



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 10
8 December 2015



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WALKER OF THE WEEK

My Walker of the Week this time around is 17 year old Melbourne walker **Kyle Swan** who won the U18 5000m championship walk at last weekend's Australian All-Schools T&F Championships in Melbourne in a meet record time of **20:59.59**. It was a 10 sec PB and broke Tyler Jones' championship record by some 5 seconds. Kyle was one of our IAAF World Youth reps this year and looks set to challenge strongly for a place in our 2016 IAAF World Junior Championships team.

Mark O'Mahony summed it up all well in a Facebook post on Saturday

*Coaching at its best . . . **Frances Attard** identifying and nurturing a young walker through the early stages of his walk career. Encouraging and supporting him to develop a love for the sport bringing him through the various development stages. To recognize that Kyle had the drive and ability to benefit. From the vigorous training schedules set out by **Simon Baker** and to Simon for keeping him going to achieve the best results on track and road. The whole time Kyle receiving the right amount of love, encouragement and support from his family to keep interested to strive to do his best. In short congratulations to you all!*

Well put Mark. Behind every successful athlete is a strong coaching group and supportive family and friends. In Kyle's case, it is a big team, so well led by Fran and Simon and his dad Terry and his mum Darlene. Well done everyone.



Simon, Kyle and Fran celebrate a big walk last Friday evening

WHAT'S COMING UP

AV Shield continues this Thursday evening with Round 6 (program 1, 3000m and 1500m) across our 7 regions. As usual, check with your club in case there are any changes to the published venues which read as follows

- AV Shield Round 6, Program 1, Blue Zone, Frankston, Thursday 10 December
- AV Shield Round 6, Program 1, Red Zone, Doncaster, Thursday 10 December
- AV Shield Round 6, Program 1, White Zone, Nunawading, Thursday 10 December
- AV Shield Round 6, Program 1, Yellow Zone, Aberfeldie, Thursday 10 December
- AV Shield Round 6, Program 1, Ballarat Zone, Ballarat, Thursday 10 December
- AV Shield Round 6, Program 1, Bendigo Zone, Bendigo, Thursday 10 December
- AV Shield Round 6, Program 1, Geelong Zone, Geelong, Thursday 10 December

Then fast forward to Sunday when the **2015 Australian 50km Roadwalk** Championship will be held at Fawkner Park (rated by Jared Tallent as his favourite course) on **Sunday 13 December**. This is a chance for walkers to get a qualifying time on the board for the 2016 World Race Walking Teams Championships or 2016 World Junior Championships and it looks like quite a few have entered. The timetable for the day reads as follows

| | | |
|---------|---|---|
| 7.00am | Australian 50km Road Walking Championships | Cut-off: 5 hours |
| 8.00am | 20km non-championship Walk: Men and Women | Cut-off: Men 2 hours, Women 2 hours 15 mins |
| 9.00am | 10km non-championship Walk: U20 Men and Women | Cut-off: Men 56 mins, Women 60 mins |
| 10.00am | 5km non-championship Walk: U18 Men and Women | Cut-off: Men 28 mins, Women 30 mins |

The field for the Australian 50km looks like being a strong one with entries as shown below. Chris Erickson and Evan Dunfee are expected to fight out the major placings like last year but you can't discount Canadians Inaki Gomez and Ben Thorne who are both contesting their inaugural 50km. Coming off a month's hard training at the AIS in Canberra and with superb 20km PBs, anything is possible with these two world class walkers. Olympic and World Cup spots are up for grabs so expect some great racing.

Australian 50km Championship

| | | | |
|-------------------|--------------|---------|----------------------------------|
| Dunfee, Evan | Canada | 3:49:46 | Beijing, 2015 |
| Erickson, Chris | VIC | 3:49:33 | Taicang, 2014 |
| Gomez, Inaki | Canada | N/A | (20km PB 1:20:18, Taicang, 2014) |
| Hawksworth, Danny | VIC | N/A | (20km PB 1:46:37, 2013) |
| Jamieson, Andrew | VIC | 4:23:16 | Melbourne, 2008 |
| Mundel, Marc | South Africa | 3:55:31 | London, 2012 |
| Rayson, Ian | A.C.T | 3:57:55 | Melbourne, 2011 |
| Reading, Brendon | A.C.T | 4:19:30 | Melbourne, 2014 |
| Thorne, Benjamin | Canada | NA | (20km PB 1:19:57, Beijing, 2015) |

The other events also see lots of our top walkers in action. The women's 20km and the men's U20 10km in particular are very strong and I expect to see some great performances. If you are in Melbourne next weekend, you should set aside Sunday morning for this!

20km Men Invitational

| | | |
|--------------------|-------|---------|
| Christmass, James | VIC | 1:48:38 |
| Cowley, Rhydian | VIC | 1:23:27 |
| Felton, Jay | NSW | 1:32:07 |
| Fujisawa, Isamu | Japan | 1:19:09 |
| Hill, Justin | SA | 1:37:53 |
| Hosking, Michael | VIC | ? |
| Kollmorgen, Stuart | VIC | 1:34:42 |
| kozica, Jason | VIC | 1:44:44 |
| Rew, Quentin | VIC | 1:22:11 |

20km Women Invitational

| | | |
|---------------------|-------|---------|
| Barber, Alana | VIC | 1:33:20 |
| Fagan, Nicole | NSW | 1:35:55 |
| Goznik, Kristie | SA | 1:42:11 |
| Holliday, Tanya | A.C.T | 1:31:28 |
| Hosking, Jillian | A.C.T | 1:34:13 |
| Lamble, Regan | VIC | 1:30:03 |
| Ruddick, Kelly | VIC | 1:33:15 |
| Stigwood, Stephanie | A.C.T | 1:35:52 |
| Tallent, Rachel | A.C.T | 1:34:53 |

U20 Men 10km Invitational

| | | |
|----------------|-----|-------|
| Brasier, Emmet | VIC | 44:28 |
|----------------|-----|-------|

| | | |
|------------------|-----|-------|
| Garganis, Adam | VIC | 44:03 |
| Gibbons, Carl | NSW | 45:19 |
| Jones, Tyler | NSW | 43:24 |
| McCutcheon, Luke | QLD | 48:32 |
| Swan, Kyle | VIC | 43:38 |
| Tingay, Declan | WA | 44:19 |
| Walmsley, Reese | VIC | 48:05 |

U20 Women 10km Invitational

| | | |
|-------------------------|-------|-------|
| Billington, Tayla-paige | VIC | 48:40 |
| Hunt, Zoe | A.C.T | 49:45 |
| Montag, Jemima | VIC | 47:00 |

U18 Men 5km Invitational

| | | |
|------------------|-----|-------|
| Walmsley, Hayden | VIC | 27:01 |
|------------------|-----|-------|

U18 Women 5km Invitational

| | | |
|---------------|-----|-------|
| Clarke, Eliza | VIC | 24:27 |
|---------------|-----|-------|

2015 AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS, LAKESIDE STADIUM, MELBOURNE, 4-6 DECEMBER

I'll start first with a potted history of the Australian All-School Championships. The first championship meet was held in Adelaide on 13-14 December 1978 and included 3 age groups only - U15, U17 and U19. It stayed that way for 20 years until 1998 when the age groups were changed from U15/U17/U19 to U14, U15, U16, U17, U18 and U20 and the meet immediately grew in size and prestige. The Under 20 Division was discontinued after 2005 but was recommissioned as a once-off in 2008 for the Pacific Schools Games. The biggest ever All-Schools meet was held in 2009 in Hobart, with over 1400 young athletes in attendance and over 130 walkers contesting the racewalk events. That was also the last of the really big championship meets. The very next year the format was changed to U14, U16 and U18 and saw restricted participation with fields limited to 2 athletes per State. That has been changed a little since, with States now able to enter more than 2 but it is still a lot smaller than it used to be. This year saw 78 walkers in total in the 6 walk events, a good number but very small compared to 6 years ago. Personally, I preferred the old format with each age group catered for. I also think there is a strong argument for an U19 age group as many Y12 students turn 18 towards the end of their final school year and become ineligible to compete even though they are still school students. Anyway, it is as it is. Onto this year's meet.

The U18 5000m walks were held together (with a split start) at 8:15PM last Friday evening. After a hot and sunny Melbourne day, conditions were good with the dusk scheduling making for great racing conditions. 16 year olds **Kyle Swan** and **Declan Tingay**, along with 17 year old **Emmet Brasier**, went straight to the start and it was obvious that the winner was going to come from that grouping. Emmet eventually tailed off but Kyle and Declan showed no signs of tiredness as they went shoulder to shoulder for lap after lap. It was Kyle who increased the temp at the 3000m mark and he eventually broke away with 3 laps to go, going on to win in a PB time of 20:59.9, breaking Tyler Jones' meet record by some 5 secs. Declan was also on PB pace with his second place time of 21:08.81 while Emmet held on pretty well for thirds with 22:57.73. **Luke and Jamie McCutcheon** followed next, also breaking 24 mins. Lot of PBs overall.

Jemima Montag was an easy winner in the women's race with an excellent time of 23:13.04. 15 year old **Rhiannon Lovegrove** upstaged her older rivals, taking second in a PB 24:57.48, with 16 year old **Anna Cross** taking third with 25:15.39.

Boys U18 5000m Walk, 8:15PM, Friday 4 November

| | | | | | |
|-----|------------------|----|-----|----------|----------------------|
| 1. | Kyle Swan | 99 | VIC | 20:59.59 | PB 0:10, Meet record |
| 2. | Declan Tingay | 99 | WA | 21:08.81 | PB 0:26 |
| 3. | Emmet Brasier | 98 | VIC | 22:57.73 | |
| 4. | Luke Mccutcheon | 98 | QLD | 23:35.58 | |
| 5. | Jamie Mccutcheon | 99 | QLD | 23:52.33 | PB 0:35 |
| 6. | Connor Frew | 00 | ACT | 24:38.71 | |
| 7. | Tim Fraser | 00 | ACT | 25:04.40 | PB 0:54 |
| 8. | Benjamin Reid | 01 | WA | 25:06.16 | PB 0:18 |
| 9. | Callum Burns | 00 | ACT | 25:51.57 | |
| 10. | Jordan Glover | 99 | NSW | 26:18.29 | PB 0:17 |

Girls U18 5000m Walk, 8:15PM, Friday 4 November

| | | | | | |
|----|--------------------|----|-----|----------|---------|
| 1. | Jemima Montag | 98 | VIC | 23:13.04 | |
| 2. | Rhiannon Lovegrove | 00 | SA | 24:57.48 | PB 0:14 |
| 3. | Anna Cross | 99 | SA | 25:15.39 | Eq PB |
| 4. | Jasmyn McDonald | 99 | NSW | 25:23.01 | |
| 5. | Gabby Hunt | 00 | ACT | 25:42.18 | |
| 6. | Alice Randall | 00 | TAS | 26:43.46 | |
| 7. | Tiahna Ruane | 01 | WA | 27:02.20 | |
| 8. | Emily Pivac | 00 | WA | 27:04.73 | |
| 9. | Lauren Collis | 98 | VIC | 28:02.67 | |

| | | | | |
|-----|------------------|----|-----|----------|
| 10. | Hayley Jackson | 99 | WA | 28:33.07 |
| 11. | Ally Grujoski | 99 | NSW | 28:41.93 |
| 12. | Anna Blackwell | 01 | TAS | 29:08.59 |
| 13. | Rhiannon Minnett | 98 | NSW | 29:55.13 |
| 14. | Chloe Upton | 02 | SA | 31:28.30 |
| 15. | Jessica Lillie | 99 | VIC | 32:30.59 |



U18 walkers Declan Tingay, Kyle Swan, Luke McCutcheon and Jemima Montag

The U14 3000m walks were held in the middle of Saturday afternoon but luckily the expected 30C+ forecast had not yet been reached (or so it seemed from the sidelines). 13 year olds **Corey Dickson** and **Joe Cross**, along with 12 year old **Nikola Mandic**, were soon on their own out front, with nothing separating them for most of the race. It was eventually Corey who put the hammer down with 700m to go, forging a slight lead which he then held to the end, winning in a PB 14:04.21. Nikola was next over the line but had accumulated a number of reds and was eventually announced as a DQ, meaning that Joe took silver with his PB time of 14:08.91. **Nelson McCutcheon** followed on from his older brothers in Friday evening, taking third with a PB 14:54.30.

The girls race was a very different affair, with **Caitlin Hannigan** walking strongly and safely to build up a big lead, only to incur a red from the chief judge in the final 100m as she surged towards the line, some 150m ahead of the second placed girl and on target for a new meet record of around 14:20. Now I have issues with the way this rule is currently administered. It was brought in after a couple of very blatant runs to the line in either World or Olympic finals and the rule was meant to stop people running to the line and passing others in the final few strides. It obviously should not apply to a walker who is a mile in front and just surging for the line. In that case, any red card should only count for ONE, not THREE. I would like to see some sort of clarification here on what is currently a bad rule. Anyway, her demise opened the door for **Emma Blanch** who walked the race of her life, taking gold with a huge PB of 14:56.77, ahead of Victorians **Alanna Peart** 15:45.07 and **Georgia Clarke** 15:56.82.

I chatted with Caitlin's coach Robyn Wales after the race and Robyn subsequently emailed me as follows

Could you please mention in the newsletter that I wish to thank and congratulate Emma Blanch from NSW (who was awarded the gold medal) for the kind and gracious manner in which she accepted this win and how she took the time to comfort Caitlin and even apologize to her? I do not know who Emma's coach is or I would thank them personally so this is the only way I know how to do this. It was encouraging to hear of this sportsmanship from such a young athlete. I hope to meet up with her in Perth and thank her myself.

Boys 3000m Walk, 3:20PM. Saturday 5 December

| | | | | | |
|----|-------------------|----|-----|----------|---------|
| 1. | Corey Dickson | 02 | VIC | 14:04.21 | PB 0:20 |
| 2. | Joe Cross | 02 | SA | 14:08.91 | PB 0:03 |
| 3. | Nelson McCutcheon | 02 | QLD | 14:54.39 | PB 0:53 |
| 4. | Hayden Blaskett | 02 | NSW | 15:08.56 | |
| 5. | Gwyllym Young | 02 | ACT | 15:51.38 | |
| 6. | Martin Leerberg | 03 | NSW | 17:37.01 | |
| 7. | Kobe Hinton | 02 | QLD | 19:03.97 | |
| 8. | Adrian Upton | 03 | SA | 21:05.54 | |
| | Joseph Hall | 03 | WA | DNF | |
| | Nikola Mandic | 03 | VIC | DQ | |

Girls 3000m Walk, 3:20PM. Saturday 5 December

| | | | | | |
|----|-------------------|----|-----|----------|---------|
| 1. | Emma Blanch | 03 | NSW | 14:56.77 | PB 1:15 |
| 2. | Alanna Peart | 03 | VIC | 15:45.07 | |
| 3. | Georgia Clarke | 02 | VIC | 15:56.82 | |
| 4. | Victoria Upton | 03 | SA | 15:57.27 | PB 0:17 |
| 5. | Breeanna Betzold | 02 | QLD | 16:09.17 | |
| 6. | Chloe Upton | 02 | SA | 16:57.37 | |
| 7. | Renee Hardy | 03 | NSW | 17:27.38 | |
| 8. | Hannah Ireland | 03 | WA | 17:45.49 | |
| 9. | Caitlin Gallagher | 02 | WA | 20:33.05 | |
| | Caitlin Hannigan | 02 | QLD | DQ | |



U14 walkers Corey Dickson, Joe cross, Emma Blanch and Caitlin Hannigan

The U16 3000m rounded off the walks on Sunday morning and, once again, the weather was kind with overcast conditions keeping the temperature down. With 33 walkers on the track together, it was a cramped field but everyone seemed to manage ok and the race progressed without issue. It was exciting with the first 4 of **Connor Frew**, **Samantha Brown**, **Gabby Hunt** and **Eliza Clarke** together for the entire race and it took a final frantic finish to eventually split them, with less than one second covering all four at the finish. For the girls, it decided the eventual medals with Samantha 13:49.31, Gabby 13:49.92 and Eliza 13:50.00 finishing in that order. For the boys, it was an easy win for Connor with 13:49.14, ahead of ACT team mater **Mitchell Baker** 13:56.31 and **Jamison Stovin** 14:18.85. The good conditions ensured PBs across the board.

Boys U16 3000m, Sunday 6 November, 11AM

| | | | | | |
|-----|-------------------|----|-----|----------|---------|
| 1. | Connor Frew | 00 | ACT | 13:49.14 | PB 0:34 |
| 2. | Mitchell Baker | 01 | ACT | 13:56.31 | PB 1:09 |
| 3. | Jamison Stovin | 01 | QLD | 14:18.85 | PB 0:02 |
| 4. | Benjamin Reid | 01 | WA | 14:19.09 | PB 0:50 |
| 5. | Callam Burns | 00 | ACT | 14:22.94 | PB 0:27 |
| 6. | Tristan Camilleri | 01 | SA | 14:34.01 | PB 0:50 |
| 7. | Michael Taylor | 00 | VIC | 14:39.82 | |
| 8. | Oscar Tebbutt | 01 | NSW | 14:40.89 | PB 0:01 |
| 9. | Ryan Thomson | 00 | NSW | 14:59.17 | PB 0:18 |
| 10. | Hayden Walmsley | 01 | VIC | 15:10.13 | PB 0:03 |
| 11. | Jayden Goode | 00 | SA | 15:19.74 | |
| 12. | Ethan Clarke | 01 | QLD | 15:38.90 | PB 0:41 |
| 13. | Hugh Collis | 00 | VIC | 15:47.18 | |
| 14. | Joseph Hall | 03 | WA | 15:54.21 | PB 0:14 |
| 15. | Travis Barendregt | 00 | NSW | 16:27.30 | |
| 16. | Thomas Millard | 01 | WA | 17:35.37 | |
| | Jake Vidler | 00 | SA | DQ | |
| | Mitchell Mellor | 00 | QLD | DQ | |

Girls U16 3000m, Sunday 6 November, 11AM

| | | | | | |
|-----|---------------------|----|-----|----------|---------|
| 1. | Samantha Brown | 01 | NSW | 13:49.31 | PB 0:53 |
| 2. | Gabby Hunt | 00 | ACT | 13:49.92 | PB 0:17 |
| 3. | Eliza Clarke | 00 | VIC | 13:50.00 | |
| 4. | Elizabeth Henderson | 01 | ACT | 14:18.66 | PB |
| 5. | Jemma Peart | 01 | VIC | 14:34.13 | |
| 6. | Emily Pivac | 00 | WA | 14:38.81 | PB 0:31 |
| 7. | Alice Randall | 00 | TAS | 14:41.09 | PB 0:46 |
| 8. | Rhiannon Lovegrove | 00 | SA | 14:48.99 | |
| 9. | Tenyka Chapman | 01 | QLD | 14:55.44 | PB 0:07 |
| 10. | Raquel Roukos | 00 | NSW | 14:56.40 | |
| 11. | Anna Blackwell | 01 | TAS | 16:36.81 | |
| 12. | Molly O'Neill | 00 | NSW | 17:00.54 | |
| 13. | Bridie Mulcaster | 00 | QLD | 18:10.96 | |
| | Tiahna Ruane | 01 | WA | DNF | |
| | Jade Pearson | 01 | QLD | DNF | |



U16 walkers Samantha Brown, Eliza Clarke, Mitchell Baker, Jamison Stovin and Connor Frew



U18 medallists Declan Tingay, Kyle Swan, Emmet Brasier, Rhiannon Lovegrove, Jemima Montag and Anna Cross



U14 medallists Joe Cross, Corey Dickson, Nelson McCutcheon, Alanna Peart, Emma Blanch and Georgia Clarke



U16 medallists Eliza Clarke, Samantha Brown, Gabby Hunt, Mitchell Baker, Connor Frew and Jamison Stovin

GEE LONG WALKERS CLUB TRACK WALKS, LANDY FIELD, GEE LONG, THURSDAY 26 NOVEMBER

The Geelong Walkers were out last week with a 30 Minute Nominated Distance Time Trial.

| 30 Minute Nominated Time Trial | Age | Distance | Nominated | Difference |
|--------------------------------|--------|----------|-----------|------------|
| 1. Harold Boddy | VET M | 4096 | 4100 | 4 |
| 2. James Christmass | VET M | 5823 | 5800 | 23 |
| 3. Mackayla Davison | U/15 F | 4877 | 4900 | 23 |
| 4. Carla de Graaf | VET F | 2959 | 3000 | 41 |
| 5. Wayne Carmichael | VET M | 3291 | 3242 | 49 |
| 6. Barbara Fairbrother | VET F | 2653 | 2600 | 53 |
| 7. Mark Wiffen | VET M | 3623 | 3710 | 87 |
| 8. Angela Curran | VET F | 3637 | 3732 | 95 |
| 9. Michelle de Graaf | VET F | 3881 | 3776 | 105 |
| 10. Jenny Larkins | VET F | 3123 | 3000 | 123 |
| 11. Colin Silcock-Delainey | VET M | 3754 | 3600 | 154 |
| 12. Jennie Van Dreumel | VET F | 3212 | 3000 | 212 |

| | | | | | |
|-----|----------------------|--------|------|------|-----|
| 13. | Gayle Jepson | VET F | 3212 | 3000 | 212 |
| 14. | Tara Robinson | U/12 G | 4606 | 4001 | 605 |
| | Dirk Stobbe | VET M | DNF | 3300 | |
| | Mackenzie Mielczarek | INV | 4800 | | |
| | Olivia | INV | 3988 | | |
| | Corey Leamer | INV | 3570 | | |
| | Jordyn Leamer | | INV | 4166 | |

SAMA WEDNESDAY TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 2 DECEMBER 2015

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. A coolish evening and a good turnout.

800m Walk

| | | | |
|-----|-------------------|-------|-----|
| 1. | Richard Everson | 03:20 | M52 |
| 2. | George White | 04:16 | M70 |
| 3. | Gloria Holliday | 04:42 | W55 |
| 4. | Mark Worthing | 04:53 | M53 |
| 5. | Marie Maxted | 04:56 | W55 |
| 6. | Julia Lycett | 04:56 | W51 |
| 7. | Gil McIntosh | 04:59 | M65 |
| 8. | Kerry Goode | 05:19 | W41 |
| 9. | Leigh Smith | 05:42 | M80 |
| 10. | Margaret McIntosh | 06:24 | W63 |
| 11. | Jill Rogers | 06:36 | W71 |
| 12. | Edna Bates | 06:45 | W63 |

5000m Walk

| | | | | |
|----|------------------|-------|-----|---------------|
| 1. | George White | 28:53 | M70 | 86.72% |
| 2. | Gloria Holliday | 31:48 | W55 | 73.61% |
| 3. | Mostyn Kemp | 31:59 | M37 | 57.87% |
| 4. | Gil McIntosh | 35:17 | M65 | 66.98% |
| 5. | Doug Smart | 37:49 | M72 | 67.92% |
| 6. | Leigh Smith | 37:58 | M80 | 75.76% |
| 7. | Colin Hainsworth | 41:41 | M85 | 74.98% |

3000m Walk

| | | | | |
|----|-------------------|-------|-----|--------|
| 1. | Marie Maxted | 21:15 | W55 | 64.27% |
| 2. | Margaret McIntosh | 24:41 | W63 | 60.24% |
| 3. | Jill Rogers | 25:51 | W71 | 63.85% |
| 4. | Edna Bates | 26:40 | W63 | 55.76% |
| 5. | Richard Everson | DNF | | |

ATHLETICS WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 4 DECEMBER

Only 2 walkers in action in Perth, due to the All-Schools Champs in Melbourne.

3000m Walk

| | | | | |
|----|-----------------|---|----|---------|
| 1. | Hennighan, Dale | M | RW | 14:31.0 |
| 2. | Mann, Bradley | M | RW | 16:17.4 |

NSW TRELOAR SHIELD ROUND 6, CABELLTOWN, SATURDAY 5 DECEMBER

With so many of the young NSW walkers also at the All-Schools champs, fields in the Treloar Shield in Campbelltown were small.

5000m Walk

| | | | | |
|----|------------------|----|-------------|----------|
| 1. | Dighton, Jasmine | 19 | Asics Wests | 29:28.48 |
|----|------------------|----|-------------|----------|

3000m Walk

| | | | | |
|----|------------------|----|--------------|----------|
| 1. | Mills, Haley | 12 | Parramatta C | 18:07.43 |
| 2. | Henry, Amy | 15 | St. George D | 19:07.98 |
| 3. | Becroft, Lachlan | 13 | Nepean Distr | 19:18.06 |

1500m Walk

| | | | | |
|----|-------------|----|--------------|---------|
| 1. | Jessep, Tom | 11 | St. George D | 8:01.22 |
|----|-------------|----|--------------|---------|

| | | | | |
|----|-----------------|----|--------------|---------|
| 2. | dagher, sophia | 12 | Westfields A | 8:53.87 |
| 3. | Dagher, Reina | 11 | Bankstown Sp | 9:44.86 |
| 4. | Becroft, Stacie | 10 | Nepean Distr | 9:50.17 |

QMA BRISBANE MEMORIAL DAY COMPETITION, SATURDAY 5 DECEMBER

Little separated Peter Bennett (14:51.33) and Andrew Ludwig (14:62.93) in their Queensland Masters walk last Saturday morning in Brisbane. Erika Woodward (16:34.52) was also in great form, only just outside her PB.

Andrew Ludwig Memorial 3000m Race Walk

| | | | | | |
|----|-----------------|-----|----------|----------|--------|
| 1. | Peter Bennett | M60 | Brisbane | 14:51.33 | 88.77% |
| 2. | Ignacio Jimenez | M50 | Brisbane | 14:52.93 | 80.95% |
| 3. | Erika Woodward | W49 | Brisbane | 16:34.52 | 75.55% |
| 4. | Noela McKinven | W73 | Brisbane | 23:36.56 | 68.93% |



Peter, Noela, Iggy and Erika last Saturday morning in Brisbane (photo QMA Facebook)

QMA MEET, GOLD COAST, SUNDAY 6 NOVEMBER

The Queensland Masters were back in action with a further T&F meet on the Gold Coast on Sunday morning but Kay Shaw was the only walker in action.

3000m Walk

| | | | | | |
|----|----------|-----|------------|----------|--------|
| 1. | Kay Shaw | W56 | GC & Sthrn | 19:34.87 | 69.74% |
|----|----------|-----|------------|----------|--------|

NEW ZEALAND SECONDARY SCHOOLS CHAMPIONSHIPS, AORANGI STADIUM, TIMARU, 4-6 DECEMBER

Like their Australian counterparts, the NZ All-Schools championships were also contested last weekend in the south island city of Timaru. Laura Langley walked away with the girls 2000m race walk, winning by over two minutes in a record 8:55.87, lowering Kate Newitt's 2007 record of 8:57.09. Jamie Shaw also walked excellently to win the boys 3000m with 13:23.77.

Girls 2000m Walk Open

| | | | |
|----|--------------------|------------------|-------------|
| 1. | Laura Langley | Taradale High Sc | 8:55.87 Rec |
| 2. | Estelle Schuler | Te Aroha College | 11:10.17 |
| 3. | Jenna Rae McIntyre | Timaru Girls' Hi | 12:08.60 |
| 4. | Caitlin Alexander | Craighead Dioces | 12:13.79 |
| 5. | Jemesa Landers | Hillview Christi | 12:54.11 |
| 6. | Georgia Mackay | St Margaret's Co | 13:17.38 |

Boys 3000m Walk Open

| | | | |
|----|-----------------|------------------|----------|
| 1. | Jamie Shaw | Nelson College | 13:23.77 |
| 2. | Michael McElwee | Sacred Heart Col | 16:30.47 |

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|--|
| HONG KONG 20KM CHAMPIONSHIP, HK, SUNDAY 29 NOVEMBER |
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I had hoped to bring you the results of Sunday's Hong Kong 20km championships last week but the results had not yet been posted. They have since gone up (see <http://www.hkaaa.com/page.php?pid=1840&mid=147&type=gameevent>) so here we go. The results note the temperature as 16-21C and the humidity as 50-75%. That is very good for Hong Kong. Well done to Chu Ho Ting who set a new Hong Kong U20 10km Men's record of 53:10.

Women Senior 20km

| | | |
|----|----------------|---------|
| 1. | CHAN TSZ CHING | 2:45:10 |
| 2. | TIN SHU MIN | 2:09:26 |

Women Masters 20km

| | | |
|-----|--------------------|---------|
| 1. | LIU HAI YING | 2:01:56 |
| 2. | NG SAU MAN | 2:02:46 |
| 3. | KWAN SIU YIN | 2:10:41 |
| 4. | CHAN FEI YIN | 2:11:21 |
| 5. | CHENG IP MING | 2:11:35 |
| 6. | SUEN WAI HA | 2:14:59 |
| 7. | TAI SAU KING IRENE | 2:18:29 |
| 8. | LI CHUI FUN | 2:22:10 |
| 9. | WONG YAT WAN | 2:23:36 |
| 10. | SIU WING SHEUNG | 2:24:12 |
| 11. | WONG PUI SHAN | 2:24:55 |
| 12. | WONG YUET WAN | 2:28:14 |
| 13. | LAI HUNG LIN | 2:28:39 |
| 14. | CHENG LAI YU | 2:31:54 |
| 15. | TSE SIU YIN | 2:39:07 |
| 16. | WONG SHUI FONG | 2:40:26 |
| 17. | WONG MUI FONG | 2:40:56 |

Junior Women 10km

| | | |
|----|----------------|---------|
| 1. | CHAN YIK PUI | 1:06:06 |
| 2. | TSE CHING TING | 1:14:55 |
| 3. | WU XIN YAO | 1:01:33 |
| 4. | CHLOE COLLINS | 1:03:27 |

Men Senior 20km

| | | |
|----|---------------|---------|
| 1. | CHIN MAN KIT | 1:35:36 |
| 2. | TSE CHUN HUNG | 1:40:02 |
| 3. | SIU MAN SHUN | 2:01:52 |

Men Masters 20km

| | | |
|-----|-------------------|---------|
| 1. | WONG KAI CHUNG | 2:05:38 |
| 2. | CHAN PAK CHEONG | 2:06:48 |
| 3. | FU CHI WING JASON | 2:07:24 |
| 4. | FUNG FOR YAU | 2:10:19 |
| 5. | LIU HAK MING | 2:11:39 |
| 6. | LEUNG TING KIN | 2:13:38 |
| 7. | FONG SAI HO | 2:14:28 |
| 8. | ANDY LAU | 2:22:56 |
| 9. | CHEUNG KAM CHEUNG | 2:28:39 |
| 10. | HUNG LING TAK | 2:30:40 |
| 11. | LO YAU WING | 2:32:11 |
| 12. | CHEUNG MAN TAI | 2:32:12 |
| 13. | LEE CHI KO | 2:37:16 |
| 14. | LIN KWOK KEUNG | 2:39:03 |
| 15. | BILL PURVES | 2:39:53 |

Junior Men 10km

| | | |
|----|-----------------|---------|
| 1. | CHU HO TING | 53:10 |
| 2. | TSANG CHUNG YIN | 1:06:01 |
| 3. | YONG JUNG HAHN | 1:00:39 |

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| MARCIADALMONDO AND OMARCHADOR ROUNDUP |
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Marciadalmondo had 6 press releases this week

- Sun 6 Dec - U20 Women 10,000m World Rankings 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2284
- Sat 5 Dec - U20 Men 10,000m World Rankings 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2283
- Fri 4 Dec - U23 Women 20km World Rankings 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2282
- Thu 3 Dec - U23 Men 20km World Rankings 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2281
- Wed 2 Nov - Details of the bombshell dropped last week with 26 Italian athletes investigated for missing drugs testing.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2280
- Wed 2 Nov - Open Men 50km World Rankings 2015
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2279

The omarchador blog was also active with 8 news releases

- Mon 7 Dec - article (part 3) on Fernando Elias, former Brazilian 50km record holder
http://omarchador.blogspot.com.au/2015/12/fernando-elias-brasil-o-demolidor-de_7.html

- Sun 6 Dec - Susana Feitor featured in the Daily News newspaper
<http://omarchador.blogspot.com.au/2015/12/susana-feitor-e-destaque-no-diario-de.html>
- Sun 6 Dec - article (part 2) on Fernando Elias, former Brazilian 50km record holder
http://omarchador.blogspot.com.au/2015/12/fernando-elias-brasil-o-demolidor-de_6.html
- Sat 5 Dec - article (part 1) on Fernando Elias, former Brazilian 50km record holder
<http://omarchador.blogspot.com.au/2015/12/fernando-elias-brasil-o-demolidor-de.html>
- Fri 4 Dec - Grande Prémio de Celorico da Beira to be held this weekend
<http://omarchador.blogspot.com.au/2015/12/celorico-da-beira-realiza-16-grande.html>
- Thu 3 Dec - focus on 1999 born Portuguese walker Inês Raquel Ferreira Reis
<http://omarchador.blogspot.com.au/2015/12/atletas-com-futuro-ines-reis.html>
- Wed 2 Dec - Results of ERWC walks at Hillingdon, London
<http://omarchador.blogspot.com.au/2015/12/11-jornada-da-liga-inglesa-de-marcha-em.html>
- Tues 1 Dec - results of 20km walk meet at Recife, Brazil
<http://omarchador.blogspot.com.au/2015/12/a-marcha-atletica-no-trofeu-norte.html>

OUT AND ABOUT

- Olympic middle distance champion **Steve Ovett** joined Ian Cohen and Daniel Harford on Melbourne radio station SEN last Tuesday afternoon. It is a fantastic interview. See <https://audioboom.com/boos/3884955-steve-ovett-on-jyb>. I was not even aware that Steve now lived in Australia.
- There is a cruel irony to the fact that world 20km race walk silver medallist **Lu Xiuzhi** is one of the fastest female race walkers in the world while her younger brother has been disabled since birth and cannot now travel anywhere without a wheelchair. She openly admits that his disability puts the abilities she possesses as a world-class athlete into perspective. See <http://www.iaaf.org/news/feature/lu-xiuzhi-brother>
- Fantastic article on **Jared Tallent** and a superb video on the recent **4 week long AIS Sports Nutrition Camp in Canberra**. See <http://www.smh.com.au/sport/athletics/jared-tallent-searches-for-clean-edge-at-ais-nutrition-study-20151128-glafav.html>
- Breaking South African race walking records will be the last thing on **Lebogang Shange**'s mind next year. The goal he will be striving for will be much more difficult and also much more important. He will be preparing himself to get a top-three finish in the 20km race walk at the Olympic Games in Rio. See <http://www.modernathlete.co.za/stories/reminder-note-on-his-ceiling>.
- **Peter Tripovich** will soon turn 90 – and he'll celebrate the milestone birthday while walking across the Nullarbor. In January, the retired farmer from Echuca will set out on foot from Pemberton in Western Australia to Melbourne – a distance of more than 3,300 kilometres. It's the final leg of a charity walk he was forced to abandon 10 years ago because his wife was ill. See <http://www.bendigoadvertiser.com.au/story/3517767/man-89-to-walk-from-wa-to-melbourne/>.
- Walkers **Bethan Davies** and **Heather Lewis** are amongst 28 Welsh athletes who will be supported on the Welsh Athletics Commonwealth Games funding program during the 2015-16 athletics season. Good to see walkers also being targeted. See <http://www.welshathletics.org/news--media/news/news-area/2015/december-2015/welsh-athletics-funding-announcement.aspx>
- *Men's Running* reporter Isaac Williams gets put through his paces by the UK's number one race walker, **Tom Bosworth**. Great article with a couple of excellent little videos as well. Must watch!
<http://mensrunninguk.co.uk/news/watch-mr-meets-race-walker-tom-bosworth/>
- Issue 841 of the British Race Walking Record (October 2015) is now available online – always a good read. Check it out at <https://www.facebook.com/download/708299502632277/RWR%20Issue%20841%20-%20Oct%202015.pdf>
- It's not just the IAAF that is under fire at the moment. Article <http://www.oeregister.com/articles/beamon-694449-brown-usatf.html> notes that USA T&F president Stephanie Hightower recently appointed Robin Brown-Beamon to serve on USATF's influential Law & Legislation Committee fewer than seven months after Brown-Beamon was suspended indefinitely by the Amateur Athletic Union for a series of financial improprieties and rules violations, according to documents obtained by The Orange County Register. Brown-Beamon, the Amateur Athletic Union national athletics chair and former wife of Olympic long jump champion Bob Beamon, was suspended from the AAU for what the organization's national board of review found a "consistent,

intentional, knowing, self-serving of code violations” that included extravagant expenditures for herself and her friends such as Hightower, according to AAU board of review documents, and AAU and USATF memos, reports, letters and emails obtained by the Register.

An AAU investigation found that Brown-Beamon arranged for Hightower to receive a \$3,000 appearance fee for an AAU event in Hawaii called "Track Divas," according to a confidential AAU report.

The article also notes that USATF membership voted 392-70 at last year's national convention in Anaheim to renominate Bob Hersh for a position on the IAAF council. Hersh was a long-time vice president with the IAAF, the sport's global governing body. But the vote was overturned by the board, which voted 11-1 to nominate Hightower instead. Hightower was later elected to the IAAF council.

Wow....jobs, money, overrules, intrigue, IAAF – it has all the elements of a true soap opera.

Another excellent article that puts Hightower's activities in the broader context: <http://fittish.deadspin.com/ohhhhhh-track-field-organizations-are-supposed-to-s-1745777100>

WORLD RACE WALKING TEAM CHAMPIONSHIPS BID PROCESS REOPENED ON FRIDAY 4 DECEMBER

An accelerated bidding process was opened last Friday (see <http://www.iaaf.org/news/press-release/bid-process-reallocation-2016-iaaf-events>) for the reallocation of two 2016 IAAF World Athletics Series competitions, with the decisions due on 7 January 2016. The announcement reads

Following confirmation last week of the full suspension of the Russian IAAF Member Federation ARAF, the process is now underway to reallocate the 2016 IAAF World Race Walking Team Championships (Cheboksary, RUS) and 2016 IAAF World U20 (Junior) Championships (Kazan, RUS) which were originally awarded to ARAF.

IAAF Member Federations have been formally invited to submit applications to host these two events, it being understood that this will be an accelerated process to ensure maximum time available for the successful hosts to organise these two championships.

The IAAF Council will vote on 7th January to select the new Host Venues, after which the successful candidate cities will be announced.

AA SELECTION POLICY FOR THE 2016 IAAF WORLD RACE WALK TEAM CHAMPIONSHIPS

The IAAF World Race Walking Teams Championships will be held on 7-8 May 2016, in a city yet to be announced. Athletics Australia belatedly released their Selection Criteria on Friday 4 December 2015 after a fair bit of badgering by various people. It is identical to the 2015 Selection Criteria so one can only wonder why it was not released many months ago. See <http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Race-Walk-Cup> for the full details. Salient points are as follows

- AA will select up to 5 walkers for each of the 50km men, 20km men, 20km women and up to 3 walkers for each of the 10km Junior men and 10km Junior women.
- AA recommends that junior walkers do either the World Junior championships or the World Racewalking Cup but not both. A special exemption is required from AA to do both events.
- The selection trials are :

| | |
|------------------|---|
| 50km men | Sunday 13 Dec 2015, Fawkner Park, Melbourne |
| All other events | Sunday 21 February 2016, Adelaide, SA |
- The qualifying periods are

| | |
|-------------|--------------------------------------|
| 50km men | 1 January 2015 till 13 December 2015 |
| 20km events | 1 August 2015 till 21 February 2016 |
| 10km events | 1 August 2015 till 21 February 2016 |
- The qualifying standards are

| | |
|-------------------|-----------------------|
| 50km men | No standard published |
| 20km men | 1:28:00 |
| 20km women | 1:36:00 |
| 10km Junior men | 46:30 |
| 10km Junior women | 50:00 |
- Any athlete who finishes in the top 24 at the 2015 IAAF World Championships will be automatically selected subject to compliance with clause 4 and the athlete having nominated for that event. This means Jared Tallent (50km), Chris Erickson (50km) and Dane Bird-Smith (20km).
- The first two eligible athletes (excluding any athlete selected by clause 3.2.1) in each 20km selection trial will be automatically selected in the team provided that the athlete has nominated for selection and in the case of the 20km events,

the athlete has achieved the performance standard. Further selections may be made at the discretion of the selectors. This discretion is absolute and it need not be exercised.

- The first two eligible athletes in each 10km Junior selection trial will be automatically selected in the team provided that the athlete has nominated for selection and has achieved the performance standard. If positions remain in the event after the operation of clause 3.3.1, further selections may be made at the discretion of the selectors. This discretion is absolute and it need not be exercised.
- Performances must be achieved during an official competition organised in conformity with IAAF Rules. Performances achieved in Australia must be achieved in a competition sanctioned by Athletics Australia as an Athletics Australia "National Permit Meeting". Athletics Australia operates a sanctioning process across all meets that involves the issuing of a permit – "National Permit" or "Recreational (State) Permit". A current list of all "National Permit" meetings will be available on the Athletics Australia website.
Effectively, this means that you must ensure that you must make AA aware of any qualification attempts and ensure that your race has the proper count of officials, judges and that it is on a certified course.
- Athletics Australia may not provide financial support for the 2016 World Race Walking Cup and therefore participating athletes, selected according to the terms of this policy, may be required to cover costs in addition to any assistance provided by the IAAF and the local organising committee. The allocation of any financial assistance offered by the IAAF or the local organising committee will be by the Director of High Performance, whose decision shall be final. Junior athletes in particular should anticipate a levy to offset some of the costs of the trip will be imposed.

It is early days yet with only a very small number of qualifying races on the boards but current qualifiers as of Dec 4th are as follows:

| | | | | | |
|----------------------------------|------------------------|---|----------|----------------|--------|
| 20km Men (1:28:00) | Dane Bird-Smith | Q | 1:21:37 | Beijing, China | 23-Aug |
| | Jared Tallent | S | 1:24:18 | Beijing, China | 23-Aug |
| | Chris Erickson | V | 1:25:15 | Beijing, China | 23-Aug |
| | Ian Rayson | V | 1:25:46 | Melbourne | 30-Aug |
| | Rhydian Cowley | V | 1:27:16 | Melbourne | 30-Aug |
| 20km Women (1:36:00) | Regan Lamble | V | 1:32.51 | Melbourne | 30-Aug |
| 50km Men | Jared Tallent | S | 3:42.17 | Beijing, China | 29-Aug |
| | Chris Erickson | V | 3:51.26 | Beijing, China | 29-Aug |
| 10km Junior Men (46:30) | Kyle Swan | V | 45:30 | Melbourne | 30-Aug |
| | Adam Garganis | V | 45:39 | Melbourne | 30-Aug |
| 10km Junior Women (50:00) | Jemima Montag | V | 48:01 | Melbourne | 29-Nov |
| | Tayla-Paige Billington | V | 49:32 | Melbourne | 30-Aug |
| | Zoe Hunt | A | 49:45.72 | Canberra | 26-Nov |

THE INTERESTING CASE OF HIAGO GARCIA

Hiago Garcia (<https://twitter.com/garciahiago>) is an U23 Brazilian racewalker who has been training in Russia for the past couple of years. On 6 November 2015, the Russian antidoping agency RUSADA published a statement in its news section indicating that he was being banned for 4 years for doping violations (see <http://www.rusada.ru/en/press/news/russian-athlete-athletics-recognized-ineligible-14>).

"Russian anti-doping Agency "RUSADA" rendered a decision that made Pereira Garcia Giago (athletics) ineligible for 4 years for the anti-doping rule violation, the period commencing on July 16, 2015"

Garcia had been racing in the interim period between 16 July and 6 Nov and had done a 20km PB in Cheboksary on 6 Sept (1:28:33) - see <http://omarchador.blogspot.com.es/2015/09/taca-da-russia-de-marcha-em-cheboksary.html>. Presumably that will now be disallowed.

But much more disturbingly, he seems to have competed in a Brazilian race in November 28th, 3 weeks after his ban announcement (see <http://omarchador.blogspot.com.es/2015/12/a-marcha-atletica-no-trofeu-norte.html>). He failed to finish the race but that is inconsequential. What was he doing racing in the first place? If banned, he should not be racing!

Another sad case of drugs and racewalking with its all-to-common Russian connection? Further investigation is warranted.

R. H. CROLL AND TOM ROBERTS

I was reading the *Melbourne Age* newspaper on Saturday morning, perusing an article on the current exhibition of the works of artist Tom Roberts at the National Gallery in Canberra (see <http://nga.gov.au/Exhibition/Roberts/>) when I saw a name which I instantly recognised. Here is the quote from the article

His deification came posthumously, commencing especially with R. H. Croll's Tom Roberts: Father of Australian Landscape Painting (1935), a eulogising account commissioned by his widow.

Yes, the quote concerned Robert Henderson (Bob) Croll, one of the founders of the Victorian Amateur Walkers' Club and its first president from 1923-1925. A prominent figure in the Australian literary scene and a towering figure in the world of bushwalking and amateur sport, I have a comprehensive biography of him at <http://www.vrwc.org.au/tim-archive/articles/wv-rh-croll.pdf>.

As for Tom Roberts, what Australian is not familiar with his most famous "Big Picture" *Opening of the first parliament of the Commonwealth of Australia, 9 May 1901* (1903).

I have a number of R. H. Croll's books as well as a number of Tom Roberts prints (alas, not the originals). And yes, I will be travelling to Canberra to attend the exhibition which runs until 28th March 2016.



Tom Roberts "Big Picture" - the opening of the first parliament of the Commonwealth of Australia, 9 May 1901

#KIRDYAPKIN.

The pace continues unabated!

- The Italian Olympic Committee has requested two-year doping bans for 26 track and field athletes " several of whom are slated to compete at next year's Rio de Janeiro Games. The list includes Fabrizio Donato, the bronze medalist in triple jump at the 2012 London Olympics; Andrew Howe, the silver medalist in long jump at the 2007 world championships; and **Alex Schwazer**, the gold medalist in 50-kilometer race walk at the 2008 Beijing Olympics who has already been banned for doping. **All 26 are accused of evading doping tests** but maintain there was an administrative error. They will face trials at CONI's anti-doping court, with decisions expected sometime next year. Five of the 26 had already qualified for Rio while about 10 have retired, including pole vaulter Giuseppe Gibilisco. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11555081&ref=rss and <http://www.coni.it/it/news/primo-piano/10985-indagine-olimpia-, -la-procura-della-nado-italia-deferisce-26-atleti-e-chiede-2-anni-di-squalifica-proposta-l-archiviazione-per-altri-39-casi.html>

But it may not be as simple as that and it could all end up being a storm in a teacup. The 20 active athletes facing possible doping suspensions should continue training for next year's Olympics, the president of the Italian Athletics Federation said last Thursday. All 26 maintain there was an administrative error in WADA's Whereabouts system which requires athletes to

provide their anti-doping organization with details of where they can be found for one hour every day. "The Federation stands behind its athletes," FIDAL president Alfio Giomi said. "The system wasn't working. I don't support that the athletes have become the victims of what happened."

See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11555699&ref=rss

- The bad press continues for new IAAF President Seb Coe who was grilled by a British Parliament Select Committee last Wednesday. He remained defiant as they peppered him with questions but the response of journalists has not been kind.
- Some of the points include
 - As IAAF VP from 2007 to 2015, he had been aware of the escalating drugs issue in T&F but much of his time as vice-president had been spent delivering the London 2012 Olympics.
 - He refused to apologise for describing allegations last August of blood doping in his embattled sport as a "declaration of war", even though a WADA independent commission subsequently published evidence of state-supported doping by Russian athletes and a second Wada report is looking into allegations the IAAF covered up positive tests.
 - Despite the gravity of the crisis, Coe says he won't speak to the husband-and-wife team of whistleblowers who blew the Russian doping scandal wide open until after all inquiries are over.

Coincidentally, respected Irish sports journalist David Walsh had just finished interviewing the Russian whistleblowers (you can read the first bit of his article at <http://www.thesundaytimes.co.uk/sto/sport/athletics/article1495780.ece>) and he is scathing of Coe's response re not wanting to speak with them.

David Walsh ?@DavidWalshST Nov 29

Spent two days with the Stepanovs last week, wrote about them in today's Sunday Times, their story shows failure of anti-doping movement.

David Walsh ?@DavidWalshST Nov 29

The failure of Seb Coe and the IAAF to show any support for Vitaly and Yuliya Stepanov tells so much. The whistleblowers they never wanted.

- Keeping with the British Parliament marathon 3 hour Select Committee hearing into corruption in athletics, one of the many interesting moments for Coe was when he suggested there were no firm plans to investigate Doha's bids for both the 2017 and 2019 World Athletics Championships even though some of the allegations levelled at Papa Diack may involve the Qataris. Papa Diack is alleged to have requested £3.5million from Doha ahead of a 2017 bid that was won by London, and it is also alleged that Kenyan officials now under police investigation in their home country were given cars in exchange for supporting the 2019 bid, which Doha won. Asked specifically if he thought the Doha bids were clean, Coe said: 'Well, I don't know.'
- Worth a read - http://www.iol.co.za/sport/athletics/coe-evasive-at-parliament-hearing-1.1954475#.VmH7z_krLIU and <http://www.independent.co.uk/sport/general/athletics/lord-coe-admits-concerns-over-doha-s-right-to-host-2019-world-athletics-championships-at-select-a6758096.html>
- At the same time, Coe has been elected as Chairman of the Board of the Diamond League AG, the company which owns and operates the IAAF Diamond League. The Board is composed of six persons, three members who represent the meetings and three who represent the IAAF. It continues a long running trend for Coe to get his finger into as many pies as possible. Did you know that prior to becoming IAAF vice-president in 2007, Coe was appointed as the first ethics commission chairman for world football's governing body FIFA, an organisation currently mired in corruption allegations of its own. He therefore has links to two of the biggest scandals in modern sport. And he has just been forced to stand down from his ambassadorial role for Nike, another role that many questioned. I don't know about you but I believe in doing one job and doing it well.
- Last Wednesday was Judgement Day. It was the day **Jared Tallent** had been waiting for to start the formal process to claim the Olympic gold medal denied him by a drug cheat. It was the day when the CAS hearing would review the process which allowed five Russian race walkers to receive selective bans which allowed them to either keep medals or compete in major meets. Hopefully the end process of this will award Jared his 2012 Olympic 50km gold medal. See <http://www.canberratimes.com.au/sport/athletics/judgment-day-takes-jared-tallent-closer-to-gold-20151202-gldik8.html>
- Finally, the IAAF says it has banned Russian runner Tatyana Andrianova for doping in a case that is more than 10 years old. Andrianova tested positive for the banned steroid stanozolol while competing in the 800 meters at the 2005 world championships in Finland, where she won bronze. That medal is likely to pass to fourth-place finisher Maria Mutola of Mozambique. In August, the IAAF said it identified 28 athletes suspected of doping at the 2005 and 2007 worlds after retesting their samples using new technology. The 28 have not been named, and it is not clear whether Andrianova is among them, or is a separate case. Could we see more of these very old cases coming to light and yet more retrospective Russian doping bans. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11556642&ref=rss

DATES...DATES...DATES

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

2015/2016 Australian/Victorian Key Dates

Sun Dec 13, 2015 Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016 Australian Summer 20km Championships, Adelaide, SA
Mar 5, 2016 Melbourne Track Classic 5000m Walk, Albert Park, VIC
Apr 16-19, 2016 Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Dec 12-13, 2015 MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

2016 International Key Dates

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

2016 IAAF Challenge Series (so far)

Sat March 12, 2016 Chihuahua, Mexico
Sat March 19, 2016 Dudince, Slovakia
Sat April 9, 2016 Rio Maior, Portugal
Sat April 23, 2016 Taicang, China
May 7-8, 2016 World Cup, TBA
Sat May 28, 2016 La Coruna, Spain
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

2016 EAA Permit meets

Sat Apr 9, 2016 Podebrady Walking 2016, Podebrady, CZE
Sat June 10, 2016 42nd International Race Walking Festival, LTU
Sun June 18, 2016 19th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016 Voronovo Cup, Voronovo, RUS

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