



FHEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 42
19 July 2016



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WALKER OF THE WEEK

My walker of the Week this time around is 9 year old VRWC walker **Luke Epps**. Luke has made big improvements in his first year with the club and looks to have a bright future. He burst onto the scene with a win in the LAVIC U9 1100m track championship in March (6:41). In the LBG Carnival in Canberra last month, he took on a big workload with 3 races (3rd in the U10 1km with 5:27, 8th in the U12 2km with 11:36 and 9th in the U14 2km with 11:35). In the VRWC 2km roadwalk event at Middle Park on Saturday, his winning time of **11:00** took a further 35 secs off his PB. Well done Luke!



Luke in action on Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday sees VRWC contesting the annual Racewalking Australia Postal Challenge, alongside the VMA 10km roadwalk championships. First to the timetable for the day.

Saturday 23rd July 2016, Middle Park			
VMA, RWA & VRWC EVENTS: Entries close for all events at 1.45pm sharp			
2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	5km	Non championship event	Open
2.30pm	3km	RWA Challenge	Under 14 Boys/Girls
2.30pm	2km	RWA Challenge	Under 12 Boys/Girls

2.30pm	2km	Non championship event	Open
2.40pm	1.5km	RWA Challenge	Under 10 Boys/Girls

And now to the finer details. The Racewalking Australia Challenge is a Racewalking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. So we need everyone on deck to ensure that we cover all age groups. Although you can enter the VMA or RWA events 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.

Further, all monies raised on this day (from race fees, canteen takings and from donations) are forwarded to a charitable organisation each year. Yet another worthy reason to support this particular event.

- As per last week's newsletter, the **2016 Australian Roadwalk Champs** will be held at Mt Stromlo in **Canberra** on **Sunday August 21st**. Entries are open now but will close on **Monday 8th August** so don't delay too long before entering. I have created a page for RWV walkers with links to key files and panels, as well as other info – see <http://www.vrwc.org.au/2016AustRoadwalkChamps.shtml>.
- And talking of Australian Champs, the **Australian Masters 20km Roadwalk Championships** will be held in **Adelaide** on **Sunday 28 August**. Entry form, etc, found at <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>. Entries close **20th August**. Note that these championships were originally gazetted for 20th August and are now a week further back.

THE IAAF WORLD JUNIOR CHAMPIONSHIPS ARE UPON US

The **16th IAAF World Junior T&F Championships** get under way today in Bydgoszcz, Poland, and will continue for the next 5 days, finishing on Sunday 24th July. The 10,000m track walks are scheduled as follows

- U20 Women 10,000m Walk Tues 19 July 6PM (Wed 2AM, Melbourne time) **Tayla-Paige Billington, Clara Smith**
- U20 Men 10,000m Walk Sat 23 July 9:30AM (Sat 5:30PM, Melbourne time) **Tyler Jones, Adam Garganis**

How will it all sort out – check out the IAAF previews:

- Junior Men: <http://www.iaaf.org/news/preview/world-u20-bydgoszcz-2016-men-10000m-race-walk>
- Junior Women: <http://www.iaaf.org/news/preview/world-u20-bydgoszcz-2016-women-10000m-race-wa>

And congratulations to **Tayla-Paige Billington** who is one of 5 Australian team captains – a well deserved honour for Tayla.

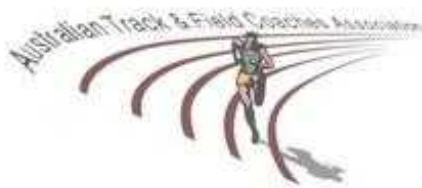


Australian team captains Kurtis Marschall (SA), Tayla-Paige Billington (VIC), Isaac Hockey (VIC), Jess Thornton (NSW), Shemaiah James (QLD) and Bella O'Grady (NSW) (photo <http://www.athletics.com.au>)

Good luck to Tayla-Paige and Clara tomorrow morning our time and good luck to Tyler and Adam on Saturday.

COACHING CLINIC SCHEDULED FOR SATURDAY 30 JULY

Advance notification for a racewalking workshop being run by the Australian Track & Field Coaches Assn in Melbourne on Saturday 30th July. It sounds good!



**AUSTRALIAN TRACK AND FIELD COACHES ASSOCIATION
VICTORIAN BRANCH**

Walks Workshop

Coaches and athletes are both welcome to attend.
Workshop will include sections for Little Aths coaches and athletes thru to Masters as indicated below.

Saturday 30th July 2016 @11am

Please arrive by 10.45am for a prompt start.
Coffee, Tea and a light lunch will be served after workshop from 12.45 pm.

Victorian Race Walking Club - Middle Park

Club rooms located at Middle Park Bowling Club

Structure of the day will include 30 to 50 minutes classroom including demonstrations/video clips
Followed by 60 minutes on techniques and drills – group broken into three levels for practical component:

- brand-new or near-new walk coaches;
- coaches of plodders, littlies and masters who want to improve;
- coaches of good walkers who need a good critique on walk techniques, and training programs that can address walkers' weaknesses.

Presenters and assistants include Simon Baker,
Mark Donahoo,
Ralph Bennet

- Cost:**
- \$15 for ATFCA members
 - \$18 for AV /LAVic members
 - \$25 for all others

Contact: Heather Lamb 0425 793 331
heatherlamb@optusnet.com.au

RSVP by 26th July - limited numbers

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 16 JULY

A good turnout of 48 walkers for our annual Intervals raceday at Middle Park last Saturday, with walkers able to choose from 3x2km, 4x2km, 5x2km or single distance races over 2km or 4km. Great conditions ensured some fantastic racing, with 16 walkers managing to hold out for the full five 2km intervals (each done on 17 minutes). Special mentions to our overall winners **Wendy Muldoon** and **Kyle Swan**. And wonderful efforts by 12 year olds **Charlotte Hay**, **Josh Jensen** and **Heath Beveridge** who also managed to complete all 5 reps. Further down, great walk by 13 year old **Corey Dickson** who was the fastest over the 4 reps, all done very quickly and by 12 year old **Angus Hay** (4 reps). It is wonderful to see our younger walkers testing themselves out like this.

Intervals race: 5x2km

1.	Wendy Muldoon	10:54	10:44	10:45	10:52	11:56	55:11
2.	Emily Swan	10:48	10:56	11:11	11:40	11:40	56:15
3.	Carolyn Rosenbrock	11:42	11:31	11:25	11:26	11:56	58:00
4.	Charlotte Hay	10:44	11:01	11:49	13:44	13:57	1:01:15
5.	Kathleen O'Mahony	12:14	11:59	12:21	12:34	12:35	1:01:43
6.	Jasmin Hass	12:08	11:57	12:19	13:44	15:11	1:05:19
7.	Alison Thompson	12:31	13:11	13:27	14:29	14:53	1:08:31
8.	Karyn O'Neill	13:37	13:52	13:39	13:48	13:43	1:08:39
1.	Kyle Swan	08:55	08:56	08:51	08:47	08:34	44:03
2.	Jason Kozica	11:33	09:55	08:52	09:06	08:45	48:11
3.	Pramesh Prasad	10:09	10:08	10:09	10:12	10:33	51:11
4.	Josh Jensen	12:57	11:46	10:26	13:10	10:41	59:00
5.	Terry O'Neill	12:07	12:40	12:12	12:26	12:23	1:01:48
6.	Albin Hess *	12:25	12:16	13:03	12:58	14:20	1:05:02
7.	Heath Beveridge	13:43	13:23	13:22	15:00	13:59	1:09:27
8.	Geoff Barrow	13:52	13:51	14:13	14:33	14:40	1:11:09

Intervals race: 4x2km

1.	Corey Dickson	10:15	10:33	10:26	10:22		41:36
2.	Hayden Walmsley	10:24	10:33	10:26	10:15		41:38
3.	David Smyth	10:30	10:42	10:53	10:41		42:46
4.	Angus Hay	14:07	13:24	14:28	16:26		58:25

Intervals race: 3x2km

1.	Chloe Karagiorgos	10:49	11:09	11:13			33:11
2.	Heather Carr	11:28	11:27	11:30			34:25
3.	Donna-Marie Elms	11:40	11:49	12:05			35:34
4.	Jessica Lillie	12:06	12:11	12:45			37:02
5.	Robyn Shaw	13:09	13:23	13:29			40:01
6.	Kaylah Heikkila-Dubowik	12:58	13:28	14:03			40:29
7.	Celia Johnson	14:30	14:31	14:41			43:42
1.	James Christmass	09:40	09:54	09:40			29:14
2.	Joel Prys	12:57	11:46	11:14			35:57
3.	Joseph Rickard	13:43	13:23	16:06			43:12

Some good walks also in the 4km and 2km events. Special mentions to **Philippa Huse** (big 4km PB) and **Luke Epps** (11:00 for 2km as a 9 year old).

4km Open

1.	Philippa Huse	20:53	PB 0:27
2.	Sandra Geisler	21:11	
3.	Gwen Steed	26:59	
4.	Penny Hall	31:33	
5.	Glenyse Brain	34:30	First one
6.	Susan Wood	34:34	First one
1.	Bruce Conboy	32:46	

2km Open

1.	Arnika Nelson	11:12	PB 0:23
2.	Holly Cocking	11:35	PB 0:03
3.	Gemma Lillie	12:32	
4.	Chelsea Karagiorgos	13:11	First one
5.	Elise Carbery	14:45	

6.	Judy Farrell	18:08	
1.	Luke Epps	11:00	PB 0:35
2.	Hamish Blackwood	13:01	PB 0:01
3.	Lewis Rickard	14:32	
4.	John Morrison	15:08	

Thanks as always to our many officials, judges and helpers. Sorry if I missed anyone – your efforts are always appreciated.

Officials/Setup: Tim Erickson, Ralph Bennett, Mark Donahoo, Ian Laurie, Damien Elms, Michelle Walmsley, Simon Baker, Marlaine Stanway

Judges: Peter Vysma(Chief) , Stuart Cooper, Lloyd Nichols, Shane Dickson, Michael Bodey

Canteen: Eija Heikkilh, Kate Suich, Wendy Cooper

Photos: Terry Swan (<http://www.vrwc.org.au/coppermine/thumbnails.php?album=83>)



Jason Kozica, Kyle Swan, Philippa Huse, Charlotte Hay and Core Dickson



Josh Jensen, Heath Beveridge, Angus Hay and Wendy Muldoon

SAMA 15KM CHAMPIONSHIP, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 16 JULY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Well done to **Kim Mottrom** who bettered the SA M30 15km roadwalk record with his time of 1:12:41.

SAMA 15km Championship

1.	Raelene Schild	1:59:08	W51	60.46%
1.	David Robertson	2:15:41	M83	70.50%
1.	Graham Harrison	1:54:21	M72	70.34%
1.	Gil McIntosh	1:53:09	M66	66.01%
1.	Peter Crump	1:29:33	M55	74.84%
1.	Kim Mottrom (F/T)	1:12:41	M31	78.66%
	Darren Bown	1:12:00		

10km Walk

1.	Rodger Barber	1:19:16	M78	72.56%
2.	Colin Hainsworth	1:29:13	M86	74.00%

4km Walk

1.	Helen Suridge	0:29:33	W65	70.15%
2.	Kristine Freeman	0:32:07	W56	58.23%
3.	Dave Fallon	0:34:33	M63	53.17%
4.	Jill Rogers	0:35:14	W71	63.90%
5.	Edna Bates	0:35:55	W63	56.30%



Kim Mottrom in action on Saturday

ACT WALKERS CLUB ROADWALKS, JERRABOMBERRA WETLANDS, CANBERRA, SATURDAY 16 JULY

Thanks to Robin Whyte for the latest results from Canberra. Great numbers (34) and lots of good walking.

8km Handicap Walk

1.	Matt Griggs	53:21
2.	Bob Parker	59:23
3.	Jane Bates	1:02:33
4.	Warren Butler	1:09:10
5.	Gabby Hunt	44:45
6.	Bryan Thomas	58:31
7.	Val Chesterton	1:11:30
8.	Robin Whyte	53:27
9.	Geoff Barker	1:05:00

4km Handicap Walk

1.	Helena Bialecki	25:09
2.	Hannah Manning	23:45
3.	Kate Black	24:17
4.	Charlie Durr	26:07
5.	Gwyllym Young (F/T)	21:43
6.	Peter Baker	24:10
7.	Jack Thackray	37:13
8.	Cilla Chapman	36:03
9.	Helen Munro	39:30

10. Tim Fraser (F/T)	43:00	10. Katie Alley	27:30
11. Mitchell Baker	45:47	11. Rosemary Parker	32:11
12. Derek Robinson	1:03:05	12. Terry Munro	36:41
13. Greg Durr	56:28	13. Marilyn Banfield	31:01

2km Handicap Walk

1. Bob Chapman	18:02
2. Harry Baker	15:10
3. Ella Baker	14:53
4. Tom Hunt (F/T)	10:14
5. Lilit Atoyán	16:15
6. Ellen Vahey	12:51
7. Andrew Camp-Liddiard	13:36

1km Handicap Walk

1. Anna Vahey	06:56
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BRWC - MERV LOCKYER 3KM HANDICAP, NORTH GARDENS, BALLARAT, SUNDAY 17 JULY

Thanks to Kerrie Peart for the latest results from the Ballarat Race Walking Club in Ballarat. She reported:

On a brisk Sunday morning, we had a eager group of juniors ready to challenge for the Merv Lockyer Perpetual 3km Trophy. Merv was heavily involved in racewalking in the Ballarat area and competed in several disciplines in the Oceania & World Games, winning a number of medals and setting age records in walks, javelin and discus. In 1996 at the ripe age of 65, Merv became an Australian Walks Centurion.

Our juniors set off with this type of determination, Brodie and James setting a solid pace in the windy conditions. Finally James took the win in a 0:33 second PB, with a close finish for 2nd and 3rd between Fraser, Alanna, Scott and Jorja. Alanna & Mackayla setting the fastest times of 16.05 and 18.01 respectively. Well done to Mackayla for braving the Ballarat winter chill in her first BRWC race.

Merv Lockyer 3km Handicap

1. James Pendred	21:54	PB 0:33
2. Fraser Saunder	19:06	
3. Alanna Peart	16:05	
4. Scott Peart	19:36	PB 0:15
5. Jorja Tallent	25:00	
6. Mackayla Davison	18:01	First race with BRWC

2km Walk

1. Mia Darlow	15:11
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1km Walk

1. Kayla Bridges	7:11
Brodie Tallent	DQ



Winner James Pendred with club founder Daryl Biggin (photo Kerrie Peart)

U18 Women 5000m Race Walk, Thursday 14 July

The women's 5000m track walk, which was held on Day 1 of the European Youth Championships in Tbilisi, Georgia, saw Turkish walkers **Meryem Bekmez** (22:50.22) and **Ayse Tekdal** (22:58.17) take gold and silver ahead of Spaniard **Marina Pena** (23:05.90). The two Turkish walkers battled it out in front, with Tekdal leading in the first half before Bekmez took over, eventually winning with a 3 sec PB. These were Turkey's first ever medals at these championships. Special mention to fourth placed GBR walker **Sophie Lewis Ward** (23:37.55). Following on from Callum Wilkinson's fourth place in the World Team Championships U10 10km in May, it continues the rise of that country's walking credentials. Interestingly, the first 12 places were spread amongst 11 countries.

1.	Meryem BEKMEZ	TUR	00	22:50.22
2.	Ayse TEKDAL	TUR	99	22:58.17
3.	Marina PEÑA	ESP	99	23:05.90
4.	Sophie LEWIS WARD	GBR	99	23:37.55
5.	Julia RICHTER	GER	99	23:50.79
6.	Inês REIS	POR	99	23:58.55
7.	Kiriaki FILTISIKOU	GRE	00	24:21.57
8.	Andra Elena BOTEZ	ROU	00	24:35.80
9.	Angelica MIRABELLO	ITA	99	24:40.39
10.	Orla O'CONNOR	IRL	00	24:57.33
11.	Austeja KAVALIAUSKAITE	LTU	00	25:01.26
12.	Zuzanna DRYGALSKA	POL	99	25:08.31
13.	Alessia MASTRONICOLA	ITA	00	25:11.19
14.	Antia CHAMOSA	ESP	99	25:31.20
15.	Niamh O'CONNOR	IRL	00	25:34.61
16.	Ema HACUNDOVÁ	SVK	99	25:56.01
17.	Daphne DIMANOPULOSZ	HUN	99	26:21.15
18.	Anastasia MITSOU	GRE	99	DNF

U18 Men 10,000m Race Walk, Saturday 16 July

The men's 10,000m walk, which was held 2 days later, saw Turkey in the medals again with **Abdulselam Imuk** (45:30.41) taking silver behind Poland's **Lukasz Niedzialek** (44:06.49), with France's **David Kuster** (45:42.09) taking bronze. But the results do not really tell the full story. The pit lane was busy early with stops handed out to Ruslan Sergatsjov (EST), Niklas Richter (GER) and Abdelaziz Danis (TUR) who was one of the favourites. Then it got even more sensational. Race favorite **Mikita Kaliada** from Belarus (42.29 in 2016) had shared the lead along with Niedzialek until, with two laps remaining, Niedzialek had upped the ante, building up a 20m lead as they entered the final straight. Kaliada then began what marciadalmondo described as "a crazy, impossible and incredible sprint over the last 100m to catch up and win by a dozen metres". The chief judge was forced to act, disqualifying the Belarussian. Again, with the first 10 places spread amongst 9 countries, it was a very open walk.

1.	Lukasz NIEDZIALEK	POL	00	44:06.49
2.	Abdulselam IMUK	TUR	99	45:30.41
3.	David KUSTER	FRA	99	45:42.09
4.	Jose Manuel PEREZ	ESP	99	45:56.98
5.	Georgios TZATZIMÁKIS	GRE	99	46:00.19
6.	Daniel JIMENO	ESP	00	46:13.71
7.	Daumantas LIUTINSKIS	LTU	99	46:24.87
8.	Bálint SÁROSSI	HUN	00	46:31.19
9.	Stefan Cristian MANGU	ROU	99	46:54.21
10.	Nicolas FANELLI	ITA	99	46:55.88
11.	Justin BOURNIER	FRA	99	47:57.75
12.	Jovan DALCEV	SRB	99	48:18.71
13.	Davide MARCHESI	ITA	99	48:21.54
14.	Paulo MARTINS	POR	99	48:23.42
15.	Andriy SYNYUK	UKR	99	48:39.60
16.	Abdulaziz DANIS	TUR	99	49:49.91
17.	Viktor KONONENKO	UKR	99	50:15.70
18.	Rodrigo MARQUES	POR	99	50:32.12
19.	Nathan BONZON	SUI	00	51:39.03
20.	Gearóid MCMAHON	IRL	00	53:38.62
	Mikita KALIADA	BLR	00	DQ
	Ruslan SERGATŠJOV	EST	00	DQ
	Erik MICKEVIC	LTU	00	DNF
	Niklas RICHTER	GER	99	DNF

PORTUGUESE CLUB CHAMPIONSHIPS DIVISION 1, SETÚBAL, PORTUGAL 16-17 JULY

João Vieira and **Vitoria Oliveira** were the walk winners in the Portuguese Teams Championships Division 1 last weekend. Well reported by omarchador – see <http://omarchador.blogspot.com.au/2016/07/sportinguistas-joao-vieira-e-vitoria.html>.

Men 5000m Race Walk

1.	Joao VIEIRA	POR	76	20:23.70
2.	Sérgio VIEIRA	POR	76	20:28.87
3.	Augusto CARDOSO	POR	70	22:04.83
4.	Rui COELHO	POR	94	22:04.94
5.	Luis GIL	POR	75	22:28.41

Women 3000m Race Walk

1.	Vitória OLIVEIRA	POR	92	13:20.52
2.	Mara RIBEIRO	POR	95	13:42.56
3.	Sandra SILVA	POR	75	14:27.90
4.	Nadia CANCELA	POR	93	14:35.57

NACAC U23 T&F CHAMPIONSHIPS, SAN SALVADOR, EL SALVADOR, 15-17 JULY

Jose Barrondo of Guatamala (1:34:32.01) and **Yesenia Miranda** of El Salvador (49:24.70) won the North American, Central American and Caribbean Championships (NACAC) U23 walks last weekend at the Jorge "El Magico" Gonzalez National Stadium in San Salvador. Full results at <http://www.tiempodellegada.com/Results/2016/NACAC/160715F026.htm>.

Men 20,000m Race Walk

1.	José Alejandro BARRONDO	GUA	96	1:34:32.01
2.	Anthony PETERS	USA	96	1:35:04.77
3.	Gerson Otoniel NAVAS JIMENEZ	ESA	98	1:35:24.48
4.	Óscar MENJÍVAR	ESA	97	1:39:07.63
5.	Steven WASHBURN	USA	94	1:46:21.86

Women 10,000m Race Walk

1.	Yesenia MIRANDA	ESA	94	49:24.70
2.	Molly JOSEPHS	USA	94	53:34.86
3.	Karin Clarissa VICENTE GUZMAN	GUA	96	55:09.10
4.	Jennifer LOPEZ	USA	96	58:29.16

33RD GRAND PRIX DE TROUSSEY, TROUSSEY, FRANCE, THURSDAY 14 JULY

Thanks to Emmanuel Tardi for the results of the 33rd Grand Prix de Troussey, held last Thursday in France. Emmanuel reported:

July 14th is our National day in France and that day sees the small village of Troussey (population 425, 300km east of Paris) organize a special racewalking meet. This year it was the 33rd edition of this Grand Prix de Troussey, with over 100 walkers contesting 4 walk distances in the main street of the town. While it was sunny early, the last walkers finished their events in the rain. **Philippe Bonneau** (47:29) won the men's 10km for the 6th time while **Agnieszka Ellward** of Poland won the women's 10km walk with 49:18. Special mentions to 60 year old **Marie-Astrid Monmessin** who finished 2nd in the women's 10km with an excellent 55'42, and Belgian racewalk legend **Robert Schouckens**, the winner of 1977 Strasbourg-Paris, who finished the race in 25th place at the age of 88.

33rd Grand Prix de Troussey 10km Walk

1.	Philippe Bonneau	Antony Athlé 92	VEM/65	47:29
2.	Agnieszka Ellward	Gdansk - Poland	SEF/89	49:18
3.	Nathalie Chretien	ES Thaon	VEF/66	55:42
4.	Marie-Astrid Monmessin	ES Thaon	VEF/56	55:42
5.	William Pfister	ASM Bar le Duc	VEM/63	57:22
6.	Daniel Siegenfuhr	ES Thaon	VEM/50	57:46
7.	Raphaelle Joffroy	AVEC	VEF/72	59:27
8.	Roland Louis	AVEC	VEM/63	1:02:10
9.	Jany Hanouzet	ASM Bar le Duc	VEM/48	1:04:21
10.	Emmanuel Hartmann	APTT Bar le Duc	VEM/68	1:05:02
11.	Claudine Anxionnat	AVEC	VEF/51	1:05:29
12.	Didier Primatesta	NL	VEM/72	1:06:07
13.	Guy Tabouret	NL	VEM/57	1:06:32
14.	Coralie Louis	AVEC	SEF/87	1:07:46

15. François Stolz	NL	VEM/66	1:07:49
16. Jacques Vincent	CIS Anould	VEM/44	1:11:37
17. Emmanuel Tardi	LP Longjumeau	VEM/67	1:12:09
18. Stéphanie Renaux	AVEC	VEF/75	1:12:46
19. André Toussaint	ASM Bar le Duc	VEM/52	1:14:26
20. Michel Thomas	NL	VEM/48	1:21:19
21. Daniel Chamagne	ASM Bar le Duc	VEM/41	1:22:56
22. Abel Hilmoine	ASM Bar le Duc	VEM/51	1:23:14
23. Christelle Vattant	NL	VEF/74	1:28:08
24. Christelle Martin	NL	VEF/75	1:28:47
25. Robert Schouckens	St Ghislain - Belgium	VEM/28	1:30:13
26. Alain Auvré	CO Eu Bresle	VEM/58	1:40:27
Marie-Claude Picot	ASM Bar le Duc	VEF/46	DNF



Agnieszka Ellward, Philippe Bonneau and Robert Schouckens (photos Emmanuel Tardi)

FRENCH OPEN AND U23 20KM CHAMPIONSHIPS, AUBAGNE, FRANCE, SATURDAY 16 JULY

Thanks to Emmanuel Tardi for some more results, this time from Aubagne, 600km outside Paris, on the occasion of the last national Championships of the summer. The 20km championships were in two parts, the U23 championships contested alongside the Open 20km championship for those ranked 17-50 in the yearly rankings. The race took place in the center of the city on a 1km lap and started at 7:40PM to avoid the hot weather. Tunisian walker **Chahinez Nasri** easily won the women's race (1:40:55) and will now prepare for Rio. Local walker **Fabien Bernabé** won the men's race with 1:33:45.

French U23 20km Championship Women

1. NASRI Chahineze (TUN)	ESF/96	Ca Balma	1:40:55
2. DELEUZE Cecile	ESF/96	Amiens Uc	1:48:01
3. BILLA Jeanne	ESF/96	As Caluire Et Cuire	1:51:07
4. NAZE Cecile	ESF/95	Mouy Atac	1:51:43
5. LE NAY Roseline	ESF/96	La Vigilante Fougères	1:57:21
6. DAOULAS Roxanne	ESF/94	Tregueux Athletisme	2:02:30
7. VIDALINC Celia	ESF/96	Stade Clermontois	2:07:46
8. BARRITAUULT Lea	ESF/96	Athletic Trois Tours	2:08:01
9. LIARD Laura	ESF/96	Athletisme Le Bourget Drancy	2:11:18
MANAI Amani (TUN)	ESF/95	U.s.o Mondeville	AB
BOUCHET-LIOU Chloe	ESF/94	Usa Chabeuil	AB

French U23 20km Championship Men

1. BERNABE Fabien	ESM/95	Sco Ste-marguerite Marseille	1:33:45
2. BEN BEHI Raouf (TUN)	ESM/95	Ta Rennes	1:35:27
3. FESSELIER Fabian	ESM/94	Caen Athletic Club	1:38:35
4. MUTTER Axel	ESM/96	Ac Roche-sur-yon	1:40:56
5. LECAPLAIN Maxime	ESM/94	U.s.o Mondeville	1:44:22

6.	SIREIX Brice	ESM/95	Lyon Athletisme	1:45:52
7.	DESJARDINS Florian	ESM/94	Entente Mt St Aignan Maromme	1:46:24
8.	OUARNIER Mathis	ESM/96	Ac Haute Vilaine	1:50:42
9.	MACABREY Quentin	ESM/94	Fc Sochaux Montbelliard	1:52:58
10.	GERBAUD-BLIN Pierre	ESM/95	Ca Vierzon	1:53:02
11.	DAMBRINE Benoit	ESM/95	Asuc Migennes	1:54:22
12.	VALLEE Kyrian	ESM/94	Sa Toulouse Uc	1:55:33
13.	GLOAGUEN Thomas	ESM/96	A Six Fours	1:56:35
	MARTIN Come	ESM/95	Annecy Haute Savoie	AB



U23 podiums (photos www.facebook.com)

French Open 20km Championship Men (Division 2)

1.	LEAUTE Benjamin	SEM/88	Rc Arras	1:40:55
2.	FAITEAU Maxime	SEM/90	Entente Poitiers Athle 86	1:42:54
3.	CHENU Joffrey	SEM/82	Clll Armentieres	1:43:46
4.	CHENU Remy	SEM/85	Clll Armentieres	1:44:50
5.	BOCQUET Jerome	SEM/85	Havre Ac	1:46:24
6.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	1:49:05
7.	LEBLOND Cyrille	VEM/73	Asptt Rouen	1:49:09
8.	BRANLE-BRANICKI Richard	VEM/67	Al Voiron	1:49:27
9.	ERARD Christophe	VEM/70	Asm Bar-le-duc	1:50:45
10.	DUMAIRE Thomas	SEM/90	Pays De Fontainebleau	1:52:48
11.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	1:53:25
12.	EICHHOLTZER Sebastien	VEM/76	Bordeaux Athle	1:53:48
13.	PICARD Nicolas	SEM/80	As Tourlaville	1:55:57
14.	GIRAUD Baptiste	VEM/75	Cognac Ac	1:57:48
15.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	1:58:46
16.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	1:59:18
17.	AUGER Alexis	SEM/88	Ga Noisy Le Grand	AB
18.	BICHE Sebastien	VEM/73	Rcf Issy Avia	AB
19.	DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	AB
20.	DE NEVE Nicolas	SEM/93	Athletisme Chamalieres	DQ

French Open 20km Championship Women (Division 2)

1.	LANOUE Severine	SEF/85	Rcf Issy Avia	1:50:58
2.	CERANTOLA Laury	SEF/92	Sa Merignac	1:51:55
3.	BARRE Christelle	VEF/72	Rcn Loire Divatte	1:52:22
4.	AUSELLO Morgane	SEF/92	Nice Cote D:azur Athletisme	1:55:45
5.	UDIN Servane	SEF/88	Ea Pays De Broceliande	1:56:14
6.	THIEFFENAT Delphine	VEF/75	Lyon Athletisme	1:57:22
7.	POUILLY Caroline	SEF/82	Clll Armentieres	1:59:27
8.	SAOU Virginie	SEF/82	Asptt Dijon Athletisme	2:00:22

9.	ROUSSON Valerie	SEF/88	Athletisme Chamalieres	2:00:42
10.	GUELFUCCI Sarah	SEF/84	Ca Balma	2:03:20
11.	KACEM Rahil	SEF/79	Nice Cote D:azur Athletisme	2:04:19
12.	FAVRON Severine	VEF/76	Ussel Ac	2:07:04
13.	LE BASTARD Sophie	SEF/90	Plm Conflans	2:08:56
14.	REGNIER Sylvie	VEF/62	Athletisme Chatillon	2:12:23
15.	BELLAN Julie	SEF/93	Sa Merignac	AB

VAC 5 MILE WALK, BATTERSEA PARK, LONDON, TUESDAY 12 JULY

To England for the latest walking race from the Veterans Athletics Club. Race report as follows:

The race successfully avoided the earlier rain of the day, a smaller than usual field with nearly all the walkers having raced over the previous three days. The race was convincingly won by **Tor-Ivar Guttulsrod** of Hercules Wimbledon, at his first appearance in the event. **Peter Ryan** of Ilford AC gradually shed some time compared to the June Championships, while former Olympian **Shaun Lightman** and ever-present **Arthur Thomson** achieved excellent times given that they had both raced only two days earlier, Shaun having been selected for the Inter counties 3k competition and Arthur at the Masters 20k in Coventry.

1.	Tor-Ivar Guttulsrod (Hercules) (G)	M50	44:42
2.	Peter Ryan (Ilford)	M60	50:29
3.	Shaun Lightman (SWC)	M70	51:40
4.	Dan Maskell (SWC)	M65	52:29
5.	Arthur Thomson (Enfield)	M80	54:29
6.	Dave Delaney (SWC)	M70	57:22
7.	David Hoben (SWC)	M60	59:12
8.	Mark Culshaw (Belgrave) (G)	M50	DNF

T&F MEET, VANTAA, FINLAND, 11-12 JULY

And finally, to a roundup of other results from around the world.

Women 5000m Race Walk

1.	Hele HAAPANIEMI	FIN	93	23:35.54
2.	Riina PERKIÖ	FIN	99	25:54.46
3.	Sanna RAJALA	FIN	88	28:03.46

T&F MEET, DUBNICA NAD VÁHOM, SLOVAKIA, SUNDAY 17 JULY

Men 10km Race Walk

1.	Anton KUCMÍN	SVK	84	42:08
2.	Dušan MAJDAN	SVK	87	43:39
3.	Miroslav ÚRADNÍK	SVK	96	44:06
4.	Dominik CERNÝ	SVK	97	44:20
5.	Zdeno MEDERA	SVK	75	50:26

Women 10km Race Walk

1.	Mária GÁLIKOVÁ	SVK	80	45:01
2.	Mária CZÁKOVÁ	SVK	88	46:52
3.	Monika HORNÁKOVÁ	SVK	95	50:25
4.	Jana GOLISOVÁ	SVK	92	57:52

ESTONIAN T&F CHAMPIONSHIPS, TALLIN, ESTONIA, 16-17 JULY

Men 10,000m Race Walk

1.	Lauri LELUMES	EST	78	47:56.55
2.	Margus LUIK	EST	80	49:29.41
3.	Virgo ADUSOO	EST	85	50:50.85

Women 10,000m Race Walk

1.	Anna TIPUKINA	EST	96	55:57.86
2.	Angela MANDEL	EST	00	58:11.81
3.	Anna KUKANKOVA	EST	90	58:56.50

T&F MEET, OLGiate OLONA, ITALY, SATURDAY 16 JULY**Men 5000m Race Walk**

1.	Leonardo DEI TOS	ITA	92	21:42.84
2.	Juriy MICHELETTI	ITA	98	24:24.94
3.	Andrea NASO	ITA	60	25:18.33
4.	Mikias MELI	ITA	00	25:45.37

Women 5000m Race Walk

1.	Valentina TRAPLETTI	ITA	85	21:42.06
2.	Valeria DISABATO	ITA	99	25:23.80
3.	Gladys MORETTI	ITA	91	25:57.91
4.	Beatrice FORESTI	ITA	98	26:50.77
5.	Maria Teresa CORTESI	ITA	96	27:01.32

T&F MEET, OURENSE, SPAIN, SATURDAY 16 JULY**Men 5000m Race Walk**

1.	Daniel CHAMOSA	ESP	97	21:07.4h
2.	Christian CUROPOS	ESP	94	21:23.5h
3.	David VEIGA ARROJO	ESP	91	22:28.1h
4.	Marcos CINTRON	ESP	96	22:39.8h

Women 5000m Race Walk

1.	Mar CHILLON	ESP	96	24:41.77
2.	Leyre ARAMBURU	ESP	99	25:41.34
3.	Rocio CARBIA	ESP	93	26:00.93

MARCIADALMONDO AND OMARCHADOR ROUNDUP

9 new press releases for Marciadalmondo this week

- Monday 18 July - Chinese walks team for Rio
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2521
- Sunday 17 July - Preview of women's World Junior 10,000m walk in Bydgoszcz
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2520
- Friday 15 July - Lyudmila Olyanovska an obvious omission from the Ukrainian Olympic walk team
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2519
- Fri 15 July - IAAF ranking lists for walks, leading into Rio
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2518
- Sat 16 July - Report on Boys' 10,000m walk at the European Youth Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2517
- Thu 14 July - Italian walks team for Rio
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2516
- Thu 14 July - Report on Girls' 10,000m walk at the European Youth Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2515
- Wed 13 July - Italian walks team for World Junior Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2514
- Tue 12 July - Entry lists for European Youth Championships walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2513

The omarchador blog was active with 17 news releases this time around

- Tue 19 July - key officials for World Junior Championships
<http://omarchador.blogspot.com.au/2016/07/os-oficiais-nos-campeonatos-do-mundo-de.html>

- Mon 18 July - João Vieira and Vitoria Oliveira win Portuguese Teams Championships Division I
<http://omarchador.blogspot.com.au/2016/07/sportinguistas-joao-vieira-e-vitoria.html>
- Sun 17 July - Portuguese President Marcelo Rebelo de Sousa meets the walkers
<http://omarchador.blogspot.com.au/2016/07/com-marcelo-marchar-marchar.html>
- Sun 17 July - Results of Italian Veterans Championships in Arezzo
<http://omarchador.blogspot.com.au/2016/07/campeonatos-masters-de-italia-em-arezzo.html>
- Sat 16 July - Polish walker Lucasz Niedzialek wins European Youth walk in Tbilisi
<http://omarchador.blogspot.com.au/2016/07/polaco-niedziaek-vence-marcha-masculina.html>
- Sat 16 July - Preview of Portuguese Teams Championships Division I and II
<http://omarchador.blogspot.com.au/2016/07/campeonatos-nacionais-de-clubes-da-i-e.html>
- Sat 16 July - Preview of Portuguese Teams Championships Division III
<http://omarchador.blogspot.com.au/2016/07/campeonatos-nacionais-de-clubes-da-iii.html>
- Fri 15 July - Ukrainian Lyudmyla Olyanovska not named in Ukrainian walks team for Rio
<http://omarchador.blogspot.com.au/2016/07/olyanovska-esta-fora-do-rio-2016.html>
- Fri 15 July - Start list for men's 10,000m walk at European Youth Championships
<http://omarchador.blogspot.com.au/2016/07/10000-m-masculinos-lista-de-saida-sub.html>
- Fri 15 July - Profile of Portuguese U18 walker Paulo Martin
<http://omarchador.blogspot.com.au/2016/07/atletas-com-futuro-paulo-martins.html>
- Fri 15 July - Profile of Portuguese U18 walker Rodrigo Marques
<http://omarchador.blogspot.com.au/2016/07/atletas-com-futuro-rodriigo-marques.html>
- Fri 15 July - Turkey dominates women's 5000m walk at European Youth Championships
<http://omarchador.blogspot.com.au/2016/07/turcas-dominam-em-tbilisi-ines-reis-e-6.html>
- Wed 13 July - Start list for women's 5000m walk at European Youth Championships
<http://omarchador.blogspot.com.au/2016/07/5000-m-femininos-lista-de-saida-sub-18.html>
- Wed 13 July - Portuguese walker Carolina Costa will represent at the World Junior Championships
<http://omarchador.blogspot.com.au/2016/07/carolina-costa-nos-mundiais-de-sub-20.html>
- Wed 13 July - Results of Spanish U16 Championships in Granollers
<http://omarchador.blogspot.com.au/2016/07/campeonatos-de-espanha-de-sub-16-em.html>
- Tue 12 July - Portuguese officials for European Youth Championships
<http://omarchador.blogspot.com.au/2016/07/os-oficiais-nos-campeonatos-da-europa.html>
- Tue 12 July - Results of Portuguese Veterans Championships in Lisbon
<http://omarchador.blogspot.com.au/2016/07/campeonatos-nacionais-de-veteranos-de.html>

OUT AND ABOUT

- **Andi Drake**, the director of the National Centre for Race Walking programme at Leeds Beckett University, is interviewed on the resurgence of GBR racewalking. Great article. See <http://www.leedsbeckett.ac.uk/news/0716-the-leeds-beckett-coach-aiding-race-walking-resurgence/>.
- The German Olympic Committee (DOSB) has made its final round of nominations for the Rio 2016 Olympic Games, meaning 92 athletes will represent Germany in the athletics programme from 12-21 August - see <http://www.iaaf.org/news/news/rio-olympic-games-2016-german-athletics-team>.

20km race walk: **Nils Brembach, Christopher Linke, Hagen Pohle**
 50km race walk: **Carl Dohmann, Hagen Pohle**

- Last Thursday, the British Olympic Association announced the 80 T&F athletes who will represent Great Britain and Northern Ireland at next month's Rio 2016 Olympic Games. Two walkers are included

20km men: **Tom Bosworth**
 50km men: **Dominic King**

- Robert Heffernan is the first Irish athlete to be selected for five consecutive summer Olympic Games after being named among a 17-strong team for Rio, thus equalling the all-time record of Irish sailor David Wilkins. He competed in the 20km walk in Sydney 2000, Athens 2004, and Beijing 2008, and both the 20km and 50km walk in London 2012 (finishing ninth in the 20km, originally fourth in the 50km, only for the Russian winner Sergey Kiryapkin to be stripped of his gold earlier this year). He is one of 3 walkers in the small team

20km men: **Alex Wright**
 50km men: **Alex Wright, Robert Heffernan, Brendon Boyce**

- Big news from across the water, with 3 middle-distance runners and a race walker being added to the New Zealand athletics team for Rio. And that walker is none other than Alana Barber. Further, Quentin Rew has been added to compete in the 20km race walk in addition to his originally selected 50km event. The NZ walk contingent for Rio now reads as shown below. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11674981&ref=rss.

20km Men: **Quentin Rew**
 20km Women: **Alana Barber**
 50km Men: **Quentin Rew**

- Italy has also announced its Rio team which includes 6 walkers - interesting that there are no male 20km walkers and NO SCHWAZER! See http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=2516.

20km Women: **Eleonora Anna Giorgi, Antonella Palmisano, Elisa Rigauda**
 50km Men: **Marco De Luca, Matteo Giupponi, Teodorico Caporaso**

- China has also announced its Rio Team, with a very strong walks component - check out this list of PBs!

20 km men: **Wang Zhen (1h17:36), Cai Zelin (1h18:47), Chen Ding (1h17:40)**
 50 km: **Wang Zhendong (3h41:02), Han Yucheng (3h36:20), Yu Wei (3h42:54)**
 20 km women: **Liu Hong (1h24:38), Lu Xiuzhi (1h25:12), Qieyang Shenjie (1h25:16)**

- The Ethiopian Olympic team will see **Yehualeye Beletew and Askale Tiksa** in action in the women's 20km walk. See <http://www.athleticsweekly.com/featured/ethiopia-team-rio-2016-olympic-games-46992#TEJlvR02uV7mW4S.99>

- Thanks to Ian Laurie for these 2 photos from the Melanesian T&F Championships which were held in Fiji a couple of weeks ago. Walkers **Simone McInnes (VIC), Natalie Laurie (VIC) and Rhiannon Lovegrove (SA)** competed in the 5000m walk as part of the Australian team.



Natalie, Rhiannon and Simone in action



VRWC members Simone and Natalie

- The NZ Herald ranks 1956 Olympic 50km winner **Norm Read** as Number 24 in New Zealand's Greatest Olympians. Nice article. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11673219&ref=rss.

- 38 year old French 50km world record holder **Yohann Diniz** (3:32:33) has confirmed that he will now only participate in 50km event in Rio. He had initially planned to do both 20km and 50km but will now concentrate solely on the longer event. See <http://www.lequipe.fr/Athletisme/Actualites/Yohann-diniz-ne-courra-que-le-50-km-marche/705963>.
- Nice video from Italian walker Giovanni Renò showing the many Rio bound walkers training in St Moritz. Spot the Aussies! See <https://www.facebook.com/groups/872318649520235/permalink/1071900609562037/>.
- Wow, this must be the first cab off the rank. Wales has released its 2018 Commonwealth Games Nomination Policy document - see <http://www.welshathletics.org/news--media/news/news-area/2016/july-2016/welsh-athletics-%E2%80%93-2018-commonwealth-games-nomination-policy-released.aspx>. As you can see, 20km walks are on offer for men and women and Wales has set its standards as follows

20km Women	1.37.00 (A), 1.40.00 (B)
20km Men	1.24.00 (A), 1.26.00 (B)

#CLEANWALKING

Monday 11 July

- Richard McLaren's crucial World Anti-Doping Agency (WADA) Independent Commission report into allegations of an orchestrated and state-supported doping scheme at the Sochi 2014 Winter Olympic Games will be released on July 18 in Toronto, it was announced today. The report will address accusations made by Grigory Rodchenkov, the former head of the Moscow Anti-Doping Laboratory before turning whistleblower, who claimed that up to 15 Russian medal winners at Sochi 2014 were implicated in a clandestine operation in which doping samples were switched for clean ones. See <http://www.insidethegames.biz/articles/1039505/results-of-mclaren-report-into-sochi-2014-doping-allegations-to-be-released-on-july-18>.

Tuesday 12 July

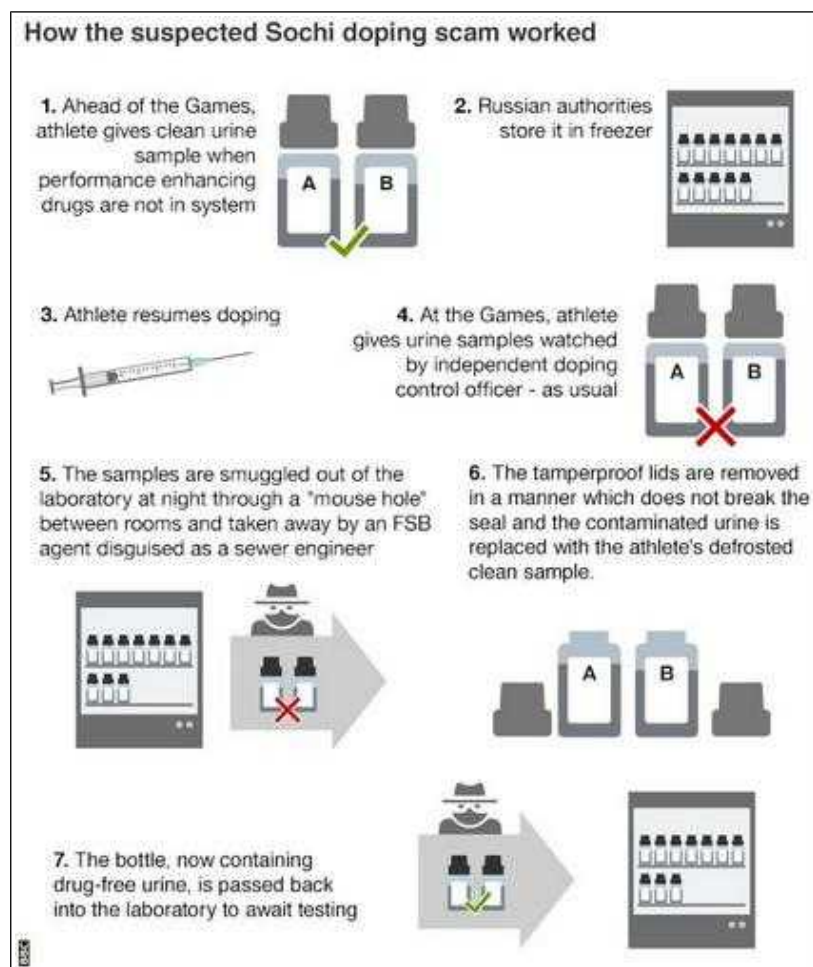
- International Athletics coach **Claudio Berardelli** who is being investigated by Police over doping has been released by a court on a cash bail of Sh200,000. Berardelli, an Italian national aged 36, has been offering coaching services for the last 11 years to Kenyan athletes. He had been in custody since July 5. See <http://www.nation.co.ke/sports/athletics/Beleaguered-coach-Berardelli-out-on-cash-bail/-/1100/3292226/-/1yrgt5z/-/index.html>.
- Kenya's Olympics-bound athletes have raised concern over the "unprofessional way" in which out-of-competition doping tests were being done in their North Rift residential training camps. On Tuesday, track and field athletes protested at what they termed as "unco-ordinated" and "disruptive" testing. "This morning, for instance, marathon runners were called along with steeplechaser Ezekiel Kemboi for the tests and we had to disrupt our training," Wesley Korir, the team's spokesman and marathon runner, said on Tuesday as Sports Cabinet Secretary Hassan Wario launched the team's training camp in Eldoret. "When we arrived for the tests, we were kept waiting for hours. Some officials asked us to return the following day, others don't know how to carry out the tests," added the Cherangany Member of Parliament. The joke that is Kenyan athletics continues! See <http://www.nation.co.ke/sports/athletics/Unprofessional-tests-anger-Kenyan-runners/-/1100/3292214/-/7hmf0g/-/index.html>.
- Britain's anti-doping agency made a "ghastly mistake" in its handling of a probe into the role of a doctor accused of supplying banned drugs to athletes, the chairman of UK Anti-Doping (UKAD) David Kenworthy has admitted. The Sunday Times reported in April that Dr Mark Bonar prescribed banned drugs to 150 sports figures including several Premier League footballers. Kenworthy's admission follows the publication of an independent report commissioned by the government following the allegations. See http://asia.eurosport.com/athletics/uk-anti-doping-chief-admits-grave-mistakes-after-critical-report_sto5684236/story.shtml.
- A senior UK Anti-Doping (Ukad) figure is understood to have been suspended after a report criticised its handling of a case involving a Harley Street doctor alleged to have supplied performance-enhancing drugs to professional sportspeople. Sources have told The Times that Graham Arthur, legal director at Ukad, was suspended after a review by a former senior policeman found that it failed to inform the General Medical Council of the allegations against Dr Mark Bonar, despite being asked to do so seven times. See <http://www.thetimes.co.uk/article/uk-anti-doping-official-suspended-cnkct8f2l>.
- **Alex Schwazer's** hopes of having a doping suspension lifted in time for him to compete at next month's Olympic Games in Rio de Janeiro have suffered a setback. The 2008 Olympic 50 kilometres race walking gold medallist had asked Italy's National Anti-Doping Tribunal (TNA) to quash the ban so he could take part at Rio 2016. TNA has said NO, advising they do not have jurisdiction to rule on the ban and said that Schwazer must take his case to the Court of Arbitration for Sport if he wants it lifted before Rio 2016. See <http://www.insidethegames.biz/articles/1039535/italian-national-anti-doping-tribunal-refuse-to-hear-schwazer-case-before-rio-2016>.

Thursday 14 July

- The meldonium debacle continues with former world 1500m champion **Abeba Aregawi** now hoping to feature at the Olympic Games in Rio after a suspension for failing a drug test was lifted. The 26-year-old Swede tested positive for meldonium on 12 January this year but new guidelines say anyone testing positive who took it before then is free to compete - it is not known how long the drug can stay in the system. See <http://www.bbc.com/sport/athletics/36800453>.
- Italian athletics agent **Federico Rosa** was on Thursday formally charged with six counts related to doping and ruining the reputations of two Kenyan athletes. Rosa, a director with athletics management company Gabrielle Rosa and Associati, is the first international sports agent to be charged under Kenya's new anti-doping laws. He was remanded in police custody until Monday, when the court will rule on his bail application. It will also decide whether he should be given back his passport so that he can travel with his athletes to Europe and Latin America. See <http://www.nation.co.ke/sports/athletics/Athletics-agent-Rosa-is-charged-with-doping/-/1100/3295372/-/cthgkgz/-/index.html>.
- International Olympic officials will try to find "the right balance between collective responsibility and individual justice" in dealing with Russian doping allegations ahead of the games in Rio de Janeiro, IOC President Thomas Bach said Wednesday. Bach spoke in an interview five days before the release of the report by Canadian law professor Richard McLaren into allegations of a state-sponsored Russian doping conspiracy at the 2014 Winter Games in Sochi. See http://m.apnews.com/ap/db_307134/contentdetail.htm?contentguid=NUfhpMfm.

Monday 18 July

- The long awaited **WADA McLaren report into doping in the Sochi Winter Olympics** was released on Monday, and it provides further explosive evidence against Russia. According to the report, Russia operated a state-sponsored doping programme for four years across the "vast majority" of summer and winter Olympic sports. It was "planned and operated" from late 2011 - including the build-up to London 2012 - and continued through the Sochi 2014 Winter Olympics until August 2015. Russia's sports ministry "directed, controlled and oversaw" manipulation of urine samples provided by its athletes. It says Russian athletes benefited from what the report called the "Disappearing Positive Methodology", whereby positive doping samples would go missing. This diagrams shows how it all worked:



IOC president Thomas Bach described the commission's findings as a "shocking and unprecedented attack on the integrity of sport and on the Olympic Games" and pledged to enforce the "toughest sanctions available" against those implicated. For its part, WADA has recommended the IOC "decline entries, for Rio 2016, of all athletes" submitted by the Russian Olympic Committee and the Russian Paralympic Committee. Russian government officials should also be banned from this summer's Games. See further details at <http://www.bbc.com/sport/36823453> and <http://www.iol.co.za/sport/athletics/wada-damning-report-on-russian-doping-2046642>.

- Here is the full report: https://wada-main-prod.s3.amazonaws.com/resources/files/20160718_ip_report_final3.pdf.
- Here is WADA's official statement, made in releasing the report. <https://www.wada-ama.org/en/media/news/2016-07/wada-statement-independent-investigation-confirms-russian-state-manipulation-of>.
- The WADA Athletes Committee has made its own press release, urging that "Russia should be banned from the Rio Olympics, Paralympics, and other international events, and that International Federations must enact sanctions so as to protect clean sport." See <https://www.wada-ama.org/en/media/news/2016-07/wada-athlete-committee-statement-on-the-mclaren-report>.
- The IOC has been quick to come into the fray with IOC president Thomas Bach saying the committee won't hesitate to apply the toughest sanctions available. Apparently, the IOC executive board will meet today to begin sorting through options. See <http://www.sportsfan.com.au/ioc-vows-to-hit-russia-hard/tabid/91/newsid/204777/default.aspx>.
- Of course, Russian reaction was as expected. A film portraying banned Russian athletes as victims of a political smear campaign was shown on state television on Monday, the same day on which the international report on Russian doping was published. See https://www.theguardian.com/sport/2016/jul/17/banned-russian-athletes-smear-campaign-documentary-rio-olympics-2016?CMP=share_btn_tw.
- In the lead-up to the McLaren Report release, journalists from Australia who have covered the Russian issue had been sent an email from the Russian government's sports station Match TV, asking them to view this documentary. This seems to be part of a desperate worldwide charm offensive to fight the threat of being kicked out of the Rio Olympics. Boy, they still don't get it, do they! See <http://www.news.com.au/sport/russia-emailing-olympic-rivals-in-worldwide-attempt-to-save-team-from-being-kicked-out-of-rio/news-story/e7ddf9101402099a35fbbdccc807565>.
- Once the report was released and world condemnation was immediately forthcoming, they changed their tack once again, the Kremlin saying it will suspend Russian officials named in in the WADA report. The big question is why they have not done it before now! Their response is the usual joke with one step forward followed by their usual two steps surreptitiously backwards. See <http://www.iol.co.za/sport/athletics/kremlin-vows-to-suspend-officials-named-in-report-2046747>.
- Of course, this all puts further pressure on Russia ahead of their CAS appeal against the exclusion of their T&F team from Rio. The appeal will be heard tomorrow at the Lausanne-based Court of Arbitration for Sport with a verdict set to be reached by Thursday. Sometimes timing is everything!
- Australian TV current affairs program Four Corners aired its own doping expose on Monday evening in Australia by screening *The Race to Dope*, a 44 minute film by Xavier Deleu for Arte France. It features interviews with many of the main players but is a bit out of date now (it features an interview with Alex Schwazer before he failed his latest drugs test). If you missed it, you can check it out on iview (see <http://iview.abc.net.au/programs/four-corners/NC1604H025S00>).

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- England's Independent newspaper has been unstinting in its reporting of the current drugs scandal. Their analysis of the current Russian situation is spot on and their call to ban that country completely from all sport is a strong one. See <http://www.independent.co.uk/sport/olympics/athletics/russia-doping-scandal-only-when-an-exclusion-is-absolute-might-russia-begin-to-get-the-message-a7142741.html>. "Only when an exclusion is absolute might Russia begin to get the message."
- Things are developing quickly in the Kenyan courts. Athletics coach **Claudio Berardelli** has now been charged with administering a banned performance-enhancing drug to world marathon champion Rita Jeptoo, amid anxiety that the move will hurt Kenya's performance in the Olympic games next month. Berardelli, 36, was charged along with Stephen Kiplagat Tanui, a pharmacist in Kapsabet town, and Daniel Cheribo Kiplangat for conspiring to injure the athlete's profession by administering Erythroietin to her. See <http://www.nation.co.ke/sports/athletics/Court-charges-coach-Berardelli-with-doping-/-/1100/3300034/-/kvlfln/-/index.html>. Three of the five Kenyan men facing doping charges alongside Berardelli were outed in a recent undercover operation by British newspaper The Sunday Times and German broadcaster ARD. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11676993&ref=rss.
- The Ethiopian Athletics Federation has banned two marathon runners for four years each after they tested positive for steroids. The EAF says **Taemo Shumye** tested positive for nadrosterone last September, and **Sentayehu Merga** tested positive for 19-norandrostenedione last December. Their bans came into effect on Jan. 25 this year. EAF spokesman Sileshi

Bisrat says four other athletes remain under investigation by the World Anti-Doping Agency and the IAAF for doping. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11677116&ref=rss.

- Lithuanian marathon runner **Zivile Balciunaite** has been banned for eight years after testing positive for meldonium in April. In 2010, she won gold in the European Championship but was stripped of her medal after failing a doping test because of excessive levels of testosterone and epitestosterone. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11676979&ref=rss.

ANOTHER RACEWALK STAMP

How exciting – another racewalking stamp has been sent to me by Alex Wijsman and it's one I have never seen before. Here it is



And here's a more thorough explanation:

The Emirate of Ajman is one of the seven current states constituting the United Arab Emirates. With an area of just 260 square km, it is the smallest of the emirates by area. Ajman issued its first stamps on 20 June 1964. The shaikhdom agreed to join the United Arab Emirates on December 2, 1971. The UAE took responsibility for postal operations on 1 August 1972. Hence it issued stamps from only 1964 to 1972. This set, issued on 22 February 1971, was in honour of the 1972 Olympics in Munich and featured 16 ordinary stamps (in the form of a sheetlet), 4 airmail stamps (in the form of a sheetlet) and a miniature sheet. One of the 16 small stamps was labelled LONG WALK and features racewalking.

See this stamp, along with many other racewalking related ones, at <http://www.vrwc.org.au/vrwcstamps.shtml>.

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, Mt Stromlo, Canberra, ACT. Entries close Sunday 7th August. 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. See <http://www.london2017athletics.com/>.
- 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	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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