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The official organ of the Victorian Race Walking Club,
Inc.

Editor: Stu Cooper stuwalks@yahoo.com.au

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* by **cash** on race days.

** WALKER OF THE WEEK **

There was a bit of a delay in getting the results of the NSW Long Walks championships, held on Sunday 21 August, and they arrived too late for last week's issue. But it was worth the wait to be able to credit 20yo **Hannah Mison** with this week's WOTW, following her excellent performance in winning the State 20km title.

Hannah's time of **1:43:20** ripped 1:12 from her previous best of 1:44:32, set in the heat of Adelaide in February. A Wagga athlete, Hannah has embraced the tough middle distance events and, working hard under the guidance of coach Frank Overton, she is building her condition impressively. We will look forward to seeing her hit the Middle Park course in just under two weeks for another assault on her 20km PB.

Well done, Hannah! And good luck in Melbourne.



Photo: The Advertiser

*Honourable mentions

- **Iggy Jiminez** (QLD, 49yo) – yet another sub-50min 10km to win the QRWC road title, this time in **49:17**.
- **Andrew Duncan** (WA) – a strong solo performance in the WARWC 20km championship, winning in **1:45:49**.
- **Mya McClure** (VIC, 11yo) – impressed with an attacking effort in her first 1.5km race, clocking **7:51** in chasing Ariana Pashutina right to the line.



CLUB NEWS and RESULTS

** 2022 WINTER POINTS COMPETITION - RESULTS

The winners of both the **Actual Times** and **Handicap** competitions were posted in last week's issue. If you missed it, it can be found at <http://www.vrwc.org.au/newsletters/heelandtoe-2022-num34.pdf>

For a detailed breakdown of the points accrued by all athletes in both categories, visit <http://www.vrwc.org.au/vrwcpointscmps.shtml>

****Many thanks to all our Club officials and workers***

We all know that no sporting event succeeds without those who work behind the scenes to make it successful. It took contributions, great and small, regular and incidental, from many individuals to enable us to complete a Winter road program for the first time since 2019.

These valuable souls were vital in performing the many tasks – race planning, handicapping, results collation, race judging, photography, race management, first aid, setting up and packing away of race courses and officials stations, timekeeping, path sweeping etc. During the challenging weeks of July/August when many regular officials were away travelling, others leapt into the breach to assist when needed. We would like to acknowledge them here, and to invite everyone on the list to join the walkers at the Presentations on Saturday afternoon and receive a gift in appreciation of their work.

Officials and helpers

Terry Swan
Mark Donahoo
Karyn O'Neill
Terry O'Neill
Tim Erickson
Ralph Bennett
Donna-Marie Elms
Heather Carr
Madeleine Feain
Donna Dickson
Darlene Swan
Ian Laurie
Therese Smith
Gerard Feain
Margaret Hay

Paul Moritz
Eda Girgin
Kevin Cassidy
Gwen Steed
Bill Carr
Heather Carr
Alla Pashutina
Ross Reid
Fran Attard
Dannie McKinnon
Simon Baker
Richard Nash
Debbie Nash

Race judges

Gordon Loughnan
Di Lowden
Kathleen Marsh
Brenda Felton
Shane Dickson
Scott Nelson
Peter Price
David Cash
Michael Bodey
Terry O'Neill
Tony Doran

***** Coming up this weekend ...***

VRWC Relay race and Club races – Saturday 3 September Middle Park

2:15pm Relay race (*entries for this have now closed*)
2:30pm 4km Open
1km Open

*Enter for the 4km and 1km by no later than 11.59pm,
Wednesday 31 August
<http://vrwc.org.au/wp1/>*

3:30pm **Winter presentations**

***** RELAY TEAMS for this Saturday *****

Thanks to **Mark Donahoo** for organizing the teams in such a short time following his return from overseas. Mark has put together five balanced and competitive squads for what should be an entertaining and, hopefully, dramatic contest. Thanks also to **Char, Beau, Alejandro, Madeleine** and **Grace** for being ready to double up if necessary.

Team 1 (Start: 2.15)

2km – Ela Uzun
1km – Beau McKinnon
3km – Emily Smith
1km – Beau McKinnon
2km – Kylie Irshad

Team 2 (Start: +20secs)

2km – Alejandro Stephens
1km – Donna-Marie Elms
3km – Daniel Pashutin
1km – Jaida Robertson
2km – Alejandro Stephens

Team 3 (Start: +25secs)

2km – Madeleine Feain
1km – Mya McClure
3km – Kevin Cassidy
1km – Haris Ali
2km – Grace Louey

Team 4 (Start: +50secs)

2km – Char Hay
1km – Aydin Uzun
3km – Marcus Wakim
1km – Zoe Bowkett
2km – Char Hay

Team 5 (Start: +1m 20secs)

2km – Ariana Pashutina
1km – Levi Robertson
3km – Riley Coughlan
1km – Lily Bowkett
2km – Havana Ali

****Judging*** – If a walker is given three Red cards during their leg (or legs if they are doubling), that walker’s team will receive a 30-second time penalty. This will be added to their team finish time. (No walker will be disqualified – all teams will be able to finish their five members.)

VRWC Club events, Saturday 27 August – Middle Park



Make sure you're walking when you cross that line, you lot! (Hmm ... is Marcus already turning for his 2nd lap?)

We had 22 walkers line up for easily the best weather conditions since May – indeed, some were showing the effects of the warm sun by race’s end. We can only hope to enjoy similar weather for next week’s Relay race and the AA Winter Road championships the following week ... but in Melbourne, of course, you just never know.

Most entrants elected for the shorter races, with only **Madeleine Feain** (12km) and **Alejandro Stephens** (10km) completing the longer ones, both backing up after good 20km efforts last Sunday. **Marcus Wakim** whipped through 5km in an impressive **22:34**, obviously gearing up for a battle with his interstate rivals in two weeks. **Emily Smith** was the quickest of the 5km women in **29:09**.

The 3km saw a good finishing duel between **Kevin Cassidy 15:25** and **Daniel Pashutin**, whose **15:27** was a PB.

We were pleased to see **Ariana Pashutina** return to the course, having recovered from a nasty foot fracture that curtailed her points season. Taking things cautiously and starting in the 1.5km, Ariana showed she hasn’t lost much fitness with a narrow win over a determined **Mya McClure, 7:46 to 7:51**. Biggest improver on the day was **Amelia Vernal** who demolished her PB by 33secs with a time of **9:22**.

And so to next week and the Relay race – our final Club fixture at Middle Park for the season (other than the AA/RWA Winter Road championships). Remember that, immediately following the Relay, our **Winter presentations** and Fathers Day raffle draw will be held in the Main Hall. So come along and get your gong!

Results:

12km Open

1 Madeleine Feain F 554 1:12:49

10km Open

1 Alejandro Stephens M 764 55:59

-- Geromi Tucker M 772 DNF

5km Open

1 Marcus Wakim M 706 22:34

2 Mark Blackwood M 534 25:29

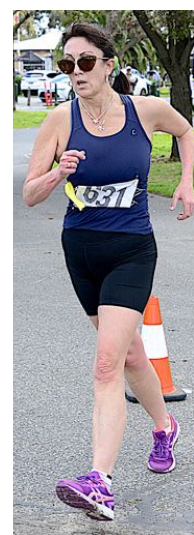
1 Emily Smith F 692 29:09

2 Grace Louey F 601 30:15

3 Donna-Marie Elms F 194 34:25

4 Karyn O'Neill F 317 36:58

-- Char Hay F 552 DNF



3km Open

1 Kevin Cassidy M 710 15:25

2 Daniel Pashutin M 736 15:27 PB 0:19

3 Steve Haverly M 499 26:29

-- Beau McKinnon M 775 DNF

1 Kylie Irshad F 631 17:15

1.5km Open

1 Levi Robertson M 774 8:15

1 Ariana Pashutina F 721 7:46

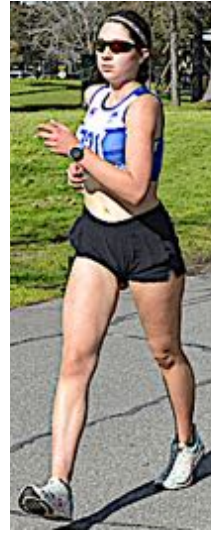
2 Mya McClure F 778 7:51 First 1.5km

3 Amelia Vernal F 765 9:22 PB 0:33

4 Jaida Robertson F 791 9:24

5 Zoe Bowkett F 768 9:39

-- Lily Bowkett F 782 DNF



**** This week's (individual) action models:**

Mark, Ariana, Emily, Levi, Geromi, Mya, Amelia, Kylie and Grace

All of **Terry Swan's** photos will be available to be viewed at the website Photo Gallery, as well as on the VRWC Facebook page.

We notice that **Terry** has now expanded his talents to include tracking cinematography! Visit <https://www.facebook.com/1257066816/videos/oa.1239992396760344/1950326858505638> to see this 'pro' go.

And once again, many thanks to the judges, officials and helpers whose work made for a successful day's racing. Apologies if your name was omitted – we appreciated your contribution.

Set up & pack up	Donna Dickson, Shane Dickson, Madeleine Feain, Donna-Marie Elms, Stu Cooper, Kyle Swan, Terry Swan, Ian Laurie
Race referee/manager	Stu Cooper
Check-in, registration	Michael Bodey
Judges	Gordon Loughnan (chief), Michael Bodey, Tony Doran, Brenda Felton, Di Lowden, Shane Dickson, Kathleen Marsh, Scott Nelson, Terry O'Neill
Race starter	Stu Cooper
Timekeepers	Ian Laurie, Darlene Swan, Emily Swan, Kyle Swan
Photographer	Terry Swan
No. of walkers	22

***PLEASE NOTE:** Each week there is an Officials sign-in sheet on the Canteen bench in the Club room. If you assist with any of the duties or tasks listed below, please sign your name on the day so that we can credit you in 'H&T' and elsewhere for your efforts.



NEW SOUTH WALES **ANSW Long Walks c'ships, 21 August – Angle Park, Chipping Norton**

Frank Overton reports on these NSW State championships which had reasonable younger age-group representation. Reflecting the situation in Victoria, there were 'zero' entries for their Senior 30/35km titles. (A familiar story these days, unfortunately, as such distances are unappealing to those without the time, means or inclination to train for them.) Nevertheless, it's from the junior ranks that the future champions will emerge, so keeping progressive competition pathways open to them is vital.

NSW's Long Walks Championships were held in glorious weather conditions yesterday (Sunday 21st) at Chipping Norton.

Wagga's **Hannah Mison** set an impressive PB winning the open women's 20km walk. She clocked **1:43.20** to clip over a minute from her previous best set in Adelaide in February, when she placed a promising 5th in the Oceania Championships in 1:44.32. Hannah, 20, is ranked nationally just behind Australia's outstanding group of international race walkers. Also competing over 20km, Westfields teenager **Raven Pyda** took out the U20 event in **1:58.41**.

Members of NSW's terrific group of rising junior women stars – **Elizabeth McMillen** (SYP) and **Hannah Bolton** (MIN), were again in action. Both took on the challenge of the 15km walk. Elizabeth, 18, has one more year in juniors, and Hannah, who turns 19 in December, is nearing her final competitions as a junior. Both will step-up to the 20km as seniors, so 15km was a good introduction to the longer distance for them. Elizabeth won the U20 15km walk State title in **1:17.25**, from Hannah with **1:24.55**.

Other NSW champions crowned on the day were:

U16 5km walk boys **Joel Byatt** (GIR) 28:43
 U16 5km walk girls **Sienna Pitcher** 26:01
 U18 8km walk boys **Brendan Pospischil** (WIN) 47:36
 U18 8km walk girls **Tara Laytham** (RBH) 48:12
 U12 2km walk boys **Callum Martin** (Adm) 10:44
 U12 2km walk girls **Hannah Hewitt** (ASW) 11:08
 U14 3km walk girls **Sophie Polkinghorne** (PAR) 15:45
 U14 3km walk boys **Jaxson Horton** (WES) 16:45

All results:

Women 20km Open

1 Hannah Mison Koorinal W 1:43:20

Women 15km U20

1 Elizabeth McMillen Sydney Pacific 1:17:25
 2 Hannah Bolton Mingara Regional 1:24:55

Mixed 8km U18

1 Brendan Pospischil Winston Hill 47:36
 1 Tara Latham Randwick Botany 48:12
 2 Laelia Byatt Girraween Ath. 50:30
 -- Jack Robson Hills District DQ

Mixed 5km U16

1 Sienna Pitcher Mingara Regional 26:01
 1 Joel Byatt Girraween Ath. 28:43
 2 Ciara Cassilles Westfields 26:45
 2 Kane Robson Hills District 30:39
 3 Jessey Bektas Nepean District 30:46
 3 Aidan Pospischil Winston Hill 33:34
 4 Lilah Norden Kembla Joggers Inc. 31:05
 5 Abbey Bektas Nepean District 31:28
 6 Laura Corvalan Soto. Girraween Ath. 33:47
 -- Evie Armstrong Read Randwick Botany DQ
 -- Peter Charlton Eastlakes Ath. DQ

Men 20km U20

1 Raven Pyda Westfields 1:58:41

Mixed 15km Masters

1 Antoinette Woodward UTS North 1:49:05
 -- Anne Weekes Illawong Rev DNF

Mixed 2000m U12

1 Callum Martin Adamstown N 10:44
 1 Hannah Hewitt Asics Wests 11:08
 2 Erin Cassilles Westfields 11:14
 2 Patrick Waddington Winston Hill 12:24
 3 Nikki Hearnden Macquarie Hu 12:31
 3 Michael Mathison Westfields 13:08
 4 Olivia Loring Parramatta C 12:56
 4 Sagan Jones Hills District 14:10

Mixed 3km U14

1 Sophie Polkinghorne Parramatta C 15:45
 1 Jaxson Horton Westfields 16:45
 2 Maisie Mitchell Asics Wests 15:45
 3 Jessica Loring Parramatta C 16:33
 4 Ruby Kernaghan Westfields 17:10
 5 Emma Hearnden Macquarie Hu 17:25
 6 Emma Hoskins Hills District 18:42
 -- Alexander Braendle Asics West DQ
 -- Christopher Nilon Parramatta C DQ



Hannah – 20km PB



Elizabeth – 15km winner



5km U16: Sienna leads from Ciara

(Photos: Frank Overton)

QUEENSLAND QRWC Club c'ships, 28 August – Logan River Parklands, Beenleigh

Robyn Wales reports that the weather was beautiful at Beenleigh for the QRWC championships.

Open 10km

Men:

- (1) Ignacio Jimenez 49.17
- (2) Peter Bennett 1.06.40
- (3) Patrick Sela 1.28.10

Women

- (1) Brenda Gannon 1.00.14
- (2) Jennifer Stuckey 1.08.17
- (3) Dash Newington 1.10.44

Masters:

- (1) Joy Dale 1.18.54
- (2) Noela McInvren 1.33.28

U20 8km

Women:

- (1) Jasmine-Rose McRoberts 55.52

U18 6km

Men:

- (1) Sam McCure 29.13

Women:

- (1) Anika Clarke 33.26
- (2) Mia Bergh 34.27
- (3) Summer Millard 35.24
- (4) Korey Brady 41.17
- (5) Phoebe Chadwick 42.35
- Ashanti Heap DNF

U16 4km

Men:

- (1) Bailey Housden 19.27
- (2) Roel Wheeley 21.22
- (3) Alex Bradley 21.57
- (4) Kai Dale 22.36

Women:

- (1) Lyla Williams 22.27
- (2) Lily Goulding 24.28
- (3) Katie Bray 24.50
- (4) Taylah Morris 26.07

U14 2km

Men:

- (1) Noah Wheeley 17.19

Women:

- (1) eq. Destinee Pickvance-Yee, Makenna Clarke 10.19
- (3) Natasha Flahey 11.15
- (4) Maya Barron 11.17
- (5) Olivia Boulton 11.27

U12 1.5km

Men:

- (1) Lachlan Moore 8.59
- (2) Eli Melinz 10.08
- (3) Hunter Sibenaler 10.14

Women:

- (1) Isabella Welch 8.22
- (2) Kiara Waterman 8.23

U10 0.75km

Men:

- (1) Dylan Moore 5.07

Women:

- (1) Freya Williams 4.12
- (2) Savannah Dunleavy 4.15
- (3) Tully Fisher 4.41
- (4) Amelia Chisholm 4.55
- (5) Dakota Vicary 5.44

SOUTH AUSTRALIA SARWC 'Timed races' results, 27 August - Sth Parklands, Adelaide

SARWC is one of the few clubs – outside of ultra-distance – that still provide 'how far in a set time' races, a once-popular and frequently seen format. Thanks to **Kim Mottrom** for the results.

1 hour walk

Rhiannon Lovegrove	10,511m
Mel Grantham	9,673m
Peter Crump	9,629m
Jasmine Crabb	7,576m
Bill Starr	7,457m

15-minute walk

Liliana Templer	2,343m
Kristy Templer	1,734m
Amelia Haseldine	1,558m
Martin Crabb	1,102m

30-minute walk

Kim Mottrom	6,780m
Sebastian Richards	5,397m
Cooper Rech	5,293m
Katie De Ruvo	5,169m
Daisy Braithwaite	4,975m
Greg Metha	4,888m
Orlando Grantham	4,772m
Stephen Downs	3,851m
Robert Crabb	3,575m
Anthony Crabb	3,573m

TASMANIA

TWRC Results, Saturday 27 August - Seven Mile Beach

David Moore reports:

A sunny day with light winds for our Walk at Seven Mile Beach today. Our youngsters all showed good walking form, while our Masters geared up for next week's TMA Road Championship with a welcome return from injury by **Wayne Fletcher**.

1km		
1. Adele Woodward	OVA	7.25
2. Elise Woodward Huon	LA	8.21
1.5km		
1. Isla Direen	Huon LA	13.30
2km		
1. Lucas Carr	Kingston LA	17.48
3km		
1. Lily Carr	Kingston LA	20.59
2. Wayne Fletcher	NS	28.58
3. Dave Moore	TMA	28.58
5km		
1. Elizabeth Leitch	TMA	36.48
2. Ron Foster	NS	42.00

WESTERN AUSTRALIA WARWC Club c'ships, 28 August – Perry Lakes

Perth has continued its run of perfect weather for race walking, this time blessing the WARWC on their championship day with a number of PBs resulting. Thanks to **Terry Jones** for the results.

Andrew Duncan's 20km result was an impressive effort, with what looks to have been a good contest occurring between **John Ronan** and **Xavier Bernard** over 5km. With both these lads racing in Melbourne on Sunday week, the U16 Boys 5km is shaping as possibly the races of the championships. Can't wait!

Open M 20K		U16 W 5K	
Andrew Duncan	1:45:49	Kaytee Bogaers	29.00
Ben Reid	DNF		
Open W 20K		U14 W 3K	
Wendy Farrow	2:20:52	Aleeah Pike	19.49
Marcela Ruiz	2:47:37		
U20 W 10K		U14 M 3K	
Emily Bogaers	1:34:28	Linkin Lawrence	21.03
U18 W 10K		U12 W 2K	
Lataya Lawrence	1:05:23	Sophia Nichols	
Masters M 5K		U10 W 1.5K	
Steve Travell	45.32	Lachlan Nichols	8.17
		Hunter Sardelich	DQ
Masters W 5K			
Karyn Tolardo	30.24		
Glenys Duncan	47.34		
U16 M 5K			
John Ronan	23.13		
Xavier Bernard	23.48		
Luke Lawrence	33.21		



INTERNATIONAL NEWS

UNITED KINGDOM: *** Thanks for the memories, Tom!*

Tom Bosworth completes final event in Tonbridge

Reprinted from *BBC News online*

British race walker **Tom Bosworth** has completed the final event of his career at his first home club in Kent.

The 32-year-old, who won silver in the men's 20km race walk at the 2018 Commonwealth Games, announced his retirement in July.

The 3000m race took place earlier at Tonbridge Athletic Club as part of its 75th anniversary open meeting. In a tweet on Sunday, Mr Bosworth said: "It's not about times or medals, this is a thank you."

"Tomorrow I say farewell to a sport I've been involved with since 2001. I race back at my home club, Tonbridge AC, 3000m, at 2:45pm. If you're in the local area I'd love your support. It's not about times or medals, this is thank you back to all who started me on this adventure.



Span of a career: Tom starting out at Tonbridge ...



... and finishing there: 3000m in 11:41:18.

(Photos: Tonbridge School; BBC News)

The athlete set a British 20km race walk record at the 2018 Commonwealth Games of one hour 19 minutes and 38 seconds, with Australia's Dane Bird-Smith taking gold.

He was sixth in the same distance at the Rio Games in 2016 and seventh at the 2019 World Championships in Doha. The 2017 World Championships, however, saw him disqualified. In 2020, he set a new British 5,000m race walk record at the National Indoor Championships in Glasgow.

His last major event was this year's Commonwealth Games in Birmingham, after which he tweeted: "To receive a standing ovation on the final lap is a memory I'll never forget."

"That was a sensational last lap. I'm proud to have made the start line and walk myself round in front of that crowd. To receive a standing ovation on the final lap is a memory I'll never forget. None of this was meant to happen to me, but I kept turning up and enjoyed the journey."

(For the record, Tom made certain of putting on a strong showing in his last race at Tonbridge, recording a rapid **11:41.18** for the 3000m – *Ed.*)

UNITED KINGDOM: Southend City Mile ('B' race), 29 August – Garon Park, Southend

Report courtesy **David Ainsworth:**

17 started in perfect conditions.

Again, a well supported race (best since this event first appeared on the calendar was 23). Thanks to host Club's June Cork & Keith Palmer for their enthusiastic input. This saw race walking before a large crowd, as this all-day event attracted nearly 400 entries, with many parents and guardians trackside.

International **Dan King's** class saw him lead from gun-to-tape and also draw applause from the crowd, who knew how to show appreciation for such an emphatic winner. Dan King's children made race walking debuts - so their names may be ones to look out for in future times.

With both genders and all various age groups, all competitors' efforts were rewarded by medals - which reflected the host Club's change of name to "**City of Southend AC**"

1.	Dan King	Colchester Harriers	7:01.4	
2.	Emma Dyos	Ilford AC	8:48.7	PB & Women's Track record.
3.	Colin Harle	Belgrave Harriers	9:15.4	PB
4.	John Arthur	Ilford AC	9:17.0	PB
5.	Linda Mountford	Castle Point Joggers	9:27.9	PB

6. Rachel Lawless	Ilford AC	9:32.6	PB
7. Simon Morgan	Colchester Harriers	9:39.6	SB
8. John Borgars	Herts Phoenix	10:15.1	
9. Lesley Morris	Ilford AC	10:18.0	
10. Keith Palmer	City of Southend AC	10:27.3	
11. Steve Allen	Ilford AC	10:58.2	
12. Floriane King	Unattached	11:28.0	
13. Maxime King	Unattached	11:48.4	
14. Alan O'Rawe	Ilford AC	12:01.9	
15. Dave Ainsworth	Ilford AC	13:29.4	
16. Val Mountford	Eastern Masters AC	13:50.7	
17. Shaheda Arthur	Ilford AC	16:15.8	

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 30/08/2022 Tom Bosworth (GBR): the farewell race in Tonbridge
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4451&fbclid=IwAR3jQNoHUHlxt_Y-Ai7gu4vV184a_xV5sgEJS4uk9R6EDeDbNj8n_gN_e-M (Contains a detailed list of all Tom's personal best performances, as well as his progression markers over 10km and 20km.)

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, August 29, 2022 - Ella Rautawaara breaks Finland's under-18 record (3,000 m march)
<http://omarchador.blogspot.com/2022/08/ella-rautawaara-bate-recorde-sub-18-da.html>
- Sunday, August 28, 2022 - Europeans from Rome in spring 2024 with almost certain march
<http://omarchador.blogspot.com/2022/08/europeus-de-roma-na-primavera-de-2024.html> (Almost certain? There's something a little disquieting about this ... is there a suggestion out there that Euro Rome 2024 will *not* host walks of any kind?)
- Saturday, August 27, 2022 - Budapest 2023 World Athletics Championships with set calendar
<http://omarchador.blogspot.com/2022/08/mundiais-de-atletismo-budapeste-2023.html> (This contains a link to the WA program schedule)
- Friday, August 26, 2022 - European record W45 5,000 m march for Spain's María José Guardiola
<http://omarchador.blogspot.com/2022/08/recorde-da-europa-w45-de-5000-m-marcha.html> (For comparative purposes, the World record, held Australia's **Kelly Ruddick**, is 22:47.17.).
- Thursday, August 25, 2022 - One month to go until the Facoetti-Dahm Challenge in Montreuil
<http://omarchador.blogspot.com/2022/08/falta-um-mes-para-o-challenge-facoetti.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.

OTHER NEWS

AIU finds Russian race walkers Ivanov and Yerokhin guilty of further doping offences

(by Owen Lloyd – reprinted from insidethegames.biz)

Russian race walkers **Aleksandr Ivanov** and **Igor Yerokhin** have been found guilty of committing further anti-doping rule violations by the Athletics Integrity Unit (AIU).

Ivanov has been handed a two-year period of ineligibility which started on August 25 of this year after data from the Moscow laboratory showed one of his samples contained substances which are judged to be hormone and metabolic modulators.

The 29-year-old had 4-androstene-3,6, 17-trione and androsta-1,4,6-triene-3, 17-dione in his system.

The urine sample was taken during an out-of-competition test by the Russian Anti-Doping Agency (RUSADA) on May 6 2012.

It was only on October 30 2017 that the World Anti-Doping Agency secured data from the Moscow laboratory, supplied by a whistleblower.

It is the second time that Ivanov has been sanctioned for taking banned substances.

Ivanov has already served a two-year ban for a first violation which also resulted in his results from July 9 2012 to August 17 2014 being disqualified.

This meant that he was stripped of a 20 kilometres gold medal from the 2013 World Championships, as well as 2012 World Junior Championships and European Championships silver medals.

The AIU has now ruled that all results, medals, titles, points, prize money and prizes earned by Ivanov from May 7 2012 until August 25 2022 are null and void.

Yerokhin's sample in question was also from an out-of-competition urine test conducted by RUSADA on May 6 2012.

Endurobol and pseudoephedrine, a prohibited anabolic steroid and stimulant, respectively, were detected in Yerokhin's sample, the data shows.

Yerokhin will face no additional consequences as a result of already serving a lifetime ban, which has seen all of his results from February 25 2011 disqualified.

He had originally served a two-year period of ineligibility from September 9 2008 to September 8 2010, before receiving a lifetime ban on August 28 2013 for further infringements of anti-doping rules.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sun 11 Sep 2022 **AA & RWA Road walking c'ships; VRWC Centenary celebration** – Middle Park
Sun 18 Sep 2022 **VMA 5000m track walk c'ships** - Mentone

(NOTE: Full details of the **VRWC 2022 Winter Road season fixture** available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

TBA, 2023 **24th World Masters T&F Championships** – Gothenburg, SWE
TBA, 2023 **World University Summer Games** – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC) **19th World Athletics Championships** – Budapest, HUN

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