



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 06
10 November 2015



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WALKER OF THE WEEK

My Walker of the Week this time around is 15 year old Diamond Valley Athletics Club walker **Eliza Clarke**. Last Friday night, she won the Victorian All-Schools U17 5000m walk in **24:54.16**. Then on Sunday afternoon she won the U16 3000m in **14:16.76**. They were both commanding wins and show that she has come back strongly after a winter season off walking. She dominated her age group in 2014 and she now looks to be regaining that sort of form again.



Eliza in action on the weekend (photo Athletics Victoria)

WHAT'S COMING UP

Athletics Victoria Shield competition continues this **Saturday 14th November** with Round 4 spread across the following venues as per the AV handbook (always check with your club in case of any last minute changes)

- Sat 14 Nov 2015 AV Shield Round 2 (Program 1), Blue Zone, Frankston
- Sat 14 Nov 2015 AV Shield Round 2 (Program 1), Red Zone, Doncaster
- Sat 14 Nov 2015 AV Shield Round 2 (Program 1), White Zone, Nunawading
- Sat 14 Nov 2015 AV Shield Round 2 (Program 1), Yellow Zone, Aberfeldie
- Sat 14 Nov 2015 AV Shield Round 2 (Program 1), Ballarat Zone, Ballarat
- Sat 14 Nov 2015 AV Shield Round 2 (Program 1), Geelong Zone, Geelong
- Sat 14 Nov 2015 AV Shield Round 2 (Program 1), Bendigo Zone, Bendigo

The following Wednesday evening sees more VRWC summer season races, track this time at Clifton Hill. Timetable as follows:

Wed 18 November 2015, VRWC Track Races, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
6.30pm	10,000m, 5000m and 3000m	Open
7.15pm	1500m	Open

QLD MASTERS ATHLETICS TRACK CHAMPIONSHIPS, SAF, BRISBANE, WEDNESDAY 4 NOVEMBER

The QMA 10,000m track walk championships were held in humid and gusty conditions at the State Athletic Facility in Brisbane last Thursday evening. Iggy Jimenez was the fastest overall with 51:44.86 while Erika Woodward (59:13.00) won her first Masters State championship track gold medal to be the fastest of the women.

QMA 10,000m Track Championships

M40	1	Dean Nipperess	M44	GC & Sthrn	58:22.66	68.79%
M45	1	Argenis Guevara	M47	Brisbane	57:57.11	70.98%
W45	1	Erika Woodward	W49	Brisbane	59:13.00	77.59%
M50	1	Ignacio Jiménez	M50	Brisbane	51:44.86	81.48%
M55	1	Peter Bennett	M59	Brisbane	52:55.02	86.21%
W70	1	Noela McKinven	W73	Brisbane	80:43.00	77.75%

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, THURSDAY 5 NOVEMBER

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Damp, showery evening.

1500m Walk

1.	Rhiannon Lovegrove	07:05		
2.	Marie Maxted	09:23	W55	70.42%
3.	Des Mulqueen	10:52	M69	65.64%
4.	Rodger Barber	10:53	M77	72.67%
5.	Doug Smart	10:53	M72	67.99%
6.	Leigh Smith	11:00	M80	75.10%
7.	Jan Layng	11:02	W67	67.85%
8.	Roger Lowe	11:10	M72	66.26%
9.	Valmai Padget	11:26	W71	68.89%
10.	Margaret McIntosh	12:15	W62	57.75%
11.	Jill Rogers	12:32	W71	62.84%

3000m Walk

1.	Geoff Byham	19:28	M69	74.71%
2.	Marie Maxted	19:46	W55	69.09%
3.	Leigh Smith	22:15	M80	75.83%
4.	Des Mulqueen	22:17	M69	65.27%
5.	Rodger Barber	22:18	M77	72.38%
6.	Jan Layng	22:41	W67	68.88%
7.	Doug Smart	23:17	M72	64.81%
8.	Roger Lowe	23:42	M72	63.67%
9.	Valmai Padget	24:14	W71	68.11%
10.	Margaret McIntosh	25:28	W62	57.71%
11.	Jill Rogers	25:40	W71	64.31%
12.	Edna Bates	26:05	W62	56.35%

ATHLETICS QLD 1500 METRE CLASSIC, UQ ATHLETIC CENTRE, BRISBANE, THURSDAY 5 NOVEMBER

For a number of years now, the annual Athletics Queensland 1500m Classic has included 1500m walks as well as runs. This year, the meet provided a chance for the youngsters to test themselves out and, as you can see from the large number of PBs below, they rose to the occasion. Fastest time overall went to Jessica Pickles with a meet record time of 6:17.34 ahead of Clara Smith 6:22.83 and Tenyka Chapman 6:44.02. Luke McCutcheon was first of the men in 6:19.74 ahead of his brother Jamie who finished in a big PB of 6:34.41 with Jamison Stovin third in 6:34.41.

Women 1500m Walk Open

1.	Pickles, Jessica	21	University of Qld	6:17.34	Meet Rec.
2.	Smith, Clara	17	University of Qld	6:22.83	

3.	Chapman, Tenyka	14	Gold Coast Victory	6:44.02	PB
4.	Schofield, Amelia	12	Gold Coast Victory	6:54.09	PB
5.	Hannigan, Caitlin	13	Gold Coast Victory	7:07.40	PB
6.	Betzold, Breeanna	13	Ipswich & District	7:22.02	PB
7.	Smith, Clancy	15	Noosa Athletics	7:50.26	PB
8.	Clarke, Anika	14	Race Walking Qld	8:12.65	PB
9.	Rowbotham, Milla	14	University of Qld	8:14.78	PB
10.	Schofield, Isabella	13	Gold Coast Victory	8:36.86	
11.	sullivan, bridget	11	Toowong Harriers	8:41.27	
12.	Schofield, Scarlett	9	Gold Coast Victory	8:45.22	PB

Men 1500m Walk Open

1.	Mccutcheon, Luke	17	Qe2 Track Club	6:19.74	PB
2.	Mccutcheon, Jamie	16	Qe2 Track Club	6:23.54	PB
3.	Stovin, Jamison	14	Gold Coast Central	6:34.41	PB
4.	Guevara, Argenis	47	Race Walking Qld	7:26.78	
5.	Clarke, Ethan	10	Race Walking Qld	7:26.85	PB
6.	Mccutcheon, Nelson	13	Qe2 Track Club	7:30.40	
7.	Nipperess, Dean	44	Race Walking Qld	7:37.34	
8.	Haig, Callum	15	University of Qld	7:40.71	PB
9.	Jeffrey, Ben	13	Qe2 Track Club	8:06.94	PB
10.	Stovin, Jayden	12	Gold Coast Central	8:28.22	

ACT WALKERS CLUB TRACK CHAMPIONSHIPS, WODEN PARK, THURSDAY 5 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra.

10000m Walk Championship

1.	Ally Durr	58:22
2.	Ann Staunton-Jugovic	1:00:04
3.	Matt Griggs	1:01:28
4.	Robin Whyte	1:05:39
5.	Bryan Thomas	1:09:53
	Geoff Barker	DNF
	Zoe Hunt	DQ

5000m Walk

1.	Connor Frew	24:32
2.	Gabby Hunt	24:59
3.	Tim Fraser	25:58
4.	Mitchell Baker	26:03
5.	Kate Black	28:25

3000m Walk

1.	Spencer Burns	16:04
2.	Tom Hunt	16:05
3.	Gwyllym Young	16:22
4.	Elizabeth Henderson	16:54
5.	Rod Gilchrist	21:21
6.	Ruth Baussmann	21:23
7.	Caroline Campbell	22:18
8.	Jennifer Gilchrist	22:25
9.	Carmen Carlon	34:31

1200m Walk

1.	Laura Burns	06:17
2.	Harry Baker	08:45
3.	Georgia Frew	09:41
4.	Lorna England	11:13

ATHLETICS WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 6 NOVEMBER

Declan Tingay was a big winner in Interclub competition in Perth last Friday evening, with his 3000m time of 12:42.80.

3000m Walk

1.	Tingay, Declan	M	AWA	12:42.80
2.	Ruane, Tiahna	W	WTC	15:47.84
3.	Hall, Joseph	M	AWA	16:08.80
4.	jackson, hayley	W	AWA	16:37.08
5.	Ralston, Kate	W	AWA*	17:52.98
6.	Ireland, Hannah	W	Rockingham D	17:56.03
7.	Millard, Thomas	M	Rockingham D	20:47.95
	Holland, Amy	W	AWA	DQ

VICTORIAN ALL-SCHOOLS T&F CHAMPIONSHIPS, MELBOURNE, 6-8 NOVEMBER

The Victorian Schools T&F Championships were held last weekend at Lakeside Stadium in Melbourne. The U17-U20 5000m walks were the first cabs off the ranks on Friday evening in very good conditions. 16 year old Kyle Swan was the fastest of the boys with 21:38.41, ahead of Emmet Brasier 23:06.34 and Ross Darlow 23:15.56. For the girls, it was Jemima Montag with 23:17.26, ahead of Eliza Clarke 24:54.16 and Philippa Huse 26:33.44.

Men 5000m Walk U20

Hoare, Samuel

St Joseph's

DQ

Men 5000m Walk U18

1. Brasier, Emmet
2. Darlow, Ross
3. Walmsley, Reese
Feain, Lachlan

Viewbank College
Ballarat Hig
Rowville Sec
Salesian Col23:06.34
23:15.56
23:42.12
DQ**Men 5000m Walk U17**

1. Swan, Kyle

Melbourne Hi

21:38.41

Women 5000m Walk U20

1. Swan, Emily

John Monash

31:39.32

Women 5000m Walk U18

1. Montag, Jemima
2. Collis, Lauren
3. Feain, Madeleine
Crook, Madison

Wesley College
Our Lady of
Salesian Col
Wesley College23:17.26
31:12.58
32:50.63
DQ**Women 5000m Walk U17**

1. Clarke, Eliza
2. Huse, Philippa
3. Lillie, Jessica
4. Dowie, Ellen

Catholic Lad
St Leonard's
Rowville Sec
Highview Christi24:54.16
26:33.44
31:46.21
33:43.14

Kyle Swan, Emmet Brasier, Reese Walmsley, Ross Darlow, Jemima Montag, Eliza Clarke and Emily Swan

The 3000m walks were held on Sunday afternoon, in sunny and warmer conditions but not too bad overall. Corey Dickson and Nikola Mandic continued their recent contests, with Corey taking the honours with a PB 14:24.35 ahead of Nikola 14:47.48 and Michael Taylor 14:33.38. The girls' race was a high quality one with Eliza Clarke 14:16.76, Jemma Peart 14:42.03 and Zahra Hayes 15:00.45 the fastest three. It was a great double for Eliza who also won the U17 5000m on Friday night.

Boys 3000m Walk U14

1. Dickson, Corey
2. Mandic, Nikola
3. Thompson, Will
4. Djordjevic, Nikolaj
5. Beveridge, Heath
Jensen, Josh

Tintern Schools
Fountain Gate Se
Balcombe Gra
Haileybury College
Overnewton Kei
Heany Park PS14:24.35 PB 0:01
14:47.48
15:53.33
16:39.75
18:37.45
DQ

Girls 3000m Walk U14

1.	Pear, Alanna	Black Hill Prima	15:39.30
2.	Clarke, Georgia	Catholic Lad	16:02.28
3.	Hay, Charlotte	Glen Waverley So	16:18.45
4.	Clark, Madison	Flinders Christi	16:19.59
5.	O'Mahony, Kathleen	Mater Christ	16:50.98
6.	Paten, Ruby	Overport Primary	17:46.80
7.	Nelson, Arnika	Clonard College	18:47.48

Boys 3000m Walk U15

1.	Walmsley, Hayden	Rowville Sec	16:51.16
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Girls 3000m Walk U15

1.	Hayes, Zahra	Rochester Se	15:00.45
2.	Henderson, Rebecca	Berwick Seco	16:00.23
3.	Taylor, Lee	Lilydale Hig	19:34.35
4.	Rudston-Brown, Caitlyn	Epping Secondary	22:03.16

Boys 3000m Walk U16

1.	Taylor, Michael	Marcellin College	14:33.38
2.	Collis, Hugh	Parade Colle	16:48.02

Girls 3000m Walk U16

1.	Clarke, Eliza	Catholic Lad	14:16.76
2.	Pear, Jemma	Ballarat Hig	14:42.03
3.	Noonan, Emily	Oxley College	16:39.83
4.	Richardson, Brodie	Mater Christ	17:12.78
	Davison, Mackayla	Saint Ignati	DNF



U16, U15 and U14 Girls Podiums

Jemma Peart, Eliza Clarke, Emily Noonan, Rebecca Henderson. Zahra Hayes, Lee Taylor, Georgia Clarke, Alanna Peart, Charlotte Hay



Emily Noonan, Hugh Collis, Brodie Richardson, Hayden Walmsley and Nikola Mandic



Eliza Clarke, Rebecca Henderson, Michael Taylor, Hugh Collis, Emily Noonan, Lee Taylor and Will Thompson

ATHLETICS SA INTERCLUB, ASA STADIUM, MILE END, ADELAIDE, SATURDAY 7 NOVEMBER

A good turnout in the Athletics South Australia interclub meet last Saturday. Justin Hill finished well in front with a very fast 8:41.48 but behind him it was PBs galore with Joe Hill 9:12.74, Rhiannon Lovegrove 9:15.09, Danielle Walsh 9:23.10, Anna Cross 9:23.12 and Jake Vidler 9:28.55 all walking better than ever before.

2000m Walk

1.	Justin Hill	MOP	ADELAIDE HAR	8:41.48	
2.	Joe Cross	MU14	PEMBROKE	9:12.74	PB 0:12
3.	Rhiannon Lovegrove	WU16	PORT ADELAIDE	9:15.09	PB 0:10
4.	Danielle Walsh	WOP	UNA	9:23.10	PB 1:02
5.	Anna Cross	WU18	PEMBROKE	9:23.12	PB 0:12
6.	Jake Vidler	MU16	SOUTHERN	9:28.55	PB 0:12
7.	Alix Harlington	MU18	SALISBURY	9:45.47	
8.	Tristan Camilleri	MU16	COASTAL DIST	10:04.92	
9.	Jayden Goode	MU16	SALISBURY	10:14.91	

10. Samantha Findlay	WOP	SOUTHERN	21:10.58
11. Mathew Bruniges	MU16	SOUTHERN	12:46.73

NSW TRELOAR SHIELD, E.S. MARKS FIELD, SYDNEY, SATURDAY 7 NOVEMBER

The NSW walkers returned to the track for round 4 of the Athletics NSW Treloar Shield competition and numbers were good with 32 competitors in total. Tyler Jones 21:46.23 and Jay Felton 21:46.46 had a great battle in the 5000m while Travis Barendregt 14:36.92 and Sophia Dagher 8:05.73 were fastest in the 3000m and 1500m walks.

5000m Walk

1. Jones, Tyler	M17	Mingara Athl	21:46.23
2. Felton, Jay	M20	U.T.S. North	21:46.46
3. Kerr, Aidan	M17	Sydney Pacif	24:20.91
4. Webb, Cheryl	W39	Blacktown Ci	24:58.08
5. Dighton, Jasmine	W19	sics Wests	27:41.20
6. Millican, Hayden	M15	Sydney Pacif	28:08.33
7. Barendregt, Amanda	W19	Nepean Distr	29:46.70
8. Minett, Rhiannon	W17	Bankstown Sp	30:31.56
9. Atshan, Farjaam	M29	U.T.S. North	32:49.32
Glover, Jordan	M16	Hills Distri	DNF

3000m Walk

1. Barendregt, Travis	M15	Nepean Distr	14:36.92
2. Roukos, Raquel	W15	Nepean Distr	14:56.47
3. Brown, Samantha	W14	Parramatta C	14:57.77
4. Blaskett, Hayden	M13	Sydney Strid	15:33.61
5. Thomson, Ryan	M15	Nepean Distr	15:41.95
6. Blanch, Emma	W12	St. George D	16:11.47
7. O'Neill, Molly	W15	Adamstown Ne	16:14.20
8. Walter, James	M12	Sydney Pacif	16:36.97
9. Henry, Amy	W15	St. George D	16:56.10
10. Hardy, Renee	W12	Asics Wests	17:14.19
11. McGinniskin, Jack	M13	Edgeworth an	18:04.44
12. Thomson, Jada	W11	Nepean Distr	19:31.07
White, Baden	M71	Nsw Masters	DQ
Hyde, Brendon	M70	Sydney Unive	DQ

1500m U14

1. Dagher, Sophia	W12	Westfields A	8:05.73
2. Thomson, Olivia	W11	Randwick Bot	8:15.10
3. Johnston, Lily	W13	Sydney Unive	8:45.30
4. Brown, Ainslie	W13	U.T.S. North	9:12.64
5. Mavin, Courtney	W11	Sydney Unive	9:27.04
6. Dagher, Reina	W11	Bankstown Sp	9:29.09
7. Walter, Samuel	M10	Sydney Pacif	9:51.69
8. Silver, Prudence	W12	Sydney Pacif	10:02.77

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 7 NOVEMBER

Alice Randall was fastest in Hobart with 15:36.28 for the 3000m walk.

3000m Walk

1. Alice Randall	OVA	15:36.28
2. Ron Foster	NS	18:27.84
3. Elizabeth Leitch	ES	18:27.97
4. Anna Blackwell	OVA	19:11.23
5. Kirsten Bott	OVA	22:34.17
6. Jaime Bott	OVA	23:17.77
7. David Moore	NS	23:57.46

QLA SENIOR CARNIVAL, SAF, BRISBANE, SUNDAY 1 NOVEMBER

Finally back to the previous weekend for the QLA Senior Carnival which saw Queensland Little Athletics Best Performances by Jamison Stovin (U15 3000m 14:39.6), Tenyka Chapman (U14 3000m 15:29.1) and Amelia Schofield (U13 1500m 6:57.92).

Girls U11 1100m Walk

1.	Sly C	Mudgeeraba	6:19.39
2.	Guse S	Wynnum Manly	6:57.39
3.	Porter S	Aspley	7:05.42
4.	Scott I	Tweed	7:30.76
5.	Vernyik S	Sunnybank	7:41.23
6.	Wilkins S	Ipswich	8:02.64
7.	Millard S	South Burnett	8:39.74
8.	Janke K	Ipswich	8:42.45
	Madden K	Toowoomba Sth	DQ

Girls U12 1500m Walk

1.	Sullivan B	Toowong Harriers	8:57.33
2.	Condon K	Ipswich	9:11.81
3.	McNamara M	Redlands	9:37.24
4.	Hargreaves J	Jimboomba	9:48.81
5.	Betzold K	Ipswich	10:01.55
6.	FeilerClark S	Springwood	10:36.58
7.	Ah Fook C	Mudgeeraba	10:37.48

Girls U13 1500m Walk

1.	Schofield A	Ashmore	6:57.92
2.	Betzold B	Ipswich	7:28.14
3.	Stonehouse K	Redlands	8:40.51
4.	Moulder-Shard E	Ipswich	8:56.12
5.	Jenner Z	Gold Coast	9:28.02
6.	Smith D	Gold Coast	9:49.35
7.	Willoughby E	Jimboomba	10:53.01
8.	Boston M	Mt Gravatt	11:04.97
9.	Ross M	Deception Bay	11:31.69
10.	Bow E	Caboolture	12:01.67

Girls U14 1500m Walk

1.	Hannigan C	Beaudesert & Dis	7:26.03
2.	Schofield I	Ashmore	9:36.18
3.	McRoberts J	Redcliffe	9:53.57
	Gibson Z	Sunnybank	DQ

Girls U15 1500m Walk

1.	Pearson J	Aspley	8:46.10
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Girls U16 1500m Walk

1.	Sims R	Aspley	9:21.06
2.	Watts S	Arana	10:02.11

Boys U11 1100m Walk

1.	VanVeen A	Beenleigh	7:39.55
2.	Paulson K	Algester	8:07.85
	Williams X	Ipswich	DQ
	Beckett K	Noosa	DQ
	Clare L	Wynnum Manly	DQ

Boys U12 1500m Walk

1.	Aspery A	Caboolture	9:52.04
2.	Moulder-Shard K	Ipswich	9:58.43
3.	Wirth C	Beenleigh	14:04.63

Boys U13 1500m Walk

1.	Madden R	Tweed	8:18.59
2.	Stovin J Gold	Coast	8:26.55
3.	White C	Strathpine	9:49.94

Boys U14 1500m Walk

1.	Jeffrey B	Souths	8:54.21
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Boys U15 1500m Walk

1.	Stovin J	Gold Coast	7:11.64
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Boys U14 3000m Walk

1.	Stewart R	Ipswich	19:01.90
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Boys U15 3000m Walk

1.	Stovin J	Gold Coast	14:39.60
2.	Mellor M	Rosewood	16:22.50
3.	Clarke E	Redlands	16:48.50
4.	Haig C	Caloundra	19:28.70

Girls U14 3000m Walk

1.	Chapman T	Mudgeeraba	15:29.10
	Bingham M	Toowoomba Cent	DNF

Girls U15 3000m Walk

1.	Pearson J	Aspley	18:31.80
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MIDLAND AREA WINTER LEAGUE SERIES, BIRCHFIELD, ENGLAND, SUNDAY 1 NOVEMBER

Thanks to Mark Wall for last week's results from Birchfield in England. Mark commented: The standout is again V45 walker Kate Donaldson, bronze 10km medal winner in Lyon. One more round to go at Coventry on the 22nd November.

5km Walk

1.	Mark Williams	Tamworth A.C.	26.06
2.	Kate Donaldson	Leicester W.C.	26.43
3.	Vicky Morgan	Wolv.& Bilston A.C.	28.14
4.	Jordan Price	Brecon A.C.	28.43
5.	Colin Turner	Nuneaton Harriers	29.06
6.	Colin Vesty	Leicester W.C.	29.15
7.	Ben Allen	Leicester W.C.	30.10
8.	Carolyn Derbyshire	Nuneaton Harriers	30.22
9.	Sarah Lightman	Leicester W.C.	31.03
10.	John Thompson	Harborough A.C.	31.46

11.	Hardeep Minhas	Leicester W.C.	32.06
12.	Hilary Mann	Sparkhill Harriers	32.36
13.	Julie Bellfield	Halesowen A.C.	32.38
14.	Daniel Mckerlich	Cardiff A.C.	33.25
15.	Tracey Mills	Birchfield Harriers	33.57
16.	Sarah Trundle	Unattached	34.35
17.	Linda Farrow	Harborough A.C.	34.49
18.	Stuart Edgar	D.A.S.H.	35.12
19.	Lynn Bellfield	Halesowen A.C.	35.16
20.	David Fall	Birchfield Harriers	36.43
21.	Terry Morris	Nuneaton Harriers	37.05
22.	Lesley Pymm	Bournville Harriers	37.19
23.	Jill Langford	Wolv.& Bilston A.C.	37.46
24.	Karen Davies	Birchfield Harriers	38.37
	Andrew Miller	Wolv.& Bilston A.C.	DQ

U11 1km Girls

1.	Emily Powell	Nuneaton Harriers	6.05
2.	Elizabeth Pap	Nuneaton Harriers	6.10

1. U11 1km Boys

2.	Joshua Greaves	D.A.S.H.	7.15
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U13 2km Girls

1.	Hannah Gadd	D.A.S.H.	14.08
2.	Katie Haynes	D.A.S.H.	14.50
3.	Molly Mckerlich	Cardiff A.C.	15.17

U13 2km Boys

1.	Faris Alkhamesi	Nuneaton Harriers	11.52
2.	Kyle Smith	Nuneaton Harriers	13.00
3.	Jamie Crooke	D.A.S.H.	13.12

U15 Girls 3km

1.	Kara Lane	Birchfield Harriers	16.33
2.	Molly Meleady-Hanley	Sheffield & Dearne	17.37
3.	Jessica Finney	Birchfield Harriers	17.57

U15 Boys 3km

1.	Hisham Alkhamesi	Nuneaton Harriers	20.16
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10km Walk

1.	Mark Williams	Tamworth A.C.	55.24
2.	Kate Donaldson	Leicester W.C.	57.13
3.	Dwayne Butterly	Leicester W.C.	57.36
4.	Peter Boszko	Birchfield Harriers	58.47
5.	Chris Berwick	Leicester W.C.	62.11
6.	Colin Vesty	Leicester W.C.	63.13
7.	Hardeep Minhas	Leicester W.C.	65.46
8.	David Fall	Birchfield Harriers	77.30
9.	Julian Barnett	Birchfield Harriers	82.49

UKRAINIAN NATIONAL RACE WALKING CUP, MUKACHEVO, UKRAINE, SATURDAY 31 OCTOBER

Thanks to omarchador for their report on the second edition of the annual Ukrainian National Race Walking Cup, was held on the last weekend of October in Mukachevo (see <http://omarchador.blogspot.pt/2015/11/taca-de-marcha-em-mukachevo-resultados.html>). 10,000m walk wins to Oleksandr Venglovskiy with 41.23,9 and Valentina Mironczuk with 46.33,5 in excellent conditions.

10,000m Men

1.	Oleksandr Venglovskiy	1985	41:23.9
2.	Dmitro Sobczuk	1995	42:37.2
3.	Kirilo Andrushchenko	1993	43:12.1
4.	Sergiy Susik	1993	43:34.2
5.	Artur Yaremenko	1992	44:11.4
6.	Raivo Saulgriezis Letónia	1994	45:01.5
7.	Michailo Shevczuk	1993	48:01.6

10,000m Women

1.	Valentina Mironczuk	1994	46:33.5
2.	Galina Yakovczuk	1992	46:47.4
3.	Viktoria Ferenc	1993	47:42.2
4.	Olena Mizerniuk	1995	47:48.4
5.	Rusalina Povoroziuk	1995	48:27.9
6.	Alina Cvilyi	1994	48:35.6
7.	Natalia Koncevic	1984	48:59.1
8.	Maria Filiuk	1995	50:01.6
9.	Tamara Stasiuk	1995	50:54.3
10.	Nadia Boiko	1992	52:44.2
11.	Oleksandra Olianovska	1994	53:14.2
12.	Georgina Kondur	1991	53:31.0
13.	Olga Gricak	1993	54:32.1

10KM RACEWALK, TORCY, FRANCE, SUNDAY 9 NOVEMBER

Last Sunday Emmanuel Tardi was in Torcy le Petit (a small town of only 507 inhabitants, 200km NW of Paris) for a local 10km race through the streets of the city and the surrounding countryside. He reports that the weather was very good and it felt like they were back in summer!

10km Walk

1.	BOUTRAIS Andy	0:49:34	SEM
2.	LEBLOND Cyrille	0:52:10	V1M
3.	JOUAN Christele (F)	0:53:22	V1F
4.	LAVOINE Gilles	0:53:24	V2M
5.	BECQUERELLE Maxime	0:55:13	SEM
6.	ROIX Bruno	0:56:41	V2M
7.	BOUCQUEY Gerard	0:56:51	V3M
8.	FROMENTIN Nathalie (F)	0:58:14	V1F
9.	LEFRANCOIS Eric	0:58:46	V2M
10.	BOUFFARD Philippe	0:59:01	V2M
11.	LECONTE Christian	0:59:11	V3M
12.	BEGIN Maxence	0:59:26	SEM
13.	PICAULT Laurent	1:00:05	V1M
14.	GROUT Remi	1:01:04	V2M
15.	BEGIN Jean Pierre	1:02:02	V3M
16.	WALMACQ Henri	1:02:31	V2M
17.	VASSARD Christian	1:02:37	V3M
18.	BENOIT David	1:03:26	V1M
19.	COMONT Sylvie (F)	1:03:48	V1F
20.	LEFEVRE Sylvie (F)	1:04:08	V2F

For the record, there were 108 finishers (wow!) and Emmanuel finished 30th in 1:09:41.



The start of the event



Cyrille Leblond, Andy Bourtais, Gilles Lavoine and Christele Jouan (photos from Emmanuel Tardi)

10,000M RACEWALK, LE RELECQ-KERHUON, FRANCE, SATURDAY 8 NOVEMBER

And one final race from France, a 10,000m track race this time.

10,000m Men

1.	Raouf BEN EL ABHI	TUN		44:04.22
2.	Mael BOULCH	FRA	90	45:44.38
3.	Nicolas POTIER	FRA	89	48:47.43
4.	Laurent LE GALLE	FRA	62	49:06.73
5.	Jean Michel PREVEL	FRA	84	50:50.58
6.	Alain DEQUIN	FRA	66	51:21.29
7.	Philippe ROBIDOU	FRA	59	53:45.03

10,000m Women

1.	Enora TREBAUL	FRA	94	51:12.83
2.	Roseline LE NAY	FRA	96	57:28.53
3.	Violaine BRAY	FRA	71	58:51.14

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo saw 4 press releases this week

- Fri 6 Nov - Daniel Bautista joins Raul Gonzales in key Mexican sports post - Mexico's greatest ever two racewalkers still working for the sport. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2260
- Thu 6 Nov - IAAF confirms pit lane rules and Women's 50km status change http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2259
- Tues 4 Nov - Article on Hydration in Athletes by Enrico Lano http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2258
- Mon 3 Nov - 20km Men world rankings for 2015 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2257

The omarchador blog was also active with 7 news releases

Mon 9 Nov – Jesus Garcia selected for seventh Olympic Games
<http://omarchador.blogspot.com.au/2015/11/jesus-angel-garcia-bragado-sempre.html>

- Sun 8 Nov - results of Ukrainian National Racewalking Cup in Mukachevo
<http://omarchador.blogspot.com.au/2015/11/taca-de-marcha-em-mukachevo-resultados.html>
- Sat 7 Nov - preview of Portuguese walking carnival on this day in Alvaiázere
<http://omarchador.blogspot.com.au/2015/11/hoje-ha-marcha-atletica-em-alvaiazere.html>
- Fri 6 Nov - Evgeniy Nushtaev the latest in a long line of Russian walks drugs failures
<http://omarchador.blogspot.com.au/2015/11/um-novo-caso-de-dopagem-na-marcha-russa.html>
- Thu 5 Nov - Further discussion of the injustice of the axing of the Portuguese 50km championship
<http://omarchador.blogspot.com.au/2015/11/quando-poucos-decidem-contramuitos.html>
- Wed 4 Nov - IAAF recognizes women's 50km World Record
<http://omarchador.blogspot.com.au/2015/11/iaaf-reconhece-recorde-do-mundo-na.html>
- Tue 3 Nov - Legends Llopart and Odriozola speak at conference in San Sebastian
<http://omarchador.blogspot.com.au/2015/11/llopart-e-odriozola-juntam-mais-de-um.html>

OUT AND ABOUT

- Two articles on 2013 50km World champion **Robert Heffernan**. The first talks of his preparations for Rio and his determination not to be distracted by the prospect of a retrospective London Olympic 50km bronze .
See <http://www.irishtimes.com/sport/other-sports/rob-heffernan-not-distracted-by-olympic-bronze-promise-1.2414521>
The second article confirms his pre-Olympic sponsorship by car company Nissan. See <http://sportforbusiness.com/nissan-strikes-olympic-deal-with-heffernan/>
- Race walkers **Jesus Angel Garcia** and **Miguel Angel Lopez** will represent Spain at both the Rio 2016 Olympic Games and the 2016 IAAF World Race Walking Team Championships. When 46-year-old Garcia takes to the startline in Rio, he will be making his seventh Olympic appearance, a record number for a man and tying the outright record set by sprinter Merlene Ottey. The Spanish Athletics Federation (RFEA) said that Garcia's early selection is due to "his magnificent sporting career and his high performance at the World Championships in Beijing". It comes off the back of his ninth-place finish in the 50km race walk in the Chinese capital in what was his 12th appearance at the championships. He took gold back in 1993, silver in 1997 and 2001, and bronze in 2009. Lopez's selection was also straight-forward as he won the 20km race walk at this year's World Championships, giving Spain their only medal in Beijing.
See <http://www.iaaf.org/news/news/garcia-lopez-spain-race-walk-rio-2016>

#BANCHEGIN

Yes folks. We have been saying #BANCHEGIN for some time now and it now looks as if the Russian walks coach will finally get his just desserts. Wow, what a week. Let's go through it bit by bit.

Wednesday – Former IAAF President Lamine Diack and other top IAAF people placed under criminal investigation

First to Wednesday when it was announced that former IAAF President **Lamine Diack** had been placed under criminal investigation on suspicion of taking more than \$1 million in bribes from Russia to cover up positive doping tests. French prosecutors said that Diack is being investigated on corruption and money-laundering charges. Diack and other IAAF officials are suspected of taking money in 2011 to allow at least six Russian athletes to continue competing, some of them at the 2012 London Olympics, when then they should have been banned for doping. Diack, who is Senegalese, was released on 500,000 euro (\$550,000) bail, ordered to turn in his passport and not leave France. The French prosecutors' office said three investigating magistrates are handling the Diack probe.

Habib Cisse, a legal adviser to Diack, was also placed under investigation by judges acting on evidence provided by the World Anti-Doping Agency. He faces corruption charges and is barred from leaving the country.

The French Prosecutors' Office in Paris also confirmed that **Dr Gabriel Dolle**, who was the director of the IAAF's anti-doping department until last year, has been placed under criminal investigation, suspected of taking about 200,000 euros (\$220,000) in bribes in an alleged cover-up of positive Russian doping tests.

As usual, the fullest report was in the NZ Herald: See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11540208&ref=rss.

Thursday – Russian Athletics announces 5 more athletes to be banned

Russian Athletics announced on Thursday that a further 5 athletes had been banned in the last few days - see <http://www.rusathletics.com/ant/news.15090.htm>. And of course there is a racewalker amongst them. The five are

- Marathon runner Maria Kononova who received a two-year ban and was stripped of results going back to 2009. She finished second at the Chicago Marathon in 2010 and third in 2013. The Russian federation said she was suspended based

on irregularities in her biological passport, which monitors an athlete's blood profile for evidence of doping. Konovalova's ban casts a further shadow over the Chicago Marathon, where the winners of five of the last seven women's races have been banned in doping cases. Russian Liliya Shobukhova won the 2009, 2010 and 2011 events before she was banned in a separate doping case. Konovalova had originally crossed the line third in 2010 but was promoted to second when Shobukhova was excluded. The 2013 and 2014 winner, Kenya's Rita Jeptoo, has also been suspended for doping.

- Hammer thrower Maria Beshpalova, who finished 11th at the 2012 London Olympics, was banned for four years after testing positive for a steroid
- **Racewalker Evgeny Nushtaev** (2009 World Youths and more recently a 50km walker) who was given a 6 months ban
- Runners Vlas Bredikhin and Yaroslav Khlopov who each received 4 year bans.

Friday - IAAF Ethics Commission confirms further people facing disciplinary action

On Friday, the IAAF Ethics Commission confirmed that **Papa Massata Diack**, the son of former IAAF president Lamine Diack, is among four people facing disciplinary action following an investigation in connection with helping a Russian marathon runner avoid a doping ban before the 2012 London Olympics. As well as Papa Massata Diack, who was a former consultant to the IAAF, charges are said to have been sent to **Gabriel Dolle**, the former director of the IAAF's anti-doping department, plus former president of the All-Russia Athletic Federation (ARAF) **Valentin Balakhnichev** and former chief ARAF coach for long distance walkers and runners **Alexei Melnikov** for various alleged breaches of the IAAF Code of Ethics. The IAAF Ethics Commission stated that an investigation is also ongoing in respect of an "additional person". (Editor - wouldn't it be nice if that additional person was Victor Chegin!).

Evidence from WADA that triggered the French probe suggests that a Turkish athlete, as well as athletes from Russia, was a victim of a blackmail attempt allegedly involving Diack's family. According to WADA's findings, at least one of Diack's sons approached Turkish runner Asli Cakir Alptekin a few months after she won gold in the 1,500 meters at the 2012 London Olympics and suggested she could pay to quash a doping positive based on her blood readings. "It was a sort of blackmail," Houlette said. "She refused." Alptekin was subsequently banned for eight years, for the second anti-doping rule violation of her career, and forfeited her gold in a settlement with the IAAF concluded in August this year. "This athlete's case figures in the report that the World Anti-Doping Agency gave us," Houlette told the AP. But Alptekin hasn't yet been interviewed by three French investigating magistrates now seeking to determine exactly how many athletes were approached, how much they paid and whether the elder Diack, in his role as IAAF president, simply turned a blind eye or was an active organizer. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11541432&ref=rss

Friday – IAAF under fire and cancels end of year Gala

New IAAF President Seb Coe does not get off lightly. Respected sports journalist David Walsh pushed out a couple of telling tweets in the immediate aftermath of the initial announcements about Diack

Latest at IAAF and recall Seb Coe's attack on Sunday Times for 'declaration of war' on Athletics. Coe has been part of problem not solution.

and

"There is nothing in our history of competence and integrity in drug testing that warrants this kind of attack," Sebastian Coe, August 2015.

These concerns are echoed in an article in the Independent newspaper. There are no punches being pulled here – see this extract:

The new IAAF President told us he would make things different and wipe away the scourge of drugs and suspicion for all time. Well, we're still waiting for a sign....

No mention on the IAAF website of its former president being investigated, needless to say. Just the image of a beaming Coe on his recent "first official visit" to Russia – the very country now suspected of bribing his predecessor. The image captures Coe, standing like royalty beneath an image of himself, in what the IAAF calls its "regional development centre" in Moscow.

It is accompanied by tedious guff about Coe meeting and greeting Russian athletics people, appreciating "the openness, passion for our sport, appetite for change... need to build trust and defend clean athletes at all times..." blah, blah, blah.

See <http://www.independent.co.uk/sport/general/athletics/iaaf-doping-row-lord-coe-must-act-over-lamine-diack-cover-up-claims-or-he-s-just-another-sepp-a6721726.html>

Coe's silence an initial knee-jerk dismissals of the findings are nicely summarised by Supersport: The headline: Coe's silence not golden amid doping crisis: <http://www.supersport.com/athletics/article.aspx?Id=3270084>

The IAAF are under fire on all fronts now. Consequently, it has decided to cancel this year's World Athletics Gala, which had been due to take place on November 28. "Given the cloud that hangs over our association this is clearly not the time for the global athletics family to be gathering in celebration of our sport," said Coe.

Monday – WADA release their Investigate Report #1

As should be obvious from the comments above, all the above charges stem from information provided by The World Anti-Doping Agency. WADA has spent this year investigating allegations by the Sunday Times newspaper and German ARD broadcaster of widespread doping by Russian and Kenyan athletes. This was extended in August to look into allegations that the

IAAF had failed to follow up suspicious tests by hundreds of athletes including world champions and Olympic medal winners. WADA appointed its former leader Dick Pound to head an independent commission of inquiry.

The WADA Investigative Commission released its findings in a Geneva Press Conference at 3PM yesterday. The report into claims of doping cover-ups, extortion and money-laundering in athletics shows "a whole different scale of corruption" even compared to Fifa, says co-author Richard McLaren. "This is going to be a real game-changer for sport." The whopping 323 page Report is explosive – and this is just Report #1 with a lot more to come. It is fully published at https://wada-main-prod.s3.amazonaws.com/resources/files/wada_independent_commission_report_1_en.pdf. Further, all 83 minutes of the official press conference is must-see viewing – <https://www.youtube.com/watch?v=306v-aDQ4w8>. I am listening to it as I write this up.

In a nutshell, here are the main findings

- The commission accuses the Russian State of complicity in State sponsored doping.
- The commission found a “deep-rooted culture of cheating” in Russian athletics, the extortion of athletes, involvement of athletes, doctors, coaches and other laboratory personnel, and corruption and bribery within the IAAF.
- RUSADA had given athletes advance notice of tests and its employees “routinely” took bribes from athletes to cover up doping.
- A key Russian drugs testing laboratory destroyed over 1400 tainted samples and Russian secret service was heavily involved in the subsequent cover-up.
- The Russian Athletics Federation (ARAF) should be suspended by the IAAF.
- Russia's Athletics Federation should be banned from international competition, a move that could see the powerhouse Russian team excluded from next year's Rio Olympics.
- **Victor Chegin amongst a big list of Russian administrators/coaches who should be banned immediately**

Here are a couple of sections – yes, racewalking features prominently. Here is what the report had to say about trying to get some samples in June 2015 at Saransk. So much for Russia now being squeaky clean!

Case 4: Saransk Training Camp 02 June 2015

Saransk, Russia is a training facility for athletes, predominantly race walkers under the instruction of Mr. Viktor Chegin. Reports received from those interviewed describe a very secretive environment, difficult to observe. On 02 June 2015, IDTM conducted an unannounced anti-doping mission to the training facility. The DCO conducting the visit made the following observations after arriving:

“The coach Nikitin Sergey arrived at 06h50. He asked for the list of the athletes to be tested. We had no other way to obtain the information who is training this morning, who is living here, we were obliged to provide the athlete’s names. He informed us that the athletes are not at the center. He said that they just came from the competition and all of the athletes are somewhere maybe at home, maybe sleeping, maybe in the university, or just walking somewhere, having a rest, but no one is at the center. We tried to contact the athletes by phone: only two athletes (Strelkov and Emelyanov) provided the phone number, but it was the same number as coach Chegin. It was not the athlete’s number, must be a coach phone number.”

This number is believed to be the number for Mr. Chegin. It is also the same number as recorded in ADAMS for Sergey Morozov and Vladimir Kanaykin.

The DCOs continued in their duties to attempt to locate the athletes on site. Subsequently, the DCOs reported they were delayed in testing and interviews as a result of contradictory statements regarding the athletes’ location and routines. DCOs reported that when the coach (Nikitin) did arrive, he provided the DCO with contact telephone numbers for athletes. However, none of the athletes answered the DCO telephone calls.

This response was considered by the IC to be highly suspicious. The fact that not one athlete answered their telephone during the session indicates that they had been given instructions not to cooperate.

Additionally, the coach (Nikitin) informed the DCOs that they should wait until the end of the day before attempting to find the athletes again, thus providing the athletes in excess of eight hours advance notice of a test and restricting the effective movements, test results and efforts of the Doping Control Team.

This clearly undermines the effectiveness of the zero-notice out-of-competition testing. The DCOs drafted a text message in Russian language and sent the text to all the athletes at 10:25 hours informing them that they were to move to the swimming pool area to undertake a test within the next 30 minutes. The DCOs then proceeded to wait for the athletes to come to the designated location.

When the athletes did finally arrive, the DCO noticed that one of them was in fact a doctor who would not provide his name to the DCO. The DCO described the doctor as a minder/observer who was responsible for collecting the DCFs for review before passing them over to the DCO. The DCO further commented that: “The athletes: Mineeva, Noskov, Medvedeva, Bogatyrev and Strelkov were asked by the coach Nikitin to write a report that they do not agree with the notification time of 10h25, they were asked to write that they did not receive any notification, any phone call, any text message. They wrote that the notification time was written

by the DCO and not by themselves, that they filled in all the information themselves and signed, but did not understand what is 10h25 because they do not know English. Other athletes made notes in the comments section: “did not receive the text message”, “did not have my phone with me whole day.”

The DCOs reported that the remaining athletes on the notification list declared not to have received the text message or gave varying responses as to when they received the message. The DCOs observed after the testing had been completed that the DCFs were taken for review by the coaches. The individuals reviewing the forms were alerted to the notification time. The DCOs reported the coach (Nikitin) returned and made attempts to intimidate the DCOs through ‘speaking roughly, shouting.’

The DCOs reported that the Russian coaches contested the notification times and insisted on the times being changed. This was followed by complaints from the athletes who began to request the notification times be changed. In one instance, the DCOs reported that an athlete was crying and appeared to the DCO to be ‘scared’. It was apparent to the DCO that some of the athletes were not acting of their own free will. This evident control over the athlete’s submissions provides further evidence of the systematic control of the anti-doping mission in Russia, specifically the Saransk Training Camp.

These allegations were given additional substance after the results were reported by the anti-doping mission to Saransk. From a total of 15 samples taken from ten different athletes, nine tested positive (from six different athletes). All positives were for EPO. It is believed the delays experienced by the DCOs were an attempt to avoid exposing the systemic doping regime undertaken by athletes under Mr. Chegin’s influence.

The coaches and supporting agents in these scenarios exhibit a constant and consistent resistance towards the DCOs and the obligations contained in the Code and related standards. They have demonstrated repeated obstruction of the application of the Code. Furthermore, it became apparent to the investigative team that coaches play a critical role in ‘protecting’ their athletes from the efforts of the DCOs, endorsing overall noncompliance. Coaches have a direct financial interest in the success of their athletes and are thus highly invested in their protection. The IC has learned that this protection is not “free,” but rather that the athletes pay their coaches a percentage of their earnings for such services. Further discussion of this practice can be found in Chapter 11.

IC investigators determined that this aspect of ‘protection’ appears to manifest itself in two principal forms. First, the athletes provide the coach’s contact numbers so that the coach is the first to know that a test is being undertaken, allowing the coach to act as a shield for notification. Second, when that approach fails, the coaches and staff physically position themselves as barriers by delaying and challenging the authority of the DCOs in order to give the athletes more notification time.

The protection also extends to the time following testing, when coaches or support staff interfere with the completion of the test documentation. As witnessed by the DCO during the Saransk mission, the coaching and support staff attempted to directly influence the completion and content of the DCFs. Such interference and influence may allow test results to be disputed, through inconsistencies, in an attempt to bring into question the reliability of the test, as seen by the following statement in Saransk: “The doctor said that I perfectly must understand that sometimes people do not do what they want, even him – he is a small person, he is obliged to obey and execute.”

These cases illustrate how athletes receive prior notice of testing, thus undermining the anti-doping procedures and the Code, specifically the no-notice aspect of out-of competition testing. The two “protection” methods used by the coaches make it impossible to examine in any real detail allegations of micro dosing because of the time delay caused by coaches and staff. This behaviour effectively provides these athletes with a degree of immunity from out-of-competition testing. It is these types of offences that have almost eliminated any confidence that the Russian athletes are subject to the same standards of testing as the international community.

IC Findings

1. Coach Nikitin lied about the presence of targeted athletes at the Saransk training camp, in an effort to prevent the athletes from being tested.
2. Athletes deliberately gave their coach’s number as their whereabouts contact, to avoid direct contact by DCOs and to provide additional time before giving a sample.
3. No athletes answered the DCO calls. The IC considers it likely that this conduct was based upon instructions from the coaching or support staff.
4. Deliberate efforts were made to stretch the time between notice and the provision of samples for analysis, to provide opportunity for obstructive actions in relation to the tests.
5. The doctor/observer refused to provide his name when requested to do so by the DCO.
6. Coaches have a financial interest in protecting their athletes from doping tests that might produce positive findings.
7. Coaches attempted to intimidate and threaten the DCO in the course of his duties as DCO.
8. Athletes were instructed to record information that was not true in their DCFs, such as times of notification.
9. The fact that 9 AAFs for EPO resulted from the tests on that Saransk training camp mission underscores the reasons for the resistance to the tests.
10. The dates of the reported events at the Saransk training camp make it clear that, contrary to some assertions, the practice of doping in athletics in Russia remains very much current, even following the ARD documentary.

Section 18.4.3 discusses Athletes the IC investigation has revealed as suspicious. This section talks extensively of 5 Chegin walkers who were cleared to compete in the London Olympics after producing suspect results in the leadup – **Sergey Kirdyapkin, Vladimir Kanaykin, Valeriy Borchin, Olga Kaniskina** and **Sergey Bakulin**. For instance, here is the extract for Kirdyapkin who won the 50km ahead of Australia's Jared Tallent.

Sergey Kirdyapkin

The IAAF file on Sergey Kirdyapkin included details of each of the 11 samples taken between 20 August 2009 and 10 August 2012 that constitute the athlete's ABP, including the longitudinal profile. It also included the individual opinion of each member of the ABP expert panel. Two of the members of the ABP expert panel finalized their reports on 27 October 2012 and 05 November 2012. The third report does not include the date on which it was finalized. The ABP expert panel concluded that the athlete's abnormal profile was likely the result of the use of a prohibited substance or method, specifically blood transfusions.

In this case, Dr. Dollé informed Mr. Balakhnichev of the investigation into Mr. Kirdyapkin's potential ADRV for his abnormal ABP on or about 01 October 2012, but did not indicate that an offer of the possibility to accept a two-year sanction in exchange for a prompt admission was made. However, the IC notes that the first page of this document is missing. Mr. Kirdyapkin accepted a voluntary provisional suspension on 15 October 2012. However, as of 19 May 2014, no decision had been rendered in the case by ARAF, despite the fact that the athlete was still subject to a provisional suspension.

In a letter dated 27 June 2014, Dr. Dollé informed Mr. Balakhnichev that the IAAF was considering referring the athlete's case to CAS due to ARAF's failure to initiate disciplinary proceedings against Mr. Kirdyapkin. The IAAF referred the case to CAS on 29 July 2014 for a first instance decision, but the proceedings were stayed after the IAAF learned that RUSADA would be handling Mr. Kirdyapkin's case. The IAAF eventually terminated the first instance proceedings in the CAS against Mr. Kirdyapkin after a final decision was rendered by RUSADA. The IC notes, however that a copy of the decision is not included in the file.

The IAAF appealed RUSADA's decision in this matter to CAS after the RUSADA Disciplinary Anti-Doping Commission decided not to disqualify Mr. Kirdyapkin's results from the 2011 World Athletics Championships and the London 2012 Olympic Games. A hearing and decision in this case remains pending.

This case is particularly suspect and the IC recommends WADA investigate further. Ten of the eleven samples that were considered abnormal as part of Mr. Kirdyapkin's ABP were taken prior to the London 2012 Olympic Games in which Mr. Kirdyapkin competed and seven samples were taken prior to November 2011. Mr. Kirdyapkin also won the World Race Walking Cup on 13 May 2012 (see discussion below related to sample ten that was taken 2 days prior to this event on 11 May 2012). The last sample was taken on 10 August 2012, during the London 2012 Olympic Games. However, Mr. Kirdyapkin was allowed to compete and won a gold medal in the 50 km walk event.

It is of critical importance to mention the opinion of the ABP expert panel with respect to the samples that were taken between November 2011, approximately the time that the ARAF was notified by the IAAF that Mr. Kirdyapkin had an abnormal ABP, and the London 2012 Olympic Games. For Mr. Kirdyapkin, samples eight to ten of his ABP (17 January 2012, 14 April 2012, 11 May 2012, respectively) were taken shortly before the London 2012 Olympic Games. Sample 11 was taken on 10 August 2012 during the Olympic Games, one day before the 50 km walk event won by Mr. Kirdyapkin.

The period between April to May 2012 was considered to be abnormal (samples nine and ten) as the athlete's haemoglobin concentration increased by almost 30 g/L in less than one month. Sample nine showed slightly elevated reticulocytes, which is suggestive of stimulated erythropoiesis (but low haemoglobin value), while sample ten showed a high and abnormal haemoglobin level (161 g/L). In addition, samples nine and ten were taken in the lead up to a major competition in Saransk.

It was also considered possible by one of the ABP expert panel members that the athlete withdrew his blood in January and/or April 2012 and then re-infused it in May 2012. This hypothesis was raised by two of the ABP expert panel members, one of whom proposed that the increase in haemoglobin values from early 2012 (126-132 to 16 g/L) was suggestive of the use of autologous blood collection and reinfusion in preparation for the Olympic Games. However, despite clear and problematic abnormalities in Mr. Kirdyapkin's ABP in the period leading up to the London 2012 Olympic Games, he was nevertheless allowed to compete. Although the ABP expert panel provided its opinion in October and November 2012, the results of the abnormal samples mentioned above would have been known to the IAAF prior to the Olympic Games.

IC Finding

1. For the reasons mentioned above, and given that the IAAF only sent the ARAF official notification of Sergey Kirdyapkin's abnormal ABP on 1 October 2012, which is nearly one year after the IAAF initially informed ARAF of his abnormal ABP (Kirdyapkin was an athlete included on the list of 18 November 2011), the IC considers that there was an excessive time delay.

And how does the IAAF stack up in all this. NOT WELL. Jared Tallent has pulled the following from the report with respect to the IAAF's performance over the past few years in responding to Russian drugs allegations. It does lend some serious credence to the allegations of money changing hands! How else can you explain such a culture of procrastination and delay?

5. [Chapter 18] For the reasons mentioned above, and given that the IAAF only sent the ARAF official notification of Sergey Kirdyapkin's abnormal ABP on October 1, 2012, which is nearly one year after the IAAF initially informed ARAF of his abnormal ABP (Kirdyapkin was an athlete included on the list of November 18, 2011), the IC considers that there was an excessive time delay.
6. [Chapter 18] [Regarding Vladimir Kanaykin] The IC finds that the IAAF ought to have expedited the results management report to ARAF because of the pending London 2012 Games.
7. [Chapter 18] [Regarding Vladimir Kanaykin] The IC finds that following initial contact there was an excessive delay of 18 months before the IAAF followed up with ARAF.
8. [Chapter 18] [Regarding Valeriy Borchin] The IC finds that following initial contact there was an excessive delay of 21 months before the IAAF followed up with ARAF regarding the potential ADRV.
9. [Chapter 18] [Regarding Olga Kaniskina] The IC finds that the IAAF ought to have expedited the results management report to ARAF because of the pending London 2012 Games in which the athlete competed.
10. [Chapter 18] [Regarding Sergey Bakulin] The IC finds that the IAAF ought to have expedited the matter to an ABP expert panel prior to the pending 2012 London Games.
12. [Chapter 18] There was considerable delay by the IAAF Anti-Doping department, varying between 18 months and 25 months, in informing the athlete and the ARAF of the investigation into an athlete's potential ADRV based on the ABP. This resulted in athletes being able to compete in the London 2012 Olympics and other world athletics events. Furthermore, the notification letters were not always consistent in offering a two-year sanction in exchange for a prompt admission.
13. [Chapter 18] If an athlete chose a provisional suspension, if it was offered, then the IAAF took anywhere from 18 months (Bakulin) to 25 months (Kirdyapkin) to follow up to determine if ARAF had investigated or initiated disciplinary proceedings.
14. [Chapter 18] After initial notification by the IAAF of a possible ADRV the ARAF took up to more than 2 years to take action the notifications it received.
15. [Chapter 18] IAAF was inexplicably lax in following up suspicious blood (and other) profiles.
16. [Chapter 18] ARAF was inexplicably lax in following up notifications from IAAF, equally the IAAF failed to act expeditiously in following up on results management.
17. [Chapter 18] The delays by both the IAAF and ARAF led to athletes competing in the London 2012 Olympics who should have been prevented from competing (and who were/are later sanctioned).
18. [Chapter 18] There are inconsistencies in the proposed sanctions by IAAF and the eventual sanctions.
19. [Chapter 18] There are unexplained delays in getting the CAS appeals argued and decided.

The IAAF must now think seriously about whether it can continue to support Russia in hosting the 2016 IAAF World Race Walking Team Championships in Cheboksary and the 2016 IAAF World Junior T&F Championships in Kazan. How can these go ahead in Russia when Russia faces exclusion from the wider world T&F community. We need serious leadership now from the IAAF. Australian Athletics CEO Phil Jones put out a press release this morning clarifying the A.A. position on all this (see <http://www.athletics.com.au/News/statement-wada-jones>). Amongst the release are these comments:

Athletics Australia also applauds the Report for recommending further investigation by WADA into the doping case of, amongst others, Sergey Kirdyapkin. It has always seemed extraordinary to us that as a result of doping infractions Mr. Kirdyapkin was banned from competition before and after the 2012 Olympic Games, but eligible to race in London. It is our opinion that Jared Tallent is the rightful gold medallist in the men's 50km walk. We expect action to ensure that this matter is resolved by the Court of Arbitration for Sport as soon as possible.

Athletics Australia remains very disappointed in the choice of venue for the 2016 IAAF World Race Walking Teams Championships and following the release of this Report calls into question the location of 2016 IAAF World Junior Championships. Understanding the allegations made prior to the release and within this Report, we encourage the IAAF Council to consider if the Russian Athletics Federation are appropriate hosts. Athletics Australia advise that we will support any athlete who wishes to boycott the events unless the venue is changed.

Two final links:

- Great summary of the IC report: <http://www.nytimes.com/2015/11/10/sports/russian-athletes-part-of-state-sponsored-doping-program-report-finds.html?partner=rssnyt&emc=rss&r=0>
- Medallists who tainted the 2012 Olympic Games: <http://www.telegraph.co.uk/sport/othersports/athletics/11985223/Wada-report-Medallists-who-tainted-London-2012-Games.html>

Somehow I think I'll be writing more about this next week!

PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

Nearly finished but postponing for a week until I have more time to put the finishing touches to my final profile.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2015/2016 Australian/Victorian Key Dates

Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Apr 16-19, 2016	Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Sun Nov 29, 2015	Hong Kong 20km Championship, HK, See http://www.hkaaa.com/page.php?pid=1840&mid=147&type=gameevent
Dec 12-13, 2015	MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

2016 International Key Dates

May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en

2016 IAAF Challenge Series (so far)

Sat March 12, 2016	Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	World Cup, Cheboksary, Russia
Sat May 28, 2016	La Coruna, Spain
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

2016 EAA Permit meets

Apr 9, 2016	Podebrady Walking 2016, Podebrady, CZE
June 10, 2016	42 nd International Race Walking Festival, LTU
June 18, 2016	19 th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016	Voronovo Cup, Voronovo, RUS

Looking Further Forward

Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA

July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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