



HEEL AND TOE ONLINE

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

My Walker of the Week this time around is 24 year old Melbourne walker **Regan Lamble** who clocked up yet another Olympic 20km qualifier last weekend in La Coruna in Spain. Her 8th place time of **1:30:58** is her 6th qualifier and she leads the chase for the remaining two women's spots behind Rachel Tallent who was selected in February.



As the 20km qualifying period finished on Sunday, the Australian selectors are meeting this week to select the remaining two women's 20km spots and the remaining two men's 20km spots. Regan is one of 5 women in the running, with qualifying performances shown below. It is a shame that only two of our three sub-1:30 qualifiers can be selected.

| | | | | | |
|-----------------------------|---------------------------|----------|----------------|----------------------|--------------------|
| 20km Women (1:36:00) | Regan Lamble | V | 1:29:33 | Rome, Italy | 07-May-2016 |
| | | | 1:30:34 | Rio Maior, POR | 09-Apr-2016 |
| | | | 1:30:45 | Melbourne | 13-Dec 2015 |
| | | | 1:30:58 | La Coruna, ESP | 28-May-2016 |
| | | | 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 | |
| | Stephanie Stigwood | T | 1:32:22 | Melbourne | 13-Dec 2015 |
| 1:33:45 | | | Adelaide | 21-Feb-2016 | |
| | Claire Tallent | S | 1:33:23 | Naumburg, GER | 22-May-2016 |
| 1:35:36 | | | La Coruna, ESP | 28-May 2016 | |

Similarly, we have 3 men striving for the two remaining 20km spots, with qualifying performances as follows

| | | | | | |
|---------------------------|-----------------------|----------|----------------|-----------------------|--------------------|
| 20km Men (1:24:00) | Jared Tallent | S | 1:21:50 | Taicang, China | 23-Apr-2016 |
| | Rhydian Cowley | V | 1:22:07 | Adelaide | 21-Feb-2016 |
| | | | 1:22:33 | Nomi, Japan | 20-Mar-2016 |
| | | | 1:23:27 | La Coruna, Spain | 06-Jun-2015 |
| | | | 1:23:21 | Rome, Italy | 7-May-2016 |
| | Chris Erickson | V | 1:22.08 | Nomi, Japan | 15-Mar-2015 |

Expect the announcement later in the week.

WHAT'S COMING UP

We are back at Middle Park next Saturday for the next round of our VRWC winter season. As usual, race pre-entry would be helpful. You can pre-enter at <http://vrwc.org.au/wp1/race-entries-2/>. Note club coach Mark Donahoo has confirmed he will be running a coaching session on the themes of “style and training”. The timetable reads as follows

| | | | |
|---|---|-------------|------|
| Saturday 4th June 2016, Middle Park | | | |
| VRWC EVENTS & Coaching session: Entries close for all events at 1.45pm sharp. | | | |
| 1.20pm | Coaching session (30 minutes) by Club Coach | | |
| 2.15pm | 8km | Points Race | Open |
| 2:15pm | 6km | Points Race | Open |
| 2:15pm | 4km | Points Race | Open |
| 2.30pm | 2km | Points Race | Open |
| 2.30pm | 1km | Points Race | Open |

Now zooming forward to the **21st World Masters T&F Champs Stadia** which will be held in **Perth** on **Oct 26 -Nov 6, 2016**, the Victorian Masters Association has made the following announcement

Athletes come out of the woodwork to compete in their home Country’s World Masters Athletics Championships and we believe this will be the case in Perth this year, but to add a little bit of incentive to those Victorians who are not currently active in Masters Athletics we are offering the following :

Anyone who is a current member of an A.V. club can have a free membership of VMA for the duration of the Championships (Oct 26- Nov 6) Anyone who is a member of neither VMA or A.V. can have a \$20.00 Membership of VMA for that period.

With this in mind, we are asking everyone to “Start Spreading the News”.

See <http://vicmastersaths.org.au/wp/wp-content/uploads/2016/05/Start-spreading-the-news-1.pdf> for further information.

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 28 MAY

A total of 72 walkers braved cold, wet and wintery conditions last Saturday afternoon at Middle Park for a variety of racewalking championships that included the Victorian Open 10km roadwalk, the Victorian Country roadwalk championships and a variety of VRWC and RWV underage championships.

The 10km events were the first to get underway, with **Chris Erickson** and **Quentin Rew** immediately going to the front. Chris was the one to make the pace early but it was Quentin who came home the faster in the last few kms, taking fastest time of 40:55 ahead of Chris with 41:03. Further back, **Alana Barber** and **Isamu Fujisawa** walked together early before Isamu cleared away for a final time of 46:49, ahead of Alana 47:01. With Chris (AUS), Quentin (NZL) and Isamu (JAP) already selected for Rio and with Alana (NZL) soon to be announced, it was great to have a quartet of top internationals leading the way. The Victorian 10km titles went to Chris Erickson and **Simone McInnes** (50:32) with the minor medals going to **Adam Garganis** (44:48), **Jason Kozica** (47:02), **Megan Szirom** (50:45) and **Sarah Brennan** (54:22). Simone was one of 3 walkers to do a PB – other PBs went to Jason (47:02) and **Pramesh Prasad** (52:34). The country titles went to **Terry O'Neill** and Sarah Brennan.

| AV Open 10km Men | | | | AV 40-49 | AV 50+ | AV Country |
|------------------|--------------------|-----|---------|----------|--------|------------|
| 1. | Erickson, Chris | ESS | 41:03 | | | |
| 2. | Garganis, Adam | COL | 44:48 | | | |
| 3. | Kozica, Jason | STK | 47:02 | | | PB 0:23 |
| 4. | Kollmorgen, Stuart | COL | 49:16 | 1 | | |
| 5. | Prasad, Pramesh | VMA | 52:34 | 2 | | PB 4:22 |
| 6. | McDonough, Aaron | PTN | 52:36 | 3 | | |
| 7. | Evans, Simon | BOH | 55:43 | | 1 | |
| 8. | Jamieson, Andrew | OSC | 55:49 | | 2 | |
| 9. | Patterson, Adam | ANW | 56:21 | 4 | | |
| 10. | O'Neill, Terry | GPA | 1:03:23 | | | 1 |

| | | | | |
|-----|----------------|-----|---------|-----|
| 11. | Riddoch, Clyde | AWA | 1:10:38 | 3 |
| | Gardiner, Bob | COL | DNF | DNF |
| | Swan, Kyle | ANW | DNF | |

AV Open 10km Women

| | | | | AV 40-49 | AV 50+ | AV Country | |
|----|-------------------|-----|---------|----------|--------|------------|---------|
| 1. | McInnes, Simone | GHY | 50:32 | | | | PB 0:49 |
| 2. | Szirom, Megan | FKN | 50:45 | | | | |
| 3. | Brennan, Sarah | BYC | 54:22 | | | 1 | |
| 4. | Laufer, Michelle | COL | 55:32 | 1 | | | |
| 5. | Bryant, Barbara | EAG | 57:54 | | 1 | 2 | |
| 6. | Knight, Cassandra | BOH | 1:01:08 | | | | |
| 7. | Elms, Donna | PTN | 1:02:50 | | 2 | | |
| | O'Neill, Karyn | GPA | 1:09:25 | | | 3 | |
| | Carr, Heather | GHY | DNS | | DNS | | |

VRWC Open 10km

| | | | |
|-----|------------------|---------|-----------|
| 1. | Rew, Quentin | 0:40:55 | |
| 2. | Fujisawa, Isamu | 0:46:49 | |
| 3. | Barber, Alana | 0:47:01 | |
| 4. | Smyth, David | 0:57:33 | |
| 5. | Reid, Ross | 1:01:05 | |
| 6. | Armstrong, David | 1:04:22 | |
| 7. | Knox, Duncan | 1:05:45 | |
| 8. | Hess, Albin * | 1:06:07 | First one |
| 9. | Feain, Madeleine | 1:06:18 | PB 0:55 |
| 10. | Moritz, Paul | 1:08:44 | |

AV Country Championships were also contested in the younger age groups, with wins going to **Zahra Hayes** (24:26) and **Alanna Peart** (15:02).

AV U18 5km Country Women

| | | | | |
|----|-------------------|-----|---------|---------|
| 1. | Hayes, Zahra | SBE | 0:24:26 | PB 0:13 |
| 2. | Davison, Mackayla | COR | 0:28:16 | PB 1:25 |
| 3. | Hill, Madison | SBE | 0:28:35 | PB 1:35 |
| 4. | Dowie, Ellen | EKA | 0:31:18 | PB 0:58 |

AV U16 3km Country Women

| | | |
|--------------|-----|-----|
| Hayes, Zahra | SBE | DNS |
|--------------|-----|-----|

AV U14 3km Country Women

| | | | |
|----|---------------|-----|---------|
| 1. | Peart, Alanna | BYC | 0:15:02 |
|----|---------------|-----|---------|

VRWC championships were contested for U20, U18, U16 and U14 age groups. The listing below shows lots of PB walks but one special mention to **Rebecca Henderson** who won the U18 5km and then fronted 5 mins later to win the U16 3km. Top performance!

VRWC U20 5km Club Championships

| | | | |
|----|--------------------|-------|---------|
| 1. | De Lisen, Paige | 27:33 | |
| 2. | O'Mahony, Kathleen | 28:36 | PB 0:28 |
| 3. | Lillie, Jessica | 30:20 | PB 0:13 |

VRWC U18 5km Club Championships

| | | | |
|----|--------------------|-------|---------|
| 1. | Henderson, Rebecca | 24:12 | |
| 2. | Huse, Philippa | 25:03 | PB 0:09 |
| 3. | Davison, Mackayla | 28:16 | PB 1:25 |
| 4. | Walmsley, Reese | 23:39 | |

VRWC U16 3km Club Championships

| | | | |
|----|--------------------|-------|---------|
| 1. | Henderson, Rebecca | 16:21 | |
| 2. | Karagiorgos, Chloe | 16:28 | |
| 1. | Walmsley, Hayden | 14:24 | PB 0:09 |
| 2. | Rickard, Joseph | 18:52 | |

VRWC U14 3km Club Championships

| | | | |
|----|----------------|-------|-----------|
| 1. | Peart, Alanna | 15:02 | |
| 2. | Hass, Jasmin | 17:06 | First one |
| 3. | Cocking, Holly | 17:57 | |
| 1. | Dickson, Corey | 14:59 | |

We had Racewalking Victoria championships for our U12 and U10 walkers and we were very pleased to see so many walkers in attendance. Winners were **Charlotte Hay, Josh Jensen, Chelsea Karagiorgos** and **Luke Epps**.

RWV U12 2km Championships

- | | | | |
|----|--------------------------|-------|-----------|
| 1. | Hay, Charlotte | 10:54 | |
| 2. | Noonan, Claire | 11:43 | |
| 3. | Lillie, Gemma | 12:40 | |
| 4. | Heikkila-Dubowik, Kaylah | 13:12 | First one |
| 5. | Carbery, Elise | 14:29 | |
| 1. | Jensen, Josh | 10:45 | |
| 2. | Hay, Angus | 12:29 | |
| 3. | Rickard, Lewis | 13:33 | First one |

RWV U10 1km Championships

- | | | | |
|----|----------------------|-------|---------|
| 1. | Karagiorgos, Chelsea | 06:06 | PB 0:03 |
| 1. | Epps, Luke | 05:26 | PB 0:14 |
| 2. | Hutchins, Liam | 05:27 | PB 0:27 |
| 3. | Xuereb, Justin | 05:40 | PB 0:09 |
| 4. | Blackwood, Hamish | 05:53 | PB 0:20 |

Finally, we had some VRWC open races for anyone else who wanted a walk on the day.

VRWC Open 5km

- | | | |
|----|-----------------|-------|
| 1. | Dickenson, Russ | 31:56 |
| 2. | Shaw, Robyn | 32:06 |
| 3. | Doran, Anthony | 35:45 |
| | Wicks, Barrie | DQ |
| | Johnson, Celia | DQ |

VRWC Open 3km

- | | | |
|----|-------------------|-------|
| 1. | George, Stephanie | 15:35 |
|----|-------------------|-------|

VRWC Open 2km

- | | | | |
|----|----------------|-------|-----------|
| 1. | Brain, Glenyce | 17:26 | First one |
| 2. | Wood, Susan | 17:46 | First one |



Chris Erickson, Quentin Rew, Adam Garganis, Jason Kozica and Alanna Peart



Rebecca Henderson, Simone McInnes, Megan Szirom, Sarah Brennan and Zara Hayes



Liam Hutchins, Luke Epps, Chelsea Karagiorgos, Josh Hensen and Charlotte Hay

Thanks as always to our many helpers, officials and judges. Apologies if I missed anyone. It was a big and successful day.

- Checkin** Mark Donahoo, Michael Bodey, Damien Elms, Ralph Bennett
- Setup** Peter Vysma, Tim Erickson, Stuart Cooper, Clare Garganis, Ross Reid, Bob Gardiner
- Lapscorers** Tim Erickson, Mark Donahoo, Gerard Feain, Frances Attard, Damien Elms, Kathy Huse, Ralph Bennett
- Judges** Gordon Loughnan (Chief), Brenda Felton, Stuart Cooper, Kathleen Marsh, Mark O'Mahony
Mark Blackwood, Diane Lowden, Peter Vysma, Michael Bodey (DQ)
- Canteen** Barb Gardiner, Kate Suich, Wendy Muldoon
- Photos** Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=74>).

Full lapsplits from all events available at <http://www.vrwc.org.au/wp1/race-results/>.

SUPPORTING KIM MOTTROM

Readers will know that I have been a vocal supporter of local Adelaide walker Kim Mottrom who was found to have taken the naturally occurring substance dextran (the only person ever to have failed a drugs test for this substance) in December 2013 and who subsequently served a ban of 2 years and 3 months. Kim tried to clear his name by going to the Court of Arbitration in Sport (CAS), a process that has cost him some \$20,000 in legal fees and such like. The latest bill from CAS, for an additional \$3000, has finally tipped Kim over the cliff and he was forced to post this on social media.

My court case has finished and I've missed the 2 years etc but I've just literally been given a bill for court costs for over \$3000 payable within 30 days. Keep in mind this has already cost me over \$17.5k which a lot of it is still owed. I literally have \$90 to my name and over \$31,500 of debt. This is beyond my reach. I welcome all productive thoughts. Bankruptcy? Grants? Does anyone have any thoughts on how I can tackle this? I'm already drowning financially and will not be able to borrow any money.

Kim has responded to suggestions from a number of people and has setup a 'gofundme' campaign. I will say up front that I have already contributed to it and urge others to help Kim out. The link <https://www.gofundme.com/26rpg65w> takes you directly to the site and will allow you to read Kim's own explanation of what has happened to him. Keep the chin up, Kim - we are there for you.

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 28 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cool, calm, sunny arvo. Short hill at start of each lap. 10k and 5k sealed handicap walks. Good to see **Kim Mottrom** out with us again.

10km Walk

| | | | | |
|----|------------------|---------|-----|--------|
| 1. | Jack Russell | 1:05:06 | M64 | 73.73% |
| 2. | Marie Maxted | 1:07:02 | W56 | 73.69% |
| 3. | Kevin Finn | 1:07:14 | M64 | 71.39% |
| 4. | Graham Harrison | 1:13:54 | M72 | 71.45% |
| 5. | Colin Hainsworth | 1:25:55 | M86 | 76.84% |
| | George White | DQ | M70 | |

5km Walk

| | | | | |
|----|------------------|-------|-----|--------|
| 1. | Kim Mottrom | 24:20 | M31 | 74.13% |
| 2. | Helen Suridge | 37:23 | W65 | 70.30% |
| 3. | Jan Layng | 38:57 | W67 | 69.30% |
| 4. | Kristine Freeman | 42:26 | W55 | 55.17% |
| 5. | Roger Lowe | 43:01 | M73 | 60.49% |
| 6. | Jill Rogers | 43:46 | W71 | 65.37% |
| 7. | Edna Bates | 44:10 | W63 | 58.00% |

ACT WALKERS CLUB ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 28 MAY

Thanks to Robin Whyte for the latest results from the ACT Race Walking Club in Canberra. Great times by young **Connor Frew** and **Tim Fraser** in the 7.1km walk.

7.1km Walk

| | | |
|-----|----------------------|---------|
| 1. | Connor Frew | 33:56 |
| 2. | Tim Fraser | 34:17 |
| 3. | Mitchell Baker | 36:55 |
| 4. | Gabby Hunt | 37:09 |
| 5. | Callum Burns | 38:08 |
| 6. | Ann Staunton-Jugovic | 40:59 |
| 7. | Greg Durr | 43:40 |
| 8. | Kate Black | 45:39 |
| 9. | Robin Whyte | 45:54 |
| 10. | Hannah Manning | 47:35 |
| 11. | Mick Saunders | 48:05 |
| 12. | Peter Baker | 48:52 |
| 13. | Katie Alley | 49:09 |
| 14. | Bob Parker | 52:45 |
| 15. | Monika Short | 53:08 |
| 16. | Robyn Saunders | 53:08 |
| 17. | Geoff Barker | 56:23 |
| 18. | Rosemary Parker | 1:00:05 |

2km Walk

| | | |
|----|---------------|-------|
| 1. | Laura Burns | 10:41 |
| 2. | Sidney Shaw | 12:07 |
| 3. | Ellen Vahey | 12:14 |
| 4. | Charlie Durr | 12:17 |
| 5. | Ella Baker | 14:18 |
| 6. | Heli Laajoki | 14:35 |
| 7. | Harry Baker | 17:09 |
| 8. | Jack Thackray | 17:37 |

1km Walk

| | | |
|----|--------------|-------|
| 1. | Anna Vahey | 07:25 |
| 2. | Georgia Frew | 08:13 |

| | |
|--------------------|---------|
| 19. Warren Butler | 1:00:05 |
| 20. Terry Munro | 1:00:17 |
| 21. Val Chesterton | 1:00:29 |
| 22. Phil Essam | 1:01:39 |
| 23. Belinda Essam | 1:06:26 |
| 24. Helen Munro | 1:08:13 |

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 29 MAY

Thanks to Mike Reid for the latest results from the Western Australian Race Walking Club in Perth.

8km Walk

| | |
|-----------------|---------|
| 1. Ben Reid | 44.20 |
| 2. Janne Wells | 56.03 |
| 3. Sylvia Byers | 1.04.47 |
| 4. Emily Pivac | DNF |

2km Walk

| | |
|----------------------|-------|
| 1. Alexandra Griffin | 10.10 |
| 2. Amber Richards | 13.16 |
| 3. Myka Richards | 14.17 |

4km Walk

| | |
|---------------------|-------|
| 1. Hayley Jackson | 23.44 |
| 2. Isabella Tolardo | 24.18 |
| 3. Tom Lenane | 26.22 |
| 4. John Smith | 32.22 |
| 5. Leslie Romeo | 33.22 |

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 29 MAY

Fast walking by 15 year old **Katie Hayward** (22:55) and 11 year old **Kris Hayward** (9:48) in Brisbane on Sunday.

10km Walk

| | |
|--------------------|-------|
| 1. Peter Bennett | 50.51 |
| 2. Argenis Guevara | 51.08 |
| 3. Iggy Jimenez | 52.50 |
| 4. Noela McKinven | 84.04 |

5km Walk

| | |
|------------------|-------|
| 1. Katie Hayward | 22.55 |
| 2. Callum Haig | 31.32 |

3km Walk

| | |
|--------------------|-------|
| 1. Jonathan Wearne | 17.02 |
| 2. Anika Clarke | 18.10 |
| 3. Jade Pearson | 19.09 |

2km Walk

| | |
|------------------|-------|
| 1. Kris Hayward | 9.48 |
| 2. Korey Brady | 14.52 |
| 3. Sharyn Wearne | 17.36 |

1km Walk

| | |
|--------------------|------|
| 1. Lyla Williams | 5.53 |
| 2. Ella Muir | 6.00 |
| 3. Luke Heylen | 7.54 |
| 4. Charlotte Brady | 9.18 |

0.5km Walk

| | |
|-------------------|------|
| 1. Makenna Clarke | 3.30 |
| 2. Liam Heylen | 4.05 |

30TH GRAN PREMIO CANTONES, LA CORUÑA, SPAIN, SATURDAY 28 MAY

I have borrowed Emeterio Valiente's report for the IAAF (see <http://www.iaaf.org/news/report/la-coruna-liu-wang1>).

For the second consecutive year, Chinese walkers Liu Hong and Wang Zhen took line honours at the XXX Gran Premio Cantones de La Coruna 2016, the Spanish leg of this year's IAAF Race Walking Challenge. In doing so, the current world record holder Liu managed her fourth overall victory in La Coruña and the third in a row.

Men 20km Race Walk

The men's event started quite conservatively, with a huge leading group ticking off the early laps close to 4:05. The first real surge was made by the eventual winner Wang shortly after the 5km point. The defending champion built a slight gap on the main group but he was reeled in 2km later. Brazil's Caio Bonfim then moved to the front and was to the fore when 8km was reached in 32:32 and Sweden's Perseus Karlstrom also helped with the pace so that halfway was reached in 40:39. To the joy of the local crowd the 2015 world champion Miguel Angel Lopez stayed with the leaders although he never took command of the race.

The real fireworks began around 5km from home when Mexico's Pedro Daniel Gomez stepped up the rhythm, setting a frantic pace which only Wang, Lopez and Italy's Alex Schwazer could match. A penultimate loop of 3:52 by Zhen dropped Gomez and López but the Italian managed to remain at the Chinese walker's shoulder until the closing 600m when the defending La Coruna champion and IAAF World Championships Beijing 2015 silver medallist finally shook him off.

Wang clocked 3:48 for his final 1km to win in 1:20:17 while Lopez finished third in 1:20:34 with Gomez another five seconds further back. Spain's 2015 world champion was more than satisfied with his performance after his injury problems over the winter and a

below-par outing in Rome earlier this month. “Today’s is an enormous confidence booster. I’ve clocked 1:20 which was my goal. I now plan two training camps in the altitude of Sierra Nevada in June and Font Romeu in July to get ready for Rio,” said Lopez.

Australian **Jared Tallent** was forced to retire at around the half way mark, obviously still tired from this 50km walk of 3 weeks ago.

I will finish this report with a link to the finishing sprint between Wang and Schwazer – make up your own mind on how they both looked: <https://www.facebook.com/LaMarciaCom/photos/a.455504167872891.1073741826.453053518117956/1009328659157103>. All I can say is “Where were the judges?”

| | | | | |
|-----|------------------------------|-----|----|---------|
| 1. | Zhen WANG | CHN | 91 | 1:20:17 |
| 2. | Alex SCHWAZER | ITA | 84 | 1:20:23 |
| 3. | Miguel Angel LOPEZ | ESP | 88 | 1:20:34 |
| 4. | Pedro Daniel GÓMEZ | MEX | 90 | 1:20:39 |
| 5. | Eider AREVALO | COL | 93 | 1:20:47 |
| 6. | Caio Oliveira DE SENA BONFIM | BRA | 91 | 1:20:49 |
| 7. | Hassanine SBAI | TUN | 84 | 1:20:49 |
| 8. | Toshikazu YAMANISHI | JPN | 96 | 1:20:50 |
| 9. | Francisco ARCILLA | ESP | 84 | 1:21:21 |
| 10. | Julio Cesar SALAZAR | MEX | 93 | 1:21:39 |
| 11. | Perseus KARLSTRÖM | SWE | 90 | 1:21:45 |
| 12. | Satoshi MARUO | JPN | 91 | 1:21:50 |
| 13. | Ihor HLAVAN | UKR | 90 | 1:21:55 |
| 14. | Alex WRIGHT | IRL | 90 | 1:21:56 |
| 15. | Tomohiro NODA | JPN | 95 | 1:22:31 |
| 16. | Joao VIEIRA | POR | 76 | 1:22:34 |
| 17. | Jakub JELONEK | POL | 85 | 1:22:43 |
| 18. | Erwin GONZÁLEZ | MEX | 94 | 1:22:51 |
| 19. | Takumi SAITO | JPN | 93 | 1:23:04 |
| 20. | Eder SÁNCHEZ | MEX | 86 | 1:23:15 |
| 21. | Diego GARCIA | ESP | 96 | 1:23:23 |
| 22. | Horació NAVA | MEX | 82 | 1:23:54 |
| 23. | Aurelien QUINION | FRA | 93 | 1:24:05 |
| 24. | Ato IBANEZ | SWE | 85 | 1:24:13 |
| 25. | Hatem GHOULA | TUN | 73 | 1:24:54 |
| 26. | José Alejandro BARRONDO | GUA | 96 | 1:24:54 |
| 27. | Cristian David BERDEJA | MEX | 81 | 1:25:08 |
| 28. | Alvaro MARTIN | ESP | 94 | 1:25:09 |
| 29. | Jose Maria RAYMUNDO COX | GUA | 93 | 1:25:18 |
| 30. | Luis CORCHETE | ESP | 84 | 1:25:28 |
| 31. | Virgilio GALINDO | MEX | 94 | 1:25:39 |
| 32. | Lucas GOMES DE SOUZA MAZZO | BRA | 94 | 1:26:28 |
| 33. | Marco Antonio RODRIGUEZ | BOL | 94 | 1:26:28 |
| 34. | Brendan BOYCE | IRL | 86 | 1:26:33 |
| 35. | Andrea AUGRUSTI | ITA | 95 | 1:27:14 |
| 36. | Jaime Daniel QUIYUCH | GUA | 80 | 1:27:14 |
| 37. | Lorenzo DESSI | ITA | 89 | 1:27:41 |
| 38. | Luis Fernando LÓPEZ | COL | 79 | 1:27:47 |
| 39. | José Ignacio DÍAZ | ESP | 79 | 1:28:11 |
| 40. | Pavel Chihuan CAMAYO | PER | 86 | 1:28:19 |
| 41. | Jesus LUNA | MEX | | 1:28:20 |
| 42. | Hayato KATSUKI | JPN | 90 | 1:28:46 |
| 43. | Mario SILLERO | ESP | 90 | 1:28:53 |
| 44. | Mario VIÑAS | ESP | 96 | 1:29:20 |
| 45. | Mohd Khairul HARITH HARUN | MAS | 92 | 1:29:37 |
| 46. | Mikel ODRIOZOLA | ESP | 73 | 1:30:47 |
| 47. | Nil RODES | ESP | 96 | 1:31:37 |
| 48. | Georgiy SHEIKO | KAZ | 89 | 1:31:51 |
| 49. | Stefano CHIESA | ITA | 96 | 1:31:58 |
| 50. | Marc GUERRERO | ESP | 95 | 1:32:03 |
| 51. | Christian CUROPOS | ESP | 94 | 1:33:03 |
| 52. | Luis Manuel PEREZ | ESP | 92 | 1:33:36 |
| 53. | Lo Choon SIENG | MAS | 85 | 1:33:49 |
| 54. | Ludovic HADULA | FRA | 87 | 1:34:14 |
| 55. | Allan SEGURA | CRC | 80 | 1:38:32 |
| 56. | Tiago DO NASCIMENTO FONSECA | BRA | 89 | 1:38:42 |
| 57. | ADRIÁN CARBALLO AMADOR | ESP | | 1:45:45 |
| | Marc TUR | ESP | 94 | DQ |

| | | | |
|-----------------------------|------------|-----------|------------|
| Rodrigo DOMINGUEZ FERNÁNDEZ | ESP | 77 | DNF |
| Pablo OLIVA | ESP | 96 | DNF |
| Francisco Jose DURAN | ESP | 93 | DNF |
| Ivan PAJUELO | ESP | 93 | DNF |
| Zelin CAI | CHN | 91 | DNF |
| Fabian FESSELIER | FRA | 94 | DNF |
| Antonin BOYEZ | FRA | 84 | DNF |
| Leonardo DEI TOS | ITA | 92 | DNF |
| Jared TALLENT | AUS | 84 | DNF |
| David REYES | ESP | 93 | DNF |
| Daniel Goni BALLESTEROS | ESP | 96 | DNF |
| Luis Alberto AMEZCUA | ESP | 92 | DNF |
| Isaac PALMA OLIVARES | MEX | 90 | DNF |
| Dave TALCOTT | USA | 60 | DNF |
| Kenny Martin PEREZ | COL | 94 | DNF |
| Jorge Stiven DIAZ | COL | 87 | DQ |
| Ivan Gabriel GARRIDO | COL | 94 | DQ |
| Fumitaka OIKAWA | JPN | 95 | DQ |

Women 20km Race Walk

Held on a wet and slippery circuit by the Atlantic coast, due to the rain that fell in the hours prior to the early evening event, the women's race started at a relatively modest pace set by the Chinese pair of Liu and Qieyang Shenjie, first and second at the IAAF World Race Walking Team Championships in Rome three weeks ago. It became clear from the early splits that the world record of 1:24:38 set by Liu on the same circuit 12 months ago was not in jeopardy on this occasion.

Liu broke away from her compatriot 2km into the race but Qieyang caught her just before the 7km mark and they stayed together well ahead the rest of the field until just after the midway point, which was reached in 44:20. Shortly afterwards, Liu injected a brisker pace and gradually opened up a sizeable margin on Shenjie. Liu's rhythm over the second half of the race proved to be significantly faster than the opening 10km and she even overtook a lot of male walkers – the women and men's races started with 20 minutes' difference but on the same 1km circuit – on her way to an overwhelming win. At the tape, Liu was timed at 1:27:43 to continue her unbeaten year and take her fourth straight victory, finishing 47 seconds ahead of Qieyang.

"I felt OK today but the weather conditions were not as favourable as last year, my legs were not very fluent so I couldn't go for a faster time; but I'm delighted with my hat-trick of consecutive wins and I now look forward to competing at the Rio Olympics," said Liu.

Behind the top two, there was a fine fight for the last place on the podium between the Italian duo of Eleonora Giorgi and Elisa Rigau, Portugal's Ines Henriques and Guatemala's Mirna Ortiz. Giorgi, eventually prevailed in 1:29:23 with 2013 La Coruna winner Henriques fourth just five seconds further back. Ortiz took fifth in 1:29:30 with Rigau sixth in 1:29:40.

Of the two Australians, **Regan Lamble** finished a fine 8th with 1:30:58 while **Claire Tallent** finished 23rd in 1:35:36, down on her Naumburg walk of the previous weekend but still another Olympic qualifier.

| | | | | |
|------------|-----------------------------|------------|-----------|----------------|
| 1. | Hong LIU | CHN | 87 | 1:27:43 |
| 2. | Shenjie QIEYANG | CHN | 90 | 1:28:30 |
| 3. | Eleonora Anna GIORGI | ITA | 89 | 1:29:23 |
| 4. | Ines HENRIQUES | POR | 80 | 1:29:28 |
| 5. | Mirna Sucely ORTIZ FLORES | GUA | 87 | 1:29:30 |
| 6. | Elisa RIGAUDO | ITA | 80 | 1:29:40 |
| 7. | Júlia TAKÁCS | ESP | 89 | 1:30:56 |
| 8. | Regan LAMBLE | AUS | 91 | 1:30:58 |
| 9. | María José POVES | ESP | 78 | 1:31:10 |
| 10. | Viktória MADARÁSZ | HUN | 85 | 1:31:16 |
| 11. | María SÁNCHEZ GÓMEZ | MEX | 77 | 1:31:31 |
| 12. | Emilie MENUET | FRA | 91 | 1:31:38 |
| 13. | Valentina TRAPLETTI | ITA | 85 | 1:31:47 |
| 14. | Raquel GONZALEZ | ESP | 89 | 1:32:15 |
| 15. | Maritza Rafaela PONCIO | GUA | 94 | 1:32:45 |
| 16. | Yeseida CARRILLO | COL | 93 | 1:32:45 |
| 17. | Anabelly ORJUELA | COL | 88 | 1:32:54 |
| 18. | Gabriela GONZALEZ | MEX | 91 | 1:33:41 |
| 19. | Ainhoa PINEDO | ESP | 83 | 1:33:46 |
| 20. | Laura GARCÍA-CARO | ESP | 95 | 1:33:53 |
| 21. | Polina REPINA | KAZ | 90 | 1:34:37 |
| 22. | Andrea MARTINEZ | MEX | 88 | 1:34:47 |
| 23. | Claire WOODS-TALLENT | AUS | 81 | 1:35:36 |
| 24. | Maria LARIOS LOPEZ | ESP | 92 | 1:35:56 |

| | | | | |
|-----|-----------------------|-----|----|---------|
| 25. | Stefany CORONADO | BOL | 96 | 1:36:00 |
| 26. | Jessica HANCCO | PER | 95 | 1:36:31 |
| 27. | Mayra PÉREZ | GUA | 88 | 1:36:41 |
| 28. | Chiaki ASADA | JPN | 91 | 1:36:42 |
| 29. | Maria JUAREZ GALLARDO | ESP | 93 | 1:36:58 |
| 30. | Amanda CANO | ESP | 94 | 1:36:59 |
| 31. | Jamy FRANCO NUNEZ | GUA | 91 | 1:37:59 |
| 32. | Magaly BONILLA | ECU | 92 | 1:38:53 |
| 33. | Nadia CANCELA | POR | 93 | 1:41:43 |
| 34. | Mariela SANCHEZ TERAN | MEX | 91 | 1:43:55 |
| 35. | Catarina MARQUES | POR | 96 | 1:47:21 |
| 36. | Melisa SANCHEZ | ESP | 96 | 1:48:26 |
| 37. | Raquel LEON ASENSIO | ESP | 91 | 1:49:51 |
| 38. | Vera PORTELA | POR | 95 | 1:53:56 |
| | Violaine AVEROUS | FRA | 85 | DNF |
| | Lidia SANCHEZ-PUEBLA | ESP | 96 | DNF |
| | Vitória OLIVEIRA | POR | 92 | DNF |
| | Ines PASTORINO | FRA | 92 | DNF |
| | Maria PEREZ | ESP | 96 | DNF |
| | Justyna ŚWIERCZYNSKA | POL | 87 | DNF |
| | Erin TAYLOR-TALCOTT | USA | 78 | DNF |



Liu and Wang give the thumbs up after their victories in La Coruna (photo Federación Galega de Atletismo)

Apart from the Open walks, a number of underage events were contested

Men U20 10km Race Walk

| | | | | |
|-----|------------------------------|-----|----|-------|
| 1. | Jonathan Javier AMORES CARUA | ECU | 98 | 44:08 |
| 2. | Ivan LOPEZ | ESP | 97 | 44:23 |
| 3. | David VEIGA ARROJO | ESP | 91 | 45:47 |
| 4. | Pedro AMARAL | POR | 97 | 46:15 |
| 5. | Dorian ADAM | FRA | 97 | 46:33 |
| 6. | Marcos CINTRON | ESP | 96 | 47:29 |
| 7. | Luis ESPADA | PUR | | 48:05 |
| 8. | Brais PRIETO | ESP | 99 | 49:06 |
| 9. | Daniel ABELEDO MANTEIGA | ESP | 91 | 49:17 |
| 10. | Isaac GARCIA MARTIN | ESP | 00 | 49:17 |

Women U20 10km Race Walk

| | | | | |
|----|---------------------|-----|----|-------|
| 1. | Chahinez NASRI | TUN | 96 | 45:02 |
| 2. | Valeria ORTUÑO | MEX | 98 | 45:53 |
| 3. | Rachelle DE ORBETTA | PUR | | 49:05 |
| 4. | Irene VAZQUEZ | ESP | 98 | 49:07 |
| 5. | Clemence BERETTA | FRA | 97 | 49:26 |

| | | | | |
|-----|--------------------------|-----|----|-------|
| 6. | Alicia VÁZQUEZ | ESP | 98 | 49:35 |
| 7. | Mar CHILLON | ESP | 96 | 52:18 |
| 8. | Carmen ESCARIZ | ESP | 98 | 55:18 |
| 9. | Marina SILLERO | ESP | 98 | 55:37 |
| 10. | Samanta MULLONI MARTINEZ | ESP | 90 | 56:40 |
| 11. | Maria FERNANDEZ RATERO | ESP | 96 | 58:49 |
| 12. | Marta SUÁREZ FÁBREGAS | ESP | 99 | 59:57 |

Women U18 5km Race Walk

| | | | | |
|----|----------------|-----|----|-------|
| 1. | Leyre ARAMBURU | ESP | 99 | 25:06 |
|----|----------------|-----|----|-------|

Women U16 3km Race Walk

| | | | | |
|----|-----------------------|-----|----|-------|
| 1. | Iria RIVAS IGLESIAS | ESP | 01 | 15:11 |
| 2. | Noelia CAYERO SANCHEZ | ESP | 01 | 15:53 |

Men U14 3km Race Walk

| | | | | |
|----|----------------------|-----|----|-------|
| 1. | Mateo DÍAZ FERNÁNDEZ | ESP | 03 | 14:57 |
|----|----------------------|-----|----|-------|

Women U14 3km Race Walk

| | | | | |
|----|----------------------|-----|----|-------|
| 1. | CATARINA TORRES | POR | 03 | 14:53 |
| 2. | Noelia SÁNCHEZ LÓPEZ | ESP | 03 | 15:42 |

NAIA T&F CHAMPIONSHIPS, GULF SHORES, ALABAMA, 26-28 MAY

The National Association of Intercollegiate Athletics (NAIA) is the athletic association that organizes college and university-level athletic programs among small to mid-size institutions, primarily across the United States but also outside the US. The NAIA began accepting members from Canada in 1999 which made it the only international intercollegiate athletic association in North America until 2009. Today there are three Canadian members. As of October 2015, the NAIA reports having 248 member institutions.

Their Outdoor T&F Championships were held over 26-28 May at the Mickey Miller Blackwell Stadium, Gulf Shores, Alabama, with 5000m walks contested on Friday.

5000m Walk Women

| | | | | |
|-----|------------------------|----|--------------------|----------|
| 1. | JOSEPHS, MOLLY | SR | Missouri Baptist N | 24:46.72 |
| 2. | ALFONZO, NATALIA | JR | Missouri Baptist | 25:15.94 |
| 3. | LOPEZ, JENNY | SO | St. Ambrose | 26:23.34 |
| 4. | ZALBA, MERETH | SR | Missouri Baptist | 26:42.48 |
| 5. | DELGADO, CASSANDRA | FR | St. Ambrose | 26:46.29 |
| 6. | GRAY, KAYLA | JR | Goshen | 26:53.59 |
| 7. | MCCOLLUM, BRENDA | SO | Baker | 27:00.14 |
| 8. | HUNT, KAYLA | SR | Cornerstone | 27:25.27 |
| 9. | COURT-MENENDEZ, NICOLE | SR | Dakota Wesleyan | 29:15.51 |
| 10. | DUNN, ABBY | SR | Goshen | 29:48.20 |
| 11. | WORSHAM, NIKI | JR | Rio Grande | 32:37.26 |
| | BROGAN, BAILEY | JR | Cornerstone | DNF |
| | MANLAN, MELISSA | SR | Cornerstone | DNF |

5000m Walk Men

| | | | | |
|----|--------------------|----|--------------------|----------|
| 1. | PETERS, ANTHONY | SO | St. Ambrose | 21:38.81 |
| 2. | VANDERWALL, NATHAN | SR | Cornerstone | 24:01.27 |
| 3. | ELMI, SAM | FR | Cornerstone | 24:05.51 |
| 4. | HUTCHERSON, DOUG | JR | Central Methodist | 24:52.63 |
| 5. | CHENG, COLIS | FR | British Columbia | 26:13.95 |
| 6. | JOBSON, LUKE | FR | West Virginia Tech | 26:43.18 |
| | GRAHAM, BERNARD | SR | Lindsey Wilson | DQ |

REGIONAL CLUB CHAMPIONSHIPS, ASTI, ITALY, 21-22 MAY

Liu Hong and **Wang Zhen** warmed up for their La Coruna wins with track races the week before, when the strong Italian based Chinese squad descended on Asti, in the Piedmont region, a week ago for the Italian Regional Club Championships. Wang easily won the men's 10,000m walk with 38:53.11, followed by team mates **Zelin Cai** with 39:18.09 and **Wei Yu** with 39:49.3. **Federico Tontodonati** was the first of the Italians, in fourth place with 40:24.57. In the women's 5000m, Liu and **Shijie Qieyang** has easy walks, taking the first two places with 22:33.7 and 22:34.13.

5000m Walk Women

| | | | | |
|----|------------------|------|-----|---------|
| 1. | LIU Hong | 1987 | CHN | 22:33.7 |
| 2. | QIEYANG Shijie | 1990 | CHN | 22:34.1 |
| 3. | GALLINO Alessia | 1997 | ITA | 28:17.5 |
| 4. | PRANDINI Sara | 1996 | ITA | 28:20.5 |
| 5. | SCIARDI Barbara | 1998 | ITA | 31:49.9 |
| 6. | LAMBERTI Ilaria | 1996 | ITA | 27:24.4 |
| | VERTERAMO Chiara | 1999 | ITA | DNF |

10,000m Walk Men

| | | | | |
|----|----------------------|------|-----|---------|
| 1. | WANG Zhen | 1991 | CHN | 38:53.1 |
| 2. | CAI Zelin (I) | 1991 | CHN | 39:18.1 |
| 3. | YU Wei | 1987 | CHN | 39:49.3 |
| 4. | TONTODONATI Federico | 1989 | ITA | 40:24.6 |
| 5. | CHIRIVI' Diego | 1999 | ITA | 46:24.9 |
| 6. | GAGLIARDI Edoardo | 1999 | ITA | 50:26.8 |
| 7. | BERTOLINI Ettore | 2000 | ITA | 55:39.1 |
| 8. | PALELLA Pasquale | 1946 | ITA | 61:22.7 |
| 9. | FORTUNATO Vincenzo | 1957 | ITA | DNF |

NAMUR ATLETISSIMA, NAMUR, BELGIUM, WEDNESDAY 25 MAY

And one final meet in Belgium from mid week. Worth a mention as **Erin Taylor-Talcott**, fresh from her trend setting finish in the 50km at the IAAF World Team Championships in Rome earlier this month, was in action in a 5000m track walk, coming second to Hungarian **Annet Torma**.

Men 5000m Race Walk

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Philippe BONNEAU | FRA | 65 | 22:40.88 |
|----|------------------|-----|----|----------|

Women 5000m Race Walk

| | | | | |
|----|---------------------|-----|----|----------|
| 1. | Anett TORMA | HUN | 84 | 23:51.82 |
| 2. | Erin TAYLOR-TALCOTT | USA | 78 | 24:16.49 |

OUT AND ABOUT

- It's a tiny tribute but one that means everything to **Jared Tallent**. The Australian Olympic Committee has had a one-off Olympic blazer made recognising the 50km walker as the London Games champion and listing him among the company he earned the right to keep: the gold medallists emblazoned on the lining. See <http://www.theaustralian.com.au/sport/rio-olympics/rio-olympics-aoc-walks-extra-mile-to-ensure-jared-tallent-suitably-honoured/news-story/c9c26332fad7092efe40ae6bd85b8712>.



- More with Jared Tallent and a mock 2012 Olympic 50km medal presentation video that has gone viral around the world – see <https://www.washingtonpost.com/news/early-lead/wp/2016/05/25/olympian-stages-diy-gold-medal-ceremony-in-wake-of-russian-doping-scandal/>.



- NZ Olympian **Quentin Rew** debuts as a podcast guest on the 'Uncomfortable is OK' podcast, hosted by Kiwi Chris Desmond. The other podcasts on this site are also well worth a listen. See <http://uncomfortableisok.libsyn.com/episode-4-quentin-rew-olympic-racewalker>
- **Erin Taylor-Talcott** talks about post-Rome, now that she has her first official USA 50km representation under her belt. <http://erintaylortalcott.blogspot.com.au/2016/05/post-rome-recovery-and-races.html>.
- A great video from CTV Television on Canadian walk trio **Anaki Gomez, Evan Dunfee and Ben Thorne**. See <http://bc.ctvnews.ca/mobile/video?clipId=878475&binId=1.1184805&playlistPageNum=1#878475>
- Athletics Australia has announced its team for the 2016 Oceania Melanesian Regional Athletics Championships which are to be held in Suva, Fiji on 7-9 July. Congratulations to the walkers:

U18 5000m Walks: **Connor Frew ACT, Rhiannon Lovegrove SA**
 Open 5000m Walks: **Simone McInnes VIC, Natalie Laurie VIC**

Natalie will also compete in the Heptathlon

- A telling article about the The Australian Institute of Sport in Canberra which has just one Olympic-bound fulltime resident on the eve of the Rio Games. A panel, which includes FFA chief David Gallop, AOC chief John Coates and retired champion basketballer Lauren Jackson, will assemble in the next fortnight to “workshop” what should happen to the once thriving, now barren campus. It is a telling indictment of Australia's 'Winning Edge' program. See <http://www.foxsports.com.au/olympic-games/rio-olympics-2016-questions-raised-over-credibility-of-the-australian-institute-of-sport/news-story/bd42e39b0c804d03371cd14d619fb002>.
- A little over 2 months to go to the Redcar 100 Mile event in North Yorkshire on 6-7 August and entries now up to 20. This is the official English Centurions annual qualifier. See more at <http://www.northernracewalking.com/redcar-blast/>.

It is one of a number of centurion qualifiers still remaining for this year.

| | | |
|------------------|--|-----------------------------|
| Aug 6-7, 2016 | 2016 English Centurions 100 mile qualifier See http://www.northernracewalking.com/redcar-blast/ | Redcar, Teeside |
| Sept 24-25, 2016 | 2016 USA Centurions 24H Qualifier Enter at https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park See also https://www.facebook.com/NotJustAWalkInThePark/?fref=ts | Owega, NY |
| Oct 1-2, 2016 | 2016 New Zealand Centurions 24H Qualifier See http://nz.srichinmojraces.org/races/auck/24hr | Auckland, NZ |
| 22-3 Oct, 2016 | Inaugural African Centurion 24 Hour Walk See http://www.africacenturion.com/ | Robben Island, South Africa |

MARCIADALMONDO AND OMARCHADOR ROUNDUP

4 new press releases for Marciadalmondo this week

- Sat 28 May - Liu Hong and Wang Zhen win 20km races in La Coruna
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2455
- Fri 27 May - Preview of La Coruna walks meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2453
- Thu 26 May - names start to emerge for the 14 Russian athletes who failed 2008 Olympic retests
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2452
- Tue 24 May - 14 Russian athletes suspected of using doping at 2008 Olympics
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2450

The omarchador blog was active with 11 news releases this time around

- Mon 30 May - Hong Liu and Wang Zhen win in La Coruna
<http://omarchador.blogspot.com.au/2016/05/hong-liu-e-zhen-wang-destacam-se-na.html>
- Sun 29 May - Denis Nizhegorodov set to lose 2008 Olympic bronze medal
<http://omarchador.blogspot.com.au/2016/05/denis-nizhegorodov-deve-perder-bronze.html>
- Sat 28 May - Argentinian Masters Championships walks
<http://omarchador.blogspot.com.au/2016/05/campeonato-metropolitano-master-em.html>
- Sat 28 May - Profiling Spanish athletics administrator Sergio Vázquez
<http://omarchador.blogspot.com.au/2016/05/sergio-vazquez-um-amigo-de-longa-data.html>
- Fri 27 May - Preview of Portuguese National Club Championships
<http://omarchador.blogspot.com.au/2016/05/equipas-disputam-o-apuramento-do.html>
- Fri 27 May - Portuguese judge José Luís Luz Ganso to officiate in La Coruna
<http://omarchador.blogspot.com.au/2016/05/juiz-portugues-vai-atuar-na-corunha.html>
- Thu 26 May - Previewing the 30th La Coruna Walking Festival
<http://omarchador.blogspot.com.au/2016/05/30-edicao-do-grande-premio.html>
- Thu 26 May - Romanian walker Claudia Stef tests positive for meldonium
<http://omarchador.blogspot.com.au/2016/05/claudia-stef-com-controlo-positivo-de.html>
- Thu 26 May - Chinese dominate Italian track walk meet at Asti
<http://omarchador.blogspot.com.au/2016/05/chineses-de-classe-mundial-competiram.html>
- Wed 25 May - Estonia wins Baltic countries walks meet
<http://omarchador.blogspot.com.au/2016/05/estonia-vence-encontro-dos-paises.html>
- Tues 24 May - Results of Naumburg
<http://omarchador.blogspot.com.au/2016/05/horacio-nava-ferney-rojas-e-agnieska.htmlmeet>

RUSSIANS STAND OUT AS MAIN OFFENDERS IN 2008 OLYMPIC DRUGS RE-TEST FAILURES

A bombshell was dropped several weeks ago with the announcement that 31 athletes had failed drugs related retests from the 2008 Olympics. Last week, a further bombshell emerged with the news that 14 of the 31 effected athletes were Russian (the other 17 were spread across 11 countries). See <http://www.abc.net.au/news/2016-05-25/doping-beijing-medals-at-risk-for-russia-after-positive-re-tests/7443154?section=sport>.

While the Russian Olympic Committee (ROC) has said it will not give the names of the athletes until their B samples are tested and until official disciplinary proceedings are started, Russian media has reported the names which are believed to be

Denis Nizhegorodov (50km walk, bronze)
Mariya Abakumova (javelin throw, silver)
Inga Abitova (women's 10,000m run)
Denis Alexeev (400m run relay, bronze)

Ekaterina Volkova (3,000m steeplechase, bronze)
 Julia Chermoshanskaya (4x100m run relay gold)
 Ivan Yushkov (shot put)
 Anna Chicherova (high jump, bronze)
 Anastasia Kapachinskaya (400m run relay, silver)
 Alexander Kornilov (rowing)
 Hope Evstyukhina (weightlifting-bronze)
 Alexander Pogorelov (decathlon)
 Tatiana Firova (400m run relay, silver)
 Maria Shainova (weightlifting, silver)

Yes, that's right. Yet another Russian walker bites the dust with the naming of Denis Nizhegorodov. I am so disappointed as I had thought that he might be the one good apple in the rotten bag. It now turns out that the whole bag looks rotten.

And it may not end there. The IOC has just announced the results of re-tests of the London 2012 Games this week and there are 8 more Russian names on that list. Russia must now be starting to really sweat. Their athletics federation announced last Tuesday that it would not allow athletes who had been caught doping in previous years into the Russian team for the Rio Games. Perhaps they are hoping this concession might be sufficient to get a Rio berth. They are truly clutching at straws here but when you are desperate, you will obviously promise anything.

The IAAF will decide on June 17 whether Moscow has done enough to clean up its act and be readmitted to competition and this year's Olympics in Rio but I have my doubts if it will be a YES. As more and more nails are hammered into their coffin, the lid must be closing ever more firmly. Calls for a blanket ban of the entire Russian team have grown louder with every twist of this scandal that has rocked world sport.

So let's look at the races in which Nizhegorodov featured from 2008 onwards. In May 2008, he broke Nathan Deakes' 50km World Record with a time of 3:34:14 when winning the World Cup in Cheboksary. Obviously if he failed a drugs test at the Olympics, he may well have been 'hot' 3 months before, but alas he gets to keep that one. No joy for Nathan as yet. Note that Kanyakin and Schwazer in second and third place are also convicted drugs cheats. So we have the dreadful case there all 3 medallists in the event are known drugs cheats.

23rd IAAF World Race Walking Cup, Cheboksary, 11 MAY 2008

| | | | | |
|---|----------------------|-----|---------|--|
| 1 | Denis Nizhegorodov * | RUS | 3:34:14 | (WR) |
| 2 | Vladimir Kanaykin * | RUS | 3:36:55 | (since stripped of this medal later in 2008) |
| 3 | Alex Schwazer * | ITA | 3:37:04 | |
| 4 | Trond Nymark | NOR | 3:44:59 | |
| 5 | Mikel Odriozola | ESP | 3:47:30 | |
| 6 | Horacio Nava | MEX | 3:47:55 | |

Come the Olympics, Jared Tallent came second to convicted drugs cheat Schwazer and Nizhegorodov was third. If Nizhegorodov now goes, Jesus Garcia will be awarded the bronze, his first ever Olympic Medal out of 6 attempts and now aged 46.

The XXIX Olympic Games, Beijing, 2 AUG 2008

| | | | | |
|---|----------------------|-----|----------|------|
| 1 | Alex Schwazer * | ITA | 03:37:09 | (OR) |
| 2 | Jared Tallent | AUS | 03:39:27 | |
| 3 | Denis Nizhegorodov * | RUS | 03:40:14 | |
| 4 | Jesús Angel García | ESP | 03:44:08 | |
| 5 | Erik Tysse | NOR | 03:45:08 | |

We don't have to worry about the 2009 World Champs as Nizhegorodov was a DNF.

12th IAAF World Championships in Athletics, Berlin, 21 AUG 2009

DNF

Come 2011, winner Bakulin was retrospectively banned in 2015 and Nizhegorodov currently has the gold. Alas, Jared is far from guaranteed to be crowned 2011 world champion. Unless it is proved that Nizhegorodov has doped on another occasion, protocol dictates his results will only be annulled for the two-year period from the date of the 2008 Beijing Olympic race: spanning 2009 and 2010. In that case, Nizhegorodov's win in the 50km at the 2011 world champions in Daegu would stand and Jared would therefore remain silver medallist. If further re-tested samples from Nizhegorodov return positive however, he would face a life ban which would get Jared another retrospective win. Two positive tests typically trigger life bans in sport.

13th IAAF World Championships in Athletics, Daegu, 03 SEP 2011

| | | | | |
|---|----------------------|-----|---------|-----------------------------|
| 1 | Sergey Bakulin * | RUS | DQ | (stripped of medal in 2015) |
| 2 | Denis Nizhegorodov * | RUS | 3:42:45 | |
| 3 | Jared Tallent | AUS | 3:43:36 | |
| 4 | Si Tianfeng | CHN | 3:44:40 | |
| 5 | Luke Adams | AUS | 3:45:41 | |

Yes, it's a dirty world with * against the names of just about all the medallists listed above. No wonder they medalled so consistently.

In the absence of a further positive being discovered, Tallent will again fall on the wrong side of a rival's doping ban. He has built an unenviable reputation as one of the most hard-done by athletes on the planet with an extraordinary record of competing against proven cheats.

SCHWAZER UNDER THE DRUGS SPOTLIGHT AGAIN

Roger Pielke, Jr., a professor at the University of Colorado at Boulder, maintains a very comprehensive sports blog which honed in on Alex Schwazer last Tuesday. It is well worth a read – <http://leastthing.blogspot.de/2016/05/revisiting-doping-cover-up-guest-post.html>. Here are a few bits from that blob

In June 2013, the New York Times reported on an alleged cover-up by anti-doping officials involving Schwazer. The paper reported that prior to the 2012 London Olympics, Italian T&F officials and the IAAF had evidence that Schwazer, who won gold at the 2008 Olympic Games in Beijing, used performance-enhancing drugs but that these organizations made no effort to prevent him from competing in the London games. Luckily Schwazer was ultimately caught by WADA shortly before the 2012 London Olympics. The NYT reported “neither the Italian federation nor the IAAF moved to stop Schwazer from competing in the Olympics.” An Italian prosecutor explained, “this circumstance can only be explained by the desire to ‘preserve’ a national track and field star for the 2012 London Olympic Games, in the expectation that he would perform well for Italy both in the 20 and the 50 km walk race.” See http://www.nytimes.com/2013/06/19/sports/olympics/officials-accused-of-covering-up-italian-olympians-doping.html?_r=0 .

On May 8 of this year, the German TV channel ZDF had a special investigative report about Schwazer that adds further details to the possibility of a cover-up by sports officials. After about 4 minutes into the ZDF report they reveal a table showing Schwazer's blood values for the time period 2010-2012. His blood values from May 21st 2010 are remarkable; they are in fact extreme and need an explanation, since they clearly suggest some type of blood manipulation or EPO doping. His values from the spring of 2012 are also a bit suspicious, but completely "innocent" compared to the values from May 21, 2010. Alas, the video is only viewable in Europe so you need a VPN to watch it from Australia. See <http://www.zdf.de/ZDFmediathek/beitrag/video/2734848/Schwazer-Rueckkehr-nach-Dopingsperre#/beitrag/video/2734848/Schwazer-Rueckkehr-nach-Dopingsperre>.

Nevertheless, it seems that the values from 2012 were the ones that triggered WADA's doping investigation against Schwazer (he was caught the last part of July 2012) and which motivated the charges against Italian and IAAF officials that they were aware that that Schwazer used EPO, but did not report it.

It is pretty incriminating stuff and does make a convincing case. Yet while the Russian Federation has come out to say that, if readmitted to Rio, it will not select any athletes with previous drugs failures, the Italian Federation is doing all in its power to fast track their own beloved convicted drugs cheat. They should be ashamed of themselves. Schwazer should not be in the 2016 Olympics – he should be out for a full Olympic cycle.

#BANRUSSIA

Tuesday 24 May

- The IOC has informed the Russian Olympic Committee (ROC) that 14 Russian athletes are suspected of using doping at the 2008 Summer Olympic Games in Beijing, a source in the ROC told TASS on Tuesday. Suspicions emerged against the Russians after their doping samples were re-examined at the initiative of the IOC. "The ROC has received the respective documents," a member of the national Olympic Committee said. The names of suspects have not been revealed but reports say that the majority of them are track and field athletes. See <http://tass.ru/en/sport/877679>.
- Russia's 2012 Olympic champion in high jumps Anna Chicherova is suspected of doping abuse at the 2008 Olympic Games in Beijing where she won a bronze medal, Chicherova's personal coach Yevgeny Zagorulko said on Tuesday. "Three days ago, Anna received a notice that her doping sample from the Beijing Olympic tested positive after a re-check and she called me," the coach said. See <http://tass.ru/en/sport/877728>.
- Travis Tygart, the chief executive of the United States Anti-Doping Agency (USADA) writes a powerful opinion piece in the New York Times He discusses the tepid attempts to deal with corruption and drugs and calls for further action and commitment by all concerned, as well as an indefinite time out for Russia until it can prove it has really fixed up its act. See http://www.nytimes.com/2016/05/25/opinion/come-clean-russia-or-no-rio.html?partner=rssnyt&emc=rss&_r=0. A must-read.
- Kenya continues to limp along, MPs reconvening for a special sitting Thursday, breaking their long recess, to make changes to the Anti-Doping Act that will hopefully make Kenya compliant with Wada's requirements on dealing with banned performance enhancing substances. So far, the IAAF has been treating them with kid gloves, extending their

deadlines as they bumble along. See <http://www.nation.co.ke/sports/athletics/Parliament-reconvenes-to-review-Anti-Doping-Act/-/1100/3218982/-/10jleiqz/-/index.html>.

- Still talking Kenya, Kenya's T&F federation has called in police to help guard its headquarters, fearing disgruntled athletes might try to take over the premises in protest for a second time. Athletics Kenya President Jackson Tuwei said Wednesday that the federation had asked police this week for help to protect its HQ in Nairobi. Tuwei said he also fears the group of athletes will try and disrupt the Kenyan national championships, which start Thursday and will act as trials for the African championships next month. Athletes linked to the Professional Athletes Association of Kenya occupied the federation building for two days in November in protest at alleged corruption by officials and their failure to deal with the country's doping problems. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11645099&ref=rss.

Wednesday 25 May

- Gene doping, which is essentially the flip side of gene therapy, may be the next-generation doping strategy. What would it entail, and how close are we to its actually being used? Depressing in the short term. See <http://medicalxpress.com/news/2016-05-science-doping-insports.html>.

Friday 27 May

- The Kenyan Parliament on Thursday approved the Anti-Doping (Amendment) Bill to comply with WADA recommendations and try to avoid a possible Rio Olympic Games ban for the country. Time will tell. See <http://www.nation.co.ke/sports/athletics/Reprieve-for-athletes-as-Kenya-change-doping-law/-/1100/3220604/-/75t1sn/-/index.html>.
- Racewalker Claudia Steff is amongst 4 Romanian athletes who have failed drugs tests for the dreaded meldonium. Steff has posted that she did take the drug during 2015 but stopped taking it before the 2016 deadline when it was declared off limits. If true, it is yet another case of the drug staying in the body for a long period after usage is terminated. Another potential stuffup for WADA to review? See <http://stirileprotv.ro/stiri/sport/doi-atleti-romani-calificati-la-jocurile-olimpice-din-brazilia-depistati-pozitiv-cu-meldonium.html>.
- The International Olympic Committee said Friday that 23 athletes from five sports and six countries had positive findings in retests with improved techniques on 265 samples from the London Games. The 23 London athletes are in addition to the 31 who tested positive in retesting from the Beijing Olympics. The IOC said Friday that another sample from Beijing has since shown "abnormal parameters," and the case was being followed up. **Including the new retest results, the total number of doping cases for the past two Summer Olympics has soared to 32 for London and 57 for Beijing.** The previous high for a single Olympics was 26 cases from the 2004 Athens Games, according to IOC statistics. See <http://www.cbc.ca/sports/olympics/summer/london-retests-23-athletes-1.3602808>. See also WADA's official announcement: <https://www.wada-ama.org/en/media/news/2016-05/wada-statement-regarding-reanalysis-of-2012-london-olympic-samples>.

Saturday 28 May

- The International Canoe Federation (ICF) is investigating after mass doping failures by Romania and Belarus canoe sprinters, many of whom were to compete in Rio. They were each reportedly caught following a surprise visit during a training camp by testers led by former cyclist Christophe Bassons. According to Le Monde, other doping equipment was reportedly seized during the raid, although full details remain hazy. It's a mixed bag with meldonium and Human Growth Hormone (HGH) quoted. See <http://www.insidethegames.biz/articles/1037891/icf-investigating-after-mass-doping-failures-by-romania-and-belarus-canoe-sprinters>.
- And on the Australian front, Australia's drug testing agency ASADA has confirmed budget cuts of 20 per cent which have affected all areas of its operations. "In the financial year ending 2014, ASADA had a total of 78 staff. By 2017, this will drop to 50," the agency says. Now that's just brilliant! See <http://www.abc.net.au/news/2016-05-27/asada-hit-hard-by-budget-cuts-months-out-from-rio/7455082?section=sport>.

Monday 30 May

- The IOC had said last Friday that 23 athletes from five sports and six countries had tested positive in retests of 265 samples from the 2012 Olympics. Now the Russian Olympic Committee (ROC) has confirmed that 8 of these are Russian (from 3 different sports). "The IOC has officially notified the ROC that cross-checking of A tests of eight Russian athletes in three sport varieties, taken at the 2012 London Olympics, showed positive results," the ROC said on Saturday. See <http://www.newindianexpress.com/sport/Retest-confirms-8-Russian-2012-olympic-athletes-doping/2016/05/29/article3456709.ece>.
- Sebastian Coe has dismissed claims that London 2012 may have been the dirtiest Olympic Games in history after a host of new positive drug tests came to light. A total of 23 positive results came from 265 retested samples, the International Olympic Committee said, on top of over 30 previous failed tests from competitors who had been caught either during the

Games or since. Predictable response - put the head in the sand rather than face the hard realities of life. See http://espn.go.com/athletics/story/_/id/15805556/lord-coe-rejects-claim-london-2012-olympics-were-dirtiest-ever.

- The IAAF has extended the suspensions of three former leading Kenyan athletics officials by six months, lead investigator Sharad Rao said on Monday. The three senior officials were provisionally suspended by the IAAF on November 30, accused of subverting anti-doping processes. See <http://www.supersport.com/athletics/article.aspx?Id=3551134>.

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 20km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 2016 Australian Roadwalk Championships, Canberra, ACT

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)

Jun 22-26, 2016 Durban, South Africa (African Championships)
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

2016 European Meets

Sat June 10, 2016 42nd International Race Walking Festival, LTU

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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