



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 20
17 February 2015



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WALKER OF THE WEEK

My Walker of the Week is pretty clearcut this week – 15 year old Melbourne walker **Kyle Swan** won the Victorian U17 5000m Track Championship walk in a 28 second PB time of **21:10.47**, breaking Jared Tallent's U16 Victorian Record time of 21:17.59, done way back in 2000. This is the latest in a string of sensational times from Kyle this summer, ranging over 2000m, 3000m, 5000m, 10km and 15km.



Kyle Swan on his way to 21:10.47 last Friday evening in Melbourne

WHAT'S COMING UP

This coming Saturday 21st Feb sees the **Athletics Victoria Zone Finals** at Lakeside Stadium. Good luck to all the walkers. This weekend also see the **Little Athletics Victoria Region T&F Championships** with lots of our young walkers in action across Victoria.

Sunday 22nd February sees the **Australian 20km Summer Championships and Oceania 20km Championships** in Adelaide. The entry lists indicate some pretty hot fields with most of our top walkers in action and a sprinkling of overseas walkers from New Zealand, Sweden and Singapore. It is the official Australian trial to select the 20km walkers for this year's IAAF World Champs and it is a chance for our younger walkers to get their 2015 World Youth qualifiers on the board. I look forward to reporting in next week's newsletter. The walkers will be as follows:

Women 20km Walk Open - 7:00AM

Alana Barber	NZL
Nicole Fagan	NSW
Tanya Holliday	SA
Kirsty Klein	NSW
Mari Olsson	SWE
Kelly Ruddick	VIC
Beki Smith	NSW

Men 20km Walk Open - 7:00AM

Luke Adams	NSW
Dane Bird-Smith	QLD
Rhydian Cowley	VIC
Chris Erickson	VIC
Jay Felton	NSW
Joel Zhi Xuan Koh	SIN
Quentin Rew	NZL

Stephanie Stigwood	TAS
Megan Szirom	VIC
Rachel Tallent	VIC
Shu Min Tin	SIN

Adam Rutter	NSW
Bradley Simpson	VIC
Jared Tallent	SA

Women 10km Walk U20 - 8:00AM

Anna Cross	SA
Jasmine Dighton	NSW
Samantha Findlay	SA
Stephanie George	VIC
Danielle Walsh	SA

Men 10km Walk U20 - 8:00AM

Emmet Braiser	VIC
Adam Garganis	VIC
Carl Gibbons	NSW
Tyler Jones	NSW
Kyle Swan	VIC

Women 5km Walk U18 - 9:00AM

Bethany Cross	SA
Rhiannon Lovegrove	SA

Men 5km Walk U18 - 9:00AM

Jake Vidler	SA
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Don't forget to regularly check the AV calendar (<http://athsvic.org.au/events/calendar>) for details of upcoming championships:

- **Vic Open T&F Champs** 27 Feb – 1 Mar 2015 Entries closed on Sunday evening
- **Vic Masters T&F Champs** 14-15 Mar 2015 Entries close Sunday 11 March

SAMA TRACK RACES, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 11 FEBRUARY

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide. And well done to Colin for his M85 2000m SA Masters record.

1000m Walk

1. Rhiannon Lovegrove	04:43	
2. Sarah Damin	05:11	
3. Victoria Upton	05:29	
4. Chloe Upton	05:44	
5. Kitara Upton	05:50	
6. Marie Maxted	05:55	W54
7. Geraldine Waites	06:11	W65
8. Adrian Upton	06:12	
9. Seth Upton	06:28	
10. Georgia Norman	06:28	
11. John Hore	06:38	M66
12. Matthew Lovell	06:39	M49
13. Julia Lycett	06:53	W50
14. Rodger Barber	07:01	M76
15. Des Mulqueen	07:13	M68
16. Roger Lowe	07:16	M71
17. Leigh Smith	07:23	M79
18. Jan Layng	07:32	W66
19. Doug Smart	07:33	M71
20. Jill Rogers	07:58	W70
21. Edna Bates	08:31	W62

2000m Walk

1. Marie Maxted	12:27	W54
2. Kevin Finn	12:53	M63
3. Bill Starr	13:16	M72
4. Matthew Lovell	13:48	M49
5. Rodger Barber	14:31	M76
6. Des Mulqueen	14:47	M68
7. Leigh Smith	14:53	M79
8. Linda Whitelaw	14:54	W60
9. Roger Lowe	15:09	M71
10. Doug Smart	15:49	M71
11. Colin Hainsworth	15:58	M85 NR
12. Jill Rogers	16:25	W70
13. Patricia McHendrie	16:36	W47
14. Paul Boyce	16:54	M78
15. Edna Bates	17:09	W62

GEELONG WALKERS CLUB ROAD WALKS, GEELONG GRAMMAR, GEELONG, THURS 12 FEB

Thanks to Michelle de Graaf for the latest results from the Geelong Walkers Club

2000m Handicap

1. Darcie	OPEN	15.59
2. Dianne Drinkwater	VET F	16.09
3. Mark Wiffen	VET M	15.43
4. Rinie Van Dreumel	VET M	17.52
5. Jenny Larkins	VET F	17.51
6. Wayne Carmichael	VET M	15.21
7. Michelle de Graaf	VET F	14.09
8. Jessikah Tidd	U/12 G	22.04
9. Jennie Van Dreumel	VET F	17.36
10. Gayle Jepson	VET F	17.36
11. Colin Silcock Delaney	VET M	16.53
12. Carla de Graaf	VET F	22.36

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SAT 14 FEB

Some very fast walking by Tahlia Hunt in Hobart on Saturday

1500m Walk Female

1.	Tahlia Hunt	OVA	6:31.34
2.	Alice Randall	OVA	7:24.18
3.	Emily StanwayLucas	VA	8:44.85
4.	Elizabeth Leitch	ES	8:51.90
5.	Kirsten Bott	OVA	10:01.11

1500m Walk Male

1.	Bayley Campbell	OVA	7:34.22
2.	Lawrie Marsh	TMA	8:55.58
3.	Ron Foster	NS	9:28.50
4.	Wayne Fletcher	NS	11:49.93

VICTORIAN JUNIOR T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 13-15 FEBRUARY

Last weekend saw the Victorian Junior T&F Championships at Lakeside Stadium in Melbourne, with the 5000m walks contested on Friday evening and the 3000m walks contested on Saturday morning. For a change, conditions were good and there were some fantastic performances. For starters, thanks to David Armstrong for the following 3 athsvicTV videos which has put together very quickly. Well done David!

5000m U17-U20:	https://www.youtube.com/watch?v=h_A8ELAEDIO
3000m U15-U16:	https://www.youtube.com/watch?v=y4SxbicVmzY
3000m U14:	https://www.youtube.com/watch?v=EQMgmAiPCp0

And now to the Friday night walks. Stu Cooper reported that the walkers had high humidity and a challenging southerly in their faces in the home straight, yet this did not preclude some excellent racing, most notably in the boys' events with **Kyle Swan** posting a huge PB of 21:10.47, having dominated the race from around lap 5 onward. **Adam Garganis** 21:49.83 and **Emmet Brasier** 22:15.39 also won their events, with **Ross Darlow** also joining the PB party with 22:21.65. **Jemima Montag** was equally dominant in the girls' section with 23:31.28, with **Tayla-Paige Billington** also walking fast with 23:57.68. As mentioned earlier in the newsletter, Kyle winning time bettered Jared Tallent's Victorian U16 5000m record.

Men 5000m Walk Under 17

1.	Swan, Kyle	99	ANW	21:10.47	PB 0:28, Vic U16 Rec
2.	Feain, Lachlan	99	Keilor St Bernards	29:42.48	

Women 5000m Walk Under 17

1.	Huse, Philippa	99	Sandringham	27:43.85	
2.	Lillie, Jessica	99	Knox	32:08.69	
3.	Dowie, Ellen	99	EKA	32:16.62	

Men 5000m Walk Under 18

1.	Brasier, Emmet	98	Diamond Valley	22:15.39	
2.	Darlow, Ross	98	EKA	22:21.65	PB 0:47

Women 5000m Walk Under 18

1.	Montag, Jemima	98	MAC	23:31.28	
2.	Collis, Lauren	98	Diamond Valley	27:00.32	PB 0:49
3.	De Lisen, Paige	98	Knox	28:02.78	
4.	Irons, Julia	98	Keilor St Bernards	31:57.82	
5.	Feain, Madeleine	98	Keilor St Bernards	32:59.68	

Men 5000m Walk Under 20

1.	Garganis, Adam	97	COL	21:49.83	PB 0:13
2.	Bird, Kyle	96	MPA	22:58.45	
3.	Wellington, Shea	97	Keilor St Bernards	25:55.93	PB 1:06
4.	Taylor, Lucas	96	YRA	27:45.90	

Women 5000m Walk Under 20

1.	Billington, Tayla-Paige	97	BOH	23:57.68	
2.	George, Stephanie	96	SCA	26:17.84	
3.	Boldiston, Zoe	97	South Bendigo	28:11.74	
4.	Swan, Emily	97	ANW	30:21.00	

After Friday night's impressive racing, it was the turn of the younger 3000m walkers the next day and it started positively with them avoiding the drenching rain that had disrupted a good deal of the previous night's T&F program (the 5000m walkers also having 'timed' it well, finishing just before the storm blasted in). **Eliza Clarke** dictated terms with another sub-14min performance (13:45.03), while sister **Georgia Clarke** made it 2 out of 2 for the family with a win in the U14 race (15:08.04). **Rebecca Henderson** was the U15 standout with 14:41.09 while **Michael Taylor** was the fastest of the boys with 14:45.38. **Corey Dickson** and **Hayden Walmsley** battled on for good wins in their respective age groups.

Women 3000m Walk Under 14

1.	Clarke, Georgia	02	Diamond Valley	15:08.04	PB 1:04
2.	Pearl, Alanna	03	Ballarat Ycw	15:24.20	PB 1:08
3.	O'Mahony, Kathleen	02	Knox	16:37.09	
4.	Paten, Ruby	03	CCA	16:38.29	PB 0:29
5.	Karagiorgos, Chloe	02	Knox	17:10.90	PB 2:07
6.	Simpson, Jessica	03	Jds Squad X	18:47.95	
7.	Clark, Madison	03	FKN	DQ	

Men 3000m Walk Under 14

1.	Dickson, Corey	02	Knox	15:28.08	
2.	Thompson, Will	02	CCA	15:39.87	PB 0:50
3.	Djordjevic, Nikolaj	02	Jds Squad X	15:41.66	

Women 3000m Walk Under 15

1.	Henderson, Rebecca	01	CCA	14:41.09	Eq PB
2.	Hayes, Zahra	01	South Bendigo	14:55.60	PB 0:19
3.	Pearl, Jemma	01	Ballarat Ycw	15:17.06	
4.	Langford, Taylor	01	Diamond Valley	16:42.00	
5.	Taylor, Lee	01	YRA	19:04.60	

Men 3000m Walk Under 15

1.	Walmsley, Hayden	01	Knox	16:17.70	
2.	Dawson, Thomas	01	COL	16:46.96	PB 0:27
3.	Rickard, Joseph	01	MPA	16:52.27	PB 0:05

Women 3000m Walk Under 16

1.	Clarke, Eliza	00	Diamond Valley	13:45.03	
2.	Davison, Mackayla	00	Corio	15:57.67	PB 0:56
3.	Noonan, Emily	00	COL	16:00.41	PB 0:33
4.	Richardson, Brodie	00	Knox	17:32.03	
5.	Hill, Madison	00	South Bendigo	17:58.49	

Men 3000m Walk Under 16

1.	Taylor, Michael	00	Diamond Valley	14:45.38	PB 0:13
2.	Collis, Hugh	00	Diamond Valley	15:42.67	PB 0:39

Thanks to Ralph Bennett for the great photos.



Kyle Swan, Adam Garganis, Emmet Brasier and Ross Darlow in action on Friday evening



Philippa Huse, Corey Dickson, Jemima Montag and Tayla Paige Billington



Georgia Clarke, Alanna Peart, Nikolaj Djordjevic and Madison Clark

RWCWA ROAD WALKS, WILSON, SUNDAY 15 FEBRUARY

The latest results from the Racewalking Club of Western Australia, based in Perth.

5km Open

- | | | |
|----|----------------|-------|
| 1. | Chris Gerken | 32.30 |
| | Caitlin Gerken | DNF |

3km Open

- | | | |
|----|--------------|-------|
| 1. | Summer Brown | 16.35 |
|----|--------------|-------|

2km Open

- | | | |
|----|---------------|-------|
| 1. | Tim Kezic | 12.59 |
| 2. | Tina Kezic | 13.35 |
| 3. | Ryan Kezic | 13.58 |
| 4. | Lily Reynolds | 14.29 |

JOANNA STONE SHIELD, SAF, BRISBANE, SAT 14 FEBRUARY

More fast walking in Brisbane by Dane Bird Smith, Rhydian Cowley and Jess Pickles.

3000m Walk Open

1.	Bird-Smith, Dane	23	Qld Race Walking	11:19.80
2.	Cowley, Rhydian	24	Victoria	11:33.10
3.	Haig, Callum	15	USC	18:45.08
	Jeffrey, Ben	13	Qeii Track Club	DQ

Women 5000m Walk Open

1.	Pickles, Jessica	21	University of Qld	23:31.12
2.	Woodward, Mikaela	16	University of Qld	27:21.30
3.	Brackin, Aimee	16	University of Qld	29:51.94

And some great photos at <https://www.facebook.com/media/set/?set=a.10152679800992338.1073742005.47519107337&type=1>.



Dane Bird-Smith, Rhydian Cowley, Jess Pickles and Mikaela Woodward in action

ATHLETICS AUCKLAND T&F MEET, MT SMART STADIUM, AUCKLAND, SATURDAY 14 FEBRUARY 2015

Jared Free went under his Auckland under 18 3000m race walk record with a solo effort of 13:10.95 in Auckland last Saturday.

3000m Walk

1.	Jared Free	18	13:10.95
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LONDON OPEN WALKS, HILLINGDON CYCLE CIRCUIT, LONDON, SUNDAY 8 FEBRUARY

Thanks to Peter Cassidy for the results from the latest London Open Walks from the previous weekend. His race report reads

Driven from its traditional venue of Victoria Park by the decision of Tower Hamlets Borough Council to charge £375 for walking along its paths, the London Open Walks were held for the first time at Hillingdon Cycle Circuit. The overall participation was a bit down, but in compensation the younger walkers performed well in excellent weather conditions on a certified course. Cambridge Harriers' Under-15 girls Evie Butcher and Lucy Lewis Ward fought it out to the line, while their sisters Heather and Sophie took the Junior silver and Under-17 gold. First home in the Women's 5k, Emma Alchurch set a fierce pace, beating Under-17 man Chris Snook. She then maintained the pace to be first home – but not scoring – in the 10k with a personal best, ahead of Chris's brother Tim. It was good to see the younger walkers leading home the Senior Women's and Men's winners Penny Cummings and Trevor Jones.

The Reg Jacobs Trophy, commemorating the founder of the event, went to Aldershot, Farnham & District, whose couple of seniors gave them the advantage over the all Younger Age Group Cambridge Harriers team.

Senior and Junior Men 10k

1.	Tim Snook JM	Aldershot, Farnham & District A.C.	52:16
2.	Trevor Jones SM	Steyping A.C.	52:51

3.	Jim Ball SM	Steyning A.C.	55:32
4.	Steve Allen SM	Barnet & District A.C.	55:42
5.	John Hall SM	Belgrave H.	56:31
6.	Dan Maskell SM	Surrey W.C.	63:58
7.	Seán Pender SM	Enfield & Haringey A.C.	66:27
8.	Mick Harran SM	Surrey W.C.	67:01
9.	Russell Vroobel SM	Hillingdon A.C.	69:50
10.	David Hoben SM	Surrey W.C.	73:47

Combined Men's Teams

1.	Surrey W.C.	69
2.	Steyning A.C.	57

Under 17, Junior & Senior Women and Under 17 Men 5k

1.	Emma Achurch JW	Leicester W.C.	24:15
2.	Chris Snook U17M	Aldershot, Farnham & District A.C.	25:09
3.	Sophie Lewis Ward U17W	Cambridge H.	26:28
4.	Heather Butcher JW	Cambridge H.	27:28
5.	Penny Cummings SW	Aldershot, Farnham & District A.C.	27:58
6.	Suzanne Beardsmore SW	Abingdon A.C.	30:34
7.	Maureen Noel SW	Belgrave H.	31:22
8.	Indigo Burgin U17W	Cambridge H.	31:29
9.	Anne Jones SW	Steyning A.C.	31:36
10.	Abigail Jennings U17W	Aldershot, Farnham & District A.C.	31:45
11.	Amy Phipps U17W	Neath H.	32:12
12.	Sue Davies SW	Aldershot, Farnham & District A.C.	32:19
13.	Chris Smith SM Guest	Leicester W.C.	39:39
	Daniel McKerlich U17M	Cardiff A.A.C.	DQ
	J.Price U17M	Brecon A.C.	DQ

Combined Women's Teams

1.	Cambridge H.	81
2.	Aldershot, Farnham & District	69

Under 13 & Under 15 Boys 2k

1.	Benjamin Allen U15	Leicester W.C.	10:42
2.	Kai Cunday U13	City of Sheffield A.C.	13:04
3.	Nicholas Hart U13	Aldershot, Farnham & District A.C.	14:27

Under 13 & Under 15 Girls 2k

1.	Evie Butcher U15	Cambridge H.	10:56
2.	Lucy Lewis Ward U15	Cambridge H.	10:58
3.	Alana Zeidler U15	City of Sheffield A.C.	11:27
4.	Molly Meleady-Hanley U13	City of Sheffield A.C.	11:37
5.	Mollie Dainton U15	Llanelli A.C.	11:41
6.	Suki Ly U13	Cambridge H.	11:41
7.	Mia Loten U15	Aldershot, Farnham & District A.C.	13:59
8.	Kathryn Elliott U15	Aldershot, Farnham & District A.C.	14:03
9.	Anna Hinchcliff U15	Aldershot, Farnham & District A.C.	14:17

Under 11 Boys 1k

1.	Nojus Narvilas	Ealing, Southall & Middlesex A.C.	8:03
2.	Martin Radkov	Ealing, Southall & Middlesex A.C.	9:05

SAINSBURY'S INDOOR BRITISH CHAMPIONSHIPS, SHEFFIELD, 14-15 FEBRUARY

And keeping to the UK, Mark Wall reports on the British Indoor T&F Championship walks from last weekend.

For the first time in over a decade, a national indoor championship was held. With two strong fields and only a few absentees (Jo Atkinson, Jamie Higgins, Ellie Dooley and Heather Lewis the obvious examples), good races ensued with the top two walkers from the EA titles took the wins.

Tom Bosworth was never challenged in the men's race, winning in a PB time of 11:30.3. The women's race was a much closer affair with a great race between the ever improving 17 year old Emma Achurch and Italian Tatyana Gabellone. Tatyana took the lead early on and Emma in close attendance, never more than a second in arrears. Using sensible tactics, Bethan Davies also worked her way up to the lead group but unfortunately was disqualified shortly after. Eventually it was Tatyana who won out with 13:24.9 while the British title went to Emma with 13:29.2, a time that moves her to 5th on the all-time list.

Good video of the women's and men's races at <https://www.youtube.com/watch?v=1mANLe302i4> and <https://www.youtube.com/watch?v=k3ZvnunNqoU>.

3000m Walk Indoors - Women

1.	Tatyana GABELLONE	ITA		13:24.9
2.	Emma ACHURCH	GBR	LEICESTER W C	13:29.2
3.	Sophie LEWIS WARD	GBR	CAMBRIDGE AC	14:21.9
4.	Michelle TURNER	GBR	NORTHERN AC	14:30.7
5.	Jasmine NICHOLLS	GBR	LEICESTER W C	15:16.4
6.	Brenda GANNON	IRL	HYDE PARK HARRIERS	15:18.5
7.	Heather BUTCHER	GBR	CAMBRIDGE AC	15:26.5
8.	Ester MONTANER	ESP		15:38.9
	Bethan DAVIES	GBR	CARDIFF AAC	DQ

3000m Walk Indoors - Men

1.	Tom BOSWORTH	GBR	TONBRIDGE AC	11:30.3
2.	Callum WILKINSON	GBR	ENFIELD H	12:24.4
3.	Creighton CONNOLLY	CAN		12:25.7
4.	Guy THOMAS	GBR	TONBRIDGE AC	13:01.6
5.	Luc LEGON	GBR	BEXLEY AC	13:48.0
6.	Tom PARTINGTON	GBR	MANX	13:56.5
7.	Francisco REIS	POR	ILFORD AC	13:57.9
8.	Christopher SNOOK	GBR	AFD AC	14:05.8
9.	Timothy SNOOK	GBR	AFD AC	14:18.6
	Cameron CORBISHLEY	GBR	MEDWAY AND MAIDSTONE	DQ



Tatyana Gabellone, Emma Achurch and Tom Bosworth in Sheffield last weekend

USATF 1 MILE WALK CHAMPIONSHIPS, THE MILLROSE GAMES, SUNDAY FEBRUARY 14, 2015

The USA 1 Mile Walk Championships were held in conjunction with the annual Millrose Games in New York last Saturday. The women's championship saw fast times to winner Maria Michta-Coffey 6:34.47 and runner up Miranda Melville 6:41.12 while the men's event was a beauty with Jonathan Hallman 6:53.38, Trevor Barron 5:55.00 and Sweden's Andreas Gustafsson 5:59.44 all still close at the end. Great videos of the women's and men's championship walks at http://www.usatf.tv/gprofile.php?mgroup_id=45365&mgroup_event_id=574&year=2015&do=videos&video_id=134050 and at http://www.usatf.tv/gprofile.php?mgroup_id=45365&mgroup_event_id=574&year=2015&do=videos&video_id=133740.

Women's USATF Championship Mile Walk

1.	Michta-Coffey, Maria	WalkUSA	6:34.47
2.	Melville, Miranda	New York Athletic Club	6:41.12
3.	Burnett, Katie	Unattached	7:04.68
4.	Resch, Ashleigh	Unattached	7:20.21
5.	Moeller, Melissa	Unattached	7:24.76
6.	Conway, Chelsea	Shore AC	7:25.74
7.	Lindoe, Holly	Franklin Pierce	7:38.04
8.	Sirois, Sydney	Auburn P&R	7:38.18
9.	Kluepfel, Alexa	Unattached	7:43.28
10.	Allen, Kayla	Auburn P&R	7:43.78

11.	DeQuarto, Natalie Allen, Maegan	Connecticut College Unattached	8:12.44 DQ
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Susan Rudin Men's USATF Championship Mile Walk

1.	Hallman, Jonathan	Shore AC	5:53.38
2.	Barron, Trevor	New York Athletic Club	5:55.00
3.	Gustafsson, Andreas	Sweden	5:59.44
4.	Risch, John	Q Elite	6:15.94
5.	Hernandez, Emerson	Shore AC	6:37.89
6.	Luetttchau, Rich	Shore AC	6:44.74
7.	Swarts, David	Pegasus AC	6:52.41
8.	Price, Alexander VanderWall, Nate	Pacific Racewalkers Org. Unattached	7:19.09 DQ

JAPANESE ROADWALK CHAMPIONSHIPS, KOBE, JAPAN, SUNDAY 15 FEBRUARY

The Japanese Roadwalk Championships must now rate as the biggest racewalking carnival in the world, in terms of overall numbers and quality and depth - and this year was no exception. Add to that a cool day and you have the making of some super times.

There are great reports from Jon Mulkeen for the IAAF (see <http://www.iaaf.org/news/report/japanese-race-walking-champs-takahashi-record>) and from marciadalmondo (see http://www.marciadalmondo.com/ita/dettaqli_news.aspx?id=2009).

The men's 20km, in particular, was an exceptional race as Eiki Takahashi and Yusuke Suzuki both surpassed the national 20km race walk record. But only Takahashi, who won in 1:18:03, was rewarded with automatic selection for the IAAF World Championships in Beijing in August. Two-time Asian champion and former national record-holder Suzuki, who finished 10 seconds behind Takahashi, will have to wait to get the nod from the selectors.

On a morning when temperatures reached 13°C, a group of 11 athletes went through the first 5km in a steady 20:04. Takahashi, Suzuki and former national champion Isamu Fujisawa then upped the pace and made a break, passing 10km in 39:43. Some 23 seconds behind them, a chase pack of five athletes, led by Hirooki Arai, maintained their tempo, taking little more than four minutes to cover each kilometre. Takahashi and Suzuki then shook off Fujisawa's challenge and were 10 seconds ahead of their compatriot at 15km, passing that checkpoint in 59:08.

The leading duo continued to increase the pace out in front with Takahashi covering the final 5km section in 18:55, the fastest of the race, to cross the line first in 1:18:03, a personal best by 38 seconds. Suzuki followed just 10 seconds behind, taking four seconds off his PB which at the time was a national record when he set it at this same meeting last year. It meant that the top two finishing positions from 12 months ago were reversed, with Takahashi now moving to 18th on the world all-time list. Fujisawa was third to cross the line in 1:19:56 but incurred the chief judge's DQ in the final 100m, thus bequeathing third place to Arai in a PB of 1:20:35. Two other men also finished inside the 1:21 mark as eight of the top 10 finishers set personal bests.

Former world junior bronze medallist Kumiko Okada won the women's race with a PB of 1:31:57, finishing more than two minutes ahead of defending champion Rei Inoue who recorded 1:34:17.

Full results at [http://www.marciadalmondo.com/admin/pdf/risultati/17022015697Kobe2015\(split\).pdf](http://www.marciadalmondo.com/admin/pdf/risultati/17022015697Kobe2015(split).pdf).

20km Men (87 starters)

1.	Takahashi Eiki	20:04	39:43	0:59:08	1:18:03	NNR
2.	Suzuki Yusuke	20:05	39:43	0:59:08	1:18:13	NNR
3.	Arai Hirooki	20:04	40:06	1:00:10	1:20:35	
4.	Kobayashi Kai	20:04	40:07	1:00:10	1:20:45	
5.	Noda Tomohiro	20:05	40:07	1:00:11	1:20:59	
6.	Maruo Satoshi	20:05	40:06	1:00:10	1:21:12	
7.	Morioka Koichiro	20:05	40:27	1:01:31	1:22:43	
8.	Yoshida Takuya	20:04	41:21	1:02:37	1:23:29	
9.	Kanno Tomohumi	20:17	41:18	1:02:27	1:23:36	
10.	Itoh Yuki	20:32	41:17	1:02:28	1:23:45	
11.	Yamanishi Toshikazu	20:05	40:07	1:00:10	1:23:54	
12.	Tanii Takayuki	20:11	41:20	1:02:37	1:24:01	
13.	Saito Takumi	20:04	40:27	1:03:20	1:24:44	
14.	Yamada Kota	21:02	42:16	1:03:37	1:24:51	
15.	Goto Shuto	21:02	42:15	1:03:35	1:24:53	
16.	Ookuma Takeshi JR	20:32	41:29	1:03:00	1:24:59	
17.	Katuki Hayato	21:02	42:15	1:03:34	1:25:00	
18.	Ishida Kennma	21:02	42:15	1:03:35	1:25:16	
19.	Hukuoka Hikaru	21:02	42:15	1:03:52	1:26:07	
20.	Higuma Takafumi NWS	21:17	43:01	1:04:59	1:27:03	

20km Women (36 starters)

1.	Okada Kumiko	22:29	45:10	1:08:13	1:31:57	
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2.	Inoue Rei	22:30	45:27	1:09:14	1:34:17
3.	Fukuda Ayako	23:41	47:44	1:12:02	1:36:34
4.	Maekawa Tomomi	23:42	47:44	1:12:02	1:36:50
5.	Matsumoto Sae	23:41	47:44	1:12:03	1:38:19
6.	Kawazoe Kaori	23:42	48:14	1:13:44	1:38:47
7.	Okabe Fumiko	23:42	47:44	1:12:42	1:39:03
8.	Asada Chiaki DNP	23:59	49:01	1:13:56	1:39:16
9.	Yamato Chiaki	24:25	49:00	1:13:56	1:39:32
10.	Yagi Nozomi	24:25	49:00	1:14:07	1:40:08

The junior men's results were astonishing - the first 10 recorded 42:05 or better, 20th place at 53:39, 40th place at 44:58, 70th place at 46:12 and 124 finishers bettering 50 minutes.

10km U20 Men (157 starters)

1.	Kawagishi Ryosuke	20:59	41:32
2.	Takahasi Kazuki	21:00	41:38
3.	Dairaku Kyouhei	21:00	41:40
4.	Kawano Masatora	21:00	41:42
5.	Naka Yuhsuke	21:00	41:42
6.	Makitani Hiroki	20:59	41:42
7.	Kurata Naoya	21:00	41:47
8.	Saruyama Hiroshi	21:00	41:56
9.	Morita Yasushi	21:01	41:58
10.	Ueda Toshiki	21:01	42:05

5km U20 Women (36 starters)

1.	Minemura Kana	23:17
2.	Sakurai Uka	23:20
3.	Yagi Maika	23:20
4.	Wada Natsumi	23:21
5.	Hayashi Yukako	23:24
6.	Ozawa Sakiha	23:33
7.	Yagiwara Kaede	23:37
8.	Hagiwara Saiko	23:40
9.	Yoshikawa Haruna	23:48
10.	Iwata Nao	23:51

35TH INDIAN NATIONAL GAMES, THIRUVANTHAPURAM, INDIA, 9-13 FEBRUARY

Indian racewalking was on show in Thiruvanthapuram, Kerala, last week with 20km walks contested in the Indian National Games (see <http://www.kerala2015.com/>).

Men 20km Race Walk - 11.02.2015

1.	Baljinder SINGH	IND	86	1:26:25
2.	Chandan SINGH	IND	87	1:26:30
3.	Gurmeet SINGH	IND	85	1:27:45
4.	Babubhai Kesharabhai PANUCHA	IND	78	1:28:22
5.	Manipal RAM PATEL	IND	91	1:28:52
6.	Surinder SINGH	IND	88	1:30:55
7.	Neeraj RATHI	IND		1:31:27
8.	Jyoti TEOTIA	IND		1:31:44
9.	Kuldeep SINGH	IND	94	1:33:43
10.	Ankit KUMAR	IND		1:33:59
11.	Ashok KUMAR PATEL	IND		1:33:59
12.	Krishna BIND	IND		1:36:01
13.	Muthu KUMAR	IND		1:38:29
14.	Sanil KUMAR	IND		1:38:30

Women 20km Race Walk - 11.02.2015

1.	SAPNA	IND		1:40:36
2.	Rani YADAV	IND	90	1:43:49
3.	Priyanka DUBEY	IND		1:46:09
4.	Shanti KUMARI	IND	94	1:46:46
5.	K. Mary MARGARET	IND	96	1:49:58
6.	B. SOUMYA	IND	90	1:52:04
7.	Neena KAMBA THANKAN	IND	97	1:52:06
8.	MP RAJNI	IND		1:54:03
9.	Ranjana GUPTA	IND		1:55:22

ITALIAN U18 INDOOR T&F CHAMPIONSHIPS, ANCONA, ITALY, 14-15 FEBRUARY

Now to Italy where the Italian U18 Indoor Champs were held in Ancona, providing wins for Giacomo Brandi (22:25.2) and Anthea Mirabello (14:47.3).

Men 5000m Race Walk indoor

1.	Giacomo BRANDI	ITA	98	22:25.2
2.	Nicolas FANELLI	ITA	99	22:38.2
3.	Giuseppe PANTERA	ITA	98	23:00.5
4.	Mattia IORILLO	ITA	98	23:02.4
5.	Matteo GALLO	ITA	99	23:09.0
6.	Stefano CICALO'	ITA	98	23:17.0
7.	Diego CHIRIVI'	ITA	99	24:16.2
8.	Giacomo VITANGELI	ITA	98	24:20.2
9.	Matteo DOLFI	ITA	98	24:23.2
10.	Emanuele ROMANZI	ITA	99	24:28.3

Women 3000m Race Walk indoor - Heat 1

1.	Annalisa FILOMENO	ITA	98	15:37.2
2.	Beatrice FORESTI	ITA	98	15:45.7
3.	Katty PERIZZOLO	ITA	98	15:55.1
4.	Francesca BOCCHINO	ITA	99	15:58.7
5.	Prisca SIMONETTI	ITA	98	15:59.2
6.	Giulia CIPPITELLI	ITA	98	15:59.7
7.	Elisabetta BRAY	ITA	98	16:01.2
8.	Chiara CUNI	ITA	99	16:03.6
9.	Arianna PISANO	ITA	98	16:09.3
10.	Beatrice ANDREOSE	ITA	98	16:19.2

Women 3000m Race Walk indoor - Heat 2

1.	Anthea MIRABELLO	ITA	99	14:47.3
2.	Angelica MIRABELLO	ITA	99	14:55.2
3.	Annalisa RUSSO	ITA	96	15:06.5
4.	Linda TERZI	ITA	98	15:10.7
5.	Virginia ORLANDI	ITA	98	15:11.4
6.	Francesca GRITTI	ITA	99	15:15.0
7.	Fabiana BUCCI	ITA	98	15:24.7
8.	Molly Jade DAVEY	GBR	98	15:31.4
9.	Nicoleta Raluca ANTON	ITA	99	15:33.1
10.	Chiara VERTERAMO	ITA	99	15:44.4
11.	Alice ROTA	ITA	98	15:52.6
12.	Francesca Azzurra PINI	ITA	99	16:11.3
13.	Sara PERULLO	ITA	99	16:42.7
14.	Erika PONTAROLLO	ITA	98	16:46.1
15.	Chiara PUSCEDDU	ITA	99	16:51.7
	Vanessa TOMEI	ITA	98	DNF
	Laura SILLI	ITA	99	DQ

PORTUGUESE INDOOR T&F CHAMPIONSHIPS, POMPAL, 14-15 FEBRUARY

And to Portugal for some high quality walking in their National Open Indoor Champs. Sergio Vieira (19:35.0) and Ana Cabechinha (12:17.9) were overall winners in two high quality events.

Men 5000m Race Walk indoor

1.	Sérgio VIEIRA	POR	76	19:35.0
2.	Miguel CARVALHO	POR	94	20:05.6
3.	Pedro ISIDRO	POR	85	20:24.7
4.	Pedro MARTINS	POR	68	21:40.0
5.	Rui COELHO	POR	94	21:42.6
6.	Amaro TEXEIRA	POR	89	21:48.1
7.	Pedro SANTOS	POR	86	22:03.5
8.	Luis PÁSSARO	POR	94	22:05.4
9.	Joao MARTINS	POR	95	22:16.1
10.	Pedro SANTOS	POR	92	22:22.4
11.	Fabio CONCEIÇÃO	POR	93	23:05.6
12.	Pedro AMARAL	POR	97	23:09.6
13.	Samuel PEREIRA	POR	93	23:17.4

14. Xavier SOUSA POR 96 23:43.3

Women 3000m Race Walk indoor

1. Ana CABECINHA POR 84 12:17.9
2. Daniela CARDOSO POR 91 12:59.2
3. Mara RIBEIRO POR 95 13:21.6
4. Mariana MOTA POR 95 13:47.2
5. Edna BARROS POR 96 13:52.1
6. Vitória OLIVEIRA POR 92 13:54.8
7. Nadia CANCELA POR 93 14:07.1
8. Catarina MARQUES POR 96 14:41.6
9. Laura LEAL POR 96 14:51.1

GERMAN JUNIOR INDOOR T&F CHAMPIONSHIPS, NEUBRANDENBURG, 14-15 FEBRUARY

Men 5000m Race Walk indoor

1. Heiner TERP GER 96 21:13.2
2. Nathaniel SEILER GER 96 21:14.1
3. Karl JUNGHANSS GER 96 21:44.2
4. Jacob STUTZKE GER 97 23:14.5
5. Marius RICHTER GER 98 23:17.0
6. Oliver KÄFLEIN GER 97 23:58.1
7. Niklas RICHTER GER 99 24:33.3

Women 3000m Race Walk indoor

1. Annika BREMBACH GER 96 14:10.6
2. Teresa ZUREK GER 98 14:13.8
3. Julia RICHTER GER 99 14:16.0
4. Emilia LEHMEYER GER 97 14:37.3
5. Julia HENZE GER 98 14:51.2
6. Lisa LINKE GER 97 15:18.2
7. Jennifer OKUN GER 98 15:21.2
8. Pauline BARZ GER 98 15:47.1

POLISH U18 INDOOR T&F CHAMPIONSHIPS, TORUN, POLAND, 13-15 FEBRUARY

Men 5000m Race Walk indoor

1. Arkadiusz DROZDOWICZ POL 98 22:53.7
2. Robert GOLAWSKI POL 98 23:00.9

Women 3000m Race Walk indoor

1. Emilia GREZIAK POL 98 13:46.0
2. Agata KOWALSKA POL 98 14:34.1
3. Zuzanna CZAJA POL 98 14:39.9
4. Malgorzata CETNARSKA POL 98 14:50.7

UKRAINIAN INDOOR T&F CHAMPIONSHIPS, SUMY, UKRAINE, 12-14 FEBRUARY

And finishing off the European reporting with the Ukrainian Open Indoor Champs, won by Oleksandr Venhlovskiy (19:47.2) and Inna Kashina (12:21.2),

Men 5000m Race Walk indoor

1. Oleksandr VENHLOVSKIY UKR 85 19:47.2
2. Oleksandr ROMANENKO UKR 81 20:02.2
3. Kyyrlo ANDRUSHCHENKO UKR 93 20:39.2
4. Serhiy SVITLYCHNIY UKR 94 20:54.6
5. Anton RADKO UKR 95 20:58.1
6. Serhiy KLYMENCHUK UKR 95 21:01.8
7. Oleksiy BILORUS UKR 92 21:02.6
8. Oleksiy SHELEST UKR 73 21:08.3
9. Volodymyr HONTZOVSKIY UKR 91 21:37.2
10. Dmytro SOBCHUK UKR 95 21:54.0
11. Anatoliy YAKYMCHYK UKR 93 23:18.7
12. Nazariy STEPANYUK UKR 94 23:59.9

Women 3000m Race Walk indoor

1. Inna KASHINA UKR 91 12:21.2

2.	Halina YAKOVCHUK	UKR	92	13:12.7
3.	Yelena SHEVCHUK	UKR	86	13:18.6
4.	Nataliya KONTSEVICH	UKR	84	13:34.0
5.	Lyudmyla SHELEST	UKR	74	13:40.7
6.	Viktoriya FERENTS	UKR	93	13:48.9
7.	Rusalina POVOROZNYUK	UKR	95	14:31.1
8.	Yuliya BALYM	UKR	97	14:38.9
9.	Olha HARNYK	UKR	96	14:58.6
10.	Yevgeniya LYUBCHENKO	UKR	96	15:49.8

GUATAMALAN ROADWALK CHAMPIONSHIPS, QUETZALTENANGO, SUNDAY 15 FEBRUARY

The Guatemalan Roadwalk Championships were held last Sunday on the Avenue "La Independencia" in central Quetzaltenango, Quet, and Harold Van Beek was there to report on the races and share some photos with us. The first big question – why hold your national titles at 2300m altitude? Answer – the national walks team is training there all February.

Activities started on Saturday evening with a coaches seminar presented by IAAF judge Carlos Barrios and Guatemalan National Walks Coach Bohdan Bulakowski (translated by his assistant Julio Urias). Carlos Barrios spoke on the topic "Technical Model of Racewalking under the Rules of the IAAF" while Bohdan covered the more practical nature of the event.

Fast forward to 6:30AM on Sunday morning when the 20km events kicked off in 0°C. As the races progressed, the temperature rose and, by carnival end, it had reached around 26°C. Good crowds were in attendance as well as the press, understandable given Erick Barrondo's standing in the country. And they were rewarded with a win to Barrondo in the men's championship in a time of 1:31:02. He had walked with a small lead group until the 15km mark when he made his move, eventually winning easily. The Barrondo connection continued when his nephew Jose Barrondo was a surprise winner in the U20 10km race, catching 2014 World Juniors rep Jurgen Everhard at the 5km mark and eventually beating him by 35 secs in a time of 46:26. In the women's 20km championship, Maritza Pontius Tzul won with a time of 1:43:18.

The first 3 placings in each event follow:

2km U14 Girls

1.	Glendy Verónica, Teletor Jerónimo	Lavarreda zona 18	11:04
2.	Adriana Eloisa, Díaz Mejía	Lavarreda zona 18	11:40
3.	Nashlin Arely, García Rodríguez	Quiché	12:12

4km U16 Girls

1.	Katherin Gabriela, Ortíz Ordóñez	Lavarreda zona 18	24:11
2.	Ana Estela, Marcos Raymundo	Quiché	25:13
3.	Maide, Monge	Lavarreda zona 18	25:35

5km U18 Girls

1.	Arely Esmeralda, Morales Hernández	Equipo Nac. de Marcha	27:26
2.	Victorina, Rodríguez	Quetzaltenango	30:05
3.	Lea Elizabeth, Ajualip Matías	Futuro Vivo	30:51

10km U20 Women

1.	Amarilis Floricelda, Caal Meléndez	Semillero Cobán, A.V.	1:01:25
2.	Elisa Jocabed, Hernández García	Club Esperanza - Qtz	1:02:32
3.	Maricela Catalina, Tum López	Quetzaltenango	1:07:58

20km Open Women

1.	Maritza Rafaela, Poncio Tzul	Equipo Nac. de Marcha	1:43:18
2.	Mayra Carolina, Herrera Pérez	Equipo Nac. de Marcha	1:47:12
3.	Sonia Irene, Barrondo García	Equipo Nac. de Marcha	1:51:48

2km U14 Boys

1.	Luis Luciano, Tzunún Cabrera	Quiché	10:19
2.	Shavi, Guerra García	Inic.Deportiva. A.V.	10:40
3.	Zinedine Zidane, Cucul Sula	Alta Verapaz	11:14

4km U16 Boys

1.	Ronald Alexander, Quiix Hub	Alta Verapaz Imperial	30:32
2.	Hamilton Natanael, Chen Poou	Alta Verapaz Imperial	30:47
3.	Sergio Isaías, Pacay Cu	Alta Verapaz	30:53

10km U18 Boys

1.	Sergio Daniel, Sacul	Alta Verapaz	49:05
2.	Melinton Amilcar, Girón López	Quiché	56:00
E3.	Héctor, Mucu Pop	Semillero Cobán, A.V.	57:26

E3. Dany Alexander, Batz Chitay Alta Verapaz Imperial 57:26

10km U20 Men

1.	José Alejandro, Barrondo Xuc	Equipo Nac. de Marcha	46:26
2.	Jürgen Everhard, Grave Chávez	Quiché	47:01
3.	Erwin Ernesto, Morales Paau	Alta Verapaz	49:05

20km Open Men

1.	Erick Bernabé, Barrondo García	Equipo Nac. de Marcha	1:31:02
2.	José María, Raymundo Cox	Quiché	1:31:48
3.	José Gregorio, Ajcam Caal	Equipo Nac. de Marcha	1:32:58



Left: Erick Barrondo (458) and second place getter Jose Raymundo (523)
Right: U20 10km winner Jose Barrondo



Open 20km Women's winner Maritza Pontius Tzul and the women's podium

OUT AND ABOUT

- Rome, February 12 - The Italian Olympic Committee (CONI) national anti-doping Tribunal Thursday ordered Olympic 50km walk champion Alex Schwazer be disqualified for a further three months, extending the ban against him to April 29,

2016. See http://www.ansa.it/english/news/sports/2015/02/12/doping-schwazer-banned-3-mths-more_5e65e865-61af-41a2-b5df-1fb037552375.html?utm_medium=twitter&utm_source=twitterfeed

- The president of the Italian athletics federation says he has no plans to include Schwazer on the team for the 2016 Olympics. FIDAL president Alfio Giomi says, "We already have the three walkers for the 50K, so it's unthinkable to exclude someone who has followed all the required steps to make room for a possible medal." http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11401914&ref=rss
- Jean-Pierre Grange and Roger Quemener announced last week that the 2015 Paris-Strasbourg has been cancelled. Controversially this new event was announced last year for the week of 17-21 June and changed the concept of this classic ultra walk from a continuous walk to a walk with various stages, like the Tour de France. This was not a popular change in all quarters and others took up the challenge and reinstated the original ultra as the Paris-Alsace Classic (430km for men and 320km for women), to be staged 2 weeks before on 3-6 June. It was felt that the two events would not survive and that something had to give. We now have the answer.
- A new study provides scientific evidence to support the idea that your compression socks are not just fashionable, they're also functional. The study, published in the February issue of the Journal of Strength and Conditioning Research, found that wearing compression socks for 48 hours after running a marathon improved performance on a treadmill test two weeks later. See <http://www.runnersworld.com/general-interest/study-wearing-compression-socks-post-marathon-improves-recovery?cid=social40419516&adbid=10152602890621987&adbpl=fb&adbpr=9815486986>
- Jurej Bencik, the most successful Slovakian walks coach, turned 70 last weekend. A walker himself in his heyday (he was 13th in the 1978 European Champs 20km and 13th in the 1980 Olympic 50km), he has had walkers in every Olympic Games from 1980 to 2012, barring 1984 when Czechoslovakia joined the USSR led boycott of Los Angeles. From 1981 to 1990 he was the head coach of Czechoslovakia, spent 1991 and 1992 in Norway and was Slovakian head coach from 1993 to 2000. His many athletes include Pribilina, Blažeka, Szikora, Mrazek, Kollar, Korcok and more recently Matej Toth. See <http://atletikasvk.sk/Articles/Detail?ArticleId=2259>
- USA Coach Tim Seaman has setup a new website for the athletes whom he is coaching, as a way to people to get information about upcoming races for the group, results, pictures, blog updates, and fund raising efforts. Early days yet but it looks like one you should bookmark. Check it out at www.champions-international.com.
- Peter Marlow emailed last Tuesday with the following from the latest IAAF Racewalking Committee meeting of 8th February:

The IAAF Competition Director said at the meeting of the IAAF Walking Committee last Sunday there is no truth in the rumours that athletics will lose events in 2020 Tokyo Olympics. The IOC are proposing a reduction in competitor numbers from 2000 to 1800 which means about 4 athletes per event. Prospective IAAF President's Sebastian Coe and Sergey Bubka have stated they will protect track and field competitions.

#BANCHEGIN

Quite a bit of movement this week on the ongoing Russian Drugs saga so time for a catchup. I think the noose is tightening on their walkers and on Chegin who now looks a certain casualty. I am tipping a life ban for Chegin in the next couple of months.

- Russia's anti-doping chief Nikita Kamaev cited evidence last Tuesday of systematic doping among the country's Olympic champion racewalkers and compared the case to that of Lance Armstrong. He was talking of the 5 Russian walkers, including three Olympic champions, who were banned for doping last month. Kamaev said the walkers' biological data shows clear links between the "methods" and "approaches" used to dope. "The structure of the offenses and the systematic nature of the offenses were obvious," he said in comments reported by the R-Sport agency. **Kamaev said further bans could follow but that the case was complex, adding that "the Armstrong case took more than 2 years. Our case is no simpler."** Armstrong was banned for life in 2012 for doping offenses and stripped of his seven Tour de France wins. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11399828&ref=rss
- As candidates vie for the top IAAF Presidency spot, pole vault great Sergei Bubka is the one who is coming out much more forcefully on drugs. In his latest interview, he wants measures to better weed out and keep track of coaches involved in the doping of athletes. He said the governing body of T&F should "initiate a system which makes it possible to punish cheating coaches or other members of entourage and prevents them from influencing athletes." "We should look at creating a register of coaches who have been found guilty of doping offenses, similar to athletes' databases that we have," the current IAAF vice president said. See <http://www.supersport.com/athletics/article.aspx?Id=2854214>
- The NZ Herald, which has been a front runner against drugs in sport, has its own firm ideas of what the first task of the new IAAF President. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11400586&ref=rss

A thick length of chain and a sturdy padlock.

The new boss of athletics could arm himself with both on what should be his No. 1 mission after he is elected this August: cleaning up or shutting down a Russian training center that has become a notorious production line of dope cheats. He could chain himself to its doors in protest and hang a sign around his neck, saying: "Russia, this must stop!"

If he takes the overnight train to Saransk, 600 kilometers (350 miles) southeast of Moscow, the new IAAF president could use the time to wade through the dossier of evidence, thick with the names of more than a dozen athletes connected with its Olympic training center who have failed doping tests.

- Two-time European indoor champion David Gillick discusses the implications to other countries and athletes of Russia's ongoing drugs usage and calls for Russia to be banned from competing unless they can definitively prove their athletes are clean. See <http://www.independent.ie/sport/other-sports/russian-doping-scandal-robbed-irish-athletes-of-much-more-than-medals-david-gillick-30980831.html>

"Russia have to really get clean or the European Athletics Association will have to ban them, get them out. It's not fair on clean athletes."

- MOSCOW (AP) — Two-time world swimming champion Vladimir Dyatchin has been banned for two years for doping. Dyatchin tested positive for an unspecified banned substance in June, the Russian Anti-Doping Agency said. He denied doping, saying the substance must have entered his body accidentally. The agency said Dyatchin had received a two-year ban from the Russian swimming federation, backdated to July 4 last year. The 32-year-old Dyatchin, who won the 10-kilometer open water title at the 2003 and 2007 world championships, was quoted by Russian media as saying he would now retire and work as a competition organizer. (Only in Russia!)
<http://news.yahoo.com/world-swimming-champ-dyatchin-banned-doping-074004988.html>
- MOSCOW (AP) — An epidemic of doping in Russian race walking has seen at least 22 athletes banned in the past decade, including world and Olympic champions. In the majority of cases, they shared a coach: Viktor Chegin. KSL re-publishes the list of Chegin-trained athletes who have served or are serving doping bans or who are under investigation.
<http://www.ksl.com/?nid=145&sid=33422149>
- **Viktor Chegin, head coach of the Russian Olympic training centre for race walkers which has suffered a spate of doping positives in recent years, faces an imminent ban, according to Thomas Capdevielle, the IAAF's anti-doping senior manager.** "It requires some investigation but we are confident that it will end up in a satisfying conclusion for us - the sanction that this coach is out of the sport." Capdevielle added that the IAAF would decide "within one or two weeks" whether to contest the recent decision by the Russian Anti-Doping Agency (RUSADA) to ban Yulia Zaripova and Tatyana Chernova but to allow them to retain their respective 2011 World 3,000 metres steeplechase and heptathlon titles despite their results being annulled before and after that event.
See <http://www.insidethegames.biz/sports/summer/athletics/1025629-iaaf-confident-russian-race-walk-head-coach-chegin-will-receive-sanction-as-part-of-investigation>
- International athletics chiefs will start action against Russian athletes caught in doping scandals within three months and said Monday they want a coach at the centre of the scandal kicked out of the sport.
See <http://www.supersport.com/athletics/article.aspx?Id=2862784>

THIS WEEK'S NEWS FROM OMARCHADOR AND MARCIADALMONDO

As usual, lots of great reports from both these news aggregators. First to omarchador which had 12 press releases.

- Mon 16 Feb - Portuguese district walk champs from Aveiro and Porto
<http://omarchador.blogspot.pt/2015/02/campeonatos-de-marcha-de-aveiro-e-porto.html>
- Mon 16 Feb - Venezuelan University Games walk results
<http://omarchador.blogspot.pt/2015/02/jogos-universitarios-da-venezuela-em.html>
- Sun 15 Feb - Ana Cabecinha sets Portuguese 3000m indoor record
<http://omarchador.blogspot.pt/2015/02/ana-cabecinha-com-recorde-nacional-nos.html>
- Sat 14 Feb - good techniques exhibited by young walkers in Portuguese district champs
<http://omarchador.blogspot.pt/2015/02/criancas-com-qualidades-tecnicas.html>
- Sat 14 Feb - Preview of this weekend's Portuguese Indoor walk champs
<http://omarchador.blogspot.pt/2015/02/pombal-recebe-hoje-os-campeonatos-de.html>
- Fri 13 Feb - Results of Madrid champs (Portugal)
<http://omarchador.blogspot.pt/2015/02/juniores-espanhois-evidenciam-se-em.html>
- Thur 12 Feb - Results of Ukrainian Indoor Champs
<http://omarchador.blogspot.pt/2015/02/inna-kashyna-com-122117-na-pista.html>
- Thur 12 Feb - Chinese dominate Ugo Frigerio Trophy in Italy
<http://omarchador.blogspot.pt/2015/02/chineses-evidenciam-classe-em-italia-no.html>

- Wed 11 Feb - Canberra Track Classic walks
<http://omarchador.blogspot.pt/2015/02/a-marcha-no-canberra-track-classic.html>
- Wed 11 Feb - Catalanian 20km roadwalk championship results
<http://omarchador.blogspot.pt/2015/02/raquel-gonzalez-lider-mundial-do-ano.html>
- Tues 10 Feb - Lithuanian University Championships
<http://omarchador.blogspot.pt/2015/02/campeonatos-universitarios-lituanos-de.html>
- Tues 10 Feb - Italian Junior and U23 Indoor Champs
<http://omarchador.blogspot.pt/2015/02/campeonatos-italianos-de-pista-coberta.html>

Now to marciadalmondo which had 8 press releases.

- Mon 16 Feb - Ana Cabecinha and Sergio Viera Indoor Champions of Portugal
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2010
- Sun 16 Feb - Eiki Takahashi and Kumiko Okada Japanese 20km Champions
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2009
- Fri 13 Feb - Results of Italian U18 Indoor Championships in Ancona
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2008
- Thur 12 Feb - Ukrainian Indoor championship results from Sumy
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2007
- Thur 12 Feb - Schwazer gets an additional 3 months added to his current doping ban
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2006
- Wed 11 Feb - Canberra Track Classic results
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2005
- Tues 10 Feb - Results of Catalanian 20km champs in Spain
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2004
- Wed 11 Feb - preview of this weekend's Italian U18 Indoor Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2003

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 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
Mar 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	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Mar 15, 2015	Lugano Trophy - Memorial Mario Albiseti	Lugano, SWITZERLAND
Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC\
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

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, Nairobi, 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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)