



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 16
19 January 2016



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TIM'S WALKER OF THE WEEK

My Walker of the Week this time around is 24 year old VRWC and Glenhuntly walker **Simone McInnes**. Simone started walking with Glenhuntly in October 2009 and joined VRWC the following winter season. After some 5 years of steady progress, this summer season has seen huge improvement as her training has finally started to come together. On Saturday at Lakeside Stadium in AV Shield competition, she reduced her 2000m PB by 25 secs to record **9:09.1**.

Overall this summer, she has reduced her 2000m PB from 10:39 to 9:09, has reduced her 3000m PB from 15:11 to 14:25 and has knocked out a 1500m time of 6:53. Training now with the strong Simon Baker group, she is set to keep chipping away at these times and will be looking to knock off her PBs over the longer road distances come next winter.

Well done Simone and keep up the good work!



Simone in action at Middle Park on Sunday

WHAT'S COMING UP

- The Victorian Country T&F Championships will be held this weekend (22-24 January) at the Landy Field in Geelong. The Open 5000m walk will be held on Friday evening with the other walks later in the weekend. I look forward to reporting in next week's newsletter.
- An AV Knockout competition will be held on Sunday 24th January at Lakeside Stadium – see the AV website for more details.
- Fast forward 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 Feb 7th have been ratified by AA as suitable for World Junior/World Race Walking Teams Championships qualification purposes.

- Looking further forward, the **Australian 20km Summer Roadwalk Championships** will be held in **Adelaide** on **Sunday 21st February**. The meet also includes the 2016 IAAF Race Walking World Teams Championships U20 10km trial as well as U18 invitational 5km races. Online entries close with AA on Friday 27th January so don't delay. Check out the link at https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1554&OrgID=887

GOLD COAST MASTERS ATHLETICS MEET, GRIFFITH UNI, SOUTHPORT, SUNDAY 10 JANUARY

I missed out on recording this Queensland Masters result in last week's newsletter so including it here for completeness. A good double by **Dean Nipperess**.

1500m Walk

1.	Dean Nipperess	M44	GC & Sthrn	7:11.69	75.68%
2.	Nyle Sunderland	W48	GC & Sthrn	8:59.19	67.57%
3.	Patrick Sela	M76	GC & Sthrn	11:12.38	68.66%
4.	Robyn Wales	W63	GC & Sthrn	13:11.85	52.50%
5.	Debra Liebeck	W60	Visitor	13:13.43	52.40%

3000m Walk

1.	Dean Nipperess	M44	GC & Sthrn	15:13.14	72.98%
2.	Paul Lindenberg	M53	GC & Sthrn	19:15.97	62.53%
3.	Kay Shaw	W56	GC & Sthrn	19:17.53	70.79%
4.	Debbie Lindenberg	W54	GC & Sthrn	22:12.40	58.77%
5.	Nyle Sunderland	W48	GC & Sthrn	22:14.30	56.31%
6.	Patrick Sela	M76	GC & Sthrn	22:52.08	68.64%

SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 13 JANUARY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide: Hot earlier in the day but cooled down later in afternoon. Bit breezy at times.

800m Handicap Walk

1.	Jayden Goode	3:41	
2.	Jan Layng	5:51	W67
3.	Cherie Rothery	5:11	W45
4.	Margaret McIntosh	6:23	W63
5.	Jill Rogers	6:25	W71
6.	Des Mulqueen	5:45	M69
7.	George White	4:16	M70
8.	Rhiannon Lovegrove	3:44	
9.	Gil McIntosh	5:09	M65
10.	Peter Crump	4:05	M55
11.	Leigh Smith	5:51	M80
12.	Helen Suridge	5:32	W64
13.	Colin Trengove	5:58	M75
14.	Marie Maxted	4:55	W55
15.	Graham Harrison	5:52	M72
16.	James Hoare	5:39	M69
17.	Margaret Trengove	5:39	W71
18.	Doug Smart	5:50	M72
19.	Harry Hayford	6:44	M63

3000m Handicap Walk

Colin Trengove	23:11	M78	70.64%
Edna Bates	26:13	W63	56.72%
Jill Rogers	25:34	W71	64.56%

Margaret Trengove	23:09	W71	71.30%
Margaret McIntosh	25:17	W63	58.81%
Jan Layng	23:14	W67	67.25%
Helen Suridge	22:08	W64	67.99%

ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, THURSDAY 14 JANUARY

To Canberra now for more of their Summer Series competition. Young **Zoe Hunt** was the best with 14:42.85 for her 3000m.

3000m Walk

1.	Zoe Hunt	WU20	NCG	14:42.85
2.	Alexandra Durr	WU20	Queanbeyan	14:47.08
3.	Connor Frew	MU16	Athletics Act	15:53.69
4.	Mitchell Baker	MU16	NCG	16:00.46
5.	Callum Burns	MU16	NCG	16:27.21
6.	Gabby Hunt	WU16	NCG	16:57.50
7.	Bryan Thomas	MOP	Vets	20:10.34

1500m Walk

1.	Jennifer Alley	WU14	Athletics Act	9:10.49
2.	Thomas Alley	MU18	Actlaa	9:10.45
3.	Vanessa Rogic	WOP	Vets	10:33.21
4.	Barbara Eddowes	WOP	Vets	10:33.75

ATHLETICS WA INTERCLUB, WA ATHLETICS TRACK, PERTH, FRIDAY 15 JANUARY

To Perth last Friday evening, with 16 year old **Declan Tingay** walking very fast for a 27 sec PB of 12:15.6 in the 3000m.

3000m Walk

1.	Tingay, Declan	M99	Athletics WA	12:15.6
2.	Pivac, Emily	W00	Athletics WA	16:16.2
3.	Ireland, Hannah	W03	Rockingham D	19:25.8
4.	Jackson, Hayley	W99	Athletics WA	DNF

ATHLETICS VICTORIA SHIELD, SATURDAY 16 JANUARY

First back a week to complete my report on Round 8 of the Athletics Victoria Shield competition.

AV Shield Round 8, Bendigo, Saturday 9 January

3000m Walk

1.	Hayes, Zahra	WU16	SOUTH BENDIGO	16:14.50
2.	Gillies Smith, Michael	M40+	EAGLEHAWK	16:41.12
3.	Bryant, Barb	W40+	EAGLEHAWK	18:14.15
4.	Whiley, Ebony	WOP	EAGLEHAWK	18:45.34
5.	Hill, Madison	WU16	SOUTH BENDIGO	19:24.72
6.	Carter, John	M40+	SOUTH BENDIGO	21:37.81
7.	Watson, John	M40+	BENDIGO	25:31.86
8.	Minchin, Lisa	W40+	SOUTH BENDIGO	26:04.43

And now to last Saturday where Athletics Victoria Shield continued last with a double header Zone vs Zone at Lakeside Stadium in Albert Park, as well as the three country venues in action. Conditions were generally good although it was sunny and warm at most venues. We had our biggest walks turnout for the summer with 116 athletes in total. That is superb!

AV Shield Round 9 Red Zone v White Zone, Albert Park (morning session)

Saturday morning saw the Red and White Zones competing at Lakeside Stadium in Albert Park and it was **Jason Kozica** who walked like a man possessed, doing an 11 sec PB to win with 8:25.9. Not to be outdone, **Stuart Kollmorgen** was also in PB mode with 8:52.6. **Pam Tindal** was also in great form, winning the women's section with a season best of 10:07.0.

2000m Walk

1.	Kozica, Jason	M28	ST KEVINS AC	8:25.9	PB 0:11
2.	Kollmorgen, Stuart	M46	COLLINGWOOD	8:52.6	PB 0:12
3.	Mcdonough, Aaron	M43	PRESTON AC	9:20.2	
4.	Tindal, Pam	W56	VICTORIAN MA	10:07.0	
5.	Geisler, Sandra	W38	RINGWOOD AC	10:13.0	

6.	Hawkins, Trenton	M36	PRESTON AC	10:25.5
7.	Reid, Ross	M61	COLLINGWOOD	10:55.4
8.	Rosenbrock, Carolyn	W53	NUNAWADING	11:02.3
9.	Evans, Simon	M55	BOX HILL AC	11:07.2
10.	Taylor, Lucas	M19	YARRA RANGES	11:18.5
11.	Olden, Graeme	M51	BOX HILL AC	11:23.4
12.	Noonan, Claire	W11	COLLINGWOOD	11:33.5
13.	Elms, Donna-Marie	W54	PRESTON AC	11:41.1
14.	Egginton, Andrew	M54	BOX HILL AC	11:41.3
15.	Riddoch, Clyde	M62	ATHLETICS WAVERLEY	11:44.3
16.	Dickenson, Russell	M70	VICTORIAN MA	11:48.7
17.	Walshe, Kerry	W53	DIAMOND VALLEY AC	12:01.7
18.	Hunter, Pia	W49	BOX HILL AC	12:22.6
19.	Lazar, Dennis	M59	DIAMOND VALLEY AC	13:01.5
20.	Taylor, Lee	W14	YARRA RANGES	13:11.6
21.	Benke, Geza	M59	OLD MELBURNI	13:16.9
22.	Hewitson, Camden	M13	YARRA RANGES	13:28.2
23.	Holmes, Janet	W62	VICTORIAN MA	13:35.8
24.	Walburg, Kirsten	W17	DONCASTER AC	13:55.8
25.	Quinn, Karen	W51	DIAMOND VALLEY AC	13:56.8
26.	Sofianos, Gerald	M66	ST KEVINS AC	14:19.7
27.	Worsnop, Christopher	M58	OLD XAVERIANS AC	15:09.5
28.	Papadopoulos, Sarah	W28	DIAMOND VALLEY AC	15:16.6
29.	Molnar, Jo	W54	ATHLETICS WAVERLEY	15:20.8
30.	Brown, Tammarah	W16	RICHMOND HAR	15:31.0
31.	Camilleri, Rhianyn	W10	DIAMOND VALLEY AC	15:36.9
32.	Dyer, Ros	W51	VICTORIAN MA	15:43.5
33.	Killip, John	M61	OLD MELBURNI	16:37.3
34.	Hewitson, Kathi	W43	YARRA RANGES	16:40.2
35.	Campbell, Donna	W45	PRESTON AC	17:00.0
36.	Meager, Sharron	W56	BOX HILL AC	19:02.6
37.	O'Connor, Christopher	M55	BOX HILL AC	19:05.8
	McDonald, Peter	M53	BOX HILL AC	DQ
	Neale, John	M64	PRESTON AC	DQ
	Handasyde, Ian	M62	OLD SCOTCH C	DQ
	Chan, Lachlan	M18	ST KEVINS AC	DQ
	Bedyn, Erika	W53	YARRA RANGES	DQ
	Simpson, Bradley	M22	NUNAWADING	DQ

AV Shield Round 9 Blue Zone v Yellow Zone, Albert Park (afternoon session)

Fast times were order of the day on Saturday afternoon when the Blue and Yellow zones competed at Lakeside. **Reese Walmsley** and **Kyle Bird** had a desparate sprint to the line, Reese just winning in a PB 8:34.5, Kyle just over a second behind with 8:35.8. **Simone McInnes** continued her string of Pbs, taking 25 secs off her best with 9:09.1. And further down in the field, 66 year old **Heather Carr** took 4 secs off her Australian W65 record with a superb 10:56.8. The field was so big that two walk sections were required to accommodate the 57 walkers.

2000m Walk Section 1

1.	Walmsley, Reese	M17	KNOX AC	8:34.5	PB 0:06
2.	Bird, Kyle	M19	MORNINGTON P	8:35.8	
3.	Wellington, Shea	M18	KEILOR ST BE	9:05.1	PB 0:02
4.	McInnes, Simone	W24	GLENHUNTLY AC	9:09.1	PB 0:25
5.	Hawksworth, Danny	M36	ATHLETICS ESSENDON	9:13.3	
6.	Henderson, Rebecca	W14	CASEY CARDIN	9:30.6	
7.	Dickson, Corey	M13	KNOX AC	9:48.4	
8.	Walmsley, Hayden	M14	KNOX AC	9:48.8	PB 0:12
9.	Feain, Gerard	M52	KEILOR ST BE	10:42.3	
10.	Feain, Lachlan	M16	KEILOR ST BE	10:51.5	
11.	Hay, Charlotte	W12	KNOX AC	10:51.8	
12.	Carr, Heather	W66	GLENHUNTLY AC	10:56.8	W65 record
13.	Erickson, Tim	M65	COBURG HARRIERS AC	11:13.2	
14.	O'Mahony, Kathleen	W13	KNOX AC	11:15.9	
15.	Bennett, Ralph	M74	GLENHUNTLY AC	11:34.4	
16.	Shaw, Kirsten	W24	UNATTACHED	11:41.9	
17.	Keighery, Peter	M49	KEILOR ST BE	11:46.1	
18.	Jensen, Josh	M11	KNOX AC	11:48.5	
19.	Knox, Duncan	M56	ATHLETICS ESSENDON	11:49.6	
20.	Richardson, Brodie	W15	KNOX AC	11:59.7	
21.	Van Dongen, Rupert	M41	CASEY CARDIN	12:00.8	

22.	Anderson, Brian	M57	ATHLETICS ESSENDON	12:07.6
23.	Lillie, Jessica	W16	KNOX AC	12:08.5
24.	Feain, Madeleine	W17	KEILOR ST BE	12:10.7
25.	Shaw, Robyn	W54	WESTERN ATHL	12:26.4
26.	Irons, Julia	W17	KEILOR ST BE	13:12.1

2000m Walk Section 2

1.	Beveridge, Heath	M12	WESTERN ATHL	11:31.7	PB 0:10
2.	Kennedy, Paul	M58	KEILOR ST BE	11:32.4	
3.	Tonti-Filippinii, Justij	W40	ATHLETICS ESSENDON	12:47.2	
4.	Doran, Anthony	M63	GLENHUNTLY AC	12:50.8	
5.	Steed, Gwen	W73	GLENHUNTLY AC	12:57.8	
6.	Hay, Angus	M12	UNATTACHED	13:07.9	
7.	Barrow, Geoff	M66	MENTONE AC	13:11.2	
8.	Murphy, Stephen	M54	ATHLETICS ESSENDON	13:19.2	
9.	McGoughan, Tracy	W50	KEILOR ST BE	13:31.8	
10.	Howorth, Sandra	W52	GLENHUNTLY AC	13:44.8	
11.	Miller, Samantha	W16	GLENHUNTLY AC	13:46.2	
12.	Lewis, Leandar	M18	WYNDHAM	13:46.8	
13.	Hodgart, Janice	W52	WESTERN ATHL	13:56.9	
14.	Spiteri, Kelly	W42	COBURG HARRIERS AC	14:21.3	
15.	Beaumont, Hamish	M39	MELBOURNE UN	14:38.0	
16.	Gunn, Nicole	W36	KEILOR ST BE	14:40.2	
17.	reland, Roslyn	W32	BRUNSWICK AC	14:49.2	
18.	Cashin, Brenda	W51	WESTERN ATHL	14:54.0	
19.	Morrison, John	M76	SANDRINGHAM AC	15:07.9	
20.	Kennedy, Thomas	M9	KEILOR ST BE	15:09.7	
21.	Szuhai-Andrews, Jenny-Ro	W50	BRUNSWICK AC	15:12.7	
22.	Parker, Fabienne	W38	BRUNSWICK AC	15:31.2	
23.	Wright, Jeffrey	M57	KNOX AC	16:09.6	
24.	Thomas, Timothy	M51	MELBOURNE UN	16:30.3	
25.	Fairburn, Noel	M55	KNOX AC	16:52.6	
26.	Van Dueren, Philip	M56	MELBOURNE UN	16:57.4	
27.	Rickard, Tess	W22	BRUNSWICK AC	16:59.1	
28.	Bryan, Jeanne	W73	MENTONE AC	19:23.9	
	Rickard, Ian	M59	BRUNSWICK AC	DQ	
	Ireland, Olive	W55	BRUNSWICK AC	DQ	
	Lamb, Christian	M14	BRUNSWICK AC	DQ	

AV Shield Round 9, Llanberris Reserve, Ballarat

Kelly Ruddick had an easy stroll in Ballarat but was still too good for everyone else. Given that her dad Kevin walked a superb PB of 11:56.50, I suspect she may not have lapped him – I am sure that he would have been pleased with that outcome!

2000m Walk

1.	Ruddick, Kelly	W42	BALLARAT HAR	9:54.03
2.	Ruddick, Kevin	M65	BALLARAT HAR	11:56.50
3.	McLennan, Phillip	M47	WENDOUREE AT	12:30.16
4.	Dowie, Ellen	W16	EUREKA ATHLE	12:58.24

AV Shield Round 9, Landy Field, Geelong

A small field again in Geelong, with Nick Mirarchi taking line honours with 11:04.27.

2000m Walk

1.	Mirarchi, Nicholas	M24	CORIO ATHLETIC CLUB	11:04.27
2.	Mielczarek, Mackenzie	W12	CORIO ATHLETIC CLUB	11:35.00
3.	Leamer, Jordyn	W12	CORIO ATHLETIC CLUB	15:00.00
	Schlicht, Kate	W56	ATHLETICS CHILWELL	DQ

AV Shield Round 9, La Trobe University Track, Bendigo

And finally to Bendigo where Zahra Hayes was best with 10:10.22.

2000m Walk

1.	ZAHRA HAYES	WU16	SOUTH BENDIGO	10:10.22
2.	BARBARA BRYANT	W40+	EAGLEHAWK	11:11.36
3.	ANNETTE MAJOR	W40+	EAGLEHAWK	11:26.18
4.	MADISON HILL	WU16	SOUTH BENDIGO	12:04.13
5.	JENNIFER PAYNE	W40+	SOUTH BENDIGO	12:39.53
6.	LEIGH BROWELL	M40+	SOUTH BENDIGO	13:49.66

7.	ANNETTE CURTIS	W40+	SOUTH BENDIGO	14:49.94
8.	WENDY ENNOR	W40+	EAGLEHAWK	16:16.93
9.	GEOFFREY MAJOR	M40+	EAGLEHAWK	16:46.21

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SAT JAN 16

Alice Randall was best as usual in Hobart, walking 15:23.57 for her 3000m.

3000m Walk

1.	Alice Randall	OVA	15:23.57
2.	Bayley Campbell	OVA	17:02.85
3.	Anna Blackwell	OVA	17:21.23
4.	Ron Foster	NS	18:18.13
5.	Elizabeth Leitch	ES	18:56.72
6.	David Moore	NS	23:00.34

VRWC ROAD WALKS, MIDDLE PARK, SUNDAY 17 JANUARY 2016

Our VRWC summer season continued today with road races at our headquarters at Middle Park. While only 27 walkers were in attendance, they had perfect conditions early on before the heat and wind came up and tested the walkers in the shorter events.

Kelly Ruddick was the only starter in the 20km but she decided to call it quits after 10km, done in a quick 47:30. **Stuart Kollmorgen** went with her early, then held on well for 49:55. **Jason Kozica** 23:46 and **Tayla-Paige Billington** 24:33 produced good 5km times while **Corey Dickson** was fastest over 3km with 15:39. It was good to see **Jemma, Alanna and Scott Peart** down from Ballarat and all walking good times. We are back at Middle Park in 3 weeks time (Sunday 7th February) for our final road races for the summer.

20km Open

Kelly Ruddick	F	DNF	10km in 47:30
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10km Open

1.	Stuart Kollmorgen	M	49:55
2.	David Smyth	M	57:11
3.	Tim Erickson	M	1:01:15
4.	Wendy Muldoon	F	1:02:14
5.	Ralph Bennett	M	1:02:19
6.	Pam Tindal	F	1:03:23
7.	Carolyn Rosenbrock	F	1:03:24
8.	Donna-Marie Elms	F	1:10:26
	Paul Moritz	M	DNF
			3km in 21:01

5km Open

1.	Jason Kozica	M	23:46
2.	Tayla-Paige Billington	F	24:33
3.	James Christmass	M	26:25
4.	Simone McInnes	F	27:07
5.	Jemma Peart	F	27:56
6.	Ian Beaumont	M	43:10
7.	Margaret Beaumont	F	44:38
	Robyn Shaw	F	DNF
			2km in 14:11

3km Open

1.	Corey Dickson	M	15:39
2.	Alanna Peart	F	16:47
3.	Kathleen O'Mahony	F	17:52
4.	Charlotte Hay	F	18:20
5.	Ruby Paten	F	18:27
6.	Kirstin Shaw	F	21:46
7.	Angus Hay	M	22:23

2km Open

1.	Pam Mews	F	24:45
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1km Open

1.	Scott Peart	M	07:22
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Thank as always to our officials and judges. Sorry if I missed anyone.

Officials: Mark Donahoo, Ralph Bennett, Mark O'Mahony, Don McLaren, Stacey McLaren, Peter Vysma
Judges: Terry Swan (Chief), Diane Lowden, Judy Mason, Stuart Cooper, Lloyd Nichols, Gordon Loughnan, Brenda Felton, Suzanne Callaway
Photos: Shane Dickson (photos at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=63>).



Alanna Peart, Tayla-Paige Billington, Stuart Kollmorgen and Donna Elms in action at Middle Park (photos Shane Dickson)



Simone McInnes, Kelly Ruddick, Jemma Peart and Jason Kozica in action

QMA TRACK WALKS, SAF, BRISBANE, SATURDAY 16 JANUARY

The Queensland Masters were back in action again last Saturday in rainy and cold conditions – quite unusual for Brisbane. **Iggy Jimenez** 24:45.46 and **Erika Woodward** 28:40.73 took male and female honours with good walks.

5000m Walk

1.	Ignacio Jimenez	M50	Brisbane	24:45.46	82.82%
2.	Peter Bennett	M60	Brisbane	25:57.17	86.44%
3.	Erika Woodward	W49	Brisbane	28:40.73	74.58%

4.	John Harris	M66	Brisbane	34:05.20	69.33%
5.	Patrick Sela	M76	GC & Sthrn	38:00.03	70.35%

GOLD COAST MASTERS T&F MEET, GOLD COAST, QUEENSLAND, SUNDAY 17 JANUARY

And the Queensland Masters were in action again the next morning on the Gold Coast for another 5000m walk.

5000m Masters Track Walk

1.	Nyle Sunderland	W48	GC & Sthrn	31:27.82	67.97%
2.	Patrick Sela	M76	GC & Sthrn	38:14.86	69.90%

POTTS CLASSIC, HASTINGS, NEW ZEALAND, FRIDAY 16 JANUARY

Laura Langley walked to a PB in Hastings last Friday evening.

3000m Walk

1.	Laura LANGLEY		NZL		14:34.10
2.	Graeme JONES		NZL	73	14:35.39

I also saw a note that **Jared Free** won the 3000m walk at the Mt Smart Stadium in Auckland on Saturday 16th January with a time of 13:54.89.

INDOOR T&F MEET, NANTES, FRANCE, FRIDAY 16 JANUARY

We will see lots of walk results from indoor meets in Europe from now on. This brief set from Nantes in France.

Men 5000m Race Walk indoor

1.	Gabriel BORDIER		FRA	97	21:22.20
2.	Guillaume DUJOUR		FRA	78	21:26.34

Women 3000m Race Walk indoor

1.	Camille AURRIERE		FRA	98	14:59.95
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5TH REGIONAL INDOOR T&F MEET, PADOVA, ITALY, FRIDAY 16 JANUARY

Alberto Zaupa won the men's 5000m in Padova last Friday evening with a PB 21:43.94 while Valentina Trapletti won the women's 3000 with 13:06.93. The Italian Indoor Champs will be held in Ancona on 6-7 February so walkers are busy getting their qualifiers. Event well reported, along with photo, in http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2316.

Men 5000m Race Walk indoor

1.	Alberto ZAUPA		ITA	95	21:43.94
2.	Alessandro RIGAMONTI		ITA	97	21:46.98
3.	Andrea CORRADINI		ITA	98	25:27.74
4.	Luca VERNESONI		ITA	99	25:39.18
5.	Giuseppe SAPONARO		ITA	69	26:37.47
6.	Michele DISARO		ITA	99	27:21.97
7.	Silvio DORIGO		ITA	62	27:27.81
8.	Francesco CASSON		ITA	00	27:45.03
9.	Andrea NAPPI		ITA	00	28:07.71

Women 3000m Race Walk Indoor (29 walkers, 2 heats)

1.	Valentina TRAPLETTI		ITA	85	13:06.03
2.	Nicole COLOMBI		ITA	95	13:32.91
3.	Sibilla DI VINCENZO		ITA	83	13:40.77
4.	Lidia BARCELLA		ITA	97	13:45.89
5.	Chiara CUNI		ITA	99	14:32.45
6.	Sara SCIPIONI		ITA	95	14:32.71
7.	Giulia IMBESI		ITA	96	14:41.45
8.	Elena SBERNARDORI		ITA	91	15:05.59
9.	Elisa RAI		ITA	78	15:06.92
10.	Laura SILLI		ITA	99	15:13.74
11.	Vanessa OBLACH		ITA	00	15:26.97
12.	Alice OBLACH		ITA	00	15:37.70
13.	Elena CINCA		ITA	70	15:38.45

14.	Maria VIAN	ITA	00	15:46.59
15.	Valentina COLACICCO	ITA	00	15:54.98

INDOORS MEET, BERLIN, GERMANY, SATURDAY 10 JANUARY

Hagan Pohle and Emilia Lehmeyer the best in Berlin last Saturday.

Men 5000m Race Walk indoor

1.	Hagen POHLE	GER	92	20:39.72
2.	Leo KÖPP	GER	98	22:38.82
3.	Jacob STUTZKE	GER	97	23:24.43

Women 3000m Race Walk indoor

1.	Emilia LEHMEYER	GER	97	13:54.37
2.	Jennifer OKUN	GER	98	15:54.57

AIS STUDY AND TRAINING CAMP

As mentioned in last week's newsletter, a large group of local and overseas walkers are at the AIS in Canberra this month for part two of the Supernova Study, funded by the Australian Institute of Sport and investigating the role diet plays in elite endurance events. It provides a great opportunity for the walkers to be part of a 4 week training experience with other top walkers – the one drawback – you don't get to eat just what you want – the demands of the study dictate your diet! Now that must be tough. I spend most of my time wandering around grazing on whatever I feel like after a training session.

Apart from the impressive list of 29 athletes from last week's newsletter, there are quite a few interlopers tagging along for part of the month. Juniors Zoe Hunt, Jemima Montag, Kyle Swan, Adam Garganis, Tyler Jones, Emmet Brasier. So there must be upwards of 40 walkers there training right now. That is impressive!

This photo was taken last Friday, just before the main group set off for a 14km walk along the valley and up to the top of Mt Stromlo. Victorian walker Chris Erickson had flown up to join them for the weekend to add one extra to the group for a few days. Talk about an international mix.



Rachel Tallent, Steph Stigwood, Marc Mundell, Yuki Kobayashi, Toru Yamamoto, Giovanni Reno, Regan Lamble, Lebogang Shange, Ato Ibanez, Jakub Jelonek, Yuzuru Nakao, Rafal Augustyn, Ian Rayson, Inaki Gomez, Brendon Reading (obscured), Rhydian Cowley, Jared Tallent (obscured), Ben Thorne, Yerko Araya, Evan Dunfee, Chris Erickson, Perseus Karlstrom

The following photo shows some of our junior walkers with the main group on Monday morning – out the front of the AIS Halls of Residence – <https://www.facebook.com/photo.php?fbid=10156493537400327&set=gm.964705583614874&type=3&theater>. And another nice post with photos from Giovanni Reno – <https://www.facebook.com/LaMarciaCom/posts/930165823740054>.

OUT AND ABOUT

- Short Olympic profiles for each of our 50km walkers on the Australian Olympics Rio site:

Jared Tallent <http://rio2016.olympics.com.au/athlete/jared-tallent1>

Chris Erickson <http://rio2016.olympics.com.au/athlete/chris-erickson1>
Brendon Reading <http://rio2016.olympics.com.au/athlete/brendon-reading>

- I reported in last week's newsletter on the 10,000m track walk held at the AIS on Monday 11th January. The following article focuses on South Africa's race walking 'ace' **Lebogang Shange** whose time of 41:02 was a track PB. See <http://www.supersport.com/athletics/article.aspx?id=3350054>.
- Italy has announced the first of its walkers for the 2016 World Race Walking Teams Championships, to be held in Rome on 7-8 May. The selection period remains open until 15th April.

Men 50km Theodoric Caporaso, Matteo Giupponi, Federico Tontodonati
Women 20km Eleonora Giorgi, Antonella Palmisano, Elisa Rigauda, Valentina Trapletti
Men 20km Marco De Luca, Giorgio Rubino, Massimo Stano

La Marcia.com has said that "the Italian Federation consents to organize an official test with judges for Alex Schwarzer during his doping suspension. The aim is for finding an excuse to convoke him for the RW World Cup in Rome" - See <https://www.facebook.com/LaMarciaCom/photos/a.455504167872891.1073741826.453053518117956/928558307234139/?type=1&theater>. Now I can't verify this one way or the other. Personally, I would be very disappointed if Italy did anything to help Schwarzer to make any teams. As a convicted drugs cheat, he should have no special help in any way.

- Now we all know that exercise is good for you – after all, most of us are exercise junkies! Interesting article at <http://www.smh.com.au/national/health/cancer-research-exercise-may-improve-ability-to-cope-with-treatment-side-effects-20150508-ggxden.html>.
- Great to see the Heel and Toe magazine getting some airplay on Stefano Kruger's "Walking the Dream" website. See <http://www.walkingthedream.com/head-and-toe-2016-issue-15/>.
- Wow, this is a bombshell. Swisswalking.org reports that the 2016 Lugano Trophy Race, which was to be held on 13th March has been cancelled. This has been one of the largest and highest quality walks on offer in recent years and normally attracts a big international field. It will be sorely missed from the international calendar. This follows on from the recent news of the cancellation of the Sesto San Giovanni meet. That leaves Rio Maior, La Coruna, Dudince, Podebrady and others but two of the big ones are now gone. See further information at <http://www.swisswalking.org/fr/news/detail/518>.
- Saw a post that Slovak walker Peter Tichý had won a 20km walk race in Cape Town, South Africa, last weekend in the time of 1:33:29. I know that the Slovak walkers have been doing an altitude camp in South Africa and are about to return home.

VALE JEAN DAHM: 1924 - 2016

Emmanuel Tardi tells me that noted French racewalk administrator Jean Dahm died on Sunday 17th January, aged 91. Emmanuel summed up his vast contributions to our sport as follows:

He was one of the greatest French racewalking leaders. He began his sporting career in 1938 as a gymnast and began athletics in 1941. He was in the same club as Gilbert Roger and became his coach. Under his guidance, Roger won the Strasbourg-Paris (520km non stop) 6 times from 1949 to 1958.

He was one of the creators of the French National Racewalking Committee in 1965, was vice-president 1968-1985, president 1985-2001 and had been the honorary president for the last 15 years since 2001.

He became a racewalking judge in 1955 and became an international judge in 1976. He judged in many of the great championships - The World Championships in 1987 (Rome) and 1991 (Tokyo), the 1990 European Championships (Split) and the 1993 World Cup (Monterey) amongst others. His son Jean-Pierre is now an international judge who was on the panel for the 1012 Olympics and who will judge in Rio in 2016. He became very famous in France due to some wonderful footage of him having to chase the leader (Nadezhda Riashkina) in the women's 10km walk at the 1990 European Championships and force her from the road - go to the 9 min 35 sec mark of <http://youtu.be/6v0YaLjuH94>. (It's a must see video – editor)

He was on the organizing committee for the 1970 Paris-Colmar event and was the director of this event from 1996 to 2002.

He was member of the IAAF Racewalking Committee from 1991 to 2001.

When I began racewalking in 1986, I said to him one day that I was a "little racewalker". With his authoritative voice he replied "There is no little racewalker and no great racewalker, there are only racewalkers". Perhaps that is why I am still racewalking.

Emmanuel also send me some wonderful pictures which I reproduce here



**Left: 1954 :Strasbourg-Paris winner Roger Gilbert stops for a rest in a barn, helped by his coach Jean Dahm
Right: 1965: Some of the giants of French racewalking Jean Dahm, Francis Jenevein (1914-1996), Albert Wasquel and Emile Anthoine (1882-1969)**



1990: The judges in the 1990 European Championships in Split



**Left: 2000: With Alexei Rodionov, the winner of the 2000 Paris-Colmar
Right: 2007: Jean Dahm presents the Silver medal of the French Federation to Emmanuel Tardi**



2014: Jean Dahm with 7 times winner Roger Quemener at the start of the 2014 Paris-Colmar (photos from Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 9 press releases this week

- Mon 18 Jan - 2016 Lugano Trophy carnival cancelled
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2319
- Sun 17 Jan - the AIS training and study camp in Canberra
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2318
- Mon 18 Jan - French racewalking legend Jean Dahm passes away
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2317
- Sat 16 Jan - Victories to Alberto Zaupa and Valentina Trapletti in Padua
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2316
- Fri 15 Jan - Preview of Padua Indoor walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2315
- Thu 14 Jan- Toth to headline Bratislava indoor meet 5000m walk on January 31st
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2314
- Wed 13 Jan- Profiling Ecuadorian walker Erica Rocha de Sena
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2313
- Tue 12 Jan - Bosworth and Gabellone win indoor walks in Sheffield
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2312
- Tues 12 Jan - Australia names its 50km walk team for Rio
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2311

The omarchador blog was also active with 8 news releases

- Mon 18 Jan - VALE Jean Dahm 1924 - 2016
<http://omarchador.blogspot.com.au/2016/01/jean-dahm-1924-2016.html>
- Mon 18 Jan - Results of Madeira Regional walk championships in Portugal
<http://omarchador.blogspot.com.au/2016/01/regional-absoluto-de-inverno-na-madeira.html>
- Sun 17 Jan - Susana Feitor fighting for her 6th Olympic selection for Portugal
<http://omarchador.blogspot.com.au/2016/01/susana-feitor-se-for-aos-jogos.html>
- Sat 16 Jan - Portuguese regional championships this weekend
<http://omarchador.blogspot.com.au/2016/01/regionais-de-setubal-lisboa-e-evora-na.html>

- Fri 15 Jan - Ana Cabecinha and Paul Murta honoured by awards from the Athletics Association of the Algarve
<http://omarchador.blogspot.com.au/2016/01/ana-cabecinha-e-paulo-murta-premiados.html>
- Thu 14 Jan - Kelly Ruddick sets W40 3000m Walk World Record in Ballarat
http://omarchador.blogspot.com.au/2016/01/kelly-ruddick-w40-com-125885-em-ballarat_14.html
- Wed 13 Jan - Ana Cabecinha 4th in World Track & Field News Merit Rankings
<http://omarchador.blogspot.com.au/2016/01/ana-cabecinha-4-mundial-nos-rankings-de.html>
- Tue 12 Jan - Results of 3000m walks in Lisbon
<http://omarchador.blogspot.com.au/2016/01/torneio-de-meio-fundo-e-marcha-em.html>

WHY WE NEED TO ALLOW FOR RECOVERY PHASES DURING THE YEAR

VRWC Club Coach Mark Donahoo continues his fortnightly coaching corner...thanks Mark!

A training program allows all athletes to train appropriately so they may reach their goal. Often training programs have many hard weeks of activities leading up toward major races or events, however, these sessions, although assisting in getting fitter and faster, lead to tiredness and in more severe cases, overtraining. To avoid breaking down and being unable to train, it is important to consider adding recovery sessions into your program or even recovery blocks when recovering from a hard season or event.

The training process breaks down the muscle fibers while the rest days allow the muscles to have time to repair and strengthen, speed, endurance and strength are all improved.

Regular scheduled days where no walking or other types of exercise take place are ideal for giving a walker's body the chance to recover. Some walkers may find as little as one day off each week is enough, other runners may find taking 2-3 days off each week is necessary for muscle recovery. Another option for rest days is to cross train or participate in a low impact form of exercise instead of walking. These days are considered rest days because they give the joints and muscles a break.
<http://www.therunnersguide.com/rest/>

As mentioned on the website www.active.com/running/Articles/The-Importance-of-Rest-for-Runners, research has proven that resting for 7 to 10 days will not significantly diminish fitness. At the end of a season, a major event that the walker peaked for, or at the Christmas break, a longer rest from walking will be beneficial. Sometime this should be complete rest; other times should be active rest, which involves cross training, as mentioned above.

To avoid the problems of becoming overtrained

- Include rest days or session
- Have a regeneration week every 3-4 weeks
- Do not do the same training programme for more than 4-5 weeks, otherwise the body sees it as a habit and will not improve.
- Do not increase the training load in a week too quickly.
- Include a 2-4 week recovery block, once to twice a year that includes passive and active rest.

Passive rest

- Sleep
- Getting a massage
- Watching television
- Reading

Active rest

- Volume should be 1/2-2/3 of a normal workout.
- Intensity should be perhaps 60% maximum heart rate for endurance athletes and up to 75% of 1RM for weight trainers.
- You should finish the workout feeling better than you started.

For further reading, check out www.bodyrecomposition.com/training/active-versus-passive-recovery.html.

AA U19 CAMP WRAP

I mentioned briefly in last week's newsletter that an Athletics Australia Under 19 Squad Camp had been held at Melbourne University in Melbourne in the week from 2nd to 9th January and that a number of our top U19 walkers were in attendance - **Zoe Hunt (ACT)**, **Clara Smith (QLD)**, **Tayla-Paige Billington (VIC)**, **Jemima Montag (VIC)** and **Emmet Brasier (VIC)**. The only squad member who could not attend was Declan Tingay (WA) as he was overseas. **Kyle Swan (VIC)** and **Reece Walmsley (VIC)** also joined in the walks training sessions even though they were not officially part of the squad or camp. That makes 7 walkers in total. Special thanks to AA Junior Development Walks Coach **Megan Szirom** for her contributions to what sounds like a superbly organised camp.

I was after a photo of the whole group but the best I could do was to get two photos that covered everyone. The first one is taken at the end of a tough 10km walk up Mt Macedon, some 40km north of Melbourne. The walk finishes at the memorial cross at the top and the climb is very steep, at times up to 11% gradient. Not a walk for the faint hearted.



Mt Macedon – Reese Walmsley, Zoe Hunt, Clara Smith, Tayla-Paige Billington, Jemima Montag, Kyle Swan and Emmet Brasier

The second photo is taken at a peed session at the Melbourne University track In Melbourne



Melbourne Uni Track – Zoe Hunt, Adam Garganis, Jemima Montag, Kyle Swan and Reese Walmsley

And as an extra bonus, thanks to camp participant Jemima Montag for a great camp article – fantastic read Jemima!

**Athletics Australia under 19 camp reflection
By Jemima Montag**

Hello, I'm Jemima Montag and I'm a 10km racewalker. During the 2015/16 season it has been a privilege to be able to be a part of the Athletics Australia under 19 development squad. From our initial camp at the AIS in September, to the current camp at Melbourne University: we have all learnt and developed as athletes, consolidated life-long friendships and aspirations for the future.

Our Melbourne University stay began last Friday and everyone was a little nervous to get out there and meet those unknown faces that they hadn't met yet from a previous team. Small clusters of athletes, often in event groups was the dominant setting for these first few hours. We gave it a day, and after being told that this had been 'enough shy time', everyone was then keen to board the social train and get to know the other athletes.

Definitely the easiest way that we made friends were simple meal conversations in the dining hall. Surrounded by paintings of judges, premiers and past university students in the large wooden room, we filled our plates with colourful salads, delicious chicken stir fries and rice dishes. I'm a big believer that food time is a perfect bonding time. You don't even have to be that creative with your conversation starters. Even something such as 'woah this chicken is *insert adjective here*', or 'mmmmm.....ahhh....mmmmm' to break up the silences. The most common meal time conversation was definitely when we all compared the different little quirks that come with our events. Like the fact that high jumpers have tiny little biceps compared to the throwers sitting next to them, comparing our hand stand abilities with the pole vaulters or admiring the sprinters with zero skin folds on their super strong quads.



One evening, on Ned Weatherly's birthday, Harry Kimpton-Moss (aka. Mozart) jumped up on the piano and showed the crowd his incredible improvising skills and also his ability to play any song that someone named. Simultaneously, Conor Warren grabbed the microphone and began beatboxing and singing at the same time whilst the rest of the athletes sang a big happy birthday in our very best singing voices, one again proving that generally athletes should stick to the track and not singing outside of the shower...and maybe the car.

We had a visit from two very inspirational senior athletes, Alex Rowe and Morgan Mitchell who came to speak to us about their transition from junior to senior teams and some challenges and experiences that we are likely to undergo in the years to come. Something that I found really interesting was the notion that our peak years for athletics will be roughly between the ages of 20 and 30 years old. Expecting that we are all healthy and live to 100, that is just 10% of our lifetime. On one hand, this 10% exemplifies the fact that it's such a small amount of time in the scheme of things, and that we should really be sacrificing things and devoting lots of time to our endeavours while our careers last. But on the other hand, it also demonstrates that athletics isn't forever. Both Morgan and Alex highlighted to us the importance of having a plan B, in case of injury, or simply when athletics finishes for us. For Alex, that means studying medicine, leaning to play the guitar and maintaining strong social connections. For Morgan, that meant enjoying her job and Adidas and aspiring to be one of the top designers for the brand, as well as enjoying a range of sports in boxing, basketball, formula 1 and netball to keep her mind off athletics during down times. We also received some insight into the challenges that may lie ahead in terms of changing coaches, how to problem solve with difficult foods overseas, how to pack smart and coping mechanisms for a wide array of questions that we posed. After our talk with Morgan and Alex, we left feeling inspired and excited for what lies ahead for us. They put everything into context and gave a realistic view on how to get the most out of your sport that you can, with the huge support crew that we are so lucky to have behind us.

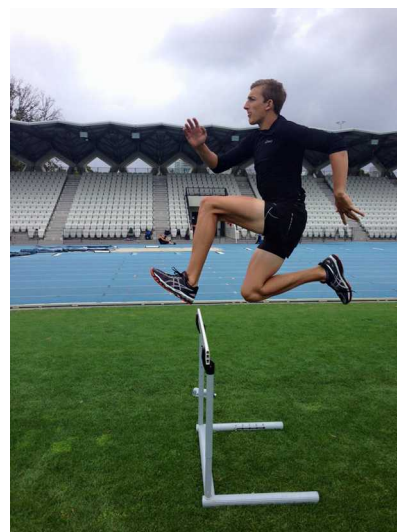
Another intriguing lecture we had was from one of the AIS dieticians. Throughout the presentation she spoke about the types of food that stimulate the body and give it the nutrients and energy it requires before and after a training session or performance. The main lesson that I took away from the talk was that focusing on eating whole, real foods as much as possible is essential, and they can be complemented by some recovery bars and drinks where necessary. There will almost always be a healthy and 'clean' option, especially if we are prepared before training by making up some snacks ready to go. It's scary how large companies can sneak nasty chemicals and additives into supermarket foods to enhance their taste, shelf-life and supposed 'benefits'. However, she made it clear that as athletes we are responsible for what goes into our bodies and are best to stick to nourishing our bodies with whole foods. This talk, coupled with the supplements lecture provided excellent pathways that we can take to maintain a healthy body, free from any illegal substances and harmful chemicals, which will perform to its best and recover accordingly.

Our food skills went up another level the following day, when we were actually able to do a practical food preparation task and learn three great recipes that have both carbohydrates and protein for a perfect recovery snack. We all worked together in groups of 8--10 to create a delicious bircher muesli with mixed berries; it's nutty, gooey, sweet, sour goodness had everyone smiling. Next on the menu were some Vietnamese rice paper rolls, filled with an Asian slaw, shredded chicken and a hint of lime. Finally, we rolled up some cute little enchiladas filled with a guacamole--kidney bean--coriander mixture, topped with a rich tomatoey sauce and a sprinkle of cheese. The room smelt great, and it was funny to see many coaches hanging around to 'watch' us cook...or wait around for a taste of some yummy left overs. All of these snacks within the space of about 20 minutes, ready to go, healthy and absolutely delicious. It's fair to say that no one really needed dinner half an hour later, and we are all now one step closer to impressing Matt Preston with our skills.

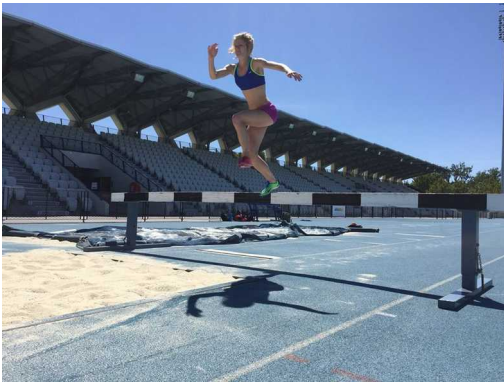


Another intriguing session that we had was an Imagery lecture. Imagery, or visualisation is a skill that many athletes use to enhance their performance. What was explained to us, was that when we visualise an event, this creates almost the same muscle memory within the nervous system as when we physically carry it out. We all had a go at doing a combined imagery session, with lights off, closed eyes, and the soothing voice of what sounded similar to a yoga instructor calming us into shavasana as we imagined ourselves laying on the beach, feeling the sand between our toes, literally salivating as we 'tasted' the salty water from our hands and even shivering when we first placed our feet into the cool ocean. Afterwards, we tried more athletics--specific imagery, trying to imagine training sessions, performing a specific skill, tastes, smells, sounds, movements and came up with a score for ourselves for the visual, auditory, kinaesthetic, mood and control dimensions of our imagery skills. Whilst we found that imagery isn't for all athletes, it can be an excellent addition to incorporate into training, preparation and competition.

Kevin Craigie ran each event group through some specific strengthening exercises that we can add into our weekly programs that work well to reduce the risk of injury in each event. On top of this, there was filming done by biomechanists and bench mark testing by the AIS staff to give us a gauge of where our strengths and weaknesses lie.



Aside from all of the great education, training has certainly been the focus of this camp, as we are all at crucial times of the season, with qualification for World Under 20's taking place in approximately 9 weeks. Each event group made the most of the excellent facilities at the Victorian Institute of Sport, with pool, ice bath, recovery, gym, Lakeside stadium track and Albert Park lake to run around. Many of us competed at the local Athletics Victoria competition on the second day of camp, and the racewalkers ventured out to conquer the glorious 10 kilometre hill, Mount Macedon, which proved to be a great challenge but definitely worth it for the view at the top. Along with our attentive and knowledgeable event coaches, I think that each athlete will come away from this week stronger, fitter, inspired and more knowledgeable.



A quick visit on a sweltering 44 degree evening to the Queen Victoria Night Markets was one of the highlights for many. Dripping with sweat, we strolled past every type of cuisine imaginable, there were rice paper rolls from Vietnam, Indian curries, dumplings, big Spanish paellas, kebabs on a stick, corn on a stick, mango on a stick, the list goes on. Amongst the fairy lights and smooth jazz music, we enjoyed a street food dinner from across the globe.



Thanks to Adidas, each athlete received a new pair of spikes or runners specific to their event to train and compete in for the season if they chose to do so.

On the whole, this week has been a fantastic insight into the life of a senior athlete, what lies ahead for us, the challenges, exciting opportunities and friendships to be made. A big thank--you to all of the Athletics Australia staff who made this camp as great as it was, and for always being such a strong support crew for each and every athlete. I look forward to spending the coming year and many more with this fantastic bunch of athletes and coaches.

Best of luck for the #summerofaths everyone.

Jemima

#KIRDYAPKIN

There has been so much going on this week that I will summarise it day by day.

Wed 13 January

- On the local Australian front, the big drugs news has been the banning of 34 past and present Australian Rules footballers from the Essendon Football club. They had initially been given slaps on the wrist by the Australian Rules Drugs Commission but CAS came in and has ruled for much more significant penalties. See <http://www.theage.com.au/afl/afl-news/cas-essendon-verdict-damns-players-for-lack-of-curiosity-20160112-gm4o7u.html>. Not related to our current T&F issue but interesting reading for us Aussies.
- Late Wednesday evening saw the latest leak of documents from within the IAAF – this is truly explosive. To summarise: Six years before the IAAF banned Russia, track and field's governing body knew of doping so out of control it feared Russian athletes could die from abuse of blood-boosting drugs and transfusions, and officials considered collaborating with Russians to hide the full extent of the cheating before the 2012 London Olympics, according to internal documents obtained by The Associated Press. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11572991&ref=rss and http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11572990&ref=rss. Timeline explained at http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11572980&ref=rss.
- WADA immediately commented on the revelations, saying they were "most concerning" and warrant further investigation. Bit of an understatement! See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11573422&ref=rss.
- Sebastian Coe came out with his usual recorded piece, defiantly defending his handling of athletics' worst drugs scandal as he braced himself for more revelations from the second part of the damning report WADA into the saga. Coe hit back at accusations that he had failed to appreciate the seriousness of the crisis to have engulfed the IAAF, insisting that he had been "dealing with it every day". See <http://www.telegraph.co.uk/sport/othersports/athletics/12098488/Lord-Coe-defiantly-defends-handling-of-athletics-worst-drugs-scandal-as-he-braces-himself-for-more-revelations.html>.
- Coe also said there has been no cover up of Russian doping cases despite the latest leaked documents appearing to show that officials of athletics' governing body were discussing how to suppress news of positive tests. Coe also denied knowledge of IAAF officials discussing Russian doping problems as early as 2009 and of internal IAAF notes obtained by the Associated Press proposing some Russian dopers be sanctioned while other, less well-known athletes be allowed to disappear from the sport unpunished. See <http://www.supersport.com/athletics/article.aspx?Id=3352194>. Please! Talk about treating the public like naive children.
- And here is the crunch line that must be haunting the IAAF - Kenyan two-time world marathon champion Edna Kiplagat wants \$1 million dollars to be retrospectively awarded to her as the rivals who pipped her to two lucrative World Marathon Majors series titles have since been banned for doping. Russia's Liliya Shobukhova beat Kiplagat to scoop the \$500,00 series jackpot in 2010/2011, and the Kenyan runner finished second in the rankings to compatriot Rita Jeptoo in 2013/2014. Both women were later suspended for doping. The first of many perhaps! See <http://www.supersport.com/athletics/article.aspx?Id=3351924>.
- This raises the bigger question of monetary reparation for all those athletes retrospectively awarded medals. Great article at http://mobile.nytimes.com/2016/01/18/sports/as-track-atones-for-doping-scandals-some-athletes-seek-more-than-an-apology.html?_r=1.
- Finally, here is an interview, coincidentally also published on Wednesday, with the courageous Russian couple who sparked all this as whistleblowers. I still haven't heard that they have ever been invited to meet with the IAAF! It is astounding that this remains the case after all this time. See <https://www.beinsports.com/en/athletics/video/exclusive-interview-with-dick-pound/176211>.

Thursday 14 January

- The highly awaited WADA Commission Report Part II came out on Thursday 14 January 2016. You can read it in full at https://wada-main-prod.s3.amazonaws.com/resources/files/wada_independent_commission_report_2_2016_en.pdf.
- If you don't want to read the whole report, here is the definitive summary, written by Andy Brown who has been working in Sports Governance for over 15 years. See <http://www.sportsintegrityinitiative.com/wada-finds-senior-iaaf-staff-were-aware-of-corruption/>.
- WADA's second report shifted attention from Russia to the ruling body overseeing the sport globally: the IAAF. Well before the antidoping commission's investigation, the I.A.A.F. knew the extent of Russia's drug abuse, Mr. Pound said. Top officials, the inquiry found, were complicit in keeping tainted athletes in competition, extorting money from athletes and delaying the processing of drug test violations. Unlike Russian coaches, trainers, doctors and the state police — whom the commission accused of actively destroying drug samples — IAAF officials did not erase records but rather delayed processing them, expecting that inaction might make matters go away, the inquiry found. The report raised new questions about how compromised sports officials can be in investigating and disciplining doping violations. See http://www.nytimes.com/2016/01/15/sports/report-alleges-possible-criminal-behavior-by-top-track-officials.html?partner=rssnyt&emc=rss&_r=0

- The report honed in on Coe's Chief of Staff Nick Davies, saying that he "was well aware of Russian 'skeletons' in the cupboard". The report also said the IAAF Council, which included Coe, "could not have been unaware of the extent of doping in athletics". See <http://www.supersport.com/athletics/article.aspx?Id=3354074>.

The report raises plenty of alarms for the IAAF, including the following

- As well as the already publicised extortion of Russia's Liliya Shobukhova, the report says Turkey's London Olympic 1500m champion Asli Alptekin Cakir was asked for €650,000 to avoid a drugs ban. The report calls for a "forensic investigation" into how the TV rights for the 2013 World Championships held in Moscow increased from \$6 million to \$25 million thanks to a sponsorship arrangement organised by Diack's son. While the investigators were only looking at Russia and the IAAF, the report names a number of other countries as being suspected of blood doping and where testing is problematic. Those countries include Turkey, Ukraine, Kenya, Morocco and Spain. See <http://www.telegraph.co.uk/sport/othersports/athletics/12100857/Athletics-doping-scandal-QandA.html>.
- The report does not name Coe as amongst those to be investigated further. It says that Diack created an inner circle "which filtered and funnelled communications to and from senior IAAF staff, ultimately functioning as an informal illegitimate governance structure outside the formal IAAF governance structure ... when it came to dealing with anti-doping matters related to Russian track and field athletes." The circle included his sons Papa Masada Diack and Khalil Diack and his legal counsel Habib Cisse. Now resigned IAAF anti-doping department director Gabriel Dolle was also involved. But Pound insisted that "I can't think of anyone better than Coe to lead" and said the case offered "a fantastic opportunity" for the sport to clean up. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11574111&ref=rss.
- This last statement seems rather contradictory given that the report found that the IAAF president, who served for 12 years on its council before his election last summer, "could not have been unaware" of the scale of the drugs problem in Russia that has brought athletics to its knees and that he and other elected officials showed "no appetite" to tackle it or the "nepotism" that allowed his predecessor, Lamine Diack, to orchestrate one of the most corrupt – "criminal" – regimes ever seen in sport.
- So it does not mean that Coe is in the clear and there are plenty of voices still loudly calling for his resignation. This case is summed up quite nicely in <http://www.iol.co.za/sport/athletics/naive-iaaf-president-must-go-1971597>.
- The second report is good but the one issue I have with it is what looks like a whitewash with regard to Coe's accountability. Nicely summed up in <http://www.iol.co.za/sport/athletics/amazingly-coe-knew-nothing-1971391>.
- So as usual, it is a case of two steps forward and one step back in the war against drugs. David Walsh also took aim at the report with this tweet.

Been thinking about that Wada IC report. IC's failure to declare IAAF 'non-compliant with Wada code' was scandalous dereliction of duty

Friday 15 January

- IAAF President Sebastian Coe responded in Friday to one of the key findings in the Report and promised to investigate the whereabouts of a sponsorship worth \$25 million supposedly paid to the world governing body by a Russian bank. The IAAF are, as of yet, unable to account for the payments but the suspicion is that a large proportion of the money was pocketed by the Diacks. See <http://www.insidethegames.biz/articles/1033295/exclusive-iaaf-in-hunt-for-25-million-sponsorship-payment-from-russian-bank>.

Sunday 17 January

- Speaking on BBC Radio 5 Live's 'Sportsworld' programme, Sebastian Coe made the following plea: "If there are athletes out there at this moment listening to this programme... if they think they have been subject to extortion, come forward. Come forward to the (IAAF) Ethics Board, come forward to me, go and speak to WADA. We need to understand how far and how wide this goes." See <http://www.iaaf.org/news/iaaf-news/coe-evidence-extortion>.
- As of Sunday, the Independent is still not convinced that Sebastian Coe's flaws mean he is the wrong man to clean up athletics. See <http://www.independent.co.uk/sport/general/athletics/sebastian-coe-s-flaws-mean-he-is-the-wrong-man-to-clean-up-athletics-a6816741.html>.

Monday 18 January

- IAAF President Sebastian Coe now says claims of bribery by Qatar in the bidding process for the 2017 world athletics championship are being investigated. Ed Warner, chairman of UK Athletics, said Sunday his bid team was told "brown envelopes" were being handed to members of the IAAF Council the night before the vote in 2011 between London and Qatari capital Doha, which London won. Warner also said his team agreed to spend \$7.2 million to cover prize money, having been warned they were unlikely to succeed if they did not. Speaking on BBC Radio alongside Warner, Coe said he was unaware of the claims and promised to look into them. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11575514&ref=rss.

Wow, that's what I call a tumultuous week for the IAAF!

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

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, Rome
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, Nairobi, 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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