



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 15
13 January 2015



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WALKERS OF THE WEEK

This week's Walker of the Week is shared between two of our rising young stars – you can read more about these and all the Australian performances later in the newsletter.

- 14 year old **Eliza Clarke** was in great form in the Athletics Victoria Shield competition in Knox on Saturday, winning the women's division with a superb 9:04.95 - just outside Jemima Montag's VRWC U15 club record of 9:04.6.
- Meanwhile, in Sydney last weekend, 17 year old **Tyler Jones** had a big double, winning the NSW 10,000m track championship in warm and humid conditions on Saturday (46:50.22) and winning the 5000m walk at the ANSW Club Championships on Sunday (22:01.87).

WHAT'S COMING UP

It's a bumper weekend of walking coming up in Victoria. **Athletics Victoria Shield competition** continues next Saturday with another Zone vs Zone competition. Then Sunday sees our next **VRWC Road Races** at Middle Park. This meet also includes the **AV 5km Teams Walk Championships**. Registrations for the AV Teams Walks are still open but will close any time now – go to <http://athsvic.org.au/events/calendar/> and click on the registration button for this event. So get busy and get your team organised if you haven't done it yet. This event is often quite open and you never know your chances of scoring a place and being in the medals! The timetable for the day reads as follows:

Sun 18 January 2015, VRWC Road Races (and AV 5km Teams Walks), Middle Park		
8.30am	20km, 15km, 10km	Open
9:30am	AV 5km Teams Championship	Open Men / Women
	5km, 3km	Open
	3km	Under 15
10.00am	2km	Under 12
	1km	Under 9

The rules for the AV Teams Championships read as follows:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed via the proper entry method as advised by Athletics Victoria.

And a reminder that entries close for the **Australian 20km Summer Championships and Oceania 20km Championships in Adelaide on Friday 30 January**. Enter at <http://www.athletics.com.au/Compete/Online-Entries>

Victorian walkers should always check the AV calendar – see <http://athsvic.org.au/events/calendar> – for details of upcoming events. Entries are now open for

- Vic Junior T&F Champs 13-15 Feb 2015
- AV Knockout Round 2 (2000m Walk) Sat 7 Feb 2015
- Vic Open T&F Champs 27 Feb – 1 Mar 2015
- Vic Masters T&F Champs 14-15 Mar 2015

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 7 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Very hot day (42C), threats of strong winds and thunder storms, Therefore not a large turn out, especially of the older brigade. Pleased to see that Geraldine Waites took part after an absence of many years. Still walked a good time Also welcome back to Graham Harrison.

1 Mile Walk

1.	Rhiannon Lovegrove	08:06		
2.	George White	08:43	M69	88.00%
3.	Mark Worthing	09:44	M52	66.42%
4.	Marie Maxted	10:14	W54	68.76%
5.	Geraldine Waites	10:50	W65	72.56%
6.	John Hore	11:01	M66	67.27%
7.	Graham Harrison	11:35	M71	67.84%
8.	Roger Lowe	12:13	M71	64.33%
9.	Jill Rogers	13:25	W70	62.32%
10.	Edna Bates	13:33	W62	56.11%
11.	Mathew Anderson	13:35	M43	44.15%

3000m Walk

1.	George White	16:42	M69	87.09%
2.	Graham Harrison	22:02	M71	67.63%
3.	Helen Suridge	22:30	W63	66.09%
4.	Roger Lowe	23:48	M71	62.61%
5.	Linda Whitelaw	25:03	W60	57.38%
6.	Edna Bates	25:24	W62	57.87%
7.	Paul Boyce	26:08	M78	62.00%

AACT SUMMER SERIES TRACK WALKS, AIS TRACK, BRUCE, ACT, FRIDAY 9 JANUARY

Thanks to Robin Whyte for the latest results from the ACT Walkers Club in Canberra. Good to see WA star Declan Tingay over in the east and racing in the 3000m – an easy winner with 13:07.

3000m Walk

1.	Declan Tingay	13:07
2.	Callum Burns	16:08
3.	Spencer Burns	16:23
4.	Bryan Thomas	19:58

1500m Walk

1.	Peter Baker	8:13
2.	Dylan Eddowes	8:39
3.	Laura Burns	8:40
4.	Jennifer Alley	9:35
5.	Barbara Eddowes	9:47
6.	Venesser Rogic	10:16
7.	Melinda Goad	10:43

ATHLETICS VICTORIA SHIELD ROUNDUP

Athletics Victoria Shield kicked back into full swing last Saturday with over 100 walkers in action throughout Victoria.

AV Shield Round 9 - Blue Zone v Red Zone, Knox, Saturday 10 January

Diamond Valley young guns Emmet Brasier and Eliza Clarke continued on their merry way with strong wins at the Knox athletics track with 8:35.32 and 9:04.95 (a PB for Eliza). In fact, Eliza was just outside Jemima Montag's VRWC club record of 9:04.6! Megan Szirom was also in great form with 9:14.74 as was 14 year old Michael Taylor with a PB 9:51.28. This was our biggest walk field with a field size of 49.

Mixed 2000m Walk

1.	Brasier, Emmet	M16	DIAMOND VALLEY	8:35.32
2.	Clarke, Eliza	W14	DIAMOND VALLEY	9:04.95
3.	Szirom, Megan	W37	FRANKSTON AC	9:14.74
4.	Taylor, Michael	M14	DIAMOND VALLEY	9:51.28
5.	Hawkins, Trenton	M35	PRESTON AC	9:56.77
6.	Laufer, Michelle	W45	COLLINGWOOD	9:58.15
7.	Henderson, Rebecca	W13	CASEY CARDIN	10:12.55
8.	Fairburn, Scott	M27	KNOX AC	10:24.12

9.	Collis, Hugh	M14	DIAMOND VALLEY	10:39.01
10.	Keirl, Bernie	M51	DIAMOND VALLEY	10:39.60
11.	Collis, Lauren	W16	DIAMOND VALLEY	10:47.74
12.	Walmsley, Hayden	M13	KNOX AC	10:55.14
13.	Noonan, Emily	W14	COLLINGWOOD	11:17.81
14.	Van Dongen, Rupert	M40	CASEY CARDIN	11:19.00
15.	Dickenson, Russell	M69	SOUTH COAST	11:23.09
16.	Bennett, Ralph	M73	VICTORIAN MA	11:33.62
17.	Gourlay, Marlene	W63	VICTORIAN MA	11:46.75
18.	Paten, Ruby	W11	CASEY CARDIN	11:48.29
19.	Elms, Donna-Marie	W53	PRESTON AC	11:51.27
20.	Noonan, Claire	W10	COLLINGWOOD	11:52.06
21.	Collis, Bede	M11	DIAMOND VALLEY	11:58.53
22.	Clarke, Georgia	W12	DIAMOND VALLEY	12:03.44
23.	Walshe, Kerry	W52	DIAMOND VALLEY	12:22.16
24.	Wright, Ethan	M13	COLLINGWOOD	12:37.31
25.	Lillie, Jessica	W15	KNOX AC	12:44.51
26.	Steed, Gwen	W72	VICTORIAN MA	13:01.39
27.	Nicola, Naomi	W9	IVANHOE HARRIERS	13:22.47
28.	Hutton, Philip	M68	GLENHUNTLY AC	13:23.07
29.	Gardiner, Robert	M78	COLLINGWOOD	13:24.96
30.	Garganis, Clare	W44	COLLINGWOOD	13:26.25
31.	Lazar, Dennis	M58	DIAMOND VALLEY	13:42.84
32.	McPherson, Glennis	W68	MENTONE AC	13:50.69
33.	Walburg, Kirsten	W16	DONCASTER AC	14:14.65
34.	Morrison, John	M75	SANDRINGHAM AC	14:20.47
35.	Brasier, Caitlin	W24	DIAMOND VALLEY	14:20.65
36.	Quinn, Karen	W50	DIAMOND VALLEY	14:31.27
37.	Fisher, Sarah	W27	DIAMOND VALLEY	14:41.13
38.	Brown, Tammarah	W15	RICHMOND HAR	14:44.68
39.	Rudston-Brown, Cai	W13	WHITTLESEA CITY	15:00.02
40.	Colley, Jamee-Leig	W24	PRESTON AC	15:01.28
41.	Tunnecliffé, Maree	W20	DONCASTER AC	16:14.32
42.	Thompson, Riley	M14	DONCASTER AC	18:39.30
43.	Henderson, Amber	W10	INVITES	13:27.80
	Reyes, Jeanette	W35	SANDRINGHAM AC	DQ
	Zeleznikow, John	M64	GLENHUNTLY AC	DQ
	Jones, Nicole	W29	SANDRINGHAM AC	DQ
	Mitchell, David	M23	DONCASTER AC	DQ
	Camilleri, Rhianyn	W9	DIAMOND VALLEY	DQ
	Spratt, Kevin	M51	RICHMOND HAR	DQ

AV Shield Round 9 - White Zone v Yellow Zone, East Burwood, Saturday 10 January

James Christmass travelled up from Geelong for the zone vs zone meet at East Burwood and was rewarded with a win, his time of 9:21.29 seeing him 7 secs ahead of Mark Donahoo 9:28.34, with super masters walker Andrew Jamieson a second further back with 9:29.73.

Mixed 2000m Walk

1.	Christmass, James	M47	CORIO ATHLETIC CLUB	9:21.29
2.	Donahoo, Mark	M56	ATHLETICS ESSENDON	9:28.34
3.	Jamieson, Andrew	M68	OLD SCOTCH C	9:29.73
4.	Taylor, Lucas	M18	YARRA RANGES	9:36.59
5.	Evans, Simon	M54	BOX HILL AC	10:27.71
6.	Geisler, Sandra	W37	RINGWOOD AC	10:46.53
7.	Feain, Gerard	M51	KEILOR ST BE	10:51.19
8.	Dyer, Chelsea	W21	BOX HILL AC	10:59.69
9.	Dyer, William	M53	BOX HILL AC	11:12.59
10.	Feain, Lachlan	M15	KEILOR ST BE	11:16.03
11.	Campbell, Caitlin	W20	ATHLETICS ESSENDON	11:19.23
12.	Knox, Duncan	M55	ATHLETICS ESSENDON	11:26.78
13.	Irons, Matthew	M33	MELBOURNE UN	11:31.99
14.	Schwerkolt, Zoe	W16	BOX HILL AC	11:35.36
15.	Olden, Graeme	M50	BOX HILL AC	11:37.05
16.	Riddoch, Clyde	M61	ATHLETICS WAVERLEY	11:56.63
17.	Shaw, Robyn	W53	WESTERN ATHL	11:59.01
18.	Irons, Julia	W16	KEILOR ST BE	12:06.87
19.	Rosenbrock, Carolyn	W52	ATHLETICS NU	12:14.17
20.	Campbell, Rebecca	W17	ATHLETICS ESSENDON	12:38.00
21.	Taylor, Lee	W13	YARRA RANGES	12:38.82
22.	Feain, Madeleine	W16	KEILOR ST BE	12:55.64

23.	Laurie, Natalie	W23	ATHLETICS NU	13:25.21
24.	Mendes, Jennifer	W14	ATHLETICS ESSENDON	13:57.02
25.	Hewitson, Camden	M12	YARRA RANGES	13:58.39
26.	Hodgart, Janice	W51	WESTERN ATHL	14:19.90
27.	Sofianos, Gerald	M65	ST KEVINS AC	14:26.36
28.	Irons, Elaine	W14	KEILOR ST BE	14:28.15
29.	Gunn, Nicole	W35	KEILOR ST BE	14:40.79
30.	Spiteri, Kelly	W41	COBURG HARRIERS AC	14:49.91
31.	Ireland, Roslyn	W31	BRUNSWICK AC	15:02.69
32.	Ireland, Mark	M30	BRUNSWICK AC	15:06.37
33.	McIntosh, Elizabeth	W43	COBURG HARRIERS AC	15:29.19
34.	Cashin, Brenda	W50	WESTERN ATHL	16:14.85
35.	Ireland, Olive	W54	BRUNSWICK AC	16:47.97
36.	Lamb, Heather	W50	BRUNSWICK AC	16:51.60
37.	Knox, Christian	M11	ATHLETICS ESSENDON	17:10.28
38.	Scarlett, Katharine	W31	MELBOURNE UN	17:14.36
39.	Beaumont, Hamish	M38	MELBOURNE UN	17:15.47
40.	Rickard, Tess	W21	BRUNSWICK AC	17:27.17
41.	Rickard, Ian	M58	BRUNSWICK AC	17:58.84
	Williams, Steven	M43	ATHLETICS WAVERLEY	DQ
	Holstein, Jake	M16	KEILOR ST BE	DQ

AV Shield Round 9 - Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 10 January

Brian Trower topped the list at Ballarat with his time of 11:30.

Mixed 2000m Walk

1.	Trower, Brian	55	BALLARAT HAR	11.30
2.	Dowie, Ellen	15	EUREKA ATHLE	11.55
3.	Kilmartin, John	63	BALLARAT HAR	12.12
4.	Ruddick, Kevin	64	BALLARAT HAR	14.09

AV Shield Round 9 - Bendigo Zone, LaTrobe Uni, Ballarat, Saturday 10 January

Michael Gillies-Smith was the best of the walkers at Bendigo (and quite a big field there) with 9:55.99, ahead of Zahra Hayes with 10:09.37.

Mixed 2000m Walk

1.	MICHAEL GILLIES-SMITH	M40+	EAG	9:55.99
2.	ZAHRA HAYES	WU14	SBE	10:09.37
3.	PETER CURTIS	MOP	SBE	10:47.98
4.	EBONY WHILEY	WU20	EAG	11:07.92
5.	ANNETTE MAJOR	W40+	EAG	11:22.88
6.	MADISON HILL	WU16	SBE	11:43.03
7.	ANNETTE CURTIS	W40+	SBE	14:11.60
8.	JOHN CARTER	M40+	SBE	14:15.80
9.	GEOFFREY VENDY	M40+	BGO	14:20.80
10.	JOHN WATSON	M40+	BGO	15:33.68

AV Shield Round 9 - Geelong Zone, Landy Field, Geelong, Saturday 10 January

With James Christmass competing in Melbourne, it was left to the young walkers in Geelong.

Mixed 1500m Walk

1.	Mackenzie Mielczarek	WU14	COR	8:49.69
2.	Jordyn Leamer	WU14	COR	9:44.46
3.	Thomas Mirarchi	MU16	COR	10:18.63
4.	Charli Walker	WU14	BEL	10:57.16

NSW 10,000M WALK CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 10 JANUARY

As usual, the NSW 10,000m Open Walk championship were held in their early January timeslot, in conjunction with the NSW Club & Combined Event Championships at the Sydney Olympic warmup track. The 5.35pm start time meant the races were held in quite humid conditions, which is reflected in the times. 17 year old Tyler Jones and 26 year old Nicole Fagan were each comprehensive winners.

Men 10,000m Walk Open

1.	Jones, Tyler	17	Mingara Athl	46:50.22
2.	Gibbons, Carl	19	Westlakes At	52:37.03
3.	Richardson, Dylan	15	Mingara Athl	52:39.37
4.	Washburn, Steven	21	U.T.S.	55:18.63
5.	Jessurun, Ian	48	Nsw Masters	56:49.67

6.	Smyth, David	46	Victoria)	1:02:41.87
7.	Seymon, Jim	78	U.T.S.	1:09:28.53
	West, John	65	Nsw Masters	DQ

Women 10,000m Walk Open

1.	Fagan, Nicole	26	Sydney Unive	49:30.70
2.	Goodhew, Chelsea	16	Westlakes At	54:12.17
3.	Barendregt, Amanda	19	Nepean Distr	58:58.97
4.	Beasley, Bryony	18	Nepean Distr	1:04:59.86
5.	O'Neill, Molly	15	Adamstown Ne	1:05:58.41
6.	Grujoski, Stephanie	18	South Sydney	1:09:42.57
7.	Brown, Suzanne	50	U.T.S.	1:12:25.59



Tyler Jones in action in Sydney last weekend

ANSW CLUB CHAMPIONSHIPS, SOPAC, SYDNEY, SATURDAY 10 JANUARY 2015

Racing continued on Sunday morning with the ANSW Club Championships Walks starting 11.35am. A number of walkers including Tyler Jones and Nicole Fagan competed in the 10km Champs and backed up again to contest the Club Champs. Best performances probably Tyler Jones (22:01.87 5000m), Jay Felton (22:33.83 5000m), Nicole Fagan (22:46.83 5000m) and Dylan Richardson (14:08.03 3000m).

Women 1500m Walk U14

1.	Parker, Hannah	12	Randwick Bot	7:54.03
2.	Bolton, Hannah	11	Mingara Athl	7:58.94
3.	Thomson, Jada	10	Nepean Distr	9:15.63
4.	Martin, Brooke	11	Nepean Distr	9:19.11
5.	Hickson, Alannah	11	Sydney Unive	9:24.38
6.	Brown, Ainslie	12	U.T.S. North	9:39.75
7.	Mavin, Courtney	10	Sydney Pacif	9:53.39

Men 1500m Walk U14

1.	Tebbutt, Archie	10	Gosford Athl	7:56.28
2.	Little, Morgan	12	Sydney Pacif	8:40.54
3.	McGinniskin, Jack	12	Athletics NS	8:44.77
4.	Little, Bayden	11	Sydney Pacif	9:09.94

Women 3000m Walk U14

1.	Pitcher, Allanah	11	Mingara Athl	15:44.63
2.	Brennan, Elise	12	U.T.S. North	17:58.19

Men 3000m Walk U14

1.	Blaskett, Hayden	13	Sydney Strid	15:48.93
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Women 3000m Walk U17

1.	Goodhew, Chelsea	15	Westlakes At	14:50.12
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2.	Roukos, Raquel	14	Nepean Distr	15:08.93
3.	Brown, Samantha	14	Parramatta C	15:35.51
4.	Henry, Amy	14	St. George D	16:49.63
Men 3000m Walk U17				
1.	Richardson, Dylan	14	Mingara Athl	14:08.03
2.	Tebbutt, Oscar	13	Gosford Athl	15:48.65
3.	Thomson, Ryan	14	Nepean Distr	16:41.76
4.	Mavin, Harrison	13	Sydney Pacif	16:56.56
5.	Barendregt, Travis	14	Nepean Distr	17:10.30
6.	Catallo, Donald	14	St. George D	17:44.35
7.	McGinniskin, Cory	15	Edgeworth an	18:53.40
Women 5000m Walk U20				
1.	Grujoski, Stephanie	17	South Sydney	30:39.14
2.	grujoski, ally	15	South Sydney	32:00.40
3.	Kelland, Sarah	16	Ryde Athleti	NT
Men 5000m Walk U20				
1.	Gibbons, Carl	18	Westlakes At	23:49.09
2.	Kerr, Aidan	16	Sydney Pacif	24:53.86
3.	Jobson, Luke	17	Girraween At	26:00.12
4.	Glover, Jordan	15	Hills Distri	29:55.14
Women 5000m Walk Open				
1.	Fagan, Nicole	25	Sydney Unive	22:46.83
Women 5000m Walk 30+				
1.	Webb, Cheryl	38	Blacktown Ci	26:02.85
Men 5000m Walk Open				
1.	Jones, Tyler	16	Mingara Athl	22:01.87
2.	Felton, Jay	19	U.T.S. North	22:33.83
3.	Mylonas, Adam	17	Hills Distri	28:07.68
Men 3000m Walk 50+				
1.	Rowe, Greg	53	Mingara Athl	20:21.35
2.	West, John	64	Nsw Masters	22:56.41

QA ALL COMERS MEET, UQ ATHLETICS CENTRE, ST LUCIA, SATURDAY 10 JANUARY

3000m Walk

1.	Chapman, Tenyka	14	GCV	16:53.63
2.	schofield, Amelia	12	GCV	17:50.78
3.	Haig, Callum	15	USC	17:58.03
4.	Clarke, Ethan	14	QA	18:31.65
5.	Jeffrey, Ben	13	QE2	19:00.92
6.	schofield, isabella	13	GCV	19:41.50
7.	Balmforth, Phoebe	13	JIM	19:58.03

5000m Walk

1.	Hayward, Katie	15		25:24.36
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ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SAT 10 JAN

It was a bigger field than usual in Hobart last Saturday and even Wayne Fletcher was in action! Fastest to Alice Randall with 7:24.93.

1500m Walk

1.	Alice Randall	OVA	7:24.93
2.	Bayley Campbell	OVA	8:03.65
3.	Emily Stanway-Lucas	OVA	8:21.57
4.	Elizabeth Leitch	ES	9:01.15
5.	Bridget Foale	ES	9:08.92
6.	Dylan Barrett	UNA	9:14.54
7.	Ron Foster	NS	9:21.70
8.	Anna Blackwell	UNA	9:48.49
9.	Wayne Fletcher	NS	11:59.57

RWCWA ROAD WALKS, WILSON, PERTH, SUNDAY 11 JANUARY

5km Open

1.	Caitlin Gerken	30.21
2.	Christopher Gerken	DNF

2km Open

1.	Christopher Gerken	12.01
2.	Hayley Jackson	12.15
3.	Tim Kezic	13.19
4.	Tina Kezic	14.24
5.	Ryan Kezic	14.27
6.	Sarah Vorstenbosch	18.07

ENGLAND ATHLETICS INDOOR WALKING CHAMPIONSHIPS, SHEFFIELD, SUNDAY 11 JAN

The England Athletics Indoor Walking championships were held in conjunction with the EA and Wales Indoor Combined Events Championships and British Milers Club events last Sunday at the England Institute of Sport in Sheffield. Thanks to Mark Wall for the results and race report.

Two separate events were held, a combined Male and female 1000m for U13 & U15 walkers and a combined 3000m for all other age groups. Medals were awarded to the first three across the line in each event so that females took two of the three medals in each race.

Kicking off the two events, Ana Garcia led from the gun in the 1000m breaking away from the field quickly to repeat last year's result. Ben Allen, Ellen Vahey and Faris Alkhamsi had a close tussle for most of the event before Pagen Spooner was able to make up the ground and pick up a tiring Faris. In the longer event Tom Bosworth, quickly established his superiority, lapping the field at regular intervals. He is in full training for his outdoor season over the Northern Spring and summer so it was a good sharpening session. The top three women, Tatyana Gabellone, Ellie Dooley and Emma Achurch were closely bunched before Tatyana made her move after a more conservative start than in Cardiff. Emma subsequently moved past Ellie and increased the margin between them. Emma finished over a minute quicker than the same event last year, whilst Tom was slightly slower as was Tatyana when compared with her Cardiff performance.

3000m Open Walk

1.	Tom Bosworth	Tonbridge	11:52.36	SM
2.	Tatyana Gabellone	Leicester WC/Italy	13:34.65	SW
3.	Emma Achurch	Leicester WC	14:06.07	U20
4.	Ellie Dooley	Leeds City	14:42.89	U23
5.	Brenda Gannon	Hyde Park H/Ireland	15:51.27	V40
6.	Simon Pugh	Rotherham	18:25.55	V55

1000m U13 & U15 Walk

1.	Ana Garcia	City of Sheffield	4:58.50	U15
2.	Ben Allen	Leicester WC	5:12.25	U15
3.	Ellen Vahey	Stratford Upon Avon	5:15.37	U13
4.	Pagen Spooner	Weatherby Runners	5:19.20	U15
5.	Faris Alkhamesi	Nuneaton H	5:22.04	U13
6.	Hisham Alkhamesi	Nuneaton H	5:34.25	U13
7.	Lara MacColl	City of Sheffield	5:36.02	U13
8.	Molly Meleady-Hanley	City of Sheffield	5:41.54	U13
9.	Laura Achurch	Leicester WC	5:45.13	U15
10.	Kai Cundey	City of Sheffield	5:45.79	U13

JABLONEC NAD NISOU, CZECH REPUBLIC, SATURDAY 27 DECEMBER

I reported briefly in last week's newsletter on the 5000m indoors race that was held in the Czech Republic in late December but only had the results for Anežka and Eliška Drahotová. Luckily omarchador has come good with the full results set (see <http://omarchador.blogspot.pt/2015/01/ssilvestre-de-pista-coberta-em-jablonec.html>) which are reproduced below.

Women 5000m Race Walk Indoor

1.	Anežka Drahotová	1995	Univerzitní sportovní klub Praha	22.14.5
2.	Eliška Drahotová	1995	Univerzitní sportovní klub Praha	24.26.3
3.	Lenka Borovičková	1973	SMOLA CHUZE Praha	27.12.0

Men 5000m Race Walk Indoor

1.	Lukáš Gdula	1991	Hvězda SKP Pardubice	21.48.8
2.	Ondřej Motl	1994	TJ Rumburk	22.03.4

3.	Tomáš Gdula	1997	Hvězda SKP Pardubice	23.34.7
4.	Filip Hejkrlik	1979	Atletický klub Spartak Slatiňany	25.49.1
5.	Josef Kalát	1955	AK Bílina	28.00.0
6.	Jakub Zajíc	1989	TJ Sokol Kolín-atletika	28.33.8
7.	Ondřej Čerepušťák	1948	TJ Sokol Kolín-atletika	31.19.8
8.	Miloslav Sviták	1959	AC Česká Lípa	32.07.5
9.	Jiří Pták	1951	ASK Děčín	33.42.3
10.	Jaroslav Pták	1947	AK Bílina	33.55.6
11.	Jan Zajíc	1953	Hvězda SKP Pardubice	34.34.5
12.	Tomáš Miřejovský	1961	Spartak Praha	40.42.5

T&F INDOOR MEET, BRAGA, PORTUGAL, 10-11 JANUARY

Men 5000m Walk Indoor

1.	Augusto CARDOSO	POR	70	21:46.13
2.	António PEREIRA	POR	75	22:21.18

BITS AND PIECES

- The full ruleset covering the 2015 IAAF Racewalk Challenge Series is now online. See <https://iaafmedia.s3.amazonaws.com/competitioninfo/665b13f5-7126-4b9f-b39c-b2c2dd5297b7.pdf>
- All-athletics has produced a list of the top 10 T&F performances of the year, based on the number of IAAF Points scored to each. Yohann Diniz ranks 4th with his 50km World Record of 3:32:33. See <http://www.all-athletics.com/2015-01-10/top-10-single-results-year>
- The Italian Anti-Doping Commission will ask for Olympic walking champion Alex Schwazer's ban to be extended by a further 3 months. See <http://www.coni.it/it/news/primo-piano/9336-deferito-schwazer-procura-chiede-6-mesi-di-squalifica-riducibili-a-3.html>
- Dave McGovern recently posted that on the evening of January 6th, 2014, USA Olympian Bruce MacDonald was rescued from a smoldering house fire in his Port Washington home. The house is currently uninhabitable due to smoke and water damage while Bruce sustained smoke inhalation injuries and was taken to St. Francis Hospital. He explained via email posts:

Bruce is a three-time Olympic athlete, as well as a two-time Olympic Manager/Coach, and two-time Olympic Official. He has coached thousands of athletes, from beginning youth and high schoolers all the way to the Olympic level for over 50 years. He's been there for all of us as a coach, track & field official and friend; now it's time to step up for Coach Mac. Please help! Follow this link to the Bruce MacDonald Fire Fund: <http://www.gofundme.com/BruceMacDonaldFire>

MarciaDalMondo has been busy as usual with 4 articles this week

- 12/01/2015 - World Records as of Jan 1st 2015 - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1973
- 09/01/2015 - Lashmanova walks in Saransk - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1972
- 07/01/2015 - China vs Russia: 20 km men - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1971
- 06/01/2015 - Russia vs China: 20 km women - http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1970

omarchador.blogspot was even more prolific with 5 press releases

- 11/01/2015 - Christine Celant is the new national walks coach of Switzerland
See <http://omarchador.blogspot.com.au/2015/01/christine-celant-nova-treinadora.html>
- 10/01/2015 - The Portuguese Athletics Federation has released its qualifying standards for this year's international competitions, opting for marks below the minimum IAAF standards - 20 km men 1:23:00 (IAAF 1:25:00), 20 km women 1:34:00 (IAAF 1:36:00), and 50 km men, 4:02:00 (IAAF 4:06:00). See <http://omarchador.blogspot.com.au/2015/01/fpa-agravou-minimos-da-marcha-para-os.html>
- 09/01/2015 - The IAAF has released full details for the 2015 IAAF World Walking Challenge.
See <http://omarchador.blogspot.com.au/2015/01/fpa-agravou-minimos-da-marcha-para-os.html>

- 08/01/2015 - Elena Lashmanova may have violated her current drugs suspension by racing in the Mordovian indoor champs. See <http://omarchador.blogspot.com.au/2015/01/lashmanova-pode-ter-violado-suspensao.html>
- 07/01/2015 - Walk results from last week's indoor T&F meet in Jablonec nad Nisou, Czech Republic, See <http://omarchador.blogspot.com.au/2015/01/ssilvestre-de-pista-coberta-em-jablonec.html>
- 06/01/2015 - Results from the US Indoor Track Championships, won by Miranda Melville and Michael Mannozi See <http://omarchador.blogspot.com.au/2015/01/ssilvestre-de-pista-coberta-em-jablonec.html>

POTENTIAL SCANDAL UNFOLDS IN MORDOVIAN RACEWALK CHAMPIONSHIPS

The annual Mordovian Indoor Racewalk championships in Saransk on Tuesday 30th December should have been an opportunity for Russia to showcase its vast, albeit tarnished, racewalking factory. The official press release (see http://www.mordovia-sport.ru/press_center/news/detail.php?element_id=3516) gives a glowing report on what, in Russian eyes, is another major showcase in which the local stars shine. Instead the meet sees a vast scandal potentially unfolding.

The lid was lifted by omarchador last Thursday (see <http://omarchador.blogspot.pt/2015/01/lashmanova-pode-ter-violado-suspensao.html>) when published photos seemed to show the banned **Elena Lashmanova** competing. This was followed by Marciadalmondo (see http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1972) which republished and confirmed what looked like a clear breach of IAAF rules. The photo gallery at http://vk.com/legkaya_atletika_mordoviya_style?z=album-79768647_209181447 has all photos stamped 30/12/14, the date of the competition, so it does look unequivocal.



Left: Lashmanova trails Elmira Alembekova and Vera Sokolova in the race
Right: Lashmanova and Alembekova on the podium

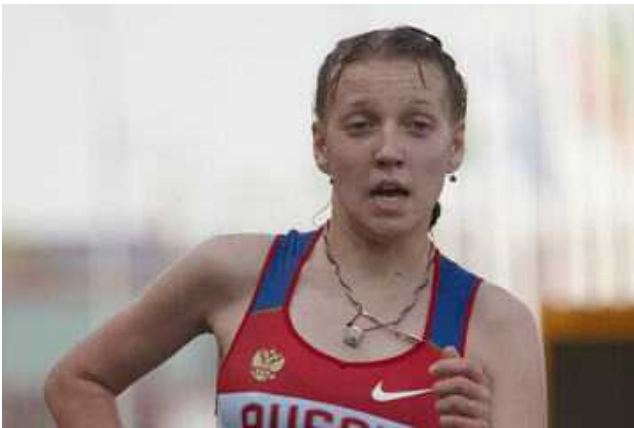
But it gets potentially worse. Apart from Lashmanova, who is banned until 25th February 2016 after a positive test for GW1516, the photos seem to show the participation of two further banned persons in **Viktor Kolesnikov** and **Ekaterina Medvedeva**.

- **Kolesnikov** is the former director of the walks centre in Saransk who was banned for 4 years in November for his part in what can only be described as a wide ranging drugs program centred around Saransk. Someone looking eerily like him is shown in an official lineup led by the new walks centre director Olga Kaniskina. See photos below.
- **Medvedeva** was the 2012 World Junior Champion in Barcelona and is currently suspended until June 2015 for an EPO failure. Note the 3 photos below. The first is from the World Cup in Saransk. The second shows what certainly looks like the same walker competing in the Mordovian Championships. The third shows her exchanging a kiss with Mikhail Ryzhov, either pre or post event.

And to rub salt into the wounds, this meet is dedicated to the memory of the last **German Skurygin** who failed a drugs test after winning the 1999 world title in the 50-kilometre walk in Seville and was subsequently banned for 2 years. Obviously drugs cheating does not have any local implications for Russian walkers!



Left: File photo of Viktor Kolesnikov
Right: Is this Kolesnikov leading the official processing. New director Olga Kaniskina is mid photo.



Left: Ekaterina Medvedeva in the 2012 World Juniors
Right: is this Medvedeva in the Saransk meet last week?



Left: The Medvedeva lookalike races in Saransk last weekend
Right: The meet is dedicated to the memory of a convicted drugs cheat

The IAAF rules are quite specific on what happens in such a case. Any athlete who competes while under a ban has their ban extended to restart from the date of the competition. So, if true, both Medvedeva and Lashmanova will have their two year bans restarting as of 30/12/14. That rules out the current Olympic cycle for them both.

The IAAF is now aware of this situation and investigating internally. We await further information with bated breath.

FALLS CREEK CAMP NOW OVER FOR ANOTHER YEAR

It was a great couple of weeks at Falls Creek for us all but it is always good to be back home. Highlights during our last week included

- Fires started by lightning and burning within a few kilometres of the village – but quickly put out by the CFA
- More great training
- Our own version of The Amazing Race, coordinated by Sabby and Brad and held in conjunction with the Geelong runners.
- Heavy rain in our last couple of days – but nothing stops training
- Dinner at the Last Hoot restaurant on our last night

We have already made our booking for next year – same time, same place!

Photos at <http://www.vrwc.org.au/fallscreek-pics/> and camp pages at <http://www.vrwc.org.au/vrwc-fallscreek.shtml> and <https://www.facebook.com/groups/726992100645163/>.

Thanks to Simon for another superb camp.

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.

2014/2015 Australian/Victorian Summer Season Key Dates

Sun 18 Jan, 2015	AV 5km Teams Roadwalk Champs and VRWC races, Middle Park, VIC
Jan 23-25, 2015	Victorian Country T&F Championships, Bendigo. Entries close Sunday 11 January. Enter at http://athsvic.org.au/event/2015-victorian-country-championships/
Sun Feb 1, 2015	VRWC Roadwalks, Middle Park, VIC
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks). Entries close Friday 9 January. Enter at http://www.athletics.com.au/Compete/Online-Entries
Sun Feb 8, 2015	VMA 5000m Walk Champs and VRWC track races, Mentone Athletics Track, Mentone, VIC
Sun Feb 22, 2015	Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA. Entries close on Fri 30 January. Enter at http://www.athletics.com.au/Compete/Online-Entries
Mar 11-15, 2015	Australian Junior T&F Championships, Sydney, NSW
Mar 14-15, 2015	2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

2015 IAAF Race Walking Challenge Dates

Feb 22, 2015	Oceania Race Walk Championships	Adelaide, AUSTRALIA
May 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11th European Cup Race Walking	Ivano-Frankivsk, UKRAINE
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?

Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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