



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 28  
12 April 2016



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### WALKER OF THE WEEK

My Walker of the Week this time around goes to Melbourne based VRWC walker **Regan Lamble** who walked to 7<sup>th</sup> place in the latest IAAF Race Walking Challenge Series meet in Rio Maior, Portugal, on Saturday. Her time of **1:30:34** was her fourth Olympic qualifier and the fastest Australian time so far in the qualifying period. For the record, her 4 times, each faster than the one before, read as follows

<b>1:30:34</b>	<b>Rio Maior, Portugal</b>	<b>09-Apr 2016</b>
<b>1:30:45</b>	<b>Melbourne</b>	<b>13-Dec 2015</b>
<b>1:32:26</b>	<b>Takahata, Japan</b>	<b>25-Oct 2015</b>
<b>1:32.51</b>	<b>Melbourne</b>	<b>30-Aug 2015</b>

This shows that she is now well and truly on top of the niggles that saw her retire from our Olympic trial in February in Adelaide, It certainly makes for some fascinating racing in the World Race Walking Championships in Rome next month. With Rachel Tallent already selected, there are two spots left in the women's 20km team and we have 4 contenders, all of whom will be in Rome – Regan, Beki Smith, Tanya Holliday and Stephanie Stigwood. And 4 into 2 doesn't go!



**Regan in action in the women's 20km walk in the 2012 Olympics – looking promising for a second Olympic selection**

### WHAT'S COMING UP

- The 2015/2016 Summer Season is just about done and dusted – the remaining key dates are as follows:
 

16-17 Apr	Coburg 24 Hour Track Carnival, Coburg – see <a href="http://www.coburg24hr.org/24hr/">http://www.coburg24hr.org/24hr/</a>
16-19 Apr	AMA T&F Championships, Adelaide - see <a href="http://www.samastersathletics.org.au/nationals2016/">http://www.samastersathletics.org.au/nationals2016/</a>
Sat 23 Apr	VRWC winter season races, Middle Park
Sun Apr 24	Australian Little Athletics Teams Championships (U13), SA Athletics Stadium, Adelaide, SA

- A few words about the **2016 Australian Masters Athletics Championships** in Adelaide. Entry lists have now been published - see [http://vicmastersaths.org.au/wp/wp-content/uploads/2016/04/AMA-Championships-Start-Lists\\_v3.pdf](http://vicmastersaths.org.au/wp/wp-content/uploads/2016/04/AMA-Championships-Start-Lists_v3.pdf). The walks will be held as shown below:
  - Saturday April 16<sup>th</sup> 1,500m Track Walks
  - Sunday April 17<sup>th</sup> 5,000m Track Walks
  - Tuesday April 19<sup>th</sup> 10km Road Walks
- The ACT Racewalking Club have opened entries for the **50<sup>th</sup> Lake Burley Griffin Racewalk Carnival** which will be held in Canberra on Sunday 12<sup>th</sup> June. You can download the entry form from <http://www.actwalkers.com.au/wp-content/uploads/2016/04/2016-Entry-Form.doc>. Once you have filled it in, you send it to your racewalking club secretary, along with your entry fee. For Victorians, that means the following:
  - VRWC members post their forms to our club secretary Terry Swan, c/o G.P.O. Box 5192, Melbourne, Victoria, 3001. Payment can be made by cheque or cash or by direct credit to our VRWC CBA Account. Mark 'LBG' and your name in the Reference field for online payments.  
Name: Victorian Racewalking Club  
BSB: 063143  
Acct Num: 00800455
  - Ballarat Walkers Club members direct their entries to club secretary Kerrie Peart
  - Bendigo Walkers Club members direct their entries to club President Paul Rance

See all the latest LBG info at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.

- And looking a long way ahead, the **2016 World Masters Athletics Championships** will be held in Perth from Oct 26 -Nov 6. Entries are now open - enter at <http://www.perth2016.com/the-event/register/>. You have plenty of time left to enter - entries close on August 25<sup>th</sup>. The walks will be held as shown below:
  - Wednesday October 26<sup>th</sup> 5000m Walk Men
  - Thursday October 27<sup>th</sup> 5000m Track Women
  - Monday October 31<sup>st</sup> 10km Road Men and Women
  - Friday November 4<sup>th</sup> 20km Road Men and Women

The track walks will be held at the Ern Clark Athletics Centre, Wharf Street, Cannington, and the road walks will be held on a 2km loop in Perry Lakes Drive, Floreat (Adjacent to the main stadium precinct).

### RACEWALK VICTORIA UNIFORM UPDATE

All Racewalking Victoria walkers must wear the RWV uniform in the LBG Carnival in Canberra in June. I have contacted the uniforms manufacturers and confirmed that they need 7 weeks to complete uniforms orders. That means we need to finalise our order by **Wednesday 20<sup>th</sup> April**. So you have just over 1 week remaining to organise your order. I will add a few extra items to the order in case your sizing guess is not quite right. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp1/rwv-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



**2016 CASTLEMAINE NAB 500, CASTLEMAINE, VICTORIA, SUNDAY 10 APRIL**

The Victorian Race Walking Club and Events in Nature combined to put on the second annual Castlemaine NAB 500 Walk Meet in the Castlemaine Botanic Gardens on Sunday 10th April 2016. This was the first event of our winter season and what a fantastic morning it turned out to be. The weather was perfect (sunny and mild), the country venue was inspiring and the 40 entries was well up on our 32 of last year. To top things off, the Mount Alexander Shire had organised a sweep of the course so it was acorn free and in very good nick. We were especially pleased to have a number of Australia's international walkers present - Rachel Tallent, Adam Garganis and Kyle Swan - as well as a whole swathe of Victorian and Australian walks medallists and participants from 3 of our Victorian walking clubs.

Bendigo Walkers Club walker Michael Gillies-Smith put in a repeat huge effort to bring many local Castlemaine sponsors onboard, including Castlemaine NAB, The Bike Vault and McKenzie Davey Amcal Pharmacy. There were random prize draws and significant prizes for all placegetters in the 8 divisions (U18 Boys/Girls, 50+ Men/Women, U12 Boys/Girls and Open Men/Women). We even had an 'Introduction to Racewalking' demo and a small beginners walk.

The 3km races kicked proceedings off at 10:30AM with 3 laps of the Gardens on the gravel pathways and wins went according to rankings with **Reese Walmsley, Zahra Hayes, Simon Evans** and **Barb Bryant** taking line honours. The U12 1km followed at 11:15AM with wins going to **Fraser Saunder** and **Freya Evans**. The main Castlemaine NAB 500 5km walk was then held and, unsurprisingly, the wins went to **Adam Garganis** and **Rachel Tallent**, two of our 2016 international reps. Adam will compete for Australia in the Race Walking Teams Championships in Rome in May and in the World Junior Championships in Poland in July. Rachel will compete in the Rio Olympics in August.

Michael and I were over the moon with the success of the carnival and promise to be back again at the same time next year for an ever bigger show!

**3km U18 Men**

1.	Walmsley, Reese	VRWC	14:04
2.	Walmsley, Hayden	VRWC	15:07
3.	Thompson, Will	VRWC	15:45
	Swan, Kyle	VRWC	DNS

**3km U18 Women**

1.	Hayes, Zahra	Bendigo RWC	14:21
2.	Peart, Jemma	Ballarat RWC	15:03
3.	Peart, Alanna	Ballarat RWC	16:11
4.	Bishop, Kasey	Ballarat RWC	18:40
5.	Taylor, Lee	VRWC	20:45

**3km 50+ Men**

1.	Evans, Simon	VRWC	15:21
2.	Gillies Smith, Michael	Bendigo RWC	16:22
3.	Bennett, Ralph	VRWC	17:32
4.	Knox, Duncan	VRWC	19:00
	Keirl, Bernie	VRWC	DNS

**3km 50+ Women**

1.	Bryant, Barb	Bendigo RWC	17:03
2.	Elms, Donna-Marie	VRWC	17:21
3.	Major, Annette	Bendigo RWC	17:26
4.	Payne, Jennifer	Bendigo RWC	19:16
5.	Shaw, Robyn	VRWC	19:18
6.	Thompson, Marilyn	VRWC	24:55
	Carr, Heather	VRWC	DNS

**1km U12 Boys**

1.	Saunder, Fraser	Ballarat RWC	05:26
2.	Peart, Scott	Ballarat RWC	05:52
3.	Tallent, Brodie	Ballarat RWC	05:53
4.	Fox, Oscar	Bendigo RWC	05:58

**1km U12 Girls**

1.	Evans, Freya	VRWC	06:01
2.	Bridges, Kayla	Ballarat RWC	06:05
3.	Thompson, Eliza	VRWC	06:20
4.	Fox, Amber	Bendigo RWC	06:33
5.	Tallent, Jorja	Ballarat RWC	06:47

### 5km Open Men

1.	Garganis, Adam	VRWC	22:35
2.	Kozica, Jason	VRWC	23:39
3.	Kollmorgen, Stuart	VRWC	23:50
4.	Prasad, Pramesh	VRWC	26:11

### 5km Open Women

1.	Tallent, Rachel	Ballarat RWC	23:04
2.	McInnes, Simone	VRWC	26:28
3.	Brennan, Sarah	Ballarat RWC	27:13
4.	Knight, Cassandra	VRWC	30:42
5.	Swan, Emily	VRWC	30:58
	Billington, Tayla-Paige	VRWC	DNS

Thanks to Terry Swan for photos - <http://www.vrwc.org.au/coppermine/thumbnails.php?album=67>.



Adam Garganis, Barb Bryant, Rachel Tallent and Simon Evans (photos Terry Swan)



Fraser Saunter, Reese Walmsley, Zahra Hayes, Jemma Peart and Freya Evans (photos Terry Swan)



Thanks to our officials and helpers and judges – it's a long list so apologies if I missed anyone.

**Event Organizers:** Michael Gilles-Smith, Tim Erickson  
**Judges:** Gordon Loughnan (chief), Peter Vysma, Stuart Cooper, Susan Taylor  
**Setup/Packup:** Tim Erickson, Michael Gillies-Smith, Terry Swan, Stuart Cooper, Peter Vysma, Barb Bryant, Jennie Payne,  
**Timekeepers:** Simon Baker, Michelle and Alan Walmsley  
**Photography:** Terry Swan  
**Guests:** Harry Koponen (NAB Castlemaine), Bendigo West MP Maree Edwards  
**Thanks also to:** Peter Grant (The Bike Vault) and Jeremy Byrne (McKenzie Davey Amcal Pharmacy)



**Start of Beginners and U12 walk – Freya, Brodie, Scott, Eliza, Oscar, Kayla, m Amber and Fraser**

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 6 APRIL**

Thanks to Colin Hainsworth for the results of this additional South Australian Masters meet, held prior to next weekend's Australian Masters Champs in Adelaide.

**1500m Walk**

1.	George White	08:14	M70	87.68%
2.	Mark Worthing	08:24	M53	72.18%
3.	Olivia Sandery	08:25		
4.	Marie Maxted	08:41	W55	76.10%
5.	Gloria Holliday	08:41	W55	76.10%
6.	James Hoare	10:05	M69	70.74%
7.	Kerry Goode	10:13	W41	57.57%
8.	Rodger Barber	10:28	M78	76.64%
9.	Graham Harrison	10:51	M72	68.20%
10.	Doug Smart	11:35	M72	63.88%
11.	Norman White	12:10	M57	51.66%
12.	Jill Rogers	12:39	W71	62.26%
13.	Edna Bates	13:09	W63	54.38%

**5000m Walk**

1.	George White	27:56	M70	89.67%
2.	Gloria Holliday	30:56	W55	75.68%
3.	Cherie Rothery	32:14	W46	66.89%
4.	Marie Maxted	32:43	W55	71.55%
5.	James Hoare	34:29	M69	71.76%
6.	Rodger Barber	36:28	M78	76.52%

**3000m walk**

1.	Kerry Goode	21:28	W41	56.50%
2.	Valmai Padget	24:10	W71	68.30%
3.	Edna Bates	26:40	W63	55.76%
4.	Graham Harrison	37:19	M72	40.44%

**ACT WALKERS CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 9 APRIL**

Thanks to Robin Whyte for the results of the ACT Race Walking Club's winter season opener at Molonglo Reach in Canberra.

**4km Walk**

1.	Kate Black	25:27
2.	Bob Parker	29:00
3.	Rosemary Parker	30:14
4.	Robyn Saunders	31:40
5.	David Mackenzie	32:33

**8km Walk**

1.	Connor Frew	41:28
2.	Mitchell Baker	42:00
3.	Gabby Hunt	42:02
4.	Ally Durr	42:07
5.	Greg Durr	54:33

6. Jack Thackray 36:10  
7. Raine Thompson 40:08

6. Mick Saunders 55:16  
7. Bryan Thomas 57:40  
8. Derek Robinson 57:57  
9. Monika Short 58:07  
10. Rod Gilchrist 60:42

#### 2km Walk

1. Harry Baker 14:27  
2. Ella Baker 15:03  
3. Charlie Durr 15:06  
4. Kathryn Farry 15:57  
5. Marilyn Banfield 15:58  
6. Lisa Brew 17:49  
7. Nat Latham 17:50  
8. Oliver Karl 24:31  
9. Nola de Chazal 25:16

### 25<sup>TH</sup> GRANDE PRÉMIO INTERNACIONAL, RIO MAIOR, PORTUGAL, SATURDAY 9 APRIL 2016

The 25<sup>th</sup> Rio Maior Race Walking International Grand Prix was held in the Portuguese city of Rio Maior last Saturday. It was the latest of the 2016 IAAF Race Walking Challenge Series meets and the walking was of a high quality.

My report is taken from that of Phil Minshull and Antonio Fernandes for the IAAF (see - <http://www.iaaf.org/news/report/rio-maior-2016-qieyang-martin>)

#### 20km Women

China's Olympic silver medallist **Qieyang Shenjie** fulfilled her role as favourite, winning in a season's best of 1:27:52. She hit the front just before the halfway point and had a three-second advantage over Italy's **Eleonora Giorgi** at 10km. The pair had quickly established a big lead over the rest of the women until Qieyang started to edge away, passing this checkpoint in 44:18 and 44:21 respectively. Qieyang then gradually increased her speed, getting faster and faster over the last 10km and dominating the race from the front, emulating her compatriot Liu Hong who won in Rio Maior 12 months ago. After going through the first two 5km splits in 22:11 and 22:07, the Chinese race walker ratcheted up the pace and produced a 5km split of 21:58 to go through 15km in 1:06:14, 15 seconds ahead of the Italian who had won at the last European leg of the challenge in the Slovakian town of Dudince three weeks ago. Qieyang finished off her commanding performance in Rio Maior with a 21:38 5km split to cross the line 28 seconds in advance of Giorgi, who came home in 1:28:20 to finish second behind a Chinese race walker for the second year running.

For Qieyang, it was also a happy return to the Portuguese race and redemption for what happened in 2015, when the former Asian record-holder had to pull out barely five kilometres into the race. "I was pleased with this performance," said Qieyang, whose case for going to the Rio 2016 Olympic Games will be strengthened by this win, despite finishing fourth at China's recent Olympic trial race. "This was a good competition with a good course. I intended to make about 1:28 and I made a little faster. This was a good test for me, with great sensations for my plans concerning the IAAF World Race Walking Team Championships and I'm looking forward for the Olympic Games."

Fellow Italian **Elisa Rigaud** finished strongly over the last three kilometres to take third in 1:28:31, the 2008 Olympic and 2011 world bronze medallist finishing in this position in Rio Maior for the second consecutive year. Further back, Brazil's **Erica de Sena**, who was part of a big chasing group that was 39 seconds behind Giorgi at the halfway point, just lost out in the battle with Rigaud for the final place on the podium over the final five kilometres but still finished in 1:28:40, just 18 seconds adrift of the South American record she set when finishing second to Giorgi in Dudince.

Australia's Regan Lambie was also in action, finishing in 7<sup>th</sup> place in a fast 1:30:34. This will do her Olympic selection chances no harm.

1.	Shenjie QIEYANG	CHN	90	1:27:52
2.	Eleonora Anna GIORGI	ITA	89	1:28:20
3.	Elisa RIGAUDDO	ITA	80	1:28:31
4.	Erica ROCHA DE SENA	BRA	85	1:28:40
5.	Ines HENRIQUES	POR	80	1:29:14
6.	Mirna Sucely ORTIZ FLORES	GUA	87	1:29:43
7.	<b>Regan LAMBIE</b>	<b>AUS</b>	<b>91</b>	<b>1:30:34</b>
8.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:30:48
9.	Ana CABECINHA	POR	84	1:31:17
10.	Laura GARCÍA-CARO	ESP	95	1:33:24
11.	Kristina SALTANOVIC	LTU	75	1:34:14
12.	Mayra PÉREZ	GUA	88	1:34:50
13.	Daniela CARDOSO	POR	91	1:35:18
14.	Mara RIBEIRO	POR	95	1:37:40
15.	Vitória OLIVEIRA	POR	92	1:38:21
16.	Ines PASTORINO	FRA	92	1:44:59
17.	Catarina MARQUES	POR	96	1:46:52

18.	Priscila BARBOSA	BRA	89	1:48:54
19.	Laura LEAL	POR	96	1:50:38
20.	Vera PORTELA	POR	95	1:53:44
21.	Morgane AUSELLO	FRA	92	1:54:43
	Edna BARROS	POR	96	DNF
	Vera SANTOS	POR	81	DNF
	Mariana MOTA	POR	95	DNF
	Júlia TAKÁCS	ESP	89	DNF
	Neringa AIDIETYTE	LTU	83	DNF
	Cisiane Dutra LOPEZ	BRA	83	DNF
	Mar CHILLON	ESP	96	DNF
	Maritza Rafaela PONCIO	GUA	94	DNF

### Men's 20km

**Alvaro Martin**, last year's European U23 silver medallist, got the biggest win of his career when the 21-year-old Spaniard took the men's title in 1:21:03 with South Africa's **Lebogang Shange** 20 seconds further back in second place. Ecuador's **Andres Chocho**, this year's winner of the 50km at the IAAF Race Walking Challenge event in the Mexican city of Ciudad Juarez at the start of last month and the 20km gold medallist at the South American Race Walking Championships last weekend, showed just a few effects of his hectic schedule to finish third in 1:21:58.

Martin, Shange and Chocho passed the halfway point together in 40:55, part of a large group of 10, before breaking away shortly afterwards. This trio, along with Venezuela's **Richard Vargas**, were still together 5km later when they reached 15km in 1:01:13, with Italy's **Marco De Luca** 10 seconds further back in fifth place. But Martin threw down the gauntlet over the final five kilometres, covering this split in 19:50 to get away from his two rivals.

"This was great, because I had good rivals here and they pushed me to this great win. I'm very pleased with that," said the delighted winner. "I came here to win or at least to make the podium. I had unbeatable sensations, felt quite strong throughout the race and had no problems to break away from my rivals over the closing kilometres. Today's event was intended to be a test for next month's IAAF Walk Race Walking Team Championships to be held in Rome," added Martin.

Shange only settled for second place over the final kilometre but Chocho struggled in the later stages of the race and was almost caught by De Luca, who came through to finish fourth in 1:22:01. Brazil's **Jose Bagio** finished fifth in 1:22:15 as Vargas struggled over the final 5km and slipped back to sixth in 1:22:27. Guatemala's Olympic silver medallist **Erick Barrondo** was disqualified at about 14km while another of the favoured South American contingent, Brazil's Caio Bonfim, dropped out early in the race.

1.	Alvaro MARTIN	ESP	94	1:21:03
2.	Lebogang SHANGE	RSA	90	1:21:23
3.	Andres CHOCHO	ECU	83	1:21:58
4.	Marco DE LUCA	ITA	81	1:22:01
5.	José Alessandro Bernardo BAGIO	BRA	81	1:22:15
6.	Richard VARGAS	VEN	94	1:22:27
7.	Marc TUR	ESP	94	1:23:35
8.	Juan Manuel CANO	ARG	87	1:24:00
9.	Giorgio RUBINO	ITA	86	1:24:04
10.	Eder SÁNCHEZ	MEX	86	1:24:15
11.	Joao VIEIRA	POR	76	1:24:25
12.	Pedro ISIDRO	POR	85	1:25:43
13.	Guowen ZHU	CHN	97	1:26:22
14.	Mikel ODRIOZOLA	ESP	73	1:26:27
15.	Bruno Marques FIDELIS	BRA	94	1:26:59
16.	Miguel CARVALHO	POR	94	1:27:51
17.	Edward ARAYA	CHI	86	1:28:13
18.	Lorenzo DESSI	ITA	89	1:28:23
19.	Miguel RODRIGUES	POR	96	1:28:40
20.	Max GONCALVES DOS SANTOS	BRA	94	1:28:53
21.	Giovanni RENO	ITA	91	1:29:10
22.	Rui COELHO	POR	94	1:29:23
23.	Marcos MONTERRUBIO	ESP	81	1:31:10
24.	Hélder DOS SANTOS	POR	96	1:32:43
25.	Joao MARTINS	POR	95	1:32:54
26.	Luis BUSTAMANTE	MEX	84	1:34:14
27.	Amaro TEXEIRA	POR	89	1:35:50
28.	Luis SILVA	POR	70	1:36:59
29.	Marco AMARAL	POR	93	1:37:21
30.	Pedro SANTOS	POR	92	1:41:34
31.	Henrique SANTOS	POR	65	1:48:11
32.	Cláudio COTRIM	POR	96	1:49:12
33.	Carlos PAIVA	POR	69	1:53:28

Erick Bernabé BARRONDO	GUA	91	DQ
Pedro MARTINS	POR	68	DNF
Luis Manuel CORREIA	SUI	78	DNF
Rodrigo DOMINGUEZ FERNÁNDEZ	ESP	77	DNF
Ivan PAJUELO	ESP	93	DNF
Sérgio VIEIRA	POR	76	DNF
Yerko ARAYA	CHI	86	DQ
Caio Oliveira DE SENA BONFIM	BRA	91	DQ
Recep ÇELIK	TUR	83	DNF

U20 races were also contested, with China scoping the pool with the first 3 places in both the men's and women's races.

#### U20 Men 10km Race Walk

1.	Ning LU	CHN	99	42:37
2.	Jiaxu ZHANG	CHN	00	42:47
3.	Yandong LI	CHN	98	44:26
4.	Daniel CHAMOSA	ESP	97	44:42
5.	Pedro AMARAL	POR	97	46:35
6.	Paulo MARTINS	POR	99	48:01
7.	Daniel GOUVEIA	POR	00	49:12
8.	Júlio TERAN	VEN	99	51:31
	Vitor RAMOS	POR	97	DNF
	Rodrigo MARQUES	POR	99	DNF

#### U20 Women 10km Race Walk

1.	Xiaomin ZHOU	CHN	00	48:16
2.	Wenjing DUAN	CHN	99	50:18
3.	Liu ZOUCHE	CHN	00	50:56
4.	Carolina COSTA	POR	98	50:58
5.	Inês REIS	POR	99	51:21
6.	-Mafalda MARQUES	POR	97	DNF



Alvara Martin, Qieyang Shenjie and Eleonora Giorgi (photos [www.iaaf.org](http://www.iaaf.org))

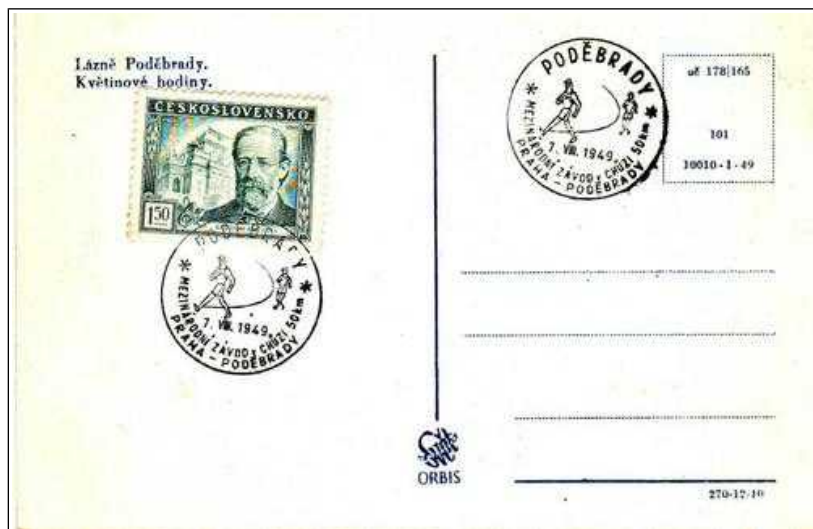
### 84<sup>TH</sup> PODEBRADY WALKING 2016, PODEBRADY, CZECH REPUBLIC, SATURDAY 9 APRIL 2016

Podebrady is a historical spa town in the Central Bohemian Region of the Czech Republic. Starting in 1929, a 50km racewalk from Prague to Podebrady was held annually. In the early 1990s, because of safety concerns, the event was moved to the ring road in Podebrady and has now morphed into a large annual international racewalking carnival. Events for women were added in 1982 (5km initially, then 10km and now 20km) and the meet now includes international matches for Junior and Youth walkers. And it was on once again last Sunday with the 84<sup>th</sup> edition of their now famous walking festival.

As an aside, did you know that the first philatelic related item about racewalking was for the Prague to Podebrady 50km racewalk. It was way back in 1949 and featured a postal mark on a First Day cover. The postal mark specifically mentions the MEZINARODNI



ZAVOD V CHUZI 50KM (INTERNATIONAL 50KM RACE WALK) from PRAHA (PRAGUE) TO PODEBRADY and features a walker. The stamp is not racewalking related but the postmark is.



Emmanuel Tardi was in Podebrady for the carnival (the 10<sup>th</sup> time for the intrepid traveller) and reported that, while it rained heavily, conditions were perfect for fast walking, with cool still conditions and a flat fast course. Emmanuel's video illustrates this well – just how fast are they walking! See <https://www.facebook.com/emmanuel.tardi/videos/10207870732040355/>. It was also born out in the results with the first 30 men all under the 1:24:00 Olympic standard and the first 19 women under the 1:36:00 Olympic standard.

The men's 20km race saw a very strong win for Swedish walker **Perseus Karlstrom** who led pretty much from the start. His winning time of 1:19:11 (39.40 + 39.31) was well under his PB of 1:21:03, set in Adelaide in February. It also bettered Stefan Johansson's 1992 Swedish record of 1:20:35. Germany's **Christopher Linke** took second in 1:19:19 (previous PB was 1:20:37), with Mexico's **Omar Pineda** third in 1:19:20. The first 6 were under 1:20:00 and the first 20 were under 1:22:00. Wow!

In the women's 20km race, a pack of 4 women soon formed, with Slovak **Maria Galikova**, Poles **Agnieszka Szwarnog** and **Paulina Buziak** and Mexican **Alejandra Ortega** fighting for the lead. It was Ortega who broke free around the 13km mark, going on to with in 1:29:35 (well under her 2015 PB of 1:31:04) after a last km of 4:08. Buziak came on next with 1.30.06 ahead of Szwarnog with 1.30.50 (6 secs ahead of her 2012 PB of 1:30:56).

Further down in the women's field, **Anel Oosthuizen** set a new South African 20km record of 1:34:49, well under Susan Vermeulen's current record of 1:36:18. She features in article <http://www.sascoc.co.za/2016/04/09/sas-oosthuizen-breaks-sa-record-and-looks-all-set-for-rio-olympics/>. And a very good followup article on Anel at <http://www.sascoc.co.za/2016/04/11/sa-walkers-shine-in-europe-now-for-nationals/>.

And lastly, Irish walker **Brenda Gannon** did her own PB of 1:51:13, lowering her W45 Irish record.

2015 World 50km champion **Matej Toth** had hoped to start in the men's 20km (see <http://atletikasvk.sk/Articles/Detail?ArticleId=4318>) but did not make it to the start line, as he continues to get treatment for his inflamed tibial tendon. He is unlikely to feature in the World Teams Champs in Rome either. But overall, it was still a good meet for the Slovaks with lots of PBs in the 20km – **Anton Kucmin** did a huge PB of 1:20:43 and moves to 6<sup>th</sup> place on the all time SVK ranking (this should guarantee him a spot in their team for Rio) and **Maria Galikova**, at age, 36 did a massive PB of 1:30:53 to set a new National Record. Further, the Slovakian men took silver in the teams event while the women won gold in their teams event. See further discussion at <http://atletikasvk.sk/Articles/Detail?ArticleId=4317>.

It was a great meet for German men **Christopher Linke** (2<sup>nd</sup> 1:19:19), **Hagen Pohle** (6<sup>th</sup> 1:19:58) and **Nils Brembach** (14<sup>th</sup> 1:20:58). See <https://www.leichtathletik.de/news/news/detail/drei-normen-fuer-rio-dlv-geher-in-bestform/>. And a very good interview with Linke at <https://www.leichtathletik.de/news/news/detail/christopher-linke-fuer-rio-trainieren-wir-so-hart-wie-noch-nie/>.

A number of national records set as follows

20km Men	Ersin Tacir	TUR	01-Apr-85	1:22:19	NR
20km Women	Mária Gáliková	SVK	21-Aug-80	1:30:53	NR
	Monika Vaiciukeviciute	LTU	03-Apr-96	1:34:00	NU23R
	Anél Oosthuizen	RSA	22-Apr-95	1:34:49	NR

Czech photos: <http://www.atletika.cz/fotogalerie-a-vida/fotogalerie/chodci-podebrady/>  
 Emmanuel Tardi: <https://plus.google.com/u/1/photos/114298325582846831610/albums/6271974948101810433>  
 André Casale : <https://goo.gl/photos/V3EFJTCQEzVo1Zd39>

**Men 20km Race Walk**

1.	Perseus KARLSTRÖM	SWE	90	1:19:11
2.	Christopher LINKE	GER	88	1:19:19
3.	Omar PINEDA	MEX	94	1:19:20
4.	Jesus Tadeo VEGA	MEX	94	1:19:20
5.	Ever PALMA OLIVARES	MEX	92	1:19:38
6.	Hagen POHLE	GER	92	1:19:58
7.	Pedro Daniel GÓMEZ	MEX	90	1:20:05
8.	Julio Cesar SALAZAR	MEX	93	1:20:24
9.	Manuel Esteban SOTO	COL	94	1:20:39
10.	Anton KUCMÍN	SVK	84	1:20:43
11.	Kevin CAMPION	FRA	88	1:20:45
12.	Jorge MARTINEZ BAEZ	MEX	90	1:20:51
13.	Isaac PALMA OLIVARES	MEX	90	1:20:54
14.	Nils BREMBACH	GER	93	1:20:58
15.	Ato IBANEZ	SWE	85	1:21:21
16.	Hassanine SBAI	TUN	84	1:21:26
17.	Luis Fernando LÓPEZ	COL	79	1:21:32
18.	James RENDÓN	COL	85	1:21:35
19.	Jakub JELONEK	POL	85	1:21:38
20.	Rafał FEDACZYNSKI	POL	80	1:21:47
21.	Ersin TACIR	TUR	85	1:22:19
22.	Aleksandr LIAKHOVICH	BLR	89	1:22:42
23.	Erik TYSSE	NOR	80	1:22:47
24.	Leonardo DEI TOS	ITA	92	1:23:10
25.	Marius SVELSKIS	LTU	94	1:23:14
26.	Antonin BOYEZ	FRA	84	1:23:22
27.	Jonathan HILBERT	GER	95	1:23:37
28.	Teodorico CAPORASO	ITA	87	1:23:41
29.	Dmitriy DZIUBIN	BLR	90	1:23:52
30.	Karl JUNGHANSS	GER	96	1:23:53
31.	Oleksandr VENHLOVSKIY	UKR	85	1:25:04
32.	Jorge RUIZ	COL	89	1:25:08
33.	Miroslav ÚRADNÍK	SVK	96	1:25:24
34.	Andrea AUGRUSTI	ITA	95	1:25:38
35.	Hatem GHOULA	TUN	73	1:25:44
36.	Dušan MAJDAN	SVK	87	1:25:50
37.	Lukas GDULA	CZE	91	1:25:50
38.	Håvard HAUKENES	NOR	90	1:25:55
39.	Andreas JANKER	GER	83	1:26:06
40.	Sahin SENODUNCU	TUR	94	1:26:27
41.	Serhiy SVITLYCHNIY	UKR	94	1:26:56
42.	Raouf BEN EL ABHI	TUN		1:26:59
43.	Dmytro SOBCHUK	UKR	95	1:27:03
44.	Yauheni ZALESKI	BLR	93	1:27:41
45.	Matias KORPELA	FIN	89	1:27:46
46.	Axel MUTTER	FRA	96	1:28:00
47.	Serkan DOGAN	TUR	92	1:28:10
48.	Fredrik RØTNES	NOR	96	1:28:16
49.	Michal MORVAY	SVK	96	1:28:19
50.	Pavel SCHROM	CZE	91	1:28:40
51.	Bence VENYERCSÁN	HUN	96	1:28:43
52.	Yassir CABRERA	PAN	88	1:28:50
53.	Elmo KOIVUNEN	FIN	94	1:28:56
54.	Miklós SRP	HUN	93	1:29:07
55.	Florian MAYER	FRA	96	1:29:36
56.	Dávid TOKODI	HUN	91	1:30:23
57.	Raivo SAULGRIEZIS	LAT	94	1:30:28
58.	Martin TIŠTAN	SVK	92	1:30:40
59.	Maciej ROSIEWICZ	GEO	77	1:31:58
60.	Ondrej MOTL	CZE	94	1:33:08
61.	Milan RÍZEK	SVK	78	1:34:11
62.	Remo KARLSTRÖM	SWE	88	1:34:21
63.	Jose Leonidas ROMERO IRIAS	ESP	83	1:34:58
64.	Lukáš PAZDERA	CZE	86	1:36:34
65.	Francesco-Marco TOMMASINO	GER	93	1:40:14
66.	David DURAND-PICHARD	FRA	72	1:43:22
67.	Hermann-Josef STEFES	GER	85	1:44:08

68.	Quentin MACABREY	FRA	94	1:45:59
69.	Josef SMOLA	CZE	64	1:46:14
70.	Sébastien EICHHOLTZER	FRA	76	1:50:26
	Alex FLOREZ	SUI	71	DQ
	Genadiy KOZLOVSKIY	LTU	91	DNF
	Tom BOSWORTH	GBR	90	DNF
	Joakim SÆLEN	NOR	93	DQ
	Lukasz NOWAK	POL	88	DQ
	Tomáš HLAVENKA	CZE	77	DQ
	Arnis RUMBENIEKS	LAT	88	DQ
	Ruslans SMOLONSKIS	LAT	96	DQ

#### Women 20km Race Walk

1.	Alejandra ORTEGA	MEX	94	1:29:35
2.	Paulina BUZIAK	POL	86	1:30:36
3.	Agnieszka SZWARNOG	POL	86	1:30:50
4.	Mária GÁLIKOVÁ	SVK	80	1:30:53
5.	Valentina TRAPLETTI	ITA	85	1:31:49
6.	Katarzyna GOLBA	POL	89	1:32:36
7.	Mária CZÁKOVÁ	SVK	88	1:33:04
8.	Monika KAPERÁ	POL	90	1:33:32
9.	Nicole COLOMBI	ITA	95	1:33:39
10.	Anastasiya YATSEVICH	BLR	85	1:33:42
11.	Laura POLLI	SUI	83	1:33:58
12.	Monika VAICIUKEVICIUTE	LTU	96	1:34:00
13.	Mariavittoria BECCHETTI	ITA	94	1:34:01
14.	Sibilla DI VINCENZO	ITA	83	1:34:24
15.	Halina YAKOVCHUK	UKR	92	1:34:31
16.	Emilie MENUET	FRA	91	1:34:45
17.	Anel OOSTHUIZEN	RSA	95	1:34:49
18.	Diana AYDOSSOVA	KAZ	95	1:35:13
19.	Andreea ARSINE	ROU	88	1:35:45
20.	Mariya FILYUK	UKR	95	1:36:41
21.	Rita RÉCSEI	HUN	96	1:37:59
22.	Marine QUENNEHEN	FRA	91	1:38:27
23.	Dana AYDOSSOVA	KAZ	95	1:39:24
24.	Monika HORNÁKOVÁ	SVK	95	1:39:52
25.	Natalia PLOMINSKA	POL	92	1:40:36
26.	Oleksandra OLYANOVSKA	UKR	94	1:40:44
27.	Tiia KUIKKA	FIN	94	1:41:20
28.	Sandra DUPONT	FRA	72	1:41:36
29.	Lea DEDERICHS	GER	95	1:41:53
30.	Elisa NEUVONEN	FIN	91	1:42:12
31.	Sara VITIELLO	ITA	96	1:43:17
32.	Petra RABNÉ RÉCSEI	HUN	90	1:47:32
33.	Jeanne BILLA	FRA	96	1:47:55
34.	Tereza KORVASOVÁ	CZE	96	1:50:55
35.	Brenda GANNON	IRL		1:51:13
36.	Brigitta MATALIN	HUN	87	1:52:10
37.	Sandrine EICHHOLTZER	FRA	77	1:57:17
38.	Rebecca COLLINS	IRL	91	1:57:18
39.	Sonia DEMON	FRA	72	1:57:39
40.	Lenka BOROVIKOVÁ	CZE	73	1:59:05
41.	Martina NETOLICKÁ	CZE	82	2:09:39
	Annelies SARRAZIN	NED	81	DNF
	Hana HERBEROVÁ	CZE	81	DNF
	Marie POLLI	SUI	80	DNF
	Lucia CUBANOVÁ	SVK	95	DQ

The young GBR walkers performed excellently. In the U20 10km walks, **Callum Wilkinson** (1<sup>st</sup> 41:33), **Cameron Corbishley** (10<sup>th</sup> PB 43:05) and **Guy Thomas** (11<sup>th</sup> PB 43:15) won the U20 men's teams race while **Emma Achurch** did a big PB in her U20 women's 10km walk (4<sup>th</sup>, PB 47:49) and **Sophie Lewis** took second in the U18 5km in a big PB 23:36. And a special mention to the gold and silver U20 women – Finnish walkers **Taika Nummi** (45:49) and **Enni Nurmi** (47:05)

#### U20 Men 10km Race Walk

1.	Callum WILKINSON	GBR	97	41:33
2.	Giacomo BRANDI	ITA	98	41:44
3.	Arturs MAKARS	LAT	97	42:02

4.	Leo KÖPP	GER	98	42:18
5.	Mikita KALIADA	BLR	00	42:29
6.	Arkadiusz DROZDOWICZ	POL	98	42:37
7.	Dominik CERNY´	SVK	97	42:40
8.	Stanislav KUZMICH	BLR	98	42:59
9.	Dmitriy LUKYANCHUK	BLR	97	42:59
10.	Cameron CORBISHLEY	GBR	97	43:05
11.	Guy THOMAS	GBR	97	43:15
12.	Mustafa ÖZBEK	TUR	97	43:18
13.	Alessandro RIGAMONTI	ITA	97	43:21
14.	Niccolo' COPPINI	ITA	97	43:31
15.	Vít HLAVÁČ	CZE	97	43:36
16.	Lukasz NIEDZIALEK	POL	00	43:43
17.	Soma KOVÁCS	HUN	97	43:50
18.	Justin BOURNIER	FRA	99	44:00
19.	Dorian ADAM	FRA	97	44:00
20.	Sergio Esteban QUINTERO	COL	99	44:07
21.	Donát BURGER	HUN	97	44:13
22.	Daumantas LIUTINSKIS	LTU	99	44:16
23.	Oleh SVYSTUN	UKR	97	44:19
24.	Dmytro HARNYK	UKR	98	44:38
25.	Bálint SÁROSSI	HUN	00	44:52
26.	Jacob STUTZKE	GER	97	44:54
27.	Tomáš GDULA	CZE	97	45:10
28.	Niklas RICHTER	GER	99	45:13
29.	Erik MICKEVIC	LTU	00	45:31
30.	Kacper KOSECKI	POL	97	45:34
31.	Christopher SNOOK	GBR	00	46:22
32.	Rasmus LANG	FIN	97	46:30
33.	Viktor KONONENKO	UKR	99	46:31
34.	Tom PARTINGTON	GBR	99	46:41
35.	Hugo HÉRICIER	FRA	98	47:00
36.	Max WILHELM	GER	01	47:13
37.	Aaron EGAN	IRL	97	47:37
38.	Ryan GOGNIES	FRA	00	47:44
39.	Joe MOONEY	IRL	98	47:53
40.	Gearóid MCMAHON	IRL		48:18
41.	Anthony TOBIN	IRL	97	48:21
42.	Alexandr MALYSA	CZE	97	50:05
43.	Jan STRAMKA	GER	00	50:05
44.	Otto JUNGHANNSS	GER	00	50:31
45.	Paulius JUOZAITIS	LTU	00	51:00
46.	Guillaume POMMAZ	SUI	01	53:25
47.	Nathan BONZON	SUI	00	55:02
	Salih KORKMAZ	TUR	97	DQ



Winning GBR U20 10km team of Guy Thomas Callum Wilkinson Cameron Corbishley



**U20 Women 10km Race Walk**

1.	Taika NUMMI	FIN	97	45:49
2.	Enni NURMI	FIN	98	47:05
3.	Giada Francesca CIABINI	ITA	97	47:20
4.	Emma ACHURCH	GBR	97	47:49
5.	Olga NIEDZIALEK	POL	97	47:57
6.	Zofia KREJA	POL	97	48:13
7.	Anthea MIRABELLO	ITA	99	49:23
8.	Giulia PANCONI	ITA	97	49:40
9.	Saskia FEIGE	GER	97	50:08
10.	Katerina MATERNOVÁ	CZE	98	50:13
11.	Ksenia BYELOVA	UKR	98	51:12
12.	Lena UNGERBÖCK	AUT	97	51:16
13.	Oksana KULAHINA	UKR	97	51:26
14.	Veronika KUBENKOVA	CZE	98	51:51
15.	Malgorzata CETNARSKA	POL	98	51:53
16.	Marie LAVILLE	FRA	98	51:59
17.	Sinead O'CONNOR	IRL	97	51:59
18.	Jennifer OKUN	GER	98	52:46
19.	Julia HENZE	GER	98	52:53
20.	Laura KOMORÓCZY	HUN	99	53:07
21.	Pauline BARZ	GER	98	53:12
22.	Anna SÜDI	HUN	97	53:46
23.	Meral KURT	TUR	98	54:11
24.	Anna HORNYÁK	HUN	00	54:33
25.	Maeva CASALE	FRA	97	54:47
26.	Dovile BAŠINSKAITE	LTU	98	55:24
27.	Aušrine KUZMICKAITE	LTU	98	55:55
28.	Rachel GLENNON	IRL	98	56:15
29.	Sonia GLOMB	POL	98	56:45
30.	Viktoriya PCHELINTSEVA	UKR	97	57:01
31.	Gabriele CERNIUTE	LTU	97	57:05
32.	Molly Jade DAVEY	GBR	98	57:29
33.	Clarys LARROQUE	FRA	98	58:25
34.	Marion JACOPE	FRA		58:57
	Yeter ARSLAN	TUR	00	DQ

**U18 Men 5km Race Walk**

1.	Davide MARCHESI	ITA	99	22:00
2.	Abdulselam IMUK	TUR	99	22:06
3.	Joni HAVA	FIN	99	22:51
4.	Johannes FRENZL	GER	01	22:53
5.	Robert ZUREK	GER	00	23:41
6.	Jakob SCHMIDT	GER	01	23:42
7.	Lubomir KUBIŠ	SVK	01	24:10
8.	Matyas GAJDOS	CZE	00	24:11
9.	Niclas BUDEK	GER	99	24:11
10.	Vencel GÁL	HUN	01	24:47
11.	Dávid VARGA	HUN	01	25:16
12.	Rico SCHRÖTER	GER	00	27:11
13.	Christopher KNOBLOCH	GER	99	27:25
14.	Franz LEOPOLD	GER	00	28:00
	Abdülaziz DANIS	TUR	99	DQ

**U18 Women 5km Race Walk**

1.	Meryem BEKMEZ	TUR	00	22:53
2.	Sophie LEWIS	GBR	99	23:36
3.	Ayse TEKDAL	TUR	99	23:41
4.	Angelica MIRABELLO	ITA	99	23:48
5.	Julia RICHTER	GER	99	24:03
6.	Austeja KAVALIAUSKAITE	LTU	00	24:17
7.	Ema HACUNDOVÁ	SVK	99	24:20
8.	Niamh O'CONNOR	IRL		24:34
9.	Orla O'CONNOR	IRL	00	24:44
10.	Daphne DIMANOPULOSZ	HUN	99	25:20
11.	Katerina ARLTOVÁ	CZE	00	26:37
12.	Yasmin ULBRICH	GER	00	27:26
13.	Kamila REMSAK	POL	00	27:45

14.	Felicia LAMOUREUX	FRA	01	27:57
15.	Barbora LEJSKOVÁ	CZE	00	28:51
16.	Markéta BOCKOVÁ	CZE	00	30:17



Persues Karlstrom leads from the start and then wins comfortably (photos Emmanuel Tardi)



20km women Alejandra Ortega and Anel Oosthuizen, U20 10km winners Callum Wilkinson and Taiki Nummi

**NATIONAL RACE WALKING GRAND PRIX, SHANGRAO, CHINA, 8-9 APRIL**

And now to Shangrao in China where their National Race Walking Grand Prix was held last Friday and Saturday. A major meet on the calendar, it featured a large number of roadwalks, with their usual large fields. Simply reproduced without comment – what more needs to be said except WOW!

**Open Men 20 km walk (36 finishers, 3 DNF, 4 DQ)**

1.	Zhao Fujie	CHN	11-Nov-93	1:23:45
2.	Xie Sichao	CHN	28-Feb-93	1:24:21
3.	Dong Guozhu	CHN	02-Aug-92	1:24:37
4.	Luo Yadong	CHN	15-Jan-92	1:24:50
5.	Ma Haijun	CHN	24-Nov-92	1:24:57

6.	Gao Wenkui	CHN	28-Jul-95	1:25:20
7.	Xu Faguang	CHN	17-May-87	1:25:22
8.	Mo Zhenfeng	CHN	28-Feb-95	1:25:44
9.	Tian Xu	CHN	31-Jan-96	1:26:29
10.	Zhao Qi	CHN	14-Jan-93	1:26:32
11.	Zhang Wanxin	CHN	25-Oct-96	1:26:40
12.	Yang Dedong	CHN	23-Nov-96	1:26:52
13.	Wang Yan	CHN	06-Oct-96	1:27:30
14.	Yang Hu	CHN	10-Sep-96	1:27:51
15.	Li Shuai	CHN	06-Jan-95	1:27:52
16.	Xiong Denghua	CHN	29-May-95	1:28:08
17.	Li Peng	CHN	10-Nov-94	1:28:30
18.	Su Xianzhen	CHN	26-Feb-95	1:28:46
19.	Zhao Ziyang	CHN	29-Jul-91	1:28:47
20.	Li Guodong	CHN	17-Dec-92	1:29:16
21.	Ning Peng	CHN	15-Dec-97	1:29:26
22.	Du Dongdong	CHN	08-Dec-95	1:29:48

**Open Men 50 km walk (3 finishers, 9 DNF, 1 DQ)**

1.	Liu Haitao	CHN	07-Mar-96	4:13:19
2.	Mo Zhenfeng	CHN	28-Feb-95	4:16:03
3.	Zhong Xing	CHN	06-Mar-95	4:16:30

**Open Women 20 km walk (22 finishers, 7 DNF, 3 DQ)**

1.	Wang Yingliu	CHN	01-Mar-92	1:31:04
2.	He Qin	CHN	23-Mar-92	1:32:18
3.	Ji Yefang	CHN	04-Mar-96	1:32:24
4.	Xie Lijuan	CHN	14-May-93	1:34:01
5.	Wang Na	CHN	29-May-95	1:34:13
6.	La Mao	CHN	17-Dec-96	1:34:23
7.	Ma Faying	CHN	30-Aug-93	1:34:31
8.	Zhao Wenli	CHN	11-Dec-96	1:36:34
9.	Tang Caihong	CHN	29-Apr-96	1:38:22
10.	Zhao Huimin	CHN	12-Oct-93	1:38:45
11.	Li Maocuo	CHN	20-Oct-92	1:38:55
12.	Wang Lixue	CHN	15-Dec-96	1:38:58
13.	La Mao	CHN	17-Dec-96	1:40:08
14.	Li Qiuye	CHN	02-Dec-93	1:40:25
15.	Chen Yumin	CHN	08-Feb-97	1:40:27
16.	Xu Liqin	CHN	06-Feb-90	1:40:57
17.	Zhang Xuhong	CHN	02-Jan-94	1:41:23
18.	Wang Dan	CHN	11-Jan-95	1:43:05
19.	Zhang Xin	CHN	17-Aug-89	1:43:05
20.	Luan Shuang	CHN	01-May-95	1:44:50

**U20 Men 10 km walk**

1.	Cha Jinhong	CHN	27-May-97	41:53
2.	Huan Haofeng	CHN	18-Apr-98	41:56
3.	Tang Yifan	CHN	19-Dec-97	43:01
4.	Dong Xiaomin	CHN	06-Jun-98	43:06
5.	He Xianghong	CHN	01-Jul-98	43:21
6.	Zhao Jianguo	CHN	01-Jan-97	43:23
7.	Yu Dian	CHN	07-Mar-98	43:27
8.	Huang Jun	CHN	12-Oct-97	43:29
9.	Ma Chaolong	CHN	12-Jan-97	43:30
10.	Ye Ting	CHN	06-Oct-98	44:37
11.	Deng Jingsong	CHN	09-Sep-97	44:41
12.	Wang Sufu	CHN	12-Dec-97	44:54
13.	Sun Pixian	CHN	08-Oct-98	45:08
14.	Zhang Saiyi	CHN	05-Jul-97	45:12
15.	Feng Jun	CHN	21-Oct-98	45:34
16.	Gong Fanglong	CHN	12-Jul-98	45:36
17.	Tian Huijie	CHN	09-May-98	45:56
18.	Fang Yinxin	CHN	08-Mar-97	46:23

**Race B**

1.	You Tao	CHN	19-Jul-97	43:26
2.	Ga Sang	CHN	09-Jun-97	44:20
3.	Wang Da	CHN	18-Mar-97	48:35

4.	Ben Yahao	CHN	20-Apr-97	49:58
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**U20 Men 30 km walk**

1.	Jin Xiangqian	CHN	18-Mar-97	2:19:20
2.	Cha Jinhong	CHN	27-May-97	2:19:36
3.	Yuan Zisheng	CHN	16-Dec-97	2:21:29
4.	Meng Zhongkai	CHN	15-Dec-97	2:21:56
5.	Wei Xinmeng	CHN	05-Jun-97	2:22:52
6.	Yang Ping	CHN	11-May-97	2:23:35
7.	Bi Jianzhong	CHN	27-Nov-97	2:23:45
8.	Luo Jiayu	CHN	03-Apr-98	2:24:46
9.	Zhao Jianguo	CHN	01-Jan-97	2:27:03
10.	Wang Libo	CHN	09-Feb-97	2:29:15
11.	Wang Guangyu	CHN	27-May-97	2:29:35
12.	Wang Sufu	CHN	12-Dec-97	2:29:50
13.	Huan Haofeng	CHN	18-Apr-98	2:30:53
14.	Yang Kai	CHN	24-Jun-98	2:30:56
15.	Duobujie Ciren	CHN	05-Feb-98	2:34:48
16.	Tang Yifan	CHN	19-Dec-97	2:36:10
17.	Tian Huijie	CHN	09-May-98	2:36:24
18.	Wang Ziyang	CHN	12-Oct-97	2:39:59

**U20 Women 10 km walk**

1.	Xue Ke	CHN	14-Mar-98	45:12
2.	Zhang Lifang	CHN	06-Dec-97	45:56
3.	Qiji Zhuoma	CHN	27-May-98	47:51
4.	Zhou Tao	CHN	18-Nov-97	48:15
5.	Liu Xin	CHN	17-Jul-98	48:31
6.	Cao Cailing	CHN	18-Mar-98	48:42
7.	Jiang Shanshan	CHN	28-Feb-97	48:51
8.	Chang Xiangkun	CHN	06-Jun-98	49:20
9.	Que Yumei	CHN	08-Feb-97	49:53
10.	Cun Hailu	CHN	15-Aug-97	50:11
11.	Xu Jiangqi	CHN	18-Jun-98	50:14
12.	Liao Shiqian	CHN	24-Jul-97	51:09
13.	Yao Xingmin	CHN	12-Apr-98	51:12
14.	Liu Xinli	CHN	14-Aug-98	51:42
15.	Huang Jialu	CHN	01-Sep-99	52:16
16.	Yang Mingya	CHN	05-Feb-98	53:10
17.	Lin Jing	CHN	14-May-98	53:15

**Race B**

1.	Zhang Yan	CHN	03-Jan-97	47:17
2.	Jiang Shanshan	CHN	28-Feb-97	48:51
3.	Ye Peiling	CHN	01-Apr-97	49:20
4.	Su Wenxiu	CHN	28-Jun-98	51:31
5.	Ci Rendeji	CHN	03-May-97	52:29
6.	Qiang Baqunzong	CHN	15-Aug-98	54:14

**U18 Men 10 km walk**

1.	Ruan Zhiguo	CHN	08-Aug-99	43:09
2.	Li Kewen	CHN	07-Mar-99	43:42
3.	Zhu Chendong	CHN	16-Sep-99	43:30
4.	Li Jian	CHN	25-Jul-99	45:20
5.	Liu Zedong	CHN		43:45
6.	Xu Wenzhi	CHN	09-Aug-99	45:30
7.	Liu Fucheng	CHN	07-Mar-99	43:52
8.	Zhou Ji	CHN	13-May-00	45:32
9.	Li Yuan	CHN	10-Oct-99	44:11
10.	Guo Kuizhijia	CHN	20-Nov-99	44:57
11.	Qian Haifeng	CHN	08-Jul-00	45:25
12.	Song Huazhang	CHN	13-Feb-99	46:35

**Race B**

1.	Zhou Xiaojun	CHN	09-Sep-99	43:25
2.	Dong Yubin	CHN	21-Nov-99	44:22
3.	Ci Wangduoji	CHN	14-Dec-99	44:39
4.	Qiong Da	CHN	06-Mar-00	45:12
5.	Xie Zhanglin	CHN	18-Jun-99	45:50



**U18 Women 5 km walk**

1.	Zhao Tongmin	CHN	15-Jan-99	23:27
2.	Bai Xueying	CHN	26-Apr-00	24:11
3.	Xiao Xiaoting	CHN	20-Dec-00	23:38
4.	Zhao Rong	CHN	10-Apr-99	24:22
5.	Xin Ling	CHN	07-Nov-99	24:48

**U18 Women 10 km walk**

1.	Yang Weiwei	CHN	03-Aug-99	46:24
2.	Cheng Shuangyuan	CHN	08-Feb-99	49:25
3.	Li Jie	CHN	23-Sep-97	49:27
4.	Zhao Tongmin	CHN	15-Jan-99	50:22
5.	Zhang Yidan	CHN	24-Dec-99	51:52
6.	Gan Mingzhu	CHN	12-Apr-99	52:31

**U16 Women 5 km walk**

1.	Hu Zhen	CHN	30-May-01	24:47
2.	Song Xiangnan	CHN	02-Mar-02	24:51
3.	Fu Ying	CHN	10-Jul-01	24:57

**USATF MASTERS 20KM CHAMPIONSHIPS, WHITING, NJ, SATURDAY 9 APRIL**

The USATF Masters 20km Racewalk Championships were held at the Harry Wright Lake, Whiting, last Saturday, presented by the Freehold Area Running Club. Thanks to Dave Talcott who posted these results with a note that conditions were good - 38°F, light rain and 10mph wind. Photos at the event website <http://www.farcnj.com/>.

**USATF Masters 20km Championships**

1.	Talcott Dave	NY	male	56	Shore Athletic Club	1:45:01
2.	Conway Chelsea	NY	female	26	Shore Athletic Club	1:48:45
3.	Swarts Dave	MI	male	50	Pegasus A:C:	1:49:00
4.	SchuelleinMcGovern Loretta	NY	female	38	World Class Racewalking	1:50:37
5.	Soucheck John	NJ	male	50	Shore Athletic Club	1:54:53
6.	Green Mark	NV	male	60	Pegasus A:C:	1:58:10
7.	Troskin Slava (non USA)	NY	male	67	Park Racewalkers	2:03:33
8.	Smith Andrew	NC	male	66	Pegasus A:C:	2:10:09
9.	Jasionowski Leon	MI	male	71	Pegasus A:C:	2:13:00
10.	Quattrocchi Tom	NJ	male	64	Shore Athletic Club	2:14:10
11.	Chelius Timothy	NJ	male	59	Shore Athletic Club	2:14:41
12.	Blake Barry	NJ	male	61	Shore Athletic Club	2:16:02
13.	Linkhart Fred	NJ	male	63	Freehold Area Running Club	2:19:07
14.	Allie-Morrill Pamela	NY	female	53	NA	2:19:19
15.	Attias Dorit	NJ	female	54	Walk USA	2:23:51
16.	Trogner Stacy	PA	female	41	NA	2:25:35
17.	Green Donna	IL	female	63	Chicago Walkers Club	2:26:32
18.	Carmines James	PA	male	72	So Cal Track Club	2:30:10
19.	Morrison John	MD	male	67	Potomac Valley	2:30:10
20.	Backlund Darlene	CA	female	70	So Cal Track Club	2:31:19
21.	Carmines Kay	PA	female	70	So Cal Track Club	2:35:11
	McGovern Dave	NY	male	50	World Class Racewalking	DNF
	Keating Bob	NH	male	69	New England Walkers	DQ
	Armstrong Cheryl	NY	female	29	Raleigh Walkers	DQ
	Mears Susan	NV	female	61	Pacific Racewalkers Org	DQ

**Junior Olympic & Open 5km Walk**

1.	Endy Melissa	NJ	female	16	Westfield Flyers	27:40
2.	Endy Grace	NJ	female	13	Westfield Flyers	29:25
3.	Daniel Maryann	CT	female	51	Conn: Racewalkers	31:33

**CECIL GITTINGS MEMORIAL, GRAVESEND CYCLE TRACK, GRAVESEND, KENT, SATURDAY 9 APRIL**

The Enfield League walking meets continued last Sunday with the inaugural Cecil Gittings Memorial in Gravesend, Kent. Results as usual at <http://enfieldleague.weebly.com/>. Race report from Peter Hannell of Surrey RW Club.

A new race was held by Veterans AC in memory of Cecil Gittings, a very loyal Club official both as track timekeeper and all race walking activities over many decades. A new venue at the Gravesend Cycle track met with approval all round having been made possible by Cecil's generosity. Almost 40 starters faced the gun together with many family and official visitors.

Three distances were offered – 5, 10 and 15 km with 2.5 added as several youngsters turned out. Organiser and SWC member David Hoben did well to deal with the inevitably complex race entry, timing and results issues – as well as walking 10km! David Crane and Malcolm Martin were certainly the SWC stars as Malcolm won the 15km while David was an excellent 2<sup>nd</sup> in the main 10km race and both scored personal bests. In both cases they were isolated for a good part of the races on a course full of hills and twists although good fun after the first exploratory 2.5km lap. Shaun Lightman, coming slowly back from injury, also had a good race as he pulled past and away from those initially ahead, gaining some 8 places. Chris Flint, returning from serious injury, surprisingly took on and performed well over the longer distance. It was also good to see Spanish member Carlos Cobo-Corrales, who is studying in the UK, again finding the time to do the 15km in spite of an enforced lack of training time. His time, although below what he might have hoped for, was only slightly outside his 90 minute target.

#### 2.5k Walk

1.	Suki Ly	U15G	Cambridge H	14.08
2.	George Wilkinson	U15B	EHAC	16:40

#### 5km Walk

1.	Lisa Kehler	W45	Wolves & Bilston	26.26
2.	Marshall Smith	U17M	Ashford AC	27.22
3.	Evie Butcher	U17W	Cambridge H	28.02
4.	Jack Childs	U15B	Medway	28.03
5.	Penelope Cummings	W35	AFD	28.47
6.	Abigail Jennings	U17W	AFD	29.38
7.	Dave Stevens	M75	Steyning AC	38.36
8.	Mick Barnbrook ©	M70	Ilford AC	39.31
	Heather Butcher	U20W	Cambridge H	DNF

#### 10km Walk

1.	Fransisco Reis	W55	Ilford AC	50.35
2.	David Crane	M35	SWC	51.09
3.	Malcolm Martin	M60	SWC ?	56.20
4.	Chris Hobbs	M60	Ashford ?	56.24
5.	Ollie Hopkins	U17M	Lewes AC	57.42
6.	Mark Culshaw	M45	Belgrave ?	59.20
7.	Carlos Cobo Corrales	M35	SWC ?	59.31
8.	John Ralph	M55	EHAC	59.50
9.	Gary Smith ©	M55	EHAC	61.28
10.	Richard Emsley	M60	Saints & Sinners ?	62.22
11.	Shaun Lightman	M70	SWC	63.12
12.	Steve Kemp ©	M55	Southend AC	63.16
13.	Andrea Ingram	W55	Lewes AC	63.26
14.	Lynn Jones	W50	EHAC	65.34
15.	Ron Penfold	M70	Steyning AC	65.43
16.	Paul Gaston	M65	SWC ?	65.56
17.	Peter Hannell	M70	SWC	66.13
18.	Mick Harran	M75	SWC	67.05
19.	Fiona Bishop	W55	Woking	68.49
20.	Sean Pender ©	M60	EHAC ?	69.01
21.	Chris Flint ©	M70	SWC ?	69.52
22.	Andy Cox	M60	Hillingdon AC	71.52
23.	Dave Delaney	M70	SWC	72.03
24=	David Hoben	M60	SWC	72.15
24=	Angela Martin	W50	SWC ?	72.15
26=	Anne Jones	W60	Steyning AC ?	73.15
26=	Jo Miles	W60	Hillingdon AC ?	73.15
28.	Jenny Middleton	W35	Hillingdon AC	73.20
29.	Kathy Crilley ©	W65	SWC ?	78.49
30.	Jon May	M65	EHAC	87.03
	Brian Kirkdale	M55	Hastings Runners	DNF

#### 15km Walk

1.	Malcolm Martin	M60	SWC	85.03
2.	Chris Hobbs	M60	Ashford	86.29
3.	Mark Culshaw	M45	Belgrave	93.03
4.	Carlos Cobo Corrales	M35	SWC	93.18
5.	Richard Emsley	M60	Saints & Sinners	95.33
6.	Paul Gaston	M65	SWC	101.11
7.	Sean Pender ©	M60	EHAC	103.59
8.	Chris Flint ©	M70	SWC	106.55

9= Anne Jones	W60	Steyning AC	109.28
9= Angela Martin	W50	SWC	109.28
11. Jo Miles	W60	Hillingdon AC	109.29
12. Kathy Crilley ©	W65	SWC	119.46

And as usual, Mark Easton's photos are at <http://markeaston.zenfolio.com/p512990515>. Thanks to Mark for this selection.



The events get underway – what a great field!



David Crane, Lisa Keller and Fransisco Reis (photos by Mark Easton)

**VENEZUELAN T&F CHAMPIONSHIPS, BARINAS, VENEZUELA, 9-10 APRIL**

Finally to Venezuela where track 20,000m walks were held as part of their annual T&F championships.

**Men 20,000m Race Walk**

1. Yereman SALAZAR	VEN	78	1:29:29.09
2. Francisco ZAPATA	VEN	93	1:36:11.04
3. Thomas SILVEIRA	VEN	90	1:39:23.11

**Women 20,000m Race Walk**

1. Milanggela ROSALES	VEN	87	1:47:57.45
2. Maria BRITO	VEN	98	1:59:28.00

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

7 new press releases for Marciadalmondo this week

- Sun 10 Apr - Results of Podebrady International Meet  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2395](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2395)
- Sat 9 Apr = Qieyang Shenjie and Alvaro Martin win in Rio Maior  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2394](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2394)
- Thu 7 Apr - Will Voyevodin be published for his 2005 drugs test failure?  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2393](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2393)
- Wed 6 Apr - Entry lists for Rio Maior  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2392](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2392)
- Tue 5 Apr - Strong Canadian 20km Men's team for Rome  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2391](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2391)
- Tue 5 Mar - Preview of Rio Maior women's 20km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2390](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2390)
- Mon 4 Apr - Voyevodin tests positive from 2005 World Champs in Helsinki  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2289](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2289)

The omarchador blog was active with 11 news releases this time around

- Sun 10 Apr – Karlstrom triumphs in Podebrady  
<http://omarchador.blogspot.com.au/2016/04/karlstrom-triunfa-em-podebrady.html>
- Sun 10 Apr - Shenjie Qieyang and Álvaro Martín triumph in Rio Maior  
<http://omarchador.blogspot.com.au/2016/04/shenjie-qieyang-e-alvaro-martin-vencem.html>
- Sat 9 Apr - Preview of Rio Maior walks  
<http://omarchador.blogspot.com.au/2016/04/rio-maior-capital-mundial-da-marcha.html>
- Fri 8 Apr - Preview of Podebrady walks  
<http://omarchador.blogspot.com.au/2016/04/podebrady-em-teste-para-taca-da-europa.html>
- Fri 8 Apr - Results from Challenge Facoetti meet in France  
<http://omarchador.blogspot.com.au/2016/04/challenge-facoetti-em-montreuil-franca.html>
- Thu 7 Apr - Results of Belarus Race Walking Cup meet  
<http://omarchador.blogspot.com.au/2016/04/taca-de-marcha-da-bielorrussia-em-brest.html>
- Thu 7 Apr - Portuguese Federation fails to keep to its promise with Portuguese World Teams Champs 50km selections  
<http://omarchador.blogspot.com.au/2016/04/fpa-em-falta-com-decisao-dos-pre.html>
- Thu 7 Apr - Judging panel for Rio Maior meet  
<http://omarchador.blogspot.com.au/2016/04/juizes-internacionais-no-grande-premio.html>
- Wed 6 Apr - Results of USA World Teams Championships trials last weekend  
<http://omarchador.blogspot.com.au/2016/04/trials-dos-eu-america-para-o-campeonato.html>
- Tue 5 Apr - Rio Maior prepares for the 25th edition of its iconic walks meet  
<http://omarchador.blogspot.com.au/2016/04/rio-maior-prepara-se-para-o-25-grande.html>
- Tue 5 Apr - Andres Chocho wins South American Championships in Guayaquil  
<http://omarchador.blogspot.com.au/2016/04/chocho-destaca-se-nos-sul-americanos-em.html>

## OUT AND ABOUT

- Harradine Performance publishes the second part of its review of Australia's 'Winning Edge' High Performance Program - see <https://harradineperformance.com/think-is-australias-edge-really-winning-part-2/>.



- IAAF article on the 2016 World Race Walking Teams Championships which will be held in just under a month's time in Rome. See <http://www.iaaf.org/news/news/one-month-to-go-rome-2016>. The article also announces the Italian team which is a good one
 

20km Men:	Leonardo Del Tos, Michele Antonelli, Francesco Fortunato, Giorgio Rubino
50km:	Marco De Luca, Federico Tontodonati, Matteo Giupponi, Teodorico Caporaso
20km Women:	Valentina Trapletti, Sibilla Di Vincenzo, Eleonora Giorgi, Elisa Rigauda
- The website is now live and entries are being taken for the inaugural **African Centurions** event on Robben Island on 22-23 October 2016. See <http://www.africacenturion.com/>.
- The **British Race Walking Record number 846** (March 2016) is now available for download. See <http://www.racewalkuk.com/Newsletters/RWR846.pdf>.
- USA Olympian **Maria Michta-Coffey** is USATF Athlete of the Week after setting an American 10 km record en route to her 20 km title on April 3<sup>rd</sup> in Earth City, Missouri, at the trials for the IAAF World Race Walking Team Championships. See <http://www.usatf.org/News/Michta-Coffey-s-claims-USATF-AOW-with-fifth-AR-on-.aspx?feed=news>.
- Sue Clements advises that **Shaul Ladany**, the Israeli 1972 Olympic racewalker and former world record holding ultra distance walker, recently celebrated his 80<sup>th</sup> birthday by walking 80km in 16 loops of 5kms. The event, attended by more than 500 people, was covered by The Israeli Press, some Radio Channels, a Sports TV Channel, and BBC Radio. The programme is going out April 16<sup>th</sup> and you should be able to listen to it via this link: <http://www.bbc.co.uk/programmes/p00j2pn5>. In the meanwhile, here is a news item on the event – and I like the finishing quote: ““I certainly have no plan to stop walking,” Ladany told TPS. “I want to live as long as possible and to die while walking.” See <http://www.vosizneias.com/235262/2016/04/03/omer-israel-holocaust-survivor-olympic-athlete-race-walks-80-kilometers-on-his-80th-birthday/>.

#### THERE'S NO MORE MEN'S 50K IN IAAF INTERNATIONAL COMPETITION

I reproduce in full this post (<http://erintayloralcott.blogspot.com.au/2016/04/theres-no-more-mens-50k-in-iaaf.html>) from American women's 50km record holder Erin Taylor-Talcott. This is a wonderful development that Erin has pushed hard for over many years.

Yep, you read that right... There no longer is a men's 50K in international competition under the IAAF, including in Rome for the World Team Championships. IAAF released an official memo on Friday, April 8th, effective immediately that addresses it. I will copy and paste it below. This memo was sent out to every IAAF member federation throughout the world on Friday:

Dear General Secretary,

IAAF World Race Walking Team Championships  
Rome, Italy – 7/8 May 2016 - 50km Race

We are writing concerning the participation of female athletes in IAAF 50km Race Walk events. You will recall that, in August 2015, Rule 261 was amended by the Congress to include the Women's 50km Race Walk event as a listed World Record event.

For the moment, however, there remains no Women's 50km Race Walk event on the IAAF calendar and an issue presents itself as to female race walkers being allowed to participate in the Men's 50km Race Walk event.

In this regard, we write to advise you that the IAAF Council has recently voted to amend, with immediate effect, the Technical Regulations for the forthcoming IAAF World Race Walking Team Championships in Rome (7/8 May 2016) to allow for female athletes to participate in the senior 50km Race Walk event, together with men. Any women's results in Rome will count equally with the men's results towards the overall team result.

Should you wish to enter a female athlete in the 50km in Rome, please inform the IAAFCompetitions Department ([events@iaaf.org](mailto:events@iaaf.org)) before the Final Entry deadline (25 April 2016) providing the name of the female athlete(s) as well as other biographical information as necessary. The maximum number of athletes allowed to enter and compete in the 50km remains unchanged (seven to enter and five to compete), regardless of the number of men and women.

Please note that the IAAF Council's decision also extends to the participation of female athletes in future IAAF 50km Race Walk events for which they qualify until such time as the IAAF introduces a separate 50km event for Women.

Please do not hesitate to contact us if you have any queries regarding the attached information.

Kind Regards,  
Jean Gracia, General Secretary

This means there is no more men's 50K in IAAF competition, there is just THE 50K open to both men and women equally!!!!!!! Although I had never heard it before, the correct term is "gender blind" and the only other event that is gender blind in the Olympics is Equestrianism. (there's debate about whether sailing is also gender blind, and that's a discussion for another day).

I'm not sure I could be much happier right now. This is a huge step for women's 50K walking! I'm waiting to hear from the US Race Walking Executive Committee, who are having an emergency meeting, to see if they will vote me on the team. There are many, many reasons why they should do so, and I'm very hopeful that they will. Then I can be either the first or one of the first (if any other countries enter women) women to compete equally with the men, which would be AMAZING! The last few days have felt surreal and it's been really hard to focus on things, which may be one reason I made a few mistakes playing Man of LaMancha last night, that and being really tired.

So now I go out to do my workout, hoping and praying that in one month I'll be in Rome racing a 50K. Please everyone, send positive, encouraging thoughts to the Race Walk Executive Committee that they will vote yes and nominate me to the team.

Erin Taylor-Talcott



**2012 – Erin finishes the USA 50km Olympic Trial. She reached the USA qualifying time for the 50km trial in 2011 but was initially denied entry to the U.S. Olympic trials. She was eventually allowed to compete as a "guest" as long as she agreed not to ask to compete in the men's event at the 2012 London Olympics. That will now change!**

And a couple of nice articles on this development at [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11620824&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11620824&ref=rss) and <http://www.athleticsweekly.com/featured/female-athletes-to-contest-50km-walk-at-world-race-walking-team-champs-41558/>.

#### QUENTIN REW REPORTS IN FROM ARIZONA

I knew that a number of international walkers were currently training in Flagstaff, Arizona, in preparation for next month's IAAF World Race Walking Teams Championships in Rome, so I asked NZ / VRWC walker Quentin Rew to put something together. The result is a fantastic read – I think Quentin has a second career as a journalist / writer once he finishes his walking career.

Early evening. I step out onto the track at Northern Arizona University. I'm exhausted. I walked over 200km last week, and commenced this week by out-gunning the reigning Olympic champion in a 20km tempo this morning. The thin air here makes the time unimpressive, but the work exponentially harder.

The only person running on the track looks pretty tired too. He's decked out head to toe in Hoka One One, the new kids on the athlete sponsorship block, and he has the look of a top class miler who would like to lie down for a while. The vomit on the track nods to other exhausted athletes who have been before. Judging by its colour, it probably originated from another beetroot guzzling endurance junkie.

There are a few others at the track tonight. A girl doing hurdling drills. A guy telling her to do hurdling drills. Another couple talking quietly in the front row of the stands. A guy leaning on a steeple holding a stopwatch for Mr. Hoka. Stopwatch guy would not look out of place in East Vancouver, Brunswick, or Shoreditch. An immaculate hipster: brown leather shoes, well cut jeans, red check shirt, groomed beard, man bun, all finished off with something that is part sleeveless vest, part Nike puffer jacket, part silver spacesuit.

Actually, he looks a lot like Will Leer.

It's Will Leer.

I know him as Nick Willis's training partner, others know him as a world indoor 1500m finalist. Whatever. He's very distinctive.

Mr. Hoka has just finished a rep, and is on a recovery lap. He swerves out to a pile of belongings in lane eight, to take a drink. I'm racewalking by this stage, not very quickly, in the outside lanes, just getting a session done and avoiding the other track users. There's a book sitting neatly alongside Hoka's bottle. Coincidentally, it's the most recent book I've completed, *'A Brief History of Seven Killings'*. Respect, Mr. Hoka, respect. That thing is not an easy read, and you're reading it in a training camp full of altitude and fatigue. It took me months to get through it at sea level. I don't know the conversion rate for altitude effects on reading speed, but for a book that demands and consumes the reader's concentration, reading it here will be slow. Speaking of, that first kilometre was almost six minutes. Should focus more on training and less on Jamaican literature. So tired. Must be mindful of technique. Don't bounce. Long strides. Push forward not upward. Low feet. Left = Right. Beeping watch - 5:25. Better. Not far to go until the gym, then dinner, then sleep.

I've been here for a week, along with Jared, his wife and coach Claire, and their friend and physio, Luke. The Canadians - Inaki, Ben and Evan - arrived yesterday, along with Brendon. They're taking it easy, acclimating to the thinness and the dryness of the mountain air, which was us a week ago. Training twice a day leaves little time for much else, although we squeezed in a trip to the world's biggest meteor crater, on the way to honouring The Eagles by standin' on a corner in Winslow, Arizona. The former comes more highly recommended than the latter.

In any case, it's a privilege to once again be living the dream, travelling to faraway lands and training with the best in the world. I'm mindful of the fact that I can't be an athlete forever, so it's crucial to make this camp count, and emerge as fit as I've ever been.

Into the fifth kilometre of this easy training session. The body is starting to warm up and move a little more freely. Mr. Hoka chats briefly to Will, and jogs away on his warm-down. Will sits on the bench in lane eight next to their gear, basking in the last of the evening sun. He puts away his phone, and picks up something, difficult to discern from the other end of the straight. I think he's reading. Oh, the book is his! Respect, Will Leer, respect. See comments above. Mr. Hoka: you're dead to me.

As it happens, Will and I are leaving the track at about the same time. I've completed my session at the same time that he has lost his reading light and source of warmth. I introduce myself, and we briefly chat about mutual friends, training and the environs, but I want to talk about his book.

"Are you reading Marlon James?" I ask.

He sighs "Yeah. It's hard work though."

Music to my ears. It's not just me. That book IS hard work. Still, I guess that's why I'm here. Putting in hard yards in the attempt to improve myself, in the company of the best athletes in the world, who are the kind of people to think nothing of spending another day at the track just to hold a stopwatch for a friend, and discuss award-winning literature with a total stranger. It's a fantastic environment, and I'm thrilled to be part of it.



**Left: Track work – Quentin Rew, Brendon Reading, Evan Dunfee, Inaki Gomez, Rhydian cowley and Ben Thorne  
Right: Jared Tallent**





**Inaki Gomez and Evan Dunfee hit the road**



**Brendon Reading checks out the scenery**



**Ben Thorne, Katie Burnett, Nick Christie, Rhydian Cowley, Evan Dunfee, Brendon Reading, Jared Tallent, Quentin Rew and Inaki Gomez**

And in case you are wondering, I haven't read *A Brief History of Seven Killings* either!

**#BANRUSSIA**

### **Tuesday 5 April**

- It was announced in early 2013 that 6 athletes from Russia and Belarus, including three gold and two silver medallists, had been caught for doping in retests of their samples from the 2005 T&F World Championships in Helsinki. All of that was reported at the time. Last year, the IAAF announced it was doing more retesting of stored blood samples from Helsinki using even newer anti-doping analysis techniques that were not available at the time. It was only able to do this testing after the statute of limitations was raised from eight to 10 years, a move made within the 2015 World Anti-Doping Code. Soon after the initial announcement, the IAAF announced it was taking action against a further 28 athletes, many suspected of being Russian, whose re-tested samples from the 2005 and 2007 world championships had come back positive. Now the names are starting to be announced.
- Russian hammer thrower **Tatyana Lysenko**, the reigning Olympic champion and two-time former Worlds gold medallist, has been provisionally suspended for doping, the IAAF announced on Tuesday. She was awarded world silver in 2005 after teammate Olga Kuzenkova tested positive. A lengthy ban could be awaiting, the 32-year-old,

having already served a two-year ban after testing positive for a hormone blocker in 2007, shortly after she'd won the 2006 European gold, having bagged a silver at the Helsinki worlds the previous year. Lysenko missed the 2007 Worlds in Osaka and the 2008 Olympic Games in Beijing because of her first suspension. See <http://www.supersport.com/athletics/article.aspx?Id=3471414>.

- Russian walker **Aleksey Voyevodin**, who took silver in the 50km in Helsinki. The beneficiaries of his ban will be the Italian Alex Schwazer, who would rise from third to second, and Norway's Trond Nymark who would get the bronze in 3:44.04. See [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2389](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2389). Yet another of Chegin's charges goes down.

### Wednesday 6 March

- It may not be as clearcut as announced above the day before. WADA has subsequently emailed that the IAAF wrongly interpreted a rule change in April 2015 when it decided to retest samples from the 2005 and 2007 World Championships. Yes, testers had found 28 athletes had tested positive at both championships, but the samples from 2005 missed the deadline. The IAAF believed it was able to retest the 2005 samples because the statute of limitations in the WADA code had increased to 10 years in 2015, but WADA said the previous eight-year limit should have been used. "If the previous eight-year statute of limitations has expired prior to 1 January 2015, it does not extend to 10 years under the 2015 code," WADA spokesman Ben Nichols told Associated Press. In a nutshell, the cases against the above two athletes may not proceed. Bummer! See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11618192&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11618192&ref=rss).

### Thursday 7 April

- Kenya has been given a one-month extension to comply with the WADA code and thereby avoid future sanctions, an official said on Thursday. "We have been given a one-month extension by WADA...we are proceeding to Mombasa to consult with the Parliamentary Committee on Labour and Sports so that when the (new anti-doping) bill comes for a second reading ... we will be on the same page," an Anti-Doping Agency of Kenya (ADAK) source said. I think it is fair to say that the world bodies are bending over backwards to accommodate Kenya as they continue to procrastinate. See <http://www.theage.com.au/sport/athletics/wada-gives-kenya-another-month-to-comply-with-doping-code-20160407-go18e4.html#ixzz45CPWaCjc>.
- Ethiopia, one of five countries the IAAF governing body says is in "critical care" over its drug-testing systems, has to carry out doping tests on up to 200 athletes quick smart if it is to satisfy world bodies that it is fit to go to Rio. See <http://www.sbs.com.au/news/article/2016/04/07/ethiopia-plans-mass-tests-amid-doping-concerns>.
- Who...check this one out. A total of around 40 Russian athletes are under an investigation for using banned meldonium, Interfax news agency on Thursday quoted Russian sports minister Vitaly Mutko as saying. "If we talk about meldonium, the main task now is to stabilise the situation and minimise our losses," Mutko said. "The second task is to assist those Russian athletes who are under the investigation - there are around 40 of them." See <http://www.sbs.com.au/news/article/2016/04/07/40-russian-athletes-probed-over-meldonium/>

### Friday 8 April

- In all, 140 athletes have tested positive for meldonium in the three months after it was banned Jan. 1, according to a WADA spokesman. But some people are arguing that the case for banning the drug is not clearcut. See <http://www.athleticbusiness.com/rules-regulations/ban-on-meldonium-questioned-after-athletes-fail-test.html?eid=162250984&bid=1361531>.
- A former assistant police chief constable will lead an independent review into the handling by UK Anti-Doping of the Dr Mark Bonar affair. The inquiry has been set up following allegations Bonar prescribed performance-enhancing drugs to 150 professional athletes. See <http://www.theguardian.com/sport/2016/apr/05/uk-anti-doping-investigation-dr-mark-bonar>.
- South Korean swimmer Park Tae-hwan, who completed an 18-month doping ban in March, will be unable to compete at the Rio Games after the Korean Olympic Committee opted against amending a rule that tacks three more years onto doping suspensions. Park won gold in the 400 metres freestyle at the 2008 Beijing Games to become the first South Korean to win an Olympic swimming medal. He added silver in the 200 in Beijing, and was second in both events in London four years later. But Park's image as the golden boy of Korean sport was shattered early last year when it emerged he had tested positive for testosterone ahead of the Incheon Asian Games in September 2014. The 26-year-old attributed the failed test to an injection he received at a local clinic, where he said he was being treated for a skin complaint and where he also had some vitamin shots and chiropractic treatment. Park received an 18-month doping ban from swimming's world governing body FINA, which expired on March 2, but under KOC regulations he must wait a further three years before he can be considered for national selection again. See <http://www.sbs.com.au/news/article/2016/04/07/rio-hopes-dashed-korean-swimmer>.
- A report in November by WADA alleged systematic, state-sponsored drug use in Russian track and field and a widespread cover-up of doping. The former head of the Russian track federation was also accused of a role in extorting 450,000 euros (\$A682,000) from a marathon runner and was later banned for life from global track and field. Sports minister Vitaly Mutko has told Russian sports portal Sportfakt that prosecutors "carefully examined the report in question and did not find



a single legally supported fact to open any kind of case" and that no one will face criminal charges over the worst doping scandal in the country's history. See <https://au.news.yahoo.com/thewest/sport/a/31307010/no-charges-over-russias-doping-scandal/>. Is this yet another sweep under the carpet? Not promising.

- And to add further salt into the wound, Mutko has announced that, despite a lifetime ban being given to coach Victor Chegin, the Saransk walking center will be saved. This is a big disappointment and only confirms to me that they are not serious about cleaning up their act. If they were, it would be fully closed down for good. No way should they be in Rio! See <http://www.sports.ru/others/athletics/1038917706.html>.
- And it keeps coming from Russia where Mutko confirmed Friday that the country was keeping entire teams from competitions over fears that they would test positive for meldonium, the newly banned drug that has been causing chaos in the Russian sports world. Mutko's comments followed a confirmation by Russia's national hockey federation that it had replaced its entire under-18 boys team on the eve of the world championships because the players had taken meldonium before the drug was banned in January. The entire national men's curling team was also recently replaced before the world championships, and a pro volleyball team mysteriously decided not to field three of its best players in the European championship. See [http://www.nytimes.com/2016/04/09/sports/russia-admits-to-wider-doping-fears-amid-latest-player-withdrawals.html?ref=international&\\_r=1](http://www.nytimes.com/2016/04/09/sports/russia-admits-to-wider-doping-fears-amid-latest-player-withdrawals.html?ref=international&_r=1).
- The IAAF ethics board on Friday upheld the provisional suspension of Kenyan athletics chief executive Isaac Mwangi after he was accused of seeking bribes from two athletes. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11619384&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11619384&ref=rss).

#### Sunday 10 April

- Valerie Adams wants Russia banned from track and field at the Rio Olympics. Adams has suffered as much as any athlete from this scourge of the sport. She was 'defeated' by Belarusian Nadzeya Ostapchuk at the London Games, only for her opponent to be unveiled as a drugs cheat. Adams missed the honour of receiving her gold medal in the Olympic stadium. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11619759&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11619759&ref=rss).
- Belarus and embattled athletics head Vadim Devyatovskiy and Seb Coe - I will leave you to draw your own conclusions. [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11619886&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11619886&ref=rss).
- The whistleblower at the centre of doping allegations against a London-based doctor has accused UK Anti-Doping of a "catastrophic failure". In an interview with BBC Sport, the former amateur cyclist and drugs cheat Dan Stevens has come forward as the whistleblower. Stevens said he found Bonar online after being diagnosed with low testosterone levels and initially found him to be a "sensible, good doctor". But Stevens claimed that Bonar would later talk to him about other drugs, such as human growth hormone and EPO. "I would describe it as a catastrophic failure," said Stevens. "Ukad had absolutely no reason to not investigate Dr Bonar. They had every reason to investigate the doctor, they were given prescriptions that the doctor had produced – those prescriptions included the doctor's GMC registration number. See <http://www.theguardian.com/sport/2016/apr/09/whistleblower-uk-anti-doping-catastrophic-failure>.

#### Tuesday 12 April

- Here's another good reason for banning Russia from Rio. Three Olympic champion race walkers have returned to the Russian national team after serving doping bans. Sergei Kiryapkin, Olga Kaniskina and Elena Lashmanova were all named in an updated team list on the Russian Sports Ministry's website Monday, meaning they could compete at the Olympics in August if the Russian team's suspension from track and field is lifted in time. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11620777&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11620777&ref=rss).

### 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

Apr 16-19, 2016 Aust Masters T&F Championships, Adelaide, SA - see <http://www.samastersathletics.org.au/nationals2016/>  
Sat Apr 23, 2016 First VRWC roadwalks at Middle Park, Melbourne  
Sun June 12, 2016 50<sup>th</sup> Lake Burley Griffin Walks Carnival, Canberra, ACT  
Sun Aug 20, 2016 Australian Masters 30km Roadwalk Championships, Adelaide, SA  
Sun Aug 20, 2015 Australian Roadwalk Championships, Canberra, ACT (TBC)

#### 2016 International Key Dates

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

**2016 IAAF Challenge Series (remaining events)**

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 June 10, 2016 42<sup>nd</sup> International Race Walking Festival, LTU  
Sun June 18, 2016 19<sup>th</sup> Dublin International Grand Prix of Race Walking, Dublin, IRL  
Sept 10, 2016 Voronovo Cup, Voronovo, RUS (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](http://www.worldmastersgames2017.co.nz)  
July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Nairobi, Kenya  
August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK  
August 19-30, 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>  
May 2018 28<sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia  
July 2018 16<sup>th</sup> World Junior T&F Championships, ?  
TBA, 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
2019 17<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
July 2019 11<sup>th</sup> World Youth T&F Championships, ?  
July 2019 30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
July 2020 32<sup>nd</sup> Olympic Games, Tokyo  
Aug 2021 18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA  
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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