



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 08
24 November 2015



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WALKER OF THE WEEK

My Walkers of the Week this time around are VRWC members **Quentin Rew and Alana Barber**. The top 2 NZ walkers, they have been living in Melbourne this year and joining us regularly in the local racing scene as they prepare for next year's Olympics in Rio. On Saturday, they raced over 5000m at the VUT track in Wyndham in our AV Shield competition, recording **19:41.5 and 22:29.5** respectively and confirming that their preparations are on track. We are so pleased to have them with us here in Victoria and look forward to cheering them both on in 2016 in Rio.



Alana and Quentin in action at Wyndham track on Saturday

WHAT'S COMING UP

It's a quiet weekend in Melbourne next weekend for a change, with a break from AV Shield. That means that everyone should hopefully be at our **VRWC Summer Championships** next **Sunday 29th November at Middle Park**. Entry is on the day. Note the closure of Beaconsfield Pde to Ormond Esplanade between Kerferd Rd and St Kilda St on Sunday morning, owing to a corporate triathlon. It should not effect people driving to Middle Park for our races but just noting it for completeness.

Note that this meet has been ratified by AA/AV so any World Junior or World Race Walking Teams Championship qualifying times will be accepted by Athletics Australia. The fixture reads:

Sun 29 November 2015, VRWC Summer Championships and AGM, Middle Park		
8:30am	20km Gus Theobald Memorial Trophy	Open Men Open Women
9.30am	10km Heather Carr Trophy	Masters Women Open
10.30am	5km VRWC Championship	Under 20 M & W Open
	5km & 3km	

	3km VRWC Championship	Under 15 B & G
10:45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

The following weekend sees the Australian All-Schools Championships at Lakeside Stadium in Albert Park (Melbourne).

Looking even further ahead, the **2015 Australian 50km Roadwalk** Championship will be held as usual at Fawkner Park (rated by Jared Tallent as his favourite course) on **Sunday 13 December**. This is a chance for walkers to get a qualifying time on the board for the 2016 World Race Walking Teams Championships so anyone who is seriously chasing a berth should consider competing. Entries for all events can now be submitted via the AA website - https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1542&OrgID=887. The timetable for the day is

7.00am	Australian 50km Road Walking Championships	Cut-off: 5 hours
8.00am	20km non-championship Walk: Men and Women	Cut-off: Men 2 hours, Women 2 hours 15 mins
9.00am	10km non-championship Walk: U20 Men and Women	Cut-off: Men 56 mins, Women 60 mins
10:00am	5km non-championship Walk: U18 Men and Women	Cut-off: Men 28 mins, Women 30 mins

The absolutely strange thing is that this is the official 2016 World Race Walking Teams Championship trial (as well as a chance for 20km and 10km walkers to get qualifying performances on the board) and we are still waiting for Athletics Australia to publish their selection policy. I think they must be the only Federation in the world that has not made their qualifying standards known by now. I do not know what is causing the delay in publication – no info on the AA website.

VRWC TRACK RACES, GEORGE KNOTT RESERVE, CLIFTON HILL, WEDNESDAY 18 NOVEMBER 2015

The sky clouded over and the temperature dropped just in time for our VRWC track races last Wednesday evening at Clifton Hill. Although the turnout was only small, the racing was keenly contested, with best performances going to **Simone McInnes** (a big 1500m PB of 6:53.15), **Eliza Clarke** (13:53), and **James Christmass** (24:43).

10,000m Walk

E1.	Swan, Kyle	M	49:56
E1.	Kozica, Jason	M	49:56

5000m Walk

1.	Christmass, James	M	24:43
2.	Smyth, David	M	27:36
3.	Noonan, Emily	F	30:16
	Walmsley, Reese	M	DNF

3000m Walk

1.	Clarke, Eliza	F	13:53
2.	Dickson, Corey	M	15:41
3.	Walmsley, Hayden	M	16:05
4.	Noonan, Claire	F	18:48
5.	Shaw, Robyn	F	19:10
6.	Gardiner, Bob	M	19:46
	Dickenson, Russ	M	DNF

1500m Walk

1.	McInnes, Simone	F	6:53.15	PB
2.	Dynes, William	M	8:01	
3.	Holmes, Charlotte	F	8:25	
4.	Elms, Donna	F	8:28	
5.	Holmes, Molly	F	9:21	
6.	Dickson, Charlee	F	9:23	
7.	Morris, Paul	M	9:31	

Thanks to our officials and judges, without whom we would not have any races at all.

Officials: Tim Erickson, Harry Summers, Jason Elms, Damien Elms
Judges: Judy Mason (chief), Stuart Cooper, Michael Bodey, Peter Vysma, Terry Swan
Water Station: Alan Walmsley
Photos: Terry Swan

Thanks to Terry Swan for his usual photo gallery at <http://www.vrwc.org.au/coppermine/>.



Simone McInnes, Corey Dickson, James Christmass and Eliza Clarke (photos Terry Swan)



Jason Kozica, Kyle Swan, Molly Holmes and Charlee Dickson

SAMA TRACK WALKS, SA STADIUM WEDNESDAY, MILE END, ADELAIDE, WEDNESDAY 18 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: 40C at 5pm, too hot for an oldie like me!

1000m Walk

1.	Rhiannon Lovegrove	4:47	
2.	Gloria Holliday	5:59	W55
3.	Geoff Byham	6:13	M69
4.	Gil McIntosh	6:17	M65
5.	Julia Lycett	6:18	W51
6.	Mark Worthing	6:26	M53
7.	Rodger Barber	7:00	M77
8.	Des Mulqueen	7:09	M69
9.	Leigh Smith	7:14	M80
10.	Doug Smart	7:32	M72

2000m Walk

1.	George White	11:25	M70
2.	Gloria Holliday	12:19	W55
3.	Geoff Byham	12:27	M69
4.	Gil McIntosh	13:36	M65
5.	Rodger Barber	14:14	M77
6.	Leigh Smith	14:35	M80
7.	Des Mulqueen	14:35	M69
8.	Doug Smart	14:42	M72
9.	Roger Lowe	15:34	M72
10.	Margaret McIntosh	16:22	W62

11. Roger Lowe	7:32	M72	11. Jill Rogers	16:32	W71
12. Margaret McIntosh	8:04	W62	12. Edna Bates	17:21	W62
13. Jill Rogers	8:08	W71			
14. Edna Bates	8:20	W62			

BENDIGO WALKERS CLUB TRACK WALKS, BENDIGO, WEDNESDAY 18 NOVEMBER

Thanks to Paul Rance for the latest report from Bendigo.

The Bendigo Walkers Club held 1500m and 3000m handicap events in hot conditions on Wednesday evening with strong personal best victories to Sheridan Commons and Bill Lotherington. In the 1500m, Sheridan Commons took the lead by the half way mark and raced away for an excellent victory which was her 3rd win in a row with first year walker Oscar Fox 2nd while backmarker Zahra Hayes finished strongly to take 3rd place and fastest time. In the 3000m, Bill Lotherington walked at a consistent pace throughout the event and raced to the front with 500m to go and held on for a solid victory with backmarkers Peter Curtis and Barb Bryant fighting out the minor placing's with Peter taking 2nd by less than 1 metre from Barb in 3rd place. Barb's performance saw her break her own Club 55+ record while Peter secured fastest time honours.

1500m Handicap Walk

1. Sheridan Commons	10.16
2. Oscar Fox	9.47
3. Zahra Hayes	7.12
4. Caitlyn Tozer	13.16
5. Jennie Payne	9.51
6. Amber Fox	12.46
7. Wendy Ennor	12.43

3000m Handicap Walk

1. Bill Lotherington	21.34
2. Peter Curtis	16.31
3. Barb Bryant	16.46
4. John Carter	21.03
5. Norm West	24.26
6. Annette Curtis	23.10
7. Geoff Major	25.36

ACT WALKERS CLUB TRACK WALKS, WODEN, CANBERRA, THURSDAY 19 NOVEMBER

Thanks to Robin Whyte for the latest walk results from the ACT Walkers Club in Canberra. **Zoe Hunt** was the fastest over 3000m with 14:14 while **Tom Hunt** was the fastest in the 1000m with 5:03.

3000m Walk

1. Zoe Hunt	14:14
2. Tim Fraser	14:44
3. Gabby Hunt	14:46
4. Mitchell Baker	15:05
5. Callum Burns	15:15
6. Connor Frew	15:18
7. Gwyllym Young	15:59
8. Ann Staunton-Jugovic	16:01
9. Spencer Burns	17:11
10. Robin Whyte	18:56
11. Jennifer Alley	19:33
12. Bryan Thomas	20:51
13. Doug Fitzgerald	22:56
14. Geoff Barker	23:27
15. Sheryl Greatehead	24:34
16. Val Chesterton	25:35
17. Edna Dundas	29:08

1000m Walk

1. Tom Hunt	5:03
2. Laura Burns	5:04
3. Harry Baker	6:30
4. Georgia Frew	8:05
5. Ella Baker	8:06
6. Lorna England	9:12
7. Carmen Carlon	11:52

AACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, CANBERRA, FRIDAY 21 NOVEMBER

Zoe Hunt was back in action the next evening with an Athletics ACT Interclub 5000m walk along with training partner **Ally Durr**, both girls walking together for 26:47.6 by the look of things.

5000m Walk

1.	Zoe Hunt	WU18	NCG	26:47.60
2.	Ally Durr	WU20	Queanbeyan	26:47.60

ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 20 NOVEMBER

Declan Tingay continues to win by the proverbial mile in Perth, walking excellently last Friday evening for a 1 sec PB time of 21:34.6 for the 5000m. **Emily Pivac** was also in great form, taking over 1 minute off her PB with 25:19.1.

5000m Walk

1.	Tingay, Declan	M99	AWA	21:34.6	PB 0:01
2.	Pivac, Emily	W00	AWA	25:19.1	PB 1:03
3.	Reid, Benjamin	M01	AWA	25:27.4	
4.	Ruane, Tiahna	W01	WTC	26:44.9	
5.	Jackson, Hayley	W99	AWA	28:28.3	
	Mann, Bradley	M99	RW	DNF	

AV SHIELD, ROUND 5, 21-22 NOVEMBER

89 walkers were in action across Victoria last weekend. This was significantly down on past weeks, perhaps due to the longer distances on offer combined with the Sunday scheduling for the 4 metropolitan venues.

The 3 country venues were first up on Saturday afternoon, with Bendigo hosting 5000m and 3000m walks, Ballarat hosting a 3000m walk and Geelong hosting a 2000m walk. Best efforts by **Ross Darlow** and **Jemma Peart** (13:50.16 and 14:47.27 for 3000m in Ballarat) and **Zahra Hayes** (14:45.4 for 3000m in Bendigo).

AV Shield Round 5 (Program 2), Ballarat Zone, Ballarat, Sat 21 Nov 2015

3000m Walk

1.	Darlow, Ross	M17	EUREKA ATHLE	13:50.16
2.	Peart, Jemma	W14	BALLARAT YCW	14:47.27
3.	Peart, Alanna	W12	BALLARAT YCW	15:49.42
4.	Brennan, Sarah	W39	BALLARAT YCW	16:04.28
5.	Ruddick, Kevin	M65	BALLARAT HAR	19:00.24

AV Shield Round 5 (Program 2), Geelong Zone, Geelong, Sat 21 Nov 2015

2000m Walk

1.	Mackayla Davison	WU16	UNATTACHED	11:24.57
2.	Mackenzie Mielczarek	WU14	CORIO	11:35.29
3.	Charli Walker	WU14	BELLARINE	13:26.53

AV Shield Round 5 (Program 2), Bendigo Zone, Bendigo, Sat 21 Nov 2015

5000m Walk

1.	Barbara Bryant	W61	Eaglehawk YMCA	29:08.7
2.	Peter Curtis	M21	Unattached	28:36.6
3.	John Carter	M65	Unattached	36:21.7

3000m Walk

1.	Zahra Hayes	W14	South Bendigo	14:45.4
2.	Annette Major	W53	Eaglehawk YMCA	17:29.6
3.	Leigh Browell	M41	South Bendigo	21:39.7
4.	Annette Curtis	W59	South Bendigo	22:52.3
5.	Wendy Ennor	W58	Eaglehawk YMCA	24:54.0
	Geoffrey Major	M79	Eaglehawk YMCA	DNF

And now onto our 4 metropolitan venues which were all scheduled on Sunday afternoon.

AV Shield Round 5 (Program 2), Red Zone, Meadowglen, Sun 22 Nov 2015

15 year old **Eliza Clarke** continued her fine form of late, winning the 5000m at Meadowglen with a PB 24:27.6, ahead of **Aaron McDonough** with 26:32.4. **David Smyth** was best in the 3000m with 15:59.1 ahead of Eliza's younger sister Georgia with 16:36.9.

5000m Walk

1.	Clarke, Eliza	W15	DIAMOND VALLEY	24:27.3	PB 0:26
2.	McDonough, Aaron	M43	PRESTON AC	26:32.4	
3.	Laufer, Michelle	W46	COLLINGWOOD	27:50.6	
4.	Hawkins, Trenton	M36	PRESTON AC	28:23.0	
5.	Collis, Lauren	W17	DIAMOND VALLEY	29:21.0	
6.	Elms, Donna-Marie	W54	PRESTON AC	31:50.9	
7.	Walburg, Kirsten	W17	DONCASTER AC	38:38.5	
8.	Brown, Tammarah	W16	RICHMOND HAR	43:03.6	
9.	Campbell, Donna	W45	PRESTON AC	47:45.4	

3000m Walk

1.	Smyth, David	M46	COLLINGWOOD	15:59.1	
2.	Clarke, Georgia	W13	DIAMOND VALLEY	16:36.9	
3.	Clarke, Patrick	M47	DIAMOND VALLEY	16:54.9	
4.	Keirl, Bernie	M52	DIAMOND VALLEY	17:31.6	
5.	Noonan, Claire	W11	COLLINGWOOD	17:55.0	
6.	Walshe, Kerryn	W53	DIAMOND VALLEY	19:31.5	
7.	Gardiner, Robert	M79	COLLINGWOOD	19:48.3	
8.	Lazar, Dennis	M59	DIAMOND VALLEY	20:19.4	
9.	Quinn, Karen	W51	DIAMOND VALLEY	21:48.6	
10.	Collis, Bede	M12	UNNATTACHED	21:13.8	

AV Shield Round 5 (Program 2), White Zone, Doncaster, Sun 22 Nov 2015

Jason Kozica was only a couple of seconds outside his 5000m PB with 22:55.1 in Doncaster and **Sandra Geisler** was the best of the women with 28:20.4. In the 3000m **Pam Tindal** was fastest with 16:14.9.

5000m Walk

1.	Kozica, Jason	M28	ST KEVINS AC	22:55.1	
2.	Geisler, Sandra	W38	RINGWOOD AC	28:20.4	
3.	Muldoon, Wendy	W44	NUNAWADING	28:32.7	
4.	Evans, Simon	M55	BOX HILL AC	28:47.8	
5.	Rosenbrock, Caroly	W53	NUNAWADING	29:44.9	
6.	McCann, Adam	M39	NUNAWADING	36:20.5	
7.	Sofianos, Gerald	M66	ST KEVINS AC	36:43.7	
8.	Worsnop, Chris	M58	OLD XAVERIANS AC	40:51.9	

3000m Walk

1.	Tindal, Pam	W56	VICTORIAN MA	16:14.9	
2.	Hunter, Pia	W49	BOX HILL AC	17:43.0	
3.	Riddoch, Clyde	M62	ATHS WAVERLEY	19:32.2	
4.	Taylor, Lee	W14	YARRA RANGES	21:44.4	
5.	Hewitson, Camden	M13	YARRA RANGES	22:31.6	
6.	Molnar, Jo	W54	ATHS WAVERLEY	24:11.4	
7.	Archer, Karen	W52	VICTORIAN MA	25:16.4	
8.	Harper, Amanda	W47	BOX HILL AC	26:10.4	
	Handasyde, Ian	M62	OLD SCOTCH C	DQ	

AV Shield Round 5 (Program 2), Blue Zone, Casey Fields, Sun 22 Nov 2015

Reese Walmsley was the best of the 5000m walkers at Casey Fields with 25:19.5 but the focus was on the 3000m event where 12 year old **Nikola Mandic** broke his own VRWC U13/U14 club records by a second with a superb 14:17.4. This is his fourth club record breaking performance this summer. What a walk!

5000m Walk

1.	Reese Walmsley	MU18	KNOX	25:19.5	
2.	Scott Fairburn	MOP	KNOX	29:05.6	
3.	Ralph Bennett	MOP	GLENHUNTLY	29:27.0	
4.	Rachel Guy	WU18	UNATTACHED	33:43.4	
5.	Geoff Barrow	MOP	MENTONE	34:46.7	
6.	Kuniko Bowden	WOP	MENTONE	36:03.8	
7.	John Morrison	MOP	SANDRINGHAM	37:29.9	
8.	Jeanne Bryan	WOP	MENTONE	45:11.0	

3000m Walk

1.	Nikola Mandic	MU14	CASEY CARDINIA	14:17.4	PB 0:01, VRWC record
2.	Rebecca Henderson	WU16	CASEY CARDINIA	15:24.6	
3.	Hayden Walmsley	MU16	KNOX	15:40.0	
4.	Chloe Karagiorgos	WU14	KNOX	16:35.1	
5.	Heather Carr	W40+	GLENHUNTLY	17:01.7	
6.	Charlotte Hay	WU14	KNOX	17:48.2	
7.	Kathleen O'Mahony	WU14	KNOX	17:48.8	
8.	Gwen Steed	W40+	GLENHUNTLY	19:46.8	
9.	Callum Fairburn	MU20	KNOX	21:24.2	

AV Shield Round 5 (Program 2), Yellow Zone, Wyndham, Sun 22 Nov 2015

Yellow zone was the pick of the venues with 2015 World Championship reps **Quentin Rew, Chris Erickson and Alana Barber** in action. Quentin and Chris battled it out for the first 2000m before Quentin forced the gap, going on to win with an impressive 19:41.0, as compared to 20:10.0 for Chris. Alana Barber easily won the women's division with 22:29.5. **Duncan Knox** claimed a victory, being the first to finish, and I am not sure if I convinced him that there were in fact faster walkers who were doing additional laps to make up their 5000m distance!

5000m Walk

1.	Rew, Quentin	M31	INVITATION	19:41.0
2.	Erickson, Chris	M33	ATHS ESSENDON	20:10.0
3.	Barber, Alana	W28	INVITATION	22:29.5
4.	Kennedy, Paul	M58	KEILOR ST BE	29:26.2
5.	Feain, Lachlan	M16	KEILOR ST BE	29:46.0
6.	Irons, Julia	W17	KEILOR ST BE	30:16.1
7.	Dunstone, Philip		WESTERN ATHL	32:46.1
8.	Feain, Gerard	M52	KEILOR ST BE	32:47.0
9.	Feain, Madeleine	W17	KEILOR ST BE	32:47.0
10.	Davey, Louise		COBURG	34:56.0
11.	Ireland, Roslyn		WESTERN ATHL	37:45.6

3000m Walk

1.	Knox, Duncan	M56	ATHS ESSENDON	18:38.2
2.	Shaw, Robyn	W54	WESTERN ATHL	19:01.1
3.	Anderson, Brian	M57	ATHS ESSENDON	19:57.5
4.	McGoughan, Tracy	W50	KEILOR ST BE	20:27.1
5.	Benlow, Lachlan	M12	UNNATACHED	21:03.3
6.	Hodgart, Janice	W52	WESTERN ATHL	21:07.5
7.	Irons, Elaine	W15	KEILOR ST BE	23:31.3
8.	Cashin, Brenda	W51	WESTERN ATHL	24:24.3



Chris Erickson, Quentin Rew, Alana Barber and Lachlan Feain at Wyndham on Sunday

ATHLETICS SA INTERCLUB WEEK 4, SA ATHLETIC STADIUM, MILE END, ADELAIDE, SATURDAY 21 NOV

Wow, it was a case of PBs all around in Adelaide last Saturday with their young walkers all in top form.

3000m Walk

1.	Joe Cross	MU14	PEMBROKE	14:11.44	PB 0:05
2.	Jake Vidler	MU16	SOUTHERN	14:15.72	PB 0:02
3.	Rhiannon Lovegrove	WU16	PORT ADELAIDE	14:27.38	PB 0:03
4.	Jayden Goode	MU16	SALISBURY	15:08.65	PB 0:05
5.	Tristan Camilleri	MU16	COASTAL DIST	15:24.80	PB 0:24
6.	Peter Crump	M35+	SAINTS	17:05.35	
7.	Alix Harlington	MU18	SALISBURY	DNF	

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 21 NOVEMBER

15 year old **Alice Randall** walked a 3000m PB of 15:27.98 in Hobart on Saturday to lead the walkers home.

3000m Walk

1.	Alice Randall	OVA	15:27.98	PB 0:09
2.	Anna Blackwell	OVA	17:57.08	
3.	Elizabeth Leitch	ES	18:33.99	
4.	Ron Foster	NS	18:24.31	
5.	David Moore	NS	23:19.51	

JAI TAURIMA SHIELD, QSAC, NATHAN, BRISBANE, SATURDAY 21 NOVEMBER

Quite a few walks to report from Queensland on the weekend. I hear it was a very hot day in Brisbane on Saturday, hence the slightly slower than normal times in the 5000m and 3000m walks at the QSAC track in Nathan.

5000m Walk

1.	McCutcheon, Luke	M17	Qeii Track Club	23:57.97
2.	McCutcheon, Jamie	M16	Qeii Track Club	24:27.37

3000m Walk

1.	Hannigan, Caitlin	W13	Gold Coast Victory	15:13.98
2.	Schofield, Amelia	W12	Gold Coast Victory	15:46.92
3.	McCutcheon, Nelson	M13	Qeii Track Club	15:47.05
4.	Mellor, Mitchell	M15	Lockyer District	16:07.29
5.	Clarke, Ethan	M14	Redlands	17:03.65
6.	Jeffrey, Ben	M13	Qeii Track Club	17:54.21
7.	Mulcaster, Bridie	W15	Gold Coast Victory	18:27.99
8.	Stewart, Ryan	M13	Ipswich & Distict	18:42.66

QLD MASTERS ATHLETICS, SAF, BRISBANE, SATURDAY 21 NOVEMBER

The Queensland Masters walkers also had to contend with the heat in their 3000m walks on Saturday, with **Iggy Jimenez** and **Erika Woodward** winning their respective divisions.

3000m Walk

1.	Ignacio Jimenez	M50	Brisbane	14:39.46	82.19%
2.	Peter Bennett	M60	Brisbane	15:11.78	86.78%
3.	Dean Nipperess	M44	GC & Sthrn	15:37.43	71.09%
4.	Argenis Guevara	M47	Brisbane	16:07.10	71.71%
5.	Erika Woodward	W49	Brisbane	16:36.09	75.43%
6.	Patrick Sela	M76	GC & Sthrn	22:54.72	68.51%
7.	Noela McKinven	W73	Brisbane	23:20.83	69.70%

QLD MASTERS ATHLETICS, GRIFFITH UNIVERSITY ATHLETICS TRACK, GOLD COAST, SUNDAY 22 NOV

And the Gold Coast Masters were out on Sunday morning at the Griffith Uni. Track with 3000m and 1500m walks.

3000m Walk

1.	Patrick Sela	M76	GC & Sthrn	23:04.39	68.03%
2.	Paul Lindenberg	M53	GC & Sthrn	32:01.74	64.02%
3.	Kay Shaw	W56	GC & Sthrn	32:21.86	72.33%

1500m Walk

1.	Robyn Wales	W63	GC & Sthrn	12:47.92	54.14%
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WARWC TRACK WALKS, COKER PARK, SUNDAY 15 NOVEMBER

The young Western Australian walkers were in action in Friday evening in their interclub competition. They were back in action on Sunday morning at Coker Park with Western Australian Race Walking Club track races. As usual, **Declan Tingay** led easily, recording 23:05 for the 5000m.

5000m Walk

1.	Declan Tingay	23.05
2.	Emily Pivac	26.07
3.	Ben Reid	26.27
4.	Karyn Tolardo	31.26
5.	Janne Wells	38.26
6.	Tiahna Ruane	DNF

3000m Walk

1.	Isabella Tolardo	22.10
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1500m Walk

1.	Alexandra Griffin	7.50
2.	Kristine Wells	9.41
3.	Harry Maude	10.05

NZ LONG DISTANCE RACE WALKING CHAMPIONSHIPS, DEVONPORT, AUCKLAND, SATURDAY 21 NOV

The weather was dreadful for the New Zealand Long Course Walk Championships in 2014 and it was the same again for the 2015 events, held last Saturday morning – once again it was rainy, cold and very windy - on the same seaside course in the Auckland suburb of Devonport. The 50km event, which started first at 7AM, saw only 3 starters – Australian John Kilmartin along with NZ walkers Mark Gray and Graeme Jones. Graeme was well ahead throughout until forced to stop around 35km, meaning that **John Kilmartin** was the first finisher for the second year in a row. His time of 6:03:55 was pretty good considering the conditions.

The other events started at 9:30AM, with Australians **Kelly Ruddick** (20km) and **Tayla-Paige Billington** (U20 10km) and France's **Emmanuel Tardi** (20km) adding an international flavour. Kelly was on her own after 5km and went on to win the 20km comfortably with 1:38:32, slowing in the final laps due to the strong wind and rain. Behind her, the NZ title went to **Corrine Smith** with 1:56:03. Tayla-Paige Billington was first to finish in the U20 10km (same as last year) with 52:35. The U20 NZ titles went to **Jared Free** (1:48:44) and **Laura Langley** (53:31) while the men's U18 title went to **Jamie Shaw** (49:48). And for the record, Emmanuel finished his 20km in the time of 2:34:24.

Unfortunately, the event saw a large number of athletes withdraw at various stages of the championship and non-championship races. Most of the DNFs are not showing up in the official or unofficial results at the moment.

I have combined the championship and non-championship results together to save space – official NZ championship finishers have a place allocated to them in the listings below.

NZ Open Men 50km Championship

John Kilmartin *	Australia (INV)	6:03:25
Mark Gray *	Tauranga Ramblers (INV)	6:46:24
Graeme Jones	Napier Athletics Club	DNF

NZ Open Women 20km Championship

1.	Kelly Ruddick *	Australia	1:38:32
	Corrine Smith	Athletics Whangarei	1:56:03
	Courtney Ruske	Christchurch Avon	DNF

NZ U20 Men 20km Championship

1. Jared Free	Waitakere Athletics Club	1:48:44
Scot Marchant-Ludlow *	Racewalking Auckland (INV)	1:59:27
Lyndon Hohaia *	Racewalking Auckland (INV)	2:00:28
Rodney Thorne *	Racewalking Auckland (INV)	2:17:07
Emmanuel Tardi *	Essonne Athletic France (INV)	2:34:24
Jonathon Lord	South Canterbury Athletics	DNF

NZ U20 Women 10km Championship

Tayla-Paige Billington *	Australia	0:52:35
1. Laura Langley	Hasting Athletics Club (INV)	0:53:31

NZ U18 Men 10km Championship

1. Jamie Shaw	Athletics Nelson	0:49:58
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10km non-championship

1. Karen Davison	North Harbour Bays	1:11:05
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The start, Emmanuel Tardi and Jared Free



Kelly Ruddick, Tayla-Paige Billington, John Kilmartin and Jamie Shaw (photos Racewalking Auckland)

USA 50KM ROADWALK CHAMPIONSHIPS, SANTEE, CA, SUNDAY 22 NOVEMBER

The USA 50km championships last Sunday saw wins to **John Nunn** (4:03:40) and **Erin Taylor-Talcott** (5:02.34). The men's event also saw a number of internationals, with **Caio Bonfim** of Brazil first across the line with 4:02:20 and **Eder Sanchez** of Mexico 3rd across the line with 4:08:24. The race report commented that conditions were warm. To compound the situation, the race started 25 minutes late while cars were removed from the course. Once underway the temperature got up to the mid 80's under sunny, sunny skies. (Temperature was reported to be somewhere between 85 and 90). For those who don't remember the pre-decimal days in Australia, that means Farenheit rather than Centigrade - mid 80's could be about 30C.

Erin Taylor-Talcott posted the following:

Super tough day. For me the heat was worse than Florida in 2013. I am very happy to have finished. I am so proud of the other three ladies for gutting it out and doing women proud! Our record stands complete that no US woman has ever DNFed a 50K! Katie Bartholomew Grimes was tough as nails, Carmen Jackinsky was probably the only person to get a PB, and Darlene Backlund set the US and WORLD 70 age group record! In 90 degree weather! Way to go ladies!

50km Men

	Caio Bonfim	24	Brazil	4:02:20
1.	John Nunn	37	USA	4:03:40
	Eder Sanchez	29	Mexico	4:08:24
2.	Nick Christie	24	USA	4:12:33
	Samir Cesar Sabadin	34	Brazil	4:38:41
3.	Michael Mannozi	29	USA	4:44:03
4.	Ian Whatley	56	USA	4:49:40
5.	Matthew Forgues	23	USA	5:05:08
6.	Dave Talcott	55	USA	5:06:14
7.	Pablo Gomez	44	USA	5:22:56
8.	Dave McGovern	50	USA	5:58:22

50km Women

1.	Erin Taylor-Talcott	37	USA	5:02:34
2.	Katie grimes	51	USA	6:03:21
3.	Carmen Jackinsky	52	USA	6:26:05
4.	Darlene Backlund	70	USA	7:01:21



The 4 successful female 50km walkers in Santee last Sunday – women's 50km is finally an official IAAF event so hopefully we will see more and more women testing themselves over this classic distance (photo facebook.com)

2015 ULTRACENTRIC ULTRA RUN, MEADOWMERE PARK, GRAPEVINE, TEXAS, 19-22 NOVEMBER

The Ultracentric, which has been held annually for nearly 30 years now, is a huge affair over 3 days with races of 72 hours, 48 hours, 24 hour, 12 hours and 6 hours. While it is principally a running event, we do see the occasional walker participate and this time around the flag was waved by 52 year old USA Centurion walker **Rob Robertson**.

In last year's Ultracentric, Rob had contested the 12 Hour division and walked an excellent 90.123km. Earlier this year he competed in the USA Centurions qualifying event in Minneapolis in June, successfully reaching the 100 mile mark in 22:37:49 to become USA Centurion number 78. This year's Ultracentric 24 Hour event was his second 100 mile attempt and it proved a lot tougher than his first - rather than tell you what happened, you can read all about it in his blog at <http://www.walk100miles24hours.com/2015/11/22/2015-ultracentric-24-hour/>. Well done Rob on a truly gutsy performance.



Rob Robertson in action in an Oklahoma 12 Hour last month – he walked a PB 92.698km on that occasion

NATIONAL GAMES OF COLOMBIA, CALI, COLOMBIA, WEDNESDAY 18 NOVEMBER

Cali, which hosted the 2015 World Youth Games, was back in the spotlight last Wednesday with the all-important National Games of Colombia getting underway. Day 1 saw the racewalks contested.

20km men

In the men's 20 km race, Eider Arévalo started fast, hoping for a time around 1:20:00. Alas, he came to the judges' attention and was disqualified around the 9km mark. The irate walker was vocal after the race, pointing out that he had not received any red cards when he walked to 7th place in this year's World Championships in Beijing. Alas, not a valid argument - every race is different and you have to take it on the chin if your cards come up in a particular race. With him out of the race, Iván Garrido went on to win in 1:27:42 with Luis Fernando Lopez second in 1:30:46 and Jorge Armando Ruiz third in 1:33:16.

1.	IVAN GABRIEL GARRIDO	19 11 94	BOGOTA	1.27.42
2.	LUIS FERNANDO LOPEZ ERASO	3 6 79	FF.AA	1.30.46
3.	JORGE ARMANDO RUIZ FAJARDO FF.AA	1.33.16	BRONCE	1:33:16
4.	SANTIAGO GOMEZ SALAZAR	21 6 93	ANTIOQUIA	1.39.12
5.	JHON EDISON HERRERA	28 3 95	BOYACA	1.39.28
6.	JOSE LEONARDO MONTAÑA AREVALO	21 3 92	BOGOTA	DNF
7.	FREDDY HERNANDO HERNANDEZ CAMACHO	25 4 70	FF.AA	DNF
8.	KENNY MARTIN PEREZ PARRA	10 8 94	RISARALDA	DNF
9.	EIDER ORLANDO AREVALO TRUQUE	19 2 93	BOGOTA	DQ

20 km Women

Lorena Arenas was an easy winner in the women's 20km, her time of 1:34:51 well under the Olympic standard of 1:36:00). Runnerup Sandra Galvis was also under the Olympic standard with 1:35:54.

1.	SANDRA LORENA ARENAS CAMPUZANO	17 9 93	ANTIOQUIA	1.34.51
2.	SANDRA VIVIANA GALVIS	28 6 86	CUNDINAMARCA	1.35.54
3.	YESEIDA ISAID CARRILLO TORRES	22 10 93	CUNDINAMARCA	1.38.41

4.	ARABELLY ORJUELA SANCHEZ	24 7 77	BOGOTA	1.41.23
5.	CAROLINA MARIÑO	18 8 94	BOYACÁ	1.43.56
6.	INGRIDJOHANNA HERNANDEZ CASTILLO	12 11 88	BOGOTA	1.46.40
7.	SARA PATRICIA PULIDO SANDOVAL	17 2 94	RISARALDA	1.58.48

50km

James Rendón won the 50km with a championships record time of 4:02:06, over 7 minutes ahead of Ferney Alexis Rojas with 4:09:09.

1.	JAMES AURELIO RENDON VILLEGAS	7 4 85	BOGOTA	4.02.07
2.	FERNEY ROJAS	10 10 78	BOYACÁ	4.09.09
3.	MARLON STIBEN FLOREZ HIGUERA	19 11 89	ANTIOQUIA	4.14.07
4.	RODRIGO MORENO MUNAR	29 4 66	BOGOTA	4.19.59
5.	OMAR DANIEL SIERRA MORALES	10 1 88	BOGOTA	DNF
6.	JHON ALEXANDER CASTAÑEDA ANGULO	19 19 2 92	BOGOTA	DNF
7.	ESNEIDER PARRA ARDILA	10 1 88	CUNDINAMARCA	DNF
8.	JORGE ESTIVENS DIAZ PINEDA	2 3 87	FF.AA	DQ

RACEWALK CARNIVAL, LEIRIA, PORTUGAL, SATURDAY 21 NOVEMBER

Portuguese walker Miguel Carvalho beated over 50km in the best possible way, winning in Leiria in an excellent 4:0:0.47. It was a new national U23 record, done on a 1km circuit around the municipal stadium in cold and wet conditions. 20km and 35km events were held concurrently. With the abandonment of favourite Sergio Vieira, Norwegian walker Havard Haukenes took line honours with 1:33:40 (20km) and 2:41:13 (35km), some 8 minutes outside Trond Nymark's Norwegian record of 2:33:59. Junior walker Miguel Rodrigues took second in the 20km with 1:35:40) while Miguel Carvalho took second in the 35km with 2:48:33. The women's 20km saw an easy win to Daniela Cardoso win with 1:38:42.

50km

1.	Miguel Carvalho	94	SLB	4:00:47
2.	Amaro Teixeira	89	LMA-L	4:46:34
3.	Cristiano António	88	ACV	5:01:38
4.	Henrique Santos	65	GDD	5:06:05

35km

1.	Havard Haukenes	90	NORNOR	2:41:13
2.	Miguel Carvalho	94	SLB	2:48:33
3.	Pedro Santos	86	CAS	2:53:38
4.	Amaro Teixeira	89	LMA-L	3:10:56
5.	Cristiano António	88	ACV	3:12:04
6.	Henrique Santos	65	GDD	3:29:29

20km Men

1.	Havard Haukenes	90	NORNOR	1:33:40
2.	Miguel Rodrigues	96J	CNRM	1:35:40
3.	Miguel Carvalho	94	SLB	1:35:42
4.	Pedro Santos	86	CAS	1:37:49
5.	Marco Amaral	93	JIV	1:39:16
6.	Pedro Martins	68	CAS	1:42:07
7.	Rui Coelho	94	CAS	1:42:13
8.	Amaro Teixeira	89	LMA-L	1:44:11
9.	Cristiano António	88	ACV	1:47:20
10.	Luís Silva	70	LMA-L	1:59:11
	Hélder Santos	96J	GS	DQ

20km Women

1.	Daniela Cardoso	91	LMA-L	1:38:42
2.	Mara Ribeiro	95	SLB	1:42:17
3.	Vitória Oliveira	92	SCP	1:24:27
4.	Vera Portela	95	LMA-L	2:02:08

Full results at http://www.adal.pt/images/Results_Challenge_LMA_provis%C3%B3rios.pdf

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 4 press releases this week

- Mon 23 Nov - Statistical review of speed performance in female racewalking from 1994 to 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2272
- Sat 21 Nov - video interview with IAAF Walks Committee chairman Maurizio Damilano
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2271
- Thu 19 Nov - Results of Colombian National Games in Cali
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2270
- Fri 20 Nov - Statistical review of speed performance in male racewalking from 1994 to 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2269

The omarchador blog was also active with 7 news releases

- Mon 23 Nov - Miguel Carvalho wins 50km in Leiria, Portugal
<http://omarchador.blogspot.com.au/2015/11/miguel-carvalho-com-minimo-nos-50-km.html>
- Sun 22 Nov - Results of NZ Roadwalk Championships in Auckland
<http://omarchador.blogspot.com.au/2015/11/campeonatos-da-nova-zelandia-em.html>
- Sat 21 Nov - European Masters going to Vila Real de Santo António, Portugal, in 2016
<http://omarchador.blogspot.com.au/2015/11/vila-real-de-santo-antonio-recebe.html>
- Fri 20 Nov - Results of La Voie Sacrée walk in France
<http://omarchador.blogspot.com.au/2015/11/grande-premio-la-voie-sacree-entre.html>
- Thu 19 Nov - Results of Colombian National Games in Cali
<http://omarchador.blogspot.com.au/2015/11/jogos-nacionais-da-colombia-resultados.html>
- Wed 18 Nov - Young walkers dominate Enfield 7 Mile walk in London
<http://omarchador.blogspot.com.au/2015/11/jovens-dominam-em-londres-francisco.html>
- Tues 17 Nov - Results of Intercity Walks Meet in Balma, France
<http://omarchador.blogspot.com.au/2015/11/taca-intercity-e-meeting-internacional.html>

OUT AND ABOUT

- IAAF Competitions Director Paul Hardy responded to an email query from Simon Baker regarding next year's World Race Walking Teams Championships. Here is what he had to say:

The IAAF Council will discuss the 2016 IAAF World Race Walking Team Championships during the council meeting this Thursday. Further information regarding the venue will be known at that time. There are no qualifying standards for this event and that will not change.

- I noticed recently that Australian international walkers **Jared Tallent** and **Chris Erickson** have opened up new Facebook pages to track their paths to Rio next year. Definitely worth a "Like".

Jared Tallent: <https://www.facebook.com/Jared-Tallent-893011157451555/?fref=ts>
Chris Erickson: <https://www.facebook.com/ChrisErickson50km/?fref=ts>

- It's not surprising that **Jared Tallent** was announced last week as the South Australian Sports Institute Male Athlete of the Year. We are yet to hear the Athletics Australia awards but I think he has a fair chance of snaring their Athlete of the Year as well.
- VRWC member 2015 World Youth Championships walker **Kyle Swan** has just been announced as the Knox City Leader Newspaper sportsman of the year. Well done Kyle on yet another award. The following is taken from today's Knox Leader Newspaper (page 9). See <http://leader.newspaperdirect.com/epaper/showlink.aspx?bookmarkid=GL9R1TZRT85&issue=68612015112400000000001001>.



Feats of endurance

ULTRA-MARATHONER AND RACE WALKER OUR BRIGHTEST STARS

Kimberley Seedy

A Lysterfield woman who conquered the toughest marathon in the world and a talented Wantirna South walker have taken out *Knox Leader's* 2015 Sports Star awards.

Nikki Wynd, 43, the first female runner across the line in the 217km Badwater Ultra-Marathon through Death Valley in the US earlier this year, was named *Knox Leader's* Senior Sports Star of the Year.

Kyle Swan, 16, who has represented Australia in race walking, was named the *Knox Leader* Junior Sports Star of the Year.

The talented duo were among the senior and junior sports stars recognised at an awards ceremony last Tuesday.

They each won \$250 and a medal for their efforts.

Kyle was also named the overall Junior Sports Star of Melbourne's eastern div-



Kyle Swan and Nikki Wynd show off their medals; and in action (above).

ision, which won him a \$1000 Sportsmart voucher, \$1000 cash and a trophy.

Wynd only took up running in 2004 with her son in a pusher as a way of getting him to nod off.

Running for hours on end, she was hooked and a career in ultra-marathon running was born.

For the Death Valley event, competitors put themselves through a torturous 217km non-stop run in 48C heat.

Wynd said competing in

the marathon was "a dream come true" and to win it was "amazing".

"We climbed three mountain ranges that were twice as high as Mt Kosciuszko."

Wynd, who went through 20 bags of ice and got blisters because the road was so hot, was the first Australian to win the race and recorded the second-fastest women's time.

Kyle represented Australia in the 10,000m walk at the International Association of Athletics Federations World



Youth Championships in Cali, Columbia, in July.

As a 15-year-old, Kyle was the fastest race walker over all distances in his age group in Australia.

His time of 43min 50sec at a 10,000m event in Sydney in March is believed to be one of the fastest track walks in Australia by a 15-year-old.

He recently won the Victorian All School Championships and the Australian Road Walking Championships.

"(This award) is good motivation to keep on going and it's always good to win awards and get some reward for the effort I put in."

Kyle is aiming to represent Australia at the 2020 Tokyo Olympics.

- Former ACT based junior walker **Harry Bates** won the 'Future Star Award' at the 2015 CAMS NSW Motorsport Awards dinner a few days ago in Sydney. To quote from the newspaper article that reported the gala occasion

Harry Bates, the 19-year-old son of four-time Australian Rally Champion Neal Bates, was awarded the NSW Future Star Award for his stellar efforts in the Australian Rally Championship. After a stunning national debut at the National Capital Rally, which saw the young Canberra driver claim a podium finish. Bates' talents behind the wheel were also backed up with his sense of sportsmanship.

While we do miss him on the walking circuit, we realize he is excelling in a slightly higher profile sport now! Well done Harry.

#KIRDYAPKIN

Ok, time for a name change to what is fast becoming a weekly column. We're pretty confident now that Victor Chegin is going to be banned for life any day now so it's time to apply the pressure on the next cog in the dirty wheel of Russian racewalking – Sergey Kirdyapkin. Lots of articles to report this week.

- Russian athlete Viktor Ugarov is facing a ban of up to four years for having snubbed the IAAF suspension to compete in a marathon in Japan on Sunday 15 November, the Russian athletics federation said last Tuesday. Ugarov won a marathon at Kanazawa, but in doing so violated the IAAF provisional suspension of the All-Russian Athletics Federation (ARAF). "We'll sanction him" ITAR-TASS news agency quoted ARAF's acting president Vadim Zelichenok as saying. "It will be at least a two-year ban. Maybe a four-year ban." IAAF has cancelled Ugarov's result at Kanazawa, with the athlete also unable to collect the prize money. See <http://www.supersport.com/athletics/article.aspx?Id=3284964>
- Daily Telegraph writer Paul Hayward says that Russia have been let off the hook by a dirty backroom deal. He contends that Russian athletes have been given every reason to think there was no real urge to ban them from Rio games. See <http://www.telegraph.co.uk/sport/othersports/athletics/12000881/Doping-scandal-Russia-have-been-let-off-the-hook-by-dirty-backroom-deal.html>
- Perhaps that is why leaders of the world's most prominent national anti-doping bodies have called for Russian T&F athletes to be banned from next year's Olympics, saying the sanction was necessary to deter drug cheats. A statement from the Institute of National Anti-Doping Organisations (iNADO), a 53-member umbrella group made the call on the eve of a key World Anti-Doping Agency (WADA) meeting in Colorado Springs. See <http://www.supersport.com/athletics/article.aspx?Id=3283984>
- The IAAF has announced the five-person inspection team which will monitor the clean-up process in Russia. Former Olympic sprinter Frankie Fredericks from Namibia was among the four IAAF council members who will join Norwegian anti-doping expert Rune Andersen, who had been named as the independent head of the team. The other members on the team will be Abby Hoffman from Canada, Anna Riccardi of Italy and Geoff Gardner from the Australian territory of Norfolk Island. See <http://www.supersport.com/athletics/article.aspx?Id=3284694>
- This is how it is supposed to be done. Spanish middle-distance runner Marta Dominguez is set to lose her 2009 world steeplechase title and 2010 European silver as her results from August 5, 2009, to July 8, 2013, are to be annulled following abnormalities in her Athlete Biological Passport (ABP). The case was passed to CAS after the IAAF and WADA appealed the decision of the Spanish athletics federation decision last year to acquit Dominguez and lift the four-year suspension which had been set by the IAAF in 2013. This is very similar to the piecemeal approach taken by RUSADA to allow walkers like Sergey Kirdyapkin to compete in the 2012 Olympics. See <http://www.all-athletics.com/en-us/2015-11-19/marta-dominguez-banned-three-years-cas>. That case has also been appealed to CAS by the IAAF and the case will soon be held - hopefully with a similar outcome.
- Russia looks set to remain suspended by the International Association of Athletics Federations (IAAF) until at least late March after the sport's world governing body announced that its inspection team could report back on March 27, 2016, "at the earliest". That will most likely mean that Russian athletes will miss the IAAF World Indoor Championships in Portland, Oregon, which takes place from March 17-20. See Read more at <http://www.athleticsweekly.com/featured/russia-set-to-miss-world-indoor-champs-as-iaaf-announces-report-dates-36157/#xQeZK34QfemDW0kQ.99>.
- WADA has announced that the Russian Anti-Doping Agency (RUSADA) has been declared "non-compliant" with immediate effect. RUSADA is one of six National Anti-Doping Organisations (NADOs) that WADA deems to be in breach of its anti-doping code. The others are Andorra, Argentina, Bolivia, Israel and Ukraine. Brazil, Belgium, France, Greece, Mexico and Spain have been placed on a compliance "watch list", meaning those countries must meet strict conditions by March 18, 2016, or non-compliance will be declared. WADA added that it has asked Kenya to answer questions relating to its anti-doping programme. If the answers provided are deemed "unsatisfactory" then it would be looked into by the Compliance Review Committee, said the anti-doping agency. See <http://www.all-athletics.com/en-us/2015-11-19/rusada-among-six-nados-deemed-non-compliant-wada>

- Just how blatant was the drugs cheating in Russia. Günter Younger, the lead investigator in the World Anti-Doping Agency's independent commission report on doping in Russia – which caused the country to be provisionally suspended from all international competitions – said athletes were so confident they would not be caught that they continued cheating in the midst of the review. “During the course of the investigation, we found out in some camps they were still doing doping,” said Younger, the former Interpol drugs chief. “That was disrespectful and showed us they didn't take us seriously. This is the culture we were facing – a really surprising culture. I'm usually very cautious and, when I'm investigating criminals, usually they disguise their paths, but we heard from athletes saying, 'I don't care as nothing will happen as usual'.” See <http://www.independent.co.uk/sport/general/athletics/russia-doping-crisis-russian-athletes-continued-cheating-in-the-midst-of-probe-claims-wada-a6739781.html>
- The prospect of Russian athletes being welcomed back into the fold for the Olympics is causing alarm among rivals, with questions swirling over whether the country can rebuild a credible anti-doping regime in time for Rio. Addressing WADA's board meeting in Colorado Springs on Thursday (AEDT), US track and field great Ed Moses said he believed Russian athletes should be barred as a deterrent. Moses' comments struck a chord with Kirsty Coventry, the Zimbabwean double 200m backstroke champion from the 2004 and 2008 Olympics who will compete in her final games in Rio. Coventry, who sits on WADA's athlete committee, said many fellow swimmers had contacted her to express alarm about Russia, adding she also wanted to see a wider probe into Russian sport. Beckie Scott, the former Canadian cross-country skier who chairs WADA's athlete committee, backed calls for a wider investigation into Russia doping. More and more former and current athletes are pushing for even tougher action against Russia. See <http://www.abc.net.au/news/2015-11-19/athletes-uneasy-over-russians-at-rio-olympics/6955240>
- Bulgaria will not compete in weight lifting at next year's Rio de Janeiro Olympics after 11 lifters tested positive for doping this year, the International Weightlifting Federation, the sport's global governing body, said Thursday. The federation's executive board, meeting in Houston, also removed one Olympic berth from Romania because of multiple positive doping cases during the Rio Games' qualification period. See http://www.nytimes.com/2015/11/20/sports/olympics/bulgarias-weight-lifters-barred-from-rio-olympics.html?ref=international&_r=0. The same logic should be applied to Russia's walkers.

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

Dec 4-7, 2015	Australian All-Schools Championships, Melbourne, VIC
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Apr 16-19, 2016	Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Sun Nov 29, 2015	Hong Kong 20km Championship, HK, See http://www.hkaaa.com/page.php?pid=1840&mid=147&type=gameevent
Dec 12-13, 2015	MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

2016 International Key Dates

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

2016 IAAF Challenge Series (so far)

Sat March 12, 2016	Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	World Cup, TBA
Sat May 28, 2016	La Coruna, Spain
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

2016 EAA Permit meets

Sat Apr 9, 2016	Podebrady Walking 2016, Podebrady, CZE
Sat June 10, 2016	42 nd International Race Walking Festival, LTU
Sun June 18, 2016	19 th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016	Voronovo Cup, Voronovo, RUS

Looking Further Forward

Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th 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 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
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
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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