



HEEL AND TOE ONLINE

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



It will come as no surprise to anyone that this week's Walker of the Week is **Jared Tallent**. We have been waiting a long time for justice to be served and early on Thursday morning it happened, with Russian walker Sergey Kiryapkin being stripped of his London 2012 50km gold following a successful IAAF appeal. He is one of six Russian athletes to have their results annulled, the Court of Arbitration for Sport ruling correctly that Russia's anti-doping agency had been "selective" in its disqualification periods. Jared is now the 2012 Olympic 50km champion (as well as the Olympic record holder), China's Si Tianfeng moves up to silver and Irishman Robert Heffernan is the new bronze medallist.

It was a simple 2 page document from CAS (http://www.tas-cas.org/fileadmin/user_upload/Media_Release_announce_decision.pdf) but it spelt it out very succinctly

Sergey Kiryapkin	All competitive results from 20 August 2009 to 15 October 2012 are disqualified.
Sergey Bakulin	All competitive results from 25 February 2011 to 24 December 2012 are disqualified.
Olga Kaniskina	All competitive results from 15 August 2009 to 15 October 2012 are disqualified.
Valeriy Borchin	All competitive results from 14 August 2009 to 15 October 2012 are disqualified.
Vladimir Kanaikin	Declared ineligible for a period of 8 years starting on 17 December 2012.
Yuliya Zaripova	Also, all competitive results from 25 February 2011 to 17 December 2012 are disqualified. All competitive results from 20 July 2011 to 25 July 2013 are disqualified.

See link http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11611577&ref=rss for a good profile of the 6 Russian athletes in question

There are a lot of medals to be redistributed as a result of this ruling

Zaripov	2011 World Cup and 2012 Olympic Games golds (women's 3000m steeplechase)
Kanisikina	2009 World Champs and 2010 European and the 2011 World Champs golds 2012 World Cup and 2012 Olympic Games silvers (20km walk)
Bakulin	2011 World Champs gold, 2010 European silver (50 km)
Borchin	2009 World Champs and 2011 World Champs golds (20 km walk)
Kanaykin	2011 World Champs silver and 2012 World Cup bronze (20km walk)
Kirdyapkin	2009 World Champs and 2012 World Cup and 2012 Olympics golds (50km walk)

It should all pan out as shown below. Alas, there are still a number of Russians in the medal count (those donated with an *) so we are by no means clean yet but we are at least a bit closer to final resolution. Some of the Russians who still feature can perhaps count themselves lucky. Elena Lashmanova received a two-year ban for a doping violation along with a similar penalty for the majority of her training partners shortly after her 2012 Olympic victory. Further, she is alleged to have competed in December 2014 despite being on suspension. Anisya Kirdyapikina is the wife of Sergey Kirdyapkin who has now been proven to be a drugs cheat. Vera Sokolova was one of 6 Russian walkers suspended in 2015 for drugs violations. Andrey Kriviv is as yet untainted by any drugs bans as is Denis Nizhegorodov but both were part of the Chegin school so it is valid to at least question their performances.

2009 IAAF World Championships

Women 20Km	Gold - Olive Loughnane	Silver - Liu Hong	Bronze – Anisya Kirdyapikina *
Men 20Km	Gold - Wang Hao	Silver - Eder Sanchez	Bronze - Giorgio Rubino.
Men 50Km	Gold - Trond Nymark	Silver - Jesus Angel Garcia	Bronze - Gregor Sudol

2010 European Championships

Men 50Km	Gold - Yohann Diniz	Silver - Gregorz Sudol	Bronze - Robert Heffernan
Women 20Km	Gold - Anisya Kirdyapikina *	Silver – Vera Sokolova *	Bronze - Melanie Seeger

2011 IAAF World Championships

Men 20Km	Gold - Luis Fernando Lopez	Silver - Wang Zhen	Bronze - Kim Hyun-Sub
Men 50Km	Gold – Denis Nizhegorodov *	Silver - Jared Tallent	Bronze - Si Tianfeng
Women 20Km	Gold - Liu Hong	Silver - Anisya Kirdyapikina *	Bronze - Elisa Rigauda

2012 World Cup of Racewalking

Men 50Km	Gold - Jared Tallent	Silver - Si Tianfeng	Bronze - Christopher Linke
Men 20Km	Gold - Zhen Wang	Silver – Andrey Krivov *	Bronze - Ruslan Dmytrenko
Women 20Km	Gold – Elena Lashmanova *,	Silver - Maria Jose Poves	Bronze - Xiuzhi Lu

2012 Olympic Games

Men 50Km	Gold – Jared Tallent	Silver - Si Tianfeng	Bronze - Rob Heffernan
Women 20Km	Gold – Elena Lashmanova *	Silver - Shenjie Qieyang	Bronze - Hong Liu

And of course, other results are also effected. For instance, the Australian men's 20km team (Chris Erickson, Adam Rutter, Luke Adams, Dane Bird-Smith and Rhydian Cowley) will now rise from 4th to 3rd in the 2012 World Cup in Saransk. And what of all the prize monies that have gone to these disgraced athletes. Are these to be repaid?

According to the lawyer representing the banned Russian walkers, they may appeal to the Supreme Court of Switzerland once the reasoning behind the CAS decisions has been made known. Good luck on that one fellas! See <http://www.sport-express.ru/athletics/news/981260/>.

The IAAF released its own press statement (<http://www.iaaf.org/news/press-release/statement-cas-russian-athletes>) and then acted quickly to modify results and IAAF profiles for the banned walkers. For instance, the profile for Sergey Kirdyapkin now shows as follows (see <http://www.iaaf.org/athletes/russia/sergey-kirdyapkin-186367#honours>)

The XXX Olympic Games	f	DQ	London (The Mall)	11 AUG 2012
IAAF World Race Walking Cup 2012	f	DQ	Saransk	13 MAY 2012
13th IAAF World Championships in Athletics	f	DQ	Daegu (DS)	03 SEP 2011
12th IAAF World Championships in Athletics	f	DQ	Berlin	21 AUG 2009

And a couple of final points from the 2012 Olympic 50km result change

- Jared Tallent will now be honoured with an OAM, an award given to all Australian Olympic gold medallists
- Australia moves from 10th to 8th on the 2012 Olympic medal count, moving above Italy and Hungary.

And a special word of commendation for Jared's 2008 coach **Brent Vallance**. In fact, Brent coached an amazing 5 of our 2012 Olympic walkers who are all shown below. Brent is without doubt our greatest ever walks coach, based on his record, which now stands even better with 1 Olympic gold, 1 Olympic silver and 2 Olympic bronzes. What more can I say except well done coach!



Coach Brent Vallance with 2012 Olympic charges Jared Tallent, Claire Tallent, Beki Lee, Regan Lambie and Chris Erickson

A couple of nice video pieces on Jared, from the many that have been in the Australian news over the last week

- <https://au.tv.yahoo.com/sunrise/video/watch/31187088/gold-for-jared-tallent/#page1>
- <https://au.news.yahoo.com/thewest/video/watch/31187842/olympic-gold-medal-for-walker-jared-tallent/#page1>

WHAT'S COMING UP

The remainder of the 2015/2016 Summer Season sees only a few select events remaining

31 Mar -3 Apr	Australian T&F Championships, Sydney (10,000m walks, 8:25PM, Friday 1 st April)
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

I have been sent a copy of our **2016 VRWC winter season fixture** and have added it to the website – you can check it out at <http://www.vrwc.org.au/vrwcw16.shtml>. I am also advised that the committee has decided not to post out copies of the winter season fixture to everyone due to the increased postal rates. Fixtures have been printed and will be available at the club on race days.

CASTLEMAINE NAB 500, CASTLEMAINE, SUNDAY 10 APRIL

Entries are open for our 2016 Castlemaine NAB 500 Walk which will be held on **Sunday 10th April** in Castlemaine. 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 Botanical 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	
20% discount to families of 3 or more walkers		

For further information, contact one of

Tim Erickson, Melbourne

terick@melbpc.org.au

0412 257 496

Michael Gilles-Smith, Castlemaine

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Events in Nature: PO Box 104, Chewton, Victoria 3451

Victorian Race Walking Club: PO Box 5192, Melbourne, Victoria, 3001

LBG CARNIVAL CELEBRATES 50 YEARS

This year will see the 50th Staging of the Lake Burley Griffin Walking Carnival on Sunday 12 June 2016. It started off as a small interstate meet in 1967, with a 20 Mile walk to be contested on the roads around Lake Burley Griffin in Canberra.

ACTRWC are keen to make this 50th LBG Carnival something to remember. Apart from inviting all those old time walkers to return for a special once off celebration, 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. The costs are very reasonable for what is sure to become a collector's item.

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/>.

Orders for VRWC or RWV members must be placed with our VRWC secretary Terry Swan. To help here, I have made up a specific RWV entry form which is at <http://www.vrwc.org.au/documents/RWV%20-%2050th-Anniversary-LBG-Order-Form.docx>. It contains EFT details for payment into our VRWC account. VRWC treasurer Ralph Bennett has also put an online ordering form on the website to make it even easier – see http://vrwc.org.au/wp1/?page_id=876. Note **orders must be placed by 31st March** so download the entry form and action it.



The LBG 50th Memorabilia -on sale now!

SAMA TRACK WALKS, SAATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 24 MARCH

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide - 2 short walks prior to the Summer Season Presentations. Warm, humid evening.

600m Walk

1.	Marie Maxted	3:25	W55
2.	Geoff Byham	3:35	M69
3.	Gil McIntosh	3:37	M65
4.	Geraldine Smith	3:42	W66
5.	James Hoare	3:55	M69
6.	Rodger Barber	3:58	M78
7.	Helen Suridge	4:06	W65
8.	Margaret Trengove	4:09	W72
9.	Mary Abrey	4:12	W65
10.	Graham Harrison	4:20	M72
11.	Jan Layng	4:23	W67
12.	Colin Trengove	4:32	M78
13.	Doug Smart	4:35	M72
14.	Margaret McIntosh	4:51	W63
15.	Jill Rogers	4:52	W71
16.	Edna Bates	5:06	W63
17.	David Robertson	5:24	M82

1 Mile Walk

1.	Mark Worthing	10:07	M53	64.46%
2.	Geoff Byham	10:14	M69	74.95%
3.	Geraldine Smith	10:19	W66	77.09%
4.	Gil McIntosh	10:28	M65	70.03%
5.	James Hoare	10:55	M69	70.26%
6.	Bill Starr	11:08	M73	72.39%
7.	Rodger Barber	11:16	M78	76.58%
8.	Helen Suridge	11:21	W65	69.26%
9.	Jan Layng	11:53	W67	67.74%
10.	Colin Hainsworth	12:50	M86	76.32%
11.	Margaret McIntosh	13:26	W63	57.21%
12.	Edna Bates	13:52	W63	55.43%

ACT WALKERS CLUB TRACK WALKS, WODEN, CANBERRA, THURSDAY 24 MARCH

Thanks to Robin Whyte for the latest results from Canberra. Good walking by young Mitchell Baker, Tim Fraser and Connor Frew.

5000m Walk

1.	Mitchell Baker	24:13
2.	Tim Fraser	24:14
3.	Connor Frew	24:59
4.	Gabby Hunt	25:47
5.	Ann Staunton-Jugovic	27:30
6.	Spencer Burns	27:54

1000m Walk

1.	Laura Burns	4:50
2.	Hannah Manning	5:57
3.	Harry Baker	6:07
4.	Ella Baker	7:10
5.	Jennifer Gilchrist	7:10
6.	Georgia Frew	8:22

7.	Peter Baker	29:58
8.	Kate Black	30:52
9.	Robin Whyte	31:04
10.	Geoff Barker	37:06
11.	Rod Gilchrist	37:15
12.	Doug Fitzgerald	39:56
13.	Val Chesterton	42:25
	Bryan Thomas	DQ

50TH OLOMOUC WALKS MEET, OLOMOUC, CZECH REPUBLIC, FRIDAY 25 MARCH

I haven't found many walk results from this last week, given that is encompassed Easter, but this 10km walk from Olomouc in the Czech Republic saw Slovakian walker **Anton Kucmin** win the men's race with 41:42 and fellow Slovakian **Maria Czaková** win the women's race with 44:56. Special mention to South African walker **Anel Oosthuizen** who came 2nd in the women's race in a PB of 46:35, achieved in bitterly cold conditions (0°C). Only 6 days after a big PB in Dudince (20km in 1:37:49), she shattered her 10km PB time of 48:59 in Olomouc by 2min 24sec. Full results at <http://online.atletika.cz/upload/olomouc%2025.3.2016.pdf>. Article at <http://atletikasvk.sk/Articles/Detail?ArticleId=4265>.

Interesting to see this event being held on Good Friday? The next outing for many of these walkers will be in Podebrady on April 9th.

10km Walk (first 40 finishers)

1.	Kucmín Anton	1984	M	VŠC Dukla Banská Bystrica	41:42
2.	Morvay Michal	1996	M	Hvezda Pardubice z.s.	43:39
3.	Gdula Lukáš	1991	M	Hvezda Pardubice z.s.	43:53
4.	Schrom Pavel	1991	M	VSK Univerzita Brno	44:10
5.	Hlaváč Vít	1997	J	A. C. TEPO Kladno	44:12
6.	Czaková Mária	1988	Ž	VŠC Dukla Banská Bystrica	44:56
7.	Ketner Karel	1990	M	SSK Vítkovice	45:13
8.	Motl Ondřej	1994	M	ASK Slavia Praha	45:41
9.	Oosthuizen Anel	1995	Ž	South Africa	46:34
10.	Malysa Alexandr	1997	J	VSK Univerzita Brno	46:43
11.	Gdula Tomáš	1997	J	Hvezda Pardubice z.s.	47:08
12.	Pazdera Lukáš	1986	M	VSK Univerzita Brno	47:58
13.	Hornáková Monika	1995	Ž	VŠC Dukla Banská Bystrica	48:28
14.	Korvasová Tereza	1996	Ž	USK Praha	48:48
15.	Hlavenka Tomáš	1977	M	AC Moravská Slavia Brno	48:51
16.	Medera Zdeno	1975	M	AK Spartak Dubnica	49:16
17.	Ambrož Vojtech	1991	M	SK Nové Mesto nad Metují	49:33
18.	Kolár Václav	1989	M	AC Slovan Liberec, z.s.	49:58
19.	Švehla Milan	1978	M	AC Moravská Slavia Brno	50:05
20.	Rožnovský Rostislav	2000	Dci	SSK Vítkovice	50:09
21.	Šnajdr David	1971	M	SK Nové Mesto nad Metují	50:39
22.	Hejkrlik Filip	1988	M	SK Nové Mesto nad Metují	50:53
23.	Herberová Hana	1981	Ž	AK Olymp Brno	51:08
24.	Polášek Vít	1994	M	Atletický oddíl Slavia Havírov	51:36
25.	Smola Josef	1964	M	SMOLA CHUZE Praha	51:41
26.	Veselouš Filip	1995	M	AK Hodonín	52:06
27.	Maternová Katerina	1998	Jky	SK Nové Mesto nad Metují	52:09
28.	Kubenkova Veronika	1998	Jky	SSK Vítkovice	53:57
29.	Gorner Tomáš	1981	M	Atletika Klatovy	53:57
30.	Borovicková Lenka	1988	Ž	SK Nové Mesto nad Metují	55:34
31.	Kalát Josef	1955	V	AK Bílina	55:41
32.	Malík Ondřej	1961	M	MŠK Borský Mikuláš	55:50
33.	Závorková Natálie	1996	Ž	TJ Slezan Frýdek-Místek, z.s	55:56
34.	Libnar Vojtech	1999	Dci	SK Nové Mesto nad Metují	56:30
35.	Fliegl Miroslav	1954	V	PSK Olymp Praha,z.s.	56:44
36.	Herman Zbynek	1969	M	TJ Lokomotiva Breclav	57:31
37.	Gromus Petr	1956	M	Atletický klub Olomouc z.s.	58:05
38.	Malysa Jirí	1991	M	Škoda Plzen	58:47
39.	Zecha Jakub	1996	M	Atletický oddíl Slavia Havírov	59:06
40.	Zajíc Jakub	1989	M	TJ Sokol Kolín-atletika	59:30

UBC OPEN T&F MEET, VANCOUVER, CANADA, 25-26 MARCH

The University of British Columbia in Vancouver hosted a 2 day T&F meet at the Rashpal Dhillon Oval to allow students to qualify for the NAIA Outdoor Championships. Amongst the events on offer was a 10,000m track walk which **Evan Dunfee** won comfortably in a time of 44:26.09.

Men 10,000m Race Walk

1.	Evan DUNFEE	CAN	90	44:26.09
2.	Erik THIES	CAN	97	48:45.56
3.	Alger LIANG	CAN	82	DQ

24 HEURES DE CHATEAU THIERRY, CHATEAU THIERRY, FRANCE, 27-28 MARCH

Yes, he was there! Emmanuel Tardi was at the French National 24 hour Walking Champions which were held last weekend in Château-Thierry, 100km the east of Paris. Although the start time was at 1pm on Saturday, the finish was at 2pm on Sunday, due to the annual daylight saving change. The weather was cool initially but eventually deteriorated, with 4 hours of very heavy rain in the middle of the night. The lead changed a number of times in the men's race on the Saturday afternoon with Mathieu Olivares, Emmanuel Lassalle, Eddy Roze and Jean-Marie Rouault taking turns in front. The women's race was more straightforward with the fantastic Sandra Brown leading throughout the afternoon. Roze retired after 60km and then, in the middle of the night, down came the rain and the complexion of the race changed, with Roualt and Corrine Fauqueur taking the lead in their respective races. Rouault held his lead until the end, to win by over 3km, but you can never discount Sandra Brown who stormed back into contention in the last hour, closing a 7 minute gap and passing Fauqueur at the 23:50 mark, to win by just under 100m. The French titles went to Roualt and Fauqueur.

Lots of info and splits at http://www.marchons.com/index.php?option=com_content&view=article&id=908%3A2016-03-2627-les-24-heures-de-chateau-thierry&catid=43%3Alescircuitselectifs&Itemid=64&lang=fr.

Nice article on Emmanuel Lassalle at <http://www.vosgesmatin.fr/sport/2016/03/27/marche-le-vosgien-manu-lassalle-contraint-a-l-abandon-aux-championnats-de-france-de-24-heures>.

Great article and some good photos at <http://france3-regions.francetvinfo.fr/picardie/aisne/les-24-heures-de-marche-de-chateau-thierry-02-961473.html>.

Emmanuel's photos at <https://www.facebook.com/photo.php?fbid=10207730391291924>.

1.	ROUAULT Jean-marie	As Culturelle Francophone	194.472	24h00m00	VEH 01
2.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	191.148	24h00m00	VEH 02
3.	LETOURNEAU Florian	Ac Chateau Thierry	188.573	24h00m00	SEH 01
4.	KERLAU Yves-michel	Cm Roubaix	185.218	24h00m00	VEH 03
5.	GILLES Philippe	Usm Montargis	183.108	24h00m00	VEH 04
6.	BUNEL Xavier	Granville Ac	179.080	24h00m00	VEH 05
7.	VANDENDAUL Daniel	Cabw	173.889	24h00m00	VEH 06
8.	BROWN Sandra (F)	Surrey Walking Club	171.237	24h00m00	VEF 01
9.	FAUQUEUR DUDA Corinne (F)	Entente Littoral Athletisme No	171.138	24h00m00	VEF 02
10.	VANDERCOILDEN David	Cm Roubaix	167.251	24h00m00	VEH 07
11.	LABARRE Bertrand	Cs Provins Athletisme	167.125	24h00m00	VEH 08
12.	NAVARRO Martine (F)	Athle 11*	166.133	24h00m00	VEF 03
13.	DUBOSCQ Daniel	Pass Running	165.619	24h00m00	VEH 09
14.	TOUTAIN Eric	As Culturelle Francophone	165.122	24h00m00	VEH 10
15.	MAISON Sylvie (F)	Strasbourg Agglomeration Athle	164.633	24h00m00	VEF 04
16.	GRASSI Alain	Pass Running	164.119	24h00m00	VEH 11
17.	SALOMEZ Benedicte (F)	Neuilly Sur Marne Athletisme	160.298	24h00m00	VEF 05
18.	SONNOIS Martine (F)	Racing Club Haut-jura Morez	159.223	24h00m00	VEF 06
19.	LOUGRADA	Saadi Cm Roubaix	156.041	24h00m00	VEH 12
20.	BIZARD PLANCHOT Emilie (F)	Thiais Ac	154.932	24h00m00	SEF 01
21.	PIERRE Florence	Athle 55 *	151.312	24h00m00	VEF 07
22.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	151.268	24h00m00	VEH 13
23.	RODIER Nicole (F)	Efs Reims A. *	149.973	24h00m00	VEF 08
24.	WALLAEYS Jean	Ea Romans-bourg De Peage	143.688	24h00m00	SEH 02
25.	HUART Gilles	Asptt Besancon	142.614	24h00m00	VEH 14
26.	CRILLEY Kathy (F)	Surrey Walking Club	141.891	24h00m00	VEF 09
27.	LEROUGE Brigitte (F)	Efs Reims A. *	140.697	24h00m00	VEF 10
28.	BIZARD Claudie (F)	Thiais Ac	140.339	24h00m00	VEF 11
29.	BERTIN Gerard	Ga Basse-seine Bolbec*	133.553	24h00m00	VEH 15
30.	DELANGE Dominique	Aj Auxerre Section Marathon	132.824	24h00m00	VEH 16
31.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	125.669	24h00m00	VEH 17

32.	PIERRE Patrick	Cercle Athl. Castelsarrasinois	123.708	24h00m00	VEH 18
33.	BAUDRILLART Antonio	Pays De Colmar Athletisme*	123.469	24h00m00	VEH 19
34.	MERCIER Jean-pierre	Pays De Colmar Athletisme*	117.959	24h00m00	VEH 20
35.	RASSAIND Andre	Ea Centre Isere*	116.897	24h00m00	VEH 21
36.	BOUFFLERT Eric	Ga Basse-seine Bolbec*	113.109	24h00m00	VEH 22
37.	LANGLOIS Patrick	Marne Et Gondoire Athletisme	112.500	24h00m00	VEH 23
38.	BUNEL Pascal	Neuilly Sur Marne Athletisme	111.000	15h20m14	VEH 24
39.	TOURNOIS Pascal	Asm Bar-le-duc	111.000	15h23m51	VEH 25
40.	BERTHAULT-KORZHYK Annie (F)	Indre Ac *	110.889	24h00m00	VEF 12
41.	TILL Jacques	Waco	109.500	24h00m00	VEH 26
42.	BANO Jean-michel	Ajs La Garde	105.000	13h54m52	VEH 27
43.	LANDRU Noelle (F)	As Corbeil-essonnes	102.483	24h00m00	VEF 13
44.	LASSALLE Emmanuel	Athletic Vosges Entente Clubs*	102.000	12h12m27	SEH 03
45.	HAGHEBAERT Eric	Ac Chateau Thierry	97.500	19h28m19	VEH 28
46.	THIRIOT Louis	Asm Bar-le-duc	91.500	12h14m58	VEH 29
47.	BOVIN Laurent	A Marcheurs St Thibault Des Vi	90.000	13h52m08	VEH 30
48.	VARAIN Cedric	Ac Chateau Thierry	88.500	11h06m33	SEH 04
49.	HERITIER Michel	Sainte Maure Athletic Club	83.456	24h00m00	VEH 31
50.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	75.000	09h53m30	VEH 32
51.	BELUTAUD Jeanne (F)	Marie Nl	73.500	15h03m32	VEF 14
52.	ROZE Eddy	Amiens Uc	67.500	08h03m50	VEH 33
53.	THEVENIN Pascal	Marne Et Gondoire Athletisme	51.000	06h47m47	VEH 34
54.	CHATILLON Nicolas	A Marcheurs St Thibault Des Vi	49.500	06h32m55	SEH 05
55.	LEAUTE Benjamin	Rc Arras*	46.500	06h13m37	SEH 06
56.	LHOEST Daniel	Waco	45.000	05h27m11	VEH 35
57.	LAILLER Patrick	Asptt Tours	36.000	04h40m15	VEH 36
58.	DIEN Daniel	Neuilly Sur Marne Athletisme	34.500	04h21m55	VEH 37
59.	LABORIE Christophe	Essonne Athletic*	33.000	04h06m28	VEH 38
60.	LACROIX Jean-louis	Ac Chateau Thierry	33.000	24h00m00	VEH 39
61.	MORVAN Nicole (F)	Nl Clichy Sous Bois	30.000	24h00m00	VEF 15

2x6 Hours Walk

1.	BIEBUYCK Pascal	Ath	96.414 km	12:00:00	VEH 1
2.	MARECHAL Pascal	Ac Chateau Thierry	91.909 km	12:00:00	VEH 2
3.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	85.491 km	12:00:00	VEH 3
4.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	85.406 km	12:00:00	VEH 4
5.	HIERNARD Alain	Nl	84.914 km	12:00:00	VEH 5
6.	DAUMERIE Cedric	Ac St Sauveur	82.032 km	12:00:00	VEH 6
7.	CHAUVITEAU Daniel	Nl	80.902 km	12:00:00	VEH 7
8.	PLAYE Christophe	Esc Tergnier	77.937 km	12:00:00	VEH 8
9.	LAMOTTE Ginette (F)	Lma 72	74.895 km	12:00:00	VEF 1
10.	BARON Pascal Havre	Ac	62.729 km	12:00:00	VEH 9



Sandra Brown, Corinne Fauqueur and Martine Navarro



Jean-Marie Rouault, Mathieu Olivares and Florian Letourneau (all photos Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 4 press releases this week

- Sat 26 March - Lifetime ban for Viktor Chegin
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2387
- Thu 24 Mar - CAS judgement overrules selective bans given to Russian athletes
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2386
- Wed 23 Mar - ex walker Enrico Lang reviews the first leg of the Italian National Club's Championship in Cassino
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2385
- Tue 22 Mar - Erin Taylor-Talcott becomes the first woman to compete in the World Racewalking Teams Champs 50km
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2384

The omarchador blog was also active with 7 news releases to review

- Mon 28 Mar - Spanish veterans indoor track championships in Antequera
<http://omarchador.blogspot.com.au/2016/03/veteranos-espanhois-disputaram.html>
- Sun 27 Mar - Russian coach Viktor Chegin banned for life
<http://omarchador.blogspot.com.au/2016/03/chyogin-erradicado-do-desporto.html>
- Sat 26 Mar - Kirdyapkin and Kaniskina lose 2012 Olympic medals
<http://omarchador.blogspot.com.au/2016/03/kirdyapkin-e-kaniskina-perdem-medalhas.html>
- Fri 25 Mar - Guatemala and El Salvador dominate Central American Walk Champs
<http://omarchador.blogspot.com.au/2016/03/atletas-da-guatemala-e-de-el-salvador.html>
- Thu 24 Mar - Men's 20km walk at Asian Championships in Nomi
<http://omarchador.blogspot.com.au/2016/03/campeonatos-asiaticos-de-20-km-marcha.html>
- Wed 23 Mar - Tontodonati and Di Vincenzo in Italian 20km champs in Cassino
<http://omarchador.blogspot.com.au/2016/03/tontodonati-e-di-vincenzo-sagram-se.html>
- Tue 22 Mar - Results of Portuguese Race Walking Cup in Vagos
<http://omarchador.blogspot.com.au/2016/03/pechao-e-oliveira-do-douro-conquistam.html>

OUT AND ABOUT

- The Canadian duo of **Inaki Gomez, Evan Dunfee and Ben Thorne** have certainly given the Canadian 20km record a bit of a bashing over the last few years. Walking in Nomi a week ago at the Asian Race Walk Championships, Inaki recaptured the Canadian record that he previously held after placing 13th at the London Olympics. A recap: In 2012, Inaki clocked 1:20:58 to break the record for the first time. Two years later, Evan took possession of the record, clocking 1:20:13 at the World Race Walking Cup. Last year Ben took over the crown when placing 3rd at the World Championship in Beijing in 1:19:57. Now Inaki has improved the record again, as he crossed the line in Nomi last weekend in 1:19:20 for second place. En route he may have set another record, as he split halfway in 39:21, bettering his own 10km mark of 40:01.
- 2015 50km World Champion **Matej Tóth** has been honoured by the city of Dudince, with the City Council awarding him the title of Honorary Citizen. Matej first walked in the Dudince carnival in 1997 as a 14-year-old and has only missed the international walk event twice since then. He has also raced in the European Cup 50km in Dudince, making a total of 20 times in all. Toth is the second honorary citizen of the town. The first, Briton **Peter Marlow**, is also associated with walking. In his long serving roles on the IAAF Walks Committee and as head of the European Athletics Walks Commission, Peter has been a regular visitor to Dudince for many years.
- It looks like English walker **Dominic King** will be going to Rio in the 50km walk: See http://www.gazette-news.co.uk/sport/14377558.King_seals_his_place_at_Rio_Olympics/
- Beetroot is unsurpassed as the ‘superfood’ of choice for runners. But is the humble root really a guaranteed recipe for success. Read more at <http://www.athleticsweekly.com/featured/the-benefits-of-beetroot-40890/#Qqr6y2JlVeR3t6Vy.99>.
- Was London 2012’s 1500m Olympic final the dirtiest race in history? British stars Lisa Dobriskey, Hannah England and Laura Weightman tell Matt Majendie the pain they feel after six of the first nine runners in that race have since been found guilty of doping. See <http://www.independent.co.uk/sport/general/athletics/athletics-doping-crisis-was-london-2012-s-1500m-olympic-final-the-dirtiest-race-in-history-a6949186.html>.
- If all goes according to plan, Italy will have a very strong women’s 20km walk team in Rio, with **Anna Eleonora Giorgi, Elisa Rigaud** and **Antonella Palmisano** all in the medal chances. Great article at <http://www.oasport.it/2016/03/atletica-la-marcia-italiana-punta-sul-trio-giorgi-rigaud-palmisano-verso-le-olimpiadi-di-rio-20162/rio-2016/>. I have pinched this photo from the article as it is just so good.



- Australian walkers going to the World Junior Championships later this year have to self-fund to the tune of \$4000. Victorian **Tayla-Paige Billington** has put a call out for financial help via a crowd surfing campaign. Check it out at <https://www.gofundme.com/d4vfszhg>. Our young walkers need all the help they can get.
- Northern Racewalking posted sad news on about the passing of former English international walker **Charlie Fogg** from pancreatic cancer. Born in Lancashire and a former Commando who rose to high rank in the Police force, he was a GB 50km International and member of the winning Lugano Trophy teams in 1961 and 1963 and also competed in he team in 1965. Many times winner of the Police Barking to Southend race, he remained an active coach right up till the end.
- Canadian walker **Evan Dunfee** continues his blog on the Road to Rio - <http://www.richmond-news.com/sports/road-to-rio-column-learning-the-perils-of-overtraining-1.2217184>.
- The local organising committee of the IAAF World Race Walking Team Championships, which will be held in Rome from 7-8 May 2016, has published the official bulletin for the event. See <http://www.iaaf.org/news/iaaf-news/world-race-walking-team-champs-2016-official>.

I originally called this section #BANGHEGIN and then rebadged it as #BANKIRDYAPKIN. Now that both of these tasks have come to pass, it is time to rename it. I think the new title clearly show my current view on where things stand re Russian athletics.

Tuesday 22 March

- Kenya's Olympic chief Kipchoge Keino warned Tuesday that time was running out to escape a threatened ban if action is not taken to ensure doping is stopped. WADA has given Kenya until April 5 to tighten its anti-doping law and provide the funding for the new Anti-Doping Agency of Kenya (Adak). Keino said the lack of action so far had hampered preparations for the Rio Olympics. "Time is running out. Unfortunately, up to now we have not sat down with the Ministry of Sports to give them our plan for the training of the team," Keino told AFP. See <http://www.nation.co.ke/sports/athletics/Kipchoge-Keino-warns-action-needed-to-avoid-Olympic-ban/-/1100/3129464/-/9gnqq0z/-/index.html>. Wesley Corir also wades into the mire - see <http://www.iol.co.za/sport/athletics/kenya-unlikely-to-meet-wada-deadline-2000530>.
- Russia's wrestling team may not compete at the Rio Olympics after recording "tens" of positive doping results, the head of the Russian Wrestling Federation (WFR) said on Tuesday, further inflaming a widespread cheating scandal in the country. WFR president Mikhail Mamiashvili said an internal investigation had uncovered multiple positive doping tests by Russian wrestlers. "There are tens of positive tests in the team, everyone is in a bad condition psychologically," Mamiashvili told Russia's R-Sport news agency. Mamiashvili did not name the drug to which Russian wrestlers had tested positive. See <http://www.theage.com.au/sport/russian-wrestlers-may-miss-rio-games-because-of-doping-20160322-gnovmx.html>. But only a day later, Russia's wrestling chief says he was misunderstood in comments about doping. It should have been just two cases. Dozens was a reference to all Russian sports. So we will wait and see on that one.
- Australia's first heavyweight boxing champion, Lucas 'Big Daddy' Browne, says he is seeking legal advice following reports he tested positive to a banned substance. Apparently, his A sample has tested positive for Clenbuterol. <http://www.abc.net.au/news/2016-03-22/lucas-browne-big-daddy-heavyweight-tests-positive/7265570?section=sport>.

Wednesday 23 March

- Russia could be in trouble on another drugs front as Swimming's world body FINA promised on Wednesday to investigate "as a matter of utmost urgency" new allegations of Russian doping if they could be substantiated by evidence. The Times newspaper reported earlier that Russia had for years undertaken systematic doping in swimming and covered up test results. See <http://www.sportsfan.com.au/fina-to-probe-russian-doping-claims/tabid/91/newsid/193082/default.aspx>.
- Brian Mariano, a member of The Netherlands' 4x100m relay team that won the gold medal at the 2012 European Championships in Helsinki, has been suspended after failing a drugs test. It has not been announced what substance he tested positive for. See <http://www.insidethegames.biz/articles/1035657/dutch-sprinter-suspended-after-positive-drugs-test>.

Thursday 24 March

- Yet another bombshell revelation, this time in AFL (Australian Football League), seeming to indicate that the league and its 18 clubs are losing the fight against the use of illicit substances. The Melbourne Herald Sun has confirmed up to 11 Collingwood Magpies players had tested positive to drugs over the off-season. This follows on from two of their players - Josh Thomas and Lachie Keffe - being rubbed out for two seasons after being caught with illicit drugs in their systems. But the Pies are not the only club with alarming hair-test results. Industry sources said there was at least two other clubs with higher readings than Collingwood and several clubs in the vicinity of Magpies' results. See http://www.heraldsun.com.au/sport/afl/supercoach-news/supercoach-2016-pick-a-team-in-five-minutes-with-this-lastminute-cheat-sheet/news-story/bb4244f6e817e34db27c96a7b44dfc7f?utm_content=SocialFlow&utm_campaign=EditorialSF&utm_source=HeraldSun&utm_medium=Twitter
- WADA says it has appealed to CAS against a potentially lenient doping ban for Brazil and Shakhtar Donetsk midfielder Fred. Fred is serving a one-year ban applied by South American soccer body CONMEBOL which effectively lets him miss less than four months of matches. The 23-year-old player tested positive for the diuretic hydrochlorothiazide at the 2015 Copa America in Chile. Fred continued playing for Shakhtar, including 10 Champions League qualifying and group-stage matches, while CONMEBOL processed his case. When CONMEBOL ruled in December, the ban was backdated to June and applied only to its competitions. FIFA extended the ban worldwide in February when the Ukraine league was in a three-month midwinter break. See <http://news.yahoo.com/wada-appeals-cas-over-doping-ban-brazils-fred-143935708.html>. Hmm..it does sound rather lenient?
- Thursday morning saw the bombshell CAS announcement banning 6 Russian athletes (**Sergey Kirdyapkin, Sergey Bakulin, Olga Kaniskina, Valeriy Borchin, Vladimir Kanaikin and Yuliya Zaripova**) and stripping them of their various Olympic, World Champs, World Cup and European Champs medals. See http://www.tas-cas.org/fileadmin/user_upload/Media_Release_announce_decision.pdf). One of the big winners was Australian **Jared Tallent** who most now take his place as Australia's most successful T&F athlete.

SUPERLATIVES

- Now most successful & greatest Australian male track & field Olympian (3 medals including 1 gold)
- New Olympic record holder
- Third Olympic medal
- Australia's 21st gold medal in athletics & eighth men's gold
- Wins Australia's 142nd summer Olympic gold medal
- International medals: 3 Olympics, 3 World Championships, 3 World Race Walking Cup and 2 Commonwealth games
- Selected for 2016 World Racing Walk Cup & Olympics: 18 Australian teams, national team members since 2004



JARED TALLENT
Gold 50km Walk
2012 London Olympics

Friday 25 March

- WADA is to investigate allegations that Chinese swimming covered up positive tests ahead of Olympic trials due to be held next month, it announced on Thursday. The Times newspaper reported claims by whistleblowers that five positive tests, two believed to have been failed in October and the others at the turn of the year, were suppressed "to avoid a storm". WADA, which has already said it will probe earlier claims in the newspaper of 'systematic drug use' in Russian swimming, expressed concern. "These are very serious allegations concerning Chinese Swimming that warrant further examination," it said in a statement. WADA is now fully scrutinising the information that The Times newspaper has passed on to us so that we can determine exactly what the appropriate steps are and so that we can address this matter head on." See <http://www.odt.co.nz/sport/athletics/377458/athletics-russian-lose-gold-china-cover-claim>.
- The Kenyan parliament will debate anti-doping legislation next week, as a deadline approaches for the country to fall into line with global rules. National Assembly speaker Justin Muturi says the proposed law will be debated on Tuesday. He has urged lawmakers to pass it, with little time left before an April 5 deadline set by the World Anti-Doping Agency. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11611562&ref=rss.
- New Australian Olympic champion **Jared Tallent** is keeping the pressure on Russia, calling for Russian athletes to be banned from the Rio Olympics. "I'm hopeful that Russia are still banned from the Olympics," Tallent told reporters in Adelaide. "There has been talk that their ban will be lifted before Rio. I'll be incredibly disappointed if they are there. I'm very strongly against Russia competing at the Olympics and I hope that the IAAF and the IOC stand firm." See <http://www.supersport.com/athletics/article.aspx?Id=3456944>.
- And he is not the only one. The following quote from USADA CEO Travis Tygart sums it up pretty nicely. Ban Russia for a few months and allow their athletes to train at home free of drugs testing and then let them back into the Rio Olympics, all primed and ready to rock. I don't think so!!!

“ We absolutely support calls for a broader investigation, and we stand firm in our belief that the penalty for operating a state-supported doping scheme can't just be a four-month free pass from testing - clean athletes deserve better. ”

- USADA CEO
Travis T. Tygart




Saturday 26 March

- Russian race walking coach **Viktor Chegin** has been banned for life for his involvement in doping. The Russian anti-doping agency (RUSADA) said Friday that Chegin was found guilty of two charges related to helping athletes to dope, following an investigation lasting more than 18 months. Chegin turned Russia's race walkers into a world-beating team, including medals at the last three Olympics, and was rewarded with near-total control of a state-funded training center named in his honor. However, his success was undermined in recent years by more than 30 failed tests and doping cases by Russian walkers, most of them linked to his center. They include several Olympic and world champions who had been coached by him personally. See <http://bigstory.ap.org/article/ecc0919e53734f2eba1193f39cf5d7/russian-race-walking-coach-banned-life-over-doping>.
- Anti-doping tests are meant to be sprung on athletes by surprise, to increase the chances of catching cheats unaware. But exceptions are regularly being made on the high-altitude plateaus of western Kenya where legions of runners live and train. Critics say this special treatment gives cheats a potential window of opportunity to beat the system. Training there in February, Canadian marathoner Reid Coolsaet says he got an 8pm call one night telling him to report at 6am the next morning for IAAF testing. After an hour's drive to Eldoret, Coolsaet was met by a who's who of Kenyan stars also called there to give blood, including the Olympic and world champion over 800 meters, David Rudisha, marathon world-record holder Dennis Kimetto and about six others. Coolsaet, a veteran of the 2012 Games and multiple world championships, said it was the first time he'd ever had advance notice of a test. "It was weird," Coolsaet said. "In Canada, I wouldn't know the night before, I would just get a knock on the door." Blood doping experts say cheats tipped-off in advance could use the overnight hours to confound the "Athlete Biological Passport," the tool the IAAF and other sports use to look for tell-tale signs of doping in athletes' blood. "A doped athlete will mask suspicious values by diluting their blood, either by drinking copious fluid or infusing saline," Australian scientist Michael Ashenden said. "It could be argued that it is worse than conducting no test at all, because a doped athlete may cease to be target-tested if they provide manipulated samples that wrongly indicate they are clean." See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11612261&ref=rss.

Sunday 27 March

- Bulgaria's European indoor triple jump silver medallist Gabriela Petrova has tested positive for the recently banned meldonium during an out of competition test, her manager Venitsa Atanasova said on Sunday. The test was conducted in Bulgaria on February 6, she added. Atanasova said that the 23-year-old had taken the substance in 2015 while it was not yet listed as a banned substance by WADA. Petrova won a silver medal in the triple jump at the European Indoor Championships in March 2015 in Prague and was named Sports Person of Bulgaria the same year. See <http://www.supersport.com/athletics/article.aspx?Id=3459774>.

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 31-Apr 3, 2016	Australian T&F Championships, Sydney (10,000m walks on Friday 1 st April)
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/
Sat Apr 23, 2016	First VRWC roadwalks at Middle Park, Melbourne
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)

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

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