



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S TOP TEN WOMEN FOR 2015

This week I focus on our women and select my Top Ten Australians for the year. As with my selections for the men in last week's newsletter, it is very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As usual, it was a very tough task.



1. Regan Lamble

24 year old Regan Lamble burst back on the walking scene after 2 years away from the sport and over 3 years since her wonderful London Olympic walk (1:30:03). Her first outing in late August saw her win the Australian winter roadwalk championship in Melbourne (1:32:51). She then upped the ante with 1:32:36 in Takahata, Japan, in October and improved even more at Fawkner Park in December with 1:30:45. She looks set for a big 2016 and her second Olympic encounter.



2. Stephanie Stigwood

25 year old Stephanie Stigwood has raced 7 times this year and 6 of those outings saw her competing over the 20km distance and reducing her PB by some 6 minutes overall. Her first 20km race was in Adelaide in the Australian Summer Championship where she finished 5th in a PB 1:37:19. Further improvement followed in April with 1:36:24 (Germany) and 1:35:52 (South Korea). These performances earned her a berth in the Australian team for the World University Games where she finished 14th in 1:42:05 in hot conditions. But her finest walk was her last, as she finished 2nd at Fawkner Park in mid December in a huge PB of 1:32:33, catapulting her into Olympic contention.



3. Rachel Tallent

22 year old Rachel Tallent had a very similar year to Steph Stigwood – 6 races, of which 5 were over the classic 20km distance. Her first 20km race was the Australian Summer 20km championship in Adelaide in February (3rd with 1:35:03). A good race in Taicang, China, in early May (3rd with 1:35:45) and an excellent walk in the World University Games in South Korea in July (7th in 1:37:40) indicated a good buildup for the World Champs. Come August in Beijing and she did not disappoint, finishing 34th in 1:36:27 in hot conditions. She finished her year at Fawkner Park in December, coming 4th in a PB 1:34:16. Building very nicely towards the Olympic trials next February.



4. Beki Smith

29 year old Beki Smith started her year with 2nd in the Australian Summer 20km champs in Adelaide (1:34:35). She was looking to build on that in Taicang, China, in early May but suffered a DQ. She bounced back in the LBG Carnival in June, winning the 10 Mile championship with a PB 1:15:12. She warmed up for the World Champs with wins in the NSW 15km (1:07:05) and 20km (1:30:24) championships and looked all set for a big walk in Beijing. Alas, another DQ put paid to what had been an excellent preparation. She finished her racing year with low key 49:35 for 3rd in the Hong Kong 10km in September. She is one of a number of talented girls all challenging for the 3 Olympic 20km spots on offer next year.



E5. Jemima Montag

17 year old Jemima Montag has had a wonderful year during which she battled with Clara Smith for the mantle as our top junior woman. Some excellent 5000m walks early in the year (23:38, 23:31 and 23:06) followed by 2nd place to Clara in the Australian T&F U18 5000m in March (24:21) ensured selection for the World Youth Champs. She won the LBG U18 5km championship in June (22:52) and improved to a world-leading 22:04 in winning a pre-departure 5000m track walk in Brisbane a week later. This was followed by a good walk in the World Youth Champs in Cali, Colombia (11th in 23:46). She finished off her racing year with wins in the Victorian Schools U18 5000m (23:17) and the Australian Schools U18 5000m (23:13).



E5. Clara Smith

17 year old Clara Smith has raced sparsely this year (7 races) but the races have all been high quality. She won the U18 5000m walk at the Australian T&F Champs in Sydney in March (23:08), thus confirming selection for the World Youth Champs. Her race in Cali, Colombia, saw her finish an excellent 7th with 23:22, thus confirming her high place on the world stage. She finished her season with a very fast 6:22 in the Athletics Queensland 15000m classic in November (6:22).



7. Kelly Ruddick

42 year old Kelly Ruddick competed 17 times this year, a lot more than the other Open walkers who are featured in this review. She continues to amaze, rarely putting in a bad race. Her first major race for the year was in the Summer 20km championships in Adelaide in February (4th in 1:36:17). Like Rachel Tallent, she competed in Taicang in May, coming 9th in 1:39:09. She then followed up with wins in the Victorian 20km championship in June (1:36:45) and the Victorian 15km championship in July (1:10:12). Alas, disaster struck as she was forced to withdraw from the women's 20km walk at the World Championships with a severe inner ear infection that almost completely incapacitated her. While the other girls were racing in Beijing, she was on a flight back to Australia. In late November, she travelled to NZ, winning their national 20km championship in atrocious conditions (1:38:32). Still competitive at 42 years of age but a walker for whom 2015 was probably a disappointing year by her own high standards.



8. Zoe Hunt

18 year old Zoe Hunt had an amazing 39 races this year, making her one of our prolific racers. Third in the Australian T&F U20 10,000m in March in Sydney (a 4 min PB with 51:24), she improved further in May when she won 2 golds in the Oceania Championships in Cairns in hot conditions (5000m in 25:28 and 10km in 50:21). She equalled her 10km PB when taking 3rd place in the U20 10km roadwalk at the Australian roadwalk champs in Melbourne in August (50:21) and then improved even further with 2 very impressive final races – 49:45 for a track 10,000m walk in Canberra in late November and 47:41 for a road 10km at Fawkner Park in December. Zoe has pushed herself into contention for World Cup / World Juniors selection next year.



E9. Heather Carr

66 year old Heather Carr not only dominates her W65 age group on the world stage, she is also one of our most hard working and consistent walkers on the Australian scene. During 2015, she competed in an amazing 35 races, all of an amazingly high standard. Along the way, she won all the Victorian / Australian masters track and road championships and won all 3 gold medals on offer at the World Masters Championships in Lyon in August (5000m in 29:28, 10km in 1:00:02 and 20km in 2:06:09). She then won all 3 golds on offer in the Oceania Masters Championships in Raratonga in October (3000m in 17:04, 5000m in 28:57 and 10km in 1:03:40). She also medalled in the Victorian Open 10km and 15km championships and came a creditable 8th in the LBG 10 Mile championship in June (1:37:48). Heather is always in my top-10 list and that seems unlikely to change any time soon.



E9. Lyn Ventris

59 year old Lyn Ventris had battled injury since mid 2012 and did not return to racing until April 2015 (nearly 3 years out of competition!) with some tentative races in the Australian Masters Championships in Sydney. But she had a plan and that plan was to be ready for the World Masters Championships in Lyon, France, in August of this year. And the plan came to fruition as she won all 3 W55 gold medals on offer (5000m track, 26:18, 10km road 53:27 and 20km road 1:53:56). What a fantastic comeback by this hugely talented Masters walker.



E9. Tayla-Paige Billington

18 year old Tayla-Paige Billington has been pretty much unbeaten in her U20 age group this year. She won the U20 10,000m walk at the Australian T&F Champs in Sydney in March (50:11), won the U20 10km at the LBG Carnival in June (49:36) and won the U20 10km at the Australian winter roadwalk championships in Melbourne in August (49:32). She travelled to NZ in November, chasing a big 10km time, but dreadful conditions thwarted her and, although she won the NZ U20 title, her time of 52:35 was a disappointment for her. But it was the only bad race in an otherwise excellent year and she is definitely in contention for World Cup / World Juniors selection next year.



E9. Tanya Holliday

27 year old Tanya Holliday started off her year in fine style, winning the Summer 20km championship in Adelaide (1:34:05) and the Summer T&F 10,000m track championship in Brisbane (44:56). Disaster then struck as she was diagnosed with glandular fever, thus putting paid to the rest of the year. She did not race again until late November when she walked 44:40 for a track 10,000m race in Canberra. She then fronted at Fawkner Park in December, coming 5th in 1:34:56. The signs are promising for 2016 and she seems to be recovering from her enforced layoff. The scene is now set for a great Summer 20km Championship in Adelaide in February.

SOUP & ROLL LEAGUE XMAS EVENT, KIRKBY FLEETHAM, NORTH YORKS, SUNDAY 20 DECEMBER 2015

Thanks to Trevor McDermot for the results of the latest Northern Winter League Race in North Yorkshire. The race report reads:

A good showing by Lancashire WC at last Sunday's combined Soup & Roll / Northern Winter League race, with their Masters too strong for Redcar and Yorkshire clubs in the overall team race.

The rolling country lanes around Kirkby Fleetham had large areas of mud and puddles to negotiate on the race circuit following recent storms. We were delighted to see Jo Atkinson powering through halfway in 23:34 after a heavy training week and winter niggles to come home a clear winner. This is a big year for our experienced International and all are supportive of her Rio ambitions. Natalie Myers showed great commitment and also walked completely on her own to a welcome PB. Bill McFadden travelled all the way from Scotland with Andrew Fraser and had his usual strong race. All 23 walkers performed creditably on a blustery day with welcome blue sky. Races were held from 1km to 10km.

Competitor feedback for this Xmas event was very positive. It was great to host the Jackson and Myers clans besides our usual regulars for the Soup & Roll lunch, followed by wrapped gifts presented by Jo, including an official's spot prize won by Chief Judge Cath McGrath who had travelled from Wales.

Many thanks to everyone involved for their participation. We wish all a very Happy Christmas and prosperous 2016.

See <http://www.northernracewalking.com/products/soup-roll-league-14-culgaith-15th-november-2015/>.

Video at <https://www.youtube.com/watch?v=qEFRoF88Nbo>.

Photos at <http://www.northernracewalking.com/photogallery/#dscn7232-jpg>.

10km Walk

1.	Jo Atkinson	Middlesbrough & C	SEN	F	47:40
2.	Natalie Myers	Sheffield & Dearne	SEN	F	57:53
3.	Bill McFadden	Scotia RWC	V50	M	58:53
4.	Dave Evans	Lancashire WC	V65	M	60:19
5.	Russ Jackson	Yorkshire RWC	V70	M	63:04
6.	Dennis Jackson	York CIU	V70	M	63:04
7.	Dave Crompton	Lancashire WC	V50	M	63:20
8.	Trevor Taylor	Redcar RWC	V65	M	65:53
9.	Mark Byrne	Redcar RWC	V60	M	67:36
10.	Phil McCullagh	Lancashire WC	V55	M	68:16
11.	Richard Cole	York CIU	V60	M	70:03
12.	Dave Jones	Redcar RWC	V65	M	75:23
13.	Andrew Fraser	Scotia RWC	V45	M	77:12

5km Walk

1.	Pat Evans	Lancashire WC	V60	F	34:12
2.	Alan Brooks	Yorkshire RWC	V65	M	35:30
3.	Brandon Connor	Yorkshire RWC	U20	M	39:13
4.	Joan Taylor	Redcar RWC	V60	F	46:27

2km Walk

1.	Dillon Connor	NOVICE	U15	M	16:43
	Michelle Atkinson	NOVICE	U15	F	DNF
	Kasey Barnes	NOVICE	U11	F	DQ
	Paul Atkinson	NOVICE	U13	M	DQ

1km Walk

1.	Asa Barnes	NOVICE	U5	M	10:36
2.	Marie Connor	NOVICE	SEN	F	10:36

USA INDOOR 5,000M RACE WALK CHAMPS, HENRIETTA, NY, SUNDAY 27 DECEMBER

The USA Indoor 5000m track walk championships were held at the Gordon Field House track, Rochester Institute of Technology, in Henrietta, NY. Walkers also had the chance to continue on to the 10,000m mark so both 5000m and 10,000m results are listed.

Dave Talcott listed the following highlights for the men

- Canadian Mathieu Bilodeau bested the field with a personal best of 20:31.65.
- Michael Mannozi repeated as National Champion in 23:04 and continued on to 10,000m in 46:18
- Canadian Master Jianping Xu (50) set the Canadian indoor 5,000 50-54 record in 24:50 with countryman Yvan Bechard (53) also breaking the existing mark with a 24:59. Yvan would continue to walk 10,000 in 50:34.
- Dave Talcott would set an American 55-59 record of 25:05.
- Junior A.J. Gruttadauro would win his second USA Junior Championship in 25:14 and go on to 10,000m in a PB 52:09.
- Leon Jasionowski (71) would take 30 seconds or so off his 70-74 American Record with a 30:10 clocking.
- Shore AC wins the Team Title with Pegasus AC in second.

And the following highlights for the women

- Miranda Melville set the US Indoor 5,000m record (I don't see where one had been ratified before). Miranda hit 3,000 in 13:25 for her indoor nats qual time.
- Erin Taylor-Talcott set an American 35-39 record at 5,000 and 10,000 as well as getting an indoor nats qual time of 14:33.
- Meaghan Podlaski won the first ever USATF Indoor Junior Championship at 5,000m walking 25:34 and continued on to complete 10,000m in 51:11.
- Kayla Allen and Michaela Austin both got outdoor Junior national qualifying times.
- 16 year old Katya Sandoval traveled from El Salvador to walk a very nice 28:19.
- In her first race ever over 1,500meters Genna Baldassarre of Grand Island walked a 36:13! Her best 1,500 of the season so far has been 9:30.
- In the masters race Rebecca Benjamin broke the existing 50-54 American record with a 31:13 clocking.

Men 5000m Indoor Race Walk

1.	Bilodeau, Mathieu	32	Aa/Skechers,Calgary	20:31.65
2.	Mannozi, Michael	29	Shore Athlet,Youngs	23:04.19
3.	Xu, Jianping	50	Hamilton Ham,Dundas	24:50.59
4.	Béchar, Yvan Y	53	Canada,Sainte-Cathe	24:59.84
5.	Talcott, Dave	55	Shore Athlet,Owego,	25:05.19
6.	Gruttadauro, Anthony J	18	Shore Athlet,Brockp	25:14.01
7.	O'Brien, Dan	50	Pegasus A.C.,Port H	26:25.10
8.	Jasionowski, Leon J	71	Pegasus A.C.,East C	30:10.83
9.	Reed, Bill	63	Pegasus A.C.,Kalama	31:11.12

Men 10000m Indoor Race Walk

1.	Mannozi, Michael	29	Shore Athlet,Youngs	46:18.18
2.	Béchar, Yvan Y	53	Canada,Sainte-Cathe	50:34.48
3.	Gruttadauro, Anthony J	18	Shore Athlet,Brockp	52:09.88

Women 5000m Indoor Race Walk

1.	Melville, Miranda R	26	New York Ath,Rush,	22:39.53
2.	Taylor-Talcott, Erin	37	Shore Athlet,Owego,	24:32.84
3.	Podlaski, Meaghan H	18	Fleet Feet A,Niskay	25:34.61
4.	Allen, Kayla R	16	Auburn Parks,Lewist	26:34.57
5.	Austin, Michaela C	18	Shore Athlet,Bergen	28:04.14
6.	Sandoval, Katya Vanessa	16	S.J. Guayaba,El Sal	28:19.22
7.	Smith, Katie L	28	Pegasus A.C.,Ada, M	28:39.82
8.	Court-Menendez, Nicole B	21	Dakota Wesleyan,Lew	28:44.92
9.	Benjamin, Rebecca	50	Pegasus A.C.,Swartz	31:13.23
10.	Baldassarre, Genna	16	UNA	36:13.27
	Clark, Wendy A	62	San Diego-Im,San Di	DQ
	Conway, Chelsea L	26	Shore Athlet,Roches	DQ

Women 10000m Indoor Race Walk

1.	Taylor-Talcott, Erin	37	Shore Athlet,Owego,	50:14.35
2.	Podlaski, Meaghan H	18	Fleet Feet A,Niskay	51:11.09
3.	Smith, Katie L	28	Pegasus A.C.,Ada, M	58:54.46

UKRAINIAN CUP 5000M INDOOR WALKS, SUMY, UKRAINE, SATURDAY 19 DECEMBER

Inna Kashyna of Sumy, with 21.46,21, and Igor Hlavan of Kiev, with 19.25,67, won the 5000m indoor track walks in the final leg of the Ukrainian Cup, which took place on December 19 in the indoor track in Sumy an event. Overall, the entire meet saw a record 175 walkers participating. Overall, Sumy district won the teams competition ahead of Zhytomir and Kiev.

5000m Men

1.	Igor Hlavan	1990	19.25.67
2.	Oleksandr Venglovskiy	1985	20.09.75
3.	Sergiy Svitlicniy	1994	20.10.22
4.	Kirilo Andrushchenko	1993	20.18.06
5.	Oleksiy Shelest	1973	20.25.68
6.	Konstantin Puzanov	1991	21.05.55
7.	Volodimir Goncovskiy	1991	21.17.22
8.	Anton Radko	1995	21.23.32
9.	Raivo Saulgriezis	1994	22.27.56
10.	Oleksandr Andrusik	1995	22.43.11
11.	Michailo Shevcuk	1993	23.04.66
12.	Nazariy Stepaniuk	1994	23.10.97
	Igor Puzanov	1993	DNF

5000m Women

1.	Inna Kashyna	1991	21.46.21
2.	Galina Yakovcuk	1992	22.53.90
3.	Olena Shevcuk	1986	23.13.28
4.	Ksenia Radko	1994	23.25.63
5.	Viktoria Ferenc	1993	23.38.75
6.	Tamara Stasiuk	1995	23.45.82
7.	Natalia Koncevic	1984	23.49.50
8.	Ganna Suslik	1996	24.00.95
9.	Nadia Boiko	1992	24.52.72
10.	Anna Babincuk	1996	25.04.78
11.	Oksana Kulagina	1997	25.08.20
12.	Yulia Balin	1997	25.21.58
13.	Irina Koval	1996	25.32.07
14.	Olga Garnik	1996	26.09.32
15.	Georgina Kondur	1991	28.06.48
16.	Anna Nekrashevic	1997	28.44.71
	Ivanna Daniliuk	1996	DNF

CORRIDA DE CHÂTEAU GONTIER, CHÂTEAU GONTIER, FRANCE, SUNDAY 27 DECEMBER

Emmanuel Tardi was in Château Gontier, around 300km west of Paris, for the 30th edition of the Corrida de Château Gontier last Sunday. It was the first time they had included a racewalk, with Gerard Lelièvre, the 1979 20km World Champion, the organizer. 31 walkers were on deck for the 2:30PM start time, including 4 time Olympian (1984-1996) Martial Fesselier, the temperature a pleasant 15C. The race was held over a 5 lap course in the centre of the city, with a huge crowd in attendance. Fabian Fesselier, the French U23 Indoor 5000m champion, and Gabriel Bordier, the French Junior 10km champion, walked together early, passing 1km in 4:10 and 2km in 8:25. From there on, Bordier powered away to win easily with 20:51. In the women's event, Caroline Osmont and Christelle Barre battled it out, with Osmont winning the final spint 26:05 to 26:09.

5km Road Walk

1.	Gabriel Bordier	Us st berthevin	JUM	97	20'51
2.	Fabian Fesselier	Caen athletic club	ESM	94	21'22
3.	Sebastien Delaunay	Ca du pays saumurois	VEM	74	21'59
4.	Nicolas Potier	Athle pays de fougeres	SEM	89	22'42
5.	Stephane Poirout	Entente des mauges	SEM	76	22'59
6.	Nicolas Pichon	Es Segré Haut Anjou	VEM	70	23'21
7.	Nicolas Seche	Stade lavallois	SEM	80	23'26
8.	Alfredo Galicia	Entente angevine athletic	V2M	66	25'16
9.	Benjamin Segeat	Athle pays de fougeres	JUM	97	25'30
10.	Loïc Le Magueresse	Athlé 44	V2M	57	25'47
11.	Caroline Osmont	AS Tourlaville	ESF	96	26'05
12.	Christelle Barre	Racing club nantais	VEF	72	26'09
13.	Camille Aurriere	Us st berthevin	JUF	98	26'37
14.	Corentin Chauveau	Upac Château Gontier	SEM	93	27'07
15.	Manon Lefresne	Athle pays de fougeres	CAF	00	27'11

16. Martial Fesselier	Caen athletic club	V2M	61	27'13
17. Nelly Drean	Asc St Barthelemy	SEF	91	27'26
18. Ghislaine Pieux	Ua Sens	VEF	71	27'30
19. Madison Loriou	Us st berthevin	ESF	94	27'45
20. Patrick Le Gargasson	Uaca St Brieuc	V2M	64	28'20
21. Yves Michel Kerlau	Cm Roubaix	V2M	61	28'38
22. Laura Goubert	As Cherbourg	ESF	94	29'01
23. Margaux Houdmon	Racing club nantais	CAF	00	29'09
24. Bertille Peslerbe	Ea Pays de Broceliande	JUF	98	29'17
25. Christian Bruneau	Stade lavallois	V3M	56	29'20
26. Delphine Godefroy	Entente des mauges	SEF	87	29'25
27. Chrystele Vaugon	Rs St Cyr sur Loire	VEF	71	29'25
28. Anita Thomas	Entente des mauges	VEF	75	29'34
29. Bernard Marquier de Villemagne	AS Tourlaville	V3M	56	30'45
30. Eric Abovici	A3 Alencon	VEM	73	32'22
31. Emmanuel Tardi	LP Longjumeau	VEM	67	33'56



Fabian Fesselier, Gabriel Bordier, Caroline Osmont, Camille Aurriere and Manon Lefresne (photos from Emmanuel Tardi)



Race organizer – the famous Gerard Lelièvre

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 4 press releases this week

- Sun 27 Dec - Hlavan and Kashina win 5000m indoor in Sumy, Ukraine
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2300
- Fri 27 Dec - Italian sprints coach Carlo Vittori dies
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2299
- Wed 25 Dec - Paul Warburton's IAAF end of year race walk reviews
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2298
- Tue 24 Dec - Brigita Virbalyte: Lithuanian athlete of the year 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2297

The omarchador blog was also active with 7 news releases

- Mon 28 Dec - Ana Cabechinha named Portuguese walker of the year
<http://omarchador.blogspot.com.au/2015/12/ana-cabecinha-figura-nacional-de-2015.html>
- Sun 27 Dec - Sandra Silva and Antonia Pereira win 3000m walks in Aveiro, Portugal
<http://omarchador.blogspot.com.au/2015/12/marcha-no-torneio-aos-seus-lugares-em.html>
- Sun 27 Dec - Amaro Teixeira and Agnes Reis win 3000m walks in Viseu, Portugal
<http://omarchador.blogspot.com.au/2015/12/fontelo-voltou-receber-provas-de-marcha.html>
- Sat 26 Dec - First Grande Prémio de Marcha Atlética to be held in Oliveira do Douro on January 3
<http://omarchador.blogspot.com.au/2015/12/ex-olimpico-impulsiona-marcha-atletica.html>
- Tue 24 Dec - Kashyna and Hlavan win final stage of the Ukrainian Cup in Sumy
<http://omarchador.blogspot.com.au/2015/12/kashyna-e-hlavan-vencem-derradeira.html>
- Wed 23 Dec - Results of Malaysia 12 Hour Walk, 12-13 December
<http://omarchador.blogspot.com.au/2015/12/12-horas-de-marcha-da-malasia-com-forte.html>
- Tue 22 Dec - Ana Cabechinha wins 5000m track race with 21.53,13
<http://omarchador.blogspot.com.au/2015/12/torneio-de-pista-no-algarve-com-provas.html>

IAAF CONFIRMS FINAL BIDDING CITIES FOR 2016 CHAMPS

Athletics Australia and the Government of Western Australia have withdrawn their expression of interest to host the 2016 IAAF World Junior Championships (see <http://athletics.com.au/News/perth-2016>). Their press release read:

"After much deliberation and consultation with our partners at Tourism Western Australia, we regrettably agreed to withdraw our candidacy to bid for hosting rights for the IAAF World Junior Championships. This decision has not been taken lightly, but reflects the challenges faced with regards to the heavily condensed timeframe and the significant new, support infrastructure required to augment the Western Australia Athletics Stadium within a matter of months."

It looks like India has also withdrawn its bid because the the IAAF has now confirmed the final list of cities who have submitted official bids for the 2016 IAAF World Race Walking Team Championships and 2016 IAAF World U20 Championships - see <http://www.iaaf.org/news/press-release/reallocation-2016-events-final-bids>. The interested federations are:

2016 IAAF World Race Walking Team Championships	Ecuador (Guayaquil) Italy (Rome) Mexico (Monterrey) Ukraine (Kiev)
2016 IAAF World U20 Championships	Poland (Bydgoszcz)

The IAAF will review all applications from now until 6 January. An electronic vote among the IAAF Council will take place on 7 January to decide the two host venues, after which the successful candidate cities will be announced.

OUT AND ABOUT

- Runners Tribe interviews **Chris Erickson**. See <http://runnerstribewebsite.com/rt-interview-with-chris-erickson-olympics-three-ways/>
- The British selection policy for the 2016 IAAF World Race Walking Team Championships is now online and completes the full set of criteria for all major champs. See <http://www.britishathletics.org.uk/world-class/2016-selection-policies/> . They read as follows:

TBC	World Race Walking Teams Champs	1:25:00 / 1:35:00 / 4:06:00 / 44:00 / 49:30
July 14-17	European Youth Champs	46:50 / 24:30
TBC	World Juniors Champs	42:20 / 47:00
Aug 5-21	Olympics	1:24:00 / 1:33:00 / 4:02:00

- A very interesting article on a supplement with a reputation as an energy booster - Co-Q10 is billed as being beneficial to athletes. See <http://www.all-athletics.com/en-us/2015-12-22/benefits-co-q10-athletes>.

#KIRDYAPKIN.

The usual drip feed of articles related to the various drugs related issues currently under the spotlight.

- Italian Anti-Doping has filed proceedings against Libania Grenot, Alex Schwarzer and Valeria Straneo as part of the Bolzano enquiry. See <http://www.coni.it/it/news/primo-piano/11099-indagine-olimpia--tna-archivia-procedimenti-grenot-schwazer-e-straneo.html>
- Suspended Athletics Kenya officials have until January 12 to respond to graft and subversion charges against them. Former AK president Isaiah Kiplagat, vice president David Okeyo and former treasurer Joseph Kinyua, who have been suspended for six months for alleged involvement in corruption, have to respond in writing before formal proceedings can start. The IAAF Ethics Commission on November 30 suspended the trio for their alleged involvement in corruption and cover up in anti-doping control in Kenya. See <http://www.nation.co.ke/sports/athletics/Suspended-AK-officials-must-respond-to-charges-by-Jan-12/-/1100/3006734/-/q9ruwv/-/index.html>
- French magistrates have filed new, tougher corruption charges against Lamine Diack in connection with the alleged cover-up of Russian doping. Diack had previously been accused of “passive corruption” on suspicion he took around \$1.1m (£745,000) to cover up positive drug tests by Russian athletes. According to an official with the Paris financial prosecutor’s office last week, Diack is now accused of “active corruption”, which generally involves offering money or other promises in exchange for violating a rule. See <http://www.independent.co.uk/sport/general/athletics/former-iaaf-chief-lamine-diack-faces-fresh-corruption-charges-a6783521.html>

And now to the big news for the week.

- The shit hit the proverbial fan in a big way late last Monday evening when Le Monde newspaper printed a potentially damning email sent in July 2013 by Nick Davies, the deputy general secretary of the IAAF. Davies, who was appointed as right-hand man to IAAF president Lord Coe this autumn, sent the email to Papa Massata Diack, the son of disgraced former president Lamine Diack. It appears to show that Davies, then acting as IAAF communications director, knew about the governing body covering up Russian doping and debated how best to reveal names of potential dopers without affecting the 2013 World Championships in Moscow which were to take place the following month. It is one of the most astonishing emails I have ever read. See <http://www.telegraph.co.uk/sport/othersports/athletics/12063330/IAAF-chief-denies-trying-to-cover-up-Russian-doping.html>

Here is part of the email published by Le Monde

Dear Papa,

Following our discussion earlier I have already had some thoughts and believe that we need to do the following, in the strict confidence and control within a small circle of senior IAAF staff only. This must be very secret.

(...)

4. Finally, as soon as possible, and ‘unofficially’ PR campaign to ensure that we avoid international media scandals related to the Moscow Championships especially in the British press, where the worst of the articles is coming from. This will require specialist PR skills (working only with me directly) from London, but I believe that if we consider using CSM we can also benefit from Seb’s political influence in the UK. It is in his personal interest to ensure that the Moscow World Champs is a success and that people do not think that the media of his own country are trying to destroy it. We can work extremely hard in stopping any planned ‘attack’ on Russia from the British press in the coming weeks.

5. Finally, I need to be able to sit down with the Anti-doping department and understand exactly what Russian 'skeleton' we have still in the cupboard regarding doping. I think that the time to have unveiled the various athletes was a long time ago and that now we need to be smart. These athletes, of course, should NOT be part of any Russian team for these World Championships and Valentin should be pressurised to make sure this is the case. If the guilty ones are not competing then we might as well wait until the event is over to announce them. Or we announce one or two BUT AT THE SAME TIME as athletes from other countries. Also we can prepare a special dossier on IAAF testing which will show that one of the reasons why these Russian athletes come up positive is that they get tested a lot !!! In the same way, we can make the point that the WADA laboratory is the responsibility of WADA not IAAF and that if WADA decides there really is a problem, we have a plan B to do the tests in Lausanne instead (Gabriel confirmed this to me yesterday).

Papa, as soon as I have an idea of the price of this unofficial PR campaign I will let you know, but I will do everything in my power to protect the IAAF and the President.

All the best Nick

These comments were written less than a fortnight after the *Mail on Sunday* newspaper had revealed serious corruption within Russian athletics in July 2013. Yet instead of thanking the paper for the story, Davies appeared more concerned with shooting the messenger. As he told Papa Diack: "We will work hard to stop all attacks planned by the British press towards Russia in the coming weeks."

Davies came out fighting, saying that this was simply "brainstorming around media handling strategies" and that no subsequent conversation with CSM had occurred. The IAAF for its part got the lawyers out and sent a very strong letter to Hajo Seppelt, the German documentary maker who had blown the lid on the current doping scandal with his two exposes last year. Here is how the email to Seppelt reads:

Bird & Bird

Our ref: PNQS/TBH/ IAAFF.0006
Your ref:

21 December 2015

URGENT

FAO: Hajo Seppelt

Mr Seppelt

BY EMAIL: mail@hajoseppelt.de

PRIVATE AND CONFIDENTIAL – NOT FOR PUBLICATION

Dear Sir

Re – IAAF

We represent the International Association of Athletics Federations (IAAF).

We write in relation to recent press coverage concerning our client and in particular an email sent by an employee of our client, Mr Nick Davies, on 19 July 2013 to Papa Massata Diack.

The email in question was a private email sent solely to Mr Diack and has plainly been leaked, in breach of his duties of confidence, by Mr Diack. As you will be aware, Mr Diack is also currently the subject of a French criminal investigation.

Mr Davies' email was brain storming around media handling strategies and no plan was implemented following the email. A statement from Mr Davies will be provided to you setting out the facts concerning the email. However, his doing so should not be interpreted to mean that you are at liberty to use the email freely. Further, and for the avoidance of doubt, Lord Coe had no involvement with these matters.

Should you publish any inaccurate or defamatory statements about the IAAF, Mr Davies and/or Lord Coe then we will not hesitate to take appropriate legal action.

Our client's rights to seek urgent injunctive relief are fully reserved.

Yours faithfully

Bird & Bird LLP

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Yet 24 hours later, Davies, the current director of IAAF President Sebastian Coe's office, temporarily stepped down pending an ethics investigation. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11565008&ref=rss. Yet another telling decision by the IAAF that has quickly come back to bite it in a big way!

By telling Diack that he would do “everything in my power to protect the IAAF and the president” Davies has left himself open to accusations that his first instinct was to protect an organisation that has suffered hammer blows to its reputation rather than instinctively doing the right thing.

It is also undeniable that the culture at the IAAF was secretive and often opaque. Last year the Guardian was tipped off that Gabriel Dollé had left his post as the medical and anti-doping director because of the Shobukhova affair – yet when this was put to the IAAF communications office, which Davies headed at the time, they were told that Dollé had “retired after more than 20 years with the IAAF – he is 73 years old and the normal retirement age in Monaco is 65 so he was actually overdue to step down”. It was only when the Guardian told the IAAF that sources had told them that Dollé had been questioned by the ethics commission that it confirmed the news.

- Interestingly, it was revealed on Tuesday night that Russian-owned Chelsea FC part funded Coe's IAAF presidential bid. The club confirmed to the Daily Mail that: “We have long enjoyed his support and were happy to support his election bid.” See <http://www.theguardian.com/sport/2015/dec/22/iaaf-nick-davies-steps-down-leaked-email-sebastian-coe>.

And to finish with a few final quotes from the above Guardian news article:

On 14 January, Dick Pound has promised a “wow factor” when he releases his second Wada commission report into the IAAF and doping – warning ominously: “People will say: ‘How on earth could this happen?’ It’s a complete betrayal of what the people in charge of the sport should be doing.”

Several other former senior figures at the IAAF, including both Diacks, the former treasurer Valentin Balakhnichev, Dollé and Lamine Diack’s special legal adviser Habib Cissé, are also being investigated by French police for allegedly taking bribes to cover up positive tests.

Papa Diack, Dollé and Balakhnichev are also awaiting the decision of the IAAF’s ethics committee on charges of extorting money from Shobukhova, which is also expected in January. They deny the charges but face life bans if found guilty.

Coe, meanwhile, has to wake up daily not knowing what other damaging revelations might emerge. What else has the French police unearthed about the ancien regime at the IAAF? What new lead might Le Monde have? And, potentially most damaging of all, what other emails does Papa Massata Diack have in his files? This was supposed to be Coe’s dream job but barely an evening now passes without it giving him nightmares.

JARED TALLENT CONTINUES TO WAIT ...

The Court of Arbitration in Sport has put out the following press release concerning the hearings into Russian athletes and the selective bans given them in the period surrounding the 2012 Olympic Games. So Jared Tallent continues to wait to see if he will finally receive the 50km gold medal from London. See http://www.tas-cas.org/fileadmin/user_upload/Media_Release_21.12.15.pdf.

UPDATE ON THE ARBITRATION PROCEDURES CURRENTLY BEFORE THE COURT OF ARBITRATION FOR SPORT (CAS) INVOLVING RUSSIAN ATHLETES

Lausanne, 21 December 2015 – The Court of Arbitration for Sport (CAS) has a number of pending procedures involving athletes from the Russian Federation and provides the following information as to their status:

IAAF v. ARAF & Sergey Kiryapkin & RUSADA	Hearing held in Lausanne, Switzerland on 2 & 3 December 2015
IAAF v. ARAF & Sergey Bakulin & RUSADA	Hearing held in Lausanne, Switzerland on 2 & 3 December 2015
IAAF v. ARAF & Olga Kaniskina & RUSADA	Hearing held in Lausanne, Switzerland on 2 & 3 December 2015
IAAF v. ARAF & Valeriy Borchin & RUSADA	Hearing held in Lausanne, Switzerland on 2 & 3 December 2015
IAAF v. ARAF & Vladimir Kanaikin & RUSADA	Hearing held in Lausanne, Switzerland on 2 & 3 December 2015
IAAF v. ARAF & Yuliya Zaripova & RUSADA	Hearing to be held on 26 February 2016

The above procedures have all been referred to the same panel of CAS arbitrators which will simultaneously issue an Arbitral Award for each case after the final case has been heard in February 2016.

With respect to the CAS procedure between IAAF v. ARAF and Tatyana Chernova, it is noted that the procedure was suspended in May 2015 at the request of the IAAF while additional investigations were carried out by ARAF and RUSADA. The CAS arbitration will resume once such investigation has concluded.

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 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

2016 International Key Dates

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

2016 IAAF Challenge Series (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, TBA
Sat May 28, 2016 La Coruna, Spain
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

2016 EAA Permit meets

Sat Apr 9, 2016 Podebrady Walking 2016, Podebrady, CZE
Sat June 10, 2016 42nd International Race Walking Festival, LTU
Sun June 18, 2016 19th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016 Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then)

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 10th World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>
May 2018 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018 16th World Junior T&F Championships, ?
TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 11th World Youth T&F Championships, ?
July 2019 30th Summer Universiade, Brasilia, Brazil
July 2020 32nd Olympic Games, Tokyo
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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