



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 17
27 January 2015



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

My Walker of the Week this time around is 41 year old Kelly Ruddick who overcame scorching conditions and some quality opposition to win the Open 5000m at the Victorian Country T&F Championships last Friday afternoon. Her time of 22:24.39 was not a PB but was a quality performance in adverse conditions. Kelly is certainly in top shape heading towards the National 20km championship in Adelaide next month.



Kelly on her way to victory in Bendigo last Friday afternoon

WHAT'S COMING UP

For those teams which topped their regions, the **AV Shield Final** will be held this coming **Saturday 31st January**. Then it's straight into Sunday which sees our next VRWC Roadwalks at Middle Park, with the timetable reading as follows

Sun 1 February 2015, VRWC Road Races, Middle Park		
8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Under 15
10:00am	2km	Under 12
	1km	Under 9

And the action continues the following weekend with the **Canberra Track Classic** on **Sat 7 February** featuring a 5000m walk for our top walkers. Alas, no entry lists for Canberra yet on the AA website. It's all a bit frustrating since entries closed weeks ago!

Don't forget to regularly check the AV calendar – see <http://athsvic.org.au/events/calendar> – for details of upcoming events.

- AV Knockout Round 2 (2000m Walk) Sat 7 Feb 2015 Entries now closed
- Vic Junior T&F Champs 13-15 Feb 2015 Entries still open
- Vic Open T&F Champs 27 Feb – 1 Mar 2015 Entries still open

And a reminder that entries close for the **Australian 20km Summer Championships and Oceania 20km Championships on Friday 30 January**. Enter at <http://www.athletics.com.au/Compete/Online-Entries>. You can also see a list of current entries there. These championships will be held in Adelaide on the morning of Sunday 22 February. Still no details of course or timetable on the AA website – waiting, waiting, waiting!

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 21 JANUARY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: *Good to see Gary Hastie from WA visiting. In Adelaide with his son who is taking part in the 'Tour Down Under'. Also Kevin Finn after an absence of some months.* And it was a great turnout – well done to SAMA!

1000m Walk

1. Geraldine Waites	06:15	W65
2. Adrian Upton	06:19	
3. Seth Upton	06:55	
4. Julia Lycett	07:04	W50
5. Graham Harrison	06:56	M71
6. David Robertson	08:32	M81
7. Gary Hastie	07:12	WA
8. Victoria Upton	05:39	
9. Helen Suridge	06:59	W63
10. Mathew Anderson	08:09	M43
11. Jill Rogers	07:59	W70
12. James Hoare	08:51	M68
13. Leigh Smith	07:13	M79
14. Edna Bates	08:23	W62
15. Kitara Upton	06:22	
16. Colin Trengove	07:42	M77
17. George White	05:13	M69
18. Des Mulqueen	07:10	M68
19. Margaret Trengove	07:11	W70
20. Rodger Barber	07:07	M76
21. Rhiannon Lovegrove	04:46	
22. Chloe Upton	05:46	
23. John Hore	06:58	M66
24. Valmai Padget	07:30	W70
25. Gill White	07:58	W66
26. Jack Russell	05:39	M62
27. Kevin Finn	07:14	M63
28. Chris Williams	06:54	M38
29. Aphy Hughes	08:10	

2000m Walk

	Estimated	Actual	
1. Gill White	16:05	15:53	W66
2. George White	10:31	10:45	M69
3. James Hoare	13:32	13:47	M68
4. Jack Russell	11:33	11:50	M62
5. Gary Hastie	10:00	10:19	WA
6. Bill Starr	13:44	14:06	M72
7. Leigh Smith	14:20	14:43	M79
8. Jill Rogers	16:05	16:23	W70
9. Helen Suridge	13:55	14:20	W63
10. Colin Hainsworth	15:18	15:47	M85
11. Des Mulqueen	14:14	14:53	M68
12. Paul Boyce	16:17	16:45	M78
13. Geraldine Waites	11:46	12:35	W65
14. Valmai Padget	14:51	15:42	W70
15. Linda Whitelaw	14:32	15:24	W60
16. Edna Bates	16:29	16:52	W62
17. Kevin Finn	12:15	14:07	M63

BENDIGO WALKS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 21 JANUARY

Thanks to Paul Rance for his latest report from Bendigo. He explained

In the 1.2km event, Peter Curtis secured handicap honours with a strong but narrow victory and he also claimed fastest time. Sheridan Commons was close up in 2nd place with Caitlyn Tozer 3rd. In the 2.4km event, Jenny Payne scored a fine victory with a personal best effort, with Annette Curtis 2nd and Madison Hill taking 3rd place, Michael Gillies-Smith taking fastest time honours narrowly over Zahra Hayes.

2.4km Handicap

1. Jenny Payne	16.23
2. Annette Curtis	17.23
3. Madison Hill	14.05
4. Zahra Hayes	12.23
5. Norm West	19.16
6. Barb Bryant	14.04
7. John Carter	16.49
8. Michael Gillies-Smith	12.22

1.2km Handicap

1. Peter Curtis	6.09
2. Sheridan Commons	8.00
3. Caitlyn Tozer	10.22
4. Carissa Brook	6.41

VICTORIAN COUNTRY T&F CHAMPS, BENDIGO, 23-25 JANUARY

The Victorian Country T&F Championships were held last weekend in sweltering conditions at the Latrobe University track in Bendigo. I went up there Friday afternoon for the first day of competition and was confronted by a temperature around 35°C. So it was torrid for the walkers who contested the 5000m Open. The question you have to ask – why is the longest track event on the program put on at 4PM, the hottest point of the day?

Anyway, it was a fantastic four way race early on with Kelly Ruddick leading a close packed foursome which also included Alana Barber (NZL), Heather Lewis (GBR) and local Ballarat junior Ross Darlow. Eventually Ross and Heather dropped off but Alana stubbornly held on, only losing contact in the final two laps as Kelly increased her pace and stormed home for a time of 22:24.39. Alana was not far behind in 22:36.20. Alas, Ross retired at 3000m and Heather found out post-race that she had been disqualified. Other winners in the combined race included Michael Gillies-Smith, Shae Wellington and Stephanie George. Not surprisingly, Kelly won the Australia Day Medal for the most outstanding performance of the meet by a female athlete.

Men 5000m Walk Open

1.	Gillies Smith, Mic	65	EAGLEHAWK YMCA AC	29:32.59
2.	Dickenson, Russell	45	SCA	31:57.98
3.	Carter, John	50	SOUTH BENDIGO AC	36:56.34
	Darlow, Ross	98	EUREKA AC	DNF
	Watson, John	50	BENDIGO HARRIERS AC	DQ

Women 5000m Walk Open

1.	Ruddick, Kelly	73	BHA	22:24.39
2.	Barber, Alana	87	NEW ZEALAND X	22:36.20
3.	Whiley, Ebony	95	EAGLEHAWK YMCA AC	31:51.44
4.	Dowie, Ellen	99	EUREKA AC	33:50.53
	Lewis, Heather	93	WALES X	DQ

Men 5000m Walk U20

1.	Wellington, Shea	97	KSB X	28:07.36
2.	Cain, Lewis	97	BENDIGO HARRIERS AC	41:49.00

Women 5000m Walk U20

1.	George, Stephanie	96	SCA	26:41.69
2.	Boldiston, Zoe	97	SOUTH BENDIGO AC	28:11.85
3.	Irons, Julia	98	KSB X	34:52.53



Kelly leads Alana Barber, Ross Darlow, Heather Lewis and Shae Wellington in Bendigo

The remaining walks were held in similar conditions on the Saturday, with Ross Darlow making sure he finished this time with a good 13:04.58 in the 3000m walk. Other good walks by Zahra Hayes, Michael Gillies-Smith and Hether Carr.

Men 3000m Walk U18

1.	Darlow, Ross	98	EUREKA AC	13:04.58
----	--------------	----	-----------	----------

Women 3000m Walk U18				
1.	Dowie, Ellen	99	UREKA AC	18:35.68
Women 3000m Walk U16				
1.	Hayes, Zahra	01	SOUTH BENDIGO AC	15:20.24
2.	Pear, Jemma	01	BYC	15:59.36
3.	Noonan, Emily	00	COL X	17:31.42
4.	Hill, Madison	00	SOUTH BENDIGO AC	18:42.28
Women 1500m Walk U14				
1.	Pear, Alanna	03	BYC	8:06.47
2.	Noonan, Claire	04	COL X	8:36.97
3.	Hill, Matilda	02	BYC	10:16.80
Men 5000m Walk 40+				
1	M40+ Gillies Smith, Mic	65	EAGLEHAWK YMCA	29:32.59
2	M40+ Salvador, Gavin	65	BENDIGO HARRIERS	45:25.03
Men 1500m Walk 60+				
1	M60+ Dickenson, Russell	45	SCA	8:42.34
2	M60+ Carter, John	50	SOUTH BENDIGO AC	10:23.59
3	M60+ Watson, John	50	BENDIGO HARRIERS	DQ
Women 3000m Walk				
1	W50+ Major, Annette	62	EAGLEHAWK YMCA	17:55.29
2	W50+ Schlicht, Kate	59	CHI	21:14.21
3	W50+ Curtis, Annette	56	SOUTH BENDIGO AC	22:26.39
Women 1500m Walk 60+				
1	W60+ Carr, Heather	49	EAGLEHAWK YMCA	8:25.80

NSW COUNTRY & F CHAMPIONSHIPS, HUNTER SPORTS CENTRE, GLENDALE, 23-25 JANUARY

NSW, like Victoria, hosted its annual Country T&F Championships last weekend and, just as in Victoria, conditions were extremely hot, with high humidity thrown in. The walk of the meet had to go to Tyler Jones whose 3000m time of 13:03.89 sliced over 1 minute from the U18 meet record. Special mention also to Dylan Richardson who won the U17 3000m (14:28.33) and the U16 1500m (6:50.08).

Women 3000m Walk 16 yrs				
1.	Goodhew, Chelsea	16	Westlakes At	15:03.11
2.	Pitcher, Allanah	12	Mingara Athl	15:54.48
3.	McKay, Sybella	12	Athletics NS	17:48.54
4.	Bolton, Hannah	12	Mingara Athl	19:19.17
5.	O'Neill, Molly	15	Adamstown Ne	19:24.79
6.	Martin, Fiona	14	Coffs Harbou	20:13.17
Men 3000m Walk 16 yrs				
1.	Richardson, Dylan	15	Mingara Athl	14:28.33
2.	Clay, James	16	Athletics Wo	16:32.21
3.	Tebbutt, Oscar	14	Athletics NS	16:52.49
4.	Tebbutt, Archie	11	Athletics NS	17:31.45
5.	McGinniskin, Cory	16	Edgeworth an	19:09.47
6.	McGinniskin, Jack	13	Edgeworth an	20:19.98
7.	McConville, Corey	13	Nowra Athlet	20:26.40
Women 3000m Walk 17 yrs				
1.	Robson, Natalia	17	Coffs Harbou	20:20.46
Men 3000m Walk 17 yrs				
1.	Jones, Tyler	17	Mingara Athl	13:03.89
2.	Owen, Damien	17	Forster Athl	14:57.06
3.	Martin, Timothy	17	Coffs Harbou	16:17.98
Women 3000m Walk 18/19 yrs				
1.	Mckay, Lydia	18	Mingara Athl	16:58.46
2.	Moore, Dianne	19	Athletics Wo	22:30.41
Men 3000m Walk 18/19 yrs				
1.	Gibbons, Carl	19	Westlakes At 1	13:31.84

Women Masters 3000m Walk

1	39-39	Sundstrom, Jodie	36	Illawarra Bl	27:12.31
1	40-49	Martin, Anthea	48	Coffs Harbou	18:25.80
1	50-59	Owen, Karen	52	Forster Athl	21:20.12
2	50-59	Stallard, Trish	57	Nsw Masters	21:59.01
3	50-59	Wallace, Helen	54	Port Stephen	25:28.72
1	60+	Brown, Judy	65	Nsw Masters	24:15.09

Men Masters 3000m Walk

1	40-49	Koopmans, Rodney	41	Woolgoolga A	16:44.38
1	50-59	Mckay, Mark	57	Gosford Athl	19:37.28
2	50-59	Rowe, Gregory	54	Mingara Athl	21:38.53
1	60-69	West, John	65	Nsw Masters	21:42.27
1	70+	White, Baden	71	Athletics NS	24:50.59

Men 1500m Walk 15 yrs

1.	Richardson, Dylan	15	Mingara Athl	6:50.08
2.	Tebbutt, Oscar	14	Athletics NS	7:40.91
3.	Tebbutt, Archie	11	Athletics NS	8:17.00
4.	McGinniskin, Jack	13	Edgeworth an	9:19.89
5.	McConville, Corey	13	Nowra Athlet	9:28.35
6.	Vesper, Ryan	10	Mingara Athl	10:14.52

Women 1500m Walk 15 yrs

1.	Pitcher, Allanah	12	Mingara Athl	7:33.43
2.	Owen, Madeline	14	Forster Athl	7:55.95
3.	McKay, Sybella	12	Athletics NS	8:01.28
4.	Bolton, Hannah	12	Mingara Athl	8:03.78
5.	O'Neill, Molly	15	Adamstown Ne	8:20.85
6.	Martin, Fiona	14	Coffs Harbou	9:09.08
7.	McLoughlin, Chloe	11	Gosford Athl	10:05.26
8.	Blake, Tanisha	13	Wyong Athlet	11:03.91



Tyler Jones on his way to victory in the U18 3000m last Saturday

QLD CLUB CHAMPIONSHIPS, SAC, BRISBANE, SATURDAY 24 JANUARY

Queensland walkers were back on the track on Saturday afternoon with the Queensland Club Championships. 15 year old Katie Hayward was the standout walker with her time of 14:48.98 in the U16 3000m.

Women 3000m Walk U14

1.	Schofield, Amelia	12	Gold Coast Victory	17:00.60
2.	Hannigan, Caitlin	13	Gold Coast Victory	18:41.82
3.	Wales, Amelia	13	Gold Coast Victory	21:35.66
4.	Willoughby, Emily	12	Jimboomba	25:32.86
	Schofield, Isabella	13	Gold Coast Victory	DQ

Men 3000m Walk U14

1.	hinton, Kobe	13	Gold Coast Victory	18:36.60
	Jeffrey, Ben	13	Qeii Track Club	DQ
	McCutcheon, Nelson	13	Qeii Track Club	DQ
	Buchhorn, Adam	12	Thompson Estate	DQ

Women 3000m Walk U16

1.	Hayward, Katie	15	Qrw	13:48.98
2.	Chapman, Tenyka	14	Gold Coast Victory	16:28.42
3.	Smith, Clancy	15	Noosa	17:07.15

Men 3000m Walk U16

1.	Clarke, Ethan	14	QA	17:44.57
	Stovin, Jamison	14	Gold Coast Victory	DQ

Women 5000m Walk U18

1.	Brackin, Aimee	16	University of Qld	31:07.09
----	----------------	----	-------------------	----------

Men 3000m Walk U18

2.	McCutcheon, Luke	17	Qeii Track Club	13:36.72
3.	McCutcheon, Jamie	16	Qeii Track Club	15:21.34

ATHLETICS SA INTERCLUB, SA ATHLETIC STADIUM, MILE END, SATURDAY 24 JANUARY

Rhiannon Lovegrove and Jake Vidler fought out the 2000m walk in Adelaide last Saturday, Rhiannon eventually winning with 9:38.68.

2000 Metre Walk

1.	Rhiannon Lovegrove	W14	PORT ADELAIDE	9:38.68
2.	Jake Vidler	M14	SOUTHERN	9:40.79
3.	Alix Harlington	M15	SALISBURY	9:41.08
4.	Samantha Findlay	W17	SOUTHERN	10:51.95
5.	Felicity Henderson-Wilson	W18	ATHLETICS SA	11:27.44
6.	Tristan Camilleri	M13	COAST DISTRICTS	12:38.20
7.	Matthew Lovell	M48	SOUTHERN	13:40.00

METZ INDOOR MEET, METZ, FRANCE, SATURDAY 24 JANUARY
--

Thanks to Emmanuel Tardi for sending this result through. Jean Blancheteau beat the indoor French Junior 5000m Indoor record last Saturday in Metz with a time of 20:41.80. The previous record had been held by Anthony Gillet with 20:48.44 in 1995. Although Gillet has lost his indoor record, he still holds the outdoor junior record with a time of 19:56.14.

5000m Indoor

1.	BLANCHETEAU Jean	Athle bourgogne sud	JUM/96	20:41.80
2.	HYPOLITE Thibault	A. sarreguemines sarrebourg a	JUM/97	21:46.60
3.	KUSTER David	Pca / Csl neuf-brisach	CAM/99	22:27.51
4.	SCHMITT Benjamin	Ana / Sg la wantzenau	SEM/87	23:07.93
5.	VAXELAIRE Noel	Cohm / So bressaude	VEM/54	25:20.35
6.	RODIER David	Us toul atletisme	VEM/70	26:08.47
7.	CAHU Josselin	Dsa / Doubs sud atletisme besancon	ESM/93	26:13.45
8.	FLANDIN Guillaume	Asptt nancy *	ESM/93	26:19.69
9.	PETER Vincent	Sport athletic verdunois	VEM/72	28:59.98
10.	SPIESER Jean-paul	Avec / association bruyeres athle	VEM/63	DQ

WELLINGTON CAPITAL CLASSIC, WELLINGTON, NZL, FRIDAY 23 JANUARY

Quentin Rew added another New Zealand record to his growing list of achievements, winning the 3000m race walk in the Wellington Capital Classic in a PB time of 11:15.20 and lowering the national record held by Commonwealth Games medallist Craig Barrett by over six seconds. PBs were also on for Johathon Lord (12:26.21) and Jared Free (13:28.18). Well done everyone.

Men 3000m Race Walk

1.	Quentin REW	NZL	84	11:15.20
2.	Jonathon LORD	NZL	96	12:26.21
3.	Jared FREE	NZL	97	13:27.18
4.	Jamie SHAW	NZL		14:00.17

Women 3000m Race Walk

1. Roseanne ROBINSON NZL 90 14:13.67



Quentin Rew (left) on his way to an NZ 3000m record in Wellington last weekend

Athletics Canterbury Meeting, Aorangi Park, NZ, Saturday 24 January

Courtney Ruske was also in action in Christchurch on the weekend, winning in a PB time of 13:36. It is great to see NZ walking growing in strength once again.

3000m Walk

1. Courtney Ruske 13:36.31
2. Roseanne Robinson 14:00.89

IRISH U20 & U23 INDOOR CHAMPS, ATHLLONE, IRELAND, 24-25 JANUARY

Luke Hickey was the standout in the Irish U20 and U23 Indoor Champs last weekend, walking the 3000m in 12:04.37.

Men U20 3000m Race Walk indoor

1. Aaron EGAN IRL 97 12:59.84

Men U23 3000m Race Walk indoor

1. Luke HICKEY IRL 94 12:04.37
2. Evan LYNCH IRL 95 12:18.76

Women U20 3000m Race Walk indoor

1. Veronica BURKE IRL 96 14:52.38

NATIONAL CLUB QUALIFIERS, POMPAL AND BRAGA, PORTUGAL, 24-25 JANUARY

Vera Santos and Sergio Vieira were the top qualifiers in the National Clubs Championships indoor meets held in Pombal and Braga last weekend, scoring maximum points for their clubs. The top clubs will now contest the finals on the weekend of 21-22 February. Well reported by omarchador: <http://omarchador.blogspot.pt/2015/01/vera-santos-e-sergio-vieira-lideraram.html>

5000m Men (top 10)

1. Sérgio Vieira 1976 SL Benfica 19:29.17 1, Pombal 25/1
2. Miguel Carvalho 1994 CN Rio Maior 20:06.11 1, Pombal 24/1
3. Pedro Martins 1968 CA Seia 21:12.82 2, Pombal 25/1
4. António Pereira 1975 CCS João da Madeira 21:41.84 1, Braga 24/1
5. Augusto Cardoso 1970 ACR Senhora Desterro 22:01.45 2, Pombal 24/1
6. Luís Pássaro 1994 GC Amizade Donas 22:22.77 3, Pombal 25/1
7. Hélder Santos 1996 Gira Sol-RC 22:29.23 4, Pombal 25/1
8. Pedro Miguel Santos 1992 J Vidigalense 22:57.46 5, Pombal 25/1
9. Vasco Santos 1998 CA Marinha Grande 24:29.36 6, Pombal 25/1
10. Jaime Santos 1972 GRECAS 24:30.80 3, Pombal 24/1

3000m Women (top 10)

1.	Vera Santos	1981	Sporting CP	13:03.49	1, Pombal 24/1
2.	Mara Ribeiro	1995	CN Rio Maior	13:18.78	2, Pombal 24/1
3.	Mariana Mota	1995	SL Benfica	14:03.49	1, Pombal 25/1
4.	Sandra Silva	1975	GRECAS	14:24.61	3, Pombal 24/1
5.	Vitória Oliveira	1992	J Vidigalense	14:26.34	2, Pombal 25/1
6.	Liliana Martins	1990	GC Amizade Donas	15:08.31	3, Pombal 25/1
7.	Sofia Avoila	1976	JO Monte Abraão	15:09.73	4, Pombal 24/1
8.	Ana Raquel Marques	1983	ACR Senhora Desterro	15:25.63	5, Pombal 24/1
9.	Sandra Leitão	1975	ADRE Palhaça	15:35.82	6, Pombal 24/1
10.	Carla Monteiro	1982	CA Seia	15:37.94	4, Pombal 25/1

NEW BALANCE GAMES, THE ARMORY, NEW YORK, 23-24 JANUARY

Good walking by Meaghan Podlaski in the Invitational Varsity walk at the new Balance Games in New York - no walk for the men on the program so only the one set of results to report.

Full meet results at http://www.armorytrack.com/gprofile.php?do=view_event&event_id=1066&mgroup_id=45586&year=2015.

Girls 1500m Walk Invitational Varsity

1.	Podlaski, Meaghan	Colonie	6:47.24
2.	Mandel, Tara	Farmingdale	7:35.88
3.	cervantes, dulce	Townsend Har	7:46.05
4.	Wu, Jane	Brooklyn Tec	7:48.62
5.	Sanabria, Shantall	New Rochelle	7:50.02
6.	Mathews, Kiera	Pearl River	7:52.36
7.	Fox, Audrey	New Rochelle	7:58.40
8.	Hasan-Hafez, Liela	Brooklyn Tec	8:10.92
9.	Gonzalez, Victoria	Bayside	8:14.00
10.	liu, wendy	Townsend Har	8:17.08
11.	Wang, Wennie	Brooklyn Tec	8:22.23
12.	Su, Karen	Townsend Har	8:25.71
13.	McGhean, Shannon	Gen. Douglas	8:56.93

INDOOR MEET, BERGEN, NORWAY, SATURDAY 24 JANUARY

Erik Tysse was just over a second outside Erling Andersen's Norwegian 3000m indoor record of 11:16.3 (set 1988) with his winning time of 11:17.33 last Saturday in Bergen.. Second place went to Havard Haukenes with 11:46.05 (a 55 sec PB), moving him to third on the Norwegian all-times list. Interestingly, 54 year old Andersen was in the field, finishing 4th with 16:25.63.

3000m Indoor

1.	Erik Tysse	80	Norna-Salhus IL	11:17.33
2.	Håvard Haukenes	90	Gular, IL	11:46.05
3.	Petter Strømme	94	Viking, TIF	16:21.97
4.	Erling Andersen	60	Søfteland TIL	16:25.63
5.	Syver Andersen Morvik	93	Viking, TIF	18:37.49

LONDON INDOOR GAMES, LEE VALLEY, LONDON, SUNDAY 25 JANUARY

There were two racewalks (U13 & U15 1000m and U17 and upwards 3000m) at the London Indoor Games at Lee Valley on Sunday with Lucy Lewis Ward winning the 1000m (5:02.91) and Callum Wilkinson winning the 3000m (12:28.62). Lots of photos from Mark Easton at <http://markeaston.zenfolio.com/f172136977>.

1000m Walk Indoors (U13 and U15)

1.	Lucy Lewis Ward	W	U15	05:02.91
2.	Evie Butcher	W	U15	05:05.49
3.	Molly Meleady-Hanley	W	U13	05:32.73
4.	Suki Ly	W	U13	05:35.95
5.	Beatrice Fury	W	U15	05:57.61
6.	Katie Elliott	W	U17	06:14.20
7.	Kathryn Harris	W	U15	06:14.20
8.	George Wilkinson	W	SEN	06:38.39
9.	Emma Ratcliffe	W	U13	06:47.33
10.	Mia Loten	W	U15	06:54.24

3000m Walk Indoors (U17 Upwards)

1.	Callum Wilkinson	M	U20	12:28.62
----	------------------	---	-----	----------

2.	Luc Legon	M	U20	13:52.44
3.	Francisco Reis	M	V50	13:55.98
4.	Timothy Snook	M	U20	14:14.45
5.	Christopher Snook	M	U17	14:52.84
6.	Sophie Lewis Ward	W	U17	14:53.34
7.	Steve Allen	M	V55	15:49.23
8.	Malcolm Martin	M	V35	15:59.32
9.	Penelope Cummings	W	V35	16:31.96
10.	Ollie Hopkins	M	U17	18:02.18
11.	Abigail Jennings	W	U17	18:36.21
12.	Indigo Burgin	W	U17	18:49.27
13.	Angela Martin	W	SEN	20:09.19
14.	Geraldine Legon	W	V55	20:11.95
15.	Anchalee Suppa	W	SEN	21:09.55

EUROPEAN ROUNDUP

A quick roundup of a few other recent European indoor results.

Indoor meet, Nice, France, Sunday 18 January

Women 3000m Race Walk

1.	Federica FERRARO	ITA	88	13:16.88
2.	Ines PASTORINO	FRA	92	14:35.59

Romanian University Indoor Champs, Bucharest, Romania, 24-25 January

Men 5000m Race Walk indoor

1.	Catalin Vasile SUHANI	ROU	91	21:47.05
2.	Maricel NECULA	ROU	96	23:26.78
3.	Andrei GAFITA (OC)	ROU	94	22:30.99
4.	Victoras Ionut DOGARU (OC)	ROU	97	22:59.98
5.	Stefan Cristian MANGU (OC)	ROU	99	23:22.59

Women 3000m Race Walk indoor

1.	Alexandra Iuliana AICHIMOAEI	ROU	93	14:31.02
2.	Ioana AGAPI	ROU	93	15:43.31
3.	Andra Elena BOTEZ (OC)	ROU	0	14:37.78

Indoor meet, Gent, Belgium, Saturday 24 January

Men 5000m Race Walk indoor

1.	Amaury LAMIAUX	FRA	96	24:16.53
2.	Ludwig RENARD	BEL	94	25:32.38

Women 3000m Race Walk indoor

1.	Myriam NICOLAS	BEL	63	15:46.39
----	----------------	-----	----	----------

Indoor meet, Kaunas, Lithuania, 20-21 January

Men 5000m Race Walk indoor

1.	Normantas PETRISA	LTU	94	21:58.61
----	-------------------	-----	----	----------

BITS AND PIECES

omarchador.blogspot had its usual busy week with 8 press releases this week.

- Mon 26 Jan - Vera Santos and Sergio Vieira were the top qualifiers in the National Clubs Championships qualifiers in Pompal and Braga last weekend – see <http://omarchador.blogspot.pt/2015/01/vera-santos-e-sergio-vieira-lideraram.html>
- Sun 25 Jan - Results of Greek 50km champs meet from Sun 18 January
<http://omarchador.blogspot.com.au/2015/01/campeonatos-da-grecia-de-50-km-em.html>
- Sat 24 Jan - Preview of the Helder Oliveira racewalk meet to be held in Olhão on Sun 25 Jan
<http://omarchador.blogspot.com.au/2015/01/helder-oliveira-apadrinha-marcha.html>

- Sat 24 Jan - Preview of this Sunday's Portuguese Club Championship indoor walks in Braga and Pampal
<http://omarchador.blogspot.com.au/2015/01/clubes-disputam-apuramento-na-pista.html>
- Fri 23 Jan - Results of Portuguese "Cidade de Cáceres" meet held on Sat 17 Jan
<http://omarchador.blogspot.com.au/2015/01/caceres-disputou-o-seu-primeiro-trofeu.html>
- Thu 22 Jan - Kaniskina to be dismissed as director of Saransk walks school
<http://omarchador.blogspot.com.au/2015/01/kaniskina-vai-ser-demitida-do-centro-de.html>
- Wed 21 Jan - Russian suspends 5 of its top walkers after biological passport irregularities
<http://omarchador.blogspot.com.au/2015/01/rusada-suspende-kaniskina-kirdyapkin-e.html>
<http://omarchador.blogspot.com.au/2015/01/esclarecimento-da-aifa.html>
- Tue 20 Jan - Announcement of Racewalk Challenge meet to be held in Portuguese city of Olhão this Sunday.
<http://omarchador.blogspot.com.au/2015/01/esclarecimento-da-aifa.html>

marciadalmondo has also been busy with 7 press releases of its own.

Italian based Chinese squad, training under Sandro Damilano, held unofficial timetrials last Sunday.
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1986

- Italian walker Federica Ferraro started her 2015 racing year with a win in Nice on Sunday 18th January.
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1985
- Great article on the great Jefferson Perez and his life since he retired in 2008.
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1984
- Marciadalmondo summarises the current Russian drugs saga and decides to desist from further comment now that the IAAF is investigating. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1983
- Marciadalmondo publishes in pdf format all 10 lectures from this month's Greek Racewalk Judge seminar which was held in Athens on Sat 17 Jan. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1982
- With the IAAF confirming the latest Russians drugs bans, Marciadalmondo rewrites the results from the 2009 and 2011 IAAF World Champs. See http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1981
- Marciadalmondo breaks the news of extensive drugs bans for 5 further high profile Russian walkers
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1980

#BANCHEGIN

I noted with interest the press release put out by Marciadalmondo on Thursday 22nd January, summarising the current Russian drugs saga and announcing that it will desist from further comment now that the IAAF is investigating (see full article at http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1983). I have decided to follow suite but I might as well go out with a bang so here goes with my hopefully final instalment. Of course, if there are more big bombshells, I reserve the right to comment on them.

How to start? I have decided to reproduce my actions wishlist from my newsletter StopPress of last Wednesday and comment on how each is tracking.

- [Ban Viktor Chegin for life \(#banchegin\)](#)

Sadly, nothing specific to report here but it's only a matter of time.

- [Extend the bans just announced on the newest 5 Russian drugs cheats to include the 2012 Olympics. Anything less is allowing Russia to win yet again.](#)
- The non-Russian racewalking fraternity certainly want this. Jared Tallent is forthcoming on where he hopes to see it all go. According to him, it could all end up in the Court of Arbitration for Sport if the IAAF or World Anti-Doping Agency decide to appeal the Russian ruling, seeking tougher punishment. *"I can see them definitely going for it, Athletics Australia and the Australian Olympic Committee are going to pressure WADA to get an appeal anyway, on my behalf."* See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=1138992&ref=rss

I was copied in on a recent email by Peter Marlow which stated that *"The Olympic Committee will look at the results of the last two Olympics and four gold medallist in race walking have been found guilty of doping. We have a meeting of the IAAF Race Walking Committee in ten days and top of the agenda is the Olympics."*

- Investigate why the Directorship of the Saransk School of Walking was awarded to Olga Kaniskina when she was under ongoing investigation re passport anomalies and facing almost certain bans.

A quick win here already. Russian Sports Minister Vitaly Mutko announced on Wednesday that Kaniskina would step down immediately as the head of Russia's Walks Training Centre, See <http://www.sbs.com.au/news/article/2015/01/22/banned-russian-walker-kaniskina-quit-executive-role>

- Investigate why Sergey Morozov, who is banned for life, was on the Russian feed station at the 2014 World Cup 50km race, official lanyard and all. This was reported to the IAAF in May last year – nothing has been heard since. Rumour has it that he continues to be associated with the Saransk School of Walking.

It has taken 8 months and the ongoing spotlight from the latest embarrassing drugs related issues, but the IAAF has finally announced it is opening an investigation into why Morozov is listed as a coach on the website of the Olympic Training Center despite being handed a life ban in 2012. Presumably that will also look at why he was seemingly in the official Russian World Cup admin team in Saransk. See <http://www.insidethegames.biz/sports/summer/athletics/1025048-new-russian-government-post-to-be-introduced-to-tackle-doping-crisis> and http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11390497&ref=rss.

- Make a quick decision on extending the bans on the currently banned walkers who competed in the Mordovian Indoor champs – Kirdyapkin, Bakulin, Medvedeva and Lashmanova. Their bans now need to be extended until Dec 30th 2016.

The consensus, even amongst the Russian hierarchy, is that if proven (and that seems now to be the case), then ban extensions are automatic. The first cab off the rank appears to be Lashmanova. Apparently, the IAAF has sent a letter to the Russian Athletics Federation confirming Lashmanova's violation and she will now miss the 2016 Olympic Games. See <http://sobesednik.ru/sport/20150122-taynoe-pismo-iaaf-podtverdilo-zhestkoe-nakazanie-lashmanovoy>

- Identify the people who allowed banned walkers to compete in the Mordovian Champs and then tried to cover it up with false pictures and blatant lies. We certainly know one of the names - Dmitry Fedotov was the organizer of the event and an employee of the Saransk Walking School. They need to be banned as well. There are no extenuating circumstances here!

Nothing announced here yet. We continue to wait for dominoes to start falling further down the food chain.

- The entire Saransk School of Walking needs to be sanctioned. I would push for complete shutdown for a period of at least 6 months, before eventual reopening (if they so desire) with a new name (you can't possibly continue to call it after Chegin!) and with completely new staff.

The Russians are taking a different tack, announcing that the centre is to be brought under national control but that a major cleanout of staff is still envisaged. Alas, I can't find the link to that statement – I have seen so many articles and statements in the last week or so.

- It is well within the IAAF's right to hand down a sanction to the entire Russian Athletics Federation given the number of violations and attempted coverups. These rights can be found under section 14.7 of the IAAF Constitution. So how about they ban Russia from the 2015 IAAF Championships. What clearer message could be sent.

Well, the Russians are certainly taking this one seriously. Russian Athletics Federation chief Valentin Balakhnichev has said he is ready to step down from his post if needed (or pushed?) and that he definitely won't seek another term when he comes up for re-election next year. The latest bans have also angered the country's sports minister Vitaly Mutko, who has announced his intention to purge the Russian Athletics Federation. See <http://www.sportsfan.com.au/russian-athletics-boss-ready-to-resign/tabid/91/newsid/152206/default.aspx>

For starters, a new Government ministerial position is to be introduced specifically to combat doping in Russia. The Deputy Minister position, announced by Mutko, will see the post-holder working beneath Mutko, taking responsibility for all affairs involving doping, including the independence of the Russian Anti Doping Agency. Of course, it's a case of pie in the face for Mutko, who dismissed the allegations of German TV Station ARD last month but who is now backtracking as fast as he can. See <http://www.insidethegames.biz/sports/summer/athletics/1025048-new-russian-government-post-to-be-introduced-to-tackle-doping-crisis>

Following on from this, Valentin Maslakov, head coach of the Russian athletics team since 2007, offered his letter of resignation last Friday. See <http://www.insidethegames.biz/sports/summer/athletics/1025076-head-coach-of-russian-athletics-team-resigns-amid-doping-crisis>

And they need to take it seriously. Australia's Jared Tallent is one of a number of high profile people calling for a blanket ban on Russians in light of the most recent announcements. See <http://www.canberratimes.com.au/sport/jared-tallent-furious-doping-russians-get-to-keep-olympic-gold-20150121-12uwkg.html>

- Take the 2016 and 2018 Racewalking World Cups away from Russia (they are currently allocated to Cheboksary) and put them out to tender again for new bids.

Athletics Australia has come in strongly on this one (see <http://www.athletics.com.au/News/iaaf-must-act-grace>) with AA President David Grace advising he will ask the IAAF to review whether it continues to be appropriate for the Russian city of Cheboksary to remain the host of the next two editions of the World Race Walking Cup which in the future is to be known as the World Race Walking Team Championships.

"As we now know when another Russian city Saransk hosted the event in 2012 the two home team athletes who crossed the line ahead of Jared were cheating by doping. Whilst the gold medal he Jared will now receive is some consolation for him, for us it does not seem appropriate for the event to return to Russia for two consecutive editions when so much cloud hangs over the delivery of race walking events in that country and in the preparation of its own athletes to take part in them. We are sure that the IAAF Council took that decision in good faith at the time but now circumstances have changed and that means they should take a fresh look at it."

From my own perspective, what better place to hold the 2016 World Cup than in Rio, as an Olympic warmup event using the same course that the Olympics will use, along the Copacabana.

- Fully investigate why it has taken over 2 years for these biological passport cases to be finally resolved and why there was complete secrecy during those entire two years. This is contrary to the rules and is just plain unacceptable.

No action here and we may not hear much on this one for some time as the IAAF and associated bodies struggle to keep the lid on what may turn out to be some major mismanagement issues.

Well, that's a quick summary of where things lie at the moment. To finish off, a few more snippets.

- It doesn't get any better for Russia as yet another Russian 2012 Olympic gold medallist goes down - 3,000 meters steeplechase champion Yulia Zaripova, who also won gold at the 2011 World Championships in Daegu and silver in the 1009 World Championships in Berlin, has recorded extreme blood values which are highly indicative of doping. An IAAF spokesperson confirmed that this is yet another Athlete Biological Passport Case, adding that the athlete had voluntarily withdrawn from competition in late July 2013, and that a decision is now expected soon. If found guilty, she is set to be stripped of her 2012 Olympic gold medal, with silver medallist Habiba Ghribi of Tunisia set to be promoted to gold, while Sofia Assefa of Ethiopia and Milcah Chemos of Kenya could move up to silver and bronze. See <http://www.all-athletics.com/en-us/2015-01-24/another-russian-olympic-champion-accused-doping-iaaf-verdict-imminent>.

- And to finish off, a quick summary of why this is such a serious situation. The IAAF has confirmed that, of the 37 athletes in total from all nations who have been sanctioned since the Athlete Biological Passport (ABP) program was launched in 2009, 23 are Russian (see <http://www.supersport.com/athletics/article.aspx?Id=2821584>). That is a huge statistic and says it all. To quote from the IAAF press release:

"The number of Russian doping cases in athletics generally, and in race walking specifically, is a major concern for the IAAF and we are fully investigating recent doping allegations in Russian athletics, with WADA's support."

- Jared Tallent of Australia and Olive Loughnane of Ireland are amongst the walkers who will be now be recognised as IAAF World Championship Gold Medallists. And both were scatching of Russia and Russian walkers. To quote from Loughnane: *"I wasn't surprised when the announcement was made - I always thought that it would come out."* Some nice links at

<http://www.bbc.com/sport/0/athletics/30922172>

<http://www.theage.com.au/sport/jared-tallent-furious-doping-russians-get-to-keep-olympic-gold-20150121-12uwkg.html>

<https://soundcloud.com/sen1116/the-run-home-jared-tallent> (radio interview with Jared last week)

- Let's get fair dinkum here. This is nothing new. Allegations against Chegin and his walkers were raised after the 2008 Olympics and it has taken a further 6 years for Athlete Biological Passport testing to confirm what we all knew to be the case - that many Russian victories over the recent past were drugs assisted. Here is a prescient newspaper article from 2008: <http://www.theaustralian.com.au/news/australian-jared-tallent-wins-bronze-medal-in-20km-walk-then-slams-russian-winner/story-e6frg6n6-111117211545>

- Now let's focus on the 2012 Russian Olympic Walks Team – 9 walkers in total, of whom 7 are on current drugs bans and one of the remaining two is married to one of those on a drugs ban.

20km Women Elena Lashmanova – 1st – currently on 2 year ban
 Olga Kaniskina – 2nd - currently banned for 3 years and 2 months
 Anisya Kirdyapkina – 5th – not banned yet but married to currently banned Sergey Kirdyapkin

20km Men Andrey Krivov – 37th – has dodged the bullets so far
 Valeriy Borchin – DNF – on an 8 year ban after a second offence
 Vladimir Kanaykin – DQ - on a lifetime ban after a second offence

50km Men Sergey Kirdyapkin – 1st - currently banned for 3 years and 2 months
 Igor Yerokhin – 5th - on a lifetime ban after a second offence

Sergey Bakulin – 6th - currently banned for 3 years and 2 months

Grand total: (2 x life bans for Erokhin and Kanaykin) + (1 x 8 yrs for Borchin) + (3 x 3yrs & 2 months to Bakulin, Kirdyapkin, and Kaniskina) + (1 x 2yrs to Lashmanova) = 2 x life + 19 and ½ years

Collectively, these walkers have won at least 20 individual medals at OG, WC and WWC – and in my opinion they should all be taken away from them and distributed to the real winners (ie the clean walkers).

4 x Olympic Gold medals (Borchin 08, Kaniskina 08, Lashmanova 12, Kirdyapkin 12)
1 x Olympic silver medal (Kaniskina 12)
8 x World Championship Gold medals Borchin 09&11, Kaniskina 09&11, Kirdyapkin 05&09, Bakulin 11, Lashmanova 13
1 x Olympic silver medal (Kaniskina 12)
3 x World Walking Cup Gold medals (Kaniskina 08, Kirdyapkin 12, Lashmanova 12,
2 x World Walking Cup silver medals (Kaniskina 12, Borchin 08, Erokhin 12
1 x World Walking Cup Bronze (Kanaykin 12)

And that does not even take into account the many other medals achieved by them in World Youth, World Juniors, European Junior / U23 / Open and in World University Games, etc. When it's long term drugs usage, who can say when it first starts. All results have to be suspect.

A sobering thought - if you take the convicted Russian drugs cheats and Cheginites out of the results, Jared Tallent's record since 2008 would read as Olympic Games: 2G & 1S; IAAF World Champs: 1G & 1S; IAAF World Cup: 2G & 1B.

Final word - #BANCHEGIN!

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.

2014/2015 Australian/Victorian Summer Season Key Dates

Sun Feb 1, 2015 VRWC Roadwalks, Middle Park, VIC
Sat Feb 7, 2015 Canberra Track Classic (5000m Walks), Canberra, ACT
Sun Feb 8, 2015 VMA 5000m Walk Champs and VRWC track races, Mentone Athletics Track, Mentone, VIC
Sun Feb 22, 2015 Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA.
Entries close on Fri 30 January. Enter at <http://www.athletics.com.au/Compete/Online-Entries>
Mar 11-15, 2015 Australian Junior T&F Championships, Sydney, NSW
Mar 14-15, 2015 2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015 Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

2015 IAAF Race Walking Challenge Dates

Feb 22, 2015	Oceania Race Walk Championships	Adelaide, AUSTRALIA
May 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11th European Cup Race Walking	Ivano-Frankivsk, UKRAINE
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Looking further forward

July 3-14, 2015 28th Summer Universiade, Gwanju, South Korea
July 15-19, 2015 9th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015 15th IAAF World Championships in Athletics, Beijing, China. See <http://www.iaafbeijing2015.com>
July/Aug 2015 20th World Masters T&F Champs Stadia, Lyon, France
Aug 15-16, 2015 **104th Centurions 100 Miles qualifying walk**, Castletown, Isle of Man
See <http://www.isleofman100milewalk.co.uk/index.html>
Oct 3-10, 2015 Australian Masters Games, Adelaide, SA
Nov 21-29, 2015 Pacific Schools Games, Adelaide, SA

May 2016 27th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016 16th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Aug 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.org.br/en/Default.aspx>
July 2017 10th World Youth T&F Championships, Nairobi, Kenya
July 2017 29th Summer Universiade, Taipei, Taiwan

August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 90125431 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)