



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 18  
2 February 2016



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### WALKER OF THE WEEK

This week's Walker of the Week is 17 year old Diamond Valley walker **Emmet Brasier** for his 7 sec PB time of **12:22.9**, done in AV Shield competition at Doncaster on Saturday. Emmet is part of the Athletics Australia U19 National Squad and has only recently returned from a few weeks in Canberra training with the international walks group currently at the AIS. His PBs read very impressively for a young bloke – 1500m 5:58, 2000m 7:59, 3000m 12:22, 5000m 21:56 and 10km 44:28 – and he is one of a number of very promising young walkers vying for spots in our World Race Walking Teams and/or World Junior Championships teams.



**File photo: Emmet leads out in the Victorian All-Schools 5000m in November 2015**

### WHAT'S COMING UP

- **Saturday 6<sup>th</sup> February** sees the **AV Shield Final** at Lakeside Stadium in Albert Park. Walkers will contest 3000m or 1500m. Good luck to the walkers whose teams made it thus far.
- **Sunday 7<sup>th</sup> February** sees the **Victorian 5km Teams Walk Championships** contested at Middle Park as part of our next VRWC summer season racing day. The AV entry portal for the 5km Teams Championships **closes at 23:59 tomorrow night (Wednesday 3 February)** so make sure you get your entry in if you intend to walk in this Victorian Championship - entry at <http://athsvic.org.au/events/calendar/>. You enter as an individual. Once 3 walkers from your club register, you automatically have a team. Time to start organising your club teams! Note that this meet been ratified by AA as suitable for World Junior/World Race Walking Teams Championships qualification purposes.

<b>Sun 7 February 2016, VRWC Road Races (and AV 5km Teams Walks), Middle Park</b>		
8.30am	20km, 15km, 10km	Open
9.30am	<b>AV 5km Teams Championship</b>	<b>Open Men / Women</b>
9.30am	5km, 3km	Open
10.00am	2km, 1km	Open

- Looking further forward, entries have now closed for the **Australian 20km Summer Roadwalk Championships** which will be held in **Adelaide** on **Sunday 21<sup>st</sup> February**. I hope to be able to publish a start list soon.

**SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 27 JANUARY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: Cooler evening, good turn-out. As usual, George White was the standout master with two 80%+ graded walks.

**1500m Yacht Handicap**

1. Jake Vidler	6:50		
2. Aleesha Vidler	10:05		
3. Colin Trengove	11:11	M78	71.73%
4. Gloria Holliday	9:07	W55	72.48%
5. Rodger Barber	10:51	M77	72.89%
6. Des Mulqueen	11:02	M69	64.65%
7. George White	8:40	M70	<b>83.30%</b>
8. Margaret McIntosh	12:26	W63	57.51%
9. Mary Abrey	11:00	W65	66.47%
10. Jan Layng	11:29	W67	65.19%
11. Marie Maxted	9:33	W55	69.19%
12. Rhiannon Lovegrove	7:32		
13. Gil McIntosh	10:06	M65	67.47%
14. David Robertson	12:44	M82	66.92%
15. James Hoare	10:55	M69	65.34%
16. Jill Rogers	12:42	W71	62.02%
17. Graham Harrison	11:04	M72	66.86%
18. Leigh Smith	11:27	M80	72.15%
19. Margaret Trengove	11:07	W71	70.85%
20. Geoff Byham	10:05	M69	70.74%
21. Roger Lowe	12:23	M72	59.75%

**3000m Yacht Handicap**

1. Edna Bates	26:14	W63	56.68%
2. Doug Smart	21:56	M72	68.80%
3. Des Mulqueen	22:29	M69	64.69%
4. Margaret Trengove	22:51	W71	72.23%
5. Gloria Holliday	18:53	W55	72.32%
6. Graham Harrison	22:27	M72	67.22%
7. Jan Layng	23:00	W67	67.93%
8. Margaret McIntosh	25:15	W63	58.89%
9. James Hoare	21:30	M69	67.64%
10. Rodger Barber	22:04	M77	73.14%
11. George White	17:01	M70	<b>86.49%</b>
12. Colin Hainsworth	24:34	M86	75.80%
13. Bill Starr	22:04	M73	69.27%
14. Marie Maxted	20:28	W55	66.72%
15. Gil McIntosh	21:18	M65	65.22%
16. Leigh Smith	23:47	M80	70.94%
17. Geoff Byham	21:26	M69	67.85%
18. Colin Trengove	25:08	M78	65.16%

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 28 JANUARY**

Thanks to Robin Whyte for his weekly update from Canberra. Fast walking from the young club members. Interestingly, they get a lot more walkers at their Thursday evening club walks than at the AACT Interclub competition later in the weekend.

**1500m Walk**

1. Connor Frew	6:40
2. Mitchell Baker	6:41
3. Gabby Hunt	6:46
4. Callum Burns	7:05
5. Matt Griggs	7:11
6. Spencer Burns	7:14
7. Gwyllym Young	7:19
8. Laura Burns	7:28
9. Tom Hunt	7:52
10. Peter Baker	8:11
11. Katie Alley	8:26
12. Kate Black	8:30
13. Ellen Vahey	8:51
14. Robin Whyte	9:12
15. Harry Baker	10:05
16. Heli Laajoki	10:06
17. Geoff Barker	10:51
18. Jennifer Gilchrist	11:03
19. Val Chesterton	12:05
20. Ella Baker	12:32

**700m Walk**

1. Anna Vahey	4:57
2. Thalita Allen	5:06

**ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 29 JANUARY**

Our Western Australian walkers were in action in Perth on Friday night.

**5000m Walk**

1.	Reid, Benjamin	M01	Athletics WA	27:28.6
2.	Pivac, Emily	W00	Athletics WA	27:45.2
3.	Mann, Bradley	M99	Ridgewood At	29:06.6
4.	Ruane, Tiahna	W01	West Track	DNF
5.	Tingay, Declan	M99	Athletics WA	DQ

**ATHLETICS VICTORIA SHIELD ROUND 10, VARIOUS VENUES, SATURDAY 30 JANUARY**

A whopping 139 walkers fronted for the final round of Athletics Victoria Shield competition last Saturday as clubs made their final bids to make the finals. It is the largest overall size that I can remember and confirms the healthy state of T&F in Victoria.

**AV Shield Round 10, Blue Zone, Casey Fields**

The women led the 3000m field home at Casey Fields with Jemima Montag, Megan Szirom, Simone McInnes and Philippa Huse first to cross the finish line. Good to see 11 year old Josh Jensen walking his first 3000m. Nikola Mandic was the best of the 1500m walkers with 6:54.4.

**3000m Walk**

1.	Montag, Jemima	W17	MACCABI ATHL	13:41.6	
2.	Szirom, Megan	W38	FRANKSTON AC	14:24.5	
3.	McInnes, Simone	W24	GLENHUNTLY AC	14:41.3	
4.	Huse, Philippa	W16	SANDRINGHAM AC	15:45.2	
5.	Osmand, Kym	M33	OAKLEIGH AC	16:40.6	
6.	Jensen, Josh	M11	KNOX AC	16:45.5	First one
7.	Carr, Heather	W66	GLENHUNTLY AC	17:07.0	
8.	Bennett, Ralph	M74	GLENHUNTLY AC	17:17.5	
9.	Miller, Samantha	W16	GLENHUNTLY AC	18:23.1	
10.	Lillie, Jessica	W16	KNOX AC	18:58.5	
11.	Steed, Gwen	W73	GLENHUNTLY AC	19:54.2	
12.	Baker, Simon	M57	OAKLEIGH AC	20:06.4	
13.	Doran, Anthony	M63	GLENHUNTLY AC	20:29.0	
14.	Barrow, Geoff	M66	MENTONE AC	20:43.3	
15.	Van Dongen, Rupert	M41	CASEY CARDIN	21:15.0	
16.	Bowden, Kuniko	W49	MENTONE AC	21:21.6	
17.	Morrison, John	M76	SANDRINGHAM AC	22:48.2	
18.	Langelaan, Kara	W36	CASEY CARDIN	22:49.7	
19.	Quach, Han	M40	GLENHUNTLY AC	27:21.1	
20.	Bryan, Jeanne	W73	MENTONE AC	28:09.0	
21.	airburn, Noel	M55	KNOX AC	DQ	
	Wright, Jeffrey	M57	KNOX AC	DQ	
	Bird, Kyle	M19	MORNINGTON P	DQ	
	Langelaan, Dan	M37	CASEY CARDIN	DQ	

**1500m Walk**

1.	Mandic, Nikola	M12	CASEY CARDIN	6:54.4
2.	Walmsley, Hayden	M14	KNOX AC	7:26.5
3.	Hay, Charlotte	W12	KNOX AC	7:55.8
4.	O'Mahony, Kathleen	W13	KNOX AC	8:32.2
5.	Dickson, Corey	M13	KNOX AC	9:01.3
6.	hay, angus	M12	UNNATTACHED	9:02.8

**AV Shield Round 10, Red Zone, Tom Kelly Athletics Track, Donaster**

Emmet Brasier stormed through to a 7 sec PB winning time of 12:22.9 in the 3000m at Doncaster, ahead of Adam Garganis with 12:59.5, while Michael Taylor was fastest over 1500m with 7:02.5.

**3000m Walk**

1.	Brasier, Emmet	M17	DIAMOND VALLEY	12:22.9	PB 0:07
2.	Garganis, Adam	M18	COLLINGWOOD	12:59.5	
3.	Christmass, James	M48	CORIO AC	14:20.4	
4.	McDonough, Aaron	M43	PRESTON AC	14:28.9	
5.	Hawkins, Trenton	M36	PRESTON AC	15:58.5	
6.	Galbraith, Jordan	M18	DIAMOND VALLEY	16:31.0	

7.	Clarke, Patrick	M47	DIAMOND VALLEY	16:47.5
8.	Noonan, Claire	W11	COLLINGWOOD	17:31.0
9.	Elms, Donna	W54	PRESTON AC	17:59.2
10.	Lazar, Dennis	M59	DIAMOND VALLEY	19:13.2
11.	Gardiner, Bob	M79	COLLINGWOOD	19:21.3
12.	Quinn, Karen	W51	DIAMOND VALLEY	20:27.3
13.	O'Keefe, Jessica	W17	DONCASTER AC	21:03.3
14.	Papadopoulos, Sarah	W28	DIAMOND VALLEY	21:09.1
15.	Brown, Tammarah	W16	RICHMOND HAR	24:48.4
16.	Campbell, Donna	W45	PRESTON AC	27:07.9

#### 1500m Walk

1.	Taylor, Michael	M15	DIAMOND VALLEY	7:02.5
2.	Clarke, Georgia	W13	DIAMOND VALLEY	7:38.8
3.	Noonan, Emily	W15	COLLINGWOOD	7:45.2
4.	Collis, Hugh	M15	DIAMOND VALLEY	8:02.8
5.	Antypas, Magdelene	W15	DIAMOND VALLEY	8:09.2
6.	Wright, Ethan	M14	COLLINGWOOD	9:27.4
7.	Wright, Leah	W15	COLLINGWOOD	9:32.7
8.	Rudston-Brown, Caitlyn	W14	WHITTLESEA CITY	10:37.7
9.	Camilleri, Rhianyn	W10	DIAMOND VALLEY	11:07.5
10.	Barnes, Blake	M14	DIAMOND VALLEY	15:48.6
11.	Cripps, Jarryd	M13	DIAMOND VALLEY	16:49.5

#### AV Shield Round 10, White Zone, Bill Sewart Athletics Track, Nunawading

Kyle Swan 13:25.1 and Pam Tindal 15:50.7 were the top 3000m walkers at Nunawading.

#### 3000m Walk

1.	Swan, Kyle	M16	ATHLETICS NU	13:25.1
2.	Tindal, Pam	W56	VICTORIAN MA	15:50.7
3.	Evans, Simon	M55	BOX HILL AC	16:25.5
4.	Muldoon, Wendy	W44	ATHLETICS NU	16:29.7
5.	Rosenbrock, Carolyn	W53	ATHLETICS NU	16:50.9
6.	Paten, Ruby	W12	ATHLETICS NU	17:06.0
7.	Olden, Graeme	M51	BOX HILL AC	17:22.6
8.	Egginton, Andrew	M54	BOX HILL AC	17:48.8
9.	Dickenson, Russell	M70	VICTORIAN MA	17:50.6
10.	Riddoch, Clyde	M62	ATHS WAVERLEY	18:08.8
11.	Wright, Jacob	M21	ATHLETICS NU	20:02.8
12.	Benke, Geza	M59	OLD MELBURNI	20:03.3
13.	Johansen, Nicole	W42	RINGWOOD AC	20:13.5
14.	Taylor, Lee	W14	YARRA RANGES	20:29.4
15.	Carre, Simone	W33	BOX HILL AC	20:36.0
16.	Sofianos, Gerald	M66	ST KEVINS AC	22:15.1
17.	Molnar, Jo	W54	ATHS WAVERLEY	23:38.0
18.	Meager, Sharron	W56	BOX HILL AC	26:29.6
19.	O'Connor, Christopher	M55	BOX HILL AC	26:59.5
20.	Heathcote, Hannah	W17	BOX HILL AC	28:03.6
21.	Bedyn, Erika	W53	YARRA RANGES	28:04.5
	Simpson, Bradley	M22	ATHLETICS NU	DQ
	Imbriano, Dino	M41	ST KEVINS AC	DQ

#### 1500m Walk

1.	Bedelis, Jett-Paris	M11	ST KEVINS AC	12:37.4
	Johansen, Gemma	W12	OLD XAVERIANS AC	DQ
	Imbriano, Joel	M9	ST KEVINS AC	DQ

#### AV Shield Round 10, Yellow Zone, Moonee Valley Athletics Track, Aberfeldie

Quentin Rew made short work of the field at Aberfeldie, scorching through to a very fast 11:34.6, finishing well clear of Chris Erickson who struggled with a cold for his time of 12:08.8. Shae Wellington produced a great walk for a 24 sec PB time of 13:54.1. Heath Beveridge was a long way in front in the 1500m with 8:02.9.

#### 3000m Walk

1.	Quentin Rew	MOP	UNATTACHED	11:34.6	
2.	Chris Erickson	MOP	ESSENDON ATHLETICS	12:08.8	
3.	Shea Wellington	MOP	KEILOR ST BERNARDS	13:54.1	PB 0:24
4.	Gerard Feain	M40+	KEILOR ST BERNARDS	16:47.3	
5.	Paul Kennedy	MOP	KEILOR ST BERNARDS	17:13.7	

6.	Kelly Spiteri	WOP	COBURG HARRIERS	17:40.8
7.	Danny Hawksworth	MOP	ESSENDON ATHLETICS	17:47.4
8.	Lachlan Feain	MU18	KEILOR ST BERNARDS	17:50.0
9.	Hamish Beaumont	MOP	MELBOURNE UNI	18:01.3
10.	Phillip Dunstone	MOP	WESTERN SUBURBS	18:04.0
11.	Duncan Knox	M40+	ESSENDON ATHLETICS	18:29.3
12.	Madeleine Feain	WU18	KEILOR ST BERNARDS	18:31.3
13.	Justijana Tonti-Filippini	WOP	ESSENDON ATHLETICS	19:41.6
14.	Timothy Thomas	MOP	MELBOURNE UNI	19:55.6
15.	Stephen Murphy	M40+	ESSENDON ATHLETICS	19:55.6
16.	Tracy McGoughan	W40+	KEILOR ST BERNARDS	20:37.3
17.	Leandar Lewis	MU20	WYNDHAM ATHLETICS	20:44.9
18.	Madison Crook	WU18	ESSENDON ATHLETICS	20:45.9
19.	Janice Hodgart	W40+	WESTERN SUBURBS	21:00.3
20.	John Kondogonis	M40+	KEILOR ST BERNARDS	21:10.6
21.	Theo Tsichrintzis	MOP	MELBOURNE UNI	21:17.6
22.	Nicole Gunn	WOP	KEILOR ST BERNARDS	21:58.4
23.	Roslyn Ireland	WOP	BRUNSWICK ATHLETICS	22:15.5
24.	Brenda Cashin	W40+	WESTERN SUBURBS	22:30.0
25.	Nneka Okpala	WOP	ESSENDON ATHLETICS	22:32.0
26.	Jenny-Rose Szuhai-Andrews	WOP	BRUNSWICK ATHLETICS	23:36.2
27.	Joanna Margiolis	WU20	ESSENDON ATHLETICS	25:01.8
28.	Olive Ireland	WOP	BRUNSWICK ATHLETICS	25:21.9
	Philip Van Dueren	MOP	MELBOURNE UNI	DQ
	James Brennan	MOP	ESSENDON ATHLETICS	DQ
	Michael Coventry	MOP	ESSENDON ATHLETICS	DQ
	Meggan O'Riley	WOP	ESSENDON ATHLETICS	DQ
	Sophia Gretton-Watson	WU18	ESSENDON ATHLETICS	DQ

#### 1500m Walk

1.	Heath Beveridge	MU14	WESTERN SUBURBS	8:02.9
2.	Phoenix Davey	MU14	COBURG HARRIERS	10:16.1
3.	Yara Taylor	WU14	WESTERN SUBURBS	10:19.3
4.	Stephanie Yeung	WU16	ESSENDON ATHLETICS	13:06.6
5.	Christian Knox	MU14	ESSENDON ATHLETICS	13:10.8
	Robert Weitsz	MU16	WESTERN SUBURBS	DQ
	George Kolliou	MU16	ESSENDON ATHLETICS	DQ
	Teos Papafotiou	MU16	ESSENDON ATHLETICS	DQ
	Raimond Michielin	MU16	ESSENDON ATHLETICS	DQ
	Shanelle Hodgkinson	WU14	ESSENDON ATHLETICS	DQ

#### AV Shield Round 10, Ballarat Zone, Llanberris Reserve, Ballarat

Kelly Ruddick was an easy winner at Ballarat with 13:35.40.

#### 3000m Walk

1.	Ruddick, Kelly	W42	BALLARAT HAR	13:35.40
2.	Peart, Jemma	W14	BALLARAT YCW	15:23.90
3.	Peart, Alanna	W12	BALLARAT YCW	16:28.10
4.	Ruddick, Kevin	M65	BALLARAT HAR	19:28.40
5.	Dowie, Ellen	W16	EUREKA ATHLE	19:32.50

#### AV Shield Round 10, Bendigo Zone, La Trobe Uni Track, Bendigo

Zahra Hayes was well in front in Bendigo with 15:32.41.

#### 3000m Walk

1.	Zahra Hayes	W14	SOUTH BENDIGO	15:32.41
2.	Barbara Bryant	W61	EAGLEHAWK	17:30.96
3.	Madison Hill	W15	SOUTH BENDIGO	18:20.97

#### 1500m Walk

	Wendy Ennor	W58	EAGLEHAWK	DNF
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#### AV Shield Round 10, Geelong Zone, Landy Field, Geelong

And finally to Geelong where Mackayla Davison 17:40.42 and Charli Walker 10:00.21 were best over 3000m and 1500m.

#### 3000m Walk

1.	Davison, Mackayla	W15	CORIO AC	17:40.42
2.	Mirarchi, Nicholas	M24	CORIO AC	18:24.20

3. Leamer, Jordyn W12 CORIO AC 21:27.11

**1500m Walk**

1. Walker, Charli W12 BELLARINE AT 10:00.21



**Chris Erickson, Quentin Rew, Heath Beveridge and Shae Wellington in action at Aberfeldie on Saturday**



**Keilor St Bernards to the fore at Aberfeldie – Gerard and Lachlan Feain, Paul Kennedy and Madeleine Feain**

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 30 JANUARY**

Alice Randall was in charge of affairs in Hobart on Saturday, walking 14:26.60 for her 3000m.

**3000m Walk**

1.	Alice Randall	OVA	15:26.60
2.	Anna Blackwell	OVA	18:32.19
3.	David Moore	NS	23:19.03

**AACT INTERCLUB, AIS TRACK, BRUCE, ACT, SATURDAY 30 JANUARY**

Small fields in Canberra for their Interclub competition. Spencer Burns the fastest with 15:04.7.

**3000m Walk**

1.	Spencer Burns	MU16	NCG	15:04.7
2.	Callum Burns	MU18	NCG	15:18.6
3.	Matthew Griggs	MOP	Weston Creek	15:27.1
4.	Laura Burns	WU14	NCG	15:43.1

**1500m Walk**

1.	Ellen Vahey	WU14	NCG	8:19.3
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**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 30 JANUARY**

A good 5000m time of 25:14.96 for Jake Vidler in Adelaide on Saturday.

**5000m Walk**

1.	Jake Vidler	MU18	SOUTHERN	25:14.96
2.	Danielle Walsh	WOp	PORT ADELAIDE	26:29.28
3.	Rhiannon Lovegrove	WU18	PORT ADELAIDE	26:44.09
4.	Tristan Camilleri	MU16	COASTAL DIST	26:52.23
5.	Samantha Findlay	WOP	SOUTHERN	28:36.62
6.	Cherie Rothery	W35+	HILLS DISTRI	34:23.47
	James Hoare	M35+	PORT ADELAIDE	DQ
	Alix Harlington	MU18	SALISBURY	DNF

**1500m Walk**

1.	Mathew Bruniges	MU16	SOUTHERN	8:38.32
2.	Elly Read	WU14	PORT ADELAIDE	10:02.72

**QUEENSLAND MASTERS T&F MEET, SAF, BRISBANE, SATURDAY 30 JANUARY**

I hear it was super hot and humid on Saturday morning for the QMA 5000m walk in Brisbane. So times a bit slower than normal this week.

**5000m Walk**

1.	Ignacio Jimenez	M50	Brisbane	25:16.13	81.15%
2.	Peter Bennett	M60	Brisbane	25:39.07	87.45%
3.	Argenis Guevara	M47	Brisbane	28:12.51	69.75%
4.	Erika Woodward	W49	Brisbane	29:49.56	71.71%
5.	John Harris	M66	Brisbane	32:49.17	72.00%
6.	Patrick Sela	M76	GC & Sthrn	37:27.23	71.38%
7.	Noela McKinven	W73	Brisbane	40:23.78	69.76%

**WARWC TRACK WALKS, COKER PARK, PERTH, SUNDAY 31 JANUARY**

And to complete our local roundup, thanks to Terry Jones for these results from the Western Australian Race Walking Club in Perth. Declan Tingay was the standout with 6:32 for the 1500m and 22:03 for the 5000m walk.

**5000m Walk**

1.	Declan Tingay	22.03
2.	Ben Reid	26.56
3.	Emily Pivac	28.48
4.	Isabella Tolardo	31.40

**1500m Walk**

1.	Declan Tingay	6.32
2.	Tiahna Ruane	7.10
3.	Karyn Tolardo	8.28
4.	Sienna Andritsos	9.46
5.	Alessia Andritsos	10.51

**3000m Walk**

1.	Karyn Tolardo	17.30
2.	Amy Holland	19.07
3.	John Back	22.34
4.	John Smith	23.46

## 15<sup>TH</sup> ANNUAL ELÁN MÍTING INDOOR T&F MEET, BRATISLAVA, SLOVAKIA, SUNDAY 31 JANUARY

This particular meet was highly anticipated, with the previous 2 IAAF World 50km champions **Matej Toth** (2015 50km) and **Robert Heffernan** (2013 50km) in action on the indoor boards in Bratislava. Toth, just back from altitude training in South Africa, was not promising anything too sparking but was still prepared to put himself on the line and support the local Slovakian international meet. But as it turned out, they were both upstaged by English champion **Tom Bosworth** who took almost half a minute off the UK Indoor record with his winning time of 18:54.18, ahead of Poland's **Grzegorz Sudol** (19:09.62) with Heffernan and Toth relegated to third and fourth places. GBR's **Callum Wilkinson**, back in 6<sup>th</sup> place, set a new UK Indoor U20 5000m record with his time of 19:39.69. Overall 3 GBR walkers, 3 Irish walkers and one Polish walker ensured an international flavour to the walks. Maria Czakova won the women's 3000m comfortably with 12:58.13.

Good articles at <http://www.athleticsweekly.com/featured/tom-bosworth-breaks-british-indoor-5000m-race-walk-record-38486/> and <http://atletikasvk.sk/Articles/Detail?ArticleId=3996>. Full results set at <http://atletikasvk.sk/Content/results/2016/1/VYS897.pdf>.

### Men 5000m Race Walk indoor

1.	Tom BOSWORTH	GBR	90	18:54.18	PB
2.	Grzegorz SUDOL	POL	78	19:09.62	
3.	Robert HEFFERNAN	IRL	78	19:19.83	
4.	Matej TÓTH	SVK	83	19:25.42	
5.	Alex WRIGHT	IRL	90	19:32.62	
6.	Callum WILKINSON	GBR	97	19:39.69	PB
7.	Anton KUCMÍN	SVK	84	19:43.27	
8.	Brendan BOYCE	IRL	86	19:51.76	PB
9.	Dušan MAJDAN	SVK	87	20:03.36	
10.	Miroslav ÚRADNÍK	SVK	96	20:19.18	
11.	Milan RÍZEK	SVK	78	20:38.30	
12.	Zdeno MEDERA	SVK	75	23:57.91	

### Women 3000m Race Walk indoor

1.	Mária CZÁKOVÁ	SVK	88	12:58.13	
2.	Monika HORNÁKOVÁ	SVK	95	13:44.76	
3.	Emma ACHURCH	GBR	97	13:59.36	
4.	Lucia CUBANOVÁ	SVK	95	14:16.47	
5.	Ema HACUNDOVÁ	SVK	99	15:00.92	
6.	Hana BURZALOVÁ	SVK	00	15:44.29	
7.	Nikoleta ABBATANTUONO	SVK	97	16:47.10	



Tom Bosworth celebrates the win in Bratislava last Saturday (photo <https://www.facebook.com/TomBosworthAthlete/?fref=ts>)



**ITALIAN 50KM CHAMPIONSHIPS, CATANIA, ITALY, SUNDAY 31 JANUARY**

The Italian 50km championship saw **Michele Antonelli** walk to victory in a PB time of 3:56:57 (previous best of 4:04:06, set 23 months ago). Second place went to **Andrea Agrusti** with a first up time of 4:00:07, also an Olympic qualifier.

The other big highlight was the performance of **Eleonora Giorgi** who completed 30km in a world best time of 2:19:43. 2 weeks ago, Portuguese walker Ines Henriques had walked 2:24:35 in Port de Mos but that time has been quickly eclipsed. Giorgis' 5km splits show how well she walked: 23:10, 46:21 (23:11), 1:09:41 (23:20), 1:32:52 (23:11), 1:56:12 (23:20) and 2:19:43 (23:31). Nice article on her performance at <http://www.fidal.it/content/Gran-ritmo-Giorgi-30km-in-2h19-43/63594>

**50km Men**

1.	ANTONELLI Michele	1994	ATL. RECANATI	3h56:57
2.	AGRUSTI Andrea	1995	GUERRIERI DEL PAVONE	4h00:07
3.	ANGELINI Gregorio	1996	ALTERATLETICA LOCOROTONDO	4h08:40
	GIORGI Eleonora Anna	1989	G.S. FIAMME AZZURRE	DNF
	SCORDO Giuseppe	1994	ICARO	DNF
	FORTUNATO Francesco	1994	G.A. FIAMME GIALLE	DNF
	GENTILE Giovanni	1984	ECOSPORT SB. 2000 MONTE ASC	DNF
	CAPORASO Teodorico	1987	ASD ENTERPRISE SPORT & SERVICE	DNF
	DESSI Lorenzo	1989	G.A. FIAMME GIALLE	DNF
	PICCHIOTTINO Gianluca	1996	ATL LIBERTAS RUNNERS LIVORNO	DNF
	ROMANELLI Andrea	1986	TOSCANA ATLETICA FUTURA	DNF
	MALTONI Alessandro	1993	ATL.CASTELFIDARDO CRIMINESI	DNF
	CORTINOVIS Massimiliano	1995	ATL. BERGAMO 1959 CREBERG	DNF
	GIUPPONI Matteo	1988	C.S. CARABINIERI SEZ. ATLETICA	DNF
	TONTODONATI Federico	1989	C.S. AERONAUTICA MILITARE	DNF

**20km Open Women**

1.	DI VINCENZO Sibilla	1983	BRACCO ATLETICA	1h35:49
2.	COLOMBI Nicole	1995	ATL. BRESCIA 1950	1h36:47
3.	DOMINICI Eleonora	1996	A.S.D. ACSI ITALIA ATLETICA	1h40:46
4.	CACCIOTTI Diana	1995	A.S.D. ACSI ITALIA ATLETICA	1h44:08
5.	CORMACI Silvia	1994	TOSCANA ATL.EMPOLI NISSAN	1h59:31

**20km U20 Men**

1.	TRAPASSO Attilio	1998	C.S. GIOVANILE CZ LIDO	1h40:06
2.	MINTO Michele	1998	G.S.SELF ATL. MONTANARI GRUZZA	1h43:29

**10m U20 Women**

1.	PANCONI Giulia	1997	CUS PISA	1h47:15
	TOMASELLO POMA Roberta	1998	ETNATLETICA SAN PIETRO CLARENZ	DNF
	BARCELLA Lidia	1997	BRACCO ATLETICA	DNF

**10km U18 Men**

1.	MAGISTRI Luca	1999	FIAMME GIALLE G. SIMONI	46:55
2.	ORSONI Riccardo	2000	C.U.S. PARMA	47:08
3.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	47:20
4.	PANCONI Michele	1999	ATL.GROSSETO BANCA D .MAREMMA	54:21
5.	DE SANTIS Riccardo	1999	FIAMME GIALLE G. SIMONI	55:06
6.	SANTANDREA Davide	2000	FIAMME GIALLE G. SIMONI	55:54
7.	SANSO Domenico	2000	C.S. GIOVANILE CZ LIDO	58:26
8.	GIGLIOTTI Mario	2000	C.S. GIOVANILE CZ LIDO	1:07:32

**10km U18 Women**

1.	MIRABELLO Anthea	1999	FIAMME GIALLE G. SIMONI	49:37
2.	MIRABELLO Angelica	1999	FIAMME GIALLE G. SIMONI	50:42
3.	CUNI Chiara	1999	ATL. BRESCIA 1950	54:39
4.	CAPITANI Matilde	2000	ATL.GROSSETO BANCA D .MAREMMA	56:08
5.	DI GRAZIA Alessia	1999	ETNATLETICA SAN PIETRO CLARENZ	1:05:45

**ATHLETICS AUCKLAND SUMMER SERIES, MT SMART STADIUM, SATURDAY 30 JANUARY**

Graeme Jones defied extreme mid-afternoon heat to record 51:27.99 in the Auckland 10,000m track walk championship. Sixty two year old Mike Parker was second in 57:36.89. Promising 18 year old Laura Langley from Hastings won the women's 10,000m track walk in 1:01:51.

**Auckland 10,000m Track Walk Championship**

1.	Graeme Jones	Napier	51:27.99
2.	Mike Parker	Calliope	57:36.89
3.	Lyndon Hohaia	RW Auckland	1:00:36.98.
4.	Laura Langley	Waitakere	1:01:51.16

**REGIONAL JUNIOR INDOOR T&F CHAMPIONSHIPS, MUNICH, GERMANY, SATURDAY 30 JANUARY**

I could only find a small result set from Germany for their Junior Indoor Championships.

**Men 5000m Race Walk indoor**

1.	Andreas JANKER	GER	83	20:45.62
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**Women 3000m Race Walk indoor**

1.	Sabine SCHMIDT	GER	80	16:31.24
2.	Maria UNTERHOLZNER	GER	68	16:59.02
3.	Lena UNGERBÖCK (OC)	AUT	97	14:38.50

**LITHUANIAN INDOOR T&F CLUB CHAMPIONSHIPS, VILNIUS, LITHUANIA, SATURDAY 30 JANUARY**

Brigita Virbalyte-Dimsiene retained her Lithuanian Indoor track 3000m title with a fast 12:20.77. Neringa Aidietyte finished second and improved her PB by 12 seconds (12:34.51) while third 19 years old Zivile Vaiciukeviciute set an U20 record of 13:19.76. The men's 5000m was won by Marius Ziukas with 19:33.72 ahead of Marius Savelskis with 19:37.99 and Artur Mastianica with 20:14:26.

**Men 5000m Race Walk indoor**

1.	Marius ZIUKAS	LTU	85	19:33.72
2.	Marius SAVELSKIS	LTU	94	19:37.99
3.	Artur MASTIANICA	LTU	92	20:14.26
4.	Tadas SUSKEVICIUS	LTU	85	20:45.47
5.	Daumantas LIUTINSKIS	LTU	99	21:50.48
6.	Darius JEZEPCIKAS	LTU	80	22:52.44
7.	Erik MICKEVIC	LTU	00	23:07.16
	Genadiy KOZLOVSKIY	LTU	91	DQ

**Women 3000m Race Walk indoor**

1.	Brigita VIRBALYTE-DIMSIENE	LTU	85	12:20.77
2.	Neringa AIDIETYTE	LTU	83	12:34.51
3.	Živile VAICIUKEVICIUTE	LTU	96	13:19.76
4.	Monika VAICIUKEVICIUTE	LTU	96	13:20.12
5.	Inga MASTIANICA	LTU	89	14:05.91
6.	Austeja KAVALIAUSKAITE	LTU	00	14:11.18
7.	Aušrine KUZMICKAITE	LTU	98	16:05.95
8.	Dovile BAŠINSKAITE	LTU	98	16:42.59
9.	Gabriele CERNIUTE	LTU	97	16:44.75
10.	Greta VAINAITE	LTU	96	17:22.87
11.	Ieva ŠUKEVICIUTE	LTU	96	17:24.91
12.	Rita ANDREJEVA	LTU	91	17:41.66

**UKRAINIAN INDOOR CLUB T&F CHAMPIONSHIPS, ZAPOROZHYE, UKRAINE, 27-28 JANUARY**

To Ukraine for their indoor club championships, with winning times of 20:28.65 (Venhlovskiy) and 12:49.04 (Myronchuk).

**Men 5000m Race Walk indoor**

1.	Oleksandr VENHLOVSKIY	UKR	85	20:28.65
2.	Dmytro SOBCHUK	UKR	95	20:33.95
3.	Serhiy SUSIK	UKR	88	20:42.86
4.	Oleksandr ROMANENKO	UKR	81	21:15.03
5.	Anton RADKO	UKR	95	21:18.94
6.	Volodymyr HONTZOVSKIY	UKR	91	21:20.55
7.	Volodymyr MYTSYK	UKR	97	22:37.97
8.	Oleksandr ANDRUSYK	UKR	95	23:28.40
	Oleh SVYSTUN	UKR	97	DNF

### Women 3000m Race Walk indoor

1.	Valentyna MYRONCHUK	UKR	94	12:49.04
2.	Halina YAKOVCHUK	UKR	92	12:58.92
3.	Olena MIZERNYUK	UKR	95	13:07.60
4.	Yelena SHEVCHUK	UKR	86	13:18.27
5.	Tamara STASYUK	UKR	95	13:21.78
6.	Nataliya KONTSEVICH	UKR	84	13:41.32
7.	Anna BABINCHUK	UKR	96	14:16.86
8.	Nadia BOYKO	UKR	92	14:52.23
9.	Ksenia BYELOVA	UKR	98	14:57.96
10.	Olha HARNYK	UKR	96	15:11.62
11.	Olha HRYTSAK	UKR	93	16:30.28

### ECUADOR 35KM ROADWALK CHAMPIONSHIP, CUENCA, ECUADOR, SATURDAY 27 JANUARY

Thanks to omarchador (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2330](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2330)) for the results of the Ecuadorian 35km championship, contested last Saturday at Cuenca (altitude 2560m - that is high!). Cuenca is the birthplace of Jefferson Perez.

Andres Chocho won gold with a time of 2:38:06 in front of Rolando Saquipay with 2:38:52 and Claudio Villanueva with 2:40:07. Those times are pretty good when you take into account the high altitude combined with intense heat. Both Villanueva and Chocho are already classified for the Olympic Games in Rio in 2016. Despite Chocho's leading position in Ecuador, his father/coach Luis Chocho has announced that he will not compete in the South American Race Walking Championships and that his priorities, as preparation for Rio, will be the Circuit of Mexico and the IAAF Team World Championship in Rome.

### Ecuador 35km Championship

1.	Andres Chocho	ECU	2:38:06
2.	Rolando Saquipay	ECU	2:38:52
3.	Claudio Villanueva	ECU	2:40:07
4.	Jonathan Caceres	ECU	2:42:02
5.	Edison Salazar	ECU	2:50:22
6.	Vinicio Campana	ECU	2:51:30



Medallists Saquipay, Chocho and Villanueva (photo <http://www.marciadalmondo.com/>)

### PORTUGUESE 35KM CHAMPIONSHIPS, PORTO DO MOS, PORTUGAL, WEDNESDAY 23 JANUARY

And keeping to the 35km theme, it was only a few days before the Ecuadorian race that Portuguese walkers contested the same distance with their own national championship. Thanks to omarchador (see <http://omarchador.blogspot.com.au/2016/01/joao-vieira-vence-campeonato-provisorio.html>) for the results. As is so often the case, it was the Vieira brothers fighting out the finish, with João (2:37:59) winning by 19 secs from Sérgio (2:38:18). Pedro Isidro took third with 2:43:27.

### 35km Men

1.	João Vieira	76	SCP	2:37:59
2.	Sérgio Vieira	76	SLB	2:38:18
3.	Pedro Isidro	85	SLB	2:43:27
4.	Dionísio Ventura	79	CATUNES	2:51:38
5.	Luís Correia	78	LMA-L	2:52:20
6.	Rui Coelho	94	CAS	2:58:41
7.	Pedro Martins	68	CAS	3:06:15
8.	Amaro Teixeira	89	LMA-L	3:08:32
9.	Luís Silva	70	LMA-L	3:16:14
10.	André Pagaime	93	LMA-L	3:41:35
11.	Luís Bidarra	71	CAS	3:50:48

The meet included district championships, with shorter distances on offer. Full results can be sourced from [http://www.adal.pt/images/Marcha\\_ResultadosCD.pdf](http://www.adal.pt/images/Marcha_ResultadosCD.pdf). The best of the results was that of Inês Henriques who won the women's 20km in 1:35:07.

### BOLIVIAN NATIONAL ROADWALK CHAMPS, SANTA CRUZ DE LA SIERRA, BOLOVIA, 23-24 JANUARY

Thanks to omarchador for these results (see <http://omarchador.blogspot.com.au/2016/01/campeonatos-nacionais-da-bolivia.html>). Yet more 35km walks!

Angela Castro won the Bolivian women's 20km championship with 1:37:08, just 1 sec ahead of Wendy Gabriela Cornejo (1:37:09). To complete the podium, the 2015 Pan American junior champion Stefany Coronad, debuting in the distance, took third with a time of 1:39:33. In the men's 20km, Marco Antonio Rodríguez won the Bolivian title with 1:26:35 while the men's 35km title went to Ronal Quispe, with 2:50:13. It was also great to see Nohelia Light Magne being crowned as the Bolivian women's 35km champion with a time of 4:03:01. In the juniors, Pablo Armando Rodríguez won the men's 10km with 44.03 and Odeth Huanca won the women's 10km with 54.32.

### 20 km Women

1.	Angela Melania Castro Chirivechz	1993	La Paz	1.37.08
2.	Wendy Gabriela Cornejo Aliaga	1993	La Paz	1.37.09
3.	Stefany Milfred Coronado Gemio	1996	La Paz	1.39.33
4.	Carolina Fernanda Sarapura Llave	1996	La Paz	1.53.03
5.	Roksana Ramirez Marchuk	1994	La Paz	2.26.43

### 20km Men

1.	Marco Antonio Rodriguez Pardo	1994	La Paz	1.26.35
2.	Cristaldo Quispe Misme	1996	La Paz	1.43.01
3.	Alexis Diego Gutierrez Rojas	1994	La Paz	1.55.02
4.	Erick Alexander Soliz Cespedes	1992	Santa Cruz	2.00.27

### 35km Men

1.	Ronal Rey Quispe Misme	1989	La Paz	2.50.13
2.	Rodrigo Javier Zeballos Peña	1994		3.08.53

### 35km Women

1.	Nohelia Luz Magne Abentaño	1994	Potosí	4.03.01
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### OUT AND ABOUT

- The former CEO of World Sailing says he was fired for pushing to get rid of polluted Guanabara Bay as the sailing venue of the Olympics in Rio de Janeiro. Peter Sowrey tried to change the venue, or at least have a "B plan" but says "I was told to gag myself on the subject." Andy Hunt took over just two weeks ago as the new CEO, and sailing is still scheduled to begin in August in the sewage-filled bay. See [http://espn.go.com/olympics/story/\\_/id/14652348/ex-world-sailing-ceo-says-was-fired-speaking-rio-polluted-venue](http://espn.go.com/olympics/story/_/id/14652348/ex-world-sailing-ceo-says-was-fired-speaking-rio-polluted-venue).

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are quite a few results in here that I will not report separately as you can read them first hand from their primary sources below.

Marciadalmondo had 6 press releases this week

- Mon 1 Feb - Lithuanian Indoor Championships Results  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2334](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2334)

- Sun 31 Jan - Italian 50km Championship results  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2333](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2333)
- Fri 29 Jan - Interview with Italian Rio Olympic 20km walkers Eleonora Giorgi, Elisa Rigauda and Antonella Palmisano  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2332](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2332)
- Thu 28 Jan - Preview of Italian 50km this weekend in Catania  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2331](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2331)
- Wed 27 Jan - Andres Choco wins Ecuador 35km Championship  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2330](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2330)
- Wed 27 Jan - New French 3000m indoor record in Eubonne  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2329](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2329)

The omarchador blog was also active with 9 news releases

- Mon 1 Feb - Ines Reis and Rodrigo Marques win Portuguese U18 indoor championships  
<http://omarchador.blogspot.com.au/2016/02/ines-reis-e-rodrigo-marques-sao.html>
- Sun 31 Jan - Results of Bolivian National Championships  
<http://omarchador.blogspot.com.au/2016/01/campeonatos-nacionais-da-bolivia.html>
- Sat 30 Jan - Preview of Portuguese National Youth champs in Pombal  
<http://omarchador.blogspot.com.au/2016/01/campeonatos-nacionais-de-juvenis-de.html>
- Fri 29 Jan - Results of Portuguese District Championships in Porto de Mos  
<http://omarchador.blogspot.com.au/2016/01/campeonatos-distritais-de-marcha-em.html>
- Fri 29 Jan - Russian walker Anna Lukyanova gets 2 year suspension and loses silver from Moncton-2010  
<http://omarchador.blogspot.com.au/2016/01/anna-lukyanova-com-2-anos-de-suspensao.html>
- Thu 28 Jan - Chocho wins Ecuador 35km Championships  
<http://omarchador.blogspot.com.au/2016/01/chocho-sagra-se-campeao-do-equador-nos.html>
- Wed 27 Jan - Results from Porto de Mos meet not suitable for Portuguese Olympic qualification purposes  
<http://omarchador.blogspot.com.au/2016/01/porto-de-mos-com-minimo-nao.html>
- Tue 26 Jan - João Vieira wins Portuguese 35km Championship in Porto de Mos  
<http://omarchador.blogspot.com.au/2016/01/joao-vieira-vence-campeonato-provisorio.html>
- Tue 26 Jan - Results of ANDDI track walk championships  
<http://omarchador.blogspot.com.au/2016/01/nacionais-por-escaloes-da-anddi-em.html>

## #KIRDYAPKIN

It's business as usual in the murky waters of T&F doping. What is going on here! Here's how it panned out this week.

### Monday 25 January

- More than five years after Russian walker Anna Lukyanova won the silver medal in the 2010 World Junior Championships in Moncton, it was announced by the Olympic Committee of Russia, on Monday that the athlete had presented atypical results in her biological passport dated 19/07/2010. Lukyanova serve a period of suspension for two years from 26 January 2015 (date of signing the form of violation of anti-doping rules) until 25 January 2017. She also loses her silver from Moncton. See <http://omarchador.blogspot.pt/2016/01/anna-lukyanova-com-2-anos-de-suspensao.html>

### Tuesday 26 January

- The IAAF's ethics committee is to investigate the bidding for the 2017 and 2019 world athletics championships after accusations of possible corruption, the head of the sport in Britain told a parliamentary committee last Tuesday. The 2017 event will be held in London and the 2019 in Doha, which lost out to London for the 2017 event. UK Athletics chairman Ed Warner was appearing before the Culture, Media and Sport Committee as part of its wider investigation into blood doping in sport. Warner told the committee "I have had a number of discussions with the IAAF and they have told me the 2017 and 2019 bids by Doha have been referred to their ethics commission." See <http://www.supersport.com/athletics/article.aspx?Id=3370534>.

- First-time drugs cheats face being banned for life from representing Great Britain at the Olympics and other major events under new plans being finalised by UK Athletics. The resurrection of life bans for serious drug offences was announced last Tuesday by Ed Warner, the UKA chairman, during the above parliamentary inquiry into blood doping in athletics. See <http://www.telegraph.co.uk/sport/othersports/athletics/12122576/Drugs-cheats-to-be-banned-from-competing-for-Britain-under-new-proposals.html>. Personally, I am not sure if they are going to be able to actually enforce this but time will tell.

### Wednesday 27 January

- The IAAF said Wednesday that Aleksandra Duliba of Belarus, who won the 2013 Los Angeles Marathon, had been sanctioned for a biological passport violation. In addition to the \$25,000 first prize, Duliba won a \$50,000 bonus. The IAAF said Duliba's suspension took effect in September 2015 and will expire in September 2017. Duliba's ban was one of 32 new doping sanctions listed in the IAAF's latest list of positive cases. Among other cases, Spanish hurdler Josephine Onyia received a lifetime ban for a second doping offense. The IAAF said she failed a test at a meet in Castellon, Spain, last year. The Nigerian-born Onyia received a two-year doping ban in 2009. Onyia was among five Spaniards banned in the latest sanctions, along with five Indians. Two Russians were suspended, including middle-distance runner Svetlana Kireyeva, who received a two-year ban in a biological passport case. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11580837&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11580837&ref=rss)

### Thursday 28 January

- Coe continues to fend off allegations, this time denying a report he alerted UK Athletics (UKA) to allegations of bribes before the vote for the 2017 World Championships in 2011. UKA boss Ed Warner said he was warned by a "very senior IAAF person" about envelopes of cash being handed out before the vote, which London won. The Daily Mail claims two witnesses recall Coe warning the bid team. See <http://www.bbc.com/sport/athletics/35435480>.
- This led to a further news release on Saturday, in which Damian Collins, a member of the parliamentary select committee that questioned Coe at the end of last year about the scandal engulfing athletics, said: "People are losing trust in Lord Coe. To succeed in this role and in cleaning up athletics he needs to be clear and transparent, otherwise the public will lose faith and respect." See <http://www.iol.co.za/sport/athletics/coe-must-come-clean-1977698>. Coe runs the risk of losing the public's trust. If so, it could well prove terminal to his presidency of the IAAF.

### Friday 29 January

- London - Any athlete convicted of a serious doping offence should be banned from the Diamond League, following the "zero tolerance" approach of the London Marathon, the race's chief executive told Reuters on Friday. The London Marathon does not allow any athlete convicted of a serious doping offence to take part in the race and, although life bans are not applicable across the sport, the race's organisers said others should follow their lead. See <http://www.iol.co.za/sport/athletics/dopers-should-be-banned-from-diamond-league-1977662>.

### Saturday Jan 30

- As Russia tries to show its seriousness in tackling its State sponsored drugs issues, the Russian track federation says all athletes and coaches, whether in the national team or at local competitions, must sign a declaration detailing "the obligation to abide by anti-doping rules and the unacceptability of breaching them, and also cooperation in unearthing similar abuses." Time will tell! See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11582096&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11582096&ref=rss) and <http://www.telegraph.co.uk/sport/othersports/athletics/12128680/Lord-Coe-denies-knowledge-of-bidding-bribes-for-2017-World-Athletics-Championships.html>.

### Tuesday 2 February

- Nigeria has banned eight athletes for doping, four of them gold-medal winners and one a silver medalist at the All Africa Games last year. Nigeria's National Anti-Doping Committee said the athletes' All Africa Games medals and winnings would be sent back to organizers. The Nigerian cases follow a severely troubled doping control program at the All Africa Games, which was described as "chaotic" and "ineffective from the start" by World Anti-Doping Agency independent observers in Republic of Congo. National and international sports federations weren't informed of the failed doping tests for months after the games, which is Africa's premier multi-sport event. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11583109&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11583109&ref=rss).
- You've got to laugh sometimes - the three athletics officials banned for life from the sport over an alleged doping cover-up have appealed to the Court of Arbitration for Sport (Cas). Papa Massata Diack, son of ex-world athletics chief Lamine Diack, and Russians Valentin Balakhnichev and Alexei Melnikov want the bans annulled. They were charged in December with multiple breaches of anti-doping rules relating to Russia's Liliya Shobukhova. Last month, France issued an international wanted notice via Interpol for the former IAAF marketing consultant, who Senegal refuse to extradite. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11583125&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11583125&ref=rss).

## 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

Sat Feb 6, 2016	AV Shield Final, Lakeside Stadium, Albert Park, VIC
Sun Feb 7, 2016	VRWC Road Races and AV 5km Teams Races, Middle Park, VIC
Feb 12-14, 2016	Victorian Junior T&F Championships, Lakeside Stadium, Albert Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Feb 26-28, 2016	Victorian Open T&F Championships, Lakeside Stadium
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Sun Mar 6, 2016	Coburg 6 Hour Track Walk/Run championships, Coburg, VIC – see <a href="http://www.coburg24hr.org">http://www.coburg24hr.org</a>
Sun Mar 6, 2016	VRWC Track Races, VMA 5000m champs, Mentone
Mar 8-13, 2016	Australian Junior T&F Championships, Perth
Mar 19-20, 2016	Victorian Masters T&F Championships, Doncaster
Mar 31 – Apr 3, 2016	Australian T&F Championships, Sydney (10,000m walks)
Sun Apr 10, 2016	VRWC winter season starts - Castlemaine NAB 500, Castlemaine
Apr 16-19, 2016	Aust Masters T&F Championships, Adelaide, SA - see <a href="http://www.samastersathletics.org.au/nationals2016/">http://www.samastersathletics.org.au/nationals2016/</a>
Sun June 12, 2016	50 <sup>th</sup> Lake Burley Griffin Walks Carnival, Canberra, ACT
Sun Aug 20, 2016	Australian Masters 30km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 20156	Australian Roadwalk Championships, Canberra, ACT (TBC)

### 2016 International Key Dates

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

### 2016 IAAF Challenge Series (so far)

Sun Mar 6, 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, Rome
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	42 <sup>nd</sup> International Race Walking Festival, LTU
Sun June 18, 2016	19 <sup>th</sup> 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 <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
TBA, 2018	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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