



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 23
8 March 2016



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

This week's Walker of the Week is pretty straightforward – it will come as no surprise to anyone that it goes to 23 year old 2016 20km Olympian **Dane Bird-Smith**. Walking in the Melbourne Track Classic 5000m on Saturday evening, Dane powered through to a new Australian, Oceania and Commonwealth best time of **18:38.97**. This bettered Eder Sanchez's Australian All-Comers record of 18:40.11 (Sydney, 2009), Jared Tallent's Australian Residential Record of 18:41.83 (Sydney, 2009) and Nathan Deakes' meet record of 18:45.19 (Melbourne, 2006). Further, it is a World Leading 5000m track walk time for this year. And talk about an amazing story – Dane flew down from Brisbane on Saturday morning, only to find that his racing shoes had reached the end of their days. A quick shopping trip into Melbourne on the Saturday afternoon saw him buy a pair of relatively clunky shoes – the best he could do but definitely not what might be called 'racing flats'. These he wore for the first time in the race. Amazing!

The other amazing thing is the seemingly effortless way in which he walked his new record. Want to see a flawless walking exhibition – check out <https://www.youtube.com/watch?v=JPSi0HY9DBI&sns=fb>. Dane will be going into the Rio 20km as one of the favourites, judging on the walks he is putting on the board at the moment. Exciting times!



Left: Dane celebrates his new record in Melbourne on Saturday evening (photo Getty Images)
Right: The now famous clunky shoe

The Australian All-Time ranking list for 5000m now shows Dane at the top (and third place getter Michael Hosking storming into the ranking lists with 13th spot). Here are the 22 male Aussies who have broken 20 minutes:

| Rank | Time | Name | State | DOB | Place | Location | Date | Age |
|------|----------|-----------------|-------|------------|-------|-------------|------------|-----|
| 1 | 18:38.97 | Dane Bird-Smith | Q | 15-07-1992 | 1 | Melbourne | 05-03-2016 | 23 |
| 2 | 18:41.83 | Jared Tallent | V | 17-01-1984 | 2 | Sydney | 28-02-2009 | 25 |
| 3 | 18:45.19 | Nathan Deakes | V | 17-08-1977 | 1 | Melbourne | 09-03-2006 | 28 |
| 4 | 18:51.39 | Nick A'Hern | N | 06-01-1969 | 1 | Auckland,NZ | 21-02-1998 | 29 |
| 5 | 18:52.87 | Dave Smith | V | 24-07-1955 | 1 | Canberra | 21-02-1986 | 30 |
| 6 | 18:54.65 | Adam Rutter | N | 24-12-1986 | 1 | Brisbane | 07-02-2009 | 22 |
| 7 | 18:56.67 | Luke Adams | N | 11-10-1976 | 2 | Sydney | 30-01-2010 | 33 |

| | | | | | | | | |
|----|-----------|-----------------|---|------------|---|------------------|------------|----|
| 8 | 19:09.74 | Andrew Jachno | V | 13-04-1962 | 2 | Sydney | 23-02-1991 | 28 |
| 9 | 19:20.87 | Brent Vallance | N | 30-04-1972 | 1 | Sydney | 20-02-2000 | 27 |
| 10 | 19:23.72 | Chris Erickson | V | 01-12-1981 | 1 | Melbourne | 01-03-2015 | 33 |
| 11 | 19:24.12i | Simon Baker | V | 06-02-1958 | 7 | Budapest,Hungary | 05-03-1989 | 31 |
| 12 | 19:26.76 | Rhydian Cowley | V | 04-01-1991 | 2 | Melbourne | 05-03-2016 | 25 |
| 13 | 19:31.24 | Michael Hosking | V | 16-10-1985 | 3 | Melbourne | 05-03-2016 | 30 |
| 14 | 19:36.84 | Dion Russell | V | 08-05-1975 | 3 | Hobart | 14-02-1997 | 21 |
| 15 | 19:38.22 | Troy Sundstrom | N | 30-05-1981 | 3 | Sydney | 19-02-2000 | 18 |
| 16 | 19:45.65 | Willi Sawall | V | 07-11-1941 | 2 | Melbourne | 31-03-1984 | 42 |
| 17 | 19:46.23 | Jesse Osborne | Q | 12-01-1995 | 2 | Melbourne | 02-03-2014 | 19 |
| 18 | 19:46.91 | Steve Beecroft | V | 14-03-1971 | 2 | Melbourne | 09-02-1992 | 20 |
| 19 | 19:48.57 | Michael McCagh | W | 16-04-1986 | 2 | Geelong | 17-12-2005 | 19 |
| 20 | 19:56.90 | Jon Gawley | N | 09-05-1980 | 2 | Sydney | 06-03-1999 | 18 |
| 21 | 19:57.90 | Paul Copeland | V | 25-04-1967 | 2 | Melbourne | 14-12-1989 | 22 |
| 22 | 19:58.65 | Doug Connolly | N | 30-10-1982 | 1 | Sydney | 09-12-1999 | 17 |

WHAT'S COMING UP

The **2016 Australian Junior Track & Field Championships** will be contested in **Perth** from **8-13 March**. Walk championships will be held for U14, U16 and U18 and U20 divisions. The walks timetable reads as follows

| | |
|----------------------|----------------------------|
| Wed 9 March, 8:45AM | 10,000m Walk U20 Men/Women |
| Wed 9 March, 7:30PM | 3000m Walk U15/U16 Boys |
| Wed 9 March, 8:35PM | 3000m Walk U15/U16 Girls |
| Thu 10 March, 8:30PM | 5000m Walk U14 Boys/Girls |
| Fri 11 March, 8:00AM | 5000m Walk U17/U18 Boys |
| Fri 11 March, 8:30AM | 5000m Walk U17/U18 Girls |

Start lists at <http://athletics.com.au/Portals/56/Competition/Documents/2016/2016%20AJAC%20Entry%20List%2003.03.2016.pdf>.

Although all the championship walks will be hotly contested, the U20 10,000m walks are of particular interest as they are the official World Junior Championships trials. The fields and 10km PBs for these events are

10,000m U20 Women

| | | |
|-------------------------|-----|----------|
| Billington, Tayla-Paige | VIC | 47:25 |
| Hunt, Zoe | ACT | 46:29 |
| Kelland, Sarah | NSW | - |
| Martin, Katya | QLD | 49:52.34 |
| Montag, Jemima | VIC | 47:00 |
| Pivac, Emily | WA | 58:31 |
| Randall, Alice | TAS | - |
| Smith, Clara | QLD | 46:33 |

10,000m U20 Men

| | | |
|----------------|-----|----------|
| Brasier, Emmet | VIC | 44:29 |
| Garganis, Adam | VIC | 42:53 |
| Jones, Tyler | NSW | 42:22 |
| Swan, Kyle | VIC | 42:48 |
| Tingay, Declan | WA | 43:57.35 |


The remainder of the 2015/2016 Summer Season pans out like this for Victorians

| | |
|----------------------|---|
| Sat 12 Mar | AV All Comers Meet, Ballam Park, Frankston |
| 19-20 Mar | LAVic State Championships, Casey Fields Athletics Track, Berwick |
| 19-20 Mar | Victorian Masters T&F Championships, Doncaster |
| 25-28 Mar | Easter |
| 31 Mar -3 Apr | Australian T&F Championships, Sydney (10,000m walks) |
| Sun 10 Apr ** | VRWC winter season starts - Castlemaine NAB 500, Castlemaine |
| 16-17 Apr | Coburg 24 Hour Track Carnival, Coburg – see http://www.coburg24hr.org/24hr/ |
| 16-19 Apr | AMA T&F Championships, Adelaide - see http://www.samastersathletics.org.au/nationals2016/ |
| Sat 23 Apr ** | VRWC winter season races, Middle park |

Yes, that's right. It's time to start thinking about the winter roadwalking season so I have added our first two races – Sunday 10th April in Castlemaine and Saturday 23rd April at Middle Park. You can read more about Castlemaine the next page.

Entries have opened this morning for our 2016 Castlemaine NAB 500 Walk which will be held on **Sunday 10th April** in Castlemaine. We had great support from our walkers last year and we are hoping for an even bigger and better meet this time around. We have over \$1500 of prizes for placegetters in the races and we have added a new U12 1km race category to attract our younger walkers. See you in Castlemaine! Here are the two main links you need to know about:

- Event website at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>
- Enter at <https://www.registernow.com.au/secure/Register.aspx?E=20292>



Castlemaine NAB 500

Sunday 10 April 2016

Attention Victorian Walkers
Have you entered the Castlemaine NAB 500 yet?
The clock is ticking - entries close midnight Friday 8 April

The Victorian Race Walking Club and Events in Nature are proud to present the 2016 Castlemaine NAB 500 Walk which will be held in the Castlemaine Botanic Gardens on Sunday April 10, starting at 10.30 am. Castlemaine is only about 1 hour's drive N of Melbourne and is close to our Ballarat and Bendigo walking scenes so we are hoping for lots of walk entrants from all our walking Victorian clubs.

- Beautiful course in the Castlemaine Botanical Gardens
- Castlemaine NAB as a major sponsor
- The first 50 entries across the U12, U18, 50+ and Open events will go into a draw for prizes from Bolle, Wahoo Fitness, Endura and other local sports companies.
- \$1500 in prizes to be spread amongst the first 3 males and females in each race category
- Medals to all placegetters

Enter at <https://www.registernow.com.au/secure/Register.aspx?E=20292>

Event website at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>

| | | |
|---|--|------------|
| 9:45AM | Table open to check in and collect race number | |
| 10:30AM | U18 3 km Walk | \$10 entry |
| 10:30AM | 50+ 3 km Walk | \$10 entry |
| 11:00AM | Racewalk technique presentation | Free |
| 11:15AM | Introductory 1 km General Participation Walk | Free |
| 11:15AM | U12 1 km walk | \$5 entry |
| 11:30AM | Castlemaine NAB Open 5 km Walk | \$25 entry |
| 12:10PM | Presentations | |
| 20% discount to families of 3 or more walkers | | |

For further information, contact one of

| | | |
|-----------------------------------|--|--------------|
| Tim Erickson, Melbourne | terick@melbpc.org.au | 0412 257 496 |
| Michael Gilles-Smith, Castlemaine | michaelgillesmith@gmail.com | 0402 011 503 |

Events in Nature: PO Box 104, Chewton, Victoria 3451
 Victorian Race Walking Club: PO Box 5192, Melbourne, Victoria, 3001

LBG CARNIVAL CELEBRATES 50 YEARS

This year will see the 50th Staging of the Lake Burley Griffin Walking Carnival on Sunday 12 June 2016. It started off as a small interstate meet in 1967, with a 20 Mile walk to be contested on the roads around Lake Burley Griffin in Canberra. The race report from that race read as follows

The race began in heavy rain which added to the hazards of a dug up road and another section of wet tar all in the first three miles. Walkers covered the remaining distance with a liberal coating of tar on their legs and black shoes. Frank Clark and Peter McCullagh began fast and opened up a break over Bob Gardiner, Robin Whyte and Harry Summers. At the half way mark, McCullagh gained an advantage over Clark but incurred the displeasure of the judges, leaving Frank about six minutes in front of Robin Whyte who was walking strongly and had a 2 minute break on Gardiner and Summers. Over the last 3 miles, the position changed with Gardiner and Summers making up a lot of ground to pass Whyte and get closer to Clark, but Frank had plenty in hand and went on to a good win.

| | | | |
|-----|---------------|-----|---------|
| 1. | Frank Clark | NSW | 2:54:57 |
| 2. | Harry Summers | VIC | 2:57:11 |
| 3. | Bob Gardiner | VIC | 2:57:12 |
| 4. | Robin Whyte | NSW | 2:59:03 |
| 5. | Bob Steadman | VIC | 3:07:59 |
| 6. | Murray Brown | VIC | 3:10:36 |
| 7. | Les Wade | NSW | 3:11:19 |
| 8. | Vic Townsend | NSW | 3:12:12 |
| 9. | Geoff Laycock | VIC | 3:14:10 |
| 10. | John Busst | VIC | 3:34:13 |
| 11. | Gus Theobald | VIC | 3:34:23 |
| 12. | J Connelly | NSW | 3:35:03 |
| 13. | J Roberts | QLD | 3:36:39 |
| 14. | Nigel Crew | ACT | 3:50:25 |



The start of the inaugural LBG 20 Mile walk in 1967

ACTRWC are keen to make this 50th LBG Carnival something to remember. Apart from inviting all those old time walkers to return for a special once off celebration, arrangements have been made to provide some commemorative merchandise, namely, Beanies, T Shirts and Polo Shirts. The beanies are already available but the T/Shirts and Polo Shirts will be available by pre order only. The costs are very reasonable for what is sure to become a collector's item.

| | |
|-------------|---------|
| Beanie: | \$10.00 |
| T Shirt: | \$20.00 |
| Polo Shirt: | \$25.00 |

Further info, along with an order form, are available for viewing at <http://www.actwalkers.com.au/lbg-50th-anniversary-commemorative-merchandise/>. Note **orders must be placed by 31st March** so download the entry form and action it.



The LBG 50th Memorabilia -on sale now!

MELBOURNE TRACK CLASSIC 5000M WALK, ALBERT PARK, SATURDAY 5 MARCH

The big news of the week occurred in Melbourne on Saturday evening with a 5000m track walk being included on the Melbourne Track Classic at the Lakeside Stadium in Albert Park. The 5:55PM start time meant just about perfect Melbourne autumnal weather and the walkers responded to the crowd and the conditions.

I have already discussed the superb record breaking performance of **Dane Bird-Smith** (see Walker of the Week). Behind him, **Rhydian Cowley** and **Michael Hosking** staged a spirited battle for the minor placings, with Rhydian crossing for another PB of 19:26.76 and Michael continuing his fairystory walk to the top, coming in just behind him in 19:31.24. Michael now has 3 races for 3 PBs since coming back from a 15 year hiatus from the sport. Amazing! Nathan Brill continued his own return to form with 20:15.78 while Chris Erickson was finally back to some racing with 20:24.58 after a horror 2 months of illness.

The women's race was won by **Beki Smith** in a PB 21:19.46 (previous PB of 21:23 was done in 2012). **Tanya Holliday** was next with 21:44.82 while the next 3 girls all did PBs. Special mention to 14 year old **Rebecca Henderson** with 24:05.44. Wow!

Women 5000m Walk

| | | | | | |
|----|---------------------|-----|----|----------|-------------|
| 1. | Smith, Beki | NSW | 86 | 21:19.46 | WL, PB 0:04 |
| 2. | Halliday, Tanya | SA | 88 | 21:44.82 | |
| 3. | Stigwood, Stephanie | TAS | 90 | 22:51.33 | PB 0:14 |
| 4. | Henderson, Rebecca | VIC | 01 | 24:05.44 | PB 1:19 |
| 5. | McInnes, Simone | VIC | 91 | 24:07.80 | PB 0:34 |

Men 5000m Walk

| | | | | | |
|-----|-------------------|-----|----|----------|-----------------|
| 1. | Bird-Smith, Dane | QLD | 92 | 18:38.97 | WL, NR, PB 0:08 |
| 2. | Cowley, Rhydian | VIC | 91 | 19:26.76 | PB 0:03 |
| 3. | Hosking, Michael | VIC | 85 | 19:31.24 | First one! |
| 4. | Brill, Nathan | VIC | 96 | 20:15.78 | |
| 5. | Erickson, Chris | VIC | 81 | 20:24.58 | |
| 6. | Reading, Brendon | ACT | 89 | 20:48.45 | |
| 7. | Garganis, Adam | VIC | 97 | 21:25.77 | |
| 8. | Swan, Kyle | VIC | 99 | 22:20.51 | |
| 9. | Kozica, Jason | VIC | 87 | 22:52.48 | |
| 10. | Hawksworth, Danny | VIC | 79 | 23:56.52 | |
| 11. | McDonough, Aaron | VIC | 72 | 25:12.46 | |

To finish, a refresh to my Australian women's All-Time 5000m ranking list – Beki moves up the list – all those under 22 mins shown.

| Rank | Time | Name | State | DOB | Place | Location | Date | Age |
|------|----------|-----------------------|-------|------------|-------|-----------|------------|-----|
| 1 | 20:03.0 | Kerry Saxby-Junna | N | 20-06-1961 | 1 | Sydney | 11-02-1996 | 34 |
| 2 | 21:03.33 | Jess Rothwell | V | 18-06-1989 | 1 | Melbourne | 20-02-2009 | 19 |
| 3 | 21:19.19 | Cheryl Webb | N | 03-10-1976 | 2 | Sydney | 14-02-2009 | 32 |
| 4 | 21:19.46 | Beki Lee | N | 25-11-1986 | 1 | Melbourne | 05-03-2016 | 29 |
| 5 | 21:21.25 | Tanya Holliday | S | 21-09-1988 | 1 | Sydney | 18-02-2012 | 23 |
| 6 | 21:25.6 | Anne Pembroke-Manning | N | 13-11-1959 | mix | Sydney | 12-02-1994 | 34 |
| 7 | 21:29.12 | Claire Tallent | S | 06-07-1981 | 3 | Sydney | 18-02-2012 | 30 |
| 8 | 21:32.26 | Jane Saville | N | 05-11-1974 | 1 | Melbourne | 01-03-1997 | 26 |
| 9 | 21:34.23 | Natalie Saville | N | 07-09-1978 | 2 | Melbourne | 01-03-1997 | 18 |
| 10 | 21:45.16 | Lisa Sheridan-Paolini | N | 10-12-1962 | 1 | Sydney | 20-02-2000 | 37 |
| 11 | 21:46.68 | Kelly Ruddick | V | 19-04-1973 | 2 | Brisbane | 29-03-2014 | 40 |
| 12 | 21:46.70 | Kellie Wapshott | V | 23-03-1981 | mix | Melbourne | 10-02-2008 | 26 |

| | | | | | | | | |
|----|---------|------------------|---|------------|-----|----------|------------|----|
| 13 | 21:47.6 | Gabrielle Blythe | V | 09-03-1969 | mix | Canberra | 12-03-1993 | 24 |
| 14 | 21:59.0 | Teresa Letherby | Q | 05-04-1972 | 3 | Sydney | 11-02-1996 | 23 |

Alas, just about no photos on offer – nothing at all from the women's perspective. Apologies ladies!



Brendon Reading, Adam Garganis, Chris Erickson and Dane Bird Smith in Melbourne last Saturday evening (Getty Images)

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BELCONNEN, ACT, THURSDAY 2 MARCH

And now to a roundup of other Australian walk events from the last week. First to Canberra and thanks to Robin Whyte for the latest results from the ACT Walkers Club. Fastest time of 6:39 to Mitchell Baker. As usual, the young walkers were to the fore in the 1500m walk at the AIS track last Thursday evening.

1500m Handicap

| | | |
|-----|------------------|-------|
| 1. | Harry Baker | 9:35 |
| 2. | Tony Fenotti | 11:11 |
| 3. | Margaret Fenotti | 12:02 |
| 4. | Gwyllym Young | 6:47 |
| 5. | Callum Burns | 6:57 |
| 6. | Rod Gilchrist | 10:14 |
| 7. | Ella Baker | 11:58 |
| 8. | Mitchell Baker | 6:39 |
| 9. | Gabby Hunt | 6:52 |
| 10. | Peter Baker | 7:53 |
| 11. | Bryan Thomas | 10:15 |
| 12. | Robin Whyte | 9:01 |
| 13. | Spencer Burns | 7:27 |
| 14. | Doug Fitzgerald | 11:08 |
| 15. | Robert Kennelly | 12:08 |
| 16. | Laura Burns | 7:38 |
| 17. | Terri Jones | 12:49 |
| 18. | Sheryl Greathead | 12:02 |
| 19. | Geoff Barker | 11:33 |
| 20. | Kate Black | 8:59 |

AV KNOCKOUT OPEN AND 40+ FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 5 MARCH

I hear the the AV Knockout Fields at Lakeside on Saturday were very small. The 2000m walk saw only 4 starters.

2000m Walk

| | | | | |
|----|--------------------|----|-----|---------|
| 1. | Bird, Kyle | 96 | MPA | 8:52.26 |
| 2. | Kollmorgen, Stuart | 69 | COL | 8:57.29 |

| | | | | |
|----|-------------------|----|-----|----------|
| 3. | Taylor, Lucas | 96 | YRA | 11:05.09 |
| 4. | Elms, Donna-Marie | 61 | PTN | 11:14.73 |

QMA GOLD COAST & SOUTHERN REGION CHAMPIONSHIPS, GOLD COAST, SATURDAY 5 MARCH

Two Masters meets on which to report in Queensland. First to the Gold Coast on Saturday for the QMA Gold Coast and Southern Region T&F Championships. Great walks in particular by Iggy Jimenez in the 1500m (6:46.94) and the 3000m (24:33.82).

1500m Walk

| | | | | | |
|-----|---|-----------------|------------|----------|--------|
| M50 | 1 | Ignacio Jimenez | Brisbane | 6:46.94 | 87.12% |
| W60 | 1 | Robyn Wales | GC & Sthrn | 13:03.87 | 53.04% |
| M75 | 1 | Patrick Sela | GC & Sthrn | 10:52.90 | 70.71% |
| | 2 | George Megas | GC & Sthrn | 12:02.60 | 63.89% |

5000m Walk

| | | | | | |
|-----|---|-------------------|------------|----------|--------|
| W45 | 1 | Nyle Sunderland | GC & Sthrn | 29:45.33 | 71.88% |
| M50 | 1 | Ignacio Jimenez | Brisbane | 24:33.82 | 83.47% |
| | 2 | Paul Lindenberg | GC & Sthrn | 32:03.52 | 63.96% |
| W50 | 1 | Debbie Lindenberg | GC & Sthrn | 34:48.59 | 64.10% |
| W55 | 1 | Kay Shaw | GC & Sthrn | 32:53.27 | 71.18% |
| M75 | 1 | Patrick Sela | GC & Sthrn | 37:35.40 | 71.12% |
| | 2 | George Megas | GC & Sthrn | 42:18.41 | 63.19% |

QMA T&F COMPETITION, SAF, BRISBANE, SATURDAY 5 MARCH

Then to Brisbane on the same day for yet another meet and Iggy Jimenez and Patrick Sela were back in action again for 2 more walks. Iggy had a big battle with Peter Bennett in both walks, just being pipped in the 1500m but winning the 3000m.

1500m Walk

| | | | | | |
|----|-----------------|-----|------------|----------|--------|
| 1. | Peter Bennett | M60 | Brisbane | 7:23.00 | 87.63% |
| 2. | Ignacio Jimenez | M50 | Brisbane | 7:23.19 | 79.99% |
| 3. | Argenis Guevara | M47 | Brisbane | 7:47.87 | 72.68% |
| 4. | John Harris | M67 | Brisbane | 9:05.24 | 74.99% |
| 5. | Patrick Sela | M76 | GC & Sthrn | 10:56.51 | 70.32% |
| 6. | Noela McKinven | W73 | Brisbane | 11:51.73 | 65.53% |

3000m Walk

| | | | | | |
|----|-----------------|-----|------------|----------|--------|
| 1. | Ignacio Jimenez | M50 | Brisbane | 14:27.97 | 83.28% |
| 2. | Peter Bennett | M60 | Brisbane | 14:45.61 | 89.35% |
| 3. | Argenis Guevara | M47 | Brisbane | 15:33.35 | 74.30% |
| 4. | John Harris | M67 | Brisbane | 20:05.65 | 69.14% |
| 5. | Patrick Sela | M76 | GC & Sthrn | 21:56.33 | 71.55% |
| 6. | Noela McKinven | W73 | Brisbane | 24:41.29 | 65.92% |

VRWC TRACK RACES, VMA 5000M CHAMPS, MENTONE, SUNDAY 6 MARCH

VRWC staged its last racewalks for the 2015/2016 summer season last Sunday at Dolomere Oval in Mentone, combining with the Victorian Masters to co-host the VMA 5000m Track Championships. Conditions were good with early cloud cover aiding the walkers. Overall VMA winners **Sandra Geisler** (27:40) and **James Christmass** (23:54) but of course it's all about how you compare with those in your own age group so lots of gold and silvers distributed overall.

VMA 5000m Track Championships Women

| | | | |
|-----|---|--------------------|-------|
| W35 | 1 | Sandra Geisler | 27:40 |
| W50 | 1 | Donna Elms | 29:30 |
| | 2 | Carolyn Rosenbrock | 29:42 |
| W60 | 1 | Alison Thompson | 32:07 |
| W65 | 1 | Celia Johnson | 37:21 |
| W70 | 1 | Gwen Steed | 33:21 |
| | 2 | Sylvia Machin | 36:29 |
| W75 | 1 | Penny Hall | 39:49 |
| | 2 | Margaret Beaumont | 43:35 |
| W80 | 1 | Pam Mews | 52:57 |

VMA 5000m Track Championships Men

| | | | |
|-----|---|---------------------|-------|
| M40 | 1 | Pramesh Prasad | 30:28 |
| M45 | 1 | James Christmass | 23:54 |
| | 2 | David Smyth | 27:11 |
| M50 | 1 | Bernie Keirl | 30:14 |
| M55 | 1 | Simon Evans | 27:09 |
| | 2 | Paul Moritz | 34:08 |
| | 2 | Christopher Warsnop | 40:35 |
| M60 | 1 | Clyde Riddoch | 31:18 |
| | 2 | Frank Prouse | 33:14 |
| M65 | 1 | Geoff Barrow | 35:36 |
| M70 | 1 | Ralph Bennett | 29:03 |
| M75 | 1 | Gunter Ilgoutz | 34:49 |
| | 2 | John Morrison | 41:04 |
| | - | Barrie Wicks | DQ |
| | - | Ian Beaumont | DQ |
| M80 | 1 | Harry Summers | 39:25 |

VRWC put on its own track races but few were in attendance – for most, the season has already finished. Special mention to **Philippa Huse** who recorded a 36 sec PB to win the VRWC 5000m with 25:24. Well done Philippa. We also welcomed two first time walkers to VRWC, with **Samantha Byrne** and **Alannah Dingli** contesting the 1500m walk.

VRWC Open 5000m

| | | | |
|----|---------------|-------|---------|
| 1. | Philippa Huse | 25:24 | PB 0:26 |
|----|---------------|-------|---------|

VRWC Open 1500m

| | | |
|----|----------------|-------|
| 1. | Samantha Byrne | 09:45 |
| 2. | Alannah Dingli | 09:46 |

Thanks as always to our many helpers and officials and judges. Apologies if I missed anyone.

| | |
|----------------------------|--|
| Officials: | Stuart Cooper, Damien Elms |
| Additional Helpers: | Gwen Steed, Donna Elms, Simon Evans |
| Judges: | Peter Vysma (Chief), David Cash, Gordon Loughnan, Lloyd Nichols, Michael Bodey |
| Set-up: | Peter Vysma, Ralph Bennett |

COBURG 6 HOUR TRACK WALK/RUN CHAMPIONSHIPS, COBURG, SUNDAY 6 MARCH

Another great set of results from the 2016 Coburg 6 Hour Championships, contested on Sunday 6th March at the Harold Stevens Reserve in Coburg. The 6AM start time proved its worth once again as the early cloud made for ideal running/walking conditions until the sun broke through around 10AM, in conditions almost identical to last year. The last 2 hours saw the temperature quickly climb but everyone was able to knuckle down in the sunny conditions and see it out.

As usual, runners were allocated to lane 1 and walkers were allocated to lane 3. This worked well. The Men's 6 Hour Run Championship was a ripper with Francesco Ciancio giving a running lesson to all present. Last year, he came 2nd with 83.695km, beating the current Australian record but having to play second fiddle to Dion Finocchiro who won with 85.037km. This time he was out to make amends and that he did, powering through to a new Australian Open and M35 6 Hour record of 85.265km. Behind him, Kevin Muller was on his own record breaking mission and he was also successful, bettering Yiannis Kouros' M45 record distance of 78.400km with a masterful 80.681km. The Women's 6 Hour Run Championship saw an inaugural win to Amelia Griffith in her first track ultra. Although a new runner on the ultra scene, Amelia is a real talent and confirmed her credentials with an excellent 70.945km.

But it is the walking results with which we are concerned in the context of this newsletter and these events also saw record breaking performances compliments of VRWC walkers **Clarrie Jack** and **Michelle Thompson**. Clarrie, having turned 70 recently, made short work of the current M70 6 Hour walk record of 50.741km (set by ACT walker Robin Whyte last year), powering through to **512.227km**. Michelle, a perennial winner here at Coburg, was the fastest walker overall and her winning distance of **55.782km** bettered her W45 record distance of 55.731km and was only 83m short of her Australian Open record. We also added a 2 person relay category this year to enable long time supporters Terry and Karyn O'Neill to participate. Walking in relay legs of 1 hour, they completed a distance of 50.974km. Special mentions also to other VRWC walkers **John Kilmartin**, **Gary Turner** (PB), **Sandra Howorth** (PB) and **Liz Wrigley** (inaugural).

6 Hour Walk Men

| | | | | |
|----|-----------------|-----|-----------|-----------------|
| 1. | Clarrie Jack | VIC | 51.227 km | Aust M70 Record |
| 2. | John Kilmartin | VIC | 47.338 km | |
| 3. | Albin Hess | VIC | 44.816 km | Inaugural |
| 4. | Saul Richardson | NSW | 43.313 km | |
| 5. | Gary Turner | VIC | 39.155 km | PB |

- 6. Louis Commins VIC 37.015 km
- 7. Ian Hoad VIC 36.642 km
- 8. Ken Carter VIC 23.463 km

6 Hour Walk Women

- 1. Michelle Thompson VIC 55.782 km Aust W45 Record
- 2. Sandra Howorth VIC 42.021 km PB
- 3. Liz Wrigley VIC 39.160 km Inaugural

6 Hour Walk Relay

- 1. O'Neill Team VIC 50.974 km



Clarrie Jack, John Kilmartin and Albin Hess



Michelle Thompson, Sandra Howorth and Liz Wrigley

All 4 winners showed how such an event should be tackled, with hourly lap splits of great consistency.

| | |
|-------------------|---------------------------------|
| Francesco Ciancio | 36, 36, 36, 35, 34 and 37 laps |
| Amelia Griffith | 30, 32, 29, 29, 29 and 28 laps |
| Clarrie Jack | 21, 21, 21, 20, 20 and 20 laps |
| Michelle Thompson | 22, 23, 23, 23, 21 and 22 laps. |

Thanks to our many volunteers and helpers, especially first aider Elizabeth Ravalli and sports massueur extraordinaire Michael Gillan. Thanks also to the many Coburg Harriers helpers, support crews and supporters and thanks especially to all our competitors who made the event so successful once again.

Full Results and Lap Splits at <http://www.coburg24hr.org/24hr/> and photos at <http://www.coburg24hr.org/coppermine/>.

Our next event will be the Coburg 24 Hour Track Championships (incorporating the AURA Australian Track championships) on the weekend of 16-17 April and we look forward to welcoming many of our 6 Hour field back for their next challenge. Entries are still open if you feel particularly in need of a challenge at the moment!

NZ T&F CHAMPIONSHIPS, CALEDONIAN GROUND, DUNEDIN, 4-6 MARCH

The New Zealand T&F Championships, which were contested last weekend in Dunedin, saw track walks on the Friday evening and road walks on Sunday morning. Good to see **Rozie Robinson** back on the 3000m podium again (14:31.35) after lots of injury issues. Other good 3000m walk times to **Jono Lord** (13:01.48), **Jamie Shaw** (13:04.44), **Laura Langley** (14:14.5) and **Mike Parker** (M63 14:15.37). Good 10km to Jamie Shaw (47:41) and good 20km walks to Jono Lord (1:45.32), Mike Parker (1:51:04) and **Kate Newitt** (1:54:18). Also good to see SA walker **Danielle Walsh** walking another 20km (2:01:44).



Walkers get underway on Sunday morning in the roadwalk at the NZ T&F champs in Dunedin

3000m Walk Open Women

| | | | | |
|----|----------------|----|------------|----------|
| 1. | Rozie Robinson | 26 | Canterbury | 14:31.35 |
| 2. | Kate Newitt | 26 | Canterbury | 14:44.57 |

3000m Walk Open Men

| | | | | |
|----|---------------|----|------------|----------|
| 1. | Jonathon Lord | 20 | Canterbury | 13:01.48 |
| 2. | Mike Parker | 63 | Auckland | 14:15.37 |
| 3. | Mike Morresey | 46 | Taranaki | 15:06.84 |

3000m Walk U20 Women

| | | | | |
|----|---------------|----|------------|----------|
| 1. | Laura Langley | 19 | Hawkes Bay | 14:14.75 |
|----|---------------|----|------------|----------|

3000m Walk U18 Women

| | | | | |
|----|--------------------|----|------------|----------|
| 1. | Jenna-Rae McIntyre | 16 | Canterbury | 19:00.08 |
|----|--------------------|----|------------|----------|

3000m Walk U18 Men

| | | | | |
|----|-----------------|----|----------|----------|
| 1. | Jamie Shaw | 18 | Tasman | 13:04.44 |
| | Michael McElwee | 18 | Auckland | DQ |

20km Walk Open Women

| | | | | |
|----|----------------|----|------------|---------|
| 1. | Kate Newitt | 26 | Canterbury | 1:54:18 |
| 2. | Danielle Walsh | 20 | Auckland | 2:01:44 |

20km Walk Open Men

| | | | | |
|----|---------------|----|------------|---------|
| 1. | Jonathon Lord | 20 | Canterbury | 1:45:32 |
|----|---------------|----|------------|---------|

| | | | | |
|----|---------------|----|----------|---------|
| 2. | Mike Parker | 63 | Auckland | 1:51:04 |
| 3. | Mike Morresey | 46 | Taranaki | 1:58:19 |

10km Walk U20 Men

| | | | | |
|----|------------|----|--------|-------|
| 1. | Jamie Shaw | 18 | Tasman | 47:41 |
|----|------------|----|--------|-------|

CHINESE NATIONAL RACEWALKING GRAND PRIX, HUANGSHAN, CHINA, SUNDAY 6 MARCH

The Chinese Olympic and World Junior racewalk trials were held last weekend in Huangshan as part of the annual Chinese National Race Walking Grand Prix. Saturday saw the Women's U20 10km and U18 5km at 9AM, followed by the Men's U20 and U18 10km at 10AM and finally the Open Men's 20km at 2:30PM (with 100 entrants). Sunday saw the men's 50km (75 entrants) and an inaugural women's 50km (16 entrants), along with a 30km U20, followed by the women's 20km (56 entrants). The strong Italian based squad, under Sandro Damilano, had returned to China for the trial and dominated as expected. A 1km circuit was used for the shorter events and a 2km course was used for the 30km and 50km events.

Excellent race reports by Vincent Wu for the IAAF - <http://www.iaaf.org/news/report/china-race-walk-olympic-trial-2016>.

Open Men 20 km walk, 5 March (93 starters, 3 DQ, 18 DNF)

In the men's 20km race staged on Saturday, world silver medallist **Wang Zhen** took the lead after 12km and never looked back, clocking 1:19:12 to wrap up the victory in style. Olympic champion **Chen Ding** finished 20 seconds adrift in second place. **Cai Zelin**, the fourth-place finisher at the 2012 Olympics, came home third in 1:19:48. It meant that China's three 20km representatives at the last Olympics filled the top three places in this year's trial race. **Wang Kaihua** finished fourth in 1:19:51 while **Li Tianlei** was a remote fifth in 1:21:39. Chen couldn't help shedding tears after the race. In 2012 Chen became the first male Chinese race walker to win Olympic gold but finished only ninth in Beijing last August and later suffered injuries in the winter training session.

"My performance today is just OK," said Wang. "I just followed my strategy and burst out in the last seven or eight kilometres. I failed to win the gold medal in Beijing. I think that means I am still not good enough," added the Asian record-holder. "It would be the second time for me to compete at the Olympic Games, and might also be the last time. I would certainly try my best in Rio. To be honest, I was under huge pressure," said the 23-year-old. "I have been through ups and downs over the past four years. It's not easy." Like Chen, 24-year-old Cai has also been hampered by a recent injury. He injured his left shoulder one month ago and has since struggled to train properly. "It was the most important race in my career and the most difficult one. I want to compete at the Olympics and so do the others. I am very happy that I never gave up and kept pushing myself during the race."

"I am happy because the final time 1:19:12 is a good time since the weather is not very good," said Sandro Damilano, coach of Wang and Cai. "There is a lot of humidity. In fact, I am more satisfied with Cai because the third place adds more possibility for him to be selected for Rio. Wang Zhen has the possibility to win the gold medal in Rio," he added. "But in my mind he still needs to improve his technique a little bit. In Beijing he received two cards, so he still needs to work on it."

| | | | | |
|-----|----------------|-----|-----------|---------|
| 1. | Wang Zhen | CHN | 24-Aug-91 | 1:19:12 |
| 2. | Chen Ding | CHN | 05-Aug-92 | 1:19:32 |
| 3. | Cai Zelin | CHN | 11-Apr-91 | 1:19:48 |
| 4. | Wang Kaihua | CHN | 16-Feb-94 | 1:19:51 |
| 5. | Li Tianlei | CHN | 13-Jan-95 | 1:21:39 |
| 6. | Yin Jiaying | CHN | 16-Mar-94 | 1:23:05 |
| 7. | Wei Xubao | CHN | 01-Feb-93 | 1:23:20 |
| 8. | Sun Song | CHN | 15-Dec-96 | 1:23:31 |
| 9. | Zhang Rongjin | CHN | 24-Apr-96 | 1:23:32 |
| 10. | Wang Rui | CHN | 06-Jan-96 | 1:23:58 |
| 11. | Sun Chenggang | CHN | 11-Mar-91 | 1:24:40 |
| 12. | Yan Dexiang | CHN | 18-Jun-93 | 1:24:42 |
| 13. | Zhong Heng | CHN | 07-Nov-95 | 1:25:03 |
| 14. | Ceng Qingsheng | CHN | 03-Apr-95 | 1:25:04 |
| 15. | Li Jichao | CHN | 10-May-96 | 1:25:22 |
| 16. | Bian Tongda | CHN | 01-Apr-91 | 1:25:36 |
| 17. | Dong Guozhu | CHN | 02-Aug-92 | 1:25:41 |
| 18. | Yang Liang | CHN | 25-Apr-93 | 1:25:50 |
| 19. | Zhang Zhi | CHN | 22-Jul-94 | 1:25:50 |
| 20. | Geng Yudong | CHN | 13-Jun-94 | 1:26:20 |
| 21. | Yao Biao | CHN | 15-Apr-96 | 1:26:28 |
| 22. | Cha Jinhong | CHN | 27-May-97 | 1:26:29 |
| 23. | Li Shuai | CHN | 06-Jan-95 | 1:26:33 |
| 24. | Leng Xiao | CHN | 26-Jan-96 | 1:26:52 |
| 25. | Zeng Qingcun | CHN | 03-Apr-95 | 1:26:58 |
| 26. | Luo Jiayu | CHN | 03-Apr-98 | 1:27:19 |
| 27. | Wang Yingqi | CHN | 01-Nov-93 | 1:27:24 |
| 28. | Cao Wenlong | CHN | 04-Mar-98 | 1:27:33 |
| 29. | Wang Yan | CHN | 06-Oct-96 | 1:27:46 |
| 30. | Chen Rui | CHN | 11-Aug-96 | 1:27:49 |
| 31. | Yan Luqiang | CHN | | 1:27:51 |

| | | | | |
|-----|---------------|-----|-----------|---------|
| 32. | Li Shijia | CHN | 14-Jan-92 | 1:27:52 |
| 33. | Zheng Ke | CHN | 10-Jan-98 | 1:27:57 |
| 34. | Wang Libo | CHN | 09-Feb-97 | 1:27:58 |
| 35. | Gao Yingchao | CHN | 18-Jan-98 | 1:28:05 |
| 36. | Ma Haijun | CHN | 24-Nov-92 | 1:28:10 |
| 37. | Wanma Caidan | CHN | 05-Jan-96 | 1:28:32 |
| 38. | Ma Youshan | CHN | 21-Sep-95 | 1:28:38 |
| 39. | Men Fuqiang | CHN | 22-Jun-92 | 1:28:44 |
| 40. | Bai Xuejin | CHN | 06-Jun-87 | 1:29:02 |
| 41. | Meng Zhongkai | CHN | 15-Dec-97 | 1:29:22 |
| 42. | Xie Sichao | CHN | 28-Feb-93 | 1:29:28 |
| 43. | Liu Qingdong | CHN | 09-Dec-97 | 1:29:50 |
| 44. | Yang Hu | CHN | 10-Sep-96 | 1:30:00 |
| 45. | Tong Anqi | CHN | 29-Sep-92 | 1:30:24 |
| 46. | Bai Junyang | CHN | 23-Dec-95 | 1:30:28 |
| 47. | Liu Wenxing | CHN | 05-Dec-96 | 1:30:34 |
| 48. | Wang Chao | CHN | 02-May-96 | 1:30:55 |
| 49. | Gong Fanglong | CHN | 12-Jul-98 | 1:31:23 |
| 50. | Wang Gang | CHN | 02-Apr-91 | 1:31:52 |

Open Women 20 km walk, 6 March (55 starters, 6 DQ, 12 DNF)

World record-holder **Liu Hong** registered her third-fastest time on Sunday to win the women's 20km which started at 2:30PM on Saturday, the same time the event is scheduled at the Olympics. With the temperature soaring up to 25C, the 28-year-old Liu pulled ahead after 5km and kept extending her advantage before hitting the line with a world-leading time of 1:25:56. "I did not think too much about the time before the race, but after 3km I found myself in very good shape, so I just sped up to take the sole lead," said the world champion. "Later my coach asked me to try to break the 1:26 barrier so I just started to walk even faster in the final kilometres."

Hailing from the city of Huangshan in China's Anhui Province, where the competition was held, local race walker **Lu Xiuzhi** finished second in 1:28:07. "Competing in my home town brought no extra pressure on me," said the world silver medallist. "But it just was not my day. I tried to follow Liu when she walked out, but soon I found it was too difficult to keep up."

Olympic bronze medallist **Qieyang Shenjie** was neck-and-neck with Lu for most of the race, but she failed to keep up on the final 1km lap and was later surpassed by dark horse **Yang Jiayu**. Lagging four seconds behind Yang, Qieyang finished fourth in 1:28:16 and burst into tears after crossing the line. Having turned 20 just last month, Yang – the silver medallist in the junior 10km at the 2014 World Race Walking Cup – cut more than eight minutes from her personal best in what was her first 20km race at the senior level. **Nie Jingjing**, who finished 17th at the World Championships last summer, came home fifth in 1:31:26.

According to the qualification rules set by the Chinese Athletics Association, the top five finishers in each event will be added to a primary selection list. Both the athletes' form and previous performances in major international competitions will be taken into consideration when the CAA selects the final squad. But only in rare occasions will the top three from the trial be replaced by the others from the primary list.

| | | | | |
|-----|-----------------|-----|-----------|---------|
| 1. | Liu Hong | CHN | 12-May-87 | 1:25:56 |
| 2. | Lu Xiuzhi | CHN | 26-Oct-93 | 1:28:07 |
| 3. | Yang Jiayu | CHN | 18-Feb-96 | 1:28:12 |
| 4. | Qieyang Shenjie | CHN | 11-Nov-90 | 1:28:16 |
| 5. | Nie Jingjing | CHN | 01-Mar-88 | 1:31:26 |
| 6. | Ni Yuanyuan | CHN | 06-Apr-95 | 1:31:39 |
| 7. | Ji Yefang | CHN | 04-Mar-96 | 1:32:02 |
| 8. | Xie Lijuan | CHN | 14-May-93 | 1:33:04 |
| 9. | Wang Yingliu | CHN | 01-Mar-92 | 1:33:08 |
| 10. | Li Ping | CHN | 07-Jan-94 | 1:33:41 |
| 11. | Hou Yongbo | CHN | 15-Sep-94 | 1:34:56 |
| 12. | La Mao | CHN | 17-Dec-96 | 1:35:12 |
| 13. | Wang Yalan | CHN | 19-Feb-93 | 1:35:25 |
| 14. | Zhao Huimin | CHN | 12-Oct-93 | 1:35:30 |
| 15. | Yang Peili | CHN | 07-Aug-94 | 1:35:50 |
| 16. | Zhao Qianyuan | CHN | 11-Mar-95 | 1:36:12 |
| 17. | Mao Yanxue | CHN | 15-Feb-94 | 1:36:54 |
| 18. | Zhao Wenli | CHN | 11-Dec-96 | 1:37:01 |
| 19. | Yang Lei | CHN | 29-Nov-95 | 1:37:47 |
| 20. | Zhang Xuhong | CHN | 02-Jan-94 | 1:38:01 |
| 21. | Li Maocuo | CHN | 20-Oct-92 | 1:38:01 |
| 22. | Sun Huanhuan | CHN | 15-Mar-90 | 1:38:02 |
| 23. | Wang Zhenzhen | CHN | 03-Feb-95 | 1:38:41 |
| 24. | Jiang Pengqin | CHN | 05-Sep-95 | 1:39:01 |
| 25. | Zhou Yumei | CHN | 11-Nov-94 | 1:40:26 |
| 26. | Mao Yanqiu | CHN | 07-Oct-96 | 1:41:31 |
| 27. | Duan Dandan | CHN | 23-May-95 | 1:42:40 |
| 28. | Chi Meijiao | CHN | 28-Jun-96 | 1:44:06 |

| | | | | |
|-----|--------------|-----|-----------|---------|
| 29. | Li Qiuye | CHN | 02-Dec-93 | 1:44:27 |
| 30. | Dong Genmiao | CHN | 16-Jul-94 | 1:44:41 |
| 31. | Li Leilei | CHN | 18-Aug-89 | 1:45:17 |
| 32. | La Mao | CHN | 17-Dec-96 | 1:48:20 |
| 33. | Chen Chen | CHN | 25-Aug-95 | 1:48:44 |
| 34. | Zhu Kunyu | CHN | 14-May-96 | 1:48:54 |
| 35. | Yang Fuyao | CHN | 06-Dec-96 | 1:49:06 |
| 36. | Zhao Fenyan | CHN | 21-Jul-96 | 1:49:12 |
| 37. | He Xiaoxue | CHN | 11-Sep-95 | 1:49:42 |

50 km walk Men, 6 March (53 starters, 8 DQ, 16 DNF)

In the men's 50km, 25-year-old **Wang Zhendong** improved his PB to a world-leading 3:41:02 to win a high-quality race. But the big surprise came from veteran **Han Yucheng**. The 37-year-old, who competed at the 2004 Olympics and came out of retirement last year, finished second in 3:42:43, the fourth-fastest time of his career. **Yu Wei**, who finished seventh at the World Championships, took third place with a PB of 3:42:54. **Zhang Hang** and **Liu Jian** also set PBs in fourth and fifth respectively with times of 3:43:31 and 3:47:51.

| | | | | |
|-----|----------------|-----|-----------|---------|
| 1. | Wang Zhendong | CHN | 11-Jan-91 | 3:41:02 |
| 2. | Han Yucheng | CHN | 16-Dec-78 | 3:42:43 |
| 3. | Yu Wei | CHN | 11-Sep-87 | 3:42:54 |
| 4. | Zhang Hang | CHN | 28-Oct-91 | 3:43:31 |
| 5. | Liu Jian | CHN | 19-May-95 | 3:47:51 |
| 6. | Xu Faguang | CHN | 17-May-87 | 3:48:07 |
| 7. | Zhang Lin | CHN | 11-Nov-93 | 3:48:23 |
| 8. | Niu Wenbin | CHN | 20-Jan-91 | 3:48:32 |
| 9. | Wang Qin | CHN | 08-May-94 | 3:50:16 |
| 10. | Wu Qianlong | CHN | 30-Jan-90 | 3:57:02 |
| 11. | Cheng Min | CHN | 06-Jul-91 | 3:58:38 |
| 12. | Geng Yudong | CHN | 13-Jun-94 | 4:00:50 |
| 13. | Fang Hongzhen | CHN | 06-Mar-96 | 4:02:01 |
| 14. | Li Tengliang | CHN | 23-May-94 | 4:03:01 |
| 15. | Wang Hao | CHN | 16-Aug-89 | 4:03:47 |
| 16. | Jiang Su | CHN | 08-Apr-95 | 4:04:19 |
| 17. | Zhao Qingwei | CHN | 16-Apr-95 | 4:08:01 |
| 18. | Zhou Shipeng | CHN | 09-Feb-96 | 4:11:35 |
| 19. | Zhao Qi | CHN | 14-Jan-93 | 4:13:47 |
| 20. | Li Guodong | CHN | 17-Dec-92 | 4:15:24 |
| 21. | He Yongqiang | CHN | 27-Nov-93 | 4:15:53 |
| 22. | Shan Rongjiang | CHN | 26-Oct-96 | 4:16:34 |
| 23. | Zhang Haixin | CHN | 21-Feb-96 | 4:17:55 |
| 24. | Li Chengfa | CHN | 02-Mar-92 | 4:20:13 |
| 25. | Li Tianxiang | CHN | 02-Jan-96 | 4:20:40 |
| 26. | Lu Hongyue | CHN | 23-Nov-94 | 4:22:17 |
| 27. | Xiong Denghua | CHN | 29-May-95 | 4:24:03 |
| 28. | Huang Jian | CHN | 24-Jun-94 | 4:28:41 |
| 29. | Wang Jiexin | CHN | 20-Nov-96 | 4:31:18 |

50 km walk Women, 6 March

The Chinese included an inaugural women's 50km event, the first time such an event has been held in China. This is exciting stuff and indicates that, now that the IAAF has officially recognized this event, countries are going to start scheduling it. Zhou Kang's winning time of 4:34:01 is presumably a new National Record.

| | | | | |
|----|-----------|-----|-----------|---------|
| 1. | Zhou Kang | CHN | 24-Dec-89 | 4:34:01 |
| 2. | Wang Dan | CHN | 11-Jan-95 | 4:38:56 |
| 3. | Ma Lingyu | CHN | 06-Jan-95 | 4:48:12 |
| | Han Xue | CHN | 09-Oct-95 | DNF |

And now onto the U20 and U18 results. I could talk for ages about the standard and depth and numbers but I will leave you to look with amazement yourself. China remains the number one walking nation in the world, for obvious reasons!

U20 Men 10 km walk, 5 March (62 starters, 13 DQ, 3 DNF)

| | | | | |
|----|-------------|-----|-----------|-------|
| 1. | Zhang Jun | CHN | 20-Jul-98 | 40:10 |
| 2. | Hu Linfeng | CHN | 01-Feb-98 | 40:44 |
| 3. | Zhu Guowen | CHN | 20-Aug-97 | 40:45 |
| 4. | Wei Xinmeng | CHN | 05-Jun-97 | 40:56 |
| 5. | Bai Liga | CHN | 21-Jan-98 | 41:01 |
| 6. | Bai Jiawei | CHN | 25-Jun-97 | 41:41 |
| 7. | Tang Yifan | CHN | 19-Dec-97 | 42:23 |

| | | | | |
|-----|----------------|-----|-----------|-------|
| 8. | Peng Shiyi | CHN | 16-Sep-98 | 42:36 |
| 9. | Peng Chen | CHN | 08-Jul-97 | 42:42 |
| 10. | Cao Sen | CHN | 24-Feb-98 | 42:55 |
| 11. | Li Yandong | CHN | 02-Feb-98 | 42:58 |
| 12. | Yu Dian | CHN | 07-Mar-98 | 43:20 |
| 13. | Wang Da | CHN | 18-Mar-97 | 43:24 |
| 14. | Zhou Hongrui | CHN | 25-May-97 | 43:32 |
| 15. | You Tao | CHN | 19-Jul-97 | 43:34 |
| 16. | Yang Kai | CHN | 24-Jun-98 | 43:36 |
| 17. | Fang Yinxin | CHN | 08-Mar-97 | 43:38 |
| 18. | Li Jihuan | CHN | 24-Feb-98 | 43:40 |
| 19. | Huan Haofeng | CHN | 18-Apr-98 | 43:46 |
| 20. | Ren Liangliang | CHN | 06-Dec-97 | 43:53 |
| 21. | Liu Zhenjiang | CHN | 28-Oct-97 | 43:54 |
| 22. | Liu Shun | CHN | 01-Oct-98 | 44:01 |
| 23. | Tian Huijie | CHN | 09-May-98 | 44:01 |
| 24. | Pei Pengfei | CHN | 28-May-98 | 44:03 |
| 25. | Guo Shuqi | CHN | 26-Aug-98 | 44:10 |
| 26. | Ma Chaolong | CHN | 12-Jan-97 | 44:12 |
| 27. | Zhao Jianguo | CHN | 01-Jan-97 | 44:19 |
| 28. | Zhang Mingkai | CHN | 30-Sep-98 | 44:20 |
| 29. | Ye Ting | CHN | | 44:21 |
| 30. | Ma Zhentao | CHN | 10-Nov-97 | 44:23 |
| 31. | Jiang Tao | CHN | 29-Jan-97 | 44:27 |
| 32. | Hou Xuejing | CHN | 17-Jul-97 | 44:42 |
| 33. | Zhao Saichao | CHN | 25-Jun-97 | 45:14 |
| 34. | Ma Wenhua | CHN | 15-Jul-98 | 45:20 |
| 35. | Yu Yongcai | CHN | 23-May-98 | 45:21 |
| 36. | Liu Xinlei | CHN | 18-Jan-97 | 45:33 |
| 37. | Zhang Jiayu | CHN | 28-Sep-97 | 46:04 |
| 38. | Wei Haohong | CHN | 20-Jan-98 | 46:06 |
| 39. | Feng Jun | CHN | 21-Oct-98 | 46:16 |
| 40. | Li Yang | CHN | 06-Jun-97 | 46:19 |
| 41. | Bi Jianzhong | CHN | 27-Nov-97 | 46:30 |
| 42. | Xie Tianqi | CHN | | 46:37 |
| 43. | Yang Tianjun | CHN | 28-Jan-97 | 46:42 |
| 44. | Wu Peng | CHN | 23-Dec-98 | 47:00 |
| 45. | Liu Fulu | CHN | 25-Feb-97 | 47:14 |
| 46. | Ju Yanshuang | CHN | 31-Dec-97 | 52:40 |

U20 Men 30 km walk, 6 March (65 starters, 11 DQ, 11 DNF)

| | | | | |
|-----|----------------|-----|-----------|---------|
| 1. | Jin Xiangqian | CHN | 18-Mar-97 | 2:12:05 |
| 2. | Mu Linjie | CHN | 15-Mar-97 | 2:15:19 |
| 3. | Niu Wenchao | CHN | 20-Apr-98 | 2:16:08 |
| 4. | Peng Chen | CHN | 08-Jul-97 | 2:16:10 |
| 5. | Wu Bing | CHN | 08-Jul-98 | 2:17:28 |
| 6. | Li Chenchen | CHN | 07-Dec-97 | 2:17:49 |
| 7. | You Tao | CHN | 19-Jul-97 | 2:18:06 |
| 8. | Gong Fanglong | CHN | 12-Jul-98 | 2:18:17 |
| 9. | Yuan Zisheng | CHN | 16-Dec-97 | 2:19:04 |
| 10. | Huan Haofeng | CHN | 18-Apr-98 | 2:19:55 |
| 11. | Zhang Mingkai | CHN | 30-Sep-98 | 2:19:59 |
| 12. | Peng Shiyi | CHN | 16-Sep-98 | 2:20:02 |
| 13. | Fang Yinxin | CHN | 08-Mar-97 | 2:20:29 |
| 14. | Tong Dongliang | CHN | 03-Apr-97 | 2:20:44 |
| 15. | Luo Jiayu | CHN | 03-Apr-98 | 2:20:51 |
| 16. | Zhao Jianguo | CHN | 01-Jan-97 | 2:20:55 |
| 17. | Meng Zhongkai | CHN | 15-Dec-97 | 2:21:08 |
| 18. | Wei Xinmeng | CHN | 05-Jun-97 | 2:21:43 |
| 19. | Wang Sufu | CHN | 12-Dec-97 | 2:22:52 |
| 20. | Yang Kai | CHN | 24-Jun-98 | 2:23:21 |
| 21. | Han Chenchen | CHN | 09-Mar-97 | 2:23:22 |
| 22. | Hou Xuejing | CHN | 17-Jul-97 | 2:23:36 |
| 23. | Pei Pengfei | CHN | 28-May-98 | 2:23:47 |
| 24. | Ju Yanshuang | CHN | 31-Dec-97 | 2:24:03 |
| 25. | Liu Shun | CHN | 01-Oct-98 | 2:24:37 |
| 26. | Yu Yongcai | CHN | 23-May-98 | 2:25:39 |
| 27. | Jiang Tao | CHN | 29-Jan-97 | 2:26:35 |

| | | | | |
|-----|---------------|-----|-----------|---------|
| 28. | Liu Fulu | CHN | 25-Feb-97 | 2:26:50 |
| 29. | Li Shixi | CHN | 08-Mar-98 | 2:26:50 |
| 30. | Hai Rihan | CHN | 05-Mar-97 | 2:28:37 |
| 31. | Tang Yifan | CHN | 19-Dec-97 | 2:31:06 |
| 32. | Liu Zhenjiang | CHN | 28-Oct-97 | 2:32:05 |
| 33. | Zhao Saichao | CHN | 25-Jun-97 | 2:32:24 |
| 34. | Liu Qingdong | CHN | 09-Dec-97 | 2:33:01 |
| 35. | Cao Sen | CHN | 24-Feb-98 | 2:33:27 |
| 36. | Wang Guangyu | CHN | 27-May-97 | 2:33:50 |
| 37. | Ma Zhentao | CHN | 10-Nov-97 | 2:34:33 |
| 38. | Tian Huijie | CHN | 09-May-98 | 2:36:22 |
| 39. | Wang Da | CHN | 18-Mar-97 | 2:36:28 |
| 40. | Zhang Jiayu | CHN | 28-Sep-97 | 2:36:46 |
| 41. | Wu Peng | CHN | 23-Dec-98 | 2:36:57 |
| 42. | Hu Linfeng | CHN | 01-Feb-98 | 2:38:55 |
| 43. | Ye Ting | CHN | 06-Oct-98 | 2:38:57 |

Open Women 10 km walk, 5 March (41 starters, 1 DQ)

| | | | | |
|-----|----------------|-----|-----------|-------|
| 1. | Ma Zhenxia | CHN | 01-Aug-98 | 44:29 |
| 2. | Zhang Lifang | CHN | 06-Dec-97 | 44:30 |
| 3. | Ma Li | CHN | 99 | 44:41 |
| 4. | Yang Liujing | CHN | 22-Aug-98 | 44:49 |
| 5. | Cun Hailu | CHN | 15-Aug-97 | 44:50 |
| 6. | Xiao Han | CHN | | 45:24 |
| 7. | Yin Hang | CHN | 07-Feb-97 | 45:51 |
| 8. | Jiang Shanshan | CHN | 28-Feb-97 | 46:18 |
| 9. | Xue Ke | CHN | 14-Mar-98 | 46:26 |
| 10. | Ma Yiming | CHN | 10-Sep-97 | 46:41 |
| 11. | Ge Sangzhuoma | CHN | 16-Jul-98 | 46:51 |
| 12. | Xiao Xianghua | CHN | 19-Feb-97 | 47:01 |
| 13. | Zuo Yaya | CHN | 28-Mar-98 | 47:13 |
| 14. | Cao Cailing | CHN | 18-Mar-98 | 47:41 |
| 15. | Han Tingcai | CHN | 09-Apr-97 | 48:34 |
| 16. | Zhang Yan | CHN | 03-Jan-97 | 48:41 |
| 17. | Chang Xiangkun | CHN | 06-Jun-98 | 48:49 |
| 18. | Huang Xinhui | CHN | 01-Jan-97 | 48:50 |
| 19. | Wang Jing | CHN | 15-Aug-98 | 49:48 |
| 20. | Feng Hongjuan | CHN | 17-Mar-98 | 49:49 |
| 21. | Wang Qiong | CHN | 01-Jan-98 | 49:56 |
| 22. | Zhong Yuxian | CHN | 10-Jan-97 | 50:02 |
| 23. | Lei Fei | CHN | 08-Aug-97 | 50:15 |
| 24. | Wang Xiaohui | CHN | 16-Aug-97 | 50:34 |
| 25. | Lin Jing | CHN | 14-May-98 | 50:39 |
| 26. | Yang Mingya | CHN | 05-Feb-98 | 50:46 |
| 27. | Han Xuexue | CHN | 12-Nov-98 | 50:52 |
| 28. | Bai Tiantian | CHN | 14-Aug-98 | 50:55 |

U18 Men 10 km walk, 5 March (26 starters, 6 DQ, 2 DNF)

| | | | | |
|-----|----------------|-----|-----------|-------|
| 1. | Lu Ning | CHN | 12-Feb-99 | 41:47 |
| 2. | Cui Lihong | CHN | 13-May-99 | 42:00 |
| 3. | Zhou Xiaojun | CHN | 09-Sep-99 | 42:01 |
| 4. | Ruan Zhiguo | CHN | 08-Aug-99 | 42:53 |
| 5. | Zhang Yao | CHN | 11-Jan-00 | 43:03 |
| 6. | Li Xiaobin | CHN | 10-Oct-99 | 43:11 |
| 7. | Wang Zhiming | CHN | 24-Feb-99 | 43:53 |
| 8. | Qiao Fuqiang | CHN | 18-Jun-99 | 44:02 |
| 9. | Liu Fucheng | CHN | 07-Mar-99 | 44:05 |
| 10. | Song Huazhang | CHN | 13-Feb-99 | 44:31 |
| 11. | Han Yong | CHN | 13-Jun-99 | 44:33 |
| 12. | Liu Zedong | CHN | | 44:40 |
| 13. | Zhang Honggang | CHN | 16-Jan-99 | 45:10 |
| 14. | Zhu Chendong | CHN | 16-Sep-99 | 45:16 |
| 15. | Liu Hongtu | CHN | | 45:31 |
| 16. | Wang Sen | CHN | 11-Jan-99 | 46:16 |
| 17. | Guo Kuizhijia | CHN | 20-Nov-99 | 46:18 |
| 18. | Wang Zhendong | CHN | 07-Sep-99 | 46:39 |

U18 Women 5 km walk, 5 March

| | | | | |
|-----|--------------|-----|-----------|-------|
| 1. | Yang Weiwei | CHN | 03-Aug-99 | 22:56 |
| 2. | Li Jie | CHN | 23-Sep-97 | 23:12 |
| 3. | Hu Lanlan | CHN | 03-Jan-99 | 23:13 |
| 4. | Zhang Yidan | CHN | 24-Dec-99 | 23:19 |
| 5. | Yan Peirong | CHN | 26-Sep-99 | 23:21 |
| 6. | Zhong Yuan | CHN | 25-May-99 | 23:34 |
| 7. | Liao Wenqing | CHN | 09-Jan-99 | 23:45 |
| 8. | Bei Xingru | CHN | 10-Apr-99 | 24:26 |
| 9. | Li Yufeng | CHN | 30-Jan-00 | 24:30 |
| 10. | Guo Yijing | CHN | 18-Nov-99 | 24:34 |
| 11. | Guo Yizhuo | CHN | 18-Nov-99 | 24:36 |
| 12. | Chen Jiixin | CHN | 17-Jun-99 | 24:48 |
| 13. | Huang Jialu | CHN | 01-Sep-99 | 24:59 |



Start of men's 20km in Huangshan



Ding Chen wins the men's 20km

UKRAINIAN NATIONAL WINTER WALK CHAMPIONSHIPS, IVANO-FRANKIVSK, UKRAINE, 5-6 MARCH

The Ukrainian National Winter Walk Championships in Ivano-Frankivsk was also a huge two day affair with over 60 walkers in action. **Ruslan Dmytrenko** (20km men 1:21:31), **Ihor Hlavan** (35km men 2:32:49) and **Nadiya Borovska** (1:31:34) won the Open events. U23 and U20 championships are also shown. A very impressive set of results from one of the top walking nations.

Open Men 20 km walk, 5 March

| | | | | |
|-----|-----------------------|-----|-----------|---------|
| 1. | Ruslan Dmytrenko | UKR | 22-Mar-86 | 1:21:31 |
| 2. | Nazar Kovalenko | UKR | 09-Feb-89 | 1:23:17 |
| 3. | Ivan Losev | UKR | 26-Jan-86 | 1:23:32 |
| 4. | Andriy Kovenko | UKR | 25-Nov-73 | 1:23:45 |
| 5. | Andriy Hrechkovskyy | UKR | 30-Aug-93 | 1:24:15 |
| 6. | Kostyantyn Puzanov | UKR | 19-May-91 | 1:24:45 |
| 7. | Oleksandr Venhlovskyy | UKR | 05-Aug-85 | 1:26:33 |
| 8. | Serhiy Susyk | UKR | 29-Sep-88 | 1:27:00 |
| 9. | Oleksandr Romanenko | UKR | 26-Jun-81 | 1:29:16 |
| 10. | Oleksiy Bilorus | UKR | 11-Sep-92 | 1:29:58 |
| | Kyrylo Andrushchenko | UKR | 30-Jan-93 | DNF |

Open Men 35 km walk, 6 March

| | | | | |
|----|-----------------------|-----|-----------|---------|
| 1. | Ihor Hlavan | UKR | 25-Sep-90 | 2:32:49 |
| 2. | Ivan Banzeruk | UKR | 09-Feb-90 | 2:33:13 |
| 3. | Serhiy Budza | UKR | 06-Dec-84 | 2:34:32 |
| 4. | Ihor Saharuk | UKR | 03-Jun-88 | 2:35:25 |
| 5. | Oleksiy Shelest | UKR | 27-Mar-73 | 2:43:09 |
| 6. | Volodymyr Hontsovskyy | UKR | 23-Aug-91 | 2:45:11 |
| 7. | Ozgur Ozan Pamuk | TUR | 18-Mar-93 | 2:59:59 |
| | Oleksiy Kazanin | UKR | 22-May-82 | DNF |

Open Women 20 km walk, 6 March

| | | | | |
|----|----------------------|-----|-----------|---------|
| 1. | Nadiya Borovska | UKR | 25-Feb-81 | 1:31:34 |
| 2. | Inna Kashyna | UKR | 27-Sep-91 | 1:32:07 |
| 3. | Olena Shumkina | UKR | 24-Jan-88 | 1:35:33 |
| 4. | Halyna Yakovchuk | UKR | 21-Feb-92 | 1:38:01 |
| 5. | Nataliya Kontsevych | UKR | 14-Apr-84 | 1:44:23 |
| 6. | Khrystyna Yudkina | UKR | 04-Dec-84 | 1:48:15 |
| 7. | Nadiya Boyko | UKR | 27-Oct-92 | 1:53:11 |
| 8. | Olha Hrytsak | UKR | 19-Nov-93 | 1:55:46 |
| | Vasylyna Vitovshchuk | UKR | 30-Apr-90 | DQ |
| | Viktoriya Ferents | UKR | 10-Mar-93 | DQ |
| | Heorhina Kondur | UKR | 06-May-91 | DNF |

U23 Men 20 km walk, 5 March

| | | | | |
|----|--------------------|-----|-----------|---------|
| 1. | Serhiy Svitlichnyy | UKR | 13-Jul-94 | 1:26:05 |
| 2. | Dmytro Sobchuk | UKR | 07-Nov-95 | 1:27:14 |
| 3. | Valeriy Litanyuk | UKR | 02-Apr-94 | 1:27:39 |
| 4. | Andriy Razhon | UKR | 16-Aug-96 | 1:31:34 |
| 5. | Anton Radko | UKR | 16-Aug-96 | 1:31:45 |
| 6. | Vitaliy Kostyuk | UKR | 23-Feb-96 | 1:33:04 |
| 7. | Andriy Vodvud | UKR | 28-Jul-96 | 1:35:25 |
| 8. | Oleksandr Andrusyk | UKR | 07-Nov-95 | 1:36:46 |

U23 Men 35 km walk, 6 March

| | | | | |
|----|---------------------|-----|-----------|---------|
| 1. | Maryan Zakolnytskyy | UKR | 19-Aug-94 | 2:34:48 |
|----|---------------------|-----|-----------|---------|

U23 Women 20 km walk, 6 March

| | | | | |
|-----|-----------------------|-----|-----------|---------|
| 1. | Valentyna Myronchuk | UKR | 10-Aug-94 | 1:36:17 |
| 2. | Alina Tsviliy | UKR | 18-Sep-94 | 1:37:01 |
| 3. | Oleksandra Olyanovska | UKR | 12-Mar-94 | 1:41:24 |
| 4. | Mariya Filyuk | UKR | 14-Oct-95 | 1:41:51 |
| 5. | Olena Mizernyuk | UKR | 23-Nov-95 | 1:42:38 |
| 6. | Kseniya Radko | UKR | 18-Aug-94 | 1:43:01 |
| 7. | Tamara Stasyuk | UKR | 14-Dec-95 | 1:45:04 |
| 8. | Rusalina Povoroznyuk | UKR | 11-Mar-95 | 1:46:14 |
| 9. | Iryna Koval | UKR | 30-Apr-96 | 1:49:34 |
| 10. | Ivanna Danylyuk | UKR | 27-Jan-96 | 1:53:01 |
| 11. | Olha Harnyk | UKR | 28-Jul-96 | 1:56:12 |

U20 Men 10 km walk, 5 March

| | | | | |
|----|-------------------|-----|-----------|-------|
| 1. | Eduard Zabuzhenko | UKR | 18-Apr-98 | 44:03 |
| 2. | Oleksandr Zholob | UKR | 14-Aug-97 | 44:29 |
| 3. | Volodymyr Mytsyk | UKR | 28-Jul-97 | 45:03 |
| 4. | Viktor Shumik | UKR | 21-May-98 | 45:19 |

U20 Women 10 km walk, 5 March

| | | | | |
|----|------------------------|-----|-----------|-------|
| 1. | Yuliya Balyk | UKR | 28-Oct-97 | 50:19 |
| 2. | Kristina Povoroznyuk | UKR | 20-Nov-97 | 50:42 |
| 3. | Darya Khusayinova | UKR | 27-Feb-98 | 51:11 |
| 4. | Oksana Kulahina | UKR | 01-Apr-97 | 51:44 |
| 5. | Kseniya Byelova | UKR | 24-Feb-98 | 53:11 |
| 6. | Viktoriya Pchelintseva | UKR | 15-Feb-97 | 53:54 |
| 7. | Diana Danylyuk | UKR | 31-May-98 | 54:40 |

POLISH INDOOR T&F CHAMPIONSHIPS, TORIN, POLAND, 5-6 MARCH

Dawid Tomala 19:36.82 and Paulina Buziak 12:40.31 took out the Polish Indoor walk titles in Torin last weekend.

Men 5000m Race Walk Indoor

| | | | | |
|----|-------------------|-----|----|----------|
| 1. | Dawid TOMALA | POL | 89 | 19:36.82 |
| 2. | Rafal AUGUSTYN | POL | 84 | 19:38.75 |
| 3. | Rafal SIKORA | POL | 87 | 19:55.15 |
| 4. | Rafal FEDACZYNSKI | POL | 80 | 20:18.97 |
| 5. | Jakub JELONEK | POL | 85 | 20:42.68 |
| 6. | Lukasz BIELECKI | POL | 94 | 22:11.69 |

Women 3000m Race Walk Indoor

| | | | | |
|----|--------------------|-----|----|----------|
| 1. | Paulina BUZIAK | POL | 86 | 12:40.31 |
| 2. | Agnieszka SZWARNÓG | POL | 86 | 12:47.23 |
| 3. | Katarzyna GOLBA | POL | 89 | 12:58.76 |
| 4. | Monika KAPERKA | POL | 90 | 13:10.93 |
| 5. | Agnieszka ELLWARD | POL | 89 | 13:13.81 |
| 6. | Ioanna BEMOWSKA | POL | 94 | 13:51.90 |
| 7. | Monika NAWROCKA | POL | 90 | 14:11.78 |
| 8. | Beata HEPPNER | POL | 92 | 14:42.36 |

ITALIAN INDOOR T&F CHAMPIONSHIPS, ANCONA, ITALY, 5-6 MARCH

U23 walker Francesco Fortunato won the men's 5000m walk at the Italian Indoor champs with a fast 19:12.00, ahead of defending champion Leonardo Dei Tos with 19:48.11 and Franco Vona with 21:28.87. The women's 3000m walk was decided by a final sprint between Sibilla Di Vincenzo (13:10.99) and Eleonora Dominici who was unfortunately (for her) disqualified at the finish line. This gifted second place to Ilaria Galli with a PB of 13:38.29 and third place then went to Alessia Zapparoli with 13:40.39.

Men 5000m Race Walk Indoor

| | | | | |
|----|---------------------|-----|----|----------|
| 1. | Francesco FORTUNATO | ITA | 94 | 19:12.00 |
| 2. | Leonardo DEI TOS | ITA | 92 | 19:48.11 |
| 3. | Flavio VONA | ITA | 84 | 21:28.87 |
| | Tommaso ROMAGNOLI | ITA | 91 | DQ |

Women 3000m Race Walk Indoor

| | | | | |
|----|---------------------|-----|----|----------|
| 1. | Sibilla DI VINCENZO | ITA | 83 | 13:10.99 |
| 2. | Ilaria GALLI | ITA | 87 | 13:38.29 |
| 3. | Alessia ZAPPAROLI | ITA | 88 | 13:40.39 |
| 4. | Anthea MIRABELLO | ITA | 99 | 14:07.90 |
| 5. | Angelica MIRABELLO | ITA | 99 | 14:18.77 |
| 6. | Sara VITIELLO | ITA | 96 | 14:45.26 |
| 7. | Lidia BARCELLA | ITA | 97 | 15:11.36 |
| 8. | Gladys MORETTI | ITA | 91 | 15:31.75 |
| | Eleonora DOMINICI | ITA | 96 | DQ |
| | Nicole COLOMBI | ITA | 95 | DQ |

NORWEGIAN INDOOR T&F CHAMPIONSHIPS, BARUM, NORWAY, 5-6 MARCH

The Norwegian Indoor T&F walks were held on Saturday afternoon in Barum, with Fredrik Vang Rotnes (20:24:34) winning the men's 5000m ahead of Joakim Salen with 20:28.04 and Fride Moller Flatin winning the women's 3000m with 15:07.81.

Men 5000m Race Walk Indoor

| | | | | |
|----|-----------------------|-----|----|----------|
| 1. | Fredrik RØTNES | NOR | 96 | 20:24.34 |
| 2. | Joakim SÆLEN | NOR | 93 | 20:28.04 |
| 3. | Remo Karlström | SWE | | 23:00.78 |
| 4. | Arne MARTINSEN | NOR | 75 | 25:10.99 |
| 5. | Syver Andersen MORVIK | NOR | 93 | 28:38.88 |

Women 3000m Race Walk Indoor

| | | | | |
|----|---------------------|-----|----|----------|
| 1. | Fride MØLLER FLATIN | NOR | 97 | 15:07.81 |
| 2. | Ellen N. SJØBLOM | NOR | 99 | 16:02.79 |
| 3. | Josefin GREIFF | NOR | | 16:48.18 |

FINNISH U23-U18 INDOOR T&F CHAMPIONSHIPS, HELSINKI, FINLAND, 5-6 MARCH

The Fins were also in action with their U23, U20 and U18 Indoor T&F Champs. Results as shown below.

Men U23 5000m Race Walk Indoor

| | | | | |
|----|---------------|-----|----|----------|
| 1. | Elmo KOIVUNEN | FIN | 94 | 20:45.27 |
| 2. | Artturi OILA | FIN | 96 | 23:06.65 |

Women U23 3000m Race Walk Indoor

| | | | | |
|----|--------------|-----|----|----------|
| 1. | Tiia KUIKKA | FIN | 94 | 14:19.27 |
| 2. | Sini JUSSILA | FIN | 95 | 14:28.32 |
| 3. | Venla LAIHO | FIN | 95 | 15:22.15 |

Men U20 5000m Race Walk Indoor

| | | | | |
|----|-----------------|-----|----|----------|
| 1. | Rasmus LANG | FIN | 97 | 24:32.79 |
| 2. | Jere NIEMI | FIN | 98 | 24:52.53 |
| 3. | Hugo LEPPÄSYRJÄ | FIN | 97 | 26:29.97 |

Women U20 3000m Race Walk Indoor

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Enni NURMI | FIN | 98 | 13:07.98 |
| 2. | Vera RAUHALA | FIN | 97 | 14:55.83 |
| 3. | Elina HEIKKINEN | FIN | 97 | 15:23.67 |
| 4. | Hanna WESTERLUND | FIN | 97 | 15:40.98 |

Men U18 3000m Race Walk Indoor

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Joni HAVA | FIN | 99 | 13:44.46 |
| 2. | Jaakko MÄÄTTÄNEN | FIN | 99 | 14:17.93 |

Women U18 3000m Race Walk Indoor

| | | | | |
|----|------------------|-----|----|----------|
| 1. | Anniina KIVIMÄKI | FIN | 99 | 15:55.98 |
| 2. | Joanna SAUREN | FIN | 00 | 17:02.10 |
| 3. | Erika WESTERLUND | FIN | 00 | 17:24.06 |

| |
|--|
| PORTUGUESE INDOOR CLUB CHAMPIONSHIPS, POMBAL, PORTUGAL, 5-6 MARCH |
|--|

The top Portuguese Division 1 and Division 2 clubs met last weekend in Pombal for the finals of their competition. The top qualifiers had been Sérgio Vieira (SL Benfica) with 19:43.92 and Vitoria Oliveira (Sporting CP) with 13:11.29 and while Oliveira won the women's 3000m (13:16.73), it was Joao Vieira who won the men's 5000m with 20:09.60 ahead of his twin brother Sérgio.

Men 5000m Race Walk Indoor

| | | | | |
|-----|-------------------|-----|----|----------|
| 1. | Joao VIEIRA | POR | 76 | 20:09.60 |
| 2. | Sérgio VIEIRA | POR | 76 | 20:23.66 |
| 3. | Rui COELHO | POR | 94 | 21:21.76 |
| 4. | António PEREIRA | POR | 75 | 21:50.42 |
| 5. | Hélder DOS SANTOS | POR | 96 | 22:02.15 |
| 6. | Augusto CARDOSO | POR | 70 | 22:02.87 |
| 7. | Xavier SOUSA | POR | 96 | 22:11.81 |
| 8. | Luis PÁSSARO | POR | 94 | 22:18.24 |
| 9. | Pedro SANTOS | POR | 92 | 22:22.72 |
| 10. | Marco AMARAL | POR | 93 | 22:24.76 |
| 11. | Luis GIL | POR | 75 | 22:25.49 |

Women 3000m Race Walk Indoor

| | | | | |
|----|--------------------|-----|----|----------|
| 1. | Vitória OLIVEIRA | POR | 92 | 13:16.73 |
| 2. | Mara RIBEIRO | POR | 95 | 13:39.62 |
| 3. | Sandra SILVA | POR | 75 | 14:14.85 |
| 4. | Nadia CANCELA | POR | 93 | 14:18.42 |
| 5. | Ana Raquel MARQUES | POR | 83 | 14:51.61 |

| |
|---|
| NAIA INDOOR T&F CHAMPIONSHIPS, JOHNSON CITY, TENNESSEE, 3-5 MARCH 2016 |
|---|

The 51st annual men's and 35th annual women's National Association of Intercollegiate Athletics (NAIA) Indoor Track and Field National Championships were held last weekend in Johnson City, Tennessee.

Women 3000m Race Walk

| | | | |
|-----|------------------------|-----------------------|----------|
| 1. | Lopez, Jenny | SO St. Ambrose | 14:47.45 |
| 2. | Hunt, Kayla | SR Cornerstone | 15:19.69 |
| 3. | Dunn, Abby | SR Goshen | 15:19.75 |
| 4. | Court-Menendez, Nicole | SR Dakota Wesleyan | 15:28.03 |
| 5. | McCollum, Brenda | SO Baker | 15:30.91 |
| 6. | Worsham, Niki | JR Rio Grande | 15:42.96 |
| 7. | Delgado, Cassandra | FR St. Ambrose | 15:43.08 |
| 8. | Brogan, Bailey | JR Cornerstone | 15:52.37 |
| 9. | Manlan, Melissa | SR Cornerstone | 16:08.15 |
| 10. | Gray, Kayla | JR Goshen | 16:26.66 |
| 11. | Stidham, Taylor | FR Cornerstone | 16:48.09 |
| 12. | Pickert, Meredith | JR Benedictine (Kan.) | 17:15.92 |
| 13. | Apollo, Caitlin | SO Baker | 17:27.76 |
| 14. | Randle, Cheyenne | JR Central Methodist | 17:36.84 |

| | | | |
|-----|------------------------------------|--------------------------------------|----------------|
| 15. | Lenard, Keara Langmeyer, Jessie | JR Kansas Wesleyan FR Cornerstone | 17:47.15 DQ |
|-----|------------------------------------|--------------------------------------|----------------|

Men 3000m Walk

| | | | |
|----|-----------------------------------|-------------------------------|----------------|
| 1. | Peters, Anthony | SO St. Ambrose | 12:18.59 |
| 2. | Hutcherson, Doug | JR Central Methodist | 14:08.30 |
| 3. | Graham, Bernard | SR Lindsey Wilson | 14:38.02 |
| 4. | Biddle, Sawyer | JR Goshen | 15:15.19 |
| 5. | Withrow, Isaac | SR Cornerstone | 15:15.50 |
| 6. | Elmi, Sam | FR Cornerstone | 15:16.74 |
| 7. | Baird, Will Vanderwall, Nathan | SR Hastings SR Cornerstone | 15:18.24 DQ |

IAAF CHALLENGE SERIES WALK, CIUCAD JUAREZ, CHIHUAHUA, MEXICO, SUNDAY 6 MARCH

After hosting this leg of the IAAF Race Walking Challenge in Chihuahua annually since 2007, the race moved to Ciudad Juarez, also in the state of Chihuahua, for the 2016 edition and it was a great success, with a record 181 walkers from 20 countries representing all continents. All races were held over a two-kilometre loop course on Paseo Triunfo de la Republica and there was plenty of money on offer, with the top eight in the 20km and 50km races taking a piece of the US\$50,000 prize money, including US\$5000 for the winners.

My race reports are taken from Javier Clavelo Robinson's IAAF report – see <http://www.iaaf.org/news/report/race-walking-challenge-2016-ciudad-juarez-cho>. Good article also on Lebogang Shange's third place performance in the men's 20km event - see <http://www.supersport.com/athletics/article.aspx?Id=3430444>.

20km Men

A regular competitor in the challenge, 50km specialist Horació Nava finally savoured the taste of victory over 20km in his home state of Chihuahua. The Olympian of two Games led a 1-2 for Mexico as he crossed the finish line in 1:23:32, 23 seconds ahead of 22-year-old Julio Cesar Salazar. Nava found himself in the lead at the half way mark. He started to break from the lead group and was only joined by Salazar with two laps to go. Nava kept pushing and the latter could not answer and had to settle for second place, 50 meters behind. “The initial plan was to improve my speed, but I felt well and moved to the front,” said Nava, who plans to attack personal best over the longer distance in Dudince on 19 March. “It’s a special win, the first one since I became a father late last year. My ultimate goal this season is the 50km at the Olympic Games.”

South Africa’s Lebogang Shange, second in the opening leg of the challenge in Australia two weeks ago, completed the podium finishers with 1:24:41. Colombia’s 2011 world bronze medallist Luis Fernando Lopez finished sixth in 1:25:57. Defending champion Eder Sanchez and Canada’s Pan American silver medallist Inaki Gomez did not finish.

| | | | | |
|-----|--------------------------|-----|----|---------|
| 1. | Horació NAVA | MEX | 82 | 1:23:32 |
| 2. | Julio Cesar SALAZAR | MEX | 93 | 1:23:55 |
| 3. | Lebogang SHANGE | RSA | 90 | 1:24:41 |
| 4. | Yerko ARAYA | CHI | 86 | 1:25:09 |
| 5. | Ricardo ORTIZ | MEX | 95 | 1:25:23 |
| 6. | Luis Fernando LÓPEZ | COL | 79 | 1:25:57 |
| 7. | Erwin GONZÁLEZ | MEX | 94 | 1:25:58 |
| 8. | Omar SEGURA | MEX | 81 | 1:25:59 |
| 9. | Omar PINEDA | MEX | 94 | 1:26:19 |
| 10. | Mauricio ARTEAGA | ECU | 88 | 1:26:47 |
| 11. | José Luis DOCTOR | MEX | 96 | 1:26:53 |
| 12. | Pedro Daniel GÓMEZ | MEX | 90 | 1:27:13 |
| 13. | Jesus Tadeo VEGA | MEX | 94 | 1:27:55 |
| 14. | Brandon SEGURA | MEX | | 1:28:34 |
| 15. | Luis Raul GONZALEZ AVILA | MEX | | 1:28:40 |
| 16. | Marco Antonio RODRIGUEZ | BOL | 94 | 1:29:21 |
| 17. | Luis BUSTAMANTE | MEX | 84 | 1:29:22 |
| 18. | Diego FLORES HINOJOSA | MEX | 87 | 1:29:45 |
| 19. | José Alejandro BARRONDO | GUA | 96 | 1:30:58 |
| 20. | Uziel SANCHEZ AGUILAR | MEX | 92 | 1:31:22 |
| 21. | Virgilio GALINDO | MEX | | 1:31:49 |
| 22. | Armando MERINO PEREZ | MEX | 89 | 1:32:16 |
| 23. | Jose Maria RAYMUNDO COX | GUA | 93 | 1:32:48 |
| 24. | Carlos TORRIJOS | MEX | | 1:33:28 |
| 25. | Alfredo RODRIGUEZ CATANO | MEX | | 1:33:39 |
| 26. | Jose SANCHEZ | MEX | | 1:33:50 |
| 27. | Alexis FERNEY | COL | | 1:34:05 |
| 28. | Jesus LUNA | MEX | | 1:36:37 |
| 29. | Luis COLÓN | PUR | | 1:36:48 |

| | | | | |
|-----|----------------------|-----|----|---------|
| 30. | Allan SEGURA | CRC | 80 | 1:41:45 |
| 31. | Fernando BALDERAS | MEX | | 1:42:06 |
| 32. | Manuel Angel LOPEZ | MEX | | 1:44:06 |
| 33. | Roberto PATRON | MEX | | 1:44:26 |
| 34. | José BALDERAS | MEX | | 1:47:55 |
| 35. | Royce BANDA | MEX | 66 | 1:48:14 |
| | Jorge LARA | MEX | | DQ |
| | Eduardo RAMIREZ | MEX | | DQ |
| | Inaki GOMEZ | CAN | 88 | DNF |
| | Ever PALMA OLIVARES | MEX | 92 | DNF |
| | Isaac PALMA OLIVARES | MEX | 90 | DNF |



20km winner Horacio Nava (photo www.iaaf.org)

50km Men

Andres Chocho provided the highlight of the day by improving his South American 50km race walk record to 3:42:57 to take his first challenge victory with the fourth-fastest time in the world this year. The Pan American champion moved away from the lead group after 30km and never looked back to erase his previous mark of 3:46:00, set when finishing eighth at the IAAF World Championships Beijing 2015. "It is a great motivation to start the season by breaking the record," said Chocho. "I'd had an intense preparation and it paid off. I will now do some 20km races in preparation for the World Race Walking Team Championships in Rome and then try a double (20km and 50km) at the Olympic Games."

The next four men to cross the finish line also benefited from great weather conditions to post personal bests: Mexico's 38-year old Omar Zepeda (3:45:28) and Jorge Alejandro Martinez (3:51:11), Colombia's Jose Montana (3:52:48) and Edward Araya, who took his Chilean record under the four-hour barrier to 3:58:54. Mexico's defending champion Jose Leyver Ojeda did not start. Zepeda and Martinez met the standard set by their national federation to represent Mexico at the IAAF World Race Walking Team Championships Rome 2016 in May.

| | | | | |
|-----|-------------------------------|-----|----|---------|
| 1. | Andres CHOCHO | ECU | 83 | 3:42:57 |
| 2. | Omar ZEPEDA | MEX | 77 | 3:45:28 |
| 3. | Jorge Alejandro MARTINEZ BAEZ | MEX | 90 | 3:51:11 |
| 4. | José MONTANA | COL | 92 | 3:52:48 |
| 5. | Edward ARAYA | CHI | 86 | 3:58:54 |
| 6. | Omar SIERRA | COL | 88 | 4:00:21 |
| 7. | Anders HANSSON | SWE | 92 | 4:01:23 |
| 8. | Luis Alfonso LÓPEZ MENJIVAR | ESA | 94 | 4:01:59 |
| 9. | Ronal Rey QUISPE MISME | BOL | 89 | 4:04:46 |
| 10. | Mario ALFONSO BRAN | GUA | 89 | 4:05:37 |
| 11. | Cristian David BERDEJA | MEX | 81 | 4:09:55 |
| 12. | Etiel SOTO | MEX | 72 | 4:42:25 |
| 13. | Rodrigo Javier ZEBALLOS PENA | BOL | 94 | 4:49:25 |
| 14. | Luis ROQUE | MEX | | 4:55:26 |
| | Ernesto Salvador MIRA | ESA | 84 | DQ |
| | Alfredo HERNANDEZ | MEX | 92 | DQ |
| | Luis Jose ROSALES SOLIS | MEX | | DQ |
| | Angel Rolando BATZ | GUA | 93 | DNF |
| | Deiby Cordero ZUNIGA | CRC | 92 | DNF |

| | | | |
|--------------------------|-----|----|-----|
| Perseus KARLSTRÖM | SWE | 90 | DNF |
| Gabriel MENDOZA GALLEGOS | MEX | | DNF |
| Quentin REW | NZL | 84 | DNF |
| Luis Angel SANCHEZ | GUA | 93 | DNF |
| Esteban SANTOS | MEX | | DNF |



50km winner Andres Chocho leads the field (photo www.iaaf.org)

20km Women

Maria Gonzalez successfully defended her 20km race walk title from last year, when she became the first Mexican woman to take a challenge victory. The Pan American champion held off the challenge from Portugal's Ines Henriquez to cross the finish line in 1:31:04, the fastest winning time at this meeting for 11 years. Henriques, three-time winner in Mexico (2011-2013), returned to the top three after missing out on the podium in the past two years. She stopped the clock at 1:32:48. Third in the 2015 challenge overall standings, Brazil's Erica de Sena lost contact with the leading duo on the last two laps on Paseo Triunfo de la Republica and had to settle for third in 1:34:04, the same position she achieved in 2015. Colombia's Sandra Lorena Arenas, winner in Mexico in 2014, finished a distant sixth in 1:36:55.

| | | | | |
|-----|--------------------------------|-----|----|---------|
| 1. | Maria GONZALEZ ROMERO | MEX | 89 | 1:31:04 |
| 2. | Ines HENRIQUES | POR | 80 | 1:32:48 |
| 3. | Erica ROCHA DE SENA | BRA | 85 | 1:34:04 |
| 4. | Ángela CASTRO | BOL | 93 | 1:35:06 |
| 5. | Kimberly GARCÍA LEÓN | PER | 93 | 1:36:25 |
| 6. | Sandra Lorena ARENAS | COL | 93 | 1:36:55 |
| 7. | Wendy CORNEJO | BOL | 93 | 1:37:00 |
| 8. | María SÁNCHEZ GÓMEZ | MEX | 77 | 1:37:55 |
| 9. | Viktória MADARÁSZ | HUN | 85 | 1:40:31 |
| 10. | Yesenia MIRANDA | ESA | 94 | 1:42:13 |
| 11. | Stefany CORONADO | BOL | 96 | 1:42:41 |
| 12. | Andrea MARTINEZ | MEX | | 1:43:04 |
| 13. | Gabriela GONZALEZ | MEX | 91 | 1:44:26 |
| 14. | Edna Paulina QUINTANILLA AVILA | MEX | | 1:49:23 |
| 15. | Robyn STEVENS | USA | 83 | 1:50:24 |
| 16. | Ilena OCAMPO | CRC | 88 | 1:59:41 |
| 17. | Yesica REYES | MEX | | 2:03:17 |
| 18. | Alma MONTOYA | MEX | | 2:04:02 |
| 19. | Sayra PASILLAS | MEX | | 2:09:16 |
| | Sandra NEVAREZ | MEX | 93 | DQ |
| | Lizbeth SILVA | MEX | 89 | DQ |
| | Monica EQUIHUA | MEX | 82 | DNF |
| | Berenice GONZALEZ SANCHEZ | MEX | 94 | DNF |



20km winner Maria Guadalupe Gonzalez (photo www.iaaf.org)

Earlier in the day, Mexicans Valeria Ortuno (45:53) and Andres Eduardo Olivas (41:30) dominated the junior 10km races.

10m U20 Men

| | | | |
|-----|---------------------------------|-----|-------|
| 1. | OLIVAS NUÑEZ, ANDRES EDUARDO | MEX | 41:30 |
| 2. | CHAMA ALMAZAN, NOEL ALI | MEX | 41:58 |
| 3. | RODRÍGUEZ PARDO, PABLO ARMANDO | BOL | 43:08 |
| 4. | DE LOS RIOS BANDA, MARIO ANDRES | MEX | 43:15 |
| 5. | SOLIS AVENDAÑO, GUSTAVO ISRAEL | MEX | 43:29 |
| 6. | SEGURA ZEPEDA, JEFFERSON DANIEL | MEX | 45:11 |
| 7. | GONZALEZ GONZALEZ, FEDERICO | MEX | 45:54 |
| 8. | BANDA VALDÉZ, JAN | MEX | 46:10 |
| 9. | MENDOZA GARCIA, FABIAN | MEX | 46:12 |
| 10. | ESQUIVEL VALENZUELA, JONATHAN | MEX | 48:01 |

10km U20 Women

| | | | |
|-----|-------------------------------------|-----|-------|
| 1. | ORTUÑO MARTINEZ, VALERIA | MEX | 45:53 |
| 2. | GARCIA LORMENDEZ, ILIANA MERCEDES | MEX | 47:16 |
| 3. | CASTILLO VILLAMARES, VIVIAN LIZBETH | MEX | 47:24 |
| 4. | GONZALEZ MANJARREZ, NADIA LIZETH | MEX | 48:02 |
| 5. | ENRIQUEZ PIGEON, REBECA PAMELA | MEX | 48:19 |
| 6. | HUANCA RASGUIDO, ODETH ROSELEN | BOL | 49:02 |
| 7. | ESTRADA MARTINEZ, JULIA | MEX | 49:12 |
| 8. | VELAZQUEZ IÑIGUEZ, DIANA DEL CARMEN | MEX | 49:13 |
| 9. | GONZÁLEZ MUÑOZ, ALEGNA | MEX | 50:38 |
| 10. | MORALES ., ARELY ESMERALDA | GUA | 50:58 |

After Ciudad Juarez, the 11-leg IAAF Race Walk Challenge Series will now travel to the Slovak town of Dudince for the next stop on 19 March. The challenge will conclude at the Olympic Games in Rio in August.

ENGLAND ATHLETICS 10KM WALK CHAMPIONSHIPS, UNIVERSITY OF WARWICK, COVENTRY, MARCH 6

The English 10km Roadwalk Championships were held in conjunction with the Molly Barnett Open Walks at the University of Warwick last Sunday. I counted 100 walkers in these results – what a great carnival number. English racewalking is certainly on the upwards path.

The men's championship saw winner **Callum Wilkinson** improve his British U20 10km road race walk record by three seconds, clocking 41:31. With junior walkers filling the first 4 places, the future looks bright – **Guy Thomas** 45:12, **Chris Snook** 47:45 and **Tom Partington** 48:42. The women's championship saw winner **Bethan Davies** record 44:56 to break the Welsh record and go to second on the British all-time list. Second place overall went to Italian national **Tatyana Gabellone** (47:16) with **Heather Lewis** (48:09) third. The English title went to fourth placed **Emma Achurch** (48:28).

Thanks to Mark Wall for some additional bits and pieces

The weather was freezing, snow flakes fell at different times.

Callum Wilkinson and Cameron Corbishley attacked from the start but Cameron was disqualified, leaving it to Callum to take the win and the record.

The Women's event saw the first three all ineligible for the England Athletics title (Bethan Davies Wales, Tatyana Gabellone Italy and Heather Lewis Wales). Throw in Susan Randall (USA) and UK Resident Dr. Brenda Gannon and you have an international flavour.

Bethan moves to No. 2 all-time and a Welsh Record, I think she has plenty left. Her 44:59 should see her in Rome. Dr. Tatyana Gabellone walked well for an attacking second. 50 seconds slower than her winning time in 2015. Heather Lewis after holding second early, was still a strong third. The English title went to Junior Emma Achurch who likewise should join Bethan in Rome. Veteran Michelle Turner, was second, whilst Italian based Molly Davey was awarded third (she has spent the bulk of her life there, races for an Italian club but cannot take medals in Italy due to nationality).

The Lewis-Ward sisters were dominant in their races.

Good comment also from National Coach Andi Drake

Thank you to Coventry Godiva Harriers for hosting the first England Athletics 10km Race Walk Championships as part of the Molly Barnet Open Meeting. Three great performances were celebrated yesterday: Callum Wilkinson recorded a new UK Junior Record and British Athletics World Junior Championships qualifying time; Bethan Davies moved to number two on the UK All-Time rankings and recorded a British Athletics World Race Walking Team Championships 20 km qualifying time with her 10 km performance; and Emma Achurch also recorded a World Race Walking Team Championships qualifying time. Congratulations to them and everyone who recorded a personal best and/or achieved their goals for their race. The next England Athletics Championships is the 20km to be held at the Olympic 20km Trials in Leeds on 5th June.

Open Men 10km English Championship

| | | | |
|-----|--------------------------|-------------------------|-------|
| 1. | Callum Wilkinson (U20) | Enfield & Haringey | 41:31 |
| 2. | Guy Thomas (U20) | Tonbridge | 45:12 |
| 3. | Chris Snook (U17) | AFD | 47:45 |
| 4. | Tom Partington (U20) | Manx H | 48:42 |
| 5. | Francisco Reis | SVAC/POR | 49:10 |
| 6. | Andrew Miller | Wolverhampton & Bilston | 49:45 |
| 7. | Geroid McMahon | Shannon A C/IRL | 49:46 |
| 8. | Jonathan Hobbs | Ashford | 50:28 |
| 9. | Mark Williams | Tamworth | 51:24 |
| 10. | Jock Waddington | Manx H | 52:13 |
| 11. | Malcolm Martin | Surrey W C | 55:37 |
| 12. | Steve Allen | Barnet and District | 56:03 |
| 13. | Adrian Edwards | Lancashire W C | 56:39 |
| 14. | Peter Boszko | Birchfield H | 58:35 |
| 15. | Bill Mcfadden | Scotia RWC | 58:45 |
| 16. | Colin Turner | Nuneaton H | 58:50 |
| 17. | Anthony Bell | Lancashire W C | 59:42 |
| 18. | John Ralph | Enfield & Haringey | 59:45 |
| 19. | Dale Farquar | Manx H | 60:04 |
| 20. | Colin Vesty | Leicester W C | 63:16 |
| 21. | Sean Pender | Enfield & Haringey | 71:01 |
| 22. | Chris Flint | Surrey W C | 71:06 |
| 23. | David Fall | Birchfield H | 79:05 |
| | Tim Snook (U20) | AFD | DNF |
| | Luke Legon (U20) | Bexley | DNF |
| | Cameron Corbishley (U20) | Medway & Maidstone | DQ |
| | Adam Cowin | Manx H | DQ |
| | Andrew Fraser | Scotia R W C | DQ |

Open Women 10km English Championship

| | | | |
|-----|-------------------------|----------------------------|-------|
| 1. | Bethan Davies | Cardiff | 44:59 |
| 2. | Tatyana Gabellone | CE Naples/ITA | 47:16 |
| 3. | Heather Lewis | Pembrokeshire H | 48:09 |
| 4. | Emma Achurch (U20) | Leicester W C | 48:28 |
| 5. | Susan Randall | Shore A C/USA | 50:34 |
| 6. | Michelle Turner | Northern Athletics | 51:01 |
| 7. | Brenda Gannon | Hyde Park H/IRL | 52:01 |
| 8. | Molly Davey (U20) | Self Athletica M&G | 52:19 |
| 9. | Ana Garcia (U17) | City of Sheffield & Dearne | 56:17 |
| 10. | Rebecca Greatbach (U20) | Manx H | 63:47 |
| 11. | Ann Wheeler | Leicester W C | 66:54 |
| 12. | Hilary Mann | Sparkhill H | 67:39 |

Open Men 5km

| | | | |
|----|----------------|---------------|-------|
| 1. | Colin Vesty | Leicester W C | 29:25 |
| 2. | Dan Maskell | Surrey WC | 31:26 |
| 3. | Shaun Lightman | Surrey W C | 31:33 |
| | Brian Thomas | unattached | DQ |

Open Women 5km

| | | | |
|-----|-------------------------|-------------------------|-------|
| 1. | Sophie Lewis Ward (U20) | Cambridge H | 26:07 |
| 2. | Esther Montana | Hyde Park H/ESP | 26:21 |
| 3. | Kate Donaldson | Leicester W C | 26:47 |
| 4. | Vicky Morgan | Wolverhampton & Bilston | 28:06 |
| 5. | Penelope Cummings | AFD | 28:11 |
| 6. | Sarah Lightman | Leicester W C | 29:59 |
| 7. | Carolyn Dyall | Nuneaton H | 30:20 |
| 8. | Eilidh Brayley | Hyde Park H | 31:47 |
| 9. | Sarah Trundley | Nuneaton H | 32:01 |
| 10. | Angela Martin | Surrey W C | 32:11 |
| 11. | Sue Davies | AFD | 32:25 |
| 12. | Julie Bellfield | Halesowen | 32:27 |
| 13. | Geraldine Legon | Bexley | 34:37 |
| 14. | Lyn Bellfield | Halesowen | 35:14 |

U17 Boys 5km

| | | | |
|----|------------------|---------------|-------|
| 1. | Oliver Hopkins | Lewes | 26:21 |
| 2. | Benjamin Allen | Leicester W C | 27:10 |
| 3. | Jordan Price | Brecon A C | 27:52 |
| | Daniel McKerlich | Cardiff | DQ |
| | Matthew Phipps | Neath | DNF |

U17 Girls 5km

| | | | |
|----|-----------------------|----------------------------|-------|
| 1. | Evie Butcher | Cambridge H | 28:14 |
| 2. | Megan Stratton-Thomas | Swansea H | 28:25 |
| 3. | Alana Ziedler | City of Sheffield & Dearne | 29:18 |
| 4. | Abigail Jennings | AFD | 29:22 |
| 5. | Lucy Webber | Western A C | 33:12 |
| | Amy Phipps | Neath H | DNF |

U15 Boys 3km

| | | | |
|----|--------------------|--------------------|-------|
| 1. | Jack Childs | Maidstone & Medway | 16:43 |
| 2. | Stephen Waddington | Manx H | 16:56 |
| 3. | Hisham Alkamesi | Nuneaton | 17:38 |
| 4. | George Wilkinson | Enfield and H | 19:08 |

U15 Girls 3km

| | | | |
|----|----------------------|----------------------------|-------|
| 1. | Lucy Lewis Ward | Cambridge H | 16:40 |
| 2. | Beatrice Fury | Maidstone & Medway | 17:42 |
| 3. | Molly Meleady-Hanley | City of Sheffield & Dearne | 18:01 |
| | Jessica Finney | Birchfield H | DNF |

U13 Boys 2km

| | | | |
|----|----------------|----------------------------|-------|
| 1. | Faris Alkamesi | Nuneaton | 11:26 |
| 2. | Kai Cundey | City of Sheffield & Dearne | 11:56 |
| 3. | Kyle Smith | Nuneaton | 12:44 |
| 4. | Daniel Gilbert | Brecon | 13:01 |

U13 Girls 2km

| | | | |
|----|-----------------|----------------------------|-------|
| 1. | Izzy Elliott | AFD | 12:47 |
| 2. | Molly McKerlich | Cardiff | 16:17 |
| | Laura McColl | City of Sheffield & Dearne | DQ |

U11 Boys 1km

| | | | |
|----|-------------|----------------------------|------|
| 1. | Luca Cundey | City of Sheffield & Dearne | 5:41 |
| 2. | Adam Childs | Maidstone & Medway | 7:05 |

U11 Girls 1km

| | | | |
|----|------------------|----------|------|
| 1. | Elizabeth Pap | Nuneaton | 6:39 |
| 2. | Emily Powell | Nuneaton | 6:05 |
| 3. | Jasmine Galloway | DASH | 7:16 |
| 4. | Eve Faulkner | DASH | 7:52 |

TRACK WALKS, VILLEJUIF, FRANCE, SUNDAY 6 MARCH

Thanks to Emmanuel Tardi for news of the first outdoor track competition for the year in the Parisian area. Emmanuel advises it was held in Villejuif, with the main events being a 1 hour track walk for men at 9am and a 1 hour track walk for women starting at 10.15am. There were big packs on the track on a day that was cold but sunny. Emmanuel walked in the first race and then swapped to judge mode. Pictures at <https://www.facebook.com/media/set/?set=a.1039640986073913.1073741858.794333957271285&type=3> and a number of race videos at <https://youtu.be/d4I3C-GypOg>, <https://youtu.be/hpiZt93uDec>, <https://youtu.be/dTQUTolaqHU> and <https://youtu.be/MquOYcCDyLc>.

1 Hour Walk Men - 9AM

| | | | | |
|-----|--------------------------------|--------|----------------------------|----------|
| 1. | REJAUD Guillaume | SEM/81 | Us Ivry | 12 305 m |
| 2. | LEGENTIL Cyril | SEM/86 | Dynamic Aulnay Club | 12 217 m |
| 3. | DA SILVA CARVALHO LEITE Thomas | SEM/83 | Coulommiers BA | 12 208 m |
| 4. | BOLLINGER Vincent | SEM/84 | Dynamic Aulnay Club | 11 981 m |
| 5. | LEGENTIL Marc | SEM/84 | Dynamic Aulnay Club | 11 893 m |
| 6. | DELECOLLE Sebastien | SEM/77 | Us Athletiques De Lievin | 11 754 m |
| 7. | COURAGE Frederic | VEM/69 | Saint Denis Emotion | 11 565 m |
| 8. | GRENET Bruno | VEM/65 | Usm Gagny | 11 341 m |
| 9. | BERGEAL Arthur | SEM/84 | Us Palaiseau | 11 304 m |
| 10. | GOULEY Fabien | SEM/83 | Savigny Senart Athlé | 11 254 m |
| 11. | BROU Florent | SEM/93 | Ac Paris-joinville | 11 147 m |
| 12. | FERON Flavien | JUM/98 | Lisses Ac | 11 067 m |
| 13. | MURAT Alex | VEM/58 | Asfi Villejuif | 10 862 m |
| 14. | TERRAZ Denis | VEM/58 | As Veterans De Paris | 10 449 m |
| 15. | LABROUSSE Stephane | VEM/59 | Athletisme Olympic Pontois | 10 313 m |
| 16. | SIMEONI Bruno | VEM/59 | Ea Creil | 10 279 m |
| 17. | RIGAL Jean-marc | VEM/59 | Domont Athletisme | 10 275 m |
| 18. | DUGAST Denis | VEM/49 | As Veterans De Paris | 10 107 m |
| 19. | LEMOGNE Loic | VEM/55 | Cc Taverny Athletisme | 9 884 m |
| 20. | VICTOR Etienne | VEM/64 | Cag Arnouville Gonesse | 9 821 m |
| 21. | NOGRE Yannick | VEM/59 | Es Montgeron | 9 580 m |
| 22. | LABROUSSE Michel | VEM/54 | Le Chesnay 78 As | 9 348 m |
| 23. | STEFANELLY David | VEM/76 | As Mantes | 9 279 m |
| 24. | DREAU Jean-michel | VEM/56 | Domont Athletisme | 8 803 m |
| 25. | TURLET Albert | SEM/81 | Stade Francais | 8 615 m |
| 26. | TARDI Emmanuel | VEM/67 | La Postillonne Longjumeau | 7 827 m |
| 27. | MONTIGNY Patrick | VEM/49 | Elan Chevilly-larue | 7 158 m |

1 Hour Walk Women 10:15AM

| | | | | |
|-----|----------------------------|--------|-------------------------|----------|
| 1. | QUENNEHEN Marine | SEF/91 | Ca Montreuil 93 | 11 930 m |
| 2. | LIARD Laura | ESF/96 | Athlé Le Bourget Drancy | 10 696 m |
| 3. | LAVILLE Francoise | VEF/56 | Marne Et Gondoire Athlé | 10 539 m |
| 4. | LEMONNIER Dominique | VEF/56 | Marne Et Gondoire Athlé | 10 159 m |
| 5. | MARQUIS Cecile | VEF/71 | Ac Issy-les-moulx | 9 844 m |
| 6. | LANGLOIS Cloe | JUF/97 | Dynamic Aulnay Club | 9 791 m |
| 7. | MONMOUTON Delphine | VEF/73 | Us Vesinet | 9 694 m |
| 8. | DIAZ DE LA FUENTE Severine | VEF/73 | Montataire Ac | 9 670 m |
| 9. | STEINVILLE Nathalie | VEF/64 | Asfi Villejuif | 9 457 m |
| 10. | GALMICHE Catherine | VEF/57 | Cag Arnouville Gonesse | 9 442 m |
| 11. | LANGOUET Clea | JUF/98 | Ac Issy-les-moulx | 9 314 m |
| 12. | AISSANI Dalila | VEF/70 | Le Chesnay 78 As | 8 586 m |
| 13. | BIZARD Claudie | VEF/59 | Thiais Ac | 8 566 m |
| 14. | POTONNE Francoise | VEF/48 | Le Chesnay 78 As | 8 110 m |
| 15. | LANGLAUDE Francoise | VEF/48 | Le Chesnay 78 As | 7 892 m |
| 16. | CRUET Sandra | VEF/74 | As Meudon | 7 725 m |
| 17. | SAUNEUF Lola | VEF/46 | Marne Et Gondoire Athlé | 7 178 m |
| 18. | PETEL Annie | VEF/42 | As Meudon | 6 620 m |
| | LEMOGNE Jocelyne | VEF/54 | Cc Taverny Athlé | DQ |

3000m Walk U16, 11:30AM

| | | | | |
|----|-------------------|--------|--------------|---------|
| 1. | BABIARSKI Nicolas | MIM/01 | Gally Ac | 15'33"0 |
| 2. | LANNOY Louis | MIM/01 | Ao Charenton | 16'38"1 |

5000m Walk U18, 11:30AM

| | | | | |
|----|-------------------|--------|-------------------|---------|
| 1. | TORREZ Emeline | CAF/00 | Ac Cauffry | 28'02"0 |
| 2. | PRUNIER Morgane | CAF/99 | Us De Ris Orangis | 29'39"4 |
| 3. | PINTEAUX Mathilde | CAF/99 | Ac Cauffry | 30'59"0 |

| | | | | |
|----|---------------------|--------|----------------------|---------|
| 4. | VELLETRIE Esa-keren | CAF/99 | Ca Montreuil 93 | 31'08"3 |
| 5. | ENNEHDAOUI Manal | CAF/99 | Es Stains | 32'39"5 |
| 6. | DAFNIET Romane | CAF/00 | Us Nemours St Pierre | 36'24"0 |

2000m Walk U12, 12:15PM

| | | | | |
|-----|--------------------------|--------|---------------------|---------|
| 1. | NICOLAS Zoe | MIF/02 | Ac Pays De L Ourcq | 12'09"9 |
| 2. | BOVE Marie-amelie | MIF/02 | Acsam | 12'31"5 |
| 3. | AMOURAT Anisa | MIF/02 | Asfi Villejuif | 12'55"5 |
| 4. | BERTHIER Juliette | BEF/04 | Le Chesnay 78 As | 12'59"0 |
| 5. | LANGLOIS Lise | MIF/02 | Dynamic Aulnay Club | 13'11"0 |
| 6. | CORONADO-CHAMOUARD Carla | BEF/03 | Le Chesnay 78 As | 13'18"2 |
| 7. | HEMA Dielane | BEF/04 | Asfi Villejuif | 14'00"4 |
| 8. | GALAN Pierre | BEM/04 | Le Chesnay 78 As | 14'05"2 |
| 9. | SAMASSA Hawa | BEF/04 | Asfi Villejuif | 14'08"1 |
| 10. | CRUET Lea | MIF/01 | As Meudon | 14'08"7 |
| 11. | ROUSSELOT Raphael | BEM/04 | Le Chesnay 78 As | 14'10"8 |
| 12. | THOREL Yasmine | BEF/03 | Le Chesnay 78 As | 14'15"8 |
| 13. | DIOKO Albertina | BEF/04 | Asfi Villejuif | 14'15"8 |
| 14. | BITOUN Fanny | MIF/01 | Asfi Villejuif | 14'15"8 |
| 15. | BENABDALLAH Myriam | MIF/02 | Asfi Villejuif | 14'46"0 |



Marine Quennehen, Guillaume Rejaud Thomas da Silva Carvalho (photos Emmanuel Tardi)

SERBIAN INDOOR ATHLETICS MEET, BELGRADE, SERBIA, TUESDAY 1 MARCH

Thanks to Vladimir Savanovic for passing on details of the inaugural track meet held at the new Belgrade Indoor Sports Hall last Tuesday. The meet was organised by the Serbian Athletics Federation and saw plenty of prize money (the top ten results as determined by the IAAF scoring tables earned from 4,000 down to 200 euros). Amongst the official supporters were Novak Djokovic, Blanka Vlašić, Amel Tuka and others. The opening event was a men's 1000m walk, with the judging panel led by international racewalk judge Vesna Repic. U23 walker Nikola Lilic and Vladimir Savanovic led early before Savanovic took the victory with 3:30.74 ahead of Lilic with 3:40.55

1000m Open Walk Indoor

| | | | | |
|----|--------------------|------|-----|---------|
| 1. | Vladimir Savanovic | 1985 | PBG | 3.30,74 |
| 2. | Nikola Lilic | 1996 | PIR | 3.40,55 |
| 3. | Predrag Filipovic | 1978 | VLS | 3.41,96 |
| 4. | Predrag Pešić | 1998 | NBG | 3.46,90 |
| 5. | Stefan Mijalkovic | 1997 | PIR | 3.47,31 |
| 6. | Jovan Delcev | 1999 | PIR | DQ |



The new indoor sports hall in Belgrade, Serbia

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 5 press releases this week but their contribution was overshadowed by the announcement that **Nicola Maggio** is sadly signing off from Marciadalmondo due to serious family health issues. We wish Nicola all the best and thank him for his many years of selfless service to racewalking.

- Mon 7 Mar - Liu Hong set to lead China's race walkers in Rio
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2370
- Sat 5 Mar - Results of Indoor Italian Championships at Alcona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2369
- Sat 5 Mar - Nicola Maggio sadly signs off from Marciadalmondo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2368
- Tues 1 Mar - Australian team announced for 2016 Race Walking World Team Championships in Rome
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2367
- Tues 1 Mar - Victories and national records to Tom Bosworth and Bethan Davies in British Indoor Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2366

The omarchador blog was also very active with 12 news releases to review

- Mon 7 Mar - Andrés Chocho wins 50km in IAAF Challenge Series event in Mexico
<http://omarchador.blogspot.com.au/2016/03/andres-chocho-bate-recorde-sul.html>
- Mon 7 Mar – Results of Portuguese Indoor Club Champs in Pombal
<http://omarchador.blogspot.com.au/2016/03/sportinguistas-vencedores-da-marcha-na.html>
- Sun 6 Mar - results of 1000m walk marking opening of new indoor track venue in Belgrade, Serbia
<http://omarchador.blogspot.com.au/2016/03/marcha-em-belgrado-na-inauguracao-de.html>
- Sat 5 Mar - Results of Indian roadwalk champs in Jaipur
<http://omarchador.blogspot.com.au/2016/03/os-campeonatos-da-marcha-da-india-em.html>
- Sat 5 Mar - Ciudad Juarez in Mexico welcomes the next leg of the IAAF Race Walking Challenge Series
<http://omarchador.blogspot.com.au/2016/03/ciudad-juarez-mexico-acolhe-o-challenge.html>
- Fri 4 Mar - Preview of Portuguese Indoor Club Champs in Pombal this weekend
<http://omarchador.blogspot.com.au/2016/03/finais-de-clubes-i-e-ii-divisoas-em.html>
- Fri 4 Mar - Preview of Chinese Olympic trials this weekend in Huangshan

<http://omarchador.blogspot.com.au/2016/03/china-vai-escolher-equipas-nacionais.html>

- Thu 3 Mar - Bethan Davies and Tom Bosworth win British Indoor Champs
<http://omarchador.blogspot.com.au/2016/03/bethan-davies-e-tom-bosworth-com.html>
- Thu 3 Mar - Ángel López (50 km) and Beatriz Pascual (20 km) win Spanish championships in Puerto de Motril
<http://omarchador.blogspot.com.au/2016/03/angel-lopez-50-km-e-beatriz-pascual-20.html>
- Wed 3 Mar- Ecuadorians on the podium in South American 50km championship in Rio
<http://omarchador.blogspot.com.au/2016/03/equatorianos-com-o-pleno-do-podio-nos.html>
- Tues 2 Mar - Caio Bonfim and Cisiane Lopes win 20km walks in Brazilian races in Rio
<http://omarchador.blogspot.com.au/2016/03/caio-bonfim-e-cisiane-lobes-sagram-se.html>
- Tues 2 Mar - Results of Portuguese Universities Indoor champs in Braga
<http://omarchador.blogspot.com.au/2016/03/braga-recebeu-os-campeonatos.html>

OUT AND ABOUT

- This week **Tom Bosworth** publishes his third video blog in the leadup to the Rio Olympics. Follow Tom as he talks us through his week. Go behind the scenes on the press launch of the Indoor championships. Watch Tom attempt to play a game of Table Tennis special guest and then see how Tom does on race day at the British Indoor Champs in Sheffield! See <https://www.youtube.com/watch?v=KvEGbW2jYJ8>.
- USA 50km specialist **Erin Taylor-Talcott** has setup a new facebook page for her racewalking. Well done Erin. See <https://www.facebook.com/RacewalkerErin/>.
- Stefano Aracena profiles young South African walker **Anel Oosthuizen**. See <http://www.walkingthedream.com/anel-oosthuizen-talks-hard-work-balance-future/>.
- An excellent article profiling the rapid rise of Indian racewalking. Yes, India is already well on the way towards being a racewalking force in the future. See <http://indianexpress.com/article/sports/sport-others/race-walkers-take-giant-strides/>.
- The attached document lists all Athletics New Zealand racewalking championships results since the One Mile Walk was the first ANZ Track & Field Championship event held in 1887/87. It also includes a list of current NZ records. See <http://www.sportsground.co.nz/racewalkingnewzealand/117638/>
- And talking of NZ, check out their superb stats website at <http://www.anzrankings.org.nz/>
- The IAAF World Indoor Championships Portland 2016 Statistics Handbook is now online and is a must for those statistically minded. Announcement at <http://www.iaaf.org/news/iaaf-news/world-indoor-portland-2016-stats-ebook>. Directly download from <http://iaaf-ebooks.s3.amazonaws.com/2016/World-Indoors-Portland/projet/IAAF-World-Indoor-Championships-2016.pdf>.
- A bit of history for the buffs - <http://runnerstribesite.com/olympic-teammates-36-years-on-a-column-by-len-johnson/>
- The latest edition of the bi-monthly *Play By The Rules* magazine is out with terrific articles and new resources to help make sport, safe, fair and inclusive. See http://play-by-the-rules.s3.amazonaws.com/PBTR_Feb_2016.pdf.
- Stefano La Sorda has posted a video of a new smartphone app to allow racewalk judges to submit yellow cards and reports. I know nothing about it but it looks pretty good. See the video at <https://www.youtube.com/watch?feature=youtu.be&a=&v=IsgSwvqU1Vg&app=desktop>.
- Nicola Maggio has passed on news that German racewalking coach and judge Jürgen Kraemer died on 4th March, three days after his 78th birthday. He was the West German National Walks Coach and coached 1972 Olympic 50km champion Bernd Kannenberg. He was on the International Race Walk Judging Panel for many years and on the IAAF Racewalking Committee from 1976-1987. He was chief judge on many occasions, including in the 1984 and 1988 Olympics and the 1983 World Champs. Sadly missed.
- Emmanuel Tardi has pointed me to an email advertising the publication of a book covering the inaugural Paris-Alsace ultra walk, held in June 2015. The hard cover book, written by Mathieu Weimer, is 96 pages in length and features many photos, some text and the final race classification. Cost is 28 euros and is available online: <http://www.pixalib.com/fr/mathieu-weimer/paris-alsace-a-la-marche-2015>.
- The February 2016 edition of the English Race Walking Record magazine is now available for download. See http://enfieldleague.weebly.com/uploads/4/2/5/4/42542251/rwr_issue_845_-_feb_2016.pdf.

Tuesday 1 March

- In a major change in the handling of positive drug tests at the Olympics, the IOC is reportedly set to remove itself from the process and have a group of independent sports arbitrators rule on doping cases during the Rio de Janeiro Games. The change is expected to be approved by the International Olympic Committee's executive board on Tuesday, three officials told AP. They spoke on condition of anonymity because the plan had not yet been formally adopted. The move is intended to make the prosecution of doping cases more independent by taking it away from the IOC and putting it in the hands of a special panel of the Court of Arbitration for Sport (CAS). See <http://www.sbs.com.au/news/article/2016/03/01/rio-games-doping-cases-go-cas-report>.
- The Russian T&F Federation says its top young hurdler has been banned for steroid use. Maxim Kosyukov, 17, won the Russian national youth title in the 110-meter hurdles in June but tested positive for methenolone at the event and has now been given a four-year ban. Russia is a major power in hurdles events, with Sergei Shubenkov the reigning 110-meter world champion. Methenolone is the same substance that led to Belarusian shot putter Nadzeya Ostapchuk being stripped of an Olympic gold medal in 2012. The Russian track federation said Kosyukov's sanction was imposed by the Russian Olympic Committee. The federation is not allowed to impose disciplinary sanctions because it is suspended from global track over allegations of systematic, state-sponsored doping. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11598317&ref=rss.

Saturday 5 March

- Three Ethiopian runners have been suspended on suspicion of doping amid a string of positive tests among the country's athletes, track and field officials said on Friday. Ethiopia's national track team doctor called the East African nation's growing doping scandal "a very terrifying development." Three athletes were formally suspended and another three are also under investigation, Ethiopia Athletics Federation secretary general Bililign Mekoya said at an anti-doping awareness event in Addis Ababa. Bililign and other officials did not give the names of the athletes, citing ongoing investigations. The sport is now facing serious doping problems in Ethiopia following major scandals in Russia and Kenya in the run-up to this year's Olympics in Rio de Janeiro. The Ethiopian Anti-Doping Agency told The Associated Press this week that at least nine athletes were under suspicion, with some being investigated in Ethiopia and some by the IAAF. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11600484&ref=rss.
- More information is now coming out about what the fuss is all about in Kenya and Nike is in the thick of it. When a Chinese clothing company swooped in and offered to sponsor Kenya's famed runners, Nike panicked, Kenyan officials say. "Can we talk about the situation?" a Nike executive wrote to a Kenyan official after hearing the news that the Kenyans wanted to end their deal with Nike. "You and I go back a long way." What followed — according to email exchanges, letters, bank records and invoices, provided by a former employee of Kenya's athletics federation — has led to a major scandal in Kenya, a country in the midst of its biggest war against corruption in years. In a contract signed several years ago, Nike agreed to pay hundreds of thousands of dollars in honorariums and a one-time \$500,000 "commitment bonus," which the former employee called a bribe. The money was supposed to be used to help train and support poor Kenyan athletes who dream of running their way out of poverty. See http://www.nytimes.com/2016/03/06/world/africa/nike-under-scrutiny-as-payments-for-kenya-runners-are-drained.html?partner=rssnyt&emc=rss&_r=0.

Sunday 6 March

- David Walsh reports that The IAAF will consider a proposal to grant a special exemption to whistleblower Yuliya Stepanov so she can return to international competition and participate at the Rio Olympics in August. It is believed the IAAF task force assessing changes being made in Russia supports her return. The 800m runner's case for reinstatement will be put to the IAAF at its council meeting in Monaco on Thursday. With her husband Vitaly Stepanov, Yuliya has been co-operating with world anti-doping officials for almost five years, even though she was part of Russia's state-supported doping programme for much of that time. In February 2013 she was banned for two years following abnormalities in her biological passport and having served that sentence, she is now prevented from competing because of the IAAF's ban on Russia. See http://www.thesundaytimes.co.uk/sto/sport/athletics/article1675741.ece?CMP=OTH-gnws-standard-2016_03_05.
- And now to some astonishing news. A new 30-minute documentary by German broadcaster ARD/WDR, screened on Sunday, gives new evidence of Russian athletes and coaches violating the strict IAAF and Wada regulations. According to the German documentary, a suspended coach has been identified continuing to work with athletes in an isolated Russian province, while another named trainer is still distributing doping substances. The doco claims to have proof Russian athletes were told when they would be drugs tested. There is an audio conversation, which is claimed to be between Anna Antselovich, the new head of Russia's anti-doping agency RUSADA and an athlete, who is being warned when a drugs test would take place. Antselovich replaced ex-RUSADA boss Nikita Kamayev, who resigned last year over the allegations and died suddenly of a heart attack in February aged just 52. Footage is also shown which is believed to be of a senior coach, who is currently suspended because of doping allegations, as he continues to coach a group of athletes in the far-flung province of Gubkin, central Russia. And the film-makers claim to have evidence of a conversation with another Russian coach, who can provide doping substances for a price. See <http://www.insidethegames.biz/articles/1035092/russian-athletes-and-coaches-ignoring-iaaf-ban-among-allegations-made-in-third-ard-doping-documentary>.

The documentary by renowned journalist Hajo Seppelt and Florian Rieseewieck, entitled "Russia's Red Herrings", was screened at 10.05pm CET on the weekly Sport Inside programme. I have found a video of it but it is in German - <http://www1.wdr.de/mediathek/video/sendungen/sport-inside/video-sport-inside-geheimsache-doping---russlands-taeschungsmanoever-100.html>

Monday 7 March

This has led to a flurry of statements from key players. "WADA has viewed, and is dismayed by, the revelations," the Montreal-based agency said. "WADA will verify these allegations and, in particular, seek confirmation as to when the evidence was collected." The Russian T&F Federation said in a statement that it would also investigate the allegations. "We are open to serious strategic partnership with the IAAF and WADA) and we will not allow individual people to cast a shadow over Russian athletics." The IAAF has also said its Russia taskforce will investigate the ARD allegations. This is a lot different to the IAAF response when the first documentary aired last year - at that stage it was denial. How times have changed! See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11601657&ref=rss.

Tuesday 8 March

- The pressure is building quickly in the aftermath of the explosive new German documentary. The chairman of UK Athletics last night warned that IAAF President Lord Coe would "invite derision" if he lifted Russia's ban from the sport before the Olympics after it was accused of violating the conditions imposed for it to end its exile. Here's the quote from Ed Warner: "I suspect that Lord Coe and his council will have no difficulty in doing the right thing by athletics and maintaining the ban on Russia beyond Rio. Frankly, any other decision would, quite rightly, invite derision." See <http://www.telegraph.co.uk/sport/othersports/drugsinsport/12187049/Lord-Sebastian-Coe-will-face-ridicule-if-he-lifts-Russia-ban.html>.
- The 2012 women's Olympic 1500m run will now go down in history as one of the dirtiest races ever with yet another drugs related suspension with silver medallist Gamze Bulut provisionally suspended pending an IAAF investigation into a possible doping violation. Turkey's NTV television reports that abnormalities were found in Bulut's blood samples from 2011, 2012 and 2013. The 23-year-old is the fifth 2012 Olympic finalist to face drug allegations, along with fellow Turk Asli Cakir Alptekin. Alptekin has since been stripped of her gold medal and banned for eight years. Nataliya Kareiva of Belarus and Russian athlete Yekaterina Kostetskaya, who finished seventh and ninth respectively, have since been banned by the International Association of Athletics Federations (IAAF) for biological passport abnormalities. Ethiopia-born Swede Abeba Aregawi, who finished fifth in London, was suspended last week pending an investigation after testing positive for a banned substance. See <http://www.bbc.com/sport/athletics/35745756>.

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

| | |
|--------------------|--|
| 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, 20156 | 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 (remaining events)

| | |
|--------------------|--|
| Sat March 19, 2016 | Dudince, Slovakia |
| Sun Mar 20, 2016 | Nomi, Japan (Asian 20km Race Walking Championships) |
| Fri Apr 1, 2016 | Salinas, Ecuador (South American Race Walking Championships) |
| Sat April 9, 2016 | Rio Maior, Portugal |
| Sat April 23, 2016 | Taicang, China |
| May 7-8, 2016 | IAAF Race Walking World Teams Championships, Rome |
| Sat May 28, 2016 | La Coruna, Spain |
| Jun 22-26, 2016 | Durban, South Africa (African Championships) |
| 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 42nd International Race Walking Festival, LTU
Sun June 18, 2016 19th 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 10th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
August 19-30, 2017 29th 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 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018 16th World Junior T&F Championships, ?
TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 11th World Youth T&F Championships, ?
July 2019 30th Summer Universiade, Brasilia, Brazil
July 2020 32nd Olympic Games, Tokyo
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)