



HEEL AND TOE ONLINE

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

My Walker of the Week this time around HAS TO BE **Andrew Jamieson** for his M70 World Best 20km time of 1:52:35, bettering both Ralph Bennett's Australian record of 1:57:55 and Arthur Thomson's world record of 1:52:57. Andrew has now filled in the paperwork and will be applying for his time to be considered as a new record. Andrew turned 70 a little over a week ago and has wasted no time in making his mark in the new division.

He has taken all the M60 and M65 records on the way through and now looks set to challenge the full suite of M70 records. Well done Andrew – I somehow think I will be advising more great performances in the near future.



Andrew in action on Sunday at Middle Park

WHAT'S COMING UP

We are back at Middle Park next Saturday for further VRWC winter season club races and a club coaching session with club coach Mark Donahoo, starting at 1:20PM. Although you can enter on the day, we prefer you to enter beforehand via our VRWC entry panel at <http://vrwc.org.au/wp1/race-entries-2/>. Just choose your event and then pay on race day.

Saturday 2nd July 2016, Middle Park			
VRWC EVENTS and Coaching session: Entries close for all events at 1.45pm sharp.			
1.20pm	Coaching session (30 minutes) by Club Coach		
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

VRWC, VMA AND AV CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 26 JUNE

Very cold conditions greeted the 56 walkers who fronted for the VRWC, VMA and AV Championships on offer at Middle Park on Sunday morning. The first events to kick off were the 20km championships at 9AM, with 19 walkers in action. **Chris Erickson** was content for an even paced walk in the men's 20km, his winning time of 1:28:51 his final race before heading overseas to prepare for Rio, while the minor medals went to **Frank Bertei** (1:47:27) and **Pramesh Prasad** (1:49:31). **Heather Carr** won the women's 20km in 2:09:02, ahead of **Donna Elms** whose time of 2:11:14 was a PB of nearly 7 minutes. Special mention also to **David Smyth** for his 4 minute PB of 1:55:44. The other great walk in the 20km came from **Andrew Jamieson** who celebrated his move into the M70 division by walking 1:52:35, a performance faster than the Australian and World M70 20km records. With all the paperwork filled out, he will now apply officially for the records. I suspect this marks the start of a serious attempt by Andrew to capture the M70 suite – not an easy ask when most of them are owned by English walker Arthur Thomson.

AV/VMA/VRWC Open Men 20 km			20km	AV	VMA	
1.	Erickson, Chris	VRWC / ESS	1:28:51	1		
2.	Bertei, Frank	VRWC / ANW	1:47:27	2		
3.	Prasad, Pramesh	VRWC / VMA	1:49:31	3		First one
4.	Evans, Simon	VRWC / BOH	1:52:01	4	1 M55	
5.	Christmass, James	VRWC	1:52:28			
6.	Jamieson, Andrew	VRWC	1:52:35		1 M70	AMA/WMA World Best
7.	Smyth, David	VRWC	1:55:44		1 M45	PB 4:06
8.	Patterson, Adam	VRWC	1:55:52		2 M40	
9.	Feain, Gerard	VRWC	2:05:54		1 M50	
10.	Summers, Harry	VRWC	2:59:25		1 M80	
11.	Beaumont, Ian	VRWC	3:00:03			
	O'Neill, Terry	VRWC	DNF			
	Kollmorgen, Stuart	VRWC	DNF		DNF	
	Moritz, Paul	VRWC	DQ			

AV/VMA/VRWC Open Women 20 km			20km	AV	VMA	
1.	Carr, Heather	VRWC / GHY	2:09:02	1	1 W65	
2.	Elms, Donna	VRWC	2:11:14		1 W55	PB 6:56
3.	Beaumont, Margaret	VRWC	3:16:09			
	O'Neill, Karyn	VRWC	DNF			
	Laufer, Michelle	VRWC	DNF			



Chris Erickson, Adam Patterson, Donna Elms, Jared Feain, Heather Carr, Pramesh Prasad and Frank Bertei

The Athletics Victoria Schools championships followed, with U20 10km, U18 km and U16 and U14 3km medals on offer. Lots of good walking – well done to all our medalists.

AV Schools U20 10 km Road Walk Championships		
1.	Walmsley, Reese	KNA 49:36
1.	Hamilton, Emily	KNA 55:37

- | | | | |
|----|--------------------|-----|---------|
| 2. | O'Mahony, Kathleen | KNA | 1:06:52 |
| 3. | Feain, Madeleine | KSB | 1:07:58 |

AV Schools U18 5 km Road Walk Championships

- | | | | | |
|----|--------------------|-----|-------|---------|
| 1. | Swan, Kyle | ANW | 22:51 | |
| 2. | Walmsley, Hayden | KNA | 25:24 | |
| 1. | Henderson, Rebecca | CCA | 24:02 | PB 0:03 |
| 2. | Hayes, Zahra | SBE | 24:52 | |
| 3. | Lillie, Jessica | KNA | 31:34 | |
| 4. | Noonan, Emily | COL | 33:27 | |

AV Schools U16 3 km Road Walk Championships

- | | | | |
|----|--------------------|------|-------|
| 1. | Dickson, Corey | KNA | 15:04 |
| 2. | Thompson, Will | CCA | 16:07 |
| 1. | Karagiorgos, Chloe | KNA | 16:16 |
| 2. | Cocking, Holly | VRWC | 18:01 |
| | Hass, Jasmin | VRWC | DNS |

AV Schools U14 3 km Road Walk Championships

- | | | | | |
|----|------------------|------|-------|---------|
| 1. | Jensen, Josh | KNA | 17:37 | |
| 2. | Beveridge, Heath | WES | 17:39 | PB 0:39 |
| 3. | Hay, Angus | VRWC | 19:15 | PB 0:06 |
| 1. | Peart, Alanna | BYC | 15:24 | |
| 2. | Hay, Charlotte | KNA | 17:24 | |
| 3. | Noonan, Claire | COL | 17:46 | |
| 4. | Clark, Madison | ANW | 18:16 | |



Josh Jensen, Joel Prys, Zahra Hayes, Rebecca Henderson and Emily Hamilton

We finished our championships with VRWC U12 and U10 1.5km championships and good fields were also the order of the day. Well done to those walkers who backed up from the U14 3km earlier in the morning – Charlotte Hay, Claire Noonan and Angus Hay.

VRWC U12 1.5km Club Championships

- | | | | | |
|----|--------------------------|------|-------|---------|
| 1. | Hay, Charlotte | VRWC | 08:34 | |
| 2. | Noonan, Claire | VRWC | 08:42 | |
| 3. | Lillie, Gemma | VRWC | 09:06 | |
| 4. | Heikkila-Dubowik, Kaylah | VRWC | 09:10 | PB 0:48 |
| 5. | Thompson, Eliza | VRWC | 10:38 | |
| 6. | Carbery, Elise | VRWC | 11:15 | |

1. Hay, Angus VRWC 08:49

VRWC U10 1.5km Club Championships

1. Karagiorogos, Chelsea VRWC 10:01
 2. Fox, Amber BRWC 10:56 PB 1:03

1. Prys, Joel VRWC 08:33
 2. Blackwood, Hamish VRWC 09:07
 3. Fox, Oscar BRWC 09:44 PB 0:03

And some non-championship walks for anyone else who wanted a hitout for the day.

VRWC Open 5km

1. McInnes, Simone VRWC 24:28
 2. Swan, Emily VRWC 27:56
 3. Gardiner, Bob VRWC 33:45

VRWC Open 2km

E1. McInnes, Kirsti VRWC 15:13 First one
 E1. Ashton, Kathleen VRWC 15:13 First one



David Smyth, Chloe Karagiorogos, Harry Summers and Andrew Jamieson

Well done to our many officials, helpers and judges. Apologies if I have missed anyone.

- Officials:** Mark Donahoo, Tim Erickson, Ralph Bennett, Ian Laurie, Simon Baker, Damien Elms, Donna Dickson
Judges: Kathleen Marsh (C), Brenda Felton, Mark O'Mahony, Paul Nunn, Stuart Cooper, Gordon Loughnan, Ebony Whiley, Shane Dickson, Peter Vysma (bike), Michael Bodey (DQ Board)
Canteen: Kate Suich, Wendy Cooper
Photos: Terry Swan

SAMA CHAMPIONSHIPS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 25 JUNE

Thanks to Colin Hainsworth for the results of the South Australian Masters Championships in Adelaide. Colin commented: Cold, sunny arvo. Good to see Kim Mottrom out again. Good walk by George White.

5km Walk Winter Championship

Jill Rogers	43:08	1	W71	66.33%
Helen Suridge	37:31	1	W65	70.05%
Jan Layng	42:20	2	W67	63.76%
Margaret McIntosh	41:20	1	W63	61.97%
Marie Maxted	31:34	1	W56	74.93%
Kristine Freeman	40:33	2	W56	58.33%

Colin Hainsworth	41:47	1	M86	76.16%
David Robertson	44:49	1	M82	66.27%
George White	27:35	1	M71	91.94%
Graham Harrison	36:44	2	M72	69.93%
Roger Lowe	39:05	3	M73	66.58%
Gil McIntosh	33:59	1	M65	69.54%
Jeff Kennett	46:24	2	M66	51.50%
Jack Russell	30:23	1	M64	76.94%
Harry Hayford	39:34	2	M63	58.46%
Dave Fallon	43:49	3	M63	52.79%
Kim Mottrom	22:53	1	M31	78.83%

CANBERRA ROUNDUP

Thanks to Robin Whyte for the results of the last 2 weeks of walking in Canberra. Great 10km walks by 15 year old **Connor Frew** (47:48) and 16 year old **Tim Fraser** (48:48). And very fast 6.6km walks by **Zoe Hunt** (32:08) and Connor (32:09).

Molonglo Reach, Canberra, Saturday 25 June

10km Walk

1. Connor Frew	47:48	PB 2:36
2. Tim Fraser	48:48	PB 2:00
3. Mitchell Baker	53:34	
4. Callum Burns	53:41	
5. Ally Durr	54:28	
6. Gabby Hunt	54:30	
7. Greg Durr	63:33	
8. Robin Whyte	65:56	
9. Mick Saunders	67:35	
10. Monika Short	73:30	

5km Walk

1. Hannah Manning	30:13
2. Katie Alley	31:29
3. Kate Black	31:34
4. Helena Bialecki	31:42
5. Rod Gilchrist	37:29
6. Robyn Saunders	37:30

3km Walk

1. Laura Burns	16:19
2. Sidney Shaw	18:32
3. Charlie Durr	19:07
4. Ellen Vahey	20:12
5. Ella Baker	24:14
6. Harry Baker	24:18

1km Walk

1. Anna Vahey	07:11
2. Georgia Frew	07:36

Tuggeranong, Canberra, Saturday 18 June

6.6km Walk

1. Zoe Hunt	32:08
2. Connor Frew	32:09
3. Tim Fraser	33:11
4. Mitchell Baker	33:33
5. Ally Durr	35:38
6. Callum Burns	37:39
7. Greg Durr	39:11
8. Spencer Burns	40:33
9. Kate Black	41:30
10. Hannah Manning	41:52
11. Helena Bialecki	44:51
12. Rod Gilchrist	51:02

2km Walk

1. Laura Burns	11:03
2. David Mackenzie	16:44

1km Walk

1. Harry Baker	07:32
2. Georgia Frew	07:38

SARWC ROAD WALKS, PEACOCK RD, ADELAID, SATURDAY 25 JUNE

And to Adelaide for the South Australian Race Walking Club meet of last Saturday.

10km Walk

1. Samantha Findlay	FU20	59:26
2. John Leydon	M 35+	1:02:49
3. Cherie Rotherie	F 35+	1:11:33
4. Bill Starr	M 35+	1:12:22
5. James Hoare	M 35+	1:13:00

5km Walk

1. Kristie Goznik	FOpen	25:03
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3km Walk

1. Mathew Bruniges	MU16	19:23
2. Aleesha Vidler	FU14	20:55
3. Adrian Upton	MU14	21:01

2km Walk

1. Kitarni Upton	FU12	11:56
2. Seth Upton	MU12	12:04
3. Talisha Skein	FU14	12:21

2.	Tristan Camilleri	MU16	25:23	1km Walk		
3.	Jake Vidler	MU18	25:55	1.	Edward Upton	MU10 07:35
4.	Rhiannon Lovegrove	FU18	25:59			
5.	Chloe Upton	FU16	30:40			

QRWC ROAD WALKS, KALINGA PARK, BRISBANE, SUNDAY 26 JUNE

Fast walking by Luke and Jamie McCutcheon in Brisbane on Sunday (22:16 and 23:19). Good PB also to Ashanti Heap. May have been some other PBs in there as well.

10km Walk

1.	Peter Bennett	51.30
2.	Iggy Jimenez	51.39
3.	Argenis Guevara	53.02
4.	Christina Papadopoulou	55.47
5.	Noela McKinven	82.20

2km Walk

1.	Ashanti Heap	11.16	PB 0:22
2.	Scarlett Schofield	13.42	
E3.	Sophie Porter	13.45	
E3.	Korey Brady	13.45	
5.	Catherine Haig	16.37	

5km Walk

1.	Luke McCutcheon	22.16	PB 0:37
2.	Jamie McCutcheon	23.29	PB 0:20
3.	Callum Haig	32.59	
	Isabella Schofield	DNF	

1km Walk

1.	Charlotte Porter	7.02
E2.	Luke Heylen	7.14
E2.	Liam Heylen	7.14
4.	Charlotte Brady	9.15

3km Walk

1.	Jamison Stovin	14.29
2.	Amelie Schofield	15.11
3.	Jonathan Wearne	16.13
4.	Andrew Wearne	20.09
5.	Kirra Stonehouse	22.00
	Nelson McCutcheon	DNF

Thanks to Robyn Wales for the following 2 photos. She commented: Here's a couple of pics from Sunday's races at Kalinga Park. One shows Jamie McCutcheon taking time to encourage Liam Heylen (8) and in doing so gained an admirer. I took the photo because it shows the camaraderie among racewalkers of all ages. The other is the race start featuring some of our younger members



WARWC WALKS, WILSON, PERTH, SUNDAY 25 JUNE

Thanks to Mike Reid for this week's results from the Western Australian Race Walking Club in Perth.

5km Walk

1. Amy Holland	31.36
2. Kristine Wells	38.30
3. Sylvia Byers	40.33
4. John Smith	40.36

2km Walk

1. Alexandra Griffin	9.52
2. Brooke Mortimore	11.01
3. Casey Mortimore	12.05
4. Sienna Andritsos	12.08
5. Alessia Andritsos	12.38
6. Amber Richards	12.39
7. Holly Hughes	DNF

10km Walk

1. Ben Reid	53.04
2. Maeve Curley	54.17
3. Bradley Mann	56.38
4. Garry Hastie	56.39
5. Karen Tolardo	1.00.25
6. Isabella Tolardo	1.06.02
7. Wendy Farrow	1.07.08
8. Janne Wells	1.10.36
9. Robyn Hughes	1.16.54
10. Declan Tingay	DNF

NSWRWC ROAD WALKS, WOY WOY, NSW, SATURDAY 18 JUNE

Finally, back a week for NSWRWC who raced at Woy Woy (now that's a name!). Final walk for **Tyler Jones** (35:40 for 8km) before heading off with the Australian team for next month's World Junior Championships in Poland.

8km Walk

1. Tyler Jones	35.40
2. Carl Gibbons	39.08
3. Dean Nipperess	40.59
4. Hayden Blaskett	42.38
5. Travis Barendregt	50.09
6. Amanda Barendregt	50.33
7. Brendan Hyde	70.56

6km Walk

1. Dylan Richardson	28.22
2. Kyle Bedford	28.36
3. Oscar Tebbutt	31.24
4. Ryan Thomson	32.34
5. Chelsea Goodhew	32.45
6. Cheryl Webb	33.04
7. Samantha Brown	33.33
8. Jasmynd McDonald	33.41
9. Judy Brown	51.06

3km Walk

1. Alanah Pitcher	14.59
2. Jack McGinniskin	16.39
3. Molly O'Neill	16.45
4. Brittany Robertson	17.31
5. Janaya Lee	18.22
6. Nicolle Challinor	21.06
7. Nicole Nilon	21.23

U16 2km Handicap

1. Archie Tebbutt	10.27
2. Elizabeth McMillan	11.28
3. Dana Lee	12.30
4. Jada Thomson	12.38
5. Davina Lee	12.47
6. Stacie Becroft	13.03
7. Paige Lee	13.42

U12 1km

1. Chloe Krklinski	5.39
2. Rhianni Deagan	6.00
3. Isabelle Nilon	6.00
4. Shaq Lee	6.08
5. Ella Becroft	7.20
6. Sienna Pitcher	8.02
7. Amelia Crocker	8.29
8. Emily Challinor	8.53

U10 0.5km

1. Sarah Challinor	3.38
2. Cara Lee 4.41	3.59

POLISH T&F CHAMPIONSHIPS, BYDGOSZCZ, POLAND, 24-26 JUNE

The Polish T&F Championships featured 20km walks which were one of the few remaining Olympic qualifying opportunities for walkers from Europe and from further afield. Hence, apart from the usual Polish contingent, a number of other nationalities were represented. Alas, conditions were cold and wet on Saturday morning and times were generally slow. Overall, the titles went to **Paulina Buziak** (1:36:52) and **Lukasz Nowak** (1:26:31). GBR walker Bethan Davies was amongst those chasing times but she suffered a soul destroying DQ.

20km Women

1. BUZIAK Paulina	86	LKS Stal Mielec	1:36:52
2. SZWARNOG Agnieszka	86	KS AZS AWF Kraków	1:37:34

3.	KAPERA Monika	90	AZS-AWF Katowice	1:38:01
4.	DYGACZ Agnieszka	85	AZS-AWF Katowice	1:38:46
5.	PELANTOVÁ Lucie	86	CZECH REPUBLIC	1:42:22
6.	ELLWARD Agnieszka	89	WKS Flota Gdynia	1:49:30
7.	TORMA Anett	84	HUNGARY	1:52:58
8.	NAWROCKA Monika	90	AZS-AWF Katowice	1:58:32
	GOLBA Katarzyna	89	AZS-AWF Katowice	DNF
	DAVIES Bethan	90	GREAT BRITAIN	DQ
	KAUR Khushbir	93	INDIA	DNF
	BEMOWSKA Joanna	94	AZS-AWF Katowice	DNF
	CUBANOVÁ Lucia	95	SLOVAKIA	DNF

20km Men

1.	NOWAK Lukasz	88	OS AZS Poznan	1:26:31
2.	JELONEK Jakub	85	KS AZS AWF Kraków	1:26:51
3.	BRZOZOWSKI Artur	85	AZS-AWF Katowice	1:27:01
4.	AUGUSTYN Rafal	84	LKS Stal Mielec	1:27:09
5.	SUDOL Grzegorz	78	KS AZS AWF Kraków	1:28:28
6.	KUMAR Sandeep	86	INDIA	1:29:14
7.	BLOCKI Adrian	90	AZS-AWF Katowice	1:29:54
8.	SIKORA Rafal	87	KS AZS AWF Kraków	1:30:58
9.	ÚRADNÍK Miroslav	96	SLOVAKIA	1:33:21
10.	ROSIEWICZ Maciej	77	GEORGIA	1:34:12
11.	FEDACZYNSKI Rafal	80	AZS UMCS Lublin	1:35:26
12.	BLOCKI Damian	89	AZS-AWF Katowice	1:37:55
13.	CYNGOT Jacek	96	UKS Olimp Koziernice	1:40:41
14.	GRINHOLC Grzegorz	77	RKS Rumia	1:44:34
15.	LUNIEWSKI Miroslaw	57	UKS Jedyńka Reda	1:59:06
16.	MALECKI Waldemar	58	UKS Maraton	2:08:40
	KOMAROWSKI Kamil	95	MKS Juwenia Białystok	DNF
	TOMALA Dawid	89	AZS-AWF Katowice	DNF
	IRFAN Kolothum Thodi	90	INDIA	DNF
	KLAWIKOWSKI Damian	96	RKS Rumia	DNF
	CERNÝ Dominik	97	SLOVAKIA	DNF

UKA T&F CHAMPIONSHIPS, BIRMINGHAM, ENGLAND, 24-26 JUNE

The walks opened proceedings on Day 3 of the British T&F Championships in Birmingham, with walkers from the Leeds program sweeping the podium. In the men's race, Australian **Dane Bird-Smith** and **Tom Bosworth** shared the lead for most of the race, before Dane cleared out in the final stages to win by just under 5 secs. Tom continues to improve! Junior walker **Callum Wilkinson** was also in great form, walking 19:54.47. But the walk of the meet had to go to **Bethan Davies** who overcame the disappointment of her DQ in the Polish 20km championship the day before, flying home and racing on 3 hours sleep, the result a very impressive 22:03:82.

Men 5000m Race Walk

1.	Dane BIRD-SMITH	AUS	92	19:08.76
2.	Tom BOSWORTH	GBR	90	19:13.56
3.	Callum WILKINSON	GBR	97	19:54.47
4.	Cameron CORBISHLEY	GBR	97	20:50.91
5.	Christopher SNOOK	GBR	00	22:37.43
6.	Timothy SNOOK	GBR	98	23:37.67
7.	Francisco REIS	POR	60	24:17.48
8.	Mark WILLIAMS	GBR	64	24:48.81
9.	Dominic KING	GBR		DQ
10.	Guy THOMAS	GBR		DQ

Women 5000m Race Walk

1.	Bethan DAVIES	GBR	90	22:03.82
2.	Sophie LEWIS	GBR	99	24:24.47
3.	Brianna MULVEE	GBR		24:35.56
4.	Ester MONTANER NOVELLON	ESP	91	25:19.71
5.	Natalie MYERS	GBR	91	27:01.15
	Gemma BRIDGE	GBR		DQ
	Ana GARCIA	GBR		DQ
	Heather LEWIS	GBR		DQ

BELARUSSIAN T&F CHAMPIONSHIPS, GRODNO, BELARUS, 23-25 JUNE

Lots of European T&F Championships on last weekend, most with track walks, but the Belarussians were on the road with 20km races.

Men 20km Race Walk

1.	Ivan TROTSKIY	BLR	76	1:24:47
2.	Aleksandr LIAKHOVICH	BLR	89	1:25:17
3.	Yauheni ZALESSKI	BLR	93	1:26:19
4.	Anatoliy GOMEL	BLR	96	1:28:22
5.	Vladimir KOLYESNIK	BLR	92	1:32:34
6.	Volodymyr BRUNDUKOV	BLR	90	1:38:04

Women 20km Race Walk

1.	Viktoriya ROSHCHUPKINA	BLR	95	1:35:10
2.	Anastasiya YATSEVICH	BLR	85	1:35:42
3.	Anastasiya RAROVSKAYA	BLR	96	1:36:05
4.	Nadezhda DOROZHUK	BLR	90	1:39:44
5.	Anastasiya RODZKINA	BLR	94	1:51:54
6.	Alesia CHEMBROVICH	BLR	94	1:55:39

LITHUANIAN U18 T&F CHAMPIONSHIPS, ALTYUS, LITHUANIA, 22-23 JUNE**Men 10,000m Race Walk**

1.	Erik MICKEVIC	LTU	00	47:19.27
2.	Paulius JUOZAITIS	LTU	00	53:27.06

Women 5000m Race Walk

1.	Austeja KAVALIAUSKAITE	LTU	00	24:55.14
2.	Reda BERTIŠKAITE	LTU	00	27:35.33

PORTUGUESE T&F CHAMPIONSHIPS, LEIRIA, PORTUGAL, 25-26 JUNE

Saturday evening saw the men's and women's 10,000m walks at the Portuguese T&F Champs in Leiria, with women in lane 1 and men in lane 5. The walks were of a high standard with 40 year old **Joao Vieira** winning the men's with 41:20.75 and **Ana Cabecinha** winning the women's with 43:19.12. Special note for 41 year old **Susana Feitor** who took bronze in the women's race with 44:50.19.

10,000m Men

1.	Joao Vieira	SCP	41:20.75
2.	Pedro Isidro	SLB	41:30.71
3.	Miguel Carvalho	CNRM	41:57.22
4.	Rui Coelho	CAS	43:15.80
5.	Amaro Teixeira	SCB	45:03.41
6.	Pedro Martins	CAS	46:40.89
7.	Samuel Pereira	CAS	46:54.48
8.	Eduardo Cardoso	CCDR	51:08.46
9.	Pedro Santos	CAS	
10.	Miguel Rodrigues	CNRM	
11.	Marco Amaral	JIV	
12.	Pedro Miguel Santos	JV	
13.	Sergio Vieira	SLB	

10,000m Women

1.	Ana Cabecinha	COP	43:19.12
2.	Ines Henriques	CNRM	43:40.68
3.	Susana Feitor	IND-S	44:50.19
4.	Vera Santos	SCP	46:48.07
5.	Mara Ribeiro	CNRM	47:49.49
6.	Vitoria Oliveira		47:51.55
7.	Alexandra Lamas	CCX	50:47.16
8.	Ana Raquel Marques	ACRSD	52:16.38
9.	Carina Rodrigues	GDD	54:08.51
10.	Mafalda Marques	CPC	55:31.38
11.	Vera Portela	NDAP	55:43.58

FRENCH T&F CHAMPIONSHIPS, ANGERS, FRANCE, 24-26 JUNE

Emmanuel Tardi reports from Angers where the French T&F Championships took place last weekend. This year, the walk distance was 5000m and the walks were scheduled in the middle of the timetable as two of the marquee events, with the women on Saturday and the men on Sunday. In the women's event, **Emilie Menuet** led from beginning to end, her time of 21:51.91 only some 10 secs outside the French record of 21:41.72. In the men's event, **Yohann Diniz** led for the first 1000m before being forced to stop with an attack of asthma. This opened up the race for **Kevin Campion** who went on to win with an excellent 18:59.46, ahead of **Antonin Boyez** 19:45.47.

Men 5000m Race Walk

1.	Kevin CAMPION	FRA	88	18:59.46
2.	Antonin BOYEZ	FRA	84	19:45.47
3.	Jean BLANCHETEAU	FRA	96	20:05.82
4.	Fabian BERNABE	FRA	95	20:09.98
5.	Aurelien QUINION	FRA	93	20:33.99
6.	Damien MOLMY	FRA	88	20:39.04
7.	Raouf BEN EL ABHI	TUN		20:55.97
8.	Louis Guillaume BLANC	FRA	89	21:04.28
9.	Fabian FESSELIER	FRA	94	21:24.43
10.	Axel MUTTER	FRA	96	21:29.66
11.	Sebastien DELAUNAY	FRA	74	21:34.56
12.	Benoit BERCEBRU	FRA	84	22:00.33
13.	Florian DESJARDINS	FRA	94	22:11.27
14.	Come MARTIN	FRA	95	22:23.57
15.	Ludovic HADULA	FRA	87	22:29.33
16.	Andy BOUTRAIS	FRA	91	22:29.61

Women 5000m Race Walk

1.	Emilie MENUET	FRA	91	21:51.91
2.	Violaine AVEROUS	FRA	85	22:56.69
3.	Amandine MARCOU	FRA	92	23:10.21
4.	Marine QUENNEHEN	FRA	91	23:28.33
5.	Alejandra RAMIREZ	MEX	76	24:09.64
6.	Aurelie MACABEY	FRA	81	24:14.37
7.	Lucie AUFFRET	FRA	88	24:16.24
8.	Enora TREBAUL	FRA	94	24:17.02
9.	Jeanne BILLA	FRA	96	24:30.22
10.	Cecile NAZE	FRA	95	24:30.81
11.	Maud RUHARD	FRA	83	24:32.61
12.	Sandra DUPONT	FRA	72	24:50.28
13.	Cecile DELEUZE	FRA	96	25:16.82
14.	Lucia BARRITAUULT	FRA	90	25:34.64
15.	Caroline GUILLARD	FRA	71	26:01.87



The women's field and podium (photos Emmanuel Tardi)



Kevin Campion, Yohann Diniz, Emilie Menuet and Antonin Boyez

106TH ITALIAN T&F CHAMPIONSHIPS, RIETI, ITALY, 24-26 JUNE

10km road walks were contested on Sunday morning at the Italian T&F Championships in Rieti, with **Francesco Fortunato** (40:31) and **Valentina Trapletti** (44:41) taking the golds. For Fortunato, it has been a fantastic month with 4 races for 4 wins:

- June 4: Tunis Mediterranean 10,000m U23 Track Champion with a new PB of 39:46.35
- June 10: Bressanone Italian 10,000m U23 Track Champion with 41:19.03
- June 17: Modena National University 5000m Track Champion with 18:53.91
- June 26: Rieti Italian 10km Road Champion with in 40:31.

This time around, he was too strong for **Leonardo Dei Tos** (40:45) and **Federico Tontodonati** (40:45).

Valentina Trapletti's win in the women's race saw a new PB of 44:41, breaking 45:00 for the first time. And it was perhaps a surprise silver to Italian researcher **Tatyana Gabellone** who is based in Bristol, England.

Men 10km Race Walk

1.	Francesco FORTUNATO	ITA	94	40:31
2.	Leonardo DEI TOS	ITA	92	40:45
3.	Federico TONTODONATI	ITA	89	41:04
4.	Vito MINEI	ITA	94	42:16
5.	Michele ANTONELLI	ITA	94	42:54
6.	Gianluca PICCHIOTTINO	ITA	96	43:23
7.	Daniele TODISCO	ITA	95	43:41
8.	Gregorio ANGELINI	ITA	96	44:12
9.	Stefano CHIESA	ITA	96	44:45
10.	Stefano MANSUTTI	ITA	95	45:35
11.	Ruggero D'ASCANIO	ITA	84	45:41
12.	Flavio VONA	ITA	84	45:48
13.	Nicolas FANELLI	ITA	99	45:50
	Marco MOROTTI	ITA	97	DQ
	Michele AMOROSO	ITA	93	DQ
	Simone MANSUTTI	ITA	98	DQ
	Vincenzo VERDE	ITA	82	DQ

Women 10km Race Walk

1.	Valentina TRAPLETTI	ITA	85	44:41
2.	Tatyana GABELLONE	ITA	84	47:47
3.	Nicole COLOMBI	ITA	95	48:29
4.	Diana CACCIOTTI	ITA	95	49:53
5.	Eleonora DONÈ	ITA	92	50:08
6.	Adelaide SANSONI	ITA	82	50:23
7.	Rossella GIORDANO	ITA	72	50:27
8.	Alessia ZAPPAROLI	ITA	88	50:47

9.	Ilaria GALLI	ITA	87	51:09
10.	Angelica MIRABELLO	ITA	99	51:36
11.	Valeria PEDETTI	ITA	73	51:56
12.	Sascia GRAFEO	ITA	92	52:09
13.	Gladys MORETTI	ITA	91	52:40
14.	Valeria DISABATO	ITA	99	52:57
15.	Elena MARTINOZZI	ITA	87	53:13
16.	Lisa CANI	ITA	96	53:16
17.	Alessia MASTRONICOLA	ITA	00	53:24
18.	Daniela MANCINI	ITA	83	54:39
19.	Viviana VALSECCHI	ITA	92	54:55
20.	Desiree DI MARIA	ITA	87	55:41
21.	Martina MARCONI	ITA	00	59:26
	Eleonora DOMINICI	ITA	96	DQ
	Sara VITIELLO	ITA	96	DQ
	Ilaria MARIOTTI	ITA	91	DNF
	Mariavittoria BECCHETTI	ITA	94	DNF



Francesco Fortunato and Valentina Trapletti win in Rieti

CAA 20TH AFRICAN SENIOR CHAMPIONSHIPS DURBAN, RSA, 22-26 JUNE

History was made on the Durban beachfront early on Sunday morning when Kenya's 37 year old **Grace Wanjiru** claimed her sixth consecutive title in winning the women's 20km walk in the Africa Athletics Championships with a time of 1:30:43. Kenya was also dominant in the men's race walk when 28 year old **Samuel Gathimba** atoned for his silver medal exploits in 2014, capturing gold with a PB and championship record time of 1:19:24. Wanjiru and Gathimba had bettered the Olympic qualifying standards when they won the Kenyan national titles in May in 1:34:09 and 1:20:20 but those performances were not eligible as Olympic qualifiers. There were no such issues on Sunday and they have now booked their tickets to Rio.

The men's championship was a high quality affair with Gathimba edging out favourites **Hassanine Sebei** of Tunisia (silver with 1:20:57) and **Lebogang Shange** (bronze in 1:21:41). The women's walk also saw Wanjiru being tested more than she perhaps expected, with **Yehualye Mitiku** of Ethiopia taking silver with 1:31:58, a little over 1 minute behind. Wanjiru's most famous race is her third place in the 2010 Delhi Commonwealth Games. Lots of great photos at <https://www.facebook.com/photo.php?fbid=10153817309377903&set=pcb.10153817311407903&type=1&theater>, and a good article on the race at <http://www.nation.co.ke/sports/athletics/Africa-Athletics-Championships/-/1100/3268500/-/nos9ey/-/index.html>.

Men 20km Race Walk

1.	Samuel GATHIMBA	KEN		1:19:24
2.	Hassanine SBAI	TUN	84	1:20:51
3.	Lebogang SHANGE	RSA	90	1:21:41
4.	Wayne SNYMAN	RSA	85	1:22:20
5.	Simon WACHIRA	KEN		1:23:26
6.	Hatem GHOULA	TUN	73	1:25:54

7.	Mohamed AMEUR	ALG	84	1:26:17
8.	Mohamed RAGAB SALEH	EGY	94	1:26:23
9.	Hichem MEDJBER	ALG	82	1:27:39
10.	Yohanis ALGAW	ETH	99	1:27:52
11.	Jerome CAPRICE	MRI	83	1:34:00
12.	Marc MUNDELL	RSA	83	1:44:55
13.	Birara Alem CHEKOL	ETH		DQ

Women 20km Race Walk

1.	Grace Wanjiru NJUE	KEN	79	1:30:43
2.	Yehualye BELETE MITIKU	ETH	98	1:31:58
3.	Chahinez NASRI	TUN	96	1:34:45
4.	Anel OOSTHUIZEN	RSA	95	1:38:46
5.	Linda WAWERU	KEN		1:39:23
6.	Alem Tafes DERESA	ETH	96	1:45:45
7.	Bariza GHEZELANI	ALG	93	1:46:33
8.	Amira ZENYHIM	EGY		1:58:22
9.	Aynalem ESHETU	ETH	92	DNF



Left – the women's field silhouetted in the early morning light

Right: winners Grace Wanjiru and Samuel Gathimba

USATF JUNIOR OUTDOOR CHAMPIONSHIPS, CLOVIS, CALIFORNIA, 24-26 JUNE

The USA Junior T&F Championships, held at the Veteran's Memorial Stadium, Buchanan High School, Clovis, saw Cameron Haught (47:04.22) and Anali Cisneros (51:34.73) win the 10,000m walks. Conditions were very hot from what I have heard.

Men 10,000m Walk

1.	Cameron Haught	Southwest Ohio TC	47:04.22
2.	Anthony Joseph Gruttadau	Unattached	47:17.65
3.	Alexander Bellavance	Unattached	49:20.49
4.	Spencer Dunn	Unattached	52:17.23
5.	Eduardo Uria	South Texas	53:48.55
6.	Steven Berry	Lone Peak Tr	56:09.78
7.	Nehemiah Cionelo	Unattached	59:45.72

Women 10,000m Walk

1.	Anali Cisneros	Elgin Sharks Track	51:34.73
2.	Meaghan Podlaski	Fleet Feet S	52:39.70
3.	Lauren Harris	Walk USA	55:22.17
4.	Amberly Melendez	South Texas	55:34.10
5.	Kayla Allen	Unattached	56:25.51
6.	Nayeli Cisneros	Elgin Sharks Track	57:37.64

7.	Victoria Heiser-Whatley	Warriors Track Club	58:27.98
8.	Jessica Heiser-Whatley	Warriors Track Club	58:30.54
9.	Tara Mandel	Foundation TC	59:14.92
10.	Michaela Austin	Unattached	1:03:31.51
11.	Katherine Miale	Marist	1:04:01.82
	Maria Garcia	Unattached	DNF

IRISH T&F CHAMPIONSHIPS, DUBLIN, IRELAND, 25-26 JUNE

Rio Olympian Alex Wright was in good form, winning the 10,000m walk in the Irish T&F Chamionships last weekend with 41:11.17.

Men 10,000m Race Walk

1.	Alex WRIGHT	IRL	90	41:11.17
2.	Cian MCMENAMON	IRL	91	42:07.87
3.	Brendan BOYCE	IRL	86	42:25.17
4.	Anthony TOBIN	IRL	97	46:30.42
5.	David KIDD	IRL	78	48:08.37

Women 5000m Race Walk

1.	Emma PRENDIVILLE	IRL	93	25:15.57
2.	Veronica BURKE	IRL	96	25:38.42
3.	Sinead O'CONNOR	IRL	97	27:16.28

"CIUDAD DE MURCIA" MEET, MURCIA, SPAIN, SUNDAY 26 JUNE

The inaugural "Ciudad de Murcia" meet in the Monte Romero Stadium in Murcia was well attended and the 5000m walk produced some fast walking. Miguel Ángel López broke away at the 2000m mark, going on to win with a PB 18:46.95, ahead of Iván Pajuelo (19:16.57). Irishman Robert Heffernan took third with 19:37.96, while fourth place went to Manuel Bermúdez, bettering 20 minutes for the first time with 19:40.04.

Men 5000m Race Walk

1.	Miguel Angel LOPEZ	ESP	88	18:46.95
2.	Ivan PAJUELO	ESP	93	19:16.57
3.	Robert HEFFERNAN	IRL	78	19:37.96
4.	Manuel BERMÚDEZ	ESP	97	19:40.04

XXXI SPANISH U23 T&F CHAMPIONSHIPS, TOLEDO, SPAIN, 25-26 JUNE

And staying in Spain, favorites Alvaro Martin, Diego Garcia and Tur Marc took out the first 3 places in the Spanish U23 10,000m walk championship, with Martin winning convincingly with 40:07:23. In the women's race, Maria Perez also won easily with 46:05:58. Good size fields with 14 in the men's race and 8 in the women's race.

U23 Men 10,000m Walk

1.	Alvaro Martin Uriol	ESP	94	40:07.23
2.	Diego Garcia Carrera	ESP	96	41:50.34
3.	Marc Tur Pico	ESP	94	42:31.20
4.	Christian Curopos Costa	ESP	94	43:22.96
5.	Mario Viñas Picazo	ESP	96	43:26.34
6.	Daniel Ballesteros Goñi	ESP	96	43:43.30
7.	Nil Rodes Llorens	ESP	96	44:33.40
8.	Marc Guerrero Plaza	ESP	95	46:44.32

U23 Women 10,000m Walk

1.	Maria Perez Garcia	ESP	96	46:05.58
2.	Laura Garcia-caro	ESP	95	47:22.75
3.	Lidia Sanchezpuebla	ESP	96	47:41.12
4.	Amanda Cano Gomez	ESP	94	48:14.33
5.	Mar Chillon Camaño	ESP	96	52:17.51
6.	Laura Sanchidrian Martinez	ESP	94	55:34.18
7.	Maria Fernandez Ratero	ESP	96	56:47.43

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/26062016560Toledo_2016.pdf.

LXV SPANISH U18 T&F CHAMPIONSHIPS, MATARO, SPAIN, 25-26 JUNE

The same weekend saw the Spanish U18 Championships in Mataro. Big fields in the walks with 19 in the men's 10,000m (won by José Manuel Perez Rubio with 48:26.52) and 24 in the women's 5000m walk (won by Marina Peña Alonso with 24:40.25).

U18 Men 10,000m Walk

1.	Jose Manuel Perez Rubio	ESP	1999	48:26.52
2.	Yeray Gonzalez Luis	ESP	2000	49:03.91
3.	Daniel Jimeno Rivera	ESP	2000	50:14.46
4.	Gabriel Ballester Tataret	ESP	1999	50:18.35
5.	Ivan Garcia Garcia	ESP	2000	50:54.42
6.	Brais Prieto Espiño	ESP	1999	51:10.29
7.	Francisco Garcia Requena	ESP	2000	52:03.56
8.	Daniel Jimenez Isabal	ESP	2000	52:23.80

U18 Women 5000m Walk

1.	Marina Peña Alonso	ESP	1999	24:40.25
2.	Antia Chamosa Dacasa	ESP	1999	24:51.29
3.	Leyre Aramburu Gonzalez	ESP	1999	25:04.71
4.	Estela Matea Climent	ESP	1999	25:11.93
5.	Eva Muñoz Navarro	ESP	1999	25:47.11
6.	Mireia Urrutia Herrera	ESP	2000	25:54.28
7.	Maria Alarcon Martinez	ESP	2000	26:13.38
8.	Virginia Martin Abarquero	ESP	2000	26:53.15

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/26062016790Mataro_2016.pdf.

CZECH JUNIOR T&F CHAMPIONSHIPS, TRINEC, CZECH REPUBLIC, 25-26 JUNE

And to the Czech Republic where Vit Hlavac walked 46:22.87 to win their U20 10,000m walk.

Men 10,000m Race Walk

1.	Vit HLAVÁČ	CZE	97	46:22.87
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Women 10,000m Race Walk

1.	Veronika KUBENKOVA	CZE	98	57:33.97
2.	Veronika JANOŠÍKOVÁ	CZE	98	58:53.98

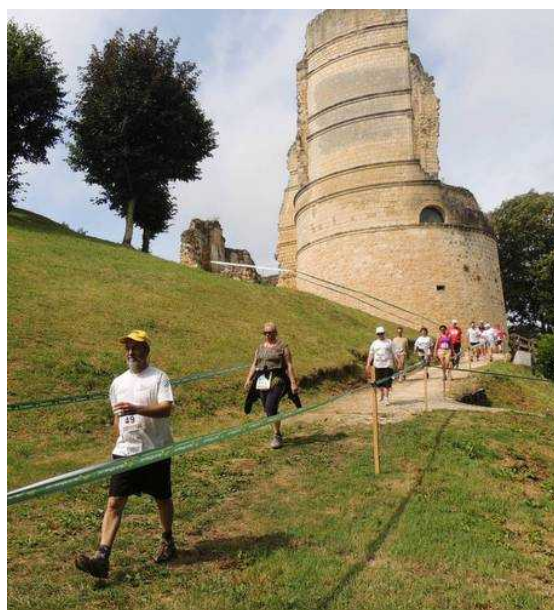
24 HEURES DE MARCHE DE HAUTE-SAINTONGE, MONTGUYON, FRANCE, 25-26 JUNE

Thanks to Emmanuel for the results of the latest French 24 Hour walking event which has been held annually in Montguyon, in the south of France, since 2001. It is a tough race, with half of the 2.2km loop on non-asphalt, and with a hard climb to the local castle on each lap. Emmanuel tells me that there are always lots of people on the start line as it is a very friendly event, with no minimum qualifying requirement. Local walker and postman Pascal Kieffer led the race from the 11AM start until he was eventually caught at 3AM (he has been a top walker in his day with a time of 8h55 for 100k and with a 50km PB of 4h02, set in 1993. Well known French ultra walker Gilles Letessier came through to win the race for the 6th time (2006-2007-2009-2010-2013) while Annette Vignaud was the first of the women with 147.065km. Overall, times were slow, given the course.

24 Heures de Haute-Saintonge (first 30, 113 starters in total)

1.	LETESIER Gilles	1950	M 76	CONFLANS STE HONOR 78	167.020	23:50:59
2.	PINEAU Laurent	1968	M 74	ORIGNOLLES	162.530	23:47:37
3.	KIEFFER Pascal	1961	M 72	MONTGUYON	159.240	23:47:08
4.	LINARD Benoît	1965	M 68	JNEUVT DEUX CLOCHE	149.660	23:50:59
5.	VIGNAUD Annette	1958	F 67	PERIGUEUX	147.065	23:50:59
6.	RIVOAL Claude	1960	M 63	LEVIGNAC 24 31	138.485	23:50:59
7.	DELANGE Dominique	1957	M 62	CHAMPIGNELLES 89	136.190	23:50:59
8.	CHAIGNE Christophe	1967	M 61	ST SAUVEUR LA LANDE 24	134.695	23:50:59
9.	COURRAUD Brigitte	1956	F 61	MONTGUYON 17	134.095	23:50:59
10.	COURRAUD Joël	1956	M 61	MONTGUYON	134.095	23:50:59
11.	DELTEIL Laurent	1966	M 60	MONTARDON	131.900	23:50:59
12.	PIERRE Patrick	1948	M 58	LABASTIDE DU TEMPLE	127.910	23:50:59
13.	REMANDE Jacques	1950	M 58	MONTREUIL 93	127.310	23:50:59
14.	GUELLERIN Patrick	1960	M 56	PAU 64	122.920	23:50:59
15.	DEBORD Michel	1949	M 55	LALANDE DE FRONSAC 33	122.825	23:36:33

16.	SCHEFFER Christian	1955	M 54	AYGUESVIVES	120.030	23:46:33
17.	MARTINEZ Alain	1965	M 54	LOURDES	119.330	23:46:55
18.	SOULARD Eliane	1957	F 54	VILLENAVE DoORNON	119.230	23:49:40
19.	ROBERT Louis	1951	M 53	MERIGNAC	116.535	23:47:06
20.	DAUNAS Daniel	1953	M 52	SAINT AGNANT	114.240	23:50:59
21.	VARIN Sylviane	1952	F 51	COLOMIERS	112.145	23:46:22
22.	GAUZE Françoise	1955	F 50	LAGOR	110.950	23:47:39
23.	ROBERT Danielle	1949	F 50	MERIGNAC	109.950	23:47:03
24.	CAMBORIEUX Philippe	1972	M 49	ST DENIS DE PILE	107.555	23:47:42
25.	MORIN Francine	1944	F 49	SAUJON	107.555	23:50:59
26.	TURLUCHE Léon	1940	M 48	PLEUMELEUC	107.360	23:36:30
27.	COUTURON Sylvie	1961	F 48	SAINTEs	105.960	23:50:59
28.	JAMET Jean-Pierre	1937	M 47	BREUILLET	103.165	22:38:15
29.	BAUP Jean-René	1942	M 46	SAMONAC	102.670	23:40:45
30.	SERVANTY Pascal	1966	M 46	MARCENAIs	101.070	19:20:34



A tough hill and a largely non-bitumen course made for hard work in Montguyon (photos Emmanuel Tardi)

OUT AND ABOUT

- **Rhydian Cowley** is interviewed about the road to Rio - <http://www.heraldsun.com.au/leader/sport/rhydian-cowley-heads-for-20km-road-walk-in-rio-with-a-spring-in-his-step-as-team-mate-jared-tallent-receives-his-long-overdue-london-gold-medal/news-story/0f98b14b97e6099146b934aebcd315c2>.
- **Cameron Corbishley** and **Callum Wilkinson** are among 16 T&F athletes announced in the first wave of GBR selections for the IAAF World Junior Championships taking place 19-24 July in Bydgoszcz, Poland. See <http://www.britishathletics.org.uk/media/news/2016-news-page/june-2016/21-06-16-world-juniors-first-wave/>.
- Australian broadcaster SBS profiles **Claire Tallent** who swapped a role as an elite walker to now coach her husband Jared. Claire took over from Brent Vallance as Jared's coach past-2012, when the AIS athletics scholarship program was shamefully shut down and the couple made the tough decision to move to Adelaide and work independantly of the now dismantled system. See <http://www.sbs.com.au/topics/zela/article/2016/06/21/top-talent-golden-reward-coach-claire-tallent>.
- With the lack of a major sponsor for Athletics Australia, financial support is pretty sparce for our Australian T&F athletes going to Rio. So **Jared Tallent** and his sister **Rachel Tallent** are hoping for a bit of help in their Olympic preparation via an Australian Sports Foundation crowd funding website. Fellow Rio Olympic walker **Rhydian Cowley** also has a campaign set up there. For more info or to donate, check it out at <https://asf.org.au/our-athlete/>.
- The Japanese athletics federation (JAAF) has nominated a team of 56 athletes to compete at the Rio 2016 Olympic Games. The list includes the athletes who were selected earlier this year for the marathon and race-walking events, Japan's highest quality athletics disciplines. Although 20km race walk world record-holder Yusuke Suzuki has been forced to miss the

Olympics through injury, world 50km race walk bronze medallist Takayuki Tanii will go to Rio with realistic ambitions of taking a medal in what will be his fourth Olympics.

20km race walk: Isamu Fujisawa, Daisuke Matsunaga, Eiki Takahashi

50km race walk: Hirooki Arai, Koichiro Morioka, Takayuki Tanii

20km race walk: Kumiko Okada

See <http://www.iaaf.org/news/news/rio-olympic-games-2016-japanese-athletics-tea>

- Our junior walkers are at Mannheim in Germany, preparing for next month's World Junior Championships in Poland. Nice Athletics Australia photo of **Tyler Jones** and **Adam Garganis** training.



MARCIADALMONDO AND OMARCHADOR ROUNDUP

10 eligible new press releases for Marciadalmondo this week

- Mon 27 June - Italian weekend roundup - Italian T&F Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2493
- Sun 26 June - Kenyans Samuel Gathimba and Grace Wanjiru win African Championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2492
- Sun 26 June - Joao Vieira and Ana Cabecinha win Portuguese titles
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2491
- Sun 26 June - Spanish U23 T&F Championships in Toledo and U18 T&F Championships in Mataro
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2490
- Sat 25 June - Ecuador farewells IAAF Race Walking Committee member Fausto Mendoza
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2489
- Fri 24 June - Preview of Spanish U23 Championships in Toledo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2488
- Thu 23 June - Preview of Italian Open Championships in Rieti
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2487
- Thu 23 June - Reviewing what we know of Schwazer's drugs positive
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2486
- Wed 22 June - German doping control officer seeks Elisa Rigaudo in the Quirinale Palace
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2485

- Wed 22 June - New doping sensation for Alex Schwazer
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2484

The omarchador blog was active with 14 news releases this time around

- Mon 27 June - Angel Lopez shines at the "Ciudad de Murcia" meet
<http://omarchador.blogspot.com.au/2016/06/angel-lopez-brilha-no-meeting-ciudad-de.html>
- Mon 27 June - Ana Cabecinha and João Vieira win Portuguese titles
<http://omarchador.blogspot.com.au/2016/06/ana-cabecinha-e-joao-vieira-vencem.html>
- Sun 26 June - Rob Tersteeg wins Dutch 20km championship
<http://omarchador.blogspot.com.au/2016/06/rob-tersteeg-sagrou-se-campeao-holandes.html>
- Sun 26 June - Results of Italian U18 Championships in Jesolo
<http://omarchador.blogspot.com.au/2016/06/campeonatos-italianos-de-pista-sub-18.html>
- Sat 25 June - Portuguese walker Rodrigo Marques qualifies for European U18 T&F Champs
<http://omarchador.blogspot.com.au/2016/06/marchador-algarvio-com-minimos-para-os.html>
- Sat 25 June - A bit of history - it is 33 years since the first Portuguese 50km championship
<http://omarchador.blogspot.com.au/2016/06/primeira-prova-de-50-km-em-portugal.html>
- Fri 24 June - Preview of Portuguese T&F Championship walks
<http://omarchador.blogspot.com.au/2016/06/maia-volta-receber-os-campeonatos-de.html>
- Fri 24 June - Viseu, a pioneering Portuguese city for race walking
<http://omarchador.blogspot.com.au/2016/06/viseu-cidade-pioneira-para-marcha.html>
- Thu 23 June - Results of British U20 T&F Championship walks in Bedford
<http://omarchador.blogspot.com.au/2016/06/campeonatos-ingleses-de-sub-20-em.html>
- Thu 23 June - Preview of African Championships in Durban
<http://omarchador.blogspot.com.au/2016/06/campeonatos-de-africa-em-durban-na.html>
- Wed 22 June - Schwazer in doping trouble once again
<http://omarchador.blogspot.com.au/2016/06/schwazer-de-novo-nas-malhas-do-doping.html>
- Wed 22 June - Portuguese Olympic Youth Games in Abrantes
<http://omarchador.blogspot.com.au/2016/06/torneio-nacional-olimpico-jovem-das.html>
- Tue 21 June - Tunisian Chahinez Nasri walks African record 5000m in Blois, France
<http://omarchador.blogspot.com.au/2016/06/nasri-com-recorde-de-africa-no-meeting.html>
- Tue 21 June - Francesco Fortunato and Mariavittoria Becchetti win Italian University Games walks
<http://omarchador.blogspot.com.au/2016/06/fortunato-e-becchetti-com-titulos.html>

VRWC RECORD UPDATE

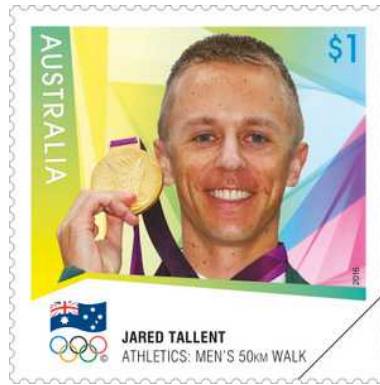
I have a few new VRWC record applications to announce this week. Well done to Andrew and Rebecca. I will be forwarding them to the committee for ratification.

Andrew Jamieson	M70 20km Road Walk	1:57:55	VMA 20km Championship, Middle Park	26/06/2016
Rebecca Henderson	U15 Girls 5km Road Walk	24:12	VRWC Walks, Middle Park	28/05/2016
Rebecca Henderson	U15 Girls 3km Road Walk	14:08	LBG Carnival, Canberra	12/06/2016

JARED TALLENT HONOURED WITH HIS OWN STAMP

Australia Post has honoured all Australian Olympic gold medallists with their own stamp since 2000 and also did the same for all gold medallists in the 2006 Commonwealth Games in Melbourne. Thus Jared Tallent became eligible for his own stamp once his gold was confirmed by the IOC.

This stamp came out almost immediately after the ceremony. In this, he followed in the footsteps of Nathan Deakes and Jane Saville who were also honoured for their 2006 Commonwealth Golds in Melbourne. Here it is - it is available from all major philatelic outlets and looks fantastic.



Jared is by no means the first Australian racewalker to feature on a stamp. The others are as follows

1957 - Dominican Republic

In 1957, the Dominican Republic issued a set of Olympic stamps featuring some of the 1956 Olympic Gold Medallists. One of the stamps featured 1956 Olympic 50km winner Norm Read of NZ. But to his left is seen British walker Don Thompson and on his right is Australian walker **Ron Crawford**. This was the first time an Australian walker had featured on a postage stamp.



1992 - Tuvalu

This Tuvalu stamp features walkers from the 1987 IAAF World Championship race in Rome. Women's racewalking was added to the Olympics in 1992 so perhaps that is why this stamp was produced at that stage and an archival shot used. This photo is also featured on the IAAF Judging Handbook of that period. I believe that this stamp was withdrawn from circulation by Tuvalu and hence it is quite rare. From left to right you see (279) Beate Anders - Germany, Giuliana Salce - Italy, (187) Sirkka Oikarinen - Finland, Alison Baker - Canada, (517) Monica Gunnarsson - Sweden, Janice McCaffrey - Canada, **Sue Cook - Australia**, (519) Ann Jansson - Sweden, Suzanne Griesbach - France, (96) Ann Peel - Canada, Unknown - China, (264) Lisa Langford - England, (9) Olga Krishtop - USSR, Maria Cruz Diaz - Spain and (540) Dana Vavracova Czechoslovakia.



2006 - Australia

Australia Post decided to issue a postage stamp for each winner in the 2004 Olympic Games. With **Jane Saville** and **Nathan Deakes** getting bronze medals in those Games, they came close but missed out. Australia Post then decided to continue with this concept for the 2006 Commonwealth Games in Melbourne. Since Jane won the women's 20km walk and Nathan won the men's 20km and 50km events, they featured on 3 gold medallist stamps (Jane once and Nathan twice). Australia Post did the same in the 2008 Olympic Games and Jared Tallent came close to postage stamp fame with his bronze and silver medals. With his win in the 2010 Commonwealth Games in Delhi, Jared should have joined Nathan and Jane but, for reasons unknown, Australia Post did not produce Gold Medal stamps for those Games. They did produce them again for the 2012 Olympic Games and again Jared went so close, finishing second in the 50km race. And now that has been rectified!



You can read about these and many more racewalking stamps at <http://www.vrwc.org.au/vrwcstamps.shtml>.

More sensations this week – read on!

Tuesday 21 June

- Last Tuesday saw a specially convened IOC Olympic Summit to consider doping, particularly in this vital leadup to Rio. Apart from confirming the IAAF ban on the Russian T&F team (which will now definitely NOT be in Rio), the meeting reconfirmed IOC zero tolerance for doping and came up with a 5 point plan to ensure a level playing field for athletes at Rio. Well worth a read - a lot of good stuff in there. See <http://rio2016.olympics.com.au/news/five-point-plan-to-ensure-level-playing-field-at-rio-2016>. One or two snippets from this excellent summary article:
 - All NOCs and IFs should sanction not only doped athletes, but also their coaches, officials, doctors or any other persons implicated.
 - Because of the WADA non-compliance declaration of Kenya and Russia and the related substantial allegations, the Olympic Summit considers the “presumption of innocence” of athletes from these countries being put seriously into question.
 - To fully review the anti-doping system by requesting WADA to convene an “Extraordinary World Conference on Doping” in 2017.
- Last Tuesday's IOC meeting in Lausanne also took the unprecedented step of announcing that athletes from Kenya and Russia, in all sports, will only be able to compete at the Rio Olympics if they have passed an "individual evaluation" to prove they have not been doping. "Each athlete coming from these two countries will have to be declared eligible by their respective international federation following an individual procedure and evaluation of the situation. And in this individual evaluation, tests from laboratories that are tainted or non-compliant, cannot be taken into consideration. The respective international federation will have to take into account other reliable tests (which means international tests or tests supervised by international authorities). See <http://www.independent.co.uk/sport/general/athletics/rio-2016-russia-and-kenya-athletes-must-pass-individual-evaluation-and-prove-their-innocence-to-a7093656.html>.
- Well, how will it all work? IOC president Thomas Bach, speaking in Lausanne on Tuesday at the press conference following the IOC Olympic Summit, stated that any Russian athletes allowed to compete at the Rio Games would do so under the Russian flag, rather than a neutral or Olympic flag. This seems at odds with the IAAF view to amend the competition rules to allow Russian T&F athletes to apply for eligibility, on an exceptional basis and subject to meeting strict criteria, and to compete in international competitions, including the Olympic Games, in an individual capacity as neutral athletes, not under any country's flag. See <http://www.athleticsweekly.com/featured/ioc-russian-athletes-cleared-iaaf-rio-russian-flag-45211/#bmd246LG5uIRUf17.99>. We wait for further clarification, one way or the other.
- Things are moving quickly in the aftermath of the arrest of Somali track coach Jama Aden on Monday after police and sports doctors raided his hotel in Spain. Along with him, they arrested a physiotherapist, both charged with having administered athletes with banned substances. Spanish police said last Tuesday (the next day) that they had now arrested Sudanese-born Qatari athlete Musaeb Abdulrahman Balla, the two-time defending Asian 800m champion who finished sixth at last year's world championships in Beijing and fifth at the world indoors in Portland earlier this season. See <http://www.supersport.com/athletics/article.aspx?Id=3583224>.
- WADA and its president Sir Craig Reedie are under increasing pressure over the handling of the Russian doping crisis, after the BBC tabled a hand-written note by Reedie and apparently passed to Sergey Bubka, the IAAF vice-president, on 1 August 2015. The note, written on WADA-headed paper, appears to tip off Bubka that trouble was brewing for athletics in the shape of a new documentary by the German anti-doping journalist Hajo Seppelt. It signs off with the message: "Hope no more damage will be done. Craig." The issue here is a simple one - if true, the WADA president is tipping off the IAAF vice president about some big news about to hit the fan. This does seem to be at face value a conflict of interest and will put even more pressure on Reedie. See <http://www.bbc.com/news/uk-36586984>.
- Kenya finally seems ready to toe the line and fully test its athletes. But this does not make up for the years of inadequate and tainted testing in the years leading up to Rio. We all know that the effects of doping stay with athletes for years. The Kenyan situation is by no means resolved as yet, in my view. See <http://www.supersport.com/athletics/article.aspx?Id=3583554>.

Wednesday 22 June

- Last Wednesday as I was making a start on this week's newsletter, I wondered whether perhaps this column should now be retitled #NOSCHWAZER, thinking that the pressure must be kept on the Italian Federation to ensure that disgraced drugs cheat Alex Schwazer did not race in Rio. I had just seen a video interview with Italian coach Sandro Damilano, given in early May, in which he stated unequivocally "I personally believe that those who have made use of doping should be excluded from the national team and from participation in the Olympics and World Cup" (see https://www.youtube.com/watch?v=vM_ZppMpiNo).

Lo and behold, sometimes good things come to those who wait long enough. That same day, I was alerted by Stefano La Sorda to front page headlines in Italian newspaper La Gazzetta Della Sport as follows



Yes, it was true. The newspaper article was brief but indicated that Schwazer had tested positive to abnormal testosterone levels from a surprise IAAF out of competition test on 1st January 2016 (see <http://www.gazzetta.it/Atletica/21-06-2016/atletica-doping-schwazer-ci-ricasca-trovato-ancora-positivo-16061486727.shtml>). From then on, it was a case of waiting for a further 24 hours for more information to come to light. It did not take long for the news to start to flow. Nice summary of what was known at that time here: <http://indianexpress.com/article/sports/sport-others/ex-olympic-champion-alex-schwazer-tests-positive-again-2868970/>.

Jump forward to Saturday's drugs posts to see a summary of the state of play. I think he's gone!!!!

- Superb indepth profile of Russian drugs whistleblowers Yuliya Stepanova and her husband Vitaly Stepanov - they are the good guys in this whole Russian drugs fiasco and it is fair to say that, without their testimony to kick things off, it might all have remained swept under the carpet as all too hard. See <http://www.nytimes.com/2016/06/22/magazine/the-marriage-that-led-to-the-russian-track-teams-olympic-ban.html?partner=rssnyt&emc=rss&r=0>.
- In order to protect the rights of clean athletes to compete and to totally eliminate drug cheats from elite sport the World Olympians Association, the organisation that represents the 100,000 living Olympians, has called for a three-point anti-doping plan to be adopted by sports governing bodies, governments and event organisers. The three point plan is designed to ensure that sport can eventually fully rid itself of the scourge of drug cheats while at the same time ensuring that those athletes who are proven clean can compete at major events even if their sport or country is sanctioned because of the deficiency of their testing systems.
 - anti-doping testing that is fully independent of countries/sports/event organisers
 - a permanent mechanism to allow clean athletes to compete even if their country/sport is sanctioned
 - dramatically increased funding for research into improved anti-doping testing

See <http://olympians.org/news/615/woa-calls-for-three-point-anti-doping-plan-to-eliminate-cheats/>.

Thursday 23 June

- A good analysis of how Schwazer's testing was done - 2 technicians, 48 hours of work, an expensive and specialized procedure: mass spectrometry isotope ratio. See http://www.corriere.it/sport/16_giugno_23/caso-schwazer-tecnico-raffinate-cosi-l-esame-negativo-diventa-positivo-9ffef318-38bc-11e6-af01-13e8abfd5afa_amp.html?client=ms-android-samsung#.
- Sergej Litvinov is the Russian champion in the hammer throw and placed 5th at last year's World Championships. This week he wrote the following letter to Sebastian Coe asking what he can personally do to compete again. It sounds like he might be one of the Russian T&F athletes eventually given permission to compete. Time will tell. See <http://www.hmmrmedia.com/2016/06/an-open-letter-to-sebastian-coe-by-sergej-litvinov/>.
- WADA gave its backing on Wednesday to the IAAF decision to keep Russia suspended and out of the Rio Olympics so now all 3 big players (IAAF, IOC and WADA) are in accord on this one. And it could soon all get even worse for Russia with **WADA awaiting the results of its independent McLaren Investigation**, which began last month and examines further allegations of doping in Russia. Preliminary findings by the McLaren panel indicated a "state-directed" manipulation of test results conducted within the Moscow-accredited laboratory from at least 2011 forward including the period of the IAAF World Championships in 2013." See <http://www.nation.co.ke/sports/athletics/Wada-backs-IAAF-after-maintaining-Russia-ban/-/1100/3263296/-/4eu9vtz/-/index.html>.

- Russia, Kazakhstan and Belarus face one-year suspensions from international weightlifting competition following the retesting of samples from the 2008 and 2012 Olympics, which may prevent lifters from those countries competing at the Summer Games in Rio de Janeiro in August. The International Weightlifting Federation today said the final decisions on the possible bans will be made after the International Olympic Committee makes a definitive ruling on the retests. See http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=11661940.

Friday 24 June

- WADA announced on Friday that, due to a non-conformity with the International Standard for Laboratories (ISL), it has suspended the accreditation of the Brazilian Doping Control Laboratory in Rio. Presumably more news on why will follow shortly. See <https://www.wada-ama.org/en/media/news/2016-06/wada-suspends-accreditation-of-rio-laboratory> and <http://www.bbc.com/sport/36626794>. Wow, this could be big, what with the Rio Games only 5-6 weeks away.
- A Spanish judge has released Jama Aden, the coach of world 1500m champion Genzebe Dibaba, three days after his arrest. He had been detained on suspicion of administering and distributing doping substances and endangering public health. His arrest came after police allegedly found traces of EPO and other banned substances in a raid in a hotel outside Barcelona on Monday. The judge released Aden on Thursday but retained his passport and ordered him not to leave Spain. He remains under investigation. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11662479&ref=rss.

Saturday 25 June

- Haematological biological passport testing came into effect in 2012, with the first passport related drugs positive in athletics going to Portuguese marathon runner Helder Ornelas in May of that year. Now a new form of biological passport control has been established and it tests for steroidal changes. And Schwazer looks to be the first athlete caught under this new and sophisticated testing regime. It is long and expensive and required the analysis of multiple snapshots to build a profile. In Schwazer's case, they used 5 out-of-competition tests and one competition test (his World Cup race in May). Testing against this profile showed that his sample of 1st January was outside the normal range with regard to testosterone. It seems that synthetic Testosterone was detected and that is what all the fuss is about. Reading further, the dose detected is consistent with the new and hard to detect practice of micro-dosing. See <https://www.facebook.com/notes/la-marcia.com-weareracewalking.com/schwazer-lo-sviluppo-del-modulo-steroidico-del-passaporto-biologico/1025130640910238> and also <http://vazel.blog.lemonde.fr/2016/06/24/schwazer-le-module-steroidien-du-passeport-biologique-en-est-marche/>. If the second sample tests positive when tested in early July, he will presumably be out for life for a second offence.

The statute of limitation for Beijing 2008 samples expires on 8th August 2016. Let's hope that they take Schwazer's 2008 Olympic sample before then and give it a full retest for this new passport.

- Schwazer and his lawyers will be looking at the drugs test dossier to see if they can find any grounds for appealing to CAS - see http://www.corriere.it/cronache/16_giugno_26/caso-schwazer-test-dell-atleta-non-era-anonimo-giallo-tempi-4c823c6-3b0e-11e6-a019-901bc4c9f010.shtml.
- The Russian sports minister, Vitaly Mutko, said "up to 67 athletes" had applied to the International Association of Athletics Federations, track and field's world governing body, for exemption from the ban on the Russian team at the Rio Olympics. Those who appear to fit the I.A.A.F.'s criteria include the 800m runner Yulia Stepanova, who fled Russia after testifying on doping matters, and the long jumper Darya Klishina, who is based in the United States. See <http://www.abc.net.au/news/2016-06-26/olympics-russian-athletes-hope-to-compete-in-rio/7544202?section=sport>. Well, personally, I think they might get one or two "clean" athletes back in but "up to 67" - they are dreaming!

DATES...DATES...DATES

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

2015/2016 Australian/Victorian Key Dates

Sun Aug 21, 2016 Australian Roadwalk Championships, Canberra, ACT
 Sun Aug 28, 2016 Australian Masters 20km Roadwalk Championships, Adelaide, SA. Entries close 20th August.
 See <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>.

2016 International Key Dates

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)

Jun 22-26, 2016 Durban, South Africa (African Championships)
 August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

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
June 9-12, 2017	Australian Masters T&F Championships, Darwin
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)