



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 32
10 May 2016



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WALKERS OF THE WEEK

This week's accolades go to the entire Australian Race Walking World Teams Championships team. They performed admirably in the toughest stage possible and ensured that Australia had its best ever World Cup, with teams silver (Open Women) and bronze (U20 Women) medals and an individual silver medal (Jared Tallent of course) along with gallant individual 4th and 7th places.



Here is how it panned out:

U20 Women 10km (48 starters, 47 finishers), 9:30AM

7.	Clara SMITH	AUS	98	47:10
14.	Tayla-Paige BILLINGTON	AUS	97	47:41
17.	Zoe HUNT	AUS	97	48:11

U20 Men 10km (57 starters, 54 finishers), 10:35AM

14.	Adam GARGANIS	AUS	97	42:24	PB 0:29
32.	Kyle SWAN	AUS	99	44:07	
40.	Tyler JONES	AUS	98	45:40	

Open Men 20km (122 starters, 102 finishers), 4:30PM

4.	Dane BIRD-SMITH	AUS	92	1:19:38	PB 0:26
26.	Quentin REW	NZL	84	1:21:54	NR, PB 0:17
39.	Rhydian COWLEY	AUS	91	1:23:21	
94.	Brendon READING	AUS	89	1:32:32	
95.	Nathan BRILL	AUS	96	1:32:48	
DNS	Michael HOSKING	AUS	85	DNS	

Open Women 20km (104 starters, 89 finishers), 6:15PM

12.	Regan LAMBLE	AUS	91	1:29:33	PB 0:30
15.	Beki SMITH	AUS	86	1:29:49	PB 0:35
16.	Tanya HOLLIDAY	AUS	88	1:29:56	PB 1:32
26.	Alana BARBER	NZL	87	1:32:48	NR, PB 0:02
41.	Rachel TALLENT	AUS	93	1:34:16	
67.	Stephanie STIGWOOD	AUS	90	1:38:42	

Open 50km 65 starters, 40 finishers), 9:00AM

2.	Jared TALLENT	AUS	84	3:42:36	
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You will see that I have also included NZ walkers Quentin Rew and Alana Barber in the above list as they are also VRWC club members and Victorian based at the moment. The both did PBs and set NZ national records which will almost certainly confirm their 20km spots for Rio.

The teams results panned out as shown below, with silver to our Open Women and bronze to our U20 women.

U20 Women 10km			U20 Men 10km			Open Men 20km			Open Women 20km			Open 50km		
1	PR of China	3	1	Mexico	8	1	PR of China	16	1	PR of China	10	1	Italy	10
2	Mexico	9	2	Peru	13	2	Canada	28	2	Australia	43	2	Ukraine	28
3	Australia	21	3	Japan	17	3	Ecuador	41	3	Colombia	61	3	Spain	33
			9	Australia	46	12	Australia	137						

The Australian women's Open 20km All-Time Rankings took a huge hit, with Regan, Beki and Tanya all moving up into the sub-90 minute echelon, joining Jane, Claire, Kerry and Cheryl in a very select group.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05-11-1974	4	Naumburg,Germany	02-05-2004	29
2	1:28.53.0	Claire Tallent	S	06-07-1981	5	Taicang, China	30-03-2012	30
3	1:29.33.0	Regan Lamble	V	14-10-1991	12	Rome, Italy (WC)	07-05-2016	24
4	1:29.36.0	Kerry Saxby-Junna	N	02-06-1961	2	Naumburg,Germany	30-04-2000	38
5	1:29.44.0	Cheryl Webb	N	03-10-1976	1	Melbourne	07-03-2009	32
6	1:29.49.0	Beki Smith (nee Lee)	N	25-11-1986	15	Rome, Italy (WC)	07-05-2016	29
7	1:29.56.0	Tanya Holliday	S	21-09-1988	16	Rome, Italy (WC)	07-05-2016	27
8	1:30.25.0	Jess Rothwell	V	18-06-1989	2	Melbourne	07-03-2009	19
9	1:31.33.0	Rachel Tallent	V	20-02-1993	1	Adelaide	21-02-2016	23
10	1:31.34.0	Natalie Saville	N	07-09-1978	25	Naumburg,Germany	02-05-2004	25

Fully updated ranking lists at <http://www.vrwc.org.au/arankings.shtml>.

OLYMPIC SELECTION PONDERINGS

Further light has been shed on our probable Olympic 20km selections but nothing is certain at this stage and there are further qualifying opportunities available (Naumburg, Germany, on Sun May 22 and La Coruna, Spain, on Sat May 28) before the qualifying period finishes on 28th May.

In the men's 20km, Dane has already been selected, Jared sits in second spot and Rhydian in third spot. Chris Erickson is also in the mix with a qualifier, albeit one second behind Rhydian's. That means that Jared and Rhydian now look to be in the box seats. Qualifying performances thus far read as follows

20km Men (1:24:00)	Dane Bird-Smith *	Q	1:19:34	Rome	7-May-2016
			1:20:04	Adelaide	21-Feb-2016
			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
	Jared Tallent	S	1:21:50	Taicang, China	23-Apr-2016
	Rhydian Cowley	V	1:22:07	Adelaide	21-Feb-2016
			1:23:21	Rome, Italy	07-May-2016
			1:23:27	La Coruna, Spain	06-Jun-2015
	Chris Erickson	V	1:22:08	Nomi, Japan	15-Mar-2015

The women's 20km makes for fascinating reading. Rachel Tallent has already been selected, having won the trial. The next 3 - Regan Lamble, Beki Smith and Tanya Holliday - are all under 90 minutes now but only two can be selected. Regan looks most likely with

the fastest time overall and with 5 qualifiers to her name, but how to separate Beki and Tanya. I suspect the girls may chase further times at either Naumburg or La Corona to stake their claims.

20km Women (1:36:00)	Regan Lamble	V	1:29:33	Rome, Italy	07-May-2016
			1:30:30	Rio Maior, POR	09-Apr-2016
			1:30:45	Melbourne	13-Dec 2015
			1:32:26	Takahata, Jpn	25-Oct 2015
			1:32:51	Melbourne	30-Aug 2015
Beki Smith	N	1:29:49	Rome, Italy	07-May-2016	
		1:32:49	Adelaide	21-Feb-2016	
		1:34:35	Adelaide	22-Feb-2015	
Tanya Holliday	S	1:29:56	Rome, Italy	07-05-2016	
		1:32:16	Adelaide	21-Feb-2016	
		1:34:05	Adelaide	22-Feb-2015	
		1:34:56	Melbourne	13-Dec 2015	
Rachel Tallent *	V	1:31:33	Adelaide	21-Feb-2016	
		1:34:16	Melbourne	13-Dec 2015	
		1:34:16	Rome, Italy	07-May-2016	
		1:32:22	Melbourne	13-Dec 2015	
Stephanie Stigwood	T	1:33:45	Adelaide	21-Feb-2016	

The 50km team of Jared Tallent, Chris Erickson and Brendon Reading was announced back in December so that team is confirmed.

50km Men (4:06:00)	Jared Tallent *	S	3:42.17	Beijing, China	29-Aug-2015		
			Chris Erickson *	V	3:51.26	Beijing, China	29-Aug-2015
					3:54:10	Melbourne	13-Dec-2015
			Brendon Reading *	A	3:55:03	Melbourne	13-Dec-2015
					3:55:17	Melbourne	13-Dec-2015

I think we are likely to see further 20km performances in the remaining 3 weeks before the qualifying period closes.

IAAF RACE WALKING WORLD TEAMS CHAMPIONSHIPS, ROME, MAY 7-8, 2016

And now onto the World Race Walking Teams Championships which saw more than 400 of the world's top walkers from 60 countries competing against the backdrop of the colosseum in Rome. Coverage was fantastic and, if you had a VPN, you would have been able to watch just about the whole thing live on Italian TV. Further, the official IAAF Website <http://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships> was fantastic, full of interesting information and race reports. Add to that a great photo collection by VRWC photographer Terry Swan <https://www.dropbox.com/sh/7396n2m364irkq5/AACrCS5z3K0eDTeoVU0tot1Wa?dl=0> and the usual great camera work by Emmanuel Tardi and we have the makings of a great report. So get a coffee, settle back and get ready for a big read!

U20 Women 10km (48 starters, 47 finishers), 9:30AM

Paul Warburton reported for the IAAF (<http://www.iaaf.org/news/report/world-race-walking-rome-2016-women-u20-10km>)

The U20 women's 10km at the IAAF World Race Walking Team Championships Rome 2016 proved to be a cracking race with a real burn-up over the last 300 metres between the two leading Chinese race walkers. As Ma Zhenxia and Ma Li shot through the finish line there was no impression of a conveniently agreed and possibly diplomatic tie. Both clearly wanted the victory, and it needed a photo finish to separate them by an amazing six-thousandths of a second – the first time any race at any World Cup has seen leading race walkers finish on the same second. There was a brave bronze for Mexico's Valeria Ortuno three seconds later, not only rewarded with a medal for refusing to yield when the pace ratcheted up, but a personal best by 15 seconds and an area U20 record on a day when new marks were few and far between.

Earlier, everyone toed the line in the shadow of the Constantine Arch and strode out down the Via di San Gregorio like Roman troops 2000 years ago – except these junior women were going a fair bit quicker. Even so, a clutch of race walkers appeared to belie their personal bests to head to the front of the field including Finland's Taika Nummi alongside Tayla-Paige Billington wearing the green and gold of Australia. Right behind, Ma Li and Italy's Noemi Stella were putting on a show for home fans, but the pace was still a modest 14:03 going through 3km. Shortly after, the cap-wearing Ma Zhenxia came level at the front for the first time and the leading group of 18 started to splinter with remnants flying off the back. Germany's Teresa Zurek was next to chance her arm at the front, and the sudden injection of pace reduced the phalanx to nine. It was no wonder. The pace had shot up to 23:12 for halfway with Ortuno also making her first bid for glory.

By 6km the charge had reduced the numbers to six with Australia's Zoe Hunt having the race of her life just about hanging on to the leaders' coat tails, but also labouring under the threat of two disqualification cards that soon turned into all three. Just before 9km, there was an almighty sprint from Ma Zhenxia, who lit the afterburners of a 44:29 personal best from March. She looked a comfortable first, but was soon looking over shoulder as her teammate and Ortuno gave chase. Ma Zhenxia, the

world youth champion, gave it a second burst to lose her pursuers, and still they came back at her. Going on to the track, there was at last daylight between China and Mexico, but at the finish line, only technology made the division. Back in the day of the naked eye, a recorder would surely have made it a tie. Stella came home a good fourth, and Nummi looked delighted with fifth.

Needless to say, China took the team prize, Mexico were second, and Australia third.

At least three race walkers were given a two-minute pit stop in a bold experiment designed to spare athletes the ignominy of total disqualification. Once a third card came in, as it did for Hunt, they were shepherded into the sidings and set back on their way after two minutes.

The Australian girls did well. **Zoe Hunt** was in 6th spot at around the 9km mark when she was hit with a 2 minute Pit Lane penalty. She got going again to finish 17th in 48:11 but it could have been so much better, but for some bad luck. **Clara Smith** (7th in 47:10) and **Tayla-Paige Billington** (14th in 47:41) both walked great races and the Aussie girls took bronze in the teams event, matching their team bronze earned in the 2014 World Cup.

1.	Zhenxia MA	CHN	98	45:25
2.	Li MA	CHN	99	45:25
3.	Valeria ORTUÑO	MEX	98	45:28
4.	Noemi STELLA	ITA	97	45:55
5.	Taika NUMMI	FIN	97	46:08
6.	Vivian CASTILLO	MEX	98	46:56
7.	Clara SMITH	AUS	98	47:10
8.	Karla JARAMILLO	ECU	97	47:11
9.	Lifang ZHANG	CHN	97	47:14
10.	Mizoguchi YUKIHO	JPN	97	47:25
11.	Ileana Mercedes GARCIA	MEX	98	47:25
12.	Evelyn INGA	PER	98	47:34
13.	Leyde GUERRA	PER	98	47:34
14.	Tayla-Paige BILLINGTON	AUS	97	47:41
15.	Maria Fernanda MONTOYA MARIN	COL	98	47:53
16.	Marina PEÑA	ESP	99	48:04
17.	Zoe HUNT	AUS	97	48:11
18.	Dimitra BOCHORI	GRE	98	48:12
19.	Emilia LEHMEYER	GER	97	48:13
20.	Giada Francesca CIABINI	ITA	97	48:36
21.	Maika YAGI	JPN	99	48:50
22.	Zofia KREJA	POL	97	48:50
23.	Emma ACHURCH	GBR	97	48:58
24.	Irene MONTEJO	ESP	98	49:14
25.	Odeth GHUANCA	BOL	97	49:19
26.	Sayori MATSUMOTO	JPN	97	49:22
27.	Eloise TERREC	FRA	98	49:42
28.	Saskia FEIGE	GER	97	49:46
29.	Michelle SEMBLANTES	ECU	97	49:48
30.	Valeriya KOMEL	BLR	97	49:53
31.	Meaghan PODLASKI	USA		49:57
32.	Clemence BERETTA	FRA	97	50:04
33.	Enni NURMI	FIN	98	50:06
34.	Olga NIEDZIALEK	POL	97	50:18
35.	Teresa ZUREK	GER	98	50:30
36.	Camille AURRIERE	FRA	98	50:38
37.	Anali CISNEROS	USA	97	50:38
38.	Carmen ESCARIZ	ESP	98	51:38
39.	Anastasia SANZANA	CHI	98	51:43
40.	Carolina COSTA	POR	98	51:49
41.	Kristina POVOROZNYUK	UKR	97	51:49
42.	Katerina MATERNOVÁ	CZE	98	52:08
43.	DARYA KHUSAINOVA	UKR	98	52:10
44.	Yuliya BALYM	UKR	97	52:20
45.	Laura LANGLEY	NZL	97	52:53
46.	Yelizaveta SPIRINA	KAZ	99	53:00
47.	Kayla ALLEN	USA		55:51
	Anthea MIRABELLO	ITA	99	DQ



China dominates the U20 events - Zhenxia Ma (45:25), Li Ma (45:25) and Jun Zhang (40:23)



Third placed U20 Women's team – Zoe Hunt, Clara Smith and Tayla-Paige Billington

U20 Men 10km (57 starters, 54 finishers), 10:35AM

Paul Warburton reported for the IAAF (<http://www.iaaf.org/news/report/world-race-walking-rome-2016-men-u20-10km>)

The future is so bright for Zhang Jun that he was the only race walker in the first three at the IAAF World Race Walking Team Championships Rome 2016 who needed sunglasses. However, the Chinese athlete was cast into bright sunlight as he strode home to underline his status as the pre-race favourite. Behind him, there was a terrific scramble to mount the podium won by Manuel Bermudez from Spain to set a four-second personal best, and Mexico's Noel Chama came third after a charge in the latter stages to pip Callum Wilkinson from Great Britain.

There was no hanging about from Wilkinson as he shot away at the start. The fair-haired white-vested native from Newmarket is fresh from a 41:31 personal best recorded in March, and looked a thoroughbred as he rattled through the first four kilometres. Zhang has gone even faster, and it was mere seconds before he made up the ground to Wilkinson. At 4km, he made his own push to be home alone. The Brit was joined by Cesar Rodriguez from Peru, the only top-10 survivor from the 2014 IAAF World Junior Championships, China's Jin Xiangqian, Rodriguez's teammate Lenyn Mamani, Spain's Bermudez and Japan's Masatora Kawano to enhance the eclectic mix.

Halfway was reached by Zhang in a speedy 20:22, with the others a mere two seconds back. By 6km there was clear daylight between the chasers and the leading pack now down to Chama, Zhang, Wilkinson, and Bermudez. Behind the quartet, the Peruvian pair were desperately trying to stay in touch, desperate being the operative word as the leaders hit 32:58 for 8km. Shortly after, Wilkinson was next to feel the heat, and not just the Roman rising sun, but the injection of pace from Zhang as he made five metres on Bermudez, who in turn carved out the same, despite a great walk from the Great Briton. Wilkinson dug deep to close the gap, and lost it in the next 100 metres, with the Spaniard storming after the Chinese leader.

The short but quick striding Zhang ate up the ground over the last kilometre to make certain of his win, and Bermudez also had a bit of daylight to spare to win silver. However, a magnificent last 150 metres between the tiring Wilkinson and Chama, who clearly got a second wind in the second half of the race, excited the throng at the finishing line. The two were as far opposite as possible on the track heading to the line, but it was the Mexican who prevailed. Wilkinson's razor sharp race walk was rewarded with another personal best, this time in 40:30 to take more than a minute off his own national junior record. His fourth-place finish was the highest position achieved by a Briton in any race at these championships since 1979.

Mexico were team champions, and newcomers Peru earned a magnificent team silver, with the improving Japanese taking the final medal.

Britain's **Callum Wilkinson** was a brilliant fourth - this is the best British result in these Champs since 1979 and Wilkinson was just an agonising one second away from the podium as he took a minute of his national record to clock 40:30. Of the Australians, **Adam Garganis** was the best, coming 14th in a big PB of 42:24. **Kyle Swan**, one of the youngest in the field and eligible for the next World Teams Champs U20 10km in 2018, came 32nd in 44:07, while **Tyler Jones**, who repped in this comp in 2014, was 409th in 45:40. Overall, the boys' team came 6th, a good result.

1.	Jun ZHANG	CHN	98	40:23	
2.	Manuel BERMÚDEZ	ESP	97	40:27	
3.	Noel CHAMA	MEX	97	40:29	
4.	Callum WILKINSON	GBR	97	40:30	
5.	Andres Eduardo OLIVAS	MEX	98	40:43	
6.	Cesar Augusto RODRIGUEZ	PER	97	41:08	
7.	Lenin MAMANI	PER	97	41:16	
8.	Masatora KAWANO	JPN	98	41:22	
9.	Ryutaro YAMAMOTO	JPN		41:37	
10.	Cristian David MERCHAN	COL	97	41:48	
11.	Salih KORKMAZ	TUR	97	41:53	
12.	Dominik CERNY'	SVK	97	42:07	
13.	Leo KÖPP	GER	98	42:14	
14.	Adam GARGANIS	AUS	97	42:24	PB 0:29
15.	Cesar Alberto HERRERA CORTEZ	COL	99	42:44	
16.	Linfeng HU	CHN	98	42:50	
17.	Gabriel BORDIER	FRA	97	42:50	
18.	Jonathan Javier AMORES CARUA	ECU	98	42:51	
19.	Guy THOMAS	GBR	97	42:55	
20.	Eduard ZABUZHENKO	UKR	98	42:58	
21.	Daniel CHAMOSA	ESP	97	43:00	
22.	Giacomo BRANDI	ITA	98	43:06	
23.	Mikita KALIADA	BLR	00	43:07	
24.	Sebastian MERCHAN	COL	00	43:09	
25.	Ivan LOPEZ	ESP	97	43:20	
26.	Cameron CORBISHLEY	GBR	97	43:27	
27.	Ishikawa MASAYA	JPN		43:32	
28.	Ruslan UDODAU	BLR	99	43:39	
29.	David KUSTER	FRA	99	43:42	
30.	Oleksandr ZHOLOB	UKR	97	43:56	
31.	Thibault HYPOLITE	FRA	97	44:05	
32.	Kyle SWAN	AUS	99	44:07	
33.	Lukasz NIEDZIALEK	POL	0	44:12	
34.	Zenamarkos ASMARE	ETH	0	44:47	
35.	Dmitriy LUKYANCHUK	BLR	97	44:49	
36.	Vít HLAVÁČ	CZE	97	44:52	
37.	Matheus Gabriel DE LIZ CORREA	BRA	99	45:02	
38.	Volodymyr MYTSYK	UKR	97	45:15	
39.	Arkadiusz DROZDOWICZ	POL	98	45:36	
40.	Tyler JONES	AUS	98	45:40	
41.	Cameron HAUGHT	USA	98	45:42	
42.	Zamanbek BABABEK	KAZ	97	46:02	
43.	Soma KOVÁCS	HUN	97	46:18	
44.	Niccolo' COPPINI	ITA	97	46:40	
45.	Jovan DALCEV	SRB	99	46:54	
46.	Juan CALDERON	CRC	99	46:54	
47.	Alessandro RIGAMONTI	ITA	97	46:59	
48.	Mustafa ÖZBEK	TUR	97	47:14	
49.	Alexander BELLAVANCE	USA		47:38	
50.	Ruslan SERGATŠJOV	EST	0	48:00	
51.	Jamie SHAW	NZL	98	48:15	

52. Nathan BONZON	SUI	0	48:38
53. Anthony GRUTTADAURO	USA		48:40
54. Andre TESOVIK	SLO	98	50:23
Pablo RODRIGUEZ	BOL	97	DNF
Xiangqian JIN	CHN	97	DQ
Donát BURGER	HUN	97	DQ



Aussie boys Adam Garganis, Kyle Swan and Tyler Jones

Open Men 20km (122 starters, 102 finishers), 4:30PM

Paul Warburton reported for the IAAF (<http://www.iaaf.org/news/report/world-race-walking-rome-2016-men-20km-report>)

When it mattered, the pedigree of Wang Zhen shone through for an emphatic 20km gold at the IAAF World Race Walking Team Championships Rome 2016. Parts of the course in the shadow of the Colosseum were shaded, but when it came to a duel, no one was able to match the heat of a last four-kilometre sprint from the two-time world silver medallist. Wang won this competition in 2012, and four years later his speed was such it provided the only draft for lapped race walkers caught in his wake as he made for the line. He had bided his time through a succession of pretenders who darted ahead and were reeled in like so many fish before the big one got away. Wang looked reasonably untroubled as he moved through the gears, and behind him Chinese teammate Cai Zelin also seized the chance to increase the revs, albeit at a distance. His was an equally decisive drive for bronze, won by Spain's Alvaro Martin from the fast-improving Dane Bird-Smith, who nonetheless notched a second personal best of the year – and this time by 26 seconds.

But it took a while for the race to ignite. There is always one rabbit caught in the headlights on these occasions. In the past it used to be injured world record-holder Yusuke Suzuki; this time it turned out to be another Japanese, Takumi Saito, obviously keen to pick up a bit of frontman status. He was joined by 2011 world bronze medallist Kim Hyunsub, who decided it was his turn to be the only one in camera shot as he went through at a modest 8:03 for 2km. Once Kim had his five minutes in the sun, the group – or rather throng of 51 race walkers – would have been covered by the same large blanket if a spectator around the historic course had cared to throw one.

Brazil's Moacir Zimmerman was next to show with South Africa's Lebogang Shange treading on his heels. The 5km mark was another modest 20:21, slower by a second than the junior men in the morning. India were looking good for a team prize with three in the first 12, even though it was a fluid dozen, while Zimmerman struck out to head the rest and was left to his own devices for a lot longer than those before him. Even so, he was swallowed up after another two plus kilometres, and this time the group was down to a more manageable 25 by the halfway point in 40:22 that betrayed a very even pace – one well within the scope of most of the frontmen.

Canada's world bronze medallist Ben Thorne then took over lead duties despite claiming in casual conversation before the race that he would be the man following. But even given the warm afternoon, the tempo was modest at this level. Cai decided this was the moment to strike and quickly opened a four-second gap close to 13km. He too perished like the lone wolves before him, although by 14km at 56:14 the medals were going to be three from nine. Defending champion Ruslan Dmytrenko was next to ease off the back. In Taicang two years ago, it was raining and cool. This race was hot and rough but it suited Wang to a tee. Off he went into the distance never to be headed, and for about 200 metres over the final kilometre,

Martin first drew level and passed Cai, who reacted almost instantly to retake second spot. Martin, and not world champion Miguel Angel Lopez, was the Spaniard climbing on to the third step this time, and even though he was without a medal this time, Bird-Smith looked as if his career as a serious contender had just taken off.

China were comfortable winners ahead of a strong Canadian trio headed by Thorne in fifth. The sterling work from Andres Chocho one place further back was the cement that saw Ecuador plant their collective feet on the team podium for bronze. The winner was phlegmatic about his latest victory.

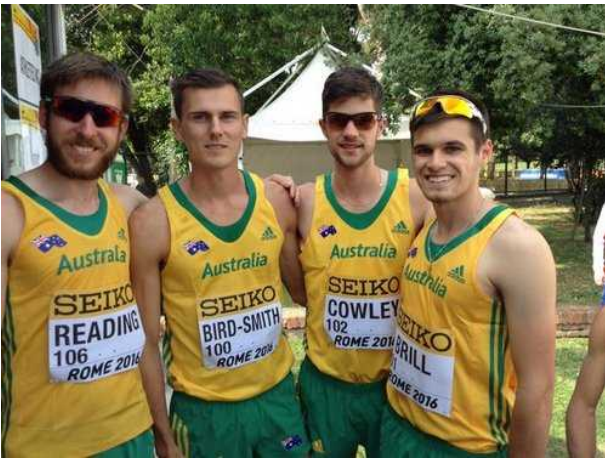
Some comments on some of the walkers. The Canadians walked brilliantly as expected, taking the teams silver medal with **Ben Thorne** (5th 1:19:55), **Iñaki Gomez** (7th 1:20:123) and **Evan Dunfee** (15th 1:21:26). Their coach Gerry Dragomir was recently named the outstanding coach in T&F by Athletics Canada – no surprises there. **Quentin Rew** set a new NZ record of 1:21:54 for 26th place and has probably cemented a Rio 20km spot to go with his 50km berth. Australian **Dane Bird-Smith** lived up to all the hype, narrowly missing the medals with his 4th placed 1:19:38. He will now go into Rio as one of the medal favourites. Further back, **Rhydian Cowley** finished in 39th in 1:23:21, yet another Olympic qualifier and one that should clinch his Rio spot. **Brendon Reading** and **Nathan Brill** were down on expected form, finishing 94th (1:32:32) and 95th (1:32:48) but they will bounce back. **Michael Hosking**, the fifth team member, was a scratching, due to a troublesome hamstring. It's a huge disappointment for Michael who came from nowhere to make the team and looked capable of just about anything. Hopefully he will bounce back.

1.	Zhen WANG	CHN	91	1:19:22	
2.	Zelin CAI	CHN	91	1:19:34	
3.	Alvaro MARTIN	ESP	94	1:19:36	
4.	Dane Alex BIRD-SMITH	AUS	92	1:19:38	PB 0:26
5.	Benjamin THORNE	CAN	93	1:19:55	
6.	Andres CHOCHO	ECU	83	1:20:07	
7.	Inaki GOMEZ	CAN	88	1:20:12	
8.	Caio Oliveira DE SENA BONFIM	BRA	91	1:20:20	
9.	Ruslan DMYTRENKO	UKR	86	1:20:33	
10.	Christopher LINKE	GER	88	1:20:40	
11.	Mauricio ARTEAGA	ECU	88	1:21:08	
12.	Eiki TAKAHASHI	JPN	92	1:21:12	
13.	Kaihua WANG	CHN	94	1:21:12	
14.	Nazar KOVALENKO	UKR	89	1:21:21	
15.	Carl DOHMANN	GER	90	1:21:26	
16.	Evan DUNFEE	CAN	90	1:21:26	
17.	Alexandros PAPAMIKHAIL	GRE	88	1:21:33	
18.	Ivan Gabriel GARRIDO	COL	94	1:21:35	
19.	Diego GARCIA	ESP	96	1:21:36	
20.	Hagen POHLE	GER	92	1:21:39	
21.	Yerko ARAYA	CHI	86	1:21:39	
22.	K. GANAPATHI	IND	89	1:21:41	
23.	Dzianis SIMANOVICH	BLR	87	1:21:48	
24.	Brian Daniel PINTADO	ECU	95	1:21:49	
25.	Paolo Cesar YURIVILCA	PER	96	1:21:49	
26.	Quentin REW	NZL	84	1:21:54	NR, PB 0:17
27.	Gurmeet SINGH	IND	85	1:22:04	
28.	Richard VARGAS	VEN	94	1:22:10	
29.	Takumi SAITO	JPN	93	1:22:26	
30.	Joao VIEIRA	POR	76	1:22:39	
31.	Manish SINGH	IND	91	1:22:41	
32.	Ivan LOSEV	UKR	86	1:22:43	
33.	Miguel Angel LOPEZ	ESP	88	1:22:46	
34.	Tom BOSWORTH	GBR	90	1:22:55	
35.	Dawid TOMALA	POL	89	1:23:07	
36.	Rafal AUGUSTYN	POL	84	1:23:09	
37.	Håvard HAUKENES	NOR	90	1:23:15	
38.	Anton KUCMÍN	SVK	84	1:23:17	
39.	Rhydian COWLEY	AUS	91	1:23:21	
40.	Dmitriy DZIUBIN	BLR	90	1:23:32	
41.	Satoshi MARUO	JPN	91	1:23:38	
42.	Sandeep KUMAR	IND	86	1:23:51	
43.	Hyun-Sub KIM	KOR	85	1:23:51	
44.	Georgiy SHEIKO	KAZ	89	1:23:51	
45.	Aleksandr LIAKHOVICH	BLR	89	1:23:59	
46.	Jarkko KINNUNEN	FIN	84	1:24:00	
47.	Moacir ZIMMERMANN	BRA	83	1:24:02	
48.	Francesco FORTUNATO	ITA	94	1:24:19	
49.	Byeongho CHOE	KOR	95	1:24:20	

50.	Aurelien QUINION	FRA	93	1:24:27
51.	Luis Alberto AMEZCUA	ESP	92	1:24:28
52.	Vito MINEI	ITA	94	1:24:42
53.	Jakub JELONEK	POL	85	1:24:44
54.	Mert ATLI	TUR	93	1:24:45
55.	Alex WRIGHT	IRL	90	1:24:46
56.	Benjamín SÁNCHEZ	ESP	85	1:24:50
57.	Lebogang SHANGE	RSA	90	1:24:53
58.	Aleksi OJALA	FIN	92	1:24:59
59.	Jean BLANCHETEAU	FRA	96	1:25:08
60.	Michele ANTONELLI	ITA	94	1:25:11
61.	Nils BREMBACH	GER	93	1:25:20
62.	Pavel Chihuan CAMAYO	PER	86	1:25:24
63.	Brendan BOYCE	IRL	86	1:25:38
64.	John Alexander CASTENADA	COL	92	1:25:46
65.	Marius SAVELSKIS	LTU	94	1:26:02
66.	Ersin TACIR	TUR	85	1:26:14
67.	Leonardo DEI TOS	ITA	92	1:26:38
68.	Robert HEFFERNAN	IRL	78	1:26:48
69.	Isamu FUJISAWA	JPN	87	1:26:54
70.	Wayne SNYMAN	RSA	85	1:27:15
71.	Cian MCMENAMON	IRL	91	1:27:26
72.	Kenny Martin PEREZ	COL	94	1:27:39
73.	Yassir CABRERA	PAN	88	1:27:46
74.	Miguel CARVALHO	POR	94	1:28:03
75.	Tianlei LI	CHN	95	1:28:21
76.	Chil-Sung PARK	KOR	82	1:28:32
77.	Dušan MAJDAN	SVK	87	1:28:42
78.	Marco Antonio RODRIGUEZ	BOL	94	1:28:44
79.	Rafal FEDACZYNSKI	POL	80	1:28:56
80.	Jordy Rafael JIMÉNEZ ARROBO	ECU	94	1:29:17
81.	Luis COLÓN	PUR		1:29:25
82.	Rudnei DIAS NOGUEIRA	BRA	90	1:29:30
83.	Andriy KOVENKO	UKR	73	1:29:32
84.	Konstantin PUZANOV	UKR	91	1:29:50
85.	Predrag FILIPOVIC	SRB	78	1:29:53
86.	Emmanuel CORVERA	USA		1:29:56
87.	Sahin SENODUNCU	TUR	94	1:30:46
88.	Adrian Ionut DRAGOMIR	ROU	94	1:31:03
89.	Mathieu BILODEAU	CAN	88	1:31:13
90.	Anthony PETERS	USA	96	1:31:19
91.	Yauheni ZALESSKI	BLR	93	1:31:31
92.	Fabian BERNABE	FRA	95	1:32:10
93.	Miroslav ÚRADNÍK	SVK	96	1:32:23
94.	Brendon READING	AUS	89	1:32:32
95.	Nathan BRILL	AUS	96	1:32:48
96.	Hyun-Myung JOO	KOR	97	1:33:35
97.	Matthew FORGUES	USA	92	1:35:42
98.	Sizwe NDEBELE	RSA		1:36:12
99.	Jose Leonidas ROMERO IRIAS	ESP	83	1:36:59
100.	Deiby Cordero ZUNIGA	CRC	92	1:37:06
101.	Lauri LELUMES	EST	78	1:44:12
102.	Matthew DE WITT	USA		1:46:59
	Luis Alfonso LÓPEZ MENJIVAR	ESA	94	DNF
	Ebrahim RAHIMIAN	IRI	81	DNF
	Veli-Matti PARTANEN	FIN	91	DNF
	Sérgio VIEIRA	POR	76	DNF
	Giorgio RUBINO	ITA	86	DNF
	Kai KOBAYASHI	JPN	93	DNF
	John Cody RISCH	USA		DNF
	Serkan DOGAN	TUR	92	DNF
	José Alessandro Bernardo BAGIO	BRA	81	DNF
	Michal MORVAY	SVK	96	DNF
	Eider AREVALO	COL	93	DNF
	José MONTANA	COL	92	DNF
	Ding CHEN	CHN	92	DNF
	Lukas GDULA	CZE	91	DQ

Raouf BEN EL ABHI
 Hamid Reza ZOORAVAND
 Matias KORPELA
 Dominic KING
 Devender SINGH
 Peter VAN HOVE

TUN		DQ
IRI		DQ
FIN	89	DQ
GBR	83	DQ
IND	83	DQ
BEL	81	DNF



Brendon Reading, Dane Bird-Smith, Rhydian Cowley, Nathan Brill, Evan Dunfee, Inaki Gomez and Ben Thorne



Quentin Rew, Rhydian Cowley, Brendon Reading and Nathan Brill



Winner Wang Zhen with chasers Andres Chocho, Alvaro Martin and Dane Bird-Smith

Open Women 20km (104 starters, 89 finishers), 6:15PM

John Mulkeen reported for the IAAF (<http://www.iaaf.org/news/report/world-race-walking-rome-2016-women-20km>)

With her 20km victory at the IAAF World Race Walking Team Championships Rome 2016, Liu Hong is one step close to completing the grand slam of major race walking titles. The Chinese race walker is the world record-holder and a two-time world champion. She also topped the IAAF Race Walking Challenge standings for the past two years and even won the world junior title back in 2006. But the IAAF World Race Walking Team Championships is one title that, until today, had eluded the 28-year-old.

Showing no signs of feeling the effects of a recent cold she had mentioned at the pre-event press conference, Liu was always present at the front of the race. But she didn't have it all her own way. Mexico's Maria Guadalupe Gonzalez set a national record of 1:28:48 at the 2014 edition of this event. Since then, she has been undefeated, winning the Pan-American title and various Race Walking Challenge events. She proved to be Liu's toughest rival throughout the first half of the race. Liu led a lead pack of seven through 5km in 22:10. Only four of those – Gonzalez, China's Olympic silver medallist Qieyang Shenjie and home hope Eleonora Giorgi – were still in contact at half way, reached in 43:51.

But just before 12km, which was covered in 52:17, Liu Hong upped the pace and opened a gap on Gonzalez. Qieyang and Giorgi were locked in a battle for third place. A few minutes later, Qieyang clipped a cone on the tightest turn of the two-kilometre loop, falling to the ground. But she regained contact with Giorgi within a minute of being back on her feet and then began to close on Gonzalez to challenge for second place. A third Chinese 1-2 finish of the day began to look like a distinct possibility.

Liu, meanwhile, continued to plough on ahead. She passed 15km in 1:05:00, having covered the previous 5km in 21:09, and was some 14 seconds in front of Gonzalez and Qieyang. Giorgi's chances of securing a medal in front of her home crowd were beginning to fade as she trailed six seconds behind the leading trio. Just one lap later, a rejuvenated Giorgi rejoined Gonzalez and Qieyang in what became a three-way battle for two medals. But with two red cards to her name, Giorgi knew that she couldn't afford to make any mistakes.

Qieyang eventually faded, leaving Giorgi and Gonzalez side by side. The Italian dug in and gritted her teeth in a desperate bid to take the silver medal. But shortly after Liu entered the stadium on her way to an assured victory, Giorgi was shown a third red card and was disqualified, leaving Gonzalez alone in second place. Liu crossed the line in 1:25:59, the second-fastest time in the history of the championships, to complete the Chinese sweep of all the individual gold medals on offer on Saturday. "I was always in front but I felt a bit nervous because I didn't know if the others had more energy or if their rhythm could speed up," said Liu. "I had to keep turning to check them and keep up my speed."

Gonzalez smashed the North American record with her time of 1:26:17, outlining her status as a genuine contender for an Olympic medal. Qieyang came through for third place in 1:26:49 while Brazil's Erica de Sena finished fourth in a South American record of 1:27:18. The biggest cheers were reserved for Italian veteran Elisa Rigauda. At 35 years of age, the 2008 Olympic bronze medallist equalled her best ever finish at this event to place fifth in 1:28:03.

With four athletes in the top eight, China secured their seventh gold medal of the day by taking the team title. Australia, led by 12th-place finisher Regan Lambie, took team silver while Colombia clinched the bronze medal, just six points ahead of Portugal. Having produced the most dominant performance of the day, Liu looks well on her way to completing her grand slam of titles at the Rio Olympics later this summer.

1.	Hong LIU	CHN	87	1:25:59	
2.	Maria GONZALEZ ROMERO	MEX	89	1:26:17	
3.	Shenjie QIEYANG	CHN	90	1:26:49	
4.	Erica ROCHA DE SENA	BRA	85	1:27:18	
5.	Elisa RIGAUDDO	ITA	80	1:28:03	
6.	Xiuzhi LU	CHN	93	1:28:36	
7.	Ana CABECINHA	POR	84	1:28:40	
8.	Jiayu YANG	CHN	96	1:28:56	
9.	Ines HENRIQUES	POR	80	1:29:00	
10.	Raquel GONZALEZ	ESP	89	1:29:01	
11.	Sandra Lorena ARENAS	COL	93	1:29:31	
12.	Regan LAMBIE	AUS	91	1:29:33	PB 0:30
13.	Kimberly GARCÍA LEÓN	PER	93	1:29:38	
14.	Júlia TAKÁCS	ESP	89	1:29:47	
15.	Beki SMITH	AUS	86	1:29:49	PB 0:35
16.	Tanya HOLLIDAY	AUS	88	1:29:56	PB 1:32
17.	Jingjing NIE	CHN	88	1:30:02	
18.	Ángela CASTRO	BOL	93	1:30:33	
19.	Inna KASHINA	UKR	91	1:30:34	
20.	Anežka DRAHOTOVÁ	CZE	95	1:31:15	
21.	Nadiya BOROVSKA	UKR	81	1:31:32	
22.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:31:52	
23.	Sandra Viviana GALVIS	COL	86	1:32:00	
24.	Valentina TRAPLETTI	ITA	85	1:32:04	
25.	Ai MICHIGUCHI	JPN	88	1:32:43	
26.	Alana BARBER	NZL	87	1:32:48	PB 0:02
27.	Yeseida CARRILLO	COL	93	1:33:05	
28.	Wendy CORNEJO	BOL	93	1:33:15	
29.	Jessica HANCCO	PER	95	1:33:20	
30.	Katarzyna GOLBA	POL	89	1:33:24	
31.	Rena GOTO	JPN	95	1:33:29	
32.	Yong-Eun JEON	KOR	88	1:33:32	
33.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:33:35	
34.	Mária GÁLIKOVÁ	SVK	80	1:33:43	
35.	Panayota TSINOPOULOU	GRE	90	1:33:47	
36.	Anastasiya YATSEVICH	BLR	85	1:33:52	
37.	Neringa AIDIETYTE	LTU	83	1:34:06	
38.	Miranda MELVILLE	USA	89	1:34:10	
39.	Laura POLLI	SUI	83	1:34:11	
40.	Antigoni DRISBIOTI	GRE	84	1:34:11	
41.	Rachel TALLENT	AUS	93	1:34:16	
42.	Anabelly ORJUELA	COL	88	1:34:19	
43.	Violaine AVEROUS	FRA	85	1:34:21	
44.	Magaly BONILLA	ECU	92	1:34:25	
45.	Ainhoa PINEDO	ESP	83	1:34:30	
46.	Mária CZÁKOVÁ	SVK	88	1:34:47	
47.	Askale TIKSA	ETH	94	1:34:50	
48.	Maritza GUAMÁN	ECU	88	1:35:07	
49.	Katarzyna ZDZIEBLO	POL	96	1:35:20	
50.	Valentyna MYRONCHUK	UKR	94	1:35:28	
51.	Daniela CARDOSO	POR	91	1:35:37	
52.	Ana RODEAN	ROU	84	1:35:38	
53.	Alina TSVILIY	UKR	94	1:36:00	
54.	Živile VAICIUKEVICIUTE	LTU	96	1:36:14	
55.	Yelena SHUMKINA	UKR	88	1:36:20	
56.	Yesenia MIRANDA	ESA	94	1:36:27	
57.	Emilie MENUET	FRA	91	1:36:43	
58.	Stefany CORONADO	BOL	96	1:37:00	
59.	Chahinez NASRI	TUN	96	1:37:42	
60.	Nicole COLOMBI	ITA	95	1:37:47	
61.	Andreea ARSINE	ROU	88	1:37:48	
62.	Mylene ORTIZ	FRA	79	1:37:54	

63.	Regina RYKOVA	KAZ	91	1:37:54
64.	Johana ORDÓNEZ	ECU	87	1:38:25
65.	Polina REPINA	KAZ	90	1:38:36
66.	Aynalem ESHETU	ETH	92	1:38:39
67.	Stephanie STIGWOOD	AUS	90	1:38:42
68.	Diana AYDOSSOVA	KAZ	95	1:39:01
69.	Dušica TOPIC	SRB	82	1:39:31
70.	Siu Nga CHING	HKG	87	1:39:39
71.	Ayalnesh DEJENE	ETH	98	1:40:04
72.	Priyanka DUBEY	IND		1:40:04
73.	Vera SANTOS	POR	81	1:40:27
74.	Mihaela PUSCASU	ROU	95	1:40:38
75.	Masumi FUCHISE	JPN	86	1:40:40
76.	Monika VAICIUKEVICIUTE	LTU	96	1:40:48
77.	Marie POLLI	SUI	80	1:41:06
78.	Anel OOSTHUIZEN	RSA	95	1:41:12
79.	Katerina THEODOROPOULOU	GRE	93	1:41:29
80.	Mihaela ACATRINEI	ROU	95	1:41:35
81.	Monika HORNÁKOVÁ	SVK	95	1:42:22
82.	Amandine MARCOU	FRA	92	1:42:56
83.	Nair DA ROSA	BRA	80	1:43:04
84.	Priscila BARBOSA	BRA	89	1:43:18
85.	Katie BURNETT	USA	88	1:43:22
86.	Lucie AUFFRET	FRA	88	1:45:19
87.	Dana AYDOSSOVA	KAZ	95	1:46:25
88.	Erin GRAY	USA	87	1:46:51
89.	Danica GOGOV	SRB	96	1:47:47
	Kristina SALTANOVIC	LTU	75	DNF
	Maria MICHTA	USA	86	DNF
	Cisiane Dutra LOPEZ	BRA	83	DNF
	Beatriz PASCUAL	ESP	82	DNF
	María José POVES	ESP	78	DNF
	Agnieszka SZWARNÓG	POL	86	DNF
	Ameni MANAI	TUN	95	DNF
	Monika KAPERERA	POL	90	DQ
	Paulina BUZIAK	POL	86	DQ
	Bethan DAVIES	GBR	90	DQ
	Susana FEITOR	POR	75	DNF
	Sibilla DI VINCENZO	ITA	83	DQ
	Eleonora Anna GIORGI	ITA	89	DQ
	Khushbir KAUR	IND	93	DNF
	Despina ZAPOUNIDOU	GRE	85	DNF



Winner Hong Liu, along with Regan Lamble and Beki Smith



Tanya Holliday, Stephanie Stigwood, Rachel Tallent and Alana Barber

Men 50km Race Walk (65 starters, 40 finishers), 9:00AM

Paul Warburton reported for the IAAF (<http://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/iaaf-world-race-walking-team-championships-5658/news/report/race/50-kilometres-race-walk/final>). However, I have taken out references to Alex Schwazer from his report as, in my opinion, he should not have been in the race and Jared Tallent should have taken gold.

The early laps of the race were the usual cagey affair with the lead switching back and forth, but by 20km the race at the front was between a group of 4 - Jared Tallent, Schwazer, China's Han Yucheng and Italian Matteo Giupponi, the time a good 1:28:53. Schwazer made his winning break soon after this and had a 6 sec break by 25km, passed in 12:50:58. From then on, he increased his lead, eventually winning by over 3 minutes in a time of 3:39:00. This is all I am going to say about Schwazer.

The chasing group was soon reduced to two - Tallent and Han - and it stayed that way until the 39km mark when the Chinese didn't just slow; he stopped dead in his tracks. Remarkably, a few seconds earlier he had a final dig at getting away from the Australian and Tallent even moved aside to let the 37-year-old through on the inside at a turn. But in less than 200 metres, that desperate feeling 50km race walkers get when all goes to pot hit Han like a hammer. He slowed to the same pace as strolling tourists, and Tallent was left to chase alone. Han decided that even limping was not for him and called it a day.

It allowed Giupponi, long since dropped, to move back into a medal slot – but even then not for long. Even further back Italian teammate Marco de Luca looked as if he would be buried in the middle of the field. But he came again to take up third and maybe start a trend for medical tape on leg and shoulders in national colours. The green, white and red in the healing strips strapped to the Italian mirrored the country's flag perfectly, and with some justification: his country comfortably took the team prize. However, De Luca became yet another victim of a race walker coming up the inside. Igor Glavan went up a couple of gears to pass the tiring Italian and storm down the home straight for bronze and claim Ukraine's seventh medal at the past three editions after his country also won team silver. Glavan sunk to his knees in gratitude at the line, but his country's rise as a race walking force is indisputable.

Glavan was glad that his previous fourth-place finishes at World Championships finally turned into a medal – especially a day after the 80th birthday of Ukrainian and Olympic hero Vladimir Golubnichiy to go with the chance to stand next to Tallent at the medal ceremony. "We have a strong coach and a strong tradition with Golubnichiy," Glavan said. "The circuit was not normal and not round and it was both difficult and interesting. Jared Tallent is my idol because he is a very strong sportsman and I am happy to be next to him during the ceremony.

Having struggled during the middle stages, De Luca came through to take fourth place while teammate Teodorico Caporaso finished strongly to place fifth. Their pair set respective PBs of 3:44:47 and 3:48:29. With three athletes in the top five, Italy also won the team title. Glavan led Ukraine to team silver, while Spain took bronze.

USA's Erin Talcott, the first woman ever to contest the 50km at this championships, crossed the line in 40th place in 4:51:08.

1.	Alex SCHWAZER	ITA	84	3:39:00
2.	Jared TALLENT	AUS	84	3:42:36
3.	Ihor HLAVAN	UKR	90	3:44:02
4.	Marco DE LUCA	ITA	81	3:44:47
5.	Teodorico CAPORASO	ITA	87	3:48:29
6.	José Ignacio DÍAZ	ESP	79	3:51:10
7.	Ivan BANZERUK	UKR	90	3:51:57
8.	Matteo GIUPPONI	ITA	88	3:52:27
9.	Jorge RUIZ	COL	89	3:53:53
10.	Damian BLOCKI	POL	89	3:54:26
11.	Rolando SAQUIPAY	ECU	79	3:54:32
12.	Francisco ARCILLA	ESP	84	3:55:06
13.	Federico TONTODONATI	ITA	89	3:55:17
14.	Claudio VILLANUEVA FLORES	ECU	88	3:58:56
15.	Mikel ODRIOZOLA	ESP	73	3:59:58
16.	James RENDÓN	COL	85	4:00:31
17.	Jorge MARTINEZ BAEZ	MEX	90	4:00:59
18.	Serhiy BUDZA	UKR	84	4:01:23
19.	Faguang XU	CHN	87	4:01:36
20.	Yereman SALAZAR	VEN	78	4:02:48
21.	Narcis Stefan MIHAILA	ROU	87	4:03:42
22.	Jhonathan CACERES	ECU	90	4:04:29
23.	Pablo OLIVA	ESP	96	4:05:41
24.	Luis CAMPOS	PER	95	4:05:47
25.	Omar SIERRA	COL	88	4:05:56
26.	Grzegorz SUDOL	POL	78	4:07:53
27.	Jitender SINGH	IND	89	4:08:36
28.	Fredy HERNÁNDEZ	COL	78	4:10:53
29.	Maryan ZAKALNYTSKY	UKR	94	4:13:24
30.	Hang ZHANG	CHN	91	4:17:03
31.	Dávid TOKODI	HUN	91	4:17:22
32.	Lin ZHANG	CHN	93	4:19:43
33.	Kil-Dong KANG	KOR	92	4:20:24
34.	Rob TERSTEEG	NED		4:21:33
35.	Nick CHRISTIE	USA	91	4:24:55
36.	Steven WASHBURN	USA	94	4:28:20
37.	Michael Giuseppe MANNOZZI	USA	86	4:39:33
38.	Hatem GHOULA	TUN	73	4:40:50
39.	Pamuk OZGUR OZAN	TUR	93	4:44:46
40.	Erin TALCOTT	USA	78	4:51:08
	Pedro ISIDRO	POR	85	DNF
	Perseus KARLSTRÖM	SWE	90	DNF
	Luis Fernando LÓPEZ	COL	79	DNF
	Ronal Rey QUISPE MISME	BOL	89	DNF
	Chandan SINGH	IND	87	DNF

Erik TYSSE	NOR	80	DNF
Hugo ANDRIEU	FRA	92	DQ
Andriy HRECHKOVSKIY	UKR	93	DQ
Ato IBANEZ	SWE	85	DQ
Eemeli KIISKI	FIN	91	DQ
Xavier LE COZ	FRA	79	DQ
Jian LIU	CHN	97	DQ
Ondrej MOTL	CZE	94	DQ
Basanta Bahadur RANA	IND	84	DQ
Maciej ROSIEWICZ	GEO	77	DQ
Pavel SCHROM	CZE	91	DQ
Rafal SIKORA	POL	87	DQ
Edmund Chye SOON	SIN	83	DQ
Florin Alin STIRBU	ROU	92	DQ
Ian WHATLEY	USA	59	DQ
Catalin Vasile SUHANI	ROU	91	DQ
Marius COCIORAN	ROU	83	DNF
Konstadínos DEDÓPOULOS	GRE	94	DNF
Alex FLOREZ	SUI	71	DNF
Jesús Ángel GARCÍA	ESP	69	DNF
Yucheng HAN	CHN	78	DNF



Han Yucheng, Jared Tallent and Erin Talcott

The correct top of the podium – Jared Tallent with wife Claire

WHAT'S COMING UP

- Our next **VRWC winter season races** will be held at our Middle Park headquarters in Melbourne next Sunday morning. It's also the first of our Victorian roadwalking championships for 2016 - the **Victorian 15km roadwalk** for men and women. Note that you must be a currently registered AV walker to compete in this event and you must pre-enter via the online entry panel on the AV website (<http://athsvic.org.au/events/calendar/>).

All other VRWC events can be entered on the day (at least 45 minutes before the scheduled start time for your event) or more preferably via our online system at <http://vrwc.org.au/wp1/race-entries-2/>. By entering during the week, you avoid queuing in a potentially long line on race day as you are already in the system and all you then need to do is pay your \$5 and confirm your attendance via a quicker and much shorter line. Note that VRWC members racing in the AV 15km championship are automatically placed into our 10km points results.

Sunday 15th May 2016, Middle Park

9.45am	15km	AV Championship	Open Men
9.45am	15km	AV Championship	Open Women
9.45am	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
9.45am	15km	VRWC Championship	Under 20 Men/Women

9.45am	15km	Points race	Open
10.20am	10km	Points Race	Open
10.50am	5km	Points Race	Open
10.50am	3km	Points Race	Open
11.10am	1.5km	Points Race	Open
11.45am	Presentations		

- A reminder that entries are open for the **50th Lake Burley Griffin Racewalk Carnival, to be held** in Canberra on Sunday 12th June. You can download the entry form from <http://www.actwalkers.com.au/wp-content/uploads/2016/04/2016-Entry-Form.doc>. Once you have filled it in, you send it to your racewalking club secretary, along with your entry fee. **Entries close with your club secretary on Sunday 22nd May.** For Victorians, that means the following:
 - VRWC members can hand in their forms and pay on any raceday at Middle Park or can post their forms to our club secretary Terry Swan, c/o G.P.O. Box 5192, Melbourne, Victoria, 3001. Payment can be made by cheque or cash or by direct credit to our VRWC CBA Account. Mark 'LGB' and your name in the Reference field for online payments.
Name: Victorian Racewalking Club
BSB: 063143
Acct Num: 00800455
 - Ballarat Walkers Club members direct their entries to club secretary Kerrie Peart
 - Bendigo Walkers Clug members direct their entries to club President Paul Rance

See all the latest LBG info at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 7 MAY

Our VRWC winter season walks continued on Saturday at Middle Park, with 58 walkers competing in mild and sunny but slightly windy conditions. The handicap placings are also shown in the results as it was a prizes day with the pick of the table for the winner of each division – so congrats to prize getters **Donna Elms** (who always seems to win on handicap days!), **James Christmass**, **Robyn Shaw**, **Hayden Walmsley**, **Heather Carr**, **Will Thompson**, **Charlotte Hay**, **Joseph Rickard**, **Chelsea Karagiorgos** and **Justin Xuereb**. Note that to gain Handicap points, you must be a financial member of the club and you must be racing over a distance in which our handicapper Mark Donahoo can appraise your expected finish time. That normally means you need to have raced over that distance of a similar one in club competition in the last year or so.

8km Open		H'cap Place
1.	Donna-Marie Elms	49:00 1
2.	Kathleen O'Mahony	53:34
3.	Madeleine Feain	54:02 2
4.	Alison Thompson	57:51 4
5.	Margaret Beaumont	1:11:22 3
1.	James Christmass	40:47 1
2.	Pramesh Prasad	40:58
3.	Simon Evans	46:08 4
4.	Ross Reid	47:53 3
5.	Gerard Feain	53:17 5
6.	Bob Gardiner	53:46 2
7.	Albin Hess *	55:20 First timer
8.	Ian Beaumont *	1:09:17
6km Open		H'cap Place
1.	Carolyn Rosenbrock	35:56 2
2.	Robyn Shaw	39:36 1
3.	Karyn O'Neill	42:50 3
1.	Reese Walmsley	29:25 2
2.	Hayden Walmsley	31:35 1
3.	Corey Dickson	33:47 3
4.	Ralph Bennett	37:18 5
5.	Terry O'Neill	38:35 4
	David Smyth	DNF
4km Open		H'cap Place
1.	Emily Hamilton	21:52 2
2.	Heather Carr	23:16 1
3.	Mackayla Davison	25:20 6

4.	Jessica Lillie	26:04	5
5.	Gwen Steed	26:55	4
6.	Sylvia Machin	29:53	
7.	Sandra Howorth	30:38	7
8.	Liz Wrigley	30:56	3
1.	Will Thompson	21:22	1
2.	Mark Donahoo	21:49	2
3.	Gary Turner *	31:51	
4.	Barrie Wicks	32:59	3
5.	Alex Poore *	36:49	
6.	Heath Beveridge	41:15	4

2km Open

1.	Chloe Karagiorgos	10:37	2
2.	Charlotte Hay	11:04	1
3.	Holly Cocking	11:40	4
4.	Marlene Gourlay	12:02	
5.	Gemma Lillie	12:24	3
6.	Celia Johnson	14:38	
7.	Meryl Thompson	15:06	5
8.	Janette Atkins *	16:51	First timer
1.	Joseph Rickard	11:29	1
2.	Angus Hay	12:23	2

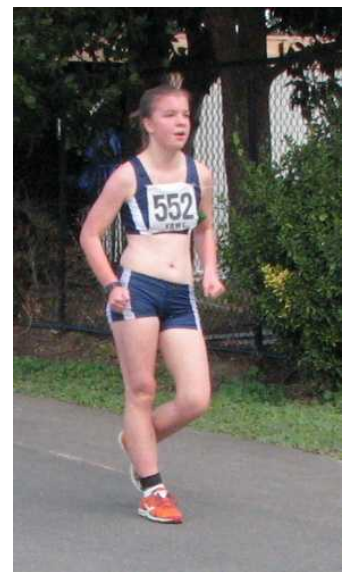
H'Cap Place

1km Open

1.	Kaylah Heikkila-Dubowik	06:11	3
2.	Chelsea Karagiorgos	06:22	1
3.	Elise Carbery	07:05	2
4.	Beverly Hugo	08:13	5
5.	Glenyse Brain *	08:39	First timer
6.	Sue Wood *	08:45	First timer
7.	Judy Farrell	09:21	First time in many years!
8.	Pam Mews	11:29	4
1.	Justin Xuereb	05:49	1
2.	Luke Epps	05:49	3
3.	Hamish Blackwood	06:13	4
4.	Lewis Rickard	06:58	2

H'Cap Place

Style Awards, Actual Times and Handicap points scores after 3 rounds of VRWC winter season competition can be found at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.



Joseph Rickard, Chelsea Karagiorgos, Robyn Shaw and Charlotte Hay



Pramesh Prasad, James Christmass, Heather Carr, Hayden Walmsley and Will Thompson

Thanks to all our officials and judges. Sorry if I missed anyone

Signin: Mark Donahoo, Michael Bodey, Damien Elms

Lapscoreing: Ian Laurie, Harry Summers, Tim Erickson, Ralph Bennett

Judges: Peter Vysma (chief), Lloyd Nichols, Brenda Felton, Michael Bodey, Stuart Cooper, Mark O'Mahony, Gordon Loughnan

Canteen: Kat Suich, Wendy Cooper, Barb Gardiner

Photos: Tim Erickson (photos at <http://www.vrwc.org.au/coppermine/>).

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 7 MAY

Thanks to Colin Hainsworth for the results of the opening round of the South Australian Masters winter season competition. Colin commented: Heavy rain forecast but it held off until sometime after races. Warm, humid arvo.

8km Walk

1.	Graham Harrison	0:59:55	M72	69.97%
2.	Marie Maxted	0:52:51	W56	73.71%
3.	Kevin Finn	0:54:06	M64	70.46%
4.	Rodger Barber	1:00:20	M78	75.60%
5.	Colin Hainsworth	1:08:53	M86	75.81%
6.	Raelene Schild	1:02:41	W51	59.02%

4km Walk

1.	George White	0:22:29	M70	88.47%
2.	Helen Suridge	0:29:23	W65	70.55%
3.	Jill Rogers	0:35:04	W71	64.20%
4.	Roger Lowe	0:34:26	M73	60.00%

ACT WALKERS CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 7 MAY

Thanks to Robin Whyte for the latest results from Canberra.

4km Handicap

1.	Raine Thompson	37:47
2.	Spencer Burns	21:50 (F/T)
3.	Hannah Manning	25:41
4.	Robyn Saunders	30:20
5.	Helena Bialecki	25:44
6.	Cilla Chapman	34:47
7.	Rosemary Parker	29:04

8km Handicap

1.	Jennifer Gilchrist	1:01:38
2.	Bob Parker	59:29
3.	Greg Durr	52:51
4.	Derek Robinson	57:24
5.	Val Chesterton	1:10:03
6.	Ally Durr	41:45 (F/T)
7.	Mick Saunders	55:12

8.	Jack Thackray	36:22
9.	Terry Munro	33:24
10.	Edna Dundas	38:17
11.	David Mackenzie	34:01
12.	Helen Munro	41:08

2km Handicap

1.	Marilyn Banfield	14:44
2.	Ellen Vahey	12:29 (F/T)
3.	Ella Baker	16:06
4.	Harry Baker	15:26

8.	Robin Whyte	52:11
9.	Gabby Hunt	42:43
10.	Bryan Thomas	58:23
11.	Tim Fraser	41:49
12.	Callum Burns	45:35
13.	Mitchell Baker	42:02
14.	Geoff Barker	1:03:33
15.	Ann Staunton-Jugovic	50:38

1km Handicap

1.	Anna Vahey	7:40
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WESTERN AUSTRALIA ROUNDUP

The Western Australian Race Walking Club has also kicked off its winters season in Perth, with 2 rounds held so far.

WARWC Walks, Wilson, Sunday 1 May

8km Walk

1.	Ben Reid	44.33
2.	Bradley Mann	45.25
3.	Janne Wells	57.29
4.	Dale Hennighan	DNF

6km Walk

1.	Emily Pivac	33.52
2.	Hayley Jackson	38.07
3.	Andrew Cuthbertson	49.04

4km Walk

1.	Amy Holland	26.22
2.	Tom Lenane	26.51
3.	John Smith	32.38

2km Walk

1.	Karyn Tolardo	11.33
2.	Kristine Wells	13.04
3.	Wendy Farrow	13.05
4.	Amber Richards	13.52
5.	Myka Richards	15.05
6.	Emily Bogaers	15.18
7.	Kaytee Bogaers	17.00
8.	Leslie Romeo	17.01

WARWC Walks, Shelley, Sunday 8 May

10km Walk

1.	Ben Reid	56.03
2.	Isabella Tolardo	62.04
3.	Karyn Tolardo &	63.48
4.	Marie Fitzsimons	65.59
5.	Tom Lenane	69.25
6.	Janne Wells	74.34

5km Walk

1.	Amy Holland	33.34
2.	Robyn Hughes	36.51
3.	Andrew Cuthbertson	40.38
4.	Sylvia Byers	41.27
	Hayley Jackson	DNF

1.5km Walk

1.	Holly Hughes	8.56
2.	Kristine Wells	10.07
3.	Amber Richards	10.16
4.	Myka Richards	10.49
5.	Emily Bogaers	11.15
6.	Kaytee Bogaers	12.10
7.	Lucas Andrews	13.54
8.	Tanya Andrews	13.54

SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 7 MAY

The South Australian Race Walking Club continued its winter season in Adelaide.

12km Walk

1.	Peter Crump	M35+	1:10:36
2.	Royrie Upton	MOpen	1:15:20
3.	Gloria Holliday	F35+	1:16:38
4.	John Leydon	M35+	1:17:53
5.	James Hoare	M35+	1:26:12
6.	Bill Starr	M35+	1:26:49
	Cherie Rothery	F35+	DNF

6km Walk

1.	Alix Harlington	MU18	31:02
2.	Rhiannon Lovegrove	FU18	31:20
3.	Samantha Findlay	FU20	34:16
4.	Yvette Becker	FOpen	34:49
5.	Louisa Mitchell	F35+	36:27
	Jake Vidler	MU18	DNF

3km Walk

1.	Victoria Upton	FU14	17:22
2.	Mathew Bruniges	MU16	18:12
3.	Adrian Upton	MU14	19:56
4.	Aleesha Vidler	FU14	22:16

1.5km Walk U10/U12

1.	Kitami Upton	FU12	08:21
2.	Seth Upton	MU12	08:36
3.	Kiera Ross	FU12	08:49
4.	Zayden Kamish	MU10	09:37
5.	Paige Psaila	FU14	09:45
6.	Edward Upton	MU10	09:45

Tristan Camilleri	MU16	DNF
Chloe Upton	FU16	DNF

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 4 MAY

Thanks to Paul Rance for the latest results from the Bendigo Walkers Club. Paul explains:

On Wednesday evening, athletes competed over 1km and 5km in Rosalind Park. In the 1km Sealed handicap event Amber Fox raced to her second win in succession with Caitlyn Tozer 2nd and Sheridan Commons claiming 3rd place with a personal best performance. The 5km sealed handicap race saw Bill Lotherington and Jennie Payne smashing their Club personal best's by almost 2 minutes to take 1st and 2nd respectively with Barb Bryant in 3rd place just in front of Annette Curtis and Norm West.

1km Walk Handicap

1.	Amber Fox	7.29
2.	Caitlyn Tozer	7.37
3.	Sheridan Commons	6.40
4.	Ebony Whiley	6.11
5.	Thomas Fox	7.49

5km Walk Handicap

1.	Bill Lotherington	35.19
2.	Jennie Payne	31.48
3.	Barb Bryant	28.36
4.	Annette Curtis	36.45
5.	Norm West	41.00
6.	Zahra Hayes	25.45
7.	Peter Curtis	30.06
8.	Madison Hill	30.10

PEDNOR 5 RACE WALK, HELSHAM, ENGLAND, SUNDAY 8 MAY

And one race from overseas, where Peter Hannell of the Surrey Race Walking Club reported on the annual Pednor 6 Mile walk in Helsham. The meet also incorporated the Buckinghamshire AA Race Walk Championship.

The ever popular Pednor 5 miles pair of walking then running races was held as usual on the Monday May Bank Holiday. With 40 walkers out in the first race it is among the largest race walks held. There is a mixture of a large slice of the South East's regular competitors travelling to the village in the beautiful Bucks country-side and joining a good number of experienced and novice walkers from the local Chiltern Harriers. The lapped course is fairly hilly and times are generally a minute down on flatter events but Surrey Walking Club's David Cane did not let this affect him as he not only won the race but scored a personal best. He left the rest with M55 Portugese international Francisco Reis 30 seconds behind.

5 Mile Men

1.	David Crabe	Surrey Walking Club		40.16
2.	Francisco Reis	SCVAC	Vet 55	41.15
3.	Jonathan Hobbs	Ashford AC		42.55
4.	Fabian Deuter	Hillingdon AC		43.41
5.	Christopher Hobbs	Ashford AC	Vet 60	44.46
6.	Steven Uttley	Iford AC	Vet 55	47.48
7.	Mark Culshaw	Belgrave Harriers	Vet 50	47.50
8.	Keith Vallis	Overton Harriers	Vet 50	48.45
9.	Steve Allen	Barnet & District AC	Vet 55	49.51
10.	John Ralph	Enfield & Harringey AC	Vet 55	50.11
11.	Dan Maskell	Surrey Walking Club	Vet 65	51.05
12.	Michael Harran	Surrey Walking Club	Vet 75	53.10
13.	David Kates	Iford AC	Vet 65	53.20
14.	Arthur Thomson	Enfield & Harringey AC	Vet 80	54.03
15.	Christopher Flint	Surrey Walking Club	Vet 70	55.20
16.	Alan Roberts	Vale of Aylesbury	Vet 50	55.45
17.	David Delaney	Surrey Walking Club	Vet 70	57.05
18.	Phil Burridge	Handy Cross Runners	Vet 45	57.52
19.	James Quincey	Burnham Joggers		58.20
20.	Sean Pender	Enfield & Harringey AC		59.00
21.	Trevor Brawn	Chiltern Harriers	Vet 65	59.18

22.	Stephen Cartwright	Colchester and Tendring	Vet 55	59.42
23.	David Hoben	Surrey Walking Club	Vet 60	60.10
24.	Terry Morris	Nuneaton Harriers	Vet 70	61.24
25.	Martyn Cartwright	Chiltern Harriers AC	Vet 75	61.26
26.	Mike Morgan	Burnham Joggers	Vet 75	63.40
27.	Mike Hickman	Handy Cross Runners	Vet 65	64.34
28.	Derek Williams	Burnham Joggers	Vet 55	76.04
29.	Bob Engel	Burnham Joggers	Vet 70	76.05

5 Mile Women

1.	Maureen Noel	Belgrave Harriers	Vet 50	50.36
2.	Cath Duhig	Ryston Runners AC	Vet 60	51.13
3.	Lynn Jones	Enfield & Harringey AC	Vet 50	53.11
4.	Angela Martin	Surrey Walking Club	Vet 50	53.52
5.	Sarah Trundley	Nuneaton Harriers	Vet 40	54.21
6.	Fiona Bishop	WokingAC	Vet 55	55.24
7.	Jo Miles	Hillingdon AC	Vet 55	55.56
8.	Jenny Zaremba	Burnham Joggers	Vet 45	61.06
9.	Jenny Middleton	Hillingdon AC	Vet 40	62.23
10.	Alison Cronin	Burnham Joggers	Vet 50	64.54
11.	Patricia Keene	Burnham Joggers	Vet 55	64.54

Boys 2 Mile Race

1.	Alexander Hughes	Chiltern Harriers AC	U11	29.34
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Girls 2 Mile Race

1.	Millie Hughes	Chiltern Harriers AC	U15	24.57
2.	Alice Moffat	Chiltern Harriers AC	U15	24.57
3.	Maddie Hughes	Chiltern Harriers AC	U11	25.40

OUT AND ABOUT

- A date has been set for dual Olympian **Jared Tallent** to receive his Olympic gold medal for the London 2012 50km walk event. Tallent will be presented the most prestigious award in sport on Friday June 17 in Melbourne. "I've spoken to Jared and he has decided that he would like to have the ceremony on the treasury steps in Melbourne," said AOC President John Coates who made the announcement at the AOC Annual General Meeting on Friday morning. See <http://rio2016.olympics.com.au/news/date-set-for-tallent-to-receive-london-gold-medal>.
- On June 12, the ACT Walkers Club is celebrating the 50th anniversary of its major annual racewalking event, the Lake Burley Griffin Walking Carnival, known as the "LBG" which started in 1967 as a 20-mile (32kms) competition race walk. One of the competitors in the first event was 73-year-old **Robin Whyte**, who hasn't missed the chance to stride out and racewalk twice around Lake Burley Griffin every year since. Event co-ordinator **Geoff Barker** says that he came to walking 10 years ago as a "broken-down runner" after his knee gave way from the impact of running. He says he expects 200-300 walkers for the 50th anniversary carnival. See <http://citynews.com.au/2016/50-years-on-and-still-stepping-out/>.



Geoff Barker and Robin Whyte step out in preparation for the 50th LBG Carnival this coming June

- Stefano la Sorda has pointed us all to this fantastic 1984 McDonalds advertisement featuring racewalking - <https://www.youtube.com/watch?v=86kdAIMTTN8>. And while we are at it, here's another great one, this time for Snickers and featuring Mr T - <https://www.youtube.com/watch?v=DvpKouRTCx0>.
- And talking of videos, the IAAF has released a fantastic 9 minute video titled 'Top 5 Race Walking Legends at IAAF World Championships'. Well worth a look. See <https://www.youtube.com/watch?v=5zg0mKiIKkw>.
- Startlists for 47th International Racewalking Naumburg on 22nd May – <http://www.racewalking-naumburg.de/6.html>. Australians **Jared Tallent, Nathan Brill, Claire Tallent and Zoe Hunt** are on the list.
- **Jared Tallent and Evan Dunfee** talk about surviving a 50km walk – <http://spikes.iaaf.org/post/tallent-and-dunfee-50km-race-walk-survival>.
- **Jane Saville** ponders the women's 50km: The IAAF has taken big steps towards equality with the introduction of female race walkers in the “Open 50km” event at the World Team Championships. See <http://www.sbs.com.au/topics/zela/article/2016/05/07/walk-way-jane-saville-pushing-long-distances-race-walking>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

6 new press releases for Marciadalmondo this week

- Sun 8 May - World Teams Championships results Day 2 - 50km Walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2431
- Sat 7 May - World Teams Championships results Day 1 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2430
- Fri 6 May - Jefferson Perez interviewed by Eurosport Spain http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2429
- Thu 5 May - Preview of World Teams Champs and focus on the favourites http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2428
- Thu 5 May - World Teams Championships pre-event press conference http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2427
- Tue 3 May - New video - The top five race Walking legends at IAAF World Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2426

The omarchador blog was active with 17 news releases this time around

- Mon 9 May - Guadalupe González is the new Mexican walking star <http://omarchador.blogspot.com.au/2016/05/guadalupe-gonzalez-nova-estrela-da.html>
- Sun 8 May - Schwazer wins World Teams Champs 50km <http://omarchador.blogspot.com.au/2016/05/schwazer-regressa-com-vitoria-nos-50-km.html>
- Sun 8 May - World Teams Champs 50km entry list <http://omarchador.blogspot.com.au/2016/05/roma-2016-50-km-lista-de-partida.html>
- Sat 7 May - Hong Liu confirms favouritism and wins World Teams Champs women's 20km <http://omarchador.blogspot.com.au/2016/05/hong-liu-confirmou-favoritismo-nos.html>
- Sat 7 May - Wang Zhen wins World Teams Champs men's 20km <http://omarchador.blogspot.com.au/2016/05/wang-e-zelin-impoem-se-nos-20-km.html>
- Sat 7 May - Entry list for World Teams Champs women's 20km <http://omarchador.blogspot.com.au/2016/05/roma-2016-20-km-femininos-lista-de.html>
- Sat 7 May - Entry list for World Teams Champs men's 20km <http://omarchador.blogspot.com.au/2016/05/roma-2016-20-km-masculinos-lista-de.html>
- Sat 7 May - Chinese Whang wins in World Teams Champs U20 Men's 10km <http://omarchador.blogspot.com.au/2016/05/chines-zhang-triunfa-nos-juniores.html>
- Sat 7 May - China dominates World Teams Champs U20 Women's 10km

<http://omarchador.blogspot.com.au/2016/05/china-domina-juniores-femininos-no.html>

- Fri 6 May - Entry list for World Teams Champs U20 Men's 10km
<http://omarchador.blogspot.com.au/2016/05/roma-2016-10-km-sub-20-masculinos-lista.html>
- Fri 6 May - Entry list for World Teams Champs U20 Women's 10km
http://omarchador.blogspot.com.au/2016/05/roma-2016-10-km-sub-20-femininos-lista_6.html
- Fri 6 May - Gender equality in 50km at last
<http://omarchador.blogspot.com.au/2016/05/igualdade-de-genero-nos-50-km-marcha.html>
- Fri 6 May - Results of international meet in Birstonas, Lithuania
<http://omarchador.blogspot.com.au/2016/05/memorial-antanas-mikenas-em-birstonas.html>
- Thu 5 May - Portuguese women hope for teams medal in World Teams Champs Women's 20km
<http://omarchador.blogspot.com.au/2016/05/selecao-feminina-aposta-numa-medalha.html>
- Wed 4 May - Portuguese judge Joaquim Graça to officiate in World Teams Championships in Rome
<http://omarchador.blogspot.com.au/2016/05/joaquim-graca-vai-ajuizar-o-mundial-de.html>
- Tue 3 May - Madarász and Helebrandt stand out in Békéscsaba
<http://omarchador.blogspot.com.au/2016/05/madarasz-e-helebrandt-destacam-se-em.html>
- Tue 3 May - Japanese team for World Teams Championships
<http://omarchador.blogspot.com.au/2016/05/selecao-do-japao-para-o-mundial-de-roma.html>

#BANRUSSIA

If we thought the last weeks a bit quiet on the doping front, this week blew it all open once again. Apart from Schazer's early return from a drugs ban and his fast track into the Italian team for Rome, the other big issue happened on the same day but on the other side of the world, when CBS's "60 Minutes" TV program aired a 13 minute segment labelled "Russia's Dark Secret". Read on.

Wednesday 3 May

- It seems that not even the paralympics is free of questionable practices to increase performance at the risk to health. The IPC has tightened rules to clamp down on boosting. With immediate effect any athlete found with systolic blood pressure reading of over 160mmHg at a competition will not be allowed to compete on health grounds. Frightening stuff! See <https://www.paralympic.org/news/ipc-tightens-rules-clamp-down-boosting>.
- WADA has suspended the accreditation of the South African Doping Control Laboratory (Laboratory) in Bloemfontein until 30 September 2016. The suspension, which takes effect immediately, prohibits the Laboratory from carrying out any anti-doping activities including all analyses of urine and blood samples. During the period of suspension, samples will be sent to a facility in Qatar. The SA lab is Africa's only laboratory for testing the blood and urine of athletes. Lacea Loader, communications director at the University of the Free State, told Reuters the laboratory did not plan to appeal the suspension as the shutdown was planned with WADA to allow the facility to upgrade equipment and give staff more training. "It was an amicable decision made in conjunction with Wada," she said. "The facility is expected to re-open once the necessary steps have been taken." Not sure if that is all it is or whether there is something else going on here...time will tell. Itg sounds a rather convenient excuse to me! See <http://www.supersport.com/athletics/article.aspx?Id=3512304>.

Thursday 4 May

- Following on from the above press release, WADA has been under pressure to explain why 3 of its laboratories have been closed in the last month. This has led to an extraordinary press release by the WADA President who has explained why they might have been closed but doesn't say which of the various reasons is the real reason. You know the old veil of secrecy and all that stuff! See <https://www.wada-ama.org/en/media/news/2016-05/wada-president-statement-regarding-recent-accredited-laboratory-suspensions>.
- More naive ramblings trying to justify the fast tracking of Alex Schwazer into the Italian team the day his ban expired - <http://www.paolocova.it/?p=2921>.

Friday 6 May

- Former WADA president Dick Pound believes the IAAF's Sebastian Coe is under mounting pressure to find a way for suspended Russian T&F athletes to compete at the Rio Olympics. Pound, who headed the independent commission that unearthed evidence of state-sponsored doping in Russian athletics, thinks that time is running out for Russia to get its anti-doping house in order ahead of the August 5 to 21 Rio Olympics. A WADA task force has been put in place to overhaul the

suspended Russian Anti-Doping Agency but Pound, who two months ago said it appeared Russia was simply "changing deck chairs on the Titanic", still has seen little movement towards compliance. See <http://www.supersport.com/athletics/article.aspx?Id=3515324>.

Saturday 7 May

- Russian whistleblower Vitaly Stepanov has alleged that at least four of the country's gold medallists at their home Sochi 2014 Winter Olympics were using steroids. The former employee of the Russian Anti-Doping Agency (RUSADA) has claimed that Grigory Rodchenkov, the former director of the tarnished Moscow Laboratory, had evidence of the drug-use. His allegations will be aired on American investigative programme 60 Minutes, on the CBS network, tomorrow. See <http://www.insidethegames.biz/articles/1037217/four-russian-olympic-champions-used-steroids-at-sochi-2014-whistleblower-alleges>.

Sunday 8 May

- As noted in the snippet above, CBS's "60 Minutes" program aired on Sunday evening in USA and included a 13 minute segment "Russia's Dark Secret". It features interviews with Russian whistleblowers Vitaly and Yuliya Stepanov, along with USADA chief Travis Tygart. It is sensational stuff that YOU MUST WATCH - <http://www.cbsnews.com/news/60-minutes-russian-doping-at-sochi-winter-olympics-exposed/>. Amongst the new bombshells are allegations by the former head of Russia's drug testing laboratory Grigory Rodchenkov (now living in USA in fear of his life) that 4 Russian gold medallists from the Sochi winter Olympics in 2014 won while actively on drugs. Tygart is unequivocal - Russian T&F cannot be allowed to compete in Rio.
- The response from Russian Sports Minister Vitaly Mutko has been typical - transparent, no drugs, all under control, blah, blah, blah. See <http://www.sbs.com.au/news/article/2016/05/10/russia-defends-transparency-sochi-doping-controls> and <http://www.cbsnews.com/news/russia-60-minutes-report-olympic-doping-sochi-wada/>.

Monday 9 May

- Speaking in an op-ed article posted on the WADA website on Monday, WADA President Craig Reedie floated the idea of 0.5 percent tax on worldwide sporting media rights he estimated at \$35 billion that would contribute \$175 million a year to the organisation's war chest. Basically, WADA does not have sufficient funding to do its job properly. See <http://www.sbs.com.au/news/article/2016/05/10/wada-seeks-tv-rights-tax-help-pay-anti-doping-fight>.

DRUGS CHEAT SCHWAZER SHOULD NOT BE ON PODIUM

What had been a wonderful World Teams Championships was spoilt completely on Sunday with the 50km win of convicted drugs cheat **Alex Schwazer**. Fast tracked by the Italian Athletics Federation (FIDAL) and put in the team as a late entry, with no qualifying performances to his credit, his win is a setback for clean sport. Shame FIDAL shame!

Here are a few of the many tweets:

- Hilary Evans : Just think of the worst collection of swear words you can think of and repeat it for an hour.
Chris Erickson: Let's us not forget @atleticaitalia organised a "test race" 4 Shwazer in front of judges and Head Coach while still under his ban!
Johan Diniz: Schwazer is Back! It's very bad News for the race walking. The guy is a bad Man!

I think Trevor McDermott summed it all up very succinctly

Absolutely no way - in any universe based on decency and fairness - should Alex Schwazer have been near that start line. Far too many years of EPO use, highly suspect blood readings, contradictory statements, colleagues and partners sold out, medals still held and monies won by deceit. Maybe have a look at your own rules sometime IAAF ?

He was still banned just a few days ago ! Shame on the Italian authorities for allowing his 'competition trials' to take place during a period of drugs suspension, with judges present.

Arranged so that they could fill the so-called empty place in their squad after the official deadline. The whole world knows that he was really pre-selected in order to get him to Rio. Except for the IAAF who look the other way again.

After a really terrific World Team Championship on the Saturday, with top-class Race Walking in a wonderfully historic backdrop, the following day was unfortunately rather an anti-climax and provided a sinking reminder that we share a world where cheats can prosper. While very notable Italian coaches and ex-walkers remain in uproar about this injustice, their other 50km boys performed excellently to win Team Gold and never even needed him.

What words can describe Olympic Champion Jared Tallent ? Once again this unlauded hero of modern Athletics maintains his incredible level of consistency, in the toughest event on the programme. Outstanding.

We even got to see recordings of him, Igor Glavan and Marco de Luca finishing after their results were already up on the IAAF site (and who quickly changed the wording on their original race report). Top marks to the real 50km podium as RAI live stream showed another tearful interview with the 'winner' about his fable of personal redemption. " I lost more from doping than anyone else" .

Yohann Diniz - " Very bad news for Race Walking"

This theme was also taken up by the print media, with Nicole Jeffery publishing the following piece in The Australian newspaper of Monday 9 May - <http://www.theaustralian.com.au/sport/rio-olympics/fury-over-drug-cheat-alex-schwazers-successful-return-to-walking/news-story/d59c8d99f9300b452ed5c64b2c931542>. As this newspaper is firewalled, I will reproduce the article in full. It makes for interesting reading.

FURY OVER DRUG CHEAT ALEX SCHWAZER'S SUCCESSFUL RETURN TO WALKING

**Nicole Jeffery
The Australian**

The international athletics federation allowed a self-confessed drug cheat to get around the entry rules for the weekend's world race walking team championships, and he proceeded to walk away with the 50km gold medal to the cost of Australia's silver medallist Jared Tallent.

Italy's 2008 Olympic champion Alex Schwazer was banned for three years and nine months for EPO use, until April 29, four days after the entry deadline for this race (formerly known as the World Walking Cup). A banned athlete is not allowed to enter an official event but Schwazer's entry was accepted after his ban expired because the Italian federation paid a \$US1000 (\$1360) late fee.

Nine days later Schwazer produced astonishing form in his first official race for almost four years. He won the 50km race by 3min 36sec from Tallent, who has a string of silver medals behind drug cheats at international events.

Tallent will finally receive a measure of justice next month, when he is presented with the 2012 Olympic gold medal in Melbourne on June 17, following the belated disqualification of Russian winner Sergey Kiryapkin for doping. But he is dismayed that the IAAF gave Schwazer leeway to enter the event and concerned by allegations that Italian athletics officials aided Schwazer in his preparation for this event while he was still banned.

"It's a really bad image for the sport and now it's even more controversial than it was," Tallent said. He admitted that he gave Schwazer a frosty reception after the race and in the press conference that followed. "I didn't shake his hand or say well done or talk to him, and we had a bit of a confrontation in the hotel a few days before the race," Tallent said. "He said in the press conference that he hadn't raced for four years so I questioned that because I've been told he's done two time trials that were set up by officials in Italy. There have been complaints made to WADA about it but nothing has been done."

Schwazer's dominant performance created a social media furore within the tight-knit world of race walking and Canadian record-holder Evan Dunfee went a step further by shouting at Schwazer as he left the medal ceremony, accusing him of being "a dirty cheat". Dunfee, a passionate anti-doping campaigner, was then removed from the ceremony by security.

In interviews after the race, Schwazer said that he was the one who was most damaged by his doping, a claim that Tallent dismissed as "bizarre".

Schwazer was unapologetic about his return to the sport. "I don't know if this will put an end to all the controversy and honestly I don't care," he said. "All I can do is do well in my races and everyone is free to say what they want. I'm focused on what I want to do for myself, everything else is relative."

His result has qualified him for the Italian Olympic team and Tallent is reconciled to facing him again in Rio. "I had a hamstring injury in February so I wasn't on top form here," Tallent said. "I have a few more minutes in me but he looked like he was cruising. It's scary for Rio but you can only do what you can do."

Tallent also expects that the IAAF will allow Russia back in for Rio Olympics, which mean he is likely to race Kiryapkin again at the Games.

And these aren't the only ones criticising Schwazer and FIDAL. Italian Carlo Molfetta, the 2012 taekwondo Olympic gold medallist, is outraged at seeing photos of Schwazer on the official page of the Italian sports channel "Rai Sport". "This is the cover of Facebook RaiSport! Well this man does not deserve the cover...this man does not represent me, and does not represent Italian sports ...I do not support him, the sport needs to be clean, always! Do not feel sorrow to him but anger. Sorry – lost the link!

DATES...DATES...DATES

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

2015/2016 Australian/Victorian Key Dates

Sun June 12, 2016 50th 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

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

2016 IAAF Challenge Series (remaining events)

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 European Meets

Sun May 22, 2016 47th International Racewalking Naumburg, Germany - see <http://www.racewalking-naumburg.de/6.html>
Sat June 10, 2016 42nd International Race Walking Festival, LTU
Sun June 18, 2016 19th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016 Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then)

Looking Further Forward

Mar 18-25, 2017 World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>
May 2018 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018 16th World Junior T&F Championships, ?
TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 11th World Youth T&F Championships, ?
July 2019 30th Summer Universiade, Brasilia, Brazil
July 2020 32nd Olympic Games, Tokyo
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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