



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 24
15 March 2016



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WALKERS OF THE WEEK

This week's Walker of the Week is shared between two very talented young Victorian walkers in **Adam Garganis** and **Tayla-Paige Billington**. The winners of the Australian T&F Championships U20 10,000m track walk championships last Wednesday morning, they have now booked themselves trips to this year's World Junior Championships in Poland in July.

Competing in hot and oppressive conditions, Tayla-Paige won the women's walk with **47:47.49** and Adam won the men's walk with **43:13.24**. Having secured places in the World Cup trials in Adelaide last month, they are now in line for the double and are likely to be selected for both championship teams. Well done to two hard working and talented young VRWC members.



Adam and Tayla after their win's on Wednesday morning in Perth

WHAT'S COMING UP

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


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.

CASTLEMAINE NAB 500, CASTLEMAINE, SUNDAY 10 APRIL

Entries are open 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, Cheviot, 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.

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!

2016 AUSTRALIAN JUNIOR TRACK & FIELD CHAMPIONSHIPS, PERTH, 8-13 MARCH

Around 1800 athletes descended on Perth in Western Australia for the Australian Junior T&F Championships last week. If conditions were generally hot (with daytime temperatures in the thirties), so were the performances, especially in the U20 division where competitors were out to secure their World Junior championship spots. Lots of great Athletics Victoria photos of the meet at <https://www.facebook.com/athsvic/photos/a.10153600700982979.1073742007.8620997978/10153602369417979>

VRWC walkers **Tayla-Paige Billington** and **Adam Garganis** got the walks underway with wins in the U20 10,000m last Wednesday morning. Conditions were hot and sunny and consequently times were slower than expected but the main contenders were there and they were always going to be very interesting races. Tayla and **Clara Smith** led out and were together for quite a while before Tayla finally broke clear to defend her title. Both Clara (47:58.86) and **Zoe Hunt** (48:20.73) also bettered the World Junior qualifying standard. These 3 girls took the first 3 placings in the World Race Walking Teams Championships trial in Adelaide last month, only the placings differed this time around. Great video of Tayla and Clara - <https://www.youtube.com/watch?v=zFvWZtNtcpc> – thanks to Daniel Lowe.

The men's U20 race was a different affair with favourites Tyler Jones and Kyle Swan both suffering disqualifications. Adam would have been up there with them in any case, but this did open the door for an easy victory and he powered home to win in 43:13.24. Second placed **Declan Tingay** also walked well with 44:10.11. Well done to VRWC walker **Emmet Brasier** who took bronze.

Women 10,000m Walk U20, Wed 9 March, 8:45AM

1.	Billington, Tayla-Paige	VIC	47:47.49
2.	Smith, Clara	QLD	47:59.86
3.	Hunt, Zoe	ACT	48:20.73
4.	Martin, Katya	QLD	53:22.29
	Pivac, Emily	WA	DNF

Men 10,000m Walk U20, Wed 9 March, 8:45AM

1.	Garganis, Adam	VIC	43:13.24
2.	Tingay, Declan	WA	44:10.11
3.	Brasier, Emmet	VIC	48:04.84
	Swan, Kyle	VIC	DQ
	Jones, Tyler	NSW	DQ



Clara Smith, Tayla-Paige Billington, Tyle Jones, Declan Tingay and Adam Garganis in action (photo Athletics Vic)



Adam and Tayla celebrate their U20 10,000m Walk victories

The U15 and U16 3000m walks, which were contested on Wednesday evening, had cooler conditions and good times were possible. The boys were first off at 7:30PM, with ACT walkers **Gwyllym Young** (14:29.00) and **Mitchell Baker** (13:46.83) winning both events in PBs. **Corey Dickson** (U15 silver 14:32.44) and **Hayden Walmsley** (U16 bronze 14:33.27) both produced the goods on the night, as did WA walker **Ben Reid** (U16 silver 14:18.31) and ACT walker **Spencer Burns** (bronze U15 14:58.29). Well done also to Victorian walker **Will Thompson** who was just outside the medals with 15:21.41.

Men 3000m Walk U15, Wed 9 March, 7:30PM

1.	Young, Gwyllym	ACT	14:29.00	PB 0:24
2.	Dickson, Corey	VIC	14:32.44	
3.	Burns, Spencer	ACT	14:58.29	
4.	Thompson, Will	VIC	15:21.41	
5.	Blaskett, Hayden	NSW	15:28.84	
6.	McGinniskin, Jack	NSW	17:29.04	
7.	McConville, Corey	NSW	18:35.32	
	Cross, Joe	SA	DQ	
	Stewart, Ryan	QLD	DQ	

Men 3000m Walk U16, Wed 9 March, 7:30PM

1.	Baker, Mitchell	ACT	13:46.83	PB 0:08
2.	Reid, Benjamin	WA	14:18.31	PB 0:01
3.	Walmsley, Hayden	VIC	14:33.27	PB 0:37
4.	Clarke, Ethan	QLD	16:18.87	
5.	Millard, Thomas	WA	18:13.86	
	Camilleri, Tristan	SA	DQ	
	Stovin, Jamison	QLD	DQ	

The girls started slightly later at 8:35PM in even better conditions. **Caitlin Hannigan** (14:30.36) and **Samantha Brown** (14:07.82) won the golds but well done to the Victorians **Rebecca Henderson** (14:07.73), **Jemma Peart** (14:13.78) and **Zahra Hayes** (14:33.82) who all PB'd to take 2nd, 3rd and 4th in the U16 event and to **Breeanna Betzold** (15:05.68) and **Georgia Clarke** (15:26.42) who took silver and bronze in the U15 event. And finally, well done to Victorian **Chloe Karagiorgos** who PB's for 4th place in the U15 event with 15:51.35. Walk photos of the U15 and U16 eventys posted by Terry Swan – <https://www.facebook.com/photo.php?fbid=10208437832084157&set=pcb.1109699152382586&type=3&theater>.

Women 3000m Walk U15, Wed 9 March, 8:35PM

1.	Hannigan, Caitlin	QLD	14:30.36	PB 0:24
2.	Betzold, Breeanna	QLD	15:05.68	eq PB
3.	Clarke, Georgia	VIC	15:26.42	
4.	Karagiorgos, Chloe	VIC	15:51.35	PB 0:13
5.	Upton, Chloe	SA	16:23.51	PB 0:33
6.	O'Mahony, Kathleen	VIC	16:29.60	
7.	Johns, Courtney	WA	16:39.07	
8.	Robertson, Brittany	NSW	16:42.63	
9.	Parker, Hannah	NSW	16:51.63	
10.	Brennan, Elise	NSW	16:56.14	
11.	Gallagher, Caitlin	WA	19:21.64	

Women 3000m U16, Wed 9 March, 8:35PM

1.	Brown, Samantha	NSW	14:03.82	
2.	Henderson, Rebecca	VIC	14:07.73	PB 0:13
3.	Peart, Jemma	VIC	14:13.78	PB 0:05
4.	Hayes, Zahra	VIC	14:33.82	PB 0:12
5.	Henderson, Elizabeth	ACT	15:03.71	
6.	Blackwell, Anna	TAS	15:32.70	PB 1:04
7.	Lee, Janaya	NSW	16:52.14	
8.	Jennings, Rose	NSW	16:53.14	



Left: Hayden Walmsley and Tristan Camilleri
Right: U15 medallists Corey Dickson, Gwyllym Young and Spencer Burns



Left: Corey Dickson



Right: Ben Reid, Mitchell Baker and Hayden Walmsley

Fast forward to Thursday evening for the U14 3000m walks which were held together at 8:30PM. Golds to Victorian **Nikola Mandic** (14:43.83) and NSW walker **Allanah Pitcher** (14:44.41). Nikola was only 6 secs outside the boys' meet record and Allanah was only 1 sec outside the girls' meet record. Silvers to **Joe Hall** (15:56.93) and **Emma Blanch** (14:58.59) and bronzes to **George Davis** (17:38.84) and Victorian **Alanna Peart** (15:02.99). Well done also to VRWC walkers **Charlotte Hay** and **Ruby Paten** who both did PBs but bad luck to **Heath Beveridge** who was disqualified. Alas, couldn't find any photos.

Men 3000m Walk U14, Thu 10 March, 8:30PM

1.	Mandic, Nikola	VIC	14:43.83
2.	Hall, Joseph	WA	15:56.93
3.	Davis, George	NSW	17:38.84
4.	Leerberg, Martin	NSW	DQ
5.	Beveridge, Heath	VIC	DQ

Women 3000m Walk U14, Thu 10 March, 8:30PM

1.	Pitcher, Allanah	NSW	14:44.41	PB 0:08
2.	Blanch, Emma	NSW	14:58.59	
3.	Peart, Alanna	VIC	15:02.99	PB 0:22
4.	Schofield, Amelia	QLD	15:20.66	
5.	Upton, Victoria	SA	15:36.65	PB 0:21
6.	Burns, Laura	ACT	15:38.60	
7.	Hay, Charlotte	VIC	15:56.03	PB 0:12
8.	Paten, Ruby	VIC	16:15.74	PB 0:12
9.	Dagher, Sophia	NSW	16:22.98	
10.	Bolton, Hannah	NSW	16:30.21	
11.	Vesper, Danielle	NSW	16:37.69	PB 0:18
12.	Griffin, Eliza	WA	17:18.91	
13.	Ireland, Hannah	WA	18:00.92	
14.	Hargreaves, Josii	QLD	19:20.79	

The final walks were held last Friday morning with the U17 and U18 boys and girls contesting 5000m. Plenty of good performances coming with the early morning start times. Congratulations to our VRWC medallists **Kyle Swan** (2nd U18 and PB 20:51.32), **Corey Dickson** (3rd U18 and PB 25:231.25 at 13 years of age), **Zahra Hayes** (3rd U17 25:02.57) and a trifecta in the U18 Girls with **Rebecca Henderson** (1st 24:57.09), **Philippa Huse** (2nd and PB 25:12.56) and **Jemma Peart** (3rd and PB 25:29.39). Well done to the other 3 gold medallists in **Dylan Richardson** (gold U17 PB 23:18.97), **Declan Tingay** (gold U18 PB 20:43.45) and **Katie Hayward** (gold U17 24:08.47). I thought the times and overall depth in these particular races was pretty good!

Men 5000m Walk U17, Fri 11 March, 8:00AM

1.	Richardson, Dylan	NSW	23:18.97	PB 0:04
2.	Baker, Mitchell	ACT	23:31.49	PB 1:20
3.	Fraser, Timothy	ACT	23:47.47	PB 0:10
4.	Reid, Benjamin	WA	24:54.22	PB 0:12
5.	Vidler, Jake	SA	25:19.31	
6.	Burns, Callum	ACT	25:44.42	
7.	Camilleri, Tristan	SA	26:02.29	
8.	Frew, Connor	ACT	27:12.28	+1 min. - 230.7 (c)

9.	Thomson, Ryan	NSW	27:14.18
10.	Barendregt, Travis	NSW	27:39.28
11.	Millican, Hayden	NSW	28:35.20
12.	Haig, Callum	QLD	30:17.55
	Bedford, Kyle	NSW	DQ

Men 5000m Walk U18, Fri 11 March, 8:00AM

1.	Tingay, Declan	WA	20:43.45	PB 0:25
2.	Swan, Kyle	VIC	20:51.32	PB 0:08
3.	Dickson, Corey	VIC	25:21.25	PB 0:14
4.	Mann, Bradley	WA	26:14.01	
5.	Glover, Jordan	NSW	27:50.18	

Women 5000m Walk U17, Fri 11 March, 8:30AM

1.	Hayward, Katie	QLD	24:08.47	
2.	Hunt, Gabby	ACT	24:58.82	PB 0:01
3.	Hayes, Zahra	VIC	25:02.57	
4.	Clarke, Eliza	VIC	25:44.26	
5.	Randall, Alice	TAS	25:55.20	
6.	Henderson, Elizabeth	ACT	26:09.28	
7.	Pivac, Emily	WA	26:20.14	
8.	Blackwell, Anna	TAS	27:43.47	
9.	O'Neill, Molly	NSW	28:04.17	
10.	Cross, Bethany	SA	28:26.10	
11.	Noonan, Emily	VIC	28:55.94	
12.	Smith, Clancy	QLD	29:29.60	
13.	Upton, Chloe	SA	31:49.24	

Women 5000m Walk U18, Fri 11 March, 8:30AM

1.	Henderson, Rebecca	VIC	24:57.09	
2.	Huse, Philippa	VIC	25:12.56	PB 0:12
3.	Peart, Jemma	VIC	25:29.39	PB 0:13
4.	Norton, Shanae	NSW	26:15.82	PB 0:07
5.	Lovegrove, Rhiannon	SA	26:40.38	
6.	McDonald, Jasmyn	NSW	26:43.57	
7.	Francis, Lucy	NSW	27:01.08	
8.	Jackson, Hayley	WA	30:20.77	
9.	Becker, Sara	WA	33:00.32	
10.	Dowie, Ellen	VIC	33:54.79	



Victorian walkers Philippa Huse, Rebecca Henderson, Jemma Peart and Zahra Hayes

SAMA T&F CHAMPIONSHIPS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 9 MARCH

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide - Damp evening, very humid. George White starred as usual with 8:09 and 16:37 in the M70 division.

1500m Walk Championship

W70	1	Margaret Trengove	10:49	W72	73.81%
W70	2	Jill Rogers	12:20	W71	63.86%
W65	1	Geraldine Smith	9:47	W66	75.61%
	2	Helen Suridge	10:26	W65	70.08%
	3	Mary Abrey	10:50	W65	67.49%
	4	Jan Layng	11:34	W67	64.72%
W60	1	Margaret McIntosh	20:02	W63	35.69%
W55	1	Gloria Holliday	8:40	W55	76.24%
	2	Marie Maxted	8:54	W55	74.25%
W45	1	Cherie Rothery	9:11	W46	66.66%
W40	1	Kerry Goode	10:28	W41	56.19%
M85	1	Colin Hainsworth	11:52	M86	76.72%
M75	1	Rodger Barber	10:34	M77	74.84%
M70	1	George White	8:09	M70	88.58%
	2	Graham Harrison	11:02	M72	67.06%
	3	Doug Smart	11:36	M72	63.79%
	4	Roger Lowe	12:06	M72	61.15%
M65	1	Geoff Byham	9:33	M69	74.69%
	2	Gil McIntosh	9:38	M65	70.74%
	3	James Hoare	9:54	M69	72.05%
M55	1	Peter Crump	8:14	M55	74.96%
M50	1	Mark Worthing	8:48	M53	68.90%
		David Robertson	DNF		

3000m Walk Championship

W70	1	Jill Rogers	25:40	W71	64.31%
W65	1	Geraldine Smith	20:12	W66	76.37%
	2	Helen Suridge	21:42	W65	70.20%
	3	Jan Layng	22:47	W67	68.57%
W60	1	Margaret McIntosh	24:30	W63	60.69%
	2	Edna Bates	26:33	W63	56.01%
W55	1	Gloria Holliday	18:32	W55	73.69%
W45	1	Cherie Rothery	19:31	W46	64.69%
M85	1	Colin Hainsworth	24:09	M86	77.11%
M75	1	Rodger Barber	21:33	M77	74.90%
M70	1	George White	16:37	M70	88.58%
	2	Bill Starr	21:17	M73	71.82%
	3	Graham Harrison	22:22	M72	67.47%
	4	Doug Smart	22:43	M72	66.43%
	5	Roger Lowe	24:19	M72	62.06%
M65	1	Geoff Byham	19:58	M69	72.84%
	2	James Hoare	20:04	M69	72.48%
	3	Gil McIntosh	20:22	M65	68.21%
M55	1	Peter Crump	16:35	M55	75.87%
M50	1	John Leydon	18:08	M54	68.77%

ACTRWC TRACK WALKS, WODEN, ACT, THURSDAY 10 MARCH

Thanks to Robin Whyte for the latest results from Canberra.

3000m Walk

1.	Ann Staunton Jugovic	16:13
2.	Bryan Thomas	20:16
3.	Geoff Barker	22:16
4.	Jennie Gilchrist	22:30
5.	Tony Fenotti	23:13
6.	Robert Kennelly	26:03

1000m Walk

1.	Ellen Vahey	5:34
2.	Sidney Shaw	5:54
3.	Hannah Manning	6:11
4.	Heli Laajoki	6:28
5.	Anna Vahey	7:10

NSW ALLCOMERS MEET, SOPAC, SATURDAY 12 MARCH

Small walk fields in the NSW All-Comers Meet in Sydney.

Men 5000m Walk Open

1.	Nipperess, Dean	45	Sydney Unive	24:42.75
2.	Bennett, Rodney	62	Sydney Strid	34:05.05

Women 3000m Walk Open

1.	Beasley, Bryony	19	Nepean Distr	17:33.80
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QMA MASTERS T&F, SAF, BRISBANE, SATURDAY 12 MARCH

The Queensland Masters walkers were in action on Saturday morning in Brisbane with Peter Bennett (25:06.79) and Iggy Jimenez (25:11.18) staging their usual two way contest.

5000m Walk

M45	1	Argenis Guevara	M47	Brisbane	26:22.99	74.58%
M50	1	Ignacio Jimenez	M50	Brisbane	25:11.18	81.41%
M60	1	Peter Bennett	M60	Brisbane	25:06.79	89.33%
M65	1	John Harris	M67	Brisbane	36:22.50	64.97%
W70	1	Noela McKinven	W73	Brisbane	40:28.71	69.62%
M75	1	Patrick Sela	M76	GC & Sthrn	36:40.39	72.90%

ATHLETICS SA CLUB DAY, SA ATHLETIC STADIUM, MILE END, ADELAIDE, SATURDAY 12 MARCH

Again, only a very small field in Adelaide for the Athletics South Australia club day. Most of our underage athletes in Perth.

U14 1500m Walk

1.	Skein, Talisha	TEA TREE GULLY	8:37.86
2.	Pusonjic, Ellie	ENFIELD HARRIERS	9:39.97
3.	Read, Elly	PORT ADELAIDE	9:56.71

SAMA 10,000M TRACK CHAMPIONSHIPS, SA ATHLETICS STADIUM, ADELAIDE, SUNDAY 13 MARCH

Thanks to Colin Hainsworth for the results of the South Australian Master 10,000m track championships on Sunday morning - 8am start, cool for the first few laps and then becoming hot and 'sticky'. George White was the star again with 58:15 M70.

10,000m Walk

W55	1	Gloria Holliday	1:04:26	W55	75.81%
	2	Marie Maxted	1:09:16	W55	70.52%
W50	1	Raelene Schild	1:19:09	W51	59.19%
W45	1	Cherie Rothery	1:08:08	W46	65.61%
M85	1	Colin Hainsworth	1:23:20	M86	79.23%
M75	1	Rodger Barber	1:14:27	M77	76.09%
M70	1	George White	58:15	M70	88.35%
	2	Bill Starr	1:14:50	M73	71.51%
	3	Graham Harrison	1:18:12	M72	67.52%
M65	1	James Hoare	1:09:34	M69	73.07%
	DQ	Gil McIntosh	DQ		
M55	1	Peter Crump	0:59:37	M55	73.79%

FRENCH RACE WALK CHAMPIONSHIPS, ST. SEBASTIEN-SUR-LOIRE, FRANCE, SUNDAY 13 MARCH

Last Sunday saw Emmanuel Tardi in Sebastien sur Loire, a suburb of Nantes, for the French National Roadwalk Championships. The carnival was held over a flat fast 2km course and featured 50k men, 20k women, 20k men as well as ancilliary 10km events for juniors. The races were ratified as Olympic qualification events and the meet scored a major coup with World Record Holder **Johann Diniz** back in action in the 50km.

Diniz was one of the stars of the European Athletics Championships in Zurich 2014 with a stunning 50km race walking world record. On the streets of Saint-Sebastien-sur-Loire on Sunday, he showed once more what a tough competitor he will be this year as he won the French 50km walk championships in **3:37:48**, the second best time of his illustrious career. A triple European champion, Diniz's

world record of 3:32:33 remains the standard for the rest. But now he has replaced his second quickest mark of 3:38:45 from March 2009 as he achieved the standard he needed for this summer's Games in Rio.



Behind him, 32 year old Canadian **Mathieu Bilodeau** scored his own personal victory with a 6 minute PB of 3:53:56 (previous PB of 3:59:48 in 2014), beating the tough Canadian Olympic standard and almost certainly adding to what will be a very strong Canadian team in Rio. Diniz's splits read impressively: 44.00, 45.08, 44.22, 43.15 and 41.03 (last 2km in 7:55). Bilodeau's splits were 46.36, 46:15, 46:13, 46:47 and 48:05.

In the women's 20km championship, **Emilie Menuet**, **Violaine Averous** and Tunisian **Chahineze Nasri** passed the 10km mark together in 46:57 and continued the battle until the 16km mark where Menuet finally broke clear to win with 1:33:27, ahead of Averous 1:33:59 and Nasri 1:34:35, all 3 girls comfortably under the Olympic qualifying standard of 1:36:00.

In the men's 20km championship, **Jean Blancheteau** was out to try to better the Olympic standard of 1:24:00 and started fast with 5km in 20:40 and 10km in 41:50. Unfortunately the later start time for the men's race meant windier conditions and he slowed, eventually winning with 1:26:50. The other big name walker, Aurelien Quinion, was unfortunately disqualified after 12km.

Men 50km Race Walk, 8AM

1.	Yohann DINIZ	FRA	78	3:37:48
2.	Mathieu BILODEAU (OC)	CAN	88	3:53:56
3.	Hugo ANDRIEU	FRA	92	4:09:15
4.	Maxime LECAPLAIN	FRA	94	4:28:38
5.	Jonathan HOBBS (OC)	GBR	93	4:51:51
6.	Maxime FAITEAU	FRA	90	4:56:25
7.	Dominique GAUDIN	FRA	73	5:03:57
8.	Pascal TOURNOIS	FRA	54	5:05:08
9.	Christophe ERARD	FRA	70	5:22:00
10.	Cedric VARAIN	FRA		5:31:12
11.	Benjamin LEAUTE	FRA	88	5:39:54
12.	Ludovic HADULA	FRA	87	DNF

Women 20km Race Walk, 8:30AM

1.	Emilie MENUET	FRA	91	1:33:27
2.	Violaine AVEROUS	FRA	85	1:33:59
3.	Chahinez NASRI	TUN	96	1:34:35
4.	Mylene ORTIZ	FRA	79	1:37:18
5.	Amandine MARCOU	FRA	92	1:37:23
6.	Lucie AUFFRET	FRA	88	1:38:00
7.	Marine QUENNEHEN	FRA	91	1:40:16
8.	Sandra DUPONT	FRA	72	1:42:10
9.	Enora TREBAUL	FRA	94	1:42:39
10.	Caroline GUILLARD	FRA	71	1:44:54
11.	Cecile NAZE	FRA	95	1:45:07
12.	Aurelie MACABEY	FRA	81	1:45:11
13.	Lucia BARRITAU	FRA	90	1:45:40
14.	Maud RUHARD	FRA	83	1:47:21

15.	Cecile DELEUZE	FRA	96	1:47:27
16.	Elisabeth BRUNET	FRA	86	1:48:19
17.	Roseline CHAPILLON	FRA	68	1:48:55
18.	Jeanne BILLA	FRA	96	1:49:06
19.	Christele JOUAN	FRA	75	1:49:28
20.	Christelle BARRE	FRA	72	1:49:57
21.	Servane UDIN	FRA	88	1:50:15
22.	Chloe BOUCHET-LIOU	FRA	94	1:52:30
23.	Caroline POUILLY	FRA	82	1:53:14
24.	Francoise LAVILLE	FRA	56	1:54:04
25.	Celia FRANCHIN	FRA	87	1:54:52
26.	Caroline OSMONT	FRA	96	1:55:56
27.	Roseline LE NAY	FRA	96	1:56:09
28.	Maelle GARCIA	FRA	95	1:56:36
29.	Annick LE MOUROUX	FRA	64	1:57:11
30.	Sophie LA BASTARD	FRA	90	1:57:25
31.	Severine FAVRON	FRA	76	1:58:29
32.	Nathalie FROMENTIN	FRA	70	1:58:38
33.	Rahil Nice KACEM	FRA	79	2:00:43
34.	Roxanne DAOULAS	FRA	94	2:00:50
35.	Isabelle LARRANDABURU	FRA	72	2:02:14
	Marine LETERTE	FRA	91	DNF

Men 20km Race Walk, 10:30AM

1.	Jean BLANCHETEAU	FRA	96	1:26:50
2.	Fabian BERNABE	FRA	95	1:28:19
3.	Xavier LE COZ	FRA	79	1:28:53
4.	Axel MUTTER	FRA	96	1:29:42
5.	Florian MAYER	FRA	96	1:30:39
6.	Fabian FESSELIER	FRA	94	1:32:05
7.	Louis Guillaume BLANC	FRA	89	1:32:38
8.	Mael BOULCH	FRA	90	1:32:51
9.	Come MARTIN	FRA	95	1:33:54
10.	Sebastien DELAUNAY	FRA	74	1:34:20
11.	Arnaud SIZORN	FRA	92	1:34:40
12.	Florian DESJARDINS	FRA	94	1:34:48
13.	Stephane POIROUT	FRA	76	1:35:00
14.	Dorian RICHARD	FRA	91	1:35:26
15.	Andy BOUTRAIS	FRA	91	1:36:27
16.	John BAUMERT	FRA	80	1:36:29
17.	Benoit BERCHEBRU	FRA	84	1:40:51
18.	Nicolas SECHE	FRA	80	1:41:26
19.	Thomas DUMAIRE	FRA	90	1:41:44
20.	Brice SIREIX	FRA	95	1:42:21
21.	Nicolas POTIER	FRA	89	1:43:46
22.	Jerome BOCQUET	FRA	85	1:44:21
23.	Cyrille LEBLOND	FRA	73	1:44:25
24.	Gérard GUETAT	FRA	62	1:44:31
25.	Mathis OUARNIER	FRA	96	1:45:21
26.	Quentin MACABREY	FRA	94	1:47:11
27.	Michel HAUTIN	FRA	63	1:49:56
	Aurelien QUINION	FRA	93	DQ
	Quentin GAUCHET	FRA	93	DNF
	Pierre GERBAUD-BLIN	FRA	95	DNF
	Yanis SOUABER	FRA	96	DNF
	Amaury LAMIAUX	FRA	96	DNF
	Guillaume DUJOUR	FRA	78	DNF

The U20 events were won by Gabriel Bordier (42:33) and Clemence Beretta (50:17) while the first U18 walkers were David Kuster (44:11) and Domitille Bachelart (58:05).

Men 10km U20 & U18

1.	BORDIER, Gabriel	FRA	U20	0:42:33
2.	KUSTER, David	FRA	U18	0:44:11
3.	HYPOLITE, Thibault	FRA	U20	0:44:16
4.	BOURNIER, Justin	FRA	U18	0:44:24
5.	ADAM, Dorian	FRA	U20	0:45:25
6.	HERICIER, Hugo	FRA	U20	0:47:47

7.	BARGEAULT, Nicolas	FRA	U18	0:48:47
8.	DELEUZE, Philippe	FRA	U18	0:49:18
9.	HAGUE, Anthony	FRA	U18	0:49:30
10.	LEBON, Hugo	FRA	U18	0:49:47
11.	GOGNIES, Ryan	FRA	U18	0:50:12
12.	SEGEAT, Benjamin	FRA	U20	0:50:55
13.	LEMOINE, Loic	FRA	U20	0:52:26
14.	HATON, Leo	FRA	U20	0:52:46
15.	GRELLIER, Hugo	FRA	U18	0:52:57
16.	ROUSSIASSE, Lucas	FRA	U20	0:53:11
17.	ROBICHON, Alexis	FRA	U18	0:53:38
18.	FREVILLE, Edgard	FRA	U20	0:56:55
19.	KELLENS, Jean	FRA	U20	0:57:34

Women 10km U20 & U18

1.	BERETTA, Clemence	FRA	U20	0:50:17
2.	AURRIERE, Camille	FRA	U20	0:50:29
3.	TERREC, Eloise	FRA	U20	0:50:40
4.	HFEF, Amel	TUR	U20	0:52:07
5.	LAVILLE, Marie	FRA	U20	0:52:42
6.	CASALE, Maeva	FRA	U20	0:56:30
7.	Douemenjou Larroque, Clarys	FRA	U20	0:57:04
8.	BACHELART, Domitille	FRA	U18	0:58:05
9.	PESLERBE, Bertille	FRA	U20	0:58:37
10.	LANGLOIS, Cloe	FRA	U20	0:59:46
11.	JACOPE, Marion	FRA	U20	0:59:56
12.	CELLARD, Loanie	FRA	U20	1:01:10
13.	LEBRETON, Maelenn	FRA	U20	1:01:35
14.	CORMIER, Chloe	FRA	U20	1:01:40

Here are a few photos from the huge gallery from the meet: see lots more at <https://goo.gl/photos/qCdswnm6hntzsv5>.



Johann Diniz and Mathieu Bodileau (50km), Jean Blancheteau (20km), Gabrielle Bordier (10km) - photos Emmanuel Tardi



Emilie Menuet, Violaine Averous and Chahineze Nasri (20km), Camille Auriere and Clemence Beretta (10km), Fabian Bernabé and Xavier le Coz, (20km)

USA INDOOR T&F CHAMPIONSHIPS, PORTLAND, OREGON, 11-12 MARCH

3000m walks were held as part of the USA Indoor T&F Championships last weekend at the Portland Convention Centre in Oregon.

Maria Michta-Coffey added to her string of indoor national champ victories with a win in the women's walk on Saturday evening. In a flat out sprint from the gun, Michta Coffey and Miranda Melville duelled round the 200m oval and it was not until around the 1000m mark, reached in 4:02, that Michta, could force a break. Although she slowed from there, she had more than enough in reserve to beat her rivals, finishing in a PB of 12:33.75. Melville was 14 seconds back in 2nd with Erin Gray another 13 back in 3rd. Race video at http://www.usatf.tv/gprofile.php?mgroup_id=45365&mgroup_event_id=25&year=2016&do=videos&video_id=168569.

38 year old **John Nunn**, who has already qualified to represent the USA in Rio in the 2016 Olympic Games 50km, got out to a very quick start in the men's race, hitting the first 800m in just over 3 minutes. Defending champ Nick Christie closed that gap at the halfway point in the race but then Nunn accelerated again and drove hard over the last km to win his first ever USATF Indoor T&F Championship and grab the first place prize of \$5,000. His winning time of 11:37.09 is less than a second outside Trevor Barron's meet record of 11:36.27. Christie took second ahead of NAIA indoor champ Anthony Peters who broke 12 mins for the first time. Video at http://www.usatf.tv/gprofile.php?mgroup_id=45365&mgroup_event_id=25&year=2016&do=videos&video_id=168560.

Men 3000m Race Walk Indoor

1.	John NUNN	USA	78	11:37.09
2.	Nick CHRISTIE	USA	91	11:56.07
3.	Anthony PETERS	USA	96	11:59.17
4.	Emmanuel CORVERA	USA		12:09.75
5.	John Cody RISCH	USA		12:14.21

Women 3000m Race Walk Indoor

1.	Maria MICHTA	USA	86	12:33.75
2.	Miranda MELVILLE	USA	89	12:47.39
3.	Erin GRAY	USA	87	13:00.03
4.	Katie BURNETT	USA	88	13:27.94
5.	Robyn STEVENS	USA	83	13:43.64
6.	Molly JOSEPHS	USA	94	14:05.83
7.	Chelsea CONWAY	USA	89	14:40.70
8.	Katie MICHTA	USA	96	14:45.12

2016 USA HIGH SCHOOLS INDOOR CHAMPS, THE ARMORY, NEW YORK, NY, 11-13 MARCH

Vince Peters reports on the USA New Balance High Schools Indoor Champs at the New Balance T&F Centre in New York last weekend.

The 7 minute barrier had teasingly been invincible till today. Since 2004, when Katy Hays tickled it with a 7:00.94, it has been the ultimate goal of teenage pedestrians nationwide. It laughed at Ashleigh Resch last year when she got even closer at 7:00.33. But today, as Jim Ryan did in 1964 for the guys HS mile run, Holtsville, New York's **Lauren Harris** did for the high school women's mile. Harris, only a junior at Sachem East HS, destroyed all limits by obliterating the once invincible standard by walking the mile in 6:57.36 this morning! High school seniors Anali Cisneros from Elgin, Illinois, and Maria Garcia from Thiells, NY, had personal bests while pushing Harris early on to her record performance. Video at http://www.nbnationalsin.com/eprofile.php?event_id=1164&do=videos&video_id=168049.

Enon, Ohio's **Cameron Haught** did some record breaking of his own in the high school men's mile this morning. The Junior from Greenon High School, continued his preparations for a spot on the USA National men's team headed to Rome in May when he broke the all-time high school junior class record in the 1 mile race walk. The old mark of 6:17.96 had belonged since 2003 to Zach Pollinger of Mahwah, NJ. The 17 year old Haught walked steady splits throughout, cruising thru 800m in 3:06 on his way to his 2nd consecutive national indoor title. His winning time is an outstanding 6:15.77! His previous best was a 6:21 while finishing 4th in the Millrose Games Mile back in February. Video at http://www.nbnationalsin.com/eprofile.php?event_id=1164&do=videos&video_id=168051.

1 Mile Race Walk Championship Men

1.	Cameron Haught	17	Enon, OH	6:15.77
2.	AJ Gruttadauro	16	Brockport, NY	6:39.88
3.	Juan Moscoso	19	Longwood, FL	6:43.53
4.	Spencer Dunn	16	Auburn, ME	6:48.34
5.	Billy Chambers	16	Waterville, ME	7:18.77
6.	Albert Lowther	16	Nanuet, NY	7:29.38
7.	Jonathan Aguilar	19	McAllen, TX	7:31.21
8.	Jordan Crawford	18	Douglasville, GA	7:42.90
9.	Nolan Allen	18	Arlington, MA	8:06.78
10.	Brian Baccaglioni	17	Nanuet, NY	8:11.85
11.	DJ Frantel	16	Midlothian, VA	8:32.78
12.	Eduardo Uria	18	McAllen, TX	DQ
13.	Jack Murphy	17	Penfield, NY	DQ
14.	Johan Espinoza	19	McAllen, TX	DQ

Girls 1 Mile Race Walk Championship

1.	Lauren Harris	17	Holtsville, NY	6:57.36
2.	Anali Cisneros	16	Chicago, IL	7:11.14
3.	Maria Garcia	16	Thiells, NY	7:15.38
4.	Amelia Cuomo	17	Brewster, NY	7:17.39
5.	Maegan Allen	16	Arlington, MA	7:23.72
6.	Kayla Allen	17	Lewiston, ME	7:23.92
7.	Kelsey Jordan	17	Westhampton, NY	7:24.15
8.	Elisabeth Barnett	16	Bay Shore, NY	7:37.69
9.	Tara Mandel	17	Farmingdale, NY	7:40.13
10.	Nayeli Cisneros	17	Chicago, IL	7:41.38
11.	Sydney Sirois	17	Auburn, ME	7:42.79
12.	Natalie Cohen	16	North Bellmore, NY	7:49.61
13.	Audrey Fox	18	New Rochelle, NY	7:57.15
14.	Meghan Bevan	16	West Islip, NY	8:05.85
15.	Kiana Rojas	16	Thiells, NY	8:29.97

USATF YOUTH INDOOR T&F CHAMPIONSHIPS, STATEN ISLAND, NEW YORK CITY, SUNDAY 13 MARCH

Results from Sunday's 3,000m race walks at the USATF Youth Indoor National T&F Championships at Ocean Breeze Athletics Complex, Staten Island, New York City. Several athletes doubled back from their mile races at the Armory on Saturday to win Sunday. New age group records were established by Jonathan Aguilar of the South Texas Turtles and AJ Gruttadauro of Brockport, NY.

1500m Walk 9-10 Girls

1.	Morgan, Madison	06	Track Housto	9:11.97\$
2.	Jackson, Tiarra	06	Velocity Track	11:12.01\$
3.	Kennedy, Dayna	06	Metropolis-B	12:28.47
4.	Engeland, Molly	07	Metropolis-B	12:40.40

	Harris, Lailah	07	Metropolis-B	DQ
1500m Walk 9-10 Boys				
1.	Clark-Lane, Wayne	06	chester chee	9:19.96
	Muhammad Jr, Hakim	06	chester chee	DQ
1500m Walk 11-12 Girls				
1.	Earnest, Mekiyah	05	chester chee	8:59.54\$
2.	Atkinson, Dayzha	04	chester chee	9:24.99
3.	Brown, Daniah	04	chester chee	9:47.82
4.	Ormsby, Jodi-kay	04	Zodiacs	10:37.54
5.	Thomas, Ravae	04	Zodiacs	10:45.38
6.	Schretzenmeyer, Eliz	05	Danbury Yout	11:08.98
	Siljanoski, Caitlyn	05	12-Unattached	DQ
1500m Walk 11-12 Boys				
1.	Bantam, Jaydon	05	chester chee	10:54.58
3000m Walk 13-14 Girls				
1.	Grace Endy	03	Westfield Ar	16:12.43
2.	Zaheerah Sabree	03	chester chee	23:17.25
3000m Walk 13-14 Boys				
1.	Miles Allen	03	Willis/Camdem	22:15.74
3000m Walk 15-16 Girls				
1.	Lucy Vayo	01	MSIT	18:29.38
2.	Nancy Guttilla	00	59-Unattache	18:37.63
3.	Lydia Frick	01	03-Unattache	18:43.06
3000m Walk 15-16 Boys				
1.	Jonathan Aguilar	00	43-Unattache	15:07.42
2.	Johan Espinoza	01	43-Unattache	15:46.10
3.	Nolan Allen	00	02-Unattache	16:48.14
3000m Walk 17-18 Girls				
1.	Maegan Allen	98	02-Unattache	15:20.26
2.	Tara Mandel	99	59-Unattache	15:29.51
3.	Melissa Endy	99	Westfield Ar	16:09.60
	Kayla Shapiro	98	59-Unattache	DQ
3000m Walk 17-18 Boys				
1.	AJ Gruttadauro	97	04-Unattache	13:41.11
2.	Eduardo Uria	99	43-Unattache	14:22.99
3.	Andrew Lofton Jr	98	St. Luke Spi	19:10.49
4.	Tahir Lovett	99	chester chee	20:47.56
	Kenvo Minglendoff	98	chester chee	DQ
	Justin Weiss	98	Msit	DQ
	Jack Murphy	99	Penfield Ath	DQ

BRITISH MASTERS INDOOR CHAMPIONSHIPS, LEE VALLEY, ENGLAND, 12-13 MARCH

The British Masters were in action on the weekend in Lee Valley for their annual British Masters Indoor Championships. 3000m walkers were on offer, with M51 Mark Williams the fastest with an impressive 14:19.21.

3000m Walk					
M50	1	Mark Williams	M51	MMAC	14:19.21
M55	1	Francisco Reis	M55	SCVAC	13:57.94
	2	Ian Torode	M59	SWVAC	20:46.52
	-	Steve Allen	M59	SCVAC	DQ
M60	1	Malcolm Martin	M61	SCVAC	15:46.26
M65	1	Ian Richards	M67	VAC	15:00.39
	2	Peter Boszko	M66	MMAC	16:09.80
	3	Roger Michell	M68	MMAC	17:46.44
	4	David Kates	M67	VAC	18:56.00
M70	1	Colin Turner	M72	MMAC	16:44.61
	2	Ron Stewart	M74	NEMAA	24:33.94

M75	1	Arthur Thomson	M79	VAC	19:54.84
M85	1	James Farrar	M87	NMAC	28:24.33
W35	1	Penelope Cummings	W39	SCVAC	16:39.86
	2	Carolyn Dyall	W38	MMAC	17:21.86
W50	1	Angela Martin	W51	SCVAC	19:06.97
W60	1	Ann Wheeler	W60	MMAC	17:46.40
	2	Catherine Duhig	W61	EVAC	18:14.83

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 4 press releases this week

- Mon 14 Mar - Johann Diniz back racing in French 50km champ at Saint-Sébastien-sur-Loire
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2376
- Sun 13 Mar - Alex Schwaser fitness test in Rome, under the auspices of FIDAL
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2375
- Sat 12 Mar - events roundup from the last week - China, Ukraine, Poland, Australia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2374
- Sat 12 Mar - Interview with Italian based Chinese walks coach Sandro Damilano (in Italian)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2371

The omarchador blog was very active with 15 news releases to review

- Mon 14 Mar - Johann Diniz back racing in French 50km champ at Saint-Sébastien-sur-Loire
<http://omarchador.blogspot.com.au/2016/03/diniz-com-33748-nos-50-km-em-saint.html>
- Mon 14 Mar - Gold for Pedro Isidro and Ana Ramos in INAS World in indoor track
<http://omarchador.blogspot.com.au/2016/03/ouro-para-pedro-isidro-e-ana-ramos-no.html>
- Sun 13 Mar - Results of Italian Indoor Champs, Ancona, 5-6 March
<http://omarchador.blogspot.com.au/2016/03/campeonatos-absolutos-de-italia-em.html>
- Sat 12 Mar - First ever women's 50km race in China - results
<http://omarchador.blogspot.com.au/2016/03/primeira-prova-de-50-km-femininos-na.html>
- Sat 12 Mar - Wang Zhendong wins Chinese men's 20km in year's best time
<http://omarchador.blogspot.com.au/2016/03/zhendong-wang-com-melhor-marca-mundial.html>
- Fri 11 Mar - Portuguese Masters Champs to be contested in Pombal on Saturday
<http://omarchador.blogspot.com.au/2016/03/masters-disputam-nacionais-de-pista.html>
- Fri 11 Mar - results of Ukrainian roadwalk champs the previous weekend Day 2
http://omarchador.blogspot.com.au/2016/03/campeonatos-da-ucrania-em-ivano_11.html
- Fri 11 Mar - 3 Portuguese walkers to compete in Indoor Track World Championship INAS in Ancona, Italy
<http://omarchador.blogspot.com.au/2016/03/marchadores-portugueses-no-mundial-de.html>
- Fri 11 Mar - Wang Zhen wins Chinese men's 20km
<http://omarchador.blogspot.com.au/2016/03/zhen-wang-vencedor-dos-20-km-do-grande.html>
- Thu 10 Mar - Hong Liu wins Chinese women's 20km in year's best time
<http://omarchador.blogspot.com.au/2016/03/hong-liu-com-melhor-marcha-mundial-nos.html>
- Thu 10 Mar - results of Ukrainian roadwalk champs the previous weekend Day 1
<http://omarchador.blogspot.com.au/2016/03/campeonatos-da-ucrania-em-ivano.html>
- Wed 9 Mar - Buziak and Tomala win Polish Indoor champs last weekend
<http://omarchador.blogspot.com.au/2016/03/buziak-e-tomala-vencem-campeonatos-da.html>
- Wed 9 Mar - Dane Bird-Smith wins 5000m track walk in Melbourne with world leading time for year
<http://omarchador.blogspot.com.au/2016/03/dane-bird-smith-com-183897-em-melbourne.html>
- Tue 8 Mar - Horatio Nava wins men's 20km in IAAF Challenge Series event in Mexico
<http://omarchador.blogspot.com.au/2016/03/cinquentista-nava-vence-20-km-de-ciudad.html>

- Tue 8 Mar - María Guadalupe González wins women's 20km in IAAF Challenge Series event in Mexico
<http://omarchador.blogspot.com.au/2016/03/maria-guadalupe-vence-e-ines-henriques.html>

OUT AND ABOUT

- Mark Easton has loaded his photographs from the Molly Barnet walks to <http://markeaston.zenfolio.com/f1026561261>.
- It was pointed out to me this week that the only three nations have competed at every edition of the World Team Champs and its previous incarnations - GB&NI, Italy and Russia/Soviet Union. With Russia banned from the 2016 edition in Rome, it will now be down to two - GBR and Italy.
- The current entry list for the **2016 Continental Centurions Qualifying Event** in Schiedam, Netherlands, looks impressive. Although entries have not yet closed, the list includes a big GBR contingent, along with Australians Justin and Sharon Scholz and John Kilmartin and New Zealander Richard McChesney, along with the usual mix of walkers from a variety of European countries. See <http://www.rotterdamsewandelsportvereniging.nl/uploads/images/Wandelweekend/deelnemers%20WW.pdf>
- Northern Race Walking has announced the finer details of the **2016 UK Centurions 100 Miles Qualifying Event** and RWA National Long Distance Championship which are to be held over a 2 mile seafront course on the weekend of 6-7 August at The Beacon, Redcar Esplanade. See <http://www.northernracewalking.com/redcar-blast/>. What a fantastic course! Entries are now being taken. Links are as follows

Website: <http://www.northernracewalking.com/redcar-blast/>

Facebook: <https://www.facebook.com/groups/1035691779824744/>

Entries: https://www.sientries.co.uk/event.php?elid=Y&event_id=2677

- England Athletics has announced its team to compete in the IAAF Race Walking Challenge in Dudince, Slovakia, on 19th March. Dominic King will compete in the 50km, which doubles as the British Olympic Trials for the event - he has a qualifying time from the German Championships last October of 3:59:22. Tom Bosworth will look to build on his record-breaking indoor form with his first Olympic distance race of the year; and the junior men are in good form - Callum Wilkinson set a new UK Junior Record of 41:31 at the inaugural England Athletics 10km Championships in Coventry on Sunday, and Guy Thomas and Cameron Corbishley will aim to show form ahead of the IAAF World Race Walking Team Championships in May in Rome for which they will hope to be selected. See <http://www.englandathletics.org/england-athletics-news/iaaf-race-walking-challenge-team-announced>.

50km: **Dominic King** (Club: Colchester AC, Coach: George Nibre)

20km: **Tom Bosworth** (Club: Tonbridge AC, Coach: Andi Drake)

10km (U20): **Callum Wilkinson** (Club: Enfield & Haringey AC, Coach: Mick Graham)

10km (U20): **Guy Thomas** (Club: Tonbridge AC, Coach: Martin Rush)

10km (U20): **Cameron Corbishley** (Club: Medway & Maidstone AC, Coach: Andi Drake)

Team Leader: **Andi Drake**

Team Coach: **Andy Henderson**

Team Physiotherapist: **Faith Cripps**

- New Zealand has also been in announcement mood, confirming that former Commonwealth Games silver medallist **Tony Sargisson** will be their Team Leader for the 2016 IAAF World Race Walking Team Championships. Athlete selections will be announced by 5pm Monday 21 March 2016.
- The London 2017 IAAF World Championship entry standards have been released - 20km men (1:24), 20km women (1:36) and 50km men (4:06). The men's 20km will start at 1:45PM and the women's 20km will start at 3:35PM on Sunday 6 August 2017 while the 50km will start at 9:45AM on Saturday 12 October 2017. See more at <http://www.athleticsweekly.com/featured/iaaf-releases-approved-london-2017-world-championships-timetable-40201/#sWcslfkuBJKpbPu.99>.
- The next round of the 2016 IAAF Racewalk Challenge Series will be held next Saturday 19th March in **Dudince**, Slovakia. One of the top European early season meets, it features the full range of walking events, including the 35th staging of its iconic 50km championship walk. Unfortunately, it will go ahead this year without 2015 50km World Champion Matej Toth who has been forced to withdraw with shin inflammation, which flared up after the Slovakian Indoor champs last month. See <http://atletikasvk.sk/Articles/Detail?ArticleId=4159>. Dudince is a B category meet which places it high in the Challenge Series in terms of prize money and athlete support. The organisers expect well over 220 walkers in total. The 50km will feature Erick Barrondo of Guatemala, Norwegian Erik Tysse, Grzegorz Sudol and Lukasz Nowak from Poland, Greece record holder Alexandros Papamichail and Brazilian Caio Bonfim. The 20km will feature Robert Heffernan of Ireland, Mexican Eder Sanchez and South Korean Kim Hjunsub. The women's 20km will feature Czech Agnes Drahotová, Italian Elisa Rigaudová and Portuguese record holder Ana Cabecinhová. Good article at <http://atletikasvk.sk/Articles/Detail?ArticleId=4160>.

I am just so disconsolate about the ever increasing number of articles and press releases about doping in the sport of Track & Field. The situation is clearly getting worse rather than better, as our sport seems to lurch from one media disaster to another. This week has seen more of the same. One must ask – where will it all end.

Tuesday 8 March

Just as I was about to go to press with last week's newsletter, I saw the Sharapova press announcement that she has tested positive for a drug called Meldonium. I decided to leave it and let the story develop – and it didn't take long. Let's focus on this one for a bit.

- The third of these German docs which went to air on Sunday evening announced (coincidentally) that 724 of 4316 samples of Russian athletes tested in 2015 contained Meldonium - ie that means that about 20% of elite Russian sports persons (across all sports) were taking this particular heart/angina medication in 2015 - that can only mean State sponsored medication in my book. It also makes you wonder about the very high level of heart issues in Russia - that's a joke! Then two days later, out comes Sharapova with her announcement.
- Meldonium is sourced from Latvia and sold over the counter in Russia and certain other Eastern European countries but nowhere else. Given that Sharapova has been living in USA for many years now and given the drug is not approved by the Food & Drug Administration for use in the United States, you have to ask where she sourced her supplies - Russia obviously. So there is potentially a lot more to this story than just one tennis player not noticing a ban announcement.
- There was an alarmingly high prevalence of meldonium use by athletes in sport in the leadup to the WADA ban as demonstrated by the laboratory findings at the Baku 2015 European Games where 13 medallists or competition winners were found to be taking meldonium. Even more staggering is this stat – nearly 500 competitors in the Baki Games were probably taking the drug. See <http://blogs.bmj.com/bjbm/2016/03/08/meldonium-use-by-athletes-at-the-baku-2015-european-games-adding-data-to-ms-maria-sharapovas-failed-drug-test-case/>.
- What is Meldonium and what does it do for you. Great summary article at <http://www.abc.net.au/news/2016-03-08/what-is-meldonium-and-what-does-it-do-to-your-body/7228670?section=sport>.
- Meldonium was added to the WADA Prohibited List because of evidence of its use by athletes with the intention of enhancing performance. WADA announced meldonium would be banned from 1 Jan 2016 in September 2015. Even RUSADA told athletes to stop taking it in October! But it was first flagged in October 2014 when Larry Bowers, the chief science officer for the United States Anti-Doping Agency, gave a presentation at the organization's Symposium on Anti-Doping Science. Dr. Bowers stood before a small international group of researchers at the Phoenix Marriott Tempe in the Arizona hills and spoke about, meldonium, a novel drug that was unfamiliar to most in the room and which had been developed in Latvia in the 1970s as a heart medication. The concern was that elite athletes were abusing it to enhance their performance through its ability to energize the cell's powerhouses, the mitochondria. See http://www.nytimes.com/2016/03/14/sports/wave-of-positive-tests-for-meldonium-adds-to-doping-crisis.html?partner=rssnyt&emc=rss&_r=0.
- Further positive positive cases (Russian of course) were quickly announced for Meldonium. Short track speed skater Semion Elistratov and ice dancer Ekaterina Bobrova have both allegedly provided samples containing the substance. Speed skater Pavel Kulizhnikov, who broke the men's 500 metres world record in November, has also been claimed to have provided a positive sample for the substance. Volleyball player Alexander Markin has also reportedly failed a test for the drug. See <http://www.insidethegames.biz/articles/1035153/russian-olympic-gold-medallists-join-sharapova-in-testing-positive-for-meldonium>.
- Finally, Sunday night's third doping documentary has now been released in English and it is mind blowing. You MUST watch this - it is only 30mins long but it puts the final nails into the Russian coffin. There is no way Russia can compete in Rio after this. Video at <https://www.youtube.com/watch?v=2XGVKE3yrXs&feature=youtu.be>. And here is a very good summary of what the doco has to day: <http://www.swimvortex.com/ard-shows-russia-non-compliant-as-the-ioc-joins-autonomys-march-to-the-grave/>.

And now onto other news for the day.

- Kenya is looking pretty shaky in its bid to make the Rio Games. National Assembly Speaker Justin Muturi has directed the Labour and Social Welfare Committee to meet on Thursday and speed up a proposed law that is key to Kenya's participation at the Olympics. Mr Muturi gave the directive after Cherangany MP Wesley Korir spoke of his frustrations in his efforts to get the committee listen to his proposals on the Anti-Doping Bill, which he says he has drafted. Mr Korir said his three attempts to meet the committee chaired by Matungu MP David Were had failed as there was no quorum the three times they held meetings. The quorum of the 29-member committee is nine. This led the Speaker to ask Majority Whip Katoo ole Metito, his deputy Benjamin Washiali as well as their counterparts in the Minority, Thomas Mwedeghu and Chris Wamalwa, to take action. They are obviously just not serious about it. See <http://www.nation.co.ke/sports/athletics/Kenya-in-race-against-time-to-pass-anti-doping-Bill/-/1100/3108308/-/iba94rz/-/index.html>.

Wednesday 9 March

- Athletics superpower Russia is running out of time to eradicate doping and may not be able to send a T&F team to this year's Rio Olympics according to Dick Pound, chair of the WADA independent commission. "There seems to be some evidence that they're just changing deck chairs on the Titanic," he told an anti-doping conference. "My guess is Russia may not make it back for Rio. The IAAF and Wada are not going to risk their reputations by rolling over and playing dead." See <http://www.supersport.com/athletics/article.aspx?Id=3433424>.
- If Carl Lewis ran the world, Sebastian Coe would not be in charge of T&F. The nine-time Olympic gold medalist said he believes the sport would be better served if Coe stepped aside as leader of track's governing body, let an independent organization clean things up, then took charge again. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11602529&ref=rss. Who am I to disagree, except with the bit about taking charge again!

Radio interview with Irish journalist Paul Kimmage about Sharapova's failed drugs test and the wider drugs issue in sport. A very strong interview with one of the journalists who were responsible for the Lance Armstrong bust. Worth listening. - http://www.newstalk.com/podcasts/Off_The_Ball/Off_The_Ball_Highlights/129292/Paul_Kimmage_on_Sharapova_failed_drugs_test_her_PR.

Thursday 10 March

- And another one! Swedish runner Abeba Aregawi has become the latest athlete to test positive for meldonium. Aregawi, a 1500m specialist, now risks a suspension of up to four years. The 25-year-old, who competed for Ethiopia at the London Olympics, was world champion in 2013 in Moscow, but finished only sixth in Beijing last year. She also won the European Championships and the World Indoors titles over her favourite distance. Aregawi switched allegiances to Sweden soon after the Olympics, through her marriage to a naturalised Swede of Ethiopian origin, of which she was accused of doing just to gain citizenship. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11603049&ref=rss. But it gets worse – The *Expressen* newspaper has revealed that Aregawi was given three days' notice of her drug out-of-competition test in Addis Ababa in January, which is strictly against anti-doping rules. The IAAF's response was: "We have noted the statements made in the Swedish press today regarding the circumstances of Aregawi's doping control. We can confirm that this is not the normal procedure when it comes to out-of-competition drug tests." Wow!
- The 2012 Olympic 1500m final, in which Aregawi originally placed fifth, can be classified as one of the most tainted races of all time as 6 of the first nine finishers have served, or are serving, doping bans. "Winner" Asli Cakir TUR (who was banned from 2004 to 2006) was stripped of the gold medal and has been banned for eight years until 2021 for biological passport anomalies; silver medallist Gamze Bulut TUR was long suspected of cheating and has finally just recently been outted for biological passport abnormalities; Tatyana Tomashova RUS (4th), was banned from 2008 to 2010; Aregawi (5th) is currently suspended; Natalya Koreyvo BLR was banned for two years in 2014 for biological passport irregularities and her Olympic result was annulled; and Yekaterina Kostetskaya RUS received a two year ban in 2013. Here's how that field looks – any more and it risks becoming THE most drugs ridden final of all time!

Rank	Athlete	NOC	Result
1	Asli CAKIR ALPTEKIN	TUR	4:10.23
2	Gamze BULUT	TUR	4:10.40
3	Maryam yusuf JAMAL	BRN	4:10.74
4	Tatyana TOMASHEVA	RUS	4:10.90
5	Abeba AREGAWI	ETH	4:11.03
6	Shannon ROWBURY	USA	4:11.26
7	Natalia KAREVA	BLR	4:11.58
8	Lucia KLOCOVA	SVK	4:12.64
9	Yekaterina KOSTETSKAYA	RUS	4:12.90
10	Lisa DOBRISKEY	GBR	4:13.02
11	Laura WEIGHTMAN	GBR	4:15.60
12	Hellen Onsando OBIRI	KEN	4:16.57
	Morgan UCENY	USA	

- Sebastian Coe, the IAAF president, has been accused by researchers of giving both "contradictory" and "untrue" evidence to a parliamentary committee hearing into doping. And further down in this particular article is some more very interesting information - Coe could yet be bracing himself for more negative headlines after the IOC announced it was in the process of retesting hundreds of samples from the 2008 Olympics – from all sports – in a bid to uncover any cheats. The IOC medical director, Dr Richard Budgett, said the aim was to make "sure that athletes who cheated back in 2008 don't get to

compete in Rio in 2016". The results and hence any possible sanctions are expected to be made public in the next few weeks. See <http://www.independent.co.uk/sport/general/athletics/sebastian-coe-accused-of-misleading-mps-over-drug-claims-a6923821.html>. Well, this could well prove to be a bit of a setback in Alex's Schwazer's return from exile.

- Ethiopia, is under immense pressure to show it has adequate anti-doping measures. Ethiopia is the latest to have its credibility questioned after it was announced last month that six athletes, some of them elite performers, are under investigation for doping. In addition, former middle-distance world champion Abeba Aregawi, an Ethiopian-turned-Swede, has now tested positive. Ethiopia has so far escaped censure from Wada but the organisation has instructed the country to improve its programme and develop its own anti-doping organisation after the its athletics doctor Ayalew Tilhaun called their growing drugs problem "a terrifying development." See <http://www.iol.co.za/sport/athletics/ethiopia-moves-into-the-doping-spotlight-1996265>.

Friday 11 March

- Paula Radcliffe, the world record-holder in the women's marathon, is skeptical whether Russia has done enough to clean up its drug-testing program in time for the Olympics. She also questions whether Russian athletes would know how to "train without cheating" if allowed back for the Rio Games in August. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11603714&ref=rss.
- Paula Radcliffe is backing a petition that wants Russia's athletes banned from competition until money won by their drug cheats since 2009 is repaid. It has been signed by the former world marathon champion and a number of other athletes, agents and promoters. See <http://www.bbc.com/sport/athletics/35774685>.
- Sharapova is not alone! The World Anti-Doping Agency (Wada) has recorded 99 positive tests for the newly banned drug at the centre of the Maria Sharapova case, officials said on Friday. A spokesman for WADA said the agency had recorded nearly 100 positive tests for the endurance-boosting substance meldonium since it became outlawed on January 1. See <http://www.supersport.com/athletics/article.aspx?Id=3437574>.
- IAAF president Sebastian Coe admitted on Friday that he was looking into how once-banned Russian doping whistleblower Yuliya Stepanova could again compete on the international stage. See <http://www.supersport.com/athletics/article.aspx?Id=3437564>.

The latest 2 day IAAF Council meeting concluded on Friday and it proved an interesting one. Here is their official Press Release – <http://www.iaaf.org/news/iaaf-news/council-meeting-2016-reforms-russia>. Items of interest included

- Russia has not yet done enough in eradicating doping to justify lifting a ban ahead of August's Rio Olympics. IAAF head Sebastian Coe, appointed to oversee a broader shakeup in athletics to eradicate corruption and doping, suggested a final decision would be taken at the next scheduled council meeting in May. See <http://www.iol.co.za/sport/athletics/no-iaaf-recommendation-of-russian-return-1996913>. It's my belief that the IAAF and Coe will bend over backwards to let Russia back in if they can. Hopefully WADA and the IOC can push the negative case.
- The IAAF has named five countries as being in "critical care" over their anti-doping programmes. Coe said **Ethiopia** and **Morocco** had to re-assess their programmes "as a matter of urgency" and introduce more testing, both in and out of competition. **Kenya**, **Ukraine** and **Belarus** were also "put on an IAAF monitoring list for 2016", Coe saying they had to "strengthen doping programmes". "There are no immediate sanctions, it's just a serious wake-up call," the IAAF president said. See <http://www.supersport.com/athletics/article.aspx?Id=3437424>.

Sunday 12 March

- Russian rugby players Alexey Mikhaltsov and his wife Alena have become the latest athletes to test positive for the banned substance meldonium. World Rugby have confirmed the failures after the Rugby Union of Russia (RUR) released a statement revealing that the couple had failed out-of-competition tests. "Men's sevens player Alexei Mikhaltsov and women's sevens player Alena Mikhaltsova (née Bogacheva) tested positive following World Rugby out-of-competition testing in early 2016," the RUR stated. See <http://www.insidethegames.biz/articles/1035298/husband-and-wife-rugby-players-latest-to-test-positive-for-meldonium>.

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 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 27th IAAF World Race Walking Team Championships, Rome, ITA
July 19-24, 2016 16th World Junior T&F Championships, Bydgoszcz, POL
Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>
Oct 26 -Nov 6, 2016 21st 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, Nairobi, 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

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