



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 15
12 January 2016



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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TIM'S WALKER OF THE WEEK

Walker of the Week for Tuesday 5 January 2016

I am going back a week initially to retrospectively award Walker of the Week for last week's newsletter. When I was reporting on the International 10,000m walk held at the USATF Junior Racewalk Camp in Chula Vista on Saturday 2nd January, I completely missed the fact that 16 year old Western Australian walker **Declan Tingay** had come 6th in a PB time of **43:57.35**. His previous best of 44:14 was done at Fawkner Park in December so this was a further 17 secs off that time. Apologies to Declan who is one of a number of talented juniors vying for World Race Walking Cup and World Junior positions.

Walker of the Week For Tuesday 12 January 2016

This week's Walker of the Week is 42 year old **Kelly Ruddick**. Competing in AV Shield on Saturday in Ballarat and in windy conditions with the temperature around 30°C, she recorded a fantastic 3000m time of **12:58.85** to better the W40 World and Australian Masters records (and of course our own VRWC W40 record). This is actually a PB for Kelly whose previous best had stood at 13:02.10 (Landy Field Geelong, 12 Jan 2013).



Kelly and Declan in action in recent track races

WHAT'S COMING UP

Athletics Victoria Shield continues next Saturday with 2000m walks to be contested in the third set of Zone vs Zone meets. The AV handbook reads as follows (always check with your club for the latest info)

- | | | | |
|----------------|---------------------------------|-----------|---|
| Sat 16 January | Round 9 Red Zone v White Zone | Program 2 | Albert Park (morning session) |
| | | | Timetable http://athsvic.org.au/wp-content/uploads/Red-vs-White-Rd-9-Timetable.pdf |
| Sat 16 January | Round 9 Blue Zone v Yellow Zone | Program 2 | Albert Park (afternoon session) |
| | | | Timetable http://athsvic.org.au/wp-content/uploads/Blue-Vs-Yellow-Rd-9-Timetable.pdf |

Sat 16 January Round 9
Sat 16 January Round 9
Sat 16 January Round 9

Program 2 Ballarat
Program 2 Geelong
Program 2 Bendigo

We then have our next VRWC road races the following morning at Middle Park. Pre-entries can be made at <http://vrwc.org.au/wp1/> (our preference) or you can enter on the day.

| Sun 17 January 2016, VRWC Road Races, Middle Park | | |
|---|------------------|------|
| 8.30am | 20km, 15km, 10km | Open |
| 9.30am | 5km, 3km | Open |
| 10.00am | 2km, 1km | Open |

Then fast forward a further 3 weeks to Sunday 7th February for more Middle Park walks, along with the **Victorian 5km Teams Walk Championships**. The AV entry portal for the 5km Teams Championships is now open – you can enter the Victorian Championship at <http://athsvic.org.au/events/calendar/>. You enter as an individual. Once 3 walkers from your club register, you automatically have a team. Time to start organising your club teams!

| Sun 7 February 2016, VRWC Road Races (and AV 5km Teams Walks), Middle Park | | |
|--|----------------------------------|------------------|
| 8.30am | 20km, 15km, 10km | Open |
| 9.30am | AV 5km Teams Championship | Open Men / Women |
| 9.30am | 5km, 3km | Open |
| 10.00am | 2km, 1km | Open |

The VRWC races on Jan 17th and on Feb 7th have both been ratified by AA as suitable for World Junior/World Race Walking Teams Championships qualification purposes.

Finally, coach Elke Raselli tells me that there are a few spots left for Tuesday and Wednesday of this week in the **Casey Coaches annual camp** (see <https://www.facebook.com/Casey-Coaches-1456044611348030/?fref=fb>). Suitable for athletes 12 - 21 years, all track disciplines bar hurdles. Includes beach sessions, running, gym, drills, hills, bike, etc. Sounds great to me. If interested in participating in the camp, ring Elke on her mobile 0432 051020.

ERICKSON, TALLENT AND READING - OLYMPIC 50KM NOMINATIONS CONFIRMED

Athletics Australia Selectors last Wednesday announced their intention to nominate their first five athletes for Rio 2016 – see <http://www.athletics.com.au/News/rio-2016-nominations>. The Australian Olympic Committee confirmed the selections on Friday – see <http://www.iaaf.org/news/news/rio-2016-australia-tallent-wellings-erickson>. The 5 Olympians are

- **Eloise Wellings** and **David McNeill** who will compete in the 10,000m in Rio after winning the national titles in December
- **Jared Tallent**, **Chris Erickson** and **Brendon Reading** who will compete in the men's 50km race walk in Rio. Jared took silver in the event at the IAAF World Championships Beijing 2015, while Chris gained automatic nomination after winning the Australian 50km Race Walking Championships in Melbourne last month. Brendon, who was the second Australian in the trial, has been named as a discretionary pick.



Walkers Jared Tallent, Chris Erickson and Brendon Reading amongst Australia's first Rio selections

For Chris and Jared, it will be their third Olympics (they each did 2008 and 2012) but for Brendon, it is his first selection, after World Cup and World University Games selections. I focus on Brendon later in the newsletter with an in-depth profile.

Jared's tweet was short and to the point
'Rio redemption' with walking mates

Chris's post was more forthcoming and also focused on Brendon

Extremely honoured to today have been nominated by Athletics Australia to join the Australian Olympic Team at my third Olympic Games. Rio 2016 will hopefully be the culmination of years of hard work, blood, sweat and tears. Whilst excited about my own nomination I'm even more overjoyed that Brendon Reading, who I coach, has been nominated as well. Getting to an Olympics as an athlete is an incredible achievement but to now be also sitting on the other side of the fence and coach and guide an athlete to achieve their dreams gives me enormous satisfaction and great reward. Brendon has bucked the traditionally trend as this will his first major Senior Team after missing out when he shouldn't have! His is a pleasure to work with and hopefully come August in Rio we will both do our country proud!

Brendon left it to his brother Michael to tweet

So proud of my brother Brendon Reading for being selected in the Australian Olympic Team for the 50km Racewalk to compete in RIO. I couldn't be prouder of him seeing how far he has come battling injuries and non selections over the last few years. To see him achieve his life long dream of becoming an Olympian is so inspiring!! Can't wait to watch you compete bro!!!!

There is a great article on the Australian Olympic Committee website, talking about all 3 walkers. A must-read – see <http://rio2016.olympics.com.au/news/talent-on-rio-redemption-with-walking-mates>.

IAAF ANNOUNCE SUCCESSFUL BIDDERS FOR 2016 EVENTS

There were no real surprises when the IAAF Council announced the host cities for the remaining two 2016 IAAF World Athletics Series events last Friday. See <http://www.athleticsweekly.com/featured/rome-bydgoszcz-host-reallocated-iaaf-events-37646/>

- IAAF World Race Walking Team Championships, 7-8 May 2016 Host City is **Rome, Italy**
- IAAF World U20 Championships, 19-24 July 2016 Host City is **Bydgoszcz, Poland**

Rome will be a popular choice for the Race Walking Teams Championships in early May. Italy has previously hosted three editions of the Racewalking World Cup - Pescara (1963), Varese (1965) and Turin (2002).

The competition circuit will be set in the beautiful historic center of Rome alongside the Arch of Constantine, within walking distance of the Colosseum and with the Baths of Caracalla as a backdrop. As always, discussed by marciadalmondo at <http://omarchador.blogspot.pt/2016/01/roma-vai-acolher-o-campeonato-mundial.html>.

See discussion of possible cobblestone sections of course at <http://marcia.it/percorso-gara-campionato-del-mondo-marcia-roma-2016/>

The IAAF has now confirmed the start times for the five World Race Walk Teams Championship events in Rome. See <http://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/iaaf-world-race-walking-team-championships-5658/timetable/byday>.

- Sat 7 May 09:30 W 10km Race Walk
 10:45 M 10km Race Walk
 18:00 M 20km Race Walk
- Sun May 8 08:30 M 50km Race Walk
 13:30 W 20km Race Walk

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 7 JANUARY

Thanks to Colin Hainsworth for the latest walks from the South Australian Masters in Adelaide. Good turn-out. Breezy at times. Scratch starts.

1 Mile Walk

| | | | |
|----|--------------------|-------|-----|
| 1. | Rhiannon Lovegrove | 07:57 | |
| 2. | George White | 09:01 | M70 |
| 3. | Geoff Byham | 10:15 | M69 |
| 4. | Kevin Finn | 10:57 | M64 |
| 5. | Mark Worthing | 11:04 | M53 |
| 6. | Cherie Rothery | 11:09 | W45 |
| 7. | Rodger Barber | 11:29 | M77 |
| 8. | Mary Abrey | 11:35 | W65 |
| 9. | Helen Suridge | 11:36 | W64 |

3000m Walk

| | | | | |
|----|-----------------|-------|-----|--------|
| 1. | George White | 17:04 | M70 | 86.24% |
| 2. | Geoff Byham | 19:43 | M69 | 73.76% |
| 3. | Kevin Finn | 20:09 | M64 | 68.20% |
| 4. | Cherie Rothery | 21:33 | W45 | 58.11% |
| 5. | James Hoar | 21:57 | M69 | 66.26% |
| 6. | Rodger Barber | 22:00 | M77 | 73.37% |
| 7. | Bill Starr | 22:14 | M73 | 68.75% |
| 8. | Graham Harrison | 22:35 | M72 | 66.82% |
| 9. | Doug Smart | 22:37 | M72 | 66.72% |

| | | | | | | |
|-----------------------|-------|-----|-----------------------|-------|-----|--------|
| 10. Doug Smart | 11:44 | M72 | 10. Des Mulqueen | 23:00 | M69 | 63.23% |
| 11. James Hoare | 11:44 | M69 | 11. Colin Trengove | 23:18 | | |
| 12. Des Mulqueen | 11:47 | M69 | 12. Margaret Trengove | 23:19 | | |
| 13. Roger Lowe | 11:55 | M72 | 13. Roger Lowe | 23:52 | M72 | 63.23% |
| 14. Margaret Trengove | 11:57 | | 14. Colin Hainsworth | 24:38 | M86 | 75.60% |
| 15. Graham Harrison | 12:02 | M72 | 15. Edna Bates | 26:30 | W63 | 56.11% |
| 16. Jan Layng | 12:12 | W67 | | | | |
| 17. Colin Trengove | 12:20 | | | | | |
| 18. Edna Bates | 13:46 | W63 | | | | |
| 19. David Robertson | 14:17 | M82 | | | | |

ATHLETICS ACT INTERCLUB, AIS ATHLETICS TRACK, BRUCE, CANBERRA, THURSDAY 7 JANUARY

Interclub competition resumed in Canberra last Thursday evening with 3000m and 1500m walks on offer.

3000m Walk

| | | | |
|-------------------|------|--------------|---------|
| 1. Timothy Fraser | MU18 | SCT | 15:10.0 |
| 2. Matthew Griggs | MOP | Weston Creek | 16:28.0 |
| 3. Spencer Burns | MU14 | NCG | 17:09.0 |
| 4. Callum Burns | MU18 | NCG | 17:49.9 |
| 5. Laura Burns | WU14 | NCG | 18:07.5 |

1500m Walk

| | | | |
|----------------|------|-----|--------|
| 1. Ellen Vahey | WU14 | NCG | 8:56.1 |
|----------------|------|-----|--------|

ATHLETICS VICTORIA SHIELD, SATURDAY 9 JANUARY

Athletics Victoria Shield resumed next Saturday with 3000m and 1500m walks contested across Victoria in the second set of Zone vs Zone meets. As usual, numbers were big with lots of good performances. Conditions were hot overall with the temperatures soaring into the mid twenties or higher at all venues.

AV Shield Round 8 Blue Zone v Red Zone, Doncaster, Saturday 9 January

Good walking at Doncaster in the 3000m by Reese Walmsley (14:01.65) and Simone McInnes (14:31.96), ably backed up by Aaron McDonough, Eliza Clarke and James Christmas, all under 15 minutes. Nikola Mandic was fastest in the 1500m with a very good 6:58.87.

3000m Walk

| | | | |
|-------------------------|-----|---------------------|----------|
| 1. Walmsley, Reese | M17 | KNOX AC | 14:01.62 |
| 2. McInnes, Simone | W24 | GLENHUNTLY AC | 14:31.96 |
| 3. McDonough, Aaron | M43 | PRESTON AC | 14:33.78 |
| 4. Clarke, Eliza | W15 | DIAMOND VALLEY AC | 14:56.34 |
| 5. Christmass, James | M48 | CORIO ATHLETIC CLUB | 14:58.88 |
| 6. Smyth, David | M46 | COLLINGWOOD | 15:43.36 |
| 7. Laufer, Michelle | W46 | COLLINGWOOD | 15:45.13 |
| 8. Hawkins, Trenton | M36 | PRESTON AC | 16:15.42 |
| 9. Karagiorgos, Chloe | W13 | KNOX AC | 16:34.11 |
| 10. Osmann, Kym | M33 | OAKLEIGH AC | 17:00.11 |
| 11. Reid, Ross | M61 | COLLINGWOOD | 17:07.03 |
| 12. Carr, Heather | W66 | GLENHUNTLY AC | 17:20.33 |
| 13. Clarke, Patrick | M47 | DIAMOND VALLEY AC | 17:41.83 |
| 14. Bennett, Ralph | M74 | GLENHUNTLY AC | 17:52.50 |
| 15. Elms, Donna-Marie | W54 | PRESTON AC | 18:14.54 |
| 16. Van Dongen, Rupert | M41 | CASEY CARDIN | 19:34.82 |
| 17. O'Mahony, Kathleen | W13 | KNOX AC | 19:54.19 |
| 18. Lillie, Jessica | W16 | KNOX AC | 19:58.67 |
| 19. Gardiner, Robert | M79 | COLLINGWOOD | 20:01.31 |
| 20. Steed, Gwen | W73 | GLENHUNTLY AC | 20:22.13 |
| 21. Walburg, Kirsten | W17 | DONCASTER AC | 21:17.87 |
| 22. Quinn, Karen | W51 | DIAMOND VALLEY AC | 21:18.40 |
| 23. Papadopoulos, Sarah | W28 | DIAMOND VALLEY AC | 22:51.75 |
| 24. Brown, Tammarah | W16 | RICHMOND HAR | 24:55.00 |
| 25. Campbell, Donna | W45 | PRESTON AC | 26:55.54 |
| 26. Bryan, Jeanne | W73 | MENTONE AC | 27:08.50 |
| Morrison, John | M76 | SANDRINGHAM AC | DNF |
| Barrow, Geoff | M66 | MENTONE AC | DQ |

1500m Walk

| | | | | |
|----|------------------------|-----|--------------------|----------|
| 1. | Mandic, Nikola | M12 | CASEY CARDIN | 6:58.87 |
| 2. | Walmsley, Hayden | M14 | KNOX AC | 7:21.43 |
| 3. | Clarke, Georgia | W13 | DIAMOND VALLEY AC | 8:05.52 |
| 4. | Karagiorgos, Chloe | W13 | KNOX AC | 8:25.67 |
| 5. | Hay, Charlotte | W12 | KNOX AC | 8:33.74 |
| 6. | O'Mahony, Kathleen | W13 | KNOX AC | 8:39.62 |
| 7. | Wright, Ethan | M14 | COLLINGWOOD | 8:56.17 |
| 8. | Rudston-Brown, Caitlyn | W14 | WHITTLESEA CITY AC | 11:00.0h |
| | Derrett, Abigail | W12 | DIAMOND VALLEY AC | DQ |

AV Shield Round 8 White Zone v Yellow Zone, Nunawading, Saturday 9 January

The quality of the Zone vs Zone meet at Nunawading was swelled considerably, due to the presence of the Athletics Australia U19 squad, currently doing a 1 week camp in Melbourne. Fast walking out front in the 3000m by Adam Garganis (7 sec PB of 12:28.43), Brad Simpson (12:55.63), Emmet Brasier (13:01.86) and Kyle Swan (13:15.65). 12 year old Heath Beveridge was the fastest over 1500m with 8:10.16. An impressive 50 walkers in total – the biggest field for the summer thus far.

3000m Walk

| | | | | | |
|-----|-----------------------|-----|--------------------|----------|---------|
| 1. | Garganis, Adam | M18 | COLLINGWOOD | 12:28.43 | PB 0:07 |
| 2. | Simpson, Bradley | M22 | NUNAWADING | 12:55.63 | |
| 3. | Brasier, Emmet | M17 | DIAMOND VALLEY AC | 13:01.86 | |
| 4. | Swan, Kyle | M16 | NUNAWADING | 13:14.65 | |
| 5. | Kozica, Jason | M28 | ST KEVINS AC | 13:56.25 | |
| 6. | Wellington, Shea | M18 | KEILOR ST BE | 14:53.09 | |
| 7. | Tindal, Pam | W56 | VICTORIAN MA | 15:47.45 | |
| 8. | Geisler, Sandra | W38 | RINGWOOD AC | 16:24.72 | |
| 9. | Rosenbrock, Carolyn | W53 | NUNAWADING | 16:26.16 | |
| 10. | Taylor, Lucas | M19 | YARRA RANGES | 16:37.70 | |
| 11. | Feain, Lachlan | M16 | KEILOR ST BE | 16:52.44 | |
| 12. | Muldoon, Wendy | W44 | NUNAWADING | 16:54.39 | |
| 13. | Erickson, Tim | M65 | COBURG HARRIERS AC | 17:01.83 | |
| 14. | Kennedy, Paul | M58 | KEILOR ST BE | 17:06.81 | |
| 15. | Feain, Gerard | M52 | KEILOR ST BE | 17:09.61 | |
| 16. | Evans, Simon | M55 | BOX HILL AC | 17:16.14 | |
| 17. | Paten, Ruby | W12 | NUNAWADING | 17:42.00 | |
| 18. | Dickenson, Russell | M70 | VICTORIAN MA | 17:53.82 | |
| 19. | Riddoch, Clyde | M62 | ATHLETICS WAVERLEY | 18:13.42 | |
| 20. | Hawksworth, Danny | M36 | ATHLETICS ESSENDON | 18:15.12 | |
| 21. | Knox, Duncan | M56 | ATHLETICS ESSENDON | 18:28.28 | |
| 22. | Feain, Madeleine | W17 | KEILOR ST BE | 19:04.96 | |
| 23. | Shaw, Robyn | W54 | WESTERN ATHL | 19:17.60 | |
| 24. | McCann, Adam | M39 | NUNAWADING | 19:56.90 | |
| 25. | Benke, Geza | M59 | OLD MELBURNI | 20:00.90 | |
| 26. | McGoughan, Tracy | W50 | KEILOR ST BE | 20:33.22 | |
| 27. | Keighery, Peter | M49 | KEILOR ST BE | 20:35.03 | |
| 28. | Taylor, Lee | W14 | YARRA RANGES | 20:54.50 | |
| 29. | Hodgart, Janice | W52 | WESTERN ATHL | 21:11.05 | |
| 30. | Crook, Madison | W17 | ATHLETICS ESSENDON | 21:21.32 | |
| 31. | Sofianos, Gerald | M66 | ST KEVINS AC | 21:50.06 | |
| 32. | Lewis, Leandar | M18 | WYNDHAM | 22:43.90 | |
| 33. | Beaumont, Hamish | M39 | MELBOURNE UN | 22:45.31 | |
| 34. | Cashin, Brenda | W51 | WESTERN ATHL | 22:49.48 | |
| 35. | Molnar, Jo | W54 | ATHLETICS WAVERLEY | 23:16.31 | |
| 36. | Tsichrintzis, Theo | M45 | MELBOURNE UN | 23:27.98 | |
| 37. | Ireland, Roslyn | W32 | BRUNSWICK AC | 24:12.64 | |
| 38. | Bedyn, Erika | W53 | YARRA RANGES | 25:01.44 | |
| 39. | Ireland, Olive | W55 | BRUNSWICK AC | 25:59.87 | |
| 40. | Lamb, Heather | W51 | BRUNSWICK AC | 26:16.72 | |
| 41. | Meager, Sharron | W56 | BOX HILL AC | 26:59.53 | |
| 42. | O'Connor, Christopher | M55 | BOX HILL AC | 27:39.55 | |
| 43. | Rickard, Ian | M59 | BRUNSWICK AC | 28:52.41 | |
| | Handasyde, Ian | M62 | OLD SCOTCH C | DQ | |

1500m Walk

| | | | | |
|----|-----------------------|-----|--------------------|----------|
| 1. | Beveridge, Heath | M12 | WESTERN ATHL | 8:10.16 |
| 2. | Imbriano, Joel | M9 | ST KEVINS AC | 9:28.74 |
| 3. | Weickhardt, Sebastain | M9 | UNATTACHED | 11:25.64 |
| 4. | Knox, Christian | M12 | ATHLETICS ESSENDON | 13:33.62 |

| | | | | |
|----|----------------|-----|--------------------|----------|
| 5. | Healy, Kevin | M10 | ATHLETICS ESSENDON | 13:34.25 |
| | Spaleta, Lucas | M15 | OLD XAVERIANS AC | DQ |



The big 3000m walk field gets underway at Nunawading on Saturday (photo Peter Ryan)

AV Shield Round 8 - Program 1, Ballarat, Saturday 9 January

Kelly Ruddick was ahead by the proverbial mile in Ballarat with her W40 world best performance of 12:58.85.

3000m Walk

| | | | | |
|----|----------------|----|--------------|----------|
| 1. | Ruddick, Kelly | 42 | BALLARAT HAR | 12:58.85 |
| 2. | Dowie, Ellen | 16 | EUREKA ATHLE | 20:52.84 |
| 3. | Ruddick, Kevin | 65 | BALLARAT HAR | 19:08.51 |

AV Shield Round 8 - Program 1, Geelong, Saturday 9 January

Only 2 walkers in action in Geelong, with Mackayla Davison winning the 1500m with 8:17.07.

1500m Walk

| | | | | |
|----|-------------------|-----|---------------------|----------|
| 1. | Davison, Mackayla | W15 | CORIO ATHLETIC CLUB | 8:17.07 |
| 2. | Robinson, Tara | W12 | CORIO ATHLETIC CLUB | 10:05.24 |

AV Shield Round 8 - Program 1, Bendigo, Saturday 9 January

Alas, no results yet from Bendigo. They should eventually appear in

<https://www.dropbox.com/sh/gmmpds7ljvaancx/AACV8ysp15iiwKliGMpg8soLa/Bendigo%20Zone%20Results/Round08?dl=0>

ATHLETICS NSW 10,000M TRACK WALK CHAMPIONSHIPS, BASS HILL, SATURDAY 9 JANUARY

The NSW 10,000m Track Walk Championships were contested last Saturday in Bass Hill – alas, very small numbers. Tyler Jones walked well for his time of 44:56.83.

Women 10000m Walk Open

| | | | | |
|----|----------------|----|--------------|------------|
| 1. | Brown, Suzanne | 51 | U.T.S. North | 1:19:00.06 |
| | Fagan, Nicole | 27 | Sydney Unive | DNF |

Men 10000m Walk Open

| | | | | |
|----|-----------------|----|--------------|------------|
| 1. | Jones, Tyler | 18 | Mingara Athl | 44:56.83 |
| 2. | Seymon, Jim | | U.T.S. North | 1:10:16.84 |
| 3. | Osborne, Robert | 61 | Nepean Distr | 1:12:21.89 |
| | Gibbons, Carl | 20 | Westlakes At | DNF |

ATHLETICS SA INTERCLUB, SAATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 9 JANUARY

Danielle Walsh was fastest in Adelaide interclub with 15:27.83. I'm assuming it was hot – SA are having a super hot summer.

3000m Walk

| | | | | |
|----|--------------------|------|---------------|----------|
| 1. | Danielle Walsh | OPEN | PORT ADELAIDE | 15:27.83 |
| 2. | Rhiannon Lovegrove | U16 | PORT ADELAIDE | 15:52.67 |
| 3. | Tristan Camilleri | U16 | COASTAL DIST | 16:08.24 |
| 4. | Peter Crump | 35+ | SAINTS | 17:01.77 |
| 5. | Samantha Findlay | OPEN | SOUTHERN | 17:11.91 |
| 6. | Victoria Upton | U14 | SOUTHERN | 17:29.58 |
| 7. | Jake Vidler | U16 | SOUTHERN | 17:29.58 |
| 8. | James Hoare | 35+ | PORT ADELAIDE | 21:55.79 |

1500m Walk

| | | | | |
|----|-----------------|-----|--------------|----------|
| 1. | Richard Everson | 35+ | ADELAIDE HAR | 7:14.94 |
| 2. | Mathew Bruniges | U16 | SOUTHERN | 8:49.92 |
| 3. | Adrian Upton | U14 | SOUTHERN | 10:08.24 |

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 9 JANUARY

Only 2 walkers in action in Hobart with Bayley Campbell fastest.

5000m Walk

| | | | |
|----|-----------------|-----|----------|
| 1. | Bayley Campbell | OVA | 30:37.51 |
| 2. | Ron Foster | NS | 31:34.99 |

ATHLETICS QLD GLYNIS NUNN SHIELD, SAF, BRISBANE, 9-10 JANUARY

Walking returned to the track in Athletics Queensland competition last Saturday, with Jess Pickes 24:22.46 and Nelson McCutcheon 16:14.63 winning the 5000m and 3000m walks respectively.

5000m Walk

| | | | | |
|----|-------------------|----|--------------------|----------|
| 1. | Pickles, Jessica | 22 | University of Qld | 24:22.46 |
| 2. | McCutcheon, Jamie | 17 | Qeii Track Club | 26:06.19 |
| 3. | Hannigan, Caitlin | 14 | Gold Coast Victory | 29:37.13 |
| 4. | Smith, Clancy | 16 | Noosa | 32:18.97 |
| 5. | Haig, Callum | 16 | University o | 34:48.96 |
| 6. | McCutcheon, Luke | 18 | Qeii Track Club | DNF |

3000m Walk

| | | | | |
|----|---------------------|----|--------------------|----------|
| 1. | McCutcheon, Nelson | 14 | Qeii Track Club | 16:14.63 |
| 2. | Clarke, Ethan | 15 | Race Walking Qld | 16:26.41 |
| 3. | Schofield, Amelia | 13 | Gold Coast Victory | 17:09.60 |
| 4. | Jeffrey, Ben | 14 | Qeii Track Club | 18:27.67 |
| 5. | Stewart, Ryan | 14 | Ipswich & District | 19:07.61 |
| 6. | Schofield, Isabella | 14 | Gold Coast Victory | 19:27.42 |
| 7. | Hargreaves, Josii | 13 | Jimboomba | 19:52.65 |
| 8. | Willoughby, Emily | 13 | Jimboomba | 26:16.11 |

QMA T&F COMPETITION, SAF, BRISBANE, SATURDAY 9 JANUARY

The Queensland Masters walkers were also in action, with Iggy Jimenez fastest with 14:24.14 but Peter Bennett taking top % points with his 14:49.90.

3000m Walk

| | | | | | |
|----|-----------------|-----|------------|----------|--------|
| 1. | Ignacio Jimenez | M50 | Brisbane | 14:24.14 | 83.65% |
| 2. | Dean Nipperess | M44 | GC & Sthrn | 14:43.22 | 75.45% |
| 3. | Peter Bennett | M60 | Brisbane | 14:49.90 | 88.91% |
| 4. | Argenis Guevara | M47 | Brisbane | 15:43.59 | 73.49% |
| 5. | Erika Woodward | W49 | Brisbane | 16:47.87 | 74.55% |
| 6. | Noela McKinven | W73 | Brisbane | 23:49.95 | 68.28% |

AIS TRAINING STUDY CAMP PART II KICKS OFF FOR JANUARY

A big group of elite racewalkers has descended once again on the AIS in Canberra for the second month of the AIS funded research camp. The overall group is much larger than in the first month, back in November. This time around, there are 19 Study participants

| | |
|--------------|--|
| Australia | Jared Tallent, Brendon Reading, Ian Rayson, Rhydian Cowley, Nathan Brill |
| Canada | Evan Dunfee, Inaki Gomez, Ben Thorne |
| South Africa | Marc Mundell, Lebogang Shange |
| Poland | Rafal Augustyn, Jakub Jelonek |
| Sweden | Ato Ibanez, Perseus Karlstrom |
| Japan | Toru Yamamoto, Yuki Kobayashi, Yuzuru Nakao |
| Italy | Giovanni Reno |
| Chile | Yerko Araya |

A number of our top women (Regan Lambie, Beki Lee, Tanya Holliday, Rachel Tallent, etc) will also be in Canberra during this time and training with the men. In addition, a number of our juniors (Adam Garganis, Kyle Swan, Zoe Hunt, Jemima Montag) will travel to Canberra for 1-3 weeks and also train with the group. That takes the grand total up to 30 walkers.

The walkers kicked off a few days ago with treadmill tests and baseline studies. This morning, they were in action in a 10,000m track race at the AIS track and it was Canadians Ben Thorne and Inaki Gomez leading the way with some pretty quick walking. I hear that conditions were tough – 28°C and 50% humidity.

10,000m Test Walk, AIS Track, Bruce, Monday 11 January

| | | | |
|-----|-------------------|-----|----------|
| 1. | Ben Thorne | CAN | 40:25.82 |
| 2. | Inaki Gomez | CAN | 40:57.86 |
| 3. | Lebogang Shange | RSA | 41:02.92 |
| 4. | Yerko Araya | CHI | 41:06.35 |
| 5. | Perseus Karlstrom | SWE | 42:00.98 |
| 6. | Rhydian Cowley | AUS | 42:28.27 |
| 7. | Rafal Augustyn | POL | 43:06.26 |
| 8. | Evan Dunfee | CAN | 43:17.71 |
| 9. | Jakub Jelonek | POL | 43:43.00 |
| 10. | Ato Ibanez | SWE | 43:47.18 |
| 11. | Brendon Reading | AUS | 43:56.11 |
| 12. | Jared Tallent | AUS | 45:01.47 |
| 13. | Marc Mundell | RSA | 46:41.58 |
| 14. | Beki Lee | AUS | 46:51.66 |
| 15. | Ian Rayson | AUS | 47:26.35 |
| 16. | Giovanni Reno | ITA | 47:34.18 |
| 17. | Yuzuru Nakao | JPN | 47:51.72 |
| 18. | Nathan Brill | AUS | 50:48.33 |
| 19. | Yuki Kobayashi | JPN | 51:06.94 |
| 20. | Toru Yamamoto | JPN | 53:55.14 |

The camp continues until early February and is a fantastic opportunity for all the walkers to get some quality work in while helping with a worthwhile research project.

HK RWA - THE FIRST WALK 2016, STONECUTTERS ISLAND, HONG KONG, 1 JANUARY 2016

The Hong Kong Race Walking Association take the prize for the first walks of the new year, with 50km/20km championships being held at Container Port Road South, Stonecutters Island in Hong Kong, starting at 9AM on 1st January. Although the fields were small, you can't beat them for enthusiasm.

Men's 50m Walk

| | | |
|----|-----------------|---------|
| 1. | Wong Kai Chung | 6:03'48 |
| 2. | Chan Wai On | 6:25'44 |
| 3. | Lo Yau Wing | 6:53'36 |
| | Cheung Wing Hin | DNF |

Women's 50Km Walk

| | | |
|----|----------------|---------|
| 1. | Kwok Chik Ha | 6:19'23 |
| | Leung Yuk Yin | DNF |
| | Man Hoi Man | DNF |
| | Wong Yuet Chun | DNF |
| | Choi Kam Har | DNF |

Men's 20Km Walk

| | | |
|----|-----------------|---------|
| 1. | Tse Chun Hung | 1:46'18 |
| 2. | Yiu Hon Ki | 2:42'53 |
| 3. | John Ash | 2:51'04 |
| 4. | Chung Kam Shing | 2:58'23 |

Women's 20Km Walk

| | | |
|----|---------------------|---------|
| 1. | Ng Sau Man | 2:11'36 |
| 2. | Tai Sau King, Irene | 2:26'36 |
| 3. | Li Hung Lin | 2:32'48 |



HA RWA 50km winners Kwok Chik Ha and Wong Kai Chung

ATHLETICS ENGLAND T&F INDOOR CHAMPIONSHIPS, SHEFFIELD, 9-10 JANUARY

Tom Bosworth was looking to repeat his victory of 12 months ago and so he did, crossing the line to not only retain the Senior crown but also break his own personal best by 15 seconds and slice eight seconds off Belgrave Harrier Alex Wright's 2013 British all-time mark with 11.15.81. In second place was Callum Wilkinson whose 11:39.87 took the junior mark beneath 12 minutes for the first time and bettered Cameron's recently set Junior Record. It is worth noting that the first three train at the England Athletics Centre at Leeds (the two Under 20s are students at the university) so a great result for Dr Andi Drake.

The women's event saw the return to competition of UK based Academic and Italian international Tatyana Gabellone. She all but lapped the field to finish first with 13:47.75. Alas, with 3 Olympic qualifiers in 2015, she still only ranks 7th on times amongst her country women in Italy so faces an uphill battle if she is to get to Rio. Junior Emma Achurch clocked 14:34.67 to take the title for the second year in a row. The fight for third was tight with Ana Garcia surrendering a lead in the shadow of the post to the older Sophie Lewis Ward. The results ensure both Emma and Tom are to be selected for the Bratislava international meeting.

In the 1000m mixed race for U15 and U13 athletes, it was Suki Ly of Cambridge Harriers who was first home in 5:00.24. just pipping Sophie Lewis Ward's younger sister Sophie in a photo finish (5:00.28). The girls dominated the event with the boys playing second fiddle.

3000m Indoor Walk - Men

| | | | | |
|----|--------------------|------|------------------------|----------|
| 1. | Thomas BOSWORTH | SM | Tonbridge AC | 11:15.81 |
| 2. | Callum WILKINSON | U20M | Enfield & Haringey AC | 11:39.87 |
| 3. | Cameron CORBISHLEY | U20M | Medway & Maidstone AC | 12:09.78 |
| 4. | Guy THOMAS | U20M | Tonbridge AC | 12:20.50 |
| 5. | Luc LEGON | U20M | Bexley AC | 14:08.18 |
| 6. | Mark WILLIAMS | SM | Tamworth AC | 14:11.55 |
| 7. | Benjamin ALLEN | U17M | Leicester Walking Club | 16:58.46 |

3000m Indoor Walk - Women

| | | | | |
|-----|-------------------|------|------------------------|----------|
| 1. | Tatiana GABELLONE | SW | | 13:47.75 |
| 2. | Emma ACHURCH | U20W | Leicester Walking Club | 14:34.67 |
| 3. | Sophie LEWIS WARD | U20W | Cambridge Harriers | 15:07.38 |
| 4. | Ana GARCIA | U17W | City of Sheffield AC | 15:07.48 |
| 5. | Brenda GANNON | SW | Hyde Park Harriers | 15:23.15 |
| 6. | Hannah HUNTER | SW | Manx Harriers | 15:32.99 |
| 7. | Jasmine NICHOLLS | U23W | Leicester Walking Club | 15:36.98 |
| 8. | Natalie MYERS | SW | City of Sheffield AC | 16:14.42 |
| 9. | Pagen SPOONER | U17W | Wetherby | 16:15.13 |
| 10. | Evie BUTCHER | U17W | Cambridge Harriers | 16:16.00 |
| 11. | Alana ZEIDLER | U17W | City of Sheffield AC | 17:14.32 |

1000m Indoor Walk - Mixed U13B, U15B, U15G

| | | | | |
|----|----------------------|------|-----------------------|---------|
| 1. | Suki LY | U15G | Cambridge Harriers | 5:00.24 |
| 2. | Lucy LEWIS WARD | U15G | Cambridge Harriers | 5:00.28 |
| 3. | Faris ALKHAMESI | U13B | Nuneaton Harriers | 5:12.79 |
| 4. | ack CHILDS | U15B | Medway & Maidstone AC | 5:13.31 |
| 5. | Hisham ALKHAMESI | U15B | Nuneaton Harriers | 5:28.32 |
| 6. | Kai CUNDEY | U13B | City of Sheffield AC | 5:40.73 |
| 7. | Molly MELEADY-HANLEY | U15G | 2DASH | 5:48.10 |

Some nice photos from Steve Partington at <https://www.facebook.com/photo.php?fbid=10154554088043146&set=a.10154554076333146.1073741832.621113145>.



Tatiana Gabellone, Cameron Corbishly and Tom Bosworth (photos Steve Partington)

ENFIELD RACEWALKING LEAGUE FIVE MILES, QEII PLAYING FIELDS, ENFIELD, SUNDAY 10 JANUARY

Thanks to Ron Wallwork for the results of the first ERWL League races in London last weekend. He reported:

Entries for the opening fixture of the 2016 series were considerably down on previous years, perhaps because the race was a week earlier than usual. Conditions were reasonable; cold, but dry for the most part. Southern President Chris Hobbs got the better of a close tussle with Malc Martin, whilst Penelope Cummings was over two minutes clear of her nearest challenger. In the mid-field, six walkers finished within a minute and Belgrave novice Dan Halmstrand made a promising debut. Cath Duhig was the first of seven Centurions in the race to finish and four others were part of the officiating team. Thanks to Enfield Town FC for hosting the race.

5 Miles Walk

| | | | | |
|-----|---------------------|----------------------|-----|-------|
| 1. | Christopher Hobbs | Ashford AC | M60 | 43.59 |
| 2. | Malc Martin | Surrey WC | M55 | 44.11 |
| 3. | Steve Allen | Barnet & District AC | M55 | 45.43 |
| 4. | Steve Uttley | Ilford AC | M55 | 46.06 |
| 5. | Mark Culshaw | Belgrave H | M45 | 47.01 |
| 6. | Penelope Cummings | AFD | W35 | 48.03 |
| 7. | John Ralph | Enfield HAC | M55 | 48.07 |
| 8. | Daniel Halmstrand | Belgrave H | M45 | 50.37 |
| 9. | Maureen Noel | Belgrave H | W50 | 50.47 |
| 10. | Dan Maskell | Surrey WC | M65 | 52.06 |
| 11. | Roger Lilley | Enfield HAC | M55 | 52.11 |
| 12. | Michael Harran | Surrey WC | M75 | 52.34 |
| 13. | Cath Duhig c986 | Ryston Runners AC | W61 | 52.39 |
| 14. | Paul King c972 | Belgrave H | M60 | 52.48 |
| 15. | Anne Jones | Steyping AC | W60 | 53.07 |
| 16. | Angela Martin | Surrey WC | W50 | 53.07 |
| 17. | Sean Pender c1067 | Enfield HAC | M60 | 54.18 |
| 18. | Jo Miles | Hillingdon AC | W60 | 54.47 |
| 19. | Chris Flint c849 | Surrey WC | M70 | 58.27 |
| 20. | Stephen Cartwright | Colchester | M55 | 59.53 |
| 21. | Jenny Middleton | Hillingdon AC | W40 | 60.53 |
| 22. | Kathy Crilley c933 | Surrey WC | W65 | 61.59 |
| 23. | Mick Barnbrook C661 | Ilford AC | M70 | 67.50 |
| 24. | Dave Ainsworth c540 | Ilford AC | M65 | 69.55 |

2 miles

| | | | | |
|----|---------------|-------------|-----|-------|
| 1. | Pamela Abbott | Enfield HAC | W50 | 23.33 |
|----|---------------|-------------|-----|-------|

2016 NORTH ISLAND COLGATE GAMES, PALMERSTON NORTH, NEW ZEALAND, 8-10 JANUARY

Good to see lots of walkers in the New Zealand North Island Colgate Games last weekend. All finishers shown.

Age 14 Girls 2000m Walk

| | | | | |
|----|------------------|----|----------------|----------|
| 1. | Hannah Gilberd | 14 | Inglewood At | 11:46.46 |
| 2. | Jemesa Landers | 14 | Port Hills A | 13:09.77 |
| 3. | Josephine Reeves | 14 | Lower Hutt AAC | 15:13.38 |

Age 14 Boys 200m Walk

| | | | | |
|----|----------------|----|----------|----------|
| 1. | Cameron Draper | 14 | Mana AAC | 15:16.34 |
|----|----------------|----|----------|----------|

Age 13 Girls 1600m Walk

| | | | | |
|----|----------------|----|---------------------|----------|
| 1. | Laura Kehely | 13 | Egmont Athletics | 9:19.45 |
| 2. | Haley Murphy | 13 | Levin Athletic Club | 10:28.75 |
| 3. | Amelia Burley | 13 | Wellington H | 10:29.42 |
| 4. | Zharna Beattie | 13 | Athletics Ta | 11:26.92 |

Age 13 Boys 1600m Walk

| | | | | |
|----|----------------|----|--------------|----------|
| 1. | Euan McDougall | 13 | Hillsborough | 12:18.54 |
|----|----------------|----|--------------|----------|

Age 12 Girls 1200m Walk

| | | | | |
|----|------------------|----|------------------|---------|
| 1. | Olivia Gilberd | 12 | Inglewood At | 7:04.10 |
| 2. | Brooke Reid | 12 | Egmont Athletics | 7:28.31 |
| 3. | Breeje L Schuler | 12 | Te Aroha Ath | 8:16.36 |
| 4. | Jessica Davie | 12 | Bellevue Ath | 8:31.01 |
| 5. | Aoife Lake | 12 | Wellington H | 8:33.80 |

| | | | | |
|----|---------------------|----|------------------|----------|
| 6. | Rebekah D Daysh | 12 | Te Aroha Ath | 9:02.02 |
| 7. | Samantha J Oosthoek | 12 | Te Aroha Ath | 9:14.41 |
| 8. | Taya Wilson | 12 | Eltham Athletics | 10:37.23 |

Age 12 Boys 1200m Walk

| | | | | |
|----|---------------|----|--------------|---------|
| 1. | Bradyn Popow | 12 | Palmerston N | 6:14.85 |
| 2. | Ted Northcott | 12 | Paraparaumu | 7:54.53 |
| 3. | Joshua Keech | 12 | Athletics Ha | 8:09.79 |
| 4. | Mirsab Rizvi | 12 | Palmerston N | 9:00.58 |

Age 10 Girls 1200m Walk

| | | | | |
|----|-------------------|----|--------------|---------|
| 1. | Alessandra Solway | 10 | Avondale AAC | 9:14.54 |
|----|-------------------|----|--------------|---------|

Age 10 Boys 1200m Walk

| | | | | |
|----|---------------------|----|------------------|---------|
| 1. | Piripi Bercic | 10 | Paraparaumu | 8:15.92 |
| 2. | Daniel Gilberd | 10 | Inglewood At | 8:16.04 |
| 3. | Izak Derik-Westaway | 10 | Ashburton At | 8:18.96 |
| 4. | Dean Clarkson | 10 | Egmont Athletics | 8:27.01 |
| 5. | Ryan Topp | 10 | Wellington S | 9:07.16 |
| 6. | Oscar Ruffell | 10 | Athletics Wh | 9:40.85 |
| 7. | Cameron Dallinger | 10 | Inglewood At | 9:42.14 |

Age 11 Girls 1200m Walk

| | | | | |
|----|-------------------------|----|------------------|---------|
| 1. | Lara Chiswell | 11 | University C | 7:18.51 |
| 2. | Emma Kehely | 11 | Egmont Athletics | 7:53.59 |
| 3. | Kaleece Potts-Broughton | 11 | Normanby Ama | 8:08.35 |
| 4. | Madison Landsborough | 11 | Normanby Ama | 8:43.55 |
| 5. | Sylvia McDougall | 11 | Hillsborough | 9:55.28 |

Age 11 Boys 1200m Walk

| | | | | |
|----|---------------|----|-----------------|---------|
| 1. | Barclay Cribb | 11 | Ashhurst A & HC | 8:48.31 |
|----|---------------|----|-----------------|---------|

CHRISTMAS STARTS MEET, KIEV, UKRAINE, 8-9 JANUARY 2016

Ukrainian Ruslan Dmytrenko who won gold in the 2014 World Cup 20km in Taicang (1:18:37), walked super fast in the 21st annual Christmas Starts Athletics Indoor Meet in Kiev on January 8th. His time of 18:47.55 was well outside his indoor record of 18:21.76 but saw him well clear of 50km specialist Igor Hlavan who recorded an 11 sec PB of 19:13.25 to take second. In the women's 5000m, Alina Cvilij won with 23:21.00

Men 5000m Race Walk Indoor

| | | | | |
|----|----------------------|-----|----|----------|
| 1. | Ruslan DMYTRENKO | UKR | 86 | 18:47.55 |
| 2. | Ihor HLAVAN | UKR | 90 | 19:13.25 |
| 3. | Kyrylo ANDRUSHCHENKO | UKR | 93 | 19:56.94 |
| 4. | Konstantin PUZANOV | UKR | 91 | 20:54.05 |

Women 5000m Race Walk Indoor

| | | | | |
|----|---------------|-----|----|----------|
| 1. | Alina TSVILIY | UKR | 94 | 23:21.00 |
|----|---------------|-----|----|----------|

INDOOR RACE WALKS, BANSKÁ BYSTRICA, SLOVAKIA, TUESDAY 5 JANUARY 2016

The 9th annual Banskobystrická hala indoor walks were won by Anton Kucmin (a PB 11:32.70) and Maria Czakova (13:16.20) last week. Overall, 31 walkers from Slovakia and Austria competed in a range of events. Full results including the additional 1000m and 2000m walks at <http://atletikasvk.sk/Content/results/2016/1/VYS887.pdf>.

Men 3000m Race Walk Indoor

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Anton KUCMÍN | SVK | 84 | 11:32.70 |
| 2. | Dušan MAJDAN | SVK | 87 | 11:49.50 |
| 3. | Miroslav ÚRADNÍK | SVK | 96 | 12:05.40 |
| 4. | Martin TIŠTAN | SVK | 92 | 12:38.10 |

Women 3000m Race Walk Indoor

| | | | | |
|----|----------------|-----|----|----------|
| 1. | Mária CZÁKOVÁ | SVK | 88 | 13:16.20 |
| 2. | Lucia CUBANOVÁ | SVK | 95 | 13:56.90 |

RACE WALK INDOOR CHAMPIONSHIPS, NENAGH, IRELAND, SATURDAY 3 JANUARY 2016

Looks like Robert Heffernan 19:47.04 and Alex Wright 19:51.26 had a good battle in the indoor 5000m track walk in Nenagh last Saturday.

Men 3000m Race Walk Indoor

| | | | | |
|----|----------------|-----|--|----------|
| 1. | Patrick MURPHY | IRL | | 14:52.43 |
| 2. | Ross ALEXANDER | IRL | | 15:36.19 |

Men 5000m Race Walk Indoor

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Robert HEFFERNAN | IRL | 78 | 19:47.04 |
| 2. | Alex WRIGHT | IRL | 90 | 19:51.26 |

Men 5000m U20 Race Walk Indoor

| | | | | |
|----|-----------------|-----|----|----------|
| 1. | Anthony TOBIN | IRL | 97 | 24:21.41 |
| 2. | Gearóid MCMAHON | IRL | | 24:31.00 |

Women 3000m U20 Race Walk Indoor

| | | | | |
|----|---------------|-----|--|----------|
| 1. | Orla O'CONNOR | IRL | | 16:00.31 |
|----|---------------|-----|--|----------|

OCEAN BREEZE FREEDOM GAMES, STATEN ISLAND, NY, SATURDAY 9 JANUARY 2016

I have a girls walk from the Ocean Breeze Freedom Games, which were held last Saturday at the Ocean Breeze T&F Facility in Staten Island, NY. See <http://ny.milesplit.com/meets/222397-ocean-breeze-freedom-games#.VpLx9RV97IU> for more info about this meet. Not sure what happened to the boys result.

Girls 15-16 years 1500m Walk (42 finishers)

| | | | |
|-----|--------------------|--------------|---------|
| 1. | Cohen, Natalie | George W. He | 7:25.19 |
| 2. | Pauly, Ellie | Hilton | 7:34.12 |
| 3. | Fox, Audrey | New Rochelle | 7:35.13 |
| 4. | Mandel, Tara | Farmingdale | 7:40.95 |
| 5. | Sanabria, Shantall | New Rochelle | 7:45.96 |
| 6. | Brynes, Katherine | Clarkstown S | 7:46.59 |
| 7. | Bevan, Meghan | West Islip | 7:48.22 |
| 8. | cervantes, dulce | Townsend Har | 7:53.85 |
| 9. | Messore, Chloe | Hilton | 7:58.25 |
| 10. | Ryan, Margaret | Monroe Woodb | 8:00.17 |
| 11. | Yoo, hannah | Townsend Har | 8:01.32 |
| 12. | Hayter, Elise | Comsewogue | 8:14.55 |
| 13. | liu, wendy | Townsend Har | 8:16.59 |
| 14. | DeChello, Meghan | Comsewogue | 8:26.43 |
| 15. | Reigel, Sophie | George W. He | 8:29.10 |
| 16. | Varaday, Erika | Huntington | 8:33.93 |
| 17. | Yone, Nang | Townsend Har | 8:36.33 |
| 18. | Zhu, Xin Yu | McKee/Staten | 8:44.01 |
| 19. | Mason, Stacie | Islip | 8:46.35 |
| 20. | Rapaport, Loren | Port Richmon | 8:50.73 |

EMBLEM HEALTH HISPANIC GAMES, FORT WASHINGTON AVENUE, NEW YORK, 8-9 JANUARY

As for the Ocean Breeze Games reported above, I have results of the girls walks at the Hispanic Games in New York, but not the boys. See http://www.runnerspace.com/eprofile.php?do=info&event_id=576&year=2016.

Girls 1500m Walk Freshmen/Sophomore (33 finishers)

| | | | |
|-----|-------------------|--------------|---------|
| 1. | Guo, Ziqi | Stuyvesant | 7:47.01 |
| 2. | Benedict, Chelsea | Sachem East | 7:49.44 |
| 3. | Arrigo, Anna | Sachem East | 7:56.40 |
| 4. | WU, Joyce | Stuyvesant | 8:02.77 |
| 5. | Murphy, August | Stuyvesant | 8:23.23 |
| 6. | Wei, Kelly 1 | Bronx Of Sci | 8:24.52 |
| 7. | DiCarlo, Hayley | Sachem East | 8:33.60 |
| 8. | Irani, Jasmine | Sachem North | 8:42.25 |
| 9. | Schilling, Nina | Bayport Blue | 8:42.54 |
| 10. | Heffernan, Dana | Sachem East | 8:55.34 |

Event 24 Girls 1500m Walk Varsity (36 finishers)

| | | | |
|-----|--------------------|--------------|---------|
| 1. | Barnett, Elisabeth | Bay Shore | 7:28.02 |
| 2. | Cuomo, Amelia | Brewster | 7:34.35 |
| 3. | Delano, Samantha | Sachem East | 7:38.92 |
| 4. | Triolo, Rhianna | Kings Park | 7:45.96 |
| 5. | Wu, Jane | Brooklyn Tec | 7:56.13 |
| 6. | Goldstein, Claire | Briarcliff | 7:59.96 |
| 7. | Hasan Hafez, Liela | Brooklyn Tec | 8:01.98 |
| 8. | Martins, Kaitlin | Sachem North | 8:02.67 |
| 9. | Leath, Emily | Sachem North | 8:02.73 |
| 10. | Piacentine, Nina | East Hampton | 8:10.71 |

47TH DARTMOUTH RELAYS, LEVERONE FIELD HOUSE, DARTMOUTH COLLEGE, HANOVER, NH, SUN 10 JAN

And some final walk results from USA. It looked like a busy weekend in that country!

Women 1 Mile Race Walk

| | | | |
|-----|---------------------|-------------------|----------|
| 1. | Podlaski, Meaghan | Unattached | 7:31.53 |
| 2. | Allen, Kayla | LA Racewalkers | 7:40.22 |
| 3. | Sirois, Sydney | LA Racewalkers | 7:56.52 |
| 4. | Emery, Siana | Maine Racewalkers | 8:07.87 |
| 5. | Scott, Chloé | Club Gatineau | 8:43.23 |
| 6. | Guénard, Danika | Club Gatineau | 8:47.66 |
| 7. | Bickford, Hayley | Gorham High TC | 8:54.02 |
| 8. | Folster, Sarah | Lancaster RW | 9:02.52 |
| 9. | Fahey, Angélie | Club Gatineau | 9:19.87 |
| 10. | Burgess, Moira | LA Racewalkers | 9:20.69 |
| 11. | Staskiewicz, Morgan | Lancaster RW | 10:07.81 |
| 12. | Petit, Lexi | Lancaster RW | 10:33.58 |

Men 1 Mile Race Walk

| | | | |
|----|--------------------------|---------------------|---------|
| 1. | Adamowicz, Marek | Rive-Sud | 6:17.06 |
| 2. | Dunn, Spencer | Unattached | 7:07.42 |
| 3. | Turcotte, Jean-Sébastien | Club Gatineau | 7:53.65 |
| 4. | O'Rourke, Ed | New England Walkers | 7:53.76 |
| 5. | Côté, Donald | Club Gatineau | 8:01.63 |

REGIONAL INDOOR CHAMPS, EAUBONNE, FRANCE, SATURDAY 9 JANUARY

Emmanuel Tardi celebrated his birthday as a judge as the regional indoor championships in the Parisian suburb of Eaubonne. Best effort from 50km walker Xavier le Coz who won the 5000m with 21:01.29.

5000m Race A

| | | | | |
|-----|-----------------------------|--------|--------------------------------|----------|
| 1. | LE COZ Xavier | SEM/79 | Entente Franconville Cesame Va | 21:01.29 |
| 2. | DA SILVA CARVALHO LE Thomas | SEM/83 | Coulommiers Brie Athletisme | 22:47.79 |
| 3. | TRENTA Alexandre | SEM/86 | Entente Franconville Cesame Va | 22:55.22 |
| 4. | BERCHEBRU Benoit | SEM/84 | Martigues Sports Athle | 23:02.93 |
| 5. | LEGENTIL Marc | SEM/84 | Dynamic Aulnay Club | 23:57.02 |
| 6. | LEGENTIL Cyril | SEM/86 | Dynamic Aulnay Club | 24:09.55 |
| 7. | BOLLINGER Vincent | SEM/84 | Dynamic Aulnay Club | 24:32.42 |
| 8. | COURAGE Frederic | VEM/69 | Saint Denis Emotion | 24:45.60 |
| 9. | BERGEAL Arthur | SEM/84 | Elan 91 (palaiseau) | 25:03.80 |
| 10. | DAHM Florent | SEM/87 | Ca Montreuil 93 | 25:12.01 |
| 11. | AUGER Alexis | SEM/88 | Ga Noisy Le Grand | 25:51.64 |

5000m Race B

| | | | | |
|-----|-------------------------|--------|--------------------------------|----------|
| 1. | BOYER Nicolas | SEM/77 | Athle Sud 77 | 25:26.12 |
| 2. | COTTEVIEILLE Maxime | SEM/90 | Ca Montreuil 93 | 25:44.95 |
| 3. | BEURIER Jocelyn | SEM/85 | Athle 78 | 25:55.00 |
| 4. | DUCLOS Eddy | VEM/69 | Us Champagne-sur-seine | 26:44.17 |
| 5. | MURAT Alex | VEM/58 | Asfi Villejuif | 26:51.15 |
| 6. | MARIE Frederic | VEM/61 | Ouest Yvelines Athle | 26:57.49 |
| 7. | DEPARDAY Fabien | VEM/70 | Stadium Montigny Athletic Club | 27:04.86 |
| 8. | BOISSEAU Bruno | JUM/97 | Ga Noisy Le Grand | 27:22.50 |
| 9. | CHRISMENT Gilles pascal | VEM/54 | Marne Et Gondoire Athletisme | 28:08.98 |
| 10. | LABROUSSE Stephane | VEM/59 | Athletisme Olympic Pontois | 28:37.18 |

| | | | |
|---------------------|--------|-------------------------|----------|
| 11. RIGAL Jean-marc | VEM/59 | Domont Athletisme | 28:40.65 |
| 12. MARVINGT Serge | VEM/58 | Saint-brice Athletisme | 28:51.12 |
| 13. LEMOGNE Loic | VEM/55 | C.c. Taverny Athletisme | 29:12.87 |

3000m Race A

| | | | |
|------------------------|--------|-------------------------------|----------|
| 1. LE BASTARD Sophie | SEF/90 | Plm Conflans | 15:49.01 |
| 2. BESSOT Veronique | VEF/62 | Domont Athletisme | 16:11.68 |
| 3. LEMONNIER Dominique | VEF/56 | Marne Et Gondoire Athletisme | 16:16.88 |
| 4. DUCLOS Adele | CAF/00 | Us Champagne-sur-seine | 16:45.82 |
| 5. BAZIN Vinciane | CAF/99 | Athle 78 | 16:56.46 |
| 6. ROTTIER Marine | CAF/00 | Essonne Athletic | 16:57.62 |
| 7. LANGLOIS Cloe | JUF/97 | Dynamic Aulnay Club | 17:10.78 |
| 8. MONMOUTON Delphine | VEF/73 | Athle 78 | 17:21.11 |
| 9. PRUNIER Morgane | CAF/99 | Union Sportive De Ris Orangis | 17:25.42 |
| 10. LECHEA Melissa | JUF/98 | Stade Francais (paris) | 17:31.58 |

3000m Race B

| | | | |
|--------------------------|--------|--------------------------------|----------|
| 1. VELLETRIE Esa-keren | CAF/99 | Ca Montreuil 93 | 17:06.88 |
| 2. SUDRIE Candy | CAF/00 | Plm Conflans | 17:17.75 |
| 3. BELIN Lucie | SEF/86 | Lisses Ac | 17:57.23 |
| 4. GALMICHE Catherine | VEF/57 | Cag Arnouville Gonesse Villier | 18:25.82 |
| 5. THOULE Floriane | ESF/95 | Dynamic Aulnay Club | 18:34.59 |
| 6. LEMOGNE Jocelyne | VEF/54 | C.c. Taverny Athletisme | 18:35.36 |
| 7. MARY Nathalie | VEF/65 | Athletic Club Arpajonais | 18:39.02 |
| 8. NABOUDET Sylvia | SEF/77 | Cs Ternes Paris Ouest | 19:05.98 |
| 9. BOURNIZEL Marilynne | SEF/85 | Ga Noisy Le Grand | 19:09.67 |
| 10. TUTAKOWSKI Corinne | VEF/62 | L:isle Adam Ac | 19:16.66 |
| 11. STEINVILLE Nathalie | VEF/64 | Asfi Villejuif | 19:20.07 |
| 12. DUCHAMP Corinne | SEF/84 | Ga Noisy Le Grand | 19:32.34 |
| 13. BERTHEZENE Sophie | SEF/91 | Paris Avenir Athletic | 19:54.42 |
| 14. LE METAYER Dominique | VEF/53 | Asa Maisons-alfort | 20:15.69 |
| 15. BRAUT Morgane | ESF/94 | Le Chesnay 78 As | 20:35.49 |
| 16. DAFNIET Romane | CAF/00 | Us Nemours St Pierre Athle | 21:43.55 |



Sophie Lebastard and Xavier Le Coz lead their respective races in Eaubonne (photos Emmanuel Tardi)



Our European correspondent Emmanuel Tardi in action with the paddles in Eaubonne

OUT AND ABOUT

- Now retired 5 time Olympian **Giovanni de Benedictis** of Italy has setup a very impressive new personal website at <http://www.giovannidebenedictis.it>.
- Great article on African Continental and South African 50km record holder Marc Mundell, currently training in Canberra. See <http://www.walkingthedream.com/breaking-african-50km-race-walk-african-record/>.
- Administrators of the iconic Maracanã Stadium in Rio de Janeiro have reportedly sacked 75 per cent of the arena's staff, eight months before the Opening Ceremony of the 2016 Olympic Games. It does not omen well with the Olympics now so close. Brazil is in the midst of its worst recession in decades, hit by the devastating corruption scandal at Petrobras. Soaring inflation and a sharp devaluation of the currency have forced organisers to slash spending to avoid going over budget. In November, they revealed a series of cutbacks designed to help keep them within their planned budget of £2.38 billion (\$3.5 billion/€3.2 billion). These included significantly scaling back the infrastructure for the test events and reducing the volunteer workforce from 70,000 to 60,000. See <http://www.insidethegames.biz/articles/1033010/maracana-stadium-administrators-fire-75-per-cent-of-staff-ahead-of-rio-2016>. Hmmm.....
- The 2016 USATF Competition Rules Book is now online! It's always good to see what other countries put in place and how they setup their environment. See <https://www.facebook.com/USATFfans/posts/10153804190444618?fref=nf>.
- News from Slovakia where top Polish walkers **Agnieszka Dygaczová** and **Grzegorz Sudol** have joined the Slovakian training group under national coach Matthias Spišiak. Sudol will provide a high quality training partner for 2015 50km World Champion **Matej Toth** in the leadup to Rio while Dygaczová will provide lots of inspirational training for the Slovak girls. The group will soon be off to South Africa for altitude training, following the pattern which has worked so well for Matej in the past. It is fair to say that they are leaving no stones unturned with their Olympic buildup. See <http://www.atletikasvk.sk/Articles/Detail?ArticleId=3910>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 4 press releases this week

- Mon 11 Jan - Ana Cabecinha awarded Athlete of the Year and Paulo Murta awarded Coach of the Year in annual Algarve Aths Assn listings. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2310
- Sun 10 Jan - Italian super coach Sandro Damilano interviewed http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2309
- Fri 8 Jan - Rome will host the 2016 World Race Walking Team Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2308
- Tues 5 Jan - World racewalk rankings on a country basis http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2307

The omarchador blog was also active with 7 news releases

- Mon 11 Jan - Bosworth and Wilkinson set new British indoor 3000m records
<http://omarchador.blogspot.com.au/2016/01/bosworth-e-wilkinson-com-recordes.html>
- Sun 10 Jan - Just on 200 days to Rio. Info on the walks course and other bits and pieces.
<http://omarchador.blogspot.com.au/2016/01/marchando-para-o-rio-2016-i.html>
- Sat 9 Jan - Dmytrenko (18:47.55) wins indoor track race in Kiev
<http://omarchador.blogspot.com.au/2016/01/dmytrenko-184755-vence-pista-coberta-em.html>
- Fri 8 Jan - Rachel Seaman and Nick Christie win on the track of Chula Vista, California
<http://omarchador.blogspot.com.au/2016/01/rachel-seaman-e-nick-christie-vencem-na.html>
- Thu 7 Jan - Rome to host 2016 World Race Walking Teams Championships
<http://omarchador.blogspot.com.au/2016/01/roma-vai-acolher-o-campeonato-mundial.html>
- Wed 6 Jan - conflicting info on banned Russian walkers
<http://omarchador.blogspot.com.au/2016/01/anunciados-regressos-de-kaniskina.html>
- Tue 5 Jan - Brothers Sérgio and João Vieira (41:24 and 41:25) in close 10km tussle in Areinho , Portugal
<http://omarchador.blogspot.com.au/2016/01/marcha-em-oliveira-do-douro-com-duelo.html>

FOCUS ON BRENDON READING – 2016 OLYMPIC 50KM REPRESENTATIVE

| | | | | |
|-----------------------------|------------------|-------|------------------|---------|
| 2008 Race Walking World Cup | Junior 10km Walk | 39/63 | 39 th | 45:24 |
| 2011 Universiade | 20km Walk | 16/25 | 16 th | 1:30:26 |
| 2016 Olympic Games | 50km Walk | TBA | | |

When Brendon Reading finished 2nd Australian in the 2016 Olympic 50km selection trial (Dec 2015) in Melbourne and was subsequently announced as the third Australian walker for the Rio Olympics 50km, people might have been justified in asking “Who is Brendon Reading?” After all, this breakthrough performance was only his second 50km race and a 24 minute PB from his first 50km race in December 2014. In many people's minds, he had burst from relative obscurity.

So it is time to put the magnifying glass to Brendon's career and put that perception to rest. When a walker produces a big performance, it is rarely a surprise to those “in the know” and this was certainly the case for Brendon. It has been a long path to the top for him in a walking career which already spans nearly 15 years.

Brendon was born on 26th January 1989, in Canberra. Now aged 26, he stands at 183cm and weighs in at a lean and lanky 62kg.

Like many Australians, his introduction to athletics was early - his first year of Little Athletics was in Darwin in 1995 as a 6 year old, as his family had moved there for a year for his father's work. When the family moved back to Canberra he continued in Little Athletics, with his main event being the high jump. He started to focus more on racewalking than high jump after the U13 Little Athletics Nationals in Adelaide 2002. At that competition he came last in the High Jump and 1500m run, but was 5th in the walk. Then at the end of the year at All Schools he picked up his first national medal in the walk in the U14 boys 1500m in Hobart.



A young Brendon competing in Melbourne in 2007, aged 18

When I asked Brendon about the early influences on his career, he pinpointed a number

My first coach was Dennis Strangman, who was a coach at my Little Athletics Club. He was probably the best coach I have had in terms of junior development and everything that comes with learning the racewalking technique. He would conduct video analysis of my training sessions and post these online for me to study with comments included.

The next coach I had was Kerry Saxby. She helped me transition from being a good 1500m track walker at the Little Athletics age groups, training twice a week, to training 4-5 times a week, with key targeted training sessions. I would do one track session with Kerry (10 x 400m), one 8km steady walk, and one hill session (3 x 1200m hill) with Kerry. Then another few sessions at home or with the AIS group.

Once I started to reach the end of my junior career, I transitioned to training under Brent and the AIS group before Brent handed me over to Chris Erickson in 2010. This was just after I had stepped up to 20km training. As Kerry had a young family, she felt she couldn't put in the time required for me now that I was training full time. It has been great having another athlete as my coach as Chris can pass on his experiences with racing and training to me. I am not one to require constant attention from a coach, which I think works well for both me and Chris as he too juggles his own racewalking career with a young family and job.

Brendon's junior walks career reads impressively - he medalled in All-Schools every year from 2002 (U14) to 2006 (U18) and medalled in most of the Aust underage road and track champs from 2003 (U16) to 2008 (U20), culminating with his 2008 World Cup representation. But he missed out on World Juniors and World Youths – his age group was very competitive and he was just outside the qualifying standards.

I was pretty pleased with my Junior career, being amongst the medals each year. In terms of World Youth or World Juniors, I just wasn't at a level to achieve those standards over 10km. My coach at the time (Kerry Saxby) was very much focused on my long term development in the sport and keeping me interested and enjoying the training. As most of the Australian championships up to U18 were 5000m or below, my training had not been targeted towards walking the 10km standard for world youth. In 2008, I think my PB was around a high 44min, with the World Junior standard being 44.05.

Here's a potted summary of Brendon's underage national level medal placings and times. He was no mug!

Aust All-Schools Medals

| | | | | |
|------|-----------|---|----------|---|
| 2002 | U14 1500m | 2 | 7:11.18 | Jake Hogan 7:06.79 Brendon Reading 7:11.18 Daniel Coleman 7:15.31 |
| 2003 | U16 3000m | 2 | 14:03.1 | Alan Murray 13:58.42 Brendon Reading 14:03.1 Gregorz Wolszczak 14:09.45 |
| 2004 | U16 3000m | 1 | 13:28.8 | Brendon Reading 13:28.8 Gregorz Wolszczak 13:45.8 David Beach 14:06.5 |
| 2004 | U18 3000m | 3 | 13:36.06 | Matt Harris 13:23.74 Gregorz Wolszczak 13:27.18 Brendon Reading 13:36.06 |
| 2004 | U20 5000m | 2 | 23:34.08 | Matt Harris 23:26.85 Brendon Reading 23:34.08 Alan Murray 23:47.45 |
| 2005 | U17 3000m | 1 | 13:27.74 | Brendon Reading 13:27.74 Daniel Coleman 14:04.26 Cody Attwater 14:17.61 |
| 2005 | U20 5000m | 3 | 24:43.23 | Ian Rayson 22:11.14 Daniel Coleman 24:11.44 Brendon Reading 24:44.23 |
| 2006 | U18 5000m | 3 | 23:24.53 | Daniel Coleman 22:07.83 Kyle Bryant 22:59.25 Brendon Reading 23:24.53 |

Pacific School Games

| | | | | |
|------|-----------|---|----------|--|
| 2005 | U17 3000m | 1 | 13:06.82 | Brendon Reading 13:06.82 Brook Keys 13:12.13 Grzegorz Wolszczak 13:21.9 |
|------|-----------|---|----------|--|

Australian Underage Medals

| | | | | |
|------|---------------|---|----------|---|
| 2003 | Aust U16 5km | 3 | 25:53 | Glen Sellen 24.22 Greg Wolszczak 25.46 Brendon Reading 25.53 |
| 2004 | U16 T&F 3000m | 1 | 14:19.01 | Brendon Reading 14.19.01 Daniel Coleman 14.53.91 Greg Wolszczak 15.22.5 |
| 2004 | U18 T&F 3000m | 2 | 14:04.53 | Matt Harris 13.53.00 Brendon Reading 14:04.53 Ian Rayson 14.21.1 |
| 2004 | U16 5km | 1 | 24:24 | Brendon Reading 24:24 Greg Wolszczak 24:57 Daniel Coleman 25:00 |
| 2005 | U18 8km | 3 | 42:34 | Daniel Coleman 39:22 Greg Wolszczak 41:08 Brendon Reading 42:34 |
| 2006 | U18 8km | 3 | 38:57 | Daniel Coleman 36:33 Kyle Bryant 36:45 Brendon Reading 38:57 |
| 2006 | U20 10km | 1 | 46:45 | Brendon Reading 46:45 Brook Keys 50:29 Anson Perin 61:23 |
| 2007 | U20 10,000m | 3 | 49:16.64 | Daniel Coleman 44:55.91 Kyle Bryant 45:12.22 Brendon Reading 49:16.64 |
| 2007 | U20 10km | 1 | 46:06 | Brendon Reading 46:06 Daniel Coleman 46:47 Kyle Bryant 47:57 |
| 2008 | U20 10,000m | 2 | 45:24.66 | Daniel Coleman 44:11.81 Brendon Reading 45:24.66 Sean Fitzsimons 45:29.9 |
| 2008 | U20 10km | 2 | 46:31 | Daniel Coleman 44:19 Brendon Reading 46:31 Daniel Payne 46:50 |
| 2009 | U23 20km | 2 | 1:30:19 | Ian Rayson 1:27:43 Brendon Reading 1:30:19 Rhydian Cowley 1:36:14 |
| 2010 | U23 20km | 2 | 1:28:08 | Ian Rayson 1:27:53 Brendon Reading 1:28:08 Derek Mulhearn 1:33:34 |
| 2011 | U23 20km | 1 | 1:27:30 | Brendon Reading 1:27:30 Rhydian Cowley 1:29:07 |

The jump from good junior to good senior walker is a big one but it was perhaps helped for Brendon by the presence of the AIS walkers based in Canberra. He first started walking with the group when he was around 16 or 17, which was mainly just joining in for the occasional Wednesday or Saturday walk. At the time he was still being coached by Kerry, but as Canberra didn't have too many walkers around she was more than happy for him to join in with the AIS group.

Further, AIS walks coach Brent Vallance was always supportive of his racewalking career and provided him access to parts of the AIS including the gym and recovery. So whilst he never had a scholarship, he was able to have access to one of the best training groups in

the world, and some of the best facilities. Like so many young athletes, he was also very lucky that his family were able to support his racewalking career, with his mum and dad paying for most of his trips up until he finished university and started working.



Brendon training with Chris Erickson in Arizona, USA, in 1009 – a self funded his trip to USA to train with the AIS walkers.

His two previous international vests were the result of lots of hard training. The first was in 2008 when he was part of the Race Walking World Cup team which went to Cheboksary in Russia. On that occasion he came 39th in the Junior 10km in 45:24. He then had to wait until 2011 for his next vest, which was to the University Games in Shenzhen in China, when he came 16th in the 20km walk in 1:30:26.



2011 – World University Games in Shenzhen

Overall he has medalled in 4 senior Australian Championships, the first 2 over 20km and the next two over 50km.

| | | | | | |
|-------|-----------|---|---------|--|--------------------------------|
| 2012W | Aust 20km | 3 | 1:24:34 | Dane Bird-Smith 1:23:28 Rhydian Cowley 1:24:34 | Brendon Reading 1:30:42 |
| 2013W | Aust 20km | 2 | 1:27:51 | Dane Bird-Smith 1:25:43 Rhydian Cowley 1:29:31 | Brendon Reading 1:27:51 |
| 2014 | Aust 50km | 2 | 4:19:30 | Chris Erickson 3:56:38 | Brendon Reading 4:19:30 |
| 2015 | Aust 50km | 2 | 3:55:03 | Chris Erickson 3:54:10 Ian Rayson 3:55:17 | Brendon Reading 3:55:03 |

Fast forward to December 2015 when Brendon stamped his international credentials with his 50km time of 3:55:03. I asked him whether he was surprised at the huge improvement over the previous year.

I have always thought that if I put together some solid training without interruption by injury or sickness, that something around 3.55 would be achievable by the end of 2016. Maybe not during the trial in December though. As I train with Ian (Rayson), I knew that he had been training well, so whilst the Olympic standard was 4.06, I thought it would take something around 3.57 or quicker to beat him and gain Olympic qualification. During my training in November, my long 40kms walks were spent for the majority on my own. I found that during these walks I felt most comfortable settling into my own rhythm rather than trying to walk with others. So in the 50km trial, I had a target pace (9.30 laps or 3.57.30 for 50km) which is what the group held for the first 8km. After that, I could feel the group picking the pace up, so after my experience from the year before (hitting the wall with 10km to go), I was happy to let the group get ahead. From 10km onwards, I had settled in to my own pace which I was able to gradually increase as the race went on. It was around the 30km mark that I knew I was on track for a fast time, and I was still feeling really good, so when I hit the 35km mark I started to really put in the effort to increase the pace. By 42km, I could see that the guys ahead were beginning to look more tired than I felt, so I continued to push the pace. Luckily for me, I had a bit more energy over the closing stages to be able to pass Ian with around 1500m to go. I definitely feel like there could be a bit more there for my next 50km, as its one of those distances/races that you learn so much from each one you do.



Left: 3rd in the 2014 Australian 50km in 4:19:30



Right: 3rd in the 2015 Australian 50km in 3:55:03

The next obvious question: What are your plans for 2016?

I am currently apart of the AIS Supernova nutrition study for the 2nd go around with a large group of international athletes all gunning for RIO selection. My focus at this stage is to put in a performance at the 20km nationals in Adelaide that will see me selected for the World Racewalking Team Championships in Rome (where I would look to do the 20km). If I make the 20km for world cup my year would look a bit like this:

Travel to Flagstaff USA in early April for a month of altitude training before heading to the ETC in Italy a week before world cup.

After world cup I would travel with the Canadians back to Vancouver where I would train with them until the 20th June. We would then all go to Barcelona, Spain, for a week of heat training before going on to St.Moritz, Switzerland, for another stint of altitude training leading into the Olympics.

Around the 30th July, the Australian walkers will head to Florida, USA, for the Athletics Australia Olympics staging camp where from here we head to RIO.

Brendon works at the Department of Agriculture and Water Resources in Plant Biosecurity in Canberra but I can see some serious extended leave coming up in 2016!

His PBs read pretty well for a young walker at the beginning of his international career. I have no doubt that I shall be revisiting these stats sooner rather than later.

| | | | |
|-------|---------|------------|--|
| 1500m | 5:47 | 14/10/2010 | Interclub, AIS Track, Canberra |
| 3000m | 11:56 | 18/11/2011 | Interclub, AIS Track, Canberra |
| 5000m | 20:19 | 19/03/2011 | AA Tour Meet, SOPAC, Sydney |
| 10km | 41:31 | 26/11/2015 | AIS Track, Canberra |
| 20km | 1:24:51 | 22/04/2011 | IAAF Challenge Series Meet, Taicang, China |
| 30km | 2:18:49 | 10/08/2014 | International Race, Richmond, Canada |

| | | | |
|---------|---------|------------|-----------------------------------|
| 20 mile | 2:31:10 | 120/6/2011 | LBG Carnival, Canberra |
| 50km | 3:55:03 | 13/12/2015 | Australian 50km Champs, Melbourne |

The final words are reserved for Brendon:

My family has always been really supportive of my racewalking. I think dad has only missed one or two of my national races since I started. Since he has retired from work, dad now comes out on the bike to do my drinks each morning and some afternoons. I think this is another aspect that helps with Chris being my coach via correspondence. Dad can keep a close eye on my technique in training (he is a qualified judge), and keep me motivated on those days when I am feeling tired or not in the mood to train.

Well done to team Reading and our best wishes to Brendon for what is shaping up to be an exciting year.

And one final addendum for a very nice article, just published yesterday in the Canberra Times – <http://www.canberratimes.com.au/sport/act-sport/canberra-walker-brendon-reading-supports-russia-ban-after-making-first-olympics-20160108-gm1x0s.html>.

AUSTRALIA DOES WELL IN 2015 WORLD RACEWALK RANKING LIST

Marcialdalmondo has published the 2015 world racewalking rankings of the top 20 countries, based on the points accumulated by their top 3 pointscoreing walkers, as calculated by the prestigious all-athletics website. I have extended the list to show all countries. The great news is that Australia ranks 5th in the men's ranking and 8th in the women's rankings.

Men's Race Walking: 20km-50km (10km-30km-35km)

| | | | | |
|-----|--------------------------|---------------------------|-------------|------------|
| 1. | China (CHN) | Asia | 3839 | (3) |
| 2. | Japan (JPN) | Asia | 3684 | (3) |
| 3. | Spain (ESP) | Europe | 3681 | (3) |
| 4. | Canada (CAN) | North and Central America | 3674 | (3) |
| 5. | Australia (AUS) | Oceania | 3650 | (3) |
| 6. | Germany (GER) | Europe | 3604 | (3) |
| 7. | Ukraine (UKR) | Europe | 3599 | (3) |
| 8. | France (FRA) | Europe | 3569 | (3) |
| 9. | Mexico (MEX) | North and Central America | 3558 | (3) |
| 10. | taly (ITA) | Europe | 3536 | (3) |
| 11. | Ecuador (ECU) | South America | 3514 | (3) |
| 12. | Russia (RUS) | Europe | 3503 | (3) |
| 13. | Slovak Republic (SVK) | Europe | 3474 | (3) |
| 14. | Poland (POL) | Europe | 3466 | (3) |
| 15. | Colombia (COL) | South America | 3465 | (3) |
| 16. | South Africa (RSA) | Africa | 3456 | (3) |
| 17. | Portugal (POR) | Europe | 3410 | (3) |
| 18. | Korea (KOR) | Asia | 3406 | (3) |
| 19. | Belarus (BLR) | Europe | 3381 | (3) |
| 20. | Guatemala (GUA) | North and Central America | 3374 | (3) |
| 21. | Sweden (SWE) | Europe | 3369 | (3) |
| 22. | Finland (FIN) | Europe | 3351 | (3) |
| 23. | Brazil (BRA) | South America | 3347 | (3) |
| 24. | Lithuania (LTU) | Europe | 3321 | (3) |
| 25. | India (IND) | Asia | 3296 | (3) |
| 26. | Hungary (HUN) | Europe | 3275 | (3) |
| 27. | Turkey (TUR) | Europe | 3238 | (3) |
| 28. | United States (USA) | North and Central America | 3168 | (3) |
| 29. | Czech Republic (CZE) | Europe | 3018 | (3) |
| 30. | Ireland (IRL) | Europe | 2295 | (2) |
| 31. | Venezuela (VEN) | South America | 2121 | (2) |
| 32. | Serbia (SRB) | Europe | 2084 | (2) |
| 33. | Puerto Rico (PUR) | North and Central America | 2037 | (2) |
| 34. | Romania (ROU) | Europe | 2019 | (2) |
| 35. | Bolivia (BOL) | South America | 1940 | (2) |
| 36. | New Zealand (NZL) | Oceania | 1195 | (1) |
| 37. | Norway (NOR) | Europe | 1162 | (1) |
| 38. | Greece (GRE) | Europe | 1153 | (1) |
| 39. | Great Britain & NI (GBR) | Europe | 1144 | (1) |
| 40. | Argentina (ARG) | South America | 1137 | (1) |
| 41. | Chile (CHI) | South America | 1124 | (1) |
| 42. | Latvia (LAT) | Europe | 1073 | (1) |
| 43. | Switzerland (SUI) | Europe | 1006 | (1) |

| | | | | |
|-----|-------------------|---------------------------|-----|-----|
| 44. | Qatar (QAT) | Asia | 953 | (1) |
| 45. | Costa Rica (CRC) | North and Central America | 914 | (1) |
| 46. | Croatia (CRO) | Europe | 912 | (1) |
| 47. | Netherlands (NED) | Europe | 884 | (1) |
| 48. | Nigeria (NGR) | Africa | 848 | (1) |

Women's Race Walking: 20km (5km-10km-50km)

| | | | | |
|-----|------------------------|---------------------------|-------------|------------|
| 1. | China (CHN) | Asia | 3753 | (3) |
| 2. | Russia (RUS) | Europe | 3653 | (3) |
| 3. | Portugal (POR) | Europe | 3647 | (3) |
| 4. | Italy (ITA) | Europe | 3639 | (3) |
| 5. | Ukraine (UKR) | Europe | 3570 | (3) |
| 6. | Spain (ESP) | Europe | 3544 | (3) |
| 7. | Lithuania (LTU) | Europe | 3453 | (3) |
| 8. | Australia (AUS) | Oceania | 3417 | (3) |
| 9. | Japan (JPN) | Asia | 3415 | (3) |
| 10. | Brazil (BRA) | South America | 3359 | (3) |
| 11. | Guatemala (GUA) | North and Central America | 3337 | (3) |
| 12. | France (FRA) | Europe | 3299 | (3) |
| 13. | United States (USA) | North and Central America | 3294 | (3) |
| 14. | Poland (POL) | Europe | 3266 | (3) |
| 15. | Belarus (BLR) | Europe | 3258 | (3) |
| 16. | Colombia (COL) | South America | 3251 | (3) |
| 17. | Slovak Republic (SVK) | Europe | 3237 | (3) |
| 18. | Czech Republic (CZE) | Europe | 3202 | (3) |
| 19. | Bolivia (BOL) | South America | 3200 | (3) |
| 20. | Ecuador (ECU) | South America | 3199 | (3) |
| 21. | Romania (ROU) | Europe | 3181 | (3) |
| 22. | Hungary (HUN) | Europe | 3168 | (3) |
| 23. | Finland (FIN) | Europe | 2886 | (3) |
| 24. | Mexico (MEX) | North and Central America | 2410 | (2) |
| 25. | Korea (KOR) | Asia | 2225 | (2) |
| 26. | Peru (PER) | South America | 2175 | (2) |
| 27. | Canada (CAN) | North and Central America | 2161 | (2) |
| 28. | Switzerland (SUI) | Europe | 2097 | (2) |
| 29. | South Africa (RSA) | Africa | 2081 | (2) |
| 30. | Nigeria (NGR) | Africa | 1792 | (2) |
| 31. | New Zealand (NZL) | Oceania | 1126 | (1) |
| 32. | Latvia (LAT) | Europe | 1080 | (1) |
| 33. | Kenya (KEN) | Africa | 1073 | (1) |
| 34. | Tunisia (TUN) | Africa | 1044 | (1) |
| 35. | Hong Kong (HKG) | Asia | 1037 | (1) |
| 36. | Greece (GRE) | Europe | 1005 | (1) |
| 37. | Netherlands (NED) | Europe | 886 | (1) |

The scoring Australian walkers are

| | | |
|-----|----------------------|------|
| 10. | Dane Alex BIRD-SMITH | 1247 |
| 17. | Jared TALLENT | 1226 |
| 40. | Chris ERICKSON | 1177 |
| 36. | Beki SMITH | 1146 |
| 39. | Tanya HOLLIDAY | 1142 |
| 40. | Regan LAMBLE | 1136 |

#KIRDYAPKIN.

As usual, lots happened in the last 7 days in the murky world of doping

- Last week, new IAAF president Sebastian Coe offered a road map for Rebuilding Trust in a press statement released from IAAF headquarters in Monaco. In it Coe commented: "Be under no illusion about how seriously I take these issues." Blogger Toni Reavis summed it up pretty well re the skepticism with which the announcement has been met. See <http://tonireavis.com/2016/01/06/coe-attempts-to-walk-iaaf-off-the-ledge/>.
- This happened at much the same time as the son of former IAAF president Lamine Diack and two Russian officials were banned from track and field for life after the IAAF released a 170 page report into investigations into blackmail, extortion and doping cover-ups. A fourth official, former IAAF anti-doping director Gabriel Dolle, received a five-year ban from the

ethics commission of the International Association of Athletics Federations. Banned for life were Papa Massata Diack, who worked as an IAAF marketing consultant; former Russian athletics federation head Valentin Balakhnichev, who was also honorary treasurer of the IAAF; and Alexei Melnikov, former head coach of Russia's race-walking and long-distance running programs. In addition, Papa Massata Diack and Balakhnichev were fined US\$25,000 and Melnikov was fined US\$15,000. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11570755&ref=rss.

- But every time the IAAF tries to take a step forward, something else comes up to put them on the back foot and this week is was further investigative reporting into their awarding of the 2021 World Champs to Oregon. Yesterday, a US based website published an article on the incredible about face by Oregon Governor John Kitzhaber, tracing donations of nearly \$400,000 to his re-election campaign in six-week period in 2014. The timeline and people and monies involved make for fascinating if not unbelievable reading. See <http://registerguard.com/rg/news/local/33922172-75/kitzhaber-yxxx-py-heresy-hery.html.csp>. I think that we are going to hear a lot more about this.
- The IAAF is back pedalling on another front. It has now admitted that "suspicious delays" by its top anti-doping official allowed Russian athletes Olga Kaniskina, Liliya Shobukhova, Vladimir Kanaykin and Valery Borchinto compete at the 2012 London Olympics when they should have been suspended. However the IAAF still denies wrongdoing in four other cases that the WADA commission has said involved unreasonable delays - Sergei Kiryapkin, Asli Cakir Alptekin, Sergei Bakulin and Yevgenia Zolotova. See <http://www.cbc.ca/sports/olympics/summer/trackandfield/iaaf-admits-wrongdoing-olympic-doping-1.3398781>.
- All world records in track and field should be reset and lifetime bans should be imposed on serious drug cheats to clean up the sport amid its global doping crisis, the governing body of British athletics said Monday. UK Athletics published "A Manifesto for Clean Athletes" containing 14 proposals aimed at restoring credibility to a sport battered by allegations of widespread doping, cover-ups and corruption. I agree with Paula Radcliffe's response: "Without doubt you are going to punish innocent athletes and why are you going to do it again when they have already had to compete against cheats during their career?" A stupid overreaction by UK Athletics but understandable given the perceived lack of leadership by the IAAF. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11572317&ref=rss
- Blood samples in a Barcelona freezer could spark biggest ever doping scandal as Operation Puerto resurfaces. In the coming days – it is unclear when exactly but this month – Madrid's Provincial Court is to release its verdict on the appeals lodged by, among others, WADA and the International Cycling Union (UCI) against the destruction of the almost 200 blood bags which have been stored here as part of the Operación Puerto anti-doping probe. To date, only cycling has truly been nobbled by Operation Puerto: 56 riders were implicated in total, although only six served any kind of ban. But former cycling doctor Eufemiano Fuentes (or "Dr Blood" as Tyler Hamilton, one of his former clients, called him), has frequently boasted of working with athletes from other sports, including football, tennis, athletics and boxing. A promising junior himself, Fuentes worked with Spanish T&F in the Eighties, marrying the former Olympic hurdler Cristina Pérez in 1988, shortly after she had tested positive. Pérez gave a rare interview in 2008 in which she described herself as a "Pandora's Box" which, if opened, "could bring down sport", hinting darkly at the truth behind Barcelona 1992. Another potential headache for the IAAF! See <http://www.telegraph.co.uk/sport/othersports/cycling/12092102/Blood-samples-in-a-Barcelona-freezer-could-spark-biggest-ever-doping-scandal-as-Operation-Puerto-resurfaces.html>.
- On a more positive note, the IAAF response to the first part of the WADA report has now been released and it makes for interesting and promising reading and would seem to indicate that the IAAF has taken significant positive action with regard to the various issues raised. See <http://cdn1.insidethegames.biz/media/file/19166/IAAF%20response%20to%20WADA%20IC%20Report.pdf>.

Meanwhile, WADA chairman Dick Pound has been all over the press this week in the leadup to the release of the second half of the WADA report into doping on Thursday January 14.

- First to a general article focusing on the explosive nature of these further revelations as the IAAF is to be put through the wringer again. See <http://www.independent.co.uk/sport/general/athletics/iaaf-doping-scandal-life-bans-just-a-prelude-before-dick-pounds-wow-factor-a6801371.html>.
- Supersport quotes Pound saying that the report will reveal evidence of corruption even more shocking than the scandal plaguing world football's governing body Fifa. "With very few exceptions, I have not seen international sports federation presidents so involved in corruption, as opposed to moving money around like the Fifa boys," he said. "In a sense, this is worse. This gets down to affecting the outcome on the field of play. It's about the integrity of competition." He added: "You get to see how some scumbags operated." See <http://www.supersport.com/athletics/article.aspx?id=3345304>
- The IAAF should have acted quicker to deal with "19th century" governance structure, claims Pound. He also criticised IAAF president Sebastian Coe for not doing more to uncover corruption at the highest level of his sport. See <http://www.insidethegames.biz/articles/1033066/iaaf-should-have-acted-quicker-to-deal-with-19th-century-governance-structure-claims-pound>

Stay tuned for Thursday!

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

| | |
|----------------------|--|
| Sat Jan 16, 2016 | AV Shield Round 9 (Program 2, Zone v Zone) |
| Sun Jan 17, 2015 | Next VRWC Road Races, Middle Park, VIC |
| Jan 22-24, 2016 | Victorian Country T&F Championships, Geelong, VIC |
| Sat Jan 30, 2016 | AV Shield Round 10 (Program 1) |
| Sat Feb 6, 2016 | AV Shield Final, Lakeside Stadium, Albert Park, VIC |
| Sun Feb 7, 2016 | VRWC Road Races and AV 5km Teams Races, Middle Park, VIC |
| Feb 12-14, 2016 | Victorian Junior T&F Championships, Lakeside Stadium, Albert Park, VIC |
| Sun Feb 21, 2016 | Australian Summer 20km Championships, Adelaide, SA |
| Feb 26-28, 2016 | Victorian Open T&F Championships, Lakeside Stadium |
| Mar 5, 2016 | Melbourne Track Classic 5000m Walk, Albert Park, VIC |
| Sun Mar 6, 2016 | Coburg 6 Hour Track Walk/Run championships, Coburg, VIC – see http://www.coburg24hr.org |
| Sun Mar 6, 2016 | VRWC Track Races, VMA 5000m champs, Mentone |
| Mar 8-13, 2016 | Australian Junior T&F Championships, Perth |
| Mar 19-20, 2016 | Victorian Masters T&F Championships, Doncaster |
| Mar 31 – Apr 3, 2016 | Australian T&F Championships, Sydney (10,000m walks) |
| Sun Apr 10, 2016 | VRWC winter season starts - Castlemaine NAB 500, Castlemaine |
| Apr 16-19, 2016 | Aust Masters T&F Championships, Adelaide, SA - see http://www.samastersathletics.org.au/nationals2016/ |
| Sun June 12, 2016 | 50 th Lake Burley Griffin Walks Carnival, Canberra, ACT |
| Sun Aug 20, 2016 | Australian Masters 30km Roadwalk Championships, Adelaide, SA |
| Sun Aug 20, 20156 | Australian Roadwalk Championships, Canberra, ACT (TBC) |

2016 International Key Dates

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

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

| | |
|-------------------|--|
| Sat Apr 9, 2016 | Podebrady Walking 2016, Podebrady, CZE |
| Sat June 10, 2016 | 42 nd International Race Walking Festival, LTU |
| Sun June 18, 2016 | 19 th Dublin International Grand Prix of Race Walking, Dublin, IRL |
| Sept 10, 2016 | Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then) |

Looking Further Forward

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

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)