



## HEEL AND TOE ONLINE

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### IMPORTANT ADDENDUM

Hello everyone

This is a special *Heel & Toe* update which follows on from this week's edition which talked about the recent Mordovian Indoor 5000m walk championships and what looked like participation by banned walkers Elena Lashmanova and Ekaterina Medvedeva. Matters are progressing quickly so I feel the need to forward an update to everyone, given that it now appears the Russians are trying to ineptly cover their tracks with what look to be new staged podium photos and such like.

Here are some vitally important links for you to read

- **Evan Dunfee - THE BEGINNING OF THE END FOR SARANSK AND RUSSIA**

This is a superb summary of how the Russians are belatedly trying to manipulate the outcome for this issue. It is written by Canadian international walker Evan Dunfee who demolishes the clumsy attempts of the last couple of days by Russia to doctor the results and photos and brings new evidence to light to show that the original photos are indeed from the December 2014 race. Here's the link – please read it in full.

<http://dunfeewalks.weebly.com/canadian-tf-blog/the-beginning-of-the-end-for-saransk-and-russia>

- **Newspaper Reports**

The issue is now starting to get traction by some major media players

**The Guardian Newspaper:**

[http://www.theguardian.com/sport/2015/jan/14/elena-lashmanova-iaaf-investigating-race-ban?CMP=share\\_btn\\_tw](http://www.theguardian.com/sport/2015/jan/14/elena-lashmanova-iaaf-investigating-race-ban?CMP=share_btn_tw)

**Athletics Weekly:**

<http://www.athleticsweekly.com/featured/iaaf-investigating-allegations-elena-lashmanova-competed-banned-15710/>

**Russian Press:** The scandal is even getting sympathetic treatment from the Russian media. See

<http://skirun.ru/2015/01/13/vfla-lashmanova-rassledovaniye/>

and

[https://translate.googleusercontent.com/translate\\_c?](https://translate.googleusercontent.com/translate_c?act=url&depth=2&hl=en&ie=UTF8&nv=1&prev=t&rurl=translate.google.com&sl=auto&tl=en&u=http://skirun.ru/2015/01/13/lashmanova-narusheniye-dq/&usg=ALkJrhii8Zr_KDneWizpLEeVFgunOscH-w)

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- **Video Evidence?**

Next, here is a link to a video which is of great interest – it was sent to a well known and highly respected European walker on the night of the race from an ex-Chegin coached athlete who was there. The video clearly shows banned walker Elena Lashmanova (knee bandage and all) in 6<sup>th</sup> spot and someone who looks uncannily like banned walker Ekaterina Medvedeva leading. Was it from the 2014 race – the evidence continues to build.

<https://www.youtube.com/watch?v=SRNPRNYVLzg&feature=youtu.be>

- **What Next?**

Finally, the concluding words from Evan's superb expose

**Finally PLEASE PLEASE PLEASE Share this around. We need to fight hard on this.**

**And a big thank you to everyone who contributed to this. You know who you are, I won't publicly drag you into this mess**

Website: <http://www.vrwc.org.au>