPIONSHIPS, PEACOCK RD, ADELAIDE, SATURDAY 4 JUNE

Staying in South Australia for the latest SARWC results from last Saturday. Great walks by **Joe Cross** (3km 14:04) and **Toby Wilks** (2km 4:54).

5km U16

1.	Tristan Camilleri	27:28	MU16
2.	Chloe Upton	32:08	FU16
3.	Mathew Bruniges	33:45	MU16

3km U14

1.	Joe Cross	14:04	MU16
2.	Kitarni Upton	18:27	FU12
3.	Adrian Upton	18:40	MU14
4.	Paige Psaila	18:50	FU14
5.	Seth Upton	18:58	MU12
6.	Hayley Goode	19:32	FU16
7.	Aleesha Vidler	19:39	FU14
8.	Maddy Wallace	20:06	FU14
9.	Ayeisha Wallace	20:15	FU16
10.	Kerry Goode	21:15	F35+

1km U10

1.	Toby Wilks	04:54	MU12
2.	Kiera Ross	05:14	FU12
3.	Hannah Wilks	07:03	FU10
4.	Edward Upton	08:23	MU10

15km Open

1.	Darren Bown	1:17:24	MOpen
2.	Peter Crump	1:28:03	M35+
3.	Royrie Upton	1:35:56	MOpen
4.	John Leydon	1:36:08	M35+
5.	Gloria Holliday	1:38:07	FOpen
6.	Cherie Rothery	1:46:43	F35+
7.	Bill Starr	1:51:04	M35+
8.	James Hoare	DNF	M35+

10km U20

1.	Samantha Findlay	58:02	FU20
2.	Yvette Becker	1:00:59	FOpen

8km U18

1.	Rhiannon Lovegrove	42:46	FU18
2.	Jay Goode	42:50	MU18
3.	Jake Vidler	44:25	MU18

WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 5 JUNE

Thanks to Mike Reid for this week's results from the Western Australian Race Walking Club in Perth. And good to see VRWC walker Geoff Barrow doing the right thing and having a race while away on holidays.

5km Walk

1.	Emily Pivac	28.21
2.	Hayley Jackson	29.18
3.	Tom Lenane	31.48
4.	Robyn Hughes	35.01
5.	Geoff Barrow (VRWC)	35.51
6.	John Smith	41.40

10km Walk

1.	Ben Reid	55.15
2.	Karen Tolardo	1.00.32
3.	Marie Fitzsimons	1.03.12
4.	Janne Wells	1.08.47
5.	Sylvia Byers	1.23.05

3km Walk

1.	Holly Hughes	18.47
2.	Amber Richards	21.56
3.	Leslie Romeo	25.50

1.5km Walk

1.	Alessia Andritsos	9.56
2.	Emily Bogaers	11.05
3.	Kaytee Bogaers	13.05

QRWC ROAD WALKS, NEW FARM PARK, BRISBANE, SUNDAY 5 JUNE

After Saturday's torrential downpours and wild weather, only a few brave souls fronted up at New Farm Park in Brisbane for the latest round of QRWC on Sunday.

10km Walk

1.	Jamie McCutcheon	50.17
2.	Peter Bennett	52.20
3.	Iggy Jiminez	52.22
4.	Argenis Guevera	54.49
5.	Patrick Sela	77.17

3km Walk

1.	Jonathan Wearne	16.52
2.	Jade Pearson	19.03
3.	Andrew Wearne	21.28
4.	Kirra Stonehouse	23.36

5km Walk

1.	Noela McKinven	41.01
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2km Walk

1.	Anika Clarke	10.46
2.	Ashanti Heap	13.48

1km Walk

1.	Makenna Clarke	7.5
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NQSF STUDENT GAMES/ANQ ALL COMERS, TOWNSVILLE, QLD, 3-5 JUNE

Last weekend also saw the North Queensland Student Games and All Comers Championships in Townsville. The meet also included some Queensland Masters Championships and was an opportunity for the 2016 World Junior championship athletes to meet and compete. The walks were all held on Friday 3rd June at the Townsville Sports Reserve in Townsville, North Queensland. The standout performance came from NSW junior **Tyler Jones** who won the 5000m with a 13 sec PB of 20:46.28.

800m Walk Girls

1.	Lara Goldsmith	10	Bowen State Primary	6:27.59
2.	Sophie Parker	10	St Francis Ayr	6:31.81
3.	Jasmine Styles	10	Home Hill Primary	6:52.33
4.	Bella Marquez	10	Holy Spirit School	7:13.78

800m Walk Boys

1.	Nathan Stevens	10	Kirwan State PS	5:49.67
2.	Lachlan Buckman	10	Ingham SS	6:15.69
3.	Kieran Klaus	10	Queens Beach SS	6:16.68
	William Sulicich	10	Ryan CC	DQ

1500m Walk Women

1.	Rilley de Rooy	12	Pimlico Shs	10:17.20
2.	Leyhani Bennett	13	Gordonvale Shs	10:25.52
3.	Hailey Muir	13	Bowen State HS	10:27.35
4.	Darcy Singleton	13	Kirwan State	10:36.25
5.	Sheree Bennett	46	Qma	10:40.07
6.	Rachel Heycox	12	Bowen State HS	11:02.98
7.	Barbara Sulicich	12	Ryan CC	11:59.00
8.	Caitlin Grech	11	Walkerston P	13:39.82
	Taylor Struhs	11	Annandale st	DQ

1500m Walk Men

1.	Michael Day	33	Qma	10:54.00
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3000m Walk Women

1.	Jessica Grech	15	Mirani State	21:54.14
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3000m Walk Men

1.	Sean McLean	15	Mackay Chris	19:23.34
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5000m Walk

1.	Tyler Jones	18	Australia	20:46.28	PB 0:13
2.	Adam Garganis	19	Australia	21:51.79	

BENDIGO WALKERS CLUB ROUNDUP

Thanks to Paul Rance for the results of the last two walk meets from country Victorian city Bendigo.

BRWC Road Walks, Rosalind Park, Wednesday 25 May

On Wednesday 25th May the Bendigo Walkers Club's final Wednesday evening competition under lights in Rosalind Park was held with Peter Curtis defeating Barb Bryant narrowly to win the 4km event and Caitlyn Tozer scored a strong win in the 2km in front of Oscar and Amber Fox. Club Personal bests on the night were achieved by Sheridan Commons and Caitlyn Tozer in the 2km event and by Jennie Payne in the 4km, while Barb Bryant and Bill Lotherington broke their respective age group records in the 4km.

2km Handicap

1.	Caitlyn Tozer	16.02
2.	Oscar Fox	13.57
3.	Amber Fox	15.58
4.	Sheridan Commons	14.15

4km Handicap

1.	Peter Curtis	22.17
2.	Barb Bryant	22.18
3.	Jennie Payne	24.56
4.	Madison Hill	23.46

5.	Bill Lotherington	28.33
6.	Zahra Hayes	20.30
7.	John Carter	30.22

BRWC Roadwalks, Lake Neangar, Sunday 5 June

The Club's first Sunday morning competition was held at Lake Neanger on the 5th June with 1km and 3km handicap events being held. Oscar Fox won the 1km from his younger sister Amber with Sheridan Commons in 3rd place. Annette Curtis racing to a comfortable victory in the 3km from backmarker Zahra Hayes taking 2nd place and Peter Curtis claiming 3rd. Club Personal bests on the day were produced by Oscar Fox, Sheridan Commons, Amber Fox and Caitlyn Tozer in the 1km with Zahra Hayes securing a Club PB in the 3km race.

1km Handicap

1.	Oscar Fox	5.59
2.	Amber Fox	7.10
3.	Sheridan Commons	6.23
4.	Caitlyn Tozer	7.27
5.	Charlotte Murphy	6.13
6.	Jasmine Murphy	6.58

3km Handicap

1.	Annette Curtis	21.16
2.	Zahra Hayes	14.27
3.	Peter Curtis	16.43
4.	Barb Bryant	17.19
5.	Norm West	24.59
6.	Ebony Whiley	18.10

SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 28 MAY

Now going back a week to catch up on a few older results. SARWC roadwalks in Adelaide. **Joe Cross** and **Toby Wilks** walking fast once again.

3km Walk

1.	Joe Cross	14:19	MU16
2.	Jake Vidler	14:40	MU18
3.	Tristan Camilleri	14:51	MU16
4.	Bethany Cross	16:30	FU18
5.	Louisa Mitchell	17:54	F35+
6.	Mathew Bruniges	19:03	MU16
7.	Ayeisha Wallace	19:54	FU16
8.	Aleesha Vidler	20:48	FU14
	Jay Goode	DNF	MU18

6km Walk

1.	Rhiannon Lovegrove	32:08	FU18
2.	Samantha Findlay	34:00	FU20
3.	Alix Harlington	DNF	MU18

12km Walk

1.	Peter Crump	1:10:19	M35+
2.	John Leydon	1:15:50	M35+
3.	Gloria Holliday	1:16:27	F35+
4.	Cherie Rothery	1:24:43	F35+
5.	Bill Starr	1:26:05	M35+
	James Hoare	DNF	M35+

1.5km Walk

1.	Toby Wilks	07:21	MU12
2.	Olivia Sandery	07:32	FU14
3.	Kiera Ross	08:11	FU12
4.	Paige Psaila	09:08	FU14
5.	Kerry Goode	09:51	F35+
6.	Hannah Wilks	10:15	FU10

NSWRWC ROAD WALKS, CHIPPING NORTON, SYDNEY, SATURDAY 28 MAY

And to Sydney for the NSWRC walks on Saturday 28th May. Best efforts perhaps by **Kyle Bedford** (29:46 6km) and **Ryan Thomson** (10:11 2km).

6km Walk

1.	Kyle Bedford	29.46
2.	Ryan Thomson	30.46
3.	Adam Mylonas	31.09
4.	Jasmyn McDonald	32.45
5.	Cheryl Webb	33.21
6.	Tiffany Saker	35.10
7.	Judy Brown	48.49

3km Walk

1.	Alanah Pitcher	15:29
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8km Walk

1.	Travis Barendregt	51.42
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U16 2km Walk

1.	Ryan Thomson	10.11
2.	Elizabeth McMillan	10.47
3.	Janaya Lee	11.21
4.	Ellie Decellis	11.47
5.	Jessica Rocchetto	11.48
6.	Abby McMillan	12.05
7.	Emma Thomas	12.11

2.	Hayley Mills	16:49	8.	Jada Thomson	12.57
3.	Brittany Robertson	17:53	9.	Dana Lee	13.05
4.	Nicolle Challinor	28.06	10.	Stacie Becroft	14.01
5.	Nicole Nilon	28.16	11.	Davina Lee	14.21
			12.	Paige Lee	15.16

U12 1km Walk

1.	Peter Elliott	5.24
2.	Chloe Krklinski	5.35
3.	Isabelle Nilon	5.50
4.	Shaq Lee	6.20
5.	Rhianna Deaghan	6.23
6.	Sienna Pitcher	7.52
7.	Ella Becroft	8.04

U10 0.5km Walk

1.	Cara Lee	4.49
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BENITA VAN RAAPHORST MEMORIAL 3KM HANDICAP, LAKE WENDOURE, SUNDAY 29 MAY

And finally, another catchup. Thanks to Kerry Peart for the latest results from Ballarat in country Victoria.

On cool and windy morning 10 of our Ballarat racewalkers lined up to race in memory of Benita Van Raaphorst. Benita was an up and coming Ballarat racewalker who tragically passed away in a car accident, and was a valued member of the BRWC. Our juniors James Pendred and Scott Peart battled out a close finish, with Scott holding on to win from James by only one second. All three of youngest junior boys setting new PB's. Alanna Peart brought home 3rd , as well as the fastest time of 15.37. A special mention to our 8 year old junior Jorja Tallent, who completed her first 3km in a time of 23.50. And good to see Daryl Biggin's dusting off his shoes, and walking a very good 18.50.

3km Handicap

Scott Peart	9	19.51	PB 0:46
James Pendred	13	22.27	PB 0:46
Alanna Peart	13	15.37	
Brodie Tallent	9	20.58	PB 0:44
Sarah Brennan	40	16.14	
Fraser Saunder	11	18.55	
Kayla Bridges	11	21.10	
Jorja Tallent	8	23.50	First One
Kasey Bishop	12	19.39	
Daryl Biggin	53	18.50	



Scott with Ballarat Race Walking Club founder Daryl Biggin

HOLT BRADFORD TROPHY, KIRKBY FLEETHAM, YORKSHIRE, ENGLAND, SUNDAY 29 MAY

I start my international race review by going back a week to when the Yorkshire RWC hosted a very successful Holt Bradford Trophy racewalking festival on Sunday 29 May. The carnival featured Open 35km and 50km Road Walks (Categories A + B) as well as supporting events over shorter distances. Numbers were impressively large, with 8 people contesting the 50km, 16 contesting the 35km and lots more in the other events. And some good photos at <https://www.youtube.com/watch?v=BE5wcFk0enI>

50km Category A Men

1.	Bill McFadden	Scotia RWC	V50	5:28:54
2.	Colin Vesty	Leicester WC	V50	5:48:33
3.	John Borgars	Loughton AC	V70	6:09:05
4.	John Constandinou	Birchfield H	V40	6:25:53
5.	George Smolinski	Leicester WC	V60	6:35:26
6.	Sailash Shah	Lancashire WC	V50	6:36:48

50km Category A Women

1.	Maureen Noel	Belgrave H	V50	5:47:19
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50km Category B Men

1.	Martin Fisher	Yorkshire RWC	V50	5:55:44
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35km Category A Men

1.	Adrian Edwards	Lancashire WC	V50	3:40:55
2.	Malcolm Martin	Surrey WC	V60	3:45:14
3.	B. McFadden			3:49:06
4.	C. Vesty			3:57:44
5.	J. Borgars			4:11:00
6.	J. Constandinou			4:15:02
7.	Sean Pender	Enfield & HAC	V60	4:18:27
8.	Roy Gunnett	Lancashire WC	V65	4:26:44
9.	G. Smolinski			4:29:13
10.	S. Shah			4:29:31
11.	David Hoben	Surrey WC	V60	4:50:47

35km Category A Women

1.	M. Noel			3:59:28
2.	Agnes Ellis	Scotia RWC	V55	4:11:08

35km Category B Men

1.	M. Fisher			4:05:26
2.	Chris Flint	Surrey WC	V70	4:23:36
3.	Phil McCullagh	Lancashire WC	V55	4:32:26

30km Men

1.	Francisco Reis	Southern C V AC	V55	2:52:03
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25km Men

1.	Andrew Fraser	Scotia RWC	V50	2:48:56
2.	Ed Shillabeer	Ilford AC	V75	3:16:44

25km Women

1.	Angela Martin	Surrey WC	V50	3:03:42
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20km Men

1.	Richard Cole	York CIU	V60	2:25:10
2.	Graham Jackson	York CIU	V45	2:25:10

10km Men

1.	Cameron Corbishley	Medway & M AC	U20	47:02
2.	Ben Wears	Redcar RWC	SEN	53:04
3.	Tony Taylor	Lancashire WC	V65	55:58
4.	Greg Smith	Lancashire WC	V60	1:03:35
5.	Tony Bell	Lancashire WC	V50	1:05:59
6.	Trevor Taylor	Redcar RWC	V65	1:07:25
7.	Dave Crompton	Lancashire WC	V50	1:09:55
8.	Dave Jones	Redcar RWC	V70	1:14:20

5km Men

1.	Simon Wood	Redcar RWC	SEN	40:42
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5km Women

1.	Ester Montaner	Hyde Park H / ESP	SEN	26:30
2.	Pagen Spooner	Rotherham H	U17	29:24
3.	Ana Intihar Marulc	Hyde Park H / SLO	U17	29:41
4.	Eilidh Brailey	Hyde Park H	SEN	31:31
5.	Molly Meleadey-Hanley	Sheffield & D AC	U15	33:43
6.	Karen Davies	Birchfield H	V55	36:51
7.	Val Mitchell	Kirkby Fleetham	V75	41:08
8.	Vicky Robinson	Redcar	V70	41:39
9.	Charlotte Moore	Kirkby Fleetham	U11	43:57
10.	Marie Moore	Kirkby Fleetham	SEN	43:59
11.	Skye Connor age 1	Leeds	U11	45:12
12.	Ashley Connor	Leeds	U11	45:12
13.	Joan Taylor	Redcar RWC	V60	45:33
14.	Vicky Farrier	Redcar	SEN	45:33

2km U15 Boys

1.	Ryan Moule	Kirkby Fleetham	U15	13:47
2.	Tom Moule	Kirkby Fleetham	U15	14:24

2km U11 Girls

1.	Kasey Barnes	Nottingham	U11	15:21
2.	Francesca Smith	Kirkby Fleetham	U11	17:53

4TH MOULTON OPEN 5, MOULTON, ENGLAND, SATURDAY 4 JUNE

Now to England last Saturday for the latest race in the Enfield Race Walking League which saw U20 walker and Moulton resident **Callum Wilkinson** dominate in the warm and overcast conditions with a superb 34:59 for the 5 Mile Walk. ERWL evergreen **Francisco Reis** was a comfortable runner-up and the RWA Hon.Secretary **Colin Vesty** third. **Fiona Bishop**, a League winner more than once, led the ladies home ahead of local walker and county champion **Joyce Crawford**. Suffolk CAA Chairman Joe Mower was on hand to present the medals for the county championships which were held in conjunction with the event. A number of newcomers took part, three of whom bettered the hour for the distance. And as usual, Mark Easton was there with camera – <http://markeaston.zenfolio.com/p52846342>.

Moulton Open 5 Miles Walk (first 40)

1.	Callum Wilkinson	Enfield HAC	u20	34:49
2.	Francisco Reis	SVAC	M55	40:32
3.	Colin Vesty	Leicester WC	M50	47:36
4.	John Ralph	Enfield HAC	M55	48:53
5.	Martin Fisher c788	Redcar RWC	M50	49:03
6.	Steve Kemp	EVAC	M55	49:18
7.	Shaun Lightman	Surrey WC	M70	50:31
8.	Peter Ryan	Ilford AC	M60	50:41
9.	Dan Maskell	Surrey WC	M65	50:55
10.	Glyn Jones	Cov Godiva H	M70	50:58
11.	Arthur Thomson	Enfield HAC	M80	51:03
12.	John Borgars	Loughton AC	M65	52:16
13.	Fiona Bishop (W)	Woking AC	W55	52:33
14.	Russ Jackson		M70	52:56
15.	Joyce Crawford (W)	Red Lodge R	W45	53:10
16.	Paul Haugney		M45	53:33
17.	Jonathan Petty	unatt	M55	53:34
18.	Kevin Marshall c1001	Ilford AC	M55	53:34
19.	Michael Harran	Surrey WC	M75	54:15
20.	Sean Pender c1067	Enfield HAC	M60	54:32
21.	Anne Jones (W)	Steyning AC	W60	54:40
22.	Lynn Jones (W)	Enfield HAC	W50	54:57
23.	Jo Miles (W)	Hillingdon AC	W60	54:59
24.	Chris Flint c849	Surrey WC	M70	55:29
25.	David Delaney	Surrey WC	M70	55:39
26.	Mark Byrne c870	Redcar RWC	M55	56:21
27.	Claire McDonagh (W)	unatt	W50	56:45
28.	Val Nutley (W)	LDWA	W55	56:59

29.	David Hoben	Surrey WC	M60	57:55
30.	Paul Firmage	Ryston Runners AC	M61	58:38
31.	Anthony Cotton	BRJ Run and Tri	M75	58:51
32.	Stephen Cartwright	Colchester	M55	58:53
33.	Malcolm Smith	Moulton	M70	58:57
34.	Phil Nutley	LDWA	M61	59:06
35.	Maurice Hemingway	Riverside Runners	M60	59:14
36.	Len Ruddock	Ilford AC	M60	62:08
37.	Tony Wilkinson	Unatt	M50	63:22
38.	Jon May	Enfield HAC	M65	63:40
39.	John McDonagh	unatt	M56	64:03
40.	Pam Hemingway (W)	Riverside Runners	W50	64:39

2km Walk

1.	George Wilkinson	Enfield HAC	u15	12:06
2.	Gemma Lewis	Frinton	GU10	15:26
3.	Anya Nibre	Frinton	GU10	15:26



George Wilkinson, Francisco Reis and Colin Vesty (photos by Mark Easton)



Winners Callum Wilkinson and Fiona Bishop (photos Mark Easton)

ENGLAND ATHLETICS 20 KM CHAMPIONSHIPS, WOODHOUSE MOOR, LEEDS, SUNDAY 5 JUNE

And still in England, the Athletics England Championships on Sunday in Leeds took on extra significance this year as it hosted the British Athletics Olympic Games 20 km Race Walk Trials. As **Tom Bosworth** already had a number of Olympic qualifiers to his name, all he had to do was win the trial and he did that emphatically, winning just over 4 minutes ahead of the King twins with a time of 1:26:15. That now guarantees his Olympic spot alongside Dominic King who has already been selected for the Rio 50km walk.

Bethan Davies also won her trial race easily but her time of 1:33:48 was just outside the GBR Olympic standard of 1:33:00 so her Olympic spot is a lot more uncertain. Despite the disappointment, it was still a 2 minute PB for the Welsh walker. **Siu Nga Ching** of Hong Kong took second place in 1:40.17 ahead of Davies' Welsh compatriot **Heather Lewis** with 1:40.40. **Hannah Hunter** took the England title with 1:54.07 finishing in seventh place overall.

In the junior men's 10km, **Cameron Corbishley** followed the pace set by Bosworth and he was spot on World Juniors qualifying pace with a 20:59 clocking at halfway, but lost contact with Bosworth during the sixth lap. He started to slip off the pace and was removed by the judges on the last lap. A similar fate befell **Guy Thomas** who was also chasing the 42:20. This left the way for under-17 **Tim Snook** to take the win in 47:16 from **Tom Partington** with 48:37. **Emma Achurch** set off in pursuit of the World Juniors standard of 47:00. She passed halfway in 24:02 and hung on in the second half to record 48:09. **Sophie Lewis Ward** clocked another European Youth qualifier with 24:22.

Full results and lapsplits at <https://sites.google.com/site/britishgrandprixofracewalking/results>. And Mark Easton was there with camera – check out his gallery at <http://markeaston.zenfolio.com/f236208498>.

20 km Walk

1.	Tom Bosworth	MSEN	Tonbridge AC	1:26:15
2.	Daniel King	MSEN	Colchester Harriers AC	1:30:23
3.	Dominic King	MSEN	Colchester Harriers AC	1:31:30
4.	Bethan Davies (F)	FSEN	Cardiff AAC	1:33:48
5.	Joakim Saelen	MSEN	Norway	1:34:35
6.	Siu Nga Ching (F)	FSEN	Hong Kong	1:40:17
7.	Heather Lewis (F)	FSEN	Pembrokeshire Harriers	1:40:40
8.	Andrew Miller	M45	Wolverhampton & Bilston AC	1:43:53
9.	Anett Torma (F)	FSEN	Hungary	1:45:45
10.	Adam Cowin	MSEN	Manx Harriers	1:49:34
11.	Chelsea Conway (F)	FSEN	USA	1:51:28
12.	Brenda Gannon (F)	F40	Hyde Park Harriers Ireland	1:52:43
13.	Hannah Hunter (F)	FSEN	Manx Harriers Isle of Man	1:54:07
	Jonathan Hobbs	MSEN	Ashford AC	DQ
	Francisco Reis	M55	Southern Counties Veterans AC	DNF

10 km Walk

1.	Christopher Snook	MU18	Aldershot Farnham & District AC	47:16
2.	Emma Achurch (F)	FSEN	Leicester Walking Club	48:09
3.	Tom Partington	MU18	Manx Harriers	48:37
4.	tXimothy Snook	MSEN	Aldershot Farnham & District AC	49:40
	Cameron Corbishley	MSEN	Medway & Maidstone AC	DQ
	Guy Thomas	MSEN	Tonbridge AC	DQ
	Anthony Bell	M50	Lancashire Walking Club	DQ

5 km Walk

1.	Sophie Lewis Ward (F)	FU18	Cambridge Harriers	24:22
2.	Benjamin Allen	MU18	Leicester Walking Club	26:24
3.	Ester Montaner Novellón (F)	FSEN	Great Britain	26:27
4.	Natalie Myers (F)	FSEN	City Of Sheffield AC	27:22
5.	Pagen Spooner (F)	FU18	Wetherby Runners AC	27:38
6.	Jasmine Nicholls (F)	FSEN	Leicester Walking Club	28:13
7.	Jordan Price	MU18	Brecon AC	28:29
8.	Ana Intihar Marulc (F)	FU18	Slovenia	29:18
9.	Rebecca Greatbatch (F)	FSEN	Manx Harriers	29:26
10.	Eilidh Brailey (F)	FSEN	Hyde Park Harriers	31:34

3 km Walk

1.	Lucy Lewis Ward (F)		Cambridge Harriers	16:20
2.	Molly Meleady-Hanley (F)		Sheffield & Dearne	18:02
3.	Kai Kunday		Sheffield & Dearne	18:43
4.	Laura Achurch (F)	FU18	Leicester Walking Club	18:59
5.	Ben Hartley	MSEN	Hyde Park Harriers	19:32

6. Malcolm Coles
Adam Nodwell

M75 Valley Striders
MSEN Kirkstall Harriers

20:28
DQ



20km podiums - Siu Nga Ching, Bethan Davies, Heather Lewis, Daniel King, Tom Bosworth and Daniel King

68TH PARIS – ALSACE CLASSIC, FRANCE, 1-4 JUNE 2016

The longest ultra walking classic on the calendar was held over 4 days from Wednesday 1st June to Saturday 4th June in France. This annual event, which has gone from Paris to Colmar in recent years, was changed for 2015 and now winds 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. Check out the event website at <http://www.marche-mythique.org/accueil.html>.

This event was first held in 1926 and was won by French walker Jean Linder who covered the 504km in 78 hours and 47 minutes. This year was the 68th edition. If you are a history buff, check out <https://en.wikipedia.org/wiki/Paris-Colmar>. The following photo shows him after the win. To recognise his performance, many walkers wear a beret in the first stage.



Jean Linder won the first two editions of the Paris-Colmar in 1926 and 1927

The classic started on Wednesday evening, with 4 stages for the women (a total of 311.2km) and 3 stages for the men (total of 425.3km). The stages this year were as follows

The first stage was 14.6km, from Neuilly-sur-Marne to St Thibaut des vignes (men and women)	Start Wednesday 18:45
The second stage for women was 15km, from Charly-sur-Marne to Chateau-Thierry	Start Wednesday 22:15
The second stage for men was 353.8km, between Chateau-Thierry and Epinal	Start Wednesday 22:30
The third stage for women was 222.4km long between Vitry en Perthois and Epinal	Start Thursday 16:00
The final stage was 56.9km long between Plainfaing and Ribeauville (men and women)	Start Saturday at 10:00

I am sure you have seen the record floods that have plagued Paris over the last week. That weather also followed this year's competitors in their long walk which was cold and wet, with wind and fog in the mountains. The great Russian walker **Dmitriy Ossipov** won once again (his sixth win) but only by 51 minutes, much closer than last year. French walkers **Emmanuel Lassalle**, **Jean-Marie Rousault** and **David Regy** filled the next positions. Overall, 10 men finished. It was a great return for Lassalle who was forced to retire from last year's race with heat stroke.

The women's walk was won by Russia's **Irina Poutintseva**, her 4th win out of 10 starts. Fellow Russian **Olga Borisova** was second, **Sylvie Maison** was third and GBR's **Suzanne Beardsmore** was fourth (well done Suzanne). Overall, 5 women finished their race.

Emmanuel Tardi was there of course – lots of his photos are online at https://www.facebook.com/emmanuel.tardi/media_set?set=a.10208238643117902.1073741901.1657411914&type=3.

Paris-Alsace, Men, 425.3km

1.	OSIPOV DIMITRY	RUS	52:08:39
2.	LASSALLE EMMANUEL	FRA	52:59:35
3.	ROUAULT JEAN-MARIE	FRA	57:02:12
4.	REGY DAVID	FRA	58:12:21
5.	MAJECTIC IVO	USA	59:04:19
6.	BUNEL XAVIER	FRA	61:28:07
7.	LETOURNEAU FLORIAN	FRA	61:52:07
8.	GILLES PHILIPPE	FRA	61:56:51
9.	ROZE EDDY	FRA	62:09:26
10.	KERLAU YVES-MICHEL	FRA	64:00:00
11.	FORESTIERI ALEXANDRE	FRA	316.8 km
12.	BIEBUYCK PASCAL	BEL	200.1 km
13.	LOUGRADA SAADI	FRA	175.0 km
14.	VANDENDAUL DANIEL	BEL	175.0 km
15.	HUART GILLES	FRA	86.0 km
16.	OLIVARES MATHIEU	FRA	38.6 km
17.	MASSON PASCAL	FRA	38.6 km
18.	DIEN DANIEL	FRA	38.6 km
19.	CHATILLON NICOLAS	FRA	38.6 km
20.	VARAIN CEDRIC	FRA	14.6 km



Dmitry Ossipov, Emmanuel Lassalle and Jean-Marie Rouault (photos Emmanuel Tardi)

Paris-Alsace, Women, 311.2km

1.	POUTINTSEVA IRINA	RUS	42:57:06
2.	BORISOVA OLGA	RUS	43:20:19
3.	MAISON SYLVIE	FRA	45:03:06
4.	BEARDSMORE SUZANNE	GBR	49:30:55
5.	BIZARD CLAUDIE	FRA	50:09:12
6.	SALOMEZ BENEDICTE	FRA	235.6 km
7.	BERTHAULT-KORZHYK ANNIE	FRA	203.2 km
8.	BIZARD EMILIE	FRA	29.6 km



Suzanne Beardsmore (35), Irina Poutintseva (31), Olga Borisova (32) and Sylvie Maison (33)

17TH ASIAN JUNIOR ATHLETICS CHAMPIONSHIPS, HO CHI MINH CITY, VIETNAM, 3-5 JUNE

10,000m Walk Women, 7AM, Friday 3 June

17 year old Wang Wenjing from China won her maiden International title with a win in the Women 10000m walk held at Thong Nhat Stadium, Ho Chi Minh City in Vietnam on Day 1 of the Asian Junior Championships. Wang took 50:23.89 to complete the distance while her teammate Cun Hailu grabbed silver medal in 50:37.03s. India's Ravina won bronze medal in 51:09.48s.

1.	WANG WENJING	11/21/1999	CHINA	50:23.89
2.	CUN HAILU	8/15/1997	CHINA	50:37.03
3.	RAVINA	5/21/1997	INDIA	51:09.48
4.	NISHIMURA SAORI	1/14/1998	JAPAN	51:29.99
5.	LIN WEN TZU	5/3/1998	CHINESE TAIPEI	52:03.17
6.	LEE YAN RU	1/2/1999	MALAYSIA	1:02:56.34
7.	ABBAS AYA	3/14/1998	SYRIA	1:06:23.42

10,000m Walk Men, 7:30AM, Saturday 4 June

Day 2 of competition kicked off with the men's 10,000m walk which was an exciting race, Zhang Yao of China surging ahead in the last lap to take over leader Morita Yasushi of Japan to claim gold with 44:33.00. Morita settled on the second place with 44:33.79 while Song Yun-Hwa of South Korea crossed finished the line in complete exhaustion clocking 45:38.45s to claim bronze medal. It looked very hot and humid from the photos.

1.	ZHANG YAO	11/01/2000	CHINA	44:33.00
2.	MORITA YASUSHI	06/02/1998	JAPAN	44:33.79
3.	SONG YUN-HWA	02/10/1998	KOREA	45:38.45
4.	JOO HYUN-MYEONG	31/05/1997	KOREA	45:58.78
5.	CHANG WEI LIN	08/11/1998	CHINESE TAIPEI	48:53.68
6.	MOHD AMERUL	10/09/1997	MALAYSIA	48:56.63
7.	BABABEK ZAMANBEK	19/05/1997	KAZAKHSTAN	51:08.97
8.	ZHANG JIAXU	04/01/2000	CHINA	DNF



Zhang Yao beats Morita Yasushi in the men's 10,000m Walk

MEXICAN T&F CHAMPIONSHIPS, MONTEREY, MEXICO, 3-5 JUNE

The Mexican 20km championships and official Olympic trials were held in Fundidora Park in Monterey last Friday evening as part of the Mexican T&F Championships. The 20km walks started at 6PM while the 10km U20 World Junior Championship trials started at 5PM. Monterey might be at sealevel but that was the only good thing. Overall, conditions were torrid with the championships meet held in temperatures of over 36°C and with a humidity over 60%. Consequently times were slow in the walks.

20km men, Friday 3 June

Omar Pineda, who had the best time pre-race, abandoned the race to a knee injury and Jesus Tadeo Vega, the next best on times, finished in 8th place. That left Ever Palma Olivares to take gold with a time of 1:26:41. With a PB of 1:19:38 (Podebrady, 2016), he was always going to be one of the favourites and he did not disappoint. Second place went to Julio Cesar Salazar Enriquez with a time of 1:26:52 and Ricardo Ortiz Rivera got up for third with 1:27:29.

1.	Ever Palma Olivares	MEX	1:26:41
2.	Julio Cesar Salazar	MEX	1:26:52
3.	Ricardo Ortiz Rivera	MEX	1:27:29
4.	Jorge Alejandro Martinez Baez	MEX	1:27:31
5.	Daniel Pedro Gomez Cruz	MEX	1:27:51
6.	Armando Merino	MEX	1:27:51
7.	Eder Sanchez	MEX	1:28:49
8.	Jesus Tadeo Vega Ortiz	MEX	1:30:54
9.	Andres Eduardo Olivan Nunez	MEX	1:31:07
10.	David Berdeja	MEX	1:32:34
11.	Angel Eduardo Ramos Ventura	MEX	1:37:39
12.	Virgilio Galindo Aguilar	MEX	1:38:16
13.	Jose Lopez	MEX	1:38:56

20km women, Friday 4 June

With top ranked Maria Guadalupe González Romero a non-starter, victory went to 21 year old Alejandra Ortega Solis with the time of 1:38:25. In the final stages of the race she forced the pace and broke away from Maria Guadalupe Sánchez Magaña who took second in 1:39:00. Bronze went to Monica Equihua Solorzano in 1:41:24.

1.	Alejandra Ortega Solis	MEX	1:38:25
2.	Maria Guadalupe Sánchez Magaña	MEX	1:39:00
3.	Monica Equihua Solorzano	MEX	1:41:24
4.	Katie Burnett	USA	1:43:02
5.	Erika Morales	MEX	1:43:17
6.	Gabriella Gonzales	MEX	1:44:21
7.	Lizbeth Silva Miranda	MEX	1:45:04
8.	Adriana Ochoa Cardona	MEX	1:53:09
9.	Edna Paulina Quintanilla Avila	MEX	1:55:56

The Mexican 20km Olympic team has now been confirmed as

20km Men: Ever Palma Olivares, Julio César Salazar, Pedro Daniel Gómez
20km Women: Guadalupe González Romero, Alejandra Ortega Solis, Guadalupe Sánchez Magaña

PRAVDA-TELEVÍZIA-SLOVNAFT, ŠAMORÍN, SLOVAKIA, SATURDAY 4 JUNE

This annual track meet in Slovakia, which used to be held in Bratislava, was staged this year in a new sports complex in Samorin, a city close to the capital. And the meet was raised a notch with the addition of 2015 World 50km champion Matej Toth, having his first race since injuring his shin earlier in the year. And he walked well to record 11:31.69 but was relegated to second place behind team mate Anton Kucmin who won with 11:33.36, beating the previous best time done in Slovakia, held by NZ walker Quentin Rew. Youngster Miroslav Uradnik took third with 11:32.53. Overall, it was a night of impressive walking by the Slovaks. Some good photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2467.

Men 3000m Race Walk

1.	Anton KUCMÍN	SVK	84	11:22.36
2.	Matej TÓTH	SVK	83	11:31.69
3.	Miroslav ÚRADNÍK	SVK	96	11:32.53
4.	Dominik ČERNÝ	SVK	97	11:35.49
5.	Dušan MAJDAN	SVK	87	11:41.17
6.	Milan RÍZEK	SVK	78	12:14.43
7.	Sándor RÁCZ	HUN	86	12:29.61
8.	Peter TICHÝ	SVK	93	12:32.75
9.	Michal MORVAY	SVK	96	12:39.97



Anton Kucmin leads Matej Toth in the 3000m walk in Slovakia last weekend

MEDITERRANEAN U23 T&F CHAMPIONSHIPS, TUNIS, TUNISIA, 4-5 JUNE

Italian Francesco Fortunato set a new PB of 39:46.25 in winning the men's 10,000m track walk at the Mediterranean U23 T&F Championships in Tunis last weekend. It was a high quality event with Jean Blancheteau and Diego Garcia filling the minor places and the first 7 all under 42 minutes. Spanish walker Laura Garcia-Caro won the women's walk with 44:55.51 ahead of local hometown favourite Chahinez Nazri who was second with 45:54.90. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2466.

Men 10,000m Race Walk

1.	Francesco FORTUNATO	ITA	94	39:46.25
2.	Jean BLANCHETEAU	FRA	96	40:23.25
3.	Diego GARCIA	ESP	96	41:13.98
4.	Marc TUR	ESP	94	41:23.58
5.	Gianluca PICCHIOTTINO	ITA	96	41:31.66
6.	Michele ANTONELLI	ITA	94	41:47.10
7.	Salih KORKMAZ	TUR	97	41:48.85
8.	Raouf BEN EL ABHI	TUN		42:27.29
9.	Miguel RODRIGUES	POR	96	43:15.02

10.	Aymene Abdelfettah SABRI	ALG	94	43:38.28
11.	Abdessamie SAIDANI	ALG	95	43:57.50
12.	Axel MUTTER	FRA	96	44:14.33
13.	Baha Eddine GATRI	TUN	98	44:15.38

Women 10,000m Race Walk

1.	Laura GARCÍA-CARO	ESP	95	44:55.51
2.	Chahinez NASRI	TUN	96	45:54.90
3.	Lidia SANCHEZ-PUEBLA	ESP	96	46:18.67
4.	Amanda CANO	ESP	94	46:37.85
5.	Nicole COLOMBI	ITA	95	47:21.53
6.	Edna BARROS	POR	96	47:57.73
7.	Eleonora DOMINICI	ITA	96	48:28.40
8.	Ameni MANAI	TUN	95	48:36.00
9.	Mara RIBEIRO	POR	95	48:45.52
10.	Cecile NAZE	FRA	95	51:55.45
11.	Sandy KARAM	LIB	96	57:05.61

USATF 5K RACE WALK CHAMPIONSHIPS, JENNINGS LANDING COURSE, ALBANY NY, SUNDAY 5 JUNE

The USATF 5km Championships were contested for Open / Masters / Juniors divisions last Sunday at the Jennings Landing Course in Albany, New York. Well done to USA champions Michael Mannozi (22:06) and Maria Michta-Coffey (22:15).

USA 5km Championship Men

1.	Michael Mannozi	M30	Shore AC / Youngstown OH	22:06	
2.	Matthew Forgues	M24	Maine RW / Boothbay ME	22:21	
3.	Richard Luettchau II	M31	Shore AC / Metuchen NJ	22:28	
4.	AJ Gruttadauro	M18	Shore AC / Brockport NY	23:40	1 Jr
5.	David Swarts	M51	Pegasus AC / Jackson MI	24:18	1 M50
	Yvan Béchar*	M53	Sainte-Catherine, Quebec CAN	25:07	
6.	Dave Talcott	M56	Shore AC / Owego NY	25:43	1 M55
7.	Michael Rohl	M51	Unattached / Mansfield PA	26:15	2 M50
8.	Dan O'Brien	M51	Pegasus AC / Port Huron MI	26:39	3 M50
9.	Edward O'Rourke III	M54	New England Walkers / Groton MA	27:24	
10.	Bill Vayo	M51	Park Race Walkers	28:49	
11.	Andrew Smith	M66	Pegasus AC / Whittier NC	29:12	1 M65
	Vyacheslav Troshkin*	M68	Park Race Walkers / NYC	30:20	
12.	Bruce Logan	M51	Park Race Walkers / NYC	31:23	
13.	Leon Jasionowski	M71	Pegasus AC / East China MA	31:39	1 M70
14.	Timothy Chelius	M59	Shore AC / Northfield NJ	31:49	2 M55
15.	James Carmines	M73	So Cal TC / Shiremanstown PA	35:41	2 M70
16.	George Berg	M47	West Sand Lane NY	DQ	
17.	Norman Frable	M70	So Cal TC / Ivins UT	DQ	

USA 5km Championship Women

1.	Maria Michta-Coffey	W29	Walk USA / Farmingville NY	22:15	
2.	Teresa Vaill	W53	Pegasus AC / Gainesville FL	23:54	1 W50
3.	Meaghan Podlaski	W18	Fleet Feet Albany / Niskayuna NY	26:00	1 Jr
4.	Lauren Harris	W16	Walk Usa / Holtsville NY	26:07	2 Jr
5.	Katie Michta	W20	Walk USA / Nesconset NY	26:18	
6.	Michaela Austin	W18	Shore AC / Batavia NY	26:58	3 Jr
7.	Maritza Garcia	W17	Unattached / Garnerville NY	27:26	4 Jr
8.	Rachel Zoyhofski	W24	Unattached / Pittsford NY	28:23	
9.	Katherine Miale	W19	Marist College / Highland Mills	30:06	
10.	Maryanne Daniel	W57	Connecticut Racewalkers	30:47	1 F55
11.	Tessa Lytle	W14	Unattached / Monroe NY	32:14	
12.	Kathleen Frable	W70	So Cal TC / Ivins UT	35:05	1 F70
13.	Kay Carmines	W70	So Cal TC / Shiremanstown PA	37:22	2 F70

Youth 3km (non championship)

1.	Lucy Vayo	W15	Park Race Walkers	17:52
2.	Tara Mandel	W17	Foundation	24:36

OUT AND ABOUT

- Support Australia's newest Olympic Champion **Jared Tallent** at his Victory Ceremony for the Men's 50km walk for the Games of the XXX Olympiad, London 2012. This historic event will see Jared declared the champion in the men's 50km walk, marking the return of an Olympic medal presentation to Melbourne for the first time since 1956. Jared has waited so long for this day so come down and show your support.

When: Friday 17 June 2016, 12.00pm arrival for a 12.15pm start

Where: Treasury Steps, Old Treasury Building, 20 Spring Street, Melbourne, Victoria

See <http://rio2016.olympics.com.au/news/tallent-gold>

- **Evan Dunfee** continues his blog as he turns his training focus to his final preparation for Rio. See <http://www.richmond-news.com/sports/road-to-rio-column-feeling-richmond-s-support-as-focus-narrows-on-rio-1.2264876>.
- A great photo from last month's IAAF World Teams Championships in Rome – Japanese walker **Masatora Kawano** is helped by Australian walker **Adam Garganis** after finishing the men's U20 10km racewalk. See <http://www.zimbio.com/pictures/hduHNlqBWhU/IAAF+World+Race+Walking+Team+Championships/AXPc9xbYPnE>
- 37 year old **Grace Wanjiru** from Kenya Defence Forces clocked 1:34:09 to retain her national title for a record 15th time at Kasarani on Friday 27th May. Wanjiru's time also bettered the Kenyan Olympic Games qualifying time of 1:35:00, putting her on course for a maiden appearance at the Olympics. She beat Linda Waweru and Esther Murugi in 1:41.52 and 1:46.06 respectively. "It's a dream come true for me since started race walk 16 years ago. I was so worried I would miss the competition after suffering a bad cold," said the 37-year-old soldier, who holds personal best 1:28.00. See <http://allafrica.com/stories/201605300197.html>.
- A 96-member national team was announced by Athletics South Africa (ASA) last Friday for the 20th African Senior Championships which will be held in Durban on 22-26 June. The team for the Rio Olympic in August will be announced after the African Championships, which would give athletes a final chance to achieve qualifying criteria in their respective disciplines. Well done to the 4 walkers who have been selected - **Anel Osthuizen** (women's 20km walk), **Lebogang Shange**, **Wayne Snyman** and **Marc Mundell** (men's 20km walk). See <http://allathletics.co.za/2016/06/south-africa-names-final-team-for-african-champs/>
- English RWA secretary Colin Vesty has posted that the revamped RWA website is now online at www.racewalkingassociation.com, compliments of the hard work of **John Constandinou**. John has integrated the site with his RacewalkUK website database so I think that, when all the setup work is done, it will be a great addition for GBR walkers.
- Now this is a really nice story. Masters race walker and octogenarian June Marie Provost was inducted yesterday into the London Sports Hall of Fame in London, Ontario (Canada). After taking up racewalking as a 57 year old, she has represented Canada at 11 world masters championships, won 18 individual golds, seven silvers and 2 bronze at world level and is the holder of 20 Ontario Masters records. See <http://www.lfpres.com/2016/06/06/race-walker-june-marie-provost-has-won-medals-on-every-continent-but-one>.
- Spain has finalised its walks team for Rio and it is spearheaded by 46 year old walks legend Jesus Garcia. See <http://omarchador.blogspot.com.au/2016/06/seleccion-espanola-para-los-juegos.html>.

20km Men: Miguel Angel López, Alvaro Martín, Francisco Arcilla

20km Women: Beatriz Pascual, Raquel González, Julia Takacs

50km: Jesús Angel García Bragado, Miguel Angel López, José Ignacio Díaz

MARCIADALMONDO AND OMARCHADOR ROUNDUP

13 new press releases for Marciadalmondo this week

- Mon 6 June - Tom Bosworth wins the British Grand Prix 20km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2468
- Sun 5 June - Excellent performance of Anton Kuzmin in Samorin 3000m
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2467
- Sun 5 June - Francesco Fortunato and Laura Garcia-Caro win Mediterranean U23 Champs in Turin
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2466
- Sat 4 June - Men's Walk results from 17th Asian U20 Championships in Ho Chi Minh City, Vietnam

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2465

- Sat 4 June - Mexican 20km championships in Monterey
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2464
- Fri 3 June - Former Finnish walker Sary Essayah nominates for IOC
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2463
- Fri 3 June - B sample for Denis Nizhegorodov reportedly tests negative
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2462
- Thu 2 June - Women's Walk results from 17th Asian U20 Championships in Ho Chi Minh City, Vietnam
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2461
- Thu 2 June - 5 times Olympian Vladimir Golubnychy celebrates his 80th birthday today
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2460
- Wed 1 June - Preview of Mexican 20km Olympic trials in Monterey
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2459
- Tue 31 May - Spanish walks team for the 2nd Mediterranean U23 Championships in Tunis this coming weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2458
- Tue 31 May - Italian walks team for the 2nd Mediterranean U23 Championships in Tunis this coming weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2457
- Tue 31 May - Claudia Stef fails drugs test for meldonium
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2456

The omarchador blog was active with 13 news releases this time around

- Sun 6 June - Spain finalises its Olympic walks
<http://omarchador.blogspot.com.au/2016/06/seleccion-espanola-para-los-juegos.htmlteam>
- Sun 5 June - Francesco Fortunato and Laura García-Caro win U23 Mediterranean Championship walks in Tunis
<http://omarchador.blogspot.com.au/2016/06/francesco-fortunato-e-laura-garcia-caro.html>
- Sun 5 June - Final medal count from last month's European Veteran Champs
<http://omarchador.blogspot.com.au/2016/06/emacns-2016-balanco-de-medalhas-e.html>
- Sat 4 June - Philippe Bonneau and Anett Torma win in Namur, Belgium
<http://omarchador.blogspot.com.au/2016/06/meeting-atletissima-namur-2016.html>
- Fri 3 June - Results of Brazilian U18 Club Championships
<http://omarchador.blogspot.com.au/2016/06/campeonatos-do-brasil-interclubes-sub.html>
- Fri 3 June - Preview of U23 Mediterranean Championships in Tunis
<http://omarchador.blogspot.com.au/2016/06/campeonatos-do-mediterraneo-de-sub-23.html>
- Thu 2 June - Results of Swiss track walk champs in Monthey
<http://omarchador.blogspot.com.au/2016/06/campeonatos-da-suica-de-pista-em.html>
- Thu 2 June - Results of Trophy "Josefina Romero" in La Coruna
<http://omarchador.blogspot.com.au/2016/06/trofeu-josefina-romero-de-marcha.html>
- Thu 2 June - Preview of South Korean walk championships next weekend
<http://omarchador.blogspot.com.au/2016/06/campeonatos-da-coreia-do-sul-este-sabado.html>
- Wed 1 June - Results of the XXI Spanish Veterans Championships
<http://omarchador.blogspot.com.au/2016/06/xxi-campeonatos-de-espanha-de-veteranos.html>
- Wed 1 June - Portugal announces racewalk team pre-selections for Rio
<http://omarchador.blogspot.com.au/2016/06/pre-selecao-de-marchadores-portugueses.html>
- Wed 1 June - Kenyan walker Grace Wanjiru wins Kenyan trials to qualify for Rio
<http://omarchador.blogspot.com.au/2016/06/grace-wanjiru-qualifica-se-para-os.html>

- Tue 31 May - Best results from Portuguese National Club Championship qualifiers last weekend
<http://omarchador.blogspot.com.au/2016/05/apuramento-do-nacional-de-clubes-ao-ar.html>

#BANRUSSIA

Tuesday 30 May

- Almost seven years after the 2009 World Championships 50km in Berlin, the 50km results have finally been amended by the IAAF to remove 'winner' Sergei Kiryapkin. The new medallists are now: gold - Norway's Trond Nymark, silver - Spaniard Jesús Ángel García and bronze - Grzegorz Sudol.
- Things could get even worse for Russia very shortly with highly-respected German investigative-journalist Hajo Seppelt working on a new ARD documentary. This latest documentary focuses on doping in Russia and will explore the country's willingness to introduce reforms in time for the Rio 2016 Olympics. Broadcasters ARD/WDR will air the show on June 8 entitled *The Secret World of Doping: Showdown for Russia*. The film, by Hajo Seppelt, Florian Riese Wieck and Felix Becker, is expected to detail more serious allegations against Russia. See <http://www.insidethegames.biz/articles/1037982/new-doping-documentary-to-focus-on-russias-commitment-to-reform-ahead-of-rio-2016>.
- US track and field coaching legend Dan Pfaff has lived through countless drugs scandals in his 40 plus years of preparing athletes for the Olympic Games. But the latest drugs and corruption crises to hit the sport ahead of the Rio Olympics, strikes him as the biggest threat to the sport yet. The man who has coached nine Olympic medallists (including gold medal winners Donovan Bailey and Greg Rutherford) and hopes to help Australian long jumper Fabrice Lapierre to the podium in Rio, says drama is nothing new, but the solutions must be. See <http://www.foxsports.com.au/olympic-games/us-track-and-field-coach-dan-pfaff-says-spirit-in-the-sport-worst-hes-seen-in-40-years/news-story/6a357c4c9fc6409e4316bb65a8ea3778>.

Wednesday 1 June

- A recent study by scientists from the University of Oslo have found that athletes' muscles can retain the performance-enhancing benefit of anabolic steroids years, or even decades, after taking them. The research was conducted by Professor of Physiology, Kristian Gundersen, who told the BBC: "I think it is likely that effects could be lifelong or at least lasting decades in humans. "Our data indicates the exclusion time of two years is far too short. Even four years is too short." See <http://cycling-today.com/dopers-could-benefit-for-decades-according-to-new-study/>.
- Nick Butler of insidethegames.biz argues that Russia has not done enough so far and MUST be banned from Rio. See <http://www.insidethegames.biz/articles/1037965/nick-butler-russian-athletics-ban-must-remain-for-rio-2016-if-sport-is-really-serious-about-ending-doping>
- The IOC seems ready to reach a compromise position which may allow them to let Russian athletes compete in Rio even if the IAAF and WADA is not in agreement. See <http://www.bbc.com/sport/olympics/36422629>.
- Russian race walkers Olga Kaniskina and Sergey Kiryapkin on Wednesday returned their medals from the London Olympics after their results were annulled for doping, Russia's athletics federation told AFP. Fellow race walker Valery Borchin has also handed his medals to the Russian Federation. The three other athletes stripped of their titles were race walkers Sergey Bakulin and Vladimir Kanaykin, and Olympic steeplechase champion Yuliya Zaripova. The Russian Athletics Federation (ARAF) could not confirm whether these three had also relinquished their medals to international sports bodies. See <http://www.supersport.com/athletics/article.aspx?Id=3554184>.
- The names of the 11 Russian T&F athletes who have failed re-tests from the 2008 Olympics were unofficially leaked by TAS last week. It has now been announced that the sample B will be tested in June in an Australian laboratory. If they also prove positive, many medals will be re-assigned and the probability to see the Russian athletes at the next Olympic Games could get lower and lower.
- Italian High Jump champion Gianmarco Tamberi will not budge - there is no place for Alex Schwazer on the Italian T&F Team - see <https://www.facebook.com/groups/67272857932/permalink/10153841052107933/>.
- An Olympic Stakeholder meeting has been scheduled for June 21 to "coordinate and harmonise" anti-doping approaches before Rio 2016, it was decided at the IOC Executive Board meeting here today. The IOC also revealed it is extending its re-testing programme of doping samples submitted at Beijing 2008 and London 2012 to include all medal winners. This expands on the targeted re-analysis of athletes due to compete at Rio 2016 completed last month. An IOC budget for its pre-Olympic testing programme has also doubled to \$500,000 (£346,000/€447,000). A "special focus" will be put on countries where the testing programme is non-compliant - Kenya, Russia and Mexico - as well as upon those sports which WADA has declared most affected. See <http://www.insidethegames.biz/articles/1038027/ioc-to-widen-re-analysis-of-doping-samples-from-beijing-2008-and-london-2012-to-include-all-medal-winners>.

Friday 3 June

- Any new information that emerges during the independent WADA investigation into Russian doping at the 2014 Winter Olympics in Sochi will be shared with the IAAF before they decide whether to bar the country's team from Rio 2016. WADA's outgoing director general David Howman and founding President Richard Pound have each called for strong punishments should allegations against Russia be proven. "I think there is going to be a lot more water under the bridge before June 17," Howman, who is stepping-down after 13 years in the post at the end of this month, told The Guardian. See <http://www.insidethegames.biz/articles/1038069/wada-to-share-potential-new-evidence-on-russian-doping-with-iaaf-before-olympic-ban-verdict>.

Monday 6 June

- "Doping -Top Secret" is the name of the new episode in the ARD series "Geheimsache Doping" which will air tomorrow night in Germany. The big question: Will the Russian team be banned from the Olympics? An in-depth interview with author Hajo Seppelt. A MUST READ. Here is one quote: *As so often, in my view Mr. Bach and his entourage are not interested in a really consistent anti-doping policy, but rather in cosmetic changes and in solving the matter in such a diplomatic way that nobody gets hurt. Mr. Bach will, however, incur the wrath of athletes from all over the world if he knuckles under before Mr. Putin once again.* See <http://www.sportschau.de/weitere/allgemein/englische-uebersetzung-interview-seppelt-geheimsache-doping-100.html>.
- The Russian anti-doping agency says six weightlifters, including former world and European junior champions have been banned for doping offences. The agency says 2014 world junior champion Larisa Kobeleva received a four-year ban and Nadezhda Ovchinnikova, the European junior champion in 2014, was banned for two years. The other four weightlifters received sanctions of between four and eight years for doping offences committed last year. It did not publish details of the offences. There was also a four-year ban for Russian judo champion Pyotr Khachirov. The latest bans come less than two weeks before a key vote on whether to allow Russia's track and field team to compete at the Olympics. See <http://www.sportsfan.com.au/more-russians-banned-for-doping-offences/tabid/91/newsid/199735/default.aspx>.
- Russia's Ministry of Sport plan to introduce anti-doping classes in schools from 2017 as part of a series of measures to reform attitudes towards doping in the country, they have announced. My opinion - more gloss to cover over the shabby truth. See <http://www.insidethegames.biz/articles/1038184/russian-ministry-of-sport-to-introduce-anti-doping-classes-in-schools-from-2017-as-part-of-reform-package>.
- WADA has suspended the accreditation of the Laboratorio de Control de Dopaje (Laboratory) in Madrid, Spain. The decision, taken by WADA's President, is a direct result of the WADA Foundation Board's 19 March decision to declare the Spanish Anti-Doping Agency (AEPSAD) non-compliant. 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. It is also important to note that, in light of the above, Spain's other laboratory in Barcelona (Fundació Institut Mar D'Investigacions Mèdiques - IMIM) has maintained its accreditation. See <https://www.wada-ama.org/en/media/news/2016-06/wada-suspends-the-accreditation-of-the-madrid-laboratory>.

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	50 th Lake Burley Griffin Walks Carnival, Canberra, ACT
Fri 17 June 2016	Jared Tallent 2012 Olympic Presentation, 12.15pm, Treasury Steps, Old Treasury Building, Melbourne
Sun Aug 20, 2016	Australian Masters 20km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 2016	Australian Roadwalk Championships, Canberra, ACT

2016 International Key Dates

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)

Jun 22-26, 2016	Durban, South Africa (African Championships)
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

2016 European Meets

Sat June 10, 2016	42 nd International Race Walking Festival, LTU
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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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