



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

Wow, now that we are at the business end of the summer, top performances are coming quick and fast and it is becoming pretty hard to select Walker of the Week. This time around, I concentrated on 3 big performances

- 15 year old Melbourne walker **Eliza Clarke** won the women's Victorian Open 5000m track championship on Sunday at Lakeside Stadium. Her time of **24:24.62** was a 3 sec PB and she is the second youngest ever winner of this championship.
- 25 year old Melbourne walker **Rhydian Cowley** won the men's Victorian Open 5000m track championship on Sunday at Lakeside Stadium. His time of **19:43.53** was a great followup to his 1:22:07 for 20km in Adelaide last weekend. A walker in a big hurry!
- 12 year old Gosford walker **Allannah Pitcher** took silver in the NSW Open 5000m walk on Friday evening at SOPAC in Sydney. Her time of **25:27.92** was a 71 sec PB and is pretty extraordinary for one so young.
- 14 year old Gold Coast walker **Katie Hayward** won her Little Athletics Centre 1500m Championship on Friday evening at Pizzey Park (Queensland) in a 10 sec PB time of **6:10.32**.

Ok, it's a hard ask but my Walker of the Week is going to **Allannah Pitcher**. Allannah has never won this award before but she has certainly been on my radar for some time now. She won the U12 2km at the 2014 LBG Carnival in Canberra (10:16), took silver in the Australian U14 3000m track championship in March 2015 (15:17), won the U12 2km once again at the 2015 LBG Carnial (9:42) and took bronze in the U14 2km at the same meet, and won the U13 3km at the Australian Roadwalk Championships in Melbourne in August 2015. But this jump up to an Open 5000m is a huge step up.



Allannah wins the 2015 LBG U12 2km championship

WHAT'S COMING UP

- The **Melbourne Track Classic** is to be held on **Saturday 5 March** at Lakeside Stadium in Melbourne and it includes 5000m walks for elite men and women. The draft timetable has the mixed field walk starting at 5:55PM and the fields currently read as follows

5000m Walk Men		5000m Walk Women	
Dane Bird-Smith	QLD	Rebecca Henderson	VIC
Nathan Brill	VIC	Simone McInnes	VIC
Rhydian Cowley	VIC	Kelly Ruddick	VIC
Chris Erickson	VIC	Beki Smith	NSW
Adam Garganis	VIC	Stephanie Stigwood	TAS
Danny Hawksworth	VIC	Rachel Tallent	VIC
Michael Hosking	VIC		
Jason Kozica	VIC		
Aaron McDonough	VIC		
Brendon Reading	ACT		
Kyle Swan	VIC		

- The final **AV Knockout Competition** will be held earlier in the day on Saturday at Lakeside Stadium and will cover Open and Masters division. See the athsvic website for further details.
- The final **Victorian Race Walking Club summer races** will be held on the morning of **Sunday 6 March** at Mentone. The timetable reads as shown below. Entries can be done online (http://vrwc.org.au/wp1/?page_id=664) or on the day.

Sun 6 March 2016, VRWC Track Races, VMA 5000m Championships, Mentone

Venue: Mentone Athletics Track, Dolamore Oval, Queens St, Mentone		
8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m VRWC	Open
10.40am	1500mVRWC	Open

- I won't be there as I will be at the **Coburg 6 Hour Track Championships** in the Melbourne suburb of Coburg which are also being held on **Sunday 6 March**. This annual event always draws a good crowd of walkers and runners and is one of the top short ultras on the yearly Australian calendar. You can check it out at <http://www.coburg24hr.org/24hr/>.
- Looking further ahead, the **2016 Australian Junior Track & Field Championships** will be contested in **Perth** from **8-13 March**. The U20 10,000m walk championships in this meet will be the official World Junior Championships trials. Walk championships will also be held for U14, U16 and U18 divisions.

Looking even further ahead, the remainder of the 2015/2016 Summer Season pans out like this for Victorians

12-13 Mar	AV All Comers Meet
19-20 Mar	LAVic State Championships, Lakeside Stadium
19-20 Mar	Victorian Masters T&F Championships, Doncaster
25-28 Mar	Easter
31 Mar -3 Apr	Australian T&F Championships, Sydney (10,000m walks)
Sun 10 Apr **	VRWC winter season starts - Castlemaine NAB 500, Castlemaine
16-17 Apr	Coburg 24 Hour Track Carnival, Coburg – see http://www.coburg24hr.org/24hr/
16-19 Apr	AMA T&F Championships, Adelaide - see http://www.samastersathletics.org.au/nationals2016/
Sat 23 Apr **	VRWC winter season races, Middle park

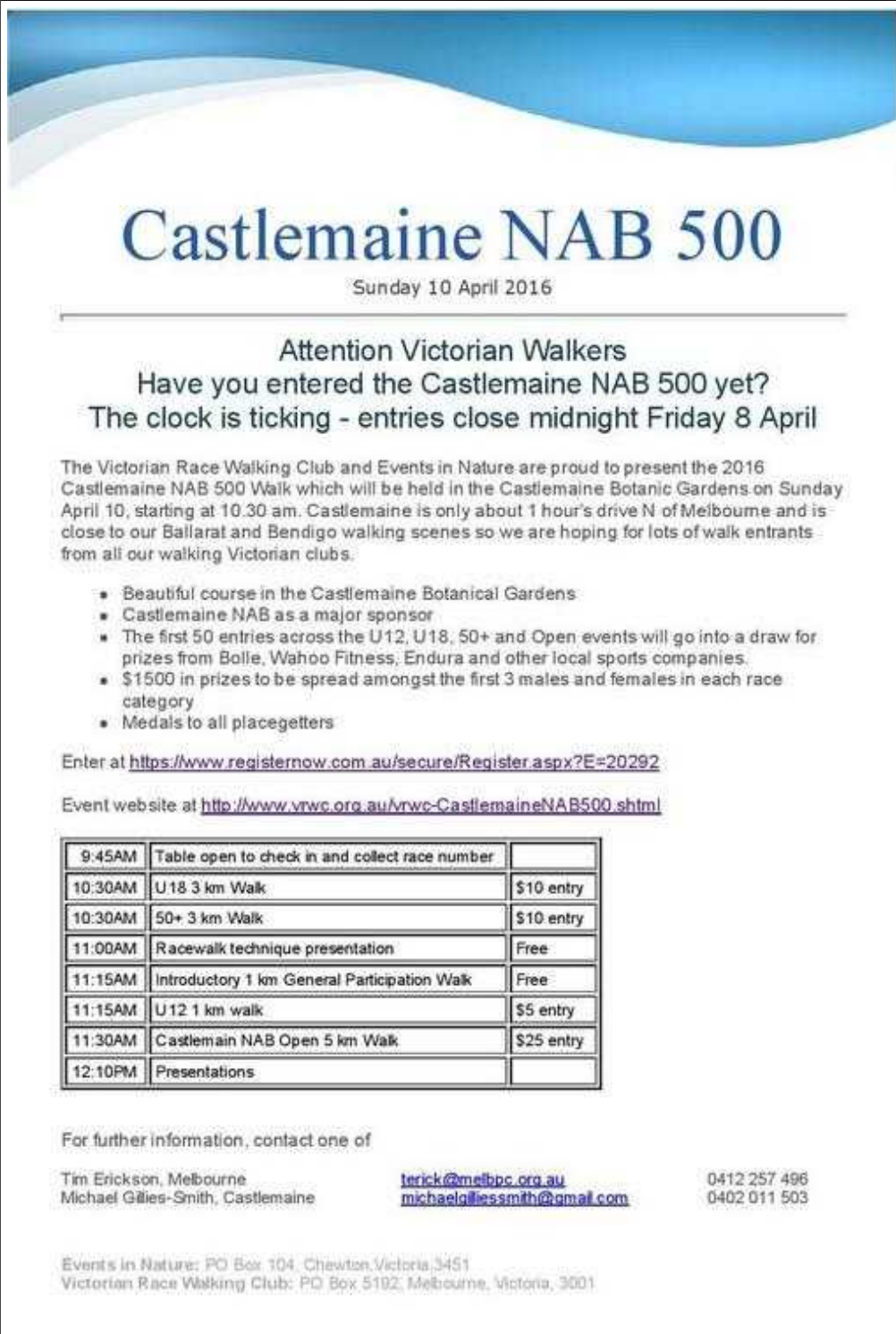
Yes, that's right. It's time to start thinking about the winter roadwalking season so I have added our first two races – Sunday 10th April in Castlemaine and Saturday 23rd April at Middle Park. You can read more about Castlemaine the next page.

CASTLEMAINE NAB 500, CASTLEMAINE, SUNDAY 10 APRIL

Our 2016 Castlemaine NAB 500 Walk will be held on Sunday 10th April in Castlemaine and entries have opened this morning. We had great support from our walkers last year and we are hoping for an even bigger and better meet this time around. We have over \$1500 of prizes for placegetters in the races and we have added a new U12 1km race category to attract our younger walkers. See you in Castlemaine!

Here are the two main links you need to know about:

- Event website at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>
- Enter at <https://www.registernow.com.au/secure/Register.aspx?E=20292>



Castlemaine NAB 500
Sunday 10 April 2016

Attention Victorian Walkers
Have you entered the Castlemaine NAB 500 yet?
The clock is ticking - entries close midnight Friday 8 April

The Victorian Race Walking Club and Events in Nature are proud to present the 2016 Castlemaine NAB 500 Walk which will be held in the Castlemaine Botanic Gardens on Sunday April 10, starting at 10.30 am. Castlemaine is only about 1 hour's drive N of Melbourne and is close to our Ballarat and Bendigo walking scenes so we are hoping for lots of walk entrants from all our walking Victorian clubs.

- Beautiful course in the Castlemaine Botanic Gardens
- Castlemaine NAB as a major sponsor
- The first 50 entries across the U12, U18, 50+ and Open events will go into a draw for prizes from Bolle, Wahoo Fitness, Endura and other local sports companies.
- \$1500 in prizes to be spread amongst the first 3 males and females in each race category
- Medals to all placegetters

Enter at <https://www.registernow.com.au/secure/Register.aspx?E=20292>

Event website at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>

9:45AM	Table open to check in and collect race number	
10:30AM	U18 3 km Walk	\$10 entry
10:30AM	50+ 3 km Walk	\$10 entry
11:00AM	Racewalk technique presentation	Free
11:15AM	Introductory 1 km General Participation Walk	Free
11:15AM	U12 1 km walk	\$5 entry
11:30AM	Castlemaine NAB Open 5 km Walk	\$25 entry
12:10PM	Presentations	

For further information, contact one of

Tim Erickson, Melbourne	terick@melbpc.org.au	0412 257 496
Michael Gillies-Smith, Castlemaine	michaelgilliesmith@gmail.com	0402 011 503

Events in Nature: PO Box 104, Chewton, Victoria, 3451
Victorian Race Walking Club: PO Box 5192, Melbourne, Victoria, 3001

CANBERRA CARNIVAL MEMORABILIA



This year will be the 50th Anniversary of the Lake Burley Griffin Walking Carnival which will be held on Sunday 12 June 2016. As part of the celebrations arrangements have been made to provide some commemorative merchandise, namely, Beanies, T Shirts and Polo Shirts. The beanies are already available but the T/Shirts and Polo Shirts will be available by pre order only To be sure of acquiring one of these, orders will need to be placed no later than 31 March 2016. The costs are:

Beanie:	\$10.00
T Shirt:	\$20.00
Polo Shirt:	\$25.00

Further info, along with an order form, are available for viewing at <http://www.actwalkers.com.au/lbg-50th-anniversary-commemorative-merchandise/>. Note **orders must be placed by 31st March** so download the entry form and action it. I have seen them and they look great. We will have some on display at our next VRWC races on 6th March.

2016 OLYMPIC 20KM WALKERS NAMED

Athletics Australia confirmed two more of the all important Olympic walk spots on Monday, with **Dane Bird-Smith** and **Rachel Tallent** getting the nod for the first of the 20km spots. They now join 50km walkers **Jared Tallent**, **Chris Erickson** and **Brendon Reading** in the team. See the announcement at <http://rio2016.olympics.com.au/news/tallent-and-bird-smith-follow-family-footsteps-to-olympic-games>.



Dane and Rachel confirmed Olympic 20km spots with wins in Adelaide a week ago (photos Terry Swan)

Now the selections of Dane and Rachel, who won the 20km Olympic trials a week ago in Adelaide, were expected, but I am very disappointed to see that **Rhydian Cowley** has been left out in the cold. It is my opinion that Rhydian, who took second place in the men's trial with a huge PB of 1:22:07, also deserved to be named at this time rather than wait until late May early June for what is a fait-accompli. Consider what he now potentially loses

- Loss of Olympic preparation funding that could have now been forthcoming (for such things as an overseas altitude training stint before the World Cup in May)
- Loss of potential sponsorship – everyone wants to sponsor an Olympic aspirant but not till the selection is done
- Lack of certainty in planning out his Olympic preparation.
- Diminution of the chance for his family to plan their trip to Rio in a timely manner. Now, by the time his selection is confirmed in June, all cheaper direct flights, Olympic tickets and cheaper accommodation will be well and truly gone.

And to add fuel to the fire, Rhydian is the one walker who was incorrectly left off AA NAS funding in 2015 and he and his coach had to fight hard to get that error fixed – which it was eventually.

He must be wondering what he has done wrong to be treated so poorly by AA yet again. As far as I am concerned, it is just another disappointing AA decision. Do they perhaps wonder why the general athletics community in Australia hold them in such poor esteem. They need look no further to find out why.

2016 RACE WALKING WORLD TEAM CHAMPIONSHIPS SELECTIONS ANNOUNCED

Congratulations to the Australian walkers announced last Thursday for the 2016 Race Walking Teams Championships which will be contested in early May in Rome. No surprises there really. Great to see full teams for the two 20km events – the only name missing is that of Chris Erickson who has chosen to bypass this meet to concentrate on his 50km Olympic race in August. The junior teams will be announced alongside the World Junior team announcements in a couple of weeks time. Well done in particular to all the Victorian designated walkers - Rhydian, Michael, Nathan, Rachel and Regan. Go Vics!

50km Men: **Jared Tallent (SA), Ian Rayson (NSW)**

20km Men: **Dane Bird-Smith (QLD), Rhydian Cowley, Michael Hosking and Nathan Brill (VIC), Brendan Reading (ACT)**

20km Women: **Rachel Tallent and Regan Lamble (VIC), Tanya Holliday (SA), Beki Smith (NSW), Steph Stigwood (TAS)**

See the AA press release at <http://www.athletics.com.au/News/race-walk-55>.

SAMA TRACK WALKS, SA ATHLETICS TRACK, MILE END, ADELAIDE, WEDNESDAY 24 FEBRUARY

Thanks to Colin Hainsworth for the weekly South Australian Masters results from Adelaide - warm humid evening, good fields, good to see Kim Mottrom out again.

800m Handicap Walk

1.	James Hoare	5:21	M69
2.	Gloria Holliday	4:24	W55
3.	Marie Maxted	4:36	W55
4.	Kristie Goznik	3:25	
5.	Kim Mottrom	3:08	M31
6.	Jan Layng	5:48	W67
7.	George White	4:11	M70
8.	Rodger Barber	5:29	M77
9.	Graham Harrison	5:42	M72
10.	Jill Rogers	6:28	W71
11.	Des Mulqueen	5:48	M69
12.	David Robertson	6:35	M82
13.	Leigh Smith	5:56	M80
14.	Fleur Woodhouse	6:52	W38
15.	Mary Abrey	5:49	W65
16.	Kerry Goode	5:16	W41
17.	Roger Lowe	6:11	M72
18.	Doug Smart	6:10	M72

5000m Handicap Walk

1.	Marie Maxted	32:57	W55	71.05%
2.	Colin Hainsworth	40:58	M86	77.68%
3.	George White	28:09	M70	88.98%
4.	James Hoare	35:02	M69	70.63%
5.	Graham Harrison	37:40	M72	68.19%
6.	Leigh Smith	39:13	M80	73.34%
7.	Bill Starr	36:10	M73	71.95%
8.	Rodger Barber	37:02	M77	74.26%
9.	Kristie Goznik	24:37		
10.	Gloria Holliday	31:30	W55	74.32%
11.	Kim Mottrom	22:39	M31	79.64%
12.	Des Mulqueen	38:34	M69	64.16%
13.	Doug Smart	38:36	M72	66.54%

3000m Handicap Walk

1.	Jill Rogers	25:24	W71	64.98%
2.	Jan Layng	22:52	W67	68.32%
3.	Edna Bates	26:32	W63	56.04%
4.	Roger Lowe	25:10	M72	59.96%

ACT WALKERS CLUB TRACK WALK, WODEN, ACT, THURSDAY 25 FEBRUARY

Thanks to Robin Whyte for the latest results from Canberra. Zoe Hunt continues to lead from the front but good fast 2000m walks by the other youngsters.

2000m Walk

1.	Zoe Hunt	9:00
2.	Connor Frew	9:08
3.	Mitchell Baker	9:09
4.	Gabby Hunt	9:26

1200m Walk

1.	Harry Baker	8:48
2.	Georgia Frew	9:49
3.	Ella Baker	9:52

5.	Gwyllym Young	9:37
6.	Robin Whyte	12:10
7.	Bryan Thomas	13:58
8.	Rod Gilchrist	14:16
9.	Geoff Barker	14:43
10.	Tony Fenotti	15:41
11.	Sheryl Greathead	16:34
12.	Robert Kennelly	16:38
13.	Val Chesterton	17:14

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 26 FEBRUARY

Declan Tingay was in charge as usual in Perth for their Interclub 3000m last Friday evening.

3000m Walk

1.	Tingay, Declan	M99	Athletics WA	12:31.61
2.	Reid, Benjamin	M01	Athletics WA	14:46.94
3.	Mann, Bradley	M99	Ridgewood At	16:46.06

GOLD COAST LITTLE ATHLETICS CHAMPS, MERMAID WATERS, GOLD COAST, FRIDAY 26 FEBRUARY

I don't try to capture all the Little Athletics competitions across Australia but normally just restrict myself to State and National Championships. But I do occasionally like to recognise significant performances provided I am happy that these performances were done in proper competition with proper judging panels. So this week I would like to highlight the performances of 3 Gold Coast Little Athletics walkers in their annual Centre Championships last Friday evening.

- **Katie Hayward** delivered another incredible performance, breaking her own U16G Club Record with an amazing **6:10.32**.
- **Jamison Stovin** broke his U15 boys Club Record with a brilliant time of **6:45.86**.
- **Jayden Stovin** walked his own big U13 PB with **8:05.00**.

Queensland Little Athletics seems to be a real success story at the moment with their highly successful LAQ Development program.

And just to focus on Katie's time for a short while, we don't often see 1500m walks that fast in Australia. I attempted to create 1500m all-time ranking lists some years back and have been unofficially maintaining them since then. They are by no means definitive as the stats are just not available for the walkers from past eras but it is what it is. Here is how Katie's time slots in

1.	Kerry Saxby-Junna	5.50.41	NSW	Sydney	20-01-91	Open
2.	Renee McAskill	5.59.15	NSW	Sydney	25-02-96	U16
3.	Michelle French	6.09.31	NSW	Sydney	14-02-98	U16
4.	Natalie Saville	6.10.78	NSW	Hobart	27-03-94	U16
5.	Katie Hayward	6.10.32	QLD	Gold Coast	26-02-16	U13
6.	Sue Cook	6.10.80	VIC	Canberra	21-01-84	Open
7.	Jane Saville	6.14.30	NSW	Sydney	20-01-91	U18
8.	Jessica Pickles	6.17.08	QLD	Brisbane	07-11-13	U20
9.	Gabrielle Blythe	6.20.20	VIC	Geelong	08-02-86	U17
10.	Clara Smith	6.22.21	QLD	Brisbane	06-11-14	U16
11.	Linda Coffee	6.22.43	NSW	Sydney	21-03-93	U16
12.	Cheryl Webb	6.23.43	NSW		'92 Aust Titles	U16
13.	Kate Connolly	6.31.45	NSW	Perth	/03/99 Aust Titles	U16
14.	Jillian Hosking	6.31.67	ACT	Hobart	08-12-02	U16
15.	Jemima Montag	6.31.70	VIC	Melbourne	02-02-13	U15
16.	Anne Miller	6.32.60	VIC	Melbourne	05-02-78	U15
17.	Amber Lawrence	6.33.38	NSW	Sydney	21-03-93	U16
18.	Maureen O'Brien	6.33.44	WA	Sydney	21-03-93	U16
19.	Shannon Jennings	6.35.3	NSW	Sydney	19-03-06	U16
20.	Zoe Hunt	6.36.0	ACT	Canberra	05-03-15	U18
21.	Marcia Lomas	6.36.17	WA		1991 Aust Titles	U16
22.	Nyssa Cobby	6.36.73	WA	Perth	/03/99 Aust Titles	U16
23.	Kellie Wapshott	6.37.03	VIC	Sydney	09-12-95	U16
24.	Laura Johnson	6.38.13	NSW	Sydney	/12/99	U16
25.	Eliza Clarke	6.38.7	VIC	Doncaster	10-12-15	U16
26.	Lisa McIlvenie	6.39.18	NSW	Sydney	13-10-96	U14
27.	Tanya Holliday	6.39.20	SA	Hobart	08-12-02	U16
28.	Jane Henderson	6.39.50	VIC	Geelong	07-12-91	U15
29.	Bridgitte Burns	6.39.97	VIC	Sydney	07-05-00	U16

See <http://www.vrwc.org.au/arankings.shtml> for my complete ranking lists for all standard distances. Apart from the 1500m, all the other distances are pretty definitive. But as always, chat with me if you think I am missing any key results. NO one is perfect!

QUEENSLAND OPEN T&F CHAMPIONSHIPS, QSAC, BRISBANE, 26-28 FEBRUARY

Very small fields in the Queensland State 5000m walk championships last weekend but good performances by Jess, Luke and Jamie.

Women 5000m Walk Open

- | | | | | | |
|----|------------------|----|-----|----------|--|
| 1. | Pickles, Jessica | 22 | UNQ | 23:10.46 | |
|----|------------------|----|-----|----------|--|

Men 5000m Walk Open

- | | | | | | |
|----|-------------------|----|-----------------|----------|---------|
| 1. | Mccutcheon, Luke | 18 | Qeii Track Club | 22:53.45 | PB 0:12 |
| 2. | Mccutcheon, Jamie | 17 | Qeii Track Club | 24:15.54 | |



Jamie and Luke McCutcheon on Friday evening (photo <https://www.facebook.com/luke.mccutcheon.9?fref=ts>)

NSW OPEN T&F CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 27 FEBRUARY

Frank Overton reports on the 5000m walks held on Saturday as part of the NSW T&F Championships in Sydney.

The events were a combined race and it became a strong event with several good performances. **Tyler Jones** and **Jay Felton** went straight to the lead and between them they settled into a comfortable pace exchanging the lead a couple of times, but Tyler did not want his training partner to succeed he stepped it up on the last lap to record a 2.78 second win. Jay was annoyed with himself for withdrawing from the 20k in Adelaide and wanted to make some sort of amends. 3rd place went to **Carl Gibbons** from **Steven Washburn** (following his 4h40m 50km in the USA), closely followed by **Dylan Richardson** who is returning to good form after a long lay off.

The Women's event saw **Nicole Fagan** confirm her status in NSW by beating second place getter **Allanah Pitcher** (12 years) by 41.07 secs with **Samantha Brown** in third place only another 15.13sec behind. **Jasmyn McDonald** and **Chelsea Goodhew** recorded improved times following both having had lay off for some time due to some issues.

Women 5000 Metre Race

- | | | | | | |
|-----|-------------------|----|--------------|----------|---------|
| 1. | Nicole Fagan | 27 | Sydney Unive | 24:46.85 | |
| 2. | Allanah Pitcher | 13 | Mingara Athl | 25:27.92 | PB 1:11 |
| 3. | Samantha Brown | 15 | Parramatta C | 25:43.05 | PB 0:37 |
| 4. | Jasmyn McDonald | 17 | Parramatta C | 26:14.20 | |
| 5. | Chelsea Goodhew | 17 | Westlakes At | 26:46.38 | |
| 6. | Molly O'Neill | 16 | Adamstown Ne | 26:51.72 | PB 0:31 |
| 7. | Lucy Francis | 17 | Sydney Pacif | 27:01.69 | |
| 8. | Shanae Norton | 17 | Bankstown Sp | 28:02.60 | |
| 9. | Jasmine Dighton | 20 | Asics Wests | 28:23.03 | |
| 10. | Amanda Barendregt | 20 | Nepean Distr | 28:35.29 | |
| 11. | Amy Henry | 16 | St. George D | 29:40.23 | |

Men 5000m Walk Open

1.	Tyler Jones	18	Mingara Athl	21:20.28	
2.	Jay Felton	21	U.T.S. Norths	21:23.06	PB 0:23
3.	Carl Gibbons	20	Westlakes Ath	22:55.89	
4.	Steven Washburn	22	U.T.S. Norths	23:20.50	
5.	Dylan Richardson	16	Mingara Athl	23:22.62	PB 0:49
6.	Aidan Kerr	18	Sydney Pacif	24:57.52	
7.	Kyle Bedford	16	Nepean Distr	25:26.73	
8.	Oscar Tebbutt	15	Gosford Athletics	26:24.40	
9.	Jordan Glover	17	Hills District	26:43.57	
10.	Ryan Thomson	16	Nepean District	26:57.53	

AV KNOCKOUT FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 28 FEBRUARY

While the AV Shield competition has been a huge success this year, AV is still to find the formula for the Knockout Competition. Only 3 walkers attended Lakeside Stadium last Saturday.

2000m Walk

1.	Thompson, Will	02	CASEY CARDIN	10:21.99
2.	Taylor, Lee	01	YARRA RANGES	12:29.45
3.	Hewitson, Camden	02	YARRA RANGES	14:35.25
4.	Miller, Samantha	99	GLENHUNTLY A	15:38.86

VICTORIAN OPEN T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 26-28 FEBRUARY

The Victorian 5000m Open titles were contested on Sunday morning in Melbourne. Conditions were good and the races, which were held separately, saw some great times.

15 year old **Eliza Clarke** became the second youngest winner of this championship (only Louise Nicholson, who won in 1992, was younger, also being 15 but a younger 15. It was a case of bad luck for Simone McInnes who developed a bad stitch early in the race and lost vital ground on the other leaders. The fact that she still did a PB indicates how well she is walking. PBs also to Philippa Huse and Emily Noonan. **Rhydian Cowley** was untroubled and won easily, although he did confide that he felt a bit flat, having done a hard 20km session the day before! Pbs to Emmet Brasier and Jason Kozica.

Well done to the team from athsVIC TV for videos of the men's and women's 5000m walks from last Sunday's Victorian 5000m walk championships at Lakeside Stadium in Melbourne and to Terry Swan for his photos (I added some of mine also). Links as follows:

- Youtube Men: <https://www.youtube.com/watch?v=4voiZ51-gLw>
- Youtube Women: <https://www.youtube.com/watch?v=uffyDp0FhdA>
- Terry Swan Photos: <http://www.vrwc.org.au/coppermine/thumbnails.php?album=66>

Women 5000m Walk Open

1.	Clarke, Eliza	00	DIAMOND VALL	24:24.62	PB 0:03
2.	Szirom, Megan	77	FRANKSTON AT	24:28.24	
3.	McInnes, Simone	91	GLENHUNTLY A	24:41.94	PB 1:04
4.	Huse, Philippa	99	SANDRINGHAM	25:50.92	PB 0:08
5.	Noonan, Emily	00	COLLINGWOOD	27:44.59	PB 1:48
	Heard, Amanda	95	EAGLEHAWK AT	DQ	

Men 5000m Walk Open

1.	Cowley, Rhydian	91	GLENHUNTLY A	19:43.53	
2.	Brasier, Emmet	98	DIAMOND VALL	21:13.37	PB 0:43
3.	Garganis, Adam	97	COLLINGWOOD	21:35.61	
4.	Kozica, Jason	87	ST KEVIN'S A	22:22.96	PB 0:26
5.	Kollmorgen, Stuart	69	COLLINGWOOD	23:30.50	
6.	Bird, Kyle	96	MORNINGTON P	23:33.35	
7.	Christmass, James	67	CORIO ATHLETIC CLUB	23:50.20	
8.	Hawksworth, Danny	79	ATHLETICS ESSENDON	24:17.95	
9.	McDonough, Aaron	72	PRESTON ATHL	25:05.80	
	Walmsley, Reese	98	KNOX ATHLETIC CLUB	DQ	



Eliza Clarke, Simone McInnes, Megan Szirom and Philippa Huse



Rhydian Cowley, Emmet Brasier, Adam Garganis, Jason Kozica and Stuart Kollmorgen

And for completeness, this list shows all Victorian Title winners since 1983. The fastest men's title win was by Jared Tallent in 2006 (19.12.27) while the fastest women's title win was by Jess Rothwell in 2009 (21:03.33). The most men's wins goes to Chris Erickson (9) while the most women's wins goes to Kellie Wapshott (6).

5000m Men Victorian Track Championship				5000m Women Victorian Track Championship			
1983	Smith, David	Williamstown	20.01.72	1983	Sue Cook	Ringwood	23.29.82
1984	Jachno, Andrew	Essendon/EMH	19.41.80	1984	Sue Cook	Ringwood	22.06.34
1985	Jachno, Andrew	Essendon/EMH	20.29.50	1985	Sally Pierson	Doncaster	22.57.42
1986	Smith, David	Williamstown	19.39.95	1986	Gabrielle Blythe	St Josephs	22.37.46
1987	Smith, David	Williamstown	19.27.02	1987	Lorraine Jachno	St Stephens	23:13.13
1988	Baker, Simon	Oakleigh	19.45.73	1988	Carolyn Vanstan	Knox/S'brooke	24:39.20
1989	Copeland, Paul	Ringwood	21.13.61	1989	Sharon Schnyder	Wendoree	24.10.20
1990	Baker, Simon	Oakleigh	20.02.12	1990	Lorraine Jachno	St Stephens	23.34.75
1991	Jachno, Andrew	Essendon/EMH	20.19.29	1991	Celia Massie-Bertei	Ringwood	22:45.32
1992	Baker, Simon	Oakleigh	19.48.54	1992	Louise Nicholson	Ringwood	23.07.05
1993	Russell, Dion	Doncaster	21.01.22	1993	Gabrielle Blythe	St Josephs	21.55.52

1994	Beecroft, Steve	Warrugal	19.59.48	1994	Gabrielle Blythe	St Josephs	22.39.52
1995	Russell, Dion	Doncaster	20:40.85	1995	Wendy Muldoon	Knox/S'brooke	22:43.92
1996	Russell, Dion	Doncaster	19.54.95	1996	Wendy Muldoon	Knox/S'brooke	22:34.88
1997	Russell, Dion	Aths Essendon	20.36.44	1997	Simone Wolowiec	Knox/S'brooke	23.18.44
1998	Copeland, Paul	Knox S'brooke	21:15.98	1998	Wendy Muldoon	Box Hill	22.49.74
1999	Thorne, Daniel	Knox S'brooke	21.49.98	1999	Wendy Muldoon	Knox/S'brooke	23.05.93
2000	Nelson, Scott	Western Aths	20.35.40	2000	Wendy Muldoon	Knox/S'brooke	22.57.51
2001	Tallent, Jared	Ballarat YCW	21.55.43	2001	Simone Wolowiec	Knox/S'brooke	23.01.50
2002	Cousins, Duane	Bendigo YMCA	21.07.58	2002	Wapshott, Kellie	Knox/S'brooke	23:30.08
2003	Tallent, Jared	Ballarat YCW	20.49.85	2003	Wapshott, Kellie	Knox/S'brooke	23:23.81
2004	Erickson, Chris	Aths Essendon	23.08.15	2004	Wapshott, Kellie	Knox/S'brooke	25:35.31
2005	Erickson, Chris	Aths Essendon	20:58.26	2005	Wapshott, Kellie	Knox	23:07.50
2006	Tallent, Jared	Ballarat YCW	19.12.27	2006	Wapshott, Kellie	Knox	22.35.00
2007	Erickson, Chris	Aths Essendon	19:40.27	2007	Szirom, Megan	Ringwood	22:20.90
2008	Erickson, Chris	Aths Essendon	19:35.71	2008	Wapshott, Kellie	Knox	22:46.70
2009	Erickson, Chris	Aths Essendon	19:25.98	2009	Rothwell, Jess	Eaglehawk	21:03.33
2010	Erickson, Chris	Aths Essendon	19:33.95	2010	Irshad, Kylie	South Coast	26:38.61
2011	Rhydian Cowley	Glenhuntly	20:23.61	2011	Ruddick, Kelly	Ballarat Harriers	23:17.03
2012	Rhydian Cowley	Glenhuntly	20:48.0	2012	Ruddick, Kelly	Ballarat Harriers	23:03.47
2013	Rhydian Cowley	Glenhuntly	19:32.66	2013	Ruddick, Kelly	Ballarat Harriers	21:50.13
2014	Erickson, Chris	Aths Essendon	19:35.51	2014	Ruddick, Kelly	Ballarat Harriers	22:12.66
2015	Erickson, Chris	Aths Essendon	19:23.72	2015	Ruddick, Kelly	Ballarat Harriers	21:49:33
2016	Cowley, Rhydian	Glenhuntly	19:43.53	2016	Clarke, Eliza	Doncaster	24:24.62

To see my complete list of Victorian championship results, see <http://www.vrwc.org.au/vrwcvicresults.shtml>.

QMA TRACK WALKS, SAF, BRISBANE, SATURDAY 27 FEBRUARY

The Queensland Masters were in action on Saturday morning but it was a small field.

5000m Walk

1.	Dean Nipperess	M44	GC & Sthrn	26:29.5h	71.39%
2.	Argenis Guevara	M47	Brisbane	26:51.9h	73.24%
3.	John Harris	M67	Brisbane	33:12.0h	71.18%
4.	Patrick Sela	M76	GC & Sthrn	38:31.8h	69.39%

BRITISH INDOOR CHAMPIONSHIPS, SHEFFIELD, 27-28 FEBRUARY

Athletics Weekly reported (see <http://www.athleticsweekly.com/featured/tom-bosworth-smashes-uk-3000m-walks-record-indoor-british-champs-39733/>) on Tom Bosworth's latest wonderful walk performance, done on Saturday at the British Indoor Championships in Sheffield.

It used to be the case that fans and officials would disappear for their lunch break when the race walks at the national championships took place. The events still happen at midday, but Tom Bosworth and his fellow race walkers are turning the discipline into a must-see event. On Saturday in Sheffield the 3000m race walks saw two British records – the first from Bethan Davies as the Cardiff athlete clocked 12:44.99 to win by a minute. Then Bosworth smashed his national best by 17 seconds with 10:58.21.

He could also have come a little closer to Andeas Erm's world record of 10:31.42 if he had not enjoyed the final stages so thoroughly by waving to the crowd and show-boating his way to victory. This is partly why Bosworth is becoming so entertaining to watch, though. After crossing the line he danced in front of the crowd and then left them to reflect on how many people can actually run 3km that fast, let alone walk it.

“The really serious stuff starts now,” said Bosworth, who is not only racing superbly lately but doing a great job of publicising his event. “I have got the Olympic qualifying time and I want to get better and improve my PB. “I want to go to the Olympics knowing that I can be up there with the best. I have been getting quicker and quicker over short distances and now I want to do it over the 20km and show that I can do it internationally as well.”

Bosworth is helping the race walks lose their Cinderella status and is keen to live up to a fine British tradition that includes Olympic gold medal-winning performances in the 1960s from Ken Matthews and Don Thompson. The 26-year-old will also look forward to racing at this championships over 5000m next year – a distance he recently set a UK record of 18:54.18 at. “I feel really happy, I love racing indoors in front of a home crowd. I want to make race walking really popular so people can see it is a fun event and that I can walk faster than most people can run and help people connect to that. You cannot just be boring on the track.”

Mark Wall also added his own commentary

A race on a banked 200m track with 4 judges (three on the IAAF list and one on the National list) can make for some interesting racing.

Tom Bosworth excelled on the day with a stunning 10:58.21 National Record. this is a little 2 seconds over the listed Indoor world best. Behind him the top three juniors in the country drew the attention of the judges and were removed. The Silver and Bronze medals went to children of former Commonwealth Games representatives, Chris son of Verity (Larby) Snook and Tom son of 5 times Manx Representative Steve Partington and Cal Partington (three appearances). Verity and Steve have done great jobs on the coaching front.

Bethan Davies, remedied the anomaly of having a British best (in a mixed race) not the National record by recording a 2 second PB to become the new owner of the record. Behind her Italian International Tatyana Gabellone, last year's winner was disqualified leaving Junior international Emma Achurch a clear second. This field had a strong international flavour with Susan Randall, US international, over training in the UK., Irish International an Academic at the University of Manchester and Ester Montar of Spain, teaching in the Leeds area.

Two quirky facts:

1. The two winners both shared a house together in Leeds before Bethan returned to Cardiff, so a fast household!
2. Dr Tatyana Gabellone (Geology) and Dr Brenda Gannon (Economics) are both PhDs', not many events can lay claim to that. Had Breanna (Heazlewood) Mulvey (Chemistry) taken up the invitation that would have strengthened the claim.

Men 3000m Walk Indoors

1.	Tom BOSWORTH	16	TONBRIDGE	10:58.21	NR
2.	Christopher SNOOK	16	NORTH P	13:12.24	PB
3.	Tom PARTINGTON	16	MANX	13:17.58	PB
4.	Timothy SNOOK	18	NORTH P	13:23.68	PB
5.	Luc LEGON	18	BEXLEY	13:59.24	
6.	Mark WILLIAMS	51	TAMWORTH	14:12.76	
7.	Cameron CORBISHLEY	18	MEDWAY	DQ	
8.	Guy THOMAS	18	TONBRIDGE	DQ	
9.	Callum WILKINSON	18	ENFIELD	DQ	

Women 3000m Walk Indoors

1.	Bethan DAVIES	25	CARDIFF	12:44.99	NR
2.	Emma ACHURCH	18	LEICESTER W C	13:44.23	
3.	Susan RANDALL	41	UNITED STATES	14:18.66	SB
4.	Sophie LEWIS WARD	16	CAMBRIDGE:	14:49.48	
5.	Brenda GANNON	41	IRELAND	14:53.52	PB
6.	Jasmine NICHOLLS	20	LEICESTER W C	14:58.06	
7.	Ester MONTANA	24	SPAIN	15:24.42	PB
8.	Ana GARCIA	14	SHEFFIELD	15:30.19	
9.	Hannah HUNTER	33	MANX:	15:46.04	
10.	Tatyana GABELLONE	31	ITALY	DQ	



Tom Bosworth and Bethany Davies win again (photos British Athletics and Athletics Weekly)

IRISH INDOOR CHAMPIONSHIPS, ATHLONE, IRELAND, SATURDAY 27 FEBRUARY

Lots of European Indoor Championships last weekend. Good time by Brendan Boyce in winning the Irish title. After 12 previous attempts, he finally took the gold, staving off competition from Cian McManamon of Westport who came home in 20:51.56. Boyce will compete in the men's 50k walk at this summer's Olympic Games in Rio and in three weeks' time will take part in a 20k event in Slovakia. Article at <http://www.donegalsporthub.com/lucky-13-for-brendan-boyce-as-mark-english-breezes-into-final/>.

Men 5000m Race Walk Indoor

1.	Brendan BOYCE	IRL	86	20:17.81
2.	Cian MCMENAMON	IRL	91	20:51.56

Women 3000m Race Walk Indoor

1.	Sinead O'CONNOR	IRL	97	14:50.69
2.	Veronica BURKE	IRL	96	14:51.54

ESTONIAN INDOOR CHAMPIONSHIPS, TALLINN, ESTONIA, 27-28 FEBRUARY

More European indoor champs, this time from Estonia.

Men 5000m Race Walk Indoor

1.	Lauri LELUMES	EST	78	21:51.63
2.	Margus LUIK	EST	80	22:02.44
3.	Ruslan SERGATŠJOV	EST	00	23:56.36
4.	Virgo ADUSOO	EST	85	24:16.82
5.	Igor JAKOVLEV	EST	96	25:19.05

Women 3000m Race Walk Indoor

1.	Anna TIPUKINA	EST	96	15:34.51
2.	Anna KUKANKOVA	EST	90	15:41.51
3.	Ekaterina MIROTVORTSEVA	EST	02	16:08.01
4.	Anastasija SKATŠKO	EST	01	16:45.26
5.	Lada ROSLJAKOVA	EST	98	16:50.58
6.	Julia PALMOVA	EST	00	17:19.73
7.	Lika MITROFANOVA	EST	99	17:49.82

FINNISH INDOOR CHAMPIONSHIPS, TAMPERE, FINLAND, 27-28 FEBRUARY

And to Finland for their indoor champs. Graet walking by winners Veli-Matti Partanen (19:35.86) and Enni Nurmi (13:22.01). Now that's a surname to bring back memories!

Men 5000m Race Walk Indoor

1.	Veli-Matti PARTANEN	FIN	91	19:35.86
2.	Jarkko KINNUNEN	FIN	84	19:44.29
3.	Matias KORPELA	FIN	89	20:52.32
4.	Elmo KOIVUNEN	FIN	94	21:14.09
5.	Artturi OILA	FIN	96	22:36.90
	Rasmus LANG	FIN	97	DNF

Women 3000m Race Walk Indoor

1.	Enni NURMI	FIN	98	13:22.01
2.	Tiia KUIKKA	FIN	94	13:42.24
3.	Hele HAAPANIEMI	FIN	93	13:58.69
4.	Elisa NEUVONEN	FIN	91	14:10.09
5.	Sini JUSSILA	FIN	95	14:34.60
6.	Venla LAIHO	FIN	95	14:51.59
7.	Elina HEIKKINEN	FIN	97	15:09.16

FRENCH INDOOR CHAMPIONSHIPS, AUBIÈRE, FRANCE, 27-28 FEBRUARY

Emmanuel Tardi was judging at the French Indoor Champs in Aubières last Sunday and he reports

Lots of our leading walkers were not in Aubières because national 20km/50km championships are to be held on March 13th. For the men, Diniz, Campion, Houssaye, Boyez and Quinion were missing and for the women, Menuet, Pastorino, Averous and Tissot were missing. In the women's event, Amandine Marcou led the race for the first half before receiving 2 red cards

and slowing. Eventually, it was Enora Trebaul, who won the U23 championship 3 weeks ago, who won the race in the last lap with a time of 13:40.99. In the men's event, Jean Blancheteau led the race with Irish walker Robert Heffernan but it was Heffernan who finally won. Blancheteau produced a huge PB of 19:45.22 and was only 10 secs from our U23 national record but he is in his first year as an U23 and he will have 2 more years to beat it.

Great article at <http://www.vo2.fr/blancheteau-et-trebaul-la-marche-du-renouveau/>.

Good race video at <https://youtu.be/-GawQ6wPznw>.

Shot of the judges (including Emmanuel) at <https://www.facebook.com/photo.php?fbid=10207479404817419>.

Men 5000m Race Walk Indoor

1.	Robert HEFFERNAN	IRL	78	19:40.21
2.	Jean BLANCHETEAU	FRA	96	19:45.22
3.	Fabian BERNABE	FRA	95	20:43.90
4.	Xavier LE COZ	FRA	79	20:50.41
5.	Axel MUTTER	FRA	96	20:51.08
6.	Louis Guillaume BLANC	FRA	89	21:07.60
7.	Mael BOULCH	FRA	90	21:15.36
8.	Djamel SELSELDEB	FRA	76	21:42.07
9.	Sebastien DELAUNAY	FRA	74	21:47.64
10.	John BAUMERT	FRA	80	21:48.82
11.	Florian MAYER	FRA	96	21:59.91

Women 3000m Race Walk Indoor

1.	Enora TREBAUL	FRA	94	13:40.99
2.	Marine QUENNEHEN	FRA	91	13:42.54
3.	Sandra DUPONT	FRA	72	13:57.21
4.	Fabienne RINERO CHANFREAU	FRA	80	13:59.04
5.	Amandine MARCOU	FRA	92	14:01.59
6.	Cecile DELEUZE	FRA	96	14:19.36
7.	Aurelie MACABEY	FRA	81	14:21.26
8.	Lucia BARRITAU	FRA	90	14:26.26
9.	Clemence BERETTA	FRA	97	14:29.93
10.	Caroline GUILLARD	FRA	71	14:40.56
11.	Elisabeth BRUNET	FRA	86	14:41.16
12.	Jeanne BILLA	FRA	96	15:12.45



Podiums in the French Indoor Champs (photos from Emmanuel Tardi)

ITA-FRA-GER JUNIOR INDOOR MATCH, PADOVA, ITALY, SATURDAY 27 JANUARY

The annual U20 indoors walks meet between Italy, France and Germany saw two walkers from each country in each of the two events. Overall, Germany dominated with two golds and one silver. See more at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2360.

Men 5000m Race Walk Indoor

1.	Leo KÖPP	GER	98	20:40.56
2.	Giacomo BRANDI	ITA	98	20:43.24
3.	Gabriel BORDIER	FRA	97	21:22.15
4.	Niccolo' COPPINI	ITA	97	21:47.39
5.	Thibault HYPOLITE	FRA	97	23:35.43
6.	Jacob STUTZKE	GER	97	27:36.73

Women 3000m Race Walk Indoor

1.	Emilia LEHMEYER	GER	97	13:51.46
2.	Teresa ZUREK	GER	98	13:52.19
3.	Giada Francesca CIABINI	ITA	97	13:55.70
4.	Axelle HAM	FRA	97	14:04.15
5.	Eloise TERREC	FRA	98	14:09.82
6.	Giulia PANCONI	ITA	97	14:20.40

INTERNATIONAL INDOOR U20 MATCH, MINSK, BELARUS, SATURDAY 27 FEBRUARY

A further U20 indoor match was held last weekend, with teams from Belarus, Turkey, Latvia and France in action. Overall, Belarus took the points with both wins and one bronze.

Men 5000m Race Walk Indoor

1.	Mikita KALIADA	BLR	00	20:27.18
2.	Salih KORKMAZ	TUR	97	20:27.59
3.	Ruslan UDODAU	BLR	99	20:31.20
4.	Dmitriy LUKYANCHUK	BLR	97	20:33.90
5.	Stanislav KUZMICH	BLR	98	20:38.72
6.	Arturs MAKARS	LAT	97	20:41.27
7.	Eduard ZABUZHENKO	UKR	98	21:16.82
8.	Aleksey BUYKEVICH	BLR	97	21:41.01
9.	Dorian ADAM	FRA	97	21:44.22

Women 5000m Race Walk Indoor

1.	Valeriya KOMEL	BLR	97	24:01.06
2.	Camille AURRIERE	FRA	98	25:38.76
3.	Kristina POVOROZNYUK	UKR	97	25:38.85
4.	Aušrine KUZMICKAITE	LTU	98	28:17.92
5.	Anastasija AZAROVA	LAT	98	30:24.65

SPANISH ROADWALK CHAMPIONSHIPS, PUERTO DE MOTRIL, SPAIN, SUNDAY 28 FEBRUARY**50km men**

Miguel Angel Lopez confirmed in the best possible way that he intends to double in the Olympics in Rio, winning the Spanish 50km on Sunday in 3:53:55, catching Mikel Odriozola at the 30km mark and then breaking away from him at 40km. Odriozola held on well for silver with 3:54:21 ahead of Jose Ignacio Diaz with 3:55:41. Fourth place went to the young Pablo Oliva (4:00:31) while fifth place was taken by Francisco Arcilla (4:02:49). Overall 36 walkers started but only 13 finished, with 18 DNF and 5 DQ.

1.	LOPEZ NICOLAS, MIGUEL ANGEL	3:53:52
2.	ODRIOZOLA DOMINGUEZ, MIKEL	3:54:21
3.	DIAZ VELAZQUEZ, JOSE IGNACIO	3:55:41
4.	OLIVA REQUENA, PABLO	4:00:31
5.	ARCILLA ALLER, FRANCISCO	4:02:49
6.	CORCHETE MARTINEZ, LUIS MANUEL	4:03:23
7.	BALLESTEROS GARCIA, RAFAEL	4:24:36
8.	REYES AFONSO, DAVID	4:30:45
9.	PEREZ OSORIO, LUIS MANUEL	4:33:51
10.	MONTERRUBIO FERNANDEZ, MARCOS	4:40:29
11.	CUROPOS COSTA, CHRISTIAN	4:41:51
12.	PUEYO MINISTRAL, DAVID	4:50:18
13.	GONZALEZ ARRABAL, ANTONIO	4:56:13

20 km women

Beatriz Pascual returned to winning form in the women's 20km with a time of 1:29:27 (half way in 45:02). It was her fifth national title in six years, after coming back from injury. Raquel Campos finished second in 1:29:46 and Ainhoa Pinedo took bronze in 1:34:36, relegating Maria Jose Poves to fourth with 1:35:07.

1.	PASCUAL RODRIGUEZ, BEATRIZ	1:29:27
2.	GONZALEZ CAMPOS, RAQUEL	1:29:46
3.	PINEDO GONZALEZ, AINHOA	1:34:26
4.	POVES NOVELLA, MARIA JOSE	1:35:07
5.	GARCIA-CARO LORENZO, LAURA	1:35:39
6.	TAKACS NYERGES, JULIA	1:35:47
7.	330 SANCHEZ-PUEBLA FERNANDEZ, LIDIA	1:36:07
8.	PEREZ GARCIA, MARIA	1:37:41
9.	JUAREZ GALLARDO, MAR	1:39:46
10.	CANO GOMEZ, AMANDA	1:40:15
11.	MARCOS VALERO, MARIA DOLORES	1:40:41
12.	LARIOS LOPEZ, MARIA	1:42:07
13.	POLO ROMERO, MARIA DEL PINAR	1:45:36
14.	LEON ASENSIO, RAQUEL	1:46:43
15.	CHILLON CAMAÑO, MAR	1:47:30
16.	SANCHEZ BERMEJO, MELISA	1:48:44
17.	CABRE CARCELLER, ANDREA	1:49:34
18.	ALACIOS ALONSO, CRISTINA	1:54:24
19.	GANDOY LOPEZ, EUGENIA	1:58:05
20.	ATO SABARIS, DEBORA	1:58:19
21.	DIAZ VELAZQUEZ, ELENA	2:01:11
22.	RUIZ CAÑETE, MACARENA	2:05:33
23.	ELENA CORBAL, TERESA	2:06:20

PORTUGUESE 20KM CHAMPIONSHIPS, BATALHA, PORTUGAL, SUNDAY 28 FEBRUARY

Well reported by http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=2363, along with photos. Further report by omarchador - see <http://omarchador.blogspot.com.au/2016/02/ines-henriques-e-pedro-isidro-sagram-se.html>.

20km men

Victory in the men's 20km went to Erik Tysse (NOR) with a time of 1:24:21. The Norwegian athlete had the better of the Portuguese Pedro Isidro who won the title of Champion of Portugal, finishing second with a time of 1:25:08. Behind him Sergio Vieira, silver in the Championship with 1: 25.11. The race saw 22 starters of whom 20 completed the race, 1 DNF and 1 DQ.

1.	Erik Tysse	NOR	80	1:24:21
2.	Pedro Isidro	POR	85	1:25:08
3.	Sérgio Vieira	POR	76	1:25:11
4.	Haavard Haukenes	NOR	90	1:26:19
5.	Teodorico Caporaso	ITA	87	1:28:02
6.	Miguel Rodrigues	POR	96	1:31:39
7.	Miguel Carvalho	POR	94	1:32:04
8.	Amaro Teixeira	POR	89	1:33:08
9.	João Martins	POR	95	1:33:19
10.	Helder Santos	POR	96	1:33:25
11.	Rui Coelho	POR	94	1:34:47
12.	Dionísio Ventura	POR	79	1:36:05
13.	Luís Pássaro	POR	94	1:36:44
14.	Pedro Martins	POR	68	1:37:46
15.	Marco Amaral	POR	93	1:38:04
16.	Luís Silva	POR	70	1:41:10
17.	Cláudio Cotrim	POR	96	1:47:28
18.	Samuel Pereira	POR	93	1:47:44
19.	Paulo Afonso	POR	95	1:53:50
20.	Vítor Guedes	POR	96	1:59:51
	António Pereira	POR	75	DQ
	André Pagaime	POR	93	DNF

20km women

Ines Henriques won the women's 20km easily in 1:30:52, ahead of Susana Feitor with 1:33:34 and Daniela Stoffel with 1:33:46.

1.	Inês Henriques	POR	80	1:30:52
2.	Susana Feitor	POR	75	1:33:34
3.	Daniela Stoffel	POR	91	1:33:46
4.	Kristina Saltanovic	LTU	75	1:36:16
5.	Mara Ribeiro	POR	95	1:39:30
6.	Edna Barros	POR	96	1:39:54
7.	Vitória Oliveira	POR	92	1:41:56

8.	Mariana Mota	POR	95	1:49:23
9.	Laura Leal	POR	96	1:49:43
10.	Vera Portela	POR	95	1:56:29
11.	Liandra Gonçalves	POR	96	1:56:57
12.	Ana Cabecinha	POR	84	DNF
13.	Catarina Marques	POR	96	DNF

COPA BRASIL CAIXA DE MARCHA ATLÉTICA, RIO DE JANEIRO, BRAZIL, SATURDAY 27 FEBRUARY

A two day walks meet was used to test out the Olympic walks course in Pontal, Rio de Janeiro, last weekend. The first day saw 20km and 10km events on offer. While the fields were predominantly Brazilian, a number of Chinese walkers added an international flavour. Overall, Caio Bonfim (1:26:12) and Cisiane Lopez (1:45:34) won their respective 20km events. Times were slow due to the intense summer heat in Rio. It should be cooler for the Olympics, given they are to be staged in the Brazilian winter.

Men 20km Race Walk

1.	Caio Oliveira DE SENA BONFIM	BRA	91	1:26:12
2.	José Alessandro Bernardo BAGIO	BRA	81	1:30:46
3.	Moacir ZIMMERMANN	BRA	83	1:34:19
4.	Lucas GOMES DE SOUZA MAZZO	BRA	94	1:35:11
5.	Daniel Alexandre VOIGT	BRA	84	1:35:31
6.	Max GONCALVES DOS SANTOS	BRA	94	1:39:59
7.	Maike MELO PERREIRA	BRA	95	1:40:11
8.	Mingli WANG (OC)	CHN	94	1:34:07
9.	Hu YANG (OC)	CHN	96	1:42:36

Women 20km Race Walk

1.	Cisiane Dutra LOPEZ	BRA	83	1:45:34
2.	Priscila BARBOSA	BRA	89	1:53:10
3.	Nair DA ROSA	BRA	80	1:54:42
4.	Paula Raissa PAZ DA SILVA	BRA	93	1:57:23
5.	Faying MA (OC)	CHN	93	1:43:49

Women U20 10km Race Walk

1.	Pietra FERREIRA VALÉRIO	BRA	98	56:55
2.	Thaiz PEREIRA	BRA	97	57:12
3.	Jessica VITAL	BRA	97	57:41
4.	Silmara DOS SANTOS	BRA	97	59:38
5.	Nayara MONTEIRO	BRA	97	59:58

SOUTH AMERICAN 50KM CHAMPIONSHIP, RIO DE JANEIRO, BRAZIL, SUNDAY 28 FEBRUARY

The two day walks carnival on the Olympic course at Pontal continued on Sunday with the South American 50km championship. With starters from Ecuador, Colombia, Peru, Venezuela, Brazil and China, it saw a good representation and was won by Claudio Flores in 4:23:37. Michell Moraes has posted some great video from the race -the course looks great: <https://vimeo.com/157072229>.

In the intense summer heat of Rio de Janeiro the athletes may not have had a chance to appreciate it, but the course for this year's Olympic race walk is set to be one of the beautiful in Olympic history. That is the analysis of Luis Saladie, the IAAF technical delegate, who was present for the sport's test event on Sunday. The 2km circuit runs along the coast next to the Pontal island, an important landmark in Rio's cultural history, west of Barra da Tijuca, where the largest Rio 2016 venue cluster is situated. It has had a new asphalt surface laid for the Games, and that, along with the operations centre, race logistics, timing and results technology, and security, were successfully tested on Sunday. See more discussion at <http://www.rio2016.com/en/news/rio-2016-olympic-race-walk-will-have-most-beautiful-setting-since-barcelona-1992-says-iaaf-tech>.

Men 50km Race Walk

1.	Claudio VILLANUEVA FLORES	ECU	88	4:23:37
2.	Rolando SAQUIPAY	ECU	79	4:34:09
3.	Jhonathan CACERES	ECU	90	4:46:21
4.	Marlon Stiven FLORES	COL	89	4:56:13
5.	Jorge Stiven DIAZ	COL	87	5:09:30
6.	Luis CRUZ	PER	95	5:12:05
7.	Edison SALAZAR	ECU	83	5:50:21
	Yereman SALAZAR	VEN	78	DNF
	Samir César SABADIN	BRA	81	DNF
	Claudio Richardson DOS SANTOS	BRA	77	DNF
	Luiz Felipe DOS SANTOS	BRA	83	DNF
	Rudnei DIAS NOGUEIRA	BRA	90	DNF

Hu YANG
Mingli WANG

CHN 96 DNF
CHN 94 DNF



Claudio Flores tries to keep cool in the sweltering heat of Rio on Sunday (photo <http://www.rio2016.com/en/news/rio-2016-olympic-race-walk-will-have-most-beautiful-setting-since-barcelona-1992-says-iaaf-tech>)

3RD NATIONAL RACE WALKING CHAMPIONSHIPS, JAIPUR, RAJASTHAN, INDIA, 27-28 FEBRUARY

Well reported on <http://indianathletics.in/>. Also reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2362. A racewalking seminar was held in conjunction with the 2 day championship meet. Very strong standard for this developing powerhouse.

Day 1- Saturday 27 February

As many as four more race walkers achieved the Rio Olympics mark on the first day of 3rd National Open Race Walk competition in Jaipur. Seven walkers had already qualified for the Rio Olympics and four more walked below the qualification mark in Men's 20km Race Walk event this morning in Jaipur.

Gurmeet Singh, who had already qualified for the Olympics, clinched the gold medal with the improved timing of 1:21:24 to finish first in the men's 20km. His previous best was 1:21:36, set in the 2015 Asian 20km Race Walking Championship in Nomi. The first seven finishers in the men's event were below the Olympic qualification mark of 1:24. Three of them had already qualified for 20km earlier and four more have now bettered the mark. K. Ganapathy clocked 1:21:51 to get the silver medal, followed by the Sandeep Kumar who clocked 1:21:56 on the third position. Apart from top three, Irfan K.T., who finished in 10th position in the London Olympics, also qualified for the Olympics with 1:22:14. Manish Singh finished fifth in 1:22:18, Devender Singh clocked 1:22:40 and Neeraj clocked 1:23:34 to finish sixth and seventh in the competition to also achieve the Rio Olympics qualification mark.

Khushbir Kaur crossed the finish line in 1:34:52 to take gold in the women's 20km event. Sapana who had already qualified for the Olympics, finished second with 1:36:59. Promising young athlete Ms. Priyanka finished third in 1:40:59. The Rio qualification mark for women's 20km is 1:36. Coach Alexander said "I am satisfied with the performance, though I was expecting little better performance from the Athletes. It was a nice course and weather in Jaipur early morning was just perfect for the competition".

MEN 20Km Walk

1.	GURMEET SINGH	85	UTTRAKHAND	1:21:24.57
2.	K.GANAPATHI .		TAMILNADU	1:21:51.43
3.	SANDEEP KUMAR	86	HARYANA	1:21:56.81
4.	IRFAN K T .	90	KERALA	1:22:14.02
5.	MANISH SINGH	91	UTTRAKHAND	1:22:18.89
6.	DEVENDER SINGH	83	HARYANA	1:22:40.60
7.	NEERAJ .	94	HARYANA	1:23:34.02
8.	BALJINDER SINGH .	86	PUNJAB	1:26:34.07
9.	BABU BHAI PANUCHA	78	GUJRAT	1:28:36.50
10.	SAGAR JOSHI .	87	GUJRAT	1:29:08.39
11.	Y.KAMBHA SINGH		SERVICES	1:30:00.37
12.	R.SARAVANA KUMAR		TAMILNADU	1:30:15.54
13.	ANJANI KUMAR .	93	GUJRAT	1:30:39.04
14.	VIKASH SINGH .		BIHAR	1:30:55.53
15.	NARAYAN SAROJ	94	MANIPUR	1:31:55.38

16.	PANKAJ KUMAR .	91	PUNJAB	1:33:07.78
17.	SATISH KUMAR PATEL	94	UTTAR PRADESH	1:33:35.79
18.	ABDUL JALEEL M	87	KERALA	1:34:20.20
19.	MANJIT SINGH .	96	PUNJAB	1:34:56.42
20.	RAJESH KUMAR .	93	PUNJAB	1:35:06.17
21.	PAWAN KUMAR .	96	HARYANA	1:35:17.79
22.	BHUPENDER KUMAR	94	SERVICES	1:35:32.71
23.	ASHISH ROHILLA	92	DELHI	1:36:07.62
24.	SUMIT MANDHAN .	98	HARYANA	1:40:31.55
25.	PRAMOD .	89	SERVICES	1:40:56.50
26.	DEEPAK JASORIYA .		RAJASTHAN	1:48:13.83

WOMEN 20Km Walk

1.	KHUSHBIR KAUR	93	PUNJAB	1:34:52.70
2.	SAPNA .	88	RAJASTHAN	1:36:59.36
3.	PRIYANKA .	96	UTTAR PRADESH	1:40:58.93
4.	RANJANA GUPTA (W)	86	DELHI	1:41:24.46
5.	KARMJIT KAUR .	91	PUNJAB	1:42:11.62
6.	RANI YADAV .		RAILWAYS	1:43:43.17
7.	SANDHYA K J .	83	KERALA	1:44:11.85
8.	SHANTI KUMARI		RAILWAYS	1:44:28.58
9.	SANDEEP KAUR	93	PUNJAB	1:50:23.23
10.	SUMEDHA YADAV	91	UTTAR PRADESH	1:55:43.75
11.	ANUMOL VIJAYAN	96	KERALA	2:03:19.54

Day 2 - Sunday 28 February

Neena K.T. from Kerala finished on the top of the podium with 53:12.49 in the Junior women's 10km which kicked off at 6:30am, while the Junior men's 10km was won by Vikash Singh from Bihar with 44:32:50.

In the men's 50km, Basant Bahadur Rana from Delhi won with 4:07:24, missing the Rio qualification mark by one minute 24 seconds. Chandan Singh from Uttarakhand finished second in the event. Chandan, who has already qualified for the 20km in Rio, clocked 4:09:50 for the Silver medal and Jitender Singh clocked 4:12:10 for the bronze medal.

MEN U20 10Km Walk

1.	VIKASH SINGH .		BIHAR	44:32.50
2.	NAVEEN .		DELHI	44:37.76
3.	EKNATH TURAMBERKAR	98	PUNJAB	44:55.67
4.	SUNIL .	97	HARYANA	45:12.83
5.	BHAGWAN SINGH RAWAL	97	UTTRAKHAND	45:33.61
6.	MANOJ JANGID .	97	RAJASTHAN	46:24.45
7.	RAHUL .	96	HARYANA	46:33.22
8.	VIJAY .	98	HARYANA	46:44.46
9.	GAURAV .	97	HARYANA	47:37.44
10.	MANJEET .	96	HARYANA	47:59.40
11.	AMANJOT SINGH .	99	PUNJAB	48:01.75
12.	VIKRANT .	96	HARYANA	49:05.93
13.	SAHIL .	99	HARYANA	49:05.94
14.	SONU MISHRA .	97	PUNJAB	49:20.28
15.	MANISH SHARMA .	98	HARYANA	49:40.66
16.	SACHIN .	98	DELHI	52:00.86
17.	DILEEP KUMAR .	96	RAJASTHAN	52:52.43
18.	SANJIT .	99	HARYANA	52:52.85
19.	NAVEEN .	99	HARYANA	54:19.03

WOMEN U20 10Km Walk

1.	NEENA K T .	97	KERALA	53:12.49
2.	BHAWNA JAT .	96	RAJASTHAN	53:27.79
3.	PRIYANKA PATEL .	98	UTTAR PRADESH	53:32.95
4.	VANDANA .	97	UTTAR PRADESH	54:32.87
5.	BANDANA PATEL .	98	UTTAR PRADESH	56:56.17
6.	SONAL SUKHWAL .	98	RAJASTHAN	57:24.76
7.	GURPREET KAUR	01	HARYANA	58:02.82
8.	NISHA G .	98	KERALA	59:29.54
9.	BHARTI YADAV .	96	CHHATTISGARH	59:51.03
10.	AMNA SAHU . .	96	CHHATTISGARH	1:00:06.57
11.	SEEMA PATEL .	97	BIHAR	1:01:23.06

MEN 50Km Walk

1.	BASANTA BAHADUR RANA	84	DELHI	4:07:24.97
2.	CHANDAN SINGH	87	UTTRAKHAND	4:09:50.52
3.	JITENDRA S. RATHORE	89	RAJASTHAN	4:12:10.89
4.	SURINDER SINGH .	88	PUNJAB	4:21:36.08
5.	SACHIN .		DELHI	4:23:26.30
6.	R.P.MISHRA .		SERVICES	4:28:12.75
7.	SATYA NARAYAN		SERVICES	4:49:10.87
8.	JAY PRAKASH .	85	HIMACHAL PRADESH	4:53:59.18
9.	ASHOK KUMAR PATEL	86	CHHATTISGARH	4:55:37.98

19TH LES 24 HEURES DE BOURGES, BOURGES, FRANCE, 27-28 FEBRUARY

The 19th edition of the annual Bourges 24 Hours walking race was held last weekend in Bourges, 250km south of Paris. This was the first of the 2016 Paris-Alsace qualifying races and was fiercely contested as usual. The 24H entrants walked an initial loop of 540m before settling down to laps of 2.688km (to enable an exact 100km time) before contesting a shortened loop of 629m in the final hour. The weather was very cold and walkers were forced to put on multiple layers of clothing to keep warm as the race progressed.

David Regy led the men's event early and was still in front when the sun came up on the Sunday morning. But it was **Philippe Gilles** who eventually won out with 189.163km, ahead of **Christophe Laborie** 185.846km and Regy 183.960km. The amazing 66 year old British walker **Sandra Brown** dominated the women's event, winning yet again with a very impressive 178.410km – she has won previously in 2009, 2010 and 2015. Yet another centurion finish for the most prolific ultra distance walker ever. Also good to see fellow Surrey Walking Club member **Kathy Crilley** in action and finishing in 30th place.

The ancillary event saw walkers contest the first 6 hours and the last 6 hours of the race to make up a 12 Hour tally. **Jean Marie Rouault** produced a very good mark of 109.776 km.

In four weeks time, the long distance walkers will be back in action at Chateau Thierry for the National Championship.

24 Heures de Bourges

1.	GILLES Philippe	USM Montargis	189.163 km	23:57:10	7.897 km/h
2.	LABORIE Christophe	s/l CO des Ullis	185.846 km	23:55:16	7.769 km/h
3.	REGY David	SPN Vernon	183.960 km	23:36:34	7.792 km/h
4.	FORESTIERI Alexandre	UST Courir À St Tropez	180.470 km	23:56:59	7.535 km/h
5.	VANDENDAUL Daniel	CABW	179.841 km	23:54:45	7.521 km/h
6.	BROWN Sandra (F)	Surrey Walking Club	178.410 km	23:56:33	7.452 km/h
7.	MASSON Pascal	CM Roubaix	174.920 km	23:57:03	7.303 km/h
8.	MAISON Sylvie (F)	s/l Ill Bruche A Lingolsheim	174.291 km	23:59:27	7.265 km/h
9.	BARBIER Florence (F)	CA Balma	170.974 km	23:58:26	7.132 km/h
10.	TITLEY Andrew	Isle of Man Veterans AC	168.286 km	23:57:17	7.025 km/h
11.	SALOMEZ Benedicte (F)	Neuilly-sur-Marne A	167.029 km	23:55:16	6.982 km/h
12.	CAILLEAUX Patrick	NL - Ingre	165.598 km	23:57:25	6.912 km/h
13.	TILL Jacques	WACO	164.970 km	23:58:09	6.883 km/h
14.	DAVID Christine (F)	s/l CO des Ullis	164.341 km	23:59:25	6.850 km/h
15.	DIEN Daniel	Neuilly-sur-Marne A	162.910 km	23:55:44	6.808 km/h
16.	GILLET Max	NL- Aschares-le-Marche	162.910 km	23:58:58	6.793 km/h
17.	CZUKOR Zoltan	KOMLO	161.653 km	23:53:08	6.768 km/h
18.	HUART Gilles	ASPTT Besanson	157.534 km	23:55:02	6.587 km/h
19.	BIET Christophe	s/l SEPA Bellegarde	156.905 km	23:58:54	6.543 km/h
20.	DELANGE Dominique	AJ Auxerre Section Marathon	155.648 km	23:53:38	6.514 km/h
21.	BIZARD-PLANCHOT Emilie (F)	Thiais AC	155.648 km	23:54:59	6.508 km/h
22.	BLONDE Daniel	NL - Meythet	154.846 km	23:57:35	6.463 km/h
23.	PICOT Gerard	Pass Running	154.846 km	23:59:27	6.454 km/h
24.	PINEAU Laurent	s/l Haute Saintonge A	154.217 km	23:58:00	6.435 km/h
25.	LINARD Benoit	NL - Bourges	151.529 km	23:58:57	6.318 km/h
26.	CARREY Franck	NL - Berry-Bouy	148.212 km	23:59:23	6.178 km/h
27.	EMONIERE Philippe	COSM Arcueil	146.153 km	23:57:43	6.099 km/h
28.	BIZARD Claudie (F)	Thiais AC	145.524 km	23:59:34	6.065 km/h
29.	BORISOVA Olga (F)	Neuilly-sur-Marne A	144.895 km	23:57:47	6.047 km/h
30.	CRILLEY Kathy (F)	Surrey Walking Club	143.465 km	23:59:16	5.981 km/h
31.	ZANCHI Pierre-Gilbert	Vallorbe	140.321 km	18:57:01	7.405 km/h
32.	NAUDIN Jean-Pierre	NL - Saint-Jean-de-Braye	138.088 km	23:59:00	5.758 km/h
33.	BLANCHOUIN Gaston	NL - Lion-en-Beauce	126.707 km	23:54:54	5.298 km/h
34.	GUYOMARC'H Jean-Pierre	Evreux AC	125.450 km	23:58:09	5.234 km/h
35.	LHOEST Daniel	NL - Warene	121.504 km	16:23:51	7.410 km/h
36.	MEHLINGER Rudy	Evreux AC	120.074 km	23:57:58	5.010 km/h
37.	GLASER Jean-Bernard	Neuilly-sur-Marne A	119.271 km	23:56:22	4.982 km/h

38. RASSAIND Andre	s/IAL Voiron	117.386 km	23:40:27	4.958 km/h
39. PRUCKNER Jaroslav	AS Mlada Bosleslav	115.955 km	23:55:42	4.846 km/h
40. PIERRE Patrick	CA Castelsarrasinois	113.267 km	23:56:02	4.732 km/h
41. DUVAL Bernadette (F)	NL - Cclermont-Ferrand	109.321 km	23:56:34	4.566 km/h
42. LANDRU Noelle (F)	AS Corbeil-Essonnes	108.519 km	23:57:54	4.528 km/h
43. BIEBUYCK Pascal	ATH AC	108.064 km	13:29:11	8.013 km/h
44. DEPARDAY Fabien	Stadium Montigny AC	104.574 km	23:54:10	4.375 km/h
45. MAJETIC Ivo	Colorado	97.311 km	12:14:55	7.945 km/h
46. SADET Francois	NL - Mary-es-Bois	81.183 km	11:46:56	6.890 km/h
47. MOGENROS Christine (F)	NL - Yzeure	77.064 km	23:56:30	3.219 km/h
48. LETOURNEAU Florian	AC Chateau-Thierry	75.806 km	08:51:21	8.560 km/h



Left: Philippe Gilles before the event



Right: The men's podium after the event – somewhat the worse for wear



The amazing Sandra Brown wins again – the world's best female ultra walker does it again (photo <http://www.leberry.fr/>)

2 x 6 Hour Walk

1. ROUAULT Jean-Marie	ASC Francophone	109.776 km	23:58:47	4.578 km/h
2. LANGLOIS Patrick	Marne et Gondoire A	105.029 km	23:59:15	4.378 km/h
3. BOCUZE Daniel	FAC Andrezieux	102.341 km	23:59:22	4.266 km/h
4. TOUTAIN Patrick	ASC Francophone	99.826 km	23:58:19	4.164 km/h
5. LABARRE Bertrand	CS Provins Athletisme	99.652 km	23:57:36	4.159 km/h

6.	THEVENIN Pascal	Marne et Gondoire A	97.767 km	23:57:00	4.082 km/h
7.	CAZENAIVE Vincent	Stadoceste Tarbes	97.767 km	23:57:09	4.082 km/h
8.	GRASSI Alain	Pass Running	96.964 km	23:59:16	4.042 km/h
9.	MOUGENOT Patrick	Marne et Gondoire A	90.331 km	23:58:34	3.768 km/h
10.	LACROIX Jean-Louis	AC Chateau-Thierry	88.271 km	23:57:01	3.686 km/h
11.	PANNIER Josiane (F)	Havre AC	87.643 km	23:54:33	3.666 km/h
12.	BOVIN Laurent	AM St Thibault des Vignes	84.326 km	23:56:20	3.523 km/h
13.	DALUZ Robert	Neuilly-sur-Marne A	83.069 km	23:55:55	3.471 km/h
14.	PANNIER PILLE Magali (F)	Havre AC	82.266 km	23:54:31	3.441 km/h
15.	BERTHAULT-KHORZYK Annie (F)	s/l US Agenton	77.064 km	24:00:03	3.211 km/h
16.	VARAIN Cedric	AC Chateau-Thierry	73.118 km	20:31:40	3.562 km/h
17.	MOROSI Thomas	NL - Vichy	71.059 km	23:46:38	2.989 km/h
18.	CORMIER Mireille (F)	Lunel Athletisme	69.628 km	23:54:37	2.912 km/h
19.	MAUNY Claude	Neuilly-sur-Marne A	68.826 km	23:59:22	2.869 km/h
20.	COSSON Maryse (F)	NL - La Bastide du temple	58.876 km	23:56:03	2.460 km/h

Some nice videos during the race

<https://youtu.be/CbvpM6FQqP4>

<https://youtu.be/V9tDDILkTEc>

<https://youtu.be/5kN74DnPstY>

and on the last lap

https://youtu.be/5vUz2JC1_rs

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 13 press releases this week on which I can report

- Mon 29 Feb - Miguel Angel Lopez and Beatriz Pascual win Spanish roadwalk titles
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2365
- Sun 28 Feb - Results of French Indoor Walk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2364
- Sun 28 Feb - Results of Portuguese 20km roadwalk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2363
- Sat 27 Feb - Racewalk seminar and Indian walk champs in Jaipur
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2362
- Sat 27 Feb - Results of U20 ITA-FRA-GER meet in Padua, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2360
- Fri 26 Feb - CAS press release concerning ongoing investigations into Russian racewalkers
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2359
- Fri 26 Feb - Preview of Pino Dordoni racewalk/fitwalk meet in Scarnafigi
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2358
- Fri 26 Feb - Preview of Portuguese roadwalk champs this weekend in Batalha
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2357
- Fri 26 Feb - Preview of French Indoor walk champs this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2356
- Thu 25 Feb - Preview of Spanish 50km championship this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2355
- Wed 24 Feb - Preview of U20 ITA-FRA-GER meet in Padua, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2354
- Wed 24 Feb - Historical info on the Pit Lane Rule - 1992!
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2353
- Tue 22 Feb - Sergio Vieira and Ana Cabecinha won Portuguese indoor championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2352

The omarchador blog was also very active with 13 news releases

- Mon 29 Feb – Results of U20 ITA-FRA-GER meet in Padua, Italy

<http://omarchador.blogspot.com.au/2016/02/italia-franca-alemanha-sub-20-na-pista.html>

- Mon 29 Feb – Results of Youth walks meet in Portugal
<http://omarchador.blogspot.com.au/2016/02/torneio-marchador-jovem-na-batalha.html>
- Sun 28 Feb - Inês Henriques and Pedro Isidro in Portuguese 20km titles
<http://omarchador.blogspot.com.au/2016/02/ines-henriques-e-pedro-isidro-sagram-se.html>
- Sun 28 Feb - Results of Austrian Indoor Champs
<http://omarchador.blogspot.com.au/2016/02/campeonatos-da-austria-de-pista-coberta.html>
- Sat 27 Feb - Results of Hungarian Indoor Champs
<http://omarchador.blogspot.com.au/2016/02/hungria-realizou-campeonatos-de-pista.html>
- Sat 27 Feb - Preview of Spanish roadwalk championships
<http://omarchador.blogspot.com.au/2016/02/campeonato-de-espanha-em-puerto-de.html>
- Fri 26 Feb - Preview of Portuguese roadwalk championships
<http://omarchador.blogspot.com.au/2016/02/campeonatos-nacionais-de-estrada.html>
- Fri 26 Feb - International judging panel for this weekend's test event in Rio
<http://omarchador.blogspot.com.au/2016/02/juizes-internacionais-no-evento-teste.html>
- Thu 25 Feb - John Nunn and Erin Taylor-Talcott win USA 50km titles
<http://omarchador.blogspot.com.au/2016/02/john-nunn-e-erin-taylor-talcott-vencem.html>
- Thu 25 Feb - Walkers from 7 countries will compete in Rio test event this weekend
<http://omarchador.blogspot.com.au/2016/02/campeonatos-do-brasil-com-atletas-de.html>
- Wed 24 Feb - Portuguese walkers hard done by due to their Federation
http://omarchador.blogspot.com.au/2016/02/batalha-excluida-dos-criterios_24.html
- Wed 24 Feb - Results of Australian 20km champs in Adelaide
<http://omarchador.blogspot.com.au/2016/02/dane-bird-smith-com-vitoria-ao-sprint.html>
- Tue 23 Feb - Eiki Takahashi wins Japanese 20km title
<http://omarchador.blogspot.com.au/2016/02/eiki-takahashi-destaca-se-nos.html>

OUT AND ABOUT

- Three-time Olympic and World medallist **Jared Tallent** gives an insight into what it takes to be a race walker. Pick up some key pointers along the way to follow in the footsteps of one of Australia's greatest athletes of all time. See <http://www.london2017athletics.com/news/44304>
- Great video on Irish walker **Robert Heffernan** who is the first person in Irish history to make it to 5 Olympic Games. See <https://www.youtube.com/watch?v=IXjGy0ITpwg>.
- Three-time national champion **John Nunn** has been named as USATF Athlete of the Week after his first-place finish a week ago at U.S. Olympic 50km racewalk trial in Santee, California, where he qualified for his third Olympic Team and picked up his second U.S. 50K title in as many years. See <http://www.all-athletics.com/en-us/2016-02-24/john-nunn-named-aow-after-making-his-third-us-olympic-team>.
- **Dr Brian Hanley** and colleagues at Leeds Beckett University have just published a new racewalking study in the IAAF's scientific journal *New Studies in Athletics*. The study looked at the training practices of international race walkers and the injuries they typically suffered. Read more at <http://www.athleticsweekly.com/featured/injury-study-walk-this-way-39192/#tCYEMrxsWeZvsAPt.99>.
- Athletics South Africa seems to lurch from one crisis to another. The latest concerns their marathon selection criteria. ASA President Aleck Skhosana called a press briefing at the body's Houghton headquarters last Wednesday to clarify issues related to the qualifying standards they set for the Olympic Games, particularly for the marathoners but the waters are now muddier than ever. This latest debacle may see a number of their best marathoners missing Rio. See <http://www.supersport.com/athletics/article.aspx?Id=3412454>. Yet the next day, they seem to be backing down somewhat from their disastrous gaffe – see <http://www.iol.co.za/sport/athletics/asa-admits-to-flaws-and-sticks-to-its-guns-1989733>. Boy, I'm glad I'm not a South African runner!
- SBS TV aired an interview with Australian 50km Olympian **Chris Erickson** on its Monday evening news service. You can check it out at <http://www.sbs.com.au/news/article/2016/02/29/race-walker-chris-erickson-coming-full-circle-rio>.

- Racewalk.com features lots of great photo stories from the various USA based championships. They have now released their photo stories for the recent 2016 U.S. Olympic 50km Trial and USA 50km Championships and Open/Invitational 20km at San Diego. Just drag the photos across your screen from right to left and you can swipe through them. See

<http://www.racewalk.com/PhotoStory201650KOT/Page01.php>
<http://www.racewalk.com/PhotoStory201650KMore/Page01.php>

- Entries for the **21st World Masters T&F Champs Stadia in Perth** are now OPEN! To enter or for more information about entering, check out <http://www.perth2016.com/the-event/register/>. These champs will run from **Oct 26 to Nov 6, 2016** .
- Great article on South African walker **Wayne Synman** - <http://www.sascoc.co.za/2016/02/26/snyman-slices-huge-chunk-off-his-20km-best-down-under/>



South African walkers Marc Mundell, Lebogang Shange and Wayne Synman in Adelaide a week ago

REVISITING THE 1968 OLYMPIC 20KM WALK

One of the most significant events in the history of racewalking quietly took place in 1966 when Mexico hired a group of foreign coaches to help their athletes prepare for the 1968 Olympic Games. Amongst the new arrivals was Polish coach Jerzy Hausleber who went on to revolutionize walking and single handedly lead Mexico to the top of world walking.

An unknown 29 year old army sergeant by the name of Jose Pedraza claimed the nation's first international title when he won the 10,000m walk at the 1966 Central American and Caribbean Games in San Juan, Puerto Rico. He was soon to become world famous.

These Olympic Games remain the most controversial of all time. Commercialism first became an issue in the form of sponsorship and the wearing of branded running shoes (Nike and Adidas). The Black Power movement was beginning to find a voice. The Warsaw Bloc countries had invaded Czechoslovakia. The Mexican government had brutally put down riots over the poor living conditions of the impoverished population. And finally the altitude of Mexico City (7,347 feet above sea level) was the main topic of discussion for months before the Games. Many sports commentators were predicting deaths in the endurance events and much attention was focussed on the marathon and long walks.

But if there were concerns about the altitude, it did not deter the athletes and good fields of 33 and 36 walkers contested the two walks. It is the 20km walk about which I want to talk today.

Men 20km Walk

Russian walker Volodymyr Golubnichiy, in his third Olympics, was always going to be the walker to beat. The World Record holder since 1958 (1:27:05), with Olympic gold and bronze medals already in his possession and coming off silver medals in the 1966 European and the 1967 Lugano Cup 20 km events, he was a big-event performer and the one who was seemed strong enough to beat the altitude.

The event was an unusual one. The starting time was 4.30pm and competitors finished the last 2 km in darkness. Early on, Golubnichiy (USSR) and Laird (USA), who were leading, went straight instead of turning into the circuit. They lost some 20 yards but Golubnichiy caught the leaders again within 200 yards, while Laird never recovered and finished a disappointing 25th.

Oxygen debt hit most competitors early in the race and the second half was a struggle for all but the leading few. After 85 minutes of hard walking, Golubnichiy entered the stadium in first place, followed closely by teammate Nikolai Smaga. Then the 60,000 plus spectators went wild as a third walker appeared – Mexican champion Jose Pedraza. Two hundred metres from the finish, Pedraza passed Smaga and set his sights on Golubnichiy. Pedraza's style seemed far from legal and he received three cautions (one step short of a warning). But it would have taken a suicidal judge to disqualify the determined Pedraza while the stadium echoed with chants of "May hee co" and "Pay drah zah." An international incident was avoided when Golubnichiy drew away slightly in the homestretch to win by a mere three yards.



The famous finish – Golubnichiy looks over his shoulder with 90m to go to see Pedraza closing quickly.

1.	Volodymyr GOLUBNICHYI	SOV	1:33:58.4
2.	Jose Pedraza ZUNIGA	MEX	1:34:00.0
3.	Nikolai SMAGA	SOV	1:34:03.4
4.	Rudolph HALUZA	USA	1:35:00.2
5.	Gerhard SPERLING	GDR	1:35:27.2
6.	Otto BARCH	SOV	1:36.16.8
7.	Hans REIMANN	GDR	1:36:31.4
8.	Stefan INGVARSSON	SWE	1:36:43.4
16.	Frank CLARK	AUS	1:40:06.0

Frank Clark of NSW was the only Australian competitor after Noel Freeman had been left out of the team in very controversial circumstances. In April 1968, Freeman had won a VAWC 20 km event with a phenomenal 1:29:12. He walked with blistered heels from the 2 mile mark and was under 7 minute mile pace for the first 6 miles before slowing. It was the fastest 20 km time in the world for 1967-68. It was faster than the winning time in both the 1960 and 1964 Olympics and another Olympic selection seemed assured. But the win came at a price as, still suffering with blisters, he was disqualified in the Olympic Trial in May which Clark won in 91:39.

Thus ensued one of the ugliest media frenzies ever seen in Australia. Noel was adamant he had been 'robbed' and many highly placed people such as Herb Elliot backed him. Even the A.A.U backed him and they appealed his exclusion from the team. But all to no avail as the AOC stood firm and only Clark made the trip to Mexico. There is a good chance that Freeman may have finally beaten his arch rival Golubnichiy and finally won gold. He was a big time competitor and as tough as nails and his form in 1968 was the best ever in his career. If anyone could have conquered the altitude and heat of Mexico City, it might have been Noel Freeman.

And you can relive all the action of this 20km race in this nice little youtube video: <https://www.youtube.com/watch?v=1gP66gL3iiE>.

Tuesday 24 February

- Kenya has until April 5 to fall in line with global anti-doping rules or face being declared non-compliant by the World Anti-Doping Agency, a step toward a possible ban from the Olympics for its track and field athletes. Kenya already missed one deadline this month to pass anti-doping legislation and properly set up and provide funding for its new national anti-doping agency. The latest draft regulations submitted by the Anti-Doping Agency of Kenya still do not comply with the world anti-doping code, WADA said in a statement on Monday. The East African country will now be assessed by an independent compliance review committee on April 5, when "consideration will be given to a possible recommendation of non-compliance," WADA said. That committee will make its recommendation to WADA's board, which will make the final decision on Kenya's status at its meeting on May 12. Declaring Kenya non-compliant could cause its athletes to miss the Olympics in Rio. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11594360&ref=rss.

Thursday 25 February

- Kenyan athletics seems to be imploding at the moment. Kenya's sports minister Hassan Wario has blasted the country's national T&F federation over its doping crisis, calling for elections to choose a new leadership and claiming that IAAF President Sebastian Coe "alluded" to him that the world governing body had also lost faith in Kenyan athletics officials. The tirade came during a Kenyan television show on which the acting president of Athletics Kenya, the track federation, was also appearing. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11595106&ref=rss.

Friday 26 February

- A press release by CAS (see http://www.tas-cas.org/fileadmin/user_upload/Media_Release_4454.pdf) has two items of interest for the racewalking community
 - a) The cases of Russian racewalkers Vera Sokolova, Elmira Alembekova, Ivan Noskov, Mikhail Ryzhov and Denis Strelkov who all tested positive for EPO at the Saransk race walking centre on 2 June 2015 will be handled by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland. In doing so, CAS will act as a sole instance decision making authority, substituting for the All Russia Athletic Federation (ARAF) whose operations have been suspended by the International Association of Athletics Federations (IAAF).
 - b) The six appeals filed at the CAS by the IAAF in 2015 against the ARAF and Sergey Kirdyapkin, Sergey Bakulin, Olga Kaniskina, Valeriy Borchin and Vladimir Kanaikin are close to conclusion. The hearing in the final case of Yuliya Zaripova is being heard today. The Panel of arbitrators in charge of these matters will issue a decision for each appeal in a few days.
- In that context, an article in Sports.Ru released on the same day saying that Kirdyapkin and Kaniskina have now finished their 3 years and 2 months bans and intend to walk at the 2016 Russian Championships. That might all change depending on the CAS decision. See <http://www.microsofttranslator.com/bv.aspx?from=&to=en&a=http%3A%2F%2Fwww.sports.ru%2Fothers%2Fathletics%2F1037513290.html>.
- And there is more - anti-doping accusations involving middle Russian distance runner Kristina Ugarova and Russian heptathlete Tatyana Chernova have also been referred to CAS (see <http://www.supersport.com/athletics/article.aspx?Id=3415354>). It looks like it's business as usual in Russia!

Monday 29 January

- Some of Russia's Olympic and world champion race-walkers returned to action after serving doping bans in cases that could prove a sticking-point in talks over lifting Russia's ban from global track and field. Among at least three top walkers who returned to competition Saturday in Sochi at the Russian winter championships after serving doping bans were Sergei Kirdyapkin, the reigning Olympic champion over 50 kilometres, and Olga Kaniskina, the 2008 Olympic women's champion. Kirdyapkin and reigning Olympic women's 20k champion Elena Lashmanova are also under investigation for allegedly continuing to race while they should have been suspended for doping offenses. In a separate matter, the Court of Arbitration for Sport will rule in the coming days on whether some top Russian walkers should be retroactively disqualified from the 2012 Olympics, potentially stripping Kirdyapkin of his 50k gold medal, which would pass to Australian Jared Tallent. Let's hope their return to competition is short lived!

A couple of facebook posts summed up what some walkers thought of the news that the drugs cheats are back in action
<https://www.facebook.com/893011157451555/photos/pcb.970033886415948/970028669749803/?type=3&theater>
<https://www.facebook.com/893011157451555/photos/pcb.970033886415948/970028653083138/?type=3&theater>

Tuesday 1 March

- A couple of tweets to finish off the drugs in sport report this week

James Ellingworth

Russian walker Stanislav Emelyanov reportedly not allowed to race again after end of doping ban for non-repayment of Daegu 2011 prize money.

Evan Dunfee

Russian Winter Champs there a "I Erokhin" listed as coach. Hope that not the same Erokhin that has a life ban

- Nine Ethiopian runners, five of them "top athletes," are under investigation for doping, the general secretary of the country's anti-doping agency said Monday, raising fears of another damaging scandal for track and field in the run-up to the Rio Olympics. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11597950&ref=rss.

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

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, 2015	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 (remaining events)

Sun Mar 6, 2016	Ciudad Juarez, Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sun Mar 20, 2016	Nomi, Japan (Asian 20km Race Walking Championships)
Fri Apr 1, 2016	Salinas, Ecuador (South American Race Walking Championships)
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	IAAF Race Walking World Teams Championships, Rome
Sat May 28, 2016	La Coruna, Spain
Jun 22-26, 2016	Durban, South Africa (African Championships)
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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