



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 29
19 April 2016



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

My walker of the week this time around goes to Melbourne walker **Pam Tindal** who is competing in the W55 division in the Australian Masters Championships in Adelaide at the moment. She is in superb form and has two golds after two events, with wins in Friday's 1500m Walk (7:21.83 89.73%) and Sunday's 5000m walk (26:19.20 88.94%). I hear she had a great battle with WA maestro Lyn Ventris in the W55 5000m and actually scored the win by 15 secs – and it is not often that anyone beats Lyn, who won 3 golds in last year's World Masters Champs in Lyon, France. I also see that Pam earned silver in the W55 800m – a versatile athlete indeed! Well done Pam and good luck for today's 10km roadwalk.



Pam in action last winter at Middle Park (photo Terry Swan)

WHAT'S COMING UP

- The 2015/2016 Summer Season is just about done and dusted – the only remaining track championship is the **Australian Little Athletics Teams Championships** (U13) which will be held at the SA Athletics Stadium in Adelaide next Sunday 24th April. Good luck to all our young walkers who will race over 1500m.
- But before then, our next **VRWC winter season races** will be held at our Middle Park headquarters in Melbourne. Registrations close at 1:45PM but you can save some time in the line by registering online at <http://vrwc.org.au/wp1/>.

Saturday 23 rd April 2016, Middle Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp.			
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

- The ACT Racewalking Club have opened entries for the **50th Lake Burley Griffin Racewalk Carnival** which will be held in Canberra on Sunday 12th June. You can download the entry form from <http://www.actwalkers.com.au/wp-content/uploads/2016/04/2016-Entry-Form.doc>. Once you have filled it in, you send it to your racewalking club secretary, along with your entry fee. For Victorians, that means the following:
 - VRWC members post their forms to our club secretary Terry Swan, c/o G.P.O. Box 5192, Melbourne, Victoria, 3001. Payment can be made by cheque or cash or by direct credit to our VRWC CBA Account. Mark 'LBG' and your name in the Reference field for online payments.
Name: Victorian Racewalking Club
BSB: 063143
Acct Num: 00800455
 - Ballarat Walkers Club members direct their entries to club secretary Kerrie Peart
 - Bendigo Walkers Club members direct their entries to club President Paul Rance
- See all the latest LBG info at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.
- And looking a long way ahead, the **2016 World Masters Athletics Championships** will be held in Perth from Oct 26 -Nov 6. Entries are now open - enter at <http://www.perth2016.com/the-event/register/>. You have plenty of time left to enter - entries close on August 25th. The walks will be held as shown below:
 - Wednesday October 26th 5000m Walk Men
 - Thursday October 27th 5000m Track Women
 - Monday October 31st 10km Road Men and Women
 - Friday November 4th 20km Road Men and Women

RACEWALK VICTORIA UNIFORM UPDATE

All Racewalking Victoria walkers (and that means all VRWC members also) must wear the RWV uniform in the LBG Carnival in Canberra in June. The uniforms manufacturer need 7 weeks to complete uniforms orders so we need to finalise our order by **midnight tomorrow night (ie Wednesday 20th April)**. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp1/rwv-uniforms/>. I will add a few extra items to the order in case your sizing guess is not quite right. Note that you don't need to order singlets as we have plenty of them on stock at our clubrooms.



AUSTRALIAN MASTERS T&F CHAMPIONSHIPS, ADELAIDE, 16-19 APRIL

The Australian Masters T&F Championships have been going since Saturday morning in Adelaide and finish today. The walkers have been in action with 1500m track walks on Saturday, 5000m track walks on Sunday and 10km roadwalks today. On top of that, a number of our walkers have done additional events in other T&F disciplines. I will focus on the walk results – full results from the entire program can be seen at <http://www.samastersathletics.org.au/nationals2016/results.html>.

1500m Walks, Saturday 16 April

The 1500m walks on Saturday were run in a series of heats. Best performances by **Heather Carr, Pam Tindal, Colin Heywood** and **George White** who all scored >85% on the age tables.

W30	1	Holahan, M	NSW	13:23.99	41.92%
W35	1	Simmonds, N	NT	11:37.27	48.79%
	2	Muscat, A	NSW	15:05.60	37.57%
W40	1	Goode, K	SA	10:32.16	55.39%

	2	Kingston, Sharon	ACT	12:29.63	46.71%
W45	1	Wells, Janne	WA	8:59.76	67.50%
	2	Bott, Kirsten	TAS	9:38.05	63.03%
W50	1	Staunton-Jugovic, Ann	ACT	7:53.52	80.19%
	2	Tolardo, Karyn	WA	7:54.02	80.11%
	3	Summers, Debbie	NT	8:36.74	73.48%
	4	Shaw, Robyn	VIC	9:00.56	70.25%
	5	Archer, K	VIC	11:13.14	56.41%
	6	Schild, Raelene	SA	11:49.00	53.56%
	7	Engeler, D	NSW	12:01.13	52.66%
W55	1	Tindal, Pam	VIC	7:21.83	89.73%
	2	Page, Debbie	NT	7:59.58	82.67%
	3	Elms, Donna-Marie	VIC	8:05.62	81.64%
	4	Maxted, Marie	SA	8:13.00	80.42%
	5	Holliday, Gloria	SA	8:21.80	79.01%
	6	Riches, Sandra	NSW	9:40.60	68.29%
W60	1	Leitch, Elizabeth	TAS	9:03.39	76.51%
	2	Wilson, Julie	WA	9:58.67	69.44%
	3	McIntosh, Margaret	SA	12:16.15	56.47%
W65	1	Carr, Heather	VIC	8:00.71	91.26%
	2	Abrey, M	SA	10:41.96	68.34%
	3	Layng, Jan	SA	11:03.52	66.12%
	4	Hill, Avril	SA	11:19.30	64.58%
W70	1	Purcell, Joan	QLD	10:52.27	71.50%
	2	Schickert, Lynne	WA	11:07.61	69.86%
W75	1	Hall, Penny	VIC	11:15.76	74.00%
	2	Johnson, R	WA	11:28.28	72.66%
	3	Beaumont, Margaret	VIC	15:55.07	52.36%
W80	1	Mews, Pam	VIC	12:55.76	69.82%
W85	1	Lee, Heather	NSW	12:10.37	81.33%
	2	Dauphinet, Christiane	QLD	12:16.53	80.65%
M40	1	Prasad, Pramesh	VIC	7:37.97	71.34%
	2	Kingston, Brett	ACT	10:38.93	51.13%
M45	1	Guevara, Argenis	QLD	7:12.30	78.66%
	2	Anderson, M	SA	15:42.60	36.08%
M50	1	Feain, Gerard	VIC	7:54.60	74.70%
	2	Worthing,	M SA	8:42.63	67.83%
	3	Leydon, John	SA	8:56.62	66.07%
	4	Mather, Greg	NSW	9:36.48	61.50%
M55	1	Crump, Peter	SA	8:06.36	76.13%
	2	Moritz, Paul	VIC	9:21.66	65.93%
M60	1	Heywood, Colin	NT	7:24.16	87.40%
	2	Russell, Jack	SA	9:05.35	71.18%
	3	Musters, J	QLD	9:30.17	68.08%
	4	Membrey, H	WA	11:02.75	58.57%
M65	1	McIntosh, Gil	SA	9:41.50	70.32%
	2	West, John	NSW	9:43.73	70.05%
	3	Hoare, James	SA	9:52.40	69.02%
	4	Roberts, Mike	NT	12:36.54	54.05%
M70	1	White, George	SA	8:21.04	86.45%
	2	Dickenson, Russ	VIC	8:50.96	81.58%
	3	Thomas, Bryan	ACT	10:10.63	70.93%
	4	Harrison, Graham	SA	11:00.44	65.58%
M75	1	Ilgoutz, Gunther	VIC	9:09.98	83.94%
	2	Seymon, Jim	NSW	9:14.19	83.31%
	3	Sela, Patrick	QLD	10:24.62	73.91%
	4	Barber, R	SA	10:37.17	72.46%
	5	Hart, B	SA	11:58.11	64.29%
M80	1	Johnson, R	NZ	10:42.29	77.17%
	2	Silcock-Delaney, Colin	VIC	11:00.08	75.09%
	3	Hall, R	WA	11:00.18	75.08%
	4	Smith, L	SA	11:15.78	73.35%
	5	Beaumont, Ian	VIC	12:37.81	65.41%
	6	Robertson, David	SA	13:18.84	62.05%
M85	1	Hainsworth, Colin	SA	12:31.08	71.49%

5000m Track Walks, Sunday April 17th

The 5000m walks on Sunday were also run in a series of heats. Best performances by **Heather Carr, Pam Tindal, Lyn Ventris, Heather Lee, Christiane Dauphinet Colin Heywood and George White** who all scored >85% on the age tables.

W40	1	Kingston, Sharon	ACT	46:14.97	44.44%
W45	1	Rothery, Cherie	SA	32:23.38	66.03%
	2	Wells, Janne	WA	34:00.04	62.90%
	3	Bott, Kirsten	TAS	34:01.09	62.87%
W50	1	Staunton-Jugovic, Ann	ACT	28:13.65	79.05%
	2	Tolardo, Karyn	WA	28:26.80	78.44%
	3	Summers, Debbie	NT	30:45.84	72.53%
	4	Shaw, Robyn	VIC	32:01.95	69.66%
	5	Dean, Cheryl-Lee	WA	32:37.49	68.39%
	6	Schild, Raelene	SA	41:03.65	54.34%
W55	1	Tindal, Pam	VIC	26:19.20	88.94%
	2	Ventris, Lynette	WA	26:34.45	88.09%
	3	Page, Debbie	NT	28:37.86	81.76%
	4	Elms, Donna-Marie	VIC	29:44.42	78.71%
	5	Holliday, Gloria	SA	30:44.37	76.15%
	6	Maxted, Marie	SA	31:39.09	73.96%
	7	Riches, Sandra	NSW	33:18.54	70.28%
W60	1	Leitch, Elizabeth	TAS	31:25.09	78.66%
	2	Wilson, Julie	WA	35:03.90	70.48%
	3	McIntosh, Margaret	SA	42:08.43	58.65%
W65	1	Carr, Heather	VIC	29:04.11	90.41%
	2	Hill, Avril	SA	37:58.88	69.19%
	3	Layng, Jan	SA	38:33.58	68.15%
W70	1	Purcell, Joan	QLD	36:36.55	76.98%
	2	Schickert, Lynne	WA	38:37.88	72.95%
W75	1	Hall, Penny	VIC	38:34.33	79.13%
	2	Beaumont, Margaret	VIC	45:17.74	67.38%
W85	1	Lee, Heather	NSW	42:02.29	88.61%
	2	Dauphinet, Christiane	QLD	43:10.10	86.29%
M40	1	Prasad, Pramesh	VIC	26:04.08	72.54%
	2	Kingston, Brett	ACT	39:32.84	47.82%
M45	1	Guevara, Argenis	QLD	25:41.07	76.60%
M50	1	Feain, Gerard	VIC	28:24.90	72.16%
	2	Leydon, John	SA	31:01.88	66.08%
	3	Mather, Greg	NSW	35:10.37	58.30%
M55	1	Evans, Simon	VIC	26:01.83	82.23%
	2	Crump, Peter	SA	28:37.51	74.78%
	3	Moritz, Paul	VIC	33:41.22	63.54%
M60	1	Heywood, Colin	NT	25:50.10	86.83%
	2	Russell, Jack	SA	32:58.34	68.04%
M65	1	West, John	NSW	33:23.06	70.79%
	2	Marsh, Lawrie	TAS	33:26.45	70.67%
	3	Hoare, James	SA	33:40.65	70.17%
	4	Roberts, Mike	NT	41:25.34	57.05%
M70	1	White, George	SA	28:33.98	87.69%
	2	Dickenson, Russ	VIC	31:11.73	80.30%
	3	Thomas, Bryan	ACT	34:19.13	72.99%
	4	Starr, Bill	SA	36:04.22	69.44%
	5	Harrison, Graham	SA	38:21.17	65.31%
M75	1	Seymon, Jim	NSW	32:14.14	82.93%
	2	Ilgoutz, Gunther	VIC	32:58.58	81.07%
	3	Sela, Patrick	QLD	36:06.37	74.04%
	4	Barber, Rodger	SA	36:53.13	72.48%
M80	1	Silcock-Delaney, Colin	VIC	38:20.31	75.02%
	2	Beaumont, Ian	VIC	43:05.70	66.74%
	3	Robertson, David	SA	45:42.62	62.93%
M85	1	Hainsworth, Colin	SA	41:13.55	75.82%

The final walk events (10km roadwalks) are being held today so I will report on them in next week's newsletter.

COBURG 24 HOUR TRACK CARNIVAL, COBURG, 16-17 APRIL

The annual Australian Centurions 24 Hour qualifying walk was held as usual last weekend alongside the Australian 24 Hour Track Run championships in Coburg, a northern Melbourne suburb. I was there for the duration and, with 17 walkers and 31 runners circulating around the 400m track, it was a great sight which provided its usual amount of high drama.

Conditions were better than last year when we had to endure long hours of heavy overnight rain. This time around, cool daytime conditions (temperatures around 20°C) and brisk overnight conditions (temperatures around 11°C), combined with what could only be described as light winds and the occasional misty drizzle, provided just about ideal conditions for everyone and there were many PBs and big totals. The full results can be seen at <http://www.trailsplus.com.au/results/C24hr2016.pdf>. I will restrict myself to the walkers for whom the challenge was to reach 100 miles (160.934km). That is some 400 laps of the track – a task of monumental concentration and endurance. First to the walk results and then some comments

24 Hour Walk Men

1.	Rob Robertson	53	USA	163.462 km	C68 **
2.	Albertus Van Ginkel	55	NED	160.934 km	C69 **
3.	Louis Commins	67	VIC	134.003 km	
4.	John Timms	53	VIC	126.953 km	
5.	Albin Hess	56	VIC	123.316 km	First timer
6.	Brendan Young	49	VIC	108.891 km	First timer
7.	Phil Essam	54	ACT	103.086 km	
8.	Robin Whyte	74	ACT	102.017 km	C29
9.	John Kilmartin	64	VIC	98.858 km	C67
10.	Saul Richardson	43	NSW	82.940 km	
11.	Clarrie Jack	70	VIC	12.856 km	C4
12.	Ken Carter	63	VIC	11.395 km	

24 Hour Walk Women

1.	Michelle Thompson	47	VIC	173.200 km	C58
2.	Sandra De Graaff	48	NED	161.349 km	C70 **
3.	Dawn Parris	63	VIC	133.251 km	
4.	Val Chesterton	75	ACT	118.696 km	PB 3.118 km
5.	Sandra Howorth	53	VIC	57.408 km	

Overall we had 4 walkers who walked 100 miles or more in the required 24 hour period. For local walker **Michelle Thompson**, it was yet another successful hundred (her fourth) but for USA's **Rob Robertson** and for Dutch walkers **Sandra de Graaff** and **Bertus van Ginkel**, it was their first in Australia and hence an Australian Centurion badge to add to their existing collection – Rob is an American Centurion and Sandra and Bertus have Continental and English Centurion badges. They become Australian Centurions C68, C69 and C70 for their gallant efforts.

Michelle Thompson	AUS	C58	20:25:02
Rob Robertson	USA	C68	23:13:53
Sandra de Graaff	NED	C69	23:45:32
Bertus van Ginkel	NED	C70	23:46:36

Sandra, Bertus and Rob formed a train, walking one behind the other for almost the entire race until Rob kicked clear towards the end. It was wonderful to watch and I can honestly say it is the first time I have seen this sort of thing done over such an extended timeframe. Rob's blog at <http://www.walk100miles24hours.com/2016/04/17/2016-australian-centurion-qualifier/#comment-120> makes for great reading.

We did have a number of records broken. As usual, Michelle Thompson chipped away at her Australian Open Residential records, setting two new ones as follows, before she showed down and enjoyed the second half at a more leisurely pace.

Michelle Thompson	Australian Open Record (Residential)	100km	11:38:04
Michelle Thompson	Australian Open Record (Residential)	12 Hours	103.217km

The other record breaker was 75 year old **Val Chesterton** of ACT Race Walking Club in Canberra. Val last walked in our 24 Hour qualifier in 2009, setting a PB of **115.578km**. Now 6 years later and at 75 years of age, she has bettered that time with 118.696km. As no W75 woman has ever walked 50km or further, she will set inaugural W75 Australian records for 50km, 50 Miles, 100km, 6 Hours, 12 Hours and 24 Hours – now that is pretty impressive stuff.

The meet also included the annual Racewalking Australia 100km track walk championships, decided by the order in which the walkers passed that milestone. I do not as yet have the full lapsheet printouts so I can't confirm times (except for Michelle) but the placings are as follows

Australian 100 km Track Walk Championship Men

1. Rob Robertson USA TBA
2. Albertus van Ginkel NED TBA
3. Robin Whyte ACT TBA

Australian 100 km Track Walk Championship Women

1. Michelle Thompson VIC 11:38:04
2. Sandra de Graaff NED TBA
3. Dawn Parris VIC TBA



Placegetters Michelle Thompson, Sandra de Graaff, Bertus van Ginkel. Rob Robertson, Dawn Parris and Louis Commins



New Australian Centurions finishing their hundreds – Rob Robertson (C68), Sandra de Graff (C69) and Bertus van Ginkel (C70)



100km+ to John Timms, Robin Whyte, Val Chesterton, Phil Essam, Brendon Young and Albin Hess

SARWC ROAD WALKS, PEACOCK RD, ADELAIDE PARKLANDS, SATURDAY 16 APRIL

Good numbers at the South Australian Race Walking Club winter season races which were held in the Adelaide Parklands last Saturday. Good to see former ACT walkers Lachlan Wilkinson signing on for the winter with his new club.

12km Open

- | | | | |
|----|-------------------|------|---------|
| 1. | Lachlan Wilkinson | M35+ | 1:19:02 |
| 2. | Bill Starr | M35+ | 1:28:01 |

6km U16/U18

- | | | | |
|----|--------------------|-------|-------|
| 1. | Alix Harlington | MU18 | 31:40 |
| 2. | Rhiannon Lovegrove | FU18 | 32:19 |
| 3. | Tristan Camilleri | MU16 | 32:38 |
| 4. | Royrie Upton | MOpen | 37:58 |
| 5. | Chloe Upton | FU16 | 40:09 |

3km U14

- | | | | |
|----|-----------------|------|-------|
| 1. | Jake Vidler | MU18 | 14:09 |
| 2. | Jay Goode | MU18 | 16:04 |
| 3. | Bethany Cross | FU18 | 16:36 |
| 4. | Victoria Upton | FU14 | 17:05 |
| 5. | Mathew Bruniges | MU16 | 19:44 |
| 6. | Adrian Upton | MU14 | 20:57 |
| 7. | Aleesha Vidler | FU14 | 21.00 |

1.5km U10/U12

- | | | | |
|-----|----------------|------|-------|
| 1. | Joe Cross | MU16 | 6:58 |
| 2. | Olivia Sandery | FU14 | 7:55 |
| 3. | Talisha Skein | FU14 | 7:56 |
| 4. | Hayley Goode | FU16 | 8:05 |
| 5. | Brooke Nangle | FU16 | 8:36 |
| 6. | Brooke Palmer | FU14 | 8:37 |
| 7. | Kitarni Upton | U12 | 8:38 |
| 8. | Noah Goldie | MU14 | 8:58 |
| 9. | Seth Upton | MU12 | 9:03 |
| 10. | Kiera Ross | FU12 | 9:33 |
| 11. | Paige Psaila | FU14 | 10:03 |
| 12. | Joshua Goldie | MU10 | 10:19 |
| 13. | Edward Upton | MU10 | 10:19 |

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SATURDAY 17 APRIL

Queensland Race Walking Club opened their winter season last Saturday with races at Kalinga Park. 23 walkers in total. It can be pretty hot up there at this time of the year.

5km

- | | | |
|----|-----------------|-------|
| 1. | Ignacio Jimenez | 25.52 |
| 2. | Peter Bennett | 26.07 |
| 3. | Ethan Clarke | 29.49 |
| 4. | Callum Haig | 32.18 |
| 5. | Noela McKinven | 40.41 |

2km

- | | | |
|----|--------------------|-------|
| 1. | Millie Schofield | 10.25 |
| 2. | Ashanti Heap | 12.15 |
| 3. | Scarlett Schofield | 12.50 |
| 4. | Sophie Porter | 14.10 |
| 5. | Korey Brady | 14.32 |

3km

- | | | |
|----|------------------|-------|
| 1. | Caitlin Hannigan | 16.32 |
| 2. | Anika Clarke | 17.02 |
| 3. | Bella Schofield | 17.25 |

1km

- | | | |
|----|---------------|------|
| 1. | Lyla Williams | 5.58 |
| 2. | Luke Heylen | 5.59 |
| 3. | Ella Muir | 6.00 |

4. Jade Pearson	18.13	4. Charlotte Porter	7.00
5. Bridie Mulcaster	18.15	5. Liam Heylen	13.01
6. Jonathan Wearne	19.23		

0.5km

1. Makenna Clarke	3.15
2. Charlotte Brady	4.36

BALLARAT RACEWALKING CLUB - PRESIDENT'S CUP, LAKE WENDOUREE, BALLARAT, SUNDAY 17 APRIL

Thanks to Wayne Peart (President) for results and photos from Sunday's races in Ballarat, country Victoria.

A small but keen group of walkers greeted the starter this weekend in the 3km Handicap President's Cup, with many of our younger walkers coming back a little underdone after a well earned Easter Break. It was Sarah Brennan who led out from the start, walking an impressive 15:55, continuing on with her recent good form to take the win on handicap and fastest time. Fraser Saunder and Scott Peart filled the minor placings.

Presidents Cup 3km Handicap

1. Sarah Brennan	15:55	
2. Fraser Saunder	18:31	
3. Scott Peart	20:37	PB: 0:16
4. Mia Darlow	23:38	
5. James Pendred	23:47	

2km Walk

1. Kayla Brigdes	14:24
------------------	-------



President's Cup winner Sarah Brennan

NSWRWC ROAD WALKS, CHIPPING NORTON, SYDNEY, SATURDAY 9 APRIL

Finally, back a week for the start of the NSW Race Walking Club's winter season which was held at Chipping Norton on Saturday 9th April. Fast walking by Tyler Jones in the 8km division(36:10).

Long Division 8km

1. Tyler Jones	36.10
2. Carl Gibbons	38.44
3. Travis Barendregt	54.47

Medium Division 6km

1. Dylan Richardson	30.28
2. Chelsea Goodhew	33.11

U16 Division 2km

1. Ryan Vesper	11.00
2. Janaya Lee	11.48
3. Brooke Martin	12.09
4. Elie De Celis	12.10
5. Chloe McLoughlin	12.18
6. Jessica Rocchetto	12.30
7. Jada Thompson	13.00

3. Kyle Bedford	33.14	8. Catherine Young	13.12
4. Samantha Brown	34.11	9. Emma Thomas	13.29
5. Shanae Norton	34.36	10. Davina Lee	13.38
6. Tiffany Saker	34.57	11. Stacie Becroft	13.41
7. Ryan Thomson	35.49	12. Dana Lee	13.47
8. Judy Brown	52.59	13. Paige Lee	14.37
		14. Kara Reid	16.54

Short Division 3km

1. Allannah Pitcher	15.03
2. Hayden Blaskett	15.56
3. Haley Mills	17.12
4. Amy Henry	17.33
5. Brittany Robertson	18.50
6. Danielle Vesper	18.52
7. Tanisha Blake	20.51
8. Nicolle Challinor	22.58
9. Nicole Nilon	23.42
10. Annette Tillman	28.29

U12 Division 1km

1. Peter Elliott	6.06
2. Isabelle Nilon	6.13
3. Shaq Lee	6.27
4. Jordan O'Neill	6.38
5. Rhianni Degan	6.47
6. Ella Becroft	7.06
7. Sienna Pitcher	8.33
8. Amelia Crocker	8.42

U10 Division 0.5km

1. Cara-Lee Lee	4.44
-----------------	------

ALL JAPAN RACE WALKING MEETING, WAJIMA, JAPAN, SUNDAY 17 APRIL

Last Sunday morning saw the 100th edition of the Japanese 50km Roadwalk Championship. The race was also their 50km Olympic selection trial and was held, as per normal, at the seaside town of Wajima. This event always seems to coincide with the IAAF Race Walking World Teams Championship and hence the Japanese never field a 50km team in this major IAAF meet. This does indeed seem strange to me but that's the way the like it so who am I to argue. The 50km forms part of the "All Japan Race Walking Meeting", a two day carnival with a lot of other walk events on offer.

Day 1 (Saturday) saw U20 and Open 10km roadwalks contested on a sunny day with a temperature around 22°C. With the men's race starting at 1PM and the women's race starting at 1:05PM, there were over 100 walkers in action on the 1km loop course, a spectacular sight indeed. Alas, only limited results yet but general reports in http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2401 and <http://omarchador.blogspot.com.au/2016/04/takahashi-destaca-se-nos-10-km-de-wajima.html>.

10km road walk men

The men's race saw **Eiki Takahashi** win in a new **Japanese record time of 38:03**, breaking his own record and signalling that he will be one of the favourites in the World Teams Championships 20km race next month in Rome. With second place going to **Gai Saito** 41:55 and third going to **Masataka Ozeki** 41:55, he was a long way ahead. Interviewed after the race, Takahashi said he did not expect to break the record in the race, but he knew he was fit and was seriously looking to break 38 minutes at one time or another soon. His 1km splits read as follows: 7.18, 14.54(7.36), 22.37(3.53), 30.25(7.48) and 38.03(7.38). The first U20 walker was **Masatora Kawano** with 41:04, ahead of **Ryutarou Yamamoto** 41:22 and **Yasushi Morita** 41:36. Selections for the World Junior Championships in Poland should be guaranteed to first two athletes.

Senior 10km Men (first 20 only)

1. TAKAHASHI EIKI	18:44	38:03
2. SAITO GAI	20:38	41:55
3. OZEKI MASATAKA	21:13	42:39
4. OOSHIMA YUTO	21:10	42:52
5. NAKAGAWA TAKESHI	20:58	43:08
6. HIWATARI YUTO	21:12	43:33
7. OKUNO TETSUYA	21:28	44:16
8. AWANO KEISUKE	21:39	44:28
9. DAITO YUTA	22:05	44:51
10. UEDA TAKAHIKO	22:00	45:04
11. AOYAGI ITARU	22:17	45:12
12. KIDO DAICHI	21:55	45:21
13. KOMURA KEITARO	22:45	46:05
14. TAKEDA HIROAKI	23:07	46:15
15. OGASAWARA RYO	22:05	47:08
16. KAMATANI TAKUMI	22:27	47:11
17. NAGASAWA TAKUMI	21:58	47:37
18. MAGOTA AYATO	23:33	47:39
19. OYA SATOSHI	23:34	47:40
20. NIWA YOSHIAKI	23:05	47:56

10km road walk women

Chiaki Asada has no difficulty in winning the Open Womens's 10km with 45:34 (22:42, 22:52), ahead of **Goto Rena** 46:11 and **Sae Matsumoto** 48:09 while the U20 title went to **Yukiho Mizoguchi** in 46:54 ahead of **Saori Nishimura** 47:47 and **Maika Yagi**.

Senior 20km Women

1.	ASADA CHIAKI DNP	22:42	45:34
2.	GOTO RENA	22:42	46:11
3.	MATSUMOTO SAE	23:26	48:09
4.	SONODA SERENA	23:52	48:12
5.	UENO YUKA	23:51	48:55
6.	YAMADA CHIKA	24:42	50:25
7.	SHIRAI MANAKA	25:02	50:36
8.	AOKI YUIKO	26:14	54:02
9.	TAHIRA CHIHO	26:36	54:16
10.	TSUSHIMA REIRA	27:32	56:22
11.	NAKANO MEGUMI	26:51	57:51

Day 2 (Sunday) saw the Japanese 50km championship and the weather could not have been more different, with heavy rain early and an buffeting westerly wind which characterized the first 30km of the event and returned again later. Again well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2403 and <http://omarchador.blogspot.com.au/2016/04/tanii-vence-50-km-de-wajima.html>.

50km Championship

Takayuki Tanii went straight to the lead, passing 10km in 44:17, just over 30 secs ahead of **Hirooki Arai** and Takuyua Yoshida. Yoshida was shown the red flag by the 15km mark and was out of the race. At 20km, Tanii was still in front (1:28:27), ahead of Arai (1:29:38) who had now been joined by Yuki Yamazaki, but Yamazaki's stay at the front was short lived and he soon faded. The race complexion changed around the 30km mark as the wind finally dropped and the sun came out. Arai continued to chase and was gradually closing the gap, but not fast enough, Tanii going on to win in 3:44:12 with Arai second in 3:44:46. Almost immediately, wild weather broke loose, stron winds sending the posting boards and the gazebos of the juries and timekeepers flying and the remaining walkers had to battle the conditions which made walking almost impossible. An exciting race on all fronts!

1.	Takayuki Tanii	JPN	83	3:44:12
2.	Hiroki Arai	JPN	88	3:44:47
3.	Hayato Katsuki	JPN	90	3:52:07
4.	Yuki Ito	JPN	92	4:12:19
5.	Toru Yamamoto	JPN	90	4:14:06
6.	Hideaki Miyajima	JPN	94	4:24:42
7.	Takahito Otsubo	JPN	85	4:26:58
8.	Takafumi Higuma	JPN	82	4:27:55
9.	Tatsuya Tanaka	JPN	90	4:31:47
10.	Takane Sato	JPN	93	4:33:10
11.	Arata Saito	JPN	84	4:45:44
	Takuma Toyama	JPN	96	DNF
	Yuki Yamazaki	JPN	84	DNF
	Yusaku Shirinashiha	JPN	96	DNF
	Takuya Yoshida	JPN	90	DQ

SOUTH AFRICAN T&F CHAMPIONSHIPS, STELLENBOSCH, 15-16 APRIL

African champion **Lebogang Shange** won yet again, securing the national title in the South African men's 20km race walk championship with 1:20:42, holding off **Wayne Snyman** by four seconds in a tight contest. Shange's performance was the second-best of his career and just 36 seconds short of the national record he set earlier this year. Snyman, meanwhile, improved his best by nearly a minute. The women's title went to Anel Oosthuizen with 1:37:21.

Men 20km Race Walk

1.	Lebogang SHANGE	RSA	90	1:20:42
2.	Wayne SNYMAN	RSA	85	1:20:46
3.	Sizwe NDEBELE	RSA		1:28:58
4.	Mthembi CHAUQUE	RSA	93	1:29:22
5.	Aaron MAHLANGU	RSA		1:34:59
6.	Mojalefa MOLISE	RSA	88	1:36:02
7.	Ntombela LINDOKUHLE	RSA		1:41:01
8.	Mihunzi MNISI	RSA		1:41:58
9.	Dannyboy SEHEMO	RSA		1:42:09
	Mduduzi MABVUNDLA	RSA		DNF
	Ntoane NTOANE	RSA	95	DNF
	Vukani MDUNGE	RSA		DQ

Gideon CILLIE RSA 77 DQ

Women 20km Race Walk

1.	Anel OOSTHUIZEN	RSA	95	1:37:21
2.	Corli SWART	RSA	91	1:41:46
3.	Zelda SCHULTZ	RSA		1:44:18
4.	Natalie LE ROUX	RSA		1:44:55
	Chanice KLINK	RSA		DQ

SWEDISH INDOOR CHAMPIONSHIPS, ESKILSTUNA, SWEDEN, SUNDAY 17 APRIL

Some great racing in the Swedish Indoor T&F Championships 5000m walk with **Perseus Karlström** winning in a superb PB 18:56.87 ahead of **Ato Ibáñez** 19:37.10. Perseus' time broke Stefan Johansson's 1992 meet record of 19:11.3 and moves him to second overall behind Stefan Johansson's 18:27.95 from the 1992 IAAF Indoor Championships in Genoa when he took bronze. The women's 3000m walk was safely won by **Monica Svensson** 14:01.06, ahead of **Siw Karlström** 15:05.29

5000m Men

1.	Perseus Karlström	1990	Eskilstuna FI	18:56.87
2.	Ato Ibáñez	1985	Eskilstuna FI	19:37.10
3.	Christer Svensson	1969	Växjö AIS	23:54.34
4.	Fredrik Sandmer	1994	SK Svängen	24:17.85
5.	Anders Wahlström	1966	Södra Ölands GK	25:16.12
6.	Rasmus Sandmer	1999	SK Svängen	30:40.30
7.	Remo Karlström	1988	Eskilstuna FI	-

3000m Women

1.	Monica Svensson	1978	Växjö AIS	14:01.06
2.	Siw Karlström	1957	Eskilstuna FI	15:05.29
3.	Ellinor T Hogrell	1968	Enhörna IF	16:24.30
4.	Helena Sandmer	1992	SK Svängen	16:53.83
5.	Julia Ibrahim	1996	GK Steget	18:18.01
6.	Jennifer Ibrahim	1995	GK Steget	18:30.45
7.	Jessica Ibrahim	1998	GK Steget	19:23.85
8.	Maria Aydin	1993	GK Steget	19:24.04



Swedish men's 5000m indoor podium – Ato Ibanez, Perseus Karlstrom and Christer Svensson

BALKAN RACE WALKING CHAMPIONSHIPS, FLÒRINA, GREECE, SUNDAY 18 APRIL

The Balkan Championships 20km road walk championships last Sunday in Flòrina, Greece, served as the official Olympic Games qualifier for a number of countries. Unfortunately, even though the races were held on a beautiful 2km course in the industrial area of Flòrina, the day was hot with temperatures exceeding 30°C.

Victory in the men's race went to **Adrian Ionut Dragomir** (ROU) with a time of 1:31:32, ahead of **Özgür Ozan Pamuk** (TUR) 1:31:58 and **Predrag Filipovic** (SRB) 1:32:48. 14 walkers started, of whom 9 completed the race. The women's race saw Greece's **Panagiota Tsinopoulou** win comfortably in a time of 1:38:29, ahead of teammate **Ekaterini Theodoropoulou** (1:43:29) and Serbia's **Dusica Topic** 1:44:37.

20km Men

1.	DRAGOMIR Adrian Ionut	1994	ROU	1:31:32
2.	OZAN PAMUK Özgür	1993	TUR	1:31:58
3.	FILIPOVIC Predrag	1978	SRB	1:32:48
4.	KELEPOURIS Efstratios-Georgios	1996	GRE	1:35:36
5.	ÇELIK Recep (OOC)	1983	TUR	1:35:36
6.	FILIPOVIC Nenad	1978	SRB	1:36:31
7.	VAITS?S Ioannis	1995	GRE	1:38:19
8.	RUZZIER Fabio	1953	SLO	2:03:00
	DOGAN Serkan	1992	TUR	DQ
	LALOV Petar	1992	BUL	DQ
	GAFITA Andrei	1996	ROU	DNF
	MINKOV Nilolay	1996	BUL	DNF
	KOKIC Dalibor	1982	CRO	DNF
	TSORDIAS Dimitris (OOC)	1996	GRE	DNF

20km Women

1.	TSINOPOULOU Panagiota	1990	GRE	1:38:29
2.	THEODOROPOULOU Ekaterini	1993	GRE	1:43:29
3.	TOPIC Dušica	1982	SRB	1:44:37
4.	GOGOVI Danica	1996	SRB	1:49:32
5.	SIMEONOVA Radosveta	1993	BUL	1:52:56
6.	KOÇ Elif	1993	TUR	1:56:15
7.	ADAS Nergiz	1995	TUR	2:11:31
8.	YANKOVA Emanela	1978	BUL	2:25:15
	RODEAN Ana Veronica	1984	ROU	DNF
	ACATRINEI Mihalea	1995	ROU	DNF

10km U20 Men

1.	KORKMAZ Salih	1997	TUR	0:46:12
2.	DOGARU Victoras Ionut	1997	ROU	0:47:39
3.	ÖZBEK Mustafa	1997	TUR	0:48:47
4.	SAY Abdullah (OOC)	1997	TUR	0:49:31
5.	PISTOLIA Elton	1998	GRE	0:51:20
6.	ZEC Edin	1997	BIH	0:52:05
7.	RADOI Pavel Remus	1998	ROU	0:52:20
8.	ERGIN Hakan (OOC)	1997	TUR	0:52:25
9.	MIJALKOVIC Stefan	1997	SRB	0:53:24
10.	DIMITROV Zlati	1997	BUL	0:58:32
11.	RADEV Zlatomir	1998	BUL	1:00:00
	PEŠIC Predrag	1998	SRB	DQ
	TESOVNIK Anže	1998	SLO	DNF
	KALAITZIDIS Konstantínos	1997	GRE	DNF

10km U20 Women

1.	MPOHORI Dimitra	1998	GRE	50:00
2.	VAITS? Athanasia	1998	GRE	53:15
3.	ARSLAN Yeter	2000	TUR	53:41
4.	KURT Meral	1998	TUR	54:47
5.	ALIKANIOTI Sofia (OOC)	1998	GRE	55:14
6.	ROJNEAI Andreea Patricia	1998	ROU	55:29
7.	MILOSAVLJEVIC Jovana	1998	SRB	60:36
8.	MEHMED Dzansel	1998	BUL	66:17
9.	PETKOVA Ivanina	1997	BUL	67:46
	SIMINICEANU Gabriela	1998	ROU	DNF

10km U18 Boys

1.	DANIS Abdülaziz	1999	TUR	47:02
2.	TZATZIMAKIS Georgios	1999	GRE	47:18
3.	MANGU Stefan Cristian	1999	ROU	47:47
4.	IMUK Abdülselem	1999	TUR	51:34
5.	TSAROUCAS Themistoklis	2000	GRE	52:51
6.	ROTARU Natanael	1999	ROU	54:29

7.	IHSAN Edis	2000	BUL	59:47
8.	STOYANOV Stoyan	1999	BUL	62:21
	DELCEV Jovan	1999	SRB	DQ

5km U18 Girls

1.	BEKMEZ Meryem	2000	TUR	24:28
2.	TEKDAL Ayse	1999	TUR	24:45
3.	BOTEZ Andra Elena	2000	ROU	25:17
4.	SEFERIADI Maria (OOC)	2001	GRE	25:30
5.	KONTOGIANNI Aliko	1999	GRE	26:08
6.	PANTA Roxana	1999	ROU	28:15
7.	CANADI Eva	2000	SLO	29:27
8.	KRASIMIROVA Gabriela	1999	BUL	29:28
9.	PAPOVIC Marija	2000	SRB	31:06
10.	STEFANOVA Kristiana	2000	BUL	31:06
11.	DIMITROV Milja	1999	SRB	31:51
	FILTISAKOU Kyriaki	2000	GRE	DNF

RACE WALKING MEET, ZANIEMYSL, POLAND, SATURDAY 16 APRIL

And to Poland for a racewalk meet in Zaniemysl. Not sure if they were championships or just a regional meet.

Open Men 20km Race Walk

1.	Rafal SIKORA	POL	87	1:27:44
2.	Daniel CHOJECKI	POL	94	1:33:36
3.	Lukasz BIELECKI	POL	94	1:36:35
4.	Damian KLAWIKOWSKI	POL	96	1:39:26
5.	Grzegorz GRINHOLC	POL	77	1:40:23
6.	Jacek CYNGOT	POL	96	1:42:33
7.	Marek KUBAS	POL	96	1:43:19
8.	Miroslaw LUNIEWSKI	POL	57	1:50:14

Open Women 20km Race Walk

1.	Katarzyna ZDZIEBLO	POL	96	1:34:49
2.	Angelika AUGUSTYN	POL	96	1:46:00
3.	Kinga MAJCHROWICZ	POL	95	1:46:21
4.	Antonina LOREK	POL	95	1:58:31

U20 Men 10km Race Walk

1.	Robert GOLAWSKI	POL	98	45:59
2.	Adrian KLONOWSKI	POL	97	48:14
3.	Michal KAMINSKI	POL	97	49:22
4.	Jakub BACHOR	POL	98	49:53
5.	Piotr JACHER	POL	98	50:34
6.	Sebastian TARA	POL	97	52:52

U20 Women 10km Race Walk

1.	Olga NIEDZIALEK	POL	97	50:53
2.	Zofia KREJA	POL	97	50:59
3.	Malgorzata JACHER	POL	97	53:17
4.	Agata KOWALSKA	POL	98	55:20
5.	Wiktoria MLYNEK	POL	98	55:57
6.	Iza LICKIEWICZ	POL	97	56:11
7.	Karolina KOZIARSKA	POL	98	56:30
8.	Marta STANKOWSKA	POL	98	57:18
9.	Nikola CHODECKA	POL	98	58:17
10.	Alicja KUKIER	POL	97	58:21
11.	Patrycja WILSKA	POL	98	59:10
12.	Kornelia PRZESTRZELSKA	POL	98	60:22

U18 Boys 10km Race Walk

1.	Lukasz NIEDZIALEK	POL	00	48:48
2.	Radoslaw SÓJKA	POL	00	52:02
3.	Pawel JEZ	POL	99	52:23

U18 Girls 5km Race Walk

1.	Zuzanna DRYGALSKA	POL	99	25:23
----	-------------------	-----	----	-------

2.	Julia MADRA	POL	00	25:44
3.	Patrycja OLEJNIK	POL	99	26:29
4.	Wiktoria RAS	POL	00	26:59
5.	Michalina JASKOWIAK	POL	99	27:57

U16 Girls 3km Race Walk

1.	Agata PIEKARZ	POL	01	15:38
2.	Aurelia BARSZCZ	POL	01	15:59
3.	Luiza PLAK	POL	01	16:04
4.	Marcelina OSINSKA	POL	02	16:07
5.	Agnieszka WYPYCHOWSKA	POL	01	16:41
6.	Patrycja RUSEK	POL	02	16:55
7.	Kinga SKOBEL	POL	01	16:58
8.	Natalia WESTFAL	POL	01	17:04

BRAZILIAN JUNIOR CLUB CHAMPIONSHIPS, SÃO BERNARDO DO CAMPO, BRAZIL, 15-17 APRIL

U20 Men 10,000m Race Walk

1.	Matheus DE LIZ CORREA	BRA	99	47:59.38
2.	Murilo RIBEIRO DA SILVA	BRA	00	48:21.80

U20 Women 10,000m Race Walk

1.	Milena Francisca DE SOUZA	BRA	97	54:39.62
2.	Silmara DOS SANTOS	BRA	97	56:08.07
3.	essica VITAL	BRA	97	56:09.16
4.	Nayara MONTEIRO	BRA	97	56:20.03

JUSTAS DE ATLETISMO T&F MEET, MAYAGÜEZ, PUERTO RICO, 14-16 APRIL

Men 5000m Race Walk

1.	Luis COLÓN	PUR		20:21.48
2.	Jan FIGUEROA	PUR		20:52.98
3.	Jan RAMIREZ	PUR	94	21:14.18
4.	David MATOS	PUR		21:21.37
5.	Jose APONTE	PUR		21:34.04
6.	Pablo ROSARIO	PUR		22:35.55

Women 3000m Race Walk

1.	Amanda COLON	PUR		15:00.43
----	--------------	-----	--	----------

VETERANS AC 5 MILE ROAD, BATTERSEA PARK, LONDON, TUESDAY 12 APRIL

This one from <http://www.vetsac.org.uk/Results-2016.html>. A warm sunny Tuesday evening ushered in the first fixture of the Veterans Athletics Club season in London. Peter Hannell reported

Behind comfortable winner, Daniel Halmstrand (Belgrave), Spanish member Carlos Corrales went with Peter Ryan (Ilford) but was soon dropped. Shaun Lightman started with second claim member Paul King but after 2 miles King was dropped and Lightman pressed on to catch Carlos. However Carlos dramatically increased his pace and dropped Lightman at 3 miles to finish in 3rd spot nearly 2 minutes clear of Lightman and this in spite of completing a biathlon between this event and Saturday's 15km. King followed about the same distance behind Shaun. Further down the field race organiser David Hoben had a solitary race as did Dave Delaney. With the previous hard race most times were unexceptional but the winner who is relatively young and new to racewalking was over 4 minutes quicker than expected and shows good promise for the future.

5 mile Walk

1.	Daniel Halmstrand	Belgrave	M45	46:05
2.	Pete Ryan	Ilford	M60	49:01
3.	Carlos Cobo Corrales	SWC	M35	49:26
4.	Shaun Lightman	SWC	M70	51:15
5.	Paul King	Belgrave	M65	52:58
6.	Arthur Thomson	Enfield	M75	53:51
7.	Fiona Bishop	Woking	W55	57:07
8.	David Hoben	SWC	M60	58:02
9.	Dave Delaney	SWC	M70	58:54
10.	Kevin Burnett	SWC	M75	66:57

WALKS TRACK TEST MEET, ACQUAVIVA DELLE FONTI, ITALY, FRIDAY 15 APRIL

And one final set of results from southern Italy. Full results at <http://www.fidal.it/risultati/2016/COD5585/Index.htm>. The first 8 places from the major races is shown below.

10,000m Open Men

1.	MINEI Vito	1994	PD131 G.S. FIAMME ORO PADOVA	41:02.94
2.	FORTUNATO Francesco	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	41:12.81
3.	PICCHIOTTINO Gianluca	1996	LI035 ATL LIBERTAS RUNNERS LIVORNO	44:35.94
4.	MALTONI Alessandro	1993	AN016 ATL.CASTELFIDARDO CRIMINESI	45:17.14
5.	VERDE Vincenzo	1982	BN208 ASD ENTERPRISE SPORT & SERVICE	45:18.10
6.	ROMANELLI Andrea	1986	FI018 TOSCANA ATLETICA FUTURA	48:57.42
7.	DOLCI Mirko	1985	BN208 ASD ENTERPRISE SPORT & SERVICE	49:38.15
8.	QUACQUARELLI Giuseppe	1993	BA005 AMATORI ATL. ACQUAVIVA	49:54.53

5000m Open Women

1.	MIRABELLO Anthea	1999	RM057 FIAMME GIALLE G. SIMONI	24:23.41
2.	MIRABELLO Angelica	1999	RM057 FIAMME GIALLE G. SIMONI	24:40.04
3.	LENTINI Alessandra	2000	TA451 A.S.D. ATLETICA DON MILANI	25:45.47
4.	PINI Francesca Azzurra	1999	FI001 ASSI GIGLIO ROSSO FIRENZE	25:59.73
5.	DISABATO Valeria	1999	FI001 ASSI GIGLIO ROSSO FIRENZE	26:09.18
6.	CUNI Chiara	1999	BS181 ATL. BRESCIA 1950	26:13.92
7.	MASTRONICOLA Alessia	2000	BA089 ALTERATLETICA LOCOROTONDO	26:34.85
8.	BOSIO Samanta	2000	PR484 ASD INTERFLUMINA E' PIU' POMI'	27:16.19

10,000m U20 Men

1.	GRILLO Ettore	1997	FI002 ATLETICA FIRENZE MARATHON S.S.	47:48.00
2.	TRAPASSO Attilio	1998	CZ012 C.S. GIOVANILE CZ LIDO	48:26.30
3.	CICALO' Stefano	1998	CA176 ATL VALERIA	48:39.55
4.	PANTERA Giuseppe	1998	RM057 FIAMME GIALLE G. SIMONI	49:46.17
5.	MINTO Michele	1998	RE105 G.S.SELF ATL. MONTANARI GRUZZA	50:25.96
6.	VITANGELI Giacomo	1998	FI002 ATLETICA FIRENZE MARATHON S.S.	51:19.16
7.	DOLFI Matteo	1998	FI002 ATLETICA FIRENZE MARATHON S.S.	51:43.73
8.	SERRONE Giuseppe	1998	BA717 ATLETICA FIAMMA GIOVINAZZO CAR	55:42.34

10,000m U20 Women

1.	STELLA Noemi	1997	BO011 C.S. CARABINIERI SEZ. ATLETICA	48:09.16
2.	TERRONE Marianna	1997	BA717 ATLETICA FIAMMA GIOVINAZZO CAR	54:40.89
3.	BARCELLA Lidia	1997	MI221 BRACCO ATLETICA	55:49.14
4.	ESPOSITO Marianna	1998	CH172 POLISPORTIVA TETHYS CHIETI	56:16.06
5.	FORESTI Beatrice	1998	BG003 ATL. BERGAMO 1959 CREBERG	57:24.18
6.	TERZI Linda	1998	RE105 G.S.SELF ATL. MONTANARI GRUZZA	58:12.18
7.	ROTA Alice	1998	BG003 ATL. BERGAMO 1959 CREBERG	58:21.03
8.	ORLANDI Virginia	1998	BS181 ATL. BRESCIA 1950	58:59.50

OUT AND ABOUT

Quite a few teams being announced now for next month's World Racewalking Teams Championships in Rome

- Good to see 7 British walkers getting the nod – see <http://www.britishathletics.org.uk/media/news/2016-news-page/april-2016/12-04-16-rw-team-champs/>.

Senior Men	Tom Bosworth (Andi Drake), Dominic King (George Nibre)
Senior Women	Bethan Davies (Andi Drake)
Junior Men	Cameron Corbishley (Andi Drake), Guy Thomas (Martin Rush), Callum Wilkinson (Mick Graham)
Junior Women	Emma Achurch (Steve Arnold)

- A strong Spanish team, including Jesus Garcia yet again – see <http://omarchador.blogspot.com.au/2016/04/selecao-de-espanha-para-o-mundial-de.html>

20km Men	Luis Alberto Amezcua Balboa (1:21:39), Diego Garcia Carrera, Miguel Angel Lopez, Alvaro Martín (1:21:23), Benjamin Sanchez (1:27:16)
20km Women	Raquel Gonzalez Campos (1:29:46), Beatriz Pascual Rodriguez (1:29:27), Ainhoa Gonzalez Pinedo (1:32:52), Maria Poves (1:34:59), Julia Takacs Nyerges (1 : 33: 28)
50km	Francisco Arcilla Aller (4:02:49), Jose Ignacio Diaz Velazquez (3:55:41), Jesus Angel Garcia Mikel Odriozola Dominguez (3:54:21), Pablo Oliva Requena (4: 0:31)

10km U20 Women Carmen Escariz Mella (49:26), Irene Montejo Garcés Marcilla (48:54), Marina Peña Alonso (48:33)
10km U20 Men Manuel Bermudez Jimenez (42:43), Daniel Chamosa Dacasa (42:59) and Ivan Lopez Perez (44:20)

The Japanese team for Rome is a strong one - see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2399. Japan will not field a 50 km team because their 50km Olympic Games selection trial will be held April 17 in Wajima.

20km Men Isamu Fujisawa, Kai Kobayashi, Satoshi Maruo, Takumi Saito, Eiki Takahashi
20km Women Masumi Fuchise, Rena Goto, Ai Michiguchi, Kumiko Okada
U20 10km Men Masaya Ishikawa, Masatora Kawano, Ryutaro Yamamoto
U20 10km Women Sayori Matsumoto, Yukiho Mizoguchi, Maika Yagi

And now onto other bits and pieces from the last week

- Don't expect **Johann Diniz** to retire any time soon. The French 50km world record holder has announced that he intends to compete right through to the 2020 Olympics, when he will be 42. See <http://www.lejdd.fr/Sport/Athletisme/Yohann-Diniz-au-JDD-J-ai-decide-de-continuer-jusqu-aux-Jeux-2020-780517>.
- Surely **Jesus Garcia** should be the Spanish flag bearer for the Rio Olympics, given it will be his seventh Olympics that will cap off an absolutely unbelievable career for the ultimate walking machine. See https://www.change.org/p/comit%C3%A9-ol%C3%ADmpico-espa%C3%B1ol-jes%C3%BA-s-%C3%AIngel-chuso-garc%C3%ADa-bragado-abanderado-de-espa%C3%B1a-en-los-ii-oo-de-r%C3%ADo-de-janeiro?recruiter=525946676&utm_source=share_petition&utm_medium=facebook&utm_campaign=autopublish&utm_term=des-md-share_petition-reason_msg&fb_ref=Default.
- A local TV take on our Castlemaine NAB 500 walks on Sunday 10th April and a nice interview with Olympian Rachel Tallent- <https://www.facebook.com/WINNewsBendigo/videos/1142973852421398/>
- Congratulations to Australian Masters walker **Lyn Ventris** who was inducted into the Australian Masters Athletics Hall of Fame at their annual dinner on Sunday evening in Adelaide. She now joins the 12 past recipients of this prestigious award.



Lyn Ventris inducted into the AMA Hall of Fame

- It's now official. On Thursday of last week, USATF's Race Walk Executive Committee named **Erin Taylor-Talcott** to the men's 50 km race walk roster set to compete at the IAAF World Race Walking Team Championships. USATF's ability to enter her in the Men's 50km RW at these Championships was made possible by IAAF Council action this past week in permitting women to compete in this men's race. Over the past two years, USATF had lobbied the IAAF to establish a women's 50km race walk in IAAF Championships moving forward. See <http://www.usatf.org/News/Shore-AC-S-Taylor-Talcott-named-to-men-s-50K-World.aspx?feed=news>.
- **Erin Taylor-Talcott** talks about being the first woman to be selected in an international 50km event - listen to this 6 minute radio interview at <http://www.cbc.ca/radio/asiathappens/as-it-happens-thursday-edition-1.3536087/women-race-walkers-win-right-to-compete-in-50-km-iaaf-events-1.3536090>.
- 23 minutes of race video from the Podebrady racewalk meet of Saturday 9th April. It was wet! See https://www.youtube.com/watch?v=Bkh_h_ApJWAs

- Great article in Spikes magazine on siblings **Jared and Rachel Tallent** who are both off to Rio as part of the Australian T&F team. See <http://spikes.iaaf.org/post/australias-got-talents>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

9 new press releases for Marciadalmondo this week

- Mon 18 Apr - Balkan Race Walking Championships in Greece
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2405
- Mon 18 Apr - Track walk leg of Italian Club's Championships in Acquaviva delle Fonti
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2404
- Sat 17 Apr - Results of Japanese roadwalk champs in Wajima - Day 2
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2403
- Fri 16 Apr - Results of Japanese roadwalk champs in Wajima - Day 1
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2401
- Thu 14 Apr - Italian racewalk clinic in Rome
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2400
- Thu 14 Apr - Japanese team for World Race Walking Team Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2399
- Wed 13 Apr - Next Sunday will see the 100th edition of the Japanese 50km Championships in Wajima
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2398
- Tue 12 Apr - British team for World Race Walking Team Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2397
- Mon 11 Apr - The moment is fast approaching for USA 50km walker Erin Taylor-Talcott
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2396

The omarchador blog was active with 8 news releases this time around

- Tue 19 Apr - Balkan Race Walking Championships in Greece
<http://omarchador.blogspot.com.au/2016/04/campeonatos-de-marcha-dos-balcas-em.html>
- Mon 18 Apr – Tanii wins 50km in Wajima
<http://omarchador.blogspot.com.au/2016/04/tanii-vence-50-km-de-wajima.html>
- Sun 17 Apr - Results of Japanese roadwalk champs in Wajima - Day 1
<http://omarchador.blogspot.com.au/2016/04/takahashi-destaca-se-nos-10-km-de-wajima.html>
- Sat 16 Apr - Interview with Brazilian walker Jonathan Riekmann
<http://omarchador.blogspot.com.au/2016/04/jonathan-riekmann-brasil-entrevista.html>
- Fri 15 Apr - Preview of Japanese 50km championship meet in Wajima
<http://omarchador.blogspot.com.au/2016/04/wajima-na-edicao-n-100-dos-campeonatos.html>
- Thu 14 Apr – Walk results from Rio Maior
<http://omarchador.blogspot.com.au/2016/04/rio-maior-para-alem-dos-seniores-do.html>
- Wed 13 Apr - Ortega wins women's 20km in Podebrady
<http://omarchador.blogspot.com.au/2016/04/alejandra-ortega-com-vitoria-em.html>
- Tue 12 Apr - Spanish team for World Race Walking Teams Championships in Rome
<http://omarchador.blogspot.com.au/2016/04/selecao-de-espanha-para-o-mundial-de.html>

#BANRUSSIA

It's been a week in which WADA was embarrassed by a major marketing disaster with its meldonium banning, the IAAF was red faced as its retests from the 2005 World Championships were thrown into disarray, Russia lurched closer to a Rio Olympics ban, Ethiopia and Kenya tried to fix their broken systems and Italy tried to fast track the disgraced Alex Schwazer into Olympic contention. Are we winning the fight – I leave you to draw your own conclusions.

Wednesday 13 April

- Ethiopia has dissolved a committee that was responsible for overseeing the country's anti-doping program. Sports Minister Anbesse Eniyew says a new committee will be appointed Wednesday, amid scrutiny for the East African country following the announcement that at least nine of its athletes are being investigated for doping. Ethiopia's track and field team doctor Ayalew Tilahun, who has warned of the doping problem, says the committee "didn't perform well." See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11621565&ref=rss.
- More on the 2005 World Championship retest. According to the rules it is not possible to retest the Helsinki 2005 champions since too much time passed. This is what emerges from a WADA email addressed to the press agency of the Associated Press. In fact, it seems IAAF has wrongly interpreted a change in the rules that took effect from April 2005, deciding to repeat the tests done on the world champions between 2005 and 2007. From these retests, 28 cases of positivity arose. Hence, among the athletes who won medals in Helsinki there might be some "cheating" that will go unpunished. I'm sorry but this is wrong. If you cheat, you should go, regardless of how long ago it was done. See <http://www.trackarena.com/29095/wada-rebukes-iaaf-it-was-not-licit-to-retest-the-helsinki-2005-samples>.
- Well, it's been a long time coming but finally on Tuesday evening Kenyan MPs began debate on the new law on doping, whose enactment is crucial to Kenya's participation at the 2016 Rio Olympic Games. See <http://www.nation.co.ke/sports/athletics/Parliament-begins-debate-on-Anti-Doping-Bill-/1100/3156348/-/nw0yrm/-/index.html>.
- Romanian runner Elena Mirela Lavric tested positive for meldonium at last month's world indoor championships, the Romanian Athletics Federation said Tuesday. Lavric's failed test is the first from the 2016 world indoors, though another runner, Nataliya Lupu of Ukraine, withdrew before the championships after testing positive for meldonium. Abeba Aregawi of Sweden, the former world champion in the 1,500, has also been provisionally suspended after testing positive. Romanian federation chairman Ion Sandu told the online publication ProSport that Lavric failed the doping test at the championships in Portland. He said Lavric had stopped taking meldonium, which boosts stamina, in December, before it was banned. "I don't know how long this medicine stays in the organism. I consider there is a lack of communication between medics and athletes". See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11621415&ref=rss.

Thursday 14 April

- As the above news item about the Romanian runner illustrates, many of the athletes being caught with meldonium in their systems have claimed that they stopped taking the drug last year and this has been partially backed up by the fact that the tests show only small traces of the chemical in their system. **Now WADA has announced that the presence of less than one microgram of meldonium in doping samples in tests conducted on athletes before March 1 this year is acceptable.** Dr Tom Bassindale, a forensic toxicologist and anti-doping scientist at Sheffield Hallam University, believes Wada may have been too hasty in banning meldonium. "Wada did not have full information about how meldonium is processed by the body when imposing the ban," he said. "Originally, it was suggested meldonium would be cleared from the body in a week or two but, with the ever-increasing number of positives, I did become concerned this was not the case and it could be accumulating in the body, much like cannabis does in long-term users." See <http://www.bbc.com/sport/36034369>. This is pretty embarrassing stuff for WADA!

Friday 15 April

- A Russian runner's two-year doping suspension was overturned by CAS on Thursday because her sample was retested beyond the eight-year statute of limitations. Thursday's ruling means Tatyana Andrianova will be able to keep the bronze medal she won in the 800m at the 2005 world championships in Helsinki. Andrianova's doping sample was retested by the IAAF in 2015 and came back positive for the steroid stanozolol. Russian officials imposed a two-year ban and disqualified all her results between August 2005 and August 2007. However, CAS ruled that 2013 should have been the cutoff for any disciplinary proceedings based on the eight-year statute in place at the time. I think the same ruling will also come out in favour of the other athletes named as a result of 2005 retesting. It's a shame as a cheat is a cheat, regardless of the time it takes to prove it. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11622880&ref=rss.
- And I am not sure if this ban will end up holding - Ukrainian athlete Anastasia Mokhnyuk has been provisionally suspended after becoming the second medalist from last month's world indoor track championships to test positive for meldonium. Mokhnyuk won silver in the pentathlon at the championships in Portland behind winner Brienne Theisen-Eaton. Fellow Ukrainian Alina Fodorova took the bronze. Mokhnyuk said she had been taking meldonium for medical reasons before it was banned on Jan 1. Amid uncertainty over how long meldonium stays in an athlete's system, WADA said in a note made public Wednesday that athletes who tested positive could avoid sanctions if it is determined they took the drug before Jan. What a mess! See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11622809&ref=rss.
- Apparently the Italian Athletics Federation will pay the US\$1000 penalty for missing the April 25th entry deadline for next month's World Race Walking Teams Championships and will name currently banned Alex Schwazer on April 29th as a late entrant. Schwazer cannot be officially named until this date, the day when his 3 years and 9 months ban for testing positive to erythropoietin expires. Boy, this one really stinks! See http://altoadige.gelocal.it/sport/2016/04/08/news/malago-vorrei-schwazer-in-gara-non-gli-e-stato-regalato-niente-1.13263550?refresh_ce.

- And continuing to talk of Schzawer, I remember seeing this footage of him running around turns in the 2010 European Champs. This is a different form of cheating but just as blatant. This man does not deserve to be fast tracked back into the Olympics. Just zoom to 1:07:36 and 1:15:30 in the race to see a couple of prime examples but there are lots more – in fact most turns in the latter stages of the race - the camera tries to hide it but it's there blatantly. Do I need to say any more! See <https://www.facebook.com/groups/67272857932/permalink/10153740090227933/>.

Saturday 16 April

- A day later and the story re meldonium changes even further with trackarena.com. Studies are currently being carried out to understand how long Meldonium stays circulating in the body and, until that is completed, all the athletes who match WADA criteria will have their ban suspended. A giant amnesty might thus take place towards all the athletes tested positive who might have taken the substance by negligency or without blame. See <http://www.trackarena.com/29289/wada-considers-canceling-positivities-to-meldonium>.
- The Moscow Antidoping Centre has had its accreditation revoked by WADA. The lab was suspended on 10 November amid allegations of doping, cover-ups, and extortion in Russian athletics. Now it has moved from suspension to removal of accreditation. WADA said its decision, which the facility accepted and comes into force immediately, was because of "non-compliance" with world standards. In a separate move, WADA has also suspended the accreditation of Portugal's antidoping facility in Lisbon. The noose tightens around Russia's head in the leadup to Rio. See <http://www.bbc.com/sport/athletics/36058877>.

Monday 18 April

- The war against drugs in sport has become highly politicised and cannot work, according to a leading Australian sports anti-doping academic. Dr Jason Mazanov, a senior lecturer and psychologist from the University of NSW Canberra said the recent "clarification" on meldonium from the World Anti-Doping Agency (WADA) was just the latest in a string of global doping crises. "The position with regard to meldonium is unfortunate," he told ABC News Radio's The Ticket. "It suggests that they needed to do a bit more homework before they actually decided to go down the path of prohibiting meldonium, and it raises certain questions about the underlying governance of prohibition of substances and methods under the World Anti-Doping Code." See <http://www.abc.net.au/news/2016-04-17/war-on-drugs-in-sport-doomed-to-fail-says-expert/7333358?section=sport>. And another similar take at <http://www.abc.net.au/news/2016-04-18/holmes-when-wada-goes-rogue/7334952?section=sport>.

Tuesday 19 April

- The Court of Arbitration for Sport will hold hearings next month in the doping cases of 12 Russian T&F athletes hoping to compete at the Olympics. Verdicts are expected a few weeks later, CAS secretary general Matthieu Reeb told The Associated Press. The highest court in sports took over the cases because Russia's T&F Federation was suspended by the IAAF in November after allegations of state-sponsored doping made by a WADA panel. The athletes need two legal victories to be eligible for the Rio de Janeiro Games in August: At their doping cases with CAS and by the IAAF reinstating its Russian member federation in time. The cases include former world heptathlon champion Tatyana Chernova and five race walkers who tested positive for EPO on the same day last June at the national training center at Saransk. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11624773&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

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, 20156	Australian Roadwalk Championships, Canberra, ACT (TBC)

2016 International Key Dates

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

2016 IAAF Challenge Series (remaining events)

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 June 10, 2016 42nd 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, Niarobi, 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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)