



## FHEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 41  
12 July 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>*

### VALE SHIRLEY YOUNG

I was saddened to hear the news on Saturday afternoon that running legend **Shirley Young** had died overnight, aged 86. Shirley will be known to many of our older masters athletes and ultra competitors because of her many years of running and record setting. She will also be known to many of our older walkers due to a connection on that front also, as the mother of Victorian walker Lorraine Jachno (nee Young). Shirley and her husband Ron were wonderful supporters to Lorraine and her husband Andrew, who were both amongst our top international walkers in the eighties and early nineties.

On the running front, she made up for a late start (she did not start running until age 47) with some amazing performances which included

- Setting numerous World and Australian records in the W60, W65, W80 and W75 divisions, in distances ranging from 30 miles to 24 Hours
- Winning the Australian national 100km championship three times (1996, 2000 and 2002)
- Becoming in 2007 the only female among the 13 individuals to finish all 30 editions of the Melbourne Marathon. Amazingly, she did this barely eight weeks after breaking two ribs in a fall. She completed one further Melbourne marathon in 2008 to take her tally to 31.
- Her finest run was perhaps in the 2000 Coburg 24 Hour Championship when she ran a total distance of 176.810km, to set a new W70 record that may well stand forever.



Check out [http://melbournemarathonspartans.com/shirley\\_young/](http://melbournemarathonspartans.com/shirley_young/) to read more about Shirley's amazing career. I feel privileged to have known her for so many years and I wish Ron and Lorraine and Andrew and all their families our most heartfelt sympathy.

**Shirley's funeral will be held at Le Pine Funerals, 1048 Whitehorse Rd, Box Hill, next Monday 18<sup>th</sup> July at 2:30PM.**

## WHAT'S COMING UP

- We are back at Middle Park next Saturday for our annual VRWC Intervals Day.

### Saturday 16<sup>th</sup> July 2016, Middle Park

SPECIAL VRWC INTERVALS EVENT: Entries close for all events at 1.45pm sharp.

2.15pm	Intervals Race – 6km, 8km or 10km	Open
2.30pm	4km	Open
2.30pm	2km	Open

Here's how it works. In the Intervals Race, walkers choose to walk either 6km, 8km or 10km in 2km intervals. You must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1<sup>st</sup> leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1
2.32pm	2	2	2
2.49pm	3	3	3
3.06pm		4	4
3.23pm			5

Although you can enter on the day, we prefer you to enter beforehand via our VRWC entry panel at <http://vrwc.org.au/wpl/race-entries-2/>. Just choose your event and then pay on race day.

- As announced in last week's newsletter, the **2016 Australian Roadwalk Champs** will be held at Mt Stromlo in **Canberra** on **Sunday August 21<sup>st</sup>**. Entries are open at <http://www.athletics.com.au/Compete/Online-Entries>. Entries close on **Monday 8<sup>th</sup> August**. Course map and timetable found at <http://www.athletics.com.au/Compete/Events/australian-winter-race-walking-championships>.
- And talking of Australian Champs, the **Australian Masters 20km Roadwalk Championships** will be held in **Adelaide** on **Sunday 28 August**. Entry form, etc, found at <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>. Entries close **20<sup>th</sup> August**. Note that these championships were originally gazetted for 20<sup>th</sup> August and are now a week further back.

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 9 JULY

Perfect weather greeted our VRWC walkers at Middle Park on Saturday. Alas, I could not be there this week but it looked like the races were keenly contested. Handicap places are also shown.

<b>12km Open</b>			<b>H'Cap Place</b>	
1.	Donna Elms	1:17:45	1	
1.	Kyle Swan	56:51	2	
2.	Jason Kozica	1:07:58	3	
3.	Gerard Feain	1:13:50	1	
<b>10km Open</b>			<b>H'Cap Place</b>	
1.	Madeleine Feain	1:07:38	1	
<b>5km Open</b>			<b>H'Cap Place</b>	
1.	Paige De Lisen	27:21	3	
2.	Mackayla Davison	28:58	1	
3.	Jessica Lillie	31:01	2	
4.	Kathleen O'Mahony	31:04	4	
5.	Robyn Shaw	34:19	5	
1.	James Christmass	24:43	4	
2.	Pramesh Prasad	25:02	7	PB 0:21
3.	Hayden Walmsley	25:37	5	
4.	Corey Dickson	26:58	6	
5.	David Smyth	27:31	3	
6.	Josh Jensen	28:26	1	PB 0:11
7.	Geoff Barrow	35:09	2	

8.	Barrie Wicks	42:01	8
9.	Alex Poore	45:51	
	Harry Summers	DNF	

### 3km Open

1.	Michelle Laufer	15:31	7	
2.	Chloe Karagiorgos	16:09	3	
3.	Charlotte Hay	17:04	2	
4.	Holly Cocking	18:07	5	
5.	Grace Louey	18:47	6	
6.	Gemma Lillie	18:51	1	
7.	Gwen Steed	20:39	8	
8.	Liz Wrigley	22:38	4	
9.	Glenyse Brain	24:55		First one
10.	Susan Wood	25:22		Firs tone

### H'Cap Place

1.	Angus Hay	19:33	1
2.	John Morrison	22:46	2
3.	Gary Turner	23:51	
4.	Bruce Conboy	24:27	

### 1.5km Open

1.	Heather Carr	08:09	5	
2.	Kaylah Heikkila-Dubowik	08:47	2	PB 0:13
3.	Chelsea Karagiorgos	09:15	3	PB 0:07
4.	Beverly Hugo	12:00	1	
5.	Judith Farrell	13:32		
6.	Pam Mews	15:37	4	
1.	Luke Epps	08:01	1	PB 0:25
2.	Joel Prys	08:17	4	
3.	Hamish Blackwood	08:58	2	
4.	Zachary Matters	10:09	3	

Thanks as always to our many officials, helpers and judges. Apologies if I missed anyone.

**Checkin/Officials:** Bob Gardiner, Mark Donahoo, Damien Elms, Marlane Stanway

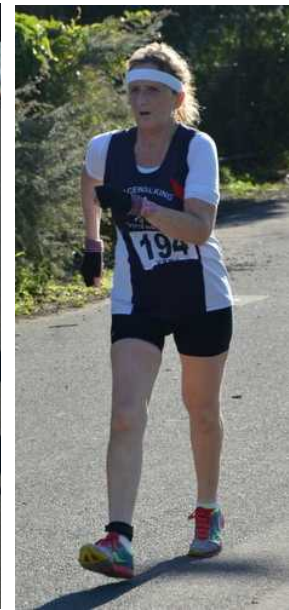
**Judges:** Peter Vysma (Chief), Stuart Cooper, Gordon Loughnan, Lloyd Nichols, Mark O'Mahony, Shane Dickson

**Canteen:** Wendy Cooper, Kate Suich

**Photos:** Terry Swan (<http://www.vrwc.org.au/coppermine/thumbnails.php?album=82>)



Angus Hay, Beverly Hugo, Luke Epps and Michelle Laufer (photos Terry Swan)



**Josh Jensen, Gerard Feain, Gemma Lillie, Chelsea Karagiorgos and Donna Elms**

Points competitions updates at <http://www.vrwc.org.au/vrwcpointscomps.shtml>. Lapsplits at <http://vrwc.org.au/wp1/race-splits-laps/>.

**ACT WALKERS CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 9 JULY**

Thanks to Robin Whyte for this week's results from Canberra. 28 walkers in action overall.

**5km Walk**

1.	Gabby Hunt	26:35
2.	Connor Frew	26:35
3.	Tim Fraser	26:40
4.	Gwyllym Young	28:00
5.	Kate Black	30:03
6.	Peter Baker	30:04
7.	Helena Bialecki	31:22
8.	Matt Griggs	33:38
9.	Bryan Thomas	35:19
10.	Marilyn Banfield	37:14
11.	Rod Gilchrist	38:02
12.	Jennifer Gilchrist	40:27
13.	Warren Butler	41:23
14.	David Mackenzie	41:27
15.	Cilla Chapman	43:42
16.	Raine Thompson	46:21
17.	Terry Munro	46:21
18.	Helen Munro	48:30

**4 Hour Walk**

1.	Robin Whyte	34.070km
2.	Greg Durr	29.800km
3.	Geoff Barker	26.134km
4.	Val Chesterton	25.341km

**2 Hour**

1.	Derek Robinson	15.785km
----	----------------	----------

**3km Walk**

1.	Charlie Durr	18:53
2.	Lilit Atoyán	24:56
3.	Lorna England	26:44

**1km Walk**

1.	Sidney Shaw	05:54
2.	Georgia Frew	07:36

**SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 9 JULY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide - cloudy, cold arvo. Fastest times to **George White** and **Kim Mottrom**.

**12km Yacht Handicap**

1.	David Robertson	1:44:40	M83	72.38%
2.	Raelene Schild	1:33:26	W51	60.90%
3.	Colin Hainsworth	1:45:32	M86	75.95%
4.	George White (F/T)	1:12:20	M71	87.20%
5.	Graham Harrison	1:33:44	M72	68.18%

**6km Yacht Handicap**

1.	Dave Fallon	51:48	M63	54.07%
2.	Jan Layng	47:19	W67	69.47%
3.	Roger Lowe	48:14	M73	65.35%
4.	Edna Bates	53:41	W63	58.05%
5.	Linda Whitelaw	48:31	W62	63.44%
6.	Mike Pickering	45:52		
7.	Kim Mottrom (F/T)	28:47	M31	76.00%
8.	Rodger Barber	48:00	M78	70.45%
9.	Jill Rogers	53:41	W71	64.96%
10.	Jeff Kennett	57:39	M66	50.20%

**3km Walk**

1.	Kristine Freeman	0:23:41	W56	58.23%
----	------------------	---------	-----	--------

**SARWC MOUNTAIN CHAMPIONSHIPS, BELAIR NATIONAL PARK, ADELAIDE, SATURDAY 9 JULY**

The South Australian Walkers Club was also in action in Adelaide on the weekend, with their annual Mountain Championships in Belair National Park.

Name	Event	Time Lap 1	Time Lap 2	Total Time	Winners
Cherie Rothery	Open Female Queen 5.1Km	37:08	38:22	75:30	
Gloria Holliday	Open Female Queen 5.1Km			36:48	
Samantha Findlay	Open Female Queen 5.1Km			34:52	(1st)
Bethany Cross	U18 Female Princess 5.1Km			38:06	
Chloe Upton	U18 Female Princess 5.1Km			36:35	(1st)
Alix Harlington	U18 Male Prince 5.1Km			32:32	(1st)
Bill Starr	U18 Male Prince 5.1Km			42:58	
Jake Vidler	U18 Male Prince 5.1Km			35:36	
Tristan Camilleri	U18 Male Prince 5.1Km			32:32	
John Leydon	Open Male King 10.2Km	36:06	DNF	36:36	
Lachlan Wilkinson	Open Male King 10.2Km	36:15	38:10	74:25	
Peter Crump	Open Male King 10.2Km	35:11	35:00	70:11	
Royrie Upton	Open Male King 10.2Km	33:40	33:59	67:39	(1st)
Kiera Ross	U12 Female Nymph 2.1Km			12:40	
Kitarni Upton	U12 Female Nymph 2.1Km			12:24	(1st)
Edward Upton	U12 Male Imp 2.1Km			14:16	
Seth Upton	U12 Male Imp 2.1Km			14:08	(1st)
Olivia Phillips	U15 Female Pixie 3.5Km			28:45	
Victoria Upton	U15 Female Pixie 3.5Km			22:25	(1st)
Adrian Upton	U15 Male Sprite 3.5Km			25:50	
Joe Cross	U15 Male Sprite 3.5Km			19:04	(1st)

**2016 DOWN UNDER CHAMPIONSHIPS, GOLD COAST CITY ATHLETICS TRACK, SOUTHPORT, QLD, 8-10 JULY**

Queensland walkers were in action on the Gold Coast on Friday morning in the 2016 Down Under T&F Championships. Good walks in particular to **Luke McCutcheon** (22:39.17) and **Katie Hayward** (23:05.45) in the 5000m walk. Robyn Wales reported:

This was a great meet, with several athletes making last ditch attempts at Olympic selection. There were over 600 athletes, 300 of whom were from USA, as well as a team from Melbourne Girls Grammar. And there was even a world record from an AWD athlete.

**U16 3000m Walk**

1.	Stovin, Jamison	15	Gold Coast Central	14:42.36
2.	McCutcheon, Nelson	14	Qeii Track Club	14:59.60
3.	Stewart, Ryan	14	Maroochy	17:29.53
1.	Schofield, Amelia	13	Gold Coast Victory	15:00.54
2.	Hannigan, Caitlin	14	Gold Coast Victory	15:54.59
3.	Dagher, Sophia	13	Westfields Sport	16:33.01
4.	Betzold, Breeanna	14	Racewalking	17:10.69
5.	Pearson, Jade	15	Aspley	17:27.69
6.	Stonehouse, Kirra	14	Gold Coast Victory	22:22.53

**U18 5000m Walk**

1.	Hayward, Katie	16	Gold Coast Central	23:05.45
2.	Hammans, Tiffany	17	Gold Coast Central	35:22.42

1.	McCutcheon, Jamie	17	Qeii Track Club	23:48.52
2.	Haig, Callum	16	University o	31:19.56

**U20 5000m Walk**

1.	Martin, Katya	19	Gold Coast Victory	26:18.50
----	---------------	----	--------------------	----------

1.	McCutcheon, Luke	18	Qeii Track Club	22:39.17
----	------------------	----	-----------------	----------

**WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 10 JULY**

Thanks to Mike Reid for the latest results from Perth.

**4km Walk**

1.	Gabrielle D'Agnone-Doyle	24.12
2.	Amy Holland	24.16

**2km Walk**

1.	Alexandra Griffin	9.50
2.	Brooke Mortimore	10.54
3.	Korbin Maskiell	12.26
4.	Amber Richards	13.38
5.	Myka Richards	14.50

**20km Walk**

1.	Karen Tolardo	2.13.03
2.	Wendy Farrow	2.14.12
3.	Janne Wells	2.28.00

**8km Walk**

1.	John Smith	1.06.37
2.	Bradley Mann	DNF (4K 22.49)

**LANSW & ANSW ROAD WALK CHAMPIONSHIPS, PENRITH LAKES, NSW, SUNDAY 10 JULY**

Sometimes it's all just too hard. Last weekend's NSW Roadwalk Championships are published in pdf format but it's a real dogs body and can't be cut and pasted in any meaningful format. So I will just point you to the link and you can read it for yourself. See <http://www.nswathletics.info/liveresults/2016/index.htm>.

**2016 MELANESIAN CHAMPIONSHIPS, ANZ STADIUM, SUVA, FIJI, 7-9 JULY**

The Melanesian T&F Championships, held last weekend in Suva, Fiji, are a chance for athletes from the many small Oceania nations to the north and north-east of Australia to compete. These nations do not typically have racewalkers so this year it was left to Australians **Rhiannan Lovegrove** (SA), **Simone McInnes** (VIC) and **Natalie Laurie** (VIC) to showcase their stuff in the 5000m walk. Natalie Laurie also took second in the Women's Heptathlon and third in the Women's 400m Hurdles. Full results at [https://oceaniaathletics.files.wordpress.com/2016/05/melanesian-championships\\_ful-results.pdf](https://oceaniaathletics.files.wordpress.com/2016/05/melanesian-championships_ful-results.pdf).

**5000m U18 Women**

1.	RHIANNON LOVEGROVE	00	AUS	26:50.23
----	--------------------	----	-----	----------

**5000m Open Women**

1.	SIMONE MCINNES	91	AUS	24:19.22
2.	NATALIE LAURIE	91	AUS	29:02.48

**CANADIAN T&F CHAMPIONSHIPS AND OLYMPIC TRIALS, EDMONTON, CANADA, 7-10 JULY**

10,000m track walks were held on Saturday morning in Edmonton as part of the Canadian T&F Championships, which also doubled as their Rio Olympic trials. While their male 20km walkers are already in St Moritz preparing for Rio, it was left to Olympic 50km selection **Mathieu Bilodeau** to take the men's gold with 43:11.22, ahead of **Marek Adamowicz** with 43:47.05. Katelynn Ramage won the women's 10,000m walk with 50:26.65.

**10,000m Senior Men**

1.	Bilodeau, Mathieu	83	ADRENALINE RUSH	43:11.22
2.	Adamowicz, Marek	96	Rive-Sud	43:47.05
3.	Babenko, Dmitry	73	BC Unattached	48:00.35
4.	Keenan, Dave	57	HEARTLAND RW	58:48.26
5.	Lamplough, Ian	61	EDMONTON RACEWALK	1:05:26.13
	Charrois, Henry	51	EDMONTON RACEWALK	DQ

**10,000m Senior Women**

1.	Ramage, Katelynn	93	RACEWALK WEST	50:26.65
2.	Sillito, Becky	67	HEARTLAND RW	1:03:15.41
3.	Schneider, Amanda	89	ON RacewalkN	1:05:40.27
4.	Chiozza, Teresa	50	ADRENALINE RUSH	1:05:57.39

**10,000m U20 Men**

1.	Thies, Erik	97	RACEWALK WEST	48:48.79
2.	Liang, Alger	98	RACEWALK WEST	51:15.59
3.	Novakowski, Ian	99	HEARTLAND RW	58:21.65
4.	Hoyer, Keenan	00	HEARTLAND RW	58:39.39

**10,000m U20 Women**

1.	Guénard, Danika	98	Gatineau	1:02:49.46
----	-----------------	----	----------	------------

**T&F MEET, MATARÓ, SPAIN, WEDNESDAY 6 JULY**

Very fast walking by 26 year old **Raquel González** in Mataro, Spain, last Wednesday, with her 3000m time of 12:06.05 breaking Julia Tacacs's 2014 Spanish record of 2:11.27. **Maria Poves** also walked fast for second place with 12:29.00, while **Nil Rodes** won the men's 5000m with 21:08.51. González, whose previous PB stood at 12:24.51, will make her Olympic debut in the women's 20km walk in Rio and is obviously in great form.



González the new Spanish record holder (photo <http://omarchador.blogspot.com.au/>)

**Men 5000m Race Walk**

1.	Nil RODES	ESP	96	21:08.51
2.	Mario VIÑAS	ESP	96	21:30.84
3.	Kevin CERRO	ESP	98	21:58.95
4.	Marc GUERRERO	ESP	95	22:11.93

**Women 3000m Race Walk**

1.	Raquel GONZALEZ	ESP	89	12:06.05
2.	María José POVES	ESP	78	12:29.00
3.	María JUAREZ GALLARDO	ESP	93	13:05.84
4.	Mariona GARCIA	ESP	00	14:15.02
5.	Marta NOGUEIRA	ESP	81	14:46.07

**T&F MEET, TORREMOLINOS, SPAIN, SATURDAY 9 JULY**

And still in Spain last weekend for a very fast 5000m walk by Luis Alberto Amezcua – 19:05.91 in Torremolinos.

**Men's 5000m Race Walk**

1.	Luis Alberto AMEZCUA	ESP	92	19:05.91
2.	Cian MCMENAMON	IRL	91	20:40.64
3.	Luis Manuel PEREZ	ESP	92	21:23.39
4.	Marcos MONTERRUBIO	ESP	81	21:35.58
5.	Jose Manuel PEREZ	ESP	99	21:51.78

**5KM AND 10KM RACES, PONT AUDEMER, FRANCE, SUNDAY 10 JULY**

Thanks to Emmanuel Tardi for the results of a small run/walk meet held in hot conditions on Sunday in Pont Audemer, 200km west of Paris. Victory went to former international walker **Alain Lemerrier** (3h49 for 50k in 1994) who is now 59 years old and to **Anne Gaelle Retout** (1h36 in 2010). Thanks Emmanuel.

**5km Walk (60 finishers)**

1.	LEMERCIER Alain	M	EVREUX AC	24:21
2.	RETOU Anne Gaelle	F	AMIENS UC	24:48
3.	COIS Steve	M	ASC LE HAVRE	26:34
4.	DENIZE Tatiana	F	ASC LE HAVRE	27:43
5.	PISCOU Ambre	F	SPN VERNON	28:33
6.	VAN OVERBERGHE Stephane	M	Non Licencié	33:24
7.	BEGIN Edouard	M	CAQC76	33:37
8.	QUINEAU Jean pierre	M	ATSCAF JOGGING	33:39
9.	BEGIN Jean-Pierre	M	CAQC76	33:42
10.	HOULLEMARE Jean Jacques	M	ATSCAF JOGGING	33:49
11.	DHENRY Georges	M	AJ BASTIA	34:17
12.	FLEURY Alain	M	EVREUX AC	34:43
13.	TARDI Emmanuel	M	LP LONGJUMEAU	34:45
14.	LORIDAN Pascal	M	ASCV DE PONT AUDEMER	35:27
15.	DARMAGNAC Martine	F	CE CHEVRON	36:09
16.	AGEZ Erine	F	SPN VERNON	36:31
17.	BLONDEL Laetitia	F	ASCV DE PONT AUDEMER	36:35
18.	FREVILLE Lea	F	SPN VERNON	36:57
19.	SIBOUT Régine	F	Non Licencié	37:19
20.	ANQUETIL Virginie	F	NEUBOURG AC	37:50



**Alain Lemerrier, Anne Gaelle Retout and Emmanuel Tardi (photos Emmanuel Tardi)**



**PORTUGUESE JUN T&F CHAMPIONSHIPS, VISEU, PORTUGAL, 9-10 JULY**

**Ruben Santos** (50:49.98) and **Carolina Costa** (54/22.63) won the Portuguese U20 walks in Viseu last weekend in hot conditions.

**10,000m U20 Women**

1.	Carolina COSTA	POR	98	54:22.63
2.	Ângela CARVALHO	POR	00	56:52.02
3.	Mafalda MARQUES	POR	97	58:05.42
4.	Maria BERNARDO	POR	99	58:11.68
5.	Ana Santos	POR	00	64:02.22
6.	Joana Matos	POR	00	64:49.83
7.	Cláudia Carvalho	POR	97	66:18.84

**10000m U20 Men**

1.	Rúben Santos	POR	00	50:49.98
2.	Pedro Amaral	POR	97	51:18.51
3.	Daniel Gouveia	POR	00	51:20.51
4.	Sidney Santos	POR	99	52:07.22
5.	Vítor Cabral	POR	98	53:17.34
6.	Diogo Santos	POR	00	54:31.77
7.	Francisco Serra	POR	98	55:52.88
8.	Rui Rodrigues	POR	97	56:29.17

**T&F MEET, CERIZAY, FRANCE, SATURDAY 9 JULY**

One final meet result from Cerizay, France, with **Amandine Marcou** winning a 5000m walk in 22:44.88.

**Women's 5000m Race Walk**

Amandine MARCOU	FRA	92	22:44.88
Mylene TANGUY	FRA	89	26:17.86

**4<sup>TH</sup> JACK FITZGERALD MEMORIAL WALKS, TILGATE PARK, CRAWLEY, 9 JULY 2016**

The English Veterans AC hosted the 4<sup>th</sup> Jack Fitzgerald Memorial Walks on a lakeside course around Campbell's Lake in Tilgate Park, with summer temperatures mitigated by some cloud cover and a strong breeze. Times were largely a little down on the previous year, however in the headline 10.325 km event overall and men's winner Malcolm Martin from Surrey Walking Club maintained his position from the previous two years but with a considerable lead over nearest SWC club rival Dan Maskell.

**10.325 km Walk**

1.	M. Martin	Sy WC M60	1:00:31
2.	D. Maskell	Sy WC M65	1:07:39
3.	P. Hannell	Sy WC M70	1:10:08
4.	M. Harran	Sy WC M75	1:11:12
5.	C. Flint	Sy WC M70	1:11:41
6.	K. Coulson	Sarnia WC W45	1:14:27
7.	D. Hoben	Sy WC M60	1:16:21
8.	D. Delaney	Sy WC M70	1:16:57

**5.9 km**

1.	A. Ingram	Lewes AC W55	39:07
2.	A. Martin	Sy WC W50	41:25

**3km**

1.	O. Hopkins	Lewes U17M	16:17
2.	J. Childs	Medway U15B	16:27
3.	B. Fury	Medway U15G	18:50
4.	J. Buckley	Lewes AC W45	21:22
5.	H. Childs	unattached W40	22:54

**1.5km**

1.	A. Hussein	Medway U15G	11:12
2.	M. Hussein	Medway U15G	11:15

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

5 new press releases for Marciadalmondo this week

- Sun 10 July - Results of Spanish U16 T&F walks in Granollers  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2512](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2512)
- Sat 9 July - Italian walks team for European Youth Champs in Tblisi, Georgia  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2511](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2511)
- Fri 8 July - B sample tests positive for Alex Schwazer  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2510](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2510)
- Thu 7 July - 2009 Gold medal presentations to Trond Nymark and Olive Loughnane  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2509](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2509)
- Tue 5 July - Russian athletes appeal to CAS on Olympic ban  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2508](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2508)

The omarchador blog was active with 14 news releases this time around

- Mon 11 July - Carolina Costa and Ruben Santos win Portuguese U20 walk championships  
<http://omarchador.blogspot.com.au/2016/07/carolina-costa-e-ruben-santos-vencem.html>
- Mon 11 July - Alex Flórez sets new M45 5000m walk world record  
<http://omarchador.blogspot.com.au/2016/07/alex-florez-com-recorde-mundial-m45-nos.html>
- Sun 10 July - Johann Diniz asks why no walks were held in the 2016 European Champs  
<http://omarchador.blogspot.com.au/2016/07/yohann-diniz-defende-marcha-nos-europeus.html>
- Sat 9 July - Portuguese U20 champs to be held in Viseu  
[http://omarchador.blogspot.com.au/2016/07/viseu-vai-receber-os-nacionais-de\\_9.html](http://omarchador.blogspot.com.au/2016/07/viseu-vai-receber-os-nacionais-de_9.html)
- Fri 8 July - Portuguese Veterans champs to be held this weekend in Lisbon  
<http://omarchador.blogspot.com.au/2016/07/nacionais-de-veteranos-de-pista-em.html>
- Fri 8 July - Olive Loughnane finally receives her 2009 Gold Medal  
<http://omarchador.blogspot.com.au/2016/07/olive-loughnane-recebeu-medalha-de-ouro.html>
- Fri 8 July - Manuel Bermudez and Irene Montejo win Spanish U20 walk champs  
<http://omarchador.blogspot.com.au/2016/07/manuel-bermudez-e-irene-montejo-com.html>
- Thu 7 July - Trond Mymark finally receives his 2009 Gold Medal  
<http://omarchador.blogspot.com.au/2016/07/trond-nymark-e-o-seu-momento-de-gloria.html>
- Thu 7 July - Results of French Senior and U20 championships in Châteauroux  
<http://omarchador.blogspot.com.au/2016/07/campeonatos-franceses-de-sub-20-tambem.html>
- Thu 7 July - Raquel González sets Spanish best for 3000m walk  
<http://omarchador.blogspot.com.au/2016/07/raquel-gonzalez-com-melhor-marca.html>
- Wed 6 July - Results of Polish U20 walks  
<http://omarchador.blogspot.com.au/2016/07/campeonatos-da-polonia-de-sub-20-em.html>
- Wed 6 July - Portuguese walkers for European Youth Champs in Tbilisi, Georgia  
<http://omarchador.blogspot.com.au/2016/07/marchadores-portugueses-nos-campeonatos.html>
- Wed 6 July - Michta and Nunn win USA Olympic 20km walk trials  
<http://omarchador.blogspot.com.au/2016/07/michta-e-nunn-vencem-trials-norte.html>
- Tue 5 July - Results of French U18 walks champs in Châteauroux  
<http://omarchador.blogspot.com.au/2016/07/campeonatos-de-franca-sub-18-em.html>

## MORE MEDAL REDISTRIBUTIONS – TROND NYMARK AND OLIVE LOUGHNANE

Seven years after they raced in the 2009 IAAF World Championships in Berlin, Norway's **Trond Nymark** and Ireland's **Olive Loughnane** finally had their gold medal presentations, done against the backdrop on Day 1 of the European Championships in Amsterdam, and presented by IAAF President Seb Coe. With this deed, justice was served as they were presented with newly minted medals, wearing full national colours and with their respective national anthems played.

Russia's Sergey Kirdyapkin and Olga Kaniskina, the 50km and 20km winners, were both stripped of their world titles and handed bans for irregularities in their biological passports in January last year. The results now read as follows

### 50km Men

<del>Sergey KIRDYAPKIN</del>	<del>RUS</del>	<del>3:38:35</del>
1. Trond NYMARK	NOR	3:41:16 (NR)
2. Jesus Angel GARCIA	ESP	3:41:37
3. Grzegorz SUDOL	POL	3:42:34

### 20km Women

<del>Olga KANISKINA</del>	<del>RUS</del>	<del>1:28:09</del>
1. Olive LOUGHNANE	IRL	1:28:58
2. Hong LIU	CHN	1:29:10
3. Anisya KIRDYAPKINA	RUS	1:30:09



Nice article on Loughnane who becomes Ireland's fourth athletics world champion after Eamonn Coghlan, Sonia O'Sullivan and Rob Heffernan. See <http://www.the42.ie/olive-loughnane-medal-2865399-Jul2016/> And one on Trond Nymark at <https://www.nrk.no/sport/trond-nymark-fikk-gullmedaljen-1.13031030>.

## THE WALKERS ARE AT ST MORITZ!

Quentin Rew reports in from St Moritz - it's a hard life being an international athlete but he is obviously up for the job!

St Moritz calls itself "Top of the World", and it's easy to see why. It's a village of beautiful chalets, within a valley, straddling a lake, nestled beneath the Swiss Alps' towering peaks. In the winter, St Moritz welcomes British royalty and Russian gazillionaires, but each summer sees an influx of a small but lively group of international race walkers. This group here at present includes athletes from **Australia, Canada, Chile, Japan, New Zealand, Poland, and South Africa**, and the support team is equally diverse.

In previous years the AIS program formed the nucleus around which the camp revolved, but with the AIS being decentralised, the structure of the St. Moritz camp has gone the same way. Each athlete here has their own agenda and plan, but it is a tribute to the camaraderie in the sport that we can still have a group of 15 at any given training session. As we all know, having a training partner beside you can make all the difference during the long, hard sessions, and being with such a big, friendly group benefits all involved. Add in the numerous hard working support staff, and it really is a world class camp!

Heel and Toe's Australian readers will be pleased to learn that all six Australian walkers here are training extremely well, and look set for strong performances in Rio. Jared is looking every bit the defending Olympic champion; Regan is training better than ever; and Olympic debutantes Brendon, Rachel, Rhydian and Tanya have all been more than holding their own in the sessions so far. Of course, a lot can happen in the final month before The Games, but at this stage we are, like St. Moritz itself, on top of the world.

And finally some photos – most from Alana Barber (thanks Alana!).



**And off they go again!**



**Jared Tallent, Adrian Blocki, Rhydian Cowley, Regan Lamble and Ben Thorne**



**Brent Vallance, Rachel Tallent and Quentin Rew**



**Regan Lambie, Brendon Reading and Alana Barber**



**You can't train all the time!**

## OUT AND ABOUT

- Thanks to Ewan Thompson for this great little youtube video of the 20 Miles / 10 Miles event at last month's **Lake Burley Griffin Carnival in Canberra**. Overall, the winner was Chris Erickson in 2:19:51, Quentin Rew was second in 2:21:26 and 2012 Olympic gold medallist Jared Tallent was third in 2:23:43 while Robin Whyte competed in his 50<sup>th</sup> carnival 20 miler, an incredible achievement. See <https://www.youtube.com/watch?v=pxHCZsc3ykk>. And check out the mob of kangaroos at the end. They road freely in Weston Park where the races start and finish. They have even been known to bounce across the road while the walkers are in transit - now that is scary stuff!
- 2012 Olympic champion, **Jared Tallent**, has been announced as Australian Athletics Team Captain for Rio 2016, replacing the injured Sally Pearson. Jared will be joined in the Athletics Leadership Group by Alana Boyd (pole vault), Kim Mickle (throws), Lauren Wells (400m hurdles) and **Chris Erickson** (50km race walk), with the quartet representing the jumps, throws, sprints and hurdles, and endurance sections of the team respectively. See full announcement at <http://athletics.com.au/News/jared-tallent-captain>.
- Many countries are now announcing their teams for this month's IAAF World Junior Championships in Poland. These champs are set to run from 19-24 July. Two weeks before the scheduled start date, Great Britain and Poland have finally announced their teams.

Poland: <http://www.iaaf.org/news/news/world-u20-bydgoszcz-2016-polish-team>

GBR : <http://www.athleticsweekly.com/featured/final-gb-iaaf-world-u20-championships-selections-announced-46028/>.

- A fantastic article on **Jared Tallent**, written by Greg Blood who spent over 30 years at the Australian Institute of Sport in Canberra. One of the many fine insights he brings is his reflection on the international success of the AIS walks program since 1981. He highlights three factors that seem to be very important in the developing champion athletes like Tallent.
  - Firstly, there were many excellent role models for up-and-coming walkers at the AIS. These role models included major event medallists and world record holders – Sue Cook, Kerry Saxby-Junna, Dave Smith, Simon Baker, Nick A'Hern, Jane Saville, Luke Adams and Nathan Deakes.
  - Secondly, expert coaches are very important in developing athletes and the AIS has employed and developed highly successful walks coaches – Craig Hilliard, Simon Baker, German Ron Weigel and Brent Vallance.
  - Thirdly, Olympic/Paralympic athletes need access to international competition. One of the main tenants of the AIS, when it was established, was to ensure Australian athletes had exposure to more international competitions.

Alas, it's all an academic discussion now, with the AIS T&F scholarship program disbanded after the 2012 Olympics. It's now a lot harder for Australian walkers to aspire to the heights that Jared has achieved.

See <http://www.theroar.com.au/2016/07/07/development-olympic-gold-medallist-study-jared-tallent/>.

- I knew it. According to a study by Rishikesh Kankesh Patel, a sports scientist at Kingston University, dark chocolate provides a similar boost to beetroot for athletes. Long heralded for its benefits on cardiovascular health, dark chocolate contains a substance called epicatechin – a type of flavanol found in the cacao bean – that increases nitric oxide production in the body in the same way as the popular root vegetable. I love my dark chocolate fix when I am feeling like a lift before, during or after training! See <http://www.athleticsweekly.com/featured/dark-chocolate-rivals-beetroot-for-benefits-46234/#lqM8ksgKAcfOkP8W.99>.
- **Regan Lamble**, who works part time at the St Kilda Sports Club, is put under the microscope in an excellent and wide ranging video interview. See <https://youtu.be/Rp0-yH15kEk>.
- Canadian Olympian **Evan Dunfee** continues his personal blog on his road to Rio. See <http://www.dunfeewalks.ca/personal-blog/finding-happiness-through-reflection>.
- With just over a year to go until the IAAF World Championships London 2017, the local organising committee met with the IAAF and its official sponsors to discuss the progress being made ahead of the next global event staged at the Queen Elizabeth Olympic Park. The final timetable has now been released, with the 10 days of action featuring just four morning sessions, which will help to ensure the opportunity for the stadium to be full during the championships. As announced in last week's newsletter, the race walk events will be held as a festival of race walking on the final Sunday on the Mall with Buckingham Palace providing a fantastic backdrop. See <http://www.iaaf.org/news/iaaf-news/world-championships-london-2017-timetable>.
- There are not many husband-and-wife teams in the history of the Olympics that return with a medal each - but **Andres Chocho and Erica de Sena** plan to join the elite group in Rio. Even fewer couples see one half coach the other while also performing. Again, tick the box opposite the Ecuadorian and Brazilian. She also shoulders the added weight of performing in front of 200 million countrymen. He too carries the extra burden of following in the footsteps of the great Jefferson Perez. See <http://www.iaaf.org/news/feature/chocho-de-sena-olympic-history-in-rio>.

- On Monday, the Canadian Olympic Committee (COC) and Athletics Canada named the 65 athletes nominated to represent Team Canada in athletics at the Rio 2016 Olympic Games from August 5 to 21. See <http://athletics.ca/athletics-canada-team-nominated-rio-2016/#sthash.1Mk6KwM3.rhG7naTL.dpuf>. See <http://athletics.ca/athletics-canada-team-nominated-rio-2016/#sthash.1Mk6KwM3.rhG7naTL.dpbs>. There are 4 walkers in the mix.

20km Walk                    **Evan Dunfee, Inaki Gomez, Ben Thorne**  
 50km walk                    **Mathieu Bilodeau, Evan Dunfee**

- Five reigning Olympic gold medalists and five current world champions join 84 first-time Olympians on the Team USA roster nominated to the 2016 U.S. Olympic T&F Team. A roster of 127 men and women is slated to represent the United States in track & field competition August 12-21 in Rio de Janeiro, Brazil. See <http://www.usatf.org/News/Five-individual-gold-medalists,-84-first-time-Olym.aspx?feed=news>. Well done to the 3 walkers.

50km Walk:                    **John Nunn**  
 20km Walk:                    **Maria Michta-Coffey, Miranda Melville**

- A total of 60 South African athletes have achieved required standards for the athletics competition at next month's Olympic Games in Rio, with the qualifying window coming to a close on Monday, July 11. While 41 men and 19 women have met required marks since the window period opened in May last year, the team for the multi-sport showpiece is expected to be significantly smaller (around 40 athletes) with each country limited to three entrants per discipline. **The final team for the Games will be announced by SASCOC on Thursday, July 14. Fingers crossed for the 4 walkers who have qualified!**

20km walk:                    **Lebogang Shange 1:20:06, Wayne Snyman 1:20:46**  
 50km walk:                    **Marc Mundell 3:54:12**  
 20km walk:                    **Anel Oosthuizen 1:34:49**

- There was huge criticism of Turkey in last week's European T&F Championships in Amsterdam due to the large number of non-Turkish athletes who competed for that country, raising it to 4th on the medal table. The list included former Kenyans Ali Kaya, Arikani Polat Kemboi and Yasemin Can, ex-Jamaican sprinter Jak Ali Harvey and Ramil Guliyev from Azerbaijan, among others, and has seen accusations launched against the country's national federation of "buying" its way to international success. See this scathing article - <http://www.telegraph.co.uk/athletics/2016/07/07/seven-kenyans-two-jamaicans-and-a-cuban-competing-for-turkey---t/>. The question as always is whether the IAAF will actually do anything about it. At least the European Athletics President seems worried - see <http://www.athleticsweekly.com/featured/european-athletics-hansen-transfer-of-allegiance-iaaf-46494/#vSaG7YgD2OgHoXv.99>.

- The June 2016 edition of the English Race Walking Record is now out: [http://enfieldleague.weebly.com/uploads/4/2/5/4/42542251/rwr\\_issue\\_849\\_-\\_june\\_2016.pdf](http://enfieldleague.weebly.com/uploads/4/2/5/4/42542251/rwr_issue_849_-_june_2016.pdf).

## #CLEANWALKING

### Sunday 4 July

- Investigators in Russia have concluded that Grigory Rodchenko, the former head of the Moscow Anti-Doping laboratory at the heart of scandal, sold "illicit drugs and deliberately destroyed doping tests provided by Russian athletes." That's the view passed on by spokesman for the Investigative Committee of Russia, Vladimir Markin, as reported by RIA Novosti and other media in Russia today. Russian critics of the investigation believe the process is far from being independent. Rodchenko, among others, has claimed that special forces were involved, with the knowledge of politicians, in a cover-up operated at the Sochi Winter Olympics. At the helm of whistle-blowers who allege that a network of systematic doping and cover-up was far, far wider and more extensive than Rodchenko is Vitaly Stepanov, the former Rusada agent turned witness. What can I say - Russia seems still unwilling to face up to its own state sanctioned doping program and is still looking for convenient scapegoats. Meanwhile, WADA's commission of inquiry led by Prof. Richard McLaren, is due to report its findings on the Sochi affair and related matters on July 15. I think we will get a more believable opinion then. See <http://www.swimvortex.com/russian-investigators-pin-doping-scandal-on-rodchenko-critics-say-dont-buy-it/>.

### Tuesday 6 July

- Italian Federico Rosa who is part of athletics management company Rosa and Associati, will appear in court in Kenya tomorrow to face unspecified charges. Federico and his father Gabriele Rosa were quizzed at the Directorate of Criminal Investigations headquarters in Nairobi the week before. Gabriele was later released. At the same time, athletics coach Claudio Berardelli, who has previously worked with Rosa and Associati, was also arrested and detained in Eldoret. Rosa and Associati was among athletes agents who were suspended in April last year for six months by Athletics Kenya over doping allegations. The suspension was later revoked in October "for the sake" of the athletes. Nothing has come out of the investigations by Athletics Kenya. See <http://www.nation.co.ke/sports/athletics/Athletics-agent-to-appear-in-court/-/1100/3281784/-/133fxntz/-/index.html>

- Doping cheat-turned-whistle blower **Yuliya Stepanova** is "very welcome" at the European Athletics Championships, track and field's continental chief insisted on Tuesday. See <http://www.supersport.com/athletics/article.aspx?Id=3603494>.
- Sometimes you just have to feel profoundly sorry for an athlete. A distraught **Alysia Montano** called her career "a farce" and branded the IAAF "a corrupt institution" after crashing out of the U.S. Olympic trials on Monday. The 800m runner, who believes she has been denied at least three global medals by dope cheats, had hoped this would be the year she finally made the Olympic podium. But with less than 100 metres to go in Monday's final she became entangled with Brenda Martinez and fell to the track, eventually finishing dead last. That ended any hope of her going to Rio since only the top three finishers in the cut-throat trials advance. Tears flowed from the 30-year-old defending U.S. champion as she spoke to reporters and the agony only intensified after she was asked why this had been such an emotional year. "I'm missing three medals in like eight years of my life as a professional runner," said Montano, who believes she lost medals because of cheating rivals at the 2011 and 2013 world championships. Fifth at the 2012 Olympics, Montano has since seen both winner Mariya Savinova and bronze medallist Ekaterina Poistogova, both Russians, accused of doping by a World Anti-Doping Agency (WADA) report. "My entire professional career has been a farce basically," said the emotional Montano. See <http://www.iol.co.za/sport/athletics/montano-misses-out-on-rio-slams-corrupt-iaaf-2041821>.
- The Australian Anti-Doping Agency (ASADA), Indian National Anti-Doping Agency (NADA) and World Anti-Doping Agency (WADA) have signed a two-year memorandum of understanding aimed at bolstering India's national anti-doping program. A detailed project plan has been established to ensure India implements a more effective anti-doping program. This is good news as there has been great concern about the huge number of drugs busts coming out of that country. See <https://www.wada-ama.org/en/media/news/2016-07/indian-anti-doping-program-receives-boost-after-striking-partnership-with-asada>.
- Russia's cycling five-time trial champion Tatiana Antoshina has been provisionally suspended after failing an out of competition doping test. The 33-year-old tested positive for the growth hormone GHRP-2 in a test conducted on May 31, with her Astana Women's Team distancing themselves from the cyclist after the positive was confirmed. "Astana Women's Team receives the news with obvious disappointment, but also with relief for having put an end to the working relationship with the athlete several weeks ago," a statement from the team read. See <http://www.insidethegames.biz/articles/1039237/russian-time-trial-champion-tatiana-antoshina-suspended-after-failing-out-of-competition-test>.

### Wednesday 7 July

- WADA and International Cycling Union (UCI) said Wednesday they have taken possession of stored blood samples and plasma bags from the Spanish "Operation Puerto" doping case. A Madrid appeals court provided access to the samples from cyclists and athletes in tennis and football to WADA and the UCI last month and those samples are now being stored at an unspecified WADA-accredited laboratory outside of Spain. "WADA and the UCI will continue their joint investigation into Operation Puerto, and will consider all possible legal options," the joint statement said. See <https://au.news.yahoo.com/thewest/sport/a/32000493/wada-uci-have-operation-puerto-blood-samples/>.
- Athletics agent Federico Rosa was on Wednesday remanded in Kenyan police custody as investigations on doping allegations continue. The Italian national who was arrested by the Anti-Narcotics Unit last Friday, appeared before Kibera Principal Magistrate, Bernard Ochoi and is facing offences related to doping. The prosecution said he is suspected of conspiracy to cause injury to the reputation and profession of athletes and preventing some of them from their lawful exercise of their profession by doping. See <http://www.nation.co.ke/sports/athletics/Top-athletics-agent-remanded-in-probe-over-doping-cases/-/1100/3283244/-/110d5h8/-/index.html>.
- Russian whistle blower Yuliya Stepanova took the first step towards track redemption when she competed as a "neutral" in heats for the women's 800m at the European championships on Wednesday. But there was to be no fairytale as she lagged well behind the pack from the off at Amsterdam's Olympic Stadium and eventually pulled up limping after 600 metres, left to walk through to the finish line by herself. She was later diagnosed with a torn ligament of the plantar fascia (arch) in her right foot so her progression to the Olympics under a neutral flag is now probably in doubt. See <http://www.supersport.com/athletics/article.aspx?Id=3605254>.
- It is typical of Russia that they dripfeed little bits and pieces in the hope of avoiding further sanctions. The latest came on Wednesday when Russia's sports minister told WADA that Moscow was fully committed to eradicating doping after Russian athletes were barred from the Rio Olympics, and he pledged full cooperation with WADA for fair sport. "We are ready to work with you to build a transparent structure which makes it impossible to violate even in theory the international standards of Wada by the staff of (Russian anti-doping agency) Rusada and the (Russian) Laboratory," Vitaly Mutko wrote to Wada President Sir Craig Reedie. Mutko sent the letter ahead of a July 15 deadline for Wada to deliver a final report on its investigation into alleged widespread doping in Russian athletics. Of course, it's just words at this stage and the actions that we have seen so far from Russia show no evidence of any real reform. See <http://www.supersport.com/athletics/article.aspx?Id=3604914>.
- The meldonium stuffup continues to shadow WADA. Now, it looks like athletes who test positive for the banned substance after next month's Olympic Games in Rio may not face sanctions as WADA has extended the period in which athletes who



test positive may not be punished. Those found to have low levels of meldonium in tests before 30 September can now be cleared. See <http://www.bbc.com/sport/36726142>.

- In the shadow of its own murky past, the IAAF has included 15 “key proposals” in a document entitled “Reform of the IAAF – A New Era” following a two-day IAAF Governance Structure Reform Forum meeting in Amsterdam. Reduced personal powers for the IAAF president, confirmation of Congress as the highest authority of the sport, a reduction in the number of vice-presidents from four to two and the introduction of a new Integrity Code of Conduct are among the proposed governance reforms. See <http://www.athleticsweekly.com/featured/iaaf-announces-15-proposals-for-reform-46104/#1qha3cbjC8GWaiFA.99>.
- Russia has named a 68-strong athletics team for this summer's Rio Olympic Games, despite being banned from international competition. A final decision on their appeal to CAS is due by 21 July. I expect their appeal to be thrown out and I think we will only see a very small number of provenly keen Russians competing at Rio as "neutral athletes". See <http://www.bbc.com/sport/athletics/36721391>.
- A masterly analysis of the current Alex Schwazer drugs positive by Stefano La Sorda - this is a must read, in Q&A form. Simply open the link in Google Chrome, right click anywhere in the text area and choose 'Translate to English'. Well done Stefano. See <https://www.facebook.com/notes/la-marciacom-weareracewalkingcom/domande-e-risposte-sul-caso-schwazer/1032598893496746>.
- Yuliya Stepanova's participation at the European championships was proof of the IAAF's consistency on anti-doping whistle blowers, world T&F supremo Sebastian Coe said on Thursday. In an interview with a small group of journalists in Amsterdam, Coe launched a fresh plea for athletes to turn informants should they encounter doping, saying it was a "historic moment" for athletics. I don't know about you but I seem to remember that Stepanova and her husband raised these issues a long time ago and got no traction from either WADA or the IAAF until the 2015 German drugs doco broke the story to the wider world. And don't I seem to remember recently reading about the fact that Coe might have been aware of the depth of the drugs issue while IAAF VP and yet nothing was done. Hmmmm... The big question is - Is Coe the right man to be making this sort of statement? See <http://www.supersport.com/athletics/article.aspx?Id=3606384>.

#### Friday 8 August

- It looks like Jared Tallent is in line for another gold medal with Italian race walker Alex Schwazer now provisionally suspended by the IAAF after his B-sample came back positive. The 2008 Olympic 50 kilometres race walk gold medallist tested positive for testosterone following the re-test of a urine sample taken on January 1 but details only emerged on June 22. Analysis on the B-sample was carried out on Tuesday (July 5) at the WADA-accredited laboratory in Cologne. “The IAAF confirms it has provisionally suspended Alex Schwazer after the B sample confirmed the positive finding of the A,” the IAAF confirmed to insidethegames. “The athlete will be offered an expedited hearing prior to the Rio Olympics.” See <http://www.insidethegames.biz/articles/1039372/iaaf-confirm-schwazer-provisional-suspension-after-b-sample-comes-back-positive>.
- The meldonium mess continues for WADA and the wider world of sport, with United World Wrestling (UWW) reinstating places in next month's Olympic Games in Rio de Janeiro to several countries whose athletes tested positive for meldonium. It remains to be seen how the Olympic tournaments will work with more wrestlers now due to compete than initially planned. See <http://www.insidethegames.biz/articles/1039406/united-world-wrestling-reinstate-rio-2016-quota-places-as-meldonium-confusion-continues>.
- Athletics agent Federico Rosa, who is facing doping allegations in Kenya, has been released on a Sh300,000 cash bail as investigations continue. Separately, the Kenyan war on doping intensified on Friday after two more suspects were taken to court. Senior Principal Magistrate Joyce Gandani allowed police officers attached to Anti-Narcotics Unit to continue holding Joseph Karuri Mwangi who operates a clinic in Eldoret town, and Ken Kipchumba Limo, a clinical officer in Eldoret, for 10 days. The prosecution told the court that investigations on the two relate to two other suspects who were produced before the court earlier. See <http://www.nation.co.ke/sports/athletics/Athletics-agent-Rosa-out-on-cash-bail-as-probe-continues/-/1100/3286802/-/6pc0lez/-/index.html>.

#### Saturday 9 August

- The IAAF ethics panel rejected appeals by three senior Kenyan athletics officials who were challenging the extension of their suspensions for another six months while they are investigated for corruption. Athletics Kenya president Isaiah Kiplagat, vice president David Okeyo, and former treasurer Joseph Kinyua remain suspended for 180 days from May 20, the ethics panel said in a decision published on Friday. All three men are accused of diverting more than \$700,000 of sponsorship money paid to AK by Nike for their personal benefit, and attempting to extort money out of athletes in return for concealing positive doping tests. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11671382&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11671382&ref=rss).
- Schwazer is clutching at straws. His lawyer Gerhard Brandstaetter said he would appeal against the suspension immediately, adding that his client's urine sample must have been tampered with. However, the July 18 deadline for Olympic entry gives Schwazer very little time to get into next month's Rio Games. His trainer, Sandro Donati, said the

walker was the victim of “sporting homicide” by the IAAF. See <http://www.heraldsun.com.au/sport/olympics-2016/jared-talent-may-receive-world-championships-gold-after-italys-alex-schwazer-tests-positive/news-story/dbf08cac276f9dbff1ff5b765ba32b3d>.

- The German television channel ARD and The Sunday Times have done it again, coming out with **another drugs expose, this time recorded secretly in Kenya**, and have publishing their findings in an eight minute video, released today by Hajo Seppelt and Florian Riesewiede. The crew traveled to the high altitude training center in Iten, Kenya where Kenyan and European athletes train. They found syringes and medication found in athletes’ rooms and in the trash, most of it EPO. They travelled to a pharmacist with an athlete and EPO was purchased within minutes. An athlete also took them to his doctor, who claimed he has treated more than 50 athletes with EPO, three of them British. And here is the video: [http://laem.sportschau.de/amsterdam2016/videos\\_audios/New-doping-allegations-against-Kenya.amsterdam992.html](http://laem.sportschau.de/amsterdam2016/videos_audios/New-doping-allegations-against-Kenya.amsterdam992.html).

#### Sunday 10 July

- Following on directly from yesterday's ARD/Times Kenyan drugs expose, UK Anti-Doping (UKAD) has begun an investigation and expressed "grave concern" over claims by two Kenyan doctors they gave banned performance-enhancing drugs to British athletes. Kenya's Directorate of Criminal Investigations (DCI) has also reportedly made arrests in connection with the claims. UKAD has also sent two investigators to Nairobi to assist with the enquiries. See <http://www.bbc.com/sport/athletics/36756105>.
- WADA also immediately came out with a statement on this latest expose. “WADA is grateful to The Sunday Times and ARD for bringing the evidence to UKAD’s attention,” said Olivier Niggli, Director General, WADA. “In due course, WADA will be reviewing the evidence that UKAD compiles and taking the necessary action to ensure the protection of clean sport.” “On the broader topic of Kenya, this article is one in a series of reports questioning Kenya’s ability to effectively address doping; and, suggesting that there exists a culture of doping in the country,” said Niggli. “At the very least, this is an indication that the Kenyan government must quickly put the necessary human resources behind Anti-Doping Agency of Kenya (ADAK) in the interest of protecting clean sport.” See <https://www.wada-ama.org/en/media/news/2016-07/correction-wada-statement-regarding-the-sunday-timesard-doping-allegations>.
- The IAAF on Sunday cleared only long jumper Darya Klishina to compete at the Rio Olympics, meaning the last remaining hope for pole vault star Yelena Isinbayeva and other Russian athletes now rests on an impending court decision. "The IAAF Doping Review Board has today agreed that Russian long jump athlete Darya Klishina meets the exceptional eligibility criteria to compete in international competition as a neutral athlete," the IAAF said in a statement. "The Doping Review Board received a total of 136 applications from Russian athletes seeking exceptional eligibility to compete in an individual capacity," added the statement, which quickly drew fresh condemnation in Moscow. See <http://www.nation.co.ke/sports/athletics/-/1100/3288794/-/10i93jhz/-/index.html>.

#### Monday 11 July

- A Court of Arbitration for Sport (CAS) hearing into the two-year doping ban awarded to Maria Sharapova last month has been deferred until September, ending any faint hope of her competing at the Olympic Games. See <http://www.insidethegames.biz/articles/1039472/sharapova-appeal-to-cas-against-two-year-doping-ban-deferred-until-september>.
- UK Anti-Doping (UKAD) has been strongly criticised in an independent report today for its failure to alert the General Medical Council (GMC) about claims that a Harley Street doctor had helped over 150 sportspeople take performance enhancing drugs. This followed reports in April that Dr Mark Bonar worked with "clients" including an England cricketer, British Tour de France cyclists, a British boxing champion, tennis players and martial arts competitors, as well as footballers from Premier League clubs Arsenal, Chelsea and Leicester City. UKAD chief executive Nicole Sapstead confirmed they had been aware of allegations against Bonar after being approached by cyclist Dan Stevens, but had not been able to act upon them because the doctor was not affiliated to any particular sport. They had also considered informing the General Medical Council (GMC), which oversees medical practitioners in Britain, but decided not to as the evidence they had was supposedly insufficient for such a referral. A report spearheaded by retired police officer Andy Ward found it was "difficult to understand" why UKAD had not "as a minimum standard of investigation" spoken to the GMC. See <http://www.insidethegames.biz/articles/1039476/uk-anti-doping-criticised-for-handling-of-doctor-who-claimed-to-have-doped-150-athletes>.

### 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

- Sun Aug 21, 2016 Australian Roadwalk Championships, Mt Stromlo, Canberra, ACT. Entries close Sunday 7<sup>th</sup> August. See <http://www.athletics.com.au/Compete/Events/australian-winter-race-walking-championships>.
- Sun Aug 28, 2016 Australian Masters 20km Roadwalk Championships, Adelaide, SA. Entries close 20<sup>th</sup> August. See <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>.

### 2016 International Key Dates

July 19-24, 2016 16<sup>th</sup> World Junior T&F Championships, Bydgoszcz, POL  
Aug 5-21, 2016 31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>  
Oct 26 -Nov 6, 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>  
Online entries close August 25<sup>th</sup>. No late entries accepted.

### 2016 IAAF Challenge Series (remaining events)

August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

### 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](http://www.worldmastersgames2017.co.nz)  
June 9-12, 2017 Australian Masters T&F Championships, Darwin  
July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Nairobi, Kenya  
August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK  
August 19-30, 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>  
May 2018 28<sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia  
July 2018 16<sup>th</sup> World Junior T&F Championships, ?  
TBA, 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
2019 17<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
July 2019 11<sup>th</sup> World Youth T&F Championships, ?  
July 2019 30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
July 2020 32<sup>nd</sup> Olympic Games, Tokyo  
Aug 2021 18<sup>th</sup> 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](mailto: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>)