



HEEL AND TOE ONLINE

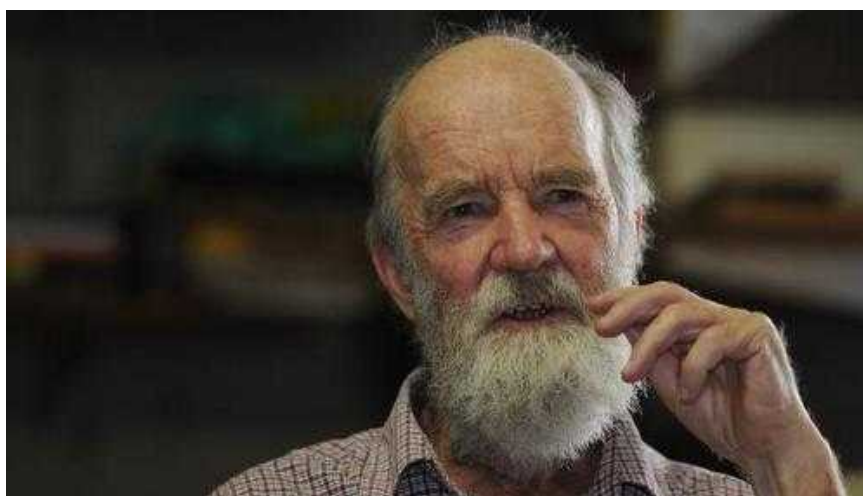
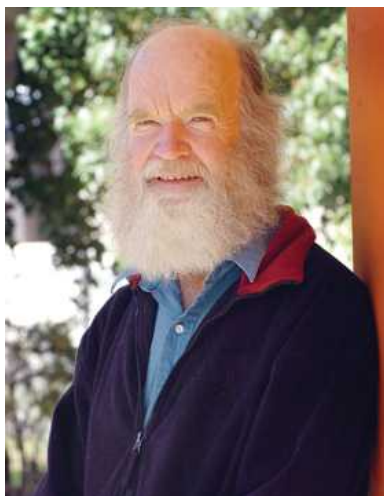
The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK – A RETROSPECTIVE FOR GAVAN BREEN



Left: Gavan Breen – 2007 (Northern Territory News)
Right: Gavan Breen – 2016 (Northern Territory News) ¹

I always have a glance through the major Australia Day honours list and, on 26th January 2016, I was just so pleased to see that Alice Springs based linguist **Gavan Breen** was one of 45 Australians to receive the prestigious Officer of the Order of Australia (AO) - in his case for distinguished service to the Indigenous community through the preservation of languages, to the development of orthographies, and to education.

It's significant for the local Victorian racewalking community as Gavan was a long standing member of the Victorian Amateur Race Walkers' Club and of the Melbourne University Athletics club during the 1960's and 1970's. I trained with Gavan when he was a member of the Linguistics Dept at Monash University in the early 1970's and I raced against him on many occasions during the latter part of his walking career. He is remembered especially for his Dunlop Volley sandshoes with the toes cut out and for his never-say-die attitude to racing.

His best years were in the early 1960's when he was a regular place getter in Victorian Championships over all distances, second only to the likes of internationals Noel Freeman, Bob Gardiner, Ted Allsopp and Peter McCullagh. With MUAC team mate McCullagh, he spearheaded Victoria's stongest club team which regularly won the coveted VAA Teams events. During a 5 year period from 1960 to 1964, he won 5 Victorian silver and 9 Victorian bronze medals in individual championships. The list reads as follows

1960	10 Miles	Freeman, Noel	1.16.07.8	Allsopp, Ted	1.17.28	Breen, Gavan	1.20.27
1960	20 Km	Freeman, Noel	1.31.05	Allsopp, Ted	1.36.16	Breen, Gavan	1.41.00
1961	10 Km	Gardiner, Bob	47.18.0	Allsopp, Ted	47.34	Breen, Gavan	48.45
1961	10 Mile	Gardiner, Bob	1.17.43.4	Breen, Gavan	1.18.21	Allsopp, Ted	1.19.16
1962	10 Km	Gardiner, Bob	47.24.0	McCullagh, Peter	48.55	Breen, Gavan	49.26
1962	20 km	McCullagh, Peter	1.38.28	Allsopp, Ted	1.38.44	Breen, Gavan	1.43.45

¹ See <http://www.ntnews.com.au/news/centralian-advocate/alice-mans-crusade-to-save-indigenous-languages-honoured-with-oam/news-story/68da777bc377c5576089b3a6de034be7>

1963	20 km	McCullagh, Peter	1.36.28	Breen, Gavan	1.39.45	Allsopp, Ted	1.41.33
1963	10 Km	McCullagh, Peter	48.52.0	Breen, Gavan	49.00	Marr, Norman	49.26
1963	10 Miles	Freeman, Noel	1.18.58.0	McCullagh, Peter	1.19.37	Breen, Gavan	1.22.31
1963	50 km	Gleeson, James	4.52.56.2	Breen, Gavan	5.02.23	Newmark, Varel	5.13.31
1964	10 Miles	Gardiner, Bob	1.18.47.4	Allsopp, Ted	1.19.04	Breen, Gavan	1.20.55
1964	10 km	Freeman, Noel	43.44.4	Gardiner, Bob	47.42	Breen, Gavan	48.25.6
1964	2 Miles	Freeman, Noel	14.00.4	Gardiner, Bob	14.36.2	Breen, Gavan	14.54.6
1964	20 km	Freeman, Noel	1.32.06	Breen, Gavan	1.39.30	Hancock, Alan	1.45.10

Gavan, who celebrated his 81st birthday on Friday 21st January 2016, couldn't have received a better or more well deserved birthday present than his OA as his linguistics work spans almost 50 years. Despite being retired for nearly 20 years now, he still toils away voluntarily in an office at the Institute of Aboriginal Development on South Tee in Alice Springs. His lifework includes preserving 49 Aboriginal languages through developing orthographies and teaching.

Originally a metallurgist, Gavan said his intrigue for indigenous languages accidentally flourished when he sat in a public lecture at the Melbourne University in 1967. "The lecturer said a lot of languages were dying out and they were trying to get as much as possible recorded before it was too late. I thought, 'that sounds like a good way to spend a holiday'. I had always been interested in languages and anthropology."

He was awarded a scholarship to do his Masters on a language and was given grants to travel to regions of Queensland, South Australia and the Northern Territory for the next decade. "It was quite good money they were giving – the equivalent of a university lecturer."

Eventually his life outside walking took more and more of his time and he would disappear for months on end, travelling to the remotest outback areas with his tape recorder and note books as he sought to record the various indigenous dialects and languages before they died out. I remember him telling me that on occasions, he would record the last known speaker of a particular language.



Gavan on one of his many field trips in the 1970s

Eventually he moved to the Northern Territory to continue with his linguistics work and has been based in Alice Springs for many years now.

The 1980s were spent training Aboriginal people to read and write their language to prepare for bilingual education. "It is just so different. You get groups that are closely related, descendant from one earlier language, then you get others where two neighbouring languages are very different. I worked with a lot of languages where it was just the last one or two people. A lot of cases you work on a language and might get 300 words or 500 words – really good cases I would get over 1000 words."

Gavan admitted that creating a dictionary for a particular language has its drawbacks. "It gets a bit tedious sometimes. You've got to listen and work out how they are pronouncing things and find a suitable way of spelling the language."

His work in linguistics can be divided essentially into three main streams: salvage studies of a substantial number of now-extinct Australian languages, based on fieldwork with the last speakers; development of orthographies and literacy courses, and teaching vernacular literacy and other skills relevant to work in bilingual education programs, mainly in Central Australian languages; studies of Central Australian languages, including phonology, kinship and ethno-classification, but mainly directed towards production of dictionaries.

Indigenous language programs have faced government cuts in recent years, which Gavan said “wasn’t good”. “I get the impression governments take the attitude that they won’t put anything into the language, wait until it is almost gone and on its last legs. Then it is big news and ‘we are going to put X amount of dollars into this’.”

And he's not ready to hang the boots up yet. Last year he worked with numerous Native Title cases in Western Queensland as an expert witness. He's also just finished putting the final touches to a book on some of the last speakers of the Warluwarra language from the Georgina River district in western Queensland ². He is also active helping the local aboriginal people around the Alice Springs camps, his work extending into the social sphere as well.

One amongst the many languages he has catalogued and preserved is the Arrernte language, spoken by the original aboriginal custodians around the Alice Springs area. In this context, he published the definitive "Arrernte: A Language with No Syllable Onsets" in 1999 ³.

A significant point was reached in 2014 when his huge collection of field notes was finally digitised and made available online ⁴. But the job does not end there and Gavan continues to work in the field in which he's spent close to half a century. You'll find him, and his reel-to-reel, in his cluttered office at the Institute of Aboriginal Development in Alice Springs. Of the enormous significance of his painstaking work, he is typically understated. "There's been growing interest (in retaining language) over the years, from descendants mainly. This should help give them more to work with."

Some 6 years ago, I was able to chat with Gavan via email and he forwarded me the following photo of himself finishing the 2010 Alice Springs King of the Mountain walk. Still walking!



Gavan may be long gone from his Victorian haunts but we remember him fondly and are proud to see that he continues to fulfil such an important role in Australia's ongoing reconciliation with our indigenous people.

Tim Erickson, 26 February 2016

WHAT'S COMING UP

- Next **Saturday 30th January** sees the final round of **AV Shield** with venues contesting round 10 (3000m and 1500m walks). Venues read as follows according to the AV handbook. Always check with your club for completeness.

AV Shield Round 10, Blue Zone, Casey Fields
AV Shield Round 10, Red Zone, Tom Kelly Athletics Track, Donaster
AV Shield Round 10, White Zone, Bill Sewart Athletics Track, Nunawading
AV Shield Round 10, Yellow Zone, Moonee Valley Athletics Track, Aberfeldie
AV Shield Round 10, Ballarat Zone, Llanberris Reserve, Ballarat
AV Shield Round 10, Geelong Zone, Landy Field, Geelong
AV Shield Round 10, Bendigo Zone, La Trobe Uni Track, Bendigo

² See <http://central.batchelor.edu.au/project/warluwarra-stories/>

³ See <http://www.mitpressjournals.org/doi/abs/10.1162/002438999553940#.VqcBQyp97IU>

⁴ See <http://www.mld.org/node/388>

- Fast forward 2 weeks to **Sunday 7th February** for more Middle Park walks, along with the **Victorian 5km Teams Walk Championships**. The AV entry portal for the 5km Teams Championships is now open – you can enter the Victorian Championship at <http://athsvic.org.au/events/calendar/>. You enter as an individual. Once 3 walkers from your club register, you automatically have a team. Time to start organising your club teams! Note that this meet been ratified by AA as suitable for World Junior/World Race Walking Teams Championships qualification purposes.

Sun 7 February 2016, VRWC Road Races (and AV 5km Teams Walks), Middle Park

8.30am	20km, 15km, 10km	Open
9.30am	AV 5km Teams Championship	Open Men / Women
9.30am	5km, 3km	Open
10.00am	2km, 1km	Open

- Looking further forward, the **Australian 20km Summer Roadwalk Championships** will be held in **Adelaide** on **Sunday 21st February**. The meet also includes the 2016 IAAF Race Walking World Teams Championships U20 10km trial as well as U18 invitational 5km races. **Online entries close with AA on Friday 27th January so don't delay**. There are 44 entries already and building. Check out the link at https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1554&OrgID=887

SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 20 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Wow, what a 1000m walk time by M70 **George White** – talk about good form!

1000m Yacht Handicap Walk

1. George White	4:33	M70
2. Richard Everson	4:39	M52
3. Peter Crump	5:07	M55
4. Gloria Holliday	5:54	W55
5. Geoff Byham	6:11	M69
6. Gil McIntosh	6:34	M65
7. Mary Abrey	6:58	W65
8. James Hoare	7:10	M69
9. Graham Harrison	7:15	M72
10. Des Mulqueen	7:28	M69
11. Leigh Smith	7:28	M80
12. Jan Layng	7:30	W67
13. Norm Powell	7:54	M70
14. Margaret McIntosh	8:06	W63
15. Jill Rogers	8:13	W71
16. Roger Lowe	8:15	M72

2000m Yacht Handicap Walk

1. Richard Everson	09:52	M52
2. Peter Crump	10:45	M55
3. George White	11:13	M70
4. Gloria Holliday	12:32	W55
5. Marie Maxted	12:54	W55
6. Geoff Byham	13:00	M69
7. Gil McIntosh	13:19	M65
8. James Hoare	14:01	M69
9. Helen Suridge	14:06	W64
10. Bill Starr	14:26	M73
11. Graham Harrison	14:49	M72
12. Des Mulqueen	15:21	M69
13. Jan Layng	15:23	W67
14. Leigh Smith	15:29	M80
15. Margaret McIntosh	16:41	W63
16. Jill Rogers	17:00	W71
17. Edna Bates	17:55	W63

ACT WALKERS CLUB TRACK WALKS, WODEN, ACT, THURSDAY 21 JANUARY

Thanks to Robin Whyte for the latest Canberra results. Fastest 3000m time to **Zoe Hunt** (13:35).

3000m Handicap

1. Lorna England	28:42
2. Zoe Hunt	13:35 (F/T)
3. Sheryl Greathead	24:04
4. Spencer Burns	15:57
5. Bryan Thomas	21:03
6. Robin Whyte	19:18
7. Ruth Bausmann	21:48
8. Doug Fitzgerald	23:35
9. Jennifer Gilchrist	22:44
10. Peter Baker	17:26
11. Rod Gilchrist	22:05
12. Gwyllym Young	17:00
13. Laura Burns	17:02
Tom Hunt	DNF
Terri Jones	DNF

5000m Walk

1. Tim Fraser	25:41
2. Connor Frew	25:42
3. Gabby Hunt	26:14
4. Matt Griggs	27:27
Rhiannon Lovegrove	DNF

1000m Walk

1. Ellen Vahey	05:32
2. Heli Laajoki	06:39
3. Wendy Kupkee	07:36
4. Jack Thackray	08:59

QUEENSLAND MASTERS T&F MEET, SAF, BRISBANE, SATURDAY 23 JANUARY

Iggy Jiminez was in great form in Brisbane last Saturday in the Masters 3000 with a very fast 14:17.0.

3000m Walk

1.	Ignacio Jimenez	M50	Brisbane	14:17.0	84.35%
2.	Argenis Guevara	M47	Brisbane	15:51.0	72.92%
3.	Erika Woodward	W49	Brisbane	16:40.0	75.14%
4.	John Harris	M66	Brisbane	19:13.0	72.29%
5.	Patrick Sela	M76	GC & Sthrn	21:57.0	71.52%
6.	Noela McKinven	W73	Brisbane	22:33.0	72.17%

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, LANDY FIELD, GEELONG, 22-24 JANUARY

The Victorian Country T&F Championships were contested last weekend at Landy Field in Geelong and conditions were superb for walking – cool and overcast for a lot of the time. The 5000m walks (Open, Masters and U20) were contested on the Friday evening, with **Kelly Ruddick** (23:15.25) and **James Christmass** (24:15.28) well in front of the rest of their opposition.

Men 5000m Track Walk Open

1.	Christmass, James	67	CORIO AC	24:15.28
2.	Gillies Smith, Michael	65	EAGLEHAWK YMCA AC	27:19.09
3.	Smyth, David	69	COL 26:23.00	27:29.66
	Carter, John	50	SOUTH BENDIGO AC	DQ

Men 5000m Track Walk 40 Plus

1.	Christmass, James	67	CORIO AC	24:15.28
	Browell, Leigh	74	SOUTH BENDIGO AC	DQ

Men Men 5000m Track Walk Under 20

1.	Galbraith, Jordan	97	DIAMOND VALLEY AC	27:33.79
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Women 5000m Track Walk Open

1.	Ruddick, Kelly	73	BHA	23:15.25
2.	Brennan, Sarah	76	BYC	27:28.33
3.	Whiley, Ebony	95	EAGLEHAWK YMCA AC	29:22.51
4.	Elms, Donna-Marie	61	PRESTON AC	31:48.21

5000m Track Walk Under 20

1.	Henderson, Rebecca	01	CCA	26:53.59
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David Smyth, Michael Gillies-Smith, James Christmass and Bec Henderson (photos Tim Erickson)



Kelly Ruddick and Jordan Galbraith

Saturday saw the 1500m and 3000m walks. The U16 saw a great battle between **Zahra Hayes** (14:55.69) and **Jemma Peart** (15:03.88) with Zahra winning out. Amongst the other best efforts were **Michael Gillies-Smith** (15:39.11) and **Heather Carr** (8:06.40).

Men 3000m Track Walk 50 Plus

- | | | | | |
|----|------------------------|----|-------------------|----------|
| 1. | Gillies Smith, Michael | 65 | EAGLEHAWK YMCA AC | 15:39.11 |
|----|------------------------|----|-------------------|----------|

3000m Track Walk Under 18

- | | | | | |
|----|-------------------|----|-----------|----------|
| 1. | Davison, Mackayla | 00 | CORIO AC | 17:11.59 |
| 2. | Dowie, Ellen | 99 | EUREKA AC | 19:37.84 |

Men 1500m Track Walk Under 14

- | | | | | |
|----|-----------------|----|-----|----------|
| 1. | Ferguson, Brady | 03 | CHI | 10:06.19 |
|----|-----------------|----|-----|----------|

Men 1500m Track Walk 60 Plus

- | | | | | |
|--|-----------------|----|-------------------|----|
| | Carter, John | 50 | SOUTH BENDIGO AC | DQ |
| | Major, Geoffrey | 36 | EAGLEHAWK YMCA AC | DQ |

Women 3000m Track Walk Under 16

- | | | | | |
|----|--------------|----|------------------|----------|
| 1. | Hayes, Zahra | 01 | SOUTH BENDIGO AC | 14:55.69 |
| 2. | Peart, Jemma | 01 | BYC | 15:03.88 |

Women 3000m Track Walk 50 Plus

- | | | | | |
|----|-----------------|----|-------------------|----------|
| 1. | Major, Annette | 62 | EAGLEHAWK YMCA AC | 17:26.07 |
| 2. | Payne, Jennifer | 56 | SOUTH BENDIGO AC | 19:12.26 |
| 3. | Schlicht, Kate | 59 | CHI | 19:33.92 |
| 4. | Curtis, Annette | 57 | SOUTH BENDIGO AC | 22:21.16 |
| 5. | Ennor, Wendy | 57 | EAGLEHAWK YMCA AC | 25:03.99 |

1500m Track Walk Under 14

- | | | | | |
|----|------------------|----|-------------------|----------|
| 1. | Robinson, Tara | 03 | CORIO AC | 8:50.40 |
| 2. | Fullerton, Keely | 05 | EAGLEHAWK YMCA AC | 14:20.17 |
| | Peart, Alanna | 03 | BYC | DQ |

1500m Track Walk 60 Plus

- | | | | | |
|----|---------------|----|-------------------|---------|
| 1. | Carr, Heather | 49 | EAGLEHAWK YMCA AC | 8:06.40 |
|----|---------------|----|-------------------|---------|

NSW COUNTRY T&F CHAMPIONSHIPS, CAMPBELLTOWN, NSW, FRIDAY 22 JANUARY

Thanks to Frank Overton for his report on the 3000m walks at the NSW Country Championships, held last Friday evening in Campbelltown.

The events were held in very wet and windy conditions which hindered times by all. All walks were held together resulting in one good race with some 27 starters, however bad weather created havoc for the faster walkers as they lapped fellow competitors.

The race started at a fast pace with **Tyler Jones** and **Carl Gibbons** going straight to the lead and stamping their control on the event. **Dylan Richardson** and **Chelsea Goodhew** both returned to competition following several months lay off. Dylan recorded a respectable time and broke the Country Record as did second place getter **Oscar Tebbutt**. Other commendable performances were recorded by 12 year olds **Lachlan Rigney** and **Archie Tebbutt**.

The womens event was a good race between Chelsea Goodhew and **Molly O'Neill** with Molly gaining a slight advantage in the closing lap. Other performances of note were 13 year olds **Hannah Bolton** and **Sybella McKay**. There were several new comers competing for the first time and this will help swell the numbers of the NSW Walkers Club in the coming winter.

Men 3000m Track Walk Open

1.	Jones, Tyler	18	Mingara Athl	12:07.83
2.	Gibbons, Carl	20	Westlakes At	13:06.91

Men 3000m Track Walk 18/19 Yrs

1.	Martin, Tim	18	Coffs Harbou	18:06.53
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Men 3000m Track Walk 17 Yrs

1.	McGinniskin, Cory	17	Edgeworth an	19:56.67
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Men 3000m Track Walk 16 Yrs

1.	Richardson, Dylan	16	Mingara Athl	14:12.44R
2.	Tebbutt, Oscar	15	Gosford Athl	14:52.24R
3.	Rigney, Lachlan	12	Wyong Athlet	15:57.24
4.	Tebbutt, Archie	12	Gosford Athl	15:58.03
5.	Daly, Dylan	12	Wyong Athlet	17:11.90
6.	McGinniskin, Jack	14	Edgeworth an	17:30.90
7.	McConville, Corey	14	Nowra Athlet	20:20.11

Men 3000m Track Walk 50-59 Yrs

1.	Pomplun, Bill	56	Athletics Nsw	22:41.05
	McKay, Mark	58	Gosford Athl	DQ

Men 3000m Track Walk 60-69 Yrs

1.	West, John	66	Nsw Masters	20:24.16R
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Men 3000m Track Walk 70+

1.	White, Baden	72	Nsw Masters	23:14.84
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Women 3000m Track Walk Open

1.	Gunn, Emily	23	Gosford Athl	24:25.25
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Women 3000m Track Walk 18/19 Yrs

	Robson, Natalia	18	Coffs Harbou	DQ
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Women 3000m Track Walk 17 Yrs

1.	Goodhew, Chelsea	17	Westlakes At	16:36.89
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Women 3000m Track Walk 16 Yrs

1.	O'Neill, Molly	16	Adamstown Ne	16:21.15
2.	Bolton, Hannah	13	Mingara Athl	17:51.83
3.	Mison, Hannah	15	Koorringal -W	18:04.44
4.	McKay, Sybella	13	Mingara Athl	18:07.64
5.	Lucas, Eilidh	14	Koorringal -W	19:17.49
6.	McLoughlin, Chloe	12	Gosford Athl	19:22.34
7.	Rigney, Paige	14	Wyong Athlet	19:27.82
8.	Blake, Tanisha	14	Athletics Nsw	19:42.79
9.	Martin, Fiona	15	Coffs Harbou	19:45.82

Women 3000m Track Walk 40-49 Yrs

1.	Martin, Anthea	49	Coffs Harbou	19:51.96
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2.	Smith, Heidi	48	Illawarra Bl	27:25.58
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Women 3000m Track Walk 30-39 Yrs

1.	Rigney, Renee	39	Wyong Athlet	19:43.81
2.	Sundstrom, Jodie	37	Illawarra Bl	26:28.52

The NSW Country Champs Walks continued on Sunday with the 1500m U16 walks being held. Good wins to **Allanah Pitcher** and **Lachlan Rigney**.

Men 1500m Track Walk 15 yrs

1.	Rigney, Lachlan	12	Wyong Athlet	7:37.59
2.	Daly, Dylan	12	Wyong Athlet	7:44.94
3.	McGinniskin, Jack	14	Edgeworth an	7:57.11
4.	Attwell, Jake	14 I	llawarra Bl	8:12.76
5.	Vesper, Ryan	11	Mingara Athl	9:03.22

Women 1500m Track Walk 15 yrs

1.	Pitcher, Allanah	13	Mingara Athl	7:07.98
2.	Vesper, Danielle	13	Mingara Athl	8:03.77
3.	Mison, Hannah	15	Koorringal -W	8:24.08
4.	Rigney, Paige	14	Wyong Athlet	8:34.47
5.	Martin, Fiona	15	Coffs Harbou	8:44.15
6.	Lucas, Eilidh	14	Koorringal -W	8:56.95
7.	Blake, Tanisha	14	Athletics Nsw	9:32.17
	Kolts, Hayley	12	Illawarra Bl	DQ

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 23 JANUARY

Bayley Campbell won the 1500m walk at the Athletics Tasmania walks in Hobart on Saturday. Only a small field.

1500m Walk

1.	Bayley Campbell	OVA	8:27.09
2.	Elizabeth Leitch	ES	8:47.81
3.	Ron Foster	NS	9:00.51

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 23 JANUARY

Jake Vidler and **Danielle Walsh** were the best in Adelaide with fast 2000m walk times.

2000m Walk

1.	Jake Vidler	MU18	SOUTHERN	9:19.58
2.	Danielle Walsh	WOP	PORT ADELAIDE	9:30.58
3.	Tristan Camilleri	MU16	COASTAL DIST	9:38.99
4.	Alix Harlington	MU18	SALISBURY	10:10.86
5.	Samantha Findlay	WOP	SOUTHERN	10:40.82
6.	Peter Crump	M35+	SAINTS	10:55.79
7.	Victoria Upton	WU14	SOUTHERN	11:24.27
8.	Chloe Upton	WU16	SOUTHERN	11:31.71
9.	Mathew Bruniges	MU16	SOUTHERN	11:34.03
10.	Adrian Upton	MU14	SOUTHERN	13:12.42
11.	James Hoare	M35+	PORT ADELAIDE	14:07.45

AV KNOCKOUT COMPETITION, LAKESIDE STADIUM, ALBERT PARK, SUNDAY 24 JANUARY

And finally, back to Melbourne for an Athletics Victoria knockout comp at Lakeside Stadium. In the 2000m walk, **Aaron McDonough** and **Bec Henderson** took line honours.

2000m Walk

1.	McDonough, Aaron	PTN	9:19.30
2.	Henderson, Rebecca	CCA	9:26.90
3.	Thompson, Will	CCA	10:18.60
4.	Feain, Gerard	KSB	10:30.90
5.	Taylor, Lucas	YRA	10:54.40
6.	Beveridge, Heath	WES	11:13.20
7.	Elms, Donna-Marie	PTN	11:35.20

8.	Feain, Madeleine	KSB	11:52.70
9.	Van Dongen, Rupert	CCA	12:28.70
10.	Taylor, Lee	YRA	13:09.40
	Feain, Lachlan	KSB	DQ

2016 WINTER CLASSIC ALL-COMERS MEET, SAN DIEGO, USA, SATURDAY 16 JANUARY

Italian Matteo Guipponi won the mixed 3000m track walk at the T&F All-Comers meet in San Diego a week ago.

Mixed 3000m Race Walk

1.	Guipponi, Matteo	M27	11:27.87
2.	Nunn, John	M37	11:51.22
3.	Christie, Nick	M24	12:01.46
4.	Corvera, Emmanuel	M22	12:33.45
5.	Michta-Coffey, Maria	W29	12:46.95
6.	Melville, Miranda	W26	12:48.43
7.	Burnett, Katie	W27	13:30.72
8.	Stevens, Robyn	W33	13:33.85
9.	Bellavance, Alex	M18	14:30.27
10.	Zamudio, Adrian	M40	15:06.88
11.	Facer, Kirra	W15	17:19.66
12.	Gorgi, Eleonora	W26	DQ
13.	Sanchez, Sara	W11	DQ

INTER-REGION INDOOR T&F CHAMPIONSHIPS, EAUBONNE, FRANCE, SUNDAY 24 JANUARY

Thanks to Emmanuel Tardi for the latest results from France. Emmanuel commented:

Today saw inter-regional Championships in lots of places in France (the last round before the national Championships). For the Paris area, it takes place in Euibonne. **Emilie Menuet** (31st in the Beijing world Championship 20km), just back from a 3 weeks training camp in Portugal, was in good form, beating the French 3000m indoor record with a time of 12:35:17 (the previous record was 12:40:44 by Fatiha Ouali in 2002). I was not there unfortunately but one of my friend has sent me some pictures of the races.

3000m Women Division 1

1.	MENUET Emilie	SEF/91	Aj Blois-onzain	12:35:17
2.	RINERO CHANFREAU Fabienne	SEF/80	Ca Montreuil 93	13:48:14
3.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	13:53:75
4.	LANOUE Severine	SEF/85	Avia Club Issy-les-moulx	14:52:23
5.	LE BASTARD Sophie	SEF/90	Plm Conflans	15:24:31
6.	LEMONNIER Dominique	VEF/56	Marne Et Gondoire Athletisme	16:16:56
7.	BESSOT Veronique	VEF/62	Domont Athletisme	16:17:23
8.	FRANCHIN Celia	SEF/87	Paris Uc	16:28:19

3000m Women Division

1.	LECHEA Melissa	JUF/98	Stade Francais	16:23:76
2.	DUCLOS Adele	CAF/00	Us Champagne-sur-seine	16:33:28
3.	ROTTIER Marine	CAF/00	LP Longjumeau	16:41:55
4.	BAZIN Vinciane	CAF/99	Athle 78	16:57:51
5.	SUDRIE Candy	CAF/00	Plm Conflans	16:58:62
6.	MARQUIS Cecile	VEF/71	Avia Club Issy-les-moulx	17:01:68
7.	PRUNIER Morgane	CAF/99	Union Sportive De Ris Orangis	17:06:46
8.	LANGLOIS Cloe	JUF/97	Dynamic Aulnay Club	17:09:96
9.	VELLETRIE Esa-keren	CAF/99	Ca Montreuil 93	17:48:47
10.	DAFNIET Romane	CAF/00	Us Nemours St Pierre Athle	20:13:83
11.	BRAUT Morgane	ESF/94	Le Chesnay 78 As	20:38:10

3000m Men Division 1

1.	SOUABER Yanis	ESM/96	Amiens Uc	22:22:12
2.	DA SILVA CARVALHO LE Thomas	SEM/83	Coulommiers Brie Athletisme	22:41:60
3.	BERCHEBRU Benoit	SEM/84	Martigues Sports Athle	22:50:88
4.	REJAUD Guillaume	SEM/81	Us Ivry	24:00:53
5.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	24:08:11
6.	GRENET Bruno	VEM/65	Usm Gagny	24:12:61
7.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	24:14:88
8.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	24:16:92
9.	BERGEAL Arthur	SEM/84	Elan 91 (palaiseau)	26:18:53

3000m Men Division 2

1. AUGER Alexis	SEM/88	Ga Noisy Le Grand	24:26:22
2. DAHM Florent	SEM/87	Ca Montreuil 93	25:24:31
3. COTTEVIEILLE Maxime	SEM/90	Ca Montreuil 93	25:46:72
4. BOYER Nicolas	SEM/77	Athle Sud 77	25:47:44
5. BEURIER Jocelyn	SEM/85	Athle 78	25:58:91
6. SUREAU Jean-baptiste	SEM/83	Asa Maisons-alfort	26:24:82
7. MURAT Alex	VEM/58	Asfi Villejuif	27:04:04
8. DEPARDAY Fabien	VEM/70	Stadium Montigny Athletic Club	27:38:59
9. BOISSEAU Bruno	JUM/97	Ga Noisy Le Grand	28:55:25



Emilie Menuet, Fabienne Chanfreau and Yannis Souaber (photos from Emmanuel Tardi)

T&F INDOOR MEET, BERGEN, NORWAY, 23-24 JANUARY

Just a single walk time from Bergen last weekend, with Norwegian walker Erik Tysse in good form on the indoor boards.

Men 3000m Race Walk indoor

1. Erik TYSSE	NOR	80	11:36.46
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MEMORIAL NICOLAE MIHALACHE, BACAU, ROUMANIA, 23-24 JANUARY

And one final walk from Bacau in Roumania where Andrei Gafita won the 5000m indoor walk with 21:05.98 and Andra Botez won the 3000m indoor walk with 14:07.79.

Men 5000m Race Walk indoor

1. Andrei GAFITA	ROU	96	21:05.98
2. Stefan Cristian MANGU	ROU	99	21:38.81

Women 3000m Race Walk indoor - 24.01.2016

1. Andra Elena BOTEZ	ROU	00	14:07.79
2. Diana Georgia ANGELESCU	ROU	00	16:05.31

OUT AND ABOUT

- Great IAAF article on Italian walker Antonella Palmisano.
<http://www.iaaf.org/news/feature/antonella-palmisano-race-walk-italy>
- Thanks to marciadalmondo for publishing this pdf explaining the walks courses for the Rio Olympics. The 20km events (on 12th and 19th August) will be on a 1km out and back course while the 50km (also on 19th August) will be on a 2km out and back course in the Rio suburb of Pontal, located near the beach and some 7 km from the Olympic Village. See http://www.marciadalmondo.com/admin/pdf/marcia_mondo/21012016808Race_Walk_Pontal_Presentation_IAAF.pdf.

- Another major honour for Slovakian walker **Matej Toth** – he is one of 11 outstanding individuals from various walks of life in the Slovak Republic to be awarded the Crystal Wing at the 19th annual ceremony in Bratislava last Saturday evening (see <http://sport.pravda.sk/ostatne-sporty/clanok/381046-matej-toth-ma-dalsie-vzacne-ocenenie-ziskal-kristalove-kridlo/>). The full list of winners can be seen at http://195.46.72.16/free/jsp3/search/view/ViewerPure_en.jsp?Document=.%2F.%2FInput_text%2FOnline%2F16%2F01%2Ftbtbex1p0tw.dat_125700.1%40Fondy&QueryText=. The commendation for Matej reads as follows:

The 'sports' category was won by race walker Matej Toth, who became Slovakia's first World Champion in the 50-kilometre walk in Beijing last year, ended 2015 as the number one in race walking worldwide and was even nominated for World Athlete of the Year 2015.

MARCIALMONDO AND OMARCHADOR ROUNDUP

There are quite a few results in here that I will not report separately as you can read them first hand from their primary sources below.

Marcialmondo had 9 press releases this week

- Tues 26 Jan – Chinese walkers time trial super fast in San Remo
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2328
- Mon 25 Jan – Liu Hong named Chinese Athlete of the Year (all sports)
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2328
- Sun 24 Jan – Results of Italian National Indoor meet in Ancona
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2328
- Sun 24 Jan - IAAF article/interview with Italian walker Antonella Palmisano
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2325
- Sat 23 Jan - Italian walker Matteo Giupponi wins 3000m indoor track walk in San Diego
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2324
- Sat 23 Jan - Joao Viera wins Portuguese 35km walk title
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2323
- Fri 22 Jan - Brazilian walker Hiago Pereira Garcia tests positive
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2322
- Thu 21 Jan - Rio Olympics walk course unveiled
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2321
- Wed 20 Jan - Russian Stanislav Emelyanov cleared of doping after second sample tested
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2320

The omarchador blog was also active with 9 news releases

- Mon 25 Jan = Émilie Menuet sets new French national indoor 3000m recorded
<http://omarchador.blogspot.com.au/2016/01/emilie-menuet-bate-recorde-de-franca-em.html>
- Sun 24 Jan - Turkish records in indoor meet in Istanbul
<http://omarchador.blogspot.com.au/2016/01/evento-em-istambul-valeu-varios.html>
- Sat 23 Jan - Portuguest 35km to take place today in Porto de Mos
<http://omarchador.blogspot.com.au/2016/01/porto-de-mos-vai-receber-os-campeonatos.html>
- Fri 22 Jan - Brazilian walker Hiago Garcia banned for 4 years
<http://omarchador.blogspot.com.au/2016/01/doping-jovem-marchador-brasileiro-hiago.html>
- Fri 22 Jan - Results of regional 5000m indoor walks in Pombal, Portugal
<http://omarchador.blogspot.com.au/2016/01/pombal-camp-distributais-conjuntos-de.html>
- Thu 21 Jan - Results of northern championship indoor walks in Portugal
<http://omarchador.blogspot.com.au/2016/01/a-marcha-no-campeonato-do-norte-de.html>
- Thu 21 Jan - Racewalk judging seminar in Leiria this Saturday
<http://omarchador.blogspot.com.au/2016/01/leiria-forma-juizes-especialistas-de.html>

- Wed 20 Jan - Pedro Isidro and Mara Ribeiro win 10km walks in Baixa da Banheira, Portugal <http://omarchador.blogspot.com.au/2016/01/pedro-isidro-e-mara-ribeiro-vencem-na.html>
- Tue 19 Jan - Discussing the naming of the Portuguese 35km championship <http://omarchador.blogspot.com.au/2016/01/35-km-da-fpa-afinal-em-que-ficamos.html>

#KIRDYAPKIN

It's business as usual in the murky waters of T&F doping. Here's how it panned out this week.

Mon 18 Jan

- The Independent slates Coe's interview on the previous weekend. " You know and I know that Coe's beard looks like a cultivated part of a new persona: the world-weary leader, braving the slings and arrows and bad guys all at once. But he can't see that we can see it. " See <http://www.independent.co.uk/athletics/coe-plays-the-victim-just-like-his-old-pal-mourinho>.

Tue 19 Jan

- The IAAF names Frenchman Jean Gracia as their new interim CEO. "He will act as the focal point for all our Member Federations and partners, and support me with work involving the Executive Board and Council," said Coe, adding that the new appointment "brings vast experience and will assist the continued smooth running of the association in the interim". Yes, it's certainly running smoothly at the moment! See <http://www.supersport.com/athletics/article.aspx?Id=3360684>.
- "The corruption scandal that has rocked athletics is worse than the one that has plunged soccer body FIFA into crisis because it punished clean athletes", four-times Olympic gold medallist Michael Johnson said on Tuesday. Johnson said the IAAF needed to be "completely restructured". See <http://www.supersport.com/athletics/article.aspx?Id=3360384>.

Thu 21 Jan

- The NZ Herald reports that Stanislav Emelyanov, who was cleared of a second doping infringement on Wednesday after a second sample failed to indicate the presence of a banned substance, is listed as part of Russia's national team for 2016 on the Russian track federation website. The team list leaves out many athletes who were considered suspicious by November's WADA report, including Olympic gold medal-winning walkers Sergei Kiryapkin and Olga Kaniskina, whose doping bans ended last month. However, three walkers are included who were present during the alleged obstruction of testers, according to the WADA report. So it's more of the same old from Russia. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11577120&ref=rss.
- The Athletics Canada Athletes Council, a 10-person group of Canadian track and field athletes, released a statement Thursday. It urges the IAAF, along with national bodies around the world, to implement reforms, which would prevent bribery, cover-ups and systematic doping in the future. See <https://athletics.ca/athletes-council-statement-on-recent-iaaf-doping-scandal/>.
- I reported a month or so ago (see <http://www.vrwc.org.au/newsletters/heelandtoe-2016-num10.pdf>) on the case of Brazilian walker Hiago Pereira Garcia who had been involved in a walking race after RUSADA had announced a 4 year ban. The Brazilian Athletics Federation confirmed on Thursday his ban (see <http://www.cbat.org.br/noticias/noticia.asp?news=8367>). That seems to have taken a long time considering the ban is now backdated to 1st July 2015.

Fri 22 Jan

- Senegal's prime minister said his country will not extradite Papa Massata Diack, the son of former international athletics federation (IAAF) president Lamine Diack, wanted for alleged corruption and money laundering. "We will not extradite a Senegalese ... those are the instructions the President (Macky Sall) gave the government". Interpol issued an international arrest warrant for the younger Diack this month, adding that French judicial authorities want to prosecute him. See <http://www.supersport.com/athletics/article.aspx?Id=3365254>. Pathetic!

Sat 23 Jan

- The British Government ordered its embassies to lobby on behalf of Sebastian Coe ahead of last year's IAAF Presidential election at which the British double Olympic gold medal winner defeated Sergey Bubka, the Ukrainian ex-pole vault champion, by 115 votes to 92. Diplomatic correspondence released to the Associated Press following a freedom of information request shows that a telegram signed by British Foreign Secretary Philip Hammond was dispatched last May, three months before the August vote. Associated Press said that the telegram, dated May 21, was worded as follows: "We request ALL posts to lobby on behalf of Lord Coe." See <http://www.insidethegames.biz/articles/1033613/coe-asked-british-prime-minister-david-cameron-to-intervene-in-iaaf-election>. Now I'm not saying anything is wrong with this but it does show the wide ranging net that was put in place behind Coe for what must now be seen as a poisoned chalice.

Mon 25 Jan

- Sportswear giant Adidas is to end its sponsorship deal with the IAAF four years early because of the doping scandal in the sport, according to BBC News. The 11-year deal, signed in 2008, was worth a reported £5.6m a year and made Adidas the biggest sponsor of the IAAF. Lawyers for Adidas were said to be preparing for the IAAF to try to challenge the move legally. See <http://www.independent.co.uk/sport/general/athletics/adidas-ends-sponsorship-of-athletics-body-iaaf-over-doping-scandal-a6831816.html>.
- Russia's Olympic Committee (ROC) has banned four athletes for doping, as the country struggles to overturn a suspension on its track and field team that could see it miss the Rio Olympics. The Olympic Committee said Irina Maracheva, an 800-metres silver medalist at the 2012 European championships, had been banned for two years, along with **race walker Anna Lukyanova**, for doping violations based on documents handed over by the International Association of Athletics Federations (IAAF). Officials also confirmed a four-year ban for the runners Yelena Nikulina and Maria Nikolayeva. 31-year-old Maracheva, along with Nikolayeva and Lukyanova, were disqualified due to **abnormally high blood readings in their biological passport**. See <http://www.supersport.com/athletics/article.aspx?Id=3369064>.

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

Sat Jan 30, 2016	AV Shield Round 10 (Program 1)
Sat Feb 6, 2016	AV Shield Final, Lakeside Stadium, Albert Park, VIC
Sun Feb 7, 2016	VRWC Road Races and AV 5km Teams Races, Middle Park, VIC
Feb 12-14, 2016	Victorian Junior T&F Championships, Lakeside Stadium, Albert Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Feb 26-28, 2016	Victorian Open T&F Championships, Lakeside Stadium
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Sun Mar 6, 2016	Coburg 6 Hour Track Walk/Run championships, Coburg, VIC – see http://www.coburg24hr.org
Sun Mar 6, 2016	VRWC Track Races, VMA 5000m champs, Mentone
Mar 8-13, 2016	Australian Junior T&F Championships, Perth
Mar 19-20, 2016	Victorian Masters T&F Championships, Doncaster
Mar 31 – Apr 3, 2016	Australian T&F Championships, Sydney (10,000m walks)
Sun Apr 10, 2016	VRWC winter season starts - Castlemaine NAB 500, Castlemaine
Apr 16-19, 2016	Aust Masters T&F Championships, Adelaide, SA - see http://www.samastersathletics.org.au/nationals2016/
Sun June 12, 2016	50 th Lake Burley Griffin Walks Carnival, Canberra, ACT
Sun Aug 20, 2016	Australian Masters 30km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 2015	Australian Roadwalk Championships, Canberra, ACT (TBC)

2016 International Key Dates

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

2016 IAAF Challenge Series (so far)

Sun Mar 6, 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, Rome
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 (I assume this depends on whether Russia is back in the IAAF fold by then)

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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