



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKER OF THE WEEK - JARED TALLENT

With the Russian drugs scandal now centre stage, it is time to acknowledge the central role played by Australia's Jared Tallent in keeping this issue alive for so many years, often facing considerable personal criticism in the process. Even now, his leadership continues as he carries on with his role as the conscience of athletics. This article from this morning's Melbourne Age is a good example of the inpetus Jared continues to provide.

Article snippet titled 'Tallent backs Russian ban' with sub-header 'Athletics Jon Tuxworth'. Includes a photo of Jared Tallent and text discussing the Russian doping scandal and Tallent's stance.

And what he says is true – he is almost certainly been the biggest loser in this whole drugs debacle. Seven times he has been denied a place higher on the podium because of a drug cheat or a suspected drug cheat (aka trained by Viktor Chegin). Here is a list of medals he should own but doesn't

- 2008 Beijing Olympic Games: 20km Walk – Silver, 50km Walk - Gold
2011 IAAF World Athletics Championships: 50km Walk - Gold
2012 IAAF World Race Walking Cup: 50km Walk - Gold
2012 Olympic Games: 50km Walk - Gold
2013 IAAF World Athletics Championships: 50km Walk - Silver
2014 IAAF World Race Walking Cup: 50km Walk - Gold

The medals above should go along with the other medals he has won in major international competitions

- 2006 Commonwealth Games: 20km Walk - Bronze
2010 IAAF World Race Walking Cup: 50km Walk - Bronze
2010 Commonwealth Games: 20km Walk - Gold
2015 IAAF World Athletics Championships: 50km Walk – Silver

If Jared had been competing in clean fields, he would now have a major medal haul almost approaching the quality of Robert Korzenioski and Jefferson Perez and he would be regarded with the same awe and respect. We wait for justice!

WHAT'S COMING UP

Athletics Victoria Shield competition continues next weekend with Round 5 spread across various venues as per the AV handbook (always check with your club in case of any last minute changes). Note that the metropolitan venues are competing on Sunday and the country venues are competing on Saturday as per the handbook. **Note that this week, our Open Div1 and Div2, U20 and U18 walkers will contest 5000m walks while the other divisions will race over 3000m and 1500m as usual.** 5000m walks will also be on offer later in the season in Round 7.

- Sat 21 Nov 2015 AV Shield Round 5 (Program 2), Ballarat Zone, Ballarat
- Sat 21 Nov 2015 AV Shield Round 5 (Program 2), Geelong Zone, Geelong
- Sat 21 Nov 2015 AV Shield Round 5 (Program 2), Bendigo Zone, Bendigo
- Sun 22 Nov 2015 AV Shield Round 5 (Program 2), Blue Zone, Casey Fields
- Sun 22 Nov 2015 AV Shield Round 5 (Program 2), Red Zone, Meadowglen
- Sun 22 Nov 2015 AV Shield Round 5 (Program 2), White Zone, Doncaster
- Sun 22 Nov 2015 AV Shield Round 5 (Program 2), Yellow Zone, Werribee

Tomorrow (Wednesday) evening sees VRWC summer season races at the Collingwood Harriers track at Clifton Hill. Enter on night.

Wed 18 November 2015, VRWC Track Races, Clifton Hill
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill

6.30pm	10,000m, 5000m and 3000m	Open
7.15pm	1500m	Open

And some advance notice that our VRWC AGM and Summer Championships will be held on Sunday 29th November at Middle Park. Entry on the day.

Sun 29 November 2015, VRWC Summer Championships and AGM, Middle Park

8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

And looking even further ahead, the **2015 Australian 50km Roadwalk** Championship will be held as usual at Fawkner Park (rated by Jared Tallent as his favourite course) on **Sunday 13 December**. This is a chance for walkers to get a qualifying time on the board for the 2016 World Race Walking Teams Championships so anyone who is seriously chasing a berth should consider competing. Entries for all events can now be submitted via the AA website - https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1542&OrgID=887. The timetable for the day is

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km non-championship Walk: Men and Women	Cut-off: Men 2 hours, Women 2 hours 15 mins
9:00am	10km non-championship Walk: U20 Men and Women	Cut-off: Men 56 mins, Women 60 mins
10:00am	5km non-championship Walk: U18 Men and Women	Cut-off: Men 28 mins, Women 30 mins

AV WINTER SEASON PERPETUAL TROPHIES - RACEWALKING

Talking awards, Athletics Victoria has four perpetual trophies that are awarded each winter season. I am pleased to announce the winners of these trophies for 2015

- NORM GOBLE TROPHY Points earned in Men's AV Champs **Chris Erickson, ATE**
- BETTY NEWMAN TROPHY AV Women's Walking Team Champions **Eaglehawk YMCA**
- AVIS REDMAN TROPHY Best AV Under 16 Girl Walker **Zahra Hayes, SBE and Jemma Peart, BYC**
- TOM DAINTRY TROPHY Best AV Under 14 Girl Walker **Alanna Peart, BYC**

You can read about each of the winners as well as a potted history of the awards at <http://www.vrwc.org.au/documents/2015%20AV%20Trophies.pdf>.

We will be presenting these awards on behalf of AV at the presentations following our VRWC races on Sunday 29th November at Middle Park.



Chris Erickson, Zahra Hayes, Jemma Peart and Alanna Peart in action during the 2015 winter season

VRWC RUNNERS WORLD TROPHIES NOW DECIDED

	<p><i>RUNNERS WORLD</i> 598 High Street, East Kew, Victoria (Melways Map 45 G4)</p> <p>Telephone: 03 9817 3503 Hours : Monday to Friday: 9:30am to 5:30pm Saturday: 9:00am to 3:00pm</p> <p>Website: http://www.runnersworld.com.au/</p>
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Neil Ryan of Runners World Kew approached VRWC early in the 2009 winter season with an offer of some club sponsorship. While we had our Points Competitions awards, we recognized that they were not necessarily won by our BEST walkers as they were influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards to allow us to further recognize and reward our good walkers. Seven years later, Neil is still supporting us with our latest 2015 Winter Season Runners World recipients who are as follows

- | | | |
|----------------|----------------------|--|
| • Open Men | Ralph Bennett | \$500 cash and \$500 Runners World Kew voucher |
| • Open Women | Heather Carr | \$500 cash and \$500 Runners World Kew voucher |
| • Junior Men | Kyle Swan | \$500 Runners World Kew voucher |
| • Junior Women | Jemima Montag | \$500 Runners World Kew voucher |

You can read all about these awards and the criteria in place at <http://www.vrwc.org.au/vrwcrunners-world.shtml>. This page also lists all past winners.

Neil will be presenting these awards at the presentations following our VRWC races on Sunday 29th November at Middle Park.



Ralph Bennett, Heather Carr, Kyle Swan and Jemima Montag in action during 2015

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 11 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Good turn-out for the 800m. Hope to be out myself next Wednesday.

800m Handicap Walk

1.	Julia Lycett	4:52	W51
2.	Rhiannon Lovegrove	3:34	
3.	Kerry Goode	4:30	
4.	Mary Abrey	5:32	W65
5.	Leigh Smith	5:40	M80
6.	Des Mulqueen	5:43	M69
7.	Marie Maxted	4:34	W55
8.	Roger Lowe	5:34	M72
9.	Edna Bates	6:38	W62
10.	Mark Worthing	4:16	M53
11.	Valmai Padget	5:52	W71
12.	Jill Rogers	6:30	W71
13.	Doug Smart	6:49	M72
14.	Rodger Barber	5:44	M77
15.	Geoff Byham	4:56	M69
16.	Gloria Holliday	4:30	W55
17.	Fleur Woodhouse	6:58	W38

5000m Handicap Walk

1.	Valmai Padget	39:22	W71	72.67%
2.	Doug Smart	37:14	M72	68.99%
3.	Rodger Barber	36:38	M77	75.07%
4.	Leigh Smith	37:39	M80	76.40%
5.	Geoff Byham	33:04	M69	74.83%
6.	Des Mulqueen	38:12	M69	64.78%
7.	Bill Starr	37:06	M73	70.14%
8.	Roger Lowe	40:24	M72	63.58%
9.	Gloria Holliday	32:23	W55	

3000m Handicap Walk

1.	Edna Bates	25:32	W62	57.56%
2.	Jan Layng	22:42	W67	68.83%
3.	Jill Rogers	25:34	W71	64.56%

ACT WALKERS CLUB TRACK RACES, AIS TRACK, BRUCE, CANBERRA, THURSDAY 12 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. Fastest times to youngsters Gabby Hunt (9:28), Tim Fraser (9:34) and Mitchell Baker (9:37).

2000m Handicap

1.	Peter Baker	10:38
2.	Matt Griggs	10:54
3.	Doug Fitzgerald	14:57
4.	Ellen Vahey	11:46
5.	Gabby Hunt	9:28
6.	Mitchell Baker	9:37
7.	Tom Hunt	10:31
8.	Laura Burns	10:51
9.	Wendy Kupkee	15:13
10.	Tim Fraser	9:34

11.	Katie Alley	11:56
12.	Robin Whyte	12:27
13.	Val Chesterton	17:44
14.	Jennifer Alley	12:40
15.	Spencer Burns	11:10

800m

1.	Harry Baker	5:36
2.	Ella Baker	6:24

GEELONG WALKERS CLUB 2000M HANDICAP, LANDY FIELD, GEELONG, THURSDAY 5 NOVEMBER

Geelong Walkers Club is well into its summer season now so I picked up their latest results from Landy Field a bit over a week ago.

2000m Handicap

1.	Wayne Carmichael	VET M	16.12
2.	Barbara Fairbrother	VET F	21.48
3.	Harold Boddy	VET M	14.23
4.	Dianne Drinkwater	VET F	15.50
5.	James Christmass	VET M	9.23
6.	Carla de Graaf	VET F	20.27
7.	Michelle de Graaf	VET F	15.01
8.	Dirk Stobbe	VET M	16.22
9.	Angela Curran	VET F	16.20
10.	Jenny Larkins	VET F	19.14
11.	Colin Silcock-Delaney	VET M	16.21

AV SHIELD, ROUND 4, SATURDAY 14 NOVEMBER

The Athletics Victoria Shield competition continued last Saturday with all 7 regions in action and generally good conditions. 112 walkers in action is very impressive.

AV Shield Round 4 (Program 1), Blue Zone, Frankston, Sat 14 Nov 2015

Reese Walmsley and Megan Szirom led the way at Frankston on Saturday, clocking 14:00.3 and 14:22.9 respectively for the 3000m. But the big walks of the day came from 12 year old Nikola Mandic (another VRWC U13 club record with his PB time of 14:18.6) and Simone McInnes (big PB of 14:25.1). And the 1500m walk was a ripper with the first 8 all bettering 8 minutes. As usual Rebecca Henderson led from the front with 7:04.3. There were 29 walkers in action at this venue – quite impressive.

3000m Walk

1.	Walmsley, Reese	M17	KNOX AC	14:00.3	
2.	Mandic, Nikola	M12	CASEY CARDIN	14:18.6	PB 0:10, VRWC U13 Record
3.	Szirom, Megan	W38	FRANKSTON AC	14:22.9	
4.	McInnes, Simone	W24	GLENHUNTLY AC	14:25.1	PB 0:46
5.	Bird, Kyle	M19	MORNINGTON P	15:14.5	
6.	Huse, Philippa	W16	SANDRINGHAM AC	15:18.9	
7.	Thompson, Will	M13	CASEY CARDIN	15:55.1	
8.	Hamilton, Emily	W17	KNOX AC	16:02.0	
9.	Carr, Heather	W66	GLENHUNTLY AC	16:55.8	
10.	Van Dongen, Rupert	M41	CASEY CARDIN	17:36.0	
11.	Osmand, Kym	M33	OAKLEIGH AC	17:56.1	
12.	Gourlay, Marlene	W64	GLENHUNTLY AC	18:01.5	
13.	Bennett, Ralph	M74	GLENHUNTLY AC	18:07.0	
14.	Steed, Gwen	W73	GLENHUNTLY AC	19:24.1	
15.	Barrow, Geoff	M66	MENTONE AC	20:06.5	
16.	Pelgrim, Annette	W61	KNOX AC	20:41.3	
17.	Doran, Anthony	M63	GLENHUNTLY AC	20:41.8	
18.	Miller, Samantha	W16	GLENHUNTLY AC	20:42.5	
19.	Morrison, John	M76	SANDRINGHAM AC	21:19.3	
20.	Bryan, Jeanne	W73	MENTONE AC	25:00.5	

1500m Walk

1.	Henderson, Rebecca	W14	CASEY CARDIN	7:04.3
2.	Dickson, Corey	M13	KNOX AC	7:17.9
3.	Walmsley, Hayden	M14	KNOX AC	7:20.3
4.	Jensen, Josh	M11	KNOX AC	7:46.0
5.	Karagiorgos, Chloe	W13	KNOX AC	7:46.4

6.	Hay, Charlotte	W12	KNOX AC	7:50.0
7.	Richardson, Brodie	W15	KNOX AC	7:52.4
8.	O'Mahony, Kathleen	W13	KNOX AC	7:53.2
9.	briet, brianna	W11	UNNATTACHED	8:22.3

AV Shield Round 4 (Program 1), Red Zone, Doncaster, Sat 14 Nov 2015

With Adam Garganis at the AIS based camp, it was Emmet Brasier all on his own at Doncaster, finishing the 3000m in a quick 12:53.3. James Christmass was up from Geelong and finished second in 13:42.2, a Geelong M45 records. Eliza Clarke was the best of the girls with an excellent 13:52.4 while her younger sister Georgia won the 1500m with 7:41.3,

3000m Walk

1.	Brasier, Emmet	M17	DIAMOND VALLEY	12:53.3
2.	Christmass, James	M48	CORIO AC	13:42.2
3.	Clarke, Eliza	W15	DIAMOND VALLEY	13:52.4
4.	Taylor, Michael	M15	DIAMOND VALLEY	14:35.4
5.	McDonough, Aaron	M43	PRESTON AC	15:19.9
6.	Smyth, David	M46	COLLINGWOOD	15:51.7
7.	Lafer, Michelle	W46	COLLINGWOOD	15:52.4
8.	Reid, Ross	M61	COLLINGWOOD	16:56.4
9.	Clarke, Patrick	M47	DIAMOND VALLEY	17:02.7
10.	Collis, Lauren	W17	DIAMOND VALLEY	17:33.0
11.	Elms, Donna-Marie	W54	PRESTON AC	18:07.0
12.	Walshe, Kerry	W53	DIAMOND VALLEY	18:14.1
13.	Lazar, Dennis	M59	DIAMOND VALLEY	19:36.6
14.	Gardiner, Robert	M79	COLLINGWOOD	19:43.6
15.	Quinn, Karen	W51	DIAMOND VALLEY	20:54.3
16.	Walburg, Kirsten	W17	DONCASTER AC	21:00.8
17.	Garganis, Clare	W45	COLLINGWOOD	21:37.8
18.	Buckley, Georgie	W23	DONCASTER AC	22:52.7
19.	Brown, Tammarah	W16	RICHMOND HAR	26:02.6
20.	Campbell, Donna	W45	PRESTON AC	27:48.1
	Keirl, Bernie	M52	DIAMOND VALLEY	DQ

1500m Walk

1.	Clarke, Georgia	W13	DIAMOND VALLEY	7:41.3
2.	Antypas, Magdelene	W15	DIAMOND VALLEY	7:56.4
3.	Rudston-Brown, Cai	W14	WHITTLESEA CITY	11:29.2

AV Shield Round 4 (Program 1), White Zone, Nunawading, Sat 14 Nov 2015

Kyle Swan was fastest at Nunawading with 12:58.9, ahead of Brad Simpson 13:26.7 and Pam Tindal 15:36.0 while Ruby Paten won the 1500m with 8:05.2.

3000m Walk

1.	Swan, Kyle	M16	ATHLETICS NU	12:58.9
2.	Simpson, Bradley	M22	ATHLETICS NU	13:26.7
3.	Tindal, Pam	W56	VICTORIAN MA	15:36.0
4.	Geisler, Sandra	W38	RINGWOOD AC	15:59.3
5.	Evans, Simon	M55	BOX HILL AC	16:00.9
6.	Muldoon, Wendy	W44	ATHLETICS NU	16:16.8
7.	Rosenbrock, Carolyn	W53	ATHLETICS NU	16:33.8
8.	Olden, Graeme	M51	BOX HILL AC	17:26.8
9.	Hunter, Pia	W49	BOX HILL AC	17:41.5
10.	Clark, Madison	W12	ATHLETICS NU	17:50.0
11.	Riddoch, Clyde	M62	ATHS WAVERLEY	17:55.6
12.	Dickenson, Russ	M70	VICTORIAN MA	17:57.7
13.	Dyer, Chelsea	W22	BOX HILL AC	19:03.9
14.	McCann, Adam	M39	ATHLETICS NU	19:52.8
15.	Wright, Jacob	M21	ATHLETICS NU	19:54.0
16.	Schwerkolt, Zoe	W17	BOX HILL AC	20:29.4
17.	Benke, Geza	M59	OLD MELBURNI	20:45.0
18.	Taylor, Lee	W14	YARRA RANGES	21:03.1
19.	Sofianos, Gerald	M66	ST KEVINS AC	22:18.9
20.	Marston, Janice	W50	ATHS WAVERLEY	24:02.4
21.	Molnar, Jo	W54	ATHS WAVERLEY	24:02.5
22.	Albiston, Simone	W49	ATHS WAVERLEY	27:23.1
	Killip, John	M61	OLD MELBURNI	DNF

1500m Walk

1.	Paten, Ruby	W12	ATHLETICS NU	8:05.2
2.	Broadbent, Harrison	M13	ATHLETICS NU	12:46.2

AV Shield Round 4 (Program 1), Yellow Zone, Aberfeldie, Sat 14 Nov 2015

Slower times overall at Aberfeldie with Paul Kennedy winning in 16:37.0.

3000m Walk

1.	Kennedy, Paul	MOP	K. ST BERNARDS	16:37.0
2.	Feain, Lachlan	MU18	K. ST BERNARDS	16:37.0
3.	Knox, Duncan	M40+	ATHS ESSENDON	18:40.8
4.	Plymin, Alana	FOP	SOUTH MELBOURNE	19:00.8
5.	Irons, Julia	FU18	K. ST BERNARDS	19:08.1
6.	Shaw, Robyn	F40+	WESTERN SUBURBS	19:14.5
7.	Anderson, Brian	M40+	ATHS ESSENDON	19:31.1
8.	Dunstone, Phillip	MOP	WESTERN SUBURBS	19:33.7
9.	Tonti-Filippinii, Justijana	F40+	VICTORIAN MASTERS	20:05.2
10.	Feain, Gerard	M40+	K. ST BERNARDS	20:35.8
11.	McGoughan, Tracy	F40+	K. ST BERNARDS	20:55.8
12.	Hodgart, Janice	F40+	WESTERN SUBURBS	21:56.4
13.	Spiteri, Kelly	FOP	COBURG HARRIERS	22:01.8
14.	Davey, Louise	FOP	COBURG HARRIERS	22:30.3
15.	Szuhai-Andrews, Jenny-R	FOP	BRUNSWICK AC	23:05.7
16.	Gunn, Nicole	FOP	K. ST BERNARDS	23:07.0
17.	Cashin, Brenda	F40+	WESTERN SUBURBS	23:10.4
18.	Nicol, Stuart	M40+	SOUTH MELBOURNE	24:22.3
19.	Rickard, Tess	FOP	BRUNSWICK AC	26:14.9
20.	Rickard, Ian	MOP	BRUNSWICK AC	28:17.9

1500m Walk

1.	Lamb, Christian	MU16	BRUNSWICK AC	13:43.6
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Finally to our three country venues. Kelly Ruddick was fastest over 3000m with 13:21.12 at Ballarat, ahead of Zahra Hayes with 15:05.14 at Bendigo. Ebony Whiley was fastest over 1500m with 8:53.62 in Bendigo.

AV Shield Round 4 (Program 1), Ballarat Zone, Ballarat, Sat 14 Nov 2015**3000m Walk**

1.	Ruddick, Kelly	42	BALLARAT HAR	13:21.12
2.	Brennan, Sarah	39	BALLARAT YCW	16:35.93
3.	Ruddick, Kevin	65	BALLARAT HAR	21:44.16

AV Shield Round 4 (Program 1), Geelong Zone, Geelong, Sat 14 Nov 2015**3000m Walk**

1.	Schlicht, Kate	W56	ATHS CHILWELL	19:36.79
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1500m Walk

1.	Robinson, Tara	W12	CORIO AC	9:27.59
2.	Leamer, Jordyn	W12	CORIO AC	10:55.45

AV Shield Round 4 (Program 1), Bendigo Zone, Bendigo, Sat 14 Nov 2015**3000m Walk**

1.	ZAHRA HAYES	WU16	SOUTH BENDIGO	15:05.14
2.	BARBARA BRYANT	W40+	EAGLEHAWK	17:25.18
3.	JOHN WATSON	M40+	BENDIGO	24:52.57

1500m Walk

1.	EBONY WHILEY	WOP	EAGLEHAWK	8:53.62
2.	GEORGIA WARDEN	WU16	SOUTH BENDIGO	10:43.94
3.	KEELY FULLERTON	WU14	EAGLEHAWK	12:03.75
4.	WENDY ENNOR	W40+	EAGLEHAWK	12:03.58

ASA INTERCLUB WEEK 3, SA ATHLETIC STADIUM, MILE END, ADELAIDE, SATURDAY 14 NOVEMBER

Rhiannon Lovegrove 25:11.42 and Joe Cross 6:59.79 were the fastest walkers in Adelaide interclub last Saturday. It was a big PB for Rhiannon. It might also have been a PB for Joe but it is hard to keep track of 1500m times, given that distance is raced so frequently in Little Athletics.

5000m Walk

1.	Rhiannon Lovegrove	WU16	PORT ADELAIDE	25:11.42	PB 0:23
2.	Tristan Camilleri	MU16	COASTAL DIST	27:50.27	
3.	Samantha Findlay	WUP	SOUTHERN	29:26.20	
	Anna Cross	WU18	PEMBROKE	DNF	
	Jake Vidler	MU16	SOUTHERN	DNF	
	Alix Harlington	MU18	SALISBURY	DNF	

1500m Walk

1.	Joe Cross	MU14	PEMBROKE	6:59.79	
2.	Mathew Bruniges	MU16	SOUTHERN	8:30.20	
3.	Talisha Skein	WU14	TEA TREE GUL	9:23.37	

2015 NSW RELAY CHAMPIONSHIPS, BLACKTOWN INTERNATIONAL SPORTSPARK, BLACKTOWN, 14-15 NOV

4x1500m walk relays are always included in the NSW Relay Championships and it was good to see a good turnout last weekend with 18 walk teams (that means 72 walkers!) in action.

Men 4x1500m Relay Race Walk Open

1.	Nepean District Athletic Club	27:25.0
2.	Central Coast	29:22.0
3.	Hunter Region	32:20.0
4.	U.T.S. Northern Suburbs Athlet	32:40.4

Men 4x1500m Relay Race Walk U18

1.	Sydney Pacific Athletics Club	30:10.6
2.	St. George District Athletic C	30:58.2
3.	Hills District Athletics Club	32:17.4
4.	Nepean District Athletic Club	36:16.5

Men 4x1500m Relay Race Walk U14

1.	Central Coast	34:45.5
2.	Sydney Pacific Athletics Club	36:03.0

Women 4x1500m Relay Race Walk Open

1.	Nepean District Athletic Club	31:37.0
2.	Asics Wests Track & Field Club	32:15.6
3.	Sydney University Athletics Cl	34:23.4
4.	Blacktown City Athletics Club	39:42.6

Women 4x1500m Relay Race Walk U18

1.	Sydney University Athletics Cl	41:49.8
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Women 4x1500m Relay Race Walk U14

1.	U.T.S. Northern Suburbs Athlet	33:57.1
2.	Illawong and Districts Senior	34:33.0
3.	Central Coast	35:20.7

ATHLETICS TASMANIA INTERCLUB ROUND 4, DOMAIN ATHLETICS TRACK, HOBART, SAT 14 NOV

15 year old Alice Randall did a 43 sec PB with her 5000m walk time of 25:59.09 in Hobart last Saturday.

5000m Walk

1.	Alice Randall	OVA	25:59.09	PB 0:43
2.	Ron Foster	NS	31:11.70	
3.	Elizabeth Leitch	ES	31:13.05	
4.	Anna Blackwell	OVA	31:40.68	
5.	Kirsten Bott	OVA	35:27.92	

89TH ENFIELD OPEN 7 MILES, LVAC, LONDON, SATURDAY 14 NOVEMBER

Thanks to Ron Wallwork for the latest results from the Essex Race Walking League. His report follows.

Top Juniors Take Top Places

Emma Achurch and Callum Wilkinson, the country's leading U20 race walkers, were outstanding winners at the 89th edition of the Enfield Open Seven staged at LVAC on 14th November. Both started university courses this autumn and these performances suggest that they have transitioned to student life pretty well. Luc Legon walked stride for stride with Emma to get under the hour for the first time.

In 2013 at 16 Callum was delighted to be the youngest ever winner of the event, but disappointed with his time of 57.46 and vowed to do better. He certainly kept his promise and on this occasion he stopped the clock at 47.28, the fastest ever winning time in the long history of the event. Centurions Dominic and Daniel King pushed Wilkinson early on, but with their training aimed at 50km, didn't have the edge and it is to their credit that, although not really racing fit, they supported the event. Francisco Reis was the outstanding veteran and young Chris Snook impressed in the supporting race.

The Spot prize winners were: Graham Chapman, Ken Bobbett, Hannah Childs and Brian Kirkdale and these along with the other awards were presented by event sponsor Bernie Hercock. Bob Clark Awards to Emma Achurch and Chris Snook.

Vets AC staged their championship in this race and are noted by a V after their age group.

7 Miles Men, © = Centurion

1.	Callum Wilkinson	Enfield HAC	47.28	u20
2.	Daniel King ©	Colchester AC	48.57	SM
3.	Dominic King ©	Colchester AC	49.11	SM
4.	Francisco Reis	Ilford AC	56.21	M50V
5.	Fabian Deuter	Hillingdon AC	57.52	SM
6.	Ian Richards ©	Steyning AC	57.58	M65V
7.	Luc Legon	Bexley	59.29	u20
8.	Chris Hobbs	Ashford AC	60.42	M60
9.	Jim Ball	Steyning AC	62.01	M50
10.	Steve Uttley	Ilford AC	65.44	M55V
11.	Graham Chapman	Headington	65.45	M60
12.	John Ralph	Enfield HAC	65.47	M55V
13.	Mark Culshaw	Belgrave H	66.19	M45
14.	John Hall	Belgrave H	69.08	M65V
15.	Kevin Pedley	Aldershot FD	69.50	M60
16.	Ken Bobbett	Hillingdon AC	70.04	M70
17.	Amos Seddon	Enfield HAC	70.16	M70.
18.	Shaun Lightman	Surrey WC	70.29	M70V
19.	Dan Maskell	Surrey WC	70.35	M65V
20.	Glyn Jones	Coventry Godiva	71.06	M70
21.	Arthur Thomson	Enfield HAC	72.33	M75
22.	Paul Gaston	Surrey WC	73.24	M65
23.	Sean Pender ©	Enfield HAC	73.30	M60
24.	Brian Kirkdale	Hastings	73.46	M55
25.	Ron Penfold	Steyning AC	74.21	M70V
26.	Paul King ©	Belgrave H	75.22	M60V
27.	John Borgars	Loughton AC	77.10	M65
28.	Brian Boggenpoel	Ilford AC	79.08	M60
29.	David Delaney	Surrey WC	79.33	M70V
30.	David Hoben	Surrey WC	80.29	M60V
31.	Stephen Cartwright	Colchester AC	81.17	M55
32.	Mick Barnbrook©	Ilford AC	93.49	M70
33.	Dave Ainsworth©	Ilford AC	96.24	M65

7 Miles Women

1.	Emma Achurch	Leicester WC	59.29	u20
2.	Penny Cummings	Aldershot FD	65.54	W35
3.	Helen Middleton	Enfield HAC	69.34	W50
4.	Maureen Noel	Belgrave H	70.02	W50V
5.	Angela Martin	Surrey WC	73.41	W50
6.	Fiona Bishop	Woking AC	73.45	W55V
7.	Anne Jones	Steyning AC	74.46	W60V
8.	Jo Miles	Hillingdon AC	77.05	W55
9.	Geraldine Legon	Bexley	78.04	W55
10.	Jenny Middleton	Hillingdon AC	84.06	W40

2.3 Miles

1.	Chris Snook	Aldershot FD	17.39	u15
2.	Abigail Jennings	Aldershot FD	22.26	u15
3.	Jack Childs	Medway	22.36	u13
4.	George Wilkinson	Enfield AC	24.54	u15
5.	Dave Stevens.	Steyning AC	28.31	M75
6.	Hannah Childs	Cornerstone	28.31	W40
7.	Ken Livermore ©	Enfield HAC	33.43	M80
8.	Bernie Hercock	Enfield HAC	37.07	M75

Teams (mixed – 4 to score)

1.	52 pts	EHAC	Wilkinson, Ralph, Middleton, Seddon
2.	79	Steyning AC	Richards, Ball, Penfold, Jones
3.	83	Belgrave H	Culshaw, Hall, Noel, King,
4.	68	Hillingdon AC	Deuter, Bobbett, Cox, Miles
5.	101	Surrey WC	Lightman, Maskell, Gaston, MartinA

Thanks to Mark Easton for his usual great photos. You can see more at <http://markeaston.zenfolio.com/p746203120>.



Callum Wilkinson, Fransisco Reis and Fabian Deuter (photo Mark Easton)



Luc Legon, Emma Achurch, Dominic and Daniel King (photos Mark Easton)

LA VOIE SACRÉE, VERDUN TO BAR LE DUC, FRANCE, WEDNESDAY 11 NOVEMBER

Emmanuel Tardi reports on two races which were held on Wednesday 11th November in France. This is a public holiday every year, marking the end of the First World War.

The first event report concerns La Voie Sacrée which is a 57 km race between Verdun train station and the Bar le Duc memorial. The race has been held each year since 1980; in even years, it goes from Bar le Duc to Verdun and in odd years it goes in the opposite direction. The road used is a memorial road with memorial landmarks every kilometre. It was on this road that soldiers went to the famous Battle of Verdun in 1916.

26 walkers started at 9am in front of the Verdun train station. The weather was around 10°C and there was clouds. The famous Zbigniew Klapa, who has won lots of Paris-Colmar classics, was amongst the starters but it was Swedish walker Christer Svensson who led all the way, sometimes with Fabien Lombard and/or David Regy, sometimes alone. He was 3 minutes in front at the 45km mark and eventually won by some 12 seconds. And an interesting stat on the race - Pascal Tournois and Daniel Chamagne are the only walkers who have competed in every race since 1980.

The ancillary race, 21.5km long from Erize to Bar le Duc, saw Robert Schoukens (now 87 year old and the winner of the 1977 Strasbourg-Paris classic) amongst the finishers.

56.7 km La Voie Sacrée

1.	SVENSSON Christer (Swe)	Växjö - Suède	M45M/69	5:39:26
2.	LOMBARD Fabien	Asm Bar-le-duc	VEM/72	5:39:38
3.	REGY David	Spn Vernon	VEM/69	5:41:15
4.	RAULET Christophe	Ga Meusien Ligny	VEM/70	5:42:09
5.	KLAPA Zbigniew (Pol)	Ind.grodzik	M60M/52	5:49:44
6.	LETOURNEAU Florian	Ac Chateau Thierry	SEM/88	5:54:32
7.	TOURNOIS Pascal	Asm Bar-le-duc	VEM/54	5:54:32
8.	ERARD Christophe	Asm Bar-le-duc	VEM/70	5:54:32
9.	LEIJTENS Frans (Hol)	Rw Rotterdam	M45M/69	6:21:52
10.	PFISTER William	Asm Bar-le-duc	VEM/63	6:23:43
11.	LABARRE Bertrand	Cs Provins Athletisme	VEM/57	6:31:56
12.	THIRIOT Louis	Asm Bar-le-duc	VEM/50	6:36:53
13.	PIERRE Florence	Asptt Bar-le-duc	VEF/66	6:41:21
14.	PETER Vincent	Sport Athletic Verdunois	VEM/72	6:44:41
15.	CHATILLON Nicolas	A Marcheurs St Thibault Des Vignes	SEM/81	6:49:00
16.	SIMON Yannick	Ga Meusien Ligny	VEM/69	6:53:59
17.	PELLERIN Alain	Rc Epernay	VEM/68	6:57:37
18.	ANXIONNAT Claudine	Avec Pays De Bruyeres	VEF/51	7:07:56
19.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	VEM/54	7:10:01
20.	QUINQUETON Bernadette	A Marcheurs St Thibault Des Vignes	VEF/61	7:20:40
21.	RODIER Nicole	Es Vitry Les Reims	VEF/48	7:20:40
22.	TABOURET Guy	U.s Toul	M55M/57	7:34:43
23.	PENKALLA Marie	Longecourt-en-plaine	F50F/64	7:34:47
	CHAMAGNE Daniel	Asm Bar-le-duc	VEM/41	50km

21.5 km Walk

1.	MICHELOT Remi	Es Thaon	VEM/75	2:12:31
2.	HARTMANN Emmanuel	Asptt Bar-le-duc	VEM/68	2:25:59
3.	HELLER Denis	Avia Club Issy-les-moulineaux	VEM/56	2:32:15
4.	HARTMANN JOLLY Frederique	Asptt Bar-le-duc	VEF/76	2:33:53
5.	DEILLER Celine	Asptt Bar-le-duc	F40F/74	2:35:02
6.	LAGABE Corinne	Asptt Bar-le-duc	VEF/67	2:35:36
7.	BORDIER Daniel	Ac Chateau Thierry	VEM/44	2:35:42
8.	MORAWSKI Julien	Asptt Bar-le-duc	ESM/96	2:39:25
9.	THOMAS Michel	Bar-le-duc	M65M/48	2:59:48
10.	SCHOUCKENS Robert (Bel)	Royal Gosselies	M85M/28	3:06:18
11.	MERVEILLE Pierre	H2r Helies Aubers	M60M/55	3:22:34
12.	TAVOILLOT Camille	Etain	SEF/89	3:30:36
13.	MULLER Jean-luc	Etain	M55M/59	3:31:35
14.	MULLER Sylvain	Etain	SEM/88	3:36:18



Left: The start
Right: Christer Svensson leads David Regy (photos from Emmanuel Tardi)

MONTEE DU SAINTE-ODILE MARCHE ATHLETIQUE, KLINGENTHAL, FRANCE, WED 11 NOV

The second French race on November 11th was shorter - 8.555km. The goal is to climb to the summit of Mont Sainte-Odile, a peak of the Vosges Mountains in Alsace, in the east of France. The start is in city of Klingenthal (altitude 280m) and the finish line is at the entry of convent of Mont Sainte Odile (760m altitude). You can see profile of the race at <http://www.alsace-en-courant.com/courses/profil.php?course=monteesteodilemarche>. The first 2 km are not too bad but, after that, there is a hard climb of around 7% to the summit. It is the oldest racewalking event in France (the first edition was held in 1935).

As last year the winner was young Florian Mayer who led the race from start to finish. Just as in last year's race, second place went to Benjamin Schmitt. In the women's race, Emilie Tissot (20km French U23 record holder) won her first race after 18 months off due to study commitments.

MONTEE DU SAINTE-ODILE MARCHE ATHLETIQUE, 8.5KM

1.	FLORIAN Florian	ESM/96	48:44
2.	SCHMITT Benjamin	SEM/87	50:35
3.	STAHL Denis	VEM/68	51:11
4.	BERCHEBRU Benoit	SEM/84	52:41
5.	TISSOT Emilie	SEF/93	52:43
6.	RAMIREZ-GOMEZ Alejandra (Mex)	VEF/76	52:57
7.	CLAUSS Daniel	VEM/55	53:12
8.	BOHIC Jean-paul	VEM/53	59:34
9.	RIPP Gerard	VEM/54	1:00:32
10.	VELTZ Valerie	VEF/67	1:01:06
11.	UHLRICH Paul	VEM/66	1:01:51
12.	SCHATZ Marie-christine	VEF/65	1:02:14
13.	ROPERS Adele	SEF/80	1:02:48
14.	SEIPEL Hans-georg (Ger)	VEM/58	1:02:55
15.	FAUSSER Francis	VEM/52	1:03:12
16.	FIX Gilbert	VEM/51	1:03:48
17.	MOEHRING Hans-jurgen	VEM/50	1:04:16
18.	DEMAERSCHALK Patrick (Bel)	VEM/55	1:04:25
19.	RENAUD Alexandra	VEF/58	1:05:18
20.	MATTER Denis	SEM/79	1:05:19
21.	ACKER Marie	VEF/51	1:05:42
22.	SITTER Chantal	SEF/80	1:05:49
23.	GAUDIN Michel	VEM/67	1:06:02
24.	HERRMANN Nathalie	VEF/52	1:06:41
25.	GONTIER Christophe (Bel)	VEM/70	1:06:46
26.	MAISON Sylvie	SEF/82	1:07:02
27.	CORSI Thierry	VEM/68	1:07:07
28.	ABNOUN Larbi	VEM/73	1:07:24
29.	DOUTE Christian	VEM/50	1:07:46
30.	OTT Christophe	VEM/56	1:08:29

31. MILLIA Manuel	VEM/75	1:08:41
32. MISCHLER Claudine	VEF/50	1:08:42
33. DATIN Robert	VEM/55	1:08:50
34. ROHMER Marc	VEM/73	1:09:01
35. POIREL Jean-luc	VEM/49	1:09:03
36. SCHULTZ Claire	VEF/66	1:09:46
37. KLEIN Sandrine	VEF/70	1:10:00
38. KLEIN Christophe	VEM/66	1:10:00
39. BLAESIUS Didier	VEM/66	1:10:20
40. WIMMER Maria	VEF/57	1:10:23
41. GAUDIN Marianne	VEF/48	1:11:21
42. KARCHER Bernard	VEM/70	1:11:30
43. GLAPIN Philippe	VEM/61	1:13:32
44. SCHAEFFER Muriel	VEF/74	1:13:45
45. MUTSCHLER Antoine	VEM/35	1:14:58
46. HEITZ Benoit	VEM/58	1:15:43
47. SCHMITT Marie-claude	VEF/52	1:17:38
48. GODIN Stephane	VEM/64	1:19:38



The start of the race



The field is already well spread 400m into the climb (photos Emmanuel Tardi)

TOULOUSE BALMA INTERCITY WALK RACE CUP, BALMA, FRANCE, SUNDAY 15 NOVEMBER

Emmanuel Tardi was in Balma (near Toulouse in the south of France) last weekend, as lots of walkers from around Europe gathered for the last big French walking event for the year. The track meet, which was held in good but foggy weather, saw a strong 20,000m field and a huge 10,000m field (58 starters), even more amazing when you consider the carnival was held on a small 4 lane track. Emmanuel tells me that everybody walked in the inside lane so the traffic for the best walkers was heavy. The timetable shows just how many walkers were on the track at any one time:

8:30AM	20000m Walk
8:45AM	5000m Walk
9:30AM	3000m Walk
10:45AM	10000m Walk

In spite of this, there were lots of very good marks and some records.

- French Junior and U23 20000m records for Jean Blancheteau on his inaugural attempt over that distance (1:23:48.21)
- African, Arabic and Tunisian 10,000m junior records for Chahineze Nasri (46:34.68)
- French Masters W35 20000m record for Mylène Ortiz (1:39:16.79)
- Hungarian Open 20,000m record for Anett Torma (1:43:03.57)

More importantly this year, the carnival allowed everybody to support each other in the wake of the dreadful terrorist activities of the previous day. As Emmanuel said in his email: Everybody was so sad ... it was a great support for us all to meet so much people from different countries and from different religions.

Check out the huge photo gallery at

https://photos.google.com/share/AF1QipMFb97KdWU59W1jaP8r9rOpaWt_WucQOt9wSuQAmF65S5p95rBc7LZ71YC732p49g?key=WDR6LXVBNjVpSlcyZUN0LVhiRXdhMnBuRVA0eUNB.

20,000m Track Walk

1.	BLANCHETEAU Jean	ESM/96	Athle Bourgogne Sud	1:23:48.21
2.	ANDRIEU Hugo	SEM/92	Uavh Aubagne	1:28:35.60
3.	HURAUULT Simon	SEM/92	Granville Ac	1:31:02.14
4.	HADULA Ludovic	SEM/87	S/I Stadoceste Ta	1:34:11.05
5.	CASSAGNES Adrien	ESM/94	Stade Rodez Athletisme	1:35:08.61
6.	AVEROUS Violaine	SEF/85	Ca Balma	1:35:22.32
7.	DESJARDINS Florian	ESM/94	S/I Entente Mt St Aigna	1:38:35.85
8.	ORTIZ Mylene	SEF/79	As Saint-junien	1:39:16.79
9.	TORMA Anett (Hun)	SEF/84	Kapovar AC – Hun	1:43:03.57
10.	FESSELIER Fabian	ESM/94	Caen Athletic Club	1:45:09.46
11.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	1:46:50.53
12.	COUHAILLAT Francis	VEM/65	S/I Stadoceste Ta	1:47:27.27
13.	GAUCHET Quentin	SEM/93	Aj Blois-onzain	1:47:54.11
14.	BERGEAL Arthur	SEM/84	S/I Us Palaiseau	1:48:16.00
15.	HUGON Dimitri	VEM/68	S/I Stadoceste Ta	1:48:28.65
16.	CHAPILLON Roseline	VEF/68	Ca Balma	1:53:26.85
17.	BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	1:53:41.65
18.	HARISPURU Solenn	SEF/85	S/I Ca Perigueux Athlet	1:57:57.84
19.	FAVRON Severine	VEF/76	S/I Ussel Ac	1:59:09.61
20.	LARRANDABURU Isabelle	VEF/72	S/I Stadoceste Ta	2:01:49.64
21.	ROBINET Marie-helene	VEF/67	Ac Auch	2:09:04.73
22.	BARBIER Florence	VEF/68	Ca Balma	2:11:17.55
23.	RAYNAUD Christine	VEF/65	S/I Asar Corbieres	2:12:15.87

10,000m Track Walk

1.	ADAM Dorian	JUM/97	Ua Gujan-mestras	45:47.47
2.	REICHEL Sten (Ger)	VEM/75		45:57.44
3.	NASRI Chahineze (TUN)	ESF/96	Ca Balma	46:34.68
4.	DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	47:19.10
5.	GIORDANO Manuel (Ita)	ESM/95		48:40.25
6.	MARCOU Amandine	SEF/92	Sa Merignac	48:42.59
7.	VANOOSTHUYSE Jean-franck	SEM/79	U.a.c.g - S/I Cm Floirac	49:50.38
8.	BROCHOT Patrice	VEM/51	Tarbes Pyrenees Athletisme	50:34.16
9.	LANOUE Severine	SEF/85	Avia Club Issy-les-moulx	51:35.69
10.	GONZALEZ ARRABAL Antonio (Esp)	VEM/62		52:15.64
11.	TESOVNIK anze (Slo)	JUF/98		52:16.07
12.	GIORDANO Marco (Ita)	SEM/95		52:33.57
13.	ESCOFFIER Adrien	JUM/97	Sa Toulouse Uc	52:37.53

14.	FRANKE Denis (Ger)	VEM/69		53:31.64
15.	PERRALES Jose (Esp)	VEM/		53:32.88
16.	RIES Cyril	JUM/98	Moissac Athle	53:54.08
17.	LE MOUROUX Annick	VEF/64	Sa Merignac	54:03.34
18.	HAMY Maxence	ESM/96	Ca Balma	54:22.02
19.	PANICO Vincenzo (ITA)	VEM/51	Blagnac Sc	54:46.43
20.	KELLENS Jean	JUM/98	Ca Balma	54:46.94
21.	HOFFMANN Jean (Ger)	VEM/71		54:58.73
22.	HAUBRIH Zelimir (Cro)	VEM/63		55:29.20
23.	KIEB Matthias (Ger)	SEM/79		55:40.77
24.	PISANO Arianna (Ita)	JUF/98		55:41.54
25.	CERDA Bernard	VEM/64	Us Bazas	56:53.02
26.	TALLET Sophie	SEF/92	As Aix-les-bains	57:13.32
27.	CASALE Maeva	JUF/97	Ca Balma	57:27.89
28.	HAUBRIH Ivan (Cro)	CAM/00		58:14.23
29.	RUZZIER Fabio (Slo)	VEM/53		58:43.59
30.	ERCEG Andrej (Cro)	CAM/99		59:16.72
31.	CANADI eva (Slo)	CAF/00		59:19.94
32.	BENGTSSON Bengt (Ger)	VEM/61		59:51.27
33.	LACKOVIC Boris (Cro)	SEM/80		59:56.23
34.	FARAGO Bela	VEM/48	Ecla Albi	1:00:03.69
35.	CORTESI Maria teresa (Ita)	ESF/96		1:00:24.77
36.	VAZQUEZ Manel (Esp)	VEM/58		1:00:35.51
37.	CAZENAVE Vincent	VEM/66	S/I Stadoceste Ta	1:01:03.28
38.	GILLARDIN Anabelle	JUF/98	S/I Asar Corbieres	1:02:32.06
39.	GINES Anais	JUF/98	Us Bazas	1:02:35.85
40.	LAFFON Yves	VEM/48	S/I Athle 632 Tour	1:02:48.08
41.	GUALANDI Gerard	VEM/55	S/I Ca Perigueux Athlet	1:03:41.11
42.	SCHWARZ Alfons (Ger)	VEM/54		1:03:59.45
43.	JEAN Sandra	VEF/73	Tarbes Pyrenees Athletisme*	1:04:29.74
44.	LATAPIE Myriam	VEF/74	S/I Stadoceste Ta	1:04:34.95
45.	ERCEG Mateja (Cro)	JUF/		1:05:24.27
46.	GUERINET Jacques	VEM/51	Sa Merignac	1:05:31.37
47.	BAUDOUR Françoise	VEF/54	S/I Stadoceste Ta	1:05:39.33
48.	SANNA Maria	VEF/65	Sa Pamiers Basse Ariege	1:06:38.28
49.	NIQUET Veronique	VEF/68	S/I Soues Omnisports	1:06:46.94
50.	GALIN CALVO Albert	VEM/52	Ca Balma	1:09:21.93
51.	OJEDA Marie-laure	SEF/77	AS/I Asar Corbieres	1:09:25.91
52.	TARDI Emmanuel	VEM/67	S/I La Postillonne	1:09:52.54
53.	LACAZE Sabine	VEF/72	S/I Soues Omnisports	1:10:37.57
54.	SCHUSTAKOWITZ Christel (Esp)	VEF/44		1:11:22.57
55.	VAGHI Chantal	VEF/54	S/I Union Perpignan	1:13:57.24
56.	GOMEZ GARCIA Manel (Esp)	SEM/73		DQ

5000m Men Track Walk

1.	OTHMANI Khaled (Tun)	SEM/		24:19.64
2.	HFEF Med ali (Tun)	CAM/		25:23.47
3.	MADLINE-DEGY Martin	MIM/01	S/I Les Pointes De	25:40.63
4.	SAINT-MARC Adrien	CAM/00	Us Bazas	25:54.53
5.	PRADINES Eric	SEM/79	Ecla Albi	26:04.30
6.	MARON Thibault	CAM/00	S/I Les Pointes De	29:30.70
7.	LASSUS Marc	VEM/50	Us Bazas	30:06.55
8.	REMI Steve	SEM/90	S/I Castres Athle	30:24.28
9.	PICARD Pascal	VEM/62	Us Bazas	31:11.33
10.	PENOLAZZI Claudio (Ita)	VEM/55		31:17.63
11.	LIEGEOIS Laurent	VEM/70	S/I Js Lezignan-cor	31:41.89
12.	SEN Gerard	VEM/48	Us Bazas	33:07.39
13.	ABADIA Philippe	VEM/62	Tarbes Pyrenees Athletisme	33:48.97
14.	GIRON Thierry	VEM/67	Tarbes Pyrenees Athletisme	34:42.28
	JORDANA Alexis	VEM/37	Blagnac Sc	AB

5000m Women Track Walk

1.	HFEF Amel (TUN)	JUF/98	Ca Balma	26:03.51
2.	LANASPEZE Christel	VEF/70	S/I Athle 632 Tour	30:08.84
3.	VALLEE Lauriane	JUF/98	Sa Toulouse Uc	31:10.31
4.	MASSE Stephanie	CAF/00	Us Bazas	31:58.34
5.	CECILLON Eliette	VEF/63	Us Bazas	32:36.95
6.	SUCHET Chantal	VEF/54	S/I Athle 632 Plai	33:53.31

3000m Track Walk (first 10)

1. LANDRAS Adrien	BEM/03	Ca Balma	16:09.65
2. PEREZ Laura	ESF/95	Tarbes Pyrenees Athletisme	16:16.30
3. MARCOTTI Adele	JUF/97	Athletic Club Salonais	16:34.18
4. MESTOURI Myriam	CAF/99	S/I Lavaur Athlet	17:48.61
5. MAXENCE Mathilde	CAF/99	Athletic Club Salonais	17:53.66
6. BOREL LE BRETON Laure	VEF/65	Ca Balma	18:18.64
7. JAMOIS Zoe	CAF/00	S/I Js Lezignan	18:27.83
8. GOURLAY Carole	VEF/69	Ca Balma	18:38.56
9. ER RADOUANI Touria	CAF/00	S/I Js Lezignan	19:04.34
10. ROYERE Oceane	MIF/02	Us Bazas	19:12.36



Voilaine Averous, Mylene Ortiz, Annet Torma and Hugo Andrieu (photos from Emmanuel Tardi)



Jean Blancheteau and Chahineze Nasri (photos Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had a busy 8 press releases this week

- Sun 15 Nov - Athletics Australia offers to bid for 2016 World Racewalking Team Championships in lieu of Cheboksary
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2268
- Sat 14 Nov - Russian walker Elmira Alembekova has her B sample test positive for EPO
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2267
- Sat 14 Nov - IAAF decides to provisionally suspend Russian Federation
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2266
- Fri 13 Nov - Ecuadorian walker Andrés Chocho honoured at home
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2265
- Fri 13 Nov - Miguel Angel Lopez voted Spanish Athlete of the Year
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2264
- Thu 12 Nov - Matej Toth and Liu Hong: IAAF race walking athletes of the year
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2263
- Tues 11 Nov - Italian newspapers report on Russian Drugs fiasco
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2262
- Mon 10 Nov - WADA report is truly shocking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2261

The omarchador blog was also active with 8 news releases

- Mon 16 Nov – Results of Galinheiras Grand Prix of Race Walking
<http://omarchador.blogspot.com.au/2015/11/grande-premio-de-marcha-das-galinheiras.html>
- Sun 15 Nov – Photoshoot from Galinheiras Grand Prix of Race Walking
<http://omarchador.blogspot.com.au/2015/11/amma-reportagem-fotografica-23-gp.html>
- Sat 15 Nov – Cheboksary stripped of its right to host 2016 IAAF Race Walking Teams Championships
<http://omarchador.blogspot.com.au/2015/11/cheboksary-ja-nao-vai-acolher.html>
- Sat 14 Nov - Podebrady to host 2017 European Race Walking Cup and 2016 EEA Permit Meet
<http://omarchador.blogspot.com.au/2015/11/podebrady-com-taca-da-europa-2017-e.html>
- Fri 13 Nov - Preview of Galinheiras Grand Prix of Race Walking this coming weekend
<http://omarchador.blogspot.com.au/2015/11/galinheiras-vai-organizar-23-edicao-do.html>
- Thu 12 Nov - Spanish great José Marín working with Ecuadorian walker Andrés Chocho
<http://omarchador.blogspot.com.au/2015/11/jose-marin-tecnica-ao-dispor-dos-atletas.html>
- Wed 11 Nov - Sergio Vieira Mota and Mariana win in Alvaizere
<http://omarchador.blogspot.com.au/2015/11/alvaizere-em-festa-com-sua-legua-de.html>
- Tues 10 Nov - key walkers change clubs in Portugal
<http://omarchador.blogspot.com.au/2015/11/susana-feitor-muda-se-para-leiria.html>

OUT AND ABOUT

- **Matej Toth** and **Liu Hong** have been voted winners of the race walking category in the first round of voting for the 2015 IAAF World Athlete of the Year award. Toth won the 50km race walk at the IAAF World Championships Beijing 2015 by a margin of almost two minutes. Earlier in the year, he clocked a Slovak record of 3:34:38, moving to third on the world all-time list. Liu provided hosts China with their sole gold medal in Beijing, winning the 20km race walk. Two months earlier, Liu broke the world record in that event with a time of 1:24:38.
<http://www.iaaf.org/news/iaaf-news/world-athlete-year-2015-longlist-toth-liu>
- 50km race walk world champion, IAAF World Athlete of the Year nominee and, it turns out, a budding hack; Slovakian superstar and former journalism student Matej Toth tells us about his passion for the written word.
<http://spikes.iaaf.org/post/matej-toth-the-journalist>

- Evan Dunfee continues his blog as he prepares for next year's Olympics. <http://www.nytimes.com/2015/11/14/sports/russia-suspended-by-track-and-fields-governing-body.html>
- And finally, athsvicTV has published two short videos from the recent Victorian All-Schools T&F Championships
 - 2015 Vic Schools: U15/16/17/18 3000m Walk - <https://www.youtube.com/watch?v=GrECjxsT10M>
 - 2015 Vic Schools: U14 3000m Walk - <https://www.youtube.com/watch?v=6UiVNtNa25Y>

#BANCHEGIN

Woe, it just keeps on going and going. Here are a few bits and pieces from this week

- **In an unprecedented move, Russia has been provisionally suspended from World T&F on Friday by the IAAF.** The ban, which will keep Russian athletes out of all sanctioned international track and field events worldwide, and could disrupt preparations for next summer's Olympics in Rio de Janeiro, will remain in place while the case is considered more fully. **The ruling also stripped Russia of the right to host next year's world race walking team championships in Cheboksary and the world junior championships in Kazan.** The IAAF council met via teleconference Friday and voted 22 to 1 to suspend Russia. Mikhail Butov, a council member from Russia, was allowed to state the case against a ban, but not to vote. See <http://www.nytimes.com/2015/11/14/sports/russia-suspended-by-track-and-fields-governing-body.html>
- A secret laboratory located in an industrial area 10 kilometres outside of Moscow has emerged as a key component of the systemic and widespread doping regime within Russian athletics. WADA contest it was used by Russian coaches and doctors to screen, test and develop new undetectable performance enhancing drugs designed to beat the system and deliver winners. It is a telling fact of how deep the commitment was within the regime to cheat. See <http://www.abc.net.au/news/2015-11-10/russias-secret-lab-at-the-centre-of-alleged-drug-production/6928318?section=sport>
- Just how wide does this current scandal run. Amid the avalanche of stunning revelations which came crashing out of the independent report into sport's worst ever doping scandal, one was largely overlooked. Confronted with headline-grabbing findings proclaiming the London Olympics was "sabotaged" by a state-sponsored programme that went to the very top of both athletics and the Russian regime, it was easy to ignore a chapter about a laboratory in Lausanne, Switzerland. Yet, what was found to have taken place at the Centre Hospitalier Universitaire Vaudois et Université de Lausanne was arguably the most shocking disclosure of all. Chapter 16 of the report describes how its lab last year destroyed 67 samples provided by Russian athletes prior to London 2012, "contrary to specific instructions" given to it by the World Anti-Doping Agency. The purge prevented investigators re-examining the samples following testimony they had been part of a scam in which "positive doping samples had been swapped out for clean ones". Just how widespread is this doping scandal? See <http://www.telegraph.co.uk/sport/othersports/athletics/11992813/Athletics-doping-scandal-Shocking-story-of-67-purged-drug-samples.html>
- Lots more to come with the second instalment of the WADA Independent Commission's report, due before the end of the year. It is believed that the next release will focus much more on the IAAF and the potentially criminal activities of some of its top persons, currently being investigated by the French police. See <http://www.odt.co.nz/sport/athletics/363365/athletics-iaaf-suspension-option-wada>
- Former IAAF president Lamine Diack has resigned from his position on the International Olympic Committee (IOC), where he had served as an honorary member, the IOC said Wednesday. See <http://www.nation.co.ke/sports/athletics/Lamine-Diack-resigns-from-International-Olympic-Committee/-/1100/2952402/-/rop74dz/-/index.html>
- Lamine Diack has also resigned as president of the International Athletics Foundation. The foundation is a Monaco-based charity best known for its work with the year-end world athletics gala in Monte Carlo. It also assists the I.A.A.F. in the development and promotion of track and field worldwide. See http://www.nytimes.com/2015/11/11/sports/athletics-foundation-chief-resigns.html?partner=rssnyt&emc=rss&_r=0
- Last week the Sports Integrity Initiative reported that French police took former IAAF Medical and Anti-Doping director Adrien Dollé into custody alongside former IAAF President Lamine Diack following further bribery allegations. French prosecutors believe Dollé may have accepted up to €200,000 in bribes and French Police have reportedly now found €87,000 in cash at his house. The evidence mounts. See <http://www.sportsintegrityinitiative.com/iaaf-update-e87000-in-cash-found-at-former-iaaf-anti-doping-chiefs-house/>
- **WADA has revoked the accreditation of Russia's antidoping lab in Moscow, effective immediately.** The move prohibits the lab from testing blood and urine samples, which WADA said will be transferred "securely, promptly and with a demonstrable chain of custody" to another WADA-accredited lab outside Russia. See <http://www.nytimes.com/2015/11/11/sports/wada-acts-on-doping-report-revoking-accreditation-of-russian-lab.html?partner=rssnyt&emc=rss>

- Hours after losing this creditation, the Russian news agency Tass said that the lab director, Grigory Rodchenkov, had resigned. Monday's report had recommended that he receive a lifetime ban after it accused him of covering up positive doping tests, extorting money from athletes and destroying samples. See <http://www.supersport.com/athletics/article.aspx?Id=3275744>
- Swimming's governing body FINA will move the samples taken at this year's world championships away from the Moscow laboratory at the centre of Russia's athletics scandal. FINA has now said the 645 samples from August's world swimming championships in Kazan, which were being stored at the controversial Moscow facility, will now be kept at a WADA-certified laboratory in Barcelona. See <http://www.sportsfan.com.au/fin-a-to-move-samples-from-russian-lab/tabid/91/newsid/180459/default.aspx>
- Russia's athletics federation has met in Moscow to begin what the sports minister said would be a purge of its staff after the country was suspended from international competition over doping. And I imagine that Victor Chegin will be amongst the first to cop a life ban. Waiting, waiting..... See <http://www.theguardian.com/sport/2015/nov/15/russian-athletics-begins-purge-of-doping-scandal-coaches-and-officials>
- Respected British TV presenter Jon Snow interviewed IAAF President Lord Coe last Tuesday and really put him on the spot. The London 2012 boss was Vice President of the IAAF during the period when allegations of doping took place. One comment: *8 years a Vice President. On the IAAF Council since 2003. Also a previous Chair of the FIFA ethics Committee under Blatter. See no evil, speak no evil!* It is one you must watch – see <https://www.youtube.com/watch?v=oBg6-wrsOQ>. Coe has since had ongoing bad press for his performance thus far. See http://www.iol.co.za/sport/athletics/doping-i-know-nothing-1.1944791#.Vkb22_krLIV and http://www.iol.co.za/sport/athletics/coe-slammed-for-naive-comments-1.1945093#.Vky4a_krLIU.
- Elmira Alembekova, 2014 European champion, was one of a number of Russian walkers who were caught out in out-of-competition testing in July. The IAAF has announced that her B sample has also tested positive – not surprising really from what we read last week. See <http://www.championat.com/other/news-2299635-kontrolnaja-doping-proba-b-khodoka-alembekovoj-priznana-polozhitelnoj.html>
- And the focus of the drugs issue is now starting to turn once again to Kenya. A Sunday Times insight team's report into Kenya, only just released, alleges Nike paid \$500,000 bribe to keep its sponsorship deal with Athletics Kenya. Not only is Lamine Diack alleged to be part of this massive money game but Seb Coe also finds himself in even more hot water. The disclosure that Nike is linked to a police corruption inquiry is particularly embarrassing to Coe, who is already under pressure to stand down from his lucrative role as a NIKE ambassador. It does continue to raise the question - is Coe really the right man for the new IAAF job? See <http://www.letsrun.com/news/2015/11/the-sunday-times-reports-that-nikeathletics-kenya-briberytheft-allegations-are-now-part-of-a-criminal-probe/>
- Finally, <http://www.letsrun.com/> is a great site to keep up to date with the latest in the war against doping.

WHERE TO NOW FOR THE 2016 IAAF WORLD RACEWALKING TEAMS CHAMPIONSHIPS

Now that the IAAF has finally confirmed that the 2016 World Race Walking Teams Championships will be moved from Cheboksary, the hunt will be on for a replacement host. You may have seen articles in the paper advising that **both Athletics Australia and Athletics Canada have indicated a willingness to bid for the rights to stage this event**. There may be other bodies also willing to bid.

If Australia did indeed put in a proposal, what sorts of venues might be possible? Here are a few that come to mind

- Eastern Beach at Geelong. Geelong is Victoria's largest city and only 1 hour's drive from Melbourne. It was the venue at which Nathan Deakes set his 2006 World Record for 50km and the city has a great sporting history and a real go-ahead Lord Mayor who might jump at the opportunity to host such a big international event.
- The Gold Coast in Queensland is going to host the 2018 Commonwealth Games and planning is well underway, with a busy LOC hard at work. What a great way to showcase the Gold Coast and the upcoming Games!
- Host it in our national capital in Canberra. Home of the AIS and home of our Federal Government, such a bid would get lots of support and has lots of the necessary infrastructure in place already.

Bidding for this event is not a trivial exercise. Mark Wall has forwarded me a list of the general criteria that must be met. A couple of quick comments on the info provided below

- It reads pretty dauntingly but whether the IAAF would require all these provisions to be met in this case remains to be seen. It seems to me that the IAAF should be willing to chip in more financially this time around to get a new Championships venue given the short timeframe involved.
- Compromises are often allowed in bids. For instance, in the 2012 World Cup, teams were housed in two star student accommodation in Saransk and a large outdoor tent was used for meals. Not exactly 5 star! But the bid was accepted.

Anyway, here is what Mark forwarded to me (thanks mate!)

The following general requirements could be considered as necessary for the successful hosting of the event:

- 2-2.5km loop course
- Trails for training
- At least 650 beds in 3/4-star hotels for team accommodation
- International airport within a two-hour bus ride

The Local Organising Committee (LOC) is responsible for overall management of the event budget. The following are the main financial obligations of the Organising Committee:

- Pay full-board accommodation in twin rooms for 4 nights for the quota athletes (approximately 300);
- Charge not more than USD 100 per person, per night for full-board accommodation in twin rooms for 4 nights for the non-quota athletes and team officials;
- Pay full-board accommodation for the IAAF Delegates (approximately 26 people maximum) and full-board accommodation costs of the required site visits;
- Charge not more than USD 100 per person, per night for bed and breakfast accommodation in single rooms in a 4* hotel for members of the IAAF Family;
- Pay any related costs for national competition officials;
- Pay full-board accommodation costs for the staff of the technology partner providing timing / chip timing services, a minimum of 14 people for minimum of 6 nights and for any preliminary site visit;
- Pay full-board accommodation costs for the staff of the technology partner providing results and information service, a minimum of 4 people for a minimum of 5 nights and for any preliminary site visit;
- Pay at least 50% of the costs of these services provided by a company appointed by IAAF (in the event the IAAF does not have a technology partner for the timing and/or results services)
- Pay for the provision of 50 Commentator Information System (CIS) terminals;
- Provide free of charge equipped offices for IAAF and Dentsu, including fast and secure internet connection in their respective hotels and the competition venue;
- Provide free-of-charge the IAAF and Dentsu with an agreed number of VVIP and VIP tickets in the main tribune, adequate hospitality for such ticket holders and an agreed number of parking passes;
- Pay a contribution towards the costs of accreditation (i.e., USD 2.50 per card issued). Special requests from the LOC to the accreditation company will also be at the LOC's expense;
- Pay the costs of the advertising boards, advertising materials and related services for the national sponsors and 50% of the cost of the start/finish gantries;
- Pay for the creation and registration of trademarks or brands as requested by IAAF/Dentsu;
- Provide a free live TV broadcast signal (as per specifications defined by IAAF) via a host broadcaster (non-rights holder in home country) to be proposed by the LOC;
- Provide working facilities for TV commentators and media at the finish area;
- Pay any tax that the host country's government may levy on any prize money earned by the athletes;
- Pay any and all taxes in connection with the importation, exportation, transportation, installation and customs clearance of any VIK, premiums and promotional gift items of the commercial affiliates;
- Pay the costs for doping control organisation and implementation, including blood testing pre-competition (number of samples as requested by the IAAF) and approximately 30 competition urine tests and several EPO or other additional special analyses (e.g., IRMS) as requested by the IAAF;
- Provide appropriate medical organisation (health care and sports medicine services) as per IAAF competition medical guidelines accessible on IAAF website;
- Pay for insurance policies requested by the IAAF;
- Pay for the production of the bibs in case the LOC is granted the rights to commercialise the bibs.

PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

This week I finish my exploration of the four parent/child combinations who have won the same or similar Australian racewalk championships

- **Bert Gardiner** (Aust 7 Miles) and **Bob Gardiner** (Aust 2 Miles, 3000m, 20km and 50km)
- **Tim Erickson** (Aust 50km) and **Chris Erickson** (Aust 20km and Aust 50km)
- **Dave Smith** (Aust 3000m, 5000m and 20km) and **Dane Bird-Smith** (Aust 10,000m and 20km)
- **Jenni Jones-Billington** (Aust 10km) and **Tayla-Paige Billington** (Aust Junior 10km and 10,000m)

So far, I have published short articles on Bert and Bob Gardiner, Jenni Jones-Billington and Tayla-Paige Billington and Chris Erickson. This time around sees the David Smith / Dane Bird-Smith combination under the microscope.

I have previously written extensively on the career of David Smith so I will simply direct readers to <http://www.vrwc.org.au/tim-archive/articles/wv-david-smith.pdf> for a summary. It's time to zoom in on Dane for a review of his stellar career thus far.

DANE BIRD-SMITH

2009 World Youth Championships	10,000m Walk	8/30	43:53.62
2010 World Junior	10,000m Walk	5/24	41:32.36
2010 Race Walking World Cup	Junior 10km Walk	37/37	DQ
2011 World Mountain Running	Junior Mountain Run (8.77km)	15/67	39:52
2012 Race Walking World Cup	20km Walk	44/124	1:25:41
2013 World Championships	20km Walk	11/64	1:23:06
2014 Race Walking World Cup	20km Walk	14/113	1:20:27
2015 Universiade	20km Walk	1/26	1:21:30
2015 World Championships	20km Walk	8/61	1:21:37

Queenslander Dane Bird-Smith, born 15th July 1992, initially took up athletics with a focus on the 400m, only switching to racewalking as a teenager and coached by his father, former Australian international walker and record holder David Smith.

My first recorded championship race for him was in the U16 3km championship at the LBG Carnival in June 2006 when he finished 5th in **15:16** and was part of the QRWC team that took second in the associated teams race.

He next returned to the LBG carnival in 2008 when he easily won the U16 3km in **13:31**, beating Blake Steele and Brad Aiton. Later that year, he showcased his walking in the Pacific School Games in Canberra, winning the U17 5000m walk in **22:39.32** in windy and hot conditions. A week later he won the U20 10km invitational roadwalk at Fawkner Park in Melbourne in a PB **45:09**.



Dane wins the PSG U17 5000m in Canberra in December 2008

As 2009 started, 16 year old Dane continued his rapid improvement, winning the Australian Youth Olympics 5000m in January (**20:58**), then improving to **20:22** at the Australia Cup Grand Prix Meet in early February and then walking **20:55** in the Sydney Track Classic 5000m. He rounded off his summer season with a win in the Australian Junior 10,000m track walk at the Australian T&F Championships in March in a breakthrough time of **43:47.71**. This confirmed his selection for the 2009 World Youth Championships where he came a commendable 8th in **43:53.61**. Back in Australia, he won the U18 10km roadwalk in August with **44:07** and then the Australian All-Schools U18 5000m in December in **21:08.70**.

In 2010, he continued his assault on the local Australian underage scene, winning the World Racewalking Cup trial in Hobart in February with **43:17** and then repeating his win in the Australian Junior 10,000m track walk at the Australian T&F Championships with **43:16.93**, thus gaining selection for the 2010 World Racewalking Cup and the World Junior Championships. His World Cup walk in May was a disappointment with an unexpected DQ but he bounced back in the best possible way in July in the World Junior Championships with fifth place in the 10,000m in a big PB of **41:32.36**. Back in Australia, he snared another win in the Australian U20 10km roadwalk championship in August with **43:00**.

Come the 2010/2011 summer, Dane, now 18 years old, was in superb form with a series of searing walks, the best being **5:23** for 1500m (Brisbane, 04/10/10), **11:27** for 3000m (Brisbane, 18/12/10) and **19:44** for 5000m (Brisbane, 05/02/11). He continued to chip away over the longer distances as well, winning the AA Invitational 10km roadwalk in Hobart in February in a PB **40:56** and the U20 10,000m walk at the Australian T&F Championships (his third win in a row) in a new Australian record of **41:02.18**. Alas, with no Australian roadwalking teams on offer for him in 2011, he showed his versatility with 15th place in the 2011 World Junior Mountain Run Championship which was being held in Queensland – he was in fact the first of the Australian Junior runners to finish the event.

After his usual high quality winter, he finished off his Junior career with yet another win in the Australian U20 10km roadwalk championship in August (**43:57**) before travelling to Spain where he raced competitively against the stop senior walkers in the final of the IAAF Challenge Series, coming 13th in the 10km roadwalk in **41:21**.

It was now time for Dane to move up to 20km – he would be officially in the Open/U23 ranks in 2012. His 20km debut in December 2011 at Fawkner Park in Melbourne saw him finish 2nd in **1:26:38**. A week before the World Cup and Olympic 20km trial in Hobart in February 2012, Dane knocked out a superb 5000m PB of **19:02.59**, coming 3rd at the Sydney Track Classic. Alas, he could not reproduce that same form a week later in Hobart in horrendous conditions and a temperature nudging 40C, fading to 6th in the trial (4th Australian), his time of **1:28:12** a long way off the pace. Chasing an Olympic qualifier, he improved to **1:23:15** at the IAAF Challenge event in Taicang a month later but it was not enough to secure an Olympic berth and he had to be content with a second World Cup appearance. But he was, after all, still only 19 years of age!

His World Cup walk was a good one, coming 43rd in **1:24:41**. He also won his first Australian Open title that year when he won the 20km roadwalk championship in Adelaide in August with **1:23:28**. He finished off his winter with another appearance in the IAAF Challenge Series final in China a few weeks later, finishing 5th in **40:32**.

Dane continued his improvement into 2013, coming second to Jared Tallent in the Australian 20km summer roadwalk championship in Hobart (**1:22:27**) and winning a whole swag of 5000m walks, all in the low 19 minute range. A small European tour in the May/June period saw him take 3rd in Sesto San Giovanni in Italy (**1:23:18**) and 4th in La Coruna (**1:22:03**). Back in Australia and preparing for his first IAAF World Championships appearance, he walked a big 5000m PB of **18:56.96** in winning the Down Under Meet in Brisbane in early July. His World Championships walk in Moscow in August saw him come 11th in **1:23:06**, an excellent debut and one that earmarked him as a young walker on the rise – he had just turned 21 years of age. He finished off his winter with a repeat win in the Australian Winter 20km roadwalk championship in windy conditions in Tasmania (**1:25:43**).



Left: Dane mixes it with the top men in Sesto San Giovanni in May 2013
Right: Dane walks in his first IAAF World Championships in August 2013

In early November 2013, Dane recorded a sizzling **5:16.39** in winning the QA 1500m Track Classic in Brisbane. The next day he was off to China for the inaugural Take Taihu 4 Day Rally. He only lasted 2 days before retiring but he would remedy that a year later.

With the 2014 Commonwealth Games excluding racewalks, the Racewalking World Cup was the only international vest on offer for the year and Dane confirmed his spot with a win in the Australian 20km summer championship in Hobart (**1:22:39**). But it was a bitter sweet win as Jared Tallent had crossed the line first, only to be retrospectively disqualified in somewhat controversial circumstances. Anyway, a win's a win and the disqualification had nothing to do with Dane who continued his fine form in the subsequent weeks with 3000m (**11:22**) and 5000m (**19:00**) walks in Brisbane. Travelling to Nomi in mid March for the IAAF Challenge Series walk there, he came a superb 4th in a PB **1:21:01**. 3 weeks later, he won the inaugural Australian T&F Championships 10,000m walk in a new Australian record of **38:57.16**.

He kicked off a 2 month overseas venture with his IAAF World Cup 20km walk in Taicang - 11th in a PB **1:20:27**. Then on to La Coruna (6th in **1:21:42**) before a few weeks in England which saw wins in the British National 20km (**1:24:03**), the Athletics England 10,000m Track Championship (**39:48.63**) and the British 5000m Track Championship (**19:14.53**). He finished off his tour with a final 3000m race in the Cork City Spots Meet in Ireland, winning in a huge PB of **10:56.23** (only 0.01 sec outside Andrew Jachno's Australian and Commonwealth record).

Back in Australia, he won the Australian Winter 20km championship yet again (**1:27:38** in Albany) before trying his hand a second time in the Lake Taihu 4 Day Rally in China. This year he made no mistakes, coming third on day 1, winning on days 2 and 3 and only losing the overall lead on day 4 when he suffered a 1 minute Pit Stop violation mid race in the final leg. His overall 4 day tally gained him second place overall, only 34 seconds behind 2012 Olympic 20km champion Ding Chen of China, 3:18:41 to 3:18:07. Dane was now racing in rarefied company indeed!

Dane's 2015 year started with a hiccup when he was a last minute withdrawal from the Australian Summer 20km Championship in Adelaide, the victim of a heavy cold. But it was only a temporary setback as he was back a month later to win the Australian 10,000m Track Championship in Brisbane with **39:53.89**. Then it was off to Taicang for their leg of the IAAF Challenge Series and he showed his form with 5th in **1:22:12**. He walked even better the following month in La Coruna, finishing 5th in a PB **1:20:05**. This was followed a month later by a win in the World Universiade 20km in Gwanju, South Korea. In a desperate sprint finish with Canada's Ben Thorne, Dane won out by the narrowest of margins in a time of **1:21:30**. Then it was onto Beijing for the IAAF World Championships 20km where he finished 8th in **1:21:37**. Then it was back to the Lake Taihu 4 Day Rally where he finished 2nd to Ding Chen again with daily finishes of 4th, 1st, 3rd and 1st. 2015 had definitely been his best year ever and he was now a regular top finisher on the world stage.



Dane walks to gold in the 2015 World Universiade 20km in Gwanju

With the Olympics beckoning next year, he is one of a number of very talented young walkers who will fight out the 20km walk. Without doubt, Dane has the endurance and the sheer speed needed to be at the pointy end of the race – then it will just be a case of who wins out in what will be a very exciting last few laps.

Some other facts about Dane to round off this article.

Unlike some of our past and present top walkers, Dane loves to race. Even in recent years when he has been racing at the elite level, he continues to support local races and uses them to build on and maintain his fitness. His yearly totals for the last few years read as follows: 2009 (23 races), 2010 (26 races), 2011 (21 races), 2012 (24 races), 2013 (17 races), 2014 (22 races) and 2015 (16 races).

Dane follows in his father's footsteps in terms of his run/walk capability. At age 16, he boasted 48.4 for 400m and 4:03 for 1500m. It is fair to say that he could have chosen any of a number of sports and achieved at any of them. We are lucky that he chose the walk rather than other higher profile disciplines.

His walk PBs read so impressively:	1500m	5:16.39	Brisbane, QLD	07/11/2013
	3000m	10:56.23	Cork, IRE	08/07/2014
	5000m	18:56.96	Brisbane, QLD	05/07/2013
	10000m	37:57.16	Melbourne, VIC	04/04/2014
	10km	38:56	Brisbane, QLD	29/07/2012
	20km	1:20:05	Coruna, SPA	06/06/2015

It is hard to believe that Dane is only 23 years of age. He has many years of improvement to come and I look forward to making further updates to this brief article.

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 Dec 13, 2015 Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016 Australian Summer 20km Championships, Adelaide, SA
Mar 5, 2016 Melbourne Track Classic 5000m Walk, Albert Park, VIC
Apr 16-19, 2016 Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Sun Nov 29, 2015 Hong Kong 20km Championship, HK,
See <http://www.hkaaa.com/page.php?pid=1840&mid=147&type=gameevent>
Dec 12-13, 2015 MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

2016 International Key Dates

May 7-8, 2016 27th IAAF World Race Walking Team Championships, TBA
July 19-24, 2016 16th World Junior T&F Championships, TBA
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>

2016 IAAF Challenge Series (so far)

Sat March 12, 2016 Chihuahua, Mexico
Sat March 19, 2016 Dudince, Slovakia
Sat April 9, 2016 Rio Maior, Portugal
Sat April 23, 2016 Taicang, China
May 7-8, 2016 World Cup, TBA
Sat May 28, 2016 La Coruna, Spain
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

2016 EAA Permit meets

Apr 9, 2016 Podebrady Walking 2016, Podebrady, CZE
June 10, 2016 42nd International Race Walking Festival, LTU
June 18, 2016 19th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016 Voronovo Cup, Voronovo, RUS

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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