



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 38
21 June 2016



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WALKER OF THE WEEK

My Walker of the Week this time around MUST be **Jared Tallent**, on the occasion of his 2012 Gold Medal presentation. It all happened last Friday morning in Melbourne, before an excited crowd of media and racewalking followers. The presentation was threefold and included

- The presentation of the 2012 Olympic 50km gold medal by IOC Vice President John Coates
- The presentation of a specially prepared once-off 2016 Olympic blazer, with his name added alongside all the other Australian Olympic gold medallists, by 2016 Olympic chef-de-mission Kitty Chiller
- The presentation of his Medal of the Order of Australia (OAM) by the Governor General Sir Peter Cosgrove.

The presentations were followed by a function for invited family and friends and supporters at the Hilton Hotel.

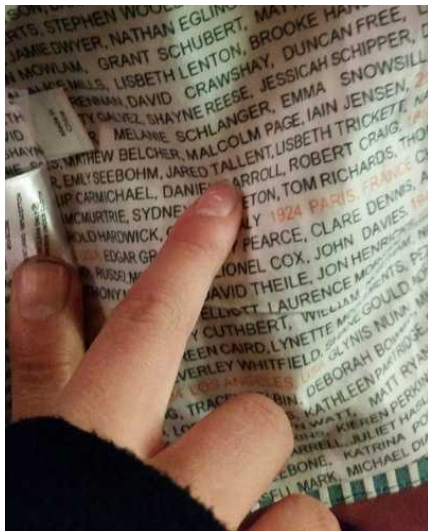
And it hasn't finished yet as Jared will be honoured with his own Australia Post postage stamp, an honour reserved for our Olympic Gold Medallists.

Two of our young racewalkers were also part of the official function, **Adam Garganis** carrying the gold medal and **Jemma Peart** carrying the flowers for the presentation. What a day to remember for them!

TV Channel 7, Australia's official Olympic channel, has redone the 2012 Olympic 50km race to acknowledge Jared as the true winner. It's worth a look – <https://www.facebook.com/7Olympics/videos/503265893217836/>.

There are lots of photos out there. See some of the best of the official photos at this zimbio website: <http://www.zimbio.com/pictures/jlUfVF5ZrN5/Jared+Tallent+Gold+Medal+Presentation/9njJVcmpx4d/Jared+Tallent?i=9njJVcmpx4d>

We also have lots of our own photos from Jared's Gold Medal ceremony on Friday and I have uploaded them to a new photo gallery at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=79>. Thanks to photographers Terry Swan, Kerrie Peart and the others who have forwarded their pics to us.





Left: Jared with his present and past coaches – Claire Tallent, Brent Vallance and Daryl Biggin
 Right: Jemma Peart and Adam Garganis were part of the official presentations function



Not a bad group of walkers with coach Brent Vallance – Regan Lamble, Chris Erickson, Quentin Rew, Jared Tallent, Claire Tallent, Alana Barber and Rachel Tallent – I am pretty sure that Brent has coached all of them at one time or another!

WHAT'S COMING UP

Next Sunday sees our next round of AV and VRWC Championships at Middle Park. First to the timetable which reads as follows

Sunday 26th June 2016, Middle Park			
9.00am	20km	AV Championship	Open Men
9.00am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.00am	20km	VMA Championships	Masters Men
9.00am	20km	AV Championship	Open Women
9.00am	20km	VMA Championships	Masters Women
9.00am	20km	Non- championship	Open
10.10am	10km	AV Schools Championship	Under 20 Men/Women
10.20am	3km	AV Schools Championship	Under 16 Boys/Girls

10.20am	3km	AV Schools Championship	Under 14 Boys/Girls
10.40am	5km	AV Schools Championship	Under 18 Men/Women
10.55am	5km	Non- championship	Open
10.55am	2km	Non- championship	Open
11.10am	1.5km	VRWC Championship	Under 10 Boys/Girls
11.10am	1.5km	VRWC Championship	Under 12 Boys/Girls
11.45pm		Presentations	

If you wish to compete in any of the AV or AV Schools Championships, you must pre-enter via the AV online entry panel at <http://athsvic.org.au/events/calendar/>. AV entries normally close on the Wednesday evenings so don't delay.

If entering any of the VRWC or VMA championships, you can enter on the day but we prefer you to enter beforehand via our VRWC entry panel at <http://vrwc.org.au/wp1/race-entries-2/>. Just choose your event and then pay on race day. Last week, 24 walkers pre-registered – our biggest number yet. So thanks everyone – let's see if we can beat that this week. VRWC pre-entry is open until 8PM Friday evening.

VRWC ROAD WALKS, MIDDLE PARK, VICTORIA, SATURDAY 18 JUNE

After our big display in Canberra the week before, 51 VRWC walkers turned up at Middle Park last Saturday for our annual 'Guess Your Time' races. The idea is simple – you nominate your expected time when you register, then you race without the benefit of clocks or wrist watches, with the persons who get closest to their nominated time choosing from the prizes on offer from the prizes table. I was in Sydney on the weekend but I hear it all went well, except for one major hiccup when the display clock was started. It was eventually turned off before any real damage was done and the races progressed!

Conditions were good – cool and overcast, and there were the usual great performers. **Quentin Rew** walked fast as usual, recording fastest time in the 12km (51:13), while **Kyle Swan** (22:20), **Alana Barber** (23:30) and **Reese Walmsley** (24:20) all walked fast in the 5km. Quite a few PBs (see below). Well done to our prizes winners (best guessers on the day) **Gerard Feain, Madeleine Feain, Hayden Walmsley, Wendy Muldoon, Kyle Swan, Marlene Gourlay, Heath Beveridge, Charlotte Hay and Hamish Blackwood.**

12km Open “Guess Your Time”		GYT Place	H'cp Place		
1.	Quentin Rew	51:13	3	1	
2.	Pramesh Prasad	1:04:49	2	2	
3.	Gerard Feain	1:19:08	1	3	
	Simon Evans	DNF			
	James Christmass	DNF			
10km Open “Guess Your Time”					
1.	Pam Tindal	57:51	2	6	
2.	Sandra Geisler	57:51	2	4	
3.	Donna Elms	1:02:40	5	5	
4.	Alison Thompson	1:05:43	6	1	
5.	Madeleine Feain	1:06:11	1	2	PB 0:08
6.	Robyn Shaw	1:07:42	4	3	
1.	Hayden Walmsley	53:18	1	1	PB 0:25
	Adam Garganis	DNF (5km in 22:17)			
5km Open “Guess Your Time”					
1.	Alana Barber	23:30	3		
2.	Michelle Laufer	26:11	5		
3.	Wendy Muldoon	27:35	1	2	
4.	Jasmin Hass	28:41	2	1	PB 0:16
5.	Carolyn Rosenbrock	29:00	3	3	
6.	Kathleen O'Mahony	29:42	6	4	
7.	Margaret Beaumont	43:12	7	5	
	Simone McInnes	DNF			
1.	Reese Walmsley	24:20	3	3	
2.	Geoff Barrow	35:25	2	2	
3.	Barrie Wicks	41:07	5	4	
4.	Ian Beaumont *	44:13	4		
3km Open “Guess Your Time”					
1.	Chloe Karagiorgos	16:13	3	1	
2.	Marlene Gourlay	18:02	1		

3.	Jessica Lillie	18:21	7	4	
4.	Holly Cocking	18:22	4	6	
5.	Gemma Lillie	18:48	8	3	PB 0:17
6.	Kaylah Heikkila-Dubowik	19:09	6		PB 0:37
7.	Gwen Steed	20:28	5	7	
8.	Celia Johnson	21:47	2	5	
9.	Katherine Ashton	23:39	9	2	PB 1:15

1.	Corey Dickson	15:21	4	2	
2.	Josh Jensen	17:01	2	3	
3.	Heath Beveridge	18:39	1	1	
4.	John Morrison	23:03	5	4	
5.	Alex Poore	27:28	3		
	Lew Jerkins	DQ			

1.5km Open "Guess Your Time"

1.	Charlotte Hay	08:05	1	4	
2.	Heather Carr	08:12	2	5	
3.	Chelsea Karagiorgos	09:22	2	2	PB 0:53
4.	Elise Carbery	10:01	5	3	
5.	Pam Mews	15:05	4	1	
1.	Joel Prys	08:17	3	5	
2.	Luke Epps	08:26	4	3	PB 8:35
3.	Angus Hay	08:44	2	2	PB 0:18
4.	Hamish Blackwood	08:59	1	4	
5.	Justin Xuereb	09:43	6	6	
6.	Zackary Matters	09:56	5	1	PB 0:29

Thanks to our many officials and judges. List as follows from Peter Vysma – apologies if we have missed you.

- Officials:** Damien Elms, Terry Swan, Mark Donahoo, Bob Gardiner, Simon Baker
Judges: Peter Vmsya (chief), Lloyd Nichols, Michael Bodey, Gordon Loughnan, Bill Karagiorgos, Mark O'Mahoney
Canteen: Kate Suich, Barb Gardiner
Photos: Terry Swan - <http://www.vrwc.org.au/coppermine/thumbnails.php?album=78>
Lap Splits: <http://vrwc.org.au/wp1/race-splits-laps/>

The latest scores from our VRWC Points competitions have been uploaded to <http://www.vrwc.org.au/vrwcpointscmps.shtml>.



Gerard and Madeleine Feain, Kyle Swan, Charlotte Hay and Hayden Walmsley (photos Terry Swan)



Marlene Gourlay, Heath Beveridge, Wendy Muldoon and Hamish Blackburn

SAMA ROAD WALKS, KINGSTON TERRACE, NORTH ADELAIDE, SATURDAY 18 JUNE

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide - cold, calm, sunny arvo with a longish hill.

8km Yacht Handicap

1.	Harry Hayford	1:06:26	M63	56.77%
2.	Marie Maxted	53:19	W56	73.07%
3.	David Robertson	1:11:56	M82	67.60%
4.	Raelene Schild	1:03:16	W51	58.47%
5.	Graham Harrison	1:00:34	M72	69.22%
6.	Colin Hainsworth	1:10:24	M86	74.18%
7.	Rodger Barber	1:06:02	M78	69.07%

4km Yacht Handicap

1.	Dave Fallon	35:36	M63	51.61%
2.	Roger Lowe	33:26	M73	61.79%
3.	Kristine Freeman	32:34	W55	56.88%
4.	Jan Layng	30:59	W67	68.67%
5.	Helen Suridge	29:43	W65	69.75%
6.	George White	22:34	M71	83.39%

SARWC SATURDAY ROLLING 1.5KM INTERVALS, PEACOCK RD, ADELAIDE, SATURDAY 18 JUNE

SARWC walkers contested up to 6 1.5km intervals on their racing day in Adelaide on Saturday. With the intervals coming every 12 minutes, there was not a great deal of time to recover so well done to those who managed to do all 6!

Name	Age Grp	Intervals	Interval 1	Interval 2	Interval 3	Interval 4	Interval 5	Interval 6
Bethany Cross	U18	6	07:48	07:49	07:49	07:48	07:50	07:39
Peter Crump	Over 35	6	08:21	08:38	08:37	08:39	08:27	08:17
Cherie Rothery	Over 35	6	09:41	10:12	10:13	10:08	10:18	10:09
Bill Starr	Over 35	6	10:54	10:53	10:44	10:49	10:55	10:31
Tristan Camilleri	U16	5	07:19	07:43	DNS	07:23	07:50	08:48
James Hoare	Over 35	5	10:34	10:27	10:36	11 :06	10:49	DNS
Rhiannon Lovegrove	U18	4	07:05	07:15	DNS	07:19	07:26	DNS
Jake Vidler	U18	4	06:59	07:11	DNS	07:24	DNS	07:38
Samantha Findlay	U20	4	07:28	08:09	DNS	07:54	08:09	DNS
Jay Goode	U18	4	07:25	08:07	DNS	07:42	DNS	08:48
Mathew Bruniges	U16	4	09:16	09:37	DNS	09:26	DNS	08:56
Kiera Ross	U12	4	09:30	DNS	09:05	DNS	09:39	09:37

Talisha Skein	U14	4	09:38	DNS	09:57	10:04	DNS	09:42
John Leydon	Over 35	3	08:54	DNS	08:52	DNS	08:52	DNS
Kerry Goode	Over 35	3	10:02	DNS	DNS	10:16	08:13	DNS
Mia Wilks	U14	3			09:15	09:36	DNS	09:47
Aleesha Vidler	U14	2	10:01	DNS	10:10	DNS	DNS	DNS
Hannah Wilks	U10	2			10:42	DNS	11 :18	DNS
Alix Harlington	U18	1	07:49	DNS	DNS	DNS	DNS	DNS
Hayley Goode	U16	1	09:22	DNS	DNS	DNS	DNS	DNS
Gloria Holliday	Over 35	0	DNS	DNS	DNS	DNS	DNS	DNS

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 19 JUNE

Thanks to Paul Rance for the latest results from Bendigo in country Victoria. Paul reported

The Bendigo Walkers Club held 1.5km and 8km sealed handicap events at Lake Neanger on Sunday morning. The walkers had ideal racing conditions (a rarity around Lake Neanger during the Winter months) with 4 of the 5 competitors in the 1.5km producing Club personal bests, while in the 8km 14 year old Zahra Hayes who was racing longer than 5km for the first time, smashed the Club U16 record with an excellent performance. In the 1.5km Annette Curtis snared her 2nd win in a row with a PB effort, with Oscar Fox 2nd and Sheridan Commons in 3rd place. Five walkers started in The 8km event but there were just 3 finishers, with Barb Bryant claiming victory in the handicap section with Zahra Hayes 2nd and Bill Lotherington in 3rd place.

1.5km Handicap Walk

1.	Annette Curtis	9.59
2.	Oscar Fox	9.42
3.	Sheridan Commons	10.18
4.	Caitlyn Tozer	11.56
5.	Amber Fox	11.43

8km Handicap Walk

1.	Barb Bryant	46.54
2.	Zahra Hayes	42.03
3.	Bill Lotherington	57.28

WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 19 JUNE

Thanks to Mick Reid for the latest results from Western Australia.

10km Walk

1.	Isabella Tolardo	1.06.13
2.	Janne Wells	1.07.29
3.	Sylvia Byers	1.22.29
4.	John Smith	1.22.30

5km Walk

1.	Dale Henningan	25.55
2.	Karen Tolardo	31.24
	Hayley Jackson	DNF
	Tom Lenane	DNF
	Amy Holland	DNF

1.5km Walk

1.	Brooke Mortimore	8.16
2.	Casey Mortimore	8.36
3.	Sienna Andritsos	8.50
4.	Kristine Wells	9.43
5.	Alessia Andritsos	9.50
6.	Kaytee Bogaers	11.18
7.	Emily Bogaers	11.23

QRWC ROAD CHAMPIONSHIPS, GOLD COAST, QLD, SUNDAY 19 JUNE

Queensland walkers participated in QRWC championships on Sunday morning.

Open 10km

1.	Iggy Jimenez	54:29
2.	Peter Bennett	54:29
3.	Paul Lindenberg	63:54
4.	Nyle Sunderland	61:33
5.	Kay Shaw	67:47
6.	Noela McKinven	84:54

U16 3km

1.	Nelson McCutcheon	15:36
2.	Jamison Stovin	15:46
3.	Caitlin Hannigan	17:11
4.	Ethan Clarke	18:21
5.	Isabella Schofield	19:12
6.	Jade Elizabeth Pearson	19:20

Masters 5km

1. Debbie Lindenberg 36:05

U20 10km

1. Luke McCutcheon 48:14
2. Jamie McCutcheon 52:09

U18 5km

1. Bridie Mulcaster 32:46
2. Callum Haig 35:30
3. Tiffany Hammans 38:45

U8 0.5km

1. Makenna Clarke 3:37

U14 2km

1. Jonathan Wearne 10:42
2. Amelia Schofield 10:47

U12 2km

1. Kris Hayward 10:04
2. Scarlett Schofield 13:48
Luke Heylen ?
Ashanti Heap ?

U10 1km

1. Lyla Williams 6:39
2. Liam Heylen 12:27

SRI CHINMOY 24 HOUR TRACK CHAMPIONSHIPS, CAMPBELLTOWN, NSW, 18-19 JUNE

I spent last weekend at the Campbelltown Sports Centre in Sydney, where I was helping some of the competitors in this year's annual Sri Chinmoy 24 Hour Track Championships. With 24 Hour, 12 Hour and 6 Hour options on offer, the overall field was large (over 60) and the racing was fantastic as usual. Heavy rain and floods were forecast for Sydney on Sunday but luckily the front held off until the afternoon so we were spared additional angst.

While I won't give all the results (you can check that for yourself at <http://my4.raceresult.com/56722/results?lang=en>), I will zoom in on the performances which will be of interest to the walking community.

Firstly, we had 3 of our Australian centurion walkers in action.

- **Sharon Scholz (C 63)** was in action in the run and won the women's section and was second overall with a huge 201.931 km. With that performance, Sharon has qualified for the Australian team which will contest the 2017 24 hour World Championships in Belfast in July next year. Fingers crossed that it all goes according to plan between now and then.
- **Anyce Melham (C 65)** was in action in the run, clocking up 166.720km. Now that may not be significant as a 24H run except when you consider the fact that Anyce's first ever 24 Hour run was in the 1984 Sri Chinmoy Australian Championship where he finished 16th with 163.768 km. Since then he has amassed the enviable record of completing 29 of the Australian Sri Chinmoy 24 Hour Championships - a remarkable achievement - 1984-1987, 1989, 1990, 1992-1997, 1999, 2000, 2002-2016. And one of those (2014) was a walk performance, where he qualified as an Australian Centurion. Wow!
- **Justin Scholz (C 61)** was in action as a walker and the 100 mile mark was never in doubt as he powered through 52.4km in the first 6 hours and just kept going. His 100 mile time was **20:42:55** and he then called it quits, job done. This is his 8th centurion effort and comes alongside a very successful parallel career as an ultra runner. If all goes to plan and Sharon makes the Australian 24 Hour team next year, they will travel to Belfast where Sharon will run the 24H, then they will cycle through GBR before they both walk the English Centurions qualifier. Now that's a pretty neat idea!

And we had a number of other walkers in action in one capacity or other.

- Regal racewalker **Robert Osborne** swapped his walking shoes for his runners, clocking up 100.4km in the run, a good followup from his 20 Mile walk finish at last weekend's LBG Carnival in Canberra.
- Ultra walkers **David Attrill** (130.000km), **John Timms** (100.400km) and **Louis Commins** (42.400km) rounded out the walk field, all walking well but having various degrees of success. Special note in particular for 69 year old David who walked superbly for his 130km. His last ultra walk of note was in 2007 when he completed 140.9km at Coburg. He showed that he has lost little of that form in the intervening 9 years.

And here are the first 3 men and women overall, along with the results for those mentioned above.

	Sri Chinmoy 24 Hour	6 Hours	12 Hours	18 Hours	24 Hours
1.	Malcolm Gamble	61.2	120.4	173.6	222.656
2.	Sharon Scholz (C 63)	60.0	112.4	159.6	201.931
3.	Stephen Redfern	66.4	119.6	161.2	196.575
4.	Donna Urquhart	59.2	106.8	150.0	192.530
5.	John Yoon	59.6	102.4	148.0	185.916
6.	Kristy Lovegrove	58.4	104.0	139.2	175.327
7.	Anyce Melham (C 65)	50.0	93.6	132.0	166.720
9.	Justin Scholz (W C61)	52.4	98.8	141.6	161.600

13.	David Attrill (W)	38.0	69.2	99.6	130.000
25.	John Timms (W)	37.2	65.6	91.2	110.400
27.	Robert Osborne	43.2	81.6	100.4	100.400
34.	Louis Commins (W)	41.6	42.4	42.4	42.400



Justin and Sharon Scholz with their trophies on Sunday – mine's bigger than yours!

MEETING PREMIUM DE NANCY, NANCY, FRANCE, TUESDAY 14 JUNE

50km world record holder Johann Diniz was in dominant form in Nancy last week, winning the 5000m track walk with a super fast 18:42.96. Fast times also by Kevin Champion (19:13.40), Jean Blancheteau (19:40.11) and Antonin Boyez (19:44.67).



Johann Diniz in action in Nancy

<http://www.estrepublicain.fr/sport-lorrain/2016/06/14/le-meeting-d-athletisme-stanislas-nancy-2016-en-images>

5000m Walk Men

1.	DINIZ Yohann	Efs Reims A. *	78	18:42:96
2.	CAMPION Kevin	Afa Feyzin-venissieux	88	19:13:40
3.	BLANCHETEAU Jean	Athle Bourgogne Sud	96	19:40:11
4.	BOYEZ Antonin	Dsa - Doubs Sud Athletisme Bes	84	19:44:67
5.	QUINION Aurelien	Efcvo - S/l Acsam	93	20:32:16
6.	MOLMY Damien	Ca Montreuil 93	88	20:36:53
7.	BILODEAU Mathieu (CAN)	Efs Reims A. *	83	21:00:19

8.	KUSTER David	Pca - S/l Csl Neuf-brisach	99	21:18:45
	HYPOLITE Thibault	A. Sarreguemines Sarrebourg A	97	DQ

ENGLAND ATHLETICS 10,000M U20/U23 T&F CHAMPIONSHIPS, BEDFORD, ENGLAND, 18-19 JUNE

The England Athletics U23 and U20 Championships in Bedford last weekend produced some impressive performances. In the very first track event of Day Two, Cameron Corbishley took the U20 men's 10,000m walk title and also booked his place in the World Juniors courtesy of his 42:18.94 win from Guy Thomas. It doubled as the official GBR World Junior trial. Mark Wall reported:

The race was held in mild conditions, with a great deal riding on the result for the three U20 men. **Callum Wilkinson** build up a sizable lead, being well inside the UK record for well over half the race, until he stopped to stretch, surrendering his lead of well over 150m. He rejoined the two other walkers but withdrew shortly after in some discomfort. The race then became a two man contest, with **Cameron Corbishley** gaining a small break over **Guy Thomas** in the shadow of the bell, and so it remained, with times of 42.18.94 against 42.28.20. Both qualified for the World Junior championships and Cameron is also in the mix with his Rome walk so it will be an interesting call. Starting 60 seconds behind the men, 15 year old **Ana Garcia** secured the U20 women's win with a time of 56.06.20. She was the only starter. Alas, there were no U23 walkers.

Next Sunday see the UKA 5000m Championship at Birmingham, with Australian **Dane Bird-Smith** on the list of invitees. After missing the tougher UKA Olympic standard (1:33:00) by 49 seconds, **Bethan Davies** will race next Saturday in Bydgoszcz, Poland. Should she get the time, being the trial winner, she will be guaranteed selection. Bethan will fly straight back from Poland and is a possible starter in the UKA title, where she would be the favourite.

This would see Leeds based walkers filling the Olympic 20km spots as well as the two World Junior male spots, vindication of Andi Drake's work at the England Athletics Race Walk Centre.

Mark Easton was there with his camera as usual – photo gallery at <http://markeaston.zenfolio.com/p244438786>. Thanks to Mark for the photos used in this report.

U20 Men 10,000m Walk

1.	Cameron CORBISHLEY	Medway & Maidstone AC	42.18.94
2.	Guy THOMAS	Tonbridge AC	42.28.20
	Callum WILKINSON	Enfield & Haringey AC	DNF

U20 Women 10,000m Walk

1.	Ana GARCIA	City of Sheffield & Dearne AC	56.06.20
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Guy Thomas, Cameron Corbishley, Ana Garcia and Callum Wilkinson (photos Mark Easton)

104TH PARIS WALK, ISLE OF MAN, 18-19 JUNE

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching

each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read much more about it at https://en.wikipedia.org/wiki/Parish_Walk.

This year some 1400 walkers started the challenge and an amazing 155 finished the full 85 very hilly but picturesque miles within the 24 hour cutoff. Overall, local walker **Richard Gerrard** won for the third year in succession on Saturday evening, completing the walk in a time of 15:31:43, outside his 2014 race record but nearly 15 minutes quicker than anyone else. **David Walker** was second with 15:56:10, with **Karen Chiarello** completing the podium in just over 16 hours, claiming the women's title and recording the second fastest ever time by a woman. The first 30 places are shown below. All finishers at <http://www.parishwalk.com/>. Lots of race info at <http://www.manxathletics.com/Blog/>. Photos at <http://www.parishwalk.im/>.

Pos.	Name	Time	Previous best	Improve	Finishes
1st	Richard Gerrard	15:31:43	14:40:08		9
2nd	David Walker	15:56:10	15:39:16		6
3rd	Karen Chiarello	16:00:03	17:01:31	01:01:28	3
4th	Liam Parker	16:16:13	16:34:44	00:18:31	5
5th	Jock Waddington	16:48:48	15:01:48		10
6th	Terry Moffat	16:57:47	16:03:41		10
7th=	Stephen Corkill	17:00:05	16:59:35		6
7th=	Noel Ash	17:00:05	18:38:32	01:38:27	5
9th	Brian Kelly	17:08:21	16:56:27		5
10th	Emma Shilling	17:16:15	18:23:14	01:06:59	6
11th	Adam Killip	17:30:40	17:41:22	00:10:42	5
12th	Andrew Dawson	17:36:36	16:52:55		4
13th	Robert Currey	17:44:36	17:26:31		3
14th	Stewart Jones	17:49:35	18:36:28	00:46:53	5
15th	James Quirk	17:56:30	First finish		1
16th	Juan Readshaw	17:58:06	19:13:14	01:15:08	6
17th	Richard Leigh	18:12:54	20:37:15	02:24:21	2
18th	Jane Mooney	18:18:15	17:26:36		4
19th=	Lee Johnson	18:26:12	21:48:35	03:22:23	2
19th=	Bernie Johnson	18:26:12	20:04:40	01:38:28	5
21st=	Karen Lawrie	18:30:16	17:53:10		6
21st=	Tony Mackintosh	18:30:16	17:53:10		4
23rd	Kathryn Clough	18:38:23	19:36:19	00:57:56	4
24th	Jayne Farquhar	18:39:53	20:35:38	01:55:45	4
25th	Derek Moultrie	18:43:50	First finish		1
26th=	Stephanie Quayle	18:53:28	18:05:08		5
26th=	Chris Cale	18:53:28	16:43:22		14
28th	Andrew Titley	18:55:02	16:50:51		15
29th	Louise Duncan	18:55:23	19:44:53	00:49:30	3
30th	Gabriel Farmer	19:00:37	22:57:34	03:56:57	3



Winners Richard Gerrard and Karen Chiarello (photos <http://www.manxathletics.com/Blog>)

USA NEW BALANCE HS OUTDOOR NATIONALS, GREENSBORO, NC, 17-19 JUNE

Lauren Harris set a new meet record (6:52.23) in winning the Girls 1 Mile Walk Championship at the New Balance HS Outdoor Nationals in Greensboro, North Carolina, last weekend. AJ Gruttadauro won the Boys walk with 6:45.17. Race videos as follows:

Women's Race: http://www.nbnationalsout.com/eprofile.php?event_id=3689&do=videos&video_id=180230
 Men's Race: http://www.nbnationalsout.com/eprofile.php?event_id=3689&do=videos&video_id=180233

Boys 1 Mile Race Walk Championship

1.	AJ Gruttadauro	16	Shore Ac-Nj	6:45.17
2.	Juan Moscoso	19	Central Florida Gliders-F	6:51.31
3.	Spencer Dunn	16	Una-Me-Auburn-Dunn	7:01.84
4.	Albert Lowther	16	Nanuet Tc-Ny	7:26.01
5.	Jordan Crawford	18	E-1 Tc-Ga	7:27.36
6.	Trevor Judd	16	Spruce Mountain Tc-Me	7:31.69
7.	Jonathan Aguilar	19	South Texas Walking Club-	7:37.53
8.	Brian Word-Sims	16	Una-Me-Fryeburg-Word-Sims	7:57.59
9.	Brian Baccaglino	17	Nanuet Tc-Ny	7:58.22
10.	Nicholas Parrott	16	Wells Tc-Me	7:58.68
11.	Nolan Allen	18	New England Walkers-MA	8:00.03
12.	DJ Frantel	16	James River Tc-Va	8:20.45
13.	Spencer Linscott	16	Gorham Tc-Me-Boys	8:21.82
14.	Jack Murphy	17	Penfield Tc-Ny	8:36.29

Girls 1 Mile Race Walk Championship (first 20)

1.	Lauren Harris	17	Sachem Spiked Shoe Club-N	6:52.23
2.	Maria Garcia	16	North Rockland Tc-Ny	7:29.42
3.	Kelsey Jordan	17	Una-Ny-Westhampton-Jordan	7:33.98
4.	Maegan Allen	16	New England Walkers-MA	7:36.07
5.	Elisabeth Barnett	16	Bay Shore Tc-Ny-Girls	7:36.89
6.	Amy Petrocelli	17	Una-Ny-Hauppau-Petrocelli	7:38.72
7.	Tara Mandel	17	Farmingdale Tc-Ny	7:47.62
8.	Samantha Delano	17	Sachem Spiked Shoe Club-N	7:50.45
9.	Meghan Bevan	16	Una-Ny-West_islip-Bevan	7:52.35
10.	Natalie Cohen	16	Hewlett Tc-Ny	7:54.46
11.	Jesi Heiser-Whatley	18	Warriors Tc-Sc-Walkers	8:03.70
12.	Tori Heiser-Whatley	18	Warriors Tc-Sc-Walkers	8:03.73
13.	Ziqi Guo	18	Stuyvesant Tc-Ny	8:03.83
14.	Ariana Cagnina	17	Sachem North Tc-Ny	8:05.14
15.	Remziye Erdogan	16	Una-Ny-Spencerpor-Erdogan	8:11.17
16.	Shantall Sanabria	16	New Rochelle Tc-Ny	8:11.43
17.	Sara Farnan	16	Bay Shore Tc-Ny-Girls	8:11.65
18.	Kayla Shapiro	16	Division Avenue Tc-Ny	8:12.72
19.	Siana Emery	16	Una-Me-North_yarmou-Emery	8:14.02
20.	Kayla Torres	17	Sayville Tc-Ny	8:18.72

ROMANIAN U18 T&F CHAMPIONSHIPS, PITESTI, ROMANIA, 18-19 JUNE

To Romania for their U18 T&F walks.

Men 10,000m Race Walk

1.	Stefan Cristian MANGU	ROU	99	50:04.18
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Women 5000m Race Walk

1.	Andra Elena BOTEZ	ROU	00	26:06.30
2.	Diana Georgia ANGELESCU	ROU	00	27:05.96
3.	Loredana MUNTEANU	ROU	00	27:25.19
4.	Elena Speranta COSTEA	ROU	01	27:31.65

DUTCH T&F CHAMPIONSHIPS, AMSTERDAM, 16-19 JUNE

Rob Tersteeg won the Dutch 20km title yet again, his time of 1:39:10 seeing him a couple of minutes clear of the field. Photos at <http://www.tigch.nl/snelwandelen/2016/20160619/fotos/fotos.htm>.

Men 20km Race Walk

1.	Rob TERSTEEG	NED		1:39:10
2.	Rick LIESTING	NED	77	1:41:20
3.	Andre VAN SLOOTEN	NED	78	1:45:11
4.	Remco DE BRUIN	NED	64	1:46:15
5.	Wiefried VAN BREMEN	NED	87	1:56:42
6.	Tim van HELLEMONT	NED		1.58.12
7.	Han HOLTSLAG	NED		2.19.43
8.	Bram van HASTENBERG	NED		2.24.16
	Andrew CHROBOK	NED		DNF
	Annelies SARRAZIN	BEL		DNF
	Rinnie TIMMERMANS	NED		DQ
	Hans DRIJVERS	NED		DQ

HARRY JEROME TRACK CLASSIC, VANCOUVER, CANADA, FRIDAY 17 JUNE

Evan Dunfee and Ben Thorne faced off last Friday evening in the Harry Jerome Classic in Vancouver. They were chasing the Canadian record of 18:45.64 and, although they both recorded fast times, the record survived.

5000 m walk

1.	Evan Dunfee	CAN	90	19:31.55
2.	Benjamin Thorne	CAN	93	19:49.86



Evan Dunfee leads Ben Thorne in Vancouver last Friday evening

BUDAPEST OPEN, BUDAPEST, HUNGARY, 18-19 JUNE

To Hungary where Barbara Kovacs won the women's 5000m walk at the Budapest Open with 23:04.33.

Men 5000m Race Walk

1.	Vencel GÁL	HUN	01	24:08.25
2.	Dávid VARGA	HUN	01	24:47.80
3.	Oleksandr KARPUSHYNETS	UKR	01	27:49.06
4.	Oleksandr BABUSH	UKR	04	25:36.26

Women 5000m Race Walk

1.	Barbara KOVÁCS	HUN	93	23:04.33
2.	Anett TORMA	HUN	84	23:35.89
3.	Rita RÉCSEI	HUN	96	23:54.18
4.	Petra RABNÉ RÉCSEI	HUN	90	24:58.87
5.	Eszter SZARKA	HUN	85	26:15.05
6.	Daphne DIMANOPULOSZ	HUN	99	26:24.61

7.	Laura KOMORÓCZY	HUN	99	26:33.14
8.	Anna Mária HORNYÁK	HUN	00	27:12.36
9.	Réka SZABÓ	HUN	00	27:30.89
10.	Kata TATAY	HUN	99	28:57.24

ITALIAN UNIVERSITY CHAMPIONSHIPS, MODENA, ITALY, 17-18 JUNE

Francesco Fortunato was in good form in the Italian University T&F Championships, winning the 5000m walk with 18:53.91.

5000m Men

1.	FORTUNATO Francesco	1994	C.U.S. FOGGIA	18:53.91
2.	ANGELINI Gregorio	1996	C.U.S. FOGGIA	20:54.90
3.	TODISCO Daniele	1995	C.U.S. MILANO	21:02.24
	MALTONI Alessandro	1993	C.U.S. URBINO	DQ
	ZAUPA Alberto	1995	C.U.S. PADOVA	DQ

5000m Women

1.	BECCHETTI Mariavittoria	1994	CUS18 C.U.S. FORO ITALICO	23:02.79
2.	CANI Lisa	1996	CUS24 C.U.S. MODENA	25:02.63
3.	STACH Marta	1995	CUS43 C.U.S. TRENTO	25:31.14
4.	ANSALDI Martina	1996	CUS42 C.U.S. TORINO	26:42.56
5.	PRANDINI Sara	1996	CUS42 C.U.S. TORINO	28:02.82
6.	CARACCIA Roberta	1990	CUS29 C.U.S. PARMA	29:14.96
	BERNARDORI Elena	1991	CUS29 C.U.S. PARMA	DQ

ITALIAN U18 T&F CHAMPIONSHIPS, JESOLO, ITALY, 17-19 JUNE

Very big fields in the Italian U18 T&F Championship walks, with wins to Davide Marchesi (46:11.14) and Maria Vian (26:25.40). See full results at http://www.marciadalmondo.com/admin/pdf/risultati/18062016623Jesolo_U18_2016.pdf.

10,000m Men (first 15)

1.	MARCHESI Davide	1999	ATL. RICCARDI MILANO 1946	46:11.14
2.	ALBERGA Alfonso	1999	AMATORI ATL. ACQUAVIVA	46:13.68
3.	ORSONI Riccardo	2000	C.U.S. PARMA	46:29.36
4.	MAGISTRI Luca	1999	FIAMME GIALLE G. SIMONI	46:44.98
5.	TOMASSELLI Leandro	1999	E.SERVIZI ATL. FUTURA ROMA	47:54.84
6.	BARATTINI Fabio	1999	TLETICA LIVORNO	48:03.53
7.	CECERE Francesco	2000	ATL. AMATORI CISTERNINO	48:07.84
8.	GIULIANI Giorgio	2000	C.U.S. TORINO	48:16.73
9.	FANELLI Nicolas	1999	ATL. AMATORI CISTERNINO	48:21.81
10.	VICARIO Matteo	1999	ASD ATLETICA VELLETRI	48:22.76
11.	D'ANDREA Stefano	1999	POLISPORTIVA TETHYS CHIETI	48:45.82
12.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	49:40.91
13.	CIREGIA Leonardo	2000	ATL.GROSSETO BANCA D .MAREMMA	49:43.12
14.	DISARO' Michele (I)	1999	G.S. FIAMME ORO PADOVA	49:50.17
15.	BALDESSARINI Lorenzo	2000	U.S. QUERCIA TRENTEINGRANA	50:14.08

5000m Women (first 10)

1.	VIAN Maria	2000	ATLETICA PONZANO	26:25.40
2.	GIORDANI Vittoria	2000	U.S. QUERCIA TRENTEINGRANA	26:49.61
3.	BOCCHINO Francesca	1999	A.S.D. ACSI ITALIA ATLETICA	27:12.15
4.	VULPIS Maria Teresa	1999	U.S. GIOVANI ATLETI BARI	27:24.56
5.	OBLACH Vanessa	2000	ATLETICA BRUGNERA FRIULINTAGLI	27:32.15
6.	SALIS Sara	1999	SHARDANA ASD	27:36.25
7.	DI GENNARO Filomena	2000	A.S.D. ASTRO 2000 BN-AGROPOLI	27:41.62
8.	PIRO Federica	1999	POLISPORTIVA TETHYS CHIETI	27:46.59
9.	CORTELEZZI Francesca	1999	BRACCO ATLETICA	27:50.70
10.	PERI Ludovica	2000	LIBERTAS AMATORI ATLETICA LEGG	27:58.73

SPANISH T&F CHAMPIONSHIPS, ALCOBENDAS, 18-19 JUNE

The Spanish T&F Championships last weekend saw strong wins to Alvaro Martin (19:33.38) and Raquel Gonzales (21:09.24). Great depth on show as usual. Full results at http://resultados.rfea.es/2016/resultados/airelibre/al_federaciones.pdf.

5000m Women (first 10)

1.	Raquel Gonzalez Campos	1989	21:09.24
2.	Maria Jose Poves Novella	1978	21:22.91
3.	Julia Takacs Nyerges	1989	21:31.09
4.	Maria Perez Garcia	1996	21:40.71
5.	Maria Larios Lopez	1992	22:37.53
6.	Amanda Cano Gomez	1994	23:10.81
7.	Marina Peña Alonso	1999	23:35.64
8.	Eva Maria Tur Palau	1990	24:13.70
9.	Maria Dolores Marcos Valero	1979	24:17.19
10.	Paula Martinez Cacheiro	1992	24:37.71

5000m Men (first 10)

1.	Alvaro Martin Uriol	1994	19:33.38
2.	Marc Tur Pico	1994	19:36.39
3.	Diego Garcia Carrera	1996	19:41.53
4.	Francisco Arcilla Aller	1984	19:42.74
5.	Luis Manuel Corchete Martinez	1984	19:43.00
6.	Christian Curopos Costa	1994	21:07.13
7.	Nil Rodes Llorens	1996	21:10.28
8.	Luis Manuel Perez Osorio	1992	21:11.24
9.	Daniel Ballesteros Goñi	1996	21:12.71
10.	Ivan Lopez Perez	1997	21:19.06

HORWICH FESTIVAL 5KM (INC BMAF CHAMPS), HOWRICH, ENGLAND, SUNDAY 19 JUNE

Northern Racewalking reported as follows on the Horwich Festival 5km walk, which included the British Masters championships. Nice race video at <https://www.youtube.com/watch?v=Kp-KLF3zuMw>.

Excellent turn out at Horwich yesterday, a richly deserving tribute to Eric and Pam Horwill as they now sign out after organising this popular event for ten years. A mighty close battle at the front of the Mens race and some really outstanding performances that would compare well anywhere in the world. Great to see Lisa Kehler out again and giving it her all !

5km Men

1.	Pat Murphy	Castle Island/EIRE	M55	24.43
2.	Mark Williams	Tamworth	M50	25.08
3.	Ian Richards	Steyning	M65	25.09
4.	Tony Taylor	Lancs WC	M65	25.58
5.	Dwane Butterly	Leicester WC	M50	26.34
6.	Adrian Edwards	Lancs WC	M50	27.29
7.	Bill McFadden	Scotia RWC/SCO	M50	27.31
8.	Colin Turner	Nuneaton	M70	28.45
9.	Andrew Fraser	Scotia RWC/SCO	M50	29.28
10.	Greg Smith	Lancs WC	M60	30.10
11.	Roger Michell	Surrey WC	M65	30.23
12.	John Constandinou	Birchfield	M40	30.50
13.	Dave Evans	Lancs WC	M65	30.52
14.	Shaun Lightman	Surrey WC	M70	30.58
15.	Dan Maskell	Surrey WC	M65	31.11
16.	Roy Gunnett	Lancs WC	M65	31.13
17.	Glyn Jones	Coventry	M70	31.16
18.	Simon Pugh	Northern Masters	M55	32.28
19.	Dave Crompton	Lancs WC	M50	32.58
20.	Joe Hardy	Lancs WC	M70	33.23
21.	Stuart Edgar	Dudley	M45	33.39
22.	Sailash Shah	Lancs WC	M50	33.54
23.	John Softley	Scotia RWC/SCO	M65	33.59
24.	Mark Byrne	Redcar RWC	M55	34.22
25.	Sean Pender	Enfield /EIRE	M60	34.27
26.	Chris Bolton	Lancs WC	M75	35.08
27.	Norbert Will	N.Ireland Masters	M80	35.32
28.	Stephen Sargent	Lancs WC	M65	36.23
29.	Phil McCullough	Lancs WC	M55	38.09
30.	John Payn	Lancs WC	M80	38.20
31.	Edwin Grocock	Sheffield	M90	42.07

5km Women

1.	Lisa Kehler	Wolverhampton	W45	25.58
2.	Penelope Cummings	Herne Hill	W40	29.20
3.	Carolyn Dyall	Nuneaton	W35	29.28
4.	Ann Wheeler	Leicester WC	W60	31.07
5.	Agnes Ellis	Scotia RWC/SCO	W55	31.24
6.	Julie Bellfield	Halesowen	W45	31.44
7.	Fiona Bishop	Woking	W55	32.29
8.	Noel Blatchford	Abingdon	W65	32.54
9.	Hilary Mann	Sparkhill	W50	33.06
10.	Lynn Bellfield	Halesowen	W50	33.24
11.	Jan McCue	Lancs WC	W45	33.28
12.	Pat Evans	Lancs WC	W60	33.33
13.	Karen Davies	Birchfield	W55	36.10
14.	Claire Goulden	Lancs WC	W50	36.34
15.	Andrea Lennon	Lancs WC	W70	38.58

OUT AND ABOUT

- At the Jesse Bent Memorial Cheetah Meet in Coquitlam on Sunday 12th June, **Evan Dunfee** added the Canadian 10,000m race walk record to the 50km record he set last December in Australia. Walking at the end of the meet, he completed 25 laps of the track in **39:21.30**, to better the existing record of 39:26.02 set by Guillaume Leblanc in 1990. Remarkably Dunfee had walked 40km in training earlier in the day, as he prepares for the Rio Olympics. See http://www.bcathletics.org/News/evan-dunfee-walks-to-another-canadian-record/2436/?utm_source=twitterfeed&utm_medium=twitter.
- The inaugural 24 Hour Ultra Interval Challenge on 22-23 July 2016 sounds like a great concept – run or walk a 10km every 3 hours over a 24-hour period (everyone starts at the same time, regardless of where you are on our planet), complete some fun challenges along the way and post your results using Facebook, Twitter or Instagram. Depending on where you are, you start either on July 22 or 23. It's not a competition, it is a fun challenge open for everyone! If you manage to complete all of the intervals you'll end up with 80km (almost 50 miles) during 24 hours. See <http://www.ultraintervalchallenge.com/#ultra-interval-challenge>.
- The 2017 Australian Masters T&F Championships move from their Easter scheduling in 2017, being scheduled instead in Darwin from 9-12 June. Could be warm! See the latest flyer at http://www.australianmastersathletics.org.au/wp-content/uploads/2016/05/Master_Flyer_2016_FA_Print_Revised_1_.pdf.
- Australia used to have a world leading sports development scholarship program at the AIS in Canberra - alas, disbanded after the 2012 Olympics in a short term knee jerk reaction. Australian sprinter Melissa Breen is one of the few T&F athletes still living at the AIS but it costs her \$630 a week - a far cry from the days of a full program developing our next generation of athletes. A sad reflection on the current state of athletics in Australia. See <http://www.smh.com.au/sport/act-sport/melissa-duncan-says-her-rio-olympic-dream-would-have-been-over-if-it-wasnt-for-the-ais-20160611-gpgzb7.html>.
- Well balanced article on **Evan Dunfee**, with some pertinent reflections on the IAAF ban on Russia. See <https://ca.sports.yahoo.com/blogs/eh-game/canadian-race-walker-evan-dunfee--overwhelmingly-relieved--iaaf-upheld-ban-on-russia-204549320.html>
- Excellent article on Welsh walker **Bethan Davies** - <http://www.welshathletics.org/news--media/news/news-area/2016/june-2016/walking-her-way-to-success.aspx>.
- **Yulia Stepanova**, the Russian former drugs cheat whose whistle blowing revelations helped expose the massive doping problem in her country, could be allowed to compete in the Rio Olympics as an independent athlete, the IAAF said on Friday. The IAAF had previously said the issue was a complicated legal and logistical one, but said on Friday the IAAF Council had changed its rules to clear the way. "Any individual athlete who has made an extraordinary contribution to anti doping - in particular we include Yulia Stepanova here - should be considered favourably," Rune Andersen, head of the IAAF's task force investigating Russian doping, told a news conference. "I cannot say she will compete in Rio but the council said they will look favourably." See <http://www.smh.com.au/sport/olympics/rio-2016/rio-2016-olympics-russian-doping-whistleblower-yulia-stepanova-given-hope-to-compete-independently-20160618-gpmb51.html>. Good news as far as I am concerned.
- Norway has named **Erik Tysse** for the Rio 20km. Although they had set a standard of 1:22:00, they selected Tysse on his time of 1:22:12, done earlier this year. Finland has named three 50km walkers for Rio: **Aleksi Ojala** (Dudince 3:46:25), **Jarkko Kinnunen** (Dudince 3:50:40) and **Veli-Matti Partanen** (Dudince 3:54:02).

MARCIADALMONDO AND OMARCHADOR ROUNDUP

7 new press releases for Marciadalmondo this week

- Sun 20 Jun – Raquel Gonzales wins in Alcobendas, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2483
- Sun 20 Jun – Russian walkers appeal to CAS re Rio ban – what a joke!
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2482
- Sun 19 Jun - Cameron Corbishley wins AE U20 10,000m walk championship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2481
- Sat 18 Jun - Italian race roundup from this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2480
- Fri 17 Jun - Russia banned from Rio by the IAAF
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2479
- Wed 15 Jun - Johann Diniz dominates in Nancy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2477
- Tue 18 Jun - entry lists for this weekend's Italian U18 T&F walks in Jesolo.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2476

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

- Mon 20 Jun - Ana Cabecinha and Miguel Carvalho triumph in Jorge Costa Trophy
<http://omarchador.blogspot.com.au/2016/06/ana-cabecinha-e-miguel-carvalho.html>
- Mon 20 June - Raquel Gonzales wins Spanish title
<http://omarchador.blogspot.com.au/2016/06/raquel-gonzalez-mejor-marca-mundial-del.html>
- Sun 19 Jun - Portuguese walker Jose Pinto celebrates his sixtieth birthday
<http://omarchador.blogspot.com.au/2016/06/jose-pinto-em-dia-de-aniversario.html>
- Sat 18 Jun - Poves is fastest in Spanish Club Championships
<http://omarchador.blogspot.com.au/2016/06/poves-em-destaque-nos-campeonatos-de.html>
- Fri 17 Jun - Results officially cancelled from Portuguese meet in Vendas Novas earlier this year.
<http://omarchador.blogspot.com.au/2016/06/marcha-em-vendas-novas-com-marcas.html>
- Thu 16 Jun - Taika Nummi wins in Espoo
<http://omarchador.blogspot.com.au/2016/06/taika-nummi-com-superior-desempenho-em.html>
- Thu 16 Jun - Johann Diniz wins fast 5000m walk in Nancy
<http://omarchador.blogspot.com.au/2016/06/diniz-em-boa-condicao-no-meeting-de.html>
- Wed 15 Jun - Linke and Zurek win German national titles
<http://omarchador.blogspot.com.au/2016/06/linke-e-zurek-com-titulos-nacionais-nos.html>
- Wed 15 June - Results of Brazilian U20 walk champs
<http://omarchador.blogspot.com.au/2016/06/campeonato-brasileiro-inter-selecoes.html>
- Tue 14 Jun - Results of Portuguese Olympic Youth walks
<http://omarchador.blogspot.com.au/2016/06/madeira-e-santarem-vencem-marcha-no.html>

#CLEANWALKING

This has been one of the biggest weeks ever in the fight against drugs in sport. The tag #BANRUSSIA has now been fulfilled so it's time for a new name to my regular column – how about #CLEANWALKING. The huge news is that the Russian T&F Team will not compete in Rio – hurray for all the clean walkers. But read on – the battle continues on many fronts with that news item just one of many from the last 7 days.

Tuesday 14 June

- More than 200 blood bags of athletes, seized 10 years ago during the Operation Puerto doping probe, must be released and given to relevant authorities for examination, a Madrid court has ruled. The Provincial Court on Thursday said the samples should be given to WADA, the cycling body UCI, the Spanish cycling federation and the Italian Olympic Committee. The decision overturned an earlier court ruling from 2013 under which the bags were to be destroyed - against which WADA, the UCI and others had appealed. It's good but it is so late now that I suspect the 10 year statute of limitations will make prosecution of drugs cheats impossible. See <https://au.news.yahoo.com/thewest/sport/a/31835693/release-doping-probe-blood-bags-court/>.
- Kenya reacted angrily on Tuesday to calls by the German Athletics Federation (DLV) that its athletes be barred from the Rio Olympic Games due to doping concerns. Despite Kenya's failure to comply with global anti-doping standards, the athletics governing body IAAF has not banned Kenyans from competition, and any decision on excluding them from Rio is in the hands of the IOC. In an open letter to the IOC published by Der Spiegel last week, DLV chief Clemens Prokop said the IOC's plans to increase doping tests of athletes from non-compliant countries ahead of the Games would be "inept" and allowing them to compete in Rio would be unfair to the others. See <http://www.reuters.com/article/us-athletics-corruption-kenya-idUSKCN0Z02EU>.

Wednesday 15 June

- Pressure mounts in the final leadup to whether the Russian T&F team will be banned from Rio. The IOC and WADA stand accused of "shattering the confidence" of athletes across the globe because of their failure to do enough to tackle Russian doping in a powerful private letter seen by the Guardian. The letter is signed by the hugely respected chairs of the IOC Athletes' Commission and the WADA athletes' committee, Claudia Bokel and Beckie Scott, whose organisations represent the views and protect the rights of thousands of athletes worldwide. See <https://www.theguardian.com/sport/2016/jun/14/athletes-letter-doping-wada-ioc-russia-decision>.
- A damning WADA report, published just 2 days before the IAAF rules on whether Russian competitors can take part in the Rio Olympics, contains explosive allegations that anti-doping officials in Russia are being stopped from testing athletes and threatened by security services. This mirrors what was released last week in the latest German documentary expose and must now be the final nail in the coffin for Russia. You must read the 16 page presentation of the main findings at https://wada-main-prod.s3.amazonaws.com/resources/files/2016.06.15_russia_testing_update_final.pdf. Explosive reading! The latest Wada findings include:
 - 73 of 455 tests on athletes could not be collected
 - 736 tests were declined or cancelled
 - 23 missed tests, which the report described as a "significant amount"
 - 52 adverse findings
 - The report includes examples of the lengths athletes from different sports allegedly went to both to avoid tests and fool doping control officers (DCOs).

It says one athlete was seen running away from the mixed zone after an event, and another left the stadium during a race and could not be located. Wada also highlighted the case of an athlete who, it says, used a container inserted inside her "presumably containing clean urine". When she tried to use the container it leaked onto the floor and not into the collection vessel. The athlete is alleged to have tried to bribe the DCO before providing a sample that subsequently returned an adverse finding.

Other examples include:

- DCOs intimidated when accessing military cities, and armed federal security agents threatening DCOs with expulsion from the country
- Wada-accredited laboratories reporting sample transportation packages being opened by Russian customs, suggesting interference by officials
- National championships for Olympic sports including Olympic qualifiers held in cities with restricted access due to ongoing civil conflicts resulting in service providers declining test requests. As a result, tests were not carried out at the national weightlifting and national Greco-Roman wrestling championships. In some cases, testers would not be told which city or venue an event was taking place in.

Read a summary BBC report at <http://www.bbc.com/sport/olympics/36542577>.

- Team GB chiefs hope the introduction of retrospective drugs testing will help discourage athletes from cheating at this summer's Rio Olympics. Samples from 23 London 2012 athletes and 31 from Beijing 2008 were found to contain banned substances during recent retests by the IOC. 22 of the 54 failed tests were for Russian competitors. "Making sure sport is protected for clean athletes is critical," said Team GB chief executive Bill Sweeney. "Retrospective testing is a great thing and it sends out a great message to any athletes considering cheating." See <http://www.bbc.com/sport/olympics/36540795>.

- Four Olympic weightlifting champions from Kazakhstan, including the sport's most celebrated figure Ilya Ilyin, are among 10 lifters to have tested positive for performance-enhancing drugs at the London 2012 Olympics after their samples were reanalyzed. Ilyin, the men's 94kg gold medalist, and three women champions, Zulfiya Chinshanlo (53kg), Maiya Maneza (63kg) and Svetlana Podobedova (75kg), failed tests, the International Weightlifting Federation (IWF) said on Wednesday. The 10 lifters, who include seven London medalists in total and a current world champion and who were expected to be medal contenders at the Rio de Janeiro Games in August, have all been provisionally suspended, the IWF said. See <http://www.reuters.com/article/us-sport-doping-weightlifting-idUSKCN0Z12NT>.
- While WADA might be leading the drugs fight against Russia now, it does not seem to have been the case a few years ago. This damning article explains how in Dec 2012, WADA received an email from a Russian Olympic athlete who was asking for help. Discus thrower Darya Pishchalnikova had won a silver medal four months earlier at the London Olympics. She said that she had taken banned drugs at the direction of Russian sports and antidoping authorities and that she had information on systematic doping in her country. Please investigate, she implored the agency in the email, which was written in English. But WADA did not begin an inquiry, even though a staff lawyer circulated the message to three top officials, calling the accusations "relatively precise," including names and facts. Instead, the agency did something that seemed antithetical to its mission to protect clean athletes. It sent Ms. Pishchalnikova's email to Russian sports officials — the very people who she said were running the doping program. It does not seem to be an isolated case. See <http://www.nytimes.com/2016/06/16/sports/olympics/world-anti-doping-agency-russia-cheating.html?ref=internal&r=1>.

Thursday 16 June

- Sebastian Coe looks to be in big trouble, with the BBC's Panorama programme, in a joint investigation with the Daily Mail, claiming that he misled a British government probe into doping and that he was helped in his IAAF presidential campaign by the son of his predecessor in the position. The BBC's Panorama programme had said Coe was aware of the detailed allegations of corruption within the IAAF before they became public and did not disclose it when he sat before a British Parliamentary Committee. The programme also claimed Coe had been guided in his presidential campaign by former IAAF marketing official Papa Massata Diack, son of former president Lamine Diack, both of whom are subject to a corruption investigation by French prosecutors. See <http://www.supersport.com/athletics/article.aspx?Id=3576194> and http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11658134&ref=rss.

Friday 17 June

- The close connections between new IAAF president Sebastian Coe and disgraced former IAAF president Lamine Diack are now out in the open with the BBC releasing a series of email exchanges in the followup to its Panorama program of yesterday. The BBC has alleged that Coe enlisted Papa Massata Diack, wanted in France for fraud, for his successful campaign last year to become the IAAF president. Diack told the BBC Coe could not have beaten Ukraine's Sergey Bubka without his help. Working actively with disgraced and crooked people to further your career is always dangerous as it can sometimes come back to bite! See <http://www.supersport.com/athletics/article.aspx?Id=3577024>.
- And more from yesterday's BBC expose. Jesse Norman, a Conservative lawmaker and chairman of the parliamentary committee, told the BBC on Friday Coe would almost certainly be recalled to explain his actions. "I'd say it's almost certain we'll want to have Lord Coe back in front of the committee. I don't want to get too far ahead of where the committee is going to be, but these are very serious matters. The idea he received this email and, as I understand from his account, not have opened it, having been associated with the IAAF in a senior position at that point for six years, and aware of the possibility of individual cases of dishonesty and corruption, is very, very disturbing." See <http://www.iol.co.za/sport/athletics/pressure-mounting-on-coe-2035844>.
- Here's the crux of the allegation: The BBC's Panorama programme, in a joint investigation with the Daily Mail, alleges that Coe was sent an email in 2014 outlining how Russian marathon runner Liliya Shobukhova asked to pay £360,000 to cover up drug offences – a year before he told a Parliamentary select committee that he "was certainly not aware" of the allegations. Here are his own words "We were not aware - I was certainly not aware - of the specific allegations that have been made around the corruption of anti-doping processes in Russia." A spokesman for Coe has since admitted the 59-year-old received the email but forwarded it on to ethics officials without opening it. Oh come on - how did he know whether to forward it or not unless he read it! A completely untenable position for Coe, who is fast becoming an IAAF liability – surely his tenure on the top job must now be hanging by the thinnest of threads. See <http://www.independent.co.uk/sport/general/athletics/russian-doping-scandal-lord-coe-accused-of-misleading-mps-about-knowledge-of-anti-drugs-scandal-a7087306.html>.
- Friday was the biggest day in the fight against doping in many years (perhaps ever), with the 27-member IAAF Council, headed by Coe, meeting in Vienna to decide whether to readmit Russia. The announcement came out on time and on track - **Russia's track and field team is barred from competing in the Olympic Games this summer because of a far-reaching doping conspiracy**, an extraordinary punishment without precedent in Olympics history. See <http://www.nytimes.com/2016/06/18/sports/olympics/russia-barred-rio-summer-olympics-doping.html?partner=rssnyt&emc=rss>.

- The pity and injustice is that the ban on Russia for now applies only to track and field. The system in place that fostered a culture of doping clearly involved other sports, particularly those whose athletes were based largely in Russia and subject to its dubious safeguards. See <http://www.nytimes.com/2016/06/18/sports/olympics/barring-russias-team-not-just-individuals-is-a-powerful-move.html?partner=rssnyt&emc=rss>.
- European Athletics President Svein Arne Hansen thanks all those whistleblowers who helped build the case against Russia and he fully supports the ongoing ban which also means that Russian athletes will not participate in any European Athletics competitions this summer – including the European Athletics Championships Amsterdam and European Athletics Youth Championships in Tbilisi. See <http://www.european-athletics.org/news/article=statement-european-athletics-president-svein-arne-hansen-1279272/index.html?cid=rss>.

Saturday 18 June

- One day after an unprecedented ruling that barred Russia's T&F team from the Summer Olympics, IOC officials said Saturday that they agreed with it, ending any hope the team had of gaining entry into the Rio Games. See <http://www.nytimes.com/2016/06/19/sports/olympics/ioc-russia-ban-rio-track-and-field.html?partner=rssnyt&emc=rss&r=0>.
- Russia continues to live in a fantasy world of denial. In a sporting sense, this is a country so entirely dislocated from an ethical parameter and sense of fair play that it was no substantial surprise to learn from the IAAF on Friday that any hopes of Russia coming into the fold and comply with an accepted standard of anti-doping compliance have been dashed. See <http://www.independent.co.uk/sport/olympics/news/russia-doping-scandal-ban-needs-to-hit-hard-with-total-explosion-to-bring-russia-to-its-senses-a7088661.html>.
- You have to laugh sometimes. A day after their banning from Rio, a criminal case has been opened today by Russian Federal investigators against former Moscow Laboratory chief Grigory Rodchenkov, the whistleblower official who made allegations of state-sponsored doping surrounding the Sochi 2014 Winter Olympic Games and who now lives in America in fear of his life. The knives are out as they look for scapegoats. See <http://www.insidethegames.biz/articles/1038594/russian-criminal-investigation-opened-against-moscow-laboratory-chief-turned-whistleblower-rodchenkov>.
- Athletics Australia's statement in the aftermath of the Russian Rio Ban - <http://athletics.com.au/News/statement-34>.

Sunday 19 June

- Brisbane jumps coach Gary Bourne says Russian long jump results have “fallen through the floor” this year since their samples were taken out of the country for anti-doping testing. The leading Russian female long jumper of 2016, Yulia Pidluzhnaya, would rank 31st with her best leap of 6.65m if suspended Russians were included in IAAF rankings. Last year, she was ranked 12th in the world and No.1 in her country with a 6.87m leap. In the men's long jump, the Russian Vasily Kopeykin (8.21m) would rank 11th but the IAAF website credits no other Russian man with an 8m jump this year. See <http://www.foxsports.com.au/olympics/russian-long-jumpers-rapid-decline-after-moving-drug-testing-offshore/news-story/85f38563435f178a74ad5457e64d43d7>.
- Senior IIOC member Dick Pound believes suspending the entire Russian team from Rio 2016 would be "not impossible" if allegations of state-sponsored doping at the Sochi 2014 Winter Games are proven next month. See <http://www.insidethegames.biz/articles/1038624/complete-russian-ban-from-rio-olympics-not-impossible-if-sochi-2014-allegations-proven-warns-pound>.

Monday 20 June

- The coach of some of the world's most famous distance runners was arrested in Spain on Monday in a sting operation that has rocked athletics once again. Jama Aden, coach of poster girl and world-record holder Genzebe Dibaba, was found with EPO and other banned substances in a hotel outside Barcelona. He was detained by Spanish police along with an unnamed trainer from Morocco as 22 athletes who were also guests at the Sabadell hotel, including Ethiopia's Dibaba, were drug-tested. The raid came after four weeks of round-the-clock surveillance following a three-year investigation Sportsmail has been working on with the IAAF world governing body since last year. See <http://www.dailymail.co.uk/sport/sportsnews/article-3651196/Drug-cops-swoop-coach-Jama-Aden-EPO-banned-substances-hotel-room.html> and http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11660186&ref=rss.
- British Athletics has rushed to clarify Mo Farah's relationship with Aden, saying it extended only to shouting out times as Farah did laps round the track in the Ethiopian town of Sululta in 2015. Despite this Farah was also photographed with Aden in February when he trained alongside some of the Somali's athletes at another camp in Ethiopia. A spokesman for British Athletics told the Guardian that Aden had helped Farah for only one week last year, when the performance director, Neil Black, and the head of endurance, Barry Fudge, were not around, and they had changed their rules when Farah went to Ethiopia this year. See <https://www.theguardian.com/sport/2016/jun/20/mo-farah-jama-aden-somali-coach-arrest-doping-charges-british-athletics>.

- United States lawmakers are demanding answers from WADA in the wake of a New York Times investigation that found that the agency mishandled multiple warnings about Russia — including a 2012 appeal from a Russian Olympian who confessed to cheating, pleaded for help and offered to cooperate with the agency. On Monday morning, Senator John Thune — Republican of South Dakota and chairman of the Senate Committee on Commerce, Science and Transportation, which has jurisdiction over sports — sent a seven-page letter to the agency, which is partly funded by United States taxpayers. The letter asked the agency’s president to explain why it had taken years to investigate claims of a government-run doping program in Russia and called for further inquiries into possible cheating. The Senate committee requested answers to 11 specific questions — five of them focused on potential conflicts of interest among WADA’s leadership — by July 5. See http://www.nytimes.com/2016/06/21/sports/olympics/us-senate-committee-questions-for-wada-global-doping-watchdog.html?partner=rssnyt&emc=rss&_r=0.

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 Aug 21, 2016 Australian Masters 20km Roadwalk Championships, Adelaide, SA
 Sun Aug 21, 2016 Australian Roadwalk Championships, Canberra, ACT

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)

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

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
 June 9-12, 2017 Australian Masters T&F Championships, Darwin
 July 12-16, 2017 10th World Youth T&F Championships, Niarobi, 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>)