



## HEEL AND TOE ONLINE

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

First an apology from last week's Walker of the Week. Katie Hayward is coached by Steve Langley. I incorrectly guessed that she was coached by Robyn Wales. Sorry Steve!

And now onto this week where the Australian 20km roadwalk championships in Adelaide take centre stage. It was certainly hard to pick someone when we had so many great performances

- **Dane Bird-Smith** won the men's 20km in a 1 sec PB of 1:20:04, thus confirming his Olympic spot
- **Rhydian Cowley** was the second Australian with a 1:20 PB of 1:22:07, almost certainly confirming his Olympic spot
- **Michael Hosking** was the third Australian with a 1:324 PB of 1:24:42, in only his second 20km walk!
- 19 year old **Nathan Brill** announced his presence in the 20km ranks with a 4:22 PB time of 1:27:14
- **Rachel Tallent** won the women's 20m in a 2:43 PB of 1:31:33, thus confirming her Olympic spot
- **Tyler Jones** won the U20 men's 10km in a 26 sec PB time of 42:22
- **Zoe Hunt** won the U20 women's 10km in a 2:11 PB time of 46:29

I have to pick someone so here it is – **Rhydian Cowley is my Walker of the Week.** 25 year old Rhydian has been steadily improving over the last few years but this year has seen the big breakthrough from being a promising walker to being a top walker. Now coached by Simon Baker, he is reaping the benefits of 2 months spent at the AIS over the summer. I hope that Athletics Australia do the right thing and confirm him and Dane and Rachel for Olympic selection now rather than keeping them on tenderhooks for a few more months.



**Rhydian powers to his PB time of 1:22:07 on Sunday (photo Terry Swan)**

His 20km time on Sunday moves him up from 13<sup>th</sup> to 12<sup>th</sup> and puts him in line for Olympic selection.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33	Nathan Deakes	V	17-08-1977	1	Cixi City, China	23-04-2005	27
2	1:19.15	Luke Adams	N	22-10-1976	7	Cheboksary, Russia	10-05-2008	31

3	1:19.15	Jared Tallent	V	17-10-1984	1	Melbourne	13-02-2010	25
4	1:19.22	Dave Smith	V	24-07-1955	1	Hobart	19-07-1987	31
5	1:19.33	Nick A'Hern	N	06-01-1969	1	Melbourne	15-12-1990	21
6	1:20.04	Dane Bird-Smith	Q	15-07-1992	1	Adelaide	21-02-2016	23
7	1:20.43	Andrew Jachno	V	13-04-1962	1	Brisbane	26-08-1990	28
8	1:20.49	Dion Russell	V	08-08-1975	1	Melbourne	19-03-1999	23
9	1:21.19	Simon Baker	V	06-02-1958	1	Canberra	27-08-1988	30
10	1:21.36	Willi Sawall	V	07-11-1941	1	Melbourne	04-07-1982	40
11	1:21.49	Adam Rutter	N	12-12-1986	3	Melbourne	23-02-2008	21
<b>12</b>	<b>1:22.07</b>	<b>Rhydian Cowley</b>	V	04-01-1991	9	Adelaide	21-02-2016	25
13	1:22.08	Chris Erickson	V	01-12-1981	10	Nomi, Japan	15-03-2015	33
14	1:24.11	Liam Murphy	S	05-06-1979	1	Adelaide	26-07-2003	24
15	1:24.20	Duane Cousins	V	13-07-1973	5	Melbourne	19-03-1999	25
16	1:24.25	Ian Rayson	N	04-02-1988	1	Narellan, NSW	13-11-2011	23
17	1:24.34	Brent Vallance	N	30-04-1972	15	Naumburg, Germany	23-05-1998	26
18	1:24.42	Michael Hosking	V	16-10-1985	11	Adelaide	21-02-2016	30
19	1:24.51	Brendon Reading	A	26-01-1989	21	Taicang, China	22-04-2011	23
20	1:24.54	Paul Copeland	V	25-04-1967	1	Melbourne	10-11-1991	24

### WHAT'S COMING UP

- **The Victorian Open T&F Championships** will be held at Lakeside Stadium on the weekend of **26-28 February**. The draft timetable shows the 5000m walks on at 11AM (women) and 11:40AM (men) on Sunday 28<sup>th</sup> February. Check the AV website for final timetable confirmation.

And now to a bit of light relief, compliments of Melbourne walker Danny Hawksworth:

Good evening all, I've just spoken to Tom Waterhouse, who has given me permission to release odds for next weekend's blue-riband event, the men's 5000m walk. A personal best over 20km has seen Glenhuntsly's Rhydian Cowley assume the tag of favourite, although a fully fit Chris Erickson is not to be discounted. The 34 year old from Ocean Grove missed Sunday's 20km, but will be assessed by the medical staff during the week.

Adam Garganis' PB in Adelaide has him as third favourite, with the young brigade of Brasier, Walmsley and Bird not far behind him. The latter two had a thrilling finish in a 2km walk in round 9 of AV Shield. The three way battle between the consistent Stuart Kollmorgan, the angry Jason Kozica and the versatile Danny Hawksworth for the minor HH Hunter Shield points shapes as an interesting one. Kozica and Kollmorgan have been known to do triathlons on the morning of the race. Nobody else treats championships races with such contempt.

At the rear of the field, you'll find veterans Christmass, McDonough and Smyth. All quality walkers, will walk their own race and all are usually safe style wise, which may bring them up in the placings if there are DQ's or DNF's ahead of them.

The starting odds:

Cowley, Rhydian	\$ 2.75
Erickson, Chris	\$ 3.50
Garganis, Adam	\$ 6.00
Brasier, Emmet	\$ 11.00
Walmsley, Reece	\$ 16.00
Bird, Kyle	\$ 16.00
Kozica, Jason	\$ 26.00
Kollmorgan, Stuart	\$ 26.00
Hawksworth, Danny	\$ 31.00
Christmass, James	\$101.00
McDonough, Aaron	\$501.00
Smyth, David	\$501.00

- The **Melbourne Track Classic** follows a week later on **Saturday 5 March** and it included 5000m walks for elite men and women.
- The final **Victorian Race Walking Club summer races** will be held on the morning of **Sunday 6 March** at Mentone. The timetable reads as shown below. Entries can be done online ([http://vrwc.org.au/wp1/?page\\_id=664](http://vrwc.org.au/wp1/?page_id=664)) or on the day.

#### Sun 6 March 2016, VRWC Track Races, VMA 5000m Championships, Mentone

Venue: Mentone Athletics Track, Dolamore Oval, Queens St, Mentone		
8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m VRWC	Open
10.40am	1500m VRWC	Open

- I won't be there as I will be at the **Coburg 6 Hour Track Championships** in the Melbourne suburb of Coburg which are also being held on **Sunday 6 March**. This annual event always draws a good crowd of walkers and runners and is one of the top short ultras on the yearly Australian calendar. And entries don't close until this Friday so if you fancy a test over a longer walking timeframe, check it out at <http://www.coburg24hr.org/24hr/>.
- To all U19 walkers and coaches. Athletics Australia has now opened the nomination period for the **2016 U19 Athletics Australia Talent Squad**. The 2015 squad included 6 walkers (Adam Garganis, Clara Smith, Declan Tingay, Jemima Montag, Tayla-Paige Billington and Zoe Smith. Who will be recognised this year? Further details and online nomination form at <http://athletics.com.au/High-Performance/Able-Bodied/Junior-High-Performance/Under-19-Talent-Squad>.

#### CANBERRA CARNIVAL MEMORABILIA



This year will be the 50<sup>th</sup> Anniversary of the Lake Burley Griffin Walking Carnival which will be held on Sunday 12 June 2016. As part of the celebrations arrangements have been made to provide some commemorative merchandise, namely, Beanies, T Shirts and Polo Shirts. The beanies are already available but the T/Shirts and Polo Shirts will be available by pre order only To be sure of acquiring one of these, orders will need to be placed no later than 31 March 2016. The costs are:

Beanie:	\$10.00
T Shirt:	\$20.00
Polo Shirt:	\$25.00

Further info, along with an order form, are available for viewing at <http://www.actwalkers.com.au/lbg-50th-anniversary-commemorative-merchandise/>. Note **orders must be placed by 31<sup>st</sup> March** so download the entry form and action it. I have seen them and they look great. We will have some on display at our next VRWC races on 6<sup>th</sup> March.

#### AUSTRALIAN 20KM SUMMER ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 21 FEBRUARY

Ok, now to the big news for the week – our Australian and Oceania Summer 20km Championships which were contested in Adelaide on Sunday morning. With a forecast for 36°C, the 7AM start time proved a wise decision and the 2km course in the Adelaide parklands was well shaded and stayed pretty cool throughout the race. And what a race it was with 15 Olympic qualifiers in the 20km events (9 in the men's and 6 in the women's 20km), along with a further 10 Australian World Race Walking Teams Championships qualifiers spread across the 20km and 10km events.

The Men's 20km saw Swedish walker **Perseus Karlstrom** stride to an early lead, soon building up a gap of some 15 secs which he held until the 14km mark. Although he was eventually caught and passed and ended up 6<sup>th</sup> in 1:21:03, the race panned out perfectly for him. He was well under his old PB of 1:21:54 from Podebrady in 2014. Further his new PB passes both Andreas and Bosse Gustafsson and is second only to Stefan Johansson and is the best Swedish time since 1992. And he needed it since Sweden has set a very tough Olympic qualifying time of 1:21:30. His time now should guarantee Perseus an Olympic 20km spot. If so, he will be Sweden's first Olympic walker since Jan Staaf in 1996.

Behind him, a large group ate up the laps, getting faster lap by lap. Eventually it was down to five – **Dane Bird Smith** of Australia, **Lebogang Shange** of South Africa and the three Canadians **Ben Thorne**, **Inaki Gomez** and **Evan Dunfee**. And that was their position as they crossed the finish line with Dane 1:20:04, Lebogang 1:20:06 and Ben 1:20:08 contesting a final exciting sprint. This win confirms Dane's Olympic selection as it should for all five. Shange shattered his own South African record of 1:21:43 (great article at <http://www.supersport.com/athletics/article.aspx?Id=3407484>).

**Yerko Araya** of Chile was a further minute back with a big PF of 1:21:46 for 6<sup>th</sup> while the second South African **Wayne Snyman** also PB'd with a time of 1:21:45, only 2 secs outside Shange's old record. Then came **Rhydian Cowley** with his own huge PB of 1:22:07, almost certainly cementing his own Olympic spot. And I can't forget the performances of the 3<sup>rd</sup> and 5<sup>th</sup> placed Australians in **Michael Hosking** and **Nathan Brill**. Michael astonished us all with a walk of 1:26:16 in December in his first ever 20km and his first walk for 15 years. He improved a further 1:34 this time around to record 1:24:42 – and that performance was completed on top

of a twangy hamstring that saw him lose about 1 minute with multiple stops throughout the race! 19 year old Nathan Brill, in only his second 20km, also did a huge PB with 1:27:14. I suspect that both walkers will be in our 2016 World Race Walking Championship team in May.



**Left: early leader Perseus Karlstrom  
Centre the chasing pack, led by Dane Bird Smith (16)  
Right: Rhydian Cowley 2<sup>nd</sup> Australian and now set for the Olympics**



**The final sprint – Shange, Bird-Smith and Thorne**



**Nathan Brill**



**Michael Hosling**

**Men 20km Walk Open**

1.	Dane Bird-Smith	23	QLD	1:20:04	PB 0:01, OQ
2.	Lebogang Shange	25	STH AFRICA	1:20:06	PB 1:37, OQ, NR
3.	Benjamin Thorne	22	CANADA	1:20:08	OQ
4.	Inaki Gomez	28	CANADA	1:20:22	OQ
5.	Evan Dunfee	25	CANADA	1:20:34	OQ
6.	Perseus Karlström	25	SWEDEN	1:21:03	PB 0:51, OQ
7.	Yerko Araya Cortes	30	CHILE	1:21:26	PB 1:44, OQ
8.	Wayne Snyman	25	STH AFRICA	1:21:45	PB 2:03, OQ
9.	Rhydian Cowley	25	VIC	1:22:07	PB 1:20, OQ
10.	Jakub Jelonek	30	POLAND	1:24:22	

11. Michael Hosking	30	VIC	1:24:42	PB 1:34, WCQ
12. Anatole Ibanez	30	SWEDEN	1:25:11	
13. Marc Mundell	32	STH AFRICA	1:27:08	
14. Brendon Reading	27	ACT	1:27:12	
15. Nathan Brill	19	VIC	1:27:14	PB 4:22, WCQ
16. Giovanni Renó	24	ITALY	1:29:23	
17. Ian Rayson	27	NSW	1:32:07	
18. Carl Gibbons	19	NSW	1:35:23	PB 2:16
19. Kim Mottrom	31	SA	1:35:25	
Jay Felton	20	NSW	DNF	
Quentin Rew	31	NZL	DQ	

The women's 20km saw 6 Olympic qualifiers in action and it was tantalising to try to predict the final outcome. After a few laps of positioning, it was **Regan Lamble** who burst from the pack to take a clear lead ahead of Beki Smith and Tanya Holliday. But she had slowed drastically even before the 10km was reached (shins from what I heard) and was eventually forced to retire. The lead swapped a few times before **Rachel Tallent** took control, storming home for a 2:43 PB time of 1:31:33. This was the big breakthrough that Rachel and her coach Jared had been hoping for. Behind her, **Tanya Holliday** fought hard to take 2<sup>nd</sup> (1:32:15) ahead of a tiring **Beki Smith** (1:32:49) with **Stephanie Stigwood** relegated to 4<sup>th</sup> with 1:33:45.



**Rachel Tallent, Tanya Holliday and Beki Lee on Sunday**

This was the first round of the 2016 IAAF Race Walking Challenge Series and Dane and Rachel now take the lead in that competitions. Article at <http://www.iaaf.org/news/report/iaaf-race-walking-challenge-adelaide-bird-smi>.

#### Women 20km Walk Open

1. Rachel Tallent	23	VIC	1:31:33	PB 2:43, OQ
2. Tanya Holliday	27	SA	1:32:15	OQ
3. Beki Smith	29	NSW	1:32:49	OQ
4. Stephanie Stigwood	25	TAS	1:33:45	OQ
5. Alana Barber	28	NZL	1:35:29	OQ
6. Siu Ching	29	HONG KONG	1:36:59	PB 3:00, NR
7. Jessica Pickles	20	QLD	1:41:05	PB 18:06
8. Kristie Goznik	22	SA	1:42:17	
9. Danielle Walsh	20	SA	1:52:04	First one
10. Kelly Ruddick	42	VIC	DNF	
11. Regan Lamble	24	VIC	DNF	

The U20 10km walks started at 8AM so also had good weather. Again, it was a case of lots of PBs and lots of World Race Walking Teams Championships qualifiers and I expect to see full teams of 3 boys and 3 girls eventually named here. Strong wins to both **Tyler Jones** (42:22) and **Zoe Hunt** (46:29). Special mention also to 16 year old **Kyle Swan** whose time of 42:48 must have been pretty close to the Victorian and Australian U18 records.

#### Men 10km Walk U20

1. Tyler Jones	17	NSW	42:22	PB 0:26, WCQ
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2.	Kyle Swan	16	VIC	42:48	PB 0:13, WCQ
3.	Adam Garganis	18	VIC	42:53	PB 0:10, WCQ
4.	Declan Tingay	17	WA	44:36	WCQ
5.	Emmet Brasier	17	VIC	44:55	WCQ

**Women 10km Walk U20**

1.	Zoe Hunt	18	ACT	46:29	PB 2:11, WCQ
2.	Clara Smith	17	QLD	46:42	WCQ
3.	Tayla-paige Billington	18	VIC	47:25	PB 1:15, WCQ
4.	Jemima Montag	18	VIC	49:24	WCQ
5.	Laura Langley	18	NZL	52:53	PB 0:38
6.	Rhiannon Lovegrove	15	SA	55:17	
7.	Samantha Findlay	18	SA	59:29	
8.	Katya Martin	18	QLD	DNF	

**Men 5km Walk U18**

1.	Jake Vidler	15	SA	24:32	PB 0:32
2.	Alix Harlington	16	SA	26:15	



**U20 men Emmet Brasier, Declan Tingay, Adam Garganis, Kyle Swan and winner Tyler Jones**



**U20 women Tayla-Paige Billington, Clara Smith, Jemima Montag and winner Zoe Hunt**



Oceania U20 medallists Clara Smith, Zoe Hunt, Tayla-Paige Billington, Kye Swan, Tyler Jones and Adam Garganis



Oceania Open medallists Legogang Shange, Rhydian Cowley, Dane Bird-Smith, Michael Hosking, Ben Thorne, Tanya Holliday, Rachel Tallent and Beki Smith

I updated the men's 20km ranking lists earlier in the newsletter. For completeness, I have refreshed my women's 20km all-time list. Rachel's time pushes her up into 9<sup>th</sup> place overall.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44	Jane Saville	N	05-11-1974	4	Naumburg,Germany	02-05-2004	29
2	1:29.53	Claire Tallent	S	06-07-1981	5	Taicang, China	30-03-2012	30
3	1:29.36	Kerry Saxby-Junna	N	02-06-1961	2	Naumburg,Germany	30-04-2000	38
4	1:29.44	Cheryl Webb	N	03-10-1976	1	Melbourne	07-03-2009	32
5	1:30.03	Regan Lambie	V	14-10-1991	17	London	11-08-2012	20
6	1:30.24	Beki Smith (nee Lee)	N	25-11-1986	1	Sydney	26-07-2015	28
7	1:30.25	Jess Rothwell	V	18-06-1989	2	Melbourne	07-03-2009	19
8	1:31.28	Tanya Holliday	S	21-09-1988	1	Adelaide	19-05-2012	23
9	<b>1:31.33</b>	<b>Rachel Tallent</b>	V	20-02-1993	1	Adelaide	21-02-2016	23
10	1:31.34	Natalie Saville	N	07-09-1978	25	Naumburg,Germany	02-05-2004	25
11	1:32.22	Stephanie Stigwood	T	21-10-1990	2	Melbourne	13-12-2015	25
12	1:32.57	Kellie Wapshott	V	23-08-1981	2	Melbourne	23-02-2008	26
13	1:33.00	Lisa Sheridan-Paolini	N	10-12-1962	1	Sydney	08-07-2000	37
14	1:33.15	Kelly Ruddick	V	19-04-1973	1	Launceston	01-09-2014	41
15	1:33.45	Megan Szirom	V	18-08-1977	4	Melbourne	07-03-2009	31
16	1:34.13	Jillian Hosking	A	12-02-1987	3	Hobart	13-02-2010	23
17	1:34.27	Anne Pembroke-Manning	N	13-11-1959	1	Hawkesbury	10-07-1993	33
18	1:34.35	Wendy Muldoon	V	27-05-1971	1	Melbourne	16-08-1998	27
19	1:34.44	Simone Wolowiec	V	12-02-1974	1	Canberra	16-01-2000	25
20	1:34.44	Lyn Ventris	W	02-10-1956	1	Melbourne	16-12-2001	45

By the way, all these photos thanks to Terry Swan – see his gallery at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=65>. And one final photo of our 3 Canadians – Evan Dunfee, Inaki Gomez and Ben Thorne.



### 2016 AUSTRALIAN OLYMPIC QUALIFICATION UPDATE

With the many fine performances in Adelaide on Sunday, it's timely to review the status of our Olympic walk qualifiers. First a link to the Athletics Australia Olympic Selection Policy - <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Rio-2016-Olympic-Games>.

AA has gone with the IAAF standards for all events. The walk standards and qualification periods are set as follows

Men 20k walk	1:24:00	Qualification Period: 1 January 2015 to 28 May 2016
Women 20k walk	1:36:00	Qualification Period: 1 January 2015 to 28 May 2016
Men 50k walk	4:06:00	Qualification Period: 1 January 2015 to 9 May 2016

Our qualifiers stand as shown below – apologies if I have missed any performances – let me know!

<b>20km Men (1:24:00)</b>	<b>Dane Bird-Smith</b>	<b>Q</b>	<b>1:20:04</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			1:20:05	La Coruna, Spain	06-Jun-2015
			1:21:37	Beijing, China	23-Aug-2015
			1:21:30	Gwanju, Sth Korea	09-Jul-2015
			1:22:12	Taicang, China	01-May-2015
		<b>Rhydian Cowley</b>	<b>V</b>	<b>1:22:07</b>	<b>Adelaide</b>
			1:23.27	La Coruna, Spain	06-Jun-2015
	<b>Chris Erickson</b>	<b>V</b>	<b>1:22.08</b>	<b>Nomi, Japan</b>	<b>15-Mar-2015</b>
<b>20km Women (1:36:00)</b>	<b>Regan Lambie</b>	<b>V</b>	<b>1:30:45</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
			1:32:26	Takahata, Jpn	25-Oct 2015
			1:32.51	Melbourne	30-Aug 2015
	<b>Rachel Tallent</b>	<b>V</b>	<b>1:31:33</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			1:34:16	Melbourne	13-Dec 2015
	<b>Tanya Holliday</b>	<b>S</b>	<b>1:32:16</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			1:34.05	Adelaide	22-Feb-2015
			1:34:56	Melbourne	13-Dec 2015
	<b>Stephanie Stigwood</b>	<b>T</b>	<b>1:32:22</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
		1:33:45	Adelaide	21-Feb-2016	
	<b>Beki Smith</b>	<b>N</b>	<b>1:32:49</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			1:34:35	Adelaide	22-Feb-2015
<b>50km Men (4:06:00)</b>	<b>Jared Tallent</b>	<b>S</b>	<b>3:42.17</b>	<b>Beijing, China</b>	<b>29-Aug-2015</b>
	<b>Chris Erickson</b>	<b>V</b>	<b>3:51.26</b>	<b>Beijing, China</b>	<b>29-Aug-2015</b>
			3:54:10	Melbourne	13-Dec-2015
	<b>Brendon Reading</b>	<b>A</b>	<b>3:55:03</b>	<b>Melbourne</b>	<b>13-Dec-2015</b>
	<b>Ian Rayson</b>	<b>N</b>	<b>3:55:17</b>	<b>Melbourne</b>	<b>13-Dec-2015</b>



Our 50km team has already been selected (Jared Tallent, Chris Erickson and Brendon Reading). Our 20km teams can now be partially named and I hope to see Dane Bird-Smith, Rhydian Cowley and Rachel Tallent officially announced soon. The other places will be keenly fought over, given the number of other walkers in contention.

<b>2016 AUSTRALIAN RACE WALKING TEAMS CHAMPIONSHIP QUALIFICATION UPDATE</b>
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With the many fine performances in Adelaide on Sunday in the World Teams Championships 20km and 10km trials, it's timely to review the status of our Raced Walking World Teams Championships qualifiers. First a link to the Athletics Australia Selection Policy: <http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Race-Walk-Cup>. The qualifying periods differ to the Olympics so the list of current qualifiers looks a bit different - let me know if you see any mistakes / omissions.

50km men	1 January 2015 till 13 December 2015				
20km events	1 August 2015 till 21 February 2016				
10km U20 events	1 August 2015 till 21 February 2016				
<b>20km Men (1:28:00)</b>	<b>Dane Bird-Smith</b>	<b>Q</b>	<b>1:20:04</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>1:21:37</i>	<i>Beijing, China</i>	<i>23-Aug 2015</i>
	<b>Rhydian Cowley</b>	<b>V</b>	<b>1:22:07</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>1:24:35</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
			<i>1:27:16</i>	<i>Melbourne</i>	<i>30-Aug 2015</i>
	<b>Jared Tallent</b>	<b>S</b>	<b>1:24:18</b>	<b>Beijing, China</b>	<b>23-Aug 2015</b>
	<b>Michael Hosking</b>	<b>V</b>	<b>1:24:42</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>1:26:16</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
	<b>Chris Erickson</b>	<b>V</b>	<b>1:25:15</b>	<b>Beijing, China</b>	<b>23-Aug 2015</b>
	<b>Ian Rayson</b>	<b>V</b>	<b>1:25:46</b>	<b>Melbourne</b>	<b>30-Aug 2015</b>
	<b>Brendon Reading</b>	<b>A</b>	<b>1:27:12</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
	<b>Nathan Brill</b>	<b>V</b>	<b>1:27:14</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
<b>20km Women (1:36:00)</b>	<b>Regan Lamble</b>	<b>V</b>	<b>1:30:45</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
			<i>1:32:26</i>	<i>Takahata, Jpn</i>	<i>25-Oct 2015</i>
			<i>1:32:51</i>	<i>Melbourne</i>	<i>30-Aug 2015</i>
	<b>Rachel Tallent</b>	<b>V</b>	<b>1:31:33</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>1:34:16</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
	<b>Tanya Holliday</b>	<b>S</b>	<b>1:32:16</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>1:34:56</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
	<b>Stephanie Stigwood</b>	<b>T</b>	<b>1:32:22</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
			<i>1:33:45</i>	<i>Adelaide</i>	<i>21-Feb-2016</i>
	<b>Beki Smith</b>	<b>N</b>	<b>1:32:49</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
<b>50km Men</b>	<b>Jared Tallent</b>	<b>S</b>	<b>3:42.17</b>	<b>Beijing, China</b>	<b>29-Aug 2015</b>
	<b>Chris Erickson</b>	<b>V</b>	<b>3:51.26</b>	<b>Beijing, China</b>	<b>29-Aug 2015</b>
			<i>3:54:10</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
	<b>Brendon Reading</b>	<b>A</b>	<b>3:55:03</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
	<b>Ian Rayson</b>	<b>N</b>	<b>3:55:17</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
<b>10km U20 Men (46:30)</b>	<b>Tyler Jones</b>	<b>N</b>	<b>42:22</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>42:48</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
	<b>Kyle Swan</b>	<b>V</b>	<b>42:48</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>43:01</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
			<i>V 45:30</i>	<i>Melbourne</i>	<i>30-Aug 2015</i>
	<b>Adam Garganis</b>	<b>V</b>	<b>42:53</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>43:03</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
			<i>V 45:39</i>	<i>Melbourne</i>	<i>30-Aug 2015</i>
	<b>Declan Tingay</b>	<b>W</b>	<b>43.57.35</b>	<b>Chula Vista</b>	<b>03-Jan 2016</b>
			<i>44:36</i>	<i>Adelaide</i>	<i>21-Feb-2016</i>
	<b>Emmet Brasier</b>	<b>V</b>	<b>44:48</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
			<i>44:55</i>	<i>Adelaide</i>	<i>21-Feb-2016</i>
<b>10km U20 Women (50:00)</b>	<b>Zoe Hunt</b>	<b>A</b>	<b>46:29</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>47:41</i>	<i>Melbourne</i>	<i>13-Dec 2015</i>
			<i>49:45.72</i>	<i>Canberra</i>	<i>26-Nov 2015</i>
	<b>Clara Smith</b>	<b>Q</b>	<b>46:42</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
	<b>Tayla-Paige Billington</b>	<b>V</b>	<b>47:25</b>	<b>Adelaide</b>	<b>21-Feb-2016</b>
			<i>49:32</i>	<i>Melbourne</i>	<i>30-Aug 2015</i>
	<b>Jemima Montag</b>	<b>V</b>	<b>48:01</b>	<b>Melbourne</b>	<b>29-Nov 2015</b>
			<i>49:24</i>	<i>Adelaide</i>	<i>21-Feb-2016</i>

These selections will be complex. A number of walkers may opt to bypass this meet (younger juniors normally have to choose between the World Teams Champs and the World Junior Champs) and some of the 50km walkers may prefer to race in the 20km event so that they are not faced with having to walk three 50km events in 9 months. So we will wait on the AA selectors here to factor all the disparate parts and come up with our final team. Whatever happens, it looks like a strong one.

**GEELONG WALKERS CLUB TRACK WALKS, LANDY FIELD, GEELONG, WEDNESDAY 11 FEBRUARY**

Thanks to Michelle de Graff for the latest Geelong Walkers Club results. Well done to Harold Boddy on a well judged pace!

5000m/3000m Walkers to Nominate			Time	Guess	Difference	
1.	Harold Boddy	VET M	3000m	21.42	21.45	3 secs
2.	Carla de Graaf	VET F	5000m	52.11	52.00	11 secs
3.	Colin Silcock-Delaine	VET M	5000m	42.44	43.00	16 secs
4.	Barbara Fairbrother	VET F	3000m	35.10	34.32	38 secs
5.	Tara Robinson	U/12 G	3000m	21.10	20.30	40 secs
6.	James Christmas	VET M	5000m	27.35	26.50	45 secs
7.	Mark Wiffen	VET M	5000m	42.13	43.00	47 secs
8.	Jenny Larkins	VET F	3000m	29.02	28.00	62 secs
9.	Jennie Van Dreumel	VET F	3000m	25.05	26.30	85 secs
10.	Angela Curran	VET F	5000m	42.44	45.00	136 secs
11.	Dirk Stobbe	VET M	5000m	47.29	49.50	141 secs
12.	Michelle de Graaf	VET F	5000m	39.44	37.19	145 secs

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 17 FEBRUARY**

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide - cooler evening with a light breeze at times. George White was dominant as usual with 85%+ on both his age graded performances.

**1500m Walk**

1.	Rhiannon Lovegrove	07:30		
2.	George White	08:26	M70	<b>85.60%</b>
3.	Gloria Holliday	08:52	W55	74.52%
4.	Marie Maxted	09:13	W55	71.69%
5.	Geoff Byham	09:18	M69	76.70%
6.	Gil McIntosh	10:22	M65	65.74%
7.	Helen Suridge	10:26	W64	69.29%
8.	Des Mulqueen	10:51	M69	65.74%
9.	Mary Abrey	10:58	W65	66.67%
10.	Graham Harrison	11:16	M72	65.68%
11.	Leigh Smith	11:28	M80	72.04%
12.	Doug Smart	11:56	M72	62.01%
13.	David Robertson	12:21	M82	68.99%
14.	Margaret McIntosh	12:28	W63	57.36%

**3000m Walk**

1.	George White	17:04	M70	<b>86.24%</b>
2.	Gloria Holliday	18:11	W55	75.10%
3.	John Leydon	18:55		
4.	Marie Maxted	20:28	W55	66.72%
5.	Bill Starr	21:15	M73	71.93%
6.	Des Mulqueen	21:47	M69	66.76%
7.	Graham Harrison	22:32	M72	66.97%
8.	Jan Layng	22:57	W67	68.08%
9.	Leigh Smith	23:07	M80	72.99%
10.	Roger Lowe	24:21	M72	61.97%
11.	Colin Hainsworth	24:29	M86	76.06%
12.	Margaret McIntosh	25:26	W63	58.46%
13.	David Robertson	25:34	M82	68.09%
14.	Edna Bates	26:21	W63	56.43%

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 18 FEBRUARY**

Thanks to Robin Whyte for the latest results from Canberra.

**2000m Handicap**

1.	Jennifer Gilchrist	14:23
2.	Tim Fraser	09:05
3.	Mitchell Baker	09:05
4.	Doug Fitzgerald	14:50
5.	Kate Black	11:35
6.	Wendy Kupkee	15:05
7.	Rod Gilchrist	14:12
8.	Jack Thackray	17:33
9.	Robin Whyte	12:08
10.	Gabby Hunt	09:25
11.	Ann Staunton-Jugovic	10:27
12.	Laura Burns	10:16
13.	Spencer Burns	10:20
14.	Sheryl Greathead	16:07
15.	Bryan Thomas	13:48

**800m Walk**

1.	Ella Baker	06:02
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16.	Robert Kennelly	16:40
17.	Ruth Baussmann	14:15
18.	Val Chesterton	16:32
19.	Peter Baker	11:19
20.	Tony Fenotti	15:58
21.	Terri Jones	17:52
22.	Caroline Campbell	15:55
23.	Carmen Carlon	23:52

**QMA TRACK CHAMPIONSHIPS, SAF, NATHAN, BRISBANE, SATURDAY 20 FEBRUARY**

Well done all the medallists in the Queensland Masters 3000 track championships last Saturday in Brisbane. Best relative performances by Peter Bennett (M60 14:48.20) and Iggy Jimenez (14:06.64). In fact, Peter's performance of 14:48.20 bettered his previous M60 3000m Walk record of 14:49.90 by a little over one second.

**3000m Masters Championships**

M45	1	Argenis Guevara	M47	Brisbane	14:54.70	77.51%
W45	1	Erika Woodward	W49	Brisbane	17:15.46	72.56%
M50	1	Ignacio Jimenez	M50	Brisbane	14:06.64	85.38%
M60	1	Peter Bennett	M60	Brisbane	14:48.20	89.08%
M65	1	John Harris	M67	Brisbane	19:35.76	70.90%
W70	1	Noela McKinven	W73	Brisbane	23:22.98	69.59%
M75	1	Patrick Sela	M76	GC & Sthm	21:53.34	71.71%
M85	1	Russell Greig	M89	Brisbane	31:47.30	57.56%

**ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, ACT, FRIDAY 19 FEBRUARY**

Small fields in Canberra for their Summer Series interclub on Friday evening.

**5000m Walk**

1.	Kyle Bedford	U18	NSW	26:58.86
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**3000m Walk**

1.	Mitchell Baker	U16	NCG	14:03.74
2.	Spencer Burns	U16	NCG	15:34.51

**1500m Walk**

1.	Hannah Manning	U16	NCG	9:57.14
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**NSWMASTERS CHAMPIONSHIPS, SOPAC, SYDNEY, 20-21 FEBRUARY**

The NSW Masters athletes contested their State T&F championships last weekend in Sydney.

**Masters Women 5000m Walk**

W35	1	Heinecke, Kayleen	38	Campbelltown	37:22.31
W40	DQ	Brady, Kay	42	Campbelltown	DQ
W50	1	Shaw,maryanne	51	mounties Ath	34:45.76
	2	Brown, Suzanne	50	U.T.S. North	35:10.21
W65	1	Brown, Judy	66	Nswmasters	44:02.07
W70	DQ	Purcell, Joan	74	Nepean Distr	DQ

**Master Men 5000m Walk**

M40	1	Nipperess, Dean	44	Queensland	24:49.31
M50	1	mather, Greg	50	Nepean Distr	35:02.60
M60	1	Osborne, Robert	60	Nepean Distr	32:53.10
	2	Bennett, Rodney	61	Sydney Strid	35:04.86
M65	1	West, John	65	Nswmasters	35:44.76
	2	Connors, Robert	67	U.T.S. North	38:39.39
M70	1	Hyde, Brendon	70	Sydney Unive	37:25.65
	2	White, Baden	71	Nswmasters	39:06.01
M75	1	Seymon, Jim	78	U.T.S. North	32:53.32
	DQ	Biggs, Kevin	77	Nswmasters	DQ

**WA T&F CHAMPIONSHIPS, DAY 3, WA ATHLETICS STADIUM, PERTH, SUNDAY 21 FEBRUARY**

Day 3 of the Western Australian T&F Championships saw the U14-U16 3000m walks contested.

**Women 3000m Walk U16**

1.	Ruane, Tiahna	01	West Track	16:13.15
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**Women 3000m Walk U15**

1.	Johns, Courtney	02	melville ROA	17:17.63
2.	Gallagher, Caitlin	02	Ridgewood At	20:34.01

**Women 3000m Walk U14**

1.	Griffin, Eliza	03	Athletics WA	16:50.44
2.	Ireland, Hannah	03	Rockingham D	18:15.84
	Holland, Amy	03	Athletics WA	DQ

**Men 3000m Walk U16**

1.	Reid, Benjamin	01	Athletics WA	14:50.36
2.	Millard, Thomas	01	Rockingham D	20:13.64

**GREEK INDOOR T&F CHAMPIONSHIPS, PIREAUS, GREECE, SATURDAY 13 FEBRUARY**

Thanks to omarchador for these results from Greece where Aléxandros Papamiháil bettered his own Greek 5000m indoor record on Saturday 13<sup>th</sup> February in the city of Piraeus. His time of 19:08.74 bettered his previous record by some 3 seconds. Papamiháil is well credentialed and completed the double in the London Olympics in 2012, finishing in both the 20km (1:21:12) and the 50km (3:49:56). In the women's race, Panagiota Tsinopoulou retained the title with a time of 13.31.84. She has a 20km PB of 1:39:01, set in Alytus, Lithuania, in 2014.

**5000m Men**

1.	Aléxandros Papamiháil	19:08.74
2.	Kostantinos Ntentopoulos	20:54.30
3.	George Vaitsis	21:08.44
4.	Savvas Kravariotis	21:38.11
5.	Dimitris Tsordias	23:24.51
6.	George Tzitzimakis	24:02.37
7.	Themistoklis Tsarouhas	25:13.21
8.	Vassilios Fermelis	26:15.09

**3000m Women**

1.	Panagiota Tsinopoulou	13:31.84
2.	Athanasia Vaitsi	13:48.41
3.	Angeliki Makri	13:58.41
4.	Evagelia Xinou	13:56.57
5.	Kiriki Filitsakou	14:20.16
6.	Nikolitsa Andreopoulou	14:52.60
7.	Anastasia Mitsou	14:52.60

**COSTA RICAN ROADWALK CHAMPIONSHIPS, PALMARES, COSTA RICA, SATURDAY 13 FEBRUARY**

The Costa Rican roadwalk championships were held on 13<sup>th</sup> February in the small town of Palmares, altitude 1017m. The official trials to select the team to compete at the Central American Championships in Managua, Nicaragua, in March, the races were held on a 1km road course. Wins to Deiby Cordero Zúñiga (1:33:11) and Ileana Aguilar Ocampo (1:59:16). Underage championships were also contested. Full results at <http://www.fecoa.org/wp-content/uploads/2016/02/Memorial-Final-Camp.-Nacional-de-Marcha.pdf>.

**20km Men**

1.	Deiby Cordero Zúñiga	AMAN	1992	1:33:11
2.	Gabriel Calvo Aguilar	ADAR CARTAGO	1991	1:35:56
3.	Allan Segura Medina	IMPACTO ADAVA	1980	1:37:50
4.	Sergio Gutierrez Brenes	IMPACTO	1961	1:46:46

**20km Women**

1.	Ileana Ocampo Aguilar	AMAN	1988	1:59:16
2.	Devy González Jaén	IMPACTO ADAVA	1993	2:20:56

**ESPOO, FINLAND, SUNDAY 14 FEBRUARY**

**Men 5000m Race Walk Indoor**

1.	Elmo KOIVUNEN	FIN	94	21:57.2
2.	Artturi OILA	FIN	96	22:57.4

**Women 3000m Race Walk Indoor**

1.	Hele HAAPANIEMI	FIN	93	13:44.6
2.	Sini JUSSILA	FIN	95	14:25.7
3.	Venla LAIHO	FIN	95	14:40.6
4.	Sanna RAJALA	FIN	88	16:29.8
5.	Jenni LAHTINEN	FIN	81	16:35.7

**Women 5000m Race Walk Indoor**

1.	Enni NURMI	FIN	98	22:42.9
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**UKRAINIAN CUP, KIEV, UKRAINE, WEDNESDAY 17 FEBRUARY**

Fast walking in the Ukrainian Cup meet in Kiev last Wednesday.

**Men 5000m Race Walk Indoor**

1.	Andriy HRECHKOVSKIY	UKR	93	20:10.92
2.	Oleksiy BILORUS	UKR	92	20:54.53
3.	Viktor SHUMIK	UKR	98	22:31.77
4.	Nazariy STEPANYUK	UKR	94	22:51.87

**Women 3000m Race Walk Indoor**

1.	Tamara STASYUK	UKR	95	13:00.79
2.	Mariya FILYUK	UKR	95	13:13.98
3.	Nataliya KONTSEVICH	UKR	84	13:37.04
4.	Anna BABINCHUK	UKR	96	14:01.57
5.	Oksana KULAHINA	UKR	97	14:49.18

**99<sup>TH</sup> JAPANESE 20KM ROADWALK CHAMPIONSHIPS, KOBE, SUNDAY 21 FEBRUARY**

The 99<sup>th</sup> Japanese 20km roadwalk championships at Konan University in Kobe also doubled as their Olympic trial. After the previous day of bad weather, Sunday was calm and cool (8°C) with little wind. Eiki Takahashi, who established a Japanese record of 1:18:03 at this meet last year, also won again this year in the excellent time of 1:18:26, from Isamu Fujisawa who recorded a big PB of 1:18:45 and Hirooki Aria with 1:19:54. Isamu was part of the AIS study in Canberra over the summer and it obviously paid dividends. The women's race was won by Okada Kumiko in the excellent time of 1:29:40 (I think this may have been a new Japanese record). The Junior Men's 10km was won by Masaya Ishikawa in 41:01 while the Junior Women's 5km was won by Nanako Norimoto in 22:51. Japan continues to show the greatest racewalking depth of any country in the world – the number of finishers in each event was extraordinary. So was the depth! See the full results at <http://www.jaaf.or.jp/taikai/1297/result.pdf>. See also a good discussion of the races at <http://www.jaaf.or.jp/taikai/1297/>. Well reported in [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2349](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2349) – plenty of photos in that report as well.

**20km Senior Men (73 finishers)**

1.	TAKAHASHI EIKI	9:31	38:51	58:34	1:18:26
2.	FUJISAWA ISAMU ALSOK	9:31	38:51	58:33	1:18:45
3.	ARAI HIROOKI	19:50	39:44	59:43	1:19:54
4.	SAITOU TAKUMI	19:33	39:17	59:37	1:20:14
5.	MARUO SATOSHI	19:34	39:35	59:44	1:20:14
6.	TANII TAKAYUKI	19:50	39:44	1:00:14	1:21:23
7.	YAMADA KOTA	20:27	41:14	1:02:29	1:23:23
8.	WATANABE SEIYA	20:46	41:48	1:02:34	1:23:25
9.	OOKUMA TAKESHI JR	20:27	41:08	1:02:13	1:23:40
10.	YAMAZAKI YUKI	20:27	41:09	1:02:15	1:23:44
11.	TASAKA TSUYOSHI	20:46	41:48	1:02:33	1:24:04
12.	YAMASHITA YUGA	20:03	41:07	1:02:35	1:24:12
13.	MORIOKA KOICHIRO	20:46	41:48	1:02:55	1:24:18
14.	nakao yuzuru	20:47	41:49	1:03:09	1:25:07
15.	TAKAHASHI KAZUKI	20:52	42:19	1:04:07	1:25:25
16.	KATUKI HAYATO	20:25	41:24	1:03:03	1:25:28
17.	KAWAGISHI RYOSUKE	20:43	41:48	1:03:36	1:25:49
18.	SHIOJIMA RYOTA	20:46	41:48	1:03:38	1:26:11

19.	KURUMISAWA YUKI	20:51	42:24	1:04:17	1:26:28
20.	YAMAMOTO TORU	21:13	42:54	1:04:47	1:26:33
21.	OUCHI HOTAKA	22:03	43:52	1:04:49	1:26:47
22.	MATSUMURA HIROMU	21:06	42:54	1:04:47	1:27:20
23.	DAIRAKU KYOHEI	21:07	42:54	1:05:04	1:27:23
24.	ITO YUKI	20:46	41:59	1:04:09	1:27:26
25.	NAKAGAWA TAKESHI	21:31	43:12	1:05:12	1:27:31
26.	GOTO SYUTO	21:27	43:41	1:05:48	1:28:20
27.	takata hayato	22:16	44:23	1:06:13	1:28:29
28.	HIGUMA TAKAFUMI NWS	21:44	43:43	1:06:21	1:29:13
29.	oonuma taiyou	21:26	43:12	1:05:49	1:29:17
30.	SHIMIZU YOSUKE	21:44	43:32	1:06:08	1:29:35

#### 20km Senior Women (33 finishe

1.	Kumiko OKADA	22:08	44:25	1:06:54	1:29:40
2.	MICHIGUCHO AI	22:41	45:34	1:08:53	1:32:30
3.	GOTO RENA	22:41	45:35	1:09:05	1:32:41
4.	KAWAZOE KAORI	22:43	46:24	1:10:18	1:34:21
5.	INOUE REI	23:09	46:24	1:10:08	1:34:29
6.	MATSUMOTO SAE	23:01	46:41	1:10:57	1:35:43
7.	YAGI NOZOMI	23:29	47:48	1:11:58	1:36:14
8.	Okubo Remi	23:46	47:52	1:12:08	1:36:25
9.	YUKIHO MIZOGUCHI	23:29	47:49	1:11:58	1:36:43
10.	OKABE FUMIKO	23:35	47:49	1:12:44	1:38:10
11.	TAKESONO HIKARI	24:11	48:49	1:14:10	1:39:41
12.	UENO YUKA	24:27	49:23	1:14:39	1:39:55
13.	SONODA SERENA	24:11	48:54	1:14:48	1:40:55
14.	KUMAGAI NAMI	23:53	48:49	1:14:31	1:40:57
15.	OKAZAKI NOZOMI	23:28	47:52	1:13:18	1:41:33
16.	YAMATO CHIAKI	24:33	50:06	1:16:22	1:42:14
17.	MATSUMOTO SAYORI	24:45	50:27	1:16:15	1:42:31
18.	TAKAYAMA MIZUKA	24:11	49:24	1:16:04	1:43:27
19.	TAKEUCHI MARI	25:17	51:03	1:17:36	1:45:20
20.	YAMADA CHIKA	25:42	51:24	1:18:13	1:45:23

#### 10km U20 Men (111 finisheres!)

1.	ISHIKAWA MASAYA	20:28	41:01		
2.	kawano masatora	20:28	41:10		
3.	yamamoto ryutarou	20:28	41:29		
4.	TAKUMI SEZUKI	20:38	41:38		
5.	TOYAMA KOHEI	20:38	41:52		
6.	IZUMI KENTA	20:38	42:02		
7.	yamamoto shinjirou	20:42	42:06		
8.	suzuki tomohiro	20:39	42:09		
9.	IKEDA KOUKI	21:00	42:21		
10.	kawata atuto	21:14	42:32		
11.	ISHII KATUYA	21:00	42:37		
12.	UEDA TOSHIKI	21:08	42:41		
13.	MURAYAMA YUTARO	21:03	42:43		
14.	SAITO SYUNTA	21:17	42:44		
15.	nakamura terumasa	21:03	42:45		
16.	KANZAWA TOSHIHUMI	21:05	42:48		
17.	takizawa taiga	21:00	42:52		
18.	SHIOYA RIKU	21:08	42:54		
19.	Kousuke Taneoka	21:14	42:59		
20.	SHIROMOTO MAKITO	21:04	42:59		
21.	SUZUKI KATSUJI	21:01	43:02		
22.	NARUOKA TAIKI	21:12	43:13		
23.	TERADA TEKUTO	21:24	43:19		
24.	Jusyo Hiroto	21:38	43:23		
25.	YUUTO KUSABA	21:28	43:24		
26.	YAMASHITA TAKATO	21:28	43:25		
27.	takatori kyoichi	21:14	43:33		
28.	Kenmotsu Taichi	21:27	43:34		
29.	kurokawa taku	21:23	43:38		
30.	NAGAHARA HIDETO	21:23	43:51		
31.	MOCHIDA AKITO	21:14	44:01		
32.	SASAKI KAZUAKI	21:27	44:01		

33.	OKAHATA YUJI	21:17	44:15
34.	Matsumoto Kaito	21:54	44:25
35.	TSUBOI KOUTA	22:11	44:26
36.	WAKABAYASHI RYOTA	21:58	44:27
37.	KOBAYASI FUMITO	21:58	44:31
38.	ogasawara taiga	22:29	44:43
39.	kaji kaito	21:23	44:43
40.	MURAO YUUKI	22:29	44:44
41.	ONOGAWA MINORU	21:47	44:45
42.	MIYASHITA MASATAKA	21:52	44:49
43.	YOSHIDA SHYOUHEI	22:00	44:51
44.	INOUE TOMOYASU	22:05	44:57
45.	sato hikaru	21:37	44:59

#### 5km U20 Women (56 finishers)

1.	norimoto nanako	22:51
2.	KAWAKAMI MAYUKO	22:51
3.	SHITAHIGASHI KAHO	22:55
4.	eguchi haruna	22:56
5.	yagi maika	22:59
6.	todokoro chisa	23:14
7.	mashimo sakura	23:16
8.	OUE MAYU	23:39
9.	SHISHIKURA MAO	23:41
10.	Hayashi Yukako	23:51
11.	SAEKI RIHO	23:51
12.	YOSHUKAWA MINAKO	23:55
13.	YUUKA YAJIMA	23:59
14.	HASEGAWA MIKA	24:00
15.	TAMAKI AKANE	24:02
16.	kisuno urara	24:11
17.	Yokoyama Hikari	24:12
18.	honnma sionn	24:13
19.	yamada aika	24:14
20.	FURUTA AKARI	24:19
21.	HAGIWARA SAIKO	24:23
22.	ootani nanako	24:27
23.	TAKENAKA NAO	24:28
24.	MAGATA HARUNA	24:31
25.	miyabi kurihara	24:36
26.	NISHIOKA CHIAKI	24:37
27.	AKAMINE NANAKO	24:43
28.	YOSIDA YUU	24:48
29.	taniguchi asuka	24:52
30.	asamizu chiho	24:53
31.	moriguchi aiko	24:53

### 2016 ENFIELD RACE WALKING LEAGUE, QEII PLAYING FIELDS, ENFIELD, SATURDAY 20 FEBRUARY

Thanks to Ron Wallwork for the latest ERWL results from London.

#### 5 Miles Walk

1.	Fransisco Reis	SVAC	M55	40.56
2.	David Crane	Surrey WC	M35	41.20
3.	Christopher Hobbs	Ashford AC	M60	42.47
4.	Malc Martin	Surrey WC	M55	44.38
5.	Grazina Narviliene	Ealing & Southall	W40	45.29
6.	Mark Culshaw	Belgrave H	M45	45.38
7.	Steve Allen	Barnet & District AC	M55	45.39
8.	Steve Uttley	Ilford AC	M55	46.32
9.	Penelope Cummings	AFD	W35	47.58
10.	John Ralph	Enfield HAC	M55	49.44
11.	Maureen Noel	Belgrave H	W50	50.20
12.	Dan Maskell	Surrey WC	M65	52.01
13.	Gary Smith c865	Enfield HAC	M55	52.13
14.	Paul King c972	Belgrave H	M60	52.16
15.	Lynn Jones	Enfield HAC	W50	52.25

16.	Amos Seddon	Enfield HAC	M70	52.31
17.	Angela Martin	Surrey WC	W50	52.35
18.	Shaun Lightman	Surrey WC	M70	52.52
19.	John Borgars	Loughton AC	M65	53.08
20.	Anne Jones	Steyping AC	W60	53.25
21.	Joyce Crawford	Red Lodge R	W45	53.39
22.	Sue Davies	Aldershot FD	W50	53.40
23.	Ken Bobbett	Hillingdon AC	M70	54.09
24.	Lesley Hall	Ashford AC	W55	54.34
25.	Ron Penfold	Steyping AC	M70	54.53
26.	Jo Miles	Hillingdon AC	W60	56.30
27.	Geraldine Legon	Bexley	W55	57.00
28.	Sean Pender c1067	Enfield HAC	M60	57.06
29.	David Hoben	Surrey WC	M60	58.16
30.	Jenny Middleton	Hillingdon AC	W40	59.20
31.	Jon May	Enfield HAC	M60	62.45
32.	Mick Barnbrook C661	Ilford AC	M70	67.47
33.	Dave Ainsworth c540	Ilford AC	M65	68.05
<b>1 Mile</b>				
1.	George Wilkinson	Enfield HAC	u15	10.16
2.	Adam Childs	Medway	u9	13.13
<b>2 Miles</b>				
1.	Jack Childs	Medway	u12	18.19
2.	Tony Wilkinson	Unatt	M50	22.58
3.	Ann Lewis	Aldershot FD	W65	26.10
<b>3 Miles</b>				
1.	Rhona Tridwell	unatt	W55	41.17

**MIDLAND CHAMPIONSHIPS, STOURPORT SPORTS CLUB, STOURPORT, ENGLAND, SUNDAY 21 FEBRUARY**

Thanks to Mark Wall for the results of the Midland roadwalk championships, which also included Staffs, Warks and Worcs County Championships. Mark tells me it was a gusty and at times squally day. Performances of note, 15 Year old Ben Allen, in his first 10km, winning the Standards trophy (open to those never having taken a medal in a Senior title) and Romanian walker (sub 95 minutes in last year's FRA title) Andreea Arsine who was on the Leeds Camp and won the women's 5km.

**10km Men**

1.	Mark Williams	Tamworth A.C.	52.33
2.	Peter Boszko	Birchfield Harriers	59.22
3.	Colin Vesty	Leicester W.C.	59.30
4.	Roger Michell	Surrey W.C.	1:02.44
5.	Ben Allen	Leicester W.C.	1:05.17
6.	Chris Berwick	Leicester W.C.	1:05.23
7.	John Constandinou	Birchfield Harriers	1:07.11
8.	Julian Barnett	Birchfield Harriers	1:18.35
9.	David Fall	Birchfield Harriers	1:18.39
	Colin Turner	Nuneaton Harriers	DQ

**5km Women**

1.	Andreea Arsine	Romania (Guest)	27.32
2.	Vicky Morgan	Wolv.& Bilston A.C.	28.44
3.	Julie Bellfield	Halesowen A.C.	32.10
4.	Hilary Mann	Sparkhill Harriers	33.00
5.	Sarah Trundle	Nuneaton Harriers	33.16
6.	Lynn Bellfield	Halesowen A.C.	35.50

**Under 15 Girls 3km**

1.	Kara Lane	Birchfield Harriers	17.01
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**Under 15 Boys 3km**

1.	Hisham Alkhamesi	Nuneaton Harriers	19.04
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**Under 13 Girls 2km**

1.	Katie Haynes	D.A.S.H.	15.01
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### Under 13 Boys 2km

1.	Faris Alkhamesi	Nuneaton Harriers	11.45
2.	Jamie Crooke	D.A.S.H.	15.07

## USA 1 MILE WALK CHAMPIONSHIPS, MILLROSE GAMES, NEW YORK, SATURDAY 20 FEBRUARY

The USA 1 Mile Indoor walk championships were contested on Saturday as part of the Millrose Games at the Armory Track in New York. The Millrose Games are the world's oldest indoor T&F event. Until 2011 they were held at Madison Square Gardens but in 2012 they were moved to the Armory. On this occasion, the men's race was won by Jonathan Hallman at 6:13.66 ahead of John Cody Risch in 6:17.17 and Cameron Haught at 6:21.26 and the women's race was won by Maria Michta with 6:30.16 ahead of Miranda Melville at 6:35.25. You can see some good youtube video of the races at

Men: <https://www.facebook.com/groups/67272857932/permalink/10153593881077933/>  
Women: [http://www.usatf.tv/gprofile.php?mgroupp\\_id=45365&do=videos&video\\_id=165170](http://www.usatf.tv/gprofile.php?mgroupp_id=45365&do=videos&video_id=165170)

### Men 1 Mile Racewalk - Susan Rudin USATF Championship

1.	Jonathan Hallman	Shore AC	6:13.66
2.	John Cody Risch	Q ELite	6:17.17
3.	Cameron Haught	SW Ohio TC	6:21.26
4.	Matthew DeWitt	Parkside AC	6:34.11
5.	Rich Luettchau	Shore AC	6:37.67
6.	AJ Gruttadauro	Shore AC	6:51.82
7.	Alex Price	Walk USA	7:12.30
	Zbigniew Sadlej	Pegasus AC	DNF

### Women 1 Mile Racewalk

1.	Maria Michta-Coffey	Walk USA	6:30.16
2.	Miranda Melville	New York Athletic Club	6:35.25
3.	Melissa Moeller	Unattached	7:23.61
4.	Katharine Newhoff	Walk USA	7:34.78
5.	Katie Michta	Walk USA	7:35.20
6.	Chelsea Conway	Shore Athletic Club	7:35.69
7.	Meagan Allen	New England Walkers	7:35.94
8.	Erin Bresnaham	Walk USA	7:37.90
9.	Kayla Allen	Maine RWers	7:45.06
10.	Kristi Lucursi	Marist College	7:46.55

## USA OLYMPIC 50KM TRIAL, SANTEE, CALIFORNIA, SUNDAY 21 FEBRUARY

While the speedsters were contesting the 1 Mile walk championship at the Millrose Games, the long distance exponents were strutting their stuff in the USA Olympic 50km trials in Santee, California.

Two-time Olympian **John Nunn** (2004 and 2012) defended his national title and claimed consecutive first-place finishes at U.S. Olympic 50km Trials, breaking the tape in 4:03:21 to make his third U.S. Olympic Team. Nunn and 24-year-old **Nick Christie** walked shoulder to shoulder for 28 laps, keeping each other within reach of the 4:06:00 Olympic "A" Standard, but it was Nunn who eventually wone out with 4:03:21, improving on the 4:03:42 he clocked on the same course in November. Christie finished in second place in 4:22:31, 11 minutes off his previous best at the distance and 16 minutes off the standard, while **Michael Mannozi** finished third in 4:31:37. Both Christie and Mannozi have until May 8 to chase the standard for the Rio 2016 Olympic Games. It was good to see NSW walker **Steven Washburn** finishing 5<sup>th</sup> in 4:40:42.

The event also hosted the USATF Women's 50 km Race Walk Championships, as reigning champion **Erin Taylor-Talcott** earned back-to-back victories. Taylor-Talcott blazed through the course, lapping the field three times by Lap 15 for more than a one-mile advantage. She made her finish in 4:44:26 and was the sixth person overall to complete 50K.

Lots of good photos at <http://www.sandiegouniontribune.com/photos/galleries/2016/feb/21/us-olympic-racewalking-trials/>.

### Men's 50km Race Walk

1.	John NUNN	USA	78	4:03:21
2.	Nick CHRISTIE	USA	91	4:22:31
3.	Michael Giuseppe MANNOZZI	USA	86	4:31:47
4.	Matthew FORGUES	USA	92	4:33:59
5.	Steven WASHBURN	AUS	94	4:40:42
6.	Ian WHATLEY	USA	59	4:53:06
7.	Jonathan MATTHEWS	USA	56	5:03:26
8.	Pablo GOMEZ	USA		5:05:14
9.	Dave TALCOTT	USA	60	5:21:29

10.	Omar NASH	USA	74	5:23:51
11.	Dave MCGOVERN	USA	65	5:31:25

#### Women's 50km Race Walk

1.	Erin TAYLOR-TALCOTT	USA	78	4:44:26
2.	Loretta MCGOVERN	USA		5:15:55
3.	Susan ARMENTA	USA	73	5:27:41
4.	Kathryn GRIMES	USA		5:53:06

#### Women's 20km Race Walk

1.	Robyn STEVENS	USA	83	1:44:32
2.	Rachel SEAMAN	CAN	86	1:52:34
3.	Miranda MELVILLE	USA	89	1:52:34

#### Men's 20km Race Walk

1.	Emmanuel CORVERA	USA		1:28:58
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Erin Taylor-Talcott and John Nunn cross the 50km finish line in Santee last weekend  
(photos <http://www.sandiegouniontribune.com/>)

### FRENCH MASTERS INDOOR CHAMPIONSHIPS, NOGENT-SUR-OISE, FRANCE, 19-21 FEBRUARY

Thanks to Emmanuel Tardi for the latest results from France. He commented:

Our National Masters Indoor Championship were held in Nogent-sur-Oise, 100km north of Paris, from Friday to Sunday. Lots of entries. The best result was a world indoor record by Marie Astrid Monmessin in the W60 3000m walk . Unfortunately she will not go to Perth next October to compete in World Masters Championships. I send you top 3 in each age group (when there are 3 starters) and two pictures from Friday:s podium.

#### Masters Women 3000m Indoor Walk

W35	1	EICHHOLTZER Sandrine	Bordeaux Athle	F35F/77	15:41.29
W40	1	PIEUX Ghislaine	Ua Sens	F40F/71	15:21.23
	2	MICHEL Natacha	Asl Sport Guyanais	F40F/75	15:26.78
	3	BRAY Violaine	Ea Saint Malo	F40F/71	15:58.07
W45	1	CHRETIEN Nathalie	Es Thaon	F45F/66	15:43.72
	2	BOBAN Valerie	Cercle Athle. Neoc	F45F/68	15:51.79
	3	LAUNEY Catherine	Grand Angouleme Athlé	F45F/69	16:12.98
W50	1	SEVELLEC Sylvie	Ac Cesson	F50F/64	15:04.58
	2	BESSOT Veronique	Domont Athletisme	F50F/62	16:24.66
	3	FIACK Catherine	E Sportive Thionville-yutz	F50F/64	16:35.12
W55	1	GALMICHE Catherine	Cag Arnouville	F55F/57	18:16.33
	2	MILLIET Helene	Chassieu Athletisme	F55F/56	19:13.53
	3	BEAULIER Marie-france	J3 Sports Amilly	F55F/57	19:35.77

W60	1	MONMESSIN Marie-astrid	Es Thaon	F60F/56	15:39.97
	2	REPUSSARD Isabelle	Lyon Athletisme	F60F/52	17:48.20
	3	LEMOGNE Jocelyne	C.c. Taverny Athlé	F60F/54	18:24.43
W65	1	LOYER Suzanne	Stade Clermont	F65F/47	20:26.71
	2	BERNIER Jeanine	J3 Sports Amilly	F65F/46	20:35.64
	3	POTONNE Françoise	Le Chesnay 78 As	F65F/48	20:41.01
W70	1	SIMEON Elisabeth	Paris Uc	F70F/42	22:38.32

#### Masters Men 5000m Indoors Walk

M35	1	VANOOSTHUYSE Jean-franck	Cm Floirac	M35M/79	22:50.65
	2	EICHHOLTZER Sebastien	Bordeaux Athlé	M35M/76	24:47.18
	3	AUDRAS Cyril	Us Valenciennes Athlet	M35M/80	27:37.30
M40	1	DELAUNAY Sebastien	Ca Du Pays Saumurois	M40M/74	21:53.42
	2	SELSELDEB Djamel	Grenoble Uc	M40M/76	22:11.40
	3	LECLERCQ Gregory	Rc De Lens Athletisme	M40M/74	22:31.18
M45	1	PICHON Nicolas	Es Segre Haut Anjou	M45M/70	24:31.55
	2	TASSIGNY Virgile	Havre Ac	M45M/70	24:55.57
	3	MORIVAL Jean-francois	So Millau	M45M/66	27:18.82
M50	1	BONNEAU Philippe	Antony Athletisme 92	M50M/65	22:24.94
	2	GRENET Bruno	Usm Gagny	M50M/65	25:14.04
	3	DELAUNAY Richard	Us St Berthevin	M50M/64	25:59.35
M55	1	ALAMICHEL Didier	Luce Mainvilliers	M55M/59	24:09.78
	2	LE MAGUERESSE Loic	Herbauges Athle 44	M55M/57	25:10.51
	3	LAMARE Philippe	Ao Nivernaise	M55M/59	25:47.37
M60	1	BROCHOT Patrice	Tarbes Pyrenees Athlé	M60M/51	26:09.94
	2	PANICO Vincenzo (ITA)	Blagnac Sc	M60M/51	27:15.05
	3	GUILLEMOT Yann	Montpellier Athletic	M60M/54	27:23.48
M65	1	HELIN Rene	Athletic Club De Margny	M70M/45	32:19.11
	2	DHENRY Georges	Athletic Jeunes Bastia	M70M/44	34:43.06
	3	COURTEJAIRE Pierre	Ua Versailles	M70M/42	36:39.97
M70	1	JORDANA Alexis	Blagnac Sc	M75M/37	33:30.06
	2	MILLARD Claude	Stade Foyen Athletisme	M75M/36	39:43.72



Podiums – M65 Men and W60 Women (photos Emmanuel Tardi)

#### PORTUGUESE INDOOR T&F CHAMPIONSHIPS, POMBAL, PORTUGAL, SATURDAY 20 FEBRUARY

Ana Cabecinha and Sergio Vieira of Sport won their respective Portuguese indoor walk titles at the Expocentre Hall in Pombal on Saturday. Cabecinha, the national record holder (12.17,93 - 2015), dominated the women's 3000m race to win her 6<sup>th</sup> indoor championship title with 12.25,23. Sergio Vieira, who was the fastest qualifier with 19.43,92, won the men's 5000m with a time of 19.43,93, his 5<sup>th</sup> win in these championships. It was a close race with teammate Pedro Isidro only 0;24 sec behind with a PB of 19.44,17. Well reported in <http://omarchador.blogspot.com.au/2016/02/ana-cabecinha-e-sergio-vieira-vencem.html>.

**5000m Men**

1.	Sérgio Vieira	1976	SL Benfica	19:43.93
2.	Pedro Isidro	1985	SL Benfica	19:44.17
3.	Miguel Carvalho	1994	SL Benfica	21:10.50 - 1 U23
4.	Miguel Rodrigues	1996	CN Rio Maior	21:10.88 - 2 U23
5.	Rui Coelho	1994	CA Seia	21:17.85 - 3 U23
6.	Amaro Teixeira	1989	Leiria MA	21:39.98
7.	Pedro Martins	1968	CA Seia	21:52.83
8.	Luís Silva	1970	Leiria MA	22:01.27
9.	Luís Pássaro	1994	CCS João da Madeira	22:15.77 - 4 U23
10.	Vítor Ramos	1997	jún SL Benfica	22:59.00 - 5 U23
11.	Xavier Sousa	1996	ACD Jardim da Serra	23:15.25 - 6 U23
12.	Vítor Cabral	1998	jún CF Oliveira do Douro	23:51.02 - 7 U23
13.	Samuel Pereira	1993	CA Seia	24:24.64

**3000m Women**

1.	Ana Cabecinha	1984	CO Pechão	12:25.23
2.	Daniela Stoffel	1991	Leiria MA	12:49.18
3.	Edna Barros	1996	CO Pechão	13:00.47 - 1 U23
4.	Vitória Oliveira	1992	Sporting CP	13:02.26
5.	Mara Ribeiro	1995	SL Benfica	13:41.63 - 2 U23
6.	Mariana Mota	1995	SL Benfica	13:50.97 - 3 U23
7.	Sandra Silva	1975	GRECAS	14:21.50
8.	Laura Leal	1996	CO Pechão	14:23.13 - 4 U23
9.	Vera Portela	1995	Leiria MA	14:39.76 - 5 U23
10.	Ana Raquel Marques	1983	ACR Senhora do Desterro	15:13.75
11.	Elisabete Pinho	1995	C Spiridon Gaia	15:32.93 - 6 U23
12.	Mafalda Marques	1997	jún CP Corroios	15:52.84 - 7 U23

**HUNGARIAN INDOOR CHAMPIONSHIPS, BUDAPEST, HUNGARY, 20-21 FEBRUARY**

Fast walking by Máté Helebrandt in Budapest last weekend.

**Men 5000m Race Walk Indoor**

1.	Máté HELEBRANDT	HUN	89	20:05.92
2.	Bence VENYERCSÁN	HUN	96	20:16.47
3.	Soma KOVÁCS	HUN	97	21:59.53

**Women 3000m Race Walk Indoor**

1.	Rita RÉCSEI	HUN	96	14:02.09
2.	Daphne DIMANOPULOSZ	HUN	99	16:23.92
	Anna SÜDI	HUN	97	DQ

**AUSTRIAN INDOOR CHAMPIONSHIPS, LINZ, AUSTRIA, 20-21 FEBRUARY**

I like to report on as many national walk championships as I can find -Austria this time.

**Men 3000m Race Walk Indoor**

1.	Roman BRZEZOWSKY	AUT	64	14:50.21
2.	Alexander MAIER	AUT	73	15:23.10

**Women 3000m Race Walk Indoor**

1.	Kathrin SCHULZE	AUT	81	14:47.26
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**GERMAN JUNIOR INDOOR CHAMPIONSHIPS, DORTMUND, GERMANY, 20-21 FEBRUARY**

Good times for the U20 walkers in Dortmund, Germany, last weekend.

**Men 5000m Race Walk Indoor**

1.	Leo KÖPP	GER	98	21:14.11
2.	Jacob STUTZKE	GER	97	21:47.11
3.	Marius RICHTER	GER	98	23:31.17
4.	Niklas RICHTER	GER	99	23:38.58
5.	Max WILHELM	GER	01	23:42.58
6.	Robert ZUREK	GER	00	24:51.08

Paul KÖRNER GER 97 DQ

**Women 3000m Race Walk Indoor**

1.	Teresa ZUREK	GER	98	13:31.95
2.	Emilia LEHMEYER	GER	97	13:46.50
3.	Julia RICHTER	GER	99	14:04.62
4.	Jennifer OKUN	GER	98	14:11.90
5.	Saskia FEIGE	GER	97	14:43.32
6.	Pauline BARZ	GER	98	15:17.02
7.	Julia HENZE	GER	98	15:26.19
8.	Mikkeline-Jasmina BRILL	GER	00	16:22.40

**INDOOR MEET, PADOVA, ITALY, 20-21 FEBRUARY**

I assume this was a regional indoor meet rather than a major championship. Great walking by Leonardo Dei Tos (19:23.07 for 5000m).

**Men 5000m Race Walk Indoor**

1.	Leonardo DEI TOS	ITA	92	19:23.07
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**Women 3000m Race Walk Indoor**

1.	Nicole COLOMBI	ITA	95	13:17.39
2.	Sibilla DI VINCENZO	ITA	83	13:20.33
3.	Alessia ZAPPAROLI	ITA	88	13:40.75
4.	Chiara CUNI	ITA	99	14:30.79
5.	Giulia IMBESI	ITA	96	14:34.86
6.	Viviana VALSECCHI	ITA	92	14:43.08
7.	Beatrice ANDREOSE	ITA	98	15:30.68
8.	Marta STACH	ITA	95	15:31.13
9.	Elena CINCA	ITA	70	15:33.08
10.	Annachiara PATERNICO'	ITA	98	15:44.78
11.	Maria VIAN	ITA	00	15:53.94
12.	Natalia MARCENO	ITA	54	17:35.10
	Eleonora DONÈ	ITA	92	DQ
	Ilenia GALANTE	ITA	00	DQ
	Lidia BARCELLA	ITA	97	DQ

**CANADIAN INDOOR T&F CHAMPIONSHIPS, MONTREAL, CANADA, 19-21 FEBRUARY**

With the top 3 Canadian men in Adelaide and with Rachel Seaman in Santee, USA, the field was small in the Canadian Indoor T&F walk in Montreal.

**Men 3000m Race Walk Indoor**

1.	Marek ADAMOWICZ	CAN	96	12:39.54
2.	Yvan BÉCHARD	CAN	62	14:16.06

**MARCIADALMONDO AND OMARCHADOR ROUNDUP**

Marciadalmondo had 5 press releases this week

- Mon 22 Feb - Results of Australian 20km Championships in Adelaide  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2351](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2351)
- Mon 22 Feb - Report on Judging Seminar last weekend in Kobe, Japan. Talk about suits in photos!  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2350](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2350)
- Sat 12 Feb - Results of Japanese 20km Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2349](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2349)
- Wed 17 Feb - Japan's 20km world record holder Yusuke Suzuki is unlikely to be walking in Rio this year.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2348](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2348)
- Tue 16 Feb - Christopher Linke and Nils Brembach walk superbly in indoor 5000m walk in Erfurt, Germany.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2347](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2347)

The omarchador blog was also active with 12 news releases

- Mon 22 Feb - Ana Cabecinha and Sérgio Vieira win Portuguese indoor walk titles  
<http://omarchador.blogspot.com.au/2016/02/ana-cabecinha-e-sergio-vieira-vencem.html>
- Sun 21 Feb - Copa Brasil Caixa de Marcha to be held as a test event on Olympic walk course in Rio next weekend  
<http://omarchador.blogspot.com.au/2016/02/copa-brasil-evento-teste-para-o-rio-2016.html>
- Sun 21 Feb - German international walker Nils Gloger announces his retirement.  
<http://omarchador.blogspot.com.au/2016/02/nils-gloger-termina-carreira-desportiva.html>
- Sat 20 Feb - 15 year old Lukasz Niedzialek sets new Polish U18 Indoor 5000m record of 20.48,63  
<http://omarchador.blogspot.com.au/2016/02/recorde-polaco-de-sub-18-nos.html>
- Sat 20 Feb - Portuguese walkers João and Sergio Vieira celebrate their 40th birthdays  
<http://omarchador.blogspot.com.au/2016/02/irmaos-vieira-no-agora-nos-da-rtp.html>
- Fri 19 Feb - Preview of Portuguese Indoor champs this weekend  
<http://omarchador.blogspot.com.au/2016/02/pombal-recebe-os-campeonatos-de.html>
- Fri 19 Feb - Results of Belarus U18 Indoor Champ walks  
<http://omarchador.blogspot.com.au/2016/02/bielorrussia-com-nacionais-de-pista.html>
- Thu 18 Feb - Japan's 20km world record holder Yusuke Suzuki is unlikely to be walking in Rio this year.  
<http://omarchador.blogspot.com.au/2016/02/suzuki-renuncia-aos-jogos-do-rio-de.html>
- Thu 18 Feb - Results of Italian U18 Indoor walk champs in Ancona  
<http://omarchador.blogspot.com.au/2016/02/campeonatos-italianos-de-sub-18-em.html>
- Wed 17 Feb - Results of Costa Rican roadwalk championships in Alajuela  
<http://omarchador.blogspot.com.au/2016/02/campeonatos-da-costa-rica-resultados.html>
- Wed 17 Feb - Alexandros Papamihail sets new Greek indoor 5000m record  
<http://omarchador.blogspot.com.au/2016/02/papamihail-bateu-recorde-da-grecia-em.html>
- Tues 16 Feb - Fast walking at the German indoor 5000m walks in Erfurt  
<http://omarchador.blogspot.com.au/2016/02/campeonatos-alemaes-de-pista-coberta-em.html>

#### OUT AND ABOUT

- 20km World Record holder **Yusuke Suzuki** announced last Monday that he will be unable to qualify for this summer's Rio Olympics. The 28-year-old Suzuki has withdrawn from the national 20km championships to be held on Feb 21 in Kobe after hip pain hindered his preparations. Suzuki is also planning to skip the other Olympic qualifier in his hometown of Nomi in March. A medal favorite at last year's athletics champs in Beijing after setting the world record of 1:16:36 a year ago in Nomi, Suzuki did not finish his race at the Beijing worlds. Despite treatment and rehabilitation for pubic symphysis inflammation, Suzuki has been unable to regain fitness. See <http://www.japantimes.co.jp/sports/2016/02/15/more-sports/track-field/world-record-holding-race-walker-suzuki-rio-games/#.VsOLBfT97IX>.



**Japan's Yusuke Suzuki poses after the men's 20km in Nomi on March 15, 2015. Suzuki marked the world record with a time of 1:16:36 seconds at the event (photo JapanPress)**

- A great article on the history of the Paris-Colmar ultra walk classic. Get out that French translator! <http://www.marche-mythique.org/media/histoire.pdf>.
- Nice youtube promo for Queensland Master's Athletics in Australia. See <https://www.youtube.com/watch?v=MM3dX7jxQj4&feature=youtu.be>
- Great article on South African walker Marc Mundell – see <http://www.supersport.com/athletics/article.aspx?Id=3404294>
- After a brief return to Slovakia and a race in the indoor 5000m a week ago, the Slovak walkers are back in South Africa for the second half of their altitude training.



**Martin Tištan, Peter Tichý, Anel Oosthuizen, Majka Czaková, Mišo Morvay and Matej Toth (photo Anel Oosthuizen)**

#### FOCUS ON THE AIS AND ON AUSTRALIA'S "WINNING EDGE"

It was interesting to see how all our top Australian and overseas walkers raced after two months (November and January) spent at the AIS in Canberra, participating in a nutrition study which enabled them to train together in a fully supported and specialist environment. In a nutshell, fantastic!

It only reinforces what we in the walks community already know - the dismantling of the AIS Scholarship program after the 2012 Olympic Games has been a big setback for our current top walkers as well as our up and coming champions of the future. Instead of being supported as full time athletes, they have been thrown back into the days of amateur sport, with no funding available from AA until they had reached international standard. And how do you get there without any significant support, I may well ask!

It is gratifying to see that questions are finally being asked. The following article discusses the dire situation - see <http://www.smh.com.au/sport/federal-government-to-review-australian-institute-of-sport-operations-five-months-out-from-rio-olympics-20160221-gmzn37.html#ixzz40tXOBMK7>. Something has to change from the current flawed model. To quote:

Criticism by leading sports officials that the Australian Institute of Sport has become a "ghost town", devoid of elite athletes and premier coaches has prompted a federal government review of its operations, only five months out from the Rio Olympics.

The halls of residence of the once-proud institute, home to nearly 700 athletes and 76 coaches at its zenith in 2000, are now utilised mainly by school groups visiting Parliament House, with bureaucrats doing laps of its swimming pools or working out in its gymnasiums.

A change of policy by the Australian Sports Commission after the 2012 London Olympics forced the closure of AIS programs, with the nation's leading sports handed extra funding in exchange for being responsible for these services.

The policy, termed "Australia's Winning Edge", was a copy of the strategy adopted by the UK government which led to the home nation's gold medal haul at the London Olympics. However, the UK Sports Institute was a funding body only, with no coaching, training and sports science services and facilities, meaning that the adoption of its policy in Australia forced the AIS to become "Tumbleweed Town".

Sensitive to growing criticism over the ASC policy, its chairman, Melbourne businessman John Wylie recently commissioned a review by Boston Consulting Group. The paper was criticised by AOC president John Coates as "superficial" and "lacking concrete proposals".

Significantly Coates, who was a former deputy chairman of the AIS and ASC, pointed out the report's failure to address the under-utilisation of the AIS, which he described as a "shell". Wylie decided to announce another review, termed "AIS Reloaded", with a panel of experts to be appointed.

The storyline is almost a replica of the Yes Minister TV episode of St Edward's Hospital which had 500 administrators and no patients, with the government responding to the national embarrassment by announcing a review.

## #KIRDYAPKIN

### Tuesday 16 February

- Athletics Kenya chief executive Isaac Mwangi has asked to step aside for 21 days pending an investigation into allegations he asked for money to reduce the doping bans of two athletes who failed drugs tests, officials said today. I don't think we will see Seb Coe taking that path any time soon re the various claims being thrown at him! See <http://www.insidethegames.biz/articles/1034442/athletics-kenya-chief-executive-asks-to-stand-aside-for-21-days-over-bribery-claims>.
- All Russian athletes must sign an anti-doping declaration to take part in this month's national indoor athletics championships, the secretary general of the All-Russian Athletics Federation (ARAF) Mikhail Butov said Tuesday. Those who sign the declaration pledge never to use, transport, store or distribute the substances listed in the banned medications record. They have also to fulfil all the demands concerning dope testing at competitions and in the out-of-competition period and report to the ARAF any violations of the doping code by other athletes. Well, at least I suppose it's a start! See <http://www.supersport.com/athletics/article.aspx?Id=3400564>.

### Wednesday 16 February

- And Russia is in the news again. International Biathlon Union (IBU) vice-president James Carrabre has become the latest figure to express concerns about the anti-doping system at the Sochi 2014 Winter Olympic Games, calling for a fresh investigation. See <http://www.insidethegames.biz/articles/1034471/ibu-vice-president-calls-for-review-into-sochi-2014-biathlon-anti-doping-system>.
- Russia's state-run bank VTB on Wednesday threatened to sue Wada after it questioned a sponsorship deal with the governing body of world athletics. A Wada independent commission last year released a bombshell report alleging a system of state-sponsored doping in Russian athletics that saw Moscow's track and field team suspended from international competition. In a second report released in January and focused on high-ranking corruption in world athletics the commission demanded a probe into the legitimacy of a \$25 million VTB sponsorship deal with the IAAF. See <http://www.supersport.com/athletics/article.aspx?Id=3402174>. The sleeves are being rolled up!

### Thursday 17 February

- Two-time Olympic bronze medalist Olga Zabelinskaya has accepted an 18-month doping ban which clears the Russian cyclist to compete at this year's games in Rio de Janeiro. The International Cycling Union says it reached a settlement with Zabelinskaya to drop its appeals process at the Court of Arbitration for Sport. The UCI says the case was "resolved via an acceptance of consequences," after Zabelinskaya accepted the 18-month ban which expired in September. Zabelinskaya tested positive for the banned stimulant octopamine in March 2014. The Russian Cycling Federation cleared her of wrongdoing, prompting the UCI to seek sanctions by filing an appeal to CAS. That appeal is now withdrawn and she is free to compete. See <http://www.sportsfan.com.au/russian-cyclist-accepts-doping-ban/tabid/91/newsid/188765/default.aspx>. Hmm..something potentially smells bad on this one.
- Disgraced ex-IAAF president Lamine Diack's son was questioned for several hours by police in his native Senegal, local media reported on Thursday, as France seeks to arrest the former consultant on corruption charges. Interpol last month issued an international alert for Papa Massata Diack after France issued its own arrest warrant. Papa Massata Diack has said he is ready to face justice over the charges, but only in a Senegalese court. Hmmmm .. what are the chances of a fair and unbiased court case there! Money buys results in corrupt countries. See <http://www.supersport.com/athletics/article.aspx?Id=3403714>.
- Preparations for the 2017 World U18 Championships to be held in Nairobi continue to stall as the Kenyan government yet to release funds over a year since Kenya won the bid. As the government was dragging its feet, AK wrote to IAAF requesting for a change of venue for the youth championship from the 30,000-seater Nyayo National Stadium to the Safaricom Stadium Kasarani. Apparently, Kasarani Stadium would soon be closed down for renovations on the running and warm-up tracks. Hmmmm..why am I a bit worried! See <http://www.nation.co.ke/sports/athletics/Cash-crunch-hits-plans-for-world-youth-2017-event/-/1100/3083392/-/jlj343/-/index.html>.



- This 2017 World Youth situation is not going to be helped by Kenya's situation re drugs in sport. According to IAAF president Sebastian Coe, Kenya's athletics team could still be banned from the Rio Olympics if their federation is found to be non-compliant with the WADA code. Coe has confirmed he will severely punish any country guilty of attempting to cover up doping, after Kenya last week missed a deadline to prove to WADA they were doing enough to combat drug-taking. See <http://www.nation.co.ke/sports/athletics/Kenya-could-be-banned-from-Olympics-IAAF-president-says/-/1100/3083118/-/ok6s7bz/-/index.html>.
- This intransigence on the part of the Kenyan authorities has the Kenyan runners worried. A group of elite athletes has implored Athletics Kenya and the government to fast-track legislation criminalising doping to avoid Kenya being banned from the Olympics. Over 80 athletes affiliated to the Volare Sports management team, including world marathon greats Dennis Kimetto, Wilson Kipsang and Geoffrey Mutai, met in Eldoret on Wednesday evening to make the passionate appeal. Kenya was last week given a two-month grace period by the World Anti-Doping Agency (Wada) to show seriousness in the fight against doping. Such seriousness would include creation of legislation that would criminalise doping and setting up of testing mechanisms. Should Kenya fail to beat the April deadline, then Wada would place the country on the list on "non-compliant" nations, a status that would attract devastating consequences, including a possible ban from the Olympics and other global competitions. See <http://www.nation.co.ke/sports/athletics/Athletes-urge-speedy-action-against-doping-to-avoid-ban/-/1100/3082612/-/2js8dp/-/index.html>.

#### Friday 19 February 2016

- Kenya now wants two more months to show the global anti-doping agency it has cleaned up its athletics, hoping to avoid the risk of being barred from this year's Olympic Games, its sports minister said on Friday. See <http://www.iol.co.za/sport/athletics/kenya-wants-more-time-to-meet-anti-doping-demands-1987354>

#### Sunday 21 February

- Nikita Kamayev, former head of Russia's Anti-Doping Agency, approached the Sunday Times before his death offering to expose the country's secret development of performance-enhancing drugs, the newspaper has reported. Ten weeks before he died, Kamayev said he wanted to write a book that would reveal the complete extent of doping in Russia, the Sunday Times said in a front-page article. "I want to write a book about the true story of sport pharmacology and doping in Russia since 1987 while being a young scientist working in a secret lab in the USSR Institute of Sports Medicine," he told the newspaper in an email. "I have the information and facts that have never been published." Kamayev, who quit as executive director of Russia's Anti-Doping Agency (RUSADA) two months ago, died last weekend at the age of 52. A Russian news agency report said it appeared his death was caused by a heart attack. Talk about the stuff of conspiracy theories - Wow! See <http://www.sbs.com.au/news/article/2016/02/21/russian-athletics-boss-was-set-talk>. More facts revealed in a later newspaper article on Tuesday – <http://www.independent.co.uk/sport/general/athletics/dead-russia-anti-doping-chief-nikita-kamayev-was-to-reveal-all-a6888406.html>.

#### Tuesday 23 February

- Rather than accept his offer to step down for 3 weeks (see above) the IAAF has suspended Athletics Kenya Chief Executive Isaac Mwangi for six months for subverting the anti-doping control process in Kenya. Chief Executive Isaac Mwangi has been accused by two athletes who failed drugs tests of seeking bribes to reduce their doping suspensions. Joy Sakari and Francisca Koki Manunga say Mwangi asked each of them for \$24,000 to reduce the four-year bans. See <http://www.sbs.com.au/news/article/2016/02/23/top-kenyan-official-suspended-after-bribery-allegations> and <http://www.nation.co.ke/sports/athletics/IAAF-suspends-Athletics-Kenya-CEO/-/1100/3088680/-/nx4e0yz/-/index.html>
- More mealy mouth speak from those associated with the IAAF Hierarchy. The Confederation of Africa Athletics (CAA) President Hamad Kalkaba Malboum has assured all and sundry that Nairobi will host the World U18 T&F Championships in July next year as earlier planned. At the same time, Malboum, who is the IAAF vice president, calmed fears that Kenya risk been banned from major athletics events including Rio Olympic Games in August over doping. See <http://www.nation.co.ke/sports/athletics/-Kenya-will-host-World-youth-championships-as-planned/-/1100/3088340/-/599qf4/-/index.html>. Do they really think that anyone is taken in any more by empty promises?

#### 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

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 <http://www.samastersathletics.org.au/nationals2016/>  
 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, 2015 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 <http://www.rio2016.com/en>  
 Oct 26 -Nov 6, 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>

#### 2016 IAAF Challenge Series (remaining events)

Sun Mar 6, 2016 Ciucad Juarez, Chihuahua, Mexico  
 Sat March 19, 2016 Dudince, Slovakia  
 Sun Mar 20, 2016 Nomi, Japan (Asian 20km Race Walking Championships)  
 Fri Apr 1, 2016 Salinas, Ecuador (South American Race Walking Championships)  
 Sat April 9, 2016 Rio Maior, Portugal  
 Sat April 23, 2016 Taicang, China  
 May 7-8, 2016 IAAF Race Walking World Teams Championships, Rome  
 Sat May 28, 2016 La Coruna, Spain  
 Jun 22-26, 2016 Durban, South Africa (African Championships)  
 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 [www.worldmastersgames2017.co.nz](http://www.worldmastersgames2017.co.nz)  
 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 <http://www.gc2018.com>  
 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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