



## HEEL AND TOE ONLINE

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

No surprises for my Walker of the Week this time around – English star **Tom Bosworth**.

Tom is celebrating after breaking the 1 Mile Track Walk world record by six seconds in the one mile race walk at the Müller Anniversary Games, held at the London Stadium on Sunday afternoon. He also made history by competing in the first ever race walk at a Diamond League event. Roared on by the home crowd, he made it extra special with his time of **5:31.08**. And the 27-year-old seemed as stunned as anyone as he crossed the line and realised he had broken a record that had stood for more than 26 years.

For the record, the previous World Record had stood at 5:36.9 (Antanas Grigaliunas, Lithuania, 1990). There have been faster times done by USA walker Tim Lewis (5:33.53 1988) and by Swedish walker Andreas Gustafsson (5:34.45 2014) but none as fast as Tom.

Tom now adds the 1 Mile record to his British records for 3000m, 5000m, 10km and 20km. He trains full time at the UK race walking centre in Leeds. Alas, we used to have a similar setup at the AIS but AA, in its wisdom, decided to decommission it after the 2012 Olympics.

World junior champion Callum Wilkinson had led through 400m in 82.45 to be bang on schedule. Tom took over on the second lap and reached 800m in 2:45.72 before he began to ease away. On the third lap, he picked it up further with a 81.54 lap but did get two warnings and it looked like he eased back on the last lap to ensure he didn't get disqualified. After the race, he said: *"That record is 26 years old and I was so nervous. Not many can run a mile in 5:31 so I am pleased to walk that quickly. I knew my speed was good but I think I have upped my level this year."*

With the judges busy on the later laps, it was **Diego Garcia** (5:36.27) who was given second place. Erick Barrondo and Wilkinson (5:36.31) were both disqualified but would have set big PBs had they not been caught out. **Dominic King** did set a PB of 5:56.80 in fifth to show good speed for a 50km walker. And it is of special note that the field included **Chris Snook** (born 2000). That is pretty young to be competing at such a level.

Full race video at <https://www.youtube.com/watch?v=EOYdS5QZasM>.



### Müller Anniversary Games 1 Mile Walk Men

|     |                   |     |                                      |         |
|-----|-------------------|-----|--------------------------------------|---------|
| 1.  | Tom BOSWORTH      | SEN | Tonbridge/Leeds Beckett Uni          | 05:31.1 |
| 2.  | Diego GARCÍA      | SEN | ESP                                  | 05:36.3 |
| 3.  | Perseus KARLSTRÖM | SEN | SWE                                  | 05:38.2 |
| 4.  | Rafal SIKORA      | SEN | POL                                  | 05:49.6 |
| 5.  | Guy THOMAS        | U23 | Tonbridge                            | 06:02.3 |
| 6.  | Chris SNOOK       | V35 | Harlow AC                            | 06:09.3 |
| 7.  | Erick BARRONDO    | SEN | GUA                                  | DQ      |
| 8.  | Jakub JELONEK     | SEN | POL                                  | DQ      |
| 9.  | Dominic KING      | SEN | Colchester H                         | DQ      |
| 10. | Callum WILKINSON  | U23 | Enfield & Haringey/Leeds Beckett Uni | DQ      |

### OLYMPIC 50KM CHAMPION MATEJ TOTH BEING INVESTIGATED

I was shocked yesterday to read that Slovakia's Olympic 50km gold medallist **Matej Tóth** has pulled out of next month's IAAF World Championships in London and is being investigated for allegations of doping. Matej has revealed in a statement that he was contacted by the IAAF recently to ask him to explain anomalies in his athlete biological passport (ABP). See <http://www.insidethegames.biz/articles/1052496/olympic-50km-race-walk-gold-medallist-to-miss-world-championships-after-iaaf-doping-investigation>.

I think that the thoughts of the racewalk community are summed up by the post by South African racewalk identity Carl Meyer:

*In the light of who Matej is and what he stood for against doping and the fact that I know him personally and the fact that there is a huge onslaught against the 50km, something seems terribly out of place and his character here!*

I discussed this with USA attorney Paul de Meester who was instrumental in the decision to go against the IAAF Racewalking Committee recommendation and keep the 50km in the 2020 Olympic Games. He has kindly produced the following analysis for readers...thanks Paul

### CAUTION URGED IN LEGAL CASE INVOLVING MATEJ TÓTH

Those of us in the sports community who care deeply about the 50km Race Walk Event were distressed to learn of Olympic and World Champion Matej Tóth's withdrawal from the London World Championships this August after having been notified by the International Association of Athletics Federations (IAAF) of anomalies in his Athlete Biological Passport (ABP), which tracks blood data over time for signs of drug use.

Paul F. DeMeester, a California criminal defense attorney who has experience with sports litigation in the Court of Arbitration for Sport and the FIA International Court of Appeal, urged caution in the Tóth case. DeMeester explained that ABPs are new on the scene, having made their first appearance in 2009 to monitor select hematological markers in an athlete's blood stream, including hematocrit, hemoglobin, and a count of red blood cells and reticulocyte. In 2014, the hematological module was complimented with a steroid module, to monitor an athlete's levels of testosterone, epitestosterone, androsterone, etiocholanolone, two forms of androstane, and the various ratios between all of these components. An abnormality in an ABP is not like finding a prohibited substance. Skeptics would suspect the athlete to have engaged in doping. But DeMeester cautioned that it is important to afford Tóth with the presumption of innocence and due process.

"In criminal cases, new scientific techniques are typically challenged vigorously and over time to make sure the new technique produces accurate, reliable and reproducible results. Think of DNA. These challenges go on for years," commented DeMeester. "It might well be that the ABP shows apparent abnormalities that are actually quite normal and not due to doping at all," said DeMeester about the first line of defense in this type of case. He cited other defenses as well: were the results flawed due to problems with the technique or operator error?; was any foreign substance, if one or more were involved, dosed through foul play?; and if foreign substances entered the blood stream, is there an innocent explanation or was there sample contamination?

DeMeester concluded by saying that now is not a time to convict Tóth in the court of public opinion: "What's involved is a lot of science, plenty of novelty and an abundance of law. Let's not rush to judgment."

## WHAT'S COMING UP

- Next Saturday sees VRWC walkers back at Middle Park for our annual Intervals Raceday. It is one of my favourite carnivals and a great workout. Remember we prefer you to pre-enter if possible via our online panels at <http://vrwc.org.au/wp/>. I hear that Rio Olympian Rhydian Cowley is going to up the ante and do 5x3km reps in the allotted 17 minute timespans.

|  |                                   |      |
|--|-----------------------------------|------|
| <b>Saturday 15<sup>th</sup> July 2017, Middle Park</b>                             |                                   |      |
| <b>SPECIAL VRWC INTERVALS EVENT: Entries close for all events at 1.45pm sharp.</b> |                                   |      |
| 2.15pm   | Intervals Race – 6km, 8km or 10km | Open |
| 2.30pm   | 4km                               | Open |
| 2.30pm   | 2km                               | Open |

In the Intervals Race, walkers choose to walk either 6km, 8km or 10km in 2km intervals.

To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1<sup>st</sup> leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

| Start time | 3x2km Race Legs | 4x2km Race Legs | 5x2km Race Legs |
|------------|-----------------|-----------------|-----------------|
| 2.15pm     | 1               | 1               | 1               |
| 2.32pm     | 2               | 2               | 2               |
| 2.49pm     | 3               | 3               | 3               |
| 3.06pm     |                 | 4               | 4               |
| 3.23pm     |                 |                 | 5               |

- Michelle James from Athletics Australia advises that the **Australian Roadwalk Championships** course is along the bike path on Squires Way opposite the **Wollongong University** (Innovation Campus). Online entries are currently being taken via the A.A. online entry panel <https://winterwalks2017.eventdesq.com/>. The championships will be held on **Sunday 27<sup>th</sup> August**. Entries close Monday 21<sup>st</sup> August at 9:00pm.
- It is now only 4 weeks until the **Australian Masters 20km Roadwalk Championships** in Adelaide on **Sunday 6<sup>th</sup> August**. Entries close on Saturday 31<sup>st</sup> July. Further information at <http://www.samastersathletics.org.au/ama20kwalk2017/>.

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 8 JULY

Another cold winter afternoon at Middle Park on Saturday but we saw a good turnout with 38 walkers in action. We had prizes for the handicap winners so well done to **Karyn O'Neill, Terry O'Neill, Paige De Lisen, Russ Dickenson, Kathleen O'Mahony, Barrie Wicks, Maddison Vaughan, Christopher Kent, Eliza Clarke and Liam Hutchins**. Quite a few big PBs. Well done everyone.

| 8km Open |                | H'cap Place |         |
|----------|----------------|-------------|---------|
| 1.       | Karyn O'Neill  | 55:32       | 1       |
| 1.       | Adam Garganis  | 37:39       | 5       |
| 2.       | Will Thompson  | 41:24       | PB 3:02 |
| 3.       | Pramesh Prasad | 41:28       | 4       |
| 4.       | Terry O'Neill  | 47:44       | 1       |
| 5.       | Bernie Keirl   | 48:42       | 2       |
| 6.       | Albin Hess     | 55:02       | 3       |
|          | Bob Gardiner   | DNF         | PB 0:18 |

| 6km Open |                  | H'cap Place |   |
|----------|------------------|-------------|---|
| 1.       | Paige De Lisen   | 35:23       | 1 |
| 2.       | Donna-Marie Elms | 38:39       | 2 |
| 3.       | Gwen Steed       | 44:45       | 3 |
| 1.       | Mark Blackwood   | 30:04       | 2 |
| 2.       | Hayden Walmsley  | 33:38       | 3 |
| 3.       | Russ Dickenson   | 40:13       | 1 |
|          | Reese Walmsley   | DNF         |   |

| 4km Open |                   | H'cap Place |         |
|----------|-------------------|-------------|---------|
| 1.       | Chloe Karagiorgos | 20:44       | 2       |
| 2.       | Jasmin Hass       | 21:46       | 3       |
|          |                   |             | PB 1:18 |
|          |                   |             | PB 0:40 |

|    |                   |       |   |         |
|----|-------------------|-------|---|---------|
| 3. | Kathleen O'Mahony | 22:16 | 1 | PB 0:24 |
| 4. | Madeleine Feain   | 24:35 | 4 |         |
| 5. | Arnika Nelson     | 25:08 | 6 |         |
| 6. | Grace Louey       | 26:00 | 5 |         |
| 1. | Corey Dickson     | 21:01 | 2 |         |
| 2. | Gerard Feain      | 26:31 | 3 |         |
| 3. | Barrie Wicks      | 34:03 | 1 |         |

### 2km Open

|    |                   |       |   |         |
|----|-------------------|-------|---|---------|
| 1. | Maddison Vaughan  | 12:38 | 1 | PB 0:07 |
| 2. | Meryllyn Thompson | 14:39 | 2 |         |

|    |                  |       |   |         |
|----|------------------|-------|---|---------|
| 1. | Luke Epps        | 10:28 | 3 |         |
| 2. | Angus Hay        | 10:39 | 2 |         |
| 3. | Ralph Bennett    | 12:24 |   |         |
| 4. | Christopher Kent | 14:01 | 1 | PB 1:42 |
| 5. | Geoff Barrow     | 14:59 |   |         |

### 1km Open

|    |                         |       |   |  |
|----|-------------------------|-------|---|--|
| 1. | Kaylah Heikkila-Dubowik | 05:42 | 2 |  |
| 2. | Eliza Thompson          | 06:38 | 1 |  |
| 3. | Pam Mews                | 10:02 | 3 |  |
| 4. | Sophie Blackwood        | 10:25 | 4 |  |

|    |                  |       |   |  |
|----|------------------|-------|---|--|
| 1. | Liam Hutchins    | 05:13 | 1 |  |
| 2. | Hamish Blackwood | 05:29 | 2 |  |
| 3. | Lucas Kent       | 06:45 | 3 |  |

Thanks to our officials and judges and helpers. Sorry if I have missed anyone

**Officials and Helpers:** Mark Donahoo, Ralph Bennett, Terry Swan, Tim Erickson, Michelle Walmsley, Lachlan Feain, Bob Gardiner, Bernie Keirl

**Judges:** Peter Vysma (Chief), Stuart Cooper, Shane Dickson, Michael Bodey, Gordon Loughnan

**Canteen:** Kate Suich, Wendy Cooper

**Photos:** Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?category/435>)

**Timing:** Ralph Bennett (<http://vrwc.org.au/wpl/race-splits-laps/>)

The Handicap, Actual Times and Style Awards progressive points have been updated – check out where you sit in the lists at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.



Prize winners Karyn O'Neill, Kathleen O'Mahony, Chris Kent, Barrie Wicks and Liam Hutchins (photos Terry Swan)



*VRWC prize winners Terry O'Neill, Russ Dickenson, Paige de Lisen, Eliza Thompson and Maddison Vaughan*

**ACTRWC ROAD WALKS, JERROMBERRA WETLANDS, CANBERRA, SATURDAY 8 JULY**

Thanks to Robin Whyte for the latest results from Canberra. Rio Olympian **Brendon Reading** was quickest with 37:15 for 8km.

**8km Handicap Walk**

|     |                 |             |
|-----|-----------------|-------------|
| 1.  | Greg Durr       | 46:46       |
| 2.  | Gabby Hunt      | 42:40       |
| 3.  | Brendon Reading | 37:15 (F/T) |
| 4.  | Bob Parker      | 58:56       |
| 5.  | Miriam McCarthy | 57:42       |
| 6.  | Matt Griggs     | 40:19       |
| 7.  | Callum Burns    | 42:22       |
| 8.  | Bryan Thomas    | 58:09       |
| 9.  | Connor Frew     | 39:22       |
| 10. | Tim Fraser      | 39:49       |
| 11. | Robin Whyte     | 52:36       |
| 12. | Doug Fitzgerald | 66:09       |

**4km Walk**

|     |                 |             |
|-----|-----------------|-------------|
| 1.  | Kate Black      | 23:36       |
| 2.  | Laura Burns     | 21:56 (F/T) |
| 3.  | Helen Munro     | 37:36       |
| 4.  | Hannah Manning  | 23:00       |
| 5.  | Derek Robinson  | 28:08       |
| 6.  | Rosemary Parker | 30:35       |
| 7.  | Raine Thompson  | 38:11       |
| 8.  | Gwyllym Young   | 22:11       |
| 9.  | David Mackenzie | 34:34       |
| 10. | Jane Bates      | 31:28       |
|     | Simon Hosking   | DNF         |

**1km Walk**

|    |                  |             |
|----|------------------|-------------|
| 1. | Jayden Elphick   | 06:30 (F/T) |
| 2. | Imogen Gardiner  | 07:05       |
| 3. | Otis Jeong-Reuss | 06:54       |

**2km Walk**

|    |                      |             |
|----|----------------------|-------------|
| 1. | Kai Jeong-Reuss      | 12:59       |
| 2. | Sidney Shaw          | 12:02       |
| 3. | Andrew Camp-Liddiard | 11:27 (F/T) |
| 4. | Sebastian Young      | 13:25       |
| 5. | Georgia Frew         | 14:31       |

**SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 8 JULY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cold arvo, nt too many turned out.

**10km Handicap Walk**

|    |                 |         |     |        |
|----|-----------------|---------|-----|--------|
| 1. | David Robertson | 1:25:05 | M84 | 74.74% |
| 2. | Graham Harrison | 1:16:47 | M73 | 69.70% |
| 3. | Marie Maxted    | 1:10:12 | W57 | 71.17% |
| 4. | George White    | 1:01:15 | M72 | 86.21% |
| 5. | Raelene Schild  | 1:21:02 | W52 | 58.40% |

**5km Handicap Walk**

|    |               |       |     |        |
|----|---------------|-------|-----|--------|
| 1. | Rodger Barber | 38:26 | M79 | 73.71% |
| 2. | Edna Bates    | 44:29 | W64 | 58.32% |

**SARWC ROADWALKS, BELAIR NATIONAL PARK, ADELAIDE, SATURDAY 8 JULY**

Thanks to Peter Crump for the latest results from Adelaide where the annual SARWC “King of the Mountain” was held in Belair National Park. Peter was the only one to conquer the 2 laps of the “King of the Mountain”, held over a very testing 5.1km course, but a number of walkers took up the 1 lap (5.1km) version. The shorter courses feature some undulation and steady rises, so a good challenge for all.

**3.5km Walk**

|                   |       |
|-------------------|-------|
| 1. Toby Wilks     | 19:36 |
| 2. Victoria Upton | 20:36 |
| 3. Kiera Ross     | 20:36 |
| 4. Kitarni Upton  | 22:25 |
| 5. Mia Wilks      | 23:28 |

**2.1km Walk**

|                  |       |
|------------------|-------|
| 1. Seth Upton    | 13:20 |
| 2. Eli Pusionjic | 13:54 |
| 3. Hannah Wilks  | 14:03 |
| 4. Edward Upton  | 14:13 |
| 5. Katie DeRuvo  | 14:58 |
| 6. Sam Wilks     | 18:35 |
| 7. Xavier Upton  | 20:13 |

**10.2km Walk (2 x 5.1km)**

|                |                        |
|----------------|------------------------|
| 1. Peter Crump | 1:07:52 (33:29, 34:23) |
|----------------|------------------------|

**5.1km Walk**

|                       |       |
|-----------------------|-------|
| 1. Tristan Camilleri  | 30:50 |
| 2. Samantha Findlay   | 31:07 |
| 3. Rhiannon Lovegrove | 34:25 |
| 4. Chloe Upton        | 36:42 |
| 5. Gloria Holliday    | 37:43 |
| 6. Greg Metha         | 37:55 |

**WARWC ROADWALKS, PERTH, SUNDAY 9 JULY**

Thanks to Mike Reid for the latest results from Western Australia. Another good walk by **Declan Tingay** (15km in 1:10:35). New State Masters records to **Andrew Duncan** and **Lynne Schickert**.

**15km Walk**

|                  |         |
|------------------|---------|
| 1. Declan Tingay | 1.10.35 |
| 2. Ben Reid      | 1.22.52 |

**5km Walk**

|                 |       |
|-----------------|-------|
| 1. Leslie Romeo | 41.43 |
|-----------------|-------|

**1.5km Walk**

|                     |       |
|---------------------|-------|
| 1. Amy Holland      | 8.36  |
| 2. Isabella Tolardo | 9.04  |
| 3. Kaytee Bogaers   | 9.55  |
| 4. Xavier Bernard   | 10.23 |
| 5. Amber Richards   | 10.46 |
| 6. Leyla Dabala     | 11.15 |
| 7. Gracie Dabala    | 11.16 |

**Masters 10k State Championships**

|                     |         |
|---------------------|---------|
| 1. Andrew Duncan    | 50.55   |
| 2. Karyn Tolardo    | 1.00.29 |
| 3. Marie Fitzsimons | 1.03.58 |
| 4. Kelly Sadler     | 1.05.59 |
| 5. Wendy Farrow     | 1.06.34 |
| 6. Wayne Byram      | 1.08.41 |
| 7. Lynne Schickert  | 1.20.04 |
| 8. John Smith       | 1.31.08 |
| 9. Garry Hastie     | DNF     |

**2017 DOWN UNDER CHAMPIONSHIPS, GRIFFITH UNIVERSITY ATHLETICS TRACK, GOLD COAST, 7-9 JULY**

Some fast walking by the young Queensland walkers at the annual Down Under Championships on the Gold Coast. New meet record to **Katie Hayward** in the U18 5000m (22:23.67). Shame she has been denied the chance to compete in this year’s World Youth Championships. Good walks by **Luke McCutcheon** (21:43.16), **Nelson McCutcheon** (13:31.03) and **Kris Hayward** (14:55.39)

**Men U16 U3000m Walk**

|                       |    |                    |          |
|-----------------------|----|--------------------|----------|
| 1. McCutcheon, Nelson | 15 | Qeii Track Club    | 13:31.03 |
| 2. Hayward, Kris      | 13 | Gold Coast Central | 14:55.39 |
| 3. Wearne, Jonathan   | 13 | Racewalking        | 16:05.44 |
| McCure, Lachlan       | 13 | Gold Coast Victory | DQ       |

**Women U16 U3000m Walk**

|                      |    |                    |          |
|----------------------|----|--------------------|----------|
| 1. Schofield, Amelia | 14 | Gold Coast Victory | 17:16.69 |
|----------------------|----|--------------------|----------|

**Women U18 5000m Walk**

|                   |    |                    |          |
|-------------------|----|--------------------|----------|
| 1. Hayward, Katie | 17 | Gold Coast Central | 22:23.67 |
|-------------------|----|--------------------|----------|

**Men U20 5000m Walk**

|                     |    |                 |          |
|---------------------|----|-----------------|----------|
| 1. McCutcheon, Luke | 19 | Qeii Track Club | 21:43.16 |
|---------------------|----|-----------------|----------|

The meet also marked the retirement of **Jill Huxley** after a 47 year career as an official and judge (including a stint as one of our international judges). The photo below shows Robyn Wales (centre) making a presentation to Jill (on the right) during the closing ceremony.



**NSWRWC ROAD WALKS, TEMPE, NSW, SATURDAY 1 JULY**

And back a week for NSWRWC walk results from Tempe. Fast 6km walk by **Kyle Bedford** (27:12).

**Open 8km**

1. Anne Weekes 49.28

**Open 6km**

1. Kyle Bedford 27.12  
 2. Allannah Pitcher 29.24  
 3. Jasmine Dighton 34.41  
 4. Joan Purcell 43.45  
 5. Brendan Hyde 55.00  
 Baden White DQ

**Open 3km**

1. Hayden Blaskett 14.50  
 2. Molly O'Neill 16.05  
 3. Renee Hardy 16.07  
 4. Hannah Parker 17.45  
 5. Brooke Martin 18.25  
 6. Carmel Parker 19.34  
 7. Nicole Nilon 20.39  
 8. Nicole Nilon 20.39  
 Arienna Grebert (INV) 21.05  
 9. Judy Brown 26.48

**U16 Division 2km**

1. Olivia Thomson 10.25  
 2. Ellie DeCelis 10.35  
 3. Chia Walters 11.51  
 4. Isabelle Nilon 12.15  
 5. Aiden Hardy 14.32  
 6. Emily Challinor 16.35

**U12 Division 1km**

1. Milly Boughton 5.05  
 2. Sienna Pitcher 5.49  
 3. Sarah Challinor 7.30  
 4. Amelia Crocker 7.39

**U10 Division 500m**

1. Rudi Blackeley 2.38  
 2. Christopher Nilon 2.40  
 3. Dylan Ryan 3.08

**SPECIAL OLYMPICS AUSTRALIA JUNIOR NATIONAL GAMES, GOLD COAST, 3-4 JULY**

Last week, 200 young athletes with an intellectual disability aged 8-15 came together on the Gold Coast to compete across four sports (athletics, basketball, football and swimming) at the fourth Junior National Games at Runaway Bay Sports Super Centre. Thanks for these results and photos from Robyn Wales who was there officiating. She explained:

*The results are for those on the podium photo. I can't compliment the athletes enough for their sportsmanship and willingness to support each other in every race.*

**100m Walk**

|    |                 |    |     |         |
|----|-----------------|----|-----|---------|
| 1. | Jasmine Hunt    | 11 | QLD | 0:39.87 |
| 2. | Scott Stevenson | 15 | NT  | 0:40.30 |
| 3. | Peter Callaghan | 12 | NT  | 0:41.00 |
| 4. | Cody Kendall    | 12 | QLD | 0:43.41 |



Walkers at the Special Olympics Australia National Junior Games in Queensland (photos Robyn Wales)

**CANADIAN ROADWALK CHAMPIONSHIPS, OTTAWA, CANADA, SUNDAY 9 JULY**

The Canadian T&F Championships, held over an extended 7 day period from 3-9 July in Ottawa, saw Open 20km and U20 10km walks contested on Sunday in the Parc du Lac Leamy in Quebec. It took a fair while to find the results as they were hidden away in a press release, with surnames only! Talk about making it hard.

Nice summary from <https://www.thestar.com>:

It took Andre De Grasse 19.96 seconds to make Canada's world championships team again on Sunday. It took race walker **Ben Thorne** one hour, 22 minutes and 11.1 seconds, and when he crossed the line he slumped down on the grass in a quiet park with a couple dozen officials, coaches and friends on hand. The sport scene and profile is completely different — De Grasse won the 200-metre sprint before a cheering stadium and kids wanting his autograph — but the pride in competing well is exactly the same. Thorne, a bronze medallist at the world championships two years ago, threw out his plans to take it easy during his Sunday morning race, despite knowing a hard 20km effort just four weeks before the worlds is a bit much. *"I've never won a national championship before and I wanted to. These guys have always been beating me,"* said the 24-year-old from Kitimat, B.C., gesturing to fellow Olympians Evan Dunfee, who came second and will race the 50K at the worlds, and the newly retired Inaki Gomez.

Good to see USA walkers **Nick Christie**, **Katie Burnett** and **Robyn Stevens** and South African **Marc Mundell** also in action and walking well.

**Senior Men 20km**

|    |                  |     |         |
|----|------------------|-----|---------|
| 1. | Ben Thorne       | CAN | 1:22:12 |
| 2. | Evan Dunfee      | CAN | 1:23:39 |
| 3. | Marek Adamowicz  | CAN | 1:27:17 |
| 4. | Nick Christie    | USA | 1:29:17 |
| 5. | Mathieu Bilodeau | CAN | 1:29:29 |
| 6. | Marc Mundell     | RSA | 1:30:20 |

**Senior Women 20kKm**

|    |                 |     |         |
|----|-----------------|-----|---------|
| 1. | Katie Burnett   | USA | 1:40:15 |
| 2. | Robyn Stevens   | USA | 1:43:35 |
| 3. | Katelynn Ramage | CAN | 1:45:12 |

**U20 Men 10km**

|    |              |     |       |
|----|--------------|-----|-------|
| 1. | Alger Liang  | CAN | 45:07 |
| 2. | Keenan Hoyer | CAN | 54:32 |

**U20 Women 10km**

|    |                |     |         |
|----|----------------|-----|---------|
| 1. | Danika Guenard | CAN | 1:00:56 |
| 2. | Chloe Scott    | CAN | 1:07:12 |



**FRENCH NATIONAL T&F CHAMPIONSHIPS, ALBI, FRANCE, 8-9 JULY**

Emmanuel Tardi was in Albi, 700km south of Paris, on Sunday for the Senior (second tier) and U23 roadwalk championships. The second tier Senior championship was for those who rank between 9 and 24 in the annula ranking list. He tells me that the road was perfect, with the lap 1km in length. Overall, fair weather but a few heavy showers.

**Open Men 20km Race Walk**

|     |                          |        |                                |         |
|-----|--------------------------|--------|--------------------------------|---------|
| 1.  | LEAUTE Benjamin          | SEM/88 | Vafa - S/l Ac Villeneuve D:asc | 1:34:20 |
| 2.  | DESJARDINS Florian       | SEM/94 | R2ma - S/l Asptt Rouen         | 1:35:09 |
| 3.  | HADULA Ludovic           | SEM/87 | Stadoceste Tarbes              | 1:35:28 |
| 4.  | BICHE Sebastien          | VEM/73 | Rcf Issy Avia                  | 1:37:50 |
| 5.  | VALLEE Kyrian            | SEM/94 | Sa Toulouse Uc                 | 1:39:44 |
| 6.  | BOUTRAIS Andy            | SEM/91 | Stade Sottevillais 76*         | 1:41:07 |
| 7.  | VANOOSTHUYSE Jean-franck | SEM/79 | Us Talence*                    | 1:42:10 |
| 8.  | MACABREY Quentin         | SEM/94 | Mba - S/l Fc Sochaux Montbell  | 1:45:22 |
| 9.  | HAUTIN Michel            | VEM/63 | Ac Chenove                     | 1:49:25 |
| 10. | BRANLE-BRANICKI Richard  | VEM/67 | Eaci - S/l Al Voiron           | 1:50:36 |
| 11. | DURAND-PICHARD David     | VEM/72 | Athletisme Metz Metropole*     | 1:54:07 |
| 12. | LEGENTIL Marc            | SEM/84 | Dynamic Aulnay Club            | 1:55:58 |
| 13. | LEGENTIL Cyril           | SEM/86 | Dynamic Aulnay Club            | 1:56:27 |
|     | LECAPLAIN Maxime         | SEM/94 | Eamh - S/l U.s.o Mondeville    | DNF     |
|     | AUGER Alexis             | SEM/88 | Ga Noisy Le Grand              | DQ      |

**Open Women 20km Race Walk**

|     |                         |        |                                |         |
|-----|-------------------------|--------|--------------------------------|---------|
| 1.  | BARRITAUULT Lucie       | SEF/90 | Athletic Trois Tours*          | 1:46:02 |
| 2.  | BOURHIS Amelie          | SEF/92 | Apl - S/l Larmor Estran Athlet | 1:46:18 |
| 3.  | CHAPILLON Roseline      | VEF/68 | Ca Balma                       | 1:47:18 |
| 4.  | CERANTOLA Laury         | SEF/92 | Sa Merignac                    | 1:50:58 |
| 5.  | UDIN Servane            | SEF/88 | Ea Pays De Broceliande         | 1:51:23 |
| 6.  | DEMON Sonia             | VEF/72 | Efs Reims A. *                 | 1:51:25 |
| 7.  | NGUYEN VAN TU Gabrielle | SEF/94 | Spn Vernon*                    | 1:51:43 |
| 8.  | AUSELLO Morgane         | SEF/92 | Nice Cote D:azur Athletisme *  | 1:54:39 |
| 9.  | LETERTRE Marine         | SEF/91 | Eac - S/l Ac Cesson            | 1:56:08 |
| 10. | TANGUY Mylene           | SEF/89 | Us Talence*                    | 1:56:40 |
| 11. | DAOULAS Roxanne         | SEF/94 | Tregueux Athletisme            | 1:58:12 |
| 12. | BRASTEL Adeline         | SEF/78 | Efs Reims A. *                 | 2:01:26 |
| 13. | KACEM Rahil             | SEF/79 | Nice Cote D:azur Athletisme *  | 2:04:07 |
| 14. | LACAZE Mathilde         | SEF/81 | Paris Uc                       | 2:04:35 |
| 15. | MARQUIS Cecile          | VEF/71 | Rcf Issy Avia                  | 2:07:30 |
|     | LANOUE Severine         | SEF/85 | Rcf Issy Avia                  | DNF     |
|     | RETOUT Anne-gaëlle      | SEF/80 | Amiens Uc                      | DNF     |

**U23 Men 20km Race Walk**

|    |                            |        |                               |         |
|----|----------------------------|--------|-------------------------------|---------|
| 1. | MARTIN Come                | ESM/95 | Annecy Haute Savoie A. *      | 1:37:46 |
| 2. | BAZZO BORTOT Simon         | ESM/96 | Nsac - S/l As Raismes         | 1:38:56 |
| 3. | MUTTER Axel                | ESM/96 | Ac Roche-sur-yon *            | 1:39:25 |
| 4. | ROUSSIASSE Lucas           | ESM/97 | E2a - S/l Ena Angers          | 1:45:51 |
| 5. | ADAM Dorian                | ESM/97 | Bordeaux Athle*               | 1:47:31 |
| 6. | GLOAGUEN Thomas            | ESM/96 | A Six Fours                   | 1:51:48 |
| 7. | SEGEAT Benjamin            | ESM/97 | P Fougères - S/l La Vigilante | 1:53:03 |
| 8. | MASSE Florian              | ESM/95 | Osm Lomme Athletisme          | 1:54:17 |
| 9. | DAMBRINE Benoît            | ESM/95 | Yonne Ac - S/l Asuc Migennes  | 1:55:06 |
|    | LOLEKO MBOYO Harouna (COD) | ESM/96 | Amiens Uc                     | DQ      |
|    | SOUABER Yanis              | ESM/96 | Amiens Uc                     | DQ      |

**U23 Women's 20km Race Walk**

|    |                  |        |                                |         |
|----|------------------|--------|--------------------------------|---------|
| 1. | NAZE Cecile      | ESF/95 | Mouy Atac                      | 1:47:00 |
| 2. | CASALE Maeva     | ESF/97 | Ca Balma                       | 1:47:34 |
| 3. | OSMONT Caroline  | ESF/96 | As Tourlaville                 | 1:54:02 |
| 4. | BILLA Jeanne     | ESF/96 | As Caluire Et Cuire            | 1:54:39 |
| 5. | MIALDEA Eva      | ESF/97 | Correze A - S/l Ussel Ac       | 2:01:21 |
| 6. | VIDALINC Celia   | ESF/96 | Clermontaa - S/l Stade Clermon | 2:03:54 |
| 7. | BARRITAUULT Lea  | ESF/96 | Athletic Trois Tours*          | 2:06:44 |
| 8. | LEBRETON Maelenn | ESF/97 | Hba - S/l Ta Rennes            | 2:09:16 |

Lots of photos at <https://goo.gl/photos/prhSihyhXUb3wKZA8>



*Benjamin Leaute, Lucie Barritault, Come Martin and Cecile Naze (photos Emmanuel Tardi)*

**BELARUSSIAN CHAMPIONSHIPS, GRODNO, BELARUS, 4-6 JULY**

Belarus walkers had their final 20km hitouts before next month's World Champs in London. Wins to **Aleksandr Liakhovich** (1:23:40) and **Anastasiya Yaatsevich** (1:35:21). Well reported in <http://omarchador.blogspot.com.au/2017/07/grodno-foi-palco-dos-campeonatos-da.html>.

**Men 20km Race Walk**

|    |                      |     |    |         |
|----|----------------------|-----|----|---------|
| 1. | Aleksandr LIAKHOVICH | BLR | 89 | 1:23:40 |
| 2. | Yauheni ZALESSKI     | BLR | 93 | 1:23:48 |
| 3. | Dmitriy DZIUBIN      | BLR | 90 | 1:24:47 |
| 4. | Vladimir KOLYESNIK   | BLR | 92 | 1:24:49 |
| 5. | Volodymyr BRUNDUKOV  | BLR | 90 | 1:37:06 |
| 6. | Aleksandr KISLAKS    | BLR | 00 | 1:33:51 |

**Women 20km Race Walk**

|    |                      |     |    |         |
|----|----------------------|-----|----|---------|
| 1. | Anastasiya YATSEVICH | BLR | 85 | 1:35:21 |
| 2. | Nadzeya DARAZHUK     | BLR | 90 | 1:35:52 |
| 3. | Nastassia RODZKINA   | BLR | 94 | 1:47:33 |
| 4. | Natalya MOLCHANOVA   | BLR | 97 | 1:53:12 |

**ESTONIAN T&F CHAMPIONSHIPS, RAKVERE, ESTONIA, 4-6 JULY**

**U16 Women 3000m Race Walk**

|    |                         |     |    |          |
|----|-------------------------|-----|----|----------|
| 1. | Ekaterina MIROTVORTSEVA | EST | 02 | 14:24.01 |
| 2. | Anastassia SOONVALD     | EST | 02 | 16:55.40 |

**U18 Men 5000m Race Walk**

|    |                   |     |    |          |
|----|-------------------|-----|----|----------|
| 1. | Ruslan SERGATŠJOV | EST | 00 | 22:04.19 |
|----|-------------------|-----|----|----------|

**U18 Women 5000m Race Walk**

|    |               |     |    |          |
|----|---------------|-----|----|----------|
| 1. | Angela MANDEL | EST | 00 | 27:12.11 |
|----|---------------|-----|----|----------|

**U20 Women 5000m Race Walk**

|    |                 |     |    |          |
|----|-----------------|-----|----|----------|
| 1. | Lada ROSLJAKOVA | EST | 98 | 26:42.67 |
|----|-----------------|-----|----|----------|

**U23 Men 10,000m Race Walk**

|    |               |     |    |          |
|----|---------------|-----|----|----------|
| 1. | Igor JAKOVLEV | EST | 96 | 57:07.13 |
|----|---------------|-----|----|----------|

**U23 Women 10,000m Race Walk**

|    |               |     |    |          |
|----|---------------|-----|----|----------|
| 1. | Anna TIPUKINA | EST | 96 | 52:38.38 |
|----|---------------|-----|----|----------|

**CZECH CLUB CHAMPIONSHIPS, OSTRAVA, CZECH REPUBLIC, SUNDAY 2 JULY****Men 5000m Race Walk**

|    |               |     |    |          |
|----|---------------|-----|----|----------|
| 1. | Michal MORVAY | SVK | 96 | 21:24.65 |
| 2. | Lukas GDULA   | CZE | 91 | 22:37.31 |

**Women 5000m Race Walk**

|    |                     |     |    |          |
|----|---------------------|-----|----|----------|
| 1. | Mária CZÁKOVÁ       | SVK | 88 | 22:36.31 |
| 2. | Hana HERBEROVÁ      | CZE | 81 | 24:59.56 |
| 3. | Lenka BOROVIČKOVÁ   | CZE | 73 | 26:21.38 |
| 4. | Veronika JANOŠÍKOVÁ | CZE | 98 | 26:55.12 |

**POLISH U20 T&F CHAMPIONSHIPS, TORUN, POLAND, 7-9 JULY**

Quite a few European underage T&F championships on last weekend. The Polish results are shown below.

**Men 10,000m Race Walk**

|    |                      |     |    |          |
|----|----------------------|-----|----|----------|
| 1. | Arkadiusz DROZDOWICZ | POL | 98 | 47:08.21 |
| 2. | Robert GOLAWSKI      | POL | 98 | 47:43.72 |
| 3. | Michal WIATER        | POL | 99 | 48:57.28 |
| 4. | Kacper NICPON        | POL | 99 | 49:52.38 |

**Women 10,000m Race Walk**

|     |                        |     |    |          |
|-----|------------------------|-----|----|----------|
| 1.  | Agata KOWALSKA         | POL | 98 | 49:54.83 |
| 2.  | Zuzanna DRYGALSKA      | POL | 99 | 50:58.87 |
| 3.  | Malgorzata CETNARSKA   | POL | 98 | 53:45.81 |
| 4.  | Katarzyna KRUPKA       | POL | 98 | 54:06.29 |
| 5.  | Nikola CHODECKA        | POL | 98 | 54:45.83 |
| 6.  | Martyna RZETELNA       | POL | 98 | 55:04.08 |
| 7.  | Karolina JAWORSKA      | POL | 99 | 55:05.41 |
| 8.  | Weronika NOWICKA       | POL | 99 | 55:47.18 |
| 9.  | Kornelia PRZESTRZELSKA | POL | 98 | 56:46.61 |
| 10. | Sonia GLOMB            | POL | 98 | 57:04.07 |
| 11. | Patrycja OLEJNIK       | POL | 99 | 57:08.56 |

**PORTUGUESE U20 T&F CHAMPIONSHIPS, MARINHA GRANDE, PORTUGAL, 8-9 JULY**

And now to Portugal, as reported by [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2846](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2846).

**Men 10,000m Race Walk**

|    |                 |     |    |          |
|----|-----------------|-----|----|----------|
| 1. | Paulo MARTINS   | POR | 99 | 46:40.19 |
| 2. | Rúben SANTOS    | POR | 00 | 46:56.89 |
| 3. | Rodrigo MARQUES | POR | 99 | 47:30.39 |
| 4. | Vítor CABRAL    | POR | 98 | 47:52.21 |
| 5. | Diogo PEIXOTO   | POR | 99 | 48:49.46 |

**Women 10,000m Race Walk**

|     |                 |     |    |          |
|-----|-----------------|-----|----|----------|
| 1.  | Carolina COSTA  | POR | 98 | 48:43.21 |
| 2.  | Inês REIS       | POR | 99 | 50:37.53 |
| 3.  | Joana PONTES    | POR | 00 | 54:04.99 |
| 4.  | Maria BERNARDO  | POR | 99 | 54:07.38 |
| 5.  | Ângela CARVALHO | POR | 00 | 54:47.12 |
| 6.  | Ednice BARROS   | POR | 99 | 55:54.30 |
| 7.  | Raquel PIMENTEL | POR | 01 | 57:04.53 |
| 8.  | Joana MATOS     | POR | 00 | 57:47.85 |
| 9.  | Ana LEONOR      | POR | 98 | 58:12.38 |
| 10. | Andreia SOUSA   | POR | 98 | 58:21.32 |
| 11. | Andreia REIS    | POR | 99 | 58:35.28 |
| 12. | Hirondina CASAL | POR | 01 | 59:00.90 |

See also the Spanish U20 titles in Granollers: [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2844](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2844)

## HUNGARIAN U14 & U16 T&F CHAMPIONSHIPS, BUDAPEST, 8-9 JULY

Lots of walkers in action in the Hungarian U14 and U16 champs in Budapest.

### U14 Men 3000m Race Walk

|    |                 |     |    |          |
|----|-----------------|-----|----|----------|
| 1. | Sándor BABUS    | HUN | 04 | 14:18.88 |
| 2. | Tamás KONCZVALD | HUN | 04 | 18:20.91 |
| 3. | Levente HANZLIK | HUN | 04 | 19:37.46 |
| 4. | Márton JAKAB    | HUN | 04 | 19:54.56 |
| 5. | Levente VÉGVÁRI | HUN | 04 | 22:24.56 |

### U14 Women 3000m Race Walk

|    |                  |     |    |          |
|----|------------------|-----|----|----------|
| 1. | Lara PAULCSIK    | HUN | 04 | 18:01.42 |
| 2. | Gréta HÓBOR      | HUN | 04 | 18:27.80 |
| 3. | Viola TÖRÖK      | HUN | 04 | 18:51.89 |
| 4. | Boglárka KRIZSÁN | HUN | 04 | 19:46.84 |
| 5. | Anikó ORAVECZ    | HUN | 04 | 20:36.23 |
| 6. | Jázmin KOLMER    | HUN | 04 | 20:54.25 |
| 7. | Zoé BAGAMÉRI     | HUN | 04 | 23:34.93 |
|    | Babett MÉSZÁROS  | HUN | 04 | DNF      |

### U16 Men 5000m Race Walk

|    |                    |     |    |          |
|----|--------------------|-----|----|----------|
| 1. | Máté VARGA         | HUN | 02 | 26:01.29 |
| 2. | Levente GONDA      | HUN | 03 | 26:38.91 |
| 3. | Leon BÁNK          | HUN | 03 | 28:39.00 |
| 4. | Bálint SZENTMARJAI | HUN | 03 | 30:31.01 |
| 5. | Barnabás VERES     | HUN | 02 | 32:01.31 |

### U16 Women 3000m Race Walk

|     |                  |     |    |          |
|-----|------------------|-----|----|----------|
| 1.  | Petra ZAHORÁN    | HUN | 02 | 15:08.33 |
| 2.  | Tiziana SPILLER  | HUN | 03 | 16:03.50 |
| 3.  | Katalin TÓTH     | HUN | 02 | 16:18.86 |
| 4.  | Elizabet KOCSI   | HUN | 02 | 16:36.46 |
| 5.  | Orsolya EGYED    | HUN | 02 | 16:46.30 |
| 6.  | Dorottya TAMÁS   | HUN | 03 | 17:03.53 |
| 7.  | Bernadett RÉPÁSI | HUN | 02 | 17:13.87 |
| 8.  | Boglárka MOLNÁR  | HUN | 03 | 18:20.28 |
| 9.  | Anna JEZSOVICZKI | HUN | 02 | 18:42.61 |
| 10. | Viktória DOMBI   | HUN | 02 | 18:48.52 |
| 11. | Adél RÓKUS       | HUN | 03 | 19:24.45 |

## SWEDISH RACEWALK CHAMPIONSHIPS, BORAS, SWEDEN, 7-8 JULY

Last Thursday and Friday saw the Swedish racewalking championships in Boras. Last year's winners Perseus Karlström and Monica Svensson went in as favourites but Persues was a non starter due to injury, thus opening up the men's races. The 2 day format saw men's and women's track walks (10,000m for men and 5000m for women) on Thursday, followed by roadwalks (20km for men and 10km for women) on Friday.

**Anders Hansson** won the men's 10,000m track title on Thursday with a 7 sec PB of 41:52.6 (splits of 20:55 and 20:57). He took the lead from the start, with **Ato Ibáñez** hanging in with him for the first 3000m before slowing to finish second with 43:53.2. The women's 5000m saw an easy win to **Monica Svensson** (26:04.4) ahead of **Siw Karlström** (26:31.2).

### Open Men 10,000m

|    |                   |                 |         |
|----|-------------------|-----------------|---------|
| 1. | Anders Hansson    | SK Svängen      | 41:52.6 |
| 2. | Ato Ibáñez        | Eskilstuna FI   | 43:53.2 |
| 3. | Remo Karlström    | Eskilstuna FI   | 48:15.5 |
| 4. | Christer Svensson | Växjö AIS       | 48:38.5 |
| 5. | Fredrik Sandmer   | SK Svängen      | 53:07.6 |
| 6. | Anders Wahlström  | Södra Ölands GM | 56:09.2 |
| 7. | Ulf-Peter Sjöholm | Växjö AIS       | 58:52.4 |
| 8. | Bengt Bengtsson   | GK Steget       | 59:03.6 |

### Open Women 5000m

|    |                 |               |         |
|----|-----------------|---------------|---------|
| 1. | Monica Svensson | Växjö AIS     | 26:05.4 |
| 2. | Siw Karlström   | Eskilstuna FI | 26:31.2 |
| 3. | Helena Sandmer  | SK Svängen    | 29:34.0 |

|    |                 |                 |         |
|----|-----------------|-----------------|---------|
| 4. | Julia Ibrahim   | GK Steget       | 30:23.4 |
| 5. | Kerstin B Malm  | Mälarhöjdens IK | 32:30.6 |
| 6. | Jessica Ibrahim | GK Steget       | 34:06.7 |

#### U20 Women 5000m

|    |                 |           |         |
|----|-----------------|-----------|---------|
| 1. | Jessica Ibrahim | GK Steget | 34:06.7 |
|----|-----------------|-----------|---------|

#### U16 Women 3000m

|    |               |               |         |
|----|---------------|---------------|---------|
| 1. | Emma Isaksson | IF Nornan     | 18:46.7 |
| 2. | Celine Allard | Eskilstuna FI | 21:22.9 |

#### U12 Boys 2000m

|    |             |       |         |
|----|-------------|-------|---------|
| 1. | Tim Larsson | Skåne | 14:58.8 |
|----|-------------|-------|---------|

#### U12 Girls 2000m

|    |                |         |         |
|----|----------------|---------|---------|
| 1. | Saga Blom      | Dalarna | 17:34.5 |
| 2. | Mira Nordkvist | Dalarna | 17:50.9 |

The next day, Ato Ibáñez turned the tables on Anders Hansson, clearing away after 8km to win the 20km with **1:26:38**. On the women's side, Monica Svensson won her second national championship for the year with a 10km time of 57:52.

#### Open Men 20km

|    |                   |               |         |
|----|-------------------|---------------|---------|
| 1. | Ato Ibáñez        | Eskilstuna FI | 1:26:38 |
| 2. | Anders Hansson    | SK Svängen    | 1:27:38 |
| 3. | Remo Karlström    | Eskilstuna FI | 1:42:27 |
| 4. | Christer Svensson | Växjö AIS     | 1:49:24 |
| 5. | Fredrik Sandmer   | SK Svängen    | 1:57:17 |
| 6. | Ulf-Peter Sjöholm | Växjö AIS     | 2:04:54 |

#### Open Women 10km

|    |                 |                 |         |
|----|-----------------|-----------------|---------|
| 1. | Monica Svensson | Växjö AIS       | 57:52   |
| 2. | Julia Ibrahim   | GK Steget       | 1:02:15 |
| 3. | Kerstin B Malm  | Mälarhöjdens IK | 1:08:38 |

#### U16 Women 5km

|    |               |               |       |
|----|---------------|---------------|-------|
| 1. | Emma Isaksson | IF Nornan     | 31:58 |
| 2. | Celine Allard | Eskilstuna FI | 37:36 |



*Anders Hansson Remo Karlström Ato Ibanez at the Swedish champs (photo Christer Svensson)*

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases this week

- Mon 10 Jul - Matej Toth suspended for alleged anomaly in biological passport  
[http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=2848](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2848)

- Sun 9 Jul - Tom Bosworth wins the 1 mile walk at the London Diamond League  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2847](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2847)
- Sun 9 Jul - Carolina Costa and Paulo Martins win Portuguese U20 titles in Marinha Grande  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2846](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2846)
- Mon 10 Jul - Marciadalmondo continues its international judging analysis  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2845](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2845)
- Sat 8 Jul - Marina Pena and José Manuel Perez Rubion win Spanish U20 titles in Granollers  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2844](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2844)
- Fri 7 Jul - Marciadalmondo investigates international judging in the period 2000 to 2009  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2843](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2843)
- Thu 6 Jul - Marciadalmondo investigates international judging in the period 1990 to 1999  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2842](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2842)
- Mon 3 Jul - Klaudia Afanaseva (RUS) eligible to compete in European U23 championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2841](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2841)
- Wed 5 Jul - Details of upcoming Greek Walks Training Camp in Athens  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2840](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2840)

and Omarchador has 11 press releases

- Mon 10 Jun - Matey Toth in trouble with doping allegation  
<http://omarchador.blogspot.com.au/2017/07/doping-vez-de-matej-toth.html>
- Sun 9 Jul - Paulo Martins and Carolina Costa win Portuguese U20 walk titles  
<http://omarchador.blogspot.com.au/2017/07/paulo-martins-e-carolina-costa-campeoes.html>
- Sat 8 Jul - Marinha Grande hosts the Portuguese U20 National Championships this weekend  
<http://omarchador.blogspot.com.au/2017/07/marinha-grande-acolhe-os-campeonatos-de.html>
- Fri 7 Jul - Müller Anniversary Games in London to include 1 Mile walk  
<http://omarchador.blogspot.com.au/2017/07/muller-anniversary-games-em-londres.html>
- Fri 7 Jul - Results of Spanish U16 Champs  
<http://omarchador.blogspot.com.au/2017/07/campeonatos-de-espanha-de-sub-16.html>
- Thu 6 Jul - Portuguese National Outdoor Track Veteran Championships to take place this weekend  
<http://omarchador.blogspot.com.au/2017/07/atletismo-veterano-disputa-campeonatos.html>
- Thu 6 Jul - Grodno hosts the Belarusian championships  
<http://omarchador.blogspot.com.au/2017/07/grodno-foi-palco-dos-campeonatos-da.html>
- Wed 5 Jul - Bosworth and Davies set Britisha 5000m track walk records  
<http://omarchador.blogspot.com.au/2017/07/bosworth-e-davies-batem-recordes.html>
- Wed 5 Jul - Results of Central American Athletics Championships in Tegucigalpa, Honduras  
<http://omarchador.blogspot.com.au/2017/07/campeonato-centroamericano-de-atletismo.html>
- Tue 4 Jul - IAAF allows Russian walker Klavdiya Afanasyeva to compete as a neutral athlete in the European U23 Champs  
<http://omarchador.blogspot.com.au/2017/07/iaaf-admite-klavdiya-afanasyeva-como.html>
- Tue 4 Jul - Results of the French U18 and U20 Championships in Dreux  
<http://omarchador.blogspot.com.au/2017/07/campeonatos-de-franca-de-pista-sub-18-e.html>

#### OUT AND ABOUT

- I was saddened to hear that Ivanhoe Harriers stalwart and life member **Peter Bethell** passed away on July 4<sup>th</sup>. Peter was a racewalker for most of his adult life, competing for Ivanhoe Harriers in the Athletics Victoria competition and as a member of VAWC (many years ago now). I have many happy memories of walking with Peter when I was a young walker and he was one of our senior club members. The funeral service will be held this Thursday at 11AM at St Peter's Anglican Church Eastern Hill, cnr Albert & Gisborne Sts, Melbourne.

- What a shame for English walker **Cameron Corbishley** who has been forced to withdraw from the European U23 T&F Championships due to a stress fracture in his right foot. He is hoping to be back racing by September/October as he looks to be part of the strong English team for next year's Commonwealth Games in Queensland. He has been doing PBs all year so fingers crossed that this is only a temporary setback.
- New Zealand walker **Alana Barber** is the new ambassador for Salming New Zealand (<http://salming.nz/>) - sports and fitness equipment for all your training needs. The more help our walkers can get the better. It is a tough road.
- How times have changed. "When we first came into the sport, we wanted to completely change the status quo", **Team Sky** founder David Brailsford reminisced in 2015 on his team's beginnings. It wanted to be a model for a clean and successful cycling sport. Brailsford was even knighted. However, a lack of awareness about incidents in his own cycling team undermines the credibility of the claim of "zero tolerance". Sky has exceeded what is considered tolerable – and lost credibility. In addition to a UK parliamentary inquiry, the cycling team is currently undergoing an investigation by the British Anti-Doping Agency, UKAD. Final reports from both investigations are expected in autumn. This is part of the reason I don't follow cycling any more. See [http://www.sportschau.de/tourdefrance/tour-de-france-sky-english-version-100~\\_variant-android.html](http://www.sportschau.de/tourdefrance/tour-de-france-sky-english-version-100~_variant-android.html) and <http://www.sportschau.de/tourdefrance/tour-de-france-tue-100.html>. The German broadcaster has produced yet another video english language expose – [http://www.sportschau.de/Medien/tourdefrance/video-team-sky---zero-tolerance-policy-in-doubt-100~\\_variant-android.html](http://www.sportschau.de/Medien/tourdefrance/video-team-sky---zero-tolerance-policy-in-doubt-100~_variant-android.html).
- In 2006 Rushall and Jones wrote in length of their concerns over 'the number of innocent athletes who are paying the price for a flawed anti-doping system.' A decade on and serious questions remain about WADA. Insightful article at <http://www.sportsintegrityinitiative.com/wada-wadas-bad-science/>.
- Brasilia withdrew from hosting the 2019 Universiade in late 2014, citing financial problems. The International University Sports Federation decided to reopen the bidding process after the withdrawal. The 2019 Universiade will now be held in Naples, Italy.
- Another 16 Russian athletes have been cleared to compete as neutrals by the IAAF. The list includes walker Olga Eliseeva was cleared to take part at the European Under-20 championships. See <http://www.bbc.com/sport/athletics/40551358>.
- Further to the article above, former long jump world champion Alexander Menkov is among the 16 Russians cleared to compete by the IAAF as "neutral athletes." Sunday's announcement takes to 41 the number of Russians allowed to compete internationally, meaning Russia could field a sizeable but unofficial team at next month's world championships. Reigning world champions in the men's 110-meter hurdles and women's high jump, Sergei Shubenkov and Maria Lasitskene, respectively, are set to defend their titles but overall, it's far from clear how many Russians could compete at the world championships in London, since many of those approved still need to meet the qualifying standards. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11888725&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11888725&ref=rss).
- FIFA should appoint an independent external investigator to probe at least 34 football cases arising from Russia's pan-sport doping scandal, according to the former president of the WADA, Dick Pound. This comes as The Mail on Sunday reveals a special adviser to FIFA on medical matters, Martial Saugy, who worked for Russian sport, is also understood to have worked on the FIFA probe into Russian football. Until last year Saugy was the director of the WADA-accredited drug-testing laboratory in Lausanne. But he left his post after an official report was critical of the way his lab destroyed Russian samples that WADA wanted stored. See <http://www.mailonsunday.co.uk/sport/sportsnews/article-4678326/FIFA-drugs-adviser-paid-Russia.html>.
- UK Anti-Doping (UKAD) chief executive Nicole Sapstead has warned the fight against drugs in sport needs to be stepped-up or participation and audience numbers will decrease, as she admitted her concerns about the impact recent scandals are having on the public in Britain. No surprises here. See <http://www.insidethegames.biz/articles/1052517/doping-fight-must-be-stepped-up-to-protect-participation-and-viewing-figures-ukad-chief-executive-warns>.
- John Mulqueen previews the World Youth Championship walks for the IAAF. What a shame Australia is amongst the countries opting not to go to Kenya for the final staging of this bi-ennial championship.

Boys U18 10,000m Walk - <https://www.iaaf.org/news/preview/preview-boys-10000m-race-walk-iaaf-world-u1>

Girls U18 5000m Walk - <https://www.iaaf.org/news/preview/preview-girls-5000m-race-walk-iaaf-world-u1>

- Jason Livermore, a Jamaican Commonwealth Games gold medallist, has tested positive for a banned substance according to the country's independent anti-doping disciplinary panel. The illegal substance found has not been named, but Livermore returned the positive test on December 16. The 29-year-old was part of the team that won 4x100 metres relay gold at the 2014 Commonwealth Games in Scottish city Glasgow alongside eight-time Olympic champion Usain Bolt, Kemar Bailey-Cole and Nickel Ashmeade. See <http://www.insidethegames.biz/articles/1052463/jamaican-commonwealth-games-gold-medallist-fails-drugs-test>.

## 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.

### 2016/2017 Australian/Victorian Key Dates

Aug 6 (Sun), 2017 Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne  
Aug 6 (Sun), 2017 AMA 20km Roadwalk Championships, Adelaide, SA  
Aug 27 (Sun), 2017 Australian Roadwalk Championships, Woolongong, NSW  
Sept 10 (Sun), 2017 Victorian 50km Championship, Middle Park, Melbourne

### 2016/2017 International Dates

July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION  
August 4-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>  
On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London  
9 Aug (Wed), 2017 2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)  
August 19-30, 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
Sept 9, 2017 8<sup>th</sup> Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED  
Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

### 2017 Remaining IAAF Racewalk Challenge Series

August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK.

### Looking Further Ahead

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See [www.mastersathleticsoceania.com](http://www.mastersathleticsoceania.com)  
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>  
Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April  
May 5-6, 2018 28<sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China  
July 2018 16<sup>th</sup> World Junior T&F Championships, Tampere, Finland  
Sept 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
Sept 28 – Oct 6, 2019 17<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
July 2019 30<sup>th</sup> Summer Universiade, Naples Italy  
2019 World Masters Indoors T&F Championships, Torun, Poland  
July 24 – Aug 9, 2020 32<sup>nd</sup> Olympic Games, Tokyo  
July 20 – Aug 1, 2020 23<sup>rd</sup> World Masters T&F Championships, Toronto, Canada  
Aug 2021 18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA  
July 18-30, 2022 XXII Commonwealth Games, TBA  
On 13<sup>th</sup> March 2017, Durban announced that it would not host the Games, due to financial constraints.

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