



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 44
9 August 2016



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BACK AFTER A WEEK OFF

After a week of travelling in deepest and darkest Peru, I am back online with the Heel & Toe newsletter and a catchup on the last 2 weeks of results. It won't be quite as comprehensive as usual as I am still on holidays, but it has the usual roundup of results. As always, enjoy!

WALKER OF THE WEEK

My Walker of the Week this time around goes to 18 year old Melbourne walker **Adam Garganis** who scored an inaugural win in the Victorian 30km roadwalk championship last Sunday morning. His time of **2:23:39** was a very impressive 15 minute PB and confirms Adam's wonderful potential over the longer distances. It is only just over a minute outside Michael Harvey's U20 club record and Adam still has a year to go in the U20 ranks.



Adam in action at Middle Park on 31st July (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday sees our final VRWC Points Races for the winter season, with timetable as follows

Saturday 13th August 2016, Middle Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp.			
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

Remember that we prefer you to pre-enter via our online entry panel at <http://vrwc.org.au/wp1/race-entries-2/>.

- Entries have now closed for the **2016 Australian Roadwalk Champs** which will be held at Mt Stromlo in **Canberra** on **Sunday August 21st**. You can put in a late entry this week but it will cost you additional money. Sorry but we don't have an official entry list as yet – draft one still going around to confirm club designations. See our RWV page with links to the files and panels, as well as other info - <http://www.vrwc.org.au/2016AustRoadwalkChamps.shtml>.
- And talking of Australian Champs, the **Australian Masters 20km Roadwalk Championships** will be held in **Adelaide** on **Sunday 28 August**. Entry form, etc, found at <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>. Entries close **20th August**. Note that these championships were originally gazetted for 20th August and are now a week further back.

OLYMPIC NEWS

It's not long now until the walks are on in Rio. Dates for the walks are as follows (with Melbourne times shown as well)

Fri 12 Aug	2:30PM	20km Men	Dane Bird-Smith, Rhydian Cowley	3:30AM AEST, Sat 13 Aug
Fri 19 Aug	8:00AM	50km Men	Chris Erickson, Brendon Reading, Jared Tallent	9:00PM AEST, Fri 19 Aug
	2:30PM	20km Women	Tanya Holliday, Regan Lamble, Rachel Tallent	3:30AM AEST, Sat 20 Aug

Bad luck for Jared Tallent who has had to withdraw from the men's 20km with a slight hamstring niggle. Jared is playing it safe and keeping his powder dry now for the 50km. Chris Erickson had the chance to take up the vacant 20km spot but has opted to just keep with the one walk (the 50km), rather than change his game plan at such late notice.

Australian supporters can send best wishes to our walkers via the message facility on the Australian Olympics website. To find any of our 8 walkers, go to <http://rio2016.olympics.com.au/athletics/media/message> and search on name. For instance, you can send your support to Rhydian Cowley at <http://rio2016.olympics.com.au/athlete/rhydian-cowley/media/message>.

The walkers have been doing their final preparations at an Athletics Australia holding camp in Florida and are flying out to Rio in 2 batches. The 20km men have already flown out (as they compete first) and the 20km women and 50km men are flying into Rio later this week. They all got together on the Opening Ceremony day and showed off their formal uniforms. Very nice!



Left: Chris Erickson, Regan Lamble, Rhydian Cowley, Dane Bird-Smith, Tanya Holliday, Jared and Rachel Tallent and Brendon Reading.

Right: Super coach Brent Vallance with walkers Chris Erickson and Regan Lamble.

Finally, here's something a bit different. Olympic champ **Jared Tallent** is going to Rio to defend his 50km title and is leaving nothing to chance in his final preparations. See https://www.youtube.com/watch?v=hNvUoW1hQUc&feature=em-subsub_digest.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 30 JULY

I start with our last 2 weeks worth of VRWC races at Middle Park. First to Saturday 30th July when we had our second last round of Points races on a cold and wintry day. With 66 starters, it was a large crowd for so late in the season. Special congratulations to **James Christmass** who set a new M45 Club Record with his 5 km walk of 24:26.

12km Open

				H'Cap Place
1.	Heather Carr	1:11:57	1	
2.	Karyn O'Neill	1:24:32	2	
1.	Gerard Feain	1:11:13	1	
2.	Terry O'Neill	1:17:10	3	
3.	Paul Moritz	1:23:38	2	

10km Open

				H'Cap Place
1.	Emily Hamilton	54:50	1	
2.	Donna-Marie Elms	1:02:01	2	
1.	Simon Evans	53:55	1	
2.	Russ Dickenson	1:09:38	2	
3.	Gunter Ilgoutz	1:09:42		
	Hayden Walmsley	DNF		
	Corey Dickson	DNF		

5km Open

				H'Cap Place
1.	Philippa Huse	25:25	3	
2.	Simone McInnes	25:30	6	
3.	Emily Swan	27:54	1	
4.	Kathleen O'Mahony	31:41	11	
5.	Madeleine Feain	32:08	2	
6.	Robyn Shaw	33:41	10	
7.	Liz Wrigley	38:15	4	
8.	Penny Hall	39:06	7	
9.	Glenyse Brain	42:59	8	
10.	Margaret Beaumont	43:16	9	
11.	Susan Wood	43:18	5	
1.	Adam Garganis	22:14	6	
2.	Kyle Swan	22:35	4	
3.	Brad Simpson	23:48	7	
4.	James Christmass	24:26	3	M45 club record
5.	Reese Walmsley	24:39	10	
6.	Jason Kozica	24:39	11	
7.	Pramesh Prasad	25:20	8	
8.	Josh Jensen	26:35	1	
9.	Will Thompson	27:26	12	
10.	Jasmine Hass	29:10	9	
11.	Geoff Barrow	34:50	2	
12.	Albin Hess	38:14		
13.	Gary Turner	39:39	5	
14.	Barrie Wicks	41:25	13	
15.	Ian Beaumont	DQ		

3km Open

				H'Cap Place
1.	Chloe Karagiorgos	16:16	4	
2.	Amika Nelson	16:41	5	
3.	Charlotte Hay	16:49	1	
4.	Holly Cocking	18:02	3	
5.	Jessica Lillie	18:19	2	
6.	Grace Louey	18:31	5	
7.	Kaylah Heikkila-Dubowik	18:34	5	
8.	Gemma Lillie	19:41	9	
9.	Gwen Steed	20:01	7	
10.	Celia Johnson	22:00	7	
11.	Judy Farrell	28:35		

1.	Nikola Mandic	14:50	2
2.	Angus Hay	20:11	1
3.	Heath Beveridge	20:22	5
4.	Anthony Doran	20:29	4
5.	Martin Hass	21:58	
6.	John Morrison	23:00	3
	Bruce Conboy	DNF	

1.5km Open

1.	Chelsea Karagiorgos	09:46	5
2.	Elise Carbery	10:16	1
3.	Kirsty McInnes	10:54	3
4.	Merilyn Thompson	11:02	4
5.	Pam Mews	15:22	2
1.	Luke Epps	08:00	1
2.	Hamish Blackwood	09:07	2
3.	Alex Poore	13:05	

H'Cap Place

Thanks as always to our many officials, judges and helpers. I wasn't there of course but I was sent this listing. Sorry if we missed you – you are all appreciated.

Officials: Damien Elms, Ian Laurie

Judges: David Cash, Stuart Cooper, Gordon Loughnan, Lloyd Nichols, Shane Dickson, Michael Bodey, Peter Vysma (Chief)

Canteen: Eija Heikkila, Wendy Cooper, Kate Suich

To check out the progressive results in the Handicap, Actual Times and Style Award Points Competitions with one round to go, see <http://www.vrwc.org.au/vrwcpointscmps.shtml>. For questions regarding the Handicap or Actual Time points competitions, contact Mark Donahoo (mdonahoo@optusnet.com.au). For questions about the Style Award points, contact Tim Erickson (terick@melbpc.org.au).

Sorry no photo publishing this week due to time constraints but you can check them all out yourself at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=85>, compliments of Terry Swan. Thanks Terry!

AV ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 7 AUGUST

Last Sunday saw the Victorian Roadwalk Championships at Middle Park, along with a series of VRWC club championships. It was another big day with 59 walkers in action. As mentioned at the start of the newsletter, **Adam Garganis** dominated the men's 30km Victorian Championship, winning in a huge PB of 2:23:39. Ballarat walker **Sarah Brennan** was also in fine form, winning the women's 30km championship in her first ever 30km walk, her time an impressive 2:58:36.

While I don't have time to go through all the results with my usual fine tooth comb, the following stand out: **Josh Jensen** (U14 3km 15:15, PB:0:48,) **Corey Dickson** (U16 5km 25:00, PB 0:16), **Zahra Hayes** (U16 5km 23:57, PB 0:29) and **Rebecca Henderson** (U16 5km 23:58, PB 0:04).

30km Open AV Championships

1.	Adam Garganis	2:23:39	Big PB
2.	Pramesh Prasad	2:55:21	
3.	Simon Evans	3:08:01	
	Terry O'Neill	DQ	
1.	Sarah Brennan	2:58:36	First one

10km U20 AV Championships

1.	Emily Hamilton	59:57	
2.	Jasmin Hass	1:00:54	
3.	Kathleen O'Mahony	1:01:42	
1.	Reese Walmsley	52:04	

10km U18 Men AV Championship

1.	Kyle Swan	44:34	
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5km U18 Women AV Championship

1.	Philippa Huse	25:22	
2.	Ellen Dowie	32:42	

Mackayla Davison DNF

5km U16 AV Championships

1. Zahra Hayes 23:57 PB 0:29
2. Rebecca Henderson 23:58 PB 0:04
3. Chloe Karagiorgos 28:13

1. Corey Dickson 25:00 PB 0:16
2. Hayden Walmsley 25:45
3. Will Thompson 29:04

3km U14 AV Championships

1. Alanna Peart 15:24
2. Charlotte Hay 16:41
3. Kaylah Heikkila-Dubowik 19:55

1. Josh Jensen 15:15 PB:0:48
2. Heath Beveridge 18:58

Along with the Victorian championships, the meet included a series of VRWC club championships. Full results below. Well done to winners Simone McInnes, Angus Hay, Charlotte Hay, Luke Epps and Isla Henderson.

10km Open Mabel Robinson VRWC Championship

1. Simone McInnes 0:51:01
2. Michelle Laufer 0:54:34
3. Pam Tindal 0:55:51
4. Sandra Geisler 0:59:23
5. Carolyn Rosenbrock 0:59:32
6. Heather Carr 0:59:45
7. Emily Hamilton 0:59:57
8. Jasmin Hass 1:00:54
9. Kathleen O'Mahony 1:01:42
Wendy Muldoon DNF

2km U12 VRWC Championship

1. Angus Hay 0:12:10

1. Charlotte Hay 0:11:03
2. Gemma Lillie 0:12:42

2km U10 Boys VRWC Championship

1. Luke Epps 0:11:34
2. Hamish Blackwood 0:12:24
Scott Peart DQ

1. Isla Henderson 0:21:48

Finally, we finished off with a series of non-championship VRWC open walks.

VRWC 3 Hour Open Walk

1. Simon Evans 29.146km
2. Ian Beaumont 19.822km
3. Margaret Beaumont 18.795km

VRWC 20km Open Walk

1. James Christmass 1:53:08
2. Gerard Feain 2:07:08
3. Karyn O'Neill 2:25:48
4. Ian Beaumont 3:01:34
Andrew Jamieson DNF

VRWC 10km Open Walk

1. Jason Kozica 53:42

VRWC 5km Open Walk

1. Ralph Bennett 30:34
2. Glenyse Brain 45:30

3.	Susan Wood	47:24
	Stephanie George	DNF

VRWC 2km Open Walk

1.	Cassie Knight	11:08
2.	Donna Marie Elms	11:10
3.	Holly Cocking	11:23
4.	Dee Holohan	13:01
5.	Pam Mews	24:11

Thanks to our many helpers and officials. Apologies if I missed anyone. Got this list from Peter Vysma.

Officials: Damien Elms, Mark Donahoo, Ralph Bennett,

Judges: Terry Swan (Chief), Suzanne Callaway, Brenda Felton, Stuart Cooper, Shane Dickson, Mark O'Mahony, Gordon Loughnan, Peter Vysma (DQ board & bike), Diane Lowden (DQ board)

Canteen: Wendy Cooper, Kate Suich

CANBERRA HIGH NOON SERIES, AIS ATHLETICS TRACK, CANBERRA, SUNDAY 24 JUNE

And now time to scroll through other results from around Australia, presented in date order. First to Canberra a couple of weeks ago for a 3000m walk from their High Noon series, won by Gabby Hunt with 14:30.4.

3000m Walk

1.	Gabby HUNT	14:30.4
2.	Laura BURNS	15:27.0

SYDNEY NORTH SCHOOLS T&F CHAMPS, SOPAC, SYDNEY, TUESDAY 26 JULY

And now some more track walking, this time from the Sydney North Schools T&F Champs in Sydney. Some good times in there.

U16 Boys 1500m Walk

1.	Tebbutt, Oscar	15	Henry Kendall	6:44.61
2.	Blaskett, Hayden	14	Killarney Heights	7:11.65
3.	Tebbutt, Archie	12	Henry Kendall	7:50.31
4.	Mills, William	13	Cherrybrook Tech	7:55.79
5.	Kemp, Joel	13	TL - The Entrance	8:08.34
6.	Davis, George	13	Epping Boys	8:31.72
	Lyoo, Tae	14	Normanhurst Boys	DQ

1. U15 Girls 1500m Walk

2.	Pitcher, Alannah	13	Terrigal High	6:54.74
3.	Vesper, Danielle	13	TL - The Entrance	7:37.91
4.	Bolton, Hannah	13	Narara Valley	7:38.85
5.	Johnston, Lily	14	Turrumurra H	8:15.84
6.	Hore, Monique	12	Willoughby Girls	9:27.02
7.	McArthur, Stephanie	12	Turrumurra H	9:31.86
8.	Sant, Ameira	14	Fort Street High	9:38.90
	Sawyer, Nonie Violet	14	Mackellar Girls	DQ
	Lee, Angelina	14	Fort Street High	DQ

U20 Boys 3000m Walk

1.	Richardson, Dylan	16	Kincumber High	13:12.0
2.	Armson, Jack	18	Epping Boys	18:16.0
3.	Pivetta, Daniel	16	Normanhurst Boys	19:10.0
4.	Gill-Misson, Nishan	17	Ryde Sec Coll	19:19.0

U20 Girls 3000m Walk

1.	McDonald, Jasmyn	17	Carlingford H	15:54.0
2.	Walker, Amy	15	Northlakes High	21:02.0
	Curtin, Francesca Rose	15	Mackellar Girls	DQ
	Couriel, Katelyn Eleanor	15	Mackellar Girls	DQ

ACT WALKERS CLUB ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 30 JULY

Thanks to Robin Whyte for these Canberra results. Good numbers as usual – 31 walkers in total. Big 10km PB of over 1 minute to **Ally Durr** – 50:55.

10km Walk

1.	Ally Durr	50:55	PB
2.	Ann Staunton-Jugovic	57:07	
3.	Greg Durr	1:02:53	
4.	Robin Whyte	1:04:39	
5.	Monika Short	1:13:18	
6.	Geoff Barker	1:18:29	

3km Walk

1.	Laura Burns	16:12
2.	Ellen Vahey	19:36
3.	Cilla Chapman	25:36
4.	Bob Chapman	26:43

8km Walk

1.	Connor Frew	40:42
2.	Gabby Hunt	41:04
3.	Callum Burns	43:10

2km Walk

1.	Tom Hunt	10:31
2.	Andrew Camp-Liddiard	12:01
3.	Sidney Shaw	12:05
4.	Ella Baker	14:36
5.	Ken Hart	19:33
6.	Renee Hart	19:51

5km Walk

1.	Spencer Burns	28:19
2.	Kate Black	30:32
3.	Charlie Durr	31:08
4.	Helena Bialecki	31:30
5.	Derek Robinson	34:23
6.	Bob Parker	36:36
7.	Warren Butler	45:28
8.	David Mackenzie	45:28
9.	Raine Thompson	51:51
10.	Rosemary Parker	51:52

1.5km Walk

1.	Anna Vahey	10:55
2.	Georgia Frew	12:06

SAMA ROADWALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 30 JULY

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide. Colin commented: Cool calm arvo Short shower after walks were completed.

8km Walk

1.	Marie Maxted	54:26	W56	71.57%
2.	John Toshac	1:00:09	M63	62.70%
3.	Graham Harrison	1:00:14	M73	70.52%
4.	Rodger Barber	1:02:05	M78	73.47%
5.	Raelene Schild	1:02:08	W51	59.54%
6.	Harry Hayford	1:07:58	M64	56.09%
7.	Colin Hainsworth	1:09:06	M86	75.58%
8.	David Robertson	1:10:12	M83	70.47%

4km Walk

1.	Gil McIntosh	27:46	M66	68.35%
2.	Helen Suridge	28:57	W65	71.60%
3.	Jan Layng	30:06	W67	70.68%
4.	Roger Lowe	31:33	M73	65.48%
5.	Margaret McIntosh	34:23	W63	58.81%
6.	Dave Fallon	34:48	M63	52.79%
7.	Jill Rogers	35:20	W71	63.71%
8.	Fleur Woodhouse	37:13	W38	43.18%
9.	Margaret Trengove	37:16	W72	61.33%
10.	Colin Trengove	37:24	M78	59.21%
11.	Jeff Kennett	38:50	M66	48.87%
	Lillian Harpur	??		

6km Walk

1.	Edna Bates	0:53:44	W63	57.99%
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SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 30 JULY

To Adelaide for the SARWC walks, with **Joe Cross** the best with 24:19 for the 5km walk.

15km Walk

1.	Peter Crump	1:28:14	M35+
2.	Cherie Rothey	1:42:06	F35+
3.	Bill Starr	1:45:15	M35+

8km Walk

1.	Rhiannon Lovegrove	43:45	FU18
2.	Alix Harlington	44:44	MU18
3.	Samantha Findlay	47:06	FU20

5km walk

1.	Joe Cross	24:19	MU16
2.	Tristan Camilleri	25:36	MU16
3.	Bethany Cross	25:58	FU18
4.	Yvette Becker	29:16	FOpen

3km Walk

1.	Jake Vidler	15:20	MU18
2.	Jay Goode	15:27	MU18
3.	Mathew Bruniges	17:29	MU16
4.	Talisha Skein	19:33	FU14
5.	Aleesha Vidler	20:50	FU14
6.	Olivia Phillips	21:07	FU14

2km Walk

1.	Sarah Damin	11:49	FU18
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1km Walk

1.	Kerry Goode	06:28	F35+
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2016 QUEENSLAND ROAD WALK CHAMPIONSHIPS, MURRARRIE, QLD, SUNDAY 31 JULY

To Queensland for their state roadwalk championships. Great walks by **Luke McCutcheon** (10km PF of 45:31) and **Erika Woodward** (QMA W50 record of 28:47).

20km Open Walk

1.	Bennett, Peter	61	Queensland M	1:52:47
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10km Masters Men Walk

1.	Jimenez, Ignacio	51	Queensland M	52:26
	Clark, Frank	73	Queensland M	DQ

5km Masters Women Walk

1.	Woodward, Erika	50	Queensland M	28:47	QMA W50 record
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10km U20 Walk

1.	Mccutcheon, Luke	18	Qeii Track Club	45:31	PB 2:09
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10km U18 Men Walk

1.	Mccutcheon, Jamie	17	Qeii Track Club	48:55
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5km U18 Women Walk

1.	Hayward, Katie	16	Gold Coast C	23:27
2.	Sims, Riley	16	Aspley	36:07
	Mulcaster, Bridie	16	Gold Coast Victory	DQ
	Hammans, Tiffany	17	Gold Coast C	DQ

5km U16 Walk

1.	Hannigan, Caitlin	14	Gold Coast Victory	28:12
2.	Pearson, Jade	15	Aspley	32:20
3.	Schofield, Isabella	14	Gold Coast Victory	35:30
	Stonehouse, Kirra	14	Gold Coast Victory	DNF
1.	Mccutcheon, Nelson	14	Qeii Track Club	26:18
2.	Clarke, Ethan	15	Queensland R	31:18
	Stovin, Jamison	15	Gold Coast C	DNF

3km U14 Walk

1.	Hayward, Kris	12	Gold Coast C	15:16
2.	Wearne, Jonathan	12	Queensland R	19:14
1.	Schofield, Amelia	13	Gold Coast Victory	16:48
	Hannigan, Abbey	12	Gold Coast Victory	DNF

2km U12 Walk

1.	Heylen, Luke	10	Queensland R	17:25
1.	Clarke, Anika	11	Queensland R	10:50
2.	Heap, Ashanti	10	Queensland R	11:01
3.	Schofield, Scarlett	10	Queensland R	12:53
4.	Brady, Korey	11	Queensland R	13:14
5.	Hannigan, Tess	10	Queensland R	13:21
6.	Porter, Sophie	11	Queensland R	14:18

U10 1km Walk

1.	Heylen, Liam	9	Queensland R	10:10
1.	Williams, Lyla	9	Queensland R	5:58
2.	Clarke, Makenna	7	Queensland R	7:53
3.	Brady, Charlotte	8	Queensland R	8:30

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 6 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Good sunny weather 17C. Slightly undulating course.

10km Yacht Handicap

1.	David Robertson	1:25:39	M83	72.93%
2.	Gil McIntosh	1:09:16	M66	70.85%
3.	Colin Hainsworth	1:25:50	M86	76.92%
4.	Raelene Schild	1:16:35	W51	61.17%
5.	Rodger Barber	1:17:58	M78	73.77%
6.	Marie Maxted	1:07:24	W56	73.29%
7.	Harry Hayford	1:27:02	M64	55.15%
	Jeff Kennett	DNF		

5km Yacht Handicap

1.	Dave Fallon	0:41:45	M63	55.40%
2.	Jan Layng	0:37:13	W67	72.53%
3.	Jill Rogers	0:43:20	W71	66.02%
4.	Helen Suridge	0:36:12	W65	72.60%
5.	Roger Lowe	0:39:09	M73	66.47%
6.	Edna Bates	0:44:26	W63	57.65%
7.	Margaret McIntosh	0:42:22	W63	60.46%

ASA STATE CHAMPIONSHIPS, PEACOCK RD, ADELAIDE, SATURDAY 6 AUGUST

To Adelaide where **Kim Mottrom** (2:39:14) and **Kristie Goznik** (53:14) won the SA Open Roadwalk titles last Saturday.

ASA 30km Open Men

1.	Kim Mottrom	2:39:14	MOpen
2.	Peter Crump	3:07:26	MOpen

ASA 10km Open Women

1.	Kristie Goznik	53:04	FOpen
2.	Samantha Findlay	1:00:36	FOpen

ASA 10km Masters Women

1.	Cherie Rothery	1:08:11	F35+
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ASA 8km U18

1.	Tristan Camilleri	41:31	MU18
2.	Alix Harlington	41:36	MU18
3.	Jay Goode	44:03	MU18
1.	Rhiannon Lovegrove	42:03	FU18
2.	Bethany Cross	42:12	FU18

SARWC 10km Masters

1.	John Leydon	04:36	M35+
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SARWC 3km

1.	Joe Cross	13:51	MU16
2.	Jake Vidler	14:09	MU18
3.	Mathew Bruniges	18:41	MU16
4.	Ayeisha Wallace	19:34	FU16
5.	Talisha Skein	20:12	FU14

SARWC 2km

1.	Zayden Kamish	12:26	MU10
2.	Kerry Goode	13:31	F35+

SARWC 1km

1.	Kiera Ross	05:16	FU12
2.	Hayley Goode	05:44	FU16

ACT WALKERS CLUB ROADWALKS, STAGE 88, CANBERRA, SATURDAY 6 AUGUST

Thanks to Robin Whyte for the latest results from Canberra.

6km Walk

1.	Mitchell Baker	29:55
2.	Gabby Hunt	30:18
3.	Spencer Burns	34:03
4.	Hannah Manning	34:14
5.	Kate Black	37:25
6.	Katie Alley	37:57
7.	Derek Robinson	41:12
8.	Geoff Barker	45:29
9.	Rosemary Parker	47:01
10.	Terry Munro	50:19
11.	Cilla Chapman	52:24
12.	Raine Thompson	56:04

1km Walk

1.	Andrew Camp-Liddiard	05:41
2.	Anna Vahey	07:05
3.	Georgia Frew	08:07

12km Walk

1.	Connor Frew	59:31
2.	Tim Fraser	1:00:12
3.	Callum Burns	1:05:38
4.	Matt Griggs	1:11:10
5.	Greg Durr	1:16:02
6.	Robin Whyte	1:18:09
7.	Bob Parker	1:29:43
8.	Val Chesterton	1:44:27

3km Walk

1.	Laura Burns	15:38
2.	Gwyllym Young	16:19
3.	Sidney Shaw	19:39
4.	Ella Baker	22:53
5.	Lilit Atoyan	24:45
6.	Bob Chapman	27:38
7.	Helen Munro	28:38

AAA/UK INTER COUNTIES CHAMPIONSHIPS, BEDFORD, ENGLAND, SUNDAY 31 JULY

Thanks to Mark Wall for the results of the English/UK County Championships. Mark reported

The championships drew a strong women's field with only European U18 rep Sophie Lewis-Ward and Ana Garcia missing of the major walkers. It also saw the return of Tatyana Gabellone from injury and illness. It was a hard fought race which saw the Welsh women **Bethan Davies** and **Heather Lewis** move away from the field early. **Tatyana Gabellone** and then **Gemma Bridge** overhauled early medal contender **Emma Achurch** but could not catch the leading two. Tatyana took the bronze in the CAU race whilst Gemma was 3rd in the EA/AAA title to secure likely English Selection for the Manchester International on the 18th of August.

Cameron Corbishley led from gun to post in the men's race but the fate of disqualification was communicated to him after he had finished. This left **Daniel King** to take the win. He is a multiple past winner. He led home the youngest man in the field **Chris Snook** who walked a solid race. **Mark Williams** continues to accumulate places despite now being past 50 years of age. The men's race lacked the depth of the women but with Callum Wilkinson missing after his Under 20 World Title win and Olympians Tom Bosworth (20km) and Dan's twin Dominic (50km) on their way to Rio, along with Junior International Guy Thomas absent, this is understandable.

3000m Women

1.	Bethan Davies	South Wales	13:09.97
2.	Heather Lewis	West Wales	13:21.54
3.	Tatyana Gabellone	Avon & Somerset (ITA)	13:28.86
4.	Gemma Bridge	Oxfordshire	13:45.08
5.	Emma Achurch (U20)	Leicestershire & Rutland	13:58.73
6.	Brianna Mulvee	Oxfordshire (AUS)	14:12.01
7.	Ester Montaner	Yorkshire	15:14.16
8.	Natalie Myers	Yorkshire	15:25.53
	Abigail Jennings (U17)	Hampshire	DNF

3000m Men

1.	Daniel King	Essex	12:46.56
2.	Chris Snook (U17)	Hampshire	13:36.70
3.	Mark Williams (M50)	Staffordshire	14:08.51
4.	Jonathon Hobbs	Kent	14:28.79
5.	Dwayne Butterly (M50)	Derbyshire	15:51.42
6.	Steve Allen (M60)	Hertfordshire	17:29.61
	Cameron Corbishley (U20)	Kent	DQ

REDCAR BLAST 100 MILE CHAMPIONSHIPS, REDCAR, ENGLAND, 6-7 AUGUST

The annual English Centurions qualifying walk and National 100 Miles Championships were held last weekend in Redcar in the north of Yorkshire. Wins went to Dutch walker **Frank Van Der Gulik** (20:30:56) and Surrey's **Sandra Brown** (21:10:06) who was only a few minutes behind her 2015 time. Sandra, now aged 67, continues to amaze with her performances. Special mention to USA walker **Rob Robertson** who added the UK Centurion badge to his Australian badge earned earlier this year – and to cap it off, he walked a PB time of 22:19:37. Finally well done to Dave Jones and the organising team – this sort of long timeframe event is amongst the hardest to organise.

Full results at <https://runsignup.com/race/results/?raceId=37752#resultSetId=42175>

Photos at https://www.facebook.com/mike.palmer.7186/media_set?set=a.10153597042671755.1073742044.626631754&type=3

100 Miles Walk		Age	Club	Time	Distance (miles)	
1.	Frank Van Der Gulik	M	38	s.v. De LAT	20:30:56	100
2.	Colin Vesty	M	51	Leicester WC	20:39:44	100
3.	Jimmy Millard	M	56	R. W. V.	21:02:25	100
4.	Sandra Brown	F	67	Surrey Walking Club	21:10:06	100
5.	Kevin Marshall	M	56	Ilford AC	22:02:15	100
6.	Rob Robertson	M	53	USA	22:19:37	100
7.	John Borgars	M	70	Loughton AC	22:31:52	100
8.	Martin Fisher	M	53	Yorkshire Race Walking Club	23:10:31	100
9.	Kim Reed	F	52	Tring RC	23:25:11	100
10.	Gino Masto	M	52	WT Beveren	23:46:53	100
11.	Richard Kok	M	46	unattached	21:12:42	82
12.	Jannie Bos	F	61	s.v. De LAT	18:11:30	78
13.	Frans Leijts	M	40	R. W. V.	21:40:47	78
14.	Sandra Van De Wyngaert	F	31	Wandelclub al Kontent	18:18:32	76
15.	Dale Farquhar	M	36	Manx Harriers	16:26:25	72
16.	Richard Brown	M	69	Surrey Walking Club	14:21:34	66
17.	Mickey Campaniello	M	63	unattached	14:25:55	62
18.	Richard McChesney	M	48	Hutt Valley Harriers	21:54:28	62
19.	Jack Bertrums	M	52	R. W. V.	11:52:29	56
20.	Miles Wilson	M	43	unattached	12:11:32	56
21.	Ap Van Gelderen	M	57	CWSV Prinses Marijke	13:02:35	56
22.	Albert Bos	M	69	unattached	12:47:42	54
23.	Sarah Lightman	F	46	Leicester WC	11:56:37	52
24.	Adrian Walker	M	53	Settle Harriers	12:31:10	52
25.	George Smolinski	M	64	Leicester WC	12:00:00	50
26.	Edmund Shillabeer	M	77	Ilford AC	9:14:07	40
27.	Roy Gunnett	M	69	Lancashire Walking Club	7:08:52	32
28.	Christopher Flint	M	71	Surrey Walking Club	8:27:42	32
29.	Suzanne Beardsmore	F	45	Aldershot, Farnham & District	8:30:45	32
30.	Graham Jackson	M	47	York CIU Race Walking	5:51:30	30
31.	Alf Short	M	73	Lancashire Walking Club	5:59:33	26
32.	Gerda Stoevelaar-Engelkes	F	61	s.v. De LAT	7:12:53	26
33.	Dick Stoevelaar	M	59	s.v. De LAT	7:13:07	26
34.	Susan Clements	F	62	Cambridge & Coleridge AC	5:27:11	24
35.	John Bellwood	M	71	unattached	5:54:24	24
36.	Ann Wheeler	F	60	Leicester WC	4:27:24	22
37.	Daniel King	M	33	Colchester Harriers AC	2:55:33	20
38.	Tony Mackintosh	M	44	Isle of Man Veteran AC	3:36:10	20
39.	Karen Lawrie	F	42	Isle of Man Veteran AC	3:47:37	20
40.	Herwin Weststrate	M	32	LAAC Twente	3:55:46	20
41.	Richard Cole	M	61	York CIU Race Walking	4:08:59	20
42.	Mark Byrne	M	55	Redcar Race Walking Club	4:28:21	20
43.	Judy Howard	F	59	Abingdon AC	4:32:11	20
44.	David Hoben	M	63	Surrey Walking Club	4:34:02	20
45.	Karen Davies	F	55	Birchfield Harriers	4:35:32	20
46.	John Constandinou	M	44	Birchfield Harriers	4:35:48	20
47.	Amy Davies	F	33	unattached	4:44:24	20
48.	Lee Corkill	M	39	unattached	5:58:01	20
49.	Kerry Martin	F	38	unattached	5:58:01	20
50.	Jonathan Hobbs	M	23	Ashford AC	2:10:29	14
51.	Davd Jones	M	67	Redcar Race Walking Club	2:57:12	14

I don't have the full results from the shorter events as yet but Trevor McDermot has posted that

- Tony Mackintosh won the Men's 20 Miles in 3:36:10, followed by Herwin Weststrate (3:55:46) and Richard Cole (4:08:59).
- Karen Lawrie won the Women's 20 Miles in 3:47:37, followed by Ann (4:03:28) and Judy Howard in (4:32:11).
- Mickey Campaniello won the Men's 50 Miles (11:19:50) and took the option of continuing to 100km, officially verified, in a time of 14:25:55.

The teams results saw the Dutch walkers take the first two places, such is their current depth in longer walking.

1. R.W.V. (NED) 37 points
2. s.v. De Lat (NED) 45
3. Surrey WC 48
4. Leicester WC 49
5. Ilford AC
6. York CIU
7. Lancashire WC
8. Isle of Man Vets AC
9. Birchfield H



Frank Van Der Gulik (1022), Sandra Brown and Rob Robertson (photos Mike Palmer)

USA VS CANADA U20 RACEWALK MEET, FORT SASKATCHEWAN, ALBERTA, CANADA, SUNDAY 7 AUGUST

The 28th annual USA vs Canada U20 Racewalk meet was held last Sunday in Fort Saskatchewan, Alberta, Canada, and featured a 5000m walk for women and a 10,000m walk for men. Individual records, held by Robyn Stevens (24:11 1999) and Ben Thorne (42:11 2012) were safe as USA's AJ Gruttadauro (46:32.1 – a 45 sec PB) and Anali Cisneros (25:00.0) took the wins and helped USA to team firsts in both divisions. The results are posted on <http://www.trackie.com/track-and-field/Results/2016-canada-usa-jr-racewalk-match/5528/>.

U20 Women 5000m Walk

1.	Anali Cisneros	USA	25:00.0
2.	Meaghan Podlanski	USA	25:14.1
3.	Lauren Harris	USA	25:16.8
4.	Amberly Melendez	USA	25:58.9
5.	Glen Bodet	Guest	27:02.7
6.	Kayla Allen	USA	27:18.0
7.	Kyra Danielson	CAN	28:19.9
8.	ZoeChu Yi Zhang	CAN	28:24.1
9.	Henry Charrois	Guest	28:25.7
10.	Danika Guénard	CAN	29:27.4
11.	Marina Andersen	CAN	29:48.4
12.	Chloé Scott	CAN	30:37.4
13.	Deanna Karch	CAN	31:03.4
14.	Elizabeth Nawrocki	GUEST	31:10.0

U20 Men 10,000m Walk

1.	AJ Gruttadauro	USA	46:32.1
2.	Cameron Haught	USA	48:06.6
3.	Alger Liang	CAN	48:23.3
4.	Alex Bellavance	USA	49:12.1
5.	Erik Thies	CAN	50:19.0
6.	Spencer Dunn	USA	52:48.0
7.	Eduardo Uria	USA	53:50.0
8.	Colis Cheng	CAN	54:01.0
9.	Vesty Philip	GUEST	55:33.0
10.	Kenny Ho	CAN	56:14.7
11.	Kennan Hoyer	CAN	56:41.4
12.	Ian Novakowski	CAN	57:38.3
13.	Becky Sillito	GUEST	1:05:33.0
14.	Colin Winchester	GUEST	1:12:46.0

15. Teresa Chiozza	GUEST	32:38.3		
16. Val Sirbu	GUEST	33:26.4	1. USA	16 points
17. Elyse Lecharrois	GUEST	34:08.7	2. Canada	7 points
18. Dominika Nawrocki	GUEST	35:02.8		
19. Annika Novakowski	GUEST	38:11.8		
1. USA		16 points		
2. Canada		6 points		

FINNISH U20/U23 T&F CHAMPIONSHIPS, LAPPEENRANTA, FINLAND, 5-7 AUGUST

U20 Men 10,000m Race Walk

1. Jere NIEMI	FIN	98	51:55.84
2. Rasmus LANG	FIN	97	52:08.71
3. Hugo LEPPÄSYRJÄ	FIN	97	55:39.85

U20 Women 5000m Race Walk

1. Taika NUMMI	FIN	97	22:18.94
2. Enni NURMI	FIN	98	23:08.09
3. Elina HEIKKINEN	FIN	97	26:11.52
4. Hanna WESTERLUND	FIN	97	26:54.34

U23 Men 10,000m Race Walk

1. Elmo KOIVUNEN	FIN	94	46:25.33
2. Artturi OILA	FIN	96	48:11.56

U23 Women 5000m Race Walk

1. Tiia KUIKKA	FIN	94	25:17.39
2. Venla LAIHO	FIN	95	26:03.68
3. Sini JUSSILA	FIN	95	27:24.68

ROMANIAN U20 T&F CHAMPIONSHIPS, PITESTI, ROMANIA, 30-31 JULY

Women 10,000m Race Walk

1. Andra Elena BOTEZ	ROU	00	53:58.91
2. Valentina Ionela TINCU	ROU	97	54:09.10
3. Alexandra SEBESTIN	ROU	98	55:36.72
4. Loredana MUNTEANU	ROU	00	55:54.68
5. Diana Georgia ANGELESCU	ROU	00	56:53.07
Gabriela SIMINICEANU	ROU	98	DNF
Andreea Elena BIRSAN	ROU	98	DQ
Roxana PANTA	ROU	99	DQ

NORWEGIAN T&F CHAMPIONSHIPS, ASKOY, FINLAND, 29-31 JULY

Men 5000m Race Walk

1. Erik TYSSE	NOR	80	19:15.33
2. Håvard HAUKENES	NOR	90	19:19.79
3. Fredrik RØTNES	NOR	96	19:51.10
4. Joakim SÆLEN	NOR	93	21:44.41

Women 3000m Race Walk

1. Merete HELGHEIM	NOR	81	13:39.80
2. Vilde LUNDIN	NOR	99	15:28.04
3. Josefin GREIFF	NOR	98	15:37.88

GRAN PREMIO MEZZOFONDO, TRENTO, ITALY, TUESDAY 26 JULY

Men 5000m Race Walk

1. Leonardo DEI TOS	ITA	92	19:28.20
2. Matteo GIUPPONI	ITA	88	19:42.65
3. Cesare COZZA	ITA	97	21:58.12
4. Luca MONTOLEONE	ITA	90	22:24.71

5.	Michele DISARO'	ITA	99	23:25.66
6.	Luca VERNESONI	ITA	99	24:15.45
7.	Andrea NASO	ITA	60	24:56.31
8. Women 5000m Race Walk				
9.	Eleonora Anna GIORGI	ITA	89	21:02.78
10.	Valentina TRAPLETTI	ITA	85	21:42.05

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Alas, no time to check them out this week. I will leave that to readers.

- Omarchador: <http://omarchador.blogspot.pe/>
- marciadalmondo: <http://www.marciadalmondo.com/eng/index.aspx>

OUT AND ABOUT

- The full Rio athletics timetable can be accessed at <https://www.iaaf.org/news/press-release/athletics-timetable-rio-2016-olympics>.
- Final entry lists for Rio at <https://www.iaaf.org/competitions/olympic-games/the-xxxi-olympic-games-5771/athletes>. There will be record sized fields for the marathons with 159 entrants for the men's race and 160 entrants for the women's race. Previously the biggest fields assembled for the Olympic marathons were 124 for the men in Atlanta and 118 for the women in London. The walks fields are as follows: 20km Men (77 starters), 20km women (76) and 50km men (81).
- The Tokyo Organizing Committee of the Olympic and Paralympic Games released an estimate on July 25 that the costs for setting up temporary venues at the 2020 Games will be around 280 billion yen, about four times the estimate at the time of Tokyo's Olympic bid. At a meeting of the committee's executive board, Committee President Yoshiro Mori criticized the sloppiness of the earlier estimate, saying, "There are so many problems with the Olympic bid portfolio that if you brought up all the finer points there'd be no limit." The estimated cost of the 2020 Olympics in the bid portfolio was 734 billion yen, but due to factors such as higher materials prices, there are estimates that the cost could nearly reach 2 trillion yen. See <http://mainichi.jp/english/articles/20160726/p2a/00m/0na/012000c>.
- Colombian **Luis Fernando Lopez** won bronze in the World Athletics 20km walk in Daegu, Korea, in 2011 with a time of 1:20:38, finishing behind the Russians Valery Borchin and Vladimir Kanaykin. Following retests done in March this year, the IAAF officially announced the disqualification of two Russian athletes, thus giving Colombia's first World Championship gold to him. He finally received his gold in Colombia on Tuesday 26th July in an official presentation. The 37 year old walker will compete in Rio and I am sure he will now have an extra spring in his stride. See http://www.clarosports.com.co/news_stories/la-justicia-antidoping-llego-y-luis-fernando-lopez-recibio-la-medalla-de-oro-como-campeon-mundial-de-marcha-28165672.
- A message from the father of Australian 20km Rio participant Rhydian Cowley

A big thank you and message of appreciation to all the VRWC members who have supported Rhydian's Olympic cause by making a donation through his Australian Sports Foundation fundraising website <https://asf.org.au/athlete/rhydian-cowley/>. Your support has helped ease a little of the financial pressure under which Rhydian has been training. The website currently continues to be available for those people who would still like to offer him some financial assistance. His training is currently progressing well, but he and the other walkers are looking forward to the next step when they join the rest of the team in Rio. Lining up at the start line (3:30am Saturday 13 August Melbourne time) will be a big moment for him, reaching the finish line in the best position possible probably even bigger.

Yes, it's often a case of living off a shoestring budget as an international T&F athlete. This article illustrates this only too well: <https://www.theguardian.com/sport/2016/jul/26/faster-higher-poorer-olympians-now-struggling-to-attract-sponsors>.
- Some special awards in the recent AV AGM with long service badges being awarded to some very long standing officials and walk judges. Congratulations to the following on outstanding years of Officiating:
 - 30 years – Gordon Loughnan and Jim Cain
 - 40 years – Tony Williams and Diane Lowden
 - 45 years – Paul Jenes and Lorraine Morgan
- The IAAF profiles South African walker **Lebogang Shange**. See <https://www.iaaf.org/news/feature/lebogang-shange-20km-race-walk>.

- French 50km world record holder **Yohann Diniz** has decided to compete in just the 50km race walk at next month's Olympic Games in Rio after an asthma attack ended his hopes of doubling up. See <http://www.european-athletics.org/news/article=diniz-opts-for-what-knows-best/index.html?cid=rss>
- Great article on Ireland's **Robert Heffernan** as he prepares for the Rio 550km - <http://www.independent.ie/sport/rio-2016-olympics/one-last-roll-of-dice-as-heffernan-prepares-to-go-all-in-34925569.html>.
- IAAF Preview 20km Men: <https://www.iaaf.org/news/preview/rio-2016-mens-20km-race-walk>
- IAAF Preview 20km Women: <https://www.iaaf.org/news/preview/rio-2016-olympic-games-women-20km-race-walk>
- IAAF Preview 50km Men: <https://www.iaaf.org/news/preview/rio-2016-olympic-games-men-50km-race-walk>

#CLEANWALKING

Tuesday 26 July

- Russian whistleblowers Yuliya and Vilalt Stepanovs were interviewed by the BBC just a day after criticising the IOC for banning Yuliya, 30, from Rio. Good interview. "Russian drug cheats will be competing at next month's Olympic Games despite efforts to eradicate them." See <http://www.bbc.com/sport/olympics/36898590>.
- Lord Moynihan, former chairman of the British Olympic Association, has called for the WADA to be totally reformed, blaming the lame-duck institution for the shambles that has brought Rio 2016 into disrepute. 'WADA has failed in its duty to clean athletes,' he said. 'The Russian whistleblowers, Stepanova and her husband sent WADA some 200 emails dating back to 2010. But WADA did not respond. It was only because of journalists in Britain and on German TV that they finally, belatedly, started to take the issue seriously. Now we are in the situation where international federations have just days to tackle the validity of their athletes. It puts them in an impossible situation. Why has it taken six years to get to this stage? This must have deep and far-reaching consequences for WADA. See <http://www.iol.co.za/sport/athletics/lame-duck-wada-must-be-overhauled-2049521>.

Wednesday 27 July

- 28-year-old Indian shot put champion Inderjeet Singh has tested positive for a banned substance just days before heading to the Olympic Games in Rio. Singh is the second Rio-bound Indian athlete to fail a doping test after wrestler Narsingh Yadav, 26, last week tested positive for a banned steroid. See <http://www.bbc.com/sport/olympics/36896421>.
- A remarkable online petition got underway a couple of weeks ago to ask the IOC to reinstate Russian whistleblower Julia Stepanowa who is banned from Rio even though she sacrificed all to lay open the dreadful Russian doping regime. See <https://www.change.org/p/do-not-punish-the-whistleblower-julia-stepanowa-for-rio>. Sadly, even though the signature count currently stands at just on 270,000, the IOC has not responded. What crap!
- Eleven weightlifters, including six medallists, produced positive samples in the second wave of doping retests from the 2012 London Olympics, the International Weightlifting Federation said on Wednesday. Russia's five-times European champion Nataliya Zabolotnaya was among three silver medallists from the London Games to fail tests along with compatriots Alexandr Ivanov and Svetlana Tzarukaeva. Other London medallists to fail tests included Iryna Kulesha of Belarus, Armenia's Hripsime Khurshudyan and Moldova's Cristina Iovu. The IWF said the 11 athletes have all been provisionally suspended. All the athletes who tested positive were found to have used the banned anabolic steroid Dehydrochloromethyltestosterone. See http://au.eurosport.com/weightlifting/eleven-london-2012-weightlifters-fail-doping-tests_sto5700172/story.shtml.

Friday 29 July

- In this month's IAAF ban list, the name of the Chinese 20km walk world record holder **Liu Hong** stands out. The race walker who won the 2016 World Teams Championship gold in Rome in May has been given a 1 month ban, to be served from 13th June to 13th July. Apparently, she tested positive in Rome to Higenamine, also known as Norcochlorine HLC, which is legal for use within food supplements in the UK, USA and Canada, but banned in other places. The short ban means she will race in Rio. See <http://www.athleticsweekly.com/featured/world-race-walk-champion-liu-hong-cleared-for-rio-despite-drug-test-positive-47796>

Tuesday 2 August

- Italian athletics coach Claudio Berardelli has now been formally charged in a Kenyan court over the alleged administration of a prohibited performance enhancing substance to a Kenyan marathon champion. Berardelli is accused of administering EPO, a prohibited substance, to Rita Jeptoo, in 2014. See <http://www.supersport.com/athletics/article.aspx?Id=3638824>.

- The Court of Arbitration for Sport on Tuesday rejected a challenge made by 17 Russian rowers against their exclusion from the Rio Olympics over doping, a tribunal official told AFP. The rowers were part of a group of Russian sportsmen to appeal Olympic bans ordered after an investigation revealed state-run doping in Russia. See <http://www.nation.co.ke/sports/athletics/Russian-doping-ban-appeals-rejected-Rio-Olympics/1100-3328544-110vo6u/index.html>.

Friday 5 August

- IAAF president Sebastian Coe has received death threats on the eve of the Rio Olympics, believed to be linked to his decision to ban Russian athletes from the Games. Coe has contacted the Home Office about the barrage of threatening messages that have appeared on social media. The reports are believed to be linked to his decision to ban Russian athletes from the Games. See <http://www.iol.co.za/olympics-rio-2016/news/iaaf-chief-received-death-threats-2053721>.
- Kenya has been removed from the World Anti-Doping Agency's list of "non-compliant" countries. Kenya twice failed to meet Wada's requests for anti-doping mechanisms to be put in place, with athletes facing special testing before the Rio Games. Wada said new anti-doping legislation introduced by Kenya's parliament is "now deemed to be in line" with the 2015 World Anti-Doping code. See <http://www.bbc.com/sport/olympics/36991060>.

Sunday 7 August

- Russia has been banned from the Rio 2016 Paralympic Games after the International Paralympic Committee (IPC) confirmed it has suspended the membership of the Russian Paralympic Committee. The IPC announced its decision at a media conference overnight in Rio, two weeks after opening suspension proceedings in response to what the McLaren Report alleged was "an unimaginable scale of institutionalised doping in Russian sport that was orchestrated at the highest level." IPC President Sir Philip Craven said the decision was the only appropriate response after the Russian Paralympic Committee failed to provide evidence which disproved the damning findings of the McLaren Report released on July 18. See <https://www.paralympic.org.au/ipc-suspends-russia-from-rio-2016-paralympic-games/>. What to know why they have taken this step – you need look no further than the 2014 Paralympic Winter Olympics medal count

Medals						
						
1		Russian Federation	30	28	22	80
2		Germany	9	5	1	15
3		Canada	7	2	7	16
4		Ukraine	5	9	11	25
5		France	5	3	4	12
6		Slovakia	3	2	2	7
7		Japan	3	1	2	6
8		United States of America	2	7	9	18
9		Austria	2	5	4	11
10		Great Britain	1	3	2	6
11		Norway	1	2	1	4
		Sweden	1	2	1	4
13		Spain	1	1	1	3
14		Netherlands	1	0	0	1
		Switzerland	1	0	0	1
16		Finland	0	1	0	1

- WADA has reacted supportively with its own statement. See <https://www.wada-ama.org/en/media/news/2016-08/wada-statement-on-ipc-decision>.

Monday 8 August

- In an indication of how poorly the current governing bodies have handled the escalating drugs problems, feuds are breaking out across these Games as the athlete omerta over drugs breaks down. American and Australia swimmers have rounded on Chinese and Russian rivals as self-proclaimed 'clean' performers move towards a kind of self-policing in Olympic sport. The scale of this has never been seen before. Add it to the boos that greet Russian athletes as they are introduced for their events and you have some idea of the feeling from spectators and clean athletes alike. See <http://www.telegraph.co.uk/olympics/2016/08/08/rio-olympics-2016-iocs-colossal-failure-of-governance-means-publ/>.
- Now here's an interesting little snippet put out today by the Kenyan Anti Doping Agency. I am sure we will hear more soon. The word is that he was asking for money for advance notification of drugs tests.

Subject: Doping Allegations In The Sunday Times of August 7th 2016

On Sunday 7th August, 2016 the Sunday Times featured allegations against Major Michael Rotich who is the Team Manager for Athletics to the 2016 Rio Olympic Games. Following this, Major Rotich has been removed from the Games Village in Rio and sent back to Kenya.

The Anti-Doping Agency of Kenya (ADAK) has been empowered by the 2016 Anti-Doping Act and has in place Kenya Anti-Doping Rules that govern anti-doping efforts in Kenya. We would like to assure our athletes and Kenyans that these allegations are indeed grave and we will spare no effort in ensuring that any individual(s) associated with doping face justice. Consequently the following are the courses of action that will take place to address this issue:

1. The Directorate of Criminal Investigation to follow the necessary due process to establish whether or not the individual has committed a crime as per the Kenyan Criminal Law (Anti-Doping Act) and prosecute the matter in the courts accordingly.
2. ADAK to immediately begin investigations into the allegations for a possible Anti-Doping Rule Violation. If found within violation of the rules he will be subject to sanctions and any other disciplinary measures in line with the anti-doping rules.

We will keep you apprised on further developments in this case. ADAK's key responsibility is to protect the clean athletes of Kenya and we shall not rest in our mandate.

Tuesday 9 August

- The problems are stacking up for Kenya at the Olympics - the new doping scandal(see above), ineligible athletes, missing plane tickets, and now bad blood between the track and field federation and the national Olympic committee. And their top athletes haven't even set foot on the track in Rio de Janeiro. See <http://www.sportsfan.com.au/problems-everywhere-for-kenya/tabid/91/newsid/207019/default.aspx>.
- The International Judo Federation said on Monday that Kosovo's judo gold medallist Majlinda Kelmendi had refused to take an unscheduled drug test in France ahead of the Rio Games but that the procedure looked "questionable" and any sanction given would not be applied outside France. Just the previous day, Kelmendi made history at the Rio Games by becoming the first athlete from Kosovo to win an Olympic medal. Hmmm. See <http://www.sportsfan.com.au/judo-winner-refused-pre-rio-test/tabid/91/newsid/207032/default.aspx>.

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 Aug 21, 2016 Australian Roadwalk Championships, Mt Stromlo, Canberra, ACT. Entries close Sunday 7th August. See <http://www.athletics.com.au/Compete/Events/australian-winter-race-walking-championships>.
- Sun Aug 28, 2016 Australian Masters 20km Roadwalk Championships, Adelaide, SA. Entries close 20th August. See <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>.

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>
Online entries close August 25th. No late entries accepted.

2016 IAAF Challenge Series (remaining events)

- August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

2017 Australian/Victorian Key Dates

- Sun 26 Mar - Sun 2 Apr Australian Open and Junior T&F Champs, TBA

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
- June 9-12, 2017 Australian Masters T&F Championships, Darwin
- July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
- August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.
- 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	28 th IAAF World Race Walking Team Championships, TBA (It probably won't be Cheboksary now)
July 2018	16 th World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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