



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### WALKER OF THE WEEK

With so many wonderful performances at Fawkner Park on Sunday, it is hard to single out one particular person for my walker of the week. Some of the contenders include

- **Evan Dunfee** who convincingly won the 50km in a 6 minute PB, setting a Canadian national 50km record along the way
- **Chris Erickson** who won his 4<sup>th</sup> Australian 50km championship with 3:54:10 and confirmed his Olympic selection
- **Mark Mundell** who set a new African continental record in the 50km with his time of 3:54:12
- **Brendon Reading** who did a 24 minute PB and zoomed into Olympic contention with his 50km time of 3:55:03
- **Regan Lamble** who walked another fantastic 20km, her time of 1:30:45 a real eye opener
- **Alana Barber** who set a new New Zealand record in the 20km with 1:32:50.

But by my reckoning, their great performances were overshadowed by **Michael Hosking's** 3<sup>rd</sup> placed finish in the men's 20km event. A walker as a youngster, he retired 15 years ago (as a 15 year old) and has not racewalked since. Now at 30 years of age, with 3 months of walk training in his legs, he not only finished his first ever 20km walk, he came third in **1:26:16** and is now a serious Olympic and World Cup contender. I wonder if such a thing has ever been seen before anywhere!

Michael has done a lot in that 15 years. Moving from walking to running, he finished 2<sup>nd</sup> in the 2004 Australian U20 3000m steeplechase (9:25.68), he represented Australia in the 2006 World Student Cross Country, he won bronze in the 2007 Australian Open 3000m steeplechase (9:16.92) and he also took silver in the 2007 Australian U23 12km Cross Country championship (38:32). He has also had a successful triathlon and biathlon career, has played football in the Wodonga (country Victoria) league and has been a regular runner in many of the big fun runs. But no racewalking!

I think it is an amazing story and I am excited to see what he can produce in our World Cup and Olympic 20km trial in Adelaide in February. With a further 2 months of walk training, he can only improve.



**Michael Hosking in action at Fawkner Park last Sunday – 1:26:16 in his first racewalk for 15 years!**

## AUSTRALIAN 50KM CHAMPIONSHIP, FAWKNER PARK, MELBOURNE, SUNDAY 13 DECEMBER

A maximum of 28°C meant potentially tough conditions for walkers in the 2015 Australian 50km championship meet on Sunday 13<sup>th</sup> December but the 7AM start time and the superbly shaded 2km course at Fawkner Park (rated as easily the best course in Australia and the favourite one for many of the walkers) meant that the contenders were afforded every chance of a good time. And respond they did - 39 walkers, 18 PBs, 3 national records, 11 Olympic Qualifiers, 4 World Junior Qualifiers and 5 World Cup Qualifiers. That makes this meet the highest quality racewalking carnival ever seen in Australia outside the 2000 Olympics and confirms something we already knew – racewalking is Australia's strongest T&F discipline.

The 50km kicked off at 7AM with 4 Australians, 3 Canadians and 1 South African ensuring a cosmopolitan mix. The race is superbly reported by Jon Mulqueen on the IAAF website (<http://www.iaaf.org/news/report/evan-dunfee-canadian-50km-record-melbourne>) so I will start with that.

Of the 8 starters at the Australian 50km Road Walking Championships in Melbourne on Sunday, the aim for most of them was to achieve the Olympic qualifying standard. But a trio of athletes achieved more than that. Winner **Evan Dunfee** smashed the Canadian record by more than three minutes, clocking 3:43:45. Second-place finisher **Chris Erickson** bagged another national title. And **Marc Mundell** in third broke his own African record.

Held on a two-kilometre loop in Fawkner Park, the race got underway with a steady start. World 20km bronze medallist **Ben Thorne** was treating the race as a training exercise and built up a significant early lead before withdrawing after eight laps. At 10km, Dunfee was already two minutes ahead of a chasing pack which comprised defending champion Erickson, Pan American Games silver medallist **Inaki Gomez** of Canada, Australia's **Ian Rayson** and South African Olympian Mundell.

The Pan American champion continued to churn out the sub-nine-minute laps and he reached 20km in just a shade outside 90 minutes with a lead of more than four minutes. Having covered the first half in 1:52:22, Dunfee knew with 25km left that he was on course to break the Canadian record of 3:47:48 that had stood to Marcel Jobin since 1981, nine years before Dunfee was born. Dunfee maintained his pace in the second half, while Gomez, Mundell and Erickson were still level at half way, followed closely by Rayson. But that chase pack began to break up just before 30km as Erickson sped up, leaving behind Gomez and Mundell.

With less than a third of the race remaining, Dunfee was getting quicker. So too was Erickson, although he was more than six minutes adrift of the leader, but Gomez – making his debut over the distance – had drifted from third to fifth. Dunfee went through the 40km checkpoint comfortably inside three hours and he kept up the swift pace to the end, winning in 3:43:45. As well as smashing the Canadian record and easily achieving the Canadian federation's 3:54:20 qualifying standard for Rio, the 25-year-old took more than six minutes off the PB he set when finishing 12th at the IAAF World Championships Beijing 2015.

"Last month in Australia here I've been training in a supernova study down in Canberra," said Dunfee, who finished second in this race last year in what was then a PB of 3:58:34. "I'm in really good shape, so I knew I was ready for a big one. I wasn't sure whether it would be a hard or fast race really, so I didn't really make my decision until about 3km into the race and I thought I'd go for it. I'm really happy with it and it felt really good. I think there's a bit more in the tank there when push comes to shove. I've taken 14 minutes off my PB this year; another 14 minutes and we're good! This course is so easy to walk on, it's by far my favourite course," he added. "It makes it so much easier to get into a rhythm and keep it."

When asked which distance is his favourite, Dunfee – who finished 12th in both events in Beijing – suggested that he'll continue to divide his time between the 20km and 50km. "Jared (Tallent) has proved that you can do both," he said. "I like both, they're different challenges. After losing my 20km record to Ben in Beijing, I wanted a bit of redemption. I wanted to get the 50km record in Beijing but I sort of blew up at 42km. So I came in here and smashed it and it felt great. I'm happy to get one Canadian record back."

Erickson – who finished one place behind Dunfee in the 50km in Beijing earlier this year – successfully defended his national title with a time of 3:54:10, booking his spot on what will be his third Olympic team. Mundell was close behind in third place in 3:54:12, breaking the African record he set at the London 2012 Olympics.

What the report does not mention is the wonderful battle between Australians Ian Rayson and **Brendon Reading**. After trailing for the entire race, Brendon finally caught and passed Ian with one lap to go, storming home for a 24 minute PB of 3:55:03 and raising the ante for the third Australian Olympic 50km berth behind Jared Tallent and Chris Erickson. The other performance that must be mentioned is that of **Danny Hawsworth** who had to dig deep to beat the 5 hour cutoff mark in his first ever 50km, his final time of 4:58:30 a fitting finish.

And a few final pieces of the jigsaw

- Evan Dunfee's splits read impressively: 45:31, 1:30:01 (44:30), 2:14:40 (44:39), 2:59:11 (44:31), 3:43:43 (44:32)  
See <https://twitter.com/EvanDunfee/status/675898585699913728/photo/1>.
- Lots of photos from Ralph Bennett and Peter Ryan at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=62>

Finally athsvicTV maestro David Armstrong has produced fantastic videos of the 50km, of the 20km/10km/5km races as well as interviews with a number of walkers including Evan Dunfee, Chris Erickson, Marc Mundell, Quentin Rew, Regan Lamble and Alana Barber. Check them all out at <https://www.youtube.com/playlist?list=PL0TOjn6Q5SwYIK0R7edLc9fniHTjqL6Hu>

#### Men 50km Walk Championship Open

1.	Evan Dunfee	90	Can	3:43:45	PB 6:01, New Canadian Record, Canadian Olympic Qualifier
2.	Chris Erickson	81	Vis	3:54:10	Aust Olympic Qualifier
3.	Marc Mundell	83	Rsa	3:54:12	PB 1:19, New African Record, South African Olympic Qualifier
4.	Brendon Reading	89	Act	3:55:03	PB 24:27, Aust Olympic Qualifier
5.	Ian Rayson	88	Nsw	3:55:17	PB 2:38, Aust Olympic Qualifier
6.	Inaki Gomez	88	Can	4:04:12	First one
7.	Danny Hawksworth	79	Vic	4:58:30	First One
8.	Benjamin Thorne	93	Can	DNF	

The 20km races also produced a whole swathe of PBs and top performances. In the men's race, **Quentin Rew** walked strongly for an Olympic qualifying time of 1:22:28, with **Rhydian Cowley** only just 1 minute outside his PB in second place with 1:24:35. But it was 30 year old **Michael Hosking** who provided the most amazing stat of the meet. A walker as a youngster, he retired 15 years ago as a 15 year old and has not racewalked since. With 3 months of walk training in his legs, he not only finished – he finished third in 1:26:16 and is now a serious Olympic and World Cup contender. I wonder if such a thing has ever been seen before anywhere! I must also mention 20 year old **Jay Felton** who walked a pB 1:31:43 and is transitioning well into senior ranks.

In the women's 20km, 2012 Olympian **Regan Lamble** walked her third Olympic Qualifier in just over 3 months and her fastest yet, her time of 1:30:45, only 42 secs outside her London 2012 PB. After a 3 year break, she has stormed back onto the scene with a vengeance. The revelation in this race was **Stephanie Stigwood** who took over 3 minutes off her PB for second with 1:32:22 – and she looked fantastic! **Alana Barber** (NZ record of 1:32:50), **Rachel Tallent** (1:34:16) and **Tanya Holliday** (1:34:56) also pushed out Olympic qualifiers while **Nicole Fagan** was one second under the World Cup qualifying mark with her time of 1:37:59. Not to be outdone, **Kristie Goznick** also PB'd with her time of 1:41:37.

#### Men 20km Walk RR Invitation Open

1.	Quentin Rew	84	Nzl	1:22:58	NZ Olympic Qualifier
2.	Rhydian Cowley	91	Vic	1:24:35	Aust World Cup Qualifier
3.	Michael Hosking	85	Vic	1:26:16	First one, Aust World Cup Qualifier
4.	Jay Felton	95	Nsw	1:31:43	PB 0:24
5.	Stuart Kollmorgen	69	Vic	1:43:54	
6.	Jason Kozica	87	Vic	1:49:31	
7.	James Christmass	67	Vic	1:52:30	
	Isamu Fujisawa	87	Jpn	DNF	

#### Women 20km Walk Invitation Open

1.	Regan Lamble	91	Vis	1:30:45	Aust Olympic Qualifier
2.	Stephanie Stigwood	90	Tas	1:32:22	PB 3:30, Aust Olympic Qualifier
3.	Alana Barber	87	Nzl	1:32:50	PB 0:30, New NZ Record, NZ Olympic Qualifier
4.	Rachel Tallent	93	Vic	1:34:16	PB 0:37, Aust Olympic Qualifier
5.	Tanya Holliday	88	Sasi	1:34:56	Aust Olympic Qualifier
6.	Nicole Fagan	89	Nsw	1:37:59	Aust World Cup Qualifier
7.	Kristie Goznick	93	SA	1:41:37	PB 0:38
	Jillian Hosking	87	Act	DNF	
	Kelly Ruddick	73	Vic	DNF	

The Juniors were also in great form with Australian World Junior Championship qualifiers to **Tyler Jones** (42:48), **Kyle Swan** (43:01), **Adam Garganis** (43:03) and **Zoe Hunt** (47:41) and World Cup qualifiers to **Declan Tingay** (44:14) and **Emmet Brasier** (46:24). I had initially thought that **Carl Gibbon** (44:32) would also have a World Cup qualifier but he turns 20 next year so is out of junior contention in 2016. But even with him out of the mix, when you add in the other top juniors who were missing from the field on Sunday, we have the making of some great trial races later in the summer.

#### Men 10km Walk Invitation Under 20

1.	Tyler Jones	98	Nsw	42:48	PB 0:36, Aust World Junior Qualifier
2.	Kyle Swan	99	Vic	43:01	PB 0:37, Aust World Junior Qualifier
3.	Adam Garganis	97	Vic	43:03	PB 1:00, Aust World Junior Qualifier
4.	Declan Tingay	99	WA	44:14	PB 0:03, Aust World Cup Qualifier
5.	Carl Gibbons	96	Nsw	44:32	PB 0:47
6.	Emmet Brasier	98	Vic	46:24	Aust World Cup Qualifier
7.	Reese Walmsley	98	Vic	50:00	

#### Women 10km Walk Invitation Under 20

1.	Zoe Hunt	97	Act	47:41	PB 2:04, Aust World Junior Qualifier
2.	Tayla-paige Billington	97	Vic	51:15	



With the younger walkers resting after last weekend's Australian All-School Championships, the U18 5km, saw only 3 walkers, all of them very young. **Eliza Clarke** led them home with 25:53 ahead of **Corey Dickson** 26:28 and **Hayden Walmsley** 27:11.

**Men 5km Walk Invitation Under 18**

- |    |                 |    |     |       |
|----|-----------------|----|-----|-------|
| 1. | Corey Dickson   | 02 | Vic | 26:28 |
| 2. | Hayden Walmsley | 01 | Vic | 27:11 |

**Women 5km Walk Invitation Under 18**

- |    |              |    |     |       |
|----|--------------|----|-----|-------|
| 1. | Eliza Clarke | 00 | Vic | 25:53 |
|----|--------------|----|-----|-------|



**50km walkers Evan Dunfee, Brendon Reading, Chris Erickson, Ian Rayson, Marc Mundel and Inaki Gomez**



**Mark Mundel, Brendon Reading, Evan Dunfee, Chris Erickson, Ian Rayson and Danny Hawkworth**





**Michael Hosking, Jay Felton, Stephanie Stigwood, Rhydian Cowley and Quentin Rew**



**Regan Lamble, Adam Garganis, Kyle Swan, Tyler Jones, Alana Barber and Zoe Hunt**

#### WHAT'S COMING UP

AV Shield continues next Saturday afternoon across our 7 regions with Round 7 (program 2, 2000m walks. As usual, check with your club in case there are any changes to the published venues which read as follows

- AV Shield Round 7, Program 2, Red Zone, Meadowglen, Saturday 19 December
- AV Shield Round 7, Program 2, Blue Zone, Knox, Saturday 19 December
- AV Shield Round 7, Program 2, White Zone, Nunawading, Saturday 19 December
- AV Shield Round 7, Program 2, Yellow Zone, Werribee, Thursday 10 December
- AV Shield Round 7, Program 2, Ballarat Zone, Ballarat, Thursday 10 December
- AV Shield Round 7, Program 2, Bendigo Zone, Bendigo, Thursday 10 December
- AV Shield Round 7, Program 2, Geelong Zone, Geelong, Thursday 10 December

Then it's time for a well earned Christmas break for our walkers. AV competition will resume on Saturday 9<sup>th</sup> January while our next VRWC roadraces will be on Sunday 17<sup>th</sup> January. More details as we get closer to the dates.

## IAAF CONFIRMS BIDDING CITIES FOR WORLD JUNIORS AND WORLD RACE WALKING TEAMS CHAMPS

The IAAF has confirmed that Letters of Interest have been received from seven Member Federations interested in hosting the IAAF World Race Walking Team Championships and the IAAF World U20 Championships. See <http://www.iaaf.org/competitions/iaaf-world-junior-championships/news/reallocation-2016-events-cities>. The interested federations are:

### IAAF World Race Walking Team Championships

Ecuador (Guayaquil)  
Italy (Rome)  
Mexico (Monterrey)  
Ukraine (Kiev)

### IAAF World U20 Championships

Australia (Perth)  
India (city to be confirmed)  
Poland (Bydgoszcz)

IAAF President Sebastian Coe commented: "The IAAF is extremely grateful to its Member Federations for their support. Reallocating the race walking team and the U20 championships is of vital importance. We are safeguarding the dreams and aspirations of athletes worldwide. Considering the necessary speed of the process, that seven Member Federations from five continental areas have formally expressed an interest in bidding is clear evidence that the events have appeal."

The timeline reads as follows:

10 December 2015: Conference call for candidates (IAAF to provide supplementary information and to answer questions).  
22 December 2015: Completed bid applications to be submitted to the IAAF.  
23 Dec 2015 to 6 Jan 2016: Review of applications by the IAAF.  
7 January 2016: Electronic vote by the IAAF Council on host venue. Successful candidate city announced.

I think Perth has a real chance for the World Junior champs but the World Race Walking Team Championships are a much more open proposition. My money is on either Ecuador or Italy.

## GEELONG WALKERS CLUB ROAD WALKS, RIPPLESIDE, THURSDAY 3 DECEMBER

Geelong Walkers are in action every Thursday evening. Here are the results of the 2km handicap walks from 3<sup>rd</sup> December.

### 2km Handicap

1.	Jenny Larkins	VET F	19.14
2.	Tara Robinson	U/12 G	14.24
3.	Colin Silcock Delaney	VET M	16.40
4.	Mark Wiffen	VET M	16.47
5.	Angela Curran	VET F	16.44
6.	Michelle de Graaf	VET F	15.29
7.	Carla de Graaf	VET F	21.37
8.	Barbara Fairbrother	VET F	23.22
9.	Mackayla Davison	U/15 G	13.50

## ACTRWC TRACK WALKS, AIS TRACK, CANBERRA, THURSDAY 3 DECEMBER

I have the last two weeks of results from the ACT Race Walking Club in Canberra. First to Thursday 3<sup>rd</sup> December and track walks at the AIS track. Only a small turnout with the younger walkers down in Melbourne for the Australian All-Schools that weekend.

### 2000m Walk

1.	Laura Burns	10:05
2.	Spencer Burns	10:10
3.	Ann Staunton-Jugovic	10:16
4.	Rod Gilchrist	13:41
5.	Ruth Bausmann	14:21
6.	Caroline Campbell	14:22
7.	Jennifer Gilchrist	15:13
8.	Robert Kennelly	18:14

### 800m Walk

1.	Jack Thackray	06:32
2.	Fran Harris	09:31
3.	Dawn La Fontaine	09:31

**BRWC WILLI SAWALL 3KM HANDICAP, NORTH GARDENS, BALLARAT, WEDNESDAY 9 DECEMBER**

Thanks to Kerri Peart for passing on the results of the latest races from the Ballarat Race Walkers Club. The report reads as follows

We were privileged to have Willi Sawall on hand to cheer on our walkers and present the trophy in our last race of the year named in his honour. Jemma Peart starting as the lone backmarker continued her good form, working her way through the field to take out a well deserved win in 14:38. A family affair seemed to be the call of the day with Alanna and Scott Peart bringing home 2<sup>nd</sup> and 3<sup>rd</sup>. Young Jorja and Brodie Tallent also joined in for their first walk with the club, both producing excellent results. Wrapping up the year a BBQ tea followed along with our AGM and Club trophy presentations with Jessika Bridges taking out the Aggregate Club Championship.

The office bearers for the next 12 months are Wayne Peart (President), Kerrie Peart (Secretary), Shared Treasurer role (Sally Bishop/Di Bridges). Sarah Brennan has earned a well deserved rest, but will continue to keep the club website up to date – see <http://www.ballaratracewalkers.com/>.

**Willi Sawall 3km Handicap**

1.	Jemma Peart (14)	14:38	
2.	Alanna Peart (12)	16:41	
3.	Scott Peart (10)	20:53	PB 0:14
4.	Kasey Bishop (12)	18:39	
5.	Kayla Bridges (10)	21:21	
6.	Brodie Tallent (9)	21:42	First One

**2km**

1.	Mia Darlow	15:13
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**Jemma Peart with Willi Sawall in Ballarat at the Willi Sawall Handicap**

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 9 DECEMBER**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: Beaut evening, about 21C. Good turn-out especially for 1000m walk.

**1000m Handicap Walk**

1.	Mary Abrey	7:10	W65
2.	Doug Smart	7:21	M72
3.	Gil McIntosh	6:21	M65
4.	Rhiannon Lovegrove	4:45	
5.	Margaret McIntosh	8:07	W63
6.	Rodger Barber	7:00	M77
7.	Des Mulqueen	7:10	M69
8.	Gloria Holliday	6:05	W55
9.	Leigh Smith	7:18	M80

**2000m Handicap Walk**

1.	Gil McIntosh	13:33	M65
2.	Gloria Holliday	12:25	W55
3.	Rodger Barber	14:20	M77
4.	Doug Smart	14:31	M72
5.	Colin Hainsworth	16:02	M85
6.	Margaret McIntosh	16:34	W63
7.	Leigh Smith	15:00	M80
8.	Des Mulqueen	15:03	M69
9.	Bill Starr	14:28	M73

10. Edna Bates	8:31	W63	10. Valmai Padget	16:13	W71
11. Harry Hayford	7:53	M63	11. Marie Maxted	14:06	W55
12. Valmai Padget	7:45	W71	12. Colin Trengove	16:47	M75
13. Roger Lowe	7:38	M72	13. Margaret Trengove	16:48	W70
14. Marie Maxted	6:21	W55	14. Edna Bates	17:58	W63
15. Richard Everson	5:32	M52	15. Richard Everson	11:53	M52
16. Colin Trengove	8:27	M75	16. Geoff Byham	14:49	M69
17. Margaret Trengove	8:28	W70			

#### ACTRWC TRACK WALKS, WODEN, THURSDAY 10 DECEMBER

And now to last week's walks at Woden when they were back to their usual 30+ competitors.

##### 5000m Walk

1. Gabby Hunt	26:19
2. Mitchell Baker	26:44
3. Callum Burns	27:08
4. Ann Staunton-Jugovic	28:12
5. Tim Fraser	28:29
6. Spencer Burns	29:35
7. Kate Black	31:05
8. Matt Griggs	32:00
9. Robin Whyte	32:09
10. Bryan Thomas	35:15
11. Ruth Baussmann	36:22
12. Rod Gilchrist	37:05
13. Jennifer Gilchrist	37:36
14. Doug Fitzgerald	39:19
15. Geoff Barker	39:55
16. Sheryl Greathead	41:20
17. Val Chesterton	43:03

##### 1000m Walk

1. Tom Hunt	04:59
2. Laura Burns	05:03
3. Ewen Thompson	05:47
4. Colin Farlow	06:06
5. Harry Baker	06:10
6. Caroline Campbell	07:18
7. Ella Baker	07:49
8. Emma Adams	08:08
9. Margaret McSpadden	08:09
10. Robert Kennelly	08:10
11. Lorna England	09:02
12. Fran Harris	09:06
13. Carmen Carlon	10:58

#### ATHLETICS VICTORIA SHIELD, THURSDAY 10 DECEMBER

Last Thursday evening saw another big round of AV Shield competition with over 100 walkers competing across the 7 venues.

##### AV Shield Round 6, Program 1, White Zone, Nunawading, Thursday 10 December

Nunawading saw Pam Tindal (15:44.6) and Ruby Paten (7:57.3) win the two events.

##### 3000m Walk

1. Tindal, Pam	W56	VICTORIAN MA	15:44.6
2. Geisler, Sandra	W38	RINGWOOD AC	16:21.9
3. Muldoon, Wendy	W44	ATHLETICS NU	16:22.9
4. Rosenbrock, Carolyn	W53	ATHLETICS NU	16:28.1
5. Evans, Simon	M55	BOX HILL AC	16:38.3
6. Hunter, Pia	W49	BOX HILL AC	17:45.7
7. Dickenson, Russell	M70	VICTORIAN MA	18:42.9
8. Wright, Jacob	M21	ATHLETICS NU	19:45.4
9. Taylor, Lee	W14	YARRA RANGES	19:55.6
10. Taylor, Lucas	M19	YARRA RANGES	19:56.3
11. McCann, Adam	M39	ATHLETICS NU	20:00.9
12. Handasyde, Ian	M62	OLD SCOTCH C	21:28.2
13. Sofianos, Gerald	M66	ST KEVINS AC	22:22.5
14. Molnar, Jo	W54	ATHLETICS WAVERLEY	24:09.8
15. O'Connor, Christopher	M55	BOX HILL AC	26:30.8

##### 1500m Walk

1. Paten, Ruby	W12	ATHLETICS NU	7:57.3
2. Clark, Madison	W12	ATHLETICS NU	7:57.3
3. Cocking, Holly	W13	UNATTACHED	8:26.4
4. Powierski, Rebekah	W13	UNATTACHED	8:31.7
5. Treacy, Oscar	M13	UNATTACHED	10:47.2
6. Hewitson, Camden	M13	YARRA RANGES	11:46.3
7. Lutui, Samiuela	M13	ATHLETICS NU	11:46.6
8. Broadbent, Harrison	M13	ATHLETICS NU	11:52.4



**AV Shield Round 6, Program 1, Blue Zone, Frankston, Thursday 10 December**

Kyle Bird (14:36.3) and Corey Dickson (7:25.3) were fastest at Frankston.

**3000m Walk**

1.	Bird, Kyle	M19	MORNINGTON P	14:36.3
2.	Osmand, Kym	M33	OAKLEIGH AC	16:25.3
3.	Carr, Heather	W66	GLENHUNTLY AC	17:38.2
4.	Bennett, Ralph	M74	GLENHUNTLY AC	18:11.3
5.	Steed, Gwen	W73	GLENHUNTLY AC	19:53.3
6.	Barrow, Geoff	M66	MENTONE AC	20:47.2
7.	Morrison, John	M76	SANDRINGHAM AC	21:21.6
8.	Bryan, Jeanne	W73	MENTONE AC	24:25.9

**1500m Walk**

1.	Dickson, Corey	M13	KNOX AC	7:25.3
2.	Karagiorgos, Chloe	W13	KNOX AC	7:30.5
3.	Briet, Brianna	W11	UNNATCHED	8:17.1
4.	Hay, Charlotte	W12	KNOX AC	8:17.4
5.	O'Mahony, Kathleen	W13	KNOX AC	8:21.8

**AV Shield Round 6, Program 1, Red Zone, Doncaster, Thursday 10 December**

Adam Garganis (12:35.9) and Eliza Clarke (6:38.7) were both in PB form in Doncaster.

**3000m Walk**

1.	Garganis, Adam	M18	COLLINGWOOD	12:35.9	PB 0:07
2.	Brasier, Emmet	M17	DIAMOND VALLEY AC	13:15.6	
3.	Kollmorgen, Stuart	M46	COLLINGWOOD	13:56.5	
4.	McDonough, Aaron	M43	PRESTON AC	14:57.8	
5.	Smyth, David	M46	COLLINGWOOD	15:46.5	
6.	Laufer, Michelle	W46	COLLINGWOOD	15:58.6	
7.	Reid, Ross	M61	COLLINGWOOD	17:13.2	
8.	Clarke, Patrick	M47	DIAMOND VALLEY AC	17:40.9	
9.	Elms, Donna-Marie	W54	PRESTON AC	18:28.1	
10.	Lazar, Dennis	M59	DIAMOND VALLEY AC	19:09.7	
11.	Quinn, Karen	W51	DIAMOND VALLEY AC	21:29.0	
12.	Papadopoulos, Sara	W28	DIAMOND VALLEY AC	21:50.8	
13.	Walburg, Kirsten	W17	DONCASTER AC	21:54.3	
14.	Tunnecliffe, Maree	W21	DONCASTER AC	24:28.9	

**1500m Walk**

1.	Clarke, Eliza	W15	DIAMOND VALLEY AC	6:38.7	PB 0:03
2.	Noonan, Claire	W11	COLLINGWOOD	8:37.8	
3.	Camilleri, Brent	M14	DIAMOND VALLEY AC	9:46.2	
4.	Cullen, Luke	M15	WHITTLESEA CITY AC	9:53.7	
5.	Camilleri, Rhianyn	W10	DIAMOND VALLEY AC	10:43.9	
6.	Rudston-Brown, Caitlyn	W14	WHITTLESEA CITY AC	11:04.8	
7.	Sheedy, Evan	M12	DIAMOND VALLEY AC	12:43.5	

**AV Shield Round 6, Program 1, Yellow Zone, Aberfeldie, Thursday 10 December**

Simone McInnes competed as a guest at Aberfeldie, winning the 3000m walk with 14:48.1 and Heath Beveridge won the 1500m with 8:20.2.

**3000m Walk**

1.	McInnes, Simone	OP	GLENHUNTLY	14:48.1	
2.	Hawksworth, Danny	OP	ATHLETICS ESSENSON	16:26.8	
3.	Feain, Lachlan	U18	KEILOR ST BERNARDS	16:30.7	
4.	Erickson, Tim	40+	COBURG HARRIERS	17:01.8	
5.	Knox, Duncan	40+	ATHLETICS ESSENSON	18:39.2	
6.	Dunstone, Phillip	OP	WESTERN ATHLETICS	18:48.8	
7.	Feain, Madeleine	U18	KEILOR ST BERNARDS	19:19.9	
8.	Feain, Gerard	40+	KEILOR ST BERNARDS	19:20.2	
9.	Anderson, Brian	40+	ATHLETICS ESSENSON	19:31.3	
10.	Shaw, Robyn	40+	WESTERN ATHLETICS	19:34.1	
11.	Tonti-Filippinii, Justi	OP	ATHLETICS ESSENSON	19:38.0	
12.	Crook, Madison	U18	ATHLETICS ESSENSON	20:08.4	
13.	Murphy, Stephen	40+	ATHLETICS ESSENSON	20:34.0	
14.	McGoughan, Tracy	40+	KEILOR ST BERNARDS	21:11.5	
15.	Spiteri, Kelly	OP	COBURG HARRIERS	21:21.6	
16.	Hodgart, Janice	40+	WESTERN ATHLETICS	21:34.6	

17.	Ireland, Roslyn	OP	BRUNSWICK ATHS	21:55.4
18.	Gunn, Nicole	OP	KEILOR ST BERNARDS	22:08.8
19.	Cashin, Brenda	40+	WESTERN ATHLETICS	22:53.1
20.	Davey, Louise	OP	COBURG HARRIERS	23:17.3
21.	Beaumont, Hamish	OP	MELBOURNE UNI	24:14.2
22.	Tsichrintzis, Theo	OP	MELBOURNE UNI	24:15.3
23.	Ireland, Mark	OP	BRUNSWICK ATHS	25:06.7
24.	Rickard, Ian	OP	BRUNSWICK ATHS	29:12.1

#### 1500m Walk

1.	Beveridge, Heath	U14	WESTERN ATHLETICS	8:20.2
2.	Taylor, Yara	U14	WESTERN ATHLETICS	10:19.2
3.	Tonelli, Ashley	U14	KEILOR ST BERNARDS	11:08.8
4.	Tetevano, Xavier	U14	ATHLETICS ESSENSON	14:34.1
5.	Knox, Christian	U14	ATHLETICS ESSENSON	14:34.6

#### AV Shield Round 6, Program 1, Ballarat Zone, Ballarat, Thursday 10 December

Kelly Ruddick was fastest over 3000m at Ballarat with 14:35.31 and young Mia Darlow was the sole 1500m walker with 10:56.74.

#### 3000m Walk

1.	Ruddick, Kelly	W42	BALLARAT HAR	14:35.31
2.	Peart, Jemma	W14	BALLARAT YCW	14:54.20
3.	Trower, Brian	M56	BALLARAT HAR	17:00.25
4.	Ruddick, Kevin	M65	BALLARAT HAR	18:13.90
5.	McLennan, Phillip	M47	WENDOUREE AT	18:27.30
6.	Dowie, Ellen	W16	EUREKA ATHLE	19:55.00
7.	McLennan, Stephen	M51	WENDOUREE AT	20:29.70
	Luke, Peter	M57	WENDOUREE AT	DNF

#### 1500m Walk

1.	Darlow, Mia	W10	UNNATTACHED	10:56.74
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#### AV Shield Round 6, Program 1, Bendigo Zone, Bendigo, Thursday 10 December

It was good to see Paul Rance walking in Bendigo. He won the 3000m with 15:57.74 while Zahra Hayes won the 1500m with 7:10.29.

#### 3000m Walk

1.	Rance, Paul	M40+	SOUTH BENDIGO	15:57.74
2.	Bryant, Barb	W40+	EAGLEHAWK	16:56.26
3.	Payne, Jennifer	W40+	SOUTH BENDIGO	19:15.69
4.	Browell, Leigh	M40+	SOUTH BENDIGO	20:59.48
5.	Curtis, Annette	W40+	SOUTH BENDIGO	22:51.90

#### 1500m Walk

1.	Hayes, Zahra	WU16	SOUTH BENDIGO	7:10.39
2.	Hill, Madison	WU16	SOUTH BENDIGO	9:10.81
3.	Ennor, Wendy	W40+	EAG	12:04.46

#### AV Shield Round 6, Program 1, Geelong Zone, Geelong, Thursday 10 December

Alas, no results yet from the Geelong zone.

### AV KNOCKOUT ROUND 1, LAKESIDE STADIUM, ALBERT PARK, SUNDAY 13 DECEMBER

While many of us were at the 50km meet at Fawkner Park, an Athletics Victoria Knockout competition was going on at Lakeside Stadium in Albert Park. Simone McInnes was fastest in the 2000m walk with a PB 9:27.50.

#### 2000m Walk

1.	McInnes, Simone	WOp	Glenhuntly AC	9:27.50	PB 0:07
2.	Mandic, Nikola	MU16	Casey Cardin	9:28.55	
3.	Hay, Charlotte	WU14	Knox AC	11:07.01	
4.	Noonan, Emily	WU18	Collingwood	11:07.24	
5.	Carr, Heather	WOP	Glenhuntly AC	11:23.62	
6.	Noonan, Claire	WU14	Collingwood	11:55.94	
7.	Heveridge, Heath	MU16	Western Athl	12:22.62	
8.	Murphy, Stephen	MOP	Athletics Essendon	13:04.71	
9.	Hewitson, Camden	MU16	Yarra Ranges	13:17.64	
10.	Barrow, Geoff	MOP	Mentone AC	13:18.91	

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 12 DECEMBER**

As usual, Alice Randall was way out in front in Hobart in their weekend interclub.

**3000m Walk**

1.	Alice Randall	OVA	14:56.49
2.	Ron Foster	NS	17:51.14
3.	Elizabeth Leitch	ES	17:55.93

**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 12 DECEMBER**

And for our last local walks, over to Adelaide for their weekend interclub.

**5000m Walk**

1.	Danielle Walsh	PORT ADELAIDE	26:41.94
2.	Peter Crump	SAINTS	28:56.44
	Rhiannon Lovegrove	PORT ADELAIDE	DNF

**1500m**

1.	Mathew Bruniges	SOUTHERN	9:11.29
2.	Cherie Rothery	HILLS DISTRICT	10:35.79

**32<sup>ND</sup> COUPE DE NOËL WALK, YVERDON, SWITZERLAND, SUNDAY 13 DECEMBER**

Emmanuel Tardi was in Yverdon, Switzerland, for the traditional Coupe de Noël walk last Sunday. The 10km walk (9 laps of 1.1km) saw 50 walkers on the start line at 10am with cold and foggy conditions (2°C - 3°C). The men's event was a big battle between previous winners in the older Luis Correia (Portugal) and the younger Come Martin (France), with Correia breaking away in the last lap to win by 2 seconds. The women's race saw an easy victory for Austrian Kathrin Schulze. And finally, Emmanuel himself finished in 1:08:43 – a good day's work!

**10km Men**

1.	Luis Correia	78	H	CM Cour Lausanne	43'36
2.	Come Martin	95	H	Annecy H. Savoie Athlé.	43'38
3.	Patrick Bonvarlet	60	HV	Décimes Mezyeu Athlé.	51'56
4.	Nathan Bonzon	00	H	CM Monthey	53'46
5.	Gérard Perez	51	HV	RCHJ Morez	53'51
6.	Azzouz Seffari		HV	Lyon Athlétisme	54'35
7.	Patrick Gavillet	68	HV	CM Cour Lausanne	55'15
8.	Guillaume Pommaz	01	H	CM Monthey	58'20
9.	Bernard Haffner	46	HV	Lyon Athlétisme	59'13
10.	Jacques Frete	57	HV	FCG Athlétisme	59'25
11.	Régis Brière	68	HV	Doubs Sud Athlé.Pontarlier	1.00'47
12.	Jean Pierre Pin	49	HV	EA Bourg en Bresse	1.01'22
13.	Claude Berner	63	HV	CME La Poste	1.03'18
14.	Claude Greber	57	HV	CME La Poste	1.07'02
15.	Alexis de Coppet	38	HV	CM Yverdon	1.07'37
16.	Emmanuel Tardi	67	HV	LP Longjumeau	1.08'43
17.	Daniel Pasche	53	HV	CM Monthey	1.09'58
18.	Gérald Boos	54	HV	CM Yverdon	1.12'03

**10km Women**

1.	Kathrin Schulze	81	F	IAC Pharmador	51'42
2.	Sarah Lacroix	98	F	Léman Athlétic Club	54'05
3.	Marie Rigolet	98	F	RCHJ Morez Fr.	56'50
4.	Micaela Benzi	82	F	Athlélica Sandro Calvesi IT.	59'04
5.	Emilie Bailly Bassin	98	F	RCHJ Morez Fr.	59'10
6.	Sylvie Regnier	62	FV	EA Bourg en Bresse	59'12
7.	Millija Zinkovska	81	F	CM Yverdon	1.01'25
8.	Hélène Milliet	56	FV	Chassieu Athlétisme	1.01'40
9.	Martine Sonnois	59	FV	RCHJ Morez Fr.	1.04'32
10.	Heidi Maeder	43	FV	CM Cour Lausanne	1.05'06
11.	Patricia Pastore	65	FV	RCHJ Morez Fr.	1.07'34
12.	Béatrice Petetin	69	FV	RCHJ Morez Fr.	1.08'59
13.	Liuba Lacroix	87	F	CM Yverdon	1.10'28
14.	Hélène Baptiste	50	FV	CM Yverdon	1.13'00





Left: The start



Right: Kathrin Schulze



Sarah Lacroix, Régis Brière, Marie Rigollet, Come Martin, Luis Correia and Patrick Gavillet (photos Emmanuel Tardi)

**THE 6<sup>TH</sup> NAGASAKI RACE WALKING MEETING, NAGASAKI, JAPAN, SUNDAY 13 DECEMBER**

In the men's 10,000m walk at the Nagasaki Race Walking Meet last Sunday, Eiki Takahashi broke the Japanese and Asian record with his time of 38:01:49. Thanks to marciadalmondo for the men's results below. In the women's 10,000m walk, Kumiko Okada won in 44:13.85 ahead of Chika Yamada 49:44.53 and Kie Suenaga 53:35.26.

**10,000m Track Walk Men**

1.	Eiki Takahashi	Fujitsu NR	38:01.5
2.	Satoshi Maruo	Wakayama Pref	40:16.3
3.	Shogo Yamaoka	Hiroshima Univ of Economics	43:07.8
4.	Koichiro Morioka	Fujitsu	43:09.4
5.	Masashi Kai	Higo Bank	43:21.5
6.	Soichiro Yoshinaga	Fukuoka Univ	44:04.0
7.	Hiroyoshi Murakami	Tosu Industrial High School	44:07.0
8.	Hiroataka Takahashi	Kagoshima Univ	46:49.9
9.	Shun Sakai	Shiseikan Univ	49:17.9

10. Kenji Yoneda	Hiroshima Univ of Economics	49:22.6
11. Naoya Matsuo	Kyushu Kyoritsu Univ	50:18.4
12. Kosei Emi	Kyushu International Univ	54:23.0
Masaru Ikinaga	Teikyo Univ	DNF
Yuta Okubo	Sasebo Industrial High School	DQ
Takuya Yoshida	Morioka City	DQ
Shojiro Sata	Sata Racing	DQ

**WELSH ATHLETICS INDOOR CHAMPS, CARDIFF METROPOLITAN UNIVERSITY, CARDIFF, SAT 12 DEC**

Fast walking at the Welsh Indoor T&F Championships (which also include the South West England Championships) at the Cardiff Metropolitan University in Cardiff - **Cameron Corbishley** broke the 3000m U20 record with 11:47 while **Bethan Davies** set a new women's British Record with 12:46. And a special mention to junior walker Guy Thomas who took second with 12:26.69. The other super talented junior Callum Wilkinson did not make the trip from Leeds, otherwise the results would have been even better. It omens well for British walking.

**3000m Indoor Welsh Championship**

1. Cameron CORBISHLEY	U20M	Medway & Maidstone	11:47.12
2. Guy THOMAS	U20M	Tonbridge Athletics Club	12:26.69
3. Bethan DAVIES	SEW	Cardiff AAC	12:46.77
4. Heather LEWIS	SEW	Pembrokeshire Harriers	13:25.05
5. Megan STRATTON-THOMAS	U20W	Swansea Harriers	16:59.86



**Cameron Corbishley finishes first in Cardiff (photo facebook)**

**SURREY WALKING CLUB CHRISTMAS CUP, TONBRIDGE SCHOOL TRACK, TONBRIDGE, SATURDAY 5 DEC**

And back a week to the Surry Walking Club Christmas Cup at Tonbridge, London. I hear it was horrendously windy!

**1km Boys**

1. A.Childs	Maidstone & Medway	U11B	7:55
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**1km Girls**

1. A.Hussain	Lewes	U13G	7:03
2. K.Stringer	Maidstone & Medway	U11B	7:18
3. M.Hussain	Lewes	U13G	7:29

**3km Boys**

1. J.Childs	M&M	U15B	17:40
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**3km Girls**

1. H.Childs	Unatt	W40	23:13
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**5km Men**

1. D.Crane	Sy WC	M35	25:01
2. M.Martin	Sy WC	M60	27:03

3.	O.Hopkins	Lewes	U17B	29:23
4.	P.Gaston	Sy WC	M65	31:53
5.	R.Penfold	Steyn	M70	32:17
6.	B.Kirkdale	Hastings Runners	M55	33:11
7.	M.Harran	Sy WC	M75	33:49
8.	D.Delaney	Sy WC	M70	34:59
9.	D.Hoben	Sy WC	M60	35:47

#### 5km Women

1.	F.Bishop	AFD	W55	32:04
2.	A.Ingham	Lewes	W50	32:15
3.	A.Martin Sy	WC	W50	32:20

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 11 press releases this week

- Sun 13 Dec - Eiki Takahashi breaks Asian 10,000m track walk record in Nagasaki, Japan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2295](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2295)
- Sun 13 Dec - Results of Australian 50km Championship meet at Fawkner Park  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2294](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2294)
- Sat 12 Dec - 2015 World Ranking List - U20 Women 10,000m Track Walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2293](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2293)
- Sat 12 Dec - Results of Australian All-Schools Track Championships in Melbourne  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2292](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2292)
- Fri 11 Dec - 2015 World Ranking List - Open Men 10,000m Track Walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2291](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2291)
- Thu 10 Dec - Bidding cities for 2016 World Champs taken away from Russia  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2290](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2290)
- Thu 10 Dec - Italian Racewalking Championships to be named after Annarita Sidoti  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2289](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2289)
- Wed 9 Dec - 2015 World Ranking List - U18 Women 5000m Track and 5km Road  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2288](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2288)
- Wed 9 Dec - 2015 World Ranking List - U18 Men 5000m Track and 5km Road  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2287](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2287)
- Mon 7 Dec - Ecuador announces it will bid for 2016 Race Walking World Teams Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2286](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2286)
- Tue 8 Dec - 2014 in retrospect - ranking walking nations by walkers in top 100  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2285](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2285)

The omarchador blog was also active with 7 news releases

- Mon 14 Dec - Kristina Saltanovic and Victor Ramos win 3km walks in Lisbon Christmas GP road meet  
<http://omarchador.blogspot.com.au/2015/12/kristina-saltanovic-e-vitor-ramos.html>
- Sun 13 Dec - Report on the annual Centro de Atletismo das Galinheiras dinner in Portugal  
<http://omarchador.blogspot.com.au/2015/12/centro-de-atletismo-das-galinheiras.html>
- Sat 12 Dec - 50km time of Portuguese walker Miguel Carvalho now ratified by IAAF  
<http://omarchador.blogspot.com.au/2015/12/iaaf-ratificou-minimos-de-miguel.html>
- Fri 11 Dec - Results of Masters track walks at Porto, Portugal  
<http://omarchador.blogspot.com.au/2015/12/torneio-de-inverno-para-veteranos-da-a.html>
- Thu 10 Dec - bidding cities for 2016 World Race Walking Team Championships  
<http://omarchador.blogspot.com.au/2015/12/4-cidades-candidatas-organizar-o.html>



- Wed 9 Dec - The strange case of Brazilian walker Hiago Garcia  
<http://omarchador.blogspot.com.au/2015/12/brasileiro-hiago-garcia-nas-malhas-do.html>
- Tue 8 Dec - Results of 10km walks in Memorial "Carlos Amaral" in Celorico da Beira, Portugal  
<http://omarchador.blogspot.com.au/2015/12/16-gp-celorico-da-beira-integrou.html>

### OLYMPIC STANDARDS CHANGED

It was announced last Thursday 9<sup>th</sup> December that the IAAF had amended the Rio 2016 Olympic entry standards for 17 events, including the men's 50km (from 4:03:00 to 4:06:00) and the women's 20km walks (from 1:35:00 to 1:36:00). In April 2015, the IAAF Council had approved the entry standards but allowed for a review following the 2015 IAAF World Championships in Beijing. After analysing the Beijing results, the Technical Delegates proposed some amendments to the Rio 2016 Olympic Games entry standards, which have been accepted by all parties. The aim is to have more athletes achieving the standard and therefore, to get closer to the target number of participants. See <http://www.iaaf.org/news/press-release/rio-2016-olympics-athletics-entry-standards-a>. The standards are now

20km Men	<b>1:24:00</b>
20km Women	<b>1:36:00</b>
50km Men	<b>4:06:00</b>

Athletics Australia quickly announced that it would amend its previously published Olympic Selection criteria and follow suite. That means that the following Australian walkers have Olympic qualifiers as of today (Tuesday 15 December)

<b>20km Men</b>	Dane Bird-Smith	QLD	1:20.05	La Coruna, Spain	6-Jun
			<i>1:21:37</i>	<i>Beijing, China</i>	<i>23-Aug</i>
			<i>1:31:30</i>	<i>Gwanju, Sth Korea</i>	<i>9-Jul</i>
			<i>1:22:12</i>	<i>Taicang, China</i>	<i>1-May</i>
	Chris Erickson	VIC	1:22.08	Nomi, Japan	15-Mar
	Rhydian Cowley	VIC	1:23.27	La Coruna, Spain	6-Jun
<b>20km Women</b>	Beki Smith	NSW	1:30.24	Sydney	26-Jul
			<i>1:34:35</i>	<i>Adelaide</i>	<i>22-Feb</i>
	Regan Lamble	VIC	1:30:45	Melbourne	13-Dec
			<i>1:32.51</i>	<i>Melbourne</i>	<i>30-Aug</i>
	Stephanie Stigwood	TAS	1:32:22	Melbourne	13-Dec
	Tanya Holliday	SA	1:34.05	Adelaide	22-Feb
		<i>1:34:56</i>	<i>Melbourne</i>	<i>13-Dec</i>	
	Rachel Tallent	VIC	1:34:16	Melbourne	13-Dec
<b>50km Men</b>	Jared Tallent	SA	3:42.17	Beijing, China	29-Aug
	Chris Erickson	VIC	3:51.26	Beijing, China	29-Aug
			<i>3:54:10</i>	<i>Melbourne</i>	<i>13-Dec</i>
	Brendon Reading	ACT	3:55:03	Melbourne	13-Dec
	Ian Rayson	NSW	3:55:17	Melbourne	13-Dec

### OUT AND ABOUT

- On Monday (December 14) British Athletics confirmed that it would also be amending some selection standards to match those changes, however the national governing body's standards for the marathon events, the women's 20km race walk and the men's 50km race walk remain higher than those set by the IAAF. So the British standards remain at 1:24:00 (20km men), 1:33:00 (20km women) and 4:02:00 (50km). Read more at <http://www.athleticsweekly.com/featured/british-athletics-updates-rio-2016-qualification-standards-37027/#VSh4uFH5ERLGiWrs.99>
- While Australia has matched the IOC Olympic standards, this is not the case with all countries. France published its selection standards last week and they are very tough – 1:21:30 20km Men, 1:31:45 20km Women, 3:53:00 50km. See <http://www.athle.fr/asp.net/main.html/html.aspx?htmlid=4948>
- Duane and Kevin from 5 Rings Podcast interview 2015 Pan Am Games 20KM RaceWalk Gold Medalist **Evan Dunfee** about the 2015 Pan Am Games, about his training for Rio 2016 and the main focus of the interview, his investigative work relating to the Russian Athletics Federation scandal and everything surrounding it and how an athlete views the sporting landscape right now! See <http://sportspodcastingnetwork.com/2015/12/09/5-rings-podcast-85-evan-dunfee-interview-take-2-and-the-genevieve-jeanson-story>

- **Matej Toth** was the dominant winner of the 50km race walk at the Beijing World Championships. The 32-year-old Slovakian reflects on his career and shares the wisdom he's learned along the way. See <http://spikes.iaaf.org/post/matej-toths-words-of-wisdom>
- **Arthur Laycock** has been celebrating his 105<sup>th</sup> birthday with friends and family at the care home where he lives in Kingswinford. Originally from Manchester, Mr Laycock worked as a salesman before moving down to the Midlands to begin his career with Staffordshire Police force in 1936. Before becoming a bobby on the beat, he was an avid member of Lancashire Walking Club, even travelling to Holland in his mid twenties to embark on a 35-mile walk every day for four days with the club. Arthur joined the walking club as a teenager and travelled all over the country, in such hikes as Nottingham to Birmingham and Manchester to Blackpool. He had to give up his walking ways when he joined the force but maintains to this day that his early days of staying fit and healthy have helped him reach his 105<sup>th</sup> birthday. See <http://www.expressandstar.com/news/2015/12/08/former-chief-inspector-105-and-still-going-strong/>
- First it was Marc Mundell of South Africa. Now Canadian walker **Evan Dunfee** continues his blog with news of his current stay in Australia. See <http://dunfeewalks.weebly.com/personal-blog/a-cracking-start-to-2016>
- How the Olympic host city looks with 36 weeks to go - shades of Athens 2004?  
See <http://www.news.com.au/sport/how-the-olympic-host-city-looks-with-36-weeks-to-go/news-story/cec3c2d9a6d794b6b7861d8137958c4a>
- New Zealand junior walker **Laura Langley** recorded a 10km road walk time of **52:57** in Hastings last weekend to qualify for the IAAF World Race Walking Teams Championships. NZ walking continues to improve.
- ACTRWC's Phil Reading advises that For the 50th LBG we will be pre selling Beanies, T Shirts and Polo Shirts for the 50th edition of the LBG Carnival in Canberra next year. Once the cluc has finalised the design and price, more information will be forthcoming. I'll certainly be lining up to buy some.
- Birger Falt reports that Sweden will seek the 2019 European U23 Championships and the 2020 World Veteran Champs. See <http://iof2.idrottonline.se/SvenskaGangVandrarforbundet/Tavlingsgang/Tavlingsnyheter/SverigesokerU23-EmochVeteran-VM/>.

#### #KIRDYAPKIN.

First a catchup on news related to the banning of Russia from further international competition for the time being

- UK Anti-Doping has said it will help the World Anti-Doping Agency carry out reforms in Russia. See <http://www.bbc.com/sport/athletics/35064433>
- Speaking to BBC Radio 4 on Thursday (December 10), IAAF President Sebastian Coe explained how he is to double the anti-doping budget, adding that the IAAF will test the top 20 athletes in each discipline, rather than the top 10 as it does now. See <http://www.all-athletics.com/en-us/2015-12-10/seb-coe-says-he-double-iaaf-anti-doping-budget>
- The IOC wants to bring in efficient out-of-competition doping tests in drugs-tainted Russia and Kenya to protect clean athletes. See <https://au.sports.yahoo.com/a/30334713/ioc-wants-out-of-competition-tests-for-russians-kenyans/>
- The IOC has revealed here it has targeted the 2018 Winter Olympics in Pyeongchang to have established an independent anti-doping testing body. See <http://www.insidethegames.biz/articles/1032421/ioc-target-pyeongchang-2018-to-launch-independent-anti-doping-agency-and-call-on-governments-to-help-fund-it>
- The IAAF has outlined the conditions ARAF must meet for it provisional doping ban to be lifted. Russia's Athletics Federation must cut ties with all convicted dopers, resolve current disciplinary cases and investigate potential cases if it is to be readmitted to competition. See <http://www.bbc.com/sport/athletics/35073414>
- Russia has been told what it will take to get its track and field athletes back in the Olympics, and it entails extra doping tests. The IAAF said Friday that even if the ban is lifted athletes cannot be readmitted to international competition without "at least three no-notice out-of-competition tests." There are extra requirements in place for endurance events, which have seen dozens of Russians banned for doping in recent years. Endurance athletes must also give three samples to the biological passport program. Russian athletes must also cut ties with Sergei Portugalov, a doctor who has been accused of supplying banned substances to athletes, and **stop cooperation with the national training center for race walking until it is audited**. More than 20 athletes from the facility in the central city of Saransk have tested positive for banned substances in recent years. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11559952&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11559952&ref=rss)
- The IOC is also putting in its sixpence worth and wants to bring in efficient out-of-competition doping tests in Russia and Kenya to protect clean athletes. "For the purpose of protecting clean athletes worldwide the IOC has asked the National Olympic Committees of Russia and Kenya, as well as WADA, to ensure an efficient out-of-competition testing programme for all athletes in all sports...which at this time is not in place," the organisation's executive board said in a statement on Thursday. See <http://www.iol.co.za/sport/athletics/ioc-gets-tough-on-russians-kenyans-1.1958869#.VmtszP197IU>

And now to things related to IAAF President Sebastian Coe

- The decision by the scandal-hit IAAF to award the 2021 World Athletics Championships to the American city of Eugene is being investigated by French prosecutors. Eugene, closely linked to sportswear giant Nike, was given the event without the usual bidding process. French officials are investigating corruption allegations involving former IAAF president Lamine Diack already. And they have launched a fresh inquiry into how Eugene won the 2021 event. See <http://www.bbc.com/sport/athletics/35054659> and
- Coe on Thursday defended the decision to award the 2021 World Championships to the American city of Eugene after French prosecutors opened an investigation into the process. See <http://www.iol.co.za/sport/athletics/coe-defends-world-championship-decision-1.1958558#.VmnZ7f97IU> and [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11559302&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11559302&ref=rss)
- Coe continues to be roundly criticised by many media outlets. The Independent compares what he has said on various issues compared with the reality at play and it does not make for easy reading. See <http://www.independent.co.uk/sport/general/athletics/what-lord-coe-said-and-what-he-didnt-say-about-eugene-2021-does-this-defence-add-up-a6768681.html>

And one final piece to place things in perspective

- In 2005, cyclist Frankie Andreu and his wife Betsy testified that Lance Armstrong told cancer doctors in their presence in 1996 he had doped with EPO (Erythropoietin), growth hormone and steroids. In an interview with WADA, Betsy talks about the importance of anti-doping agencies and how it relates to the controversy surrounding drugs in athletics. To quote Betsy Andreu: 'Doping problems in athletics even worse than they were in cycling'. See <http://www.theguardian.com/sport/video/2015/dec/09/betsy-andreu-doping-problems-in-athletics-even-worse-than-they-were-in-cycling-video>

#### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

#### 2015/2016 Australian/Victorian Key Dates

Sun 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

Dec 12-13, 2015 MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See [www.themarathonshop.com.my](http://www.themarathonshop.com.my)

#### 2016 International Key Dates

May 7-8, 2016 27<sup>th</sup> IAAF World Race Walking Team Championships, TBA  
July 19-24, 2016 16<sup>th</sup> World Junior T&F Championships, TBA  
Oct 26 -Nov 6, 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>  
Aug 5-21, 2016 31<sup>st</sup> 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<sup>nd</sup> International Race Walking Festival, LTU  
Sun June 18, 2016 19<sup>th</sup> 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](http://www.worldmastersgames2017.co.nz)  
July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Nairobi, Kenya  
August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK  
August 19-30, 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan



Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
TBA, 2018	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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