



FHEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 40
5 July 2016



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WALKER OF THE WEEK

24 year old VRWC **Simone McInnes** was Walker Of The Week 6 months ago and she is in the spotlight again this week after her great walk at Middle Park on Saturday. Competing in the latest VRWC roadwalk, she powered through 10km in 49:23 to take a minute off her previous best. It continues her long string of PBs dating back to last year. It seems that just about every time she steps on the start line, it's another best performance. And her times are quickly pushing her up the national ranking lists. Well done Simone.



Simone in action on Saturday (photo Terry Swan)

WHAT'S COMING UP

We are back at Middle Park next Saturday for further VRWC winter season club races – and its a prizes day with the handicap winners getting the pick of the prizes table. 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 9th July 2016, Middle Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp. Handicap prizes day.			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

The **2016 Australian Roadwalk Champs** will be held in Canberra (word is that the races will at Mt Stromlo) on **Sunday August 21st**. Entries not open yet but keep checking <http://www.athletics.com.au/Compete/Events/australian-winter-race-walking-championships>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 2 JULY

Perfect conditions (cool, overcast and still) greeted the 59 walkers who contested our latest VRWC winter season roadwalks last Saturday at Middle Park. Great 8km effort by **Simone McInnes** who actually went on for the additional 2km to set a new unofficial 10km PB of 49:23 – her first time under 50 minutes and an indication of how quickly she is improving. Special mentions to lots of our young walkers – **Hayden Walmsley, Paige De Lisen, Heath Beveridge, Emily Swan, Chloe and Harrison Karagiorgos, Charlotte Hay, Kaylah Heikkila-Dubowik, Justin Xuereb, Zachary Matters** and **Hamish Blackwood**. And a first time walk by **Toni Matters** and a return for the **Nicolaj and Nikita Djordjevic** who were back after a fair absence. Handicap placings are also shown for those who were eligible.

8km Open		H'Cap	
1.	Simone McInnes	39:41	2 PB 3:01 (10km in 49:23)
2.	Heather Carr	47:07	1
3.	Karyn O'Neill	55:40	3
1.	Kyle Swan	36:43	2
2.	Pramesh Prasad	41:17	3
3.	Aaron McDonough	41:27	5
4.	Reese Walmsley	42:04	6
5.	Hayden Walmsley	42:16	4 PB 4:10
6.	Gerard Feain	48:10	1
7.	Terry O'Neill	51:26	7
	Albin Hess	DQ	
	Simon Evans	DNF	

6km Open		H'Cap	
1.	Michelle Laufer	32:06	4
2.	Wendy Muldoon	32:46	1
3.	Paige De Lisen	33:46	2 PB
4.	Sandra Geisler	34:37	5
5.	Carolyn Rosenbrock	35:15	3
1.	Brad Simpson	29:23	
2.	Heath Beveridge	38:33	2 First one
3.	Geoff Barrow	42:25	1
	Russ Dickenson	DNF	

4km Open		H'Cap	
1.	Emily Swan	21:34	1 PB 1:03
2.	Chloe Karagiorgos	22:14	4 PB 3:10
3.	Charlotte Hay	23:00	2 PB 0:02
4.	Jessica Lillie	24:43	3
5.	Kathleen O'Mahony	24:45	7
6.	Liz Wrigley	31:10	5
7.	Margaret Beaumont	34:24	6
1.	James Christmass	19:11	1
2.	John Morrison	31:16	2
3.	Gary Turner *	31:39	
4.	Barrie Wicks	32:45	3
5.	Ian Beaumont *	34:13	
6.	Alex Poore *	36:06	
	Joseph Rickard	DNF	

2km Open		H'Cap	
1.	Donna Elms	11:20	7
2.	Holly Cocking	11:48	8
3.	Grace Louey	11:56	4
4.	Gemma Lillie	12:20	5
5.	Kaylah Heikkila-Dubowik	12:26	1 PB 0:10
6.	Elise Carbery	14:17	2
7.	Glenyse Brain	17:02	3 PB 0:03
8.	Susan Wood	17:55	6
1.	Corey Dickson	09:59	
2.	Nicolaj Djordjevic	11:06	First one

3.	Nikita Djordjevic	12:20		First one
4.	Justin Xuereb	12:50	2	First one
5.	Angus Hay	13:09	3	
6.	Lewis Rickard	13:35	1	

1km Open

1.	Chelsea Karagiorgos	06:06	3	
2.	Gwen Steed	06:28	4	
3.	Toni Matters	06:37		First timer
4.	Beverly Hugo	08:17	1	
5.	Pam Mews	09:43	2	
1.	Joel Prys	05:21	5	
2.	Harrison Karagiorgos	05:31	2	PB 0:06
3.	Luke Epps	05:31	3	
4.	Hamish Blackwood	05:53	4	Eq. PB
5.	Zachary Matters	06:24	1	PB 0:36

H'Cap



Emily Swan, Paige De Lisen, Chloe Karagiorgos, Hayden Walmsley and Charlotte Hay



Zachary Matteres, Kaylah Heikkila-Dubowik, Hamish Blackwood, Simone McInnes and Heath Beveridge

Thanks to our many officials and judges and helpers who keep the show on the road. Apologies if I missed you.

Checkin/setup: Mark Donahoo, Michael Bodey, Ralph Bennett, Damien Elms, Bob Gardiner, Tim Erickson, Peter Vysma, Stuart Cooper

Officials: Ian Laurie, Tim Erickson, Damien Elms, Simon Baker, Lachlan Feain, Michelle Walmsley

Judges: Peter Vysma (Chief), Gordon Loughnan, Lloyd Nichols, Michael Bodey, Stuart Cooper

Canteen: Barb Gardiner, Kate Suich, Wendy Cooper

Photos: Terry Swan (<http://www.vrwc.org.au/coppermine/thumbnails.php?album=81>)

Lap splits for all events at <http://vrwc.org.au/wp1/race-splits-laps/>.

ACT WALKERS CLUB ROAD WALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 2 JULY

Thanks to Robin Whyte for last weekend's results from Canberra. Great 12km walk by young **Tim Fraser** (1:01:50).

12km Walk

1.	Tim Fraser	1:01:50
2.	Ally Durr	1:07:02
3.	Greg Durr	1:17:34
4.	Robin Whyte	1:19:10
5.	Bryan Thomas	1:26:52
6.	Monika Short	1:26:53
7.	Geoff Barker	1:39:17
8.	Warren Butler	1:44:23
	Zoe Hunt	DNF
	Connor Frew	DNF

2km Walk

1.	Tom Hunt	10:28
2.	Hannah Manning	11:12
3.	Matt Griggs	12:43
4.	Andrew Camp-Liddiard	13:18
5.	Ella Baker	15:35
6.	Lilit Atoyan	17:42
7.	Harry Baker	17:42

1km Walk

1.	Georgia Frew	07:36
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6km Walk

1.	Gabby Hunt	31:49
2.	Kate Black	40:34
3.	Marilyn Banfield	45:27
4.	Terry Munro	51:22
5.	Raine Thompson	58:24
	Val Chesterton	DNF
	Helen Munro	DNF

SAMA ROADWALKS, EAST TERRACE, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 2 JULY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Cool, calm and overcast. Fast 10km time by **Kim Mottrom** (48:35).

10km Walk

1.	Kim Mottrom	48:35	M31	76.77%
2.	George White	1:00:28	M71	86.20%
3.	Marie Maxted	1:07:22	W56	73.33%
4.	Graham Harrison	1:14:38	M72	70.75%
5.	Richard Moyle	1:16:22	M60	60.32%
6.	Colin Hainsworth	1:27:20	M86	75.60%
7.	David Robertson	1:30:26	M82	67.87%

5km Walk

1.	Helen Suridge	37:24	W65	70.27%
2.	Rodger Barber	39:29	M78	70.68%
3.	Dave Fallon	43:55	M63	52.67%
4.	Jeff Kennett	49:00	M66	48.77%

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 2 JULY

More results from South Australia with the SARWC results from Adelaide.

12km Walk

1.	Peter Crump	35+	1:11:17
2.	John Leydon	35+	1:16:05

3km Walk

1.	Beth Cross	U18	16:22
2.	Victoria Upton	U14	16:35

6km Walk							
1.	Tristan Camilleri	U16	30:50	3.	Mathew Bruniges	U16	17:24
2.	Rhiannon Lovegrove	U18	31:05	4.	Talisha Skein	U14	19:42
3.	Samantha Findlay	U20	34:01	5.	Ayeisha Wallace	U14	19:57
4.	Chloe Upton	U16	35:31	6.	Aleesha Vidler	U14	20:25
5.	Royrie Upton	Open	35:42	7.	Adrian Upton	U14	21:15
	Jay Goode	U18	DNF	8.	Olivia Phillips	U14	22:50
					Maddy Wallace	U14	DNF

1.5km Walk				1km Walk			
1.	Olivia Sandery	U14	7:35	1.	Ned Upton	U10	6:40
2.	Kitarni Upton	U12	8:19	2.	Xavier Upton	U10	9:09
3.	Seth Upton	U12	8:19				
4.	Hannah Wilks	U10	10:01				
5.	Kerry Goode	35+	10:20				

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 3 JULY

Thanks to Mike Reid for this week's results from the Western Australian RW Club in Perth. Good to see that numbers seem to be increasing.

5km Walk			10km Walk		
1.	Emily Pivac	29.04	1.	Garry Hastie	55.27
2.	Amy Holland	32.01	2.	Karen Tolardo	1.00.09
3.	Sienna Andritsos	34.31	3.	Marie Fitzsimons	1.02.28
			4.	Wendy Farrow	1.06.08
			5.	Cheryl-Lee Dean	1.06.26
			6.	Tom Lenane	1.07.27
			7.	Janne Wells	1.10.36
			8.	Robyn Hughes	1.18.24
			9.	Lynne Schickert	1.19.50
			10.	Sylvia Byers	1.22.09
			11.	John Smith	1.22.10
				Bradley Mann	DNF

1.5km Walk		
1.	Brooke Mortimore	8.03
2.	Casey Mortimore	8.52
3.	Kristine Wells	9.10
4.	Amber Richards	9.25
5.	Alessia Andritsos	10.14
6.	Myka Richards	10.59
7.	Kaytee Bogaers	11.29
8.	Leslie Romeo	12.34

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 3 JULY

Thanks to Paul Rance for his report on the latest walks in Bendigo.

The Bendigo Walkers Club held 2km and 10km sealed handicap events on Sunday morning at a very cold, windy Lake Neanger. The shorter 2km race was the more popular, with 8 walkers competing. **Annette Curtis**, who obviously enjoys the cooler Sunday morning competitions, snared her 3rd win in a row in the sealed handicap as she raced to a strong win, with her son Peter taking 2nd place and fastest time and with **Jennie Payne** claiming 3rd place just 1 second in front of **Oscar Fox**, with Amber Fox 5th and Caitlyn Tozer in 6th place producing a PB. In the 10km, **Zahra Hayes** raced over the distance for the first time and took 1st and fastest and also broke the Club U16 girls record with 53:25, **Bill Lotherington** taking 2nd with a Club Men's 80+ record and **Barb Bryant** taking 3rd place.

2km Handicap			10km Handicap		
1.	Annette Curtis	13.40	1.	Zahra Hayes	53.25
2.	Peter Curtis	10.33	2.	Bill Lotherington	1.12.42
3.	Jennie Payne	12.12	3.	Barb Bryant	1.00.32
4.	Oscar Fox	13.23			
5.	Amber Fox	15.39			
6.	Caitlyn Tozer	16.01			
7.	Sheridan Commons	14.19			
8.	Ebony Whiley	10.58			

NSWRWC ROADWALKS, OATLEY, NSW, SATURDAY 25 JUNE

Finally, back a week for the NSWRWC roadwalks at Oatley.

Open 10km

1. Travis Barendregt 57.45

Open 8km

1. Ryan Thomson 41.13
 2. Jasmyn McDonald 46.38
 3. Tiffany Saker 49.03
 4. Judy Brown 67.30
 Kyle Bedford DNF

U16 3km

1. Elizabeth McMillan 17.25
 2. Ellie DeCelis 18.11
 3. Emma Thomas 18.13
 4. Jada Thomson 19.04
 5. Davina Lee 19.05
 6. Dana Lee 20.27
 7. Paige Lee 22.56

Open 4km

1. Hayden Blaskett 20.24
 2. Halley Mills 22.30
 3. Renee Hardy 23.24
 4. anaya Lee 23.33
 5. Amy Henry 24.17
 6. Brittany Robertson 24.58
 7. Anne Weekes 25.21
 8. Nicolle Challinor 27.59
 9. Nicole Nilon 30.04

U12 1.5km

1. Chloe Krklinski 8.42
 2. Isabelle Nilon 8.56
 3. Rhianni Deagan 9.23
 4. Amelia Crocker 13.05

U10 0.5km

1. Cara Lee 4.49

POLISH JUNIOR T&F CHAMPONSHIPS, SUWALKI, POLAND, 1-3 JULY

Australian World Junior reps **Adam Garganis** and **Tyler Jones** were in action last weekend in the Polish Junior T&F Championships in Suwalki, Tyler winning (43:54.76) and Adam taking third place (45:29.00) in the men's 10,000m walk. Great fields overall with 32 walkers in action. And a nice set of photos at <https://www.facebook.com/messages/?action=read&tid=100003320150513>.

10,000m Walk Women

1. NIEDZIALEK Olga	97-06-30	WLKS Nowe Iganie	49:20.12
2. KREJA Zofia	97-05-13	KMKL Sztorm Kolobrzeg	49:27.97
3. CETNARSKA Malgorzata	98-08-02	KKS Victoria Stalowa Wola	51:53.21
4. JACHER Malgorzata	97-03-15	LKS Stal Mielec	51:55.66
5. GREZIAK Emilia	98-05-10	WLKS Nowe Iganie	54:26.19
6. MLYNEK Wiktoria	98-10-05	LKS Stal Mielec	55:13.11
7. RZETELNA Martyna	98-01-02	AZS-AWF Gorzów	55:33.98
8. GLOMB Sonia	98-02-16	UKS Maraton	56:14.70
9. CHODECKA Nikola	98-07-29	LKS Olimpic Szczecin	56:57.31
10. LICKIEWICZ Izabela	97-03-09	WLKS Nowe Iganie	57:06.85
11. STANKOWSKA Marta	98-11-11	UKS Gimnazjon Suchy Las	57:28.36
12. KOZIARSKA Karolina	98-08-14	PLKS Gwda Pila	57:51.59
13. KUZMA Marcelina	98-09-05	KS Gwardia Pila	58:04.62
14. KRUPKA Katarzyna	98-06-02	CKS Budowlani Czestochowa	58:20.83
15. PRZESTRZELSKA Kornelia	98-11-24	WLKS Nowe Iganie	58:56.11
16. KUKIER Alicja	97-09-14	ALKS PWSZ Gorzów Wlkp	59:15.78
17. DANCZAK Vanessa	97-02-02	LLKS Osowa Sien	60:00.64
18. WILSKA Patrycja	98-11-04	ALKS PWSZ Gorzów Wlkp	60:59.21
19. LASZUK Anna	97-02-21	MKS Zak Biala Podlaska	64:12.67
KOWALSKA Agata	98-09-22	KKL Rodlo Kwidzyn	DNF

10,000m Walk Men

1. JONES Tyler	98-04-08	AUSTRALIA	43:54.76
2. KLONOWSKI Adrian	97-01-08	LKS Vectra Wloclawek	44:27.81
3. GARGANIS Adam	97-09-18	AUSTRALIA	45:29.00
4. DROZDOWICZ Arkadiusz	98-03-30	PLKS Gwda Pila	46:07.23
5. KOSECKI Kacper	97-03-20	KL Lechia Gdansk	46:34.70
6. GOLAWSKI Robert	98-04-07	WLKS Nowe Iganie	46:51.49
7. KAMINSKI Michal	97-12-17	KS Gwardia Pila	47:11.45
8. BACHOR Jakub	98-01-22	CWKS Resovia Rzeszów	48:54.11
9. JACHER Piotr	98-07-11	LKS Stal Mielec	49:10.33
10. TARA Sebastian	97-08-04	LKS Stal Mielec	50:05.79
11. BARANOWSKI Michal	98-03-04	MKS Unia Hrubieszów	55:58.22
12. PIASECKI Krystian	98-11-24	PLKS Gwda Pila	61:41.03



Adam Garganis and Tyler Jones with Adrian Klonowski at the Polish U20 T&F Champs last weekend

65TH CORK CITY SPORTS 2016, CITY TRACK, CORK, IRELAND, TUESDAY 28 JUNE

Robert Heffernan always makes a point of attending Cork City Sports to perform in front of his home crowd, even if the 3000m distance is a bit short for the 50km specialist. On this occasion, Robert finished second in 11:18.65 behind his training partner **Alex Wright** who won in 11:13.94. They have now departed for their training camp in Spain as they build towards the race walks at the Olympic Games in Rio de Janeiro, along with **Brendan Boyce** who was fourth in a new personal best of 11:34.06. The other walker in the mix was **Grzegorz Sudol** of Poland who took third place with 11:29.15. And it was also good to see two further Irish walkers under the 12 minute mark. It omens well for the health of the sport in that country.

3000m Walk

1.	Wright Alex	90	IRL	11:13.94
2.	Heffernan Robert	78	IRL	11:18.65
3.	Sudol Grzegorz	78	POL	11:29.15
4.	Boyce Brendan	86	IRL	11:34.06
5.	McManamon Cian	91	IRL	11:35.69
6.	Jelonek Jakub	85	POL	11:53.04



Photo: <http://www.corkcitysports.ie/>

USATF OLYMPIC 20KM RACEWALK TRIALS, SALEM, OREGON, FRIDAY 30 JUNE

With crowds lining the streets in Salem, Oregon, USA race walkers **Maria Michta-Coffey** and **Miranda Melville** earned 20km Olympic berths with times of 1:33:40 and 1:34:11. Michta-Coffey led throughout, closely followed by Melville, both women well under the Olympic standard of 1:36:00. In 2012, Melville missed out on an Olympic berth by less than three seconds so her performance this time around was no doubt very satisfying (see photo below of her finishing). None of the men were able to better the 20km Olympic standard of 1:24:00 so no men will be selected in that event. However, **John Nunn** who won the men's race, will be part of Team USA at the 2016 Olympics, as he earned a spot in the 50k race walk in February. Lots of great event photos at http://www.oregonlive.com/trackandfield/index.ssf/2016/06/john_nunn_maria_michta-coffey.html.

20km Walk Men

1.	John NUNN	USA	78	1:25:36
2.	Trevor BARRON	USA	92	1:27:27
3.	Nick CHRISTIE	USA	91	1:27:43
4.	Emmanuel CORVERA	USA		1:30:30
5.	John Cody RISCH	USA		1:31:47
6.	Matthew FORGUES	USA	92	1:33:15
7.	Michael Giuseppe MANNOZZI	USA	86	1:33:39
8.	Anthony PETERS	USA	96	1:34:53
9.	Joel PFAHLER	USA	90	1:38:09
10.	Jonathan HALLMAN	USA	93	1:40:39
11.	Richard LUETTCHAU	USA	84	1:40:59
12.	Matthew DE WITT	USA		1:44:48
13.	Dave TALCOTT	USA	60	1:46:09
14.	Ian WHATLEY	USA	59	1:50:03
15.	David SWARTS	USA		1:50:31

20km Walk Women

1.	Maria MICHTA	USA	86	1:33:40
2.	Miranda MELVILLE	USA	89	1:34:11
3.	Katie BURNETT	USA	88	1:41:12
4.	Sam COHEN	USA	77	1:43:40
5.	Melissa MOELLER	USA		1:44:12
6.	Molly JOSEPHS	USA	94	1:46:33
7.	Erin TAYLOR-TALCOTT	USA	78	1:48:04
8.	Jennifer LOPEZ	USA	96	1:49:45
9.	Jill COBB	USA	75	1:50:29
10.	Loretta SCHUELLIEN-MCGOVERN	USA	77	1:50:45
11.	Robyn STEVENS	USA	83	1:52:07
12.	Katie MICHTA	USA	96	1:52:42
13.	Susan RANDALL	USA	74	1:53:58
14.	Teresa VAILL	USA	62	DNF
15.	Erin GRAY	USA	87	DQ



Off to the Olympics - Maria Michta-Coffey, Miranda Melville and John Nunn

20TH BALEARIC ISLANDS ATHLETICS, CALVIN, MAJORCA, WEDNESDAY 29 JUNE

Calvià is a municipality on the island of Majorca, part of the Spanish autonomous community of the Balearic Islands. And last Wednesday, the locals were witness to a fantastic walk by 45 year old Spanish walker **Alex Florez Studer**. His 5000m track walk time of 20:46.20 was well under the current M45 World Record. I have no idea what they had in the way of judges but just noting the performance for completeness. He is well known in walking circles, having walked 4:02:37 in the Dudince 50km in March this year. His PBs over the shorter distances stand at 1:25:20 (20km, Podebrady, 2013) and 20:18:00 (5000m, Palma de Majorque, 2013).

5000m Walk Men

1.	Alex Florez Studer	S.G. Pontevedra	11/05/1971	M-45	20:46.20
2.	Daniel Espada Jimenez	Amistat-FisioPlanet	01/12/1987	SM	26:56.43
3.	Francisco Angel Solana Izquierdo	INDEPENDIENTE	20/08/1970	M-45	30:49.79

BRAZILIAN T&F CHAMPIONSHIPS, SÃO BERNARDO DO CAMPO, BRAZIL, 30 JUNE - 3 JULY

Brazil's best two walkers **Caio Bonfim** and **Erica Rocha de Sena** won their respective 20km races on the second last day of the 35th Trofeo Brasil in Sao Bernardo do Campo last Saturday. Bonfim easily accounted for his opposition, his time of 1:23:26 nearly 2 minutes in front of **Max Batista Goncalves dos Santos** (1:25:15). De Sena was also well in front in the women's walk with a finishing time of 1:37:38, second going to **Cisiane Dutra Lopez** with 1:40:26. De Sena will now travel to France to complete her Olympic preparation with her coach and partner Andrés Chocho at altitude in Foint Romeau while Bonfim will train this month in USA. See <https://www.facebook.com/groups/67272857932/permalink/10153918171517933> for links to photos and full results.

Men 20km Race Walk

1.	Caio Oliveira DE SENA BONFIM	BRA	91	1:23:26
2.	Max Batista GONCALVES DOS SANTOS	BRA	94	1:25:15
3.	Lucas GOMES DE SOUZA MAZZO	BRA	94	1:25:42
4.	Moacir ZIMMERMANN	BRA	83	1:25:58
5.	Daniel Alexandre VOIGT	BRA	84	1:29:37
6.	Luan Ricardo SALES SANTOS	BRA	96	1:31:03
7.	Luiz Felipe DOS SANTOS	BRA	83	1:35:49
8.	Tiago DO NASCIMENTO FONSECA	BRA	89	1:39:46
9.	Adriano REIS DO SANTOS	BRA	87	1:46:40

Women 20km Race Walk

1.	Erica ROCHA DE SENA	BRA	85	1:37:38
2.	Cisiane Dutra LOPEZ	BRA	83	1:40:26
3.	Paula Raissa PAZ DA SILVA	BRA	93	1:47:09
4.	Nair DA ROSA	BRA	80	1:49:36



Erica Rocha de Sena surges to the front from the gun



Caio Bonfim heads to the front in the men's race

HUNGARIAN U18 T&F CHAMPIONSHIPS, MISKOLC, HUNGARY, 2-3 JULY

Good 10,000m track walk by **Balint Sarossi** in the Hungarian U18 men's 10,000m championship last weekend – 46:52.67.

Men 10,000m Race Walk

1.	Bálint SÁROSSI	HUN	00	46:52.67
2.	Dániel HORVÁTH	HUN	00	54:07.87
3.	Péter DANI	HUN	00	59:53.78
4.	András DANI	HUN	00	62:02.94
	Benjamin SOLTÉSZ	HUN	00	DQ

Women 5000m Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	26:14.14
2.	Réka SZABÓ	HUN	00	27:28.41
3.	Anna Mária HORNYÁK	HUN	00	27:55.15
4.	Bianka BALOGH	HUN	99	29:33.73
5.	Kata TATAY	HUN	99	29:54.72
6.	Emma SZILÁGYI	HUN	00	35:02.82

PAAVO NURMI GAMES, TURKU, FINLAND, WEDNESDAY 29 JUNE

19-year-old **Taika Nummi** won the women's 3000m walk at the Paavo Nurmi Games last week in Turku with an excellent 12:30.81, ahead of 18-year-old **Enni Nurmi** with 13:17.09. The men's 5000m walk race was won by **Elmo Koivunen** with a PB 20:09.71, ahead of **Aleksi Ojala** with 20:16.67 and **Eemeli Kiiski** with 20:26.67.

Men 5000m Race Walk

1.	Elmo KOIVUNEN	FIN	94	20:09.71
2.	Aleksi OJALA	FIN	92	20:16.17
3.	Eemeli KIISKI	FIN	91	20:26.67
4.	Matias KORPELA	FIN	89	20:39.79

Women 3000m Race Walk

1.	Taika NUMMI	FIN	97	12:30.81
2.	Enni NURMI	FIN	98	13:17.09

SPANISH T&F MEET, CÁCERES, SPAIN, FRIDAY 29 JUNE

The 29th edition of this famous T&F meet in Caceres, Spain, saw over 200 athletes competing in a variety of events. The walks saw victories to **Alvaro Martin** (19:04.93) and **Maria Poves** (21:43.72). The men's walk was closely contested with **Ivan Pajuelo** finishing only 2 secs behind Martin with 19:07.02. Full results at <http://omarchador.blogspot.com.au/2016/07/maria-jose-poves-e-alvaro-martin-uriol.html>.

Men 5000m Race Walk (16 finishers)

1.	Alvaro MARTIN	ESP	94	19:04.93
2.	Ivan PAJUELO	ESP	93	19:07.03
3.	Richard VARGAS	VEN	94	19:41.64
4.	José Ignacio DÍAZ	ESP	79	20:50.25
5.	Mario SILLERO	ESP	90	21:07.85
6.	Clender ROSALES	VEN	88	21:15.42
7.	Amaro TEXEIRA	POR	89	22:57.10
8.	Jose MARTIN	ESP	01	23:02.36

Women 5000m Race Walk (11 finishers)

1.	María José POVES	ESP	78	21:43.72
2.	Lidia SANCHEZ-PUEBLA	ESP	96	22:46.89
3.	Inês REIS	POR	99	23:58.98
4.	Ana PULGARIN CARDENO	ESP	01	26:52.53

FRENCH JUNIOR T&F CHAMPIONSHIPS, CHATEAUROUX, FRANCE, SUNDAY 3 MARCH

Thanks to Emmanuel Tardi for the results of the walks at the French Junior T&F Championships. Emmanuel was judging so no photos this week. The U20 walks were first, starting at 7:15AM on Sunday morning, followed by the U18 walks. Very close battle in the U20 women with all 4 girls under 50 minutes.

U20 Men

1.	BORDIER Gabriel	Us St Berthevin	97	42:17:59
2.	HALOUA BOUKHRIS Zineddine (ESP)	Union Perpignan	98	45:35:79
3.	ADAM Dorian	Ua Gujan-mestras	97	45:44:08
4.	MARX Hugo	Asa Vauzelles A.	98	47:09:84

U20 Women

1.	BERETTA Clemence	Athle Vosges Pays	97	49:25:45
2.	HAM Axelle	A. Sarreguemines Sarrebourg	97	49:41:13
3.	TERREC Eloise	Us Bannalec	98	49:45:23
4.	LAVILLE Marie	Marne Et Gondoire Athletisme	98	49:57:59
5.	AURRIERE Camille	Us St Berthevin	98	50:36:20

U18 Men

1.	KUSTER David	Csl Neuf-brisach	99	21:29:57
2.	BOURNIER Justin	Dole Ac	99	21:50:08
3.	BARGEAULT Nicolas	Lyon Athletisme	99	22:54:24

U18 Women

1.	LEFRESNE Manon	La Vigilante Fougères	00	25:42:76
2.	BODIN Kassandra	Aj Blois-onzain	00	26:51:87
3.	LEBRETON Gwennan	Ta Rennes	99	27:05:59

Lots of photos of the races by André Casale at <https://photos.google.com/share/AF1QipOwPKYEkHkYUNK2q0jA6jx0vgpVyZ63EQfdDvTqWVumwwPKM16kHQcxd44jk70q4A?key=eFZaOTdlemIjDnJyWWVCNILLSHRpVU1ySURrckR3>. Some reproduced below.



Clemence Berretta (2), Eloise Terrec (14), Manon Lefresne and Gabriel Bordier (photos André Casale)



Left: David Kuster

Right: Emmanuel in judging mode

RWA INTER AREA MATCH, TAMWORTH, ENGLAND, SATURDAY 2 JULY

Thanks to Mark Wall for the results of Saturday's RWA Inter County Match in Tamworth, England. He reported:

Australian **Brianna Mulvee (nee Heazlewood)** was a strong winner in the Open Women's 5000m walk, powering away from the field to have a comfortable win with 24:51.2. She finally got something for her efforts, as she is normally not entitled to take medals in national events, she collected the posée of flowers.... Stand out performance of the day was from **Callum Wilkinson** with a UK U/20 Best in 19:35.4. It will not be a record as the time keepers were not of the required level to meet the threshold for a UK record. He powered away from Bydgoszcz bound team mate and Leeds training partner **Cameron Corbishley** who recorded a great 20:34.9. Good walk also by **Chris Snook** to win the U17 Boys 5000m (23:04.9). U11 1000m winner **Eddie Purser** is the nephew of British International (now UK Team manager and Coach) Verity Snook, he was visiting with his family.

See Mark Easton's event photo galleries at <http://markeaston.zenfolio.com/f936217622>.

Senior Women 5000m			
1.	Brianna Mulvee	Aus/South	24:51.2
2.	Ester Montaner	Esp/North	25:30.1
3.	Erika Kelly	IoM/North	25:41.3
4.	Hannah Hunter	IoM/North	26:46.0
5.	Penelope Cummings	South	29:20.2
6.	Ann Wheeler (W60)	Midlands	29:58.0
7.	Julie Bellfield(W45)	Midlands	30:58.7

Senior men 5000m			
1.	Mark Williams M50	Midlands	24:04.0
2.	Francisco Reis M55	Por/South	24:18.3
3.	Jonathan Hobbs	South	25:10.8
4.	Jock Waddington M50	IoM/North	25:45.7
5.	Dwane Butterley M50	north	26:57.1
6.	Steve Allen M60	South	27:23.2
7.	Roger Michell M65	Midlands	30:09.1
	Adam Cowan	IoM/North	DQ
	Colin Vesty	Midlands	DQ

Under 20 Men 5000m			
1.	Callum Wilkinson	South	19:35.4
2.	Cameron Corbishley	South	20:34.9
3.	Luc Legon	South	27:11.2

U/17 men 5000m			
1.	Chris Snook	South	23:04.9
2.	Ben Allen	Midlands	26:24.3
3.	Ollie Hopkins	south	28:59.0

U/17 Women 5000m			
1.	Pagen Spooner	North	28:09.1
2.	Abigail Jennings	South	28:56.1

U/15 Boys 3000m			
1.	Stephen Waddington	IoM/North	16:17.2
2.	Hisham Alkhamesi	Midlands	17:00.2
3.	Faris Alkhamesi	Midlands	18:22.8
4.	George Wilkinson	South	18:41.6
5.	Nicholas Hart	South	19:08.8
	Jack Childs	South	DQ

U/15 Girls 3000m			
1.	Lucy Lewis Ward	South	15:56.1
2.	Isabelle Bridge	South	17:12.3
3.	Alice Bellando	IoM/North	17:17.7
4.	Beatrice Fury	South	18:13.1
5.	Molly Meleady-Hanley	North	18:32.0

U/13 Girls 2000m			
1.	Lucy Elliott	South	12:10.9
2.	Lucy Walker	North	12:42.0
3.	Lara Mac Call	North	12:42.3
4.	Charlotte Wallis	South	12:47.4
5.	Katie Haynes	Midlands	14:03.3

U/13 Boys 2000m			
1.	Alex Mac Heath	South	10:11.9
2.	Kai Cundey	North	12:17.0
3.	Kyle Smith	Midlands	13:53.7
4.	Jamie Crook	Midlands	15:44.7

U/11 Development Race 1000m			
1.	Eddie Purser M	Western Aust	5:05.4
2.	Luca Cundey M	North	5:08.7
3.	Megan Packett F	South	6:01.8
4.	Scott Butterley M	North	7:21.3
5.	Kasey Barnes F	Midlands	7:23.1



Some of the action from Tamworth last Saturday (photos from Trevor McDermot)

2016 SWEDISH FOTRALLY, SWEDEN, FROM THURSDAY 30 JULY FOR AS LONG AS IT TAKES!

The Long Walk is a novel by Stephen King, published under the pseudonym Richard Bachman in 1979. It was collected in 1985 in the hardcover omnibus *The Bachman Books*, and has seen several reprints since. Set in a dystopian present, the plot revolves around the contestants of a gruelling walking contest, held annually by a totalitarian version of the United States of America. In 2000, the American Library Association listed *The Long Walk* as one of the 100 best books for teenage readers published between 1966 and 2000. According to Stephen King, it is the first novel he wrote, begun eight years before his novel *Carrie* was published in 1974, when he was a freshman at the University of Maine in 1966–1967. It's a ripper yarn that I first read many years ago and which I still have on my bookshelf. Of course, in the book, once you dropped behind, you were shot. Luckily that does not happen with Fotrally – you are simply out of the race but live to fight again another day!

So, just how far can a person go before he/she can go no further? Well, in 2009, Pontus Kylberg (pontus.kylberg@fotrally.se) decided to put the concept to the test and organised what is perhaps the ultimate ultra challenge. The walkers walk day and night, without rest until there is only one man left standing. Around 300-400 people start but only a few get beyond the 24 hour mark. From then on, it's a brutal war of attrition as, one by one, they fall by the wayside. All contestants walk together as a group at a speed of 5km/h. In the front there is a leading vehicle which the contestants may not pass and in the back there is a portable toilet which the contestants may not be passed by. Each contestant gets 25 minutes per 24 hours for toilet breaks (all the contestants are timed). You must carry what you need, with support zones only once every 6 hours where you can supplement drinking water and food stocks. But the race itself never stops, even for such refreshment points. You must get going before the rear vehicle passes. There is also a national team competition with Swedish and Norwegian walkers normally putting teams in.

Wow! What a concept. The 2014 event was fought out between Swedish walkers **Silvio Cannavá** and Lena Jensen. Lena eventually had to call it quits after 55 hours of walking, leaving Silvio as the last man standing. In fact, Swedish walkers filled the first 25 places last year. Then the 2015 staging really upped the ante on what was possible with winner **Fredrik Forsström** walking for an amazing **87 hours and 45 minutes**, just over 32 hours above the previous record. Jonas Davidsson took second place in the same time (but obviously could no longer continue) while Silvio Cannavá, Pia Rosvall, PerOla Axelsson and Niklas Grebäck also shattered the 2014 record of 55 hours. For 44 year old Forsström, it was his 4th Fotrally – his previous placings had been 20th (2012 24:20), 3rd (2013 33:26) and 5th (2014 48:18). 5km/hr for some 88 hours comes out at around 440km of continuous walking.

The improvement in the event can be traced with the winning times from the 7 annual stagings held up till and including last year.

Year	Name	Location	Results (hours: minutes)
2009	Thomas Gjutarenäfvé	Tullinge, Sweden	9:45
2010	Maria Thomsen	Stockholm, Sweden	29:58
2011	Jonas Davidsson	Hägersten, Sweden	33:21
2012	Jonas Davidsson	Hägersten, Sweden	50:40
2013	Silvio Cannavá	Stockholm, Sweden	48:05
2014	Silvio Cannavá	Stockholm, Sweden	55:00
2015	Fredrik Forsström	Huddinge, Sweden	87:45

And what do you get for your efforts – the Fotrally medal – bronze for more than 12 hours, silver for more than 24 hours and gold for more than 48 hours of walking.



So the big question is – how did they go this year? The race started with 122 competitors in the Stockholm suburb of Gärdet and then went on a huge lap around Lake Mälaren, taking in as many cities as possible before returning to the starting point at the end of 3 days, ready to go into a second lap if required. The event website (<http://www.fotrally.se/>) lists the finishers in order – below are those 30 tough nuts who walked for 24 hours or more. By 30 hours, the field was down to 9, by 33 hours it was down to 5. by 38 hours it was down to 4 and then the mind games really started! The final faceoff came down to **Robert Johsson** and **PerOla Axelsson** but it was Jonsson who could not go on at the 72 hour, 12 minute mark, thus handing victory to Axelsson – total distance 361km! Obviously Axelsson could have gone on but he called it quits at that stage, content with being the last person standing. It was Axelsson's sixth attempt and gave him his first victory after 5th, 4th, 3rd and 2nd placings in previous years.

1.	PerOla Axelsson	Bandhagen	Sweden	72 hours 12 min
2.	Robert Jonsson	Falun	Sweden	72 hours 12 min
3.	Fredrik Holst	Stockholm	Sweden	55 hours 30 min
4.	Björn Ohlsson	Lidingö	Sweden	42 hours 26 min
5.	Daniel Vesterhav	Eskilstuna	Sweden	37 hours 50 min
6.	Martina Kulén (F)	Umeå	Sweden	32 hours 21 min
7.	Beatrice Lenkert (F)	Nacka	Sweden	31 hours 36 min
8.	Gerhard Fahlqvist	Malmö	Sweden	31 hours 31 min
9.	Tomas Sjölander	Bandhagen	Sweden	30 hours 57 min
10.	Lars Hagstedt	Örebro	Sweden	28 hours 45 min
11.	Anders Jungfors	Stockholm	Sweden	28 hours 23 min
12.	Anders Ganslandt	Klagstorp	Sweden	28 hours 11 min
13.	Jenny Lindberg (F)	Hägersten	Sweden	26 hours 00 min
14.	Ludvig Schlyter	Stockholm	Sweden	25 hours 46 min
15.	Fredrik Lindqvist	Åkersberga	Sweden	25 hours 31 min
16.	Olof Modin	Stockholm	Sweden	25 hours 24 min
17.	Tommy Swärdh	Lugnvik	Sweden	25 hours 08 min
18.	Stephen Claw	Tullinge	England	25 hours 00 min
19.	Richard Kindroth	Stockholm	Sweden	24 hours 27 min
20.	Mohamed AbuBaker	Linköping	Sweden	24 hours 24 min
21.	Petter Möllerström	Solna	Sweden	24 hours 24 min
22.	Patrik Thysell	Eskilstuna	Sweden	24 hours 24 min
23.	Marcus Edström	Enskede	Sweden	24 hours 20 min
24.	Noomi Grimstad	Skellefteå	Sweden	24 hours 20 min
25.	Ingrid Lindeborg(F)	Älvsjö	Sweden	24 hours 07 min
26.	Niklas Skagerman	Stockholm	Sweden	24 hours 03 min
27.	Helen Sandeberg (F)	Johanneshov	Sweden	24 hours 00 min
28.	Stefan Edström	Järfälla	Sweden	24 hours 00 min
29.	Linda Nordmark (F)	Järfälla	Sweden	24 hours 00 min
30.	Peter Skoglund	Basel	Sweden	24 hours 00 min

The moment when Axelsson learns he has won is priceless – <https://www.youtube.com/watch?v=S0sYGTg3oD8&feature=share>. And why wouldn't you react like that after 3 days of continuous walking.



Left: The final two – Axelsson and Jonsson
Right: Placegetters Robert Jonsson, PerOla Axelsson and Fredrik Holst

SPANISH JUNIOR T&F CHAMPIONSHIPS, CASTELLÓN, SPAIN, 2-3 JULY

And now onto a whole string of further results, without comment. Just so much walking going on world wide every week!

Men 10,000m Race Walk

1.	Manuel BERMÚDEZ	ESP	97	46:20.01
2.	Daniel CHAMOSA	ESP	97	46:34.36
3.	Ivan LOPEZ	ESP	97	47:09.45
4.	Kevin CERRO	ESP	98	49:04.11

Women 10,000m Race Walk

1.	Irene MONTEJO	ESP	98	52:23.03
2.	Alicia VÁZQUEZ	ESP	98	53:02.78
3.	Marina SILLERO	ESP	98	55:50.09
4.	Angela RUIZ	ESP	97	55:51.51
5.	Maria NICOLAS	ESP	98	56:15.27
6.	Angela CARRION	ESP	98	57:41.70
7.	Marta TEJEDOR	ESP	97	57:49.93
8.	Lara CARASA	ESP	98	58:00.25
9.	Ana DOMINGUEZ	ESP	98	58:58.55

UKRAINIAN U20 T&F CHAMPIONSHIPS, KIROVOGRAD, UKRAINE, 1-3 JULY

Men 10,000m Race Walk

1.	Eduard ZABUZHENKO	UKR	98	42:53.90
2.	Oleksandr ZHOLOB	UKR	97	43:23.69
3.	Viktor SHUMIK	UKR	98	44:05.27
4.	Oleh SVYSTUN	UKR	97	46:08.06
5.	Dmytro HARNYK	UKR	98	47:20.59
6.	Andriy KRASNOVSKYY	UKR	98	52:13.59

Women 10,000m Race Walk

1.	Yuliya BALYM	UKR	97	51:28.84
2.	Ksenia BYELOVA	UKR	98	52:32.85
3.	Kristina POVOROZNYUK	UKR	97	54:13.09
4.	Iryna CHERNUKHA	UKR	98	56:34.72
5.	Yuliya SOLOHUB	UKR	97	59:45.18

SPANISH REGIONAL CHAMPIONSHIPS, BARCELONA, 29-30 JUNE

Men 5000m Race Walk

1.	Nil RODES	ESP	96	21:52.23
2.	Marc GUERRERO	ESP	95	22:14.80
3.	Jose Manuel GARCIA GOMEZ	ESP	73	23:00.54
4.	Francesco RODRIGUEZ	ESP	75	23:01.62

Women 5000m Race Walk

1.	Raquel GONZALEZ	ESP	89	21:09.04
2.	Maria JUAREZ GALLARDO	ESP	93	22:32.11
3.	Marta NOGUEIRA	ESP	81	25:13.01
4.	Olga CABRERA	ESP	74	25:17.00
5.	Eva NAVARRO MUNOZ	ESP	99	25:28.91

LITHUANIAN U20 T&F CHAMPIONSHIPS, VILNIUS, LITHUANIA, 29-30 JUNE

Men 10,000m Race Walk

1.	Paulius JUOZAITIS	LTU	00	52:52.94
2.	Dmitriy LUKYANCHUK	BLR	97	43:54.98

Women 10,000m Race Walk

1.	Dovile BAŠINSKAITE	LTU	98	56:15.25
	Gabriele CERNIUTE	LTU	97	DNF

MOSS, NORWAY, SUNDAY 26 JUNE

Men 5000m Race Walk

1.	Fredrik RØTNES	NOR	96	19:55.60
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IRISH U23/U20 T&F CHAMPIONSHIPS, TULLAMORE, IRELAND, SATURDAY 2 JULY

Women 3000m Race Walk

1.	Veronica BURKE	IRL	96	14:18.73
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LATVIAN OLIMPIADE, VALMIERA, LATAVIA, 1-3 JULY

Men 10,000m Race Walk

1.	Arturs MAKARS	LAT	97	43:20.78
2.	Edgars GJACS	LAT	93	44:05.49
3.	Ivzans NORMUNDS	LAT	71	44:57.06
4.	Raivo SAULGRIEZIS	LAT	94	45:40.85
5.	Aigars SALENIEKS	LAT	74	46:16.93
	Ruslans SMOLONSKIS	LAT	96	DQ

Women 5000m Race Walk

1.	Agnese PASTARE	LAT	88	21:57.32
2.	Solveiga OZOLA-OZOLINA	LAT	90	24:38.57
3.	Anita CUHNOVA	LAT	85	26:32.06
4.	Gavare ZANE	LAT	94	27:30.34
5.	Modra IGNATE	LAT	85	27:36.08

OUT AND ABOUT

- The journey each athlete takes to the Olympics is unique. **Rhydian Cowley** is training for the 20-kilometre men's race walk at the Rio Olympics while studying for a Bachelor of Arts/Commerce online at Deakin University. By contrast, **Chris Erickson** scored an Australian Institute of Sport scholarship in 2007, and has since competed as a walker in the 2008 and 2012 Olympics. This time he's training for the 50-kilometre men's race walk while starting a family with his wife and working as a support officer at the Deakin University Student Association Clubs and Societies. Both walkers share their experiences as Deakin University athletes working towards Rio. See http://this.deakin.edu.au/people/meet-two-athletes-walking-the-path-to-rio?utm_source=twitter&utm_medium=socialmedia&utm_campaign=This

- The final timetable has now been released for next year's IAAF World Athletics Championships in London, with all the walks scheduled for the last day, Sunday 13th August 2017. The course will be on The Mall, going around the Queen Victoria Monument at one end and towards Horse Guards Parade at the other. All races will be held over a 2km loop with the start-finish area likely to be as for the 2012 Olympics, in the area of Marlborough Gardens. The walks timetable is as follows

DAY 10 - Sunday, Morning, 13 August				
8:00	50km Race Walk	M	Final	
12:15	50km RW	M	Medal Ceremony	
12:45	20km Race Walk	W	Final	
14:30	20km RW	W	Medal Ceremony	
14:45	20km Race Walk	M	Final	
16:20	20km RW	M	Medal Ceremony	

- Athletics Kenya has nominated a team of 50 athletes (including reserves) to compete at the Rio 2016 Olympic Games. See <http://www.iaaf.org/news/news/rio-2016-kenya>. Three walkers have been selected, no doubt helped by their performances in the African Games last weekend.
 - 20km race walk: **Samuel Gathimba, Simon Wachira**
 - 20km race walk: **Grace Wanjiru**

I am also very pleased to see marathon runner **Wesley Korir** selected. If you haven't seen the documentary 'Transcend', you should! It follows his career as a super talented runner and his attempt to win a seat in the Kenyan Parliament. See trailer at <https://www.youtube.com/watch?v=x2CZHfXoZaM>.

- Italian 50km walker **Federico Tontodonati** talks about Rio. See <http://www.torinosportiva.it/2016/06/30/leggi-notizia/argomenti/atletica-3/articolo/tontodonati-per-lobiettivo-olimpico-corro-seimila-chilometri-lanno.html>.
- Australia's Opening Ceremony flagbearer will be announced on Wednesday in Melbourne with a host of athletes in contention to lead the Australian Olympic Team into Rio's Maracanã Stadium on August 5. And **Jared Tallent** is one of the five favourites. See <http://rio2016.olympics.com.au/news/five-in-contention-for-rio-2016-flagbearer>.
- The Brazilian Olympic Walks team has been announced and it looks pretty strong

20 km men **Caio Bonfim** (1:20:20), **José Alessandro Bagio** (1:21:38), **Moacir Zimmermann** (1:21:35)
 50 km **Caio Bonfim** (4:01:42), **Jonathan Riekman** (3:55:26), **Mario José Dos Santos** (3:55:36)
 20 km women **Erica Rocha de Sena** (1:27:18), **Cisiane Dutra Lopez** (1:33:44)

CROWD FUNDING – RHYDIAN COWLEY

I am very pleased to be able to recommend VRWC walker Rhydian Cowley in his Rio journey. Here's the inside scoop.



Would you would like to help an Australian athlete on his Olympic journey?

Rhydian Cowley, recently named in the Australian Olympic team, needs your assistance.

Rhydian will be competing in the 20km Racewalk alongside team-mates Jared Tallent (2012 Olympic Gold Medallist, 50km Racewalk) and Dane Bird-Smith (2015 World University Games Gold Medallist, 20km Racewalk). His race starts on Saturday 13 August at 3:30AM, Melbourne time.

You will probably be aware that athletes such as Rhydian receive minimal financial support from the Government towards their Olympic aspirations. They rely on the generosity of family, friends and others to be able to pursue their dream.

To assist Rhydian's Olympic "Road to Rio", a journey commenced over 15 years ago, the Australian Sports Foundation has provided him with a fundraising webpage into which businesses and supporters such as yourself can make tax-deductible donations. His webpage provides further background information about his cause.

The direct link to the webpage is <https://asf.org.au/athlete/rhydian-cowley/>

Your generosity will be most welcome and will make an immense difference to the financial pressure under which he is currently preparing.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

12 new press releases for Marciadalmondo this week

- Tue 4 July – Brazilian Olympic walks team announced
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2507
- Mon 4 July - Marie Polli wins 14th Swiss walk title
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2506
- Sun 3 July - Results of Portuguese Youth Champs in Parchal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2505
- Sun 3 July - Irene Montejo and Manuel Bermudez win Spanish U20 Championships in Castillon
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2504
- Sat 2 July - Caio Bonfim and Erica de Sena win 2016 Brazil Trophy walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2503
- Fri 1 July - John Nunn and Maria Michta-Coffey win USA Olympic 20km walk trials in Salem
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2502
- Wed 29 June - Lukas Nowak and Paulina Buziak win Polish Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2501
- Wed 29 June - Andrea Chocho will be Olympic flag bearer for Ecuador
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2500
- Tue 28 June - Kevin Champion and Emilie Minuet win French Championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2499
- Tue 28 June - Miguel Angel Lopez wins "Ciudad de Murcia" meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2498
- Mun 27 June - Ruslan Dmytrenko and Nadiya Borovska win Ukrainian walk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2497
- Tue 28 June - Japanese Olympic team announced
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2496
- Tue 28 June - Results of British T&F Championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2495

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

- Tue 5 July - Caio Bonfim and Erica Sena won Brazilian titles
<http://omarchador.blogspot.com.au/2016/07/caio-bonfim-e-erica-sena-conquistaram.html>
- Mon 4 July - Inês Reis and Rodrigo Marques win Portuguese U18 walk champs
<http://omarchador.blogspot.com.au/2016/07/ines-reis-e-rodrigo-marques-obtem.html>
- Sun 3 July - Results of Spanish Masters Championships in Elche
<http://omarchador.blogspot.com.au/2016/07/campeonatos-de-espanha-de-veteranos-em.html>
- Sat 2 July - Portuguese National Youth T&F Champs this weekend in Lagoa
<http://omarchador.blogspot.com.au/2016/07/lagoa-recebe-os-campeonatos-nacionais.html>
- Fri 1 July - Focus on Portuguese youth walkers Inês Reis
<http://omarchador.blogspot.com.au/2016/07/ines-reis-em-destaque-no-meeting-de.html>
- Fri 1 July - María José Poves and Álvaro Martín Uriol win Cáceres
<http://omarchador.blogspot.com.au/2016/07/maria-jose-poves-e-alvaro-martin-uriol.html>
- Fri 1 July - Menuet and Champion win French track titles in Angers
<http://omarchador.blogspot.com.au/2016/07/menuet-e-campion-conquistam-titulos.html>
- Thu 30 June - Dmitrenko and Borovska victorious in 10km walks in Lutsk, Ukraine
<http://omarchador.blogspot.com.au/2016/06/dmitrenko-e-borovska-vitoriosos-nos-10.html>
- Thu 30 June - Results of British T&F Championship walks
<http://omarchador.blogspot.com.au/2016/06/campeonatos-da-gra-bretanha-em.html>
- Thu 30 June - Alex Wright wins in Cork meet
<http://omarchador.blogspot.com.au/2016/06/wright-vence-meeting-internacional-de.html>
- Wed 29 June - Australian Andrew Jamieson breaks M70 20km world record
<http://omarchador.blogspot.com.au/2016/06/andrew-jamieson-bate-recorde-mundial.html>
- Wed 29 June - Results of Polish champs in Bydgoszcz
<http://omarchador.blogspot.com.au/2016/06/campeonatos-polacos-com-temperaturas.html>
- Wed 29 June - Walk results from African Championships
<http://omarchador.blogspot.com.au/2016/06/20os-campeonatos-de-afrika-revelam.html>
- Tue 28 June - Ecuadorian T&F administrator Fausto Mendoza dies
<http://omarchador.blogspot.com.au/2016/06/atletismo-equatoriano-de-luto-faleceu.html>

#CLEANWALKING

Wednesday 29 June

- The IAAF has just released its latest ban list. Alas, Russia features big with 3 entries. Former Boston Marathon winner Lidiya Grigoryeva has been banned for 2½ years for biological passport irregularities. The IAAF also announced a ban of 2 years for another Russian, distance runner Alyona Kudashkina. She is reportedly a former pupil of the infamous Viktor Chegin. There is also a four-year ban for Russian middle-distance runner Larisa Kleimenova, who tested positive at last year's Russian relay championships.
See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11665856&ref=rss.
- The United States Anti-Doping Agency (USADA) has filed a court action in Houston seeking to compel a deposition from an endocrinologist being investigated for possibly providing banned substances to track and field athletes. The activities of the endocrinologist, Jeffrey S. Brown, are being examined as part of a continuing investigation by USADA of the prominent Nike Oregon Project coach Alberto Salazar. See http://www.nytimes.com/2016/06/29/sports/usada-track-and-field-doping-jeffrey-brown-investigation.html?partner=rssnyt&emc=rss&_r=0.
- Russian doping whistleblower Yulia Stepanova could race at next week's European championships as the first exemption from Russia's doping ban if an imminent IAAF ruling goes her way. Stepanova was one of the world's top 800m runners before she and her husband Vitaly Stepanov, a drug-testing official, provided evidence to the World Anti-Doping Agency that doping was systematic in Russian track and field, with officials helping to cover it up. See <http://www.cbc.ca/sports/olympics/rio2016/generic/iaaf-russian-athletes-rio-1.3657735>.

- With five weeks until the Rio Games, ASADA has today repeated its warning to athletes about the risk of using supplements which may contain banned substances not listed on product labels. The warning follows new research released today which found that, of 67 common Australian supplements analysed, almost one in five contained banned substances. See <https://www.asada.gov.au/news/media-statement-asada-issues-supplement-warning>.
- The Union Cycliste Internationale (UCI) and U.S. Anti-Doping Agency (USADA) today announced the establishment of a formal collaborative partnership that will allow for extensive cooperation through the sharing of relevant anti-doping information, intelligence and athlete biological passport data, and participation in joint investigations, testing missions, and other initiatives. After the Lance Armstrong years in which the UCI was a complete basket case, they now lead the way. Perhaps there is light at the end of the tunnel for the IAAF. All UCI had to do was change their management, acknowledge their less than good performance and turn over a new leaf. See <http://www.lawinsport.com/sports-law-news/item/the-uci-and-usada-establish-partnership-for-collaborative-testing-and-results-management-efforts>.

Friday 1 July

- Russian Anna Chicherova, the 2012 Olympic gold and 2008 Olympic bronze high jump medallist was recently reported to be among 14 Russians to have tested positive after Beijing samples were reanalysed. The IAAF has now confirmed her provisional suspension. See <http://www.athleticsweekly.com/featured/anna-chicherova-provisionally-suspended-45868/#GLEu31F6U65GWaud.99>.
- The World Rowing Federation, FISA, advises that the Russian men's quadruple sculls is to be disqualified due to a doping violation. On 17 May 2016, rower Sergej Fedorovtsev provided a urine sample at an out-of-competition test conducted by the Russian Anti-Doping Agency. Fedorovtsev was a member of the Russian men's quadruple sculls that qualified for the Rio 2016 Olympic Games at the Final Olympic Qualification Regatta on 24 May 2016 in Lucerne, Switzerland. Aanalysis indicated a positive result for the prohibited substance Trimetazidine. See <http://www.worldrowing.com/news/fisa-announces-disqualification-the-russian-men-quadruple-sculls>.

Saturday 2 July

- With Russian T&F athletes currently banned and each case being decided on its merits, the first Russian athlete to be given permission to compete in the big meets is whistleblower Yulia Stepanova. The IAAF has given her its blessing, recognising the great contribution she has given to "clean" sport. This does not guarantee her an Olympic spot but she will take the first step towards that this weekend when she will compete in her 800m discipline in Amsterdam during the European Champs, starting Wednesday. She will run there under the European Flag. See <http://www.trackarena.com/32116/yulia-stepanova-can-participate-to-european-championships-as-independent-athlete>.

Sunday 3 July

- NZ athlete Valerie Adams will be trying for her third successive shotput gold medal in Rio but it has not been an easy road for her. Sharing the podium with her in London were Belarusian "winner" Nadzeya Ostapchuk, who would soon be exposed for using the banned substance metenolone and banned for 4 years, and Evgeniia Kolodko who was last month caught out by retrospective tests done from her 2012 Olympic samples. Shotput is indeed one of those disciplines that has proved to be less than a level playing field in years past. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11667799&ref=rss.
- Saw a tweet saying that TASS reports that only 2 Russian athletes fit the IAAF criteria to compete at Rio 2016. Haven't seen it officially in print yet but did see that Russian athletes hoping to compete at the Rio Olympics will have their fate decided by the Court of Arbitration for Sport (CAS) by July 21. See <http://www.athleticsweekly.com/featured/cas-russian-athletes-appeal-rio-olympic-45970/#ESxyZt1Fcum9ds4.99>.

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
See <http://www.athletics.com.au/Compete/Events/australian-winter-race-walking-championships>.
- 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>
Online entries close August 25th. No late entries accepted.

2016 IAAF Challenge Series (remaining events)

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

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