



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 30  
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### WALKER OF THE WEEK

Wow, it was hard to choose my Walker of the Week this time around as we had some great performances that deserve attention.

- Melbourne based New Zealand walker **Alana Barber** was in fine form on Saturday, storming through in a VRWC 8km race at Middle Park in a huge PB time of **35:39**. Extrapolating based on her lap times, she was on schedule for a U45 minute 10km time. Given that her 10km PB currently stands at 46:49 (done at Middle Park in February), she is in superb shape and will be pushing hard for a spot in the New Zealand team for this year's IAAF World Championships.
- USA based Canberra walker **Ashleigh Resch** walked with distinction in the historic Penn Relays 5000m walk in Philadelphia on Saturday. In the field of 27 athletes covering Olympic Development, women's Masters, Junior Women's and High School Girls divisions, 18 year old Ashleigh placed 2<sup>nd</sup> in the Junior Women's and placed 3<sup>rd</sup> overall in a time of **23:31.20**. This was a 66 second PB for her and continues her fine form during her 2 year stay in the States.
- At the Queensland Racewalkers club meet in Brisbane on Sunday morning, 15 year old **Luke McCutcheon** won the 5km roadwalk with a 12 sec PB of **23:03**. Luke, who will be competing in the Australian team at the Oceania T&F Championships in Cairns next month, is steadily chipping away at his times and seems to PB just about every time he races.



**Alana, Ashleigh and Luke in action**

Now it's been a while since we had a vote so browse to <http://www.vrwc.org.au/vrwcWOW.php> and have your say! Who will it be?

## LEIGH SMITH COMPLETES HIS WALK

Yes, he's done it. 79 year old South Australian Masters walker Leigh Smith completed his walk from Melbourne to Harndorf (Adelaide) last Saturday, right on schedule - 713km in 13 days is a magnificent effort. A couple of photos to finish off our coverage. More photos and walk info at <https://www.facebook.com/pages/Leigh-Smiths-Thank-You-Walk/1554995831383166?sk=timeline>.



Day 12 – not far to go to Callington for his last overnight stop

Finally, a chance to read the paper and have a sleepin

## WHAT'S COMING UP

Our VRWC winter season races continue next Saturday with timetable reading as follows

Saturday 2 <sup>nd</sup> May 2015, Middle Park			
VRWC EVENTS: Entries close for all events at 1.50pm sharp			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

A reminder that everyone needs a chip this season as we are trying to automate our results. We are also in the process of matching chip numbers to club bib numbers so don't forget to bring your VRWC bibs along as well. And we recommend that you enter online during the week – then you are already in the system and all you have to on Saturday is pay your money. This should make the queue move a lot faster. You can enter online at [http://vrwc.org.au/wp1/?page\\_id=113](http://vrwc.org.au/wp1/?page_id=113). No money required – just advise your race distance.

Looking further afield, this Friday sees the next IAAF Challenge Series event which will be held in Taicang in China. The big news is that there will be 10 Australian walkers in action - **Jared Tallent, Brendon Reading, Rhydian Cowley, Dane Bird-Smith, Chris Erickson, Rachel Tallent, Kelly Ruddick, Beki Smith, Tanya Holliday and Nicole Fagan**. And to cap it off, **Alana Barber** will also be in action and looks in the sort of form to do a big PB. And NSW Judge Kirsten Crocker will be on the judging panel. Talk about a strong Australasian presence.

Some other matters to discuss.

- The **AV Country Roadwalk Championships** will be held at **Middle Park** on **Sunday 23<sup>rd</sup> May**, along with the **Victorian Open 10km roadwalk championships**. AV has now opened online registration panels for all the winter season walking championships – see <http://athsvic.org.au/events/calendar/>. Remember you need to renew your AV registration for the new AV financial year (starting 1<sup>st</sup> April) if you wish to compete in these champs.
- Looking further ahead, entry forms for the **Lake Burley Griffin Carnival** on **Sunday 7<sup>th</sup> June** are now available at the VRWC sign-in table. An online copy of the entry form is found at <http://vrwc.org.au/documents/2015%20LBG%20Entry%20Form.pdf>. Entries close with me on Sunday 17<sup>th</sup> May so chat with me on Saturday if you have questions. It is a huge carnival and not to be missed.

- Finally, we had our RWV singlets out on display last Saturday and we sold quite a few. We also had requests for women's crop tops and tights and for our RWV polo tops. I have contacted the suppliers and will be placing an order next Monday, with a view to having them delivered in time for the LBG carnival in Canberra. Sorry for the short notice but you now have a week to place an order if you want one or other of these additional uniform items. You can download and check out the order form at <http://vrwc.org.au/documents/2015%20RWV%20Uniform%20Order%20Form.pdf>.

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 25 APRIL

After a morning that threatened, our VRWC races on Saturday at Middle Park ended up being held in good racing conditions – cool, relatively still with only the occasional spot of rain. We had 53 walkers in total competing in a range of events from 1km to 8km, with our new Kiwi members **Quentin Rew** and **Alana Barber** well out in front. We welcomed first time VRWC walkers **Gunther Ilgoutz, Josh Jensen, Eden Morgan, Heath Beveridge and Chelsea Karagiorgos** and we also welcomed back former Australian international representative **Wendy Muldoon** who had her first race in many years – and did pretty well, completing the 4km event in 22:39. And special mentions to U12 walker **Ruby Paten** who powered through the 6km in 36:49 and to **Kyle Swan** and **Adam Garganis** who walked the 8km together, both finishing in an excellent 38:35.

It was a major change for us with U15, U12 and U9 races no longer scheduled. From now on, walkers can compete in any of the events on offer, regardless of their age. Thus our young walkers can choose a longer distance and our older walkers can choose a shorter distance. It worked well on Saturday and the feedback was positive.

### 8km Walk

1.	Quentin Rew	M	Open	33:45
2.	Alana Barber	F	Open	35:39
3.	Kyle Swan	M	U18	38:35
4.	Adam Garganis	M	U18	38:35
5.	Pam Tindal	F	40-59	44:50
6.	Rebecca Henderson	F	U14	46:16
7.	Gerard Feain	M	40-59	47:45
8.	Russ Dickenson	M	60+	50:26
9.	Carolyn Rosenbrock	F	40-59	51:31
10.	Bob Gardiner	M	60+	53:39
11.	Gunther Ilgoutz	M	60+	56:10

### 6km Walk

1.	Philippa Huse	F	U18	32:07
2.	Ross Reid	M	60+	34:02
3.	David Smyth	M	40-59	34:15
4.	Terry O'Neill	M	40-59	35:20
5.	Mark Donahoo	M	40-50	36:40
6.	Ruby Paten	F	U12	36:49
7.	Donna-Marie Elms	F	40-59	38:28
8.	Gwen Steed	F	60+	40:35

### 4km Walk

1.	Reese Walmsley	M	U18	19:10
2.	James Christmass	M	40-59	20:51
3.	Hayden Walmsley	M	U14	22:15
4.	Paige De Lisen	F	U18	22:17
5.	Wendy Muldoon	F	40-59	22:39
6.	Corey Dickson	M	U14	23:00
7.	Heather Carr	F	60+	23:20
8.	Jessica Lillie	F	U18	24:44
9.	Clare Garganis	F	40-59	28:10
10.	Karyn O'Neill	F	60+	28:30
11.	Liz Feldman	F	60+	29:08
12.	Barrie Wicks	M	60+	32:53
13.	Ian Beaumont	M	60+	33:26
14.	Margaret Beaumont	F	60+	34:04
15.	Alex Poore	M	60+	36:25

### 2km Walk

1.	Kathleen O'Mahony	F		10:59
2.	Josh Jensen	M		11:07
3.	Chloe Karagiorgos	F	U14	11:14
4.	Joel Prys	M	U10	11:15

5.	Claire Noonan	F		11:23
6.	Eden Morgan	M	U10	11:41
7.	Harrison Karagiorgos	M	U10	12:01
8.	Brianna Briet	F	U12	12:03
9.	Charlotte Hay	F	U12	12:03
10.	Gemma Lillie	F	U10	12:06
11.	Grace Louey	F	U12	12:37
12.	Glennis McPherson	F	60+	13:10
13.	Angus Hay	M	U12	14:45
14.	Elise Carbery	F	U10	16:42
15.	Pam Mews	F	60+	21:02

**1km Walk**

1.	Chelsea McDonald	F	U14	05:51
2.	Heath Beveridge	M	U12	06:06
3.	Chelsea Karagiorgos	F	U10	07:36

Thanks to our many officials, helpers and judges. Not sure I have everyone so apologies if I missed you.

**Race Entry:** Damien Elms, Michael Bodey, Mark Donahoo, Ralph Bennett  
**Officials:** Tim Erickson, Ralph Bennett, Harry Summers, Don McLaren, Stacey McLaren  
**Setup and Pulldown:** Lots (thanks everyone!)  
**Judges:** Peter Vysma (chief), Stuart Cooper, Michael Bodey, Lloyd Nichols, Gordon Loughnan  
**Canteen:** Kate Suich, Marlane Stanway, Barb Gardiner, Wendy Muldoon  
**Photos:** Terry Swan  
**Uniforms:** Frances Attard

VRWC Photographer Terry Swan has uploaded a fantastic selection of photos from today – see <http://www.vrwc.org.au/coppermine/>. Some are included below.



**Adam Garganis, Kyle Swan, Quentin Rew, Alana Barber, Gunther Ilgoutz and Wendy Muldoon**



Heath Beveridge, Kathleen O'Mahony, Josh Jensen, and Eden Morgan



The start of the 1km and 2km races – what a great field of young and not so young walkers!

### VRWC STYLE AWARD POINTS

Our three points competitions kicked off on Saturday – Actual Times, Handicaps and Style Awards. Since our age groups are all mixed together in races this season, the points will be calculated differently so I'll let the dust settle before we give our first overall update. But I can advise the Style Award points which were given by our judges, based on the concept of who was walking with the best technique.

#### Men

Kyle Swan	5
Adam Garganis	5
Russ Dickenson	4
Quentin Rew	3
James Christmass	3
Joel Prys	2
Ross Reid	1

#### Women

Ruby Paten	5
Jessica Lillie	5
Philippa Huse	4
Alan Barber	3
Rebecca Henderson	3
Carolyn Rosenbrock	2
Kathleen O'Mahony	1

## VRWC RUNNERS WORLD SUMMER SEASON AWARDS NOW FINALISED

Since 2009, Neil Ryan of Runners World Kew has been sponsoring the club with the Runners World Awards which are presented at the end of each winter and summer season. Our Awards Subcommittee prepares a list of nominations and the Committee votes. It is my pleasant duty to announce that the winners of the Runners World Summer Season awards are **Kyle Swan and Jemima Montag**.

They will each receive \$500 in cash and \$500 in the form of a sporting good voucher for Runners World Kew, compliments of Neil. This is a fantastically generous support and one that we really appreciate. In return, we ask our club members to vote with their feet and buy their apparel and shoes from Runners World Kew. See <http://www.vrwc.org.au/vrwcrunners-world.shtml> for more about these awards.



**Jemima and Kyle competing in our Castlemaine NAB 500 two weeks ago**

## NSWRWC ROADWALKS, HABERFIELD, NSW, SATURDAY 25 APRIL

Before I start with this week's walk results for the NSWRWC in Sydney, a quick addition to last week's results where I did not have the 4km results. Here they are now for completeness

### Short Division – 4km – Chipping Norton, Saturday 18 April

- |    |                   |       |
|----|-------------------|-------|
| 1. | Kyle Bedford      | 21.00 |
| 2. | Paige Rigney      | 27.42 |
| 3. | Donald Catallo    | 29.47 |
| 4. | Nicolle Challinor | 32.52 |

And now onto Saturday's walk, held at Haberfield (Leichhardt). Frank Overton commented:

*Following a week of extremely bad weather, especially on the Central Coast, Saturday was fine in Sydney for Walkers Club to be held. Many houses damaged with flood waters and severe winds which left thousands without power and some still without power. However no reported injuries so just repairs to be carried out by many.*

#### Long Division 12km

- |    |                 |       |
|----|-----------------|-------|
| 1. | Tyler Jones     | 59.05 |
| 2. | Jay Felton      | 60.55 |
| 3. | Ian Jessurun    | 69.43 |
| 4. | Jasmine Dighton | 77.33 |
| 5. | Jaymyn McDonald | 79.11 |
| 6. | Joan Purcell    | 89.20 |

#### Medium Division 10km

- |    |                  |       |
|----|------------------|-------|
| 1. | Dylan Richardson | 55.17 |
| 2. | Chelsea Goodhew  | 57.08 |
| 3. | Raquel Roukos    | 61.01 |
| 4. | Ryan Thomson     | 61.29 |

#### U16 2km

- |    |                    |       |
|----|--------------------|-------|
| 1. | Renee Hardy        | 11.16 |
| 2. | Hayley Mills       | 12.34 |
| 3. | Lachlan Beecroft   | 13.04 |
| 4. | Jada Thomson       | 13.12 |
| 5. | Brittany Robertson | 13.13 |
| 6. | Catherine Young    | 13.30 |
| 7. | Zoe Elliot         | 14.25 |
| 8. | Brodie Douglas     | 14.26 |
| 9. | Logan Barendregt   | 16.51 |

#### U12 1km

- |    |               |      |
|----|---------------|------|
| 1. | Ellie Decelis | 5.17 |
|----|---------------|------|

5.	Samantha Brown	64.34
6.	Stephanie Grujoski	68.28
7.	Travis Barendregt	70.36
8.	Ally Grojuski	73.14
9.	Judy Brown	91.39

#### Short Divison 5km

1.	Kyle Bedford	26.50
2.	Allanah Pitcher	27.53
3.	Tiffany Saker	30.51
4.	Donald Catallo	32.02
5.	Jordan Glover	32.48

2.	Ryan Vesper	5.19
3.	Jessica Roccheao	5.32
4.	Isabell Nilon	7.01
5.	Reilly Jones	7.02
6.	Natasha Fairhall	7.03
7.	Stacie Beecroft	7.04
8.	Aiden Hardy	8.43
9.	Ella Beecroft	9.16

#### U10 0.5km

1.	Peter Elliot	4.39
2.	Amelia Croker	5.12

### SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 25 APRIL

Now to Adelaide where the SARWC winter season continues.

#### 3km Walk

1.	Jake Vidler	M U16	15:07
2.	Joe Cross	M U14	15:19
3.	Bethany Cross	F U16	16:00
4.	Ayeisha Wallace	F U16	18:49
5.	Mia Wilks	F U12	19:58

#### 1.5km Walk

1.	Toby Wilks	M U12	07:48
2.	Victoria Upton	F U14	08:05
3.	Kitarni Upton	F U12	09:37
4.	Adrian Upton	M U14	09:42
5.	Aleesha Vidler	F U14	09:54
6.	Georgia Norman	F U10	10:19
7.	Seth Upton	M U10	10:20
8.	Kat Wilks	F35+	10:41
9.	Hannah Wilks	F U10	12:34

#### 12km Walk

1.	Justin Hill	M Open	1:02:15
2.	Troy Hooker	M35+	1:05:49
3.	Peter Crump	M35+	1:08:19
4.	Ollie Adams	F35+	1:16:58
5.	Bill Starr	M35+	1:24:20
6.	James Hoare	M35+	1:29:31

#### 6km Walk

1.	Danielle Walsh	F U20	31:19
2.	Alix Harlington	M U18	32:19
3.	Rhiannon Lovegrove	F U16	33:22
4.	Samantha Findlay	F U20	35:33
5.	Tristan Camilleri	M U16	36:03
6.	Sarah Damin	F U16	40:36

### ACT WALKERS CLUB ROUNDUP

Thanks to Robin Whyte for the last 2 weeks of results from Canberra

#### Lake Tuggeranong, Canberra, Saturday 18 April

##### 10km Walk

1.	Brendon Reading	49:44
2.	Ann Staunton-Jugovic	57:20
3.	Ally Durr	62:17
4.	Monika Short	73:30
5.	Rod Gilchrist	76:56
6.	Jennifer Gilchrist	81:20

##### 4km Walk

1.	Mitchell Baker	22:10
2.	Callum Burns	22:22
3.	Peter Baker	24:54
4.	Tim Fraser	25:18
5.	Dylan Eddowes	25:25
6.	Helena Bialecki	26:09
7.	Barbara Eddowes	28:12
8.	Greg Durr	28:14
9.	Jenny Reading	29:02
10.	Raine Thompson	36:59
11.	Cilla Chapman	37:02
	David Mackenzie	DNF

#### Acacia Inlet, Canberra, Saturday 25 April

##### 12km Walk

1.	Zoe Hunt	1:06:09
2.	Ally Durr	1:07:00
3.	Ann Staunton-Jugovic	1:08:54
4.	Mick Saunders	1:27:40
5.	Monika Short	1:32:14
6.	Bob Parker	1:32:14
7.	Doug Fitzgerald	1:36:15
	Geoff Barker	DNF

##### 6km Walk

1.	Gabby Hunt	34:32
2.	Tim Fraser	35:12
3.	Mitchell Baker	35:12
4.	Helena Bialecki	40:02
5.	Jane Bates	43:05
6.	Greg Durr	44:29
7.	Rosemary Parker	45:24
8.	Robyn Saunders	46:43

##### 3km Walk

1.	Peter Baker	18:16
2.	Ellen Vahey	20:01

**2km Walk**

1. Spencer Burns	10:07
2. Laura Burns	10:38
3. Phillipa Hargrave	18:16
4. Bob Chapman	20:07
Ellen Vahey	DQ

**1km Walk**

1. Harry Baker	07:15
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3. Carmen Carlon	50:47
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**1km Walk**

1. Laura Burns	05:38
2. Georgia Adamson	08:44
3. Maddy Adamson	08:44
4. Jenni Adamson	09:32

<b>BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, EAGLEHAWK, SUNDAY 26 APRIL</b>
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Paul Rance reports that the Bendigo Walkers Club 2015 Winter Season commenced on Sunday morning at Lake Neanger in Eaglehawk, with competitors blasted by cold, icy gale force winds. Sealed handicap events over 1.6km and 5km were held. In the 1.6km event, Ebony Whiley secured 1<sup>st</sup> place in the sealed handicap and she was also the fastest athlete with Peter Curtis 2<sup>nd</sup> and Annette Curtis and Caitlyn Tozer finishing in equal 3<sup>rd</sup> place. The 5km event was won by Jennie Payne with Norm West 2<sup>nd</sup> and Barb Bryant in 3<sup>rd</sup> place with Zahra Hayes taking fastest time honours.

**1.6km Handicap**

1. Ebony Whiley	8.27
2. Peter Curtis	8.43
E3. Annette Curtis	11.39
E3. Caitlyn Tozer	14.29
5. Madison Hill	9.31
6. Carissa Brook	9.11
7. Sheridan Commons	12.18

**5km handicap**

1. Jennie Payne	34.06
2. Norm West	41.40
3. Barb Bryant	29.38
4. Zahra Hayes	27.20
5. Annette Major	32.04

<b>QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 26 APRIL</b>
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And to Brisbane for the Queensland Racewalking Club fixture which was held on Sunday morning. Dane Bird-Smith was way out in front in the 10km with 44:15, Luke McCutcheon PB'd in the 5km with 23:03 and younger brother Nelson McCutcheon also PB'd with his 3km time of 16:39. Good walking standard overall.

**3km Walk**

1. Adam Buchhorn	15.38
2. Amelia Schofield	16.24
3. Caitlin Hannigan	16.39
4. Nelson McCutcheon	16.39
5. Ethan Clarke	17.52
6. Isabella Schofield	17.55
7. Bridie Mulcaster	18.51
8. Kobe Hinton	19.09

**2km Walk**

1. Jonathan Wearne	12.49
2. Charlotte Sly	13.13
3. Anika Clarke	13.32
Ben Jeffrey	DNF

**1km Walk**

1. Scarlett Schofield	5.59
2. Korey Brady	6.42

**0.5km Walk**

1. Makenna Clarke	4.18
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**10km Walk**

1. Dane Bird-Smith	44.15
2. Peter Bennett	51.34
3. Iggy Jimenez	52.27
4. Shane Pearson	57.53
5. Erika Woodward	62.37
6. Paul Lindenberg	63.09
7. Noela McKinven	79.25
Frank Clark	DNF

**8km Walk**

1. Jessica Pickles	41.06
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**5km Walk**

1. Luke McCutcheon	23.03
2. Debbie Lindenberg	34.11
Jamie McCutcheon	DNF



## SAMA ROAD WALKS, BURBRIDGE RD, ADELAIDE, SUNDAY 26 APRIL

Thanks to Colin Hainsworth for the latest South Australian Masters results from Adelaide: conditions good – cool but sunny.

### 4km Yacht Handicap

1.	Jan Layng	0:31:27	W66	66.77%
2.	Kristine Freeman	0:33:29	W54	54.79%
3.	Kevin Finn	0:26:25	M63	69.55%

### 8km Yacht Handicap

1.	Edna Bates	1:11:01	W62	58.89%
2.	Doug Smart	1:03:44	M71	64.93%
3.	George White	0:43:50	M69	92.08%
4.	Graham Harrison	0:58:11	M71	71.12%
5.	Raelene Schild	1:00:30	W50	60.56%
6.	Marie Maxted	0:53:18	W54	71.54%
7.	Rodger Barber	0:59:55	M77	75.00%
8.	David Robertson	1:09:32	M81	68.78%
9.	Colin Hainsworth	1:05:46	M85	77.94%
10.	Geraldine Waites	0:56:24	W65	77.16%
11.	Gill White	1:12:07	W66	61.20%

## 2015 AUST LITTLE ATHLETICS CHAMPS, WA ATHLETICS STADIUM. PERTH, SUNDAY 26 APRIL

The ASICS Australian Little Athletics Championships were held last Sunday in Perth. It is a strange event with only 1 age group (U13) and States restricted to teams of 22 athletes (usually 11 boys and 11 girls). So often, the best walkers are not selected, a State preferring to go for a multi-event athlete who can handle the walk as well as another event. Anyway, I would report the results if I could but, as of this morning, there are still no results to be found on any of the Little Aths websites that I searched.

## VENEZUELAN T&F CHAMPIONSHIPS, BARINAS, VENEZUELA, 17-18 APRIL

And now onto the international racewalking scene with lots of action from over the waters. First to Venezuela where 20,000m track walks were held as part of their T&F Champs.

### Men 20,000m Race Walk

1.	Yereman SALAZAR	VEN	78	1:33:20.28
2.	Thomas SILVEIRA	VEN	90	1:35:53.88
3.	Francisco ZAPATA	VEN	93	1:36:54.29
4.	Clender ROSALES	VEN	88	1:38:35.84
5.	Carlos CEDEÑO	VEN	94	1:41:43.68
6.	William Edinson VERA BRACHO	VEN	80	1:42:14.40

### Women 20,000m Race Walk

1.	Nayibeth ROSALES	VEN	83	1:50:49.12
2.	Cheskaya ROSALES	VEN	96	1:55:33.44
3.	La Rosa QUINTERO	VEN	94	1:55:39.67

## HUNGARIAN RACE WALKING CHAMPIONSHIPS, BÉKÉSCSABA, SATURDAY 25 APRIL

Our unstoppable European correspondent Emmanuel Tardi was in Bekescsaba (200km in the south of Budapest, near the Romanian border) on Saturday afternoon for the Hungarian racewalking championships. The meet was IAAF sanctioned so there were 3 international judges in attendance and a number of foreign walkers who came to try to qualify for Beijing or other championships. The lap was a flat 1km circuit (500m out and 500m back) with wide turns at either end – perfect for fast walking. Unfortunately the weather was very hot (probably around 27°C) and there was little shade to protect competitors.

In the men's 20km event, Hungarians Máté Helebrandt and Sándor Racz led from the beginning, but when Sandor stopped after half an hour, it was left to Helebrandt to finish things off, winning in 1:23:04. Second place went to 21 year old Slovakian walker Peter Tichy. For Tichy, it is his second qualifier in a couple of weeks for the 2015 European U23 walk champs in Talin (see Slovak article <http://atletikasvk.sk/Articles/Detail?ArticleId=2567>).

In the women's 20km, Olympian Viktória Madarasz win very very easily with 1:31:31, well ahead of Swiss walker Marie Polli from Switzerland whose time was 1:37:19.

**Open Men 20km Race Walk**

1.	Máté HELEBRANDT	HUN	89	1:23:04
	Peter TICHÝ (OC)	SVK	93	1:28:49
2.	Miklós Domonkos SRP	HUN	93	1:31:20
3.	Bence VENYERCSÁN	HUN	96	1:32:14
4.	Tomasz BAGDÁNY	HUN	95	1:33:17
5.	Soma KOVÁCS	HUN	97	1:44:11
6.	Donát BURGER	HUN	97	1:44:04
7.	Zsolt MARINKA	HUN	87	1:47:23
8.	László VENYERCSÁN	HUN	71	1:48:44
9.	Miklós SZEGEDI	HUN	97	1:48:46
10.	Ferenc MAJOR	HUN	61	1:53:16
	Emmanuel TARDI (OC)	FRA	67	2:38:35
	Luis CAMBRONERO(OC)	ESP	93	DNF
	Patrik SPEVÁK(OC)	SVK	94	DNF
	Sándor RÁCZ(OC)	HUN	86	DNF
	Levente KAPÉRI(OC)	HUN	84	DNF

**Open Women 20km Race Walk**

1.	Viktória MADARÁSZ	HUN	85	1:31:31
	Marie POLLI (OC)	SUI	80	1:37:19
2.	Barbara KOVÁCS	HUN	93	1:43:15
3.	Marianna LENGYEL	HUN	94	1:47:42
4.	Villo HAÁLA	HUN	93	1:51:14
5.	Brigitta MATALIN	HUN	87	1:52:30
6.	Anett TORMA	HUN	84	1:57:25
7.	Petra RÉCSEI	HUN	90	2:01:22
8.	Petra Bernadett HORNYIK	HUN	93	2:02:27
9.	Andrea TÓTH	HUN	71	2:07:29
10.	Dóra ELEK	HUN	98	2:25:44
11.	Mara GÁTI	HUN	95	2:28:32
12.	Zsuzsa TÓTH	HUN	95	2:40:00

**U14 Men 5km Race Walk**

1.	Máté Ferenc VARGA	HUN	02	31:33
2.	Levente SZEGEDI	HUN	02	35:17
3.	Barnabás VERES	HUN	02	35:35

**U16 Men 8km Race Walk**

1.	Bálint SÁROSSI	HUN	00	37:51
2.	Dávid VARGA	HUN	01	44:41
3.	Péter DANI	HUN	00	45:27
4.	Dániel HORVÁTH	HUN	00	46:49
5.	Vencel GÁL	HUN	01	46:55
6.	András DANI	HUN	00	48:19
7.	Richárd GRÓSZ	HUN	00	49:38
8.	Márton BAI	HUN	01	59:09
9.	Zoltán SZUNOMAN	HUN	00	60:04
10.	Benjamin SOLTÉSZ	HUN	00	60:24

**U18 Men 15km Race Walk**

1.	Marcell TÉGI	HUN	98	1:35:14
	Ádám ALMÁSI	HUN	98	DNF

**U16/U14 Women 5km Race Walk**

1.	Anna HORNYÁK	HUN	00	28:59
2.	Réka SZABÓ	HUN	00	29:08
3.	Petra ZAHORÁN	HUN	02	31:12
4.	Elizabet KOCSI	HUN	02	32:25
5.	Katalin TÓTH	HUN	02	33:06
6.	Bernadett RÉPÁSI	HUN	00	33:15
7.	Emma SZILÁGYI	HUN	00	33:28
8.	Eszter BÁNHIDI	HUN	00	34:04
9.	Borbála PANKUS	HUN	00	34:33
10.	Viktória DOMBI	HUN	02	35:01
11.	Alexandra KÁTAI	HUN	02	36:10
12.	Eniko JÓNÁS	HUN	02	37:18
13.	Fanni MOSBERGER	HUN	01	38:27

14.	Valéria KOCZOR	HUN	01	38:46
15.	Anna JEZSOVICZKI	HUN	02	39:11
16.	Luca GARAI	HUN	02	40:07
17.	Kitti FÓRIÁN	HUN	02	41:55

#### U18 Women 10km Race Walk

1.	Laura Petronella KOMORÓCZY	HUN	99	55:54
2.	Patricia BÓCZ	HUN	98	56:31
3.	Daphne DIMANOPULOSZ	HUN	99	56:53
4.	Dóra RICHTER	HUN	98	57:55
5.	Bianka BALOGH	HUN	99	62:51
6.	Debóra Nikolett KISS	HUN	99	67:19
7.	Dóra ELEK	HUN	98	72:34
8.	Kata TATAY	HUN	99	73:27

#### U20 Women 15km Race Walk

1.	Rita RÉCSEI	HUN	96	1:14:27
2.	Anna SÜDI	HUN	97	1:23:16
	Viktória BENCZIK	HUN	97	DNF

Thanks to Emmanuel for these photos.



Viktória Madarasz



Srp (13), Tichy (10) and Bagdany (14)



Helebrandt (1) and Racz (2)

### BALKAN RACEWALK CHAMPIONSHIPS, AYVALIK, TURKEY, SATURDAY 18 APRIL

Walkers from Turkey, Greece, Bosnia and Herzegovina, Romania and Serbia were in action in the Balkan U20 and U18 walk championships in Ayvalik, Turkey, a week ago. Turkey dominated the home championships, winning 5 of the 6 golds on offer and winning the teams match with 53 points ahead of Romania 38, Bulgaria 16 and Greece 16.

#### Senior 20km Men

1.	Sahin Senoduncu	TUR	94	1:27:30
2.	Serkan Dogan	TUR	92	1:27:45
3.	Florin Alin Stirbu	ROM	92	1:30:09
4.	Adrian Ionut Dragomir	ROM	94	1:32:42
5.	Predrag Filipovic	SER	78	1:34:34
6.	Mert Atli	TUR	93	1:38:56
	Petar Lalov	BUL	92	DQ

#### Senior 20km Women

1.	Andreea Arsine	ROM	88	1:39:36
2.	Aikaterini Theodoropoulou	GRE	93	1:40:34
3.	Alexandra Luliana Aichimoei	ROM	93	1:42:10

4.	John Libby	TUR	94	1:45:14
5.	Radosveta Simeonova	BUL	93	1:49:18
6.	Dusica topic	SER	82	1:52:13
7.	Nergiz Adas	TUR	95	1:56:37
8.	Milica Stojanovic	SER	93	1:56:40
9.	Sabahat Akpinar	TUR	95	2:01:53
	Gülsen Kilinc	TUR	94	DQ

#### U20 Men 10km Race Walk

1.	Muratcan KARAPINAR	TUR	96	42:26
2.	Salih KORKMAZ	TUR	97	44:15
3.	Andrei GAFITA	ROU	94	44:18
4.	Savvas KRAVARIOTIS	GRE	94	44:32
5.	Efstrátios-Yeóryios KELEPOÚRIS	GRE	96	45:32
6.	Nikola LILIC	SRB	96	48:45
7.	Edin ZEC	BIH	97	49:07
8.	Victoras Ionut DOGARU	ROU	97	49:12
9.	Mustafa ÖZBEK	TUR	97	45:59

#### U20 Women 10km Race Walk

1.	Derya KARAKURT	TUR	96	49:27
2.	Danica GOGOV	SRB	96	50:36
3.	Carmen Bianca MOLNAR	ROU	96	50:37
4.	Iulia Diana LUPASCU	ROU	96	50:06
5.	Meral KURT	TUR	98	54:24
6.	Milica KOSTIC	SRB	96	54:49

#### U18 Men 10km Race Walk

1.	Abdülaziz DANIS	TUR	99	46:13
2.	Haydar NURULLAH KARA	TUR	99	46:40
3.	Jovan DELCEV	SRB	98	47:35
4.	Stefan Cristian MANGU	ROU	99	47:38
5.	Sinan ASLAN	TUR	98	46:53

#### U18 Women 5km Race Walk

1.	Ayse TEKDAL	TUR	99	23:32
2.	Meryem BEKMEZ	TUR	00	23:37
3.	Gabriela SIMINICEANU	ROU	98	24:26
4.	Anastasia MITSOU	GRE	99	24:47
5.	Athanasia VAÍTSI	GRE	98	25:07
6.	Nicoleta LUNGU	ROU	98	26:30
7.	Gülcan Kardelen ERDİNÇ	TUR	00	26:50

### 121<sup>ST</sup> PENN RELAYS, FRANKLIN FIELD, PHILADELPHIA, USA, 21-25 APRIL

The Penn Relays is the oldest and largest T&F comp in the USA, hosted annually since 1895 by the University of Pennsylvania at Franklin Field in Philadelphia, Pennsylvania. It is held during the last full week in April, ending on the last Saturday in April.

The racewalks kicked off the action on Saturday, the last day of competition. The men's 10km was first and saw a great battle between veteran John Hallman and youngster Anthony Peters. Little separated them at the end with Hallman 44:14.17 and Peters 44:14.62. The women's 5km, which followed, included 4 guests from Ireland and 2 from Puerto Rico. In the field of 27 athletes covering Olympic Development, women's Masters, Junior Women's and High School Girls divisions, USA based Canberra walker **Ashleigh Reish** placed 2<sup>nd</sup> in the Junior Women's and placed 3<sup>rd</sup> overall in a time of **23:31.20**. This was a 66 second PB for Ashleigh and continues her fine form during her 2 year stay in the States.

#### Olympic Development Men 10k Racewalk

1.	Jonathan Hallman	Shore AC	44:14.17
2.	Joshua Wiseman	Unattached	DQ

#### Junior Men 10k Racewalk

1.	Anthony Peters	St. Ambrose	44:14.62
2.	Jorge Cruz Sotomayor	Puerto Rico	45:37.15
3.	Luis Espada	Puerto Rico	47:47.00
4.	Matias Serna	South Texas Walking Club	50:07.18
5.	Eduardo Uria	South Texas Walking Club	53:08.98

### Olympic Development Women 5K Racewalk

1. Maria Michta-Coffey Walk USA 21:50.15

### Masters Women 5K Racewalk

1. Maryanne Daniel CT Racewalkers 27:37.50

### Junior Women 5K Racewalk

1. Rachelle DeOrbeta Puerto Rico 23:00.84  
2. Ashleigh Resch Unattached 23:31.20  
3. Katie Michta Walk USA 24:22.11  
4. Anali Cisneros Elgin Sharks 24:37.21  
5. Charmaine DeOrbeta Puerto Rico 24:38.08  
6. Veronica Burke Ballinasloe AC 24:49.93  
7. Rachel Glennon Mullingar Harriers 25:23.86  
8. Kayla Allen Maine Racewalkers 25:35.70  
9. Sinead O'Connor Celbridge 25:51.55  
10. Edel Glennon Mullingar Harriers 26:02.47  
11. Nayeli Cisneros Elgin Sharks 26:11.34  
12. Jennifer Lopez St. Ambrose 26:14.25  
13. Sydney Sirois Maine Racewalkers 26:33.19  
14. Kristi Licursi Marist College 26:46.14

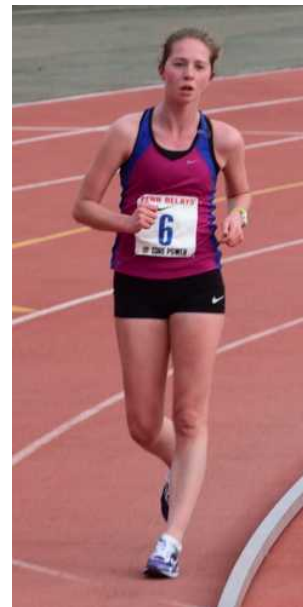
### High School Girls 5K Racewalk

1. Katharine Newhoff 24:14.56  
2. Meaghan Podlaski 24:22.93  
3. Amberly Melendez 25:15.59  
4. Natalie Cohen 26:21.25  
5. Lauren Harris 26:47.25  
6. Melissa Tylock 27:00.02  
7. Monika Farmer 27:48.77

Jeff Salvage has put together his usual great photostories from the two walks

- Men's 10km: <http://www.racewalk.com/PhotoStory2015PennRelays/Page01.php>
- Women's 5km: <http://www.racewalk.com/PhotoStory2015PennRelays/WomensPage01.php>

Thanks to Vicki Resch for these photos of Ashleigh in action at Franklin Field.



**BRAZILIAN JUNIOR CLUB CHAMPS, SAO BERNARDO DO CAMPO, BRAZIL, 24-26 APRIL****Men 10,000m Race Walk**

1.	Matheus Gabriel DE LIZ CORREA	BRA	99	46:05.53
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**Women 10,000m Race Walk**

1.	Rayana Caroline LINS DE OLIVEIRA	BRA	96	54:17.53
2.	Milena Francisca DE SOUZA	BRA	97	56:53.11
3.	Thaiz PEREIRA	BRA	97	57:20.45
4.	Nayara MONTEIRO	BRA	97	57:54.44
5.	Jessica VITAL	BRA	97	58:43.48
6.	Leticia CIBULKIS	BRA	98	58:52.93
7.	Tamires ALVES DE SOUZA	BRA	97	58:55.71

**24 HEURES DE DIJON - RONDE DES DUCS 2015, DIJON, FRANCE, 25-26 APRIL**

The Ronde de Ducs 24 Hour Walk in Dijon is one of the main qualification opportunities for this year's Paris-Alsace Classic (430km for men and 320km for women), to be held on June 3-6, and it saw a number of of the top ultra walkers in action. French ultra specialist Dominique Bunel was too strong, winning with an excellent 198.239km ahead of Belgian walker Daniel Lhoest 194.040km and Mathieu Olivares 190.225km. The three of them were a long way ahead of anyone else. Benedicte Salomez won the women's race with a good 164.310km. Christophe Raulet won the 6 Hour walk on Sunday morning with a distance of 55.469km.

**24 Hour Walk (start time 1PM Saturday)**

1.	BUNEL Dominique	FRA	198.239km
2.	LHOEST Daniel	BEL	194.040km
3.	OLIVARES Mathieu	FRA	190.225km
4.	LETOURNEAU Florian	FRA	182.180km
5.	BUNEL Pascal	FRA	179.031km
6.	FORESTIERI Alexandre	FRA	175.658km
7.	GEORGELIN Serge	FRA	173.214km
8.	BOCUZE Daniel	FRA	172.707km
9.	DUBOSCQ Daniel	FRA	172.072km
10.	HUART Gilles	FRA	171.833km
11.	DIEN Daniel	FRA	165.260km
12.	SALOMEZ Benedicte (F)	FRA	164.310km
13.	BIET Christophe	FRA	163.504km
14.	KERLAU Yves-michel	FRA	163.130km
15.	MESMOUDI Anne-marie (F)	FRA	160.360km
16.	HASSEVELDE Sebastien	FRA	156.363km
17.	PICOT Gerard	FRA	153.964km
18.	BIZARD PLANCHOT Emilie (F)	FRA	152.732km
19.	BONNOTTE Remi	FRA	149.313km
20.	GUENEAU Jean-claude	FRA	147.657km
21.	BIZARD Claudie (F)	FRA	147.509km
22.	LACROIX Jean Louis	FRA	146.705km
23.	DUBOIS DENGHIEN Catherine (F)	FRA	140.115km
24.	GUERINIER Christian	FRA	137.715km
25.	BERTHAULT-KORZHYK Annie (F)	FRA	134.304km
26.	OUTREQUIN Florian	FRA	133.795km
27.	RASSAIND Andre	FRA	131.466km
28.	SIMON Yannick	FRA	130.262km
29.	WALLAEYS Jean	FRA	123.405km
30.	BIEBUICK Pascal	BEL	117.125km
31.	MAZEAU Daniel	FRA	110.246km
32.	VIOLLON Mireille (F)	FRA	103.835km
33.	LAURIN Martine (F)	FRA	103.215km
34.	VESSIGAUD Jean-pierre	FRA	102.664km
35.	LANDRU Noelle (F)	FRA	83.142km
36.	QUINQUETON Bernadette (F)	FRA	77.564km
37.	LACHIVER Pierre	FRA	77.564km
38.	CHAUVITEAU Daniel	FRA	73.825km
39.	MOMSIK Sergii	UKR	51.390km
40.	GIROD Urbain	SUI	51.390km
41.	KRUMM Charles	FRA	43.211km
42.	BEAUMONT Didier	FRA	36.432km
43.	BENAMAR Kevin	FRA	28.954km

### 6 Hour Walk (Start Time 7AM Sunday)

1.	RAULET Christophe	FRA	55.469km
2.	DESCHEPPER Bruno	FRA	48.901km
3.	BORNEL Veronique (F)	FRA	48.262km
4.	ANXIONNAT Claudine (F)	FRA	46.401km
5.	PENKALLA Patrick	FRA	46.226km
6.	SONNOIS Martine (F)	FRA	43.778km
7.	PHEULPIN Adrien	FRA	42.751km
8.	PETETIN Beatric (F)	FRA	42.675km
9.	DUMONT Luc	FRA	42.397km

### SARA KILLEY MEMORIAL 50KM WALK, ISLE OF MAN, SUNDAY 26 APRIL

You just can't go past the Isle of Man for mass participation racewalking. The Sarah Killey Memorial 50km walk is held each year to remember Isle of Man Fire and Rescue Service colleague Sara who passed away in October 2007. Being a 50km event, you might think that the field would be small but an astonishing 167 finishers are recorded in the results - see <http://sarakilleywalk.co.uk/wp-content/uploads/2015/04/Sara-Killey-Results-2015.pdf>.

Overall, Richard Gerrard, who won the event last year, won it again last Sunday in near perfect conditions, completing the 50km in 4:46:16, 20 mins ahead of Richard Wylde with David Walker third. Michelle Turner was the first woman home in 5:17:41 and fourth overall. See <http://www.bbc.com/sport/0/athletics/32481917>.

#### Sara Killey Memorial 50km Walk (first 10)

1.	Richard Gerrard	4:46:16
2.	Richard wild	5:05:48
3.	David walker	5:10:27
E4.	Michelle Turner	5:17:41
E4.	Vinney Lynch	5:17:41
6.	Michael Bonney	5:17:55
7.	Samuel Fletcher	5:26:17
8.	Robbie Callister	5:29:02
9.	Alex Eaton	5:30:55
10.	Adam Killip	5:32:12



The event starts outside the Peel Fire Station (photo <http://www.bbc.com/sport/0/athletics/32481917>)

### BALTIC COUNTRIES INTERNATIONAL, BIRSTONAS, LITHUANIA, SATURDAY 25 APRIL

Lithuania, with 55 points, won the annual Baltic Countries walks meet ahead of Latvia (40 points), Sweden (20 points) and Estonia (18 points). The meet was held in conjunction with the traditional Memorial Antanas Mikėnas, commemorating the Lithuanian walker who won the silver medal in the 1956 Olympic 20km as part of the USSR team, and saw nearly 150 walkers participate in Open, U23, U20 and U18 divisions. Individually, wins to Swedish walker Perseus Karlström (40.23) and Lithuanian walker Brigita Virbalyte (44.35).

### 10km Men

1.	Perseus Karlström	1990	SWE	40.23	
2.	Marius Šavelskis	1994	LTU	40.48	
3.	Marius Žiukas	1985	LTU	41.29	
4.	Anatole Ibáñez	1985	SWE	41.53	
5.	Arnis Rumbenieks	1988	LAT	42.07	
6.	Artur Mastianica	1992	LTU	42.09	
7.	Normantas Petriša	1994	LTU	43.52	
8.	Anders Hansson	1992	SWE	43.58	
9.	Arturs Makars	1997	LAT	44.50	1 U20
10.	Daumantas Liutinskis	1999	LTU	46.07	1 U18
11.	Tomas Pagirys	1996	LTU	46.57	2 U20
12.	Kamil Komarowski	1995	POL	47.10	
13.	Grzegorz Grinholc	1977	POL	47.55	
14.	Raivo Saulgriezis	1994	LAT	48.20	
15.	Ruslans Smolonskis	1996	LAT	48.30	3 U20
16.	Martynas Jarusevicius	1996	LTU	48.54	4 U20
17.	Jacek Cyngot	1996	POL	49.06	5 U20
18.	Arnoldas Budrys	1996	LTU	51.01	6 U20
19.	Artur Semionov	1998	LTU	51.33	2 U18
20.	Dawid Lach	1998	POL	53.58	3 U18
21.	Igor Jakovlev	1996	EST	54.06	7 U20
22.	Jakub Kuzawski	1998	POL	54.39	4 U18
23.	Janis Zelgis	1999	LAT	56.48	5 U18
24.	Edvinas Stražnickas	1999	LTU	1.01.28	6 U18
25.	Kirill Titov	1998	EST	1.01.36	7 U18
26.	Dainis Bolševics	1996	LAT	1.02.06	8 U20
27.	Lauris Streilis	1999	LAT	1.03.06	8 U18
28.	Ivan Strikkojev	1997	EST	1.04.36	9 U20
29.	Ilja Volosatov	1998	EST	1.06.10	9 U18
	Robert Golawski	1998	POL	DQ	U18
	Linas Bartkus	1999	LTU	DQ	U18

### 10km Women

1.	Brigita Virbalyte	1985	LTU	44.35	
2.	Agnese Pastare	1988	LAT	47.18	
3.	Mari Olsson	1986	SWE	47.31	
4.	Živile Vaiciukeviciute	1996	LTU	48.15	1 U20
5.	Inga Mastianica	1989	LTU	48.25	
6.	Monika Vaiciukeviciute	1996	LTU	49.51	2 U20
7.	Agnieszka Ellward	1989	POL	52.08	
8.	Egle Juocyte	1993	LTU	52.47	
9.	Sandra Vasauskiene	1990	LTU	55.58	
10.	Anna Tipukina	1996	EST	57.55	3 U20
11.	Izabela Lickiewicz	1997	POL	58.01	4 U20
12.	Anita Cuhnova	1985	LAT	58.55	
13.	Gabriele Cerniute	1997	LTU	59.51	5 U20
14.	Ieva Šukeviciute	1996	LTU	1.02.19	6 U20
15.	Margarita Kozlova	1996	EST	1.04.20	7 U20
16.	Veronika Jegorova	1996	EST	1.06.42	8 U20
17.	Jana Dumina	1996	LAT	1.06.42	9 U20
18.	Jana Fedotovska	1996	LAT	1.10.28	10 U20
19.	Regina Kändla	1996	EST	1.12.33	11 U20

## MOULINET TESTS POSITIVE

French walker Bertrand Moulinet announced last week on his facebook page that he had tested positive for prohibited substance FG4592. He has waived the right to have his second sample tested and has decided to accept the penalty and 'plead guilty'. He now faces a mandatory 4 year ban under the new WADA codes. See <http://omarchador.blogspot.pt/2015/04/bertrand-moulinet-anuncia-controlo.html>.

28 year old Moulinet, who competed in both 20km and 50km at the London Olympics in 2012, came second to Johann Diniz in March when Diniz broke the World 20km record, his time on that occasion a PB of 1:19:18. Presumably he was already on the drug at that time and that may be perhaps where his failed drugs test comes from. The timeframe is about right.

So what does FG4592 actually do? Here's the lowdown from a sports scientist



*The FG-4952 molecule is classified as a hypoxia-inducible factor (HIF) stabilizer. The HIF proteins are positive regulators of EPO production in adult kidneys. By stabilizing the HIF's proteins (making them less susceptible to natural degradation), you will increase your endogenous EPO production and therefore the oxygen carrying capacity of your blood. This is a relatively smart doping process as it is undetectable by an EPO anti-doping test. Indeed the extra EPO you produce is endogenous, and therefore cannot be differentiated from your natural EPO. However smart people have recently developed tests to target the FG-4952 molecule itself, and that is what happened to this French race walker. To my knowledge he is the first one to be caught with this molecule, but the test was already being discussed as early as 2009.*

So in summary, it produces a similar effect to taking EPO but it is potentially better in several ways. Not only can FG-4952 do almost everything EPO can do, clinical trials have suggested that it may have a better "safety profile" than EPO. More specifically, no heart or blood pressure issues have been observed in trials thus far. Furthermore, FG-4952 is available in a pill form and does not have to be injected into the body. This new compound has another advantage too, relating to iron absorption, as HIF promotes the body's own EPO secretion from the kidneys and other non-renal sources (e.g. the liver) and up-regulates EPO receptors in the bone marrow to produce more red blood cells. HIF also activates factors that improve iron absorption from the gut, that mobilise iron from storage sites within the body, and that effectively transport all the needed iron to the bone marrow for red blood cell production. As such, FG-4952 has an advantage over EPO injections in that athletes need not also supplement themselves with iron at the same time as EPO administration.

So welcome to the new world of drugs taking where the stakes are high and new products are coming to the fore all the time. Presumably Moulinet did not just stumble onto this goldmine himself so the next big question is – who is his source and who has been advising him?

It was a bad week for France as this announcement coincided with the news that the International Equestrian Federation had stripped France of its spot in team eventing at next year's Olympics because of a doping violation.

See <http://www.sbs.com.au/news/article/2015/04/23/equestrian-doping-drops-france-out-rio>

## OUT AND ABOUT

- Tom Bosworth and Jo Atkinson lead the Great Britain & Northern Ireland team selected for the European Race Walking Cup in Murcia, Spain, on May 17. The duo will compete in the senior 20km events. Joining them on the GB team and contesting the junior 10km events are Cameron Curbishley, Guy Thomas, Callum Wilkinson and Emma Achurch. Read more at <http://www.athleticsweekly.com/featured/tom-bosworth-and-jo-atkinson-on-gb-team-for-euro-race-walking-cup-21324/#x8lGTuDgSTqJ3HuK.99>
- Russia will not be barred from major athletics competitions because of allegations of systematic doping according to IAAF President Lamine Diack said Tuesday. Separately, new Russian athletics coach Yuri Borzakovsky defended controversial race walking coach Viktor Chegin, who has seen more than 20 of his athletes banned for doping. "He's a professional in his field, even though people are slandering him with doping scandals," Borzakovsky said, praising Chegin's record in producing medal winners. "I have a lot of respect for any coach with that kind of experience." With the world championships coming up this year in Beijing and the Olympics next year in Rio de Janeiro, Borzakovsky said Chegin will remain on the Russian team "until there's an official piece of paper saying he's accused of something or other." What a joke! Once again, it's a case of the Russians looking after their own and refusing to face the cold hard facts. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11436382&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11436382&ref=rss)
- New Zealander Quentin Rew's latest blog post is always a good read. <http://www.athletics.org.nz/News/Blogs/Road-to-the-Champs-2015>
- An excellent article on Albert Rowland, New Zealand competitor in the 1908 Olympic 3500m walk. See <http://athletics.org.nz/News/albert-rowland-1885-1918>.

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

The Marciadalmondo website has 4 articles this week (the links are to the English version of the website)

- Fri 24 Apr - Johann Diniz discusses Moulinet's drugs positive [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2074](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2074)
- Thu 23 Apr - Bertrand Moulinet drugs failure for FG4952 [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2073](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2073)
- Wed 22 Apr - Entry list for this weekend's IAAF Challenge event in Taicang [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2072](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2072)
- Mon 20 Apr - Brusaporto (ITA): 10.000m track walk Club's Championships

[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2071](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2071)

The omarchador blog continued on as usual with 12 press releases

- Mon 27 Apr - Lithuania wins Lithuania-Sweden-Estonia-Latvia walks match  
<http://omarchador.blogspot.pt/2015/04/lituania-vence-encontro-de-nacoes-em.html>
- Sun 26 Apr - Results of Portuguese U20 and U18 10km roadwalks  
[http://omarchador.blogspot.pt/2015/04/notas-sobre-os-campeonatos-nacionais-de\\_26.html](http://omarchador.blogspot.pt/2015/04/notas-sobre-os-campeonatos-nacionais-de_26.html)  
<http://omarchador.blogspot.pt/2015/04/notas-sobre-os-campeonatos-nacionais-de.html>
- Sat 25 Apr - Results of Portuguese U16/U14 roadwalks  
[http://omarchador.blogspot.pt/2015/04/notas-sobre-o-torneio-marchador-jovem\\_25.html](http://omarchador.blogspot.pt/2015/04/notas-sobre-o-torneio-marchador-jovem_25.html)  
<http://omarchador.blogspot.pt/2015/04/notas-sobre-o-torneio-marchador-jovem.html>
- Fri 24 Apr - Portuguese Masters 10km championship results  
<http://omarchador.blogspot.pt/2015/04/leonardo-toro-e-orlete-mendes-os.html>
- Fri 24 Apr - Turkey wins Balkan racewalk champs  
<http://omarchador.blogspot.pt/2015/04/turquia-vence-campeonatos-balcanicos-de.html>
- Thur 23 Apr - Results of Polish international walks meet in Zaniemysl  
<http://omarchador.blogspot.pt/2015/04/meeting-internacional-de-marcha-em.html>
- Thur 22 Apr - Bertrand Moulinet announces a positive drugs test  
<http://omarchador.blogspot.pt/2015/04/bertrand-moulinet-anuncia-controlo.html>
- Wed 22 Apr - Nils Brembach and Paola Perez victorious in Naumburg  
<http://omarchador.blogspot.pt/2015/04/nils-brembach-e-paola-perez-vitoriosos.html>
- Wed 22 Apr - Hirooki Arai wins Japanese 50km championship  
<http://omarchador.blogspot.pt/2015/04/hirooki-arai-venceu-os-50-km-dos.html>
- Tue 21 Apr - Portuguese team for European Walking Cup in Murcia  
<http://omarchador.blogspot.pt/2015/04/selecao-portuguesa-taca-da-europa-de.html>

#### 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.

#### 2014/2015 Australian/Victorian Key Dates

May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sat May 23, 2015	Victorian 10km walk champs & Victorian Country walk champs, Middle Park, VIC
Sun June 7, 2015	LBG Carnival, Canberra, ACT
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

#### 2015 IAAF Race Walking Challenge Dates

May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11 <sup>th</sup> European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships	Beijing, CHINA

#### Looking further forward

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 <sup>th</sup> World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships in Athletics, Beijing, China. See <a href="http://www.iaafbeijing2015.com">http://www.iaafbeijing2015.com</a>
Aug 4-16, 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France. See <a href="http://www.lyon2015.com">www.lyon2015.com</a>
Aug 15-16, 2015	<b>104<sup>th</sup> Centurions 100 Miles qualifying walk</b> , Castletown, Isle of Man See <a href="http://www.isleofman100milewalk.co.uk/index.html">http://www.isleofman100milewalk.co.uk/index.html</a>
May 7-8, 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 5-21, 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.com/en">http://www.rio2016.com/en</a>

July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA

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